

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
1.	7	BRUNO PAIXÃO	BEJA ATLETICO CLUBE	1	SEN M	1	31:14:00	03:07	31:14:00
2.	8	JOSE MOREIRA	SPORTING CP	2	VET M35	1	31:39:00	03:09	31:41:00
3.	102	VITOR OLIVEIRA	MAIA AC	3	VET M35	2	31:44:00	03:10	31:45:00
4.	301	ARTUR RODRIGUES	GRUPO DESPORTIVO E CULTURAL DE GUILHOVAI	4	VET M40	1	32:16:00	03:13	32:18:00
5.	221	JOÃO ANTUNES	C.D.S.SALVADOR DO CAMPO	5	SEN M	2	32:39:00	03:15	32:39:00
6.	211	TIAGO MARQUES	CENTRO ATLETISMO SEIA	6	VET M35	3	32:44:00	03:16	32:44:00
7.	261	ANTÓNIO ALMEIDA	CASA DO BENFICA EM ABRANTES	7	SEN M	3	32:57:00	03:17	33:00:00
8.	72	BRUNO GASPAR	AC VERMOIL	8	VET M35	4	33:30:00	03:21	33:32:00
9.	165	PEDRO JANUÁRIO	INDUSTRIAL DESPORTIVO VIEIRENSE	9	VET M35	5	33:31:00	03:21	33:32:00
10.	232	TIAGO MACHADO	CASA DO POVO DE MANGUALDE	10	SEN M	4	33:41:00	03:22	33:43:00
11.	278	ANDRÉ REIS	GAC-GRUPO ATLETISMO CARANGUEJEIRA	11	SEN M	5	33:47:00	03:22	33:49:00
12.	297	CARLOS TIAGO	RUN TEJO	12	VET M35	6	33:54:00	03:23	33:54:00
13.	280	EMANUEL CARDOSO	CLUBE ATLETISMO DE MARINHA GRANDE	13	SEN M	6	34:47:00	03:28	34:49:00
14.	295	TIAGO VALÉRIO	ACPORTALEGRE/UTSM	14	SEN M	7	35:24:00	03:32	35:24:00
15.	41	VIRGILIO BASTOS	CR AMIEIRINHENSE	15	VET M35	7	35:26:00	03:32	35:28:00
16.	217	CARLA MARTINHO	RECREIO DESPORTIVO DE ÁGUEDA	1	VET F40	1	35:46:00	03:34	35:49:00
17.	236	NUNO SILVA	ACBATALHA	16	VET M35	8	35:50:00	03:35	35:50:00
18.	166	JORGE MARCELINO	INDUSTRIAL DESPORTIVO VIEIRENSE	17	VET M45	1	36:07:00	03:36	36:10:00
19.	96	HUGO DUARTE	INDIVIDUAL	18	SEN M	8	36:09:00	03:36	36:10:00
20.	265	NUNO GONÇALVES	RUNCROSSTRAIL	19	VET M40	2	36:43:00	03:40	36:45:00
21.	116	BRUNO FILIPE	VETERANOS DO LIS	20	VET M35	9	36:48:00	03:40	36:52:00
22.	163	ALÍPIO FERREIRA	MARMELEIRA RESORT TEAM	21	SEN M	9	37:12:00	03:43	37:14:00
23.	13	PEDRO FERREIRA	AC VERMOIL	22	VET M40	3	37:21:00	03:44	37:22:00
24.	101	LUÍS AVELAR	RÓÓDINHAS-SANTOS SILVA / OXYGEN-GYM FITNESS	23	VET M40	4	37:56:00	03:47	37:57:00
25.	181	AMILCAR BRITO	AC VERMOIL	24	SEN M	10	38:06:00	03:48	38:06:00
26.	255	MIRIAM MARTINS	INDIVIDUAL	2	SEN F	1	38:31:00	03:51	38:32:00
27.	40	JOAO GUERREIRO	CR AMIEIRINHENSE	25	VET M50	1	38:28:00	03:50	38:32:00
28.	45	EDUARDO CARDEIRA	CR AMIEIRINHENSE	26	VET M35	10	38:36:00	03:51	38:38:00
29.	115	FÁBIO RODRIGUES	VETERANOS DO LIS	27	SUB 23 M	1	38:42:00	03:52	38:44:00
30.	262	SÉRGIO CAMPOS	CASA DO BENFICA EM ABRANTES	28	SEN M	11	38:42:00	03:52	38:44:00
31.	356	PAULO FERREIRA	CB RUNNING	29	VET M40	5	38:46:00	03:52	38:48:00
32.	130	NARCISO FABIÃO	AC VERMOIL	30	VET M40	6	38:53:00	03:53	38:55:00
33.	139	TIAGO FERREIRA FERREIRA	CLUBE VETERANOS DO LIS	31	SEN M	12	38:53:00	03:53	38:56:00
34.	169	PAULINO SOUSA	INDUSTRIAL DESPORTIVO VIEIRENSE	32	VET M50	2	38:54:00	03:53	38:57:00
35.	210	DANIEL PINTO	CLUBE SEM	33	SEN M	13	39:03:00	03:54	39:06:00
36.	43	JOSE RAIMUNDO	CR AMIEIRINHENSE	34	VET M55	1	39:06:00	03:54	39:08:00
37.	31	JOAO REIS	NAC	35	SEN M	14	39:12:00	03:55	39:13:00
38.	251	LICÍNIO PEREIRA	INDUSTRIAL DESPORTIVO VIEIRENSE	36	VET M60	1	39:14:00	03:55	39:17:00
39.	132	VERONICA SCUTARU	INDIVIDUAL	3	VET F40	2	39:22:00	03:56	39:24:00
40.	177	ALEX SCUTARU	INDIVIDUAL	37	VET M45	2	39:24:00	03:56	39:24:00
41.	20	MIGUEL GONÇALVES	CCD CA MUTUO	38	VET M35	11	39:29:00	03:56	39:31:00
42.	107	JOAQUIM QUITÉRIO	AC VERMOIL	39	VET M40	7	39:47:00	03:58	39:49:00
43.	155	JOÃO CRUZ	TEAM NECKMOLDE	40	SEN M	15	39:53:00	03:59	39:53:00
44.	213	MIGUEL SANTOS	URBAN RUN TEAM	41	VET M35	12	39:58:00	03:59	39:58:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
45.	204	EMÍLIO PAULINO	ACPORTALEGRE/UTSM	42	VET M55	2	39:59:00	03:59	39:59:00
46.	63	MIGUEL BARBA	PENICHE A CORRER	43	VET M40	8	40:04:00	04:00	40:06:00
47.	168	CARLOS SIMÕES	INDUSTRIAL DESPORTIVO VIEIRENSE	44	VET M50	3	40:05:00	04:00	40:06:00
48.	129	JOSÉ GONÇALVES	GRUPO ALEGRE E UNIDO DA BAJOUCA	45	VET M50	4	40:08:00	04:00	40:10:00
49.	167	ARTUR LOPES	INDUSTRIAL DESPORTIVO VIEIRENSE	46	VET M50	5	40:16:00	04:01	40:19:00
50.	170	ANTÓNIO POEIRAS	INDUSTRIAL DESPORTIVO VIEIRENSE	47	VET M55	3	40:16:00	04:01	40:19:00
51.	118	GONÇALO LOPES	VETERANOS DO LIS	48	VET M35	13	40:26:00	04:02	40:29:00
52.	150	PAULO OLIVEIRA	MUNICIPIO DE LEIRIA	49	VET M45	3	40:30:00	04:03	40:32:00
53.	161	ANA PETINGA	ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA	4	VET F40	3	40:33:00	04:03	40:35:00
54.	259	SAMUEL REIS	INDIVIDUAL	50	SEN M	16	40:38:00	04:03	40:42:00
55.	110	NUNO JORGE	CLUBE DESPORTIVO MOITENSE	51	VET M40	9	40:52:00	04:05	40:53:00
56.	256	RUI CARDOSO	ELCOMANDANTETEAM	52	VET M40	10	40:52:00	04:05	40:55:00
57.	196	ANTONIO ALVES	CLUBE SEM	53	VET M60	2	40:56:00	04:05	40:59:00
58.	147	JOÃO RODRIGUES	CLUBE ATLETISMO OVAR	54	VET M50	6	41:04:00	04:06	41:06:00
59.	326	MIGUEL PINTO	RUNNING ESPINHO	55	SEN M	17	41:07:00	04:06	41:11:00
60.	205	NELSON DUARTE	INDIVIDUAL	56	VET M40	11	41:22:00	04:08	41:25:00
61.	225	ABEL FLORES	SABENFICA	57	VET M55	4	41:22:00	04:08	41:26:00
62.	279	PAULO SILVA	INDIVIDUAL	58	VET M50	7	41:24:00	04:08	41:27:00
63.	284	RUI LUCAS	ACBATALHA	59	SEN M	18	41:25:00	04:08	41:29:00
64.	342	JOSÉ GOMES	RUNNING ESPINHO	60	VET M45	4	41:28:00	04:08	41:32:00
65.	360	EDIVALDO MACIEL	EL COMANDANTE TEAM	61	VET M35	14	41:34:00	04:09	41:36:00
66.	308	ANDRE FALCÃO	CLUBE SEM	62	VET M35	15	41:37:00	04:09	41:39:00
67.	164	RUI DINIS	INDUSTRIAL DESPORTIVO VIEIRENSE	63	VET M50	8	41:42:00	04:10	41:49:00
68.	137	CRISTOVÃO GOMES	CLUBE VETERANOS DO LIS	64	VET M35	16	41:48:00	04:10	41:57:00
69.	80	JORGE ALVES	ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA	65	VET M45	5	41:54:00	04:11	41:59:00
70.	39	VITOR TEIXEIRA	CR AMIEIRINHENSE	66	VET M55	5	41:57:00	04:11	42:00:00
71.	193	VICTOR GODINHO	CLUBE VETERANOS DO LIS	67	VET M40	12	42:02:00	04:12	42:05:00
72.	207	PEDRO RAMOS	ARSM S MIGUEL POIARES	68	VET M45	6	42:13:00	04:13	42:17:00
73.	19	FERNANDO MORAIS	INDIVIDUAL	69	VET M55	6	42:15:00	04:13	42:17:00
74.	277	BRUNO BRANQUINHO	INDIVIDUAL	70	VET M35	17	42:18:00	04:13	42:22:00
75.	172	ACÁCIO CAMPOS	INDUSTRIAL DESPORTIVO VIEIRENSE	71	VET M60	3	42:22:00	04:14	42:25:00
76.	62	PEDRO PAIVA	INDIVIDUAL	72	VET M35	18	42:27:00	04:14	42:30:00
77.	82	NUNO LOUREIRO	A.D. BUARCOS	73	VET M45	7	42:24:00	04:14	42:31:00
78.	264	DENISE PEREIRA	RUNCROSSTRAIL	5	SEN F	2	42:40:00	04:16	42:42:00
79.	113	LEANDRO SANTOS	VETERANOS DO LIS	74	VET M35	19	42:43:00	04:16	42:45:00
80.	162	LUIS NOBRE	PENICHE A CORRER	75	VET M45	8	42:43:00	04:16	42:48:00
81.	64	DAVID LEITÃO	PENICHE A CORRER	76	JUN M	1	42:42:00	04:16	42:48:00
82.	122	DELFIM PEDRO	INDIVIDUAL	77	VET M35	20	42:49:00	04:16	42:55:00
83.	327	MANUEL BASTOS	RUNNING ESPINHO	78	VET M45	9	42:53:00	04:17	42:57:00
84.	88	JOSÉ TAVARES	AFIS/OVAR	79	VET M45	10	42:56:00	04:17	42:58:00
85.	220	FÁBIO MONTEIRO	BA5	80	SEN M	19	42:55:00	04:17	43:02:00
86.	226	PAULO MONTEIRO	ACBATALHA	81	VET M50	9	43:11:00	04:19	43:13:00
87.	71	FILIPE COSTA	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	82	SUB 23 M	2	43:32:00	04:21	43:38:00
88.	287	DANIEL MOITEIRO	CP CMP	83	SEN M	20	43:40:00	04:22	43:40:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
89.	188	BRUNO MATEUS	MUNICIPIO DE LEIRIA	84	VET M35	21	43:37:00	04:21	43:43:00
90.	174	ALÉXIS ROCHA	INDUSTRIAL DESPORTIVO VIEIRENSE	85	SEN M	21	43:40:00	04:22	43:48:00
91.	354	JOAQUIM GOMES	CPR. A-DO-BARBAS	86	VET M65	1	43:41:00	04:22	43:50:00
92.	316	LUÍS PEREIRA	RUNNING ESPINHO	87	VET M50	10	43:44:00	04:22	43:51:00
93.	145	RICARDO PIRES	SS MONTEPIO GERAL	88	SEN M	22	43:53:00	04:23	44:00:00
94.	171	CELESTINO MARQUES	INDUSTRIAL DESPORTIVO VIEIRENSE	89	VET M60	4	44:01:00	04:24	44:01:00
95.	328	NUNO MILHEIRO	RUNNING ESPINHO	90	VET M40	13	43:59:00	04:23	44:03:00
96.	274	PAULO DIAS	MUNICIPIO DE LEIRIA	91	VET M35	22	44:00:00	04:24	44:13:00
97.	47	JOÃO BARATA	ASAS DE PAIXÃO	92	VET M45	11	44:10:00	04:25	44:16:00
98.	30	MANUEL FERREIRA	ADABEM RUNNING TEAM	93	VET M45	12	44:13:00	04:25	44:16:00
99.	66	AMILCAR FERREIRA	INDIVIDUAL	94	VET M50	11	44:17:00	04:25	44:17:00
100.	60	JOSÉ PASSOS	PENICHE A CORRER	95	VET M40	14	44:14:00	04:25	44:19:00
101.	227	JOSÉ GOMES	ACBATALHA	96	VET M60	5	44:21:00	04:26	44:21:00
102.	233	DAVID OLIVEIRA	INDIVIDUAL	97	VET M40	15	44:25:00	04:26	44:25:00
103.	222	GONÇALO RAMINHOS	INDIVIDUAL	98	SEN M	23	44:23:00	04:26	44:29:00
104.	138	DIOGO FERREIRA	CLUBE VETERANOS DO LIS	99	VET M35	23	44:28:00	04:26	44:33:00
105.	319	FÁBIO JUSTO	RUNNING ESPINHO	100	SEN M	24	44:28:00	04:26	44:34:00
106.	230	MANUEL SANTOS	INDIVIDUAL	101	VET M50	12	44:31:00	04:27	44:35:00
107.	343	CRISTIANA FERREIRA	RUNNING ESPINHO	6	SEN F	3	44:36:00	04:27	44:39:00
108.	306	VIRGILIO ALBERTO	GRUPO ALEGRE E UNIDO DA BAJOUCA	102	VET M45	13	44:43:00	04:28	44:46:00
109.	246	JOÃO SANTOS	INDIVIDUAL	103	SEN M	25	44:45:00	04:28	44:49:00
110.	106	NUNO MOTA	INDIVIDUAL	104	VET M35	24	44:44:00	04:28	44:53:00
111.	216	LILIANA NEVES	AC VERMOIL	7	VET F35	1	45:09:00	04:30	45:12:00
112.	340	MANUEL ABREU	RUNNING ESPINHO	105	VET M40	16	45:16:00	04:31	45:20:00
113.	276	MARCO RUIVO	AMIGOS DO DESCANSO	106	VET M35	25	45:14:00	04:31	45:28:00
114.	141	JOÃO LEIGO	PRAIA DE MIRA NIGHT RUNNERS	107	VET M45	14	45:22:00	04:32	45:31:00
115.	235	RODOLFO CABRAL	INDIVIDUAL	108	VET M35	26	45:25:00	04:32	45:34:00
116.	254	DAVID SALVADOR	INDIVIDUAL	109	SEN M	26	45:21:00	04:32	45:34:00
117.	341	CRISTINA PASSOS	RUNNING ESPINHO	8	VET F40	4	45:39:00	04:33	45:42:00
118.	134	JOÃO SANTOS	ROCKET TEAM	110	VET M35	27	45:33:00	04:33	45:44:00
119.	194	RUI NEVES	INDIVIDUAL	111	VET M45	15	45:38:00	04:33	45:51:00
120.	144	NUNO NUNES	INDIVIDUAL	112	SEN M	27	45:50:00	04:35	45:59:00
121.	35	FRANCISCO BANDEIRA	TEAM CABIDELA	113	VET M40	17	45:52:00	04:35	46:00:00
122.	91	FILIPE TOMÁS	A. C. S. MAMEDE	114	VET M70	1	46:07:00	04:36	46:10:00
123.	312	ERNESTO GONÇALVES	RUNNING ESPINHO	115	VET M45	16	46:11:00	04:37	46:17:00
124.	192	VICTOR INDIO	CLUBE VETERANOS DO LIS	116	VET M35	28	46:10:00	04:37	46:19:00
125.	219	HENRIQUE CARVALHEIRO	INDIVIDUAL	117	VET M35	29	46:12:00	04:37	46:21:00
126.	33	JORGE RIBEIRO	GT RUNNING	118	VET M35	30	46:15:00	04:37	46:23:00
127.	347	NUNO CHICHARRO	PENICHE A CORRER	119	VET M40	18	46:22:00	04:38	46:27:00
128.	123	DIOGO AMADO	INDIVIDUAL	120	SEN M	28	46:23:00	04:38	46:38:00
129.	298	ROBERTO SEBASTIÃO	INDIVIDUAL	121	SEN M	29	46:27:00	04:38	46:40:00
130.	350	DAVID SIMÕES	PÉ D'ATLETA	122	SEN M	30	46:41:00	04:40	46:41:00
131.	239	PEDRO CRUZ	INDIVIDUAL	123	VET M40	19	46:39:00	04:39	46:43:00
132.	260	NUNO SANTOS	HELIFLEX	124	VET M35	31	46:40:00	04:40	46:47:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
133.	337	MÁRIO ALVES	RUNNING ESPINHO	125	VET M50	13	46:44:00	04:40	46:48:00
134.	109	RICARDO BRANQUINHO	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	126	SEN M	31	46:45:00	04:40	46:50:00
135.	99	ANDRÉ FERNANDES	ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA	127	VET M40	20	47:01:00	04:42	47:07:00
136.	120	ANTERO RODRIGUES	VETERANOS DO LIS	128	VET M45	17	47:11:00	04:43	47:13:00
137.	98	NUNO CORTESAO	INDIVIDUAL	129	VET M40	21	47:14:00	04:43	47:20:00
138.	124	PAULO FERNANDES	PRAIA DE MIRA NIGHT RUNNERS	130	VET M45	18	47:13:00	04:43	47:22:00
139.	184	VITOR SANTOS	MUNICIPIO DE LEIRIA	131	VET M50	14	47:18:00	04:43	47:30:00
140.	54	DIOGO OLIVEIRA	INDIVIDUAL	132	SEN M	32	47:25:00	04:44	47:39:00
141.	281	JOÃO REIS	INDIVIDUAL	133	SUB 23 M	3	47:36:00	04:45	47:48:00
142.	195	VITOR SILVA	LEBRES DO SADO	134	VET M50	15	47:43:00	04:46	47:50:00
143.	245	ANDRÉ SISMEIRO	INDIVIDUAL	135	SEN M	33	47:52:00	04:47	47:52:00
144.	218	HENRIQUE LAVAREDDAS	INDIVIDUAL	136	VET M45	19	47:44:00	04:46	47:53:00
145.	73	CELSO COELHO	BESJOGING	137	VET M55	7	47:57:00	04:47	48:00:00
146.	10	ANTÓNIO MOREIRA	INDIVIDUAL	138	VET M45	20	48:02:00	04:48	48:06:00
147.	56	TIAGO LANÇA	PENICHE A CORRER	139	SEN M	34	48:12:00	04:49	48:15:00
148.	290	FILIPE SANTOS	CP CMP	140	VET M35	32	48:12:00	04:49	48:22:00
149.	140	MARCO CASALEIRO	INDIVIDUAL	141	VET M45	21	48:21:00	04:50	48:30:00
150.	117	CLÁUDIA TORRES	VETERANOS DO LIS	9	VET F35	2	48:30:00	04:51	48:30:00
151.	257	BRUNO CORDEIRO	VENS OU FICAS?	142	VET M35	33	48:29:00	04:50	48:34:00
152.	355	NUNO LOURENÇO	PORTO DE MÓS A CORRER	143	VET M45	22	48:23:00	04:50	48:35:00
153.	197	CARLA CANTANTE	CLUBE SEM	10	VET F35	3	48:32:00	04:51	48:35:00
154.	28	NUNO HELENO	INDIVIDUAL	144	SEN M	35	48:27:00	04:50	48:38:00
155.	186	ROGÉRIO ANTUNES	MUNICIPIO DE LEIRIA	145	VET M40	22	48:34:00	04:51	48:46:00
156.	344	LUÍS JORGE OLIVEIRA	SERITEL	146	VET M50	16	48:50:00	04:53	48:55:00
157.	269	ANA MAGINA	MG	11	VET F35	4	48:51:00	04:53	49:01:00
158.	42	JOAO PROSPERO	CR AMIEIRINHENSE	147	VET M65	2	49:03:00	04:54	49:06:00
159.	314	SANDRA PEREIRA	RUNNING ESPINHO	12	SEN F	4	49:08:00	04:54	49:14:00
160.	68	JOSE PEREIRA	NIGHTS TEAM	148	VET M35	34	49:06:00	04:54	49:14:00
161.	285	RODRIGO GOMES	INDIVIDUAL	149	JUN M	2	49:16:00	04:55	49:26:00
162.	339	JOSÉ SILVA	RUNNING ESPINHO	150	VET M40	23	49:39:00	04:57	49:44:00
163.	237	RUI GASPAS	INDIVIDUAL	151	VET M50	17	49:34:00	04:57	49:47:00
164.	332	JOSÉ VILELA	RUNNING ESPINHO	152	VET M55	8	49:42:00	04:58	49:47:00
165.	153	JUSTINO SILVA	MUNICIPIO DE LEIRIA	153	VET M40	24	49:41:00	04:58	49:50:00
166.	309	VICTOR SANTOS	INDIVIDUAL	154	VET M55	9	49:45:00	04:58	49:50:00
167.	24	RUI GODINHO	SALGUEIROS RUNNING	155	VET M45	23	49:49:00	04:58	49:53:00
168.	209	PAULO VICENTE	INDIVIDUAL	156	VET M40	25	49:44:00	04:58	49:56:00
169.	104	PORFÍRIO MARTINS	TO NA PISTA	157	VET M55	10	49:52:00	04:59	49:57:00
170.	136	VASCO MARQUES	CLUBE VETERANOS DO LIS	158	VET M45	24	49:51:00	04:59	50:00:00
171.	57	DALILA PEREIRA	PENICHE A CORRER	13	SEN F	5	50:03:00	05:00	50:07:00
172.	111	FILIPE COELHO	INDIVIDUAL	159	SEN M	36	49:56:00	04:59	50:10:00
173.	292	TIAGO MARTINS	INDIVIDUAL	160	SEN M	37	50:03:00	05:00	50:14:00
174.	247	JOSE RODRIGUES	INDIVIDUAL	161	VET M40	26	50:15:00	05:01	50:23:00
175.	249	JOAO PEREIRA	INDIVIDUAL	162	VET M50	18	50:13:00	05:01	50:28:00
176.	271	JEREMIAS CARDOSO	OS TATOOS	163	VET M50	19	50:29:00	05:02	50:32:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
177.	307	ROSA GUARDÃO	ACDRS QUINHENDROS	14	VET F45	1	50:45:00	05:04	50:51:00
178.	180	VITOR FERNANDES	INDIVIDUAL	164	VET M40	27	50:46:00	05:04	50:52:00
179.	283	DAVID NOGUEIRA	INDIVIDUAL	165	VET M35	35	50:53:00	05:05	50:57:00
180.	300	DIOGO ALVES	DÁ-LHE GÁS TEAM	166	JUN M	3	51:02:00	05:06	51:02:00
181.	53	PEDRO BATISTA	CLUBE DE ATLETISMO DA NAZARÉ	167	VET M35	36	51:02:00	05:06	51:02:00
182.	182	CARMEN ALMEIDA	SS MONTEPIO GERAL	15	VET F35	5	50:57:00	05:05	51:06:00
183.	335	TIAGO SOARES	RUNNING ESPINHO	168	VET M40	28	51:05:00	05:06	51:10:00
184.	32	JORGE PACHECO	INDIVIDUAL	169	VET M45	25	51:01:00	05:06	51:13:00
185.	185	RUI MONTEIRO	MUNICIPIO DE LEIRIA	170	VET M50	20	51:02:00	05:06	51:14:00
186.	317	PEDRO SANTOS SILVA	RUNNING ESPINHO	171	SEN M	38	51:10:00	05:07	51:17:00
187.	338	CRISTINA COUTO	RUNNING ESPINHO	16	VET F45	2	51:17:00	05:07	51:21:00
188.	119	PAULA RODRIGUES	VETERANOS DO LIS	17	VET F45	3	51:19:00	05:07	51:22:00
189.	16	EVARISTO PEDROSA	INDIVIDUAL	172	VET M50	21	51:17:00	05:07	51:23:00
190.	173	ACÁCIO LAVOS	INDUSTRIAL DESPORTIVO VIEIRENSE	173	VET M65	3	51:21:00	05:08	51:29:00
191.	175	HELENA HENRIQUES	INDUSTRIAL DESPORTIVO VIEIRENSE	18	VET F45	4	51:24:00	05:08	51:32:00
192.	315	FÁTIMA AZEVEDO	RUNNING ESPINHO	19	VET F45	5	51:26:00	05:08	51:32:00
193.	114	NELIA VITURINO	VETERANOS DO LIS	20	VET F40	5	51:27:00	05:08	51:39:00
194.	95	FILOMENA CARVALHO	PIORDAPERNA	21	VET F35	6	51:28:00	05:08	51:41:00
195.	69	FERNANDO ALVES	INDIVIDUAL	174	VET M50	22	51:36:00	05:09	51:42:00
196.	191	JOSE GABRIEL	CLUBE VETERANOS DO LIS	175	VET M65	4	51:35:00	05:09	51:43:00
197.	336	MANUELA SOUSA	RUNNING ESPINHO	22	VET F50	1	51:39:00	05:09	51:43:00
198.	59	JOEL GUERRA	TURTLES AND RABBITS	176	VET M40	29	51:43:00	05:10	51:51:00
199.	51	BERNARDO VALENTE	ANSIBIKERS	177	JUN M	4	51:48:00	05:10	51:52:00
200.	50	PAULA VALENTE	ANSIBIKERS	23	VET F35	7	51:47:00	05:10	51:52:00
201.	131	PAULO RIBEIRO	INDIVIDUAL	178	VET M45	26	52:02:00	05:12	52:17:00
202.	289	JOSÉ FERREIRA	CP CMP	179	VET M40	30	52:07:00	05:12	52:17:00
203.	176	SANDRA SIMÕES	INDUSTRIAL DESPORTIVO VIEIRENSE	24	VET F40	6	52:11:00	05:13	52:19:00
204.	313	RUI CARALINDA SILVA	RUNNING ESPINHO	180	VET M40	31	52:34:00	05:15	52:40:00
205.	61	JAIME PASSOS	PENICHE A CORRER	181	VET M45	27	52:35:00	05:15	52:48:00
206.	345	WILSON ALVES	INDIVIDUAL	182	SEN M	39	52:37:00	05:15	52:52:00
207.	310	FILIPE ANDRÉ	INDIVIDUAL	183	SEN M	40	52:42:00	05:16	52:56:00
208.	83	SUSANA CABRAL	A.D. BUARCOS	25	VET F40	7	52:55:00	05:17	53:03:00
209.	288	NELSON SANTOS	CP CMP	184	VET M40	32	52:58:00	05:17	53:08:00
210.	323	PAULO MARQUES	RUNNING ESPINHO	185	VET M50	23	53:02:00	05:18	53:08:00
211.	79	FRANCO SANI	NINHO TEAM - PORTO DE MÓS	186	VET M40	33	52:56:00	05:17	53:08:00
212.	201	MARIO CARVALHO	INDIVIDUAL	187	VET M55	11	53:14:00	05:19	53:24:00
213.	152	CARLOS FERREIRA	MUNICIPIO DE LEIRIA	188	VET M40	34	53:19:00	05:19	53:31:00
214.	34	MARTINE RAINHO	INDIVIDUAL	26	VET F45	6	53:22:00	05:20	53:34:00
215.	349	ANIBAL PISCO	INDIVIDUAL	189	VET M55	12	53:31:00	05:21	53:45:00
216.	229	JORGE NOGUEIRA	INDIVIDUAL	190	VET M35	37	53:48:00	05:22	53:48:00
217.	311	FRANCISCO SIMÕES	RUNNING ESPINHO	191	VET M35	38	54:14:00	05:25	54:20:00
218.	214	ANTONIO TAFULA	INDIVIDUAL	192	VET M70	2	54:20:00	05:26	54:23:00
219.	11	CARLOS BARROSO	BIO TEAM RUN	193	VET M50	24	54:19:00	05:25	54:23:00
220.	302	MIGUEL SANCHES	MS TECH	194	VET M40	35	54:19:00	05:25	54:29:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
221.	70	ADRIANO SANTOS	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	195	VET M35	39	54:14:00	05:25	54:30:00
222.	351	ANA ELIAS	INDIVIDUAL	27	VET F35	8	54:31:00	05:27	54:31:00
223.	324	JOAQUIM VIEIRA	RUNNING ESPINHO	196	VET M50	25	54:28:00	05:26	54:34:00
224.	234	GONÇALO QUITÉRIO	INDIVIDUAL	197	VET M35	40	54:19:00	05:25	54:34:00
225.	46	CATARINA SANTOS	INDIVIDUAL	28	VET F40	8	54:27:00	05:26	54:37:00
226.	18	SANDRA ARRAIAS	OS ARRAIAS	29	VET F35	9	54:26:00	05:26	54:37:00
227.	78	HUGO GODINHO	TARAHUMARA	198	SEN M	41	54:30:00	05:27	54:42:00
228.	286	RICARDO SANTO	INDIVIDUAL	199	JUN M	5	54:32:00	05:27	54:42:00
229.	142	ANA PAULA TEIXEIRA	INDIVIDUAL	30	SEN F	6	54:34:00	05:27	54:44:00
230.	178	PINTO NUNES	INDIVIDUAL	200	SEN M	42	54:35:00	05:27	54:45:00
231.	112	RAFAEL HENRIQUES	INDIVIDUAL	201	SEN M	43	54:43:00	05:28	54:53:00
232.	26	JORGE PATRÍCIO	TURTLES AND RABBITS	202	VET M40	36	54:55:00	05:29	55:03:00
233.	242	PAULO COSTA	AZURIBIKE MANGUALDE TEAM	203	VET M40	37	54:55:00	05:29	55:04:00
234.	243	PEDRO COSTA	AZURIBIKE MANGUALDE TEAM	204	JUN M	6	54:56:00	05:29	55:05:00
235.	248	NEUZA COSTA	INDIVIDUAL	31	VET F40	9	55:28:00	05:32	55:39:00
236.	212	JOSÉ CARLOS LASCASAS	GONDOMAR FUTSAL CLUBE	205	VET M45	28	56:07:00	05:36	56:12:00
237.	320	SANDRA FERREIRA	RUNNING ESPINHO	32	VET F45	7	56:13:00	05:37	56:17:00
238.	58	VANDA VENDEIRINHO	TURTLES AND RABBITS	33	VET F35	10	56:06:00	05:36	56:18:00
239.	108	EUGÉNIO MENDES	AC VERMOIL	206	VET M55	13	56:18:00	05:37	56:22:00
240.	97	CARLOS FERREIRA	INDIVIDUAL	207	VET M45	29	56:11:00	05:37	56:22:00
241.	156	JOÃO DOMINGUES	FILHOS DO CARTEIRO	208	SEN M	44	56:30:00	05:39	56:44:00
242.	37	ANA MARTINS	FALCOES SELVAGENS	34	VET F50	2	56:56:00	05:41	57:10:00
243.	36	LUÍS REIS	FALCOES SELVAGENS	209	VET M55	14	56:56:00	05:41	57:10:00
244.	103	JOÃO PINHO	TO NA PISTA	210	VET M50	26	57:09:00	05:42	57:15:00
245.	241	JULIO GASPAR	INDIVIDUAL	211	VET M55	15	57:12:00	05:43	57:20:00
246.	215	ANDREIA GONÇALVES	INDIVIDUAL	35	SEN F	7	57:20:00	05:44	57:20:00
247.	258	RAMIRO SANTOS	INDIVIDUAL	212	VET M50	27	57:16:00	05:43	57:25:00
248.	189	RUI BRUNHETA	INDIVIDUAL	213	VET M50	28	57:35:00	05:45	57:44:00
249.	187	TANIA BÉRTOLO	MUNICIPIO DE LEIRIA	36	VET F35	11	57:39:00	05:45	57:52:00
250.	267	PAULO SOUSA	MUNICIPIO DE LEIRIA	214	VET M40	38	57:39:00	05:45	57:52:00
251.	318	SANDRA MARTINS	RUNNING ESPINHO	37	VET F45	8	57:48:00	05:46	57:55:00
252.	17	PAULO LAPÃO	INDIVIDUAL	215	VET M50	29	58:09:00	05:48	58:22:00
253.	305	CÉLIA ARNEIRO	GRUPO ALEGRE E UNIDO DA BAJOUCA	38	VET F45	9	58:35:00	05:51	58:47:00
254.	329	GABRIEL FERREIRA	RUNNING ESPINHO	216	VET M40	39	58:41:00	05:52	58:48:00
255.	330	SÓNIA NEVES	RUNNING ESPINHO	39	VET F45	10	58:41:00	05:52	58:48:00
256.	151	LUIS GAMEIRO	MUNICIPIO DE LEIRIA	217	VET M45	30	58:52:00	05:53	59:07:00
257.	23	SANDRA AGUIAR	SALGUEIROS RUNNING	40	VET F40	10	59:13:00	05:55	59:17:00
258.	231	PAULO PEDROSA	INDIVIDUAL	218	VET M50	30	59:29:00	05:56	59:34:00
259.	159	RICARDO MONTEIRO	FILHOS DO CARTEIRO	219	SEN M	45	59:22:00	05:56	59:38:00
260.	133	SUSANA SANTOS	INDIVIDUAL	41	VET F40	11	59:30:00	05:57	59:43:00
261.	190	JORGE SILVA	BA5	220	VET M45	31	59:45:00	05:58	01:00:00
262.	202	RITA CARVALHO	INDIVIDUAL	42	VET F50	3	59:54:00	05:59	01:00:04
263.	223	ALBANO LOUREIRO	INDIVIDUAL	221	VET M45	32	59:50:00	05:59	01:00:05
264.	238	DIDIER LOPES	INDIVIDUAL	222	VET M40	40	01:00:04	06:00	01:00:15

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
265.	348	THAÍS FREITAS	INDIVIDUAL	43	SEN F	8	01:00:03	06:00	01:00:15
266.	263	VERA SILVA	OS TOLINHOS	44	VET F35	12	01:00:04	06:00	01:00:16
267.	29	RUI BARROS	INDIVIDUAL	223	VET M45	33	01:00:22	06:02	01:00:37
268.	224	CARLA SANTOS	INDIVIDUAL	45	VET F40	12	01:00:37	06:03	01:00:45
269.	76	SANDRA PEREIRA	INDIVIDUAL	46	VET F40	13	01:00:35	06:03	01:00:48
270.	81	ISABEL PEGO	ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA	47	VET F45	11	01:00:50	06:05	01:00:57
271.	87	LUÍS RODRIGUES	A.D. BUARCOS	224	VET M45	34	01:00:50	06:05	01:00:57
272.	179	LUIS CAMBEZ	PENICHE A CORRER	225	VET M40	41	01:00:53	06:05	01:01:06
273.	208	BRIGITE CLEMENTE	INDIVIDUAL	48	VET F40	14	01:01:02	06:06	01:01:11
274.	21	AIDA PEREIRA	INDIVIDUAL	49	VET F45	12	01:01:12	06:07	01:01:22
275.	74	OFÉLIA AUGUSTO	BESJOGING	50	VET F55	1	01:01:29	06:08	01:01:40
276.	75	CÁTIA COELHO	BESJOGING	51	SEN F	9	01:01:32	06:09	01:01:43
277.	149	MARTA MARTINS	MUNICIPIO DE LEIRIA	52	VET F40	15	01:01:40	06:10	01:01:51
278.	325	RENATA CRUZ	RUNNING ESPINHO	53	SEN F	10	01:02:00	06:12	01:02:07
279.	282	MARISA SANTANA	INDIVIDUAL	54	VET F35	13	01:02:00	06:12	01:02:12
280.	346	GONÇALO LIMA	INDIVIDUAL	226	SEN M	46	01:02:26	06:14	01:02:37
281.	272	JORGE SANTOS	PINHAL TOTAL OLEIROS AVENTURA	227	VET M35	41	01:02:27	06:14	01:02:38
282.	67	JOANA REIS	PENICHE A CORRER	55	SEN F	11	01:02:41	06:16	01:02:47
283.	160	JOÃO BRONZE	FILHOS DO CARTEIRO	228	SUB 23 M	4	01:02:32	06:15	01:02:48
284.	127	ANDREIA INACIO	INDIVIDUAL	56	SEN F	12	01:02:59	06:17	01:03:04
285.	126	JÂNIA LAUREANO	ACBATALHA	57	SEN F	13	01:02:59	06:17	01:03:04
286.	270	CARLA CARDOSO	OS TATOOS	58	VET F50	4	01:03:12	06:19	01:03:23
287.	65	VASCO MEDEIROS	INDIVIDUAL	229	VET M35	42	01:03:45	06:22	01:03:45
288.	240	VÍTOR FERNANDES	CALMA - TOMAR	230	VET M65	5	01:03:40	06:22	01:03:54
289.	198	NUNO CARREIRA	SEM PRESSA	231	VET M35	43	01:04:00	06:24	01:04:07
290.	200	DIOGO FRANCISCO	SEM PRESSA	232	SEN M	47	01:04:00	06:24	01:04:08
291.	183	ARLINDO OLIVEIRA	CSCRFCHARNECA	233	VET M50	31	01:04:21	06:26	01:04:31
292.	199	ROGÉRIO MARQUES	SEM PRESSA	234	SEN M	48	01:04:24	06:26	01:04:32
293.	304	RUI FILIPE	INDIVIDUAL	235	SEN M	49	01:04:33	06:27	01:04:33
294.	22	CHRISTOPHER GUIMARAENS	INDIVIDUAL	236	VET M45	35	01:04:17	06:25	01:04:34
295.	321	MARGARIDA MACHADO	RUNNING ESPINHO	59	VET F50	5	01:04:31	06:27	01:04:38
296.	125	JOÃO ELIAS	ACBATALHA	237	SEN M	50	01:04:52	06:29	01:04:58
297.	203	LISETE DUARTE	INDIVIDUAL	60	VET F40	16	01:04:49	06:28	01:05:00
298.	89	JOAO FONSECA	INDIVIDUAL	238	VET M40	42	01:04:45	06:28	01:05:01
299.	294	OLIVIA LUCAS	CORRER LISBOA	61	VET F50	6	01:05:06	06:30	01:05:19
300.	293	VITOR LUCAS	CORRER LISBOA	239	VET M50	32	01:05:06	06:30	01:05:19
301.	303	JOÃO FILIPE	INDIVIDUAL	240	VET M35	44	01:05:13	06:31	01:05:29
302.	266	JOAQUIM JORGE	INDIVIDUAL	241	VET M60	6	01:05:20	06:32	01:05:31
303.	244	TOMÁS LISBOA	INDIVIDUAL	242	SEN M	51	01:05:41	06:34	01:05:46
304.	331	ANA OLIVEIRA	RUNNING ESPINHO	62	VET F50	7	01:06:08	06:36	01:06:15
305.	84	OLÍVIA MATOS	A.D. BUARCOS	63	VET F45	13	01:06:30	06:39	01:06:37
306.	86	JOANA SILVA	A.D. BUARCOS	64	VET F40	17	01:06:30	06:39	01:06:37
307.	77	FILIPE GONÇALVES	INDIVIDUAL	243	VET M35	45	01:06:53	06:41	01:07:06
308.	48	HELENA MARQUES	ASAS DE PAIXÃO	65	VET F40	18	01:07:08	06:42	01:07:14

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
309.	148	ANTÓNIO MOURA	INDIVIDUAL	244	VET M60	7	01:07:48	06:46	01:07:59
310.	334	CARLOS HENRIQUES	RUNNING ESPINHO	245	VET M40	43	01:08:58	06:53	01:09:05
311.	333	ALICE ALVES	RUNNING ESPINHO	66	VET F35	14	01:08:58	06:53	01:09:05
312.	93	ANDREIA DIAS	PIORDAPERNA	67	SEN F	14	01:08:58	06:53	01:09:12
313.	352	CRISTINA MATIAS	INDIVIDUAL	68	VET F45	14	01:09:06	06:54	01:09:21
314.	253	ARMÉNIO VICÊNCIO	CASAL VICÊNCIO	246	VET M35	46	01:10:17	07:01	01:10:33
315.	250	CAROLINA BRÁS	REAL TEAM	69	VET F35	15	01:10:30	07:03	01:10:41
316.	268	ADELAIDE SOUSA	INDIVIDUAL	70	VET F50	8	01:10:42	07:04	01:10:42
317.	25	MARINA GUERRA	TURTLES AND RABBITS	71	VET F35	16	01:11:04	07:06	01:11:04
318.	92	CARINA GOMES	INDIVIDUAL	72	SEN F	15	01:10:50	07:05	01:11:06
319.	158	CRISTIANO ANSELMO	FILHOS DO CARTEIRO	247	SEN M	52	01:12:00	07:12	01:12:16
320.	273	SÓNIA ALMEIDA	INDIVIDUAL	73	VET F40	19	01:12:32	07:15	01:12:46
321.	143	SILVÉRIO DE SOUSA MENDES	INDIVIDUAL	248	VET M40	44	01:15:04	07:30	01:15:14
322.	128	ÂNGELA CHARTERS	INDIVIDUAL	74	SEN F	16	01:19:23	07:56	01:19:39
323.	299	CATARINA NOGUEIRA	INDIVIDUAL	75	VET F40	20	01:22:34	08:15	01:22:48
324.	252	BÁRBARA AMADO	CASAL VICÊNCIO	76	VET F35	17	01:22:32	08:15	01:22:48
325.	353	MARIO OLIVEIRA	GRUPO ALEGRE E UNIDO DA BAJOUCA	249	VET M50	33	01:25:49	08:34	01:25:49
326.	358	SANDRA MACIEL	EL COMANDANTE TEAM	77	SEN F	17	01:25:50	08:35	01:25:50