



melres
trail 02fev2014
caminhada minitrail
trailsantairia.pt
35km 13km
8km geocaching
branzêlo

Já treinaste hoje?

classificações - miniTrail

miniTRAIL 13KM



CLASSIFICAÇÃO - GERAL

Posição	Dorsal	Nome do Atleta	Equipa	Escalão	Sexo	Hora	Tempo	Diferença 1º	Ritmo
1	142	Bruno Silva	Alacyles Sport	SEN	M	10:36:34	01:16:34	00:00:00	05:28
2	291	Camilo Guedes	Clube Pessoal Aguas Gaia	M40	M	10:36:36	01:16:36	00:00:02	05:28
3	350	Duarte Barbosa	CCDTCMGondomar	M50	M	10:37:35	01:17:35	00:01:01	05:32
4	105	Daniel Machado	Os Fugitivos da Crise	SEN	M	10:38:54	01:18:54	00:02:20	05:38
5	159	José Mota	BAI K ANDAS TEAM	M50	M	10:38:57	01:18:57	00:02:23	05:38
6	295	Américo Oliveira Guedes	Gondomar Futsal Clube	SEN	M	10:40:28	01:20:28	00:03:54	05:45
7	292	José Adelino Oliveira	Clube Pessoal Aguas Gaia	M50	M	10:41:22	01:21:22	00:04:48	05:49
8	422	Eduardo Oliveira	Associação Desportiva da Efaced	M40	M	10:41:30	01:21:30	00:04:56	05:49
9	464	Nelson Pires	horserace	SEN	M	10:42:10	01:22:10	00:05:36	05:52
10	319	Fernando Neves	Individual	M40	M	10:43:00	01:23:00	00:06:26	05:56
11	383	Filipe Sousa	Gondomar Futsal Atletismo	SEN	M	10:43:50	01:23:50	00:07:16	05:59
12	349	Augusto Pereira	CCDTCMGondomar	M50	M	10:44:17	01:24:17	00:07:43	06:01
13	496	Maria Isabel Areias		SEN	F	10:45:00	01:25:00	00:08:26	06:04
14	348	Américo Pinto	CCDTCMGondomar	M50	M	10:45:04	01:25:04	00:08:30	06:05
15	308	Fernando Queirós	Oralklass-Amigos do Trail	M40	M	10:45:07	01:25:07	00:08:33	06:05
16	294	Pedro Miguel Afonso Fernandes	ORALKLASS-AMIGOS DO TRAIL	SEN	M	10:45:08	01:25:08	00:08:34	06:05
17	363	Adriano Oliveira	HorseRace	M40	M	10:45:29	01:25:29	00:08:55	06:06
18	469	José Manuel Cabral e Silva	Individual	M50	M	10:47:45	01:27:45	00:11:11	06:16
19	146	Nelson Marques		SEN	M	10:48:42	01:28:42	00:12:08	06:20
20	416	Hernani Oliveira		SEN	M	10:49:11	01:29:11	00:12:37	06:22
21	498	José Amaro		SEN	M	10:49:31	01:29:31	00:12:57	06:24
22	252	Márcio Silva	Oralklass-Amigos do Trail	SEN	M	10:50:19	01:30:19	00:13:45	06:27
23	474	Mário Filipe Ferreira Pêgas		SEN	M	10:50:23	01:30:23	00:13:49	06:27
24	384	Sérgio Miguel Lopes Monteiro	CIA Alpendorada	SEN	M	10:50:32	01:30:32	00:13:58	06:28
25	488	Marco André da Silva Almeida	Clube Galpenergia Norte	M40	M	10:51:21	01:31:21	00:14:47	06:31
26	352	Pedro França		SEN	M	10:52:10	01:32:10	00:15:36	06:35
27	458	Virgílio Jaime Santos Sousa	Gondomar Futsal	SEN	M	10:52:20	01:32:20	00:15:46	06:36
28	330	Tiago Ferreira		SEN	M	10:52:35	01:32:35	00:16:01	06:37
29	110	Nuno Fernandes	ARCORUN	SEN	M	10:52:49	01:32:49	00:16:15	06:38
30	205	Agostinho Torres	pernetas	SEN	M	10:52:51	01:32:51	00:16:17	06:38
31	409	Hugo Ferreira	Runners Monte Aventino	SEN	M	10:53:12	01:33:12	00:16:38	06:39
32	457	André Trigais		SEN	M	10:53:26	01:33:26	00:16:52	06:40
33	171	Ricardo Dantas	ADRULSM	SEN	M	10:53:40	01:33:40	00:17:06	06:41
34	148	Filipe Sousa		SEN	M	10:54:12	01:34:12	00:17:38	06:44
35	216	Manuel Teixeira	cmcp	M40	M	10:54:43	01:34:43	00:18:09	06:46
36	168	Pedro Cancelo	DREAMTEAM	SEN	M	10:55:30	01:35:30	00:18:56	06:49
37	454	Luis Miguel Torres	Running Class HP Arrábida	M40	M	10:56:06	01:36:06	00:19:32	06:52
38	260	Manuel Segundo	Arconun	M50	M	10:56:20	01:36:20	00:19:46	06:53
39	198	Bruno Neves	GINASIO FACTOR X	SEN	M	10:56:41	01:36:41	00:20:07	06:54
40	473	Hugo Oliveira		M40	M	10:56:48	01:36:48	00:20:14	06:55
41	127	Lieven Verraest		M40	M	10:57:20	01:37:20	00:20:46	06:57
42	403	Daniel Monteiro		SEN	M	10:57:24	01:37:24	00:20:50	06:57
43	437	Ricardo Carvalho	Running Class HP Arrábida	SEN	M	10:57:26	01:37:26	00:20:52	06:58
44	150	Nelson Alves	Gondomar Futsal Clube	SEN	M	10:57:28	01:37:28	00:20:54	06:58
45	279	José Conceição	Team Inov-8 Portugal	SEN	M	10:58:25	01:38:25	00:21:51	07:02
46	324	Pedro Machado	Oralklass-Amigos Do Trail	SEN	M	10:58:43	01:38:43	00:22:09	07:03
47	368	José Sousa	Kangaroo Runners	SEN	M	10:58:58	01:38:58	00:22:24	07:04
48	223	Pedro Gomes		SEN	M	10:59:10	01:39:10	00:22:36	07:05
49	111	Alexandre Fernandes	ARCORUN	SEN	M	10:59:18	01:39:18	00:22:44	07:06
50	173	Frederico Miguel Marques		SEN	M	10:59:20	01:39:20	00:22:46	07:06
51	360	Brigida Raquel Dias Pinto	Oralklass-Amigos do Trail	SEN	F	10:59:35	01:39:35	00:23:01	07:07
52	194	Paulo Jorge Oliveira		SEN	M	10:59:57	01:39:57	00:23:23	07:08
53	385	Micael Cunha		SEN	M	11:00:01	01:40:01	00:23:27	07:09
54	239	Fernando Jorge Oliveira	FFitness Trail Running Team	M40	M	11:00:11	01:40:11	00:23:37	07:09
55	481	Rogério Eduardo Vaz Sampaio	Running Class HP Arrábida	SEN	M	11:00:49	01:40:49	00:24:15	07:12
56	338	LUIZ FRANCISCO	RosangelaFrancisco	M40	M	11:01:50	01:41:50	00:25:16	07:16
57	241	Ernesto Martins	TouQueNemPosso	M50	M	11:01:54	01:41:54	00:25:20	07:17
58	461	Rui Pedro Gonçalves Borges		SEN	M	11:02:18	01:42:18	00:25:44	07:18
59	373	Pedro Couto		SEN	M	11:02:21	01:42:21	00:25:47	07:19
60	370	José Carlos Dias		M40	M	11:02:24	01:42:24	00:25:50	07:19
61	382	Rui Pedro Moreira de Sousa		SEN	M	11:02:45	01:42:45	00:26:11	07:20
62	288	Helder Jorge Ferreira de Castro		SEN	M	11:02:46	01:42:46	00:26:12	07:20
63	306	Paulo Eusébio	MELRES TRAIL RUNNING, Ordem para Ariar	M40	M	11:02:54	01:42:54	00:26:20	07:21
64	445	Jorge Rodrigues	Running Class HP Arrábida	M40	M	11:03:01	01:43:01	00:26:27	07:21
65	372	Bruno Miguel Bezerra de Freitas	AFACYCLES sport	SEN	M	11:03:11	01:43:11	00:26:37	07:22
66	162	Fernando Carneiro	DREAMTEAM	M40	M	11:03:38	01:43:38	00:27:04	07:24
67	332	Carlos Jorge Gonçalves	ORALKLASS - AMIGOS DO TRAIL	SEN	M	11:03:53	01:43:53	00:27:19	07:25
68	119	Cristina Isabel Dias	As 3 Berdadeiras Trailianas	SEN	F	11:03:55	01:43:55	00:27:21	07:25
69	318	Jorge Carlos Madureira Rocha da Silva	MELRES TRAIL RUNNING, Ordem para Ariar	SEN	M	11:04:02	01:44:02	00:27:28	07:26
70	147	Miguel Pereira	PERNETAS	SEN	M	11:04:07	01:44:07	00:27:33	07:26
71	478	João Paulo	Team Quinta da Pena	M40	M	11:04:08	01:44:08	00:27:34	07:26
72	475	Paulo Eusébio	Team Quinta da Pena	M50	M	11:04:39	01:44:39	00:28:05	07:29
73	311	Joaquim Montenegro	KGB	SEN	M	11:05:41	01:45:41	00:29:07	07:33
74	112	Filipe Cordeiro	Elitianos	SEN	M	11:05:45	01:45:45	00:29:11	07:33
75	296	Elias Manuel Moura Pereira	Gondomar Futsal Clube	M50	M	11:07:43	01:47:43	00:31:09	07:42
76	195	Rita Loureiro	Oralklass-Amigos do Trail	SEN	F	11:07:50	01:47:50	00:31:16	07:42
77	269	Gabriel José Pinto Vieira	The Beauty and the Beasts	SEN	M	11:07:54	01:47:54	00:31:20	07:42
78	485	NUNO MOTA CASTRO		SEN	M	11:07:55	01:47:55	00:31:21	07:43
79	393	Agostinho Matos	TEAM SIGURITOS/MOTOMARRETAS	SEN	M	11:07:58	01:47:58	00:31:24	07:43
80	354	Hugo Moreira	Villaurbana runners	SEN	M	11:08:08	01:48:08	00:31:34	07:43
81	218	Fernando José Moreira Pereira	Gondomar Futsal Clube	M40	M	11:09:17	01:49:17	00:32:43	07:48
82	202	António Machado	FFitness Gaia-Trail Running Team	SEN	M	11:09:23	01:49:23	00:32:49	07:49

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83	390	Emídio Cardeira		SEN	M	11:09:25	01:49:25	00:32:51	07:49
84	482	Jose Pedro Gomes		M50	M	11:09:27	01:49:27	00:32:53	07:49
85	421	Hercílio Santos	Associação Desportiva da Efaced	M40	M	11:09:30	01:49:30	00:32:56	07:49
86	499	João Viegas		SEN	M	11:09:38	01:49:38	00:33:04	07:50
87	424	Carlos Manuel Cordeiro Moedas Pereira	DREAMTEAM	SEN	M	11:09:44	01:49:44	00:33:10	07:50
88	415	NUNO RICARDO MONTEIRO CAMPOS		SEN	M	11:09:54	01:49:54	00:33:20	07:51
89	317	Amadeu Gonçalves Moreira		M40	M	11:11:16	01:51:16	00:34:42	07:57
90	276	Pedro Sousa	GINÁSIO FACTOR X	M40	M	11:11:18	01:51:18	00:34:44	07:57
91	278	Jorge Suzano	GINÁSIO FACTOR X	M40	M	11:11:36	01:51:36	00:35:02	07:58
92	244	João Ferreira	Free Runners	SEN	M	11:11:51	01:51:51	00:35:17	07:59
93	226	Fernando Garcia	Individual	M40	M	11:12:11	01:52:11	00:35:37	08:01
94	227	Jorge Gomes	Arconun	SEN	M	11:12:24	01:52:24	00:35:50	08:02
95	259	Amílcar Ferreira	Arconun	M40	M	11:12:25	01:52:25	00:35:51	08:02
96	309	Rosa Pereira	Oralklass-Amigos do Trail	SEN	F	11:12:31	01:52:31	00:35:57	08:02
97	434	Fernando Machado Silva	GRFNZ/AUTOSIMPORTADOS	SEN	M	11:13:59	01:53:59	00:37:25	08:08
98	387	Sérgio Machado Vidal	GRFNZ/AUTOSIMPORTADOS	SEN	M	11:14:02	01:54:02	00:37:28	08:09
99	167	Ricardo Guedes	Running Class Holmes Place Arrábida	SEN	M	11:14:03	01:54:03	00:37:29	08:09
100	206	Abel Álvaro Duarte Gomes	Individual	M50	M	11:14:15	01:54:15	00:37:41	08:10
101	494	Ricardo Maia Ramos		M40	M	11:14:34	01:54:34	00:38:00	08:11
102	290	José Pereira	ONE MORE MILE	SEN	M	11:14:38	01:54:38	00:38:04	08:11
103	493	José Eduardo Pinto Caramalho		M40	M	11:14:46	01:54:46	00:38:12	08:12
104	263	Rui Sá	FFitness Gaia - Trail Running Team	M50	M	11:15:00	01:55:00	00:38:26	08:13
105	280	Rúben Silva	The Beauty and the Beasts	SEN	M	11:15:05	01:55:05	00:38:31	08:13
106	246	Fernanda Pinho	The Beauty and the Beasts	M40	F	11:15:11	01:55:11	00:38:37	08:14
107	339	PEDRO ROSAS	MELRES TRAIL RUNNING, Ordem para Arriar	M50	M	11:15:33	01:55:33	00:38:59	08:15
108	423	Luis Carlos Monteiro Campos		SEN	M	11:15:41	01:55:41	00:39:07	08:16
109	143	Vítor Silva	Pernetas	SEN	M	11:15:50	01:55:50	00:39:16	08:16
110	182	Antonio Archer	Elitianos	M50	M	11:17:14	01:57:14	00:40:40	08:22
111	125	Jorge Ramos	ARCORUN	SEN	M	11:17:20	01:57:20	00:40:46	08:23
112	237	Cândido Rocha	FAST AO KM	M50	M	11:17:22	01:57:22	00:40:48	08:23
113	392	Paulo Azevedo	HorseRace	M40	M	11:17:26	01:57:26	00:40:52	08:23
114	380	Rui Rosas	Horsrace	SEN	M	11:17:28	01:57:28	00:40:54	08:23
115	268	Rui Manuel Almeida Dias	Clube Galpenergia Norte	M40	M	11:17:40	01:57:40	00:41:06	08:24
116	439	Anabela Castro Cordeiro	Running Class HP Arrábida	SEN	F	11:17:44	01:57:44	00:41:10	08:25
117	487	Nuno Esperança	Villaurbana runners	SEN	M	11:17:50	01:57:50	00:41:16	08:25
118	444	Pedro Silva	Running Class HP Arrábida	SEN	M	11:18:16	01:58:16	00:41:42	08:27
119	446	Ana Paula Gomes	Running Class HP Arrábida	M40	F	11:18:20	01:58:20	00:41:46	08:27
120	391	Alberto César	Individual	M40	M	11:18:22	01:58:22	00:41:48	08:27
121	258	Pedro Miguel		SEN	M	11:18:29	01:58:29	00:41:55	08:28
122	254	Tiago André Oliveira Paiva	Domingueiros do Parque	SEN	M	11:18:30	01:58:30	00:41:56	08:28
123	316	Jorge Guerreiro	Domingueiros do Parque	SEN	M	11:18:33	01:58:33	00:41:59	08:28
124	170	Rui Airosa		SEN	M	11:18:35	01:58:35	00:42:01	08:28
125	452	Maria João Silva	Running Class HP Arrábida	SEN	F	11:18:42	01:58:42	00:42:08	08:29
126	139	Rita Chaves Rebelo	Terroros do Asfalto	SEN	F	11:18:45	01:58:45	00:42:11	08:29
127	353	Telma Silva	Ind	SEN	F	11:18:48	01:58:48	00:42:14	08:29
128	140	Joana Chaves Rebelo	Terroros do Asfalto	SEN	F	11:18:58	01:58:58	00:42:24	08:30
129	141	Isabel Henriques	Terroros do Asfalto	SEN	F	11:19:17	01:59:17	00:42:43	08:31
130	477	Marta Couto	Team Quinta da Pena	SEN	F	11:20:06	02:00:06	00:43:32	08:35
131	476	Nuno Pinho	Team Quinta da Pena	SEN	M	11:20:08	02:00:08	00:43:34	08:35
132	261	Vítor Diogo da Silva Almeida	The Beauty and the Beasts	SEN	M	11:20:28	02:00:28	00:43:54	08:36
133	132	Angelo Mendes	Os arrastadeiras	SEN	M	11:21:04	02:01:04	00:44:30	08:39
134	128	Rui Mota	Os arrastadeiras	SEN	M	11:21:06	02:01:06	00:44:32	08:39
135	453	Joana Coelho	Running Class HP Arrábida	SEN	F	11:21:14	02:01:14	00:44:40	08:40
136	322	Pedro Cid Ferreira	Oralklass-Amigos Do Trail	M40	M	11:22:41	02:02:41	00:46:07	08:46
137	220	Luís Marques		M40	M	11:23:05	02:03:05	00:46:31	08:48
138	374	Tiago Almeida	Budeguita Runners	SEN	M	11:23:45	02:03:45	00:47:11	08:50
139	169	Joana Azevedo		SEN	F	11:24:34	02:04:34	00:48:00	08:54
140	231	Manuel Silva	Arconun	SEN	M	11:24:47	02:04:47	00:48:13	08:55
141	357	Francisco Falcão		SEN	M	11:26:33	02:06:33	00:49:59	09:02
142	275	José Paulo Silva Jacinto		SEN	M	11:28:25	02:08:25	00:51:51	09:10
143	251	Helena Cardia	Bio-Runners	SEN	F	11:28:34	02:08:34	00:52:00	09:11
144	242	Mário Soares	TouQueNemPosso	M50	M	11:28:36	02:08:36	00:52:02	09:11
145	253	Hélder Silva	CAL - Clube Atletismo de Lamas	SEN	M	11:28:39	02:08:39	00:52:05	09:11
146	267	Jorge Silva		SEN	M	11:28:47	02:08:47	00:52:13	09:12
147	355	Liliana Araujo	Villaurbana runners	SEN	F	11:28:51	02:08:51	00:52:17	09:12
148	109	Sandra Faria		SEN	F	11:28:53	02:08:53	00:52:19	09:12
149	417	Zé Silva	RUNNERS DA BORGIA	M40	M	11:28:58	02:08:58	00:52:24	09:13
150	351	Jose Gonçalves		SEN	M	11:29:00	02:09:00	00:52:26	09:13
151	232	Ricardo Brito		SEN	M	11:29:26	02:09:26	00:52:52	09:15
152	164	Carlos Couto	arconun	M40	M	11:29:38	02:09:38	00:53:04	09:16
153	255	Alberto Fernando Moreira da Rocha		SEN	M	11:30:09	02:10:09	00:53:35	09:18
154	307	Bruno André		SEN	M	11:30:15	02:10:15	00:53:41	09:18
155	334	Pedro Martins	Team RPB	SEN	M	11:30:17	02:10:17	00:53:43	09:18
156	333	Rui Santos	ORALKLASS - AMIGOS DO TRAIL	SEN	M	11:30:21	02:10:21	00:53:47	09:19
157	433	Marisa Borges	ORALKLASS - AMIGOS DO TRAIL	SEN	F	11:30:22	02:10:22	00:53:48	09:19
158	114	Cristina Freitas	MELRES TRAIL RUNNING, Ordem para Arriar	SEN	F	11:30:28	02:10:28	00:53:54	09:19
159	250	Nuno Amen		SEN	M	11:30:58	02:10:58	00:54:24	09:21
160	428	Miguel Lopes	ComMuitasVertigens	SEN	M	11:31:21	02:11:21	00:54:47	09:23
161	429	Pedro Bastos	ComMuitasVertigens	SEN	M	11:31:22	02:11:22	00:54:48	09:23
162	327	Nuno Rabaça		SEN	M	11:31:39	02:11:39	00:55:05	09:24
163	225	Tiago Frutuoso	Corridas de Pernas Pro Ar	SEN	M	11:31:46	02:11:46	00:55:12	09:25
164	201	Armandina Torres	Gdct Incm	M40	F	11:31:57	02:11:57	00:55:23	09:26
165	272	Mário Marques	XTrail Bolas Running Team	SEN	M	11:32:01	02:12:01	00:55:27	09:26

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166	273	FERNANDO RAMOS	XTrail Bolas Running Team	SEN	M	11:32:03	02:12:03	00:55:29	09:26
167	310	Ana Dias	Budeguita runners	SEN	F	11:32:24	02:12:24	00:55:50	09:27
168	345	Bruno Brandao	Budeguita Runners	SEN	M	11:32:25	02:12:25	00:55:51	09:28
169	329	Diogo Moutinho	Zé Nando Runners	SEN	M	11:32:30	02:12:30	00:55:56	09:28
170	435	Sónia Mota		M40	F	11:32:40	02:12:40	00:56:06	09:29
171	436	Pedro Maia		M40	M	11:32:43	02:12:43	00:56:09	09:29
172	297	Miguel Gonçalves	Elitianos	SEN	M	11:32:44	02:12:44	00:56:10	09:29
173	113	Luís Ricardo Santana Vilar	Elitianos	SEN	M	11:32:46	02:12:46	00:56:12	09:29
174	224	Sérgia Ariana Pinto		SEN	F	11:32:56	02:12:56	00:56:22	09:30
175	430	Ercilia Rosa Pereira		M40	F	11:32:59	02:12:59	00:56:25	09:30
176	300	João Domingues	The Beauty and the Beasts	SEN	M	11:33:03	02:13:03	00:56:29	09:30
177	472	Óscar Soares	MELRES TRAIL RUNNING, Ordem para Arriar	SEN	M	11:33:07	02:13:07	00:56:33	09:30
178	420	Mário Ferreira	Associação Desportiva da Efaced	M40	M	11:33:13	02:13:13	00:56:39	09:31
179	335	Luís Baptista		SEN	M	11:33:15	02:13:15	00:56:41	09:31
180	449	André Guedes	Running Class HP Arrábida	M40	M	11:33:40	02:13:40	00:57:06	09:33
181	412	Maria Rosário Guerra	WELLRUNNERS	M40	F	11:33:53	02:13:53	00:57:19	09:34
182	230	Pedro Melo	Arcorun	M40	M	11:34:16	02:14:16	00:57:42	09:35
183	410	José Silva	WELLRUNNERS	M40	M	11:34:44	02:14:44	00:58:10	09:37
184	210	Liliana Pinto	pernetas	SEN	F	11:35:01	02:15:01	00:58:27	09:39
185	336	Catarina Runa	CrossTrailers	SEN	F	11:35:17	02:15:17	00:58:43	09:40
186	281	Patrícia António	crosstrailers	SEN	F	11:35:24	02:15:24	00:58:50	09:40
187	277	Mário Ribeiro	GINÁSIO FACTOR X	M40	M	11:35:26	02:15:26	00:58:52	09:40
188	301	Adelia Azevedo		SEN	F	11:35:28	02:15:28	00:58:54	09:41
189	188	Helena Isabel Moreira Dias	Budeguita Runners	SEN	F	11:35:57	02:15:57	00:59:23	09:43
190	229	Jorge Leite	Arcorun	M40	M	11:36:06	02:16:06	00:59:32	09:43
191	365	Cristina Dias		M40	F	11:36:55	02:16:55	01:00:21	09:47
192	163	Jurcelie Maia	arcorun	SEN	M	11:37:00	02:17:00	01:00:26	09:47
193	161	Paula Cristina Oliveira		M40	F	11:37:12	02:17:12	01:00:38	09:48
194	282	Ricardo Costa	Bai K Andas Team	SEN	M	11:37:14	02:17:14	01:00:40	09:48
195	152	Victor Figueiredo	Bai K Rodas	M40	M	11:37:17	02:17:17	01:00:43	09:48
196	376	Renato Garrido	Garrido's	M40	M	11:37:19	02:17:19	01:00:45	09:48
197	377	Ana Garrido	Garrido's	SEN	F	11:37:30	02:17:30	01:00:56	09:49
198	341	Vitor Bruno Fernandes Rodrigues	Lince Runners	SEN	M	11:37:48	02:17:48	01:01:14	09:51
199	342	Daniela Cristina Rodrigues Fernandes Rodenko	Lince Runners	SEN	F	11:37:49	02:17:49	01:01:15	09:51
200	122	Manuel Moura	Os Barriguitas	M50	M	11:38:02	02:18:02	01:01:28	09:52
201	214	Fernando Manuel Ferreira da Costa	pernetas	M40	M	11:38:26	02:18:26	01:01:52	09:53
202	215	Susana Manuela pinhal Canhola	pernetas	M40	F	11:38:30	02:18:30	01:01:56	09:54
203	270	Sérgio Almeida	Bai K Andas Team	SEN	M	11:38:32	02:18:32	01:01:58	09:54
204	356	Germano Moura	Os Barriguitas	M50	M	11:38:55	02:18:55	01:02:21	09:55
205	466	Sílvia Vieira		SEN	F	11:39:19	02:19:19	01:02:45	09:57
206	465	Rui Silva		SEN	M	11:39:20	02:19:20	01:02:46	09:57
207	133	Ricardo Gomes	XTRAIL Bolas	SEN	M	11:39:41	02:19:41	01:03:07	09:59
208	271	Nelson Cruz	XTrail Bolas Running Team	SEN	M	11:39:43	02:19:43	01:03:09	09:59
209	197	Ana Paula Marques	GINÁSIO FACTOR X	SEN	F	11:40:01	02:20:01	01:03:27	10:00
210	186	Adelaide Vigário	GINÁSIO FACTOR X	M40	F	11:40:04	02:20:04	01:03:30	10:00
211	468	Abel Filipe Dias Gonçalves		SEN	M	11:40:21	02:20:21	01:03:47	10:01
212	467	Bruno Miguel Neves da Silva		SEN	M	11:40:25	02:20:25	01:03:51	10:02
213	479	Rui Miguel Borges		SEN	M	11:40:48	02:20:48	01:04:14	10:03
214	219	João costa		SEN	M	11:40:52	02:20:52	01:04:18	10:04
215	189	Débora Alexandra Lopes Moreira	NAST	M40	F	11:41:08	02:21:08	01:04:34	10:05
216	346	Sergio Queiros		SEN	M	11:41:23	02:21:23	01:04:49	10:06
217	176	Gonçalo Gaspar	sugu	SEN	M	11:41:26	02:21:26	01:04:52	10:06
218	386	João Veigas	Individual	SEN	M	11:41:59	02:21:59	01:05:25	10:09
219	240	Raquel Ferreira de Vasconcelos	No Tomorrow Running Team	SEN	F	11:42:46	02:22:46	01:06:12	10:12
220	134	Ricardo Alheiro	XTRAIL Bolas	SEN	M	11:43:35	02:23:35	01:07:01	10:15
221	135	Rodrigo Rodrigues	XTRAIL Bolas	SEN	M	11:43:37	02:23:37	01:07:03	10:15
222	402	DANIELA PALHARES	WELLRUNNERS	M40	F	11:43:42	02:23:42	01:07:08	10:16
223	165	Susana Fonseca	P&A Team	SEN	F	11:43:44	02:23:44	01:07:10	10:16
224	166	Pedro Antunes	P&A Team	SEN	M	11:43:45	02:23:45	01:07:11	10:16
225	438	Lurdes Monteiro	Running Class HP Arrábida	M50	F	11:43:50	02:23:50	01:07:16	10:16
226	172	Nuno Lacerda	Elitianos	M50	M	11:44:02	02:24:02	01:07:28	10:17
227	362	Henrique Fontes	Os Fontes	SEN	M	11:44:24	02:24:24	01:07:50	10:19
228	126	Isabel Silva	MELRES TRAIL RUNNING, Ordem para Arriar	M40	F	11:44:31	02:24:31	01:07:57	10:19
229	217	Eduardo Monteiro	Os arrastadeiras	SEN	M	11:44:41	02:24:41	01:08:07	10:20
230	369	Teresa Sousa	Kangaroo Runners	SEN	F	11:45:00	02:25:00	01:08:26	10:21
231	378	Tiago Coelho		SEN	M	11:45:02	02:25:02	01:08:28	10:22
232	394	Alberto Bulhosa	WELLRUNNERS	M50	M	11:45:03	02:25:03	01:08:29	10:22
233	470	Ramiro Tiago Silva Borges		SEN	M	11:45:09	02:25:09	01:08:35	10:22
234	184	António José Pereira Queiroz	Gondomar Futsal Clube	M50	M	11:45:32	02:25:32	01:08:58	10:24
235	448	Elísio Correia	Running Class HP Arrábida	M40	M	11:45:38	02:25:38	01:09:04	10:24
236	151	Ricardo Alves	Gondomar Futsal Clube	SEN	M	11:45:44	02:25:44	01:09:10	10:25
237	207	Carina Cunha	pernetas	SEN	F	11:46:22	02:26:22	01:09:48	10:27
239	407	ISABEL AMARAL	WELLRUNNERS	M40	F	11:46:42	02:26:42	01:10:08	10:29
240	401	Candida Calçada	WELLRUNNERS	SEN	F	11:46:44	02:26:44	01:10:10	10:29
241	331	Eduardo J. P. Ferreira		M40	M	11:46:59	02:26:59	01:10:25	10:30
242	315	Serafim Pedro Soares		SEN	M	11:47:04	02:27:04	01:10:30	10:30
243	313	Pedro André Neves		SEN	M	11:47:07	02:27:07	01:10:33	10:30
244	302	Joana Couto fernandes		SEN	F	11:47:22	02:27:22	01:10:48	10:32
245	480	Inês Carvalho	Running Class HP Arrábida	SEN	F	11:47:52	02:27:52	01:11:18	10:34
246	298	Guida Martins		SEN	F	11:47:59	02:27:59	01:11:25	10:34
247	257	Rui Sousa		M40	M	11:48:26	02:28:26	01:11:52	10:36
248	117	Eva Andrade		SEN	F	11:48:29	02:28:29	01:11:55	10:36
249	118	João Carvalho		SEN	M	11:48:31	02:28:31	01:11:57	10:36

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250	303	Carlos Cardoso	My Secret Spa	SEN	M	11:48:41	02:28:41	01:12:07	10:37
251	451	Vera Silva	Running Class HP Arrábida	SEN	F	11:50:05	02:30:05	01:13:31	10:43
252	447	Carmen Maio	Running Class HP Arrábida	SEN	F	11:50:06	02:30:06	01:13:32	10:43
253	395	Amelia Madureira	WELLRUNNERS	M40	F	11:50:08	02:30:08	01:13:34	10:43
254	397	Antonio Castro	WELLRUNNERS	SEN	M	11:50:10	02:30:10	01:13:36	10:44
255	187	André Ferreira Pedro Lopes de Amorim	Budeguita Runners	M40	M	11:50:25	02:30:25	01:13:51	10:45
256	106	Sandra Oliveira	Budeguita Runners	SEN	F	11:50:32	02:30:32	01:13:58	10:45
257	304	Elsa Morais	My Secret Spa	SEN	F	11:50:37	02:30:37	01:14:03	10:45
258	299	ana costa	cães d'avenida	M40	F	11:50:41	02:30:41	01:14:07	10:46
259	325	Cristina Vieira		M40	F	11:50:48	02:30:48	01:14:14	10:46
260	364	Claudia Soutinho	WELLRUNNERS	M40	F	11:50:50	02:30:50	01:14:16	10:46
261	193	Susana Ribeiro	S.R.Team	M40	F	11:51:02	02:31:02	01:14:28	10:47
262	192	Sérgio Rei	S.R.Team	SEN	M	11:51:05	02:31:05	01:14:31	10:48
263	361	Ana Pereira	Os Fontes	SEN	F	11:52:18	02:32:18	01:15:44	10:53
264	404	Elisabeth Peneda	WELLRUNNERS	SEN	F	11:52:46	02:32:46	01:16:12	10:55
265	123	Pedro Teixeira	NoTomorrowRunningTeam	SEN	M	11:52:57	02:32:57	01:16:23	10:56
266	183	Sónia Dolores Ferreira Alves	NAST	M40	F	11:53:39	02:33:39	01:17:05	10:59
267	326	Anabela Mota	Zé Nando Runners	SEN	F	11:53:54	02:33:54	01:17:20	11:00
268	406	Helena Ferreira	WELLRUNNERS	M40	F	11:55:12	02:35:12	01:18:38	11:05
269	398	Armando Cardoso	WELLRUNNERS	M50	M	11:55:14	02:35:14	01:18:40	11:05
270	414	Ricardo Coimbra	WELLRUNNERS	M40	M	11:55:16	02:35:16	01:18:42	11:05
271	236	Manuela Gonçalves	MELRES TRAIL RUNNING, Ordem para Arriar	M40	F	11:55:30	02:35:30	01:18:56	11:06
272	180	Diana Vieira	MELRES TRAIL RUNNING, Ordem para Arriar	SEN	F	11:55:34	02:35:34	01:19:00	11:07
273	243	Marta Soares	TouQueNemPosso	SEN	F	11:55:54	02:35:54	01:19:20	11:08
274	131	Ana Oliveira	Elitianos	M40	F	11:55:56	02:35:56	01:19:22	11:08
275	293	Cátia Oliveira		SEN	F	11:55:58	02:35:58	01:19:24	11:08
276	343	Patricia Gomes		SEN	F	11:56:00	02:36:00	01:19:26	11:09
277	120	Cláudia Amaral	As 3 Berdadeiras Trallianas	SEN	F	11:56:02	02:36:02	01:19:28	11:09
278	115	Ana Martins	MELRES TRAIL RUNNING, Ordem para Arriar	M40	F	11:56:30	02:36:30	01:19:56	11:11
279	286	Bruno Eduardo Paiva de Oliveira		SEN	M	11:56:53	02:36:53	01:20:19	11:12
280	211	Rodrigo Ferraz		M40	M	11:56:57	02:36:57	01:20:23	11:13
281	212	Claudia Coelho		SEN	F	11:56:59	02:36:59	01:20:25	11:13
282	400	Beje Mohammed	WELLRUNNERS	M40	M	11:57:54	02:37:54	01:21:20	11:17
283	396	Andreia Amaral	WELLRUNNERS	SEN	F	11:58:00	02:38:00	01:21:26	11:17
284	411	Maria da Conceição Pinto	WELLRUNNERS	M40	F	11:58:06	02:38:06	01:21:32	11:18
285	138	Catarina Ramos Pereira		SEN	F	11:58:19	02:38:19	01:21:45	11:18
286	137	Marco Mandim		SEN	M	11:58:22	02:38:22	01:21:48	11:19
287	358	Carla Patricia Sousa		SEN	F	11:58:25	02:38:25	01:21:51	11:19
288	388	Ana Garrido		SEN	F	11:58:28	02:38:28	01:21:54	11:19
289	204	José Garcês	MELRES TRAIL RUNNING, Ordem para Arriar	M50	M	11:58:34	02:38:34	01:22:00	11:20
290	116	António		SEN	M	11:58:46	02:38:46	01:22:12	11:20
291	442	Ana Rita Ribeiro	GD Luz Verde	SEN	F	11:58:57	02:38:57	01:22:23	11:21
292	443	Pedro Miguel Cerqueira	GD Luz Verde	SEN	M	11:59:01	02:39:01	01:22:27	11:22
293	287	António Daniel Mendes	A.D.Amarante Trail Running	SEN	M	11:59:47	02:39:47	01:23:13	11:25
294	283	Ana Isabel Mendonça		SEN	F	11:59:49	02:39:49	01:23:15	11:25
295	178	Ana Monteiro		SEN	F	12:00:04	02:40:04	01:23:30	11:26
296	157	Paulo Campos		SEN	M	12:00:10	02:40:10	01:23:36	11:26
297	179	José Moreira		SEN	M	12:00:11	02:40:11	01:23:37	11:26
298	124	Ângela Morais	As 3 Berdadeiras Trallianas	SEN	F	12:00:13	02:40:13	01:23:39	11:27
299	222	Alexandra Barradas	GINÁSIO FACTOR X	SEN	F	12:00:21	02:40:21	01:23:47	11:27
300	221	Helena Ramos	GINÁSIO FACTOR X	SEN	F	12:00:24	02:40:24	01:23:50	11:27
301	455	Salomé Pinto	Running Class HP Arrábida	M40	F	12:01:57	02:41:57	01:25:23	11:34
302	463	Ricardo Alexandre Carvalho Sousa		SEN	M	12:03:11	02:43:11	01:26:37	11:39
303	462	Elisabete Maria Rodrigues Sousa		SEN	F	12:03:13	02:43:13	01:26:39	11:39
305	312	Beatriz Barbosa	KGB	SEN	F	12:04:40	02:44:40	01:28:06	11:46
306	265	Rute Montenegro		SEN	F	12:04:42	02:44:42	01:28:08	11:46
307	425	Sonia Rodríguez Benítez		SEN	F	12:04:46	02:44:46	01:28:12	11:46
308	456	Andreia Sá	Running Class HP Arrábida	SEN	F	12:04:58	02:44:58	01:28:24	11:47
309	174	Nuno Filipe Pinho Nogueira		SEN	M	12:05:39	02:45:39	01:29:05	11:50
310	175	Maria Inês Pereira		SEN	F	12:05:42	02:45:42	01:29:08	11:50
311	208	Cláudia Pereira	Corridas pernas pro ar	SEN	F	12:07:57	02:47:57	01:31:23	12:00
312	289	Rui Amaro	Clube PT Zona Norte	SEN	M	12:09:03	02:49:03	01:32:29	12:04
313	426	Luís Filipe Meneses Lopes		SEN	M	12:09:05	02:49:05	01:32:31	12:05
314	337	Daniela Lopes	RosangelaFrancisco	SEN	F	12:10:30	02:50:30	01:33:56	12:11
315	196	Manuela Silva	pernetas	SEN	F	12:11:14	02:51:14	01:34:40	12:14
316	213	Manuela Ferreira	pernetas	SEN	F	12:11:16	02:51:16	01:34:42	12:14
317	209	Fátima Mesquita	pernetas	M40	F	12:11:22	02:51:22	01:34:48	12:14
318	203	Ricardo Monteiro	Pernetas	SEN	M	12:11:24	02:51:24	01:34:50	12:15
319	144	Claudio Cerqueira	Pernetas	SEN	M	12:11:26	02:51:26	01:34:52	12:15
320	248	Hugo Cortez Marques		SEN	M	12:12:24	02:52:24	01:35:50	12:19
321	247	Cristiana Coelho		SEN	F	12:12:52	02:52:52	01:36:18	12:21
322	460	ana ferreira		SEN	F	12:13:56	02:53:56	01:37:22	12:25
323	419	Joana Pais		SEN	F	12:13:58	02:53:58	01:37:24	12:26
324	177	Anabela Santos		SEN	F	12:16:25	02:56:25	01:39:51	12:36
325	130	Pedro Guimaraes	Bai K Andas Team	M40	M	12:16:30	02:56:30	01:39:56	12:36
326	264	Ricardo Rangel Paiva	Corridas De Pernas Pro AR	M40	M	12:21:20	03:01:20	01:44:46	12:57
327	238	Vânia Guedes	FAST AO KM	SEN	F	12:21:22	03:01:22	01:44:48	12:57
328	200	Armanda Maria Amaro de Araújo		SEN	F	12:21:31	03:01:31	01:44:57	12:58
329	199	Carlos Manuel Amaro de Araújo		SEN	M	12:21:33	03:01:33	01:44:59	12:58
330	262	Joana Raquel Borges da Rocha	MELRES TRAIL RUNNING, Ordem para Arriar	SEN	F	12:23:01	03:03:01	01:46:27	13:04
331	284	Tiago Borges	MELRES TRAIL RUNNING, Ordem para Arriar	SEN	M	12:23:02	03:03:02	01:46:28	13:04
332	107	Alexandra Andrade	MELRES TRAIL RUNNING, Ordem para Arriar	M40	F	12:23:06	03:03:06	01:46:32	13:05
333	108	Rui Andrade	MELRES TRAIL RUNNING, Ordem para Arriar	M40	M	12:23:10	03:03:10	01:46:36	13:05

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334	245	Daniela Maia Moreira Dias		SEN	F	12:23:11	03:03:11	01:46:37	13:05
338	249	Rafaela Carvalho		SEN	F	12:24:22	03:04:22	01:47:48	13:10
339	359	Rui Rocha	Enfermeiros e TDT em fuga	SEN	M	12:24:40	03:04:40	01:48:06	13:11
340	375	Diana Pereira	Enfermeiros e TDT em fuga	SEN	F	12:24:44	03:04:44	01:48:10	13:12
341	104	Sara Varejão	Domingueiros do Parque	SEN	F	12:24:49	03:04:49	01:48:15	13:12
342	256	Mafalda Rocha	Domingueiros do Parque	SEN	F	12:24:51	03:04:51	01:48:17	13:12
343	285	Cátia Azevedo Ferreira	MELRES TRAIL RUNNING, Ordem para Arriar	SEN	F	12:36:39	03:16:39	02:00:05	14:03
344	347	Joana Guedes	HP Running Class Holmes Place Arrábida	SEN	F	12:39:30	03:19:30	02:02:56	14:15
345	459	carla araujo		SEN	F	12:42:04	03:22:04	02:05:30	14:26
346	418	Daniela Costa		SEN	F	12:42:06	03:22:06	02:05:32	14:26
347	234	Maria do Céu Sousa	MELRES TRAIL RUNNING, Ordem para Arriar	M40	F	12:43:35	03:23:35	02:07:01	14:32
348	371	Maria Durães	MELRES TRAIL RUNNING, Ordem para Arriar	M40	F	12:43:37	03:23:37	02:07:03	14:33
349	379	Jennifer Cruz	Enfermeiros e TDT em fuga	SEN	F	12:52:38	03:32:38	02:16:04	15:11
350	321	Susana Maria Teixeira Monteiro	WELLRUNNERS	SEN	F	12:52:40	03:32:40	02:16:06	15:11
351	441	Carina Pereira	GD Luz Verde	SEN	F	12:58:26	03:38:26	02:21:52	15:36
352	440	Dario Ribeiro	GD Luz Verde	SEN	F	12:58:28	03:38:28	02:21:54	15:36
353	427	Maria Inês Oliveira	As arrastadas	SEN	F	13:05:17	03:45:17	02:28:43	16:06
354	432	Ana Boavista	As arrastadas	SEN	F	13:05:24	03:45:24	02:28:50	16:06
355	431	Sara Dias	As arrastadas	SEN	F	13:05:38	03:45:38	02:29:04	16:07
356	492	Maria de Fátima Macedo de Sousa Andrade		M40	F	13:08:31	03:48:31	02:31:57	16:19
357	489	Marco Martins		M40	M	13:09:00	03:49:00	02:32:26	16:21
358	490	Sandra Brandão		M40	F	13:07:05	03:47:05	02:30:31	16:13
359	495	Helder Figueiredo		M40	M	13:09:09	03:49:09	02:32:35	16:22
360	491	José Manuel Soares de Andrade		M40	M	13:09:11	03:49:11	02:32:37	16:22

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CLASSIFICAÇÃO - GERAL feminino

Posição	Dorsal	Nome do Atleta	Equipa	Escalão	Sexo	Hora	Tempo	Diferença 1º	Ritmo
1	496	Maria Isabel Areias		SEN	F	10:45:00	01:25:00	00:08:26	06:04
2	360	Brigida Raquel Dias Pinto	Oraklass-Amigos do Trail	SEN	F	10:59:35	01:39:35	00:23:01	07:07
3	119	Cristina Isabel Dias	As 3 Berdadeiras Trailianas	SEN	F	11:03:55	01:43:55	00:27:21	07:25
4	195	Rita Loureiro	Oraklass-Amigos do Trail	SEN	F	11:07:50	01:47:50	00:31:16	07:42
5	309	Rosa Pereira	Oraklass-Amigos do Trail	SEN	F	11:12:31	01:52:31	00:35:57	08:02
6	246	Fernanda Pinho	The Beauty and the Beasts	M40	F	11:15:11	01:55:11	00:38:37	08:14
7	439	Anabela Castro Cordeiro	Running Class HP Arrábida	SEN	F	11:17:44	01:57:44	00:41:10	08:25
8	446	Ana Paula Gomes	Running Class HP Arrábida	M40	F	11:18:20	01:58:20	00:41:46	08:27
9	452	Maria João Silva	Running Class HP Arrábida	SEN	F	11:18:42	01:58:42	00:42:08	08:29
10	139	Rita Chaves Rebelo	Terroros do Asfalto	SEN	F	11:18:45	01:58:45	00:42:11	08:29
11	353	Telma Silva	Ind	SEN	F	11:18:48	01:58:48	00:42:14	08:29
12	140	Joana Chaves Rebelo	Terroros do Asfalto	SEN	F	11:18:58	01:58:58	00:42:24	08:30
13	141	Isabel Henriques	Terroros do Asfalto	SEN	F	11:19:17	01:59:17	00:42:43	08:31
14	477	Marta Couto	Team Quinta da Pena	SEN	F	11:20:06	02:00:06	00:43:32	08:35
15	453	Joana Coelho	Running Class HP Arrábida	SEN	F	11:21:14	02:01:14	00:44:40	08:40
16	169	Joana Azevedo		SEN	F	11:24:34	02:04:34	00:48:00	08:54
17	251	Helena Cardia	Bio-Runners	SEN	F	11:28:34	02:08:34	00:52:00	09:11
18	355	Liliana Araujo	Villaurbana runners	SEN	F	11:28:51	02:08:51	00:52:17	09:12
19	109	Sandra Faria		SEN	F	11:28:53	02:08:53	00:52:19	09:12
20	433	Marisa Borges	ORALKLASS - AMIGOS DO TRAIL	SEN	F	11:30:22	02:10:22	00:53:48	09:19
21	114	Cristina Freitas	MELRES TRAIL RUNNING, Ordem para Arriar	SEN	F	11:30:28	02:10:28	00:53:54	09:19
22	201	Armandina Torres	Gdct Incm	M40	F	11:31:57	02:11:57	00:55:23	09:26
23	310	Ana Dias	Budeguita runners	SEN	F	11:32:24	02:12:24	00:55:50	09:27
24	435	Sónia Mota		M40	F	11:32:40	02:12:40	00:56:06	09:29
25	224	Sérgia Ariana Pinto		SEN	F	11:32:56	02:12:56	00:56:22	09:30
26	430	Ercília Rosa Pereira		M40	F	11:32:59	02:12:59	00:56:25	09:30
27	412	Maria Rosário Guerra	WELLRUNNERS	M40	F	11:33:53	02:13:53	00:57:19	09:34
28	210	Liliana Pinto	pernetas	SEN	F	11:35:01	02:15:01	00:58:27	09:39
29	336	Catarina Runa	CrossTrailers	SEN	F	11:35:17	02:15:17	00:58:43	09:40
30	281	Patrícia António	crosstrailers	SEN	F	11:35:24	02:15:24	00:58:50	09:40
31	301	Adelia Azevedo		SEN	F	11:35:28	02:15:28	00:58:54	09:41
32	188	Helena Isabel Moreira Dias	Budeguita Runners	SEN	F	11:35:57	02:15:57	00:59:23	09:43
33	365	Cristina Dias		M40	F	11:36:55	02:16:55	01:00:21	09:47
34	161	Paula Cristina Oliveira		M40	F	11:37:12	02:17:12	01:00:38	09:48
35	377	Ana Garrido	Garrido's	SEN	F	11:37:30	02:17:30	01:00:56	09:49
36	342	Daniela Cristina Rodrigues Fernandes Rodenko	Lince Runners	SEN	F	11:37:49	02:17:49	01:01:15	09:51
37	215	Susana Manuela pinhal Canhola	pernetas	M40	F	11:38:30	02:18:30	01:01:56	09:54
38	466	Silvia Vieira		SEN	F	11:39:19	02:19:19	01:02:45	09:57
39	197	Ana Paula Marques	GINÁSIO FACTOR X	SEN	F	11:40:01	02:20:01	01:03:27	10:00
40	186	Adelaide Vigário	GINÁSIO FACTOR X	M40	F	11:40:04	02:20:04	01:03:30	10:00
41	189	Débora Alexandra Lopes Moreira	NAST	M40	F	11:41:08	02:21:08	01:04:34	10:05
42	240	Raquel Ferreira de Vasconcelos	No Tomorrow Running Team	SEN	F	11:42:46	02:22:46	01:06:12	10:12
43	402	DANIELA PALHARES	WELLRUNNERS	M40	F	11:43:42	02:23:42	01:07:08	10:16
44	165	Susana Fonseca	P&A Team	SEN	F	11:43:44	02:23:44	01:07:10	10:16
45	438	Lurdes Monteiro	Running Class HP Arrábida	M50	F	11:43:50	02:23:50	01:07:16	10:16
46	126	Isabel Silva	MELRES TRAIL RUNNING, Ordem para Arriar	M40	F	11:44:31	02:24:31	01:07:57	10:19
47	369	Teresa Sousa	Kangaroo Runners	SEN	F	11:45:00	02:25:00	01:08:26	10:21
48	207	Carina Cunha	Pernetas	SEN	F	11:46:22	02:26:22	01:09:48	10:27
49	407	ISABEL AMARAL	WELLRUNNERS	M40	F	11:46:42	02:26:42	01:10:08	10:29
50	401	Candida Calçada	WELLRUNNERS	SEN	F	11:46:44	02:26:44	01:10:10	10:29
51	302	Joana Couto fernandes		SEN	F	11:47:22	02:27:22	01:10:48	10:32
52	480	Inês Carvalho	Running Class HP Arrábida	SEN	F	11:47:52	02:27:52	01:11:18	10:34
53	298	Guida Martins		SEN	F	11:47:59	02:27:59	01:11:25	10:34
54	117	Eva Andrade		SEN	F	11:48:29	02:28:29	01:11:55	10:36
55	451	Vera Silva	Running Class HP Arrábida	SEN	F	11:50:05	02:30:05	01:13:31	10:43
56	447	Carmen Maio	Running Class HP Arrábida	SEN	F	11:50:06	02:30:06	01:13:32	10:43
57	395	Amelia Madureira	WELLRUNNERS	M40	F	11:50:08	02:30:08	01:13:34	10:43
58	106	Sandra Oliveira	Budeguita Runners	SEN	F	11:50:32	02:30:32	01:13:58	10:45
59	304	Elsa Moraes	My Secret Spa	SEN	F	11:50:37	02:30:37	01:14:03	10:45
60	299	ana costa	cães d'avenida	M40	F	11:50:41	02:30:41	01:14:07	10:46
61	325	Cristina Vieira		M40	F	11:50:48	02:30:48	01:14:14	10:46
62	364	Claudia Soutinho	WELLRUNNERS	M40	F	11:50:50	02:30:50	01:14:16	10:46
63	193	Susana Ribeiro	S.R.Team	M40	F	11:51:02	02:31:02	01:14:28	10:47
64	361	Ana Pereira	Os Fontes	SEN	F	11:52:18	02:32:18	01:15:44	10:53
65	404	Elisabeth Peneda	WELLRUNNERS	SEN	F	11:52:46	02:32:46	01:16:12	10:55
66	183	Sónia Dolores Ferreira Alves	NAST	M40	F	11:53:39	02:33:39	01:17:05	10:59
67	326	Anabela Mota	Zé Nando Runners	SEN	F	11:53:54	02:33:54	01:17:20	11:00
68	406	Helena Ferreira	WELLRUNNERS	M40	F	11:55:12	02:35:12	01:18:38	11:05
69	236	Manuela Gonçalves	MELRES TRAIL RUNNING, Ordem para Arriar	M40	F	11:55:30	02:35:30	01:18:56	11:06
70	180	Diana Vieira	MELRES TRAIL RUNNING, Ordem para Arriar	SEN	F	11:55:34	02:35:34	01:19:00	11:07
71	243	Marta Soares	TouQueNemPosso	SEN	F	11:55:54	02:35:54	01:19:20	11:08
72	131	Ana Oliveira	Elitianos	M40	F	11:55:56	02:35:56	01:19:22	11:08
73	293	Cátia Oliveira		SEN	F	11:55:58	02:35:58	01:19:24	11:08
74	343	Patricia Gomes		SEN	F	11:56:00	02:36:00	01:19:26	11:09
75	120	Cláudia Amaral	As 3 Berdadeiras Trailianas	SEN	F	11:56:02	02:36:02	01:19:28	11:09
76	115	Ana Martins	MELRES TRAIL RUNNING, Ordem para Arriar	M40	F	11:56:30	02:36:30	01:19:56	11:11
77	212	Claudia Coelho		SEN	F	11:56:59	02:36:59	01:20:25	11:13
78	396	Andreia Amaral	WELLRUNNERS	SEN	F	11:58:00	02:38:00	01:21:26	11:17
79	411	Maria da Conceição Pinto	WELLRUNNERS	M40	F	11:58:06	02:38:06	01:21:32	11:18

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CLASSIFICAÇÃO - GERAL feminino

80	138	Catarina Ramos Pereira		SEN	F	11:58:19	02:38:19	01:21:45	11:18
81	358	Carla Patrícia Sousa		SEN	F	11:58:25	02:38:25	01:21:51	11:19
82	388	Ana Garrido		SEN	F	11:58:28	02:38:28	01:21:54	11:19
83	442	Ana Rita Ribeiro	GD Luz Verde	SEN	F	11:58:57	02:38:57	01:22:23	11:21
84	283	Ana Isabel Mendonça		SEN	F	11:59:49	02:39:49	01:23:15	11:25
85	178	Ana Monteiro		SEN	F	12:00:04	02:40:04	01:23:30	11:26
86	124	Ângela Morais	As 3 Berdadeiras Trailianas	SEN	F	12:00:13	02:40:13	01:23:39	11:27
87	222	Alexandra Barradas	GINÁSIO FACTOR X	SEN	F	12:00:21	02:40:21	01:23:47	11:27
88	221	Helena Ramos	GINÁSIO FACTOR X	SEN	F	12:00:24	02:40:24	01:23:50	11:27
89	455	Salomé Pinto	Running Class HP Arrábida	M40	F	12:01:57	02:41:57	01:25:23	11:34
90	462	Elisabete Maria Rodrigues Sousa		SEN	F	12:03:13	02:43:13	01:26:39	11:39
91	312	Beatriz Barbosa	KGB	SEN	F	12:04:40	02:44:40	01:28:06	11:46
92	265	Rute Montenegro		SEN	F	12:04:42	02:44:42	01:28:08	11:46
93	425	Sonia Rodríguez Benítez		SEN	F	12:04:46	02:44:46	01:28:12	11:46
94	456	Andreia Sá	Running Class HP Arrábida	SEN	F	12:04:58	02:44:58	01:28:24	11:47
95	175	Maria Inês Pereira		SEN	F	12:05:42	02:45:42	01:29:08	11:50
96	208	Cláudia Pereira	Corridas pernas pro ar	SEN	F	12:07:57	02:47:57	01:31:23	12:00
97	337	Daniela LÓpes	RosangelaFrancisco	SEN	F	12:10:30	02:50:30	01:33:56	12:11
98	196	Manuela Silva	pernetas	SEN	F	12:11:14	02:51:14	01:34:40	12:14
99	213	Manuela Ferreira	pernetas	SEN	F	12:11:16	02:51:16	01:34:42	12:14
100	209	Fátima Mesquita	pernetas	M40	F	12:11:22	02:51:22	01:34:48	12:14
101	247	Cristiana Coelho		SEN	F	12:12:52	02:52:52	01:36:18	12:21
102	460	ana ferreira		SEN	F	12:13:56	02:53:56	01:37:22	12:25
103	419	Joana Pais		SEN	F	12:13:58	02:53:58	01:37:24	12:26
104	177	Anabela Santos		SEN	F	12:16:25	02:56:25	01:39:51	12:36
105	238	Vânia Guedes	FAST AO KM	SEN	F	12:21:22	03:01:22	01:44:48	12:57
106	200	Armanda Maria Amaro de Araújo		SEN	F	12:21:31	03:01:31	01:44:57	12:58
107	262	Joana Raquel Borges da Rocha	MELRES TRAIL RUNNING, Ordem para Arriar	SEN	F	12:23:01	03:03:01	01:46:27	13:04
108	107	Alexandra Andrade	MELRES TRAIL RUNNING, Ordem para Arriar	M40	F	12:23:06	03:03:06	01:46:32	13:05
109	245	Daniela Maia Moreira Dias		SEN	F	12:23:11	03:03:11	01:46:37	13:05
110	249	Rafaela Carvalho		SEN	F	12:24:22	03:04:22	01:47:48	13:10
111	375	Diana Pereira	Enfermeiros e TDT em fuga	SEN	F	12:24:44	03:04:44	01:48:10	13:12
112	104	Sara Varejão	Domingueiros do Parque	SEN	F	12:24:49	03:04:49	01:48:15	13:12
113	256	Mafalda Rocha	Domingueiros do Parque	SEN	F	12:24:51	03:04:51	01:48:17	13:12
114	285	Cátia Azevedo Ferreira	MELRES TRAIL RUNNING, Ordem para Arriar	SEN	F	12:36:39	03:16:39	02:00:05	14:03
115	347	Joana Guedes	HP Running Class Holmes Place Arrábida	SEN	F	12:39:30	03:19:30	02:02:56	14:15
116	459	carla araujo		SEN	F	12:42:04	03:22:04	02:05:30	14:26
117	418	Daniela Costa		SEN	F	12:42:06	03:22:06	02:05:32	14:26
118	234	Maria do Céu Sousa	MELRES TRAIL RUNNING, Ordem para Arriar	M40	F	12:43:35	03:23:35	02:07:01	14:32
119	371	Maria Durães	MELRES TRAIL RUNNING, Ordem para Arriar	M40	F	12:43:37	03:23:37	02:07:03	14:33
120	379	Jennifer Cruz	Enfermeiros e TDT em fuga	SEN	F	12:52:38	03:32:38	02:16:04	15:11
121	321	Susana Maria Teixeira Monteiro	WELLRUNNERS	SEN	F	12:52:40	03:32:40	02:16:06	15:11
122	441	Carina Pereira	GD Luz Verde	SEN	F	12:58:26	03:38:26	02:21:52	15:36
123	440	Dario Ribeiro	GD Luz Verde	SEN	F	12:58:28	03:38:28	02:21:54	15:36
124	427	Maria Inês Oliveira	As arrastadas	SEN	F	13:05:17	03:45:17	02:28:43	16:06
125	432	Ana Boavista	As arrastadas	SEN	F	13:05:24	03:45:24	02:28:50	16:06
126	431	Sara Dias	As arrastadas	SEN	F	13:05:38	03:45:38	02:29:04	16:07
127	492	Maria de Fátima Macedo de Sousa Andrade		M40	F	13:08:31	03:48:31	02:31:57	16:19
128	490	Sandra Brandão		M40	F	13:07:05	03:47:05	02:30:31	16:13

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CLASSIFICAÇÃO - SEN feminino

Posição	Dorsal	Nome da Atleta	Equipa	Escalão	Sexo	Hora	Tempo	Diferença 1º	Ritmo
1	496	Maria Isabel Areias		SEN	F	10:45:00	01:25:00	00:08:26	06:04
2	360	Brígida Raquel Dias Pinto	Oralklass-Amigos do Trail	SEN	F	10:59:35	01:39:35	00:23:01	07:07
3	119	Cristina Isabel Dias	As 3 Berdadeiras Trailianas	SEN	F	11:03:55	01:43:55	00:27:21	07:25
4	195	Rita Loureiro	Oralklass-Amigos do Trail	SEN	F	11:07:50	01:47:50	00:31:16	07:42
5	309	Rosa Pereira	Oralklass-Amigos do Trail	SEN	F	11:12:31	01:52:31	00:35:57	08:02
6	439	Anabela Castro Cordeiro	Running Class HP Arrábida	SEN	F	11:17:44	01:57:44	00:41:10	08:25
7	452	Maria João Silva	Running Class HP Arrábida	SEN	F	11:18:42	01:58:42	00:42:08	08:29
8	139	Rita Chaves Rebelo	Terroros do Asfalto	SEN	F	11:18:45	01:58:45	00:42:11	08:29
9	353	Telma Silva	Ind	SEN	F	11:18:48	01:58:48	00:42:14	08:29
10	140	Joana Chaves Rebelo	Terroros do Asfalto	SEN	F	11:18:58	01:58:58	00:42:24	08:30
11	141	Isabel Henriques	Terroros do Asfalto	SEN	F	11:19:17	01:59:17	00:42:43	08:31
12	477	Marta Couto	Team Quinta da Pena	SEN	F	11:20:06	02:00:06	00:43:32	08:35
13	453	Joana Coelho	Running Class HP Arrábida	SEN	F	11:21:14	02:01:14	00:44:40	08:40
14	169	Joana Azevedo		SEN	F	11:24:34	02:04:34	00:48:00	08:54
15	251	Helena Cardia	Bio-Runners	SEN	F	11:28:34	02:08:34	00:52:00	09:11
16	355	Liliana Araújo	Villaurbana runners	SEN	F	11:28:51	02:08:51	00:52:17	09:12
17	109	Sandra Faria		SEN	F	11:28:53	02:08:53	00:52:19	09:12
18	433	Marisa Borges	ORALKLASS - AMIGOS DO TRAIL	SEN	F	11:30:22	02:10:22	00:53:48	09:19
19	114	Cristina Freitas	MELRES TRAIL RUNNING, Ordem para Arriar	SEN	F	11:30:28	02:10:28	00:53:54	09:19
20	310	Ana Dias	Budeguita runners	SEN	F	11:32:24	02:12:24	00:55:50	09:27
21	224	Sérgia Ariana Pinto		SEN	F	11:32:56	02:12:56	00:56:22	09:30
22	210	Liliana Pinto	pernetas	SEN	F	11:35:01	02:15:01	00:58:27	09:39
23	336	Catarina Runa	CrossTrailers	SEN	F	11:35:17	02:15:17	00:58:43	09:40
24	281	Patrícia António	crosstrailers	SEN	F	11:35:24	02:15:24	00:58:50	09:40
25	301	Adelia Azevedo		SEN	F	11:35:28	02:15:28	00:58:54	09:41
26	188	Helena Isabel Moreira Dias	Budeguita Runners	SEN	F	11:35:57	02:15:57	00:59:23	09:43
27	377	Ana Garrido	Garrido's	SEN	F	11:37:30	02:17:30	01:00:56	09:49
28	342	Daniela Cristina Rodrigues Fernandes Rodenko	Unce Runners	SEN	F	11:37:49	02:17:49	01:01:15	09:51
29	466	Silvia Vieira		SEN	F	11:39:19	02:19:19	01:02:45	09:57
30	197	Ana Paula Marques	GINÁSIO FACTOR X	SEN	F	11:40:01	02:20:01	01:03:27	10:00
31	240	Raquel Ferreira de Vasconcelos	No Tomorrow Running Team	SEN	F	11:42:46	02:22:46	01:06:12	10:12
32	165	Susana Fonseca	P&A Team	SEN	F	11:43:44	02:23:44	01:07:10	10:16
33	369	Teresa Sousa	Kangaroo Runners	SEN	F	11:45:00	02:25:00	01:08:26	10:21
34	207	Carina Cunha	Pernetas	SEN	F	11:46:22	02:26:22	01:09:48	10:27
35	401	Candida Calçada	WELLRUNNERS	SEN	F	11:46:44	02:26:44	01:10:10	10:29
36	302	Joana Couto fernandes		SEN	F	11:47:22	02:27:22	01:10:48	10:32
37	480	Inês Carvalho	Running Class HP Arrábida	SEN	F	11:47:52	02:27:52	01:11:18	10:34
38	298	Guida Martins		SEN	F	11:47:59	02:27:59	01:11:25	10:34
39	117	Eva Andrade		SEN	F	11:48:29	02:28:29	01:11:55	10:36
40	451	Vera Silva	Running Class HP Arrábida	SEN	F	11:50:05	02:30:05	01:13:31	10:43
41	447	Carmen Maio	Running Class HP Arrábida	SEN	F	11:50:06	02:30:06	01:13:32	10:43
42	106	Sandra Oliveira	Budeguita Runners	SEN	F	11:50:32	02:30:32	01:13:58	10:45
43	304	Elsa Morais	My Secret Spa	SEN	F	11:50:37	02:30:37	01:14:03	10:45
44	361	Ana Pereira	Os Fontes	SEN	F	11:52:18	02:32:18	01:15:44	10:53
45	404	Elisabeth Penada	WELLRUNNERS	SEN	F	11:52:46	02:32:46	01:16:12	10:55
46	326	Anabela Mota	Zé Nando Runners	SEN	F	11:53:54	02:33:54	01:17:20	11:00
47	180	Diana Vieira	MELRES TRAIL RUNNING, Ordem para Arriar	SEN	F	11:55:34	02:35:34	01:19:00	11:07
48	243	Marta Soares	TouQueNemPosso	SEN	F	11:55:54	02:35:54	01:19:20	11:08
49	293	Cátia Oliveira		SEN	F	11:55:58	02:35:58	01:19:24	11:08
50	343	Patrícia Gomes		SEN	F	11:56:00	02:36:00	01:19:26	11:09
51	120	Cláudia Amaral	As 3 Berdadeiras Trailianas	SEN	F	11:56:02	02:36:02	01:19:28	11:09
52	212	Claudia Coelho		SEN	F	11:56:59	02:36:59	01:20:25	11:13
53	396	Andreia Amaral	WELLRUNNERS	SEN	F	11:58:00	02:38:00	01:21:26	11:17
54	138	Catarina Ramos Pereira		SEN	F	11:58:19	02:38:19	01:21:45	11:18
55	358	Carla Patrícia Sousa		SEN	F	11:58:25	02:38:25	01:21:51	11:19
56	388	Ana Garrido		SEN	F	11:58:28	02:38:28	01:21:54	11:19
57	442	Ana Rita Ribeiro	GD Luz Verde	SEN	F	11:58:57	02:38:57	01:22:23	11:21
58	283	Ana Isabel Mendonça		SEN	F	11:59:49	02:39:49	01:23:15	11:25
59	178	Ana Monteiro		SEN	F	12:00:04	02:40:04	01:23:30	11:26
60	124	Ângela Morais	As 3 Berdadeiras Trailianas	SEN	F	12:00:13	02:40:13	01:23:39	11:27
61	222	Alexandra Barradas	GINÁSIO FACTOR X	SEN	F	12:00:21	02:40:21	01:23:47	11:27
62	221	Helena Ramos	GINÁSIO FACTOR X	SEN	F	12:00:24	02:40:24	01:23:50	11:27
63	462	Elisabete Maria Rodrigues Sousa		SEN	F	12:03:13	02:43:13	01:26:39	11:39
64	312	Beatriz Barbosa	KGB	SEN	F	12:04:40	02:44:40	01:28:06	11:46
65	265	Rute Montenegro		SEN	F	12:04:42	02:44:42	01:28:08	11:46
66	425	Sonia Rodríguez Benítez		SEN	F	12:04:46	02:44:46	01:28:12	11:46
67	456	Andreia Sá	Running Class HP Arrábida	SEN	F	12:04:58	02:44:58	01:28:24	11:47
68	175	Maria Inês Pereira		SEN	F	12:05:42	02:45:42	01:29:08	11:50
69	208	Cláudia Pereira	Corridas pernas pro ar	SEN	F	12:07:57	02:47:57	01:31:23	12:00
70	337	Daniela LOPes	RosangelaFrancisco	SEN	F	12:10:30	02:50:30	01:33:56	12:11
71	196	Manuela Silva	pernetas	SEN	F	12:11:14	02:51:14	01:34:40	12:14
72	213	Manuela Ferreira	pernetas	SEN	F	12:11:16	02:51:16	01:34:42	12:14
73	247	Cristiana Coelho		SEN	F	12:12:52	02:52:52	01:36:18	12:21
74	460	ana ferreira		SEN	F	12:13:56	02:53:56	01:37:22	12:25
75	419	Joana Pais		SEN	F	12:13:58	02:53:58	01:37:24	12:26
76	177	Anabela Santos		SEN	F	12:16:25	02:56:25	01:39:51	12:36
77	238	Vânia Guedes	FAST AO KM	SEN	F	12:21:22	03:01:22	01:44:48	12:57
78	200	Armada Maria Amaro de Araújo		SEN	F	12:21:31	03:01:31	01:44:57	12:58
79	262	Joana Raquel Borges da Rocha	MELRES TRAIL RUNNING, Ordem para Arriar	SEN	F	12:23:01	03:03:01	01:46:27	13:04
80	245	Daniela Maia Moreira Dias		SEN	F	12:23:11	03:03:11	01:46:37	13:05
81	249	Rafaela Carvalho		SEN	F	12:24:22	03:04:22	01:47:48	13:10
82	375	Diana Pereira	Enfermeiros e TDT em fuga	SEN	F	12:24:44	03:04:44	01:48:10	13:12

miniTRAIL 13KM



CLASSIFICAÇÃO - SEN feminino

83	104	Sara Varejão	Domingueiros do Parque	SEN	F	12:24:49	03:04:49	01:48:15	13:12
84	256	Mafalda Rocha	Domingueiros do Parque	SEN	F	12:24:51	03:04:51	01:48:17	13:12
85	285	Cátia Azevedo Ferreira	MELRES TRAIL RUNNING, Ordem para Arriar	SEN	F	12:36:39	03:16:39	02:00:05	14:03
86	347	Joana Guedes	HP Running Class Holmes Place Arrábida	SEN	F	12:39:30	03:19:30	02:02:56	14:15
87	459	carla araujo		SEN	F	12:42:04	03:22:04	02:05:30	14:26
88	418	Daniela Costa		SEN	F	12:42:06	03:22:06	02:05:32	14:26
89	379	Jennifer Cruz	Enfermeiros e TDT em fuga	SEN	F	12:52:38	03:32:38	02:16:04	15:11
90	321	Susana Maria Teixeira Monteiro	WELLRUNNERS	SEN	F	12:52:40	03:32:40	02:16:06	15:11
91	441	Carina Pereira	GD Luz Verde	SEN	F	12:58:26	03:38:26	02:21:52	15:36
92	440	Dario Ribeiro	GD Luz Verde	SEN	F	12:58:28	03:38:28	02:21:54	15:36
93	427	Maria Inês Oliveira	As arrastadas	SEN	F	13:05:17	03:45:17	02:28:43	16:06
94	432	Ana Boavista	As arrastadas	SEN	F	13:05:24	03:45:24	02:28:50	16:06
95	431	Sara Dias	As arrastadas	SEN	F	13:05:38	03:45:38	02:29:04	16:07

miniTRAIL 13KM



CLASSIFICAÇÃO - M40 feminino

Posição	Dorsal	Nome da Atleta	Equipa	Escalão	Sexo	Hora	Tempo	Diferença 1º	Ritmo
1	246	Fernanda Pinho	The Beauty and the Beasts	M40	F	11:15:11	01:55:11	00:38:37	08:14
2	446	Ana Paula Gomes	Running Class HP Arrábida	M40	F	11:18:20	01:58:20	00:41:46	08:27
3	201	Armandina Torres	Gdct Incm	M40	F	11:31:57	02:11:57	00:55:23	09:26
4	435	Sónia Mota		M40	F	11:32:40	02:12:40	00:56:06	09:29
5	430	Ercília Rosa Pereira		M40	F	11:32:59	02:12:59	00:56:25	09:30
6	412	Maria Rosário Guerra	WELLRUNNERS	M40	F	11:33:53	02:13:53	00:57:19	09:34
7	365	Cristina Dias		M40	F	11:36:55	02:16:55	01:00:21	09:47
8	161	Paula Cristina Oliveira		M40	F	11:37:12	02:17:12	01:00:38	09:48
9	215	Susana Manuela pinhal Canhola	pernetas	M40	F	11:38:30	02:18:30	01:01:56	09:54
10	186	Adelaide Vigário	GINÁSIO FACTOR X	M40	F	11:40:04	02:20:04	01:03:30	10:00
11	189	Débora Alexandra Lopes Moreira	NAST	M40	F	11:41:08	02:21:08	01:04:34	10:05
12	402	DANIELA PALHARES	WELLRUNNERS	M40	F	11:43:42	02:23:42	01:07:08	10:16
13	126	Isabel Silva	MELRES TRAIL RUNNING, Ordem para Arriar	M40	F	11:44:31	02:24:31	01:07:57	10:19
14	407	ISABEL AMARAL	WELLRUNNERS	M40	F	11:46:42	02:26:42	01:10:08	10:29
15	395	Amelia Madureira	WELLRUNNERS	M40	F	11:50:08	02:30:08	01:13:34	10:43
16	299	ana costa	cães d'avenida	M40	F	11:50:41	02:30:41	01:14:07	10:46
17	325	Cristina Vieira		M40	F	11:50:48	02:30:48	01:14:14	10:46
18	364	Claudia Soutinho	WELLRUNNERS	M40	F	11:50:50	02:30:50	01:14:16	10:46
19	193	Susana Ribeiro	S.R.Team	M40	F	11:51:02	02:31:02	01:14:28	10:47
20	183	Sónia Dolores Ferreira Alves	NAST	M40	F	11:53:39	02:33:39	01:17:05	10:59
21	406	Helena Ferreira	WELLRUNNERS	M40	F	11:55:12	02:35:12	01:18:38	11:05
22	236	Manuela Gonçalves	MELRES TRAIL RUNNING, Ordem para Arriar	M40	F	11:55:30	02:35:30	01:18:56	11:06
23	131	Ana Oliveira	Elitianos	M40	F	11:55:56	02:35:56	01:19:22	11:08
24	115	Ana Martins	MELRES TRAIL RUNNING, Ordem para Arriar	M40	F	11:56:30	02:36:30	01:19:56	11:11
25	411	Maria da Conceição Pinto	WELLRUNNERS	M40	F	11:58:06	02:38:06	01:21:32	11:18
26	455	Salomé Pinto	Running Class HP Arrábida	M40	F	12:01:57	02:41:57	01:25:23	11:34
27	209	Fátima Mesquita	pernetas	M40	F	12:11:22	02:51:22	01:34:48	12:14
28	107	Alexandra Andrade	MELRES TRAIL RUNNING, Ordem para Arriar	M40	F	12:23:06	03:03:06	01:46:32	13:05
29	234	Maria do Céu Sousa	MELRES TRAIL RUNNING, Ordem para Arriar	M40	F	12:43:35	03:23:35	02:07:01	14:32
30	371	Maria Durães	MELRES TRAIL RUNNING, Ordem para Arriar	M40	F	12:43:37	03:23:37	02:07:03	14:33
31	492	Maria de Fátima Macedo de Sousa Andrade		M40	F	13:08:31	03:48:31	02:31:57	16:19
32	490	Sandra Brandão		M40	F	13:07:05	03:47:05	02:30:31	16:13

miniTRAIL 13KM



CLASSIFICAÇÃO - M50 feminino

Posição	Dorsal	Nome da Atleta	Equipa	Escalão	Sexo	Hora	Tempo	Diferença 1º	Ritmo
1	438	Lurdes Monteiro	Running Class HP Arrábida	M50	F	11:43:50	02:23:50	01:07:16	10:16

miniTRAIL 13KM



CLASSIFICAÇÃO - GERAL masculino

Posição	Dorsal	Nome do Atleta	Equipa	Escalão	Sexo	Hora	Tempo	Diferença 1º	Ritmo
1	142	Bruno Silva	Afacycles Sport	SEN	M	10:36:34	01:16:34	00:00:00	05:28
2	291	Camilo Guedes	Clube Pessoal Aguas Gaia	M40	M	10:36:36	01:16:36	00:00:02	05:28
3	350	Duarte Barbosa	CCDTCMGondomar	M50	M	10:37:35	01:17:35	00:01:01	05:32
4	105	Daniel Machado	Os Fugitivos da Crise	SEN	M	10:38:54	01:18:54	00:02:20	05:38
5	159	José Mota	BAI K ANDAS TEAM	M50	M	10:38:57	01:18:57	00:02:23	05:38
6	295	Américo Oliveira Guedes	Gondomar Futsal Clube	SEN	M	10:40:28	01:20:28	00:03:54	05:45
7	292	José Adelino Oliveira	Clube Pessoal Aguas Gaia	M50	M	10:41:22	01:21:22	00:04:48	05:49
8	422	Eduardo Oliveira	Associação Desportiva da Efaced	M40	M	10:41:30	01:21:30	00:04:56	05:49
9	464	Nelson Pires	horserace	SEN	M	10:42:10	01:22:10	00:05:36	05:52
10	319	Fernando Neves	Individual	M40	M	10:43:00	01:23:00	00:06:26	05:56
11	383	Filipe Sousa	Gondomar Futsal Atletismo	SEN	M	10:43:50	01:23:50	00:07:16	05:59
12	349	Augusto Pereira	CCDTCMGondomar	M50	M	10:44:17	01:24:17	00:07:43	06:01
13	348	Américo Pinto	CCDTCMGondomar	M50	M	10:45:04	01:25:04	00:08:30	06:05
14	308	Fernando Queirós	Oralklass-Amigos do Trail	M40	M	10:45:07	01:25:07	00:08:33	06:05
15	294	Pedro Miguel Afonso Fernandes	ORALKLASS-AMIGOS DO TRAIL	SEN	M	10:45:08	01:25:08	00:08:34	06:05
16	363	Adriano Oliveira	HorseRace	M40	M	10:45:29	01:25:29	00:08:55	06:06
17	469	José Manuel Cabral e Silva	Individual	M50	M	10:47:45	01:27:45	00:11:11	06:16
18	146	Nelson Marques		SEN	M	10:48:42	01:28:42	00:12:08	06:20
19	416	Hernani Oliveira		SEN	M	10:49:11	01:29:11	00:12:37	06:22
20	498	José Amaro		SEN	M	10:49:31	01:29:31	00:12:57	06:24
21	252	Márcio Silva	Oralklass-Amigos do Trail	SEN	M	10:50:19	01:30:19	00:13:45	06:27
22	474	Mário Filipe Ferreira Pêgas		SEN	M	10:50:23	01:30:23	00:13:49	06:27
23	384	Sérgio Miguel Lopes Monteiro	CIA Alpendorada	SEN	M	10:50:32	01:30:32	00:13:58	06:28
24	488	Marco André da Silva Almeida	Clube Galpenergia Norte	M40	M	10:51:21	01:31:21	00:14:47	06:31
25	352	Pedro França		SEN	M	10:52:10	01:32:10	00:15:36	06:35
26	458	Virgílio Jaime Santos Sousa	Gondomar Futsal	SEN	M	10:52:20	01:32:20	00:15:46	06:36
27	330	Tiago Ferreira		SEN	M	10:52:35	01:32:35	00:16:01	06:37
28	110	Nuno Fernandes	ARCORUN	SEN	M	10:52:49	01:32:49	00:16:15	06:38
29	205	Agostinho Torres	pernetas	SEN	M	10:52:51	01:32:51	00:16:17	06:38
30	409	Hugo Ferreira	Runners Monte Aventureiro	SEN	M	10:53:12	01:33:12	00:16:38	06:39
31	457	André Trigaes		SEN	M	10:53:26	01:33:26	00:16:52	06:40
32	171	Ricardo Dantas	ADRULSM	SEN	M	10:53:40	01:33:40	00:17:06	06:41
33	148	Filipe Sousa		SEN	M	10:54:12	01:34:12	00:17:38	06:44
34	216	Manuel Teixeira	cmcp	M40	M	10:54:43	01:34:43	00:18:09	06:46
35	168	Pedro Cancelo	DREAMTEAM	SEN	M	10:55:30	01:35:30	00:18:56	06:49
36	454	Luis Miguel Torres	Running Class HP Arrábida	M40	M	10:56:06	01:36:06	00:19:32	06:52
37	260	Manuel Segundo	Arcorun	M50	M	10:56:20	01:36:20	00:19:46	06:53
38	198	Bruno Neves	GINÁSIO FACTOR X	SEN	M	10:56:41	01:36:41	00:20:07	06:54
39	473	Hugo Oliveira		M40	M	10:56:48	01:36:48	00:20:14	06:55
40	127	Lieven Verraest		M40	M	10:57:20	01:37:20	00:20:46	06:57
41	403	Daniel Monteiro		SEN	M	10:57:24	01:37:24	00:20:50	06:57
42	437	Ricardo Carvalho	Running Class HP Arrábida	SEN	M	10:57:26	01:37:26	00:20:52	06:58
43	150	Nelson Alves	Gondomar Futsal Clube	SEN	M	10:57:28	01:37:28	00:20:54	06:58
44	279	José Conceição	Team Inov-8 Portugal	SEN	M	10:58:25	01:38:25	00:21:51	07:02
45	324	Pedro Machado	Oralklass-Amigos Do Trail	SEN	M	10:58:43	01:38:43	00:22:09	07:03
46	368	José Sousa	Kangaroo Runners	SEN	M	10:58:58	01:38:58	00:22:24	07:04
47	223	Pedro Gomes		SEN	M	10:59:10	01:39:10	00:22:36	07:05
48	111	Alexandre Fernandes	ARCORUN	SEN	M	10:59:18	01:39:18	00:22:44	07:06
49	173	Frederico Miguel Marques		SEN	M	10:59:20	01:39:20	00:22:46	07:06
50	194	Paulo Jorge Oliveira		SEN	M	10:59:57	01:39:57	00:23:23	07:08
51	385	Micael Cunha		SEN	M	11:00:01	01:40:01	00:23:27	07:09
52	239	Fernando Jorge Gonçalves	FFitness Trail Running Team	M40	M	11:00:11	01:40:11	00:23:37	07:09
53	481	Rogério Eduardo Vaz Sampaio	Running Class HP Arrábida	SEN	M	11:00:49	01:40:49	00:24:15	07:12
54	338	LUIZ FRANCISCO	RosângelaFrancisco	M40	M	11:01:50	01:41:50	00:25:16	07:16
55	241	Ernesto Martins	TouQueNemPosso	M50	M	11:01:54	01:41:54	00:25:20	07:17
56	461	Rui Pedro Gonçalves Borges		SEN	M	11:02:18	01:42:18	00:25:44	07:18
57	373	Pedro Couto		SEN	M	11:02:21	01:42:21	00:25:47	07:19
58	370	José Carlos Dias		M40	M	11:02:24	01:42:24	00:25:50	07:19
59	382	Rui Pedro Moreira de Sousa		SEN	M	11:02:45	01:42:45	00:26:11	07:20
60	288	Helder Jorge Ferreira de Castro		SEN	M	11:02:46	01:42:46	00:26:12	07:20
61	306	Paulo Eusébio	MELRES TRAIL RUNNING, Ordem para Anirar	M40	M	11:02:54	01:42:54	00:26:20	07:21
62	445	Jorge Rodrigues	Running Class HP Arrábida	M40	M	11:03:01	01:43:01	00:26:27	07:21
63	372	Bruno Miguel Bezerra de Freitas	AFACYCLES sport	SEN	M	11:03:11	01:43:11	00:26:37	07:22
64	162	Fernando Carneiro	DREAMTEAM	M40	M	11:03:38	01:43:38	00:27:04	07:24
65	332	Carlos Jorge Gonçalves	ORALKLASS - AMIGOS DO TRAIL	SEN	M	11:03:53	01:43:53	00:27:19	07:25
66	318	Jorge Carlos Madureira Rocha da Silva	MELRES TRAIL RUNNING, Ordem para Anirar	SEN	M	11:04:02	01:44:02	00:27:28	07:26
67	147	Miguel Pereira	PERNETAS	SEN	M	11:04:07	01:44:07	00:27:33	07:26
68	478	João Paulo	Team Quinta da Pena	M40	M	11:04:08	01:44:08	00:27:34	07:26
69	475	Paulo Eusébio	Team Quinta da Pena	M50	M	11:04:39	01:44:39	00:28:05	07:29
70	311	Joaquim Montenegro	KGB	SEN	M	11:05:41	01:45:41	00:29:07	07:33
71	112	Filipe Cordeiro	Elitianos	SEN	M	11:05:45	01:45:45	00:29:11	07:33
72	296	Elias Manuel Moura Pereira	Gondomar Futsal Clube	M50	M	11:07:43	01:47:43	00:31:09	07:42
73	269	Gabriel José Pinto Vieira	The Beauty and the Beasts	SEN	M	11:07:54	01:47:54	00:31:20	07:42
74	485	NUNO MOTA CASTRO		SEN	M	11:07:55	01:47:55	00:31:21	07:43
75	393	Agostinho Matos	TEAM SIGURITOS/MOTOMARRETAS	SEN	M	11:07:58	01:47:58	00:31:24	07:43
76	354	Hugo Moreira	Villaurbana runners	SEN	M	11:08:08	01:48:08	00:31:34	07:43
77	218	Fernando José Moreira Pereira	Gondomar Futsal Clube	M40	M	11:09:17	01:49:17	00:32:43	07:48
78	202	António Machado	FFitness Gaia-Trail Running Team	SEN	M	11:09:23	01:49:23	00:32:49	07:49
79	390	Emídio Carreira		SEN	M	11:09:25	01:49:25	00:32:51	07:49

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CLASSIFICAÇÃO - GERAL masculino

80	482	Jose Pedro Gomes		M50	M	11:09:27	01:49:27	00:32:53	07:49
81	421	Hercilio Santos	Associação Desportiva da Efaced	M40	M	11:09:30	01:49:30	00:32:56	07:49
82	499	João Viegas		SEN	M	11:09:38	01:49:38	00:33:04	07:50
83	424	Carlos Manuel Cordeiro Moedas Pereira	DREAMTEAM	SEN	M	11:09:44	01:49:44	00:33:10	07:50
84	415	NUNO RICARDO MONTEIRO CAMPOS		SEN	M	11:09:54	01:49:54	00:33:20	07:51
85	317	Amadeu Gonçalves Moreira		M40	M	11:11:16	01:51:16	00:34:42	07:57
86	276	Pedro Sousa	GINÁSIO FACTOR X	M40	M	11:11:18	01:51:18	00:34:44	07:57
87	278	Jorge Suzano	GINÁSIO FACTOR X	M40	M	11:11:36	01:51:36	00:35:02	07:58
88	244	João Ferreira	Free Runners	SEN	M	11:11:51	01:51:51	00:35:17	07:59
89	226	Fernando Garcia	Individual	M40	M	11:12:11	01:52:11	00:35:37	08:01
90	227	Jorge Gomes	Arcorun	SEN	M	11:12:24	01:52:24	00:35:50	08:02
91	259	Amílcar Ferreira	Arcorun	M40	M	11:12:25	01:52:25	00:35:51	08:02
92	434	Fernando Machado Silva	GRFNZ/AUTOSIMPORTADOS	SEN	M	11:13:59	01:53:59	00:37:25	08:08
93	387	Sérgio Machado Vidal	GRFNZ/AUTOSIMPORTADOS	SEN	M	11:14:02	01:54:02	00:37:28	08:09
94	167	Ricardo Guedes	Running Class Holmes Place Arrábida	SEN	M	11:14:03	01:54:03	00:37:29	08:09
95	206	Abel Álvaro Duarte Gomes	Individual	M50	M	11:14:15	01:54:15	00:37:41	08:10
96	494	Ricardo Maia Ramos		M40	M	11:14:34	01:54:34	00:38:00	08:11
97	290	José Pereira	ONE MORE MILE	SEN	M	11:14:38	01:54:38	00:38:04	08:11
98	493	José Eduardo Pinto Caramalho		M40	M	11:14:46	01:54:46	00:38:12	08:12
99	263	Rui Sá	FFitness Gaia - Trail Running Team	M50	M	11:15:00	01:55:00	00:38:26	08:13
100	280	Rúben Silva	The Beauty and the Beasts	SEN	M	11:15:05	01:55:05	00:38:31	08:13
101	339	PEDRO ROSAS	MELRES TRAIL RUNNING, Ordem para Anir	M50	M	11:15:33	01:55:33	00:38:59	08:15
102	423	Luis Carlos Monteiro Campos		SEN	M	11:15:41	01:55:41	00:39:07	08:16
103	143	Vitor Silva	Pernetas	SEN	M	11:15:50	01:55:50	00:39:16	08:16
104	182	Antonio Archer	Elitianos	M50	M	11:17:14	01:57:14	00:40:40	08:22
105	125	Jorge Ramos	ARCORUN	SEN	M	11:17:20	01:57:20	00:40:46	08:23
106	237	Cândido Rocha	FAST AO KM	M50	M	11:17:22	01:57:22	00:40:48	08:23
107	392	Paulo Azevedo	HorseRace	M40	M	11:17:26	01:57:26	00:40:52	08:23
108	380	Rui Rosas	HorseRace	SEN	M	11:17:28	01:57:28	00:40:54	08:23
109	268	Rui Manuel Almeida Dias	Clube Galpenergia Norte	M40	M	11:17:40	01:57:40	00:41:06	08:24
110	487	Nuno Esperança	Villaurbana runners	SEN	M	11:17:50	01:57:50	00:41:16	08:25
111	444	Pedro Silva	Running Class HP Arrábida	SEN	M	11:18:16	01:58:16	00:41:42	08:27
112	391	Alberto César	Individual	M40	M	11:18:22	01:58:22	00:41:48	08:27
113	258	Pedro Miguel		SEN	M	11:18:29	01:58:29	00:41:55	08:28
114	254	Tiago André Oliveira Paiva	Domingueiros do Parque	SEN	M	11:18:30	01:58:30	00:41:56	08:28
115	316	Jorge Guerreiro	Domingueiros do Parque	SEN	M	11:18:33	01:58:33	00:41:59	08:28
116	170	Rui Airosa		SEN	M	11:18:35	01:58:35	00:42:01	08:28
117	476	Nuno Pinho	Team Quinta da Pena	SEN	M	11:20:08	02:00:08	00:43:34	08:35
118	261	Vitor Diogo da Silva Almeida	The Beauty and the Beasts	SEN	M	11:20:28	02:00:28	00:43:54	08:36
119	132	Angelo Mendes	Os arrastadeiras	SEN	M	11:21:04	02:01:04	00:44:30	08:39
120	128	Rui Mota	Os arrastadeiras	SEN	M	11:21:06	02:01:06	00:44:32	08:39
121	322	Pedro Cid Ferreira	Oralklass-Amigos Do Trail	M40	M	11:22:41	02:02:41	00:46:07	08:46
122	220	Luís Marques		M40	M	11:23:05	02:03:05	00:46:31	08:48
123	374	Tiago Almeida	Budeguita Runners	SEN	M	11:23:45	02:03:45	00:47:11	08:50
124	231	Manuel Silva	Arcorun	SEN	M	11:24:47	02:04:47	00:48:13	08:55
125	357	Francisco Falcão		SEN	M	11:26:33	02:06:33	00:49:59	09:02
126	275	José Paulo Silva Jacinto		SEN	M	11:28:25	02:08:25	00:51:51	09:10
127	242	Mário Soares	TouQueNemPosso	M50	M	11:28:36	02:08:36	00:52:02	09:11
128	253	Hélder Silva	CAL - Clube Atletismo de Lamas	SEN	M	11:28:39	02:08:39	00:52:05	09:11
129	267	Jorge Silva		SEN	M	11:28:47	02:08:47	00:52:13	09:12
130	417	Zé Silva	RUNNERS DA BORGIA	M40	M	11:28:58	02:08:58	00:52:24	09:13
131	351	Jose Gonçalves		SEN	M	11:29:00	02:09:00	00:52:26	09:13
132	232	Ricardo Brito		SEN	M	11:29:26	02:09:26	00:52:52	09:15
133	164	Carlos Couto	arcorun	M40	M	11:29:38	02:09:38	00:53:04	09:16
134	255	Alberto Fernando Moreira da Rocha		SEN	M	11:30:09	02:10:09	00:53:35	09:18
135	307	Bruno André		SEN	M	11:30:15	02:10:15	00:53:41	09:18
136	334	Pedro Martins	Team RPB	SEN	M	11:30:17	02:10:17	00:53:43	09:18
137	333	Rui Santos	ORALKLASS - AMIGOS DO TRAIL	SEN	M	11:30:21	02:10:21	00:53:47	09:19
138	250	Nuno Amen		SEN	M	11:30:58	02:10:58	00:54:24	09:21
139	428	Miguel Lopes	ComMuitasVertigens	SEN	M	11:31:21	02:11:21	00:54:47	09:23
140	429	Pedro Bastos	ComMuitasVertigens	SEN	M	11:31:22	02:11:22	00:54:48	09:23
141	327	Nuno Rabaça		SEN	M	11:31:39	02:11:39	00:55:05	09:24
142	225	Tiago Frutuoso	Corridas de Pernas Pro Ar	SEN	M	11:31:46	02:11:46	00:55:12	09:25
143	272	Mário Marques	XTrail Bolas Running Team	SEN	M	11:32:01	02:12:01	00:55:27	09:26
144	273	FERNANDO RAMOS	XTrail Bolas Running Team	SEN	M	11:32:03	02:12:03	00:55:29	09:26
145	345	Bruno Brandao	Budeguita Runners	SEN	M	11:32:25	02:12:25	00:55:51	09:28
146	329	Diogo Moutinho	Zé Nando Runners	SEN	M	11:32:30	02:12:30	00:55:56	09:28
147	436	Pedro Maia		M40	M	11:32:43	02:12:43	00:56:09	09:29
148	297	Miguel Gonçalves	Elitianos	SEN	M	11:32:44	02:12:44	00:56:10	09:29
149	113	Luís Ricardo Santana Vilar	Elitianos	SEN	M	11:32:46	02:12:46	00:56:12	09:29
150	300	João Domingues	The Beauty and the Beasts	SEN	M	11:33:03	02:13:03	00:56:29	09:30
151	472	Óscar Soares	MELRES TRAIL RUNNING, Ordem para Anir	SEN	M	11:33:07	02:13:07	00:56:33	09:30
152	420	Mário Ferreira	Associação Desportiva da Efaced	M40	M	11:33:13	02:13:13	00:56:39	09:31
153	335	Luis Baptista		SEN	M	11:33:15	02:13:15	00:56:41	09:31
154	449	André Guedes	Running Class HP Arrábida	M40	M	11:33:40	02:13:40	00:57:06	09:33
155	230	Pedro Melo	Arcorun	M40	M	11:34:16	02:14:16	00:57:42	09:35
156	410	José Silva	WELLRUNNERS	M40	M	11:34:44	02:14:44	00:58:10	09:37
157	277	Mário Ribeiro	GINÁSIO FACTOR X	M40	M	11:35:26	02:15:26	00:58:52	09:40
158	229	Jorge Leite	Arcorun	M40	M	11:36:06	02:16:06	00:59:32	09:43
159	163	Jurcelle Maia	arcorun	SEN	M	11:37:00	02:17:00	01:00:26	09:47

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CLASSIFICAÇÃO - GERAL masculino

160	282	Ricardo Costa	Bai K Andas Team	SEN	M	11:37:14	02:17:14	01:00:40	09:48
161	152	Victor Figueiredo	Bai K Rodas	M40	M	11:37:17	02:17:17	01:00:43	09:48
162	376	Renato Garrido	Garrido's	M40	M	11:37:19	02:17:19	01:00:45	09:48
163	341	Vitor Bruno Fernandes Rodrigues	Lince Runners	SEN	M	11:37:48	02:17:48	01:01:14	09:51
164	122	Manuel Moura	Os Barriguitas	M50	M	11:38:02	02:18:02	01:01:28	09:52
165	214	Fernando Manuel Ferreira da Costa	pernetas	M40	M	11:38:26	02:18:26	01:01:52	09:53
166	270	Sérgio Almeida	Bai K Andas Team	SEN	M	11:38:32	02:18:32	01:01:58	09:54
167	356	Germano Moura	Os Barriguitas	M50	M	11:38:55	02:18:55	01:02:21	09:55
168	465	Rui Silva		SEN	M	11:39:20	02:19:20	01:02:46	09:57
169	133	Ricardo Gomes	XTRAIL Bolas	SEN	M	11:39:41	02:19:41	01:03:07	09:59
170	271	Nelson Cruz	XTrail Bolas Running Team	SEN	M	11:39:43	02:19:43	01:03:09	09:59
171	468	Abel Filipe Dias Gonçalves		SEN	M	11:40:21	02:20:21	01:03:47	10:01
172	467	Bruno Miguel Neves da Silva		SEN	M	11:40:25	02:20:25	01:03:51	10:02
173	479	Rui Miguel Borges		SEN	M	11:40:48	02:20:48	01:04:14	10:03
174	219	João costa		SEN	M	11:40:52	02:20:52	01:04:18	10:04
175	346	Sergio Queiros		SEN	M	11:41:23	02:21:23	01:04:49	10:06
176	176	Gonçalo Gaspar	sugu	SEN	M	11:41:26	02:21:26	01:04:52	10:06
177	386	João Veigas	Individual	SEN	M	11:41:59	02:21:59	01:05:25	10:09
178	134	Ricardo Alheiro	XTRAIL Bolas	SEN	M	11:43:35	02:23:35	01:07:01	10:15
179	135	Rodrigo Rodrigues	XTRAIL Bolas	SEN	M	11:43:37	02:23:37	01:07:03	10:15
180	166	Pedro Antunes	P&A Team	SEN	M	11:43:45	02:23:45	01:07:11	10:16
181	172	Nuno Lacerda	Elitianos	M50	M	11:44:02	02:24:02	01:07:28	10:17
182	362	Henrique Fontes	Os Fontes	SEN	M	11:44:24	02:24:24	01:07:50	10:19
183	217	Eduardo Monteiro	Os arrastadeiras	SEN	M	11:44:41	02:24:41	01:08:07	10:20
184	378	Tiago Coelho		SEN	M	11:45:02	02:25:02	01:08:28	10:22
185	394	Alberto Bulhosa	WELLRUNNERS	M50	M	11:45:03	02:25:03	01:08:29	10:22
186	470	Ramiro Tiago Silva Borges		SEN	M	11:45:09	02:25:09	01:08:35	10:22
187	184	António José Pereira Queiroz	Gondomar Futsal Clube	M50	M	11:45:32	02:25:32	01:08:58	10:24
188	448	Elísio Correia	Running Class HP Arrábida	M40	M	11:45:38	02:25:38	01:09:04	10:24
189	151	Ricardo Alves	Gondomar Futsal Clube	SEN	M	11:45:44	02:25:44	01:09:10	10:25
190	331	Eduardo J. P. Ferreira		M40	M	11:46:59	02:26:59	01:10:25	10:30
191	315	Serafim Pedro Soares		SEN	M	11:47:04	02:27:04	01:10:30	10:30
192	313	Pedro André Neves		SEN	M	11:47:07	02:27:07	01:10:33	10:30
193	257	Rui Sousa		M40	M	11:48:26	02:28:26	01:11:52	10:36
194	118	João Carvalho		SEN	M	11:48:31	02:28:31	01:11:57	10:36
195	303	Carlos Cardoso	My Secret Spa	SEN	M	11:48:41	02:28:41	01:12:07	10:37
196	397	Antonio Castro	WELLRUNNERS	SEN	M	11:50:10	02:30:10	01:13:36	10:44
197	187	André Ferreira Pedro Lopes de Amorim	Budeguita Runners	M40	M	11:50:25	02:30:25	01:13:51	10:45
198	192	Sérgio Rei	S.R.Team	SEN	M	11:51:05	02:31:05	01:14:31	10:48
199	123	Pedro Teixeira	NoTomorrowRunningTeam	SEN	M	11:52:57	02:32:57	01:16:23	10:56
200	398	Armando Cardoso	WELLRUNNERS	M50	M	11:55:14	02:35:14	01:18:40	11:05
201	414	Ricardo Coimbra	WELLRUNNERS	M40	M	11:55:16	02:35:16	01:18:42	11:05
202	286	Bruno Eduardo Paiva de Oliveira		SEN	M	11:56:53	02:36:53	01:20:19	11:12
203	211	Rodrigo Ferraz		M40	M	11:56:57	02:36:57	01:20:23	11:13
204	400	Beje Mohammed	WELLRUNNERS	M40	M	11:57:54	02:37:54	01:21:20	11:17
205	137	Marco Mandim		SEN	M	11:58:22	02:38:22	01:21:48	11:19
206	204	José Garcês	MELRES TRAIL RUNNING, Ordem para Arriar	M50	M	11:58:34	02:38:34	01:22:00	11:20
207	116	António		SEN	M	11:58:46	02:38:46	01:22:12	11:20
208	443	Pedro Miguel Cerqueira	GD Luz Verde	SEN	M	11:59:01	02:39:01	01:22:27	11:22
209	287	António Daniel Mendes	A.D.Amarante Trail Running	SEN	M	11:59:47	02:39:47	01:23:13	11:25
210	157	Paulo Campos		SEN	M	12:00:10	02:40:10	01:23:36	11:26
211	179	José Moreira		SEN	M	12:00:11	02:40:11	01:23:37	11:26
212	463	Ricardo Alexandre Carvalho Sousa		SEN	M	12:03:11	02:43:11	01:26:37	11:39
213	174	Nuno Filipe Pinho Nogueira		SEN	M	12:05:39	02:45:39	01:29:05	11:50
214	289	Rui Amaro	Clube PT Zona Norte	SEN	M	12:09:03	02:49:03	01:32:29	12:04
215	426	Luís Filipe Meneses Lopes		SEN	M	12:09:05	02:49:05	01:32:31	12:05
216	203	Ricardo Monteiro	Pernetas	SEN	M	12:11:24	02:51:24	01:34:50	12:15
217	144	Claudio Cerqueira	Pernetas	SEN	M	12:11:26	02:51:26	01:34:52	12:15
218	248	Hugo Cortez Marques		SEN	M	12:12:24	02:52:24	01:35:50	12:19
219	130	Pedro Guimaraes	Bai K Andas Team	M40	M	12:16:30	02:56:30	01:39:56	12:36
220	264	Ricardo Rangel Paiva	Corridas De Pernas Pro AR	M40	M	12:21:20	03:01:20	01:44:46	12:57
221	199	Carlos Manuel Amaro de Araújo		SEN	M	12:21:33	03:01:33	01:44:59	12:58
222	284	Tiago Borges	MELRES TRAIL RUNNING, Ordem para Arriar	SEN	M	12:23:02	03:03:02	01:46:28	13:04
223	108	Rui Andrade	MELRES TRAIL RUNNING, Ordem para Arriar	M40	M	12:23:10	03:03:10	01:46:36	13:05
224	359	Rui Rocha	Enfermeiros e TDT em fuga	SEN	M	12:24:40	03:04:40	01:48:06	13:11
225	489	Marco Martins		M40	M	13:09:00	03:49:00	02:32:26	16:21
226	495	Helder Figueiredo		M40	M	13:09:09	03:49:09	02:32:35	16:22
227	491	José Manuel Soares de Andrade		M40	M	13:09:11	03:49:11	02:32:37	16:22

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CLASSIFICAÇÃO - SEN masculino

Posição	Dorsal	Nome do Atleta	Equipa	Escalão	Sexo	Hora	Tempo	Diferença 1º	Ritmo
1	142	Bruno Silva	Afacycles Sport	SEN	M	10:36:34	01:16:34	00:00:00	05:28
2	105	Daniel Machado	Os Fugitivos da Crise	SEN	M	10:38:54	01:18:54	00:02:20	05:38
3	295	Américo Oliveira Guedes	Gondomar Futsal Clube	SEN	M	10:40:28	01:20:28	00:03:54	05:45
4	464	Nelson Pires	horsrace	SEN	M	10:42:10	01:22:10	00:05:36	05:52
5	383	Filipe Sousa	Gondomar Futsal Atletismo	SEN	M	10:43:50	01:23:50	00:07:16	05:59
6	294	Pedro Miguel Afonso Fernandes	ORALKLASS-AMIGOS DO TRAIL	SEN	M	10:45:08	01:25:08	00:08:34	06:05
7	146	Nelson Marques		SEN	M	10:48:42	01:28:42	00:12:08	06:20
8	416	Hernani Oliveira		SEN	M	10:49:11	01:29:11	00:12:37	06:22
9	498	José Amaro		SEN	M	10:49:31	01:29:31	00:12:57	06:24
10	252	Márcio Silva	Oralklass-Amigos do Trail	SEN	M	10:50:19	01:30:19	00:13:45	06:27
11	474	Mário Filipe Ferreira Pêgas		SEN	M	10:50:23	01:30:23	00:13:49	06:27
12	384	Sérgio Miguel Lopes Monteiro	CIA Alpendorada	SEN	M	10:50:32	01:30:32	00:13:58	06:28
13	352	Pedro França		SEN	M	10:52:10	01:32:10	00:15:36	06:35
14	458	Virgílio Jaime Santos Sousa	Gondomar Futsal	SEN	M	10:52:20	01:32:20	00:15:46	06:36
15	330	Tiago Ferreira		SEN	M	10:52:35	01:32:35	00:16:01	06:37
16	110	Nuno Fernandes	ARCORUN	SEN	M	10:52:49	01:32:49	00:16:15	06:38
17	205	Agostinho Torres	pernetas	SEN	M	10:52:51	01:32:51	00:16:17	06:38
18	409	Hugo Ferreira	Runners Monte Aventino	SEN	M	10:53:12	01:33:12	00:16:38	06:39
19	457	André Trigais		SEN	M	10:53:26	01:33:26	00:16:52	06:40
20	171	Ricardo Dantas	ADRULSM	SEN	M	10:53:40	01:33:40	00:17:06	06:41
21	148	Filipe Sousa		SEN	M	10:54:12	01:34:12	00:17:38	06:44
22	168	Pedro Cancelo	DREAMTEAM	SEN	M	10:55:30	01:35:30	00:18:56	06:49
23	198	Bruno Neves	GNASIO FACTOR X	SEN	M	10:56:41	01:36:41	00:20:07	06:54
24	403	Daniel Monteiro		SEN	M	10:57:24	01:37:24	00:20:50	06:57
25	437	Ricardo Carvalho	Running Class HP Arrábida	SEN	M	10:57:26	01:37:26	00:20:52	06:58
26	150	Nelson Alves	Gondomar Futsal Clube	SEN	M	10:57:28	01:37:28	00:20:54	06:58
27	279	José Conceição	Team Inov-8 Portugal	SEN	M	10:58:25	01:38:25	00:21:51	07:02
28	324	Pedro Machado	Oralklass-Amigos Do Trail	SEN	M	10:58:43	01:38:43	00:22:09	07:03
29	368	José Sousa	Kangaroo Runners	SEN	M	10:58:58	01:38:58	00:22:24	07:04
30	223	Pedro Gomes		SEN	M	10:59:10	01:39:10	00:22:36	07:05
31	111	Alexandre Fernandes	ARCORUN	SEN	M	10:59:18	01:39:18	00:22:44	07:06
32	173	Frederico Miguel Marques		SEN	M	10:59:20	01:39:20	00:22:46	07:06
33	194	Paulo Jorge Oliveira		SEN	M	10:59:57	01:39:57	00:23:23	07:08
34	385	Micael Cunha		SEN	M	11:00:01	01:40:01	00:23:27	07:09
35	481	Rogério Eduardo Vaz Sampaio	Running Class HP Arrábida	SEN	M	11:00:49	01:40:49	00:24:15	07:12
36	461	RUI Pedro Gonçalves Borges		SEN	M	11:02:18	01:42:18	00:25:44	07:18
37	373	Pedro Couto		SEN	M	11:02:21	01:42:21	00:25:47	07:19
38	382	Rui Pedro Moreira de Sousa		SEN	M	11:02:45	01:42:45	00:26:11	07:20
39	288	Helder Jorge Ferreira de Castro		SEN	M	11:02:46	01:42:46	00:26:12	07:20
40	372	Bruno Miguel Bezerra de Freitas	AFACYCLES sport	SEN	M	11:03:11	01:43:11	00:26:37	07:22
41	332	Carlos Jorge Gonçalves	ORALKLASS - AMIGOS DO TRAIL	SEN	M	11:03:53	01:43:53	00:27:19	07:25
42	318	Jorge Carlos Madureira Rocha da Silva	MELRES TRAIL RUNNING, Ordem para Arriar	SEN	M	11:04:02	01:44:02	00:27:28	07:26
43	147	Miguel Pereira	PERNETAS	SEN	M	11:04:39	01:44:39	00:28:05	07:29
44	311	Joaquim Montenegro	KGB	SEN	M	11:05:41	01:45:41	00:29:07	07:33
45	112	Filipe Cordeiro	Elitianos	SEN	M	11:05:45	01:45:45	00:29:11	07:33
46	269	Gabriel José Pinto Vieira	The Beauty and the Beasts	SEN	M	11:07:54	01:47:54	00:31:20	07:42
47	485	NUNO MOTA CASTRO		SEN	M	11:07:55	01:47:55	00:31:21	07:43
48	393	Agostinho Matos	TEAM SIGURITOS/MOTOMARRETAS	SEN	M	11:07:58	01:47:58	00:31:24	07:43
49	354	Hugo Moreira	Villaurbana runners	SEN	M	11:08:08	01:48:08	00:31:34	07:43
50	202	António Machado	FFitness Gaia-Trail Running Team	SEN	M	11:09:23	01:49:23	00:32:49	07:49
51	390	Emídio Cardeira		SEN	M	11:09:25	01:49:25	00:32:51	07:49
52	499	João Viegas		SEN	M	11:09:38	01:49:38	00:33:04	07:50
53	424	Carlos Manuel Cordeiro Moedas Pereira	DREAMTEAM	SEN	M	11:09:44	01:49:44	00:33:10	07:50
54	415	NUNO RICARDO MONTEIRO CAMPOS		SEN	M	11:09:54	01:49:54	00:33:20	07:51
55	244	João Ferreira	Free Runners	SEN	M	11:11:51	01:51:51	00:35:17	07:59
56	227	Jorge Gomes	Arcorun	SEN	M	11:12:24	01:52:24	00:35:50	08:02
57	434	Fernando Machado Silva	GRFNZ/AUTOSIMPORTADOS	SEN	M	11:13:59	01:53:59	00:37:25	08:08
58	387	Sérgio Machado Vidal	GRFNZ/AUTOSIMPORTADOS	SEN	M	11:14:02	01:54:02	00:37:28	08:09
59	167	Ricardo Guedes	Running Class Holmes Place Arrábida	SEN	M	11:14:03	01:54:03	00:37:29	08:09
60	290	José Pereira	ONE MORE MILE	SEN	M	11:14:38	01:54:38	00:38:04	08:11
61	280	Rúben Silva	The Beauty and the Beasts	SEN	M	11:15:05	01:55:05	00:38:31	08:13
62	423	Luis Carlos Monteiro Campos		SEN	M	11:15:41	01:55:41	00:39:07	08:16
63	143	Vítor Silva	Pernetas	SEN	M	11:15:50	01:55:50	00:39:16	08:16
64	125	Jorge Ramos	ARCORUN	SEN	M	11:17:20	01:57:20	00:40:46	08:23
65	380	Rui Rosas	Horsrace	SEN	M	11:17:28	01:57:28	00:40:54	08:23
66	487	Nuno Esperança	Villaurbana runners	SEN	M	11:17:50	01:57:50	00:41:16	08:25
67	444	Pedro Silva	Running Class HP Arrábida	SEN	M	11:18:16	01:58:16	00:41:42	08:27
68	258	Pedro Miguel		SEN	M	11:18:29	01:58:29	00:41:55	08:28
69	254	Tiago André Oliveira Paiva	Domingueiros do Parque	SEN	M	11:18:30	01:58:30	00:41:56	08:28
70	316	Jorge Guerreiro	Domingueiros do Parque	SEN	M	11:18:33	01:58:33	00:41:59	08:28
71	170	Rui Airosa		SEN	M	11:18:35	01:58:35	00:42:01	08:28
72	476	Nuno Pinho	Team Quinta da Pena	SEN	M	11:20:08	02:00:08	00:43:34	08:35
73	261	Vítor Diogo da Silva Almeida	The Beauty and the Beasts	SEN	M	11:20:28	02:00:28	00:43:54	08:36
74	132	Angelo Mendes	Os arrastadeiras	SEN	M	11:21:04	02:01:04	00:44:30	08:39
75	128	Rui Mota	Os arrastadeiras	SEN	M	11:21:06	02:01:06	00:44:32	08:39
76	374	Tiago Almeida	Budeguita Runners	SEN	M	11:23:45	02:03:45	00:47:11	08:50
77	231	Manuel Silva	Arcorun	SEN	M	11:24:47	02:04:47	00:48:13	08:55
78	357	Francisco Falcão		SEN	M	11:26:33	02:06:33	00:49:59	09:02
79	275	José Paulo Silva Jacinto		SEN	M	11:28:25	02:08:25	00:51:51	09:10
80	253	Hélder Silva	CAL - Clube Atletismo de Lamas	SEN	M	11:28:39	02:08:39	00:52:05	09:11
81	267	Jorge Silva		SEN	M	11:28:47	02:08:47	00:52:13	09:12
82	351	Jose Gonçalves		SEN	M	11:29:00	02:09:00	00:52:26	09:13

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CLASSIFICAÇÃO - SEN masculino

83	232	Ricardo Brito		SEN	M	11:29:26	02:09:26	00:52:52	09:15
84	255	Alberto Fernando Moreira da Rocha		SEN	M	11:30:09	02:10:09	00:53:35	09:18
85	307	Bruno André		SEN	M	11:30:15	02:10:15	00:53:41	09:18
86	334	Pedro Martins	Team RPB	SEN	M	11:30:17	02:10:17	00:53:43	09:18
87	333	Rui Santos	ORALKLASS - AMIGOS DO TRAIL	SEN	M	11:30:21	02:10:21	00:53:47	09:19
88	250	Nuno Amen		SEN	M	11:30:58	02:10:58	00:54:24	09:21
89	428	Miguel Lopes	ComMuitasVertigens	SEN	M	11:31:21	02:11:21	00:54:47	09:23
90	429	Pedro Bastos	ComMuitasVertigens	SEN	M	11:31:22	02:11:22	00:54:48	09:23
91	327	Nuno Rabaça		SEN	M	11:31:39	02:11:39	00:55:05	09:24
92	225	Tiago Frutuoso	Corridas de Pernas Pro Ar	SEN	M	11:31:46	02:11:46	00:55:12	09:25
93	272	Mário Marques	XTrail Bolas Running Team	SEN	M	11:32:01	02:12:01	00:55:27	09:26
94	273	FERNANDO RAMOS	XTrail Bolas Running Team	SEN	M	11:32:03	02:12:03	00:55:29	09:26
95	345	Bruno Brandao	Budeguita Runners	SEN	M	11:32:25	02:12:25	00:55:51	09:28
96	329	Diogo Moutinho	Zê Nando Runners	SEN	M	11:32:30	02:12:30	00:55:56	09:28
97	297	Miguel Gonçalves	Elitianos	SEN	M	11:32:44	02:12:44	00:56:10	09:29
98	113	Luís Ricardo Santana Vilar	Elitianos	SEN	M	11:32:46	02:12:46	00:56:12	09:29
99	300	João Domingues	The Beauty and the Beasts	SEN	M	11:33:03	02:13:03	00:56:29	09:30
100	472	Óscar Soares	MELRES TRAIL RUNNING, Ordem para Arriar	SEN	M	11:33:07	02:13:07	00:56:33	09:30
101	335	Luis Baptista		SEN	M	11:33:15	02:13:15	00:56:41	09:31
102	163	Jurcelie Maia	arcorun	SEN	M	11:37:00	02:17:00	01:00:26	09:47
103	282	Ricardo Costa	Bai K Andas Team	SEN	M	11:37:14	02:17:14	01:00:40	09:48
104	341	Vitor Bruno Fernandes Rodrigues	Lince Runners	SEN	M	11:37:48	02:17:48	01:01:14	09:51
105	270	Sérgio Almeida	Bai K Andas Team	SEN	M	11:38:32	02:18:32	01:01:58	09:54
106	465	Rui Silva		SEN	M	11:39:20	02:19:20	01:02:46	09:57
107	133	Ricardo Gomes	XTRAIL Bolas	SEN	M	11:39:41	02:19:41	01:03:07	09:59
108	271	Nelson Cruz	XTrail Bolas Running Team	SEN	M	11:39:43	02:19:43	01:03:09	09:59
109	468	Abel Filipe Dias Gonçalves		SEN	M	11:40:21	02:20:21	01:03:47	10:01
110	467	Bruno Miguel Neves da Silva		SEN	M	11:40:25	02:20:25	01:03:51	10:02
111	479	Rui Miguel Borges		SEN	M	11:40:48	02:20:48	01:04:14	10:03
112	219	João costa		SEN	M	11:40:52	02:20:52	01:04:18	10:04
113	346	Sérgio Queiros		SEN	M	11:41:23	02:21:23	01:04:49	10:06
114	176	Gonçalo Gaspar	sugu	SEN	M	11:41:26	02:21:26	01:04:52	10:06
115	386	João Veigas	individual	SEN	M	11:41:59	02:21:59	01:05:25	10:09
116	134	Ricardo Alheiro	XTRAIL Bolas	SEN	M	11:43:35	02:23:35	01:07:01	10:15
117	135	Rodrigo Rodrigues	XTRAIL Bolas	SEN	M	11:43:37	02:23:37	01:07:03	10:15
118	166	Pedro Antunes	P&A Team	SEN	M	11:43:45	02:23:45	01:07:11	10:16
119	362	Henrique Fontes	Os Fontes	SEN	M	11:44:24	02:24:24	01:07:50	10:19
120	217	Eduardo Monteiro	Os arrastadeiras	SEN	M	11:44:41	02:24:41	01:08:07	10:20
121	378	Tiago Coelho		SEN	M	11:45:02	02:25:02	01:08:28	10:22
122	470	Ramiro Tiago Silva Borges		SEN	M	11:45:09	02:25:09	01:08:35	10:22
123	151	Ricardo Alves	Gondomar Futsal Clube	SEN	M	11:45:44	02:25:44	01:09:10	10:25
124	315	Serafim Pedro Soares		SEN	M	11:47:04	02:27:04	01:10:30	10:30
125	313	Pedro André Neves		SEN	M	11:47:07	02:27:07	01:10:33	10:30
126	118	João Carvalho		SEN	M	11:48:31	02:28:31	01:11:57	10:36
127	303	Carlos Cardoso	My Secret Spa	SEN	M	11:48:41	02:28:41	01:12:07	10:37
128	397	Antonio Castro	WELLRUNNERS	SEN	M	11:50:10	02:30:10	01:13:36	10:44
129	192	Sérgio Rei	S.R.Team	SEN	M	11:51:05	02:31:05	01:14:31	10:48
130	123	Pedro Teixeira	NoTomorrowRunningTeam	SEN	M	11:52:57	02:32:57	01:16:23	10:56
131	286	Bruno Eduardo Paiva de Oliveira		SEN	M	11:56:53	02:36:53	01:20:19	11:12
132	137	Marco Mandim		SEN	M	11:58:22	02:38:22	01:21:48	11:19
133	116	António		SEN	M	11:58:46	02:38:46	01:22:12	11:20
134	443	Pedro Miguel Cerqueira	GD Luz Verde	SEN	M	11:59:01	02:39:01	01:22:27	11:22
135	287	António Daniel Mendes	A.D.Amarante Trail Running	SEN	M	11:59:47	02:39:47	01:23:13	11:25
136	157	Paulo Campos		SEN	M	12:00:10	02:40:10	01:23:36	11:26
137	179	José Moreira		SEN	M	12:00:11	02:40:11	01:23:37	11:26
138	463	Ricardo Alexandre Carvalho Sousa		SEN	M	12:03:11	02:43:11	01:26:37	11:39
139	174	Nuno Filipe Pinho Nogueira		SEN	M	12:05:39	02:45:39	01:29:05	11:50
140	289	Rui Amaro	Clube PT Zona Norte	SEN	M	12:09:03	02:49:03	01:32:29	12:04
141	426	Luís Filipe Meneses Lopes		SEN	M	12:09:05	02:49:05	01:32:31	12:05
142	203	Ricardo Monteiro	Pernetas	SEN	M	12:11:24	02:51:24	01:34:50	12:15
143	144	Claudio Cerqueira	Pernetas	SEN	M	12:11:26	02:51:26	01:34:52	12:15
144	248	Hugo Cortez Marques		SEN	M	12:12:24	02:52:24	01:35:50	12:19
145	199	Carlos Manuel Amaro de Araújo		SEN	M	12:21:33	03:01:33	01:44:59	12:58
146	284	Tiago Borges	MELRES TRAIL RUNNING, Ordem para Arriar	SEN	M	12:23:02	03:03:02	01:46:28	13:04
147	359	Rui Rocha	Enfermeiros e TDT em fuga	SEN	M	12:24:40	03:04:40	01:48:06	13:11

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CLASSIFICAÇÃO - M40 masculino

Posição	Dorsal	Nome do Atleta	Equipa	Escalão	Sexo	Hora	Tempo	Diferença 1º	Ritmo
1	291	Camilo Guedes	Clube Pessoal Aguas Gaia	M40	M	10:36:36	01:16:36	00:00:02	05:28
2	422	Eduardo Oliveira	Associação Desportiva da Efaced	M40	M	10:41:30	01:21:30	00:04:56	05:49
3	319	Fernando Neves	Individual	M40	M	10:43:00	01:23:00	00:06:26	05:56
4	308	Fernando Queirós	Oralklass-Amigos do Trail	M40	M	10:45:07	01:25:07	00:08:33	06:05
5	363	Adriano Oliveira	HorseRace	M40	M	10:45:29	01:25:29	00:08:55	06:06
6	488	Marco André da Silva Almeida	Clube Galpenergia Norte	M40	M	10:51:21	01:31:21	00:14:47	06:31
7	216	Manuel Teixeira	cmcp	M40	M	10:54:43	01:34:43	00:18:09	06:46
8	454	Luis Miguel Torres	Running Class HP Arrábida	M40	M	10:56:06	01:36:06	00:19:32	06:52
9	473	Hugo Oliveira		M40	M	10:56:48	01:36:48	00:20:14	06:55
10	127	Lieven Verraest		M40	M	10:57:20	01:37:20	00:20:46	06:57
11	239	Fernando Jorge Oliveira	FFitness Trail Running Team	M40	M	11:00:11	01:40:11	00:23:37	07:09
12	338	LUIZ FRANCISCO	RosangelaFrancisco	M40	M	11:01:50	01:41:50	00:25:16	07:16
13	370	José Carlos Dias		M40	M	11:02:24	01:42:24	00:25:50	07:19
14	306	Paulo Eusébio	MELRES TRAIL RUNNING, Ordem para Arriar	M40	M	11:02:54	01:42:54	00:26:20	07:21
15	445	Jorge Rodrigues	Running Class HP Arrábida	M40	M	11:03:01	01:43:01	00:26:27	07:21
16	162	Fernando Carneiro	DREAMTEAM	M40	M	11:03:38	01:43:38	00:27:04	07:24
17	478	João Paulo	Team Quinta da Pena	M40	M	11:04:07	01:44:07	00:27:33	07:26
18	218	Fernando José Moreira Pereira	Gondomar Futsal Clube	M40	M	11:09:17	01:49:17	00:32:43	07:48
19	421	Hercilio Santos	Associação Desportiva da Efaced	M40	M	11:09:30	01:49:30	00:32:56	07:49
20	317	Amadeu Gonçalves Moreira		M40	M	11:11:16	01:51:16	00:34:42	07:57
21	276	Pedro Sousa	GINÁSIO FACTOR X	M40	M	11:11:18	01:51:18	00:34:44	07:57
22	278	Jorge Suzano	GINÁSIO FACTOR X	M40	M	11:11:36	01:51:36	00:35:02	07:58
23	226	Fernando Garcia	Individual	M40	M	11:12:11	01:52:11	00:35:37	08:01
24	259	Amílcar Ferreira	Arcorun	M40	M	11:12:25	01:52:25	00:35:51	08:02
25	494	Ricardo Maia Ramos		M40	M	11:14:34	01:54:34	00:38:00	08:11
26	493	José Eduardo Pinto Caramalho		M40	M	11:14:46	01:54:46	00:38:12	08:12
27	392	Paulo Azevedo	HorseRace	M40	M	11:17:26	01:57:26	00:40:52	08:23
28	268	Rui Manuel Almeida Dias	Clube Galpenergia Norte	M40	M	11:17:40	01:57:40	00:41:06	08:24
29	391	Alberto César	Individual	M40	M	11:18:22	01:58:22	00:41:48	08:27
30	322	Pedro Cid Ferreira	Oralklass-Amigos Do Trail	M40	M	11:22:41	02:02:41	00:46:07	08:46
31	220	Luís Marques		M40	M	11:23:05	02:03:05	00:46:31	08:48
32	417	Zé Silva	RUNNERS DA BORGIA	M40	M	11:28:58	02:08:58	00:52:24	09:13
33	164	Carlos Couto	arcorun	M40	M	11:29:38	02:09:38	00:53:04	09:16
34	436	Pedro Maia		M40	M	11:32:43	02:12:43	00:56:09	09:29
35	420	Mário Ferreira	Associação Desportiva da Efaced	M40	M	11:33:13	02:13:13	00:56:39	09:31
36	449	André Guedes	Running Class HP Arrábida	M40	M	11:33:40	02:13:40	00:57:06	09:33
37	230	Pedro Melo	Arcorun	M40	M	11:34:16	02:14:16	00:57:42	09:35
38	410	José Silva	WELLRUNNERS	M40	M	11:34:44	02:14:44	00:58:10	09:37
39	277	Mário Ribeiro	GINÁSIO FACTOR X	M40	M	11:35:26	02:15:26	00:58:52	09:40
40	229	Jorge Leite	Arcorun	M40	M	11:36:06	02:16:06	00:59:32	09:43
41	152	Víctor Figueiredo	Bai K Rodas	M40	M	11:37:17	02:17:17	01:00:43	09:48
42	376	Renato Garrido	Garrido's	M40	M	11:37:19	02:17:19	01:00:45	09:48
43	214	Fernando Manuel Ferreira da Costa	pernetas	M40	M	11:38:26	02:18:26	01:01:52	09:53
44	448	Elísio Correia	Running Class HP Arrábida	M40	M	11:45:38	02:25:38	01:09:04	10:24
45	331	Eduardo J. P. Ferreira		M40	M	11:46:59	02:26:59	01:10:25	10:30
46	257	Rui Sousa		M40	M	11:48:26	02:28:26	01:11:52	10:36
47	187	André Ferreira Pedro Lopes de Amorim	Budeguita Runners	M40	M	11:50:25	02:30:25	01:13:51	10:45
48	414	Ricardo Coimbra	WELLRUNNERS	M40	M	11:55:16	02:35:16	01:18:42	11:05
49	211	Rodrigo Ferraz		M40	M	11:56:57	02:36:57	01:20:23	11:13
50	400	Beje Mohammed	WELLRUNNERS	M40	M	11:57:54	02:37:54	01:21:20	11:17
51	130	Pedro Guimaraes	Bai K Andas Team	M40	M	12:16:30	02:56:30	01:39:56	12:36
52	264	Ricardo Rangel Paiva	Corridas De Pernas Pro AR	M40	M	12:21:20	03:01:20	01:44:46	12:57
53	108	Rui Andrade	MELRES TRAIL RUNNING, Ordem para Arriar	M40	M	12:23:10	03:03:10	01:46:36	13:05
54	489	Marco Martins		M40	M	13:09:00	03:49:00	02:32:26	16:21
55	495	Helder Figueiredo		M40	M	13:09:09	03:49:09	02:32:35	16:22
56	491	José Manuel Soares de Andrade		M40	M	13:09:11	03:49:11	02:32:37	16:22

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CLASSIFICAÇÃO - M50 masculino

Posição	Dorsal	Nome do Atleta	Equipa	Escalão	Sexo	Hora	Tempo	Diferença 1º	Ritmo
1	350	Duarte Barbosa	CCDTCMGondomar	M50	M	10:37:35	01:17:35	00:01:01	05:32
2	159	José Mota	BAI K ANDAS TEAM	M50	M	10:38:57	01:18:57	00:02:23	05:38
3	292	José Adelino Oliveira	Clube Pessoal Aguas Gaia	M50	M	10:41:22	01:21:22	00:04:48	05:49
4	349	Augusto Pereira	CCDTCMGondomar	M50	M	10:44:17	01:24:17	00:07:43	06:01
5	348	Américo Pinto	CCDTCMGondomar	M50	M	10:45:04	01:25:04	00:08:30	06:05
6	469	José Manuel Cabral e Silva	Individual	M50	M	10:47:45	01:27:45	00:11:11	06:16
7	260	Manuel Segundo	Arcorun	M50	M	10:56:20	01:36:20	00:19:46	06:53
8	241	Ernesto Martins	TouQueNemPosso	M50	M	11:01:54	01:41:54	00:25:20	07:17
9	475	Paulo Eusébio	Team Quinta da Pena	M50	M	11:04:08	01:44:08	00:27:34	07:26
10	296	Elias Manuel Moura Pereira	Gondomar Futsal Clube	M50	M	11:07:43	01:47:43	00:31:09	07:42
11	482	Jose Pedro Gomes		M50	M	11:09:27	01:49:27	00:32:53	07:49
12	206	Abel Álvaro Duarte Gomes	individual	M50	M	11:14:15	01:54:15	00:37:41	08:10
13	263	Rui Sá	FFitness Gaia - Trail Running Team	M50	M	11:15:00	01:55:00	00:38:26	08:13
14	339	PEDRO ROSAS	MELRES TRAIL RUNNING, Ordem para Arriar	M50	M	11:15:33	01:55:33	00:38:59	08:15
15	182	Antonio Archer	Elitianos	M50	M	11:17:14	01:57:14	00:40:40	08:22
16	237	Cândido Rocha	FAST AO KM	M50	M	11:17:22	01:57:22	00:40:48	08:23
17	242	Mário Soares	TouQueNemPosso	M50	M	11:28:36	02:08:36	00:52:02	09:11
18	122	Manuel Moura	Os Barriguitas	M50	M	11:38:02	02:18:02	01:01:28	09:52
19	356	Germano Moura	Os Barriguitas	M50	M	11:38:55	02:18:55	01:02:21	09:55
20	172	Nuno Lacerda	Elitianos	M50	M	11:44:02	02:24:02	01:07:28	10:17
21	394	Alberto Bulhosa	WELLRUNNERS	M50	M	11:45:03	02:25:03	01:08:29	10:22
22	184	António José Pereira Queiroz	Gondomar Futsal Clube	M50	M	11:45:32	02:25:32	01:08:58	10:24
23	398	Armando Cardoso	WELLRUNNERS	M50	M	11:55:14	02:35:14	01:18:40	11:05
24	204	José Garcês	MELRES TRAIL RUNNING, Ordem para Arriar	M50	M	11:58:34	02:38:34	01:22:00	11:20