

Pos	Dorsal	Nome	Género	Equipa	Categoria	Tempo	Chip
1º	1127	Tiago Freitas	M	Figueiredos Runners & Friends	Séniiores	00:34:44	00:34:44
2º	1218	Ulisses Lopes	M	CPT BAIRRO DE CARCAVELOS SYNERGIE	VET 50	00:35:02	00:35:02
3º	1795	Bruno Pereira	M	Amigos da Montanha	Séniiores	00:35:13	00:35:13
4º	1828	Paulo Rocha	M	RunRiver Escola Atletismo Rio tinto	VET 35	00:35:38	00:35:38
5º	1832	Hugo Moreira	M	RunRiver Escola Atletismo Rio tinto	Séniiores	00:35:45	00:35:45
6º	1501	Antonio Sousa	M	RIPOLINS GRIJÓ A CORRER	VET 45	00:35:49	00:35:49
7º	1785	Marco Vides	M	TriBraga McDonald's	VET 35	00:36:01	00:35:54
8º	1790	Carlos Oliveira	M	Generali	VET 45	00:36:31	00:36:31
9º	1295	António Jesus	M	NASCIDOS PARA CORRER	VET 55	00:36:36	00:36:36
10º	1266	Miguel Maia	M	Atlético da Póvoa	VET 35	00:36:39	00:36:37
11º	1969	Joao Figueiredo	M	Figueiredos Runners & Friends	Séniiores	00:36:59	00:36:54
12º	1241	Patricio Castro	M	n.a.taipas	VET 40	00:37:01	00:37:01
13º	2000	Bruno	M		Séniiores	00:37:02	00:36:58
14º	1617	Joaquim Alves	M	NASCIDOS PARA CORRER	VET 50	00:37:26	00:37:26
15º	981	José Carvalho	M		Séniiores	00:37:32	00:37:25
16º	977	Rui Gomes	M	DouroConta Trail Team	VET 40	00:37:47	00:37:47
17º	1780	João Teixeira	M	CCD APDL	VET 55	00:37:51	00:37:49
18º	1925	Daniel Monteiro	M	Academia Fernanda Ribeiro	Séniiores	00:38:02	00:38:02
19º	1306	Fernando Oliveira	M		Séniiores	00:38:08	00:38:08
20º	1345	Claudio Araujo	M	Adosa Os santa apolonia	VET 40	00:38:12	00:38:12
21º	1783	Furtado Hernani	M	Hernani	VET 35	00:38:21	00:38:19
22º	1424	José Almeida	M	Academia Fernanda Ribeiro	VET 50	00:38:31	00:38:28
23º	1141	José Afonso	M	HSANTAMARIA RT	VET 40	00:38:38	00:38:31
24º	1829	Diogo Fernandes	M	team antemil	Séniiores	00:38:42	00:38:33
25º	1971	Manuel Figueiredo	M	Figueiredos Runners & Friends	VET 50	00:38:48	00:38:48
26º	1097	Carlos Pereira	M	FigueiróFit	Séniiores	00:38:48	00:38:45
27º	1900	Pedro Madrid	M	Academia Fernanda Ribeiro	VET 40	00:38:57	00:38:53
28º	1320	Tiago Pinto	M	C. A. Andatrilhos Freamunde	Séniiores	00:39:00	00:38:43
29º	983	António Oliveira	M	CAP - CENTRO ATLETISMO DO PORTO	VET 35	00:39:03	00:38:56
30º	1223	Belmiro Ferreira	M	G. D. Leões da Guarda	VET 50	00:39:17	00:39:15
31º	1823	Liliana Rocha	F	RunRiver Escola Atletismo Rio tinto	VET 40	00:39:24	00:39:24
32º	1132	André Pinto	M	C. A. Andatrilhos Freamunde	Séniiores	00:39:40	00:39:31
33º	1848	Ricardo Barros	M	DouroConta Trail Team	Séniiores	00:39:43	00:39:40
34º	1789	Casimiro Galhardo	M	Clube Trabalhadores Bairro de Carcavelos	VET 60	00:39:44	00:39:44
35º	1765	Rui Tavares	M	RIPOLINS GRIJÓ A CORRER	VET 40	00:39:45	00:39:42
36º	1560	Fernando Maia	M	BLASQEM	VET 50	00:39:47	00:39:44
37º	1009	Fernando Almeida	M	RUNPENAFIEL	VET 45	00:39:50	00:39:50
38º	1379	Renato Correia	M	DGR Juventude das Ribeiras	Séniiores	00:39:59	00:39:56
39º	1299	Carlos Santos	M	Extreme Academy	VET 35	00:39:59	00:39:54
40º	1297	Antonio Teles	M	Clube Trilheiros&Amigos	VET 40	00:40:01	00:39:54
41º	1258	Nuno Araujo	M	Araujo	VET 40	00:40:02	00:39:59
42º	1939	Antonio Ribeiro	M	McDonald's Tribraga	VET 40	00:40:02	00:39:55
43º	1307	Mário Gonçalves	M	GDR Juventude das Ribeiras	VET 55	00:40:15	00:40:15
44º	1439	António Miranda	M		Séniiores	00:40:17	00:39:59

Pos	Dorsal	Nome	Género	Equipa	Categoria	Tempo	Chip
45º	1996	Manuel Teixeira	M	CCD APDL	VET 45	00:40:19	00:40:15
46º	1357	Carlos Silva	M	Clube trilheiros e amigos	VET 45	00:40:23	00:40:14
47º	1630	Carlos Gomes	M	Salgueiros Running	VET 35	00:40:36	00:40:36
48º	1580	Vitor Dias	M		VET 35	00:40:45	00:40:45
49º	1818	Ezequiel Fernandes	M		VET 35	00:40:53	00:40:48
50º	1871	Fábio Oliveira	M	Academia Fernanda Ribeiro	Séniiores	00:41:05	00:40:54
51º	1211	Fernando Oliveira	M		VET 45	00:41:06	00:40:54
52º	1413	Pedro Guimaraes	M	CTAD - Consumo Zero	VET 40	00:41:11	00:41:02
53º	1251	Celso Oliveira	M	LION RUNNERS -G. D. Leões da Guarda	Séniiores	00:41:21	00:41:13
54º	1826	André Almeida	M	RunRiver - Escola de atletismo de Rio Tinto	Séniiores	00:41:30	00:41:15
55º	1999	Hugo Bastos	M	CCD APDL	VET 35	00:41:31	00:41:31
56º	990	António Coimbra	M	Academia Fernanda Ribeiro	Séniiores	00:41:34	00:41:31
57º	1226	Pedro Coutinho	M	Movimento de Juventude de Merelim	VET 35	00:41:39	00:41:27
58º	1346	Ângelo Cabral	M	Gramidense IFC	VET 40	00:41:40	00:41:36
59º	1143	Augusto Lopes	M	Lopes	VET 40	00:41:43	00:41:31
60º	1440	Amadeu Soares	M	Casa da Costura / Fisicorpus / Citybike	VET 40	00:41:44	00:41:21
61º	1117	Diamantino Martins	M	GDR Juventude das Ribeiras	VET 40	00:41:45	00:41:18
62º	1791	Luis Vilela	M	Sociedade Recreio Capanense	VET 55	00:41:51	00:41:40
63º	1990	Marcio Carvalho	M	GDR Retorta - Quinta das Arcas	VET 35	00:41:57	00:41:53
64º	1806	Armando Pereira	M	NASCIDOS PARA CORRER	Séniiores	00:41:57	00:41:14
65º	1385	Augusto Pereira	M	NASCIDOS PARA CORRER	VET 60	00:42:01	00:41:56
66º	1879	Eugenio Cunha	M	Generali	VET 45	00:42:01	00:41:27
67º	1894	Bruno Mota	M	KuantoKusta	VET 35	00:42:04	00:41:57
68º	1537	Hugo Figueiredo	M	Gramidense IFC	VET 40	00:42:07	00:42:01
69º	1986	Serafim Reis	M	CAP - CENTRO ATLETISMO DO PORTO	VET 45	00:42:07	00:42:00
70º	1272	Luís	M	HPCon Runners	Séniiores	00:42:09	00:42:00
71º	1334	Márcio Correia	M	Fogaças Com Malapos	VET 40	00:42:09	00:41:36
72º	1271	Fernando Pereira	M		VET 50	00:42:12	00:42:12
73º	1415	Sérgio Silva	M	MSS Contabilidade Trail Team	VET 35	00:42:13	00:42:13
74º	1108	Raul Silva	M		VET 35	00:42:17	00:42:12
75º	1213	Hugo Machado	M	LION RUNNERS - G. D. Leões da Guarda	Séniiores	00:42:18	00:42:12
76º	1217	José Dias	M		VET 50	00:42:18	00:42:09
77º	1140	António Carvalho	M		VET 50	00:42:21	00:42:18
78º	1039	André Pina	M	Arquitetura do Saber	Séniiores	00:42:23	00:42:19
79º	1926	Ricardo Queirós	M	Queirós	VET 40	00:42:23	00:42:18
80º	1881	Nuno Costa	M	Generali	VET 35	00:42:29	00:41:55
81º	1301	José Ribeiro	M		VET 55	00:42:32	00:41:57
82º	1973	Fernando Figueiredo	M	Figueiredos Runners & Friends	VET 55	00:42:37	00:42:23
83º	1937	Jorge Pimenta	M	Academia Fernanda Ribeiro	VET 50	00:42:41	00:42:31
84º	1998	Carlos Flor	M	CCD APDL	VET 45	00:42:44	00:42:31
85º	1003	Tiago Gomes	M	Ginásio Clube de Bragança	Séniiores	00:42:46	00:42:42
86º	1494	Jose Martins	M	SUCITESA	VET 40	00:42:54	00:42:45
87º	1452	Tiago Gomes	M	CAP - CENTRO ATLETISMO DO PORTO	VET 35	00:42:57	00:42:51
88º	1449	Pedro Batista	M		VET 40	00:43:00	00:42:52

Pos	Dorsal	Nome	Género	Equipa	Categoria	Tempo	Chip
89°	1107	Pedro Oliveira	M		VET 45	00:43:04	00:42:54
90°	1361	Hugo Dias	M		Séniiores	00:43:13	00:42:45
91°	1833	André Soares	M	RunRiver Escola Atletismo Rio tinto	VET 35	00:43:16	00:43:16
92°	1475	Albino Dias	M	BudeguitaRunners	VET 40	00:43:18	00:42:44
93°	1381	Luis Martins	M	A.R.DE NEGRELOS	VET 55	00:43:20	00:43:16
94°	1944	Ricardo Almeida	M	Generali	VET 40	00:43:22	00:43:11
95°	1600	Rui Teixeira	M	TEAM LANTEMIL	VET 40	00:43:25	00:43:22
96°	1918	Rosa Trancoso	F	Academia Fernanda Ribeiro	VET 50	00:43:27	00:43:27
97°	1770	Joaquim Cunha	M	ÁGUAS DO PORTO - CASA DOS TRABALHADORES	VET 50	00:43:28	00:43:19
98°	1369	Rogério Moreira	M	Moreira	VET 40	00:43:29	00:43:22
99°	1453	Joice Jesus	M	jesus	VET 40	00:43:31	00:43:31
100°	1082	Paulo Nascimento	M	NASCIDOS PARA CORRER	VET 40	00:43:31	00:43:20
101°	1491	Jorge Cabouco	M	NOVÉLIA RUNNING AMARANTE	VET 40	00:43:34	00:43:31
102°	1878	Rui Ventura	M	Generali	Séniiores	00:43:34	00:43:31
103°	1959	Valdemar Lopes	M	Generali	VET 40	00:43:34	00:43:31
104°	1038	Américo Pinto	M	CCDTC.M.Gondomar	VET 55	00:43:34	00:43:23
105°	1550	Nuno Freitas	M	Ginásio Desafios	Séniiores	00:43:36	00:42:44
106°	1794	Jacinto Oliveira	M		VET 60	00:43:37	00:43:27
107°	1184	José Nunes	M	DGR Juventude das Ribeiras	VET 45	00:43:39	00:43:33
108°	1868	Fernando Gomes	M	Soares	VET 40	00:43:43	00:43:29
109°	1170	Helder Guedes	M	CLUBE MILLENNIUM BCP	VET 40	00:43:44	00:43:40
110°	1527	Eduardopacheco	M		VET 40	00:43:50	00:43:45
111°	1019	Ricardo Silva	M	Muffin's	VET 40	00:43:50	00:43:36
112°	1014	Carlos Frias	M	G. D. Leões da Guarda	VET 60	00:43:51	00:43:51
113°	1995	Paulo Moreira	M	CCD APDL	VET 50	00:43:55	00:43:52
114°	1153	Miguel Teixeira	M	Gramidense IFC	VET 40	00:43:55	00:43:49
115°	1172	Américo Santos	M	Casa Doce	VET 45	00:43:56	00:43:49
116°	1078	Ricardo Castro	M	RIPOLINS GRIJÓ A CORRER	Séniiores	00:44:02	00:44:02
117°	1028	Bruno Cunha	M	SISCOG - SISTEMAS COGNITIVOS	Séniiores	00:44:05	00:43:56
118°	1194	Bruno Ferreira	M	Ginásio Desafios	VET 35	00:44:17	00:43:24
119°	1946	Pedro Dias	M	Boavista Trail	VET 45	00:44:33	00:44:33
120°	971	Adriano França	M	Generali	VET 40	00:44:33	00:44:27
121°	1273	Miguel Pereira	M	CCDTC.M.Gondomar	VET 45	00:44:33	00:44:22
122°	1312	Antonio Maltez	M		VET 65	00:44:34	00:44:04
123°	1160	José Sá	M	LION RUNNERS - G. D. Leões da Guarda	VET 35	00:44:37	00:44:27
124°	1922	Abílio Moreira	M		VET 45	00:44:38	00:44:13
125°	1110	Regina Gilvaz	F	Núcleo Atletismo Cucujães	VET 45	00:44:44	00:44:44
126°	1989	Rui Eusébio	M	Academia Fernanda Ribeiro	VET 50	00:44:50	00:44:47
127°	1126	Rui Carneiro	M	Grupo de Bombos "OS CODOVENSES"	Séniiores	00:44:58	00:44:58
128°	1318	Nuno Domingues	M	Domingues	VET 40	00:45:03	00:44:58
129°	1176	Jorge Durães	M		VET 45	00:45:11	00:45:00
130°	1372	Dourado	M	ARCLAVE	VET 40	00:45:12	00:45:04
131°	1773	Pedro Marques	M	RunRiver - Escola de atletismo de Rio Tinto	VET 35	00:45:13	00:44:58
132°	1867	Elton	M	Desafios	Séniiores	00:45:14	00:44:21

Pos	Dorsal	Nome	Género	Equipa	Categoria	Tempo	Chip
133°	1943	Manuel Oliveira	M	OS ROMPE SOLAS	VET 50	00:45:18	00:44:55
134°	1599	Agostinho Sequeira	M	DGR Juventude das Ribeiras	VET 45	00:45:19	00:45:11
135°	978	António Azevedo	M	DouroConta Trail Team	VET 50	00:45:25	00:45:14
136°	1051	Vítor Cardoso	M		VET 40	00:45:25	00:44:36
137°	1105	Carlos Oliveira	M	BOAVISTA FC	VET 45	00:45:28	00:45:20
138°	1242	Miguel Dias	M	BOAVISTA FC	VET 40	00:45:28	00:45:20
139°	1579	Hélder Beleza	M		VET 35	00:45:29	00:45:12
140°	1394	Nicolas Lopes	M	Lopes	Séniore	00:45:30	00:45:12
141°	1387	João Amorim	M		Séniore	00:45:34	00:45:29
142°	1997	José Monteiro	M	CCD APDL	VET 40	00:45:34	00:45:28
143°	1146	José Moreira	M		VET 40	00:45:34	00:45:19
144°	1337	José Rodrigues	M		Séniore	00:45:34	00:45:18
145°	1275	Marco Fortes	M		VET 40	00:45:36	00:45:26
146°	1390	Adérito Alves	M	Salgueiros Running	VET 65	00:45:39	00:45:39
147°	1238	Daniel Silva	M	Grupo Desportivo Banco de Portugal	VET 35	00:45:41	00:45:06
148°	1417	Paulo Machado	M	CAP - CENTRO ATLETISMO DO PORTO	VET 40	00:45:44	00:45:37
149°	1358	Lucio Silva	M	running 100/120	Séniore	00:45:48	00:45:32
150°	1510	Daniel Pereira	M		Séniore	00:45:52	00:45:24
151°	1425	Vítor Araújo	M		Séniore	00:45:56	00:45:52
152°	1096	Sérgio Carvalho	M		VET 35	00:45:56	00:45:48
153°	1106	Jorge Dias	M		VET 40	00:45:59	00:45:42
154°	1508	André Lima	M		Séniore	00:45:59	00:45:18
155°	1058	Pedro Cancelo	M	Clube Zupper	VET 35	00:46:01	00:45:48
156°	1277	Serafim Ramos	M	LION RUNNERS - G. D. Leões da Guarda	VET 60	00:46:03	00:45:53
157°	997	José Andrade	M	Academia Fernanda Ribeiro	VET 55	00:46:03	00:45:51
158°	976	José Conceição	M	DouroConta Trail Team	VET 35	00:46:04	00:46:04
159°	1208	Hugo Marques	M	Marques	Séniore	00:46:10	00:45:52
160°	1246	Pedro Cruz	M		Séniore	00:46:18	00:46:12
161°	1443	Ibraim Sousa	M	MSS Contabilidade Trail Team	VET 40	00:46:22	00:46:19
162°	1391	Fábio Sousa	M	MSS Contabilidade Trail Team	Séniore	00:46:22	00:46:18
163°	1459	Mário Vinhas	M	Jornal de Notícias	VET 50	00:46:23	00:45:59
164°	1962	Bernas Silva	M	Figueiredos Runners & Friends	Séniore	00:46:25	00:46:19
165°	1577	José Gomes	M	Ligeirinhos	VET 55	00:46:25	00:45:54
166°	1786	Paulo Sales	M		VET 35	00:46:25	00:45:53
167°	1919	António Basto	M	Ginásio Desafios	Séniore	00:46:25	00:45:30
168°	1935	Hendrik Wielinga	M	Budeguita Runners	VET 50	00:46:26	00:45:59
169°	1840	Sérgio Coelho	M	Academia Fernanda Ribeiro	VET 35	00:46:31	00:46:20
170°	1001	Rui Monteiro	M		Séniore	00:46:35	00:46:31
171°	1406	Sérgio Crista	M	DGR Juventude das Ribeiras	VET 40	00:46:36	00:46:28
172°	1215	João Vieira	M		VET 45	00:46:37	00:46:32
173°	1856	Sérgio Silva	M	Academia Fernanda Ribeiro	VET 40	00:46:39	00:46:33
174°	1121	José Nunes	M		VET 40	00:46:40	00:46:37
175°	1540	Fernando Camelo	M	Monteiro	VET 60	00:46:44	00:46:28
176°	1192	Victor Azevedo	M	MSS Contabilidade Trail Team	VET 45	00:46:48	00:46:45

Pos	Dorsal	Nome	Género	Equipa	Categoria	Tempo	Chip
177°	1222	António Neto	M	Trifitrofa	VET 60	00:46:50	00:46:47
178°	1865	Pedro Martins	M	Generali	Séniiores	00:46:54	00:46:01
179°	1902	Victor Santos	M	Academia Fernanda Ribeiro	VET 45	00:46:55	00:46:55
180°	1259	Carlos Rodrigues	M	Rodrigues	VET 40	00:46:56	00:46:49
181°	970	Filipe Pires	M	Generali	VET 45	00:46:57	00:46:19
182°	1268	Porfírio Lírio	M	Os Lírios	VET 50	00:47:01	00:46:58
183°	1075	Leonel Videira	M	NASCIDOS PARA CORRER	Séniiores	00:47:08	00:47:04
184°	1356	Sofia Pimenta	F	LION RUNNERS - G. D. Leões da Guarda	VET 35	00:47:15	00:47:05
185°	1227	José Reigada	M		VET 60	00:47:20	00:47:16
186°	1514	Amândio Soares	M	Núcleo Sporting Clube Portugal de Braga	VET 65	00:47:23	00:47:23
187°	1109	David Silva	M		VET 40	00:47:24	00:47:19
188°	1500	Jose Gomes	M	gomes	VET 65	00:47:32	00:47:21
189°	1466	Fábio Soares	M	VEGAN	Séniiores	00:47:36	00:46:46
190°	1344	Alberto Freitas	M	Minis & Bifanas	VET 45	00:47:37	00:47:20
191°	1177	Hugo Lima	M	Fogaças Com Malapos	VET 35	00:47:37	00:47:04
192°	1378	Arsénio Barros	M		VET 45	00:47:39	00:47:08
193°	1310	Paula Guedes	F	Maia AC	VET 40	00:47:40	00:47:37
194°	1961	Paulo Seabra	M	Generali	VET 45	00:47:40	00:47:20
195°	1941	Carlos Novais	M	Generali	VET 35	00:47:44	00:46:54
196°	1434	Vitor Silva	M		VET 45	00:47:45	00:47:37
197°	1186	Sérgio Pereira	M	SPM - Produtos Alimentares	VET 50	00:47:46	00:47:28
198°	1478	Joel Rocha	M	Maia a Correr	VET 45	00:47:48	00:47:30
199°	1433	Miguel Cunha	M	Salgueiros Running	VET 40	00:47:53	00:47:47
200°	1119	Fernando Santos	M	Maia AC	VET 45	00:47:56	00:47:51
201°	1835	João Resende	M	Invicta Runners Team	VET 45	00:47:58	00:47:02
202°	1364	Anibal Silva	M	NASCIDOS PARA CORRER	VET 65	00:47:59	00:47:54
203°	1492	Jorge Silva	M	Maia AC	VET 60	00:48:00	00:47:56
204°	1010	Vasco Soares	M		VET 35	00:48:00	00:47:18
205°	1568	Rui Santos	M	OPÉRARIO futebol clube	VET 45	00:48:02	00:48:02
206°	1401	António Teixeira	M		VET 55	00:48:03	00:47:46
207°	1442	Sandra Cardoso	F	Baguim Runners	VET 40	00:48:06	00:48:01
208°	1602	Renato Alves	M	Individual	VET 40	00:48:08	00:47:55
209°	1152	Carlos Fernandes	M		VET 40	00:48:13	00:47:39
210°	1956	Manuel Costa	M	Generali	VET 60	00:48:14	00:48:06
211°	1808	Paulo Cardoso	M		VET 35	00:48:15	00:47:49
212°	1294	André	M	Cavaleiros do fino perdido	VET 35	00:48:16	00:47:36
213°	1161	Paulo Machado	M	Remax Maia	VET 40	00:48:16	00:47:19
214°	1190	José Salgueiro	M		VET 40	00:48:23	00:48:14
215°	974	Carlos Bento	M	DouroConta Trail Team	VET 60	00:48:23	00:48:14
216°	1441	Nuno Lima	M		VET 55	00:48:25	00:48:11
217°	1507	Luciano Vieira	M	G. D. Leões da Guarda	VET 55	00:48:32	00:48:32
218°	1471	Luis Faria	M		VET 50	00:48:32	00:47:57
219°	973	Agostinho Coelho	M	DouroConta Trail Team	VET 40	00:48:33	00:48:23
220°	1898	Rui Tavares	M		Séniiores	00:48:33	00:47:53

Pos	Dorsal	Nome	Género	Equipa	Categoria	Tempo	Chip
221°	1831	Alberto Teixeira	M	RunRiver - Escola de atletismo de Rio Tinto	VET 45	00:48:35	00:48:22
222°	1547	Élvio Ornelas	M	Oralklass Amigos do Trail	Séniiores	00:48:37	00:48:03
223°	1374	Vasco Silva	M	runningmadness	Séniiores	00:48:38	00:48:29
224°	972	Célio Pereira	M	Generali	VET 40	00:48:40	00:48:20
225°	1416	António Maia	M		VET 40	00:48:46	00:48:34
226°	1816	Fernando Ramalho	M	Equipa A	Séniiores	00:48:46	00:48:10
227°	1495	Sérgio Ricardo	M	HSANTAMARIA RT	VET 35	00:48:46	00:48:08
228°	1323	Sérgio Sá	M	De Sa	Séniiores	00:48:47	00:48:34
229°	1541	Álvaro Pereira	M	Aves Runners	VET 50	00:48:47	00:48:12
230°	1468	Helder	M	Gramidense IFC	VET 35	00:48:49	00:48:42
231°	1963	José Silva	M	Silva	Séniiores	00:48:51	00:48:36
232°	1531	Márcio Almeida	M	MSS Contabilidade Trail Team	VET 40	00:48:52	00:48:43
233°	1923	António Pereira	M	Generali	VET 60	00:48:53	00:48:39
234°	1484	Manuel Paiva	M	Núcleo Atletismo Cucujães	VET 65	00:48:54	00:48:49
235°	1290	Pedro Paiva	M	Núcleo Atletismo Cucujães	VET 40	00:48:54	00:48:48
236°	1467	Paula Almeida	F		VET 35	00:48:55	00:48:46
237°	1573	João Pereira	M		Séniiores	00:48:57	00:48:48
238°	1197	Baltazar Ferreira	M	Paiva	VET 50	00:48:58	00:48:44
239°	1330	Vitor Ribeiro	M		VET 55	00:49:00	00:48:21
240°	1362	António Freire	M	OLIVECONTA	VET 45	00:49:01	00:48:54
241°	1076	José Lopes	M		VET 40	00:49:02	00:48:45
242°	1778	Jose Costa	M	Generali	VET 35	00:49:03	00:48:48
243°	1201	Jorge Ferreira	M		VET 45	00:49:03	00:48:46
244°	1506	Fernando Miranda	M		VET 50	00:49:03	00:48:46
245°	1324	João Rodrigues	M		Séniiores	00:49:04	00:48:41
246°	1122	Manuel Gomes	M	Afis/Ovar	VET 50	00:49:05	00:48:50
247°	1313	Eduardo Oliveira	M	Afis/Ovar	VET 40	00:49:05	00:48:50
248°	1775	Bruno Gomes	M	Gomes	VET 35	00:49:05	00:48:50
249°	1862	Artur Freitas	M	Academia Fernanda Ribeiro	VET 65	00:49:06	00:48:57
250°	1866	Amaro Andrade	M	Ginásio Desafios	Séniiores	00:49:07	00:48:12
251°	1169	Artur Carneiro	M		VET 35	00:49:09	00:48:50
252°	1454	André Silva	M		Séniiores	00:49:10	00:48:35
253°	1575	Milton	M		VET 45	00:49:16	00:49:00
254°	1591	Carlos Dias	M	Dias	VET 50	00:49:19	00:48:55
255°	1551	José Lopes	M	Gaia-Running	VET 45	00:49:19	00:48:32
256°	1968	J.C.Figueiredo	M	Figueiredos Runners & Friends	VET 35	00:49:20	00:49:20
257°	1916	José Pereira	M	Generali	VET 40	00:49:21	00:49:00
258°	1233	Nuno Maio	M	Salgueiros Running	VET 35	00:49:22	00:49:01
259°	1414	Humberto Correia	M	Amigos P.C.D Guimaraes	VET 50	00:49:23	00:48:51
260°	980	Paulo Carvalho	M	wildrunners	VET 40	00:49:32	00:49:02
261°	1933	Vitor Coelho	M		VET 45	00:49:33	00:49:26
262°	1017	Daniel Silva	M		Séniiores	00:49:35	00:49:24
263°	1533	Bruno Silva	M		VET 35	00:49:35	00:49:21
264°	1284	Alberto Pereira	M	CLUBE MILLENNIUM BCP	VET 50	00:49:35	00:48:56

Pos	Dorsal	Nome	Género	Equipa	Categoria	Tempo	Chip
265°	1613	José Rodrigues	M	Rodrigues	VET 50	00:49:37	00:49:23
266°	1034	Paulo Sousa	M	Aliança de Gandra	VET 40	00:49:40	00:49:27
267°	1308	José Ferreira	M	Adosa Os santa apolonia	VET 45	00:49:42	00:49:08
268°	1844	João Marques	M	Generali	VET 35	00:49:42	00:48:56
269°	1936	João Carvalhal	M	Budeguita Runners	VET 40	00:49:45	00:49:19
270°	1820	Candido Machado	M	central runners	VET 45	00:49:47	00:49:25
271°	1007	Lourenço Cardoso	M	Baguim Runners	VET 45	00:49:49	00:49:46
272°	1031	Daniel Oliveira	M		Séniore	00:49:49	00:49:22
273°	1473	Antonio Martins	M		VET 45	00:49:50	00:49:34
274°	1335	Francisco Vieira	M	Sucitesa	VET 40	00:49:53	00:49:45
275°	1859	Ana Pires	F	Academia Fernanda Ribeiro	Séniore	00:49:54	00:49:50
276°	995	Ana Pereira	F	Academia Fernanda Ribeiro	VET 35	00:49:54	00:49:48
277°	1958	Luís Ribeiro	M	Generali	VET 35	00:49:54	00:49:38
278°	1993	José Azevedo	M	CCD APDL	VET 40	00:49:55	00:49:55
279°	1288	Jaime Neto	M		VET 35	00:49:55	00:49:27
280°	1099	Assunção Garcia	F	NOVÉLIA RUNNING AMARANTE	VET 55	00:49:57	00:49:51
281°	1006	Ricardo Pina	M	Salgueiros Running	VET 40	00:49:57	00:49:36
282°	1016	Sérgio Oliveira	M	OLIVEIRINHAS	Séniore	00:49:57	00:49:22
283°	1803	Hugo Gonçalves	M	Academia Fernanda Ribeiro	VET 45	00:49:59	00:49:14
284°	1212	Jose Oliveira	M		Séniore	00:50:09	00:49:57
285°	1766	Carlos Fernandes	M		VET 35	00:50:10	00:49:19
286°	1554	Paulo Moreira	M	Gondomar Futsal Clube	VET 50	00:50:14	00:49:58
287°	1094	Manuel Vieira	M	Núcleo Sporting Clube Portugal de Braga	VET 60	00:50:16	00:50:16
288°	1139	João Silva	M	Individual	Séniore	00:50:16	00:49:54
289°	1205	Manuel Carneiro	M	BLASQEM	VET 55	00:50:20	00:50:07
290°	1265	Rui Sequeira	M	Clube Galp Energia Norte	Séniore	00:50:26	00:50:13
291°	1464	Elsa Ribeiro	F	Clube Galp Energia Norte	Séniore	00:50:27	00:50:13
292°	1882	Marcos Santos	M	Factor X / S4L / Medense FC	Séniore	00:50:27	00:49:50
293°	1981	Diogo Cardoso	M	Academia Fernanda Ribeiro	Séniore	00:50:31	00:50:20
294°	1427	José Marinho	M	Amigos da Picua	VET 45	00:50:31	00:50:11
295°	1396	Carlos Alves	M	CAP - CENTRO ATLETISMO DO PORTO	VET 60	00:50:32	00:50:25
296°	1931	Rui Godinho	M	Caetano Runners	VET 45	00:50:34	00:50:28
297°	1764	Alfredo Rodrigues	M	Rodrigues	VET 40	00:50:34	00:49:54
298°	1317	Luís Silva	M	Silva	Séniore	00:50:37	00:49:57
299°	1955	Rui Vergueiro	M		VET 45	00:50:38	00:49:40
300°	1771	João Lopes	M	Desportivo Ases S. Jorge-Fafe	VET 55	00:50:42	00:50:10
301°	992	Augusto Santos	M	Academia Fernanda Ribeiro	VET 45	00:50:44	00:50:33
302°	1619	José Coutinho	M	Amigos da Picua	VET 40	00:50:47	00:50:27
303°	1992	Mário Rodrigues	M	CCD APDL	VET 40	00:50:49	00:50:20
304°	1035	Luís Costa	M	Costa	VET 40	00:50:49	00:50:10
305°	1606	Armando Oliveira	M		VET 45	00:50:50	00:50:39
306°	1802	Daniel Rodrigues	M	Academia Fernanda Ribeiro	VET 35	00:50:51	00:50:23
307°	1422	Celestino Brás	M	CLUBE MILLENNIUM BCP	VET 55	00:50:52	00:50:41
308°	1822	Humberto Barros	M	Kaninos	VET 35	00:50:57	00:50:46

Pos	Dorsal	Nome	Género	Equipa	Categoria	Tempo	Chip
309°	1913	Vítor Fernandes	M	Generali	VET 55	00:50:57	00:50:38
310°	1526	Alexandre Ferreira	M		VET 50	00:50:59	00:50:16
311°	1100	Eduardo Ferreira	M	HSANTAMARIA RT	VET 35	00:51:02	00:50:22
312°	1897	Paula Lage	F		VET 40	00:51:02	00:50:17
313°	1209	José Ferreira	M		VET 50	00:51:03	00:50:18
314°	1870	João Sousa	M	Generali	Séniiores	00:51:04	00:50:12
315°	1991	Gracinda Marques	F	Academia Fernanda Ribeiro	VET 50	00:51:06	00:50:53
316°	988	André Andrade	M	Generali	Séniiores	00:51:11	00:50:40
317°	1322	Adélio Castro	M	Aves Runners	VET 55	00:51:17	00:50:41
318°	1319	Catarina Soares	F	HPCon Runners	VET 35	00:51:29	00:51:20
319°	1957	Ricardo Costa	M	Generali	VET 35	00:51:33	00:51:25
320°	1819	Joaquim Pereira	M	central runners	VET 60	00:51:34	00:51:12
321°	1920	Angelina Panho	F		VET 45	00:51:34	00:51:08
322°	1587	Filipe Truta	M		VET 35	00:51:42	00:51:13
323°	1626	Antonio Mesquita	M	Porto runners	VET 65	00:51:47	00:51:25
324°	1781	Paulo Araujo	M	Generali	VET 45	00:51:48	00:51:43
325°	1553	Tiago Granja	M		VET 35	00:51:49	00:51:36
326°	1627	Vitor Estrela	M	AASM - Triatlo	VET 50	00:51:49	00:51:35
327°	1363	Firmino Nogueira	M	CLUBE MILLENNIUM BCP	VET 50	00:51:51	00:51:12
328°	957	Paulo Santos	M		VET 50	00:51:53	00:51:09
329°	1134	Seca José	M	OLIVECONTA	VET 45	00:51:57	00:51:50
330°	967	Lia Ferreira	F	Generali	Séniiores	00:51:58	00:51:40
331°	1908	Maria Repas	F	Generali	VET 50	00:51:58	00:51:08
332°	1456	Diana	F	Equipa A	VET 45	00:51:59	00:51:22
333°	1572	Rosa Guedes	F	Equipa A	VET 50	00:51:59	00:51:22
334°	1291	Joaquim Silva	M		VET 50	00:52:01	00:51:37
335°	1286	Domingos Sousa	M	Núcleo Sporting Clube Portugal de Braga	VET 60	00:52:04	00:52:04
336°	1187	Rosa Silva	F	Ligeirinhos	VET 50	00:52:06	00:51:39
337°	1088	Rui Faria	M		VET 40	00:52:09	00:51:41
338°	1497	Rui Couto	M		VET 35	00:52:10	00:51:47
339°	1304	José Vasconcelos	M	Corridas.Beer	VET 35	00:52:14	00:51:23
340°	1994	Bruno Rocha	M	CCD APDL	VET 40	00:52:15	00:52:00
341°	1063	Claudia Couto	F		Séniiores	00:52:16	00:51:53
342°	1355	Francisco Silva	M	20 VER CORRER	VET 45	00:52:24	00:51:51
343°	1404	Joao Goncalves	M	Equipa A	VET 50	00:52:25	00:51:48
344°	1068	Nuno Gonçalves	M	corridas.beer	VET 35	00:52:28	00:51:37
345°	1593	Inês Dias	F		Séniiores	00:52:29	00:51:37
346°	1430	Miguel Barqueiro	M	Sunset Runners	VET 40	00:52:30	00:52:13
347°	1114	Lucinda Alves	F	amigos da picua	VET 55	00:52:30	00:52:12
348°	1231	Jose Silva	M	Sunset Runners	VET 50	00:52:30	00:52:11
349°	1929	Mário Sousa	M		VET 40	00:52:32	00:52:03
350°	1229	Sérgio Ferreira	M	Amigos da Picua	VET 60	00:52:35	00:52:14
351°	1185	Bruno Campos	M	RunRiver - Escola de atletismo de Rio Tinto	VET 40	00:52:35	00:52:11
352°	1972	Ana Dias	F	Budeguita Runners	VET 40	00:52:36	00:52:10

Pos	Dorsal	Nome	Género	Equipa	Categoria	Tempo	Chip
353°	1970	Tiago Almeida	M	Budeguita Runners	VET 40	00:52:36	00:52:09
354°	1118	Paulo Reis	M		Séniiores	00:52:40	00:52:26
355°	1056	Daniel Pereira	M		Séniiores	00:52:44	00:52:25
356°	1578	Helder Couto	M		VET 45	00:52:51	00:52:08
357°	1493	Ricardo Fernandes	M	DENIROVIP	VET 40	00:52:52	00:52:00
358°	1054	Paulo Guedes	M	Guedes	VET 40	00:52:53	00:52:36
359°	1435	Pedro Moreira	M	SISCOG - SISTEMAS COGNITIVOS	Séniiores	00:52:57	00:52:04
360°	1904	Rui Meireles	M		VET 45	00:53:05	00:52:51
361°	1080	Claudia	F	LION RUNNERS -G. D. Leões da Guarda	VET 35	00:53:06	00:52:47
362°	1924	Sara Eiró	F	Salgueiros Running	VET 35	00:53:06	00:52:44
363°	1779	Maria Vilar	F		VET 40	00:53:09	00:53:00
364°	1966	Tozé Ferreira	M		Séniiores	00:53:12	00:52:57
365°	1967	Joana Alves	F		Séniiores	00:53:12	00:52:55
366°	1614	Fernando Fontelonga	M	CLUBE MILLENNIUM BCP	VET 40	00:53:13	00:52:45
367°	1410	Maria Coelho	F		VET 50	00:53:18	00:53:05
368°	1595	Floriano Gonçalves	M	Aves Runners	VET 50	00:53:23	00:52:47
369°	1511	Bruno Oliveira	M		VET 35	00:53:28	00:53:11
370°	1825	Cristóvão Afonso	M	RunRiver - Escola de atletismo de Rio Tinto	VET 40	00:53:28	00:53:05
371°	1412	Fernando Campos	M	Unidos pela Cuca	VET 55	00:53:30	00:53:05
372°	1927	Sotero Martins	M	OS ROMPE SOLAS	VET 55	00:53:36	00:53:32
373°	1598	Luís Paulo	M		VET 45	00:53:40	00:53:08
374°	1948	Maria Monteiro	F	Generali	VET 40	00:53:40	00:52:51
375°	1183	Carla Sampaio	F		VET 35	00:53:41	00:53:09
376°	1905	Jose Rodrigues	M	Generali	VET 50	00:53:42	00:52:54
377°	1163	Fatima Matos	F	running 100/120	VET 45	00:53:43	00:53:27
378°	1158	Daniel Ferreira	M		Séniiores	00:53:45	00:53:08
379°	1504	Joaquim Ferreira	M	Afis/Ovar	VET 50	00:53:48	00:53:32
380°	1255	Elisabete Nunes	F		VET 45	00:53:48	00:53:24
381°	1625	Nilza Seidi	F	Salgueiros Running	VET 45	00:53:49	00:53:25
382°	1965	Jorge Anastácio	M		VET 35	00:53:50	00:53:44
383°	1801	Maria Fernandes	F	Academia Fernanda Ribeiro	VET 35	00:53:51	00:53:38
384°	1112	Luís Seabra	M		Séniiores	00:53:51	00:53:07
385°	1629	Filipe Coelho	M	Fogaças Com Malapos	VET 35	00:53:55	00:53:13
386°	1566	Raul Pereira	M	Fogaças Com Malapos	VET 35	00:53:56	00:53:14
387°	1103	André Castro	M	Fogaças Com Malapos	VET 35	00:53:56	00:53:13
388°	1438	Manuel Cruz	M	Grupo Desportivo Banco de Portugal	VET 65	00:53:58	00:53:12
389°	1455	Pedro Vasconcelos	M		Séniiores	00:53:58	00:53:06
390°	1305	Nuno Lopes	M	GDRC ALTO AVILHO	VET 45	00:53:59	00:53:51
391°	1214	Tiago Veloso	M	Unidos pela Cuca	Séniiores	00:54:00	00:53:47
392°	1699	Luís Correia	M		VET 35	00:54:02	00:52:10
393°	1796	Ana Almeida	F	Generali	Séniiores	00:54:05	00:53:54
394°	1974	Carlos Mendes	M	Generali	VET 50	00:54:06	00:53:46
395°	1101	Paulo Carneiro	M		VET 50	00:54:06	00:53:21
396°	1124	Fernando Xavier	M		VET 50	00:54:06	00:53:21

Pos	Dorsal	Nome	Género	Equipa	Categoria	Tempo	Chip
397°	1596	Nilda Magalhães	F	Casa da Costura / Fisicorpus / Citybike	VET 50	00:54:07	00:53:43
398°	1407	Andre Pinho	M		VET 40	00:54:09	00:53:34
399°	1340	Jose Costa	M		VET 60	00:54:11	00:53:55
400°	1151	Rui Furtado	M	Minis & Bifanas	VET 40	00:54:11	00:53:27
401°	1262	Rui Gonçalves	M	Fisgas	VET 35	00:54:12	00:53:57
402°	1020	António Pereira	M	Amigos da Picua	VET 50	00:54:14	00:53:53
403°	1519	Adelaide Veludo	F	OPraticante.pt	VET 65	00:54:15	00:53:50
404°	1858	Carla Sousa	F	Academia Fernanda Ribeiro	VET 45	00:54:16	00:54:04
405°	1805	Ricardo Magalhaes	M	Queiros	Séniore	00:54:16	00:53:43
406°	1804	Fernando Sousa	M		VET 40	00:54:16	00:53:43
407°	979	José Santos	M	DouroConta Trail Team	VET 55	00:54:22	00:54:17
408°	1469	Pedro Ezequiel	M		VET 40	00:54:28	00:54:17
409°	1159	Pedro Sousa	M	20 VER CORRER	VET 50	00:54:35	00:54:03
410°	1235	Filipe Fonseca	M	SISCOG - SISTEMAS COGNITIVOS	Séniore	00:54:35	00:53:41
411°	1812	Fernando Pereira	M	Generali	VET 55	00:54:41	00:54:29
412°	1839	Rui Teixeira	M	PORTO SENTIDO RUNNERS	VET 45	00:54:45	00:54:34
413°	1448	Jose Lino	M		VET 40	00:54:47	00:54:17
414°	1576	Rodrigo Braga	M	Individual	VET 45	00:54:49	00:54:01
415°	1912	Gabriel Rodrigues	M	Generali	VET 35	00:54:49	00:53:57
416°	1293	Ana Silva	F		VET 45	00:54:55	00:54:44
417°	1402	Pedro Cunha	M		VET 35	00:55:03	00:54:38
418°	1171	Cátia Magalhães	F	Aves Runners	VET 35	00:55:03	00:54:16
419°	1513	Delfina Rompante	F	Aves Runners	Séniore	00:55:03	00:54:15
420°	1487	Sérgio Rebelo	M		VET 45	00:55:06	00:54:23
421°	1057	Márcia Cabouco	F	NOVÉLIA RUNNING AMARANTE	VET 40	00:55:08	00:55:03
422°	1520	Nelson Garcia	M	NOVÉLIA RUNNING AMARANTE	VET 65	00:55:08	00:54:41
423°	1960	Sandra Correia	F	Correia	VET 45	00:55:09	00:54:52
424°	1940	Cândido Gomes	M		VET 35	00:55:09	00:54:28
425°	1817	Alice Couto	F	Equipa A	VET 50	00:55:14	00:54:37
426°	1485	Joel Ribeiro	M		VET 40	00:55:22	00:54:35
427°	1315	Jorge Dique	M	Dique	VET 65	00:55:28	00:55:28
428°	1529	Ana Leao	F		VET 50	00:55:29	00:55:11
429°	1033	Octavio Mota	M		VET 35	00:55:29	00:54:55
430°	1087	Carlos Fernandes	M		VET 50	00:55:33	00:54:44
431°	1232	Vania Pinto	F	Pinto	Séniore	00:55:35	00:55:15
432°	1603	António Loureiro	M	TREPATRILHOS TRAIL TEAM	VET 55	00:55:39	00:55:04
433°	1877	Vítor Silva	M	Pernetas	VET 35	00:55:41	00:54:58
434°	1383	Herculano Marques	M		VET 55	00:55:42	00:54:49
435°	1426	Jose Fonseca	M	Vizinhos	Séniore	00:55:45	00:55:21
436°	1382	Deolinda Silva	F	Ligeirinhos	VET 55	00:55:48	00:55:21
437°	1216	Manuel Carvalho	M	Amigos P.C.D Guimaraes	VET 65	00:55:55	00:55:09
438°	1093	Cláudia Coelho	F	Aves Runners	Séniore	00:55:55	00:55:06
439°	1947	Rui Peixoto	M	Generali	VET 50	00:55:58	00:55:08
440°	1316	Manuel Anjos	M	Núcleo Atletismo Cucujães	VET 55	00:55:59	00:55:52

Pos	Dorsal	Nome	Género	Equipa	Categoria	Tempo	Chip
441°	1787	Nuno Seixal	M	Generali	Séniiores	00:56:00	00:55:48
442°	1934	Manuel Gonçalves	M	ESCMOV	VET 60	00:56:03	00:55:30
443°	1980	Ana Soares	F	Academia Fernanda Ribeiro	VET 45	00:56:05	00:56:00
444°	1985	Patrícia Porto	F	Academia Fernanda Ribeiro	VET 40	00:56:08	00:55:55
445°	1154	Rui Reis	M		VET 35	00:56:08	00:55:34
446°	963	Rui Barros	M		Séniiores	00:56:09	00:55:28
447°	1620	Eduardo Castro	M		VET 50	00:56:10	00:55:24
448°	1142	Antero Barbosa	M	Fogaças Com Malapos	VET 35	00:56:15	00:55:33
449°	1615	Inês Pereira	F	Individual	Séniiores	00:56:17	00:55:29
450°	1590	Pedro Reina	M	Individual	VET 35	00:56:17	00:55:29
451°	1797	Carla Ferreira	F	Generali	VET 40	00:56:19	00:56:09
452°	1477	António Sousa	M	Águas do Porto - Casa dos Trabalhadores	VET 55	00:56:19	00:55:41
453°	1204	Abilio Soares	M		VET 65	00:56:19	00:55:35
454°	1483	Patrícia Oliveira	F	Ripolins Grijó a Correr	VET 35	00:56:23	00:55:32
455°	1115	Jose Aires	M		VET 45	00:56:25	00:56:01
456°	1046	João Veloso	M	Unidos pela Cuca	Séniiores	00:56:27	00:56:01
457°	1952	Manuela Silva	F	Generali	VET 45	00:56:30	00:55:41
458°	1597	Nuno Cruz	M		VET 40	00:56:32	00:55:51
459°	1388	José Machado	M	Machado	VET 65	00:56:33	00:56:25
460°	1343	José Gonçalves	M	HSANTAMARIA RT	VET 65	00:56:36	00:56:28
461°	1029	Isa Queirós	F	Queirós	Séniiores	00:56:36	00:55:44
462°	1336	António Santos	M		VET 65	00:56:37	00:56:07
463°	1574	Nuno Pereira	M		Séniiores	00:56:38	00:56:29
464°	1403	Marlene Pereira	F		VET 35	00:56:39	00:56:08
465°	1332	Rui Azevedo	M		Séniiores	00:56:43	00:56:15
466°	1353	Patrícia Ramos	F	Equipa A	Séniiores	00:56:43	00:56:06
467°	1909	Ana Silva	F	Generali	VET 35	00:56:48	00:55:57
468°	1137	José Martins	M	OPraticante.pt	VET 35	00:56:50	00:56:14
469°	1834	José Guimarães	M		VET 65	00:56:53	00:56:38
470°	1788	Diana Neto	F	Generali	Séniiores	00:56:58	00:56:46
471°	1040	Adelaide Duarte	F		VET 35	00:57:05	00:56:31
472°	1411	Bruno Brito	M		Séniiores	00:57:14	00:57:00
473°	1583	Nelson Nogueira	M		VET 60	00:57:21	00:57:08
474°	1380	Joaquim Silva	M	Silva	VET 50	00:57:21	00:56:48
475°	1188	José Osório	M		VET 45	00:57:22	00:56:29
476°	1055	Paulo Jorge	M	A.N.A.	VET 45	00:57:24	00:57:02
477°	1914	José Ferreira	M	Generali	VET 40	00:57:30	00:57:09
478°	1842	Lucio Gomes	M	Generali	Séniiores	00:57:39	00:57:13
479°	1303	Daniela Machado	F	HSANTAMARIA RT	Séniiores	00:57:41	00:57:00
480°	1463	João Barbas	M		VET 50	00:57:42	00:57:19
481°	1047	Joana Carvalho	F	C'um Carvalho	Séniiores	00:57:43	00:57:03
482°	1386	José Carvalho	M	C'um Carvalho	VET 45	00:57:43	00:57:02
483°	1942	Zita Cardoso	F	Generali	VET 35	00:57:45	00:56:55
484°	1899	Mónica Sá	F	Tartarugas do Asfalto	VET 40	00:57:47	00:57:28

Pos	Dorsal	Nome	Género	Equipa	Categoria	Tempo	Chip
485°	982	Arnaldo Almeida	M	Generali	VET 50	00:57:49	00:57:28
486°	1445	Arnaldo Sousa	M	Giacomini	VET 60	00:57:54	00:57:50
487°	1329	Agostinho Fontes	M		VET 55	00:57:56	00:57:10
488°	1408	Emidio Pinto	M		VET 50	00:57:58	00:57:24
489°	1267	Cláudio Guarda	M	Dói-me quase tudo...	VET 40	00:58:00	00:57:39
490°	1893	Rita Freitas	F		Séniiores	00:58:01	00:57:23
491°	1289	Pedro Gonçalves	M	Ripolins Grijó a Correr	VET 40	00:58:02	00:57:11
492°	1013	Nuno Carvalho	M		VET 45	00:58:03	00:57:33
493°	1249	Joel Ribeiro	M		VET 35	00:58:03	00:57:32
494°	1157	Armando Pedreira	M	Pedreira	VET 45	00:58:07	00:57:41
495°	1907	Helder Oliveira	M	Generali	VET 55	00:58:07	00:57:20
496°	1861	Dinis Pires	M	Academia Fernanda Ribeiro	VET 65	00:58:08	00:58:03
497°	1536	Abílio Alves	M	amigos da picua	VET 55	00:58:09	00:57:51
498°	1365	Nuno Fernandes	M	OPraticante.pt	Séniiores	00:58:09	00:57:31
499°	1102	Susana Pinto	F	HSANTAMARIA RT	Séniiores	00:58:17	00:57:39
500°	1584	Luis Matos	M	running 100/120	VET 45	00:58:22	00:58:06
501°	1548	Antonio Jose	M	running 100/120	VET 55	00:58:22	00:58:06
502°	1228	Dina Boieiro	F	Muffin's	Séniiores	00:58:22	00:57:44
503°	1397	Paulo Sousa	M	CLUBE MILLENNIUM BCP	VET 50	00:58:23	00:57:56
504°	1260	Hugo Pacheco	M	wildrunners	VET 35	00:58:30	00:58:01
505°	1135	Lascasas C	M	Gondomar Futsal Clube	VET 45	00:58:31	00:58:09
506°	1026	Patrícia Maio	F	Salgueiros Running	VET 35	00:58:32	00:58:11
507°	1261	José Moreira	M	Salgueiros Running	Séniiores	00:58:32	00:58:11
508°	1838	Nuno Brito	M	Salgueiros Running	VET 40	00:58:36	00:58:13
509°	1224	Anselmo Pinto	M	CLUBE MILLENNIUM BCP	VET 55	00:58:37	00:58:26
510°	1024	Artur Fonseca	M	Ruptura Total	VET 40	00:58:37	00:58:18
511°	1769	Miguel Lima	M		VET 50	00:58:45	00:58:21
512°	1987	Osvaldo José	M		VET 50	00:58:50	00:58:40
513°	1462	Serafim	M	Fisgas	VET 55	00:58:51	00:58:37
514°	1932	Sandra Aguiar	F	Caetano Runners	VET 40	00:58:52	00:58:46
515°	1549	Álvaro Silva	M	MSS Contabilidade Trail Team	VET 55	00:58:52	00:58:45
516°	1120	Antonio Costa	M	costa	VET 55	00:58:53	00:58:17
517°	1133	António Teixeira	M		VET 40	00:58:56	00:58:09
518°	1247	Jorge Neves	M		VET 35	00:58:56	00:58:09
519°	1167	Cristina Gomes	F	Porto runners	VET 45	00:58:57	00:58:23
520°	1845	Carla Monteiro	F	Generali	VET 40	00:58:58	00:58:12
521°	1480	Jorge Veloso	M	Unidos pela Cuca	VET 55	00:58:59	00:58:33
522°	1847	Sandra Martins	F	Generali	VET 45	00:59:00	00:58:46
523°	1036	Ricardo Barbosa	M		Séniiores	00:59:01	00:58:34
524°	1338	Duarte Mendes	M		VET 40	00:59:01	00:58:12
525°	1854	Antonio Moreira	M		Séniiores	00:59:06	00:58:46
526°	1814	Paula Estrela	F	Generali	VET 50	00:59:12	00:58:44
527°	969	Ana Xavier	F	No Tomorrow	VET 35	00:59:18	00:59:02
528°	1906	Sílvia Peralta	F	Generali	VET 40	00:59:18	00:58:27

Pos	Dorsal	Nome	Género	Equipa	Categoria	Tempo	Chip
529°	1782	João Carvalho	M	Carvalho	VET 35	00:59:25	00:58:54
530°	1891	André Silva	M		VET 35	00:59:27	00:58:58
531°	1377	Cristina Dias	F		VET 40	00:59:28	00:58:59
532°	1953	Sónia Silva	F	Generali	VET 40	00:59:30	00:58:41
533°	1954	Nuno Silva	M	Generali	VET 35	00:59:30	00:58:41
534°	1155	Jorge Cunha	M	Maia-768	VET 45	00:59:31	00:59:12
535°	959	Lú Gomes	F	Lion Runners	VET 50	00:59:34	00:59:24
536°	1481	Nuno Moreira	M	C'um Carvalho	Séniiores	00:59:36	00:58:57
537°	1921	Diogo Alvim	M	Invicta Runners Team	VET 45	00:59:40	00:58:44
538°	1915	Fernando Maia	M		VET 60	00:59:42	00:59:25
539°	1230	Jose Nogueira	M	nogueira	VET 60	00:59:55	00:59:04
540°	1582	Luís Oliveira	M	académico runners	VET 50	00:59:59	00:59:30
541°	1784	Manuel Couto	M	RIPOLINS GRIJÓ A CORRER	VET 65	00:59:59	00:59:25
542°	1376	António Alves	M		VET 40	01:00:00	00:59:21
543°	1104	Maria Correia	F	Gomes Correia	VET 45	01:00:06	00:59:39
544°	1490	Elsa Rocha	F	Rocha	Séniiores	01:00:10	00:59:27
545°	1624	António Lemos	M	Lemos	VET 45	01:00:18	00:59:31
546°	1123	José Oliveira	M	20 VER CORRER	VET 45	01:00:23	00:59:52
547°	1545	Lígia Lopes	F	20 VER CORRER	VET 40	01:00:23	00:59:51
548°	1982	José Magalhães	M	Generali	Séniiores	01:00:31	01:00:19
549°	1198	José Alves	M	CLUBE MILLENNIUM BCP	VET 50	01:00:33	01:00:06
550°	1875	Susana Canhola	F	Pernetas	VET 45	01:00:36	00:59:52
551°	1776	Angela Mota	F	CLUBE MILLENNIUM BCP	VET 50	01:00:39	01:00:13
552°	1195	Sergio Quintas	M		VET 40	01:00:42	01:00:08
553°	1523	Pedro Santos	M		VET 35	01:00:43	01:00:38
554°	1532	Carla Couto	F	Equipa A	VET 40	01:00:45	01:00:08
555°	1059	Jorge Lopes	M	Equipa A	VET 40	01:00:45	01:00:08
556°	1793	Paulo Lopes	M		VET 35	01:00:49	01:00:18
557°	1472	Avelino Pereira	M	CCDTC.M.Gondomar	VET 65	01:00:49	01:00:14
558°	1621	Maria Melo	F	Salgueiros Running	VET 50	01:00:53	01:00:29
559°	1256	António Carvalho	M	Dói-me quase tudo...	VET 40	01:00:58	01:00:37
560°	1930	Luís Gonçalves	M		VET 35	01:01:05	01:00:37
561°	1945	Alexandre Barbosa	M	Generali	VET 65	01:01:09	01:00:49
562°	1384	Jorge Barreto	M		VET 60	01:01:12	01:00:28
563°	991	Pedro Neves	M		VET 35	01:01:16	01:00:46
564°	1327	Sérgio Pereira	M	Gondomar Futsal Clube	VET 40	01:01:18	01:01:02
565°	1285	Alberto Reis	M		VET 35	01:01:18	01:01:00
566°	1486	Alberto Santos	M		VET 55	01:01:18	01:00:32
567°	1515	António	M		VET 65	01:01:28	01:01:24
568°	1095	Goreti Almeida	F		VET 40	01:01:28	01:00:40
569°	1950	Jorge Monteiro	M	Generali	VET 40	01:01:32	01:00:42
570°	1446	Mariana Dias	F	Dias	Séniiores	01:01:34	01:00:54
571°	1815	Paula Cristina	F	Generali	VET 50	01:01:41	01:01:13
572°	1200	Christopher	M		VET 45	01:01:45	01:01:01

Pos	Dorsal	Nome	Género	Equipa	Categoria	Tempo	Chip
573°	1062	José Ribeiro	M	Fisgas	VET 35	01:01:52	01:01:37
574°	1234	Diane Pereira	F		VET 35	01:01:58	01:01:14
575°	1207	Carmina Gomes	F		VET 35	01:01:58	01:01:14
576°	1044	Ana Pereira	F		VET 35	01:01:58	01:01:13
577°	1138	Ana Vieira	F		Séniiores	01:01:58	01:01:13
578°	1264	Joao Alexandrino	M		VET 55	01:01:59	01:01:36
579°	1066	Augusto Granja	M	G. D. Leões da Guarda	VET 65	01:02:10	01:01:56
580°	1581	Clara Silva	F	C'um Carvalho	VET 45	01:02:17	01:01:38
581°	1876	Catarina Nogueira	F	Pernetas	Séniiores	01:02:19	01:01:36
582°	1050	Carla Silva	F	A.C.R Vale de Cambra	VET 40	01:02:25	01:02:13
583°	1496	Vitor Carvalho	M		VET 40	01:02:27	01:02:22
584°	1203	António Couto	M		VET 45	01:02:27	01:02:10
585°	1060	Nuno Ribeiro	M	Dói-me quase tudo...	VET 40	01:02:38	01:02:17
586°	1375	Telmo Gonçalves	M	Aves Runners	Séniiores	01:02:38	01:02:02
587°	1359	Rui Augusto	M	MSS Contabilidade Trail Team	VET 40	01:02:44	01:02:35
588°	1128	Márcio Teixeira	M	MSS Contabilidade Trail Team	Séniiores	01:02:44	01:02:36
589°	1352	António Oliveira	M	Marcha corrida De braga	VET 65	01:02:53	01:02:12
590°	1178	Teresa Dias	F		VET 55	01:02:53	01:02:11
591°	1181	Ana Costinha	F	Individual	VET 45	01:02:53	01:02:11
592°	1002	Jorge Nogueira	M	Ginásio Desafios	VET 45	01:02:56	01:01:59
593°	1964	Domingos Costa	M	Costa	VET 60	01:03:12	01:02:27
594°	1418	Olga Lopes	F	Raminho de Salsa	VET 50	01:03:13	01:02:47
595°	1199	Agostinho Martins	M	AMA	VET 55	01:03:27	01:03:15
596°	1852	Guilhermina Amaral	F		VET 50	01:03:29	01:02:58
597°	1889	Susana Aires	F		VET 35	01:04:05	01:03:24
598°	1768	Ricardo Pacheco	M	Generali	Séniiores	01:04:26	01:04:13
599°	1843	Alberto Lizardo	M	LIZARDO	VET 65	01:04:26	01:04:13
600°	1569	Bernardo Mouta	M	Ginásio Desafios	Séniiores	01:04:31	01:03:36
601°	1869	Tiago Sousa	M	Ginásio Desafios	Séniiores	01:04:31	01:03:36
602°	1252	Luis Gomes	M		VET 35	01:04:51	01:03:54
603°	1276	Vera Augusto	F	Honra Team	VET 40	01:04:54	01:04:07
604°	984	Sónia Pires	F	Academia Fernanda Ribeiro	VET 40	01:04:57	01:04:52
605°	1774	Tomás	M		Séniiores	01:04:58	01:04:09
606°	1499	Carla Teixeira	F	teixeira	VET 45	01:04:59	01:04:44
607°	1772	Afonso	M		Séniiores	01:04:59	01:04:10
608°	1535	Filipe Miranda	M	Minis & Bifanas	VET 45	01:05:02	01:04:17
609°	1857	Nuno Martins	M		VET 40	01:05:04	01:04:21
610°	1618	Armanda Rocha	F		VET 40	01:05:09	01:04:44
611°	1911	Jorge Pereira	M	Generali	VET 45	01:05:11	01:04:35
612°	1975	Ivo Almeida	M		Séniiores	01:05:11	01:04:20
613°	1311	Catarina Pinho	F	Pinho	Séniiores	01:05:14	01:04:40
614°	1611	Cecília Sá	F	CAP - CENTRO ATLETISMO DO PORTO	VET 50	01:05:25	01:05:17
615°	1460	Artur Santos	M		VET 55	01:05:38	01:05:31
616°	1886	Fernando Fernandes	M	Fernandes	Séniiores	01:05:45	01:05:09

Pos	Dorsal	Nome	Género	Equipa	Categoria	Tempo	Chip
617°	1136	Tiago Teixeira	M	Machu Picchu	Séniiores	01:05:47	01:04:57
618°	1813	Paula Ribeiro	F	Generali	VET 50	01:05:57	01:05:28
619°	1853	Joana Ferreira	F		Séniiores	01:05:58	01:05:39
620°	1257	José Alves	M		VET 50	01:05:59	01:05:34
621°	1809	Hélder Fontainha	M	Bounty Hunters	VET 40	01:06:00	01:05:15
622°	1052	Bruno Ribeiro	M		Séniiores	01:06:05	01:05:47
623°	1767	Teresa Santos	F	hb correr +	VET 45	01:06:07	01:05:15
624°	1281	Paulo Silva	M	MSS Contabilidade Trail Team	VET 35	01:06:08	01:05:59
625°	1191	Sílvio Oliveira	M	Academia Fernanda Ribeiro	VET 55	01:06:23	01:05:51
626°	1607	Teresa Lopes	F	Academia Fernanda Ribeiro	VET 45	01:06:23	01:05:51
627°	1949	Júlia Peixoto	F	Generali	VET 45	01:06:31	01:05:41
628°	975	Fernanda Bento	F	DouroConta Trail Team	VET 60	01:06:47	01:06:37
629°	1887	Antonio Silva	M	Generali	VET 45	01:06:57	01:06:27
630°	1885	Nuno Sa	M	Generali	VET 35	01:06:57	01:06:27
631°	1890	Manuela Silva	F	Generali	VET 45	01:06:57	01:06:27
632°	1917	Maria Maia	F		VET 55	01:07:19	01:07:01
633°	1173	Nelson Silva	M		VET 45	01:07:20	01:06:45
634°	1482	Cláudia Gomes	F		VET 35	01:07:27	01:07:14
635°	1314	Abílio Costa	M	20 VER CORRER	VET 50	01:07:33	01:07:03
636°	1164	Eduardo Loureiro	M	MSS Contabilidade Trail Team	VET 40	01:07:44	01:07:35
637°	1538	Ivo Azevedo	M	Locomotiva de Paranhos	VET 35	01:07:44	01:06:52
638°	1025	Katia Pereira	F		Séniiores	01:07:51	01:07:27
639°	1431	Sandra Lemos	F	Lemos	VET 45	01:08:18	01:07:30
640°	1488	Mário Antunes	M		VET 60	01:08:54	01:08:19
641°	1984	Elsa Moreira	F	Generali	VET 45	01:08:54	01:08:13
642°	1512	Anabela Cunha	F	CLUBE MILLENNIUM BCP	VET 50	01:09:13	01:09:03
643°	1225	Monica Oliveira	F	OLIVEIRINHAS	VET 35	01:10:00	01:09:23
644°	1451	Horácio Ferreira	M	OLIVEIRINHAS	VET 40	01:10:00	01:09:23
645°	1792	Filipe Fernandes	M	Fernandes	VET 35	01:10:04	01:09:32
646°	1130	Marcio Torres	M	Torres	Séniiores	01:10:23	01:10:18
647°	1503	Angela Sousa	F		VET 35	01:10:34	01:10:13
648°	1474	Raul Ferreira	M	LION RUNNERS - G. D. Leões da Guarda	VET 60	01:10:59	01:10:36
649°	1196	Maria Gomes	F		VET 55	01:11:00	01:10:35
650°	1360	Ana Sousa	F	20 VER CORRER	VET 55	01:11:12	01:10:39
651°	1505	Emiliana Rei	F	20 VER CORRER	Séniiores	01:11:12	01:10:38
652°	1367	Luísa Moreira	F	Salgueiros Running	VET 60	01:11:36	01:11:09
653°	1399	Francisco Carvalho	M	AMA	VET 40	01:11:37	01:11:25
654°	1546	Jose Pacheco	M	Salgueiros running team	VET 55	01:11:48	01:11:39
655°	1864	Carlos Cabouco	M		VET 45	01:11:49	01:11:03
656°	1476	Jorge Oliveira	M	Ginásio Desafios	VET 35	01:11:56	01:11:03
657°	1279	Fernanda Magalhães	F	Ginásio Desafios	Séniiores	01:11:57	01:11:03
658°	1086	Elisabete Vieira	F	Ginásio Desafios	Séniiores	01:11:57	01:11:03
659°	1498	José Carvalho	M		VET 50	01:12:07	01:11:19
660°	1436	Zeferino Barbosa	M	barbosa	VET 65	01:12:08	01:11:19

Pos	Dorsal	Nome	Género	Equipa	Categoria	Tempo	Chip
661°	1349	Carmina Castro	F	Aves Runners	VET 50	01:12:10	01:11:22
662°	1243	Alice Castro	F		VET 35	01:13:04	01:12:33
663°	1037	Francisco Freitas	M		VET 40	01:13:06	01:12:34
664°	1405	Paula Freitas	F		VET 45	01:13:07	01:12:35
665°	1018	Manuel Ferreira	M	académico runners	VET 50	01:13:16	01:12:45
666°	1437	Manuel Leonardo	M	Leonardo	VET 60	01:14:03	01:13:49
667°	1836	Jose Freitas	M	RollingAventura	VET 50	01:14:25	01:14:02
668°	1008	Rui Moreira	M		VET 40	01:14:36	01:14:02
669°	968	Paulo Soares	M	No Tomorrow	VET 45	01:14:37	01:14:21
670°	1585	Cátia Sousa	F	MSS Contabilidade Trail Team	Séniiores	01:14:51	01:14:39
671°	1342	Ana Tiago	F		VET 40	01:15:10	01:14:12
672°	1810	Manuela Sousa	F	Generali	VET 35	01:16:03	01:15:34
673°	1976	Joao Reis	M	Academia Fernanda Ribeiro	VET 45	01:16:11	01:15:58
674°	1111	Daniel Silva	M	HSANTAMARIA RT	Séniiores	01:16:48	01:16:09
675°	1098	Filomena Soares	F	OPraticante.pt	VET 60	01:18:10	01:17:46
676°	1061	Manuel Pereira	M	Salgueiros Running	VET 60	01:18:12	01:17:46
677°	1557	Ana Veloso	F	Machu Picchu	Séniiores	01:18:19	01:17:29
678°	1544	Joana Correia	F		VET 40	01:18:33	01:17:46
679°	1245	Valdemar Sobral	M	20 VER CORRER	VET 50	01:19:14	01:18:40
680°	1042	Fernanda Vieira	F	20 VER CORRER	VET 50	01:19:15	01:18:41
681°	1429	Diana Martins	F	Martins	Séniiores	01:20:03	01:19:09
682°	1166	Fátima Costa	F	20 VER CORRER	VET 45	01:20:10	01:19:40
683°	1586	Gilda Cunha	F	20 VER CORRER	VET 50	01:20:19	01:19:48
684°	1461	Alberto Ferreira	M	Salgueiros Running	VET 60	01:21:31	01:21:09
685°	1206	Natalina Videira	F	Salgueiros Running	VET 50	01:21:31	01:21:04
686°	1561	Paula Teixeira	F	Salgueiros Running	VET 50	01:21:32	01:21:05
687°	958	Bruno Oliveira	M		VET 35	01:22:27	01:21:49
	1239	Carlos Costa	M	Aliança de Gandra	Séniiores	00:42:08 (desq.)	00:41:56
	1841	Barbara Brito	F	Salgueiros Running	VET 40	00:42:50 (desq.)	00:42:28
	1605	Aurélio Carvalho	M	Unidos pela Cuca	VET 60	00:43:14 (desq.)	00:43:06
	1237	Rui Costa	M		VET 35	00:45:54 (desq.)	00:45:49
	1339	Maria Vaz	F		VET 65	00:48:29 (desq.)	00:48:23
	1565	Paulo Freitas	M	HSANTAMARIA RT	VET 45	00:48:46 (desq.)	00:48:07
	784	Daniel Soares	M		Séniiores	00:54:35 (desq.)	00:14:49
	1179	Francisco Oliveira	M	Amigos Atletismo de Gondomar	VET 60	00:56:03 (desq.)	00:55:42
	1149	Hélio Aleixo	M		VET 35	00:57:46 (desq.)	00:57:21
	1542	Carmo Rodrigues	F	Rodrigues	VET 40	00:58:13 (desq.)	00:57:41
	1983	Carla Gomes	F	Generali	VET 40	01:05:12 (desq.)	01:04:30
	1951	Carla Azevedo	F	Generali	VET 35	01:07:32 (desq.)	01:06:42
	1800	Sónia Madureira	F	Salgueiros Running	VET 40	01:11:48 (desq.)	01:11:26
	1811	Isabel Mendes	F	Generali	VET 50	01:16:30 (desq.)	01:16:01