



Pos	Dorsal	Nome	Equipa	Escalão	Pos	Sexo	Pos	Tempo	Ritmo
1	85	Bruno Gaspar	AC VERMOIL	M35	1	Male	1	00:26:15	3'14"/km
2	132	Pedro Januário	INDUSTRIAL DESPORTIVO VIEIRENSE	M40	1	Male	2	00:26:31	3'18"/km
3	328	André Ferreira	CPT Sobral de Ceira	Jun/Sen M	1	Male	3	00:26:33	3'18"/km
4	2	Luís Contente	ACDRS QUINHENDROS	Jun/Sen M	2	Male	4	00:26:45	3'21"/km
5	27	Ricardo Sousa	DCI/Trilhos Luso Bussaco	Jun/Sen M	3	Male	5	00:27:46	3'25"/km
6	390	Nuno Serrada	ACBatalha	M40	2	Male	6	00:27:28	3'27"/km
7	241	Hugo Ramalho	Recreio Desportivo de Águeda	M40	3	Male	7	00:28:25	3'29"/km
8	293	Carlos Costa	Escola de Atletismo de Coimbra/JPaiva	Jun/Sen M	4	Male	8	00:27:58	3'31"/km
9	6	Rui Rodrigues	Centro de Atletismo de Tondela	M40	4	Male	9	00:28:11	3'32"/km
10	54	Mário Silva Mourão	Acrs Desterro napo	M55	1	Male	10	00:28:20	3'32"/km
11	272	Adérito Fontes	Escola de Atletismo de Coimbra/JPaiva	M55	2	Male	11	00:28:24	3'33"/km
12	22	William Caetano	kALENJI TEAM DECATHLON AVEIRO	Jun/Sen M	5	Male	12	00:28:18	3'33"/km
13	147	Licínio Carreira	AC VERMOIL	M45	1	Male	13	00:28:22	3'33"/km
14	131	Jorge Marcelino	INDUSTRIAL DESPORTIVO VIEIRENSE	M45	2	Male	14	00:28:27	3'35"/km
15	3	Bruno Gonçalves	Escola de Atletismo de Coimbra/JPaiva	M35	2	Male	15	00:28:45	3'36"/km
16	84	Miguel Gonçalves	AC VERMOIL	M40	5	Male	16	00:29:08	3'36"/km
17	351	João Coentrão	Grupo Recreativo Eirense	Jun/Sen M	6	Male	17	00:28:30	3'36"/km
18	71	Ernesto Pereira	FÁTIMA TRAIL TEAM	M35	3	Male	18	00:28:41	3'37"/km
19	77	Rodrigo Rodrigues	Viriathvs Runners Viseu	Jun/Sen M	7	Male	19	00:28:37	3'38"/km
20	53	Tiago Gonçalves	Escola de Atletismo de Coimbra/JPaiva	Jun/Sen M	8	Male	20	00:29:07	3'38"/km
21	381	Márcio Filipe Simões Pereira	Escola de Atletismo de Coimbra/JPaiva	M40	6	Male	21	00:29:05	3'40"/km
22	133	António Ferreira	INDUSTRIAL DESPORTIVO VIEIRENSE	M50	1	Male	22	00:28:56	3'40"/km
23	246	José Sequeira	Montanha Clube Trail Running/EFAPL	Jun/Sen M	9	Male	23	00:29:42	3'43"/km
24	346	Vitor Cardoso	Escola de Atletismo de Coimbra/JPaiva	M45	3	Male	24	00:29:40	3'44"/km
25	120	Manuel Pinto	Tribo NR	M45	4	Male	25	00:29:51	3'44"/km
26	330	João Gonçalves	AC VERMOIL	Jun/Sen M	10	Male	26	00:29:49	3'46"/km
27	49	Tiago Taborda	DCI/Trilhos Luso Bussaco	M35	4	Male	27	00:30:13	3'47"/km
28	247	Diogo Pimenta	DCI/Trilhos Luso Bussaco	Jun/Sen M	11	Male	28	00:29:48	3'47"/km
29	135	Aléxis Rocha	INDUSTRIAL DESPORTIVO VIEIRENSE	Jun/Sen M	12	Male	29	00:29:47	3'47"/km
30	318	José Pedro Galvão		Jun/Sen M	13	Male	30	00:30:16	3'47"/km
31	298	Tiago Silva	Gatões BTT	Jun/Sen M	14	Male	31	00:31:40	3'48"/km
32	106	Pedro Santos	Lama Solta	M35	5	Male	32	00:30:03	3'49"/km
33	226	Nelson Heleno	ASSSCC - Ar Livre e Aventura	Jun/Sen M	15	Male	33	00:31:06	3'50"/km
34	139	Licínio Pereira	INDUSTRIAL DESPORTIVO VIEIRENSE	M65	1	Male	34	00:31:06	3'50"/km
35	352	Paulo Garcia	Escola de Atletismo de Coimbra/JPaiva	M50	2	Male	35	00:31:11	3'50"/km
36	307	João Tinoco	ACDRS QUINHENDROS	Jun/Sen M	16	Male	36	00:31:12	3'50"/km
37	31	António Moreira	kALENJI TEAM DECATHLON AVEIRO	M40	7	Male	37	00:31:09	3'51"/km
38	134	Amílcar Brito	INDUSTRIAL DESPORTIVO VIEIRENSE	M35	6	Male	38	00:30:24	3'51"/km
39	322	Hugo Luzio	Saca Trilhos Anadia	M35	7	Male	39	00:30:14	3'51"/km
40	148	Joaquim Quitério	AC VERMOIL	M45	5	Male	40	00:30:49	3'51"/km
41	217	Leonel Sousa		M50	3	Male	41	00:31:47	3'53"/km
42	112	Nuno Neves	Lama Solta	Jun/Sen M	17	Male	42	00:30:53	3'53"/km
43	159	Ricardo Saraiva	Grupo Recreativo Eirense	M50	4	Male	43	00:31:04	3'53"/km
44	288	Hélder Galvão	Coimbra Trail Running	M35	8	Male	44	00:31:25	3'54"/km
45	10	Miguel Gomes	Ccr Praia de mira	Jun/Sen M	18	Male	45	00:31:35	3'54"/km
46	68	José António Pereira Martins	Viriathvs Runners Viseu	M50	5	Male	46	00:30:50	3'55"/km
47	99	Joao Pato	CluVe	Jun/Sen M	19	Male	47	00:31:09	3'56"/km
48	316	Juan José González		M50	6	Male	48	00:31:31	3'56"/km
49	321	Luis Fernandes	Team Casmilo Trails	M35	9	Male	49	00:31:02	3'57"/km
50	145	José Santos	AC VERMOIL	M45	6	Male	50	00:31:42	3'57"/km
51	14	Luis Vilela	Montanha Clube Trail Running/EFAPL	M40	8	Male	51	00:31:49	3'59"/km



Pos	Dorsal	Nome	Equipa	Escalão	Pos	Sexo	Pos	Tempo	Ritmo
52	248	João Freitas	Vikings Trail Runners / CCR Alcabideque	Jun/Sen M	20	Male	52	00:31:45	3'59"/km
53	9	Ricardo Germano	CluVe	M35	10	Male	53	00:31:28	4'00"/km
54	97	João Marques		Jun/Sen M	21	Male	54	00:32:07	4'02"/km
55	354	Manuel Lino	DCI/Trilhos Luso Bussaco	M60	1	Male	55	00:31:52	4'02"/km
56	245	António Velha	GRUPO DESPORTIVO ASSEMPARK	M55	3	Male	56	00:31:41	4'02"/km
57	306	Nuno Marques		Jun/Sen M	22	Male	57	00:31:17	4'02"/km
58	164	Ernesto Nabeiro	Soure Mov	M50	7	Male	58	00:30:42	4'03"/km
59	149	José Mendes	AC VERMOIL	M40	9	Male	59	00:32:43	4'03"/km
60	138	Carlos Simões	INDUSTRIAL DESPORTIVO VIEIRENSE	M55	4	Male	60	00:32:31	4'03"/km
61	155	Salvador Silva	CF Oliveira do Douro	M45	7	Male	61	00:32:18	4'04"/km
62	289	Telmo Santos	Vikings Trail Runners / CCR Alcabideque	Jun/Sen M	23	Male	62	00:32:16	4'04"/km
63	128	Mário Carapinheiro	AAC	M55	5	Male	63	00:32:30	4'05"/km
64	1	Patrícia Fernandes	Escola de Atletismo de Coimbra/JPaiva	Jun/Sen F	1	Female	1	00:32:53	4'05"/km
65	183	Tiago Roque	Lama Solta	M40	10	Male	64	00:32:18	4'06"/km
66	379	David Patricio	CPT Sobral de Ceira	M55	6	Male	65	00:32:18	4'06"/km
67	137	João Marcelino	INDUSTRIAL DESPORTIVO VIEIRENSE	M50	8	Male	66	00:32:58	4'06"/km
68	169	Acílio Noro	Soure Mov	M45	8	Male	67	00:33:00	4'06"/km
69	50	Francisco Ferreira		M55	7	Male	68	00:32:30	4'07"/km
70	130	Rui Dinis	INDUSTRIAL DESPORTIVO VIEIRENSE	M55	8	Male	69	00:32:55	4'07"/km
71	30	Carlos Patrão	Soure Mov	M40	11	Male	70	00:33:32	4'07"/km
72	151	Luis Oliveira	Lama Solta	Jun/Sen M	24	Male	71	00:32:07	4'08"/km
73	255	Matilde Sanches		Jun/Sen F	2	Female	2	00:32:46	4'08"/km
74	127	José Simões	AAC	M45	9	Male	72	00:33:19	4'08"/km
75	378	Bruno Silva	ARCD Venda da Luísa	M40	12	Male	73	00:33:26	4'08"/km
76	317	Bruno Martins	Team Casmilo Trails	Jun/Sen M	25	Male	74	00:33:15	4'09"/km
77	320	Jose Pires		M50	9	Male	75	00:33:20	4'10"/km
78	244	Manuel Sá	GRUPO DESPORTIVO ASSEMPARK	M60	2	Male	76	00:33:13	4'10"/km
79	115	Gilberto Pereira	GRUPO DESPORTIVO ASSEMPARK	M40	13	Male	77	00:32:49	4'10"/km
80	72	Rui Manuel Pires Da Silva	Viriathvs Runners Viseu	M45	10	Male	78	00:32:49	4'10"/km
81	315	Jorge Lemos		Jun/Sen M	26	Male	79	00:33:28	4'10"/km
82	303	Manuel Ferreira	ADRM	M60	3	Male	80	00:33:26	4'11"/km
83	167	André Neto	Soure Mov	M35	11	Male	81	00:33:14	4'11"/km
84	271	Paulo Monteiro	Desportivo Moitense	M50	10	Male	82	00:33:27	4'12"/km
85	113	Luís Oliveira	Figueira kayak Clube	Jun/Sen M	27	Male	83	00:32:07	4'12"/km
86	142	Adriana Coelho	INDUSTRIAL DESPORTIVO VIEIRENSE	Jun/Sen F	3	Female	3	00:33:21	4'12"/km
87	254	João Martins		M45	11	Male	84	00:34:25	4'13"/km
88	215	Henrique Carvalheiro	CCDR Matas e Cipreste	M35	12	Male	85	00:33:46	4'14"/km
89	23	Joao Roso	Escola de Atletismo de Coimbra/JPaiva	M35	13	Male	86	00:33:31	4'14"/km
90	116	Manuel Machado	GRUPO DESPORTIVO ASSEMPARK	M55	9	Male	87	00:33:16	4'14"/km
91	89	Nelson Moreira	Casa Benfica de Torres Vedras	M40	14	Male	88	00:33:09	4'14"/km
92	329	Rodrigo Cardoso Simões	Escola de Atletismo de Coimbra/JPaiva	Jun/Sen M	28	Male	89	00:33:10	4'15"/km
93	187	Bruno Simoes		Jun/Sen M	29	Male	90	00:33:58	4'15"/km
94	304	Jucelino Monteiro	Desportivo Moitense	M50	11	Male	91	00:33:50	4'15"/km
95	62	Carlos Costa		M45	12	Male	92	00:34:04	4'16"/km
96	382	Joana Da Cunha		F40	1	Female	4	00:34:11	4'17"/km
97	344	Telmo José Cruz	FormobikeBTT&TrailRunning	Jun/Sen M	30	Male	93	00:33:57	4'17"/km
98	150	Vitor Lopes	AC VERMOIL	M50	12	Male	94	00:34:28	4'17"/km
99	243	Bruno B Ferreira	ACDRS QUINHENDROS	M40	15	Male	95	00:34:22	4'17"/km
100	7	António Ferreira	Lobos da Serra - Loureiro	M50	13	Male	96	00:33:42	4'18"/km
101	91	Nuno Figueiredo	Correr Lisboa	M40	16	Male	97	00:35:01	4'18"/km
102	37	Ricardo Nunes	ACRM Silveirinha Grande Claras	Jun/Sen M	31	Male	98	00:33:24	4'19"/km



Pos	Dorsal	Nome	Equipa	Escalão	Pos	Sexo	Pos	Tempo	Ritmo
103	101	Arcides Simões	Viriathvs Runners Viseu	M55	10	Male	99	00:34:03	4'19"/km
104	380	Rui Cadete	Lama Solta	M40	17	Male	100	00:33:17	4'19"/km
105	20	Amílcar Costa	ACRM Silveirinha Grande Claras	M50	14	Male	101	00:34:43	4'19"/km
106	154	João Rui Baptista	FormobikeBTT&TrailRunning	Jun/Sen M	32	Male	102	00:34:07	4'19"/km
107	26	João Dâmaso	Grupo Maravilha	M35	14	Male	103	00:34:27	4'20"/km
108	259	João Alves		Jun/Sen M	33	Male	104	00:33:11	4'20"/km
109	365	João Marques	ARCD Venda da Luísa	M35	15	Male	105	00:34:50	4'20"/km
110	224	Gil Novo Novo	Lama Solta	Jun/Sen M	34	Male	106	00:33:49	4'21"/km
111	65	Luc Hennetier	Escola de Atletismo de Coimbra/JPaiva	M45	13	Male	107	00:34:41	4'22"/km
112	214	Pedro Jacinto	GRUPO DESPORTIVO ASSEMPARK	Jun/Sen M	35	Male	108	00:33:56	4'22"/km
113	305	André Morais	LisBarro Sport Performance	Jun/Sen M	36	Male	109	00:35:10	4'22"/km
114	228	Rui Póvoa		M40	18	Male	110	00:34:51	4'23"/km
115	370	Luís Machado	ARCD Venda da Luísa	M45	14	Male	111	00:34:52	4'23"/km
116	275	Fernando Morais	Saca Trilhos Anadia	M55	11	Male	112	00:34:16	4'23"/km
117	274	Luis Gaspar		M35	16	Male	113	00:35:35	4'24"/km
118	28	Nélio Vieira	AC Batalha	Jun/Sen M	37	Male	114	00:35:45	4'25"/km
119	57	Luís Silva	ACRM Silveirinha Grande Claras	M50	15	Male	115	00:34:40	4'25"/km
120	87	António Ribeiro		M50	16	Male	116	00:34:10	4'26"/km
121	205	Hilario Espadilha	GRUPO DESPORTIVO ASSEMPARK	M45	15	Male	117	00:36:10	4'28"/km
122	75	Helder Araújo		M60	4	Male	118	00:35:45	4'28"/km
123	102	Fernando Alhau	Coimbra Trail Running	M60	5	Male	119	00:35:15	4'28"/km
124	174	Hugo Bernardes	Soure Mov	M35	17	Male	120	00:34:25	4'29"/km
125	384	Paulo Curado	ARCD Venda da Luísa	M45	16	Male	121	00:36:37	4'30"/km
126	200	António Agostinho Tabora		M40	19	Male	122	00:36:57	4'30"/km
127	206	José Canha	GRUPO DESPORTIVO ASSEMPARK	M55	12	Male	123	00:36:31	4'30"/km
128	40	Luís Santos	Team BolêtaRun	M45	17	Male	124	00:36:38	4'31"/km
129	69	José Silva	Viriathvs Runners Viseu	M55	13	Male	125	00:35:32	4'31"/km
130	258	José Maçarria	Maresia Bar	M60	6	Male	126	00:35:56	4'31"/km
131	223	Joel Pedrosa Simões		Jun/Sen M	38	Male	127	00:36:56	4'33"/km
132	81	Brian Ferreira	ASSSCC - Ar Livre e Aventura	Jun/Sen M	39	Male	128	00:36:13	4'33"/km
133	210	Vitor Gomes	CluVe	M55	14	Male	129	00:36:56	4'34"/km
134	136	Pedro Coimbra	INDUSTRIAL DESPORTIVO VIEIRENSE	M45	18	Male	130	00:36:25	4'35"/km
135	280	Manuel Fernando		M65	2	Male	131	00:36:50	4'35"/km
136	17	Joel Santos	ACRM Silveirinha Grande Claras	M35	18	Male	132	00:35:37	4'35"/km
137	264	José Proença	kALENJI TEAM DECATHLON AVEIRO	M40	20	Male	133	00:35:30	4'36"/km
138	240	Vitor Parola	Impact Factor	M35	19	Male	134	00:37:45	4'36"/km
139	233	Hugo Neves	Impact Factor	M35	20	Male	135	00:37:48	4'37"/km
140	270	Carlos Gaspar		M50	17	Male	136	00:37:16	4'38"/km
141	262	Telmo Baptista		Jun/Sen M	40	Male	137	00:37:57	4'38"/km
142	348	António Fernandes	kALENJI TEAM DECATHLON AVEIRO	M45	19	Male	138	00:37:57	4'38"/km
143	216	Henrique Lavaredas	CCDR Matas e Cipreste	M45	20	Male	139	00:36:58	4'38"/km
144	314	José Carlos Pereira	Pegada@Tavira	M45	21	Male	140	00:37:46	4'38"/km
145	261	Joana Barraca		Jun/Sen F	4	Femal e	5	00:37:59	4'39"/km
146	285	Ricardo Páscoa	Soure Mov	M40	21	Male	141	00:36:52	4'39"/km
147	194	Miguel Coimbra	Grupo Recreativo Eirense	M55	15	Male	142	00:36:29	4'39"/km
148	350	César Tafula		M40	22	Male	143	00:37:22	4'39"/km
149	36	Armando Pereira	We	M45	22	Male	144	00:37:32	4'39"/km
150	110	João Filipe Sequeira		Jun/Sen M	41	Male	145	00:35:48	4'40"/km
151	43	Carla Santos	Montanha Clube Trail Running/EFAPEL	Jun/Sen F	5	Femal e	6	00:36:42	4'40"/km
152	256	Diogo Reis	Coimbra Trail Running	M40	23	Male	146	00:37:30	4'40"/km
153	35	Nuno Simões	Escola de Atletismo de Coimbra/JPaiva	M40	24	Male	147	00:36:35	4'41"/km
154	292	João Rainho	Inter de Limão	Jun/Sen M	42	Male	148	00:37:30	4'41"/km



Pos	Dorsal	Nome	Equipa	Escalão	Pos	Sexo	Pos	Tempo	Ritmo
155	196	Filipe Carraco Cerejo	Lama Solta	M35	21	Male	149	00:36:43	4'42"/km
156	100	Vítor Ribeiro	Los Caribeños	M35	22	Male	150	00:37:43	4'42"/km
157	301	Sandra Simões	INDUSTRIAL DESPORTIVO VIEIRENSE	F45	1	Female	7	00:37:52	4'42"/km
158	265	João Nunes		M45	23	Male	151	00:37:41	4'42"/km
159	55	Helena Mourão Mourão	Acrs Desterro napo	F60	1	Female	8	00:37:48	4'43"/km
160	44	Jose Basilio Simoes	ARCD Venda da Luísa	M50	18	Male	152	00:37:15	4'43"/km
161	51	Carlos Ortet	GRUPO DESPORTIVO ASSEMPARK	M45	24	Male	153	00:37:50	4'43"/km
162	182	Daniela Cruz Santos	Ccr Praia de mira	Jun/Sen F	6	Female	9	00:37:46	4'43"/km
163	319	Vitor Cação	Gatões BTT	M40	25	Male	154	00:36:59	4'44"/km
164	281	Esmeralda Fiúza	Lobos da Serra - Loureiro	F55	1	Female	10	00:37:33	4'44"/km
165	161	Andreia Brás	Soure Mov	Jun/Sen F	7	Female	11	00:37:23	4'45"/km
166	252	Carlos Lobo		M55	16	Male	155	00:38:08	4'47"/km
167	146	Emanuela Simões	AC VERMOIL	F45	2	Female	12	00:38:34	4'47"/km
168	170	Vasco Gamboa	Soure Mov	Jun/Sen M	43	Male	156	00:36:52	4'47"/km
169	360	Hélder Morim		M35	23	Male	157	00:38:07	4'49"/km
170	269	Arlindo Neves	ARCD Venda da Luísa	M55	17	Male	158	00:37:52	4'50"/km
171	207	João Neves	Lama Solta	Jun/Sen M	44	Male	159	00:37:57	4'50"/km
172	67	João Paulo Santos Fernandes	PROSISTEM	M45	25	Male	160	00:40:19	4'50"/km
173	117	Pedro Marques	GRUPO DESPORTIVO ASSEMPARK	M45	26	Male	161	00:38:42	4'51"/km
174	383	Nuno Duarte	Caminhos do diabo	Jun/Sen M	45	Male	162	00:39:00	4'53"/km
175	175	André Esteves	Soure Mov	Jun/Sen M	46	Male	163	00:38:40	4'55"/km
176	141	Sónia Farto	INDUSTRIAL DESPORTIVO VIEIRENSE	F45	3	Female	13	00:38:46	4'56"/km
177	157	Marta Senos	kALENJI TEAM DECATHLON AVEIRO	Jun/Sen F	8	Female	14	00:38:41	4'56"/km
178	32	Aldina Ferreira	We	F40	2	Female	15	00:39:34	4'56"/km
179	38	João Sintra	ACRM Silveirinha Grande Claras	M60	7	Male	164	00:38:32	4'56"/km
180	242	Silvia Gomes		Jun/Sen F	9	Female	16	00:38:46	4'58"/km
181	372	José Fernandes	ARCD Venda da Luísa	M55	18	Male	165	00:40:09	5'01"/km
182	377	Carlos Albuquerque	ARCD Venda da Luísa	M45	27	Male	166	00:40:13	5'02"/km
183	107	Filomena Carvalho	Lama Solta	F40	3	Female	17	00:39:29	5'03"/km
184	308	Liliana Silva	CPT Sobral de Ceira	F45	4	Female	18	00:39:54	5'03"/km
185	231	Marco Pascoal	Vilaventura Trail	M35	24	Male	167	00:39:29	5'03"/km
186	140	Helena Henriques	INDUSTRIAL DESPORTIVO VIEIRENSE	F50	1	Female	19	00:39:13	5'03"/km
187	105	Elisa Bregieiro	Lama Solta	Jun/Sen F	10	Female	20	00:39:29	5'03"/km
188	357	Rafael Morim		Jun/Sen M	47	Male	168	00:40:55	5'03"/km
189	114	Valter Jacinto	GRUPO DESPORTIVO ASSEMPARK	M65	3	Male	169	00:39:57	5'05"/km
190	122	Paulo Gonçalves		M45	28	Male	170	00:40:35	5'05"/km
191	257	João Manuel Rodrigues Barroco	GRUPO DESPORTIVO ASSEMPARK	M60	8	Male	171	00:40:10	5'05"/km
192	213	Diogo Simões	Lobos da Serra - Loureiro	Jun/Sen M	48	Male	172	00:38:57	5'05"/km
193	45	Tiago Pires	ARCD Venda da Luísa	M35	25	Male	173	00:39:53	5'05"/km
194	209	Roberto Simões	Lobos da Serra - Loureiro	M40	26	Male	174	00:40:13	5'05"/km
195	179	Sara Martins	CluVe	F45	5	Female	21	00:40:16	5'05"/km
196	279	Jorge Ramos	ACDRS QUINHENDROS	M65	4	Male	175	00:40:00	5'06"/km
197	158	Odeta Cruz		F55	2	Female	22	00:40:15	5'06"/km
198	178	Ana Carolina Filipe		Jun/Sen F	11	Female	23	00:40:24	5'07"/km
199	39	Carlos Barroso		M55	19	Male	176	00:41:32	5'08"/km
200	361	Óscar Cardoso		Jun/Sen M	49	Male	177	00:40:04	5'08"/km



Pos	Dorsal	Nome	Equipa	Escalão	Pos	Sexo	Pos	Tempo	Ritmo
201	291	Jorge Ribeiro	R G Levanta Poeira	M50	19	Male	178	00:42:20	5'09"/km
202	21	José Goes	ACRM Silveirinha Grande Claras	M55	20	Male	179	00:38:10	5'11"/km
203	79	Jacinta Manata	Adões Trail	F40	4	Female	24	00:40:14	5'11"/km
204	376	Elisabete Correia	ARCD Venda da Luísa	F35	1	Female	25	00:40:58	5'11"/km
205	108	Rui Carlos Correia	kALENJI TEAM DECATHLON AVEIRO	M50	20	Male	180	00:41:26	5'11"/km
206	374	Isabel Barreiro	ARCD Venda da Luísa	F40	5	Female	26	00:41:10	5'13"/km
207	311	Antonio Tafula		M65	5	Male	181	00:41:57	5'13"/km
208	368	Vitor Marques	ARCD Venda da Luísa	M45	29	Male	182	00:39:47	5'14"/km
209	18	João Graca	ACRM Silveirinha Grande Claras	M65	6	Male	183	00:41:47	5'14"/km
210	185	Nuno Fernandes		M45	30	Male	184	00:41:49	5'14"/km
211	323	Pedro Roque	Os Papa Milhas	M50	21	Male	185	00:40:58	5'14"/km
212	218	Elias Leitão		M65	7	Male	186	00:41:33	5'14"/km
213	111	João Luis Santos		M50	22	Male	187	00:41:13	5'15"/km
214	171	António Ferreira	Soure Mov	M40	27	Male	188	00:41:09	5'16"/km
215	282	Celestino Marques	INDUSTRIAL DESPORTIVO VIEIRENSE	M60	9	Male	189	00:41:37	5'16"/km
216	208	Cristiana Silva	Lobos da Serra - Loureiro	Jun/Sen F	12	Female	27	00:40:34	5'16"/km
217	251	Pedro Marques	Lama Solta	M35	26	Male	190	00:41:16	5'17"/km
218	176	Ricardo Silva	Adões Trail	M40	28	Male	191	00:42:05	5'17"/km
219	250	Rui Silva	Adões Trail	Jun/Sen M	50	Male	192	00:42:05	5'18"/km
220	59	Lino Carraco	ACRM Silveirinha Grande Claras	M50	23	Male	193	00:42:33	5'18"/km
221	12	Joana Almeida		Jun/Sen F	13	Female	28	00:41:43	5'18"/km
222	74	Pedro Fernandes	ACDRS QUINHENDROS	M45	31	Male	194	00:41:24	5'18"/km
223	237	Carlos Rodrigues		M40	29	Male	195	00:42:27	5'19"/km
224	234	João Luís Almeida Cunha Rodrigues		M45	32	Male	196	00:42:27	5'20"/km
225	143	Eugénio Nebdes	AC VERMOIL	M60	10	Male	197	00:42:16	5'21"/km
226	184	Antónia Abrantes	CluVe	F55	3	Female	29	00:42:23	5'24"/km
227	165	Jorge Cordeiro	Soure Mov	M55	21	Male	198	00:41:39	5'24"/km
228	249	Ivo Alexandre Carvalho Dos Reis		M35	27	Male	199	00:42:09	5'24"/km
229	98	Henrique Conceição	Viseu 360	M65	8	Male	200	00:42:11	5'25"/km
230	70	Rui Pires	FHCoimbra	M45	33	Male	201	00:42:42	5'26"/km
231	277	João Rovira	CSKD	Jun/Sen M	51	Male	202	00:42:45	5'27"/km
232	163	Catarina Cordeiro	Soure Mov	F45	6	Female	30	00:42:33	5'28"/km
233	253	Teresa Barra		F35	2	Female	31	00:42:49	5'28"/km
234	287	Ana Pinheiro	FHCoimbra	Jun/Sen F	14	Female	32	00:43:01	5'29"/km
235	173	Marta Serralheiro	Soure Mov	F45	7	Female	33	00:42:40	5'29"/km
236	356	Edgar Gomes	Soure Mov	M35	28	Male	203	00:42:22	5'30"/km
237	19	Gabriela Carraco	ACRM Silveirinha Grande Claras	F40	6	Female	34	00:44:06	5'30"/km
238	162	Santos Mota	Soure Mov	M60	11	Male	204	00:44:20	5'30"/km
239	172	Joel Baptista	Soure Mov	M40	30	Male	205	00:43:47	5'33"/km
240	198	Filomena Trindade	kALENJI TEAM DECATHLON AVEIRO	F60	2	Female	35	00:42:56	5'33"/km
241	177	Jorge Filipe		M45	34	Male	206	00:43:35	5'33"/km
242	347	Saul Leite	Correr Lisboa	Jun/Sen M	52	Male	207	00:42:36	5'33"/km
243	310	Inês Oliveira	Correr Lisboa	Jun/Sen F	15	Female	36	00:44:18	5'34"/km
244	94	Marta Costa	Adões Trail	Jun/Sen F	16	Female	37	00:44:24	5'34"/km
245	125	Helena Santos	Correr Lisboa	F35	3	Female	38	00:45:30	5'35"/km
246	197	Jorge Justo	CPT Sobral de Ceira	M60	12	Male	208	00:44:00	5'38"/km



Pos	Dorsal	Nome	Equipa	Escalão	Pos	Sexo	Pos	Tempo	Ritmo
247	326	Michel Pestana		M40	31	Male	209	00:45:16	5'38"/km
248	15	José Ladeiro	FitMove	Jun/Sen M	53	Male	210	00:42:49	5'39"/km
249	299	Adriana Almeida	Gatões BTT	Jun/Sen F	17	Female	39	00:44:19	5'40"/km
250	203	Luís Pinto	Diabinhos de Samuel	M40	32	Male	211	00:42:44	5'40"/km
251	166	Rosália Duarte	Soure Mov	F55	4	Female	40	00:44:19	5'41"/km
252	302	Nelia Jesus	Gatões BTT	F45	8	Female	41	00:44:23	5'41"/km
253	11	Maria João Benquerença	ARCD Venda da Luísa	F45	9	Female	42	00:44:13	5'42"/km
254	48	Eduarda Vinagre	kALENJI TEAM DECATHLON AVEIRO	F45	10	Female	43	00:44:58	5'42"/km
255	266	José Quadrado	Tribo NR	M45	35	Male	212	00:47:11	5'42"/km
256	327	Carlos Humberto Madeira Coelho	Miro trail	M45	36	Male	213	00:44:04	5'42"/km
257	349	Hugo Matos		M45	37	Male	214	00:44:06	5'42"/km
258	268	Filipe Braz		M45	38	Male	215	00:45:02	5'43"/km
259	190	Marco Costa	kALENJI TEAM DECATHLON AVEIRO	M40	33	Male	216	00:45:39	5'45"/km
260	41	Alexandre Carreira		Jun/Sen M	54	Male	217	00:45:47	5'45"/km
261	363	Tânia Maia	ARCD Venda da Luísa	F35	4	Female	44	00:45:32	5'45"/km
262	263	Laurinda Pereira	CSKD	F50	2	Female	45	00:44:44	5'46"/km
263	343	Anabela Fonseca		F45	11	Female	46	00:43:41	5'48"/km
264	90	Patrícia Gomes		Jun/Sen F	18	Female	47	00:44:47	5'48"/km
265	366	José Guilherme Fernandes	ARCD Venda da Luísa	Jun/Sen M	55	Male	218	00:42:02	5'48"/km
266	375	Fernando Morgado	ARCD Venda da Luísa	M35	29	Male	219	00:42:05	5'48"/km
267	156	Cláudia Pimentel	CF Oliveira do Douro	F50	3	Female	48	00:45:29	5'49"/km
268	201	Patricia Gonçalves	Lama Solta	F35	5	Female	49	00:45:49	5'49"/km
269	58	Lucídio Dias	ACRM Silveirinha Grande Claras	M60	13	Male	220	00:45:56	5'49"/km
270	290	Olga Caramelo		F45	12	Female	50	00:46:28	5'50"/km
271	189	Carolina Rodrigues		Jun/Sen F	19	Female	51	00:46:30	5'50"/km
272	95	Maria Inês Oliveira	Lama Solta	Jun/Sen F	20	Female	52	00:46:09	5'50"/km
273	359	Vitor Neves		Jun/Sen M	56	Male	221	00:46:51	5'52"/km
274	56	Ondina Leal	ACRM Silveirinha Grande Claras	F45	13	Female	53	00:45:38	5'52"/km
275	283	António Seródio	Soure Mov	M60	14	Male	222	00:46:52	5'52"/km
276	109	Madalena Jesus Correia	kALENJI TEAM DECATHLON AVEIRO	F50	4	Female	54	00:47:08	5'53"/km
277	239	Paulo Santos		M50	24	Male	223	00:46:20	5'54"/km
278	364	João Travasso	ARCD Venda da Luísa	M35	30	Male	224	00:45:06	5'55"/km
279	276	Anabela Paiva	CSKD	F45	14	Female	55	00:45:49	5'55"/km
280	121	Jacqueline Dias	Tribo NR	F50	5	Female	56	00:46:35	5'57"/km
281	104	Judite Roque	Lama Solta	F40	7	Female	57	00:46:47	6'00"/km
282	296	Cátia Agostinho		Jun/Sen F	21	Female	58	00:47:50	6'01"/km
283	33	Isabel Ventura	Tribo NR	F55	5	Female	59	00:46:39	6'03"/km
284	118	Antonio Carvalho	GRUPO DESPORTIVO ASSEMPARK	M65	9	Male	225	00:47:30	6'06"/km
285	144	Alfredo Santos	AC VERMOIL	M65	10	Male	226	00:47:27	6'06"/km
286	93	Telma Costa	Adões Trail	F40	8	Female	60	00:47:36	6'07"/km
287	342	Márcio Silva		M35	31	Male	227	00:45:22	6'07"/km
288	341	Paula Simões		F35	6	Female	61	00:47:08	6'08"/km
289	186	Sandra Rito		Jun/Sen F	22	Female	62	00:48:48	6'13"/km



Pos	Dorsal	Nome	Equipa	Escalão	Pos	Sexo	Pos	Tempo	Ritmo
290	212	Hugo Silva		M35	32	Male	228	00:49:15	6'13"/km
291	353	Vitor Gariso	Soure Mov	M50	25	Male	229	00:48:57	6'13"/km
292	188	Tânia Ribeiro		Jun/Sen F	23	Female	63	00:48:52	6'14"/km
293	82	Carlos Grácio	Os Galgos de Tancos	M55	22	Male	230	00:47:39	6'15"/km
294	83	Helena Grácio	Os Galgos de Tancos	F55	6	Female	64	00:49:21	6'15"/km
295	358	Marco Santos		Jun/Sen M	57	Male	231	00:49:36	6'17"/km
296	371	Judite Duarte	ARCD Venda da Luísa	F45	15	Female	65	00:49:00	6'17"/km
297	227	Mariana Ribeiro	Lama Solta	Jun/Sen F	24	Female	66	00:47:25	6'19"/km
298	80	Nuno Alves	CASA DO BENFICA DE CONDEIXA	M45	39	Male	232	00:48:07	6'20"/km
299	297	Nélia Matos	CSKD	F50	6	Female	67	00:49:12	6'21"/km
300	168	Alda Santos	Soure Mov	F45	16	Female	68	00:49:18	6'22"/km
301	192	Sérgio Almeida		Jun/Sen M	58	Male	233	00:48:52	6'25"/km
302	345	Bruno Nunes		Jun/Sen M	59	Male	234	00:49:52	6'26"/km
303	193	Vera Cordeiro		F35	7	Female	69	00:50:05	6'27"/km
304	260	Dora Dinis		F40	9	Female	70	00:49:36	6'28"/km
305	221	Edite Fernandes	KALENJI TEAM DECATHLON AVEIRO	F45	17	Female	71	00:50:51	6'31"/km
306	219	António Matos	KALENJI TEAM DECATHLON AVEIRO	M50	26	Male	235	00:49:13	6'31"/km
307	286	Elisabete Carreira	Soure Mov	F40	10	Female	72	00:50:40	6'38"/km
308	325	António Sousa	Os Papa Milhas	M45	40	Male	236	00:50:46	6'38"/km
309	76	Daniel Antunes	ACDRS QUINHENDROS	M45	41	Male	237	00:52:20	6'41"/km
310	64	Regina Marvão	KALENJI TEAM DECATHLON AVEIRO	F40	11	Female	73	00:52:11	6'42"/km
311	324	Paula Tavares	Os Papa Milhas	F45	18	Female	74	00:52:18	6'43"/km
312	235	João Cruz		M50	27	Male	238	00:52:17	6'49"/km
313	236	Carla Costa		F40	12	Female	75	00:54:02	6'49"/km
314	238	João Daniel Cruz		Jun/Sen M	60	Male	239	00:52:17	6'49"/km
315	313	Diana Pereira	KALENJI TEAM DECATHLON AVEIRO	F40	13	Female	76	00:52:14	6'50"/km
316	24	Daniela Norte		F35	8	Female	77	00:53:56	6'59"/km
317	369	Nelson Gaspar	ARCD Venda da Luísa	M45	42	Male	240	00:52:16	6'59"/km