

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
1	902	FILIPE VITORINO	CN RIO MAIOR	1	SUB 23 M	1	30:47:00	03:04	30:48:00
2	901	BRUNO BATISTA	CN RIO MAIOR	2	SUB 23 M	2	30:55:00	03:05	30:56:00
3	875	DAVIDE PEIXOTO SILVA	CLUBE CAMPINHO SJ MADEIRA	3	SEN M	1	31:17:00	03:07	31:18:00
4	815	JOAO ALMEIDA	INDIVIDUAL	4	SUB 23 M	3	31:22:00	03:08	31:22:00
5	829	LEONEL FERNANDES	G. D. S.SALVADOR DO CAMPO	5	SEN M	2	32:13:00	03:13	32:14:00
6	537	DIOGO RAMALHEIRA	DR_RUNS	6	SEN M	3	32:43:00	03:16	32:43:00
7	19	RICARDO PINTO	INDIVIDUAL	7	SEN M	4	32:46:00	03:16	32:46:00
8	986	ADILSON SPENCER	JOÃO SILVA CCR PRAIA MIRA	8	VET M35	1	32:55:00	03:17	32:55:00
9	628	JANIK LIMA	CLUBE ATLETISMO DE OVAR	9	VET M35	2	33:00:00	03:18	33:01:00
10	627	CELSO LEITE	CLUBE ATLETISMO DE OVAR	10	SEN M	5	33:23:00	03:20	33:25:00
11	665	FÁBIO ABRANTES	UNIÃO CLUBE EIRENSE	11	SEN M	6	33:30:00	03:21	33:30:00
12	836	JORGE VALENTE	ARVOR VETERANOS DE OVAR	12	SEN M	7	33:35:00	03:21	33:37:00
13	562	JOÃO PEREIRA	ESC. ATL. COIMBRA/JPAIVA	13	VET M40	1	33:38:00	03:21	33:38:00
14	146	RUI PEREIRA	CASA DO BENFICA EM CASTELO BRANCO	14	SEN M	8	33:58:00	03:23	34:00:00
15	629	HELDER PIRES	CLUBE ATLETISMO DE OVAR	15	SEN M	9	34:03:00	03:24	34:04:00
16	940	ANGELO ARAUJO	CLUBE CAMPINHO SJ MADEIRA	16	VET M40	2	34:09:00	03:24	34:10:00
17	964	RUI LOPES	ASSOC. ACADÉMICA COIMBRA	17	VET M40	3	34:10:00	03:25	34:11:00
18	939	MANUEL ALVES	CLUBE CAMPINHO SJ MADEIRA	18	VET M50	1	34:12:00	03:25	34:15:00
19	721	MESSIAS DIAS	DCI/CCDRPEDRULHA-MEALHADA	19	VET M45	1	34:18:00	03:25	34:19:00
20	332	LUIS MARTINS	CENTRO DE ATLETISMO DE TONDELA	20	VET M35	3	34:19:00	03:25	34:20:00
21	983	ALEXSANDRO VARELA	JOÃO SILVA CCR PRAIA MIRA	21	SEN M	10	34:31:00	03:27	34:33:00
22	119	CARLA MARTINHO	RECREIO DESPORTIVO DE ÁGUEDA	1	VET F40	1	34:41:00	03:28	34:42:00
23	274	FÁBIO CORREIA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	22	SEN M	11	34:42:00	03:28	34:42:00
24	945	MIGUEL NEVES	JOBRA	23	SUB 23 M	4	34:48:00	03:28	34:48:00
25	134	NUNO GAMBOA	CASA DO BENFICA EM CASTELO BRANCO	24	VET M35	4	35:21:00	03:32	35:23:00
26	132	FLÁVIO PINTADO	CASA DO BENFICA EM CASTELO BRANCO	25	VET M35	5	35:21:00	03:32	35:23:00
27	454	MARCO MOREIRA	INDIVIDUAL	26	SEN M	12	35:53:00	03:35	35:54:00
28	664	TELMO NASCIMENTO	UNIÃO CLUBE EIRENSE	27	SUB 23 M	5	35:58:00	03:35	36:00:00
29	897	ALBERTO FONTE	ADREP	28	VET M40	4	36:02:00	03:36	36:04:00
30	749	JOSÉ MOREIRA	S. SALVADOR DO CAMPO	29	VET M45	2	36:09:00	03:36	36:09:00
31	860	AMI PC	VIRIATHVS RUNNERS VISEU	30	VET M50	2	36:16:00	03:37	36:16:00
32	845	PEDRO SALCEDAS	RECREIO DESPORTIVO DE ÁGUEDA	31	VET M45	3	36:14:00	03:37	36:17:00
33	619	JOSÉ MIGUEL AMARAL	CORRER VISEU	32	VET M35	6	36:19:00	03:37	36:20:00
34	842	LUÍS MIGUEL	RECREIO DESPORTIVO DE ÁGUEDA	33	VET M40	5	36:28:00	03:38	36:30:00
35	238	CARLOS PIMENTA	LUSOTEAM	34	VET M40	6	36:34:00	03:39	36:35:00
36	793	SÉRGIO PAIVA	AFIS/OVAR	35	SEN M	13	36:33:00	03:39	36:36:00
37	133	TIAGO MARQUES	CASA DO BENFICA EM CASTELO BRANCO	36	VET M40	7	36:38:00	03:39	36:40:00
38	329	CARLOS RIBEIRO	CENTRO DE ATLETISMO DE TONDELA	37	VET M40	8	36:42:00	03:40	36:42:00
39	544	RICARDO SILVA	INDIVIDUAL	38	SEN M	14	36:40:00	03:40	36:44:00
40	856	JORGE VALE	CLUBE ATLETISMO FAFE	39	VET M45	4	36:44:00	03:40	36:45:00
41	674	JOSÉ SÁ	INDIVIDUAL	40	SEN M	15	36:43:00	03:40	36:46:00
42	538	ALEXANDRE MESTRE	ASCVALEIRINHA	41	VET M40	9	36:42:00	03:40	36:47:00
43	489	JOEL RAMALHOTO	VIRIATHVS RUNNERS VISEU	42	SEN M	16	36:50:00	03:41	36:50:00
44	863	MARCO PINTO	ÁGUIAS DA MISERICÓRDIA	43	VET M35	7	36:49:00	03:40	36:51:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
45	772	MILTON SANTOS	SPORT CLUBE BEIRA-MAR	44	SEN M	17	36:49:00	03:40	36:52:00
46	774	BRUNO CASAL	SPORT CLUBE BEIRA-MAR	45	SEN M	18	36:49:00	03:40	36:52:00
47	941	FERNANDO OLIVEIRA	CLUBE CAMPINHO SJ MADEIRA	46	VET M50	3	36:52:00	03:41	36:55:00
48	780	BRUNO SANTOS	CENTRO ATLETISMO SEIA	47	VET M40	10	36:53:00	03:41	36:57:00
49	87	JOÃO SILVA	GRUPO DESPORTIVO DA GAFANHA	48	VET M35	8	36:59:00	03:41	37:00:00
50	555	DIOGO COUTINHO	FIAES S.C	49	VET M35	9	37:00:00	03:42	37:03:00
51	330	RUI COIMBRA	CENTRO DE ATLETISMO DE TONDELA	50	VET M35	10	37:04:00	03:42	37:05:00
52	630	CARLOS SEQUEIRA	CLUBE ATLETISMO DE OVAR	51	VET M35	11	37:03:00	03:42	37:06:00
53	718	TIAGO CASTELA	DCI/CCDRPEDRULHA-MEALHADA	52	SEN M	19	37:07:00	03:42	37:08:00
54	331	RUI RODRIGUES	CENTRO DE ATLETISMO DE TONDELA	53	VET M35	12	37:10:00	03:43	37:10:00
55	708	RICARDO FERREIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	54	VET M40	11	37:09:00	03:42	37:11:00
56	631	RUI COSTA	CLUBE ATLETISMO DE OVAR	55	VET M40	12	37:14:00	03:43	37:15:00
57	767	JOSÉ CABRAL	JUNTOS SOMOS UM	56	VET M55	1	37:15:00	03:43	37:16:00
58	458	JOAQUIM PEREIRA	IBERORUNNERS	57	VET M40	13	37:16:00	03:43	37:17:00
59	445	JORGE LUZ	RIPOLINS GRIJÓ A CORRER	58	VET M50	4	37:22:00	03:44	37:23:00
60	717	VÍTOR OLIVEIRA	DCI/CCDRPEDRULHA-MEALHADA	59	VET M50	5	37:25:00	03:44	37:26:00
61	128	JOSÉ REIS	RIPOLINS GRIJÓ A CORRER	60	VET M55	2	37:28:00	03:44	37:30:00
62	426	PEDRO FERREIRA	ATLETICO CLUBE DE VERMOIL	61	VET M40	14	37:28:00	03:44	37:31:00
63	316	JORGE PIRES	GINÁSIO CLUBE DE BRAGANÇA	62	VET M45	5	37:30:00	03:45	37:37:00
64	714	RICARDO SANTOS	DCI/CCDRPEDRULHA-MEALHADA	63	SEN M	20	37:41:00	03:46	37:42:00
65	85	ARMANDO CORREIA	GRUPO DESPORTIVO DA GAFANHA	64	VET M45	6	37:44:00	03:46	37:44:00
66	122	ROLANDO RIBEIRO	INDIVIDUAL	65	VET M45	7	37:43:00	03:46	37:45:00
67	735	MARCO PEREIRA	GUARDA RUNNERS	66	VET M35	13	37:44:00	03:46	37:48:00
68	189	RUI ALEGRE	LONTRA E ESCALFETA	67	VET M35	14	37:47:00	03:46	37:50:00
69	488	RAUL P FERREIRA	PINTO FERREIRA	68	VET M35	15	37:45:00	03:46	37:50:00
70	165	ANTÓNIO GOMES	CASA DO BENFICA EM CASTELO BRANCO	69	VET M35	16	37:51:00	03:47	37:54:00
71	228	DAVIDE LOURENÇO	DÍNAMO CLUBE DA ESTAÇÃO	70	VET M45	8	37:54:00	03:47	37:55:00
72	817	RUI CASSIANO	INDIVIDUAL	71	VET M35	17	37:57:00	03:47	37:58:00
73	334	ANTÓNIO JOSÉ MOREIRA	GINÁSIO CLUBE DE BRAGANÇA	72	VET M40	15	37:52:00	03:47	37:58:00
74	654	PEDRO GILVAZ	GDR JUVENTUDE DAS RIBEIRAS	73	VET M40	16	37:58:00	03:47	37:59:00
75	706	ARMANDO BASTOS	HELIFLEX	74	VET M40	17	37:59:00	03:47	37:59:00
76	41	JOAO OLIVEIRA	LAB_RUNNERS	75	VET M35	18	38:02:00	03:48	38:02:00
77	640	RICARDO SARAIVA	UNIÃO CLUBE EIRENSE	76	VET M45	9	38:06:00	03:48	38:09:00
78	583	MIGUEL NETO GONÇALVES	ALTICE LABS	77	SEN M	21	38:08:00	03:48	38:12:00
79	68	JOAO LEANDRO	NAVR	78	VET M40	18	38:15:00	03:49	38:18:00
80	433	EDUARDO BRANDÃO	RUNRIVER - ESCOLA ATLETISMO DE RIO TINTO	79	VET M35	19	38:16:00	03:49	38:18:00
81	670	ADRIANO FONSECA	VIVALLEY RUNNERS	80	VET M35	20	38:17:00	03:49	38:20:00
82	974	RICARDO GOMES	INDIVIDUAL	81	SEN M	22	38:19:00	03:49	38:21:00
83	713	MANUEL LINO	DCI/CCDRPEDRULHA-MEALHADA	82	VET M60	1	38:22:00	03:50	38:23:00
84	753	JOÃO VINHA	JOBRA	83	VET M50	6	38:21:00	03:50	38:23:00
85	751	JOÃO NEVES	JOBRA	84	VET M45	10	38:22:00	03:50	38:23:00
86	311	JOANA RAMALHO	UNIÃO ATLÉTICO POVOENSE	2	SEN F	1	38:22:00	03:50	38:24:00
87	973	MIRIAM MARTINS	GRECAS	3	SEN F	2	38:24:00	03:50	38:24:00
88	248	JORGE GOMES	INDIVIDUAL	85	VET M35	21	38:31:00	03:51	38:32:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
89	561	RUI MELO	ESCOLA DE ATLETISMO - COIMBRA	86	SEN M	23	38:31:00	03:51	38:32:00
90	971	LUÍS SILVA	ALIANÇA DE GANDRA	87	VET M35	22	38:32:00	03:51	38:37:00
91	961	ANTÓNIO FRANCISCO	INDIVIDUAL	88	VET M40	19	38:33:00	03:51	38:37:00
92	484	SÉRGIO MARTINS	CLUBE CAMPINHO SJ MADEIRA	89	SEN M	24	38:34:00	03:51	38:37:00
93	903	INÊS CUNHA	CN RIO MAIOR	4	JUN F	1	38:37:00	03:51	38:38:00
94	639	ÓSCAR SOBRAL	VIRIATHVS RUNNERS VISEU	90	VET M40	20	38:41:00	03:52	38:41:00
95	550	FERNANDO ANTUNES	CCDS S.FRUTUOSO	91	VET M50	7	38:38:00	03:51	38:41:00
96	770	VITOR SANTOS	SPORT CLUBE BEIRA-MAR	92	SEN M	25	38:41:00	03:52	38:44:00
97	671	CLÁUDIO FONSECA	VIVALLEY RUNNERS	93	VET M40	21	38:44:00	03:52	38:47:00
98	626	MARIO VAZ	CLUBE ATLETISMO DE OVAR	94	VET M50	8	38:44:00	03:52	38:48:00
99	688	JORGE CUBAL	GDC CODAL	95	SEN M	26	38:47:00	03:52	38:50:00
100	996	FABRICE MARIA	INDIVIDUAL	96	VET M45	11	38:48:00	03:52	38:54:00
101	861	DANIEL MONTEIRO	ACADEMIA FERNANDA RIBEIRO	97	SEN M	27	38:56:00	03:53	38:58:00
102	98	RUI TAVARES	RIPOLINS GRIJÓ A CORRER	98	VET M35	23	38:57:00	03:53	38:59:00
103	822	NELSON OLIVEIRA	ESC. ATL. COIMBRA/JPAIVA	99	VET M35	24	38:58:00	03:53	39:01:00
104	821	ANA PETINGA	ESC. ATL. COIMBRA/JPAIVA	5	VET F40	2	39:02:00	03:54	39:02:00
105	855	PEDRO CAPELA	INDIVIDUAL	100	VET M40	22	39:02:00	03:54	39:08:00
106	91	JOSÉ TEIXEIRA	INDIVIDUAL	101	VET M35	25	39:06:00	03:54	39:09:00
107	972	JOSÉ GASPAR	ALIANÇA DE GANDRA	102	SUB 23 M	6	39:04:00	03:54	39:10:00
108	374	LUIS MAGALHAES	DR. RUNNER'S TEAM	103	VET M35	26	39:09:00	03:54	39:11:00
109	499	MARTINHO GOMES	FAMILIA M	104	VET M35	27	39:12:00	03:55	39:13:00
110	649	RUI ALMEIDA	CMMC VALE DE CAMBRA	105	VET M40	23	39:13:00	03:55	39:14:00
111	807	JOSÉ CAMPAR	DCI/CCDRPEDRULHA-MEALHADA	106	VET M45	12	39:17:00	03:55	39:21:00
112	375	SAMUEL TOMÁS	NAVR - NÚCLEO ATLETISMO DE VILA REAL	107	VET M35	28	39:20:00	03:56	39:23:00
113	47	JORGE PEREIRA	INDIVIDUAL	108	SEN M	28	39:20:00	03:56	39:25:00
114	835	RUI ASCENSÃO	10K	109	VET M40	24	39:22:00	03:56	39:26:00
115	268	TELMO ALMEIDA	LÁGRIMAS TEAM	110	VET M45	13	39:25:00	03:56	39:26:00
116	605	RICARDO REDONDO	PANORAMAH	111	VET M35	29	39:24:00	03:56	39:28:00
117	552	FRANCISCO PAIS	O MUNDO DA CORRIDA	112	VET M45	14	39:29:00	03:56	39:31:00
118	668	FÁBIO MARQUES	UNIÃO CLUBE EIRENSE	113	SEN M	29	39:28:00	03:56	39:31:00
119	70	ANTÓNIO LOURENÇO	INDIVIDUAL	114	VET M45	15	39:34:00	03:57	39:37:00
120	113	NELSON DUARTE	SPORT CLUBE BEIRA-MAR	115	VET M40	25	39:37:00	03:57	39:41:00
121	998	VICTOR FIGUEIREDO	VIRIATHVS RUNNERS VISEU	116	VET M50	9	39:42:00	03:58	39:42:00
122	761	PEDRO FREITAS	FIT CLUB LAFÕES RUNNERS	117	VET M40	26	39:43:00	03:58	39:45:00
123	349	ANTÓNIO OLIVEIRA	INDIVIDUAL	118	VET M35	30	39:43:00	03:58	39:46:00
124	293	MÁRCIO SALGADO	TWELVESPOT	119	SEN M	30	39:36:00	03:57	39:46:00
125	878	LISBOA PAULO	VIRIATHVS RUNNERS VISEU	120	VET M40	27	39:31:00	03:57	39:46:00
126	870	JOEL SIMPLICIO	DR. RUNNER'S TEAM	121	SEN M	31	39:46:00	03:58	39:48:00
127	373	RICARDO PARADA	DR. RUNNER'S TEAM	122	VET M35	31	39:46:00	03:58	39:48:00
128	328	MÁRIO LOPES	CENTRO DE ATLETISMO DE TONDELA	123	JUN M	1	39:47:00	03:58	39:48:00
129	752	YANDI JIANG	JOBRA	124	JUN M	2	39:49:00	03:58	39:50:00
130	37	VITOR DIAS	INDIVIDUAL	125	SEN M	32	39:50:00	03:59	39:51:00
131	408	MILTON ALMEIDA	INDIVIDUAL	126	SEN M	33	39:45:00	03:58	39:51:00
132	425	DOMINGOS VIEIRA	INDIVIDUAL	127	SEN M	34	39:42:00	03:58	39:55:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
133	46	CARLOS MARTINS	JL ALUMINIOS	128	VET M35	32	39:50:00	03:59	39:56:00
134	99	JOSÉ CARLOS SILVA	RIPOLINS GRIJÓ A CORRER	129	VET M45	16	40:01:00	04:00	40:03:00
135	480	VÍTOR RIBAU	CASA BENFICA SEIXAL	130	VET M45	17	40:01:00	04:00	40:03:00
136	409	HUGO MACHADO	LION RUNNERS - G. D. LEÕES DA GUARDA	131	SEN M	35	40:02:00	04:00	40:07:00
137	957	JOSÉ GOMES	RUNNING ESPINHO	132	VET M45	18	40:04:00	04:00	40:08:00
138	277	ERNESTO ALVES	JUVENTUDE CORTEGACENSE	133	VET M45	19	40:04:00	04:00	40:09:00
139	898	BRUNO OLIVEIRA	ADREP	134	SEN M	36	40:10:00	04:01	40:13:00
140	951	MIGUEL PINTO	RUNNING ESPINHO	135	SEN M	37	40:09:00	04:00	40:19:00
141	913	LIDIA PEREIRA	GDR GRANJA - TRUTAS DO MAU	6	VET F50	1	40:20:00	04:02	40:20:00
142	810	FERNANDO GONÇALVES	KALENJI RUNNING CLUB AVEIRO	136	VET M50	10	40:11:00	04:01	40:21:00
143	446	RICARDO PINHO	INDIVIDUAL	137	VET M35	33	40:14:00	04:01	40:21:00
144	282	ABEL SILVA	JUVENTUDE CORTEGACENSE	138	SEN M	38	40:17:00	04:01	40:22:00
145	573	RICARDO MOTA	SRI CHINMOY MARATHON TEAM	139	VET M40	28	40:15:00	04:01	40:25:00
146	90	FRANCISCO MARQUES	INDIVIDUAL	140	SEN M	39	40:10:00	04:01	40:28:00
147	648	JOÃO RODRIGUES	CMMC VALE DE CAMBRA	141	VET M50	11	40:24:00	04:02	40:30:00
148	970	JOSÉ NEVES	ALIANÇA DE GANDRA	142	VET M45	20	40:27:00	04:02	40:31:00
149	453	NUNO QUEIROZ	GRUPO DESPORTIVO OS RIBEIRINHOS	143	VET M40	29	40:21:00	04:02	40:31:00
150	794	PAULO FIDALGO	INDIVIDUAL	144	VET M35	34	40:32:00	04:03	40:35:00
151	63	HELDER COSTA	JL ALUMINIOS	145	VET M35	35	40:36:00	04:03	40:36:00
152	312	CLÁUDIO QUEIROGA	DÍNAMO CLUBE DA ESTAÇÃO	146	VET M45	21	40:33:00	04:03	40:36:00
153	270	CECILIO FERREIRA	JUVENTUDE CORTEGACENSE	147	VET M40	30	40:32:00	04:03	40:37:00
154	839	NUNO SILVA	CAOB	148	VET M35	36	40:39:00	04:03	40:40:00
155	84	PAULO ALMEIDA	GRUPO DESPORTIVO DA GAFANHA	149	VET M45	22	40:41:00	04:04	40:42:00
156	776	NUNO HÉLDER SILVA	SPORT CLUBE BEIRA-MAR	150	SEN M	40	40:40:00	04:04	40:43:00
157	158	FILIPE COSTA	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	151	SUB 23 M	7	40:41:00	04:04	40:48:00
158	795	ISMAEL MATOS	OS KÁGADOS	152	SEN M	41	40:46:00	04:04	40:50:00
159	378	DUARTE GIL BARBOSA	INDIVIDUAL	153	VET M45	23	40:48:00	04:04	40:52:00
160	110	RICARDO GERMANO	BAND OF RUNNERS	154	SEN M	42	40:52:00	04:05	40:53:00
161	757	BRUNO BRANQUINHO	INDIVIDUAL	155	VET M35	37	40:49:00	04:04	40:54:00
162	716	MÁRCIA MARTINS	DCI/CCDRPEDRULHA-MEALHADA	7	VET F35	1	40:56:00	04:05	40:57:00
163	862	EDIVALDO MACIEL	EL COMANDANTE TEAM	156	VET M35	38	41:01:00	04:06	41:01:00
164	653	FILIPE BARROS	INDIVIDUAL	157	SEN M	43	40:56:00	04:05	41:05:00
165	547	NUNO ALBERGARIA	INDIVIDUAL	158	SEN M	44	40:57:00	04:05	41:05:00
166	43	PEDRO LARANJO	VISEU 360	159	VET M45	24	41:02:00	04:06	41:06:00
167	597	GIL SERAFIM	ALTICE LABS	160	SEN M	45	41:00:00	04:06	41:08:00
168	923	DANIEL AGUIAR	UNIDOS DE ROSSAS -AROUCA	161	VET M35	39	40:57:00	04:05	41:15:00
169	239	RICARDO TAVARES	INDIVIDUAL	162	VET M35	40	41:16:00	04:07	41:16:00
170	758	LUIS OLIVEIRA	BARRACÃO	163	VET M40	31	41:08:00	04:06	41:18:00
171	40	MARIO FERREIRA	INDIVIDUAL	164	VET M40	32	41:12:00	04:07	41:18:00
172	591	ROGER SALGADO	ALTICE LABS	165	VET M40	33	41:08:00	04:06	41:19:00
173	343	TIAGO OLIVEIRA	INDIVIDUAL	166	SEN M	46	41:11:00	04:07	41:20:00
174	1000	PEDRO BARBOSA	INDIVIDUAL	167	VET M35	41	41:15:00	04:07	41:21:00
175	284	JOSE FARO	VIRIATHVS RUNNERS VISEU	168	VET M45	25	41:13:00	04:07	41:21:00
176	896	FÁBIO PIZARRO	INDIVIDUAL	169	SEN M	47	41:09:00	04:06	41:21:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
177	150	FERNANDO MORAIS	INDIVIDUAL	170	VET M55	3	41:20:00	04:08	41:22:00
178	437	HUGO LUZIO	INDIVIDUAL	171	SEN M	48	41:16:00	04:07	41:22:00
179	768	FILIFE C OLIVEIRA	INDIVIDUAL	172	VET M45	26	41:01:00	04:06	41:25:00
180	313	ANDRÉ PINA	ARQUITETURA DO SABER	173	SEN M	49	41:24:00	04:08	41:27:00
181	155	CARLOS LOPES	S.R. CEPANENSE	174	VET M40	34	41:24:00	04:08	41:28:00
182	513	HERNÂNI FERNANDES	CASA BENFICA SEIXAL	175	VET M45	27	41:28:00	04:08	41:31:00
183	967	RUI CUNHA	MAIA AC	176	VET M45	28	41:31:00	04:09	41:31:00
184	907	MARYLINE MARQUES	GDR GRANJA - TRUTAS DO MAU	8	SEN F	3	41:25:00	04:08	41:33:00
185	232	CLARA OLIVEIRA	UISEU 360	9	SEN F	4	41:24:00	04:08	41:36:00
186	233	JOÃO PORTUGAL	INDIVIDUAL	177	VET M40	35	41:36:00	04:09	41:43:00
187	622	JUAN OLIVEIRA	INDIVIDUAL	178	VET M40	36	41:41:00	04:10	41:43:00
188	15	PAULO TEIXEIRA	INDIVIDUAL	179	VET M35	42	41:45:00	04:10	41:51:00
189	48	RUI MOURA	INDIVIDUAL	180	VET M35	43	41:45:00	04:10	41:51:00
190	170	LUÍS GONÇALVES	DR. RUNNER'S TEAM	181	VET M35	44	41:38:00	04:09	41:52:00
191	777	JOÃO AMÂNDIO	SPORT CLUBE BEIRA-MAR	182	SEN M	50	41:49:00	04:10	41:53:00
192	533	LUIS AZEVEDO	INDIVIDUAL	183	SEN M	51	41:54:00	04:11	41:57:00
193	769	LUIS FARIA	GDR GRANJA - TRUTAS DO MAU	184	VET M45	29	41:56:00	04:11	42:05:00
194	319	NUNO RIBEIRO	UISEU 360	185	VET M35	45	42:05:00	04:12	42:05:00
195	997	FILIFE MARQUES	INDIVIDUAL	186	VET M40	37	42:00:00	04:12	42:05:00
196	959	VITOR RITO	RUNNING ESPINHO	187	SEN M	52	42:03:00	04:12	42:07:00
197	775	CARLOS CUNHA	SPORT CLUBE BEIRA-MAR	188	VET M50	12	42:04:00	04:12	42:07:00
198	260	RICARDO LEITE	INDIVIDUAL	189	VET M35	46	41:36:00	04:09	42:08:00
199	112	FILIFE OLIVEIRA	BAND OF RUNNERS	190	JUN M	3	42:08:00	04:12	42:08:00
200	451	PAULO FERNANDES	INDIVIDUAL	191	VET M40	38	41:55:00	04:11	42:10:00
201	750	ELISABETE SOUSA	CSRDC SANTIAGO PENAFIEL	10	VET F35	2	42:11:00	04:13	42:11:00
202	253	LUIS RABAÇA	INDIVIDUAL	192	VET M40	39	42:03:00	04:12	42:12:00
203	400	JOÃO FILIFE	INDIVIDUAL	193	SEN M	53	41:55:00	04:11	42:15:00
204	166	LEONIDO AFONSO	CASA DO BENFICA EM CASTELO BRANCO	194	VET M55	4	42:12:00	04:13	42:16:00
205	337	RUI PANÇA	CASA BENFICA SEIXAL	195	VET M45	30	41:55:00	04:11	42:20:00
206	215	ALCINO PINTO	ATHLON RUNNER'S	196	VET M40	40	42:17:00	04:13	42:21:00
207	606	JOÃO ALVES	PANORAMAH	197	VET M35	47	42:18:00	04:13	42:22:00
208	874	INÊS JOÃO	SACA TRILHOS ANADIA	11	VET F35	3	42:21:00	04:14	42:26:00
209	655	JOSÉ SANTOS	RGLP	198	VET M50	13	42:19:00	04:13	42:26:00
210	840	FILIFE GUERRA	INDIVIDUAL	199	SEN M	54	42:19:00	04:13	42:29:00
211	429	JOÃO CASTRO	INDIVIDUAL	200	VET M50	14	42:29:00	04:14	42:29:00
212	438	FILIFE ROCHA	MAIA RUNNERS	201	VET M35	48	42:21:00	04:14	42:31:00
213	447	DANIEL MARQUES	INDIVIDUAL	202	VET M35	49	42:11:00	04:13	42:32:00
214	872	JOAQUIM GODINHO	DCI/CCDRPEDRULHA-MEALHADA	203	VET M60	2	42:28:00	04:14	42:33:00
215	743	CARLOS GUERRA	RECREIO DESPORTIVO DE ÁGUEDA	204	VET M50	15	42:08:00	04:12	42:33:00
216	636	SÍLVIA SANTOS	CLUBE ATLETISMO DE OVAR	12	VET F35	4	42:32:00	04:15	42:34:00
217	635	AMERICO VALENTE	S.SOCIAS T. M. DE OVAR	205	VET M55	5	42:32:00	04:15	42:34:00
218	681	TIAGO CARREIRA	VIRIATHVS RUNNERS VISEU	206	SEN M	55	42:19:00	04:13	42:35:00
219	153	BRUNO MARTINS	A. D. R. AVELEDA	207	VET M35	50	42:32:00	04:15	42:35:00
220	704	MANUEL GRILO	HELIFLEX	208	VET M50	16	42:23:00	04:14	42:36:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
221	738	PEDRO PINTO	INDIVIDUAL	209	VET M40	41	42:31:00	04:15	42:36:00
222	352	ADÉRITO PIRES	GINÁSIO CLUBE DE BRAGANÇA	210	VET M45	31	42:27:00	04:14	42:37:00
223	526	MÁRIO MARTINS	OS KÁGADOS	211	VET M50	17	42:31:00	04:15	42:37:00
224	157	BRUNO VIDINHA	CALDAS S. JORGE SPORT CLUBE	212	SEN M	56	42:37:00	04:15	42:38:00
225	595	NUNO CACHULO	ALTICE LABS	213	SEN M	57	42:29:00	04:14	42:38:00
226	809	TIAGO CASTRO	ALTICE LABS	214	SEN M	58	42:26:00	04:14	42:40:00
227	948	NUNO MILHEIRO	RUNNING ESPINHO	215	VET M40	42	42:40:00	04:16	42:45:00
228	195	RÚBEN NEVES	INDIVIDUAL	216	SEN M	59	42:37:00	04:15	42:45:00
229	361	ANTÓNIO MOREIRA	INDIVIDUAL	217	VET M45	32	42:39:00	04:15	42:45:00
230	487	DOMINGOS NOGUEIRA	MAIA AC	218	VET M35	51	42:37:00	04:15	42:47:00
231	582	VIRGÍLIO CARÇÃO	ALTICE LABS	219	VET M45	33	42:43:00	04:16	42:51:00
232	201	HELDER GUEDES	INDIVIDUAL	220	VET M40	43	42:52:00	04:17	42:54:00
233	779	JACINTO SARAIVA	INDIVIDUAL	221	VET M55	6	42:42:00	04:16	42:54:00
234	540	WILLIAM CAETANO	CORRERIA	222	SEN M	60	42:49:00	04:16	42:55:00
235	209	JOÃO BARBOSA	GUPPY	223	SEN M	61	42:41:00	04:16	42:56:00
236	49	JOÃO CARLOS RIBEIRO	MOLINHAS TEAM	224	VET M40	44	42:49:00	04:16	42:58:00
237	256	CARLOS COUTO	ARCORUN	225	VET M40	45	42:58:00	04:17	43:00:00
238	131	FRANCISCO COSTA	INDIVIDUAL	226	VET M50	18	42:43:00	04:16	43:00:00
239	759	RUI OLIVEIRA	JUVENTUDE CORTEGACENSE	227	VET M40	46	42:55:00	04:17	43:01:00
240	625	FERNANDO FREIRE	GRECAS	228	VET M40	47	42:56:00	04:17	43:01:00
241	100	ANTÓNIO SILVA	RIPOLINS GRIJÓ A CORRER	229	VET M50	19	43:02:00	04:18	43:04:00
242	915	OCTAVIO CAPELA	GDR GRANJA - TRUTAS DO MAU	230	VET M50	20	42:55:00	04:17	43:05:00
243	386	RUI FREITAS	ESGALHADA TRAIL TEAM	231	VET M40	48	43:00:00	04:18	43:05:00
244	652	EDUARDO CARVALHEIRO	INDIVIDUAL	232	SUB 23 M	8	42:54:00	04:17	43:06:00
245	617	PAULO SILVA	INDIVIDUAL	233	SEN M	62	42:50:00	04:17	43:10:00
246	291	RENATA GONÇALVES	KALENJI RUNNING CLUB AVEIRO	13	SUB 23 F	1	43:01:00	04:18	43:11:00
247	616	FILIPE CARNEIRO	INDIVIDUAL	234	SEN M	63	42:55:00	04:17	43:15:00
248	960	MÁRIO DIAS	RUNNING ESPINHO	235	VET M35	52	43:12:00	04:19	43:17:00
249	252	LUIS RAMOS	INDIVIDUAL	236	VET M40	49	43:09:00	04:18	43:18:00
250	105	FRANCISCO ROCHA	RIPOLINS GRIJÓ A CORRER	237	VET M55	7	43:07:00	04:18	43:19:00
251	8	HEITOR ARAÚJO	INDIVIDUAL	238	VET M50	21	43:12:00	04:19	43:19:00
252	30	ADELINO PIRES	WISEU 360	239	VET M40	50	43:07:00	04:18	43:21:00
253	148	HÉLDER DUARTE	INDIVIDUAL	240	SEN M	64	43:13:00	04:19	43:24:00
254	496	JOÃO LEIGO	PRAIA DE MIRA NIGHT RUNNERS	241	VET M45	34	43:23:00	04:20	43:32:00
255	160	LEONARDO JESUS	INDIVIDUAL	242	SEN M	65	43:24:00	04:20	43:37:00
256	882	JOÃO BARRADAS	ADCP	243	SEN M	66	43:32:00	04:21	43:39:00
257	439	MARTA MARQUES	MAIA RUNNERS	14	SEN F	5	43:31:00	04:21	43:41:00
258	398	RUI VALENTE	INDIVIDUAL	244	SEN M	67	43:20:00	04:20	43:42:00
259	286	MIGUEL AGUIAR	WISEU 360	245	SEN M	68	43:30:00	04:21	43:44:00
260	299	JOÃO FERREIRA	TWELVESPOT	246	JUN M	4	43:33:00	04:21	43:46:00
261	789	RICARDO MELO	INDIVIDUAL	247	VET M35	53	43:38:00	04:21	43:48:00
262	97	CARLOS RIPOLINS	RIPOLINS GRIJÓ A CORRER	248	VET M60	3	43:50:00	04:23	43:50:00
263	585	ROMERO SILVA	ALTICE LABS	249	VET M40	51	43:44:00	04:22	43:54:00
264	89	CARLOS OLIVEIRA	INDIVIDUAL	250	SEN M	69	43:49:00	04:22	43:56:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
265	846	DAVID JESUS	PASCOALITOS AD BARCOUÇO	251	VET M35	54	43:40:00	04:22	43:57:00
266	18	VITOR PEREIRA	INDIVIDUAL	252	VET M35	55	43:48:00	04:22	43:57:00
267	532	PAULO CORREIA	TÁLENTO BEIRÃO	253	VET M40	52	43:48:00	04:22	44:00:00
268	543	ISA SILVA	INDIVIDUAL	15	VET F35	5	44:02:00	04:24	44:02:00
269	682	LUCIO VENTURA	INDIVIDUAL	254	VET M45	35	43:55:00	04:23	44:04:00
270	382	PEDRO XAVIER	RIPOLINS GRIJÓ A CORRER	255	SEN M	70	44:04:00	04:24	44:08:00
271	250	JORGE COSTA	INDIVIDUAL	256	SEN M	71	44:01:00	04:24	44:08:00
272	86	SERAFIM RAMOS	LION RUNNERS - G. D. LEÕES DA GUARDA	257	VET M60	4	43:54:00	04:23	44:12:00
273	877	TIAGO LOURENÇO	INDIVIDUAL	258	VET M40	53	44:00:00	04:24	44:15:00
274	231	JOÃO DIAS	INDIVIDUAL	259	VET M35	56	44:16:00	04:25	44:16:00
275	229	ADÉRITO CURTO	GIRA SOL	260	VET M55	8	44:08:00	04:24	44:17:00
276	307	EDUARDO SILVA	AMADORESEBASTA	261	SEN M	72	43:43:00	04:22	44:19:00
277	660	LUIS FERREIRA	TONDELA RUNNERS	262	SEN M	73	44:13:00	04:25	44:19:00
278	911	SEVERINO SANTOS	GDR GRANJA - TRUTAS DO MAU	263	VET M60	5	44:16:00	04:25	44:19:00
279	914	TILA PINA	GDR GRANJA - TRUTAS DO MAU	16	VET F40	3	44:19:00	04:25	44:20:00
280	111	ANDRÉ OLIVEIRA	BAND OF RUNNERS	264	VET M35	57	44:18:00	04:25	44:22:00
281	193	ANDRÉ FILIPE REBELO	EDUART COMPONENTES CALÇADO	265	SEN M	74	44:21:00	04:26	44:23:00
282	694	JORGE VILELA	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	266	VET M45	36	44:00:00	04:24	44:25:00
283	883	FRED JOSÉ	ADCP	267	VET M40	54	44:20:00	04:26	44:26:00
284	958	MANUEL ABREU	RUNNING ESPINHO	268	VET M40	55	44:21:00	04:26	44:26:00
285	804	RICARDO BRANQUINHO	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	269	SEN M	75	44:24:00	04:26	44:31:00
286	857	HELDER COSTA	EL COMANDANTE TEAM	270	VET M35	58	44:31:00	04:27	44:31:00
287	579	MÁRIO FONSECA	RUNNING ESMORIZ	271	SEN M	76	44:18:00	04:25	44:35:00
288	240	JOÃO NETO	VISEU 360	272	SEN M	77	44:22:00	04:26	44:35:00
289	269	FRANCISCO AGUIAR	VISEU 360	273	VET M50	22	44:23:00	04:26	44:36:00
290	104	VITAL SOARES	VISEU 360	274	VET M35	59	44:32:00	04:27	44:36:00
291	75	JOAO ALMADA	INDIVIDUAL	275	VET M55	9	44:28:00	04:26	44:37:00
292	481	PEDRO VIEIRA	C.C.RECREATIVO DE SÃO MARTINHO	276	VET M35	60	44:27:00	04:26	44:39:00
293	667	AGOSTINHO SEQUEIRA	INDIVIDUAL	277	VET M45	37	44:20:00	04:26	44:41:00
294	621	SOFIA PIMENTA	LION RUNNERS - G. D. LEÕES DA GUARDA	17	VET F35	6	44:23:00	04:26	44:41:00
295	709	RICARDO PEREIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	278	JUN M	5	44:36:00	04:27	44:44:00
296	62	ADÉRITO ALVES	SALGUEIROS RUNNING	279	VET M65	1	44:31:00	04:27	44:44:00
297	873	MIGUEL SILVA	DCI/CCDRPEDRULHA-MEALHADA	280	JUN M	6	44:17:00	04:25	44:45:00
298	662	JOSÉ ALMEIDA	TONDELA RUNNERS	281	VET M50	23	44:38:00	04:27	44:45:00
299	255	ANTÓNIO P SERENO	INDIVIDUAL	282	VET M40	56	44:36:00	04:27	44:46:00
300	254	CARLA SERENO	INDIVIDUAL	18	VET F40	4	44:39:00	04:27	44:46:00
301	778	SÉRGIO MOTA	INDIVIDUAL	283	VET M45	38	44:38:00	04:27	44:47:00
302	602	ALBERTO SILVA	ALTICE LABS	284	VET M50	24	44:37:00	04:27	44:47:00
303	52	DÉNIS QUADROS	ATHLON RUNNER'S	285	VET M35	61	44:45:00	04:28	44:49:00
304	952	NELSON FERNANDES	RUNNING ESPINHO	286	VET M35	62	44:30:00	04:27	44:50:00
305	289	SÉRGIO PIRES	INDIVIDUAL	287	SEN M	78	44:36:00	04:27	44:50:00
306	740	JOSÉ SANTOS	RECREIO DESPORTIVO DE ÁGUEDA	288	VET M55	10	44:24:00	04:26	44:51:00
307	684	LEVI FERNANDES	INDIVIDUAL	289	SEN M	79	44:39:00	04:27	44:51:00
308	259	ANTÓNIO MELO	VISEU 360	290	VET M50	25	44:39:00	04:27	44:51:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
309	342	ANDRÉ CESTER	MGAA RUNNING TEAM	291	VET M40	57	44:52:00	04:29	44:52:00
310	225	SUSANA MARQUES	SPORT CLUBE PARADELA	19	VET F45	1	44:47:00	04:28	44:55:00
311	658	RUI FERNANDES	JL ALUMINIOS	292	SEN M	80	44:50:00	04:29	44:56:00
312	216	DINIS BAPTISTA	INDIVIDUAL	293	VET M45	39	44:49:00	04:28	44:56:00
313	657	MARISA SANTOS	JL ALUMINIOS	20	SEN F	6	44:51:00	04:29	44:58:00
314	615	PEDRO PONCIANO	INDIVIDUAL	294	SEN M	81	44:39:00	04:27	44:58:00
315	406	PAULA GUEDES	MAIA AC	21	VET F40	5	44:53:00	04:29	44:59:00
316	292	FRANCISCO SILVA	ARCD VENDA DA LUISA	295	VET M55	11	44:49:00	04:28	44:59:00
317	116	BRUNO ANDRADE	RIPOLINS GRIJÓ A CORRER	296	SEN M	82	44:50:00	04:29	45:01:00
318	54	ARMÉNIO NEVES	QUARTAS	297	VET M60	6	44:56:00	04:29	45:02:00
319	916	FERNANDO BASTO	GDR GRANJA - TRUTAS DO MAU	298	VET M50	26	44:54:00	04:29	45:03:00
320	565	JORGE TAVARES	INDIVIDUAL	299	VET M50	27	44:46:00	04:28	45:04:00
321	478	FERNANDO PATO	ADREP	300	VET M60	7	45:01:00	04:30	45:07:00
322	475	DANIEL VIEIRA	INDIVIDUAL	301	SEN M	83	44:51:00	04:29	45:07:00
323	931	RICARDO PEREIRA	PACERS	302	VET M40	58	45:03:00	04:30	45:09:00
324	975	RICARDO PAIS	RUNNING ESPINHO	303	SEN M	84	45:04:00	04:30	45:09:00
325	180	JOÃO SANTANA	BOSCH TERMOTECNOLOGIA SA	304	VET M45	40	44:53:00	04:29	45:10:00
326	773	VITOR SILVA	SPORT CLUBE BEIRA-MAR	305	VET M35	63	44:57:00	04:29	45:11:00
327	512	MANUEL MARÇAL	CLUVE	306	VET M60	8	45:11:00	04:31	45:11:00
328	523	ANTÓNIO A SILVA	INDIVIDUAL	307	VET M40	59	44:56:00	04:29	45:12:00
329	206	JOAO OLIVEIRA	INDIVIDUAL	308	VET M35	64	45:02:00	04:30	45:12:00
330	178	ARMINDO BASTOS	BOSCH TERMOTECNOLOGIA SA	309	VET M40	60	45:01:00	04:30	45:13:00
331	95	ALCIDES SALES	RIPOLINS GRIJÓ A CORRER	310	VET M55	12	45:05:00	04:30	45:18:00
332	263	RUI SALGUEIRO	CASA DO BENFICA EM CASTELO BRANCO	311	VET M40	61	45:16:00	04:31	45:21:00
333	581	CARLOS PARADA	ALTICE LABS	312	VET M40	62	45:16:00	04:31	45:25:00
334	930	MARCO PEIXOTO	PACERS	313	SEN M	85	45:23:00	04:32	45:31:00
335	947	JOAQUIM RIBEIRO	RUNNING ESPINHO	314	VET M50	28	45:11:00	04:31	45:32:00
336	300	ALBERTO SANTOS	TWELVESPOT	315	VET M50	29	45:20:00	04:32	45:32:00
337	459	PEDRO LOPES	CASA DO BENFICA EM CASTELO BRANCO	316	VET M35	65	45:12:00	04:31	45:33:00
338	276	ANTONIO P TONDELA	INDIVIDUAL	317	SEN M	86	45:18:00	04:31	45:35:00
339	76	FRANCISCO ROQUE	SACA TRILHOS ANADIA	318	VET M45	41	45:31:00	04:33	45:35:00
340	10	ERNESTO GONÇALVES	INDIVIDUAL	319	VET M45	42	45:15:00	04:31	45:37:00
341	306	JOAQUIM ALMEIDA	COIMBRA TRAIL RUNNING	320	VET M55	13	45:28:00	04:32	45:38:00
342	237	PHILIPPE BAUDET	INDIVIDUAL	321	VET M50	30	45:30:00	04:33	45:39:00
343	733	VASCO MONTEIRO	GD OS RIBEIRINHOS	322	VET M40	63	45:06:00	04:30	45:41:00
344	308	JOSÉ QUINTINHA	AMADORESEBASTA	323	SEN M	87	45:10:00	04:31	45:44:00
345	557	LILIANA NEVES	ACVERMOIL	22	VET F35	7	45:38:00	04:33	45:44:00
346	416	MAFALDA MARTINHO	INDIVIDUAL	23	SEN F	7	45:42:00	04:34	45:48:00
347	476	MIGUEL MIRANDA	INDIVIDUAL	324	VET M45	43	45:39:00	04:33	45:48:00
348	843	ANTONIO CHERICI	INDIVIDUAL	325	VET M40	64	45:26:00	04:32	45:48:00
349	644	NELSON SILVA	CMMC VALE DE CAMBRA	326	VET M60	9	45:44:00	04:34	45:51:00
350	858	MANUEL OLIVEIRA	INDIVIDUAL	327	VET M55	14	45:41:00	04:34	45:51:00
351	444	JOSÉ DUARTE	RIPOLINS GRIJÓ A CORRER	328	VET M45	44	45:39:00	04:33	45:51:00
352	177	FILIPE PINTO	BOSCH TERMOTECNOLOGIA SA	329	VET M35	66	45:33:00	04:33	45:52:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
353	529	SÉRGIO CRISTA	GDR JUVENTUDE DAS RIBEIRAS	330	VET M40	65	45:32:00	04:33	45:53:00
354	345	HENRIQUE NEIVA	QU - QUALQUER UM	331	SEN M	88	45:41:00	04:34	45:53:00
355	603	MÁRIO BALTAZAR	ALTICE LABS	332	SEN M	89	45:21:00	04:32	45:53:00
356	333	HENRIQUE BAESSA	GINÁSIO CLUBE DE BRAGANÇA	333	VET M45	45	45:56:00	04:35	45:56:00
357	871	PAUL SHEPHERD	INDIVIDUAL	334	VET M55	15	45:44:00	04:34	45:56:00
358	596	ARNALDO SANTOS	ALTICE LABS	335	SEN M	90	45:47:00	04:34	45:56:00
359	885	TELMO PEDRO	ASSOCIAÇÃO JORGE PINA	336	VET M40	66	45:45:00	04:34	46:01:00
360	127	SILVÉRIO PINTO	RIPOLINS GRIJÓ A CORRER	337	VET M50	31	45:50:00	04:35	46:03:00
361	542	IVO ALMEIDA	INDIVIDUAL	338	VET M40	67	45:51:00	04:35	46:05:00
362	659	TIAGO LEITÃO	TONDELA RUNNERS	339	VET M35	67	46:01:00	04:36	46:08:00
363	271	OLGA MARTINS	VIRIATHVS RUNNERS VISEU	24	VET F40	6	46:05:00	04:36	46:12:00
364	906	JOSÉ CARLOS CARDOSO	GDR GRANJA - TRUTAS DO MAU	340	VET M55	16	46:04:00	04:36	46:13:00
365	336	RENATO CRISTINA	CASA BENFICA SEIXAL	341	VET M45	46	45:49:00	04:34	46:13:00
366	669	ALEXANDRE MARQUES	UNIÃO CLUBE EIRENSE	342	SEN M	91	46:10:00	04:37	46:14:00
367	715	ARSENIO SANTOS	PASCOALITOS A.D.BARCOUÇO	343	VET M50	32	46:03:00	04:36	46:19:00
368	723	NUNO SANTOS	HELIFLEX	344	VET M35	68	46:08:00	04:36	46:23:00
369	700	JOÃO CAPELÔA	HELIFLEX	345	VET M50	33	46:11:00	04:37	46:27:00
370	656	PEDRO MARQUES	OS QUARTAS	346	VET M40	68	46:13:00	04:37	46:30:00
371	223	RUI FERREIRA	VISEU 360	347	VET M40	69	46:19:00	04:37	46:33:00
372	982	MIGUEL GOMES	JOÃO SILVA CCR PRAIA MIRA	348	SEN M	92	46:17:00	04:37	46:33:00
373	200	LEANDRO RAMOS	NOCTURNOS DE PAREDES	349	VET M40	70	46:31:00	04:39	46:35:00
374	702	LEONEL RITO	HELIFLEX	350	VET M45	47	46:23:00	04:38	46:40:00
375	149	HILÁRIO ESPADILHA	INDIVIDUAL	351	VET M45	48	46:42:00	04:40	46:42:00
376	506	MIGUEL COIMBRA	UNIÃO CLUBE EIRENSE	352	VET M50	34	46:34:00	04:39	46:42:00
377	392	GONÇALO MARTINS	LOURENÇOS POWER	353	VET M40	71	46:26:00	04:38	46:45:00
378	428	FILIPE MOTA	MOTAS RUNNING	354	VET M35	69	46:38:00	04:39	46:47:00
379	909	ALCIDES PEREIRA	GDR GRANJA - TRUTAS DO MAU	355	VET M45	49	46:38:00	04:39	46:48:00
380	727	HUGO NUNES	SUPRAS	356	VET M35	70	46:19:00	04:37	46:50:00
381	479	SUZETE MARCO	GRECAS	25	VET F45	2	46:43:00	04:40	46:52:00
382	853	FLÁVIO SÁ	VIRIATHVS RUNNERS VISEU	357	SEN M	93	46:37:00	04:39	46:53:00
383	151	NUNO CABRAL	JOGGING LOVERS COIMBRA	358	VET M35	71	46:32:00	04:39	46:54:00
384	450	MARIA PEREIRA	ESC. ATL. COIMBRA/JPAIVA	26	SEN F	8	46:53:00	04:41	46:56:00
385	338	RENÉ DUARTE	CASA BENFICA SEIXAL	359	VET M65	2	46:39:00	04:39	47:04:00
386	174	MANUEL PAIVA	INDIVIDUAL	360	VET M65	3	46:51:00	04:41	47:06:00
387	465	ANDRÉ ANDRADE	QUANDOACABA	361	SEN M	94	47:08:00	04:42	47:08:00
388	889	ANDRÉ QUINTA NOVA	INDIVIDUAL	362	VET M35	72	46:32:00	04:39	47:08:00
389	32	SUSANA FLORES	INDIVIDUAL	27	VET F35	8	47:04:00	04:42	47:11:00
390	461	PAULO RIBEIRO	INDIVIDUAL	363	VET M45	50	46:59:00	04:41	47:12:00
391	92	NELSON SANTIAGO	CA TRAIL RUNNING	364	VET M40	72	47:03:00	04:42	47:14:00
392	397	MARTA MARTINS	HSANTAMARIA	28	VET F35	9	47:11:00	04:43	47:16:00
393	918	CELSO COELHO	BESJOGING	365	VET M55	17	47:12:00	04:43	47:18:00
394	678	HÉLDER AGUIAR	INDIVIDUAL	366	SEN M	95	47:10:00	04:43	47:22:00
395	318	PORFÍRIO MARTINS	TO NA PISTA	367	VET M55	18	47:24:00	04:44	47:24:00
396	854	CATARINA SÁ	VIRIATHVS RUNNERS VISEU	29	SEN F	9	47:11:00	04:43	47:27:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
397	699	BRUNO TOITO	HELIFLEX	368	VET M40	73	47:10:00	04:43	47:29:00
398	744	CARLOS ESTIMA	RECREIO DESPORTIVO DE ÁGUEDA	369	VET M50	35	47:14:00	04:43	47:33:00
399	469	ARMINDO FERREIRA DIAS	INDIVIDUAL	370	VET M55	19	47:20:00	04:44	47:33:00
400	455	FILIPE MONTEIRO	HELIFLEX	371	SEN M	96	47:16:00	04:43	47:35:00
401	107	ANDRÉ SOUSA	RIPOLINS GRIJÓ A CORRER	372	SEN M	97	47:32:00	04:45	47:36:00
402	962	TIAGO MENDONÇA	INDIVIDUAL	373	SEN M	98	47:06:00	04:42	47:36:00
403	534	PAULO SANTOS	INDIVIDUAL	374	VET M45	51	47:27:00	04:44	47:38:00
404	746	JOÃO COELHO	RECREIO DESPORTIVO DE ÁGUEDA	375	VET M50	36	47:17:00	04:43	47:43:00
405	399	JOÃO GIL DA COSTA	INDIVIDUAL	376	VET M55	20	47:27:00	04:44	47:44:00
406	685	RODRIGO SANTOS	INDIVIDUAL	377	VET M40	74	47:27:00	04:44	47:45:00
407	703	VITOR NETO	HELIFLEX	378	VET M45	52	47:16:00	04:43	47:46:00
408	524	CELSO TEIXEIRA	INDIVIDUAL	379	VET M50	37	47:49:00	04:46	47:49:00
409	64	ALBERTO BRANCO	INDIVIDUAL	380	VET M45	53	47:36:00	04:45	47:50:00
410	417	ISABEL PEREIRA	JUVENTUDE CORTEGACENSE	30	VET F45	3	47:31:00	04:45	47:51:00
411	827	JOSÉ GARCIA	PAPOILAS SALTITANTES	381	VET M40	75	47:21:00	04:44	47:53:00
412	210	HÉLIO GARCIA	INDIVIDUAL	382	VET M40	76	47:44:00	04:46	47:53:00
413	905	PEDRO MARQUES	RUMO34	383	SEN M	99	47:28:00	04:44	47:55:00
414	412	FERNANDO SANTOS	INDIVIDUAL	384	VET M50	38	47:47:00	04:46	47:55:00
415	82	CARLA CARDOSO	INDIVIDUAL	31	VET F45	4	47:50:00	04:47	47:56:00
416	934	BRUNO COUTO	PACERS	385	VET M35	73	47:51:00	04:47	47:58:00
417	39	ARLETE SANTOS	ARADA ATLETICO CLUBE	32	VET F40	7	47:52:00	04:47	47:59:00
418	977	ANTONIO RIBEIRO	INDIVIDUAL	386	VET M40	77	47:33:00	04:45	47:59:00
419	578	JOSÉ MENDES	RUNNING ESMORIZ	387	VET M45	54	47:42:00	04:46	48:00:00
420	812	NELSON NUNES	INDIVIDUAL	388	VET M40	78	47:36:00	04:45	48:00:00
421	624	LUÍS FILIPE FONTES	GRUPO FONTES RUNNING TEAM	389	VET M40	79	48:00:00	04:48	48:00:00
422	483	JORGE SILVA	A.C.MAIA	390	VET M60	10	47:52:00	04:47	48:03:00
423	186	MIGUEL MARTINS	BOSCH TERMOTECNOLOGIA SA	391	VET M35	74	47:43:00	04:46	48:05:00
424	568	MIGUEL QUEIRÓS	INDIVIDUAL	392	VET M55	21	48:07:00	04:48	48:07:00
425	695	JOÃO BRUNDEL	PANORAMAH	393	SEN M	100	47:39:00	04:45	48:07:00
426	567	VASCO OLIVEIRA	INDIVIDUAL	394	SEN M	101	48:07:00	04:48	48:07:00
427	25	ANTONIO TEIXEIRA	INDIVIDUAL	395	VET M50	39	47:54:00	04:47	48:09:00
428	687	BRUNO SILVA	INDIVIDUAL	396	VET M35	75	47:56:00	04:47	48:09:00
429	379	JOANA SANTOS	DR. RUNNER'S TEAM	33	VET F35	10	47:55:00	04:47	48:10:00
430	380	RUBEN LÍSIAS SANTOS	DR. RUNNER'S TEAM	397	VET M35	76	47:54:00	04:47	48:10:00
431	852	TOMÁS REDONDO	PANORAMAH	398	JUN M	7	47:43:00	04:46	48:11:00
432	24	LÍGIA CASIMIRO	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	34	VET F40	8	48:05:00	04:48	48:12:00
433	847	HÉBER PIRES	PASCOALITOS AD BARCOUÇO	399	SEN M	102	47:56:00	04:47	48:12:00
434	473	PAULO FERNANDES	PRAIA DE MIRA NIGHT RUNNERS	400	VET M45	55	48:00:00	04:48	48:12:00
435	152	RUI SOARES	INDIVIDUAL	401	VET M45	56	47:43:00	04:46	48:14:00
436	838	VICENTE MACEDO	HELIFLEX	402	SEN M	103	48:16:00	04:49	48:16:00
437	570	ANA GARCIA	DR. RUNNER'S TEAM	35	SEN F	10	48:02:00	04:48	48:17:00
438	808	CUSTODIO FERREIRA	INDIVIDUAL	403	VET M45	57	48:05:00	04:48	48:18:00
439	65	ANA MARIA BARBOSA	INVICTA RUNNERS TEAM	36	VET F55	1	48:09:00	04:48	48:19:00
440	419	ANTÓNIO SILVA	RANGEL OLIVEIRA LDA - CITROEN AVEIRO	404	VET M55	22	48:10:00	04:49	48:21:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
441	12	JOÃO ALMEIDA	INDIVIDUAL	405	VET M35	77	48:01:00	04:48	48:22:00
442	130	RAQUEL MATEUS	INDIVIDUAL	37	SEN F	11	48:10:00	04:49	48:24:00
443	321	RUI MARTINS	RUN AND FUN	406	VET M45	58	47:55:00	04:47	48:29:00
444	910	ISABEL OLIVEIRA	GDR GRANJA - TRUTAS DO MAU	38	VET F40	9	48:23:00	04:50	48:31:00
445	175	JOÃO GRAÇA	ACRM SILVEIRINHA GRANDE	407	JUN M	8	48:17:00	04:49	48:31:00
446	267	MANUEL ANJOS	NÚCLEO ATLETISMO CUCUJÃES	408	VET M55	23	48:05:00	04:48	48:32:00
447	762	DAVID NOGUEIRA	INDIVIDUAL	409	VET M35	78	48:25:00	04:50	48:32:00
448	522	RUI GOMES	ESTRELA CAMPO DA AVIAÇÃO FUTEBOL CLUBE	410	VET M40	80	48:17:00	04:49	48:36:00
449	548	SALOME OLIVEIRA	INDIVIDUAL	39	VET F55	2	48:38:00	04:51	48:38:00
450	680	TIAGO ROCHA LAGES	SALGUEIROS RUNNING	411	SEN M	104	48:32:00	04:51	48:41:00
451	638	ANTONIO LEMOS	MOLINHAS TEAM	412	VET M45	59	48:37:00	04:51	48:44:00
452	739	CARLOS VENÂNCIO	INDIVIDUAL	413	SEN M	105	48:11:00	04:49	48:45:00
453	222	JOSÉ CARVALHO	INDIVIDUAL	414	VET M35	79	48:16:00	04:49	48:48:00
454	530	BRUNO PORTELADA	TÁLENTO BEIRÃO	415	VET M40	81	48:22:00	04:50	48:49:00
455	633	RICARDO VEIGA	INDIVIDUAL	416	JUN M	9	48:18:00	04:49	48:50:00
456	647	CARLOS RODRIGUES	CMMC VALE DE CAMBRA	417	VET M45	60	48:42:00	04:52	48:53:00
457	283	MARCIA COSTA	JUVENTUDE CORTEGACENSE	40	VET F40	10	48:44:00	04:52	48:54:00
458	436	ANDRÉ FONTES	INDIVIDUAL	418	VET M35	80	48:39:00	04:51	48:54:00
459	634	CATARINA RUSSO	DR. RUNNER'S TEAM	41	SEN F	12	48:38:00	04:51	48:54:00
460	881	MÁRIO MIGUEL	ADCP	419	VET M40	82	48:52:00	04:53	48:57:00
461	340	VITOR COSTA	JOAO COSTA	420	VET M35	81	48:51:00	04:53	48:58:00
462	711	RUI SILVA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	421	VET M40	83	48:40:00	04:52	48:59:00
463	325	STÉPHANE JORGE	LES BIG MECS	422	VET M40	84	48:38:00	04:51	49:00:00
464	418	MIGUEL REGO	CLUBE ATLÉTICO CHIBINHA	423	VET M45	61	49:00:00	04:54	49:00:00
465	482	FREDERICO NUNES DA SILVA	INDIVIDUAL	424	SEN M	106	48:43:00	04:52	49:01:00
466	926	NUNO MARQUES	INDIVIDUAL	425	SEN M	107	48:47:00	04:52	49:01:00
467	689	JULIANA ALMEIDA	GDC CODAL	42	SEN F	13	48:51:00	04:53	49:02:00
468	354	JÉSSICA MARQUES	LES BIG MECS	43	SEN F	14	48:40:00	04:52	49:02:00
469	806	EUNICE MAGALHÃES	DCI/CCDRPEDRULHA-MEALHADA	44	VET F35	11	48:53:00	04:53	49:02:00
470	985	CARLOS PEDRO	JOÃO SILVA CCR PRAIA MIRA	426	VET M45	62	48:50:00	04:53	49:05:00
471	765	ANDRÉ CAMPOS	INDIVIDUAL	427	VET M35	82	48:51:00	04:53	49:05:00
472	185	PAULO BAPTISTA	BOSCH TERMOTECNOLOGIA SA	428	SEN M	108	48:51:00	04:53	49:06:00
473	442	TOMÁS CARDOSO	INDIVIDUAL	429	JUN M	10	48:59:00	04:53	49:07:00
474	137	PEDRO GUIMARAES	A+	430	VET M45	63	48:40:00	04:52	49:07:00
475	984	ODETE CRUZ	JOÃO SILVA CCR PRAIA MIRA	45	VET F50	2	48:54:00	04:53	49:08:00
476	763	FRANCISCA SOUSA	VISEU 360	46	SEN F	15	48:54:00	04:53	49:09:00
477	173	PEDRO PAIVA	INDIVIDUAL	431	VET M40	85	48:54:00	04:53	49:10:00
478	813	MÁRIO MIGUEIS	VAMOS A PÉ	432	VET M45	64	48:53:00	04:53	49:11:00
479	61	RUI GODINHO	SALGUEIROS RUNNING	433	VET M45	65	49:06:00	04:54	49:12:00
480	536	PAULO FERREIRA	GD OS RIBEIRINHOS	434	VET M40	86	49:03:00	04:54	49:14:00
481	563	NUNO LOUREIRO	VIRIATHVS RUNNERS VISEU	435	VET M40	87	48:53:00	04:53	49:15:00
482	281	MIGUEL MATOS	JUVENTUDE CORTEGACENSE	436	VET M35	83	48:58:00	04:53	49:17:00
483	742	AMILCAR HENRIQUES	RECREIO DESPORTIVO DE ÁGUEDA	437	VET M50	40	48:52:00	04:53	49:18:00
484	528	RUI GONÇALVES	INDIVIDUAL	438	VET M35	84	48:57:00	04:53	49:19:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
485	691	ANDRÉ PAIS	RODELO RUNNING TEAM	439	VET M35	85	49:07:00	04:54	49:19:00
486	350	LEONARDO CABACEIRA	CABACEIRA SPORTS RUN	440	SUB 23 M	9	49:06:00	04:54	49:22:00
487	527	PEDRO VIEIRA	INDIVIDUAL	441	VET M35	86	49:24:00	04:56	49:24:00
488	978	MARCOS ALVES	TRIBO NR	442	VET M40	88	49:14:00	04:55	49:24:00
489	720	ANA PORTO	DCI/CCDRPEDRULHA-MEALHADA	47	VET F40	11	48:56:00	04:53	49:24:00
490	81	RAFAEL GOMES	INDIVIDUAL	443	SEN M	109	48:48:00	04:52	49:24:00
491	803	TIAGO PORTO	INDIVIDUAL	444	SEN M	110	49:06:00	04:54	49:26:00
492	140	JOÃO SARDO	ÉPICOS	445	VET M65	4	49:04:00	04:54	49:27:00
493	618	RAFAEL FERRAZ	INDIVIDUAL	446	SEN M	111	49:05:00	04:54	49:27:00
494	545	NUNO DIAS	CORRER VISEU	447	VET M40	89	49:19:00	04:55	49:28:00
495	230	PAULO SILVA	INDIVIDUAL	448	VET M35	87	49:02:00	04:54	49:29:00
496	864	LILIANA PEREIRA	RAINHA GINASIO	48	SEN F	16	49:03:00	04:54	49:30:00
497	531	RUI FERREIRA	TÁLENTO BEIRÃO	449	VET M35	88	49:05:00	04:54	49:30:00
498	797	GONÇALO OLIVEIRA	INDIVIDUAL	450	VET M40	90	49:33:00	04:57	49:33:00
499	358	FERNANDO SILVA	GRUPO CORRIDA DE ARGONCILHE	451	VET M60	11	49:11:00	04:55	49:33:00
500	93	PAULO ABRANTES	RUN4FUN AGD	452	SEN M	112	49:34:00	04:57	49:34:00
501	224	VÍTOR FERREIRA	SPORT CLUBE PARADELA	453	VET M40	91	49:12:00	04:55	49:35:00
502	932	EMANUEL SANTOS	PACERS	454	VET M40	92	49:35:00	04:57	49:35:00
503	933	ALBERTO TEIXEIRA	PACERS	455	VET M45	66	49:23:00	04:56	49:39:00
504	143	TELMO CRAVEIRO	CPT COIMBRA	456	SEN M	113	49:27:00	04:56	49:39:00
505	214	MANUEL RODRIGUES	INDIVIDUAL	457	VET M40	93	49:32:00	04:57	49:40:00
506	980	MANUEL DUARTE	TRIBO NR	458	VET M45	67	49:27:00	04:56	49:40:00
507	234	JULIO PINHO	INDIVIDUAL	459	VET M45	68	49:35:00	04:57	49:43:00
508	899	TIAGO TEIXEIRA	INDIVIDUAL	460	SEN M	114	49:14:00	04:55	49:46:00
509	477	HÉLDER RODRIGUES	ADREP	461	VET M65	5	49:38:00	04:57	49:46:00
510	415	PEDRO DUARTE SILVA	DR. RUNNER'S TEAM	462	VET M45	69	49:32:00	04:57	49:48:00
511	420	PEDRO FERNANDES	INDIVIDUAL	463	SEN M	115	49:25:00	04:56	49:50:00
512	651	LUÍS CARVALHEIRO	INDIVIDUAL	464	VET M50	41	49:40:00	04:58	49:52:00
513	217	LUIS FIGUEIREDO	VIRIATHVS RUNNERS VISEU	465	VET M50	42	49:44:00	04:58	49:52:00
514	520	HENRIK OLSSON	INDIVIDUAL	466	VET M40	94	49:35:00	04:57	49:53:00
515	924	FILIPE SOUSA	VISEU 360	467	VET M40	95	49:40:00	04:58	49:54:00
516	732	HELDER SILVA	SUPRAS	468	SEN M	116	49:22:00	04:56	49:54:00
517	792	LUIS GAMA	AFIS/OVAR	469	VET M50	43	49:19:00	04:55	49:54:00
518	494	FRANCISCO ROMARIZ	INDIVIDUAL	470	SEN M	117	49:28:00	04:56	49:55:00
519	251	JOAO SERRA	JOGGING LOVERS COIMBRA	471	VET M35	89	49:43:00	04:58	50:05:00
520	121	JOSÉ ROSA	INDIVIDUAL	472	SEN M	118	49:44:00	04:58	50:08:00
521	726	MIGUEL CARLOS	SUPRAS	473	VET M35	90	49:39:00	04:57	50:11:00
522	502	BRUNO NEVES	RIPOLINS GRIJÓ A CORRER	474	VET M35	91	50:12:00	05:01	50:12:00
523	344	SÉRGIO SILVA	QU - QUALQUER UM	475	SEN M	119	50:03:00	05:00	50:16:00
524	114	PAULO PINTO	COPALÂNDIA LDA.	476	VET M45	70	50:00:00	05:00	50:17:00
525	976	NÁDIA SANTOS	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	49	SEN F	17	50:11:00	05:01	50:19:00
526	710	JOSÉ PEREIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	477	VET M50	44	50:07:00	05:00	50:19:00
527	371	HUGO LUZIA	RATOS DO ASFALTO	478	VET M35	92	49:49:00	04:58	50:21:00
528	355	TIAGO FERNANDES	INDIVIDUAL	479	VET M40	96	50:14:00	05:01	50:24:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
529	661	JOÃO TAVARES	TONDELA RUNNERS	480	VET M35	93	50:18:00	05:01	50:25:00
530	59	JOSÉ ALMEIDA	NÚCLEO ATLETISMO VILA REAL	481	VET M35	94	50:06:00	05:00	50:27:00
531	135	JOÃO GRAÇA	ACRM SILVEIRINHA GRANDE	482	VET M60	12	50:12:00	05:01	50:27:00
532	921	FERNANDO SANTOS	AFIS/OVAR	483	VET M70	1	49:58:00	04:59	50:31:00
533	136	RICARDO FERREIRA	INDIVIDUAL	484	VET M35	95	50:11:00	05:01	50:35:00
534	202	RENATO MOEDAS	INDIVIDUAL	485	VET M40	97	50:19:00	05:01	50:41:00
535	868	LILIANA SANTOS	INDIVIDUAL	50	VET F35	12	50:20:00	05:02	50:41:00
536	876	BRUNO GONÇALVES	INDIVIDUAL	486	VET M35	96	50:43:00	05:04	50:43:00
537	501	RICARDO NEVES	RIPOLINS GRIJÓ A CORRER	487	SEN M	120	50:43:00	05:04	50:43:00
538	571	NARCISO ARROMBA	CLUVE	488	VET M60	13	50:45:00	05:04	50:45:00
539	212	ANTÓNIO SILVA	INDIVIDUAL	489	VET M50	45	50:37:00	05:03	50:48:00
540	551	JORGE HENRIQUES	CPT SOBRAL DE CEIRA	490	VET M50	46	50:23:00	05:02	50:50:00
541	468	PAULO CASTELO	JUVENTUDE CORTEGACENSE	491	VET M50	47	50:39:00	05:03	50:58:00
542	275	SÓNIA SANTOS	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	51	SEN F	18	50:47:00	05:04	50:58:00
543	848	MANUEL RAMOS	AFIS/OVAR	492	VET M75	1	50:24:00	05:02	50:58:00
544	16	FILIP KOZIY	PASCOALITOS A.D.BARCOUÇO	493	VET M35	97	50:43:00	05:04	51:00:00
545	247	ISABEL INACIO	VISEU 360	52	VET F45	5	50:48:00	05:04	51:02:00
546	850	HÉLDER RIBEIRO	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	494	VET M40	98	50:41:00	05:04	51:07:00
547	192	EDUARDO REBELO	EDUART COMPONENTES CALÇADO	495	VET M55	24	50:56:00	05:05	51:07:00
548	741	FILIFE ALMEIDA	RECREIO DESPORTIVO DE ÁGUEDA	496	VET M45	71	50:38:00	05:03	51:08:00
549	831	FILIFE SOARES	CMMC VALE DE CAMBRA	497	VET M50	48	50:56:00	05:05	51:09:00
550	51	EURICO INOCÊNCIO	ATHLON RUNNER'S	498	VET M50	49	50:47:00	05:04	51:11:00
551	360	DELMINA ROMÃO	GINÁSIO CLUBE DE BRAGANÇA	53	VET F40	12	50:51:00	05:05	51:11:00
552	888	CÂNDIDA ROCHA	INDIVIDUAL	54	VET F60	1	51:13:00	05:07	51:13:00
553	887	JOÃO PERES	INDIVIDUAL	499	VET M35	98	51:14:00	05:07	51:14:00
554	384	JOSÉ MONTEIRO	GDBP	500	VET M60	14	51:07:00	05:06	51:16:00
555	922	ANTÓNIO TAVARES	UNIDOS DE ROSSAS -AROUCA	501	VET M40	99	50:55:00	05:05	51:18:00
556	645	ANTONIO ALBERTO GOMES	CMMC VALE DE CAMBRA	502	VET M50	50	51:10:00	05:07	51:20:00
557	381	EWA KIEŁBOWICZ	INDIVIDUAL	55	SEN F	19	50:50:00	05:05	51:22:00
558	377	JOAO GONCALVES	INDIVIDUAL	503	VET M40	100	50:56:00	05:05	51:22:00
559	580	FERNANDO CARAPELHO	HELIFLEX	504	VET M40	101	50:46:00	05:04	51:24:00
560	227	JOSÉ CARLOS ALMEIDA	CLUBE DE MONTANHA ALTO TRILHO - JAVALIS	505	VET M35	99	51:18:00	05:07	51:25:00
561	396	ÁLVARO SILVA	MSS-CONTABILIDADE	506	VET M55	25	51:21:00	05:08	51:28:00
562	117	MARGARIDA SOUSA	KEMEDO TEAM	56	VET F35	13	51:05:00	05:06	51:31:00
563	56	FILIFE SOUSA	KEMEDO TEAM	507	VET M35	100	51:17:00	05:07	51:31:00
564	58	NELSON SANTOS	INDIVIDUAL	508	VET M40	102	51:08:00	05:06	51:33:00
565	558	ANTÓNIO VALENTE	INDIVIDUAL	509	VET M40	103	51:06:00	05:06	51:36:00
566	686	LUÍS SAMPAIO	CANIANOS	510	VET M40	104	51:06:00	05:06	51:36:00
567	515	MARIA RESENDE	INDIVIDUAL	57	VET F45	6	51:17:00	05:07	51:37:00
568	516	MIGUEL RESENDE	INDIVIDUAL	511	SEN M	121	51:17:00	05:07	51:38:00
569	101	FRANCISCO FERNANDES	INDIVIDUAL	512	VET M35	101	51:10:00	05:07	51:38:00
570	623	DANIELA REIS	GRUPO FONTES RUNNING TEAM	58	SEN F	20	51:20:00	05:08	51:39:00
571	29	SABINA MARQUES	CLUBE DE MONTANHA ALTO TRILHO - JAVALIS	59	SEN F	21	51:35:00	05:09	51:43:00
572	326	ADÉLIA SENDAS	GINÁSIO CLUBE DE BRAGANÇA	60	VET F45	7	51:26:00	05:08	51:46:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
573	249	AMÁVEL LUZ	INDIVIDUAL	513	VET M55	26	51:24:00	05:08	51:46:00
574	181	JOSÉ ALMEIDA	BOSCH TERMOTECNOLOGIA SA	514	VET M45	72	51:25:00	05:08	51:48:00
575	632	RICARDO FLAMENGO	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	515	VET M40	105	51:31:00	05:09	51:59:00
576	472	CARLOS SILVA	CMMC VALE DE CAMBRA	516	VET M40	106	51:50:00	05:11	52:01:00
577	370	ANTONIO TEIXEIRA	INDIVIDUAL	517	VET M40	107	51:51:00	05:11	52:01:00
578	327	NUNO RAMOS	INDIVIDUAL	518	VET M35	102	51:43:00	05:10	52:05:00
579	834	TIAGO LEITÃO	INDIVIDUAL	519	VET M35	103	52:08:00	05:12	52:08:00
580	402	MARCOS ROLDÃO	MURTOSA NIGHT RUNNERS	520	SEN M	122	51:48:00	05:10	52:08:00
581	944	JORGE JULIÃO	INDIVIDUAL	521	VET M40	108	51:46:00	05:10	52:09:00
582	207	RICARDO PINTO	INDIVIDUAL	522	VET M35	104	51:34:00	05:09	52:10:00
583	17	FRANCISCO GOMES	SHOTS INTERNATIONAL RUNNERS	523	VET M40	109	51:55:00	05:11	52:13:00
584	673	RICARDO FONTE	CANIANOS	524	VET M40	110	51:44:00	05:10	52:14:00
585	859	ANTÓNIO PINHO	INDIVIDUAL	525	SEN M	123	51:45:00	05:10	52:15:00
586	273	ALMEIDA JOÃO	VIRIATHVS RUNNERS VISEU	526	VET M50	51	51:59:00	05:11	52:16:00
587	5	PEDRO MARQUES	INDIVIDUAL	527	VET M45	73	52:08:00	05:12	52:18:00
588	509	JOSÉ REGO	INDIVIDUAL	528	SEN M	124	51:59:00	05:11	52:23:00
589	430	MÁRIO CARDOSO	INDIVIDUAL	529	VET M60	15	52:05:00	05:12	52:25:00
590	431	MÁRIO CARDOSO	INDIVIDUAL	530	VET M55	27	52:05:00	05:12	52:25:00
591	698	MIGUEL MONTE	PORCUPINE MONKEYS	531	SEN M	125	52:16:00	05:13	52:27:00
592	353	CARINA COSTA	INDIVIDUAL	61	SEN F	22	52:07:00	05:12	52:29:00
593	607	SARA NUNES	PANORAMAH	62	VET F35	14	52:07:00	05:12	52:33:00
594	35	URBANO RUI	INDIVIDUAL	532	VET M40	111	52:24:00	05:14	52:37:00
595	464	NUNO CRUZ	AVEIRO RUNNERS	533	VET M40	112	51:58:00	05:11	52:37:00
596	712	RUI GOMES	INDIVIDUAL	534	VET M35	105	51:58:00	05:11	52:37:00
597	701	ÓSCAR BAPTISTA	HELIFLEX	535	VET M35	106	52:18:00	05:13	52:39:00
598	390	DIOGO REIS	INDIVIDUAL	536	VET M40	113	52:10:00	05:13	52:41:00
599	279	NUNO MARTINS	BUSTOS RUNNERS	537	VET M45	74	52:51:00	05:17	52:51:00
600	241	CARLOS COSTA	VISEU 360	538	VET M35	107	52:22:00	05:14	52:53:00
601	968	CRISTIANA SANTOS	RUNNING ESPINHO	63	SEN F	23	52:35:00	05:15	52:55:00
602	510	VASCO PIRES	INDIVIDUAL	539	VET M35	108	52:22:00	05:14	52:57:00
603	521	JORGE FERNANDES	INDIVIDUAL	540	VET M40	114	52:58:00	05:17	52:58:00
604	518	FERNANDO MATOS	INDIVIDUAL	541	VET M40	115	52:33:00	05:15	53:02:00
605	517	SANDRA COSTA	INDIVIDUAL	64	VET F45	8	52:33:00	05:15	53:02:00
606	176	FERNANDO FAUSTINO	BOSCH TERMOTECNOLOGIA SA	542	VET M50	52	52:50:00	05:17	53:03:00
607	356	RUI OLIVEIRA	GRUPO CORRIDA DE ARGONCILHE	543	VET M60	16	52:51:00	05:17	53:11:00
608	784	LUIS RAIMUNDO	RUNNING WONDERS	544	VET M40	116	52:49:00	05:16	53:12:00
609	389	MARIA SOUSA	INDIVIDUAL	65	SEN F	24	52:44:00	05:16	53:15:00
610	823	JOSE JESUS	JL ALUMINIOS	545	VET M40	117	53:10:00	05:19	53:16:00
611	879	ANTONIO TAFULA	INDIVIDUAL	546	VET M70	2	53:11:00	05:19	53:22:00
612	365	MACIEL MENDES	INDIVIDUAL	547	VET M45	75	52:56:00	05:17	53:23:00
613	791	CARLOS CAMPOS	AFIS/OVAR	548	VET M50	53	52:51:00	05:17	53:26:00
614	707	CARLOS ROCHA	HELIFLEX	549	VET M35	109	52:59:00	05:17	53:29:00
615	407	SEBASTIÃO SILVA	JOAO COSTA	550	VET M60	17	53:15:00	05:19	53:30:00
616	814	MARCO MARQUES	VAMOS A PÉ	551	VET M40	118	52:58:00	05:17	53:36:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
617	261	PAULO ROCHA	CANIANOS	552	SEN M	126	53:08:00	05:18	53:39:00
618	199	JOÃO PINHO	INDIVIDUAL	553	VET M50	54	53:39:00	05:21	53:39:00
619	154	CARLOS BARROSO	GARCIATEAM	554	VET M50	55	53:29:00	05:20	53:40:00
620	205	PAULA MIRANDA	SALGUEIROS RUNNING	66	VET F45	9	53:21:00	05:20	53:46:00
621	825	SARA CARDOSO	UNDEFINED	67	VET F35	15	53:17:00	05:19	53:48:00
622	594	MARCO BORGES	ALTICE LABS	555	SEN M	127	53:24:00	05:20	53:48:00
623	443	ELISABETE CUNHA	INDIVIDUAL	68	VET F35	16	53:39:00	05:21	53:50:00
624	724	ANDRÉS MONTERO	INDIVIDUAL	556	SEN M	128	53:41:00	05:22	53:50:00
625	403	ANTONIO SIMOES	GDBP	557	VET M45	76	53:24:00	05:20	53:54:00
626	404	GINA CHEIO	GDBP	69	VET F45	10	53:27:00	05:20	53:55:00
627	142	ISABEL RIBAU	ÉPICOS	70	VET F40	13	53:41:00	05:22	53:58:00
628	988	LISANDRO ALVES	SACA TRILHOS ANADIA	558	VET M35	110	53:38:00	05:21	53:58:00
629	663	ANTÓNIO CORREIA	TONDELA RUNNERS	559	VET M60	18	53:44:00	05:22	54:01:00
630	608	JAIME ANTUNES	PANORAMAH	560	VET M35	111	53:35:00	05:21	54:02:00
631	912	CECÍLIA ALMEIDA	GDR GRANJA - TRUTAS DO MAU	71	VET F35	17	54:03:00	05:24	54:03:00
632	884	DELFIN COSTA	ABO LDA.	561	VET M55	28	53:46:00	05:22	54:04:00
633	908	DANIELA CUNHA	GDR GRANJA - TRUTAS DO MAU	72	VET F35	18	53:56:00	05:23	54:08:00
634	514	PAULO CARMO	INDIVIDUAL	562	VET M35	112	53:36:00	05:21	54:11:00
635	138	NATACHA SILVA	INDIVIDUAL	73	VET F35	19	53:56:00	05:23	54:12:00
636	197	JORGE FARIAS	INDIVIDUAL	563	VET M35	113	53:39:00	05:21	54:13:00
637	519	SANDRA OLSSON	INDIVIDUAL	74	VET F35	20	53:57:00	05:23	54:20:00
638	3	ALEXANDRA PINHO	INDIVIDUAL	75	VET F45	11	53:54:00	05:23	54:24:00
639	440	PAULO GODINHO	INDIVIDUAL	564	VET M40	119	54:04:00	05:24	54:30:00
640	435	ANA CASTRO	CAL - CLUBE ATLETISMO DE LAMAS	76	VET F45	12	54:09:00	05:24	54:33:00
641	675	PEDRO PAIXÃO	SALGUEIROS RUNNING	565	VET M40	120	54:11:00	05:25	54:34:00
642	452	HELDER MARQUES	SALGUEIROS RUNNING	566	VET M35	114	54:28:00	05:26	54:34:00
643	818	SANDRA MOREIRA	PRAIA DE MIRA NIGHT RUNNERS	77	VET F35	21	54:23:00	05:26	54:37:00
644	242	SÓNIA MIGUEL	INDIVIDUAL	78	SEN F	25	54:26:00	05:26	54:39:00
645	828	MANUELA NUNES	INDIVIDUAL	79	SEN F	26	54:29:00	05:26	54:55:00
646	421	FÁBIO VAZ	INDIVIDUAL	567	SEN M	129	54:26:00	05:26	54:55:00
647	798	NÁDIA RODRIGUES	RIA STONE	80	SEN F	27	54:34:00	05:27	55:03:00
648	799	MARCO CORREIA	RIA STONE	568	VET M35	115	54:33:00	05:27	55:04:00
649	600	MIGUEL MIRANDA	ALTICE LABS	569	VET M40	121	54:46:00	05:28	55:04:00
650	204	REINALDO MIRANDA	SALGUEIROS RUNNING	570	VET M50	56	54:43:00	05:28	55:07:00
651	184	TATIANA OLIVEIRA	BOSCH TERMOTECNOLOGIA SA	81	SEN F	28	54:31:00	05:27	55:08:00
652	610	RENATO DUARTE	PANORAMAH	571	VET M35	116	54:40:00	05:28	55:08:00
653	611	FÁBIO MARQUES	PANORAMAH	572	SEN M	130	54:28:00	05:26	55:09:00
654	886	TATIANA SILVA	CMMC VALE DE CAMBRA	82	SEN F	29	54:59:00	05:29	55:11:00
655	220	VALTER JACINTO	G.D.ASSEMPARK	573	VET M65	6	55:04:00	05:30	55:14:00
656	490	JORGE ACÚRCIO	RUN FOREST RUN	574	SEN M	131	54:46:00	05:28	55:17:00
657	72	PAULO RAMOS	GJPB - O. AZEMÉIS	575	VET M45	77	55:04:00	05:30	55:17:00
658	505	SÉRGIO COELHO	MULTIDADOS TEAM	576	VET M40	122	54:43:00	05:28	55:20:00
659	590	RICARDO AUXILIAR	ALTICE LABS	577	SEN M	132	55:00:00	05:30	55:23:00
660	642	JOSE SOARES	CMMC VALE DE CAMBRA	578	VET M55	29	55:11:00	05:31	55:25:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
661	586	ANTÓNIO MANUEL VALENTE	ALTICE LABS	579	SEN M	133	54:59:00	05:29	55:25:00
662	766	PAULA OLIVEIRA	JUNTOS SOMOS UM	83	VET F45	13	55:09:00	05:30	55:27:00
663	245	JOÃO RIBEIRO	INDIVIDUAL	580	SEN M	134	54:50:00	05:29	55:28:00
664	364	EDUARDA VINAGRE	KALENJI RUNNING CLUB AVEIRO	84	VET F45	14	55:03:00	05:30	55:33:00
665	811	PEDRO LOPES	INDIVIDUAL	581	SEN M	135	55:11:00	05:31	55:35:00
666	28	MARIA JOSÉ RODRIGUES	INDIVIDUAL	85	VET F45	15	55:07:00	05:30	55:39:00
667	139	CRISTINA COTRIM	ÉPICOS	86	SEN F	30	55:23:00	05:32	55:40:00
668	385	CHIARA MASCHIO	INDIVIDUAL	87	SEN F	31	55:10:00	05:31	55:43:00
669	764	RICARDO VAZ	INDIVIDUAL	582	VET M35	117	55:23:00	05:32	55:45:00
670	262	FILIPA APARÍCIO	CORRER VISEU	88	VET F40	14	55:36:00	05:33	55:49:00
671	126	LUIS COSTA	RIPOLINS GRIJÓ A CORRER	583	VET M40	123	55:37:00	05:33	55:49:00
672	816	MARIA DOS ANJOS	INDIVIDUAL	89	VET F40	15	55:40:00	05:34	55:49:00
673	96	MANUEL COUTO	RIPOLINS GRIJÓ A CORRER	584	VET M70	3	55:50:00	05:35	55:50:00
674	963	JORGE OLIVEIRA	SERITEL	585	SEN M	136	55:37:00	05:33	55:55:00
675	929	LUÍS JORGE OLIVEIRA	SERITEL	586	VET M50	57	55:46:00	05:34	55:55:00
676	849	GABRIEL ALEGRE	AFIS/OVAR	587	VET M40	124	55:22:00	05:32	55:56:00
677	676	CARLA RODRIGUES	INDIVIDUAL	90	SEN F	32	55:26:00	05:32	56:00:00
678	693	JUDITE DIAS	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	91	VET F45	16	55:33:00	05:33	56:00:00
679	851	CARLA FERREIRA	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	92	VET F35	22	55:34:00	05:33	56:00:00
680	734	BASILIO SIMÕES	HAPPY AND FIT	588	VET M50	58	55:25:00	05:32	56:05:00
681	20	CÁTEA CORDEIRO	A ESPANHOLA	93	VET F35	23	55:30:00	05:33	56:09:00
682	782	RICHARD FERREIRA	RUNNING WONDERS	589	VET M35	118	55:46:00	05:34	56:11:00
683	783	HENRIQUE BARTOLOMEU	INDIVIDUAL	590	VET M35	119	55:47:00	05:34	56:12:00
684	781	NUNO RIBEIRO	RUNNING WONDERS	591	VET M35	120	55:49:00	05:34	56:12:00
685	935	JORGE ALMEIDA	PACERS	592	VET M35	121	55:33:00	05:33	56:13:00
686	690	LUIS FERREIRA	INDIVIDUAL	593	SEN M	137	55:52:00	05:35	56:15:00
687	366	LUIS NOVO	INDIVIDUAL	594	SEN M	138	55:46:00	05:34	56:17:00
688	470	VITOR SALGADO	CMMC VALE DE CAMBRA	595	VET M40	125	56:07:00	05:36	56:19:00
689	895	ALBANO LOUREIRO	INDIVIDUAL	596	VET M45	78	56:21:00	05:38	56:21:00
690	546	FILIPA ROVIRA	INDIVIDUAL	94	SEN F	33	56:01:00	05:36	56:24:00
691	760	SANDRA MACHADO	INDIVIDUAL	95	SEN F	34	55:53:00	05:35	56:24:00
692	376	CARLA TOMÁS	NAVR - NÚCLEO ATLETISMO DE VILA REAL	96	VET F40	16	56:00:00	05:36	56:26:00
693	785	JOAO BAPTISTA	RUNNING WONDERS	597	VET M35	122	56:05:00	05:36	56:26:00
694	928	RICARDO BORDALO	INDIVIDUAL	598	VET M35	123	56:04:00	05:36	56:30:00
695	21	ROSA BRANCA PEREIRA	A ESPANHOLA	97	VET F40	17	55:51:00	05:35	56:31:00
696	955	PAULO GOMES	RUNNING ESPINHO	599	VET M45	79	56:11:00	05:37	56:31:00
697	833	EDGAR SOLANO	INDIVIDUAL	600	SEN M	139	56:31:00	05:39	56:31:00
698	771	AURORA CUNHA	LIBERTY SEGUROS	98	VET F55	3	56:31:00	05:39	56:31:00
699	182	CARLOS MARTINS	BOSCH TERMOTECNOLOGIA SA	601	VET M50	59	56:01:00	05:36	56:32:00
700	427	SOFIA SANTOS	MOTAS RUNNING	99	SEN F	35	56:17:00	05:37	56:34:00
701	83	FILOMENA SANTOS	MOLINHAS TEAM	100	VET F55	4	56:19:00	05:37	56:36:00
702	244	LUIS MENEZES	INDIVIDUAL	602	SEN M	140	56:08:00	05:36	56:45:00
703	467	MANUELA CASTELO	JUVENTUDE CORTEGACENSE	101	VET F50	3	56:29:00	05:38	56:48:00
704	462	ROGÉRIO LOPO	INDIVIDUAL	603	SEN M	141	56:23:00	05:38	56:51:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
705	179	CATARINA RIBÃES	BOSCH TERMOTECNOLOGIA SA	102	SEN F	36	56:23:00	05:38	56:53:00
706	904	SOFIA AZENHA	RUMO34	103	SEN F	37	56:26:00	05:38	56:55:00
707	301	NUNO MARQUES	TWELVESPOT	604	VET M40	126	56:29:00	05:38	56:57:00
708	893	ANDREIA NEVES	INDIVIDUAL	104	VET F35	24	56:27:00	05:38	57:03:00
709	892	FILIPA NEVES	INDIVIDUAL	105	VET F35	25	56:26:00	05:38	57:03:00
710	492	JORGE SANTOS	INDIVIDUAL	605	VET M55	30	56:37:00	05:39	57:04:00
711	498	MARIA PEIXOTO	INDIVIDUAL	106	SUB 23 F	2	56:36:00	05:39	57:09:00
712	497	JORGE MAIO	INDIVIDUAL	606	SEN M	142	56:37:00	05:39	57:09:00
713	737	TELMO TEIXEIRA	INDIVIDUAL	607	SEN M	143	56:48:00	05:40	57:17:00
714	559	FÁTIMA COSTA	VIRIATHVS RUNNERS VISEU	107	VET F50	4	56:59:00	05:41	57:17:00
715	942	CLEMENTINA ANDRADE	CLUBE CAMPINHO SJ MADEIRA	108	VET F55	5	57:13:00	05:43	57:19:00
716	272	NUNO MARTINS	VIRIATHVS RUNNERS VISEU	608	VET M40	127	56:59:00	05:41	57:21:00
717	730	JOAO BRANDÃO	SUPRAS	609	VET M35	124	56:53:00	05:41	57:25:00
718	191	RUI CUNHA	INDIVIDUAL	610	VET M50	60	56:55:00	05:41	57:31:00
719	748	BRANCA MARQUES	GONDOMAR FUTSAL	109	VET F50	5	57:17:00	05:43	57:36:00
720	297	BÁRBARA PEREIRA	TWELVESPOT	110	SEN F	38	57:15:00	05:43	57:40:00
721	298	TATIANA FREITAS	TWELVESPOT	111	SEN F	39	57:15:00	05:43	57:40:00
722	949	SILVANA SILVA	RUNNING ESPINHO	112	SEN F	40	57:44:00	05:46	58:03:00
723	946	BRUNO JORGE PEREIRA	ANGELSFUTURE	611	VET M35	125	57:35:00	05:45	58:04:00
724	554	PEDRO LAIRES	SERIOUS TEAM	612	SEN M	144	57:39:00	05:45	58:04:00
725	553	ANA RAQUEL SANTOS	SERIOUS TEAM	113	SEN F	41	57:39:00	05:45	58:04:00
726	159	GABRIELE GABY	INDIVIDUAL	114	VET F40	18	57:30:00	05:45	58:06:00
727	736	PAULA PEREIRA	INDIVIDUAL	115	SEN F	42	57:45:00	05:46	58:13:00
728	729	FREDERIC GONÇALVES	SUPRAS	613	SEN M	145	57:48:00	05:46	58:20:00
729	650	JORGE MARTINS	CMMC VALE DE CAMBRA	614	VET M60	19	58:25:00	05:50	58:37:00
730	60	SANDRA AGUIAR	SALGUEIROS RUNNING	116	VET F40	19	58:21:00	05:50	58:45:00
731	866	JOSÉ PATROCÍNIO	HELIFLEX	615	VET M50	61	58:21:00	05:50	58:46:00
732	593	NUNO CARDOSO	ALTICE LABS	616	VET M40	128	58:24:00	05:50	58:47:00
733	457	ENRIQUE GÁLVEZ	CLÍNICA ENDUL	617	VET M55	31	58:18:00	05:49	58:52:00
734	456	MAGDA SILVA	CLÍNICA ENDUL	117	VET F40	20	58:20:00	05:50	58:52:00
735	115	ALEXANDRE ALMEIDA	SANTIAGOBIKES	618	VET M45	80	58:55:00	05:53	58:55:00
736	264	ANA CASTRO	SORRISOS DO TRAIL	118	SEN F	43	58:55:00	05:53	58:55:00
737	169	MARGARIDA BAGÃO	INDIVIDUAL	119	SEN F	44	58:41:00	05:52	59:00:00
738	745	JOSÉ FIGUEIREDO	RECREIO DESPORTIVO DE ÁGUEDA	619	VET M45	81	58:44:00	05:52	59:12:00
739	954	CARLA GOMES	RUNNING ESPINHO	120	VET F40	21	58:52:00	05:53	59:13:00
740	549	DIANA PEREIRA	CORRERIA	121	VET F35	26	58:58:00	05:53	59:15:00
741	335	MÓNICA MOREIRA	GINÁSIO CLUBE DE BRAGANÇA	122	VET F40	22	58:42:00	05:52	59:15:00
742	348	OLÍMPIA SANTOS	GINÁSIO CLUBE DE BRAGANÇA	123	VET F50	6	58:42:00	05:52	59:15:00
743	692	RAQUEL SANTOS	MOTAS RUNNING	124	SEN F	45	58:59:00	05:53	59:17:00
744	541	VERA BARATA	ESTRELA CAMPO DA AVIAÇÃO FUTEBOL CLUBE	125	VET F35	27	59:00:00	05:54	59:20:00
745	324	RICARDO OLIVEIRA	JALM RUN AND WALKING TEAM	620	SEN M	146	58:51:00	05:53	59:27:00
746	322	CLÁUDIO CASTRO	JALM RUN AND WALKING TEAM	621	VET M35	126	58:51:00	05:53	59:27:00
747	491	CRISTINA ROMARIZ	INDIVIDUAL	126	VET F55	6	59:06:00	05:54	59:31:00
748	987	RENATO FRANÇA	INDIVIDUAL	622	VET M35	127	59:39:00	05:57	59:39:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
749	413	DIOGO SILVA	INDIVIDUAL	623	SEN M	147	59:20:00	05:56	59:41:00
750	414	ANA MAGALHÃES	INDIVIDUAL	127	SUB 23 F	3	59:20:00	05:56	59:42:00
751	120	ANABELA LEITE	INDIVIDUAL	128	VET F45	17	59:47:00	05:58	59:47:00
752	388	ERMELINDA SOUSA	INDIVIDUAL	129	VET F35	28	59:21:00	05:56	59:51:00
753	368	AURORA LEMOS	INDIVIDUAL	130	VET F50	7	59:29:00	05:56	59:56:00
754	372	RUI PINTO	INDIVIDUAL	624	VET M35	128	59:32:00	05:57	59:58:00
755	401	ANDREIA CRISTÓVÃO	INDIVIDUAL	131	SUB 23 F	4	59:48:00	05:58	01:00:09
756	500	FILIPA ROCHA	ZOLLERN E COMANDITA	132	SEN F	46	59:38:00	05:57	01:00:10
757	109	HELENA AZEVEDO	BAND OF RUNNERS	133	SEN F	47	01:00:13	06:01	01:00:13
758	796	PAULA FERREIRA	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	134	SEN F	48	59:48:00	05:58	01:00:14
759	728	GONÇALO CARVALHO	SUPRAS	625	VET M35	129	59:46:00	05:58	01:00:20
760	824	LILIANA ROMERO	PAPOILAS SALTITANTES	135	SEN F	49	59:57:00	05:59	01:00:29
761	826	ANDRÉ BARBOSA	PAPOILAS SALTITANTES	626	VET M35	130	59:57:00	05:59	01:00:29
762	486	IRENE MELO	VIRIATHVS RUNNERS VISEU	136	VET F40	23	01:00:10	06:01	01:00:30
763	485	ISABEL MELO	VIRIATHVS RUNNERS VISEU	137	VET F40	24	01:00:10	06:01	01:00:31
764	449	TERESA FILIPE	VIRIATHVS RUNNERS VISEU	138	VET F60	2	01:00:15	06:01	01:00:31
765	601	VITOR TAVARES	ALTICE LABS	627	VET M35	131	59:57:00	05:59	01:00:34
766	141	ALBERTINA FERNANDES	ÉPICOS	139	VET F50	8	01:00:17	06:01	01:00:35
767	387	CATARINA FERREIRA	JUVENTUDE CORTEGACENSE	140	VET F35	29	01:00:29	06:02	01:00:48
768	36	BRUNO SANTOS	INDIVIDUAL	628	VET M40	129	01:00:21	06:02	01:00:50
769	495	JOAQUIM OLIVEIRA	RIPOLINS GRIJÓ A CORRER	629	VET M55	32	01:00:10	06:01	01:00:50
770	722	NUNO ALMEIDA	INDIVIDUAL	630	SEN M	148	01:00:28	06:02	01:00:50
771	696	ANTÓNIO GOMES	INDIVIDUAL	631	VET M50	62	01:00:35	06:03	01:00:55
772	919	RICARDO RIBEIRO	INDIVIDUAL	632	VET M45	82	01:00:21	06:02	01:00:56
773	920	PEDRO RIBEIRO	INDIVIDUAL	633	JUN M	11	01:00:21	06:02	01:00:56
774	226	RILDO SANCHES	INDIVIDUAL	634	VET M50	63	01:00:49	06:04	01:01:07
775	278	RICARDO LUZ	INDIVIDUAL	635	VET M50	64	01:00:52	06:05	01:01:10
776	266	PAULO AMERICO OLIVEIRA	INDIVIDUAL	636	VET M50	65	01:01:11	06:07	01:01:11
777	950	RENATA CRUZ	RUNNING ESPINHO	141	SEN F	50	01:00:58	06:05	01:01:17
778	790	VASCO RAMALHEIRA	INDIVIDUAL	637	VET M50	66	01:00:42	06:04	01:01:20
779	347	OLÍVIA BRANDÃO	CGD-OVAR	142	VET F60	3	01:00:48	06:04	01:01:22
780	346	ANTÓNIO BRANDÃO	CGD-OVAR	638	VET M60	20	01:00:48	06:04	01:01:22
781	320	JOSÉ CARLOS SANTOS	RUN AND FUN	639	VET M45	83	01:01:27	06:08	01:01:58
782	869	JOSÉ CUBAL	INDIVIDUAL	640	SEN M	149	01:01:22	06:08	01:02:03
783	198	TIAGO TRINDADE	INDIVIDUAL	641	VET M35	132	01:01:39	06:09	01:02:05
784	820	MANUELA SIMÕES	MOLINHAS TEAM	143	VET F55	7	01:01:46	06:10	01:02:19
785	290	ANA GONÇALVES	KALENJI RUNNING CLUB AVEIRO	144	VET F50	9	01:01:51	06:11	01:02:21
786	587	MÁRCIO SOUSA	ALTICE LABS	642	VET M35	133	01:01:45	06:10	01:02:21
787	747	RICARDO CACHADINHA	ACTEAM ALEXANDRA CARVALHO TERAPIAS	643	VET M40	130	01:02:19	06:13	01:02:34
788	463	SALOMÉ GORDINHO	INDIVIDUAL	145	SEN F	51	01:01:56	06:11	01:02:35
789	341	ANA SILVA	JOAO COSTA	146	VET F35	30	01:02:30	06:15	01:02:39
790	66	MARIA ADELAIDE HORTA	INVICTA RUNNERS TEAM	147	VET F60	4	01:02:28	06:14	01:02:46
791	643	FATIMA FERREIRA	CMMC VALE DE CAMBRA	148	VET F50	10	01:02:54	06:17	01:03:05
792	719	ARIANA ROCHA	DCI/CCDRPEDRULHA-MEALHADA	149	SEN F	52	01:02:54	06:17	01:03:13

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
793	560	MÁRCIA ALEXANDRA	INDIVIDUAL	150	SUB 23 F	5	01:02:56	06:17	01:03:14
794	190	AMANDIO MENDES	INDIVIDUAL	644	VET M45	84	01:03:02	06:18	01:03:26
795	819	ELSA MARTINS	MOLINHAS TEAM	151	VET F45	18	01:03:10	06:19	01:03:27
796	102	MARISOL VALENTE	INDIVIDUAL	152	VET F50	11	01:03:08	06:18	01:03:29
797	74	PAULO GONÇALVES	SCP-CARACÓIS DE CORRIDA	645	VET M45	85	01:03:06	06:18	01:03:29
798	156	RITA LOPES	INDIVIDUAL	153	SEN F	53	01:03:15	06:19	01:03:31
799	211	FÉLIX DÍAZ PABLOS	INDIVIDUAL	646	VET M40	131	01:02:52	06:17	01:03:33
800	1	PAULO HENRIQUES	CASCI	647	VET M35	134	01:03:02	06:18	01:03:35
801	50	CARLA CARMO	ATHLON RUNNER'S	154	VET F35	31	01:03:15	06:19	01:03:40
802	953	LILIANA MONTEIRO	RUNNING ESPINHO	155	VET F35	32	01:03:39	06:21	01:03:59
803	315	CECILIA XAVIER	GINÁSIO CLUBE DE BRAGANÇA	156	VET F35	33	01:03:26	06:20	01:04:01
804	786	FATIMA DIAS	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	157	VET F35	34	01:03:49	06:22	01:04:17
805	787	RUI ALMEIDA	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	648	VET M40	132	01:03:49	06:22	01:04:18
806	683	ANDREIA BERNARDO	INDIVIDUAL	158	VET F35	35	01:03:58	06:23	01:04:21
807	564	LÍDIA LOUREIRO	VIRIATHVS RUNNERS VISEU	159	VET F35	36	01:04:03	06:24	01:04:25
808	441	HORÁCIO TEIXEIRA	RIPOLINS GRIJÓ A CORRER	649	VET M55	33	01:04:10	06:25	01:04:26
809	556	SERAFIM COUTINHO	INDIVIDUAL	650	VET M60	21	01:04:35	06:27	01:04:54
810	880	VICTOR PINHO	INDIVIDUAL	651	SEN M	150	01:04:34	06:27	01:04:59
811	677	SANDRA SANTOS	INDIVIDUAL	160	VET F45	19	01:04:26	06:26	01:05:02
812	410	BRUNO CARVALHO	INDIVIDUAL	652	SEN M	151	01:04:58	06:29	01:05:20
813	411	STEPHANIE LIMA	INDIVIDUAL	161	SEN F	54	01:04:58	06:29	01:05:21
814	943	MÁRIO FERNANDES	INDIVIDUAL	653	VET M70	4	01:04:59	06:29	01:05:23
815	162	CRISTIANE BONFIM	INDIVIDUAL	162	VET F35	37	01:04:45	06:28	01:05:23
816	731	ANTÓNIO MATIAS	SUPRAS	654	SEN M	152	01:04:59	06:29	01:05:32
817	309	BEATRIZ NUNES	AMADORESEBASTA	163	SEN F	55	01:05:12	06:31	01:05:47
818	448	JOSÉ ALBERTO	VIRIATHVS RUNNERS VISEU	655	VET M55	34	01:05:42	06:34	01:05:59
819	614	ROSA RODRIGUES	PANORAMAH	164	VET F40	25	01:05:19	06:31	01:05:59
820	310	ANA CASTRO	AMADORESEBASTA	165	SEN F	56	01:05:27	06:32	01:06:02
821	574	VERA MARQUES	SRI CHINMOY MARATHON TEAM	166	SEN F	57	01:05:47	06:34	01:06:18
822	504	IGOR CASTRO	MULTIDADOS TEAM	656	SEN M	153	01:05:49	06:34	01:06:27
823	637	VANESSA SANTOS	MULTIDADOS TEAM	167	SEN F	58	01:05:50	06:35	01:06:27
824	577	SIMONE TOMÉ	SRI CHINMOY MARATHON TEAM	168	VET F45	20	01:06:00	06:36	01:06:31
825	725	CÁTIA AGOSTINHO	INDIVIDUAL	169	SEN F	59	01:06:06	06:36	01:06:39
826	525	ANABELA GONÇALVES	INDIVIDUAL	170	VET F35	38	01:06:13	06:37	01:06:47
827	666	SUSANA SILVA	INDIVIDUAL	171	VET F40	26	01:06:16	06:37	01:06:47
828	317	CARLA VIDEIRA	GINÁSIO CLUBE DE BRAGANÇA	172	VET F45	21	01:06:26	06:38	01:07:02
829	697	OSVALDO PINTO	INDIVIDUAL	657	VET M35	135	01:06:35	06:39	01:07:16
830	294	FRANCISCO SILVA	TWELVESPOT	658	VET M35	136	01:07:38	06:45	01:07:38
831	295	FILIPA COSTA	TWELVESPOT	173	SEN F	60	01:07:38	06:45	01:07:38
832	894	CRISTINA MATIAS	INDIVIDUAL	174	VET F45	22	01:07:48	06:46	01:08:26
833	13	RODOLFO OLIVEIRA	INDIVIDUAL	659	VET M35	137	01:08:00	06:48	01:08:29
834	508	MAGDA SOUSA	INDIVIDUAL	175	SEN F	61	01:07:51	06:47	01:08:30
835	67	MARIA ALICE GUIMARÃES	INVICTA RUNNERS TEAM	176	VET F55	8	01:08:14	06:49	01:08:33
836	969	PAULA OLIVEIRA	INDIVIDUAL	177	VET F50	12	01:08:02	06:48	01:08:39

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
837	14	PEDRO SANTIAGO	INDIVIDUAL	660	SEN M	154	01:08:43	06:52	01:09:12
838	575	ASTA KARAVAITYTE	SRI CHINMOY MARATHON TEAM	178	VET F50	13	01:08:48	06:52	01:09:19
839	11	JOHNNY GAIO	INDIVIDUAL	661	VET M35	138	01:08:51	06:53	01:09:21
840	539	ANA BRANCO	INDIVIDUAL	179	VET F45	23	01:08:51	06:53	01:09:22
841	956	ANDRÉ MONTE	RUNNING ESPINHO	662	VET M45	86	01:10:01	07:00	01:10:22
842	302	MIGUEL BATISTA	TWELVESPOT	663	VET M40	133	01:10:14	07:01	01:10:46
843	466	SOFIA CAVACO	QUANDOACABA	180	VET F35	39	01:10:30	07:03	01:11:10
844	966	ANA CONDE	INDIVIDUAL	181	VET F35	40	01:10:36	07:03	01:11:14
845	756	MANUELA SILVA	INDIVIDUAL	182	VET F45	24	01:10:38	07:03	01:11:15
846	965	NUNO CONDE	INDIVIDUAL	664	VET M40	134	01:10:49	07:04	01:11:27
847	393	ANA PEREIRA	LOURENÇOS POWER	183	VET F35	41	01:11:44	07:10	01:12:21
848	592	BRUNO ANTÓNIO SILVA	ALTICE LABS	665	SEN M	155	01:11:46	07:10	01:12:23
849	471	PATRÍCIA FERNANDES	CMMC VALE DE CAMBRA	666	VET M35	139	01:12:24	07:14	01:13:04
850	187	PAULA GUERREIRO	ACRM SILVEIRINHA GRANDE	184	VET F35	42	01:13:27	07:20	01:13:41
851	73	RUI PESSOA	SCP-CARACÓIS DE CORRIDA	667	VET M35	140	01:13:21	07:20	01:13:44
852	927	FÁTIMA CARVALHO	INDIVIDUAL	185	VET F50	14	01:13:38	07:21	01:14:16
853	351	JOSÉ CABACEIRA	CABACEIRA SPORTS RUN	668	VET M55	35	01:14:17	07:25	01:14:17
854	303	DINA TAVARES	TWELVESPOT	186	VET F35	43	01:15:11	07:31	01:15:38
855	394	JOANA LOURENÇO	LOURENÇOS POWER	187	VET F40	27	01:15:10	07:31	01:15:48
856	493	CATARINA CARDOSO	INDIVIDUAL	188	SUB 23 F	6	01:15:56	07:35	01:16:24
857	395	NELSON MATEUS	LOURENÇOS POWER	669	VET M40	135	01:15:50	07:35	01:16:28
858	144	LILIANA MARQUES	INDIVIDUAL	189	VET F35	44	01:15:54	07:35	01:16:30
859	31	ANA GONÇALVES	INDIVIDUAL	190	VET F40	28	01:15:55	07:35	01:16:32
860	103	JOAQUIM BARROS	RIPOLINS GRIJÓ A CORRER	670	VET M60	22	01:16:42	07:40	01:16:55
861	296	PAULO PEIXOTO	TWELVESPOT	671	SEN M	156	01:17:08	07:42	01:17:08
862	304	LILIA TAVARES	TWELVESPOT	191	VET F40	29	01:16:41	07:40	01:17:09
863	613	FILIFE GONÇALVES	PANORAMAH	672	VET M35	141	01:16:34	07:39	01:17:14
864	196	AGRINALDO FRANCA	EQUIPE VIVA	673	VET M55	36	01:18:04	07:48	01:18:28
865	925	PATRICIA PIRES	WISEU 360	192	VET F35	45	01:19:47	07:58	01:20:17
866	208	MARA MARINHA	GUPPY	193	SEN F	62	01:20:25	08:02	01:21:00
867	599	JOÃO FREITAS	ALTICE LABS	674	SEN M	157	01:20:29	08:02	01:21:09
868	511	MANUELA TEIXEIRA	INDIVIDUAL	194	VET F35	46	01:25:36	08:33	01:25:36