

## Campeonato Nacional

| Lugar | Dorsal | Nome                | Equipa                                   | Tempo        | Diferença    |
|-------|--------|---------------------|--|--------------|--------------|
| 1     | 225    | Bruno Sousa         | Trail Team Bifase                        | 13:12:45.393 | 00:00:00.000 |
| 2     | 166    | Hugo Gonçalves      | Trail Team Bifase                        | 13:30:06.673 | 00:17:21.280 |
| 3     | 169    | João Rodrigues      | Amigos Da Montanha                       | 13:57:12.220 | 00:44:26.827 |
| 4     | 199    | Leonel Cunha        | Trail Team Bifase                        | 14:10:16.743 | 00:57:31.350 |
| 5     | 18     | Paulo Lopes         | Amcf-Arrábida Trail Team                 | 14:31:37.777 | 01:18:52.384 |
| 6     | 13     | Nelson Amaral       | Amcf-Arrábida Trail Team                 | 14:55:11.060 | 01:42:25.667 |
| 7     | 216    | Vitor Cordeiro      | Edv - Viana Trail                        | 15:11:12.833 | 01:58:27.440 |
| 8     | 126    | José Costa          | Runners Do Demo                          | 15:23:34.350 | 02:10:48.957 |
| 9     | 134    | António Ferreira    | Runners Do Demo                          | 15:23:35.103 | 02:10:49.710 |
| 10    | 16     | Francisco Fernandes | Águias De Avelos                         | 15:32:02.427 | 02:19:17.034 |
| 11    | 202    | Luiz Mota           | Casa Do Benfica Em Abrantes              | 15:36:49.370 | 02:24:03.977 |
| 12    | 103    | Fernando Garcia     | Boavista Trail                           | 15:44:20.880 | 02:31:35.487 |
| 13    | 189    | Helder Costa        | Porto De Mós A Correr                    | 16:08:03.917 | 02:55:18.524 |
| 14    | 37     | Guilherme Lourenço  | Crp Ribafria                             | 16:32:28.453 | 03:19:43.060 |
| 15    | 48     | Helder Silva        | Paredes Aventura                         | 16:33:40.203 | 03:20:54.810 |
| 16    | 205    | João Veríssimo      | Ozxtreme / Adcrpereira                   | 16:33:45.703 | 03:21:00.310 |
| 17    | 22     | Sofia Roquete       | Amcf-Arrábida Trail Team                 | 16:41:14.213 | 03:28:28.820 |
| 18    | 218    | Armando Costa       | Edv - Viana Trail                        | 16:42:47.217 | 03:30:01.824 |
| 19    | 55     | João Gonçalves      | Monsanto Running Team                    | 16:47:31.223 | 03:34:45.830 |
| 20    | 182    | Joao Pereira        | Monsanto Running Team                    | 17:00:42.740 | 03:47:57.347 |
| 21    | 97     | Luís Oliveira       | Viseu Trail                              | 17:20:41.097 | 04:07:55.704 |
| 22    | 120    | Paulo Marreiros     | Coimbra Trail Running                    | 17:27:08.357 | 04:14:22.964 |
| 23    | 36     | Tiago Silva         | Coimbra Trail Running                    | 17:45:14.293 | 04:32:28.900 |
| 24    | 122    | João Figueiredo     | Clube De Futebol Guadiana                | 17:50:38.553 | 04:37:53.160 |
| 25    | 186    | Paulo Durao         | Viseu Trail                              | 17:54:06.067 | 04:41:20.674 |
| 26    | 201    | João Oliveira       | Compressport Portugal                    | 17:55:00.897 | 04:42:15.504 |
| 27    | 135    | Fernando Santos     | Núcleo De Montanha De Espinho            | 17:56:26.310 | 04:43:40.917 |
| 28    | 105    | Paulino Abreu       | Solopisadas                              | 18:06:50.327 | 04:54:04.934 |
| 29    | 63     | Renato Silva        | Paredes Aventura                         | 18:11:29.667 | 04:58:44.274 |
| 30    | 137    | João Teixeira       | Clube De Atletismo De Ferreira Do Zêzere | 18:20:08.347 | 05:07:22.954 |
| 31    | 102    | José Monteiro       | Clube De Futebol Guadiana                | 18:32:08.863 | 05:19:23.470 |
| 32    | 227    | Sérgio Coelho       | Gtt - Armazém Do Caffè                   | 18:43:55.130 | 05:31:09.737 |
| 33    | 160    | César Canito        | Gtt - Armazém Do Caffè                   | 18:43:55.380 | 05:31:09.987 |
| 34    | 28     | Didier Valente      | Monsanto Running Team                    | 18:59:48.403 | 05:47:03.010 |
| 35    | 179    | Flavio Francisco    | Monsanto Running Team                    | 18:59:48.913 | 05:47:03.520 |
| 36    | 92     | Telmo Velez         | Liz Runners                              | 19:07:42.667 | 05:54:57.274 |
| 37    | 145    | João Mota           | Strendure Running Team                   | 19:30:28.457 | 06:17:43.064 |
| 38    | 158    | David Alves         | Solopisadas                              | 19:31:34.957 | 06:18:49.564 |
| 39    | 73     | Humberto Silva      | Aztrail/Mercentro                        | 19:38:21.467 | 06:25:36.074 |
| 40    | 131    | Christophe Ferreira | Paredes Aventura                         | 19:46:29.233 | 06:33:43.840 |
| 41    | 215    | Fernanda Verde      | Edv - Viana Trail                        | 19:48:30.737 | 06:35:45.344 |
| 42    | 193    | Vitor Caldeira      | Boavista Trail                           | 19:48:32.237 | 06:35:46.844 |

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|-------|--------|---------------------|--|--------------|--------------|
| 43    | 99     | Joaquim Capela      | Kaninos                                  | 19:56:26.313 | 06:43:40.920 |
| 44    | 27     | António Madeira     | Clube De Praças Da Armada                | 20:01:16.317 | 06:48:30.924 |
| 45    | 101    | Frederico Matos     | Runners Do Demo                          | 20:09:55.277 | 06:57:09.884 |
| 46    | 221    | Paulo Gomes         | No Tomorrow Running Team                 | 20:13:03.533 | 07:00:18.140 |
| 47    | 80     | Nuno Pereira        | Beapt                                    | 20:19:00.543 | 07:06:15.150 |
| 48    | 98     | Valter Martinho     | Gin. Qta Do Valbom - Aaalcochete         | 20:27:03.063 | 07:14:17.670 |
| 49    | 43     | Armanda Barroso     | Runners Do Demo                          | 20:31:11.570 | 07:18:26.177 |
| 50    | 129    | Nuno Neves          | Arsm Associação Recreativa De S Miguel   | 20:32:13.320 | 07:19:27.927 |
| 51    | 17     | Sérgio Santos       | Douroconta                               | 20:37:21.623 | 07:24:36.230 |
| 52    | 197    | Tiago Machado       | Monsanto Running Team                    | 20:59:47.653 | 07:47:02.260 |
| 53    | 40     | Adelino Carvalho    | Monsanto Running Team                    | 20:59:59.377 | 07:47:13.984 |
| 54    | 121    | Paulo Ferreira      | Individual                               | 21:00:01.127 | 07:47:15.734 |
| 55    | 33     | Carlos Pacheco      | Monsanto Running Team                    | 21:14:03.427 | 08:01:18.034 |
| 56    | 207    | Sofia Coelho        | Núcleo De Montanha De Espinho            | 21:16:51.913 | 08:04:06.520 |
| 57    | 74     | Madureira Rodrigues | Clube Zupper                             | 21:22:51.173 | 08:10:05.780 |
| 58    | 39     | Paulo Neta          | Clube Zupper                             | 21:22:51.423 | 08:10:06.030 |
| 59    | 45     | André Cavadas       | Clube Zupper                             | 21:22:57.677 | 08:10:12.284 |
| 60    | 61     | Marília Noro        | Coa / Corvus Trail Team                  | 21:23:01.177 | 08:10:15.784 |
| 61    | 104    | Pedro Novoa         | Minho Aventura                           | 21:23:02.437 | 08:10:17.044 |
| 62    | 113    | Manuel Silva        | Amcf-Arrábida Trail Team                 | 21:27:12.443 | 08:14:27.050 |
| 63    | 30     | Jose Rodrigues      | Paredes Aventura                         | 21:46:29.483 | 08:33:44.090 |
| 64    | 138    | João Sanches        | Clube De Atletismo De Ferreira Do Zêzere | 21:54:12.993 | 08:41:27.600 |
| 65    | 77     | António Pinto       | Hmc.Running-Feira                        | 22:12:32.337 | 08:59:46.944 |
| 66    | 29     | Ana Duarte          | Amcf-Arrábida Trail Team                 | 22:29:45.820 | 09:17:00.427 |
| 67    | 82     | Renato Ramos        | Coimbra Trail Running                    | 22:43:46.093 | 09:31:00.700 |
| 68    | 88     | Paulo Silva         | Ab Cansado Trail                         | 22:51:47.610 | 09:39:02.217 |
| 69    | 200    | Gonçalo Valente     | Não Fazemos Nem Mais Um... Km            | 23:06:14.097 | 09:53:28.704 |
| 70    | 222    | Jeronimo Silva      | Individual                               | 24:00:47.213 | 10:48:01.820 |
| 71    | 52     | Francisco Nogueira  | Clube Millennium Bcp                     | 24:01:00.593 | 10:48:15.200 |
| 72    | 162    | Fernando Carneiro   | Clube Zupper                             | 24:09:15.613 | 10:56:30.220 |
| 73    | 100    | Claudino Rebelo     | Clube De Atletismo De Obidos             | 24:09:20.363 | 10:56:34.970 |
| 74    | 119    | Ana Santos          | Ccrd Burinhosa                           | 24:26:06.813 | 11:13:21.420 |
| 75    | 117    | Helder Pinto        | Ccrd Burinhosa                           | 24:26:07.070 | 11:13:21.677 |
| 76    | 25     | Andreia Pereira     | Amcf-Arrábida Trail Team                 | 26:04:17.290 | 12:51:31.897 |

#### Ultra-Trail

| Lugar | Dorsal | Nome             | Equipa              | Tempo        | Diferença    |
|-------|--------|------------------|---------------------|--------------|--------------|
| 1     | 26     | Germano Figueira | Individual          | 16:27:24.193 | 00:00:00.000 |
| 2     | 212    | John Mollohan    | Individual          | 16:50:06.727 | 00:22:42.534 |
| 3     | 132    | Gil Ferreira     | Minho Aventura      | 17:48:15.297 | 01:20:51.104 |
| 4     | 164    | Miguel Brites    | Ultralentejanos     | 17:50:37.803 | 01:23:13.610 |
| 5     | 69     | Jose Bande       | Running Sport Trail | 17:54:07.060 | 01:26:42.867 |
| 6     | 106    | Lode Theunynck   | Trailodge           | 18:01:17.570 | 01:33:53.377 |

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|-------|--------|--------------------|-------------------------------------|--------------|--------------|
| 7     | 157    | Arturo Pi?Eiro     | Individual                          | 18:06:23.577 | 01:38:59.384 |
| 8     | 208    | João Oliveira      | Go! Runners                         | 18:30:51.700 | 02:03:27.507 |
| 9     | 206    | Jose Canedo        | Grupo Cuevas Nogueira Trail         | 18:30:53.700 | 02:03:29.507 |
| 10    | 224    | Etienne Chave      | Inaout                              | 18:37:21.870 | 02:09:57.677 |
| 11    | 163    | Abilio Pereira     | Profisio Team                       | 18:43:22.883 | 02:15:58.690 |
| 12    | 178    | Dannie Mortensen   | Individual                          | 18:51:29.477 | 02:24:05.284 |
| 13    | 125    | Daniel Vasconcelos | Individual                          | 18:58:10.653 | 02:30:46.460 |
| 14    | 149    | Manuel Calveiro    | Cdm Xesteiras                       | 19:20:05.763 | 02:52:41.570 |
| 15    | 72     | José Mota          | Os Matrecos                         | 19:30:28.707 | 03:03:04.514 |
| 16    | 79     | Narciso Machado    | Profisio Team                       | 19:31:47.527 | 03:04:23.334 |
| 17    | 58     | Gil Rocha          | Cabral Trail Team - Vieira Do Minho | 19:37:21.717 | 03:09:57.524 |
| 18    | 176    | Helder Antunes     | Ab Cansado Trail                    | 19:38:00.217 | 03:10:36.024 |
| 19    | 54     | Artur Basilio      | Opraticante.Pt                      | 19:38:19.723 | 03:10:55.530 |
| 20    | 174    | João Dinis         | Individual                          | 19:40:16.473 | 03:12:52.280 |
| 21    | 177    | Leandro Pacheco    | Monte Dos Amigos                    | 19:41:55.223 | 03:14:31.030 |
| 22    | 124    | José Pereira       | Adatrailrunning                     | 20:17:27.090 | 03:50:02.897 |
| 23    | 15     | Henrique Nicolau   | Clube Desportivo Operário Da Lagoa  | 20:25:44.060 | 03:58:19.867 |
| 24    | 196    | Germano Cardoso    | Individual                          | 20:32:29.077 | 04:05:04.884 |
| 25    | 85     | António Pinto      | Monte Dos Amigos                    | 20:34:40.117 | 04:07:15.924 |
| 26    | 68     | Paulo Rodrigues    | Beapt                               | 20:51:44.863 | 04:24:20.670 |
| 27    | 66     | Nuno Guimarães     | Trogloditas Runners                 | 20:55:08.980 | 04:27:44.787 |
| 28    | 184    | Paulo Picão        | Monsanto Running Team               | 21:04:15.663 | 04:36:51.470 |
| 29    | 34     | Frank Buytaert     | Individual                          | 21:10:28.397 | 04:43:04.204 |
| 30    | 84     | Ana Bernardo       | Individual                          | 21:18:31.917 | 04:51:07.724 |
| 31    | 180    | Manuela Olveira    | Boavista Trail                      | 21:19:48.170 | 04:52:23.977 |
| 32    | 168    | Cláudio Reininho   | Foz Côa Trail                       | 21:22:49.927 | 04:55:25.734 |
| 33    | 93     | Bruno Resende      | Individual                          | 21:29:00.450 | 05:01:36.257 |
| 34    | 154    | Miguel Machado     | Profisio Team                       | 21:48:26.547 | 05:21:02.354 |
| 35    | 183    | Matthieu Roger     | Individual                          | 21:57:12.250 | 05:29:48.057 |
| 36    | 214    | Manuel Reis        | Fridão Sem Limites                  | 21:58:19.753 | 05:30:55.560 |
| 37    | 152    | Marco Gama         | Montanha Clube Trail Running/Efapel | 21:58:49.253 | 05:31:25.060 |
| 38    | 123    | Karen Brøgger      | Individual                          | 22:15:15.787 | 05:47:51.594 |
| 39    | 78     | Rui Ferreira       | Crp Ribafria                        | 22:31:17.067 | 06:03:52.874 |
| 40    | 172    | Etienne Douchet    | Individual                          | 22:36:05.577 | 06:08:41.384 |
| 41    | 139    | Eusebio Ruas       | Olímpico Vianense Trail             | 22:44:01.140 | 06:16:36.947 |
| 42    | 203    | Henrique Santos    | Individual                          | 22:44:14.980 | 06:16:50.787 |
| 43    | 60     | Miguel Rodrigues   | Barbatana Trail Team                | 22:44:19.213 | 06:16:55.020 |
| 44    | 191    | Matthieu Briand    | Individual                          | 23:01:09.407 | 06:33:45.214 |
| 45    | 75     | Mariana Ballester  | Individual                          | 23:06:05.913 | 06:38:41.720 |
| 46    | 114    | Jose Martins       | Individual                          | 23:15:41.660 | 06:48:17.467 |
| 47    | 223    | Elena González     | Olímpico Vianense Trail             | 23:21:25.970 | 06:54:01.777 |
| 48    | 110    | Hugo Henriques     | Galhardos Runners                   | 23:40:16.220 | 07:12:52.027 |
| 49    | 49     | Janis Miezers      | Vsk Noskrien                        | 23:45:20.947 | 07:17:56.754 |
| 50    | 42     | Miguel Soares      | Nel - Pédatela                      | 23:49:34.983 | 07:22:10.790 |

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|-------|--------|------------------|--|--------------|--------------|
| 51    | 156    | Nuno Nunes       | Clube De Atletismo De Ferreira Do Zêzere | 23:54:13.990 | 07:26:49.797 |
| 52    | 96     | Zeca Carvalhais  | Individual                               | 23:54:32.493 | 07:27:08.300 |
| 53    | 167    | Ricardo Cruz     | Trail Runners Da Ponte                   | 24:00:25.257 | 07:33:01.064 |
| 54    | 109    | Anabela Cura     | Atlético Desportivo De São Pedro         | 24:00:36.770 | 07:33:12.577 |
| 55    | 128    | Miguel Ruiz      | 1 Spor Team                              | 24:00:52.917 | 07:33:28.724 |
| 56    | 153    | Mário Gonçalves  | Olímpico Vianense Trail                  | 24:04:23.370 | 07:36:59.177 |
| 57    | 220    | Arnaud Daix      | Pupilos Trail Team                       | 24:04:39.837 | 07:37:15.644 |
| 58    | 56     | Bruno Augusto    | Olímpico Vianense Trail                  | 24:09:04.757 | 07:41:40.564 |
| 59    | 94     | Willy Goncalves  | Individual                               | 24:10:54.727 | 07:43:30.534 |
| 60    | 59     | Antonio Murado   | Individual                               | 24:12:09.067 | 07:44:44.874 |
| 61    | 226    | Olivier Henaff   | Inaout                                   | 24:24:42.310 | 07:57:18.117 |
| 62    | 142    | Tiago Almeida    | Javalis-Amizade E Glória                 | 24:24:54.303 | 07:57:30.110 |
| 63    | 144    | Rui Pena         | Individual                               | 24:26:16.817 | 07:58:52.624 |
| 64    | 161    | Jose Perez       | Cdm Vértice                              | 24:27:02.310 | 07:59:38.117 |
| 65    | 86     | Rui Viegas       | Galhardos Runners                        | 26:00:42.017 | 09:33:17.824 |
| 66    | 65     | Perez Julien     | The Running Club                         | 26:07:30.687 | 09:40:06.494 |
| 67    | 20     | Christophe Gallo | Les Agapornis                            | 26:48:02.000 | 10:20:37.807 |