

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo
1.	511	TIAGO MADUREIRA	ACR SRA DO DESTERRO-NAPO	1	SEN M	1	32:55:00	<b>32:55:00</b>
2.	264	ROGÉRIO BESSA	JOBRA	2	SEN M	2	33:00:00	<b>33:00:00</b>
3.	402	CARLOS NUNES	CASA DO POVO DE MANGUALDE	3	VET M35	1	33:54:00	<b>33:54:00</b>
4.	380	JOÃO TOSCANO	ACR SRA DO DESTERRO-NAPO	4	JUN M	1	34:08:00	<b>34:08:00</b>
5.	233	PEDRO BASTOS	INDIVIDUAL	5	SEN M	3	34:09:00	<b>34:09:00</b>
6.	291	FÁBIO CORREIA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	6	SEN M	4	34:34:00	<b>34:34:00</b>
7.	382	NUNO PINHO	NA CUCUJÃES	7	VET M35	2	34:37:00	<b>34:37:00</b>
8.	385	SÉRGIO LOPES	INDIVIDUAL	8	VET M35	3	35:31:00	<b>35:31:00</b>
9.	1	CARLA MARTINHO	RECREIO DE ÁGUEDA	1	VET F40	1	35:32:00	<b>35:32:00</b>
10.	501	LUIS MARTINS	RECREIO DESPORTIVO DE ÁGUEDA	9	VET M40	1	35:33:00	<b>35:33:00</b>
11.	297	FERNANDO OLIVEIRA	NÚCLEO DE ATLETISMO DE CUCUJÃES	10	SEN M	5	35:35:00	<b>35:35:00</b>
12.	173	CARLOS FERREIRA	NAC	11	VET M40	2	36:01:00	<b>36:01:00</b>
13.	294	TIAGO OLIVEIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	12	VET M35	4	36:08:00	<b>36:08:00</b>
14.	436	PAULO SÉRGIO RO SILVA	INDIVIDUAL	13	VET M40	3	36:12:00	<b>36:12:00</b>
15.	292	BRUNO SILVA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	14	VET M35	5	36:27:00	<b>36:27:00</b>
16.	399	MILTON SANTOS	SPORT CLUBE BEIRA-MAR	15	SEN M	6	36:38:00	<b>36:38:00</b>
17.	111	ANDRE NOBRE	AVEIRO RUNNERS	16	VET M35	6	36:41:00	<b>36:41:00</b>
18.	432	RICARDO FERREIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	17	VET M40	4	36:56:00	<b>36:56:00</b>
19.	388	CARLOS SEQUEIRA	CLUBE DE ATLETISMO DE OVAR	18	VET M35	7	36:57:00	<b>36:57:00</b>
20.	5	JOÃO SILVA	GRUPO DESPORTIVO DA GAFANHA	19	VET M35	8	37:01:00	<b>37:01:00</b>
21.	300	JOÃO FRANÇA	CLUBE DOS GALITOS	20	VET M35	9	37:22:00	<b>37:22:00</b>
22.	423	JOÃO PAULO ALMEIDA	DCI/CCDRPEDRULHA-MEALHADA	21	VET M50	1	37:49:00	<b>37:49:00</b>
23.	37	ARMANDO CORREIA	GRUPO DESPORTIVO GAFANHA	22	VET M45	1	37:52:00	<b>37:52:00</b>
24.	320	RAFAEL GUEDES GUEDES	INDIVIDUAL	23	VET M40	5	37:56:00	<b>37:56:00</b>
25.	364	JOEL RAMALHOTO	VIRIATHVS RUNNERS VISEU	24	SEN M	7	37:59:00	<b>37:59:00</b>
26.	398	BRUNO CASAL	SPORT CLUBE BEIRA-MAR	25	SEN M	8	38:03:00	<b>38:03:00</b>
27.	114	MANUEL SILVA	INDIVIDUAL	26	VET M45	2	38:09:00	<b>38:09:00</b>
28.	386	MARIO VAZ	CLUBE DE ATLETISMO DE OVAR	27	VET M50	2	38:22:00	<b>38:22:00</b>
29.	277	FILIPE CARVALHO	INDIVIDUAL	28	VET M35	10	38:24:00	<b>38:24:00</b>
30.	271	JORGE CUBAL	GDC CODAL	29	SEN M	9	38:36:00	<b>38:36:00</b>
31.	400	JOÃO AMÂNDIO	SPORT CLUBE BEIRA-MAR	30	SEN M	10	38:45:00	<b>38:45:00</b>
32.	417	AMERICO SILVA	INDIVIDUAL	31	VET M40	6	38:53:00	<b>38:53:00</b>
33.	190	PEDRO CANHA	INDIVIDUAL	32	VET M40	7	38:55:00	<b>38:55:00</b>
34.	192	PAULO PEREIRA	INDIVIDUAL	33	VET M40	8	39:02:00	<b>39:02:00</b>
35.	279	PAULO GOMES	INDIVIDUAL	34	VET M50	3	39:06:00	<b>39:06:00</b>
36.	36	PAULO ALMEIDA	GRUPO DESPORTIVO GAFANHA	35	VET M45	3	39:10:00	<b>39:10:00</b>
37.	321	ÓSCAR SOBRAL	VIRIATHVS RUNNERS VISEU	36	VET M35	11	39:16:00	<b>39:16:00</b>
38.	415	PEDRO CRUZ	INDIVIDUAL	37	SEN M	11	39:00:00	<b>39:23:00</b>
39.	273	FRANCISCO PAIS	O MUNDO DA CORRIDA	38	VET M45	4	39:25:00	<b>39:25:00</b>
40.	71	ANTÓNIO LOURENÇO	INDIVIDUAL	39	VET M45	5	39:31:00	<b>39:31:00</b>
41.	394	ANTONIO FRANCISCO	INDIVIDUAL	40	VET M40	9	39:28:00	<b>39:33:00</b>
42.	513	PEDRO BARBOSA		41	VET M35	12	39:39:00	<b>39:39:00</b>
43.	104	EDIVALDO MACIEL	CIRES RUNNING TEAM	42	VET M35	13	39:42:00	<b>39:42:00</b>
44.	254	PEDRO FREITAS	FIT CLUB LAFÕES RUNNERS	43	VET M40	10	39:52:00	<b>40:01:00</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo
45.	189	ANDRÉ PINA	INDIVIDUAL	44	SEN M	12	40:10:00	<b>40:10:00</b>
46.	290	VÍTOR TERRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	45	VET M40	11	40:14:00	<b>40:14:00</b>
47.	372	ROBERTO GRAÇA	ASS.S.C.VALEIRINHA	46	JUN M	2	40:12:00	<b>40:16:00</b>
48.	427	JORGE COSTA	INDIVIDUAL	47	VET M40	12	40:11:00	<b>40:16:00</b>
49.	397	PAULO FIDALGO	SPORT CLUBE BEIRA-MAR	48	VET M35	14	40:17:00	<b>40:17:00</b>
50.	103	FRANCISCO TAVARES	CIRES RUNNING TEAM	49	VET M50	4	40:17:00	<b>40:17:00</b>
51.	122	JOSÉ TEIXEIRA	INDIVIDUAL	50	VET M35	15	40:19:00	<b>40:19:00</b>
52.	333	SÍLVIA SANTOS	CLUBE DE ATLETISMO DE OVAR	2	VET F35	1	40:29:00	<b>40:29:00</b>
53.	334	AMÉRICO VALENTE	SERVIÇOS SOCIAIS TRABALHADORES C. M. DE OVAR	51	VET M55	1	40:31:00	<b>40:31:00</b>
54.	281	DANIEL GUEDES	INDIVIDUAL	52	SEN M	13	40:27:00	<b>40:34:00</b>
55.	151	RUI MOURA	TAMOSJUNTOS	53	VET M35	16	40:40:00	<b>40:40:00</b>
56.	256	DANIEL AGUIAR	INDIVIDUAL	54	VET M35	17	40:43:00	<b>40:43:00</b>
57.	502	MARISA JOÃO	RECREIO DESPORTIVO DE ÁGUEDA	3	VET F40	2	40:51:00	<b>40:51:00</b>
58.	444	VITOR CUNHA	RUNNING ESPINHO	55	VET M40	13	40:56:00	<b>40:56:00</b>
59.	280	DIOGO VIEIRA	CLUBE DOS GALITOS	56	VET M35	18	40:48:00	<b>41:00:00</b>
60.	46	TIAGO OLIVEIRA	INDIVIDUAL	57	SEN M	14	40:57:00	<b>41:03:00</b>
61.	363	VASCO AMORIM	CLUBE DOS GALITOS	58	VET M35	19	40:59:00	<b>41:11:00</b>
62.	419	PAULO PEREIRA	S.C.VISTA-ALEGRE	59	VET M45	6	41:12:00	<b>41:12:00</b>
63.	219	SÉRGIO PIRES	INDIVIDUAL	60	SEN M	15	41:13:00	<b>41:21:00</b>
64.	368	JOÃO PORTUGAL	DURAVIT - RACETEAM	61	VET M40	14	41:24:00	<b>41:30:00</b>
65.	35	MILTON ALMEIDA	INDIVIDUAL	62	SEN M	16	41:27:00	<b>41:34:00</b>
66.	243	FÁBIO REIS	TRILHADOS	63	SEN M	17	41:27:00	<b>41:34:00</b>
67.	154	PAULO TEIXEIRA	TAMOSJUNTOS	64	VET M35	20	41:59:00	<b>41:59:00</b>
68.	228	FILIPE COSTA	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	65	JUN M	3	41:53:00	<b>42:01:00</b>
69.	389	MANUEL FERREIRA	INDIVIDUAL	66	VET M45	7	42:02:00	<b>42:02:00</b>
70.	39	FRANCISCO COSTA	INDIVIDUAL	67	VET M45	8	41:56:00	<b>42:04:00</b>
71.	186	LUIS RAMOS	INDIVIDUAL	68	VET M40	15	42:08:00	<b>42:08:00</b>
72.	65	JOÃO CARLOS RIBEIRO	MOLINHAS TEAM	69	VET M40	16	42:17:00	<b>42:21:00</b>
73.	352	LUIS ALMEIDA	S.C.ESPINHO/ANTÓNIO LEITÃO	70	SEN M	18	42:24:00	<b>42:24:00</b>
74.	178	NUNO QUEIROZ	PLANOBODY	71	VET M40	17	42:23:00	<b>42:35:00</b>
75.	161	EDGAR GOMES	ACRM SILVEIRINHA GRANDEL	72	VET M35	21	42:35:00	<b>42:41:00</b>
76.	412	JOAO NEVES	INDIVIDUAL	73	VET M40	18	42:44:00	<b>42:44:00</b>
77.	17	FRANCISCO MARQUES	INDIVIDUAL	74	SEN M	19	42:41:00	<b>42:45:00</b>
78.	19	RÉNATA GONÇALVES	BORABORA VAMOS LÁ	4	SUB 23 F	1	42:39:00	<b>42:47:00</b>
79.	248	MANUEL MARQUES	INDIVIDUAL	75	VET M50	5	42:53:00	<b>42:53:00</b>
80.	220	MARCO MORGADO	INDIVIDUAL	76	SEN M	20	42:43:00	<b>43:01:00</b>
81.	293	CARLOS MIRANDA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	77	VET M40	19	43:01:00	<b>43:06:00</b>
82.	429	TIAGO JESUS	RECREIO DESPORTIVO DE ÁGUEDA	78	SEN M	21	43:11:00	<b>43:11:00</b>
83.	431	JOSÉ SANTOS	RECREIO DESPORTIVO DE ÁGUEDA	79	VET M55	2	43:08:00	<b>43:12:00</b>
84.	313	FÁBIO PIZARRO	INDIVIDUAL	80	SEN M	22	43:03:00	<b>43:12:00</b>
85.	139	AMÉRICO FONSECA	YAZAKI RUNNERS	81	VET M45	9	43:12:00	<b>43:16:00</b>
86.	236	ABELARDO FERREIRA GOMES	INDIVIDUAL	82	VET M50	6	43:22:00	<b>43:28:00</b>
87.	27	MIGUEL FARIA	INDIVIDUAL	83	SUB 23 M	1	43:28:00	<b>43:31:00</b>
88.	141	JOÃO PEDRO ABRANTES	LEONINOS	84	VET M40	20	43:35:00	<b>43:35:00</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo
89.	221	RUI ROCHA	FIT CLUB LAFÕES RUNNERS	85	SEN M	23	43:27:00	<b>43:36:00</b>
90.	136	PEDRO NECHO	AFIS/OVAR	86	VET M40	21	43:45:00	<b>43:45:00</b>
91.	381	JOSÉ MIGUEL MEZA MORALES	INDIVIDUAL	87	VET M40	22	43:37:00	<b>43:46:00</b>
92.	267	NUNO PESSOA	INDIVIDUAL	88	VET M40	23	43:48:00	<b>43:48:00</b>
93.	11	HEITOR ARAÚJO	INDIVIDUAL	89	VET M50	7	43:46:00	<b>43:50:00</b>
94.	377	RICARDO BRANQUINHO	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	90	SEN M	24	43:59:00	<b>44:07:00</b>
95.	73	JORGE MAIA	INDIVIDUAL	91	VET M50	8	44:06:00	<b>44:11:00</b>
96.	251	FRED GOMES	INDIVIDUAL	92	SEN M	25	44:11:00	<b>44:18:00</b>
97.	235	JORGE VILELA	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	93	VET M45	10	44:13:00	<b>44:20:00</b>
98.	159	CATARINA PINHO	NA CUCUJÃES	5	SEN F	1	44:17:00	<b>44:21:00</b>
99.	80	PAUL SHEPHERD	INDIVIDUAL	94	VET M55	3	44:19:00	<b>44:23:00</b>
100.	310	MÁRIO PIRES	CLUBE DOS GALITOS	95	SEN M	26	44:14:00	<b>44:26:00</b>
101.	467	LUÍS DIAS	INDIVIDUAL	96	VET M35	22	44:24:00	<b>44:28:00</b>
102.	439	RICARDO PAIS	RUNNING ESPINHO	97	SEN M	27	44:25:00	<b>44:37:00</b>
103.	278	JOÃO CORREIA	TRIATLO - GALITOS	98	VET M40	24	44:26:00	<b>44:38:00</b>
104.	308	EDUARDO FERREIRA	RUNNERS DO DEMO	99	SEN M	28	44:33:00	<b>44:40:00</b>
105.	240	DAVID AGUIAR	TRILHADOS	100	SEN M	29	44:37:00	<b>44:44:00</b>
106.	109	DIOGO MARTINS	INDIVIDUAL	101	SEN M	30	44:39:00	<b>44:44:00</b>
107.	374	TIAGO CASTRO	INDIVIDUAL	102	SEN M	31	44:40:00	<b>44:52:00</b>
108.	131	FRANCISCO SILVA	INDIVIDUAL	103	VET M55	4	44:47:00	<b>44:52:00</b>
109.	339	RAFAEL MARTINS	LOBITOSBIKETEAM	104	SEN M	32	44:38:00	<b>44:53:00</b>
110.	241	HUGO PINTO	TRILHADOS	105	SEN M	33	44:48:00	<b>44:54:00</b>
111.	113	VITOR PEREIRA	INDIVIDUAL	106	VET M35	23	44:58:00	<b>44:58:00</b>
112.	66	ANDRÉ CESTER COSTA	MGAA RUNNING TEAM	107	VET M40	25	44:55:00	<b>44:59:00</b>
113.	92	JORGE FARIA	NOKIA RUNNERS	108	VET M35	24	44:49:00	<b>45:00:00</b>
114.	274	JOAQUIM MANSO	INDIVIDUAL	109	VET M40	26	44:56:00	<b>45:01:00</b>
115.	438	ERNESTO GONÇALVES	RUNNING ESPINHO	110	VET M45	11	44:54:00	<b>45:03:00</b>
116.	330	PEDRO FIGUEIREDO	INDIVIDUAL	111	VET M40	27	44:47:00	<b>45:05:00</b>
117.	446	ANDRÉ ROCHA	RUNNING ESPINHO	112	SEN M	34	45:02:00	<b>45:09:00</b>
118.	443	JOÃO NEVES	RUNNING ESPINHO	113	VET M45	12	45:01:00	<b>45:09:00</b>
119.	142	SAMUEL PROENÇA	CORREIO DE ALBERGARIA TRAIL RUNNING	114	SEN M	35	45:00:00	<b>45:12:00</b>
120.	95	FLÁVIO SILVESTRE	NOKIA RUNNERS	115	SEN M	36	45:04:00	<b>45:00:00</b>
121.	275	JORGE VAZ	CIRES RUNNING TEAM	116	VET M45	13	45:09:00	<b>45:17:00</b>
122.	116	HÉLDER DUARTE	INDIVIDUAL	117	SEN M	37	45:20:00	<b>45:20:00</b>
123.	250	RAISSA ROCHA	INDIVIDUAL	6	SEN F	2	45:17:00	<b>45:25:00</b>
124.	100	JOSÉ ALMEIDA	CIRES RUNNING TEAM	118	VET M45	14	45:20:00	<b>45:28:00</b>
125.	301	MIGUEL COIMBRA	U C EIRENSE	119	VET M50	9	45:24:00	<b>45:29:00</b>
126.	177	PAULO TAVARES	INDIVIDUAL	120	VET M35	25	45:25:00	<b>45:34:00</b>
127.	287	RICARDO PEREIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	121	JUN M	4	45:47:00	<b>45:47:00</b>
128.	62	PEDRO GUIMARÃES	A+	122	VET M45	15	45:49:00	<b>45:49:00</b>
129.	403	ANDRÉ NUNES	CASA DO POVO DE MANGUALDE	123	SUB 23 M	2	45:45:00	<b>45:51:00</b>
130.	391	JOSÉ LOPES	INDIVIDUAL	124	SEN M	38	45:50:00	<b>45:56:00</b>
131.	338	PEDRO SANTOS	LOBITOSBIKETEAM	125	SEN M	39	45:45:00	<b>46:00:00</b>
132.	337	RICARDO SANTOS	LOBITOSBIKETEAM	126	SEN M	40	45:45:00	<b>46:00:00</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo
133.	421	WILLIAM CAETANO	INDIVIDUAL	127	SEN M	41	45:43:00	<b>46:05:00</b>
134.	510	PEDRO RATOLA	INDIVIDUAL	128	VET M50	10	45:54:00	<b>46:06:00</b>
135.	130	JOSE VIEIRA	INDIVIDUAL	129	VET M45	16	46:00:00	<b>46:06:00</b>
136.	304	MIGUEL GOMES	INDIVIDUAL	130	SEN M	42	46:04:00	<b>46:09:00</b>
137.	93	JOÃO GOMES	NOKIA RUNNERS	131	VET M45	17	46:00:00	<b>46:11:00</b>
138.	29	FRANCISCO LEITE	INDIVIDUAL	132	VET M45	18	46:08:00	<b>46:17:00</b>
139.	199	ARMINDO BASTOS	BOSCH TERMOTECNOLOGIA SA	133	VET M40	28	46:01:00	<b>46:24:00</b>
140.	216	HUGO GONÇALVES	BRIGADA DO PNEU	134	VET M35	26	46:15:00	<b>46:26:00</b>
141.	296	RICARDO PINHO	INDIVIDUAL	135	VET M35	27	46:13:00	<b>46:28:00</b>
142.	452	LUÍS CRUZ	RUNNING ESPINHO	136	VET M50	11	46:13:00	<b>46:29:00</b>
143.	453	EDUARDO FERREIRA	RUNNING ESPINHO	137	VET M35	28	46:14:00	<b>46:29:00</b>
144.	215	PAULO BAPTISTA	BOSCH TERMOTECNOLOGIA SA	138	SEN M	43	46:21:00	<b>46:31:00</b>
145.	50	ARMÉNIO NEVES NEVES	QUARTAS	139	VET M60	1	46:28:00	<b>46:31:00</b>
146.	188	FILIPE MOTA	MOTAS RUNNING	140	VET M35	29	46:26:00	<b>46:33:00</b>
147.	282	BRUNO TOITO	HELIFLEX	141	VET M40	29	46:28:00	<b>46:33:00</b>
148.	120	ANTÓNIO PORRÃO	RUNNING ESMORIZ	142	VET M55	5	46:31:00	<b>46:35:00</b>
149.	246	PEDRO MARQUES	BORABORA VAMOS LÁ	143	VET M40	30	46:28:00	<b>46:36:00</b>
150.	230	ANDRÉ ANDRADE	QUANDOACABA	144	SEN M	44	46:30:00	<b>46:39:00</b>
151.	410	AMÉRICO OLIVEIRA	AFIS/OVAR	145	VET M45	19	46:34:00	<b>46:40:00</b>
152.	198	JOÃO SANTANA	BOSCH TERMOTECNOLOGIA SA	146	VET M45	20	46:28:00	<b>46:40:00</b>
153.	155	RUI SOARES	INDIVIDUAL	147	VET M45	21	46:27:00	<b>46:40:00</b>
154.	387	ARLINDO SILVA	CLUBE DE ATLETISMO DE OVAR	148	VET M60	2	46:35:00	<b>46:41:00</b>
155.	409	MANUEL GOMES	AFIS/OVAR	149	VET M50	12	46:37:00	<b>46:42:00</b>
156.	247	FERNANDA GOMES	INDIVIDUAL	7	VET F45	1	46:42:00	<b>46:42:00</b>
157.	265	PAULO SILVA	ROYAL TEAM	150	VET M35	30	46:44:00	<b>46:55:00</b>
158.	9	ANDRÉ CAMPOS	INDIVIDUAL	151	SEN M	45	46:50:00	<b>46:57:00</b>
159.	378	JAN NOWAG	INDIVIDUAL	152	VET M35	31	46:44:00	<b>46:59:00</b>
160.	143	FABIO OLIVEIRA	INDIVIDUAL	153	SEN M	46	46:35:00	<b>46:59:00</b>
161.	462	CARLOS ESTIMA	RECREIO DESPORTIVO DE ÁGUEDA	154	VET M50	13	47:03:00	<b>47:03:00</b>
162.	303	MANUEL MATOS	INDIVIDUAL	155	VET M60	3	46:53:00	<b>47:04:00</b>
163.	224	MANUEL GRILO	HELIFLEX	156	VET M50	14	46:57:00	<b>47:07:00</b>
164.	223	VITOR NETO	HELIFLEX	157	VET M45	22	46:57:00	<b>47:08:00</b>
165.	376	JOEL JOSÉ GINGA	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	158	VET M35	32	47:09:00	<b>47:09:00</b>
166.	284	ÓSCAR BAPTISTA	HELIFLEX	159	VET M35	33	47:05:00	<b>47:10:00</b>
167.	420	JOÃO CASTRO	INDIVIDUAL	160	VET M50	15	47:02:00	<b>47:10:00</b>
168.	211	BRUNO SILVA	BOSCH TERMOTECNOLOGIA SA	161	SEN M	47	47:01:00	<b>47:10:00</b>
169.	255	FILIPE CASTANHEIRA	FIT CLUB LAFÕES RUNNERS	162	SEN M	48	47:11:00	<b>47:11:00</b>
170.	249	PEDRO FERREIRA	INDIVIDUAL	163	VET M35	34	46:56:00	<b>47:13:00</b>
171.	81	ANDRÉ PAIS	INDIVIDUAL	164	VET M35	35	47:12:00	<b>47:19:00</b>
172.	69	PAULO SANTOS	INDIVIDUAL	165	VET M45	23	47:12:00	<b>47:19:00</b>
173.	263	JOAO ALMADA	INDIVIDUAL	166	VET M55	6	47:23:00	<b>47:27:00</b>
174.	91	HUGO SEABRA	GANG DAS RHOTAS	167	SEN M	49	47:05:00	<b>47:29:00</b>
175.	144	RÚBEN NEVES	INDIVIDUAL	168	SEN M	50	47:13:00	<b>47:31:00</b>
176.	194	PEDRO FERREIRA	INDIVIDUAL	169	VET M40	31	47:28:00	<b>47:38:00</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo
177.	404	VITOR SILVA	SPORT CLUBE BEIRA-MAR	170	VET M35	36	47:17:00	<b>47:38:00</b>
178.	351	DANIEL SANTOS	MICRÓBIOS	171	SEN M	51	47:32:00	<b>47:38:00</b>
179.	350	DIOGO OLIVEIRA	MICRÓBIOS	172	SUB 23 M	3	47:33:00	<b>47:38:00</b>
180.	266	FERNANDO LOPES	INDIVIDUAL	173	VET M60	4	47:26:00	<b>47:41:00</b>
181.	371	FILIPE DUARTE	JMP TEAM	174	VET M35	37	47:35:00	<b>47:43:00</b>
182.	203	JOÃO BALDAIA	BOSCH TERMOTECNOLOGIA SA	175	SEN M	52	47:35:00	<b>47:44:00</b>
183.	460	FILIPE SANTOS	INDIVIDUAL	176	SEN M	53	47:39:00	<b>47:45:00</b>
184.	342	MIGUEL QUEIRÓS	INDIVIDUAL	177	VET M55	7	47:43:00	<b>47:47:00</b>
185.	286	JOSÉ PEREIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	178	VET M50	16	47:38:00	<b>47:51:00</b>
186.	456	HELDER MACHADO	RUNNING ESPINHO	179	SEN M	54	47:28:00	<b>47:52:00</b>
187.	42	VALTER SILVA	INDIVIDUAL	180	VET M35	38	47:40:00	<b>47:54:00</b>
188.	373	FIRMINO NOGUEIRA	INDIVIDUAL	181	VET M50	17	47:54:00	<b>47:58:00</b>
189.	507	RICARDO POMBEIRO		182	SEN M	55	48:01:00	<b>48:01:00</b>
190.	4	ANTONIO TEIXEIRA	INDIVIDUAL	183	VET M50	18	47:56:00	<b>48:03:00</b>
191.	132	HILÁRIO ESPADILHA	INDIVIDUAL	184	VET M45	24	47:58:00	<b>48:04:00</b>
192.	165	CARLOS CUNHA	INDIVIDUAL	185	SEN M	56	47:57:00	<b>48:06:00</b>
193.	133	MÓNICA FERREIRA JORGE	INDIVIDUAL	8	VET F35	2	48:10:00	<b>48:10:00</b>
194.	152	GIOVANNI DIAZ	INDIVIDUAL	186	VET M35	39	48:10:00	<b>48:10:00</b>
195.	465	ANTÓNIO RIBEIRO	INDIVIDUAL	187	VET M40	32	47:52:00	<b>48:10:00</b>
196.	362	NUNO MIGUEL	CLUVE - CLUBE DE VETERANOS DE ATLETISMO DE COIMBRA	188	VET M40	33	48:03:00	<b>48:11:00</b>
197.	359	ANTÓNIO CONCEIÇÃO	INDIVIDUAL	189	VET M60	5	48:11:00	<b>48:15:00</b>
198.	418	FRANCISCO MACEDO	INDIVIDUAL	190	VET M35	40	48:13:00	<b>48:19:00</b>
199.	105	CARLOS DIAS	CIRES RUNNING TEAM	191	VET M50	19	48:14:00	<b>48:22:00</b>
200.	87	TELMO CRAVEIRO	CPT COIMBRA	192	SEN M	57	48:24:00	<b>48:24:00</b>
201.	158	RAQUEL GRILO	GIRA SOL	9	VET F40	3	48:19:00	<b>48:24:00</b>
202.	108	JOSÉ NUNES	INDIVIDUAL	193	VET M45	25	48:21:00	<b>48:25:00</b>
203.	44	ANTÓNIO JOSÉ FERNANDES	FIT CLUB LAFÕES RUNNERS	194	VET M45	26	48:15:00	<b>48:26:00</b>
204.	47	RICARDO FERREIRA	INDIVIDUAL	195	VET M35	41	48:09:00	<b>48:27:00</b>
205.	98	LÍGIA CASIMIRO	CIRES RUNNING TEAM	10	VET F40	4	48:19:00	<b>48:27:00</b>
206.	212	FERNANDO FAUSTINO	BOSCH TERMOTECNOLOGIA SA	196	VET M50	20	48:04:00	<b>48:27:00</b>
207.	425	VÍTOR FIGUEIREDO	DAR-RECARDAES	197	VET M40	34	48:27:00	<b>48:33:00</b>
208.	245	GORETE MOREIRA	INDIVIDUAL	11	VET F35	3	48:27:00	<b>48:35:00</b>
209.	405	JOAO COELHO	INDIVIDUAL	198	VET M50	21	48:43:00	<b>48:47:00</b>
210.	41	LUÍS COSTA	FIT CLUB LAFÕES RUNNERS	199	VET M40	35	48:51:00	<b>48:51:00</b>
211.	244	TIAGO FERNANDES	INDIVIDUAL	200	VET M40	36	48:34:00	<b>48:52:00</b>
212.	121	JOSÉ RIBA	RUNNING ESMORIZ	201	VET M50	22	48:52:00	<b>48:57:00</b>
213.	318	FILIPE SANTOS	INDIVIDUAL	202	SEN M	58	48:57:00	<b>49:01:00</b>
214.	306	SOFIA GIRÃO	FIT CLUB LAFÕES RUNNERS	12	VET F35	4	48:57:00	<b>49:12:00</b>
215.	447	FÁTIMA PAIS	RUNNING ESPINHO	13	VET F50	1	49:09:00	<b>49:13:00</b>
216.	24	LEONARDO JESUS	INDIVIDUAL	203	SEN M	59	49:04:00	<b>49:13:00</b>
217.	428	JOÃO BARROCO	INDIVIDUAL	204	VET M55	8	48:53:00	<b>49:14:00</b>
218.	163	OCTAVIO SERGIO LINHARES	INDIVIDUAL	205	VET M50	23	49:08:00	<b>49:18:00</b>
219.	193	ANA ROCHA	BRIGADA DO PNEU	14	SEN F	3	49:06:00	<b>49:18:00</b>
220.	367	MARCO COELHO	INDIVIDUAL	206	VET M40	37	49:20:00	<b>49:26:00</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo
221.	411	JOAQUIM FERREIRA	AFIS/OVAR	207	VET M50	24	49:27:00	<b>49:34:00</b>
222.	208	NUNO FONTOURA	BOSCH TERMOTECNOLOGIA SA	208	VET M40	38	49:25:00	<b>49:35:00</b>
223.	209	JOSÉ ALMEIDA	BOSCH TERMOTECNOLOGIA SA	209	VET M45	27	49:26:00	<b>49:36:00</b>
224.	393	HELDER CUNHA	SC POVOENSE	210	SEN M	60	49:27:00	<b>49:37:00</b>
225.	483	ARTUR ROCHA	INDIVIDUAL	211	SEN M	61	49:19:00	<b>49:38:00</b>
226.	361	ELISABETE MATOS	INDIVIDUAL	15	VET F40	5	49:19:00	<b>49:39:00</b>
227.	112	INES ALMEIDA	AVEIRO RUNNERS	16	VET F40	6	49:31:00	<b>49:41:00</b>
228.	172	ALEKSANDER PAWEL	INDIVIDUAL	212	SUB 23 M	4	49:33:00	<b>49:42:00</b>
229.	55	MIGUEL FÉLIX	INDIVIDUAL	213	VET M35	42	49:34:00	<b>49:43:00</b>
230.	289	JORGE FONTES	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	214	VET M45	28	49:33:00	<b>49:46:00</b>
231.	288	ANTÓNIO ALBUQUERQUE	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	215	VET M40	39	49:34:00	<b>49:47:00</b>
232.	283	JOÃO CAPELÔA	HELIFLEX	216	VET M50	25	49:46:00	<b>49:50:00</b>
233.	79	ALBERTO BRANCO	INDIVIDUAL	217	VET M45	29	49:44:00	<b>49:52:00</b>
234.	8	PEDRO MARQUES	INDIVIDUAL	218	VET M45	30	49:46:00	<b>49:58:00</b>
235.	181	PAULO PINTO	INDIVIDUAL	219	VET M45	31	49:49:00	<b>49:59:00</b>
236.	270	JULIANA ALMEIDA	GDC CODAL	17	SEN F	4	49:45:00	<b>49:59:00</b>
237.	25	ANDRÉ SANTOS	INDIVIDUAL	220	SEN M	62	50:00:00	<b>50:06:00</b>
238.	242	FILIPE DIAS	TRILHADOS	221	VET M35	43	49:52:00	<b>50:06:00</b>
239.	40	VITOR MAIA MAIA	INDIVIDUAL	222	VET M45	32	49:55:00	<b>50:07:00</b>
240.	478	FREDERICO ANGERA	INDIVIDUAL	223	VET M40	40	49:48:00	<b>50:07:00</b>
241.	454	VITOR MOTA	RUNNING ESPINHO	224	SEN M	63	49:55:00	<b>50:08:00</b>
242.	225	CARLOS ROCHA	HELIFLEX	225	VET M35	44	49:57:00	<b>50:08:00</b>
243.	472	HELDER RIBEIRO	INDIVIDUAL	226	VET M40	41	49:53:00	<b>50:12:00</b>
244.	137	PAULO ALMEIDA	AFIS/OVAR	227	VET M45	33	50:15:00	<b>50:15:00</b>
245.	226	ÁLVARO SOUSA	HELIFLEX	228	VET M50	26	50:08:00	<b>50:19:00</b>
246.	503	FERNANDO BANCA		229	VET M40	42	50:09:00	<b>50:20:00</b>
247.	13	ANABELA LEITE	INDIVIDUAL	18	VET F40	7	50:17:00	<b>50:29:00</b>
248.	200	AVENTINO LIMA	BOSCH TERMOTECNOLOGIA SA	230	VET M40	43	50:18:00	<b>50:30:00</b>
249.	101	PAULINO DIAS	CIRES RUNNING TEAM	231	VET M50	27	50:23:00	<b>50:31:00</b>
250.	451	EDUARDO BARTOLO	RUNNING ESPINHO	232	SEN M	64	50:17:00	<b>50:31:00</b>
251.	22	LUISA CLEMENTE	INDIVIDUAL	19	VET F40	8	50:16:00	<b>50:34:00</b>
252.	317	NUNO QUINTANEIRO	INDIVIDUAL	233	VET M35	45	50:06:00	<b>50:34:00</b>
253.	23	NUNO CLEMENTE	INDIVIDUAL	234	VET M35	46	50:18:00	<b>50:35:00</b>
254.	424	ARLINDO SANTOS	DAR-RECARDAES	235	VET M65	1	50:29:00	<b>50:38:00</b>
255.	426	PEDRO TAVARES	DAR-RECARDAES	236	VET M50	28	50:29:00	<b>50:39:00</b>
256.	57	NUNO ROCHA	FIT CLUB LAFÕES RUNNERS	237	SEN M	65	50:22:00	<b>50:39:00</b>
257.	86	SÍLVIA SILVA	LOPES SILVA	20	VET F40	9	50:28:00	<b>50:41:00</b>
258.	355	DIOGO DUARTE	INDIVIDUAL	238	VET M35	47	50:23:00	<b>50:43:00</b>
259.	406	RUI PINTO	INDIVIDUAL	239	SEN M	66	50:38:00	<b>50:47:00</b>
260.	332	ANDRÉS MONTERO	INDIVIDUAL	240	SEN M	67	50:49:00	<b>50:56:00</b>
261.	53	ALBANO TORRES	INDIVIDUAL	241	VET M50	29	50:46:00	<b>50:56:00</b>
262.	38	VALTER JACINTO	G.D.ASSEMPARK	242	VET M65	2	50:50:00	<b>50:58:00</b>
263.	309	LUÍS SAMPAIO	CANIANOS	243	VET M35	48	50:43:00	<b>51:00:00</b>
264.	485	HERNÂNI AMARAL	QUARTAS	244	VET M60	6	50:41:00	<b>51:01:00</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo
265.	348	TIAGO BOTELHO	RIA STONE	245	SEN M	68	50:43:00	<b>51:05:00</b>
266.	149	VICTOR BARRETO	INDIVIDUAL	246	VET M45	34	50:52:00	<b>51:15:00</b>
267.	96	LUÍS CARTA	NOKIA RUNNERS	247	SEN M	69	51:05:00	<b>51:16:00</b>
268.	262	LILIANA GONCALVES	FIT CLUB LAFÕES RUNNERS	21	SEN F	5	51:10:00	<b>51:20:00</b>
269.	48	NUNO CRUZ	INDIVIDUAL	248	VET M40	44	50:59:00	<b>51:22:00</b>
270.	94	GASPAR DIAS	NOKIA RUNNERS	249	VET M35	49	51:18:00	<b>51:29:00</b>
271.	16	JOSÉ ROSA	INDIVIDUAL	250	SEN M	70	51:13:00	<b>51:30:00</b>
272.	335	DELFIM COSTA	ABO LDA	251	VET M55	9	51:26:00	<b>51:34:00</b>
273.	148	MIGUEL MIRANDA	INDIVIDUAL	252	VET M40	45	51:12:00	<b>51:34:00</b>
274.	458	VALERIA CORREIA	RUNNING ESPINHO	22	SEN F	6	51:22:00	<b>51:35:00</b>
275.	307	ANTONIO TAFULA	INDIVIDUAL	253	VET M70	1	51:30:00	<b>51:36:00</b>
276.	441	SANDRA FERREIRA	RUNNING ESPINHO	23	VET F40	10	51:30:00	<b>51:39:00</b>
277.	232	MARIA JOÃO ALMEIDA	INDIVIDUAL	24	VET F40	11	51:26:00	<b>51:40:00</b>
278.	484	HENRIQUE BARTOLOMEU	INDIVIDUAL	254	VET M35	50	51:25:00	<b>51:41:00</b>
279.	6	FRANCISCO GOMES	SHOTS INTERNATIONAL RUNNERS	255	VET M40	46	51:40:00	<b>51:46:00</b>
280.	7	PAULO CARAPINHA	INDIVIDUAL	256	VET M35	51	51:28:00	<b>51:47:00</b>
281.	384	ANTÓNIO RIBEIRO	GEPAB	257	VET M55	10	51:26:00	<b>51:48:00</b>
282.	196	BRUNO ALVES	BOSCH TERMOTECNOLOGIA SA	258	VET M35	52	51:26:00	<b>51:49:00</b>
283.	205	MIGUEL MARTINS	BOSCH TERMOTECNOLOGIA SA	259	VET M35	53	51:26:00	<b>51:49:00</b>
284.	70	CARLOS CEÚ	INDIVIDUAL	260	VET M55	11	51:35:00	<b>51:50:00</b>
285.	76	JOÃO SARDO	ÉPICOS	261	VET M65	3	51:35:00	<b>51:51:00</b>
286.	28	ANTONIO LEMOS	INDIVIDUAL	262	VET M45	35	51:51:00	<b>51:55:00</b>
287.	312	RUI MORAIS	INDIVIDUAL	263	VET M40	47	51:46:00	<b>52:01:00</b>
288.	369	HUGO SILVA	DURAVIT - RACETEAM	264	SEN M	71	51:55:00	<b>52:03:00</b>
289.	471	ALCINO PATOILLO	INDIVIDUAL	265	VET M45	36	51:53:00	<b>52:12:00</b>
290.	124	PAULO CAPUCHO	RIQUEZAS	266	VET M35	54	52:01:00	<b>52:15:00</b>
291.	117	RICARDO PATRÍCIO	INDIVIDUAL	267	VET M35	55	52:08:00	<b>52:16:00</b>
292.	197	PEDRO CARDOSO	BOSCH TERMOTECNOLOGIA SA	268	VET M40	48	52:08:00	<b>52:17:00</b>
293.	99	RUI CORREIA	CIRES RUNNING TEAM	269	VET M50	30	52:06:00	<b>52:17:00</b>
294.	78	ISABEL RIBAU	ÉPICOS	25	VET F40	12	52:04:00	<b>52:20:00</b>
295.	180	SARA RATOLA	INDIVIDUAL	26	SEN F	7	52:09:00	<b>52:22:00</b>
296.	168	LUIS PESSOA	INDIVIDUAL	270	VET M40	49	52:12:00	<b>52:26:00</b>
297.	140	MÁRIO JORGE CORREIA	LEONINOS	271	VET M45	37	52:11:00	<b>52:29:00</b>
298.	343	NÁDIA RODRIGUES	RIA STONE	27	SEN F	8	52:08:00	<b>52:30:00</b>
299.	506	NUNO FONTES		272	VET M45	38	52:07:00	<b>52:32:00</b>
300.	10	LUIS FERREIRA	INDIVIDUAL	273	VET M50	31	52:26:00	<b>52:33:00</b>
301.	45	JOÃO GRAÇA	ACRM SILVEIRINHA GRANDE	274	VET M60	7	52:30:00	<b>52:34:00</b>
302.	448	FERNANDO PAIS	RUNNING ESPINHO	275	VET M50	32	52:35:00	<b>52:40:00</b>
303.	422	PAULO SILVA	INDIVIDUAL	276	VET M35	56	52:25:00	<b>52:40:00</b>
304.	316	ANTONIO LOUREIRO	INDIVIDUAL	277	VET M35	57	52:25:00	<b>52:45:00</b>
305.	210	CARLOS MARTINS	BOSCH TERMOTECNOLOGIA SA	278	VET M50	33	52:38:00	<b>52:47:00</b>
306.	166	CÁTIA MOREIRA	INDIVIDUAL	28	SEN F	9	52:34:00	<b>52:49:00</b>
307.	479	JOÃO BATISTA	INDIVIDUAL	279	VET M35	58	52:32:00	<b>52:50:00</b>
308.	475	RODOLFO FERREIRA	INDIVIDUAL	280	VET M35	59	52:33:00	<b>52:52:00</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo
309.	474	JOÃO GONÇALVES	INDIVIDUAL	281	VET M40	50	52:34:00	<b>52:53:00</b>
310.	183	PEDRO FERREIRA	INDIVIDUAL	282	VET M35	60	52:27:00	<b>52:54:00</b>
311.	344	MARCO CORREIA	RIA STONE	283	VET M35	61	52:46:00	<b>53:08:00</b>
312.	305	CARLOS PEDRO	INDIVIDUAL	284	VET M45	39	53:03:00	<b>53:08:00</b>
313.	341	JORGE ALMEIDA	INDIVIDUAL	285	VET M35	62	52:51:00	<b>53:10:00</b>
314.	340	LEANDRO AMADOR	INDIVIDUAL	286	VET M35	63	52:51:00	<b>53:11:00</b>
315.	315	RUI PEREIRA	INDIVIDUAL	287	VET M40	51	52:53:00	<b>53:13:00</b>
316.	160	NELSON MARQUES	ACRM SILVEIRINHA GRANDE	288	VET M40	52	53:08:00	<b>53:14:00</b>
317.	88	LUIS GOMES	INDIVIDUAL	289	SEN M	72	53:05:00	<b>53:16:00</b>
318.	326	JOSÉ PINHO	INDIVIDUAL	290	VET M45	40	52:18:00	<b>53:16:00</b>
319.	314	BRUNA GOMES	INDIVIDUAL	29	SEN F	10	52:49:00	<b>53:17:00</b>
320.	54	PEDRO MIRANDA	INDIVIDUAL	291	VET M45	41	53:09:00	<b>53:20:00</b>
321.	162	GABRIELA CARRACO	ACRM SILVEIRINHA GRANDE	30	VET F35	5	53:17:00	<b>53:22:00</b>
322.	58	CARLA SOUSA	FIT CLUB LAFÕES RUNNERS	31	SEN F	11	53:13:00	<b>53:30:00</b>
323.	357	CRISTINA SILVA	INDIVIDUAL	32	VET F45	2	53:17:00	<b>53:32:00</b>
324.	157	ADELAIDE DUARTE	NAC	33	VET F35	6	53:25:00	<b>53:38:00</b>
325.	476	NUNO RIBEIRO	INDIVIDUAL	292	VET M35	64	53:20:00	<b>53:39:00</b>
326.	482	RICHARD FERREIRA	INDIVIDUAL	293	VET M35	65	53:20:00	<b>53:39:00</b>
327.	252	GONÇALO LARANJEIRA	INDIVIDUAL	294	SEN M	73	53:10:00	<b>53:39:00</b>
328.	15	ALEXANDRA RAMOS	INDIVIDUAL	34	VET F45	3	53:30:00	<b>53:45:00</b>
329.	336	LUIS RUMOR	LOBITOSBIKETEAM	295	VET M40	53	53:30:00	<b>53:46:00</b>
330.	325	ROGÉRIO ROCHA	INDIVIDUAL	296	VET M45	42	53:41:00	<b>53:54:00</b>
331.	89	FERNANDO DE SOUSA	INDIVIDUAL	297	VET M40	54	53:48:00	<b>53:55:00</b>
332.	358	CRISTINA SILVA	INDIVIDUAL	35	VET F40	13	53:41:00	<b>53:55:00</b>
333.	440	CRISTIANA SANTOS	RUNNING ESPINHO	36	SEN F	12	53:49:00	<b>54:02:00</b>
334.	461	PEDRO ALMEIDA	RUNNING ESPINHO	298	VET M40	55	53:45:00	<b>54:02:00</b>
335.	450	ROSALINA PAIS	RUNNING ESPINHO	37	VET F45	4	54:06:00	<b>54:10:00</b>
336.	324	ELSA VOLTA	INDIVIDUAL	38	VET F35	7	54:00:00	<b>54:14:00</b>
337.	349	PAULO PIRES	RIA STONE	299	VET M45	43	53:56:00	<b>54:18:00</b>
338.	347	LUÍS SILVA	RIA STONE	300	SEN M	74	53:57:00	<b>54:18:00</b>
339.	416	AWAIS JADOON	INDIVIDUAL	301	SEN M	75	54:28:00	<b>54:28:00</b>
340.	272	PAULO MARÇAL	INDIVIDUAL	302	VET M40	56	54:11:00	<b>54:38:00</b>
341.	85	CARLA ALEGRIA	FFONSECA SA	39	VET F40	14	54:12:00	<b>54:38:00</b>
342.	234	JUDITE DIAS	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	40	VET F45	5	54:27:00	<b>54:38:00</b>
343.	311	ADRIANO SANTOS	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	303	SEN M	76	54:17:00	<b>54:38:00</b>
344.	174	MARIA CLEMENCIO	INDIVIDUAL	41	VET F50	2	54:19:00	<b>54:43:00</b>
345.	175	AURORA PIRES	INDIVIDUAL	42	VET F40	15	54:40:00	<b>54:48:00</b>
346.	253	RAQUEL BRITO	INDIVIDUAL	43	VET F40	16	54:37:00	<b>54:48:00</b>
347.	508	JOAQUIM CRISTO		304	VET M40	57	54:27:00	<b>54:51:00</b>
348.	466	JOSÉ MARTINS	INDIVIDUAL	305	VET M40	58	54:35:00	<b>54:53:00</b>
349.	187	SOFIA SANTOS	MOTAS RUNNING	44	SEN F	13	54:53:00	<b>55:00:00</b>
350.	414	NUNO CARDOSO	INDIVIDUAL	306	VET M40	59	54:45:00	<b>55:03:00</b>
351.	118	MANUELA NUNES	INDIVIDUAL	45	SEN F	14	54:55:00	<b>55:12:00</b>
352.	126	MARIA JOAO TAVARES	RIQUEZAS	46	VET F45	6	55:15:00	<b>55:28:00</b>



Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo
353.	74	NATACHA SILVA	INDIVIDUAL	47	VET F35	8	55:14:00	<b>55:30:00</b>
354.	207	TATIANA OLIVEIRA	BOSCH TERMOTECNOLOGIA SA	48	SEN F	15	55:17:00	<b>55:31:00</b>
355.	75	CRISTINA COTRIM	ÉPICOS	49	SEN F	16	55:16:00	<b>55:32:00</b>
356.	14	CARLOS BARROSO	GARCIATEAM/ALEXFOZ	307	VET M50	34	55:32:00	<b>55:37:00</b>
357.	407	NUNO TAVARES	INDIVIDUAL	308	VET M40	60	55:28:00	<b>55:37:00</b>
358.	319	PEDRO ARAÚJO MOREIRA	INDIVIDUAL	309	VET M35	66	55:39:00	<b>55:46:00</b>
359.	477	SÉRGIO ALMEIDA	INDIVIDUAL	310	SEN M	77	55:34:00	<b>55:56:00</b>
360.	206	CATARINA RIBÃES	BOSCH TERMOTECNOLOGIA SA	50	SEN F	17	55:31:00	<b>55:59:00</b>
361.	434	RICARDO NASCIMENTO	INDIVIDUAL	311	SEN M	78	55:46:00	<b>56:14:00</b>
362.	145	JOSÉ TAVARES	INDIVIDUAL	312	VET M60	8	56:12:00	<b>56:16:00</b>
363.	97	JOSE MADEIRA	INDIVIDUAL	313	VET M60	9	56:10:00	<b>56:16:00</b>
364.	227	JOÃO ALMEIDA	BOSCH TERMOTECNOLOGIA SA	314	VET M35	67	56:12:00	<b>56:23:00</b>
365.	390	PAULO SILVA	INDIVIDUAL	315	VET M40	61	55:57:00	<b>56:23:00</b>
366.	442	PAULO LADEIRA	RUNNING ESPINHO	316	VET M45	44	56:19:00	<b>56:34:00</b>
367.	156	SUSANA VIEIRA	INDIVIDUAL	51	VET F40	17	56:49:00	<b>57:10:00</b>
368.	33	EDUARDA VINAGRE	BORABORA VAMOS LÁ	52	VET F45	7	57:04:00	<b>57:14:00</b>
369.	239	CARLOS FREITAS	TRILHADOS	317	SEN M	79	57:06:00	<b>57:21:00</b>
370.	115	FILOMENA SANTOS	MOLINHAS TEAM	53	VET F55	1	57:06:00	<b>57:22:00</b>
371.	229	JOAQUIM CRUZ	INDIVIDUAL	318	VET M35	68	57:31:00	<b>57:46:00</b>
372.	356	SILVINA FÉLIX	INDIVIDUAL	54	VET F40	18	57:30:00	<b>57:49:00</b>
373.	322	NUNO MARQUES	INDIVIDUAL	319	VET M40	62	57:42:00	<b>57:55:00</b>
374.	52	PAULO GONÇALVES	SCP - CARACÓIS DE CORRIDA	320	VET M45	45	57:35:00	<b>58:00:00</b>
375.	179	RITA LOPES	INDIVIDUAL	55	SEN F	18	57:37:00	<b>58:02:00</b>
376.	354	ANA MONTEIRO	INDIVIDUAL	56	SEN F	19	57:46:00	<b>58:05:00</b>
377.	51	MAURO REBELO	INDIVIDUAL	321	VET M40	63	57:47:00	<b>58:09:00</b>
378.	153	TÂNIA JUNQUEIRA	INDIVIDUAL	57	SEN F	20	58:14:00	<b>58:34:00</b>
379.	370	JOÃO GAMELAS	DURAVIT - RACETEAM	322	VET M45	46	58:08:00	<b>58:35:00</b>
380.	276	ÂNGELA ALMEIDA	INDIVIDUAL	58	SEN F	21	58:11:00	<b>58:35:00</b>
381.	455	CELINE MALTA	RUNNING ESPINHO	59	SEN F	22	58:22:00	<b>58:46:00</b>
382.	437	PEDRO PEREIRA	INDIVIDUAL	323	VET M45	47	58:29:00	<b>58:50:00</b>
383.	328	JOSÉ RODRIGUES	INDIVIDUAL	324	VET M50	35	58:33:00	<b>58:59:00</b>
384.	72	JOANA MONTEIRO	FIT CLUB LAFÕES RUNNERS	60	VET F40	19	58:44:00	<b>59:01:00</b>
385.	68	ALEXANDRA CRUZ	FIT CLUB LAFÕES RUNNERS	61	SEN F	23	58:44:00	<b>59:01:00</b>
386.	82	SANDRA MACHADO	INDIVIDUAL	62	SEN F	24	59:06:00	<b>59:11:00</b>
387.	63	ANA SILVA	FFONSECA SA	63	VET F40	20	59:03:00	<b>59:29:00</b>
388.	269	FERNANDA ALMEIDA	INDIVIDUAL	64	VET F60	1	59:23:00	<b>59:37:00</b>
389.	134	JOSÉ CARLOS SANTOS	RUN AND FUN	325	VET M45	48	59:44:00	<b>59:57:00</b>
390.	119	HELIANA SÁ	RUNNING ESMORIZ	65	SEN F	25	59:51:00	<b>01:00:00</b>
391.	473	ANABELA TEIXEIRA	INDIVIDUAL	66	VET F45	8	59:53:00	<b>01:00:16</b>
392.	169	ANTÓNIO GOMES	INDIVIDUAL	326	VET M50	36	01:00:19	<b>01:00:26</b>
393.	2	PAULO HENRIQUES	CASCI	327	VET M35	69	01:00:10	<b>01:00:38</b>
394.	365	PAULO SANTOS	INDIVIDUAL	328	VET M45	49	01:00:24	<b>01:00:40</b>
395.	43	NUNO GENRINHO	INDIVIDUAL	329	VET M45	50	01:00:20	<b>01:00:45</b>
396.	84	PAULA GANDRA	INDIVIDUAL	67	VET F40	21	01:01:19	<b>01:01:23</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo
397.	18	ANA GONÇALVES	BORABORA VAMOS LÁ	68	VET F50	3	01:01:07	<b>01:01:28</b>
398.	327	FRANCISCO CALDAS	INDIVIDUAL	330	VET M40	64	01:01:15	<b>01:01:42</b>
399.	509	KARINA GUTIERREZ	INDIVIDUAL	69	VET F40	22	01:02:04	<b>01:02:10</b>
400.	31	ALEXANDRE ALMEIDA	SORRISOS DO TRAIL	331	VET M45	51	01:02:04	<b>01:02:21</b>
401.	147	TANYA PIRES	INDIVIDUAL	70	SEN F	26	01:02:05	<b>01:02:21</b>
402.	32	ANA CASTRO	SORRISOS DO TRAIL	71	SEN F	27	01:02:04	<b>01:02:21</b>
403.	298	ELSA MARTINS	MOLINHAS TEAM	72	VET F45	9	01:02:11	<b>01:02:28</b>
404.	299	JOSÉ COSTA	MOLINHAS TEAM	332	VET M50	37	01:02:30	<b>01:02:34</b>
405.	346	SUSANA BRANCO	RIA STONE	73	VET F40	23	01:02:12	<b>01:02:34</b>
406.	83	CARLA MAIA	FFONSECA SA	74	VET F35	9	01:02:18	<b>01:02:43</b>
407.	164	FÁTIMA GONÇALVES	INDIVIDUAL	75	VET F40	24	01:02:55	<b>01:02:55</b>
408.	12	CÁTEA SANCHEZ	A ESPANHOLA	76	VET F35	10	01:02:55	<b>01:02:55</b>
409.	504	DIANA PEREIRA	INDIVIDUAL	77	VET F35	11	01:03:36	<b>01:03:46</b>
410.	77	ALBERTINA FERNANDES	ÉPICOS	78	VET F50	4	01:03:37	<b>01:03:54</b>
411.	433	ISABELLA RUSCONI	RUN4FUN AGD	79	VET F45	10	01:03:52	<b>01:04:10</b>
412.	449	LÚCIA ALEIXO	RUNNING ESPINHO	80	VET F45	11	01:04:06	<b>01:04:14</b>
413.	231	SOFIA CAVACO	QUANDOACABA	81	VET F35	12	01:04:06	<b>01:04:22</b>
414.	353	MIRIAM REIS	INDIVIDUAL	82	VET F35	13	01:04:36	<b>01:04:57</b>
415.	259	CARMEN DOBOS	INDIVIDUAL	83	VET F35	14	01:04:51	<b>01:05:16</b>
416.	184	FERNANDO BRÁS	INDIVIDUAL	333	VET M60	10	01:04:51	<b>01:05:16</b>
417.	214	FILIPE PINTO	BOSCH TERMOTECNOLOGIA SA	334	VET M35	70	01:06:30	<b>01:06:39</b>
418.	237	PAULO ABRANTES	RUN4FUN AGD	335	SEN M	80	01:06:37	<b>01:06:55</b>
419.	238	FILIPA MARQUES	RUN4FUN AGD	84	SEN F	28	01:06:38	<b>01:06:56</b>
420.	182	VITOR FARIA	INDIVIDUAL	336	VET M50	38	01:06:45	<b>01:07:08</b>
421.	481	SUSE OLIVEIRA	INDIVIDUAL	337	SEN M	81	01:06:46	<b>01:07:09</b>
422.	123	REGINA MARVÃO	BORABORA VAMOS LÁ	85	VET F35	15	01:07:32	<b>01:07:43</b>
423.	107	MADALENA CORREIA	CIRES RUNNING TEAM	86	VET F50	5	01:07:47	<b>01:07:57</b>
424.	345	ANA ALMEIDA	RIA STONE	87	SEN F	29	01:07:47	<b>01:08:09</b>
425.	125	ELSA PEREIRA	RIQUEZAS	88	VET F35	16	01:08:06	<b>01:08:31</b>
426.	379	JOSE SANTOS	INDIVIDUAL	338	SEN M	82	01:08:08	<b>01:08:32</b>
427.	366	ANA GONÇALVES	INDIVIDUAL	89	VET F40	25	01:11:01	<b>01:11:01</b>
428.	217	CRISTINA PIRES	BRIGADA DO PNEU	90	SEN F	30	01:14:33	<b>01:14:56</b>
429.	127	JOANA LEMOS	RIQUEZAS	91	VET F45	12	01:14:33	<b>01:14:58</b>
430.	195	MAGDA SOUSA	BRIGADA DO PNEU	92	SEN F	31	01:14:48	<b>01:15:12</b>
431.	106	JOANA MONTELOBO	CIRES RUNNING TEAM	93	VET F40	26	01:25:34	<b>01:25:42</b>