

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
1.	1	LEONEL FERNANDES	C.D.S. SALVADOR DO CAMPO	1	SEN M	1	31:24:00	03:08	31:26:00
2.	553	JOÃO ALMEIDA	INDIVIDUAL	2	SUB 23 M	1	31:35:00	03:09	31:35:00
3.	370	JOSE SOUSA	UNIÃO CLUBE EIRENSE	3	SEN M	2	32:01:00	03:12	32:01:00
4.	477	TIAGO MADUREIRA	ACR SRA DO DESTERRO-NAPO	4	SEN M	3	32:41:00	03:16	32:43:00
5.	260	TOZE CASTRO	FIÃES SC	5	VET M35	1	33:07:00	03:18	33:09:00
6.	417	ANDRÉ ANICETO	ATLETISMO GERACAO PARAMOS	6	SEN M	4	33:31:00	03:21	33:31:00
7.	200	JANIK LIMA	CLUBE DE ATLETISMO DE OVAR	7	VET M35	2	33:30:00	03:21	33:32:00
8.	449	JORGE VALENTE	ARVOR	8	SEN M	5	34:04:00	03:24	34:06:00
9.	450	HÉLDER PIRES	CLUBE DE ATLETISMO DE OVAR	9	SEN M	6	34:39:00	03:27	34:42:00
10.	212	JOÃO SÁ	FOGAÇAS COM MALAPOS	10	VET M35	3	34:44:00	03:28	34:46:00
11.	199	CELSO LEITE	CLUBE DE ATLETISMO DE OVAR	11	SEN M	7	34:54:00	03:29	34:55:00
12.	324	NUNO PINHO	NAC	12	VET M35	4	34:56:00	03:29	34:57:00
13.	183	FÁBIO CORREIA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	13	SEN M	8	35:24:00	03:32	35:27:00
14.	333	DANIEL OLIVEIRA	INDIVIDUAL	14	SEN M	9	35:26:00	03:32	35:28:00
15.	241	SÉRGIO PAIVA	AFIS/OVAR	15	SEN M	10	35:39:00	03:33	35:41:00
16.	131	CARLOS FERREIRA	NAC	16	VET M40	1	35:43:00	03:34	35:44:00
17.	278	JOSÉ SILVA	NAC - ESCOLA DE SURF ESMORIZ	17	VET M45	1	36:00:00	03:36	36:02:00
18.	171	BRUNO SILVA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	18	VET M35	5	36:08:00	03:36	36:08:00
19.	328	ROGÉRIO CAMPOS	CLUBE DESPORTIVO FEIRENSE	19	VET M45	2	36:11:00	03:37	36:11:00
20.	167	RICARDO FERREIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	20	VET M40	2	36:33:00	03:39	36:33:00
21.	140	CARLOS TEIXEIRA	GDC CODAL	21	VET M35	6	36:33:00	03:39	36:36:00
22.	482	RUI GOMES	SC ESPINHO TRIATLO	22	VET M40	3	36:36:00	03:39	36:38:00
23.	170	TIAGO OLIVEIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	23	VET M35	7	36:56:00	03:41	36:59:00
24.	179	ADRIANO FONSECA	VIVALLEY RUNNERS	24	VET M35	8	37:02:00	03:42	37:04:00
25.	338	JOEL RAMALHOTO	VIRIATHVS RUNNERS VISEU	25	SEN M	11	37:07:00	03:42	37:08:00
26.	141	PAULO ARIEIRO	GDC CODAL	26	VET M45	3	37:20:00	03:44	37:22:00
27.	559	HERNANI FURTADO	SCE / ATLETISMO - ANTÓNIO LEITÃO	27	VET M35	9	37:42:00	03:46	37:43:00
28.	589	LINO FERREIRA	CLUBE DESPORTIVO FEIRENSE	28	VET M45	4	37:42:00	03:46	37:43:00
29.	517	HUGO BASTOS	CCD APDL	29	VET M35	10	37:46:00	03:46	37:46:00
30.	411	ALCINDO DIAS	ATLETISMO GERACAO PARAMOS	30	VET M40	4	37:52:00	03:47	37:54:00
31.	178	CLÁUDIO FONSECA	VIVALLEY RUNNERS	31	VET M40	5	37:55:00	03:47	37:58:00
32.	204	ALEXANDRE AZEVEDO	ARVOR	32	JUN M	1	37:57:00	03:47	38:00:00
33.	201	MÁRIO VAZ	CLUBE DE ATLETISMO DE OVAR	33	VET M50	1	37:58:00	03:47	38:00:00
34.	335	MANUEL LÁZARO PEREIRA SILVA	INDIVIDUAL	34	VET M45	5	38:11:00	03:49	38:12:00
35.	161	PAULO OLIVEIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	35	VET M45	6	38:27:00	03:50	38:28:00
36.	142	JOSE CUBAL	GDC CODAL	36	SEN M	12	38:28:00	03:50	38:31:00
37.	282	RICARDO PEREIRA	INDIVIDUAL	37	VET M35	11	38:31:00	03:51	38:34:00
38.	306	ANDRÉ PINTO	ANDATRILHOS   FREAMUNDE	38	SEN M	13	38:31:00	03:51	38:35:00
39.	165	AUGUSTO ALUAI	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	39	VET M50	2	38:44:00	03:52	38:46:00
40.	483	RUI MARTINS	SC ESPINHO TRIATLO	40	VET M35	12	38:51:00	03:53	38:55:00
41.	567	TIAGO MAIA COELHO	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	41	SEN M	14	38:47:00	03:52	38:55:00
42.	301	JOSÉ GODINHO	AFIS/OVAR	42	VET M45	7	39:08:00	03:54	39:09:00
43.	11	RUI TAVARES	RIPOLINS GRIJÓ A CORRER	43	VET M35	13	39:09:00	03:54	39:11:00
44.	329	ÓSCAR SOBRAL	VIRIATHVS RUNNERS VISEU	44	VET M35	14	39:13:00	03:55	39:15:00
45.	320	DANIEL AFONSO	GRUPO JUVENIL DO PINHEIRO DA BEMPOSTA	45	VET M35	15	39:19:00	03:55	39:22:00
46.	486	RUI NOGUEIRA	SC ESPINHO TRIATLO	46	VET M40	6	39:19:00	03:55	39:23:00
47.	361	MÁRCIA MARTINS	DCI/CCDRPEDRULHA-MEALHADA	1	SEN F	1	39:29:00	03:56	39:30:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
48.	239	RUI ALMEIDA	CMMC VALE DE CAMBRA	47	VET M40	7	39:29:00	03:56	39:30:00
49.	560	ANTONIO FRANCISCO	INDIVIDUAL	48	VET M40	8	39:29:00	03:56	39:32:00
50.	529	EDIVALDO MACIEL	ELCOMANDANTE TEM	49	VET M35	16	39:34:00	03:57	39:34:00
51.	471	JOSÉ SANTOS	INDIVIDUAL	50	VET M35	17	39:33:00	03:57	39:36:00
52.	243	SALVADOR MARQUES FARDILHA	AFIS/OVAR	51	VET M50	3	39:36:00	03:57	39:38:00
53.	275	PAULO FIGUEIREDO	AFIS/OVAR	52	VET M40	9	39:48:00	03:58	39:50:00
54.	374	MANUEL FONSECA	AFIS/OVAR	53	VET M55	1	39:48:00	03:58	39:50:00
55.	563	JOSÉ LOUREIRO	REMAX SPIRIT- MARKET	54	VET M40	10	39:48:00	03:58	39:53:00
56.	12	JOSÉ CARLOS SILVA	RIPOLINS GRIJÓ A CORRER	55	VET M45	8	39:52:00	03:59	39:55:00
57.	177	RICARDO FONSCA	VIVALLEY RUNNERS	56	VET M40	11	39:56:00	03:59	39:59:00
58.	238	NUNO SOUSA	INDIVIDUAL	57	VET M40	12	40:04:00	04:00	40:07:00
59.	174	ANDRÉ PINA	INDIVIDUAL	58	SEN M	15	40:05:00	04:00	40:07:00
60.	169	CARLOS FERREIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	59	VET M40	13	40:11:00	04:01	40:11:00
61.	198	JOÃO PAULO RODRIGUES	CLUBE DE ATLETISMO DE OVAR	60	VET M50	4	40:15:00	04:01	40:17:00
62.	197	JOAQUIM COSTA	CLUBE DE ATLETISMO DE OVAR	61	VET M60	1	40:24:00	04:02	40:25:00
63.	208	MÓNICA FERNANDES	CLUBE DE ATLETISMO DE OVAR	2	VET F40	1	40:24:00	04:02	40:26:00
64.	485	NÉLSON RAMOS	SC ESPINHO TRIATLO	62	VET M50	5	40:34:00	04:03	40:38:00
65.	125	JOSÉ FIGUEIREDO	AFIS/OVAR	63	VET M50	6	40:38:00	04:03	40:40:00
66.	166	MARCO PEIXOTO	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	64	SEN M	16	40:32:00	04:03	40:40:00
67.	432	JOSE BRITO	INDIVIDUAL	65	VET M50	7	41:03:00	04:06	41:05:00
68.	487	JORGE SOUSA	INDIVIDUAL	66	VET M40	14	41:25:00	04:08	41:28:00
69.	309	HELDER COSTA	C.M.M.C. VALE DE CAMBRA	67	VET M45	9	41:30:00	04:09	41:30:00
70.	264	JOSÉ RODRIGUES	AFIS/OVAR	68	VET M40	15	41:28:00	04:08	41:30:00
71.	342	PAULO SILVA	INDIVIDUAL	69	VET M50	8	41:33:00	04:09	41:33:00
72.	390	HENRIQUE NEVES	ATLETISMO GERACAO PARAMOS	70	VET M45	10	41:29:00	04:08	41:34:00
73.	442	CARLOS COELHO	ADRLCE	71	VET M40	16	41:30:00	04:09	41:34:00
74.	528	PAULO SANTOS	INDIVIDUAL	72	VET M35	18	41:25:00	04:08	41:40:00
75.	583	PEDRO PINTO	INDIVIDUAL	73	SEN M	17	41:30:00	04:09	41:41:00
76.	488	JOÃO SOUSA	INDIVIDUAL	74	SEN M	18	41:46:00	04:10	41:50:00
77.	527	CARLA ARAÚJO	NAC	3	VET F40	2	41:48:00	04:10	41:50:00
78.	164	LUÍS ALMEIDA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	75	SEN M	19	41:50:00	04:11	41:53:00
79.	380	PAULO MAIA	GRUPO OSCACER	76	VET M45	11	41:44:00	04:10	41:54:00
80.	222	RUI SILVA	ALMEIDA PNEUS	77	VET M40	17	41:39:00	04:09	42:02:00
81.	283	FILIPE BARROS	INDIVIDUAL	78	SEN M	20	41:56:00	04:11	42:06:00
82.	279	NUNO ALBERGARIA ALBERGARIA	INDIVIDUAL	79	SEN M	21	41:56:00	04:11	42:06:00
83.	557	JOSÉ TAVARES	AFIS/OVAR	80	VET M45	12	42:00:00	04:12	42:06:00
84.	168	JOÃO MOREIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	81	VET M40	18	42:10:00	04:13	42:10:00
85.	455	NÉLSON ALVES	INDIVIDUAL	82	VET M50	9	42:08:00	04:12	42:12:00
86.	566	ARMÉNIO RODRIGUES	REMAX SPIRIT- MARKET	83	VET M45	13	42:11:00	04:13	42:19:00
87.	438	DAVID SILVA	INDIVIDUAL	84	VET M50	10	42:15:00	04:13	42:24:00
88.	126	AMÉRICO FONSECA	YAZAKI RUNNERS	85	VET M45	14	42:19:00	04:13	42:26:00
89.	143	ALVARO OLIVEIRA	GDC CODAL	86	VET M55	2	42:23:00	04:14	42:27:00
90.	39	ANTÓNIO SILVA	RIPOLINS GRIJÓ A CORRER	87	VET M50	11	42:26:00	04:14	42:29:00
91.	494	ANTÓNIO SILVA	INDIVIDUAL	88	VET M35	19	42:26:00	04:14	42:31:00
92.	151	MANUEL FERREIRA	INDIVIDUAL	89	VET M45	15	42:36:00	04:15	42:36:00
93.	188	NELSON SILVA	C.M.M.C. VALE DE CAMBRA	90	VET M60	2	42:39:00	04:15	42:41:00
94.	267	JOAO FERREIRA	AFIS/OVAR	91	VET M40	19	42:37:00	04:15	42:44:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
95.	207	SÍLVIA SANTOS	CLUBE DE ATLETISMO DE OVAR	4	VET F35	1	42:50:00	04:17	42:52:00
96.	447	AMÉRICO VALENTE	SSCM OVAR	92	VET M55	3	42:50:00	04:17	42:52:00
97.	259	FILIPE COSTA	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	93	JUN M	2	42:48:00	04:16	42:57:00
98.	231	NUNO PESSOA	CCR PRAIA DE MIRA	94	VET M40	20	42:57:00	04:17	42:59:00
99.	551	NUNO MILHEIRO	RUNNING ESPINHO	95	VET M40	21	42:57:00	04:17	43:00:00
100.	300	PAULO SOUSA	AFIS/OVAR	96	VET M45	16	42:51:00	04:17	43:01:00
101.	10	HEITOR ARAÚJO	INDIVIDUAL	97	VET M50	12	42:54:00	04:17	43:01:00
102.	14	ERNESTO GONÇALVES	RUNNING ESPINHO	98	VET M45	17	43:00:00	04:18	43:06:00
103.	489	RICARDO SANTOS	INDIVIDUAL	99	JUN M	3	43:02:00	04:18	43:08:00
104.	48	CELSO GOMES	JUVENTUDE CORTEGACENSE	100	VET M50	13	43:01:00	04:18	43:08:00
105.	381	JORGE SOARES	GRUPO OSCACER	101	VET M35	20	42:55:00	04:17	43:08:00
106.	145	JOSÉ CORREIA	GDC CODAL	102	VET M45	18	43:04:00	04:18	43:08:00
107.	262	JORGE VILELA	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	103	VET M45	19	43:01:00	04:18	43:10:00
108.	541	EDUARDO PINTO	RUNNING ESPINHO	104	VET M40	22	43:08:00	04:18	43:13:00
109.	480	CÉU COELHO	SC ESPINHO TRIATLO	5	SEN F	2	43:12:00	04:19	43:26:00
110.	344	ALBERTO ESPINHEIRA	INDIVIDUAL	105	VET M55	4	43:21:00	04:20	43:28:00
111.	490	NUNO QUEIROZ	GRUPO DESPORTIVO OS RIBEIRINHOS	106	VET M40	23	43:17:00	04:19	43:29:00
112.	149	ANTÓNIO SILVA	GDC CODAL	107	SEN M	22	43:26:00	04:20	43:29:00
113.	236	RUI PIRES	VIRIATHVS RUNNERS VISEU	108	VET M40	24	43:29:00	04:20	43:30:00
114.	295	RICARDO BRANQUINHO	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	109	SEN M	23	43:23:00	04:20	43:34:00
115.	562	ANDRÉ SILVA	REMAX SPIRIT- MARKET	110	VET M35	21	43:28:00	04:20	43:36:00
116.	568	MANUEL FERREIRA	RUNNING ESPINHO	111	VET M65	1	43:33:00	04:21	43:37:00
117.	132	FERNANDO MORAIS	INDIVIDUAL	112	VET M55	5	43:39:00	04:21	43:39:00
118.	496	DANIEL MAIA	INDIVIDUAL	113	SUB 23 M	2	43:20:00	04:20	43:42:00
119.	465	MARCO BOTELHO	INDIVIDUAL	114	VET M40	25	43:37:00	04:21	43:44:00
120.	211	HUGO LIMA	FOGAÇAS COM MALAPOS	115	VET M35	22	43:41:00	04:22	43:49:00
121.	34	ROBERTO SILVA	INDIVIDUAL	116	VET M40	26	43:42:00	04:22	43:51:00
122.	519	MATILDE BAPTISTA	JAM JUVENTUDE ATLÉTICA MOZELENSE	6	VET F50	1	43:49:00	04:22	43:52:00
123.	96	CARLOS OLIVEIRA	INDIVIDUAL	117	SEN M	24	43:53:00	04:23	43:53:00
124.	112	PAULO REIS	RUNNING ESMORIZ	118	VET M35	23	43:53:00	04:23	43:59:00
125.	408	FREDERICO FERNANDES	ATLETISMO GERACAO PARAMOS	119	VET M40	27	43:54:00	04:23	43:59:00
126.	116	MÁRIO FONSECA	RUNNING ESMORIZ	120	SEN M	25	43:53:00	04:23	43:59:00
127.	6	HÉLDER GUEDES	INDIVIDUAL	121	VET M40	28	43:57:00	04:23	44:00:00
128.	548	MARIO ALVES	RUNNING ESPINHO	122	VET M50	14	44:05:00	04:24	44:09:00
129.	185	BRUNO VIDINHA	CALDAS S JORGE SPORT CLUB	123	SEN M	26	44:00:00	04:24	44:09:00
130.	172	JORGE SOUSA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	124	VET M45	20	44:07:00	04:24	44:14:00
131.	435	RUI SANTOS	INDIVIDUAL	125	VET M35	24	44:02:00	04:24	44:14:00
132.	352	DANIEL MARQUES	INDIVIDUAL	126	VET M35	25	44:01:00	04:24	44:16:00
133.	476	MANUEL SILVA	INDIVIDUAL	127	VET M45	21	44:14:00	04:25	44:26:00
134.	569	EMANUEL COELHO	INDIVIDUAL	128	SEN M	27	44:20:00	04:26	44:30:00
135.	23	FRANCISCO MARQUES	INDIVIDUAL	129	SEN M	28	44:27:00	04:26	44:32:00
136.	234	JAIME CASTRO	YAZAKI RUNNERS	130	VET M45	22	44:32:00	04:27	44:32:00
137.	396	VALDEMAR FERREIRA	ATLETISMO GERACAO PARAMOS	131	VET M40	29	44:29:00	04:26	44:34:00
138.	42	PEDRO SILVA	JESUS RUNNERS	132	SEN M	29	44:10:00	04:25	44:34:00
139.	123	PEDRO NECHO	AFIS/OVAR	133	VET M40	30	44:33:00	04:27	44:36:00
140.	190	ANTONIO JORGE MELO	C.M.M.C. VALE DE CAMBRA	134	VET M45	23	44:32:00	04:27	44:37:00
141.	351	JOSÉ MELO	INDIVIDUAL	135	SEN M	30	44:21:00	04:26	44:38:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
142.	307	JOSÉ LOPES	INDIVIDUAL	136	VET M40	31	44:40:00	04:28	44:46:00
143.	195	MANUEL OLIVEIRA	C.M.M.C. VALE DE CAMBRA	137	VET M55	6	44:45:00	04:28	44:50:00
144.	41	NUNO ARAUJO	JUVENTUDE CORTEGACENSE	138	VET M35	26	44:43:00	04:28	44:57:00
145.	196	ARLINDO RODRIGUES	C.M.M.C. VALE DE CAMBRA	139	VET M55	7	44:50:00	04:29	44:57:00
146.	536	LEONEL RITO	HELIFLEX	140	VET M45	24	45:06:00	04:30	45:09:00
147.	499	RENATO SÁ	INDIVIDUAL	141	VET M40	32	44:50:00	04:29	45:11:00
148.	130	RICARDO MANUEL PEREIRA BARBOSA	INDIVIDUAL	142	SEN M	31	45:15:00	04:31	45:15:00
149.	193	PAULO MARTINS	C.M.M.C. VALE DE CAMBRA	143	VET M50	15	45:11:00	04:31	45:17:00
150.	424	MANUEL GRILO	HELIFLEX	144	VET M50	16	45:12:00	04:31	45:17:00
151.	277	HELDER COSTA	AFIS/OVAR	145	VET M35	27	45:14:00	04:31	45:18:00
152.	579	VIRIATO ALMEIDA	SC ESPINHO TRIATLO	146	VET M45	25	45:16:00	04:31	45:22:00
153.	366	ADERITO ALVES	SALGUEIROS RUNNING	147	VET M65	2	45:18:00	04:31	45:22:00
154.	57	ORLANDO FERREIRA	INDIVIDUAL	148	VET M50	17	45:15:00	04:31	45:23:00
155.	54	RUI RAMALHO	JUVENTUDE CORTEGACENSE	149	VET M40	33	45:17:00	04:31	45:29:00
156.	545	TIAGO PINTO	RUNNING ESPINHO	150	SEN M	32	45:24:00	04:32	45:30:00
157.	254	ARMANDO CERQUEIRA	INDIVIDUAL	151	VET M55	8	45:23:00	04:32	45:34:00
158.	584	JORGE MACIEL SILVA	INDIVIDUAL	152	SEN M	33	45:15:00	04:31	45:34:00
159.	90	RUI VALENTE	OS TONOS	153	VET M35	28	45:17:00	04:31	45:34:00
160.	457	HÉLDER PEREIRA	INDIVIDUAL	154	VET M40	34	45:28:00	04:32	45:35:00
161.	493	MANUEL SILVA	INDIVIDUAL	155	VET M50	18	45:31:00	04:33	45:36:00
162.	364	PATRICK THOSS	CIRES RUNNING TEAM	156	VET M40	35	45:26:00	04:32	45:36:00
163.	446	FILIPPE RIBERO	ECOMOBILE	157	VET M40	36	45:15:00	04:31	45:36:00
164.	444	SÉRGIO MOTA	INDIVIDUAL	158	VET M35	29	45:17:00	04:31	45:36:00
165.	218	ANDRÉ ROCHA	INDIVIDUAL	159	SEN M	34	45:23:00	04:32	45:38:00
166.	359	PEDRO VAZ	INDIVIDUAL	160	VET M35	30	45:29:00	04:32	45:39:00
167.	273	AMERICO OLIVEIRA	AFIS/OVAR	161	VET M45	26	45:28:00	04:32	45:45:00
168.	382	ÓSCAR BRANDÃO	GRUPO OSCACER	162	VET M45	27	45:33:00	04:33	45:45:00
169.	546	JULIANO SILVA	RUNNING ESPINHO	163	SEN M	35	45:43:00	04:34	45:49:00
170.	552	EMANUEL MOTA	RUNNING ESPINHO	164	VET M45	28	45:37:00	04:33	45:50:00
171.	109	ANTÓNIO PORRÃO	RUNNING ESMORIZ	165	VET M55	9	45:45:00	04:34	45:51:00
172.	586	JOSÉ LEITE	INDIVIDUAL	166	VET M50	19	45:45:00	04:34	45:53:00
173.	330	NELSON MARTINS	INDIVIDUAL	167	VET M35	31	45:50:00	04:35	45:57:00
174.	497	NUNO REIS	INDIVIDUAL	168	JUN M	4	45:38:00	04:33	45:57:00
175.	512	RICARDO PINHO	INDIVIDUAL	169	VET M35	32	45:43:00	04:34	45:59:00
176.	302	VICTOR SILVA	RUNNING ESMORIZ	170	VET M50	20	45:55:00	04:35	46:00:00
177.	462	ANGELINA PINTO	INDIVIDUAL	7	VET F50	2	46:01:00	04:36	46:05:00
178.	461	ROSA PINTO	INDIVIDUAL	8	VET F50	3	46:02:00	04:36	46:05:00
179.	524	RUI ROCHA	INDIVIDUAL	171	VET M40	37	46:01:00	04:36	46:15:00
180.	453	JOÃO REIS	INDIVIDUAL	172	VET M50	21	46:00:00	04:36	46:17:00
181.	387	ANTONIO NEVES	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	173	VET M55	10	46:11:00	04:37	46:18:00
182.	36	LUIS COSTA	RIPOLINS GRIJÓ A CORRER	174	VET M40	38	46:14:00	04:37	46:18:00
183.	55	MILTON ALMEIDA	INDIVIDUAL	175	SEN M	36	46:15:00	04:37	46:24:00
184.	357	PAULO OLIVEIRA	INDIVIDUAL	176	VET M40	39	46:14:00	04:37	46:26:00
185.	94	MARCIO PEREIRA	OS TONOS	177	VET M35	33	46:17:00	04:37	46:28:00
186.	274	EDUARDO OLIVEIRA	AFIS/OVAR	178	VET M40	40	46:16:00	04:37	46:31:00
187.	225	JOSE CASTRO	ALMEIDA PNEUS	179	VET M65	3	46:26:00	04:38	46:32:00
188.	475	NUNO PEREIRA	CAL - CLUBE ATLETISMO DE LAMAS	180	VET M40	41	46:26:00	04:38	46:33:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
189.	378	INÉS MENDES	INDIVIDUAL	9	SEN F	3	46:18:00	04:37	46:33:00
190.	102	RICARDINO DOS SANTOS	GOODSHAPE	181	VET M40	42	46:17:00	04:37	46:33:00
191.	272	MANUEL GOMES	AFIS/OVAR	182	VET M50	22	46:22:00	04:38	46:36:00
192.	221	PEDRO VALENTE	ALMEIDA PNEUS	183	SUB 23 M	3	46:19:00	04:37	46:41:00
193.	439	MARTA REIS	INDIVIDUAL	10	VET F35	2	46:39:00	04:39	46:44:00
194.	252	LEANDRO RESENDE	INDIVIDUAL	184	VET M35	34	46:41:00	04:40	46:44:00
195.	63	ANTÓNIO SOUSA	INDIVIDUAL	185	VET M55	11	46:36:00	04:39	46:45:00
196.	451	ANDRÉ SILVA	INDIVIDUAL	186	VET M55	12	46:31:00	04:39	46:47:00
197.	355	FERNANDO LOPES	INDIVIDUAL	187	VET M60	3	46:40:00	04:40	46:47:00
198.	40	HELDER ROCHA	JUVENTUDE CORTEGACENSE	188	VET M40	43	46:35:00	04:39	46:49:00
199.	561	MAFALDA RESENDE	RUNNING ESPINHO	11	VET F35	3	46:43:00	04:40	46:51:00
200.	228	MIGUEL CASTRO	ALMEIDA PNEUS	189	VET M45	29	46:47:00	04:40	46:52:00
201.	383	LÁZARO TEIXEIRA	GRUPO OSCACER	190	VET M35	35	46:39:00	04:39	46:52:00
202.	298	HUGO SILVA	AFIS/OVAR	191	VET M35	36	46:37:00	04:39	46:53:00
203.	423	VITOR NETO	HELIFLEX	192	VET M45	30	46:47:00	04:40	46:54:00
204.	542	VÂNIA MUXAGATA	RUNNING ESPINHO	12	SEN F	4	46:40:00	04:40	46:56:00
205.	470	VALTER RODRIGUES	INDIVIDUAL	193	SEN M	37	46:56:00	04:41	46:56:00
206.	571	VITOR FERREIRA	SCE / ATLETISMO - ANTÓNIO LEITÃO	194	VET M40	44	46:50:00	04:41	46:58:00
207.	305	RUI MOURA	INDIVIDUAL	195	VET M45	31	46:46:00	04:40	47:00:00
208.	505	ANDRÉ MATOS	INDIVIDUAL	196	SEN M	38	46:52:00	04:41	47:03:00
209.	377	PAULO COSTA	INDIVIDUAL	197	VET M45	32	47:03:00	04:42	47:03:00
210.	602	JOSÉ PEDRO ROCHA	INDIVIDUAL	198	SEN M	39	46:49:00	04:40	47:04:00
211.	398	JOÃO SANTOS	ATLETISMO GERACAO PARAMOS	199	VET M40	45	47:07:00	04:42	47:07:00
212.	269	JOSÉ AMARO	AFIS/OVAR	200	VET M55	13	46:59:00	04:41	47:10:00
213.	47	HUGO GUIMARÃES	INDIVIDUAL	201	SEN M	40	47:03:00	04:42	47:17:00
214.	120	ANTÓNIO FOLHA	INDIVIDUAL	202	VET M40	46	47:06:00	04:42	47:18:00
215.	106	LUIS CONCEIÇÃO	GRUPO DESPORTIVO SÃO PAIO OLEIROS	203	VET M50	23	47:15:00	04:43	47:19:00
216.	237	MIGUEL MIRANDA	INDIVIDUAL	204	VET M45	33	47:09:00	04:42	47:21:00
217.	245	CELSO TEIXEIRA	INDIVIDUAL	205	VET M50	24	47:09:00	04:42	47:22:00
218.	481	PAULO ROLA	SC ESPINHO TRIATLO	206	VET M35	37	47:02:00	04:42	47:25:00
219.	492	BRUNO GUEDES	PORTO SENTIDO RUNNERS	207	VET M35	38	47:13:00	04:43	47:31:00
220.	437	JOAQUIM GUERRA	INDIVIDUAL	208	VET M45	34	47:21:00	04:44	47:33:00
221.	314	BRUNO SILVA	C.M.M.C. VALE DE CAMBRA	209	JUN M	5	47:33:00	04:45	47:33:00
222.	445	MARCO GODINHO	INDIVIDUAL	210	SEN M	41	47:31:00	04:45	47:34:00
223.	80	LÍGIA CASIMIRO	CIRES RUNNING TEAM	13	VET F40	3	47:25:00	04:44	47:35:00
224.	59	ANTONIO BARBOSA	CLUBE ZUPPER	211	VET M55	14	47:34:00	04:45	47:39:00
225.	341	ARMANDO ROCHA	INDIVIDUAL	212	VET M40	47	47:38:00	04:45	47:45:00
226.	585	RICARDO CONCEIÇÃO	INDIVIDUAL	213	SEN M	42	47:32:00	04:45	47:46:00
227.	72	ANTONIO MOURA	JUVENTUDE CORTEGACENSE	214	VET M45	35	47:35:00	04:45	47:49:00
228.	310	SUSANA BRANDÃO	C.M.M.C. VALE DE CAMBRA	14	VET F40	4	47:46:00	04:46	47:50:00
229.	192	ANTONIO ALBERTO GOMES	C.M.M.C. VALE DE CAMBRA	215	VET M50	25	47:42:00	04:46	47:50:00
230.	448	FLORBELA COSTA	SSCM OVAR	15	VET F55	1	47:50:00	04:47	47:53:00
231.	100	MARIANA ROCHA MONTEIRO	GOODSHAPE	16	VET F35	4	47:38:00	04:45	47:56:00
232.	50	JOSÉ BERNARDO ALMEIDA	INDIVIDUAL	216	VET M40	48	47:39:00	04:45	47:56:00
233.	255	NUNO FERREIRA	INDIVIDUAL	217	VET M40	49	47:46:00	04:46	48:00:00
234.	353	NELSON SILVA	GONDOMAR FUTSAL CLUBE	218	VET M55	15	48:02:00	04:48	48:08:00
235.	429	NUNO MIGUEL SILVA	INDIVIDUAL	219	SEN M	43	48:03:00	04:48	48:11:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
236.	304	FABIO OLIVEIRA	VELOCIMONSTERS	220	VET M35	39	48:01:00	04:48	48:12:00
237.	588	GONÇALO MARTINS	INDIVIDUAL	221	SEN M	44	47:55:00	04:47	48:15:00
238.	434	RUI TEIXEIRA	INDIVIDUAL	222	VET M40	50	48:09:00	04:48	48:21:00
239.	456	CARLOS VIOLAS	INDIVIDUAL	223	VET M35	40	48:11:00	04:49	48:24:00
240.	564	SÉRGIO ALMEIDA	REMAX SPIRIT- MARKET	224	VET M45	36	48:15:00	04:49	48:26:00
241.	468	SÉRGIO MARQUES	INDIVIDUAL	225	VET M35	41	48:25:00	04:50	48:28:00
242.	315	FILIPE SOARES	C.M.M.C. VALE DE CAMBRA	226	VET M50	26	48:26:00	04:50	48:31:00
243.	286	JOSE MENDES	INDIVIDUAL	227	VET M45	37	48:26:00	04:50	48:32:00
244.	369	TOMÁS CARDOSO	INDIVIDUAL	228	JUN M	6	48:32:00	04:51	48:45:00
245.	474	TIAGO GOMES	INDIVIDUAL	229	VET M35	42	48:22:00	04:50	48:45:00
246.	21	RUI GODINHO	SALGUEIROS RUNNING	230	VET M45	38	48:44:00	04:52	48:48:00
247.	158	FERNANDO SILVA	GRUPO DE CORRIDA DE ARGONCILHE	231	VET M60	4	48:45:00	04:52	48:54:00
248.	578	HELDER MACHADO	RUNNING ESPINHO	232	SEN M	45	48:40:00	04:52	48:58:00
249.	194	DOMINGOS SILVA	C.M.M.C. VALE DE CAMBRA	233	VET M60	5	48:52:00	04:53	48:58:00
250.	175	CARLOS PINA	INDIVIDUAL	234	VET M35	43	48:56:00	04:53	48:59:00
251.	294	MÁRCIO SILVA	INDIVIDUAL	235	VET M40	51	48:57:00	04:53	48:59:00
252.	313	JOAQUIM OLIVEIRA	C.M.M.C. VALE DE CAMBRA	236	VET M55	16	48:56:00	04:53	49:00:00
253.	312	FILOMENA SANTOS	C.M.M.C. VALE DE CAMBRA	17	VET F45	1	48:56:00	04:53	49:00:00
254.	127	PEDRO FERREIRA	INDIVIDUAL	237	VET M35	44	48:40:00	04:52	49:04:00
255.	256	MÁRCIO CAMPELO	INDIVIDUAL	238	VET M35	45	48:56:00	04:53	49:10:00
256.	220	ANTONIO ALMEIDA	ALMEIDA PNEUS	239	VET M35	46	48:51:00	04:53	49:15:00
257.	205	PEDRO LEAL	CLUBE DE ATLETISMO DE OVAR	240	VET M50	27	48:41:00	04:52	49:19:00
258.	280	RICARDO PAIVA	INDIVIDUAL	241	SEN M	46	49:09:00	04:54	49:20:00
259.	79	RICARDO OLIVEIRA	INDIVIDUAL	242	SEN M	47	48:50:00	04:53	49:21:00
260.	311	FERNANDO LEITE	C.M.M.C. VALE DE CAMBRA	243	VET M45	39	49:21:00	04:56	49:25:00
261.	540	FABIO SILVA	RUNNING ESPINHO	244	SUB 23 M	4	49:08:00	04:54	49:32:00
262.	73	ANDRÉ PAIS	RODELO RUNNING TEAM	245	VET M35	47	49:23:00	04:56	49:32:00
263.	71	PAULO SANTOS	RODELO RUNNING TEAM	246	VET M45	40	49:23:00	04:56	49:33:00
264.	337	RENATO TAVARES	INDIVIDUAL	247	VET M45	41	49:30:00	04:57	49:33:00
265.	233	HUMBERTO COSTA	INDIVIDUAL	248	VET M45	42	49:08:00	04:54	49:35:00
266.	84	JOSÉ CORREIA	ARCORUN	249	VET M40	52	49:30:00	04:57	49:36:00
267.	498	TOMÁS CARDOSO	INDIVIDUAL	18	JUN F	1	49:18:00	04:55	49:39:00
268.	555	PEDRO FAMILIAR	INDIVIDUAL	250	VET M35	48	49:33:00	04:57	49:41:00
269.	404	BRUNO MATOS	ATLETISMO GERACAO PARAMOS	251	VET M35	49	49:40:00	04:58	49:49:00
270.	285	PAULO VAZ	INDIVIDUAL	252	VET M40	53	49:42:00	04:58	49:51:00
271.	113	ISABEL ROSAS	RUNNING ESMORIZ	19	VET F40	5	49:51:00	04:59	49:58:00
272.	539	IVO SANTOS	INDIVIDUAL	253	SEN M	48	49:44:00	04:58	49:59:00
273.	292	TIAGO LEITE	AFIS/OVAR	254	SEN M	49	49:44:00	04:58	50:00:00
274.	270	LUÍS GAMA	AFIS/OVAR	255	VET M50	28	49:46:00	04:58	50:01:00
275.	293	JOANA ALÇADA	AFIS/OVAR	20	VET F35	5	49:47:00	04:58	50:03:00
276.	52	MARCIA COSTA	JUVENTUDE CORTEGACENSE	21	VET F40	6	49:53:00	04:59	50:05:00
277.	405	BRUNO PEREIRA	ATLETISMO GERACAO PARAMOS	256	SEN M	50	49:48:00	04:58	50:07:00
278.	110	JOSÉ RIBA	RUNNING ESMORIZ	257	VET M50	29	50:03:00	05:00	50:08:00
279.	400	AGOSTINHO SILVA	ATLETISMO GERACAO PARAMOS	258	VET M40	54	50:05:00	05:00	50:14:00
280.	373	JULIO PINHO	INDIVIDUAL	259	VET M45	43	49:53:00	04:59	50:17:00
281.	155	ANTÓNIO SILVA	INDIVIDUAL	260	VET M50	30	50:19:00	05:01	50:30:00
282.	184	SÓNIA SANTOS	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	22	SEN F	5	50:24:00	05:02	50:34:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
283.	426	ÁLVARO SOUSA	HELIFLEX	261	VET M50	31	50:36:00	05:03	50:36:00
284.	124	PAULO ALMEIDA	AFIS/OVAR	262	VET M45	44	50:37:00	05:03	50:39:00
285.	473	RUI CARVALHO	INDIVIDUAL	263	VET M40	55	50:19:00	05:01	50:41:00
286.	30	RUI SÁ	INFOTEL	264	VET M35	50	50:26:00	05:02	50:43:00
287.	346	PEDRO TEIXEIRA	INDIVIDUAL	265	VET M45	45	50:32:00	05:03	50:44:00
288.	407	ANDRÉ MOREIRA	ATLETISMO GERACAO PARAMOS	266	JUN M	7	50:30:00	05:03	50:49:00
289.	235	RUI COSTA	INDIVIDUAL	267	SEN M	51	50:44:00	05:04	50:53:00
290.	425	CARLOS ROCHA	HELIFLEX	268	VET M35	51	50:55:00	05:05	50:55:00
291.	15	HELDER MARQUES	SALGUEIROS RUNNING	269	VET M35	52	50:52:00	05:05	50:56:00
292.	414	RICARDO SILVA	ATLETISMO GERACAO PARAMOS	270	JUN M	8	50:41:00	05:04	51:01:00
293.	288	ANDRÉ SANTOS	INDIVIDUAL	271	SEN M	52	50:52:00	05:05	51:02:00
294.	452	DIOGO COELHO	INDIVIDUAL	272	SEN M	53	50:46:00	05:04	51:04:00
295.	230	SAMUEL LEAL	JESUS RUNNERS	273	SUB 23 M	5	50:36:00	05:03	51:04:00
296.	372	MANUEL RODRIGUES	INDIVIDUAL	274	VET M40	56	50:40:00	05:04	51:05:00
297.	340	LUCILIA GOMES	INDIVIDUAL	23	VET F45	2	51:01:00	05:06	51:07:00
298.	227	MARCELO COSTA	ALMEIDA PNEUS	275	VET M40	57	50:46:00	05:04	51:08:00
299.	85	GLÓRIA SANTOS	ARCORUN	24	VET F55	2	51:02:00	05:06	51:09:00
300.	157	FERNANDO COUTO	GRUPO DE CORRIDA DE ARGONCILHE	276	VET M60	6	51:00:00	05:06	51:09:00
301.	549	CRISTINA COUTO	RUNNING ESPINHO	25	VET F45	3	51:02:00	05:06	51:10:00
302.	18	ELISABETE SANTOS	YAZAKI RUNNERS	26	VET F40	7	51:04:00	05:06	51:11:00
303.	29	MARCO FERREIRA	INFOTEL	277	SEN M	54	50:56:00	05:05	51:14:00
304.	43	ANABELA OLIVEIRA	JESUS RUNNERS	27	VET F35	6	50:53:00	05:05	51:17:00
305.	77	HUGO SEABRA	GANG DAS RHOTAS	278	SEN M	55	50:44:00	05:04	51:19:00
306.	146	JULIANA ALMEIDA	GDC CODAL	28	SEN F	6	51:16:00	05:07	51:21:00
307.	395	CARLOS MOREIRA	ATLETISMO GERACAO PARAMOS	279	VET M40	58	51:01:00	05:06	51:21:00
308.	103	RICARDO GOUVEIA	GOODSHAPE	280	SEN M	56	51:04:00	05:06	51:21:00
309.	87	TACITO LARANJEIRA	INDIVIDUAL	281	VET M65	4	51:24:00	05:08	51:24:00
310.	219	VALÉRIA CORREIA	INDIVIDUAL	29	SEN F	7	51:11:00	05:07	51:25:00
311.	460	RAIMUNDO SILVA	INDIVIDUAL	282	SEN M	57	50:59:00	05:05	51:27:00
312.	544	JOAQUIM TEIXEIRA	RUNNING ESPINHO	283	VET M55	17	51:15:00	05:07	51:27:00
313.	83	CARLOS SILVA	ARCORUN	284	VET M50	32	51:27:00	05:08	51:34:00
314.	242	GABRIEL ALEGRE	AFIS/OVAR	285	VET M40	59	51:09:00	05:06	51:35:00
315.	266	PAULO SILVA	AFIS/OVAR	286	VET M50	33	51:19:00	05:07	51:35:00
316.	284	DEOLINDA FERREIRA	PERALTAFIL	30	VET F45	4	51:33:00	05:09	51:45:00
317.	520	JOSÉ PINTO	JAM - JUVENTUDE ATLÉTICA MOZELENSE	287	VET M45	46	51:29:00	05:08	51:45:00
318.	97	ELISABETE SILVA	RUNNING ESMORIZ	31	VET F40	8	51:32:00	05:09	51:49:00
319.	114	VIRGÍNIA COSTA	RUNNING ESMORIZ	32	VET F40	9	51:40:00	05:10	51:51:00
320.	501	BRUNO SOUZA	INDIVIDUAL	288	JUN M	9	51:34:00	05:09	51:52:00
321.	181	HÉLDER SILVA	INDIVIDUAL	289	VET M40	60	51:34:00	05:09	51:52:00
322.	111	MARIBEL OLIVEIRA	RUNNING ESMORIZ	33	VET F45	5	51:34:00	05:09	51:52:00
323.	35	JOÃO PAULINO	INDIVIDUAL	290	VET M45	47	51:48:00	05:10	51:59:00
324.	258	MANUEL ANJOS	NÚCLEO DE ATLETISMO DE CUCUJÃES	291	VET M50	34	51:42:00	05:10	52:01:00
325.	343	RICARDO PATRÍCIO	INDIVIDUAL	292	VET M35	53	51:56:00	05:11	52:06:00
326.	3	FRANCISCO GOMES	SHOTS INTERNATIONAL RUNNERS	293	VET M40	61	52:00:00	05:12	52:08:00
327.	268	DIOGO BARGE	AFIS/OVAR	294	JUN M	10	51:57:00	05:11	52:14:00
328.	263	MARIO CONDE	AFIS/OVAR	295	VET M60	7	51:57:00	05:11	52:14:00
329.	249	JOÃO PINTADO	INDIVIDUAL	296	SEN M	58	47:10:00	04:43	52:14:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
330.	464	JORGE GUERRA	INDIVIDUAL	297	VET M40	62	52:04:00	05:12	52:16:00
331.	156	RUI OLIVEIRA	GRUPO DE CORRIDA DE ARGONCILHE	298	VET M60	8	52:10:00	05:13	52:19:00
332.	547	ROSA RODRIGUES	RUNNING ESPINHO	34	VET F35	7	52:18:00	05:13	52:25:00
333.	226	JORGE RODRIGUES	ALMEIDA PNEUS	299	VET M40	63	52:02:00	05:12	52:25:00
334.	332	PAULO ALMEIDA	INDIVIDUAL	300	VET M40	64	52:13:00	05:13	52:31:00
335.	159	FERNANDO PAIS	GRUPO DE CORRIDA DE ARGONCILHE	301	VET M50	35	52:24:00	05:14	52:33:00
336.	88	ANTONIO TEIXEIRA	INDIVIDUAL	302	VET M50	36	52:24:00	05:14	52:36:00
337.	19	CLAUDIO CALDAS	INDIVIDUAL	303	VET M40	65	52:11:00	05:13	52:36:00
338.	45	MIGUEL MATOS	JUVENTUDE CORTEGACENSE	304	VET M35	54	52:30:00	05:15	52:37:00
339.	291	MÁRIO OLIVEIRA	OLIVEIRAS ON THE RUN	305	SEN M	59	52:12:00	05:13	52:38:00
340.	290	HÉLDER OLIVEIRA	OLIVEIRAS ON THE RUN	306	VET M40	66	52:12:00	05:13	52:39:00
341.	440	PEDRO RESENDE	INDIVIDUAL	307	VET M40	67	52:12:00	05:13	52:42:00
342.	441	FRANCISCO CALDAS	INDIVIDUAL	308	VET M35	55	52:13:00	05:13	52:42:00
343.	416	EUGÉNIO OLIVEIRA	ATLETISMO GERACAO PARAMOS	309	VET M45	48	52:32:00	05:15	52:44:00
344.	430	DANIEL SILVA	INDIVIDUAL	310	SEN M	60	52:29:00	05:14	52:49:00
345.	386	MARCO CANDEIAS	INDIVIDUAL	311	SEN M	61	52:40:00	05:16	52:49:00
346.	75	LUCIDIO DIAS	CAL - CLUBE ATLETISMO DE LAMAS	312	VET M70	1	52:45:00	05:16	52:51:00
347.	500	MIGUEL ROCHA	INDIVIDUAL	313	VET M40	68	52:32:00	05:15	52:53:00
348.	393	ANTÓNIO SÁ	ATLETISMO GERACAO PARAMOS	314	VET M40	69	52:33:00	05:15	52:53:00
349.	415	ANDRÉ CASTRO	ATLETISMO GERACAO PARAMOS	315	SEN M	62	52:36:00	05:15	52:57:00
350.	250	JOAO BRONZE	INDIVIDUAL	316	VET M50	37	52:50:00	05:17	52:57:00
351.	216	MARIA RESENDE	INDIVIDUAL	35	VET F45	6	52:40:00	05:16	52:58:00
352.	215	MIGUEL RESENDE	INDIVIDUAL	317	SEN M	63	52:40:00	05:16	52:58:00
353.	323	PAULO GODINHO	INDIVIDUAL	318	VET M40	70	52:42:00	05:16	53:03:00
354.	69	HELDER SILVA	INDIVIDUAL	319	VET M35	56	52:39:00	05:15	53:04:00
355.	209	PAULO OLIVEIRA	JESUS RUNNERS	320	VET M40	71	52:41:00	05:16	53:06:00
356.	334	PAULA MIRANDA	SALGUEIROS RUNNING	36	VET F45	7	53:03:00	05:18	53:08:00
357.	331	ELVIRA SILVA	INDIVIDUAL	37	VET F40	10	52:52:00	05:17	53:10:00
358.	224	HUGO TEIXEIRA	ALMEIDA PNEUS	321	VET M40	72	52:49:00	05:16	53:12:00
359.	606	FRANCISCO SILVA	OS MOGUEIRINHAS	322	VET M45	49	53:07:00	05:18	53:13:00
360.	608	GRAÇA LEITE	ACREFA	38	VET F55	3	53:10:00	05:19	53:14:00
361.	403	NELSON RIBEIRO	ATLETISMO GERACAO PARAMOS	323	VET M35	57	53:05:00	05:18	53:16:00
362.	76	SERAFIM SOUSA	CAL - CLUBE ATLETISMO DE LAMAS	324	VET M50	38	53:16:00	05:19	53:23:00
363.	133	SAMUEL NUNES	JESUS RUNNERS	325	VET M35	58	52:58:00	05:17	53:27:00
364.	13	LUIS FERREIRA	INDIVIDUAL	326	VET M50	39	53:15:00	05:19	53:28:00
365.	533	PAULO SILVA	INDIVIDUAL	327	VET M45	50	53:19:00	05:19	53:29:00
366.	603	RODRIGO ALMEIDA DA SILVA	INDIVIDUAL	328		1	53:05:00	05:18	53:34:00
367.	261	ANA OLIVEIRA	REAL CHAPÉUS	39	VET F35	8	53:27:00	05:20	53:39:00
368.	466	RUI SANTOS	INDIVIDUAL	329	VET M40	73	53:34:00	05:21	53:45:00
369.	25	PEDRO CORREIA	INDIVIDUAL	330	VET M40	74	53:33:00	05:21	53:46:00
370.	526	DULCE BASTOS	NAC	40	VET F40	11	53:43:00	05:22	53:51:00
371.	321	RUI MARTINS	GRUPO JUVENIL DO PINHEIRO DA BEMPOSTA	331	VET M35	59	53:48:00	05:22	53:53:00
372.	303	BRUNO ALMEIDA	VELOCIMONSTERS	332	VET M35	60	53:44:00	05:22	53:55:00
373.	229	VITOR AMORIM	ALMEIDA PNEUS	333	VET M35	61	53:34:00	05:21	53:57:00
374.	479	PAULO PERALTA	INDIVIDUAL	334	VET M45	51	53:51:00	05:23	54:12:00
375.	248	ADELAIDE DUARTE	NAC	41	VET F35	9	53:57:00	05:23	54:16:00
376.	74	FERNANDO DE SOUSA	INDIVIDUAL	335	VET M40	75	54:06:00	05:24	54:18:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
377.	147	ANA SANTOS	GDC CODAL	42	VET F35	10	54:14:00	05:25	54:18:00
378.	67	ANTÓNIO PEREIRA	INDIVIDUAL	336	VET M50	40	54:13:00	05:25	54:23:00
379.	91	RICARDO OLIVEIRA	OS TONOS	337	VET M35	62	54:03:00	05:24	54:28:00
380.	37	JORGE COSTA	RIPOLINS GRIJÓ A CORRER	338	VET M35	63	54:19:00	05:25	54:34:00
381.	365	CRISTIANA GODINHO	CORREDORES DE RUA	43	SEN F	8	54:15:00	05:25	54:37:00
382.	506	MANUEL SANTOS	INDIVIDUAL	339	VET M50	41	54:26:00	05:26	54:42:00
383.	350	JOSÉ VALENTE	INDIVIDUAL	340	SEN M	64	54:19:00	05:25	54:45:00
384.	287	PEDRO VIEIRA	DICLINIC TEAM	341	VET M35	64	54:32:00	05:27	54:59:00
385.	176	HELDER GABRIEL RIBEIRO	INDIVIDUAL	342	VET M40	76	54:52:00	05:29	55:05:00
386.	392	CRISTÓVÃO SANTOS	ATLETISMO GERACAO PARAMOS	343	VET M40	77	54:50:00	05:29	55:09:00
387.	389	JOSÉ SÁ	ATLETISMO GERACAO PARAMOS	344	VET M50	42	54:56:00	05:29	55:16:00
388.	33	JOSÉ PINTO	RIPOLINS GRIJÓ A CORRER	345	VET M40	78	55:05:00	05:30	55:20:00
389.	251	JOÃO DOS SANTOS	INDIVIDUAL	346	VET M40	79	54:56:00	05:29	55:21:00
390.	78	CLÁUDIO CASTRO	INDIVIDUAL	347	VET M35	65	54:50:00	05:29	55:21:00
391.	531	MÁRIO MACHADO	INDIVIDUAL	348	VET M45	52	54:34:00	05:27	55:22:00
392.	51	ALBERTO FERREIRA	INDIVIDUAL	349	VET M40	80	54:57:00	05:29	55:25:00
393.	384	ADERITO VIDEIRA	ALLA	350	VET M45	53	55:02:00	05:30	55:26:00
394.	92	MARCIO SILVA	OS TONOS	351	VET M35	66	55:09:00	05:30	55:28:00
395.	572	MARIA DOS ANJOS	INDIVIDUAL	44	VET F40	12	55:20:00	05:32	55:28:00
396.	570	MARIA ROSA	INDIVIDUAL	45	VET F35	11	55:12:00	05:31	55:28:00
397.	93	MARCIO JORGE	OS TONOS	352	VET M35	67	55:07:00	05:30	55:28:00
398.	105	ANDRÉ MACHADO	GOODSHAPE	353	SEN M	65	55:12:00	05:31	55:30:00
399.	121	CARLA CARDOSO	INDIVIDUAL	46	VET F45	8	55:19:00	05:31	55:34:00
400.	593	VITOR OLIVEIRA	INDIVIDUAL	354	VET M45	54	55:26:00	05:32	55:37:00
401.	458	ANA LOPES	INDIVIDUAL	47	VET F45	9	55:19:00	05:31	55:38:00
402.	459	ANTÓNIO CASTRO	INDIVIDUAL	355	VET M50	43	55:20:00	05:32	55:39:00
403.	582	FABIO VAZ	INDIVIDUAL	356	SEN M	66	55:21:00	05:32	55:40:00
404.	318	CARLOS SILVA	C.M.M.C. VALE DE CAMBRA	357	VET M40	81	55:26:00	05:32	55:48:00
405.	363	TIAGO GOMES	INDIVIDUAL	358	SEN M	67	55:32:00	05:33	55:51:00
406.	347	MANUEL COSTA	INDIVIDUAL	359	VET M55	18	55:32:00	05:33	55:51:00
407.	115	GABRIEL SILVA	RUNNING ESMORIZ	360	JUN M	11	56:00:00	05:36	56:07:00
408.	354	VANESSA SANTOS	INDIVIDUAL	48	SEN F	9	56:02:00	05:36	56:10:00
409.	518	MARINHA BAPTISTA	JAM - JUVENTUDE ATLÉTICA MOZELENSE	49	VET F50	4	56:02:00	05:36	56:20:00
410.	296	JOSE MADEIRA	INDIVIDUAL	361	VET M60	9	56:00:00	05:36	56:22:00
411.	22	CARLOS BARROSO	GARCIA TEAM/ALEX FOZ	362	VET M50	44	56:01:00	05:36	56:24:00
412.	504	ANGÉLICA BRITO	INDIVIDUAL	50	SEN F	10	56:14:00	05:37	56:25:00
413.	543	PAULO LADEIRA	RUNNING ESPINHO	363	VET M45	55	56:07:00	05:36	56:30:00
414.	240	VERA FERREIRA	CMMC VALE DE CAMBRA	51	SEN F	11	56:28:00	05:38	56:31:00
415.	187	CRISTINA SILVA	C.M.M.C. VALE DE CAMBRA	52	VET F45	10	56:28:00	05:38	56:32:00
416.	385	SANDRA FIDALGO	INDIVIDUAL	53	VET F35	12	56:13:00	05:37	56:38:00
417.	607	MÁRIO COELHO	INDIVIDUAL	364	VET M35	68	56:33:00	05:39	56:44:00
418.	70	ADELAIDE MARQUES	INDIVIDUAL	54	SEN F	12	56:21:00	05:38	56:45:00
419.	297	DIOGO CERQUEIRA	INDIVIDUAL	365	SEN M	68	56:22:00	05:38	56:48:00
420.	507	ERMELINDA MONTEIRO	INDIVIDUAL	55	VET F50	5	56:39:00	05:39	56:55:00
421.	436	FERNANDO CARDOSO	INDIVIDUAL	366	SEN M	69	56:31:00	05:39	56:55:00
422.	44	HELIA ROCHA	JESUS RUNNERS	56	SEN F	13	56:29:00	05:38	56:56:00
423.	68	AMANDIO MENDES	INDIVIDUAL	367	VET M45	56	56:38:00	05:39	56:58:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
424.	388	FILIPA PINTO	ATLETISMO GERACAO PARAMOS	57	VET F35	13	56:53:00	05:41	57:01:00
425.	20	SANDRA AGUIAR	SALGUEIROS RUNNING	58	VET F40	13	57:07:00	05:42	57:11:00
426.	554	IVO CRISTAL	ATLETISMO GERACAO PARAMOS	368	SEN M	70	56:59:00	05:41	57:22:00
427.	379	ROSITSA PERPERIEVA	GRUPO OSCACER	59	SEN F	14	57:14:00	05:43	57:27:00
428.	472	CLÁUDIA DIAS	INDIVIDUAL	60	VET F35	14	57:11:00	05:43	57:32:00
429.	391	LINDA MENESES	ATLETISMO GERACAO PARAMOS	61	VET F45	11	56:46:00	05:40	57:33:00
430.	327	ALFREDO SANTOS	A D RIO LARGO C ESPINHO	369	VET M60	10	57:20:00	05:44	57:36:00
431.	289	EVA FRANÇA	CORREDORES DE RUA	62	SEN F	15	57:14:00	05:43	57:37:00
432.	375	MANUEL OLIVEIRA	INDIVIDUAL	370	VET M55	19	57:18:00	05:43	57:43:00
433.	89	ISABEL PINTO	INDIVIDUAL	63	VET F40	14	57:33:00	05:45	57:46:00
434.	399	EUSÉBIO LOPES	ATLETISMO GERACAO PARAMOS	371	VET M40	82	57:32:00	05:45	57:51:00
435.	605	BRUNO SILVA	OS MOGUEIRINHAS	372	JUN M	12	57:51:00	05:47	57:57:00
436.	32	IVO PINTO	INDIVIDUAL	373	SEN M	71	57:27:00	05:44	57:57:00
437.	206	MATILDE LEAL	CLUBE DE ATLETISMO DE OVAR	64	VET F50	6	57:49:00	05:46	58:04:00
438.	202	FÁTIMA ALEIXO	CLUBE DE ATLETISMO DE OVAR	65	VET F45	12	58:04:00	05:48	58:04:00
439.	478	PAULA FERREIRA	INDIVIDUAL	66	VET F35	15	57:51:00	05:47	58:18:00
440.	502	IOLANDA FERREIRA	INDIVIDUAL	67	SEN F	16	58:16:00	05:49	58:25:00
441.	503	TERESA LEITE	INDIVIDUAL	68	SEN F	17	58:15:00	05:49	58:26:00
442.	409	SARA FRANCISCO	ATLETISMO GERACAO PARAMOS	69	SEN F	18	58:08:00	05:48	58:29:00
443.	410	PEDRO COSTA	ATLETISMO GERACAO PARAMOS	374	SEN M	72	58:09:00	05:48	58:29:00
444.	514	RUI AMARAL	INDIVIDUAL	375	VET M50	45	58:07:00	05:48	58:34:00
445.	257	JOSÉ CARLOS FERREIRA MOSA	INDIVIDUAL	376	VET M55	20	58:11:00	05:49	58:34:00
446.	281	ANTÓNIO BARBOSA	INDIVIDUAL	377	VET M45	57	58:08:00	05:48	58:34:00
447.	138	JOANA GOMES	PERNAS DE PAU	70	JUN F	2	58:16:00	05:49	58:44:00
448.	356	FILIPE MACHADO	PERNAS DE PAU	378	VET M40	83	58:16:00	05:49	58:44:00
449.	61	HELENA PEREIRA	INDIVIDUAL	71	SEN F	19	58:20:00	05:50	58:46:00
450.	556	ÂNGELA ALMEIDA ALMEIDA	INDIVIDUAL	72	SEN F	20	58:38:00	05:51	59:01:00
451.	160	HELDER CORREIA	JUVENTUDE CORTEGACENSE	379	VET M45	58	58:57:00	05:53	59:11:00
452.	316	VITOR SALGADO	C.M.M.C. VALE DE CAMBRA	380	VET M40	84	58:49:00	05:52	59:11:00
453.	339	TATIANA SILVA	C.M.M.C. VALE DE CAMBRA	73	SEN F	21	58:51:00	05:53	59:13:00
454.	223	PEDRO PINHO	ALMEIDA PNEUS	381	VET M35	69	58:54:00	05:53	59:18:00
455.	358	LUIS CARVALHO	INDIVIDUAL	382	VET M55	21	59:05:00	05:54	59:23:00
456.	244	PAULO HENRIQUES	CASCI	383	VET M35	70	59:17:00	05:55	59:33:00
457.	136	RUI SILVA	PERNAS DE PAU	384	VET M50	46	58:46:00	05:52	59:37:00
458.	420	CATARINA PINHAL	INDIVIDUAL	74	SUB 23 F	1	59:12:00	05:55	59:47:00
459.	422	JOEL SOUZA	INDIVIDUAL	385	SUB 23 M	6	59:12:00	05:55	59:47:00
460.	574	VÂNIA OLIVEIRA	FANTASTIC RUNNERS	75	SEN F	22	59:28:00	05:56	59:52:00
461.	601	SALOMÉ COSTA	INDIVIDUAL	76	SEN F	23	59:38:00	05:57	59:53:00
462.	401	SÓNIA OLIVEIRA	ATLETISMO GERACAO PARAMOS	77	VET F40	15	59:50:00	05:59	59:59:00
463.	104	CATARINA GOUVEIA	GOODSHAPE	78	SEN F	24	59:46:00	05:58	01:00:04
464.	98	OLGA BRANDÃO	INDIVIDUAL	79	VET F45	13	01:00:07	06:00	01:00:20
465.	4	DIANA LEITE	INDIVIDUAL	80	VET F35	16	59:23:00	05:56	01:00:26
466.	467	BERNARDINO CÁLIX	INDIVIDUAL	386	SEN M	73	01:00:15	06:01	01:00:28
467.	46	DULCINEIA OLIVEIRA	INDIVIDUAL	81	VET F35	17	01:00:15	06:01	01:00:28
468.	577	CELINE MALTA	RUNNING ESPINHO	82	SEN F	25	01:00:20	06:02	01:00:39
469.	7	VITOR DIAS	INDIVIDUAL	387	SEN M	74	01:00:42	06:04	01:00:42
470.	128	LUIS NOVO	INDIVIDUAL	388	SEN M	75	01:00:17	06:01	01:00:44

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
471.	129	FLORBELA ARAUJO	INDIVIDUAL	83	SEN F	26	01:00:16	06:01	01:00:44
472.	600	CÁTIA SILVA	INDIVIDUAL	389	SEN M	76	01:00:23	06:02	01:00:46
473.	362	LÉNIO MARINHO	SALGUEIROS RUNNING	390	VET M60	11	01:00:49	06:04	01:00:54
474.	576	MIGUEL PINHEIRO	POWER RUN TEAM	391	VET M35	71	01:00:49	06:04	01:01:12
475.	575	LILIANA OLIVEIRA	FANTASTIC RUNNERS	84	VET F35	18	01:00:49	06:04	01:01:12
476.	135	FÁBIO LOURENÇO	INDIVIDUAL	392	SEN M	77	01:01:08	06:06	01:01:24
477.	122	ORQUÍDEA GOMES	INDIVIDUAL	85	VET F45	14	01:01:09	06:06	01:01:24
478.	421	ÍRIS PINHO	INDIVIDUAL	86	SEN F	27	01:00:56	06:05	01:01:30
479.	137	GONÇALO SILVA	PERNAS DE PAU	393	JUN M	13	01:01:10	06:07	01:01:39
480.	322	EDUARDO NEVES	INDIVIDUAL	394	VET M35	72	01:01:23	06:08	01:01:46
481.	150	PAULO VALENTE	INDIVIDUAL	395	VET M35	73	01:01:25	06:08	01:01:52
482.	108	HELIANA SÁ	RUNNING ESMORIZ	87	SEN F	28	01:01:43	06:10	01:01:55
483.	319	ALDINA RODRIGUES	C.M.M.C. VALE DE CAMBRA	88	VET F55	4	01:01:36	06:09	01:01:56
484.	53	TIAGO SILVA	INDIVIDUAL	396	VET M40	85	01:01:36	06:09	01:01:59
485.	81	CLÁUDIA DIAS	ARCORUN	89	SEN F	29	01:01:57	06:11	01:02:04
486.	394	PAULA MOREIRA	ATLETISMO GERACAO PARAMOS	90	VET F40	16	01:01:11	06:07	01:02:12
487.	62	VITOR MENESES	RUNNING ESPINHO	397	VET M55	22	01:02:06	06:12	01:02:17
488.	189	MARIA JOSE SANTOS	C.M.M.C. VALE DE CAMBRA	91	VET F40	17	01:01:57	06:11	01:02:19
489.	550	SANDRA MARTINS	RUNNING ESPINHO	92	VET F45	15	01:02:16	06:13	01:02:20
490.	604	ANDREA MORAIS	INDIVIDUAL	93	VET F35	19	01:02:10	06:13	01:02:24
491.	523	PEDRO SILVA	INDIVIDUAL	398	SEN M	78	01:02:19	06:13	01:02:26
492.	49	CATARINA FERREIRA	JUVENTUDE CORTEGACENSE	94	VET F35	20	01:02:14	06:13	01:02:27
493.	163	GABRIELA OLIVEIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	95	SUB 23 F	2	01:02:48	06:16	01:02:48
494.	162	NÁDIA SANTOS	INDIVIDUAL	96	SEN F	30	01:02:38	06:15	01:02:48
495.	186	JOSE SOARES	C.M.M.C. VALE DE CAMBRA	399	VET M55	23	01:02:27	06:14	01:02:48
496.	265	PAULA REGALADO	AFIS/OVAR	97	VET F50	7	01:02:53	06:17	01:03:10
497.	276	ELISABETE ASSUNÇÃO	AFIS/OVAR	98	VET F35	21	01:02:55	06:17	01:03:10
498.	191	HELENA PINTO	C.M.M.C. VALE DE CAMBRA	99	VET F40	18	01:03:00	06:18	01:03:20
499.	154	PAULO COELHO	INDIVIDUAL	400	VET M45	59	01:03:07	06:18	01:03:26
500.	580	PAULO TEIXEIRA	INDIVIDUAL	401	SEN M	79	01:03:01	06:18	01:03:29
501.	418	MÓNICA TAVARES	ATLETISMO GERACAO PARAMOS	100	SEN F	31	01:03:44	06:22	01:03:54
502.	101	ANDREIA ROCHA MONTEIRO	GOODSHAPE	101	VET F35	22	01:03:43	06:22	01:03:59
503.	82	VERÓNICA SAMPAIO	ARCORUN	102	VET F40	19	01:04:20	06:26	01:04:27
504.	213	ÓSCAR MENDES	INDIVIDUAL	402	SEN M	80	01:04:27	06:26	01:04:27
505.	336	VITOR SANTOS	INDIVIDUAL	403	SEN M	81	01:04:31	06:27	01:05:00
506.	532	RUI ALVES	INDIVIDUAL	404	SEN M	82	01:04:18	06:25	01:05:06
507.	530	DANIELA COSTA	INDIVIDUAL	103	VET F35	23	01:04:51	06:29	01:05:12
508.	367	BRUNO GOMES	INDIVIDUAL	405	SEN M	83	01:04:56	06:29	01:05:24
509.	107	AMÉRICO ROCHA	INDIVIDUAL	406	SEN M	84	01:04:58	06:29	01:05:25
510.	515	ANDREIA ALVES	INDIVIDUAL	104	SEN F	32	01:05:25	06:32	01:05:49
511.	516	ALBERTO MENDES	INDIVIDUAL	407	SEN M	85	01:05:25	06:32	01:05:49
512.	182	ANABELA MACHADO	INDIVIDUAL	105	VET F35	24	01:05:26	06:32	01:05:52
513.	412	RÚBEN RAIMUNDO	ATLETISMO GERACAO PARAMOS	408	SEN M	86	01:06:32	06:39	01:06:54
514.	317	PATRICIA FERNANDES	C.M.M.C. VALE DE CAMBRA	106	VET F35	25	01:07:08	06:42	01:07:28
515.	60	LUÍS PEREIRA	INDIVIDUAL	409	SEN M	87	01:07:08	06:42	01:07:30
516.	525	TALITA MARINHEIRO PERE	INDIVIDUAL	107	SEN F	33	01:07:19	06:43	01:07:44
517.	271	SUSANA PINTO	AFIS/OVAR	108	VET F40	20	01:07:52	06:47	01:08:07

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
518.	299	JOAQUIM FERREIRA	AFIS/OVAR	410	VET M50	47	01:07:52	06:47	01:08:08
519.	397	CONCEIÇÃO BESSA	ATLETISMO GERACAO PARAMOS	109	VET F40	21	01:08:05	06:48	01:08:13
520.	210	VANESSA TEIXEIRA	INDIVIDUAL	110	SEN F	34	01:08:27	06:50	01:08:55
521.	27	LARA COELHO	CGV	111	VET F35	26	01:08:54	06:53	01:09:20
522.	31	CESAR SILVA	CGV	411	VET M35	74	01:08:56	06:53	01:09:22
523.	66	ALEXANDRE FERRO ROCHA	INDIVIDUAL	412	SEN M	88	01:09:41	06:58	01:09:54
524.	17	RENATO DIAS	PERNAS DE PAU	413	VET M40	86	01:10:05	07:00	01:10:34
525.	509	JOSÉ AZEVEDO	OFICINA DAS MEDALHAS	414	VET M45	60	01:10:26	07:02	01:10:43
526.	495	INÉS RIBEIRO	INDIVIDUAL	112	JUN F	3	01:10:14	07:01	01:10:46
527.	534	ANA LUZIA CORREIA	INDIVIDUAL	113	VET F40	22	01:10:14	07:01	01:10:47
528.	326	CARLA AGUAS	H2ORCC	114	VET F40	23	01:10:40	07:04	01:10:55
529.	360	HELENA BRANDAO	INDIVIDUAL	115	VET F40	24	01:10:29	07:02	01:10:55
530.	349	CLAUDIA PINTO	CLUBE ATLÉTICO CHIBINHA	116	VET F40	25	01:10:41	07:04	01:10:56
531.	325	RUI CARDOSO	H2ORCC	415	VET M45	61	01:10:42	07:04	01:10:57
532.	348	MIGUEL REGO	CLUBE ATLÉTICO CHIBINHA	416	VET M45	62	01:10:43	07:04	01:10:57
533.	463	MARIA FERREIRA	INDIVIDUAL	117	VET F55	5	01:11:14	07:07	01:11:17
534.	402	MARISA SANTOS	ATLETISMO GERACAO PARAMOS	118	VET F35	27	01:12:11	07:13	01:12:19
535.	565	TIAGO MENEZES	REMAX SPIRIT- MARKET	417	VET M45	63	01:12:03	07:12	01:12:19
536.	510	FÁTIMA MEINEDO	OFICINA DAS MEDALHAS	119	VET F45	16	01:13:22	07:20	01:13:38
537.	9	CLÁUDIA DUARTE	INDIVIDUAL	120	SEN F	35	01:13:42	07:22	01:14:07
538.	139	RITA SILVA	PERNAS DE PAU	121	JUN F	4	01:13:43	07:22	01:14:11
539.	511	PAULO MEINEDO	OFICINA DAS MEDALHAS	418	VET M45	64	01:15:39	07:33	01:15:56
540.	376	LUIS FILIPE CRAVEIRO SILVA	INDIVIDUAL	419	SEN M	89	01:17:33	07:45	01:18:05
541.	521	SÓNIA CARLA PEDROSA	JAM - JUVENTUDE ATLÉTICA MOZELENSE	122	VET F35	28	01:19:31	07:57	01:19:49
542.	484	MIGUEL POEIRA	SC ESPINHO TRIATLO	420	VET M40	87	02:16:14	13:37	02:16:14
543.	535	FILIPE ARAÚJO	INDIVIDUAL	421	VET M35	75	02:16:14	13:37	02:16:14