

Col	Num	Nome	Equipa	Sx	Cat	Cont.1	Cont.2	Tempo	Ritmo	Esc.
1.	117	Bruno Fonseca	CUA Benaventense	M	Masc	00:00:32	00:06:13	30:47,9	03:51	1
2.	114	Paulo Teles	CUA Benaventense	M	Masc	00:00:51	00:07:44	33:35,3	04:12	2
3.	118	Kleberson Silva	CUA Benaventense	M	Masc	00:00:33	00:06:41	34:04,5	04:16	3
4.	140	Jusevaldo Almeida		M	Masc	00:00:38	00:06:47	34:09,5	04:16	4
5.	133	Paulo Silva	CUA Benaventense	M	Masc	00:00:43	00:07:31	34:24,5	04:18	5
6.	139	Paulo Pontes		M	Masc	00:00:41	00:07:22	34:38,9	04:20	6
7.	121	Décio Andrade	CUA Benaventense	M	Masc	00:00:46	00:07:45	35:08,4	04:23	7
8.	122	Daniel Falcão	CUA Benaventense	M	Masc	00:00:46	00:07:40	36:39,5	04:35	8
9.	137	Liliana Filipe		F	Fem	00:00:51	00:08:25	37:32,1	04:41	1
10.	115	Janete Morais	CUA Benaventense	F	Fem	00:00:46	00:08:19	37:54,1	04:44	2
11.	138	João Massano		M	Masc	00:00:46	00:08:19	37:54,5	04:44	9
12.	112	Arménio Andrade	ACS-AMIGOS DE CORRIDA DE SALVATERRA	M	Masc	00:00:53	00:08:38	40:30,2	05:04	10
13.	119	Paula Salvador	CUA Benaventense	F	Fem	00:00:55	00:09:10	40:53,7	05:07	3
14.	132	Rui Marques		M	Masc	00:00:51	00:08:27	41:11,4	05:09	11
15.	131	Cláudia Neves	Grafiwork	F	Fem	00:01:00	00:09:41	42:59,1	05:22	4
16.	111	Luís Catalino		M	Masc	00:00:57	00:10:26	46:54,5	05:52	12
17.	116	Nídia Agostinho	CUA Benaventense	F	Fem	00:00:56	00:10:04	47:22,5	05:55	5
18.	113	Edite Cravo	CUA Benaventense	F	Fem	00:00:45	00:09:29	47:54,6	05:59	6
19.	124	Maria Portalegre	Lavre Running	F	Fem	00:01:02	00:10:40	49:53,9	06:14	7
20.	130	Francisco Martinho	Lavre Running	M	Masc	00:01:03	00:10:41	49:54,8	06:14	13
21.	135	Ana Leonardo	Grafiwork	F	Fem	00:01:04	00:10:55	52:17,5	06:32	8
22.	196	Luís Paula	Grafiwork	M	Masc	00:01:04	00:10:55	52:17,8	06:32	14
23.	136	Samuel Teles	Grafiwork	M	Masc	00:01:03	00:10:55	52:18,1	06:32	15
24.	120	Carla Talaia	CUA Benaventense	F	Fem	00:01:02	00:11:12	56:55,6	07:07	9