

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	5 Km
1.	756	TIAGO MADUREIRA	DCI/CCDRPEDRULHA-MEALHADA	M	1	SEN M	1	32:31:00	03:14	16:53
2.	441	JANIK LIMA	AFIS/OVAR	M	2	SEN M	2	32:47:00	03:16	17:09
3.	755	HELDER LOPES	DCI/CCDRPEDRULHA-MEALHADA	M	3	SEN M	3	33:01:00	03:17	17:03
4.	564	LUIS SILVA	CLUBE ATLETISMO DE OVAR	M	4	VET M40	1	33:43:00	03:21	17:09
5.	218	FERNANDO SANTOS	CASA DO POVO DE MANGUALDE	M	5	VET M40	2	34:09:00	03:24	17:26
6.	562	CELSO LEITE	CLUBE ATLETISMO DE OVAR	M	6	SUB 23 M	1	34:27:00	03:26	17:44
7.	846	RICARDO PINTO		M	7	SEN M	4	34:46:00	03:28	17:44
8.	489	FABIO ABRANTES	UNIAO CLUBE EIRENSE	M	8	SEN M	5	35:05:00	03:30	17:55
9.	292	CARLA MARTINHO	ADERCUS	F	1	SEN F	1	35:18:00	03:31	17:55
10.	973	PAULO FERREIRA	ADERCUS	M	9	VET M45	1	35:19:00	03:31	18:06
11.	634	JOAQUIM LOPES	PORTO RUNNERS	M	10	VET M50	1	35:29:00	03:32	18:21
12.	852	LUIS SILVA		M	11	SEN M	6	35:31:00	03:32	18:05
13.	406	JOAO PEREIRA	AFIS/OVAR	M	12	VET M50	2	35:38:00	03:33	18:11
14.	875	JOAO CATALAO	ROYAL SCHOOL OF LANGUAGES	M	13	SEN M	7	35:43:00	03:33	18:07
15.	760	JOAO PEREIRA	DCI/CCDRPEDRULHA-MEALHADA	M	14	VET M40	3	35:47:00	03:34	18:15
16.	749	FILIPE ROCHA	DCI/CCDRPEDRULHA-MEALHADA	M	15	SEN M	8	35:47:00	03:34	18:33
17.	651	ALEXANDRE MATOS	LOUSADA RUNNERS	M	16	VET M50	3	36:00:00	03:35	18:25
18.	561	TIAGO MACHADO	VIRIATHVS RUNNERS	M	17	SEN M	9	36:08:00	03:36	18:16
19.	614	ALEX TONDELA	SPORT CLUBE BEIRA-MAR	M	18	VET M40	4	36:11:00	03:36	18:37
20.	148	FERNANDO ALMEIDA	JOGGING LOVERS COIMBRA	M	19	SEN M	10	36:13:00	03:36	18:46
21.	214	TONI SOARES	JUVENTUDE ILHA VERDE	M	20	SEN M	11	36:43:00	03:39	18:50
22.	403	LUIS SOUSA	CLUBE DOS GALITOS	M	21	SEN M	12	36:49:00	03:40	18:53
23.	127	BRUNO PEREIRA	BOSCH TERMOTECNOLOGIA SA	M	22	SEN M	13	36:53:00	03:40	19:25
24.	293	SERGIO LOPES		M	23	SEN M	14	36:53:00	03:40	19:20
25.	758	RUBEN FERNANDES	DCI/CCDRPEDRULHA-MEALHADA	M	24	JUN M	1	36:55:00	03:41	19:02
26.	809	JOAO FARIA	CORRE+	M	25	VET M45	2	36:55:00	03:41	18:39
27.	696	JOAO GOMES		M	26	SEN M	15	36:58:00	03:41	19:04
28.	194	ANDRE SIMOES		M	27	SEN M	16	37:03:00	03:41	18:55
29.	236	LUIS MARTINS	TONDELA RUNNERS	M	28	SEN M	17	37:06:00	03:42	18:36
30.	373	ANTONIO FERREIRA	BLACKBULLS CLUBE CONDEIXA	M	29	VET M45	3	37:11:00	03:42	19:31
31.	1004	FABRICIO MARIA		M	30	VET M40	5	37:14:00	03:42	19:19
32.	681	JOSE AFONSO	ADRULSM	M	31	SEN M	18	37:17:00	03:43	19:20
33.	231	CLAUDIO FONSECA	VIVALLEY RUNNERS	M	32	VET M40	6	37:24:00	03:43	19:06
34.	140	NUNO PINHO	N.A.CUCUJAES	M	33	SEN M	19	37:25:00	03:44	19:01
35.	220	MAURO AZEVEDO	NIGHT RUNNERS COIMBRA	M	34	VET M45	4	37:28:00	03:44	19:29
36.	493	ALEXANDRE MARQUES	UNIAO CLUBE EIRENSE	M	35	SUB 23 M	2	37:32:00	03:44	19:03
37.	673	PAULO FERREIRA	DIARIO AVEIRO	M	36	SEN M	20	37:37:00	03:45	19:37
38.	347	CARLOS RIBEIRO	TONDELA RUNNERS	M	37	VET M40	7	37:38:00	03:45	19:10
39.	219	CARLOS PIMENTA	DCI RUN TEAM MEALHADA	M	38	VET M40	8	37:39:00	03:45	19:22
40.	349	JOAO LEANDRO	POWER RUNNING TEAM	M	39	VET M40	9	37:41:00	03:45	19:14
41.	693	BRITO VIEIRA		M	40	VET M40	10	37:42:00	03:45	19:30
42.	35	ANDRE MONTEIRO	PIURSOSTEAM	M	41	SEN M	21	37:48:00	03:46	19:21
43.	371	ALEXANDRE MESTRE	ASSOCIACAO VALEIRINHA	M	42	SEN M	22	37:53:00	03:46	19:02
44.	751	RICARDO SANTOS	DCI/CCDRPEDRULHA-MEALHADA	M	43	JUN M	2	37:54:00	03:46	19:26

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	5 Km
45.	980	ISMAEL QUEIROS	SL BENFICA	M	44	SEN M	23	37:56:00	03:47	20:53
46.	768	FABIO TELES	RUNNERS LAMPASSA	M	45	SUB 23 M	3	38:03:00	03:47	19:40
47.	890	EDUARDO MEIRELES	CYCLONES SANITOP	M	46	SEN M	24	38:04:00	03:47	19:24
48.	724	HERNANI FURTADO		M	47	SEN M	25	38:06:00	03:48	19:56
49.	173	PAULO GOMES		M	48	VET M45	5	38:22:00	03:49	19:42
50.	874	CARLOS ROCHA	ROYAL SCHOOL OF LANGUAGES	M	49	SEN M	26	38:23:00	03:49	19:27
51.	754	TELMO ALMEIDA	DCI/CCDRPEDRULHA-MEALHADA	M	50	VET M40	11	38:24:00	03:49	19:56
52.	90	FILIFE QUELHAS	AC PORTALEGRE / UTSM	M	51	SEN M	27	38:32:00	03:50	19:16
53.	727	PAULO PEREIRA		M	52	SEN M	28	38:33:00	03:50	19:32
54.	765	JOAO PAULO ALMEIDA		M	53	VET M45	6	38:34:00	03:50	19:46
55.	395	RICARDO AREIAS	WHITE RUNNING TEAM	M	54	SEN M	29	38:34:00	03:50	19:17
56.	656	ALBERTO FONTE	ADREP	M	55	VET M40	12	38:37:00	03:51	19:45
57.	566	JOAO RODRIGUES	CLUBE ATLETISMO DE OVAR	M	56	VET M45	7	38:38:00	03:51	19:52
58.	722	NUNO LOPES		M	57	SEN M	30	38:40:00	03:51	19:35
59.	61	PEDRO HENRIQUES	RAINHA CLUB	M	58	SEN M	31	38:41:00	03:51	19:35
60.	158	PEDRO SILVA	CCD – RENAULT CACIA	M	59	SEN M	32	38:43:00	03:51	19:43
61.	408	MANUEL FONSECA	AFIS/OVAR	M	60	VET M50	4	38:43:00	03:51	19:46
62.	568	MARIO VAZ	CLUBE ATLETISMO DE OVAR	M	61	VET M50	5	38:43:00	03:51	19:25
63.	27	FERNANDO SOUZA		M	62	SEN M	33	38:43:00	03:51	20:01
64.	655	MANUEL LAZARO SILVA		M	63	VET M40	13	38:45:00	03:52	19:45
65.	650	MARIO DIAS		M	64	VET M40	14	38:46:00	03:52	20:08
66.	34	JOSE GRACA	BOAVISTA FC	M	65	VET M40	15	38:48:00	03:52	20:00
67.	866	FERNANDO ALMEIDA	F.C. PENAFIEL	M	66	VET M45	8	38:52:00	03:52	19:40
68.	883	LIDIA PEREIRA	CASA DO POVO DE MANGUALDE	F	2	VET F45	1	38:55:00	03:53	19:51
69.	135	RICARDO COELHO	BOSCH TERMOTECNOLOGIA SA	M	67	SEN M	34	38:56:00	03:53	19:19
70.	392	ESTEVAO GONCALVES	POWER RUNNING TEAM	M	68	SEN M	35	38:57:00	03:53	19:40
71.	487	JOAO ANDRADE	TRIATLO GALITOS	M	69	SEN M	36	38:59:00	03:53	20:09
72.	212	FERNANDO ANTUNES	CCDS S.FRUTUOSO	M	70	VET M45	9	39:01:00	03:53	19:43
73.	619	MILTON SANTOS	SPORT CLUBE BEIRA-MAR	M	71	SEN M	37	39:03:00	03:53	20:17
74.	45	VITORINO CARDOSO		M	72	VET M55	1	39:04:00	03:53	20:10
75.	690	ANTONIO CARVALHO		M	73	SEN M	38	39:10:00	03:54	20:12
76.	307	MIGUEL GONCALVES	CCDCREDITO AGRICOLA MUTUO	M	74	SEN M	39	39:11:00	03:54	19:53
77.	409	PAULO FIGUEIREDO	AFIS/OVAR	M	75	VET M40	16	39:13:00	03:54	20:16
78.	563	FILIFE FONSECA	CLUBE ATLETISMO DE OVAR	M	76	SEN M	40	39:21:00	03:55	20:04
79.	425	TELMO REIS	LOUSADA RUNNERS	M	77	SEN M	41	39:27:00	03:56	20:14
80.	532	TIAGO JESUS	RECREIO DESP AGUEDA	M	78	SEN M	42	39:29:00	03:56	19:48
81.	229	RICARDO FONSECA	VIVALLEY RUNNERS	M	79	VET M40	17	39:36:00	03:57	20:19
82.	188	TIAGO LEAL	INVICTA RUNNERS TEAM	M	80	VET M45	10	39:37:00	03:57	20:14
83.	862	MIGUEL GAFANHA		M	81	VET M40	18	39:40:00	03:57	20:24
84.	230	ADRIANO FONSECA	VIVALLEY RUNNERS	M	82	SEN M	43	39:41:00	03:57	20:23
85.	616	RUI MELO	SPORT CLUBE BEIRA-MAR	M	83	SEN M	44	39:41:00	03:57	20:33
86.	748	DIOGO PIMENTA	DCI/CCDRPEDRULHA-MEALHADA	M	84	SEN M	45	39:47:00	03:58	20:23
87.	565	SILVIA SANTOS	CLUBE ATLETISMO DE OVAR	F	3	SEN F	2	39:49:00	03:58	20:24
88.	1006	AMERICO VALENTE	SERVICOS SOCIAIS DA CAMERA DE OVAR	M	85	VET M50	6	39:52:00	03:58	20:27

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	5 Km
89.	707	RUI COSTA	WURTH PORTUGAL	M	86	SEN M	46	39:52:00	03:58	20:55
90.	412	ELISIO GONCALVES		M	87	VET M40	19	39:55:00	03:59	20:14
91.	763	EUGENIO CLARO	ATLETA INDIVIDUAL	M	88	VET M45	11	39:59:00	03:59	21:00
92.	240	PEDRO TAVARES	TONDELA RUNNERS	M	89	VET M40	20	39:59:00	03:59	20:51
93.	28	BRUNO AMARO		M	90	SEN M	47	40:05:00	04:00	21:01
94.	465	JOSE GONCALVES	ALTICE LABS	M	91	VET M45	12	40:06:00	04:00	20:40
95.	492	FABIO MARQUES	UNIAO CLUBE EIRENSE	M	92	SEN M	48	40:09:00	04:00	20:03
96.	179	JOAO PEDRO OLIVEIRA		M	93	SEN M	49	40:13:00	04:00	20:25
97.	821	MARIO RIJO		M	94	VET M40	21	40:15:00	04:01	19:44
98.	970	JOAO PEREIRA	TRIATLO GALITOS	M	95	SEN M	50	40:16:00	04:01	20:25
99.	400	ANDRE SANTOS	RAINHA CLUB	M	96	SEN M	51	40:21:00	04:01	21:14
100.	393	PAULO DOMINGUES	CLUBE ZUPPER	M	97	VET M45	13	40:23:00	04:01	20:30
101.	837	ANTONIO NEVES		M	98	VET M50	7	40:26:00	04:02	20:48
102.	887	AMERICO SILVA		M	99	VET M40	22	40:29:00	04:02	20:57
103.	22	HELDER MELO	AC PORTALEGRE / UTSM	M	100	SEN M	52	40:29:00	04:02	21:05
104.	868	MIGUEL PATO	ROYAL SCHOOL OF LANGUAGES	M	101	VET M40	23	40:31:00	04:02	20:41
105.	950	FILIPE TELES	RUNNERS LAMPASSA	M	102	SEN M	53	40:33:00	04:02	21:08
106.	558	MARIO BAPTISTA		M	103	SEN M	54	40:47:00	04:04	21:09
107.	1005	N.N. 1005		M	104	SEN M	55	40:48:00	04:04	20:57
108.	573	DANIEL AGUIAR	UNIDOS DE ROSSAS	M	105	SEN M	56	40:52:00	04:04	20:47
109.	120	PEDRO CARDOSO	BOSCH TERMOTECNOLOGIA SA	M	106	VET M40	24	40:55:00	04:05	20:38
110.	141	PEDRO MARTINS	JOGGING LOVERS COIMBRA	M	107	SEN M	57	41:06:00	04:06	20:40
111.	191	JOAO AMANDIO		M	108	SEN M	58	41:06:00	04:06	20:52
112.	79	FERNANDO MORAIS		M	109	VET M50	8	41:07:00	04:06	21:36
113.	388	CARLOS M	IRON RUNNERS	M	110	SEN M	59	41:08:00	04:06	21:20
114.	216	PAULO NOBRE	THE STIGS INVICTA	M	111	SEN M	60	41:11:00	04:06	21:05
115.	753	MARCO ALMEIDA	DCI/CCDRPEDRULHA-MEALHADA	M	112	SEN M	61	41:17:00	04:07	20:55
116.	960	JOAO COUTO	TEAM VENTIL	M	113	VET M40	25	41:17:00	04:07	20:39
117.	160	CARLOS MARTINS	CCD – RENAULT CACIA	M	114	SEN M	62	41:20:00	04:07	21:01
118.	450	BRUNO SANTOS	ALTICE LABS	M	115	SEN M	63	41:21:00	04:07	19:58
119.	666	MIGUEL GONCALVES	DIARIO AVEIRO	M	116	SEN M	64	41:21:00	04:07	21:29
120.	334	CARLOS ALMEIDA	ALTO TRILHO - JAVALIS	M	117	VET M40	26	41:22:00	04:07	22:40
121.	26	FELIPE SOUZA		M	118	SEN M	65	41:23:00	04:07	21:57
122.	869	GONCALO PATO	ROYAL SCHOOL OF LANGUAGES	M	119	SEN M	66	41:26:00	04:08	21:18
123.	168	JOSE CARLOS GOMES	LIGEIRINHOS	M	120	VET M55	2	41:26:00	04:08	21:00
124.	266	PEDRO VARELA	A.A.C.	M	121	VET M45	14	41:32:00	04:08	21:14
125.	70	ALCINO PINTO	ATHLON RUNNER'S	M	122	VET M40	27	41:34:00	04:08	20:46
126.	580	FILIPE CARVALHO		M	123	SEN M	67	41:35:00	04:09	21:51
127.	317	RAUL FERREIRA	PINTO FERREIRA	M	124	SEN M	68	41:35:00	04:09	21:20
128.	502	ANA REIS	NASCIDOS PARA CORRER	F	4	SEN F	3	41:37:00	04:09	21:02
129.	279	NUNO LOUREIRO	RUN@FIGUEIRA	M	125	VET M45	15	41:37:00	04:09	20:46
130.	360	MARIO PIRES		M	126	SEN M	69	41:37:00	04:09	21:14
131.	646	SERGIO PERICAO		M	127	SEN M	70	41:38:00	04:09	20:48
132.	431	CLAUDIO ANDRE NOBRE DE MATOS		M	128	SEN M	71	41:39:00	04:09	21:20

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	5 Km
133.	537	VITOR CASTRO		M	129	SEN M	72	41:39:00	04:09	21:21
134.	110	LUIS RABACA		M	130	VET M40	28	41:43:00	04:09	21:00
135.	567	MONICA FERNANDES	CLUBE ATLETISMO DE OVAR	F	5	SEN F	4	41:44:00	04:09	21:13
136.	480	TOME MATOS	ALTICE LABS	M	131	SEN M	73	41:52:00	04:10	21:25
137.	87	MANUEL MARQUES		M	132	VET M45	16	41:52:00	04:10	21:08
138.	57	JORGE FARIA	NOKIA RUNNERS	M	133	SEN M	74	41:53:00	04:10	21:12
139.	572	VALDEMAR OLIVEIRA	KO TRAIL RUNNING	M	134	VET M50	9	41:53:00	04:10	21:07
140.	267	MARIO MARTINS		M	135	VET M45	17	41:57:00	04:11	21:29
141.	277	JORGE ALVES	RUN@FIGUEIRA	M	136	VET M45	18	42:00:00	04:11	21:08
142.	190	JOAO JOSE CASTRO		M	137	VET M50	10	42:05:00	04:12	21:16
143.	195	ANTONIO MALHAO		M	138	VET M45	19	42:07:00	04:12	21:32
144.	233	FERNANDO PATO	ADREP	M	139	VET M60	1	42:08:00	04:12	21:20
145.	579	DANIEL VIEIRA		M	140	SEN M	75	42:14:00	04:12	21:44
146.	955	DIOGO SILVA	2LOW4RUN	M	141	SEN M	76	42:15:00	04:13	21:52
147.	193	CARLOS CUNHA		M	142	VET M50	11	42:16:00	04:13	21:37
148.	222	JOSE CASTRO	CLUBE NOVO BANCO	M	143	VET M45	20	42:16:00	04:13	21:49
149.	761	RICARDO SANTOS	DCI/CCDRPEDRULHA-MEALHADA	M	144	SEN M	77	42:18:00	04:13	21:38
150.	351	CELIA MATIAS	TONDELA RUNNERS	F	6	SEN F	5	42:18:00	04:13	21:41
151.	752	JOAO SIMOES	DCI/CCDRPEDRULHA-MEALHADA	M	145	SEN M	78	42:20:00	04:13	21:47
152.	591	VITOR SA	X5 HEALTH CLUB	M	146	SEN M	79	42:22:00	04:13	21:14
153.	698	PEDRO FRANCA	MONTINHO RUN	M	147	VET M45	21	42:24:00	04:13	21:18
154.	495	RICARDO FERREIRA	GDR GRANJA - TRUTAS MAU	M	148	SEN M	80	42:24:00	04:13	20:59
155.	867	JORGE PATO	ROYAL SCHOOL OF LANGUAGES	M	149	VET M40	29	42:27:00	04:14	21:50
156.	621	EDIVALDO MACIEL	SPORT CLUBE BEIRA-MAR	M	150	SEN M	81	42:27:00	04:14	21:45
157.	703	FERNANDO PINTO	PORTO RUNNERS	M	151	VET M55	3	42:28:00	04:14	21:34
158.	530	CARLOS GUERRA	RECREIO DESP AGUEDA	M	152	VET M45	22	42:29:00	04:14	21:00
159.	959	FERNANDO COSTA	LOUSADA RUNNERS	M	153	SEN M	82	42:29:00	04:14	22:08
160.	811	CARLOS PINHO	CLUBE ATLETISMO DE OVAR	M	154	VET M45	23	42:30:00	04:14	21:40
161.	268	JOSE OLIVEIRA	RIA SAUDE RUNNERS	M	155	SEN M	83	42:32:00	04:14	21:42
162.	974	PEDRO TOMAS		M	156	SEN M	84	42:33:00	04:14	21:31
163.	151	JOSE CUNHA	RUN&FUN	M	157	VET M40	30	42:34:00	04:14	21:38
164.	84	SALVADOR SILVA		M	158	VET M40	31	42:36:00	04:15	21:53
165.	541	CARLOS LOPES		M	159	VET M40	32	42:40:00	04:15	22:23
166.	122	NUNO ALVES	BOSCH TERMOTECNOLOGIA SA	M	160	VET M40	33	42:40:00	04:15	21:46
167.	762	JOAO CUNHA	DCI/CCDRPEDRULHA-MEALHADA	M	161	SEN M	85	42:44:00	04:15	21:53
168.	823	JOAO FERNANDES	VAGUEIRA RUNNERS	M	162	SEN M	86	42:46:00	04:16	21:13
169.	588	RICARDO MELO		M	163	SEN M	87	42:47:00	04:16	21:34
170.	134	NUNO PEREIRA	BOSCH TERMOTECNOLOGIA SA	M	164	SEN M	88	42:48:00	04:16	22:15
171.	398	CARLOS RIPOLINS	GRIJO A CORRER	M	165	VET M55	4	42:48:00	04:16	21:29
172.	111	LUIS RAMOS		M	166	SEN M	89	42:48:00	04:16	21:36
173.	32	ANTONIO SILVA		M	167	SEN M	90	42:52:00	04:16	22:38
174.	172	JOAO FERNANDES		M	168	VET M40	34	42:53:00	04:16	21:44
175.	390	DANIEL GANDAREZ		M	169	SEN M	91	42:53:00	04:16	21:46
176.	264	NUNO MAGALHAES	TARTARUGAS DO ASFALTO	M	170	VET M45	24	42:54:00	04:16	22:30

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	5 Km
177.	50	PEDRO MAGALHAES	TARTARUGAS DO ASFALTO	M	171	SEN M	92	42:56:00	04:17	22:29
178.	718	PAULO GONCALVES	GO MOVE	M	172	SEN M	93	43:04:00	04:17	23:05
179.	227	ADERITO CURTO	GIRA SOL	M	173	VET M55	5	43:05:00	04:18	21:43
180.	671	CAMILO CONCEICAO	DIARIO AVEIRO	M	174	SEN M	94	43:08:00	04:18	21:28
181.	382	JOAO ALMADA	A.D.TRAVASSO	M	175	VET M55	6	43:08:00	04:18	22:11
182.	695	JOSE FONSECA		M	176	VET M50	12	43:09:00	04:18	22:04
183.	645	OSCAR SOBRAL	VIRIATHVS RUNNERS	M	177	SEN M	95	43:10:00	04:18	22:19
184.	609	GILBERTO MELO	MAIA A.C.	M	178	SEN M	96	43:11:00	04:18	22:19
185.	202	PEDRO COSTA	RUN&FUN	M	179	SEN M	97	43:17:00	04:19	22:21
186.	784	PEDRO CANHA		M	180	SEN M	98	43:17:00	04:19	22:07
187.	847	PEDRO BROCHADO		M	181	SEN M	99	43:20:00	04:19	22:27
188.	156	CARLOS SANTOS	CCD – RENAULT CACIA	M	182	VET M45	25	43:22:00	04:19	22:12
189.	66	DENIS QUADROS	ATHLON RUNNER'S	M	183	SEN M	100	43:25:00	04:20	22:23
190.	300	LUIS AMARAL	RIA SAUDE RUNNERS	M	184	VET M40	35	43:25:00	04:20	22:32
191.	700	JORGE VILELA	ADREQUEIXO	M	185	VET M40	36	43:25:00	04:20	21:47
192.	410	AMERICO OLIVEIRA	AFIS/OVAR	M	186	VET M45	26	43:27:00	04:20	21:39
193.	635	RAFAEL GUEDES	GUEDES	M	187	VET M40	37	43:31:00	04:20	22:40
194.	889	DANIEL RODRIGUES	GJ PINHEIRO DA BEMPOSTA	M	188	SEN M	101	43:31:00	04:20	22:27
195.	106	ALEXANDRE DIAS	EM FORCA - WIKABOO	M	189	SEN M	102	43:31:00	04:20	21:53
196.	750	SANDRA BASTOS	DCI/CCDRPEDRULHA-MEALHADA	F	7	SEN F	6	43:33:00	04:20	22:27
197.	83	PAULO FIDALGO		M	190	SEN M	103	43:37:00	04:21	21:47
198.	345	ALBANO LOPES		M	191	SEN M	104	43:38:00	04:21	22:33
199.	251	RUI REGO	QUALY - PRODUTOS LIMPEZA	M	192	SEN M	105	43:39:00	04:21	21:51
200.	543	LUIS ALMEIDA		M	193	VET M40	38	43:43:00	04:21	22:45
201.	952	LEONARDO FREITAS	EVOLUA MULTISPORTS	M	194	SUB 23 M	4	43:45:00	04:22	21:40
202.	664	ANDRE NOVA	DIARIO AVEIRO	M	195	SEN M	106	43:45:00	04:22	21:39
203.	677	PEDRO FERNANDES	ADRULSM	M	196	SEN M	107	43:51:00	04:22	22:06
204.	326	JOAO PARREIRA	PITINHOS	M	197	SEN M	108	43:51:00	04:22	23:08
205.	85	FILIPPE PIRES		M	198	VET M45	27	43:54:00	04:22	22:38
206.	759	BRUNO JESUS	DCI/CCDRPEDRULHA-MEALHADA	M	199	SEN M	109	43:56:00	04:23	22:45
207.	860	ANTONIO MARQUES		M	200	VET M40	39	43:57:00	04:23	22:29
208.	706	RICARDO SOUSA		M	201	SEN M	110	43:59:00	04:23	22:37
209.	116	SERAFIM RAMOS	CLUBE PESSOAL EDP-PORTO	M	202	VET M55	7	43:59:00	04:23	22:03
210.	121	JOAO SANTANA	BOSCH TERMOTECNOLOGIA SA	M	203	VET M40	40	44:01:00	04:23	22:34
211.	132	PAULO BAPTISTA	BOSCH TERMOTECNOLOGIA SA	M	204	SEN M	111	44:01:00	04:23	22:43
212.	605	JOAO DAMASO	ACRM SILVEIRINHA CLARAS	M	205	SEN M	112	44:02:00	04:23	22:35
213.	258	PAULO BAPTISTA	RUNNERS DE VEZ EM QUANDO	M	206	SEN M	113	44:02:00	04:23	21:58
214.	986	N.N. 986		M	207	SEN M	114	44:06:00	04:24	22:43
215.	499	ANDRE OLIVEIRA	ISARUNNERS	M	208	SEN M	115	44:07:00	04:24	21:54
216.	323	MARINHO DUARTE	GINO SPORT CENTER	M	209	SEN M	116	44:09:00	04:24	23:02
217.	342	HELDER COSTA	AFIS/OVAR	M	210	SEN M	117	44:09:00	04:24	22:20
218.	250	JOSE PAULO NETO	ORALKLASS AMIGOS DO TRAIL	M	211	SEN M	118	44:12:00	04:24	22:23
219.	858	JUVENAL MAGUETA	GRUPO DESPORTIVO GAFANHA	M	212	VET M55	8	44:12:00	04:24	22:35
220.	449	ARNALDO SANTOS	ALTICE LABS	M	213	VET M50	13	44:16:00	04:25	22:38

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	5 Km
221.	678	JORGE MOREIRA	ADRULSM	M	214	VET M40	41	44:16:00	04:25	22:12
222.	592	NELSON ALVES	X5 HEALTH CLUB	M	215	VET M45	28	44:18:00	04:25	21:42
223.	182	VITOR CALDEIRA	BOAVISTA FC	M	216	SEN M	119	44:20:00	04:25	23:08
224.	979	JOSE LEITE	X5 HEALTH CLUB	M	217	VET M45	29	44:24:00	04:25	23:00
225.	797	FERNANDO ROLDAO	GAVIOES	M	218	VET M40	42	44:24:00	04:25	22:42
226.	474	NUNO CACHULO	ALTICE LABS	M	219	SEN M	120	44:25:00	04:26	22:29
227.	948	JOAO SIMOES		M	220	SEN M	121	44:26:00	04:26	22:19
228.	625	MARISA RODRIGUES	SPORT CLUBE BEIRA-MAR	F	8	SEN F	7	44:27:00	04:26	22:42
229.	571	MARCIO COSTA	UNIDOS DE ROSSAS	M	221	SUB 23 M	5	44:28:00	04:26	22:09
230.	482	JOSE MONTEIRO	ALTICE LABS	M	222	SEN M	122	44:31:00	04:26	22:34
231.	771	JOAO BARBOSA	XAU AI	M	223	SEN M	123	44:31:00	04:26	22:25
232.	888	RUI VIEITO	AVEIRO NIGHT RUNNERS	M	224	VET M40	43	44:34:00	04:26	22:32
233.	53	NUNO MARTINS		M	225	SEN M	124	44:38:00	04:27	23:15
234.	362	PAULO TAVARES		M	226	SEN M	125	44:38:00	04:27	22:47
235.	534	JOSE SANTOS	RECREIO DESP AGUEDA	M	227	VET M50	14	44:39:00	04:27	22:50
236.	631	ARMANDO PINHO	BRANDAO PINHO	M	228	VET M40	44	44:39:00	04:27	22:33
237.	712	MARINHA MANUEL	MARINHA	M	229	VET M50	15	44:42:00	04:27	22:10
238.	555	PAUL SHEPHERD		M	230	VET M50	16	44:45:00	04:28	23:11
239.	460	GIL SERAFIM	ALTICE LABS	M	231	SEN M	126	44:45:00	04:28	22:38
240.	458	FERNANDO PARENTE	ALTICE LABS	M	232	SEN M	127	44:45:00	04:28	22:38
241.	900	JOSE ALMEIDA		M	233	SEN M	128	44:49:00	04:28	22:58
242.	739	FILIPE SILVA	TEAM VENTIL	M	234	SEN M	129	44:51:00	04:28	23:07
243.	452	CARLOS PARADA	ALTICE LABS	M	235	SEN M	130	44:51:00	04:28	22:37
244.	770	LUIS MIGUEL REIS	DELTA	M	236	VET M45	30	44:53:00	04:28	22:20
245.	234	HELDER RODRIGUES	ADREP	M	237	VET M60	2	44:54:00	04:28	22:52
246.	387	HILARIO CARDOSO		M	238	VET M50	17	44:56:00	04:29	22:09
247.	745	FRED GOMES		M	239	SEN M	131	44:57:00	04:29	23:31
248.	595	ANTONIO PORRAO	X5 HEALTH CLUB	M	240	VET M50	18	44:59:00	04:29	22:17
249.	521	DANIEL EDMUNDO	RECREIO DESP AGUEDA	M	241	SEN M	132	45:00:00	04:29	22:55
250.	184	WILLEM SCHAMPHELER		M	242	VET M45	31	45:05:00	04:30	22:42
251.	366	ANTONIO LEMOS	RUN@FIGUEIRA	M	243	VET M60	3	45:07:00	04:30	22:33
252.	844	JOSE AMARO	AFIS/OVAR	M	244	VET M55	9	45:08:00	04:30	23:08
253.	63	MIRIAM MARTINS	SPORT CLUBE BEIRA-MAR	F	9	SEN F	8	45:10:00	04:30	23:26
254.	92	MARCOS RATOLA		M	245	SEN M	133	45:11:00	04:30	23:06
255.	896	ANTONIO TEIXEIRA	SPORT CLUBE BEIRA-MAR	M	246	VET M45	32	45:13:00	04:30	22:39
256.	60	LUIS OLIVEIRA	NOKIA RUNNERS	M	247	SEN M	134	45:13:00	04:30	23:42
257.	30	FRANCISCO FREITAS		M	248	VET M40	45	45:16:00	04:31	23:06
258.	204	LEANDRO RAMOS	NOCTURNOS DE PAREDES	M	249	VET M40	46	45:18:00	04:31	23:25
259.	556	LEONARDO JESUS	CLUTA RUNNERS	M	250	SEN M	135	45:18:00	04:31	23:18
260.	39	JORGE ALMEIDA		M	251	SEN M	136	45:20:00	04:31	23:57
261.	459	FRANCISCO COSTA	ALTICE LABS	M	252	VET M45	33	45:21:00	04:31	23:08
262.	270	CATARINA PINHO		F	10	SEN F	9	45:21:00	04:31	23:16
263.	920	ARTUR ROCHA		M	253	SEN M	137	45:22:00	04:31	23:32
264.	175	VITOR SILVA	RUMO34	M	254	SEN M	138	45:23:00	04:31	22:43

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	5 Km
265.	590	PAULO MARQUES		M	255	SEN M	139	45:27:00	04:32	23:39
266.	805	AMERICO FONSECA	X5 HEALTH CLUB	M	256	VET M45	34	45:34:00	04:32	22:59
267.	972	JOAO OLIVEIRA	AFIS/OVAR	M	257	SEN M	140	45:35:00	04:33	23:51
268.	806	AMILCAR GARNACHO		M	258	VET M60	4	45:36:00	04:33	23:31
269.	217	ARMINDO BASTOS	BOSCH-AVEIRO	M	259	VET M40	47	45:36:00	04:33	23:10
270.	133	NUNO MARNOTO	BOSCH TERMOTECNOLOGIA SA	M	260	SEN M	141	45:36:00	04:33	23:10
271.	115	FERNANDO FAUSTINO		M	261	VET M50	19	45:37:00	04:33	23:10
272.	333	MARIA FEIO		F	11	VET F40	1	45:37:00	04:33	23:37
273.	442	MANUEL GOMES	AFIS/OVAR	M	262	VET M50	20	45:40:00	04:33	23:35
274.	226	JOSE NETO	G. D. PORTELA	M	263	VET M40	48	45:44:00	04:33	23:16
275.	54	RUI RUSSO SANTOS	PORTO RUNNERS	M	264	VET M50	21	45:44:00	04:33	23:16
276.	183	PETRA SLIEPERS		F	12	VET F45	2	45:45:00	04:34	23:22
277.	676	PAULO FREITAS	ADRULSM	M	265	VET M45	35	45:47:00	04:34	23:19
278.	413	NUNO CABRAL	JOGGING LOVERS COIMBRA	M	266	SEN M	142	45:50:00	04:34	22:38
279.	547	VICTOR SANTOS	JOGGING LOVERS COIMBRA	M	267	VET M50	22	45:51:00	04:34	23:04
280.	77	JOANA CUNHA	DINAMO CLUBE DA ESTACAO	F	13	SEN F	10	45:55:00	04:35	23:39
281.	407	SERGIO SILVA	AFIS/OVAR	M	268	VET M40	49	45:55:00	04:35	23:38
282.	876	ANDRE BASTOS		M	269	JUN M	3	45:58:00	04:35	24:12:00
283.	611	VALTER CARVALHO		M	270	SEN M	143	46:00:00	04:35	22:20
284.	91	ORLANDO FERREIRA	FORMULA RUN	M	271	VET M50	23	46:04:00	04:35	23:17
285.	688	MANUEL OLIVEIRA		M	272	VET M55	10	46:08:00	04:36	23:46
286.	343	SERGIO RODRIGUES	AFIS/OVAR	M	273	SEN M	144	46:10:00	04:36	23:36
287.	100	PEDRO BODAS	VAGUEIRA RUNNERS	M	274	SEN M	145	46:11:00	04:36	23:30
288.	304	MIGUEL DIAS	PORTO RUNNERS	M	275	VET M40	50	46:15:00	04:37	23:48
289.	102	AGNELO SILVA	VAGUEIRA RUNNERS	M	276	SEN M	146	46:15:00	04:37	24:14:00
290.	1001	ANDREIA MOCO		F	14	SEN F	11	46:16:00	04:37	24:00:00
291.	769	DANIELA FALCAO	RUNNERS LAMPASSA	F	15	SEN F	12	46:16:00	04:37	23:33
292.	936	VASCO MICAEL		M	277	VET M65	1	46:18:00	04:37	23:51
293.	335	JOAO GIL DA COSTA		M	278	VET M55	11	46:21:00	04:37	23:08
294.	457	ESTEVAO AFONSO	ALTICE LABS	M	279	VET M45	36	46:24:00	04:37	23:36
295.	67	RUI FERREIRA	ATHLON RUNNER'S	M	280	SEN M	147	46:26:00	04:38	23:18
296.	119	CARLOS FERREIRA	BOSCH TERMOTECNOLOGIA SA	M	281	VET M40	51	46:28:00	04:38	24:02:00
297.	648	JOSE SIMOES		M	282	VET M45	37	46:30:00	04:38	23:24
298.	788	MIKE DIAS	RUN2EAT	M	283	VET M40	52	46:31:00	04:38	24:16:00
299.	152	RICARDO MADUREIRA	JOGGING LOVERS COIMBRA	M	284	VET M50	24	46:34:00	04:38	23:27
300.	740	MARCO COELHO		M	285	SEN M	148	46:37:00	04:39	24:11:00
301.	159	JOAO MARQUES	CCD – RENAULT CACIA	M	286	VET M55	12	46:37:00	04:39	23:57
302.	615	CESAR BARROS	SPORT CLUBE BEIRA-MAR	M	287	SEN M	149	46:40:00	04:39	23:48
303.	730	NUNO SILVA		M	288	VET M40	53	46:43:00	04:39	23:53
304.	585	CARLOS SILVA	CCDCREDITO AGRICOLA MUTUO	M	289	VET M50	25	46:43:00	04:39	23:38
305.	978	OSCAR SANTOS	X5 HEALTH CLUB	M	290	VET M50	26	46:44:00	04:39	24:04:00
306.	23	JOAO SANTOS	ENDORPHINS RUNNERS	M	291	SEN M	150	46:45:00	04:40	23:49
307.	815	FERNANDO LOPES		M	292	VET M60	5	46:48:00	04:40	23:25
308.	699	JORGE SANTOS	MONTINHO RUN	M	293	VET M50	27	46:49:00	04:40	24:16:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	5 Km
309.	365	PAULO SILVA	TONDELA RUNNERS	M	294	VET M45	38	46:51:00	04:40	23:52
310.	931	ALMEIDA PINA	COUTO	M	295	SEN M	151	46:52:00	04:40	23:18
311.	569	ANTONIO TAVARES	UNIDOS DE ROSSAS	M	296	SEN M	152	46:54:00	04:40	23:57
312.	880	NUNO FONTES	IMPERRIA	M	297	VET M45	39	46:54:00	04:40	23:24
313.	418	RICARDO GERMANO	ISARUNNERS	M	298	SEN M	153	46:57:00	04:41	24:12:00
314.	124	AVENTINO LIMA	BOSCH TERMOTECNOLOGIA SA	M	299	VET M40	54	46:57:00	04:41	24:13:00
315.	935	AMANDIO BRITES		M	300	VET M70	1	47:00:00	04:41	23:45
316.	705	AIRES OLIVEIRA	UNIDOS DE ROSSAS	M	301	SEN M	154	47:01:00	04:41	24:52:00
317.	575	RODRIGO SANTOS	RECREIO DESP AGUEDA	M	302	SEN M	155	47:04:00	04:41	24:02:00
318.	445	ALBERTO SILVA	ALTICE LABS	M	303	VET M45	40	47:06:00	04:42	24:02:00
319.	757	JOAO CAVADAS	DCI/CCDRPEDRULHA-MEALHADA	M	304	VET M50	28	47:07:00	04:42	23:46
320.	29	RUI PEREIRA		M	305	SEN M	156	47:07:00	04:42	23:56
321.	146	ANDRE GIRAO	BIORUNNERS	M	306	SEN M	157	47:09:00	04:42	23:29
322.	404	JOAO MELO	ACOREANA	M	307	SEN M	158	47:10:00	04:42	23:42
323.	941	MICHEL ALMEIDA	PONTO ENCONTRO	M	308	VET M40	55	47:12:00	04:42	23:38
324.	515	CARLOS ESTIMA	RECREIO DESP AGUEDA	M	309	VET M45	41	47:12:00	04:42	23:59
325.	485	RODRIGO PINHO	ALTICE LABS	M	310	SEN M	159	47:15:00	04:43	23:32
326.	423	JAVIER MACIAS		M	311	SEN M	160	47:16:00	04:43	23:39
327.	486	CELSO TEIXEIRA		M	312	VET M45	42	47:18:00	04:43	23:38
328.	618	MIGUEL CUNHA	SPORT CLUBE BEIRA-MAR	M	313	SEN M	161	47:25:00	04:44	25:09:00
329.	86	FERNANDA GOMES		F	16	VET F40	2	47:26:00	04:44	24:00:00
330.	704	ANTONIO SOARES	GALGOS DE TANCOS	M	314	SEN M	162	47:30:00	04:44	24:44:00
331.	680	EDUARDO FERREIRA	ADRULSM	M	315	SEN M	163	47:31:00	04:44	24:19:00
332.	155	RICARDO DIOGO		M	316	SEN M	164	47:32:00	04:44	24:00:00
333.	315	DANIELA SANTOS	KO TRAIL RUNNING	F	17	SEN F	13	47:35:00	04:45	24:25:00
334.	932	PEDRO PIMENTEL	VAGUEIRA LOCALS	M	317	SEN M	165	47:35:00	04:45	24:00:00
335.	899	CARLOS MADUREIRA		M	318	SEN M	166	47:38:00	04:45	24:27:00
336.	598	JOSE ANDRADE	X5 HEALTH CLUB	M	319	VET M45	43	47:40:00	04:45	24:18:00
337.	51	BALTAZAR FERREIRA		M	320	VET M45	44	47:42:00	04:45	24:06:00
338.	922	TIAGO ALMEIDA		M	321	JUN M	4	47:42:00	04:45	25:18:00
339.	683	NUNO ALEGRIA		M	322	SEN M	167	47:43:00	04:45	24:10:00
340.	539	LUIS CARVALHO	ISARUNNERS	M	323	SEN M	168	47:48:00	04:46	24:30:00
341.	282	NARCISO ARROMBA		M	324	VET M60	6	47:48:00	04:46	23:50
342.	143	ANDRE COIMBRA	MANQUINHOS	M	325	SEN M	169	47:49:00	04:46	23:58
343.	864	JOAQUIM FERREIRA	AFIS/OVAR	M	326	VET M50	29	47:49:00	04:46	24:45:00
344.	981	CARLOS CUNHA		M	327	SEN M	170	47:50:00	04:46	24:17:00
345.	878	VITOR FERNANDES		M	328	VET M40	56	47:51:00	04:46	24:06:00
346.	297	RICARDO MONTEIRO	AVEIRO NIGHT RUNNERS	M	329	VET M45	45	47:54:00	04:46	23:52
347.	301	VASCO AMARAL		M	330	SEN M	171	47:56:00	04:47	24:50:00
348.	965	RUI LEBRE	TARTARUGAS DO ASFALTO	M	331	VET M45	46	47:56:00	04:47	24:39:00
349.	167	ROSA SILVA	LIGEIRINHOS	F	18	VET F45	3	47:57:00	04:47	23:33
350.	843	MARIO CONDE	AFIS/OVAR	M	332	VET M60	7	47:59:00	04:47	24:06:00
351.	835	DOMINGOS TAVARES		M	333	VET M40	57	48:00:00	04:47	24:22:00
352.	822	LUIS LOPES E DIAS	GINO SPORT CENTER	M	334	SEN M	172	48:04:00	04:47	24:18:00



Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	5 Km
353.	670	PAULO BATISTA	DIARIO AVEIRO	M	335	SEN M	173	48:04:00	04:47	23:49
354.	729	JORGE LOUREIRO		M	336	SEN M	174	48:07:00	04:48	23:44
355.	144	MANUEL TEIXEIRA	MANQUINHOS	M	337	VET M55	13	48:08:00	04:48	24:18:00
356.	397	PEDRO MARQUES	RUMO34	M	338	SEN M	175	48:09:00	04:48	24:57:00
357.	657	JOSE CORTESAO	DIARIO AVEIRO	M	339	VET M55	14	48:10:00	04:48	22:56
358.	968	VITOR FERREIRA	RUNNING ESPINHO	M	340	VET M40	58	48:11:00	04:48	23:58
359.	112	JOAO REDONDO		M	341	VET M50	30	48:12:00	04:48	24:35:00
360.	717	MIGUEL QUEIROS		M	342	VET M55	15	48:13:00	04:48	24:14:00
361.	488	SARA FORJAZ	TRIATLO GALITOS	F	19	SUB 23 F	1	48:16:00	04:49	23:32
362.	828	GUSTAVO ROCHA	BOLAS DE BERLIM	M	343	VET M45	47	48:16:00	04:49	23:32
363.	606	EDUARDO FALCAO	PERDI O TAXI	M	344	VET M45	48	48:20:00	04:49	24:57:00
364.	833	AMERICO ALHAIS	CSP ARADAS	M	345	VET M50	31	48:23:00	04:49	24:25:00
365.	429	FRANCISCO SILVA		M	346	VET M50	32	48:24:00	04:49	24:25:00
366.	831	ANTONIO RAMOS	CSP ARADAS	M	347	VET M55	16	48:29:00	04:50	24:34:00
367.	964	VITOR SANTOS		M	348	SEN M	176	48:35:00	04:51	23:05
368.	819	RUI RODRIGUES	VIRIATHVS RUNNERS	M	349	VET M45	49	48:38:00	04:51	23:55
369.	24	ALBERTO BRANCO		M	350	VET M45	50	48:40:00	04:51	24:19:00
370.	356	DUARTE SANTOS		M	351	SEN M	177	48:45:00	04:52	23:36
371.	232	ALDA CORDEIRO		F	20	VET F45	4	48:46:00	04:52	25:12:00
372.	62	CLAUDIA SILVA	RAINHA CLUB	F	21	SEN F	14	48:46:00	04:52	24:14:00
373.	649	FRANCISCO LAMAS		M	352	VET M40	59	48:48:00	04:52	25:13:00
374.	829	OLIVEIRA SOUSA	CSP ARADAS	M	353	VET M45	51	48:49:00	04:52	23:35
375.	435	JOAO RIBEIRO	MOLINHAS TEAM	M	354	VET M40	60	48:49:00	04:52	23:52
376.	643	MARCO COSTA		M	355	SEN M	178	48:50:00	04:52	23:52
377.	984	LUIS RAMOS		M	356	SEN M	179	48:50:00	04:52	24:14:00
378.	969	CARLOS SANTOS		M	357	VET M40	61	48:51:00	04:52	24:18:00
379.	612	ISABEL ROSAS		F	22	VET F40	3	48:54:00	04:52	24:37:00
380.	64	VIRGILIO NETO	TBSIC	M	358	VET M40	62	48:55:00	04:53	25:38:00
381.	772	FERNANDO JMAGALHAES		M	359	VET M50	33	48:56:00	04:53	24:23:00
382.	954	VITOR PINTO	2LOW4RUN	M	360	SEN M	180	48:56:00	04:53	24:18:00
383.	953	JOAQUIM VELHO	2LOW4RUN	M	361	SEN M	181	48:56:00	04:53	24:19:00
384.	574	JOAO SILVA		M	362	SEN M	182	48:58:00	04:53	25:03:00
385.	491	LUIS SANTOS	ISARUNNERS	M	363	VET M40	63	49:00:00	04:53	24:17:00
386.	865	MONICA FERNANDES	LOUSADA RUNNERS	F	23	VET F40	4	49:01:00	04:53	25:45:00
387.	444	EDUARDO OLIVEIRA	AFIS/OVAR	M	364	VET M40	64	49:03:00	04:53	23:59
388.	443	MANUEL RAMOS	AFIS/OVAR	M	365	VET M70	2	49:03:00	04:53	23:59
389.	149	RUI MARTINS	RUN&FUN	M	366	VET M45	52	49:05:00	04:54	24:10:00
390.	947	LEANDRO ANJOS	A D C SAO JACINTO	M	367	SEN M	183	49:07:00	04:54	24:34:00
391.	405	CRISPIM TRIBUNA	CVVB	M	368	SEN M	184	49:08:00	04:54	25:20:00
392.	921	ALEXANDRE ALMEIDA		M	369	VET M40	65	49:09:00	04:54	25:09:00
393.	213	JORGE HENRIQUES	CCDS S.FRUTUOSO	M	370	VET M45	53	49:10:00	04:54	24:18:00
394.	104	MARIO FLORINDO	RAINHA CLUB	M	371	VET M40	66	49:11:00	04:54	24:53:00
395.	380	PEDRO RODRIGUES		M	372	SEN M	185	49:14:00	04:54	24:31:00
396.	594	ANTONIO PINHEIRO	X5 HEALTH CLUB	M	373	VET M45	54	49:14:00	04:54	24:39:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	5 Km
397.	109	CARLOS NORONHA	ESPARTUGAS RUNNING	M	374	SEN M	186	49:15:00	04:55	24:21:00
398.	586	JOSE MANUEL COSTA	MOLINHAS TEAM	M	375	VET M50	34	49:16:00	04:55	24:41:00
399.	786	ANA MOREIRA	MASS SPEC SISTERS	F	24	SEN F	15	49:17:00	04:55	25:03:00
400.	40	JOAO GRACA	ACRM SILVEIRINHA CLARAS	M	376	VET M60	8	49:18:00	04:55	25:26:00
401.	473	NUNO SEIXAS	ALTICE LABS	M	377	SEN M	187	49:20:00	04:55	25:00:00
402.	274	ANTONIO SILVA	QUIMIFEIRAVCDCORRE	M	378	VET M45	55	49:22:00	04:55	24:27:00
403.	914	EDUARDO PEREIRA		M	379	SEN M	188	49:22:00	04:55	24:46:00
404.	12	PEDRO FERREIRA		M	380	VET M40	67	49:23:00	04:55	24:32:00
405.	507	GONCALO PACHECO		M	381	SEN M	189	49:23:00	04:55	23:44
406.	903	CARLOS ALEXANDRE	CORRER VISEU	M	382	VET M50	35	49:25:00	04:56	24:19:00
407.	652	GONCALO MARTINS	SINMETRO RUNNERS	M	383	SEN M	190	49:25:00	04:56	24:21:00
408.	906	TO ZE MARTINS	NOCTURNOS DE PAREDES	M	384	SEN M	191	49:26:00	04:56	25:39:00
409.	498	JORGE COSTA	MOLINHAS TEAM	M	385	VET M50	36	49:26:00	04:56	25:47:00
410.	33	JOAO RODRIGUES	MATA CHIBAS	M	386	VET M40	68	49:27:00	04:56	25:20:00
411.	96	VASCO ALPALHAO		M	387	VET M45	56	49:29:00	04:56	24:48:00
412.	629	ALZIRA BARROS	VIRIATHVS RUNNERS	F	25	VET F40	5	49:29:00	04:56	24:20:00
413.	99	JOAO NEGRAO	VAGUEIRA RUNNERS	M	388	SEN M	192	49:29:00	04:56	25:54:00
414.	808	RUI GOMES		M	389	SEN M	193	49:31:00	04:56	24:37:00
415.	912	FABIO GOMES		M	390	SEN M	194	49:32:00	04:56	23:26
416.	357	JOAQUIM ALMEIDA		M	391	VET M55	17	49:32:00	04:56	25:32:00
417.	910	FABIO SANTOS	HOSPITAL SANTA MARIA	M	392	SEN M	195	49:33:00	04:56	24:53:00
418.	642	PAULO MARTINS	BIO TEAM RUN	M	393	VET M45	57	49:34:00	04:56	25:02:00
419.	341	CARLOS CAMPOS	AFIS/OVAR	M	394	VET M45	58	49:35:00	04:57	24:21:00
420.	261	ARMENIO NEVES		M	395	VET M60	9	49:35:00	04:57	24:30:00
421.	872	HERNANI AMARAL	ROYAL SCHOOL OF LANGUAGES	M	396	VET M60	10	49:37:00	04:57	26:35:00
422.	369	RICARDO SEROMENHO		M	397	SEN M	196	49:40:00	04:57	25:52:00
423.	663	MARGARIDA MALAQUIAS	DIARIO AVEIRO	F	26	SEN F	16	49:42:00	04:57	24:43:00
424.	42	PEDRO JOAO SILVA	FAMELGA	M	398	VET M40	69	49:43:00	04:57	24:56:00
425.	838	ALEXANDRE OLIVEIRA	RUNNING ESPINHO	M	399	SEN M	197	49:51:00	04:58	28:01:00
426.	420	TIAGO VASCONCELOS		M	400	SEN M	198	49:52:00	04:58	25:46:00
427.	636	CARLOS DIAS	CIRES RUNNING TEAM	M	401	VET M45	59	49:54:00	04:58	24:35:00
428.	840	FERNANDO PINTO	CIRES RUNNING TEAM	M	402	VET M45	60	49:54:00	04:58	25:11:00
429.	767	CARLA CARDOSO		F	27	VET F40	6	49:54:00	04:58	25:50:00
430.	731	DAVID CUNHA		M	403	VET M40	70	49:57:00	04:59	25:56:00
431.	741	PEDRO PINHO		M	404	SEN M	199	50:01:00	04:59	25:51:00
432.	747	JOAO BERNARDO		M	405	VET M40	71	50:02:00	04:59	24:51:00
433.	471	MIGUEL MATOS	ALTICE LABS	M	406	SEN M	200	50:07:00	05:00	25:27:00
434.	260	RICARDO FONTE	CANIANOS	M	407	SEN M	201	50:09:00	05:00	25:23:00
435.	687	FERNANDO SILVA		M	408	VET M55	18	50:10:00	05:00	25:44:00
436.	623	BRUNO PONTE	SPORT CLUBE BEIRA-MAR	M	409	SEN M	202	50:11:00	05:00	25:38:00
437.	658	FILIPE ROSADO	DIARIO AVEIRO	M	410	SEN M	203	50:12:00	05:00	25:33:00
438.	725	BRUNO REI		M	411	SEN M	204	50:17:00	05:01	25:53:00
439.	628	PAULO FERNANDES	VIRIATHVS RUNNERS	M	412	VET M50	37	50:18:00	05:01	25:09:00
440.	894	HUGO FERREIRA		M	413	SEN M	205	50:19:00	05:01	25:25:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	5 Km
441.	69	RENATA NEVES	ATHLON RUNNER'S	F	28	SEN F	17	50:20:00	05:01	25:06:00
442.	118	BRUNO ALVES	BOSCH TERMOTECNOLOGIA SA	M	414	SEN M	206	50:22:00	05:01	27:38:00
443.	682	DAVID TEIXEIRA	ADRULSM	M	415	SEN M	207	50:23:00	05:01	25:10:00
444.	679	PAULA GONCALVES	ADRULSM	F	29	VET F40	7	50:23:00	05:01	25:10:00
445.	516	FRANCISCO MENDES	BIO TEAM RUN	M	416	VET M40	72	50:26:00	05:02	25:31:00
446.	577	PEDRO FURTADO	RUN4SARDINES	M	417	VET M45	61	50:27:00	05:02	25:27:00
447.	56	JOANA TAVARES	NOKIA RUNNERS	F	30	SEN F	18	50:28:00	05:02	25:54:00
448.	804	JOSE PINHAL		M	418	VET M45	62	50:35:00	05:03	25:48:00
449.	531	FILIPE ALMEIDA	RECREIO DESP AGUEDA	M	419	VET M40	73	50:38:00	05:03	25:20:00
450.	497	VITOR PEREIRA		M	420	SEN M	208	50:38:00	05:03	26:42:00
451.	851	PEDRO CAMOES		M	421	SUB 23 M	6	50:41:00	05:03	25:45:00
452.	933	PAULO FONTE	VAGUEIRA LOCALS	M	422	VET M40	74	50:42:00	05:03	27:08:00
453.	790	FERNANDO MAIA		M	423	VET M45	63	50:44:00	05:03	25:26:00
454.	583	ANDRE LOPES	CCDCREDITO AGRICOLA MUTUO	M	424	SEN M	209	50:45:00	05:04	26:51:00
455.	668	FRANCISCO GONCALVES	DIARIO AVEIRO	M	425	SEN M	210	50:46:00	05:04	24:27:00
456.	510	JOSE JESUS	IRON RUNNERS	M	426	VET M40	75	50:47:00	05:04	25:45:00
457.	728	JOAO BERNARDO	RUN4FUNCOIMBRA	M	427	VET M45	64	50:50:00	05:04	26:05:00
458.	254	ANDRE SILVA	KASAREMGORDA	M	428	SEN M	211	50:51:00	05:04	26:43:00
459.	967	TANIA FERREIRA		F	31	SEN F	19	50:51:00	05:04	25:32:00
460.	641	SARA ALVES		F	32	SEN F	20	50:53:00	05:04	25:43:00
461.	125	DANIEL LOPES	BOSCH TERMOTECNOLOGIA SA	M	429	SEN M	212	50:54:00	05:04	26:45:00
462.	128	RICARDO CARRANCA	BOSCH TERMOTECNOLOGIA SA	M	430	SEN M	213	50:54:00	05:04	26:10:00
463.	355	LUIS GAMA	AFIS/OVAR	M	431	VET M45	65	50:55:00	05:05	25:37:00
464.	517	ARLINDO JESUS	BIO TEAM RUN	M	432	VET M40	76	50:56:00	05:05	24:51:00
465.	320	CLOTILDE SANTOS	GINO SPORT CENTER	F	33	VET F40	8	51:01:00	05:05	25:03:00
466.	196	JULIA ALVES	ACM RUNNING	F	34	VET F40	9	51:03:00	05:05	26:47:00
467.	428	INES PEREIRA	PONTO ZEN	F	35	SEN F	21	51:03:00	05:05	25:14:00
468.	726	JORGE MAGUETA		M	433	VET M40	77	51:04:00	05:05	24:58:00
469.	956	ARMANDO PINTO		M	434	VET M45	66	51:05:00	05:06	25:05:00
470.	75	VIRGINIA FERREIRA		F	36	SEN F	22	51:07:00	05:06	25:36:00
471.	177	CARLOS BATISTA	FBATISTA	M	435	VET M40	78	51:09:00	05:06	26:08:00
472.	368	MARIA JOSE RODRIGUES		F	37	VET F40	10	51:09:00	05:06	26:06:00
473.	855	LUIS RIBEIRO		M	436	SEN M	214	51:11:00	05:06	27:06:00
474.	620	PATRICIA ANTELO	SPORT CLUBE BEIRA-MAR	F	38	SEN F	23	51:11:00	05:06	26:07:00
475.	322	LARA SILVA	GINO SPORT CENTER	F	39	SEN F	24	51:12:00	05:06	25:14:00
476.	971	JOSE CARVALHO		M	437	SEN M	215	51:12:00	05:06	24:47:00
477.	174	SANDRA OLSSON		F	40	SEN F	25	51:17:00	05:07	26:11:00
478.	607	TIAGO BAPTISTA		M	438	SEN M	216	51:17:00	05:07	25:00:00
479.	154	ANA MARIA BARBOSA		F	41	VET F55	1	51:18:00	05:07	26:28:00
480.	582	SANDRA CAVALHEIRO	BOAS SOLAS	F	42	VET F45	5	51:18:00	05:07	25:49:00
481.	372	ANTONIO LEMOS	MOLINHAS TEAM	M	439	VET M45	67	51:19:00	05:07	26:27:00
482.	807	FILIPE MARCAL		M	440	SEN M	217	51:20:00	05:07	26:45:00
483.	997	PETER ELIOPOULOS		M	441	VET M50	38	51:21:00	05:07	26:23:00
484.	107	ADRIANO SANTOS	ADREQUEIXO	M	442	SEN M	218	51:21:00	05:07	26:04:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	5 Km
485.	508	TELMO BRANDAO		M	443	SEN M	219	51:22:00	05:07	25:24:00
486.	298	LUIS SAMPAIO	CANIANOS	M	444	SEN M	220	51:23:00	05:07	26:21:00
487.	938	SANDRO RAFAEL		M	445	JUN M	5	51:24:00	05:07	25:04:00
488.	904	LUISA ALMEIDA	TARTARUGAS DO ASFALTO	F	43	VET F50	1	51:25:00	05:08	27:00:00
489.	130	VITOR HENRIQUES	BOSCH TERMOTECNOLOGIA SA	M	446	SEN M	221	51:31:00	05:08	26:11:00
490.	265	PAULO PINTO	MARISCO VIVO	M	447	VET M45	68	51:35:00	05:09	26:27:00
491.	379	ANTONIO MELO	CORRER VISEU	M	448	VET M50	39	51:38:00	05:09	26:25:00
492.	383	ISABEL INACI	CORRER VISEU	F	44	VET F45	6	51:38:00	05:09	26:25:00
493.	370	CARLOS COSTA	CORRER VISEU	M	449	SEN M	222	51:38:00	05:09	26:26:00
494.	905	MARIA JOAO BARBOSA		F	45	SEN F	26	51:44:00	05:09	26:37:00
495.	787	PAULO CALISTO		M	450	SEN M	223	51:45:00	05:10	27:26:00
496.	538	HELENA AZEVEDO	ISARUNNERS	F	46	SEN F	27	51:49:00	05:10	26:26:00
497.	839	NELSON SIMOES	RUN S BERNARDO	M	451	SEN M	224	51:50:00	05:10	25:59:00
498.	644	LUIS RODRIGUES	RUN@FIGUEIRA	M	452	VET M40	79	51:51:00	05:10	27:01:00
499.	870	SAMUEL NEVES	ROYAL SCHOOL OF LANGUAGES	M	453	SEN M	225	51:52:00	05:10	27:08:00
500.	871	ELISABETE RODRIGUES	ROYAL SCHOOL OF LANGUAGES	F	47	VET F40	11	51:52:00	05:10	27:07:00
501.	305	RUI JORGE FERREIRA		M	454	VET M45	69	51:52:00	05:10	27:07:00
502.	803	MARIO BARRADAS		M	455	VET M45	70	51:57:00	05:11	25:41:00
503.	927	ANDRE PINTO	X5 HEALTH CLUB	M	456	VET M55	19	51:58:00	05:11	26:20:00
504.	924	JOAO REIS	X5 HEALTH CLUB	M	457	VET M50	40	51:58:00	05:11	26:20:00
505.	481	VICTOR MARQUES	ALTICE LABS	M	458	VET M40	80	51:59:00	05:11	27:26:00
506.	907	TANIA CARDOSO	NOCTURNOS DE PAREDES	F	48	SEN F	28	52:00:00	05:11	26:24:00
507.	691	JOAO OLIVEIRA		M	459	SEN M	226	52:02:00	05:11	26:34:00
508.	72	LIGIA CASIMIRO	CIRES RUNNING TEAM	F	49	VET F40	12	52:02:00	05:11	25:58:00
509.	689	MARIA CARVALHO		F	50	SEN F	29	52:02:00	05:11	26:35:00
510.	306	VALERIY KOVAZHENKO		M	460	SEN M	227	52:13:00	05:12	27:11:00
511.	824	JOAO COELHO	RAMOS COELHO	M	461	VET M50	41	52:14:00	05:12	26:33:00
512.	825	SAMUEL RAMOS	SAO CAETANO- CANTANHEDE	M	462	JUN M	6	52:14:00	05:12	26:33:00
513.	241	DINA MOTA	TONDELA RUNNERS	F	51	VET F45	7	52:17:00	05:13	26:00:00
514.	31	HILARIO ESPADILHA		M	463	VET M40	81	52:19:00	05:13	26:55:00
515.	396	SOFIA AZENHA	RUMO34	F	52	SEN F	30	52:19:00	05:13	27:16:00
516.	608	SANDRA C COSTA	CAETANO RUNNERS	F	53	SEN F	31	52:21:00	05:13	26:11:00
517.	685	ANTONIO TAFULA	RUN@FIGUEIRA	M	464	VET M65	2	52:23:00	05:13	26:36:00
518.	98	PAULO MAIA		M	465	VET M45	71	52:24:00	05:13	26:33:00
519.	859	DANIELA SIMOES		F	54	SUB 23 F	2	52:25:00	05:14	26:45:00
520.	785	ELISABETE DA COSTA	MASS SPEC SISTERS	F	55	VET F40	13	52:26:00	05:14	26:38:00
521.	203	PAULO TEIXEIRA		M	466	SEN M	228	52:27:00	05:14	25:48:00
522.	242	NUNO ALEXANDRE VIEIRA		M	467	VET M40	82	52:27:00	05:14	26:04:00
523.	38	JOSE CAETANO		M	468	VET M55	20	52:31:00	05:14	27:10:00
524.	185	TIAGO ABREU		M	469	SEN M	229	52:33:00	05:14	27:13:00
525.	275	CAMILO DUARTE	QUIMIFEIRAVCDCORRE	M	470	VET M70	3	52:33:00	05:14	26:06:00
526.	468	MARCO BORGES	ALTICE LABS	M	471	SEN M	230	52:33:00	05:14	26:19:00
527.	348	ANTONIO SILVA		M	472	VET M50	42	52:35:00	05:15	26:06:00
528.	103	MIGUEL ROCHA	VAGUEIRA RUNNERS	M	473	SEN M	231	52:36:00	05:15	29:05:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	5 Km
529.	176	ANTONIO GOMES		M	474	VET M50	43	52:37:00	05:15	26:53:00
530.	793	VITOR MARTINS		M	475	VET M45	72	52:42:00	05:15	26:28:00
531.	559	ISABEL RIBAU	VAMOS CORRER EM ÌLHAVO	F	56	VET F40	14	52:42:00	05:15	26:21:00
532.	427	ANGELA BRAMAO	PONTO ZEN	F	57	SEN F	32	52:46:00	05:16	26:47:00
533.	426	PAULO FERREIRA	PONTO ZEN	M	476	SEN M	232	52:47:00	05:16	26:47:00
534.	653	ESTER SOARES	ISARUNNERS	F	58	SEN F	33	52:52:00	05:16	27:08:00
535.	344	DIANA HENRIQUES		F	59	SEN F	34	52:56:00	05:17	27:15:00
536.	925	HELDER AMORIM	X5 HEALTH CLUB	M	477	SEN M	233	52:57:00	05:17	27:02:00
537.	354	ANABELA CORREIA	TONDELA RUNNERS	F	60	VET F40	15	53:00:00	05:17	26:42:00
538.	367	RICARDO BARBOSA		M	478	SEN M	234	53:01:00	05:17	25:52:00
539.	477	RITA GASPAR	ALTICE LABS	F	61	SEN F	35	53:05:00	05:18	27:32:00
540.	337	JOAO PIO	ALTICE LABS	M	479	SEN M	235	53:06:00	05:18	27:39:00
541.	886	PAULO SILVA		M	480	SEN M	236	53:12:00	05:18	27:10:00
542.	1002	MARCIO SILVA		M	481	SEN M	237	53:13:00	05:18	27:33:00
543.	437	ROSANA TOMASIO	MOLINHAS TEAM	F	62	SEN F	36	53:13:00	05:18	27:00:00
544.	166	DEOLINDA SILVA	LIGEIRINHOS	F	63	VET F55	2	53:16:00	05:19	26:57:00
545.	288	ALICE BAPTISTA	HAPPY RUN	F	64	JUN F	1	53:18:00	05:19	28:17:00
546.	381	SANDRA DANTAS		F	65	SEN F	37	53:18:00	05:19	27:58:00
547.	289	LUIS DIAS		M	482	SEN M	238	53:19:00	05:19	26:54:00
548.	290	NUNO PORTELA		M	483	SEN M	239	53:23:00	05:19	26:58:00
549.	52	TIAGO MARQUES		M	484	SEN M	240	53:25:00	05:20	25:59:00
550.	715	LILIANA SIMOES		F	66	VET F40	16	53:27:00	05:20	27:16:00
551.	476	RICARDO SANTOS	ALTICE LABS	M	485	SEN M	241	53:30:00	05:20	26:55:00
552.	548	MARIA CARVALHO		F	67	SUB 23 F	3	53:30:00	05:20	27:56:00
553.	557	JOAO OLIVEIRA		M	486	VET M40	83	53:31:00	05:20	26:51:00
554.	311	RICARDO SILVA	ZE'S CON'AS	M	487	SEN M	242	53:31:00	05:20	26:40:00
555.	313	CAROLINA TAVARES	ZE'S CON'AS	F	68	SEN F	38	53:31:00	05:20	26:39:00
556.	863	TIAGO MOREIRA		M	488	SEN M	243	53:32:00	05:20	26:38:00
557.	206	LEANDRO AMADOR		M	489	SEN M	244	53:33:00	05:20	26:38:00
558.	723	DIANA SANTOS		F	69	SEN F	39	53:40:00	05:21	26:37:00
559.	827	CARLOS MARQUES	BDM RUNNERS	M	490	VET M50	44	53:44:00	05:21	28:42:00
560.	647	PEDRO MARQUES		M	491	VET M40	84	53:45:00	05:22	26:42:00
561.	832	VITOR HENRIQUES	CSP ARADAS	M	492	VET M45	73	53:45:00	05:22	26:57:00
562.	782	SERGIO PINHEIRO	RAINHA CLUB	M	493	VET M45	74	53:46:00	05:22	26:49:00
563.	736	EMANUEL PEDROSA		M	494	SEN M	245	53:47:00	05:22	26:36:00
564.	76	FRANCISCO FERNANDES		M	495	SEN M	246	53:49:00	05:22	27:34:00
565.	963	NUNO QUINTANEIRO		M	496	SEN M	247	53:50:00	05:22	26:27:00
566.	252	LUIS COSTA		M	497	SEN M	248	53:51:00	05:22	27:11:00
567.	966	FILIPE ROLA		M	498	SEN M	249	53:52:00	05:22	27:20:00
568.	71	ANA VERTOLATO	ATHLON RUNNER'S	F	70	VET F40	17	53:58:00	05:23	27:37:00
569.	957	JOAO DE PINA GONCALVES	SEM	M	499	VET M40	85	53:58:00	05:23	28:19:00
570.	18	TERESA MALHEIRO	CMMC ALBERGARIA	F	71	VET F50	2	54:00:00	05:23	27:52:00
571.	223	SOFIA GONCALVES	INVICTUS OPORTO TEAM	F	72	SEN F	40	54:04:00	05:23	26:36:00
572.	105	LUIS SILVA	RAINHA CLUB	M	500	VET M40	86	54:04:00	05:23	27:54:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	5 Km
573.	686	CARLOS QUEIROS		M	501	SEN M	250	54:07:00	05:24	27:24:00
574.	500	CATARINA PINHO		F	73	SEN F	41	54:07:00	05:24	26:31:00
575.	386	ANA MARTINS	INVICTA RUNNERS TEAM	F	74	VET F45	8	54:10:00	05:24	27:08:00
576.	720	JOAO ORVALHO		M	502	VET M50	45	54:17:00	05:25	27:43:00
577.	857	ABILIO MADAIL		M	503	VET M50	46	54:23:00	05:25	27:58:00
578.	570	CARLOS TAVARES	UNIDOS DE ROSSAS	M	504	SEN M	251	54:28:00	05:26	28:14:00
579.	136	CARLOS MARTINS	BOSCH TERMOTECNOLOGIA SA	M	505	VET M50	47	54:30:00	05:26	27:09:00
580.	256	MARCO PIMENTA	RUNNERS DE VEZ EM QUANDO	M	506	SEN M	252	54:31:00	05:26	28:38:00
581.	137	CATIA SANTOS	BOSCH TERMOTECNOLOGIA SA	F	75	SEN F	42	54:32:00	05:26	27:31:00
582.	364	ESTEFANIA LOPES	TONDELA RUNNERS	F	76	VET F45	9	54:35:00	05:27	27:34:00
583.	340	INES GOMES	TONDELA RUNNERS	F	77	VET F40	18	54:35:00	05:27	27:34:00
584.	584	FILIPE SIMOES	CCDCREDITO AGRICOLA MUTUO	M	507	VET M40	87	54:38:00	05:27	27:31:00
585.	816	CARLOS CUNHA	MOLINHAS TEAM	M	508	SEN M	253	54:39:00	05:27	26:07:00
586.	596	JOAO RIBA	X5 HEALTH CLUB	M	509	VET M50	48	54:41:00	05:27	27:17:00
587.	801	SOFIA GUERRA		F	78	VET F40	19	54:42:00	05:27	27:04:00
588.	463	JOAO CESAR	ALTICE LABS	M	510	SEN M	254	54:44:00	05:27	28:10:00
589.	399	MANUEL COUTO	GRIJO A CORRER	M	511	VET M65	3	54:46:00	05:28	27:40:00
590.	842	RUI GOMES	ESTRELA F.C.C.A.	M	512	VET M40	88	54:48:00	05:28	28:35:00
591.	798	ANDRE SILVA	ISARUNNERS	M	513	SEN M	255	54:50:00	05:28	28:39:00
592.	800	FRANCISCO RIBEIRO		M	514	VET M65	4	54:54:00	05:28	27:11:00
593.	454	DANIEL GONCALVES	ALTICE LABS	M	515	SEN M	256	55:00:00	05:29	26:21:00
594.	208	FILIPE RAMA	FRELICA 55	M	516	VET M40	89	55:00:00	05:29	27:38:00
595.	891	HUGO VALENTE		M	517	SEN M	257	55:02:00	05:29	28:56:00
596.	238	JOAO PEDRO DA COSTA		M	518	VET M40	90	55:05:00	05:30	27:41:00
597.	239	MANUELA DAMAS		F	79	SEN F	43	55:05:00	05:30	27:41:00
598.	181	ARMANDO RODRIGUES	SCIENCESTORY	M	519	VET M45	75	55:08:00	05:30	25:50:00
599.	389	DAVID GARCIA		M	520	VET M40	91	55:10:00	05:30	26:10:00
600.	430	JOSE LUIS FERNANDES		M	521	SEN M	258	55:11:00	05:30	28:39:00
601.	732	TIAGO RIBEIRO		M	522	JUN M	7	55:13:00	05:30	27:59:00
602.	466	MANUEL RIBEIRO	ALTICE LABS	M	523	VET M40	92	55:13:00	05:30	28:00:00
603.	830	HELDER MACHADO	CSP ARADAS	M	524	VET M45	76	55:15:00	05:31	27:22:00
604.	937	RICARDO SOUSA		M	525	SEN M	259	55:16:00	05:31	28:43:00
605.	849	CLAUDIO ARSENIO	CASA CRESPO	M	526	VET M45	77	55:17:00	05:31	27:06:00
606.	926	RUI PREDÁ	X5 HEALTH CLUB	M	527	VET M40	93	55:17:00	05:31	29:21:00
607.	501	DANIELA MARQUES		F	80	SEN F	44	55:18:00	05:31	27:33:00
608.	540	LUIS FILIPE COELHO	ISARUNNERS	M	528	VET M40	94	55:20:00	05:31	28:09:00
609.	850	JORGE GONCALO	TONDELA RUNNERS	M	529	VET M45	78	55:26:00	05:32	29:49:00
610.	654	LUIS PEREIRA	ISARUNNERS	M	530	SEN M	260	55:27:00	05:32	29:43:00
611.	958	PATRICIA COSTA	LOUSADA RUNNERS	F	81	SEN F	45	55:27:00	05:32	28:17:00
612.	327	BARBARA LOPES	PITINHOS	F	82	SEN F	46	55:32:00	05:32	27:56:00
613.	853	ANA CLAUDIA FERREIRA		F	83	SEN F	47	55:37:00	05:33	26:38:00
614.	710	MARA MARINHA	MARINHA	F	84	SEN F	48	55:44:00	05:33	29:19:00
615.	276	VALDEMAR DIAS	QUIMIFEIRAVCDORRE	M	531	VET M40	95	55:53:00	05:34	29:20:00
616.	713	VITOR FERREIRA		M	532	VET M40	96	56:04:00	05:35	27:34:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	5 Km
617.	255	JOAO VALLE-COSTA		M	533	VET M45	79	56:06:00	05:36	28:16:00
618.	962	JOAO LINO		M	534	SEN M	261	56:09:00	05:36	28:02:00
619.	939	HELIO GONCALVES	SOLZAIMA	M	535	SEN M	262	56:10:00	05:36	29:11:00
620.	329	TERESA MAIA	HAPPY RUN	F	85	VET F55	3	56:11:00	05:36	28:52:00
621.	328	FERNANDO MAIA	HAPPY RUN	M	536	VET M60	11	56:11:00	05:36	28:48:00
622.	339	JOSE CARLOS NEVES	BOAS SOLAS	M	537	VET M50	49	56:12:00	05:36	28:37:00
623.	692	AUGUSTO SILVA		M	538	VET M50	50	56:14:00	05:36	29:38:00
624.	358	FILIPPE ROMERO		M	539	SEN M	263	56:15:00	05:37	28:00:00
625.	893	PAULO PEREIRA		M	540	VET M45	80	56:16:00	05:37	29:47:00
626.	336	CARMO MARINHO		F	86	VET F50	3	56:16:00	05:37	28:11:00
627.	375	TIAGO NUNES		M	541	VET M40	97	56:18:00	05:37	29:02:00
628.	545	CARLOS BARROSO		M	542	VET M50	51	56:18:00	05:37	28:26:00
629.	506	JOANA ALCADA	AFIS/OVAR	F	87	SEN F	49	56:22:00	05:37	28:34:00
630.	308	ANA ROCHA		F	88	SEN F	50	56:23:00	05:37	27:44:00
631.	318	JULIO FERREIRA	PINTO FERREIRA	M	543	VET M60	12	56:29:00	05:38	27:47:00
632.	916	RICHARD FERREIRA		M	544	SEN M	264	56:30:00	05:38	29:24:00
633.	186	MARLENE MARQUES		F	89	SEN F	51	56:30:00	05:38	29:13:00
634.	834	PERY MACHADO FILHO		M	545	SEN M	265	56:35:00	05:39	28:33:00
635.	996	GILBERTO PRIOR	FRANÇA	M	546	VET M50	52	56:36:00	05:39	30:20:00
636.	225	CHRISTOPHER GUIMARAENS	DOGS BOLLOCKS	M	547	VET M40	98	56:43:00	05:39	29:13:00
637.	272	CELINA DIAS		F	90	VET F45	10	56:44:00	05:39	29:20:00
638.	271	HUMBERTO DIAS		M	548	VET M40	99	56:44:00	05:39	29:37:00
639.	319	MARILIA SOUSA	PINTO FERREIRA	F	91	SEN F	52	56:48:00	05:40	28:05:00
640.	446	ALEXANDRE LARANJEIRA	ALTICE LABS	M	549	SEN M	266	56:49:00	05:40	28:44:00
641.	447	CATARINA MONICA	ALTICE LABS	F	92	SEN F	53	56:49:00	05:40	28:45:00
642.	129	PEDRO CORREIA	BOSCH TERMOTECNOLOGIA SA	M	550	SEN M	267	56:51:00	05:40	29:50:00
643.	451	BRUNO SILVA	ALTICE LABS	M	551	SEN M	268	56:56:00	05:41	29:25:00
644.	813	PEDRO PANDEIRADA	VAGUEIRA RUNNERS	M	552	SEN M	269	56:58:00	05:41	28:04:00
645.	902	VITOR MACEDO		M	553	SEN M	270	57:00:00	05:41	28:15:00
646.	321	BRUNO LIMA		M	554	SEN M	271	57:01:00	05:41	30:24:00
647.	1007	JUAN FERNANDEZ		M	555	VET M50	53	57:09:00	05:42	30:03:00
648.	581	PEDRO NEVES		M	556	VET M40	100	57:19:00	05:43	29:51:00
649.	719	RUI URBANO		M	557	VET M40	101	57:19:00	05:43	29:05:00
650.	101	NUNO RIBEIRO	VAGUEIRA RUNNERS	M	558	SEN M	272	57:25:00	05:44	29:24:00
651.	198	FILOMENA SANTOS	MOLINHAS TEAM	F	93	VET F55	4	57:25:00	05:44	29:33:00
652.	479	SUSANA SANTOS	ALTICE LABS	F	94	SEN F	54	57:29:00	05:44	29:11:00
653.	294	RITA MORAIS		F	95	VET F40	20	57:30:00	05:44	29:23:00
654.	898	RICARDO PASCOAL		M	559	SEN M	273	57:32:00	05:44	30:05:00
655.	303	JOAO RAMALHAO	PORTO RUNNERS	M	560	SEN M	274	57:34:00	05:44	30:34:00
656.	940	ADEMIR SUAREZ		M	561	SEN M	275	57:36:00	05:45	29:01:00
657.	391	ANDRE PINTO		M	562	SEN M	276	57:37:00	05:45	30:20:00
658.	633	FILIPA FALCAO	PERDI O TAXI	F	96	VET F40	21	57:38:00	05:45	29:38:00
659.	929	FILIPA RIBEIRO	X5 HEALTH CLUB	F	97	VET F40	22	57:38:00	05:45	27:43:00
660.	820	PAULA ARAUJO		F	98	VET F40	23	57:40:00	05:45	29:06:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	5 Km
661.	789	ANA CATARINA REIS		F	99	SEN F	55	57:40:00	05:45	29:06:00
662.	848	ANTERO ALMEIDA	BOAS SOLAS	M	563	VET M55	21	57:41:00	05:45	29:04:00
663.	943	JOSE CONDEIXA		M	564	VET M50	54	57:44:00	05:45	28:30:00
664.	942	ANTONIO SALGUEIREDO		M	565	VET M45	81	57:44:00	05:45	28:30:00
665.	359	ANA MONTEZ		F	100	SEN F	56	57:46:00	05:46	29:31:00
666.	881	JOAQUIM CRISTO	IMPERRIA	M	566	VET M40	102	57:54:00	05:46	29:59:00
667.	41	JOANA SOARES	FAMELGA	F	101	SEN F	57	57:55:00	05:47	29:07:00
668.	46	JORGE MAGALHAES		M	567	VET M50	55	57:56:00	05:47	30:17:00
669.	44	SARA MOREIRA	FAMELGA	F	102	SEN F	58	58:03:00	05:47	29:15:00
670.	43	JOAO SOARES	FAMELGA	M	568	SEN M	277	58:03:00	05:47	29:15:00
671.	544	DINIS SANTOS		M	569	SEN M	278	58:04:00	05:47	29:59:00
672.	199	VIDAL FERREIRA	DONOS DISTO TUDO	M	570	SEN M	279	58:05:00	05:48	22:50
673.	882	JOSE VIANA	IMPERRIA	M	571	SEN M	280	58:05:00	05:48	29:05:00
674.	59	DANIEL RODRIGUES	NOKIA RUNNERS	M	572	SEN M	281	58:06:00	05:48	30:50:00
675.	145	FERNANDO TEIXEIRA	MANQUINHOS	M	573	VET M60	13	58:09:00	05:48	30:07:00
676.	746	JOSE GONCALVES	ADRULSM	M	574	VET M65	5	58:13:00	05:48	29:01:00
677.	735	SONIA ALMEIDA		F	103	SEN F	59	58:16:00	05:49	29:23:00
678.	944	ALBERTINA GONCALVES	LOUSADA RUNNERS	F	104	SEN F	60	58:18:00	05:49	29:38:00
679.	550	CARLA SANTOS		F	105	VET F40	24	58:23:00	05:49	30:18:00
680.	472	NELSON ARQUEIRO	ALTICE LABS	M	575	SEN M	282	58:27:00	05:50	29:02:00
681.	207	MARCIO ALMEIDA		M	576	SEN M	283	58:30:00	05:50	29:52:00
682.	702	PAULO RE		M	577	VET M45	82	58:31:00	05:50	28:32:00
683.	665	JOAO COSTA	DIARIO AVEIRO	M	578	VET M50	56	58:33:00	05:50	30:00:00
684.	669	SALOME VALENTE	DIARIO AVEIRO	F	106	SEN F	61	58:33:00	05:50	29:40:00
685.	314	SERGIO SILVA	ZE'S CON'AS	M	579	SEN M	284	58:34:00	05:50	31:42:00
686.	257	CATEA CORDEIRO	RUNNERS DE VEZ EM QUANDO	F	107	SEN F	62	58:34:00	05:50	29:07:00
687.	783	DIANA SILVA	VAGUEIRA RUNNERS	F	108	SEN F	63	58:38:00	05:51	29:46:00
688.	269	TERESA FILENO	RIA SAUDE RUNNERS	F	109	SEN F	64	58:43:00	05:51	29:52:00
689.	505	RITA DUARTE	AFIS/OVAR	F	110	SEN F	65	58:51:00	05:52	29:29:00
690.	411	ELISABETE ASSUNCAO	AFIS/OVAR	M	580	SEN M	285	58:51:00	05:52	30:14:00
691.	291	IRINA DE OLIVEIRA	HAPPY RUN	F	111	SEN F	66	58:58:00	05:53	30:17:00
692.	528	JORGE RIBEIRO		M	581	VET M45	83	58:59:00	05:53	29:32:00
693.	901	JOANA MACEDO		F	112	SEN F	67	59:02:00	05:53	29:19:00
694.	913	GISELA SANTOS		F	113	SEN F	68	59:05:00	05:54	30:46:00
695.	484	RICARDO AFONSO	ALTICE LABS	M	582	VET M50	57	59:07:00	05:54	30:24:00
696.	918	HENRIQUE BARTOLOMEU		M	583	SEN M	286	59:07:00	05:54	29:56:00
697.	908	RENATO MOEDAS	GS MORENOS	M	584	VET M40	103	59:07:00	05:54	29:57:00
698.	915	NUNO RIBEIRO		M	585	SEN M	287	59:07:00	05:54	29:57:00
699.	917	TERESA SOARES		F	114	SEN F	69	59:08:00	05:54	29:57:00
700.	795	SABINO OLIVEIRA		M	586	SEN M	288	59:09:00	05:54	30:24:00
701.	794	FILIPA PINHEIRO		F	115	SEN F	70	59:09:00	05:54	30:23:00
702.	610	ANA CASTRO	CAL - C. ATLETISMO LAMAS	F	116	VET F45	11	59:12:00	05:54	30:23:00
703.	551	ISABEL LOURENCO		F	117	VET F40	25	59:14:00	05:54	29:22:00
704.	632	LILIANA BRANDAO	BRANDAO PINHO	F	118	VET F40	26	59:15:00	05:55	29:22:00



Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	5 Km
705.	796	SONIA PINHO		F	119	SEN F	71	59:15:00	05:55	30:21:00
706.	211	SUSANA PEREIRA	PINDERICUS RUNNING TEAM	F	120	SEN F	72	59:17:00	05:55	30:19:00
707.	895	NUNO ROCHA	VAGUEIRA RUNNERS	M	587	SEN M	289	59:18:00	05:55	28:18:00
708.	434	VERA SILVA	MOLINHAS TEAM	F	121	SEN F	73	59:19:00	05:55	29:10:00
709.	338	FILIPE COQUIM		M	588	SEN M	290	59:21:00	05:55	30:13:00
710.	982	SOFIA RIBEIRO		F	122	SEN F	74	59:28:00	05:56	30:30:00
711.	593	HELIANA SA	X5 HEALTH CLUB	F	123	SEN F	75	59:33:00	05:56	29:43:00
712.	503	HIDEO OKI	MPD	M	589	VET M60	14	59:37:00	05:57	30:14:00
713.	496	ANGELA ALMEIDA		F	124	SEN F	76	59:37:00	05:57	30:14:00
714.	546	VASCO RAMALHEIRA		M	590	VET M45	84	59:38:00	05:57	30:16:00
715.	949	DANIELA COSTA		F	125	SEN F	77	59:40:00	05:57	30:31:00
716.	877	GRACE KELLY PINTO	YOGA RUN	F	126	SEN F	78	59:41:00	05:57	31:07:00
717.	21	NUNO DIAS		M	591	SEN M	291	59:45:00	05:58	30:21:00
718.	296	ANA MARTA	HAPPY RUN	F	127	SEN F	79	59:46:00	05:58	30:55:00
719.	630	RICARDO BARBOSA	D4E	M	592	SEN M	292	59:46:00	05:58	30:50:00
720.	638	SERGIO VIEIRA	D4E	M	593	SEN M	293	59:47:00	05:58	30:50:00
721.	873	GABRIELA AMARAL	ROYAL SCHOOL OF LANGUAGES	F	128	SEN F	80	59:47:00	05:58	30:43:00
722.	394	DULCE MOREDA	CLUBE ZUPPER	F	129	VET F45	12	59:48:00	05:58	30:22:00
723.	422	MANUELA FERNANDES	CLUTA RUNNERS	F	130	SEN F	81	59:50:00	05:58	31:23:00
724.	462	IVO ANGELICO	ALTICE LABS	M	594	SEN M	294	59:51:00	05:58	31:24:00
725.	524	SERGIO PEREIRA	GRACINDA S TEAM	M	595	SEN M	295	01:00:04	05:59	30:48:00
726.	522	CLAUDIA NOGUEIRA	GRACINDA S TEAM	F	131	SEN F	82	01:00:04	05:59	30:48:00
727.	930	JORGE MOTA	X5 HEALTH CLUB	M	596	VET M40	104	01:00:06	06:00	29:42:00
728.	169	HELENA SOFIA LOPES	JOGGING LOVERS COIMBRA	F	132	VET F40	27	01:00:10	06:00	31:31:00
729.	527	RUI MELAO		M	597	VET M50	58	01:00:11	06:00	30:26:00
730.	1008	MICHAEL CAFON		M	598	VET M55	22	01:00:28	06:02	31:36:00
731.	884	ANGELO VALENTE	VAGUEIRA RUNNERS	M	599	SEN M	296	01:00:30	06:02	31:38:00
732.	708	SANDRA SIMOES		F	133	SEN F	83	01:00:38	06:03	31:08:00
733.	709	RONNY SIMOES		M	600	SEN M	297	01:00:38	06:03	31:08:00
734.	126	NELSON RE	BOSCH TERMOTECNOLOGIA SA	M	601	VET M50	59	01:00:40	06:03	30:40:00
735.	402	CARMEN FERREIRA		F	134	VET F40	28	01:00:41	06:03	30:28:00
736.	401	JOAO RICARDO SANTOS		M	602	VET M40	105	01:00:41	06:03	30:28:00
737.	153	FILOMENA DIAS	JOGGING LOVERS COIMBRA	F	135	VET F45	13	01:00:50	06:04	30:23:00
738.	283	SONIA SILVA		F	136	SEN F	84	01:00:52	06:04	30:36:00
739.	284	GONCALO RODRIGUES		M	603	SEN M	298	01:00:52	06:04	30:35:00
740.	49	JOANA SILVA		F	137	SEN F	85	01:00:57	06:05	31:53:00
741.	416	ADELINA MONTEIRO		F	138	SEN F	86	01:00:58	06:05	31:27:00
742.	417	RICARDO GODINHO		M	604	SEN M	299	01:00:58	06:05	31:27:00
743.	836	JOAO REIS		M	605	VET M45	85	01:01:02	06:05	31:41:00
744.	330	MARIA HELENA MAIA	HAPPY RUN	F	139	VET F55	5	01:01:06	06:06	31:45:00
745.	310	RICARDO NETO	ZE'S CON'AS	M	606	SEN M	300	01:01:11	06:06	31:02:00
746.	309	ALICE SILVA	ZE'S CON'AS	F	140	SEN F	87	01:01:11	06:06	31:03:00
747.	378	SONIA SILVA	CSS	F	141	SEN F	88	01:01:18	06:07	32:03:00
748.	312	ANA REIS	ZE'S CON'AS	F	142	SEN F	89	01:01:21	06:07	31:14:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	5 Km
749.	192	FELIX DIAZ		M	607	VET M40	106	01:01:29	06:08	30:51:00
750.	131	JOAO BASTOS	BOSCH TERMOTECNOLOGIA SA	M	608	SEN M	301	01:01:30	06:08	32:33:00
751.	421	CATIA TASCA		F	143	SEN F	90	01:01:36	06:09	32:10:00
752.	55	TIAGO PATRAO		M	609	VET M40	107	01:01:51	06:10	32:32:00
753.	799	ANTONIO ALMEIDA		M	610	VET M50	60	01:01:54	06:10	33:44:00
754.	205	LILIANA OLIVEIRA		F	144	SEN F	91	01:01:56	06:11	31:10:00
755.	361	GONCALO FERREIRA		M	611	SEN M	302	01:01:59	06:11	32:50:00
756.	273	ELSA MOTA	MOLINHAS TEAM	F	145	VET F40	29	01:02:00	06:11	31:10:00
757.	879	HELENA AMARO	INVICTA RUNNERS TEAM	F	146	SEN F	92	01:02:01	06:11	31:50:00
758.	436	ARCELINA MARTINHO	MOLINHAS TEAM	F	147	VET F40	30	01:02:01	06:11	31:10:00
759.	281	PATRICIA FERREIRA		F	148	SEN F	93	01:02:05	06:12	32:24:00
760.	587	VITOR NETO		M	612	VET M50	61	01:02:05	06:12	32:23:00
761.	433	MILU PINTO	MOLINHAS TEAM	F	149	SEN F	94	01:02:06	06:12	31:15:00
762.	773	SARA MARTINS	RAINHA CLUB	F	150	SEN F	95	01:02:11	06:12	32:17:00
763.	672	LUIS CABETE	DIARIO AVEIRO	M	613	SEN M	303	01:02:18	06:13	32:42:00
764.	278	ISABEL PEGO	RUN@FIGUEIRA	F	151	VET F45	14	01:02:19	06:13	32:13:00
765.	483	ANDRE BONITO	ALTICE LABS	M	614	SEN M	304	01:02:22	06:13	32:17:00
766.	861	MARIO CRUZ		M	615	SEN M	305	01:02:22	06:13	32:25:00
767.	814	CLAUDIA TOME	LMA CT	F	152	SEN F	96	01:02:34	06:14	31:58:00
768.	640	GONCALO RODRIGUES	ISARUNNERS	M	616	SEN M	306	01:02:35	06:15	33:13:00
769.	812	SARA CARDOSO	INVICTUS OPORTO TEAM	F	153	SEN F	97	01:02:41	06:15	31:56:00
770.	138	MANUEL MELO	BOSCH TERMOTECNOLOGIA SA	M	617	VET M40	108	01:02:51	06:16	33:07:00
771.	439	JORGE OLIVEIRA	BTTRAIN	M	618	VET M65	6	01:02:52	06:16	32:34:00
772.	714	RITA SIMOES		F	154	SEN F	98	01:02:52	06:16	32:12:00
773.	817	EDUARDA GONCALVES		F	155	SEN F	99	01:02:57	06:17	33:05:00
774.	201	FERNANDO MOREIRA	DONOS DISTO TUDO	M	619	SEN M	307	01:03:15	06:19	28:00:00
775.	376	CATIA COIMBRA	CSS	F	156	SEN F	100	01:03:17	06:19	33:34:00
776.	919	TANIA MADUREIRA		F	157	SEN F	101	01:03:19	06:19	32:26:00
777.	511	LILIANA SANTIAGO	IRON RUNNERS	M	620	SEN M	308	01:03:29	06:20	32:17:00
778.	470	MARTA ESTEVES	ALTICE LABS	F	158	SEN F	102	01:03:42	06:21	33:09:00
779.	461	HUGO PEREIRA	ALTICE LABS	M	621	SEN M	309	01:03:42	06:21	33:31:00
780.	419	ELISIO PINTO		M	622	VET M55	23	01:03:50	06:22	31:59:00
781.	455	DIOGO DIAS	ALTICE LABS	M	623	SEN M	310	01:04:00	06:23	33:22:00
782.	170	BRUNO SANTOS	CORRERIA	M	624	SEN M	311	01:04:18	06:25	35:05:00
783.	791	MARIA HORTA	TRIO MARAVILHA	F	159	VET F55	6	01:04:25	06:26	33:27:00
784.	93	SILVIA NUNES		F	160	SEN F	103	01:04:26	06:26	32:10:00
785.	95	ANA ALPALHAO		F	161	VET F40	31	01:04:26	06:26	32:10:00
786.	377	SOLANGE TEIXEIRA	CSS	F	162	SEN F	104	01:04:35	06:27	34:05:00
787.	525	MARIANA SILVA	GRACINDA S TEAM	F	163	SUB 23 F	4	01:04:44	06:27	33:57:00
788.	523	MIGUEL CARDOSO	GRACINDA S TEAM	M	625	SEN M	312	01:04:45	06:28	33:57:00
789.	197	ANA BIZARRO	RUN&FUN	F	164	SEN F	105	01:04:53	06:28	34:31:00
790.	467	MANUEL AGUIAR	ALTICE LABS	M	626	VET M45	86	01:04:56	06:29	36:43:00
791.	626	SARA RATOLA	SPORT CLUBE BEIRA-MAR	F	165	SEN F	106	01:04:59	06:29	34:32:00
792.	97	EDUARDO RATOLA		M	627	SEN M	313	01:04:59	06:29	34:32:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	5 Km
793.	841	VERA BARATA	ESTRELA F.C.C.A.	F	166	SEN F	107	01:05:00	06:29	34:18:00
794.	542	ANA GONCALVES		F	167	VET F45	15	01:05:07	06:30	34:12:00
795.	286	SONIA BAPTISTA	HAPPY RUN	F	168	SEN F	108	01:05:10	06:30	33:48:00
796.	512	LUIS TEIXEIRA		M	628	SEN M	314	01:05:15	06:31	35:05:00
797.	513	CATARINA TEIXEIRA		F	169	SEN F	109	01:05:15	06:31	35:05:00
798.	946	FRANCISA NUNES		F	170	SEN F	110	01:05:20	06:31	34:26:00
799.	945	ANDRE CAMPOS		M	629	SEN M	315	01:05:20	06:31	34:26:00
800.	983	YHONY ALVES		M	630	SEN M	316	01:05:59	06:35	33:57:00
801.	243	ANA DINIS	JOGGING LOVERS COIMBRA	F	171	SEN F	111	01:06:14	06:36	34:59:00
802.	553	GONCALO BARBOSA		M	631	JUN M	8	01:06:19	06:37	34:32:00
803.	552	BRUNO RODRIGUES		M	632	SEN M	317	01:06:20	06:37	34:32:00
804.	490	ARTUR FONSECA	RUPTURA TOTAL	M	633	SEN M	318	01:06:35	06:39	35:14:00
805.	975	RUI SOARES	SOLZAIMA	M	634	VET M40	109	01:06:56	06:41	35:37:00
806.	414	MARGARIDA AGUIAR		F	172	JUN F	2	01:07:08	06:42	38:55:00
807.	662	ALEXANDRE ALMEIDA	DIARIO AVEIRO	M	635	VET M45	87	01:07:25	06:44	39:11:00
808.	520	MARIA JOAO PINHO		F	173	VET F40	32	01:07:26	06:44	
809.	221	INES CORREIA		F	174	SEN F	112	01:07:40	06:45	36:16:00
810.	504	AKIZO OKI		M	636	VET M45	88	01:08:01	06:47	33:30:00
811.	802	NUNO PEREIRA		M	637	SEN M	319	01:08:03	06:47	37:47:00
812.	744	PAULA RODRIGUES		F	175	VET F40	33	01:08:06	06:48	36:13:00
813.	549	SUSANA FERREIRA		F	176	SEN F	113	01:08:06	06:48	36:12:00
814.	68	CARLA CARMO	ATHLON RUNNER'S	F	177	SEN F	114	01:08:22	06:49	35:43:00
815.	469	MARIO SILVA	ALTICE LABS	M	638	SEN M	320	01:08:50	06:52	35:43:00
816.	885	CARLA SOFIA OLIVEIRA NEVES		F	178	SEN F	115	01:08:57	06:53	34:47:00
817.	826	SONIA PEREIRA		F	179	VET F45	16	01:08:58	06:53	34:38:00
818.	716	ALCINO FERREIRA	ADRULSM	M	639	VET M45	89	01:09:20	06:55	37:22:00
819.	440	DEOLINDA ALVES	SPORT CLUB CONIMBRICENSE	F	180	VET F60	1	01:09:55	06:59	36:10:00
820.	415	MONICA BATISTA	FBATISTA	F	181	VET F40	34	01:09:55	06:59	36:10:00
821.	108	ANDREIA VIEIRA	WELLRUNNERS	F	182	SEN F	116	01:09:59	06:59	37:03:00
822.	287	OSCAR LOPES	HAPPY RUN	M	640	VET M40	110	01:10:33	07:02	37:18:00
823.	701	JUDITE DIAS	ADREQUEIXO	F	183	VET F45	17	01:10:53	07:04	38:40:00
824.	438	PAULA FERREIRA	ADREQUEIXO	F	184	SEN F	117	01:10:53	07:04	38:39:00
825.	743	RUTE CLARO		F	185	SEN F	118	01:11:37	07:09	36:48:00
826.	774	OLEKSANDR MEIDYCH	RAINHA CLUB	M	641	SEN M	321	01:12:09	07:12	37:14:00
827.	780	ANA VARANDAS	RAINHA CLUB	F	186	SEN F	119	01:12:09	07:12	37:14:00
828.	78	MARIA SANTOS		F	187	SEN F	120	01:12:38	07:15	37:02:00
829.	475	PAULA COSTA	ALTICE LABS	F	188	SEN F	121	01:13:42	07:21	38:36:00
830.	1000	PEDRO RAMOS		M	642	SEN M	322	01:14:40	07:27	42:43:00
831.	253	DIANA MARTINS	KASAREMGORDA	F	189	SEN F	122	01:15:47	07:34	39:40:00
832.	897	RAQUEL DUARTE	SPORT CLUBE BEIRA-MAR	F	190	SEN F	123	01:16:06	07:36	40:06:00
833.	453	CRISTINA PIRES	ALTICE LABS	F	191	SEN F	124	01:16:43	07:39	40:55:00
834.	302	HUGO GONCALVES		M	643	SEN M	323	01:16:43	07:39	40:55:00
835.	1003	PAULA SIMÕES		F	192	SEN F	125	01:17:39	07:45	40:51:00
836.	909	SILVIA ROCHA	HOSPITAL SANTA MARIA	F	193	VET F45	18	01:17:48	07:46	40:29:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Média	5 Km
837.	923	VERA TEIXEIRA	X5 HEALTH CLUB	F	194	SEN F	126	01:19:33	07:56	42:29:00
838.	985	NUNO CARDOSO		M	644	SEN M	324	01:19:34	07:56	42:30:00
839.	998	LOVETH PEREIRA		F	195	SEN F	127	01:25:26	08:32	44:00:00
840.	892	SUSANA ALMEIDA		F	196	SEN F	128	01:26:05	08:36	
841.	854	ROSARIO BRANDAO		F	197	SEN F	129	01:26:06	08:36	44:09:00
842.	856	VERA CARDOSO		F	198	SEN F	130	01:28:58	08:53	47:00:00

**ÚLTIMO QUILOMETRO**

<b>CLASS</b>	<b>GERAL</b>	<b>DORSAL</b>	<b>NOME</b>	<b>ESCALAO</b>	<b>ULTIMO KM</b>	<b>RITMO</b>	<b>EQUIPA</b>
1	4	564	LUIS SILVA	VET M40	<b>03:02</b>	03:22	CLUBE ATLETISMO DE OVAR
2	45	980	ISMAEL QUEIROS	SEN M	<b>03:10</b>	03:47	SL BENFICA
3	85	616	RUI MELO	SEN M	<b>03:12</b>	03:57	SPORT CLUBE BEIRA-MAR
4	3	755	HELDER LOPES	SEN M	<b>03:16</b>	03:17	DCI/CCDRPEDRULHA-MEALHADA
5	1	756	TIAGO MADUREIRA	SEN M	<b>03:17</b>	03:14	DCI/CCDRPEDRULHA-MEALHADA
6	2	441	JANIK LIMA	SEN M	<b>03:18</b>	03:16	AFIS/OVAR
7	6	562	CELSO LEITE	SUB 23 M	<b>03:18</b>	03:26	CLUBE ATLETISMO DE OVAR
8	5	218	FERNANDO SANTOS	VET M40	<b>03:19</b>	03:24	CASA DO POVO DE MANGUALDE
9	7	846	RICARDO PINTO	SEN M	<b>03:20</b>	03:28	
10	25	758	RUBEN FERNANDES	JUN M	<b>03:22</b>	03:41	DCI/CCDRPEDRULHA-MEALHADA
11	12	852	LUIS SILVA	SEN M	<b>03:26</b>	03:32	
12	29	236	LUIS MARTINS	SEN M	<b>03:28</b>	03:42	TONDELA RUNNERS
13	17	651	ALEXANDRE MATOS	VET M50	<b>03:29</b>	03:35	LOUSADA RUNNERS
14	8	489	FABIO ABRANTES	SEN M	<b>03:30</b>	03:30	UNIAO CLUBE EIRENSE
15	18	561	TIAGO MACHADO	SEN M	<b>03:30</b>	03:36	VIRIATHVS RUNNERS
16	27	696	JOAO GOMES	SEN M	<b>03:30</b>	03:41	
17	15	760	JOAO PEREIRA	VET M40	<b>03:31</b>	03:34	DCI/CCDRPEDRULHA-MEALHADA
18	43	371	ALEXANDRE MESTRE	SEN M	<b>03:31</b>	03:46	ASSOCIACAO VALEIRINHA
19	13	406	JOAO PEREIRA	VET M50	<b>03:32</b>	03:33	AFIS/OVAR
20	14	875	JOAO CATALAO	SEN M	<b>03:33</b>	03:33	ROYAL SCHOOL OF LANGUAGES
21	52	90	FILIPE QUELHAS	SEN M	<b>03:34</b>	03:50	AC PORTALEGRE / UTSM
22	9	292	CARLA MARTINHO	SEN F	<b>03:35</b>	03:31	ADERCUS
23	10	973	PAULO FERREIRA	VET M45	<b>03:35</b>	03:31	ADERCUS
24	21	214	TONI SOARES	SEN M	<b>03:35</b>	03:40	JUVENTUDE ILHA VERDE
25	34	140	NUNO PINHO	SEN M	<b>03:35</b>	03:44	N.A.CUCUJAES
26	39	219	CARLOS PIMENTA	VET M40	<b>03:35</b>	03:45	DCI RUN TEAM MEALHADA
27	53	727	PAULO PEREIRA	SEN M	<b>03:35</b>	03:50	
28	11	634	JOAQUIM LOPES	VET M50	<b>03:36</b>	03:32	PORTO RUNNERS
29	19	614	ALEX TONDELA	VET M40	<b>03:36</b>	03:36	SPORT CLUBE BEIRA-MAR
30	26	809	JOAO FARIA	VET M45	<b>03:36</b>	03:41	CORRE+
31	16	749	FILIPE ROCHA	SEN M	<b>03:37</b>	03:34	DCI/CCDRPEDRULHA-MEALHADA
32	28	194	ANDRE SIMOES	SEN M	<b>03:38</b>	03:42	
33	69	135	RICARDO COELHO	SEN M	<b>03:38</b>	03:52	BOSCH TERMOTECNOLOGIA SA
34	107	1005	N.N. 1005	SEN M	<b>03:38</b>	04:04	
35	55	395	RICARDO AREIAS	SEN M	<b>03:40</b>	03:51	WHITE RUNNING TEAM
36	33	231	CLAUDIO FONSECA	VET M40	<b>03:41</b>	03:44	VIVALLEY RUNNERS
37	36	493	ALEXANDRE MARQUES	SUB 23 M	<b>03:42</b>	03:44	UNIAO CLUBE EIRENSE
38	44	751	RICARDO SANTOS	JUN M	<b>03:42</b>	03:47	DCI/CCDRPEDRULHA-MEALHADA
39	50	874	CARLOS ROCHA	SEN M	<b>03:43</b>	03:49	ROYAL SCHOOL OF LANGUAGES
40	61	408	MANUEL FONSECA	VET M50	<b>03:43</b>	03:52	AFIS/OVAR
41	62	568	MARIO VAZ	VET M50	<b>03:43</b>	03:52	CLUBE ATLETISMO DE OVAR
42	72	212	FERNANDO ANTUNES	VET M45	<b>03:43</b>	03:53	CCDS S.FRUTUOSO

**ÚLTIMO QUILOMETRO**

<b>CLASS</b>	<b>GERAL</b>	<b>DORSAL</b>	<b>NOME</b>	<b>ESCALAO</b>	<b>ULTIMO KM</b>	<b>RITMO</b>	<b>EQUIPA</b>
43	20	148	FERNANDO ALMEIDA	SEN M	03:44	03:36	JOGGING LOVERS COIMBRA
44	22	403	LUIS SOUSA	SEN M	03:44	03:40	CLUBE DOS GALITOS
45	41	693	BRITO VIEIRA	VET M40	03:44	03:46	
46	42	35	ANDRE MONTEIRO	SEN M	03:44	03:46	PIURSOSTEAM
47	54	765	JOAO PAULO ALMEIDA	VET M45	03:44	03:50	
48	58	722	NUNO LOPES	SEN M	03:44	03:51	
49	59	61	PEDRO HENRIQUES	SEN M	03:44	03:52	RAINHA CLUB
50	80	532	TIAGO JESUS	SEN M	03:44	03:56	RECREIO DESP AGUEDA
51	30	373	ANTONIO FERREIRA	VET M45	03:45	03:42	BLACKBULLS CLUBE CONDEIXA
52	38	347	CARLOS RIBEIRO	VET M40	03:45	03:45	TONDELA RUNNERS
53	51	754	TELMO ALMEIDA	VET M40	03:45	03:50	DCI/CCDRPEDRULHA-MEALHADA
54	48	724	HERNANI FURTADO	SEN M	03:46	03:48	
55	49	173	PAULO GOMES	VET M45	03:46	03:49	
56	56	656	ALBERTO FONTE	VET M40	03:46	03:51	ADREP
57	57	566	JOAO RODRIGUES	VET M45	03:46	03:51	CLUBE ATLETISMO DE OVAR
58	60	158	PEDRO SILVA	SEN M	03:46	03:51	CCD – RENAULT CACIA
59	97	821	MARIO RIJO	VET M40	03:46	03:59	
60	118	450	BRUNO SANTOS	SEN M	03:46	04:06	ALTICE LABS
61	31	1004	FABRICIO MARIA	VET M40	03:47	03:42	
62	70	392	ESTEVAO GONCALVES	SEN M	03:47	03:53	POWER RUNNING TEAM
63	47	890	EDUARDO MEIRELES	SEN M	03:48	03:48	CYCLONES SANITOP
64	64	655	MANUEL LAZARO SILVA	VET M40	03:48	03:52	
65	46	768	FABIO TELES	SUB 23 M	03:49	03:47	RUNNERS LAMPASSA
66	67	866	FERNANDO ALMEIDA	VET M45	03:49	03:53	F.C. PENAFIEL
67	32	681	JOSE AFONSO	SEN M	03:50	03:43	ADRULSM
68	40	349	JOAO LEANDRO	VET M40	03:50	03:45	POWER RUNNING TEAM
69	23	127	BRUNO PEREIRA	SEN M	03:51	03:41	BOSCH TERMOTECNOLOGIA SA
70	24	293	SERGIO LOPES	SEN M	03:51	03:41	
71	35	220	MAURO AZEVEDO	VET M45	03:51	03:44	NIGHT RUNNERS COIMBRA
72	37	673	PAULO FERREIRA	SEN M	03:51	03:45	DIARIO AVEIRO
73	138	57	JORGE FARIA	SEN M	03:52	04:10	NOKIA RUNNERS
74	76	307	MIGUEL GONCALVES	SEN M	03:53	03:54	CCDCREDITO AGRICOLA MUTUO
75	84	230	ADRIANO FONSECA	SEN M	03:53	03:57	VIVALLEY RUNNERS
76	110	141	PEDRO MARTINS	SEN M	03:53	04:05	JOGGING LOVERS COIMBRA
77	114	216	PAULO NOBRE	SEN M	03:53	04:06	THE STIGS INVICTA
78	68	883	LIDIA PEREIRA	VET F45	03:54	03:53	CASA DO POVO DE MANGUALDE
79	87	565	SILVIA SANTOS	SEN F	03:54	03:58	CLUBE ATLETISMO DE OVAR
80	96	179	JOAO PEDRO OLIVEIRA	SEN M	03:54	04:00	
81	158	530	CARLOS GUERRA	VET M45	03:54	04:13	RECREIO DESP AGUEDA
82	66	34	JOSE GRACA	VET M40	03:55	03:52	BOAVISTA FC
83	91	763	EUGENIO CLARO	VET M45	03:55	03:59	ATLETA INDIVIDUAL
84	95	492	FABIO MARQUES	SEN M	03:55	04:00	UNIAO CLUBE EIRENSE

**ÚLTIMO QUILOMETRO**

<b>CLASS</b>	<b>GERAL</b>	<b>DORSAL</b>	<b>NOME</b>	<b>ESCALAO</b>	<b>ULTIMO KM</b>	<b>RITMO</b>	<b>EQUIPA</b>
85	109	120	PEDRO CARDOSO	VET M40	03:55	04:05	BOSCH TERMOTECNOLOGIA SA
86	74	45	VITORINO CARDOSO	VET M55	03:56	03:53	
87	82	188	TIAGO LEAL	VET M45	03:56	03:57	INVICTA RUNNERS TEAM
88	86	748	DIOGO PIMENTA	SEN M	03:56	03:58	DCI/CCDRPEDRULHA-MEALHADA
89	108	573	DANIEL AGUIAR	SEN M	03:56	04:04	UNIDOS DE ROSSAS
90	131	646	SERGIO PERICAO	SEN M	03:56	04:08	
91	134	110	LUIS RABACA	VET M40	03:56	04:09	
92	168	823	JOAO FERNANDES	SEN M	03:56	04:15	VAGUEIRA RUNNERS
93	201	952	LEONARDO FREITAS	SUB 23 M	03:56	04:22	EVOLUA MULTISPORTS
94	63	27	FERNANDO SOUZA	SEN M	03:57	03:52	
95	65	650	MARIO DIAS	VET M40	03:57	03:52	
96	88	1006	AMERICO VALENTE	VET M50	03:57	03:59	SERVICOS SOCIAIS DA CAMERA DE OVAR
97	92	240	PEDRO TAVARES	VET M40	03:57	03:59	TONDELA RUNNERS
98	116	960	JOAO COUTO	VET M40	03:57	04:07	TEAM VENTIL
99	71	487	JOAO ANDRADE	SEN M	03:58	03:53	TRIATLO GALITOS
100	73	619	MILTON SANTOS	SEN M	03:58	03:54	SPORT CLUBE BEIRA-MAR
101	79	425	TELMO REIS	SEN M	03:58	03:56	LOUSADA RUNNERS
102	105	950	FILIPE TELES	SEN M	03:58	04:02	RUNNERS LAMPASSA
103	115	753	MARCO ALMEIDA	SEN M	03:58	04:07	DCI/CCDRPEDRULHA-MEALHADA
104	125	70	ALCINO PINTO	VET M40	03:58	04:08	ATHLON RUNNER'S
105	154	495	RICARDO FERREIRA	SEN M	03:58	04:12	GDR GRANJA - TRUTAS MAU
106	81	229	RICARDO FONSECA	VET M40	03:59	03:57	VIVALLEY RUNNERS
107	90	412	ELISIO GONCALVES	VET M40	03:59	03:58	
108	104	868	MIGUEL PATO	VET M40	03:59	04:02	ROYAL SCHOOL OF LANGUAGES
109	129	279	NUNO LOUREIRO	VET M45	03:59	04:08	RUN@FIGUEIRA
110	157	703	FERNANDO PINTO	VET M55	03:59	04:14	PORTO RUNNERS
111	163	151	JOSE CUNHA	VET M40	03:59	04:14	RUN&FUN
112	75	690	ANTONIO CARVALHO	SEN M	04:00	03:54	
113	78	563	FILIPE FONSECA	SEN M	04:00	03:55	CLUBE ATLETISMO DE OVAR
114	83	862	MIGUEL GAFANHA	VET M40	04:00	03:57	
115	89	707	RUI COSTA	SEN M	04:00	03:59	WURTH PORTUGAL
116	123	168	JOSE CARLOS GOMES	VET M55	04:00	04:08	LIGEIRINHOS
117	152	591	VITOR SA	SEN M	04:00	04:13	X5 HEALTH CLUB
118	132	431	CLAUDIO ANDRE NOBRE DE MATOS	SEN M	04:01	04:09	
119	139	572	VALDEMAR OLIVEIRA	VET M50	04:01	04:10	KO TRAIL RUNNING
120	111	191	JOAO AMANDIO	SEN M	04:02	04:05	
121	133	537	VITOR CASTRO	SEN M	04:02	04:09	
122	144	233	FERNANDO PATO	VET M60	04:02	04:12	ADREP
123	153	698	PEDRO FRANCA	VET M45	04:02	04:13	MONTINHO RUN
124	179	227	ADERITO CURTO	VET M55	04:02	04:17	GIRA SOL
125	199	251	RUI REGO	SEN M	04:02	04:21	QUALY - PRODUTOS LIMPEZA
126	100	393	PAULO DOMINGUES	VET M45	04:03	04:01	CLUBE ZUPPER

**ÚLTIMO QUILOMETRO**

<b>CLASS</b>	<b>GERAL</b>	<b>DORSAL</b>	<b>NOME</b>	<b>ESCALAO</b>	<b>ULTIMO KM</b>	<b>RITMO</b>	<b>EQUIPA</b>
127	142	190	JOAO JOSE CASTRO	VET M50	04:03	04:11	
128	227	948	JOAO SIMOES	SEN M	04:03	04:25	
129	117	160	CARLOS MARTINS	SEN M	04:04	04:07	CCD – RENAULT CACIA
130	130	360	MARIO PIRES	SEN M	04:04	04:08	
131	136	480	TOME MATOS	SEN M	04:04	04:10	ALTICE LABS
132	166	122	NUNO ALVES	VET M40	04:04	04:14	BOSCH TERMOTECNOLOGIA SA
133	98	970	JOAO PEREIRA	SEN M	04:05	04:01	TRIATLO GALITOS
134	151	752	JOAO SIMOES	SEN M	04:05	04:13	DCI/CCDRPEDRULHA-MEALHADA
135	184	609	GILBERTO MELO	SEN M	04:05	04:18	MAIA A.C.
136	222	592	NELSON ALVES	VET M45	04:05	04:24	X5 HEALTH CLUB
137	94	465	JOSE GONCALVES	VET M45	04:06	04:00	ALTICE LABS
138	112	79	FERNANDO MORAIS	VET M50	04:06	04:06	
139	141	277	JORGE ALVES	VET M45	04:06	04:10	RUN@FIGUEIRA
140	155	867	JORGE PATO	VET M40	04:06	04:14	ROYAL SCHOOL OF LANGUAGES
141	174	172	JOAO FERNANDES	VET M40	04:06	04:16	
142	209	116	SERAFIM RAMOS	VET M55	04:06	04:23	CLUBE PESSOAL EDP-PORTO
143	103	22	HELDER MELO	SEN M	04:07	04:02	AC PORTALEGRE / UTSM
144	122	869	GONCALO PATO	SEN M	04:07	04:08	ROYAL SCHOOL OF LANGUAGES
145	124	266	PEDRO VARELA	VET M45	04:07	04:08	A.A.C.
146	137	87	MANUEL MARQUES	VET M45	04:07	04:10	
147	143	195	ANTONIO MALHAO	VET M45	04:07	04:12	
148	195	106	ALEXANDRE DIAS	SEN M	04:07	04:20	EM FORCA - WIKABOO
149	206	759	BRUNO JESUS	SEN M	04:07	04:23	DCI/CCDRPEDRULHA-MEALHADA
150	102	887	AMERICO SILVA	VET M40	04:08	04:02	
151	106	558	MARIO BAPTISTA	SEN M	04:08	04:04	
152	140	267	MARIO MARTINS	VET M45	04:08	04:11	
153	146	955	DIOGO SILVA	SEN M	04:08	04:13	2LOW4RUN
154	160	811	CARLOS PINHO	VET M45	04:08	04:14	CLUBE ATLETISMO DE OVAR
155	202	664	ANDRE NOVA	SEN M	04:08	04:20	DIARIO AVEIRO
156	283	611	VALTER CARVALHO	SEN M	04:08	04:34	
157	149	761	RICARDO SANTOS	SEN M	04:09	04:13	DCI/CCDRPEDRULHA-MEALHADA
158	161	268	JOSE OLIVEIRA	SEN M	04:09	04:14	RIA SAUDE RUNNERS
159	162	974	PEDRO TOMAS	SEN M	04:09	04:13	
160	171	398	CARLOS RIPOLINS	VET M55	04:09	04:16	GRIJO A CORRER
161	194	889	DANIEL RODRIGUES	SEN M	04:09	04:20	GJ PINHEIRO DA BEMPOSTA
162	197	83	PAULO FIDALGO	SEN M	04:09	04:20	
163	135	567	MONICA FERNANDES	SEN F	04:10	04:10	CLUBE ATLETISMO DE OVAR
164	167	762	JOAO CUNHA	SEN M	04:10	04:15	DCI/CCDRPEDRULHA-MEALHADA
165	169	588	RICARDO MELO	SEN M	04:10	04:16	
166	187	847	PEDRO BROCHADO	SEN M	04:10	04:19	
167	191	700	JORGE VILELA	VET M40	04:10	04:19	ADREQUEIXO
168	231	771	JOAO BARBOSA	SEN M	04:10	04:25	XAU AI



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169	244	770	LUIS MIGUEL REIS	VET M45	04:10	04:27	DELTA
170	246	387	HILARIO CARDOSO	VET M50	04:10	04:28	
171	128	502	ANA REIS	SEN F	04:11	04:09	NASCIDOS PARA CORRER
172	178	718	PAULO GONCALVES	SEN M	04:11	04:17	GO MOVE
173	213	258	PAULO BAPTISTA	SEN M	04:11	04:22	RUNNERS DE VEZ EM QUANDO
174	229	571	MARCIO COSTA	SUB 23 M	04:11	04:26	UNIDOS DE ROSSAS
175	256	60	LUIS OLIVEIRA	SEN M	04:11	04:30	NOKIA RUNNERS
176	77	409	PAULO FIGUEIREDO	VET M40	04:12	03:55	AFIS/OVAR
177	93	28	BRUNO AMARO	SEN M	04:12	04:00	
178	148	222	JOSE CASTRO	VET M45	04:12	04:13	CLUBE NOVO BANCO
179	150	351	CELIA MATIAS	SEN F	04:12	04:13	TONDELA RUNNERS
180	172	111	LUIS RAMOS	SEN M	04:12	04:16	
181	192	410	AMERICO OLIVEIRA	VET M45	04:12	04:19	AFIS/OVAR
182	196	750	SANDRA BASTOS	SEN F	04:12	04:21	DCI/CCDRPEDRULHA-MEALHADA
183	250	184	WILLEM SCHAMPHELER	VET M45	04:12	04:29	
184	145	579	DANIEL VIEIRA	SEN M	04:13	04:12	
185	159	959	FERNANDO COSTA	SEN M	04:13	04:14	LOUSADA RUNNERS
186	183	645	OSCAR SOBRAL	SEN M	04:13	04:18	VIRIATHVS RUNNERS
187	186	784	PEDRO CANHA	SEN M	04:13	04:18	
188	203	677	PEDRO FERNANDES	SEN M	04:13	04:22	ADRULSM
189	232	888	RUI VIEITO	VET M40	04:13	04:25	AVEIRO NIGHT RUNNERS
190	241	900	JOSE ALMEIDA	SEN M	04:13	04:27	
191	101	837	ANTONIO NEVES	VET M50	04:14	04:02	
192	120	334	CARLOS ALMEIDA	VET M40	04:14	04:08	ALTO TRILHO - JAVALIS
193	164	84	SALVADOR SILVA	VET M40	04:14	04:15	
194	249	521	DANIEL EDMUNDO	SEN M	04:14	04:29	RECREIO DESP AGUEDA
195	255	896	ANTONIO TEIXEIRA	VET M45	04:14	04:29	SPORT CLUBE BEIRA-MAR
196	275	54	RUI RUSSO SANTOS	VET M50	04:14	04:34	PORTO RUNNERS
197	121	26	FELIPE SOUZA	SEN M	04:15	04:08	
198	147	193	CARLOS CUNHA	VET M50	04:15	04:12	
199	175	390	DANIEL GANDAREZ	SEN M	04:15	04:16	
200	215	499	ANDRE OLIVEIRA	SEN M	04:15	04:23	ISARUNNERS
201	248	595	ANTONIO PORRAO	VET M50	04:15	04:27	X5 HEALTH CLUB
202	278	413	NUNO CABRAL	SEN M	04:15	04:34	JOGGING LOVERS COIMBRA
203	221	678	JORGE MOREIRA	VET M40	04:16	04:25	ADRULSM
204	113	388	CARLOS M	SEN M	04:17	04:05	IRON RUNNERS
205	127	317	RAUL FERREIRA	SEN M	04:17	04:08	PINTO FERREIRA
206	220	449	ARNALDO SANTOS	VET M50	04:17	04:25	ALTICE LABS
207	226	474	NUNO CACHULO	SEN M	04:17	04:25	ALTICE LABS
208	228	625	MARISA RODRIGUES	SEN F	04:17	04:26	SPORT CLUBE BEIRA-MAR
209	235	534	JOSE SANTOS	VET M50	04:17	04:27	RECREIO DESP AGUEDA
210	237	712	MARINHA MANUEL	VET M50	04:17	04:27	MARINHA

**ÚLTIMO QUILOMETRO**

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211	357	657	JOSE CORTESAO	VET M55	04:17	04:45	DIARIO AVEIRO
212	126	580	FILIPE CARVALHO	SEN M	04:18	04:09	
213	156	621	EDIVALDO MACIEL	SEN M	04:18	04:14	SPORT CLUBE BEIRA-MAR
214	181	382	JOAO ALMADA	VET M55	04:18	04:18	A.D.TRAVASSO
215	212	605	JOAO DAMASO	SEN M	04:18	04:23	ACRM SILVEIRINHA CLARAS
216	217	342	HELDER COSTA	SEN M	04:18	04:24	AFIS/OVAR
217	251	366	ANTONIO LEMOS	VET M60	04:18	04:30	RUN@FIGUEIRA
218	99	400	ANDRE SANTOS	SEN M	04:19	04:01	RAINHA CLUB
219	193	635	RAFAEL GUEDES	VET M40	04:19	04:20	GUEDES
220	342	143	ANDRE COIMBRA	SEN M	04:19	04:46	MANQUINHOS
221	177	50	PEDRO MAGALHAES	SEN M	04:20	04:16	TARTARUGAS DO ASFALTO
222	180	671	CAMILO CONCEICAO	SEN M	04:20	04:15	DIARIO AVEIRO
223	189	66	DENIS QUADROS	SEN M	04:20	04:20	ATHLON RUNNER'S
224	208	706	RICARDO SOUSA	SEN M	04:20	04:22	
225	230	482	JOSE MONTEIRO	SEN M	04:20	04:25	ALTICE LABS
226	310	931	ALMEIDA PINA	SEN M	04:20	04:39	COUTO
227	119	666	MIGUEL GONCALVES	SEN M	04:21	04:07	DIARIO AVEIRO
228	182	695	JOSE FONSECA	VET M50	04:21	04:18	
229	185	202	PEDRO COSTA	SEN M	04:21	04:19	RUN&FUN
230	200	543	LUIS ALMEIDA	VET M40	04:21	04:21	
231	225	797	FERNANDO ROLDAO	VET M40	04:21	04:25	GAVIOES
232	361	488	SARA FORJAZ	SUB 23 F	04:21	04:47	TRIATLO GALITOS
233	362	828	GUSTAVO ROCHA	VET M45	04:21	04:47	BOLAS DE BERLIM
234	382	954	VITOR PINTO	SEN M	04:21	04:51	2LOW4RUN
235	383	953	JOAQUIM VELHO	SEN M	04:21	04:51	2LOW4RUN
236	407	652	GONCALO MARTINS	SEN M	04:21	04:54	SINMETRO RUNNERS
237	432	747	JOAO BERNARDO	VET M40	04:21	04:57	
238	223	182	VITOR CALDEIRA	SEN M	04:22	04:25	BOAVISTA FC
239	236	631	ARMANDO PINHO	VET M40	04:22	04:26	BRANDAO PINHO
240	257	30	FRANCISCO FREITAS	VET M40	04:22	04:30	
241	264	175	VITOR SILVA	SEN M	04:22	04:32	RUMO34
242	370	356	DUARTE SANTOS	SEN M	04:22	04:51	
243	397	109	CARLOS NORONHA	SEN M	04:22	04:53	ESPARTUGAS RUNNING
244	415	912	FABIO GOMES	SEN M	04:22	04:54	
245	165	541	CARLOS LOPES	VET M40	04:23	04:14	
246	176	264	NUNO MAGALHAES	VET M45	04:23	04:16	TARTARUGAS DO ASFALTO
247	218	250	JOSE PAULO NETO	SEN M	04:23	04:24	ORALKLASS AMIGOS DO TRAIL
248	219	858	JUVENAL MAGUETA	VET M55	04:23	04:24	GRUPO DESPORTIVO GAFANHA
249	291	769	DANIELA FALCAO	SEN F	04:23	04:37	RUNNERS LAMPASSA
250	309	365	PAULO SILVA	VET M45	04:23	04:40	TONDELA RUNNERS
251	207	860	ANTONIO MARQUES	VET M40	04:24	04:22	
252	239	460	GIL SERAFIM	SEN M	04:24	04:27	ALTICE LABS

**ÚLTIMO QUILOMETRO**

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253	254	92	MARCOS RATOLA	SEN M	04:24	04:30	
254	279	547	VICTOR SANTOS	VET M50	04:24	04:34	JOGGING LOVERS COIMBRA
255	302	615	CESAR BARROS	SEN M	04:24	04:39	SPORT CLUBE BEIRA-MAR
256	372	62	CLAUDIA SILVA	SEN F	04:24	04:52	RAINHA CLUB
257	375	435	JOAO RIBEIRO	VET M40	04:24	04:51	MOLINHAS TEAM
258	405	507	GONCALO PACHECO	SEN M	04:24	04:52	
259	188	156	CARLOS SANTOS	VET M45	04:25	04:19	CCD – RENAULT CACIA
260	210	121	JOAO SANTANA	VET M40	04:25	04:23	BOSCH TERMOTECNOLOGIA SA
261	211	132	PAULO BAPTISTA	SEN M	04:25	04:23	BOSCH TERMOTECNOLOGIA SA
262	240	458	FERNANDO PARENTE	SEN M	04:25	04:27	ALTICE LABS
263	243	452	CARLOS PARADA	SEN M	04:25	04:28	ALTICE LABS
264	262	270	CATARINA PINHO	SEN F	04:25	04:31	
265	277	676	PAULO FREITAS	VET M45	04:25	04:34	ADRULSM
266	284	91	ORLANDO FERREIRA	VET M50	04:25	04:35	FORMULA RUN
267	306	23	JOAO SANTOS	SEN M	04:25	04:39	ENDORPHINS RUNNERS
268	307	815	FERNANDO LOPES	VET M60	04:25	04:38	
269	319	757	JOAO CAVADAS	VET M50	04:26	04:41	DCI/CCDRPEDRULHA-MEALHADA
270	376	643	MARCO COSTA	SEN M	04:26	04:51	
271	170	134	NUNO PEREIRA	SEN M	04:27	04:16	BOSCH TERMOTECNOLOGIA SA
272	190	300	LUIS AMARAL	VET M40	04:27	04:19	RIA SAUDE RUNNERS
273	234	362	PAULO TAVARES	SEN M	04:27	04:26	
274	245	234	HELDER RODRIGUES	VET M60	04:27	04:28	ADREP
275	269	217	ARMINDO BASTOS	VET M40	04:27	04:32	BOSCH-AVEIRO
276	270	133	NUNO MARNOTO	SEN M	04:27	04:32	BOSCH TERMOTECNOLOGIA SA
277	271	115	FERNANDO FAUSTINO	VET M50	04:27	04:32	
278	274	226	JOSE NETO	VET M40	04:27	04:33	G. D. PORTELA
279	293	335	JOAO GIL DA COSTA	VET M55	04:27	04:36	
280	406	903	CARLOS ALEXANDRE	VET M50	04:27	04:53	CORRER VISEU
281	204	326	JOAO PARREIRA	SEN M	04:28	04:22	PITINHOS
282	233	53	NUNO MARTINS	SEN M	04:28	04:27	
283	253	63	MIRIAM MARTINS	SEN F	04:28	04:30	SPORT CLUBE BEIRA-MAR
284	367	964	VITOR SANTOS	SEN M	04:28	04:48	
285	374	829	OLIVEIRA SOUSA	VET M45	04:28	04:50	CSP ARADAS
286	216	323	MARINHO DUARTE	SEN M	04:29	04:24	GINO SPORT CENTER
287	276	183	PETRA SLIEPERS	VET F45	04:29	04:33	
288	287	100	PEDRO BODAS	SEN M	04:29	04:35	VAGUEIRA RUNNERS
289	205	85	FILIPE PIRES	VET M45	04:30	04:22	
290	258	204	LEANDRO RAMOS	VET M40	04:30	04:31	NOCTURNOS DE PAREDES
291	265	590	PAULO MARQUES	SEN M	04:30	04:31	
292	268	806	AMILCAR GARNACHO	VET M60	04:30	04:32	
293	311	569	ANTONIO TAVARES	SEN M	04:30	04:40	UNIDOS DE ROSSAS
294	349	167	ROSA SILVA	VET F45	04:30	04:45	LIGEIRINHOS

**ÚLTIMO QUILOMETRO**

<b>CLASS</b>	<b>GERAL</b>	<b>DORSAL</b>	<b>NOME</b>	<b>ESCALAO</b>	<b>ULTIMO KM</b>	<b>RITMO</b>	<b>EQUIPA</b>
295	173	32	ANTONIO SILVA	SEN M	04:31	04:17	
296	261	459	FRANCISCO COSTA	VET M45	04:31	04:29	ALTICE LABS
297	280	77	JOANA CUNHA	SEN F	04:31	04:35	DINAMO CLUBE DA ESTACAO
298	281	407	SERGIO SILVA	VET M40	04:31	04:34	AFIS/OVAR
299	292	936	VASCO MICAEL	VET M65	04:31	04:37	
300	304	585	CARLOS SILVA	VET M50	04:31	04:39	CCDCREDITO AGRICOLA MUTUO
301	312	880	NUNO FONTES	VET M45	04:31	04:38	IMPERRIA
302	365	429	FRANCISCO SILVA	VET M50	04:31	04:48	
303	198	345	ALBANO LOPES	SEN M	04:32	04:21	
304	294	457	ESTEVAO AFONSO	VET M45	04:32	04:37	ALTICE LABS
305	297	648	JOSE SIMOES	VET M45	04:32	04:37	
306	298	788	MIKE DIAS	VET M40	04:32	04:38	RUN2EAT
307	317	575	RODRIGO SANTOS	SEN M	04:32	04:41	RECREIO DESP AGUEDA
308	346	297	RICARDO MONTEIRO	VET M45	04:32	04:45	AVEIRO NIGHT RUNNERS
309	390	947	LEANDRO ANJOS	SEN M	04:32	04:54	A D C SAO JACINTO
310	393	213	JORGE HENRIQUES	VET M45	04:32	04:54	CCDS S.FRUTUOSO
311	485	508	TELMO BRANDAO	SEN M	04:32	05:04	
312	214	986	N.N. 986	SEN M	04:33	04:23	
313	282	876	ANDRE BASTOS	JUN M	04:33	04:35	
314	289	102	AGNELO SILVA	SEN M	04:33	04:36	VAGUEIRA RUNNERS
315	303	730	NUNO SILVA	VET M40	04:33	04:38	
316	308	699	JORGE SANTOS	VET M50	04:33	04:40	MONTINHO RUN
317	313	418	RICARDO GERMANO	SEN M	04:33	04:40	ISARUNNERS
318	329	86	FERNANDA GOMES	VET F40	04:33	04:43	
319	341	282	NARCISO ARROMBA	VET M60	04:33	04:46	
320	358	968	VITOR FERREIRA	VET M40	04:33	04:47	RUNNING ESPINHO
321	238	555	PAUL SHEPHERD	VET M50	04:34	04:27	
322	252	844	JOSE AMARO	VET M55	04:34	04:30	AFIS/OVAR
323	266	805	AMERICO FONSECA	VET M45	04:34	04:32	X5 HEALTH CLUB
324	305	978	OSCAR SANTOS	VET M50	04:34	04:39	X5 HEALTH CLUB
325	326	423	JAVIER MACIAS	SEN M	04:34	04:42	
326	336	598	JOSE ANDRADE	VET M45	04:34	04:44	X5 HEALTH CLUB
327	389	149	RUI MARTINS	VET M45	04:34	04:52	RUN&FUN
328	396	594	ANTONIO PINHEIRO	VET M45	04:34	04:53	X5 HEALTH CLUB
329	260	39	JORGE ALMEIDA	SEN M	04:35	04:31	
330	285	688	MANUEL OLIVEIRA	VET M55	04:35	04:36	
331	320	29	RUI PEREIRA	SEN M	04:35	04:41	
332	344	981	CARLOS CUNHA	SEN M	04:35	04:44	
333	353	670	PAULO BATISTA	SEN M	04:35	04:45	DIARIO AVEIRO
334	359	112	JOAO REDONDO	VET M50	04:35	04:48	
335	378	969	CARLOS SANTOS	VET M40	04:35	04:51	
336	414	808	RUI GOMES	SEN M	04:35	04:54	

**ÚLTIMO QUILOMETRO**

<b>CLASS</b>	<b>GERAL</b>	<b>DORSAL</b>	<b>NOME</b>	<b>ESCALAO</b>	<b>ULTIMO KM</b>	<b>RITMO</b>	<b>EQUIPA</b>
337	487	938	SANDRO RAFAEL	JUN M	04:35	05:06	
338	242	739	FILIPE SILVA	SEN M	04:36	04:28	TEAM VENTIL
339	263	920	ARTUR ROCHA	SEN M	04:36	04:29	
340	286	343	SERGIO RODRIGUES	SEN M	04:36	04:35	AFIS/OVAR
341	288	304	MIGUEL DIAS	VET M40	04:36	04:37	PORTO RUNNERS
342	299	152	RICARDO MADUREIRA	VET M50	04:36	04:37	JOGGING LOVERS COIMBRA
343	321	146	ANDRE GIRAO	SEN M	04:36	04:41	BIORUNNERS
344	325	485	RODRIGO PINHO	SEN M	04:36	04:41	ALTICE LABS
345	327	486	CELSO TEIXEIRA	VET M45	04:36	04:42	
346	345	878	VITOR FERNANDES	VET M40	04:36	04:45	
347	354	729	JORGE LOUREIRO	SEN M	04:36	04:46	
348	402	274	ANTONIO SILVA	VET M45	04:36	04:53	QUIMIFEIRAVCDCORRE
349	420	261	ARMENIO NEVES	VET M60	04:36	04:55	
350	478	607	TIAGO BAPTISTA	SEN M	04:36	05:05	
351	247	745	FRED GOMES	SEN M	04:37	04:28	
352	290	1001	ANDREIA MOCO	SEN F	04:37	04:37	
353	295	67	RUI FERREIRA	SEN M	04:37	04:37	ATHLON RUNNER'S
354	456	510	JOSE JESUS	VET M40	04:37	05:04	IRON RUNNERS
355	464	517	ARLINDO JESUS	VET M40	04:37	05:02	BIO TEAM RUN
356	465	320	CLOTILDE SANTOS	VET F40	04:37	05:03	GINO SPORT CENTER
357	267	972	JOAO OLIVEIRA	SEN M	04:38	04:31	AFIS/OVAR
358	355	144	MANUEL TEIXEIRA	VET M55	04:38	04:48	MANQUINHOS
359	421	872	HERNANI AMARAL	VET M60	04:38	04:56	ROYAL SCHOOL OF LANGUAGES
360	468	726	JORGE MAGUETA	VET M40	04:38	05:03	
361	337	51	BALTAZAR FERREIRA	VET M45	04:39	04:44	
362	339	683	NUNO ALEGRIA	SEN M	04:39	04:44	
363	348	965	RUI LEBRE	VET M45	04:39	04:46	TARTARUGAS DO ASFALTO
364	417	910	FABIO SANTOS	SEN M	04:39	04:56	HOSPITAL SANTA MARIA
365	598	181	ARMANDO RODRIGUES	VET M45	04:39	05:28	SCIENCESTORY
366	335	899	CARLOS MADUREIRA	SEN M	04:40	04:43	
367	352	822	LUIS LOPES E DIAS	SEN M	04:40	04:47	GINO SPORT CENTER
368	404	12	PEDRO FERREIRA	VET M40	04:40	04:53	
369	672	199	VIDAL FERREIRA	SEN M	04:40	04:33	DONOS DISTO TUDO
370	224	979	JOSE LEITE	VET M45	04:41	04:25	X5 HEALTH CLUB
371	272	333	MARIA FEIO	VET F40	04:41	04:32	
372	314	124	AVENTINO LIMA	VET M40	04:41	04:40	BOSCH TERMOTECNOLOGIA SA
373	315	935	AMANDIO BRITES	VET M70	04:41	04:41	
374	318	445	ALBERTO SILVA	VET M45	04:41	04:40	ALTICE LABS
375	364	833	AMERICO ALHAIS	VET M50	04:41	04:48	CSP ARADAS
376	387	444	EDUARDO OLIVEIRA	VET M40	04:41	04:52	AFIS/OVAR
377	388	443	MANUEL RAMOS	VET M70	04:41	04:52	AFIS/OVAR
378	316	705	AIRES OLIVEIRA	SEN M	04:42	04:41	UNIDOS DE ROSSAS

**ÚLTIMO QUILOMETRO**

<b>CLASS</b>	<b>GERAL</b>	<b>DORSAL</b>	<b>NOME</b>	<b>ESCALAO</b>	<b>ULTIMO KM</b>	<b>RITMO</b>	<b>EQUIPA</b>
379	331	680	EDUARDO FERREIRA	SEN M	04:42	04:44	ADRULSM
380	340	539	LUIS CARVALHO	SEN M	04:42	04:45	ISARUNNERS
381	360	717	MIGUEL QUEIROS	VET M55	04:42	04:47	
382	384	574	JOAO SILVA	SEN M	04:42	04:50	
383	395	380	PEDRO RODRIGUES	SEN M	04:42	04:53	
384	412	629	ALZIRA BARROS	VET F40	04:42	04:55	VIRIATHVS RUNNERS
385	419	341	CARLOS CAMPOS	VET M45	04:42	04:55	AFIS/OVAR
386	423	663	MARGARIDA MALAQUIAS	SEN F	04:42	04:56	DIARIO AVEIRO
387	296	119	CARLOS FERREIRA	VET M40	04:43	04:37	BOSCH TERMOTECNOLOGIA SA
388	322	404	JOAO MELO	SEN M	04:43	04:41	ACOREANA
389	324	515	CARLOS ESTIMA	VET M45	04:43	04:42	RECREIO DESP AGUEDA
390	328	618	MIGUEL CUNHA	SEN M	04:43	04:43	SPORT CLUBE BEIRA-MAR
391	332	155	RICARDO DIOGO	SEN M	04:43	04:43	
392	333	315	DANIELA SANTOS	JUN F	04:43	04:44	KO TRAIL RUNNING
393	338	922	TIAGO ALMEIDA	JUN M	04:43	04:44	
394	351	835	DOMINGOS TAVARES	VET M40	04:43	04:46	
395	368	819	RUI RODRIGUES	VET M45	04:43	04:49	VIRIATHVS RUNNERS
396	379	612	ISABEL ROSAS	VET F40	04:43	04:52	
397	273	442	MANUEL GOMES	VET M50	04:44	04:33	AFIS/OVAR
398	347	301	VASCO AMARAL	SEN M	04:44	04:46	
399	350	843	MARIO CONDE	VET M60	04:44	04:46	AFIS/OVAR
400	385	491	LUIS SANTOS	VET M40	04:44	04:52	ISARUNNERS
401	399	786	ANA MOREIRA	SEN F	04:44	04:54	MASS SPEC SISTERS
402	413	99	JOAO NEGRAO	SEN M	04:44	04:55	VAGUEIRA RUNNERS
403	497	839	NELSON SIMOES	SEN M	04:44	05:09	RUN S BERNARDO
404	259	556	LEONARDO JESUS	SEN M	04:45	04:30	CLUTA RUNNERS
405	334	932	PEDRO PIMENTEL	SEN M	04:45	04:44	VAGUEIRA LOCALS
406	369	24	ALBERTO BRANCO	VET M45	04:45	04:50	
407	401	473	NUNO SEIXAS	SEN M	04:45	04:54	ALTICE LABS
408	424	42	PEDRO JOAO SILVA	VET M40	04:45	04:56	FAMELGA
409	455	668	FRANCISCO GONCALVES	SEN M	04:45	05:02	DIARIO AVEIRO
410	599	389	DAVID GARCIA	VET M40	04:45	05:28	
411	301	159	JOAO MARQUES	VET M55	04:46	04:39	CCD – RENAULT CACIA
412	323	941	MICHEL ALMEIDA	VET M40	04:46	04:41	PONTO ENCONTRO
413	381	772	FERNANDO JMAGALHAES	VET M50	04:46	04:52	
414	453	790	FERNANDO MAIA	VET M45	04:46	05:03	
415	459	967	TANIA FERREIRA	SEN F	04:46	05:03	
416	476	971	JOSE CARVALHO	SEN M	04:46	05:04	
417	356	397	PEDRO MARQUES	SEN M	04:47	04:47	RUM034
418	435	687	FERNANDO SILVA	VET M55	04:47	05:00	
419	469	956	ARMANDO PINTO	VET M45	04:47	05:04	
420	475	322	LARA SILVA	SEN F	04:47	05:04	GINO SPORT CENTER

**ÚLTIMO QUILOMETRO**

<b>CLASS</b>	<b>GERAL</b>	<b>DORSAL</b>	<b>NOME</b>	<b>ESCALAO</b>	<b>ULTIMO KM</b>	<b>RITMO</b>	<b>EQUIPA</b>
421	507	691	JOAO OLIVEIRA	SEN M	04:47	05:10	
422	509	689	MARIA CARVALHO	SEN F	04:47	05:10	
423	790	467	MANUEL AGUIAR	VET M45	04:47	06:26	ALTICE LABS
424	380	64	VIRGILIO NETO	VET M40	04:48	04:52	TBSIC
425	439	628	PAULO FERNANDES	VET M50	04:48	05:00	VIRIATHVS RUNNERS
426	443	682	DAVID TEIXEIRA	SEN M	04:48	05:01	ADRULSM
427	444	679	PAULA GONCALVES	VET F40	04:48	05:01	ADRULSM
428	477	174	SANDRA OLSSON	SEN F	04:48	05:05	
429	554	311	RICARDO SILVA	SEN M	04:48	05:17	ZE'S CON'AS
430	555	313	CAROLINA TAVARES	SEN F	04:48	05:17	ZE'S CON'AS
431	394	104	MARIO FLORINDO	VET M40	04:49	04:53	RAINHA CLUB
432	398	586	JOSE MANUEL COSTA	VET M50	04:49	04:54	MOLINHAS TEAM
433	403	914	EDUARDO PEREIRA	SEN M	04:49	04:54	
434	422	369	RICARDO SEROMENHO	SEN M	04:49	04:56	
435	434	260	RICARDO FONTE	SEN M	04:49	04:58	CANIANOS
436	448	804	JOSE PINHAL	VET M45	04:49	05:01	
437	363	606	EDUARDO FALCAO	VET M45	04:50	04:49	PERDI O TAXI
438	411	96	VASCO ALPALHAO	VET M45	04:50	04:55	
439	426	420	TIAGO VASCONCELOS	SEN M	04:50	04:58	
440	431	741	PEDRO PINHO	SEN M	04:50	04:58	
441	438	725	BRUNO REI	SEN M	04:50	04:59	
442	446	577	PEDRO FURTADO	VET M45	04:50	05:01	RUN4SARDINES
443	463	355	LUIS GAMA	VET M45	04:50	05:03	AFIS/OVAR
444	470	75	VIRGINIA FERREIRA	SEN F	04:50	05:05	
445	343	864	JOAQUIM FERREIRA	VET M50	04:51	04:45	AFIS/OVAR
446	441	69	RENATA NEVES	SEN F	04:51	04:59	ATHLON RUNNER'S
447	445	516	FRANCISCO MENDES	VET M40	04:51	04:59	BIO TEAM RUN
448	574	500	CATARINA PINHO	SEN F	04:51	05:22	
449	586	596	JOAO RIBA	VET M50	04:51	05:25	X5 HEALTH CLUB
450	300	740	MARCO COELHO	SEN M	04:52	04:38	
451	437	658	FILIPE ROSADO	SEN M	04:52	04:59	DIARIO AVEIRO
452	449	531	FILIPE ALMEIDA	VET M40	04:52	05:02	RECREIO DESP AGUEDA
453	467	428	INES PEREIRA	SEN F	04:52	05:04	PONTO ZEN
454	560	647	PEDRO MARQUES	VET M40	04:52	05:20	
455	563	736	EMANUEL PEDROSA	SEN M	04:52	05:22	
456	707	895	NUNO ROCHA	SEN M	04:52	05:54	VAGUEIRA RUNNERS
457	366	831	ANTONIO RAMOS	VET M55	04:53	04:48	CSP ARADAS
458	371	232	ALDA CORDEIRO	VET F45	04:53	04:52	
459	373	649	FRANCISCO LAMAS	VET M40	04:53	04:50	
460	429	767	CARLA CARDOSO	VET F40	04:53	04:58	
461	480	582	SANDRA CAVALHEIRO	VET F45	04:53	05:06	BOAS SOLAS
462	538	367	RICARDO BARBOSA	SEN M	04:53	05:15	

**ÚLTIMO QUILOMETRO**

<b>CLASS</b>	<b>GERAL</b>	<b>DORSAL</b>	<b>NOME</b>	<b>ESCALAO</b>	<b>ULTIMO KM</b>	<b>RITMO</b>	<b>EQUIPA</b>
463	579	136	CARLOS MARTINS	VET M50	<b>04:53</b>	05:23	BOSCH TERMOTECNOLOGIA SA
464	634	834	PERY MACHADO FILHO	SEN M	<b>04:53</b>	05:37	
465	418	642	PAULO MARTINS	VET M45	<b>04:54</b>	04:56	BIO TEAM RUN
466	440	894	HUGO FERREIRA	SEN M	<b>04:54</b>	05:00	
467	451	851	PEDRO CAMOES	SUB 23 M	<b>04:54</b>	05:03	
468	460	641	SARA ALVES	SEN F	<b>04:54</b>	05:02	
469	471	177	CARLOS BATISTA	VET M40	<b>04:54</b>	05:04	FBATISTA
470	486	298	LUIS SAMPAIO	SEN M	<b>04:54</b>	05:05	CANIANOS
471	521	203	PAULO TEIXEIRA	SEN M	<b>04:54</b>	05:11	
472	531	559	ISABEL RIBAU	VET F40	<b>04:54</b>	05:14	VAMOS CORRER EM ÌLHAVO
473	565	963	NUNO QUINTANEIRO	SEN M	<b>04:54</b>	05:20	
474	391	405	CRISPIM TRIBUNA	SEN M	<b>04:55</b>	04:53	CVVB
475	392	921	ALEXANDRE ALMEIDA	VET M40	<b>04:55</b>	04:52	
476	527	348	ANTONIO SILVA	VET M50	<b>04:55</b>	05:12	
477	540	337	JOAO PIO	SEN M	<b>04:55</b>	05:18	ALTICE LABS
478	377	984	LUIS RAMOS	SEN M	<b>04:56</b>	04:51	
479	410	33	JOAO RODRIGUES	VET M40	<b>04:56</b>	04:56	MATA CHIBAS
480	430	731	DAVID CUNHA	VET M40	<b>04:56</b>	04:57	
481	436	623	BRUNO PONTE	SEN M	<b>04:56</b>	04:59	SPORT CLUBE BEIRA-MAR
482	447	56	JOANA TAVARES	SEN F	<b>04:56</b>	05:02	NOKIA RUNNERS
483	458	254	ANDRE SILVA	SEN M	<b>04:56</b>	05:03	KASAREMGORDA
484	508	72	LIGIA CASIMIRO	VET F40	<b>04:56</b>	05:10	CIRES RUNNING TEAM
485	513	241	DINA MOTA	VET F45	<b>04:56</b>	05:12	TONDELA RUNNERS
486	524	185	TIAGO ABREU	SEN M	<b>04:56</b>	05:12	
487	330	704	ANTONIO SOARES	SEN M	<b>04:57</b>	04:43	GALGOS DE TANCOS
488	416	357	JOAQUIM ALMEIDA	VET M55	<b>04:57</b>	04:55	
489	491	379	ANTONIO MELO	VET M50	<b>04:57</b>	05:06	CORRER VISEU
490	494	905	MARIA JOAO BARBOSA	SEN F	<b>04:57</b>	05:08	
491	645	902	VITOR MACEDO	SEN M	<b>04:57</b>	05:38	
492	481	372	ANTONIO LEMOS	VET M45	<b>04:58</b>	05:06	MOLINHAS TEAM
493	488	904	LUISA ALMEIDA	VET F50	<b>04:58</b>	05:07	TARTARUGAS DO ASFALTO
494	492	383	ISABEL INACI	VET F45	<b>04:58</b>	05:06	CORRER VISEU
495	493	370	CARLOS COSTA	SEN M	<b>04:58</b>	05:06	CORRER VISEU
496	561	832	VITOR HENRIQUES	VET M45	<b>04:58</b>	05:20	CSP ARADAS
497	408	906	TO ZE MARTINS	SEN M	<b>04:59</b>	04:55	NOCTURNOS DE PAREDES
498	427	636	CARLOS DIAS	VET M45	<b>04:59</b>	04:57	CIRES RUNNING TEAM
499	428	840	FERNANDO PINTO	VET M45	<b>04:59</b>	04:57	CIRES RUNNING TEAM
500	484	107	ADRIANO SANTOS	SEN M	<b>04:59</b>	05:07	ADREQUEIXO
501	490	265	PAULO PINTO	VET M45	<b>05:00</b>	05:08	MARISCO VIVO
502	532	427	ANGELA BRAMAO	SEN F	<b>05:00</b>	05:15	PONTO ZEN
503	533	426	PAULO FERREIRA	SEN M	<b>05:00</b>	05:15	PONTO ZEN
504	553	557	JOAO OLIVEIRA	VET M40	<b>05:00</b>	05:19	



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505	562	782	SERGIO PINHEIRO	VET M45	05:00	05:21	RAINHA CLUB
506	519	859	DANIELA SIMOES	SUB 23 F	05:01	05:12	
507	525	275	CAMILO DUARTE	VET M70	05:01	05:12	QUIMIFEIRAVCDCORRE
508	682	702	PAULO RE	VET M45	05:01	05:48	
509	489	130	VITOR HENRIQUES	SEN M	05:02	05:07	BOSCH TERMOTECNOLOGIA SA
510	571	223	SOFIA GONCALVES	SEN F	05:02	05:22	INVICTUS OPORTO TEAM
511	578	570	CARLOS TAVARES	SEN M	05:02	05:26	UNIDOS DE ROSSAS
512	612	327	BARBARA LOPES	SEN F	05:02	05:30	PITINHOS
513	400	40	JOAO GRACA	VET M60	05:04	04:55	ACRM SILVEIRINHA CLARAS
514	433	471	MIGUEL MATOS	SEN M	05:04	04:59	ALTICE LABS
515	442	118	BRUNO ALVES	SEN M	05:04	05:01	BOSCH TERMOTECNOLOGIA SA
516	511	824	JOAO COELHO	VET M50	05:04	05:11	RAMOS COELHO
517	512	825	SAMUEL RAMOS	JUN M	05:04	05:11	SAO CAETANO- CANTANHEDE
518	520	785	ELISABETE DA COSTA	VET F40	05:04	05:13	MASS SPEC SISTERS
519	522	242	NUNO ALEXANDRE VIEIRA	VET M40	05:04	05:11	
520	530	793	VITOR MARTINS	VET M45	05:04	05:14	
521	551	476	RICARDO SANTOS	SEN M	05:04	05:18	ALTICE LABS
522	558	723	DIANA SANTOS	SEN F	05:04	05:19	
523	474	620	PATRICIA ANTELO	SEN F	05:05	05:06	SPORT CLUBE BEIRA-MAR
524	502	803	MARIO BARRADAS	VET M45	05:05	05:08	
525	543	437	ROSANA TOMASIO	SEN F	05:05	05:18	MOLINHAS TEAM
526	556	863	TIAGO MOREIRA	SEN M	05:05	05:18	
527	557	206	LEANDRO AMADOR	SEN M	05:05	05:18	
528	587	801	SOFIA GUERRA	VET F40	05:05	05:25	
529	605	849	CLAUDIO ARSENIO	VET M45	05:05	05:27	CASA CRESPO
530	526	468	MARCO BORGES	SEN M	05:06	05:12	ALTICE LABS
531	542	1002	MARCIO SILVA	SEN M	05:06	05:17	
532	549	52	TIAGO MARQUES	SEN M	05:06	05:17	
533	616	713	VITOR FERREIRA	VET M40	05:06	05:33	
534	496	538	HELENA AZEVEDO	SEN F	05:07	05:09	ISARUNNERS
535	498	644	LUIS RODRIGUES	VET M40	05:07	05:09	RUN@FIGUEIRA
536	518	98	PAULO MAIA	VET M45	05:07	05:13	
537	529	176	ANTONIO GOMES	VET M50	05:07	05:14	
538	570	18	TERESA MALHEIRO	VET F50	05:07	05:22	CMMC ALBERGARIA
539	575	386	ANA MARTINS	VET F45	05:07	05:21	INVICTA RUNNERS TEAM
540	592	800	FRANCISCO RIBEIRO	VET M65	05:07	05:26	
541	516	608	SANDRA C COSTA	SEN F	05:08	05:11	CAETANO RUNNERS
542	631	318	JULIO FERREIRA	VET M60	05:08	05:36	PINTO FERREIRA
543	483	997	PETER ELIOPOULOS	VET M50	05:09	05:06	
544	544	166	DEOLINDA SILVA	VET F55	05:09	05:16	LIGEIRINHOS
545	594	208	FILIPE RAMA	VET M40	05:09	05:27	FRELICA 55
546	613	853	ANA CLAUDIA FERREIRA	SEN F	05:09	05:30	

**ÚLTIMO QUILOMETRO**

<b>CLASS</b>	<b>GERAL</b>	<b>DORSAL</b>	<b>NOME</b>	<b>ESCALAO</b>	<b>ULTIMO KM</b>	<b>RITMO</b>	<b>EQUIPA</b>
547	671	544	DINIS SANTOS	SEN M	05:09	05:46	
548	537	354	ANABELA CORREIA	VET F40	05:10	05:16	TONDELA RUNNERS
549	547	289	LUIS DIAS	SEN M	05:10	05:18	
550	500	871	ELISABETE RODRIGUES	VET F40	05:11	05:10	ROYAL SCHOOL OF LANGUAGES
551	517	685	ANTONIO TAFULA	VET M65	05:11	05:12	RUN@FIGUEIRA
552	590	842	RUI GOMES	VET M40	05:11	05:27	ESTRELA F.C.C.A.
553	622	339	JOSE CARLOS NEVES	VET M50	05:11	05:34	BOAS SOLAS
554	450	497	VITOR PEREIRA	SEN M	05:12	05:02	
555	472	368	MARIA JOSE RODRIGUES	VET F40	05:12	05:03	
556	499	870	SAMUEL NEVES	SEN M	05:12	05:10	ROYAL SCHOOL OF LANGUAGES
557	501	305	RUI JORGE FERREIRA	VET M45	05:12	05:10	
558	506	907	TANIA CARDOSO	SEN F	05:12	05:11	NOCTURNOS DE PAREDES
559	595	891	HUGO VALENTE	SEN M	05:12	05:27	
560	457	728	JOAO BERNARDO	VET M45	05:13	05:04	RUN4FUNCOIMBRA
561	461	125	DANIEL LOPES	SEN M	05:13	05:04	BOSCH TERMOTECNOLOGIA SA
562	462	128	RICARDO CARRANCA	SEN M	05:13	05:02	BOSCH TERMOTECNOLOGIA SA
563	585	816	CARLOS CUNHA	SEN M	05:13	05:25	MOLINHAS TEAM
564	608	540	LUIS FILIPE COELHO	VET M40	05:13	05:30	ISARUNNERS
565	624	358	FILIPE ROMERO	SEN M	05:13	05:35	
566	495	787	PAULO CALISTO	SEN M	05:14	05:09	
567	536	925	HELDER AMORIM	SEN M	05:14	05:16	X5 HEALTH CLUB
568	566	252	LUIS COSTA	SEN M	05:14	05:19	
569	596	238	JOAO PEDRO DA COSTA	VET M40	05:14	05:28	
570	597	239	MANUELA DAMAS	SEN F	05:14	05:28	
571	466	196	JULIA ALVES	VET F40	05:15	05:05	ACM RUNNING
572	479	154	ANA MARIA BARBOSA	VET F55	05:15	05:06	
573	503	927	ANDRE PINTO	VET M55	05:15	05:08	X5 HEALTH CLUB
574	504	924	JOAO REIS	VET M50	05:15	05:08	X5 HEALTH CLUB
575	515	396	SOFIA AZENHA	SEN F	05:15	05:12	RUMO34
576	548	290	NUNO PORTELA	SEN M	05:15	05:18	
577	584	584	FILIPE SIMOES	VET M40	05:15	05:25	CCDCREDITO AGRICOLA MUTUO
578	676	746	JOSE GONCALVES	VET M65	05:15	05:48	ADRULSM
579	452	933	PAULO FONTE	VET M40	05:16	05:02	VAGUEIRA LOCALS
580	482	807	FILIPE MARCAL	SEN M	05:16	05:05	
581	573	686	CARLOS QUEIROS	SEN M	05:16	05:21	
582	710	982	SOFIA RIBEIRO	SEN F	05:16	05:55	
583	774	201	FERNANDO MOREIRA	SEN M	05:16	05:04	DONOS DISTO TUDO
584	581	137	CATIA SANTOS	SEN F	05:17	05:24	BOSCH TERMOTECNOLOGIA SA
585	601	732	TIAGO RIBEIRO	JUN M	05:17	05:27	
586	602	466	MANUEL RIBEIRO	VET M40	05:17	05:27	ALTICE LABS
587	603	830	HELDER MACHADO	VET M45	05:17	05:29	CSP ARADAS
588	534	653	ESTER SOARES	SEN F	05:18	05:15	ISARUNNERS

**ÚLTIMO QUILOMETRO**

<b>CLASS</b>	<b>GERAL</b>	<b>DORSAL</b>	<b>NOME</b>	<b>ESCALAO</b>	<b>ULTIMO KM</b>	<b>RITMO</b>	<b>EQUIPA</b>
589	572	105	LUIS SILVA	VET M40	05:18	05:23	RAINHA CLUB
590	610	654	LUIS PEREIRA	SEN M	05:18	05:31	ISARUNNERS
591	659	929	FILIPA RIBEIRO	VET F40	05:18	05:42	X5 HEALTH CLUB
592	535	344	DIANA HENRIQUES	SEN F	05:19	05:15	
593	576	720	JOAO ORVALHO	VET M50	05:19	05:24	
594	611	958	PATRICIA COSTA	SEN F	05:19	05:32	LOUSADA RUNNERS
595	630	308	ANA ROCHA	SEN F	05:19	05:34	
596	708	434	VERA SILVA	SEN F	05:19	05:53	MOLINHAS TEAM
597	550	715	LILIANA SIMOES	VET F40	05:20	05:18	
598	567	966	FILIPE ROLA	SEN M	05:20	05:20	
599	582	364	ESTEFANIA LOPES	VET F45	05:20	05:26	TONDELA RUNNERS
600	583	340	INES GOMES	VET F40	05:20	05:26	TONDELA RUNNERS
601	625	893	PAULO PEREIRA	VET M45	05:20	05:34	
602	626	336	CARMO MARINHO	VET F50	05:20	05:36	
603	679	550	CARLA SANTOS	VET F40	05:20	05:48	
604	766	861	MARIO CRUZ	SEN M	05:20	06:12	
605	425	838	ALEXANDRE OLIVEIRA	SEN M	05:21	04:57	RUNNING ESPINHO
606	663	943	JOSE CONDEIXA	VET M50	05:21	05:44	
607	664	942	ANTONIO SALGUEIREDO	VET M45	05:21	05:44	
608	564	76	FRANCISCO FERNANDES	SEN M	05:22	05:20	
609	589	399	MANUEL COUTO	VET M65	05:22	05:28	GRIJO A CORRER
610	607	501	DANIELA MARQUES	SEN F	05:22	05:29	
611	648	581	PEDRO NEVES	VET M40	05:22	05:41	
612	541	886	PAULO SILVA	SEN M	05:23	05:17	
613	546	381	SANDRA DANTAS	SEN F	05:23	05:17	
614	552	548	MARIA CARVALHO	SUB 23 F	05:23	05:18	
615	559	827	CARLOS MARQUES	VET M50	05:23	05:19	BDM RUNNERS
616	619	939	HELIO GONCALVES	SEN M	05:23	05:34	SOLZAIMA
617	649	719	RUI URBANO	VET M40	05:23	05:41	
618	409	498	JORGE COSTA	VET M50	05:24	04:55	MOLINHAS TEAM
619	523	38	JOSE CAETANO	VET M55	05:24	05:12	
620	539	477	RITA GASPAS	SEN F	05:24	05:15	ALTICE LABS
621	593	454	DANIEL GONCALVES	SEN M	05:24	05:26	ALTICE LABS
622	386	865	MONICA FERNANDES	VET F40	05:25	04:53	LOUSADA RUNNERS
623	580	256	MARCO PIMENTA	SEN M	05:25	05:25	RUNNERS DE VEZ EM QUANDO
624	641	447	CATARINA MONICA	SEN F	05:25	05:37	ALTICE LABS
625	644	813	PEDRO PANDEIRADA	SEN M	05:25	05:40	VAGUEIRA RUNNERS
626	719	630	RICARDO BARBOSA	SEN M	05:25	05:56	D4E
627	720	638	SERGIO VIEIRA	SEN M	05:25	05:56	D4E
628	473	855	LUIS RIBEIRO	SEN M	05:26	05:06	
629	640	446	ALEXANDRE LARANJEIRA	SEN M	05:26	05:37	ALTICE LABS
630	717	21	NUNO DIAS	SEN M	05:26	05:55	

**ÚLTIMO QUILOMETRO**

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631	727	930	JORGE MOTA	VET M40	05:26	05:57	X5 HEALTH CLUB
632	639	319	MARILIA SOUSA	SEN F	05:27	05:38	PINTO FERREIRA
633	674	59	DANIEL RODRIGUES	SEN M	05:27	05:47	NOKIA RUNNERS
634	689	505	RITA DUARTE	SEN F	05:27	05:51	AFIS/OVAR
635	690	411	ELISABETE ASSUNCAO	SEN M	05:27	05:51	AFIS/OVAR
636	693	901	JOANA MACEDO	SEN F	05:27	05:50	
637	568	71	ANA VERTOLATO	VET F40	05:28	05:22	ATHLON RUNNER'S
638	628	545	CARLOS BARROSO	VET M50	05:28	05:34	
639	632	916	RICHARD FERREIRA	SEN M	05:28	05:36	
640	667	41	JOANA SOARES	SEN F	05:28	05:45	FAMELGA
641	600	430	JOSE LUIS FERNANDES	SEN M	05:29	05:27	
642	651	198	FILOMENA SANTOS	VET F55	05:29	05:43	MOLINHAS TEAM
643	656	940	ADEMIR SUAREZ	SEN M	05:29	05:42	
644	633	186	MARLENE MARQUES	SEN F	05:30	05:36	
645	655	303	JOAO RAMALHAO	SEN M	05:30	05:45	PORTO RUNNERS
646	505	481	VICTOR MARQUES	VET M40	05:31	05:10	ALTICE LABS
647	514	31	HILARIO ESPADILHA	VET M40	05:31	05:12	
648	510	306	VALERIY KOVAZHENKO	SEN M	05:32	05:10	
649	591	798	ANDRE SILVA	SEN M	05:32	05:27	ISARUNNERS
650	673	882	JOSE VIANA	SEN M	05:32	05:45	IMPERRIA
651	569	957	JOAO DE PINA GONCALVES	VET M40	05:33	05:21	SEM
652	577	857	ABILIO MADAIL	VET M50	05:33	05:24	
653	618	962	JOAO LINO	SEN M	05:33	05:33	
654	665	359	ANA MONTEZ	SEN F	05:33	05:44	
655	675	145	FERNANDO TEIXEIRA	VET M60	05:33	05:48	MANQUINHOS
656	687	783	DIANA SILVA	SEN F	05:33	05:50	VAGUEIRA RUNNERS
657	454	583	ANDRE LOPES	SEN M	05:34	05:03	CCDCREDITO AGRICOLA MUTUO
658	643	451	BRUNO SILVA	SEN M	05:34	05:39	ALTICE LABS
659	703	551	ISABEL LOURENCO	VET F40	05:34	05:53	
660	704	632	LILIANA BRANDAO	VET F40	05:34	05:53	BRANDAO PINHO
661	650	101	NUNO RIBEIRO	SEN M	05:35	05:42	VAGUEIRA RUNNERS
662	657	391	ANDRE PINTO	SEN M	05:35	05:43	
663	677	735	SONIA ALMEIDA	SEN F	05:35	05:46	
664	653	294	RITA MORAIS	VET F40	05:36	05:43	
665	660	820	PAULA ARAUJO	VET F40	05:36	05:43	
666	661	789	ANA CATARINA REIS	SEN F	05:36	05:43	
667	669	44	SARA MOREIRA	SEN F	05:36	05:46	FAMELGA
668	670	43	JOAO SOARES	SEN M	05:36	05:46	FAMELGA
669	686	257	CATEA CORDEIRO	SEN F	05:36	05:47	RUNNERS DE VEZ EM QUANDO
670	688	269	TERESA FILENO	SEN F	05:36	05:51	RIA SAUDE RUNNERS
671	734	126	NELSON RE	VET M50	05:36	06:01	BOSCH TERMOTECNOLOGIA SA
672	735	402	CARMEN FERREIRA	VET F40	05:36	06:01	

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673	736	401	JOAO RICARDO SANTOS	VET M40	05:36	06:01	
674	750	131	JOAO BASTOS	SEN M	05:36	06:07	BOSCH TERMOTECNOLOGIA SA
675	654	898	RICARDO PASCOAL	SEN M	05:37	05:42	
676	662	848	ANTERO ALMEIDA	VET M55	05:37	05:43	BOAS SOLAS
677	678	944	ALBERTINA GONCALVES	SEN F	05:37	05:47	LOUSADA RUNNERS
678	705	796	SONIA PINHO	SEN F	05:37	05:52	
679	617	255	JOAO VALLE-COSTA	VET M45	05:38	05:33	
680	606	926	RUI PREDAS	VET M40	05:39	05:30	X5 HEALTH CLUB
681	629	506	JOANA ALCADA	SEN F	05:39	05:36	AFIS/OVAR
682	636	225	CHRISTOPHER GUIMARAENS	VET M40	05:39	05:38	DOGS BOLLOCKS
683	711	593	HELIANA SA	SEN F	05:39	05:55	X5 HEALTH CLUB
684	652	479	SUSANA SANTOS	SEN F	05:40	05:41	ALTICE LABS
685	714	546	VASCO RAMALHEIRA	VET M45	05:40	05:56	
686	696	918	HENRIQUE BARTOLOMEU	SEN M	05:41	05:52	
687	697	908	RENATO MOEDAS	VET M40	05:41	05:52	GS MORENOS
688	698	915	NUNO RIBEIRO	SEN M	05:41	05:52	
689	699	917	TERESA SOARES	SEN F	05:41	05:52	
690	621	328	FERNANDO MAIA	VET M60	05:42	05:35	HAPPY RUN
691	658	633	FILIPA FALCAO	VET F40	05:42	05:43	PERDI O TAXI
692	545	288	ALICE BAPTISTA	JUN F	05:44	05:18	HAPPY RUN
693	588	463	JOAO CESAR	SEN M	05:44	05:25	ALTICE LABS
694	723	422	MANUELA FERNANDES	SEN F	05:44	05:55	CLUTA RUNNERS
695	614	710	MARA MARINHA	SEN F	05:45	05:33	MARINHA
696	623	692	AUGUSTO SILVA	VET M50	05:45	05:35	
697	722	394	DULCE MOREDA	VET F45	05:45	05:57	CLUBE ZUPPER
698	724	462	IVO ANGELICO	SEN M	05:45	05:55	ALTICE LABS
699	728	169	HELENA SOFIA LOPES	VET F40	05:45	05:58	JOGGING LOVERS COIMBRA
700	729	527	RUI MELAO	VET M50	05:45	05:57	
701	794	542	ANA GONCALVES	VET F45	05:45	06:27	
702	620	329	TERESA MAIA	VET F55	05:46	05:35	HAPPY RUN
703	754	205	LILIANA OLIVEIRA	SEN F	05:46	06:08	
704	712	503	HIDEO OKI	VET M60	05:47	05:54	MPD
705	627	375	TIAGO NUNES	VET M40	05:48	05:36	
706	700	795	SABINO OLIVEIRA	SEN M	05:48	05:52	
707	701	794	FILIPA PINHEIRO	SEN F	05:48	05:52	
708	706	211	SUSANA PEREIRA	SEN F	05:48	05:54	PINDERICUS RUNNING TEAM
709	731	884	ANGELO VALENTE	SEN M	05:49	06:01	VAGUEIRA RUNNERS
710	642	129	PEDRO CORREIA	SEN M	05:51	05:39	BOSCH TERMOTECNOLOGIA SA
711	668	46	JORGE MAGALHAES	VET M50	05:51	05:46	
712	694	913	GISELA SANTOS	SEN F	05:51	05:52	
713	749	192	FELIX DIAZ	VET M40	05:51	06:06	
714	604	937	RICARDO SOUSA	SEN M	05:52	05:29	

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715	637	272	CELINA DIAS	VET F45	05:52	05:37	
716	709	338	FILIFE COQUIM	SEN M	05:52	05:53	
717	738	283	SONIA SILVA	SEN F	05:52	06:01	
718	756	273	ELSA MOTA	VET F40	05:52	06:09	MOLINHAS TEAM
719	758	436	ARCELINA MARTINHO	VET F40	05:52	06:09	MOLINHAS TEAM
720	680	472	NELSON ARQUEIRO	SEN M	05:53	05:47	ALTICE LABS
721	718	296	ANA MARTA	SEN F	05:53	05:56	HAPPY RUN
722	732	708	SANDRA SIMOES	SEN F	05:53	06:01	
723	757	879	HELENA AMARO	SEN F	05:53	06:08	INVICTA RUNNERS TEAM
724	761	433	MILU PINTO	SEN F	05:53	06:10	MOLINHAS TEAM
725	765	483	ANDRE BONITO	SEN M	05:53	06:10	ALTICE LABS
726	681	207	MARCIO ALMEIDA	SEN M	05:54	05:49	
727	692	528	JORGE RIBEIRO	VET M45	05:54	05:50	
728	702	610	ANA CASTRO	VET F45	05:54	05:53	CAL - C. ATLETISMO LAMAS
729	725	524	SERGIO PEREIRA	SEN M	05:54	05:57	GRACINDA S TEAM
730	726	522	CLAUDIA NOGUEIRA	SEN F	05:54	05:57	GRACINDA S TEAM
731	733	709	RONNY SIMOES	SEN M	05:54	06:01	
732	745	310	RICARDO NETO	SEN M	05:54	06:03	ZE'S CON'AS
733	746	309	ALICE SILVA	SEN F	05:54	06:03	ZE'S CON'AS
734	691	291	IRINA DE OLIVEIRA	SEN F	05:55	05:52	HAPPY RUN
735	721	873	GABRIELA AMARAL	SEN F	05:55	05:56	ROYAL SCHOOL OF LANGUAGES
736	751	421	CATIA TASCA	SEN F	05:55	06:08	
737	772	714	RITA SIMOES	SEN F	05:55	06:13	
738	776	919	TANIA MADUREIRA	SEN F	05:55	06:17	
739	638	271	HUMBERTO DIAS	VET M40	05:56	05:37	
740	683	665	JOAO COSTA	VET M50	05:57	05:49	DIARIO AVEIRO
741	737	153	FILOMENA DIAS	VET F45	05:57	06:01	JOGGING LOVERS COIMBRA
742	615	276	VALDEMAR DIAS	VET M40	05:58	05:32	QUIMIFEIRAVCDORRE
743	684	669	SALOME VALENTE	SEN F	05:58	05:49	DIARIO AVEIRO
744	806	414	MARGARIDA AGUIAR	JUN F	05:58	06:39	
745	666	881	JOAQUIM CRISTO	VET M40	06:00	05:44	IMPERRIA
746	716	877	GRACE KELLY PINTO	SEN F	06:00	05:57	YOGA RUN
747	715	949	DANIELA COSTA	SEN F	06:02	05:54	
748	767	814	CLAUDIA TOME	SEN F	06:02	06:12	LMA CT
749	775	376	CATIA COIMBRA	SEN F	06:02	06:16	CSS
750	695	484	RICARDO AFONSO	VET M50	06:03	05:51	ALTICE LABS
751	730	1008	MICHAEL CAFON	VET M55	06:03	06:00	
752	743	836	JOAO REIS	VET M45	06:03	06:04	
753	748	312	ANA REIS	SEN F	06:03	06:04	ZE'S CON'AS
754	782	170	BRUNO SANTOS	SEN M	06:04	06:23	CORRERIA
755	764	278	ISABEL PEGO	VET F45	06:05	06:12	RUN@FIGUEIRA
756	777	511	LILIANA SANTIAGO	SEN M	06:05	06:18	IRON RUNNERS

**ÚLTIMO QUILOMETRO**

<b>CLASS</b>	<b>GERAL</b>	<b>DORSAL</b>	<b>NOME</b>	<b>ESCALAO</b>	<b>ULTIMO KM</b>	<b>RITMO</b>	<b>EQUIPA</b>
757	784	93	SILVIA NUNES	SEN F	06:05	06:25	
758	785	95	ANA ALPALHAO	VET F40	06:05	06:25	
759	646	321	BRUNO LIMA	SEN M	06:06	05:39	
760	741	416	ADELINA MONTEIRO	SEN F	06:06	06:03	
761	742	417	RICARDO GODINHO	SEN M	06:06	06:03	
762	528	103	MIGUEL ROCHA	SEN M	06:07	05:14	VAGUEIRA RUNNERS
763	713	496	ANGELA ALMEIDA	SEN F	06:07	05:54	
764	647	1007	JUAN FERNANDEZ	VET M50	06:08	05:40	
765	773	817	EDUARDA GONCALVES	SEN F	06:09	06:14	
766	755	361	GONCALO FERREIRA	SEN M	06:10	06:08	
767	759	281	PATRICIA FERREIRA	SEN F	06:10	06:10	
768	778	470	MARTA ESTEVES	SEN F	06:10	06:18	ALTICE LABS
769	635	996	GILBERTO PRIOR	VET M50	06:11	05:37	FRAN♦A
770	760	587	VITOR NETO	VET M50	06:11	06:09	
771	769	812	SARA CARDOSO	SEN F	06:11	06:13	INVICTUS OPORTO TEAM
772	747	378	SONIA SILVA	SEN F	06:12	06:04	CSS
773	780	419	ELISIO PINTO	VET M55	06:12	06:20	
774	609	850	JORGE GONCALO	VET M45	06:13	05:31	TONDELA RUNNERS
775	762	773	SARA MARTINS	SEN F	06:13	06:12	RAINHA CLUB
776	739	284	GONCALO RODRIGUES	SEN M	06:15	06:02	
777	781	455	DIOGO DIAS	SEN M	06:15	06:20	ALTICE LABS
778	685	314	SERGIO SILVA	SEN M	06:16	05:48	ZE'S CON'AS
779	740	49	JOANA SILVA	SEN F	06:16	06:03	
780	779	461	HUGO PEREIRA	SEN M	06:16	06:18	ALTICE LABS
781	795	286	SONIA BAPTISTA	SEN F	06:16	06:29	HAPPY RUN
782	810	504	AKIZO OKI	VET M45	06:17	06:45	
783	744	330	MARIA HELENA MAIA	VET F55	06:18	06:05	HAPPY RUN
784	814	68	CARLA CARMO	SEN F	06:19	06:47	ATHLON RUNNER'S
785	815	469	MARIO SILVA	SEN M	06:19	06:50	ALTICE LABS
786	768	640	GONCALO RODRIGUES	SEN M	06:21	06:13	ISARUNNERS
787	793	841	VERA BARATA	SEN F	06:21	06:28	ESTRELA F.C.C.A.
788	783	791	MARIA HORTA	VET F55	06:23	06:24	TRIO MARAVILHA
789	771	439	JORGE OLIVEIRA	VET M65	06:25	06:16	BTTRAIN
790	800	983	YHONY ALVES	SEN M	06:26	06:34	
791	796	512	LUIS TEIXEIRA	SEN M	06:28	06:29	
792	797	513	CATARINA TEIXEIRA	SEN F	06:28	06:29	
793	791	626	SARA RATOLA	SEN F	06:30	06:28	SPORT CLUBE BEIRA-MAR
794	792	97	EDUARDO RATOLA	SEN M	06:30	06:28	
795	786	377	SOLANGE TEIXEIRA	SEN F	06:31	06:24	CSS
796	763	672	LUIS CABETE	SEN M	06:33	06:10	DIARIO AVEIRO
797	802	553	GONCALO BARBOSA	JUN M	06:33	06:35	
798	752	55	TIAGO PATRAO	VET M40	06:34	06:08	

**ÚLTIMO QUILOMETRO**

<b>CLASS</b>	<b>GERAL</b>	<b>DORSAL</b>	<b>NOME</b>	<b>ESCALAO</b>	<b>ULTIMO KM</b>	<b>RITMO</b>	<b>EQUIPA</b>
799	787	525	MARIANA SILVA	SUB 23 F	06:34	06:25	GRACINDA S TEAM
800	803	552	BRUNO RODRIGUES	SEN M	06:34	06:34	
801	807	662	ALEXANDRE ALMEIDA	VET M45	06:34	06:43	DIARIO AVEIRO
802	788	523	MIGUEL CARDOSO	SEN M	06:35	06:25	GRACINDA S TEAM
803	808	520	MARIA JOAO PINHO	VET F40	06:35	06:44	
804	816	885	CARLA SOFIA OLIVEIRA NEVES	SEN F	06:35	06:51	
805	817	826	SONIA PEREIRA	VET F45	06:35	06:51	
806	770	138	MANUEL MELO	VET M40	06:36	06:16	BOSCH TERMOTECNOLOGIA SA
807	809	221	INES CORREIA	SEN F	06:38	06:43	
808	812	744	PAULA RODRIGUES	VET F40	06:38	06:46	
809	813	549	SUSANA FERREIRA	SEN F	06:38	06:46	
810	818	716	ALCINO FERREIRA	VET M45	06:38	06:55	ADRULSM
811	822	287	OSCAR LOPES	VET M40	06:40	07:01	HAPPY RUN
812	798	946	FRANCISA NUNES	SEN F	06:42	06:30	
813	789	197	ANA BIZARRO	SEN F	06:43	06:27	RUN&FUN
814	799	945	ANDRE CAMPOS	SEN M	06:43	06:30	
815	804	490	ARTUR FONSECA	SEN M	06:43	06:36	RUPTURA TOTAL
816	753	799	ANTONIO ALMEIDA	VET M50	06:50	06:10	
817	823	701	JUDITE DIAS	VET F45	06:51	07:02	ADREQUEIXO
818	824	438	PAULA FERREIRA	SEN F	06:51	07:02	ADREQUEIXO
819	805	975	RUI SOARES	VET M40	06:54	06:39	SOLZAIMA
820	801	243	ANA DINIS	SEN F	06:56	06:34	JOGGING LOVERS COIMBRA
821	821	108	ANDREIA VIEIRA	SEN F	07:01	06:58	WELLRUNNERS
822	825	743	RUTE CLARO	SEN F	07:05	07:06	
823	819	440	DEOLINDA ALVES	VET F60	07:06	06:57	SPORT CLUB CONIMBRICENSE
824	820	415	MONICA BATISTA	VET F40	07:06	06:56	FBATISTA
825	811	802	NUNO PEREIRA	SEN M	07:10	06:46	
826	828	78	MARIA SANTOS	SEN F	07:12	07:12	
827	832	897	RAQUEL DUARTE	SEN F	07:12	07:33	SPORT CLUBE BEIRA-MAR
828	826	774	OLEKSANDR MEIDYCH	SEN M	07:15	07:12	RAINHA CLUB
829	827	780	ANA VARANDAS	SEN F	07:15	07:12	RAINHA CLUB
830	833	453	CRISTINA PIRES	SEN F	07:16	07:36	ALTICE LABS
831	834	302	HUGO GONCALVES	SEN M	07:16	07:36	
832	840	892	SUSANA ALMEIDA	SEN F	07:23	08:34	
833	841	854	ROSARIO BRANDAO	SEN F	07:24	08:34	
834	829	475	PAULA COSTA	SEN F	07:28	07:18	ALTICE LABS
835	831	253	DIANA MARTINS	SEN F	07:33	07:31	KASAREMGORDA
836	835	1003	PAULA SIMÕES	SEN F	07:39	07:43	
837	836	909	SILVIA ROCHA	VET F45	07:43	07:46	HOSPITAL SANTA MARIA
838	838	985	NUNO CARDOSO	SEN M	07:45	07:55	
839	837	923	VERA TEIXEIRA	SEN F	07:52	07:55	X5 HEALTH CLUB
840	839	998	LOVETH PEREIRA	SEN F	08:02	08:32	



**ÚLTIMO QUILOMETRO**

<b>CLASS</b>	<b>GERAL</b>	<b>DORSAL</b>	<b>NOME</b>	<b>ESCALAO</b>	<b>ULTIMO KM</b>	<b>RITMO</b>	<b>EQUIPA</b>
<b>841</b>	842	856	VERA CARDOSO	SEN F	<b>09:08</b>	08:51	
<b>842</b>	830	1000	PEDRO RAMOS	SEN M	<b>09:36</b>	07:25	

### 3ª CORRIDA POPULAR DA COSTA NOVA 2016

Dorsal	Nome		Posição
10 km			
1. DCI/CCDRPEDRULHA-MEALHADA 2:16:47			
756	Tiago MADUREIRA	32:26	1
755	Helder LOPES	32:56	3
760	Joao PEREIRA	35:42	15
749	Filipe ROCHA	35:42	16
2. CLUBE ATLETISMO DE OVAR 2:25:12			
564	Luis SILVA	33:38	4
562	Celso LEITE	34:22	6
566	Joao RODRIGUES	38:33	56
568	Mario VAZ	38:38	61
3. AFIS/OVAR 2:26:02			
441	Janik LIMA	32:42	2
406	Joao PEREIRA	35:33	13
408	Manuel FONSECA	38:38	60
409	Paulo FIGUEIREDO	39:08	76
4. ROYAL SCHOOL OF LANGUAGES 2:35:44			
875	Joao CATALAO	35:38	14
874	Carlos ROCHA	38:18	50
868	Miguel PATO	40:26	103
869	Goncalo PATO	41:21	121
5. TONDELA RUNNERS 2:36:43			
236	Luis MARTINS	37:01	29
347	Carlos RIBEIRO	37:33	38
240	Pedro TAVARES	39:54	91
351	Celia MATIAS	42:13	149
6. SPORT CLUBE BEIRA-MAR 2:37:03			
614	Alex TONDELA	36:06	19
619	Milton SANTOS	38:58	72
616	Rui MELO	39:36	84
621	Edivaldo MACIEL	42:22	155
7. BOSCH TERMOTECNOLOGIA SA 2:39:06			
127	Bruno PEREIRA	36:48	23
135	Ricardo COELHO	38:51	68
120	Pedro CARDOSO	40:50	108
122	Nuno ALVES	42:35	165
8. DIARIO AVEIRO 2:45:32			
673	Paulo FERREIRA	37:32	37
666	Miguel GONCALVES	41:16	118
671	Camilo CONCEICAO	43:03	179
664	Andre NOVA	43:40	200
9. LOUSADA RUNNERS 2:46:38			
651	Alexandre MATOS	35:55	17
425	Telmo REIS	39:22	78
959	Fernando COSTA	42:24	158
865	Monica FERNANDES	48:56	384

### 3ª CORRIDA POPULAR DA COSTA NOVA 2016

<b>Dorsal</b>	<b>Nome</b>	<b>Posição</b>	
<b>10. ALTICE LABS</b>		<b>2:47:16</b>	
465	Jose GONCALVES	40:01	93
450	Bruno SANTOS	41:16	117
480	Tome MATOS	41:47	135
449	Arnaldo SANTOS	44:11	218
<b>11. JOGGING LOVERS COIMBRA</b>		<b>2:48:41</b>	
148	Fernando ALMEIDA	36:08	20
141	Pedro MARTINS	41:01	109
413	Nuno CABRAL	45:45	276
547	Victor SANTOS	45:46	277
<b>12. PORTO RUNNERS</b>		<b>2:49:37</b>	
634	Joaquim LOPES	35:24	11
703	Fernando PINTO	42:23	156
54	Rui RUSSO SANTOS	45:39	273
304	Miguel DIAS	46:10	286
<b>13. CCD "RENAULT CACIA"</b>		<b>2:49:44</b>	
158	Pedro SILVA	38:38	59
160	Carlos MARTINS	41:15	116
156	Carlos SANTOS	43:17	187
159	Joao MARQUES	46:32	299
<b>14. ADRULSM</b>		<b>2:50:52</b>	
681	Jose AFONSO	37:12	32
677	Pedro FERNANDES	43:46	201
678	Jorge MOREIRA	44:11	219
676	Paulo FREITAS	45:42	275
<b>15. RECREIO DESP AGUEDA</b>		<b>2:51:19</b>	
532	Tiago JESUS	39:24	79
530	Carlos GUERRA	42:24	157
534	Jose SANTOS	44:34	233
521	Daniel EDMUNDO	44:55	247
<b>16. X5 HEALTH CLUB</b>		<b>2:55:44</b>	
591	Vitor SA	42:17	151
592	Nelson ALVES	44:13	220
979	Jose LEITE	44:19	222
595	Antonio PORRAO	44:54	246
<b>17. RAINHA CLUB</b>		<b>2:56:40</b>	
61	Pedro HENRIQUES	38:36	58
400	Andre SANTOS	40:16	98
62	Claudia SILVA	48:41	370
104	Mario FLORINDO	49:06	392
<b>18. VIRIATHVS RUNNERS</b>		<b>2:57:07</b>	
561	Tiago MACHADO	36:03	18
645	Oscar SOBRAL	43:05	182
819	Rui RODRIGUES	48:33	366
629	Alzira BARROS	49:24	410

### 3ª CORRIDA POPULAR DA COSTA NOVA 2016

Dorsal	Nome		Posição
19.	UNIDOS DE ROSSAS		2:58:56
573	Daniel AGUIAR	40:47	107
571	Marcio COSTA	44:23	227
569	Antonio TAVARES	46:49	309
705	Aires OLIVEIRA	46:56	314
20.	RUN@FIGUEIRA		3:00:17
279	Nuno LOUREIRO	41:32	128
277	Jorge ALVES	41:55	140
366	Antonio LEMOS	45:02	249
644	Luis RODRIGUES	51:46	496
21.	ATHLON RUNNER'S		3:01:26
70	Alcino PINTO	41:29	124
66	Denis QUADROS	43:20	188
67	Rui FERREIRA	46:21	293
69	Renata NEVES	50:15	439
22.	VAGUEIRA RUNNERS		3:04:24
823	Joao FERNANDES	42:41	167
100	Pedro BODAS	46:06	285
102	Agnelo SILVA	46:10	287
99	Joao NEGRAO	49:24	411
23.	TARTARUGAS DO ASFALTO		3:04:54
264	Nuno MAGALHAES	42:49	175
50	Pedro MAGALHAES	42:51	176
965	Rui LEBRE	47:51	346
904	Luisa ALMEIDA	51:20	486
24.	ISARUNNERS		3:07:34
499	Andre OLIVEIRA	44:02	213
418	Ricardo GERMANO	46:52	311
539	Luis CARVALHO	47:43	338
491	Luis SANTOS	48:55	383
25.	CCDCREDITO AGRICOLA MUTUO		3:10:59
307	Miguel GONCALVES	39:06	75
585	Carlos SILVA	46:38	302
583	Andre LOPES	50:40	452
584	Filipe SIMOES	54:33	582
26.	GINO SPORT CENTER		3:14:08
323	Marinho DUARTE	44:04	214
822	Luis LOPES E DIAS	47:59	350
320	Clotilde SANTOS	50:56	463
322	Lara SILVA	51:07	473
27.	NOKIA RUNNERS		3:15:21
57	Jorge FARIA	41:48	137
60	Luis OLIVEIRA	45:08	254
56	Joana TAVARES	50:23	445
59	Daniel RODRIGUES	58:01	672

### 3ª CORRIDA POPULAR DA COSTA NOVA 2016

<b>Dorsal</b>	<b>Nome</b>		<b>Posição</b>
28.	MOLINHAS TEAM		3:18:32
435	Joao RIBEIRO	48:44	373
586	Jose Manuel COSTA	49:11	396
498	Jorge COSTA	49:21	407
372	Antonio LEMOS	51:14	479
29.	CSP ARADAS		3:19:08
833	Americo ALHAIS	48:18	362
831	Antonio RAMOS	48:24	364
829	Oliveira SOUSA	48:44	372
832	Vitor HENRIQUES	53:40	559
30.	RUN&FUN		3:19:31
151	Jose CUNHA	42:29	162
202	Pedro COSTA	43:12	184
149	Rui MARTINS	49:00	387
197	Ana BIZARRO	1:04:48	787
31.	CORRER VISEU		3:24:00
903	Carlos ALEXANDRE	49:20	404
379	Antonio MELO	51:33	489
383	Isabel INACI	51:33	490
370	Carlos COSTA	51:33	491
32.	FAMELGA		3:43:25
42	Pedro Joao SILVA	49:38	422
41	Joana SOARES	57:50	665
44	Sara MOREIRA	57:58	667
43	Joao SOARES	57:58	668
33.	HAPPY RUN		3:44:21
288	Alice BAPTISTA	53:13	543
329	Teresa MAIA	56:06	618
328	Fernando MAIA	56:06	619
291	Irina DE OLIVEIRA	58:53	689
34.	ZE'S CON'AS		3:46:28
311	Ricardo SILVA	53:26	552
313	Carolina TAVARES	53:26	553
314	Sergio SILVA	58:29	683
310	Ricardo NETO	1:01:06	743
35.	ADREQUEIXO		3:56:13
700	Jorge VILELA	43:20	190
107	Adriano SANTOS	51:16	482
701	Judite DIAS	1:10:48	821
438	Paula FERREIRA	1:10:48	822
36.	GRACINDA S TEAM		4:09:19
524	Sergio PEREIRA	59:59	723
522	Claudia NOGUEIRA	59:59	724
525	Mariana SILVA	1:04:39	785
523	Miguel CARDOSO	1:04:40	786