



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Escalão	Pos	Equipa	Tempo	Ritmo
1	546	Luciano	Pereira	Male	1	M40	1	OCR NORTE	01:48:05	6'00"/km
2	600	Luís	Silva	Male	2	M50	1	ACRA Running	01:51:25	6'11"/km
3	514	José	Losada	Male	3	M40	2	TROGLODITAS RUNNERS	01:54:43	6'22"/km
4	529	Fernando	Alves	Male	4	MSenior	1	Individual	01:55:02	6'23"/km
5	605	Carlos	Maciel	Male	5	MSenior	2	Individual	01:56:22	6'27"/km
6	540	Helder		Male	6	MSenior	3	EDL Trail	01:57:39	6'32"/km
7	590	David	Gonçalves	Male	7	MSenior	4	S4L / Medense FC	02:06:09	7'00"/km
8	613	Sven	Vermeulen	Male	8	M40	3	Individual	02:10:25	7'14"/km
9	549	Alcino	Silva	Male	9	M40	4	A.D.Amarante Trail Running	02:11:18	7'17"/km
10	596	José	Barbosa	Male	10	M40	5	Individual	02:13:56	7'26"/km
11	547	Hélder	Silva	Male	11	MSenior	5	OCR NORTE	02:18:24	7'41"/km
12	559	Henrique	Velon	Male	12	MSenior	6	Petro Basto	02:18:44	7'42"/km
13	560	José	Oliveira	Male	13	M50	2	Petro Basto	02:18:59	7'43"/km
14	562	Telmo	Cardoso	Male	14	M40	6	Individual	02:21:24	7'51"/km
15	555	Julio	Torres	Male	15	MSenior	7	ADE trail running	02:22:48	7'56"/km
16	527	Bruno	Zuccolotto Gonçalves	Male	16	MSenior	8	EDV - VIANA TRAIL	02:23:24	7'58"/km
17	611	Alipio	Fernandes	Male	17	M50	3	Petro Basto	02:25:17	8'04"/km
18	503	Jose	Rodrigues	Male	18	M50	4	A.D.Carril	02:27:31	8'11"/km
19	554	Humberto	Carvalho	Male	19	M40	7	Bora Lá Correr	02:31:18	8'24"/km
20	550	Pedro	Vieira	Male	20	M40	8	A.D.Amarante Trail Running	02:31:44	8'25"/km
21	502	Ana	Freitas	Female	1	F40	1	A.D.Carril	02:35:44	8'39"/km
22	608	Inacio	Loureiro	Male	21	M40	9	Individual	02:37:24	8'44"/km
23	589	Hélder	Magalhães	Male	22	MSenior	9	Individual	02:38:44	8'49"/km
24	582	Jorge	Vieira	Male	23	MSenior	10	Individual	02:39:09	8'50"/km
25	551	Diamantino	Ribeiro	Male	24	M50	5	Bora Lá Correr	02:41:29	8'58"/km
26	602	Joel	Pereira	Male	25	MSenior	11	Minho e Lima Trail	02:41:49	8'59"/km
27	601	Cecília	Pereira	Female	2	F40	2	Minho e Lima Trail	02:41:50	8'59"/km
28	507	António	Barreto	Male	26	MSenior	12	Individual	02:42:35	9'01"/km
29	588	Cacau	Medeiros	Female	3	F50	1	Boavista trail	02:42:58	9'03"/km
30	528	Nuno	Sousa	Male	27	M50	6	100 ESPAÇO TRAIL TEAm	02:44:54	9'09"/km
31	606	Ines	Teixeira	Female	4	FSenior	1	Individual	02:45:20	9'11"/km
32	580	João	Peixoto	Male	28	M40	10	100 ESPAÇO TRAIL TEAm	02:47:07	9'17"/km
33	571	Márcio	Taledo	Male	29	MSenior	13	Individual	02:48:47	9'22"/km
34	572	Vitor	Rodrigues	Male	30	MSenior	14	OCR NORTE	02:52:39	9'35"/km
35	539	Rui	Tavares	Male	31	M40	11	Individual	02:54:48	9'42"/km
36	553	Álvaro	Oliveira	Male	32	M50	7	Bora Lá Correr	02:55:44	9'45"/km
37	576	Cristiano		Male	33	MSenior	15	Trilhos Ocultos	02:56:45	9'49"/km
38	545	Fernando	Pedro Ferreira Marinho	Male	34	MSenior	16	Individual	02:57:28	9'51"/km
39	500	Carlos	Monteiro	Male	35	M40	12	Café Lourido	02:58:25	9'54"/km
40	534	Ricardo	Batista	Male	36	MSenior	17	100 ESPAÇO TRAIL TEAm	03:00:42	10'02"/km
41	538	Jorge	Pereira	Male	37	MSenior	18	Individual	03:00:43	10'02"/km
42	530	Ricardo	Peixoto	Male	38	MSenior	19	Individual	03:00:44	10'02"/km
43	570	Renato	Seara	Male	39	MSenior	20	Individual	03:00:48	10'02"/km
44	598	Pedro	Fernandes	Male	40	MSenior	21	Individual	03:01:47	10'05"/km
45	544	Fernanda	Dias	Female	5	F50	2	ECOBARCAVENTURA	03:01:56	10'06"/km
46	543	Teresa	Neiva	Female	6	F50	3	ECOBARCAVENTURA	03:01:58	10'06"/km
47	577	Fernando	Vaz	Male	41	M50	8	Individual	03:02:34	10'08"/km
48	578	Mario	Jorge Alves Gonçalves	Male	42	MSenior	22	Individual	03:02:34	10'08"/km



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Escalão	Pos	Equipa	Tempo	Ritmo
49	556	Augusta	Martins	Female	7	F40	3	ACRA Running	03:02:37	10'08"/km
50	569	Zeca	Martins	Male	43	MSenior	23	UDERCUP Trogloditas Runnera	03:02:45	10'09"/km
51	13	Irene	Silva	Female	8	F40	4	TROGLODITAS RUNNERS	03:06:22	10'21"/km
52	607	Tony	Do Souto	Male	44	M40	13	DYNAMIC SPORTING CLUB FR	03:07:48	10'26"/km
53	566	Carlos	Lobo	Male	45	M40	14	Individual	03:07:59	10'26"/km
54	587	Rui	Rosas	Male	46	M40	15	Lusitanos	03:08:12	10'27"/km
55	586	Nelson		Male	47	M40	16	Lusitanos	03:08:13	10'27"/km
56	552	Ana	Luísa Oliveira	Female	9	F40	5	Bora Lá Correr	03:08:22	10'27"/km
57	584	Pedro	Coelho	Male	48	MSenior	24	Individual	03:10:39	10'35"/km
58	541	Fernando	Duarte Ferreira	Male	49	M50	9	Individual	03:11:25	10'38"/km
59	511	Sandra	Dantas	Female	10	FSenior	2	TROGLODITAS RUNNERS	03:14:21	10'47"/km
60	581	Helder	Oliveira	Male	50	MSenior	25	Individual	03:14:58	10'49"/km
61	594	Marlene	Morgado	Female	11	FSenior	3	Individual	03:15:12	10'50"/km
62	595	Daniel	Gonçalves	Male	51	MSenior	26	Individual	03:15:14	10'50"/km
63	561	David	Barreira	Male	52	M50	10	Individual	03:16:43	10'55"/km
64	564	Pedro	Amorim	Male	53	MSenior	27	Individual	03:17:01	10'56"/km
65	565	Sonia	Lobo	Female	12	FSenior	4	Individual	03:17:02	10'56"/km
66	616	Jose	Vaz	Male	54	M50	11	Trilhos Ocultos	03:17:45	10'59"/km
67	568	Leonel	Martins	Male	55	M40	17	Individual	03:19:08	11'03"/km
68	519	Celeste	Sousa	Female	13	F40	6	TROGLODITAS RUNNERS	03:20:29	11'08"/km
69	591	Mariana	Lopes Brito	Female	14	FSub23	1	Individual	03:22:48	11'16"/km
70	548	Filipe	Sousa	Male	56	MSenior	28	MaisSaúde-Fisioterapia e Osteopatia	03:24:03	11'20"/km
71	532	Maria	Inês Oliveira	Female	15	FSenior	5	Individual	03:25:00	11'23"/km
72	599	Ana	Fornelos	Female	16	FSub23	2	TROGLODITAS RUNNERS	03:28:40	11'35"/km
73	610	Catarina	Cardoso Marinho	Female	17	FSenior	6	Individual	03:30:14	11'40"/km
74	609	Leonardo	Soares	Male	57	MSenior	29	Individual	03:30:14	11'40"/km
75	535	António	Ferreira	Male	58	M40	18	100 ESPAÇO TRAIL TEAM	03:32:13	11'47"/km
76	603	Patricia	Maciel	Female	18	F40	7	ACRA Running	03:39:51	12'12"/km
77	536	Ivete	Alves	Female	19	F40	8	Individual	03:50:40	12'48"/km
78	575	Sónia	Beito	Female	20	F40	9	Individual	03:52:53	12'56"/km
79	526	Ricardo	Costa	Male	59	MSenior	30	Individual	03:56:46	13'09"/km
80	583	Susana	Cunha	Female	21	F40	10	Individual	03:57:22	13'11"/km
81	520	Miguel	Magalhães	Male	60	M40	19	Almostrunners	03:58:50	13'16"/km
82	518	Maria	Do Céu Pereira	Female	22	F50	4	TROGLODITAS RUNNERS	04:03:36	13'32"/km
83	597	Miguel	Marote Henriques	Male	61	M50	12	Clube de Montanha do Funchal	04:06:41	13'42"/km
84	573	Sérgio	Martins	Male	62	MSenior	31	Individual	04:10:28	13'54"/km
85	504	Fernando	Pereira	Male	63	M40	20	StressOff	04:16:37	14'15"/km
86	542	José	Maria Lobo Dias	Male	64	M50	13	Café Lourido	04:35:23	15'17"/km
87	510	Paula	Araújo	Female	23	FSenior	7	TROGLODITAS RUNNERS	04:36:22	15'21"/km
88	557	Pedro	Fernandes	Male	65	MSenior	32	TROGLODITAS RUNNERS	04:36:23	15'21"/km
89	533	Rui	Machado	Male	66	M50	14	Individual	04:37:48	15'26"/km
90	574	Andreia	Beito	Female	24	F40	11	Individual	04:40:21	15'34"/km
91	537	Ilda	Cardadeiro	Female	25	F40	12	Melgaço Alvarinho Trail Team	04:42:10	15'40"/km