



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	808	Sérgio Ferrão	Individual	Male	1	Masc	1	01:16:43	6'23"/km
2	804	Carlos	Clube Terras do Falcão	Male	2	Masc	2	01:18:14	6'31"/km
3	809	Delfim Morais	Falcões do Côa - Pinhel	Male	3	Masc	3	01:21:25	6'47"/km
4	806	Manuel Antunes	Arrebenta barrocos	Male	4	Masc	4	01:24:52	7'04"/km
5	822	Rui Ventura	Individual	Male	5	Masc	5	01:27:15	7'16"/km
6	820	Rui Santos	Individual	Male	6	Masc	6	01:27:16	7'16"/km
7	819	Antonio Fonseca	Individual	Male	7	Masc	7	01:27:17	7'16"/km
8	816	Manuel Almeida	Individual	Male	8	Masc	8	01:34:38	7'53"/km
9	818	Miguel Santos	Individual	Male	9	Masc	9	01:34:39	7'53"/km
10	815	Ana Isabel Saraiva Vieira	Grupo Desportivo da Mata	Female	1	Fem	1	01:35:47	7'58"/km
11	800	Maria Eugénia Da Fonseca Tavares Faro	Individual	Female	2	Fem	2	01:44:00	8'40"/km
12	536	Carlos Amado	GDMêda	Male	10	Masc	10	01:45:05	8'45"/km
13	807	Jose Miguel Pacheco Gomes	Arrebenta barrocos	Male	11	Masc	11	01:47:27	8'57"/km
14	805	Francisco Baltazar	Arrebenta barrocos	Male	12	Masc	12	01:47:30	8'57"/km
15	801	Lina Maria Rodrigues Monteiro Lopes Monteiro Lopes	Falcões do Côa - Pinhel	Female	3	Fem	3	01:48:55	9'04"/km
16	811	Maria Do Rosário Saraiva	Falcões do Côa - Pinhel	Female	4	Fem	4	01:49:47	9'08"/km
17	803	Ana Madeira	Personal Trainer Ricardo Madeira	Female	5	Fem	5	01:53:59	9'29"/km
18	802	Ricardo Madeira	Personal Trainer Ricardo Madeira	Male	13	Masc	13	01:54:06	9'30"/km
19	525	Sandra Ferreira	Grupo Desportivo da Mata	Female	6	Fem	6	01:56:45	9'43"/km
20	817	Sara Neto	ADFA-Desportos de Natureza	Female	7	Fem	7	02:00:10	10'00"/km