

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
1	8	Rui Silva	Sporting Clube De Portugal	00:31:12.503	00:00:00.000
2	1109	Davide Silva	Sporting Clube De Braga	00:31:33.980	00:00:21.477
3	48	Hugo Almeida	Sporting Clube De Braga	00:31:38.750	00:00:26.247
4	937	Pedro Ribeiro	Sporting Clube De Portugal	00:31:40.973	00:00:28.470
5	66	João Almeida	Individual	00:31:42.733	00:00:30.230
6	989	Hugo Santos	Acd S. João Da Serra	00:32:07.977	00:00:55.474
7	7	José Moreira	Sporting Clube De Portugal	00:32:26.227	00:01:13.724
8	20	João Nuno	Sporting Clube De Braga	00:32:29.817	00:01:17.314
9	72	Amado Martins	Maia Ac	00:32:40.983	00:01:28.480
10	57	Artur Rodrigues	G.D.C. Do Guilhovai	00:32:46.840	00:01:34.337
11	75	João Casal	Maia Ac	00:32:50.227	00:01:37.724
12	47	Vítor Santos	Peraltafil Running	00:33:05.880	00:01:53.377
13	15	André Silva	Águias De Alvelos	00:33:10.230	00:01:57.727
14	26	Duarte Rodrigues	Maia Ac	00:33:39.430	00:02:26.927
15	1031	Tiago Antunes	U.D. Varzea	00:33:41.230	00:02:28.727
16	80	Tiago Freitas	Salão De Chá Tentação	00:33:41.730	00:02:29.227
17	89	Paulo Fontão	Núcleo De Atletismo Das Taipas	00:33:56.730	00:02:44.227
18	45	Pedro Meireles	Maia Ac	00:34:04.960	00:02:52.457
19	559	João Amorim	F.C. Penafiel	00:34:08.980	00:02:56.477
20	19	Davide Figueiredo	São Salvador Do Campo	00:34:17.230	00:03:04.727
21	915	Nelson Magalhaes	São Salvador Do Campo	00:34:19.753	00:03:07.250
22	1020	Gabriel Ribeiro	U.D. Varzea	00:34:20.460	00:03:07.957
23	85	António Fernandes	G.D.C. Do Guilhovai	00:34:30.983	00:03:18.480
24	14	Joaquim Figueiredo	São Salvador Do Campo	00:34:31.233	00:03:18.730
25	800	Nuno Queiroz	São Salvador Do Campo	00:34:31.983	00:03:19.480
26	25	Abílio Pereira	São Salvador Do Campo	00:34:34.483	00:03:21.980
27	44	Bernardo Borges	Maia Ac	00:34:50.733	00:03:38.230
28	791	Nuno Alves	Oralklass - Amigos Do Trail	00:35:01.273	00:03:48.770
29	58	Tiago Magalhães	Cast - Centro Atletismo Santo Tirso	00:35:05.233	00:03:52.730
30	34	Leandro Martins	Earo	00:35:05.733	00:03:53.230
31	79	Pedro Maravilhas	São Salvador Do Campo	00:35:14.237	00:04:01.734
32	1110	Ângelo Araújo	Jobra	00:35:21.987	00:04:09.484
33	68	José Pires	Sociedade Recreio Capanense	00:35:23.987	00:04:11.484
34	32	Nuno Fernandes	Earo	00:35:26.487	00:04:13.984
35	4	Marisa Barros	Sport Comércio E Salgueiros	00:35:28.550	00:04:16.047
36	90	António Silva	Nascidos Para Correr - Associação Desportiva	00:35:33.737	00:04:21.234
37	81	João Figueiredo	Salão De Chá Tentação	00:35:39.987	00:04:27.484
38	373	João Cavadas	Individual	00:35:44.237	00:04:31.734
39	990	Ricardo Sampaio	Acd S. João Da Serra	00:35:47.100	00:04:34.597
40	67	Helder Oliveira	Sociedade Recreio Capanense	00:35:48.737	00:04:36.234
41	64	Diogo Pinho	Maia Ac	00:35:49.237	00:04:36.734
42	795	Gilberto Neto	São Salvador Do Campo	00:35:51.237	00:04:38.734
43	794	Cristiano Ribeiro	São Salvador Do Campo	00:35:55.620	00:04:43.117
44	1022	Jorge Cunha	U.D. Varzea	00:35:55.743	00:04:43.240

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
45	87	Luís Silva	G.D.C. Do Guilhovai	00:35:57.987	00:04:45.484
46	86	Fernando Ferreira	G.D.C. Do Guilhovai	00:36:04.147	00:04:51.644
47	1041	Paulo Ribeiro	Club Atletismo Do Tâmega	00:36:15.237	00:05:02.734
48	55	Mário Contreiras	São Salvador Do Campo	00:36:22.740	00:05:10.237
49	641	Rui Taborda	Acđ S. João Da Serra	00:36:24.987	00:05:12.484
50	91	Daniela Cunha	Individual	00:36:42.737	00:05:30.234
51	1028	Ruben Faria	U.D. Varzea	00:36:43.487	00:05:30.984
52	56	Mónica Silva	Vitória Sport Clube	00:36:55.900	00:05:43.397
53	6	Lúis Mendes	Maia Ac	00:36:56.993	00:05:44.490
54	10	Braima Dabó	Maia Ac	00:36:57.487	00:05:44.984
55	822	Carlos Monteiro	Clube Vizela Corre	00:36:58.237	00:05:45.734
56	33	Rui Fernandes	Earo	00:37:07.987	00:05:55.484
57	77	Vitor Santos	Grecas	00:37:12.217	00:05:59.714
58	38	Hélder Silva	Earo	00:37:13.023	00:06:00.520
59	76	Clárisse Cruz	Grecas	00:37:13.987	00:06:01.484
60	530	Joaquim Pacheco	Vitória Sport Clube	00:37:20.737	00:06:08.234
61	1133	Abílio Costa	São Salvador Do Campo	00:37:21.740	00:06:09.237
62	27	Bruno Pereira	Escmov	00:37:24.737	00:06:12.234
63	307	Rafael Fernandes	Academia Apamm	00:37:26.240	00:06:13.737
64	1149	Alexandre Lezón	Sporting Clube De Braga	00:37:50.737	00:06:38.234
65	725	Augusto Antunes	Arpo-Associação Recreativa Pousadense.	00:38:03.303	00:06:50.800
66	92	Joaquim Martins	Nka Roriz	00:38:03.990	00:06:51.487
67	50	João Alves	Vitória Sport Clube	00:38:12.740	00:07:00.237
68	237	Pedro Neto	#Correorreverinha	00:38:13.307	00:07:00.804
69	70	Hermínio Martins	Acrsd	00:38:25.240	00:07:12.737
70	917	Sérgio Ferreira	Ccd Apdl	00:38:33.993	00:07:21.490
71	1005	Justyna Wojcik	Acđ S. João Da Serra	00:38:35.240	00:07:22.737
72	39	José Araújo	Earo	00:38:37.350	00:07:24.847
73	280	Claudio Araujo	Adosa - Os Santa Apolónia	00:38:40.243	00:07:27.740
74	83	Carla Machado	U.D. Varzea	00:38:40.993	00:07:28.490
75	825	Marco Magalhães	Clube Vizela Corre	00:38:42.250	00:07:29.747
76	824	André Natário	Clube Vizela Corre	00:38:42.490	00:07:29.987
77	753	Daniel Martins	Negrelcar / Carfast	00:38:43.760	00:07:31.257
78	158	Rui Fernandes	Clube Atletismo Fafe	00:38:43.990	00:07:31.487
79	314	Victor Teixeira	Individual	00:38:46.240	00:07:33.737
80	143	Nuno Ferreira	Individual	00:38:49.243	00:07:36.740
81	828	Daniel Andrade	Clube Vizela Corre	00:38:50.490	00:07:37.987
82	118	Joaquim Marques	Individual	00:38:52.857	00:07:40.354
83	1025	Helena Alves	U.D. Varzea	00:38:58.517	00:07:46.014
84	865	António Fernandes	Clube Do Rio	00:39:06.007	00:07:53.504
85	690	Pedro Ferreira	Clube Do Rio	00:39:06.243	00:07:53.740
86	17	Silvana Dias	Sporting Clube De Braga	00:39:13.747	00:08:01.244
87	776	Ramiro Ribeiro	Negrelcar / Carfast	00:39:16.493	00:08:03.990
88	16	Nuno Costa	São Salvador Do Campo	00:39:17.493	00:08:04.990

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
89	744	Bruno Cunha	Negrelcar / Carfast	00:39:20.493	00:08:07.990
90	823	Alexandre Ferreira	Clube Vizela Corre	00:39:24.497	00:08:11.994
91	172	José Mota	São Salvador Do Campo	00:39:25.747	00:08:13.244
92	533	Luís Magalhães	Individual	00:39:25.993	00:08:13.490
93	614	Mauricio Ferreira	Travassós Running Fafe	00:39:30.243	00:08:17.740
94	893	Alcino Silva	Clube Independente De Atletismo De Alpendorada	00:39:31.257	00:08:18.754
95	74	Luísa Oliveira	Clube Paredes Aventura	00:39:31.497	00:08:18.994
96	1037	José Barbosa	Individual	00:39:34.010	00:08:21.507
97	224	Carlos Pereira	Figueirófit	00:39:34.247	00:08:21.744
98	677	André Neves	Language Academy	00:39:35.000	00:08:22.497
99	483	Manuel Dias	#Correorreverinha	00:39:39.747	00:08:27.244
100	623	Filipe Leite	Individual	00:39:41.247	00:08:28.744
101	359	Jose Monteiro	Bairro De Carcavelos -Caravela Seguros	00:39:43.930	00:08:31.427
102	69	Victor Martins	Sociedade Recreio Capanense	00:39:53.977	00:08:41.474
103	616	Pedro Correia	Fisiomov	00:39:54.243	00:08:41.740
104	764	José Real	Negrelcar / Carfast	00:39:56.747	00:08:44.244
105	35	Miguel Torres	Earo	00:39:58.993	00:08:46.490
106	804	Vítor Lopes	São Salvador Do Campo	00:40:00.497	00:08:47.994
107	743	Arménio Santos	Negrelcar / Carfast	00:40:14.747	00:09:02.244
108	275	Tiago Lima	A Turma Do Stor	00:40:15.747	00:09:03.244
109	36	Joaquim Coelho	Earo	00:40:20.493	00:09:07.990
110	1147	Sofia Teixeira	U.D. Varzea	00:40:30.503	00:09:18.000
111	386	Arlindo Sousa	Atlético Clube Alfenense	00:40:30.747	00:09:18.244
112	41	Mariana Regalo	Maia Ac	00:40:39.250	00:09:26.747
113	834	Tiago Lopes	Opraticante.Pt	00:40:39.497	00:09:26.994
114	918	Fernando Carneiro	Individual	00:40:40.747	00:09:28.244
115	1038	Ana Nunes	Associação Desportiva De Lustosa	00:40:45.053	00:09:32.550
116	1008	Ilidio Oliveira	Clube Atletismo Astromil	00:40:53.573	00:09:41.070
117	82	Fernando Figueiredo	Salão De Chá Tentação	00:40:53.747	00:09:41.244
118	385	Carlos Campos	Atlético Clube Alfenense	00:40:58.247	00:09:45.744
119	1043	Abilio Faria	Chefe-Training	00:41:00.570	00:09:48.067
120	671	Paulo Leça	Salão De Chá Tentação	00:41:06.747	00:09:54.244
121	543	José Alves	Kilos Moda Atletismo	00:41:07.507	00:09:55.004
122	1034	Jose Ferreira	A.D.Lustosa	00:41:07.740	00:09:55.237
123	536	Filipe Martins	Os Isabelinhas	00:41:08.003	00:09:55.500
124	827	Pedro Cunha	Clube Vizela Corre	00:41:09.087	00:09:56.584
125	365	Helena Sampaio	Afis/Ovar	00:41:19.123	00:10:06.620
126	59	António Magalhães	Cast - Centro Atletismo Santo Tirso	00:41:21.503	00:10:09.000
127	425	Alcino Sampaio	Casfil	00:41:22.247	00:10:09.744
128	296	Diogo Silva	Individual	00:41:28.250	00:10:15.747
129	654	Alexandre Ferreira	Amigos Ponto Final	00:41:33.250	00:10:20.747
130	593	José Dias	Individual	00:41:40.747	00:10:28.244
131	222	Bruno Azevedo	A D Pedome	00:41:43.143	00:10:30.640
132	341	José Fernandes	Kilos Moda Atletismo	00:41:44.673	00:10:32.170

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
133	839	João Gomes	Language Academy	00:41:47.000	00:10:34.497
134	987	Elisabete Sousa	Acd S. João Da Serra	00:41:53.750	00:10:41.247
135	803	Viriato Mendes	São Salvador Do Campo	00:41:56.757	00:10:44.254
136	1024	Estela Melo	U.D. Varzea	00:41:57.750	00:10:45.247
137	308	Jorge Faria	Individual	00:42:03.500	00:10:50.997
138	494	Luís Vilela	Sociedade Recreio Capanense	00:42:08.237	00:10:55.734
139	18	Fátima Silva	Cd Póvoa	00:42:08.690	00:10:56.187
140	340	Armindo Faria	Kilos Moda Atletismo	00:42:14.233	00:11:01.730
141	1175	Paulo Martins	Clube Vizela Corre	00:42:14.500	00:11:01.997
142	245	Samuel Bessa	Rorizaventura	00:42:15.750	00:11:03.247
143	513	Fernando Pinto	Sociedade Recreio Capanense	00:42:16.500	00:11:03.997
144	510	René Teixeira	Sociedade Recreio Capanense	00:42:17.217	00:11:04.714
145	805	Vítor Pontes	São Salvador Do Campo	00:42:18.743	00:11:06.240
146	802	Sílvio Guimarães	São Salvador Do Campo	00:42:18.753	00:11:06.250
147	84	Bárbara Magalhães	A. R. Luz E Vida Gondomarense	00:42:22.250	00:11:09.747
148	250	José Oliveira	Individual	00:42:33.730	00:11:21.227
149	127	Adão Mendes	Grupo Recreativo Estrela Do Bonfim / Povia De Varzim	00:42:35.977	00:11:23.474
150	612	Manuel Sousa	A.D.C. Astromil	00:42:40.750	00:11:28.247
151	395	Rui Pereira	Kilos Moda Atletismo	00:42:44.290	00:11:31.787
152	362	João Silva	Earo	00:42:49.500	00:11:36.997
153	1171	Antonio Gomes	Ginasio Clube De Santo Tirso	00:42:53.750	00:11:41.247
154	1026	Joana Midão	U.D. Varzea	00:42:54.757	00:11:42.254
155	797	Jorge Campos	São Salvador Do Campo	00:42:55.257	00:11:42.754
156	125	Nelson Pinto	Individual	00:42:55.500	00:11:42.997
157	1044	Sérgio Gonçalves	Individual	00:42:55.750	00:11:43.247
158	525	Rui Silva	Sociedade Recreio Capanense	00:42:58.040	00:11:45.537
159	726	Miguel Ferreira	Individual	00:42:58.250	00:11:45.747
160	1150	Inês Amorim	Sporting Clube De Braga	00:42:59.793	00:11:47.290
161	956	Marcelo Pereira	Crossfit Vale Do Ave	00:43:01.323	00:11:48.820
162	1167	Rafael Silva	Earo	00:43:01.333	00:11:48.830
163	52	Luis Martins	Kilos Moda Atletismo	00:43:04.000	00:11:51.497
164	689	Rui Areal	Clube Do Rio	00:43:05.003	00:11:52.500
165	928	Pedro Costa	Language Academy	00:43:12.507	00:12:00.004
166	1001	Samuel Silva	Kfitnessgym	00:43:13.723	00:12:01.220
167	758	Flávio Fernandes	Negrelcar / Carfast	00:43:13.750	00:12:01.247
168	532	Manuel Sousa	Clínica Ana Silva	00:43:21.253	00:12:08.750
169	1120	Telmo Ferreira	Cdr	00:43:26.857	00:12:14.354
170	763	José Coelho	Negrelcar / Carfast	00:43:28.503	00:12:16.000
171	735	Carlos Pacheco	Bbox&Gym	00:43:29.003	00:12:16.500
172	912	Luis Freitas	Ad Pedome	00:43:30.753	00:12:18.250
173	182	Ricardo Meira	Alegria Team	00:43:35.387	00:12:22.884
174	768	Manuel Freitas	Negrelcar / Carfast	00:43:36.003	00:12:23.500
175	662	Madalena Silva	Amigos Da Corrida	00:43:41.500	00:12:28.997
176	49	Manuel Gomes	Kilos Moda Atletismo	00:43:43.917	00:12:31.414

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
177	514	Carlos Lopes	Sociedade Recreio Capanense	00:43:43.937	00:12:31.434
178	644	Amaro Barbosa	Arc Vale S. Cosme	00:43:44.003	00:12:31.500
179	762	José Araújo	Negrelcar / Carfast	00:43:45.030	00:12:32.527
180	747	Cardoso Lino	Negrelcar / Carfast	00:43:48.013	00:12:35.510
181	281	Renato Ribeiro	Montanhismo Aa78/Lmjc Fidelidade	00:43:49.753	00:12:37.250
182	686	Daniel Santos	Individual	00:43:50.900	00:12:38.397
183	993	Osório Pardal	Acd S. João Da Serra	00:43:52.720	00:12:40.217
184	366	Cláudio Monteiro	Douroconta - Gabinete De Apoio E Contabilidade	00:43:55.220	00:12:42.717
185	860	José Freitas	Academia Oamis	00:43:56.503	00:12:44.000
186	718	Zé Oliveira	Bintóito Bentanias	00:43:57.003	00:12:44.500
187	1042	Patrícia Ribeiro	Club Atletismo Do Tâmega	00:43:58.507	00:12:46.004
188	474	Francisco Xavier	Carlos Cardoso/Central Runners	00:43:58.977	00:12:46.474
189	436	Joaquim Dinis	Adosa - Os Santa Apolónia	00:43:59.003	00:12:46.500
190	537	Albano Silva	Kilos Moda Atletismo	00:43:59.007	00:12:46.504
191	528	Fernando Fernandes	Hb Performance	00:44:06.003	00:12:53.500
192	606	Paulo Moreira	Montanhismo Aa78/Lmjc Fidelidade	00:44:06.253	00:12:53.750
193	661	Carlos Martins	J. F. V. Aves	00:44:07.003	00:12:54.500
194	1174	Miguel Abreu	Ad Pedome	00:44:09.463	00:12:56.960
195	291	Pedro Grosso	Hb Performance	00:44:09.470	00:12:56.967
196	42	Diana Pereira	Maia Ac	00:44:09.503	00:12:57.000
197	345	Paulo Martins	Kilos Moda Atletismo	00:44:09.570	00:12:57.067
198	561	Rui Araújo	Adcarril	00:44:17.967	00:13:05.464
199	833	Paulo Lopes	Opraticante.Pt	00:44:19.257	00:13:06.754
200	790	Paulo Macedo	Individual	00:44:22.257	00:13:09.754
201	463	César Guimarães	Carlos Cardoso/Central Runners	00:44:22.258	00:13:09.755
202	1124	Francisco Branco	Centro De Lazer António Martins Ribeiro	00:44:29.753	00:13:17.250
203	305	Sílvio Ribeiro	Individual	00:44:40.007	00:13:27.504
204	424	Filipe Brandão	Casfil	00:44:43.513	00:13:31.010
205	556	Rui Lima	Individual	00:44:50.007	00:13:37.504
206	481	Miguel Taveira	#Correcorreverinha	00:44:52.073	00:13:39.570
207	119	Jorge Fernandes	Rorizaventura	00:44:52.077	00:13:39.574
208	638	Rui Neto	Aves Runners	00:44:52.083	00:13:39.580
209	1012	Ricardo Gomes	Força Avense	00:44:52.087	00:13:39.584
210	572	José Silva	Individual	00:44:52.097	00:13:39.594
211	884	José Silva	Braga Runners	00:44:53.253	00:13:40.750
212	539	Jorge Coelho	Kilos Moda Atletismo	00:44:55.007	00:13:42.504
213	427	André Gonçalves	Casfil	00:44:55.273	00:13:42.770
214	527	Jorge Ferreira	Sociedade Recreio Capanense	00:45:00.577	00:13:48.074
215	910	Rui Fernandes	Ad Pedome	00:45:01.507	00:13:49.004
216	5	Manuel Magalhães	Individual	00:45:02.757	00:13:50.254
217	974	Luís Melo	Adosa - Os Santa Apolónia	00:45:02.960	00:13:50.457
218	144	Ana Azevedo	Individual	00:45:03.257	00:13:50.754
219	61	Regina Gilvaz	Núcleo De Atletismo De Cucujães	00:45:03.507	00:13:51.004
220	851	Adalberto Machado	Bbox&Gym	00:45:03.508	00:13:51.005

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
221	914	Beatriz Silva	Ad Pedome	00:45:05.507	00:13:53.004
222	246	Pedro Loureiro	Rorizaventura	00:45:07.257	00:13:54.754
223	994	Pedro David	Acd S. João Da Serra	00:45:09.117	00:13:56.614
224	399	Pedro Silva	Kilos Moda Atletismo	00:45:09.210	00:13:56.707
225	361	Anabela Silva	Earo	00:45:09.510	00:13:57.007
226	381	Ricardo Wenceslau	Pérolaribatejo	00:45:09.757	00:13:57.254
227	506	António Mendes	Sociedade Recreio Capanense	00:45:12.757	00:14:00.254
228	162	José Mendes	Vermil	00:45:14.257	00:14:01.754
229	318	Tiago Gouveia	Tasty & Fashion	00:45:14.767	00:14:02.264
230	1051	Liliana Gonçalves	Individual	00:45:15.257	00:14:02.754
231	1166	Ana Gonçalves	Alive Runners	00:45:17.620	00:14:05.117
232	1035	Daniel Cerdeirinha	Bintóito Bentanias	00:45:18.507	00:14:06.004
233	719	Tiago Alves	Bintóito Bentanias	00:45:18.757	00:14:06.254
234	869	João Dias	Kilos Moda Atletismo	00:45:20.757	00:14:08.254
235	870	Bruno Ribeiro	Kilos Moda Atletismo	00:45:20.763	00:14:08.260
236	953	Pedro Matias	Crossfit Vale Do Ave	00:45:21.017	00:14:08.514
237	897	Armando Ramos	Pó Na Lama	00:45:24.210	00:14:11.707
238	773	Orlando Melo	Negrelcar / Carfast	00:45:24.257	00:14:11.754
239	338	David Monteiro	Kilos Moda Atletismo	00:45:26.153	00:14:13.650
240	397	Helder Ferreira	Kilos Moda Atletismo	00:45:26.154	00:14:13.651
241	1039	Artur Couto	Joane Corre Corre	00:45:27.507	00:14:15.004
242	659	Vergilio Veloso	Amigos Ponto Final	00:45:29.007	00:14:16.504
243	878	João Ferreira	Kilos Moda Atletismo	00:45:30.267	00:14:17.764
244	512	Francisco Cunha	Sociedade Recreio Capanense	00:45:30.507	00:14:18.004
245	54	Artur Araujo	Kilos Moda Atletismo	00:45:30.757	00:14:18.254
246	188	Francisco Silva	Habcarpintaria	00:45:31.267	00:14:18.764
247	468	Simão Carvalho	Crossfit Vale Do Ave	00:45:31.757	00:14:19.254
248	31	Rosa Oliveira	Earo	00:45:37.207	00:14:24.704
249	909	Jorge Silva	Ad Pedome	00:45:37.263	00:14:24.760
250	37	Rui Martins	Earo	00:45:37.267	00:14:24.764
251	640	Vítor Rompante	Centro De Lazer António Martins Ribeiro	00:45:40.007	00:14:27.504
252	216	Orlando Ferreira	Salgueiros Running	00:45:41.007	00:14:28.504
253	1165	Nuno Azevedo	Chefe-Training	00:45:44.960	00:14:32.457
254	657	José Pereira	Amigos Ponto Final	00:45:45.257	00:14:32.754
255	139	Martinho Monteiro	Rorizaventura	00:45:46.510	00:14:34.007
256	306	Geraldo Faria	Vimarunners	00:45:47.007	00:14:34.504
257	951	Pedro Ferreira	Crossfit Vale Do Ave	00:45:49.757	00:14:37.254
258	238	Paulo Freitas	A Turma Do Stor	00:45:51.690	00:14:39.187
259	627	António Oliveira	Cátia Costa Cabeleireiros	00:45:52.257	00:14:39.754
260	339	José Azevedo	Kilos Moda Atletismo	00:45:56.507	00:14:44.004
261	517	Abílio Teixeira	Sociedade Recreio Capanense	00:46:01.007	00:14:48.504
262	209	Nuno Morais	Individual	00:46:02.007	00:14:49.504
263	751	César Silva	Negrelcar / Carfast	00:46:02.257	00:14:49.754
264	666	Filipe Oliveira	Retrosaria Avenida	00:46:02.460	00:14:49.957

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
265	577	José Carvalho	Individual	00:46:03.007	00:14:50.504
266	821	Luciana Kessler	A Turma Do Stor	00:46:04.767	00:14:52.264
267	135	Vitor Fernandes	Rorizaventura	00:46:05.953	00:14:53.450
268	155	Dani Vieira	Chefe-Training	00:46:06.767	00:14:54.264
269	523	Osvaldo Soares	Sociedade Recreio Capanense	00:46:06.768	00:14:54.265
270	781	Tiago Nunes	Negrelcar / Carfast	00:46:06.769	00:14:54.266
271	503	João Ribeiro	Clínica De Fisioterapia Dos Bombeiros	00:46:07.190	00:14:54.687
272	868	Simão Fernandes	Kilos Moda Atletismo	00:46:08.750	00:14:56.247
273	257	Pedro Ribeiro	Nka Roriz	00:46:08.763	00:14:56.260
274	448	Abílio Silva	Salão De Chá Tentação	00:46:08.780	00:14:56.277
275	745	Bruno Ferreira	Negrelcar / Carfast	00:46:08.843	00:14:56.340
276	1128	José Pinheiro	Kilos Moda Atletismo	00:46:10.757	00:14:58.254
277	477	Augusto Silva	Carlos Cardoso/Central Runners	00:46:11.257	00:14:58.754
278	411	Orlando Silva	Mesquita & Damião, Lda.	00:46:14.053	00:15:01.550
279	624	Henrique Vicêncio	Atlético Clube Alfenense	00:46:17.257	00:15:04.754
280	473	José Salgado	Carlos Cardoso/Central Runners	00:46:20.257	00:15:07.754
281	342	Carlos Osório	Kilos Moda Atletismo	00:46:20.507	00:15:08.004
282	509	Vitor Castro	Sociedade Recreio Capanense	00:46:20.700	00:15:08.197
283	352	Pedro Azevedo	Afrikan Runners	00:46:27.007	00:15:14.504
284	1123	Armando Pinheiro	A Turma Do Stor	00:46:29.010	00:15:16.507
285	226	Nuno Vinha	Magalhães & Vinha Lda	00:46:36.010	00:15:23.507
286	760	João Machado	Negrelcar / Carfast	00:46:36.200	00:15:23.697
287	905	Luís Pereira	Ad Pedome	00:46:36.757	00:15:24.254
288	986	Sofia Gonçalves	Acd S. João Da Serra	00:46:38.013	00:15:25.510
289	856	Luis Silva	Academia Oamis	00:46:38.014	00:15:25.511
290	992	Nelson Marques	Acd S. João Da Serra	00:46:38.210	00:15:25.707
291	991	Sérgio Santos	Acd S. João Da Serra	00:46:38.260	00:15:25.757
292	522	João Nuno	Sociedade Recreio Capanense	00:46:40.507	00:15:28.004
293	888	Vítor Araújo	Braga Runners	00:46:42.787	00:15:30.284
294	774	Paulo Freitas	Negrelcar / Carfast	00:46:46.757	00:15:34.254
295	346	Paulo Ribeiro	Kilos Moda Atletismo	00:46:52.447	00:15:39.944
296	51	Daniel Martins	Lebres Lentas	00:46:57.510	00:15:45.007
297	516	José Soares	Sociedade Recreio Capanense	00:46:59.830	00:15:47.327
298	664	Fernando Nunes	Amigos Da Corrida	00:47:01.267	00:15:48.764
299	875	José Silva	Kilos Moda Atletismo	00:47:02.260	00:15:49.757
300	663	Teresa Silva	Amigos Da Corrida	00:47:02.697	00:15:50.194
301	1170	Vitor Gomes	Individual	00:47:04.447	00:15:51.944
302	102	Emanuel Fernandes	Rorizaventura	00:47:04.510	00:15:52.007
303	171	Céline Gomes	Cdcr Ctt Porto	00:47:05.760	00:15:53.257
304	892	Manuel Guedes	Clube Independente De Atletismo De Alpendorada	00:47:08.377	00:15:55.874
305	904	Diogo Ribeiro	Cr Candoso	00:47:08.378	00:15:55.875
306	728	Marlene Santos	Papamedalhas	00:47:08.393	00:15:55.890
307	818	Sergio Santos	Papamedalhas	00:47:08.397	00:15:55.894
308	193	Jose Leite	Ginasio Clube De Santo Tirso	00:47:18.263	00:16:05.760

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
309	518	Eduardo André	Sociedade Recreio Capanense	00:47:19.263	00:16:06.760
310	975	Claudio Araujo	Adosa - Os Santa Apolónia	00:47:19.760	00:16:07.257
311	422	José Gonçalves	Casfil	00:47:20.047	00:16:07.544
312	126	Mario Lima	Aves Runners	00:47:25.943	00:16:13.440
313	343	Hilario Martins	Kilos Moda Atletismo	00:47:26.263	00:16:13.760
314	1033	Cândido Campelo	São Salvador Do Campo	00:47:28.760	00:16:16.257
315	767	Manuel Ferreira	Negrelcar / Carfast	00:47:29.760	00:16:17.257
316	696	José Magalhães	Amve - Associação Moinho De Vermoim	00:47:33.923	00:16:21.420
317	1100	Agostinho Figueiredo	Salão De Chá Tentação	00:47:35.260	00:16:22.757
318	966	Luis Santos	Crossfit Vale Do Ave	00:47:35.760	00:16:23.257
319	835	Carlos Leal	Opraticante.Pt	00:47:38.517	00:16:26.014
320	984	João Machado	Squadra Di Potenza	00:47:38.770	00:16:26.267
321	402	Manuel Martins	Kilos Moda Atletismo	00:47:39.443	00:16:26.940
322	651	Fábio Faria	Mouquim	00:47:40.907	00:16:28.404
323	461	Manuel Alves	Carlos Cardoso/Central Runners	00:47:46.263	00:16:33.760
324	579	Helena Santos	Acd S. João Da Serra	00:47:47.263	00:16:34.760
325	184	Eduardo Coelho	Lebres Lentas	00:47:47.763	00:16:35.260
326	861	Rui Machado	Cr Candoso	00:47:48.513	00:16:36.010
327	596	Helder Cunha	Montanhismo Aa78/Lmjc Fidelidade	00:47:51.763	00:16:39.260
328	334	Daniel Carneiro	Kilos Moda Atletismo	00:47:55.760	00:16:43.257
329	968	Rui Torres	Crossfit Vale Do Ave	00:47:59.533	00:16:47.030
330	1121	Pedro Ferreira	Rorizaventura	00:48:00.263	00:16:47.760
331	220	Joaquim Andrade	Tutilar Class Runners	00:48:01.263	00:16:48.760
332	129	Diogo Lopes	Habcarpintaria	00:48:01.264	00:16:48.761
333	508	João Lima	Sociedade Recreio Capanense	00:48:04.263	00:16:51.760
334	541	Cidália Coelho	Kilos Moda Atletismo	00:48:06.470	00:16:53.967
335	141	Luís Pereira	Gang Das Corridas	00:48:08.763	00:16:56.260
336	859	António Carvalho	Academia Oamis	00:48:09.520	00:16:57.017
337	437	Carla Oliveira	Adosa - Os Santa Apolónia	00:48:10.763	00:16:58.260
338	152	Celina Silva	Figueiredos Runners & Friends	00:48:11.013	00:16:58.510
339	708	Luis Cunha	Move On	00:48:12.760	00:17:00.257
340	408	Marco Alves	Individual	00:48:13.437	00:17:00.934
341	354	Ricardo Bailão	Individual	00:48:14.013	00:17:01.510
342	207	Marcelino Cunha	Só Mais Uma	00:48:16.530	00:17:04.027
343	465	Carlos Alberto	Carlos Cardoso/Central Runners	00:48:16.540	00:17:04.037
344	906	José Alves	Ad Pedome	00:48:16.541	00:17:04.038
345	691	Alexandre Martins	Individual	00:48:17.763	00:17:05.260
346	387	Jorge Ferreira	Jerónimo	00:48:21.263	00:17:08.760
347	792	Lúcio Santos	Kilos Moda Atletismo	00:48:22.013	00:17:09.510
348	194	Joaquim Sousa	Ginasio Clube De Santo Tirso	00:48:23.513	00:17:11.010
349	628	José Magalhães	Individual	00:48:25.047	00:17:12.544
350	808	Filipe Ribeiro	Elite Box	00:48:28.273	00:17:15.770
351	759	Hélder Barbosa	Negrelcar / Carfast	00:48:28.523	00:17:16.020
352	798	Manuel Alves	São Salvador Do Campo	00:48:29.013	00:17:16.510

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
353	1009	Paulo Fernandes	Força Avense	00:48:31.020	00:17:18.517
354	746	Bruno Freitas	Negrelcar / Carfast	00:48:31.513	00:17:19.010
355	636	Jorge Costa	Aves Runners	00:48:36.517	00:17:24.014
356	380	Ivo Lopes	A Turma Do Stor	00:48:37.513	00:17:25.010
357	820	Eva Martins	A Turma Do Stor	00:48:37.763	00:17:25.260
358	780	Tiago Maia	Negrelcar / Carfast	00:48:39.013	00:17:26.510
359	304	Rui Santos	Núcleo Sporting Clube De Portugal Vila Nova Famalicão	00:48:39.513	00:17:27.010
360	276	Wellington Alves	Individual	00:48:43.267	00:17:30.764
361	60	Nelson Silva	Navr	00:48:44.520	00:17:32.017
362	466	Manuel Mendes	Carlos Cardoso/Central Runners	00:48:46.273	00:17:33.770
363	761	Joaquim Oliveira	Negrelcar / Carfast	00:48:47.013	00:17:34.510
364	900	Xavier Oliveira	Fisiojoane	00:48:49.053	00:17:36.550
365	903	Lolo Pereira	Fisiojoane	00:48:50.593	00:17:38.090
366	520	Patrício Rodrigues	Sociedade Recreio Capanense	00:48:51.513	00:17:39.010
367	978	Paulo Gonçalves	Salão De Chá Tentação	00:48:51.690	00:17:39.187
368	948	Sérgio Pereira	Potes De Ouro	00:48:52.773	00:17:40.270
369	899	Berto Machado	Fisiojoane	00:48:53.017	00:17:40.514
370	1015	Hugo Silva	Força Avense	00:48:56.263	00:17:43.760
371	658	Miguel Rodrigues	Amigos Ponto Final	00:48:57.263	00:17:44.760
372	450	Tozé Ferreira	Salão De Chá Tentação	00:48:59.140	00:17:46.637
373	1176	António Mendonça	Clube Vizela Corre	00:48:59.143	00:17:46.640
374	449	Joana Alves	Salão De Chá Tentação	00:48:59.150	00:17:46.647
375	531	Raul Coelho	Individual	00:49:04.763	00:17:52.260
376	564	António Pereira	Sociedade Recreio Capanense	00:49:07.643	00:17:55.140
377	964	Emílio Alves	Crossfit Vale Do Ave	00:49:13.517	00:18:01.014
378	722	João Mendes	Vimarunners	00:49:14.643	00:18:02.140
379	265	Luís Monteiro	Rorizaventura	00:49:16.767	00:18:04.264
380	1101	Helder Martins	Aves Runners	00:49:17.023	00:18:04.520
381	720	Jacinto Mendes	Individual	00:49:18.297	00:18:05.794
382	335	António Fernandes	Kilos Moda Atletismo	00:49:21.767	00:18:09.264
383	813	Carlos Torres	Bbox&Gym	00:49:26.517	00:18:14.014
384	891	Paulo Oliveira	Braga Runners	00:49:28.017	00:18:15.514
385	807	Hugo Silva	Elite Box	00:49:28.677	00:18:16.174
386	1007	Sérgio Costa	Força Avense	00:49:29.013	00:18:16.510
387	374	Helder Alves	Individual	00:49:31.667	00:18:19.164
388	724	Rosa Araujo	Individual	00:49:33.427	00:18:20.924
389	736	Adélio Castro	Montanhismo Aa78/Lmjc Fidelidade	00:49:39.517	00:18:27.014
390	196	João Silva	Ginasio Clube De Santo Tirso	00:49:42.020	00:18:29.517
391	639	Francisco Pinto	Central Runners	00:49:43.767	00:18:31.264
392	214	Joel Abeu	H-Team	00:49:44.767	00:18:32.264
393	1158	Paulo Leite	Individual	00:49:45.267	00:18:32.764
394	1159	Torcato Costa	Individual	00:49:45.517	00:18:33.014
395	205	Luis Luis	Individual	00:49:46.267	00:18:33.764
396	979	Filipe Pereira	Salão De Chá Tentação	00:49:46.683	00:18:34.180

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
397	375	Henrique Matos	Lisinha Em Movimento	00:49:47.267	00:18:34.764
398	116	Afonso Torres	Aves Runners	00:49:47.680	00:18:35.177
399	153	Mara Sampaio	Individual	00:49:47.683	00:18:35.180
400	941	Rui Alves	Trail Me	00:49:50.223	00:18:37.720
401	479	Paulo Gonçalves	Individual	00:49:50.240	00:18:37.737
402	770	Marco Vaz	Negrelcar / Carfast	00:49:51.017	00:18:38.514
403	873	José Ferreira	Kilos Moda Atletismo	00:49:53.777	00:18:41.274
404	1132	José Santos	Kilos Moda Atletismo	00:49:57.227	00:18:44.724
405	236	Bruno Lopes	Os Cansados	00:49:58.743	00:18:46.240
406	723	João Cruz	Individual	00:49:59.767	00:18:47.264
407	750	César Fernandes	Negrelcar / Carfast	00:50:00.767	00:18:48.264
408	605	José Silva	Montanhismo Aa78/Lmjc Fidelidade	00:50:05.047	00:18:52.544
409	147	Bruno Ferreira	Rorizaventura	00:50:07.767	00:18:55.264
410	1004	Pedro Silva	Negrelcar / Carfast	00:50:09.767	00:18:57.264
411	232	Rui Telmo	Bota&Siga	00:50:10.767	00:18:58.264
412	879	Norberto Pedreira	Kilos Moda Atletismo	00:50:12.173	00:18:59.670
413	756	Filipe Cunha	Negrelcar / Carfast	00:50:15.810	00:19:03.307
414	521	Luís Gomes	Sociedade Recreio Capanense	00:50:15.813	00:19:03.310
415	326	Roberto Costa	Salão De Chá Tentação	00:50:15.817	00:19:03.314
416	173	Jorge Machado	Alegria Team	00:50:16.773	00:19:04.270
417	505	Paulo Gomes	Centro De Lazer António Martins Ribeiro	00:50:17.420	00:19:04.917
418	911	Pedro Martins	Ad Pedome	00:50:17.767	00:19:05.264
419	717	Pedro Gomes	Fitness Factory	00:50:19.020	00:19:06.517
420	65	Carlos Cardoso	Carlos Cardoso/Central Runners	00:50:19.023	00:19:06.520
421	164	Maria Vilar	A Turma Do Stor	00:50:21.517	00:19:09.014
422	130	Joaquim Cunha	Individual	00:50:26.270	00:19:13.767
423	938	Oscar Martins	Acr Lordelo	00:50:28.017	00:19:15.514
424	982	Hélder Pinheiro	J. F. V. Aves	00:50:31.307	00:19:18.804
425	122	Bruno Marques	Habcarpintaria	00:50:33.167	00:19:20.664
426	163	Alexandre Pereira	Individual	00:50:35.267	00:19:22.764
427	755	Fátima Sousa	Negrelcar / Carfast	00:50:38.017	00:19:25.514
428	849	Luís Paulo	Bbox&Gym	00:50:39.827	00:19:27.324
429	252	Juliana Costa	Colégio Do Ave	00:50:44.517	00:19:32.014
430	683	José Silva	Language Academy	00:50:45.767	00:19:33.264
431	969	Fernando Barradas	Crossfit Vale Do Ave	00:50:48.340	00:19:35.837
432	740	Adelino Pereira	Negrelcar / Carfast	00:50:49.870	00:19:37.367
433	1129	António Coelho	Kilos Moda Atletismo	00:50:50.770	00:19:38.267
434	418	Luís Gonçalves	Casfil	00:50:54.270	00:19:41.767
435	515	Pedro Gonçalves	Sociedade Recreio Capanense	00:50:59.277	00:19:46.774
436	507	Sérgio Mendes	Sociedade Recreio Capanense	00:50:59.520	00:19:47.017
437	208	Iolanda Malheiro	Ginasio Clube De Santo Tirso	00:51:02.270	00:19:49.767
438	329	Alvaro Marques	Kilos Moda Atletismo	00:51:02.523	00:19:50.020
439	1144	Jorge Pereira	Salão De Chá Tentação	00:51:03.027	00:19:50.524
440	643	Ricardo Soares	Individual	00:51:03.520	00:19:51.017

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
441	847	Rui Pereira	A Turma Do Stor	00:51:03.523	00:19:51.020
442	672	Arlindo Mendes	Salão De Chá Tentação	00:51:04.673	00:19:52.170
443	965	Pedro Silva	Clube Do Rio	00:51:05.373	00:19:52.870
444	105	Sergio Oliveira	Individual	00:51:07.020	00:19:54.517
445	864	Ana Freitas	Clube Do Rio	00:51:07.163	00:19:54.660
446	1119	Leonel Martins	Negrelcar / Carfast	00:51:09.163	00:19:56.660
447	552	Rui Silva	Sampedro	00:51:11.913	00:19:59.410
448	321	Pedro Figueiredo	Tasty & Fashion	00:51:20.517	00:20:08.014
449	1040	Marco Ferreira	U. Cano/Pro	00:51:21.523	00:20:09.020
450	1032	Leandro Silva	Individual	00:51:21.690	00:20:09.187
451	546	Pedro Serra	Kilos Moda Atletismo	00:51:22.400	00:20:09.897
452	883	João Cunha	Braga Runners	00:51:23.923	00:20:11.420
453	637	Ricardo Quintas	Aves Runners	00:51:24.767	00:20:12.264
454	249	José Magalhaes	Individual	00:51:26.520	00:20:14.017
455	358	Carla Rodrigues	Clube De Futebol Oliveira Do Douro	00:51:28.020	00:20:15.517
456	274	Luis Fernandes	A Turma Do Stor	00:51:29.270	00:20:16.767
457	742	André Pereira	Negrelcar / Carfast	00:51:30.160	00:20:17.657
458	1130	José Leça	Kilos Moda Atletismo	00:51:32.447	00:20:19.944
459	913	Fernando Faria	Ad Pedome	00:51:32.477	00:20:19.974
460	608	Sandra Travessas	Montanhismo Aa78/Lmjc Fidelidade	00:51:32.537	00:20:20.034
461	454	Daniel Pereira	Crossfit Vale Do Ave	00:51:34.660	00:20:22.157
462	368	Rui Silva	A Turma Do Stor	00:51:38.910	00:20:26.407
463	272	José Fernandes	A Turma Do Stor	00:51:39.023	00:20:26.520
464	423	Carlos Pinho	Casfil	00:51:40.960	00:20:28.457
465	656	Joaquim Pinheiro	Amigos Ponto Final	00:51:41.273	00:20:28.770
466	655	Celestino Silva	Amigos Ponto Final	00:51:41.770	00:20:29.267
467	120	Paulo Esteves	Rorizaventura	00:51:45.520	00:20:33.017
468	693	Susana Oliveira	Individual	00:51:45.917	00:20:33.414
469	575	Joaquim Nunes	Ageas - Agência Valdemar	00:51:47.157	00:20:34.654
470	261	Susana Monteiro	Nka Roriz	00:51:49.510	00:20:37.007
471	264	José Brito	Braga Runners	00:51:49.511	00:20:37.008
472	123	Bruno Costa	Rorizaventura	00:51:49.517	00:20:37.014
473	258	Armindo Torres	Nka Roriz	00:51:49.597	00:20:37.094
474	227	Fábio Moreira	Individual	00:51:51.023	00:20:38.520
475	715	António Azevedo	Amve - Associação Moinho De Vermoim	00:51:53.020	00:20:40.517
476	480	Oscar Loureiro	Individual	00:51:54.270	00:20:41.767
477	929	Ricardo Barros	Language Academy	00:51:58.013	00:20:45.510
478	927	Alberto Teixeira	Language Academy	00:51:58.030	00:20:45.527
479	930	Sérgio Granizo	Acr Lordelo	00:51:59.520	00:20:47.017
480	633	Renato Araujo	#Correcorreverinha	00:52:02.770	00:20:50.267
481	519	Ana Soares	Sociedade Recreio Capanense	00:52:04.020	00:20:51.517
482	225	Martinho Ferreira	São Salvador Do Campo	00:52:06.513	00:20:54.010
483	569	Sérgio Carneiro	Trilhos Sem Saída	00:52:10.523	00:20:58.020
484	752	Cristiano Fernandes	Negrelcar / Carfast	00:52:11.903	00:20:59.400

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
485	591	Nuno Vicente	Gdva	00:52:13.523	00:21:01.020
486	592	Filipe Freitas	Gdva	00:52:15.077	00:21:02.574
487	590	Nuno Carvalho	Gdva	00:52:15.078	00:21:02.575
488	885	José Gonçalves	Braga Runners	00:52:15.087	00:21:02.584
489	843	Paulo Batista	Language Academy	00:52:15.097	00:21:02.594
490	880	Isabel Gomes	Braga Runners	00:52:15.277	00:21:02.774
491	778	Rúben Torres	Negrelcar / Carfast	00:52:17.023	00:21:04.520
492	731	Isabel Oliveira	Clube Do Rio	00:52:24.023	00:21:11.520
493	862	João Andrade	Clube Do Rio	00:52:26.770	00:21:14.267
494	470	Vitor Martins	Crossfit Vale Do Ave	00:52:27.773	00:21:15.270
495	389	Bruno Costa	Kilos Moda Atletismo	00:52:28.807	00:21:16.304
496	916	Nuno Machado	Retrosaria Avenida	00:52:29.523	00:21:17.020
497	459	Joaquim Pereira	Carlos Cardoso/Central Runners	00:52:32.117	00:21:19.614
498	1177	António Almeida	Carlos Cardoso/Central Runners	00:52:32.120	00:21:19.617
499	460	Cristiano Sousa	Carlos Cardoso/Central Runners	00:52:32.130	00:21:19.627
500	462	Cândido Machado	Carlos Cardoso/Central Runners	00:52:32.150	00:21:19.647
501	578	Paula Carvalho	Amve - Associação Moinho De Vermoim	00:52:32.530	00:21:20.027
502	560	Filipe Oliveira	Amve - Associação Moinho De Vermoim	00:52:32.533	00:21:20.030
503	426	João Pereira	Casfil	00:52:33.523	00:21:21.020
504	652	Carlos Azevedo	Individual	00:52:34.293	00:21:21.790
505	757	Filipe Machado	Negrelcar / Carfast	00:52:40.630	00:21:28.127
506	104	Luis Pinto	Individual	00:52:41.280	00:21:28.777
507	772	Marlene Ferreira	Negrelcar / Carfast	00:52:41.777	00:21:29.274
508	702	Samuel Machado	Move On	00:52:42.150	00:21:29.647
509	547	Eduardo Dias	Kilos Moda Atletismo	00:52:42.277	00:21:29.774
510	548	Nelson Dias	Kilos Moda Atletismo	00:52:42.530	00:21:30.027
511	542	Miguel Barrosa	Kilos Moda Atletismo	00:52:49.527	00:21:37.024
512	1142	Pedro Paraty	J. F. V. Aves	00:52:50.273	00:21:37.770
513	1111	Marcos Pedroso	Individual	00:52:52.023	00:21:39.520
514	554	Bruno Fernandes	Sampedro	00:52:52.273	00:21:39.770
515	1173	Carlos Alves	Ad Pedome	00:52:53.023	00:21:40.520
516	511	Manuela Bento	Sociedade Recreio Capanense	00:52:54.023	00:21:41.520
517	613	João Lopes	Sociedade Recreio Capanense	00:52:54.523	00:21:42.020
518	260	Xavier Campos	Nka Roriz	00:52:58.273	00:21:45.770
519	231	Cristóvão Barros	Individual	00:53:03.023	00:21:50.520
520	190	Filipe Moreira	Uniruning	00:53:09.273	00:21:56.770
521	925	Rui Oliveira	Individual	00:53:10.773	00:21:58.270
522	266	Leonel Martins	Rorizaventura	00:53:15.523	00:22:03.020
523	782	Tiago Vilaça	Negrelcar / Carfast	00:53:18.773	00:22:06.270
524	668	Gabriel Carneiro	Salão De Chá Tentação	00:53:21.273	00:22:08.770
525	484	Jorge Vilaça	#Correorreverinha	00:53:23.523	00:22:11.020
526	476	José Oliveira	Carlos Cardoso/Central Runners	00:53:24.527	00:22:12.024
527	212	Tiago Ferreira	H-Team	00:53:24.777	00:22:12.274
528	156	Nuno Neto	Individual	00:53:25.027	00:22:12.524

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
529	419	Jorge Alves	Casfil	00:53:26.023	00:22:13.520
530	621	Abílio Almeida	Sampedro	00:53:27.027	00:22:14.524
531	117	Liliana Ribeiro	Language Academy	00:53:32.143	00:22:19.640
532	854	Vera Sampaio	Academia Oamis	00:53:32.527	00:22:20.024
533	371	Fernando Azevedo	Arpo-Associação Recreativa Pousadense.	00:53:35.027	00:22:22.524
534	1112	Manuel Cunha	Alive Runners	00:53:35.147	00:22:22.644
535	401	Valter Lopes	Kilos Moda Atletismo	00:53:35.273	00:22:22.770
536	858	Sílvia Pacheco	Academia Oamis	00:53:38.277	00:22:25.774
537	857	Sérgio Ferreira	Academia Oamis	00:53:38.680	00:22:26.177
538	1113	Liliana Alves	Alive Runners	00:53:42.027	00:22:29.524
539	673	Antonio Rompante	#Correorreverinha	00:53:43.027	00:22:30.524
540	457	Tomás Costa	Crossfit Vale Do Ave	00:53:44.527	00:22:32.024
541	952	Ana Trocado	Crossfit Vale Do Ave	00:53:44.528	00:22:32.025
542	435	Angela Ferreira	Individual	00:53:51.527	00:22:39.024
543	487	Nuno Andrade	Teamcakolsuperportistas	00:53:51.528	00:22:39.025
544	963	Marta Freitas	Crossfit Vale Do Ave	00:53:57.237	00:22:44.734
545	814	Cláudia Coelho	Bbox&Gym	00:54:03.277	00:22:50.774
546	253	Odília Esteves	Colégio Do Ave	00:54:03.890	00:22:51.387
547	360	Sara Oliveira	Earo	00:54:05.753	00:22:53.250
548	942	Catarina Matos	Individual	00:54:07.777	00:22:55.274
549	943	Pedro Silva	Individual	00:54:07.890	00:22:55.387
550	831	José Leão	Rorizaventura	00:54:08.277	00:22:55.774
551	211	Gil Ferreira	H-Team	00:54:08.280	00:22:55.777
552	935	Miguel Santos	Acr Lordelo	00:54:08.527	00:22:56.024
553	674	Rui Costa	Individual	00:54:11.777	00:22:59.274
554	495	Carlos Alves	Capa	00:54:15.527	00:23:03.024
555	568	Jose Ferreira	Adosa - Os Santa Apolónia	00:54:17.777	00:23:05.274
556	841	Victor Fonseca	Language Academy	00:54:19.777	00:23:07.274
557	1131	Lurdes Pinheiro	Kilos Moda Atletismo	00:54:25.027	00:23:12.524
558	200	Heitor Martins	Os Cansados	00:54:29.057	00:23:16.554
559	254	Rui Costa	Colégio Do Ave	00:54:29.060	00:23:16.557
560	529	José Sousa	Hb Performance	00:54:31.297	00:23:18.794
561	902	Francisco Melo	Fisiojoane	00:54:31.310	00:23:18.807
562	901	José Moreira	Fisiojoane	00:54:31.313	00:23:18.810
563	562	Delfina Rompante	Crossfit Vale Do Ave	00:54:32.027	00:23:19.524
564	908	Olegário Oliveira	Ad Pedome	00:54:34.037	00:23:21.534
565	167	Gabriel Certo	A Turma Do Stor	00:54:35.277	00:23:22.774
566	687	Marco Vaz	Individual	00:54:35.280	00:23:22.777
567	946	Helena Gomes	Joane Corre Corre	00:54:37.137	00:23:24.634
568	947	Paulo Saldanha	Joane Corre Corre	00:54:37.277	00:23:24.774
569	895	Marta Carvalho	Joane Corre Corre	00:54:37.387	00:23:24.884
570	210	Daniel Ferreira	H-Team	00:54:39.820	00:23:27.317
571	396	Alberto Santos	Kilos Moda Atletismo	00:54:40.143	00:23:27.640
572	1000	Carlos Silva	Kfitnessgym	00:54:41.277	00:23:28.774

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
573	148	Tiago Lages	Salgueiros Running	00:54:42.277	00:23:29.774
574	712	Luis Torres	Move On	00:54:43.033	00:23:30.530
575	706	Sónia Ferreira	Move On	00:54:44.057	00:23:31.554
576	263	Susana Mota	Braga Runners	00:54:44.527	00:23:32.024
577	403	Jorge Lopes	Kilos Moda Atletismo	00:54:49.280	00:23:36.777
578	400	Miguel Melo	Kilos Moda Atletismo	00:54:49.780	00:23:37.277
579	936	João Pereira	Acr Lordelo	00:54:51.027	00:23:38.524
580	154	Manuel Peixoto	Rorizaventura	00:54:54.777	00:23:42.274
581	1148	André Vasconcelos	Trevo Do Sucesso	00:54:54.780	00:23:42.277
582	836	Rita Leal	Opraticante.Pt	00:54:56.847	00:23:44.344
583	178	Avelino Pereira	Bota&Siga	00:55:03.527	00:23:51.024
584	714	Januário Gonçalves	Move On	00:55:05.777	00:23:53.274
585	78	Hermínia Ferreira	São Salvador Do Campo	00:55:06.527	00:23:54.024
586	215	Carlos Ferreira	Individual	00:55:06.777	00:23:54.274
587	206	Pedro Dinis	Individual	00:55:10.027	00:23:57.524
588	230	Samuel Lima	Coporunners	00:55:12.353	00:23:59.850
589	734	Isménia Machado	Bbox&Gym	00:55:14.877	00:24:02.374
590	565	Maria Brandão	Dux	00:55:15.527	00:24:03.024
591	648	Sandra Ribeiro	Individual	00:55:16.027	00:24:03.524
592	113	Liliana Faria	Vimarunners	00:55:18.780	00:24:06.277
593	485	Tiago Martins	Individual	00:55:22.407	00:24:09.904
594	1152	Filipe Pereira	A Turma Do Stor	00:55:23.777	00:24:11.274
595	219	Francisco Neto	Tutilar Class Runners	00:55:27.130	00:24:14.627
596	109	João Mendes	Individual	00:55:29.393	00:24:16.890
597	142	Ricardo Cachadinha	Gang Das Corridas	00:55:39.440	00:24:26.937
598	840	José Gomes	Language Academy	00:55:39.527	00:24:27.024
599	489	Manuel Carvalho	Individual	00:55:40.547	00:24:28.044
600	417	André Couto	Casfil	00:55:42.033	00:24:29.530
601	1125	Helder Rodrigues	Elite Box	00:55:43.030	00:24:30.527
602	793	Ana Ramos	Carlos Cardoso/Central Runners	00:55:45.780	00:24:33.277
603	175	Hugo Miranda	Individual	00:55:47.957	00:24:35.454
604	630	Filipe Gomes	#Correcoerverinha	00:55:52.780	00:24:40.277
605	181	Dario Cruz	Alegria Team	00:55:54.953	00:24:42.450
606	741	Amélia Ramos	Negrelcar / Carfast	00:55:57.037	00:24:44.534
607	114	Sócrates Martins	Rorizaventura	00:56:01.030	00:24:48.527
608	765	Luciana Cunha	Negrelcar / Carfast	00:56:02.040	00:24:49.537
609	279	José Araújo	A Turma Do Stor	00:56:03.470	00:24:50.967
610	931	Jorge Machado	Acr Lordelo	00:56:09.030	00:24:56.527
611	1126	Daniela Godinho	Trevo Do Sucesso	00:56:10.280	00:24:57.777
612	149	Diana Leite	Individual	00:56:11.037	00:24:58.534
613	262	Cristiana Ferreira	Nka Roriz	00:56:11.533	00:24:59.030
614	221	Porfirio Silva	Tutilar Class Runners	00:56:13.510	00:25:01.007
615	977	Ernesto Brandão	Nka Roriz	00:56:13.511	00:25:01.008
616	187	Manuel Almeida	Famalicao	00:56:14.530	00:25:02.027

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
617	830	Joana Azevedo	Bbox&Gym	00:56:16.280	00:25:03.777
618	775	Pedro Ferreira	Negrelcar / Carfast	00:56:17.033	00:25:04.530
619	287	Avelino Nunes	Hb Performance	00:56:19.283	00:25:06.780
620	347	Cristiano Ferreira	Montanhismo Aa78/Lmjc Fidelidade	00:56:20.520	00:25:08.017
621	478	Maria Anjos	Individual	00:56:22.043	00:25:09.540
622	829	Jorge Ferreira	Potes De Ouro	00:56:22.120	00:25:09.617
623	607	Adriana Ferreira	Montanhismo Aa78/Lmjc Fidelidade	00:56:25.530	00:25:13.027
624	282	Alice Lopes	Montanhismo Aa78/Lmjc Fidelidade	00:56:27.317	00:25:14.814
625	268	Luis Carneiro	Individual	00:56:34.530	00:25:22.027
626	732	Carlos Silva	Clube Do Rio	00:56:34.533	00:25:22.030
627	369	Adelino Sousa	Individual	00:56:36.530	00:25:24.027
628	501	Carlos Silva	Clínica De Fisioterapia Dos Bombeiros	00:56:41.540	00:25:29.037
629	1105	Miguel Correia	Negrelcar / Carfast	00:56:41.541	00:25:29.038
630	1013	Gil Pereira	Força Avense	00:56:46.067	00:25:33.564
631	337	José Torres	Kilos Moda Atletismo	00:56:47.783	00:25:35.280
632	493	Conceição Oliveira	Sociedade Recreio Capanense	00:56:51.533	00:25:39.030
633	475	Nuno Costa	Carlos Cardoso/Central Runners	00:56:56.367	00:25:43.864
634	438	Nuno Costa	Individual	00:56:56.783	00:25:44.280
635	439	Tiago Gonçalves	Individual	00:56:56.784	00:25:44.281
636	133	Vera Gonçalves	#Correcorreverinha	00:56:59.033	00:25:46.530
637	168	Sérgio Andrade	A Turma Do Stor	00:57:10.033	00:25:57.530
638	524	Agostinha Gonçalves	Sociedade Recreio Capanense	00:57:11.033	00:25:58.530
639	348	Anabela Mesquita	Cunha Campo De Tiro	00:57:11.283	00:25:58.780
640	166	Manuel Martins	A Turma Do Stor	00:57:13.143	00:26:00.640
641	850	Joaquim Silva	Bbox&Gym	00:57:16.037	00:26:03.534
642	738	Ana Batista	Bbox&Gym	00:57:16.283	00:26:03.780
643	322	Luis Alvares	Salão De Chá Tentação	00:57:19.537	00:26:07.034
644	571	David Queirós	Lousada Runners	00:57:19.538	00:26:07.035
645	786	Bruno Rios	Primos & Compadres	00:57:21.650	00:26:09.147
646	328	Telmo Gonçalves	Salão De Chá Tentação	00:57:24.537	00:26:12.034
647	1108	Filipe Sampaio	Lisinha Em Movimento	00:57:31.533	00:26:19.030
648	101	José Ferreira	Individual	00:57:34.533	00:26:22.030
649	392	António Silva	Kilos Moda Atletismo	00:57:38.787	00:26:26.284
650	502	Pedro Campos	Clínica De Fisioterapia Dos Bombeiros	00:57:39.360	00:26:26.857
651	383	Conceição Correia	Eat-Escola De Atletismo Da Trofa	00:57:39.790	00:26:27.287
652	444	Sara Machado	Salão De Chá Tentação	00:57:40.283	00:26:27.780
653	239	Rui Vieira	A Turma Do Stor	00:57:40.533	00:26:28.030
654	447	Anabela Barbosa	Salão De Chá Tentação	00:57:41.870	00:26:29.367
655	240	Ricardo Geraldo	A Turma Do Stor	00:57:43.293	00:26:30.790
656	430	Nelson Monteiro	Casfil	00:57:43.790	00:26:31.287
657	382	Pedro Ferreira	Individual	00:57:45.033	00:26:32.530
658	388	André Gonçalves	Individual	00:57:47.213	00:26:34.710
659	574	Patrícia Silva	Individual	00:57:47.783	00:26:35.280
660	721	Pedro Loureiro	Vimarunners	00:57:50.287	00:26:37.784

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
661	617	Henrique Pereira	Fisiomov	00:57:56.797	00:26:44.294
662	394	Sérgio Gonçalves	Kilos Moda Atletismo	00:58:05.310	00:26:52.807
663	390	Miguel Coelho	Kilos Moda Atletismo	00:58:05.311	00:26:52.808
664	310	Serafim Gonçalves	Kilos Moda Atletismo	00:58:05.607	00:26:53.104
665	932	Diogo Miranda	Acr Lordelo	00:58:07.537	00:26:55.034
666	933	Pedro Ribeiro	Acr Lordelo	00:58:07.538	00:26:55.035
667	675	António Silva	Individual	00:58:07.607	00:26:55.104
668	284	Pedro Martins	Montanhismo Aa78/Lmjc Fidelidade	00:58:08.037	00:26:55.534
669	108	Júlio Ferreira	Individual	00:58:12.747	00:27:00.244
670	1168	Liliana Andrade	Kfitnessgym	00:58:12.750	00:27:00.247
671	1172	Carina Barbosa	Individual	00:58:13.783	00:27:01.280
672	301	Joaquim Neves	Lisinha Em Movimento	00:58:18.297	00:27:05.794
673	600	Eugénia Morim	Montanhismo Aa78/Lmjc Fidelidade	00:58:18.298	00:27:05.795
674	271	Filipe Rodrigues	Individual	00:58:21.283	00:27:08.780
675	737	Ricardo Martins	Bbox&Gym	00:58:21.287	00:27:08.784
676	988	Marcelina Carvalho	Acd S. João Da Serra	00:58:23.787	00:27:11.284
677	137	Luís Gouveia	Rorizaventura	00:58:27.537	00:27:15.034
678	213	Pascal Ferreira	H-Team	00:58:31.787	00:27:19.284
679	625	Marco Silva	Cátia Costa Cabeleireiros	00:58:32.603	00:27:20.100
680	619	Vitor Campos	Fisiomov	00:58:34.037	00:27:21.534
681	160	Guilherme Araujo	#Correcorreverinha	00:58:36.287	00:27:23.784
682	632	Vera Oliveira	#Correcorreverinha	00:58:38.303	00:27:25.800
683	1045	José Neves	Potes De Ouro	00:58:39.787	00:27:27.284
684	597	Conceição Rabaldo	Montanhismo Aa78/Lmjc Fidelidade	00:58:40.787	00:27:28.284
685	1143	Bruno Vasconcelos	Trevo Do Sucesso	00:58:41.537	00:27:29.034
686	555	António Machado	Sampedro	00:58:47.287	00:27:34.784
687	588	Helder Martins	Hb Performance	00:58:49.040	00:27:36.537
688	289	Joselina Sousa	Hb Performance	00:58:49.041	00:27:36.538
689	842	Jorge Silva	Language Academy	00:58:50.037	00:27:37.534
690	241	Paulo Zananar	A Turma Do Stor	00:58:52.293	00:27:39.790
691	273	José Fernandes	A Turma Do Stor	00:58:55.343	00:27:42.840
692	589	Nuno Cardoso	Gdva	00:58:55.537	00:27:43.034
693	799	Mónia Villela	Elite Box	00:58:56.603	00:27:44.100
694	809	Edgar Silva	Elite Box	00:58:56.787	00:27:44.284
695	492	Eduardo Silva	Individual	00:58:56.853	00:27:44.350
696	844	José Machado	Language Academy	00:58:57.037	00:27:44.534
697	676	Ana Carvalho	Language Academy	00:59:04.287	00:27:51.784
698	692	Antonio Ferreira	Individual	00:59:04.288	00:27:51.785
699	635	Ana Ferreira	#Correcorreverinha	00:59:04.353	00:27:51.850
700	961	Anastácia Teixeira	Crossfit Vale Do Ave	00:59:14.540	00:28:02.037
701	962	Filipe Machado	Crossfit Vale Do Ave	00:59:14.541	00:28:02.038
702	583	Ana Machado	Tasty & Fashion	00:59:16.287	00:28:03.784
703	587	Carlos Abreu	Tasty & Fashion	00:59:16.350	00:28:03.847
704	954	Miguel Mendes	Crossfit Vale Do Ave	00:59:19.347	00:28:06.844

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
705	995	José Mendes	Crossfit Vale Do Ave	00:59:19.348	00:28:06.845
706	626	Armando Costa	Cátia Costa Cabeleireiros	00:59:22.287	00:28:09.784
707	970	Filipe Gonçalves	Clube Do Rio	00:59:23.787	00:28:11.284
708	846	Dinis Moreira	A Turma Do Stor	00:59:24.537	00:28:12.034
709	703	André Araujo	Move On	00:59:26.290	00:28:13.787
710	570	Vera Freitas	Lousada Runneres	00:59:29.390	00:28:16.887
711	697	Rui Castro	Individual	00:59:29.847	00:28:17.344
712	504	Lino Alves	Centro De Lazer António Martins Ribeiro	00:59:31.290	00:28:18.787
713	748	Célia Machado	Negrelcar / Carfast	00:59:31.790	00:28:19.287
714	939	Susana Carneiro	Acr Lordelo	00:59:42.097	00:28:29.594
715	136	Jorge Costa	Rorizaventura	00:59:46.417	00:28:33.914
716	634	Licinia Costa	#Correcoerverinha	00:59:50.047	00:28:37.544
717	642	José Santos	Individual	00:59:50.540	00:28:38.037
718	665	Simão Felix	Amigos Da Corrida	00:59:52.287	00:28:39.784
719	535	Ana Ribeiro	A Turma Do Stor	00:59:59.290	00:28:46.787
720	603	Mariana Parente	Montanhismo Aa78/Lmjc Fidelidade	01:00:03.540	00:28:51.037
721	615	Sofia Freitas	Fisiomov	01:00:05.040	00:28:52.537
722	441	Lucia Pinheiro	#Correcoerverinha	01:00:05.041	00:28:52.538
723	376	Elisabete Silva	Trio Maravilha	01:00:06.040	00:28:53.537
724	458	José Castro	Crossfit Vale Do Ave	01:00:07.290	00:28:54.787
725	981	Maria Vasconcelos	Joane Corre Corre	01:00:23.790	00:29:11.287
726	534	Hélder Rego	A Turma Do Stor	01:00:27.040	00:29:14.537
727	877	Carlos Queirós	Kilos Moda Atletismo	01:00:30.290	00:29:17.787
728	398	Claudio Carneiro	Kilos Moda Atletismo	01:00:30.540	00:29:18.037
729	874	Tiago Mendonça	Fisiomov	01:00:30.790	00:29:18.287
730	1103	João Lima	Negrelcar / Carfast	01:00:31.290	00:29:18.787
731	853	Carlos Martins	Bbox&Gym	01:00:32.040	00:29:19.537
732	940	Cláudia Ramos	Acr Lordelo	01:00:32.587	00:29:20.084
733	351	Ana Carvalho	Afrikan Runners	01:00:35.040	00:29:22.537
734	777	Ricardo Baptista	Negrelcar / Carfast	01:00:40.793	00:29:28.290
735	749	César Coelho	Negrelcar / Carfast	01:00:41.040	00:29:28.537
736	432	Luís Barbosa	Casfil	01:00:48.043	00:29:35.540
737	573	Daniela Leite	Individual	01:00:49.790	00:29:37.287
738	1003	Paulo Ventura	Negrelcar / Carfast	01:00:55.790	00:29:43.287
739	998	Ricardo Ferreira	Kfitnessgym	01:00:56.547	00:29:44.044
740	996	Patricia Abreu	Kfitnessgym	01:00:56.790	00:29:44.287
741	713	Alice Gonçalves	Move On	01:00:57.040	00:29:44.537
742	1140	Susana Fonseca	Clube Do Rio	01:01:07.043	00:29:54.540
743	1017	José Fontes	Rorizaventura	01:01:09.543	00:29:57.040
744	1019	Vânia Oliveira	Crossfit Vale Do Ave	01:01:20.067	00:30:07.564
745	1018	Cláudio Ferreira	Crossfit Vale Do Ave	01:01:20.083	00:30:07.580
746	950	Sandro Lima	Clube Do Rio	01:01:20.084	00:30:07.581
747	729	Mafalda Nogueira	Clube Do Rio	01:01:20.093	00:30:07.590
748	730	Diana Sampaio	Clube Do Rio	01:01:20.100	00:30:07.597

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
749	980	Barbara Vasconcelos	Joane Corre Corre	01:01:20.793	00:30:08.290
750	317	Rute Ferreira	Tasty & Fashion	01:01:21.293	00:30:08.790
751	298	Natalina Macedo	Hb Performance	01:01:26.543	00:30:14.040
752	377	Tiago Abreu	Trio Maravilha	01:01:28.587	00:30:16.084
753	710	Maria Fernandes	Move On	01:01:37.100	00:30:24.597
754	233	Paula Rodrigues	Two Gym	01:01:56.043	00:30:43.540
755	446	Rui Pedro	Salão De Chá Tentação	01:01:58.317	00:30:45.814
756	488	Leonor Cavadas	Individual	01:02:00.043	00:30:47.540
757	886	Carlos Carvalho	Braga Runners	01:02:09.617	00:30:57.114
758	887	Josefa Oliveira	Braga Runners	01:02:09.620	00:30:57.117
759	243	Victor Salgado	A Turma Do Stor	01:02:12.543	00:31:00.040
760	313	Sónia Alves	Individual	01:02:16.793	00:31:04.290
761	863	Manuel Andrade	Clube Do Rio	01:02:17.793	00:31:05.290
762	848	Tiago Ferreira	Bbox&Gym	01:02:21.543	00:31:09.040
763	766	Lucinda Gomes	Negrelcar / Carfast	01:02:28.177	00:31:15.674
764	471	Teresa Cunha	Crossfit Vale Do Ave	01:02:33.793	00:31:21.290
765	472	Joaquim Nunes	Crossfit Vale Do Ave	01:02:38.790	00:31:26.287
766	949	Carla Marques	Individual	01:02:40.297	00:31:27.794
767	538	Silvia Torres	Kilos Moda Atletismo	01:02:41.793	00:31:29.290
768	540	Eulália Costa	Kilos Moda Atletismo	01:02:43.293	00:31:30.790
769	838	Ana Ferreira	Language Academy	01:02:51.793	00:31:39.290
770	302	Carla Neves	Lisinha Em Movimento	01:02:53.717	00:31:41.214
771	353	Eduarda Mesquita	Cunha Campo De Tiro	01:02:59.047	00:31:46.544
772	1127	Diogo Vasconcelos	Trevo Do Sucesso	01:03:02.797	00:31:50.294
773	660	Manuel Silva	J. F. V. Aves	01:03:07.297	00:31:54.794
774	604	Cristina Flores	Montanhismo Aa78/Lmjc Fidelidade	01:03:10.763	00:31:58.260
775	601	Sandra Veloso	Montanhismo Aa78/Lmjc Fidelidade	01:03:10.787	00:31:58.284
776	174	Eurico Miranda	Individual	01:03:14.047	00:32:01.544
777	267	Fábio Torres	Rorizaventura	01:03:24.547	00:32:12.044
778	235	Joaquina Gonçalves	Two Gym	01:03:33.313	00:32:20.810
779	1114	Sandra Moreira	Alive Runners	01:03:37.547	00:32:25.044
780	1115	Jorge Resende	Alive Runners	01:03:37.800	00:32:25.297
781	921	Hugo Oliveira	#Correorreverinha	01:03:40.550	00:32:28.047
782	920	Ricardo Leite	#Correorreverinha	01:03:41.050	00:32:28.547
783	202	Heitor Trindades	Os Cansados	01:03:41.813	00:32:29.310
784	336	Pedro Sá	Kilos Moda Atletismo	01:03:42.047	00:32:29.544
785	1014	Luís Correia	Força Averse	01:03:53.343	00:32:40.840
786	1010	José Fernandes	Força Averse	01:03:53.344	00:32:40.841
787	1006	Tiago Sampaio	Força Averse	01:03:53.357	00:32:40.854
788	819	Isabel Ribeiro	Isabel	01:03:54.803	00:32:42.300
789	709	Paula Fernandes	Move On	01:03:58.047	00:32:45.544
790	983	Casimiro Abreu	J. F. V. Aves	01:04:08.833	00:32:56.330
791	934	Michel Gomes	Acr Lordelo	01:04:10.353	00:32:57.850
792	866	Martina Machado	Kilos Moda Atletismo	01:04:19.047	00:33:06.544

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
793	134	Ana Gomes	#Correccorreverinha	01:04:22.297	00:33:09.794
794	429	Carlos Azevedo	Casfil	01:04:23.097	00:33:10.594
795	650	Susana Alves	Bota&Siga	01:04:24.047	00:33:11.544
796	151	Gonçalo Costa	Lisinha Em Movimento	01:04:30.797	00:33:18.294
797	882	João Gomes	Braga Runners	01:04:47.583	00:33:35.080
798	177	Ângelo Pacheco	Individual	01:04:49.300	00:33:36.797
799	320	Carina Neiva	Tasty & Fashion	01:05:03.303	00:33:50.800
800	700	Carla Silva	Move On	01:05:05.550	00:33:53.047
801	705	Filipe Leão	Move On	01:05:13.057	00:34:00.554
802	704	Ana Machado	Move On	01:05:13.553	00:34:01.050
803	165	Célia Marques	A Turma Do Stor	01:05:28.067	00:34:15.564
804	180	Sandra Gomes	A Turma Do Stor	01:05:28.303	00:34:15.800
805	681	Dina Menezes	Language Academy	01:05:40.300	00:34:27.797
806	733	António Durães	Hb Performance	01:05:44.000	00:34:31.497
807	367	Lara Monteiro	Douroconta - Gabinete De Apoio E Contabilidade	01:05:44.310	00:34:31.807
808	682	Joana Meneses	Language Academy	01:05:45.673	00:34:33.170
809	716	António Pimenta	Fitness Factory	01:05:46.553	00:34:34.050
810	350	Artur Máximo	A Turma Do Stor	01:05:53.050	00:34:40.547
811	413	Francisco Freitas	Mesquita & Damião, Lda.	01:05:55.550	00:34:43.047
812	412	Alice Castro	Mesquita & Damião, Lda.	01:05:55.803	00:34:43.300
813	611	Sara Capilupi	Montanhismo Aa78/Lmjc Fidelidade	01:06:05.053	00:34:52.550
814	602	Manuela Ferreira	Montanhismo Aa78/Lmjc Fidelidade	01:06:05.303	00:34:52.800
815	300	Carlos Monteiro	Lisinha Em Movimento	01:06:10.803	00:34:58.300
816	558	Claudia Costa	Roriz	01:06:30.303	00:35:17.800
817	315	Lúcia Abreu	Manas	01:06:32.057	00:35:19.554
818	316	Célia Abreu	Manas	01:06:32.058	00:35:19.555
819	707	Paula Freitas	Move On	01:06:35.087	00:35:22.584
820	698	Diogo Rodrigues	Move On	01:06:35.088	00:35:22.585
821	618	Nuno Freitas	Fisiomov	01:06:47.553	00:35:35.050
822	1160	Emanuel Lima	Individual	01:06:49.053	00:35:36.550
823	179	Tania Castro	Bota&Siga	01:07:07.303	00:35:54.800
824	649	Armando Castro	Bota&Siga	01:07:07.610	00:35:55.107
825	295	Liliana Moreira	Hb Performance	01:07:11.037	00:35:58.534
826	299	Lourenço Almeida	Hb Performance	01:07:11.807	00:35:59.304
827	229	Tiago Martins	Coporunners	01:07:13.553	00:36:01.050
828	453	Sara Oliveira	Salão De Chá Tentação	01:07:15.313	00:36:02.810
829	670	João Carvalho	Salão De Chá Tentação	01:07:15.557	00:36:03.054
830	325	João Gonçalves	Salão De Chá Tentação	01:07:34.673	00:36:22.170
831	584	Paulo Pacheco	Tasty & Fashion	01:07:35.557	00:36:23.054
832	788	Jaime Almeida	Primos & Compadres	01:07:37.063	00:36:24.560
833	684	Tiago Sousa	Individual	01:07:37.557	00:36:25.054
834	370	Ana Abreu	Individual	01:07:41.307	00:36:28.804
835	192	Eduardo Malheiro	Ginasio Clube De Santo Tirso	01:07:46.557	00:36:34.054
836	217	Sandra Machado	Individual	01:08:00.817	00:36:48.314

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
837	218	Juliano Campos	Individual	01:08:01.283	00:36:48.780
838	620	Vitor Coelho	Sampedro	01:08:05.807	00:36:53.304
839	785	Célia Cunha	Primos & Compadres	01:08:08.720	00:36:56.217
840	132	Angela Sousa	Individual	01:08:12.557	00:37:00.054
841	922	Filipa Coelho	#Correconverinha	01:08:17.237	00:37:04.734
842	599	Adelaide Morim	Montanhismo Aa78/Lmjc Fidelidade	01:08:17.557	00:37:05.054
843	598	Filipa Rabaldo	Montanhismo Aa78/Lmjc Fidelidade	01:08:21.307	00:37:08.804
844	924	João Cunha	Individual	01:08:30.057	00:37:17.554
845	201	Pedro Gouveia	Os Cansados	01:08:37.307	00:37:24.804
846	203	Jerónimo Silva	Os Cansados	01:08:37.310	00:37:24.807
847	255	Mónica Gomes	Individual	01:09:06.307	00:37:53.804
848	557	Ana Leal	Roriz	01:09:08.297	00:37:55.794
849	685	Carminda Castro	Salão De Chá Tentação	01:09:16.823	00:38:04.320
850	112	Paula Cunha	Individual	01:09:22.077	00:38:09.574
851	159	Elsa Santos	#Correconverinha	01:09:27.807	00:38:15.304
852	169	Susana Santos	A Turma Do Stor	01:09:33.877	00:38:21.374
853	198	Carina Machado	Individual	01:09:33.878	00:38:21.375
854	678	Silvia Carneiro	Language Academy	01:09:33.879	00:38:21.376
855	754	Daniel Neto	Negrelcar / Carfast	01:09:51.263	00:38:38.760
856	1002	Daniel Fonseca	Negrelcar / Carfast	01:09:51.560	00:38:39.057
857	779	Sandro Dantas	Negrelcar / Carfast	01:09:51.810	00:38:39.307
858	896	Sara Portilha	Roriz	01:09:57.313	00:38:44.810
859	327	Paula Assunção	Salão De Chá Tentação	01:09:57.314	00:38:44.811
860	103	Maria Ferreira	Individual	01:10:28.317	00:39:15.814
861	349	Ana Silva	Cunha Campo De Tiro	01:10:50.563	00:39:38.060
862	972	Diana Coelho	Clube Do Rio	01:10:55.507	00:39:43.004
863	971	Cláudia Sampaio	Clube Do Rio	01:10:56.320	00:39:43.817
864	497	Pedro Leite	A Turma Do Stor	01:11:15.993	00:40:03.490
865	499	Eduarda Sá	A Turma Do Stor	01:11:15.993	00:40:03.490
866	1163	Ana Martins	Individual	01:11:16.567	00:40:04.064
867	1162	Bárbara Machado	Individual	01:11:17.097	00:40:04.594
868	789	Cláudio Ribeiro	Individual	01:11:24.817	00:40:12.314
869	811	Daniela Ribeiro	Elite Box	01:11:24.818	00:40:12.315
870	867	Manuel Sousa	Kilos Moda Atletismo	01:11:36.063	00:40:23.560
871	919	Domingos Silva	#Correconverinha	01:11:41.540	00:40:29.037
872	923	Manuel Magalhaes	#Correconverinha	01:11:41.543	00:40:29.040
873	170	Madalena Alves	Individual	01:11:45.317	00:40:32.814
874	251	Ricardo Monteiro	Individual	01:11:51.567	00:40:39.064
875	124	Armando Barroso	Rorizaventura	01:11:55.813	00:40:43.310
876	544	Amália Vilela	Kilos Moda Atletismo	01:12:28.073	00:41:15.570
877	410	Liliana Ferreira	Mesquita & Damião, Lda.	01:12:35.067	00:41:22.564
878	409	Ricardo Novais	Mesquita & Damião, Lda.	01:12:35.817	00:41:23.314
879	631	Susana Dourado	#Correconverinha	01:12:41.113	00:41:28.610
880	894	Manuel Barbosa	Clube Independente De Atletismo De Alpendorada	01:12:44.567	00:41:32.064

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
881	1104	Manuel Freitas	Negrelcar / Carfast	01:12:58.140	00:41:45.637
882	645	Catarina Pereira	Individual	01:13:09.820	00:41:57.317
883	647	Ricardo Dias	Individual	01:13:09.821	00:41:57.318
884	646	Hugo Ferreira	Individual	01:13:10.567	00:41:58.064
885	428	Hugo Oliveira	Casfil	01:13:11.237	00:41:58.734
886	1102	Rita Azevedo	Aves Runners	01:13:32.193	00:42:19.690
887	324	Natacha Santos	Salão De Chá Tentação	01:13:33.317	00:42:20.814
888	455	Nelson Pereira	Crossfit Vale Do Ave	01:13:37.820	00:42:25.317
889	845	Carina Freitas	Individual	01:13:42.840	00:42:30.337
890	957	Fernando Soares	Crossfit Vale Do Ave	01:13:53.320	00:42:40.817
891	1011	Paula Castro	Salão De Chá Tentação	01:14:17.320	00:43:04.817
892	999	Ana Fernandes	Kfitnessgym	01:15:48.380	00:44:35.877
893	997	Daniela Pereira	Kfitnessgym	01:15:48.387	00:44:35.884
894	695	Susana Cardoso	Individual	01:16:10.963	00:44:58.460
895	580	Miguel Abreu	Lisinha Em Movimento	01:17:36.453	00:46:23.950
896	881	Luísa Silva	Braga Runners	01:17:56.330	00:46:43.827
897	440	Mariana Leão	#Correorreverinha	01:19:17.080	00:48:04.577
898	594	Benjamin Castro	Montanhismo Aa78/Lmjc Fidelidade	01:21:07.837	00:49:55.334
899	595	Luís Castro	Montanhismo Aa78/Lmjc Fidelidade	01:21:07.927	00:49:55.424
900	357	Priscila Mendes	#Correorreverinha	01:28:42.983	00:57:30.480
901	356	Vania Silva	#Correorreverinha	01:28:43.350	00:57:30.847