

Ultra Trail Serra do Alvão 2019

Classificação geral

TRAIL

Localidade Serra do Alvão

Data 08/12/2019

Hora 12:00 PM

Distância 32 Km

Organização: Associação Positive Sensations

Cronometra: CRONCHIP

Sistema: CRONOMACH

Classificações: WWW.CRONCHIP.PT

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T.Oficial	T/Km.	Difer.
1		468	BRUNO SILVA	ORALKLASS - AMIGOS DO TRAI	SNM-1	2:52:36	05:23	
2		248	PEDRO ROCHA	ORALKLASS - AMIGOS DO TRAI	SNM-2	2:55:00	05:28	0:02:24
3		271	PAULO COSTA	A.D. AMARANTE	M40M-1	2:58:01	05:33	0:05:25
4		212	NUNO NUNES	DÁ-LHE GÁS RUNNING TEMA F	SNM-3	2:58:24	05:34	0:05:48
5		405	MÁRIO PINTO	ORALKLASS - AMIGOS DO TRAI	SNM-4	2:58:54	05:35	0:06:18
6		469	ANTONIO PEREIRA	TEAM MARIETEL	M40M-2	3:02:17	05:41	0:09:41
7		457	MARCOS ANTONIO PASCUAL FI	BOAVISTA TRAIL	SNM-5	3:03:56	05:44	0:11:20
8		270	VITOR COSTA	A.D. AMARANTE	M40M-3	3:04:36	05:46	0:12:00
9		424	RICARDO NUNES	AD MARCO	SNM-6	3:04:54	05:46	0:12:18
10		325	LUIS FILIPE FIGUEIRA NOVAIS		M40M-4	3:07:01	05:50	0:14:25
11		372	SERGIO CARNEIRO	AD MARCO	SNM-7	3:11:49	05:59	0:19:13
12		237	PAULO RIBEIRO	APÚLIA A CORRER	SNM-8	3:14:05	06:03	0:21:29
13		379	ANTÓNIO MOREIRA		M40M-5	3:18:15	06:11	0:25:39
14		482	CARLOS QUEIROS	A.D. AMARANTE	SNM-9	3:19:13	06:13	0:26:37
15		260	GIL GOMES	RUNNERS DO DEMO	SNM-10	3:19:13	06:13	0:26:37
16		453	BRUNO TEIXEIRA	A.D. AMARANTE	M40M-6	3:19:44	06:14	0:27:08
17		333	MIGUEL MACHADO	PROFISIO EUPAGO TEAM	M40M-7	3:21:30	06:17	0:28:54
18		394	JOAQUIM SILVA	CAPITAL DOURO	M40M-8	3:21:30	06:17	0:28:54
19		357	ANDRÉ CUNHA	GUIMARAES	SNM-11	3:22:02	06:18	0:29:26
20		463	FRANCISCO PASCUAL FIDALGO	BOAVISTA TRAIL	SNM-12	3:23:01	06:20	0:30:25
21		407	NELSON TEIXEIRA	NAST	SNM-13	3:23:14	06:21	0:30:38
22		429	JOSE FARIA	NAST	SNM-14	3:23:14	06:21	0:30:38
23		211	NUNO CORREIA		SNM-15	3:26:03	06:26	0:33:27
24		472	MARCO PINTO	BRABUS RUNNERS	SNM-16	3:26:38	06:27	0:34:02
25		317	PABLO CAMACHO ALEGRE	EL ASERRADERO	SNM-17	3:28:49	06:31	0:36:13
26		284	ADÉRITO SILVA	DIVE - INTO THE MOUNTAINS	M40M-9	3:28:59	06:31	0:36:23
27		203	CARLOS FERNANDO MARTINS		M40M-10	3:31:25	06:36	0:38:49
28		455	RICARDO SAMPAIO	BRABUS RUNNERS	M40M-11	3:32:07	06:37	0:39:31
29		423	DIONISIO ANTONIO FERREIRA	TEAM TRAIL BEM VIVER	M40M-12	3:32:36	06:38	0:40:00
30		322	BRUNO PEREIRA	O QUE QUEREMOS É MONTE	SNM-18	3:33:18	06:39	0:40:42
31		331	NARCISO MACHADO	PROFISIO EUPAGO TEAM	M50M-1	3:33:51	06:40	0:41:15
32		480	FILIPE BARROS	A.D. AMARANTE	SNM-19	3:34:59	06:43	0:42:23
33		293	LUIS FERREIRA		SNM-20	3:38:50	06:50	0:46:14
34	1	440	ANA SOUSA	TEAM LANTEMIL	SNF-1	3:38:54	06:50	0:46:18

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T.Oficial	T/Km.	Difer.
35		475	BRUNO DANIEL MACHADO FON	TEAM LANTEMIL	SNM-21	3:39:00	06:50	0:46:24
36		311	FÁBIO RODRIGUES	BOAVISTA TRAIL	SNM-22	3:39:12	06:51	0:46:36
37		461	MARTINHO F. GOMES	FAMILIA M	SNM-23	3:40:19	06:53	0:47:43
38		484	BRUNO FERREIRA	TEAM LANTEMIL	SNM-24	3:41:15	06:54	0:48:39
39		428	PAULO CONDE		SNM-25	3:41:19	06:54	0:48:43
40		418	NUNO DUARTE	PIMENTINHAS	M40M-13	3:41:39	06:55	0:49:03
41	2	246	PAULA BARBOSA	ORALKLASS - AMIGOS DO TRAI	M40F-1	3:41:48	06:55	0:49:12
42		292	JOAQUIM SANTOS	RUN4FUN	M40M-14	3:41:51	06:55	0:49:15
43		229	FILIFE NUNES	MARÃO-Z-BIKE	M40M-15	3:42:18	06:56	0:49:42
44		301	BRUNO BISPO	RUNNERS DO DEMO	SNM-26	3:43:04	06:58	0:50:28
45		443	JOSÉ PEREIRA	A.D. AMARANTE	M40M-16	3:43:05	06:58	0:50:29
46		278	PAULO RIBEIRO	DIVE - INTO THE MOUNTAINS	M40M-17	3:43:10	06:58	0:50:34
47		470	ALFREDO GOMES	PEDRAS BIKERS TEAM	SNM-27	3:43:20	06:58	0:50:44
48		205	RICARDO LEMOS		M40M-18	3:43:49	06:59	0:51:13
49		434	MIGUEL CABRAL		M40M-19	3:44:15	07:00	0:51:39
50		326	JOÃO CARVALHO		M40M-20	3:45:13	07:02	0:52:37
51		306	SÉRGIO MOREIRA	100 META	M40M-21	3:45:25	07:02	0:52:49
52		280	EMANUEL COSTA	DIVE - INTO THE MOUNTAINS	M40M-22	3:45:58	07:03	0:53:22
53		2007	João Rodrigues MIGUEL QUEIRÓ	Profisso eu pago team	SNM-28	3:45:59	07:03	0:53:23
54		281	ANTÓNIO ALMEIDA	DIVE - INTO THE MOUNTAINS	SNM-29	3:46:02	07:03	0:53:26
55		77	Ricardo Leão RICARDO LEÃO		SNM-30	3:46:09	07:04	0:53:33
56		213	ANTÓNIO MANSO		SNM-31	3:46:25	07:04	0:53:49
57		2502	Paulo Grama PAULO GRAMA	Gondomar Futsal	M50M-2	3:47:32	07:06	0:54:56
58		426	VITOR ANDRADE	PAREDES AVENTURA	M40M-23	3:47:50	07:07	0:55:14
59		227	FERNANDO PEREIRA	BRABUS RUNNERS	SNM-32	3:48:58	07:09	0:56:22
60		430	ANTONIOCARLOS TEIXEIRA		M50M-3	3:49:03	07:09	0:56:27
61		257	PAULO COSTA		M40M-24	3:49:27	07:10	0:56:51
62		244	JOSE NUNES	PÓ REFORÇO TRAIL TEAM	SNM-33	3:50:09	07:11	0:57:33
63		343	ALBERTO FREITAS	AD MARCO	M40M-25	3:51:33	07:14	0:58:57
64		210	LUIS BOAL	DUBLIN O' SEVEN	M40M-26	3:51:38	07:14	0:59:02
65		381	PEDRO PEREIRA	CDCCAMPEÃ	SNM-34	3:51:46	07:14	0:59:10
66		286	VITOR FONSECA	COIMBRA TRAIL RUNNING	SNM-35	3:52:32	07:16	0:59:56
67		327	NUNO CUNHA	GEADAS RUNNING	SNM-36	3:52:46	07:16	1:00:10
68		310	NUNO GOMES	B.T.M.	SNM-37	3:52:46	07:16	1:00:10
69		340	PAULO TAVARES		M40M-27	3:52:57	07:16	1:00:21
70		419	RUI CARNEIRO	NAST	SNM-38	3:53:08	07:17	1:00:32
71		351	DANIEL CARVALHO		SNM-39	3:53:12	07:17	1:00:36
72		479	MIGUEL NUNES	ABCANSADO TRAIL	SNM-40	3:53:36	07:18	1:01:00
73		288	PAULO RENATO	TEAM LANTEMIL	M50M-4	3:53:51	07:18	1:01:15
74		451	TIAGO AMARAL	SIM SUMMIT	SNM-41	3:54:16	07:19	1:01:40
75		2508	Artur Gil ARTUR GIL	Pés de Chumbo Runner	M40M-28	3:54:26	07:19	1:01:50
76		338	JOÃO RICARDO	VIMARUNNERS	M40M-29	3:54:26	07:19	1:01:50
77		350	LUIS MIGUEL SANTOS	VIMARUNNERS	SNM-42	3:54:28	07:19	1:01:52
78		427	PAULO MOREIRA	LOBOS DO MONTE	M50M-5	3:56:14	07:22	1:03:38
79		201	PAULO TEIXEIRA		M40M-30	3:56:35	07:23	1:03:59
80		476	BRUNO PINHO	TEAM LANTEMIL	SNM-43	3:57:22	07:25	1:04:46
81		290	TELMO GARCIA	TREPADORES	SNM-44	3:57:58	07:26	1:05:22
82		399	SÉRGIO VIEIRA	CDM RUNNING	SNM-45	3:58:09	07:26	1:05:33
83		2525	Mário da Silva MÁRIO DA SILVA	Wolfs	SNM-46	3:59:34	07:29	1:06:58

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T.Oficial	T/Km.	Difer.
84	3	342	ANA AMARAL		M40F-2	4:00:29	07:30	1:07:53
85		462	NELSON VILELA	OPRATICANTE.PT	SNM-47	4:02:13	07:34	1:09:37
86		308	IVO MARTINS	TREPADORES	SNM-48	4:02:30	07:34	1:09:54
87		336	NUNO ARAÚJO	NPRINT AG	M40M-31	4:03:36	07:36	1:11:00
88		285	JOÃO BORGES		SNM-49	4:03:49	07:37	1:11:13
89		249	RICARDO COSTA	FIGUEIRÓ FIT	SNM-50	4:04:34	07:38	1:11:58
90		234	JOSÉ SOUSA	CLUBE TILHEIROS & AMIGOS	M40M-32	4:04:35	07:38	1:11:59
91		386	JOSE ANTONIO SILVA	RUNNING ESPINHO	M40M-33	4:04:48	07:39	1:12:12
92		207	RUI MIGUEL PEREIRA	DUBLIN O' SEVEN	M40M-34	4:06:23	07:41	1:13:47
93		332	JORGE PEREIRA	PROFISIO EUPAGO TEAM	SNM-51	4:06:57	07:43	1:14:21
94	4	403	ANA VIEIRA	ORALKLASS - AMIGOS DO TRAI	SNF-2	4:07:04	07:43	1:14:28
95		459	PEDRO COSTA PEREIRA	ABCANSADO TRAIL	M40M-35	4:07:05	07:43	1:14:29
96		328	MIGUEL LOPES		M40M-36	4:07:19	07:43	1:14:43
97		315	MARIO LIMA	AVESRUNNERS	M40M-37	4:07:29	07:44	1:14:53
98		387	NUNO SANTOS	PEDRAS BIKERS TEAM	SNM-52	4:07:41	07:44	1:15:05
99		376	PEDRO LIMA	TEAM TT	M40M-38	4:07:48	07:44	1:15:12
100		364	IVO MORAIS	ASSOCIAÇÃO BEAT YOUR LIMI	M40M-39	4:08:09	07:45	1:15:33
101		467	EDUARDO MACEDO		SNM-53	4:08:10	07:45	1:15:34
102		363	PEDRO CONDE	ASSOCIAÇÃO BEAT YOUR LIMI	M40M-40	4:08:11	07:45	1:15:35
103		365	CARLOS JESUS	ASSOCIAÇÃO BEAT YOUR LIMI	M40M-41	4:08:12	07:45	1:15:36
104		330	RUI BARBOSA	PROFISIO EUPAGO TEAM	SNM-54	4:09:35	07:47	1:16:59
105	5	483	ROSA BARROS	A.D. AMARANTE	M50F-1	4:09:38	07:48	1:17:02
106		488	LUIS RIBEIRO	PORTOCARGO RUNNERS	M40M-42	4:10:38	07:49	1:18:02
107	6	487	PAULA SANTOS	ALL ABOUT	M40F-3	4:10:40	07:50	1:18:04
108	7	804	GISELA SOUSA	AD MARCO	M40F-4	4:10:45	07:50	1:18:09
109		251	RUI ORLANDO NETO	FIGUEIRÓ FIT	M40M-43	4:11:07	07:50	1:18:31
110	8	805	MARGARIDA SOUSA	AD MARCO	M40F-5	4:11:29	07:51	1:18:53
111		398	TIAGO PIMENTA	LOBOS DESNORTEADOS	SNM-55	4:11:36	07:51	1:19:00
112		447	NUNO SILVA	TURBULENTOS	M40M-44	4:12:53	07:54	1:20:17
113		303	AGOSTINHO MARAFÃO	REAL RUNNERS	M50M-6	4:13:42	07:55	1:21:06
114		235	FILIPPE LIMA		SNM-56	4:14:52	07:57	1:22:16
115	9	446	VERONICA MOREIRA	NAST	SNF-3	4:14:57	07:58	1:22:21
116		474	JOSÉ MARTINS	NAST	M40M-45	4:15:00	07:58	1:22:24
117		295	JOÃO CARVALHAL	BUDEGUITA RUNNERS	M40M-46	4:15:26	07:58	1:22:50
118		214	PAULO FERREIRA		M50M-7	4:15:36	07:59	1:23:00
119		449	ABILIO PEREIRA	PROFISIO EUPAGO TEAM	M50M-8	4:16:25	08:00	1:23:49
120		335	NELSON PINTO	FIGUEIRÓ FIT	M40M-47	4:16:34	08:01	1:23:58
121		217	MARCO ALMEIDA	POWERFIT	SNM-57	4:16:39	08:01	1:24:03
122		452	ALCINO COSTA	A.D. AMARANTE	M40M-48	4:16:59	08:01	1:24:23
123		316	PEDRO PISCO	MOREIRA RELAX RUNNERS	M50M-9	4:17:42	08:03	1:25:06
124		347	OSCAR LOPES	OPRATICANTE.PT	M40M-49	4:18:41	08:05	1:26:05
125		255	FRANCISCO RODRIGUES		M50M-10	4:18:54	08:05	1:26:18
126		409	PEDRO MIRANDA	AKUAFIT	SNM-58	4:19:02	08:05	1:26:26
127		373	DANIEL FERNANDES	ÁGUIAS DE ALVELOS	M40M-50	4:19:43	08:06	1:27:07
128		367	NUNO JOSÉ FONSECA FREITAS	CORRER LEÇA	M40M-51	4:19:46	08:07	1:27:10
129		473	MÁRIO MARTINS		SNM-59	4:20:05	08:07	1:27:29
130		471	ANTÓNIO SIMÕES		M50M-11	4:20:16	08:08	1:27:40
131		401	MARIO NOBREGA	RUN4FUN	M50M-12	4:20:45	08:08	1:28:09
132		397	RUI BORGES	RUN4FUN	SNM-60	4:20:46	08:08	1:28:10

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T.Oficial	T/Km.	Difer.
133		491	CARLOS MANUEL ALVES		M50M-13	4:20:48	08:09	1:28:12
134		226	MARCELO FERREIRA		M40M-52	4:21:23	08:10	1:28:47
135	10	228	BELÉM MARQUES	ADOSA - OS SANTA APOLÓNIA	M40F-6	4:21:42	08:10	1:29:06
136		358	ANDRÉ MATOS	HERE4BEER	SNM-61	4:23:33	08:14	1:30:57
137		359	CARLOS CARNEIRO	HERE4BEER	M40M-53	4:23:34	08:14	1:30:58
138		380	SANDRO RODRIGUES	AURORA TRAIL	M40M-54	4:24:47	08:16	1:32:11
139		442	LUIS TEIXEIRA	BOMBI CHALLENGE	M40M-55	4:26:01	08:18	1:33:25
140		422	RICARDO ARAÚJO	B.T.M.	SNM-62	4:26:30	08:19	1:33:54
141		420	HELDER TORRES	B.T.M.	SNM-63	4:26:31	08:19	1:33:55
142		345	PAULO BOTELHO	OPRATICANTE.PT	M40M-56	4:26:58	08:20	1:34:22
143		454	VITOR COELHO	CLUBE DESPORIVO CEPESA	M40M-57	4:27:50	08:22	1:35:14
144	11	247	LILIANA GOMES		SNF-4	4:27:55	08:22	1:35:19
145		289	MARIO FONSECA		SNM-64	4:27:56	08:22	1:35:20
146		413	PEDRO VIDAL	OS FINOS	M40M-58	4:28:15	08:22	1:35:39
147		264	DAVID DIAS	AKUAFIT	SNM-65	4:28:18	08:23	1:35:42
148		215	RUI NOBREGA	ASSOCIAÇÃO DE PARAQUEDIS	M40M-59	4:28:29	08:23	1:35:53
149		415	NUNO MIGUEL RODRIGUES	RUN4FUN	M40M-60	4:28:57	08:24	1:36:21
150		494	Nuno Morais NUNO MORAIS	Velharias Morais	M40M-61	4:33:42	08:33	1:41:06
151		250	NUNO DINIS		SNM-66	4:33:43	08:33	1:41:07
152		642	Marco Araújo MARCO ARAUJO		M40M-62	4:33:45	08:33	1:41:09
153		216	CARLOS ALBERTO CORREIA		M50M-14	4:34:13	08:34	1:41:37
154		318	PAULO HERNANI MOREIRA		M40M-63	4:36:31	08:38	1:43:55
155		54	MANUEL RODRIGUES	CORRER LEÇA	M50M-15	4:37:45	08:40	1:45:09
156		221	SÉRGIO MOREIRA	ULTRA DIABETICO	M40M-64	4:37:48	08:40	1:45:12
157		344	NUNO LUCAS	OPRATICANTE.PT	M40M-65	4:37:51	08:40	1:45:15
158	12	417	LILIANA CARVALHO	PIMENTINHAS	SNF-5	4:37:53	08:41	1:45:17
159	13	236	CATARINA PINTO	AKUAFIT	SNF-6	4:38:16	08:41	1:45:40
160		382	EMMANUEL DOMINGOS		SNM-67	4:38:30	08:42	1:45:54
161		220	CARLOS FERREIRA	GEADAS RUNNING	SNM-68	4:38:56	08:43	1:46:20
162		370	JOSE LAGOA	GEADAS RUNNING	SNM-69	4:39:00	08:43	1:46:24
163		396	FERNANDO LOPES	100 PERNAS TRAIL TEAM	M40M-66	4:39:08	08:43	1:46:32
164		209	EDUARDO PINTO		M40M-67	4:40:17	08:45	1:47:41
165		356	MANUEL MELO	PEDRAS BIKERS TEAM	SNM-70	4:40:31	08:45	1:47:55
166	14	355	CÁTIA MARQUES	PEDRAS BIKERS TEAM	SNF-7	4:40:32	08:46	1:47:56
167		353	CÂNDIDO SILVA	SPIRIDON CLUBE DE GAIA	M40M-68	4:40:58	08:46	1:48:22
168		348	HENRIQUE FARIA		M50M-16	4:40:58	08:46	1:48:22
169		329	NELSON MACHADO	PROFISIO EUPAGO TEAM	SNM-71	4:41:05	08:47	1:48:29
170		267	NUNO COSTA	ORIMARÃO	M40M-69	4:41:56	08:48	1:49:20
171		298	LUIS ALVES	PÓ REFORÇO TRAIL TEAM	SNM-72	4:42:02	08:48	1:49:26
172	15	219	ANA RAQUEL CAMPOS	SHOTS INTERNATIONAL RUNN	SNF-8	4:42:06	08:48	1:49:30
173		390	JOAO COUTO	OS FINOS	M40M-70	4:43:22	08:51	1:50:46
174		485	MIGUEL FERRAZ	CLUBE DESPORTIVO CEPESA	M40M-71	4:43:51	08:52	1:51:15
175		460	DAVID TABORDA	ABCANSADO TRAIL	M40M-72	4:43:52	08:52	1:51:16
176		334	NUNO FERNANDES	REUMÁTICOS DA BILA	M40M-73	4:44:15	08:52	1:51:39
177		258	MIGUEL SILVA	CSE HOOLS	SNM-73	4:45:21	08:55	1:52:45
178	16	263	DORES CACHETAS	AKUAFIT	M40F-7	4:45:23	08:55	1:52:47
179		352	FERNANDO ALMEIDA		M50M-17	4:46:10	08:56	1:53:34
180	17	232	DIANA MARTINS	BOAVISTA TRAIL	SNF-9	4:47:46	08:59	1:55:10
181		493	PAULO GOMES FERNANDES		M40M-74	4:55:49	09:14	2:03:13

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T.Oficial	T/Km.	Difer.
182		393	ANTÓNIO GOMES SILVA	CLUBE TILHEIROS & AMIGOS	M50M-18	4:56:29	09:15	2:03:53
183		259	SERGIO ROCHA	CSE HOOLS	M40M-75	4:58:02	09:18	2:05:26
184		349	GONÇALO SILVA		SNM-74	4:58:59	09:20	2:06:23
185		383	RUI RIBEIRO		M40M-76	4:59:04	09:20	2:06:28
186		204	JOÃO PAULO GENÉSIO	PES DE CHUMBO	M50M-19	4:59:35	09:21	2:06:59
187	18	233	LÍGIA MENDES	CLUBE TILHEIROS & AMIGOS	M40F-8	4:59:36	09:21	2:07:00
188		256	SÉRGIO MARCO MEDEIROS TAV	CORREIO DE ALBERGARIA TR	M40M-77	4:59:36	09:21	2:07:00
189		384	PEDRO SILVA	RUNNERS DO DEMO	M40M-78	5:00:11	09:22	2:07:35
190		431	BRUNO DUARTE	ESPINHO TRAIL	SNM-75	5:00:11	09:22	2:07:35
191		302	RICARDO DUARTE	ESPINHO TRAIL	SNM-76	5:00:17	09:23	2:07:41
192		266	SÉRGIO FERREIRA	AKUAFIT	SNM-77	5:00:19	09:23	2:07:43
193	19	465	MÓNICA MARTINS	TEAM LANTEMIL	M40F-9	5:04:34	09:31	2:11:58
194		262	TOMÁS FERREIRA	MARÃO-Z-BIKE	M50M-20	5:04:35	09:31	2:11:59
195		261	FERNANDO FERREIRA	TEAM LANTEMIL	M40M-79	5:04:35	09:31	2:11:59
196		274	ANTÓNIO GONÇALVES	DIVE - INTO THE MOUNTAINS	M50M-21	5:05:12	09:32	2:12:36
197	20	272	MARIA SÁ	DIVE - INTO THE MOUNTAINS	M50F-2	5:05:13	09:32	2:12:37
198		218	JOÃO CARVAS	POWERFIT	SNM-78	5:06:14	09:34	2:13:38
199		202	ARTUR FONSECA	RUPTURA TOTAL	M40M-80	5:06:34	09:34	2:13:58
200	21	287	NATÁLIA JOSÉ	COIMBRA TRAIL RUNNING	M40F-10	5:07:21	09:36	2:14:45
201		304	TONY BARBOSA	ESPINHO TRAIL	M40M-81	5:09:03	09:39	2:16:27
202	22	466	MARIA RICARDO	LION RUNNERS - G. D. LEÕES	M50F-3	5:09:04	09:39	2:16:28
203		238	CARLOS PARDELINHA		M50M-22	5:09:06	09:39	2:16:30
204		354	JOSÉ LOPES	EQUIPA A	M40M-82	5:11:19	09:43	2:18:43
205		410	MIGUEL PINTO	AKUAFIT	M40M-83	5:12:06	09:45	2:19:30
206	23	448	SANDRA TRAVESSAS	TURBULENTOS	M40F-11	5:14:19	09:49	2:21:43
207		253	JOSÉ ALVES	PÓ REFORÇO TRAIL TEAM	SNM-79	5:15:28	09:51	2:22:52
208		346	JOÃO MENESES	OPRATICANTE.PT	M40M-84	5:15:39	09:51	2:23:03
209		323	VITOR MANUEL FONSECA	COIOTE DO GERÊS	M40M-85	5:18:22	09:56	2:25:46
210		208	NUNO MIGUEL CODEÇO	DUBLIN O' SEVEN	M40M-86	5:21:32	10:02	2:28:56
211		489	CARLOS BAPTISTA		M40M-87	5:21:34	10:02	2:28:58
212		388	PEDRO FLORES DE MAGALHÃE	CUIDADO COM O URSO PANDA	M40M-88	5:24:42	10:08	2:32:06
213	24	435	ANA DIAS	BUDEGUITA RUNNERS	M40F-12	5:24:43	10:08	2:32:07
214		436	TIAGO ALMEIDA	BUDEGUITA RUNNERS	M40M-89	5:24:45	10:08	2:32:09
215		456	PAULO MARQUES	BUDEGUITA RUNNERS	M40M-90	5:24:46	10:08	2:32:10
216		291	JOAO BESSA	KUNALAMA RUNNERS	SNM-80	5:25:53	10:11	2:33:17
217		425	ANSELMO MAIA	"ESMAGA PENHASKOS"	M40M-91	5:26:00	10:11	2:33:24
218	25	341	SOFIA PEREIRA	TEAM LANTEMIL	SNF-10	5:27:42	10:14	2:35:06
219		314	MIGUEL TEIXEIRA	TEAM LANTEMIL	M40M-92	5:27:43	10:14	2:35:07
220		437	LUÍS VIEIRA	KUNALAMA RUNNERS	SNM-81	5:28:00	10:15	2:35:24
221		385	JOAQUIM MADUREIRA	CLUBE ZUPPER	M40M-93	5:29:56	10:18	2:37:20
222	26	389	CÂNDIDA VÍLAS-BOAS	CLUBE ZUPPER	M40F-13	5:29:57	10:18	2:37:21
223		321	PAULO ASSIS		SNM-82	5:31:17	10:21	2:38:41
224		477	SÉRGIO BASTOS	TEAM LANTEMIL	M40M-94	5:31:19	10:21	2:38:43
225		252	RUI TEIXEIRA	#ATÉCHORAS	M40M-95	5:32:49	10:24	2:40:13
226		299	ANTÓNIO MANUEL PEREIRA DIN	CAMPANHÓ	M40M-96	5:32:51	10:24	2:40:15
227		441	TIAGO DIAS	TEAM LANTEMIL	SNM-83	5:33:42	10:25	2:41:06
228		490	MIGUEL PINTO	MONTE DOS AMIGOS	SNM-84	5:34:33	10:27	2:41:57
229		2501	Paulo Graça PAULO GRAÇA		M50M-23	5:34:38	10:27	2:42:02
230		362	BRUNO FERREIRA	MONTE DOS AMIGOS	SNM-85	5:34:39	10:27	2:42:03

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T.Oficial	T/Km.	Difer.
231		414	LEANDRO PACHECO	MONTE DOS AMIGOS	M40M-97	5:34:39	10:27	2:42:03
232		32	Filipe Nogueira FILIPE NOGUEIRA		SNM-86	5:36:15	10:30	2:43:39
233	27	416	LILIANA TEIXEIRA		SNF-11	5:38:38	10:34	2:46:02
234		324	DANIEL CONDE		SNM-87	5:42:20	10:41	2:49:44
235		225	PEDRO FREIRE	SICOTRILHOS ABIUL	M40M-98	5:42:58	10:43	2:50:22
236		242	CARLOS MONTEIRO	MARÃO-Z-BIKE	M40M-99	5:45:17	10:47	2:52:41
237		241	OLIVEIRA DAVIDE		M40M-100	5:45:18	10:47	2:52:42
238		402	RICARDO PIMENTA	CORRER LEÇA	SNM-88	5:45:31	10:47	2:52:55
239	28	366	CARLA FERREIRA	CORRER LEÇA	M40F-14	5:45:34	10:47	2:52:58
240		486	NUNO BARROSO	VILA NOVA DE FAMALICÃO	M40M-101	5:48:01	10:52	2:55:25
241		240	RICARDO LEAL	PÓ REFORÇO TRAIL TEAM	SNM-89	5:53:00	11:01	3:00:24
242		337	BRUNO ARAÚJO	TEAM LANTEMIL	SNM-90	5:55:14	11:06	3:02:38
243		254	MARCO FILIPE MOREIRA	TEAM LANTEMIL	M40M-102	5:55:18	11:06	3:02:42
244		307	BRUNO MOREIRA	TEAM LANTEMIL	SNM-91	5:55:19	11:06	3:02:43
245		652	VALTER SILVA	CORRER LEÇA	M40M-103	6:01:42	11:18	3:09:06
246		273	JOÃO PAULO RODRIGUES	DIVE - INTO THE MOUNTAINS	M50M-24	6:02:46	11:20	3:10:10
247	29	464	MARGARIDA DANTAS	TEAM LANTEMIL	SNF-12	6:02:56	11:20	3:10:20
248	30	478	CRISTIANA MARTINS	TEAM LANTEMIL	SNF-13	6:02:59	11:20	3:10:23
249	31	782	LUÍSA NOGUEIRA	CORRER LEÇA	M40F-15	6:04:42	11:23	3:12:06
250	32	374	CÂNDIDA BENTO	CORRER LEÇA	SNF-14	6:05:50	11:25	3:13:14
251		268	Micos Pimenta JOANA FERNAND	Aquafit	SNM-92	6:09:28	11:32	3:16:52
252	33	265	FILIPA OLIVEIRA	AKUAFIT	SNF-15	6:09:29	11:32	3:16:53
253	34	231	MARIA FILIPA OLIVEIRA MARTIN	AKUAFIT	SNF-16	6:09:29	11:32	3:16:53
254	35	411	NAZARÉ FERREIRA	AKUAFIT	M40F-16	6:09:30	11:32	3:16:54
255	36	432	DINA GONCALVES	LION RUNNERS - G. D. LEÕES	M40F-17	6:09:42	11:33	3:17:06
256	37	400	CATIA LINHARES	B.T.M.	SNF-17	6:16:04	11:45	3:23:28
257	38	412	ANA SILVA	B.T.M.	SNF-18	6:16:04	11:45	3:23:28
258	39	319	TANYA REIS	B.T.M.	SNF-19	6:16:07	11:45	3:23:31
259	40	378	JOANA SILVA		SNF-20	6:38:52	12:27	3:46:16
260	41	305	CARLA PEREIRA	ESPINHO TRAIL	SNF-21	6:45:14	12:39	3:52:38
261		313	CRISTINA DUARTE	ESPINHO TRAIL	M40M-104	6:45:14	12:39	3:52:38