

Geral	Dorsal	Nome	Equipa	Sexo	Class.Sexo	Escalão	Class.Esc.	Tempo	RITMO	Chip
1	1	HELIO GOMES	SPORTING CP	m	1	SEN-M	1	32:04:00	03:12	32:04:00
2	507	ROGÉRIO BESSA	JOBRA	m	2	SEN-M	2	32:37:00	03:15	32:37:00
3	380	MIGUEL NEVES	BRESIMAR AUTOMAÇÃO	m	3	SEN-M	3	33:05:00	03:18	33:05:00
4	626	JANIK LIMA	AFIS/OVAR	m	4	SEN-M	4	33:15:00	03:19	33:15:00
5	557	HELDER PIRES	CA OVAR / X5	m	5	SEN-M	5	34:22:00	03:26	34:21:00
6	240	FERNANDO SANTOS	CASA DO POVO DE MANGUALDE	m	6	VET-M40	1	34:26:00	03:26	34:25:00
7	50	NUNO PINHO	N.A.CUCUJAES	m	7	SEN-M	6	34:28:00	03:26	34:28:00
8	3	CARLA MARTINHO	RECREIO DE ÁGUEDA	f	1	VET-F40	1	34:37:00	03:27	34:37:00
9	311	RENATO SOUSA	A D RIO LARGO C ESPINHO	m	8	SEN-M	7	34:39:00	03:27	34:38:00
10	787	PAULO FERREIRA	RECREIO DESP. DE ÁGUEDA	m	9	VET-M45	1	35:05:00	03:30	35:05:00
11	172	PAULO COSTA	VIRIATHVS RUNNERS VISEU	m	10	VET-M45	2	35:39:00	03:33	35:37:00
12	641	SOLANGE JESUS	SPORTING CP	f	2	SEN-F	1	35:54:00	03:35	35:54:00
13	424	RICARDO GOMES	LOJA DO ATLETA - AGUEDA	m	11	SEN-M	8	35:54:00	03:35	35:54:00
14	87	RUI SANTIAGO	PAPAKM	m	12	SEN-M	9	36:30:00	03:39	36:30:00
15	590	RUI SANTOS	RUNNING ESPINHO	m	13	VET-M40	2	36:43:00	03:40	36:40:00
16	432	SÉRGIO TEIXEIRA	MAIA ATLÉTICO CLUBE	m	14	SEN-M	10	36:58:00	03:41	36:58:00
17	269	PEDRO BASTOS	ADT TRAVASSÔ	m	15	SEN-M	11	37:11:00	03:43	37:10:00
18	275	LUÍS SIMÕES	INDIVIDUAL	m	16	VET-M55	1	37:13:00	03:43	37:11:00
19	642	JOÃO ANDRADE	CLUBE DOS GALITOS	m	17	SEN-M	12	37:38:00	03:45	37:37:00
20	245	MANUEL LÁZARO SILVA	INDIVIDUAL	m	18	VET-M40	3	37:45:00	03:46	37:44:00
21	101	PAULO GOMES	INDIVIDUAL	m	19	VET-M50	1	37:46:00	03:46	37:46:00
22	59	PEDRO HENRIQUES	INDIVIDUAL	m	20	SEN-M	13	37:50:00	03:46	37:49:00
23	249	BRUNO VIDINHA	CALDAS S JORGE SPORT CLUB	m	21	SEN-M	14	38:35:00	03:51	38:31:00
24	48	JOSÉ GRIJÓ	INDIVIDUAL	m	22	SEN-M	15	38:41:00	03:51	38:39:00
25	370	JOÃO ALMEIDA	DCI/CCDRP-ATLETAS	m	23	VET-M45	3	38:42:00	03:52	38:42:00
26	2	DEBORA SANTOS	RECEIO DE ÁGUEDA	f	3	SEN-F	2	38:43:00	03:52	38:42:00
27	407	CARLOS GUERRA	RECREIO DESP. DE ÁGUEDA	m	24	VET-M45	4	38:51:00	03:52	38:49:00
28	156	JOÃO AMÂNDIO	INDIVIDUAL	m	25	SEN-M	16	38:55:00	03:53	38:54:00
29	233	ANTÓNIO NUNES	SOMOS PORTO	m	26	VET-M45	5	39:17:00	03:55	39:17:00
30	220	JOAO MALHEIRO	ADEFACEC	m	27	SEN-M	17	39:19:00	03:55	39:16:00
31	343	MIGUEL GONÇALVES	ALTICE LABS	m	28	SEN-M	18	39:23:00	03:56	39:21:00
32	138	NUNO AMARAL	LOJA DO ATLETA / CONSUMIX	m	29	SEN-M	19	39:40:00	03:57	39:38:00
33	484	PAULO MIRANDA	SPORT CLUBE BEIRA-MAR	m	30	VET-M40	4	39:40:00	03:57	39:34:00
34	72	VITOR RIBAU	BOSCH TERMOTECNOLOGIA SA	m	31	VET-M45	6	39:42:00	03:57	39:37:00
35	543	PEDRO SILVA	CCD-RENAULT - CACIA	m	32	VET-M40	5	39:44:00	03:58	39:40:00
36	554	FILIPE CARVALHO	INDIVIDUAL	m	33	SEN-M	20	39:52:00	03:59	39:50:00
37	224	RAFAEL GUEDES	GUEDES	m	34	VET-M40	6	39:54:00	03:59	39:53:00
38	70	ANTÓNIO SILVA	BOSCH TERMOTECNOLOGIA SA	m	35	VET-M40	7	39:59:00	03:58	39:49:00
39	490	MARISA RODRIGUES	SPORT CLUBE BEIRA-MAR	f	4	SEN-F	3	40:01:00	04:00	40:00:00
40	15	CARLOS CUNHA	INDIVIDUAL	m	36	VET-M50	2	40:09:00	04:00	40:09:00

Geral	Dorsal	Nome	Equipa	Sexo	Class.Sexo	Escalão	Class.Esc.	Tempo	RITMO	Chip
41	23	ANTÓNIO LOURENÇO	INDIVIDUAL	m	37	VET-M45	7	40:11:00	04:01	40:10:00
42	486	MIGUEL MOURA	SPORT CLUBE BEIRA-MAR	m	38	SEN-M	21	40:14:00	04:01	40:12:00
43	335	JOSÉ MIGUEL GONÇALVES	ALTICE LABS	m	39	VET-M45	8	40:25:00	04:02	40:22:00
44	303	FERNANDO VILELA	CLUBE MILLENNIUM	m	40	VET-M50	3	40:27:00	04:02	40:27:00
45	149	PEDRO CARDOSO	BOSCH TERMOTECNOLOGIA SA	m	41	VET-M40	8	40:29:00	04:02	40:27:00
46	4	FERNANDO MORAIS	INDIVIDUAL	m	42	VET-M55	2	40:33:00	04:03	40:31:00
47	166	ÓSCAR SOBRAL	VIRIATHVS RUNNERS VISEU	m	43	SEN-M	22	40:34:00	04:03	40:32:00
48	352	PAULO JORGE PEREIRA	ALTICE LABS	m	44	VET-M40	9	40:35:00	04:03	40:33:00
49	550	GUSTAVO ROXO	INVICTA RUNNERS TEAM	m	45	VET-M50	4	40:39:00	04:03	40:36:00
50	536	JOÃO FERNANDES	DURAVIT TEAMRACE	m	46	VET-M40	10	40:43:00	04:03	40:39:00
51	397	CARLOS VENÂNCIO	SIROCO	m	47	SEN-M	23	40:45:00	04:02	40:26:00
52	174	RICARDO SILVA	INDIVIDUAL	m	48	SEN-M	24	40:55:00	04:04	40:49:00
53	325	BRUNO DANIEL SANTOS	ALTICE LABS	m	49	SEN-M	25	40:56:00	04:05	40:50:00
54	469	NELSON FERNANDES	INDIVIDUAL	m	50	SEN-M	26	41:06:00	04:05	40:53:00
55	559	SÍLVIA SANTOS	CA OVAR / X5	f	5	SEN-F	4	41:08:00	04:06	41:06:00
56	273	JOSÉ MANUEL TEIXEIRA	INDIVIDUAL	m	51	SEN-M	27	41:08:00	04:06	41:06:00
57	561	AMÉRICO VALENTE	CA OVAR / X5	m	52	VET-M50	5	41:09:00	04:06	41:09:00
58	589	CARLOS FERREIRA	RUNNING ESPINHO	m	53	VET-M40	11	41:10:00	04:06	41:09:00
59	164	JOSÉ LEMOS	VIRIATHVS RUNNERS	m	54	VET-M40	12	41:20:00	04:07	41:18:00
60	34	JORGE FARIA	NOKIA RUNNERS	m	55	SEN-M	28	41:26:00	04:07	41:11:00
61	426	NUNO LEITE	INDIVIDUAL	m	56	SEN-M	29	41:27:00	04:08	41:21:00
62	541	CARLOS MARTINS	CCD-RENAULT - CACIA	m	57	SEN-M	30	41:35:00	04:09	41:31:00
63	296	RICARDO GONÇALVES	GUERREIROS DA MANHÃ	m	58	SEN-M	31	41:40:00	04:09	41:32:00
64	508	PEDRO CANHA	INDIVIDUAL	m	59	VET-M40	13	41:40:00	04:09	41:37:00
65	496	DAVID JESUS	PASCOALITOS A D BARCOUÇO	m	60	SEN-M	32	41:46:00	04:10	41:45:00
66	602	VITOR CUNHA	RUNNING ESPINHO	m	61	VET-M40	14	41:47:00	04:10	41:43:00
67	369	MANUEL GRILO	HELIFLEX	m	62	VET-M50	6	41:53:00	04:09	41:36:00
68	154	JORGE CORREIA	VIRIATHVS RUNNERS	m	63	VET-M45	9	41:57:00	04:11	41:55:00
69	514	FILIPE MARQUES	ECOMOBILE	m	64	SEN-M	33	42:03:00	04:10	41:42:00
70	784	ANTÓNIO RATOLA	INDIVIDUAL	m	65	SEN-M	34	42:04:00	04:10	41:45:00
71	103	FILIPE COSTA	ADREQUEIXO	m	66	SEN-M	35	42:13:00	04:11	41:52:00
72	30	JOAO JOSE CASTRO	INDIVIDUAL	m	67	VET-M50	7	42:17:00	04:13	42:15:00
73	24	PAULO FIDALGO	INDIVIDUAL	m	68	SEN-M	36	42:21:00	04:13	42:19:00
74	425	DANIEL AGUIAR	INDIVIDUAL	m	69	SEN-M	37	42:21:00	04:13	42:10:00
75	778	CARLOS SANTOS	INDIVIDUAL	m	70	VET-M40	15	42:22:00	04:13	42:19:00
76	218	JORGE VILELA	ADREQUEIXO	m	71	VET-M45	10	42:26:00	04:12	42:05:00
77	601	DAVID SILVA	RUNNING ESPINHO	m	72	VET-M45	11	42:26:00	04:14	42:22:00
78	254	LEONARDO JESUS	INDIVIDUAL	m	73	SEN-M	38	42:27:00	04:13	42:14:00
79	406	PAULO SANTOS	INDIVIDUAL	m	74	VET-M40	16	42:27:00	04:14	42:27:00
80	163	ALVARO CARDOSO	VIRIATHVS RUNNERS	m	75	VET-M50	8	42:28:00	04:14	42:25:00

Geral	Dorsal	Nome	Equipa	Sexo	Class.Sexo	Escalão	Class.Esc.	Tempo	RITMO	Chip
81	433	MIGUEL CAMPOS	CORRER VISEU	m	76	VET-M45	12	42:29:00	04:14	42:26:00
82	503	ANTÓNIO MELO	CORRER VISEU	m	77	VET-M50	9	42:30:00	04:14	42:25:00
83	195	CARLOS ALMEIDA	SAÚDE IN	m	78	VET-M55	3	42:33:00	04:14	42:28:00
84	501	JORGE CUBAL	INDIVIDUAL	m	79	SEN-M	39	42:36:00	04:15	42:30:00
85	366	JOSÉ GARCIA	MATRECOS	m	80	VET-M55	4	42:38:00	04:15	42:37:00
86	495	ARSÉNIO SANTOS	PASCOALITOS A D BARCOUÇO	m	81	VET-M45	13	42:45:00	04:16	42:45:00
87	563	JORGE ALMEIDA	INDIVIDUAL	m	82	SEN-M	40	42:50:00	04:16	42:45:00
88	542	JAIME JÚNIOR	CCD-RENAULT - CACIA	m	83	VET-M45	14	42:50:00	04:16	42:44:00
89	74	NUNO PEREIRA	BOSCH TERMOTECNOLOGIA SA	m	84	SEN-M	41	42:51:00	04:15	42:35:00
90	330	DANIEL VIANA	ALTICE LABS	m	85	SEN-M	42	42:52:00	04:17	42:50:00
91	394	PAULO SOUSA	AFISOVAR	m	86	VET-M40	17	42:52:00	04:13	42:16:00
92	96	NUNO SILVA	INDIVIDUAL	m	87	VET-M40	18	42:55:00	04:15	42:37:00
93	607	RICARDO RUIVO	RUNNING ESPINHO	m	88	SEN-M	43	42:55:00	04:17	42:51:00
94	69	JOÃO SANTANA	BOSCH TERMOTECNOLOGIA SA	m	89	VET-M40	19	42:56:00	04:15	42:33:00
95	227	PAULO MOREIRA	INDIVIDUAL	m	90	VET-M50	10	43:01:00	04:17	42:58:00
96	22	MANUEL MARQUES	INDIVIDUAL	m	91	VET-M45	15	43:03:00	04:18	43:00:00
97	540	CARLOS SANTOS	CCD-RENAULT - CACIA	m	92	VET-M45	16	43:04:00	04:18	43:02:00
98	605	NUNO MILHEIRO	RUNNING ESPINHO	m	93	VET-M40	20	43:04:00	04:18	43:02:00
99	615	MANUEL ABREU	RUNNING ESPINHO	m	94	VET-M40	21	43:04:00	04:18	43:02:00
100	613	MÁRIO DIAS	RUNNING ESPINHO	m	95	SEN-M	44	43:04:00	04:18	43:02:00
101	293	LUIS COSTA	INDIVIDUAL	m	96	VET-M45	17	43:05:00	04:16	42:48:00
102	19	JOAO ALMADA	A.D.TRAVASSÔ	m	97	VET-M55	5	43:11:00	04:19	43:10:00
103	623	MIGUEL DUARTE	CORRER VISEU	m	98	SEN-M	45	43:12:00	04:19	43:10:00
104	308	PEDRO SILVA	MIRA Q CORREDORES	m	99	SEN-M	46	43:13:00	04:18	43:06:00
105	421	JOAO RIBEIRO	MOLINHAS TEAM	m	100	VET-M40	22	43:14:00	04:18	43:08:00
106	185	ADÉRITO CURTO	GIRA SOL	m	101	VET-M55	6	43:17:00	04:19	43:15:00
107	523	FÁBIO PIZARRO	INDIVIDUAL	m	102	SEN-M	47	43:19:00	04:19	43:11:00
108	31	HEBER PIRES	PASCOALITOS/A.D.BARCOUÇO	m	103	SEN-M	48	43:32:00	04:21	43:32:00
109	319	MIGUEL LAMAS	INDIVIDUAL	m	104	SEN-M	49	43:38:00	04:21	43:32:00
110	619	LUÍS AZEVEDO	INDIVIDUAL	m	105	SEN-M	50	43:40:00	04:21	43:31:00
111	8	MAFALDA OLIVEIRA	ATLÉTICO DA MADALENA	f	6	SEN-F	5	43:40:00	04:19	43:19:00
112	71	NUNO DUARTE	BOSCH TERMOTECNOLOGIA SA	m	106	VET-M40	23	43:42:00	04:21	43:31:00
113	429	CARLA SANTOS	INDIVIDUAL	f	7	VET-F40	2	43:49:00	04:22	43:41:00
114	428	FILIPE PINHEIRO	INDIVIDUAL	m	107	SEN-M	51	43:49:00	04:22	43:42:00
115	288	RUI FERREIRA	NEEDMORESPEED	m	108	VET-M40	24	43:50:00	04:22	43:48:00
116	157	TIAGO OLIVEIRA	INDIVIDUAL	m	109	SEN-M	52	43:53:00	04:22	43:48:00
117	29	ANDRÉ PATRÍCIO	INDIVIDUAL	m	110	SEN-M	53	43:54:00	04:23	43:50:00
118	268	MANUEL FERREIRA	INDIVIDUAL	m	111	VET-M45	18	43:54:00	04:23	43:51:00
119	497	RICARDO FREITAS	INDIVIDUAL	m	112	SEN-M	54	43:56:00	04:22	43:41:00
120	539	JOÃO SIMÕES	DECATHLON AVEIRO	m	113	SEN-M	55	43:56:00	04:23	43:52:00

Geral	Dorsal	Nome	Equipa	Sexo	Class.Sexo	Escalão	Class.Esc.	Tempo	RITMO	Chip
121	107	JOAQUIM HENRIQUES	INDIVIDUAL	m	114	VET-M40	25	43:58:00	04:23	43:52:00
122	236	HÉLDER DUARTE	INDIVIDUAL	m	115	SEN-M	56	43:59:00	04:23	43:53:00
123	247	JORGE MAIA	INDIVIDUAL	m	116	VET-M50	11	44:08:00	04:23	43:58:00
124	505	PAUL SHEPHERD	INDIVIDUAL	m	117	VET-M55	7	44:10:00	04:24	44:03:00
125	393	LUIS OSÓRIO	AFISOVAR	m	118	VET-M50	12	44:11:00	04:24	44:06:00
126	81	PAULO BAPTISTA	BOSCH TERMOTECNOLOGIA SA	m	119	SEN-M	57	44:17:00	04:25	44:11:00
127	410	JOSÉ SANTOS	RECREIO DESP. DE ÁGUEDA	m	120	VET-M50	13	44:21:00	04:25	44:17:00
128	372	LUPRICÍNIO CORREIA	CASA DOS FRANGOS - BALTAR	m	121	VET-M45	19	44:34:00	04:27	44:31:00
129	359	TOMÉ COSTA MATOS	ALTICE LABS	m	122	SEN-M	58	44:34:00	04:25	44:11:00
130	453	JOSÉ LOPES	ANDATRILHOS FREAMUNDE	m	123	VET-M40	26	44:34:00	04:26	44:27:00
131	401	ISAC SILVA	TAINADAS	m	124	SEN-M	59	44:35:00	04:25	44:11:00
132	148	ARMINDO BASTOS	BOSCH TERMOTECNOLOGIA SA	m	125	VET-M40	27	44:36:00	04:26	44:24:00
133	777	SIMAO SANTANA	INDIVIDUAL	m	126	SEN-M	60	44:50:00	04:26	44:28:00
134	191	FRANCISCO PESSOA	INDIVIDUAL	m	127	SEN-M	61	44:51:00	04:28	44:43:00
135	259	MIGUEL CASTRO	INDIVIDUAL	m	128	VET-M40	28	44:53:00	04:27	44:33:00
136	257	AMÉRICO FONSECA	X5 HEALTH CLUB	m	129	VET-M45	20	44:54:00	04:28	44:45:00
137	634	ANTÓNIO PORRÃO	X5 HEALTH CLUB	m	130	VET-M55	8	44:54:00	04:27	44:32:00
138	515	VICTOR SÁ	X5 HEALTH CLUB	m	131	VET-M40	29	44:55:00	04:27	44:33:00
139	28	BAVIECHE SAMGI	INDIVIDUAL	m	132	SEN-M	62	44:57:00	04:29	44:53:00
140	94	NUNO VIDAL	JOGGING MADE EASY	m	133	SEN-M	63	44:58:00	04:29	44:51:00
141	117	HEITOR ARAÚJO	INDIVIDUAL	m	134	VET-M50	14	44:59:00	04:28	44:47:00
142	205	AMÉRICO ALHAIS	CSP ARADAS	m	135	VET-M50	15	45:01:00	04:28	44:47:00
143	630	FILIPE NUNES	CROSSFIT AVEIRO	m	136	SEN-M	64	45:04:00	04:29	44:50:00
144	379	MARCO COELHO	INDIVIDUAL	m	137	SEN-M	65	45:05:00	04:28	44:43:00
145	243	LUIS PEDRO FERREIRA	INDIVIDUAL	m	138	SEN-M	66	45:06:00	04:28	44:45:00
146	400	JOSÉ COUTINHO	SIROCO	m	139	VET-M45	21	45:09:00	04:27	44:35:00
147	196	MANUEL RIBEIRO	INDIVIDUAL	m	140	SEN-M	67	45:09:00	04:29	44:53:00
148	250	ARMÉNIO NEVES	INDIVIDUAL	m	141	VET-M60	1	45:12:00	04:30	45:02:00
149	594	JOÃO NEVES	RUNNING ESPINHO	m	142	VET-M45	22	45:16:00	04:31	45:11:00
150	639	TIAGO FONTOURA	INDIVIDUAL	m	143	SEN-M	68	45:18:00	04:30	45:04:00
151	396	FERNANDO FAUSTINO	INDIVIDUAL	m	144	VET-M50	16	45:19:00	04:30	45:06:00
152	66	RUI PEREIRA	BOSCH TERMOTECNOLOGIA SA	m	145	VET-M45	23	45:20:00	04:30	45:02:00
153	232	RUI VALENTE	SOMOS PORTO	m	146	SEN-M	69	45:25:00	04:32	45:21:00
154	606	ANTÓNIO DIAS	RUNNING ESPINHO	m	147	VET-M50	17	45:26:00	04:32	45:21:00
155	510	MARCELO COUTINHO	INDIVIDUAL	m	148	VET-M45	24	45:29:00	04:31	45:18:00
156	412	CARLOS ESTIMA	RECREIO DESP. DE ÁGUEDA	m	149	VET-M50	18	45:32:00	04:33	45:32:00
157	242	LUIS FERREIRA	INDIVIDUAL	m	150	VET-M50	19	45:32:00	04:31	45:12:00
158	592	JORGE SOUSA	RUNNING ESPINHO	m	151	VET-M45	25	45:33:00	04:32	45:29:00
159	272	FRANCISCO OLIVEIRA	VALE DE BOI TEAM	m	152	SEN-M	70	45:37:00	04:32	45:20:00
160	83	AVENTINO LIMA	BOSCH TERMOTECNOLOGIA SA	m	153	VET-M40	30	45:40:00	04:32	45:20:00

Geral	Dorsal	Nome	Equipa	Sexo	Class.Sexo	Escalão	Class.Esc.	Tempo	RITMO	Chip
161	785	PEDRO RATOLA	INDIVIDUAL	m	154	VET-M50	20	45:40:00	04:32	45:21:00
162	362	MÁRCIO MACHADO	INDIVIDUAL	m	155	SEN-M	71	45:44:00	04:33	45:38:00
163	604	MÁRIO ALVES	RUNNING ESPINHO	m	156	VET-M45	26	45:49:00	04:34	45:45:00
164	265	PEDRO GOMES	INDIVIDUAL	m	157	SEN-M	72	45:51:00	04:31	45:16:00
165	419	JOÃO A MATOS	ELECTREX	m	158	VET-M40	31	45:51:00	04:33	45:38:00
166	95	HUGO NUNES	INDIVIDUAL	m	159	SEN-M	73	45:52:00	04:34	45:40:00
167	321	RITA ROCHA	BOLAS DE BERLIM	f	8	SEN-F	6	45:53:00	04:33	45:30:00
168	168	PAULO MARÇAL	INDIVIDUAL	m	160	VET-M40	32	45:53:00	04:32	45:25:00
169	239	ANDRE CESTER COSTA	INDIVIDUAL	m	161	SEN-M	74	45:55:00	04:33	45:36:00
170	271	HUGO OLIVEIRA	VALE DE BOI TEAM	m	162	SEN-M	75	45:56:00	04:33	45:38:00
171	443	JORGE MARTINS	INDIVIDUAL	m	163	SEN-M	76	45:56:00	04:34	45:43:00
172	489	JOEL JOSÉ GINGA	SPORT CLUBE BEIRA-MAR	m	164	SEN-M	77	45:56:00	04:35	45:52:00
173	441	HUGO SANTOS	INDIVIDUAL	m	165	SEN-M	78	45:57:00	04:34	45:41:00
174	9	MIGUEL PIMENTEL	EL CHAPO	m	166	VET-M40	33	45:58:00	04:33	45:30:00
175	91	VITOR PEREIRA	INDIVIDUAL	m	167	SEN-M	79	45:59:00	04:35	45:53:00
176	640	JOANA CUNHA	CASA DO POVO DE MANGUALDE	f	9	SEN-F	7	46:00:00	04:34	45:47:00
177	235	MARCIO PEREIRA	SOMOS PORTO	m	168	SEN-M	80	46:01:00	04:35	45:56:00
178	450	ANDRÉ PINTO	ANDATRILHOS FREAMUNDE	m	169	SEN-M	81	46:02:00	04:35	45:53:00
179	252	NELSON VIEIRA	INDIVIDUAL	m	170	VET-M40	34	46:03:00	04:35	45:54:00
180	171	JOSE VIEIRA	INDIVIDUAL	m	171	VET-M45	27	46:04:00	04:35	45:52:00
181	184	FRANCISCO SILVA	INDIVIDUAL	m	172	VET-M55	9	46:04:00	04:35	45:57:00
182	199	CATARINA PINHO	INDIVIDUAL	f	10	SEN-F	8	46:04:00	04:35	45:59:00
183	159	PAULO TAVARES	INDIVIDUAL	m	173	SEN-M	82	46:06:00	04:34	45:49:00
184	511	AMILCAR GARNACHO	INDIVIDUAL	m	174	VET-M60	2	46:08:00	04:35	45:56:00
185	225	LUIS NEVES	INDIVIDUAL	m	175	VET-M45	28	46:13:00	04:36	46:01:00
186	102	HERNÂNI PETIZ	INDIVIDUAL	m	176	SEN-M	83	46:15:00	04:37	46:11:00
187	177	JOÃO REDONDO	INDIVIDUAL	m	177	VET-M55	10	46:17:00	04:37	46:14:00
188	68	CARLOS FERREIRA	BOSCH TERMOTECNOLOGIA SA	m	178	VET-M45	29	46:18:00	04:36	46:08:00
189	35	JOÃO GOMES	NOKIA RUNNERS	m	179	VET-M40	35	46:19:00	04:36	46:05:00
190	439	FRANCISCO ROQUE	INDIVIDUAL	m	180	VET-M45	30	46:22:00	04:37	46:17:00
191	472	JORGE LOUREIRO	INDIVIDUAL	m	181	SEN-M	84	46:25:00	04:35	45:56:00
192	476	RÚBEN SÁ	INDIVIDUAL	m	182	SEN-M	85	46:30:00	04:37	46:12:00
193	167	MIGUEL COSTA	INDIVIDUAL	m	183	VET-M40	36	46:33:00	04:38	46:22:00
194	219	FÁBIO GOMES	INDIVIDUAL	m	184	SEN-M	86	46:37:00	04:37	46:16:00
195	189	CARLOS CUNHA	INDIVIDUAL	m	185	SEN-M	87	46:39:00	04:39	46:33:00
196	436	JOÃO COELHO	INDIVIDUAL	m	186	VET-M50	21	46:42:00	04:40	46:42:00
197	37	FLÁVIO SILVESTRE	NOKIA RUNNERS	m	187	SEN-M	88	46:43:00	04:38	46:29:00
198	60	DANIEL JESUS	ÉPICOS	m	188	SEN-M	89	46:45:00	04:40	46:42:00
199	616	TIAGO SOARES	RUNNING ESPINHO	m	189	VET-M40	37	46:46:00	04:40	46:42:00
200	287	MIGUEL QUEIRÓS	INDIVIDUAL	m	190	VET-M55	11	46:49:00	04:38	46:21:00

Geral	Dorsal	Nome	Equipa	Sexo	Class.Sexo	Escalão	Class.Esc.	Tempo	RITMO	Chip
201	13	MANUEL MATOS	MANQUINHOS	m	191	VET-M60	3	46:50:00	04:40	46:41:00
202	455	JORGE PACHECO	ANDATRILHOS FREAMUNDE	m	192	VET-M45	31	46:53:00	04:39	46:32:00
203	99	NUNO FERREIRA	NOKIA RUNNERS	m	193	SEN-M	90	46:53:00	04:39	46:39:00
204	27	DAVID NOGUEIRA	INDIVIDUAL	m	194	SEN-M	91	46:54:00	04:41	46:51:00
205	45	JOAO NEGRAO	VAGUEIRA RUNNERS	m	195	SEN-M	92	46:57:00	04:41	46:50:00
206	614	JOSÉ GOMES	RUNNING ESPINHO	m	196	VET-M40	38	46:57:00	04:41	46:54:00
207	483	ANTONIO RIBEIRO	INDIVIDUAL	m	197	VET-M40	39	47:00:00	04:38	46:28:00
208	67	BRUNO ALVES	BOSCH TERMOTECNOLOGIA SA	m	198	SEN-M	93	47:03:00	04:40	46:47:00
209	244	DIOGO CARVALHEIRA	INDIVIDUAL	m	199	SEN-M	94	47:04:00	04:40	46:43:00
210	73	NUNO MARNOTO	BOSCH TERMOTECNOLOGIA SA	m	200	VET-M40	40	47:05:00	04:40	46:48:00
211	643	CESARIO ROCHA	Lá de casa	m	201	VET-M50	22	47:07:00	04:42	47:06:00
212	638	RALPH HIRNER	INDIVIDUAL	m	202	VET-M50	23	47:09:00	04:42	47:03:00
213	211	JOEL SIMÕES	INDIVIDUAL	m	203	SEN-M	95	47:10:00	04:42	47:02:00
214	442	CLÁUDIO PEREIRA	INDIVIDUAL	m	204	SEN-M	96	47:10:00	04:41	46:54:00
215	139	ANA MOREIRA	MASSSPECSISTERS	f	11	SEN-F	9	47:13:00	04:42	47:08:00
216	338	LUÍS MIGUEL INÁCIO	ALTICE LABS	m	205	SEN-M	97	47:21:00	04:42	47:07:00
217	125	PAULO PINTO	INDIVIDUAL	m	206	VET-M45	32	47:29:00	04:42	47:01:00
218	266	PEDRO PAIVA	INDIVIDUAL	m	207	VET-M40	41	47:31:00	04:44	47:26:00
219	267	MANUEL PAIVA	INDIVIDUAL	m	208	VET-M60	4	47:31:00	04:44	47:26:00
220	454	FILIPE ABREU	ANDATRILHOS FREAMUNDE	m	209	VET-M40	42	47:32:00	04:44	47:26:00
221	452	MARIANA LEITÃO	ANDATRILHOS FREAMUNDE	f	12	SEN-F	10	47:32:00	04:44	47:24:00
222	21	FERNANDA GOMES	INDIVIDUAL	f	13	VET-F40	3	47:39:00	04:45	47:35:00
223	292	JOSÉ MIRANDA	INDIVIDUAL	m	210	SEN-M	98	47:43:00	04:44	47:29:00
224	322	JORGE ROCHA	BOLAS DE BERLIM	m	211	VET-M45	33	47:45:00	04:44	47:22:00
225	404	GILBERTO SANTOS	VALLE LONGUM RUNNERS	m	212	SEN-M	99	47:50:00	04:45	47:39:00
226	405	FERNANDO PORTILHO	VALLE LONGUM RUNNERS	m	213	SEN-M	100	47:50:00	04:45	47:39:00
227	389	JOÃO SILVA	INDIVIDUAL	m	214	SEN-M	101	47:51:00	04:45	47:33:00
228	368	VITOR NETO	HELIFLEX	m	215	VET-M40	43	47:54:00	04:45	47:37:00
229	371	ANTÓNIO SANTOS	INDIVIDUAL	m	216	VET-M45	34	47:57:00	04:46	47:49:00
230	33	JOANA TAVARES	NOKIA RUNNERS	f	14	SEN-F	11	47:58:00	04:46	47:44:00
231	494	RODRIGO SANTOS	INDIVIDUAL	m	217	VET-M40	44	47:59:00	04:46	47:42:00
232	608	NÁDIA SANTOS	RUNNING ESPINHO	f	15	SEN-F	12	48:03:00	04:48	48:00:00
233	113	JOSÉ MANUEL COSTA	MOLINHAS TEAM	m	218	VET-M50	24	48:05:00	04:48	48:02:00
234	260	JORGE RODRIGUES	INDIVIDUAL	m	219	VET-M40	45	48:08:00	04:46	47:48:00
235	519	PABLO FERREIRA	INDIVIDUAL	m	220	SEN-M	102	48:09:00	04:47	47:56:00
236	409	AMILCAR HENRIQUES	RECREIO DESP. DE ÁGUEDA	m	221	VET-M50	25	48:18:00	04:49	48:14:00
237	488	SARA SANTOS	SPORT CLUBE BEIRA-MAR	f	16	SEN-F	13	48:18:00	04:48	48:08:00
238	438	ANDRÉ NOVA	INDIVIDUAL	m	222	SEN-M	103	48:19:00	04:48	48:02:00
239	32	FILIPE DUARTE	INDIVIDUAL	m	223	SEN-M	104	48:28:00	04:50	48:20:00
240	40	NATÉRCIA SANTIAGO	NOKIA RUNNERS	f	17	VET-F40	4	48:28:00	04:49	48:14:00

Geral	Dorsal	Nome	Equipa	Sexo	Class.Sexo	Escalão	Class.Esc.	Tempo	RITMO	Chip
241	151	LUIS FIGUEIREDO	VIRIATHVS RUNNERS	m	224	VET-M50	26	48:30:00	04:50	48:20:00
242	143	RUI PIRES	VIRIATHVS RUNNERS VISEU	m	225	VET-M40	46	48:30:00	04:50	48:20:00
243	142	MARCO CUSTÓDIO	INDIVIDUAL	m	226	SEN-M	105	48:33:00	04:50	48:23:00
244	593	MÁRIO SILVA	RUNNING ESPINHO	m	227	VET-M45	35	48:34:00	04:51	48:30:00
245	548	RUI GOMES	INDIVIDUAL	m	228	SEN-M	106	48:34:00	04:49	48:18:00
246	18	PEDRO FERREIRA	INDIVIDUAL	m	229	VET-M40	47	48:34:00	04:49	48:11:00
247	556	FERNANDO LOPES	INDIVIDUAL	m	230	VET-M60	5	48:35:00	04:49	48:19:00
248	11	MANUEL TEIXEIRA	MANQUINHOS	m	231	VET-M55	12	48:39:00	04:51	48:31:00
249	10	ANDRÉ COIMBRA	MANQUINHOS	m	232	SEN-M	107	48:39:00	04:51	48:31:00
250	65	ALBERTO BRANCO	INDIVIDUAL	m	233	VET-M45	36	48:45:00	04:51	48:33:00
251	456	PAULO CALISTO	INDIVIDUAL	m	234	SEN-M	108	48:48:00	04:51	48:35:00
252	192	JORGE PESSOA	INDIVIDUAL	m	235	SEN-M	109	48:52:00	04:52	48:45:00
253	611	EDUARDO PINTO	RUNNING ESPINHO	m	236	VET-M40	48	48:56:00	04:53	48:51:00
254	408	FILIPE ALMEIDA	RECREIO DESP. DE ÁGUEDA	m	237	VET-M40	49	48:56:00	04:51	48:38:00
255	596	DAVID OLIVEIRA	RUNNING ESPINHO	m	238	VET-M40	50	48:59:00	04:53	48:54:00
256	560	ANTONIO BRANCO	CA OVAR / X5	m	239	VET-M60	6	49:02:00	04:53	48:55:00
257	482	RUI FARIA	ATHLETIC TURTLES	m	240	VET-M40	51	49:05:00	04:50	48:23:00
258	377	HERNÂNI AMARAL	ROYAL TEAM	m	241	VET-M60	7	49:06:00	04:52	48:48:00
259	155	NUNO QUINTANEIRO	INDIVIDUAL	m	242	SEN-M	110	49:07:00	04:52	48:48:00
260	378	EDUARDO FERREIRA	RUNNER'S DO DEMO	m	243	SEN-M	111	49:09:00	04:52	48:47:00
261	261	ANTÓNIO ALMEIDA	INDIVIDUAL	m	244	SEN-M	112	49:09:00	04:53	48:50:00
262	246	JOÃO MATIAS	INDIVIDUAL	m	245	SEN-M	113	49:10:00	04:53	48:51:00
263	435	MIGUEL MENDES	INDIVIDUAL	m	246	SEN-M	114	49:13:00	04:52	48:41:00
264	355	RICARDO ALMEIDA	ALTICE LABS	m	247	SEN-M	115	49:15:00	04:53	48:59:00
265	367	RUI ALVES	RAMALVES	m	248	VET-M45	37	49:20:00	04:55	49:13:00
266	451	SOFIA ABREU	ANDATRILHOS FREAMUNDE	f	18	SEN-F	14	49:20:00	04:55	49:12:00
267	625	JOÃO PINHO	INDIVIDUAL	m	249	SEN-M	116	49:20:00	04:53	48:51:00
268	348	NUNO SEIXAS	ALTICE LABS	m	250	SEN-M	117	49:25:00	04:54	49:06:00
269	331	FERNANDO PARENTE	ALTICE LABS	m	251	SEN-M	118	49:27:00	04:56	49:27:00
270	100	ANDRÉ CAMPOS	INDIVIDUAL	m	252	SEN-M	119	49:29:00	04:54	49:06:00
271	86	LUIS GOMES	INDIVIDUAL	m	253	SEN-M	120	49:31:00	04:54	49:01:00
272	118	PEDRO MARQUES	INDIVIDUAL	m	254	VET-M45	38	49:34:00	04:53	48:50:00
273	392	ANDRE FERNANDES	INDIVIDUAL	m	255	SEN-M	121	49:36:00	04:55	49:18:00
274	344	MIGUEL RAMOS MATOS	ALTICE LABS	m	256	SEN-M	122	49:36:00	04:56	49:21:00
275	341	MARCO BORGES	ALTICE LABS	m	257	SEN-M	123	49:37:00	04:55	49:11:00
276	135	LUÍS BASTIÃO	OS ALEATÓRIOS	m	258	SEN-M	124	49:37:00	04:54	49:03:00
277	210	DELFIN COSTA	ALBALOGIC	m	259	VET-M55	13	49:39:00	04:56	49:22:00
278	549	LUÍS SAMPAIO	CANIANOS	m	260	SEN-M	125	49:41:00	04:55	49:18:00
279	234	MARCIO JORGE	SOMOS PORTO	m	261	SEN-M	126	49:44:00	04:57	49:39:00
280	783	LEANDRO AMADOR	SPORT CLUBE BEIRA-MAR	m	262	SEN-M	127	49:44:00	04:56	49:23:00

Geral	Dorsal	Nome	Equipa	Sexo	Class.Sexo	Escalão	Class.Esc.	Tempo	RITMO	Chip
281	493	MIGUEL CUNHA	SPORT CLUBE BEIRA-MAR	m	263	SEN-M	128	49:44:00	04:56	49:23:00
282	332	FILIPE JOSÉ DELGADO	ALTICE LABS	m	264	SEN-M	129	49:48:00	04:57	49:30:00
283	17	LÍGIA CASIMIRO	CIRES RUNNING TEAM	f	19	VET-F40	5	49:49:00	04:57	49:38:00
284	183	VALTER JACINTO	G. D.ASSEMPARK	m	265	VET-M60	8	49:51:00	04:57	49:36:00
285	119	NUNO A VIEIRA	GYM BUDDIES	m	266	VET-M40	52	49:52:00	04:55	49:18:00
286	41	ANDRÉ TAVARES	NOKIA RUNNERS	m	267	SEN-M	130	49:58:00	04:58	49:43:00
287	516	PEDRO MAIA	INDIVIDUAL	m	268	SEN-M	131	50:00:00	04:56	49:29:00
288	499	MIGUEL MIRANDA	INDIVIDUAL	m	269	SEN-M	132	50:02:00	04:56	49:26:00
289	391	JOANA AGUIAR	INDIVIDUAL	f	20	SEN-F	15	50:07:00	04:58	49:49:00
290	617	ARLINDO SANTOS	DAR-RECARDAES	m	270	VET-M60	9	50:09:00	04:57	49:32:00
291	299	FIRMINO NOGUEIRA	CLUBE MILLENNIUM	m	271	VET-M50	27	50:09:00	05:00	50:02:00
292	618	PEDRO TAVARES	DAR-RECARDAES	m	272	VET-M50	28	50:09:00	04:57	49:32:00
293	248	CARLOS SILVA	INDIVIDUAL	m	273	VET-M50	29	50:11:00	04:59	49:53:00
294	16	JOÃO GRAÇA	ACRM SILVEIRINHA GRANDE C	m	274	VET-M60	10	50:11:00	05:00	50:07:00
295	152	EDUARDO RODRIGUEZ	INDIVIDUAL	m	275	VET-M40	53	50:12:00	04:58	49:46:00
296	457	ANTÓNIO MARQUES	INDIVIDUAL	m	276	VET-M45	39	50:15:00	05:01	50:11:00
297	629	LILIANA RIBEIRO	CROSSFIT AVEIRO	f	21	SEN-F	16	50:17:00	05:00	50:03:00
298	20	CARLA PATELA	INDIVIDUAL	f	22	SEN-F	17	50:18:00	05:01	50:13:00
299	255	PEDRO VIEIRA	INDIVIDUAL	m	277	SEN-M	133	50:23:00	04:58	49:41:00
300	182	PEDRO TAVARES	INDIVIDUAL	m	278	SEN-M	134	50:24:00	04:58	49:43:00
301	527	MARCO CORREIA	RIA STONE	m	279	SEN-M	135	50:27:00	05:01	50:12:00
302	301	PEDRO REISINHO	CLUBE MILLENNIUM	m	280	VET-M50	30	50:36:00	05:01	50:16:00
303	595	SANDRA FERREIRA	RUNNING ESPINHO	f	23	VET-F40	6	50:40:00	05:03	50:36:00
304	158	OTÍLIA PEDROSA	INDIVIDUAL	f	24	SEN-F	18	50:40:00	05:03	50:34:00
305	263	HUGO GONÇALVES	BRIGADA DO PNEU	m	281	SEN-M	136	50:41:00	05:01	50:12:00
306	781	VASCO AMARAL	INDIVIDUAL	m	282	SEN-M	137	50:41:00	05:01	50:12:00
307	381	AGOSTINHO FONTES	RUN TO BE ALIVE	m	283	VET-M55	14	50:45:00	05:02	50:28:00
308	75	CARLOS MARTINS	BOSCH TERMOTECNOLOGIA SA	m	284	VET-M50	31	50:46:00	05:03	50:35:00
309	774	FREDERICO ANGERA	CCD-RENAULT - CACIA	m	285	VET-M40	54	50:55:00	05:03	50:36:00
310	398	CARLA RODRIGUES	SIROCO	f	25	SEN-F	19	50:55:00	05:03	50:31:00
311	316	ALBANO TORRES	INDIVIDUAL	m	286	VET-M50	32	50:59:00	05:04	50:47:00
312	178	MARQUES NELSSON	ACRM SILVEIRINHA GRANDE C	m	287	SEN-M	138	51:00:00	05:05	50:57:00
313	473	JOSÉ SILVA	RUNNING ESPINHO	m	288	VET-M40	55	51:03:00	05:05	50:57:00
314	562	PEDRO VICENTE	INDIVIDUAL	m	289	VET-M50	33	51:06:00	05:04	50:48:00
315	624	TIAGO SANTOS	INDIVIDUAL	m	290	SEN-M	139	51:07:00	05:04	50:43:00
316	204	OLIVEIRA SOUSA	CSP ARADAS	m	291	VET-M50	34	51:12:00	05:05	50:58:00
317	530	LUÍS SILVA	RIA STONE	m	292	SEN-M	140	51:14:00	05:06	51:00:00
318	786	PAULO PIRES	RIA STONE	m	293	VET-M45	40	51:15:00	05:06	51:00:00
319	471	ALZIRA BARROS	VIRIATHVS RUNNERS VISEU	f	26	VET-F40	7	51:16:00	05:05	50:56:00
320	470	PAULO FERNANDES	VIRIATHVS RUNNERS VISEU	m	294	VET-M50	35	51:16:00	05:05	50:57:00

Geral	Dorsal	Nome	Equipa	Sexo	Class.Sexo	Escalão	Class.Esc.	Tempo	RITMO	Chip
321	546	ALCINO PATOILLO	CCD-RENAULT - CACIA	m	295	VET-M45	41	51:17:00	05:04	50:43:00
322	776	FRANCISCO LAMAS	CCD-RENAULT - CACIA	m	296	VET-M40	56	51:17:00	05:06	51:04:00
323	775	NUNO RIBEIRO	CCD-RENAULT - CACIA	m	297	SEN-M	141	51:18:00	05:06	51:05:00
324	588	CARLOS SILVA	RUNNING ESPINHO	m	298	VET-M50	36	51:21:00	05:07	51:10:00
325	537	NUNO MIGUEL FONTES	INDIVIDUAL	m	299	SEN-M	142	51:29:00	05:06	51:09:00
326	58	ISABEL RIBAU	ÉPICOS	f	27	VET-F40	8	51:33:00	05:05	50:59:00
327	181	MANUEL MARTINS	CLUBE NORTADA AVENTURA	m	300	VET-M40	57	51:34:00	05:07	51:16:00
328	190	ROGÉRIO RIBEIRO	INDIVIDUAL	m	301	VET-M40	58	51:35:00	05:08	51:24:00
329	357	ROGER SALGADO	ALTICE LABS	m	302	VET-M40	59	51:36:00	05:08	51:26:00
330	56	JOÃO SARDO	ÉPICOS	m	303	VET-M60	11	51:38:00	05:06	51:05:00
331	635	JOSÉ RIBA	X5 HEALTH CLUB	m	304	VET-M50	37	51:38:00	05:08	51:29:00
332	444	ANABELA LEITE	INDIVIDUAL	f	28	VET-F40	9	51:40:00	05:09	51:30:00
333	353	PEDRO CASTRO	ALTICE LABS	m	305	SEN-M	143	51:41:00	05:06	51:06:00
334	345	MIGUEL ÂNGELO MIRANDA	ALTICE LABS	m	306	SEN-M	144	51:51:00	05:06	51:03:00
335	403	GABRIELA SILVA	VALLE LONGUM RUNNERS	f	29	SEN-F	20	51:53:00	05:10	51:43:00
336	375	NUNO CRUZ	OVERMOTOR RUNNING	m	307	VET-M40	60	51:54:00	05:08	51:25:00
337	92	CARLOS SIMOES	INDIVIDUAL	m	308	SEN-M	145	51:56:00	05:11	51:51:00
338	88	ANTÓNIO BARBOSA	INDIVIDUAL	m	309	VET-M45	42	51:57:00	05:08	51:23:00
339	111	MARIA ISABEL PEREIRA	INDIVIDUAL	f	30	SEN-F	21	52:00:00	05:11	51:58:00
340	251	PEDRO FERREIRA	INDIVIDUAL	m	310	SEN-M	146	52:00:00	05:08	51:29:00
341	208	ANTÓNIO RAMOS	CSP ARADAS	m	311	VET-M55	15	52:03:00	05:10	51:48:00
342	62	ANTONIO LOUREIRO	INDIVIDUAL	m	312	SEN-M	147	52:05:00	05:08	51:28:00
343	632	ELISABETE REPAS	GAIA—RUNNING	f	31	VET-F50	1	52:09:00	05:09	51:34:00
344	64	RUI JORGE FERREIRA	INDIVIDUAL	m	313	VET-M45	43	52:12:00	05:12	52:07:00
345	500	JORGE ACÚRCIO	RUN FOREST RUN	m	314	SEN-M	148	52:12:00	05:09	51:37:00
346	644	CORDEIRO ALDA	Lá de casa	m	315	VET-M45	44	52:13:00	05:13	52:12:00
347	228	CELESTE MOREIRA	INDIVIDUAL	f	32	VET-F40	10	52:14:00	05:12	52:08:00
348	449	ISABEL ENES	CIRES RUNNING TEAM	f	33	VET-F40	11	52:18:00	05:12	52:08:00
349	636	ANDRÉ ANDRADE	A BÉ E O ZÉ	m	316	SEN-M	149	52:20:00	05:13	52:13:00
350	201	ANDRÉ PINTO	INDIVIDUAL	m	317	SEN-M	150	52:22:00	05:12	52:00:00
351	769	JOÃO GONÇALVES	CCD-RENAULT - CACIA	m	318	VET-M40	61	52:22:00	05:11	51:51:00
352	545	RICARDO SILVA	CCD-RENAULT - CACIA	m	319	SEN-M	151	52:22:00	05:11	51:55:00
353	386	PAULO CAPUCHO	RQUEZAS	m	320	SEN-M	152	52:23:00	05:09	51:37:00
354	6	CARLOS BARROSO	INDIVIDUAL	m	321	VET-M50	38	52:25:00	05:13	52:16:00
355	317	PEDRO MIRANDA	INDIVIDUAL	m	322	VET-M40	62	52:26:00	05:13	52:14:00
356	328	NUNO PIRES	ALTICE LABS	m	323	SEN-M	153	52:29:00	05:12	52:03:00
357	306	EMÍDIO SILVA	CLUBE MILLENNIUM	m	324	VET-M60	12	52:29:00	05:11	51:55:00
358	253	NUNO ABRANTES	INDIVIDUAL	m	325	SEN-M	154	52:31:00	05:12	52:09:00
359	283	MARIA SOARES	100LIMITES	f	34	VET-F40	12	52:32:00	05:11	51:57:00
360	631	ANA COELHO	GAIA RUNNING	f	35	SEN-F	22	52:36:00	05:11	51:59:00

Geral	Dorsal	Nome	Equipa	Sexo	Class.Sexo	Escalão	Class.Esc.	Tempo	RITMO	Chip
361	314	BRUNO TAVARES	FOGAÇA MALAPO	m	326	SEN-M	155	52:36:00	05:15	52:30:00
362	633	RUI RODRIGUES	GAIA RUNNING	m	327	VET-M40	63	52:36:00	05:12	52:00:00
363	475	DIOGO OLIVEIRA	RUNNING ESPINHO	m	328	VET-M40	64	52:38:00	05:14	52:25:00
364	773	PEDRO MARTINS	CCD-RENAULT - CACIA	m	329	VET-M40	65	52:49:00	05:13	52:17:00
365	206	HÉLDER MACHADO	CSP ARADAS	m	330	VET-M45	45	52:50:00	05:15	52:34:00
366	552	ANTONIO TAFULA	INDIVIDUAL	m	331	VET-M60	13	52:52:00	05:16	52:43:00
367	207	JC FRAGA	CSP ARADAS	m	332	VET-M40	66	52:53:00	05:15	52:39:00
368	437	CÁTIA COELHO	INDIVIDUAL	f	36	SEN-F	23	53:02:00	05:15	52:37:00
369	337	JOÃO LUÍS BIO	ALTICE LABS	m	333	SEN-M	156	53:10:00	05:16	52:41:00
370	461	FERNANDO SILVA	INDIVIDUAL	m	334	VET-M55	16	53:12:00	05:18	53:08:00
371	141	FILOMENA SANTOS	MOLINHAS TEAM	f	37	VET-F50	2	53:14:00	05:18	53:04:00
372	194	MÁRIO TORRÃO	INDIVIDUAL	m	335	VET-M40	67	53:14:00	05:17	52:59:00
373	223	PEDRO MENDES	INDIVIDUAL	m	336	SEN-M	157	53:15:00	05:16	52:48:00
374	36	GASPAR DIAS	NOKIA RUNNERS	m	337	SEN-M	158	53:16:00	05:17	52:53:00
375	528	NÁDIA RODRIGUES	RIA STONE	f	38	SEN-F	24	53:19:00	05:18	53:06:00
376	356	RICARDO FERREIRA	ALTICE LABS	m	338	SEN-M	159	53:20:00	05:16	52:48:00
377	290	EVARISTO NEVES	NEEDMORESPEED	m	339	VET-M40	68	53:20:00	05:18	53:05:00
378	12	FERNANDO TEIXEIRA	MANQUINHOS	m	340	VET-M60	14	53:28:00	05:19	53:19:00
379	512	ORLANDO SANTOS	INDIVIDUAL	m	341	SEN-M	160	53:31:00	05:18	53:06:00
380	294	GORETE MOREIRA	INDIVIDUAL	f	39	SEN-F	25	53:33:00	05:20	53:24:00
381	318	PAULO MENEZES	INDIVIDUAL	m	342	SEN-M	161	53:34:00	05:20	53:22:00
382	459	SUSANA CARVALHO	INDIVIDUAL	f	40	SEN-F	26	53:36:00	05:19	53:17:00
383	458	PEDRO CONDE	INDIVIDUAL	m	343	VET-M45	46	53:36:00	05:19	53:16:00
384	123	PEDRO GALHANO	RUNWINE	m	344	SEN-M	162	53:40:00	05:17	52:58:00
385	122	HELDER CUNHA	RUNWINE	m	345	SEN-M	163	53:40:00	05:18	53:00:00
386	217	MARCO MORGADO	INDIVIDUAL	m	346	SEN-M	164	53:44:00	05:21	53:38:00
387	524	TIAGO SOUSA	INDIVIDUAL	m	347	SEN-M	165	53:55:00	05:21	53:32:00
388	76	BRUNO SILVA	BOSCH TERMOTECNOLOGIA SA	m	348	SEN-M	166	53:59:00	05:22	53:47:00
389	518	BRUNO RIBEIRO	INDIVIDUAL	m	349	SEN-M	167	54:00:00	05:22	53:48:00
390	465	PEDRO PEREIRA	INDIVIDUAL	m	350	SEN-M	168	54:03:00	05:22	53:44:00
391	622	CARLOS CEU	INDIVIDUAL	m	351	VET-M50	39	54:04:00	05:23	53:53:00
392	109	LUIS FERREIRA	INDIVIDUAL	m	352	VET-M50	40	54:04:00	05:23	53:53:00
393	358	SÉRGIO PINTO PIRES	ALTICE LABS	m	353	SEN-M	169	54:05:00	05:22	53:40:00
394	506	PEDRO NEVES	INDIVIDUAL	m	354	VET-M40	69	54:08:00	05:23	53:55:00
395	327	BRUNO LAGARINHOS	ALTICE LABS	m	355	SEN-M	170	54:10:00	05:23	53:53:00
396	7	VITOR CARDOSO	ATLÉTICO DA MADALENA	m	356	VET-M50	41	54:10:00	05:22	53:48:00
397	285	MAURO REBELO	SOLEBER	m	357	VET-M40	70	54:15:00	05:21	53:37:00
398	480	JOSÉ TAVARES	INDIVIDUAL	m	358	VET-M60	15	54:17:00	05:23	53:57:00
399	346	MÁRIO JORGE SILVA	ALTICE LABS	m	359	SEN-M	171	54:17:00	03:15	32:32:00
400	134	JENIFFER JESUS	OS ALEATÓRIOS	f	41	SEN-F	27	54:20:00	05:22	53:47:00

Geral	Dorsal	Nome	Equipa	Sexo	Class.Sexo	Escalão	Class.Esc.	Tempo	RITMO	Chip
401	307	MARIA NEVES	NEEDMORESPEED	f	42	VET-F40	13	54:27:00	05:25	54:13:00
402	354	RICARDO FILIPE NASCIMENTO	ALTICE LABS	m	360	SEN-M	172	54:31:00	05:22	53:43:00
403	336	JOÃO ANDRÉ CÉSAR	ALTICE LABS	m	361	SEN-M	173	54:32:00	05:24	54:06:00
404	77	TATIANA OLIVEIRA	BOSCH TERMOTECNOLOGIA SA	f	43	SEN-F	28	54:33:00	05:26	54:27:00
405	170	EDUARDA VINAGRE	INDIVIDUAL	f	44	VET-F40	14	54:34:00	05:26	54:28:00
406	417	SÉRGIO LAGOELA	NOKIA RUNNERS	m	362	VET-M40	71	54:35:00	05:25	54:19:00
407	226	HUGO VALQUARESMA	INDIVIDUAL	m	363	SEN-M	174	54:45:00	05:26	54:24:00
408	780	JOSE VAZ	INDIVIDUAL	m	364	SEN-M	175	54:46:00	05:25	54:15:00
409	237	PAULO PEREIRA	INDIVIDUAL	m	365	VET-M50	42	54:46:00	05:25	54:16:00
410	80	RICARDO BOTELHO	BOSCH TERMOTECNOLOGIA SA	m	366	SEN-M	176	54:55:00	05:27	54:36:00
411	525	JOSÉ CARVALHO	INDIVIDUAL	m	367	VET-M40	72	54:56:00	05:27	54:31:00
412	603	ROSA COUTO	RUNNING ESPINHO	f	45	VET-F40	15	55:03:00	05:29	54:59:00
413	770	JOAO BATISTA	CCD-RENAULT - CACIA	m	368	SEN-M	177	55:14:00	05:30	55:01:00
414	771	RENATO MOEDAS	CCD-RENAULT - CACIA	m	369	VET-M40	73	55:14:00	05:30	55:02:00
415	533	ELIZABETE PATAÇO	INDIVIDUAL	f	46	VET-F40	16	55:17:00	05:30	55:08:00
416	49	AMILCAR COVELO	INDIVIDUAL	m	370	VET-M50	43	55:18:00	05:29	54:52:00
417	281	LUÍS LIMA	GOPINHOS MIMELHOS	m	371	SEN-M	178	55:28:00	05:29	54:50:00
418	176	ADELAIDE DUARTE	NAC	f	47	SEN-F	29	55:35:00	05:32	55:26:00
419	538	ANA PIRES	RUNFORESTRUN	f	48	SEN-F	30	55:41:00	05:33	55:35:00
420	600	PAULO LADEIRA	RUNNING ESPINHO	m	372	VET-M45	47	55:48:00	05:34	55:43:00
421	445	ARCELINA MARTINHO	INDIVIDUAL	f	49	VET-F40	17	55:49:00	05:34	55:42:00
422	162	ANTÓNIO TEIXEIRA	INDIVIDUAL	m	373	VET-M45	48	55:53:00	05:32	55:25:00
423	98	MARTA PEREIRA	INDIVIDUAL	f	50	SEN-F	31	55:55:00	05:34	55:46:00
424	324	ANTÓNIO VALENTE	ALTICE LABS	m	374	SEN-M	179	55:58:00	05:33	55:34:00
425	334	JOSÉ FILIPE DIAS REGO	ALTICE LABS	m	375	SEN-M	180	56:03:00	05:33	55:37:00
426	116	MARIA CLEMENCIO	INDIVIDUAL	f	51	VET-F50	3	56:07:00	05:35	55:52:00
427	460	HÉLIO GONÇALVES	SOLZAIMA	m	376	SEN-M	181	56:10:00	05:33	55:34:00
428	621	HELIANA SÁ	X5 HEALTH CLUB	f	52	SEN-F	32	56:12:00	05:36	56:02:00
429	127	ADRIANO SANTOS	ADREQUEIXO	m	377	SEN-M	182	56:12:00	05:31	55:18:00
430	63	MARTA LOUREIRO	INDIVIDUAL	f	53	SEN-F	33	56:14:00	05:33	55:37:00
431	326	BRUNO MARQUES SILVA	ALTICE LABS	m	378	SEN-M	183	56:15:00	05:35	55:59:00
432	464	ANA BANDEIRA	INDIVIDUAL	f	54	SEN-F	34	56:22:00	05:36	56:03:00
433	553	RENATA BEÇA	INDIVIDUAL	f	55	SEN-F	35	56:22:00	05:36	56:03:00
434	264	AGOSTINHO GOMES	INDIVIDUAL	m	379	VET-M55	17	56:25:00	05:34	55:49:00
435	231	MARGARIDA GONÇALVES	INDIVIDUAL	f	56	SEN-F	36	56:27:00	05:36	56:04:00
436	416	PAULO REGUENGA	INDIVIDUAL	m	380	SEN-M	184	56:30:00	05:37	56:13:00
437	52	PATRÍCIA FERREIRA	ÉPICOS	f	57	SEN-F	37	56:37:00	05:36	56:05:00
438	479	MANUEL CARVALHO	INDIVIDUAL	m	381	VET-M60	16	56:38:00	05:36	56:07:00
439	312	SILVINA FÉLIX	INDIVIDUAL	f	58	VET-F40	18	56:47:00	05:38	56:21:00
440	477	ALBANO LOUREIRO	INDIVIDUAL	m	382	VET-M45	49	56:50:00	05:38	56:22:00

Geral	Dorsal	Nome	Equipa	Sexo	Class.Sexo	Escalão	Class.Esc.	Tempo	RITMO	Chip
441	532	JOÃO BALDAIA	INDIVIDUAL	m	383	SEN-M	185	56:58:00	05:40	56:45:00
442	534	MANUEL MELO	INDIVIDUAL	m	384	VET-M40	74	56:59:00	05:40	56:45:00
443	284	ANA PAIVA	INDIVIDUAL	f	59	SEN-F	38	56:59:00	05:38	56:24:00
444	93	ALEXANDRA PINHO	INDIVIDUAL	f	60	VET-F40	19	57:10:00	05:39	56:33:00
445	274	NUNO DIAS	INDIVIDUAL	m	385	SEN-M	186	57:12:00	05:40	56:49:00
446	333	GONÇALO PEREIRA	ALTICE LABS	m	386	SEN-M	187	57:13:00	05:40	56:47:00
447	173	LUÍS CASTRO	DEIXA ANDAR	m	387	VET-M40	75	57:13:00	05:41	56:53:00
448	213	NUNO FERNANDES	RISE AND RISE AGAIN	m	388	SEN-M	188	57:22:00	05:43	57:15:00
449	43	CHRISTOPHER GUIMARAENS	DOGS BOLLOCKS	m	389	VET-M45	50	57:23:00	05:43	57:12:00
450	597	VERA ROCHA	RUNNING ESPINHO	f	61	VET-F40	20	57:27:00	05:44	57:24:00
451	193	VANESSA SANTOS	INDIVIDUAL	f	62	SEN-F	39	57:27:00	05:43	57:16:00
452	315	ANDRÉ PEREIRA	INDIVIDUAL	m	390	SEN-M	189	57:33:00	05:41	56:54:00
453	297	ELISABETE MATOS	INDIVIDUAL	f	63	VET-F40	21	57:35:00	05:42	57:09:00
454	169	ANA SOFIA QUEIRÓS	INDIVIDUAL	f	64	SEN-F	40	57:40:00	05:43	57:13:00
455	382	RUI DE ALMEIDA	INDIVIDUAL	m	391	SEN-M	190	57:46:00	05:44	57:21:00
456	295	ANA RAQUEL SANTOS	INDIVIDUAL	f	65	SEN-F	41	57:46:00	05:44	57:21:00
457	147	JOÃO BASTOS	BOSCH TERMOTECNOLOGIA SA	m	392	VET-M40	76	57:59:00	05:46	57:44:00
458	161	MARGARIDA VASCONCELOS	INDIVIDUAL	f	66	VET-F40	22	58:02:00	05:47	57:54:00
459	187	VITOR MAIA	INDIVIDUAL	m	393	VET-M45	51	58:02:00	05:46	57:40:00
460	209	JORGE MARTINS	CMCVLC	m	394	VET-M60	17	58:07:00	05:46	57:49:00
461	279	ANDRÉ GONÇALVES	GOPINHOS MIMELHOS	m	395	SEN-M	191	58:13:00	05:45	57:35:00
462	782	ANGELA ALMEIDA	INDIVIDUAL	f	67	SEN-F	42	58:15:00	05:45	57:38:00
463	551	GRAÇA BASTARDO	INDIVIDUAL	f	68	VET-F50	4	58:18:00	05:48	58:02:00
464	120	TERESA HONÓRIO	INDIVIDUAL	f	69	VET-F50	5	58:19:00	05:48	58:03:00
465	128	PAULO PIMENTEL	INDIVIDUAL	m	396	VET-M45	52	58:19:00	05:48	58:03:00
466	384	MARIA TAVARES	RIQUEZAS	f	70	VET-F40	23	58:30:00	05:46	57:47:00
467	463	EDUARDA GONÇALVES	INDIVIDUAL	f	71	SEN-F	43	58:33:00	05:48	58:04:00
468	462	SOFIA GUERRA	INDIVIDUAL	f	72	VET-F40	24	58:34:00	05:48	58:05:00
469	413	ANTÓNIO MOITALTA	INDIVIDUAL	m	397	VET-M50	44	58:39:00	05:48	58:01:00
470	414	PAULO LOUSADA	INDIVIDUAL	m	398	VET-M50	45	58:39:00	05:48	58:01:00
471	197	HUGO DIAS	INDIVIDUAL	m	399	SEN-M	192	58:53:00	05:50	58:23:00
472	198	DENISE ADELINO	INDIVIDUAL	f	73	SEN-F	44	58:53:00	05:50	58:24:00
473	351	PAULO JORGE OLIVEIRA	ALTICE LABS	m	400	SEN-M	193	58:54:00	05:52	58:44:00
474	105	TIAGO NUNES	INDIVIDUAL	m	401	VET-M40	77	59:06:00	05:53	58:50:00
475	256	TERESA AMORIM	INDIVIDUAL	f	74	SEN-F	45	59:14:00	05:51	58:32:00
476	420	NELSON DE OLIVEIRA	INDIVIDUAL	m	402	SEN-M	194	59:15:00	05:51	58:32:00
477	591	CARLA MAGALHÃES	RUNNING ESPINHO	f	75	SEN-F	46	59:21:00	05:55	59:17:00
478	38	LUÍS CARTA	NOKIA RUNNERS	m	403	SEN-M	195	59:25:00	05:54	59:03:00
479	427	DÉBORA VIEIRA	INDIVIDUAL	f	76	SEN-F	47	59:51:00	05:57	59:35:00
480	566	BRUNO FONTOURA	RI10	m	404	SEN-M	196	01:00:02	05:53	58:52:00

Geral	Dorsal	Nome	Equipa	Sexo	Class.Sexo	Escalão	Class.Esc.	Tempo	RITMO	Chip
481	567	PEDRO MARQUES	RI10	m	405	SEN-M	197	01:00:02	05:53	58:52:00
482	585	ANDRÉ FERREIRA	RI10	m	406	SEN-M	198	01:00:05	05:53	58:55:00
483	570	OLEG CEBAN	RI10	m	407	SEN-M	199	01:00:05	05:53	58:55:00
484	568	MARCO BASTOS	RI10	m	408	SEN-M	200	01:00:05	05:53	58:55:00
485	580	FILIPE SANTOS	RI10	m	409	SEN-M	201	01:00:06	05:53	58:55:00
486	587	CARLOS ROCHA	RI10	m	410	SEN-M	202	01:00:07	05:53	58:56:00
487	573	MICHAEL FERNANDES	RI10	m	411	SEN-M	203	01:00:07	05:53	58:56:00
488	572	LEONARDO LEITE	RI10	m	412	SEN-M	204	01:00:07	05:53	58:57:00
489	584	BRUNO SOUSA	RI10	m	413	SEN-M	205	01:00:07	05:53	58:57:00
490	569	JORGE SANTOS	RI10	m	414	SEN-M	206	01:00:09	05:53	58:58:00
491	574	ANDRE CRUZ	RI10	m	415	SEN-M	207	01:00:09	05:53	58:58:00
492	577	LUIS LOURENÇO	RI10	m	416	SEN-M	208	01:00:09	05:53	58:57:00
493	575	RUBEN MONTEIRO	RI10	m	417	SEN-M	209	01:00:09	05:53	58:57:00
494	578	JOÃO FILIPE CORREIA	RI10	m	418	SEN-M	210	01:00:09	05:53	58:58:00
495	576	JORGE ALMEIDA	RI10	m	419	SEN-M	211	01:00:10	05:53	58:58:00
496	564	JORGE MOTA	RI10	m	420	SEN-M	212	01:00:10	05:54	59:02:00
497	582	CARLOS ALMEIDA	RI10	m	421	SEN-M	213	01:00:12	05:54	59:00:00
498	579	IVO SILVA	RI10	m	422	SEN-M	214	01:00:12	05:54	59:00:00
499	581	TIAGO SAMPAIO	RI10	m	423	SEN-M	215	01:00:12	05:54	59:00:00
500	313	MÓNICA VÁLEGA	INDIVIDUAL	f	77	VET-F40	25	01:00:14	05:58	59:48:00
501	282	CARLOS LOPES	CORRERIA	m	424	VET-M40	78	01:00:17	06:01	01:00:10
502	628	FRANCISCO CALDAS	INDIVIDUAL	m	425	VET-M40	79	01:00:18	05:59	59:54:00
503	627	JOSÉ PINHO	INDIVIDUAL	m	426	VET-M45	53	01:00:18	05:59	59:54:00
504	361	MARIA ANTÓNIA FERREIRA	ALTICE LABS	f	78	VET-F50	6	01:00:37	06:00	01:00:06
505	520	CARLOS SOARES	INDIVIDUAL	m	427	VET-M40	80	01:00:38	06:00	01:00:04
506	498	SANDRA SÁ	INDIVIDUAL	f	79	SEN-F	48	01:00:38	06:00	01:00:05
507	772	RODOLFO FERREIRA	CCD-RENAULT - CACIA	m	428	SEN-M	216	01:00:46	06:01	01:00:13
508	145	FILIPE PINTO	BOSCH TERMOTECNOLOGIA SA	m	429	SEN-M	217	01:00:49	06:03	01:00:37
509	305	RUI RODRIGUES	CLUBE MILLENNIUM	m	430	VET-M45	54	01:00:50	06:01	01:00:11
510	57	VITOR NETO	ÉPICOS	m	431	VET-M50	46	01:01:38	06:06	01:01:05
511	481	JOANA REIS	ATHLETIC TURTLES	f	80	SEN-F	49	01:01:38	06:05	01:00:56
512	277	JOÃO RODRIGUES	INDIVIDUAL	m	432	SEN-M	218	01:01:38	06:07	01:01:10
513	78	ANABELA VENDEIRO	BOSCH TERMOTECNOLOGIA SA	f	81	SEN-F	50	01:01:40	06:06	01:01:05
514	79	JORGE JESUS	BOSCH TERMOTECNOLOGIA SA	m	433	VET-M50	47	01:01:40	06:06	01:01:03
515	112	ELSA MOTA	MOLINHAS TEAM	f	82	VET-F40	26	01:02:02	06:11	01:01:55
516	115	ISABEL LOURENÇO	MOLINHAS TEAM	f	83	VET-F40	27	01:02:03	06:11	01:01:56
517	502	FRANKLIN JÚNIOR	INDIVIDUAL	m	434	SEN-M	219	01:02:07	06:11	01:01:55
518	521	ANTÓNIO OLIVEIRA	AMIGOS PARQUE AVEIRO	m	435	VET-M60	18	01:02:32	06:11	01:01:57
519	180	SÓNIA MAMEDE	INDIVIDUAL	f	84	SEN-F	51	01:02:34	06:15	01:02:30
520	51	ALBERTINA FERNANDES	ÉPICOS	f	85	VET-F50	7	01:02:41	06:12	01:02:09

Geral	Dorsal	Nome	Equipa	Sexo	Class.Sexo	Escalão	Class.Esc.	Tempo	RITMO	Chip
521	39	DANIELA BRITES	NOKIA RUNNERS	f	86	SEN-F	52	01:02:42	06:14	01:02:28
522	270	PATRÍCIA CASTRO	INDIVIDUAL	f	87	VET-F40	28	01:02:44	06:15	01:02:36
523	300	RUI MARTINS	CLUBE MILLENNIUM	m	436	VET-M50	48	01:02:54	06:13	01:02:16
524	609	MARIA ALEIXO	RUNNING ESPINHO	f	88	VET-F40	29	01:03:12	06:18	01:03:08
525	529	SUSANA BRANCO	RIA STONE	f	89	VET-F40	30	01:03:14	06:18	01:03:00
526	339	DIOGO DIAS	ALTICE LABS	m	437	SEN-M	220	01:03:15	06:16	01:02:40
527	202	RUI GUEDES	INDIVIDUAL	m	438	SEN-M	221	01:03:56	06:20	01:03:23
528	203	HELENA SILVA	INDIVIDUAL	f	90	SEN-F	53	01:03:56	06:20	01:03:24
529	340	MARCO JERÓNIMO	ALTICE LABS	m	439	SEN-M	222	01:04:14	06:22	01:03:40
530	513	CLÁUDIA NEVES	INDIVIDUAL	f	91	SEN-F	54	01:04:14	06:23	01:03:50
531	262	CATARINA LOPES	KO TRAIL RUNNING	f	92	SEN-F	55	01:04:14	06:24	01:04:01
532	467	JÉSSICA ESTRELA	INDIVIDUAL	f	93	SEN-F	56	01:04:29	06:22	01:03:48
533	383	JOANA LEMOS	RIQUEZAS	f	94	VET-F40	31	01:04:32	06:22	01:03:47
534	474	INÊS RESENDE	RUNNING ESPINHO	f	95	SEN-F	57	01:04:34	06:27	01:04:31
535	478	JOSÉ COSTA	INDIVIDUAL	m	440	SEN-M	223	01:05:19	06:28	01:04:47
536	373	ANA CUNHA	INDIVIDUAL	f	96	VET-F40	32	01:05:21	06:30	01:05:09
537	374	MARIA JOÃO PINHO	INDIVIDUAL	f	97	VET-F40	33	01:05:22	06:30	01:05:09
538	504	JOANA MAIA	INDIVIDUAL	f	98	SEN-F	58	01:05:28	06:29	01:04:58
539	399	SANDRA SANTOS	SIROCO	f	99	VET-F40	34	01:05:31	06:30	01:05:07
540	517	FILIPE MOTA	INDIVIDUAL	m	441	SEN-M	224	01:06:41	06:38	01:06:29
541	415	LILIANA ALVES	INDIVIDUAL	f	100	SEN-F	59	01:06:53	06:39	01:06:34
542	160	PEDRO NUNO SILVA	INDIVIDUAL	m	442	SEN-M	225	01:07:02	06:39	01:06:35
543	289	RUI NEVES	NEEDMORESPEED	m	443	VET-M40	81	01:07:02	06:39	01:06:34
544	447	JOÃO COSTA	AMIGOS PARQUE AVEIRO	m	444	VET-M60	19	01:07:12	06:41	01:06:53
545	114	REGINA MOTA	MOLINHAS TEAM	f	101	VET-F40	35	01:07:12	06:42	01:07:05
546	302	MARIA FOLQUES	CLUBE MILLENNIUM	f	102	VET-F40	36	01:07:22	06:42	01:07:02
547	216	DIANA SANTOS	INDIVIDUAL	f	103	SEN-F	60	01:07:38	06:44	01:07:28
548	387	CRISTINA CARDOSO	RIQUEZAS	f	104	VET-F40	37	01:08:52	06:48	01:08:06
549	430	MARCO AGUIAR	INDIVIDUAL	m	445	SEN-M	226	01:09:01	06:49	01:08:19
550	526	JÚLIO COSTA	INDIVIDUAL	m	446	SEN-M	227	01:09:01	06:51	01:08:37
551	365	ANA MOREIRA	INDIVIDUAL	f	105	SEN-F	61	01:09:20	06:55	01:09:10
552	448	FERNANDO BRÁS	AMIGOS PARQUE AVEIRO	m	447	VET-M60	20	01:09:20	06:54	01:09:05
553	342	MARTA SOFIA ESTEVES	ALTICE LABS	f	106	SEN-F	62	01:09:46	06:55	01:09:16
554	329	CRISTINA JOÃO PIRES	ALTICE LABS	f	107	SEN-F	63	01:09:46	06:55	01:09:16
555	468	JOSÉ MONTEIRO	INDIVIDUAL	m	448	SEN-M	228	01:09:46	06:55	01:09:15
556	153	IGNACIO RODRIGUEZ	INDIVIDUAL	m	449	SEN-M	229	01:09:48	06:56	01:09:21
557	509	PEDRO OLIVEIRA	INDIVIDUAL	m	450	SEN-M	230	01:09:57	06:55	01:09:14
558	434	CARMEN SOBRINHO	INDIVIDUAL	f	108	SEN-F	64	01:10:11	06:59	01:09:54
559	363	PAULA CORREIA	INDIVIDUAL	f	109	VET-F40	38	01:10:17	06:57	01:09:36
560	364	RICARDO RAMISIO	INDIVIDUAL	m	451	SEN-M	231	01:10:17	06:57	01:09:36

Geral	Dorsal	Nome	Equipa	Sexo	Class.Sexo	Escalão	Class.Esc.	Tempo	RITMO	Chip
561	637	SOFIA CAVACO	A BÉ E O ZÉ	f	110	SEN-F	65	01:10:34	07:02	01:10:28
562	104	ANA ROCHA	INDIVIDUAL	f	111	SEN-F	66	01:10:42	06:51	01:08:35
563	323	MARCIA CABRAL	KO TRAIL RUNNING	f	112	SEN-F	67	01:10:57	07:05	01:10:53
564	215	REGINA MARVÃO	INDIVIDUAL	f	113	SEN-F	68	01:11:33	07:05	01:10:53
565	385	ELSA PEREIRA	RIQUEZAS	f	114	SEN-F	69	01:11:41	07:05	01:10:56
566	124	ANA REIS	RUNWINE	f	115	SEN-F	70	01:18:35	07:47	01:17:53
567	431	ANA SILVA	RUNWINE	f	116	SEN-F	71	01:18:35	07:47	01:17:53
568	278	RICARDO TAVARES	INDIVIDUAL	m	452	SEN-M	232	01:22:26	08:12	01:22:03
	531	TIAGO BOTELHO	RIA STONE	m	-1	SEN-M	-1	DSQ		
	291	DIOGO FERREIRA	NEEDMORESPEED	m	453	SEN-M	233	DSQ	03:42	37:06:00
	229	MARIA LUZ ALMEIDA	INDIVIDUAL	f	117	VET-F50	8	DSQ	04:21	43:37:00