

Geral por Escalão

Trail Curto

31/10/2020

| S23 Masculinos |        |                   |                            |          |           |       |
|----------------|--------|-------------------|----------------------------|----------|-----------|-------|
| Pos            | Dorsal | Nome              | Clube                      | Tempo    | Diferença | Ritmo |
| 1              | 2224   | Paulo Oliveira    | Dragon Club                | 01:13:40 | 00:00:00  | 4,91  |
| 2              | 2332   | Samuel Silva      | A.D.Amarante Trail Running | 01:25:25 | 00:11:45  | 5,69  |
| 3              | 2264   | Eduardo Rodrigues |                            | 01:30:57 | 00:17:17  | 6,06  |
| 4              | 2269   | João Pereira      |                            | 01:37:11 | 00:23:31  | 6,48  |
| 5              | 1088   | André Silva       | B.T.M                      | 01:43:01 | 00:29:21  | 6,87  |
| 6              | 2297   | André Natário     | VizelaCorre                | 02:17:00 | 01:03:20  | 9,13  |
| 7              | 2194   | Luis Almeida      |                            | 02:18:14 | 01:04:34  | 9,22  |

| S23 Femininos |        |                 |                                          |          |           |       |
|---------------|--------|-----------------|------------------------------------------|----------|-----------|-------|
| Pos           | Dorsal | Nome            | Clube                                    | Tempo    | Diferença | Ritmo |
| 1             | 1065   | Cristiana Rocha | Dragon Club                              | 01:33:19 | 00:00:00  | 6,22  |
| 2             | 1081   | Clara Lopes     | B.T.M                                    | 01:42:29 | 00:09:10  | 6,83  |
| 3             | 2199   | Joana de Matos  | Esposende                                | 02:16:02 | 00:42:43  | 9,07  |
| 4             | 2268   | Mariana Gomes   |                                          | 02:16:11 | 00:42:52  | 9,08  |
| 5             | 1064   | Vânia Campos    | Associação Figueiredos Runners & Friends | 02:48:59 | 01:15:40  | 11,27 |

| Seniores Masculinos |        |                             |                              |          |           |       |
|---------------------|--------|-----------------------------|------------------------------|----------|-----------|-------|
| Pos                 | Dorsal | Nome                        | Clube                        | Tempo    | Diferença | Ritmo |
| 1                   | 2330   | Marco Santos                | Rafa Team                    | 01:07:39 | 00:00:00  | 4,51  |
| 2                   | 2317   | Zé Pedro                    | Rafa Team                    | 01:08:57 | 00:01:18  | 4,60  |
| 3                   | 2337   | João Coentrão               |                              | 01:09:15 | 00:01:36  | 4,62  |
| 4                   | 1070   | Salvador Oliveira           | B.T.M                        | 01:12:23 | 00:04:44  | 4,83  |
| 5                   | 1078   | Nuno Fernandes              | B.T.M                        | 01:12:24 | 00:04:45  | 4,83  |
| 6                   | 1067   | Flavio Fernandes            | B.T.M                        | 01:12:24 | 00:04:45  | 4,83  |
| 7                   | 1060   | Pedro Oliveira              | FisioPedro Trail             | 01:12:53 | 00:05:14  | 4,86  |
| 8                   | 1016   | Nelson Leal                 |                              | 01:13:04 | 00:05:25  | 4,87  |
| 9                   | 2082   | Vitor Hugo Vieira Carvalho  | Rumo À Aventura              | 01:13:32 | 00:05:53  | 4,90  |
| 10                  | 1023   | Ricardo Oliveira            | Habcarpintaria               | 01:13:38 | 00:05:59  | 4,91  |
| 11                  | 2022   | Henrique Loureiro           |                              | 01:14:34 | 00:06:55  | 4,97  |
| 12                  | 2183   | Fernando Alves              | -                            | 01:14:48 | 00:07:09  | 4,99  |
| 13                  | 2301   | Paulo Martins               | VizelaCorre                  | 01:15:07 | 00:07:28  | 5,01  |
| 14                  | 2047   | Pedro Magalhães             | S C Espinho / António Leitão | 01:15:51 | 00:08:12  | 5,06  |
| 15                  | 1047   | Manuel Oliveira             | Terminal Coimbra             | 01:16:01 | 00:08:22  | 5,07  |
| 16                  | 2107   | Isidro Pinto                | DAPproducoes                 | 01:16:39 | 00:09:00  | 5,11  |
| 17                  | 1038   | Marco Bds                   | Habcarpintaria               | 01:17:51 | 00:10:12  | 5,19  |
| 18                  | 1029   | Pedro Costa                 | Habcarpintaria               | 01:18:13 | 00:10:34  | 5,21  |
| 19                  | 1084   | João Manuel Duarte          | B.T.M                        | 01:19:28 | 00:11:49  | 5,30  |
| 20                  | 1036   | Pedro Silva                 | Habcarpintaria               | 01:19:36 | 00:11:57  | 5,31  |
| 21                  | 2262   | Pedro Miguel Oliveira Costa |                              | 01:20:20 | 00:12:41  | 5,36  |
| 22                  | 2102   | Bruno Rodrigues             | Rundiculous                  | 01:21:02 | 00:13:23  | 5,40  |
| 23                  | 2326   | Andre Sendao                | LETHES TRAIL TEAM            | 01:21:36 | 00:13:57  | 5,44  |
| 24                  | 2263   | Tiago Alves                 | DAPproducoes                 | 01:22:14 | 00:14:35  | 5,48  |
| 25                  | 2176   | AGOSTINHO TEIXEIRA          | GD AIRÃO CURVIÃ              | 01:22:34 | 00:14:55  | 5,50  |
| 26                  | 2304   | Rui Pereira                 | VizelaCorre                  | 01:23:33 | 00:15:54  | 5,57  |

| Pos | Dorsal | Nome                      | Clube               | Tempo    | Diferença | Ritmo |
|-----|--------|---------------------------|---------------------|----------|-----------|-------|
| 27  | 1039   | Joao Carlos Soutelo Couto | ACR Roriz           | 01:24:54 | 00:17:15  | 5,66  |
| 28  | 2094   | Vítor Araujo              | DAPproducoes        | 01:26:02 | 00:18:23  | 5,74  |
| 29  | 2172   | Filipe Oliveira           | FisioPedro Trail    | 01:26:02 | 00:18:23  | 5,74  |
| 30  | 2031   | José Miguel Mendes        | Falsos Lentos       | 01:26:15 | 00:18:36  | 5,75  |
| 31  | 2066   | Tiago Gonçalves           | ADECA               | 01:27:10 | 00:19:31  | 5,81  |
| 32  | 2037   | Fabio Silva               | Nós Acreditamos     | 01:27:38 | 00:19:59  | 5,84  |
| 33  | 2223   | Pedro Azevedo             |                     | 01:28:09 | 00:20:30  | 5,88  |
| 34  | 1063   | Daniel Neto               | FisioPedro Trail    | 01:28:11 | 00:20:32  | 5,88  |
| 35  | 2338   | João Machado              | Team Lantermil      | 01:28:49 | 00:21:10  | 5,92  |
| 36  | 2019   | José Rocha                |                     | 01:28:59 | 00:21:20  | 5,93  |
| 37  | 2310   | Miguel Pimenta            |                     | 01:29:26 | 00:21:47  | 5,96  |
| 38  | 2081   | Daniel Soares             | Rundiculous         | 01:29:36 | 00:21:57  | 5,97  |
| 39  | 1068   | André Santos              | B.T.M               | 01:29:49 | 00:22:10  | 5,99  |
| 40  | 1059   | João Pedro Silva          | FisioPedro Trail    | 01:29:55 | 00:22:16  | 5,99  |
| 41  | 2133   | Nuno Carvalho             | Rumo À Aventura     | 01:30:05 | 00:22:26  | 6,01  |
| 42  | 2100   | Joel Amorim               |                     | 01:32:52 | 00:25:13  | 6,19  |
| 43  | 2208   | Vitor Silva               | Team Lantermil      | 01:32:53 | 00:25:14  | 6,19  |
| 44  | 2142   | Vítor Cardoso             | Galos Sangrentos    | 01:33:15 | 00:25:36  | 6,22  |
| 45  | 2343   | André Cristiano           | Tesos & Mouraria    | 01:33:23 | 00:25:44  | 6,23  |
| 46  | 2256   | Pedro Iven                | AiróRun             | 01:34:03 | 00:26:24  | 6,27  |
| 47  | 2073   | Adelino Dias Pinto        | DAPproducoes        | 01:36:06 | 00:28:27  | 6,41  |
| 48  | 1030   | Bruno Marques             | Habcarpintaria      | 01:36:16 | 00:28:37  | 6,42  |
| 49  | 2295   | Artur Vilas Boas          |                     | 01:37:11 | 00:29:32  | 6,48  |
| 50  | 2278   | Jorge Cardoso             | Jiracing            | 01:37:19 | 00:29:40  | 6,49  |
| 51  | 2138   | Gilberto Fernandes        | Rinus FAFE          | 01:37:23 | 00:29:44  | 6,49  |
| 52  | 2344   | João Silva                | DAPproducoes        | 01:37:31 | 00:29:52  | 6,50  |
| 53  | 2302   | Nuno Carvalho             | VizelaCorre         | 01:38:04 | 00:30:25  | 6,54  |
| 54  | 1061   | Miguel Gonçalves          | FisioPedro Trail    | 01:38:06 | 00:30:27  | 6,54  |
| 55  | 1058   | Joao Laranjeira           | ADE Trail Running   | 01:38:15 | 00:30:36  | 6,55  |
| 56  | 2180   | Emanuel Leal              | Famalição em forma  | 01:38:20 | 00:30:41  | 6,56  |
| 57  | 2325   | Diogo Santos              |                     | 01:38:27 | 00:30:48  | 6,56  |
| 58  | 2045   | Eduardo Ribeiro           |                     | 01:38:36 | 00:30:57  | 6,57  |
| 59  | 2243   | Luís Cardoso              | Brigada do Pedal    | 01:39:19 | 00:31:40  | 6,62  |
| 60  | 1011   | Mário Coelho              |                     | 01:41:13 | 00:33:34  | 6,75  |
| 61  | 2095   | Paulo Aroso               |                     | 01:41:34 | 00:33:55  | 6,77  |
| 62  | 2010   | Miguel Pereira            | Vieira A Correr     | 01:42:06 | 00:34:27  | 6,81  |
| 63  | 2003   | Ricardo Branco            |                     | 01:42:17 | 00:34:38  | 6,82  |
| 64  | 1031   | Elson Carvalho            | Habcarpintaria      | 01:42:29 | 00:34:50  | 6,83  |
| 65  | 2248   | Pedro Oliveira            |                     | 01:43:02 | 00:35:23  | 6,87  |
| 66  | 1051   | Pedro Marques             |                     | 01:43:13 | 00:35:34  | 6,88  |
| 67  | 2210   | Sergio Martins            |                     | 01:43:36 | 00:35:57  | 6,91  |
| 68  | 2221   | Rúben Reis                | CEDÕES TEAM         | 01:44:26 | 00:36:47  | 6,96  |
| 69  | 2105   | Ricardo Meireles          | Braga               | 01:44:32 | 00:36:53  | 6,97  |
| 70  | 2101   | Nuno Teixeira             | DAPproducoes        | 01:45:03 | 00:37:24  | 7,00  |
| 71  | 2186   | Paulo Vaz                 |                     | 01:45:50 | 00:38:11  | 7,06  |
| 72  | 2060   | Bruno Miguel Andrade      | Tás bem mene?       | 01:46:52 | 00:39:13  | 7,12  |
| 73  | 2087   | Bruno Penedo              | Tás bem mene?       | 01:46:52 | 00:39:13  | 7,12  |
| 74  | 2067   | André Cordeiro            | Tas bem mene?       | 01:46:52 | 00:39:13  | 7,12  |
| 75  | 1026   | Bruno Sampaio             | Habcarpintaria      | 01:47:15 | 00:39:36  | 7,15  |
| 76  | 2252   | miguel Rodrigues          | VF's                | 01:47:29 | 00:39:50  | 7,17  |
| 77  | 2018   | Vitor Silva               | Florentinos Running | 01:48:02 | 00:40:23  | 7,20  |
| 78  | 2266   | Vitor Ferreira            |                     | 01:49:49 | 00:42:10  | 7,32  |
| 79  | 1041   | RICARDO VIEIRA            | Vidaativarunners    | 01:50:00 | 00:42:21  | 7,33  |
| 80  | 2015   | Hernâni Veríssimo         |                     | 01:50:02 | 00:42:23  | 7,34  |

| Pos | Dorsal | Nome                                      | Clube              | Tempo    | Diferença | Ritmo |
|-----|--------|-------------------------------------------|--------------------|----------|-----------|-------|
| 81  | 2032   | Hélder Soares                             | Falsos Lentos      | 01:51:39 | 00:44:00  | 7,44  |
| 82  | 2250   | André Loureiro                            | VF's               | 01:52:02 | 00:44:23  | 7,47  |
| 83  | 2251   | rui couto                                 | VF's               | 01:52:02 | 00:44:23  | 7,47  |
| 84  | 2125   | Pedro Silva                               | Zenit Automóveis   | 01:52:31 | 00:44:52  | 7,50  |
| 85  | 2118   | Luis Moreira                              | DAPproducoes       | 01:53:33 | 00:45:54  | 7,57  |
| 86  | 2054   | Paulo Mandim                              | Let's Go Team      | 01:54:25 | 00:46:46  | 7,63  |
| 87  | 2187   | Nuno Ricardo                              | Tesos & Mouraria   | 01:55:23 | 00:47:44  | 7,69  |
| 88  | 2005   | Fernando Pereira                          |                    | 01:55:54 | 00:48:15  | 7,73  |
| 89  | 2207   | Helder Torres                             | KalMachines        | 01:56:17 | 00:48:38  | 7,75  |
| 90  | 2284   | José Silva                                | OPraticante.pt     | 01:56:59 | 00:49:20  | 7,80  |
| 91  | 2146   | Ricardo Moreira                           | Atalanta runners   | 01:57:25 | 00:49:46  | 7,83  |
| 92  | 2197   | Carlos Moreira                            | 14 15 Norte Sul    | 01:57:42 | 00:50:03  | 7,85  |
| 93  | 2198   | Tiago Sousa                               | 14 15 Norte Sul    | 01:57:42 | 00:50:03  | 7,85  |
| 94  | 2092   | Sem Dados                                 |                    | 01:57:59 | 00:50:20  | 7,87  |
| 95  | 2114   | Pedro Silva                               |                    | 01:58:51 | 00:51:12  | 7,92  |
| 96  | 2062   | José Costa                                | Papa Trails        | 01:59:02 | 00:51:23  | 7,94  |
| 97  | 2161   | Bruno Rodrigues                           |                    | 01:59:28 | 00:51:49  | 7,96  |
| 98  | 2096   | Sem Dados                                 |                    | 01:59:57 | 00:52:18  | 8,00  |
| 99  | 2012   | Tiago Silva                               | Coach Coringa      | 02:00:36 | 00:52:57  | 8,04  |
| 100 | 2282   | Nuno Fernandes                            | OPraticante.pt     | 02:00:56 | 00:53:17  | 8,06  |
| 101 | 2218   | Nuno Oliveira                             | Malucos dos Trails | 02:02:17 | 00:54:38  | 8,15  |
| 102 | 2217   | Ricardo Pires                             | Malucos dos Trails | 02:02:18 | 00:54:39  | 8,15  |
| 103 | 1025   | Flávio Rocha                              | Habcarpintaria     | 02:03:10 | 00:55:31  | 8,21  |
| 104 | 2152   | Bartolomeu Salgueiro Bartolomeu Salgueiro | Gang da Areosa     | 02:04:04 | 00:56:25  | 8,27  |
| 105 | 1032   | Diogo Lopes                               | Habcarpintaria     | 02:05:26 | 00:57:47  | 8,36  |
| 106 | 2215   | Nuno Mendes                               | Nuno Mendes        | 02:06:47 | 00:59:08  | 8,45  |
| 107 | 2219   | Nuno Serodio                              | Malucos dos Trails | 02:06:53 | 00:59:14  | 8,46  |
| 108 | 2315   | Ivo Silva                                 |                    | 02:06:55 | 00:59:16  | 8,46  |
| 109 | 1019   | Ricardo Machado                           | A.D.CARRIL         | 02:07:56 | 01:00:17  | 8,53  |
| 110 | 2065   | Jorge Magalhães                           | Papa Trails        | 02:11:20 | 01:03:41  | 8,76  |
| 111 | 2178   | António Dias                              |                    | 02:15:24 | 01:07:45  | 9,03  |
| 112 | 2051   | Ricardo Silva                             | Vila Nova de Gaia  | 02:15:24 | 01:07:45  | 9,03  |
| 113 | 2318   | Jorge Rodrigues                           | BestMove           | 02:16:13 | 01:08:34  | 9,08  |
| 114 | 2041   | Ricardo Freitas                           | Barcelos           | 02:16:38 | 01:08:59  | 9,11  |
| 115 | 2216   | Telmo Gondar                              | Malucos dos Trails | 02:20:59 | 01:13:20  | 9,40  |
| 116 | 2321   | Cipriano Nguendji                         | BestMove           | 02:24:18 | 01:16:39  | 9,62  |
| 117 | 2110   | Nuno Oliveira Oliveira                    | CB RUN             | 02:32:49 | 01:25:10  | 10,19 |
| 118 | 2150   | Ivo Cordeiro                              | Gang da Areosa     | 02:34:20 | 01:26:41  | 10,29 |
| 119 | 2145   | Pedro Silva                               | Leca do Balio      | 02:34:39 | 01:27:00  | 10,31 |
| 120 | 2143   | Miguel Novais                             | Galos Sangrentos   | 02:42:28 | 01:34:49  | 10,83 |
| 121 | 2149   | Rui Pedro Vilas Boas                      | Galos Sangrentos   | 02:42:29 | 01:34:50  | 10,83 |
| 122 | 2335   | Paulo Silva                               |                    | 02:45:34 | 01:37:55  | 11,04 |

| Seniores Femininos |        |                                |                  |          |           |       |
|--------------------|--------|--------------------------------|------------------|----------|-----------|-------|
| Pos                | Dorsal | Nome                           | Clube            | Tempo    | Diferença | Ritmo |
| 1                  | 1069   | Sara Cristina Fernandes Araujo | B.T.M            | 01:31:11 | 00:00:00  | 6,08  |
| 2                  | 1092   | Andreia Rocha                  | Dragon Club      | 01:38:36 | 00:07:25  | 6,57  |
| 3                  | 2283   | Marlene Puga                   | OPraticante.pt   | 01:39:30 | 00:08:19  | 6,63  |
| 4                  | 2244   | Maria Silva                    | Brigada do Pedal | 01:45:06 | 00:13:55  | 7,01  |
| 5                  | 2294   | Angélica Rocha                 | Dragon Club      | 01:45:09 | 00:13:58  | 7,01  |
| 6                  | 2171   | Claudia Pereira                | F.c Penafiel     | 01:45:09 | 00:13:58  | 7,01  |
| 7                  | 1022   | Patrícia Ferreira              | Habcarpintaria   | 01:47:16 | 00:16:05  | 7,15  |

| Pos | Dorsal | Nome                    | Clube              | Tempo    | Diferença | Ritmo |
|-----|--------|-------------------------|--------------------|----------|-----------|-------|
| 8   | 173    | TANYA REIS              | B.T.M              | 01:47:36 | 00:16:25  | 7,17  |
| 9   | 2147   | Carina Silva            |                    | 01:50:54 | 00:19:43  | 7,39  |
| 10  | 1046   | Elisa Alves             |                    | 01:54:49 | 00:23:38  | 7,65  |
| 11  | 2074   | Diana Dias              | DAPproducoes       | 01:56:34 | 00:25:23  | 7,77  |
| 12  | 2061   | Fabiana Silva           | Papa Trails        | 01:59:02 | 00:27:51  | 7,94  |
| 13  | 2132   | Patrícia Serra          |                    | 01:59:47 | 00:28:36  | 7,99  |
| 14  | 1089   | Andreia Carvalho        | Rafa Team          | 01:59:56 | 00:28:45  | 8,00  |
| 15  | 1037   | Daniela Faria           | Habcarpintaria     | 02:03:09 | 00:31:58  | 8,21  |
| 16  | 2156   | Sandra Pinto            |                    | 02:04:26 | 00:33:15  | 8,30  |
| 17  | 1018   | Manuela Rocha           | A.D.CARRIL         | 02:07:56 | 00:36:45  | 8,53  |
| 18  | 1021   | Natércia Silva          | Habcarpintaria     | 02:08:55 | 00:37:44  | 8,59  |
| 19  | 2286   | Joana Sousa             |                    | 02:08:58 | 00:37:47  | 8,60  |
| 20  | 2014   | Sara Barbosa            |                    | 02:09:09 | 00:37:58  | 8,61  |
| 21  | 2016   | Andreia Rego            |                    | 02:09:09 | 00:37:58  | 8,61  |
| 22  | 2063   | Sabina Magalhães        | Papa Trails        | 02:11:19 | 00:40:08  | 8,75  |
| 23  | 1017   | Mariana Miranda         | Barcelos           | 02:12:31 | 00:41:20  | 8,83  |
| 24  | 2155   | Vânia Costa             |                    | 02:15:10 | 00:43:59  | 9,01  |
| 25  | 2227   | MARTA PEREIRA           | DAPproducoes       | 02:15:26 | 00:44:15  | 9,03  |
| 26  | 2213   | Patricia Santos         |                    | 02:15:46 | 00:44:35  | 9,05  |
| 27  | 2195   | Ana Pacheco             | DAPproducoes       | 02:16:09 | 00:44:58  | 9,08  |
| 28  | 2121   | Magda Pereira           | Pipocas & Bombocas | 02:17:12 | 00:46:01  | 9,15  |
| 29  | 2064   | Sara Loureiro           | B.T.M              | 02:17:16 | 00:46:05  | 9,15  |
| 30  | 2123   | Elisabete Silva         | DAPproducoes       | 02:23:02 | 00:51:51  | 9,54  |
| 31  | 2333   | Elisabete Martins       | OTZ RUN            | 02:24:17 | 00:53:06  | 9,62  |
| 32  | 2160   | Solange Ferreira Lajoso | Barcelos           | 02:24:19 | 00:53:08  | 9,62  |
| 33  | 2191   | Joana Filipa Silva      | DAPproducoes       | 02:28:34 | 00:57:23  | 9,90  |
| 34  | 2230   | Cátia Vieira            | CB RUN             | 02:32:49 | 01:01:38  | 10,19 |
| 35  | 2324   | Sara Matos              | BestMove           | 02:33:36 | 01:02:25  | 10,24 |
| 36  | 2323   | Ana Carvalho            | BestMove           | 02:33:36 | 01:02:25  | 10,24 |
| 37  | 2319   | Catarina Santos         | BestMove           | 02:33:36 | 01:02:25  | 10,24 |
| 38  | 1077   | Joana senra             | B.T.M              | 02:33:45 | 01:02:34  | 10,25 |
| 39  | 1075   | Ana Sofia Sousa         | B.T.M              | 02:33:45 | 01:02:34  | 10,25 |
| 40  | 2151   | Tatiana Moraes          | Gang da Areosa     | 02:34:19 | 01:03:08  | 10,29 |
| 41  | 2093   | Helena Oliveira         |                    | 02:45:34 | 01:14:23  | 11,04 |

| M40 |        |                     |                      |          |           |       |
|-----|--------|---------------------|----------------------|----------|-----------|-------|
| Pos | Dorsal | Nome                | Clube                | Tempo    | Diferença | Ritmo |
| 1   | 2021   | Nelson Loureiro     |                      | 01:03:30 | 00:00:00  | 4,23  |
| 2   | 2299   | Daniel Faria        | VizelaCorre          | 01:04:54 | 00:01:24  | 4,33  |
| 3   | 2298   | Carlos Monteiro     | VizelaCorre          | 01:05:22 | 00:01:52  | 4,36  |
| 4   | 2072   | Ivan Silva          | EDV-Viana Trail      | 01:08:29 | 00:04:59  | 4,57  |
| 5   | 1035   | Luciano Pereira     | Habcarpintaria       | 01:11:17 | 00:07:47  | 4,75  |
| 6   | 2292   | FILIPE MENESES      | Minho e Lima Trail   | 01:13:28 | 00:09:58  | 4,90  |
| 7   | 2327   | Abel Franco         | Drogaria Abel Franco | 01:13:29 | 00:09:59  | 4,90  |
| 8   | 2104   | Paulo Jesus         | Dragon Club          | 01:15:40 | 00:12:10  | 5,04  |
| 9   | 1062   | Sérgio Sampaio      | FisioPedro Trail     | 01:15:56 | 00:12:26  | 5,06  |
| 10  | 2328   | Jose Peixoto        | Sabores do Campo     | 01:16:01 | 00:12:31  | 5,07  |
| 11  | 2201   | João Paulo Pimentel | Terminal Coimbra     | 01:17:39 | 00:14:09  | 5,18  |
| 12  | 1090   | Sebastião Pinto     | Rafa Team            | 01:18:36 | 00:15:06  | 5,24  |
| 13  | 2153   | Manuel Sousa Souaa  | DAPproducoes         | 01:20:00 | 00:16:30  | 5,33  |
| 14  | 2249   | Sergio Campos       | Rumo À Aventura      | 01:20:22 | 00:16:52  | 5,36  |
| 15  | 2193   | João Pedro Sousa    | Spin&Run Esposende   | 01:21:15 | 00:17:45  | 5,42  |
| 16  | 2339   | Rui Couto           | ADE Trail Running    | 01:21:57 | 00:18:27  | 5,46  |

| Pos | Dorsal | Nome                             | Clube                      | Tempo    | Diferença | Ritmo |
|-----|--------|----------------------------------|----------------------------|----------|-----------|-------|
| 17  | 2303   | Pedro Cunha                      | VizelaCorre                | 01:22:06 | 00:18:36  | 5,47  |
| 18  | 2240   | Cesar Gomes                      | Dragon Club                | 01:22:39 | 00:19:09  | 5,51  |
| 19  | 2144   | Jorge Moreira                    | DAPproducoes               | 01:23:29 | 00:19:59  | 5,57  |
| 20  | 2108   | José Gomes                       | Pova de Varzim             | 01:23:54 | 00:20:24  | 5,59  |
| 21  | 2071   | Joaquim Sá                       | ACR Roriz                  | 01:25:06 | 00:21:36  | 5,67  |
| 22  | 2083   | Pedro Vieira                     | A.D.Amarante Trail Running | 01:26:02 | 00:22:32  | 5,74  |
| 23  | 2236   | António Carlos Vilas Boas        | Arca Barcelos Runners      | 01:26:18 | 00:22:48  | 5,75  |
| 24  | 1027   | Hugo Sampaio                     | Habcarpintaria             | 01:26:22 | 00:22:52  | 5,76  |
| 25  | 2274   | Diogo Barros                     | CB RUN                     | 01:27:46 | 00:24:16  | 5,85  |
| 26  | 1087   | Mauro Roxo                       | ADE Trail Running          | 01:29:00 | 00:25:30  | 5,93  |
| 27  | 2039   | Leandro Teixeira                 | Nós Acreditamos            | 01:29:06 | 00:25:36  | 5,94  |
| 28  | 2228   | João Coelho                      | AMC TRAIL                  | 01:29:24 | 00:25:54  | 5,96  |
| 29  | 2103   | João Matos                       |                            | 01:31:03 | 00:27:33  | 6,07  |
| 30  | 1083   | Agostinho Maia                   | B.T.M                      | 01:31:12 | 00:27:42  | 6,08  |
| 31  | 1066   | josé azevedo                     | B.T.M                      | 01:31:12 | 00:27:42  | 6,08  |
| 32  | 1056   | Carlos Carreira                  | ADE Trail Running          | 01:31:14 | 00:27:44  | 6,08  |
| 33  | 2235   | Nuno Oliveira                    | S&F Runners                | 01:31:26 | 00:27:56  | 6,10  |
| 34  | 2273   | Bruno Pereira                    |                            | 01:32:04 | 00:28:34  | 6,14  |
| 35  | 2276   | Jose Padrão                      | Arca Barcelos Runners      | 01:32:58 | 00:29:28  | 6,20  |
| 36  | 2116   | Marco Dias Dias                  | Padela Natural             | 01:33:04 | 00:29:34  | 6,20  |
| 37  | 2141   | Gilberto Dias                    | Padela Natural             | 01:33:04 | 00:29:34  | 6,20  |
| 38  | 2139   | Carlos Manuel Bandeira Melo Melo | Padela Natural             | 01:33:05 | 00:29:35  | 6,21  |
| 39  | 2229   | Pedro Pimenta                    | SEM Medo                   | 01:33:07 | 00:29:37  | 6,21  |
| 40  | 1079   | Carlos Jardim                    | B.T.M                      | 01:33:12 | 00:29:42  | 6,21  |
| 41  | 2059   | Paulo Ribeiro                    | Temos Pena Atletismo       | 01:33:51 | 00:30:21  | 6,26  |
| 42  | 2202   | Antonio Coelho                   | Trofa                      | 01:34:44 | 00:31:14  | 6,32  |
| 43  | 1020   | Carlos Araujo                    | Habcarpintaria             | 01:34:45 | 00:31:15  | 6,32  |
| 44  | 2128   | António Neves                    | Fardetas                   | 01:36:03 | 00:32:33  | 6,40  |
| 45  | 1034   | Francisco Silva                  | Habcarpintaria             | 01:36:16 | 00:32:46  | 6,42  |
| 46  | 2247   | Pedro Sousa                      | 0000                       | 01:37:34 | 00:34:04  | 6,50  |
| 47  | 2020   | Cristiano Guimaraes              | A noite passa a correr     | 01:38:18 | 00:34:48  | 6,55  |
| 48  | 2182   | Sergio Teixeira                  | Guimaraes                  | 01:39:08 | 00:35:38  | 6,61  |
| 49  | 2120   | Carlos Alberto Ribeiro           | Trail4Fun                  | 01:39:37 | 00:36:07  | 6,64  |
| 50  | 2245   | Nuno Rodrigues                   | S&F Runners                | 01:39:58 | 00:36:28  | 6,66  |
| 51  | 2029   | Franco Costa                     |                            | 01:40:19 | 00:36:49  | 6,69  |
| 52  | 2137   | RUI OLIVEIRA                     | Unidos pelos Trilhos       | 01:40:38 | 00:37:08  | 6,71  |
| 53  | 2293   | Paulo Araújo                     | Outizal - R10K             | 01:40:41 | 00:37:11  | 6,71  |
| 54  | 1055   | Francisco Alves                  | Cerveira Team Running      | 01:41:10 | 00:37:40  | 6,74  |
| 55  | 2288   | António Miguel Magalhães         | Almostrunners              | 01:41:22 | 00:37:52  | 6,76  |
| 56  | 1015   | Isaias Boas                      |                            | 01:41:23 | 00:37:53  | 6,76  |
| 57  | 1050   | Pedro Oliveira                   | Cerveira Team Running      | 01:41:26 | 00:37:56  | 6,76  |
| 58  | 2024   | José António Fernandes           |                            | 01:42:08 | 00:38:38  | 6,81  |
| 59  | 2017   | Vitor Fernandes                  | Florentinos Running        | 01:42:22 | 00:38:52  | 6,82  |
| 60  | 1072   | Luis Fernandes                   | B.T.M                      | 01:42:30 | 00:39:00  | 6,83  |
| 61  | 2246   | Marco Gonçalo Oliveira           |                            | 01:42:38 | 00:39:08  | 6,84  |
| 62  | 2291   | Nelson Maia                      |                            | 01:42:51 | 00:39:21  | 6,86  |
| 63  | 2079   | António Cunha                    | Unidos pelos Trilhos       | 01:42:57 | 00:39:27  | 6,86  |
| 64  | 2076   | Carlos Jorge                     | Unidos pelos Trilhos       | 01:42:57 | 00:39:27  | 6,86  |
| 65  | 2089   | Alvaro Barreto                   | Barreto Team               | 01:43:28 | 00:39:58  | 6,90  |
| 65  | 2090   | Carlos Barreto                   | Barreto Team               | 01:43:28 | 00:39:58  | 6,90  |
| 67  | 2040   | Armando Cardoso                  | Nós Acreditamos            | 01:44:15 | 00:40:45  | 6,95  |
| 68  | 2167   | ANTONIO COSTA                    |                            | 01:44:42 | 00:41:12  | 6,98  |
| 69  | 2265   | Cândido Silva                    | Zenit Automóveis           | 01:44:59 | 00:41:29  | 7,00  |
| 70  | 2069   | Ricardo Pinto                    | DAPproducoes               | 01:45:00 | 00:41:30  | 7,00  |

| Pos | Dorsal | Nome                      | Clube                           | Tempo    | Diferença | Ritmo |
|-----|--------|---------------------------|---------------------------------|----------|-----------|-------|
| 71  | 2258   | José Fangueiro            | Póvoa de Varzim                 | 01:45:07 | 00:41:37  | 7,01  |
| 72  | 2185   | Nelo Chapeiro Ou Quim     | Tesos & Mouraria                | 01:46:49 | 00:43:19  | 7,12  |
| 73  | 2307   | Nuno Filipe Silva Gandara |                                 | 01:49:04 | 00:45:34  | 7,27  |
| 74  | 1086   | Luis Gomes                | Team Lantermil                  | 01:50:51 | 00:47:21  | 7,39  |
| 75  | 2238   | João Mendes               |                                 | 01:50:56 | 00:47:26  | 7,40  |
| 76  | 2113   | Márcio Pires              | Minho Aventura                  | 01:51:11 | 00:47:41  | 7,41  |
| 77  | 2203   | Nuno Costa                | Grupo Desportivo Limpeza Urbana | 01:51:31 | 00:48:01  | 7,43  |
| 78  | 2159   | Sergio Mota               | JáCorrias                       | 01:52:18 | 00:48:48  | 7,49  |
| 79  | 2002   | Daniel Gomes              |                                 | 01:57:26 | 00:53:56  | 7,83  |
| 80  | 2068   | Vitor Alves               | Rinus FAFE                      | 01:59:32 | 00:56:02  | 7,97  |
| 81  | 2311   | Claudio Lopes             | #cabrasdomonte                  | 01:59:39 | 00:56:09  | 7,98  |
| 82  | 1028   | Ricardo Costa             | Habcarpintaria                  | 01:59:47 | 00:56:17  | 7,99  |
| 83  | 2028   | Jose Matos                |                                 | 02:01:06 | 00:57:36  | 8,07  |
| 84  | 1049   | Luís Monteiro             | OZ Running Team                 | 02:01:06 | 00:57:36  | 8,07  |
| 85  | 2084   | Hélder Nogueira           | A Natureza Ensina               | 02:04:49 | 01:01:19  | 8,32  |
| 86  | 2305   | Jorge Moreira             | DAPproducoes                    | 02:05:59 | 01:02:29  | 8,40  |
| 87  | 2127   | Miguel Queirós            | Fardetas                        | 02:06:57 | 01:03:27  | 8,46  |
| 88  | 2091   | alfredo peniche           | Grupo desportivo de tougues     | 02:12:45 | 01:09:15  | 8,85  |
| 89  | 2158   | Pedro Silva               | DAPproducoes                    | 02:12:48 | 01:09:18  | 8,85  |
| 90  | 2162   | David Costa               | Manu's Therapi Trail runing     | 02:13:00 | 01:09:30  | 8,87  |
| 91  | 2260   | Rui Carvalho              | R10K-Runners Team               | 02:13:57 | 01:10:27  | 8,93  |
| 92  | 2259   | Nuno P. Silva             | LOBOS DO MONTE - LOUSADO        | 02:16:43 | 01:13:13  | 9,11  |
| 93  | 2192   | João Paulo Venturelli     | Venturelli                      | 02:18:06 | 01:14:36  | 9,21  |
| 94  | 2271   | Pedro Carvalho            | R10K                            | 02:20:19 | 01:16:49  | 9,35  |
| 95  | 2287   | Germano Araújo            | R10K/Matosmix                   | 02:20:19 | 01:16:49  | 9,35  |
| 96  | 2329   | Nuno Oliveira             |                                 | 02:23:04 | 01:19:34  | 9,54  |
| 97  | 2189   | Fernando Moinho           |                                 | 02:24:17 | 01:20:47  | 9,62  |
| 98  | 2233   | Pedro Santos              | Pedro santos                    | 02:25:53 | 01:22:23  | 9,73  |
| 99  | 2009   | Filipe Leitão             | Gondomar Futsal Clube           | 02:30:58 | 01:27:28  | 10,06 |
| 100 | 2008   | Telmo Ferreira            | Gondomar Futsal Clube           | 02:30:58 | 01:27:28  | 10,06 |
| 101 | 2331   | José Abilheira            | Galos Sangrentos                | 02:42:27 | 01:38:57  | 10,83 |

| F40 |        |                     |                                          |          |           |       |
|-----|--------|---------------------|------------------------------------------|----------|-----------|-------|
| Pos | Dorsal | Nome                | Clube                                    | Tempo    | Diferença | Ritmo |
| 1   | 2048   | Sara Conceição      | Sporting clube de espinho/António leitão | 01:27:31 | 00:00:00  | 5,83  |
| 2   | 2006   | Ana Freitas         | A.D.CARRIL                               | 01:28:47 | 00:01:16  | 5,92  |
| 3   | 2050   | Elisabete Ministro  | Palmeira Runners                         | 01:36:07 | 00:08:36  | 6,41  |
| 4   | 2181   | Elisabete Gonçalves | Famalicão em forma                       | 01:38:18 | 00:10:47  | 6,55  |
| 5   | 1043   | MARIANA OLIVEIRA    | Vidaativarunners                         | 01:41:43 | 00:14:12  | 6,78  |
| 6   | 1053   | Isabel Cunha        | Cerveira Team Running                    | 01:41:43 | 00:14:12  | 6,78  |
| 7   | 1045   | Sofia Afonso        |                                          | 01:44:07 | 00:16:36  | 6,94  |
| 8   | 2316   | Sónia Santos        | AiróRun                                  | 01:47:16 | 00:19:45  | 7,15  |
| 9   | 2126   | Marisa Doreta       | Fardetas                                 | 01:50:23 | 00:22:52  | 7,36  |
| 10  | 2130   | Maria Brás          | Spin&Run Esposende                       | 01:50:54 | 00:23:23  | 7,39  |
| 11  | 2088   | Licinia Silva       | DAPproducoes                             | 01:51:23 | 00:23:52  | 7,43  |
| 12  | 2177   | CARLA DIAS          | GD AIRÃO CURVIÃ                          | 01:52:02 | 00:24:31  | 7,47  |
| 13  | 2314   | Marta Fonseca       |                                          | 01:55:13 | 00:27:42  | 7,68  |
| 14  | 2179   | Marisa Novais       | Rinus FAFE                               | 01:56:22 | 00:28:51  | 7,76  |
| 15  | 2134   | Ana Santos          |                                          | 01:57:25 | 00:29:54  | 7,83  |
| 16  | 2214   | Alice Miranda       | Nine                                     | 01:57:40 | 00:30:09  | 7,84  |
| 17  | 2075   | Maria Fonseca       | Unidos pelos Trilhos                     | 01:58:00 | 00:30:29  | 7,87  |
| 18  | 1042   | ANA ROCHA           | Vidaativarunners                         | 01:58:07 | 00:30:36  | 7,87  |

| Pos | Dorsal | Nome               | Clube                       | Tempo    | Diferença | Ritmo |
|-----|--------|--------------------|-----------------------------|----------|-----------|-------|
| 19  | 2035   | Marília Ferreira   | Viasaudavel                 | 01:58:16 | 00:30:45  | 7,88  |
| 20  | 2157   | Fátima Costa       |                             | 01:58:53 | 00:31:22  | 7,93  |
| 21  | 2241   | Ana Gonçalves      | Amigos dos Trails           | 01:58:59 | 00:31:28  | 7,93  |
| 22  | 2312   | Carla Barros       | FIT                         | 01:59:39 | 00:32:08  | 7,98  |
| 23  | 2234   | Fátima Marinho     | SEM Medo                    | 02:02:40 | 00:35:09  | 8,18  |
| 24  | 2174   | FÁTIMA AZEVEDO     | A.C. VERMOIM                | 02:02:53 | 00:35:22  | 8,19  |
| 25  | 2070   | Paula Lopes        | DAPproducoes                | 02:03:51 | 00:36:20  | 8,26  |
| 26  | 2211   | Alexandra Ferreira |                             | 02:04:05 | 00:36:34  | 8,27  |
| 27  | 2239   | Ana Macedo         | Amigos dos Trails           | 02:06:06 | 00:38:35  | 8,41  |
| 28  | 2306   | Ivone Ferraz       |                             | 02:06:55 | 00:39:24  | 8,46  |
| 29  | 2212   | Maria Jose Silva   |                             | 02:15:46 | 00:48:15  | 9,05  |
| 30  | 2267   | Manuela Silva      | LOBOS DO MONTE - LOUSADO    | 02:16:43 | 00:49:12  | 9,11  |
| 31  | 1080   | Maria Barbosa      | B.T.M                       | 02:17:16 | 00:49:45  | 9,15  |
| 32  | 1071   | Alexandra Oliveira | B.T.M                       | 02:17:16 | 00:49:45  | 9,15  |
| 33  | 1073   | ALDA Fernandes     | B.T.M                       | 02:17:16 | 00:49:45  | 9,15  |
| 34  | 2085   | Rosa Ribeiro       |                             | 02:18:32 | 00:51:01  | 9,24  |
| 35  | 1076   | Lurdes Magalhães   | B.T.M                       | 02:20:58 | 00:53:27  | 9,40  |
| 36  | 1013   | Patrícia Rei       | B.T.M                       | 02:20:58 | 00:53:27  | 9,40  |
| 37  | 2313   | Sonia Fernandes    | OTZ RUN                     | 02:24:18 | 00:56:47  | 9,62  |
| 38  | 2025   | Norberta Grilo     | Braga                       | 02:29:25 | 01:01:54  | 9,96  |
| 39  | 2164   | Sandra João        | Manu's Therapi Trail runing | 02:31:21 | 01:03:50  | 10,09 |
| 40  | 1012   | Rosa Borges        | B.T.M                       | 02:33:45 | 01:06:14  | 10,25 |
| 41  | 2046   | Paula Silva        | Let's Go Team               | 02:44:28 | 01:16:57  | 10,96 |
| 42  | 2055   | Sílvia Almeida     | Let's Go Team               | 02:44:28 | 01:16:57  | 10,96 |

| M50 |        |                          |                                         |          |           |       |
|-----|--------|--------------------------|-----------------------------------------|----------|-----------|-------|
| Pos | Dorsal | Nome                     | Clube                                   | Tempo    | Diferença | Ritmo |
| 1   | 2308   | Armindo Araujo           | Nucleo Sporting Club Portugal Famalicão | 01:13:47 | 00:00:00  | 4,92  |
| 2   | 2296   | Alexandre Ferreira       | VizelaCorre                             | 01:15:05 | 00:01:18  | 5,01  |
| 3   | 2175   | MANUEL FERREIRA          | GD AIRÃO CURVIÃ                         | 01:16:39 | 00:02:52  | 5,11  |
| 4   | 2129   | José Carlos Dias         | CTAD-Consumo Zero                       | 01:20:14 | 00:06:27  | 5,35  |
| 5   | 1052   | Manuel Joaquim miranda   | ACR Roriz                               | 01:20:17 | 00:06:30  | 5,35  |
| 6   | 2056   | Antonio Cardoso          | A.D.CARVALHAL                           | 01:20:26 | 00:06:39  | 5,36  |
| 7   | 2165   | Arlindo Ferreira         | Bits&Bikes/Trail Running                | 01:20:52 | 00:07:05  | 5,39  |
| 8   | 2279   | Cláudio Monteiro         | Douroconta Trail Team                   | 01:21:46 | 00:07:59  | 5,45  |
| 9   | 2168   | Dionísio Sousa           |                                         | 01:23:45 | 00:09:58  | 5,58  |
| 10  | 2112   | Pedro Ribeiro            | CTAD-Consumo Zero                       | 01:24:06 | 00:10:19  | 5,61  |
| 11  | 2242   | José Figueiras           | Bits&Bikes/Trail Running                | 01:26:35 | 00:12:48  | 5,77  |
| 12  | 2188   | José Costa               | SilvaCosta                              | 01:28:19 | 00:14:32  | 5,89  |
| 13  | 2038   | Fernando Silva           | Nós Acreditamos                         | 01:28:23 | 00:14:36  | 5,89  |
| 14  | 1054   | Joaquim Rodrigues        | ACR Roriz                               | 01:29:17 | 00:15:30  | 5,95  |
| 15  | 2124   | Lino Moreira             | DAPproducoes                            | 01:30:08 | 00:16:21  | 6,01  |
| 16  | 2007   | Jose Rodrigues           | A.D.CARRIL                              | 01:30:12 | 00:16:25  | 6,01  |
| 17  | 2206   | José Costa               | GDLU                                    | 01:31:10 | 00:17:23  | 6,08  |
| 18  | 2289   | Luis Amaro Dias Carvalho | R10K                                    | 01:31:11 | 00:17:24  | 6,08  |
| 19  | 2261   | José Gonçalves           | Dive into the mountains                 | 01:31:47 | 00:18:00  | 6,12  |
| 20  | 2280   | Joaquim Graça Fangueiro  |                                         | 01:37:29 | 00:23:42  | 6,50  |
| 21  | 2170   | João Ribeiro             |                                         | 01:37:42 | 00:23:55  | 6,51  |
| 22  | 2001   | Rui Santos               | Nucleo Sporting Club Portugal Famalicão | 01:37:54 | 00:24:07  | 6,53  |
| 23  | 2300   | António Mendonça         | VizelaCorre                             | 01:37:59 | 00:24:12  | 6,53  |
| 24  | 2253   | António Ribeiro          | DAPproducoes                            | 01:39:23 | 00:25:36  | 6,63  |
| 25  | 2237   | Albino Faria             | Btt Carreira                            | 01:39:29 | 00:25:42  | 6,63  |

| Pos | Dorsal | Nome                         | Clube                           | Tempo    | Diferença | Ritmo |
|-----|--------|------------------------------|---------------------------------|----------|-----------|-------|
| 26  | 1010   | Manuel Sousa                 | Bora lá!                        | 01:39:41 | 00:25:54  | 6,65  |
| 27  | 2080   | Francisco Fonseca            | Unidos pelos Trilhos            | 01:40:38 | 00:26:51  | 6,71  |
| 28  | 2077   | Joaquim Teixeira             | Unidos pelos Trilhos            | 01:41:04 | 00:27:17  | 6,74  |
| 29  | 2320   | Carlos Andrade               | BestMove                        | 01:41:07 | 00:27:20  | 6,74  |
| 30  | 2209   | Jorge Lobo                   |                                 | 01:41:17 | 00:27:30  | 6,75  |
| 31  | 1048   | Alberto Sá                   | LOBOS DO MONTE - LOUSADO        | 01:41:43 | 00:27:56  | 6,78  |
| 32  | 2222   | Constantino Moreira          |                                 | 01:41:49 | 00:28:02  | 6,79  |
| 33  | 2011   | Victor Manuel                | Vieira A Correr                 | 01:42:05 | 00:28:18  | 6,81  |
| 34  | 2336   | José Carlos Rodrigues        | Povoa de Lanhoso                | 01:42:12 | 00:28:25  | 6,81  |
| 35  | 2013   | Nuno Vaz Lopes               | CMC CARAPPAUS                   | 01:42:13 | 00:28:26  | 6,81  |
| 36  | 2053   | Vítor Reis                   |                                 | 01:44:08 | 00:30:21  | 6,94  |
| 37  | 2027   | Clemente Meireles            |                                 | 01:44:34 | 00:30:47  | 6,97  |
| 38  | 2281   | Eduardo Manuel Bernardo Cepa |                                 | 01:45:06 | 00:31:19  | 7,01  |
| 39  | 2135   | José Ribeiro                 | CB RUN                          | 01:45:43 | 00:31:56  | 7,05  |
| 40  | 2122   | José Pinto                   | Pipocas & Bombocas              | 01:47:21 | 00:33:34  | 7,16  |
| 41  | 2257   | António Macedo               |                                 | 01:47:38 | 00:33:51  | 7,18  |
| 42  | 2049   | João Ministro                | Palmeira Runners                | 01:48:11 | 00:34:24  | 7,21  |
| 43  | 2119   | Agostinho Moreira            | DAPproducoes                    | 01:48:58 | 00:35:11  | 7,26  |
| 44  | 2154   | José Ribeiro                 | ADECA                           | 01:51:03 | 00:37:16  | 7,40  |
| 45  | 2099   | Manuel Cunha                 | Padela Natural                  | 01:51:56 | 00:38:09  | 7,46  |
| 46  | 2232   | Carlos Neiva                 | Maia                            | 01:52:11 | 00:38:24  | 7,48  |
| 47  | 1024   | Agostinho Pedrosa            | Habcarpintaria                  | 01:53:02 | 00:39:15  | 7,54  |
| 48  | 2111   | Augusto Cunha                |                                 | 01:54:38 | 00:40:51  | 7,64  |
| 49  | 2131   | Jorge Serra                  | Spin&Run Esposende              | 01:59:47 | 00:46:00  | 7,99  |
| 50  | 2034   | jorge azevedo                |                                 | 01:59:59 | 00:46:12  | 8,00  |
| 51  | 2173   | JOAQUIM FERREIRA             | A.C. VERMOIM                    | 02:02:53 | 00:49:06  | 8,19  |
| 52  | 2205   | Vitor Máximo                 | Grupo Desportivo Limpeza Urbana | 02:05:14 | 00:51:27  | 8,35  |
| 53  | 2204   | Pedro Pereira                | Grupo Desportivo Limpeza Urbana | 02:05:15 | 00:51:28  | 8,35  |
| 54  | 2057   | Raúl Ferreira                | Let's Go Team                   | 02:11:22 | 00:57:35  | 8,76  |
| 55  | 2200   | José Baltazar de Matos       | Esposende                       | 02:16:02 | 01:02:15  | 9,07  |
| 56  | 2106   | Augusto Lopes                |                                 | 02:18:31 | 01:04:44  | 9,23  |
| 57  | 2042   | Fernando Moreira             |                                 | 02:18:31 | 01:04:44  | 9,23  |
| 58  | 2254   | João Santana                 | Santana                         | 02:19:56 | 01:06:09  | 9,33  |
| 59  | 2058   | Manuel Silva                 | Lousada                         | 02:19:59 | 01:06:12  | 9,33  |
| 60  | 2272   | José Costa                   | R10K                            | 02:20:19 | 01:06:32  | 9,35  |
| 61  | 2196   | Jose Almeida                 |                                 | 02:43:19 | 01:29:32  | 10,89 |
| 62  | 2030   | Joaquim Figueiredo           |                                 | 02:46:59 | 01:33:12  | 11,13 |

| F50 |        |                  |                          |          |           |       |
|-----|--------|------------------|--------------------------|----------|-----------|-------|
| Pos | Dorsal | Nome             | Clube                    | Tempo    | Diferença | Ritmo |
| 1   | 2109   | Maria Campos     | Spin&Run Esposende       | 01:44:45 | 00:00:00  | 6,98  |
| 2   | 1074   | Rosa Araújo      | B.T.M                    | 01:47:36 | 00:02:51  | 7,17  |
| 3   | 2166   | Alzira Alves     | Bits&Bikes/Trail Running | 01:51:30 | 00:06:45  | 7,43  |
| 4   | 2184   | Alice Oliveira   | Famalicao em forma       | 01:53:06 | 00:08:21  | 7,54  |
| 5   | 2226   | Emilia Bras      | Spin&Run Esposende       | 01:55:03 | 00:10:18  | 7,67  |
| 6   | 1014   | Juliana Boas     |                          | 02:03:26 | 00:18:41  | 8,23  |
| 7   | 1091   | Isabel Gonçalves | Olímpico Vianense        | 02:14:38 | 00:29:53  | 8,98  |
| 8   | 2044   | Rosa Cerqueira   | Let's Go Team            | 02:52:55 | 01:08:10  | 11,53 |