

Geral	Dorsal	Nome	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Ritmo	Chip
1.	467	LEONEL FERNANDES	CLUBE ATLETISMO DE OVAR	M	1	SEN M	1	31:30:00	03:09	31:30:00
2.	514	JORGE SANTA CRUZ	S.C. BRAGA	M	2	SEN M	2	31:53:00	03:11	31:53:00
3.	15	ANDRE ANICETO	A.C.R.VALE CAMBRA	M	3	SEN M	3	32:05:00	03:12	32:05:00
4.	189	JOAO ALMEIDA	SPORTING CLUBE PORTUGAL	M	4	SEN M	4	32:13:00	03:13	32:13:00
5.	303	JANIK LIMA	AFIS/OVAR	M	5	SEN M	5	32:34:00	03:15	32:34:00
6.	324	TO-ZE CASTRO	BARRINHA SURF SCHOOL	M	6	SEN M	6	33:16:00	03:19	33:16:00
7.	329	TIAGO SILVA	BARRINHA SURF SCHOOL	M	7	SEN M	7	33:52:00	03:23	33:52:00
8.	358	AUGUSTO CARDOSO	SENHORA DO DESTERRO	M	8	VET M45	1	34:09:00	03:24	34:09:00
9.	345	FERNANDO LIMA	NUCLEO ATLETISMO CUCUJAES	M	9	VET M40	1	34:14:00	03:25	34:14:00
10.	468	CELSE LEITE	CLUBE ATLETISMO DE OVAR	M	10	SEN M	8	34:18:00	03:25	34:18:00
11.	400	HELDER PIRES	X5 HEALTH CLUB	M	11	SEN M	9	34:31:00	03:27	34:31:00
12.	361	JOAO PEREIRA	AFIS	M	12	VET M50	1	34:50:00	03:29	34:50:00
13.	367	ANDRE SILVA		M	13	SEN M	10	34:57:00	03:29	34:57:00
14.	181	MARIO CONTREIRAS	CDSSALVADOR DO CAMPO	M	14	VET M45	2	35:03:00	03:30	35:03:00
15.	662	NORBERTO SILVA	NUCLEO ATLETISMO CUCUJAES	M	15	VET M40	2	35:04:00	03:30	35:04:00
16.	276	MANUEL PINTO	X5 HEALTH CLUB	M	16	VET M40	3	35:10:00	03:31	35:10:00
17.	145	RENATO SILVA	CALDAS S JORGE SPORT CLUB	M	17	VET M45	3	35:16:00	03:31	35:16:00
18.	519	FRANCELINO RESENDE	NAC	M	18	VET M45	4	35:38:00	03:33	35:38:00
19.	471	RUI COSTA	CLUBE ATLETISMO DE OVAR	M	19	SEN M	11	36:18:00	03:37	36:18:00
20.	85	NUNO PINHO	N.A.CUCUJAES	M	20	SEN M	12	36:19:00	03:37	36:19:00
21.	469	ALBERTO VALENTE	CLUBE ATLETISMO DE OVAR	M	21	VET M40	4	36:20:00	03:38	36:20:00
22.	475	VÍTOR PINHO	CLUBE ATLETISMO DE OVAR	M	22	VET M40	5	36:25:00	03:38	36:25:00
23.	116	ADRIANO FONSECA	VIVALLEY RUNNERS	M	23	SEN M	13	36:36:00	03:39	36:36:00
24.	323	HELDER ROBALINHO	BARRINHA SURF SCHOOL	M	24	SEN M	14	36:50:00	03:41	36:50:00
25.	160	MANUEL LAZARO SILVA		M	25	VET M40	6	36:51:00	03:41	36:51:00
26.	117	CLAUDIO FONSECA	VIVALLEY RUNNERS	M	26	VET M40	7	36:51:00	03:41	36:51:00
27.	477	MARCIO SERRADO	CLUBE ATLETISMO DE OVAR	M	27	SEN M	15	36:56:00	03:41	36:56:00
28.	628	JESSICA MATOS	SPORT C. E SALGUEIROS	F	1	SEN F	1	36:59:00	03:41	36:59:00
29.	584	TIAGO PINTO	DOUROCONTA TRAIL TEAM	M	28	SEN M	16	37:07:00	03:42	37:07:00
30.	583	PEDRO BARBOSA		M	29	SEN M	17	37:24:00	03:44	37:24:00
31.	470	CARLOS SEQUEIRA	CLUBE ATLETISMO DE OVAR	M	30	SEN M	18	37:25:00	03:44	37:25:00
32.	243	JACINTO OLIVEIRA		M	31	SEN M	19	37:49:00	03:46	37:49:00
33.	648	ROGERIO CAMPOS	X5 HEALTH CLUB	M	32	VET M45	5	37:53:00	03:47	37:53:00
34.	335	FILIPE LEITE	AFIS/OVAR	M	33	SEN M	20	37:55:00	03:47	37:55:00
35.	209	HERNANI FURTADO	ESPINHO RUNNERS	M	34	SEN M	21	38:00:00	03:48	38:00:00
36.	664	AZEVEDO PAULO		M	35	VET M40	8	38:12:00	03:49	38:12:00
37.	249	LUIS CRUZ	INDIVIDUAL	M	36	VET M40	9	38:21:00	03:50	38:21:00
38.	123	ALCINDO DIAS	GD SAO PAIO DE OLEIROS	M	37	VET M40	10	38:23:00	03:50	38:23:00
39.	237	JOAO P RODRIGUES	INDIVIDUAL	M	38	VET M45	6	38:23:00	03:50	38:23:00
40.	642	JOSE BRITO		M	39	VET M45	7	38:23:00	03:50	38:23:00
41.	218	MANUEL FONSECA	AFIS/OVAR	M	40	VET M50	2	38:24:00	03:50	38:24:00
42.	115	RICARDO FONSECA	VIVALLEY RUNNERS	M	41	VET M40	11	38:25:00	03:50	38:25:00
43.	102	FILIPE FONSECA	CLUBE ATLETISMO OVAR	M	42	SEN M	22	38:28:00	03:50	38:28:00
44.	617	ANTONIO VIEIRA	AFIS/OVAR	M	43	VET M55	1	38:41:00	03:52	38:41:00
45.	368	AMERICO SILVA		M	44	VET M40	12	38:50:00	03:53	38:50:00

Geral	Dorsal	Nome	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Ritmo	Chip
46.	97	ANDRE ROCHA	GD. OUTEIROS	M	45	SEN M	23	38:52:00	03:53	38:52:00
47.	184	AUGUSTO ALUAI	CAL - C. ATLETISMO LAMAS	M	46	VET M45	8	38:52:00	03:53	38:52:00
48.	49	MIGUEL LACERDA	LUSITANOS	M	47	VET M40	13	39:01:00	03:54	39:01:00
49.	212	FABIO SILVA	INDIVIDUAL	M	48	SEN M	24	39:04:00	03:54	39:04:00
50.	270	HELDER NICOLAU	X5 HEALTH CLUB	M	49	SEN M	25	39:06:00	03:54	39:06:00
51.	476	AMERICO VALENTE	SERVICOS SOCIAS DA CAMERA DE OVAR	M	50	VET M50	3	39:08:00	03:54	39:08:00
52.	474	SILVIA SANTOS	CLUBE ATLETISMO DE OVAR	F	2	SEN F	2	39:09:00	03:54	39:09:00
53.	80	RICARDO SILVA		M	51	SEN M	26	39:10:00	03:55	39:10:00
54.	119	JOSE SILVA	CALDAS S.JORGE SPORT CLUB	M	52	VET M55	2	39:21:00	03:56	39:21:00
55.	155	JORGE QUEIROS	NUCLEO ATLETISMO CUCUJAES	M	53	VET M40	14	39:23:00	03:56	39:23:00
56.	199	ANDRE PINA	INDIVIDUAL	M	54	SEN M	27	39:24:00	03:56	39:24:00
57.	179	BRUNO QUEIROS		M	55	SEN M	28	39:28:00	03:56	39:28:00
58.	574	FILIPE RIBEIRO	ECOMOBILE	M	56	SEN M	29	39:31:00	03:57	39:31:00
59.	203	MONICA SIMOES	ADREP	F	3	SEN F	3	39:32:00	03:57	39:32:00
60.	427	FABIO PAIVA	VILLA CESARI	M	57	SEN M	30	39:33:00	03:57	39:33:00
61.	118	SERGIO PAIVA		M	58	SEN M	31	39:35:00	03:57	39:35:00
62.	362	JORGE SANTOS	X5 HEALTH CLUB	M	59	SEN M	32	39:43:00	03:58	39:43:00
63.	41	FERNANDO MORAIS	INDIVIDUAL	M	60	VET M50	4	40:01:00	04:00	40:01:00
64.	144	EDUARDO MARTINS	CALDAS S JORGE SPORT CLUB	M	61	VET M45	9	40:06:00	04:00	40:06:00
65.	190	PEDRO CANCELO	CLUBE ZUPPER	M	62	SEN M	33	40:18:00	04:01	40:18:00
66.	217	MARIO COSTA	AFIS/OVAR	M	63	VET M45	10	40:34:00	04:03	40:34:00
67.	77	RUI GUEDES		M	64	SEN M	34	40:47:00	04:04	40:47:00
68.	534	FERNANDO LOPES	CDC S.MARTINHO DA GANDARA	M	65	VET M40	15	40:51:00	04:05	40:51:00
69.	532	BRUNO BARGE	CDC S.MARTINHO DA GANDARA	M	66	SEN M	35	40:51:00	04:05	40:51:00
70.	126	NUNO FRIAS	CLUBE ZUPPER	M	67	SEN M	36	40:59:00	04:05	40:59:00
71.	522	TIAGO CORREIA	X5 HEALTH CLUB	M	68	SEN M	37	41:05:00	04:06	41:05:00
72.	531	BRUNO VIDINHA	CALDAS SAO JORGE SPORT	M	69	SEN M	38	41:07:00	04:06	41:07:00
73.	35	HUGO OLIVEIRA	FOGACAS COM MALAPOS	M	70	SEN M	39	41:08:00	04:06	41:08:00
74.	42	ISAC SILVA	TAINADAS	M	71	SEN M	40	41:10:00	04:07	41:10:00
75.	649	RICARDO COELHO		M	72	SEN M	41	41:11:00	04:07	41:11:00
76.	512	DANIEL SILVA	X5 HEALTH CLUB	M	73	SEN M	42	41:12:00	04:07	41:12:00
77.	556	DIOGO PEREIRA	RUNNING ESPINHO	M	74	SEN M	43	41:18:00	04:07	41:18:00
78.	182	TIAGO CARVALHO		M	75	SEN M	44	41:28:00	04:08	41:28:00
79.	515	NELSON FRANCA	X5 HEALTH CLUB	M	76	SEN M	45	41:30:00	04:09	41:30:00
80.	430	NELSON SILVA	FEEL FREE	M	77	SEN M	46	41:35:00	04:09	41:35:00
81.	551	VÍTOR EMANUEL	RUNNING ESPINHO	M	78	SEN M	47	41:45:00	04:10	41:45:00
82.	478	NUNO CUNHA	CLUBE ZUPPER	M	79	SEN M	48	41:47:00	04:10	41:47:00
83.	13	ANTONIO SILVA	INDIVIDUAL	M	80	SEN M	49	41:50:00	04:11	41:50:00
84.	553	CESAR SOUSA	RUNNING ESPINHO	M	81	VET M40	16	41:54:00	04:11	41:54:00
85.	572	MARIO BAPTISTA	INDIVIDUAL	M	82	SEN M	50	41:57:00	04:11	41:57:00
86.	122	AGOSTINHO GONCALVES	CAL - C. A. DE LAMAS	M	83	VET M40	17	41:58:00	04:11	41:58:00
87.	55	CARLOS RIPOLINS	GRIJO A CORRER	M	84	VET M55	3	42:02:00	04:12	42:02:00
88.	282	SERGIO MOTA	X5 HEALTH CLUB	M	85	SEN M	51	42:02:00	04:12	42:02:00
89.	252	SERGIO CANEDO		M	86	VET M40	18	42:05:00	04:12	42:05:00
90.	149	PAULO SILVA	RUN4FUN	M	87	VET M45	11	42:08:00	04:12	42:08:00

Geral	Dorsal	Nome	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Ritmo	Chip
91.	150	ALBERTO ESPINHEIRA	RUN4FUN	M	88	VET M50	5	42:08:00	04:12	42:08:00
92.	381	MANUEL CARDOSO		M	89	VET M50	6	42:17:00	04:13	42:17:00
93.	153	ANTONIO CASTRO	CLUBE DESPORTIVO FEIRENSE	M	90	VET M50	7	42:21:00	04:14	42:21:00
94.	254	LUIS TORRES	INDIVIDUAL	M	91	VET M40	19	42:23:00	04:14	42:23:00
95.	214	HELDER COSTA	AFIS/OVAR	M	92	SEN M	52	42:25:00	04:14	42:25:00
96.	157	FILIPE MACHADO	PERNAS DE PAU	M	93	SEN M	53	42:28:00	04:14	42:28:00
97.	579	JOSE RODRIGUES ALMEIDA	INDIVIDUAL	M	94	VET M55	4	42:29:00	04:14	42:29:00
98.	455	LUÍS CONCEICAO	GRUPO DESP S PAIO OLEIROS	M	95	VET M45	12	42:31:00	04:15	42:31:00
99.	337	RUI FELGUEIRAS	IMO2007	M	96	VET M45	13	42:32:00	04:15	42:32:00
100.	186	GILBERTO MELO	MAIA A.C.	M	97	SEN M	54	42:33:00	04:15	42:33:00
101.	421	ERNESTO ALVES	JUVENTUDE CORTEGACENSE	M	98	VET M45	14	42:35:00	04:15	42:35:00
102.	549	MARIO DIAS	RUNNING ESPINHO	M	99	SEN M	55	42:38:00	04:15	42:38:00
103.	612	JOSE LEITE	X5 HEALTH CLUB	M	100	VET M45	15	42:42:00	04:16	42:42:00
104.	21	MANUEL FERREIRA	INDIVIDUAL	M	101	VET M60	1	42:44:00	04:16	42:44:00
105.	441	ANTONIO SILVA	FEEL FREE	M	102	VET M45	16	42:48:00	04:16	42:48:00
106.	307	HELDER PEREIRA	X5 HEALTH CLUB	M	103	VET M40	20	42:48:00	04:16	42:48:00
107.	414	FRANCISCO CALDAS	X5 HEALTH CLUB	M	104	SEN M	56	42:49:00	04:16	42:49:00
108.	328	RUI COSTA	BARRINHA SURF SCHOOL	M	105	VET M50	8	42:50:00	04:17	42:50:00
109.	111	LUIS OSORIO	AFIS/OVAR	M	106	VET M50	9	42:51:00	04:17	42:51:00
110.	540	FABIO SILVA	WORKOUT	M	107	SEN M	57	43:00:00	04:18	43:00:00
111.	302	DANIEL RODRIGUES		M	108	SEN M	58	43:08:00	04:18	43:08:00
112.	264	CECÍLIO FERREIRA	X5 HEALTH CLUB	M	109	VET M40	21	43:13:00	04:19	43:13:00
113.	665	ARLINDO SILVA		M	110	VET M40	22	43:18:00	04:19	43:18:00
114.	163	RICARDO OLIVEIRA	AWESOME	M	111	SEN M	59	43:20:00	04:20	43:20:00
115.	487	ANTONIO PORRAO	X5 HEALTH CLUB	M	112	VET M50	10	43:20:00	04:20	43:20:00
116.	452	MANUEL PETIZ	FEEL FREE	M	113	VET M40	23	43:23:00	04:20	43:23:00
117.	374	NUNO CARDOSO	SUP ESMORIZ CLUB	M	114	SEN M	60	43:24:00	04:20	43:24:00
118.	88	CRISTIANA FERREIRA	RUNNING ESPINHO	F	4	SEN F	4	43:31:00	04:21	43:31:00
119.	314	NELSON ALVES	X5 HEALTH CLUB	M	115	VET M45	17	43:40:00	04:22	43:40:00
120.	79	ARNALDO PEREIRA		M	116	VET M45	18	43:47:00	04:22	43:47:00
121.	142	SERGIO SILVA	AFIS/OVAR	M	117	SEN M	61	43:50:00	04:23	43:50:00
122.	219	PAULO MARTINS	AFIS/OVAR	M	118	VET M45	19	43:50:00	04:23	43:50:00
123.	27	HUGO LIMA	FOGACAS COM MALAPOS	M	119	SEN M	62	43:52:00	04:23	43:52:00
124.	220	LAZARO TEIXEIRA	INDIVIDUAL	M	120	SEN M	63	43:52:00	04:23	43:52:00
125.	387	EDUARDO OLIVEIRA	AFIS/OVAR	M	121	VET M40	24	43:53:00	04:23	43:53:00
126.	627	BRUNO ROCHA	REMAX CHAMPION	M	122	SEN M	64	43:56:00	04:23	43:56:00
127.	398	CEU COELHO	X5 HEALTH CLUB	F	5	SEN F	5	44:03:00	04:24	44:03:00
128.	424	JULIO SILVA	JUVENTUDE CORTEGACENSE	M	123	VET M45	20	44:06:00	04:24	44:06:00
129.	294	CONSTANTINO VIEIRA	X5 HEALTH CLUB	M	124	VET M60	2	44:07:00	04:24	44:07:00
130.	300	PEDRO PINHO	PUPILOS DO ZE-TO	M	125	SEN M	65	44:08:00	04:24	44:08:00
131.	223	DULCE BASTOS	NUCLEO ATLETISMO CUCUJAES	F	6	VET F40	1	44:10:00	04:25	44:10:00
132.	12	LUIS CARVALHO	ISARUNNERS	M	126	SEN M	66	44:16:00	04:25	44:16:00
133.	44	NUNO SILVA	COUCH RUNNERS	M	127	SEN M	67	44:19:00	04:25	44:19:00
134.	343	MATILDE BAPTISTA	JAM	F	7	VET F45	1	44:21:00	04:26	44:21:00
135.	304	JOSE COSTA	AFIS/OVAR	M	128	VET M40	25	44:25:00	04:26	44:25:00

Geral	Dorsal	Nome	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Ritmo	Chip
136.	234	HUGO COSTA	RAINHA CLUB	M	129	SEN M	68	44:30:00	04:27	44:30:00
137.	133	ANTONIO NIFO LEMOS	RUN@FIGUEIRA	M	130	VET M60	3	44:31:00	04:27	44:31:00
138.	60	FILIPE CUNHA	RAINHA CLUB	M	131	SEN M	69	44:33:00	04:27	44:33:00
139.	589	NUNO SANTOS	4ANY1	M	132	SEN M	70	44:35:00	04:27	44:35:00
140.	526	JOAO NEVES	CPT SOBRAL DE CEIRA	M	133	VET M45	21	44:39:00	04:27	44:39:00
141.	604	ROSA FERREIRA	X5 HEALTH CLUB	F	8	VET F50	1	44:39:00	04:27	44:39:00
142.	397	RENATO FAMILIAR	X5 HEALTH CLUB	M	134	SEN M	71	44:40:00	04:28	44:40:00
143.	159	SERGIO ALMEIDA	INDIVIDUAL	M	135	VET M45	22	44:41:00	04:28	44:41:00
144.	216	JOAQUIM FERREIRA	AFIS/OVAR	M	136	VET M50	11	44:42:00	04:28	44:42:00
145.	37	PEDRO PEREIRA	FOGACAS COM MALAPOS	M	137	SEN M	72	44:43:00	04:28	44:43:00
146.	11	JOAO MOREIRA	RUNNING ESPINHO	M	138	VET M40	26	44:45:00	04:28	44:45:00
147.	283	AMERICO FONSECA	X5 HEALTH CLUB	M	139	VET M45	23	44:50:00	04:29	44:50:00
148.	20	MANUEL OLIVEIRA	INDIVIDUAL	M	140	VET M55	5	44:53:00	04:29	44:53:00
149.	369	FILIPE MOURA	AMIGOS DAS SAPATILHAS	M	141	VET M40	27	44:55:00	04:29	44:55:00
150.	449	RUI VALENTE	FEEL FREE	M	142	SEN M	73	44:56:00	04:29	44:56:00
151.	19	JORGE MOTA	LOUSADA RUNNERS	M	143	VET M40	28	44:57:00	04:29	44:57:00
152.	240	MONICA FERNANDES	INDIVIDUAL	F	9	SEN F	6	44:58:00	04:29	44:58:00
153.	63	PEDRO SILVA	JESUS RUNNERS	M	144	SEN M	74	45:00:00	04:30	45:00:00
154.	154	ANGELO ARAUJO	NUCLEO ATLETISMO CUCUJAES	M	145	SEN M	75	45:02:00	04:30	45:02:00
155.	188	VICTOR CARMO	GRIJO A CORRER	M	146	VET M45	24	45:04:00	04:30	45:04:00
156.	370	CARLOS NORONHA		M	147	SEN M	76	45:05:00	04:30	45:05:00
157.	202	ADRIANO FLORIM		M	148	VET M40	29	45:05:00	04:30	45:05:00
158.	91	CARLOS OLIVEIRA	INDIVIDUAL	M	149	VET M40	30	45:08:00	04:30	45:08:00
159.	244	JOSE NETO	G. D. PORTELA	M	150	VET M40	31	45:08:00	04:30	45:08:00
160.	260	RICARDO SANTOS	X5 HEALTH CLUB	M	151	SEN M	77	45:10:00	04:31	45:10:00
161.	191	JORGE VICENTE SOUSA	RUNNING ESPINHO	M	152	VET M45	25	45:11:00	04:31	45:11:00
162.	272	FILIPE RAMOS	X5 HEALTH CLUB	M	153	VET M40	32	45:11:00	04:31	45:11:00
163.	392	EZEQUIEL FERREIRA	X5 HEALTH CLUB	M	154	VET M45	26	45:13:00	04:31	45:13:00
164.	207	PEDRO VAZ		M	155	SEN M	78	45:17:00	04:31	45:17:00
165.	508	VASCO COSTA		M	156	SEN M	79	45:18:00	04:31	45:18:00
166.	615	JOAO MAIA	REMAX	M	157	SEN M	80	45:18:00	04:31	45:18:00
167.	585	JOSE RODRIGUES	PUPILOS DO ZE TO	M	158	VET M45	27	45:21:00	04:32	45:21:00
168.	603	ANGELINA FERREIRA	X5 HEALTH CLUB	F	10	VET F50	2	45:21:00	04:32	45:21:00
169.	224	FERNANDO ADRIAO	NUCLEO ATLETISMO CUCUJAES	M	159	VET M50	12	45:25:00	04:32	45:25:00
170.	222	CARLA ARAUJO	NUCLEO ATLETISMO CUCUJAES	F	11	VET F40	2	45:25:00	04:32	45:25:00
171.	429	SILVIA JESUS	FEEL FREE	F	12	SEN F	7	45:26:00	04:32	45:26:00
172.	450	MARCIO JORGE	FEEL FREE	M	160	SEN M	81	45:34:00	04:33	45:34:00
173.	568	VASCO NEVES	RUNNING ESPINHO	M	161	SEN M	82	45:34:00	04:33	45:34:00
174.	213	FREDERICO FERNANDES	AD QUINTA - ATLETISMO	M	162	SEN M	83	45:37:00	04:33	45:37:00
175.	524	PEDRO COSTA	OS KAGADOS	M	163	SEN M	84	45:39:00	04:33	45:39:00
176.	359	JOSE AMARO	AFIS/OVAR	M	164	VET M50	13	45:40:00	04:34	45:40:00
177.	105	MIGUEL FRANCISCO	PERNAS DE PAU	M	165	SEN M	85	45:41:00	04:34	45:41:00
178.	31	JOAQUIM SILVA	FOGACAS COM MALAPOS	M	166	VET M50	14	45:41:00	04:34	45:41:00
179.	169	PAULO OLIVEIRA	JESUS RUNNERS	M	167	SEN M	86	45:45:00	04:34	45:45:00
180.	447	MARCO PEIXOTO	FEEL FREE	M	168	SEN M	87	45:45:00	04:34	45:45:00

Geral	Dorsal	Nome	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Ritmo	Chip
181.	281	PAULO COSTA	X5 HEALTH CLUB	M	169	VET M45	28	45:48:00	04:34	45:48:00
182.	516	ALEXANDRE SANTOS	REUMATICOS	M	170	VET M40	33	45:52:00	04:35	45:52:00
183.	517	RUI PINHO	REUMATICOS	M	171	VET M40	34	45:53:00	04:35	45:53:00
184.	363	FRANCISCO MATOS	X5 HEALTH CLUB	M	172	SEN M	88	45:53:00	04:35	45:53:00
185.	533	JOAQUIM PAULO	CDC S.MARTINHO DA GANDARA	M	173	VET M40	35	45:54:00	04:35	45:54:00
186.	86	MARCO BOTELHO	JUVENTUDE CORTEGACENSE	M	174	VET M40	36	45:56:00	04:35	45:56:00
187.	606	CARLA MOURAO	INDIVIDUAL	F	13	VET F45	2	45:56:00	04:35	45:56:00
188.	185	JOAO LEITE	INDIVIDUAL	M	175	SEN M	89	46:03:00	04:36	46:03:00
189.	297	MARCO COELHO	INDIVIDUAL	M	176	SEN M	90	46:05:00	04:36	46:05:00
190.	413	JULIO CARDOSO	X5 HEALTH CLUB	M	177	VET M40	37	46:07:00	04:36	46:07:00
191.	30	VITOR COSTA 26	FOGACAS COM MALAPOS	M	178	SEN M	91	46:09:00	04:36	46:09:00
192.	23	FILIPE COELHO	FOGACAS COM MALAPOS	M	179	SEN M	92	46:09:00	04:36	46:09:00
193.	124	PAULO REIS		M	180	SEN M	93	46:09:00	04:36	46:09:00
194.	147	ARMANDO ROCHA	RUN4FUN	M	181	VET M40	38	46:10:00	04:37	46:10:00
195.	564	ANTONIO SILVA	RUNNING ESPINHO	M	182	VET M45	29	46:11:00	04:37	46:11:00
196.	316	VALTER CARVALHO	X5 HEALTH CLUB	M	183	SEN M	94	46:11:00	04:37	46:11:00
197.	279	PAULO ALMEIDA	X5 HEALTH CLUB	M	184	VET M50	15	46:19:00	04:37	46:19:00
198.	536	FERNANDO LOPES	INDIVIDUAL	M	185	VET M60	4	46:19:00	04:37	46:19:00
199.	192	JORGE GUERRA	OS 100 CURA	M	186	VET M40	39	46:20:00	04:38	46:20:00
200.	167	PEDRO PINHO		M	187	SEN M	95	46:25:00	04:38	46:25:00
201.	378	ADRIANO MATIAS		M	188	VET M50	16	46:28:00	04:38	46:28:00
202.	581	OSCAR SANTOS	WORKOUT	M	189	VET M50	17	46:28:00	04:38	46:28:00
203.	380	EDUARDO PEREIRA		M	190	SEN M	96	46:29:00	04:38	46:29:00
204.	472	FLORBELA COSTA	SERVICOS SOCIAS DA CAMERA DE OVAR	F	14	VET F50	3	46:35:00	04:39	46:35:00
205.	502	FILIPE NUNES	X5 HEALTH CLUB	M	191	SEN M	97	46:35:00	04:39	46:35:00
206.	242	ANDRE SILVA	AD QUINTA - ATLETISMO	M	192	SEN M	98	46:44:00	04:40	46:44:00
207.	100	HELENA SANTOS	C.F OLIVEIRA DOURO	F	15	VET F45	3	46:44:00	04:40	46:44:00
208.	161	PAULO GIL		M	193	VET M40	40	46:45:00	04:40	46:45:00
209.	458	ANDRE ANICETO	CLUBE ATL GERACAO PARAMOS	M	194	SEN M	99	46:45:00	04:40	46:45:00
210.	377	NUNO FERREIRA		M	195	SEN M	100	46:50:00	04:41	46:50:00
211.	292	ANTONIO CASTRO	X5 HEALTH CLUB	M	196	VET M45	30	46:50:00	04:41	46:50:00
212.	156	MARCIA MARQUES	PERNAS DE PAU	F	16	SEN F	8	46:51:00	04:41	46:51:00
213.	466	NELSON CASTRO	AD QUINTA	M	197	SEN M	101	46:51:00	04:41	46:51:00
214.	479	TIAGO FERREIRA	X5 HEALTH CLUB	M	198	SEN M	102	46:51:00	04:41	46:51:00
215.	180	PEDRO MARQUES	PERNAS DE PAU	M	199	VET M40	41	46:55:00	04:41	46:55:00
216.	313	JULIANO SILVA	X5 HEALTH CLUB	M	200	SEN M	103	46:56:00	04:41	46:56:00
217.	457	JOSE OLIVEIRA GOMES	CLUBE ATL GERACAO PARAMOS	M	201	VET M50	18	46:58:00	04:41	46:58:00
218.	456	JOSE GOMES	CLUBE ATL GERACAO PARAMOS	M	202	SEN M	104	46:58:00	04:41	46:58:00
219.	131	ARMANDO CERQUEIRA		M	203	VET M55	6	47:00:00	04:42	47:00:00
220.	230	PAULO OLIVEIRA		M	204	SEN M	105	47:04:00	04:42	47:04:00
221.	258	JOSE ANDRADE	X5 HEALTH CLUB	M	205	VET M45	31	47:07:00	04:42	47:07:00
222.	40	RUI PASCOAL	FOGACAS COM MALAPOS	M	206	VET M40	42	47:09:00	04:42	47:09:00
223.	419	ANTONIO MOURA	JUVENTUDE CORTEGACENSE	M	207	VET M45	32	47:15:00	04:43	47:15:00
224.	200	RUI PEREIRA		M	208	SEN M	106	47:18:00	04:43	47:18:00
225.	663	PATRICIA NUNES		F	17	VET F40	3	47:18:00	04:43	47:18:00

Geral	Dorsal	Nome	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Ritmo	Chip
226.	493	JOANA COSTA	X5 HEALTH CLUB	F	18	SEN F	9	47:21:00	04:44	47:21:00
227.	290	MARCIO PEREIRA	X5 HEALTH CLUB	M	209	SEN M	107	47:21:00	04:44	47:21:00
228.	239	ANDRE ANTUNES		M	210	VET M40	43	47:21:00	04:44	47:21:00
229.	96	JOSE ALMEIDA		M	211	VET M40	44	47:21:00	04:44	47:21:00
230.	391	JONATHAN DIAZ	X5 HEALTH CLUB	M	212	SEN M	108	47:23:00	04:44	47:23:00
231.	228	JOSE OLIVEIRA	INDIVIDUAL	M	213	VET M40	45	47:24:00	04:44	47:24:00
232.	327	BRUNO NEVES	BARRINHA SURF SCHOOL	M	214	SEN M	109	47:29:00	04:44	47:29:00
233.	582	PAULO SILVA	WORKOUT	M	215	VET M40	46	47:31:00	04:45	47:31:00
234.	566	JOSE GOMES	RUNNING ESPINHO	M	216	VET M40	47	47:33:00	04:45	47:33:00
235.	26	LUIS CUNHA	FOGACAS COM MALAPOS	M	217	VET M40	48	47:35:00	04:45	47:35:00
236.	62	MIGUEL FERREIRA		M	218	VET M40	49	47:36:00	04:45	47:36:00
237.	95	ABILIO SOARES	LA VAMOS NOS	M	219	VET M60	5	47:41:00	04:46	47:41:00
238.	183	LUCIDIO DIAS	CAL - C. ATLETISMO LAMAS	M	220	VET M60	6	47:41:00	04:46	47:41:00
239.	108	ANTONIO BRANDAO	CGD OVAR	M	221	VET M55	7	47:42:00	04:46	47:42:00
240.	76	VALDEMAR ALMEIDA		M	222	VET M50	19	47:45:00	04:46	47:45:00
241.	510	HELDER FERREIRA		M	223	SEN M	110	47:51:00	04:47	47:51:00
242.	139	CARLOS COSTA		M	224	VET M50	20	47:52:00	04:47	47:52:00
243.	379	RICARDO LOPES		M	225	SEN M	111	47:54:00	04:47	47:54:00
244.	462	FILIPA PINTO	CLUBE ATL GERACAO PARAMOS	F	19	SEN F	10	47:56:00	04:47	47:56:00
245.	356	MARTA REIS	X5 HEALTH CLUB	F	20	SEN F	11	47:57:00	04:47	47:57:00
246.	317	ISABEL ROSAS	X5 HEALTH CLUB	F	21	VET F40	4	47:59:00	04:47	47:59:00
247.	473	ARLINDO SILVA	CLUBE ATLETISMO DE OVAR	M	226	VET M55	8	48:00:00	04:48	48:00:00
248.	444	SILVIA CAETANO	FEEL FREE	F	22	SEN F	12	48:02:00	04:48	48:02:00
249.	445	MARCO CARVALHO	FEEL FREE	M	227	SEN M	112	48:02:00	04:48	48:02:00
250.	570	VÍTOR FERREIRA	RUNNING ESPINHO	M	228	VET M40	50	48:06:00	04:48	48:06:00
251.	125	LUIS RAMOS	RAINHA CLUB	M	229	SEN M	113	48:10:00	04:49	48:10:00
252.	81	ADRIANA PINTO		F	23	SEN F	13	48:10:00	04:49	48:10:00
253.	82	NUNO COSTA		M	230	SEN M	114	48:11:00	04:49	48:11:00
254.	315	SOFIA COELHO	X5 HEALTH CLUB	F	24	VET F40	5	48:12:00	04:49	48:12:00
255.	644	TIAGO COSTINHA	X5 HEALTH CLUB	M	231	SEN M	115	48:13:00	04:49	48:13:00
256.	256	RUI PINTO	RUNNING ESPINHO	M	232	VET M40	51	48:17:00	04:49	48:17:00
257.	295	MIGUEL FARDILHA		M	233	SEN M	116	48:19:00	04:49	48:19:00
258.	541	SERGIO ALMEIDA	WORKOUT	M	234	SEN M	117	48:20:00	04:50	48:20:00
259.	284	ANDRE ROCHA	X5 HEALTH CLUB	M	235	SEN M	118	48:26:00	04:50	48:26:00
260.	227	RENATO TAVARES	INDIVIDUAL	M	236	VET M45	33	48:28:00	04:50	48:28:00
261.	578	RICARDO BASTOS	A A LEBRES DO SADO	M	237	VET M50	21	48:35:00	04:51	48:35:00
262.	486	MIGUEL ROCHA	X5 HEALTH CLUB	M	238	VET M40	52	48:36:00	04:51	48:36:00
263.	195	RAUL FERREIRA	PINTO FERREIRA	M	239	SEN M	119	48:39:00	04:51	48:39:00
264.	605	EDUARDO GUIMARAES	INDIVIDUAL	M	240	VET M60	7	48:40:00	04:52	48:40:00
265.	563	HUGO MOUTINHO	RUNNING ESPINHO	M	241	SEN M	120	48:42:00	04:52	48:42:00
266.	386	MARIO CONDE	AFIS/OVAR	M	242	VET M60	8	48:42:00	04:52	48:42:00
267.	22	JULIO COSTA		M	243	VET M40	53	48:49:00	04:52	48:49:00
268.	166	RICARDO MENDES	AWESOME	M	244	SEN M	121	48:49:00	04:52	48:49:00
269.	385	JORGE COSTA	PUPILOS DO ZE TO	M	245	VET M40	54	48:51:00	04:53	48:51:00
270.	513	LUIS VILARES	INDIVIDUAL	M	246	VET M50	22	48:58:00	04:53	48:58:00

Geral	Dorsal	Nome	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Ritmo	Chip
271.	130	CELSO TEIXEIRA	INDIVIDUAL	M	247	VET M45	34	49:03:00	04:54	49:03:00
272.	338	PAULO FERREIRA	IMO2007	M	248	SEN M	122	49:10:00	04:55	49:10:00
273.	415	NUNO OLIVEIRA	X5 HEALTH CLUB	M	249	SEN M	123	49:12:00	04:55	49:12:00
274.	624	NELSON CASTRO	REMAX CHAMPION	M	250	SEN M	124	49:15:00	04:55	49:15:00
275.	485	ALVARO PINTO	IMO2007	M	251	VET M45	35	49:22:00	04:56	49:22:00
276.	289	ANTONIO PINHEIRO	X5 HEALTH CLUB	M	252	VET M40	55	49:22:00	04:56	49:22:00
277.	320	RICARDO OLIVEIRA	X5 HEALTH CLUB	M	253	SEN M	125	49:27:00	04:56	49:27:00
278.	319	RICARDO CONCEICAO	X5 HEALTH CLUB	M	254	SEN M	126	49:27:00	04:56	49:27:00
279.	247	FILIPE SOUSA		M	255	SEN M	127	49:29:00	04:56	49:29:00
280.	120	JORGE LOUREIRO		M	256	SEN M	128	49:31:00	04:57	49:31:00
281.	140	ANTONIO MATOS	INDIVIDUAL	M	257	VET M60	9	49:32:00	04:57	49:32:00
282.	194	HUGO GUERRA	OS 100 CURA	M	258	VET M40	56	49:33:00	04:57	49:33:00
283.	527	MARCO CASTRO	DOUROCONTA TRAIL TEAM	M	259	VET M40	57	49:34:00	04:57	49:34:00
284.	376	MIGUEL MENDES	MS TRAIL RUNNING TEAM	M	260	SEN M	129	49:37:00	04:57	49:37:00
285.	92	PAULO MAIA	INDIVIDUAL	M	261	VET M45	36	49:39:00	04:57	49:39:00
286.	661	LUIS LEITE		M	262	VET M50	23	49:40:00	04:58	49:40:00
287.	17	HENRIQUE CARVALHO	MAGICO BRAGA	M	263	SEN M	130	49:41:00	04:58	49:41:00
288.	101	RENATO FERREIRA	LIVING TIAGO CADETE	M	264	SEN M	131	49:46:00	04:58	49:46:00
289.	309	MANUEL GUEDES	X5 HEALTH CLUB	M	265	VET M40	58	49:46:00	04:58	49:46:00
290.	326	ANDRE TAVARES	BARRINHA SURF SCHOOL	M	266	SEN M	132	49:50:00	04:59	49:50:00
291.	655	CARLOS PINA		M	267	SEN M	133	49:55:00	04:59	49:55:00
292.	537	HELDER SANTOS	N14 CROSSFIT	M	268	VET M40	59	49:55:00	04:59	49:55:00
293.	33	ANTERO BARBOSA	FOGACAS COM MALAPOS	M	269	SEN M	134	49:59:00	04:59	49:59:00
294.	453	FRANCISCO ANDRADE	FEEL FREE	M	270	SEN M	135	49:59:00	04:59	49:59:00
295.	206	MANUELA BRITO		F	25	VET F45	4	50:01:00	05:00	50:01:00
296.	171	ANDREIA MUXAGATO	RUNNING ESPINHO	F	26	SEN F	14	50:01:00	05:00	50:01:00
297.	423	JOEL CEQUEIRA	JUVENTUDE CORTEGACENSE	M	271	SEN M	136	50:01:00	05:00	50:01:00
298.	438	RUBEN CASTRO	FEEL FREE	M	272	SEN M	137	50:02:00	05:00	50:02:00
299.	641	MANUEL BATALHA		M	273	VET M60	10	50:10:00	05:01	50:10:00
300.	135	HELDER FARIA	MEIAS SANGRENTAS	M	274	SEN M	138	50:10:00	05:01	50:10:00
301.	32	BRUNO SILVA	FOGACAS COM MALAPOS	M	275	SEN M	139	50:11:00	05:01	50:11:00
302.	637	ANDREIA PEREIRA		F	27	SEN F	15	50:15:00	05:01	50:15:00
303.	410	VICTOR SILVA	X5 HEALTH CLUB	M	276	VET M45	37	50:16:00	05:01	50:16:00
304.	571	FATIMA PAIS	RUNNING ESPINHO	F	28	VET F50	4	50:18:00	05:01	50:18:00
305.	136	MARÍLIA PINTO	MEIAS SANGRENTAS	F	29	SEN F	16	50:19:00	05:01	50:19:00
306.	301	LEONOR OLIVEIRA	MEIAS SANGRENTAS	F	30	VET F40	6	50:19:00	05:01	50:19:00
307.	535	VITOR SILVA	RUMO34	M	277	SEN M	140	50:21:00	05:02	50:21:00
308.	269	CESAR CARVALHO	X5 HEALTH CLUB	M	278	SEN M	141	50:21:00	05:02	50:21:00
309.	500	PAULO SILVA	X5 HEALTH CLUB	M	279	SEN M	142	50:34:00	05:03	50:34:00
310.	346	FERNANDO PAIS		M	280	VET M45	38	50:35:00	05:03	50:35:00
311.	263	FILIPE SILVA	X5 HEALTH CLUB	M	281	SEN M	143	50:41:00	05:04	50:41:00
312.	250	LILIANA COSTA	GRUPO FONTES BIKE TEAM	F	31	SEN F	17	50:44:00	05:04	50:44:00
313.	388	FILIPE FONTES		M	282	VET M40	60	50:46:00	05:04	50:46:00
314.	355	NELSON GOMES	X5 HEALTH CLUB	M	283	SEN M	144	50:48:00	05:04	50:48:00
315.	420	DOMINGOS CAMBOA	JUVENTUDE CORTEGACENSE	M	284	VET M55	9	50:51:00	05:05	50:51:00

Geral	Dorsal	Nome	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Ritmo	Chip
316.	542	PEDRO OLIVEIRA	X5 HEALTH CLUB	M	285	SEN M	145	50:53:00	05:05	50:53:00
317.	162	JORGE RODRIGUES		M	286	VET M40	61	50:56:00	05:05	50:56:00
318.	25	ROBERTO DIAS	FOGACAS COM MALAPOS	M	287	SEN M	146	51:00:00	05:06	51:00:00
319.	48	DAVIDE BORGES	FOGACAS COM MALAPOS	M	288	SEN M	147	51:00:00	05:06	51:00:00
320.	106	PEDRO SOARES	PERNAS DE PAU	M	289	SEN M	148	51:01:00	05:06	51:01:00
321.	255	SANDRA PINA	INDIVIDUAL	F	32	VET F40	7	51:12:00	05:07	51:12:00
322.	64	VITOR MENESES	RUNNING ESPINHO	M	290	VET M50	24	51:14:00	05:07	51:14:00
323.	287	PAULO RIBEIRO	X5 HEALTH CLUB	M	291	SEN M	149	51:17:00	05:07	51:17:00
324.	271	GASPAR CADETE	X5 HEALTH CLUB	M	292	VET M60	11	51:19:00	05:07	51:19:00
325.	657	ALEXANDRE SILVA		M	293	VET M45	39	51:24:00	05:08	51:24:00
326.	71	PAULO VAZ	VAZ & VAZ	M	294	VET M40	62	51:25:00	05:08	51:25:00
327.	425	MARCIA COSTA	JUVENTUDE CORTEGACENSE	F	33	VET F40	8	51:27:00	05:08	51:27:00
328.	93	EMANUEL MOTA	THE LONE RUNNER	M	295	VET M40	63	51:32:00	05:09	51:32:00
329.	525	DULCE ALMEIDA	OS KAGADOS	F	34	SEN F	18	51:38:00	05:09	51:38:00
330.	94	ANA MARIA BARBOSA		F	35	VET F55	1	51:43:00	05:10	51:43:00
331.	509	VÍTOR SILVA		M	296	SEN M	150	51:48:00	05:10	51:48:00
332.	197	JULIO FERREIRA	PINTO FERREIRA	M	297	VET M60	12	51:50:00	05:11	51:50:00
333.	196	RUI FERREIRA	PINTO FERREIRA	M	298	SEN M	151	51:50:00	05:11	51:50:00
334.	587	RICARDO GERMANO	ISARUNNERS	M	299	SEN M	152	51:56:00	05:11	51:56:00
335.	443	CATARINA SOUSA	FEEL FREE	F	36	SEN F	19	51:56:00	05:11	51:56:00
336.	588	NUNO PEREIRA	INDIVIDUAL	M	300	VET M40	64	51:57:00	05:11	51:57:00
337.	407	INES MACHADO	X5 HEALTH CLUB	F	37	SEN F	20	52:00:00	05:12	52:00:00
338.	404	JOANA TEIXEIRA	X5 HEALTH CLUB	F	38	SEN F	21	52:00:00	05:12	52:00:00
339.	613	JOAO NUNES	X5 HEALTH CLUB	M	301	SEN M	153	52:03:00	05:12	52:03:00
340.	459	ANTONIO SA	CLUBE ATL GERACAO PARAMOS	M	302	VET M40	65	52:09:00	05:12	52:09:00
341.	114	JOAO SOUSA	ABC CAXARIAS	M	303	VET M40	66	52:12:00	05:13	52:12:00
342.	36	MARCIO CORREIA	FOGACAS COM MALAPOS	M	304	SEN M	154	52:14:00	05:13	52:14:00
343.	45	ISABEL CRISTINA SOARES	BRANDAO SOARES	F	39	VET F40	9	52:16:00	05:13	52:16:00
344.	336	NELSON SILVA	IMO2007	M	305	VET M40	67	52:18:00	05:13	52:18:00
345.	238	LUIS BARBAS	VALMET RUNNERS	M	306	VET M45	40	52:18:00	05:13	52:18:00
346.	561	VERA CORREIA	RUNNING ESPINHO	F	40	SEN F	22	52:18:00	05:13	52:18:00
347.	601	PAULO VARELA	BI-SILQUE	M	307	VET M45	41	52:18:00	05:13	52:18:00
348.	560	BRUNO MOREIRA	RUNNING ESPINHO	M	308	SEN M	155	52:19:00	05:13	52:19:00
349.	280	CARLOS VIGARIO	X5 HEALTH CLUB	M	309	VET M40	68	52:23:00	05:14	52:23:00
350.	396	BRUNO ROCHA	X5 HEALTH CLUB	M	310	SEN M	156	52:24:00	05:14	52:24:00
351.	518	CRISTINA PASSOS	NOZES	F	41	VET F40	10	52:24:00	05:14	52:24:00
352.	286	HELDER ROCHA	X5 HEALTH CLUB	M	311	SEN M	157	52:26:00	05:14	52:26:00
353.	395	EVA MENDES	X5 HEALTH CLUB	F	42	SEN F	23	52:28:00	05:14	52:28:00
354.	460	CRISTOVAO SANTOS	CLUBE ATL GERACAO PARAMOS	M	312	VET M40	69	52:33:00	05:15	52:33:00
355.	204	AUGUSTO SILVA		M	313	VET M50	25	52:34:00	05:15	52:34:00
356.	353	PEDRO PAIXAO		M	314	SEN M	158	52:34:00	05:15	52:34:00
357.	306	ARMANDO DE LACERDA	INDIVIDUAL	M	315	VET M60	13	52:35:00	05:15	52:35:00
358.	132	BRUNO FERNANDES	JESUS RUNNERS	M	316	SEN M	159	52:36:00	05:15	52:36:00
359.	523	MARIO FLORINDO	REMAX	M	317	VET M40	70	52:36:00	05:15	52:36:00
360.	636	FILIPE ROLA		M	318	SEN M	160	52:37:00	05:15	52:37:00

Geral	Dorsal	Nome	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Ritmo	Chip
361.	354	JOSE RIBA	X5 HEALTH CLUB	M	319	VET M50	26	52:42:00	05:16	52:42:00
362.	205	ANTONIO BARBOSA		M	320	VET M45	42	52:46:00	05:16	52:46:00
363.	409	GONCALO LOPES	X5 HEALTH CLUB	M	321	SEN M	161	52:47:00	05:16	52:47:00
364.	99	EDUARDO PAIS	GRUPO DE ATLETAS A.E.	M	322	SEN M	162	52:49:00	05:16	52:49:00
365.	51	MANUEL COUTO	GRIJO A CORRER	M	323	VET M60	14	52:52:00	05:17	52:52:00
366.	403	PEDRO MOURA	X5 HEALTH CLUB	M	324	SEN M	163	52:52:00	05:17	52:52:00
367.	528	GABRIEL ALEGRE	PINDERICUS RUNNING TEAM	M	325	VET M40	71	52:55:00	05:17	52:55:00
368.	165	ORQUIDEA LEITE	AWESOME	F	43	SEN F	24	52:58:00	05:17	52:58:00
369.	146	AMERICO ROCHA	JESUS RUNNERS	M	326	SEN M	164	53:00:00	05:18	53:00:00
370.	226	CEDERICO CORREIA	INDIVIDUAL	M	327	SEN M	165	53:00:00	05:18	53:00:00
371.	229	JOAQUIM BARROS		M	328	VET M45	43	53:06:00	05:18	53:06:00
372.	593	SERGIO FERNANDO	WORKOUT TEAM	M	329	SEN M	166	53:07:00	05:18	53:07:00
373.	233	ANABELA OLIVEIRA	JESUS RUNNERS	F	44	SEN F	25	53:09:00	05:18	53:09:00
374.	34	PAULO LIMA	FOGACAS COM MALAPOS	M	330	VET M40	72	53:11:00	05:19	53:11:00
375.	609	MARIANA TEIXEIRA VILAR		F	45	SEN F	26	53:11:00	05:19	53:11:00
376.	608	ABILIO C TEIXEIRA		M	331	SEN M	167	53:11:00	05:19	53:11:00
377.	333	PAULO PINHO	OS KAGADOS	M	332	VET M50	27	53:13:00	05:19	53:13:00
378.	399	GABRIEL MARQUES	X5 HEALTH CLUB	M	333	SEN M	168	53:13:00	05:19	53:13:00
379.	416	ANTONIO FERREIRA	X5 HEALTH CLUB	M	334	VET M45	44	53:21:00	05:20	53:21:00
380.	127	MARCO OSORIO	CAVALEIROS D FINO PERDIDO	M	335	SEN M	169	53:24:00	05:20	53:24:00
381.	594	RUI BARROS	BI-SILQUE	M	336	SEN M	170	53:34:00	05:21	53:34:00
382.	503	LILIANA RIBEIRO	X5 HEALTH CLUB	F	46	SEN F	27	53:39:00	05:21	53:39:00
383.	70	CARLOS SILVA	RUNNING ESPINHO	M	337	VET M50	28	53:41:00	05:22	53:41:00
384.	285	DAVID SALGADO	X5 HEALTH CLUB	M	338	SEN M	171	53:43:00	05:22	53:43:00
385.	215	MANUEL RILHO	AFIS/OVAR	M	339	VET M60	15	53:45:00	05:22	53:45:00
386.	54	ISABEL AZEVEDO	GRIJO A CORRER	F	47	SEN F	28	53:47:00	05:22	53:47:00
387.	53	MARLENE GUEDES	GRIJO A CORRER	M	340	SEN M	172	53:48:00	05:22	53:48:00
388.	174	MANUEL OLIVEIRA	ACAIL FERRO	M	341	VET M55	10	53:49:00	05:22	53:49:00
389.	177	GONCALO SILVA	PERNAS DE PAU	M	342	SEN M	173	53:51:00	05:23	53:51:00
390.	311	FLORINDO VIEIRA	X5 HEALTH CLUB	M	343	SEN M	174	53:57:00	05:23	53:57:00
391.	225	CLAUDIO CORREIA	INDIVIDUAL	M	344	SEN M	175	54:01:00	05:24	54:01:00
392.	342	MARINHA BAPTISTA	JAM	F	48	VET F50	5	54:01:00	05:24	54:01:00
393.	610	SOFIA AZENHA		F	49	SEN F	29	54:02:00	05:24	54:02:00
394.	611	PEDRO MARQUES	RUMO34	M	345	SEN M	176	54:02:00	05:24	54:02:00
395.	616	PAULO PEREIRA	CORDEX	M	346	VET M50	29	54:03:00	05:24	54:03:00
396.	137	LURDES CUNHA	MEIAS SANGRENTAS	F	50	VET F50	6	54:05:00	05:24	54:05:00
397.	433	MARIA JOAO BARBOSA	FEEL FREE	F	51	SEN F	30	54:05:00	05:24	54:05:00
398.	390	AMÍLCAR SIMOES	INDIVIDUAL	M	347	VET M40	73	54:06:00	05:24	54:06:00
399.	141	ARTUR LONGO		M	348	SEN M	177	54:08:00	05:24	54:08:00
400.	164	CARLOS MOREIRA	AWESOME	M	349	VET M40	74	54:10:00	05:25	54:10:00
401.	384	VITOR SANTOS	CAL - C. ATLETISMO LAMAS	M	350	SEN M	178	54:10:00	05:25	54:10:00
402.	490	GABRIELA RELVAS	X5 HEALTH CLUB	F	52	SEN F	31	54:16:00	05:25	54:16:00
403.	39	ADRIANA REBELO	FOGACAS COM MALAPOS	F	53	SEN F	32	54:18:00	05:25	54:18:00
404.	352	DIOGO PAIXAO		M	351	SEN M	179	54:21:00	05:26	54:21:00
405.	129	RUI AZEVEDO	CAVALEIROS FINO PERDIDO	M	352	SEN M	180	54:24:00	05:26	54:24:00

Geral	Dorsal	Nome	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Ritmo	Chip
406.	446	RICARDO RIBEIRO	FEEL FREE	M	353	SEN M	181	54:40:00	05:28	54:40:00
407.	172	ANA MOTA	G.D. LEOES DA AGRA	F	54	SEN F	33	54:41:00	05:28	54:41:00
408.	546	FRANCISCO OLIVEIRA	GONDOMAR FUTSAL	M	354	VET M55	11	54:45:00	05:28	54:45:00
409.	545	JOSE LASCASAS	GONDOMARFUTSAL	M	355	VET M45	45	54:45:00	05:28	54:45:00
410.	559	PAULA FERREIRA	RUNNING ESPINHO	F	55	SEN F	34	54:46:00	05:28	54:46:00
411.	562	ROGERIO ROCHA	RUNNING ESPINHO	M	356	VET M40	75	54:46:00	05:28	54:46:00
412.	442	NADIA PINHO	FEEL FREE	F	56	SEN F	35	54:47:00	05:28	54:47:00
413.	208	PAULO GUERRA	OS 100 CURA	M	357	VET M45	46	54:49:00	05:28	54:49:00
414.	104	BRUNO GOMES	INDIVIDUAL	M	358	SEN M	182	54:50:00	05:29	54:50:00
415.	103	ANDREA DUMITRU	INDIVIDUAL	F	57	SEN F	36	54:50:00	05:29	54:50:00
416.	201	ANTÔNIO ANTUNES		M	359	VET M40	76	54:52:00	05:29	54:52:00
417.	389	BRUNO MARTINS	INDIVIDUAL	M	360	SEN M	183	54:56:00	05:29	54:56:00
418.	134	ANA LEMOS	RUN@FIGUEIRA	F	58	SEN F	37	54:58:00	05:29	54:58:00
419.	602	HELDER SOUSA	REMAX	M	361	VET M45	47	55:00:00	05:30	55:00:00
420.	393	NOE SILVA	X5 HEALTH CLUB	M	362	SEN M	184	55:06:00	05:30	55:06:00
421.	61	CAROLINA FIGUEIREDO	RAINHA CLUB	F	59	SEN F	38	55:10:00	05:31	55:10:00
422.	552	ALICE APOLONIA	RUNNING ESPINHO	F	60	SEN F	39	55:11:00	05:31	55:11:00
423.	251	PAULO MATOS		M	363	VET M45	48	55:21:00	05:32	55:21:00
424.	539	LÍGIA MARQUES	WORKOUT	F	61	SEN F	40	55:23:00	05:32	55:23:00
425.	248	EDUARDO FERNANDES	OS GOSTOSOS	M	364	SEN M	185	55:25:00	05:32	55:25:00
426.	152	ARTUR MURTEIRA	RUN4FUN	M	365	SEN M	186	55:34:00	05:33	55:34:00
427.	274	DAVID SILVA	X5 HEALTH CLUB	M	366	VET M40	77	55:35:00	05:33	55:35:00
428.	567	GABRIELA VEIGA	RUNNING ESPINHO	F	62	VET F40	11	55:39:00	05:33	55:39:00
429.	558	RICARDO VISEU	RUNNING ESPINHO	M	367	VET M40	78	55:39:00	05:33	55:39:00
430.	439	JORGE SANTOS	FEEL FREE	M	368	VET M40	79	55:52:00	05:35	55:52:00
431.	596	FABIO DIAS	REMAX	M	369	SEN M	187	55:52:00	05:35	55:52:00
432.	575	ALEXANDRE SILVA	WORKOUT	M	370	VET M45	49	55:54:00	05:35	55:54:00
433.	66	C BARROSO		M	371	VET M50	30	56:06:00	05:36	56:06:00
434.	67	MIGUEL PIMENTEL		M	372	SEN M	188	56:07:00	05:36	56:07:00
435.	73	PAULO RAMOS	GJPB	M	373	VET M40	80	56:08:00	05:36	56:08:00
436.	656	JORGE AMARAL		M	374	VET M40	81	56:11:00	05:37	56:11:00
437.	440	HELENA SILVA	FEEL FREE	F	63	SEN F	41	56:12:00	05:37	56:12:00
438.	360	NUNO SOUSA	X5 HEALTH CLUB	M	375	VET M45	50	56:14:00	05:37	56:14:00
439.	347	PEDRO RODRIGUES	GONDOMAR FUTSAL	M	376	SEN M	189	56:17:00	05:37	56:17:00
440.	65	FILIPE FERREIRA	INDIVIDUAL	M	377	SEN M	190	56:18:00	05:37	56:18:00
441.	59	HELIA ROCHA	JESUS RUNNERS	F	64	SEN F	42	56:29:00	05:38	56:29:00
442.	595	PEDRO TAVARES	BI-SILQUE	M	378	SEN M	191	56:29:00	05:38	56:29:00
443.	496	ELISABETE SILVA	AFIS/OVAR	F	65	VET F50	7	56:32:00	05:39	56:32:00
444.	639	ELISABETE ASSUNCAO		F	66	SEN F	43	56:33:00	05:39	56:33:00
445.	418	ANABELA MARQUES	JUVENTUDE CORTEGACENSE	F	67	VET F40	12	56:34:00	05:39	56:34:00
446.	14	SONIA MOREIRA		F	68	SEN F	44	56:34:00	05:39	56:34:00
447.	454	SUSANA PESSEGUEIRO	FEEL FREE	F	69	VET F40	13	56:37:00	05:39	56:37:00
448.	647	VANESSA SANTOS		F	70	SEN F	45	56:38:00	05:39	56:38:00
449.	253	SERGIO ALMEIDA		M	379	VET M40	82	56:38:00	05:39	56:38:00
450.	259	HELDER GABRIEL	X5 HEALTH CLUB	M	380	SEN M	192	56:39:00	05:39	56:39:00

Geral	Dorsal	Nome	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Ritmo	Chip
451.	58	PAULA OLIVEIRA	GRIJO A CORRER	F	71	SEN F	46	56:43:00	05:40	56:43:00
452.	408	BEATRIZ MACHADO	X5 HEALTH CLUB	F	72	SEN F	47	56:50:00	05:41	56:50:00
453.	565	PAULO LADEIRA	RUNNING ESPINHO	M	381	VET M45	51	56:57:00	05:41	56:57:00
454.	434	GISELA SANTOS	FEEL FREE	F	73	SEN F	48	57:25:00	05:44	57:25:00
455.	211	TIAGO GOMES	INDIVIDUAL	M	382	SEN M	193	57:37:00	05:45	57:37:00
456.	210	CLAUDIA DIAS	INDIVIDUAL	F	74	SEN F	49	57:37:00	05:45	57:37:00
457.	273	ELISABETE SILVA	X5 HEALTH CLUB	F	75	VET F40	14	57:38:00	05:45	57:38:00
458.	291	ANA LOPES	X5 HEALTH CLUB	F	76	VET F45	5	57:42:00	05:46	57:42:00
459.	658	SAMUEL PEREIRA		M	383	SEN M	194	57:48:00	05:46	57:48:00
460.	501	SILVIA ROCHA	X5 HEALTH CLUB	F	77	SEN F	50	57:53:00	05:47	57:53:00
461.	638	RENATO SA	JUNTA DE FREGUESIA DE ESMORIZ	M	384	SEN M	195	57:53:00	05:47	57:53:00
462.	278	HELIANA SA	X5 HEALTH CLUB	F	78	SEN F	51	57:55:00	05:47	57:55:00
463.	349	LUIS MONTEIRO		M	385	SEN M	196	58:03:00	05:48	58:03:00
464.	497	RENATO SANTO		M	386	SEN M	197	58:04:00	05:48	58:04:00
465.	268	SUSANA FERREIRA	X5 HEALTH CLUB	F	79	VET F40	15	58:04:00	05:48	58:04:00
466.	591	JOSE ALVES	REMAX	M	387	VET M40	83	58:08:00	05:48	58:08:00
467.	530	RAFAELA CUNHA	PINDERICUS RUNNING TEAM	F	80	SEN F	52	58:12:00	05:49	58:12:00
468.	334	SUSANA PEREIRA	PINDERICUS RUNNNIG TEAM	F	81	SEN F	53	58:12:00	05:49	58:12:00
469.	495	LÍGIA CASIMIRO	CIRES RUNNING TEAM	F	82	VET F40	16	58:13:00	05:49	58:13:00
470.	586	PEDRO LEITE	INDIVIDUAL	M	388	SEN M	198	58:14:00	05:49	58:14:00
471.	625	CATARINA FARDILHA	REMAX CHAMPION	F	83	SEN F	54	58:15:00	05:49	58:15:00
472.	465	ANSELMO SILVA	CLUBE ATL GERACAO PARAMOS	M	389	VET M40	84	58:37:00	05:51	58:37:00
473.	580	ALBERTO RODRIGUES	CLB ATLET GERACAO PARAMOS	M	390	SEN M	199	58:37:00	05:51	58:37:00
474.	623	LINDA MENESES	REMAX CHAMPION	F	84	VET F40	17	58:38:00	05:51	58:38:00
475.	488	MONICA PEREIRA	X5 HEALTH CLUB	F	85	SEN F	55	58:41:00	05:52	58:41:00
476.	428	SOFIA RIBEIRO	FEEL FREE	F	86	SEN F	56	58:52:00	05:53	58:52:00
477.	544	ANTONIO SILVA	WORKOUT	M	391	VET M55	12	59:01:00	05:54	59:01:00
478.	626	DANIELA FARDILHA	REMAX CHAMPION	F	87	SEN F	57	59:11:00	05:55	59:11:00
479.	660	CARLOS SILVA		M	392	SEN M	200	59:12:00	05:55	59:12:00
480.	298	FERNANDO MAIA	INDIVIDUAL	M	393	VET M45	52	59:18:00	05:55	59:18:00
481.	598	MARCO MENDES	RUN&FUN	M	394	VET M40	85	59:23:00	05:56	59:23:00
482.	600	ELISABETE ROCHA	RUN&FUN	F	88	VET F40	18	59:23:00	05:56	59:23:00
483.	597	VALTER OLIVEIRA	RUN&FUN	M	395	SEN M	201	59:24:00	05:56	59:24:00
484.	599	CELIA FERNANDES	RUN&FUN	F	89	VET F40	19	59:24:00	05:56	59:24:00
485.	481	AUGUSTO SILVA	BARRINHA SURF SCHOOL	M	396	VET M50	31	59:24:00	05:56	59:24:00
486.	305	SUZANA DUARTE	SSPCMSJM	F	90	VET F40	20	59:24:00	05:56	59:24:00
487.	236	AMANDIO MENDES		M	397	VET M40	86	59:35:00	05:57	59:35:00
488.	372	NELSON SILVA	AMIGOS DAS SAPATILHAS	M	398	SEN M	202	59:36:00	05:57	59:36:00
489.	18	JOAO PEDRO MARQUES		M	399	SEN M	203	59:37:00	05:57	59:37:00
490.	373	CLAUDIA RAMOS	AMIGOS DAS SAPATILHAS	F	91	SEN F	58	59:37:00	05:57	59:37:00
491.	557	MARGARIDA MACHADO	RUNNING ESPINHO	F	92	VET F50	8	59:45:00	05:58	59:45:00
492.	394	IVO SANTOS	X5 HEALTH CLUB	M	400	SEN M	204	59:47:00	05:58	59:47:00
493.	659	LEONEL CARVALHO		M	401	SEN M	205	59:58:00	05:59	59:58:00
494.	24	ADRIANO SA	FOGACAS COM MALAPOS	M	402	SEN M	206	01:00:14	06:01	01:00:14
495.	173	LUIS QUINTINO	AFIS/OVAR	M	403	VET M60	16	01:00:16	06:01	01:00:16

Geral	Dorsal	Nome	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Ritmo	Chip
496.	614	ERMELINDA MONTEIRO	X5 HEALTH CLUB	F	93	VET F45	6	01:00:19	06:01	01:00:19
497.	630	N.N. 630			1		1	01:00:19	06:01	01:00:19
498.	521	GABRIELA DIAS	X5 HEALTH CLUB	F	94	SEN F	59	01:00:20	06:02	01:00:20
499.	158	PAULA FERREIRA	INDIVIDUAL	F	95	SEN F	60	01:00:21	06:02	01:00:21
500.	383	LEANDRO AMADOR		M	404	SEN M	207	01:00:29	06:02	01:00:29
501.	382	KARINA ALMEIDA		F	96	SEN F	61	01:00:29	06:02	01:00:29
502.	245	JORGE OLIVEIRA	BTTRAIN	M	405	VET M60	17	01:00:31	06:03	01:00:31
503.	371	DULCÍDIA RIBEIRO	INDIVIDUAL	F	97	VET F40	21	01:00:33	06:03	01:00:33
504.	436	JOANA VIDAL	FEEL FREE	F	98	VET F40	22	01:00:48	06:04	01:00:48
505.	547	ANDRE MEDINAS	GONDOMAR FUTSAL	M	406	SEN M	208	01:00:48	06:04	01:00:48
506.	448	MONICA BARROS	FEEL FREE	F	99	VET F40	23	01:00:48	06:04	01:00:48
507.	607	RUI SANTOS	INDIVIDUAL	M	407	SEN M	209	01:00:48	06:04	01:00:48
508.	178	JOANA GOMES	PERNAS DE PAU	F	100	SEN F	62	01:00:55	06:05	01:00:55
509.	645	JOAO ALVES		M	408	SEN M	210	01:00:55	06:05	01:00:55
510.	87	ELSA SILVA		F	101	SEN F	63	01:01:04	06:06	01:01:04
511.	573	CARLOS PEREIRA	ECOMOBILE	M	409	VET M45	53	01:01:07	06:06	01:01:07
512.	47	JORGE MARIALVA	MARIALVAS	M	410	SEN M	211	01:01:09	06:06	01:01:09
513.	555	DEOLINDA FERREIRA	RUNNING ESPINHO	F	102	VET F40	24	01:01:10	06:07	01:01:10
514.	325	JOAQUIM SILVA	BARRINHA SURF SCHOOL	M	411	VET M45	54	01:01:10	06:07	01:01:10
515.	554	ANDREIA COSTA	RUNNING ESPINHO	F	103	SEN F	64	01:01:19	06:07	01:01:19
516.	417	MARIA PINTO	X5 HEALTH CLUB	F	104	VET F40	25	01:01:47	06:10	01:01:47
517.	275	CRISTIANA PINTO	X5 HEALTH CLUB	F	105	SEN F	65	01:01:49	06:10	01:01:49
518.	43	HELDER NUNES		M	412	SEN M	212	01:01:51	06:11	01:01:51
519.	277	IRIS CAMARINHA	X5 HEALTH CLUB	F	106	SEN F	66	01:01:51	06:11	01:01:51
520.	577	JOSE TEIXEIRA	WORKOUT	M	413	SEN M	213	01:01:52	06:11	01:01:52
521.	339	LUCIANA SOUSA	IMO2007	F	107	SEN F	67	01:01:55	06:11	01:01:55
522.	482	PAULO CASTELO	BARRINHA SURF SCHOOL	M	414	VET M45	55	01:01:59	06:11	01:01:59
523.	483	MANUELA CASTELO	BARRINHA SURF SCHOOL	F	108	VET F50	9	01:01:59	06:11	01:01:59
524.	113	SUSANA DUARTE		F	109	VET F40	26	01:02:05	06:12	01:02:05
525.	46	SERGIO VIEIRA	PIZZERIA DIO MIO	M	415	VET M40	87	01:02:26	06:14	01:02:26
526.	520	ANA FRANCA	REMAX	F	110	SEN F	68	01:02:31	06:15	01:02:31
527.	176	RITA SILVA	PERNAS DE PAU	F	111	SEN F	69	01:02:33	06:15	01:02:33
528.	29	CRISTINA VELOSO	FOGACAS COM MALAPOS	F	112	SEN F	70	01:02:37	06:15	01:02:37
529.	28	HUGO ROCHA	FOGACAS COM MALAPOS	M	416	SEN M	214	01:02:37	06:15	01:02:37
530.	69	LUÍSA SOARES		F	113	VET F45	7	01:02:45	06:16	01:02:45
531.	151	CONCEICAO RIBAS	RUN4FUN	F	114	VET F50	10	01:02:46	06:16	01:02:46
532.	175	RUI SILVA	PERNAS DE PAU	M	417	VET M45	56	01:02:49	06:16	01:02:49
533.	110	CARLA ROCHA		F	115	SEN F	71	01:03:08	06:18	01:03:08
534.	241	CARLA PINTO	INDIVIDUAL	F	116	VET F40	27	01:03:09	06:18	01:03:09
535.	38	ELISABETE CARDOSO	FOGACAS COM MALAPOS	F	117	SEN F	72	01:03:27	06:20	01:03:27
536.	629	N.N. 629			2		2	01:03:28	06:20	01:03:28
537.	112	SARA COELHO		F	118	SEN F	73	01:03:45	06:22	01:03:45
538.	332	LUCIANA CASTRO	BARRINHA SURF SCHOOL	F	119	SEN F	74	01:03:58	06:23	01:03:58
539.	330	VITOR MONTEIRO	BARRINHA SURF SCHOOL	M	418	SEN M	215	01:03:58	06:23	01:03:58
540.	331	MARINA ROMANO	BARRINHA SURF SCHOOL	F	120	SEN F	75	01:03:59	06:23	01:03:59

Geral	Dorsal	Nome	Equipa	Sexo	Pos.	Escalão	Pos.	Tempo	Ritmo	Chip
541.	318	JANE VIEIRA	X5 HEALTH CLUB	F	121	SEN F	76	01:04:04	06:24	01:04:04
542.	489	SARA SA	X5 HEALTH CLUB	F	122	SEN F	77	01:04:09	06:24	01:04:09
543.	170	HELDER FERREIRA	GD LEOES DA AGRA	M	419	SEN M	216	01:04:09	06:24	01:04:09
544.	107	MARIA BRANDAO	RATOS DO ASFALTO	F	123	SEN F	78	01:04:11	06:25	01:04:11
545.	109	OLIVIA BRANDAO	CGD OVAR	F	124	VET F55	2	01:04:11	06:25	01:04:11
546.	618	CARLOS BORGES		M	420	VET M40	88	01:04:22	06:26	01:04:22
547.	506	JOANA MARQUES	X5 HEALTH CLUB	F	125	SEN F	79	01:04:25	06:26	01:04:25
548.	505	OTÍLIA MENDONCA	X5 HEALTH CLUB	F	126	VET F50	11	01:04:28	06:26	01:04:28
549.	646	TERESA MENDONCA	REMAX	F	127	SEN F	80	01:04:42	06:28	01:04:42
550.	643	TOME PINTO	X5 HEALTH CLUB	M	421	SEN M	217	01:04:50	06:29	01:04:50
551.	492	ZELIA PINTO	X5 HEALTH CLUB	F	128	VET F40	28	01:04:55	06:29	01:04:55
552.	411	AUGUSTO LUZ	X5 HEALTH CLUB	M	422	SEN M	218	01:05:00	06:30	01:05:00
553.	351	MARIA SILVA		F	129	SEN F	81	01:05:08	06:30	01:05:08
554.	375	PAULA ROBALINHO		F	130	SEN F	82	01:05:08	06:30	01:05:08
555.	461	MARISA RODRIGUES	CLUBE ATL GERACAO PARAMOS	F	131	SEN F	83	01:05:28	06:32	01:05:28
556.	72	ELSIO ALMEIDA		M	423	SEN M	219	01:05:50	06:35	01:05:50
557.	437	TANIA ROCHA	FEEL FREE	F	132	SEN F	84	01:05:54	06:35	01:05:54
558.	348	FILIPA DIAS		F	133	SEN F	85	01:05:56	06:35	01:05:56
559.	350	PATRICIA SILVA		F	134	SEN F	86	01:05:56	06:35	01:05:56
560.	463	CONCEICAO BESSA	CLUBE ATL GERACAO PARAMOS	F	135	SEN F	87	01:05:59	06:35	01:05:59
561.	592	RICARDO GONCALVES	WORKOUT TEAM	M	424	VET M40	89	01:06:16	06:37	01:06:16
562.	511	VÍTOR SOUSA	X5 HEALTH CLUB	M	425	SEN M	220	01:06:16	06:37	01:06:16
563.	138	CESAR SILVA	COUCH RUNNERS	M	426	VET M40	90	01:08:24	06:50	01:08:24
564.	75	IONE SILVA		F	136	SEN F	88	01:08:27	06:50	01:08:27
565.	640	JOSE ROCHA		M	427	VET M55	13	01:08:42	06:52	01:08:42
566.	321	CELINA ABREU	X5 HEALTH CLUB	F	137	SEN F	89	01:08:42	06:52	01:08:42
567.	529	FILIPE GONCALVES	PINDERICUS RUNNING TEAM	M	428	SEN M	221	01:08:43	06:52	01:08:43
568.	435	SARA MONTEZINHO	FEEL FREE	F	138	SEN F	90	01:09:36	06:57	01:09:36
569.	89	CARLA PEREIRA		F	139	VET F45	8	01:09:55	06:59	01:09:55
570.	504	M LURDES FERREIRA	X5 HEALTH CLUB	F	140	VET F55	3	01:10:03	07:00	01:10:03
571.	432	ANTONIO PANGAIO	FEEL FREE	M	429	VET M45	57	01:11:02	07:06	01:11:02
572.	431	ELISABETE CUNHA	FEEL FREE	F	141	VET F45	9	01:11:02	07:06	01:11:02
573.	246	DEOLINDA ALVES	SPORT CLUB CONIMBRICENSE	F	142	VET F60	1	01:11:11	07:07	01:11:11
574.	288	AUGUSTO CORREIA	X5 HEALTH CLUB	M	430	VET M40	91	01:11:19	07:07	01:11:19
575.	357	PETYA PETROVA	X5 HEALTH CLUB	F	143	SEN F	91	01:12:12	07:13	01:12:12
576.	401	CATARINA VIEIRA	X5 HEALTH CLUB	F	144	SEN F	92	01:15:14	07:31	01:15:14
577.	402	JOSE TEIXEIRA	X5 HEALTH CLUB	M	431	SEN M	222	01:15:26	07:32	01:15:26
578.	406	MARIO MACHADO	X5 HEALTH CLUB	M	432	VET M40	92	01:15:26	07:32	01:15:26
579.	257	JORGE MARQUES	PERNAS DE PAU	M	433	VET M45	58	01:15:30	07:33	01:15:30
580.	621	AUGUSTO JOAO SANTOS SILVA		M	434	VET M45	59	01:15:43	07:34	01:15:43
581.	620	M TERESA TEIXEIRA		F	145	VET F45	10	01:15:44	07:34	01:15:44
582.	576	DULCE SILVA	WORKOUT	F	146	VET F40	29	01:15:57	07:35	01:15:57