



EPIC TRAIL SOLIDÁRIO ADIB

25 de Abril de 2015

Classificação por categorias

Vet F50 Fem Trail 15km

P.Cat.	Nome	Clube	Tempo
1	Magalhães, Maria	Falta Muito?	2:09:03
2	Silva, Deolinda	Noctiluzes	2:28:38

Vet M50 Masc Trail 15km

P.Cat.	Nome	Clube	Tempo
1	Lemos, Francisco	Individual	1:21:22
2	Oliveira, Fernando	Individual	1:23:33
3	Teixeira, Antonio	Clinica Dentaria-Dr.Rui Couto e Dra Sofia Alves	1:28:23
4	Duarte, Jose	GINASIO PURA FORMA	1:42:04
5	Moreira, Lino	Individual	1:42:22
6	Silva, Joao	Individual	1:46:10
7	Carvalho, Francisco	Quarteto Domingueiro	2:14:21
8	Carvalho, Fernando	Quarteto Domingueiro	2:14:21
9	Ferreira, Manuel	Quarteto Domingueiro	2:24:52

Vet F40 Fem Trail 15km

P.Cat.	Nome	Clube	Tempo
1	Sousa, Salomé	Individual	1:42:25
2	Fontes, Alzira	Individual	1:46:11
3	Dias, Ligia	Individual	1:52:37
4	Vilela, Maria	Individual	2:12:51
5	Teixeira, Berta	Individual	2:22:21
6	Ventuzelos, Filipa	Lousada Runners	2:26:44
7	Marques, Isabel	Budeguita Runners	2:37:10
8	Fontes, Rosa	Individual	2:47:27
9	, Rosa	Individual	2:51:20
10	Amorim, Sandra	Noctiluzes	2:51:20
11	Pereira, Maria	Individual	2:51:21
12	Silva, Manuela	Rainha Club	3:15:00

Vet M40 Masc Trail 15km

P.Cat.	Nome	Clube	Tempo
1	Gonçalves, Fernando	Individual	1:13:43

2	Seca, Albano	Individual	1:16:38
3	Cunha, Eugenio	Individual	1:32:37
4	Fonseca, Sérgio	Feltrail	1:34:46
5	Silva, Arlindo	Individual	1:38:40
6	Maias, José	Feltrail	1:40:54
7	Cardoso, Carlos	Individual	1:42:02
8	Magalhães, Augusto	Individual	1:43:33
9	Noevo, Joaquim	Budeguita Runners	1:44:35
10	Ribeiro, Paulo	Individual	1:46:08
11	Costa, Vitor	Individual	1:46:09
12	Sampaio, Manuel	Individual	1:46:24
13	Cardoso, Álvaro	Individual	1:47:48
14	Franco, Rui	ONESOUL CROSSFIT	1:49:45
15	Couto, Rui	Clinica Dentaria-Dr.Rui Couto e Dra Sofia Alves	1:52:34
16	Mendes, Tiago	Individual	1:58:30
17	Magalhaes, José	OS MAGALHÃES	2:04:42
18	Coutinho, Tiago	Individual	2:09:01
19	Figueiredo, Paulo	Individual	2:09:04
20	Marques, José	Os Marques	2:14:34
21	Maia, Jose	Individual	2:22:14
22	Mendes, Jose	Individual	2:28:38
23	Lobo, Paulo	Budeguita Runners	2:37:10
24	Piriças, Adelino		2:46:58

Seniores Fem Trail 15km

P.Cat.	Nome	Clube	Tempo
1	Blach, Sara	Individual	1:57:49
2	Monteiro, Marta	Bolas Rolantes	2:00:11
3	Vieira, Diana	Rainha Club	2:00:16
4	Garrido, Sandra	Individual	2:09:06
5	Valentinovic, Veslava	Budeguita Runners	2:09:10
6	Barbosa, Cidalia	Lousada Runners	2:11:13
7	Moreira, Silvia	Lousada Runners	2:11:20
8	Faria, Elisabete	Individual	2:12:52
9	Caridade, Neuza	Edv Vianatrail	2:14:16
10	Maia, Barbara	Individual	2:22:14
11	Silva, Sandra	Lousada Runners	2:26:34
12	Silva, Carla	Rainha Club	2:27:48
13	Ferreira, Isabel	Budeguita Runners	2:37:06
14	Forte, Ana	Budeguita Runners	2:38:54
15	Correia, Lénia	Clinica Dentaria-Dr.Rui Couto e Dra Sofia Alves	2:39:06
16	Moreira, Diana		2:47:04
17	Ferreira, Liliana	Individual	2:47:27
18	Santos, Sandra	Budeguita Runners	2:50:08
19	Rodrigues, Carla	Budeguita Runners	3:00:07
20	Leite, Eduarda	Somos Super	3:12:29
21	Sousa, Rita	Tou Que Nem Posso	3:14:01
22	Soares, Marta	Tou Que Nem Posso	3:14:02
23	Margarida, Ana	Rainha Club	3:15:00

Seniores Masc Trail 15km

P.Cat.	Nome	Clube	Tempo
1	Gaspar, José	Odimarq	1:05:12



2 Oliveira, Luis	Individual	1:20:36
3 Cardoso, Nuno	ONESOUL CROSSFIT	1:24:17
4 Ferreira, António	Individual	1:24:17
5 Costa, Bruno	Individual	1:25:14
6 Nunes, Ricardo	A.R.C.O.	1:25:47
7 Oliveira, Vítor	Individual	1:27:10
8 Teixeira, Pedro	Individual	1:33:29
9 Sousa, Carlos	Individual	1:37:18
10 Carvalho, Hugo	Team Runners Vila Verde	1:38:39
11 Pinto, Joel		1:39:56
12 Magalhães, José	Falta Muito?	1:40:43
13 Vieira, Jose	Individual	1:40:49
14 Nunes, Filipe	Individual	1:41:09
15 Matos, Vítor	Individual	1:41:12
16 Lemos, José	Individual	1:42:01
17 Palmela, João	Individual	1:43:03
18 Costa, Jorge	Individual	1:43:04
19 Costa, Rui	Individual	1:44:35
20 Leite, Cesário	Individual	1:46:10
21 Costa, Paulo	Individual	1:47:20
22 Marinho, Adriano	Individual	1:49:09
23 Maias, Hélder	Feltrail	1:49:13
24 Pereira, Hugo	ONESOUL CROSSFIT	1:49:13
25 Fonseca, Antonio	Individual	1:49:14
26 Fonseca, António	Feltrail	1:49:18
27 Moreira, Carlos	Feltrail	1:49:21
28 Castro, Vitor	Individual	1:51:14
29 Teixeira, Pedro	Team Runners Vila Verde	1:54:47
30 Faria, Rui	Individual	1:57:52
31 Abreu, Romeu	Individual	1:57:54
32 Salvaterra, João	Individual	1:59:05
33 Faria, Vitor	Bolas Rolantes	2:00:12
34 Monteiro, João	Budeguita Runners	2:00:17
35 Silva, Telmo	Individual	2:01:01
36 Afonso, Sandro	Individual	2:01:34
37 Cunha, André	Individual	2:04:31
38 Camarinha, João	Individual	2:06:17
39 Cardoso, Simão	Individual	2:08:19
40 Sousa, Filipe	Individual	2:08:40
41 Ferreira, Bruno	Individual	2:08:41
42 Mendes, Luis	Individual	2:09:03
43 Meireles, Ricardo	Individual	2:09:07
44 Rolo, Miguel	Individual	2:10:20
45 Magalhães, Bruno	RUN 4 ALL	2:11:16
46 Pinto, Rui		2:11:59
47 Ferreira, Paulo		2:14:44
48 Marques, Hélder	Os Marques	2:15:11
49 Pacheco, António		2:19:35
50 Mendes, Vitor	Quarteto Domingueiro	2:24:50
51 Oliveira, Mário	Individual	2:25:11
52 Teixeira, David	Individual	2:26:57
53 Paiva, Victor	Rainha Club	2:28:38
54 Valente, Miguel	Budeguita Runners	2:50:09
55 Barros, Daniel	Budeguita Runners	3:00:06
56 Silva, Ricardo	Somos Super	3:12:32



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Classificação Geral Feminina - Trail curto 15 km

Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	113	Sousa, Salomé	Individual	F40_15	1	1:42:25.09	06:50	
2	106	Fontes, Alzira	Individual	F40_15	2	1:46:11.73	07:05	0:03:47
3	404	Dias, Ligia	Individual	F40_15	3	1:52:37.53	07:31	0:10:13
4	483	Blach, Sara	Individual	SENF15	1	1:57:49.04	07:51	0:15:24
5	159	Monteiro, Marta	Bolas Rolantes	SENF15	2	2:00:11.96	08:01	0:17:47
6	152	Vieira, Diana	Rainha Club	SENF15	3	2:00:16.63	08:01	0:17:52
7	116	Magalhães, Maria	Falta Muito?	F50_15	1	2:09:03.16	08:36	0:26:38
8	162	Garrido, Sandra	Individual	SENF15	4	2:09:06.65	08:36	0:26:42
9	166	Valentinovic, Veslava	Budeguita Runners	SENF15	5	2:09:10.31	08:37	0:26:45
10	151	Barbosa, Cidalia	Lousada Runners	SENF15	6	2:11:13.54	08:45	0:28:49
11	165	Moreira, Silvia	Lousada Runners	SENF15	7	2:11:20.45	08:45	0:28:55
12	111	Vilela, Maria	Individual	F40_15	4	2:12:51.53	08:51	0:30:27
13	154	Faria, Elisabete	Individual	SENF15	8	2:12:52.28	08:51	0:30:27
14	161	Caridade, Neuza	Edv Vianatrail	SENF15	9	2:14:16.62	08:57	0:31:52
15	148	Maia, Barbara	Individual	SENF15	10	2:22:14.23	09:29	0:39:49
16	107	Teixeira, Berta	Individual	F40_15	5	2:22:21.48	09:29	0:39:56
17	164	Silva, Sandra	Lousada Runners	SENF15	11	2:26:34.80	09:46	0:44:10
18	108	Ventuzelos, Filipa	Lousada Runners	F40_15	6	2:26:44.79	09:47	0:44:20
19	150	Silva, Carla	Rainha Club	SENF15	12	2:27:48.58	09:51	0:45:24
20	115	Silva, Deolinda	Noctiluzes	F50_15	2	2:28:38.06	09:55	0:46:13
21	155	Ferreira, Isabel	Budeguita Runners	SENF15	13	2:37:06.64	10:28	0:54:42
22	489	Marques, Isabel	Budeguita Runners	F40_15	7	2:37:10.24	10:29	0:54:45
23	145	Forte, Ana	Budeguita Runners	SENF15	14	2:38:54.06	10:36	0:56:29
24	156	Correia, Lénia	Clinica Dentaria-Dr.Rui Couto e Dra Sofia Alves	SENF15	15	2:39:06.03	10:36	0:56:41
25	529	Moreira, Diana		SENF15	16	2:47:04.41	11:08	1:04:39
26	112	Fontes, Rosa	Individual	F40_15	8	2:47:27.14	11:10	1:05:02
27	157	Ferreira, Liliana	Individual	SENF15	17	2:47:27.15	11:10	1:05:02
28	163	Santos, Sandra	Budeguita Runners	SENF15	18	2:50:08.71	11:21	1:07:44
29	509	, Rosa	Individual	F40_15	9	2:51:20.11	11:25	1:08:55
30	114	Amorim, Sandra	Noctiluzes	F40_15	10	2:51:20.87	11:25	1:08:56
31	508	Pereira, Maria	Individual	F40_15	11	2:51:21.08	11:25	1:08:56
32	149	Rodrigues, Carla	Budeguita Runners	SENF15	19	3:00:07.10	12:00	1:17:42
33	428	Leite, Eduarda	Somos Super	SENF15	20	3:12:29.17	12:50	1:30:04
34	429	Sousa, Rita	Tou Que Nem Posso	SENF15	21	3:14:01.27	12:56	1:31:36
35	160	Soares, Marta	Tou Que Nem Posso	SENF15	22	3:14:02.19	12:56	1:31:37
36	146	Margarida, Ana	Rainha Club	SENF15	23	3:15:00.00	13:00	1:32:35
37	109	Silva, Manuela	Rainha Club	F40_15	12	3:15:00.00	13:00	1:32:35



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25 de Abril de 2015

Classificação Geral Masculina - Trail curto 15 km

Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat	Tempo	T/Km.	Dif.
1	524	Gaspar, José	Odimarq	SENM15	1	1:05:12.60	04:21	
2	124	Gonçalves, Fernando	Individual	M40_15	1	1:13:43.54	04:55	0:08:31
3	119	Seca, Albano	Individual	M40_15	2	1:16:38.31	05:07	0:11:25
4	187	Oliveira, Luis	Individual	SENM15	2	1:20:36.79	05:22	0:15:24
5	141	Lemos, Francisco	Individual	M50_15	1	1:21:22.26	05:25	0:16:09
6	140	Oliveira, Fernando	Individual	M50_15	2	1:23:33.85	05:34	0:18:21
7	191	Cardoso, Nuno	ONESOUL CROSSFIT	SENM15	3	1:24:17.00	05:37	0:19:04
8	168	Ferreira, António	Individual	SENM15	4	1:24:17.30	05:37	0:19:04
9	170	Costa, Bruno	Individual	SENM15	5	1:25:14.29	05:41	0:20:01
10	513	Nunes, Ricardo	A.R.C.O.	SENM15	6	1:25:47.16	05:43	0:20:34
11	205	Oliveira, Vítor	Individual	SENM15	7	1:27:10.28	05:49	0:21:57
12	138	Teixeira, Antonio	Clinica Dentaria-Dr.Rui Couto e Dra Sofia Alves	M50_15	3	1:28:23.60	05:54	0:23:11
13	123	Cunha, Eugenio	Individual	M40_15	3	1:32:37.33	06:10	0:27:24
14	195	Teixeira, Pedro	Individual	SENM15	8	1:33:29.48	06:14	0:28:16
15	498	Fonseca, Sérgio	Feltrail	M40_15	4	1:34:46.01	06:19	0:29:33
16	172	Sousa, Carlos	Individual	SENM15	9	1:37:18.92	06:29	0:32:06
17	512	Carvalho, Hugo	Team Runners Vila Verde	SENM15	10	1:38:39.94	06:35	0:33:27
18	495	Silva, Arlindo	Individual	M40_15	5	1:38:40.35	06:35	0:33:27
19	522	Pinto, Joel		SENM15	11	1:39:56.97	06:40	0:34:44
20	117	Magalhães, José	Falta Muito?	SENM15	12	1:40:43.34	06:43	0:35:30
21	186	Vieira, Jose	Individual	SENM15	13	1:40:49.89	06:43	0:35:37
22	499	Maias, José	Feltrail	M40_15	6	1:40:54.33	06:44	0:35:41
23	177	Nunes, Filipe	Individual	SENM15	14	1:41:09.50	06:45	0:35:57
24	515	Matos, Vítor	Individual	SENM15	15	1:41:12.61	06:45	0:36:00
25	518	Lemos, José	Individual	SENM15	16	1:42:01.53	06:48	0:36:49
26	121	Cardoso, Carlos	Individual	M40_15	7	1:42:02.17	06:48	0:36:49
27	143	Duarte, Jose	GINASIO PURA FORMA	M50_15	4	1:42:04.80	06:48	0:36:52
28	144	Moreira, Lino	Individual	M50_15	5	1:42:22.19	06:49	0:37:09
29	182	Palmela, João	Individual	SENM15	17	1:43:03.72	06:52	0:37:51
30	184	Costa, Jorge	Individual	SENM15	18	1:43:04.65	06:52	0:37:52
31	516	Magalhães, Augusto	Individual	M40_15	8	1:43:33.54	06:54	0:38:21
32	126	Noevo, Joaquim	Budeguita Runners	M40_15	9	1:44:35.71	06:58	0:39:23
33	199	Costa, Rui	Individual	SENM15	19	1:44:35.50	06:58	0:39:23
34	100	Pinto, Diogo	Individual	???	???	1:44:37.11		
35	104	Ribeiro, Paulo	Individual	M40_15	10	1:46:08.53	07:05	0:40:56
36	105	Costa, Vitor	Individual	M40_15	11	1:46:09.43	07:05	0:40:56
37	142	Silva, Joao	Individual	M50_15	6	1:46:10.18	07:05	0:40:57
38	487	Leite, Cesário	Individual	SENM15	20	1:46:10.41	07:05	0:40:57
39	485	Sampaio, Manuel	Individual	M40_15	12	1:46:24.12	07:06	0:41:11
40	193	Costa, Paulo	Individual	SENM15	21	1:47:20.40	07:09	0:42:07
41	120	Cardoso, Álvaro	Individual	M40_15	13	1:47:48.20	07:11	0:42:35
42	167	Marinho, Adriano	Individual	SENM15	22	1:49:09.99	07:17	0:43:57
43	503	Maias, Hélder	Feltrail	SENM15	23	1:49:13.63	07:17	0:44:01
44	180	Pereira, Hugo	ONESOUL CROSSFIT	SENM15	24	1:49:13.80	07:17	0:44:01
45	169	Fonseca, Antonio	Individual	SENM15	25	1:49:14.05	07:17	0:44:01
46	496	Fonseca, António	Feltrail	SENM15	26	1:49:18.88	07:17	0:44:06
47	497	Moreira, Carlos	Feltrail	SENM15	27	1:49:21.52	07:17	0:44:09

48	135 Franco, Rui	ONESOUL CROSSFIT	M40_15	14	1:49:45.46	07:19 0:44:32
49	510 Castro, Vitor	Individual	SENM15	28	1:51:14.90	07:25 0:46:02
50	134 Couto, Rui	Clinica Dentaria-Dr.Rui Couto e Dra Sofia Alves	M40_15	15	1:52:34.50	07:30 0:47:22
51	511 Teixeira, Pedro	Team Runners Vila Verde	SENM15	29	1:54:47.91	07:39 0:49:35
52	486 Faria, Rui	Individual	SENM15	30	1:57:52.70	07:52 0:52:40
53	198 Abreu, Romeu	Individual	SENM15	31	1:57:54.86	07:52 0:52:42
54	501 Mendes, Tiago	Individual	M40_15	16	1:58:30.66	07:54 0:53:18
55	183 Salvaterra, João	Individual	SENM15	32	1:59:05.75	07:56 0:53:53
56	204 Faria, Vitor	Bolas Rolantes	SENM15	33	2:00:12.09	08:01 0:54:59
57	181 Monteiro, João	Budeguita Runners	SENM15	34	2:00:17.63	08:01 0:55:05
58	203 Silva, Telmo	Individual	SENM15	35	2:01:01.17	08:04 0:55:48
59	200 Afonso, Sandro	Individual	SENM15	36	2:01:34.27	08:06 0:56:21
60	517 Cunha, André	Individual	SENM15	37	2:04:31.09	08:18 0:59:18
61	128 Magalhaes, José	OS MAGALHÃES	M40_15	17	2:04:42.66	08:19 0:59:30
62	488 Camarinha, João	Individual	SENM15	38	2:06:17.31	08:25 1:01:04
63	202 Cardoso, Simão	Individual	SENM15	39	2:08:19.28	08:33 1:03:06
64	179 Sousa, Filipe	Individual	SENM15	40	2:08:40.01	08:35 1:03:27
65	171 Ferreira, Bruno	Individual	SENM15	41	2:08:41.51	08:35 1:03:29
66	136 Coutinho, Tiago	Individual	M40_15	18	2:09:01.23	08:36 1:03:48
67	102 Mendes, Luis	Individual	SENM15	42	2:09:03.95	08:36 1:03:51
68	131 Figueiredo, Paulo	Individual	M40_15	19	2:09:04.31	08:36 1:03:51
69	197 Meireles, Ricardo	Individual	SENM15	43	2:09:07.14	08:36 1:03:54
70	188 Rolo, Miguel	Individual	SENM15	44	2:10:20.09	08:41 1:05:07
71	490 Magalhães, Bruno	RUN 4 ALL	SENM15	45	2:11:16.37	08:45 1:06:03
72	523 Pinto, Rui		SENM15	46	2:11:59.80	08:48 1:06:47
73	491 Carvalho, Francisco	Quarteto Domingueiro	M50_15	7	2:14:21.33	08:57 1:09:08
74	484 Carvalho, Fernando	Quarteto Domingueiro	M50_15	8	2:14:21.91	08:57 1:09:09
75	520 Marques, José	Os Marques	M40_15	20	2:14:34.88	08:58 1:09:22
76	525 Ferreira, Paulo		SENM15	47	2:14:44.89	08:59 1:09:32
77	519 Marques, Hélder	Os Marques	SENM15	48	2:15:11.21	09:01 1:09:58
78	521 Pacheco, António		SENM15	49	2:19:35.91	09:18 1:14:23
79	129 Maia, Jose	Individual	M40_15	21	2:22:14.79	09:29 1:17:02
80	500 Mendes, Vitor	Quarteto Domingueiro	SENM15	50	2:24:50.78	09:39 1:19:38
81	506 Ferreira, Manuel	Quarteto Domingueiro	M50_15	9	2:24:52.39	09:39 1:19:39
82	492 Oliveira, Mário	Individual	SENM15	51	2:25:11.13	09:41 1:19:58
83	493 Teixeira, David	Individual	SENM15	52	2:26:57.03	09:48 1:21:44
84	507 Mendes, Jose	Individual	M40_15	22	2:28:38.43	09:55 1:23:25
85	462 Paiva, Victor	Rainha Club	SENM15	53	2:28:38.55	09:55 1:23:26
86	132 Lobo, Paulo	Budeguita Runners	M40_15	23	2:37:10.09	10:29 1:31:57
87	526 Piriças, Adelino		M40_15	24	2:46:58.46	11:08 1:41:45
88	189 Valente, Miguel	Budeguita Runners	SENM15	54	2:50:09.99	11:21 1:44:57
89	174 Barros, Daniel	Budeguita Runners	SENM15	55	3:00:06.33	12:00 1:54:53
90	457 Silva, Ricardo	Somos Super	SENM15	56	3:12:32.47	12:50 2:07:19



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Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	524	Gaspar, José	Odimarq	SENM15	1	1:05:12.60	04:21	
2	124	Gonçalves, Fernando	Individual	M40_15	1	1:13:43.54	04:55	0:08:31
3	119	Seca, Albano	Individual	M40_15	2	1:16:38.31	05:07	0:11:25
4	187	Oliveira, Luis	Individual	SENM15	2	1:20:36.79	05:22	0:15:24
5	141	Lemos, Francisco	Individual	M50_15	1	1:21:22.26	05:25	0:16:09
6	140	Oliveira, Fernando	Individual	M50_15	2	1:23:33.85	05:34	0:18:21
7	191	Cardoso, Nuno	ONESOUL CROSSFIT	SENM15	3	1:24:17.00	05:37	0:19:04
8	168	Ferreira, António	Individual	SENM15	4	1:24:17.30	05:37	0:19:04
9	170	Costa, Bruno	Individual	SENM15	5	1:25:14.29	05:41	0:20:01
10	513	Nunes, Ricardo	A.R.C.O.	SENM15	6	1:25:47.16	05:43	0:20:34
11	205	Oliveira, Vítor	Individual	SENM15	7	1:27:10.28	05:49	0:21:57
12	138	Teixeira, Antonio	Clinica Dentaria-Dr.Rui Couto e Dra Sofia Alves	M50_15	3	1:28:23.60	05:54	0:23:11
13	123	Cunha, Eugenio	Individual	M40_15	3	1:32:37.33	06:10	0:27:24
14	195	Teixeira, Pedro	Individual	SENM15	8	1:33:29.48	06:14	0:28:16
15	498	Fonseca, Sérgio	Feltrail	M40_15	4	1:34:46.01	06:19	0:29:33
16	172	Sousa, Carlos	Individual	SENM15	9	1:37:18.92	06:29	0:32:06
17	512	Carvalho, Hugo	Team Runners Vila Verde	SENM15	10	1:38:39.94	06:35	0:33:27
18	495	Silva, Arlindo	Individual	M40_15	5	1:38:40.35	06:35	0:33:27
19	522	Pinto, Joel	Individual	SENM15	11	1:39:56.97	06:40	0:34:44
20	117	Magalhães, José	Falta Muito?	SENM15	12	1:40:43.34	06:43	0:35:30
21	186	Vieira, Jose	Individual	SENM15	13	1:40:49.89	06:43	0:35:37
22	499	Maias, José	Feltrail	M40_15	6	1:40:54.33	06:44	0:35:41
23	177	Nunes, Filipe	Individual	SENM15	14	1:41:09.50	06:45	0:35:57
24	515	Matos, Vítor	Individual	SENM15	15	1:41:12.61	06:45	0:36:00
25	518	Lemos, José	Individual	SENM15	16	1:42:01.53	06:48	0:36:49
26	121	Cardoso, Carlos	Individual	M40_15	7	1:42:02.17	06:48	0:36:49
27	143	Duarte, Jose	GINASIO PURA FORMA	M50_15	4	1:42:04.80	06:48	0:36:52
28	144	Moreira, Lino	Individual	M50_15	5	1:42:22.19	06:49	0:37:09
29	113	Sousa, Salomé	Individual	F40_15	1	1:42:25.09	06:50	0:37:12
30	182	Palmela, João	Individual	SENM15	17	1:43:03.72	06:52	0:37:51
31	184	Costa, Jorge	Individual	SENM15	18	1:43:04.65	06:52	0:37:52
32	516	Magalhães, Augusto	Individual	M40_15	8	1:43:33.54	06:54	0:38:21
33	126	Noevo, Joaquim	Budeguita Runners	M40_15	9	1:44:35.71	06:58	0:39:23
34	199	Costa, Rui	Individual	SENM15	19	1:44:35.50	06:58	0:39:23
35	100	Pinto, Diogo	Individual	???	???	1:44:37.11		
36	104	Ribeiro, Paulo	Individual	M40_15	10	1:46:08.53	07:05	0:40:56
37	105	Costa, Vitor	Individual	M40_15	11	1:46:09.43	07:05	0:40:56
38	142	Silva, Joao	Individual	M50_15	6	1:46:10.18	07:05	0:40:57
39	487	Leite, Cesário	Individual	SENM15	20	1:46:10.41	07:05	0:40:57
40	106	Fontes, Alzira	Individual	F40_15	2	1:46:11.73	07:05	0:40:59
41	485	Sampaio, Manuel	Individual	M40_15	12	1:46:24.12	07:06	0:41:11
42	193	Costa, Paulo	Individual	SENM15	21	1:47:20.40	07:09	0:42:07
43	120	Cardoso, Álvaro	Individual	M40_15	13	1:47:48.20	07:11	0:42:35

44	167	Marinho, Adriano	Individual	SENM15	22	1:49:09.99	07:17	0:43:57
45	503	Maias, Hélder	Feltrail	SENM15	23	1:49:13.63	07:17	0:44:01
46	180	Pereira, Hugo	ONESOUL CROSSFIT	SENM15	24	1:49:13.80	07:17	0:44:01
47	169	Fonseca, Antonio	Individual	SENM15	25	1:49:14.05	07:17	0:44:01
48	496	Fonseca, António	Feltrail	SENM15	26	1:49:18.88	07:17	0:44:06
49	497	Moreira, Carlos	Feltrail	SENM15	27	1:49:21.52	07:17	0:44:09
50	135	Franco, Rui	ONESOUL CROSSFIT	M40_15	14	1:49:45.46	07:19	0:44:32
51	510	Castro, Vitor	Individual	SENM15	28	1:51:14.90	07:25	0:46:02
52	134	Couto, Rui	Clinica Dentaria-Dr.Rui Couto e Dra Sofia Alves	M40_15	15	1:52:34.50	07:30	0:47:22
53	404	Dias, Ligia	Individual	F40_15	3	1:52:37.53	07:31	0:47:25
54	511	Teixeira, Pedro	Team Runners Vila Verde	SENM15	29	1:54:47.91	07:39	0:49:35
55	483	Blach, Sara	Individual	SENF15	1	1:57:49.04	07:51	0:52:36
56	486	Faria, Rui	Individual	SENM15	30	1:57:52.70	07:52	0:52:40
57	198	Abreu, Romeu	Individual	SENM15	31	1:57:54.86	07:52	0:52:42
58	501	Mendes, Tiago	Individual	M40_15	16	1:58:30.66	07:54	0:53:18
59	183	Salvaterra, João	Individual	SENM15	32	1:59:05.75	07:56	0:53:53
60	159	Monteiro, Marta	Bolas Rolantes	SENF15	2	2:00:11.96	08:01	0:54:59
61	204	Faria, Vitor	Bolas Rolantes	SENM15	33	2:00:12.09	08:01	0:54:59
62	152	Vieira, Diana	Rainha Club	SENF15	3	2:00:16.63	08:01	0:55:04
63	181	Monteiro, João	Budeguita Runners	SENM15	34	2:00:17.63	08:01	0:55:05
64	203	Silva, Telmo	Individual	SENM15	35	2:01:01.17	08:04	0:55:48
65	200	Afonso, Sandro	Individual	SENM15	36	2:01:34.27	08:06	0:56:21
66	517	Cunha, André	Individual	SENM15	37	2:04:31.09	08:18	0:59:18
67	128	Magalhaes, José	OS MAGALHÃES	M40_15	17	2:04:42.66	08:19	0:59:30
68	488	Camarinha, João	Individual	SENM15	38	2:06:17.31	08:25	1:01:04
69	202	Cardoso, Simão	Individual	SENM15	39	2:08:19.28	08:33	1:03:06
70	179	Sousa, Filipe	Individual	SENM15	40	2:08:40.01	08:35	1:03:27
71	171	Ferreira, Bruno	Individual	SENM15	41	2:08:41.51	08:35	1:03:29
72	136	Coutinho, Tiago	Individual	M40_15	18	2:09:01.23	08:36	1:03:48
73	116	Magalhães, Maria	Falta Muito?	F50_15	1	2:09:03.16	08:36	1:03:50
74	102	Mendes, Luis	Individual	SENM15	42	2:09:03.95	08:36	1:03:51
75	131	Figueiredo, Paulo	Individual	M40_15	19	2:09:04.31	08:36	1:03:51
76	162	Garrido, Sandra	Individual	SENF15	4	2:09:06.65	08:36	1:03:54
77	197	Meireles, Ricardo	Individual	SENM15	43	2:09:07.14	08:36	1:03:54
78	166	Valentinovic, Veslava	Budeguita Runners	SENF15	5	2:09:10.31	08:37	1:03:57
79	188	Rolo, Miguel	Individual	SENM15	44	2:10:20.09	08:41	1:05:07
80	151	Barbosa, Cidalia	Lousada Runners	SENF15	6	2:11:13.54	08:45	1:06:01
81	490	Magalhães, Bruno	RUN 4 ALL	SENM15	45	2:11:16.37	08:45	1:06:03
82	165	Moreira, Sílvia	Lousada Runners	SENF15	7	2:11:20.45	08:45	1:06:07
83	523	Pinto, Rui	Individual	SENM15	46	2:11:59.80	08:48	1:06:47
84	111	Vilela, Maria	Individual	F40_15	4	2:12:51.53	08:51	1:07:39
85	154	Faria, Elisabete	Individual	SENF15	8	2:12:52.28	08:51	1:07:39
86	161	Caridade, Neuza	Edv Vianatrail	SENF15	9	2:14:16.62	08:57	1:09:04
87	491	Carvalho, Francisco	Quarteto Domingueiro	M50_15	7	2:14:21.33	08:57	1:09:08
88	484	Carvalho, Fernando	Quarteto Domingueiro	M50_15	8	2:14:21.91	08:57	1:09:09
89	520	Marques, José	Os Marques	M40_15	20	2:14:34.88	08:58	1:09:22
90	525	Ferreira, Paulo	Individual	SENM15	47	2:14:44.89	08:59	1:09:32
91	519	Marques, Hélder	Os Marques	SENM15	48	2:15:11.21	09:01	1:09:58
92	521	Pacheco, António	Individual	SENM15	49	2:19:35.91	09:18	1:14:23
93	148	Maia, Barbara	Individual	SENF15	10	2:22:14.23	09:29	1:17:01
94	129	Maia, Jose	Individual	M40_15	21	2:22:14.79	09:29	1:17:02
95	107	Teixeira, Berta	Individual	F40_15	5	2:22:21.48	09:29	1:17:08
96	500	Mendes, Vitor	Quarteto Domingueiro	SENM15	50	2:24:50.78	09:39	1:19:38
97	506	Ferreira, Manuel	Quarteto Domingueiro	M50_15	9	2:24:52.39	09:39	1:19:39
98	492	Oliveira, Mário	Individual	SENM15	51	2:25:11.13	09:41	1:19:58
99	164	Silva, Sandra	Lousada Runners	SENF15	11	2:26:34.80	09:46	1:21:22
100	108	Ventuzelos, Filipa	Lousada Runners	F40_15	6	2:26:44.79	09:47	1:21:32
101	493	Teixeira, David	Individual	SENM15	52	2:26:57.03	09:48	1:21:44
102	150	Silva, Carla	Rainha Club	SENF15	12	2:27:48.58	09:51	1:22:36
103	115	Silva, Deolinda	Noctiluzes	F50_15	2	2:28:38.06	09:55	1:23:25
104	507	Mendes, Jose	Individual	M40_15	22	2:28:38.43	09:55	1:23:25

105	462 Paiva, Victor	Rainha Club	SENM15	53	2:28:38.55	09:55	1:23:26
106	155 Ferreira, Isabel	Budeguita Runners	SENF15	13	2:37:06.64	10:28	1:31:54
107	132 Lobo, Paulo	Budeguita Runners	M40_15	23	2:37:10.09	10:29	1:31:57
108	489 Marques, Isabel	Budeguita Runners	F40_15	7	2:37:10.24	10:29	1:31:57
109	145 Forte, Ana	Budeguita Runners	SENF15	14	2:38:54.06	10:36	1:33:41
110	156 Correia, Lénia	Clinica Dentaria-Dr.Rui Couto e Dra Sofia Alves	SENF15	15	2:39:06.03	10:36	1:33:53
111	526 Piriças, Adelino		M40_15	24	2:46:58.46	11:08	1:41:45
112	529 Moreira, Diana		SENF15	16	2:47:04.41	11:08	1:41:51
113	112 Fontes, Rosa	Individual	F40_15	8	2:47:27.14	11:10	1:42:14
114	157 Ferreira, Liliana	Individual	SENF15	17	2:47:27.15	11:10	1:42:14
115	163 Santos, Sandra	Budeguita Runners	SENF15	18	2:50:08.71	11:21	1:44:56
116	189 Valente, Miguel	Budeguita Runners	SENM15	54	2:50:09.99	11:21	1:44:57
117	509 , Rosa	Individual	F40_15	9	2:51:20.11	11:25	1:46:07
118	114 Amorim, Sandra	Noctiluzes	F40_15	10	2:51:20.87	11:25	1:46:08
119	508 Pereira, Maria	Individual	F40_15	11	2:51:21.08	11:25	1:46:08
120	174 Barros, Daniel	Budeguita Runners	SENM15	55	3:00:06.33	12:00	1:54:53
121	149 Rodrigues, Carla	Budeguita Runners	SENF15	19	3:00:07.10	12:00	1:54:54
122	428 Leite, Eduarda	Somos Super	SENF15	20	3:12:29.17	12:50	2:07:16
123	457 Silva, Ricardo	Somos Super	SENM15	56	3:12:32.47	12:50	2:07:19
124	429 Sousa, Rita	Tou Que Nem Posso	SENF15	21	3:14:01.27	12:56	2:08:48
125	160 Soares, Marta	Tou Que Nem Posso	SENF15	22	3:14:02.19	12:56	2:08:49
126	146 Margarida, Ana	Rainha Club	SENF15	23	3:15:00.00	13:00	2:09:47
127	109 Silva, Manuela	Rainha Club	F40_15	12	3:15:00.00	13:00	2:09:47