

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
RUI TEIXEIRA	Sporting Clube De Portugal	1007	1	00:31:19.317	00:00:00.000
MIGUEL RIBEIRO	Clube De Atletismo Olímpico Vianense	1331	2	00:31:22.317	00:00:03.000
HUGO SANTOS	Acd S. João Da Serra	542	3	00:31:27.400	00:00:08.083
VÍTOR OLIVEIRA	Maia Ac	1493	4	00:31:46.817	00:00:27.500
RICARDO PEREIRA	Acd Jardim Da Serra	1494	5	00:32:04.653	00:00:45.336
HUGO ALMEIDA	Sporting Clube De Braga	841	6	00:32:16.570	00:00:57.253
FRANCISCO RODRIGUES	Sporting Clube De Braga	2302	7	00:32:19.143	00:00:59.826
LUÍS MENDES	Maia Ac	35	8	00:32:26.317	00:01:07.000
HÉLDER SANTOS	Sporting Clube De Portugal	1339	9	00:32:27.570	00:01:08.253
CARLOS LOPES	Clube Académico De Mogadouro	2093	10	00:32:32.320	00:01:13.003
DAVIDE FIGUEIREDO	Figueiredos Runners & Friends	2128	11	00:33:02.320	00:01:43.003
ARTUR RODRIGUES	Gdc Guilhovai	191	12	00:33:02.637	00:01:43.320
DIOGO ROSÁRIO	Sporting Clube De Portugal	2303	13	00:33:09.137	00:01:49.820
JOÃO NUNO	Sporting Clube De Braga	2301	14	00:33:17.327	00:01:58.010
PEDRO RODRIGUES	Clube Académico De Mogadouro	2094	15	00:33:18.087	00:01:58.770
ANDRÉ SILVA	Águias De Alvelos	604	16	00:33:22.633	00:02:03.316
VITOR SANTOS	Fiães Sc	1676	17	00:33:23.070	00:02:03.753
CARLOS SILVA	São Salvador Do Campo	1924	18	00:33:26.570	00:02:07.253
RICARDO QUEIROZ	Clube Atletismo Do Tâmega	2090	19	00:33:32.133	00:02:12.816
PAULO MORAIS	Águias Da Misericórdia	976	20	00:33:34.637	00:02:15.320
AMADO MARTINS	Maia Ac	2687	21	00:33:55.330	00:02:36.013
NUNO COSTA	São Salvador Do Campo	1922	22	00:34:04.130	00:02:44.813
MARCO FERREIRA	U.D. Varzea	956	23	00:34:10.110	00:02:50.793
LEANDRO MARTINS	Earo	836	24	00:34:18.877	00:02:59.560
NELSON MAGALHÃES	U.D. Varzea	941	25	00:34:20.573	00:03:01.256
ANTÓNIO FERNANDES	G.D.C. Do Guilhovai	2279	26	00:34:42.823	00:03:23.506
JOAQUIM FIGUEIREDO	São Salvador Do Campo	1926	27	00:34:43.403	00:03:24.086
RUI FERNANDES	Earo	835	28	00:34:47.120	00:03:27.803
RICARDO CASTRO	Sociedade Recreio Cepenense	2686	29	00:34:52.827	00:03:33.510
NUNO FERNANDES	Clube Atletismo Fafe	144	30	00:34:58.073	00:03:38.756
JOSÉ FERREIRA	Individual	2091	31	00:34:59.123	00:03:39.806
ABÍLIO PEREIRA	N.A.Taipas	2753	32	00:35:08.327	00:03:49.010
TIAGO PINTO	Douroconta-Gabinete De Apoio E Contabilidade	2333	33	00:35:20.077	00:04:00.760
TIAGO PINHEIRO	N.A.Taipas	2756	34	00:35:30.117	00:04:10.800
NUNO FERNANDES	Earo	834	35	00:35:46.573	00:04:27.256
MARISA BARROS	Sport Comércio E Salgueiros	558	36	00:35:48.117	00:04:28.800
JOÃO CAVADAS	Individual	919	37	00:35:50.867	00:04:31.550
ANTÓNIO SILVA	Nascidos Para Correr	2132	38	00:36:01.327	00:04:42.010
NUNO QUEIROZ	São Salvador Do Campo	1921	39	00:36:05.077	00:04:45.760
JORGE CUNHA	Ud Várzea	2680	40	00:36:16.827	00:04:57.510
JOSÉ TEIXEIRA	Adeca	484	41	00:36:22.860	00:05:03.543
HUGO MOREIRA	Douroconta-Gabinete De Apoio E Contabilidade. Lda	1551	42	00:36:23.077	00:05:03.760
RUI GOMES	Douroconta-Gabinete De Apoio E Contabilidade	2762	43	00:36:23.860	00:05:04.543
PEDRO FREITAS	Ama	2263	44	00:36:24.860	00:05:05.543

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
TIAGO MAGALHÃES	Individual	62	45	00:36:30.830	00:05:11.513
HENRIQUE PIRES	Águias De Alvelos	2693	46	00:36:47.107	00:05:27.790
FERNANDO FERREIRA	G.D.C. Do Guilhovai	2277	47	00:36:56.327	00:05:37.010
TIAGO FREITAS	Figueiredos Runners & Friends	2292	48	00:36:57.833	00:05:38.516
MIGUEL TORRES	Earo	837	49	00:36:59.830	00:05:40.513
DANIELA CUNHA	Sporting Clube De Portugal	2305	50	00:37:10.577	00:05:51.260
PAULO PEREIRA	G.D.C. Do Guilhovai	2278	51	00:37:11.330	00:05:52.013
TIAGO ANTUNES	U.D. Varzea	2692	52	00:37:12.600	00:05:53.283
JOAQUIM PACHECO	N.A.Taipas	2757	53	00:37:15.830	00:05:56.513
SÉRGIO SALGUEIRO	Vitória Sport Clube	899	54	00:37:16.853	00:05:57.536
PEDRO OLIVEIRA	Maia Ac	2266	55	00:37:20.827	00:06:01.510
SUSANA GODINHO	Sporting Clube De Portugal	1330	56	00:37:21.100	00:06:01.783
ALBANO SILVA	São Salvador Do Campo	1925	57	00:37:32.580	00:06:13.263
JORGE NETO	Negrelcar	2244	58	00:37:39.077	00:06:19.760
AUGUSTO ANTUNES	Arpo-Associação Recreativa Pousadense.	822	59	00:37:40.587	00:06:21.270
CLAUDIA PEREIRA	Os Santa Apolónia	2295	60	00:37:43.580	00:06:24.263
RUI VELOSO	Individual	2770	61	00:37:43.587	00:06:24.270
JESSICA PONTES	Sporting Clube De Braga	840	62	00:37:47.097	00:06:27.780
CARLOS COSTA	Ud Várzea	2683	63	00:37:55.097	00:06:35.780
RICARDO BARROS	Douroconta Gabinete De Apoio E Contabilidade. Lda	1695	64	00:38:09.580	00:06:50.263
FILIPE LEITE	Ud Várzea	2682	65	00:38:46.840	00:07:27.523
JUSTYNA WOJCIK	Acd S. João Da Serra	714	66	00:38:49.080	00:07:29.763
RAMIRO RIBEIRO	Negrelcar	1396	67	00:38:55.083	00:07:35.766
ERCÍLIA MACHADO	Individual	1	68	00:38:56.833	00:07:37.516
CLARISSE CRUZ	Inscrição Vip Paulo -	2685	69	00:39:03.100	00:07:43.783
ROMEU SOUSA	Fisiomov	323	70	00:39:08.087	00:07:48.770
ZEFERINO NETO	São Salvador Do Campo	1928	71	00:39:16.587	00:07:57.270
CARLA MACHADO	U.D. Varzea	2140	72	00:39:17.097	00:07:57.780
RUI FERNANDES	Clube Atletismo Fafe	1500	73	00:39:18.833	00:07:59.516
JOÃO LOPES	Individual	580	74	00:39:25.590	00:08:06.273
TIAGO LIMA	Tiago Lima E Amigos	198	75	00:39:27.837	00:08:08.520
EZEQUIEL FERNANDES	Team Lantermil	1939	76	00:39:32.833	00:08:13.516
ANDRÉ NEVES	Language Academy	134	77	00:39:40.083	00:08:20.766
MÓNICA SILVA	Vitória Sport Clube	605	78	00:39:43.110	00:08:23.793
SERGIO MARTINS	A.R.De Negrelos	110	79	00:39:44.587	00:08:25.270
HERMÍNIO MARTINS	Acrsd	2690	80	00:39:50.583	00:08:31.266
CLAUDIO ARAUJO	Adosa	285	81	00:39:54.087	00:08:34.770
MANUEL MAGALHÃES	Negrelcar	1845	82	00:39:56.583	00:08:37.266
LUÍS LOPES	K.Costa&Silva,Lda	817	83	00:40:01.850	00:08:42.533
ARLINDO SOUSA	Atlético Clube Alfenense	306	84	00:40:03.093	00:08:43.776
ALBANO SECA	Sociedade Recreio Capanense	1868	85	00:40:08.843	00:08:49.526
TIAGO RIBEIRO	#Correccorreverinha	37	86	00:40:10.090	00:08:50.773
JOÃO SILVA	Earo	839	87	00:40:10.093	00:08:50.776
MARIA CARVALHO	Maia Ac	2265	88	00:40:12.087	00:08:52.770

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
CARLOS CRUZ	Os Rompe Solas	1289	89	00:40:17.333	00:08:58.016
PEDRO CORREIA	Fisiomov	321	90	00:40:23.343	00:09:04.026
MANUEL DIAS	#Correcorreverinha	39	91	00:40:32.083	00:09:12.766
ABÍLIO TEIXEIRA	Sociedade Recreio Capanense	1866	92	00:40:34.113	00:09:14.796
ADÃO MENDES	Grupo Recreativo Estrela Do Bonfim / Povia De Varzim	288	93	00:40:36.323	00:09:17.006
MANUEL MAGALHÃES	Individual	74	94	00:40:38.583	00:09:19.266
PAULO RIBEIRO	Kilos Moda Atletismo	1998	95	00:40:43.087	00:09:23.770
JOAQUIM MARQUES	Individual	1268	96	00:40:44.823	00:09:25.506
RICARDO AZEVEDO	Arpo-Associação Recreativa Pousadense.	489	97	00:40:48.823	00:09:29.506
BELMIRO FERREIRA	G.D. Leões Da Guarda	1287	98	00:40:55.087	00:09:35.770
FILIPE PEREIRA	Lousada Runners	2096	99	00:40:57.090	00:09:37.773
ANDRÉ MACHADO	Os Santa Apolónia	241	100	00:40:57.320	00:09:38.003
PEDRO SILVA	Kilos Moda Atletismo	738	101	00:40:58.083	00:09:38.766
MARIANA MACHADO	Os Santa Apolónia	249	102	00:40:59.820	00:09:40.503
PAULO MARTINS	Individual	2296	103	00:41:03.837	00:09:44.520
ROSA SOARES	Ud Várzea	2681	104	00:41:04.820	00:09:45.503
MANUEL ALVES	Individual	901	105	00:41:11.837	00:09:52.520
JOÃO OLIVEIRA	Individual	1462	106	00:41:11.847	00:09:52.530
TELMA PINHO	Clube Desportivo Feirense	2268	107	00:41:13.820	00:09:54.503
SIMÃO FERREIRA	Ad Pedome	1904	108	00:41:28.593	00:10:09.276
DANIEL MARTINS	Negrelcar	1426	109	00:41:29.843	00:10:10.526
ANTÓNIO MAGALHÃES	Individual	60	110	00:41:32.337	00:10:13.020
JOSÉ ALVES	Kilos Moda Atletismo	757	111	00:41:33.317	00:10:14.000
LUÍS VILELA	Sociedade Recreio Capanense	1870	112	00:41:36.097	00:10:16.780
ARMÉNIO SANTOS	Negrelcar	1810	113	00:41:39.067	00:10:19.750
JOSÉ FERNANDES	Futebol Clube Famalicão De Geneve	1025	114	00:41:43.317	00:10:24.000
ELISABETE LOPES	N.A.Taipas	2754	115	00:41:54.320	00:10:35.003
FERNANDO PINTO	Sociedade Recreio Capanense	1877	116	00:41:55.340	00:10:36.023
RUI SILVA	Sociedade Recreio Capanense	1864	117	00:41:55.340	00:10:36.023
RUI PEREIRA	Kilos Moda Atletismo	739	118	00:42:01.313	00:10:41.996
MANUEL GOMES	A.R.De Negrelos	109	119	00:42:05.313	00:10:45.996
AGOSTINHO COSTA	São Salvador Do Campo	1929	120	00:42:13.090	00:10:53.773
REGINA GILVAZ	Núcleo De Atletismo De Cucujães	237	121	00:42:14.337	00:10:55.020
JORGE FARIA	Individual	1288	122	00:42:16.337	00:10:57.020
TELMO FERREIRA	Casa Dos Reclamos	2331	123	00:42:20.090	00:11:00.773
CARLOS LOPES	Sociedade Recreio Capanense	1865	124	00:42:20.813	00:11:01.496
MARA RESENDE	Maia Ac	2267	125	00:42:21.087	00:11:01.770
SAMUEL BESSA	Rorizaventura	947	126	00:42:25.587	00:11:06.270
CARLOS CAMPOS	Atlético Clube Alfenense	307	127	00:42:25.807	00:11:06.490
LUIS MARTINS	A.R.De Negrelos	108	128	00:42:27.340	00:11:08.023
ESTELA MELO	Ud Várzea	2679	129	00:42:27.587	00:11:08.270
RUI SILVA	Braga Runners & Friends	871	130	00:42:32.837	00:11:13.520
ORLANDO MELO	Negrelcar	1858	131	00:42:33.000	00:11:13.683
DANIEL FERREIRA	Crossfit Vale Do Ave	1272	132	00:42:36.587	00:11:17.270

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
PAULO FREITAS	A Turma Do Stor	358	133	00:42:38.097	00:11:18.780
FATIMA SILVA	C. D. Póvoa	943	134	00:42:41.847	00:11:22.530
JOSÉ ARAÚJO	Adeca	1151	135	00:42:45.847	00:11:26.530
ARTUR ARAÚJO	Kilos Moda Atletismo	815	136	00:42:49.347	00:11:30.030
SÉRGIO GONÇALVES	Kilos Moda Atletismo	801	137	00:42:49.567	00:11:30.250
CATARINA SÁ	Clube Desportivo Feirense	2269	138	00:42:50.557	00:11:31.240
MIGUEL TAVEIRA	#Correcoerverinha	33	139	00:42:54.587	00:11:35.270
GILBERTO NETO	Rorizaventura	2107	140	00:42:57.087	00:11:37.770
JOSÉ COELHO	Negrelcar	1847	141	00:42:58.057	00:11:38.740
HILARIO MATOS	Crossfit Vale Do Ave	572	142	00:42:59.053	00:11:39.736
FRANCISCO BRANCO	Centro De Lazer António Martins Ribeiro	2371	143	00:43:01.807	00:11:42.490
SÉRGIO GONÇALVES	Individual	1843	144	00:43:02.557	00:11:43.240
JOÃO GOMES	Orlando Oliveira	2438	145	00:43:04.090	00:11:44.773
ABÍLIO FARIA	Adeca	482	146	00:43:09.837	00:11:50.520
HÉLDER GOMES	Cddg/ Clinica A. Sorrisos	1380	147	00:43:13.313	00:11:53.996
ANTÓNIO RIBEIRO	Mcdonalds Tribraga	1956	148	00:43:15.097	00:11:55.780
HELDER FERREIRA	Kilos Moda Atletismo	733	149	00:43:19.550	00:12:00.233
ANTÓNIO MACHADO	Fisiojoane	2462	150	00:43:19.840	00:12:00.523
JOSÉ ARAÚJO	Negrelcar	1848	151	00:43:25.090	00:12:05.773
FRANCISCO XAVIER	Carlos Cardoso/Central Runners	1437	152	00:43:31.340	00:12:12.023
PAULO LOPES	Grupo Desportivo Selho	1257	153	00:43:31.550	00:12:12.233
MIGUEL ABREU	Individual	1361	154	00:43:33.840	00:12:14.523
FILIPE RODRIGUES	Opticalia	2605	155	00:43:34.347	00:12:15.030
RUI AREAL	Clube Do Rio	2230	156	00:43:42.980	00:12:23.663
FERNANDO FERNANDES	Individual	2411	157	00:43:43.340	00:12:24.023
VIRIATO MENDES	São Salvador Do Campo	195	158	00:43:49.590	00:12:30.273
MANUEL FREITAS	Negrelcar	1844	159	00:43:50.847	00:12:31.530
SILVIA SILVA	Nba	1332	160	00:43:52.350	00:12:33.033
FERNANDO FIGUEIREDO	Figueiredos Runners & Friends	1942	161	00:43:52.593	00:12:33.276
DELFIN OLIVEIRA	Individual	1363	162	00:43:54.093	00:12:34.776
JOÃO FERREIRA	Kilos Moda Atletismo	2005	163	00:43:54.843	00:12:35.526
MANUEL RIBEIRO	Adeca	2455	164	00:43:57.340	00:12:38.023
FERNANDO DINIS	Carlos Cardoso/Central Runners	1989	165	00:44:02.840	00:12:43.523
JORGE FERREIRA	Sociedade Recreio Capanense	1869	166	00:44:12.343	00:12:53.026
ROSA OLIVEIRA	Earo	830	167	00:44:12.590	00:12:53.273
ARMINDO FARIA	Futebol Clube Famalicão De Geneve	1077	168	00:44:14.297	00:12:54.980
JOSE COSTA	Reboresampa	2738	169	00:44:15.843	00:12:56.526
PEDRO GOMES	Crossfit Vale Do Ave	1210	170	00:44:17.593	00:12:58.276
RUI FERNANDES	Ad Pedome	1914	171	00:44:18.843	00:12:59.526
LUIS SILVA	Academia Oamis	1096	172	00:44:19.343	00:13:00.026
PAULO REIS	Madrinha Cris	573	173	00:44:25.843	00:13:06.526
JOSÉ PEDRO	Carlos Cardoso/Central Runners	1444	174	00:44:26.090	00:13:06.773
FERNANDO GONÇALVES	Language Academy	1517	175	00:44:28.097	00:13:08.780
AUGUSTO SILVA	Individual	2439	176	00:44:29.093	00:13:09.776

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
GERALDO CAMPOS	Kilos Moda Atletismo	754	177	00:44:29.593	00:13:10.276
PEDRO OLIVEIRA	Alive Runners	2526	178	00:44:33.100	00:13:13.783
CLÁUDIO MONTEIRO	Douroconta - Gabinete De Apoio E Contabilidade	1745	179	00:44:36.100	00:13:16.783
AUGUSTO ALMEIDA	Negrelcar	1811	180	00:44:36.593	00:13:17.276
MANUEL GOMES	Cddg/ Clinica A. Sorrisos	1430	181	00:44:42.593	00:13:23.276
ANTONIO GOMES	Ginásio Clube Santo Tirso	2126	182	00:44:49.843	00:13:30.526
CELINE GOMES	Nascidos Para Correr	2134	183	00:44:50.843	00:13:31.526
JORGE FERNANDES	Rorizaventura	315	184	00:44:53.593	00:13:34.276
NUNO FERREIRA	Individual	119	185	00:44:56.040	00:13:36.723
JOSÉ SERRANO	Individual	1260	186	00:44:56.540	00:13:37.223
GUILHERME SILVA	Individual	2769	187	00:44:58.093	00:13:38.776
FRANCISCO SILVA	Hab Carpintaria	402	188	00:45:04.850	00:13:45.533
SIMÃO FERNANDES	Kilos Moda Atletismo	812	189	00:45:07.093	00:13:47.776
JORGE SILVA	Ad Pedome	1912	190	00:45:08.093	00:13:48.776
OSCAR MARTINS	Negrelcar	1421	191	00:45:10.093	00:13:50.776
FRANCISCO MORAIS	Adeca	483	192	00:45:11.047	00:13:51.730
BRUNO BARBOSA	Crossfit Vale Do Ave	599	193	00:45:11.600	00:13:52.283
VITOR FERNANDES	Rorizaventura	624	194	00:45:11.843	00:13:52.526
TIAGO LOPES	Grupo Desportivo Selho	1258	195	00:45:16.843	00:13:57.526
PEDRO FERREIRA	Crossfit Vale Do Ave	255	196	00:45:21.787	00:14:02.470
PEDRO FERREIRA	Rorizaventura	626	197	00:45:24.093	00:14:04.776
VITOR LOPES	Run4two	1841	198	00:45:25.543	00:14:06.226
JOSÉ SÁ	Sociedade Recreio Capanense	1882	199	00:45:25.790	00:14:06.473
ABÍLIO SILVA	Individual	2773	200	00:45:26.537	00:14:07.220
OSVALDO SOARES	Sociedade Recreio Capanense	1875	201	00:45:27.843	00:14:08.526
CLÁUDIO TEIXEIRA	Clube Atletismo De Fafe	921	202	00:45:28.787	00:14:09.470
JOAQUIM MENDES	Ad Pedome	1915	203	00:45:30.823	00:14:11.506
JOSE LEITE	Ginásio Clube Santo Tirso	1286	204	00:45:31.860	00:14:12.543
JOSE FREITAS	Ad Pedome	491	205	00:45:32.843	00:14:13.526
NUNO MOREIRA	Crossfit Vale Do Ave	1547	206	00:45:34.097	00:14:14.780
JOAO FONTAO	Individual	1616	207	00:45:35.597	00:14:16.280
VICTOR LOPES	Kilos Moda Atletismo	2592	208	00:45:36.343	00:14:17.026
LUCIANA KESSLER	A Turma Do Stor	2256	209	00:45:40.847	00:14:21.530
RUI BORGES	Individual	2688	210	00:45:40.847	00:14:21.530
PAULA SALGADO	#Elcomandanteteam	2359	211	00:45:45.033	00:14:25.716
VÍTOR ARAÚJO	Braga Runners & Friends	869	212	00:45:45.780	00:14:26.463
ROMEU MACHADO	Crossfit Vale Do Ave	593	213	00:45:45.847	00:14:26.530
LILIANA GONÇALVES	Individual	1617	214	00:45:48.287	00:14:28.970
JOSÉ SILVA	Braga Runners & Friends	856	215	00:45:52.283	00:14:32.966
MARCELINO CUNHA	Só Mais Uma...	824	216	00:45:56.093	00:14:36.776
PAULO GOMES	Centro De Lazer António Martins Ribeiro	2196	217	00:45:56.847	00:14:37.530
JOSÉ SALGADO	Carlos Cardoso/Central Runners	1438	218	00:45:57.530	00:14:38.213
FRANCISCO CUNHA	Sociedade Recreio Capanense	1887	219	00:46:00.347	00:14:41.030
VÍTOR CASTRO	Sociedade Recreio Capanense	1886	220	00:46:00.780	00:14:41.463

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
PEDRO MAGALHAES	Arco4run	449	221	00:46:03.097	00:14:43.780
PAULO OLIVEIRA	Braga Runners & Friends	875	222	00:46:03.527	00:14:44.210
PAULO MARTINS	Kilos Moda Atletismo	807	223	00:46:04.347	00:14:45.030
CARLOS PACHECO	Duplo Fit	2646	224	00:46:07.343	00:14:48.026
DUARTE RIBEIRO	Kilos Moda Atletismo	806	225	00:46:08.040	00:14:48.723
SUSANA COSTA	Braga Runners & Friends	876	226	00:46:08.297	00:14:48.980
JOSÉ MENDES	Individual	581	227	00:46:08.347	00:14:49.030
ANTÓNIO NETO	Trifitrofa	26	228	00:46:10.847	00:14:51.530
LUÍS PEREIRA	Ad Pedome	1907	229	00:46:10.847	00:14:51.530
FRANCISCO SANTOS	Madrinha Cris	666	230	00:46:11.097	00:14:51.780
PAULO CUNHA	Gavioes	960	231	00:46:12.347	00:14:53.030
DANIEL MARINHO	Gavioes	963	232	00:46:13.780	00:14:54.463
FERNANDO GUIMARAES	Individual	2654	233	00:46:14.097	00:14:54.780
CARLOS LEAL	Kemedo Team	291	234	00:46:17.593	00:14:58.276
CRISTIANO SOUSA	#Correorreverinha	87	235	00:46:18.027	00:14:58.710
HILARIO MARTINS	Futebol Clube Famalicão De Geneve	898	236	00:46:19.100	00:14:59.783
RENATO RIBEIRO	Montanhismo Aa78/Fidelidade	2501	237	00:46:19.597	00:15:00.280
CARDOSO LINO	Negrelcar	1423	238	00:46:23.847	00:15:04.530
SILVIO GUIMARÃES	Run4two	1842	239	00:46:25.777	00:15:06.460
JOAQUIM TEIXEIRA	Tiago Lima E Amigos	829	240	00:46:28.847	00:15:09.530
JOSÉ BORGES	Amigos Ponto Final	2760	241	00:46:30.347	00:15:11.030
VÍTOR RIBEIRO	Ad Pedome	1908	242	00:46:31.347	00:15:12.030
RUI TELMO	Individual	72	243	00:46:31.527	00:15:12.210
JOAQUIM SILVA	Opticalia	2602	244	00:46:32.027	00:15:12.710
EDUARDO COELHO	Negrelcar	1855	245	00:46:35.597	00:15:16.280
JOSÉ GONÇALVES	A Turma Do Stor	492	246	00:46:36.857	00:15:17.540
SÉRGIO GUIMBRA	Individual	308	247	00:46:39.597	00:15:20.280
DAVID MONTEIRO	Kilos Moda Atletismo	731	248	00:46:40.597	00:15:21.280
ANTÓNIO FERREIRA	Gavioes	959	249	00:46:42.097	00:15:22.780
VASCO RICARDO	Gavioes	962	250	00:46:42.527	00:15:23.210
ANA AZEVEDO	Os Santa Apolónia	245	251	00:46:44.097	00:15:24.780
JACINTA CUNHA	Sociedade Recreio Capanense	1872	252	00:46:46.023	00:15:26.706
CÉSAR SILVA	Negrelcar	1856	253	00:46:46.847	00:15:27.530
PEDRO RIBEIRO	Clube Do Rio	2775	254	00:46:47.347	00:15:28.030
MAFALDA OLIVEIRA	Atletico Da Madalena	1782	255	00:46:51.273	00:15:31.956
EMANUEL FERNANDES	Rorizaventura	84	256	00:46:52.523	00:15:33.206
TIAGO FERNANDES	#Correorreverinha	82	257	00:46:54.860	00:15:35.543
ANTÓNIO CORUCHO	Inscrito Na Prozis Em 13/Out	2765	258	00:46:55.097	00:15:35.780
FÁTIMA PACHECO	Individual	2689	259	00:46:59.023	00:15:39.706
DANIEL SANTOS	Bttoks	1376	260	00:46:59.850	00:15:40.533
VITOR OLIVEIRA	Bttoks	1379	261	00:47:00.100	00:15:40.783
HÉLDER FARIA	Individual	2739	262	00:47:00.523	00:15:41.206
CARLOS LOBO	Carlos Cardoso/Central Runners	1441	263	00:47:01.380	00:15:42.063
CARLOS FERNANDES	Carlos Cardoso/Central Runners	1439	264	00:47:01.597	00:15:42.280

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
JORGE COELHO	Kilos Moda Atletismo	1995	265	00:47:04.283	00:15:44.966
ROBERTO CUNHA	Crossfit Vale Do Ave	1003	266	00:47:06.597	00:15:47.280
HÉLDER MARTINS	Aves Runners	2280	267	00:47:06.773	00:15:47.456
CARLOS OSÓRIO	Futebol Clube Famalicão De Geneve	726	268	00:47:09.020	00:15:49.703
ADRIANO FERREIRA	Tiago Lima E Amigos	1434	269	00:47:10.350	00:15:51.033
JOÃO LIMA	Sociedade Recreio Capanense	1867	270	00:47:14.860	00:15:55.543
BRUNO MIMOSO	Individual	296	271	00:47:15.773	00:15:56.456
ANTÓNIO FERNANDES	Fisiomov	327	272	00:47:17.097	00:15:57.780
MANUEL RIBEIRO	Individual	1375	273	00:47:20.523	00:16:01.206
FÁBIO SOARES	Casfil	2768	274	00:47:22.870	00:16:03.553
VALTER LOPES	Kilos Moda Atletismo	737	275	00:47:23.097	00:16:03.780
LUIS LIMA	Kilos Moda Atletismo	735	276	00:47:23.527	00:16:04.210
JORGE MACHADO	Os Santa Apolónia	248	277	00:47:24.600	00:16:05.283
PAULO MOREIRA	Individual	530	278	00:47:25.850	00:16:06.533
SANDRA MESQUITA	Os Santa Apolónia	243	279	00:47:25.850	00:16:06.533
LUIS GOMES	Sociedade Recreio Capanense	1879	280	00:47:26.363	00:16:07.046
NUNO LAPEIRA	Sociedade Recreio Capanense	1871	281	00:47:28.353	00:16:09.036
ANTÓNIO PINTO	Individual	2358	282	00:47:29.770	00:16:10.453
JOSÉ PEREIRA	Amigos Ponto Final	586	283	00:47:29.850	00:16:10.533
ORLANDO OLIVEIRA	Individual	1545	284	00:47:31.347	00:16:12.030
HELENA SANTOS	Acd S. João Da Serra	187	285	00:47:33.777	00:16:14.460
CARLOS CARDOSO	Carlos Cardoso/Central Runners	1443	286	00:47:34.600	00:16:15.283
NELSON FARIA	Language Academy	136	287	00:47:35.097	00:16:15.780
ADALBERTO MACHADO	Individual	266	288	00:47:35.347	00:16:16.030
TIAGO VILAÇA	Centro De Lazer António Martins Ribeiro	541	289	00:47:42.347	00:16:23.030
JORGE ANTUNES	Andamacaçar	236	290	00:47:43.350	00:16:24.033
SERAFIM MOREIRA	Language Academy	159	291	00:47:49.850	00:16:30.533
JOSÉ MAGALHÃES	Adeca	2456	292	00:47:52.597	00:16:33.280
EVA MARTINS	A Turma Do Stor	2257	293	00:47:54.263	00:16:34.946
MANUEL MENDES	Carlos Cardoso/Central Runners	1440	294	00:47:55.597	00:16:36.280
JOAQUIM SOUSA	Ginásio Clube Santo Tirso	1285	295	00:47:57.513	00:16:38.196
CAMILO COUTO	Madrinha Cris	201	296	00:47:58.030	00:16:38.713
JOÃO MACHADO	Madrinha Cris	543	297	00:47:58.097	00:16:38.780
PATRÍCIA PEREIRA	Sport Comércio E Salgueiros	2691	298	00:48:04.017	00:16:44.700
PAULO LOUREIRO	Opticalia	2601	299	00:48:04.517	00:16:45.200
VÍTOR PONTES	São Salvador Do Campo	1923	300	00:48:06.100	00:16:46.783
MIGUEL MENDES	Tiago Lima E Amigos	230	301	00:48:08.353	00:16:49.036
VITOR FARIA	Trail Pinoco	223	302	00:48:08.763	00:16:49.446
NUNO RAMOS	Bota&Siga	1366	303	00:48:10.267	00:16:50.950
LEONEL MARTINS	Negrelcar	1427	304	00:48:12.603	00:16:53.286
RUI GODINHO	Salgueiros Running	175	305	00:48:16.350	00:16:57.033
ANDRÉ GONÇALVES	Casfil	1328	306	00:48:18.350	00:16:59.033
ANTÓNIO FERNANDES	Individual	477	307	00:48:19.850	00:17:00.533
JOSÉ FERREIRA	Os Santa Apolónia	244	308	00:48:20.013	00:17:00.696

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
BRUNO FERREIRA	Rorizaventura	622	309	00:48:21.850	00:17:02.533
FILIPE BRANDÃO	Casfil	1321	310	00:48:23.510	00:17:04.193
NUNO VINHA	Magalhães & Vinha Lda	1218	311	00:48:27.100	00:17:07.783
JORGE COSTA	Aves Runners	49	312	00:48:30.507	00:17:11.190
PAULO SALDANHA	Fisiojoane	2463	313	00:48:31.100	00:17:11.783
IVO LEITE	Cddg/ Clinica A. Sorrisos	1572	314	00:48:32.100	00:17:12.783
DOMINGOS GOUVEIA	Language Academy	156	315	00:48:32.600	00:17:13.283
PEDRO MACHADO	A Turma Do Stor	1625	316	00:48:33.523	00:17:14.206
ANTÓNIO CUNHA	Individual	1360	317	00:48:33.853	00:17:14.536
RICARDO DIAS	#Correccorreverinha	1137	318	00:48:34.350	00:17:15.033
PEDRO ABREU	Ad Pedome	2747	319	00:48:37.850	00:17:18.533
HÉLDER BARBOSA	Negrelcar	1853	320	00:48:40.350	00:17:21.033
FERNANDO CARVALHO	Serviços Sociais Do Montepio	1265	321	00:48:42.607	00:17:23.290
CARLOS FERREIRA	Potes De Ouro	1553	322	00:48:44.110	00:17:24.793
MARCO PEREIRA	Potes De Ouro	1552	323	00:48:44.767	00:17:25.450
PEDRO BRÁS	Cddg/ Clinica A. Sorrisos	1381	324	00:48:45.600	00:17:26.283
MÁRIO LIMA	Tiago Lima E Amigos	283	325	00:48:46.010	00:17:26.693
RICARDO FERREIRA	Gavioes	961	326	00:48:47.103	00:17:27.786
DIOGO MARQUES	Clube Do Rio	1961	327	00:48:47.257	00:17:27.940
JOSE ROCHA	Centro Atletismo Ermesinde	485	328	00:48:53.103	00:17:33.786
ÁLVARO MARQUES	Kilos Moda Atletismo	796	329	00:48:56.100	00:17:36.783
ALBERTO MACHADO	Fisiojoane	2465	330	00:48:58.600	00:17:39.283
JOSE SILVA	Corredor Fim De Tarde	192	331	00:48:59.103	00:17:39.786
BRUNO MARTINS	Crossfit Vale Do Ave	1271	332	00:48:59.603	00:17:40.286
HÉLDER CUNHA	Montanhismo Aa78/Fidelidade	453	333	00:49:01.257	00:17:41.940
BEATRIZ PEREIRA	Figueiredos Runners & Friends	238	334	00:49:04.753	00:17:45.436
FRANCISCO RIBEIRO	Montanhismo Aa78/Fidelidade	2500	335	00:49:06.110	00:17:46.793
JOSÉ FERNANDES	A Turma Do Stor	270	336	00:49:06.350	00:17:47.033
MANUEL COUTO	Individual	76	337	00:49:12.253	00:17:52.936
CELESTINO SILVA	Amigos Ponto Final	584	338	00:49:13.360	00:17:54.043
SARA OLIVEIRA	Figueiredos Runners & Friends	284	339	00:49:14.353	00:17:55.036
SARA OLIVEIRA	Earo	831	340	00:49:14.353	00:17:55.036
ALEXANDRE FERREIRA	Amigos Ponto Final	583	341	00:49:15.003	00:17:55.686
BRUNO NEIVA	Individual	273	342	00:49:16.600	00:17:57.283
FRANCISCO SILVA	Braga Runners & Friends	863	343	00:49:17.110	00:17:57.793
FRANCISCO SOUSA	Individual	2281	344	00:49:17.607	00:17:58.290
PEDRO RIBEIRO	Negrelcar	1861	345	00:49:22.600	00:18:03.283
PAULO MARQUES	Amigos Ponto Final	588	346	00:49:24.353	00:18:05.036
CARLOS RIBEIRO	Bota&Siga	579	347	00:49:24.853	00:18:05.536
FILIPE MACHADO	Negrelcar	1422	348	00:49:26.600	00:18:07.283
LUCAS SILVA	Individual	2297	349	00:49:28.753	00:18:09.436
ANTÓNIO MENDES	Sociedade Recreio Capanense	1862	350	00:49:29.100	00:18:09.783
RAQUEL COSTA	Braga Runners & Friends	865	351	00:49:31.607	00:18:12.290
JOAQUIM CUNHA	Só Mais Uma...	825	352	00:49:32.103	00:18:12.786

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
ZÉ BRITO	Braga Runners & Friends	858	353	00:49:32.103	00:18:12.786
MARIA MACEDO	Cddg/ Clinica A. Sorrisos	1499	354	00:49:34.353	00:18:15.036
PEDRO MARTINS	Ad Pedome	1916	355	00:49:34.607	00:18:15.290
BRUNO AZEVEDO	Ad Pedome	1905	356	00:49:35.503	00:18:16.186
JOAQUIM PINHEIRO	Amigos Ponto Final	585	357	00:49:37.100	00:18:17.783
CATARINA CONDE	Tiago Lima E Amigos	2104	358	00:49:37.853	00:18:18.536
RUI LIMA	Individual	186	359	00:49:38.107	00:18:18.790
RUI SOUSA	Opticalia	2607	360	00:49:40.853	00:18:21.536
SÉRGIO MENDES	Sociedade Recreio Capanense	1884	361	00:49:43.607	00:18:24.290
SÉRGIO FERNANDES	Sociedade Recreio Capanense	1863	362	00:49:44.500	00:18:25.183
ANTÓNIO PEREIRA	Individual	1631	363	00:49:46.250	00:18:26.933
ANDRÉ FERREIRA	Crossfit Vale Do Ave	1212	364	00:49:46.603	00:18:27.286
RUI QUINTELA	Madrinha Cris	667	365	00:49:49.500	00:18:30.183
ÁLVARO PEREIRA	Ad Pedome	2742	366	00:49:51.603	00:18:32.286
JOÃO LEMOS	Duplo Fit	2644	367	00:49:59.103	00:18:39.786
TIAGO MARTINS	Kilos Moda Atletismo	800	368	00:49:59.103	00:18:39.786
PAULO CARVALHO	Duplo Fit	2642	369	00:49:59.757	00:18:40.440
LUIS FERREIRA	Individual	609	370	00:50:00.250	00:18:40.933
ANA CAMPOS	Individual	314	371	00:50:00.617	00:18:41.300
JOSÉ SILVA	Potes De Ouro	2448	372	00:50:01.607	00:18:42.290
SÉRGIO PEREIRA	Individual	2751	373	00:50:01.750	00:18:42.433
JORGE LOPES	Kilos Moda Atletismo	736	374	00:50:05.107	00:18:45.790
MANUEL MARTINS	Abram Alas Btt	71	375	00:50:05.603	00:18:46.286
JOÃO MENDES	Individual	1209	376	00:50:08.353	00:18:49.036
DIOGO RIBEIRO	Crossfit Vale Do Ave	1275	377	00:50:09.357	00:18:50.040
FRANCISCO RAMALHO	Braga Runners & Friends	870	378	00:50:09.357	00:18:50.040
BRUNO FREITAS	Negrelcar	1812	379	00:50:09.357	00:18:50.040
ADELINO PEREIRA	Negrelcar	1807	380	00:50:09.867	00:18:50.550
JOAQUIM OLIVEIRA	Negrelcar	1850	381	00:50:10.107	00:18:50.790
BRUNO CORREIA	Crossfit Vale Do Ave	1611	382	00:50:10.353	00:18:51.036
CRISTIANO NETO	Individual	2393	383	00:50:11.353	00:18:52.036
LUÍS PEREIRA	Esfomeados	27	384	00:50:13.497	00:18:54.180
JOSÉ ALVES	Ad Pedome	1909	385	00:50:13.607	00:18:54.290
FERNANDO PINHEIRO	Braga Runners & Friends	878	386	00:50:14.957	00:18:55.640
ANTONIO DIAS	Ad Pedome	1917	387	00:50:16.997	00:18:57.680
ROSA ARAÚJO	Individual	1374	388	00:50:19.853	00:19:00.536
INÊS SILVA	Nba	1333	389	00:50:21.993	00:19:02.676
SERGIO OLIVEIRA	Oliveirinhas	8	390	00:50:22.860	00:19:03.543
JOSÉ FERREIRA	Kilos Moda Atletismo	2002	391	00:50:24.603	00:19:05.286
JOÃO MENDES	A D Rio Largo C Espinho	302	392	00:50:24.853	00:19:05.536
JOSÉ COSTA	Ad Pedome	2740	393	00:50:25.853	00:19:06.536
MARCELINO MOTA	Braga Runners & Friends	873	394	00:50:28.853	00:19:09.536
TIAGO ALMEIDA	Budeguita Runners	743	395	00:50:33.107	00:19:13.790
JOÃO CARVALHAL	Budeguita Runners	974	396	00:50:33.107	00:19:13.790

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
JORGE MAIA	Budeguita Runners	744	397	00:50:33.743	00:19:14.426
PAULO MARQUES	Budeguita Runners	746	398	00:50:33.993	00:19:14.676
OSCAR LOUREIRO	Individual	820	399	00:50:38.857	00:19:19.540
HEITOR MARTINS	Individual	272	400	00:50:39.353	00:19:20.036
JOÃO CUNHA	Braga Runners & Friends	855	401	00:50:41.853	00:19:22.536
NUNO RIBEIRO	Rorizaventura	170	402	00:50:45.357	00:19:26.040
RUI OLIVEIRA	Home Têxteis & Langerie	1365	403	00:50:47.747	00:19:28.430
ADÉLIO CASTRO	Aves Runners	448	404	00:50:50.603	00:19:31.286
GERMANO RIBEIRO	Negrelcar	1854	405	00:50:51.857	00:19:32.540
RODRIGO ALMEIDA	Individual	1153	406	00:50:52.360	00:19:33.043
JOSÉ COELHO	Ad Pedome	2744	407	00:50:53.107	00:19:33.790
IOLANDA MALHEIRO	Ginásio Clube Santo Tirso	1283	408	00:50:54.857	00:19:35.540
ALBINO FERNANDES	Ginásio Clube Santo Tirso	1284	409	00:50:55.353	00:19:36.036
BRUNO GONÇALVES	Tartarugas Velocistas	977	410	00:51:01.250	00:19:41.933
DANIEL MARTINS	Individual	61	411	00:51:01.857	00:19:42.540
JORGE BARBOSA	Kilos Moda Atletismo	2004	412	00:51:02.003	00:19:42.686
PEDRO GOMES	Language Academy	1518	413	00:51:05.357	00:19:46.040
ELSA DIREITO	Braga Runners & Friends	877	414	00:51:06.607	00:19:47.290
GUSTAVO SANTOS	Andamacaçar	234	415	00:51:07.357	00:19:48.040
AUGUSTO MAGALHÃES	Individual	606	416	00:51:08.507	00:19:49.190
OLEGÁRIO OLIVEIRA	Ad Pedome	1911	417	00:51:08.607	00:19:49.290
HERMÍNIA RODRIGUES	N.A.Taipas	2752	418	00:51:09.107	00:19:49.790
ABÍLIO ALMEIDA	Sampedro	1718	419	00:51:09.283	00:19:49.966
HÉLDER FARIA	Cr Candoso	176	420	00:51:09.357	00:19:50.040
JOSÉ SILVA	Negrelcar	1394	421	00:51:10.607	00:19:51.290
MIGUEL BARQUEIRO	Corredor Fim De Tarde	426	422	00:51:13.607	00:19:54.290
ISAQUE PINTO	Nascidos Para Correr	2136	423	00:51:14.357	00:19:55.040
VITOR MARTINS	Crossfit Vale Do Ave	1549	424	00:51:16.497	00:19:57.180
ALEXANDRE PEREIRA	Trailnatura	1185	425	00:51:17.857	00:19:58.540
CELINA SILVA	Figueiredos Runners & Friends	190	426	00:51:18.737	00:19:59.420
JOAO CARVALHO	Figueiredos Runners & Friends	259	427	00:51:19.000	00:19:59.683
ANA DIAS	Budeguita Runners	742	428	00:51:19.603	00:20:00.286
HELENA DIAS	Budeguita Runners	741	429	00:51:21.357	00:20:02.040
GABRIEL CARNEIRO	Aves Runners	351	430	00:51:23.357	00:20:04.040
ANÍBAL CUNHA	Crossfit Vale Do Ave	994	431	00:51:25.357	00:20:06.040
JOÃO COSTA	Crossfit Vale Do Ave	999	432	00:51:25.607	00:20:06.290
CRISTINA OLIVEIRA	Madrinha Cris	428	433	00:51:31.357	00:20:12.040
CARLOS SOUSA	Individual	257	434	00:51:31.607	00:20:12.290
RUI MONTEIRO	Individual	1529	435	00:51:32.107	00:20:12.790
FILIPE RIBEIRO	Individual	1090	436	00:51:32.500	00:20:13.183
RUI LOPES	Crossfit Vale Do Ave	1273	437	00:51:32.857	00:20:13.540
XAVIER OLIVEIRA	Fisiojoane	2460	438	00:51:34.357	00:20:15.040
LUIS PINTO	Individual	7	439	00:51:34.983	00:20:15.666
LOLA PEREIRA	Fisiojoane	2459	440	00:51:35.507	00:20:16.190

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
VITOR LOPES	Individual	399	441	00:51:35.507	00:20:16.190
DIOGO ABREU	Language Academy	1521	442	00:51:35.857	00:20:16.540
MARTINHO FERREIRA	São Salvador Do Campo	103	443	00:51:38.857	00:20:19.540
RUI SILVA	Aves Runners	1086	444	00:51:41.490	00:20:22.173
NELSON RODRIGUES	Ad Pedome	1906	445	00:51:42.607	00:20:23.290
MARCELINA CARVALHO	Individual	2776	446	00:51:45.983	00:20:26.666
ANTÓNIO FERREIRA	Kilos Moda Atletismo	803	447	00:51:48.857	00:20:29.540
ARMINDO TORRES	Nka Roriz	526	448	00:51:50.483	00:20:31.166
MARCELINA CARVALHO	Acd S. João Da Serra	2766	449	00:51:52.857	00:20:33.540
VITOR ROMPANTE	Individual	2764	450	00:51:53.357	00:20:34.040
MIGUEL RODRIGUES	Amigos Ponto Final	587	451	00:51:57.107	00:20:37.790
MANUEL SILVA	Amigos Ponto Final	582	452	00:51:57.863	00:20:38.546
JOSÉ GONÇALVES	Braga Runners & Friends	860	453	00:51:58.583	00:20:39.266
MANUEL BARBOSA	Kilos Moda Atletismo	2003	454	00:52:01.483	00:20:42.166
MANUELA BENTO	Sociedade Recreio Capanense	1873	455	00:52:04.607	00:20:45.290
VITOR SILVA	#Correorreverinha	1281	456	00:52:05.857	00:20:46.540
JOÃO FERNANDES	#Correorreverinha	1707	457	00:52:06.107	00:20:46.790
HELDER RIBEIRO	#Correorreverinha	1706	458	00:52:06.493	00:20:47.176
TIAGO MARTINS	Fisiomov	318	459	00:52:11.230	00:20:51.913
MARISA AZEVEDO	Pousada De Saramagos	1560	460	00:52:13.607	00:20:54.290
FILIPE RIBEIRO	Duplo Fit	2648	461	00:52:13.610	00:20:54.293
FERNANDO AZEVEDO	Arpo-Associação Recreativa Pousadense.	490	462	00:52:13.610	00:20:54.293
PEDRO FERREIRA	Negrelcar	1860	463	00:52:14.477	00:20:55.160
RICARDO QUINTAS	Visão Têxtil Team	1385	464	00:52:17.357	00:20:58.040
NORBERTO PEDREIRA	Kilos Moda Atletismo	2007	465	00:52:20.357	00:21:01.040
ANTÓNIO PIRES	Individual	2290	466	00:52:24.107	00:21:04.790
JOSÉ BARROSO	Individual	2289	467	00:52:24.367	00:21:05.050
JOAQUIM SILVA	Crossfit Vale Do Ave	1612	468	00:52:24.737	00:21:05.420
PAULO RAINHA	#Correorreverinha	21	469	00:52:25.610	00:21:06.293
CARLOS SILVA	Crossfit Vale Do Ave	589	470	00:52:25.857	00:21:06.540
LOURENÇO ALMEIDA	Hb Performance	2308	471	00:52:31.977	00:21:12.660
MAFALDA FERREIRA	Kilos Moda Atletismo	802	472	00:52:32.857	00:21:13.540
MIGUEL FERNANDES	Crossfit Vale Do Ave	595	473	00:52:33.357	00:21:14.040
JOÃO ABREU	Ad Pedome	2748	474	00:52:36.863	00:21:17.546
CARLOS PINHO	Casfil	1313	475	00:52:39.360	00:21:20.043
MIGUEL MENDES	Crossfit Vale Do Ave	996	476	00:52:40.980	00:21:21.663
MATEUS PEREIRA	N.A.Taipas	2755	477	00:52:44.723	00:21:25.406
DANIEL CARNEIRO	Kilos Moda Atletismo	734	478	00:52:45.613	00:21:26.296
NUNO CARVALHO	Gd Vale Do Ave	421	479	00:52:47.147	00:21:27.830
CARLOS BARBOSA	Gd Vale Do Ave	425	480	00:52:47.153	00:21:27.836
NUNO VICENTE	Gd Vale Do Ave	424	481	00:52:49.860	00:21:30.543
JOSÉ LEÃO	Rorizaventura	949	482	00:52:50.110	00:21:30.793
FILIPE FREITAS	Gd Vale Do Ave	423	483	00:52:50.607	00:21:31.290
ROBERTO FARIA	Rorizaventura	948	484	00:52:50.727	00:21:31.410

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
CARLA SAMPAIO	Os Guardiões	1932	485	00:52:51.360	00:21:32.043
LUÍS PAULO	Os Guardiões	1930	486	00:52:51.360	00:21:32.043
ANA TROCADO	Crossfit Vale Do Ave	600	487	00:52:55.487	00:21:36.170
ALBERTO SILVA	Fisiomov	1677	488	00:52:55.487	00:21:36.170
LUÍS BESSA	Nka Roriz	524	489	00:52:55.617	00:21:36.300
SUSANA MONTEIRO	Nka Roriz	525	490	00:52:55.617	00:21:36.300
PEDRO REIS	Crossfit Vale Do Ave	1605	491	00:52:55.973	00:21:36.656
JOÃO PACHECO	Hb Performance	2311	492	00:52:55.983	00:21:36.666
JOSÉ SANTOS	Kilos Moda Atletismo	2006	493	00:52:59.110	00:21:39.793
VERA GONÇALVES	#Correorreverinha	17	494	00:52:59.360	00:21:40.043
PEDRO PARATY	Individual	264	495	00:53:00.107	00:21:40.790
FILIPE MACHADO	Academia Oamis	1103	496	00:53:02.607	00:21:43.290
ANTÓNIO COSTA	Negrelcar	1808	497	00:53:07.860	00:21:48.543
BRUNO COSTA	Kilos Moda Atletismo	805	498	00:53:09.860	00:21:50.543
FABIO FERREIRA	Crossfit Vale Do Ave	569	499	00:53:10.360	00:21:51.043
CARINA FERNANDES	Crossfit Vale Do Ave	570	500	00:53:11.220	00:21:51.903
ANA FERREIRA	Individual	1217	501	00:53:12.360	00:21:53.043
DANIEL RIBEIRO	Individual	2173	502	00:53:12.607	00:21:53.290
LILIANA PEREIRA	#Correorreverinha	78	503	00:53:16.110	00:21:56.793
INÊS DIAS	Individual	659	504	00:53:19.613	00:22:00.296
CÂNDIDO CAMPELO	Language Academy	1944	505	00:53:19.613	00:22:00.296
RAMIRO VILAS	Arco4run	1384	506	00:53:20.110	00:22:00.793
ANA SOUSA	Budeguita Runners	745	507	00:53:21.300	00:22:01.983
RICARDO COELHO	Ad Pedome	2743	508	00:53:37.217	00:22:17.900
NUNO MACHADO	Crossfit Vale Do Ave	1157	509	00:53:43.860	00:22:24.543
JORGE SILVA	Potes De Ouro	305	510	00:53:46.360	00:22:27.043
ANDRÉ COUTO	Casfil	1318	511	00:53:47.610	00:22:28.293
CRISTIANA MOTA	Individual	58	512	00:53:50.477	00:22:31.160
MARCO MENDES	Ad Pedome	2746	513	00:53:52.360	00:22:33.043
ANA CARVALHO	Individual	2264	514	00:53:52.370	00:22:33.053
A.SILVA EMBALMUNDO	Embalmundo	2449	515	00:53:54.717	00:22:35.400
JOSÉ BESSA	A Turma Do Stor	280	516	00:53:56.890	00:22:37.573
SOFIA FERREIRA	Madrinha Cris	427	517	00:53:57.860	00:22:38.543
PAULO FERREIRA	Madrinha Cris	540	518	00:53:59.610	00:22:40.293
BRUNO BRANDÃO	Budeguita Runners	747	519	00:54:00.860	00:22:41.543
JOSÉ MOREIRA	Fisiojoane	2461	520	00:54:03.137	00:22:43.820
FRANCISCO NETO	Tutilar Class Runners	250	521	00:54:04.860	00:22:45.543
CARMINDA CARVALHO	Madrinha Cris	535	522	00:54:06.410	00:22:47.093
CARLOS FERREIRA	Vila Das Aves	209	523	00:54:07.617	00:22:48.300
HÉLDER SILVA	Carlos Cardoso/Central Runners	1988	524	00:54:10.860	00:22:51.543
EDUARDO MALHEIRO	Ginásio Clube Santo Tirso	1282	525	00:54:12.113	00:22:52.796
JOSÉ OLIVEIRA	#Correorreverinha	79	526	00:54:12.120	00:22:52.803
FRANCISCO CAMPOS	Kilos Moda Atletismo	756	527	00:54:12.240	00:22:52.923
JOSÉ AZEVEDO	Kilos Moda Atletismo	1993	528	00:54:14.223	00:22:54.906

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
DUARTE FERREIRA	Individual	2101	529	00:54:14.723	00:22:55.406
MIGUEL GOMES	Individual	2098	530	00:54:14.963	00:22:55.646
PEDRO SILVA	Passatempo Correrias	2635	531	00:54:15.360	00:22:56.043
CONCEIÇÃO OLIVEIRA	Sociedade Recreio Cepenense	1874	532	00:54:18.127	00:22:58.810
FRANCISCO MELO	Fisiojoane	2464	533	00:54:18.360	00:22:59.043
NUNO MACHADO	Individual	1836	534	00:54:23.863	00:23:04.546
VÍTOR REBELO	A Turma Do Stor	359	535	00:54:24.963	00:23:05.646
JOSÉ SOUSA	Individual	2183	536	00:54:28.613	00:23:09.296
PAULO PINHEIRO	Os Avenses	145	537	00:54:29.617	00:23:10.300
SIMÃO OLIVEIRA	Bttoks	1378	538	00:54:29.617	00:23:10.300
VITOR FERREIRA	Bttoks	1377	539	00:54:30.717	00:23:11.400
RUI SOUSA	Individual	286	540	00:54:30.717	00:23:11.400
ISABEL GOMES	Braga Runners & Friends	883	541	00:54:30.967	00:23:11.650
HUGO AZEVEDO	Vivalight	2627	542	00:54:31.470	00:23:12.153
LUIS FERNANDES	A Turma Do Stor	271	543	00:54:40.207	00:23:20.890
BRUNO MARQUES	Hab Carpintaria	1383	544	00:54:42.867	00:23:23.550
ALICE GONÇALVES	Clube Do Rio	1960	545	00:54:42.867	00:23:23.550
ADELAIDE BRANDÃO	Os Avenses	146	546	00:54:44.707	00:23:25.390
LUIS CRISTINO	Individual	942	547	00:54:53.360	00:23:34.043
MANUEL MAGALHÃES	#Correccorreverinha	57	548	00:54:54.863	00:23:35.546
CARLOS OLIVEIRA	Carlos Cardoso/Central Runners	1442	549	00:54:57.110	00:23:37.793
FILIPE ALVES	Crossfit Vale Do Ave	567	550	00:55:00.110	00:23:40.793
CARLOS GUIMARÃES	Rorizaventura	2272	551	00:55:01.703	00:23:42.386
JOÃO NUNO	Sociedade Recreio Cepenense	1881	552	00:55:02.610	00:23:43.293
HUMBERTO DINIS	Ad Pedome	2745	553	00:55:03.613	00:23:44.296
VITOR PACHECO	Kilos Moda Atletismo	1992	554	00:55:07.457	00:23:48.140
JOSE MARTINS	Potes De Ouro	2759	555	00:55:09.457	00:23:50.140
CRISTIANO FERREIRA	Montanhismo Aa78/Fidelidade	213	556	00:55:09.610	00:23:50.293
DANIEL FONSECA	Madrinha Cris	680	557	00:55:09.880	00:23:50.563
CÉSAR COSTA	Madrinha Cris	681	558	00:55:09.880	00:23:50.563
VANIA BARROS	Crossfit Vale Do Ave	563	559	00:55:11.613	00:23:52.296
TIAGO MENDONÇA	Fisiomov	322	560	00:55:11.707	00:23:52.390
MARCO GONÇALVES	Salão De Chã Tentação	658	561	00:55:12.113	00:23:52.796
MANUEL ARAÚJO	Individual	850	562	00:55:12.460	00:23:53.143
RUI COSTA	Individual	312	563	00:55:13.863	00:23:54.546
JOAQUIM NEVES	Ortoneves	1088	564	00:55:13.953	00:23:54.636
CARINA BARBOSA	Language Academy	133	565	00:55:18.120	00:23:58.803
JOSE SILVA	Individual	1005	566	00:55:23.860	00:24:04.543
JOEL PEREIRA	Individual	1736	567	00:55:25.397	00:24:06.080
HELENA MENDES	Grupo Recreativo Estrela Do Bonfim / Povia De Varzim	289	568	00:55:25.710	00:24:06.393
JAIME GONÇALVES	Cr Candoso	2283	569	00:55:25.863	00:24:06.546
SUSANA MOTA	Braga Runners & Friends	857	570	00:55:30.113	00:24:10.796
PATRÍCIA ABREU	Clube Do Rio	2437	571	00:55:31.450	00:24:12.133
PEDRO DINIS	Language Academy	157	572	00:55:31.863	00:24:12.546

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
AUGUSTO TAVARES	Alive Runners	2524	573	00:55:39.613	00:24:20.296
FERNANDO LOPES	Ad Pedome	1918	574	00:55:41.363	00:24:22.046
JAIME MELO	Kilos Moda Atletismo	814	575	00:55:42.113	00:24:22.796
CRISTIANO GUIMARAES	Individual	2089	576	00:55:42.453	00:24:23.136
NUNO COSTA	Carlos Cardoso/Central Runners	1447	577	00:55:43.123	00:24:23.806
JORGE RAMALHO	Crossfit Vale Do Ave	992	578	00:55:44.863	00:24:25.546
JOSÉ ARAÚJO	A Turma Do Stor	413	579	00:55:48.113	00:24:28.796
AVELINO NUNES	Language Academy	935	580	00:55:50.380	00:24:31.063
SARA SANTOS	Individual	232	581	00:55:51.873	00:24:32.556
FELISBERTO SILVA	Clube Do Rio	1966	582	00:55:51.873	00:24:32.556
DIANA SAMPAIO	Clube Do Rio	2086	583	00:55:52.613	00:24:33.296
FATIMA COSTA	Ribeirão	2131	584	00:55:53.863	00:24:34.546
ANA OLIVEIRA	Individual	2749	585	00:55:53.867	00:24:34.550
JOAQUIM FERNANDO	Centro Atletismo Ermesinde	486	586	00:55:56.697	00:24:37.380
PEDRO GOUVEIA	Marraquexe	290	587	00:55:59.113	00:24:39.796
SILVIA PINHEIRO	Individual	2145	588	00:56:01.203	00:24:41.886
LUIS FRAGA	Centro De Lazer António Martins Ribeiro	2195	589	00:56:07.113	00:24:47.796
JOSÉ OLIVEIRA	Earo	2684	590	00:56:19.113	00:24:59.796
LILIANA DIAS	#Correccorreverinha	40	591	00:56:22.117	00:25:02.800
SANDRA AGUIAR	Salgueiros Running	174	592	00:56:28.887	00:25:09.570
HELDER MARQUES	Salgueiros Running	75	593	00:56:28.887	00:25:09.570
ALICE LOPES	Montanhismo Aa78/Fidelidade	2499	594	00:56:32.690	00:25:13.373
JOSÉ RIBEIRO	Ad Pedome	2741	595	00:56:34.863	00:25:15.546
AVELINO PEREIRA	Bota&Siga	1092	596	00:56:35.363	00:25:16.046
RICARDO CACHADINHA	Ac Team Alexandra Carvalho Terapias	277	597	00:56:36.117	00:25:16.800
PEDRO MATOS	Braga Runners & Friends	864	598	00:56:38.623	00:25:19.306
PATRICIA SILVA	Opraticante.Pt	253	599	00:56:38.867	00:25:19.550
RUI VIEIRA	A Turma Do Stor	1622	600	00:56:39.863	00:25:20.546
NUNO FERNANDES	Opraticante.Pt	231	601	00:56:40.443	00:25:21.126
RICARDO GERALDO	A Turma Do Stor	1623	602	00:56:43.367	00:25:24.050
CARLOS DIAS	Rorizaventura	1186	603	00:56:48.117	00:25:28.800
DANIEL VALE	Individual	1502	604	00:56:49.117	00:25:29.800
EDGAR SILVA	Duplo Fit	2649	605	00:56:51.623	00:25:32.306
CATARINA CORREIA	#Correccorreverinha	610	606	00:56:55.617	00:25:36.300
PAULA RIBEIRO	#Correccorreverinha	2037	607	00:56:56.190	00:25:36.873
FLÁVIO ALMEIDA	Clube Do Rio	1964	608	00:56:57.117	00:25:37.800
IVO MESQUITA	A Turma Do Stor	1737	609	00:56:57.367	00:25:38.050
CARLOS CARVALHO	Braga Runners & Friends	861	610	00:56:57.867	00:25:38.550
DIOGO LOPES	Individual	276	611	00:57:01.000	00:25:41.683
RUI CARVALHO	Serviços Sociais Do Montepio	1263	612	00:57:01.630	00:25:42.313
ALFREDO ABREU	Serviços Sociais Do Montepio	1264	613	00:57:01.633	00:25:42.316
FRANCISCO MOREIRA	Serviços Sociais Do Montepio	1262	614	00:57:02.113	00:25:42.796
VITOR FERNANDES	Gd Vale Do Ave	422	615	00:57:02.940	00:25:43.623
NUNO CARDOSO	Gd Vale Do Ave	420	616	00:57:03.193	00:25:43.876

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
ROMEU ANDRADE	Vivalight	2628	617	00:57:04.117	00:25:44.800
ELSA COSTA	Vivalight	2629	618	00:57:06.190	00:25:46.873
PAULO MACHADO	A Turma Do Stor	2750	619	00:57:06.620	00:25:47.303
RICARDO GOMES	Nascidos Para Correr	2138	620	00:57:09.373	00:25:50.056
VÍTOR CARDOSO	Atlético Da Madalena	1781	621	00:57:09.620	00:25:50.303
ANABELA BARBOSA	Individual	2772	622	00:57:09.867	00:25:50.550
RICARDO COSTA	#Correccorreverinha	2042	623	00:57:11.117	00:25:51.800
ANTÓNIO SILVA	Kilos Moda Atletismo	728	624	00:57:11.127	00:25:51.810
PEDRO COSTA	Individual	1364	625	00:57:11.633	00:25:52.316
JOSÉ COSTA	Individual	267	626	00:57:12.117	00:25:52.800
CONCEIÇÃO CORREIA	Eat-Escola De Atletismo Da Trofa	2736	627	00:57:13.187	00:25:53.870
LEONOR CAVADAS	Individual	920	628	00:57:18.873	00:25:59.556
ANA OLIVEIRA	Cddg/ Clinica A. Sorrisos	1431	629	00:57:19.367	00:26:00.050
DIANA FREITAS	Cddg/ Clinica A. Sorrisos	1432	630	00:57:19.877	00:26:00.560
ARMANDO COSTA	Language Academy	165	631	00:57:20.140	00:26:00.823
MÓNICA FONSECA	Kemedo Team	278	632	00:57:20.367	00:26:01.050
MIGUEL MOREIRA	Alive Runners	2525	633	00:57:20.437	00:26:01.120
RITA LEAL	Kemedo Team	292	634	00:57:20.617	00:26:01.300
CÉLIO SAMPAIO	Montanhismo Aa78/Fidelidade	452	635	00:57:21.187	00:26:01.870
DANIEL FERREIRA	Pegadores	499	636	00:57:22.130	00:26:02.813
HUGO MIRANDA	Individual	1160	637	00:57:23.867	00:26:04.550
PAULO LOPES	Crossfit Vale Do Ave	995	638	00:57:25.867	00:26:06.550
MARA SAMPAIO	Language Academy	137	639	00:57:27.943	00:26:08.626
LILIANA RIBEIRO	Language Academy	2155	640	00:57:29.437	00:26:10.120
JÚLIO FERREIRA	Individual	559	641	00:57:30.437	00:26:11.120
TIAGO LAGES	Salgueiros Running	1554	642	00:57:34.873	00:26:15.556
JOSÉ FERREIRA	Individual	4	643	00:57:39.617	00:26:20.300
DIANA MARTINS	Fisiomov	1678	644	00:57:39.940	00:26:20.623
SUSANA OLIVEIRA	Braga Runners & Friends	859	645	00:57:41.683	00:26:22.366
NATALIA ALVES	Na Boa	2517	646	00:57:44.367	00:26:25.050
JAOQUIM GOMES	#Correccorreverinha	1574	647	00:57:44.683	00:26:25.366
ANA MONTEIRO	Fisiomov	369	648	00:57:47.933	00:26:28.616
VERA SAMPAIO	Academia Oamis	1104	649	00:57:48.867	00:26:29.550
JOSÉ TORRES	Kilos Moda Atletismo	797	650	00:57:49.617	00:26:30.300
PAULA RODRIGUES	A Turma Do Stor	1078	651	00:57:50.117	00:26:30.800
MANUEL SOUSA	Kilos Moda Atletismo	1999	652	00:58:02.440	00:26:43.123
CRISTINA MIRANDA	Tiago Lima E Amigos	2102	653	00:58:03.180	00:26:43.863
JOANA SILVA	Montanhismo Aa78/Fidelidade	451	654	00:58:04.180	00:26:44.863
RICARDO ALMEIDA	Madrinha Cris	539	655	00:58:06.867	00:26:47.550
OLIVIER FERREIRA	Individual	3	656	00:58:09.620	00:26:50.303
AGOSTINHA GONÇALVES	Sociedade Recreio Cepenense	1880	657	00:58:12.873	00:26:53.556
SAMANTA RIBEIRO	Language Academy	135	658	00:58:13.117	00:26:53.800
MANUEL ALMEIDA	Os Santa Apolónia	246	659	00:58:14.867	00:26:55.550
JOSE MENDES	Individual	2095	660	00:58:20.870	00:27:01.553

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
LEONEL FERREIRA	Individual	2092	661	00:58:22.927	00:27:03.610
RAFAEL GOMES	Language Academy	163	662	00:58:23.117	00:27:03.800
PEDRO PIAIRO	Individual	532	663	00:58:32.677	00:27:13.360
SERGIO ANDRADE	Individual	178	664	00:58:36.117	00:27:16.800
MANUEL MARTINS	Alive Runners	2735	665	00:58:37.927	00:27:18.610
JOAQUIM ANDRADE	Tutilar Class Runners	251	666	00:58:41.127	00:27:21.810
PORFIRIO SILVA	Tutilar Class Runners	252	667	00:58:41.127	00:27:21.810
SILVIA COSTA	#Elcomandanteteam	2360	668	00:58:42.367	00:27:23.050
JOAQUIM MONTEIRO	Casfil	1309	669	00:58:42.673	00:27:23.356
ANA BRITO	Salgueiros Running	1495	670	00:58:44.620	00:27:25.303
DANIELA GODINHO	Duplo Fit	2645	671	00:58:47.120	00:27:27.803
JOEL ABREU	Bukan	446	672	00:58:57.423	00:27:38.106
MADALENA VAZ	#Correccorreverinha	20	673	00:59:01.370	00:27:42.053
MAFALDA NOGUEIRA	Clube Do Rio	2087	674	00:59:01.870	00:27:42.553
MIGUEL PEREIRA	Crossfit Vale Do Ave	571	675	00:59:01.877	00:27:42.560
GILBERTO MACHADO	Clube Do Rio	2436	676	00:59:06.400	00:27:47.083
JANUÁRIO GONÇALVES	Clube Do Rio	1959	677	00:59:06.623	00:27:47.306
JORGE RIBEIRO	Casfil	1314	678	00:59:07.680	00:27:48.363
DOMINGOS RICARDO	Trail Pinoco	225	679	00:59:14.123	00:27:54.806
SILVIA CASTRO	Trail Pinoco	233	680	00:59:14.123	00:27:54.806
NATALINA MACEDO	Fisiomov	520	681	00:59:22.620	00:28:03.303
RICARDO BAPTISTA	Negrelcar	1395	682	00:59:22.620	00:28:03.303
LILIANA FARIA	Individual	1448	683	00:59:23.870	00:28:04.553
LINO ALVES	Edificio Avenida	1769	684	00:59:33.370	00:28:14.053
PAULA RODRIGUES	Oliveira Santa Maria	1940	685	00:59:35.423	00:28:16.106
RAQUEL SANTOS	Kemedo Team	303	686	00:59:36.870	00:28:17.553
VÍTOR FONSECA	Kemedo Team	279	687	00:59:37.123	00:28:17.806
ANA RAMOS	Individual	2450	688	00:59:38.870	00:28:19.553
CASIMIRO ABREU	Individual	1630	689	00:59:39.620	00:28:20.303
GUILHERME ARAUJO	#Correccorreverinha	842	690	00:59:40.370	00:28:21.053
FERNANDO CAVALEIRO	Fisiomov	699	691	00:59:42.120	00:28:22.803
LUÍS FERREIRA	Rorizaventura	951	692	01:00:02.870	00:28:43.553
JOAQUIM MARTINS	Rorizaventura	85	693	01:00:04.373	00:28:45.056
JOANA SILVA	Fisiomov	523	694	01:00:04.623	00:28:45.306
JOSÉ FERREIRA	Duplo Fit	2647	695	01:00:05.873	00:28:46.556
SANDRA PEREIRA	Language Academy	2638	696	01:00:07.380	00:28:48.063
MANUEL PEIXOTO	Individual	758	697	01:00:07.390	00:28:48.073
CELIA MACHADO	Language Academy	1505	698	01:00:07.620	00:28:48.303
JOSEFA ARAÚJO	Braga Runners & Friends	868	699	01:00:14.883	00:28:55.566
LUÍS TEIXEIRA	Language Academy	2408	700	01:00:16.370	00:28:57.053
HELDER MARTINS	Individual	2409	701	01:00:20.123	00:29:00.806
MANU JOAQUIM	Liberdade Fc	546	702	01:00:20.870	00:29:01.553
OLGA SOUSA	A Turma Do Stor	385	703	01:00:22.623	00:29:03.306
PAULA SÁ	Madrinha Cris	668	704	01:00:29.623	00:29:10.306

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
RUI COSTA	Language Academy	155	705	01:00:32.660	00:29:13.343
MIGUEL COELHO	Kilos Moda Atletismo	804	706	01:00:35.123	00:29:15.806
MARTINS MCHADO	Kilos Moda Atletismo	2001	707	01:00:38.373	00:29:19.056
HÉLDER SILVA	A Turma Do Stor	1739	708	01:00:47.623	00:29:28.306
JOANA ALVES	Individual	168	709	01:00:48.373	00:29:29.056
JOÃO LOPES	Desportivo Ases S. Jorge	1372	710	01:00:51.870	00:29:32.553
EULÁLIA COSTA	Kilos Moda Atletismo	1996	711	01:00:52.873	00:29:33.556
ANDRÉ SILVA	#Correcorreverinha	1162	712	01:01:03.123	00:29:43.806
ISABEL RIBEIRO	Individual	1501	713	01:01:05.373	00:29:46.056
ALDARA TORRES	S.Tomé De Negrelos	294	714	01:01:09.127	00:29:49.810
TÂNIA SAMPAIO	Individual	189	715	01:01:09.373	00:29:50.056
CÉSAR MARTINS	A Turma Do Stor	1515	716	01:01:10.100	00:29:50.783
ANABELA AZEVEDO	Individual	1429	717	01:01:11.123	00:29:51.806
ANA MOURA	Individual	287	718	01:01:13.873	00:29:54.556
LUÍS CORREIA	Individual	447	719	01:01:20.137	00:30:00.820
RUI GONÇALVES	Traillovers	2763	720	01:01:20.373	00:30:01.056
JOSÉ SALGADO	Individual	2767	721	01:01:22.623	00:30:03.306
MÓNICA AZEVEDO	Tiago Lima E Amigos	2103	722	01:01:24.653	00:30:05.336
DIOGO FERREIRA	Kilos Moda Atletismo	1990	723	01:01:28.873	00:30:09.556
CARLA ABREU	Tiago Lima E Amigos	1626	724	01:01:30.873	00:30:11.556
MÁRCIA OLIVEIRA	Earo	833	725	01:01:32.127	00:30:12.810
VÂNIA OLIVEIRA	Crossfit Vale Do Ave	1269	726	01:01:41.373	00:30:22.056
CLAUDIO FERREIRA	Crossfit Vale Do Ave	1270	727	01:01:42.150	00:30:22.833
CARINA MACHADO	#Correcorreverinha	1530	728	01:01:42.650	00:30:23.333
TONI CACHADA	Rorizaventura	625	729	01:01:45.407	00:30:26.090
GUSTAVO AZEVEDO	Canal Correrias	2097	730	01:01:47.647	00:30:28.330
PAULA GONÇALVES	Crossfit Vale Do Ave	1607	731	01:01:51.377	00:30:32.060
MIGUEL FERREIRA	Crossfit Vale Do Ave	1608	732	01:01:51.903	00:30:32.586
CÉLIA MARQUES	Language Academy	184	733	01:01:54.377	00:30:35.060
SANDRA GOMES	Language Academy	183	734	01:01:54.377	00:30:35.060
FÁBIO TORRES	Rorizaventura	950	735	01:01:54.647	00:30:35.330
CARLOS FERREIRA	A Turma Do Stor	440	736	01:02:00.157	00:30:40.840
MANUEL SILVA	Individual	1292	737	01:02:19.377	00:31:00.060
CLÁUDIO CARNEIRO	Kilos Moda Atletismo	740	738	01:02:19.627	00:31:00.310
CARLOS MATOS	Braga Runners & Friends	854	739	01:02:23.877	00:31:04.560
CARLA MACHADO	Hb Performance	2332	740	01:02:25.130	00:31:05.813
PEDRO GROSSO	Hb Performance	2309	741	01:02:25.377	00:31:06.060
MARLENE	Crossfit Vale Do Ave	1627	742	01:02:26.130	00:31:06.813
VANESSA SOARES	Crossfit Vale Do Ave	1213	743	01:02:27.397	00:31:08.080
LILIANA OLIVEIRA	Language Academy	1510	744	01:02:27.630	00:31:08.313
PAULO CORREIA	Language Academy	1506	745	01:02:28.403	00:31:09.086
BELMIRO SILVA	Braga Runners & Friends	862	746	01:02:37.127	00:31:17.810
JOÃO ESTRADA	Braga Runners & Friends	2185	747	01:02:40.643	00:31:21.326
CATARINA LEITE	Tiago Lima E Amigos	2130	748	01:02:43.377	00:31:24.060

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
MADALENA ALVES	Individual	316	749	01:02:52.637	00:31:33.320
MURIEL ALMEIDA	Clube Do Rio	2434	750	01:02:52.877	00:31:33.560
RUI FERREIRA	Figueiredos Runners & Friends	1368	751	01:02:53.927	00:31:34.610
BRUNO FARIA	Alive Runners	2731	752	01:02:57.140	00:31:37.823
LUÍSA OLIVEIRA	Braga Runners & Friends	879	753	01:02:59.880	00:31:40.563
JOSÉ FIGUEIREDO	Braga Runners & Friends	880	754	01:02:59.880	00:31:40.563
DINA MENESES	Language Academy	152	755	01:03:06.140	00:31:46.823
ANA ABREU	Language Academy	154	756	01:03:07.127	00:31:47.810
ÂNGELA PINTO	Casfil	1302	757	01:03:09.137	00:31:49.820
CARLA NEVES	Ortoneves	1089	758	01:03:09.627	00:31:50.310
JOSÉ CORREIA	#Correccorreverinha	2404	759	01:03:11.627	00:31:52.310
VITOR MARQUES	Madrinha Cris	663	760	01:03:11.807	00:31:52.490
ANA SOUSA	Ad Pedome	1913	761	01:03:14.380	00:31:55.063
CLÁUDIA RAMOS	Clube Do Rio	1958	762	01:03:15.397	00:31:56.080
JOSÉ CASTRO	Crossfit Vale Do Ave	564	763	01:03:29.883	00:32:10.566
DULCE FERNANDES	Crossfit Vale Do Ave	565	764	01:03:31.380	00:32:12.063
RAUL GONÇALVES	Individual	143	765	01:03:44.893	00:32:25.576
CRISTINA FERNANDES	Ad Pedome	1910	766	01:03:48.137	00:32:28.820
LUCIA CORUCHO	Individual	1559	767	01:03:56.130	00:32:36.813
VICTOR AZEVEDO	A Turma Do Stor	441	768	01:04:02.883	00:32:43.566
PAULO MACHADO	A Turma Do Stor	406	769	01:04:02.883	00:32:43.566
CLÁUDIO CARNEIRO	A Turma Do Stor	445	770	01:04:09.630	00:32:50.313
DIANA ALVES	Language Academy	2410	771	01:04:27.133	00:33:07.816
ELSA GONÇALVES	Language Academy	1602	772	01:04:27.627	00:33:08.310
NUNO FERREIRA	Madrinha Cris	429	773	01:04:36.417	00:33:17.100
BARBARA MAIA	Sociedade Recreio Cepenense	1876	774	01:04:37.630	00:33:18.313
SOFIA MAGALHÃES	Crossfit Vale Do Ave	1609	775	01:04:47.127	00:33:27.810
JOSÉ SAMPAIO	Alive Runners	2523	776	01:04:47.633	00:33:28.316
ANTÓNIO COUTINHO	Kilos Moda Atletismo	808	777	01:04:47.880	00:33:28.563
TIAGO CRUZ	Crossfit Vale Do Ave	1610	778	01:04:50.380	00:33:31.063
TIAGO PIMENTA	Language Academy	1083	779	01:04:59.630	00:33:40.313
JOSÉ FERNANDES	A Turma Do Stor	269	780	01:05:02.870	00:33:43.553
LINO OLIVEIRA	A Turma Do Stor	405	781	01:05:03.620	00:33:44.303
MÁRIO CARVALHO	Braga Runners & Friends	2184	782	01:05:06.883	00:33:47.566
CARINA FREITAS	Individual	1888	783	01:05:23.633	00:34:04.316
LUÍS GOUVEIA	Rorizaventura	944	784	01:05:33.670	00:34:14.353
LUIS BARBOSA	Casfil	1311	785	01:05:33.880	00:34:14.563
BRUNO COSTA	Rorizaventura	2357	786	01:05:33.883	00:34:14.566
SARA MARTINS	Kilos Moda Atletismo	809	787	01:05:43.623	00:34:24.306
ISABEL SAMPAIO	#Correccorreverinha	1219	788	01:05:53.133	00:34:33.816
MIGUEL GOMES	Language Academy	939	789	01:05:53.633	00:34:34.316
RUI FERNANDES	Language Academy	1514	790	01:06:04.907	00:34:45.590
SYLVIE FERNANDES	Language Academy	1513	791	01:06:04.907	00:34:45.590
ANA SILVA	Language Academy	1507	792	01:06:07.383	00:34:48.066

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
FILIPA COELHO	A Turma Do Stor	361	793	01:06:13.633	00:34:54.316
GABRIEL RIBEIRO	Language Academy	282	794	01:06:16.133	00:34:56.816
ANGELA SOUSA	Individual	52	795	01:06:17.633	00:34:58.316
PATRICIA	Crossfit Vale Do Ave	1550	796	01:06:32.887	00:35:13.570
ADRIANO SILVA	Crossfit Vale Do Ave	1604	797	01:06:33.133	00:35:13.816
OLGA COELHO	Fisiomov	326	798	01:06:52.857	00:35:33.540
SANDRA MACHADO	Clube Do Rio	1967	799	01:06:52.883	00:35:33.566
DIANA MARTINS	Traillovers	2336	800	01:06:53.617	00:35:34.300
LUÍS ÁLVARES	Aves Runners	173	801	01:07:01.383	00:35:42.066
CARLA NETO	Kilos Moda Atletismo	752	802	01:07:02.103	00:35:42.786
NATACHA SANTOS	Aves Runners	172	803	01:07:04.353	00:35:45.036
SILVIA FERREIRA	#Correccorverinha	23	804	01:07:05.143	00:35:45.826
ANA FERREIRA	Crossfit Vale Do Ave	997	805	01:07:06.380	00:35:47.063
FLORIANO GONÇALVES	Salão De Chã Tentação	45	806	01:07:14.883	00:35:55.566
PAULA CASTRO	Aves Runners	73	807	01:07:17.637	00:35:58.320
JOAQUINA GONÇALVES	Oliveira Santa Maria	1941	808	01:07:42.850	00:36:23.533
JOSÉ COSTA	Carlos Cardoso/Central Runners	1445	809	01:07:45.887	00:36:26.570
ANTÓNIO SILVA	Carlos Cardoso/Central Runners	1446	810	01:07:46.137	00:36:26.820
ANA COSTA	Individual	1293	811	01:08:42.343	00:37:23.026
FRANCISCO FREITAS	Individual	2182	812	01:09:01.137	00:37:41.820
PAULA FREITAS	Os Guardiões	1931	813	01:09:01.387	00:37:42.070
SARA MACHADO	Figueiredos Runners & Friends	1367	814	01:09:03.637	00:37:44.320
DIANA MATOS	Language Academy	1597	815	01:09:13.387	00:37:54.070
CARLA MAIA	#Correccorverinha	611	816	01:09:17.337	00:37:58.020
MÁRCIA FERREIRA	Individual	6	817	01:09:23.390	00:38:04.073
MÁRIO GONCALVES	Individual	2127	818	01:09:23.390	00:38:04.073
CARLOS CABOUÇO	Serviços Sociais Do Montepio	2777	819	01:09:33.390	00:38:14.073
DINIS MOREIRA	A Turma Do Stor	1019	820	01:09:39.083	00:38:19.766
SOFIA FERREIRA	Crossfit Vale Do Ave	1277	821	01:09:52.140	00:38:32.823
GIL MARTINS	Crossfit Vale Do Ave	590	822	01:09:52.890	00:38:33.573
SÉRGIO FARIA	Dux	1596	823	01:10:49.570	00:39:30.253
ANA PINTO	Tiago Lima E Amigos	2124	824	01:11:04.893	00:39:45.576
ANDRÉ SILVA	Tiago Lima E Amigos	2125	825	01:11:05.147	00:39:45.830
CELESTE FONSECA	#Correccorverinha	2040	826	01:11:06.643	00:39:47.326
JÉSSICA DELMORAL	A Turma Do Stor	1020	827	01:11:07.390	00:39:48.073
PAULA TORRES	S.Tomé De Negrelos	293	828	01:11:35.893	00:40:16.576
RAUL PINHEIRO	#Correccorverinha	67	829	01:11:36.317	00:40:17.000
PAULA COUTO	Kilos Moda Atletismo	732	830	01:11:48.393	00:40:29.076
AMALIA VILELA	Kilos Moda Atletismo	811	831	01:12:10.577	00:40:51.260
BÁRBARA RORIZ	Montanhismo Aa78/Fidelidade	1239	832	01:12:33.057	00:41:13.740
SERAFIM GONÇALVES	Kilos Moda Atletismo	755	833	01:12:38.893	00:41:19.576
HELDER CORREIA	Kilos Moda Atletismo	1991	834	01:12:44.903	00:41:25.586
LILIANA GOMES	Braga Runners & Friends	2186	835	01:12:48.397	00:41:29.080
ISABEL PINHEIRO	Braga Runners & Friends	866	836	01:12:48.557	00:41:29.240

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
RICARDO RESENDE	Serviços Sociais Do Montepio	1266	837	01:12:51.063	00:41:31.746
HELDER QUEIROS	Individual	2758	838	01:12:52.557	00:41:33.240
HUGO SILVA	Montanhismo Aa78/Fidelidade	2761	839	01:12:58.897	00:41:39.580
JOVERINA RIBEIRO	Montanhismo Aa78/Fidelidade	654	840	01:12:59.647	00:41:40.330
EMANUEL LOPES	Individual	169	841	01:13:13.647	00:41:54.330
CÉU MARTINS	Kilos Moda Atletismo	810	842	01:13:29.153	00:42:09.836
BENJAMIN CASTRO	Montanhismo Aa78/Fidelidade	450	843	01:13:31.897	00:42:12.580
JOÃO OLIVEIRA	Madrinha Cris	435	844	01:13:54.647	00:42:35.330
DOMINGOS ABREU	Sampedro	1719	845	01:14:00.537	00:42:41.220
VITOR COELHO	Tiago Lima E Amigos	258	846	01:14:40.647	00:43:21.330
SOFIA GONÇALVES	Clube Do Rio	1957	847	01:14:41.290	00:43:21.973
CRISTIANA FERREIRA	Nka Roriz	528	848	01:15:13.400	00:43:54.083
ERNESTO BRANDÃO	Nka Roriz	527	849	01:15:13.647	00:43:54.330
JOÃO ABREU	Sampedro	1717	850	01:15:17.043	00:43:57.726
RAFAELA COSTA	Montanhismo Aa78/Fidelidade	1240	851	01:15:47.533	00:44:28.216
SUSANA MENDES	#Correorreverinha	1161	852	01:16:18.900	00:44:59.583
MÓNICA RIBEIRO	#Correorreverinha	2774	853	01:16:21.277	00:45:01.960
PEDRO FERNANDES	#Correorreverinha	81	854	01:17:40.017	00:46:20.700
ADRIANA SALGADO	Individual	2291	855	01:18:26.907	00:47:07.590
PAULA ASSUNÇÃO	Aves Runners	171	856	01:20:25.907	00:49:06.590
CARLA DIAS	Fisiomov	319	857	01:22:09.977	00:50:50.660
ISABEL RIBEIRO	Kilos Moda Atletismo	730	858	01:23:52.413	00:52:33.096
ALBERTO SANTOS	Kilos Moda Atletismo	729	859	01:23:52.413	00:52:33.096