

Lugar	Dorsal	Nome	Sexo	Equipa	Escalão	Tempo	Chip
1	1388	Daniel Pinheiro	M	Águias de Alvelos	Séniiores	00:32:00	00:32:00
2	634	Mihail Ialev	M	Sporting Clube de Braga	VET 35	00:32:04	00:32:03
3	1138	JOSÉ MANUEL DIAS ROCHA	M	SPORTING CLUB DE PORTUGAL	VET 40	00:32:25	00:32:25
4	1204	Pedro Ferreira	M	Sport Lisboa e Benfica	Séniiores	00:32:35	00:32:35
5	1210	Nuno Costa	M	Clube Desportivo São Salvador do Campo	Séniiores	00:32:52	00:32:52
6	1170	Simão Bastos	M	Atlético Clube da Póvoa	Séniiores	00:33:23	00:33:21
7	1080	José Pereira	M	AMA Associação Mondim Atletismo	VET 40	00:33:45	00:33:45
8	831	pedro magalhães	M	AMA Associação Mondim Atletismo	Séniiores	00:33:59	00:33:55
9	1371	Tiago Pinto	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 35	00:34:25	00:34:25
10	707	Renato Sousa	M	AD Rio Largo Clube de Espinho	Séniiores	00:34:51	00:34:51
11	717	ANTONIO SOUSA	M	RIPOLINS GRIJÓ A CORRER	VET 45	00:34:56	00:34:56
12	505	Ricardo Castro	M	Sociedade Recreio Capanense	VET 35	00:35:07	00:35:07
13	663	Mário Contreiras	M	Cdssalvador do Campo	VET 50	00:35:57	00:35:57
14	794	António José Pereira de Jesus	M	Nascidos para correr	VET 50	00:36:01	00:35:59
15	1377	Hugo Moreira	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Séniiores	00:36:11	00:36:11
16	1375	Ricardo Barros	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Séniiores	00:36:17	00:36:17
17	1001	Hélder Costa	M	Police Challenge	VET 35	00:36:19	00:36:17
18	1037	José Pereira	M	OZXTREME/ACDRPereira	VET 35	00:36:21	00:36:18
19	981	António Pinto	M	ACR Vale de Cambra	VET 50	00:36:44	00:36:44
20	819	José Almeida	M	Academia Fernanda Ribeiro	VET 50	00:36:45	00:36:40
21	1127	Luís Lopes	M		VET 45	00:36:52	00:36:50
22	709	André Amorim Gomes	M		Séniiores	00:36:59	00:36:57
23	547	José Cabral	M	S.C.E/António Leitão	VET 55	00:37:18	00:37:18
24	557	BRUNO SOUSA	M		VET 35	00:37:26	00:37:26
25	628	Miguel Moura	M	Academia Fernanda Ribeiro	Séniiores	00:37:28	00:37:19
26	1026	Carlos Gomes	M	Salgueiros Running	VET 35	00:37:31	00:37:31
27	644	Jorge Miguel Pereira	M	OZXTREME/ACDRPereira	Séniiores	00:37:38	00:37:35
28	619	Belmiro Ferreira	M	G.D. Leões da Guardada	VET 50	00:37:43	00:37:43
29	1207	Jessica Pontes	F	Sporting Clube de Braga	Séniiores	00:37:45	00:37:45
30	977	Bruno Alen	M		Séniiores	00:37:47	00:37:33
31	1407	Daniel Monteiro	M	Academia FR	Séniiores	00:37:47	00:37:47
32	1199	Henrique Abreu	M	Lousada Hotwheels Runners	VET 35	00:37:50	00:37:46
33	723	Marco Pinto	M	Águias da Misericórdia	VET 35	00:37:52	00:37:49
34	657	Carlos André Mendonça Rodrigues	M		Séniiores	00:38:11	00:38:03
35	1125	Víctor Martins	M	Sociedade Recreio Capanense	VET 40	00:38:20	00:38:20
36	734	Sérgio Silva	M	MSS CONTABILIDADE TRAIL TEAM	VET 35	00:38:23	00:38:23
37	1169	Flávio Dias	M		Séniiores	00:38:29	00:38:24
38	1262	Ludgero Moreira	M		VET 35	00:38:31	00:38:28
39	1179	Nuno Nunes	M	Dá-lhe gás	Séniiores	00:38:35	00:38:12
40	1298	Arlindo Sousa	M	Atlético Clube Alfenense	VET 55	00:38:36	00:38:33
41	759	Hugo Silva	M	LION RUNNERS - G. D. Leões da Guarda	Séniiores	00:38:37	00:38:13
42	913	Albano Seca	M	Sociedade Recreio Capanense	VET 45	00:38:38	00:38:29
43	938	antonio fernando nunes pereira	M		VET 50	00:38:47	00:38:43
44	1308	Paulo Ricardo Oliveira Leça	M	figueiredos runners & friends	VET 35	00:38:52	00:38:49

Lugar	Dorsal	Nome	Sexo	Equipa	Escalão	Tempo	Chip
45	561	Carlos Dias	M	Maia Atlético Clube	VET 50	00:38:53	00:38:46
46	715	José Graça	M	ACR Vale de Cambra	VET 55	00:38:57	00:38:57
47	520	FERNANDO JOSE AFONSO ALMEIDA	M	RUNPENAFIEL	VET 45	00:38:59	00:38:59
48	600	Telmo Reis	M	Lousada Runners	VET 35	00:38:59	00:38:49
49	1171	António Miguel de Sá Fernandes	M	GDCTENVC	VET 45	00:39:00	00:38:55
50	1372	Bruno Santos	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Séniore	00:39:03	00:39:03
51	1196	Fernando Gomes	M	Super Bock Group	VET 40	00:39:09	00:39:06
52	894	Bruno Cunha	M		Séniore	00:39:09	00:39:05
53	553	MANUEL GOMES	M	RIPOLINS GRIJÓ A CORRER	VET 55	00:39:15	00:39:12
54	1261	Carlos Cunha	M		Séniore	00:39:19	00:38:55
55	1177	Paulo Figueiredo	M	Afis	VET 40	00:39:20	00:39:17
56	1014	Sérgio Fernandes	M	Sociedade Recreio Capanense	VET 40	00:39:24	00:39:22
57	1176	Celso Moreira	M	Recreio Desportivo de Águeda	VET 35	00:39:30	00:39:18
58	541	Jorge Pinheiro	M		VET 50	00:39:36	00:39:17
59	770	Joao Ribeiro	M		Séniore	00:39:36	00:39:31
60	1301	Carlos Campos	M	Atlético Clube Alfenense	VET 40	00:39:40	00:39:31
61	1277	Pedro Silva	M	Astromil	Séniore	00:39:41	00:39:26
62	1358	António Francisco	M	Individual	VET 40	00:39:43	00:39:28
63	1069	Abílio Teixeira	M	Sociedade Recreio Capanense	VET 50	00:39:46	00:39:40
64	1057	Rui sousa	M	Centro ciclista de gondomae	VET 40	00:39:49	00:39:46
65	620	Victor Oliveira	M		Séniore	00:39:50	00:39:36
66	527	António Moreira	M	Academia FR	VET 40	00:39:52	00:39:49
67	1278	Ilídio oliveira	M	Astromil	VET 55	00:39:55	00:39:49
68	1205	José Bragada	M	Ginásio Clube de Bragança	VET 55	00:39:58	00:39:54
69	1270	Tiago Moreira	M		Séniore	00:39:59	00:39:55
70	1370	José Rocha	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 40	00:40:01	00:40:00
71	1297	Manuel Teixeira	M	CCD APDL	VET 45	00:40:02	00:39:51
72	656	Ricardo Santos	M		Séniore	00:40:05	00:40:02
73	1168	Claudio Araújo	M	ADOSA	VET 35	00:40:08	00:40:08
74	681	Paulo José Gomes Fernandes	M	Clube Veteranos Do Porto	VET 45	00:40:09	00:40:04
75	865	Carlos Lopes	M	Sociedade Recreio Capanense	VET 40	00:40:13	00:40:11
76	908	Vitor novais	M	Salgueiros Running	VET 50	00:40:15	00:40:01
77	881	Fernando Eduardo Ribeiro Miranda	M		VET 50	00:40:17	00:39:54
78	1040	Joaquim Ribeiro	M	Sporting Clube de Braga	VET 50	00:40:17	00:40:15
79	1324	Albino Dias	M	Budeguita Runners	VET 40	00:40:19	00:39:45
80	521	Rui Talhas	M	Academia FR	VET 55	00:40:21	00:40:18
81	1263	José Manuel Corval	M	Synergie Carcavelos	VET 60	00:40:23	00:40:23
82	721	Manuel Gomes	M	A.D.CARVALHAL	VET 40	00:40:25	00:40:21
83	1383	Miguel Pereira	M	CCDTC.M.GONDOMAR	VET 45	00:40:26	00:40:21
84	1156	António Cardoso	M	A.D.CARVALHAL	VET 45	00:40:28	00:40:24
85	1203	Liliana Rocha	F	RunRiver-Escola de Atletismo de Rio Tinto	VET 35	00:40:31	00:40:31
86	1201	Paulo Rocha	M	RunRiver-Escola de Atletismo de Rio Tinto	VET 35	00:40:31	00:40:31
87	923	Carlos sousa	M	Batedores	VET 55	00:40:36	00:40:36
88	749	Pedro Guimaraes	M		VET 40	00:40:39	00:40:26

Lugar	Dorsal	Nome	Sexo	Equipa	Escalão	Tempo	Chip
89	1206	Jacinto Oliveira	M	G D Bairro de Carcavelos	VET 60	00:40:42	00:40:35
90	888	Diogo Miguel Almeida de Pinho Ribeiro	M	Clube Portugal Telecom Zona Norte	Séniore	00:40:46	00:40:44
91	791	Adalberto Mota	M		VET 45	00:40:50	00:40:38
92	1275	Cristiano Teixeira Pereira	M		VET 35	00:40:56	00:40:53
93	1043	Cristiano Pereira	M	Castêlo	VET 35	00:40:56	00:40:37
94	635	orlando silva	M		VET 45	00:41:08	00:41:00
95	995	Luís Vilela	M	Sociedade Recreio Capanense	VET 55	00:41:10	00:41:03
96	622	Fábio Oliveira	M	Academia FR	Séniore	00:41:10	00:41:02
97	1384	Américo Pinto	M	CCDTC.M.GONDOMAR	VET 55	00:41:15	00:41:10
98	1042	paulo pires	M	AMA Associação Mondim Atletismo	VET 35	00:41:20	00:41:18
99	885	Antonio Maltez	M		VET 60	00:41:21	00:41:05
100	579	joaquim cunha	M	Águas do Porto - Casa dos Trabalhadores	VET 45	00:41:23	00:41:18
101	551	Elvio Ornelas	M		VET 35	00:41:35	00:41:29
102	1309	Fernando Figueiredo	M	figueiredos runners & friends	VET 50	00:41:42	00:41:36
103	1172	Manuel Festas	M	GDCTENVC	VET 35	00:41:43	00:41:37
104	1307	AGOSTINHO FIGUEIREDO	M	figueiredos runners & friends	VET 35	00:41:45	00:41:45
105	1267	André Vieira	M		Séniore	00:41:45	00:41:45
106	502	Paulo martins	M	Nascidos para correr	VET 40	00:41:47	00:41:38
107	1104	Jose Vaz	M	Lentinhos	VET 55	00:41:47	00:41:43
108	1208	António Coimbra	M		Séniore	00:41:49	00:41:46
109	1313	João Carlos Machado Rocha Pires	M		Séniore	00:41:50	00:41:50
110	1173	Manuel Gomes pereira	M	Lousada Runners	VET 50	00:41:52	00:41:43
111	605	Hugo Machado	M	LION RUNNERS - G. D. Leões da Guarda	Séniore	00:41:53	00:41:30
112	855	Carlos Rodrigues	M	Academia FR	VET 35	00:42:05	00:42:03
113	665	Luís Sá	M		Séniore	00:42:08	00:42:01
114	1285	Fabien Rosier	M		Séniore	00:42:11	00:41:32
115	1103	Rui Silva	M	Sociedade Recreio Capanense	VET 45	00:42:12	00:41:59
116	967	Jorge Pimenta	M	Academia FR	VET 50	00:42:16	00:42:14
117	1326	Augusto Pereira	M	Nascidos para correr	VET 60	00:42:16	00:42:08
118	653	Miguel Pereira	M		VET 35	00:42:19	00:42:12
119	1055	JORGE DURÃES	M		VET 40	00:42:19	00:42:12
120	942	Ibrahim Sousa	M	MSS CONTABILIDADE TRAIL TEAM	VET 40	00:42:21	00:42:14
121	870	Daniel Silva	M	Grupo Desportivo Banco de Portugal	VET 35	00:42:25	00:42:17
122	766	Marco amorim	M	Salgueiros Running	Séniore	00:42:27	00:42:12
123	650	david brizada	M	AMA Associação Mondim Atletismo	Séniore	00:42:27	00:42:25
124	929	René Teixeira	M	Sociedade Recreio Capanense	VET 50	00:42:27	00:42:16
125	1369	António Azevedo	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 45	00:42:28	00:42:28
126	1164	João Lago	M		VET 45	00:42:29	00:42:24
127	808	OLIVEIRA, CARLOS JORGE	M	BOAVISTA FC	VET 45	00:42:36	00:42:02
128	571	Jose Carlos Lacerda	M		VET 35	00:42:37	00:42:15
129	550	Luis Azevedo	M		VET 35	00:42:44	00:42:07
130	559	António Mendes	M	Sociedade Recreio Capanense	VET 50	00:42:46	00:42:35
131	925	Ricardo Moutinho	M	100meta	Séniore	00:42:49	00:42:24
132	1106	filipe miguel castro povoa	M	MSS CONTABILIDADE TRAIL TEAM	Séniore	00:42:52	00:42:45

Lugar	Dorsal	Nome	Sexo	Equipa	Escalão	Tempo	Chip
133	1419	Serafim Gadelho	M	Academia FR	VET 45	00:42:57	00:42:29
134	1090	Serafim Reis	M	CAP - CENTRO DE ATLETISMO DO PORTO	VET 45	00:43:01	00:42:51
135	826	Serafim Ramos	M	LION RUNNERS - G. D. Leões da Guarda	VET 60	00:43:12	00:43:01
136	1361	Joao Melo Bandeira	M		VET 45	00:43:17	00:43:06
137	980	fernando magalhães	M	AMA Associação Mondim Atletismo	VET 35	00:43:18	00:43:15
138	706	filipe teixeira	M	AMA Associação Mondim Atletismo	Séniore	00:43:18	00:43:15
139	1346	Joaquim Ferreira	M		VET 60	00:43:32	00:43:29
140	1061	Marta marques	F	Maia Runners	Séniore	00:43:33	00:43:24
141	596	Filipe Rocha	M	Maia Runners	VET 35	00:43:35	00:43:27
142	535	Nuno Gomes	M	A.D.Esposende Trail Running	VET 35	00:43:41	00:43:35
143	1153	lucio silva	M		Séniore	00:43:46	00:43:31
144	895	Filipe Domingues	M		VET 35	00:43:47	00:43:22
145	933	Vítor Fonseca	M		Séniore	00:43:48	00:43:17
146	711	PAULO CERQUEIRA	M		VET 45	00:43:48	00:43:14
147	575	Tiago Vaz Osorio	M	Grinder Boys	Séniore	00:43:53	00:43:34
148	552	Augusto Oliveira Lopes	M		VET 40	00:43:53	00:43:28
149	725	Eduardo Xavier	M	Batedores	VET 35	00:43:54	00:43:54
150	909	Fernando Camelo	M	S.C. Salgueiros	VET 55	00:43:55	00:43:36
151	771	Luís Lima	M	Trofa Runners	Séniore	00:44:00	00:43:51
152	549	Eduardo Pacheco	M		VET 35	00:44:01	00:43:53
153	1367	Carlos Silva	M	TOG	VET 35	00:44:01	00:43:27
154	524	José Magalhães	M	Atlético Clube Alfenense	VET 60	00:44:02	00:43:52
155	833	Tiago Montalvão	M	CORRER LEÇA	VET 35	00:44:02	00:43:31
156	1029	Mário Vinhas	M	Mocidade Sangemil AC	VET 50	00:44:04	00:43:55
157	975	Sergio Branco	M	WHITE Running Team	VET 40	00:44:05	00:43:56
158	641	Viriato Rocha	M	WHITE Running Team	VET 40	00:44:05	00:43:56
159	997	Ricardo Pais	M		Séniore	00:44:06	00:44:04
160	1291	HENRIQUE BORGES	M	Individual	VET 50	00:44:07	00:43:48
161	1357	Sérgio Miguel Batista Couto	M	Budeguita Runners	VET 40	00:44:07	00:43:35
162	645	José Carlos Gomes	M	Ligeirinhos	VET 55	00:44:08	00:43:26
163	991	José Nunes	M	Carapaus	VET 45	00:44:13	00:44:05
164	904	ANTÓNIO MARQUES	M	VITÓRIA SPORT CLUBE	VET 50	00:44:14	00:44:10
165	580	Paula Cristina Ferreira Feminino Guedes	F	Maia AC	VET 40	00:44:16	00:44:13
166	702	RUI FELGUEIRAS	M	CLUBE MILLENNIUM BCP	VET 45	00:44:19	00:43:43
167	1269	Filipe Miranda	M	Bitrunners	VET 40	00:44:20	00:44:02
168	735	Carlos Frias	M	G.D. Leões da Guarda	VET 60	00:44:21	00:44:21
169	1405	Rui Matias	M	Turbulentos	VET 40	00:44:22	00:44:06
170	1075	ANTONIO SILVA	M		VET 55	00:44:22	00:44:22
171	577	Hugo Gonçalves	M	Academia FR	VET 45	00:44:23	00:44:13
172	633	João Barbosa	M	Xau aí	Séniore	00:44:23	00:43:54
173	756	Carlos Rodrigues	M		VET 35	00:44:23	00:44:08
174	851	Vítor Cirne	M		VET 40	00:44:28	00:44:12
175	928	Henrique Vicêncio	M	Atlético Clube Alfenense	VET 40	00:44:34	00:44:24
176	1111	manuel antonio ferreira pinto teixeira	M	cmmcp	VET 45	00:44:37	00:44:33

Lugar	Dorsal	Nome	Sexo	Equipa	Escalão	Tempo	Chip
177	574	ADERITO ALVES	M	Salgueiros Running	VET 60	00:44:37	00:44:06
178	1216	Bruno Jose Teixeira Gomes Gomes	M	Lousada Runners	Séniore	00:44:40	00:44:30
179	966	Fábio Soares	M	Vegan	Séniore	00:44:40	00:43:54
180	1368	Paulo Moreira	M	CCD APDL	VET 45	00:44:42	00:43:53
181	1077	Nuno Rodrigo Moreira da Silva	M	BOAVISTA FC	VET 35	00:44:43	00:44:08
182	961	luis costa	M	AMA Associação Mondim Atletismo	VET 45	00:44:44	00:44:35
183	676	Ricardo Silva	M	Muffin's	VET 40	00:44:47	00:44:40
184	614	Marlene Santos	F	Papamedalhas	VET 35	00:44:52	00:44:36
185	731	Sandra Cardoso	F	Baguim Runners	VET 40	00:44:53	00:44:48
186	845	Patrício Rodrigues	M	Sociedade Recreio Capanense	VET 40	00:44:54	00:44:35
187	906	Fernando Pinto	M	Sociedade Recreio Capanense	VET 45	00:44:54	00:44:24
188	1063	Vítor Castro	M	Sociedade Recreio Capanense	Séniore	00:44:54	00:44:23
189	946	Mario Nogueira	M		VET 50	00:44:58	00:44:41
190	842	João Pedro Correia Vieira	M		VET 45	00:45:02	00:44:41
191	937	Nuno Araujo	M	Olímpico Vianense Trail	VET 40	00:45:02	00:44:40
192	569	Aurélio Costa	M	Atlético Clube Alfenense	VET 50	00:45:04	00:44:51
193	742	paulo rodrigues	M	grupo desportivo leoes do veneza	VET 55	00:45:05	00:44:48
194	1404	Rui Miguel Santos Ferreira	M		VET 35	00:45:10	00:44:17
195	618	Nuno Barbosa	M		VET 35	00:45:11	00:45:01
196	533	Luís Ferraz	M	CARACOLETAS	VET 35	00:45:11	00:44:30
197	677	Sofia Pimenta	F	LION RUNNERS - G. D. Leões da Guarda	VET 35	00:45:13	00:45:03
198	662	Augusto Ribeiro	M	Sociedade Recreio Capanense	VET 60	00:45:18	00:44:44
199	761	José Carvalho	M	Sociedade Recreio Capanense	VET 45	00:45:18	00:44:48
200	972	Quintino Cunha	M	Elite do Atletismo Nortenho	VET 40	00:45:19	00:45:13
201	698	Rúben Neves	M		Séniore	00:45:26	00:45:13
202	755	António Moreira de Sousa	M	Lousada Runners	VET 60	00:45:28	00:45:18
203	797	Tiago Mendes	M		VET 50	00:45:29	00:45:11
204	876	Maria Polónia	F	Atlético Clube Alfenense	VET 45	00:45:29	00:45:25
205	874	RICARDO JORGE LANDIM PINTO	M	Salgueiros Running	VET 35	00:45:30	00:45:15
206	815	Hugo Marques	M		Séniore	00:45:33	00:45:11
207	955	Luciano Vieira	M	G.D. Leões da Guarda	VET 55	00:45:34	00:45:26
208	898	Paulo Moura	M	Honra Team	VET 35	00:45:38	00:45:15
209	716	Sergio Santos	M	Papamedalhas	VET 40	00:45:39	00:45:24
210	1376	Carlos Bento	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 60	00:45:39	00:45:39
211	1006	Rafael Ferreira	M	Braguinhas runners	Séniore	00:45:39	00:45:00
212	869	Jose Ferreira	M	Braguinhas runners	VET 50	00:45:41	00:45:01
213	1386	Vasco Soares	M		VET 35	00:45:41	00:45:22
214	727	ALEXANDRE FERREIRA	M	Amigos Ponto Final	VET 50	00:45:42	00:45:22
215	1151	Fernando Pinto Oliveira	M		VET 40	00:45:42	00:45:30
216	661	Manuel Ramos	M	Clube Galp Energia Norte	VET 50	00:45:43	00:44:58
217	1387	Ricardo Falcão	M		VET 40	00:45:45	00:45:19
218	615	Cédric Ribeiro Ferreira	M		VET 35	00:45:46	00:45:37
219	776	Arculano Cardoso	M		VET 50	00:45:47	00:45:28
220	959	David Silva	M		VET 40	00:45:51	00:45:48

Lugar	Dorsal	Nome	Sexo	Equipa	Escalão	Tempo	Chip
221	1097	Maria Pinto	F		Séniiores	00:45:54	00:45:28
222	1394	RUI VERGUEIRO	M	ATALANTA RUNNERS	VET 40	00:45:55	00:45:12
223	652	sergio coelho	M	Academia Fernanda Ribeiro	VET 35	00:45:56	00:45:56
224	597	Fábio Justo	M	Running Espinho	Séniiores	00:46:00	00:45:13
225	1089	Jorge Manuel de Oliveira e Silva	M		VET 45	00:46:02	00:45:41
226	916	Luís Carlos Neto Seabra	M		Séniiores	00:46:04	00:45:55
227	983	Helder Ferreira	M	Gramidense IFC	VET 35	00:46:08	00:45:41
228	699	Jose Vasconcelos	M	Corridas.beer	VET 35	00:46:11	00:45:43
229	528	Pedro Fernandes	M	Academia FR	VET 45	00:46:13	00:45:28
230	1284	joao torres	M		Séniiores	00:46:14	00:45:27
231	1332	José Duarte	M	Cuba Libre	VET 45	00:46:17	00:45:55
232	1137	Manuel Queirós	M		VET 45	00:46:18	00:45:54
233	1162	Carlos Sampaio	M	Os Rompe Solas	VET 45	00:46:19	00:46:13
234	810	rafaela sousa	F	AMA Associação Mondim Atletismo	Séniiores	00:46:20	00:46:09
235	630	Vitor Coelho	M		VET 45	00:46:31	00:46:04
236	1133	Jaime Fernando da Costa Ribeiro	M	Corrida e 1 Biquito	VET 35	00:46:31	00:45:39
237	1002	André	M		Séniiores	00:46:33	00:46:29
238	1198	António	M	Lousada Hotwheels Runners	Séniiores	00:46:35	00:45:43
239	1328	Paulo Machado	M	CAP - CENTRO DE ATLETISMO DO PORTO	VET 40	00:46:38	00:46:27
240	640	Rui Dias	M		VET 35	00:46:38	00:46:24
241	501	Paulo José de Carvalho Machado	M		VET 40	00:46:38	00:45:52
242	830	Wellington Alves	M		Séniiores	00:46:38	00:46:02
243	1398	DOURADO ALBERTO	M	ARCLAVE	VET 40	00:46:42	00:46:17
244	1030	Jorge Ferreira	M	Sociedade Recreio Capanense	VET 40	00:46:43	00:46:31
245	800	Sérgio Mendes	M	Sociedade Recreio Capanense	VET 40	00:46:44	00:46:30
246	515	Pedro Vieira	M		VET 35	00:46:45	00:46:03
247	1045	Pedro Policiano	M	Atlético Clube Alfenense	VET 40	00:46:46	00:46:35
248	996	JORGE VILELA	M	NÚCLEO DE ATLETISMO DE VILA REAL	VET 50	00:46:46	00:46:46
249	988	Paulo Carneiro	M	STCP Runners	VET 45	00:46:49	00:46:12
250	714	Sérgio Lopes	M		VET 35	00:46:51	00:46:28
251	992	Alberto Freitas	M	Minis & Bifanas	VET 45	00:46:53	00:45:59
252	1145	Pedro Costa	M		VET 45	00:46:55	00:46:30
253	990	Alvaro santos	M		VET 35	00:46:56	00:45:58
254	883	Filipe Monteiro	M		VET 35	00:46:56	00:46:52
255	1393	Marcos Santos	M	Factor X / S4L / Medense FC	Séniiores	00:47:01	00:46:29
256	1382	Alfredo Lagoa	M		VET 35	00:47:01	00:46:34
257	599	David Soares	M		Séniiores	00:47:07	00:47:03
258	712	Artur Freitas	M	Academia FR	VET 60	00:47:08	00:46:49
259	1036	Rui Meireles	M		VET 40	00:47:09	00:47:05
260	1079	Armando	M		VET 40	00:47:14	00:47:04
261	678	Pedro Ponciano	M		Séniiores	00:47:16	00:46:52
262	979	Christian Magalhães	M		Séniiores	00:47:16	00:46:51
263	1087	Carlos Alves	M	CAP - CENTRO DE ATLETISMO DO PORTO	VET 60	00:47:16	00:47:06
264	603	victor rachao	M		VET 60	00:47:17	00:47:10

Lugar	Dorsal	Nome	Sexo	Equipa	Escalão	Tempo	Chip
265	915	Miguel Ângelo Sousa Rios da Costa	M		VET 35	00:47:19	00:47:05
266	508	jose ferreira	M	globalbrico	VET 45	00:47:20	00:46:41
267	964	João Silva	M		Séniore	00:47:23	00:46:29
268	994	Francisco Vieira	M		VET 35	00:47:25	00:47:12
269	1012	Bruno Silva	M		VET 35	00:47:26	00:46:41
270	1016	Luis Coelho	M		VET 45	00:47:26	00:47:14
271	1178	JOSÉ LOPES	M	GAIA-RUNNING	VET 45	00:47:27	00:47:09
272	1166	MANUEL F. ALVES	M		VET 50	00:47:28	00:46:56
273	982	Rafael Ribeiro de Moura	M	Honra Team	Séniore	00:47:30	00:47:08
274	1048	Vitor Martinho Sousa Campos	M		VET 40	00:47:32	00:46:36
275	703	António Sousa	M		VET 55	00:47:34	00:47:16
276	610	Sérgio Silva	M	Academia FR	VET 40	00:47:35	00:47:35
277	530	José Nunes	M	GDR Juventude das Ribeiras	VET 45	00:47:35	00:47:19
278	965	Celso Santos	M	Gramidense IFC	VET 35	00:47:37	00:47:10
279	1167	Ana Sousa	F	Budeguita Runners	Séniore	00:47:40	00:47:07
280	1146	Igor Cunha	M	BVART Runners	Séniore	00:47:43	00:47:08
281	1320	João Paulo Silva Barbosa	M		Séniore	00:47:43	00:47:09
282	807	ALVARO PINTO	M	CLUBE MILLENNIUM BCP	VET 45	00:47:45	00:47:09
283	1140	Domingos Regufe	M		VET 60	00:47:46	00:47:40
284	1310	José Lino Machado Rocha Pires	M		Séniore	00:47:47	00:47:34
285	1312	José Carlos Rocha Pires	M		VET 50	00:47:47	00:47:33
286	1392	Helena Isabel Moreira Dias	F		VET 40	00:47:49	00:47:16
287	943	Pedro Marques	M	Sucupira FC	VET 35	00:47:50	00:47:14
288	773	Ricardo Fernandes	M	DENIROVIP	VET 35	00:48:03	00:47:55
289	1290	Firmino Nogueira	M	CLUBE MILLENNIUM BCP	VET 50	00:48:04	00:47:27
290	1023	Rui Pedro Castro Coelho	M	Werun4food	Séniore	00:48:06	00:47:50
291	1209	António Guedes	M	Invicta Runners Team	VET 40	00:48:12	00:47:55
292	572	Ricardo Teixeira	M		Séniore	00:48:12	00:47:26
293	1319	João Henrique da Cunha Vaz	M	CORRER LEÇA	Séniore	00:48:15	00:47:42
294	1182	Pedro Cotorela	M		Séniore	00:48:15	00:47:27
295	592	ANTONIO TAVARES	M		VET 35	00:48:17	00:47:50
296	1362	André Bandeira	M		VET 40	00:48:19	00:48:08
297	1304	Manuel Joaquim Carvalho Figueiredo	M	figueiredos runners & friends	VET 50	00:48:19	00:48:13
298	648	Paulo Brás	M	LION RUNNERS - G. D. Leões da Guarda	VET 50	00:48:20	00:47:56
299	769	Jorge Torrão	M		VET 35	00:48:20	00:47:45
300	705	Daniela Sarmento	F	LION RUNNERS - G. D. Leões da Guarda	VET 40	00:48:20	00:47:58
301	1128	Celso Oliveira	M	LION RUNNERS - G. D. Leões da Guarda	Séniore	00:48:21	00:47:57
302	962	Manuel Paiva	M		VET 60	00:48:22	00:48:16
303	926	Pedro Paiva	M		VET 40	00:48:22	00:48:16
304	941	Rui Tavares	M		Séniore	00:48:26	00:47:31
305	1083	Manuel Teixeira	M		VET 45	00:48:32	00:48:24
306	625	José Henrique Ferreira Baessa	M		VET 45	00:48:33	00:47:54
307	820	Paulo Morais	M		VET 40	00:48:33	00:48:08
308	1120	Ana Fernandes	F	Academia FR	VET 45	00:48:36	00:48:18

Lugar	Dorsal	Nome	Sexo	Equipa	Escalão	Tempo	Chip
309	565	Ângelo Capelas	M		VET 50	00:48:36	00:48:19
310	522	Hugo Silva	M		VET 35	00:48:41	00:48:25
311	1160	Andreia Soares	F		Séniore	00:48:44	00:48:24
312	893	Jorge António da Costa Pereira	M		VET 60	00:48:44	00:48:27
313	777	Francisco Mateus	M	Atlético Clube Alfenense	VET 50	00:48:45	00:48:34
314	1416	Nuno Rocha	M		Séniore	00:48:47	00:48:01
315	1355	Tiago Almeida	M	Budeguita Runners	VET 40	00:48:48	00:48:15
316	905	Mário Pinto	M	Atlético Clube Alfenense	Séniore	00:48:51	00:48:14
317	889	Nuno Lapeira	M	Sociedade Recreio Capanense	VET 45	00:48:52	00:48:20
318	1024	Paula Almeida	F		VET 35	00:48:53	00:48:33
319	1008	Joao Oliveira	M	Facort running team	Séniore	00:48:56	00:48:40
320	853	Angelo Cabral	M	Gramidense IFC	VET 40	00:48:57	00:48:29
321	854	Antonio Gonçalves	M	ACSP	VET 45	00:48:57	00:48:32
322	593	Ana Pereira	F	Academia FR	VET 35	00:48:59	00:48:56
323	864	Lourenço Cardoso	M	Baguim Runners	VET 45	00:48:59	00:48:54
324	1316	Angelo Nunes Vidal	M	Clube Veteranos Do Porto	VET 45	00:48:59	00:48:59
325	748	Nuno Carracena	M		VET 45	00:48:59	00:48:13
326	1292	Alvaro Dias	M		Séniore	00:49:00	00:48:12
327	540	Vitor Mota	M	Vila Maior Runners	Séniore	00:49:00	00:48:58
328	536	Paulo Assis	M		Séniore	00:49:01	00:48:15
329	1098	Seca José	M		VET 45	00:49:03	00:48:29
330	751	José Silva	M		Séniore	00:49:04	00:48:42
331	1366	Paulo José da Rocha Meireles Magalhães Moreira	M	Caça Raposas	VET 50	00:49:04	00:48:41
332	1321	Fábio Ferreira	M	Honra Team	Séniore	00:49:06	00:48:43
333	667	Helder Marques	M	Sob Efeito Trail	VET 40	00:49:07	00:48:30
334	654	Floriberto Castro	M		VET 45	00:49:08	00:48:52
335	1335	ANTÓNIO JOSÉ NUNES FREIRE	M		VET 45	00:49:10	00:48:34
336	1420	Orlando Monteiro	M		VET 45	00:49:14	00:48:47
337	1034	João Oliveira	M	Sociedade Recreio Capanense	VET 35	00:49:17	00:48:45
338	500	pedro ezequiel	M		VET 35	00:49:18	00:48:50
339	838	Valter Barbosa	M	STCP Runners	VET 35	00:49:18	00:48:42
340	1293	Justiniano Dias	M		VET 50	00:49:19	00:48:32
341	878	Pedro José Mendes Lobão Tavares Justo	M	CORRER LEÇA	VET 40	00:49:19	00:48:48
342	1213	Mário Rodrigues	M	CCD APDL	VET 40	00:49:21	00:48:37
343	1015	JOSÉ JORGE REGUFE COSTA	M		VET 60	00:49:23	00:48:37
344	974	Henrique Pestana	M	GDR Juventude das Ribeiras	VET 60	00:49:23	00:49:07
345	978	Manuel Correia	M		VET 40	00:49:24	00:48:42
346	1148	Anabela Pereira Lopes	F		VET 45	00:49:33	00:49:09
347	1374	Agostinho Coelho	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 40	00:49:35	00:49:29
348	692	António Pinto de Oliveira	M	Águas do Porto - Casa dos Trabalhadores	VET 55	00:49:36	00:49:01
349	1141	Leopoldo Fernandes	M	G.D. Leões da Guarada	VET 60	00:49:39	00:49:30
350	862	Rui Furtado	M	Minis & Bifanas	VET 40	00:49:40	00:48:47
351	560	Isabel Freitas	F	Sociedade Recreio Capanense	VET 45	00:49:42	00:49:07
352	1340	Vicente João	M	Gdc FIDELIDADE	VET 50	00:49:42	00:49:01

Lugar	Dorsal	Nome	Sexo	Equipa	Escalão	Tempo	Chip
353	701	André Silva	M		Séniore	00:49:44	00:49:12
354	939	cristian oliveira	M		Séniore	00:49:44	00:49:30
355	589	Marisa Lopes	F		VET 35	00:49:44	00:49:31
356	1066	FERNANDO FONTELONGA	M	CLUBE MILLENNIUM BCP	VET 40	00:49:47	00:49:10
357	849	Rui Monteiro	M		Séniore	00:49:48	00:49:01
358	747	Ivan Fernandes Gerales	M		Séniore	00:49:48	00:49:04
359	1282	Hugo Carvalhido	M		Séniore	00:49:52	00:49:23
360	956	Ana Ferreira	F	Gondomar Futsal Clube	Séniore	00:49:53	00:49:36
361	1139	Joana Moura	F		Séniore	00:49:53	00:49:35
362	1344	Pedro Cerqueira	M		VET 40	00:49:54	00:49:33
363	1035	Hugo Machado	M		Séniore	00:49:55	00:49:00
364	813	Ricardo Maia	M	Sucupira FC	VET 40	00:49:55	00:49:20
365	884	Hélder Hugo Ferreira	M		VET 35	00:49:58	00:49:26
366	576	João silva	M		VET 50	00:49:59	00:49:10
367	1131	Luís Fernando Rodrigues da Silva	M		Séniore	00:50:00	00:49:06
368	1136	Pedro Ferreira	M	Academia FR	VET 40	00:50:03	00:49:45
369	730	Sotero Martins	M	Os Rompe Solas	VET 55	00:50:06	00:50:01
370	989	Rui Filipe	M	100meta	Séniore	00:50:09	00:49:43
371	799	Rui Costa	M		Séniore	00:50:09	00:50:01
372	1414	Tatiana Mera	F	NASCIDOS PARA CORRER	Séniore	00:50:09	00:50:09
373	664	Pedro Oliveira	M	Sob Efeito Trail	Séniore	00:50:10	00:49:34
374	548	Henrique Barros	M		VET 45	00:50:14	00:49:47
375	1054	Monica Carvalho	F		VET 35	00:50:14	00:49:47
376	840	jorge silva	M		VET 50	00:50:16	00:49:53
377	760	ANA RITA MENDES	F	CLUBE MILLENNIUM BCP	Séniore	00:50:17	00:50:10
378	1114	Nuno Gonçalves	M	Corridas.beer	VET 35	00:50:17	00:49:48
379	1013	Pedro Fortunato Magalhães	M	Equipa A.N.A.	VET 35	00:50:19	00:49:29
380	1356	Leonel garcia	M	Associacao jovens de malarranha	Séniore	00:50:20	00:50:06
381	1085	Fernando Valente	M	GDR Juventude das Ribeiras	VET 55	00:50:20	00:50:08
382	824	João Rocha	M		Séniore	00:50:21	00:49:57
383	1150	José Silva	M	Sociedade Recreio Capanense	VET 60	00:50:21	00:50:09
384	728	Cristiano Vieira	M		VET 40	00:50:22	00:49:28
385	839	Marcia Teixeira	F		Séniore	00:50:22	00:50:02
386	647	PEDRO CRUZ	M		VET 40	00:50:23	00:50:02
387	1380	Natasha Popova	F		Séniore	00:50:23	00:49:35
388	1044	Márcio Almeida	M	MSS CONTABILIDADE TRAIL TEAM	VET 40	00:50:26	00:50:18
389	887	Luís Carlos da Silva Sousa	M		Séniore	00:50:28	00:49:41
390	867	André Tavares Coelho	M		Séniore	00:50:29	00:50:19
391	789	Carina Ferreira	F		Séniore	00:50:31	00:49:59
392	914	ABILIO SOARES	M		VET 60	00:50:36	00:50:25
393	566	Rosa Lúcia Camarinha da Silva	F	Ligeirinhos	VET 45	00:50:37	00:50:06
394	1395	Sérgio Louro	M	ATALANTA RUNNERS	VET 35	00:50:39	00:49:55
395	642	Helder Couto	M		VET 45	00:50:45	00:50:12
396	1049	Luis Cerqueira	M	AMA Associação Mondim Atletismo	VET 50	00:50:47	00:50:36

Lugar	Dorsal	Nome	Sexo	Equipa	Escalão	Tempo	Chip
397	562	Alfredo Rodrigues	M		VET 40	00:50:47	00:50:21
398	875	antonio lourenço	M	grupo desportivo leoes do veneza	VET 60	00:50:47	00:50:40
399	785	Marisa Fernandes	F	Sociedade Recreio Capanense	Séniore	00:50:48	00:50:13
400	1047	José Loureiro	M	Amigos da Montanha	VET 50	00:50:48	00:50:23
401	733	Aurélie Freitas	F	Sociedade Recreio Capanense	Séniore	00:50:53	00:50:16
402	680	Jorge Vilaça	M		Séniore	00:50:53	00:50:10
403	1126	Paulo Jorge	M	A.N.A.	VET 45	00:51:00	00:50:39
404	1038	Joao Cacheira	M		VET 35	00:51:00	00:50:39
405	1318	Odete Girao	F		VET 45	00:51:00	00:50:38
406	891	Victor Santos	M	Porto runners	VET 45	00:51:01	00:50:41
407	976	João Doellinger	M	Sociedade Recreio Capanense	VET 45	00:51:01	00:50:29
408	529	Tiago Janeira	M		VET 40	00:51:03	00:50:42
409	783	Maria Rosa Pinto Coelho Coelho	F		VET 50	00:51:03	00:50:42
410	1200	Luis Domingues	M		Séniore	00:51:05	00:50:11
411	1033	Filipe Truta	M		VET 35	00:51:05	00:50:20
412	632	José Mendonça	M		VET 40	00:51:11	00:50:53
413	860	Paulo Jorge Ferreira Ribeiro	M	Invicta Runners Team	VET 40	00:51:13	00:50:21
414	581	Sara Eiró	F	Salgueiros Running	VET 35	00:51:14	00:50:50
415	671	vera Lucia Augusto	F	TrepaTrilhos Trail Team	VET 40	00:51:14	00:50:46
416	901	Sérgio Alexandre Sousa Alves	M		Séniore	00:51:18	00:50:35
417	743	Heldeberto Santos	M	STCP Runners	VET 50	00:51:22	00:50:45
418	863	jose avelino de souza vieira	M		VET 60	00:51:23	00:50:45
419	609	Dino Gabriel	M		Séniore	00:51:25	00:50:49
420	1211	Álvaro Silva	M	MSS CONTABILIDADE TRAIL TEAM	VET 55	00:51:25	00:51:00
421	1174	EDGAR SILVA	M	RIPOLINS GRIJÓ A CORRER	VET 35	00:51:26	00:51:04
422	801	Nuno Gomes	M	Wellness Planet	VET 40	00:51:27	00:50:47
423	601	mario jorge macedo	M		Séniore	00:51:28	00:50:37
424	1099	Cláudia Carcau	F		VET 35	00:51:30	00:51:10
425	1050	JOAQUIM ALEIXO	M		VET 45	00:51:31	00:51:26
426	1314	luis Serra	M	Team Lantemil	VET 60	00:51:35	00:51:24
427	930	Paulo Pereira	M	Wellness Planet	VET 40	00:51:36	00:50:57
428	1147	Luís Paulo	M	os guardiões	VET 45	00:51:37	00:50:57
429	947	Patrícia Porto	F	Academia FR	VET 40	00:51:40	00:51:21
430	1027	Paulo ribeiro	M	Altos e Baixos	VET 40	00:51:42	00:50:50
431	608	André Almeida	M	STCP Runners	Séniore	00:51:45	00:51:08
432	1391	Tiago Rodrigues	M	Factor X / S4L / Medense FC	Séniore	00:51:47	00:51:14
433	856	Dulcidia Sampaio	F	os guardiões	VET 35	00:51:48	00:51:09
434	879	FRANCISCO JOSÉ AFONSECA FREITAS	M	os guardiões	VET 40	00:51:48	00:51:10
435	685	Cristina Magalhães	F	Academia FR	VET 50	00:51:53	00:51:36
436	1100	José Andrade	M	Academia FR	VET 55	00:51:54	00:51:36
437	792	Cláudia Pereira	F	Powerrunners #1000pecadosparedes	Séniore	00:51:54	00:51:30
438	1325	Jorge Gomes	M		VET 45	00:51:56	00:51:30
439	817	Maria Fernanda Fernandes	F	Academia FR	Séniore	00:51:57	00:51:40
440	859	Rui Lira Cardoso	M		VET 50	00:51:57	00:51:31

Lugar	Dorsal	Nome	Sexo	Equipa	Escalão	Tempo	Chip
441	958	Nuno Andrade	M	BioTeam	Séniiores	00:52:09	00:51:20
442	543	Carlos Pereira	M	BioTeam	VET 40	00:52:09	00:51:19
443	811	Nelson Carlos Ramos de Melo	M		VET 40	00:52:14	00:51:36
444	1378	José Santos	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 50	00:52:19	00:52:13
445	934	Fernando Andrade	M		Séniiores	00:52:23	00:51:39
446	805	David	M		VET 35	00:52:23	00:51:38
447	767	Vitor Magalhães	M		Séniiores	00:52:24	00:51:38
448	573	Virgílio Palmeiro	M	Os Rompe Solas	VET 60	00:52:26	00:52:20
449	960	Fernanda Lopes	F	Porto Sentido Runners	VET 45	00:52:27	00:52:00
450	970	Rui Gonçalves	M		VET 35	00:52:29	00:51:31
451	1352	Carlos Alberto da Silva Fernandes	M	HB a correr+	VET 35	00:52:30	00:51:34
452	1348	João Pintinha	M		VET 55	00:52:30	00:51:46
453	627	Natalino Pereira	M	Porto runners	VET 60	00:52:31	00:52:12
454	1031	Jorge	M		VET 45	00:52:31	00:52:16
455	1345	Pedro Lima Santos	M	Super Bock Group	VET 45	00:52:34	00:52:14
456	631	fernando queiros	M		VET 55	00:52:40	00:52:19
457	1381	jose santos	M	turbo lentos da maia	VET 50	00:52:40	00:52:26
458	1287	magali bellam	F	Bellam	VET 50	00:52:41	00:52:23
459	639	Conceição Oliveira	F	Sociedade Recreio Capanense	VET 45	00:52:44	00:52:33
460	607	Miguel Barbosa	M	Powerrunners #1000pecadosparedes	Séniiores	00:52:46	00:52:06
461	1115	Deolinda Rosa Camarinha da Silva	F	Ligeirinhos	VET 55	00:52:47	00:52:16
462	1073	Paulo Gonçalves	M	STCP Runners	VET 45	00:52:47	00:52:09
463	534	Pedro Costa	M		VET 35	00:52:47	00:52:42
464	1266	André Sousa	M	Papamedalhas	Séniiores	00:52:48	00:52:32
465	752	Raul Ferreira	M	LION RUNNERS - G. D. Leões da Guarda	VET 55	00:52:50	00:52:25
466	912	JOSÉ LOPES	M	CLUBE MILLENNIUM BCP	VET 50	00:52:51	00:52:21
467	1411	RUI COSTA	M		VET 50	00:52:51	00:52:20
468	704	Jorge Caldas	M		VET 40	00:52:51	00:52:05
469	660	Cristiano Salgado	M		Séniiores	00:52:52	00:51:56
470	1070	Agostinho Lopes	M	Porto Sentido Runners	VET 55	00:52:52	00:52:25
471	971	Pedro Mouta	M		VET 35	00:52:54	00:52:48
472	1084	Pedro Miguel Oliveira Pinto da Cunha	M		VET 35	00:52:57	00:52:25
473	570	PAULO MANUEL OLIVEIRA RAMOS	M	GRUPO JUVENIL PINHEIRO DA BEMPOSTA - O. AZEMÉIS	VET 45	00:53:02	00:52:35
474	1123	Paulo Pinto	M	Honra Team	VET 35	00:53:11	00:52:46
475	690	Sandrine Freitas	F	Sociedade Recreio Capanense	VET 35	00:53:16	00:52:41
476	919	António Rocha	M	MSS CONTABILIDADE TRAIL TEAM	VET 45	00:53:16	00:53:08
477	948	Cátia Alves	F		Séniiores	00:53:17	00:52:42
478	835	Cristina Carvalho	F		VET 40	00:53:17	00:52:53
479	1415	Carla Sofia Silva Sousa	F	Academia FR	VET 40	00:53:21	00:53:21
480	868	Sérgio Mota	M		VET 40	00:53:22	00:53:10
481	1233	Orlando Silva Leal	M	CM Maia	VET 40	00:53:24	00:53:01
482	774	João Luís Costa	M		Séniiores	00:53:28	00:53:08
483	1149	Valdemar Tinoco	M		Séniiores	00:53:31	00:52:38
484	688	Clara Rua	F		VET 45	00:53:31	00:52:48

Lugar	Dorsal	Nome	Sexo	Equipa	Escalão	Tempo	Chip
485	1165	Bronze	M		VET 50	00:53:31	00:53:21
486	804	Pedro Osório	M		VET 45	00:53:36	00:52:36
487	594	Ana Oliveira	F	Sob Efeito Trail	Séniore	00:53:37	00:53:00
488	545	Domingos Faustino	M	STCP Runners	VET 45	00:53:37	00:52:59
489	646	PAULO SOUSA	M	CLUBE MILLENNIUM BCP	VET 50	00:53:38	00:53:03
490	1009	João Belchior	M	Elite do Atletismo Nortenho	VET 40	00:53:40	00:52:45
491	1408	Catarina Ferreira	F		Séniore	00:53:42	00:52:51
492	539	Susana Raquel Alves moreira	F		Séniore	00:53:43	00:53:31
493	513	ANSELMO PINTO	M	CLUBE MILLENNIUM BCP	VET 55	00:53:49	00:53:31
494	564	João Falcão	M	Jumia PTC Running Team	Séniore	00:53:55	00:53:22
495	1180	David Gouveia	M		Séniore	00:53:56	00:53:21
496	753	António Manuel Sousa	M	Águas do Porto - Casa dos Trabalhadores	VET 50	00:53:57	00:53:21
497	595	Carlos Manuel da Costa Fernandes	M		VET 50	00:54:00	00:53:16
498	765	Nuno Silva	M		VET 35	00:54:00	00:53:47
499	745	Joaquim Marques	M	Maia Runners	VET 55	00:54:03	00:53:42
500	1122	Rodrigo Daniel Freire Boga de Calisto Duarte	M	Maia Runners	VET 40	00:54:05	00:53:44
501	814	Filipe Rodrigues	M		VET 40	00:54:09	00:53:34
502	1046	Vania Luisa Pinto	F		Séniore	00:54:09	00:53:29
503	999	Paula Peixoto	F	Braguinhas runners	VET 50	00:54:10	00:53:31
504	584	orlando jose da silva parente	M		VET 45	00:54:12	00:53:43
505	506	Agostinha Gonçalves	F	Sociedade Recreio Capanense	VET 45	00:54:14	00:54:01
506	523	José Patarata	M	LION RUNNERS - G. D. Leões da Guarda	VET 45	00:54:15	00:53:51
507	821	OSVALDO JOSE COSTA	M		VET 50	00:54:17	00:54:10
508	512	Hugo Guimaraes	M		Séniore	00:54:23	00:53:52
509	780	José Teixeira	M		VET 50	00:54:23	00:53:52
510	598	Armando Rui Oliveira	M		VET 45	00:54:25	00:53:43
511	1273	Joaquim Pinto	M	Câmara Municipal da Maia	VET 40	00:54:28	00:53:35
512	825	Augusto Granja	M	G.D. Leões da Guarada	VET 60	00:54:30	00:54:21
513	1212	José Alves	M		VET 50	00:54:31	00:53:58
514	952	antonio alves	M		VET 40	00:54:33	00:53:35
515	1385	Avelino Pereira	M	CCDTC.M.GONDOMAR	VET 60	00:54:39	00:53:59
516	1303	Virgilio Vasquez	M		VET 40	00:54:40	00:53:43
517	1142	vania alves	F	AMA Associação Mondim Atletismo	Séniore	00:54:40	00:54:30
518	1390	Gracinda Marques	F	Academia FR	VET 45	00:54:47	00:54:00
519	1019	Pedro Inverno	M		VET 45	00:54:48	00:54:31
520	936	CELESTINO BRÁS	M	CLUBE MILLENNIUM BCP	VET 55	00:54:54	00:54:37
521	1110	GABRIEL MENDES	M	CLUBE MILLENNIUM BCP	VET 50	00:54:57	00:54:50
522	782	fatima matos	F		VET 45	00:54:59	00:54:46
523	737	Cristina Lamelas Gomes	F	Porto Runners	VET 45	00:55:00	00:54:44
524	1143	luis filipe pereira matos	M		VET 45	00:55:01	00:54:47
525	1062	Jorge Dique	M		VET 60	00:55:08	00:54:50
526	531	Hugo Barros	M	Powerrunners #1000pecadosparedes	VET 35	00:55:12	00:54:49
527	1107	Rui Miguel Silva Almeida teixeira	M		VET 40	00:55:12	00:54:41
528	886	Dina Boieiro	F	Muffin's	Séniore	00:55:16	00:54:54

Lugar	Dorsal	Nome	Sexo	Equipa	Escalão	Tempo	Chip
529	1289	Altino Valente	M		VET 45	00:55:16	00:54:48
530	866	Francisco Apresentação	M		VET 60	00:55:19	00:55:04
531	1020	Luísa Reis	F	STCP Runners	Séniore	00:55:25	00:54:46
532	585	joao bessa	M	globalbrico	Séniore	00:55:28	00:54:49
533	816	Ana Teixeira	F		VET 40	00:55:32	00:54:39
534	1081	José Bonifácio	M		VET 40	00:55:32	00:55:06
535	672	Sam Vilela	M	TRUCKING	VET 35	00:55:34	00:54:51
536	857	Tiago Silva	M	TRUCKING	Séniore	00:55:34	00:54:51
537	518	José Leal	M	TRUCKING	Séniore	00:55:34	00:54:51
538	1413	Carlos Sousa	M	Allianz Portugal	VET 40	00:55:35	00:54:44
539	736	Hugo oliveira	M		VET 35	00:55:40	00:54:53
540	787	Eliseo Martínez	M		VET 40	00:55:44	00:55:27
541	1288	Ivan Luís bellam	M	Bellam	VET 45	00:55:48	00:55:30
542	503	Ricardo cachadinha	M		VET 40	00:55:49	00:55:36
543	1121	Diogo Manuel Moreira Santos	M		Séniore	00:55:51	00:55:22
544	1334	Pedro Gonçalves	M	Cuba Libre	VET 40	00:55:52	00:55:30
545	852	Francisco Santos	M		VET 50	00:55:56	00:55:08
546	775	Domingos Soares	M		VET 55	00:56:03	00:55:31
547	1051	Jose Gonçalves	M		VET 45	00:56:05	00:55:35
548	998	Paula Oliveira	F	S.C.E/António Leitão	VET 45	00:56:06	00:55:57
549	1294	José Gonçalves	M		VET 60	00:56:06	00:55:54
550	1082	JOÃO LOPES	M	Desportivo Ases S. Jorge-Fafe	VET 55	00:56:06	00:55:28
551	1215	Francisco Paulo Pinto	M	BOAVISTA FC	VET 50	00:56:13	00:56:02
552	899	Álvaro Pereira	M		VET 40	00:56:14	00:55:44
553	798	Quintino Bacelo	M	GDR Juventude das Ribeiras	VET 55	00:56:24	00:56:08
554	1389	Pedro Lascasas	M		Séniore	00:56:34	00:56:04
555	1018	Sérgio Rocha	M	MSS CONTABILIDADE TRAIL TEAM	Séniore	00:56:34	00:56:04
556	1264	Nuno Filipe Lopes Ferreira	M	Papamedalhas	VET 35	00:56:36	00:56:21
557	713	rui manuel couto	M		VET 60	00:56:38	00:55:59
558	950	Pedro Silva	M		VET 35	00:56:47	00:56:43
559	837	Tiago Lopes	M	Jumia PTC Running Team	Séniore	00:56:49	00:56:16
560	963	Célia Sampaio	F	Desnível Positivo	VET 40	00:56:56	00:56:33
561	1158	Pedro Barbosa	M		VET 45	00:56:56	00:56:32
562	1119	Miguel teixeira	M	Gramidense IFC	VET 40	00:57:01	00:56:34
563	1094	Abílio Alves Alves	M		VET 55	00:57:08	00:56:18
564	1400	José Carlos Castro Resse Lascasas	M	ALL ABOUT	VET 45	00:57:09	00:56:52
565	1060	Dinis Pires	M	Academia FR	VET 60	00:57:14	00:57:11
566	806	Sérgio Pereira	M	Gondomar Futsal Clube	VET 35	00:57:15	00:57:10
567	986	Maria Manuela Oliveira Barros	F		VET 45	00:57:16	00:56:21
568	542	Patrick Moens	M		VET 45	00:57:16	00:56:22
569	1134	Bruno Ferreira	M		VET 35	00:57:17	00:56:36
570	784	JOSÉ ALVES	M	CLUBE MILLENNIUM BCP	VET 45	00:57:20	00:56:46
571	722	Tiago Teixeira	M	Sob Efeito Trail	Séniore	00:57:24	00:56:47
572	940	viktor alves	M	AMA Associação Mondim Atletismo	VET 45	00:57:25	00:57:13

Lugar	Dorsal	Nome	Sexo	Equipa	Escalão	Tempo	Chip
573	1129	jorge costa	M	AMA Associação Mondim Atletismo	VET 45	00:57:25	00:57:13
574	1041	José Cipriano Silva Mota Machado	M		VET 60	00:57:29	00:57:21
575	668	Conceição Pereira	F	Sociedade Recreio Capanense	VET 45	00:57:29	00:57:17
576	1409	André Vieira	M		VET 35	00:57:30	00:56:40
577	1418	Carla Marques	F	Academia FR	VET 40	00:57:32	00:56:41
578	1064	Manuel Couto	M	Ripolins Grijó a Correr	VET 60	00:57:35	00:57:06
579	687	João Pedro Torres Novais	M		Séniore	00:57:38	00:56:52
580	932	Jose matos	M		VET 40	00:57:40	00:57:22
581	848	Belém Pereira	F		Séniore	00:57:53	00:57:32
582	694	Sílvio Renato Sendas	M	Genepinador	Séniore	00:57:55	00:56:59
583	882	Ricardo João Cruz Correia	M	/dev/null	VET 40	00:57:56	00:57:00
584	846	Pedro Rodrigues	M	Gondomar Futsal Clube	Séniore	00:57:56	00:57:33
585	1059	Miguel Ângelo Pimenta de Moraes Leitão	M	Elite do Atletismo Nortenho	VET 35	00:57:58	00:57:02
586	720	Manuel José Teixeira Pereira	M	Elite do Atletismo Nortenho	VET 40	00:57:58	00:57:02
587	957	AFONSO SANTOS	M	CLUBE MILLENNIUM BCP	VET 55	00:57:59	00:57:25
588	841	João Almeida	M	CA RUNNERS	VET 40	00:58:09	00:57:42
589	739	Teotonio Filomeno Almeida Correia Silva	M		VET 50	00:58:10	00:57:20
590	611	João Pedro Gonçalves	M	MSS CONTABILIDADE TRAIL TEAM	VET 50	00:58:11	00:57:46
591	1399	Francisco Oliveira	M	Amigos Atletismo de Gondomar	VET 55	00:58:17	00:58:00
592	606	António Ferreira	M	Grupo Desportivo Banco de Portugal	Séniore	00:58:18	00:57:39
593	1337	MARIA EMÍLIA BABO TEIXEIRA MOREIRA	F	Gdc FIDELIDADE	VET 50	00:58:19	00:57:39
594	649	Artur Fonseca	M	Ruptura Total	VET 40	00:58:21	00:57:53
595	1280	Nuno Augusto Tavares Leitão	M	?ALINHAS?	VET 35	00:58:25	00:57:43
596	1283	Nuno José Pereira Reis dos Santos	M		VET 35	00:58:26	00:58:13
597	850	manuel machado	M	AMA Associação Mondim Atletismo	VET 60	00:58:32	00:58:21
598	659	João Carvalhal	M	Budeguita Runners	VET 40	00:58:33	00:57:59
599	949	Minna Sillankorva	F	Budeguita Runners	VET 40	00:58:33	00:58:00
600	655	Pamela Lee	F		VET 35	00:58:35	00:57:44
601	583	Carla Ribeiro Teixeira	F		VET 45	00:58:40	00:57:51
602	902	António Castro Ribeiro	M		VET 50	00:58:40	00:57:51
603	1336	JOÃO MANUEL MARQUES MOREIRA	M	Gdc FIDELIDADE	VET 50	00:58:45	00:58:04
604	658	Valter Coutinho	M	Minis & Bifanas	VET 40	00:58:47	00:57:54
605	1260	Maria José Gomes Correia	F		VET 45	00:58:52	00:58:25
606	1112	Manuel Neves	M		VET 45	00:58:57	00:58:44
607	1354	Ivone Ferraz	F		VET 35	00:58:58	00:58:17
608	670	Ana Oliveira	F	Lentinhos	VET 50	00:59:01	00:58:56
609	674	Marco Dias	M		Séniore	00:59:02	00:58:30
610	871	Rui Silva	M		VET 40	00:59:02	00:58:35
611	637	Albertina Gonçalves	F	Lousada Runners	VET 35	00:59:04	00:58:35
612	1086	JOSE CARLOS FREITAS	M	VITÓRIA SPORT CLUBE	VET 45	00:59:05	00:58:11
613	1214	Paulo Macedo	M	Pari Passu	VET 50	00:59:16	00:58:50
614	1144	Diogo couceiro	M		VET 50	00:59:22	00:58:29
615	900	Paulo Carneiro	M	Infinite k runners	VET 45	00:59:26	00:58:34
616	772	Ana Pereira	F	Infinite k runners	VET 35	00:59:26	00:58:34

Lugar	Dorsal	Nome	Sexo	Equipa	Escalão	Tempo	Chip
617	1056	CSS	M		VET 45	00:59:33	00:59:06
618	510	Manuel João Santos	M	Genepinador	Séniore	00:59:43	00:58:46
619	1005	jose abreu	M	grupo desportivo leoes do veneza	VET 60	00:59:57	00:59:36
620	877	David Lima	M		Séniore	01:00:01	00:59:16
621	1322	ANA SOUSA	F		VET 50	01:00:03	00:59:44
622	795	Nelson Pinto	M	Castêlo	VET 40	01:00:04	00:59:44
623	829	Luciano Rocha	M	Altos & Baixos	VET 35	01:00:05	00:59:13
624	922	Sandra Lemos	F		VET 45	01:00:06	00:59:55
625	1302	Natalia Torres	F		Séniore	01:00:15	00:59:18
626	1000	Carlos Cabouco	M		VET 45	01:00:21	00:59:52
627	987	José Guedes	M	TRUCKING	Séniore	01:00:38	00:59:56
628	689	Gustavo Santos	M	Gramidense IFC	VET 35	01:00:47	01:00:17
629	1349	Bruno Goncalves	M	PROGELADO	VET 35	01:00:55	01:00:11
630	754	Mara Marinha	F	Xau aí	Séniore	01:00:55	01:00:25
631	643	Pedro Vieira	M	Jumia PTC Running Team	Séniore	01:01:05	01:00:31
632	1353	Hugo Manuel Coelho Alves de Morais Pilar	M		VET 35	01:01:18	01:00:22
633	1108	Belarmino Santos	M		VET 50	01:01:32	01:01:22
634	718	Filipe Fernandes	M		Séniore	01:01:34	01:01:03
635	1363	António Costa	M		VET 55	01:01:37	01:01:20
636	907	agostinho martins	M	AMA Associação Mondim Atletismo	VET 50	01:01:38	01:01:35
637	1347	jose pinto	M		VET 45	01:01:39	01:00:54
638	1181	Jorge soares	M		VET 40	01:01:39	01:00:54
639	544	Fátima Lopes	F	Trofa Runners	VET 60	01:01:42	01:01:20
640	910	Vítor Meireles	M		VET 60	01:01:48	01:01:05
641	1338	Licínio Malafaia	M	Gdc FIDELIDADE	VET 60	01:02:02	01:01:19
642	903	Hélder Gomes	M		Séniore	01:02:02	01:01:11
643	861	Agostinho	M		VET 60	01:02:08	01:01:59
644	675	NUNO MARTINS	M	CLUBE MILLENNIUM BCP	VET 45	01:02:11	01:01:57
645	803	Bianca Gonçalves Lazaro	F		Séniore	01:02:11	01:01:57
646	781	fatima lopes	F		VET 40	01:02:20	01:01:55
647	1365	José Carlos Silva	M	Caça Raposas	VET 40	01:02:35	01:02:10
648	880	Emanuel Augusto Estevão Mascarenhas	M	Águas do Porto - Casa dos Trabalhadores	VET 55	01:02:40	01:02:05
649	509	Bruno Rocha	M	Altos & Baixos	VET 40	01:02:42	01:01:50
650	993	Carlos Teixeira	M	Os Rompe Solas	VET 55	01:02:46	01:02:39
651	666	Silvio Luiz de Souza	M		VET 55	01:03:13	01:02:35
652	1067	Toze Eiró	M	Salgueiros Running	VET 35	01:03:23	01:02:58
653	626	ERNESTO SANTOS	M	" OS PRESSINHAS"	VET 60	01:03:31	01:03:23
654	1117	HERMÍNIA OLIVEIRA	F	" OS PRESSINHAS"	VET 50	01:03:31	01:03:24
655	844	Cristina Pinheiro	F		VET 45	01:03:32	01:03:13
656	812	Cláudia Amaral	F	BioTeam	VET 45	01:03:33	01:02:42
657	1311	Maria Virgínia Gonçalves Machado Rocha Pires	F		VET 45	01:03:33	01:03:18
658	1422	Marina Aurora Ribeiro	F	Clube de Colaboradores AGEAS	VET 55	01:03:37	01:03:08
659	1025	Cidália Silva	F		VET 50	01:03:46	01:03:32
660	526	António Manuel dos Santos Couto	M		VET 45	01:04:01	01:03:31

Lugar	Dorsal	Nome	Sexo	Equipa	Escalão	Tempo	Chip
661	1364	JOSÉ JUNIOR	M		VET 50	01:04:13	01:03:48
662	746	Artur Santos	M		VET 55	01:04:14	01:03:50
663	1202	Carlos Moreira	M	RunRiver-Escola de Atletismo de Rio Tinto	Séniiores	01:04:31	01:03:35
664	1157	Tiago Santos	M		Séniiores	01:04:31	01:03:35
665	1379	Fernanda Bento	F	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 55	01:04:39	01:04:39
666	897	Mónica Almeida	F		VET 35	01:04:49	01:03:55
667	931	Manuel Leonardo	M		VET 55	01:04:57	01:04:46
668	1003	Joana Fernandes	F		Séniiores	01:04:58	01:04:13
669	1105	Rute Santos	F	SOTECNOR Team	VET 35	01:05:08	01:04:26
670	591	Ricardo Pinheiro	M	SOTECNOR Team	Séniiores	01:05:08	01:04:25
671	741	Vitor Brás	M		VET 45	01:05:08	01:04:26
672	1257	Ricardo Teixeira	M	Gazelas	VET 45	01:05:09	01:04:28
673	1078	Sérgio Matos	M	TRUCKING	VET 35	01:05:16	01:04:32
674	1300	Filomena Correia	F		VET 60	01:05:25	01:05:23
675	1412	Luís Sá	M		Séniiores	01:05:30	01:04:39
676	710	Rui Noddy	M	Powerrunners #1000pecadosparedes	VET 35	01:05:30	01:05:06
677	843	Victor Mota	M	Os Rompe Solas	VET 60	01:05:59	01:05:51
678	1327	Sónia Sousa	F		VET 35	01:06:18	01:05:38
679	1406	Ana Teixeira	F	CAP - CENTRO DE ATLETISMO DO PORTO	VET 50	01:06:18	01:05:52
680	872	Tânia Pinheiro	F		VET 40	01:06:53	01:06:17
681	1258	Susana Teixeira	F	Gazelas	VET 40	01:07:08	01:06:27
682	1256	Amaro Soares	M	Gazelas	VET 60	01:07:08	01:06:26
683	638	Juliana Ramos	F		VET 35	01:07:28	01:06:42
684	918	Davide Fernandes	M		VET 35	01:07:42	01:07:05
685	790	Mónica Costa	F		Séniiores	01:07:42	01:07:04
686	1135	Paulo neves	M		VET 40	01:08:11	01:07:15
687	516	Sónia Conceição Santos Boucinha	F	TOG	VET 35	01:08:12	01:07:14
688	969	Maria Eduarda Guimarães Rodrigues	F		Séniiores	01:08:14	01:07:28
689	623	Eugenia Ferreira	F		VET 50	01:08:18	01:07:39
690	920	carla celeste silva ribeiro oliveira	F	STCP Runners	VET 40	01:08:35	01:07:57
691	1095	Sergio Manuel Ferreira da Costa	M		VET 35	01:08:38	01:07:51
692	525	Susana Mateus	F	Atlético Clube Alfenense	Séniiores	01:08:48	01:08:11
693	669	Barbara Maia	F	Sociedade Recreio Capanense	Séniiores	01:08:56	01:08:22
694	750	Pedro José Martins	M	Extramile	VET 35	01:08:57	01:07:55
695	1021	Angela Jesus Silva	F	Extramile	Séniiores	01:08:57	01:07:55
696	1317	José Freitas	M	RollingAventura	VET 50	01:09:03	01:08:21
697	764	soraia milene borges dos santos povoa	F	MSS CONTABILIDADE TRAIL TEAM	Séniiores	01:09:15	01:08:44
698	511	Americo Leal	M	MSS CONTABILIDADE TRAIL TEAM	VET 55	01:09:15	01:08:49
699	951	jose casimiro	M		VET 60	01:09:27	01:08:46
700	1339	Sandra Sepeda	F	Gdc FIDELIDADE	VET 45	01:09:33	01:08:51
701	556	Nuno Gomes	M		VET 40	01:09:41	01:09:01
702	1272	Rolando Marques	M	Câmara Municipal da Maia	VET 45	01:09:51	01:08:58
703	823	Nuno Lopes	M		Séniiores	01:10:15	01:09:59
704	537	manuel mota ferreira	M	académico runners	VET 50	01:10:16	01:09:33

Lugar	Dorsal	Nome	Sexo	Equipa	Escalão	Tempo	Chip
705	586	Paulo Ferreira	M		VET 40	01:10:24	01:09:44
706	1155	Josefina Gomes	F		VET 45	01:10:24	01:09:43
707	1333	Patrícia Oliveira	F	Cuba Libre	Séniore	01:10:34	01:10:12
708	695	Fábio Magalhães	M		Séniore	01:10:40	01:09:50
709	1011	cesar	M	Facort running team	VET 35	01:11:25	01:11:10
710	700	Deise Diegues	F	Márcia Proença	VET 50	01:11:57	01:11:26
711	1028	Crystal Miranda	F		VET 35	01:12:15	01:11:26
712	590	SANDRA CORREIA	F		VET 40	01:14:49	01:14:08
713	1281	Luis Miguel Tavares	M	?ALINHAS?	VET 45	01:15:20	01:14:42
714	563	Diana Rebelo	F		Séniore	01:20:36	01:19:47
715	818	Ana Vaz	F	Equipa A.N.A.	VET 45	01:21:10	01:20:19
716	726	Fernando Xavier	M		VET 50	01:21:10	01:20:20
717	968	Marlene Ferreira	F	Equipa A.N.A.	VET 40	01:21:10	01:20:19
	827	Miguel Freitas	M	Pó na Lama Trail Runners	VET 35	00:27:00 (desq.)	00:26:56
	1274	Nuno Marinho	M	A.C.D. São João da Serra	Séniore	00:29:22 (desq.)	00:29:22
	1276	Agostinho Tavares	M		VET 50	00:32:17 (desq.)	00:31:18
	1159	Cátia Lemos	F		Séniore	00:32:28 (desq.)	00:32:15
	682	Pedro Henriques Ramos	M	Facort running team	Séniore	00:32:36 (desq.)	00:32:00
	1373	Armando Fonseca	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Séniore	00:39:06 (desq.)	00:39:00
	768	Baltazar Ferreira	M	Individual	VET 50	00:40:11 (desq.)	00:40:03
	944	Maria Luz Rodrigues Pereira Vaz	F		VET 60	00:43:55 (desq.)	00:43:38
	1102	Paula Freitas	F	os guardiões	VET 45	00:44:16 (desq.)	00:44:09
	911	Tiago Almeida	M	LION RUNNERS - G. D. Leões da Guarda	Séniore	00:45:13 (desq.)	00:45:03
	1101	Clara Ramalho	F	STCP Runners	VET 45	00:47:10 (desq.)	00:46:34
	554	Óscar Loureiro	M		VET 60	00:49:07 (desq.)	00:48:52
	1403	Carla Soares	F		VET 40	00:50:36 (desq.)	00:49:47
	1039	MARIA INÊS SANTOS	F	CLUBE MILLENNIUM BCP	Séniore	00:58:00 (desq.)	00:56:37
	1163	Antonio Palhares	M		VET 40	01:01:17 (desq.)	01:00:57
	935	Carlos Pinto	M		VET 60	01:02:54 (desq.)	01:02:09
	555	Francisca Santos	F	BioTeam	Séniore	01:03:34 (desq.)	01:02:46
	1124	Maria Quinta	F	BioTeam	Séniore	01:03:34 (desq.)	01:02:46