

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	Chip
1.	158	DANIEL GREGORIO	CAS	M	1	SEN M	1	31:03:00	03:06	31:03:00
2.	413	LEONEL FERNANDES	CLUBE DE ATLETISMO OVAR	M	2	SEN M	2	31:39:00	03:09	31:39:00
3.	448	JORGE SANTA CRUZ	S.C. BRAGA	M	3	SEN M	3	32:36:00	03:15	32:36:00
4.	156	CARLOS M NUNES	CASA DO POVO DE MANGUALDE	M	4	SEN M	4	33:46:00	03:22	33:46:00
5.	216	RUI LOPES	CDCR DOS CTT DE COIMBRA	M	5	SEN M	5	34:23:00	03:26	34:23:00
6.	411	CARLA MARTINHO	ADERCUS	F	1	SEN F	1	34:59:00	03:29	34:59:00
7.	212	FERNANDO SANTOS	CASA DO POVO DE MANGUALDE	M	6	VET M40	1	35:05:00	03:30	35:05:00
8.	439	HELDER PIRES	X5 HEALTH CLUB	M	7	SEN M	6	35:12:00	03:31	35:12:00
9.	293	JOAO FRANCA	CLUBE DOS GALITOS	M	8	SEN M	7	35:30:00	03:33	35:30:00
10.	435	MARCO COSTA	X5 HEALTH CLUB	M	9	SEN M	8	35:37:00	03:33	35:37:00
11.	609	JOSUE OLIVEIRA		M	10	VET M40	2	35:46:00	03:34	35:46:00
12.	426	PAULO FERREIRA	ADERCUS	M	11	VET M45	1	35:51:00	03:35	35:51:00
13.	364	MANUEL PINTO		M	12	VET M40	3	35:51:00	03:34	35:49:00
14.	521	CRISTIANA VALENTE	ADERCUS	F	2	SEN F	2	36:10:00	03:37	36:10:00
15.	532	DOMINGOS SANTOS	X5 HEALTH CLUB	M	13	SEN M	9	36:15:00	03:37	36:15:00
16.	444	VITOR PINHO	X5 HEALTH CLUB	M	14	VET M40	4	36:47:00	03:40	36:47:00
17.	306	LUIS MARTINS	TONDELA RUNNERS	M	15	SEN M	10	37:05:00	03:42	37:04:00
18.	159	LUIS SIMOES	INDIVIDUAL	M	16	VET M55	1	37:30:00	03:45	37:30:00
19.	440	MARCIO SERRADO	X5 HEALTH CLUB	M	17	SEN M	11	37:31:00	03:45	37:31:00
20.	199	NUNO H SILVA	CLUTA RUNNERS	M	18	SEN M	12	37:32:00	03:45	37:32:00
21.	551	FILIPE QUELHAS	AC PORTALEGRE / UTSM	M	19	SEN M	13	37:38:00	03:45	37:38:00
22.	564	CARLOS A RIBEIRO	TONDELA RUNNERS	M	20	SEN M	14	37:39:00	03:45	37:38:00
23.	79	FILIPE RAMALHO		M	21	SEN M	15	37:40:00	03:46	37:40:00
24.	147	PAULO GOMES	INDIVIDUAL	M	22	VET M45	2	37:43:00	03:46	37:43:00
25.	299	RUI MELO	SPORT CLUBE BEIRA-MAR	M	23	SEN M	16	37:47:00	03:46	37:47:00
26.	300	PAULO MIRANDA	SPORT CLUBE BEIRA-MAR	M	24	VET M40	5	38:13:00	03:49	38:13:00
27.	425	FRANCISCO GAMELAS	ADERCUS	M	25	SEN M	17	38:26:00	03:50	38:26:00
28.	531	DOMINGOS PRESAS	X5 HEALTH CLUB	M	26	VET M45	3	38:48:00	03:52	38:48:00
29.	536	HELDER KICKER	X5 HEALTH CLUB	M	27	SEN M	18	38:48:00	03:52	38:48:00
30.	20	NUNO OLIVEIRA	INDIVIDUAL	M	28	SEN M	19	38:58:00	03:53	38:57:00
31.	449	PEDRO BARBOSA		M	29	SEN M	20	39:23:00	03:56	39:23:00
32.	282	HERNANI FURTADO	ESPINHO RUNNERS	M	30	SEN M	21	39:40:00	03:57	39:39:00
33.	361	MIGUEL GAFANHA	INDIVIDUAL	M	31	VET M40	6	39:40:00	03:58	39:40:00
34.	555	SILVIA SANTOS	X5 HEALTH CLUB	F	3	SEN F	3	39:47:00	03:58	39:47:00
35.	248	FILIPE FONSECA	CLUBE ATLETISMO OVAR	M	32	SEN M	22	39:47:00	03:58	39:47:00
36.	434	AMERICO VALENTE	X5 HEALTH CLUB	M	33	VET M50	1	39:51:00	03:59	39:50:00
37.	514	ANTONIO FERNANDES	X5 HEALTH CLUB	M	34	VET M55	2	39:54:00	03:57	39:32:00
38.	399	CARLOS FERREIRA	X5 HEALTH CLUB	M	35	VET M40	7	39:54:00	03:59	39:54:00
39.	87	ANTONIO SILVA	BOSCH TERMOTECNOLOGIA SA	M	36	SEN M	23	39:55:00	03:59	39:52:00
40.	255	SERGIO EDGAR	INDIVIDUAL	M	37	SEN M	24	39:59:00	03:59	39:59:00
41.	84	PEDRO CARDOSO	BOSCH TERMOTECNOLOGIA SA	M	38	VET M40	8	40:00:00	04:00	40:00:00
42.	133	JORGE COSTA		M	39	SEN M	25	40:08:00	04:00	40:05:00
43.	418	JAIME JUNIOR	CCD-RENAULT, CACIA	M	40	SEN M	26	40:09:00	04:00	40:03:00
44.	377	JOAO F AMANDIO	INDIVIDUAL	M	41	SEN M	27	40:12:00	04:00	40:09:00
45.	553	FILIPE SILVA	X5 HEALTH CLUB	M	42	SEN M	28	40:22:00	04:02	40:21:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	Chip
46.	505	FILIPE CARVALHO	INDIVIDUAL	M	43	SEN M	29	40:28:00	04:02	40:25:00
47.	101	RICARDO COELHO	BOSCH TERMOTECNOLOGIA SA	M	44	SEN M	30	40:28:00	04:02	40:23:00
48.	447	JOAO TEIXEIRA		M	45	SEN M	31	40:29:00	04:01	40:11:00
49.	479	FERNANDO MARTINS		M	46	SEN M	32	40:31:00	04:02	40:26:00
50.	96	NUNO PEREIRA	BOSCH TERMOTECNOLOGIA SA	M	47	SEN M	33	40:31:00	04:02	40:27:00
51.	241	DANIEL AGUIAR		M	48	SEN M	34	40:40:00	04:03	40:39:00
52.	359	CARLOS VENANCIO		M	49	SEN M	35	40:44:00	04:03	40:37:00
53.	63	PEDRO COSTA	RUN&FUN	M	50	SEN M	36	40:46:00	04:02	40:29:00
54.	50	PAULO SILVA	TAINADAS	M	51	SEN M	37	40:47:00	04:04	40:47:00
55.	329	MIGUEL GONCALVES		M	52	SEN M	38	40:50:00	04:04	40:44:00
56.	41	FERNANDO MORAIS	INDIVIDUAL	M	53	VET M50	2	40:52:00	04:05	40:52:00
57.	417	PEDRO SILVA	CCD-RENAULT, CACIA	M	54	SEN M	39	40:55:00	04:05	40:51:00
58.	112	ISAC SILVA	TAINADAS	M	55	SEN M	40	41:17:00	04:07	41:17:00
59.	507	RICARDO MOREIRA	X5 HEALTH CLUB	M	56	SEN M	41	41:19:00	04:07	41:17:00
60.	419	NUNO ALMEIDA	CCD-RENAULT, CACIA	M	57	SEN M	42	41:30:00	04:08	41:25:00
61.	316	DANIEL GUEDES		M	58	SEN M	43	41:32:00	04:09	41:32:00
62.	556	NUNO VIDAL	X5 HEALTH CLUB	M	59	VET M40	9	41:35:00	04:09	41:35:00
63.	570	VALDEMAR OLIVEIRA	KOTRAILRUNNING	M	60	VET M50	3	41:35:00	04:09	41:33:00
64.	495	PEDRO MELO	INDIVIDUAL	M	61	SEN M	44	41:38:00	04:07	41:18:00
65.	526	ANIBAL SILVA	X5 HEALTH CLUB	M	62	VET M60	1	41:48:00	04:10	41:48:00
66.	64	JOSE CUNHA	RUN&FUN	M	63	VET M40	10	41:49:00	04:09	41:32:00
67.	138	JOAO FERNANDES	INDIVIDUAL	M	64	SEN M	45	41:55:00	04:11	41:51:00
68.	534	FERNANDO ROCHA	X5 HEALTH CLUB	M	65	VET M45	4	41:58:00	04:10	41:47:00
69.	314	JOSE CASTRO	CLUBE NOVO BANCO	M	66	VET M45	5	41:59:00	04:11	41:58:00
70.	580	GONCALO FERREIRA	KOTRAILRUNNING	M	67	SEN M	46	42:02:00	04:11	41:59:00
71.	26	ANTONIO JF SILVA	INDIVIDUAL	M	68	SEN M	47	42:06:00	04:12	42:06:00
72.	181	CARLOS GUERRA	RECREIO DESP. DE AGUEDA	M	69	VET M45	6	42:14:00	04:13	42:12:00
73.	44	MANUEL MARQUES		M	70	VET M45	7	42:17:00	04:13	42:13:00
74.	51	JOAO CASTRO	INDIVIDUAL	M	71	VET M50	4	42:22:00	04:13	42:18:00
75.	494	DIOGO LIMA	OS MAMUTES	M	72	SEN M	48	42:23:00	04:12	42:09:00
76.	196	JOAO ALMADA	AD TRAVASSO	M	73	VET M55	3	42:29:00	04:14	42:29:00
77.	169	CARLOS CUNHA	INDIVIDUAL	M	74	VET M50	5	42:30:00	04:14	42:26:00
78.	548	VIRGILIO TEIXEIRA	X5 HEALTH CLUB	M	75	SEN M	49	42:33:00	04:15	42:33:00
79.	197	JOAO MONIZ	INDIVIDUAL	M	76	SEN M	50	42:34:00	04:15	42:34:00
80.	183	TIAGO JESUS	RECREIO DESP. AGUEDA	M	77	SEN M	51	42:35:00	04:15	42:35:00
81.	591	BRUNO MARTINS	KOTRAILRUNNING	M	78	SEN M	52	42:38:00	04:15	42:32:00
82.	295	MIRIAM MARTINS	SPORT CLUBE BEIRA-MAR	F	4	SEN F	4	42:46:00	04:15	42:38:00
83.	291	CELIA MATIAS	CASA DO POVO DE MANGUALDE	F	5	SEN F	5	42:48:00	04:16	42:47:00
84.	528	ANTONIO PEREIRA	X5 HEALTH CLUB	M	79	VET M60	2	42:48:00	04:16	42:47:00
85.	587	JOAO COUTO	KOTRAILRUNNING	M	80	VET M40	11	42:49:00	04:16	42:43:00
86.	584	FILIPE SILVA	KOTRAILRUNNING	M	81	SEN M	53	42:50:00	04:16	42:44:00
87.	491	ADERITO CURTO	GIRA SOL	M	82	VET M55	4	42:52:00	04:16	42:47:00
88.	358	JOAO DIOGO CARVALHO		M	83	SEN M	54	42:59:00	04:17	42:52:00
89.	585	ARNALDO SANTOS	KOTRAILRUNNING	M	84	VET M50	6	43:00:00	04:17	42:56:00
90.	582	HENRIQUE DIAS	KOTRAILRUNNING	M	85	SEN M	55	43:00:00	04:17	42:56:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	Chip
91.	286	JOSE OLIVEIRA	INDIVIDUAL	M	86	SEN M	56	43:05:00	04:17	42:58:00
92.	565	PAULO GOMES	INDIVIDUAL	M	87	VET M40	12	43:06:00	04:18	43:06:00
93.	388	EDMILSON CARDOSO		M	88	SEN M	57	43:08:00	04:18	43:00:00
94.	242	HUGO OLIVEIRA		M	89	SEN M	58	43:10:00	04:18	43:08:00
95.	27	RUI MATOS	INDIVIDUAL	M	90	VET M60	3	43:17:00	04:19	43:14:00
96.	218	MARIO PIRES		M	91	SEN M	59	43:17:00	04:17	42:55:00
97.	226	LEANDRO SIMOES	ADEGA TIA MICAS	M	92	SEN M	60	43:20:00	04:19	43:16:00
98.	85	JOAO SANTANA	BOSCH TERMOTECNOLOGIA SA	M	93	VET M40	13	43:25:00	04:19	43:19:00
99.	533	EMANUEL VALENTE	X5 HEALTH CLUB	M	94	VET M50	7	43:27:00	04:20	43:26:00
100.	519	VITOR EMANUEL	X5 HEALTH CLUB	M	95	SEN M	61	43:32:00	04:21	43:30:00
101.	474	HUGO NUNES	GINASIO GIM LINE	M	96	SEN M	62	43:34:00	04:21	43:31:00
102.	618	GONZALO HUETOS		M	97	SEN M	63	43:38:00	04:21	43:38:00
103.	267	PAULO MONTEIRO		M	98	SEN M	64	43:42:00	04:22	43:40:00
104.	19	EMIDIO CORREIA		M	99	SEN M	65	43:43:00	04:21	43:38:00
105.	315	RAFAEL GUEDES		M	100	VET M40	14	43:52:00	04:23	43:52:00
106.	524	ALEXANDRA FERNANDES	X5 HEALTH CLUB	F	6	VET F40	1	43:52:00	04:23	43:52:00
107.	301	BRUNO PONTE	SPORT CLUBE BEIRA-MAR	M	101	SEN M	66	44:00:00	04:23	43:54:00
108.	391	CARLOS ALMEIDA	SAUDE IN	M	102	VET M55	5	44:04:00	04:24	44:04:00
109.	409	NUNO OLIVEIRA	INDIVIDUAL	M	103	SEN M	67	44:06:00	04:23	43:54:00
110.	406	JOAO MOREIRA	X5 HEALTH CLUB	M	104	VET M40	15	44:06:00	04:24	44:03:00
111.	166	MIGUEL CAMPOS	INDIVIDUAL	M	105	VET M40	16	44:07:00	04:24	44:04:00
112.	42	PAULO FIDALGO		M	106	SEN M	68	44:08:00	04:24	44:04:00
113.	272	JOSE VIEIRA		M	107	VET M40	17	44:10:00	04:24	44:02:00
114.	228	HEITOR SANTOS		M	108	VET M55	6	44:13:00	04:24	44:09:00
115.	589	RUI MESQUITA	KOTRAILRUNNING	M	109	SEN M	69	44:17:00	04:25	44:17:00
116.	451	SUSANA ANDRADE	X5 HEALTH CLUB	F	7	VET F40	2	44:28:00	04:26	44:25:00
117.	221	JOSE DUARTE		M	110	SEN M	70	44:30:00	04:24	44:03:00
118.	477	ANTONIO M MARQUES	INDIVIDUAL	M	111	VET M40	18	44:33:00	04:26	44:29:00
119.	69	IVO SILVA		M	112	SEN M	71	44:34:00	04:26	44:25:00
120.	540	NUNO RIBEIRO	X5 HEALTH CLUB	M	113	SEN M	72	44:35:00	04:27	44:33:00
121.	76	PAULO SANTOS		M	114	VET M40	19	44:37:00	04:27	44:37:00
122.	209	JOANA CUNHA	CASA POVO MANGUALDE	F	8	SEN F	6	44:37:00	04:27	44:34:00
123.	456	ROSA FERREIRA	X5 HEALTH CLUB	F	9	VET F50	1	44:38:00	04:27	44:37:00
124.	464	VITOR SA	X5 HEALTH CLUB	M	115	SEN M	73	44:39:00	04:27	44:39:00
125.	162	JOAO RODRIGUES	CLUTA RUNNERS	M	116	SEN M	74	44:42:00	04:27	44:31:00
126.	573	PEDRO GOMES	KOTRAILRUNNING	M	117	SEN M	75	44:42:00	04:27	44:38:00
127.	422	SERGIO SILVA	AFIS/OVAR	M	118	SEN M	76	44:47:00	04:27	44:39:00
128.	397	RUI ANDRADE	2RUN4GUIDEDOGS	M	119	VET M50	8	44:53:00	04:29	44:53:00
129.	476	DANIEL RODRIGUES	INDIVIDUAL	M	120	SEN M	77	44:54:00	04:29	44:51:00
130.	140	PAUL SHEPHERD		M	121	VET M50	9	44:55:00	04:28	44:48:00
131.	594	ANTONIO PIRES	KOTRAILRUNNING	M	122	VET M55	7	44:56:00	04:29	44:55:00
132.	572	DANIEL ESPINHAL	KOTRAILRUNNING	M	123	SEN M	78	44:56:00	04:29	44:50:00
133.	203	AMERICO ALHAIS	AVEIRO	M	124	VET M50	10	44:57:00	04:29	44:51:00
134.	30	JOAO RODRIGUES	NOKIA RUNNERS	M	125	VET M40	20	44:57:00	04:28	44:48:00
135.	113	ARMINDO BASTOS	INDIVIDUAL	M	126	VET M40	21	44:59:00	04:29	44:54:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	Chip
136.	227	MARCO COELHO	INDIVIDUAL	M	127	SEN M	79	45:01:00	04:29	44:56:00
137.	220	JOAO SIMOES		M	128	SEN M	80	45:02:00	04:27	44:35:00
138.	275	RODRIGO SANTOS	RECREIO DESPORTIVO AGUEDA	M	129	SEN M	81	45:03:00	04:30	45:00:00
139.	195	ANTONIO RATOLA	RATOLAS	M	130	SEN M	82	45:04:00	04:29	44:57:00
140.	347	ALEXANDER PLAKHOV	INDIVIDUAL	M	131	VET M55	8	45:06:00	04:30	45:03:00
141.	457	ANGELINA FERREIRA	X5 HEALTH CLUB	F	10	VET F50	2	45:07:00	04:30	45:06:00
142.	131	CESAR SOUSA	CLUTA RUNNERS	M	132	SEN M	83	45:08:00	04:29	44:57:00
143.	592	JOAO CRUZ	KOTRAILRUNNING	M	133	SEN M	84	45:11:00	04:29	44:56:00
144.	56	AGNELO SILVA	VAGUEIRA RUNNERS	M	134	SEN M	85	45:15:00	04:28	44:46:00
145.	535	FILIPE MACHADO	X5 HEALTH CLUB	M	135	SEN M	86	45:15:00	04:31	45:15:00
146.	268	NUNO CACHULO		M	136	SEN M	87	45:16:00	04:31	45:13:00
147.	302	NELSON DUARTE	SPORT CLUBE BEIRA-MAR	M	137	VET M40	22	45:17:00	04:31	45:17:00
148.	88	AVENTINO LIMA	BOSCH TERMOTECNOLOGIA SA	M	138	VET M40	23	45:18:00	04:31	45:12:00
149.	105	NUNO SILVA		M	139	SEN M	88	45:19:00	04:31	45:13:00
150.	163	ANTONIO MARQUES	INDIVIDUAL	M	140	VET M45	8	45:19:00	04:31	45:15:00
151.	537	JOSE ANDRADE	X5 HEALTH CLUB	M	141	SEN M	89	45:20:00	04:30	45:09:00
152.	193	PEDRO A RATOLA	RATOLA	M	142	VET M50	11	45:21:00	04:31	45:14:00
153.	381	FRANCISCO GOMES	FIT& FUN	M	143	SEN M	90	45:25:00	04:31	45:12:00
154.	132	PAULO TAVARES		M	144	SEN M	91	45:25:00	04:32	45:22:00
155.	581	DANIEL VIANA	KOTRAILRUNNING	M	145	SEN M	92	45:29:00	04:32	45:25:00
156.	231	LUIS AMARAL		M	146	VET M40	24	45:33:00	04:32	45:25:00
157.	509	MARCO PINHO	X5 HEALTH CLUB	M	147	VET M50	12	45:38:00	04:33	45:34:00
158.	525	ANDRE BOTELHO	X5 HEALTH CLUB	M	148	VET M40	25	45:40:00	04:33	45:39:00
159.	506	MARCIO MACHADO		M	149	SEN M	93	45:41:00	04:33	45:31:00
160.	297	MIGUEL CUNHA	SPORT CLUBE BEIRA-MAR	M	150	SEN M	94	45:43:00	04:34	45:43:00
161.	333	SERGIO CONCEICAO	FLEXIASSEMBLY	M	151	SEN M	95	45:46:00	04:32	45:26:00
162.	80	FERNANDO FAUSTINO	INDIVIDUAL	M	152	VET M50	13	45:57:00	04:35	45:52:00
163.	611	MARIO MARTINS		M	153	SEN M	96	45:57:00	04:35	45:52:00
164.	123	DANIEL CALVAO	CNPM	M	154	SEN M	97	45:57:00	04:35	45:56:00
165.	352	JOEL OLIVEIRA	PIRATAS RUNNERS	M	155	SEN M	98	45:58:00	04:35	45:53:00
166.	530	BRUNO MOURA	X5 HEALTH CLUB	M	156	SEN M	99	45:58:00	04:35	45:55:00
167.	544	RAQUEL ANDRADE	X5 HEALTH CLUB	F	11	SEN F	7	45:59:00	04:35	45:57:00
168.	229	ARTUR ROCHA		M	157	SEN M	100	46:02:00	04:35	45:54:00
169.	184	DANIEL JESUS	RECREIO DESP. AGUEDA	M	158	SEN M	101	46:06:00	04:36	46:03:00
170.	353	PEDRO CRAVEIRO	PIRATAS RUNNERS	M	159	VET M40	26	46:07:00	04:36	46:03:00
171.	75	ANTONIO LOURENCO	INDIVIDUAL	M	160	VET M40	27	46:15:00	04:37	46:12:00
172.	49	LUIS ALMEIDA	INDIVIDUAL	M	161	VET M40	28	46:25:00	04:36	46:09:00
173.	86	VITOR VARELA	BOSCH TERMOTECNOLOGIA SA	M	162	VET M45	9	46:25:00	04:38	46:21:00
174.	458	CRISTIANA PINTO	X5 HEALTH CLUB	F	12	SEN F	8	46:27:00	04:37	46:18:00
175.	459	FILIPE RAMOS	X5 HEALTH CLUB	M	163	VET M40	29	46:27:00	04:38	46:23:00
176.	247	JOAO CRAVEIRO L		M	164	VET M40	30	46:34:00	04:38	46:24:00
177.	136	DELFIN TORRES	INDIVIDUAL	M	165	VET M40	31	46:36:00	04:39	46:36:00
178.	396	JOAO NEVES	CPT SOBRAL DE CEIRA	M	166	VET M45	10	46:48:00	04:40	46:47:00
179.	258	NUNO FONTES		M	167	VET M45	11	46:48:00	04:38	46:28:00
180.	82	ALVES BRUNO	BOSCH TERMOTECNOLOGIA SA	M	168	SEN M	102	46:50:00	04:40	46:45:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	Chip
181.	303	FRED GOMES	CLUTA RUNNERS	M	169	SEN M	103	46:52:00	04:39	46:38:00
182.	239	MANUEL FERREIRA	INDIVIDUAL	M	170	VET M40	32	46:55:00	04:40	46:44:00
183.	160	PAULO PINTO	INDIVIDUAL	M	171	VET M45	12	47:06:00	04:41	46:50:00
184.	83	CARLOS FERREIRA	BOSCH TERMOTECNOLOGIA SA	M	172	VET M40	33	47:08:00	04:42	47:04:00
185.	595	MANUEL BARBOSA	KOTRAILRUNNING	M	173	VET M50	14	47:12:00	04:43	47:10:00
186.	34	NELSON SILVA	NOKIA RUNNERS	M	174	SEN M	104	47:12:00	04:42	47:03:00
187.	606	JOSE CANHA	KOTRAILRUNNING	M	175	VET M50	15	47:13:00	04:42	47:08:00
188.	455	HELDER FONSECA	X5 HEALTH CLUB	M	176	SEN M	105	47:13:00	04:42	47:04:00
189.	283	HERNANI AMARAL	ROYAL TEAM	M	177	VET M60	4	47:15:00	04:42	47:05:00
190.	111	JORGE COSTA	INDIVIDUAL	M	178	VET M50	16	47:20:00	04:43	47:19:00
191.	207	TIAGO TAVARES	INDIVIDUAL	M	179	SEN M	106	47:24:00	04:43	47:13:00
192.	214	CARLOS ESTIMA	RECREIO DESPORTIVO AGUEDA	M	180	VET M45	13	47:25:00	04:44	47:24:00
193.	401	JOSE GOMES	X5 HEALTH CLUB	M	181	VET M40	34	47:26:00	04:44	47:23:00
194.	357	PAULO CALISTO		M	182	SEN M	107	47:28:00	04:44	47:21:00
195.	429	BRUNO RAMALHO	RAMALHOS	M	183	SEN M	108	47:30:00	04:42	47:05:00
196.	586	DANIELA SANTOS	KOTRAILRUNNING	F	13	SEN F	9	47:34:00	04:45	47:30:00
197.	290	ANTONIO LOURENCO	RANGEL E OLIVEIRA, LDA	M	184	VET M55	9	47:34:00	04:45	47:30:00
198.	189	TIAGO CUNHA		M	185	SEN M	109	47:38:00	04:44	47:27:00
199.	14	JOAO GRACA	ACRM SILVEIRINHA GRANDE C	M	186	VET M60	5	47:40:00	04:45	47:38:00
200.	253	PAULINO DIAS	CIRES RUNNING TEAM	M	187	VET M50	17	47:42:00	04:44	47:26:00
201.	222	CARLOS MADUREIRA	3 DUQUES	M	188	SEN M	110	47:43:00	04:46	47:40:00
202.	35	JACINTA OLIVEIRA	NOKIA RUNNERS	F	14	SEN F	10	47:45:00	04:45	47:35:00
203.	549	FRANCISCO SARMENTO		M	189	VET M40	35	47:48:00	04:46	47:45:00
204.	368	FERNANDO LOPES	INDIVIDUAL	M	190	VET M60	6	47:50:00	04:46	47:40:00
205.	22	JOAQUIM RAMALHO		M	191	VET M45	14	47:52:00	04:46	47:49:00
206.	523	ADAO DIAS	X5 HEALTH CLUB	M	192	VET M60	7	47:53:00	04:47	47:52:00
207.	527	ANTONIO FERNANDES	X5 HEALTH CLUB	M	193	VET M50	18	47:53:00	04:47	47:53:00
208.	116	CARLOS NOGUEIRA	CMMC DE ALBERGARIA	M	194	SEN M	111	47:54:00	04:46	47:42:00
209.	251	FERNANDO PINTO	CIRES RUNNING TEAM	M	195	VET M45	15	48:07:00	04:47	47:52:00
210.	383	PAULO BATISTA	FIT& FUN	M	196	SEN M	112	48:09:00	04:46	47:48:00
211.	54	PEDRO BODAS	VAGUEIRA RUNNERS	M	197	SEN M	113	48:09:00	04:46	47:40:00
212.	206	ANTONIO RAMOS	AVEIRO	M	198	VET M55	10	48:13:00	04:48	48:07:00
213.	602	CRISTOFE FONSECA	KOTRAILRUNNING	M	199	SEN M	114	48:16:00	04:49	48:10:00
214.	604	HERCULANO GOMES	KOTRAILRUNNING	M	200	VET M55	11	48:22:00	04:48	48:09:00
215.	398	MARCO CESTA	FIT&AMP;FUN	M	201	SEN M	115	48:24:00	04:47	47:57:00
216.	11	PEDRO FERREIRA		M	202	VET M40	36	48:24:00	04:49	48:12:00
217.	171	RUI COSTA	INDIVIDUAL	M	203	SEN M	116	48:25:00	04:48	48:00:00
218.	318	FILIPE TAVARES	INDIVIDUAL	M	204	SEN M	117	48:25:00	04:48	48:06:00
219.	321	PEDRO PAIVA	INDIVIDUAL	M	205	VET M40	37	48:26:00	04:49	48:18:00
220.	28	JOANA TAVARES	NOKIA RUNNERS	F	15	SEN F	11	48:27:00	04:49	48:18:00
221.	480	ANDRE MARQUES		M	206	SEN M	118	48:32:00	04:50	48:26:00
222.	538	JOSE SOUSA	X5 HEALTH CLUB	M	207	VET M50	19	48:33:00	04:51	48:33:00
223.	404	ANTONIO SILVA	X5 HEALTH CLUB	M	208	VET M45	16	48:34:00	04:50	48:24:00
224.	104	VALDEMAR ALMEIDA		M	209	VET M50	20	48:34:00	04:51	48:34:00
225.	490	PAULO SILVA	INDIVIDUAL	M	210	VET M40	38	48:36:00	04:50	48:27:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	Chip
226.	363	TIAGO MOREIRA	INDIVIDUAL	M	211	SEN M	119	48:37:00	04:50	48:28:00
227.	475	DIOGO BAPTISTA	GINASIO GIM LINE	M	212	SEN M	120	48:37:00	04:51	48:34:00
228.	366	MARCIO GUIMARAES		M	213	SEN M	121	48:39:00	04:49	48:17:00
229.	190	JORGE LOUREIRO		M	214	SEN M	122	48:39:00	04:49	48:14:00
230.	421	ANTONIO BARROS	CCD-RENAULT, CACIA	M	215	VET M60	8	48:40:00	04:51	48:34:00
231.	313	MANUEL JACINTO	CORRER VISEU	M	216	SEN M	123	48:43:00	04:51	48:35:00
232.	436	MARIA COSTA	X5 HEALTH CLUB	F	16	VET F50	3	48:48:00	04:52	48:45:00
233.	442	ARLINDO PINTO	X5 HEALTH CLUB	M	217	VET M55	12	48:49:00	04:52	48:46:00
234.	567	FATIMA ALEIXO	AFIS/OVAR	F	17	VET F40	3	48:49:00	04:52	48:46:00
235.	441	MARCO SILVA	X5 HEALTH CLUB	M	218	SEN M	124	48:49:00	04:52	48:49:00
236.	288	CARLOS CUNHA		M	219	SEN M	125	48:51:00	04:50	48:25:00
237.	62	RUI MARTINS	RUN&FUN	M	220	VET M45	17	48:52:00	04:50	48:25:00
238.	443	JOAQUIM COSTA	X5 HEALTH CLUB	M	221	VET M55	13	48:57:00	04:53	48:57:00
239.	124	VALTER FERREIRA	INDIVIDUAL	M	222	SEN M	126	48:58:00	04:51	48:38:00
240.	36	VIRGILIO NETO	TBSIC	M	223	VET M40	39	48:59:00	04:53	48:55:00
241.	43	FERNANDA GOMES		F	18	VET F40	4	49:03:00	04:53	48:59:00
242.	107	SEVERINA ALMEIDA		F	19	SEN F	12	49:04:00	04:54	49:01:00
243.	339	ANDRE NOVA		M	224	SEN M	127	49:12:00	04:52	48:43:00
244.	601	TIAGO OLIVEIRA	KOTRAILRUNNING	M	225	SEN M	128	49:15:00	04:54	49:01:00
245.	437	HUGUES ALMEIDA	X5 HEALTH CLUB	M	226	SEN M	129	49:18:00	04:53	48:56:00
246.	485	ALDA CORDEIRO	FIT&FUN	F	20	VET F40	5	49:18:00	04:55	49:13:00
247.	350	PEDRO POLONIO	INDIVIDUAL	M	227	SEN M	130	49:19:00	04:54	49:00:00
248.	424	RUI GOMES	INDIVIDUAL	M	228	SEN M	131	49:21:00	04:54	49:01:00
249.	262	RUI SILVA		M	229	SEN M	132	49:26:00	04:53	48:58:00
250.	270	PEDRO GOMES		M	230	SEN M	133	49:27:00	04:54	49:04:00
251.	210	FRANCISCO CASEGAS		M	231	SEN M	134	49:31:00	04:56	49:26:00
252.	200	PAULO MARCAL		M	232	SEN M	135	49:33:00	04:53	48:52:00
253.	230	ALBANO TORRES		M	233	VET M45	19	49:34:00	04:55	49:13:00
254.	13	ALBERTO BRANCO		M	234	VET M45	18	49:34:00	04:57	49:30:00
255.	608	TELMO DIAS		M	235	SEN M	136	49:38:00	04:56	49:28:00
256.	217	TIAGO TEIXEIRA		M	236	SEN M	137	49:41:00	04:55	49:19:00
257.	246	CARLA CARDOSO	INDIVIDUAL	F	21	VET F40	6	49:41:00	04:57	49:38:00
258.	617	MIGUEL SANTOS		M	237	VET M45	20	49:47:00	04:56	49:29:00
259.	408	JOEL JOSE GINGA	CORRER SAO BERNARDO	M	238	SEN M	138	49:47:00	04:56	49:28:00
260.	562	NUNO NEVES	FIT&FUN	M	239	SEN M	139	50:00:00	04:58	49:41:00
261.	596	APOLINARIO PEREIRA	KOTRAILRUNNING	M	240	SEN M	140	50:05:00	04:59	49:57:00
262.	588	FERNANDO BANCA	KOTRAILRUNNING	M	241	VET M40	40	50:10:00	04:59	49:50:00
263.	173	PAULO DIAS	VESPA RUNNERS	M	242	SEN M	141	50:11:00	05:00	50:02:00
264.	560	BERNARDETE COELHO	FIT&FUN	F	22	SEN F	13	50:15:00	04:59	49:56:00
265.	597	JOAQUIM MOTA	KOTRAILRUNNING	M	243	VET M40	41	50:23:00	05:01	50:17:00
266.	484	ABILIO BORGES	INDIVIDUAL	M	244	VET M50	21	50:34:00	05:02	50:24:00
267.	61	TIAGO MATIAS	INDIVIDUAL	M	245	SEN M	142	50:34:00	05:02	50:24:00
268.	488	PEDRO LEITE	FIT&FUN	M	246	SEN M	143	50:34:00	05:02	50:22:00
269.	331	JORGE MARQUES	FLEXIASSEMBLY	M	247	SEN M	144	50:38:00	05:01	50:18:00
270.	53	JOAO NEGRAO	VAGUEIRA RUNNERS	M	248	SEN M	145	50:40:00	05:01	50:10:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	Chip
271.	559	DANIELA OLIVEIRA	X5 HEALTH CLUB	F	23	SEN F	14	50:49:00	05:02	50:27:00
272.	15	JOAO SANTOS	ENDORPHINS RUNNERS	M	249	SEN M	146	50:51:00	05:05	50:50:00
273.	235	PAULO MENDES	CANIANOS	M	250	SEN M	147	50:54:00	05:04	50:49:00
274.	461	JOSE ANDRADE	X5 HEALTH CLUB	M	251	VET M40	42	50:58:00	05:04	50:49:00
275.	373	LUIS CARVALHO	ABUTRES	M	252	SEN M	148	51:02:00	05:05	50:53:00
276.	374	ANA MARQUES	ABUTRES	F	24	SEN F	15	51:02:00	05:05	50:53:00
277.	208	RICARDO FONTE	CANIANOS	M	253	SEN M	149	51:05:00	05:06	51:00:00
278.	558	VICTOR FERREIRA	X5 HEALTH CLUB	M	254	VET M40	43	51:06:00	05:04	50:43:00
279.	557	CARLOS MARQUES	X5 HEALTH CLUB	M	255	VET M50	22	51:06:00	05:04	50:43:00
280.	431	ALEXANDRE ALMEIDA		M	256	VET M40	44	51:07:00	05:05	50:50:00
281.	405	MARIA PAIS	X5 HEALTH CLUB	F	25	VET F50	4	51:08:00	05:05	50:58:00
282.	367	LUIS PACHECO		M	257	VET M40	45	51:12:00	05:06	51:02:00
283.	182	FILIPE ALMEIDA	RECREIO DESP. AGUEDA	M	258	VET M40	46	51:13:00	05:06	51:09:00
284.	322	CARLOS LOPES	CORRERIA	M	259	VET M40	47	51:18:00	05:07	51:11:00
285.	148	ANA FIGUEIREDO	INDIVIDUAL	F	26	SEN F	16	51:18:00	05:06	51:07:00
286.	610	RITA GLORIA	CLUBE PT	F	27	SEN F	17	51:19:00	05:06	51:04:00
287.	185	ISABEL ENES	CIRES RUNNING TEAM	F	28	VET F40	7	51:23:00	05:06	51:06:00
288.	167	ANTONIO LEMOS	MOLINHAS TEAM	M	260	VET M45	21	51:25:00	05:08	51:20:00
289.	546	SANDRA AMORIM	X5 HEALTH CLUB	F	29	VET F40	8	51:28:00	05:08	51:23:00
290.	287	SUSANA LOPES	CORRER VISEU	F	30	VET F40	9	51:32:00	05:08	51:25:00
291.	129	NUNO M OLIVEIRA	LUSO-ATLANTICA SA	M	261	VET M40	48	51:34:00	05:09	51:32:00
292.	250	JOAQUIM OLIVEIRA	CIRES RUNNING TEAM	M	262	SEN M	150	51:34:00	05:07	51:18:00
293.	141	LUIS CARTA	NOKIA RUNNERS	M	263	SEN M	151	51:36:00	05:08	51:26:00
294.	249	GLORIA ANTELO	INDIVIDUAL	F	31	SEN F	18	51:36:00	05:09	51:31:00
295.	416	CARLOS MARTINS	CCD-RENAULT, CACIA	M	264	SEN M	152	51:36:00	05:09	51:32:00
296.	481	PEDRO CARDOSO		M	265	VET M50	23	51:38:00	05:08	51:25:00
297.	482	JOAO CARDOSO		M	266	SEN M	153	51:38:00	05:08	51:25:00
298.	410	VASCO SILVA		M	267	VET M45	22	51:40:00	05:09	51:32:00
299.	574	SANDRO RAFAEL	KOTRAILRUNNING	M	268	SEN M	154	51:40:00	05:09	51:34:00
300.	365	MIGUEL MENDES	INDIVIDUAL	M	269	SEN M	155	51:44:00	05:08	51:27:00
301.	568	LUIS BARBAS	VALMET RUNERS	M	270	VET M45	23	51:51:00	05:10	51:43:00
302.	432	PEDRO PINHEIRO		M	271	VET M45	24	51:52:00	05:09	51:36:00
303.	16	JOSE CAETANO	INDIVIDUAL	M	272	VET M55	14	51:56:00	05:11	51:53:00
304.	215	PEDRO VIEIRA		M	273	SEN M	156	51:58:00	05:08	51:25:00
305.	351	PEDRO FERREIRA	INDIVIDUAL	M	274	SEN M	157	51:58:00	05:09	51:30:00
306.	289	RUI PINTO		M	275	SEN M	158	52:03:00	05:10	51:42:00
307.	99	CATIA SANTOS	BOSCH TERMOTECNOLOGIA SA	F	32	SEN F	19	52:05:00	05:11	51:58:00
308.	380	JOSE CARVALHO		M	276	SEN M	159	52:06:00	05:09	51:37:00
309.	81	RUI PEREIRA	BOSCH TERMOTECNOLOGIA SA	M	277	VET M40	49	52:07:00	05:11	51:59:00
310.	213	MARIO TORRAO	INDIVIDUAL	M	278	VET M40	50	52:07:00	05:12	52:04:00
311.	38	FRANCISCO FERNANDES	INDIVIDUAL	M	279	SEN M	160	52:07:00	05:11	51:55:00
312.	427	CARVALHO LUSOS XXI	LUSOS XXI	M	280	SEN M	161	52:08:00	05:10	51:48:00
313.	370	AMERICO PESSOA		M	281	VET M50	24	52:33:00	05:13	52:18:00
314.	202	OLIVEIRA SOUSA	AVEIRO	M	282	VET M45	25	52:33:00	05:14	52:27:00
315.	23	DAVID NOGUEIRA		M	283	SEN M	162	52:39:00	05:14	52:22:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	Chip
316.	97	NUNO ALVES	BOSCH TERMOTECNOLOGIA SA	M	284	VET M40	51	52:39:00	05:13	52:14:00
317.	198	LEONARDO JESUS	CLUTA RUNNERS	M	285	SEN M	163	52:44:00	05:13	52:12:00
318.	178	JOAO COELHO	BAR ISCA-UNIVERSID AVEIRO	M	286	VET M50	25	52:45:00	05:16	52:43:00
319.	395	RUI GENIO	ADT TRAIL	M	287	SEN M	164	52:46:00	05:16	52:46:00
320.	320	JOAO FALCAO		M	288	VET M40	52	52:48:00	05:14	52:22:00
321.	211	JOAO SOUSA		M	289	SEN M	165	52:48:00	05:14	52:22:00
322.	58	NUNO VIEIRA	HOLMES PLACE AVEIRO	F	33	VET F40	10	52:48:00	05:12	52:06:00
323.	48	ISABEL SOARES	BRANDAO SOARES	F	34	VET F40	11	52:50:00	05:15	52:35:00
324.	342	PAULO HENRIQUES	CASCI	M	290	SEN M	166	52:54:00	05:15	52:35:00
325.	508	MIGUEL MOURA	X5 HEALTH CLUB	M	291	VET M40	53	52:54:00	05:16	52:44:00
326.	225	LUIS GOMES	RUNNING TRIBE DRAGAO	M	292	SEN M	167	52:59:00	05:16	52:41:00
327.	336	JOSE PIRES	FLEXIASSEMBLY	M	293	VET M40	54	53:04:00	05:16	52:43:00
328.	170	JOAO A MATOS		M	294	VET M40	55	53:11:00	05:17	52:52:00
329.	547	SOFIA REIS	X5 HEALTH CLUB	F	35	SEN F	20	53:22:00	05:19	53:18:00
330.	356	AUGUSTO SILVA		M	295	VET M50	26	53:29:00	05:20	53:28:00
331.	21	ADRIANO SANTOS	ADREQUEIXO	M	296	SEN M	168	53:30:00	05:20	53:22:00
332.	500	NUNO MOREIRA	X5 HEALTH CLUB	M	297	SEN M	169	53:31:00	05:20	53:21:00
333.	98	CARLOS MARTINS	BOSCH TERMOTECNOLOGIA SA	M	298	VET M50	27	53:31:00	05:20	53:27:00
334.	25	TIAGO MARQUES		M	299	SEN M	170	53:32:00	05:19	53:15:00
335.	161	GORETE MOREIRA		F	36	SEN F	21	53:35:00	05:19	53:15:00
336.	550	SUSANA CONDE		F	37	SEN F	22	53:37:00	05:21	53:34:00
337.	332	TIAGO CARREIRA	FLEXIASSEMBLY	M	300	SEN M	171	53:38:00	05:19	53:19:00
338.	371	JOAO RODRIGUES		M	301	VET M50	28	53:40:00	05:20	53:26:00
339.	619	CARLOS SILVA	RUNNING ESPINHO	M	302	VET M50	29	53:42:00	05:21	53:31:00
340.	180	PEDRO SIMOES		M	303	VET M45	26	53:43:00	05:20	53:20:00
341.	393	DEOLINDA SERQUEIRA		F	38	VET F50	5	53:46:00	05:19	53:11:00
342.	502	JOSE QUADRADO	JOGGING LOVERS COIMBRA	M	304	VET M40	56	53:54:00	05:21	53:35:00
343.	392	RUI DIAS		M	305	SEN M	172	53:59:00	05:20	53:25:00
344.	513	MARGARIDA MACHADO	X5 HEALTH CLUB	F	39	VET F50	6	54:05:00	05:23	53:55:00
345.	155	PAULO CRUZ	INDIVIDUAL	M	306	SEN M	173	54:06:00	05:22	53:41:00
346.	487	PEDRO REIS	FIT&FUN	M	307	SEN M	174	54:27:00	05:25	54:12:00
347.	238	PAULA PAIVA	CMCM	F	40	SEN F	23	54:37:00	05:26	54:25:00
348.	52	TERESA MALHEIRO	CMMC ALBERGARIA	F	41	VET F50	7	54:37:00	05:26	54:26:00
349.	172	JOAO BERNARDO		M	308	VET M40	57	54:44:00	05:26	54:21:00
350.	149	ANTONIO GOMES	INDIVIDUAL	M	309	VET M50	30	54:54:00	05:28	54:48:00
351.	91	PEDRO CORREIA	BOSCH TERMOTECNOLOGIA SA	M	310	SEN M	175	55:05:00	05:29	54:51:00
352.	137	CHRISTOPHER GUIMARAENS	DOGS BOLLOCKS	M	311	VET M40	58	55:11:00	05:28	54:46:00
353.	445	SARA RATOLA	FIT&FUN	F	42	SEN F	24	55:14:00	05:29	54:59:00
354.	135	TIAGO NUNES		M	312	VET M40	59	55:15:00	05:30	55:09:00
355.	102	PAULO BAPTISTA	BOSCH TERMOTECNOLOGIA SA	M	313	SEN M	176	55:20:00	05:30	55:05:00
356.	205	JOSE FRAGA	AVEIRO	M	314	VET M40	60	55:22:00	05:31	55:16:00
357.	312	ALBINO CANELAS		M	315	VET M60	9	55:22:00	05:31	55:11:00
358.	188	DANIEL COIMBRA		M	316	SEN M	177	55:23:00	05:29	54:52:00
359.	201	MANUEL OLIVEIRA	ACAIL FERRO	F	43	VET F50	8	55:35:00	05:31	55:14:00
360.	561	VIRGINIA FERREIRA	FIT&FUN	F	44	SEN F	25	55:36:00	05:32	55:23:00



Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	Chip
361.	17	ANA ROCHA		F	45	SEN F	26	55:36:00	05:31	55:15:00
362.	566	JOSE PINHAL		M	317	VET M40	61	55:45:00	05:33	55:35:00
363.	73	PAULO RAMOS	GJPB	M	318	VET M40	62	55:47:00	05:32	55:22:00
364.	340	BRUNO LAMEIRO		M	319	SEN M	178	55:51:00	05:33	55:39:00
365.	478	CLAUDIA FAUSTINO		F	46	VET F40	12	55:52:00	05:33	55:39:00
366.	328	NUNO IGREJA		M	320	VET M40	63	55:55:00	05:34	55:48:00
367.	369	ANDRE PEREIRA		M	321	SEN M	179	55:57:00	05:32	55:24:00
368.	516	ALICE APOLONIA	X5 HEALTH CLUB	F	47	SEN F	27	56:00:00	05:34	55:47:00
369.	279	SANDRA CAMPOS		F	48	VET F40	13	56:03:00	05:33	55:32:00
370.	219	ANA MONTEZ		F	49	SEN F	28	56:05:00	05:34	55:42:00
371.	177	N.N. 177			1		1	56:06:00	05:35	55:51:00
372.	486	CESARIO ROCHA	FIT&FUN	M	322	VET M45	27	56:09:00	05:36	56:06:00
373.	237	IVO ANGELICO	CLUTA RUNNERS	M	323	SEN M	180	56:16:00	05:34	55:44:00
374.	522	MIGUEL MIRANDA		M	324	SEN M	181	56:22:00	05:37	56:11:00
375.	145	TANIA JULIAO		F	50	SEN F	29	56:24:00	05:36	56:09:00
376.	423	ANTONIO ANTUNES		M	325	VET M40	64	56:39:00	05:39	56:30:00
377.	376	NELSON SIMOES	CORRER S. BERNARDO	M	326	SEN M	182	56:42:00	05:38	56:23:00
378.	433	FATIMA SILVA		F	51	VET F40	14	56:43:00	05:37	56:14:00
379.	501	FILIPPE RAMA		M	327	VET M40	65	56:52:00	05:39	56:35:00
380.	446	SUSANA PEREIRA	PINDERICUS RUNNING TEAM	F	52	SEN F	30	57:03:00	05:41	56:05:00
381.	616	JOSE PEREIRA		M	328	VET M45	28	57:05:00	05:41	56:58:00
382.	403	GABRIELA VEIGA	X5 HEALTH CLUB	F	53	VET F40	15	57:32:00	05:43	57:19:00
383.	134	FILIPPE COQUIM		M	329	SEN M	183	57:42:00	05:44	57:25:00
384.	280	NUNO SILVA		M	330	VET M40	66	57:42:00	05:43	57:11:00
385.	600	HELDER BISCAIA	KOTRAILRUNNING	M	331	VET M40	67	57:53:00	05:45	57:39:00
386.	504	RODOLFO FERNANDES		M	332	SEN M	184	57:57:00	05:44	57:25:00
387.	263	FILIPPE COSTA		M	333	SEN M	185	57:57:00	05:44	57:28:00
388.	77	LUIZA SOARES		F	54	VET F40	16	58:04:00	05:46	57:49:00
389.	362	JORGE ALMEIDA		M	334	SEN M	186	58:06:00	05:44	57:24:00
390.	142	LEANDRO AMADOR	INDIVIDUAL	M	335	SEN M	187	58:06:00	05:44	57:25:00
391.	599	PATRICIA PIMENTEL	KOTRAILRUNNING	M	336	VET M40	68	58:07:00	05:47	57:52:00
392.	32	DANIEL RODRIGUES	NOKIA RUNNERS	M	337	SEN M	188	58:08:00	05:47	57:58:00
393.	330	JORGE MARTINS		M	338	SEN M	189	58:16:00	05:49	58:16:00
394.	151	ALBERTO MASCARAQUE		M	339	SEN M	190	58:22:00	05:47	57:51:00
395.	234	LUIS QUINTINO	AFIS/OVAR	M	340	VET M60	10	58:23:00	05:48	58:06:00
396.	194	PEDRO P RATOLA	RATOLAS	M	341	SEN M	191	58:29:00	05:50	58:27:00
397.	309	FERNANDO BRAS		M	342	VET M55	15	58:30:00	05:49	58:18:00
398.	192	REGINA RATOLA	RATOLAS	F	55	SEN F	31	58:31:00	05:51	58:30:00
399.	308	JOSE PEREIRA		M	343	VET M60	11	58:37:00	05:50	58:25:00
400.	354	TERESA FILENO	INDIVIDUAL	F	56	SEN F	32	58:41:00	05:51	58:32:00
401.	60	LUIS GOMES	INDIVIDUAL	M	344	SEN M	192	58:41:00	05:50	58:21:00
402.	324	FILIPA NEVES		F	57	SEN F	33	58:44:00	05:51	58:32:00
403.	323	ANDREIA NEVES		F	58	SEN F	34	58:45:00	05:51	58:32:00
404.	179	ANNABELLE LUIS		F	59	VET F40	17	58:51:00	05:50	58:27:00
405.	65	ANA BIZARRO	RUN&FUN	F	60	SEN F	35	58:53:00	05:50	58:25:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	Chip
406.	254	CARLOS DIAS	CIRES RUNNING TEAM	M	345	VET M45	29	58:58:00	05:52	58:42:00
407.	89	NELSON RE	BOSCH TERMOTECNOLOGIA SA	M	346	VET M45	30	58:58:00	05:52	58:41:00
408.	37	LIGIA CASIMIRO	INDIVIDUAL	F	61	SEN F	36	59:02:00	05:52	58:46:00
409.	257	JOSE VIANA		M	347	SEN M	193	59:07:00	05:52	58:47:00
410.	233	JOSE PINHO		M	348	VET M45	31	59:29:00	05:53	58:59:00
411.	503	HUGO DIAS		M	349	SEN M	194	59:29:00	05:53	58:58:00
412.	394	ANTONIO DIAS		M	350	VET M55	16	59:34:00	05:54	59:00:00
413.	389	JOANA MOUTELA		F	62	SEN F	37	59:35:00	05:56	59:27:00
414.	187	LUIS A CAMPOS		M	351	SEN M	195	59:40:00	05:54	59:09:00
415.	18	MARTA ESTEVES		F	63	SEN F	38	59:41:00	05:55	59:19:00
416.	31	DANIELA CASTRO	NOKIA RUNNERS	F	64	SEN F	39	59:50:00	05:58	59:41:00
417.	252	ALEXANDRE HENRIQUES	CIRES RUNNING TEAM	M	352	VET M45	32	59:52:00	05:57	59:35:00
418.	583	FATIMA COSTA	KOTRAILRUNNING	F	65	SEN F	40	59:57:00	05:58	59:49:00
419.	349	ISABEL LOURENCO	INDIVIDUAL	M	353	VET M45	33	01:00:08	05:59	59:54:00
420.	348	RUI ABRANTES		M	354	VET M45	34	01:00:08	05:59	59:55:00
421.	310	FERNANDO MONTEIRO		M	355	VET M50	31	01:00:09	05:59	59:58:00
422.	55	NUNO RIBEIRO	VAGUEIRA RUNNERS	M	356	SEN M	196	01:00:12	05:58	59:43:00
423.	489	JOAO GOMES		M	357	SEN M	197	01:00:14	06:00	01:00:08
424.	271	LILIANA MORGADO		F	66	SEN F	41	01:00:16	05:59	59:52:00
425.	269	ANTONIO GOMES		M	358	VET M55	17	01:00:17	05:59	59:53:00
426.	341	ARSELIO SANTOS	INDIVIDUAL	M	359	SEN M	198	01:00:17	05:59	59:53:00
427.	334	JOSE ALBERTO	FLEXIASSEMBLY	M	360	SEN M	199	01:00:20	05:59	59:59:00
428.	335	LUIS CABETE	FLEXIASSEMBLY	M	361	SEN M	200	01:00:20	06:00	01:00:00
429.	467	IRIS CAMARINHA	X5 HEALTH CLUB	F	67	SEN F	42	01:00:23	06:01	01:00:14
430.	552	ELISABETE SILVA	X5 HEALTH CLUB	F	68	VET F40	18	01:00:23	06:01	01:00:16
431.	414	LUIS SOARES	PALMAZ RUNNING TEAM	M	362	SEN M	201	01:00:26	05:59	59:54:00
432.	518	HUGO VELHOTE	X5 HEALTH CLUB	M	363	VET M40	69	01:00:33	06:01	01:00:19
433.	94	NUNO MARNOTO	BOSCH TERMOTECNOLOGIA SA	M	364	SEN M	202	01:00:35	06:02	01:00:29
434.	578	CATARINA LOPES	KOTRAILRUNNING	F	69	SEN F	43	01:00:48	06:03	01:00:33
435.	24	HUGO FERNANDES		M	365	SEN M	203	01:00:50	06:02	01:00:27
436.	232	JOAO A OLIVEIRA		M	366	SEN M	204	01:00:52	06:04	01:00:41
437.	273	BEATRIZ BARCIELA	CIRES RUNNING TEAM	F	70	VET F40	19	01:01:09	06:05	01:00:53
438.	345	ANA LUCIA PIRES	RUNFORESTRUN	F	71	SEN F	44	01:01:23	06:05	01:00:57
439.	579	MARIA FERREIRA	KOTRAILRUNNING	F	72	VET F50	9	01:01:33	06:08	01:01:26
440.	571	CARLOS CARIA	KOTRAILRUNNING	M	367	SEN M	205	01:01:34	06:07	01:01:19
441.	59	SOFIA GOMES	INDIVIDUAL	F	73	SEN F	45	01:01:54	06:09	01:01:35
442.	70	GUILHERME CARDOSO	OS MAMUTES	M	368	SEN M	206	01:02:00	06:10	01:01:42
443.	74	NUNO DIAS		M	369	SEN M	207	01:02:14	06:11	01:01:52
444.	244	PAULO ALMEIDA		M	370	VET M45	35	01:02:31	06:15	01:02:31
445.	243	PATRICIA OLIVEIRA		F	74	SEN F	46	01:02:32	06:14	01:02:20
446.	236	MARIANA OLIVEIRA		F	75	SEN F	47	01:02:33	06:14	01:02:20
447.	186	REGINA MOTA	MOLINHAS TEAM	F	76	VET F40	20	01:02:40	06:14	01:02:22
448.	344	ANDRE PINTO	INDIVIDUAL	M	371	SEN M	208	01:02:40	06:13	01:02:10
449.	245	ALEXANDRE ALMEIDA	MOLINHAS TEAM	M	372	VET M45	36	01:02:40	06:14	01:02:22
450.	174	MARTA FONSECA	FLY RENT A CAR	F	77	VET F40	21	01:02:51	06:15	01:02:39

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	Chip
451.	175	JOAO MORTAGUA	FLY RENT A CAR	M	373	VET M40	70	01:02:52	06:16	01:02:40
452.	343	VERA SILVA	INDIVIDUAL	F	78	SEN F	48	01:03:10	06:16	01:02:44
453.	66	JOSE SANTOS	RUN&FUN	M	374	VET M45	37	01:03:19	06:17	01:02:51
454.	382	VANESSA FORMIGO	FIT& FUN	F	79	SEN F	49	01:03:21	06:18	01:03:07
455.	563	JOANA MARTINS	FIT&FUN	F	80	SEN F	50	01:03:38	06:19	01:03:19
456.	605	MANUELA BARBOSA	KOTRAILRUNNING	F	81	VET F50	10	01:03:38	06:19	01:03:19
457.	387	JORGE OLIVEIRA	BTTRAIN	M	375	VET M60	12	01:03:53	06:22	01:03:44
458.	126	JOSE GIRAO	CMMC ALBERGARIA-A-VELHA	M	376	VET M50	32	01:03:57	06:22	01:03:44
459.	125	PAULA TEIXEIRA	CMMC ALBERGARIA-A-VELHA	F	82	VET F40	22	01:03:58	06:21	01:03:37
460.	473	CESAR CARVALHO	X5 HEALTH CLUB	M	377	SEN M	209	01:03:59	06:23	01:03:51
461.	462	TANIA CORREIA	X5 HEALTH CLUB	F	83	SEN F	51	01:04:00	06:23	01:03:53
462.	463	HELDER NICOLAU	X5 HEALTH CLUB	M	378	SEN M	210	01:04:00	06:23	01:03:52
463.	453	AMERICO FONSECA	X5 HEALTH CLUB	M	379	VET M45	38	01:04:21	06:26	01:04:21
464.	460	RUI SILVA	X5 HEALTH CLUB	M	380	SEN M	211	01:04:21	06:26	01:04:21
465.	469	CARLA SOFIA	X5 HEALTH CLUB	F	84	VET F40	23	01:04:21	06:26	01:04:21
466.	471	LIGIA MARQUES	X5 HEALTH CLUB	F	85	SEN F	52	01:04:21	06:26	01:04:21
467.	497	AMERICO SANTOS	X5 HEALTH CLUB	M	381	VET M45	39	01:04:21	06:26	01:04:21
468.	452	DAIANE BORBA	X5 HEALTH CLUB	F	86	SEN F	53	01:04:22	06:26	01:04:22
469.	468	MANUEL SILVA	X5 HEALTH CLUB	M	382	VET M50	33	01:04:22	06:26	01:04:22
470.	607	SARA CARIA	KOTRAILRUNNING	F	87	SEN F	54	01:05:07	06:28	01:04:41
471.	372	ANA FIGUEIREDO	INDIVIDUAL	F	88	VET F40	24	01:05:33	06:31	01:05:10
472.	305	RAFAEL SANTOS	RAFA	M	383	SEN M	212	01:05:34	06:31	01:05:11
473.	304	ROGERIO SILVA	ROGER	M	384	VET M45	40	01:05:34	06:31	01:05:11
474.	384	REGINA MARVAO		M	385	SEN M	213	01:05:37	06:31	01:05:18
475.	146	DANIEL FERRAZ		M	386	SEN M	214	01:05:39	06:33	01:05:39
476.	346	JOAO PAULO MOITA	RUNFORESTRUN	M	387	SEN M	215	01:06:05	06:33	01:05:39
477.	165	MIGUEL QUINTA	CMMC ALB-A-VELHA E BRANCA	M	388	SEN M	216	01:06:23	06:36	01:06:09
478.	164	CRISTINA REDONDO		F	89	SEN F	55	01:06:23	06:36	01:06:09
479.	115	ANGELA VIDAL	CMMC DE ALBERGARIA	F	90	SEN F	56	01:06:49	06:39	01:06:35
480.	465	PEDRO FAMILIAR	X5 HEALTH CLUB	M	389	SEN M	217	01:06:55	06:40	01:06:45
481.	520	MARIO DIAS	X5 HEALTH CLUB	M	390	SEN M	218	01:07:11	06:41	01:06:57
482.	110	ZELIA ALVES		F	91	SEN F	57	01:07:11	06:40	01:06:46
483.	515	HUGO FERREIRA	X5 HEALTH CLUB	M	391	SEN M	219	01:07:11	06:41	01:06:57
484.	428	ANA RAMALHO	RAMALHOS	F	92	SEN F	58	01:07:45	06:44	01:07:20
485.	40	MARIANA MENDES		F	93	SEN F	59	01:09:03	06:51	01:08:38
486.	71	IVONE NOVAIS	CMMC ALBERGARIA-A-VELHA	F	94	VET F40	25	01:10:00	06:58	01:09:46
487.	223	RAFAELA CASTRO	CMMC ALBERGARIA-A-VELHA	F	95	SEN F	60	01:10:00	06:58	01:09:46
488.	360	MARIA JOAO PINHO	INDIVIDUAL	F	96	VET F40	26	01:10:00	06:58	01:09:45
489.	278	MARGARIDA CAMPOS		F	97	VET F40	27	01:10:04	06:57	01:09:33
490.	122	ANGELA ACOSTA		F	98	VET F40	28	01:10:06	06:58	01:09:44
491.	120	ISAURA COSTA	CMMC ALBERGARIA A VELHA	F	100	VET F50	12	01:10:06	06:59	01:09:52
492.	128	HELENA RODRIGUES	CMMC ALBERGARIA-A-VELHA	F	99	VET F50	11	01:10:06	06:58	01:09:45
493.	127	JOAO COVAS	CMMC ALBERGARIA-A-VELHA	M	392	VET M55	18	01:11:01	07:04	01:10:47
494.	106	IOLANDA BABO	CMMC ALB-A-VELHA E BRANCA	F	101	SEN F	61	01:11:01	07:05	01:10:50
495.	285	PEDRO MOREIRA		M	393	SEN M	220	01:11:10	07:03	01:10:37

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	Chip
496.	284	MARIA NOGUEIRA		F	102	SEN F	62	01:11:11	07:03	01:10:38
497.	450	SONIA PINHO	GINASIO GIM LINE	F	103	SEN F	63	01:13:18	07:19	01:13:18
498.	117	JOANA LEMOS	VIVO NA FARRA	F	104	VET F40	29	01:13:27	07:18	01:13:03
499.	118	MARIA TAVARES	VIVO NA FARRA	F	105	VET F40	30	01:13:27	07:18	01:13:02
500.	119	ELSA PEREIRA	VIVO NA FARRA	F	106	SEN F	64	01:13:27	07:18	01:13:03
501.	67	ANA ISABEL FERREIRA	OS MAMUTES	F	107	SEN F	65	01:14:10	07:23	01:13:53
502.	68	LUIS FILIPE	OS MAMUTES	M	394	SEN M	221	01:14:10	07:23	01:13:52
503.	153	ANA FILIPA BRANCO		F	108	SEN F	66	01:14:12	07:22	01:13:41
504.	386	DEOLINDA ALVES	SPORT CLUB CONIMBRICENSE	F	109	VET F50	13	01:15:54	07:34	01:15:45
505.	575	MARCIA CABRAL	KOTRAILRUNNING	F	110	SEN F	67	01:17:24	07:41	01:16:58
DSQ	130	ALEXANDRA OLIVEIRA	LUSO-ATLANTICA SA	F	-1	VET F40	-1	DSQ		
DSQ	108	ARMENIO NEVES	INDIVIDUAL	M	-1	VET M60	-1	DSQ		
DSQ	454	PEDRO SILVA	X5 HEALTH CLUB	M	395	SEN M	222	DSQ	03:01	
DSQ	338	CANDIDA ROCHA		F	111	VET F50	14	DSQ	03:13	
DSQ	154	CARLA RODRIGUES		F	112	VET F40	31	DSQ	03:36	