

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	5 km	Retorno	Ritmo	Tempo	
1.	73	BRUNO GASPAR	AC VERMOIL	1	VET M35	1	16:48	19:31	03:21	33:28:00
2.	246	ANDRÉ REIS	GRUPO DE ATLETISMO DA CARANGUEJEIRA	2	SEN M	1	16:45	19:36	03:25	34:01:00
3.	68	VITOR DINIS	I.D.VIEIRENSE	3	VET M45	1	17:37	20:33	03:32	35:18:00
4.	83	LUIS GOMES	GRUPO DE ATLETISMO DA CARANGUEJEIRA	4	VET M35	2	17:46	20:48	03:34	35:40:00
5.	163	JOEL COUTO	GRUPO ALEGRE UNIDO BAJOUCA	5	VET M40	1	18:00	21:00	03:35	35:44:00
6.	75	PEDRO FERREIRA	AC VERMOIL	6	VET M45	2	18:00	21:00	03:36	35:53:00
7.	224	JOSÉ TEIXEIRA	INDIVIDUAL	7	VET M55	1	18:38	21:45	03:43	37:07:00
8.	74	AMILCAR BRITO	AC VERMOIL	8	VET M35	3	18:45	21:56	03:45	37:26:00
9.	88	JOSÉ RAIMUNDO	CLUBE RECREATIVO AMIEIRINHENSE	9	VET M55	2	19:24	22:37	03:50	38:11:00
10.	69	PAULINO SOUSA	I.D.VIEIRENSE	10	VET M50	1	19:27	22:37	03:50	38:17:00
11.	248	ALEXANDRA OLIVEIRA	RECREIO DESP. DE ÁGUEDA	1	SEN F	1	19:25	22:36	03:52	38:31:00
12.	57	NUNO REBELO	RUN TEJO	11	SEN M	2	19:33	22:44	03:52	38:35:00
13.	184	ANTÓNIO OLIVEIRA	CENTRO DE ATLETISMO DO PORTO	12	VET M35	4	19:24	22:37	03:53	38:49:00
14.	56	LUIS REBELO	FALCOES SELVAGENS	13	VET M55	3	19:29	22:43	03:54	38:59:00
15.	45	RUI CARDOSO	ELCOMANDANTETEAM	14	VET M40	2	19:49	23:08	03:58	39:33:00
16.	42	ANTONIO SILVA	ACADEMIA DO PRO	15	VET M50	2	20:14	23:36	03:58	39:39:00
17.	70	ALÉXIS ROCHA	I.D.VIEIRENSE	16	SEN M	3	19:48	23:11	03:59	39:49:00
18.	95	DANIEL JAULINO	GRUPO ALEGRE UNIDO BAJOUCA	17	VET M50	3	19:57	23:20	04:00	39:52:00
19.	78	JOSÉ MENDES	AC VERMOIL	18	VET M40	3	20:34	23:54	04:00	39:58:00
20.	212	RUI JOAO	CM LEIRIA	19	VET M35	5	19:56	23:21	04:01	40:06:00
21.	82	ERNESTO PEREIRA	INDIVIDUAL	20	VET M35	6	20:11	23:33	04:01	40:09:00
22.	3	MANUEL FERREIRA	ADABEM RUNNING TEAM	21	VET M45	3	20:17	23:44	04:04	40:31:00
23.	91	PAULO LOUREIRO	INDIVIDUAL	22	VET M45	4	20:34	23:55	04:06	40:55:00
24.	165	PAULO CRUZ	CM LEIRIA	23	VET M45	5	20:31	24:00:00	04:06	40:56:00
25.	135	EVANGELISTA SANTOS	INDIVIDUAL	24	VET M50	4	20:18	23:44	04:07	41:02:00
26.	180	BRUNO ANTUNES	NOTÍCIAS DE COLMEIAS ATLETISMO	25	SEN M	4	20:17	23:44	04:08	41:11:00
27.	182	FILIPE NOGUEIRA	NOTÍCIAS DE COLMEIAS ATLETISMO	26	VET M45	6	20:34	23:56	04:08	41:12:00
28.	198	LUIS BELO	OS TOLINHOS	27	VET M55	4	20:46	24:15:00	04:09	41:24:00
29.	134	ANDRÉ MAGALHÃES	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	28	VET M35	7	20:36	24:08:00	04:09	41:25:00
30.	249	JOCELINO MONTEIRO	ATLÉ.C.BATALHA	29	VET M50	5	20:34	24:01:00	04:10	41:33:00
31.	19	VÍTOR ÍNDIO	CLUBE VETERANOS DO LIS	30	VET M35	8	21:23	24:52:00	04:11	41:46:00
32.	67	ARTUR LOPES	I.D.VIEIRENSE	31	VET M50	6	20:48	24:32:00	04:12	41:52:00
33.	108	LUIS BARBOSA	CM LEIRIA	32	VET M40	4	20:58	24:45:00	04:13	42:01:00
34.	110	BRUNO MATEUS	CM LEIRIA	33	SEN M	5	20:47	24:31:00	04:13	42:08:00
35.	104	PAULO DIAS	CM LEIRIA	34	VET M35	9	21:24	24:58:00	04:14	42:18:00
36.	17	PEDRO VIEIRA	A.D.AMARANTE TRAIL RUNNING	35	VET M35	10	21:22	25:02:00	04:16	42:36:00
37.	133	LUIS SILVA	LISBONRUNNER	36	VET M35	11	21:00	24:41:00	04:17	42:41:00
38.	129	FILIPE CARVALHEIRO	GRUPO ALEGRE UNIDO BAJOUCA	37	VET M55	5	21:34	25:12:00	04:17	42:42:00
39.	155	PAULO CORREIA	INDIVIDUAL	38	VET M45	7	21:41	25:19:00	04:17	42:43:00
40.	76	LILIANA NEVES	AC VERMOIL	2	VET F35	1	21:32	25:11:00	04:17	42:46:00
41.	77	HELDER MIRANDA	AC VERMOIL	39	VET M40	5	21:33	25:12:00	04:17	42:49:00
42.	58	ANA REBELO	RUN TEJO	3	SEN F	2	21:56	25:31:00	04:18	42:56:00
43.	140	CARLOS NEVES	CASA BENFICA FIG. FOZ	40	VET M35	12	21:19	25:07:00	04:19	43:03:00
44.	164	VITOR PONTES	INDIVIDUAL	41	VET M50	7	21:30	25:10:00	04:19	43:04:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	5 km	Retorno	Ritmo	Tempo	
45.	146	EDUARDO EUSÉBIO	INDIVIDUAL	42	SEN M	6	21:41	25:28:00	04:20	43:15:00
46.	41	DIOGO FERREIRA	CLUBE VETERANOS DO LIS	43	VET M35	13	21:38	25:18:00	04:20	43:18:00
47.	170	HUGO FREITAS	GT RUNNING	44	VET M35	14	21:22	25:07:00	04:20	43:20:00
48.	122	JOSÉ GONÇALVES	GRUPO ALEGRE UNIDO BAJOUCA	45	VET M50	8	21:18	24:59:00	04:21	43:22:00
49.	171	TIAGO FERNANDES	INDIVIDUAL	46	SEN M	7	22:02	25:46:00	04:22	43:32:00
50.	43	NÉLIO VIEIRA	AC BATALHA	47	SEN M	8	22:02	25:46:00	04:23	43:44:00
51.	60	JOÃO SANTOS	ROCKET TEAM	48	VET M35	15	21:57	25:41:00	04:24	43:54:00
52.	247	ANA PAULA RODRIGUES	C.P.A	4	SEN F	3	21:54	25:31:00	04:25	44:06:00
53.	236	NUNO BALTAZAR	JV	49	VET M40	6	21:55	25:39:00	04:25	44:06:00
54.	79	MÁRIO DUARTE	INDIVIDUAL	50	VET M60	1	22:06	25:49:00	04:26	44:18:00
55.	160	RODRIGO GOMES	INDIVIDUAL	51	JUN M	1	22:47	26:29:00	04:27	44:25:00
56.	210	PEDRO FOLGADO	CM LEIRIA	52	SEN M	9	22:17	26:14:00	04:27	44:28:00
57.	37	PEDRO COUTEIRO	INDIVIDUAL	53	SUB 23 M	1	22:43	26:33:00	04:28	44:35:00
58.	80	JOÃO REIS	INDIVIDUAL	54	SUB 23 M	2	22:40	26:28:00	04:29	44:44:00
59.	102	ANDREIA PARREIRAS	CM LEIRIA	5	SEN F	4	22:19	26:09:00	04:29	44:47:00
60.	81	AMILCAR COSTA	ACRM SILVEIRINHA GRANDE CLARAS	55	VET M45	8	22:09	25:59:00	04:30	44:51:00
61.	114	JOÃO MENDES	MAGUIGOS	56	VET M45	9	22:49	26:33:00	04:30	44:53:00
62.	216	RICARDO MELO	INDIVIDUAL	57	VET M40	7	22:58	26:43:00	04:31	45:04:00
63.	127	VIRGILIO ALBERTO	GRUPO ALEGRE UNIDO BAJOUCA	58	VET M50	9	22:41	26:32:00	04:31	45:08:00
64.	213	HUGO AFONSO	CM LEIRIA	59	SEN M	10	22:51	26:42:00	04:32	45:14:00
65.	111	MARCIO MADEIRA	CM LEIRIA	60	VET M40	8	22:50	26:39:00	04:32	45:20:00
66.	176	EMANUEL LOPES	PORTO DE MÓS A CORRER	61	VET M40	9	22:42	26:32:00	04:33	45:24:00
67.	214	ELISEU RAINHO	CM LEIRIA	62	VET M40	10	21:47	25:58:00	04:35	45:42:00
68.	6	JOSÉ GOMES	LIGEIRINHOS	63	VET M55	6	23:57	27:44:00	04:35	45:48:00
69.	152	RICARDO TRIGUEIRO	G.S. ADICENSE	64	VET M35	16	22:56	26:54:00	04:36	45:57:00
70.	31	HÉLIO GARCIA	INDIVIDUAL	65	VET M40	11	23:42	27:33:00	04:38	46:12:00
71.	183	CHRISTIAN RAMUSGA	INDIVIDUAL	66	SEN M	11	23:32	27:34:00	04:40	46:39:00
72.	219	GONÇALO BERNARDO	INDIVIDUAL	67	SEN M	12	23:31	27:27:00	04:41	46:50:00
73.	32	RUI NEVES	INDIVIDUAL	68	VET M45	10	23:23	27:29:00	04:42	46:57:00
74.	161	JORGE CARMO	INDIVIDUAL	69	VET M35	17	23:01	27:04:00	04:42	46:58:00
75.	33	JOSE GOMES	INDIVIDUAL	70	VET M40	12	23:48	27:49:00	04:43	47:04:00
76.	44	GONÇALO QUITÉRIO	INDIVIDUAL	71	VET M35	18	23:42	27:49:00	04:44	47:11:00
77.	185	NORBERTO FERREIRA	NUNCA...	72	VET M35	19	23:30	27:38:00	04:44	47:20:00
78.	125	PEDRO CABECINHAS	GRUPO ALEGRE UNIDO BAJOUCA	73	VET M40	13	23:43	27:42:00	04:45	47:21:00
79.	132	JOÃO BELCHIOR SANTOS	INDIVIDUAL	74	VET M40	14	23:20	27:22:00	04:45	47:21:00
80.	223	HENRIQUE LAVAREDDAS	INDIVIDUAL	75	VET M45	11	23:48	27:50:00	04:46	47:37:00
81.	215	DIOGO MARECOS	CM LEIRIA	76	SEN M	13	23:56	27:59:00	04:46	47:39:00
82.	149	DANIEL GUERRA	INDIVIDUAL	77	VET M50	10	23:44	27:47:00	04:47	47:41:00
83.	153	JOSÉ TOMÁS	INDIVIDUAL	78	VET M60	2	24:42:00	28:35:00	04:47	47:48:00
84.	106	PEDRO VICENTE	CM LEIRIA	79	VET M50	11	24:39:00	28:35:00	04:47	47:50:00
85.	98	JORGE VIEIRA	INDIVIDUAL	80	VET M45	12	23:57	28:00:00	04:48	47:53:00
86.	226	SERGIO MIRANDA	LIZ RUNNERS	81	VET M55	7	23:55	28:01:00	04:48	48:00:00
87.	157	ISMAEL COSTA	INDIVIDUAL	82	SEN M	14	24:40:00	28:34:00	04:50	48:14:00
88.	228	LIBÂNIA PEREIRA	INDIVIDUAL	6	SEN F	5	24:33:00	28:34:00	04:50	48:16:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	5 km	Retorno	Ritmo	Tempo	
89.	26	PEDRO SOUSA	OS INCANSÁVEIS	83	JUN M	2	26:28:00	30:49:00	04:50	48:17:00
90.	36	JOÃO GOMES	INDIVIDUAL	84	SEN M	15	23:44	27:52:00	04:50	48:18:00
91.	116	NUNO SANTOS	HELIFLEX	85	VET M40	15	23:56	28:03:00	04:51	48:21:00
92.	117	JUSTINO ROSA	CM LEIRIA	86	VET M40	16	24:17:00	28:24:00	04:51	48:25:00
93.	227	JOÃO LOPES	INDIVIDUAL	87	SEN M	16	24:14:00	28:21:00	04:52	48:33:00
94.	86	ARMÉNIO VICÊNCIO	CASAL VICÊNCIO	88	VET M35	20	24:17:00	28:26:00	04:52	48:35:00
95.	16	JORGE PATRICIO	TURTLES AND RABBITS	89	VET M40	17	24:31:00	28:36:00	04:53	48:43:00
96.	222	RUI NUNES	CLUBE ATLETISMO DE MARINHA GRANDE	90	VET M35	21	23:22	27:34:00	04:53	48:43:00
97.	142	MARCO GONÇALVES	INDIVIDUAL	91	VET M35	22	24:20:00	28:42:00	04:54	48:56:00
98.	103	RUI MONTEIRO	CM LEIRIA	92	VET M50	12	25:01:00	29:07:00	04:55	49:01:00
99.	218	ANTONIO DIAS	INDIVIDUAL	93	VET M50	13	24:59:00	29:05:00	04:56	49:18:00
100.	225	JOAO PEREIRA	INDIVIDUAL	94	VET M50	14	24:17:00	28:28:00	04:58	49:31:00
101.	118	ISABEL ALVES	INDIVIDUAL	7	VET F35	2	25:02:00	29:05:00	04:59	49:45:00
102.	138	MONICA DUARTE	INDIVIDUAL	8	SEN F	6	25:05:00	29:12:00	04:59	49:49:00
103.	211	JOAO GONÇALVES	CM LEIRIA	95	SEN M	17	24:37:00	28:53:00	05:00	49:53:00
104.	89	JOÃO FERREIRA	INDIVIDUAL	96	VET M50	15	24:38:00	28:55:00	05:00	49:57:00
105.	221	TIAGO CARVALHO	INDIVIDUAL	97	VET M35	23	25:12:00	29:26:00	05:01	50:08:00
106.	109	MARLENE OLIVEIRA	CM LEIRIA	9	VET F40	1	25:00:00	29:11:00	05:02	50:15:00
107.	207	JEREMIAS CARDOSO	OS TATOOS	98	VET M50	16	25:02:00	29:19:00	05:04	50:36:00
108.	23	ANTONIO BARBAS	INDIVIDUAL	99	VET M50	17	25:14:00	29:44:00	05:05	50:42:00
109.	244	CARLOS LOPES	INDIVIDUAL	100	VET M35	24	25:25:00	29:46:00	05:05	50:44:00
110.	199	PAULO SILVA	TONDELA RUNNERS	101	VET M45	13	26:13:00	30:31:00	05:07	51:01:00
111.	217	ANTONIO DO Ó	INDIVIDUAL	102	VET M35	25	25:27:00	29:39:00	05:07	51:03:00
112.	143	SANDRA SILVA	INDIVIDUAL	10	VET F40	2	24:57:00	29:07:00	05:08	51:13:00
113.	20	LEONEL SOUSA	INDIVIDUAL	103	VET M45	14	26:01:00	30:08:00	05:08	51:14:00
114.	173	JOSÉ PEREIRIA	INDIVIDUAL	104	VET M50	18	25:56:00	30:19:00	05:08	51:14:00
115.	130	RAMIRO RODRIGUES	GRUPO ALEGRE UNIDO BAJOUCA	105	VET M60	3	25:53:00	30:15:00	05:09	51:23:00
116.	144	DIOGO EUSÉBIO	INDIVIDUAL	106	SEN M	18	26:11:00	30:25:00	05:10	51:31:00
117.	195	FILIPE TOMÁS	A. C. S. MAMEDE	107	VET M75	1	26:14:00	30:34:00	05:10	51:31:00
118.	107	HELDER SILVERIO	CM LEIRIA	108	VET M45	15	26:15:00	30:34:00	05:10	51:31:00
119.	54	HUGO SANTOS	INDIVIDUAL	109	SEN M	19	24:38:00	29:08:00	05:11	51:46:00
120.	35	CARLOS SERPA	INDIVIDUAL	110	VET M35	26	26:01:00	30:20:00	05:12	51:58:00
121.	46	ANTÓNIO CASEIRO	COLCHOARIA PORTUGUESA	111	VET M45	16	26:16:00	30:37:00	05:13	52:03:00
122.	4	ROSA SILVA	LIGEIRINHOS	11	VET F50	1	26:24:00	30:45:00	05:13	52:04:00
123.	167	CARLOS FERREIRA	CM LEIRIA	112	VET M40	18	25:33:00	29:58:00	05:13	52:06:00
124.	51	ANTÓNIO TRIGUINHO	INDIVIDUAL	113	VET M60	4	25:07:00	29:41:00	05:15	52:26:00
125.	50	BRUNO COELHO	INDIVIDUAL	114	SEN M	20	25:07:00	29:41:00	05:16	52:32:00
126.	59	JOÃO GONÇALVES	INDIVIDUAL	115	VET M50	19	26:24:00	30:46:00	05:16	52:35:00
127.	97	MANUEL ROMANO	MARVILA JOVEM	116	VET M55	8	26:09:00	30:39:00	05:16	52:40:00
128.	168	MÁRIO MATOS CORDEIRO	INDIVIDUAL	117	VET M55	9	25:56:00	30:44:00	05:17	52:42:00
129.	25	GONÇALO TOMÁS	OS INCANSÁVEIS	118	SEN M	21	26:29:00	30:59:00	05:17	52:46:00
130.	14	HERNÂNI MARTINHO	SEM SEDE	119	VET M35	27	27:03:00	31:32:00	05:17	52:49:00
131.	9	SILVIU STEFAN	SEM SEDE	120	SEN M	22	27:03:00	31:32:00	05:17	52:49:00
132.	137	ACÁCIO LAVOS	I.D.VIEIRENSE	121	VET M65	1	26:32:00	30:53:00	05:18	52:53:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	5 km	Retorno	Ritmo	Tempo
133.	126	ANABELA FERNANDES	GRUPO ALEGRE UNIDO BAJOUCA	12	VET F45	1 26:33:00	30:58:00	05:18	52:57:00
134.	7	CARLOS BARROSO	BIO TEAM RUN	122	VET M50	20 26:16:00	30:48:00	05:19	53:05:00
135.	194	ADRIANO COELHO	INDIVIDUAL	123	VET M50	21 25:18:00	29:44:00	05:21	53:25:00
136.	186	MANUEL COSTA	NUNCA ...	124	VET M35	28 27:29:00	31:53:00	05:22	53:31:00
137.	175	LUIS SANTOS	CM LEIRIA	125	VET M35	29 26:08:00	30:37:00	05:22	53:34:00
138.	96	TIAGO MARTINS	INDIVIDUAL	126	SEN M	23 25:58:00	30:30:00	05:22	53:36:00
139.	84	PEDRO MARTINS	INDIVIDUAL	127	SEN M	24 27:05:00	31:42:00	05:22	53:38:00
140.	200	ESTEFANIA LOPES	TONDELA RUNNERS	13	VET F50	2 26:50:00	31:25:00	05:23	53:44:00
141.	169	RICARDO RIBEIRO	INDIVIDUAL	128	VET M40	19 26:26:00	30:55:00	05:23	53:46:00
142.	206	NUNO DUARTE	INDIVIDUAL	129	VET M35	30 28:17:00	32:34:00	05:23	53:50:00
143.	187	JOAO TEIXEIRA	NUNCA ...	130	VET M45	17 27:28:00	31:53:00	05:24	53:51:00
144.	99	LUIS TAVARES	CM LEIRIA	131	VET M40	20 26:46:00	31:27:00	05:24	53:55:00
145.	201	ANABELA CORREIA	TONDELA RUNNERS	14	VET F40	3 27:09:00	31:40:00	05:25	54:02:00
146.	72	JÚLIO DEODATO	INDIVIDUAL	132	VET M55	10 27:56:00	32:27:00	05:26	54:17:00
147.	179	JOAQUIM SANTOS	INDIVIDUAL	133	VET M45	18 26:44:00	31:19:00	05:27	54:26:00
148.	202	MIGUEL FARO	TONDELA RUNNERS	134	VET M45	19 27:21:00	31:55:00	05:28	54:33:00
149.	131	MARIA JOAO OLIVEIRA	INDIVIDUAL	15	VET F55	1 27:34:00	32:22:00	05:28	54:33:00
150.	22	ANA FIGUEIREDO	INDIVIDUAL	16	VET F35	3 27:28:00	32:07:00	05:28	54:40:00
151.	209	PAULO MENDONÇA	INDIVIDUAL	135	VET M40	21 27:04:00	31:40:00	05:31	55:04:00
152.	119	ADRIANA COELHO	I.D.VIEIRENSE	17	SUB 23 F	1 26:34:00	31:09:00	05:32	55:15:00
153.	5	DEOLINDA SILVA	LIGEIRINHOS	18	VET F55	2 27:52:00	32:36:00	05:33	55:29:00
154.	139	PEDRO BATISTA	INDIVIDUAL	136	SEN M	25 28:04:00	32:41:00	05:33	55:29:00
155.	159	NELIA ANTUNES	INDIVIDUAL	19	VET F35	4 28:02:00	32:51:00	05:34	55:37:00
156.	52	CARLOS SILVA	INDIVIDUAL	137	VET M55	11 28:13:00	32:51:00	05:35	55:48:00
157.	71	NADIA DEODATO	INDIVIDUAL	20	SEN F	7 28:03:00	32:40:00	05:37	56:04:00
158.	11	PEDRO PONTE	SEM SEDE	138	VET M50	22 28:25:00	33:09:00	05:39	56:27:00
159.	39	RENATO ALMEIDA	LARANJO	139	SEN M	26 28:09:00	33:00:00	05:40	56:39:00
160.	112	LUCYANA CONSTANCIO	CM LEIRIA	21	VET F40	4 28:46:00	33:29:00	05:44	57:11:00
161.	62	PAULO BAPTISTA	INDIVIDUAL	140	VET M55	12 28:12:00	33:02:00	05:45	57:27:00
162.	220	MARCELINO GOMES	INDIVIDUAL	141	VET M50	23 28:33:00	33:23:00	05:47	57:49:00
163.	237	ANA CRISTINA	INDIVIDUAL	22	SEN F	8 28:17:00	33:12:00	05:48	57:54:00
164.	8	NUNO SANTOS	SEM SEDE	142	SEN M	27 28:30:00	33:57:00	05:48	57:54:00
165.	63	JORGE SILVA	INDIVIDUAL	143	VET M45	20 28:14:00	33:13:00	05:51	58:21:00
166.	208	CARLA MARIA CARDOSO	OS TATOOS	23	VET F50	3 29:06:00	34:05:00	05:51	58:27:00
167.	10	GONÇALO GOMES	SEM SEDE	144	SEN M	28 29:36:00	34:35:00	05:52	58:40:00
168.	174	MARIA FRANCISCO	INDIVIDUAL	24	VET F55	3 29:34:00	34:31:00	05:54	58:51:00
169.	145	TIAGO SOUSA	INDIVIDUAL	145	SEN M	29 28:44:00	33:46:00	05:54	58:51:00
170.	2	BRIGITE CLEMENTE	INDIVIDUAL	25	VET F40	5 28:34:00	33:31:00	05:54	58:57:00
171.	166	LUIS GAMEIRO	CM LEIRIA	146	VET M45	21 29:34:00	34:31:00	05:55	59:07:00
172.	93	DIDIER LOPES	INDIVIDUAL	147	VET M40	22 29:27:00	34:38:00	05:56	59:11:00
173.	205	JOÃO CRUZ	TONDELA RUNNERS	148	VET M50	24 29:46:00	34:45:00	05:56	59:13:00
174.	204	ANA PAULA RIBEIRO	TONDELA RUNNERS	26	VET F45	2 29:46:00	34:46:00	05:56	59:13:00
175.	148	DIEGO HENRIQUES	INDIVIDUAL	149	SEN M	30 27:58:00	32:50:00	05:56	59:19:00
176.	235	MALBERTINA SILVA	JV	27	VET F55	4 29:50:00	34:54:00	05:57	59:29:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	5 km	Retorno	Ritmo	Tempo	
177.	90	SÓNIA FERREIRA	INDIVIDUAL	28	SEN F	9	30:48:00	35:45:00	05:58	59:32:00
178.	156	BRUNA RODRIGO	INDIVIDUAL	29	VET F35	5	30:03:00	35:10:00	05:59	59:41:00
179.	232	FERNANDO VIEIRA	CM LEIRIA	150	VET M60	5	29:19:00	34:27:00	05:59	59:46:00
180.	231	LUIS SUBTIL	CM LEIRIA	151	VET M50	25	29:19:00	34:27:00	05:59	59:47:00
181.	233	TIAGO SILVA	CM LEIRIA	152	JUN M	3	29:19:00	34:28:00	05:59	59:47:00
182.	230	ROGERIO ANTUNES	CM LEIRIA	153	VET M40	23	29:19:00	34:28:00	05:59	59:47:00
183.	53	JULIETA LOURENÇO	NEL - PÉDATLETA	30	VET F50	4	29:20:00	34:29:00	05:59	59:47:00
184.	229	ANTONIO LOURENÇO	CM LEIRIA	154	VET M55	13	29:20:00	34:28:00	05:59	59:47:00
185.	162	RICARDO PEREIRA	GRUPO ALEGRE UNIDO BAJOUCA	155	VET M35	31	29:00:00	34:05:00	06:01	01:00:09
186.	15	MARINA GUERRA	TURTLES AND RABBITS	31	VET F35	6	29:34:00	34:41:00	06:01	01:00:09
187.	40	TIAGO GASPAR	INDIVIDUAL	156	SEN M	31	30:40:00	36:05:00	06:07	01:01:03
188.	250	PAULINHO HENRIQUES		157	VET M35	32	30:03:00	35:48:00	06:10	01:01:37
189.	13	DINA NEVES	SEM SEDE	32	VET F35	7	31:54:00	36:55:00	06:12	01:01:56
190.	203	INES GOMES	TONDELA RUNNERS	33	VET F40	6	30:46:00	36:05:00	06:17	01:02:45
191.	158	ANDREIA VIEIRA	INDIVIDUAL	34	VET F35	8	28:14:00	35:19:00	06:17	01:02:46
192.	188	NUNO SERRANO	INDIVIDUAL	158	VET M50	26	30:48:00	36:05:00	06:17	01:02:47
193.	136	LINO CARRACO	REUMATICOS	159	VET M50	27	31:19:00	36:45:00	06:17	01:02:47
194.	115	SUSANA MENDES	MAGUIGOS	35	VET F45	3	31:19:00	36:43:00	06:17	01:02:47
195.	21	MANUEL BAPTISTA	INDIVIDUAL	160	VET M50	28	31:42:00	37:00:00	06:21	01:03:30
196.	141	JONE MATEUS	ACADEMIA DO SIM	161	VET M50	29	33:28:00	39:03:00	06:39	01:06:25
197.	150	SÓNIA TOMÁS	INDIVIDUAL	36	SEN F	10	33:39:00	39:36:00	06:49	01:08:07
198.	151	HUGO COELHO	INDIVIDUAL	162	SEN M	32	33:39:00	39:36:00	06:49	01:08:08
199.	27	CASSANDRA FIRME	OS INCANSÁVEIS	37	SUB 23 F	2	32:49:00	38:47:00	06:50	01:08:13
200.	154	CONCEIÇÃO CORREIA	INDIVIDUAL	38	VET F50	5	32:50:00	38:47:00	06:53	01:08:50
201.	94	HELENA PINTO	INDIVIDUAL	39	VET F40	7	34:40:00	40:41:00	07:04	01:10:35
202.	12	AMÍLCAR BATATA	SEM SEDE	163	VET M40	24	34:36:00	41:23:00	07:04	01:10:36
203.	24	FATIMA BARBAS	INDIVIDUAL	40	VET F55	5	34:31:00	40:34:00	07:07	01:11:02
204.	49	ÂNGELA TRIGUINHO	INDIVIDUAL	41	SEN F	11	34:39:00	40:49:00	07:13	01:12:01
205.	87	BÁRBARA AMADO	CASAL VICÊNCIO	42	VET F35	9	35:32:00	41:48:00	07:13	01:12:02
206.	92	NITA LOPES	INDIVIDUAL	43	VET F45	4	36:00:00	42:22:00	07:14	01:12:20
207.	181	FILIPE SIRGADO	PICA TRILHOS	164	VET M45	22	35:39:00	42:04:00	07:18	01:12:55
208.	61	CARLA LOPES	INDIVIDUAL	44	VET F45	5	36:01:00	42:22:00	07:20	01:13:15
209.	113	CAROLINA BRAS	PÉ D'ATLETA	45	VET F35	10	36:00:00	42:16:00	08:04	01:20:31
210.	196	CARLOS CARREIRA	A. C. S. MAMEDE	165	VET M55	14	42:24:00		08:39	01:26:21
DQ	29	FILIPE COELHO	INDIVIDUAL		SEN M		22:02	25:49:00	04:24	43:56:00
DQ	30	ANDREIA NEVES	INDIVIDUAL		SEN F		22:02	25:50:00	04:24	43:57:00