

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Idade	Tempo	min/Km	Escalão
207	1	1	AKKA ESSAADAOUJ		M	37	32:20.6	03:14	MSEN
184	2	2	OSCAR MENDES	LIBERDADE F C	M	34	33:34.5	03:21	MSEN
116	3	3	AMERICO MOREIRA	C. D. POVOA	M	26	34:01.3	03:24	MSEN
168	4	4	SERGIO LIMA	GRUPO JUVENIL DE VIL	M	33	35:03.8	03:30	MSEN
15	5	5	HEITOR OLIVEIRA	CYCLONES SANITOP	M	33	35:13.1	03:31	MSEN
26	6	1	LUIS MAGALHAES	CLUBE NAUTICO DE PON	M	45	36:26.2	03:39	MVET
170	7	2	MANUEL BRANQUINHO	GRUPO JUVENIL DE VIL	M	45	36:59.7	03:42	MVET
156	8	3	PAULO SOUSA	ACDR CALHEIROS	M	45	37:53.7	03:47	MVET
169	9	6	EUGENIO BARROS	GRUPO JUVENIL DE VIL	M	38	38:22.9	03:51	MSEN
85	10	4	JOSE PAIS	INDIVIDUAL	M	42	38:56.6	03:54	MVET
16	11	5	JOSE FERNANDES	CYCLONES SANITOP	M	45	39:03.6	03:54	MVET
157	12	7	LUIS DANTAS	ACDR CALHEIROS	M	31	39:21.8	03:56	MSEN
49	13	8	PAULO VAZ	INDIVIDUAL	M	25	39:24.2	03:56	MSEN
181	14	6	JOAO LEITAO	INDIVIDUAL	M	46	39:27.5	03:56	MVET
1	15	1	VANESSA CARVALHO	CYCLONES SANITOP	F	24	39:33.0	03:57	FGERAL
115	16	2	FATIMA SILVA	C. D. POVOA	F	45	39:46.9	03:59	FGERAL
153	17	7	FILIPE LIMA	ACDR CALHEIROS	M	41	39:51.8	03:59	MVET
159	18	9	PAULO LOPES	INDIVIDUAL	M	25	40:33.1	04:04	MSEN
18	19	8	HILARIO MARTINS	CYCLONES SANITOP	M	47	40:37.2	04:04	MVET
186	20	10	FILIPE ALVES	CLUBE NAUTICO PONTE	M	35	40:53.3	04:05	MSEN
103	21	11	JOAO PEREIRA	INDIVIDUAL	M	18	40:55.2	04:05	MSEN
17	22	9	JOSE AZEVEDO	CYCLONES SANITOP	M	48	41:08.0	04:07	MVET
101	23	12	FABIO VAZ	NAUTICO DE PONTE DE	M	21	41:18.9	04:07	MSEN
13	24	10	MANUEL BARBOS	EDP GAS	M	51	41:19.0	04:08	MVET
135	25	13	RICARDO FERREIRA	MOVIMENTO DE JUVENTU	M	29	41:36.6	04:09	MSEN
132	26	14	JOAO DIAS	MOVIMENTO DE JUVENTU	M	24	41:36.7	04:09	MSEN
123	27	15	RICARDO AMORIM	CLUBE NAUTICO PONTE	M	32	41:45.7	04:10	MSEN
185	28	3	LILIANA SILVA	LIBERDADE F C	F	30	42:13.0	04:14	FGERAL
2	29	4	FATIMA VEIGA	CYCLONES	F	24	42:36.6	04:15	FGERAL
63	30	16	ANDRE GOMES	INDIVIDUAL	M	34	43:02.4	04:18	MSEN
120	31	5	PAULA COSTA	CENTRO DE ATLETISMO	F	36	43:15.4	04:19	FGERAL
27	32	11	JOSE COSTA	CLUBE NAUTICO DE PON	M	45	43:19.9	04:20	MVET
152	33	12	AUGUSTO LIMA	ACDR CALHEIROS	M	47	43:20.4	04:20	MVET
175	34	13	SERGIO GANDARELA	INDIVIDUAL	M	40	43:28.9	04:20	MVET
40	35	17	ANTONIO DANTAS	INDIVIDUAL	M	32	43:41.2	04:22	MSEN
155	36	14	VITOR SOUSA	ACDR CALHEIROS	M	48	43:48.8	04:23	MVET
141	37	15	PAULO RODRIGUES	INDIVIDUAL	M	43	43:56.4	04:23	MVET
106	38	18	DUARTE CERQUEIRA	MARATONISTAS DO MINH	M	35	44:01.6	04:23	MSEN
128	39	16	EDUARDO LAGO	CLUB ATLETISMO SALVA	M	55	44:03.8	04:24	MVET
53	40	19	LUIS MENESES	INDIVIDUAL	M	35	44:40.6	04:28	MSEN
84	41	17	JORGE FERNANDES	INDIVIDUAL	M	43	44:56.4	04:28	MVET
19	42	18	CARLOS OSORIO	CYCLONES SANITOP	M	51	45:19.1	04:32	MVET
66	43	19	JOSE AFONSO	TEAM WORKOUT 48	M	48	45:22.9	04:32	MVET
59	44	20	LUIS COUTINHO	TEAM WORKOUT 48	M	25	45:22.9	04:32	MSEN
33	45	21	DAVIDE BARROS	INDIVIDUAL	M	33	45:26.2	04:32	MSEN
93	46	22	HILARIO LOPES	INDIVIDUAL	M	28	45:26.2	04:32	MSEN
182	47	23	ANDRE BARROS	INDIVIDUAL	M	35	45:55.9	04:35	MSEN
39	48	20	JOAO PIMENTA	MARATONISTAS DO MINH	M	43	45:55.9	04:35	MVET
62	49	21	MANUEL MARTINS	INDIVIDUAL	M	51	45:56.0	04:35	MVET
68	50	24	VITOR GOMES	INDIVIDUAL	M	29	45:56.2	04:35	MSEN
83	51	25	BRUNO LIMA	INDIVIDUAL	M	38	45:58.2	04:35	MSEN
46	52	22	JOAQUIM SILVA	INDIVIDUAL	M	48	46:00.5	04:35	MVET
80	53	23	LUIS SILVA	INDIVIDUAL	M	45	46:00.5	04:35	MVET
146	54	26	HELDER GONCALVES	INDIVIDUAL	M	21	46:02.7	04:36	MSEN
42	55	27	FABIO ARAUJO	INDIVIDUAL	M	24	46:03.0	04:36	MSEN
171	56	6	FATIMA BARROS	GRUPO JUVENIL DE VIL	F	37	46:03.1	04:37	FGERAL
144	57	28	GABRIEL SILVA	SURICATAS	M	25	46:20.2	04:38	MSEN
142	58	29	MARINHO MALHEIRO	SURICATAS	M	28	46:20.9	04:38	MSEN
90	59	30	ANDRE GUERRA	INDIVIDUAL	M	29	46:34.4	04:38	MSEN
107	60	31	LUIS ARAUJO	INDIVIDUAL	M	17	47:01.9	04:42	MSEN
158	61	24	JORGE VIANA	INDIVIDUAL	M	47	47:06.2	04:42	MVET
29	62	32	MIGUEL PEREIRA	INDIVIDUAL	M	33	47:06.4	04:42	MSEN
47	63	25	MIGUEL VIEIRA	INDIVIDUAL	M	45	47:12.2	04:43	MVET
54	64	33	CARLOS RODRIGUES	INDIVIDUAL	M	25	47:13.7	04:43	MSEN
206	65	34	ARNALDO DANTAS		M	29	47:23.1	04:44	MSEN
95	66	35	VITOR PIRES	INDIVIDUAL	M	31	47:32.2	04:45	MSEN

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Idade	Tempo	min/Km	Escalão
11	67	26	CARLOS LEAL	EDP GAS	M	41	47:38.2	04:46	MVET
195	68	27	PAULO RODRIGUES	INDIVIDUAL	M	43	47:50.4	04:46	MVET
44	69	28	ANTONIO MARINHO	INDIVIDUAL	M	46	48:04.4	04:48	MVET
148	70	29	ALBERTO CUNHA	INDIVIDUAL	M	53	48:21.7	04:50	MVET
34	71	36	PEDRO SA	INDIVIDUAL	M	30	48:30.5	04:50	MSEN
86	72	37	JOSE SANTOS	INDIVIDUAL	M	38	48:31.2	04:50	MSEN
108	73	30	MARCOS CALCADA	INDIVIDUAL	M	48	48:33.1	04:51	MVET
88	74	31	CARLOS COSTA	INDIVIDUAL	M	58	48:39.4	04:51	MVET
145	75	32	JOSE AMORIM	INDIVIDUAL	M	55	48:40.3	04:51	MVET
30	76	33	RAFAEL COSTA	INDIVIDUAL	M	41	48:50.7	04:52	MVET
37	77	38	VENANCIO BRANCO	INDIVIDUAL	M	28	48:50.8	04:52	MSEN
38	78	39	MIGUEL MARINHO	INDIVIDUAL	M	33	48:51.1	04:52	MSEN
149	79	40	PAULO SILVA	INDIVIDUAL	M	26	48:56.3	04:53	MSEN
140	80	41	CARLOS PIRES	INDIVIDUAL	M	34	49:11.6	04:55	MSEN
56	81	42	CARLOS MARTINS	INDIVIDUAL	M	31	49:23.0	04:56	MSEN
92	82	43	SERGIO FREITAS	INDIVIDUAL	M	31	49:30.6	04:57	MSEN
48	83	7	SUSANA ALVES	INDIVIDUAL	F	24	49:31.1	04:57	FGERAL
70	84	44	PEDRO RIBEIRO	TEAM WORKOUT 48	M	28	49:45.3	04:58	MSEN
125	85	8	HERCILIA PEREIRA	INDIVIDUAL	F	39	49:52.6	04:59	FGERAL
22	86	34	VITOR MOREIRA	B.V.MOREIRA MAIA	M	41	49:57.3	05:00	MVET
94	87	45	MIGUEL CRUZ	INDIVIDUAL	M	35	50:00.7	05:00	MSEN
136	88	46	DAVID NUNES	INDIVIDUAL	M	18	50:04.4	05:00	MSEN
41	89	35	FRANCISCO VALE	INDIVIDUAL	M	41	50:04.5	05:00	MVET
100	90	36	ANTONIO MIRANDA	INDIVIDUAL	M	50	50:09.4	05:00	MVET
75	91	9	ANDREIA DANTAS	INDIVIDUAL	F	35	50:17.0	05:01	FGERAL
102	92	37	MANUEL TEIXEIRA	INDIVIDUAL	M	41	50:19.7	05:01	MVET
190	93	47	PEDRO PEREIRA	INDIVIDUAL	M	34	50:22.8	05:02	MSEN
127	94	48	VASCO BRITO	FITNESS CLUB DE BRAG	M	37	50:39.1	05:04	MSEN
179	95	49	CARLOS MANSUIDO	INDIVIDUAL	M	36	50:47.0	05:04	MSEN
79	96	50	RICARDO LINHARES	INDIVIDUAL	M	31	50:52.0	05:05	MSEN
113	97	51	RICARDO MAGALHAES	INDIVIDUAL	M	38	51:24.5	05:08	MSEN
163	98	38	ANGELO MONTEIRO	INDIVIDUAL	M	47	51:32.3	05:08	MVET
89	99	10	MARTA COSTA	INDIVIDUAL	F	32	51:34.7	05:09	FGERAL
31	100	52	ALBERTO QUINTIAES	NAUTICO PONTE LIMA	M	36	51:54.6	05:11	MSEN
154	101	53	HELDER LIMA	ACDR CALHEIROS	M	18	51:54.8	05:11	MSEN
72	102	54	BRUNO RODRIGUES	TEAM WORKOUT 48	M	31	51:56.1	05:11	MSEN
96	103	55	RODRIGO MARTINS	INDIVIDUAL	M	13	51:57.0	05:11	MSEN
65	104	39	JORGE NOVO	INDIVIDUAL	M	47	51:59.7	05:11	MVET
192	105	56	FILIFE SILVA	INDIVIDUAL	M	29	52:24.5	05:14	MSEN
151	106	57	FRANCISCO BRANCO	INDIVIDUAL	M	32	53:01.4	05:18	MSEN
67	107	58	JOAO GOMES	CENTRO DE ATLETISMO	M	19	53:01.5	05:18	MSEN
28	108	11	CATARINA CERQUEIRA	INDIVIDUAL	F	21	53:11.3	05:19	FGERAL
51	109	40	ANTONIO FREITAS	INDIVIDUAL	M	61	53:21.2	05:19	MVET
191	110	41	JOSE DIAS	INDIVIDUAL	M	43	53:29.7	05:20	MVET
150	111	59	MIGUEL MEIRA	INDIVIDUAL	M	27	53:33.1	05:21	MSEN
50	112	12	MARIA MARINHO	INDIVIDUAL	F	45	53:51.3	05:23	FGERAL
194	113	42	ANTONIO FERNANDES	INDIVIDUAL	M	57	53:51.4	05:23	MVET
205	114	60	FILIFE MAIA	INDIVIDUAL	M	29	54:06.2	05:24	MSEN
131	115	61	JOSE CUNHA	INDIVIDUAL	M	26	54:10.6	05:24	MSEN
61	116	13	HELENA CERQUEIRA	INDIVIDUAL	F	24	54:17.4	05:25	FGERAL
10	117	62	TIAGO PEREIRA	INDIVIDUAL	M	29	54:27.5	05:26	MSEN
112	118	63	ANTONIO SILVA	INDIVIDUAL	M	19	54:33.4	05:27	MSEN
58	119	14	JOANA BARROS	TEAM WORKOUT 48	F	24	54:36.3	05:27	FGERAL
178	120	64	FERNANDO MANSUIDO	INDIVIDUAL	M	38	54:58.5	05:29	MSEN
209	121	43	ANTONIO BILBAO	ULTRAFONDO CANTABRIA	M	69	55:04.7	05:30	MVET
87	122	15	ANITA COSTA	INDIVIDUAL	F	28	55:07.3	05:30	FGERAL
24	123	44	JOSE BEZERRA	INDIVIDUAL	M	61	55:39.2	05:34	MVET
69	124	16	CRISTINA RODRIGUES	TEAM WORKOUT 48	F	24	56:17.8	05:37	FGERAL
111	125	65	LUIS DANTAS	INDIVIDUAL	M	24	56:18.4	05:37	MSEN
99	126	45	LUIS PIMENTA	MARATONISTAS DO MINH	M	40	56:30.9	05:39	MVET
176	127	46	ANTONIO FERNANDES	INDIVIDUAL	M	63	56:41.7	05:39	MVET
43	128	47	FRANCISCO MENDES	INDIVIDUAL	M	61	56:48.0	05:41	MVET
76	129	17	SUSANA PEREIRA	B: V. PONTE DE LIMA	F	34	56:48.2	05:41	FGERAL
117	130	66	NUNO VIEIRA	INDIVIDUAL	M	32	56:55.4	05:41	MSEN
105	131	18	REGINA FREITAS	INDIVIDUAL	F	36	56:56.2	05:41	FGERAL
165	132	19	AURELIA GRACA	INDIVIDUAL	F	42	57:08.9	05:42	FGERAL

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Idade	Tempo	min/Km	Escalão
114	133	20	SOFIA SILVA	INDIVIDUAL	F	26	57:08.9	05:42	FGERAL
55	134	21	ELISABETE SANTOS	INDIVIDUAL	F	36	57:35.3	05:45	FGERAL
138	135	67	FILIPE ROCHA	INDIVIDUAL	M	35	57:43.2	05:45	MSEN
14	136	48	REINALDO LOPES	EDP GAS	M	49	57:47.5	05:47	MVET
45	137	22	ANGELINA SILVA	INDIVIDUAL	F	49	58:22.2	05:50	FGERAL
134	138	23	ISABEL ALVES	MOVIMENTO DE JUVENTU	F	40	59:36.7	05:57	FGERAL
23	139	49	MANUEL CARVALHO	B.V.MOREIRA MAIA	M	52	59:54.7	05:59	MVET
12	140	68	JOAQUIM LEAL	EDP GAS	M	39	1:00:36.3	06:04	MSEN
137	141	69	RODRIGO NUNES	INDIVIDUAL	M	13	1:00:44.3	06:04	MSEN
126	142	24	MARIAJOSE MACHADO	INDIVIDUAL	F	38	1:00:50.6	06:04	FGERAL
122	143	70	CARLOS CUNHA	DESAFIOS NOMADAS	M	29	1:01:12.5	06:06	MSEN
121	144	71	ANDREIA CUNHA	DESAFIOS NOMADAS	M	29	1:01:12.8	06:06	MSEN
161	145	25	ANDREA CAMPELO	EDV VIANA TRAIL	F	39	1:01:44.5	06:10	FGERAL
60	146	26	DANIELA BARROS	INDIVIDUAL	F	30	1:01:44.8	06:10	FGERAL
64	147	27	SARA ALVES	INDIVIDUAL	F	31	1:02:44.1	06:16	FGERAL
164	148	28	SONIA FERNANDES	INDIVIDUAL	F	39	1:02:44.1	06:16	FGERAL
110	149	72	TOME AZEVEDO	ALDEA WWW.ALDEA.PT	M	34	1:02:58.1	06:17	MSEN
133	150	29	ANGELA ARAUJO	MOVIMENTO DE JUVENTU	F	32	1:02:59.5	06:17	FGERAL
97	151	30	NATERCIA LIMA	INDIVIDUAL	F	42	1:03:42.8	06:22	FGERAL
73	152	73	HELDER FERREIRA	TEAM WORKOUT 48	M	24	1:03:53.4	06:23	MSEN
109	153	74	JOAO MARTINS	TEAM WORKOUT 48	M	33	1:03:53.6	06:23	MSEN
167	154	31	SARA SOUSA	INDIVIDUAL	F	23	1:04:11.9	06:25	FGERAL
32	155	32	NEUZA CARIDADE	EDV VIANA TRAIL	F	33	1:04:12.0	06:25	FGERAL
81	156	75	RICARDO PONTES	INDIVIDUAL	M	32	1:04:14.7	06:25	MSEN
82	157	33	SONIA VIEIRA	INDIVIDUAL	F	35	1:04:15.1	06:25	FGERAL
183	158	34	MARIA REDONDO	INDIVIDUAL	F	42	1:06:56.1	06:41	FGERAL
147	159	35	ANTONIETA LIMA	INDIVIDUAL	F	46	1:08:00.9	06:47	FGERAL
104	160	36	PAULA MARINHO	INDIVIDUAL	F	46	1:08:04.0	06:48	FGERAL
71	161	37	ANA FERREIRA	TEAM WORKOUT 48	F	30	1:08:21.5	06:50	FGERAL
173	162	38	CHANTELLE QUEIROZ	REBANDISCAS	F	31	1:08:53.5	06:53	FGERAL
174	163	39	JOANA FERREIRA	REBANDISCAS	F	24	1:08:53.5	06:53	FGERAL
98	164	40	ROSA OLIVEIRA	MARATONISTAS DO MINH	F	37	1:11:59.0	07:11	FGERAL
143	165	41	ALEXANDRINA SILVA	SURICATAS	F	27	1:12:33.7	07:15	FGERAL
180	166	42	MARGARIDA FRANCO	INDIVIDUAL	F	15	1:15:59.7	07:35	FGERAL
74	167	43	PATRICIA CORREIA	TEAM WORKOUT 48	F	24	1:15:59.7	07:35	FGERAL
177	168	44	NATALIA MANSUIDO	INDIVIDUAL	F	32	1:15:59.9	07:35	FGERAL