

# Ultra Trail Serra do Alvão 2019

## Classificação geral

## Mini Trail

**Localidade:** Serra do Alvão

**Data:** 08/12/2019

**Distância** 15 Km

**Organização:** Associação Positive  
Sensations

**Cronometragem:** CRONCHIP

**Sistema:** CRONOMACH

**Classificações:** WWW.CRONCHIP.PT

Pos.	Dorsal	Nome	Clube	Paso Meta	Saída	Tempo	Cat.	P.Cat.
1	967	ÁLVARO MOREIRA	AD MARCO	04:31:29	03:27:00	01:04:29	SNM	1
2	2039	LEONEL CUNHA	TRAIL TEAM BIFASE	04:31:31	03:27:00	01:04:31	SNM	2
3	2101	JOSÉ CARVALHO	CLUBE ACADEMICO DE MOGA	04:33:19	03:27:00	01:06:19	M40M	1
4	2070	DIOGO FERNANDES	SIM SUMMIT	04:36:18	03:27:00	01:09:18	SNM	3
5	2507	Seninho Ribeiro SENINHO RIBEIR		04:37:37	03:27:00	01:10:37	SNM	4
6	2078	EDGAR RESENDE	SIM SUMMIT	04:38:18	03:27:00	01:11:18	SNM	5
7	867	NUNO LEMOS	CLUBE ATLETISMO FAFE	04:38:32	03:27:00	01:11:32	M40M	2
8	970	RUI ARAÚJO	SIM SUMMIT	04:39:44	03:27:00	01:12:44	SNM	6
9	988	JORGE OLIVEIRA	A.D. AMARANTE	04:41:51	03:27:00	01:14:51	M40M	3
10	2513	António Carvalho ANTÓNIO CAR	Cabeceira Bike Team	04:42:28	03:27:00	01:15:28	M40M	4
11	978	ANTONIO MENDES	A.D. AMARANTE	05:09:33	03:54:00	01:15:33	SNM	7
12	984	CRISTIANO SANTOS	A.D. AMARANTE	05:11:03	03:54:00	01:17:03	SNM	8
13	849	NUNO GOMES		04:44:35	03:27:00	01:17:35	SNM	9
14	959	TIAGO SÁ	RAFATEAM	04:44:45	03:27:00	01:17:45	SNM	10
15	902	ISIDRO PINTO	DAPPRODUÇÕES	04:45:46	03:27:00	01:18:46	SNM	11
16	603	FILIPPE CARRIL	RSBIKESDANIBIKESTeam	04:47:28	03:27:00	01:20:28	M40M	5
17	880	AGOSTINHO CARNEIRO	AD MARCO	04:47:41	03:27:00	01:20:41	M50M	1
18	775	DIOGO MACHADO	CHAVES RUNNING TEAM	04:47:44	03:27:00	01:20:44	SNM	12
19	690	FÁBIO NUNES	AD MARCO	04:47:59	03:27:00	01:20:59	SNM	13
20	824	BEATRIZ ALVES	DCI//TRILHOS LUSO BUSSACO	04:48:35	03:27:00	01:21:35	SNF	1
21	992	MANUEL VIEIRA	A.D. AMARANTE	05:16:04	03:54:00	01:22:04	M40M	6
22	1999	VALENTIM HENRIQUES	A.D. AMARANTE	04:49:18	03:27:00	01:22:18	M50M	2
23	919	DARIO COELHO	INTO THE MOUNTAINS	04:49:21	03:27:00	01:22:21	M40M	7
24	660	GABRIEL FACEIRA	LINCES DO MARÃO	04:49:50	03:27:00	01:22:50	SNM	14
25	945	PEDRO SOBRAL	CLUBE DESPORTIVO DE LEOM	04:50:20	03:27:00	01:23:20	SNM	15
26	223	RICARDO LAMEIRA	PERNAS DE PAU	04:50:37	03:27:00	01:23:37	SNM	16
27	951	PEDRO MIGUEL CASTRO FERNA		04:50:39	03:27:00	01:23:39	SNM	17
28	930	NUNO PINHO		05:01:59	03:38:00	01:23:59	SNM	18
29	2060	ALBERTINO GOMES	PEDRAS BIKERS TEAM	04:51:40	03:27:00	01:24:40	SNM	19
30	881	CLAUDIO MACEDO	NASCENTE FLOR TEAM	04:51:41	03:27:00	01:24:41	SNM	20
31	2087	ESTEVÃO GONÇALVES		04:53:08	03:27:00	01:26:08	M40M	8
32	605	PEDRO VIEIRA	A.D. AMARANTE	04:53:28	03:27:00	01:26:28	M40M	9
33	2065	MARCO SILVA	ALL ABOUT	05:04:40	03:38:00	01:26:40	M40M	10
34	607	MARCO BAREJÃO PINTO	100 TREINO	05:05:25	03:38:00	01:27:25	SNM	21
35	842	PEDRO RIBEIRO		05:05:26	03:38:00	01:27:26	SNM	22
36	910	RUI RODRIGUES	AD MARCO	04:54:29	03:27:00	01:27:29	M40M	11
37	369	Eduardo Bárbara EDUARDO BAR	Turbo Kings 2.0/Advance	05:22:51	03:54:00	01:28:51	SNM	23
38	836	VITOR RITO	RUNNING ESPINHO	04:56:02	03:27:00	01:29:02	SNM	24
39	890	FERNANDO MANUEL TUNA MAG	ASS MONDIM ATLETISM	04:56:03	03:27:00	01:29:03	SNM	25
40	2072	RÉMI FERREIRA	LINCES DO MARÃO	04:56:36	03:27:00	01:29:36	SNM	26
41	826	NUNO ANGÉLICO	MOLONI RUNNING TEAM	04:56:43	03:27:00	01:29:43	SNM	27
42	786	JOSE MNONTEIRO	AD MARCO	04:56:48	03:27:00	01:29:48	SNM	28
43	703	ANA FREITAS	A.D.CARRIL	04:57:10	03:27:00	01:30:10	M40F	1
44	2123	DIANA GASPAR		04:57:11	03:27:00	01:30:11	SNF	2
45	2049	PEDRO BARROS		05:08:15	03:38:00	01:30:15	SNM	29
46	906	ARMANDO FRAGA		04:57:38	03:27:00	01:30:38	M50M	3
47	715	TIAGO SOARES	MIRANDELA A CORRER	04:57:48	03:27:00	01:30:48	SNM	30
48	691	BRUNO MELO	REAL RUNNERS	04:58:37	03:27:00	01:31:37	SNM	31
49	876	TÂNIA RIBEIRO	GEADAS RUNNING	04:58:56	03:27:00	01:31:56	SNF	3
50	604	ALBERTO LEITE		04:58:57	03:27:00	01:31:57	M50M	4
51	704	JOSE RODRIGUES	A.D.CARRIL	04:59:13	03:27:00	01:32:13	M40M	12
52	2130	Fernando FERNANDO		05:00:07	03:27:00	01:33:07	SNM	32
53	712	ALBINO MAGALHÃES	OLIMPO LEGENDS	05:00:11	03:27:00	01:33:11	SNM	33
54	879	ALEXANDRE MOREIRA	AD MARCO	05:00:11	03:27:00	01:33:11	M40M	13
55	708	JOSÉ CARLOS PIRES RODRIGU	MIRANDELA A CORRER	05:00:22	03:27:00	01:33:22	M40M	14
56	2014	NUNO MOURA	A.D. AMARANTE	05:27:30	03:54:00	01:33:30	M40M	15
57	702	ANDRÉ CRISTIANO	TESOS & MOURARIA	05:00:45	03:27:00	01:33:45	SNM	34

58	878	FILIPPE VILLAS	BOAS	05:01:06	03:27:00	01:34:06	SNM	35
59	2104	NUNO REBELO	POWERFIT	05:01:31	03:27:00	01:34:31	SNM	36
60	375	Ivo Sampaio IVO SAMPAIO		05:02:39	03:27:00	01:35:39	SNM	37
61	664	RICARDO MEIRA	AMVE	05:02:55	03:27:00	01:35:55	M40M	16
62	687	LUÍS SOUSA		05:03:04	03:27:00	01:36:04	M50M	5
63	888	JORGE ALVES	ASS MONDIM ATLETISM	05:03:43	03:27:00	01:36:43	M40M	17
64	850	SÉRGIO COSTA	LUSOS XXI	05:03:52	03:27:00	01:36:52	SNM	38
65	2503	Joana Cardoso JOANA CARDOS		05:04:01	03:27:00	01:37:01	SNF	4
66	2066	MANUEL SILVA		05:04:03	03:27:00	01:37:03	SNM	39
67	678	ANTÓNIO FERNANDES	REAL RUNNERS	05:04:31	03:27:00	01:37:31	M50M	6
68	903	JOSÉ GONÇALVES	INTO THE MOUNTAINS	05:04:54	03:27:00	01:37:54	M50M	7
69	924	MANUEL JOAQUIM	FIT RUNNERS	05:31:55	03:54:00	01:37:55	SNM	40
70	968	VITOR PEDROSO	OS RÔTOS BTT	05:04:58	03:27:00	01:37:58	M40M	18
71	683	SANDRA NUNES		05:04:59	03:27:00	01:37:59	SNF	5
72	757	MANUEL ABOBELEIRA	GEADAS RUNNING	05:05:03	03:27:00	01:38:03	M40M	19
73	843	FERNANDO COSTA		05:05:13	03:27:00	01:38:13	SNM	41
74	768	FRANCISCO TEIXEIRA	GEADAS RUNNING	05:05:24	03:27:00	01:38:24	M50M	8
75	2001	PAULO SOARES	MARCO DE CANAVESES	05:05:29	03:27:00	01:38:29	SNM	42
76	638	PEDRO PEREIRA		05:05:30	03:27:00	01:38:30	SNM	43
77	2000	NUNO MOREIRA	QUINTA DAS ARCA	05:16:46	03:38:00	01:38:46	SNM	44
78	686	ANA HENRIQUES		05:05:48	03:27:00	01:38:48	SNF	6
79	989	JOSÉ AZEVEDO	A.D. AMARANTE	05:32:50	03:54:00	01:38:50	M50M	9
80	710	MANUEL SOUSA	ÓTICA SOUSA	05:32:51	03:54:00	01:38:51	M40M	20
81	856	ARTUR JOSÉ GONÇALVES FER	CABECEIRAS BIKE TEAM	05:06:31	03:27:00	01:39:31	SNM	45
82	918	JOÃO SOUSA	LINCES DO MARÃO	05:06:59	03:27:00	01:39:59	SNM	46
83	2117	DIOGO LOPES	HABCARPINTARIA	05:07:04	03:27:00	01:40:04	SNM	47
84	889	PEDRO SILVA	ASS MONDIM ATLETISM	05:07:06	03:27:00	01:40:06	SNM	48
85	806	TIAGO MARINHO	AD MARCO	05:07:09	03:27:00	01:40:09	SNM	49
86	2010	PAULO SANTOS		05:07:25	03:27:00	01:40:25	M40M	21
87	818	CLARA NOBREGA	INSANE TRAIL	05:07:26	03:27:00	01:40:26	M40F	2
88	682	FERNANDO CUNHA	O QUE QUEREMOS É MONTE	05:07:31	03:27:00	01:40:31	SNM	50
89	2511	Szymon Kodinsky SZYMON KODI		05:19:08	03:38:00	01:41:08	SNM	51
90	996	RUI BORGES	A.D. AMARANTE	05:08:16	03:27:00	01:41:16	SNM	52
91	987	FERNANDO QUEIRÓS	A.D. AMARANTE	05:08:17	03:27:00	01:41:17	M50M	10
92	2052	NUNO CUNHA	SMILEFORNATURE	05:08:41	03:27:00	01:41:41	SNM	53
93	743	GORETI SOUSA	PROFISIO EUPAGO TEAM	05:09:22	03:27:00	01:42:22	M50F	1
94	619	FILIPPE SOUSA	FISIOTERAPIA E	05:09:40	03:27:00	01:42:40	SNM	54
95	981	CARLOS MACEDO	A.D. AMARANTE	05:09:51	03:27:00	01:42:51	M50M	11
96	791	JOSÉ CARVALHO	C'UM CARVALHO	05:20:52	03:38:00	01:42:52	M50M	12
97	975	ALICE PEREIRA	A.D. AMARANTE	05:10:02	03:27:00	01:43:02	SNF	7
98	801	DANIEL LEAL	GEADAS RUNNING	05:10:11	03:27:00	01:43:11	SNM	55
99	2510	Flor Madureira FLOR MADUREIR		05:10:17	03:27:00	01:43:17	M50F	2
100	620	AMERICO BOTELHO	GEADAS RUNNING	05:10:23	03:27:00	01:43:23	SNM	56
101	2061	BRUNO GUERRA	INSANE TRAIL	05:10:23	03:27:00	01:43:23	M40M	22
102	2095	JOEL SILVA		05:10:23	03:27:00	01:43:23	M40M	23
103	735	ADOLFO BERNARDO	MÁQUINA	05:22:00	03:38:00	01:44:00	SNM	57
104	2057	LUÍS VILA	GINÁSIO CLUBE DE BRAGANÇ	05:11:11	03:27:00	01:44:11	SNM	58
105	776	JOANA ALVES	VIRIATHVS RUNNERS VISEU	05:11:15	03:27:00	01:44:15	SNF	8
106	2062	RICARDO PINTO		05:22:28	03:38:00	01:44:28	SNM	59
107	711	JOSÉ MATOS		05:11:33	03:27:00	01:44:33	M40M	24
108	985	DANIEL RIBEIRO	A.D. AMARANTE	05:38:35	03:54:00	01:44:35	SNM	60
109	920	EDGAR OLIVEIRA	CABECEIRAS BIKE TEAM	05:12:07	03:27:00	01:45:07	SNM	61
110	949	NUNO GONÇALVES	CABECEIRAS BIKE TEAM	05:12:07	03:27:00	01:45:07	SNM	62
111	2030			05:23:27	03:38:00	01:45:27		
112	940	SANDRA LEITE	PROFISIO EUPAGO TEAM	05:12:29	03:27:00	01:45:29	SNF	9
113	887	AGOSTINHO PEREIRA	AQUAFIT	05:12:30	03:27:00	01:45:30	M40M	25
114	926	Tiago Seabra ANA RAQUEL FREI		05:13:55	03:27:00	01:46:55	SNM	63
115	897	DIANA DIAS	DAPPRODUÇÕES	05:13:56	03:27:00	01:46:56	SNF	10
116	938	DANIEL ROSAS DE CARVALHO	LINCES DO MARÃO	05:14:23	03:27:00	01:47:23	SNM	64
117	993	MARCO NUNES	A.D. AMARANTE	05:14:46	03:27:00	01:47:46	M40M	26
118	928	REINALDO RAMOS	LOBOS DO BRUNHEIRO	05:14:56	03:27:00	01:47:56	M40M	27
119	907	RUI SILVA	LOBOS DO BRUNHEIRO	05:14:57	03:27:00	01:47:57	M40M	28
120	275	TANIA BARBOSA	INTO THE MOUNTAINS	05:15:03	03:27:00	01:48:03	SNF	11
121	677	JORGE CARVALHO	REAL RUNNERS	05:15:13	03:27:00	01:48:13	M50M	13
122	679	RAUL MORAIS	REAL RUNNERS	05:15:13	03:27:00	01:48:13	M50M	14
123	844	ANA CATARINA ALEXANDRE		05:15:15	03:27:00	01:48:15	SNF	12
124	855	MARCO MOUTINHO	GUERREIROS	05:15:19	03:27:00	01:48:19	M40M	29
125	962	SÍLVIA MORAIS	MARCO RUNNERS	05:15:30	03:27:00	01:48:30	SNF	13
126	980	BRUNO SANTOS	A.D. AMARANTE	05:15:32	03:27:00	01:48:32	M40M	30
127	851	CARLOS PINTO	LUSOS XXI	05:15:33	03:27:00	01:48:33	SNM	65

128	701	NELO CHAPEIRO OU QUIM	TESOS & MOURARIA	05:15:58	03:27:00	01:48:58	M40M	31
129	674	DARIO CRUZ	AMVE	05:16:00	03:27:00	01:49:00	M40M	32
130	675	AFONSO CARVALHAIS		05:43:02	03:54:00	01:49:02	SNM	66
131	2514	Carlos Machado CARLOS MACHA		05:16:23	03:27:00	01:49:23	M40M	33
132	2515	José Carvalho JOSÉ CARVALHO		05:16:23	03:27:00	01:49:23	SNM	67
133	820	DIOGO SAMPAIO	TEAM TT	05:16:35	03:27:00	01:49:35	SNM	68
134	771	CARLA FERREIRA	O QUE QUEREMOS É MONTE	05:16:51	03:27:00	01:49:51	M40F	3
135	666	JOÃO FERREIRA	BIKE	05:16:52	03:27:00	01:49:52	SNM	69
136	709	HUGO LEANDRO	BIXOSTRAILTEAM	05:17:07	03:27:00	01:50:07	SNM	70
137	2006	MARISA AFONSO	FARDETS	05:17:22	03:27:00	01:50:22	M40F	4
138	633	FRANCISCO FERREIRA	O QUE QUEREMOS É MONTE	05:17:26	03:27:00	01:50:26	M40M	34
139	661	HELENA ROXO	MONTE DOS AMIGOS	05:44:33	03:54:00	01:50:33	M40F	5
140	629	VÂNIA FERREIRA	PERNAS DE PAU	05:17:52	03:27:00	01:50:52	SNF	14
141	823	NUNO FERREIRA		05:17:53	03:27:00	01:50:53	SNM	71
142	964	CARLOS CUNHA		05:17:58	03:27:00	01:50:58	SNM	72
143	602	ANTÓNIO ALMEIDA PEREIRA PE	MEADAS	05:18:11	03:27:00	01:51:11	M50M	15
144	2519	Arcelino Miguel Costa ARCELINO		05:18:23	03:27:00	01:51:23	SNM	73
145	2073	RENATO COSTA		05:20:44	03:27:00	01:53:44	SNM	74
146	2128	Carlos Campos CARLOS CAMPO		05:21:03	03:27:00	01:54:03		
147	729	LÍLIA MAGALHÃES		05:21:10	03:27:00	01:54:10	M40F	6
148	657	CARLOS ALVES	LINCES DO MARÃO	05:21:17	03:27:00	01:54:17	M50M	16
149	700	NUNO SILVA	TESOS & MOURARIA	05:21:42	03:27:00	01:54:42	SNM	75
150	611	ALBERTO PINHÃO	SEM NOME	05:21:59	03:27:00	01:54:59	M50M	17
151	713	JÚLIO TIAGO PEREIRA FEITAIS		05:33:03	03:38:00	01:55:03	SNM	76
152	714	ANA SOFIA TEIXEIRA MOURA		05:33:03	03:38:00	01:55:03	SNF	15
153	969	JOSÉ FERREIRA		05:22:03	03:27:00	01:55:03	M50M	18
154	899	FRANCISCO CARVALHO	ASS MONDIM ATLETISM	05:22:08	03:27:00	01:55:08	M40M	35
155	858	DANIEL CORREIA	A.D. AMARANTE	05:22:17	03:27:00	01:55:17	M40M	36
156	979	ANTÓNIO GONÇALVES	A.D. AMARANTE	05:22:18	03:27:00	01:55:18	M50M	19
157	777	RICARDO VAZ		05:33:35	03:38:00	01:55:35	SNM	77
158	807	FRANCISCO JOSÉ FREITAS	CABECEIRAS BIKE TEAM	05:22:37	03:27:00	01:55:37	M40M	37
159	659	PEDRO FERREIRA	LINCES DO MARÃO	05:22:53	03:27:00	01:55:53	SNM	78
160	658	PEDRO SOUSA	LINCES DO MARÃO	05:22:54	03:27:00	01:55:54	M40M	38
161	641	JOSÉ VIEIRA	POWERFIT	05:23:27	03:27:00	01:56:27	M50M	20
162	896	JOSÉ CARLOS SILVA	DAPPRODUÇÕES	05:23:29	03:27:00	01:56:29	SNM	79
163	986	FERNANDO CERQUEIRA	A.D. AMARANTE	05:23:31	03:27:00	01:56:31	M50M	21
164	2119	SILVIO PINTO	ADA	05:23:33	03:27:00	01:56:33	SNM	80
165	958	FRANCISCO TUNICO		05:24:02	03:27:00	01:57:02	M40M	39
166	886	ALEXANDRA AZEVEDO	A.D. AMARANTE	05:24:23	03:27:00	01:57:23	M40F	7
167	728	ANDREIA PEREIRA	TEAM LANTEMIL	05:24:23	03:27:00	01:57:23	SNF	15
167	972	GUILHERMINA FERREIRA	TEAM LANTEMIL	05:24:26	03:27:00	01:57:26	M40F	8
168	698	SUSANA MAGALHÃES	RUN4FUN	05:24:52	03:27:00	01:57:52	M40F	9
169	2124	JOSE CARVALHO	100 TREINO	05:35:56	03:38:00	01:57:56	SNM	81
170	2043	NUNO MOURÃO		05:24:57	03:27:00	01:57:57	M40M	40
171	610	MARCOS DUARTE	100 TREINO	05:25:38	03:27:00	01:58:38	SNM	82
172	2063	PEDRO TEIXEIRA	CABECEIRAS BIKE TEAM	05:25:46	03:27:00	01:58:46	SNM	83
173	950	MÓNICA DOMINGUES	LEBRES MINHOTAS	05:25:49	03:27:00	01:58:49	SNF	16
174	877	ELISABETE ARAÚJO		05:25:55	03:27:00	01:58:55	SNF	17
175	868	EDUARDO PINTO	PIRATAS RUNNING TEAM	05:25:58	03:27:00	01:58:58	M40M	41
176	2088	ANA SILVANO		05:25:59	03:27:00	01:58:59	SNF	18
177	639	DIOGO LUCENA	MEADAS	05:26:36	03:27:00	01:59:36	SNM	84
178	601	BRUNO LIMA	MEADAS	05:26:37	03:27:00	01:59:37	M40M	42
179	922	PEDRO MIGUEL CARMO NOGUEI	MEADAS	05:26:50	03:27:00	01:59:50	M40M	43
180	932	MARCO CORREIA		05:27:06	03:27:00	02:00:06	M40M	44
181	935	ISABEL DOMINGUES	LEBRES MINHOTAS	05:27:24	03:27:00	02:00:24	M40F	10
182	792	CLARA SILVA	C'UM CARVALHO	05:39:36	03:38:00	02:01:36	M40F	11
183	960	RUI COIMBRA	100 TREINO	05:29:24	03:27:00	02:02:24	SNM	85
184	689	ANDRÉ CORREIA	100 TREINO	05:29:26	03:27:00	02:02:26	SNM	86
185	651	CARLOS PEIXOTO	100 TREINO	05:40:39	03:38:00	02:02:39	SNM	87
186	947	ROSA SALDANHA	ASS MONDIM ATLETISM	05:30:08	03:27:00	02:03:08	M40F	12
187	718	FERNANDO OLIVEIRA	SÃO TEAM	05:30:39	03:27:00	02:03:39	M50M	22
188	927	BRUNO PINHEIRO		05:30:41	03:27:00	02:03:41	M40M	45
189	912	OLGA LOPES		05:58:25	03:54:00	02:04:25	SNF	19
190	913	ANTÓNIO RODRIGUES		05:58:35	03:54:00	02:04:35	M50M	23
191	621	HENRIQUE DE JESUS FERNAND		05:31:58	03:27:00	02:04:58	M40M	46
192	742	TELMO BARBOSA	MÁQUINAS	05:43:23	03:38:00	02:05:23	SNM	88
193	753	ELISA ALVES		05:33:01	03:27:00	02:06:01	SNF	20
194	654	NILDA MAGALHÃES	CASA DA COSTURA; FISICORP	05:33:12	03:27:00	02:06:12	M50F	3
195	999	SUSANA VELOSO	A.D. AMARANTE	05:33:34	03:27:00	02:06:34	M40F	13
196	627	Paulo Moreira FRANCISCO BAND		05:33:38	03:27:00	02:06:38	M40M	47

197	2004	ALICE CAPELAS		05:44:45	03:38:00	02:06:45	M40F	14
198	825	ANA LEONARDO		06:00:51	03:54:00	02:06:51	SNF	21
199	827	RUI MIGUEL SOUSA TEIXEIRA	AD SEBOLIDO TRAIL BONECA	06:00:51	03:54:00	02:06:51	SNM	89
200	974	ALBANO COELHO	A.D. AMARANTE	06:01:17	03:54:00	02:07:17	M40M	48
201	921	IVO MELICIO	FIT RUNNERS	06:01:22	03:54:00	02:07:22	SNM	90
202	944	JORGE MENDES		05:34:24	03:27:00	02:07:24	M40M	49
203	961	TIAGO SILVA	FIT RUNNERS	06:01:25	03:54:00	02:07:25	SNM	91
204	2005	PEDRO MONTEIRO	CLINICA MÉDICA DA FOZ	05:34:25	03:27:00	02:07:25	M40M	50
205	943	MIGUEL CERQUEIRA		05:34:26	03:27:00	02:07:26	M40M	51
206	994	MARGARIDA BRÁS	A.D. AMARANTE	05:34:26	03:27:00	02:07:26	SNF	22
207	904	PEDRO SOARES	FIT RUNNERS	06:01:27	03:54:00	02:07:27	SNM	92
208	734	JOÃO CARDOSO		05:34:27	03:27:00	02:07:27	SNM	93
209	685	CARLA COSTA	LESMAS & CARACÓIS	05:34:28	03:27:00	02:07:28	M40F	15
210	831	FREDERICO MOREIRA		06:01:46	03:54:00	02:07:46	SNM	94
211	839	MIGUEL SILVA	DRAGÕES DO MATO	05:34:47	03:27:00	02:07:47	SNM	95
212	765	SANDRA CRISTINA PAVÃO RAM		05:34:48	03:27:00	02:07:48	M40F	16
213	832	BRUNO BARROS		06:01:48	03:54:00	02:07:48	SNM	96
214	630	ANGELO PAIVA	RÉCCUA RUNNERS	05:35:21	03:27:00	02:08:21	M40M	52
215	636	ANTÓNIO PESSOA	MEADAS	05:35:42	03:27:00	02:08:42	M40M	53
216	2008	JOSÉ CASTELO	FARDETAS	05:36:03	03:27:00	02:09:03	M50M	24
217	939	HÉLDER FERNANDES		05:36:26	03:27:00	02:09:26	SNM	97
218	680	VÂNIA SOFIA	TRAILENTO	05:36:27	03:27:00	02:09:27	SNF	23
219	2504	Silvina Grama SILVINA GRAMA		05:36:47	03:27:00	02:09:47		
220	891	JOÃO CARVALHO	LUSOS XXI	05:37:01	03:27:00	02:10:01	SNM	98
221	681	JORGE AZEVEDO		06:04:10	03:54:00	02:10:10	M50M	25
222	612	RUI SILVA	NOCTURNOS DE PAREDES	05:37:19	03:27:00	02:10:19	M40M	54
223	613	MARIA JESUS	NOCTURNOS DE PAREDES	05:37:24	03:27:00	02:10:24	M40F	17
224	606	MARCELO CARVALHO	100 TREINO	06:05:20	03:54:00	02:11:20	SNM	99
225	631	LUÍS MARQUES		05:38:37	03:27:00	02:11:37	M40M	55
226	653	GRAÇA COSTA	RUNNERS DO DEMO	05:38:45	03:27:00	02:11:45	M50F	4
227	755	FÁTIMA ALMEIDA		05:39:41	03:27:00	02:12:41	M40F	18
228	693	SUSANA TEIXEIRA	RUN4FUN	05:39:43	03:27:00	02:12:43	M40F	19
229	854	SANDRA RAIMUNDO	TOKAFUJIR	05:39:45	03:27:00	02:12:45	M40F	20
230	640	EDUARDA BAPTISTA		05:39:47	03:27:00	02:12:47	M40F	21
231	785	LIZANDRA TEIXEIRA	GEADAS RUNNING	05:39:50	03:27:00	02:12:50	SNF	24
232	697	CARLA GONÇALVES	RUN4FUN	05:40:29	03:27:00	02:13:29	M40F	22
233	2512	Domagos Peroković DOMAGOS P		05:40:44	03:27:00	02:13:44	SNM	100
234	884	SANDRINA QUEIROZ	GEADAS RUNNING	05:40:46	03:27:00	02:13:46	M40F	23
235	764	MARÍLIA GUEDES	GEADAS RUNNING	05:40:47	03:27:00	02:13:47	SNF	25
236	2074	CRISTIANO RODRIGUES	GEADAS RUNNING	05:40:49	03:27:00	02:13:49	SNM	101
237	885	ANTÓNIO QUADROS	GEADAS RUNNING	05:40:52	03:27:00	02:13:52	M40M	56
238	2129	André Ribeiro ANDRÉ RIBEIRO		05:41:33	03:27:00	02:14:33		
239	874	JAIME RIBEIRO		05:41:34	03:27:00	02:14:34	SNM	102
240	976	ANA MENDONÇA	A.D. AMARANTE	06:09:02	03:54:00	02:15:02	SNF	26
241	990	LUIS MENDES	A.D. AMARANTE	06:09:02	03:54:00	02:15:02	SNM	103
242	998	SÓNIA BASTOS	A.D. AMARANTE	06:09:02	03:54:00	02:15:02	SNF	27
243	995	PAULA COSTA	A.D. AMARANTE	06:09:04	03:54:00	02:15:04	SNF	28
244	835	GABRIELA VEIGA	RUNNING ESPINHO	05:42:07	03:27:00	02:15:07	M40F	24
245	872	CRISTIANA GONÇALVES	TOBIAS TEAM	05:42:40	03:27:00	02:15:40	SNF	29
246	643	ANA SILVA	PÓ REFORÇO TRAIL TEAM	05:42:41	03:27:00	02:15:41	SNF	30
247	871	NUNO MARTINS	TOBIAS TEAM	05:42:42	03:27:00	02:15:42	SNM	104
248	648	MARISA CAMPOS	LINCES DO MARÃO	05:42:43	03:27:00	02:15:43	SNF	31
249	635	NUNO PEIXOTO	LINCES DO MARÃO	05:42:47	03:27:00	02:15:47	M40M	57
250	2505	João Graça JOÃO GRAÇA		05:42:57	03:27:00	02:15:57		
251	2096	LUÍS CASTELO BRANCO	REAL RUNNERS	05:54:58	03:38:00	02:16:58	SNM	105
252	2071	JOAQUIM RIBEIRO	REAL RUNNERS	05:44:35	03:27:00	02:17:35	M50M	26
253	834	LUIS MIGUEL FERREIRA	AREGOS BTT TEAM	05:44:37	03:27:00	02:17:37	SNM	106
254	2506	Ricardo Machado RICARDO MAC		05:44:48	03:27:00	02:17:48		
255	2518	António Cabral ANTÓNIO CABRA		05:45:09	03:27:00	02:18:09	M40M	58
256	2517	Marta Cabral MARTA CABRAL		05:45:15	03:27:00	02:18:15	M40F	25
257	905	RITA NETO	FIT RUNNERS	06:12:33	03:54:00	02:18:33	SNF	32
258	864	RENATO 77 BOTELHO		05:46:14	03:27:00	02:19:14	M40M	59
259	736	MARIA GISELA LOPES		05:46:15	03:27:00	02:19:15	M40F	26
260	909	FERNANDO CAMPOS	LOBOS DO BRUNHEIRO	05:46:31	03:27:00	02:19:31	M40M	60
261	632	ANA VASCONCELOS		05:46:34	03:27:00	02:19:34	M40F	27
262	2003	ALIPIO FARIA LOPES ALÍPIO LO		05:46:37	03:27:00	02:19:37	SNM	107
263	368	José Alves JOSÉ ALVES		05:47:09	03:27:00	02:20:09		
264	869	VICTOR MANUEL PINTO	MOUNTAIN RUNNERS	05:47:26	03:27:00	02:20:26	SNM	108
265	608	FÁBIO MOREIRA	100 TREINO	06:14:49	03:54:00	02:20:49	SNM	109
266	813	PAULO PINHEIRO	DRAGÕES DO MATO	05:48:16	03:27:00	02:21:16	M50M	27



267	803	CARLOS LIMA		05:49:52	03:27:00	02:22:52	M50M	28
268	840	NUNO AGUIAR		05:50:06	03:27:00	02:23:06	M40M	61
269	866	LILIANA SÁ	TEAM LANTEMIL	05:50:21	03:27:00	02:23:21	SNF	33
270	694	CARLA TEIXEIRA	PÓ REFORÇO TRAIL TEAM	05:51:27	03:27:00	02:24:27	SNM	110
271	756	SONIA SILVA	MOUNTAIN RUNNERS	05:51:28	03:27:00	02:24:28	M40F	28
272	870	SANDRA CARVALHO	MOUNTAIN RUNNERS	05:51:28	03:27:00	02:24:28	SNF	34
273	925	RICARDO MARTINS		05:53:45	03:27:00	02:26:45	M40M	62
274	780	BRANCA LEITÃO		05:54:30	03:27:00	02:27:30	M50F	5
275	730	JOSÉ COELHO	O QUE QUEREMOS É MONTE	05:54:31	03:27:00	02:27:31	M50M	29
276	628	LILIANA SILVA	TRAIL RUNNIN	05:54:32	03:27:00	02:27:32	SNF	35
277	828	NUNO FRANÇA	METRALHAS	05:54:50	03:27:00	02:27:50	SNM	111
278	665	PORTILHO JOANA	TRAIENTO	05:54:51	03:27:00	02:27:51	SNF	36
279	898	PAULA COELHO	VILAR DO PARAÍSO VILA NOVA	05:54:56	03:27:00	02:27:56	M50F	6
280	929	PAULO SARAIVA	MAGAIVAS	05:54:57	03:27:00	02:27:57	SNM	112
281	2093	MARIA VIEIRA		05:55:08	03:27:00	02:28:08	M40F	29
282	2085	MAURO SILVA		05:55:13	03:27:00	02:28:13	M40M	63
283	837	JOSÉ SILVA	DRAGÕES DO MATO	05:57:52	03:27:00	02:30:52	M40M	64
284	838	CRISTINA TEIXEIRA	DRAGÕES DO MATO	05:57:54	03:27:00	02:30:54	M40F	30
285	2038	ALEXANDRE TEIXEIRA		05:58:04	03:27:00	02:31:04	SNM	113
286	2055	CARLOS RIBEIRO	ADEPE	06:00:06	03:27:00	02:33:06	SNM	114
287	815	MARIANA PINHEIRO	DRAGÕES DO MATO	06:00:08	03:27:00	02:33:08	SNF	37
288	723	ALBERTINA SILVA	SÃO TEAM	06:00:48	03:27:00	02:33:48	M50F	7
289	663	MANUEL MOURA	OS BARRIGUITAS	06:00:53	03:27:00	02:33:53	M50M	30
290	614	PAULO COSTA	JÚLIO TEIXEIRA SA	06:01:40	03:27:00	02:34:40	M50M	31
291	615	TERESA MACEDO	JÚLIO TEIXEIRA SA	06:01:44	03:27:00	02:34:44	M50F	8
292	645	MARTA LOPES	MINDAS POWER	06:02:30	03:27:00	02:35:30	SNF	38
293	726	JOAQUIM DUARTE	ESPINHO TRAIL	06:03:43	03:27:00	02:36:43	M40M	65
294	761	JOÃO TEIXEIRA	100 TREINO	06:14:54	03:38:00	02:36:54	SNM	115
295	625	CRISTIANA CASTRO	POWERFIT	06:05:20	03:27:00	02:38:20	SNF	39
296	626	CÁTIA CANELAS	POWERFIT	06:05:21	03:27:00	02:38:21	SNF	40
297	2059	JOÃO SILVA		06:08:59	03:27:00	02:41:59	SNM	116
298	997	SILVIA PINTO	A.D. AMARANTE	06:10:06	03:27:00	02:43:06	SNF	41
299	637	JOAQUIM FIGUEIREDO		06:37:33	03:54:00	02:43:33	M50M	32
300	634	LUÍSA DO CARMO		06:10:47	03:27:00	02:43:47	SNF	42
301	692	ROMULO FERNANDES		06:10:48	03:27:00	02:43:48	SNM	117
302	783	MARISA SILVA	CORRER LEÇA	06:38:20	03:54:00	02:44:20	M40F	31
303	957	SANDRA MORGADO	CORRER LEÇA	06:38:20	03:54:00	02:44:20	M40F	32
304	2031	HENRIQUE MONTEIRO		06:11:40	03:27:00	02:44:40	M50M	33
305	821	MANUELA CADILHE	O QUE QUEREMOS É MONTE	06:11:42	03:27:00	02:44:42	M40F	33
306	911	DORA AGUIAR	LOBOS DO BRUNHEIRO	06:12:37	03:27:00	02:45:37	M40F	34
307	942	SÉRGIO SANTOS	ESPINHO TRAIL	06:13:09	03:27:00	02:46:09	M40M	66
308	917	ANA DUARTE	ESPINHO TRAIL	06:13:13	03:27:00	02:46:13	M50F	9
309	908	SONIA EMANUEL DE BARROS S	LOBOS DO BRUNHEIRO	06:13:52	03:27:00	02:46:52	M40F	35
310	956	FRANCISCO ALVES	LOBOS DO BRUNHEIRO	06:14:07	03:27:00	02:47:07	SNM	118
311	778	ALBERTINA LOPES		06:14:54	03:27:00	02:47:54	SNF	43
312	809	JORGE VILELA		06:15:09	03:27:00	02:48:09	M50M	34
313	2081	SUSANA SILVA		06:15:09	03:27:00	02:48:09	M40F	36
314	721	PEDRO DIAS	SÃO TEAM	06:15:13	03:27:00	02:48:13	SNM	119
315	822	PAULA CARDOSO		06:15:19	03:27:00	02:48:19	SNF	44
316	2050	RICARDO MIGUEL SOUSA	ASS MONDIM ATLETISM	06:16:21	03:27:00	02:49:21	SNM	120
317	717	BENEDITA BARREIROS	SÃO TEAM	06:17:03	03:27:00	02:50:03	SNF	45
318	719	MOHAMMED MOUDNIB	SÃO TEAM	06:17:05	03:27:00	02:50:05	M40M	67
319	716	CONCEIÇÃO PINTO	SÃO TEAM	06:17:07	03:27:00	02:50:07	M50F	10
320	2520	José Silva JOSÉ SILVA		06:17:09	03:27:00	02:50:09	M50M	35
321	973	ISAURA ALMEIDA		06:17:11	03:27:00	02:50:11	SNF	46
322	2082	JOANA SILVA		06:17:11	03:27:00	02:50:11	M50F	11
323	916	SARA BRANDAO	IND	06:17:14	03:27:00	02:50:14	SNF	47
324	816	LUIS MALTEZ		06:17:45	03:27:00	02:50:45	M40M	68
325	817	SUSANA TEIXEIRA		06:17:46	03:27:00	02:50:46	SNF	48
326	670	SANDRA CONCEIÇÃO	ORIMARÃO	06:17:47	03:27:00	02:50:47	M40F	37
327	2058	ANA Balsa		06:17:58	03:27:00	02:50:58	SNF	49
328	933	HELDER COSTA	NÓS	06:46:04	03:54:00	02:52:04	M40M	69
329	934	ELIANA MAGALHAES	NÓS	06:46:06	03:54:00	02:52:06	M40F	38
330	2032	JOÃO RAMOS		06:19:27	03:27:00	02:52:27	M50M	36
331	2509	José Francisco Santos JOSÉ FRA		06:19:42	03:27:00	02:52:42	M40M	70
332	2086	HELENA MOREIRA		06:19:56	03:27:00	02:52:56	M50F	12
333	2053	LUÍSA MOTA RIBEIRO		06:20:28	03:27:00	02:53:28	M40F	39
334	946	VIRGÍNIA VIEIRA	KUNALAMA RUNNERS	06:21:01	03:27:00	02:54:01	SNF	50
335	781	SANDRA SILVEIRA		06:21:07	03:27:00	02:54:07	M40F	40
336	948	CATARINA LÉ		06:50:57	03:54:00	02:56:57	M40F	41

337	941	CLÁUDIA MACHADO		06:24:24	03:27:00	02:57:24	M40F	42
338	852	RUI RODRIGUES	RUILHE RUNNERS	06:27:02	03:27:00	03:00:02	M40M	71
339	814	SUSANA PINHEIRO	DRAGÕES DO MATO	06:27:28	03:27:00	03:00:28	M40F	43
340	667	ANA FERREIRA	BIKE	06:28:38	03:27:00	03:01:38	SNM	121
341	796	CATARINA CUNHA	FORA DO TRILHO	06:29:06	03:27:00	03:02:06	SNF	51
342	795	JORGE GUERRA	FORA DO TRILHO	06:29:07	03:27:00	03:02:07	SNM	122
343	794	NATHALIE CUNHA	FORA DO TRILHO	06:29:08	03:27:00	03:02:08	SNF	52
344	793	MARTA GUERRA	FORA DO TRILHO	06:29:09	03:27:00	03:02:09	SNF	53
345	900	CLAUDIA MOREIRA		06:58:15	03:54:00	03:04:15	M40F	44
346	802	SARA GARCÍA DE LAS HERAS	OPRATICANTE.PT	06:34:51	03:27:00	03:07:51	M40F	45
347	845	MANUEL SILVA	PK56	06:47:39	03:38:00	03:09:39	M50M	37
348	2132	Vasco Pires VASCO PIRES	Run4Fun	06:37:39	03:27:00	03:10:39		
349	616	ANTÓNIO VELOSO		06:37:58	03:27:00	03:10:58	M50M	38
350	617	ALEXANDRA COSTA	JÚLIO TEIXEIRA SA	06:37:59	03:27:00	03:10:59	M40F	46
351	618	CAROLINA VELOSO	JÚLIO TEIXEIRA SA	06:37:59	03:27:00	03:10:59	SNF	54
352	2091	HUGO LAGOA		06:44:31	03:27:00	03:17:31	SNM	123
353	2092	PAULO LAGOA		06:44:34	03:27:00	03:17:34	M40M	72
354	2090	ELISABETE LAGOA		06:44:36	03:27:00	03:17:36	M40F	47
355	810	JOSÉ VILELA		06:45:00	03:27:00	03:18:00	M50M	39
356	811	CARLOS SEQUEIRA		06:45:02	03:27:00	03:18:02	M50M	40
357	2079			07:12:44	03:54:00	03:18:44		
358	2111			07:12:45	03:54:00	03:18:45		
359	2094	HERMINIA FERREIRA		06:50:40	03:27:00	03:23:40	M40F	48
360	2521	Carlos Alberto Guedes CARLOS		06:55:11	03:27:00	03:28:11	M50M	41
361	787			07:22:58	03:54:00	03:28:58		
362	829			07:22:58	03:54:00	03:28:58		
363	2051	FILIPA BARROS	GEADAS RUNNING	07:03:02	03:27:00	03:36:02	SNF	55
364	2012	DALILA TAVEIRA	GEADAS RUNNING	07:03:12	03:27:00	03:36:12	M40F	49
365	2013	SUSETTE PONTES	GEADAS RUNNING	07:03:15	03:27:00	03:36:15	M40F	50
366	2011	PIEDADE TEIXEIRA	GEADAS RUNNING	07:03:19	03:27:00	03:36:19	M50F	13
367	763			07:15:15	03:38:00	03:37:15		
368	762			07:15:18	03:38:00	03:37:18		
369	759	RUI SAMUEL COSTA CARVALHO	GEADAS RUNNING	07:08:21	03:27:00	03:41:21	M40M	73
370	760	MARTA GUEDES	GEADAS RUNNING	07:08:21	03:27:00	03:41:21	SNF	56