

Lugar	Dorsal	Nomw	Equipa	Sexo	Escalão	5 Km	Chip	Ritmo	Tempo		
1	546	RICARDO RIBAS	SPORT LISBOA E BENFICA	M	1	SEN M	1	15:10	30:33:00	03:03	30:33:00
2	723	JOSÉ CARVALHO	MOGADOURO	M	2	VET M40	1	16:02	31:51:00	03:11	31:52:00
3	722	CARLOS LOPES	MOGADOURO	M	3	SEN M	2	16:25	32:27:00	03:14	32:28:00
4	628	TIAGO MADUREIRA	INDIVIDUAL	M	4	SEN M	3	16:39	32:41:00	03:16	32:41:00
5	651	JANIK LIMA	AFIS OVAR	M	5	SEN M	4	16:29	32:45:00	03:16	32:46:00
6	592	DIOGO RAMALHEIRA	DR_RUNS	M	6	SEN M	5	17:03	33:03:00	03:18	33:04:00
7	163	RICARDO PINTO	STADE GENÈVE	M	7	SEN M	6	16:38	33:17:00	03:19	33:17:00
8	375	HÉLDER LOPES	DCI/PEDRULHA-MEALHADA	M	8	SEN M	7	16:57	33:29:00	03:20	33:29:00
9	226	LUÍS BEATO PEREIRA	CAT	M	9	SEN M	8	16:40	33:38:00	03:21	33:38:00
10	729	TIAGO TEIXEIRA	INDIVIDUAL	M	10	SEN M	9	16:50	33:37:00	03:21	33:38:00
11	402	JOÃO DIAS	KALENJI DECATHLON AVEIRO	M	11	SEN M	10	17:13	34:01:00	03:24	34:02:00
12	662	GIL FERREIRA	RECREIO DESPORTIVO ÁGUEDA	M	12	VET M45	1	17:30	34:16:00	03:25	34:18:00
13	544	MÁRIO SILVA	SST SÃO JOÃO DA MADEIRA	M	13	VET M50	1	17:34	34:36:00	03:27	34:36:00
14	315	CARLA MARTINHO	RECREIO DESPORTIVO ÁGUEDA	F	1	VET F40	1	17:28	34:39:00	03:27	34:39:00
15	307	ANTÓNIO SOUSA	RIPOLINS - GRIJÓ A CORRER	M	14	VET M45	2	17:30	34:41:00	03:28	34:42:00
16	296	FÁBIO ABRANTES	UNIÃO CLUBE EIRENSE	M	15	SEN M	11	17:38	34:48:00	03:28	34:49:00
17	27	NUNO PINHO	N.A.CUCUJÃES	M	16	SEN M	12	17:25	34:53:00	03:29	34:54:00
18	669	FLAVIO DIAS	A.D.R.AVELEDA	M	17	JUN M	1	17:31	34:56:00	03:29	35:00:00
19	202	RUI COIMBRA	CENTRO ATLETISMO TONDELA	M	18	SEN M	13	17:37	34:59:00	03:29	35:01:00
20	361	FILIPE ROCHA	DCI/PEDRULHA-MEALHADA	M	19	SEN M	14	17:27	35:00:00	03:30	35:02:00
21	515	JOÃO PEREIRA	INDIVIDUAL	M	20	VET M40	2	17:50	35:03:00	03:30	35:03:00
22	531	RUI PEREIRA	AMIGOS DO CARINHAS	M	21	VET M40	3	17:22	35:12:00	03:31	35:15:00
23	363	RICARDO SANTOS	DCI/PEDRULHA-MEALHADA	M	22	JUN M	2	18:01	35:14:00	03:31	35:15:00
24	200	LUIS MARTINS	CENTRO ATLETISMO TONDELA	M	23	SEN M	15	17:20	35:14:00	03:31	35:16:00
25	442	CARLOS COSTA	CPTSC	M	24	SEN M	16	18:00	35:21:00	03:32	35:21:00
26	593	ANTÓNIO SOUSA	JOBRA	M	25	VET M45	3	17:48	35:24:00	03:32	35:27:00
27	154	TONI SOARES	JUVENTUDE ILHA VERDE	M	26	SEN M	17	17:48	35:26:00	03:32	35:27:00
28	259	CLÁUDIO COSTA	FIÃES SC	M	27	SEN M	18	17:52	35:35:00	03:33	35:38:00
29	224	SAMUEL TOMÁS	NÚCLEO ATLET VILA REAL	M	28	SEN M	19	17:51	35:35:00	03:33	35:38:00
30	367	JOÃO TOSCANO	DCI/PEDRULHA-MEALHADA	M	29	JUN M	3	18:13	35:40:00	03:34	35:41:00
31	25	RUI SANTIAGO	PAPAKM	M	30	SEN M	20	17:54	35:47:00	03:34	35:47:00
32	476	ALBERTO FONTE	ADREP	M	31	VET M40	4	17:59	35:50:00	03:35	35:52:00
33	663	JOANA NUNES	RECREIO DESPORTIVO ÁGUEDA	F	2	SEN F	1	17:42	35:51:00	03:35	35:53:00
34	534	JOSÉ NEVES	AMIGOS DO CARINHAS	M	32	SEN M	21	18:00	35:53:00	03:35	35:54:00
35	271	PEDRO BASTOS	AD TRAVASSÓ	M	33	SEN M	22	18:06	35:55:00	03:35	35:57:00
36	720	ALFONSO VICENTE	INDIVIDUAL	M	34	SEN M	23	18:17	35:58:00	03:35	36:00:00
37	328	JOÃO FRANÇA	CLUBE DOS GALITOS	M	35	SEN M	24	18:13	36:07:00	03:36	36:07:00
38	160	BRUNO SILVA	INDIVIDUAL	M	36	SEN M	25	18:14	36:08:00	03:36	36:09:00
39	664	LUIS MIGUEL	RECREIO DESPORTIVO ÁGUEDA	M	37	VET M40	5	18:22	36:12:00	03:37	36:13:00
40	191	RUI RODRIGUES	INDIVIDUAL	M	38	SEN M	26	18:20	36:15:00	03:37	36:15:00
41	533	PETER ROMÃO	AMIGOS DO CARINHAS	M	39	SEN M	27	18:19	36:15:00	03:37	36:17:00
42	348	JOSÉ CABRAL	JUNTOS SOMOS UM	M	40	VET M55	1	18:25	36:18:00	03:37	36:19:00
43	201	CARLOS RIBEIRO	CENTRO ATLETISMO TONDELA	M	41	VET M40	6	18:19	36:20:00	03:38	36:22:00
44	598	CELSO LEITE	CLUBE DE ATLETISMO OVAR	M	42	SEN M	28	19:45	36:24:00	03:38	36:26:00
45	435	J. PEIXE	VITÓRIA SPORT CLUBE	M	43	VET M40	7	18:15	36:25:00	03:38	36:26:00

Lugar	Dorsal	Nomw	Equipa	Sexo	Escalão	5 Km	Chip	Ritmo	Tempo
46	282	ADRIANO FONSECA	VIVALLEY RUNNERS	M	44 SEN M	29	18:17	36:26:00	03:38 36:28:00
47	696	ANDRÉ SANTOS	RAINHA CLUB	M	45 SEN M	30	18:33	36:27:00	03:38 36:28:00
48	368	TELMO NASCIMENTO	DCI/PEDRULHA-MEALHADA	M	46 SUB 23 M	1	18:35	36:27:00	03:38 36:28:00
49	659	RAFAEL MIGUEL	ORI-ESTARREJA	M	47 SEN M	31	18:03	36:26:00	03:38 36:30:00
50	101	JOÃO LEANDRO	CHRISMEL - VILA REAL	M	48 VET M40	8	18:28	36:31:00	03:39 36:32:00
51	497	MIGUEL JORGE	INDIVIDUAL	M	49 JUN M	4	18:24	36:31:00	03:39 36:32:00
52	260	HÉLDER ROBALINHO	FIÃES SC	M	50 SEN M	32	18:48	36:31:00	03:39 36:34:00
53	258	DIOGO COUTINHO	FIÃES SC	M	51 SEN M	33	18:22	36:32:00	03:39 36:35:00
54	370	CARLOS PIMENTA	DCI/PEDRULHA-MEALHADA	M	52 VET M40	9	18:26	36:34:00	03:39 36:36:00
55	364	PAULO PEREIRA	DCI/PEDRULHA-MEALHADA	M	53 SEN M	34	18:35	36:43:00	03:40 36:45:00
56	283	CLÁUDIO FONSECA	VIVALLEY RUNNERS	M	54 VET M40	10	18:43	36:48:00	03:40 36:50:00
57	633	PAULO FARIA	DCI/PEDRULHA-MEALHADA	M	55 SEN M	35	18:49	36:54:00	03:41 36:57:00
58	614	MILTON SANTOS	SPORT CLUBE BEIRA-MAR	M	56 SEN M	36	18:57	36:58:00	03:41 37:01:00
59	440	RICARDO FERREIRA	FLYRUNNER	M	57 VET M40	11	19:00	37:01:00	03:42 37:02:00
60	318	PEDRO CERDEIRINHA	FOGAÇAS COM MALAPOS	M	58 SEN M	37	19:11	37:03:00	03:42 37:05:00
61	675	TIAGO CASTELA	DCI/PEDRULHA-MEALHADA	M	59 SEN M	38	18:57	37:06:00	03:42 37:08:00
62	345	RUI COSTA	INDIVIDUAL	M	60 SEN M	39	19:00	37:10:00	03:43 37:13:00
63	14	ANDRÉ MONTEIRO	INDIVIDUAL	M	61 SEN M	40	18:56	37:19:00	03:43 37:21:00
64	432	PAULO LOURENÇO	DÍNAMO CLUBE DA ESTAÇÃO	M	62 VET M45	4	18:42	37:27:00	03:44 37:29:00
65	369	MÁRCIA MARTINS	DCI/PEDRULHA-MEALHADA	F	3 SEN F	2	18:45	37:31:00	03:45 37:32:00
66	251	JORGE GOMES	ARCORUN	M	63 SEN M	41	18:44	37:33:00	03:45 37:33:00
67	386	JOEL RAMALHOTO	VIRIATHVS RUNNERS VISEU	M	64 SEN M	42	18:54	37:32:00	03:45 37:35:00
68	326	PAULO GOMES	INDIVIDUAL	M	65 VET M50	2	18:55	37:36:00	03:45 37:37:00
69	609	SAMUEL NEVES	SPORT CLUBE BEIRA-MAR	M	66 VET M40	12	19:07	37:39:00	03:45 37:43:00
70	372	JOÃO ALMEIDA	DCI/PEDRULHA-MEALHADA	M	67 VET M50	3	19:12	37:48:00	03:46 37:50:00
71	526	JOSE AFONSO	H SANTA MARIA RT	M	68 SEN M	43	19:44	37:51:00	03:47 37:54:00
72	228	CARLOS ALMEIDA	ALTO TRILHO - JAVALIS	M	69 VET M40	13	19:24	37:53:00	03:47 37:54:00
73	126	PEDRO NUNES	NÚCLEO ATLET VILA REAL	M	70 SEN M	44	19:35	37:55:00	03:47 37:58:00
74	374	TOZE CARVALHO	DCI/PEDRULHA-MEALHADA	M	71 SEN M	45	19:44	37:56:00	03:47 37:58:00
75	246	RUI CASSIANO	INDIVIDUAL	M	72 SEN M	46	19:14	38:03:00	03:48 38:03:00
76	629	VÍTOR OLIVEIRA	DCI/PEDRULHA-MEALHADA	M	73 VET M50	4	19:19	38:06:00	03:48 38:09:00
77	264	BILL OWEN	PRINCE GEORGE ROADRUNNERS	M	74 VET M45	5	19:10	38:06:00	03:48 38:12:00
78	140	JORGE CUBAL	INDIVIDUAL	M	75 SEN M	47	19:26	38:09:00	03:48 38:13:00
79	130	MARCO LOPES	INDIVIDUAL	M	76 VET M40	14	19:23	38:13:00	03:49 38:15:00
80	699	JOSE PLÁCIDO	G. J. PINHEIRO BEMPOSTA	M	77 VET M40	15	19:28	38:16:00	03:49 38:16:00
81	433	HERNANI FURTADO	SC ESPINHO ANTÓNIO LEITÃO	M	78 SEN M	48	20:06	38:15:00	03:49 38:17:00
82	275	PEDRO FERREIRA	INDIVIDUAL	M	79 SEN M	49	19:16	38:21:00	03:50 38:23:00
83	39	JOÃO AMÂNDIO	INDIVIDUAL	M	80 SEN M	50	19:20	38:22:00	03:50 38:26:00
84	295	ALEXANDRE MARQUES	UNIÃO CLUBE EIRENSE	M	81 SEN M	51	19:24	38:25:00	03:50 38:29:00
85	393	LUÍS SIMÕES	INDIVIDUAL	M	82 VET M55	2	19:47	38:33:00	03:51 38:35:00
86	138	SERGIO PEREIRA	OLIVEIRA RUNNERS	M	83 SEN M	52	19:58	38:33:00	03:51 38:36:00
87	155	JOÃO OLIVEIRA	LAB_RUNNERS	M	84 SEN M	53	19:39	38:34:00	03:51 38:38:00
88	683	SERGIY CHONKA	AC VERMOIL	M	85 VET M40	16	19:36	38:37:00	03:51 38:39:00
89	541	MIGUEL GONÇALVES	CCDCREDITO AGRÍCOLA MÚTUO	M	86 SEN M	54	19:35	38:37:00	03:51 38:39:00
90	76	ANTÓNIO SILVA	BOSCH TERMOTECNOLOGIA SA	M	87 VET M40	17	19:42	38:37:00	03:51 38:40:00

Lugar	Dorsal	Nomw	Equipa	Sexo	Escalão	5 Km	Chip	Ritmo	Tempo	
91	727	TIAGO ALVES	INDIVIDUAL	M	88 SEN M	55	19:38	38:38:00	03:51	38:40:00
92	452	JOEL SIMPLICIO	DR. RUNNER'S TEAM	M	89 SEN M	56	19:19	38:38:00	03:51	38:42:00
93	387	DUARTE GIL BARBOSA	INDIVIDUAL	M	90 VET M45	6	19:22	38:40:00	03:52	38:44:00
94	490	CARLOS MARTINS	INDIVIDUAL	M	91 VET M65	1	19:29	38:45:00	03:52	38:47:00
95	84	JOSE GRIJO	INDIVIDUAL	M	92 SEN M	57	19:53	38:48:00	03:52	38:51:00
96	726	RUBERTO LEAL	INDIVIDUAL	M	93 VET M45	7	19:35	38:52:00	03:53	38:52:00
97	511	TIAGO MARQUES	CASA BENFICA CAST BRANCO	M	94 SEN M	58	19:30	38:48:00	03:52	38:53:00
98	218	FILIPE OLIVEIRA	INDIVIDUAL	M	95 JUN M	5	19:26	38:49:00	03:52	38:55:00
99	564	PAULO FIGUEIREDO	AFIS OVAR	M	96 VET M40	18	19:41	38:54:00	03:53	38:55:00
100	542	JOAQUIM QUITERIO	AC VERMOIL	M	97 VET M40	19	19:53	38:55:00	03:53	38:57:00
101	728	FABRICE MARIA	INDIVIDUAL	M	98 VET M40	20	19:14	38:53:00	03:53	38:58:00
102	532	EMANUEL BANDEIRA	AMIGOS DO CARINHAS	M	99 VET M40	21	19:50	39:02:00	03:54	39:04:00
103	332	JOÃO PAULO MAIA	FALCÕES SELVAGENS	M	100 VET M50	5	19:35	39:03:00	03:54	39:05:00
104	597	RUI CARDOSO	R/ROLINE	M	101 VET M40	22	19:55	39:04:00	03:54	39:05:00
105	40	VITOR RIBAU	INDIVIDUAL	M	102 VET M45	8	19:44	39:01:00	03:54	39:06:00
106	681	CLÁUDIO QUEIROGA	DÍNAMO CLUBE DA ESTAÇÃO	M	103 VET M45	9	19:48	39:03:00	03:54	39:06:00
107	346	LÍDIA PEREIRA	GDR GRANJA - TRUTAS DO MA	F	4 VET F50	1	19:49	39:07:00	03:54	39:07:00
108	373	RUBEN FERNANDES	DCI/PEDRULHA-MEALHADA	M	104 SUB 23 M	2	20:21	39:15:00	03:55	39:15:00
109	297	RICARDO SARAIVA	UNIÃO CLUBE EIRENSE	M	105 VET M45	10	19:31	39:13:00	03:55	39:19:00
110	624	PAULO FERREIRA	CB RUNNING	M	106 VET M40	23	20:04	39:17:00	03:55	39:21:00
111	518	FERNANDO FERREIRA	INDIVIDUAL	M	107 SEN M	59	20:22	39:17:00	03:55	39:22:00
112	665	CELSO MOREIRA	RECREIO DESPORTIVO ÁGUEDA	M	108 SEN M	60	20:27	39:18:00	03:55	39:22:00
113	616	RUI MELO	SPORT CLUBE BEIRA-MAR	M	109 SEN M	61	20:23	39:21:00	03:56	39:24:00
114	371	RICARDO TEIXEIRA	DCI/PEDRULHA-MEALHADA	M	110 SEN M	62	20:06	39:26:00	03:56	39:28:00
115	613	MIGUEL MOURA	SPORT CLUBE BEIRA-MAR	M	111 SEN M	63	20:15	39:29:00	03:56	39:31:00
116	366	MANUEL LINO	DCI/PEDRULHA-MEALHADA	M	112 VET M60	1	20:09	39:32:00	03:57	39:34:00
117	465	JOSÉ FIGUEIREDO	AFIS OVAR	M	113 VET M50	6	20:08	39:34:00	03:57	39:37:00
118	689	MANUEL FONSECA	AFIS OVAR	M	114 VET M55	3	20:06	39:36:00	03:57	39:39:00
119	660	JORGE COSTA	INDIVIDUAL	M	115 SEN M	64	19:57	39:34:00	03:57	39:41:00
120	640	RICARDO PEREIRA	INDIVIDUAL	M	116 SEN M	65	19:55	39:37:00	03:57	39:42:00
121	203	MÁRIO LOPES	CENTRO ATLETISMO TONDELA	M	117 JUN M	6	19:58	39:44:00	03:58	39:46:00
122	33	ANDRÉ OLIVEIRA	BAND OF RUNNERS	M	118 SEN M	66	20:03	39:41:00	03:58	39:47:00
123	298	FÁBIO MARQUES	UNIÃO CLUBE EIRENSE	M	119 SEN M	67	19:51	39:43:00	03:58	39:47:00
124	620	EDIVALDO MACIEL	SPORT CLUBE BEIRA-MAR	M	120 SEN M	68	20:08	39:48:00	03:58	39:50:00
125	284	RICARDO FONSECA	VIVALLEY RUNNERS	M	121 VET M40	24	19:49	39:48:00	03:58	39:51:00
126	436	PEDRO SANTOS	INDIVIDUAL	M	122 VET M40	25	20:22	39:48:00	03:58	39:53:00
127	445	ANTÓNIO MOREIRA	KALENJI DECATHLON AVEIRO	M	123 SEN M	69	20:24	39:51:00	03:59	39:54:00
128	556	JOÃO SILVA	VIRIATHVS RUNNERS VISEU	M	124 VET M45	11	20:11	39:47:00	03:58	39:57:00
129	304	CARLOS MARTINS	JL ALUMINIOS	M	125 SEN M	70	20:09	39:59:00	03:59	40:03:00
130	687	JOSÉ SILVA	ACR CAMBRA	M	126 VET M40	26	20:05	40:04:00	04:00	40:08:00
131	566	JOSE PIRES	INDIVIDUAL	M	127 VET M45	12	20:26	40:06:00	04:00	40:10:00
132	347	JORGE CORREIA	VIRIATHVS RUNNERS VISEU	M	128 VET M45	13	20:44	40:06:00	04:00	40:11:00
133	159	CARLOS MARTINS	CCD RENAULT CACIA	M	129 SEN M	71	19:28	40:09:00	04:00	40:13:00
134	227	JOSÉ MONTEIRO	GDC BANCO DE PORTUGAL	M	130 VET M60	2	20:12	40:17:00	04:01	40:20:00
135	116	JOAO COELHO	PORTO RUNNERS	M	131 VET M45	14	20:13	40:19:00	04:01	40:22:00

Lugar	Dorsal	Nomw	Equipa	Sexo	Escalão	5 Km	Chip	Ritmo	Tempo	
136	643	JOSÉ SILVA	HELIFLEX	M	132 VET M55	4	20:18	40:20:00	04:02	40:26:00
137	650	MÁRIO BARATA	INDIVIDUAL	M	133 VET M45	15	20:41	40:23:00	04:02	40:26:00
138	344	MIGUEL LAMAS	INDIVIDUAL	M	134 SEN M	72	20:26	40:22:00	04:02	40:28:00
139	248	MÁRIO PIRES	MJAS	M	135 SEN M	73	20:18	40:22:00	04:02	40:28:00
140	578	HÉLDER NEVES	PANORAMAH	M	136 SEN M	74	20:35	40:24:00	04:02	40:29:00
141	121	JOSÉ ALMEIDA	NÚCLEO ATLET VILA REAL	M	137 SEN M	75	20:21	40:23:00	04:02	40:31:00
142	500	CARLOS COUTO	ARCORUN	M	138 VET M40	27	20:18	40:25:00	04:02	40:31:00
143	404	PEDRO LARANJO	WISEU 360	M	139 VET M45	16	20:18	40:27:00	04:02	40:32:00
144	199	CARLOS MACHADO	INDIVIDUAL	M	140 VET M50	7	20:40	40:31:00	04:03	40:33:00
145	543	JOÃO MARQUES	INDIVIDUAL	M	141 VET M60	3	20:17	40:34:00	04:03	40:34:00
146	20	ANTÓNIO LOURENÇO	INDIVIDUAL	M	142 VET M45	17	20:31	40:30:00	04:03	40:35:00
147	672	TIAGO DUARTE	ATLETISMO CLUBE DA TOCHA	M	143 SEN M	76	21:03	40:31:00	04:03	40:37:00
148	688	TANIA PEREIRA	ACR CAMBRA	F	5 SEN F	3	20:33	40:33:00	04:03	40:37:00
149	113	CARLOS LOPES	S. R. CEPANENSE	M	144 VET M40	28	21:06	40:40:00	04:04	40:44:00
150	19	CARLOS CUNHA	INDIVIDUAL	M	145 VET M50	8	20:59	40:50:00	04:05	40:51:00
151	520	FÁBIO PIZARRO	DIÁRIO AVEIRO	M	146 SEN M	77	20:45	40:45:00	04:04	40:52:00
152	513	PEDRO FRANÇA	GIM	M	147 VET M50	9	20:35	40:50:00	04:05	40:52:00
153	311	MIGUEL GONÇALVES	INDIVIDUAL	M	148 VET M40	29	20:46	40:49:00	04:04	40:57:00
154	498	MÁRIO CARDOSO	CBAMM - MEM MARTINS	M	149 VET M55	5	20:54	40:54:00	04:05	40:59:00
155	525	VÍTOR RITO	RUNNING ESPINHO	M	150 SEN M	78	20:38	40:55:00	04:05	40:59:00
156	491	TIAGO CASTRO	INDIVIDUAL	M	151 SEN M	79	20:22	41:00:00	04:06	41:06:00
157	34	RICARDO GERMANO	BAND OF RUNNERS	M	152 SEN M	80	21:11	41:08:00	04:06	41:14:00
158	501	EDUARDO MEIRELES	UMELGA RUNNERS	M	153 VET M55	6	21:11	41:05:00	04:06	41:17:00
159	230	JOSE FERREIRA	JOGGING LOVERS COIMBRA	M	154 VET M40	30	21:41	41:15:00	04:07	41:17:00
160	16	JOAO JOSE CASTRO	INDIVIDUAL	M	155 VET M50	10	21:07	41:13:00	04:07	41:19:00
161	330	HELDER COSTA	JL ALUMINIOS	M	156 SEN M	81	20:22	41:16:00	04:07	41:24:00
162	151	DAVID JESUS	PASCOALITOS A.D.BARCOUÇO	M	157 SEN M	82	21:14	41:20:00	04:08	41:24:00
163	69	BRUNO SILVA	BOSCH TERMOTECNOLOGIA SA	M	158 SEN M	83	21:02	41:16:00	04:07	41:24:00
164	229	FILIFE COSTA	ADREQUEIXO	M	159 JUN M	7	20:26	41:21:00	04:08	41:29:00
165	377	JOÃO SIMÕES	DCI/PEDRULHA-MEALHADA	M	160 SEN M	84	20:40	41:26:00	04:08	41:30:00
166	504	FERNANDO SANTOS	MAIA AC	M	161 VET M45	18	20:40	41:26:00	04:08	41:31:00
167	85	BRUNO MARTINS	A.D.R.AVELEDA	M	162 SEN M	85	20:28	41:23:00	04:08	41:32:00
168	149	LUIS FARIA	INDIVIDUAL	M	163 VET M45	19	20:50	41:22:00	04:08	41:32:00
169	703	CLARA OLIVEIRA	INDIVIDUAL	F	6 SEN F	4	20:43	41:29:00	04:08	41:35:00
170	403	RAUL FERREIRA	PINTO FERREIRA	M	164 SEN M	86	20:07	41:36:00	04:09	41:40:00
171	451	ANTÓNIO MELO	INDIVIDUAL	M	165 VET M50	11	20:57	41:35:00	04:09	41:40:00
172	585	RICARDO REDONDO	PANORAMAH	M	166 SEN M	87	21:30	41:36:00	04:09	41:42:00
173	638	JOÃO PEREIRA	TRIBO NR	M	167 SEN M	88	22:01	41:41:00	04:10	41:43:00
174	49	PAULO TEIXEIRA	INDIVIDUAL	M	168 SEN M	89	21:41	41:41:00	04:10	41:46:00
175	255	DANIEL LOPES	G.D OS RIBEIRINHOS	M	169 SEN M	90	21:39	41:39:00	04:09	41:46:00
176	529	JOEL SANTOS	CLUBE ZUPPER	M	170 SEN M	91	21:52	41:42:00	04:10	41:47:00
177	362	JOAQUIM MARTINS	DCI/PEDRULHA-MEALHADA	M	171 VET M50	12	20:58	41:45:00	04:10	41:48:00
178	639	ANTÓNIO FRANCISCO	INDIVIDUAL	M	172 VET M40	31	20:44	41:45:00	04:10	41:50:00
179	15	PAULO FIDALGO	INDIVIDUAL	M	173 SEN M	92	21:04	41:55:00	04:11	41:57:00
180	690	CELSO TORRES	JL ALUMINIOS	M	174 VET M55	7	21:46	41:55:00	04:11	41:58:00

Lugar	Dorsal	Nomw	Equipa	Sexo	Escalão	5 Km	Chip	Ritmo	Tempo	
181	680	GABRIEL SILVA	INDIVIDUAL	M	175 VET M40	32	20:56	41:52:00	04:11	41:59:00
182	343	ÓSCAR SOBRAL	VIRIATHVS RUNNERS VISEU	M	176 SEN M	93	21:19	41:56:00	04:11	42:00:00
183	549	JOSIAS MEIRA	INDIVIDUAL	M	177 SEN M	94	21:02	41:50:00	04:11	42:00:00
184	600	PAULO SANTOS	INDIVIDUAL	M	178 SEN M	95	20:57	41:40:00	04:10	42:02:00
185	407	JOSE FARO	VIRIATHVS RUNNERS VISEU	M	179 VET M45	20	21:08	41:57:00	04:11	42:06:00
186	278	NUNO SILVA	INDIVIDUAL	M	180 VET M40	33	21:51	42:03:00	04:12	42:09:00
187	125	LUIS RAMOS	INDIVIDUAL	M	181 VET M40	34	21:18	42:06:00	04:12	42:11:00
188	471	JOSÉ PEDRO PINHO	ACR VALE DE CAMBRA	M	182 SEN M	96	21:27	42:03:00	04:12	42:12:00
189	698	MANUEL P FERNANDES	INDIVIDUAL	M	183 SUB 23 M	3	21:19	42:08:00	04:12	42:18:00
190	220	DOMINGUES CLELIA	INDIVIDUAL	F	7 SEN F	5	22:59	42:16:00	04:13	42:18:00
191	581	PEDRO TEIXEIRA	PANORAMAH	M	184 SEN M	97	21:19	42:10:00	04:13	42:20:00
192	438	ANDRÉ SÃO MARCOS	ACD OS ÍLHAVOS	M	185 SEN M	98	21:13	42:14:00	04:13	42:21:00
193	547	JORGE ALMEIDA	INDIVIDUAL	M	186 SEN M	99	21:01	42:18:00	04:13	42:23:00
194	38	JOÃO FERNANDES	INDIVIDUAL	M	187 VET M40	35	21:37	42:22:00	04:14	42:26:00
195	395	JORGE VILELA	ADREQUEIXO	M	188 VET M45	21	21:26	42:21:00	04:14	42:28:00
196	358	TOMÉ MATOS	INDIVIDUAL	M	189 SEN M	100	21:37	42:23:00	04:14	42:29:00
197	83	MANUEL FERREIRA	INDIVIDUAL	M	190 VET M45	22	21:38	42:25:00	04:14	42:30:00
198	695	JOÃO BARRADAS	INDIVIDUAL	M	191 SEN M	101	21:11	42:22:00	04:14	42:35:00
199	210	JOSÉ FREIRE	INDIVIDUAL	M	192 SEN M	102	21:09	42:32:00	04:15	42:40:00
200	623	SILVÉRIO GOMES	VIRIATHVS RUNNERS VISEU	M	193 VET M40	36	21:56	42:37:00	04:15	42:40:00
201	231	ANTÓNIO PATRÍCIO	CON_DORES CHOUPAL COIMBRA	M	194 VET M50	13	21:40	42:36:00	04:15	42:40:00
202	621	NUNO SILVA	SPORT CLUBE BEIRA-MAR	M	195 VET M40	37	23:22	42:42:00	04:16	42:46:00
203	677	JOÃO COUTO	TEAM VENTIL	M	196 VET M40	38	21:02	42:37:00	04:15	42:46:00
204	290	FRANCISCO COSTA	INDIVIDUAL	M	197 VET M45	23	21:33	42:41:00	04:16	42:47:00
205	350	JOÃO SIMÕES	DECATHLON AVEIRO	M	198 SEN M	103	21:27	42:45:00	04:16	42:50:00
206	213	FERNANDO PATO	ADREP	M	199 VET M60	4	21:49	42:51:00	04:17	42:55:00
207	29	VITOR PEREIRA	INDIVIDUAL	M	200 SEN M	104	21:21	42:53:00	04:17	43:02:00
208	418	VITAL SOARES	VISEU 360	M	201 SEN M	105	22:07	43:01:00	04:18	43:06:00
209	23	MANUEL MARQUES	INDIVIDUAL	M	202 VET M45	24	21:33	42:59:00	04:17	43:08:00
210	150	ALEXANDRE MESTRE	ASCVALEIRINHA	M	203 VET M40	39	25:18:00	43:11:00	04:19	43:13:00
211	725	JOÃO TEIXEIRA	INDIVIDUAL	M	204 SEN M	106	22:50	43:06:00	04:18	43:18:00
212	61	JOAO ALMADA	AD TRAVASSÔ	M	205 VET M55	8	21:49	43:13:00	04:19	43:18:00
213	685	FILIFE ROUXINOL	INDIVIDUAL	M	206 VET M40	40	21:56	43:10:00	04:19	43:19:00
214	59	RICARDO DIAS RIBEIRO	CRAZY PAPA KM'S	M	207 VET M40	41	21:15	43:15:00	04:19	43:19:00
215	365	MARISA JOÃO	DCI/PEDRULHA-MEALHADA	F	9 VET F40	2	21:56	43:17:00	04:19	43:20:00
216	124	LUIS RABAÇA	INDIVIDUAL	M	208 VET M40	42	22:05	43:15:00	04:19	43:20:00
217	78	JOÃO SANTANA	BOSCH TERMOTECNOLOGIA SA	M	209 VET M45	25	21:57	43:11:00	04:19	43:20:00
218	135	ANDRÉ MARQUES	INDIVIDUAL	M	210 SEN M	107	21:40	43:18:00	04:19	43:25:00
219	691	RUI OLIVEIRA	ORI-ESTARREJA	M	211 SUB 23 M	4	21:08	43:11:00	04:19	43:26:00
220	495	JOSÉ GERARDO	C.A. NAZARÉ	M	212 VET M55	9	21:45	43:21:00	04:20	43:27:00
221	524	JOSÉ GOMES	RUNNING ESPINHO	M	213 VET M45	26		43:27:00	04:20	43:31:00
222	46	JORGE FARIA	NOKIA RUNNERS	M	214 SEN M	108	21:24	43:21:00	04:20	43:34:00
223	182	MÁRCIO SILVA	NOKIA RUNNERS	M	215 SEN M	109	21:17	43:21:00	04:20	43:34:00
224	587	ANTÓNIO MATEUS	PANORAMAH	M	216 VET M40	43	22:22	43:25:00	04:20	43:35:00
225	21	FILIFE PIRES	TARTARUGAS DO ASFALTO	M	217 VET M45	27	21:54	43:29:00	04:20	43:36:00

Lugar	Dorsal	Nomw	Equipa	Sexo	Escalão	5 Km	Chip	Ritmo	Tempo	
226	55	ADÉRITO CURTO	GIRA SOL	M	218 VET M55	10	22:16	43:33:00	04:21	43:39:00
227	31	MARCO CUNHA	INDIVIDUAL	M	219 SEN M	110	22:19	43:35:00	04:21	43:42:00
228	382	RICARDO MELO	INDIVIDUAL	M	220 SEN M	111	21:50	43:41:00	04:22	43:47:00
229	293	NELSON MUGA	CLUBE ACADÉMICO MOGADOURO	M	221 SEN M	112	22:52	43:41:00	04:22	43:49:00
230	90	VÍTOR CALDEIRA	BOAVISTA FC	M	222 SEN M	113	22:25	43:43:00	04:22	43:51:00
231	97	RICARDO FREITAS	INDIVIDUAL	M	223 SEN M	114	21:31	43:44:00	04:22	43:51:00
232	30	NUNO CABRAL	JOGGING LOVERS COIMBRA	M	224 SEN M	115	21:45	43:45:00	04:22	43:52:00
233	273	VITOR SANTOS	INDIVIDUAL	M	225 SEN M	116	21:31	43:37:00	04:21	43:53:00
234	632	VÍTOR CASTRO	DCI/PEDRULHA-MEALHADA	M	226 VET M40	44	22:12	43:43:00	04:22	43:54:00
235	236	MIKE DIAS	RUN2EAT	M	227 VET M40	45	22:34	43:47:00	04:22	43:56:00
236	18	EDUARDO GOMES	INDIVIDUAL	M	228 VET M45	28	22:27	43:47:00	04:22	43:57:00
237	122	RUI MOURA	OVERMOTOR RUNNING	M	229 SEN M	117	21:53	43:54:00	04:23	43:58:00
238	239	ROMEU LEITE	INDIVIDUAL	M	230 SEN M	118	21:21	43:44:00	04:22	44:00:00
239	410	RICARDO SOUSA	INDIVIDUAL	M	231 SEN M	119	22:58	43:54:00	04:23	44:02:00
240	36	HEITOR ARAÚJO	INDIVIDUAL	M	232 VET M50	14	21:31	43:57:00	04:23	44:06:00
241	484	FREDERICO JOSÉ	INDIVIDUAL	M	233 VET M40	46	22:28	43:55:00	04:23	44:08:00
242	591	TIAGO APOLINÁRIO	INDIVIDUAL	M	234 SEN M	120	21:45	43:55:00	04:23	44:09:00
243	516	MANUEL CARDOSO	INDIVIDUAL	M	235 SEN M	121	21:52	44:03:00	04:24	44:10:00
244	291	PAUL SHEPHERD	INDIVIDUAL	M	236 VET M55	11	22:32	44:05:00	04:24	44:11:00
245	421	JOSÉ SANTOS	RECREIO DESPORTIVO ÁGUEDA	M	237 VET M50	15	22:35	44:03:00	04:24	44:12:00
246	322	NUNO AVELAR	INDIVIDUAL	M	238 SEN M	122	21:57	44:04:00	04:24	44:13:00
247	494	PEDRO PEJAPES	C.A. NAZARÉ	M	239 SEN M	123	23:02	44:08:00	04:24	44:14:00
248	594	HENRIQUE BORGES	INDIVIDUAL	M	240 VET M50	16	23:00	44:11:00	04:25	44:18:00
249	671	ANDRÉ COIMBRA	ESCOLA ATLETISMO TROFA	M	241 SEN M	124	22:15	44:16:00	04:25	44:22:00
250	682	HELENA MOURÃO	ESCOLA ATLET DA TROFA	F	10 VET F55	1	22:17	44:20:00	04:26	44:26:00
251	557	NUNO PESSOA	KALEIJADOS	M	242 VET M40	47	21:38	44:14:00	04:25	44:29:00
252	474	ANDRÉ NOVA	DIÁRIO AVEIRO	M	243 SEN M	125	21:58	44:19:00	04:25	44:30:00
253	406	TIAGO TAVARES	INDIVIDUAL	M	244 SEN M	126	23:05	44:25:00	04:26	44:31:00
254	197	ANTÓNIO PINHEIRO VIEIRA	ASPHALT ASSAULT TEAM	M	245 VET M40	48	22:19	44:27:00	04:26	44:31:00
255	485	PEDRO MARQUES	INDIVIDUAL	M	246 SEN M	127	22:04	44:25:00	04:26	44:34:00
256	41	JOSE VIEIRA	INDIVIDUAL	M	247 VET M45	29	22:30	44:29:00	04:26	44:36:00
257	186	RICARDO SILVA	INDIVIDUAL	M	248 SEN M	128	22:20	44:28:00	04:26	44:40:00
258	217	ARNALDO TOMÁS	CON_DORES CHOUPAL COIMBRA	M	249 VET M40	49	22:31	44:35:00	04:27	44:41:00
259	240	JOÃO MOREIRA	RUNNING ESPINHO	M	250 VET M40	50	23:18	44:34:00	04:27	44:43:00
260	262	JOÃO GIL DA COSTA	INDIVIDUAL	M	251 VET M55	12	22:29	44:35:00	04:27	44:46:00
261	631	FERNANDO FERREIRA	DCI/PEDRULHA-MEALHADA	M	252 SEN M	129	22:58	44:34:00	04:27	44:46:00
262	655	VTOR LIMA	TARTARUGAS DO ASFALTO	M	253 VET M50	17	22:38	44:40:00	04:28	44:47:00
263	87	HÉLDER DUARTE	INDIVIDUAL	M	254 SEN M	130	22:29	44:44:00	04:28	44:52:00
264	730	DENIS QUADROS	INDIVIDUAL	M	255 SEN M	131	22:50	44:49:00	04:28	44:53:00
265	338	RÚBEN SÁ	INDIVIDUAL	M	256 SEN M	132	22:16	44:45:00	04:28	44:54:00
266	288	PAULO MARÇAL	INDIVIDUAL	M	257 VET M40	51	22:56	44:42:00	04:28	44:54:00
267	306	CARLOS RIPOLINS	RIPOLINS - GRIJÓ A CORRER	M	258 VET M55	13	22:16	44:49:00	04:28	44:55:00
268	241	RENATO CRISTINA	CASA BENFICA SEIXAL	M	259 VET M40	52	22:14	44:42:00	04:28	44:56:00
269	77	ARMINDO BASTOS	BOSCH TERMOTECNOLOGIA SA	M	260 VET M40	53	22:48	44:50:00	04:29	44:56:00
270	79	FERNANDO FAUSTINO	BOSCH TERMOTECNOLOGIA SA	M	261 VET M50	18	22:49	44:51:00	04:29	44:56:00

Lugar	Dorsal	Nomw	Equipa	Sexo	Escalão	5 Km	Chip	Ritmo	Tempo	
271	505	PAULA GUEDES	MAIA AC	F 11	VET F40	3	22:33	44:53:00	04:29	44:57:00
272	464	PEDRO NECHO	AFIS OVAR	M 262	VET M40	54	22:49	44:55:00	04:29	44:58:00
273	647	DINIS BAPTISTA	INDIVIDUAL	M 263	VET M40	55	22:43	44:57:00	04:29	45:05:00
274	437	DANIEL CALVÃO	CLUBE NAUTICO PRAIA MIRA	M 264	SUB 23 M	5	22:53	44:55:00	04:29	45:06:00
275	221	DOMINGUES JOAO MANUEL	INDIVIDUAL	M 265	VET M40	56	22:24	44:56:00	04:29	45:07:00
276	603	ARTUR ROCHA	RUNNING WONDERS	M 266	SEN M	133	23:21	44:56:00	04:29	45:07:00
277	164	JOÃO CARLOS RIBEIRO	MOLINHAS TEAM	M 267	VET M40	57	22:31	45:04:00	04:30	45:12:00
278	72	NUNO MARNOTO	BOSCH TERMOTECNOLOGIA SA	M 268	VET M40	58	22:41	45:00:00	04:30	45:12:00
279	582	JOÃO FRANCA	PANORAMAH	M 269	VET M45	30	23:03	45:07:00	04:30	45:18:00
280	277	NUNO SANTOS	HELIFLEX	M 270	SEN M	134	23:39	45:13:00	04:31	45:19:00
281	53	LEANDRO RAMOS	NOCTURNOS DE PAREDES	M 271	VET M40	59	23:03	45:16:00	04:31	45:20:00
282	459	NUNO MILHEIRO	RUNNING ESPINHO	M 272	VET M40	60	23:34	45:12:00	04:31	45:21:00
283	86	MARCO CUSTÓDIO	INDIVIDUAL	M 273	SEN M	135	22:58	45:23:00	04:32	45:23:00
284	106	FRANCISCO SILVA	INDIVIDUAL	M 274	VET M55	14	22:38	45:14:00	04:31	45:23:00
285	615	EMIDIO CORREIA	SPORT CLUBE BEIRA-MAR	M 275	SEN M	136	22:57	45:17:00	04:31	45:25:00
286	619	VITOR SILVA	SPORT CLUBE BEIRA-MAR	M 276	SEN M	137	22:56	45:17:00	04:31	45:25:00
287	177	ARMÉNIO NEVES	INDIVIDUAL	M 277	VET M60	5	22:56	45:22:00	04:32	45:27:00
288	205	RICARDO SEROMENHO	INDIVIDUAL	M 278	SEN M	138	22:54	45:21:00	04:32	45:29:00
289	469	CÉLIA PEREIRA	INDIVIDUAL	F 12	SEN F	6	22:53	45:26:00	04:32	45:29:00
290	324	MARTA MARTINS	INDIVIDUAL	F 13	SEN F	7	22:56	45:20:00	04:32	45:30:00
291	425	AMILCAR HENRIQUES	RECREIO DESPORTIVO ÁGUEDA	M 279	VET M50	19	23:03	45:13:00	04:31	45:31:00
292	649	EDUARDO FERREIRA	HSANTAMARIART	M 280	SEN M	139	22:57	45:20:00	04:32	45:31:00
293	285	RUI VIEITO	INDIVIDUAL	M 281	VET M45	31	23:26	45:27:00	04:32	45:35:00
294	590	JOÃO MARANHÃO	INDIVIDUAL	M 282	SEN M	140	23:10	45:22:00	04:32	45:36:00
295	179	FLÁVIO SILVESTRE	NOKIA RUNNERS	M 283	SEN M	141	22:44	45:23:00	04:32	45:36:00
296	405	JOSÉ CARLOS SANTOS	INDIVIDUAL	M 284	VET M50	20	22:42	45:29:00	04:32	45:39:00
297	430	NUNO RIBEIRO	WISEU 360	M 285	SEN M	142	23:29	45:21:00	04:32	45:41:00
298	653	GONÇALO REDONDO	INDIVIDUAL	M 286	VET M40	61	23:09	45:29:00	04:32	45:42:00
299	514	JORGE SANTOS	GIM	M 287	VET M50	21	23:37	45:39:00	04:33	45:42:00
300	391	JOÃO LINO	C.A. TERRA E MAR	M 288	SEN M	143	23:15	45:34:00	04:33	45:45:00
301	233	JOAO FIRMO SERRA	JOGGING LOVERS COIMBRA	M 289	SEN M	144	22:38	45:44:00	04:34	45:52:00
302	477	JORGE MARTINS	DIÁRIO AVEIRO	M 290	SEN M	145	21:38	45:42:00	04:34	45:52:00
303	214	HELDER RODRIGUES	ADREP	M 291	VET M65	2	23:26	45:49:00	04:34	45:54:00
304	636	TADEU ROMA	JOBRA	M 292	VET M45	32	23:12	45:53:00	04:35	45:57:00
305	637	CARLA FONTOURA	JOBRA	F 14	VET F40	4	23:11	45:52:00	04:35	45:57:00
306	468	FERNANDO LOPES	INDIVIDUAL	M 293	VET M60	6	23:03	45:48:00	04:34	45:58:00
307	718	LUIS ROCHA	INDIVIDUAL	M 294	SEN M	146	23:22	45:47:00	04:34	46:00:00
308	641	RICARDO MELO	RUNMORETEAM / RRAUTOMATIC	M 295	SEN M	147	23:32	45:48:00	04:34	46:02:00
309	194	MARCO DANTAS	ASPHALT ASSAULT TEAM	M 296	VET M40	62	23:48	45:59:00	04:35	46:03:00
310	424	CARLOS ESTIMA	RECREIO DESPORTIVO ÁGUEDA	M 297	VET M50	22	23:14	45:58:00	04:35	46:06:00
311	692	CARLOS CUNHA	MOLINHAS TEAM	M 298	SEN M	148	22:55	45:43:00	04:34	46:07:00
312	411	LEONEL RITO	HELIFLEX	M 299	VET M45	33	23:33	45:57:00	04:35	46:07:00
313	678	TIAGO TEIXEIRA	INDIVIDUAL	M 300	SEN M	149	23:52	45:59:00	04:35	46:11:00
314	134	PAULO TAVARES	INDIVIDUAL	M 301	SEN M	150	23:37	46:05:00	04:36	46:11:00
315	261	LUIS RODRIGUES	OLIVEIRA RUNNERS	M 302	VET M45	34	23:35	45:56:00	04:35	46:15:00

Lugar	Dorsal	Nomw	Equipa	Sexo	Escalão	5 Km	Chip	Ritmo	Tempo	
316	488	ANDRÉ REBELO	EDUART COMPONENTES	M	303 SEN M	151	22:49	46:07:00	04:36	46:18:00
317	252	JORGE PEIXOTO	INDIVIDUAL	M	304 VET M50	23	23:46	46:13:00	04:37	46:20:00
318	508	MARCOS ALVES	TRIBO NR	M	305 VET M40	63	23:32	46:06:00	04:36	46:21:00
319	13	PEDRO FERREIRA	INDIVIDUAL	M	306 VET M40	64	22:44	46:05:00	04:36	46:21:00
320	166	MIGUEL MIRANDA	INDIVIDUAL	M	307 SEN M	152	23:45	46:10:00	04:37	46:22:00
321	192	VICTOR SANTOS	JOGGING LOVERS COIMBRA	M	308 VET M55	15	23:10	46:16:00	04:37	46:23:00
322	359	GONÇALO MARTINS	SINMETRO RUNNERS	M	309 VET M40	65	22:17	46:11:00	04:37	46:25:00
323	576	ANA RIBEIRO	INDIVIDUAL	F	15 SEN F	8	22:56	46:17:00	04:37	46:25:00
324	530	JOÃO NUNES	VIRIATHVS RUNNERS VISEU	M	310 VET M50	24	23:29	46:10:00	04:37	46:25:00
325	625	FILIPE SILVA	TEAM VENTIL	M	311 VET M40	66	24:13:00	46:16:00	04:37	46:25:00
326	44	HENRIQUE AMADOR	SS CGD	M	312 VET M45	35	23:37	46:21:00	04:38	46:26:00
327	571	RICARDO RELVAS	SOREMA	M	313 SEN M	153	23:06	46:16:00	04:37	46:32:00
328	157	ADEMAR OLIVEIRA	INDIVIDUAL	M	314 VET M55	16	23:52	46:22:00	04:38	46:33:00
329	567	ANTÓNIO OSÓRIO	NINJAS TEAM	M	315 SEN M	154	23:16	46:19:00	04:37	46:33:00
330	444	MIGUEL COIMBRA	CLUVE	M	316 VET M50	25	23:52	46:23:00	04:38	46:34:00
331	396	SERGIO GUEDES	INDIVIDUAL	M	317 VET M45	36	23:08	46:20:00	04:38	46:36:00
332	456	MIGUEL QUEIRÓS	INDIVIDUAL	M	318 VET M55	17	23:38	46:30:00	04:39	46:37:00
333	413	JOÃO CAPELOA	HELIFLEX	M	319 VET M50	26	24:01:00	46:30:00	04:39	46:37:00
334	666	RUI RODRIGUES	VIRIATHVS RUNNERS VISEU	M	320 VET M45	37	23:27	46:23:00	04:38	46:38:00
335	483	ARMINDO DIAS	INDIVIDUAL	M	321 VET M55	18	23:36	46:24:00	04:38	46:40:00
336	635	CARLOS MARQUES	JOBRA	M	322 SEN M	155	22:50	46:40:00	04:40	46:40:00
337	198	PAULO PINTO	INDIVIDUAL	M	323 VET M45	38	23:28	46:32:00	04:39	46:40:00
338	225	ALFREDO LOURENÇO	INDIVIDUAL	M	324 VET M40	67	23:21	46:20:00	04:38	46:40:00
339	656	DOMINGOS TAVARES	INDIVIDUAL	M	325 VET M40	68	23:48	46:31:00	04:39	46:42:00
340	63	RUI PEREIRA	BOSCH TERMOTECNOLOGIA SA	M	326 VET M45	39	22:32	46:34:00	04:39	46:43:00
341	81	BRUNO ALVES	BOSCH TERMOTECNOLOGIA SA	M	327 SEN M	156	23:31	46:32:00	04:39	46:43:00
342	280	PAULO MARTINS	BIO TEAM RUN	M	328 VET M45	40	24:01:00	46:35:00	04:39	46:45:00
343	301	NUNO DE OLIVEIRA	INDIVIDUAL	M	329 SEN M	157	22:08	46:32:00	04:39	46:48:00
344	694	BRUNA RODRIGUES	INDIVIDUAL	F	16 SEN F	9	23:30	46:45:00	04:40	46:49:00
345	91	FRANCISCO PESSOA	INDIVIDUAL	M	330 SEN M	158	23:54	46:38:00	04:39	46:50:00
346	321	GISSELL ANDRADE	INDIVIDUAL	F	17 SUB 23 F	1	24:17:00	46:39:00	04:39	46:50:00
347	454	ISAAC GONÇALVES	INDIVIDUAL	M	331 SEN M	159	24:18:00	46:39:00	04:39	46:50:00
348	256	RENÉ DUARTE	CASA BENFICA SEIXAL	M	332 VET M65	3	23:29	46:36:00	04:39	46:51:00
349	232	BRUNO REI	INDIVIDUAL	M	333 SEN M	160	23:15	46:34:00	04:39	46:54:00
350	303	FERNANDO SANTOS	INDIVIDUAL	M	334 VET M50	27	24:02:00	46:50:00	04:41	46:54:00
351	208	HENRIK OLSSON	INDIVIDUAL	M	335 VET M40	69	23:42	46:39:00	04:39	46:54:00
352	579	JOSÉ RIBEIRO	PANORAMAH	M	336 VET M40	70	24:22:00	46:45:00	04:40	46:56:00
353	300	CELSO TEIXEIRA	INDIVIDUAL	M	337 VET M50	28	23:23	46:46:00	04:40	46:59:00
354	11	MANUEL MATOS	MANQUINHOS	M	338 VET M60	7	23:17	46:46:00	04:40	46:59:00
355	646	BRUNO BASTOS	RAINHA CLUB	M	339 SEN M	161	24:31:00	46:49:00	04:40	47:01:00
356	162	JOAQUIM ALMEIDA	INDIVIDUAL	M	340 VET M55	19	24:11:00	46:51:00	04:41	47:02:00
357	243	AMÉRICO ALHAIS	CSPARADAS	M	341 VET M50	29	23:28	46:51:00	04:41	47:14:00
358	145	JOÃO GOMES	NOKIA RUNNERS	M	342 VET M40	71	23:54	47:07:00	04:42	47:18:00
359	693	AUGUSTO REIS	MOLINHAS TEAM	M	343 VET M40	72	23:21	46:55:00	04:41	47:19:00
360	595	MARCO COELHO	INDIVIDUAL	M	344 SEN M	162	25:08:00	47:14:00	04:43	47:20:00

Lugar	Dorsal	Nomw	Equipa	Sexo	Escalão	5 Km	Chip	Ritmo	Tempo
361	222	CARLOS CUNHA	INDIVIDUAL	M	345 SEN M	163	23:58	47:11:00	04:43 47:22:00
362	450	VITOR CARMO	RIPOLINS - GRIJÓ A CORRER	M	346 VET M45	41	24:02:00	47:08:00	04:42 47:23:00
363	12	FERNANDO MORAIS	INDIVIDUAL	M	347 VET M55	20	27:15:00	47:21:00	04:44 47:26:00
364	263	FRANCISCO ROQUE	INDIVIDUAL	M	348 VET M45	42	24:42:00	47:17:00	04:43 47:31:00
365	568	PAULO OSÓRIO	NINJAS TEAM	M	349 SEN M	164	24:19:00	47:17:00	04:43 47:31:00
366	383	JOÃO ALMEIDA	VIRIATHVS RUNNERS VISEU	M	350 VET M50	30	24:21:00	47:17:00	04:43 47:32:00
367	553	PAULO RODRIGUES	INDIVIDUAL	M	351 VET M45	43	23:27	47:09:00	04:42 47:34:00
368	558	FERNANDO ALBUQUERQUE	INDIVIDUAL	M	352 SEN M	165	23:06	47:25:00	04:44 47:38:00
369	325	NUNO GOMES	INDIVIDUAL	M	353 SEN M	166	23:38	47:22:00	04:44 47:39:00
370	426	JOÃO COELHO	RECREIO DESPORTIVO ÁGUEDA	M	354 VET M50	31	24:36:00	47:23:00	04:44 47:40:00
371	617	CARLA CARDOSO	SPORT CLUBE BEIRA-MAR	F	18 VET F40	5	24:23:00	47:37:00	04:45 47:42:00
372	717	FILIPE CARVALHO	INDIVIDUAL	M	355 SEN M	167	22:55	47:35:00	04:45 47:42:00
373	657	RUI FARTURA	INDIVIDUAL	M	356 VET M40	73	24:14:00	47:26:00	04:44 47:43:00
374	123	JOÃO REDONDO	INDIVIDUAL	M	357 VET M55	21	24:16:00	47:41:00	04:46 47:47:00
375	337	LÚCIA GOUVEIA	INDIVIDUAL	F	19 SEN F	10	24:11:00	47:32:00	04:45 47:47:00
376	146	PAULO FERREIRA	PONTO ZEN	M	358 SEN M	168	24:46:00	47:38:00	04:45 47:48:00
377	181	DANIEL MARTINS	NOKIA RUNNERS	M	359 SEN M	169	24:44:00	47:37:00	04:45 47:50:00
378	379	CATARINA PINHO	INDIVIDUAL	F	20 SEN F	11	23:18	47:38:00	04:45 47:50:00
379	294	SERGIO LOPES	INDIVIDUAL	M	360 SEN M	170	23:49	47:42:00	04:46 47:56:00
380	80	CARLOS FERREIRA	BOSCH TERMOTECNOLOGIA SA	M	361 VET M45	44	23:57	47:41:00	04:46 47:56:00
381	670	MÁRIO DUARTE	INDIVIDUAL	M	362 VET M40	74	24:04:00	47:44:00	04:46 47:58:00
382	570	ANDRE RELVAS	SOREMA	M	363 VET M40	75	24:26:00	47:43:00	04:46 47:59:00
383	127	TIAGO ABREU	INDIVIDUAL	M	364 SEN M	171	24:58:00	47:52:00	04:47 48:03:00
384	88	ALBERTO BRANCO	INDIVIDUAL	M	365 VET M45	45	24:46:00	47:56:00	04:47 48:05:00
385	658	ANTONIO RIBEIRO	INDIVIDUAL	M	366 VET M40	76	24:28:00	47:49:00	04:46 48:06:00
386	137	ADERITO ALVES	INDIVIDUAL	M	367 VET M65	4	24:41:00	47:56:00	04:47 48:06:00
387	517	CRISTINA BARROS	INDIVIDUAL	F	21 SEN F	12	23:50	47:47:00	04:46 48:08:00
388	652	NÁDIA SANTOS	RUNNING ESPINHO	F	22 SEN F	13	23:36	47:56:00	04:47 48:08:00
389	414	ÓSCAR BAPTISTA	HELIFLEX	M	368 SEN M	172	24:32:00	47:53:00	04:47 48:09:00
390	355	RUI PIRES	VIRIATHVS RUNNERS VISEU	M	369 VET M40	77	24:50:00	47:55:00	04:47 48:10:00
391	447	RICARDO FERREIRA	ALTO TRILHO - JAVALIS	M	370 SEN M	173	24:58:00	47:56:00	04:47 48:13:00
392	9	MANUEL TEIXEIRA	MANQUINHOS	M	371 VET M55	22	24:01:00	48:01:00	04:48 48:14:00
393	634	ANA ALEIXO	JOBRA	F	23 SEN F	14	24:03:00	48:02:00	04:48 48:14:00
394	674	DIOGO CAVALEIRO	INDIVIDUAL	M	372 SUB 23 M	6	24:06:00	48:03:00	04:48 48:17:00
395	550	PEDRO LOPES	INDIVIDUAL	M	373 SEN M	174	24:44:00	48:11:00	04:49 48:20:00
396	93	ANA MARIA BARBOSA	INVICTA RUNNERS TEAM	F	24 VET F55	2	24:24:00	48:09:00	04:48 48:21:00
397	510	FERNANDO MARQUES	CASTRO MARQUES	M	374 SEN M	175	25:10:00	47:59:00	04:47 48:21:00
398	48	MANUEL PAIVA	INDIVIDUAL	M	375 VET M65	5	24:26:00	48:13:00	04:49 48:22:00
399	47	PEDRO PAIVA	INDIVIDUAL	M	376 VET M40	78	24:26:00	48:13:00	04:49 48:22:00
400	537	MARIA ISABEL FERNANDES	EA COIMBRA JPAIVA	F	25 SEN F	15	24:10:00	48:02:00	04:48 48:22:00
401	24	FERNANDA GOMES	INDIVIDUAL	F	26 VET F45	1	25:00:00	48:12:00	04:49 48:23:00
402	62	ANTONIO TEIXEIRA	INDIVIDUAL	M	377 VET M50	32	24:15:00	48:07:00	04:48 48:24:00
403	487	LUÍS SOARES	EDUART COMPONENTES	M	378 VET M50	33	23:43	48:13:00	04:49 48:24:00
404	397	DANIEL VIEIRA	INDIVIDUAL	M	379 SEN M	176	23:37	48:16:00	04:49 48:25:00
405	733	CLEMETINA ANDRADE	INDIVIDUAL	F	27 VET F50	2		48:04:00	04:48 48:29:00

Lugar	Dorsal	Nomw	Equipa	Sexo	Escalão	5 Km	Chip	Ritmo	Tempo
406	235	SÉRGIO FERRAZ	PENTA CLUBE DA COVILHÃ	M	380 VET M40	79	25:37:00	48:22:00	04:50 48:30:00
407	610	LEANDRO AMADOR	SPORT CLUBE BEIRA-MAR	M	381 SEN M	177	24:06:00	48:20:00	04:50 48:30:00
408	611	FERNANDO OLIVEIRA	SPORT CLUBE BEIRA-MAR	M	382 VET M55	23	24:06:00	48:19:00	04:49 48:30:00
409	559	MARIA PEREIRA	EA COIMBRA JPAIVA	F	28 SEN F	16	24:21:00	48:28:00	04:50 48:31:00
410	668	RUI SOARES	INDIVIDUAL	M	383 VET M45	46	25:02:00	48:22:00	04:50 48:34:00
411	153	LUIS COSTA	INDIVIDUAL	M	384 SEN M	178	24:29:00	48:13:00	04:49 48:36:00
412	169	HELENA COSTA	INDIVIDUAL	F	29 VET F40	6	24:04:00	48:22:00	04:50 48:36:00
413	351	JOÃO SARDO	ASS. SENHORA DOS CAMPOS	M	385 VET M65	6	24:28:00	48:24:00	04:50 48:37:00
414	719	LUIS AMOREIRA	INDIVIDUAL	M	386 VET M50	34	24:48:00	48:31:00	04:51 48:41:00
415	82	LUIS FIGUEIREDO	VIRIATHVS RUNNERS VISEU	M	387 VET M50	35	24:54:00	48:36:00	04:51 48:50:00
416	292	ARTUR CUNHA	INDIVIDUAL	M	388 SEN M	179	25:31:00	48:37:00	04:51 48:54:00
417	384	OLGA MARTINS	VIRIATHVS RUNNERS VISEU	F	30 VET F40	7	24:25:00	48:34:00	04:51 48:54:00
418	269	MIGUEL GOMES	INDIVIDUAL	M	389 SEN M	180	24:21:00	48:43:00	04:52 48:54:00
419	193	GONÇALO RODRIGUES	INDIVIDUAL	M	390 VET M40	80	25:22:00	48:47:00	04:52 48:57:00
420	139	ABÍLIO TEIXEIRA	SCIRUNNERS	M	391 SEN M	181	24:22:00	48:43:00	04:52 48:57:00
421	554	MARIA RESENDE	INDIVIDUAL	F	31 VET F45	2	24:23:00	48:47:00	04:52 48:58:00
422	244	ANTÓNIO RAMOS	CSPARADAS	M	392 VET M55	24	24:14:00	48:37:00	04:51 48:59:00
423	654	JOÃO SILVA	INDIVIDUAL	M	393 SEN M	182	25:24:00	48:36:00	04:51 49:00:00
424	560	ANDRÉ FERNANDES	INDIVIDUAL	M	394 SEN M	183	24:46:00	48:47:00	04:52 49:00:00
425	165	SANDRA SÁ	INDIVIDUAL	F	32 VET F40	8	24:16:00	48:53:00	04:53 49:02:00
426	519	FRANCISCA SOUSA	INDIVIDUAL	F	33 SEN F	17	24:46:00	48:59:00	04:53 49:04:00
427	253	JOÃO NEVES	INDIVIDUAL	M	395 VET M45	47	25:59:00	48:56:00	04:53 49:05:00
428	266	NARCISO ARROMBA	CLUVE	M	396 VET M60	8	24:03:00	48:59:00	04:53 49:06:00
429	539	RUI SIMOES	INDIVIDUAL	M	397 VET M40	81	24:22:00	48:54:00	04:53 49:07:00
430	528	RODRIGO SANTOS	INDIVIDUAL	M	398 VET M40	82	24:22:00	48:52:00	04:53 49:08:00
431	589	HUGO FERNANDES	INDIVIDUAL	M	399 SEN M	184	26:22:00	49:18:00	04:55 49:25:00
432	238	FILIFE MARÇAL	INDIVIDUAL	M	400 VET M40	83	24:55:00	49:15:00	04:55 49:30:00
433	540	RICARDO FONTE	CANIANOS	M	401 VET M40	84	25:14:00	49:20:00	04:56 49:33:00
434	561	JOANA AGUIAR	INDIVIDUAL	F	34 SEN F	18	25:23:00	49:27:00	04:56 49:36:00
435	327	ANTÓNIO LEMOS	MOLINHAS TEAM	M	402 VET M45	48	25:11:00	49:24:00	04:56 49:38:00
436	412	BRUNO TOITO	HELIFLEX	M	403 SEN M	185	24:55:00	49:28:00	04:56 49:44:00
437	427	SAMUEL RAMOS	RECREIO DESPORTIVO ÁGUEDA	M	404 JUN M	8	23:15	49:29:00	04:56 49:49:00
438	575	HELDER GOMES	SOREMA	M	405 VET M40	85	25:20:00	49:29:00	04:56 49:50:00
439	434	TIAGO OLIVEIRA	INDIVIDUAL	M	406 SEN M	186	27:30:00	49:46:00	04:58 49:53:00
440	28	DAVID NOGUEIRA	INDIVIDUAL	M	407 SEN M	187	25:48:00	49:47:00	04:58 49:53:00
441	268	NUNO FERNANDES	INDIVIDUAL	M	408 VET M40	86	25:34:00	49:40:00	04:58 49:54:00
442	481	TIAGO CARVALHO	INDIVIDUAL	M	409 SEN M	188	25:20:00	49:34:00	04:57 49:56:00
443	679	JOSÉ CARLOS TRINDADE	S2 RUNNERS	M	410 VET M45	49	25:41:00	49:44:00	04:58 49:59:00
444	234	ANTÓNIO SILVA	INDIVIDUAL	M	411 VET M50	36	24:52:00	49:46:00	04:58 50:03:00
445	353	SONIA NEVES	CORRER LISBOA	F	35 VET F40	9	25:05:00	49:43:00	04:58 50:04:00
446	8	ANDRÉ COIMBRA	MANQUINHOS	M	412 SEN M	189	24:31:00	49:51:00	04:59 50:04:00
447	385	CARLOS COSTA	VISEU 360	M	413 SEN M	190	25:35:00	49:53:00	04:59 50:07:00
448	486	EDUARDO REBELO	EDUART COMPONENTES	M	414 VET M50	37	25:24:00	49:59:00	04:59 50:11:00
449	219	VITOR VIEIRA	ALL ABOUT SPIRIT TEAM	M	415 VET M50	38	25:54:00	50:04:00	05:00 50:11:00
450	416	ALZIRA BARROS	VIRIATHVS RUNNERS VISEU	F	36 VET F40	10	24:51:00	49:58:00	04:59 50:13:00

Lugar	Dorsal	Nomw	Equipa	Sexo	Escalão	5 Km	Chip	Ritmo	Tempo
451	380	NUNO LOUREIRO	VIRIATHVS RUNNERS VISEU	M	416 VET M40	87	25:15:00	49:54:00	04:59 50:13:00
452	684	SÓNIA BELEZA	INDIVIDUAL	F	37 SUB 23 F	2	25:34:00	49:59:00	04:59 50:15:00
453	136	ANDRÉ SILVA	INDIVIDUAL	M	417 SEN M	191	26:21:00	50:10:00	05:01 50:16:00
454	506	DELFIN COSTA	ALBALOGIC	M	418 VET M55	25	25:54:00	50:01:00	05:00 50:20:00
455	60	RICARDO MONTEIRO	INDIVIDUAL	M	419 VET M50	39	24:47:00	50:13:00	05:01 50:22:00
456	415	PAULO FERNANDES	VIRIATHVS RUNNERS VISEU	M	420 VET M50	40	25:01:00	50:07:00	05:00 50:23:00
457	32	HELENA LOPES	TRIBO NR	F	38 VET F40	11	25:48:00	50:09:00	05:00 50:23:00
458	56	LÍGIA CASIMIRO	CIRES RUNNING TEAM	F	39 VET F40	12	25:53:00	50:18:00	05:01 50:28:00
459	455	HERNÂNI PEDROSO	INDIVIDUAL	M	421 VET M45	50	27:15:00	50:18:00	05:01 50:28:00
460	538	ANTONIO TEIXEIRA	INDIVIDUAL	M	422 VET M40	88	25:47:00	50:19:00	05:01 50:33:00
461	599	LUÍS SAMPAIO	CANIANOS	M	423 SEN M	192	26:08:00	50:20:00	05:02 50:33:00
462	453	JOAO GONCALVES	RENAULT CACIA	M	424 VET M40	89	26:19:00	50:17:00	05:01 50:35:00
463	119	ANDRÉ CAMPOS	INDIVIDUAL	M	425 SEN M	193	26:10:00	50:26:00	05:02 50:38:00
464	109	SÉRGIO PIRES	INDIVIDUAL	M	426 SUB 23 M	7	25:29:00	50:20:00	05:02 50:39:00
465	423	FILIFE ALMEIDA	RECREIO DESPORTIVO ÁGUEDA	M	427 VET M45	51	26:36:00	50:19:00	05:01 50:39:00
466	460	CARLOS CAMPOS	AFIS OVAR	M	428 VET M50	41	24:59:00	50:23:00	05:02 50:41:00
467	461	LUIS GAMA	AFIS OVAR	M	429 VET M50	42	25:00:00	50:24:00	05:02 50:41:00
468	272	NUNO QUINTANEIRO	INDIVIDUAL	M	430 SEN M	194	25:37:00	50:27:00	05:02 50:43:00
469	608	JOAO BATISTA	RUNNING WONDERS	M	431 SEN M	195	24:15:00	50:22:00	05:02 50:44:00
470	270	JORGE RAMOS	INDIVIDUAL	M	432 VET M60	9	25:27:00	50:26:00	05:02 50:47:00
471	527	FERNANDO CARAPELHO	INDIVIDUAL	M	433 SEN M	196	25:35:00	50:26:00	05:02 50:49:00
472	148	INÉS PEREIRA	PONTO ZEN	F	40 SEN F	19	25:14:00	50:40:00	05:04 50:50:00
473	250	EDUARDO NEIRA	INDIVIDUAL	M	434 VET M40	90	25:23:00	50:28:00	05:02 50:53:00
474	158	CARLOS BARROSO	INDIVIDUAL	M	435 VET M50	43	25:48:00	50:44:00	05:04 50:56:00
475	535	MÁRIO BARRADAS	INDIVIDUAL	M	436 VET M50	44	24:32:00	50:35:00	05:03 51:01:00
476	147	ANGELA BRAMÃO	PONTO ZEN	F	41 SEN F	20	25:26:00	50:51:00	05:05 51:01:00
477	336	JOSÉ OLIVEIRA	INDIVIDUAL	M	437 SEN M	197	25:25:00	50:39:00	05:03 51:02:00
478	4	HILÁRIO ESPADILHA	INDIVIDUAL	M	438 VET M40	91	25:53:00	50:44:00	05:04 51:02:00
479	92	JORGE PESSOA	INDIVIDUAL	M	439 SEN M	198	26:45:00	50:53:00	05:05 51:04:00
480	267	PAULA SANTOS	CIRES RUNNING TEAM	F	42 SEN F	21	25:54:00	50:58:00	05:05 51:07:00
481	152	PEDRO VIEIRA	INDIVIDUAL	M	440 SEN M	199	25:56:00	50:45:00	05:04 51:08:00
482	118	LUIS MIGUEL PATO	INDIVIDUAL	M	441 VET M40	92	25:48:00	50:56:00	05:05 51:08:00
483	173	SANDRA CAVALHEIRO	INDIVIDUAL	F	43 VET F45	3	25:43:00	50:54:00	05:05 51:11:00
484	254	EDUARDO PAIS	INDIVIDUAL	M	442 SEN M	200	24:44:00	50:53:00	05:05 51:14:00
485	247	ANA SOFIA MONTEZ	MJAS	F	44 SEN F	22	25:54:00	50:57:00	05:05 51:15:00
486	211	ANDRÉA RAPOSO	INDIVIDUAL	F	45 SEN F	23	25:41:00	51:00:00	05:06 51:19:00
487	216	JOÃO FERREIRA	INDIVIDUAL	M	443 VET M40	93	26:40:00	51:12:00	05:07 51:21:00
488	281	VITOR FERREIRA	INDIVIDUAL	M	444 VET M40	94	25:26:00	51:08:00	05:06 51:23:00
489	618	SARA SANTOS	SPORT CLUBE BEIRA-MAR	F	46 SEN F	24	26:15:00	51:12:00	05:07 51:26:00
490	376	MÁRIA CARVALHO	DCI/PEDRULHA-MEALHADA	F	47 SEN F	25	26:01:00	51:13:00	05:07 51:28:00
491	551	GABRIELA GOMES	EA COIMBRA JPAIVA	F	48 SEN F	26	25:56:00	51:09:00	05:06 51:28:00
492	392	CARLOS PEDRO	INDIVIDUAL	M	445 VET M40	95	26:35:00	51:17:00	05:07 51:29:00
493	580	JAIME ANTUNES	PANORAMAH	M	446 SEN M	201	27:08:00	51:15:00	05:07 51:31:00
494	171	LUÍS MARTINS	INDIVIDUAL	M	447 SEN M	202	27:08:00	51:20:00	05:08 51:35:00
495	422	DANIEL EDMUNDO	RECREIO DESPORTIVO ÁGUEDA	M	448 SEN M	203	26:57:00	51:26:00	05:08 51:36:00

Lugar	Dorsal	Nomw	Equipa	Sexo	Escalão	5 Km	Chip	Ritmo	Tempo
496	462	MANUEL RAMOS	AFIS OVAR	M	449 VET M75	1	25:56:00	51:20:00	05:08 51:37:00
497	630	BRUNO JESUS	DCI/PEDRULHA-MEALHADA	M	450 SEN M	204	26:14:00	51:31:00	05:09 51:40:00
498	103	MANUEL GASPARD	INDIVIDUAL	M	451 VET M45	52	27:17:00	51:30:00	05:09 51:45:00
499	75	FILIFE MARTINS	BOSCH TERMOTECNOLOGIA SA	M	452 SEN M	205	26:32:00	51:31:00	05:09 51:49:00
500	448	ANDRÉ ANDRADE	A BÉ E O ZÉ	M	453 SEN M	206	27:01:00	51:38:00	05:09 51:51:00
501	110	MARIA JOSÉ RODRIGUES	INDIVIDUAL	F	49 VET F45	4	25:48:00	51:36:00	05:09 51:53:00
502	302	PATRÍCIA RODRIGUES	INDIVIDUAL	F	50 SEN F	27	26:54:00	51:47:00	05:10 52:02:00
503	408	CATARINA SANTOS	INDIVIDUAL	F	51 SEN F	28	26:48:00	51:49:00	05:10 52:02:00
504	409	NUNO MOTA	INDIVIDUAL	M	454 SEN M	207	26:49:00	51:49:00	05:10 52:02:00
505	342	RICARDO FERREIRA	INDIVIDUAL	M	455 SEN M	208	26:10:00	51:42:00	05:10 52:05:00
506	480	MANUEL CARVALHO	INDIVIDUAL	M	456 VET M65	7	26:16:00	51:44:00	05:10 52:08:00
507	144	PEDRO PACHECO	RUNWINE	M	457 SEN M	209	25:56:00	51:52:00	05:11 52:09:00
508	142	SANDRA OLSSON	INDIVIDUAL	F	52 SEN F	29	26:35:00	51:54:00	05:11 52:12:00
509	545	FERNANDO SANTOS	AFIS OVAR	M	458 VET M70	1	26:15:00	51:58:00	05:11 52:14:00
510	627	ISABEL INACIO	INDIVIDUAL	F	53 VET F45	5	26:45:00	51:57:00	05:11 52:16:00
511	378	MARCO RODRIGUES	INDIVIDUAL	M	459 VET M40	96	27:29:00	51:59:00	05:11 52:18:00
512	128	MARLENE MARQUES	INDIVIDUAL	F	54 SEN F	30	27:08:00	52:02:00	05:12 52:20:00
513	96	LUIS SIMÃO	INDIVIDUAL	M	460 VET M45	53	26:53:00	52:07:00	05:12 52:22:00
514	335	DIOGO REIS	INDIVIDUAL	M	461 SEN M	210	25:50:00	51:59:00	05:11 52:22:00
515	333	MARIA SOUSA	INDIVIDUAL	F	55 SEN F	31	25:52:00	52:01:00	05:12 52:24:00
516	400	PAULO MENEZES	JATA-PANHU	M	462 SEN M	211	25:51:00	52:08:00	05:12 52:26:00
517	70	CARLOS MARTINS	BOSCH TERMOTECNOLOGIA SA	M	463 VET M50	45	26:49:00	52:07:00	05:12 52:28:00
518	168	PEDRO FIGUEIREDO	INDIVIDUAL	M	464 SEN M	212	26:47:00	52:09:00	05:12 52:29:00
519	441	BÁRBARA MOTA	VIRIATHVS RUNNERS VISEU	F	56 SEN F	32	26:39:00	52:15:00	05:13 52:30:00
520	73	INÉS MACHADO VAZ	BOSCH TERMOTECNOLOGIA SA	F	57 SEN F	33	26:03:00	52:35:00	05:15 52:35:00
521	112	CARLA RODRIGUES	INDIVIDUAL	F	58 SEN F	34	26:30:00	52:13:00	05:13 52:37:00
522	57	PAULO RAMOS	GJPB - O. AZEMÉIS	M	465 VET M40	97	26:56:00	52:27:00	05:14 52:44:00
523	399	JOSÉ JESUS	JL ALUMINIOS	M	466 VET M40	98	26:43:00	52:44:00	05:16 52:53:00
524	223	CARLA TOMÁS	INDIVIDUAL	F	59 VET F40	13	26:56:00	52:35:00	05:15 52:54:00
525	276	MAFALDA FRIAS	INDIVIDUAL	F	60 SEN F	35	27:13:00	52:36:00	05:15 52:57:00
526	341	NUNO CRUZ	OVERMOTOR RUNNING	M	467 VET M40	99	26:29:00	52:32:00	05:15 52:57:00
527	605	RENATO MOEDAS	RUNNING WONDERS	M	468 VET M40	100	26:32:00	52:40:00	05:16 53:02:00
528	439	AUGUSTO SILVA	INDIVIDUAL	M	469 VET M50	46	27:25:00	52:52:00	05:17 53:02:00
529	58	NUNO MIGUEL OLIVEIRA	LUSO-ATLÂNTICA CORRETOR	M	470 VET M45	54	27:18:00	52:53:00	05:17 53:03:00
530	286	ANDRÉ SANTOS	INDIVIDUAL	M	471 SEN M	213	26:56:00	52:44:00	05:16 53:05:00
531	429	SOFIA GUERRA	INDIVIDUAL	F	61 VET F40	14	26:39:00	52:53:00	05:17 53:10:00
532	661	ÓSCAR ROCHA	VIRIATHVS RUNNERS VISEU	M	472 VET M55	26	26:39:00	52:53:00	05:17 53:10:00
533	320	AURORA PIRES	INDIVIDUAL	F	62 VET F40	15	27:22:00	52:55:00	05:17 53:11:00
534	51	MARCOS RATOLA	RATOLA'S TEAM	M	473 SEN M	214	28:21:00	53:07:00	05:18 53:14:00
535	569	ANTONIO TAFULA	INDIVIDUAL	M	474 VET M65	8	26:56:00	52:59:00	05:17 53:19:00
536	673	JOSE TAVARES	RUNNING WONDERS	M	475 SEN M	215	26:53:00	53:04:00	05:18 53:26:00
537	612	JUAN FERREIRA	SPORT CLUBE BEIRA-MAR	M	476 VET M40	101	26:50:00	53:06:00	05:18 53:29:00
538	172	LUÍS GOMES	INDIVIDUAL	M	477 SEN M	216	28:33:00	53:11:00	05:19 53:32:00
539	42	MANUEL MARTINS	CLUBE NORTADA AVENTURA	M	478 VET M40	102	26:15:00	53:18:00	05:19 53:32:00
540	314	JOSÉ MADEIRA	INDIVIDUAL	M	479 VET M65	9	27:27:00	53:16:00	05:19 53:34:00

Lugar	Dorsal	Nomw	Equipa	Sexo	Escalão	5 Km	Chip	Ritmo	Tempo
541	732	CARLOS VIAES	INDIVIDUAL	M	480 SEN M	217	25:51:00	53:10:00	05:19 53:35:00
542	26	ELSA MARTA SILVA	TARTARUGAS DO ASFALTO	F	63 VET F40	16	26:41:00	53:16:00	05:19 53:37:00
543	536	NUNO BENTO	CORRER VISEU	M	481 VET M40	103	27:27:00	53:21:00	05:20 53:39:00
544	381	EDUARDO RUIZ	INDIVIDUAL	M	482 SEN M	218	26:31:00	53:24:00	05:20 53:42:00
545	562	ANDRÉ ALMEIDA	INDIVIDUAL	M	483 SEN M	219	27:17:00	53:26:00	05:20 53:43:00
546	466	PAULO ALMEIDA	AFIS OVAR	M	484 VET M45	55	27:02:00	53:39:00	05:21 53:45:00
547	187	HELENA AZEVEDO	BAND OF RUNNERS	F	64 SEN F	36	28:00:00	53:35:00	05:21 53:45:00
548	180	NATÉRCIA SANTIAGO	NOKIA RUNNERS	F	65 VET F40	17	27:45:00	53:34:00	05:21 53:48:00
549	131	PEDRO NEVES	INDIVIDUAL	M	485 VET M40	104	27:46:00	53:32:00	05:21 53:48:00
550	645	MARISA GONÇALVES	RAINHA CLUB	F	66 SEN F	37	26:05:00	53:34:00	05:21 53:49:00
551	697	LUIS ALMEIDA	INDIVIDUAL	M	486 VET M40	105	27:46:00	53:44:00	05:22 53:58:00
552	312	LUIS VALE	MONDAY STREET RUNNERS VIS	M	487 VET M60	10	28:02:00	53:43:00	05:22 54:08:00
553	467	ANTÓNIO PEREIRA	VIRIATHVS RUNNERS VISEU	M	488 VET M45	56	28:29:00	53:50:00	05:23 54:08:00
554	419	TIAGO JESUS	RECREIO DESPORTIVO ÁGUEDA	M	489 SEN M	220	28:06:00	54:03:00	05:24 54:13:00
555	249	SÓNIA MIGUEL	INDIVIDUAL	F	67 SEN F	38	28:13:00	54:02:00	05:24 54:15:00
556	10	FERNANDO TEIXEIRA	MANQUINHOS	M	490 VET M60	11	27:48:00	54:01:00	05:24 54:20:00
557	716	MONICA WITTIG	INDIVIDUAL	F	68 SEN F	39	27:48:00	54:14:00	05:25 54:22:00
558	185	SANDRA SANTOS	INDIVIDUAL	F	69 VET F40	18	27:57:00	54:02:00	05:24 54:23:00
559	257	PEDRO OLIVEIRA	CON_DORES CHOUPAL COIMBRA	M	491 VET M50	47	27:31:00	54:05:00	05:24 54:24:00
560	449	CRISTINA ALEIXO	INDIVIDUAL	F	69 VET F45	6	26:55:00	54:02:00	05:24 54:24:00
561	183	GASPAR DIAS	NOKIA RUNNERS	M	492 SEN M	221	26:03:00	54:29:00	05:26 54:41:00
562	489	CÁTIA COELHO	INDIVIDUAL	F	70 SUB 23 F	3	27:49:00	54:22:00	05:26 54:43:00
563	245	HÉLDER MACHADO	CSPARADAS	M	493 VET M45	57	27:59:00	54:24:00	05:26 54:47:00
564	648	FERNANDO CUNHA	HSANTAMARIART	M	494 VET M55	27	26:20:00	54:30:00	05:27 54:48:00
565	305	LILIANA SIMÕES	INDIVIDUAL	F	71 VET F40	19	27:12:00	54:40:00	05:28 54:53:00
566	584	SARA NUNES	PANORAMAH	F	72 SEN F	40	26:27:00	54:38:00	05:27 54:53:00
567	583	JOÃO ALVES	PANORAMAH	M	495 SEN M	222	26:26:00	54:38:00	05:27 54:54:00
568	596	RUI ALMEIDA	INDIVIDUAL	M	496 SEN M	223	26:53:00	54:37:00	05:27 55:01:00
569	479	LUIS FERREIRA	NOCTURNOS DE PAREDES	M	497 VET M50	48	27:26:00	54:42:00	05:28 55:01:00
570	156	JOÃO VALLE-COSTA	INDIVIDUAL	M	498 VET M45	58	26:55:00	54:58:00	05:29 55:20:00
571	207	RITA COIMBRA	INDIVIDUAL	F	73 VET F40	20	25:43:00	55:13:00	05:31 55:21:00
572	108	ANE BISPO MARQUES	ML MIX RUN	F	74 VET F40	21	27:40:00	55:05:00	05:30 55:23:00
573	66	JORGE JESUS	BOSCH TERMOTECNOLOGIA SA	M	499 VET M50	49	26:22:00	55:11:00	05:31 55:28:00
574	176	JOSÉ NEVES	INDIVIDUAL	M	500 VET M55	28	26:04:00	55:19:00	05:31 55:38:00
575	493	FERNANDA RODRIGUES	INDIVIDUAL	F	75 VET F45	7	27:53:00	55:22:00	05:32 55:41:00
576	492	CARLOS RODRIGUES	INDIVIDUAL	M	501 VET M45	59	27:53:00	55:23:00	05:32 55:42:00
577	431	CRISTINA ALMEIDA	VISEU 360	F	76 VET F40	22	28:01:00	55:26:00	05:32 55:46:00
578	289	ADRIANO SANTOS	ADREQUEIXO	M	502 SEN M	224	27:44:00	55:32:00	05:33 55:57:00
579	308	MANUEL COUTO	RIPOLINS - GRIJÓ A CORRER	M	503 VET M70	2	28:09:00	55:51:00	05:35 56:01:00
580	98	FILOMENA SANTOS	MOLINHAS TEAM	F	78 VET F55	3	28:31:00	55:48:00	05:34 56:06:00
581	349	PAULA OLIVEIRA	JUNTOS SOMOS UM	F	79 VET F45	8	28:29:00	55:49:00	05:34 56:10:00
582	700	PAULO PEREIRA	INDIVIDUAL	M	504 VET M50	50	27:22:00	55:48:00	05:34 56:10:00
583	174	ANTERO ALMEIDA	INDIVIDUAL	M	505 VET M60	12	29:02:00	55:55:00	05:35 56:14:00
584	52	SARA RATOLA	RATOLA'S TEAM	F	80 SEN F	41	28:28:00	55:58:00	05:35 56:15:00
585	463	MANUEL RILHO	AFIS OVAR	M	506 VET M70	3	28:08:00	56:09:00	05:36 56:22:00

Lugar	Dorsal	Nomw	Equipa	Sexo	Escalão	5 Km	Chip	Ritmo	Tempo
586	287	CARLOS ROCHA	INDIVIDUAL	M	507 SEN M	225	28:47:00	56:04:00	05:36 56:24:00
587	120	RUI URBANO	INDIVIDUAL	M	508 VET M40	106	29:16:00	56:14:00	05:37 56:30:00
588	141	MÁRIO CRUZ	INDIVIDUAL	M	509 SEN M	226	28:42:00	56:19:00	05:37 56:38:00
589	502	ANA PAULA CASTRO	CAL - CLUBE ATLETISMO DE	F	81 VET F45	9	28:10:00	56:19:00	05:37 56:38:00
590	360	RICARDO NASCIMENTO	INDIVIDUAL	M	510 SEN M	227	29:13:00	56:20:00	05:38 56:43:00
591	401	AMÂNDIO MENDES	INDIVIDUAL	M	511 VET M45	60	29:18:00	56:27:00	05:38 56:46:00
592	117	ANTÓNIO VALENTE	INDIVIDUAL	M	512 SEN M	228	28:27:00	56:27:00	05:38 56:47:00
593	417	NUNO MARTINS	VIRIATHVS RUNNERS VISEU	M	513 SEN M	229	28:59:00	56:29:00	05:38 56:50:00
594	574	FILIFE SILVA	SOREMA	M	514 SEN M	230	28:51:00	56:30:00	05:39 56:51:00
595	357	JOSÉ TAVARES	INDIVIDUAL	M	515 VET M60	13	30:05:00	56:32:00	05:39 56:51:00
596	507	JOAO ORVALHO	INDIVIDUAL	M	516 VET M55	29	30:21:00	56:34:00	05:39 56:54:00
597	446	ROSA CORREIA	VIRIATHVS RUNNERS VISEU	F	82 VET F40	23	29:07:00	57:06:00	05:42 57:22:00
598	565	ALEIDA GOUVEIA	VIRIATHVS RUNNERS VISEU	F	83 VET F40	24	29:08:00	57:07:00	05:42 57:22:00
599	17	BRUNO SANTOS	CORRERIA	M	517 VET M40	107	30:19:00	57:02:00	05:42 57:24:00
600	667	EGON RODRIGUES	VIRIATHVS RUNNERS VISEU	M	518 VET M45	61	31:03:00	57:17:00	05:43 57:31:00
601	331	ANA ISABEL MARTINS	FALCÕES SELVAGENS	F	84 VET F55	4	29:51:00	57:30:00	05:45 57:46:00
602	602	RICHARD FERREIRA	RUNNING WONDERS	M	519 SEN M	231	29:34:00	57:27:00	05:44 57:50:00
603	606	TERESA SOARES	RUNNING WONDERS	F	85 SEN F	42	29:33:00	57:27:00	05:44 57:50:00
604	607	NUNO RIBEIRO	RUNNING WONDERS	M	520 SEN M	232	29:36:00	57:28:00	05:44 57:50:00
605	604	HENRIQUE BARTOMOLEU	RUNNING WONDERS	M	521 SEN M	233	29:35:00	57:28:00	05:44 57:50:00
606	686	CRISTINA PIRES	GUARDA RUNNERS	F	86 VET F50	3	28:56:00	57:40:00	05:46 57:57:00
607	475	ROSANA TOMÁSIO	DIÁRIO AVEIRO	F	87 SEN F	43	29:21:00	57:48:00	05:46 57:58:00
608	68	TATIANA OLIVEIRA	BOSCH TERMOTECNOLOGIA SA	F	88 SEN F	44	28:57:00	57:39:00	05:45 57:59:00
609	472	ANDREIA NEVES	DIÁRIO AVEIRO	F	89 SEN F	45	29:18:00	57:36:00	05:45 57:59:00
610	473	FILIPA NEVES	DIÁRIO AVEIRO	F	90 SEN F	46	29:17:00	57:35:00	05:45 57:59:00
611	5	JOSÉ CAETANO	INDIVIDUAL	M	522 VET M55	30	30:26:00	57:55:00	05:47 58:05:00
612	563	RUI CORDEIRO	AMIGOS MATA DE ESCAROUPIM	M	523 VET M70	4	29:18:00	57:45:00	05:46 58:08:00
613	478	JOSE TEIXEIRA	INDIVIDUAL	M	524 VET M60	14	31:55:00	58:00:00	05:48 58:16:00
614	99	FRANCISCO FERNANDES	INDIVIDUAL	M	525 SEN M	234	29:12:00	58:02:00	05:48 58:23:00
615	586	RUI JOAQUIM	PANORAMAH	M	526 VET M40	108	28:38:00	58:13:00	05:49 58:34:00
616	209	TIAGO TRINDADE	INDIVIDUAL	M	527 SEN M	235	29:26:00	58:33:00	05:51 58:40:00
617	167	VASCO RAMALHEIRA	INDIVIDUAL	M	528 VET M45	62	28:47:00	58:22:00	05:50 58:44:00
618	548	FERNANDA ALVES	TARTARUGAS DO ASFALTO	F	91 VET F40	25	29:20:00	58:31:00	05:51 58:52:00
619	352	CARLOS TAVARES	CORRER LISBOA	M	529 VET M40	109	30:22:00	58:42:00	05:52 59:03:00
620	6	ARTUR FONSECA	RUPTURA TOTAL	M	530 VET M40	110	30:42:00	58:41:00	05:52 59:03:00
621	102	CRISTINA MENDES	CHRISMEL - VILA REAL	F	92 VET F45	10	29:16:00	58:51:00	05:53 59:10:00
622	206	MARTA PEREIRA	INDIVIDUAL	F	93 SEN F	47	30:14:00	58:53:00	05:53 59:15:00
623	37	MARCIA REIS	INDIVIDUAL	F	94 VET F55	5	29:30:00	59:01:00	05:54 59:25:00
624	94	MARIA ADELAIDE HORTA	INVICTA RUNNERS TEAM	F	95 VET F55	6	29:58:00	59:19:00	05:55 59:38:00
625	115	ANA MARTINS	INVICTA RUNNERS TEAM	F	96 VET F45	11	29:57:00	59:20:00	05:56 59:38:00
626	676	ARIANA ROCHA	DCI/PEDRULHA-MEALHADA	F	97 SEN F	48	30:12:00	59:34:00	05:57 59:53:00
627	457	ISABEL BETTENCOURT	RUNNING ESPINHO	F	98 SEN F	49	29:54:00	59:44:00	05:58 59:58:00
628	67	ANABELA VENDEIRO	BOSCH TERMOTECNOLOGIA SA	F	99 SEN F	50	30:59:00	59:51:00	05:59 01:00:09
629	279	NUNO MARTINS	INDIVIDUAL	M	531 VET M40	111	32:03:00	01:00:16	06:01 01:00:28
630	1	PAULO HENRIQUES	CASCI	M	532 SEN M	236	30:31:00	01:00:13	06:01 01:00:35

Lugar	Dorsal	Nomw	Equipa	Sexo	Escalão	5 Km	Chip	Ritmo	Tempo
631	443	INÊS MENDONÇA	DESLIZA TEAM	F	100 SEN F	51	30:51:00	01:00:17	06:01 01:00:36
632	114	HELENA AMARO	INDIVIDUAL	F	101 SEN F	52	30:56:00	01:00:28	06:02 01:00:46
633	503	ANA RAQUEL SANTOS	INDIVIDUAL	F	102 SEN F	53	31:45:00	01:01:07	06:06 01:01:31
634	65	JOÃO BALDAIA	BOSCH TERMOTECNOLOGIA SA	M	533 SEN M	237	31:45:00	01:01:07	06:06 01:01:31
635	389	JORGE SANTOS	INDIVIDUAL	M	534 VET M55	31	31:43:00	01:01:38	06:09 01:02:02
636	394	IVONE CRAVO	INDIVIDUAL	F	103 VET F45	12	32:09:00	01:02:28	06:14 01:02:40
637	265	CARLA SANTOS	INDIVIDUAL	F	104 VET F45	13	32:38:00	01:02:23	06:14 01:02:40
638	390	CRISTINA ROMARIZ	INDIVIDUAL	F	105 VET F55	7	32:09:00	01:02:19	06:13 01:02:40
639	555	RUI ALMEIDA	INDIVIDUAL	M	535 VET M40	112	32:14:00	01:02:33	06:15 01:02:45
640	175	JOSÉ INÁCIO	INDIVIDUAL	M	536 VET M55	32	33:04:00	01:02:43	06:16 01:03:01
641	196	SERAFIM COUTINHO	ASPHALT ASSAULT TEAM	M	537 VET M60	15	33:25:00	01:03:22	06:20 01:03:41
642	111	SANDRA SANTOS	INDIVIDUAL	F	106 VET F40	26	32:20:00	01:03:18	06:19 01:03:42
643	2	FRANCISCO FREITAS	INDIVIDUAL	M	538 VET M40	113	32:32:00	01:03:47	06:22 01:04:06
644	3	PAULA FREITAS	INDIVIDUAL	F	107 VET F40	27	32:31:00	01:03:47	06:22 01:04:06
645	509	SUSANA CASTRO	CASTRO MARQUES	F	108 VET F40	28	33:38:00	01:03:53	06:23 01:04:14
646	215	CÁTIA AGOSTINHO	INDIVIDUAL	F	109 SEN F	54	34:15:00	01:04:35	06:27 01:05:00
647	644	SUSANA SILVA	HELIFLEX	F	110 SEN F	55	33:06:00	01:04:50	06:29 01:05:04
648	573	ANA PALMIRA RELVAS	SOREMA	F	111 VET F40	29	34:06:00	01:05:14	06:31 01:05:34
649	313	ANDREIA OLIVEIRA	INDIVIDUAL	F	112 SEN F	56	34:01:00	01:05:21	06:32 01:05:40
650	188	JOSÉ PINHAL	ANAZE - ABAIXO DOS 55	M	539 VET M45	63	38:09:00	01:05:31	06:33 01:05:52
651	189	ANA MARTA	ANAZE - ABAIXO DOS 55	F	113 SEN F	57	34:36:00	01:05:31	06:33 01:05:52
652	577	RICARDO LUZ	INDIVIDUAL	M	540 VET M50	51	35:41:00	01:05:48	06:34 01:06:07
653	588	FILIFE GONÇALVES	PANORAMAH	M	541 SEN M	238	35:13:00	01:06:21	06:38 01:06:33
654	388	ELIZA OLIVEIRA	INDIVIDUAL	F	114 SEN F	58	34:31:00	01:06:18	06:37 01:06:38
655	143	SOERT SCHOUWENAAR	INDIVIDUAL	M	542 VET M40	114	35:42:00	01:06:52	06:41 01:07:11
656	721	LAURA HOYOS	INDIVIDUAL	F	115 SEN F	59	35:08:00	01:07:19	06:43 01:07:36
657	482	BÁRBARA COELHO	INDIVIDUAL	F	116 JUN F	1	36:09:00	01:07:23	06:44 01:07:45
658	317	GONÇALO RODRIGUES	BAND OF RUNNERS	M	543 SEN M	239	37:06:00	01:08:49	06:52 01:09:10