

## Classificação Geral

Trail

32,00 Km.

Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	315	Nelson Santos	Dão Nelas Runners	M40	1	2:53:36.71	05:26	
2	318	Pedro Rocha		SenM	1	2:59:19.98	05:36	0:05:43
3	285	Nelson Teixeira		SenM	2	3:02:29.02	05:42	0:08:52
4	294	António Luis Pereira		SenM	3	3:03:22.05	05:44	0:09:45
5	288	Nuno Fernandes	Clube Atletismo Fafe	SenM	4	3:07:02.45	05:51	0:13:25
6	261	Rui Povo	Clube Atletismo Fafe	M40	2	3:10:20.67	05:57	0:16:44
7	260	Daniel Costa	Clube Atletismo Fafe	SenM	5	3:14:52.05	06:05	0:21:15
8	323	Miguel ferreira	União FCI Tomar	SenM	6	3:18:06.12	06:11	0:24:29
9	314	Cláudio Roças	Dão Nelas Runners	SenM	7	3:19:31.92	06:14	0:25:55
10	239	Carlos Fernando Martins		M40	3	3:23:59.28	06:22	0:30:22
11	216	Ricardo Oliveira	TREPADORES	SenM	8	3:24:45.84	06:24	0:31:09
12	273	Juan Tejelo	Club Box001 Runmaniak	M40	4	3:25:33.07	06:25	0:31:56
13	312	Tony Figueiredo	Dão Nelas Runners	SenM	9	3:26:17.59	06:27	0:32:41
14	217	Estevao Gonçalves	NAVR	M40	5	3:26:45.30	06:28	0:33:08
15	313	Paulo Esteves	Dão Nelas Runners	SenM	10	3:27:59.35	06:30	0:34:22
16	286	Telmo Silva		M40	6	3:28:44.21	06:31	0:35:07
17	311	Jorge Catarino	Insane Trail Team	SenM	11	3:32:19.13	06:38	0:38:42
18	266	Pedro Nogueira		SenM	12	3:34:46.94	06:43	0:41:10
19	322	Jorge Moreira	Amigos do Pedal TraiLagar	M50	1	3:38:20.99	06:49	0:44:44
20	297	José Pinheiro		M40	7	3:45:58.00	07:04	0:52:21
21	214	Fernando António Teixeira Soares	G Aventura	M40	8	3:46:19.00	07:04	0:52:42
22	281	Paula Barbosa		F40	1	3:49:09.00	07:10	0:55:32
23	209	Valentim Henriques	C D Asas do Milénium	M40	9	3:54:22.00	07:19	1:00:45
24	207	Nuno Cunha	Geadas Running	SenM	13	3:57:45.22	07:26	1:04:08
25	276	Paulo Milheiro	Viriathvs Runners Viseu	SenM	14	3:57:48.00	07:26	1:04:11
26	271	Rui Fernando Lousada Queiroz Madureira		M40	10	3:57:51.53	07:26	1:04:15
27	229	Helder Costa		M40	11	3:58:10.06	07:27	1:04:33
28	242	Albano Seca	S R Cepenense	M40	12	3:58:11.28	07:27	1:04:34
29	235	Beatriz Alves		SenF	1	4:01:24.12	07:33	1:07:47
30	303	Eduardo Fernandes Macedo Pereira	Haky Pneus Team	SenM	15	4:06:55.84	07:43	1:13:19
31	247	Ângelo Costa	CTM Vila Pouca de Aguiar	SenM	16	4:09:36.77	07:48	1:16:00
32	321	Sérgio Coutoo	Bodeguita Runners	M40	13	4:11:56.37	07:52	1:18:19
33	248	Sérgio Vilela	CTM Vila Pouca de Aguiar	SenM	17	4:13:33.14	07:55	1:19:56
34	223	Ricardo Ferreira		SenM	18	4:13:49.92	07:56	1:20:13
35	283	Ana Sousa	Budeguita Runners	SenF	2	4:13:55.61	07:56	1:20:19
36	227	José Lagoa	Geadas Running	SenM	19	4:15:23.44	07:59	1:21:46
37	296	Silvio Pinto	A.D.Amarante Trail Runnir	SenM	20	4:17:29.38	08:03	1:23:52
38	295	Eduardo Ribeiro	A.D.Amarante Trail Runnir	M40	14	4:17:34.11	08:03	1:23:57
39	307	Tiago Pimenta	Haky Pneus Team	SenM	21	4:17:50.28	08:03	1:24:13
40	299	Tiago Teles	A.D.Amarante Trail Runnir	SenM	22	4:19:58.73	08:07	1:26:22
41	287	Ricardo Sousa		SenM	23	4:19:58.81	08:07	1:26:22
42	251	Rui Borges	NAVR	M50	2	4:20:22.14	08:08	1:26:45
43	201	Filipe Gomes		SenM	24	4:28:29.45	08:23	1:34:52
44	205	João Eduardo Penas	CRP Ribafria	SenM	25	4:30:39.79	08:27	1:37:03
45	268	Tiago Amorim	Budeguita Runners	M40	15	4:30:48.70	08:28	1:37:12
46	290	Flor Madureira	Confraria Trotamontes	F50	1	4:32:29.48	08:31	1:38:52
47	302	Joel Silva	Insane Trail Team	M40	16	4:33:40.57	08:33	1:40:04
48	240	Nuno Duarte	Os Pimentinhas	SenM	26	4:33:45.91	08:33	1:40:09
49	257	Paulo Teixeira		M40	17	4:34:02.23	08:34	1:40:25
50	259	Francisco Rodrigues		M50	3	4:34:04.19	08:34	1:40:27
51	274	Paulo Ribeiro	Apúlia a Correr	SenM	27	4:36:43.99	08:39	1:43:07
52	279	Miguel Cruz		SenM	28	4:37:46.13	08:41	1:44:09
53	249	Rafaela Bento	CTM Vila Pouca de Aguiar	SenF	3	4:37:48.12	08:41	1:44:11
54	56	Filipe Silvao	Bila Bikers Trail	M40	18	4:38:17.36	08:42	1:44:40
55	246	Pablo Rodríguez Villar		M40	19	4:38:58.78	08:43	1:45:22

56	272	Cátia Marques	PedrasBikeTeam	SenF	4	4:39:38.87	08:44	1:46:02
57	310	Joana Rosculite		SenF	5	4:41:55.20	08:49	1:48:18
58	304	Carlos Manuel de Carvalho Teixeira		SenM	29	4:43:40.96	08:52	1:50:04
59	298	Luisa Teixeira	A.D.Amarante Trail Runnir	F40	2	4:50:27.49	09:05	1:56:50
60	210	Manuel Abobeira	Geadas Running	M40	20	4:51:24.30	09:06	1:57:47
61	277	Helena Dias	Budeguita Runners	F40	3	4:52:01.80	09:08	1:58:25
62	225	Ana Dias	Budeguita Runners	F40	4	4:52:02.07	09:08	1:58:25
63	226	Tiago Almeida	Budeguita Runners	M40	21	4:52:03.31	09:08	1:58:26
64	8	Eduardo Medeiros		M50	4	4:52:54.69	09:09	1:59:18
65	305	Pedro Pereira de Jesus		SenM	30	4:53:27.52	09:10	1:59:51
66	224	Daniel Leal	Geadas Running	SenM	31	4:53:54.00	09:11	2:00:17
67	269	Carlos Navega Navega	CNCBacadapasso	M50	5	4:54:01.56	09:11	2:00:25
68	245	Nuno Rebelo		SenM	32	4:54:07.63	09:11	2:00:31
69	232	Bruno Guerra	Insane Trail Team	SenM	33	4:58:08.72	09:19	2:04:32
70	244	Joaquim Vidal		M40	22	4:59:03.49	09:21	2:05:26
71	241	Tiago Dias	Team Lantermil	SenM	34	4:59:21.96	09:21	2:05:45
72	202	Eduardo Pinto		M40	23	5:00:30.34	09:23	2:06:53
73	309	Carlos Manuel Costa Machado	Haky Pneus Team	M40	24	5:00:46.19	09:24	2:07:09
74	236	Marco Almeida	Geadas Running	SenM	35	5:00:56.60	09:24	2:07:20
75	222	Carlos Ferreira	Geadas Running	SenM	36	5:00:57.05	09:24	2:07:20
76	237	Tomás Ferreira	Marao Z Bike	M50	6	5:04:06.90	09:30	2:10:30
77	221	Mario Lima	Aves runners	SenM	37	5:05:21.30	09:33	2:11:44
78	301	Marco Aurelio Pinto Batista		M40	25	5:06:14.36	09:34	2:12:37
79	258	Luís Vieira	Kunalama Runners	SenM	38	5:06:14.89	09:34	2:12:38
80	659	José Carlos Pires Rodrigues	Mirandela a Correr	M40	26	5:08:48.68	09:39	2:15:12
81	220	Paulo Lima	PORTO RUN TEAM	SenM	39	5:08:50.49	09:39	2:15:13
82	208	Carlos Alberto		M50	7	5:11:14.73	09:44	2:17:38
83	320	Silvia Fariaa	Bodeguita Runners	SenF	6	5:11:17.62	09:44	2:17:41
84	211	Manuel Matos		M40	27	5:13:40.59	09:48	2:20:04
85	306	Luis Miguel Viana Maltez da Costa		M40	28	5:18:10.84	09:57	2:24:34
86	243	Nuno Costa		M40	29	5:18:11.16	09:57	2:24:34
87	308	João Manuel da Silva Carvalho	Haky Pneus Team	SenM	40	5:21:57.85	10:04	2:28:21
88	231	Filipe Barosa		SenM	41	5:26:02.81	10:11	2:32:26
89	215	David Barros	Paços Runners	M40	30	5:32:55.53	10:24	2:39:19
90	275	Marlene Pinto	Nexplore	SenF	7	5:35:49.01	10:30	2:42:12
91	789	Pedro Marinho		SenM	42	5:35:50.41	10:30	2:42:13
92	230	Artur Mário Carvalho Morais	Pinturas Charrão	M50	8	5:36:44.73	10:31	2:43:08
93	262	Rui Costa	Clube Atletismo Fafe	SenM	43	5:36:45.18	10:31	2:43:08
94	300	Susana Isabel Cunha Veloso	ADA Amarante Trail	F40	5	5:43:50.58	10:45	2:50:14
95	278	Filipe Rodrigues	Super Lesmas	M40	31	5:43:51.34	10:45	2:50:14
96	228	Andreia Pereira	Team Lantermil	SenF	8	5:45:42.16	10:48	2:52:05
97	256	Sofia Pereira	Team Lantermil	SenF	9	5:45:44.42	10:48	2:52:07
98	219	Nuno Cunha	SMILE FOR NATURE	SenM	44	5:59:45.65	11:15	3:06:09
99	253	Rui Miguel Borges	NAVR	SenM	45	6:00:14.10	11:15	3:06:37
100	252	Fernando Lopes	NAVR	SenM	46	6:00:16.30	11:16	3:06:39
101	233	Sérgio Tavares	Branca	M40	32	6:05:46.08	11:26	3:12:09
102	238	Joana Santiago		SenF	10	6:05:51.17	11:26	3:12:14
103	213	Carla Dinis		F40	6	6:16:19.53	11:46	3:22:43
104	212	Nuno Dinis		SenM	47	6:16:20.45	11:46	3:22:43
105	218	Jorge Guimarães	SMILE FOR NATURE	SenM	48	6:19:13.11	11:51	3:25:36
106	291	Ivete Carneiro		F40	7	6:33:02.54	12:17	3:39:26
107	292	Renato Viana		M40	33	6:33:02.64	12:17	3:39:26
108	254	Miguel Andrade		SenM	49	8:11:00.43	15:21	5:17:23
109	255	Maria Pires		F50	2	8:11:02.78	15:21	5:17:26