



RESULTADOS

TRAIL DO PORTO MONIZ

05/02/17

Prova: Trail Ultra

47 km / 3800 D+ / grau de dificuldade 4

Fator de ponderação 1

| Geral | Peitoral | Género | Nome | Clube | Nacionalidade | Escalão | Resultado |
|-------|----------|--------|-------------------|--------|---------------|---------|-----------|
| 1 | 157 | M | Jordi Gamito | nf | Spain | V35 | 05:28:59 |
| 2 | 108 | M | Francisco Freitas | AJS | Portugal | V40 | 05:54:39 |
| 3 | 117 | M | Manuel Faria | AJS | Portugal | V35 | 05:56:29 |
| 4 | 3 | M | Bruno Dantas | ATLAFA | Portugal | V40 | 06:13:16 |
| 5 | 60 | M | Virgílio Ornelas | AJS | Portugal | V40 | 06:36:47 |
| 6 | 17 | M | Flávio Vieira | CMOF | Portugal | Sénior | 06:41:03 |
| 7 | 88 | M | Celso Andrade | RCT | Portugal | V35 | 06:56:14 |
| 8 | 52 | M | Eduardo Silva | nf | Portugal | Sénior | 07:01:55 |
| 9 | 127 | M | Timóteo Sousa | CAMAD | Portugal | Sénior | 07:13:42 |
| 10 | 118 | M | Sílvio Cró | IND-M | Portugal | Sénior | 07:13:44 |
| 11 | 100 | M | Inácio Camacho | nf | Portugal | Sénior | 07:15:35 |
| 12 | 144 | M | Fábio Vieira | CMOF | Portugal | Sénior | 07:16:12 |
| 13 | 13 | M | Maurício Gomes | nf | Portugal | Sénior | 07:22:02 |
| 14 | 32 | M | Paulo Fialho | nf | Portugal | V45 | 07:23:54 |
| 15 | 89 | M | Duarte Abreu | AJS | Portugal | V40 | 07:26:38 |

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|----|-----|---|-------------------|--------|----------|--------|----------|
| 16 | 116 | M | Alberto Aguiar | AJS | Portugal | Sénior | 07:37:13 |
| 17 | 76 | M | Arild Bjarkø | nf | Norway | V60 | 07:38:55 |
| 18 | 9 | M | Ricardo Baptista | AJS | Portugal | V45 | 07:39:20 |
| 19 | 126 | M | José Caires | CAMAD | Portugal | V35 | 07:41:24 |
| 20 | 153 | M | José Abreu | MTT | Portugal | Sénior | 07:41:34 |
| 21 | 43 | M | Sérgio Freitas | CMOF | Portugal | V40 | 07:41:46 |
| 22 | 5 | M | Amílcar Fernandes | PT-MEO | Portugal | Sénior | 07:41:56 |
| 23 | 40 | M | Luís Martins | nf | Portugal | V40 | 07:42:44 |
| 24 | 90 | M | Heládio Freitas | CFCARV | Portugal | V35 | 07:45:29 |
| 25 | 74 | M | José Ribeiro | CAMAD | Portugal | V50 | 07:50:47 |
| 26 | 8 | M | Alberto Jardim | ZAPCAR | Portugal | V40 | 07:51:28 |
| 27 | 38 | M | Luís Trindade | nf | Portugal | V35 | 07:53:41 |
| 28 | 39 | M | Lino Luz | nf | Portugal | V40 | 07:53:45 |
| 29 | 125 | M | Ivo Marques | nf | Portugal | V35 | 07:55:45 |
| 30 | 72 | M | Luís Rodrigues | nf | Portugal | V40 | 07:56:04 |
| 31 | 110 | F | Lúcia Franco | ADG | Portugal | V35 | 07:58:26 |
| 32 | 41 | M | Manuel Silva | nf | Portugal | V40 | 08:00:22 |
| 33 | 137 | M | David Martins | nf | Portugal | V35 | 08:01:03 |
| 34 | 105 | M | Hélder Fernandes | ADG | Portugal | V40 | 08:07:53 |
| 35 | 94 | M | Nuno Vieira | ADG | Portugal | V35 | 08:11:05 |
| 36 | 56 | M | Tiago Gil | CDI-M | Portugal | Sénior | 08:15:00 |
| 37 | 139 | F | Alice Sousa | MTT | Portugal | V40 | 08:16:37 |
| 38 | 1 | M | João Costa | nf | Portugal | Sénior | 08:16:47 |
| 39 | 120 | M | Peter Silva | CAMAD | Portugal | Sénior | 08:19:32 |
| 40 | 85 | M | João Fernandes | APCTT | Portugal | V50 | 08:19:39 |
| 41 | 18 | M | Vítor Silva | nf | Portugal | Sénior | 08:21:56 |
| 42 | 111 | M | Márcio Gomes | CAMAD | Portugal | V35 | 08:23:09 |
| 43 | 49 | M | James Góis | CNSV | Portugal | Sub-23 | 08:24:31 |
| 44 | 78 | M | Mauro Câmara | CKC | Portugal | V35 | 08:26:16 |
| 45 | 79 | M | Manuel Sardinha | nf | Portugal | V55 | 08:26:18 |
| 46 | 20 | M | Daniel Capelo | nf | Portugal | V40 | 08:27:33 |
| 47 | 154 | F | Ana Viveiros | ADRAP | Portugal | V35 | 08:30:49 |

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|----|-----|---|-------------------|--------|----------|--------|----------|
| 48 | 29 | M | José Fernandes | nf | Portugal | V40 | 08:37:05 |
| 49 | 152 | M | Hélder Gouveia | CDI-M | Portugal | V35 | 08:37:23 |
| 50 | 145 | M | João Freitas | AJS | Portugal | V40 | 08:38:35 |
| 51 | 63 | M | Marco Barros | AJS | Portugal | V35 | 08:38:35 |
| 52 | 77 | M | Rafael Conceição | CDCPM | Portugal | Sénior | 08:41:42 |
| 53 | 66 | M | Rafael Rodrigues | CNF-SÉ | Portugal | Sénior | 08:44:54 |
| 54 | 93 | M | Luís Ferreira | ADG | Portugal | V35 | 08:44:56 |
| 55 | 122 | M | Luís Figueira | nf | Portugal | Sénior | 08:45:06 |
| 56 | 123 | M | Carlos Moreira | nf | Portugal | Sénior | 08:45:07 |
| 57 | 37 | M | Marco Silva | nf | Portugal | V35 | 08:46:36 |
| 58 | 69 | M | João Mendonça | CAMAD | Portugal | V45 | 08:47:23 |
| 59 | 135 | M | Frederico Silva | MTT | Portugal | V45 | 08:47:24 |
| 60 | 150 | M | Rubim Gonçalves | AJS | Portugal | V35 | 08:47:34 |
| 61 | 146 | M | Daniel Ferraz | AJS | Portugal | Sénior | 08:47:36 |
| 62 | 112 | M | Narciso Chaves | MTT | Portugal | V40 | 08:53:20 |
| 63 | 121 | M | Estevão Rodrigues | CDI-M | Portugal | V35 | 08:56:11 |
| 64 | 115 | M | Avelino Freitas | CAFH | Portugal | V40 | 08:57:04 |
| 65 | 70 | M | Mário Freitas | CMOF | Portugal | V40 | 08:57:47 |
| 66 | 80 | M | Enio Castro | nf | Portugal | Sénior | 08:58:26 |
| 67 | 2 | F | Jennifer Alves | ADG | Portugal | V45 | 08:59:00 |
| 68 | 42 | M | Luís Santos | nf | Portugal | V35 | 09:00:10 |
| 69 | 140 | F | Cátia Fiqueli | CAFH | Portugal | Sénior | 09:01:54 |
| 70 | 75 | M | João Nóbrega | CPC-M | Portugal | V45 | 09:04:21 |
| 71 | 25 | M | António Rodrigues | nf | Portugal | V40 | 09:12:07 |
| 72 | 51 | M | Quintin Barry | CMOF | Portugal | V50 | 09:12:51 |
| 73 | 131 | F | Susana Vacas | BORDAL | Portugal | V45 | 09:13:34 |
| 74 | 114 | M | António Gonçalves | ADNPS | Portugal | Sénior | 09:16:14 |
| 75 | 4 | M | João Valente | nf | Portugal | V40 | 09:18:17 |
| 76 | 103 | M | João Duarte | IND-M | Portugal | V40 | 09:19:24 |
| 77 | 129 | F | Fuiorea Iulia | MTT | Portugal | Sénior | 09:19:33 |
| 78 | 55 | M | Donald Zutterman | nf | Belgium | V60 | 09:24:51 |
| 79 | 47 | M | Dino Costa | nf | Portugal | V35 | 09:24:57 |

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|-----|-----|---|--------------------|--------|----------|--------|----------|
| 80 | 50 | M | Nuno Gomes | CMOF | Portugal | V35 | 09:25:14 |
| 81 | 143 | M | Luís Aguiar | CDI-M | Portugal | V40 | 09:30:11 |
| 82 | 26 | M | Lino Coelho | RCT | Portugal | V35 | 09:30:20 |
| 83 | 61 | M | Sérgio Freitas | nf | Portugal | Sénior | 09:31:09 |
| 84 | 82 | F | Nádia Meroni | CAMAD | Portugal | V45 | 09:33:54 |
| 85 | 10 | M | António Freitas | nf | Portugal | V45 | 09:34:38 |
| 86 | 97 | M | Bruno Freitas | nf | Portugal | V35 | 09:36:44 |
| 87 | 6 | M | João Quintal | AJS | Portugal | V40 | 09:36:44 |
| 88 | 147 | M | Filipe Teles | CNSV | Portugal | V35 | 09:36:52 |
| 89 | 141 | M | Mário Rodrigues | LCM-M | Portugal | V40 | 09:41:07 |
| 90 | 14 | M | Nuno Manuel | LCM-M | Portugal | V35 | 09:41:08 |
| 91 | 83 | M | Gabriel Freitas | nf | Portugal | V45 | 09:42:10 |
| 92 | 106 | F | Luzia Camacho | MTT | Portugal | V35 | 09:47:59 |
| 93 | 65 | M | Marco Teles | nf | Portugal | V40 | 09:49:18 |
| 94 | 136 | F | Zita Freitas | BORDAL | Portugal | Sénior | 09:51:33 |
| 95 | 23 | M | Marco Caires | CMOF | Portugal | V35 | 09:51:54 |
| 96 | 54 | M | Duarte Inácio | nf | Portugal | V40 | 09:56:59 |
| 97 | 31 | M | Manuel Fernandes | nf | Portugal | V35 | 10:01:08 |
| 98 | 21 | M | Alexandre Nogueira | nf | Portugal | V35 | 10:01:37 |
| 99 | 44 | M | José Santos | nf | Portugal | Sénior | 10:14:02 |
| 100 | 59 | M | Ricardo Quintal | CKC | Portugal | V35 | 10:20:35 |
| 101 | 84 | M | José Aveiro | nf | Portugal | Sénior | 10:21:39 |
| 102 | 53 | M | Duarte Nunes | CNF-SÉ | Portugal | V35 | 10:25:46 |
| 103 | 57 | M | Jorge Gois | nf | Portugal | V40 | 10:28:45 |
| 104 | 92 | M | Roberto Solano | CDI-M | Portugal | V45 | 10:29:02 |
| 105 | 81 | M | Ricardo Lameiras | IND-M | Portugal | V45 | 10:32:32 |
| 106 | 11 | M | António Mendonça | CEE-M | Portugal | V45 | 10:37:53 |
| 107 | 68 | M | Renato Nóbrega | LCM-M | Portugal | V40 | 10:40:57 |
| 108 | 15 | M | Rafael Santos | nf | Portugal | V45 | 10:42:10 |
| 109 | 12 | M | Sérgio Berenguer | nf | Portugal | V35 | 10:42:10 |
| 110 | 22 | M | Bruno Sousa | CMOF | Portugal | V35 | 10:43:22 |
| 111 | 45 | F | Andreia João | CDI-M | Portugal | V35 | 10:45:23 |

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|-----|-----|---|-------------------|--------|----------|--------|----------|
| 112 | 46 | M | Pedro Barros | nf | Portugal | Sénior | 10:45:38 |
| 113 | 124 | F | Diva Jardim | BORDAL | Portugal | V45 | 10:59:24 |
| 114 | 104 | M | Albino Olim | nf | Portugal | V40 | 11:02:26 |
| 115 | 109 | M | Emanuel Fernandes | nf | Portugal | V40 | 11:06:57 |
| 116 | 113 | M | José Nóbrega | nf | Portugal | V35 | 11:07:08 |
| 117 | 107 | M | Sidónio Nunes | MTT | Portugal | V40 | 11:08:43 |
| 118 | 128 | F | Cátia Gouveia | CDI-M | Portugal | V35 | 11:14:54 |
| 119 | 134 | M | Miguel Gouveia | CDI-M | Portugal | V40 | 11:14:54 |
| 120 | 138 | F | Dora Câmara | MTT | Portugal | V35 | 11:15:04 |
| 121 | 91 | M | Belchior Sousa | SCSC | Portugal | V35 | 11:18:10 |
| 122 | 132 | M | Teodoto Silva | CFCARV | Portugal | V55 | 11:19:13 |
| 123 | 87 | M | José Teixeira | nf | Portugal | V35 | 11:37:17 |
| 124 | 73 | M | Miguel Freitas | nf | Portugal | V40 | 11:46:39 |
| 125 | 27 | M | José Sardinha | PT-MEO | Portugal | V50 | 11:46:55 |

Prova: Trail

25 km / 1700 D+ / grau de dificuldade 3

Fator de ponderação 0,9

| Geral | Peitoral | | Género | Nome | Clube | Nacionalidade | Escalão | Resultado |
|-------|----------|---|-----------------|-------|----------|---------------|----------|-----------|
| 1 | 364 | M | Pau Capell | nf | Spain | Sénior | 02:15:41 | |
| 2 | 346 | M | Ricardo Gouveia | ADRAP | Portugal | Sénior | 02:23:21 | |
| 3 | 298 | M | Leonardo Diogo | CAMAD | Portugal | V45 | 02:31:19 | |
| 4 | 219 | M | José Pereira | MTT | Portugal | Sénior | 02:43:44 | |
| 5 | 237 | M | Manuel Jesus | CDI-M | Portugal | V35 | 02:45:29 | |
| 6 | 212 | M | José Ferreira | CDI-M | Portugal | V35 | 02:47:44 | |
| 7 | 352 | M | Joaquim Lopes | ADRAP | Portugal | Sénior | 02:49:14 | |
| 8 | 314 | M | Márcio Coelho | CAMAD | Portugal | V35 | 02:50:48 | |
| 9 | 307 | M | Vítor Correia | CPC-M | Portugal | Sénior | 02:51:04 | |
| 10 | 248 | M | Ricardo Quintal | AJS | Portugal | Sénior | 02:51:39 | |

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|----|-----|---|---------------------|--------|----------|--------|----------|
| 11 | 340 | M | Victor Martins | CDES | Portugal | Sénior | 02:52:15 |
| 12 | 271 | M | Rui Martins | CMOF | Portugal | V35 | 02:52:54 |
| 13 | 266 | M | João Barbosa | ADRAP | Portugal | Sénior | 02:54:05 |
| 14 | 242 | M | António Abreu | AJS | Portugal | Sénior | 02:56:31 |
| 15 | 363 | M | Piotr Zawada | nf | Poland | Sénior | 02:56:46 |
| 16 | 268 | M | Sérgio Santos | AJS | Portugal | Sénior | 03:02:25 |
| 17 | 229 | M | Mauro Abreu | nf | Portugal | V40 | 03:06:06 |
| 18 | 334 | M | António Alves | CEE-M | Portugal | V35 | 03:06:33 |
| 19 | 259 | M | Luís Vieira | ZMM | Portugal | Sénior | 03:06:38 |
| 20 | 243 | M | Nuno Faria | ZAPCAR | Portugal | V45 | 03:06:45 |
| 21 | 318 | M | Nelson Afonso | nf | Portugal | Sénior | 03:07:41 |
| 22 | 273 | M | Filipe Barreiro | CDEPC | Portugal | V40 | 03:07:57 |
| 23 | 335 | M | Pedro Freitas | CMOF | Portugal | Sénior | 03:08:38 |
| 24 | 353 | M | José Morgado | CCDTHF | Portugal | V40 | 03:09:08 |
| 25 | 275 | M | José Figueiredo | ADG | Portugal | V55 | 03:09:08 |
| 26 | 240 | M | José Teixeira | CDI-M | Portugal | V35 | 03:09:36 |
| 27 | 213 | M | Vítor Rodrigues | IND-M | Portugal | Sénior | 03:09:40 |
| 28 | 254 | M | Joaquim Sousa | AJS | Portugal | V40 | 03:10:59 |
| 29 | 320 | M | Paulo Freitas | AJS | Portugal | V40 | 03:13:23 |
| 30 | 349 | M | Norberto Aveiro | nf | Portugal | Sénior | 03:14:54 |
| 31 | 297 | M | Diogo Abreu | CDI-M | Portugal | Sénior | 03:15:04 |
| 32 | 361 | M | João Câmara | CPPM | Portugal | V45 | 03:15:10 |
| 33 | 337 | M | João Freitas | ZAPCAR | Portugal | Sénior | 03:15:17 |
| 34 | 223 | M | Gil Freitas | CDEPC | Portugal | V40 | 03:17:01 |
| 35 | 282 | F | Olívia Sousa | ADG | Portugal | V35 | 03:17:25 |
| 36 | 326 | M | Luís Noite | nf | Portugal | Sénior | 03:19:09 |
| 37 | 348 | M | Bruno Gois | LCM-M | Portugal | V40 | 03:19:15 |
| 38 | 327 | M | Pedro Vares | nf | Portugal | Sénior | 03:22:25 |
| 39 | 321 | M | Cristóvão Rodrigues | CNSV | Portugal | V40 | 03:23:07 |
| 40 | 279 | M | Manuel Franco | ADG | Portugal | V50 | 03:23:38 |
| 41 | 205 | M | Magno Rodrigues | CDI-M | Portugal | V40 | 03:24:31 |
| 42 | 362 | M | André Spínola | CNF-SÉ | Portugal | V35 | 03:26:33 |

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|----|-----|---|------------------|--------|----------|--------|----------|
| 43 | 325 | M | Paulo Madruga | nf | Portugal | Sénior | 03:29:12 |
| 44 | 323 | M | Emmanuel Teles | nf | Portugal | Sénior | 03:29:25 |
| 45 | 319 | M | César Ramos | AJS | Portugal | Sénior | 03:31:36 |
| 46 | 239 | M | Juan Santos | SCM-M | Portugal | V40 | 03:33:08 |
| 47 | 313 | M | João Batista | nf | Portugal | Sénior | 03:34:40 |
| 48 | 338 | M | Humberto Barros | CAMAD | Portugal | V35 | 03:34:54 |
| 49 | 360 | M | Rui Beleza | nf | Portugal | Sénior | 03:35:12 |
| 50 | 356 | M | Élvio Melim | ADG | Portugal | V35 | 03:36:32 |
| 51 | 316 | F | Susana Azevedo | nf | Portugal | Sénior | 03:37:14 |
| 52 | 277 | M | Nélio Faria | RCT | Portugal | V45 | 03:39:17 |
| 53 | 344 | M | Bruno Henriques | nf | Portugal | Sub-23 | 03:39:28 |
| 54 | 306 | M | Ricardo Correia | SCM-M | Portugal | Sénior | 03:39:39 |
| 55 | 343 | M | Filipe Custódio | CAMAD | Portugal | V35 | 03:39:43 |
| 56 | 281 | M | Nuno Vieira | CPC-M | Portugal | V35 | 03:40:42 |
| 57 | 304 | M | Célio Silva | CDI-M | Portugal | Sénior | 03:41:17 |
| 58 | 284 | M | Carlos Faria | SCM-M | Portugal | V40 | 03:41:41 |
| 59 | 359 | M | Rui Pestana | ADNPS | Portugal | V40 | 03:42:55 |
| 60 | 262 | M | Duarte Pereira | SCSC | Portugal | V35 | 03:43:51 |
| 61 | 317 | M | João Faria | nf | Portugal | Sénior | 03:44:13 |
| 62 | 250 | F | Regina Baptista | nf | Portugal | Sénior | 03:45:05 |
| 63 | 329 | M | José Silva | ARCA-M | Portugal | V55 | 03:45:53 |
| 64 | 201 | F | Lisandra Tavares | APCTT | Portugal | V35 | 03:46:36 |
| 65 | 221 | M | Luís Nóbrega | nf | Portugal | V35 | 03:47:23 |
| 66 | 302 | M | Rómulo Ascensão | IND-M | Portugal | V40 | 03:47:40 |
| 67 | 257 | M | Vítor Marques | CAMAD | Portugal | Sénior | 03:48:05 |
| 68 | 264 | M | José Abreu | nf | Portugal | V45 | 03:48:51 |
| 69 | 332 | F | Sónia Silva | nf | Portugal | Sénior | 03:49:13 |
| 70 | 328 | M | Ricardo Matos | nf | Portugal | V35 | 03:49:14 |
| 71 | 249 | M | João Conceição | CPPM | Portugal | V55 | 03:50:18 |
| 72 | 214 | M | Bruno Coelho | CNF-SÉ | Portugal | V35 | 03:51:59 |
| 73 | 300 | M | Nelson Santo | ZMM | Portugal | V35 | 03:52:43 |
| 74 | 354 | M | José Sousa | CCDTHF | Portugal | V45 | 03:53:58 |

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|-----|-----|---|-------------------|--------|----------|--------|----------|
| 75 | 233 | M | Estefânio Silva | nf | Portugal | V35 | 03:54:31 |
| 76 | 253 | M | Marco Marques | nf | Portugal | Sénior | 03:54:59 |
| 77 | 358 | M | Belchior Sousa | CDI-M | Portugal | V35 | 03:55:35 |
| 78 | 357 | M | João Ribeiro | nf | Portugal | V35 | 03:55:58 |
| 79 | 355 | M | Filipe Rodrigues | CCDTHF | Portugal | V35 | 03:57:14 |
| 80 | 351 | F | Ana Rodrigues | AJS | Portugal | V35 | 03:58:37 |
| 81 | 244 | M | Nuno Margarido | RCT | Portugal | V40 | 04:00:13 |
| 82 | 303 | M | Marco Ferreira | ARCA-M | Portugal | V45 | 04:00:45 |
| 83 | 252 | M | António Castro | CDCPM | Portugal | V55 | 04:01:26 |
| 84 | 216 | F | Olga Silva | nf | Portugal | V40 | 04:01:46 |
| 85 | 274 | F | Nicole Andrade | CDI-M | Portugal | Sénior | 04:02:19 |
| 86 | 324 | M | Celestino Mendes | nf | Portugal | Sénior | 04:03:47 |
| 87 | 312 | M | Lino Bettencourt | MCDON | Portugal | V35 | 04:03:47 |
| 88 | 278 | F | Ana Correia | nf | Portugal | Sénior | 04:04:01 |
| 89 | 211 | F | Tânia Gaspar | CMOF | Portugal | V40 | 04:04:17 |
| 90 | 260 | M | João Silva | CKC | Portugal | V35 | 04:05:27 |
| 91 | 342 | M | João Basílio | nf | Portugal | Sénior | 04:05:34 |
| 92 | 295 | M | Sérgio Aveiro | nf | Portugal | Sénior | 04:05:36 |
| 93 | 263 | F | Carina Araújo | AJS | Portugal | Sénior | 04:05:51 |
| 94 | 232 | M | Paulo Neves | nf | Portugal | V40 | 04:05:52 |
| 95 | 280 | F | Carla Gaspar | CMOF | Portugal | Sénior | 04:06:15 |
| 96 | 301 | F | Maria Freitas | nf | Portugal | V40 | 04:07:03 |
| 97 | 251 | M | Steven Martins | nf | Portugal | Sénior | 04:07:04 |
| 98 | 226 | M | Luís Gaspar | nf | Portugal | V35 | 04:07:45 |
| 99 | 207 | M | Sérgio Catarino | CMOF | Portugal | Sénior | 04:07:49 |
| 100 | 227 | M | Victor Abreu | LCM-M | Portugal | V40 | 04:09:43 |
| 101 | 208 | M | Luís sousa | nf | Portugal | V35 | 04:10:38 |
| 102 | 308 | M | João Sousa | nf | Portugal | Sénior | 04:10:55 |
| 103 | 272 | F | Rubina Perestrelo | ADG | Portugal | V35 | 04:13:05 |
| 104 | 230 | M | Pedro Delgado | CDI-M | Portugal | V35 | 04:13:19 |
| 105 | 331 | M | Carlos Pestana | CKC | Portugal | Sénior | 04:13:32 |
| 106 | 261 | F | Eilyn Rodrigues | CNSV | Portugal | Sénior | 04:13:34 |

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|-----|-----|---|-------------------|--------|----------|--------|----------|
| 107 | 286 | M | Edson Pereira | CAMAD | Portugal | Sénior | 04:13:35 |
| 108 | 294 | M | Miguel Freitas | nf | Portugal | V40 | 04:13:38 |
| 109 | 217 | M | Nelson Neves | PT-MEO | Portugal | V40 | 04:13:56 |
| 110 | 228 | M | Raul Ribeiro | CMOF | Portugal | V40 | 04:14:00 |
| 111 | 345 | M | Filipe Camacho | nf | Portugal | V40 | 04:16:04 |
| 112 | 339 | F | Carla Lopes | CNSV | Portugal | V35 | 04:18:11 |
| 113 | 206 | M | João Marques | nf | Portugal | Sénior | 04:19:46 |
| 114 | 322 | M | João Spínola | nf | Portugal | V40 | 04:21:07 |
| 115 | 255 | M | João Pereira | AJS | Portugal | V35 | 04:24:51 |
| 116 | 235 | M | João Vieira | nf | Portugal | V40 | 04:25:31 |
| 117 | 258 | M | Duarte Gomes | nf | Portugal | V40 | 04:32:14 |
| 118 | 241 | F | Carla Fernandes | APCTT | Portugal | V40 | 04:32:22 |
| 119 | 265 | M | Rogério Andrade | ZAPCAR | Portugal | V40 | 04:33:12 |
| 120 | 288 | M | Filipe Teixeira | nf | Portugal | V35 | 04:36:23 |
| 121 | 236 | M | Luís Resende | nf | Portugal | V35 | 04:38:10 |
| 122 | 256 | M | Miguel Gouveia | nf | Portugal | V35 | 04:38:39 |
| 123 | 289 | F | Micaela Martins | nf | Portugal | V35 | 04:39:43 |
| 124 | 333 | F | Sónia Gonçalves | BORDAL | Portugal | V45 | 04:40:20 |
| 125 | 315 | M | João Correia | PT-MEO | Portugal | V55 | 04:41:23 |
| 126 | 203 | F | Carolina Marques | nf | Portugal | Sénior | 04:43:25 |
| 127 | 347 | M | Anselmo Valongo | nf | Portugal | V45 | 04:43:38 |
| 128 | 299 | M | Miquelino Camacho | CCDCMF | Portugal | V45 | 04:46:17 |
| 129 | 310 | M | Miguel Sousa | nf | Portugal | V40 | 04:47:57 |
| 130 | 267 | F | Michele Martins | nf | Portugal | V40 | 04:49:21 |
| 131 | 309 | F | Vanda Abreu | SCM-M | Portugal | V35 | 04:50:39 |
| 132 | 220 | F | Ana Dias | nf | Portugal | V35 | 04:52:04 |
| 133 | 305 | M | Francisco Dias | nf | Portugal | V40 | 04:53:09 |
| 134 | 283 | F | Manuela Carrilo | CDI-M | Portugal | V55 | 04:56:59 |
| 135 | 234 | M | Gonçalo Mendes | nf | Portugal | V40 | 05:02:44 |
| 136 | 246 | F | Maria Silva | nf | Portugal | V50 | 05:07:14 |
| 137 | 296 | F | Rosalina Gouveia | CAMAD | Portugal | V35 | 05:08:29 |
| 138 | 209 | M | Rafael Carvalho | nf | Portugal | V50 | 05:10:54 |

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|-----|-----|---|---------------------|--------|----------|--------|----------|
| 139 | 285 | F | Cesénia Ferreira | SCM-M | Portugal | V35 | 05:16:01 |
| 140 | 245 | F | Nélia Nascimento | CFCARV | Portugal | V40 | 05:17:15 |
| 141 | 293 | F | Maria Silva | nf | Portugal | V45 | 05:23:08 |
| 142 | 202 | M | Ricardo Vieira | nf | Portugal | V40 | 05:23:35 |
| 143 | 350 | M | Élvio Silva | nf | Portugal | V65 | 05:25:33 |
| 144 | 238 | F | Liliana Gonçalves | nf | Portugal | Sénior | 05:26:27 |
| 145 | 330 | M | Rui Pita | AJS | Portugal | V40 | 05:39:21 |
| 146 | 291 | F | Helena Camacho | nf | Portugal | V40 | 05:46:17 |
| 147 | 247 | F | Paula Carvalho | nf | Portugal | V45 | 06:18:37 |
| 148 | 225 | F | Margarida Clairouin | nf | Portugal | V40 | 06:21:12 |
| 149 | 341 | M | Pedro Pinto | AJS | Portugal | V40 | 06:21:14 |

Prova: Trail

16 km / 1200 D+ / grau de dificuldade 4

Fator de ponderação 1

| Geral | Peitoral | Género | Nome | Clube | Nacionalidade | Escalão | Resultado |
|-------|----------|--------|-------------------|--------|---------------|---------|-----------|
| 1 | 527 | M | Emanuel Freitas | APCTT | Portugal | V35 | 01:34:08 |
| 2 | 551 | M | António Gonçalves | CCDTHF | Portugal | V45 | 01:35:37 |
| 3 | 429 | M | José Luís | CDCPM | Portugal | Sénior | 01:36:17 |
| 4 | 534 | M | Roberto Nóbrega | nf | Portugal | Sénior | 01:40:26 |
| 5 | 452 | M | Telmo Pão | CDCPM | Portugal | Sénior | 01:43:29 |
| 6 | 503 | M | Nuno Castanha | CNF-SÉ | Portugal | V40 | 01:44:53 |
| 7 | 460 | M | Ricardo Abreu | CDCPM | Portugal | V35 | 01:45:23 |
| 8 | 450 | M | Robert Serrão | AJS | Portugal | Sénior | 01:46:51 |
| 9 | 480 | M | Roberto Rodrigues | ADG | Portugal | V35 | 01:46:59 |
| 10 | 538 | M | Vítor Goncalves | CNF-SÉ | Portugal | V35 | 01:47:21 |
| 11 | 558 | F | Aroa Seijo | nf | Spain | V35 | 01:48:29 |
| 12 | 559 | M | Jorge Louro | CNSV | Portugal | Sénior | 01:48:54 |
| 13 | 500 | M | Márcio Alves | ADNPS | Portugal | V35 | 01:50:28 |

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|----|-----|---|--------------------|--------|----------|--------|----------|
| 14 | 425 | M | Alcino Plácido | CCDCMF | Portugal | Sénior | 01:51:29 |
| 15 | 424 | M | José Spínola | CCDTHF | Portugal | V45 | 01:51:50 |
| 16 | 482 | M | Dinarte Nunes | CNF-SÉ | Portugal | V35 | 01:52:38 |
| 17 | 557 | M | Abel Costas | nf | Spain | V35 | 01:54:26 |
| 18 | 468 | M | Angel Gama | CDI-M | Portugal | Júnior | 01:54:28 |
| 19 | 523 | M | José Soares | nf | Portugal | Sénior | 01:54:36 |
| 20 | 499 | M | Mauro Barros | CKC | Portugal | Sénior | 01:54:57 |
| 21 | 439 | M | Délio Gonçalves | CNSV | Portugal | V35 | 01:55:36 |
| 22 | 539 | M | António Gouveia | nf | Portugal | V35 | 01:57:04 |
| 23 | 528 | M | Marcelo Neves | nf | Portugal | Sub-23 | 01:58:01 |
| 24 | 454 | M | Juliano Silva | CDMS | Portugal | V35 | 01:58:34 |
| 25 | 479 | M | Duarte Camacho | SCM-M | Portugal | V50 | 01:58:49 |
| 26 | 481 | M | João Quintaneiro | CNF-SÉ | Portugal | V35 | 02:00:05 |
| 27 | 420 | M | Roberto Nóbrega | nf | Portugal | V35 | 02:00:35 |
| 28 | 470 | M | Rui Rodrigues | nf | Portugal | V40 | 02:01:11 |
| 29 | 411 | M | João Sousa | ADRAP | Portugal | V50 | 02:01:33 |
| 30 | 451 | M | Duarte Lucas | CDCPM | Portugal | V35 | 02:02:43 |
| 31 | 467 | M | Paulo Gonçalves | CFCARV | Portugal | V45 | 02:03:43 |
| 32 | 419 | M | Carlos Jardim | SCM-M | Portugal | V50 | 02:03:54 |
| 33 | 491 | M | Duarte Costa | CCDTHF | Portugal | V40 | 02:06:23 |
| 34 | 509 | M | João Roxo | nf | Portugal | V50 | 02:06:35 |
| 35 | 555 | M | João Ornelas | CFCARV | Portugal | V55 | 02:06:37 |
| 36 | 453 | M | Rui Melim | CDCPM | Portugal | Sub-23 | 02:07:49 |
| 37 | 445 | M | Jonathan Fernandes | SCSC | Portugal | Sénior | 02:08:03 |
| 38 | 506 | M | Raul Alves | APCTT | Portugal | Sénior | 02:08:34 |
| 39 | 476 | F | Carla Caires | CDI-M | Portugal | V40 | 02:08:48 |
| 40 | 546 | M | Pedro Costa | nf | Portugal | Sénior | 02:11:06 |
| 41 | 421 | M | Miguel Nóbrega | nf | Portugal | V35 | 02:11:22 |
| 42 | 427 | M | Manuel Gouveia | ZAPCAR | Portugal | V40 | 02:11:28 |
| 43 | 428 | F | Maria Abreu | CDCPM | Portugal | V40 | 02:12:18 |
| 44 | 407 | M | Fábio Pereira | nf | Portugal | Sénior | 02:13:04 |
| 45 | 403 | M | Joaquim Rebelo | nf | Portugal | V45 | 02:13:50 |

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|----|-----|---|--------------------|--------|----------|--------|----------|
| 46 | 541 | M | Dinis António | nf | Portugal | V40 | 02:14:05 |
| 47 | 436 | M | Óscar Correia | AJS | Portugal | V35 | 02:14:11 |
| 48 | 529 | F | Vânia Joaquim | ADRAP | Portugal | Sénior | 02:14:11 |
| 49 | 437 | M | José Gouveia | CDCPM | Portugal | V40 | 02:15:42 |
| 50 | 402 | M | Cláudio Jesus | CMOF | Portugal | V35 | 02:16:02 |
| 51 | 549 | M | Ricardo Apolónio | nf | Portugal | V45 | 02:16:04 |
| 52 | 463 | M | Pedro Fernandes | ZAPCAR | Portugal | V50 | 02:16:45 |
| 53 | 519 | M | José Henriques | nf | Portugal | V40 | 02:17:13 |
| 54 | 533 | M | Marco Cruz | ADNPS | Portugal | Sénior | 02:17:16 |
| 55 | 422 | M | António Rosa | CDES | Portugal | V55 | 02:17:50 |
| 56 | 477 | M | Dinarte Garcês | IND-M | Portugal | V35 | 02:17:51 |
| 57 | 459 | F | Carolina Santos | CKC | Portugal | Sénior | 02:18:22 |
| 58 | 464 | F | Paula Pereira | CDES | Portugal | V35 | 02:18:30 |
| 59 | 505 | M | José Reis | nf | Portugal | V35 | 02:18:32 |
| 60 | 457 | M | Lino Silva | ZAPCAR | Portugal | V40 | 02:19:28 |
| 61 | 431 | M | Samuel Silva | CDCPM | Portugal | V35 | 02:19:40 |
| 62 | 456 | F | Ana Martins | CKC | Portugal | V45 | 02:19:41 |
| 63 | 409 | M | Nuno Lopes | nf | Portugal | Sénior | 02:22:03 |
| 64 | 552 | M | Venâncio Abreu | nf | Portugal | V35 | 02:22:22 |
| 65 | 542 | F | MARIA ORNELAS | nf | Portugal | V40 | 02:22:48 |
| 66 | 430 | M | Paulo Lucas | CDCPM | Portugal | Sénior | 02:23:49 |
| 67 | 443 | M | Duarte Coelho | CKC | Portugal | V40 | 02:24:22 |
| 68 | 548 | F | Ilidia Nunes | nf | Portugal | V45 | 02:25:05 |
| 69 | 521 | M | Paulo Moreira | nf | Portugal | V45 | 02:25:34 |
| 70 | 474 | M | Carlos Vasconcelos | nf | Portugal | V45 | 02:27:10 |
| 71 | 492 | M | Leonel Soarez | CNSV | Portugal | V50 | 02:27:15 |
| 72 | 530 | F | Andreia Loureiro | nf | Portugal | V35 | 02:27:18 |
| 73 | 496 | M | Cipriano Fernandes | nf | Portugal | V55 | 02:27:39 |
| 74 | 442 | F | Cláudia Faria | CKC | Portugal | V45 | 02:27:41 |
| 75 | 455 | M | Roberto Góis | nf | Portugal | V35 | 02:28:30 |
| 76 | 513 | M | Hugo Nascimento | CDMS | Portugal | V35 | 02:28:33 |
| 77 | 556 | M | Adelino Carvalho | nf | Portugal | V55 | 02:28:51 |

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|-----|-----|---|-------------------|--------|----------|--------|----------|
| 78 | 536 | M | Turnino Caires | nf | Portugal | V40 | 02:29:10 |
| 79 | 495 | M | Agostinho António | nf | Portugal | V55 | 02:29:55 |
| 80 | 514 | M | Manuel Carvalho | LCM-M | Portugal | V60 | 02:30:54 |
| 81 | 488 | M | Paulo Gonçalves | nf | Portugal | Júnior | 02:31:44 |
| 82 | 446 | F | Sílvia Sousa | SCSC | Portugal | Sénior | 02:31:58 |
| 83 | 444 | F | Luísa Teixeira | CNSV | Portugal | Sénior | 02:32:22 |
| 84 | 435 | M | Manuel Sargo | nf | Portugal | V35 | 02:32:26 |
| 85 | 473 | M | Daniel Borges | ZAPCAR | Portugal | V40 | 02:32:34 |
| 86 | 461 | F | Andreia Pestana | CKC | Portugal | V35 | 02:32:44 |
| 87 | 502 | M | Marco Amaral | nf | Portugal | V35 | 02:33:12 |
| 88 | 507 | F | Carla Menezes | nf | Portugal | V35 | 02:33:30 |
| 89 | 540 | M | Francisco Abreu | APCTT | Portugal | Júnior | 02:33:43 |
| 90 | 432 | F | Joana Pestana | CDCPM | Portugal | V35 | 02:34:27 |
| 91 | 462 | F | Vera Proemer | nf | Portugal | V45 | 02:34:29 |
| 92 | 478 | F | Lara Mendonça | CDI-M | Portugal | Sénior | 02:34:32 |
| 93 | 547 | F | Isabelle Andrade | ADRAP | Portugal | Sénior | 02:34:36 |
| 94 | 417 | F | Tânia Garcês | CNSV | Portugal | Sénior | 02:34:54 |
| 95 | 508 | F | Cátia Vieira | APCTT | Portugal | Sénior | 02:35:20 |
| 96 | 517 | M | José Nunes | nf | Portugal | V45 | 02:38:07 |
| 97 | 414 | F | Maria Beno | SCM-M | Portugal | V50 | 02:38:26 |
| 98 | 485 | F | Sandra Fonseca | nf | Portugal | V40 | 02:42:22 |
| 99 | 490 | M | Mike Escórcio | nf | Portugal | Sénior | 02:44:53 |
| 100 | 449 | M | António Rodrigues | nf | Portugal | V40 | 02:47:06 |
| 101 | 434 | F | Luana Andreoli | CAMAD | Italy | V35 | 02:48:05 |
| 102 | 405 | F | Dina Aveiro | nf | Portugal | V40 | 02:48:14 |
| 103 | 511 | F | Dulce Lima | nf | Portugal | V50 | 02:48:19 |
| 104 | 545 | M | José Mendonça | nf | Portugal | V55 | 02:49:36 |
| 105 | 458 | F | Sónia Rodrigues | ZAPCAR | Portugal | V40 | 02:52:28 |
| 106 | 543 | F | Noélia Moniz | nf | Portugal | V35 | 02:52:54 |
| 107 | 441 | F | Ana Santos | nf | Portugal | V35 | 02:53:37 |
| 108 | 544 | M | Nelson Teixeira | nf | Portugal | V40 | 02:54:50 |
| 109 | 520 | F | Ana Gouveia | nf | Portugal | V35 | 02:55:06 |

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|-----|-----|---|-------------------|--------|----------|--------|----------|
| 110 | 537 | M | António Neves | nf | Portugal | V55 | 02:56:30 |
| 111 | 426 | M | Sidónio Fernandes | nf | Portugal | V50 | 02:57:28 |
| 112 | 515 | F | Maria Gonçalves | nf | Portugal | V50 | 02:58:14 |
| 113 | 423 | M | Marco Rodrigues | APCTT | Portugal | Sénior | 02:58:33 |
| 114 | 518 | M | Miguel Gonçalves | nf | Portugal | Sub-23 | 03:01:45 |
| 115 | 489 | M | António Fernandes | nf | Portugal | V60 | 03:02:36 |
| 116 | 401 | M | Nuno Tavares | APCTT | Portugal | V40 | 03:02:55 |
| 117 | 438 | F | Helena Gomes | CFCARV | Portugal | V45 | 03:02:58 |
| 118 | 447 | F | Maria Alves | nf | Portugal | V45 | 03:02:59 |
| 119 | 465 | M | Carlos Rodrigues | nf | Portugal | V35 | 03:03:30 |
| 120 | 512 | F | Maria Roxo | nf | Portugal | V55 | 03:08:11 |
| 121 | 483 | M | Victor Araújo | nf | Portugal | Sénior | 03:08:36 |
| 122 | 406 | M | José Serrão | nf | Portugal | V50 | 03:09:07 |
| 123 | 493 | M | João Camacho | SCM-M | Portugal | Sénior | 03:11:33 |
| 124 | 516 | F | Nélia Andrade | nf | Portugal | V40 | 03:11:48 |
| 125 | 501 | F | Célia Pereira | nf | Portugal | V35 | 03:14:24 |
| 126 | 472 | F | Luzia Mendonça | nf | Portugal | V50 | 03:16:36 |
| 127 | 433 | M | Emanuel Nunes | nf | Portugal | V40 | 03:17:37 |
| 128 | 497 | F | Odília Luís | nf | Portugal | V45 | 03:19:24 |
| 129 | 494 | M | Fernando Mendonça | nf | Portugal | V55 | 03:21:12 |
| 130 | 416 | F | Sónia Freitas | CMOF | Portugal | V35 | 03:21:21 |
| 131 | 404 | F | Rubina Rocha | nf | Portugal | V35 | 03:21:21 |
| 132 | 408 | F | Vanessa Caires | nf | Portugal | V35 | 03:21:22 |
| 133 | 550 | F | Lisa Drumond | nf | Portugal | V40 | 03:21:22 |
| 134 | 440 | F | Maria Corujeira | nf | Portugal | V35 | 03:22:00 |
| 135 | 471 | F | Maria Hilario | nf | Portugal | V55 | 03:22:54 |
| 136 | 526 | F | Johanna Baptista | nf | Portugal | Júnior | 03:23:27 |
| 137 | 531 | F | Maria Freitas | nf | Portugal | V50 | 03:24:38 |
| 138 | 524 | F | Luísa Ramos | ARCA-M | Portugal | V55 | 03:25:43 |
| 139 | 486 | F | Cristina Freitas | CEE-M | Portugal | V45 | 03:35:16 |
| 140 | 469 | F | Sandra Franco | nf | Portugal | Sénior | 03:39:28 |
| 141 | 498 | F | Diana Teles | nf | Portugal | V40 | 03:40:43 |

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|-----|-----|---|------------------|----|----------|--------|----------|
| 142 | 484 | F | Petra Dinis | nf | Portugal | Sénior | 03:44:13 |
| 143 | 475 | M | Franz Proemer | nf | Portugal | V55 | 04:02:59 |
| 144 | 525 | F | Nivalda Perdigão | nf | Portugal | V40 | 04:02:59 |
| 145 | 560 | F | Carolina Vieira | nf | Portugal | Sénior | 04:03:08 |

nf – não filiado