

Geral	País	Nome	Dorsal	Idade	Sexo	Escalão	Equipa	Tempo	Dif	Ritmo 10	Chip	5 Km	Ritmo 5	Últ.Km
1.	PRT	BRUNO BATISTA	913	23	1	SEN M	1 CN RIO MAIOR	30:58:00	-	03:06	30:58:00	15:25	03:05	03:06
2.	PRT	FILIPE VITORINO	914	21	2	SUB 23 M	1 CN RIO MAIOR	31:14:00	+0:16	03:08	31:13:00	15:52	03:11	03:00
3.	PRT	FRANCISCO CERVEIRA	915	18	3	JUN M	1 CN RIO MAIOR	32:18:00	+1:20	03:14	32:18:00	16:11	03:15	03:06
4.	PRT	HELDER LOPES	554	32	4	SEN M	2 DCI/TRILHOS LUSO BUSSACO	32:22:00	+1:24	03:15	32:22:00	16:11	03:15	03:10
5.	PRT	RICARDO PINTO	36	32	5	SEN M	3 INDIVIDUAL	32:40:00	+1:42	03:16	32:40:00	16:18	03:16	03:11
6.	PRT	JANIK LIMA	363	36	6	VET M35	1 CLUBE DE ATLETISMO DE OVAR	32:47:00	+1:49	03:17	32:47:00	16:11	03:15	03:16
7.	PRT	RICARDO SANTOS	950	19	7	JUN M	2 RECREIO DESPORTIVO DE ÁGUEDA	33:04:00	+2:06	03:19	33:02:00	16:42	03:21	03:08
8.	PRT	PAULO MORAIS	568	36	8	VET M35	2 ÁGUIAS DA MISERICÓRDIA	33:10:00	+2:12	03:19	33:10:00	16:35	03:19	03:12
9.	PRT	CELSO LEITE	361	25	9	SEN M	4 CLUBE DE ATLETISMO DE OVAR	33:15:00	+2:17	03:20	33:15:00	16:35	03:19	03:14
10.	PRT	ANDRÉ REIS REIS	972	29	10	SEN M	5 GRUPO DE ATLETISMO DA CARANGUEJEIRA	33:17:00	+2:19	03:20	33:16:00	16:28	03:18	03:21
11.	CPV	ARICSON GOMES	627	33	11	SEN M	6 JOÃO SILVA CCR PRAIA DE MIRA	33:23:00	+2:25	03:21	33:23:00	16:30	03:18	03:17
12.	PRT	JOSÉ SÁ	935	33	12	SEN M	7 INDIVIDUAL	33:44:00	+2:46	03:23	33:44:00	16:56	03:24	03:18
13.	PRT	RUI PEREIRA	247	27	13	SEN M	8 CASA DO BENFICA EM CASTELO BRANCO	34:07:00	+3:09	03:25	34:07:00	17:17	03:28	03:07
14.	PRT	CRISTIANO OLIVEIRA	577	24	14	SEN M	9 INDIVIDUAL	34:18:00	+3:20	03:26	34:18:00	17:18	03:28	03:18
15.	PRT	JOÃO PEREIRA	231	44	15	VET M40	1 INDIVIDUAL	34:19:00	+3:21	03:26	34:19:00	17:17	03:28	03:20
16.	PRT	RENATO SOUSA	362	28	16	SEN M	10 CLUBE DE ATLETISMO DE OVAR	34:29:00	+3:31	03:27	34:29:00	17:09	03:26	03:22
17.	PRT	FLÁVIO SANTOS	148	22	17	SUB 23 M	2 FEDERAÇÃO DA FAMÍLIA PARA A PAZ MUNDIAL E UNIFICAÇÃO	34:43:00	+3:45	03:29	34:42:00	17:22	03:29	03:23
18.	PRT	CARLA MARTINHO	200	42	1	VET F40	1 RECREIO DE ÁGUEDA	34:59:00	+4:01	03:30	34:59:00	17:19	03:28	03:31
19.	PRT	RICARDO SILVA	384	28	18	SEN M	11 CF OS BELENENSES	35:01:00	+4:03	03:31	34:59:00	17:18	03:28	03:33
20.	PRT	Paulo Ferreira	1052	48	19	VET M45	1 GRECAS - VAGOS	35:03:00	+4:05	03:31	35:03:00	17:19	03:28	03:31
21.	PRT	MIGUEL PEIXE	687	44	20	VET M40	2 VITÓRIA SPORT CLUBE	35:05:00	+4:07	03:31	35:05:00	17:37	03:32	03:26
22.	PRT	LUÍS MARTINS	1048	44	21	VET M40	3 RECREIO DESPORTIVO DE ÁGUEDA	35:20:00	+4:22	03:32	35:20:00	17:19	03:28	03:28
23.	PRT	NUNO AMADO	517	35	22	VET M35	3 INDIVIDUAL	35:22:00	+4:24	03:33	35:20:00	17:32	03:31	03:28
24.	PRT	SARA PINHO	826	37	2	VET F35	1 ADREP	35:24:00	+4:26	03:33	35:24:00	17:37	03:32	03:30
25.	PRT	HÉLDER COSTA	662	40	23	VET M40	4 INDIVIDUAL	35:33:00	+4:35	03:34	35:33:00	17:35	03:31	03:32
26.	PRT	PEDRO SERRA	451	35	24	VET M35	4 CORRER LISBOA	35:43:00	+4:45	03:35	35:41:00	17:45	03:33	03:36
27.	PRT	HÉLDER GONÇALVES	949	33	25	SEN M	12 RECREIO DESPORTIVO DE ÁGUEDA	35:51:00	+4:53	03:36	35:48:00	18:02	03:37	03:22
28.	PRT	RUI RODRIGUES	400	38	26	VET M35	5 CENTRO ATLETISMO TONDELA	35:54:00	+4:56	03:36	35:54:00	18:01	03:37	03:26
29.	PRT	NUNO GAMBOA	250	39	27	VET M35	6 CASA DO BENFICA EM CASTELO BRANCO	35:57:00	+4:59	03:36	35:55:00	17:53	03:35	03:30
30.	PRT	JOANA FONSECA	788	32	3	SEN F	1 GFD RUNNING	35:59:00	+5:01	03:36	35:59:00	17:55	03:35	03:29
31.	PRT	JOASÉ PAIS	419	46	28	VET M45	2 CORRER LISBOA	36:01:00	+5:03	03:37	36:00:00	18:02	03:37	03:32
32.	PRT	MARCO PINTO	543	36	29	VET M35	7 ÁGUIAS DA MISERICÓRDIA	36:13:00	+5:15	03:38	36:13:00	17:56	03:36	03:37
33.	PRT	HELDER SILVA	844	39	30	VET M35	8 ESCOLA ATLETISMO ROSA OLIVEIRA	36:14:00	+5:16	03:38	36:11:00	18:14	03:39	03:24
34.	PRT	RICARDO TAVARES	423	38	31	VET M35	9 GRUPO DESPORTIVO CULTURAL CODAL	36:16:00	+5:18	03:38	36:16:00	18:03	03:37	03:43
35.	PRT	RUI CASSIANO	708	37	32	VET M35	10 VIKINGS TRAIL RUNNERS	36:18:00	+5:20	03:38	36:17:00	17:55	03:35	03:32
36.	PRT	ANDRÉ ADRIANO	365	35	33	VET M35	11 CLUBE DE ATLETISMO DE OVAR	36:22:00	+5:24	03:39	36:21:00	18:01	03:37	03:25
37.	PRT	BRUNO REIS	153	32	34	SEN M	13 ESTRELA CAMPO DA AVIAÇÃO FUTEBOL CLUBE	36:26:00	+5:28	03:39	36:24:00	18:04	03:37	03:35
38.	PRT	ALEXANDRE MESTRE	336	42	35	VET M40	5 ASCVALEIRINHA	36:27:00	+5:29	03:39	36:25:00	17:56	03:36	03:41
39.	PRT	MANUEL PINTO	812	47	36	VET M45	3 TRIBO NR	36:27:00	+5:29	03:39	36:25:00	18:19	03:40	03:29
40.	PRT	JOÃO LEANDRO	447	44	37	VET M40	6 CHRISMEL - VILA REAL	36:27:00	+5:29	03:39	36:27:00	18:16	03:40	03:35
41.	PRT	JOEL RAMALHOTO	402	34	38	SEN M	14 CENTRO ATLETISMO TONDELA	36:28:00	+5:30	03:39	36:28:00	18:04	03:37	03:33
42.	PRT	LUIS LOPES	624	48	39	VET M45	4 LUIS COSTA E SILVA	36:31:00	+5:33	03:40	36:30:00	18:20	03:40	03:31
43.	PRT	CARLOS RIBEIRO	398	43	40	VET M40	7 CENTRO ATLETISMO TONDELA	36:32:00	+5:34	03:40	36:31:00	18:07	03:38	03:32
44.	PRT	VITOR OLIVEIRA	565	52	41	VET M50	1 DCI/TRILHOS LUSO BUSSACO	36:33:00	+5:35	03:40	36:31:00	18:19	03:40	03:28
45.	PRT	TIAGO MARQUES	302	41	42	VET M40	8 CASA BENFICA REGUENGOS MONSARAZ	36:35:00	+5:37	03:40	36:34:00	18:01	03:37	03:36
46.	PRT	JOÃO ALMEIDA	557	52	43	VET M50	2 DCI/TRILHOS LUSO BUSSACO	36:36:00	+5:38	03:40	36:36:00	18:06	03:38	
47.	PRT	JOSÉ GASPAS	406	22	44	SUB 23 M	3 ALIANÇA DE GANDRA	36:38:00	+5:40	03:40	36:34:00	18:01	03:37	03:48
48.	PRT	HENRIQUE PIRES	946	25	45	SEN M	15 AGUÍAS DE ALVELOS	36:39:00	+5:41	03:40	36:38:00	18:00	03:36	03:31
49.	PRT	CARLOS PIMENTA	41	44	46	VET M40	9 LUSOTEAM	36:44:00	+5:46	03:41	36:43:00	18:07	03:38	03:39
50.	PRT	ERNESTO FERREIRA	787	48	47	VET M45	5 GFD RUNNING	36:47:00	+5:49	03:41	36:46:00	18:20	03:40	
51.	PRT	AUGUSTO ANTUNES	636	55	48	VET M55	1 ARPO - AR POUSADENSE	36:48:00	+5:50	03:41	36:47:00	18:04	03:37	03:51

Geral	País	Nome	Dorsal	Idade	Sexo	Escalão	Equipa	Tempo	Dif	Ritmo 10	Chip	5 Km	Ritmo 5	Últ.Km
52.	PRT	FILIPE CARNEIRO	368	29	49	SEN M	16 ASPHALT ASSAULT TEAM	36:52:00	+5:54	03:42	36:45:00	18:22	03:41	03:35
53.	PRT	ALBERTO FONTE	824	45	50	VET M45	6 ADREP	36:56:00	+5:58	03:42	36:55:00	18:02	03:37	03:49
54.	PRT	RÚBEN ALMEIDA	546	18	51	JUN M	3 CAOB - OLIVEIRA DO BAIRRO	36:58:00	+6:00	03:42	36:56:00	18:56	03:48	03:29
55.	PRT	PEDRO GILVAZ	387	41	52	VET M40	10 INDIVIDUAL	37:03:00	+6:05	03:43	37:02:00	18:10	03:38	03:43
56.	PRT	WILLIAM Queitano	321	26	53	SEN M	17 KALENJI CLUB DECATHLON AVEIRO	37:05:00	+6:07	03:43	37:04:00	18:20	03:40	03:37
57.	PRT	JOAO REIS	576	31	54	SEN M	18 NÚCLEO ATLETISMO CUCUJÃES	37:07:00	+6:09	03:43	37:04:00	18:42	03:45	03:37
58.	PRT	FÁBIO CRUZ	382	26	55	SEN M	19 MOVIMENTO DE JUVENTUDE DE MERELIM	37:08:00	+6:10	03:43	37:04:00	19:23	03:53	03:13
59.	PRT	JOÃO POÇAS	84	41	56	VET M40	11 CLUBE LION RUNNERS	37:10:00	+6:12	03:43	37:06:00	18:23	03:41	03:43
60.	PRT	CARLOS RODRIGUES	660	27	57	SEN M	20 INDIVIDUAL	37:10:00	+6:12	03:43	37:07:00	18:21	03:41	03:52
61.	PRT	CARLOS ALMEIDA	581	45	58	VET M45	7 GDR GRANJA - TRUTAS DO MAU	37:11:00	+6:13	03:44	37:07:00	17:45	03:33	03:55
62.	PRT	RICARDO SOUSA	815	31	59	SEN M	21 TRIBO NR	37:14:00	+6:16	03:44	37:13:00	18:41	03:45	03:34
63.	PRT	RUI ALMEIDA	424	41	60	VET M40	12 GRUPO DESPORTIVO CULTURAL CODAL	37:19:00	+6:21	03:44	37:19:00	18:42	03:45	03:42
64.	PRT	CARLOS NUNES	658	37	61	VET M35	12 CASA DO POVO DE MANGUALDE	37:26:00	+6:28	03:45	37:26:00	18:27	03:42	03:41
65.	PRT	ALEXANDRA OLIVEIRA	947	25	4	SEN F	2 RECREIO DESPORTIVO DE ÁGUEDA	37:26:00	+6:28	03:45	37:25:00	18:27	03:42	03:41
66.	PRT	JOSÉ FIGUEIREDO	274	52	62	VET M50	3 AFIS/OVAR	37:32:00	+6:34	03:46	37:30:00	18:54	03:47	03:40
67.	PRT	ANTÓNIO LOURENÇO	24	47	63	VET M45	8 INDIVIDUAL	37:38:00	+6:40	03:46	37:36:00	18:52	03:47	03:40
68.	PRT	RODRIGO LOPES	836	32	64	SEN M	22 RCAUTO	37:40:00	+6:42	03:46	37:40:00	18:57	03:48	03:36
69.	PRT	JOÃO FERNANDES	877	27	65	SEN M	23 INDIVIDUAL	37:40:00	+6:42	03:46	37:37:00	18:47	03:46	03:44
70.	PRT	SÉRGIO MARTINS	833	33	66	SEN M	24 CLUBE DE CAMPISMO DE SÃO JOÃO DA MADEIRA	37:42:00	+6:44	03:47	37:39:00	18:42	03:45	03:40
71.	PRT	ALBERTO VALENTE	881	43	67	VET M40	13 CLUBE DE ATLETISMO DE OVAR	37:44:00	+6:46	03:47	37:43:00	18:56	03:48	03:40
72.	PRT	PEDRO CAPELA	204	45	68	VET M45	9 VERGABIKES	37:46:00	+6:48	03:47	37:44:00	18:37	03:44	03:43
73.	PRT	RICARDO REDONDO	656	40	69	VET M40	14 PANORAMAH	37:48:00	+6:50	03:47	37:45:00	19:34	03:55	03:24
74.	PRT	MATI DAVID	316	43	70	VET M40	15 NAVR - NÚCLEO ATLETISMO DE VILA REAL	37:52:00	+6:54	03:48	37:51:00	18:58	03:48	03:44
75.	PRT	PAULO FIGUEIREDO	801	43	71	VET M40	16 AFIS/OVAR	38:03:00	+7:05	03:49	38:03:00	18:53	03:47	03:53
76.	PRT	JOÃO SANTOS	991	41	72	VET M40	17 CASA DO POVO ALQUERUBIM	38:09:00	+7:11	03:49	37:58:00	18:58	03:48	03:34
77.	PRT	NELSON TAVARES	254	45	73	VET M45	10 INDIVIDUAL	38:12:00	+7:14	03:50	38:07:00	18:54	03:47	03:38
78.	PRT	CARLOS SEQUEIRA	364	40	74	VET M40	18 CLUBE DE ATLETISMO DE OVAR	38:13:00	+7:15	03:50	38:12:00	18:51	03:47	03:39
79.	PRT	CARMINDO SOARES	375	50	75	VET M50	4 MOVIMENTO DE JUVENTUDE DE MERELIM	38:16:00	+7:18	03:50	38:12:00	18:40	03:44	03:40
80.	PRT	JOÃO DIAS	383	28	76	SEN M	25 MOVIMENTO DE JUVENTUDE DE MERELIM	38:16:00	+7:18	03:50	38:12:00	19:00	03:48	03:40
81.	PRT	MANUEL SILVA	725	47	77	VET M45	11 INDIVIDUAL	38:21:00	+7:23	03:51	38:19:00	18:54	03:47	03:51
82.	PRT	MANUEL GASPAR	411	27	78	SEN M	26 ALIANÇA DE GANDRA	38:21:00	+7:23	03:51	38:19:00	18:53	03:47	03:41
83.	PRT	NUNO NAIÁ	220	45	79	VET M45	12 INDIVIDUAL	38:24:00	+7:26	03:51	38:21:00	19:26	03:54	03:37
84.	PRT	RICARDO PINHO	288	40	80	VET M40	19 CLUBE DE ATLETISMO DE OVAR	38:25:00	+7:27	03:51	38:24:00	18:58	03:48	03:42
85.	PRT	JUAN OLIVEIRA	626	41	81	VET M40	20 INDIVIDUAL	38:27:00	+7:29	03:51	38:22:00	19:11	03:51	03:44
86.	PRT	MIGUEL GONÇALVES	159	34	82	SEN M	27 OS BACALHAUS - PÓLO AQUÁTICO ÍLHAVO	38:28:00	+7:30	03:51	38:23:00	19:18	03:52	03:38
87.	PRT	RICARDO SARAIVA	882	49	83	VET M45	13 UNIÃO CLUBE EIRENSE	38:28:00	+7:30	03:51	38:28:00	19:23	03:53	03:40
88.	PRT	JOÃO MARTINS	604	26	84	SEN M	28 EL COMANDANTE TEAM	38:32:00	+7:34	03:52	38:30:00	19:34	03:55	03:38
89.	PRT	TIAGO TABORDA	817	34	85	SEN M	29 TRIBO NR	38:34:00	+7:36	03:52	38:33:00	18:58	03:48	03:54
90.	PRT	PEDRO CONCEIÇÃO	401	23	86	SEN M	30 CENTRO ATLETISMO TONDELA	38:34:00	+7:36	03:52	38:33:00	19:40	03:56	03:39
91.	PRT	ALEXANDRE MARQUES	579	25	87	SEN M	31 UC EIRENSE	38:35:00	+7:37	03:52	38:29:00	18:57	03:48	03:53
92.	PRT	ALEXANDRE SANTOS	476	39	88	VET M35	13 JAVALIS - AMIZADE E GLÓRIA	38:41:00	+7:43	03:53	38:38:00	18:53	03:47	03:58
93.	PRT	RICARDO PARADA	598	36	89	VET M35	14 DR. RUNNER'S TEAM	38:42:00	+7:44	03:53	38:40:00	19:10	03:50	03:50
94.	PRT	FILIPE CARVALHO	890	37	90	VET M35	15 INDIVIDUAL	38:45:00	+7:47	03:53	38:44:00	19:01	03:49	03:53
95.	PRT	ANA LUÍSA RAMOS	507	24	5	SEN F	3 INDIVIDUAL	38:46:00	+7:48	03:53	38:46:00	19:00	03:48	03:54
96.	PRT	ÓSCAR SOBRAL	832	41	91	VET M40	21 VIRIATHVS RUNNERS VISEU	38:48:00	+7:50	03:53	38:45:00	19:11	03:51	03:51
97.	PRT	NUNO SILVA	65	39	92	VET M35	16 FEDERAÇÃO DA FAMÍLIA PARA A PAZ MUNDIAL E UNIFICAÇÃO	38:49:00	+7:51	03:53	38:47:00	19:22	03:53	03:39
98.	PRT	PEDRO MARCELINO	285	41	93	VET M40	22 GRECAS - VAGOS	38:53:00	+7:55	03:54	38:47:00	19:25	03:53	
99.	PRT	ANTONIO SILVA	309	52	94	VET M50	5 ACADEMIA DO PRO	38:55:00	+7:57	03:54	38:53:00	19:16	03:52	03:46
100.	PRT	VÍTOR RIBAU	257	48	95	VET M45	14 CASA BENFICA SEIXAL	38:56:00	+7:58	03:54	38:54:00	19:17	03:52	
101.	PRT	JOÃO SIMÕES	562	38	96	VET M35	17 DCI/TRILHOS LUSO BUSSACO	38:57:00	+7:59	03:54	38:57:00	19:22	03:53	03:45
102.	PRT	PEDRO DIAS	72	28	97	SEN M	32 DÁ-LHE GÁS RUNNING TEAM	39:01:00	+8:03	03:55	38:52:00	19:39	03:56	03:40

Geral	País	Nome	Dorsal	Idade	Sexo	Escalão	Equipa	Tempo	Dif	Ritmo 10	Chip	5 Km	Ritmo 5	Últ.Km
103.	PRT	TIAGO LOPES	1016	22	98	SUB 23 M	4 OPRATICANTE.PT	39:05:00	+8:07	03:55	38:57:00	19:44	03:57	03:44
104.	PRT	MANUEL LINO	555	62	99	VET M60	1 DCI/TRILHOS LUSO BUSSACO	39:07:00	+8:09	03:55	39:05:00	19:23	03:53	03:54
105.	PRT	JORGE GOMES	147	40	100	VET M40	23 OUTLAW RUNNERS	39:09:00	+8:11	03:55	39:06:00	19:36	03:56	03:48
106.	PRT	RUI CARDOSO	322	44	101	VET M40	24 EL COMANDANTE TEAM	39:09:00	+8:11	03:55	39:07:00	19:35	03:55	03:51
107.	PRT	LUIS COIMBRA	573	31	102	SEN M	33 VISEU 360	39:10:00	+8:12	03:55	39:04:00	19:33	03:55	03:49
108.	PRT	RICARDO GERMANO	176	33	103	SEN M	34 INDIVIDUAL	39:11:00	+8:13	03:56	39:08:00	19:41	03:57	03:43
109.	PRT	PAULO LISBOA	664	44	104	VET M40	25 GDR GRANJA - TRUTAS DO MAU	39:13:00	+8:15	03:56	39:09:00	19:06	03:50	03:51
110.	PRT	RÚBEN FILIPE NEVES	1054	26	105	SEN M	35 INDIVIDUAL	39:14:00	+8:16	03:56	39:11:00	19:34	03:55	03:38
111.	PRT	RICARDO FERREIRA	381	33	106	SEN M	36 MOVIMENTO DE JUVENTUDE DE MERELIM	39:14:00	+8:16	03:56	39:06:00	19:35	03:55	03:48
112.	PRT	FILIPE C OLIVEIRA	457	46	107	VET M45	15 INDIVIDUAL	39:15:00	+8:17	03:56	38:58:00	19:42	03:57	03:48
113.	PRT	NELSON SANTOS	339	38	108	VET M35	18 INDIVIDUAL	39:16:00	+8:18	03:56	39:15:00	19:28	03:54	03:43
114.	PRT	RUI MELO	894	33	109	SEN M	37 ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA	39:19:00	+8:21	03:56	39:16:00	19:56	04:00	03:46
115.	PRT	FILIPE BARROS	348	32	110	SEN M	38 INDIVIDUAL	39:23:00	+8:25	03:57	39:17:00	19:38	03:56	03:46
116.	PRT	DAVIDE LOURENÇO	353	49	111	VET M45	16 DÍNAMO CLUBE DA ESTAÇÃO	39:23:00	+8:25	03:57	39:22:00	18:55	03:47	04:02
117.	PRT	PEDRO FAVINHA	732	46	112	VET M45	17 RUN TEJO	39:24:00	+8:26	03:57	39:20:00	19:57	04:00	03:48
118.	PRT	PAULO TEIXEIRA	87	39	113	VET M35	19 INDIVIDUAL	39:25:00	+8:27	03:57	39:21:00	19:52	03:59	03:45
119.	PRT	HERNANI FERNANDES	359	48	114	VET M45	18 CASA BENFICA SEIXAL	39:27:00	+8:29	03:57	39:22:00	19:38	03:56	03:53
120.	PRT	PAULO MONTEIRO	332	32	115	SEN M	39 INDIVIDUAL	39:27:00	+8:29	03:57	39:23:00	19:51	03:59	03:47
121.	PRT	JOSÉ PEDRO RIBEIRO	440	20	116	SUB 23 M	5 INDIVIDUAL	39:29:00	+8:31	03:57	39:22:00	19:56	04:00	03:49
122.	PRT	HUGO MOUTINHO	407	36	117	VET M35	20 ALIANÇA DE GANDRA	39:29:00	+8:31	03:57	39:22:00	20:12	04:03	03:49
123.	PRT	PEDRO GERARDO	1002	57	118	VET M55	2 CLUVE - CLUBE DE VETERANOS DE ATLETISMO DE COIMBRA	39:30:00	+8:32	03:57	39:26:00	19:32	03:55	03:52
124.	PRT	RICHARD FERREIRA	1019	38	119	VET M35	21 OPRATICANTE.PT	39:33:00	+8:35	03:58	39:23:00	19:33	03:55	03:55
125.	PRT	ANDRÉ PINA	435	34	120	SEN M	40 ARQUITECTURA DO SABER	39:36:00	+8:38	03:58	39:34:00	19:44	03:57	03:48
126.	PRT	PEDRO COUTINHO	165	35	121	VET M35	22 MOVIMENTO DE JUVENTUDE DE MERELIM	39:37:00	+8:39	03:58	39:34:00	19:24	03:53	03:56
127.	PRT	PEDRO BARBOSA	959	31	122	SEN M	41 TABERNA DO BARBOSA	39:39:00	+8:41	03:58	39:22:00	20:00	04:00	03:47
128.	FRA	JORGE FERREIRINHA	1000	36	123	VET M35	23 INDIVIDUAL	39:40:00	+8:42	03:58	39:37:00	19:39	03:56	04:04
129.	PRT	FILIPE VILLAS-BOAS	700	31	124	SEN M	42 NAVR NUCLEO ATLETISMO VILA REAL	39:40:00	+8:42	03:58	39:19:00	19:43	03:57	04:00
130.	PRT	DANIEL ARELLANO	350	33	125	SEN M	43 INDIVIDUAL	39:42:00	+8:44	03:59	39:42:00	20:22	04:05	03:43
131.	PRT	RICARDO OLIVEIRA	267	47	126	VET M45	19 EL COMANDANTE TEAM	39:42:00	+8:44	03:59	39:39:00	19:47	03:58	03:50
132.	PRT	RUI PANÇA	357	47	127	VET M45	20 CASA BENFICA SEIXAL	39:46:00	+8:48	03:59	39:41:00	19:53	03:59	03:46
133.	USA	MARCO LOPES	301	42	128	VET M40	26 INDIVIDUAL	39:48:00	+8:50	03:59	39:38:00	20:01	04:01	03:47
134.	PRT	NUNO SILVA	547	40	129	VET M40	27 CAOB - OLIVEIRA DO BAIRRO	39:49:00	+8:51	03:59	39:48:00	19:26	03:54	04:02
135.	PRT	JOSÉ SILVA	483	47	130	VET M45	21 RIPOLINS GRIJÓ A CORRER	39:50:00	+8:52	03:59	39:49:00	19:40	03:56	04:03
136.	PRT	NUNO ALBERGARIA	781	32	131	SEN M	44 INDIVIDUAL	39:53:00	+8:55	04:00	39:45:00	19:40	03:56	03:58
137.	PRT	ROBERTO LEAL	686	51	132	VET M50	6 GRUPO DESPORTIVO OS RIBEIRINHOS	39:53:00	+8:55	04:00	39:49:00	19:43	03:57	03:50
138.	PRT	RICARDO VEIGA	462	38	133	VET M35	24 GD RIBEIRINHOS	39:54:00	+8:56	04:00	39:50:00	19:21	03:53	03:51
139.	PRT	LUIS GONÇALVES	760	33	134	SEN M	45 INDIVIDUAL	39:54:00	+8:56	04:00	39:51:00	19:19	03:52	03:46
140.	PRT	SUSANA VILELA	848	36	6	VET F35	2 ADC SÃO JOÃO DA SERRA	39:55:00	+8:57	04:00	39:54:00	19:25	03:53	04:07
141.	PRT	PEDRO CANHA	827	42	135	VET M40	28 INDIVIDUAL	39:55:00	+8:57	04:00	39:53:00	19:39	03:56	03:54
142.	PRT	JOÃO DIAS	992	35	136	VET M35	25 INDIVIDUAL	39:56:00	+8:58	04:00	39:53:00	19:38	03:56	03:56
143.	PRT	NUNO SILVA	498	43	137	VET M40	29 INDIVIDUAL	39:57:00	+8:59	04:00	39:48:00	20:07	04:02	03:56
144.	PRT	JOSÉ NEVES	405	46	138	VET M45	22 ALIANÇA DE GANDRA	39:58:00	+9:00	04:00	39:54:00	19:59	04:00	04:02
145.	PRT	ANTONIO SILVA	484	54	139	VET M50	7 RIPOLINS GRIJÓ A CORRER	40:04:00	+9:06	04:01	40:04:00	19:50	03:58	03:58
146.	PRT	MIGUEL FREITAS	925	36	140	VET M35	26 EL COMANDANTE TEAM	40:07:00	+9:09	04:01	40:04:00	20:11	04:03	03:55
147.	PRT	LUIS VILELA	431	42	141	VET M40	30 MONTANHA CLUBE TRAIL RUNNING/EFAPEL	40:08:00	+9:10	04:01	40:06:00	19:40	03:56	04:02
148.	PRT	PAULO CUNHA	951	35	142	VET M35	27 ACADEMIA FERNANDA RIBEIRO	40:10:00	+9:12	04:01	40:00:00	20:19	04:04	03:54
149.	PRT	RICARDO AUXILIAR	772	27	143	SEN M	46 ALTICE LABS	40:12:00	+9:14	04:02	40:02:00	20:21	04:05	03:39
150.	PRT	HELDER COSTA	809	39	144	VET M35	28 JL ALUMINIOS	40:12:00	+9:14	04:02	40:12:00	20:06	04:02	03:52
151.	PRT	ALEX TONDELA	790	43	145	VET M40	31 MONTANHA CLUBE TRAIL RUNNING/EFAPEL	40:13:00	+9:15	04:02	40:11:00	18:43	03:45	04:04
152.	PRT	TIAGO CASTRO	773	25	146	SEN M	47 ALTICE LABS	40:15:00	+9:17	04:02	40:10:00	20:11	04:03	03:42
153.	PRT	MIGUEL CAMPOS	856	47	147	VET M45	23 TOC RUNNERS	40:16:00	+9:18	04:02	40:14:00	19:37	03:56	04:06

Geral	País	Nome	Dorsal	Idade	Sexo	Escalão	Equipa	Tempo	Dif	Ritmo 10	Chip	5 Km	Ritmo 5	Últ.Km
154.	PRT	PEDRO LARANJO	37	49	148	VET M45	24 VISEU 360	40:17:00	+9:19	04:02	40:14:00	20:25	04:05	03:54
155.	PRT	PEDRO JORGE	886	29	149	SEN M	48 ALIANÇA DE GANDRA	40:19:00	+9:21	04:02	40:19:00	20:05	04:01	03:50
156.	PRT	ARMANDO CORREIA	59	47	150	VET M45	25 GDG	40:22:00	+9:24	04:03	40:21:00	19:39	03:56	04:05
157.	PRT	MIGUEL REGO	694	38	151	VET M35	29 QUALY - PRODUTOS DE LIMPEZA	40:24:00	+9:26	04:03	40:22:00	20:22	04:05	03:51
158.	PRT	CARLOS MARTINS	840	39	152	VET M35	30 EVA MS	40:24:00	+9:26	04:03	40:19:00	19:57	04:00	04:00
159.	PRT	LUÍS FARIA	587	37	153	VET M35	31 GDR GRANJA - TRUTAS DO MAU	40:30:00	+9:32	04:03	40:16:00	20:00	04:00	04:07
160.	KEN	JOÃO MAIA	304	56	154	VET M55	3 FALCOES SELVAGENS	40:31:00	+9:33	04:04	40:30:00	19:44	03:57	04:03
161.	PRT	NUNO QUEIROZ	141	43	155	VET M40	32 GRUPO DESPORTIVO OS RIBEIRINHOS	40:33:00	+9:35	04:04	40:20:00	20:19	04:04	03:56
162.	PRT	PEDRO GUIMARAES	21	50	156	VET M50	8 A+	40:34:00	+9:36	04:04	40:34:00	20:20	04:04	03:56
163.	PRT	TONY GRAÇA	558	54	157	VET M50	9 DCI/TRILHOS LUSO BUSSACO	40:36:00	+9:38	04:04	40:34:00	19:48	03:58	04:04
164.	PRT	RUI PEREIRA	371	48	158	VET M45	26 BOAVISTA FC	40:37:00	+9:39	04:04	40:33:00	19:59	04:00	04:02
165.	PRT	CARLOS COUTO	152	45	159	VET M45	27 OUTLAW RUNNERS	40:37:00	+9:39	04:04	40:24:00	20:25	04:05	03:50
166.	PRT	Carlos Almeida	659	57	160	VET M55	4 CASA DO POVO DE MANGUALDE	40:39:00	+9:41	04:04	40:28:00	20:43	04:09	03:55
167.	PRT	LUIS COSTA	246	33	161	SEN M	49 ARCORUN	40:39:00	+9:41	04:04	40:37:00	20:24	04:05	03:52
168.	PRT	VICENTE JULIÃO	1044	28	162	SEN M	50 INDIVIDUAL	40:41:00	+9:43	04:05	40:31:00	19:41	03:57	03:55
169.	PRT	FERNANDO GONÇALVES	865	54	163	VET M50	10 ACD ILHAVOS	40:44:00	+9:46	04:05	40:27:00	20:23	04:05	04:00
170.	PRT	NUNO CACHULO	770	34	164	SEN M	51 ALTICE LABS	40:45:00	+9:47	04:05	40:35:00	20:21	04:05	04:01
171.	PRT	JOÃO NÃO	620	40	165	VET M40	33 VAGUEIRA RUNNERS	40:48:00	+9:50	04:05	40:37:00	19:42	03:57	04:12
172.	PRT	JOSÉ PIRES	685	51	166	VET M50	11 INDIVIDUAL	40:48:00	+9:50	04:05	40:47:00	20:20	04:04	04:00
173.	PRT	LÍDIA PEREIRA	136	52	7	VET F50	1 GDR GRANJA - TRUTAS DO MAU	40:51:00	+9:53	04:06	40:51:00	20:11	04:03	04:05
174.	PRT	RICARDO VEIGA	675	20	167	SUB 23 M	6 INDIVIDUAL	40:54:00	+9:56	04:06	40:51:00	20:17	04:04	04:01
175.	PRT	FRANCISCO MARQUES	1011	32	168	SEN M	52 ADCR VILAGE	40:55:00	+9:57	04:06	40:42:00	20:21	04:05	04:05
176.	PRT	JOÃO SILVA	58	38	169	VET M35	32 GDG	40:58:00	+10:00	04:06	40:58:00	20:10	04:02	03:55
177.	PRT	CLAÚDIO QUEIROGA	847	50	170	VET M50	12 DÍNAMO CLUBE DA ESTAÇÃO	40:58:00	+10:00	04:06	40:55:00	20:20	04:04	04:04
178.	PRT	ANTÓNIO PATRÍCIO	244	54	171	VET M50	13 ADR4ESTAÇÕES	41:03:00	+10:05	04:07	41:00:00	20:00	04:00	04:06
179.	PRT	ADELINO PIRES	86	45	172	VET M45	28 VISEU 360	41:06:00	+10:08	04:07	40:54:00	20:21	04:05	04:04
180.	PRT	JOÃO AMARAL	895	22	173	SUB 23 M	7 RUNNERS DO DEMO	41:07:00	+10:09	04:07	40:50:00	20:25	04:05	03:42
181.	BRA	ELIAS SOUZA	892	47	174	VET M45	29 BIO TEAM RUN	41:12:00	+10:14	04:08	41:05:00	20:29	04:06	03:57
182.	PRT	LUÍS RABAÇA	926	43	175	VET M40	34 INDIVIDUAL	41:13:00	+10:15	04:08	40:49:00	20:53	04:11	03:45
183.	PRT	JACINTO SARAIVA	323	60	176	VET M60	2 INDIVIDUAL	41:19:00	+10:21	04:08	41:19:00	20:53	04:11	04:03
184.	PRT	JOAQUIM GODINHO	559	65	177	VET M65	1 DCI/TRILHOS LUSO BUSSACO	41:22:00	+10:24	04:09	41:22:00	20:29	04:06	04:04
185.	PRT	JORGE CORREIA	522	48	178	VET M45	30 VIRIATHVS RUNNERS VISEU	41:23:00	+10:25	04:09	41:23:00	19:51	03:59	
186.	PRT	CARLOS "CALÍGULA"SILVA	878	55	179	VET M55	5 PERNAS INERTES - LENTOS DESDE 2017	41:25:00	+10:27	04:09	41:16:00	20:40	04:08	03:57
187.	PRT	LUIS SILVA	62	38	180	VET M35	33 INDIVIDUAL	41:25:00	+10:27	04:09	41:15:00	20:08	04:02	04:09
188.	PRT	RUI MOURA	85	37	181	VET M35	34 INDIVIDUAL	41:26:00	+10:28	04:09	41:21:00	20:18	04:04	04:00
189.	PRT	NUNO GOMES	229	38	182	VET M35	35 ADE TRAIL RUNNING	41:28:00	+10:30	04:09	41:24:00	20:31	04:07	04:09
190.	PRT	MANUEL FERREIRA	40	48	183	VET M45	31 ADABEM RUNNING TEAM	41:29:00	+10:31	04:09	41:24:00	20:46	04:10	04:01
191.	PRT	FRANCISCO COSTA	775	51	184	VET M50	14 ALTICE LABS	41:29:00	+10:31	04:09	41:24:00	20:24	04:05	04:02
192.	PRT	CARLOS CUNHA	556	54	185	VET M50	15 DCI/TRILHOS LUSO BUSSACO	41:35:00	+10:37	04:10	41:33:00	20:25	04:05	04:13
193.	PRT	HEITOR ARAÚJO	20	53	186	VET M50	16 INDIVIDUAL	41:42:00	+10:44	04:11	41:33:00	21:20	04:16	03:57
194.	PRT	JOSÉ SÁ	50	39	187	VET M35	36 LION RUNNERS - G. D. LEÕES DA GUARDA	41:42:00	+10:44	04:11	41:35:00	20:47	04:10	04:17
195.	PRT	LENADRO SANTOS	859	21	188	SUB 23 M	8 ACD ILHAVOS	41:46:00	+10:48	04:11	41:42:00	20:23	04:05	04:05
196.	PRT	SERAFIM SOARES	676	53	189	VET M50	17 INDIVIDUAL	41:48:00	+10:50	04:11	41:31:00	21:07	04:14	03:57
197.	PRT	OCTÁVIO CAPELA	592	55	190	VET M55	6 GDR GRANJA - TRUTAS DO MAU	41:48:00	+10:50	04:11	41:40:00	20:49	04:10	
198.	PRT	JOÃO FILIPE	731	24	191	SEN M	53 INDIVIDUAL	41:48:00	+10:50	04:11	41:34:00	21:20	04:16	03:58
199.	PRT	NUNO CARROLA	891	45	192	VET M45	32 ESTRELA CAMPO DA AVIAÇÃO FUTEBOL CLUBE	41:53:00	+10:55	04:12	41:53:00	21:02	04:13	04:09
200.	PRT	PAULO FIDALGO	871	38	193	VET M35	37 INDIVIDUAL	41:55:00	+10:57	04:12	41:52:00	20:54	04:11	04:08
201.	PRT	SALVADOR PEREIRA	593	23	194	SEN M	54 GDR GRANJA - TRUTAS DO MAU	41:56:00	+10:58	04:12	41:50:00	20:53	04:11	04:11
202.	PRT	BRUNO FERREIRA	764	35	195	VET M35	38 INDIVIDUAL	41:59:00	+11:01	04:12	41:51:00	21:10	04:14	
203.	PRT	BRUNO SANTOS	307	36	196	VET M35	39 GD RIBEIRINHOS	41:59:00	+11:01	04:12	41:46:00	21:00	04:12	04:06
204.	PRT	JOSE CARLOS SANTOS	460	53	197	VET M50	18 RG LEVANTA POEIRA	42:00:00	+11:02	04:12	41:50:00	21:10	04:14	04:05

Geral	País	Nome	Dorsal	Idade	Sexo	Escalão	Equipa	Tempo	Dif	Ritmo 10	Chip	5 Km	Ritmo 5	Últ.Km
205.	PRT	CLÁUDIO PEREIRA	210	39	198	VET M35	40 INDIVIDUAL	42:00:00	+11:02	04:12	41:50:00	20:36	04:08	04:07
206.	PRT	FERNANDO FREIRE	867	45	199	VET M45	33 INDIVIDUAL	42:00:00	+11:02	04:12	41:54:00	21:10	04:14	03:56
207.	PRT	JOÃO PORTUGAL	755	43	200	VET M40	35 INDIVIDUAL	42:01:00	+11:03	04:13	41:56:00	20:40	04:08	04:02
208.	PRT	PEDRO NECHO	276	43	201	VET M40	36 AFIS/OVAR	42:02:00	+11:04	04:13	41:56:00	20:59	04:12	04:05
209.	PRT	JOSÉ GOUVEIA	608	52	202	VET M50	19 VISEU 360	42:06:00	+11:08	04:13	41:53:00	20:50	04:10	04:16
210.	PRT	LUIS S BARBOSA	1005	43	203	VET M40	37 INDIVIDUAL	42:08:00	+11:10	04:13	41:53:00	21:10	04:14	03:58
211.	PRT	JORGE COSTA	998	41	204	VET M40	38 INDIVIDUAL	42:09:00	+11:11	04:13	41:55:00	21:03	04:13	
212.	PRT	PAULO FERNANDES	640	41	205	VET M40	39 DR. RUNNER'S TEAM	42:11:00	+11:13	04:14	42:09:00	21:06	04:14	03:53
213.	PRT	PEDRO RODRIGUES	736	41	206	VET M40	40 AMINHACORRIDA	42:12:00	+11:14	04:14	42:07:00	20:46	04:10	04:02
214.	PRT	PEDRO BATISTA	32	40	207	VET M40	41 INDIVIDUAL	42:12:00	+11:14	04:14	42:06:00	20:46	04:10	04:04
215.	PRT	RICARDO BRANQUINHO	511	31	208	SEN M	55 NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	42:14:00	+11:16	04:14	41:59:00	21:06	04:14	04:04
216.	PRT	PEDRO MAGALHÃES	428	41	209	VET M40	42 INDIVIDUAL	42:14:00	+11:16	04:14	42:11:00	20:47	04:10	04:05
217.	PRT	LEONÍDO AFONSO	337	57	210	VET M55	7 CASA DO BENFICA EM CASTELO BRANCO	42:15:00	+11:17	04:14	42:14:00	20:40	04:08	04:13
218.	PRT	MÁRIO MARTINS	300	52	211	VET M50	20 OS KÁGADOS	42:18:00	+11:20	04:14	42:15:00	20:51	04:11	04:10
219.	PRT	RUI FREITAS	433	41	212	VET M40	43 ESGALHADA TRAIL TEAM	42:23:00	+11:25	04:15	42:16:00	21:16	04:16	04:02
220.	PRT	JOSÉ GASPAS	563	39	213	VET M35	41 DCI/TRILHOS LUSO BUSSACO	42:23:00	+11:25	04:15	42:14:00	20:33	04:07	04:22
221.	PRT	FERNANDO MENDES	884	48	214	VET M45	34 INDIVIDUAL	42:24:00	+11:26	04:15	42:18:00	21:11	04:15	04:01
222.	PRT	PAULO SILVA	369	31	215	SEN M	56 ASPHALT ASSAULT TEAM	42:26:00	+11:28	04:15	42:16:00	21:19	04:16	03:57
223.	PRT	ROBERTO LADEIRAS	789	27	216	SEN M	57 GFD RUNNING	42:27:00	+11:29	04:15	42:27:00	16:11	03:15	
224.	PRT	FILIPE MOTA	429	37	217	VET M35	42 C.D.C. PARADELA	42:27:00	+11:29	04:15	42:19:00	21:27	04:18	03:57
225.	PRT	FRANCISCO CARVALHO	492	17	218	JUN M	4 TEAM CARVALHO'S	42:28:00	+11:30	04:15	42:16:00	21:23	04:17	04:01
226.	PRT	JIL COELHO	303	32	219	SEN M	58 C.D.C. PARADELA	42:28:00	+11:30	04:15	42:28:00	21:27	04:18	03:58
227.	PRT	JOÃO RIBEIRO	486	45	220	VET M45	35 MOLINHAS TEAM	42:31:00	+11:33	04:16	42:22:00	21:05	04:13	04:11
228.	PRT	VENANCIO RODRIGUES	965	46	221	VET M45	36 INDIVIDUAL	42:31:00	+11:33	04:16	42:23:00	21:31	04:19	04:09
229.	PRT	PEDRO VIEIRA	258	39	222	VET M35	43 A.D.AMARANTE TRAIL RUNNING	42:32:00	+11:34	04:16	42:30:00	20:51	04:11	04:13
230.	PRT	PAULO MOTA	474	47	223	VET M45	37 G.D.RONDA	42:33:00	+11:35	04:16	42:26:00	20:28	04:06	04:20
231.	PRT	PAULO OLIVEIRA	473	33	224	SEN M	59 PERALTAFIL RUNNING	42:34:00	+11:36	04:16	42:25:00	20:31	04:07	04:19
232.	PRT	CELSO SILVA	472	37	225	VET M35	44 G.D.RONDA	42:34:00	+11:36	04:16	42:28:00	20:31	04:07	04:19
233.	PRT	VITOR PEREIRA	5	36	226	VET M35	45 ÁGUEDA ACTION CLUB - ACTIB	42:37:00	+11:39	04:16	42:26:00	21:08	04:14	04:05
234.	PRT	LUCIO VENTURA	782	49	227	VET M45	38 FRUTAS SALEIRO	42:37:00	+11:39	04:16	42:30:00	21:12	04:15	03:58
235.	PRT	ANDRÉ CORREIA	872	25	228	SEN M	60 INDIVIDUAL	42:39:00	+11:41	04:16	42:25:00	22:10	04:26	03:54
236.	PRT	PAULO LOPES	1017	35	229	VET M35	46 OPRATICANTE.PT	42:41:00	+11:43	04:17	42:33:00	20:52	04:11	04:03
237.	PRT	HUGO MACHADO	48	28	230	SEN M	61 LION RUNNERS - G. D. LEÕES DA GUARDA	42:42:00	+11:44	04:17	42:38:00	19:52	03:59	04:53
238.	PRT	DANIEL AGUIAR	829	38	231	VET M35	47 INDIVIDUAL	42:42:00	+11:44	04:17	42:31:00	21:05	04:13	04:20
239.	PRT	MIGUEL LAMAS	489	28	232	SEN M	62 INDIVIDUAL	42:43:00	+11:45	04:17	42:31:00	21:14	04:15	03:58
240.	PRT	RUI FERNANDES	941	30	233	SEN M	63 JL ALUMINIOS	42:45:00	+11:47	04:17	42:32:00	21:31	04:19	03:54
241.	PRT	FERNANDO MORAIS	93	57	234	VET M55	8 INDIVIDUAL	42:48:00	+11:50	04:17	42:45:00	20:32	04:07	04:26
242.	PRT	EDUARDO GARCIA	930	37	235	VET M35	48 ATLETISMO CLUBE DA TOCHA	42:49:00	+11:51	04:17	42:41:00	21:09	04:14	04:15
243.	PRT	RICARDO LEITE	471	36	236	VET M35	49 INDIVIDUAL	42:54:00	+11:56	04:18	42:39:00	21:25	04:17	04:22
244.	PRT	JOSÉ MONTEIRO	352	63	237	VET M60	3 GDC BANCO DE PORTUGAL	42:54:00	+11:56	04:18	42:54:00	21:11	04:15	04:22
245.	PRT	NUNO MARIZ	68	41	238	VET M40	44 ALL FOR ONE	42:57:00	+11:59	04:18	42:38:00	21:09	04:14	04:10
246.	PRT	PAULO MOURA	225	39	239	VET M35	50 INDIVIDUAL	42:58:00	+12:00	04:18	42:49:00	20:58	04:12	04:19
247.	PRT	JORGE AMÍLCAR	702	39	240	VET M35	51 NAVR - NÚCLEO ATLETISMO DE VILA REAL	43:05:00	+12:07	04:19	42:44:00	21:53	04:23	04:10
248.	PRT	FILIPE ANDRÉ	528	35	241	VET M35	52 HELIFLEX	43:07:00	+12:09	04:19	42:59:00	21:09	04:14	
249.	PRT	SÉRGIO BAPTISTA	461	28	242	SEN M	64 INDIVIDUAL	43:09:00	+12:11	04:19	42:59:00	21:45	04:21	04:05
250.	PRT	SÉRGIO MOTA	297	47	243	VET M45	39 INDIVIDUAL	43:11:00	+12:13	04:20	43:05:00	21:47	04:22	04:09
251.	PRT	AGNELO SILVA	603	33	244	SEN M	65 VAGUEIRA RUNNERS	43:11:00	+12:13	04:20	43:01:00	21:16	04:16	
252.	PRT	TIAGO OLIVEIRA	644	32	245	SEN M	66 INDIVIDUAL	43:12:00	+12:14	04:20	42:57:00	21:12	04:15	04:18
253.	PRT	LUÍS ISIDORO	127	35	246	VET M35	53 INDIVIDUAL	43:12:00	+12:14	04:20	43:01:00	21:25	04:17	04:20
254.	PRT	DANY MELO	697	34	247	SEN M	67 INDIVIDUAL	43:15:00	+12:17	04:20	43:02:00	20:45	04:09	04:21
255.	PRT	DANIEL VIEIRA	432	35	248	VET M35	54 INDIVIDUAL	43:17:00	+12:19	04:20	43:09:00	21:47	04:22	04:00

Geral	País	Nome	Dorsal	Idade	Sexo	Escalão	Equipa	Tempo	Dif	Ritmo 10	Chip	5 Km	Ritmo 5	Últ.Km
256.	PRT	JOÃO MALHEIRO	1001	32	249	SEN M	68 INDIVIDUAL	43:19:00	+12:21	04:20	43:04:00	21:28	04:18	04:21
257.	PRT	PEDRO LOPES	97	32	250	SEN M	69 VIRIATHVS RUNNERS VISEU	43:21:00	+12:23	04:21	43:14:00	20:35	04:07	04:33
258.	PRT	RUI EUSEBIO	747	51	251	VET M50	21 ACADEMIA FERNANDA RIBEIRO	43:24:00	+12:26	04:21	43:15:00	21:37	04:20	
259.	PRT	MÁRIO RODRIGUES	583	44	252	VET M40	45 GDR GRANJA - TRUTAS DO MAU	43:25:00	+12:27	04:21	43:12:00	21:30	04:18	04:15
260.	PRT	JOSÉ FERNANDES	360	55	253	VET M55	9 CASA BENFICA SEIXAL	43:31:00	+12:33	04:22	43:17:00	22:09	04:26	04:14
261.	PRT	JORGE COSTA	98	34	254	SEN M	70 INDIVIDUAL	43:31:00	+12:33	04:22	43:25:00	21:43	04:21	
262.	PRT	ARMANDO CASTRO	723	52	255	VET M50	22 INDIVIDUAL	43:34:00	+12:36	04:22	43:25:00	21:54	04:23	04:07
263.	PRT	NELSON GOMES	414	41	256	VET M40	46 INDIVIDUAL	43:36:00	+12:38	04:22	43:26:00	22:07	04:26	04:15
264.	PRT	MIGUEL SILVA	707	49	257	VET M45	40 INDIVIDUAL	43:37:00	+12:39	04:22	43:23:00	22:24	04:29	04:07
265.	PRT	NÉLIO VIEIRA	169	28	258	SEN M	71 ACBATALHA	43:38:00	+12:40	04:22	43:25:00	21:34	04:19	04:20
266.	PRT	MANUEL CARDOSO	796	34	259	SEN M	72 INDIVIDUAL	43:40:00	+12:42	04:22	43:32:00	22:05	04:25	04:11
267.	PRT	ANTÓNIO MELO	122	53	260	VET M50	23 VISEU 360	43:41:00	+12:43	04:23	43:30:00	22:00	04:24	04:13
268.	PRT	PEDRO GIL	566	46	261	VET M45	41 INDIVIDUAL	43:42:00	+12:44	04:23	43:32:00	21:47	04:22	04:23
269.	PRT	SUSANA MEIRELES	821	22	8	SUB 23 F	1 ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA	43:42:00	+12:44	04:23	43:34:00	21:57	04:24	04:15
270.	PRT	HERNANI TAVARES	980	45	262	VET M45	42 AGARRADOS AO BTT / IRBAL	43:43:00	+12:45	04:23	43:36:00	22:06	04:26	04:07
271.	PRT	ADÉRITO ALVES	939	68	263	VET M65	2 SALGUEIROS RUNNING	43:45:00	+12:47	04:23	43:39:00	21:36	04:20	04:10
272.	PRT	JOSÉ CORTESÃO	421	60	264	VET M60	4 INDIVIDUAL	43:47:00	+12:49	04:23	43:42:00	22:15	04:27	04:09
273.	PRT	BRUNO CURTO	213	30	265	SEN M	73 TAINADAS RUN TEAM	43:48:00	+12:50	04:23	43:41:00	21:25	04:17	04:23
274.	PRT	MIGUEL DIAS	313	44	266	VET M40	47 BOAVISTA FC	43:50:00	+12:52	04:23	43:41:00	21:08	04:14	04:26
275.	PRT	VASCO MONTEIRO	42	44	267	VET M40	48 GD RIBEIRINHOS	43:52:00	+12:54	04:24	43:16:00	21:46	04:22	
276.	PRT	JOÃO CASTRO	47	53	268	VET M50	24 INDIVIDUAL	43:54:00	+12:56	04:24	43:47:00	21:18	04:16	04:33
277.	PRT	BRUNO REI	172	30	269	SEN M	74 INDIVIDUAL	43:55:00	+12:57	04:24	43:41:00	21:13	04:15	04:13
278.	PRT	RAFAEL DIAS	601	34	270	SEN M	75 INDIVIDUAL	43:56:00	+12:58	04:24	43:49:00	21:28	04:18	04:27
279.	PRT	RICARDO MELO	623	40	271	VET M40	49 INDIVIDUAL	43:58:00	+13:00	04:24	43:49:00	22:06	04:26	04:19
280.	PRT	SOFIA PIMENTA	49	39	9	VET F35	3 LION RUNNERS - G. D. LEÕES DA GUARDA	43:58:00	+13:00	04:24	43:50:00	21:47	04:22	04:24
281.	PRT	LUÍS OLIVEIRA	846	30	272	SEN M	76 INDIVIDUAL	44:03:00	+13:05	04:25	43:49:00	21:53	04:23	04:16
282.	PRT	PAULO MOREIRA	410	52	273	VET M50	25 INDIVIDUAL	44:04:00	+13:06	04:25	43:41:00	22:34	04:31	
283.	PRT	FÁBIO PIZARRO	987	33	274	SEN M	77 INDIVIDUAL	44:06:00	+13:08	04:25	43:38:00	21:25	04:17	04:24
284.	PRT	NUNO MILHEIRO	596	42	275	VET M40	50 RUNNING ESPINHO	44:08:00	+13:10	04:25	43:57:00	21:41	04:21	04:22
285.	PRT	MANUEL SILVA	500	54	276	VET M50	26 PERNA MANCA	44:12:00	+13:14	04:26	44:04:00	21:15	04:15	04:36
286.	PRT	JOSÉ MONTEIRO	740	34	277	SEN M	78 HELIFLEX	44:15:00	+13:17	04:26	43:54:00	22:17	04:28	04:10
287.	PRT	ALCINO PINTO	729	43	278	VET M40	51 ATHLON RUNNERS	44:22:00	+13:24	04:27	44:18:00	22:13	04:27	04:13
288.	PRT	JOSÉ PINHO	441	27	279	SEN M	79 PINHO'S	44:22:00	+13:24	04:27	44:16:00	21:54	04:23	04:24
289.	PRT	TOMÉ MATOS	767	28	280	SEN M	80 ALTICE LABS	44:23:00	+13:25	04:27	44:02:00	22:16	04:28	
290.	PRT	BRUNO PIORRO	256	33	281	SEN M	81 INDIVIDUAL	44:27:00	+13:29	04:27	44:19:00	21:36	04:20	04:00
291.	PRT	TILA PINA	582	43	10	VET F40	2 GDR GRANJA - TRUTAS DO MAU	44:28:00	+13:30	04:27	44:24:00	22:14	04:27	
292.	PRT	AGOSTINHO MOREIRA	197	47	282	VET M45	43 INDIVIDUAL	44:30:00	+13:32	04:27	44:24:00	22:05	04:25	04:18
293.	PRT	ARNALDO TOMÁS	390	44	283	VET M40	52 ADR4ESTAÇÕES	44:31:00	+13:33	04:28	44:17:00	22:01	04:25	04:27
294.	PRT	BRUNO MIGUEIS	180	17	284	JUN M	5 VAMOS A PÉ	44:34:00	+13:36	04:28	44:17:00	22:13	04:27	04:16
295.	PRT	CARLOS CORREIA	266	48	285	VET M45	44 INDIVIDUAL	44:36:00	+13:38	04:28	44:35:00	20:46	04:10	
296.	PRT	MARCOS ALVES	813	43	286	VET M40	53 TRIBO NR	44:36:00	+13:38	04:28	44:30:00	22:02	04:25	04:15
297.	PRT	ANTÓNIO MATEUS	567	45	287	VET M45	45 ALL FOR ONE	44:37:00	+13:39	04:28	44:24:00	21:32	04:19	04:23
298.	PRT	JOÃO QUINTINO	818	33	288	SEN M	82 TRIBO NR	44:37:00	+13:39	04:28	44:19:00	22:49	04:34	04:09
299.	PRT	ANDRÉ FILIPE REBELO	95	25	289	SEN M	83 EDUART COMPONENTES CALÇADO	44:39:00	+13:41	04:28	44:33:00	22:12	04:27	
300.	PRT	RENATO CRISTINA	356	46	290	VET M45	46 CASA BENFICA SEIXAL	44:39:00	+13:41	04:28	44:26:00	22:11	04:27	04:22
301.	PRT	FRANCISCO SILVA	349	57	291	VET M55	10 ARCD VENDA DA LUISA	44:40:00	+13:42	04:28	44:26:00	22:36	04:32	04:16
302.	PRT	DANIELA CARDOSO	990	27	11	SEN F	4 SPORTING CLUBE DE BRAGA	44:41:00	+13:43	04:29	44:07:00	22:56	04:36	04:04
303.	PRT	JOSÉ LOPES	110	54	292	VET M50	27 ESTRELA CAMPO DA AVIAÇÃO FUTEBOL CLUBE	44:42:00	+13:44	04:29	44:27:00	22:25	04:29	04:35
304.	PRT	HUGO NUNES	311	36	293	VET M35	55 INDIVIDUAL	44:43:00	+13:45	04:29	44:11:00	23:07	04:38	04:08
305.	PRT	RAFAEL MARQUES	611	32	294	SEN M	84 RUNNERS IN PART TIME	44:44:00	+13:46	04:29	44:30:00	22:04	04:25	04:34
306.	PRT	AVELINO RODRIGUES	837	44	295	VET M40	54 INDIVIDUAL	44:44:00	+13:46	04:29	44:34:00	22:02	04:25	04:21

Geral	País	Nome	Dorsal	Idade	Sexo	Escalão	Equipa	Tempo	Dif	Ritmo 10	Chip	5 Km	Ritmo 5	Últ.Km
307.	PRT	MARISA SANTOS	940	30	12	SEN F	5 JL ALUMINIOS	44:45:00	+13:47	04:29	44:33:00	22:29	04:30	04:13
308.	PRT	MIGUEL MIRANDA	292	48	296	VET M45	47 KIRCHHOFF - KONECT RUNNING TEAM	44:49:00	+13:51	04:29	44:33:00	22:23	04:29	04:23
309.	PRT	HILÁRIO ESPADILHA	45	46	297	VET M45	48 OS QUARTAS RUNNING GROUP	44:50:00	+13:52	04:29	44:39:00	22:23	04:29	04:24
310.	PRT	VÍTOR ALEXIS	1004	37	298	VET M35	56 INDIVIDUAL	44:53:00	+13:55	04:30	44:34:00	22:46	04:34	04:11
311.	PRT	ANTONIO SILVA	499	40	299	VET M40	55 PERNA MANCA	44:54:00	+13:56	04:30	44:48:00	21:33	04:19	04:33
312.	PRT	ANTÓNIO A. SILVA	713	45	300	VET M45	49 INDIVIDUAL	44:55:00	+13:57	04:30	44:43:00	22:20	04:28	04:17
313.	FRA	PHILIPPE BAUDET	185	54	301	VET M50	28 INDIVIDUAL	44:56:00	+13:58	04:30	44:51:00	22:05	04:25	
314.	PRT	RICARDO RIBEIRO	726	47	302	VET M45	50 INDIVIDUAL	44:57:00	+13:59	04:30	44:57:00	22:08	04:26	04:25
315.	PRT	PAULO GONÇALVES	964	35	303	VET M35	57 GO MOVE	44:57:00	+13:59	04:30	44:46:00	22:44	04:33	04:02
316.	PRT	NUNO FRANCO	346	41	304	VET M40	56 CLUVE - CLUBE DE VETERANOS DE ATLETISMO DE COIMBRA	45:00:00	+14:02	04:30	44:55:00	22:21	04:29	04:24
317.	PRT	LUÍS SOARES	727	49	305	VET M45	51 OS QUARTAS RUNNING GROUP	45:00:00	+14:02	04:30	44:42:00	22:09	04:26	04:33
318.	PRT	HELENA MOREIRA	66	42	13	VET F40	3 FEDERAÇÃO DA FAMÍLIA PARA A PAZ MUNDIAL E UNIFICAÇÃO	45:00:00	+14:02	04:30	44:55:00	22:22	04:29	04:22
319.	PRT	MIGUEL COIMBRA	228	54	306	VET M50	29 UC EIRENSE	45:01:00	+14:03	04:31	44:51:00	21:42	04:21	04:48
320.	PRT	CARLOS OLIVEIRA	56	47	307	VET M45	52 BOAVISTA FC	45:03:00	+14:05	04:31	44:56:00	22:44	04:33	04:27
321.	PRT	SÉRGIO MANUEL	876	36	308	VET M35	58 INDIVIDUAL	45:04:00	+14:06	04:31	44:49:00	22:48	04:34	04:22
322.	PRT	LUIS COSTA	745	47	309	VET M45	53 RUNNING CLUBE DE COIMBRA	45:06:00	+14:08	04:31	45:00:00	22:05	04:25	04:25
323.	PRT	TIAGO GANDAREZ	780	31	310	SEN M	85 ALTICE LABS	45:08:00	+14:10	04:31	44:31:00	23:10	04:38	04:25
324.	PRT	EMANUEL RIBEIRO	187	37	311	VET M35	59 INDIVIDUAL	45:09:00	+14:11	04:31	44:59:00	21:52	04:23	04:48
325.	PRT	DOMINGOS ALMEIDA	800	61	312	VET M60	5 INDIVIDUAL	45:10:00	+14:12	04:31	45:05:00	22:25	04:29	
326.	PRT	NUNO COUTO	981	43	313	VET M40	57 EL COMANDANTE TEAM	45:13:00	+14:15	04:32	44:57:00	23:03	04:37	04:16
327.	PRT	ANTÓNIO FERNANDES	852	49	314	VET M45	54 TOC RUNNERS	45:14:00	+14:16	04:32	44:56:00	22:48	04:34	04:17
328.	PRT	FILIFE SOUSA	720	38	315	VET M35	60 PACERS	45:17:00	+14:19	04:32	44:59:00	22:45	04:33	04:35
329.	PRT	JOAO ALMADA	73	59	316	VET M55	11 INDIVIDUAL	45:17:00	+14:19	04:32	45:11:00	22:25	04:29	04:30
330.	PRT	PATRÍCIO SANTOS	768	35	317	VET M35	61 ALTICE LABS	45:17:00	+14:19	04:32	44:58:00	22:49	04:34	04:14
331.	PRT	JORGE PEREIRA	11	29	318	SEN M	86 OZXTREME/ADCRPEREIRA	45:18:00	+14:20	04:32	45:13:00	21:55	04:23	04:44
332.	PRT	JOÃO CAPELÔA	798	55	319	VET M55	12 HELIFLEX	45:20:00	+14:22	04:32	45:09:00	22:20	04:28	04:33
333.	PRT	DANIEL CARVALHO	491	28	320	SEN M	87 TEAM CARVALHO'S	45:21:00	+14:23	04:33	45:08:00	22:25	04:29	04:37
334.	PRT	LUÍS SANTOS	706	49	321	VET M45	55 GD RIBEIRINHOS	45:22:00	+14:24	04:33	45:16:00	22:28	04:30	
335.	PRT	RICARDO TRIGUEIRO	458	36	322	VET M35	62 G.S. ADICENSE	45:22:00	+14:24	04:33	45:12:00	22:07	04:26	04:16
336.	PRT	JOSE ALMEIDA	673	53	323	VET M50	30 TONDELA RUNNERS	45:24:00	+14:26	04:33	45:12:00	22:13	04:27	04:41
337.	PRT	RICARDO OLIVEIRA	607	35	324	VET M35	63 INDIVIDUAL	45:25:00	+14:27	04:33	45:12:00	22:19	04:28	04:29
338.	PRT	PEDRO BODAS	594	36	325	VET M35	64 VAGUEIRA RUNNERS	45:25:00	+14:27	04:33	45:14:00	22:46	04:34	04:30
339.	PRT	MARCO GOMES	906	38	326	VET M35	65 JOÃO SILVA CCR PRAIA DE MIRA	45:27:00	+14:29	04:33	44:53:00	22:45	04:33	04:30
340.	PRT	HÉLDER AGUIAR	439	35	327	VET M35	66 PORCUPINE MONKEYS	45:32:00	+14:34	04:34	45:12:00	22:30	04:30	
341.	PRT	RAFAEL MOURA	942	18	328	JUN M	6 INDIVIDUAL	45:33:00	+14:35	04:34	45:17:00	22:45	04:33	04:26
342.	PRT	PAULO J FERREIRA	235	43	329	VET M40	58 GD RIBEIRINHOS	45:39:00	+14:41	04:34	45:33:00	22:46	04:34	04:35
343.	PRT	JOSE VIEIRA	347	47	330	VET M45	56 INDIVIDUAL	45:42:00	+14:44	04:35	45:31:00	22:00	04:24	04:46
344.	PRT	RENATO COELHO	999	41	331	VET M40	59 INDIVIDUAL	45:43:00	+14:45	04:35	45:28:00	22:27	04:30	04:45
345.	PRT	PAULO TAVARES	575	51	332	VET M50	31 INDIVIDUAL	45:45:00	+14:47	04:35	45:24:00	22:46	04:34	04:42
346.	PRT	MAFALDA OLIVEIRA	31	26	14	SEN F	6 ATLETICO DA MADALENA	45:45:00	+14:47	04:35	45:26:00	22:31	04:31	04:27
347.	PRT	HEBER PIRES	744	34	333	SEN M	88 PASCOALITOS A.D.BARCOUÇO	45:46:00	+14:48	04:35	45:25:00	21:45	04:21	04:18
348.	PRT	MANUEL SANTOS	480	62	334	VET M60	6 UC EIRENSE	45:49:00	+14:51	04:35	45:32:00	22:41	04:33	04:31
349.	PRT	JORGE DUARTE	376	47	335	VET M45	57 MOVIMENTO DE JUVENTUDE DE MERELIM	45:55:00	+14:57	04:36	45:19:00	22:50	04:34	
350.	PRT	FERNANDO PATO	468	65	336	VET M65	3 ADREP	46:00:00	+15:02	04:36	45:54:00	22:46	04:34	04:29
351.	PRT	RUI SILVA	482	52	337	VET M50	32 A D RIO LARGO C ESPINHO	46:01:00	+15:03	04:37	46:00:00	21:41	04:21	04:59
352.	PRT	JOAQUIM ALMEIDA	418	59	338	VET M55	13 COIMBRA TRAIL RUNNING	46:03:00	+15:05	04:37	45:49:00	22:14	04:27	04:33
353.	PRT	EURICO ALVES	661	32	339	SEN M	89 INDIVIDUAL	46:05:00	+15:07	04:37	45:55:00	22:16	04:28	04:48
354.	PRT	ADÉRITO CURTO	192	58	340	VET M55	14 GIRA SOL	46:05:00	+15:07	04:37	45:58:00	22:12	04:27	04:41
355.	PRT	ANTONIO TEIXEIRA	4	52	341	VET M50	33 INDIVIDUAL	46:08:00	+15:10	04:37	45:56:00	22:41	04:33	04:36
356.	PRT	MARTA MARTINS	540	38	15	VET F35	4 INDIVIDUAL	46:08:00	+15:10	04:37	45:52:00	22:55	04:35	04:29
357.	PRT	RICARDO CARVALHEIRA	869	37	342	VET M35	67 JMP TEAM	46:11:00	+15:13	04:38	45:57:00	22:48	04:34	04:33

Geral	País	Nome	Dorsal	Idade	Sexo	Escalão	Equipa	Tempo	Dif	Ritmo 10	Chip	5 Km	Ritmo 5	Últ.Km
358.	PRT	PEDRO VICENTE	674	55	343	VET M55	15 INDIVIDUAL	46:11:00	+15:13	04:38	45:56:00	23:01	04:37	04:27
359.	PRT	RAFAEL PESSOA	957	28	344	SEN M	90 BAGA TEAM	46:11:00	+15:13	04:38	45:38:00	24:08:00	04:50	
360.		Dalila Rumao	1064	26	16	SEN F	7 CASA DO BENFICA EM CASTELO BRANCO	46:14:00	+15:16	04:38	46:03:00	22:44	04:33	04:36
361.	PRT	JORGE FIGUEIREDO	464	48	345	VET M45	58 LION RUNNERS - G. D. LEÕES DA GUARDA	46:21:00	+15:23	04:39	46:08:00	22:37	04:32	
362.	PRT	RICARDO ROCHA	408	29	346	SEN M	91 ALIANÇA DE GANDRA	46:23:00	+15:25	04:39	46:15:00	22:29	04:30	04:57
363.	PRT	MÁRCIO SILVA	838	34	347	SEN M	92 INDIVIDUAL	46:23:00	+15:25	04:39	46:01:00	23:12	04:39	04:28
364.	PRT	ARMÉNIO NEVES	262	65	348	VET M65	4 OS QUARTAS RUNNING GROUP	46:23:00	+15:25	04:39	46:12:00	22:50	04:34	04:22
365.	PRT	ANA LOURIDO	712	38	17	VET F35	5 TRAININGTHEONLINEDISTANCE	46:26:00	+15:28	04:39	46:16:00	23:36	04:44	04:26
366.	PRT	ODERLINDO VIDA	753	54	349	VET M50	34 CASA DO BENFICA EM CASTELO BRANCO	46:26:00	+15:28	04:39	46:11:00	23:11	04:39	
367.	PRT	RUI PEDRINHO	928	48	350	VET M45	59 CASAS Y COMPANHIA - IMOBILIÁRIA	46:28:00	+15:30	04:39	46:16:00	22:45	04:33	04:47
368.	PRT	TIAGO LOURENÇO	2	45	351	VET M45	60 INDIVIDUAL	46:28:00	+15:30	04:39	46:10:00	23:15	04:39	
369.	PRT	TIAGO VALE	502	31	352	SEN M	93 INDIVIDUAL	46:29:00	+15:31	04:39	46:16:00	22:23	04:29	04:49
370.	PRT	BRUNO NEVES	751	40	353	VET M40	60 INDIVIDUAL	46:30:00	+15:32	04:39	46:14:00	23:35	04:43	04:14
371.	PRT	FERNANDO BASTO	665	51	354	VET M50	35 GDR GRANJA - TRUTAS DO MAU	46:34:00	+15:36	04:40	46:24:00	22:39	04:32	04:45
372.	PRT	ARMINDO DIAS	420	57	355	VET M55	16 INDIVIDUAL	46:36:00	+15:38	04:40	46:25:00	22:59	04:36	04:35
373.	PRT	CAMILA GOMES	412	37	18	VET F35	6 INDIVIDUAL	46:37:00	+15:39	04:40	46:26:00	23:39	04:44	04:32
374.	PRT	RENATO GOMES	413	41	356	VET M40	61 INDIVIDUAL	46:37:00	+15:39	04:40	46:26:00	23:40	04:44	04:32
375.	PRT	JORGE VILELA	449	47	357	VET M45	61 NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	46:40:00	+15:42	04:40	46:25:00	22:33	04:31	04:44
376.	PRT	JORGE SANTOS	952	45	358	VET M45	62 KIRCHHOFF - KONECT RUNNING TEAM	46:41:00	+15:43	04:41	46:08:00	23:53	04:47	04:20
377.	PRT	AVELINO SILVA	162	66	359	VET M65	5 INDIVIDUAL	46:43:00	+15:45	04:41	46:34:00	22:59	04:36	04:42
378.	PRT	MARCOS RATOLA	667	40	360	VET M40	62 INDIVIDUAL	46:43:00	+15:45	04:41	46:28:00	22:47	04:34	04:43
379.	PRT	JOAO MADAIL	201	44	361	VET M40	63 INDIVIDUAL	46:43:00	+15:45	04:41	46:11:00	24:07:00	04:50	04:24
380.	PRT	NUNO ABRANTES	494	39	362	VET M35	68 INDIVIDUAL	46:44:00	+15:46	04:41	46:44:00	23:36	04:44	04:27
381.	PRT	MARIA ISABEL	588	44	19	VET F40	4 GDR GRANJA - TRUTAS DO MAU	46:44:00	+15:46	04:41	46:40:00	23:06	04:38	04:29
382.	PRT	JOAO NEGRAO	711	34	363	SEN M	94 VAGUEIRA RUNNERS	46:44:00	+15:46	04:41	46:05:00	23:48	04:46	
383.		Feliciano Sousa	1041	47	364	VET M45	63 Runners sernacelhe-terra da castanha	46:45:00	+15:47	04:41	46:09:00	24:03:00	04:49	
384.	PRT	MANUEL PAIVA	531	68	365	VET M65	6 NÚCLEO ATLETISMO CUCUJÃES	46:47:00	+15:49	04:41	46:34:00	22:51	04:35	04:41
385.	PRT	CARLOS MORGADO	679	43	366	VET M40	64 INDIVIDUAL	46:49:00	+15:51	04:41	46:28:00	23:51	04:47	04:16
386.	PRT	LILIANA PEREIRA	955	32	20	SEN F	8 GDC CODAL	46:50:00	+15:52	04:41	46:35:00	23:19	04:40	04:31
387.	PRT	PEDRO PAIVA	532	43	367	VET M40	65 NÚCLEO ATLETISMO CUCUJÃES	46:50:00	+15:52	04:41	46:35:00	23:21	04:41	
388.	PRT	JOÃO ALMEIDA	77	38	368	VET M35	69 INDIVIDUAL	46:51:00	+15:53	04:42	46:14:00	23:01	04:37	
389.	PRT	JOHNNY GAIO	74	40	369	VET M40	66 INDIVIDUAL	46:51:00	+15:53	04:42	46:15:00	23:03	04:37	04:26
390.	PRT	ANDRE NOVA	835	38	370	VET M35	70 INDIVIDUAL	46:51:00	+15:53	04:42	46:51:00	23:31	04:43	04:26
391.	ESP	DANIEL GIL	1063	36	371	VET M35	71 INDIVIDUAL	46:51:00	+15:53	04:42	46:37:00	24:01:00	04:49	04:13
392.	PRT	TIAGO AMARAL	44	43	372	VET M40	67 INDIVIDUAL	46:52:00	+15:54	04:42	46:22:00	23:38	04:44	04:38
393.	PRT	CARLOS MARTINS	385	39	373	VET M35	72 CCD RENAULT CACIA	46:52:00	+15:54	04:42	46:43:00	23:42	04:45	04:30
394.	PRT	JORGE CUBAL	425	34	374	SEN M	95 GRUPO DESPORTIVO CULTURAL CODAL	46:52:00	+15:54	04:42	46:38:00	23:20	04:40	04:34
395.	PRT	JULIANA ALMEIDA	426	26	21	SEN F	9 GRUPO DESPORTIVO CULTURAL CODAL	46:53:00	+15:55	04:42	46:38:00	23:21	04:41	04:33
396.	PRT	PAULO FONTE	645	43	375	VET M40	68 VAGUEIRA RUNNERS	46:55:00	+15:57	04:42	46:44:00	22:48	04:34	04:54
397.	PRT	ANTONIO CARVALHO	988	62	376	VET M60	7 G.D.ASEMPARK	46:57:00	+15:59	04:42	46:41:00	23:24	04:41	04:28
398.	PRT	JOSÉ DIAS	99	50	377	VET M50	36 INDIVIDUAL	46:57:00	+15:59	04:42	46:36:00	23:52	04:47	
399.		Marco Dias	1026	49	378	VET M45	64 INDIVIDUAL	46:58:00	+16:00	04:42	46:52:00			
400.	PRT	FERNANDO ESPADILHA	791	29	379	SEN M	96 INDIVIDUAL	46:58:00	+16:00	04:42	46:22:00	24:00:00	04:48	04:15
401.	PRT	DANNY MATEUS	199	34	380	SEN M	97 INDIVIDUAL	47:01:00	+16:03	04:43	46:51:00	23:00	04:36	04:42
402.	PRT	J. MÁRIO ALVES	166	50	381	VET M50	37 INDIVIDUAL	47:02:00	+16:04	04:43	46:42:00	23:24	04:41	
403.	PRT	ARMINDO BASTOS	296	45	382	VET M45	65 INDIVIDUAL	47:03:00	+16:05	04:43	46:48:00	23:41	04:45	04:25
404.	PRT	RUI FERREIRA	444	41	383	VET M40	69 VISEU 360	47:03:00	+16:05	04:43	46:50:00	22:28	04:30	04:24
405.	PRT	DIOGO CARVALHEIRA	501	24	384	SEN M	98 FURACÕES DO ASFALTO	47:04:00	+16:06	04:43	47:04:00	23:17	04:40	04:23
406.	PRT	ROBERTO SILVA	46	45	385	VET M45	66 INDIVIDUAL	47:05:00	+16:07	04:43	46:51:00	23:59	04:48	
407.	PRT	PEDRO PONCIANO	900	31	386	SEN M	99 INDIVIDUAL	47:06:00	+16:08	04:43	47:06:00	23:40	04:44	04:44
408.	PRT	EDUARDO FERREIRA	552	39	387	VET M35	73 HSANTAMARIART	47:07:00	+16:09	04:43	46:51:00	22:55	04:35	04:58

Geral	País	Nome	Dorsal	Idade	Sexo	Escalão	Equipa	Tempo	Dif	Ritmo 10	Chip	5 Km	Ritmo 5	Últ.Km
409.	PRT	NUNO SANTOS NUNO SANTOS	422	40	388	VET M40	70 HELIFLEX	47:07:00	+16:09	04:43	46:42:00	23:49	04:46	04:24
410.	PRT	LUÍS FERREIRA	550	33	389	SEN M	100 TONDELA RUNNERS	47:09:00	+16:11	04:43	46:57:00	22:47	04:34	
411.	PRT	ANDRÉ OLIVEIRA	175	38	390	VET M35	74 BAND OF RUNNERS	47:11:00	+16:13	04:44	46:41:00	24:30:00	04:54	
412.	PRT	LUIS MENEZES	765	27	391	SEN M	101 ALTICE LABS	47:11:00	+16:13	04:44	46:55:00	22:46	04:34	04:51
413.	PRT	CARDOSO RAQUEL	730	26	22	SEN F	10 INDIVIDUAL	47:12:00	+16:14	04:44	46:47:00	23:54	04:47	
414.	PRT	JOSÉ GODINHO	513	49	392	VET M45	67 CASA DO BENFICA EM CASTELO BRANCO	47:12:00	+16:14	04:44	46:56:00	23:11	04:39	04:42
415.	PRT	FILIFE DUARTE	868	39	393	VET M35	75 JMP TEAM	47:12:00	+16:14	04:44	46:59:00	23:23	04:41	04:24
416.		Josias Meira	1049	40	394	VET M40	71 INDIVIDUAL	47:12:00	+16:14	04:44	46:55:00	23:58	04:48	04:30
417.	PRT	HELDER RODRIGUES	178	67	395	VET M65	7 ADREP	47:12:00	+16:14	04:44	47:02:00	23:23	04:41	04:42
418.	PRT	PEDRO CORREIA	916	42	396	VET M40	72 INDIVIDUAL	47:13:00	+16:15	04:44	46:37:00	24:03:00	04:49	04:32
419.	PRT	JORGE TAVARES	574	54	397	VET M50	38 INDIVIDUAL	47:15:00	+16:17	04:44	46:55:00	22:50	04:34	
420.	PRT	NARCISO PINHO	929	44	398	VET M40	73 VAMOS A PÉ	47:18:00	+16:20	04:44	47:00:00	23:37	04:44	04:38
421.	PRT	PAULO TAVARES	325	38	399	VET M35	76 INDIVIDUAL	47:23:00	+16:25	04:45	47:11:00	23:48	04:46	04:46
422.	BRA	DÊNIS QUADROS	53	38	400	VET M35	77 ATHLON RUNNERS	47:23:00	+16:25	04:45	47:06:00	23:23	04:41	04:43
423.	PRT	VASCO ROSA PIRES	282	39	401	VET M35	78 INDIVIDUAL	47:24:00	+16:26	04:45	47:00:00	23:33	04:43	04:43
424.	PRT	FABIO PORTELA	677	26	402	SEN M	102 INDIVIDUAL	47:25:00	+16:27	04:45	47:12:00	23:43	04:45	04:29
425.	PRT	MARLENE LUIS OLIVEIRA	1006	41	23	VET F40	5 INDIVIDUAL	47:25:00	+16:27	04:45	47:09:00	23:34	04:43	
426.	PRT	DIOGO MELO	632	30	403	SEN M	103 SUPRAS	47:26:00	+16:28	04:45	46:55:00	23:53	04:47	04:29
427.	PRT	GISSELL ANDRADE	912	24	24	SEN F	11 INDIVIDUAL	47:26:00	+16:28	04:45	46:50:00	24:20:00	04:52	
428.	PRT	FILIPA PINA	858	24	25	SEN F	12 INDIVIDUAL	47:26:00	+16:28	04:45	46:49:00	24:19:00	04:52	
429.	PRT	ANTÓNIO JOSÉ FREIRE	107	49	404	VET M45	68 OLIVECONTA	47:28:00	+16:30	04:45	47:19:00	23:24	04:41	04:48
430.	PRT	RUI GODINHO	7	49	405	VET M45	69 GDM RUNNING	47:28:00	+16:30	04:45	47:23:00	23:30	04:42	04:45
431.	PRT	PATRICIA FERNANDES	688	26	26	SEN F	13 INDIVIDUAL	47:29:00	+16:31	04:45	47:21:00	23:28	04:42	04:26
432.	PRT	LUÍS ROSA	164	51	406	VET M50	39 INDIVIDUAL	47:30:00	+16:32	04:45	47:30:00	23:37	04:44	04:26
433.	PRT	CARLOS PAIS	828	64	407	VET M60	8 ESTRELA CAMPO DA AVIAÇÃO FUTEBOL CLUBE	47:32:00	+16:34	04:46	47:10:00	23:51	04:47	
434.	PRT	MARGARIDA ALBUQUERQUE	553	31	27	SEN F	14 VIRIATHVS RUNNERS VISEU	47:35:00	+16:37	04:46	47:17:00	23:15	04:39	
435.	PRT	ANTÓNIO MORGADO	119	56	408	VET M55	17 ESTRELA CAMPO DA AVIAÇÃO FUTEBOL CLUBE	47:36:00	+16:38	04:46	47:15:00	23:35	04:43	
436.	PRT	CLÁUDIA JOÃO	333	33	28	SEN F	15 LOVE TILES	47:38:00	+16:40	04:46	47:15:00	23:23	04:41	
437.	PRT	MANUEL OLIVEIRA	60	59	409	VET M55	18 INDIVIDUAL	47:40:00	+16:42	04:46	47:31:00	23:13	04:39	04:42
438.	PRT	RODRIGO SANTOS	1047	42	410	VET M40	74 INDIVIDUAL	47:41:00	+16:43	04:47	47:13:00	23:57	04:48	04:35
439.	PRT	SALVADOR PINHO	442	58	411	VET M55	19 PINHO'S	47:41:00	+16:43	04:47	47:35:00	23:15	04:39	04:43
440.	PRT	RUI PINTO	132	48	412	VET M45	70 ESTRELA CAMPO DA AVIAÇÃO FUTEBOL CLUBE	47:43:00	+16:45	04:47	47:32:00	23:20	04:40	
441.	PRT	FERNANDO OLIVEIRA	978	43	413	VET M40	75 INDIVIDUAL	47:45:00	+16:47	04:47	47:11:00	24:13:00	04:51	04:34
442.	PRT	ÓSCAR RODRIGUES	205	38	414	VET M35	79 INDIVIDUAL	47:47:00	+16:49	04:47	47:28:00	24:08:00	04:50	04:34
443.	PRT	BRUNO NEVES	291	36	415	VET M35	80 KIRCHHOFF - KONECT RUNNING TEAM	47:48:00	+16:50	04:47	47:31:00	24:15:00	04:51	04:33
444.	PRT	LEANDRO RAMOS	154	42	416	VET M40	76 INDIVIDUAL	47:49:00	+16:51	04:47	47:46:00	23:36	04:44	04:39
445.	PRT	BRUNO TOITO	797	41	417	VET M40	77 HELIFLEX	47:51:00	+16:53	04:48	47:25:00	24:05:00	04:49	04:35
446.	PRT	JÚLIO TEIXEIRA	215	24	418	SEN M	104 AVEIRO RUNNERS	47:52:00	+16:54	04:48	47:37:00	23:22	04:41	05:10
447.	PRT	MARCO MORGADO	67	40	419	VET M40	78 INDIVIDUAL	47:53:00	+16:55	04:48	47:32:00	24:11:00	04:51	04:22
448.	PRT	HUGO FERREIRA	539	36	420	VET M35	81 FURACÕES DO ASFALTO	47:53:00	+16:55	04:48	47:16:00	23:57	04:48	04:40
449.	PRT	BRUNO SANTOS	666	36	421	VET M35	82 INDIVIDUAL	47:54:00	+16:56	04:48	47:41:00	22:48	04:34	
450.	PRT	GONÇALO CARVALHO	341	37	422	VET M35	83 SUPRAS	47:55:00	+16:57	04:48	47:23:00	23:55	04:47	04:38
451.	PRT	JORGE PIÇARRA	551	42	423	VET M40	79 INDIVIDUAL	47:55:00	+16:57	04:48	47:46:00	24:28:00	04:54	04:34
452.	PRT	RUI MARANHAS	115	53	424	VET M50	40 ESTRELA CAMPO DA AVIAÇÃO FUTEBOL CLUBE	47:57:00	+16:59	04:48	47:37:00	23:51	04:47	04:43
453.	PRT	FERNANDO FAUSTINO	338	55	425	VET M55	20 INDIVIDUAL	47:59:00	+17:01	04:48	47:44:00	23:43	04:45	04:44
454.	PRT	FERNANDO LOPES	648	63	426	VET M60	9 INDIVIDUAL	47:59:00	+17:01	04:48	47:46:00	23:55	04:47	04:43
455.	PRT	FRANCISCO BATISTA	126	35	427	VET M35	84 ESTRELA CAMPO DA AVIAÇÃO FUTEBOL CLUBE	47:59:00	+17:01	04:48	47:38:00	23:56	04:48	04:40
456.	PRT	ANTONIO FONSECA	505	46	428	VET M45	71 INDIVIDUAL	48:01:00	+17:03	04:49	47:31:00	23:58	04:48	
457.	PRT	PAULO COSTA	478	46	429	VET M45	72 INDIVIDUAL	48:01:00	+17:03	04:49	47:43:00	24:16:00	04:52	04:40
458.	PRT	JOAO OLIVEIRA	403	38	430	VET M35	85 INDIVIDUAL	48:05:00	+17:07	04:49	47:52:00	24:06:00	04:50	04:38
459.	PRT	ANTÓNIO LEMOS	434	66	431	VET M65	8 INDIVIDUAL	48:06:00	+17:08	04:49	48:00:00	24:04:00	04:49	04:39

Geral	País	Nome	Dorsal	Idade	Sexo	Escalão	Equipa	Tempo	Dif	Ritmo 10	Chip	5 Km	Ritmo 5	Últ.Km
460.	PRT	ARTUR FREITAS	750	68	432	VET M65	9 ACADEMIA FERNANDA RIBEIRO	48:07:00	+17:09	04:49	47:56:00	23:25	04:41	04:44
461.	PRT	SANDRA FERREIRA	251	39	29	VET F35	7 CASA DO BENFICA EM CASTELO BRANCO	48:10:00	+17:12	04:49	47:52:00	24:51:00	04:59	
462.	PRT	LEVI FERNANDES	479	35	433	VET M35	86 PORCUPINE MONKEYS	48:13:00	+17:15	04:50	47:52:00	23:41	04:45	04:47
463.	PRT	PEDRO SOARES	1020	27	434	SEN M	105 DESNORTEADOS	48:14:00	+17:16	04:50	47:54:00	24:01:00	04:49	04:28
464.	PRT	PAULO SANTOS	374	50	435	VET M50	41 INDIVIDUAL	48:17:00	+17:19	04:50	48:11:00	25:02:00	05:01	
465.	PRT	MÁRIO MIGUEIS	179	48	436	VET M45	73 VAMOS A PÉ	48:19:00	+17:21	04:50	48:19:00	23:23	04:41	04:56
466.	PRT	ISABEL SANTOS	149	50	30	VET F50	2 FEDERAÇÃO DA FAMÍLIA PARA A PAZ MUNDIAL E UNIFICAÇÃO	48:20:00	+17:22	04:50	48:06:00	24:31:00	04:55	
467.	PRT	PAULO GONÇALVES	779	48	437	VET M45	74 ALTICE LABS	48:21:00	+17:23	04:51	48:10:00	23:39	04:44	04:57
468.	PRT	RUI PINHO	443	23	438	SEN M	106 PINHO'S	48:27:00	+17:29	04:51	48:07:00	23:00	04:36	
469.	PRT	NARCISO ARROMBA	810	65	439	VET M65	10 CLUVE - CLUBE DE VETERANOS DE ATLETISMO DE COIMBRA	48:27:00	+17:29	04:51	48:27:00	24:21:00	04:53	04:43
470.	PRT	EDUARDO NEVES	295	41	440	VET M40	80 INDIVIDUAL	48:28:00	+17:30	04:51	48:15:00	24:29:00	04:54	04:35
471.	PRT	JOÃO BRUNDEL	657	30	441	SEN M	107 PANORAMAH	48:28:00	+17:30	04:51	48:15:00	22:54	04:35	05:12
472.	PRT	JORGE CANTEIRO	933	49	442	VET M45	75 EL COMANDANTE TEAM	48:30:00	+17:32	04:51	48:12:00	24:52:00	04:59	04:48
473.	PRT	VITOR TAVARES	237	42	443	VET M40	81 INDIVIDUAL	48:30:00	+17:32	04:51	48:18:00	24:21:00	04:53	04:46
474.	PRT	ANTÓNIO FERNANDES	538	46	444	VET M45	76 INDIVIDUAL	48:33:00	+17:35	04:52	48:02:00	24:30:00	04:54	04:54
475.	PRT	SECA JOSÉ	106	48	445	VET M45	77 OLIVECONTA	48:33:00	+17:35	04:52	48:25:00	23:15	04:39	05:11
476.	PRT	RUI RODRIGUES	919	32	446	SEN M	108 CC FAMILY	48:36:00	+17:38	04:52	48:10:00	25:06:00	05:02	04:23
477.	PRT	ANA BARBOSA	453	59	31	VET F55	1 INVICTA RUNNERS TEAM	48:37:00	+17:39	04:52	48:18:00	23:58	04:48	04:58
478.	PRT	VICTOR FIGUEIREDO	896	49	447	VET M45	78 VIRIATHVS RUNNERS VISEU	48:38:00	+17:40	04:52	48:33:00	23:22	04:41	04:56
479.	PRT	OLGA MARTINS	698	43	32	VET F40	6 VIRIATHVS RUNNERS VISEU	48:40:00	+17:42	04:52	48:37:00	23:46	04:46	04:47
480.	PRT	FILIPE FARIA	649	36	448	VET M35	87 INDIVIDUAL	48:41:00	+17:43	04:53	48:25:00	23:44	04:45	04:47
481.	PRT	PEDRO MARQUES	784	35	449	VET M35	88 INDIVIDUAL	48:42:00	+17:44	04:53	47:58:00	24:59:00	05:00	04:29
482.	PRT	VITOR SILVA	970	36	450	VET M35	89 SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	48:43:00	+17:45	04:53	47:59:00	24:59:00	05:00	04:29
483.	PRT	JOSÉ LADEIRO	456	25	451	SEN M	109 INDIVIDUAL	48:50:00	+17:52	04:53	48:36:00	23:45	04:45	04:46
484.	PRT	HÉLDER RIBEIRO	619	45	452	VET M45	79 NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	48:51:00	+17:53	04:54	48:22:00	24:25:00	04:53	04:46
485.	PRT	MAURO MARTINS	589	51	453	VET M50	42 GDR GRANJA - TRUTAS DO MAU	48:54:00	+17:56	04:54	48:32:00	24:21:00	04:53	04:36
486.	PRT	DORA SERRA	820	43	33	VET F40	7 ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA	48:55:00	+17:57	04:54	48:47:00	24:17:00	04:52	04:54
487.	PRT	RICARDO FERREIRA	776	39	454	VET M35	90 ALTICE LABS	48:59:00	+18:01	04:54	48:43:00	23:56	04:48	04:50
488.	PRT	PAULO CASQUEIRA	209	41	455	VET M40	82 INDIVIDUAL	48:59:00	+18:01	04:54	48:35:00	25:07:00	05:02	04:30
489.	PRT	CARLOS PEDRO	910	46	456	VET M45	80 JOÃO SILVA CCR PRAIA DE MIRA	49:02:00	+18:04	04:55	48:28:00	24:41:00	04:57	04:40
490.	PRT	ANA SANTOS	415	42	34	VET F40	8 INDIVIDUAL	49:02:00	+18:04	04:55	48:52:00	24:49:00	04:58	04:43
491.	PRT	ADRIANO QUEIROZ	373	67	457	VET M65	11 A D RIO LARGO C ESPINHO	49:04:00	+18:06	04:55	48:58:00	24:06:00	04:50	05:03
492.	PRT	PEDRO MARQUES	617	43	458	VET M40	83 BORABORA VAMOS LÁ	49:04:00	+18:06	04:55	48:27:00	24:22:00	04:53	04:39
493.	PRT	LÚIS FILIPE SOARES	96	52	459	VET M50	43 EDU	49:04:00	+18:06	04:55	48:58:00	23:54	04:47	05:05
494.	PRT	TATIANA OLIVEIRA	158	31	35	SEN F	16 OS QUARTAS RUNNING GROUP	49:05:00	+18:07	04:55	48:44:00	25:06:00	05:02	04:34
495.	PRT	RENÉ DUARTE	358	69	460	VET M65	12 CASA BENFICA SEIXAL	49:07:00	+18:09	04:55	48:53:00	24:16:00	04:52	04:54
496.	PRT	BRUNO MATEIRO	629	37	461	VET M35	91 MARE FIT	49:08:00	+18:10	04:55	48:48:00	25:25:00	05:05	04:17
497.	PRT	HENRIQUE CONCEIÇÃO	724	69	462	VET M65	13 VISEU 360	49:09:00	+18:11	04:55	48:57:00	23:55	04:47	04:56
498.	PRT	PEDRO SILVA	641	48	463	VET M45	81 DR. RUNNER'S TEAM	49:14:00	+18:16	04:56	49:08:00	24:13:00	04:51	
499.	PRT	RICARDO PATRÍCIO	145	39	464	VET M35	92 INDIVIDUAL	49:14:00	+18:16	04:56	49:01:00	24:11:00	04:51	04:57
500.	PRT	GRACINDA MARQUES	748	50	36	VET F50	3 ACADEMIA FERNANDA RIBEIRO	49:15:00	+18:17	04:56	49:05:00	24:25:00	04:53	04:47
501.	PRT	JOÃO FERREIRA	693	46	465	VET M45	82 INDIVIDUAL	49:17:00	+18:19	04:56	48:46:00	24:52:00	04:59	04:43
502.	PRT	MANUEL ROSA	1021	26	466	SEN M	110 INDIVIDUAL	49:18:00	+18:20	04:56	48:43:00	24:28:00	04:54	04:55
503.	PRT	JOSÉ COSTA	485	55	467	VET M55	21 MOLINHAS TEAM	49:18:00	+18:20	04:56	49:09:00	24:39:00	04:56	04:45
504.	PRT	DANIEL ESPINHAL	684	38	468	VET M35	93 INDIVIDUAL	49:20:00	+18:22	04:56	48:48:00	24:10:00	04:50	04:51
505.	PRT	CARLOS PINA	695	38	469	VET M35	94 ARQUITECTURA DO SABER	49:21:00	+18:23	04:57	49:17:00	24:31:00	04:55	04:47
506.	PRT	CARLOS BARRADAS	683	49	470	VET M45	83 INDIVIDUAL	49:24:00	+18:26	04:57	49:12:00	24:48:00	04:58	04:50
507.	PRT	MANUEL ANJOS	530	56	471	VET M55	22 NÚCLEO ATLETISMO CUCUJÃES	49:25:00	+18:27	04:57	49:15:00	25:54:00	05:11	04:25
508.	PRT	MARCO BRANDÃO	290	39	472	VET M35	95 KIRCHHOFF - KONECT RUNNING TEAM	49:26:00	+18:28	04:57	49:10:00	24:17:00	04:52	04:53
509.	PRT	PAULA CARDOSO	743	49	37	VET F45	1 VISEU 360	49:29:00	+18:31	04:57	49:17:00	24:22:00	04:53	04:53
510.	PRT	MIGUEL CARLOS	312	40	473	VET M40	84 INDIVIDUAL	49:30:00	+18:32	04:57	48:57:00	24:01:00	04:49	

Geral	País	Nome	Dorsal	Idade	Sexo	Escalão	Equipa	Tempo	Dif	Ritmo 10	Chip	5 Km	Ritmo 5	Últ.Km
511.	PRT	NUNO MOTA	534	40	474	VET M40	85 INDIVIDUAL	49:32:00	+18:34	04:58	49:16:00	24:17:00	04:52	04:47
512.	PRT	CATARINA SANTOS	533	41	38	VET F40	9 INDIVIDUAL	49:32:00	+18:34	04:58	49:17:00	24:19:00	04:52	04:47
513.	PRT	FILIPA LACERDA	327	30	39	SEN F	17 INDIVIDUAL	49:33:00	+18:35	04:58	49:09:00	25:04:00	05:01	04:33
514.	PRT	FERNANDO PEREIRA	854	45	475	VET M45	84 TOC RUNNERS	49:33:00	+18:35	04:58	49:16:00	24:04:00	04:49	04:41
515.	PRT	RAQUEL DIAS	642	41	40	VET F40	10 INDIVIDUAL	49:33:00	+18:35	04:58	49:01:00	25:02:00	05:01	04:41
516.	PRT	MARTA SENOS	902	27	41	SEN F	18 ACD ILHAVOS	49:34:00	+18:36	04:58	49:12:00	25:22:00	05:05	04:32
517.	PRT	JOÃO COELHO	932	32	476	SEN M	111 INDIVIDUAL	49:34:00	+18:36	04:58	49:04:00	24:18:00	04:52	05:05
518.	PRT	RICARDO PINTO	12	38	477	VET M35	96 INDIVIDUAL	49:36:00	+18:38	04:58	49:11:00	25:27:00	05:06	
519.	PRT	DANIEL GANDAREZ	343	37	478	VET M35	97 INDIVIDUAL	49:38:00	+18:40	04:58	49:10:00	25:22:00	05:05	04:36
520.	PRT	MIGUEL MORAIS	591	23	479	SEN M	112 GDR GRANJA - TRUTAS DO MAU	49:39:00	+18:41	04:58	49:26:00	23:53	04:47	04:31
521.	PRT	JORGE BRANCO	904	50	480	VET M50	44 INDIVIDUAL	49:40:00	+18:42	04:58	49:13:00	25:26:00	05:06	04:35
522.	PRT	JOAO GONÇALVES	245	45	481	VET M45	85 OS QUARTAS RUNNING GROUP	49:42:00	+18:44	04:59	49:18:00	24:36:00	04:56	05:01
523.	PRT	RICARDO SILVA	519	39	482	VET M35	98 ONDE QUISERES TENDAS	49:47:00	+18:49	04:59	49:36:00	23:56	04:48	05:04
524.	PRT	NELSON SILVA	520	42	483	VET M40	86 ONDE QUISERES TENDAS	49:47:00	+18:49	04:59	49:36:00	23:56	04:48	
525.	PRT	CAJÓ CRUZ	521	47	484	VET M45	86 ONDE QUISERES TENDAS	49:47:00	+18:49	04:59	49:36:00	23:57	04:48	05:03
526.	PRT	ANTÓNIO SILVA	345	55	485	VET M55	23 INDIVIDUAL	49:48:00	+18:50	04:59	49:48:00	25:03:00	05:01	04:45
527.	PRT	RAFAEL GOMES	113	30	486	SEN M	113 INDIVIDUAL	49:50:00	+18:52	04:59	49:38:00	24:33:00	04:55	04:47
528.	PRT	PAULO NECO	1003	37	487	VET M35	99 INDIVIDUAL	49:50:00	+18:52	04:59	49:30:00	24:20:00	04:52	04:34
529.	PRT	VERA FERREIRA	427	31	42	SEN F	19 GDC CODAL	49:51:00	+18:53	05:00	49:46:00	24:25:00	04:53	04:50
530.	PRT	FABIO SÁ	504	28	488	SEN M	114 INDIVIDUAL	49:52:00	+18:54	05:00	49:26:00	25:35:00	05:07	04:41
531.	PRT	RUI GOMES	757	38	489	VET M35	100 INDIVIDUAL	49:53:00	+18:55	05:00	49:27:00	25:25:00	05:05	04:40
532.	PRT	CARLA SILVA	734	46	43	VET F45	2 AMINHACORRIDA	49:54:00	+18:56	05:00	49:39:00	24:55:00	04:59	04:46
533.	PRT	CARLOS CUNHA	514	38	490	VET M35	101 SOBRINHOS DO TI CRISTO	49:55:00	+18:57	05:00	49:27:00	25:07:00	05:02	04:46
534.	PRT	JOÃO SARDO	123	68	491	VET M65	14 INDIVIDUAL	49:57:00	+18:59	05:00	49:38:00	23:59	04:48	
535.	PRT	ANTÓNIO LOPES	249	50	492	VET M50	45 CASA DO BENFICA EM CASTELO BRANCO	49:58:00	+19:00	05:00	49:42:00	24:57:00	05:00	04:56
536.	PRT	NUNO DUARTE	248	43	493	VET M40	87 CASA DO BENFICA EM CASTELO BRANCO	49:59:00	+19:01	05:00	49:43:00	24:41:00	04:57	04:54
537.	PRT	JHONNY DOS MARQUES	883	34	494	SEN M	115 INDIVIDUAL	50:01:00	+19:03	05:01	49:41:00	23:34	04:43	
538.	PRT	JORGE JULIÃO	1024	44	495	VET M40	88 INDIVIDUAL	50:02:00	+19:04	05:01	49:44:00	24:49:00	04:58	04:55
539.	PRT	FRANCISCO JULIÃO	1025	15	496	JUN M	7 INDIVIDUAL	50:02:00	+19:04	05:01	49:44:00	24:49:00	04:58	04:55
540.	PRT	CARINA GOUVEIA	386	29	44	SEN F	20 INDIVIDUAL	50:03:00	+19:05	05:01	49:54:00	24:09:00	04:50	05:05
541.	PRT	MOURA PINTO	542	60	497	VET M60	10 MADUREIRA'S	50:05:00	+19:07	05:01	49:58:00	24:31:00	04:55	04:56
542.	PRT	LUÍS SAMPAIO	749	41	498	VET M40	89 CANIANOS	50:06:00	+19:08	05:01	49:43:00	25:58:00	05:12	04:11
543.	PRT	NUNO CLEMENTE	989	40	499	VET M40	90 INDIVIDUAL	50:10:00	+19:12	05:01	49:48:00	25:59:00	05:12	04:16
544.	PRT	KEVIN CLEMENTE	845	23	500	SEN M	116 INDIVIDUAL	50:10:00	+19:12	05:01	49:45:00	25:03:00	05:01	04:53
545.	PRT	MARIA VALE	739	51	45	VET F50	4 VIRIATHVS RUNNERS VISEU	50:12:00	+19:14	05:02	50:08:00	24:38:00	04:56	05:00
546.	PRT	RICARDO NEVES	752	34	501	SEN M	117 INDIVIDUAL	50:13:00	+19:15	05:02	49:57:00	24:19:00	04:52	04:58
547.	PRT	ANTÓNIO LEMOS	510	50	502	VET M50	46 INDIVIDUAL	50:13:00	+19:15	05:02	50:04:00	25:09:00	05:02	04:45
548.	SWE	HENRIK OLSSON	600	43	503	VET M40	91 INDIVIDUAL	50:14:00	+19:16	05:02	49:58:00	25:11:00	05:03	04:55
549.	PRT	ANDRÉ CAMPOS	131	36	504	VET M35	102 INDIVIDUAL	50:15:00	+19:17	05:02	50:00:00	25:13:00	05:03	04:47
550.	PRT	MÁRIO BARRADAS	746	52	505	VET M50	47 INDIVIDUAL	50:15:00	+19:17	05:02	49:46:00	24:50:00	04:58	
551.	PRT	ANABELA LEITE	26	46	46	VET F45	3 RUNNING GIRLS	50:17:00	+19:19	05:02	50:03:00	25:10:00	05:02	04:51
552.	PRT	RUI NORA	849	39	506	VET M35	103 BAGA TEAM	50:18:00	+19:20	05:02	49:45:00	26:05:00	05:13	04:47
553.	PRT	JOÃO RIBEIRO	678	26	507	SEN M	118 PINHO'S	50:20:00	+19:22	05:02	50:00:00	25:04:00	05:01	
554.	PRT	MARCO MARQUES	181	43	508	VET M40	92 VAMOS A PÉ	50:22:00	+19:24	05:03	50:03:00	24:49:00	04:58	04:47
555.	PRT	RICARDO DIAS	101	35	509	VET M35	104 CONDOMINIO IDEAL 2	50:23:00	+19:25	05:03	50:17:00	24:34:00	04:55	05:04
556.	PRT	FILIPE ROCHA	717	38	510	VET M35	105 PACERS	50:23:00	+19:25	05:03	50:06:00	25:25:00	05:05	05:10
557.	PRT	MARIANA PIRES	102	33	47	SEN F	21 CONDOMINIO IDEAL 2	50:23:00	+19:25	05:03	50:17:00	24:35:00	04:55	05:03
558.	PRT	BRUNO DIOGO	918	36	511	VET M35	106 CC FAMILY	50:25:00	+19:27	05:03	49:59:00	25:23:00	05:05	
559.	PRT	FRANCISCO FERNANDES	51	39	512	VET M35	107 INDIVIDUAL	50:27:00	+19:29	05:03	49:52:00	25:39:00	05:08	04:39
560.	PRT	VASCO NEVES	735	40	513	VET M40	93 AMINHACORRIDA	50:29:00	+19:31	05:03	49:56:00	25:39:00	05:08	
561.	PRT	MARCO CORREIA	682	40	514	VET M40	94 RIA STONE	50:31:00	+19:33	05:04	50:03:00	25:21:00	05:05	05:01

Geral	País	Nome	Dorsal	Idade	Sexo	Escalão	Equipa	Tempo	Dif	Ritmo 10	Chip	5 Km	Ritmo 5	Últ.Km
562.	PRT	ISABEL INÁCIO	135	48	48	VET F45	4 VISEU 360	50:32:00	+19:34	05:04	50:21:00	25:08:00	05:02	04:56
563.	PRT	PEDRO SILVA	404	46	515	VET M45	87 ALIANÇA DE GANDRA	50:37:00	+19:39	05:04	50:32:00	24:03:00	04:49	05:09
564.	PRT	IVO CORREIA	503	35	516	VET M35	108 INDIVIDUAL	50:37:00	+19:39	05:04	50:25:00	24:50:00	04:58	05:06
565.	PRT	SIMÃO SANTANA	242	29	517	SEN M	119 INDIVIDUAL	50:40:00	+19:42	05:04	50:00:00	26:38:00	05:20	04:20
566.	PRT	FERNANDO LACERDA	897	64	518	VET M60	11 INDIVIDUAL	50:40:00	+19:42	05:04	50:14:00	25:39:00	05:08	
567.	PRT	DIOGO PEREIRINHA	477	29	519	SEN M	120 GDR GRANJA - TRUTAS DO MAU	50:43:00	+19:45	05:05	50:43:00	25:44:00	05:09	
568.	PRT	JUAN PINHO	344	33	520	SEN M	121 INDIVIDUAL	50:45:00	+19:47	05:05	50:45:00	26:24:00	05:17	
569.	PRT	ARLINDO SANTOS	938	70	521	VET M70	1 DAR-RECARDAES	50:46:00	+19:48	05:05	50:22:00	25:27:00	05:06	
570.	PRT	CARLOS SILVA	193	43	522	VET M40	95 CMMCVLC	50:47:00	+19:49	05:05	50:25:00	25:41:00	05:09	
571.	PRT	JOSÉ CUBAL	535	34	523	SEN M	122 INDIVIDUAL	50:47:00	+19:49	05:05	50:14:00	25:50:00	05:10	04:47
572.	PRT	JOSÉ FERREIRA	823	55	524	VET M55	24 TRIBO NR	50:48:00	+19:50	05:05	50:30:00	25:44:00	05:09	
573.	PRT	VITOR SALGADO	194	44	525	VET M40	96 CMMCVLC	50:48:00	+19:50	05:05	50:27:00	25:43:00	05:09	04:48
574.	PRT	JOÃO DONO	389	51	526	VET M50	48 INDIVIDUAL	50:52:00	+19:54	05:06	50:29:00	24:53:00	04:59	05:05
575.	PRT	LILIANA SILVA	814	44	49	VET F40	11 TRIBO NR	50:53:00	+19:55	05:06	50:39:00	24:45:00	04:57	05:03
576.	PRT	TIAGO ROSENDO	572	26	527	SEN M	123 GAFANHAFARMA	50:55:00	+19:57	05:06	50:14:00	28:02:00	05:37	04:18
577.	PRT	SUSANA MONTEIRO	481	42	50	VET F40	12 A D RIO LARGO C ESPINHO	50:57:00	+19:59	05:06	50:50:00	24:38:00	04:56	05:18
578.	PRT	CÁTIA MOREIRA	224	29	51	SEN F	22 INDIVIDUAL	50:57:00	+19:59	05:06	50:33:00	25:41:00	05:09	05:00
579.	PRT	HUGO LARANJEIRA	318	35	528	VET M35	109 SUPRAS	51:01:00	+20:03	05:07	50:28:00	26:28:00	05:18	
580.	PRT	VITOR MACEDO	638	39	529	VET M35	110 INDIVIDUAL	51:03:00	+20:05	05:07	50:31:00	25:26:00	05:06	05:10
581.	PRT	VITOR FERREIRA	114	56	530	VET M55	25 ESTRELA CAMPO DA AVIAÇÃO FUTEBOL CLUBE	51:03:00	+20:05	05:07	50:42:00	24:20:00	04:52	
582.	PRT	JORGE MARTINS	571	38	531	VET M35	111 GAFANHAFARMA	51:10:00	+20:12	05:07	50:26:00	28:08:00	05:38	04:26
583.	PRT	RICARDO FONTE	701	42	532	VET M40	97 CANIANOS	51:16:00	+20:18	05:08	50:52:00	25:42:00	05:09	
584.	PRT	VITOR TAVARES	771	37	533	VET M35	112 ALTICE LABS	51:18:00	+20:20	05:08	50:56:00	25:26:00	05:06	
585.	PRT	CARINA ALMEIDA	961	35	52	VET F35	8 INDIVIDUAL	51:20:00	+20:22	05:08	51:20:00	25:09:00	05:02	
586.	PRT	RUI ALVES	842	44	534	VET M40	98 AZA-AZAMBUJA COM ALMA	51:21:00	+20:23	05:09	51:06:00	24:55:00	04:59	
587.	PRT	PAULO SILVA	214	40	535	VET M40	99 ROYAL TEAM	51:27:00	+20:29	05:09	51:03:00	25:35:00	05:07	
588.	PRT	SANDRA MACIEL	864	34	53	SEN F	23 INDIVIDUAL	51:28:00	+20:30	05:09	51:19:00	26:03:00	05:13	
589.	PRT	FILIPE SOUSA	1010	42	536	VET M40	100 VISEU 360	51:28:00	+20:30	05:09	51:10:00	25:13:00	05:03	
590.	PRT	FRANCISCA CORREIA	523	17	54	JUN F	1 VIRIATHVS RUNNERS VISEU	51:32:00	+20:34	05:10	51:28:00	25:18:00	05:04	
591.	PRT	JOSÉ CARLOS TRINDADE	537	50	537	VET M50	49 TRIBALISTAS DE AVEIRO	51:36:00	+20:38	05:10	51:17:00	25:27:00	05:06	
592.	PRT	FERNANDO CUNHA	580	45	538	VET M45	88 INDIVIDUAL	51:38:00	+20:40	05:10	51:00:00	25:31:00	05:07	05:10
593.	PRT	EDUARDO REBELO	94	56	539	VET M55	26 EDUART COMPONENTES CALÇADO	51:39:00	+20:41	05:10	51:32:00	24:30:00	04:54	05:23
594.	PRT	ANTÓNIO LOPES	754	60	540	VET M60	12 INDIVIDUAL	51:39:00	+20:41	05:10	51:25:00	25:14:00	05:03	
595.	PRT	CLAUDIA CARCAU	463	38	55	VET F35	9 LION RUNNERS - G. D. LEÕES DA GUARDA	51:41:00	+20:43	05:11	51:32:00	25:33:00	05:07	05:04
596.	PRT	FÁBIO VAZ	614	33	541	SEN M	124 INDIVIDUAL	51:42:00	+20:44	05:11	51:14:00	25:43:00	05:09	05:05
597.	PRT	RUI OLIVEIRA	668	61	542	VET M60	13 GRUPO CORRIDA DE ARGONCILHE	51:42:00	+20:44	05:11	51:09:00	25:55:00	05:11	
598.	PRT	MARIA SILVA	879	48	56	VET F45	5 PERNAS INERTES - LENTOS DESDE 2017	51:43:00	+20:45	05:11	51:35:00	25:42:00	05:09	05:01
599.	PRT	CARLOS MARQUES	116	53	543	VET M50	50 ESTRELA CAMPO DA AVIAÇÃO FUTEBOL CLUBE	51:47:00	+20:49	05:11	51:26:00	24:58:00	05:00	05:21
600.	PRT	CARLOS BARROSO	17	53	544	VET M50	51 BIO TEAM RUN	51:50:00	+20:52	05:11	51:30:00	26:04:00	05:13	05:13
601.	PRT	EUGÉNIO MENDES	968	27	545	SEN M	125 BAGA TEAM	51:56:00	+20:58	05:12	51:22:00	25:54:00	05:11	
602.	PRT	CARLOS CUNHA	397	36	546	VET M35	113 INDIVIDUAL	51:56:00	+20:58	05:12	51:40:00	25:47:00	05:10	04:54
603.	PRT	ÓSCAR BAPTISTA	799	37	547	VET M35	114 HELIFLEX	51:57:00	+20:59	05:12	51:31:00	25:15:00	05:03	05:19
604.	PRT	PEDRO MEDINA	822	49	548	VET M45	89 TRIBO NR	51:58:00	+21:00	05:12	51:58:00	26:30:00	05:18	04:54
605.	PRT	ANA BRANDÃO	962	32	57	SEN F	24 INDIVIDUAL	52:05:00	+21:07	05:13	51:49:00	25:08:00	05:02	
606.	PRT	MANUEL DA COSTA	526	62	549	VET M60	14 CLUVE - CLUBE DE VETERANOS DE ATLETISMO DE COIMBRA	52:10:00	+21:12	05:13	52:10:00	24:24:00	04:53	
607.	PRT	JOSÉ SILVA	807	63	550	VET M60	15 INDIVIDUAL	52:15:00	+21:17	05:14	52:00:00	24:18:00	04:52	
608.	PRT	PAULO ALMEIDA	275	50	551	VET M50	52 AFIS/OVAR	52:17:00	+21:19	05:14	52:11:00	25:46:00	05:10	05:00
609.	PRT	FILIPA FALCÃO	326	47	58	VET F45	6 INDIVIDUAL	52:22:00	+21:24	05:15	52:06:00	25:51:00	05:11	
610.	PRT	JOAO SILVA	445	58	552	VET M55	27 INDIVIDUAL	52:27:00	+21:29	05:15	51:59:00	26:28:00	05:18	05:04
611.	PRT	MÁRIO SILVA	709	62	553	VET M60	16 INDIVIDUAL	52:28:00	+21:30	05:15	52:11:00	26:06:00	05:14	05:13
612.	PRT	MANUELA SOUSA	737	54	59	VET F50	5 AMINHACORRIDA	52:28:00	+21:30	05:15	52:21:00	25:26:00	05:06	05:21

Geral	País	Nome	Dorsal	Idade	Sexo	Escalão	Equipa	Tempo	Dif	Ritmo 10	Chip	5 Km	Ritmo 5	Últ.Km
613.	PRT	FERNANDO SILVA	671	61	554	VET M60	17 GRUPO CORRIDA DE ARGONCILHE	52:29:00	+21:31	05:15	51:55:00	25:42:00	05:09	05:12
614.	PRT	ANDRE ANDRADE	721	30	555	SEN M	126 PACERS	52:30:00	+21:32	05:15	52:13:00	26:28:00	05:18	05:08
615.	PRT	MARTA FONSECA	903	39	60	VET F35	10 OUT 2 RUN/MIRO	52:31:00	+21:33	05:16	52:06:00	26:31:00	05:19	05:08
616.	PRT	MAURA FERREIRA	899	35	61	VET F35	11 INDIVIDUAL	52:38:00	+21:40	05:16	52:06:00	25:26:00	05:06	05:28
617.	PRT	DELFIUM COSTA	793	57	556	VET M55	28 ABO LDA	52:39:00	+21:41	05:16	52:20:00	25:10:00	05:02	05:12
618.	PRT	JOAQUIM CRUZ	866	46	557	VET M45	90 BXA TEAM	52:41:00	+21:43	05:17	52:08:00	26:59:00	05:24	04:54
619.	PRT	FREDERIC GONÇALVES	315	34	558	SEN M	127 SUPRAS	52:41:00	+21:43	05:17	52:06:00	26:28:00	05:18	05:08
620.	PRT	SANDRO LAPAS	763	42	559	VET M40	101 INDIVIDUAL	52:41:00	+21:43	05:17	52:09:00	26:59:00	05:24	04:55
621.	PRT	AMÂNDIO BRITES	212	73	560	VET M70	2 INDIVIDUAL	52:41:00	+21:43	05:17	52:37:00	26:23:00	05:17	04:57
622.	PRT	JÚLIO FERREIRA	156	64	561	VET M60	18 PINTO FERREIRA	52:42:00	+21:44	05:17	52:08:00	27:03:00	05:25	05:09
623.	PRT	DANIELA CUNHA	585	36	62	VET F35	12 GDR GRANJA - TRUTAS DO MAU	52:43:00	+21:45	05:17	52:17:00	26:18:00	05:16	05:11
624.	PRT	RITA BRANDÃO	974	23	63	SEN F	25 INDIVIDUAL	52:44:00	+21:46	05:17	52:22:00	26:42:00	05:21	05:06
625.		Helder Prazeres	1051	46	562	VET M45	91 INDIVIDUAL	52:44:00	+21:46	05:17	52:23:00	25:35:00	05:07	05:20
626.	PRT	MAURO MARTINS	602	34	563	SEN M	128 INDIVIDUAL	52:48:00	+21:50	05:17	52:14:00	27:10:00	05:26	05:00
627.		Mario Oliveira	1022	36	564	VET M35	115 VAGUEIRA RUNNERS	52:50:00	+21:52	05:17	52:08:00	26:10:00	05:14	05:17
628.	PRT	BRUNO BRITO	622	33	565	SEN M	129 INDIVIDUAL	52:50:00	+21:52	05:17	52:26:00	26:28:00	05:18	05:10
629.	PRT	ANTÓNIO PEREIRA	218	50	566	VET M50	53 VIRIATHVS RUNNERS VISEU	52:51:00	+21:53	05:18	52:28:00	25:47:00	05:10	05:16
630.	PRT	ISABEL RIBAU	105	45	64	VET F45	7 OS QUARTAS RUNNING GROUP	52:54:00	+21:56	05:18	52:35:00	26:50:00	05:22	04:59
631.	PRT	RUI COSTA	548	41	567	VET M40	102 INDIVIDUAL	52:54:00	+21:56	05:18	52:35:00	26:22:00	05:17	05:12
632.	PRT	MARGARIDA BAGÃO	308	34	65	SEN F	26 GDC DOS PORTOS DE SINES E DO ALGARVE	52:55:00	+21:57	05:18	52:42:00	25:53:00	05:11	05:16
633.	PRT	HELENA LOPES	857	43	66	VET F40	13 TRIBO NR	52:57:00	+21:59	05:18	52:27:00	25:56:00	05:12	05:22
634.	PRT	NATACHA SILVA	103	37	67	VET F35	13 INDIVIDUAL	52:57:00	+21:59	05:18	52:39:00	26:50:00	05:22	05:02
635.	PRT	HELENA AZEVEDO	174	27	68	SEN F	27 BAND OF RUNNERS	53:00:00	+22:02	05:18	52:29:00	26:24:00	05:17	05:32
636.	PRT	VALTER JACINTO	324	67	568	VET M65	15 G.D.ASSEMPARK	53:02:00	+22:04	05:19	52:45:00	25:48:00	05:10	05:06
637.	PRT	ARNALDO PINTO	808	66	569	VET M65	16 SALGUEIROS RUNNING	53:05:00	+22:07	05:19	52:57:00	26:29:00	05:18	05:09
638.	PRT	MIGUEL MACHADO	590	46	570	VET M45	92 GDR GRANJA - TRUTAS DO MAU	53:08:00	+22:10	05:19	52:41:00	26:34:00	05:19	05:22
639.	PRT	VITOR NETO	966	46	571	VET M45	93 HELIFLEX	53:09:00	+22:11	05:19	52:40:00	26:39:00	05:20	
640.	PRT	NUNO NEVES	855	44	572	VET M40	103 TOC RUNNERS	53:11:00	+22:13	05:20	52:54:00	26:23:00	05:17	04:59
641.	PRT	ISABEL ALVES	377	43	69	VET F40	14 MOVIMENTO DE JUVENTUDE DE MERELIM	53:16:00	+22:18	05:20	52:49:00	26:37:00	05:20	05:19
642.	PRT	RICARDO OLIVEIRA	184	32	573	SEN M	130 JALM RUN AND WALKING TEAM	53:17:00	+22:19	05:20	52:38:00	26:02:00	05:13	05:30
643.	PRT	SANDRA OLSSON	599	39	70	VET F35	14 INDIVIDUAL	53:17:00	+22:19	05:20	52:47:00	26:48:00	05:22	05:01
644.	PRT	RAQUEL AMARAL	898	33	71	SEN F	28 RUNNERS DO DEMO	53:18:00	+22:20	05:20	53:01:00	25:40:00	05:08	05:12
645.	IND	BALJEET SINGH	741	34	574	SEN M	131 INDIVIDUAL	53:19:00	+22:21	05:20	52:50:00	25:30:00	05:06	05:20
646.	PRT	JOÃO RIBEIRO	851	36	575	VET M35	116 BAGA TEAM	53:20:00	+22:22	05:20	52:46:00	27:00:00	05:24	05:18
647.	PRT	VITOR CARVALHO	850	36	576	VET M35	117 BAGA TEAM	53:21:00	+22:23	05:21	52:47:00	27:01:00	05:25	05:18
648.	PRT	ALEXANDRA CRUZ	416	33	72	SEN F	29 JAVALIS - AMIZADE E GLÓRIA	53:24:00	+22:26	05:21	53:07:00	26:18:00	05:16	05:18
649.	PRT	LUÍS ALMEIDA	663	25	577	SEN M	132 JAVALIS - AMIZADE E GLÓRIA	53:24:00	+22:26	05:21	53:06:00	27:05:00	05:25	05:18
650.	PRT	CLÁUDIO CASTRO	183	38	578	VET M35	118 JALM RUN AND WALKING TEAM	53:27:00	+22:29	05:21	52:48:00	26:09:00	05:14	05:24
651.	PRT	CARLA PINTO	639	47	73	VET F45	8 OS PUPILOS DO ZÉ TÓ	53:30:00	+22:32	05:21	53:19:00	27:08:00	05:26	04:54
652.	PRT	TO LEITE	863	44	579	VET M40	104 SUPRAS	53:34:00	+22:36	05:22	53:02:00	27:01:00	05:25	05:05
653.	PRT	JOSÉ ALMEIDA	80	38	580	VET M35	119 NAVR - NÚCLEO ATLETISMO DE VILA REAL	53:34:00	+22:36	05:22	53:05:00	27:39:00	05:32	04:34
654.	PRT	SANDRA AGUIAR	6	45	74	VET F45	9 GDM RUNNING	53:36:00	+22:38	05:22	53:31:00	26:00:00	05:12	05:20
655.	PRT	VITOR CARDOSO	30	53	581	VET M50	54 ATLETICO DA MADALENA	53:38:00	+22:40	05:22	53:17:00	26:06:00	05:14	05:22
656.	PRT	PAULO PINTO	39	49	582	VET M45	94 OS QUARTAS RUNNING GROUP	53:42:00	+22:44	05:23	53:05:00	27:43:00	05:33	04:54
657.	PRT	ANA SILVA	549	44	75	VET F40	15 AFIS/OVAR	53:43:00	+22:45	05:23	53:35:00	26:29:00	05:18	05:09
658.	PRT	NUNO ROCHA	495	37	583	VET M35	120 VAGUEIRA RUNNERS	53:47:00	+22:49	05:23	53:04:00	26:11:00	05:15	
659.	PRT	SONIA GILVAZ	388	42	76	VET F40	16 INDIVIDUAL	53:47:00	+22:49	05:23	53:33:00	26:33:00	05:19	05:22
660.	PRT	CÁTEA SANCHEZ	25	37	77	VET F35	15 CFA SPARTANS	53:47:00	+22:49	05:23	53:08:00	27:13:00	05:27	05:03
661.	PRT	CARLA SOARES	378	48	78	VET F45	10 MOVIMENTO DE JUVENTUDE DE MERELIM	53:48:00	+22:50	05:23	53:21:00	26:36:00	05:20	05:10
662.	PRT	JOÃO ALVES	650	38	584	VET M35	121 PANORAMAH	53:52:00	+22:54	05:24	53:27:00	26:52:00	05:23	05:02
663.	PRT	SARA NUNES	655	40	79	VET F40	17 PANORAMAH	53:52:00	+22:54	05:24	53:27:00	26:53:00	05:23	05:01

Geral	País	Nome	Dorsal	Idade	Sexo	Escalão	Equipa	Tempo	Dif	Ritmo 10	Chip	5 Km	Ritmo 5	Últ.Km
664.	PRT	MARISA SILVA	320	33	80	SEN F	30 INDIVIDUAL	53:53:00	+22:55	05:24	53:21:00	27:41:00	05:33	04:58
665.	PRT	DANIELA DIAS	469	40	81	VET F40	18 GRUPO DESPORTIVO OS RIBEIRINHOS	53:55:00	+22:57	05:24	53:25:00	26:24:00	05:17	05:19
666.	PRT	FERNANDO COUTO	669	62	585	VET M60	19 GRUPO CORRIDA DE ARGONCILHE	53:56:00	+22:58	05:24	53:22:00	27:21:00	05:29	05:11
667.	PRT	SANDRA MOREIRA	714	40	82	VET F40	19 JOÃO SILVA CCR PRAIA DE MIRA	53:56:00	+22:58	05:24	53:22:00	27:21:00	05:29	05:10
668.	PRT	JORGE FARIAS	9	38	586	VET M35	122 INDIVIDUAL	53:59:00	+23:01	05:24	53:34:00	26:21:00	05:17	05:18
669.	PRT	DAVID LEITE	163	42	587	VET M40	105 INDIVIDUAL	54:02:00	+23:04	05:25	53:25:00	27:05:00	05:25	
670.	PRT	JORGE MOTA	310	48	588	VET M45	95 INDIVIDUAL	54:05:00	+23:07	05:25	53:34:00	25:58:00	05:12	05:49
671.	PRT	RENATO MOEDAS	259	43	589	VET M40	106 INDIVIDUAL	54:08:00	+23:10	05:25	53:39:00	27:14:00	05:27	04:57
672.	PRT	DIOGO MARQUES	182	17	590	JUN M	8 VAMOS A PÉ	54:12:00	+23:14	05:26	53:52:00	27:08:00	05:26	04:54
673.	PRT	HUGO FALCÃO	298	40	591	VET M40	107 OZ RUNNING TEAM	54:13:00	+23:15	05:26	54:05:00	26:09:00	05:14	05:36
674.	PRT	CARLOS ORTET	446	45	592	VET M45	96 OS QUARTAS RUNNING GROUP	54:19:00	+23:21	05:26	53:48:00	27:36:00	05:32	05:22
675.	PRT	EURICO INOCÊNCIO	55	54	593	VET M50	55 ATHLON RUNNERS	54:21:00	+23:23	05:27	54:14:00	26:13:00	05:15	05:33
676.	PRT	LUIS RAIMUNDO	261	42	594	VET M40	108 INDIVIDUAL	54:31:00	+23:33	05:28	54:03:00	27:15:00	05:27	05:20
677.	PRT	CLAUDIA AFONSO	560	38	83	VET F35	16 DCI/TRILHOS LUSO BUSSACO	54:32:00	+23:34	05:28	54:06:00	27:27:00	05:30	05:12
678.	PRT	JOSE MADEIRA	536	64	595	VET M60	20 INDIVIDUAL	54:33:00	+23:35	05:28	54:13:00	26:41:00	05:21	05:39
679.	PRT	CARLA FERREIRA	976	41	84	VET F40	20 INDIVIDUAL	54:35:00	+23:37	05:28	54:14:00	27:08:00	05:26	05:16
680.	PRT	ANDREIA NEVES	873	38	85	VET F35	17 INDIVIDUAL	54:37:00	+23:39	05:28	53:57:00	27:39:00	05:32	05:23
681.	PRT	FILIPA NEVES	874	38	86	VET F35	18 INDIVIDUAL	54:38:00	+23:40	05:28	53:57:00	27:40:00	05:32	05:24
682.	PRT	FERNANDO DE SOUSA	161	43	596	VET M40	109 INDIVIDUAL	54:38:00	+23:40	05:28	54:09:00	26:57:00	05:24	05:37
683.	PRT	DANY SANTOS	802	38	597	VET M35	123 OLHAPROKDEU	54:42:00	+23:44	05:29	54:06:00	26:17:00	05:16	05:41
684.	PRT	HENRIQUE NEVES	803	39	598	VET M35	124 OLHAPROKDEU	54:42:00	+23:44	05:29	54:06:00	26:17:00	05:16	05:41
685.	PRT	MARIA CORREIA	380	48	87	VET F45	11 MOVIMENTO DE JUVENTUDE DE MERELIM	54:42:00	+23:44	05:29	54:16:00	26:42:00	05:21	
686.	PRT	CARLOS ROCHA	967	39	599	VET M35	125 HELIFLEX	54:42:00	+23:44	05:29	54:14:00	27:37:00	05:32	
687.	PRT	PAULO BRITO	144	52	600	VET M50	56 ESTRELA CAMPO DA AVIAÇÃO FUTEBOL CLUBE	54:45:00	+23:47	05:29	54:23:00	26:51:00	05:23	05:24
688.	PRT	FILOMENA SANTOS	860	60	88	VET F60	1 ACD ILHAVOS	54:47:00	+23:49	05:29	54:24:00	27:02:00	05:25	05:24
689.	PRT	ANA CASTRO	372	49	89	VET F45	12 CAL - CLUBE ATLETISMO DE LAMAS	54:47:00	+23:49	05:29	54:47:00	27:31:00	05:31	
690.	PRT	PAULO FORTUNATO	470	47	601	VET M45	97 G DESPORTIVO S TOTTA	54:47:00	+23:49	05:29	54:30:00	27:32:00	05:31	
691.	PRT	RAKELL SANTOS	465	32	90	SEN F	31 MOTASRUNNING	54:56:00	+23:58	05:30	54:27:00	25:35:00	05:07	05:55
692.	PRT	MÁRIO CARVALHO	887	51	602	VET M50	57 ALIANÇA DE GANDRA	54:56:00	+23:58	05:30	54:48:00	25:35:00	05:07	05:14
693.	PRT	HÉLDER SILVÉRIO	692	48	603	VET M45	98 INDIVIDUAL	54:58:00	+24:00	05:30	54:22:00	28:14:00	05:39	05:03
694.	PRT	TIAGO BAPTISTA	889	34	604	SEN M	133 CC FAMILY	54:59:00	+24:01	05:30	54:20:00	26:43:00	05:21	05:23
695.	PRT	HUGO SANTOS	167	35	605	VET M35	126 INDIVIDUAL	55:01:00	+24:03	05:31	54:40:00	26:56:00	05:24	05:35
696.	PRT	ANTONIO PEREIRA	681	43	606	VET M40	110 INDIVIDUAL	55:08:00	+24:10	05:31	54:40:00	25:52:00	05:11	05:29
697.	PRT	VICTOR PEREIRA	340	72	607	VET M70	3 CLUVE - CLUBE DE VETERANOS DE ATLETISMO DE COIMBRA	55:08:00	+24:10	05:31	54:50:00	27:27:00	05:30	05:20
698.	PRT	DIANA PEREIRA	862	40	91	VET F40	21 INDIVIDUAL	55:08:00	+24:10	05:31	54:40:00	26:50:00	05:22	05:42
699.	PRT	NÁDIA RODRIGUES	996	31	92	SEN F	32 RIA STONE	55:08:00	+24:10	05:31	54:42:00	27:38:00	05:32	05:04
700.	PRT	BRUNO ROSENDO	570	32	608	SEN M	134 GAFANHAFARMA	55:09:00	+24:11	05:31	54:28:00	28:06:00	05:38	05:09
701.	PRT	LÚCIA CÂNDIDO	705	34	93	SEN F	33 INDIVIDUAL	55:12:00	+24:14	05:32	54:33:00	27:48:00	05:34	05:14
702.	PRT	RICARDO ROCHA	437	51	609	VET M50	58 INDIVIDUAL	55:17:00	+24:19	05:32	54:42:00	28:15:00	05:39	05:15
703.	PRT	ANA ALMEIDA	497	27	94	SEN F	34 INDIVIDUAL	55:17:00	+24:19	05:32	54:45:00	27:42:00	05:33	
704.	PRT	JOSE HENRIQUES	64	46	610	VET M45	99 ATLETAS.NET	55:17:00	+24:19	05:32	54:35:00	27:07:00	05:26	05:39
705.	PRT	NUNO GUERRA	253	45	611	VET M45	100 INDIVIDUAL	55:18:00	+24:20	05:32	54:52:00	28:04:00	05:37	05:04
706.	PRT	FILIPE TAVARES	985	33	612	SEN M	135 INDIVIDUAL	55:18:00	+24:20	05:32	54:47:00	29:00:00	05:48	05:04
707.	PRT	ANA CRISTINA	1012	47	95	VET F45	13 INDIVIDUAL	55:25:00	+24:27	05:33	55:00:00	27:19:00	05:28	05:19
708.	PRT	CECÍLIA ALMEIDA	584	39	96	VET F35	19 GDR GRANJA - TRUTAS DO MAU	55:27:00	+24:29	05:33	55:27:00	27:05:00	05:25	
709.	PRT	ADELAIDE DUARTE	263	40	97	VET F40	22 NAC	55:28:00	+24:30	05:33	55:07:00	27:51:00	05:35	05:27
710.	PRT	SUZANA DUARTE	635	47	98	VET F45	14 S.S.T.S.J.M. S. JOÃO MADEIRA	55:28:00	+24:30	05:33	55:18:00	27:50:00	05:34	05:22
711.	PRT	ROBERTO PINTO	728	34	613	SEN M	136 INDIVIDUAL	55:30:00	+24:32	05:33	55:04:00	26:56:00	05:24	
712.	PRT	DAYANA ROSENDO	569	34	99	SEN F	35 GAFANHAFARMA	55:32:00	+24:34	05:34	54:50:00	28:08:00	05:38	05:17
713.	PRT	RUBEN DIAS	625	25	614	SEN M	137 INDIVIDUAL	55:35:00	+24:37	05:34	55:01:00	27:23:00	05:29	05:18
714.	PRT	SOFIA SANTOS	430	35	100	VET F35	20 C.D.C. PARADELA	55:37:00	+24:39	05:34	55:09:00	26:57:00	05:24	05:28

Geral	País	Nome	Dorsal	Idade	Sexo	Escalão	Equipa	Tempo	Dif	Ritmo 10	Chip	5 Km	Ritmo 5	Últ.Km
715.	PRT	RUI FERRAZ	605	41	615	VET M40	111 INDIVIDUAL	55:37:00	+24:39	05:34	55:03:00	27:34:00	05:31	05:27
716.	PRT	SÉRGIO VINAGRE	342	40	616	VET M40	112 SUPRAS	55:40:00	+24:42	05:34	55:08:00	27:06:00	05:26	05:47
717.	PRT	ANTÓNIO PEREIRA	761	57	617	VET M55	29 INDIVIDUAL	55:41:00	+24:43	05:35	55:19:00	25:55:00	05:11	05:44
718.	PRT	CARLA FERREIRA	618	37	101	VET F35	21 NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	55:43:00	+24:45	05:35	55:15:00	28:21:00	05:41	
719.	PRT	ALEXANDRA PINHO	14	47	102	VET F45	15 INDIVIDUAL	55:50:00	+24:52	05:35	55:20:00	27:50:00	05:34	05:33
720.	PRT	JORGE ALMEIDA	3	40	618	VET M40	113 TERRAGUAR	55:51:00	+24:53	05:36	55:12:00	27:50:00	05:34	05:41
721.	PRT	PEDRO FIGUEIREDO	355	63	619	VET M60	21 OS QUARTAS RUNNING GROUP	56:04:00	+25:06	05:37	55:37:00	28:00:00	05:36	05:13
722.	PRT	VANESSA NASCIMENTO	1007	25	103	SEN F	36 INDIVIDUAL	56:08:00	+25:10	05:37	55:48:00	27:14:00	05:27	05:29
723.	PRT	JOAO ESTEVES	334	33	620	SEN M	138 INDIVIDUAL	56:19:00	+25:21	05:38	55:45:00	28:39:00	05:44	
724.	PRT	JOSE CARVALHO	541	43	621	VET M40	114 INDIVIDUAL	56:27:00	+25:29	05:39	56:06:00	29:07:00	05:50	04:56
725.	PRT	MIGUEL ÂNGELO	778	41	622	VET M40	115 ALTICE LABS	56:28:00	+25:30	05:39	55:51:00	27:53:00	05:35	05:38
726.	PRT	CARINA COSTA	756	29	104	SEN F	37 INDIVIDUAL	56:28:00	+25:30	05:39	56:05:00	27:57:00	05:36	05:16
727.	PRT	JOANA MONTEIRO	853	44	105	VET F40	23 TOC RUNNERS	56:31:00	+25:33	05:40	56:14:00	27:04:00	05:25	05:21
728.	PRT	RITA ALMEIDA	243	29	106	SEN F	38 INDIVIDUAL	56:32:00	+25:34	05:40	55:52:00	28:16:00	05:40	
729.	PRT	JAIME ANTUNES	654	36	623	VET M35	127 PANORAMAH	56:32:00	+25:34	05:40	56:08:00	27:56:00	05:36	05:30
730.	PRT	BRUNO CANHA	529	40	624	VET M40	116 INDIVIDUAL	56:36:00	+25:38	05:40	56:03:00	28:09:00	05:38	05:33
731.	PRT	PEDRO COSTA	994	42	625	VET M40	117 CC FAMILY	56:42:00	+25:44	05:41	56:16:00	27:08:00	05:26	05:45
732.	PRT	JOAO BRONZE	917	52	626	VET M50	59 INDIVIDUAL	56:43:00	+25:45	05:41	56:23:00	27:41:00	05:33	05:23
733.	PRT	RUI FERREIRA	973	32	627	SEN M	139 INDIVIDUAL	56:52:00	+25:54	05:42	56:31:00	27:11:00	05:27	06:04
734.	PRT	RICHARD FERNANDES	525	42	628	VET M40	118 INDIVIDUAL	56:52:00	+25:54	05:42	56:15:00	28:06:00	05:38	05:36
735.	PRT	ANTÓNIO MATOS	616	48	629	VET M45	101 BORABORA VAMOS LÁ	56:53:00	+25:55	05:42	56:30:00	27:48:00	05:34	05:58
736.	PRT	JOÃO ALMEIDA	198	36	630	VET M35	128 INDIVIDUAL	56:53:00	+25:55	05:42	56:17:00	28:58:00	05:48	05:13
737.	PRT	MÁRCIO ALMEIDA	286	39	631	VET M35	129 GRUPO DESPORTIVO OS RIBEIRINHOS	56:53:00	+25:55	05:42	56:23:00	27:35:00	05:31	
738.	PRT	MARIA ALMEIDA	409	53	107	VET F50	6 INDIVIDUAL	56:59:00	+26:01	05:42	56:59:00	27:37:00	05:32	05:37
739.	PRT	ROSA CORREIA	524	44	108	VET F40	24 VIRIATHVS RUNNERS VISEU	57:08:00	+26:10	05:43	57:04:00	28:21:00	05:41	05:46
740.	PRT	MARGARIDA VASCONCELOS	452	39	109	VET F35	22 MOLINHAS TEAM	57:08:00	+26:10	05:43	56:45:00	27:49:00	05:34	05:54
741.	PRT	JORGE SILVA	232	46	632	VET M45	102 MOLINHAS TEAM	57:08:00	+26:10	05:43	56:46:00	27:50:00	05:34	05:54
742.	PRT	DIANA VIDEIRA	759	30	110	SEN F	39 INDIVIDUAL	57:10:00	+26:12	05:43	56:47:00	27:55:00	05:35	05:47
743.	PRT	FRANCISCO PESSOA	134	30	633	SEN M	140 INDIVIDUAL	57:11:00	+26:13	05:44	48:02:00	31:33:00	06:19	04:51
744.	PRT	NELSON RÉ	490	53	634	VET M50	60 FURACÕES DO ASFALTO	57:16:00	+26:18	05:44	56:41:00	29:27:00	05:54	05:09
745.	PRT	PEDRO CREOULO	216	34	635	SEN M	141 INDIVIDUAL	57:17:00	+26:19	05:44	56:35:00	29:47:00	05:58	04:58
746.	PRT	CRISTINA COTRIM	104	34	111	SEN F	40 INDIVIDUAL	57:21:00	+26:23	05:45	57:02:00	27:49:00	05:34	05:56
747.	PRT	FILOMENA SOARES	920	27	112	SEN F	41 CC FAMILY	57:22:00	+26:24	05:45	56:55:00	29:13:00	05:51	
748.	PRT	ANA LOPES	888	33	113	SEN F	42 CC FAMILY	57:22:00	+26:24	05:45	56:55:00	29:13:00	05:51	05:20
749.	PRT	JORGE MANUEL	1023	54	636	VET M50	61 INDIVIDUAL	57:27:00	+26:29	05:45	56:49:00	28:24:00	05:41	
750.	PRT	RUI MARTINS	173	49	637	VET M45	103 RRR	57:32:00	+26:34	05:46	56:50:00	30:37:00	06:08	
751.	PRT	CÁTIA MACHADO	937	24	114	SEN F	43 INDIVIDUAL	57:34:00	+26:36	05:46	56:54:00	28:29:00	05:42	05:46
752.	PRT	JOSÉ ROCHA	936	24	638	SEN M	142 INDIVIDUAL	57:34:00	+26:36	05:46	56:55:00	28:29:00	05:42	05:45
753.	PRT	CRISTINA ALMEIDA	704	46	115	VET F45	16 VISEU 360	57:34:00	+26:36	05:46	57:19:00	27:56:00	05:36	05:33
754.	PRT	FÁTIMA GONÇALVES	28	44	116	VET F40	25 RUNNING GIRLS	57:46:00	+26:48	05:47	57:06:00	28:48:00	05:46	
755.	PRT	ROSA BRANCA PEREIRA	27	41	117	VET F40	26 RUNNING GIRLS	57:47:00	+26:49	05:47	57:07:00	28:48:00	05:46	05:38
756.	PRT	RUI CUNHA	643	53	639	VET M50	62 INDIVIDUAL	57:49:00	+26:51	05:47	57:40:00	28:15:00	05:39	05:40
757.	PRT	JOSE ROCHA	805	35	640	VET M35	130 SALGUEIROS RUNNING	57:51:00	+26:53	05:48	57:48:00	18:26	03:42	05:42
758.	PRT	SUSANA VASCONCELOS	804	42	118	VET F40	27 SALGUEIROS RUNNING	57:51:00	+26:53	05:48	57:44:00	28:25:00	05:41	05:42
759.	PRT	ÂNGELA PEREIRA	710	30	119	SEN F	44 INDIVIDUAL	57:54:00	+26:56	05:48	57:31:00	28:25:00	05:41	05:45
760.	PRT	LUIS NOVO	111	32	641	SEN M	143 INDIVIDUAL	57:59:00	+27:01	05:48	57:27:00	29:17:00	05:52	05:43
761.	PRT	FLORBELA ARAUJO	112	33	120	SEN F	45 INDIVIDUAL	57:59:00	+27:01	05:48	57:27:00	29:16:00	05:52	05:43
762.	PRT	MARIA RIBEIRO	670	60	121	VET F60	2 GRUPO CORRIDA DE ARGONCILHE	58:00:00	+27:02	05:48	57:45:00	28:00:00	05:36	06:05
763.	PRT	JOSÉ CARVALHO	493	56	642	VET M55	30 TEAM CARVALHO'S	58:04:00	+27:06	05:49	57:51:00	27:51:00	05:35	06:14
764.	PRT	CARLA PEREIRA	233	44	122	VET F40	28 GD RIBEIRINHOS	58:10:00	+27:12	05:49	57:40:00	28:56:00	05:48	
765.	PRT	RAFAEL RONDA	986	26	643	SEN M	144 INDIVIDUAL	58:15:00	+27:17	05:50	57:44:00	28:35:00	05:43	05:58

Geral	País	Nome	Dorsal	Idade	Sexo	Escalão	Equipa	Tempo	Dif	Ritmo 10	Chip	5 Km	Ritmo 5	Últ.Km
766.	PRT	LUIS OLIVEIRA	758	59	644	VET M55	31 ACAIL GÁS	58:16:00	+27:18	05:50	57:41:00	30:26:00	06:06	
767.	PRT	ELTON FERREIRA	945	30	645	SEN M	145 CCFAMILY	58:18:00	+27:20	05:50	57:51:00	30:23:00	06:05	
768.	PRT	MARIA DAMAS	196	38	123	VET F35	23 INDIVIDUAL	58:19:00	+27:21	05:50	57:49:00	30:07:00	06:02	05:08
769.	PRT	ROGER ALÉM	777	42	646	VET M40	119 ALTICE LABS	58:21:00	+27:23	05:51	57:47:00	29:15:00	05:51	
770.	PRT	SARA SANTOS	518	39	124	VET F35	24 CÂMARA MUNICIPAL DE ÍLHAVO	58:21:00	+27:23	05:51	57:56:00	29:25:00	05:53	05:29
771.	PRT	JOÃO LUCAS	170	27	647	SEN M	146 INDIVIDUAL	58:26:00	+27:28	05:51	58:26:00	28:43:00	05:45	05:33
772.	PRT	RUI NASCIMENTO	121	52	648	VET M50	63 ESTRELA CAMPO DA AVIAÇÃO FUTEBOL CLUBE	58:37:00	+27:39	05:52	58:17:00	27:52:00	05:35	
773.	PRT	ANDRÉ MARQUES	785	26	649	SEN M	147 INDIVIDUAL	58:37:00	+27:39	05:52	57:52:00	30:05:00	06:01	05:11
774.	PRT	JOÃO ANGEJA	509	40	650	VET M40	120 EQUIPA ANGEJA	58:38:00	+27:40	05:52	58:00:00	33:10:00	06:38	05:09
775.	PRT	SILVANA OLIVEIRA	89	27	125	SEN F	46 INDIVIDUAL	58:38:00	+27:40	05:52	58:18:00	30:35:00	06:07	
776.	ESP	FÉLIX DÍAZ	330	45	651	VET M45	104 INDIVIDUAL	58:39:00	+27:41	05:52	58:01:00	29:18:00	05:52	05:40
777.	PRT	JOÃO RICARDO SANTOS	283	44	652	VET M40	121 LOVE TILES	58:40:00	+27:42	05:52	58:12:00	29:26:00	05:54	05:30
778.	PRT	CARMEN SOFIA FERREIRA	284	43	126	VET F40	29 LOVE TILES	58:41:00	+27:43	05:53	58:12:00	29:28:00	05:54	05:30
779.	PRT	BRUNO PIORRO	699	34	653	SEN M	148 MARE FIT	58:43:00	+27:45	05:53	58:24:00	27:14:00	05:27	
780.	CHN	WEI-JIAN XU	742	28	654	SEN M	149 INDIVIDUAL	58:47:00	+27:49	05:53	58:16:00	28:47:00	05:46	
781.	PRT	DANIELA BESSA	880	39	127	VET F35	25 100 EQUIPA RUNNING	58:48:00	+27:50	05:53	58:29:00	29:18:00	05:52	05:42
782.	PRT	LUÍS CARDOSO	329	35	655	VET M35	131 COACHING BY DANIEL PINHEIRO RUNNING TEAM	58:50:00	+27:52	05:53	58:46:00	21:38	04:20	05:43
783.	PRT	SOFIA AZENHA	783	34	128	SEN F	47 INDIVIDUAL	58:54:00	+27:56	05:54	58:09:00	30:06:00	06:02	05:27
784.	PRT	TERESA FILIPE	691	61	129	VET F60	3 VIRIATHVS RUNNERS VISEU	59:04:00	+28:06	05:55	58:39:00	28:59:00	05:48	05:50
785.	PRT	SAMUEL QUINTEIRA	831	33	656	SEN M	150 INDIVIDUAL	59:04:00	+28:06	05:55	58:29:00	29:31:00	05:55	
786.	PRT	ISABEL MELO	738	45	130	VET F45	17 VIRIATHVS RUNNERS VISEU	59:04:00	+28:06	05:55	58:39:00	28:56:00	05:48	05:51
787.	PRT	MARILINE RIBEIRO	830	29	131	SEN F	48 INDIVIDUAL	59:04:00	+28:06	05:55	58:29:00	29:31:00	05:55	
788.	PRT	LILIANA SANTIAGO	841	39	132	VET F35	26 EVA MS	59:10:00	+28:12	05:55	58:42:00	29:21:00	05:53	05:48
789.	PRT	MIGUEL RESENDE	631	26	657	SEN M	151 INDIVIDUAL	59:11:00	+28:13	05:56	58:48:00	29:31:00	05:55	05:43
790.	PRT	MARIA RESENDE	630	50	133	VET F50	7 INDIVIDUAL	59:11:00	+28:13	05:56	58:48:00	29:31:00	05:55	05:41
791.	PRT	MARTA PEREIRA	496	37	134	VET F35	27 VAGUEIRA RUNNERS	59:20:00	+28:22	05:56	58:37:00	29:50:00	05:58	05:46
792.		Hugo Dias	1042	32	658	SEN M	152 INDIVIDUAL	59:23:00	+28:25	05:57	58:57:00	28:13:00	05:39	06:03
793.	PRT	RITA GASPAR	769	40	135	VET F40	30 ALTICE LABS	59:23:00	+28:25	05:57	58:57:00	28:13:00	05:39	06:03
794.	PRT	MARIA SOUSA	100	49	136	VET F45	18 INDIVIDUAL	59:24:00	+28:26	05:57	59:02:00	28:57:00	05:48	05:32
795.	PRT	HUGO LUZIA	81	36	659	VET M35	132 RATOS DO ASFALTO	59:26:00	+28:28	05:57	58:50:00	31:00:00	06:12	05:54
796.	PRT	DIANA SIMÕES	811	30	137	SEN F	49 INDIVIDUAL	59:29:00	+28:31	05:57	59:04:00	28:48:00	05:46	
797.	PRT	CLÁUDIA RODRIGUES	924	37	138	VET F35	28 INDIVIDUAL	59:29:00	+28:31	05:57	59:05:00	28:48:00	05:46	05:43
798.	PRT	SUSANA SOARES	834	43	139	VET F40	31 INDIVIDUAL	59:37:00	+28:39	05:58	59:11:00	28:59:00	05:48	
799.	PRT	LÍDIA PERFEITO	931	28	140	SEN F	50 INDIVIDUAL	59:38:00	+28:40	05:58	59:02:00	30:37:00	06:08	05:47
800.	PRT	PAULO FERNANDES	634	35	660	VET M35	133 CANIANOS	59:40:00	+28:42	05:58	59:15:00	27:19:00	05:28	
801.	PRT	JUDITE DIAS	450	48	141	VET F45	19 NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	59:41:00	+28:43	05:59	59:13:00	29:39:00	05:56	05:48
802.	PRT	MANUEL DIAS	901	50	661	VET M50	64 INDIVIDUAL	59:46:00	+28:48	05:59	59:46:00	29:05:00	05:49	
803.	PRT	FERNANDO CARAPELHO	647	44	662	VET M40	122 HELIFLEX	59:47:00	+28:49	05:59	59:07:00	29:56:00	06:00	05:43
804.	PRT	TELMA VILELA	71	28	142	SEN F	51 DÁ-LHE GÁS RUNNING TEAM	59:50:00	+28:52	05:59	59:28:00	29:05:00	05:49	05:57
805.	PRT	PEDRO LAIRES	545	35	663	VET M35	134 INDIVIDUAL	59:52:00	+28:54	06:00	59:29:00	28:57:00	05:48	06:02
806.	PRT	MARINA VINHAS	885	33	143	SEN F	52 INDIVIDUAL	59:52:00	+28:54	06:00	59:25:00	29:06:00	05:50	06:02
807.	PRT	ANA SANTOS	544	32	144	SEN F	53 INDIVIDUAL	59:52:00	+28:54	06:00	59:25:00	29:06:00	05:50	
808.	PRT	MARCIA MARQUES	651	40	145	VET F40	32 PANORAMAH	59:58:00	+29:00	06:00	59:33:00	29:50:00	05:58	06:01
809.	PRT	MARISA CARVALHO	993	39	146	VET F35	29 CC FAMILY	01:00:00	+29:02	06:00	59:33:00	28:13:00	05:39	
810.	PRT	DANIELA MAGALHÃES	171	27	147	SEN F	54 INDIVIDUAL	01:00:00	+29:02	06:00	59:43:00	29:14:00	05:51	05:46
811.	PRT	ANA RUTE MOREIRA	819	24	148	SEN F	55 TRIBO NR	01:00:04	+29:06	06:01	59:44:00	29:27:00	05:54	06:08
812.	PRT	CELIA CORDEIRO	125	42	149	VET F40	33 ESTRELA CAMPO DA AVIAÇÃO FUTEBOL CLUBE	01:00:10	+29:12	06:01	59:47:00	29:37:00	05:56	06:01
813.	PRT	MAURO ALMEIDA	319	24	664	SEN M	153 INDIVIDUAL	01:00:28	+29:30	06:03	59:53:00	30:54:00	06:11	05:07
814.	PRT	SIMONE OLIVEIRA	90	23	150	SEN F	56 INDIVIDUAL	01:00:30	+29:32	06:03	01:00:10	30:35:00	06:07	
815.	PRT	NUNO MACHADO	927	31	665	SEN M	154 INDIVIDUAL	01:00:41	+29:43	06:05	01:00:06	30:22:00	06:05	
816.	PRT	FÁBIO NETO	317	36	666	VET M35	135 SUPRAS	01:00:43	+29:45	06:05	01:00:09	28:44:00	05:45	05:40

Geral	País	Nome	Dorsal	Idade	Sexo	Escalão	Equipa	Tempo	Dif	Ritmo 10	Chip	5 Km	Ritmo 5	Últ.Km
817.	PRT	PAULO FERREIRA	367	28	667	SEN M	155 INDIVIDUAL	01:00:44	+29:46	06:05	01:00:02	31:42:00	06:21	05:21
818.	PRT	RUTE MAGALHÃES	366	28	151	SEN F	57 INDIVIDUAL	01:00:44	+29:46	06:05	01:00:02	31:42:00	06:21	
819.	PRT	AUGUSTO LOPES	379	42	668	VET M40	123 MOVIMENTO DE JUVENTUDE DE MERELIM	01:00:48	+29:50	06:05	01:00:45	19:28	03:54	11:32
820.	PRT	MICAELA FARIAS	88	38	152	VET F35	30 INDIVIDUAL	01:00:48	+29:50	06:05	01:00:28	30:35:00	06:07	
821.	PRT	PAULO SANTOS	370	48	669	VET M45	105 INDIVIDUAL	01:00:57	+29:59	06:06	01:00:20	28:22:00	05:41	06:21
822.	PRT	ANDRÉ AUGUSTO	774	39	670	VET M35	136 ALTICE LABS	01:00:59	+30:01	06:06	01:00:40	28:46:00	05:46	
823.	PRT	LILIANA SANTOS	260	40	153	VET F40	34 INDIVIDUAL	01:01:05	+30:07	06:07	01:00:35	30:27:00	06:06	
824.	PRT	ANA ISABEL MARTINS	305	58	154	VET F55	2 FALCOES SELVAGENS	01:01:08	+30:10	06:07	01:00:34	29:37:00	05:56	06:03
825.		Ana Rita Ferreira	1032	21	155	SUB 23 F	2 INDIVIDUAL	01:01:27	+30:29	06:09	01:00:52	28:43:00	05:45	06:47
826.	PRT	JOSÉ FERREIRA	960	39	671	VET M35	137 RIPOLINS GRIJÓ A CORRER	01:01:41	+30:43	06:11	01:01:15	30:33:00	06:07	06:16
827.	PRT	MANUEL COUTO	35	72	672	VET M70	4 RIPOLINS GRIJÓ A CORRER	01:01:41	+30:43	06:11	01:01:14	30:33:00	06:07	06:16
828.	PRT	ANA RITA PEDREIRAS	944	26	156	SEN F	58 CCFAMILY	01:01:55	+30:57	06:12	01:01:28	30:25:00	06:05	06:05
829.	PRT	PEDRO SANTIAGO	78	34	673	SEN M	156 INDIVIDUAL	01:02:01	+31:03	06:13	01:02:01	29:18:00	05:52	
830.	PRT	RODOLFO OLIVEIRA	76	37	674	VET M35	138 INDIVIDUAL	01:02:01	+31:03	06:13	01:01:24	29:18:00	05:52	
831.	PRT	SUSANA BRANCO	680	43	157	VET F40	35 RIA STONE	01:02:06	+31:08	06:13	01:01:38	30:07:00	06:02	05:53
832.	PRT	PAULO ANTUNES	417	50	675	VET M50	65 INDIVIDUAL	01:02:14	+31:16	06:14	01:01:55	29:11:00	05:51	06:15
833.	PRT	VICTOR PINHO	997	33	676	SEN M	157 INDIVIDUAL	01:02:21	+31:23	06:15	01:01:44	31:18:00	06:16	
834.	PRT	ANA GONÇALVES	861	52	158	VET F50	8 ACD ILHAVOS	01:02:22	+31:24	06:15	01:01:54	31:36:00	06:20	05:37
835.	PRT	ADELFO PINTO	969	54	677	VET M50	66 INDIVIDUAL	01:02:32	+31:34	06:16	01:01:47	27:56:00	05:36	06:38
836.	PRT	SALOMÉ GORDINHO	268	34	159	SEN F	59 INDIVIDUAL	01:02:33	+31:35	06:16	01:02:01	31:08:00	06:14	06:13
837.		Nuno Ribeiro	1045	38	678	VET M35	139 INDIVIDUAL	01:02:43	+31:45	06:17	01:02:16	30:27:00	06:06	
838.	PRT	JOANA SANTOS	595	27	160	SEN F	60 VAGUEIRA RUNNERS	01:02:44	+31:46	06:17	01:02:02	29:51:00	05:59	
839.	PRT	NUNO BAPTISTA	270	33	679	SEN M	158 INDIVIDUAL	01:02:48	+31:50	06:17	01:02:16	31:08:00	06:14	06:12
840.	PRT	JOÃO MONTEIRO	983	33	680	SEN M	159 INDIVIDUAL	01:02:48	+31:50	06:17	01:02:20	30:05:00	06:01	06:07
841.	PRT	PEDRO FRANÇA	984	59	681	VET M55	32 INDIVIDUAL	01:02:49	+31:51	06:17	01:02:21	30:07:00	06:02	06:06
842.	PRT	FÁBIO ALMEIDA	923	28	682	SEN M	160 CC FAMILY	01:02:53	+31:55	06:18	01:02:24	29:30:00	05:54	
843.	PRT	TIAGO SILVA	979	27	683	SEN M	161 CC FAMILY	01:02:53	+31:55	06:18	01:02:25	29:34:00	05:55	
844.	PRT	ANTÓNIO BRANDÃO	82	61	684	VET M60	22 CGD-OVAR	01:02:55	+31:57	06:18	01:02:19	31:03:00	06:13	06:11
845.	PRT	OLIVIA BRANDÃO	83	61	161	VET F60	4 CGD-OVAR	01:02:56	+31:58	06:18	01:02:22	31:03:00	06:13	06:12
846.	PRT	JORGE SILVA	954	40	685	VET M40	124 KIRCHHOFF - KONECT RUNNING TEAM	01:03:08	+32:10	06:19	01:02:35	30:47:00	06:10	
847.	PRT	MARGARIDA CALDEIRA	905	30	162	SEN F	61 21KYESWECAN	01:03:14	+32:16	06:20	01:02:48	31:34:00	06:19	
848.	PRT	DANIELA OLIVEIRA	293	41	163	VET F40	36 KIRCHHOFF - KONECT RUNNING TEAM	01:03:27	+32:29	06:21	01:02:54	30:51:00	06:11	06:22
849.	PRT	ROSA RODRIGUES	652	42	164	VET F40	37 PANORAMAH	01:03:31	+32:33	06:22	01:03:05	29:51:00	05:59	
850.	ITA	ENRICO GALLI	958	66	686	VET M65	17 A EQUIPE DOS ESTRANGEIROS	01:03:57	+32:59	06:24	01:03:21	31:51:00	06:23	
851.	PRT	BRUNO SANTOS	150	42	687	VET M40	125 INDIVIDUAL	01:04:11	+33:13	06:26	01:03:34	28:32:00	05:43	
852.	PRT	PEDRO ESPADILHA	792	25	688	SEN M	162 INDIVIDUAL	01:04:13	+33:15	06:26	01:03:34	32:11:00	06:27	
853.	PRT	ISABEL VENTURA	816	54	165	VET F50	9 TRIBO NR	01:04:20	+33:22	06:26	01:04:00	31:30:00	06:18	05:59
854.	PRT	CÉSAR FREITAS	971	36	689	VET M35	140 INDIVIDUAL	01:04:22	+33:24	06:27	01:03:58	29:19:00	05:52	
855.	PRT	ANDREIA SILVA	921	24	166	SEN F	62 CC FAMILY	01:04:24	+33:26	06:27	01:03:59	30:55:00	06:11	
856.	PRT	PAULA ALMEIDA	436	50	167	VET F50	10 INDIVIDUAL	01:04:30	+33:32	06:27	01:04:09	32:09:00	06:26	
857.	PRT	TIAGO TRINDADE	142	40	690	VET M40	126 INDIVIDUAL	01:04:39	+33:41	06:28	01:04:08	31:25:00	06:17	
858.	PRT	SOFIA COUTINHO	794	37	168	VET F35	31 21KYESWECAN	01:04:47	+33:49	06:29	01:04:20	32:05:00	06:25	06:17
859.	PRT	RICARDO PEIXINHO	207	40	691	VET M40	127 INDIVIDUAL	01:05:05	+34:07	06:31	01:04:34	31:44:00	06:21	05:33
860.	PRT	JOANA MACEDO	637	36	169	VET F35	32 INDIVIDUAL	01:05:05	+34:07	06:31	01:04:35	30:51:00	06:11	
861.	PRT	ADELAIDE HORTA	454	61	170	VET F60	5 INVICTA RUNNERS TEAM	01:05:53	+34:55	06:36	01:05:34	31:38:00	06:20	06:49
862.	PRT	DIOGO FIGUEIREDO	795	38	692	VET M35	141 21KYESWECAN	01:06:11	+35:13	06:38	01:05:45	32:23:00	06:29	06:40
863.	DEU	CARLA CARMO	54	38	171	VET F35	33 ATHLON RUNNERS	01:06:16	+35:18	06:38	01:05:57	31:19:00	06:16	06:22
864.	PRT	EUGÉNIA LOPES	109	54	172	VET F50	11 ESTRELA CAMPO DA AVIAÇÃO FUTEBOL CLUBE	01:06:23	+35:25	06:39	01:06:00	32:51:00	06:35	06:39
865.	PRT	CÉLIA PAIS	120	54	173	VET F50	12 ESTRELA CAMPO DA AVIAÇÃO FUTEBOL CLUBE	01:06:23	+35:25	06:39	01:06:00	32:38:00	06:32	06:41
866.	PRT	PAULA SIMÕES	839	35	174	VET F35	34 INDIVIDUAL	01:06:25	+35:27	06:39	01:06:02	32:22:00	06:29	
867.	PRT	JOSÉ ALBERTO	690	59	693	VET M55	33 VIRIATHVS RUNNERS VISEU	01:06:33	+35:35	06:40	01:06:10	32:12:00	06:27	06:33

Geral	País	Nome	Dorsal	Idade	Sexo	Escalão	Equipa	Tempo	Dif	Ritmo 10	Chip	5 Km	Ritmo 5	Últ.Km
868.	ESP	LUCIANE MANTEIGA	280	56	175	VET F55	3 EQUIPA FARBER	01:06:39	+35:41	06:40	01:05:57	33:15:00	06:39	
869.	PRT	SUSANA MADEIRA	140	42	176	VET F40	38 PACE.MAKERS	01:06:50	+35:52	06:41	01:06:21	32:54:00	06:35	06:31
870.	PRT	REGINA MARVÃO	606	37	177	VET F35	35 BORABORA VAMOS LÁ	01:06:59	+36:01	06:42	01:06:36	32:25:00	06:29	06:29
871.	PRT	JOSÉ CARLOS SANTOS	219	50	694	VET M50	67 HELIFLEX	01:07:11	+36:13	06:44	01:06:29	31:47:00	06:22	06:41
872.	PRT	CÁTIA BRITO	612	30	178	SEN F	63 RUNNERS IN PART TIME	01:07:16	+36:18	06:44	01:06:46	32:27:00	06:30	06:54
873.	PRT	TIAGO ROCHA	177	27	695	SEN M	163 INDIVIDUAL	01:07:18	+36:20	06:44	01:06:47	31:55:00	06:23	
874.	PRT	BRUNO SOARES PEREIRA	277	35	696	VET M35	142 INDIVIDUAL	01:07:22	+36:24	06:45	01:06:55	33:03:00	06:37	06:12
875.	PRT	ALICE GUIMARÃES	455	57	179	VET F55	4 INVICTA RUNNERS TEAM	01:07:42	+36:44	06:47	01:07:22	33:10:00	06:38	06:45
876.	PRT	LUCIA PINTO	934	52	180	VET F50	13 INDIVIDUAL	01:08:07	+37:09	06:49	01:07:25	34:53:00	06:59	06:41
877.	PRT	ISABEL AMÉRICA	138	57	181	VET F55	5 PACE.MAKERS	01:08:24	+37:26	06:51	01:07:54	33:52:00	06:47	06:42
878.	PRT	INÊS GAMELAS	281	32	182	SEN F	64 INDIVIDUAL	01:08:41	+37:43	06:53	01:08:03	33:28:00	06:42	06:51
879.	PRT	JOÃO SOUSA	467	33	697	SEN M	164 INDIVIDUAL	01:08:58	+38:00	06:54	01:08:14	33:56:00	06:48	06:08
880.	PRT	GONÇALO RODRIGUES	331	36	698	VET M35	143 INDIVIDUAL	01:09:05	+38:07	06:55	01:08:28	31:44:00	06:21	06:59
881.	PRT	MARTA SILVA	953	44	183	VET F40	39 KIRCHHOFF - KONECT RUNNING TEAM	01:09:06	+38:08	06:55	01:09:06	32:25:00	06:29	06:54
882.	PRT	CARLA PINHO	289	40	184	VET F40	40 KIRCHHOFF - KONECT RUNNING TEAM	01:09:06	+38:08	06:55	01:08:33	32:27:00	06:30	06:55
883.	PRT	JOANA ALMEIDA	975	21	185	SUB 23 F	3 INDIVIDUAL	01:09:18	+38:20	06:56	01:08:55	33:58:00	06:48	06:26
884.	PRT	ANA DE ALMEIDA	33	30	186	SEN F	65 INDIVIDUAL	01:09:54	+38:56	07:00	01:09:12	32:27:00	06:30	06:31
885.	PRT	CRISTINA ANGEJA	508	42	187	VET F40	41 EQUIPA ANGEJA	01:10:16	+39:18	07:02	01:09:39	33:34:00	06:43	06:38
886.	PRT	FILIPA MESQUITA	922	25	188	SEN F	66 CC FAMILY	01:11:44	+40:46	07:11	01:11:17	36:37:00	07:20	06:08
887.		Pedro Costa	1050	37	699	VET M35	144 INDIVIDUAL	01:11:46	+40:48	07:11	01:11:06	33:35:00	06:43	
888.	PRT	ANTÓNIO EUSÉBIO	211	54	700	VET M50	68 INDIVIDUAL	01:13:20	+42:22	07:20	01:12:40	33:39:00	06:44	
889.	BRA	PAULO FARBER	279	58	701	VET M55	34 EQUIPA FARBER	01:13:44	+42:46	07:23	01:13:03	35:26:00	07:06	07:38
890.	PRT	SALOMÉ GLÓRIAS	139	47	189	VET F45	20 PACE.MAKERS	01:14:41	+43:43	07:29	01:14:10	36:05:00	07:13	07:01
891.	PRT	MANUELA SILVA	79	50	190	VET F50	14 INDIVIDUAL	01:14:48	+43:50	07:29	01:14:10	36:48:00	07:22	07:10
892.	PRT	FILIPA LORETO	396	35	191	VET F35	36 EMBASRUN	01:15:26	+44:28	07:33	01:14:43	36:11:00	07:15	07:30
893.	PRT	RUI MELO	394	44	702	VET M40	128 EMBASRUN	01:15:27	+44:29	07:33	01:14:43	36:12:00	07:15	07:33
894.	PRT	JOSÉ PASCOAL	393	47	703	VET M45	106 EMBASRUN	01:15:27	+44:29	07:33	01:14:45	36:11:00	07:15	07:41
895.		António Andrés	1043	63	704	VET M60	23 INDIVIDUAL	01:15:46	+44:48	07:35	01:15:27	34:53:00	06:59	07:50
896.	PRT	ANTÓNIO MARTINS	206	40	705	VET M40	129 INDIVIDUAL	01:16:46	+45:48	07:41	01:16:46	35:59:00	07:12	
897.	PRT	ANA GONÇALVES	61	44	192	VET F40	42 INDIVIDUAL	01:17:03	+46:05	07:43	01:16:23	37:13:00	07:27	07:16
898.	PRT	CRISTINA MARCOS	137	52	193	VET F50	15 PACE.MAKERS	01:17:04	+46:06	07:43	01:16:33	37:14:00	07:27	
899.	PRT	NEUZA RAMOS	1008	32	194	SEN F	67 CC FAMILY	01:17:07	+46:09	07:43	01:16:41			07:21
900.	PRT	JOAO NAMORADO	646	39	706	VET M35	145 INDIVIDUAL	01:17:52	+46:54	07:48	01:17:28	36:52:00	07:23	07:42
901.	PRT	ANA MADAIL	202	38	195	VET F35	37 INDIVIDUAL	01:19:45	+48:47	07:59	01:19:11	37:12:00	07:27	
902.	PRT	JONAS BRANDÃO	203	37	707	VET M35	146 INDIVIDUAL	01:19:47	+48:49	07:59	01:19:14	37:12:00	07:27	
903.	NLD	SOERT SCHOUWENAAR	188	42	708	VET M40	130 INDIVIDUAL	01:20:41	+49:43	08:05	01:20:03	37:27:00	07:30	
904.	PRT	NADINE CASTELHANO	124	33	196	SEN F	68 INDIVIDUAL	01:22:40	+51:42	08:16	01:22:03	39:12:00	07:51	07:57