

Posição	Dorsal	Nome	Sexo	Equipa	Escalão	Tempo	Chip
1	1409	Diogo Pinho	M		Séniore	00:33:55	00:33:55
2	1937	pedro magalhães	M	AMA Associação Mondim Atletismo	Séniore	00:34:17	00:34:13
3	1779	Jéssica Augusto	F	Sporting C. P.	Séniore	00:34:43	00:34:43
4	1408	Nuno Amado	M		Séniore	00:34:45	00:34:42
5	1780	Susana Godinho	F	Sporting C. P.	Séniore	00:36:02	00:36:02
6	1133	fabio fernandes correia	M	trail running clube btt sanguedo	Séniore	00:36:02	00:36:00
7	1019	Mário Contreiras	M	CDSSALVADOR DO CAMPO	VET 45	00:36:07	00:36:07
8	1330	Antonio José Pereira Jesus	M	Academia FR	VET 50	00:36:19	00:36:17
9	1353	João Manuel Paradela Teixeira	M	Chaves Running Team	VET 40	00:37:08	00:37:05
10	1169	BRUNO SOUSA	M		VET 35	00:37:12	00:37:08
11	1261	Ricardo Fernandes	M		Séniore	00:37:20	00:37:16
12	1051	Belmiro Ferreira	M	G.D.Leoes da Guarda	VET 50	00:37:24	00:37:24
13	1406	Nuno Miguel Silva	M		VET 35	00:37:33	00:37:28
14	1364	Miguel Tinoco	M		Séniore	00:37:52	00:37:47
15	1896	Mário Gonçalves	M	GDR Juventude das Ribeiras	VET 50	00:37:55	00:37:52
16	1915	Fábio Oliveira	M	Academia FR	Séniore	00:38:02	00:37:58
17	1427	Hernani Furtado	M	Sporting Clube de Espinho / António Leitão	VET 35	00:38:15	00:38:12
18	1413	Manuel Cardoso	M	Boavista F.C	VET 45	00:38:16	00:38:16
19	1428	Justyna Wojcik	F	S.C. Salgueiros	Séniore	00:38:16	00:38:16
20	1105	Henrique Pires	M	Águias de Alvelos	Séniore	00:38:19	00:38:16
21	1238	Nelson Ribeiro	M	Runners Holmes Place Boavista	Séniore	00:38:25	00:38:10
22	1813	José Almeida	M	Academia FR	VET 50	00:38:37	00:38:31
23	1997	Carlos Gomes	M	Salgueiros Running	Séniore	00:38:44	00:38:44
24	1035	Carlos Campos	M	Atlético Clube Alfenense	VET 40	00:38:53	00:38:51
25	1842	Mark Velhote	M	Vodafone	VET 40	00:39:03	00:39:00
26	1781	Diana Almeida	F	Sporting C. P.	Séniore	00:39:06	00:39:04
27	1003	JOSÉ RIPOLINS	M	RIPOLINS GRIJÓ A CORRER	VET 55	00:39:07	00:39:02
28	1421	José Costa	M	Grupo desportivo da Limpeza Urbana	VET 50	00:39:09	00:39:06
29	1811	Helder Filipe	M	ESCOLA DE ATLETISMO ROSA OLIVEIRA	VET 35	00:39:13	00:39:10
30	1414	JOAQUIM RIBEIRO	M	SPORTING CLUBE DE BRAGA	VET 50	00:39:20	00:39:20
31	1433	Carlos coelho	M		VET 35	00:39:29	00:39:27
32	1135	Hugo Daniel F. Silva	M	BTT Sanguêdo	VET 40	00:39:39	00:39:36
33	1305	Hélder Silva	M	Os Rompe Solas	VET 40	00:39:53	00:39:53
34	1356	Bruno Cunha	M	SISCOG - SISTEMAS COGNITIVOS	Séniore	00:40:02	00:39:59
35	1310	Joaquim Ferreira	M		VET 60	00:40:09	00:40:07
36	1418	Tomás Barroso	M	Enjoyandgorunners	VET 50	00:40:10	00:40:07
37	1398	João Malheiro	M		Séniore	00:40:13	00:40:05
38	1362	Manuel Vieira	M	OPraticante.pt / AD Amarante Atletismo	VET 45	00:40:14	00:40:09
39	1157	PEDRO MANUEL MADRID GONGORA	M	Academia FR	VET 35	00:40:15	00:40:12
40	1367	Carlos Queirós	M	OPraticante.pt / AD Amarante Atletismo	Séniore	00:40:22	00:40:16
41	1036	Arlindo Sousa	M	Atlético Clube Alfenense	VET 50	00:40:25	00:40:25
42	1812	Joel Nunes	M	Clube Desportivo Areias São João	Séniore	00:40:42	00:40:33
43	1388	Cristiano Pereira	M		VET 35	00:40:43	00:40:40
44	1399	Vitor Pontes	M	CDSSALVADOR DO CAMPO	Séniore	00:40:47	00:40:41
45	1252	Maria Carvalho	F	Maia Atlético Clube	Séniore	00:40:51	00:40:49

Posição	Dorsal	Nome	Sexo	Equioa	Escalão	Tempo	Chip
46	1309	ilidio oliveira	M	Astromil	VET 55	00:40:55	00:40:49
47	1363	Miguel Queirós	M	OPraticante.pt / AD Amarante Atletismo	VET 35	00:41:14	00:41:09
48	1111	victor oliveira	M		Séniore	00:41:20	00:41:06
49	1807	Manuel Gomes	M	A.D.Carvalho	VET 40	00:41:21	00:41:11
50	1101	Daniel Monteiro	M	Academia FR	Séniore	00:41:32	00:41:32
51	1070	LUIS MARTINS	M	A.R.DE NEGRELOS	VET 50	00:41:34	00:41:32
52	1412	Fátima Silva	F	C.D. Póvoa	VET 45	00:41:34	00:41:34
53	1326	José Camelo	M	Sport Comércio Salgueiros	VET 60	00:41:34	00:41:34
54	1424	victor evaristo sousa pinto rachao	M	centro de atletismo porto	VET 60	00:41:37	00:41:37
55	1897	José Nunes	M	GDR Juventude das Ribeiras	VET 45	00:41:39	00:41:37
56	1315	RICARDO SOUSA	M		VET 35	00:42:03	00:41:33
57	1848	Catarina Simoes	F	Ana Dias Runners Club	Séniore	00:42:05	00:42:00
58	1360	Jacinto Oliveira	M	Sunset Runners	VET 55	00:42:07	00:42:06
59	1004	MANUEL GOMES	M	RIPOLINS GRIJÓ A CORRER	VET 55	00:42:15	00:42:10
60	1920	Álvaro Daniel Cardoso	M		VET 35	00:42:25	00:42:10
61	1833	Ricardo Silva	M		VET 40	00:42:26	00:42:10
62	1248	Pedro Nuno Carva Ferreira de Sousa Ribeiro	M	Runners Holmes Place Boavista	VET 50	00:42:37	00:42:28
63	1374	JOSE PEDRO MARTINS	M		VET 40	00:42:39	00:42:17
64	1392	Pedro Guimaraes	M		VET 40	00:42:39	00:42:30
65	1809	Carlos Ferreira	M	Escola do Movimento	VET 55	00:42:40	00:42:36
66	1420	jose	M		VET 60	00:42:45	00:42:43
67	1076	Vitor Novais	M	Solinca running tribe	VET 50	00:42:50	00:42:36
68	1950	Fernando Eduardo Ribeiro Miranda	M		VET 50	00:42:52	00:42:45
69	1217	Guilherme Romano	M	Allianz Seguros	VET 50	00:42:55	00:42:41
70	1998	Fernando Ribeiro	M	100meta	VET 50	00:42:56	00:42:49
71	1361	Jorge Oliveira	M	OPraticante.pt / AD Amarante Atletismo	VET 40	00:43:00	00:42:50
72	1844	Joaquim Cunha	M	Águas do Porto - Casa dos Trabalhadores	VET 45	00:43:00	00:42:57
73	1236	José Carlos Dias	M	Runners Holmes Place Boavista	VET 45	00:43:04	00:42:54
74	1755	José Faria	M	No Tomorrow Running Team	VET 40	00:43:08	00:42:35
75	1050	Carlos FRias	M	G.D.Leoes da Guarda	Séniore	00:43:09	00:43:09
76	1823	António Carvalho	M	Família Carvalho	VET 50	00:43:11	00:43:11
77	1249	ISIDRO MIRANDA	M	CENTRO DESPORTIVO E CULTURAL DE NAVAIS	VET 55	00:43:17	00:43:04
78	1884	JOSE EUSÉBIO	M	CENTRO DESPORTIVO E CULTURAL DE NAVAIS	VET 45	00:43:20	00:43:07
79	1930	Daniel Rodrigues	M	Academia FR	VET 35	00:43:22	00:43:20
80	1103	Fernando Camelo	M	S.C. Salgueiros	VET 55	00:43:26	00:43:14
81	1785	Osório Pardal	M	Santiago	VET 55	00:43:31	00:43:21
82	1123	Cristiana Ferreira	F	Running Espinho	Séniore	00:43:31	00:43:22
83	1132	Manuel Abreu	M	Running Espinho	VET 40	00:43:32	00:43:21
84	1831	Serafim Ramos	M	LION RUNNERS - G. D. Leões da Guarda	VET 55	00:43:32	00:43:27
85	1977	Serafim Reis	M	centro de atletismo porto - CAP	VET 45	00:43:39	00:43:34
86	1417	Miguel Silva	M	KilometroZero	VET 35	00:43:40	00:43:19
87	1148	António Coimbra	M		Séniore	00:43:46	00:43:38
88	1410	Afonso Silva	M		VET 50	00:43:50	00:43:31
89	1154	Rui Silva	M		Séniore	00:43:52	00:43:45
90	1023	Jorge Moreira	M		VET 40	00:43:54	00:43:51

Posição	Dorsal	Nome	Sexo	Equioa	Escalão	Tempo	Chip
91	1778	Alexandre Venancio Jansen	M	Planet Running (BR)	VET 40	00:43:56	00:43:56
92	1224	Rosa Maria Ribeiro de Matos Trancoso	F	Academia FR	VET 45	00:43:57	00:43:57
93	1151	Daniel João Silva Cardoso de Sousa	M		Séniore	00:43:58	00:43:51
94	1419	Nelson Ramos	M		VET 50	00:44:06	00:43:55
95	1931	Ricardo Pinto	M		Séniore	00:44:09	00:43:40
96	1262	Vasco Silva	M	runningmadness	Séniore	00:44:14	00:44:10
97	1329	Sergio Amorim	M	Academia FR	VET 45	00:44:17	00:44:14
98	1879	Ernesto Marques Alves	M	Juventude Cortegacense	VET 45	00:44:18	00:44:03
99	1878	Rui Manuel Ramalho Oliveira	M	Juventude Cortegacense	VET 40	00:44:18	00:44:02
100	1387	Diana Pereira	F	Grupo Recreativo Estrelas do Bonfim	Séniore	00:44:21	00:44:18
101	1062	Carlos Fernandes	M	Atalanta Runners	Séniore	00:44:21	00:43:41
102	1990	Paulo Quintas	M		VET 45	00:44:31	00:44:25
103	1882	Ana Mota	F	G. D. Leões da Agra	VET 35	00:44:33	00:44:27
104	1887	Nuno Andrade	M	Arrozinhos 8.2	Séniore	00:44:33	00:44:00
105	1372	Tiago Mendes	M		VET 50	00:44:34	00:44:29
106	1908	rafaela souza	F	AMA Associação Mondim Atletismo	Séniore	00:44:38	00:44:34
107	1239	Ana Margarida Junqueira Silva Coelho	F	Runners Holmes Place Boavista	Séniore	00:44:39	00:44:24
108	1898	Hugo Fernandes	M		VET 40	00:44:40	00:44:00
109	1939	eduardo meireles	M	AMA Associação Mondim Atletismo	Séniore	00:44:41	00:44:27
110	1033	David Silva	M		VET 40	00:44:42	00:44:39
111	1231	José Ribeiro	M		VET 35	00:44:53	00:44:48
112	1336	Hugo Cesário Maia Oliveira	M		Séniore	00:44:53	00:44:11
113	1166	Manuel Ramos	M	CGEN	VET 50	00:44:54	00:44:25
114	1786	André Soares	M	Individual	VET 35	00:44:55	00:44:38
115	1397	Luís Costa	M	TKD Gaia	Séniore	00:44:56	00:44:27
116	1344	André Medas	M		VET 40	00:44:59	00:44:36
117	1791	Ricardo Jorge Maia Albuquerque	M	CGEN	Séniore	00:45:00	00:44:51
118	1176	Hélder Pereira	M		Séniore	00:45:02	00:44:21
119	1125	António Prata	M	Running Espinho	VET 45	00:45:04	00:44:53
120	1232	Ricardo moutinho	M		Séniore	00:45:08	00:45:02
121	1354	Raul Luis Ribeiro Coelho	M		VET 35	00:45:12	00:45:02
122	1934	Mateus Silva	M	Éjali..clube de amigos trailrunners	Séniore	00:45:14	00:44:43
123	1034	Paulo Loureiro	M	TEAM LANTEMIL	VET 35	00:45:15	00:44:53
124	1905	David Brizida	M	AMA Associação Mondim Atletismo	Séniore	00:45:18	00:45:04
125	1311	Vítor Cirne	M		VET 40	00:45:24	00:44:37
126	1810	Helder Domingues	M		VET 35	00:45:24	00:45:17
127	1385	Rui Cardoso	M	Boavista F.C.	VET 50	00:45:28	00:45:28
128	1883	Helder Ferreira	M	G. D. Leões da Agra	VET 40	00:45:32	00:45:26
129	1279	Nuno Teixeira	M		Séniore	00:45:34	00:45:29
130	1280	Rogério Manuel Andrade Moreira	M		VET 40	00:45:44	00:45:20
131	1175	HENRIQUE BORGES	M		VET 50	00:45:46	00:45:37
132	1025	Cláudia Pimparel	F	Shots International Runners	VET 45	00:45:46	00:45:34
133	1084	Rui José Boucinha Torres Eusebio	M	Academia FR	VET 45	00:45:48	00:45:34
134	1971	Jose Manuel Freitas Nunes	M		VET 40	00:45:50	00:45:46
135	1140	Paula Quintela	F	Escola Atletismo Rosa Oliveira	VET 50	00:45:54	00:45:46

Posição	Dorsal	Nome	Sexo	Equioa	Escalão	Tempo	Chip
136	1390	Luciano Gonçalves de Pena	M		Séniiores	00:45:57	00:45:51
137	1031	Carlos Alves	M	centro de atletismo porto - CAP	VET 60	00:46:02	00:45:51
138	1852	Manuel Santos	M		VET 50	00:46:04	00:46:04
139	1423	Mário Nogueira	M		VET 50	00:46:06	00:45:57
140	1316	Jorge Durães	M		VET 40	00:46:06	00:45:37
141	1404	Daniel Silva	M	Grupo Desportivo Banco de Portugal	Séniiores	00:46:09	00:46:09
142	1313	ALEXANDRE FERREIRA	M		VET 50	00:46:09	00:46:06
143	1202	Sofia Pimenta	F	LION RUNNERS - G. D. Leões da Guarda	VET 35	00:46:17	00:46:13
144	1198	José Sá	M	LION RUNNERS - G. D. Leões da Guarda	VET 35	00:46:17	00:46:13
145	1235	Tito Baía	M		VET 35	00:46:20	00:46:09
146	1164	Sergio Silva	M	Academia FR	VET 40	00:46:22	00:46:09
147	1115	António Gonçalves	M	ACSP	VET 45	00:46:24	00:46:16
148	1378	Rui Borges	M		VET 40	00:46:27	00:46:03
149	1167	Rui Russo dos Santos	M	Porto Runners	VET 50	00:46:27	00:46:19
150	1972	Márcia Oliveira	F		VET 35	00:46:27	00:46:16
151	1943	fernando magalhães	M	AMA Associação Mondim Atletismo	VET 35	00:46:30	00:46:26
152	1225	Rui	M		Séniiores	00:46:33	00:46:05
153	1396	Pedro Miguel Correia Vieira	M	A.D.Sebolido Trail Boneca D`Ouro	VET 35	00:46:36	00:46:32
154	1131	jose sa	M		VET 55	00:46:41	00:46:41
155	1366	Baltazar Ferreira	M	Individual	VET 50	00:46:47	00:46:43
156	1212	Jaime Ribeiro	M		VET 35	00:46:51	00:46:31
157	1049	Luciano Vieira	M	G.D.Leoes da Guarda	VET 55	00:46:52	00:46:49
158	1273	Helena Isabel Moreira Dias	F		VET 40	00:46:59	00:46:21
159	1921	João Carvalhal	M	Budeguita Runners	VET 40	00:46:59	00:46:21
160	1435	Agostinho fernandes	M		VET 40	00:47:04	00:46:46
161	1085	PAULO BRÁS	M	LION RUNNERS - G. D. Leões da Guarda	VET 50	00:47:05	00:46:55
162	1057	VITOR COELHO	M		VET 45	00:47:06	00:46:57
163	1927	Nuno Martins	M		Séniiores	00:47:07	00:46:49
164	1926	Ivo Martins	M		Séniiores	00:47:09	00:46:50
165	1371	Paulo Pereira	M	GDCTENVC	VET 45	00:47:10	00:47:10
166	1274	Nuno Rodrigo Moreira da Silva	M		VET 35	00:47:11	00:46:43
167	1403	Diogo Fernando Batista da Silva	M	Grupo Desportivo Banco de Portugal	Séniiores	00:47:12	00:47:10
168	1206	Eva Gouveia	F	Aves Runners	VET 40	00:47:13	00:47:04
169	1209	Rafael Gouveia	M	Aves Runners	VET 45	00:47:13	00:47:05
170	1082	jose gomes	M		VET 60	00:47:17	00:47:11
171	1088	Artur Freitas	M	Academia FR	VET 60	00:47:21	00:47:14
172	1184	Tatiana Mera	F		Séniiores	00:47:22	00:47:22
173	1945	filipe teixeira	M	AMA Associação Mondim Atletismo	Séniiores	00:47:26	00:47:20
174	1227	ANTÓNIO NETO	M	TRIFITROFA	VET 60	00:47:30	00:47:26
175	1393	Jorge António da Costa Pereira	M		VET 60	00:47:30	00:47:30
176	1787	Eduardo Barbosa	M	Bota & Siga	VET 40	00:47:30	00:47:12
177	1120	Orlando Ferreira	M		VET 50	00:47:32	00:47:14
178	1893	Domingos Vieira	M	GDR Juventude das Ribeiras	VET 55	00:47:37	00:47:16
179	1843	Francisco Vieira	M		VET 35	00:47:38	00:47:17
180	1918	Ricardo Santos	M		Séniiores	00:47:39	00:47:39

Posição	Dorsal	Nome	Sexo	Equioa	Escalão	Tempo	Chip
181	1331	Hugo Marques	M		Séniiores	00:47:43	00:47:14
182	1168	Antonio Manuel Lopes Almeida	M		VET 45	00:47:47	00:47:18
183	1799	Tatiana Silva	F	LION RUNNERS - G. D. Leões da Guarda	Séniiores	00:47:48	00:47:39
184	1006	HUGO GONÇALVES	M		VET 45	00:47:49	00:47:45
185	1066	Nuno Carneiro	M	Atalanta Runners	Séniiores	00:47:50	00:47:35
186	1021	Sandra Cardoso	F	Baguim Runners	VET 40	00:47:50	00:47:44
187	1121	Jorge Augusto de Carvalho Pimenta	M	Academia FR	VET 50	00:47:53	00:47:46
188	1290	Rui Rocha	M	100meta	VET 45	00:47:53	00:47:46
189	1764	Pedro Salgueiro	M	Sawasdee	VET 35	00:47:54	00:47:47
190	1984	Mariana Ameixieira	F		Séniiores	00:47:55	00:47:37
191	1137	Daniel Oliveira	M		Séniiores	00:47:55	00:47:43
192	1215	António João	M	Allianz Seguros	VET 50	00:47:58	00:47:22
193	1221	Francisco José Henoch Gama	M	Allianz Seguros	VET 50	00:47:59	00:47:39
194	1825	Nuno Marques	M	KeMedo Team	VET 40	00:48:03	00:47:26
195	1306	Ana Gonçalves	F	Maia Atlético Clube	Séniiores	00:48:07	00:48:04
196	1772	José Paulo Neto	M		VET 35	00:48:07	00:47:41
197	1771	José Neto	M		VET 40	00:48:08	00:47:41
198	1177	António Dias Costa	M	Academia FR	VET 60	00:48:11	00:47:46
199	1770	LUIS MIGUEL DUBORJAL SOUSA SANTOS	M	MOCIDADE SANGEMIL	VET 40	00:48:13	00:47:34
200	1797	Bruno Alves	M	MOCIDADE SANGEMIL	VET 35	00:48:14	00:47:35
201	1793	Mário Vinhas	M	MOCIDADE SANGEMIL	VET 45	00:48:14	00:47:34
202	1798	Luís Pereira	M	MOCIDADE SANGEMIL	VET 40	00:48:14	00:47:35
203	1245	Mariana Castro Lemos	F	Runners Holmes Place Boavista	VET 35	00:48:22	00:48:13
204	1415	LUIS SILVA	M	SPORTING CLUBE DE BRAGA	VET 60	00:48:23	00:48:23
205	1936	Paulo Sérgio	M	Team Crazy	VET 45	00:48:26	00:48:11
206	1080	ARNALDO PINTO	M		VET 60	00:48:28	00:48:14
207	1827	Hugo Duarte Teixeira	M		VET 35	00:48:42	00:48:04
208	1826	Nuno Martins	M		VET 40	00:48:42	00:48:03
209	1219	Marcos Oliveira	M	Allianz Seguros	VET 45	00:48:44	00:48:07
210	1201	RUI COSTA	M	Allianz Seguros	VET 50	00:48:44	00:48:06
211	1761	Manuel Antonio Braga Lopes	M		VET 50	00:48:47	00:48:24
212	1045	Alberto Freitas	M	Minis & Bifanas	VET 45	00:48:48	00:48:02
213	1784	Joana Alves	F		Séniiores	00:48:49	00:48:49
214	1395	Iluc Cezar-Iulian	M		Séniiores	00:48:52	00:48:16
215	1028	Oscar loureiro	M		VET 60	00:48:55	00:48:36
216	1020	Vitor Cardoso	M	Baguim Runners	VET 40	00:48:57	00:48:52
217	1759	Ernesto da Rocha Gonçalves	M		VET 45	00:49:05	00:48:54
218	1822	Ricardo Fernandes	M	DENIROVIP	VET 35	00:49:13	00:48:40
219	1024	Sérgio Santiago	M	Shots International Runners	VET 35	00:49:19	00:49:07
220	1260	Rui Pedro Castro Coelho	M	Werun4food	Séniiores	00:49:21	00:48:46
221	1851	Wellington Alves	M		Séniiores	00:49:23	00:49:10
222	1914	José Alfredo	M	Team Crazy	VET 35	00:49:25	00:49:11
223	1251	jorge marinho	M		VET 50	00:49:27	00:49:09
224	1098	Sergio Miranda	M		VET 45	00:49:35	00:49:07
225	1375	Dênis Quadros	M	Athlon Runners	VET 35	00:49:37	00:49:13

Posição	Dorsal	Nome	Sexo	Equioa	Escalão	Tempo	Chip
226	1222	Firmino Rodrigo Lopes Nogueira	M		VET 50	00:49:42	00:49:26
227	1465	João Miguel Carvalho Luz Lopes	M		VET 40	00:49:47	00:49:25
228	1054	joaquim silva	M		VET 50	00:49:48	00:49:01
229	1916	Pedro Vale	M	Run4Fun	VET 35	00:49:48	00:49:02
230	1929	Jorge	M		VET 35	00:49:49	00:49:31
231	1327	Ivan Fernandes Geraldes	M		Séniore	00:49:50	00:49:30
232	1117	Rui Meireles	M		VET 40	00:49:52	00:49:32
233	1432	Serafim Bastos	M	RollingAventura/GrupoVC	VET 50	00:49:52	00:49:15
234	1808	Rui Filipe Pinto Silva	M		Séniore	00:49:58	00:49:51
235	1000	Carlos Martins	M	CM Maia	VET 40	00:49:59	00:49:16
236	1102	Jose Andrade	M		VET 55	00:50:08	00:50:01
237	1226	Ana Bernardete Castro Pereira	F	Academia FR	Séniore	00:50:08	00:50:08
238	1011	MANUEL SOUSA TEIXEIRA	M		VET 45	00:50:09	00:49:45
239	1794	Luís Filipe Fonseca da Cunha Ferreira	M	CLUBE COLABORADORES AGEAS	VET 40	00:50:11	00:49:30
240	1976	Luis Miguel Afonso Fernandes	M		VET 35	00:50:11	00:49:46
241	1788	Carlos Ribeiro	M	Bota&Siga	VET 40	00:50:12	00:49:54
242	1138	Alvaro santos	M		VET 35	00:50:29	00:49:45
243	1993	Mário Magalhães	M		VET 50	00:50:33	00:50:28
244	1345	Luis Vasques	M		VET 40	00:50:35	00:50:13
245	1895	Henrique Pestana	M	GDR Juventude das Ribeiras	VET 60	00:50:36	00:50:17
246	1191	Rui Santos	M	CORRER LEÇA	Séniore	00:50:46	00:50:15
247	1973	Carlos Costa	M		Séniore	00:50:54	00:50:28
248	1903	José Mendonça	M		VET 40	00:50:55	00:50:50
249	1230	Ana Alexandra Pereira Pires	F	Academia FR	Séniore	00:50:56	00:50:43
250	1407	Levina SÁ	F		Séniore	00:50:58	00:50:41
251	1426	David Miguel Soares Afonso	M	Amigos das sapatilhas	Séniore	00:50:59	00:50:54
252	1949	Carlos Beco	M		VET 45	00:50:59	00:50:15
253	1894	Fernando Valente	M	GDR Juventude das Ribeiras	VET 55	00:51:01	00:50:47
254	1013	LUCINDA ALVES	F	AMIGOS DA PÍCUA	VET 55	00:51:01	00:50:50
255	1078	Rui Vergueiro	M	Atalanta Runners	VET 40	00:51:01	00:50:18
256	1015	SUSANA PINTO	F	AMIGOS DA PÍCUA	Séniore	00:51:01	00:50:50
257	1012	mario jorge pinto macedo	M		VET 40	00:51:03	00:50:51
258	1876	Pedro Gomes	M	Éjali..clube de amigos trailrunners	Séniore	00:51:06	00:50:34
259	1040	Rui Furtado	M	Minis & Bifanas	VET 40	00:51:08	00:50:21
260	1301	Pedro Silva	M		Séniore	00:51:10	00:50:50
261	1081	Emidio Pinto	M	Invicta Runners Team	VET 50	00:51:14	00:51:01
262	1039	Jose Pereira	M	Nights Team	VET 35	00:51:16	00:50:48
263	1291	Miguel Silva	M		VET 40	00:51:17	00:51:11
264	1751	Ricardo Landim	M	Salgueiros Running	Séniore	00:51:17	00:51:10
265	1097	Joao Cacheira	M		VET 35	00:51:22	00:50:53
266	1881	João Styliano	M	Maia Runners	Séniore	00:51:23	00:50:47
267	1880	Bernardino Carneiro Andrade	M	Maia Runners	VET 40	00:51:25	00:50:50
268	1917	Pedro Monteiro	M	Academia FR	VET 35	00:51:26	00:51:19
269	1307	José Manuel Patarata	M	LION RUNNERS G. D. LEÕES DA GUARDA	VET 45	00:51:28	00:51:23
270	1890	Fernando Fontelonga	M		VET 40	00:51:31	00:50:59

Posição	Dorsal	Nome	Sexo	Equipa	Escalão	Tempo	Chip
271	1127	José Santos	M	Grupo de Corrida de Argoncilhe	VET 50	00:51:32	00:51:17
272	1093	Rui Godinho	M	Caetano Runners	VET 45	00:51:34	00:51:25
273	1434	Luis Coelho	M		VET 45	00:51:36	00:51:30
274	1902	Patricia Cristina Porto	F	Academia FR	VET 40	00:51:37	00:51:35
275	1172	Luis Duarte Fernandes Pinho	M		Séniore	00:51:38	00:50:55
276	1325	Graciano Augusto Pereira	M	Academia FR	VET 60	00:51:38	00:51:16
277	1149	Vitor SILVA	M		VET 40	00:51:40	00:51:31
278	1401	Manuel Cruz	M	Grupo Desportivo Banco de Portugal	VET 60	00:51:49	00:51:33
279	1282	Fábio Antunes	M		Séniore	00:51:51	00:51:18
280	1394	Isaque Pinto	M	Nascidos para Correr	VET 50	00:51:52	00:51:50
281	1999	Jorge Carlos Sousa Meireles	M		VET 40	00:51:53	00:51:02
282	1142	Mario Valente	M		VET 60	00:51:56	00:51:30
283	1757	André Artur Gomes S. R. Conceição	M	CM Maia	VET 45	00:51:58	00:51:02
284	1335	Helder Palma	M		VET 40	00:52:02	00:51:20
285	1063	Claudia Catarina Ferreira Couto	F		Séniore	00:52:11	00:51:49
286	1996	Cristina Carvalho	F		VET 40	00:52:15	00:52:09
287	1192	Tiago Santos	M	CORRER LEÇA	Séniore	00:52:15	00:51:43
288	1128	Fernando Couto	M	Grupo de Corrida de Argoncilhe	VET 60	00:52:16	00:52:00
289	1200	ANTONIO TEIXEIRA	M	Allianz Seguros	VET 50	00:52:20	00:51:41
290	1216	Francisco Pádua	M	Allianz Seguros	VET 55	00:52:21	00:51:54
291	1320	Hugo Guimarães	M		Séniore	00:52:22	00:51:43
292	1355	Ricardo costa	M		VET 35	00:52:24	00:52:06
293	1411	Carlos Lima	M		VET 45	00:52:24	00:52:13
294	1136	manuel magalhães	M		VET 35	00:52:28	00:51:56
295	1272	Pedro Filipe Ferreira Cotorela	M		Séniore	00:52:29	00:52:06
296	1058	Bruno Vilaça	M	Atalanta Runners	VET 35	00:52:32	00:51:47
297	1073	Ricardo Moreira	M	Atalanta Runners	VET 35	00:52:32	00:51:50
298	1365	António Gonçalves	M	OPraticante.pt / AD Amarante Atletismo	VET 50	00:52:35	00:52:24
299	1753	Raquel Ferreira de Vasconcelos	F	No Tomorrow Running Team	VET 35	00:52:36	00:52:04
300	1281	Vasco Costa	M		Séniore	00:52:39	00:52:28
301	1243	Helder Alexandre Silva Couto	M		VET 45	00:52:48	00:52:13
302	1124	Manuela Sousa	F	RunningEspinho	VET 50	00:52:51	00:52:41
303	1958	Liliana Araújo	F	GTT-Armazém do Caffè	Séniore	00:52:55	00:52:47
304	1370	Luís Paulo	M		VET 45	00:52:55	00:52:42
305	1269	PAULO JORGE	M	A.N.A.	VET 45	00:52:58	00:52:53
306	1194	Francisco	M		Séniore	00:53:00	00:52:45
307	1237	Cláudia Valentina Delgado Vaz	F	Runners Holmes Place Boavista	Séniore	00:53:00	00:52:44
308	1271	Paulo Costa	M		VET 45	00:53:02	00:52:18
309	1974	Ricardo Carvalho	M	MSS CONTABILIDADE	VET 35	00:53:12	00:52:42
310	1150	Pedro	M	Alfa Runners	VET 40	00:53:15	00:52:46
311	1106	Francisco Machado	M		Séniore	00:53:15	00:52:46
312	1350	Orlando Jorge Vieira da Silva Leal	M	CM Maia	VET 40	00:53:18	00:52:21
313	1308	Raul Ferreira	M	LION RUNNERS - G. D. Leões da Guarda	VET 55	00:53:27	00:53:19
314	1145	Carlos Alberto Bento Soares Carneiro	M	Academia FR	VET 60	00:53:28	00:53:03
315	1856	LUDGERO RIBEIRO	M		VET 35	00:53:37	00:53:23

Posição	Dorsal	Nome	Sexo	Equipa	Escalão	Tempo	Chip
316	1059	Sérgio Quintas	M		VET 40	00:53:38	00:53:21
317	1994	Tiago Frederico da Silva Pereira Dias	M		Séniore	00:53:39	00:53:17
318	1229	Luís Silva	M		Séniore	00:53:39	00:53:12
319	1065	Hugo Oliveira	M		VET 35	00:53:43	00:53:12
320	1277	Jorge Dique	M		VET 60	00:53:46	00:53:46
321	1195	NUNO MIGUEL ALVES SIMÕES	M	Allianz Seguros	VET 35	00:53:50	00:53:13
322	1762	André Coelho	M		Séniore	00:53:51	00:53:22
323	1991	Susana Pereira	F		VET 45	00:53:52	00:53:35
324	1029	Victor Santos	M	Porto runners	VET 40	00:53:52	00:53:43
325	1287	Manuel Queirós	M		VET 45	00:53:52	00:53:26
326	1144	Luís Gonçalves	M		Séniore	00:53:53	00:53:30
327	1928	Martinho Ferreira	M		VET 35	00:53:54	00:53:30
328	1197	Joaquim Fernando Martins de Oliveira	M	Allianz Seguros	VET 60	00:53:56	00:53:18
329	1214	Sérgio Alexandre Sousa Alves	M		Séniore	00:54:00	00:53:37
330	1948	João Maciel	F		Séniore	00:54:00	00:53:17
331	1069	Ana Maria Gonçalves de Deus Martins	F		VET 45	00:54:02	00:53:54
332	1818	Vítor Daniel Ribeiro Pereira	M		Séniore	00:54:05	00:53:16
333	1046	Paulo Roque	M	Minis & Bifanas	VET 45	00:54:07	00:53:20
334	1803	Carlos mMarques	M		VET 45	00:54:10	00:53:30
335	1381	João Maia	M	MAGNUNSSSENS	Séniore	00:54:13	00:53:54
336	1824	Mateusz Stasto	M		VET 40	00:54:13	00:54:04
337	1056	José Ablino Sousa Vieira	M		VET 60	00:54:14	00:53:50
338	1061	Rui Couto	M		Séniore	00:54:19	00:53:58
339	1288	Cristina Maria Gonçalves Magalhães	F	Academia FR	VET 50	00:54:19	00:54:19
340	1904	Luis Cerqueira	M	AMA Associação Mondim Atletismo	VET 50	00:54:22	00:53:59
341	1068	Pedro Rodrigues	M	Atalanta Runners	Séniore	00:54:22	00:53:36
342	1060	Anabela Seabra	F	Atalanta Runners	Séniore	00:54:22	00:53:37
343	1075	Sérgio Louro	M	Atalanta Runners	VET 35	00:54:22	00:53:38
344	1241	Paula Cristina Marinho Moura	F	Runners Holmes Place Boavista	VET 40	00:54:27	00:54:08
345	1255	Sandra Sousa	F	CF Perosinho Atletismo	VET 40	00:54:33	00:54:00
346	1116	Fernanda Lopes	F	PORTO SENTIDO RUNNERS	VET 45	00:54:40	00:54:30
347	1900	PAULO CESAR PATRICIO OLIVEIRA	M		VET 40	00:54:43	00:54:26
348	1289	Sara Sousa	F	Shots International Runners	VET 40	00:54:45	00:54:33
349	1110	Álvaro Silva	M	teammsscontabilidade@outlook.pt	VET 55	00:54:54	00:54:24
350	1373	Renato	M		Séniore	00:55:03	00:54:55
351	1817	Mário Noronha	M		VET 35	00:55:04	00:54:15
352	1022	ABILIO SOARES	M		VET 60	00:55:07	00:54:44
353	1846	Filipa Costa	F		Séniore	00:55:07	00:54:53
354	1389	Susana Canhola	F	Running Espinho	VET 45	00:55:10	00:54:46
355	1143	Mário Sousa	M		VET 35	00:55:11	00:54:48
356	1247	VIRGÍLIO BARBOSA	M	CENTRO DESPORTIVO E CULTURAL DE NAVAIS	VET 45	00:55:19	00:55:08
357	1935	Hugo Pereira	M		Séniore	00:55:23	00:54:51
358	1244	José Mário Magalhães de Pereira	M	Runners Holmes Place Boavista	VET 55	00:55:28	00:55:06
359	1228	Dinis agosto Pires	M	Academia FR	VET 60	00:55:34	00:55:24
360	1925	OSVALDO JOSE COSTA	M		VET 50	00:55:34	00:55:24

Posição	Dorsal	Nome	Sexo	Equioa	Escalão	Tempo	Chip
361	1886	Carlos Pereira	M	Arrozinhos 8.2	VET 40	00:55:43	00:55:09
362	1768	rui manuel couto	M		VET 60	00:55:46	00:55:29
363	1969	JOAO PINTINHA	M		VET 55	00:55:46	00:55:03
364	1988	Pedro Daniel da Silva Nunes Ribeiro	M	Cervejenses	Séniore	00:55:49	00:55:01
365	1380	Paulo Santos	M	MAGNUNSSSENS	Séniore	00:55:49	00:55:32
366	1962	Hélder Hugo Ferreira	M		Séniore	00:55:51	00:55:37
367	1283	jose andre	M		VET 45	00:55:54	00:55:43
368	1204	Carlos Manuel da Costa Fernandes	M		VET 50	00:55:58	00:55:13
369	1830	Tiago Teixeira	M		Séniore	00:56:00	00:55:42
370	1968	José Mota	M		Séniore	00:56:00	00:55:29
371	1158	Rui Pedro Goncalves Pereira	M		VET 40	00:56:04	00:55:21
372	1966	Paulo Sarabanda	M		VET 45	00:56:05	00:55:16
373	1254	Diogo Santos Ferreira	M		Séniore	00:56:05	00:55:49
374	1130	Nuno Gonçalves	M		VET 35	00:56:06	00:55:15
375	1079	Eduardo Nuno Mouta Faria	M	Clube Portugal Telecom Zona Norte	VET 45	00:56:11	00:55:29
376	1357	Jorge Almeida	M	Dá à sola	VET 45	00:56:14	00:55:47
377	1359	Eugenio Soares	M	Dá à sola	VET 45	00:56:14	00:55:40
378	1268	José Maria Mota	M		VET 45	00:56:23	00:55:56
379	1278	Rogério Paulo Fernandes Azevedo	M	Clube Portugal Telecom Zona Norte	VET 40	00:56:23	00:55:46
380	1185	António Alves	M		VET 40	00:56:25	00:55:59
381	1352	Marcos Feiteira	M	Os ketuntos	VET 40	00:56:27	00:56:17
382	1018	Renato Ferreira	M		VET 40	00:56:28	00:55:43
383	1087	José Manuel de Oliveira	M		VET 60	00:56:28	00:56:09
384	1163	Bronze	M		VET 50	00:56:29	00:56:04
385	1839	Jorge Santos	M	S.C.Espinho Triatlo	VET 50	00:56:30	00:56:05
386	1055	Hugo Romano	M		VET 35	00:56:30	00:55:43
387	1300	Ângela Sousa	F		VET 40	00:56:33	00:56:00
388	1189	José Pedro Marques	M		VET 35	00:56:35	00:56:20
389	1767	Liliana Sofia Pereira	F	Academia FR	VET 35	00:56:36	00:56:30
390	1802	Florabela Linhares	F	Os Rompe Solas	VET 45	00:56:44	00:56:39
391	1382	Emanuel Correia	M	MAGNUNSSSENS	Séniore	00:56:45	00:56:27
392	1275	João Falcão	M	Jumia PTC Running Team	Séniore	00:56:45	00:56:31
393	1072	Paulo Pinheiro	M	os avenses	VET 45	00:56:47	00:56:02
394	1071	Adelaide Brandão	F	os avenses	VET 40	00:56:47	00:56:03
395	1141	Vitor Oliveira	M	Escola Atletismo Rosa Oliveira	VET 50	00:56:54	00:56:36
396	1146	Rui Manuel de Pinho Rodrigues	M		VET 40	00:56:55	00:56:40
397	1147	Ana Benilde Coelho da Silva	F		VET 35	00:56:57	00:56:40
398	1992	Sara Magalhães	F		Séniore	00:56:59	00:56:55
399	1126	Rui Oliveira	M	Grupo de Corrida de Argoncilhe	VET 60	00:57:06	00:56:50
400	1160	domingos soares	M		VET 55	00:57:08	00:56:44
401	1109	Vera Augusto	F		VET 40	00:57:11	00:56:49
402	1007	rui machado	M	caetano runners	VET 50	00:57:12	00:57:04
403	1108	Orlando parente	M		VET 45	00:57:12	00:56:50
404	1038	Paulo Carneiro	M		VET 35	00:57:17	00:56:53
405	1037	Ana Luisa Costa Pereira	F		VET 35	00:57:17	00:56:53

Posição	Dorsal	Nome	Sexo	Equioa	Escalão	Tempo	Chip
406	1324	António Sousa	M	Águas do Porto - Casa dos Trabalhadores	VET 50	00:57:21	00:56:41
407	1383	Paulo Teixeira	M	Boavista F.C	VET 35	00:57:21	00:57:08
408	1763	Daniel Santos Costa Correia	M		Séniore	00:57:27	00:56:40
409	1293	Rui Sá	M	10TEMIDOS	VET 40	00:57:35	00:57:02
410	1292	ricardo pina	M	10Temidos	VET 35	00:57:35	00:57:02
411	1975	armando goncalves	M		VET 55	00:57:35	00:57:35
412	1970	BRUNO GONCALVES	M		VET 35	00:57:36	00:56:53
413	1875	joaquim francisco da luz pereira	M	confraria	VET 40	00:57:43	00:57:23
414	1107	FERNANDO ANDRADE	M		VET 40	00:57:45	00:57:16
415	1296	Ivo Azevedo	M	Locomotiva de Paranhos	VET 35	00:57:46	00:57:12
416	1297	Hélder Amaral	M	Locomotiva de Paranhos	Séniore	00:57:46	00:57:12
417	1752	Ana Barroso	F	No Tomorrow Running Team	VET 40	00:57:51	00:57:19
418	1805	António Maia	M	Os Rompe Solas	VET 50	00:58:11	00:58:05
419	1114	Miguel Almeida	M		VET 45	00:58:14	00:57:34
420	1156	José Castro	M		VET 45	00:58:19	00:57:48
421	1947	André Damas	M	AMA Associação Mondim Atletismo	Séniore	00:58:22	00:57:59
422	1041	Ángelo Oliveira	M		Séniore	00:58:23	00:58:20
423	1314	Artur Fonseca	M	Ruptura Total	VET 40	00:58:24	00:57:48
424	1384	Francisco Paulo Rodrigues Teixeira Pinto	M	BOAVISTA	VET 50	00:58:30	00:58:17
425	1242	José Casanova	M	Runners Holmes Place Boavista	VET 35	00:58:31	00:58:14
426	1877	Márcio Meireles	M	Team Crazy	VET 35	00:58:36	00:58:22
427	1754	Luís Carlos Neto Seabra	M		Séniore	00:58:40	00:58:28
428	1220	Maria Ana Lopes	F	Allianz Seguros	Séniore	00:58:42	00:58:05
429	1218	José Francisco Neves	M	Allianz Seguros	VET 45	00:58:43	00:58:04
430	1777	JOSE ESPIRITO SANTO	M		VET 60	00:58:44	00:57:52
431	1776	MARIO SOARES	M		VET 55	00:58:44	00:58:11
432	1775	ISABEL ARAUJO	F		VET 50	00:58:45	00:58:36
433	1276	Pedro Vieira	M	Jumia PTC Running Team	Séniore	00:58:45	00:58:30
434	1014	ABÍLIO ALVES	M	AMIGOS DA PÍCUA	VET 55	00:58:53	00:58:41
435	1181	Lascasas J. C.	M	Gondomar Futsal Clube	VET 45	00:58:53	00:58:23
436	1179	Francisco Oliveira	M	Amigos Atletismo de Gondomar	VET 55	00:58:53	00:58:24
437	1008	Bruno Monteiro	M		VET 35	00:58:54	00:58:34
438	1083	Ana Conceição P. Soares Fernandes	F	Academia FR	VET 45	00:58:59	00:58:55
439	1317	Cláudio Miranda	M		Séniore	00:59:04	00:58:57
440	1318	RICARDO JORGE MONTEIRO ARCIPRESTE	M	vitalis	VET 35	00:59:04	00:58:57
441	1134	Cristiana batista dos santos	F	trail running clube btt sanguedo	Séniore	00:59:06	00:58:54
442	1096	Gracinda Marques	F		VET 45	00:59:08	00:58:21
443	1044	Rui Rodrigues	M	Minis & Bifanas	VET 50	00:59:10	00:58:23
444	1838	Joaquim Ferreira	M	Team Savate Maia	VET 45	00:59:11	00:58:20
445	1264	António Campos	M		Séniore	00:59:12	00:58:40
446	1850	Filipe Rodrigues	M		VET 40	00:59:14	00:59:02
447	1760	Vitor Monteiro	M		VET 35	00:59:17	00:58:55
448	1266	Célia Alves	F		VET 40	00:59:19	00:59:02
449	1302	Jorge Caldeira	M	trail running clube btt sanguedo	VET 60	00:59:19	00:59:00
450	1922	Minna Sillankorva	F	Budeguita Runners	VET 40	00:59:25	00:58:46

Posição	Dorsal	Nome	Sexo	Equioa	Escalão	Tempo	Chip
451	1961	Jorge Santos	M		VET 55	00:59:25	00:59:04
452	1043	Jose Gonçalves	M		VET 45	00:59:30	00:59:00
453	1909	manuel machado	M	AMA Associação Mondim Atletismo	VET 60	00:59:36	00:59:28
454	1270	Nuno Mota	M		VET 35	00:59:44	00:59:13
455	1782	Fernando Merino	M		VET 50	00:59:50	00:59:22
456	1891	Pedro Miguel Baltazar Martins	M		VET 40	00:59:53	00:59:03
457	1773	Diogo couceiro	M		VET 50	00:59:57	00:59:09
458	1431	Claudia Oliveira	F	RollingAventura/GrupoVC	VET 40	00:59:58	00:59:21
459	1429	José Moita	M	RollingAventura/GrupoVC	VET 40	00:59:58	00:59:21
460	1985	José Gonçalves	M		VET 60	01:00:00	00:59:40
461	1986	Paula Gonçalves	F		VET 40	01:00:00	00:59:40
462	1303	Joana Fernandes	F		Séniore	01:00:09	00:59:55
463	1089	Jorge Caldas	M	MSS CONTABILIDADE	VET 40	01:00:10	00:59:30
464	1859	Fernando Manuel Morgado Peixoto	M		Séniore	01:00:10	00:59:41
465	1954	Pedro Magalhães	M	EQUIPA A.N.A.	VET 35	01:00:12	00:59:46
466	1832	Dina Boieiro	F		Séniore	01:00:26	01:00:09
467	1100	Pedro Barbosa	M		VET 45	01:00:35	01:00:08
468	1099	Célia Sampaio	F		VET 40	01:00:36	01:00:10
469	1796	Rui Pedro Nogueira	M		VET 40	01:00:42	01:00:00
470	1829	Tiago Lages	M		Séniore	01:00:51	01:00:35
471	1989	João Almeida	M	CA RUNNERS	VET 40	01:00:56	01:00:15
472	1188	Manuel Brandão	M		VET 35	01:01:01	01:00:46
473	1337	Cátia Isabel Moreira da Cruz Gomes	F		Séniore	01:01:05	01:00:23
474	1042	Valter Coutinho	M	Minis & Bifanas	VET 40	01:01:09	01:00:22
475	1892	Albina Vieira	F	GDR Juventude das Ribeiras	VET 50	01:01:10	01:00:44
476	1981	Carla Coelho	F	Equipa Maravilha	VET 40	01:01:11	01:00:36
477	1092	Sandra Aguiar	F	Salgueiros Running	VET 40	01:01:11	01:01:03
478	1980	Paula Miranda	F	Equipa Maravilha	VET 45	01:01:11	01:00:37
479	1233	Hugo Peixoto	M		VET 40	01:01:18	01:00:29
480	1240	SANDRA VANESSA JUNQUEIRA SILVA COELHO	F	Runners Holmes Place Boavista	Séniore	01:01:29	01:01:10
481	1178	Henrique Lopes	M	SISCOG - SISTEMAS COGNITIVOS	Séniore	01:01:31	01:00:48
482	1294	sandra lemos	F	Lemos	VET 40	01:01:33	01:01:15
483	1349	Hélder Alexandre Braga Pereira	M	CM Maia	VET 40	01:01:34	01:00:36
484	1919	Luis Gourgel Silva	M	VITALIS	VET 40	01:01:43	01:01:15
485	1923	Cláudia Silva	F	Unicer Vitalis	VET 40	01:01:43	01:01:15
486	1186	Ângela Silva	F		Séniore	01:01:43	01:00:46
487	1187	Pedro Martins	M		VET 35	01:01:43	01:00:46
488	1171	Morgana Pacheco Almeida	F		Séniore	01:01:49	01:01:06
489	1001	Mário Miranda	M	CM Maia	VET 60	01:02:05	01:01:20
490	1002	Helena Isabel Gonçalves Ramos	F	CM Maia	VET 35	01:02:05	01:01:20
491	1074	Sara Rocha	F	Atalanta Runners	Séniore	01:02:06	01:01:22
492	1402	António Coelho Ferreira	M	Grupo Desportivo Banco de Portugal	VET 60	01:02:11	01:01:25
493	1964	Bruno Cardoso	M		VET 35	01:02:21	01:01:32
494	1951	Ana Vaz	F	EQUIPA A.N.A.	VET 45	01:02:23	01:01:57
495	1756	Inês Oliveira Gonçalves	F	CM Maia	Séniore	01:02:32	01:01:36

Posição	Dorsal	Nome	Sexo	Equioa	Escalão	Tempo	Chip
496	1332	Jose Nogueira	M		VET 55	01:02:41	01:02:22
497	1223	Rute Alves	F	Allianz Seguros	VET 35	01:02:45	01:02:09
498	1210	Ana Catarina Ferreira	F	Allianz Seguros	Séniore	01:02:46	01:02:06
499	1211	André Quarenta	M	Allianz Seguros	VET 45	01:02:46	01:02:08
500	1841	José Pedro de Almeida Paiva Vieira Mansilha	M		Séniore	01:02:46	01:02:06
501	1213	André Vieira	M	Allianz Seguros	Séniore	01:02:46	01:02:08
502	1933	José Carlos Costa Neves	M		VET 45	01:02:58	01:02:18
503	1847	Altino Valente	M		VET 45	01:02:58	01:02:18
504	1978	Reinaldo Miranda	M	Equipa Maravilha	VET 50	01:02:59	01:02:23
505	1430	José Freitas	M	RollingAventura/GrupoVC	VET 50	01:03:04	01:02:35
506	1987	Filipe Marques	M	Cervejenses	Séniore	01:03:11	01:02:22
507	1180	Nuno Rocha	M	Amigos Atletismo de Gondomar	Séniore	01:03:18	01:02:49
508	1845	Pedro Rodrigues	M		VET 35	01:03:19	01:02:40
509	1286	Alberto Sousa	M	Walkfast	VET 50	01:03:20	01:02:55
510	1095	Catarina Lemos	F	Sapwise	Séniore	01:03:35	01:02:56
511	1942	agostinho martins	M	AMA Associação Mondim Atletismo	VET 50	01:03:51	01:03:29
512	1801	Teotonio Silva	M		VET 50	01:03:52	01:03:09
513	1190	Agostinho	M		VET 60	01:04:05	01:03:48
514	1888	Pedro Cunha	M		Séniore	01:04:16	01:03:33
515	1953	Paulo Pereira	M		VET 40	01:04:17	01:03:58
516	1955	Nuno Gomes	M		VET 40	01:04:17	01:03:59
517	1199	Nelma Costa Oliveira	F		VET 35	01:04:18	01:03:54
518	1047	Filipe Miranda	M	Minis & Bifanas	VET 45	01:04:26	01:03:39
519	1339	Ana Teles	F		Séniore	01:04:26	01:03:51
520	1285	Jose Barreiro	M	Walkfast	VET 45	01:04:33	01:04:08
521	1790	jose pinto	M		VET 45	01:04:37	01:03:52
522	1792	Jorge soares	M		VET 40	01:04:37	01:03:53
523	1960	Cristina Romariz	F		VET 55	01:04:41	01:04:19
524	1152	Carla Ribeiro Teixeira	F	Velozes	VET 45	01:04:41	01:04:21
525	1153	antonio ribeiro	M	Velozes	VET 50	01:04:41	01:04:21
526	1368	Francisco Freitas	M		VET 40	01:04:47	01:04:33
527	1369	Paula Freitas	F		VET 40	01:04:47	01:04:34
528	1899	Joao Carlos Ferreira	M		Séniore	01:04:52	01:04:15
529	1348	Isabel Sofia da Silva Charrua	F	CM Maia	VET 35	01:04:52	01:03:54
530	1963	Teresa Lima	F		VET 40	01:04:53	01:04:05
531	1104	Diogo Francisco Nunes Andrade	M		Séniore	01:05:06	01:04:54
532	1907	jorge costa	M	AMA Associação Mondim Atletismo	VET 45	01:05:10	01:05:02
533	1828	Ana brito	F		Séniore	01:05:11	01:04:56
534	1405	Mário Antunes	M		VET 60	01:05:28	01:04:52
535	1193	LUÍS SÁ	M	Allianz Seguros	Séniore	01:05:31	01:04:54
536	1854	Marco Rascão	M		VET 35	01:05:32	01:04:41
537	1853	Filipa Andrade	F		Séniore	01:05:35	01:04:44
538	1346	justino rocha	M		VET 50	01:05:36	01:04:53
539	1347	Maria Conceição	F		VET 50	01:05:36	01:04:53
540	1967	Nuno Martins	M		VET 40	01:05:39	01:05:12

Posição	Dorsal	Nome	Sexo	Equioa	Escalão	Tempo	Chip
541	1995	paulina soares	F		VET 50	01:05:42	01:05:08
542	1983	Paulo Serra	M		VET 35	01:05:46	01:05:18
543	1319	Miguel Lamarão	M		Séniore	01:05:48	01:05:40
544	1048	Luís Gonçalves	M	Minis & Bifanas	VET 40	01:06:22	01:05:33
545	1416	filipe fernandes	M	KilometroZero	Séniore	01:06:28	01:06:07
546	1816	Carlos Bateira	M		VET 35	01:06:31	01:05:43
547	1005	carlos cabouco	M		VET 45	01:06:35	01:05:53
548	1086	Andreia Patrícia Casaleiro de Oliveira	F		Séniore	01:06:36	01:05:55
549	1837	Olenka Hann	F	Team Savate Maia	VET 40	01:07:00	01:06:10
550	1091	agostinho vasconcelos	M	Salgueiros Running	VET 60	01:07:10	01:06:57
551	1182	joao lopes	M		VET 35	01:07:35	01:07:01
552	1284	Carlos Cardoso	M		Séniore	01:08:26	01:08:06
553	1769	Elsa Ramalho	F		Séniore	01:08:41	01:08:07
554	1957	HUGO PALMEIRA	M	GTT-Armazém do Caffè	VET 35	01:08:41	01:08:07
555	1338	Daniela Silva	F	LION RUNNERS - G. D. Leões da Guarda	VET 35	01:08:47	01:08:38
556	1912	Isabel Rangel	F	Arrozinhos 8.2	VET 40	01:08:49	01:08:15
557	1257	Conceição Pereira	F	CF Perosinho Atletismo	VET 50	01:09:21	01:08:48
558	1889	Filomena Correia	F	OPraticante.pt / AD Amarante Atletismo	VET 60	01:09:23	01:09:20
559	1263	Alberto Barros	M	Walkfast	VET 45	01:09:34	01:09:09
560	1250	Joana Campos	F		Séniore	01:09:34	01:09:02
561	1358	Luis Guedes	M	da a sola	VET 45	01:09:38	01:09:11
562	1334	Alvaro Nelson Pereira da Costa	M		VET 55	01:09:38	01:09:25
563	1113	António Manuel Dias Ferreira	M		VET 45	01:09:39	01:09:08
564	1333	Paula Cardoso	F	Factor X / S4L / Medense FC	VET 35	01:09:59	01:09:48
565	1234	Liliana Baía	F		Séniore	01:10:12	01:09:59
566	1090	susana vasconcelos	F	Salgueiros Running	VET 40	01:10:14	01:10:02
567	1800	Manuel Gaspar	M		VET 60	01:10:15	01:09:57
568	1340	Marília Fernanda de Sá Marques de Paiva	F		VET 55	01:11:04	01:10:18
569	1205	LUIS VANCONCELOS	M	Allianz Seguros	Séniore	01:11:21	01:10:42
570	1203	CARLA TAVARES	F	Allianz Seguros	Séniore	01:11:26	01:10:46
571	1343	Bruno Cunha	M		Séniore	01:11:39	01:11:01
572	1196	ANA DUARTE	F	CORRER LEÇA	VET 35	01:11:39	01:11:15
573	1342	Cristina Pinheiro	F		VET 45	01:11:39	01:11:02
574	1849	Alexandra Azevedo	F		VET 35	01:12:30	01:12:02
575	1400	Eduardo Manuel Oliveira Soares Almeida	M	Grupo Desportivo Banco de Portugal	VET 60	01:12:34	01:11:43
576	1855	Jose Belarmino Pereira	M		VET 50	01:12:38	01:12:27
577	1159	Vanessa Silva	F		Séniore	01:12:39	01:12:11
578	1750	Mariana Leonor Costa Fafiães	F		Séniore	01:13:08	01:12:57
579	1391	Daniela Sofia Simões Sá	F		Séniore	01:13:12	01:12:41
580	1122	Marina Leite	F		Séniore	01:13:12	01:12:56
581	1982	Filipe Moutinho	M	Dragon Runners	VET 40	01:13:17	01:12:47
582	1815	Sandra Correia	F		VET 35	01:14:37	01:14:26
583	1436	Ricardo Almeida	M	CORRER LEÇA	VET 45	01:14:39	01:13:57
584	1253	Daniela Ferreira	F		VET 40	01:14:39	01:14:15
585	1789	Sílvia Monteiro	F		VET 50	01:14:43	01:12:27

Posição	Dorsal	Nome	Sexo	Equipa	Escalão	Tempo	Chip
586	1067	Paulo Campos	M	Atalanta Runners	VET 40	01:15:11	01:14:29
587	1901	Jorge Freitas	M		VET 60	01:16:22	01:15:50
588	1913	António Pinho	M	Arrozinhos 8.2	VET 45	01:17:38	01:17:04
589	1952	Paula Marinho	F	EQUIPA A.N.A.	VET 45	01:19:15	01:18:50
590	1965	Daniela Pinheira	F		VET 40	01:20:00	01:19:10
591	1379	Cristina Machado	F		VET 45	01:25:49	01:25:17
	1112	Ana Rosa Dias Moreira Ferreira	F		VET 45	00:46:46 (desq.)	00:46:15
	1938	paulo pereira	M	AMA Associação Mondim Atletismo	VET 45	00:47:15 (desq.)	00:47:06
	1183	Sergio coelho	M		VET 35	00:47:46 (desq.)	00:47:26
	1425	Maria Lúvia Rodrigues Pereira Vaz	F		VET 60	00:48:28 (desq.)	00:48:12
	1422	maria vilar	F		VET 50	00:49:16 (desq.)	00:48:35
	1924	Susana Maria Figueiredo Casal Boga Duarte	F	Academia FR	VET 45	00:49:57 (desq.)	00:49:57
	1174	Maria Oliveira	F		VET 45	00:50:25 (desq.)	00:50:13
	1170	José Oliveira	M		VET 50	00:50:25 (desq.)	00:50:13
	1804	Sotero Martins	M	Os Rompe Solas	VET 55	00:51:47 (desq.)	00:51:43
	1267	Fernando Carvalho	M	CGEN	VET 60	00:53:24 (desq.)	00:52:48
	1956	José António Moura Pinto	M		VET 55	00:55:00 (desq.)	00:54:49
	1139	José Francisco Machado Guimarães	M		VET 60	00:55:27 (desq.)	00:55:02
	1256	Carlos Pinto	M		VET 60	01:03:00 (desq.)	01:02:24
	1836	Isabel Moreira	F	Team Savate Maia	VET 45	01:07:00 (desq.)	01:06:10
	1765	Paula ferreira	F		VET 40	01:16:35 (desq.)	01:12:43
	1766	Candido Faria	M		VET 40	01:16:35 (desq.)	01:12:43