

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
1	1343	carlos costa	M	clube desportivo s.salvador do campo	Juniores/Séniore	00:31:33	00:31:33
2	1868	Vitor Oliveira	M	Maia Ac	VET 35	00:31:43	00:31:43
3	1861	João Antunes	M	clube desportivo s.salvador do campo	Juniores/Séniore	00:31:52	00:31:52
4	234	Luís Ricardo Beato Pereira	M	Águas do Porto - Casa dos Trabalhadores	VET 35	00:33:31	00:33:31
5	723	José Pires	M	Sociedade Recreio Capanense	Juniores/Séniore	00:33:41	00:33:41
6	742	ANTÓNIO SOUSA	M	RIPOLINS GRIJÓ A CORRER	VET 45	00:34:37	00:34:37
7	1772	Paulo Reis	M	Sport clube de espinho	VET 45	00:35:27	00:35:27
8	963	Sérgio Ferreira	M	CCD APDL	Juniores/Séniore	00:35:32	00:35:32
9	414	Tiago Pinto	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Juniores/Séniore	00:35:37	00:35:37
10	1362	Nuno Queiroz	M	clube desportivo s.salvador do campo	VET 35	00:35:40	00:35:40
11	1880	Emilia Kumós Piseiro	F	Clube de Atletismo Prof. Emilia Piseiro	Juniores/Séniore	00:35:43	00:35:43
12	1859	Marco Paulo Vides	M	TriBraga McDonald's	VET 35	00:35:44	00:35:44
13	939	Hugo Bastos	M	CCD APDL	VET 35	00:35:49	00:35:49
14	1860	Hélder Costa	M		VET 35	00:35:50	00:35:50
15	205	Mário João Contreiras	M	Cdssalvador do Campo	VET 45	00:35:52	00:35:52
16	163	Toni soares	M	Juventude Ilha Verde	Juniores/Séniore	00:35:59	00:35:59
17	1218	Bruno Silva	M	Wikaboo	VET 35	00:36:01	00:36:01
18	421	Rui Gomes	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 40	00:36:03	00:36:03
19	546	Pedro Tapadas	M	Gondomar Futsal Clube	Juniores/Séniore	00:36:05	00:36:01
20	1829	Ricardo Ferreira	M	FlyVeganRunner's	VET 40	00:36:13	00:36:13
21	1566	Marisa Barros	F	sc salgueiros	VET 35	00:36:19	00:36:19
22	868	Ulisses Lopes	M	CPT BAIRRO DE CARCAVELOS	VET 50	00:36:31	00:36:25
23	1352	Francelino Resende	M	Nascidos para Correr	VET 45	00:36:34	00:36:34
24	608	Pedro Freitas	M		Juniores/Séniore	00:36:39	00:36:32
25	167	Rui Santiago	M	Papakm	VET 35	00:36:44	00:36:37
26	212	Paulo Pilroto	M	Nascidos para Correr	VET 45	00:36:53	00:36:53
27	130	Joaquim Alves	M	Nascidos para Correr	VET 45	00:37:00	00:37:00
28	1417	Justyna Wojcik	F	sc salgueiros	Juniores/Séniore	00:37:05	00:37:05
29	936	Mário Gonçalves	M	GDR Juventude das Ribeiras	VET 50	00:37:12	00:37:09
30	1140	Bruno Sousa	M		VET 35	00:37:21	00:37:08
31	372	Taborda	M	RPL	VET 35	00:37:21	00:37:21
32	908	Alberto Aroso	M	8.2 Arrosinhos	VET 45	00:37:23	00:37:23
33	1375	Leonor Carneiro	F		VET 35	00:37:29	00:37:29
34	427	Ricardo Barros	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Juniores/Séniore	00:37:29	00:37:29
35	330	João Laranjeira	M	Beat Your Limit!	Juniores/Séniore	00:37:36	00:37:23
36	1361	Albano Silva	M	clube desportivo s.salvador do campo	VET 35	00:37:38	00:37:38
37	1426	Henrique Abreu	M	Lousada Hotwheels Runners	Juniores/Séniore	00:37:41	00:37:32
38	445	Hugo Moreira	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Juniores/Séniore	00:37:41	00:37:41
39	1186	Hernâni Furtado	M	Sporting Clube de Espinho / António Leitão	VET 35	00:37:42	00:37:32
40	1266	Pedro Monteiro	M	FlyVeganRunner's	Juniores/Séniore	00:37:48	00:37:48
41	642	Adriano Fonseca	M	Vivalley Runners	VET 35	00:37:55	00:37:39
42	959	Pedro Gama	M	CCD APDL	VET 40	00:37:56	00:37:56
43	640	Cláudio Fonseca	M	Vivalley Runners	VET 40	00:37:58	00:37:42
44	232	Salvador Mansilha	M	Nascidos para Correr	VET 45	00:38:06	00:38:06
45	704	Vitor Hugo Moreira Soares	M	Correr Lisboa	Juniores/Séniore	00:38:07	00:38:07

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
46	264	Carlos dias	M	MAIA AC	VET 45	00:38:10	00:38:03
47	486	Nuno Pinto	M	CCD APDL	Juniores/Séniore	00:38:12	00:38:12
48	326	Rui Miguel Oliveira Barbosa	M		VET 35	00:38:16	00:38:02
49	1006	Fernando Porto igreja	M	C F vilacondense	VET 40	00:38:17	00:38:17
50	1682	António Fernandes	M	GDCTENVC	VET 40	00:38:17	00:38:10
51	1137	José Cabral	M	Juntos somos UM	VET 55	00:38:22	00:38:22
52	1830	Ricardo Fernandes	M	FlyVeganRunner's	Juniores/Séniore	00:38:25	00:37:31
53	630	Mark Velhote	M	FlyVeganRunners	VET 40	00:38:34	00:38:24
54	1174	Carlos Campos	M	Atlético Clube Alfenense	VET 40	00:38:36	00:38:36
55	238	AUGUSTO ALUAI	M		VET 45	00:38:38	00:38:29
56	398	Roberto Machado	M	SISCOG - Sistemas Cognitivos	Juniores/Séniore	00:38:40	00:38:24
57	538	André Pessoa Dias	M	Gaia-Running	VET 40	00:38:41	00:38:36
58	1567	Gabriel Meira	M	APDL	VET 40	00:38:42	00:38:17
59	312	Carlos Cruz	M	Os Rompe Solas	VET 50	00:38:45	00:38:45
60	186	Jose Fernando Torres da Costa	M	Grupo desportivo da Limpeza Urbana	VET 55	00:38:49	00:38:49
61	727	Victor Martins	M	Sociedade Recreio Capanense	VET 40	00:38:51	00:38:47
62	233	fernando pereira	M		VET 45	00:38:52	00:38:44
63	662	Paulo Oliveira	M	Sporting Clube de Espinho / António Leitão	VET 45	00:38:59	00:38:50
64	247	Filipe Ramos	M	Aesthetical Team Running	VET 35	00:39:00	00:38:57
65	767	Carlos Gomes	M	Salgueiros Running	Juniores/Séniore	00:39:01	00:39:01
66	195	Nuno Vidal	M	Nascidos para Correr	VET 40	00:39:04	00:39:00
67	1318	Domingos Santos	M	Nascidos para Correr	VET 35	00:39:04	00:39:04
68	342	Ricardo	M		Juniores/Séniore	00:39:08	00:38:48
69	1334	Telmo Reis	M	Lousada Runners	VET 35	00:39:10	00:38:58
70	1124	FERNANDO ALMEIDA	M	RUNPENAFIEL	VET 45	00:39:12	00:39:00
71	480	Hugo Silva	M	LION RUNNERS - G. D. Leões da Guarda	Juniores/Séniore	00:39:14	00:39:05
72	282	Filipe Almeida	M	CGEN	Juniores/Séniore	00:39:15	00:39:03
73	429	José Marques	M	Centro de Atletismo Matosinhos	VET 45	00:39:15	00:39:15
74	1180	Arlindo Sousa	M	Atlético Clube Alfenense	VET 50	00:39:19	00:39:19
75	639	Ricardo Fonseca	M	Vivalley Runners	VET 40	00:39:23	00:39:07
76	1225	Agostinho Proença	M		VET 50	00:39:27	00:39:27
77	759	José Almeida	M		VET 40	00:39:33	00:39:30
78	536	Francisco Carneiro	M	CCDFPJP	VET 50	00:39:34	00:39:25
79	682	Mario Franco Teixeira	M	Porto runners	VET 35	00:39:35	00:39:04
80	408	José Rocha	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 35	00:39:38	00:39:34
81	1874	Joaquim Ribeiro	M	Sporting Clube de Braga	VET 50	00:39:40	00:39:40
82	151	Manuel Cardoso	M	Nascidos para Correr	VET 50	00:39:42	00:39:42
83	221	Paulo José Gomes Fernandes	M		VET 45	00:39:48	00:39:44
84	950	Tiago Castro	M	CCD APDL	VET 35	00:39:49	00:39:49
85	1599	joaquim madureira	M	Clube Zupper	VET 40	00:39:53	00:39:37
86	270	Tiago Ferreira	M	Nascidos para Correr	VET 35	00:39:53	00:39:49
87	1449	Paulo Mendes	M	Asphalt Assault Team	Juniores/Séniore	00:40:00	00:39:48
88	1445	Hélder Silva	M	Asphalt Assault Team	Juniores/Séniore	00:40:00	00:39:50
89	1500	Eduardo Brandão	M	RUNRIVER-Escola de Atletismo de Rio Tinto	VET 35	00:40:07	00:40:07
90	491	Luís Sá	M	LION RUNNERS - G. D. Leões da Guarda	VET 40	00:40:10	00:40:01

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
91	1074	Antonio Maltez	M		VET 60	00:40:12	00:39:54
92	1534	Filipe Nunes	M		VET 45	00:40:13	00:40:09
93	318	Paulo Silva	M	Clube Zupper	VET 35	00:40:19	00:40:04
94	1796	André Agostinho Silva Neves	M	BIAL Running	VET 35	00:40:21	00:40:07
95	1314	Domingos Presas	M	Nascidos para Correr	VET 50	00:40:21	00:40:21
96	1279	António Graça	M	Nascidos para Correr	VET 60	00:40:29	00:40:29
97	223	André Pina	M		Juniores/Séniore	00:40:32	00:40:24
98	454	João Pedro Barbosa	M	Cães D´Avenida	VET 35	00:40:32	00:40:14
99	1575	Joao Correia	M		VET 40	00:40:44	00:40:30
100	173	Ricardo Pereira	M	Pereira	VET 35	00:40:45	00:40:32
101	481	Fernando Barbosa	M	Invicta Runners Team	VET 50	00:40:46	00:40:33
102	1315	Nuno Costa	M		VET 40	00:40:47	00:40:34
103	1359	Helder Teixeira	M	Nascidos para Correr	VET 40	00:40:49	00:40:44
104	496	Filipe Costa	M		Juniores/Séniore	00:40:50	00:40:39
105	1017	eduardo camilo	M		VET 35	00:40:54	00:39:44
106	912	José Nunes	M	GDR Juventude das Ribeiras	VET 45	00:40:56	00:40:49
107	433	Rogério Moreira	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Juniores/Séniore	00:40:56	00:40:56
108	1523	Favio José Almeida Soares	M	Elite Corpus XVI	Juniores/Séniore	00:40:57	00:40:06
109	1625	manuel pereira	M	Lousada Runners	VET 50	00:41:00	00:40:48
110	524	José Regueiras	M	CCDFPJP	VET 45	00:41:02	00:40:53
111	1495	luis carlos ferreira campos lobo	M	All-titudes trail team	VET 45	00:41:07	00:40:54
112	265	Joaquim Manuel Lopes Cunha	M	Águas do Porto - Casa dos Trabalhadores	VET 45	00:41:16	00:40:53
113	1153	Manuel de Sá barros	M		VET 45	00:41:18	00:40:56
114	1313	jose brito	M		VET 50	00:41:22	00:40:31
115	1427	António Camilo Sousa Leite	M	Lousada Hotwheels Runners	Juniores/Séniore	00:41:24	00:40:49
116	1666	carlos fonseca	M		VET 35	00:41:25	00:41:10
117	1094	A Paraty	M		Juniores/Séniore	00:41:25	00:40:59
118	922	Sérgio Gaião	M	CCD APDL	VET 35	00:41:27	00:41:27
119	331	Ricardo Areias	M		Juniores/Séniore	00:41:28	00:40:00
120	1297	Carlos Ferreira	M	Nascidos para Correr	VET 45	00:41:28	00:41:14
121	1293	Frederico Máximo	M	Aesthetical Team Running	VET 35	00:41:31	00:41:27
122	425	Celso Oliveira	M	LION RUNNERS - G. D. Leões da Guarda	Juniores/Séniore	00:41:32	00:41:32
123	1446	António Pinheiro Vieira	M	Asphalt Assault Team	VET 40	00:41:35	00:41:24
124	929	Carlos Flor	M	CCD APDL	VET 45	00:41:36	00:41:36
125	1024	Bruno Bertão	M		VET 35	00:41:38	00:41:38
126	335	André Rocha	M		Juniores/Séniore	00:41:45	00:41:41
127	411	Bruno Cunha	M	SISCOG - Sistemas Cognitivos	Juniores/Séniore	00:41:45	00:41:28
128	132	Jacinto Oliveira	M	Sunset Runners	VET 55	00:41:48	00:41:42
129	333	Miguel Queirós	M	A. D. Amarante Atletismo	VET 35	00:41:52	00:41:43
130	395	Bruno Santos	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Juniores/Séniore	00:41:57	00:41:54
131	1774	Carlos Pinto	M	Gaia-Running	VET 55	00:42:02	00:42:02
132	1221	Tiago Vaz Osorio	M	Grinder Boys	Juniores/Séniore	00:42:03	00:41:54
133	1222	Fernando Ribeiro	M	100meta	VET 50	00:42:06	00:41:41
134	245	Silvio Ferreira	M	Nascidos para Correr	VET 35	00:42:06	00:41:56
135	1644	Bruno alen	M		Juniores/Séniore	00:42:06	00:40:07

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
136	820	Joel Ramalhoto	M	Viriathvs Runners Viseu	Juniores/Séniiores	00:42:07	00:40:10
137	910	Mário Rodrigues	M	CCD APDL	VET 40	00:42:07	00:42:07
138	489	António Osorio Pinto	M	C.S.R.D.C. Santiago	VET 55	00:42:08	00:41:44
139	1602	Sofia Cardoso	F		Juniores/Séniiores	00:42:09	00:41:47
140	1287	António Pereira	M	Nascidos para Correr	VET 60	00:42:10	00:42:04
141	638	Pedro Rufino	M		VET 40	00:42:14	00:41:56
142	1205	Hugo sousa	M		Juniores/Séniiores	00:42:18	00:41:35
143	1753	NUNO NASCIMENTO	M	PORTOCARGO	Juniores/Séniiores	00:42:19	00:41:14
144	120	David Sousa	M	Sunset Runners	VET 45	00:42:20	00:42:13
145	209	Paulo Nascimento	M	Nascidos para Correr	VET 40	00:42:22	00:42:14
146	123	João Martins	M	Nascidos para Correr	VET 40	00:42:24	00:42:09
147	937	RENATO OLIVEIRA	M	PORTOCARGO	VET 40	00:42:25	00:41:19
148	117	João Lopes	M	Nascidos para Correr	VET 40	00:42:25	00:42:19
149	934	Paulo Moreira	M	CCD APDL	VET 45	00:42:25	00:42:25
150	216	Guilherme Costa	M	Wikaboo	Juniores/Séniiores	00:42:26	00:41:36
151	294	Miguel Carneiro	M		VET 45	00:42:28	00:42:21
152	327	José Serrano	M	Silva	VET 45	00:42:28	00:42:21
153	1220	Ricardo Sousa	M		VET 35	00:42:35	00:40:19
154	125	Mário Melo	M	Galhardos	VET 35	00:42:35	00:40:51
155	1690	Octávio Sousa	M	Nascidos para Correr	VET 55	00:42:38	00:42:21
156	1882	Paulo D'Ávila	M	Paulo D'Ávila Runners	VET 40	00:42:41	00:42:07
157	1758	Nuno Santos	M	Grupo Desportivo do bairro dos pescadores de Matosinhos	VET 40	00:42:42	00:42:32
158	955	José Monteiro	M	CCD APDL	VET 40	00:42:43	00:42:30
159	277	Hortense Tenda	F		VET 35	00:42:43	00:42:43
160	803	Nuno Araujo	M	Olimpico Vianense Trail	VET 40	00:42:44	00:42:18
161	578	Ricardo Silva	M		VET 35	00:42:49	00:42:31
162	626	jose fernando moreira da rocha	M		VET 55	00:42:49	00:42:39
163	341	Tiago Reitor	M	Beat Your Limit!	Juniores/Séniiores	00:42:52	00:42:37
164	1014	JOSÉ LINO PIRES	M	MILLENNIUM BCP	Juniores/Séniiores	00:42:56	00:42:31
165	907	joice dias de jesus	M		VET 40	00:42:58	00:42:58
166	839	Pedro Brito	M		VET 45	00:42:59	00:42:35
167	1521	António João Monteiro Paiva Coimbra	M		Juniores/Séniiores	00:43:00	00:42:52
168	446	Filipe Martins	M		VET 40	00:43:01	00:42:49
169	1773	Jorge Pereira	M	Gaia-Running	VET 40	00:43:04	00:42:46
170	599	Francisco Brito	M		VET 50	00:43:07	00:43:03
171	1698	Pedro Guimaraes	M	Oporto Wolves Sport Club	VET 40	00:43:08	00:42:17
172	276	Hugo Paço do Casal	M	Olimpico Vianense Trail	VET 35	00:43:09	00:42:43
173	321	jose pereira	M		VET 50	00:43:10	00:43:01
174	1598	André cavadas	M	Clube Zupper	VET 35	00:43:11	00:42:42
175	721	Helder Guedes	M		VET 40	00:43:12	00:43:12
176	1568	victor oliveira	M		Juniores/Séniiores	00:43:15	00:41:27
177	1301	Hélder Rodrigues	M	100meta	VET 35	00:43:16	00:42:52
178	1327	Emanuel Madureira	M	Nascidos para Correr	VET 55	00:43:17	00:43:11
179	1432	Bruno Carvalho	M		Juniores/Séniiores	00:43:22	00:43:07
180	1250	Filipe Barbosa	M	Sai Da Frente	Juniores/Séniiores	00:43:22	00:42:49

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
181	1240	A. Pinto	M	Sai Da Frente	VET 35	00:43:22	00:42:50
182	1760	Bruno Castro	M	Castro	Juniores/Séniore	00:43:24	00:42:36
183	343	Humberto Joaquim Curralo Machado	M		VET 45	00:43:24	00:42:45
184	900	Tiago Gomes	M	Invicta Runners Team	VET 35	00:43:25	00:43:12
185	1525	João Tiago Torres	M		Juniores/Séniore	00:43:25	00:42:51
186	1614	ANTÓNIO SILVA	M		VET 55	00:43:26	00:43:20
187	1246	Luis Carlos Serra	M	Porto Runners	VET 50	00:43:26	00:42:55
188	1326	Manuel Póvoas	M		VET 55	00:43:27	00:43:14
189	463	António Carvalho	M	Familia Carvalho	VET 50	00:43:27	00:43:27
190	549	César Teixeira	M	Gaia-Running	VET 40	00:43:28	00:43:10
191	1197	FRANCISCO CASTELO BRANCO	M	individual	VET 45	00:43:29	00:43:20
192	1460	Filipe Amorim	M		Juniores/Séniore	00:43:33	00:43:10
193	628	Rui Barbosa	M		VET 40	00:43:35	00:43:29
194	1010	JOÃO CARLOS PIRES	M	MILLENNIUM BCP	Juniores/Séniore	00:43:38	00:43:32
195	663	Filipe Miranda	M	Bitrunners	VET 40	00:43:39	00:43:22
196	1676	Miguel Pereira	M		VET 35	00:43:41	00:43:09
197	1571	Jorge Moreira	M		VET 40	00:43:44	00:43:39
198	855	David Silva	M		VET 40	00:43:44	00:43:40
199	514	Sérgio Neto	M		Juniores/Séniore	00:43:45	00:43:31
200	171	Marco Almeida	M	Nascidos para Correr	VET 40	00:43:46	00:43:46
201	1713	Ibraim Sousa	M	MSS CONTABILIDADE	VET 35	00:43:47	00:43:26
202	1708	Igor Marlon	M	MSS CONTABILIDADE	Juniores/Séniore	00:43:47	00:43:26
203	349	Fernando Cunha	M		VET 50	00:43:49	00:43:41
204	1810	Ricardo Queirós	M	Beach Runners	VET 40	00:43:49	00:43:07
205	1765	Rui Manuel Silva Santos	M	Runners & Friends	VET 45	00:43:59	00:43:30
206	1117	JOAO PEDRO MOURA CASTRO NEVES	M	APDL	VET 40	00:44:00	00:43:30
207	1183	Alvaro nunes	M	All About	VET 40	00:44:02	00:43:42
208	1346	Fernando Rocha	M	Nascidos para Correr	VET 50	00:44:05	00:43:59
209	278	Virgilio Vieira	M	Nascidos para Correr	VET 35	00:44:05	00:43:59
210	830	José Carlos	M	RIPOLINS GRIJÓ A CORRER	VET 45	00:44:10	00:43:53
211	1822	Paulo Cerqueira	M	SIIIGA	VET 45	00:44:19	00:43:17
212	1694	Aníbal Silva	M	Nascidos para Correr	VET 60	00:44:19	00:44:19
213	567	Lígia Mendes	F	Gaia-Running	VET 40	00:44:21	00:44:17
214	137	David Sora	M		VET 40	00:44:24	00:44:09
215	281	Américo Fonseca	M	Running Esmoriz	VET 45	00:44:24	00:44:03
216	1033	Manuel Santos	M		VET 50	00:44:25	00:44:16
217	1572	Fernando Gomes	M		VET 40	00:44:26	00:43:58
218	1748	Serafim Fernando Aguiar Reis	M	Centro Atletismo Porto	VET 45	00:44:27	00:43:36
219	1083	Helder Ferreira	M	G. D. Leões da Agra	VET 40	00:44:28	00:44:17
220	699	António Gonçalves	M	ACSP	VET 45	00:44:29	00:44:12
221	1055	José Luis Cardoso	M	Gondomar Futsal Clube	VET 40	00:44:33	00:43:31
222	891	jose sá	M		VET 55	00:44:34	00:44:25
223	1688	Thalles Leonardo Alves da Silva	M		Juniores/Séniore	00:44:35	00:44:04
224	1057	Fernando Neto	M		VET 35	00:44:37	00:44:22
225	153	Bruno Machado	M		VET 35	00:44:38	00:43:57

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
226	1628	José Sá	M		VET 45	00:44:40	00:44:15
227	1798	Joao Silva	M		VET 35	00:44:41	00:44:24
228	1549	Eduardo Pinto	M	Nascidos para Correr	VET 55	00:44:42	00:44:34
229	1684	Armando Fonseca	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Juniores/Séniore	00:44:42	00:44:36
230	961	Sergio Crista	M	PERSISTENTES	VET 35	00:44:43	00:43:35
231	710	Flávio Sá	M		VET 35	00:44:47	00:44:20
232	368	Helder Domingues	M		VET 35	00:44:49	00:43:27
233	1188	Tiago Silva	M		Juniores/Séniore	00:44:52	00:44:41
234	1104	ANTONIO ALMEIDA	M		VET 45	00:44:52	00:43:22
235	401	António Azevedo	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 45	00:44:56	00:44:49
236	430	Virgílio Abílio Castro Carção	M	Clube Portugal Telecom Zona Norte	VET 45	00:44:57	00:44:33
237	991	Heitor Araújo	M		VET 50	00:44:58	00:44:35
238	690	José Monteiro	M	Clube de Veteranos do Porto	VET 50	00:45:00	00:44:55
239	1721	Carlos Fundo	M	vcp-atletismo	VET 40	00:45:04	00:44:44
240	1288	Jose Manuel Freitas Nunes	M		VET 35	00:45:06	00:45:01
241	169	Bruno Miguel Oliveira Neves	M		Juniores/Séniore	00:45:07	00:44:48
242	1767	Cláudia Moutinho	F	Factor X / S4L / Medense FC	Juniores/Séniore	00:45:07	00:44:48
243	1617	LUIZ FRANCISCO	M		VET 45	00:45:08	00:44:29
244	1439	Telmo	M	Team Bravos	VET 35	00:45:08	00:43:44
245	1167	Ricardo Pinto	M	Salgueiros running	Juniores/Séniore	00:45:11	00:45:01
246	885	Carlos Sampaio (cabeleireiros)	M		VET 50	00:45:15	00:45:05
247	1431	Helder Filipe da Silva Heitor	M	Clube do Pessoal EDP - Delegação de Gaia	Juniores/Séniore	00:45:16	00:43:21
248	606	PAULO JORGE BARBOSA	M	NOT RUN ALONE	VET 40	00:45:16	00:45:12
249	1043	Paula Quintela	F	Aminhacorrida	VET 50	00:45:16	00:44:42
250	1764	Carlos Carneiro	M	CA BOLTS	VET 45	00:45:18	00:45:00
251	693	João Barbosa	M	Xau aí	Juniores/Séniore	00:45:18	00:43:30
252	340	Jorge Teixeira	M	A. D. Amarante Atletismo	VET 40	00:45:18	00:44:52
253	1724	Diogo Gorra Moreira	M	Clube do Pessoal EDP - Delegação de Gaia	Juniores/Séniore	00:45:21	00:45:11
254	1697	Nuno Duarte	M	Oporto Wolves Sport Club	Juniores/Séniore	00:45:21	00:44:29
255	1336	DIOGO MARTINS	M	MARMEDSA	Juniores/Séniore	00:45:23	00:45:01
256	268	Luis Miguel Martins	M	Like To Move	VET 40	00:45:24	00:43:27
257	1169	Hélder Ferreira	M		VET 35	00:45:27	00:45:16
258	692	josé Organista	M	Nós Conseguimos	VET 40	00:45:28	00:44:58
259	1613	António Moreira de Sousa	M	Lousada Runners	VET 60	00:45:28	00:45:11
260	735	Victor Carmo	M	Ripolins Grijó a Correr	VET 45	00:45:29	00:44:36
261	707	Victor Rachão	M	Centro Atletismo Porto	VET 60	00:45:29	00:45:29
262	768	Claudia Pimparel	F		VET 45	00:45:29	00:44:56
263	402	AGOSTINHO FERNANDES	M		VET 40	00:45:31	00:45:19
264	251	narciso rodrigues	M		VET 50	00:45:33	00:44:19
265	239	Sandra Pereira	F	Nascidos para Correr	VET 35	00:45:36	00:45:29
266	1275	António Azevedo	M	Nascidos para Correr	VET 50	00:45:36	00:45:29
267	134	Pedro Silva	M	Nascidos para Correr	VET 40	00:45:36	00:45:28
268	957	Paulo Cardoso	M		VET 35	00:45:37	00:43:08
269	1403	André Filipe Ferreira Coimbra	M	Escola Atletismo Da Trofa	Juniores/Séniore	00:45:37	00:44:28
270	1203	José Lemos	M	FELTRAIL	Juniores/Séniore	00:45:37	00:44:13

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
271	1752	Vítor Cirne	M		VET 40	00:45:38	00:45:07
272	272	Hugo Fernandes	M	MRR	VET 40	00:45:41	00:44:51
273	1475	João Miguel Almeida da Silva	M	Carapaus	Juniores/Séniore	00:45:43	00:45:32
274	213	Carlos Bruno Dias Machado	M	Grupo desportivo da Limpeza Urbana	VET 35	00:45:44	00:44:56
275	261	António Porrão	M	Running Esmoriz	VET 55	00:45:45	00:45:20
276	431	Sofia Pimenta	F	LION RUNNERS - G. D. Leões da Guarda	VET 35	00:45:46	00:45:15
277	1164	Miguel Silva	M		VET 40	00:45:46	00:45:34
278	1436	Jaime Ribeiro	M	Rumo à vitória	VET 35	00:45:51	00:45:15
279	1839	Paulo Jorge Gonçalves	M	Team SIM Running	VET 45	00:45:51	00:44:43
280	373	Raul Luis Ribeiro Coelho	M		VET 35	00:45:51	00:45:20
281	181	Tiago Sousa	M		Juniores/Séniore	00:45:52	00:45:04
282	161	Luís Lima	M	Trofa Runners	Juniores/Séniore	00:45:54	00:45:01
283	320	Joaquim Barbosa	M	Porto Runners	VET 50	00:45:54	00:45:23
284	896	Eduardo Carvalho	M	C+ RUNNERS	Juniores/Séniore	00:45:55	00:43:16
285	438	Rui Marques	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 40	00:45:55	00:45:46
286	400	Francisco Oliveira	M	Gaia-Running	VET 40	00:45:58	00:45:21
287	532	Orlinda Rego	F	Gaia-Running	VET 45	00:46:00	00:45:55
288	1280	VITOR HUGO VALENTE	M		VET 35	00:46:02	00:44:51
289	1194	Jorge Silva	M	PERSISTENTES	VET 60	00:46:05	00:45:00
290	577	Nuno Almeida	M	Gaia-Running	VET 35	00:46:05	00:45:57
291	1506	José Carlos Machado	M	Yilport	Juniores/Séniore	00:46:06	00:45:46
292	1387	Nelson Miranda	M		VET 40	00:46:06	00:45:49
293	358	Pedro Oliveira	M		VET 40	00:46:06	00:44:05
294	1226	Ricardo Silva	M		Juniores/Séniore	00:46:08	00:44:17
295	490	Ricardo Seromenho	M		VET 35	00:46:09	00:45:59
296	971	Tiago Amorim	M	BUDEGUITA RUNNERS	VET 45	00:46:11	00:45:35
297	1380	Jose Pereira	M			00:46:12	00:45:36
298	229	Baltazar Ferreira	M		VET 50	00:46:13	00:45:59
299	1132	Paulo Maia	M		Juniores/Séniore	00:46:14	00:45:06
300	1269	Adão Dias	M	Nascidos para Correr	VET 60	00:46:15	00:46:15
301	870	Diogo Silva	M	Grupo Desportivo Banco de Portugal	Juniores/Séniore	00:46:16	00:46:00
302	1661	Francisco Mota Gonçalves	M	Centro Atletismo Porto	Juniores/Séniore	00:46:21	00:45:30
303	1463	Júlio Lourenço	M	CMC União Freguesias Leça Balio, Custóias e Guifões	VET 35	00:46:21	00:45:32
304	540	Ricardo Jorge Moreira Moutinho	M	Equipa maravilha	Juniores/Séniore	00:46:23	00:45:57
305	451	Manuel Santos	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 45	00:46:23	00:46:17
306	1740	Ricardo Vidal	M	LION RUNNERS - G. D. Leões da Guarda	VET 40	00:46:24	00:45:52
307	966	André Ferreira	M		Juniores/Séniore	00:46:24	00:45:43
308	505	pedro ezequiel	M		VET 35	00:46:24	00:46:14
309	806	Hélder Marques	M	Sob Efeito Trail	VET 40	00:46:26	00:46:20
310	1020	Jorge Viana	M	CMI Montanhismo	VET 45	00:46:27	00:45:55
311	747	Miguel Ferreira	M		VET 35	00:46:29	00:46:06
312	1285	FILIPE PÓVOAS	M		Juniores/Séniore	00:46:30	00:46:11
313	805	joaquim ferreira	M	Ferreira Team	VET 40	00:46:32	00:46:14
314	592	Joel Roriz	M		VET 35	00:46:34	00:46:29
315	715	Fernando Eduardo Ribeiro Miranda	M		VET 50	00:46:34	00:46:25

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
316	412	Nuno Pinto	M		VET 35	00:46:34	00:45:33
317	462	Joao Bandeira	M		VET 45	00:46:36	00:44:36
318	1864	Ernesto Brandão	M	Nucleo de Karate e Atletismo de Roriz	VET 55	00:46:37	00:45:24
319	893	José Oliveira	M	Grupo Desportivo Banco de Portugal	Juniores/Séniore	00:46:37	00:46:17
320	1749	Rui Rocha	M	100meta	VET 45	00:46:37	00:46:12
321	1720	Paulo Fernandes	M	vcp-atletismo	VET 45	00:46:38	00:46:18
322	1356	Helder Madeira	M	Nascidos para Correr	VET 45	00:46:38	00:46:30
323	516	Paulo Pereira	M	GDCTENVC	VET 45	00:46:39	00:46:32
324	1779	Joao Marques	M		VET 35	00:46:39	00:45:16
325	789	Manuel Costa	M	Lebre 10	VET 55	00:46:40	00:45:59
326	1650	José Carlos Serafim Maio	M	CMC CARAPAUS	Juniores/Séniore	00:46:44	00:45:44
327	1581	mafalda oliveira	F	atlético da madalena	Juniores/Séniore	00:46:45	00:45:17
328	591	Rui Pereira	M	Gaia-Running	VET 40	00:46:47	00:46:41
329	745	CARLOS RIPOLINS	M	RIPOLINS GRIJO A CORRER	VET 60	00:46:47	00:46:26
330	897	Ana Silva	F		Juniores/Séniore	00:46:47	00:45:30
331	1421	João Paulo Ferreira Delgado	M		VET 50	00:46:48	00:46:03
332	1685	Carlos Bento	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 60	00:46:49	00:46:43
333	208	Ángela Cristina Alves de Carvalho	F	Académico Runners	Juniores/Séniore	00:46:50	00:46:27
334	1192	Sérgio Fonseca	M	FELTRAIL	VET 45	00:46:50	00:45:31
335	1165	Ricardo Alves Pinto	M		Juniores/Séniore	00:46:51	00:45:04
336	749	Luís Conceição	M	Grupo Desportivo São Paio de Oleiros	VET 50	00:46:53	00:46:48
337	1800	silverio pinto	M		VET 50	00:46:54	00:46:22
338	339	RUI VERGUEIRO	M		VET 40	00:46:56	00:46:37
339	275	Ricardo Jorge Maia Albuquerque	M	CGEN	Juniores/Séniore	00:46:57	00:45:04
340	515	Cláudio Cândido	M	ADE trail running	VET 40	00:46:57	00:46:31
341	1565	Filipe Goncalves	M	ADE trail running	VET 40	00:46:58	00:46:31
342	1085	Jorge Augusto Oliveira Guerra	M	Os Falta D'ar	VET 40	00:46:59	00:46:16
343	394	Fernando Pinto	M		Juniores/Séniore	00:47:00	00:46:07
344	1135	Luis Teixeira	M	Athlon Sports	VET 35	00:47:00	00:46:50
345	217	Luis Ribeiro	M	RollingAventura#GrupoVC	VET 40	00:47:01	00:46:10
346	220	Rosa Pinto	F	Nascidos para Correr	VET 55	00:47:01	00:46:55
347	1283	Antonio Oliveira	M		VET 55	00:47:02	00:46:35
348	1147	Pedro Monteiro	M		VET 35	00:47:03	00:46:20
349	1390	ARTUR FREITAS	M	Academia Fernanda Ribeiro	VET 60	00:47:05	00:46:40
350	302	Manuel Ramos	M	CGEN	VET 50	00:47:07	00:46:09
351	190	Jorge Ferreira	M		VET 40	00:47:08	00:44:53
352	1743	Miguel Ribeiro Moita	M		Juniores/Séniore	00:47:11	00:45:16
353	539	Carlos Lourenço	M		VET 50	00:47:13	00:46:46
354	1030	Vitor lopes	M		Juniores/Séniore	00:47:13	00:46:20
355	584	Paulo Vilarinho	M	Gaia-Running	VET 45	00:47:13	00:46:37
356	142	Agostinho Oliveira	M		VET 40	00:47:15	00:44:51
357	150	Cesar Paz Lopez	M		VET 35	00:47:15	00:44:51
358	523	Filipe Leitão	M	Gondomar Futsal Clube	VET 35	00:47:16	00:47:03
359	815	Catarina Figueiredo	F	Gaia-Running	VET 35	00:47:18	00:47:12
360	284	Luis Amaro Ribeiro Martins	M		Juniores/Séniore	00:47:19	00:45:35



Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
361	1759	Pedro Arantes	M		VET 35	00:47:19	00:47:08
362	506	Luis Rodrigues	M		VET 45	00:47:21	00:46:22
363	903	Nuno Andrade	M	8.2 Arrosinhos	Juniores/Séniore	00:47:21	00:45:02
364	334	Hugo Azevedo	M	Beat Your Limit!	VET 35	00:47:22	00:47:06
365	1385	Erasmus Alves	M	Taylors325	VET 40	00:47:22	00:45:54
366	600	Hélder Antonio de Oliveira Mendes	M	Clube Zupper	Juniores/Séniore	00:47:23	00:47:07
367	624	Diana Santos	F	GTT - ARMAZÉM DO CAFFÈ	VET 35	00:47:24	00:47:02
368	944	Alfredo Rocha	M	CCD APDL	VET 60	00:47:26	00:47:26
369	1677	Luiz Bateira	M		VET 40	00:47:26	00:47:22
370	1012	António Mendes	M	CORRER LEÇA	VET 40	00:47:28	00:46:04
371	193	Nuno Jorge Barreiros Costa	M	Grupo desportivo da Limpeza Urbana	VET 40	00:47:30	00:46:41
372	1737	Pedro Xavier Moreira	M		Juniores/Séniore	00:47:30	00:45:50
373	488	Anselmo Moreira	M	C.F.Oliveira do Douro	VET 60	00:47:31	00:47:15
374	1603	Vitor Rocha	M		Juniores/Séniore	00:47:31	00:47:29
375	1438	Mário Gomes	M	Rumo à vitória	VET 45	00:47:32	00:46:57
376	1631	Nicolas Gomes Lopes	M	Running Urbanfit / Fantasma Runners	Juniores/Séniore	00:47:32	00:45:13
377	235	Orlando Ferreira	M		VET 50	00:47:33	00:46:48
378	1663	João Reina	M		Juniores/Séniore	00:47:33	00:45:36
379	1142	Pedro Miguel Costa Reina	M		Juniores/Séniore	00:47:33	00:45:36
380	1091	Pedro Duarte	M	CORRER LEÇA	Juniores/Séniore	00:47:33	00:46:37
381	1689	Paulo Machado	M	Centro Atletismo Porto	VET 40	00:47:34	00:47:00
382	601	Luiz Carlos	M		VET 50	00:47:34	00:47:19
383	1115	Tiago Montalvão	M	CORRER LEÇA	VET 35	00:47:35	00:46:33
384	926	Domingos Vieira	M	GDR Juventude das Ribeiras	VET 55	00:47:35	00:46:24
385	1035	Duarte Faria	M	Gaia-Running	VET 35	00:47:35	00:46:58
386	571	Tito Baía	M	Baía	VET 35	00:47:36	00:47:14
387	1589	António José Silva Reis	M		VET 40	00:47:38	00:47:30
388	1435	Ana Gilvaz	F	Rumo à vitória	Juniores/Séniore	00:47:39	00:47:09
389	1196	Adriano Marinho	M	FELTRAIL	VET 35	00:47:40	00:46:14
390	1182	José Maias	M	FELTRAIL	VET 45	00:47:40	00:46:23
391	1260	Alberto Boaventura Rocha Dourado	M		VET 40	00:47:41	00:46:58
392	1241	Daniel Rocha	M		Juniores/Séniore	00:47:43	00:47:12
393	780	Ana Maria Barbosa	F	Invicta Runners Team	VET 55	00:47:44	00:47:28
394	1820	João Gil	M		VET 60	00:47:46	00:47:41
395	656	Rui Pires	M	Viriathvs Runners Viseu	VET 40	00:47:46	00:45:51
396	1470	Pedro Baptista	M		VET 45	00:47:47	00:46:30
397	1290	Hugo Sousa	M	Running Urbanfit / Fantasma Runners	Juniores/Séniore	00:47:47	00:45:30
398	604	Vítor Fernandes	M	Gaia-Running	VET 45	00:47:48	00:47:20
399	468	Mario correia	M		VET 45	00:47:48	00:47:12
400	1333	Etelvina Rocha	F	Nascidos para Correr	VET 50	00:47:49	00:47:42
401	1815	Rui Pereira	M	Ofrunning	VET 35	00:47:51	00:47:24
402	1442	RUI CORREIA	M	Team BRAVOS	VET 35	00:47:55	00:46:30
403	1471	luís Micael Correia de Sá	M	RealCast	Juniores/Séniore	00:47:56	00:46:58
404	1379	Fernando Rui Antunes Magalhães	M		VET 40	00:47:58	00:47:08
405	1653	João Barquinha	M		Juniores/Séniore	00:47:58	00:45:48

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
406	1821	Paulo Martins	M		VET 50	00:48:04	00:47:59
407	1005	JOSÉ CARLOS PIRES	M	MILLENNIUM BCP	VET 50	00:48:05	00:47:40
408	1086	Ana Mota	F	G. D. Leões da Agra	VET 35	00:48:06	00:47:43
409	323	Joaquim Filipe Vieira Pereira	M	Lousada Runners	Juniores/Séniore	00:48:06	00:47:03
410	655	Rui Pedro Pinto	M		VET 35	00:48:08	00:47:42
411	784	Lupricínio Ramos Correia	M	Casa dos Frangos de Baltar	VET 45	00:48:08	00:47:55
412	1413	Paulo Osório	M		VET 40	00:48:09	00:46:16
413	1412	Ricardo Osório	M		VET 60	00:48:09	00:46:15
414	1591	Paulo	M		VET 45	00:48:10	00:46:12
415	960	Ivan Fernandes Geraldés	M		Juniores/Séniore	00:48:11	00:47:34
416	661	Dinis Pinto	M	STCP Runners	VET 45	00:48:11	00:46:30
417	996	Jorge António da Costa Pereira	M		VET 60	00:48:12	00:47:44
418	1493	Bruno Daniel da Rocha Monteiro	M	All-titudes trail team	VET 35	00:48:14	00:48:01
419	423	Pedro Silveira	M	Amigos das Sapatilhas	VET 35	00:48:16	00:47:46
420	1136	Lino Silva	M		VET 50	00:48:17	00:48:02
421	809	Fernando Santos	M	Gaia-Running	VET 55	00:48:19	00:47:43
422	1669	Luís Gonçalo Tovar	M	Terminators	Juniores/Séniore	00:48:20	00:47:26
423	1134	Lélio Alexandre De Noronha Soares	M		Juniores/Séniore	00:48:20	00:44:49
424	873	PEDRO MONTEIRO	M		VET 40	00:48:21	00:46:48
425	913	Alfredo Azevedo	M		VET 55	00:48:22	00:47:40
426	1377	luis Ribeiro Coelho	M		VET 45	00:48:25	00:47:52
427	864	Rui Rosas	M		VET 35	00:48:25	00:47:45
428	1691	Reinaldo Rocha	M	RUNMORETEAM	VET 50	00:48:26	00:47:53
429	1643	Ricardo Gonçalves	M		VET 40	00:48:26	00:48:12
430	1116	jose silva	M		VET 35	00:48:28	00:47:25
431	823	Costa	M	Lebre 10	VET 35	00:48:28	00:47:33
432	1144	Armando Manuel Pinto Macedo	M		VET 60	00:48:30	00:48:17
433	1366	Hugo Rodrigues	M	Rodrigues	VET 35	00:48:32	00:46:20
434	184	José Pedro Osório	M		VET 45	00:48:32	00:47:19
435	840	PEDRO CARVALHO	M	MILLENNIUM BCP	VET 45	00:48:35	00:47:10
436	1121	Victor pereira	M	vcp-atletismo	VET 45	00:48:36	00:48:17
437	1576	Arménio Ribeiro	M		VET 45	00:48:37	00:47:23
438	111	Jaime Miranda	M	Nascidos para Correr	VET 60	00:48:39	00:48:35
439	390	Martinho Novais	M		Juniores/Séniore	00:48:41	00:47:00
440	1488	Helder Santos	M	Invictus Running Team	VET 40	00:48:42	00:48:04
441	1107	Mário Magalhães	M		VET 50	00:48:43	00:48:30
442	138	Leonel Videira	M	Nascidos para Correr	Juniores/Séniore	00:48:44	00:46:48
443	1518	Joaquim Pereira	M	Runners On Fire-BVValadares	VET 35	00:48:49	00:47:31
444	461	Daniela Sarmento	F	LION RUNNERS - G. D. Leões da Guarda	VET 40	00:48:50	00:48:41
445	1177	Marco Gomes	M		VET 35	00:48:51	00:47:20
446	652	Luis Ramos	M		VET 35	00:48:52	00:46:44
447	1834	Vitor Ribeiro	M	Team SIM Running	VET 50	00:48:52	00:46:50
448	1826	Miguel Oliveira	M	SIIGA	VET 40	00:48:52	00:47:50
449	1754	NUNO TEIXEIRA	M	PORTOCARGO	VET 40	00:48:54	00:47:47
450	1668	Ricardo Santos	M		Juniores/Séniore	00:48:54	00:48:46

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
451	1368	Manuel Meneres	M		Juniores/Séniiores	00:48:54	00:47:29
452	563	José Rodrigues	M	Gaia-Running	VET 50	00:48:55	00:48:18
453	359	João Pedro Costelha Leal	M		Juniores/Séniiores	00:48:56	00:47:47
454	1776	André Ramos	M		Juniores/Séniiores	00:48:56	00:46:46
455	422	Rui Bessa	M	Sob Efeito Trail	Juniores/Séniiores	00:48:58	00:48:51
456	102	Aires Oliveira	M	Associação moinho de vermoim	VET 50	00:48:58	00:46:32
457	1357	Bruno Carvalho	M	Associação moinho de vermoim	Juniores/Séniiores	00:48:58	00:46:32
458	165	PAULO FREITAS JORGE	M	MAIA AC	VET 45	00:48:59	00:48:33
459	237	André carvalho	M	Associação moinho de vermoim	Juniores/Séniiores	00:48:59	00:46:29
460	1746	Américo Santos	M	Taylors325	VET 45	00:48:59	00:48:59
461	383	antonio rocha	M		VET 55	00:49:01	00:48:42
462	1016	Liliana Pereira	F	Academia Fernanda Ribeiro	VET 35	00:49:02	00:47:57
463	1004	Ana Pereira	F	Academia Fernanda Ribeiro	Juniores/Séniiores	00:49:02	00:48:02
464	243	Rui Talhas	M	Academia Fernanda Ribeiro	VET 55	00:49:03	00:48:03
465	1303	Diana Sousa	F	Nascidos para Correr	VET 40	00:49:04	00:48:38
466	776	José Eduardo	M	ViaMaia	Juniores/Séniiores	00:49:04	00:48:59
467	1071	Luis Costa	M	Ripolins Grijó a Correr	VET 40	00:49:05	00:48:47
468	618	Santiago	M		Juniores/Séniiores	00:49:05	00:46:40
469	1505	Nuno Fernando Ferraz da Silva	M		VET 40	00:49:05	00:47:04
470	1587	Luis lobo	M		Juniores/Séniiores	00:49:07	00:47:52
471	304	Paulo Jorge Ferreira Ribeiro	M	Invicta Runners Team	VET 40	00:49:07	00:47:40
472	460	António Rocha	M	AACR Associação Amigos do Campo Redondo	VET 35	00:49:08	00:47:20
473	1172	Jose Silva	M	Sunset Runners	VET 50	00:49:08	00:48:47
474	1178	Miguel Barqueiro	M	Sunset Runners	VET 40	00:49:08	00:48:50
475	932	MARCO OLIVEIRA	M	PORTOCARGO	VET 40	00:49:09	00:48:01
476	998	Manuel Jose Cardoso Silva Maia	M		Juniores/Séniiores	00:49:09	00:48:46
477	1245	Hugo Sarmento	M		VET 35	00:49:09	00:48:46
478	1092	Luís Silva	M	Team BRAVOS	VET 35	00:49:10	00:47:38
479	583	Fernando Boulhosa	M		VET 55	00:49:11	00:48:49
480	576	Pedro Batista	M		VET 35	00:49:11	00:48:47
481	1761	Pedro correia	M		Juniores/Séniiores	00:49:12	00:48:23
482	1296	Nuno Miguel Valeixo Ramos	M	Team BRAVOS	VET 35	00:49:13	00:47:47
483	374	Marcos Pereira	M		Juniores/Séniiores	00:49:13	00:47:46
484	750	FRANCISCO COSTA	M	RIPOLINS GRIJÓ A CORRER	VET 55	00:49:13	00:48:19
485	248	Rui Alves	M		Juniores/Séniiores	00:49:13	00:48:25
486	1228	Mário Vilarinho	M		VET 60	00:49:15	00:48:52
487	1736	André Cunha e Silva	M	ViaMaia	Juniores/Séniiores	00:49:17	00:47:57
488	833	marcelo ferreira	M		VET 45	00:49:18	00:47:07
489	1365	Adérito Pires	M	CA BOLTS	VET 45	00:49:20	00:48:12
490	1873	Domingos Raimundo	M		VET 40	00:49:20	00:47:15
491	1106	Ricardo Almeida	M	CORRER LEÇA	VET 45	00:49:21	00:48:06
492	927	MANUELA FARIA	F	PORTOCARGO	VET 45	00:49:21	00:48:17
493	1526	Jose Pedro Costa	M		VET 40	00:49:22	00:47:55
494	143	Lucinda Alves	F	Nascidos para Correr	VET 55	00:49:22	00:49:02
495	572	Maria João Melo	F	Gaia-Running	VET 40	00:49:24	00:49:19

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
496	804	Nelson Correia	M	Clube Zupper	VET 35	00:49:25	00:48:58
497	609	Luis Coelho	M		VET 45	00:49:27	00:48:42
498	336	Ramiro Assembleia	M		VET 45	00:49:27	00:47:33
499	623	Antonio Hugo Lamarão	M	CEiiA Extramile	VET 50	00:49:27	00:49:15
500	594	Emidio Pinto	M	Invicta Runners Team	VET 50	00:49:28	00:49:04
501	252	Susana Coelho	F	Nascidos para Correr	VET 40	00:49:29	00:47:26
502	1564	Ana Ricardo	F		Juniores/Séniore	00:49:29	00:49:00
503	614	Adriano Florim	M		VET 40	00:49:29	00:48:59
504	292	Vitor Peixoto	M	Nascidos para Correr	Juniores/Séniore	00:49:30	00:49:30
505	478	Pedro Jorge Ferreira Costa	M		VET 45	00:49:31	00:47:56
506	1161	Ricardo Silva	M	Centro Atletismo Porto	VET 45	00:49:31	00:48:31
507	1424	Paulo sousa	M	Lousada Hotwheels Runners	VET 40	00:49:32	00:48:55
508	1451	António Barbosa	M	Rumo à vitória	VET 50	00:49:32	00:49:16
509	435	Vítor Teixeira	M	Centro de Atletismo Matosinhos	VET 55	00:49:34	00:48:46
510	1814	Ricardo Ramalho	M	Ofrunning	VET 35	00:49:34	00:49:07
511	290	Patrícia Rodrigues	F	Freaks	VET 40	00:49:36	00:48:52
512	555	Rui Pedro Castro Coelho	M	Werun4food	Juniores/Séniore	00:49:36	00:48:38
513	761	Eurico Fernando Portela Mendes	M	M&E runners	VET 45	00:49:37	00:48:43
514	1629	Bruno Costa	M		Juniores/Séniore	00:49:40	00:48:02
515	519	Carlos Nogueira	M	Gondomar Futsal Clube	VET 35	00:49:42	00:49:06
516	1202	JOAQUIM ALEIXO	M		VET 45	00:49:42	00:49:27
517	344	Rui Lobato	M		VET 40	00:49:43	00:47:50
518	812	paulo moreira	M		VET 50	00:49:43	00:47:53
519	1878	PEDRO BARROS	M	MARMEDSA	VET 40	00:49:44	00:49:22
520	923	Valter Correia	M		Juniores/Séniore	00:49:45	00:49:08
521	1813	Maria Lurdes Mendes	F		VET 45	00:49:45	00:48:20
522	931	Henrique Pestana	M	GDR Juventude das Ribeiras	VET 60	00:49:47	00:49:23
523	487	Eduardo Loureiro	M	Remo Runners - Clube do Remo - Belém (PA) - Brasil	VET 45	00:49:47	00:48:57
524	1389	João Baldaia	M		Juniores/Séniore	00:49:48	00:47:57
525	1804	hugo	M	gin marathon runners	Juniores/Séniore	00:49:50	00:47:39
526	738	josé nunes	M	CMC CARAPAUS	VET 45	00:49:51	00:48:45
527	765	Cristina Maria Mendes Alves	F	M&E runners	VET 45	00:49:53	00:48:58
528	1770	Mário Soares	M	Imperadores	Juniores/Séniore	00:49:55	00:48:58
529	147	Vitor Sousa	M	Sunset Runners	VET 45	00:49:56	00:48:42
530	391	Nuno Dias	M		Juniores/Séniore	00:49:57	00:48:51
531	828	Luís Ribeiro	M	Lebre 10	VET 35	00:49:57	00:49:01
532	1415	Carlos A Macedo	M	A. D. Amarante Atletismo	VET 60	00:49:57	00:49:52
533	892	Bruno Silva	M		VET 40	00:49:58	00:48:41
534	1467	Dário Pinto	M		Juniores/Séniore	00:50:02	00:49:43
535	792	William Santos	M	Spin&Run Esposende	Juniores/Séniore	00:50:02	00:48:41
536	999	JORGE MARINHO	M		VET 50	00:50:03	00:48:13
537	992	António Barros	M	CORRER LEÇA	VET 40	00:50:04	00:49:05
538	384	diogo ferreira	M		VET 35	00:50:05	00:49:08
539	1781	José Augusto Fernandes Redondo	M	BIAL Running	VET 55	00:50:05	00:48:30
540	1208	Maria Rosa Pinto Coelho	F		VET 45	00:50:07	00:49:58

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
541	348	Cátia Pereira	F	A. D. Amarante Atletismo	Juniores/Séniore	00:50:09	00:49:44
542	329	Antonio Gonçalves	M	A. D. Amarante Atletismo	VET 50	00:50:09	00:49:21
543	770	Antonio Lourenço	M	GRUPO DESPORTIVO LEÕES DE VENEZA	VET 60	00:50:10	00:49:59
544	1425	Jose Sousa	M	Lousada Hotwheels Runners	Juniores/Séniore	00:50:11	00:49:33
545	616	Anabela pereira lopes	F		VET 40	00:50:12	00:49:43
546	1452	José Manuel Patarata	M	LION RUNNERS G. D. LEÕES DA GUARDA	VET 45	00:50:12	00:49:05
547	133	Mário Rui Matos Campos	M		Juniores/Séniore	00:50:14	00:49:45
548	1718	Miguel Ribeiro	M	SPARTACUS TEAM	Juniores/Séniore	00:50:14	00:49:18
549	1741	José Manuel Galego Dias da Fonseca	M		Juniores/Séniore	00:50:15	00:49:14
550	969	Mariana Soares	F	Académico Runners	Juniores/Séniore	00:50:16	00:49:50
551	1231	José Miguel sousa Castro	M		VET 35	00:50:16	00:48:35
552	1620	Paulo Costa	M		VET 45	00:50:19	00:48:43
553	1586	Joaquim Moreira	M	Afis/Ovar	VET 45	00:50:19	00:49:29
554	1722	Armando Moreira	M		VET 40	00:50:19	00:49:56
555	1145	Tiago Vidal Leal	M		VET 45	00:50:19	00:49:44
556	1204	Ana Reis	F		VET 35	00:50:19	00:49:44
557	976	António Coelho Gomes	M		VET 60	00:50:20	00:49:57
558	518	patricia silva	F		Juniores/Séniore	00:50:21	00:49:12
559	1112	Vítor Silva	M	Pernetas	VET 35	00:50:21	00:49:05
560	732	Rui Loureiro	M		VET 50	00:50:21	00:48:56
561	633	Miguel Dias	M	APDL	VET 40	00:50:21	00:50:04
562	378	Álvaro Dias	M		Juniores/Séniore	00:50:22	00:48:51
563	573	PEDRO DANIEL GARRIDO AMORIM	M		VET 40	00:50:24	00:49:24
564	1244	Valter Barbosa	M	STCP Runners	VET 35	00:50:25	00:48:45
565	299	Alvaro	M		VET 35	00:50:26	00:48:01
566	418	Agostinho Coelho	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 40	00:50:27	00:50:17
567	1504	Paulo Pinto	M		VET 45	00:50:27	00:49:35
568	1731	HUGO RABAÇA	M	VALBOM UNITED RUNNING TEAM	VET 35	00:50:27	00:49:31
569	646	Paulo Oliveira	M		VET 40	00:50:27	00:48:12
570	1284	Hugo Miguel Soares da Silva Pereira	M		VET 40	00:50:29	00:49:09
571	1440	Alexandre Leal	M	Rumo à vitória	VET 55	00:50:29	00:49:07
572	1207	Manuel Queiros	M		VET 45	00:50:30	00:50:07
573	1706	Angelo Carneiro	M		Juniores/Séniore	00:50:30	00:48:31
574	1710	Tiago André Silva Carneiro	M	Carneiro	Juniores/Séniore	00:50:31	00:48:31
575	482	Daniel Silva	M		Juniores/Séniore	00:50:33	00:48:26
576	1187	António Fonseca	M	FELTRAIL	VET 35	00:50:33	00:49:14
577	204	Benjamim Marinho	M		VET 35	00:50:34	00:49:02
578	495	fernando azevedo	M		VET 60	00:50:35	00:49:46
579	763	adelaide mendes	F	trio elétrico	VET 55	00:50:36	00:49:16
580	1479	Paulo Feiteira	M		VET 40	00:50:40	00:50:12
581	1745	Miguel Moura	M	Taylors325	VET 40	00:50:42	00:50:42
582	875	Daniel Osorio Mendes dos Santos	M		VET 50	00:50:45	00:49:29
583	529	Carlos Oliveira	M	Gondomar Futsal Clube	VET 55	00:50:45	00:49:33
584	1310	Pedro Mesquita	M	Oporto Squash & Running	VET 45	00:50:45	00:49:02
585	668	custodio neto	M	individual	VET 60	00:50:46	00:50:07

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
586	152	Josué Santos	M	CCDFPJP	VET 40	00:50:46	00:49:10
587	1461	Paulo Cardoso	M	Manos RT	VET 50	00:50:47	00:50:14
588	258	Susana Pinto	F	Nascidos para Correr	VET 40	00:50:47	00:50:27
589	1529	Ivo Leão	M		VET 35	00:50:48	00:49:59
590	351	José Granja	M		VET 50	00:50:49	00:49:32
591	859	Pedro Vilaça	M		VET 50	00:50:50	00:50:07
592	847	Ricardo Barros	M		VET 40	00:50:51	00:50:03
593	307	Rui Godinho	M	Salgueiros running	VET 45	00:50:52	00:50:37
594	298	Pedro Oliveira	M	CGEN	VET 40	00:50:53	00:49:00
595	155	Miguel Barbosa	M	BootRunning	VET 35	00:50:54	00:50:09
596	981	Fernando Santos	M		VET 45	00:50:55	00:49:52
597	1866	ARMINDO TORRES	M	Nucleo de Karate e Atletismo de Roriz	VET 55	00:50:55	00:49:42
598	1348	Carlos Pina	M	Pina	VET 35	00:50:56	00:50:48
599	786	João Rosendo	M	Spin&Run Esposende	VET 50	00:50:56	00:49:35
600	1236	Elisabete Cunha	F		VET 35	00:50:57	00:50:47
601	1775	ANIBAL FERNANDO PEREIRA GLORIA	M		VET 55	00:50:58	00:49:37
602	1476	João Manuel Santos Silva	M	Carapaus	VET 50	00:50:58	00:50:47
603	1550	José Mário C. Alves	M		Juniores/Séniore	00:50:59	00:49:10
604	1304	Gil da Costa	M		VET 55	00:51:00	00:49:22
605	314	Nuno Filipe Magalhães Areias	M		Juniores/Séniore	00:51:01	00:49:45
606	1367	Pedro Sousa	M		VET 35	00:51:02	00:48:47
607	1687	Liliana Felgueiras	F	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 35	00:51:03	00:50:55
608	1190	Vitor Manuel Lopes Magalhaes	M		VET 45	00:51:04	00:50:21
609	1271	paulo romero	M		VET 50	00:51:04	00:50:23
610	479	Magda Esteves	F	Running Urbanfit / Fantasma Runners	VET 35	00:51:04	00:48:47
611	267	José Riba	M	Running Esmoriz	VET 50	00:51:04	00:50:20
612	941	Fernando Valente	M	GDR Juventude das Ribeiras	VET 55	00:51:05	00:50:13
613	1817	Nuno Rodrigues	M	Ofrunning	VET 40	00:51:05	00:50:36
614	1176	Cristiano Ferreira	M	FELTRAIL	VET 35	00:51:05	00:49:42
615	1209	Patricia Teixeira	F	FELTRAIL	VET 35	00:51:05	00:49:42
616	1100	Emanuel Dias	M	One More Mile	Juniores/Séniore	00:51:07	00:49:53
617	1574	Américo Ferreira de Sousa	M		VET 50	00:51:07	00:50:39
618	1555	André Bandeira	M		VET 40	00:51:07	00:49:08
619	1456	Otilio Jose Ramos Vieira da Silva	M	Crossfit Drop in	VET 55	00:51:07	00:50:34
620	513	Herculano Marques	M		VET 55	00:51:08	00:49:53
621	669	Jorge Cabral	M		Juniores/Séniore	00:51:08	00:51:08
622	1268	Manuel Araújo	M	Calca Folhas	VET 40	00:51:08	00:49:40
623	105	Isaque Pinto	M	Nascidos para Correr	VET 50	00:51:09	00:51:01
624	1045	João Vaz	M	CORRER LEÇA	Juniores/Séniore	00:51:09	00:50:06
625	1262	Ricardo Edmundo Afonso Quintas	M		VET 35	00:51:11	00:49:30
626	322	Luís Filipe Fonseca da Cunha Ferreira	M	CLUBE COLABORADORES AGEAS	VET 40	00:51:11	00:49:15
627	645	Pedro Rodrigues	M		Juniores/Séniore	00:51:12	00:47:34
628	751	Ricardo Teixeira	M		VET 35	00:51:13	00:49:46
629	1096	Pedro Justo	M	CORRER LEÇA	VET 40	00:51:16	00:49:56
630	215	Pedro Paiva	M	Nascidos para Correr	Juniores/Séniore	00:51:17	00:49:21

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
631	319	Pedro Santos Silva	M		Juniores/Séniiores	00:51:17	00:49:45
632	1638	Paulo César da Silva Fernandes	M		VET 40	00:51:19	00:49:10
633	187	Jorge Carlos Sousa Meireles	M		VET 40	00:51:20	00:50:14
634	380	Humberto orfão	M		VET 50	00:51:21	00:50:16
635	269	Heldeberto Santos	M	STCP Runners	VET 50	00:51:21	00:49:37
636	1793	Luís Miguel Andrade Magalhães	M	BIAL Running	VET 35	00:51:21	00:49:19
637	994	MANUEL LOBÃO	M	MILLENNIUM BCP	VET 55	00:51:21	00:50:52
638	407	Rui Bastos	M		VET 35	00:51:22	00:51:03
639	534	José Mendonça	M		VET 40	00:51:24	00:50:20
640	915	CARLOS ARAÚJO	M	MILLENNIUM BCP	VET 45	00:51:26	00:50:57
641	1138	Joao Alberto	M	Porto Sentido Runners	VET 45	00:51:27	00:51:07
642	1672	Luis Miguel Domingues Couceiro Lourenço	M		VET 40	00:51:29	00:49:39
643	861	FIRMINO NOGUEIRA	M	MILLENNIUM BCP	VET 50	00:51:32	00:50:15
644	1480	Helder Alexandre Gomes Monteiro	M	Sucupira F.C	Juniores/Séniiores	00:51:32	00:49:26
645	928	ALVARO PINTO	M	MILLENNIUM BCP	VET 45	00:51:32	00:51:03
646	1437	Ivo Santos	M	Rumo à vitória	Juniores/Séniiores	00:51:32	00:50:43
647	1766	Emanuel Vieira	M	Factor X / S4L / Medense FC	VET 35	00:51:33	00:49:24
648	610	Luís Duarte	M	Gaia-Running	VET 45	00:51:33	00:51:05
649	543	Ana Gomes	F	Gaia-Running	VET 35	00:51:33	00:50:59
650	396	Pedro Rocha	M	ADE trail running	VET 35	00:51:34	00:50:21
651	1453	Raul Ferreira	M	LION RUNNERS - G. D. Leões da Guarda	VET 55	00:51:35	00:50:29
652	684	Hélio Aleixo	M		VET 35	00:51:36	00:49:56
653	472	Tatiana Mera	F		Juniores/Séniiores	00:51:37	00:50:53
654	651	Hercilio Santos	M	ADEFACEC	VET 50	00:51:37	00:51:03
655	1123	Jorge Miguel Sousa Ribeiro	M		Juniores/Séniiores	00:51:37	00:49:55
656	588	Pedro Amendoeira	M		VET 45	00:51:37	00:51:28
657	1324	Gabriel Sousa	M	Nascidos para Correr	Juniores/Séniiores	00:51:38	00:50:37
658	705	José Moça	M	Costa	Juniores/Séniiores	00:51:38	00:49:30
659	1291	Filipe pereira	M		VET 40	00:51:38	00:49:26
660	1562	Francisco Oliveira	M	Gondomar Futsal Clube	Juniores/Séniiores	00:51:41	00:51:20
661	1193	armando oliveira	M		VET 40	00:51:42	00:50:30
662	905	Cláudia Dias	F		VET 35	00:51:44	00:51:36
663	1371	Pedro Correia	M		Juniores/Séniiores	00:51:45	00:50:20
664	566	Fernando pinto Ferreira	M		VET 45	00:51:46	00:51:37
665	441	Manuel Marques	M		VET 50	00:51:51	00:51:41
666	1168	Catarina Magalhães	F		VET 40	00:51:53	00:51:45
667	722	António Costa	M		VET 40	00:51:54	00:50:43
668	993	David Miguel Soares Afonso	M	Afonso	Juniores/Séniiores	00:51:54	00:51:24
669	1757	José Vasconcelos	M		VET 35	00:51:54	00:50:10
670	1763	Bernardo Alves	M	CA BOLTS	VET 35	00:51:54	00:50:46
671	533	Mário Sá-Carneiro	M		VET 40	00:51:55	00:50:11
672	1166	Hugo Sampaio	M	Habcarpintaria	VET 35	00:51:55	00:51:21
673	1755	jose avelino de sousa vieira	M		VET 60	00:51:55	00:51:15
674	1681	Tiago Oliveira	M	Douro Runners	VET 35	00:51:56	00:51:23
675	354	RICARDO REGUEIRO	M		VET 40	00:51:56	00:51:14

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
676	1007	António Bastos	M	CORRER LEÇA	VET 45	00:51:56	00:50:24
677	1054	Ricardo Vasco Fernandes	M	Clube de corrida da REN	Juniores/Séniore	00:51:57	00:50:02
678	1585	Paulo Conde	M	Afis/Ovar	VET 35	00:51:57	00:51:07
679	140	Fernando Silvano	M		VET 40	00:51:58	00:50:18
680	701	Tiago Daniel Dos Santos Marques	M	Correr Lisboa	Juniores/Séniore	00:52:00	00:51:11
681	1768	Hugo Santos	M	Factor X / S4L / Medense FC	VET 35	00:52:01	00:49:51
682	879	José Moura de Sousa	M		VET 60	00:52:01	00:51:27
683	1294	José Martins	M	Running Urbanfit / Fantasma Runners	VET 50	00:52:02	00:49:44
684	1696	Sérgio Lopes	M		VET 35	00:52:02	00:50:44
685	1738	David Teixeira	M	C+ RUNNERS	VET 35	00:52:02	00:49:56
686	1621	Floriberto castro	M		VET 40	00:52:02	00:50:24
687	1430	João Vieira	M		VET 35	00:52:03	00:49:45
688	1042	Fernando Pinheiro	M		VET 35	00:52:03	00:49:45
689	1791	Ricardo Nuno Oliveira Branquinho Mota	M	BIAL Running	VET 40	00:52:03	00:50:27
690	328	Hugo Silva	M		VET 35	00:52:03	00:50:25
691	773	Pedro Esperança	M	Pésnukú	VET 40	00:52:04	00:51:36
692	114	Helder Martins	M	Associação moinho de vermoim	Juniores/Séniore	00:52:05	00:49:37
693	1545	João Trigo	M		VET 55	00:52:05	00:51:08
694	1013	Patricia Porto	F	Academia Fernanda Ribeiro	VET 40	00:52:08	00:51:05
695	1360	Rui Alexandre Rodrigues	M		VET 35	00:52:08	00:51:28
696	945	mario valente	M		VET 60	00:52:09	00:50:35
697	525	Igor Cunha	M	RUN2EAT	Juniores/Séniore	00:52:10	00:50:37
698	1462	Neftalí Sillero	M		VET 40	00:52:11	00:50:42
699	1531	Ricardo Figueiredo e Silva	M		VET 40	00:52:13	00:50:14
700	1386	Bruno Albuquerque	M	Unicer	VET 40	00:52:14	00:50:13
701	1469	Rui Carvalho	M		VET 45	00:52:15	00:50:23
702	1723	André Luís Moreira Pereira	M	Clube do Pessoal EDP - Delegação de Gaia	Juniores/Séniore	00:52:16	00:50:22
703	1179	Pedro Nuno Mourão Loureiro	M	APDL	VET 40	00:52:17	00:52:17
704	1195	João Paulo Pereira de Castro	M		VET 35	00:52:17	00:50:03
705	1049	Ana Coelho	F	Aminhacorrida	VET 35	00:52:18	00:51:43
706	1515	André Silveira	M	SARunners	VET 35	00:52:20	00:50:48
707	612	laura mendes	F		VET 45	00:52:22	00:52:07
708	558	Elisabete Repas	F	Gaia-Running	VET 50	00:52:24	00:51:50
709	1088	Joaquim Sérgio Oliveira Guerra	M	Os Falta D'ar	VET 45	00:52:25	00:51:40
710	544	Hugo Guimaraes	M		Juniores/Séniore	00:52:26	00:52:00
711	1527	Margarida Osório	F		Juniores/Séniore	00:52:27	00:51:19
712	953	Paulo Carneiro	M	STCP Runners	VET 45	00:52:27	00:50:46
713	1478	Sérgio Cardoso	M	Santa Apolónia	VET 45	00:52:27	00:51:59
714	1553	Jorge Ramos	M		VET 50	00:52:29	00:50:28
715	625	ABILIO SOARES	M		VET 60	00:52:29	00:52:18
716	459	Diogo Ferreira	M	Os Ferreiras	Juniores/Séniore	00:52:30	00:51:30
717	1639	Daniel Antonio Magalhães Ribeiro	M		Juniores/Séniore	00:52:32	00:50:59
718	641	Isabel Rosas	F		VET 40	00:52:33	00:51:24
719	279	MIGUEL CARVALHO	M		VET 40	00:52:33	00:50:30
720	146	Jorge Rocha	M		VET 40	00:52:34	00:50:30



Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
721	131	Vitor vieira	M		VET 50	00:52:35	00:51:21
722	127	Joao do Carmo	M	Sunset Runners	VET 55	00:52:35	00:52:15
723	158	Miguel Coelho	M	Os pupilos do Zé to	VET 45	00:52:37	00:51:46
724	1078	Maria Fernanda Ferreira	F	CORRER LEÇA	VET 40	00:52:39	00:52:23
725	447	Manuel Canário	M	Centro de Atletismo Matosinhos	VET 60	00:52:39	00:52:10
726	442	Joaquim Silva	M	Centro de Atletismo Matosinhos	VET 60	00:52:39	00:52:10
727	580	Carlos Filipe Silva	M		Juniores/Séniore	00:52:40	00:52:05
728	1552	PAULO CESAR PATRICIO OLIVEIRA	M	OLIVEIRA	VET 40	00:52:40	00:52:14
729	530	Patrícia Teixeira	F	CCDFPJP	VET 40	00:52:41	00:52:24
730	1450	Sara Marinha	F	Xau aí	Juniores/Séniore	00:52:42	00:50:52
731	362	Nuno Azevedo	M	ExSedentários	VET 35	00:52:42	00:51:28
732	347	Jorge Fecha	M		Juniores/Séniore	00:52:43	00:50:48
733	1081	Manuel António Tavares Correia	M		VET 60	00:52:44	00:52:15
734	1615	Ricardo Jorge Pereira	M		VET 35	00:52:44	00:50:29
735	1320	DINIS CARVALHO	M	ATLÉTISMO ESTRELAS SUSANENSE	Juniores/Séniore	00:52:45	00:51:37
736	1341	IVO RIBEIRO	M	ATLÉTISMO ESTRELAS SUSANENSE	Juniores/Séniore	00:52:45	00:51:37
737	517	Paulo Sérgio Moutinho Gonçalves	M		Juniores/Séniore	00:52:45	00:50:25
738	1158	João Brandão	M	Cães D´Avenida	Juniores/Séniore	00:52:46	00:51:59
739	733	PEDRO FRANCA	M	CAES D' AVENIDA	VET 50	00:52:46	00:51:47
740	811	Rui Figueiredo	M		VET 40	00:52:48	00:51:01
741	570	Filipe Pereira	M		Juniores/Séniore	00:52:51	00:52:17
742	1494	Carlos Manuel Guedes	M	All-titudes trail team	VET 40	00:52:52	00:52:22
743	880	MARIO VALENTE	M		VET 60	00:52:52	00:51:16
744	1068	pedro ramalho	M		VET 35	00:52:52	00:51:59
745	1474	André Almeida	M	Almeida	Juniores/Séniore	00:52:54	00:51:29
746	777	Antonio Gomes	M		VET 45	00:52:56	00:51:46
747	1397	Ricardo Regadas	M	#nsp_ontour	VET 35	00:52:58	00:50:35
748	1559	vitor ribeiro	M		VET 55	00:52:58	00:50:55
749	1520	Alfredo Rodrigues	M		VET 35	00:52:58	00:51:17
750	671	Marta Sofia Pereira de Sousa	F	OS PERSISTENTES	VET 40	00:52:58	00:51:52
751	1347	Pedro Neves	M		VET 35	00:52:58	00:52:26
752	1075	Manuel Rodrigues	M	CORRER LEÇA	VET 55	00:52:59	00:52:01
753	389	Justiniano Dias	M		VET 50	00:52:59	00:51:29
754	311	mario jorge macedo	M		VET 40	00:53:00	00:52:39
755	222	Vitor Costa	M	RollingAventura#GrupoVC	Juniores/Séniore	00:53:01	00:53:01
756	492	Bia Rodrigues	F		Juniores/Séniore	00:53:02	00:51:43
757	485	Alcides Rodrigues	M		VET 45	00:53:02	00:51:44
758	899	HENRIQUE SILVA	M	MILLENNIUM BCP	VET 45	00:53:02	00:52:03
759	1707	Ricardo Marques Moreira	M	MSS CONTABILIDADE	VET 35	00:53:03	00:52:42
760	1496	SERGIO CUNHA	M	Runriver-Escola de Atletismo de Rio Tinto	VET 40	00:53:04	00:50:57
761	634	António Sousa	M		VET 55	00:53:06	00:52:38
762	984	MARIA INÊS SANTOS	F	MILLENNIUM BCP	Juniores/Séniore	00:53:07	00:51:33
763	1095	Helder Magalhães	M	One More Mile	Juniores/Séniore	00:53:07	00:51:52
764	1021	João Mota	M		Juniores/Séniore	00:53:08	00:52:14
765	1635	Manuel Guilherme Magalhães Mourão Correia	M		VET 40	00:53:08	00:52:56

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
766	1533	Maria Luísa Correia	F		Juniores/Séniiores	00:53:08	00:52:57
767	1079	José Miguel	M		VET 40	00:53:08	00:51:45
768	262	Marco Batista	M	STCP Runners	VET 40	00:53:11	00:51:27
769	843	gina ferreira	F		VET 45	00:53:11	00:50:59
770	762	Mónica Ferreira	F	Spin&Run Esposende	VET 40	00:53:13	00:51:55
771	1862	Susana Monteiro	F	Nucleo de Karate e Atletismo de Roriz	VET 40	00:53:18	00:52:05
772	1867	LUIS BESSA	M	Nucleo de Karate e Atletismo de Roriz	VET 60	00:53:18	00:52:04
773	1863	Cristian Ferreira	F	Nucleo de Karate e Atletismo de Roriz	Juniores/Séniiores	00:53:18	00:52:05
774	700	eurico mateus	M	Teles & Mateus Team	Juniores/Séniiores	00:53:19	00:52:49
775	1422	Gonçalo Sousa	M	Lousada Hotwheels Runners	Juniores/Séniiores	00:53:20	00:52:43
776	1670	Tiago Gaspar Pereira	M	Terminators	Juniores/Séniiores	00:53:20	00:52:26
777	708	Vítor Manuel Fernandes dos Santos	M		VET 40	00:53:20	00:51:00
778	1423	João Moreira	M	Lousada Hotwheels Runners	Juniores/Séniiores	00:53:22	00:52:45
779	1286	ANDRE RIGOR	M		VET 35	00:53:23	00:52:11
780	755	Filomena Lascasas Rocha	F	M&E runners	VET 45	00:53:24	00:52:28
781	935	Paulo pinto	M		VET 45	00:53:27	00:51:51
782	1547	Ricardo Miguel Duarte Pedro	M		VET 40	00:53:29	00:52:33
783	973	Abel Cardoso	M	Studio Sun & Beauty	Juniores/Séniiores	00:53:30	00:51:17
784	920	Orlando Rebelo	M	APDL	VET 45	00:53:30	00:52:09
785	1881	Alfredo Bruno Gomes Ribeiro	M	Paulo D'Ávila Runners	Juniores/Séniiores	00:53:31	00:51:53
786	990	CARLOS DELGADO	M	MILLENNIUM BCP	VET 40	00:53:33	00:52:42
787	353	Pedro Lourenço de Sousa	M		VET 35	00:53:35	00:52:07
788	1378	Rui Sousa Silva	M		VET 40	00:53:37	00:52:41
789	1273	Helder Filipe Pereira Soares	M		VET 35	00:53:39	00:52:52
790	508	Jose Andre	M		VET 45	00:53:39	00:53:24
791	1532	ZéMiguel MMendes	M		VET 45	00:53:42	00:52:22
792	1551	José Pedro Fortunato Botelho Cardoso	M		VET 45	00:53:43	00:51:25
793	881	Antonio Manuel Rodrigues Tato	M		VET 50	00:53:43	00:52:27
794	535	Ilídio Freitas	M	Gondomar Futsal Clube	VET 50	00:53:44	00:52:50
795	644	Valentim Castro da Guia	M	APDL	VET 50	00:53:44	00:51:48
796	1150	Pedro Filipe Ferreira Cotorela	M		Juniores/Séniiores	00:53:46	00:52:03
797	729	MARISA MENESES	F		VET 40	00:53:47	00:53:02
798	725	RUI MENESES	M		VET 40	00:53:47	00:53:03
799	1047	Alexandre Sousa	M		VET 40	00:53:47	00:51:42
800	1276	Jorge Durães	M		VET 40	00:53:48	00:51:42
801	188	Luis Mota Duarte	M		VET 40	00:53:48	00:51:41
802	364	Carlos Poças	M		VET 55	00:53:48	00:51:42
803	1411	Miguel Amaral	M		Juniores/Séniiores	00:53:50	00:52:26
804	1418	Augusto Melo	M		VET 45	00:53:51	00:52:47
805	672	Sérgio Pinhal Sousa	M		VET 40	00:53:52	00:51:55
806	622	Patrícia Alves Rocha	F	Locomotiva de Paranhos	VET 35	00:53:54	00:52:57
807	1105	Armindo Gomes Coelho	M		VET 55	00:53:54	00:52:03
808	316	Carlos Barroso	M		VET 50	00:53:55	00:53:40
809	956	PAULO FERREIRA	M	PORTOCARGO	VET 40	00:53:58	00:52:49
810	1381	Francisco Miranda	M		Juniores/Séniiores	00:53:58	00:52:08

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
811	1419	Manuel Moura	M		VET 40	00:53:59	00:53:26
812	890	Nuno Rocha	M	SULIAO	Juniores/Séniore	00:54:01	00:52:50
813	413	Eduardo Jesus	M	ViaMaia	Juniores/Séniore	00:54:01	00:54:01
814	673	serafim fonseca	M	os amigos s.pedro da cova	VET 60	00:54:02	00:52:28
815	667	joão fonseca	M	os amigos s.pedro da cova	VET 35	00:54:02	00:52:30
816	1832	Daniel Rodrigues	M		VET 35	00:54:04	00:52:59
817	1831	Fernanda Fernandes	F		Juniores/Séniore	00:54:04	00:53:01
818	113	Manuela Monteiro	F	100meta	VET 40	00:54:05	00:53:40
819	1705	Isabel Santos	F	MSS CONTABILIDADE	VET 35	00:54:05	00:53:47
820	1472	Victor Carvalho	M	G.D.L.A	VET 60	00:54:07	00:53:50
821	416	António Couto	M		Juniores/Séniore	00:54:08	00:53:03
822	1883	Sérgio Quintas	M		VET 35	00:54:11	00:52:08
823	1665	Filipe Coelho	M	Pari Passu	VET 40	00:54:12	00:52:33
824	1477	MARIO SILVA	M	VALBOM UNITED RUNNING TEAM	VET 35	00:54:14	00:52:08
825	635	jorge lemos	M		VET 45	00:54:14	00:53:15
826	1782	Teófilo Cardoso Vasconcelos	M	BIAL Running	VET 35	00:54:14	00:52:12
827	1655	Rita Ferreira	F		Juniores/Séniore	00:54:15	00:52:03
828	345	Teresa Castro	F		Juniores/Séniore	00:54:16	00:54:10
829	471	Tiago Correia	M		Juniores/Séniore	00:54:17	00:53:09
830	636	ricardo pina	M	10temidos	VET 35	00:54:17	00:52:33
831	1395	Ricardo Miragaia	M		Juniores/Séniore	00:54:18	00:53:17
832	552	Americo Lobo Neto	M		VET 40	00:54:20	00:53:40
833	1645	Joaquim Paulo da Silva Capela	M		VET 45	00:54:21	00:52:15
834	180	Bartolomeu Teixeira da Mota	M	Grupo desportivo da Limpeza Urbana	VET 55	00:54:22	00:53:34
835	1323	João Paulo Dias Pereira	M		VET 45	00:54:22	00:53:03
836	1048	Miguel Teixeira	M		Juniores/Séniore	00:54:25	00:53:12
837	1364	Gonçalo Pires	M	CA BOLTS	Juniores/Séniore	00:54:26	00:53:54
838	393	Domingos Silva	M	ViaMaia	VET 55	00:54:27	00:54:21
839	970	PEDRO ALMEIDA	M	MILLENNIUM BCP	VET 35	00:54:28	00:52:08
840	1592	Jorge Azevedo	M		VET 45	00:54:29	00:52:21
841	1066	José Teixeira	M	CORRER LEÇA	VET 35	00:54:31	00:53:50
842	1259	FILOMENA FOLGADO	F		VET 60	00:54:33	00:54:21
843	1253	MANUEL MOREIRA	M		VET 60	00:54:33	00:54:21
844	419	Fernanda Lopes	F	Porto Sentido Runners	VET 45	00:54:34	00:54:13
845	686	Jose Teixeira	M		VET 50	00:54:34	00:53:42
846	1756	Nuno Gonçalves	M	Corridas.beer	VET 35	00:54:35	00:52:50
847	883	SERGIO ANDRADE	M	MILLENNIUM BCP	Juniores/Séniore	00:54:36	00:52:38
848	507	Paulo Morais	M	Locomotiva de Paranhos	Juniores/Séniore	00:54:37	00:53:06
849	714	Ricardo Manuel Freitas de Oliveira	M		Juniores/Séniore	00:54:38	00:53:16
850	1159	Gil Paço	M		VET 35	00:54:39	00:53:49
851	1872	Rafael Emanuel Chapman Casimiro da Costa	M		Juniores/Séniore	00:54:40	00:53:58
852	664	Eva ribeiro	F	Monte dos Amigos/Juventude Ribeiras	VET 40	00:54:42	00:52:37
853	376	José orfão	M		Juniores/Séniore	00:54:43	00:53:39
854	681	Pedro Ferreira	M		VET 50	00:54:44	00:54:31
855	1785	Nancy Maria Gabriel de Almeida	F	BIAL Running	Juniores/Séniore	00:54:44	00:52:49

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
856	139	Augusto Pinto	M		VET 55	00:54:44	00:54:07
857	597	Sílvia Peralta	F	Gaia-Running	VET 40	00:54:45	00:54:08
858	865	José Moita	M	Grupo Desportivo Banco de Portugal	VET 55	00:54:47	00:54:08
859	902	Paulo Pinheiro	M	Os avenses	VET 45	00:54:48	00:53:36
860	1321	TERESA MAIA	F	MARMEDSA	VET 55	00:54:48	00:54:26
861	1316	FERNANDO MAIA	M	MARMEDSA	VET 60	00:54:48	00:54:27
862	1879	Manuel A. Paula	M		VET 50	00:54:49	00:54:31
863	1298	Manuel Neves	M		VET 40	00:54:50	00:54:10
864	775	Maria Campos	F	Spin&Run Esposende	VET 45	00:54:52	00:53:31
865	1794	José Carlos Torres Ferreira	M	BIAL Running	VET 35	00:54:52	00:53:14
866	366	Clara Rua	F		VET 45	00:54:54	00:54:35
867	985	António Jorge de Sousa Meireles	M		VET 60	00:54:56	00:52:51
868	872	CELESTINO BRÁS	M	MILLENNIUM BCP	VET 50	00:54:57	00:53:01
869	1795	Duarte Nuno Almeida Rodrigues Figueiredo Lemos	M	BIAL Running	Juniores/Séniore	00:54:57	00:52:55
870	1845	Daniel Fernandes	M	Team SIM Running	Juniores/Séniore	00:54:58	00:52:31
871	332	António Santos	M	Nascidos para Correr	VET 50	00:54:58	00:53:32
872	1792	Miguel Araújo Maia	M	BIAL Running	Juniores/Séniore	00:54:59	00:52:51
873	1058	Sara Magalhães	F		Juniores/Séniore	00:55:02	00:54:49
874	1641	MADALENA CORREIA	F	CIRES RUNNING TEAM	VET 50	00:55:02	00:52:47
875	246	António Pinto de Oliveira	M	Águas do Porto - Casa dos Trabalhadores	VET 55	00:55:03	00:54:01
876	192	OSVALDO HUGO R COSTA	M	RUN4FUN	Juniores/Séniore	00:55:03	00:54:30
877	1008	Cristina Magalhães	F	Academia Fernanda Ribeiro	VET 50	00:55:03	00:54:01
878	764	delfim mendonça	M		VET 45	00:55:04	00:54:25
879	1264	Abílio Alves	M	Nascidos para Correr	VET 55	00:55:04	00:54:43
880	100	Soledade Sousa	F	Running Urbanfit / Fantasma Runners	VET 55	00:55:05	00:52:48
881	415	Andrea Silva	F		VET 35	00:55:06	00:52:41
882	917	Joao Lourenco	M	C+ RUNNERS	VET 45	00:55:06	00:53:06
883	794	Joaquim Oliveira	M	Lebre 10	VET 45	00:55:07	00:52:52
884	424	Jacinto Fernando Oliveira	M	Clube Portugal Telecom Zona Norte	VET 45	00:55:07	00:54:42
885	1143	Berta Ferreira	F	Porto Sentido Runners	VET 40	00:55:08	00:54:48
886	1152	Germano Correia	M	STCP Runners	VET 40	00:55:10	00:53:26
887	758	Agostinho Lopes	M	Porto Sentido Runners	VET 55	00:55:11	00:54:50
888	1376	Helder Martins	M	SPARTACUS TEAM	VET 35	00:55:13	00:54:18
889	1404	Anastasia Ushakova	F		VET 45	00:55:13	00:53:46
890	1517	Domingos Costa	M	Runners On Fire-BVValadares	VET 55	00:55:14	00:53:56
891	874	Hélder Correia	M		VET 35	00:55:14	00:53:57
892	1077	Miguel Oliveira	M		VET 40	00:55:15	00:54:57
893	448	Pedro Luis Rosendo Ferreira	M	Clube Portugal Telecom Zona Norte	Juniores/Séniore	00:55:16	00:54:52
894	863	jorge pinheiro	M		VET 35	00:55:17	00:53:55
895	1031	João Moura	M		VET 45	00:55:17	00:53:46
896	266	António Ferreira	M		VET 45	00:55:19	00:54:19
897	607	Sara Isabel Sá Silva	F	Silva	Juniores/Séniore	00:55:20	00:53:45
898	866	Susana Martins	F	Vamos ver se conseguimos	VET 40	00:55:20	00:53:45
899	1709	Marlene Martins	F	MSS CONTABILIDADE	VET 40	00:55:24	00:55:05
900	1443	Isabel Silva	F	Asphalt Assault Team	Juniores/Séniore	00:55:28	00:54:47

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
901	1548	Paulo Duarte	M		VET 55	00:55:28	00:54:32
902	440	Nuno Gomes	M		Juniores/Séniore	00:55:29	00:55:18
903	1282	António Lopes	M	Nascidos para Correr	VET 50	00:55:30	00:53:27
904	1623	Sergei Shilov	M		Juniores/Séniore	00:55:30	00:53:58
905	1652	Júlio Freitas Fernandes	M		VET 60	00:55:31	00:54:42
906	598	Bernardino Jorge Oliveira Almeida	M	Dá à sola	VET 45	00:55:33	00:54:46
907	501	Rita Teixeira Costa	F		Juniores/Séniore	00:55:35	00:55:24
908	621	Luciano	M		VET 35	00:55:38	00:53:39
909	1509	Miguel Sousa	M	Yilport	VET 35	00:55:38	00:54:43
910	574	Cláudio Santos	M		VET 40	00:55:41	00:55:06
911	838	Herculano Cardoso	M	AC Vermoim	VET 50	00:55:41	00:55:03
912	1041	Inês Isabel Ferreira Graça	F		Juniores/Séniore	00:55:42	00:54:49
913	324	José Armando Santos Oliveira Marçal	M		VET 35	00:55:45	00:54:01
914	631	Henrique Madureira	M		VET 45	00:55:45	00:53:50
915	1807	Paulo Almeida	M		VET 45	00:55:46	00:53:51
916	788	Rui Silva	M	Cebes Running	VET 40	00:55:46	00:54:33
917	1337	Maribel Oliveira	F		VET 45	00:55:49	00:54:39
918	1536	Paulo Gomes	M		VET 35	00:55:50	00:53:20
919	1865	Nuno Fernandes	M	OPraticante.pt	Juniores/Séniore	00:55:50	00:55:17
920	1108	Nuno Silva	M		VET 35	00:55:51	00:55:20
921	670	Joaquim Marques	M		VET 45	00:55:51	00:55:03
922	428	Filipe Conceição	M	Locomtiva de Paranhos	Juniores/Séniore	00:55:52	00:54:57
923	1714	Alvaro Silva	M	MSS CONTABILIDADE	VET 55	00:55:52	00:53:56
924	116	Lénio Fernando Nogueira Marinho	M	Salgueiros running	VET 60	00:55:53	00:55:38
925	1843	Rui Oliveira	M	Team SIM Running	Juniores/Séniore	00:55:53	00:53:29
926	1235	Nuno Bento	M	Correr Viseu	VET 40	00:55:54	00:53:59
927	1046	jaime	M		VET 55	00:55:54	00:55:44
928	1039	João Rocha	M	CORRER LEÇA	VET 50	00:55:55	00:53:47
929	310	Pedro Oliveira	M	Sob Efeito Trail	Juniores/Séniore	00:55:56	00:55:49
930	1146	Paulo Ferreira	M		VET 40	00:55:56	00:54:28
931	1840	Nuno P. R. Ferreira	M	Team SIM Running	VET 40	00:55:56	00:50:54
932	849	Pedro Resende	M		VET 35	00:55:58	00:53:39
933	203	valdemar almeida	M	Invicta Runners Team	VET 50	00:55:59	00:55:43
934	1816	Mário Carvalho	M	Ofrunning	VET 35	00:55:59	00:55:31
935	1637	Jose castro	M		VET 35	00:56:01	00:53:51
936	1249	Luís Marques	M	Pari Passu	Juniores/Séniore	00:56:01	00:55:08
937	1583	Paulo Pinto	M	Equipa Dinamite	VET 40	00:56:02	00:54:06
938	665	Paula cruz	F	Friendsrunning Pro Oliveira	VET 35	00:56:03	00:55:01
939	1330	Lurdes Cunha	F		VET 50	00:56:03	00:55:50
940	1434	Rosa Gomes	F	Rumo à vitória	VET 45	00:56:05	00:55:49
941	1719	RUI EFFE	M	SPARTACUS TEAM	VET 40	00:56:06	00:55:09
942	771	Jorge Serra	M	Spin&Run Esposende	VET 50	00:56:06	00:54:56
943	432	André Coelho	M		Juniores/Séniore	00:56:08	00:53:40
944	177	Ricardo António da Silva Sousa	M	Fit Gaia Trail	VET 40	00:56:11	00:54:45
945	1428	Miguel Lapa Alves	M		Juniores/Séniore	00:56:13	00:54:12

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
946	1237	Sérgio Pereira	M	TrepaTrilhos Trail Team	VET 50	00:56:14	00:54:54
947	257	Paulo Gonçalves	M	STCP Runners	VET 45	00:56:15	00:54:33
948	680	Ana Martins	F	Invicta Runners Team	VET 45	00:56:18	00:54:04
949	1257	albino coelho mendes	M		VET 35	00:56:18	00:54:14
950	921	CARLOS BARBOSA	M	MILLENNIUM BCP	Juniores/Séniore	00:56:20	00:55:00
951	1277	RICARDO SILVA	M	POVEIROS	VET 35	00:56:21	00:55:10
952	886	Bruno Manuel Machado Carvalho	M		VET 35	00:56:22	00:55:05
953	796	Paulo Ferreira	M		VET 45	00:56:22	00:54:17
954	1009	Ruben Moreira	M		Juniores/Séniore	00:56:24	00:54:10
955	1274	Daniel Amaral	M	Studio Sun Beauty	Juniores/Séniore	00:56:26	00:54:13
956	199	Pedro Alves Carvalho Pereira	M	Grupo desportivo da Limpeza Urbana	VET 50	00:56:26	00:55:40
957	943	FERNANDO TEIXEIRA	M	MILLENNIUM BCP	VET 45	00:56:26	00:54:13
958	602	João Alexandrino	M		VET 50	00:56:27	00:55:17
959	1265	PEDRO RODRIGUES	M		VET 40	00:56:27	00:55:45
960	1573	benjamin kimbuelas	M	GRUPO DESPORTIVO LEÕES DE VENEZA	VET 60	00:56:27	00:56:15
961	844	Jorge Pinheiro	M	CORRER LEÇA	VET 40	00:56:27	00:55:03
962	593	Ines Pires	F	Beat Your Limit!	Juniores/Séniore	00:56:27	00:54:57
963	108	Ricardo Oliveira	M	Associação moinho de vermoim	Juniores/Séniore	00:56:28	00:54:00
964	1191	ADELAIDE DUARTE	F		VET 35	00:56:28	00:56:05
965	352	Rui Silva	M	Beat Your Limit!	Juniores/Séniore	00:56:28	00:54:58
966	978	AFONSO SANTOS	M	MILLENNIUM BCP	VET 55	00:56:29	00:54:55
967	581	Helder Amaral	M	Locomotiva de Paranhos	Juniores/Séniore	00:56:30	00:54:49
968	386	Ivo Azevedo	M	Locomotiva de Paranhos	VET 35	00:56:30	00:54:49
969	889	SERGIO CARVALHO	M	MILLENNIUM BCP	VET 40	00:56:30	00:54:25
970	791	CARLOS PEREIRA	M	GRUPO DESPORTIVO LEÕES DE VENEZA	VET 60	00:56:32	00:56:21
971	787	Pedro Moura	M	Carapaus de Corrida	VET 40	00:56:33	00:55:04
972	1499	Henrique Barbedo	F	Runriver-Escola de Atletismo de Rio Tinto	VET 45	00:56:34	00:54:26
973	1498	MARIA LURDES BARBEDO	F	Runriver-Escola de Atletismo de Rio Tinto	VET 45	00:56:34	00:54:26
974	1306	JOÃO TEIXEIRA	M	MARMEDSA	VET 40	00:56:35	00:54:49
975	1497	NUNO COSTA	M	Runriver-Escola de Atletismo de Rio Tinto	VET 35	00:56:36	00:54:28
976	466	Teresa Brito Fonte	F		Juniores/Séniore	00:56:36	00:56:20
977	308	António Cidade	M	CGEN	VET 60	00:56:37	00:55:51
978	1255	Paulo Macedo	M	Pari Passu	VET 50	00:56:38	00:55:00
979	1214	ruí paiva	M	Invicta Runners Team	VET 35	00:56:39	00:56:15
980	1199	Mário Gomes	M	FELTRAIL	VET 40	00:56:40	00:54:33
981	1889	Vitor Samuel Magro	M		VET 40	00:56:40	00:51:40
982	1809	Ângelo Carvalho	M		Juniores/Séniore	00:56:41	00:51:40
983	370	Arnaldo Lúcio	M	ExSedentários	VET 45	00:56:43	00:55:27
984	605	Eugenio Antonio Alves Dos Santos Soares	M	Dá à sola	VET 45	00:56:44	00:55:57
985	1824	Artur Moreira	M	SIIGA	VET 35	00:56:44	00:55:41
986	1679	joao nunes sampaio	M		VET 35	00:56:44	00:56:07
987	259	Miguel Braga	M	NutriBarrosas	VET 55	00:56:46	00:54:25
988	136	Miguel Sousa	M	Sunset Runners	VET 55	00:56:48	00:56:28
989	144	Renato Ferreira	M		VET 40	00:56:49	00:54:23
990	240	António Manuel Sousa	M	Águas do Porto - Casa dos Trabalhadores	VET 50	00:56:49	00:54:36

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
991	1101	João Pedro Rocha	M	CORRER LEÇA	Juniores/Séniore	00:56:50	00:55:52
992	1335	João Paulo Nogueira	M		VET 45	00:56:50	00:55:59
993	1468	Filipe Moura	M		VET 45	00:56:51	00:56:12
994	189	Nuno Oliveira	M	Nascidos para Correr	VET 35	00:56:51	00:56:28
995	954	MAURO ALMEIDA	M	MILLENNIUM BCP	VET 40	00:56:52	00:54:48
996	1189	Filipa Falcão	F	Perdi o Táxi	VET 45	00:56:53	00:55:46
997	242	luis matos	M		VET 45	00:56:55	00:56:24
998	249	fatima matos	F		VET 45	00:56:55	00:56:25
999	450	Luis Varela	M		VET 35	00:56:55	00:55:26
1000	964	Luis Ferreira	M	LION RUNNERS - G. D. Leões da Guarda	VET 40	00:56:59	00:56:27
1001	465	Paulo Ribeiro	M	LION RUNNERS - G. D. Leões da Guarda	VET 40	00:56:59	00:56:27
1002	1254	Pedro Maganinho	M		VET 40	00:57:03	00:55:34
1003	906	Adelaide Brandão	F	Os avenses	VET 40	00:57:04	00:55:54
1004	1338	Oscar Loureiro	M		VET 60	00:57:05	00:55:15
1005	211	Paulo Sarabanda	M		VET 45	00:57:08	00:55:57
1006	1122	Ana Teixeira	F		VET 40	00:57:09	00:56:34
1007	1025	Manuel Teixeira	M	CCD APDL	VET 45	00:57:09	00:56:34
1008	867	SERGIO SOUSA	M	MILLENNIUM BCP	Juniores/Séniore	00:57:09	00:55:14
1009	822	celeste moreira	F		VET 45	00:57:12	00:55:22
1010	590	Mariana Martins Guerra	F		Juniores/Séniore	00:57:14	00:55:19
1011	1876	Júlio Eduardo do Paço Silva	M		VET 35	00:57:14	00:56:24
1012	200	Bruno Cardoso	M		VET 35	00:57:15	00:56:07
1013	1454	José de Castro	M		VET 55	00:57:15	00:55:34
1014	280	Hugo Lucas	M		Juniores/Séniore	00:57:16	00:55:03
1015	119	António Araújo	M		VET 45	00:57:17	00:56:42
1016	1659	Hugo Jesus	M		VET 40	00:57:17	00:56:36
1017	1594	Teresa Sequeira	F		VET 40	00:57:18	00:56:21
1018	810	Liliana Correia	F	Clube Zupper	VET 35	00:57:21	00:56:53
1019	361	Alfredo Vieira	M		Juniores/Séniore	00:57:23	00:56:21
1020	214	Cosme Almeida	M		VET 35	00:57:24	00:55:33
1021	1541	Carla Sofia Silva	F		VET 40	00:57:25	00:56:26
1022	455	Tatiana Silva	F	LION RUNNERS - G. D. Leões da Guarda	Juniores/Séniore	00:57:26	00:56:20
1023	1388	Artur Pereira Romero	M		VET 60	00:57:26	00:57:19
1024	679	Paula Guedes	F	Monte dos Amigos/Juventude Ribeiras	VET 35	00:57:27	00:55:22
1025	1675	Manuel António	M		VET 50	00:57:27	00:56:42
1026	972	PAULO SOUSA	M	MILLENNIUM BCP	VET 45	00:57:28	00:55:34
1027	1355	Tiago Rodrigues	M		Juniores/Séniore	00:57:33	00:55:35
1028	1797	André Filipe de Figueiredo Almeida Lima	M	BIAL Running	VET 40	00:57:33	00:55:43
1029	1163	Ana Magalhães	F		VET 45	00:57:35	00:57:26
1030	253	Emanuel Augusto Estevão Mascarenhas	M	Águas do Porto - Casa dos Trabalhadores	VET 55	00:57:36	00:55:30
1031	1064	Helder Castro	M	Sucupira F.C	VET 40	00:57:36	00:55:28
1032	1059	pedro marques	M		VET 35	00:57:37	00:55:28
1033	1173	Filipe Nogueira	M	Os TurboMula	VET 35	00:57:39	00:55:31
1034	1557	Bronze	M		VET 50	00:57:45	00:56:47
1035	548	Pedro Santos	M	Tictime by Nixon	VET 40	00:57:48	00:55:21

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
1036	106	JORGE SOARES	M		VET 45	00:57:48	00:57:16
1037	637	Nuno Teques	M		VET 35	00:57:50	00:56:03
1038	1278	Filipe Fernandes	M		Juniores/Séniore	00:57:50	00:57:07
1039	629	Albertina Gonçalves	F	Lousada Runners	VET 35	00:57:50	00:56:44
1040	711	Ilidio Jose Ramos Vieira da Silva	M	Casanova Runners	VET 55	00:57:52	00:57:19
1041	1305	Pedro Barrias	M	Running Urbanfit / Fantasma Runners	VET 50	00:57:52	00:55:36
1042	698	Marcos Gandra	M		VET 40	00:57:52	00:56:12
1043	562	Marcelo Ferrone	M	Tictime by Nixon	Juniores/Séniore	00:57:53	00:56:49
1044	1484	Paulo Nunes	M		VET 40	00:57:53	00:56:47
1045	938	MARIANA TAVARES	F	MILLENNIUM BCP	Juniores/Séniore	00:57:53	00:56:43
1046	1416	Altino Valente	M		VET 45	00:57:54	00:56:52
1047	717	Carlos Rocha	M		Juniores/Séniore	00:57:54	00:57:27
1048	1601	Miguel Gilvaia	M		VET 40	00:57:54	00:55:29
1049	1582	Vitor Cardoso	M	atlético da madalena	Juniores/Séniore	00:57:56	00:56:27
1050	315	Patricia Cruz	F	Os Rompe Solas	Juniores/Séniore	00:57:58	00:57:16
1051	166	Jorge Queirós	M		VET 40	00:57:58	00:57:16
1052	1633	roberto teixeira	M		Juniores/Séniore	00:57:59	00:57:31
1053	1405	Sherman Pereira	M		VET 50	00:58:00	00:56:33
1054	498	Luis Vaz	M		Juniores/Séniore	00:58:00	00:57:24
1055	367	Tiago Teixeira	M	Sob Efeito Trail	Juniores/Séniore	00:58:02	00:57:56
1056	1130	Paula Oliveira	F	Juntos somos UM	VET 45	00:58:03	00:56:21
1057	795	Filipe Pereira	M	ViaMaia	Juniores/Séniore	00:58:04	00:56:44
1058	1230	Jorge Ferreira	M	Pari Passu	VET 40	00:58:05	00:56:25
1059	1487	Jose Alres	M	Jose	VET 45	00:58:06	00:56:52
1060	737	Sónia Azevedo	F		VET 35	00:58:06	00:55:28
1061	772	Sónia Sousa	F		VET 35	00:58:06	00:55:28
1062	313	SILVINA GRAÇA	F		VET 50	00:58:07	00:58:02
1063	559	Bruno Gomes	M		Juniores/Séniore	00:58:08	00:56:34
1064	476	FERNANDO GOMES	M		VET 55	00:58:13	00:57:15
1065	452	Manuel Luis Oliveira	M	Acail Ferro	VET 55	00:58:15	00:57:06
1066	1110	Eliseo Martínez	M	Werun4food	VET 35	00:58:16	00:57:18
1067	1398	Flávio De Sousa	M	#nsp_ontour	Juniores/Séniore	00:58:16	00:55:53
1068	857	Luis Gomes	M		Juniores/Séniore	00:58:18	00:57:00
1069	179	Pedro Nuno Santos Pereira	M		Juniores/Séniore	00:58:19	00:56:50
1070	202	Paula Nogueira	F	Nascidos para Correr	VET 45	00:58:19	00:56:52
1071	988	Miguel Cerqueira	M		VET 45	00:58:26	00:56:24
1072	1664	Pedro Tato	M		Juniores/Séniore	00:58:27	00:56:56
1073	1433	Nuno Tiago Almeida	M		Juniores/Séniore	00:58:27	00:56:56
1074	1102	Paula Amorim	F		VET 55	00:58:30	00:56:49
1075	420	João Ferreira	M	SISCOG - Sistemas Cognitivos	Juniores/Séniore	00:58:32	00:57:53
1076	1382	António Rufino	M		VET 35	00:58:32	00:57:31
1077	1466	Pedro Ponciano	M		Juniores/Séniore	00:58:33	00:57:02
1078	1210	Pedro Reis	M		VET 50	00:58:36	00:57:19
1079	703	José Alves	M		VET 50	00:58:37	00:56:44
1080	1554	maria luz almeida	F		VET 50	00:58:38	00:56:49



Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
1081	942	ISABEL VIEIRA	F	PORTOCARGO	VET 40	00:58:40	00:57:33
1082	1023	Dulce Neves	F	CORRER LEÇA	VET 35	00:58:43	00:57:46
1083	1087	Nuno Morgado	M	CORRER LEÇA	VET 40	00:58:43	00:57:28
1084	409	Christopher Guimaraens	M		VET 45	00:58:44	00:57:32
1085	659	Tiago Neiva	M	Monte dos Amigos/Juventude Ribeiras	VET 35	00:58:49	00:56:43
1086	497	Carmen Fagundes	F	LION RUNNERS - G. D. Leões da Guarda	VET 35	00:58:49	00:58:39
1087	1742	Gabriel Machado	M		Juniores/Séniore	00:58:50	00:56:53
1088	297	Sónia Pereira	F		VET 40	00:58:51	00:58:33
1089	1090	manuel machado	M	ama	VET 60	00:58:54	00:58:10
1090	1560	Susana Paula da Rocha Duarte	F		VET 40	00:58:55	00:57:42
1091	201	Diogo Lopes	M		VET 45	00:58:56	00:57:40
1092	852	Dulce Maia	F		VET 40	00:58:56	00:58:09
1093	1351	Vânia Pinto	F	AASM	VET 35	00:58:58	00:57:16
1094	148	Jorge Caldas	M		VET 40	00:58:59	00:57:00
1095	1344	Rui Pinto	M	AASM	VET 40	00:59:01	00:57:20
1096	1570	Mário Sérgio Dias	M		VET 55	00:59:01	00:56:58
1097	730	Elísio Pereira	M	Ripolins Grijó a Correr	VET 60	00:59:02	00:58:45
1098	1234	Graça Carvalho	F	RollingAventura#GrupoVC	VET 45	00:59:03	00:58:12
1099	1516	Sónia Pereira	F	SARunners	VET 40	00:59:04	00:57:32
1100	250	jose Moita	M	RollingAventura#GrupoVC	VET 40	00:59:04	00:58:12
1101	1350	Angelo Oliveira	M		Juniores/Séniore	00:59:06	00:56:40
1102	611	Luis Guedes	M	Dá à sola	VET 45	00:59:08	00:58:20
1103	231	PAULO CARNEIRO	M		VET 45	00:59:08	00:56:42
1104	356	Nilza Alexandra Gomes Ramião	F		Juniores/Séniore	00:59:08	00:56:43
1105	778	Ana Neves	F	Cebes Running	VET 40	00:59:08	00:57:57
1106	225	ANA PEREIRA	F		VET 35	00:59:08	00:56:42
1107	174	LUIS FERREIRA	M	NOCTURNOS DE PAREDES	VET 50	00:59:11	00:58:33
1108	1528	Miguel Camões	M		VET 35	00:59:12	00:58:24
1109	1414	Fernando Merino	M		VET 50	00:59:17	00:58:25
1110	1636	Silvio costa	M		VET 40	00:59:18	00:56:35
1111	974	JOSÉ ALVES	M	MILLENNIUM BCP	VET 45	00:59:18	00:57:25
1112	499	Adelaide Vigário	F	Gondomar Futsal Clube	VET 50	00:59:20	00:58:26
1113	909	PAULA RIBEIRO	F	MILLENNIUM BCP	VET 45	00:59:22	00:57:47
1114	904	RUI FELGUEIRAS	M	MILLENNIUM BCP	VET 45	00:59:22	00:57:47
1115	1537	Joao pintinha	M		VET 55	00:59:23	00:56:52
1116	1538	Bruno Goncalves	M		VET 35	00:59:23	00:56:52
1117	1522	BRUNO MAGNI7	M		VET 40	00:59:24	00:58:40
1118	1067	ALVARO ANTONIO SOUSA FIGUEIREDO	M		VET 50	00:59:24	00:58:48
1119	596	Filipe Sousa	M	C+ RUNNERS	VET 35	00:59:24	00:59:24
1120	337	Nuno Varela Rocha	M		VET 45	00:59:27	00:58:29
1121	1590	Clara Medeiros	F		VET 45	00:59:27	00:58:28
1122	172	Rui Sousa	M	CCDFPJ	VET 40	00:59:29	00:57:52
1123	1884	Mónica Araújo	F	Araújo	VET 35	00:59:30	00:57:27
1124	1869	Ricardo Manuel Lopes da Costa	M	Costa	VET 35	00:59:30	00:57:27
1125	1339	Joao Pedro Bragança	M	C+ RUNNERS	VET 35	00:59:33	00:56:55

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
1126	157	Artur Fonseca	M	Ruptura Total	VET 40	00:59:35	00:57:39
1127	836	Ricardo Rogério Fernandes	M	Zé de ver	Juniores/Séniore	00:59:35	00:57:14
1128	1680	Pedro Barbosa	M		Juniores/Séniore	00:59:37	00:57:58
1129	888	Bárbara Mota	F	Viriathvs Runners Viseu	Juniores/Séniore	00:59:40	00:57:42
1130	678	Bruno Rocha	M		VET 40	00:59:41	00:57:42
1131	1328	Joao remedios	M	Carapaus	VET 55	00:59:44	00:58:42
1132	1857	Joaquim costa	M	Amarante Running Team	VET 45	00:59:45	00:58:22
1133	1858	Natercia Maria teixeira	F	Amarante Running Team	VET 45	00:59:45	00:58:22
1134	918	José Braga	M	GDR Juventude das Ribeiras	VET 55	00:59:46	00:59:39
1135	1619	José Pires	M		VET 35	00:59:48	00:57:14
1136	756	Ana Silva	F	Spin&Run Esposende	VET 35	00:59:49	00:58:28
1137	1272	Paulo Matos	M		VET 35	00:59:51	00:59:04
1138	288	Paula Sousa	F	Running Esmoriz	VET 45	00:59:52	00:58:40
1139	369	Sara Salvador	F		VET 35	00:59:53	00:58:51
1140	894	Alexandre Monteiro	M		VET 45	00:59:53	00:58:25
1141	744	Duarte Duarte	M	Running Urbanfit / Fantasma Runners	VET 40	00:59:54	00:59:07
1142	694	Isabel Monteiro	F	Clube de Veteranos do Porto	VET 45	00:59:55	00:59:55
1143	1295	Antonio Jorge Ferreira Oliveira Gomes	M		VET 50	00:59:56	00:58:12
1144	254	Heliana Sá	F	Running Esmoriz	Juniores/Séniore	00:59:56	00:58:44
1145	1370	Vera Martins Soares Holtreman Roquette	F		VET 50	00:59:57	00:58:32
1146	1097	Rita Coimbra	F		VET 40	01:00:02	00:57:43
1147	1151	Izabel Ferreira Lopez Correia	F	Team Shark	VET 55	01:00:04	00:59:05
1148	417	Hugo Dias	M	SISCOG - Sistemas Cognitivos	VET 35	01:00:05	00:59:27
1149	807	Paulo Marú	M		VET 45	01:00:06	00:58:20
1150	781	Bruno Meira	M	Spin&Run Esposende	VET 35	01:00:07	00:58:45
1151	293	rui machado	M		VET 50	01:00:08	00:59:53
1152	1658	Pedro Pereira	M		VET 40	01:00:09	00:59:19
1153	1657	Filipa Pimenta	F		VET 40	01:00:09	00:59:19
1154	526	Fernando Cunha	M	hsantamariart	VET 55	01:00:10	00:58:27
1155	520	Eduardo Ferreira	M	hsantamariart	VET 35	01:00:10	00:58:16
1156	1651	Rui Mário Andrade Lázaro	M	Trailistas "Eu é que Sei!"	VET 35	01:00:15	00:58:44
1157	1728	Claudia Cunha	F		VET 45	01:00:15	00:59:09
1158	901	Eugénio Oliveira	M		VET 45	01:00:15	00:58:01
1159	145	Susana Reis	F	CCDFPJP	VET 40	01:00:16	00:58:39
1160	159	Susana Matias	F		VET 40	01:00:17	00:58:41
1161	1593	Débora Cardoso	F		VET 45	01:00:18	00:59:20
1162	385	Raquel Cunha Pacheco	F		Juniores/Séniore	01:00:23	00:58:08
1163	1065	João Gomes	M		Juniores/Séniore	01:00:23	00:58:08
1164	603	Sérgio Ferreira	M		VET 35	01:00:24	00:58:02
1165	801	João Duarte	M		VET 50	01:00:24	00:58:02
1166	831	CECILIA RODRIGUES	F	MILLENNIUM BCP	Juniores/Séniore	01:00:30	00:59:25
1167	827	SERGIO RODRIGUES	M	MILLENNIUM BCP	Juniores/Séniore	01:00:31	00:59:25
1168	1154	André Fangueiro	M	Os mancos	Juniores/Séniore	01:00:31	00:59:25
1169	541	Mário Ribeiro	M	Gondomar Futsal Clube	VET 45	01:00:36	00:59:42
1170	1354	Serafim Sousa	M		Juniores/Séniore	01:00:37	00:58:11

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
1171	712	Paula Coelho	F		VET 45	01:00:37	00:58:57
1172	1410	Herlander Marques	M		Juniores/Séniore	01:00:37	00:59:13
1173	1317	Hugo Alves	M	Vamos ver se conseguimos	VET 35	01:00:38	00:58:55
1174	355	Rui Barbosa	M	ExSedentários	VET 35	01:00:38	00:59:23
1175	1543	André Sá Rodrigues	M	2 non blondes	Juniores/Séniore	01:00:40	00:59:43
1176	1544	Pedro Cacho Rodrigues	M	2 non blondes	Juniores/Séniore	01:00:40	00:59:43
1177	1129	Alice Magalhães	F	100meta	VET 45	01:00:42	01:00:16
1178	561	Isabel Silva	F	Ir2017	VET 45	01:00:44	01:00:12
1179	1725	Bruno Sérgio Alves da Silva	M	Clube do Pessoal EDP - Delegação de Gaia	VET 35	01:00:44	00:58:51
1180	556	Rui Mendonça	M	Ir2017	VET 55	01:00:45	01:00:13
1181	1399	João Fontelo	M		VET 35	01:00:45	00:58:51
1182	109	Paulo cardoso	M		VET 45	01:00:45	00:59:05
1183	360	Nuno Santos	M		VET 35	01:00:46	00:55:32
1184	1149	Fátima Almeida	F	STCP Runners	VET 45	01:00:47	00:59:06
1185	1251	Domingos Faustino	M	STCP Runners	VET 45	01:00:48	00:59:04
1186	1546	Jorge Ramod	M		VET 50	01:00:48	00:59:54
1187	551	Sérgio Pereira	M	Gondomar Futsal Clube	VET 35	01:00:50	01:00:32
1188	754	PEDRO RIBEIRO	M		VET 35	01:00:50	00:58:55
1189	760	LAURA PINTO	F		VET 40	01:00:50	00:58:56
1190	500	Sérgio Santos	M	Locomotiva de Paranhos	Juniores/Séniore	01:00:51	00:59:23
1191	948	MANUEL PEREIRA	M	PORTOCARGO	VET 50	01:00:53	00:59:46
1192	196	jorge saraiva	M		VET 55	01:00:54	00:59:11
1193	1224	Tiago Janeira	M	Barca Velha 1983	VET 40	01:00:56	00:59:07
1194	1227	Rodrigo Sá	M	Barca Velha 1983	VET 40	01:00:56	00:59:07
1195	1588	Adriana salgado	F		Juniores/Séniore	01:00:56	00:59:41
1196	289	Francisco Saraiva	M	CGEN	VET 35	01:00:57	00:58:59
1197	687	Rui Pedro de Carvalho Ferreira Nogueira	M		VET 40	01:01:00	00:59:03
1198	798	Octávio Frutuoso	M	Lebre 10	VET 35	01:01:01	00:58:18
1199	817	jose abreu	M	GRUPO DESPORTIVO LEÕES DE VENEZA	VET 60	01:01:02	01:00:17
1200	357	Cecília Sá	F	Centro Atletismo Porto	VET 50	01:01:04	01:00:04
1201	1131	Marco Cunha	M	Centro Atletismo Porto	VET 40	01:01:04	01:00:04
1202	1786	Cátia Sofia dos Santos Batista	F	BIAL Running	Juniores/Séniore	01:01:05	00:59:10
1203	1261	Pedro Santos	M	Pari Passu	VET 40	01:01:10	00:59:31
1204	816	Joaquim José Brandão da Rocha	M		VET 40	01:01:11	00:59:58
1205	619	Sílvia Monteiro	F		VET 50	01:01:11	00:59:28
1206	1799	Fernando Nicolau Almeida	M		VET 45	01:01:13	01:00:19
1207	1457	miguel andrade	M		Juniores/Séniore	01:01:14	00:59:09
1208	1458	Ana leite	F		Juniores/Séniore	01:01:14	00:59:09
1209	821	ANSELMO PINTO	M	MILLENNIUM BCP	VET 55	01:01:18	01:01:06
1210	1019	Duarte Costa	M	CORRER LEÇA	Juniores/Séniore	01:01:21	01:00:18
1211	1015	Cândida Bento	F	CORRER LEÇA	VET 35	01:01:21	01:00:23
1212	582	Mariana Cristina Folgado Dias	F		Juniores/Séniore	01:01:23	01:01:10
1213	1712	Kika Martins	F	MSS CONTABILIDADE	VET 40	01:01:25	00:59:29
1214	1887	Paulo Jorge Sousa da Silva	M		Juniores/Séniore	01:01:30	00:59:54
1215	1513	Iven Duarte	M		Juniores/Séniore	01:01:34	00:59:11

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
1216	303	Sandra Aguiar	F	Salgueiros running	VET 40	01:01:36	01:01:21
1217	790	Cristina Carvalho	F	ViaMaia	VET 35	01:01:37	01:01:37
1218	1778	AUSPICIO FERNANDES	M	G.D. SANTANDER TOTTA	VET 60	01:01:41	01:01:18
1219	473	Carlos Silva	M	ViaMaia	VET 50	01:01:42	01:00:20
1220	799	José Carlos	M	ViaMaia	VET 45	01:01:42	01:00:18
1221	740	Mónica Vilela	F	Running Urbanfit / Fantasma Runners	VET 35	01:01:43	01:00:57
1222	797	Joana Vilela	F		Juniores/Séniore	01:01:43	01:00:57
1223	785	maria horta	F	Invicta Runners Team	VET 55	01:01:47	01:01:30
1224	1825	Carlos Veloso	M	SIIGA	VET 35	01:01:47	01:00:45
1225	720	Luis Campos	M		VET 35	01:01:48	00:59:25
1226	728	Tiago Costa	M		VET 35	01:01:48	00:59:25
1227	1409	Ana Teixeira	F	Centro Atletismo Porto	VET 50	01:01:49	01:00:32
1228	1607	Paulo Saúl	M	Lesados dos Frends	VET 40	01:01:50	00:59:26
1229	210	Maria de Lurdes Gomes Pereira	F	Grupo desportivo da Limpeza Urbana	VET 40	01:01:51	00:59:37
1230	206	António Manuel da Silva Celeste	M	Grupo desportivo da Limpeza Urbana	VET 50	01:01:51	00:59:38
1231	112	João Almeida	M	CA RUNNERS	VET 40	01:01:53	00:59:25
1232	1447	Serafim Coutinho	M	Asphalt Assault Team	VET 60	01:01:53	01:01:12
1233	1216	Luís Lima	M		Juniores/Séniore	01:01:55	00:59:26
1234	1302	José Maria de Araújo Teixeira	M		VET 50	01:01:55	00:59:33
1235	1213	Daniel Filipe Costa Teixeira	M		Juniores/Séniore	01:01:55	00:59:34
1236	1080	José Fonseca	M		VET 55	01:01:56	01:00:20
1237	1762	Adelino João Cocelo Linheiro	M		VET 50	01:01:56	01:00:12
1238	1408	Rogério Braga	M		Juniores/Séniore	01:01:57	00:59:45
1239	1647	Ruben Andrade	M		Juniores/Séniore	01:02:01	00:59:41
1240	1683	Paulo José silva Almeida	M		VET 50	01:02:03	01:01:27
1241	615	Pedro Miguel Baltazar Martins	M		VET 40	01:02:03	00:59:48
1242	436	André Filipe Lopes Augusto	M	Clube Portugal Telecom Zona Norte	VET 35	01:02:04	01:00:29
1243	1812	Raul Macedo (eu)	M	Raul Macedo (eu)	VET 50	01:02:04	01:00:39
1244	1640	Elsa Costa	F		VET 35	01:02:05	01:00:40
1245	1329	MARIA HELENA MAIA	F	MARMEDSA	VET 55	01:02:05	01:01:45
1246	1483	Vítor Hugo Pinto	M	Máquina_3	Juniores/Séniore	01:02:06	00:59:30
1247	958	FILIPA COSTA	F	MILLENNIUM BCP	Juniores/Séniore	01:02:06	00:59:53
1248	1482	Pedro Miguel Relvas	M	Máquina_3	Juniores/Séniore	01:02:07	00:59:30
1249	1833	Angelo Barbosa	M	Team SIM Running	VET 40	01:02:07	01:00:05
1250	1211	Amelia Sousa	F		VET 45	01:02:10	01:01:46
1251	154	RUI CUNHA	M		VET 50	01:02:12	01:00:05
1252	1789	Zulmira Alexandra N. F. C. Santos Marinho	F	BIAL Running	VET 35	01:02:13	01:00:16
1253	494	Nuno Escudeiro	M		VET 50	01:02:14	01:00:56
1254	274	José Andrade	M	Running Esmoriz	VET 45	01:02:15	01:01:31
1255	1309	Tomás Silva	M		VET 35	01:02:17	01:01:06
1256	1606	Paula Miranda	F	Equipa Maravilha	VET 45	01:02:18	01:00:15
1257	1605	Carla Coelho	F	Equipa Maravilha	VET 40	01:02:18	01:00:15
1258	1481	Filipe Afonso Marques	M	Máquina_3	Juniores/Séniore	01:02:21	00:59:44
1259	1084	Nelma Oliveira	F	CORRER LEÇA	VET 35	01:02:23	01:00:12
1260	504	Ana Sousa	F	Gondomar Futsal Clube	VET 50	01:02:23	01:01:29

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
1261	542	Carlos Begonha	M	Tictime by Nixon	VET 35	01:02:24	00:59:58
1262	1073	Carla Cotas	F		Juniores/Séniore	01:02:24	01:00:51
1263	1270	joaquim teixeira	M	Motorsport	VET 40	01:02:25	01:00:12
1264	564	Mário Branquinha	M		VET 55	01:02:26	01:01:38
1265	947	Albina Vieira	F	GDR Juventude das Ribeiras	VET 50	01:02:28	01:01:18
1266	800	Sérgio Torres	M		VET 35	01:02:32	01:01:46
1267	273	Natália da Conceição Sampaio da Silva	F		VET 40	01:02:33	01:00:44
1268	627	Ana Faria	F		Juniores/Séniore	01:02:33	01:01:46
1269	1735	Lúcio Gomes	M		Juniores/Séniore	01:02:34	01:00:55
1270	1667	Antonio pires	M		VET 55	01:02:35	01:01:01
1271	141	paulo ramada	M		VET 40	01:02:45	01:02:31
1272	854	Pedro Silva	M		VET 35	01:02:51	01:00:51
1273	1777	Valter Cardoso	M		VET 40	01:02:51	01:00:51
1274	1038	Paulo Faria	M		Juniores/Séniore	01:02:54	00:53:48
1275	1610	André Almeida	M	Lesados dos Frends	VET 35	01:02:58	01:00:34
1276	1561	Sara Coelho	F		VET 35	01:03:00	01:01:47
1277	1806	Cristina Ribeiro	F		VET 45	01:03:00	01:00:59
1278	696	Nânci Filipa da Rocha Bôto	F	Correr Lisboa	Juniores/Séniore	01:03:03	01:02:14
1279	135	Pedro Castro	M		Juniores/Séniore	01:03:03	01:01:48
1280	1119	Alexandra Pereira	F	CORRER LEÇA	VET 35	01:03:04	01:02:18
1281	1392	Tiago Lages	M		Juniores/Séniore	01:03:06	01:02:32
1282	162	Carlos cabouco	M	BootRunning	VET 45	01:03:08	01:00:46
1283	845	PAULA CARVALHO	F	MILLENNIUM BCP	VET 45	01:03:14	01:01:48
1284	825	jorge santos	M		VET 55	01:03:16	01:01:09
1285	227	Rute Couto	F	Nascidos para Correr	Juniores/Séniore	01:03:18	01:02:57
1286	1563	José Carlos Lascasas	M	Gondomar Futsal Clube	Juniores/Séniore	01:03:18	01:02:58
1287	1646	Daniela Mendonça	F	Gaia-Running	VET 40	01:03:20	01:02:16
1288	1671	Filipe Manuel Amorim Carvalho	M	Terminators	Juniores/Séniore	01:03:21	01:02:27
1289	1578	JOÃO DUARTE	M	Zé de ver	Juniores/Séniore	01:03:24	01:01:03
1290	1219	Pedro Pereira	M		VET 40	01:03:24	01:01:57
1291	1223	Rute Pereira	F		VET 35	01:03:25	01:01:57
1292	1739	Nuno Andrade	M		Juniores/Séniore	01:03:25	01:03:14
1293	709	Sana	F	RPL	VET 35	01:03:26	01:02:45
1294	832	José Eduardo Ferreira de Sousa	M	Docapesca-Porto e Lotas, S.A. - Carapaus de Corrida	VET 45	01:03:26	01:01:56
1295	403	Pedro Cirne	M		VET 45	01:03:28	01:01:13
1296	575	Ana Rito	F		VET 40	01:03:28	01:02:29
1297	1369	Carolina Holtreman Roquette de Azevedo Miranda	F		Juniores/Séniore	01:03:29	01:02:03
1298	1542	Hugo Campos	M		VET 35	01:03:32	01:02:03
1299	1530	Liliana Magalhães	F	Mountain runners	Juniores/Séniore	01:03:33	01:01:27
1300	1281	Helder Camilo	M	Moinhos -Run ADRM	Juniores/Séniore	01:03:34	01:01:28
1301	291	Vítor Meireles	M		VET 60	01:03:36	01:02:01
1302	1686	Fernanda Bento	F	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 55	01:03:41	01:03:34
1303	1609	Pedro Costa	M	Lesados dos Frends	VET 35	01:03:44	01:01:23
1304	1198	Rui Costa	M	rmcosta	VET 50	01:03:45	01:02:56
1305	1201	Gustavo Costa	M	rmcosta	Juniores/Séniore	01:03:45	01:02:56

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
1306	1784	Ana Paula M. Costa Folhadela Simões	F	BIAL Running	VET 50	01:03:56	01:02:06
1307	263	Teresinha Castro	F	Nascidos para Correr	VET 35	01:03:57	01:03:49
1308	437	Licínio Sousa	M	LION RUNNERS - G. D. Leões da Guarda	VET 35	01:03:58	01:02:49
1309	1127	Hugo Peixoto	M		VET 40	01:04:06	01:01:51
1310	296	Isabel Susana dos Santos Lemos	F	APDL	VET 40	01:04:09	01:03:30
1311	301	Helder Marco dos Santos Ferreira	M		VET 35	01:04:10	01:03:30
1312	1148	Cláudia Colmonero	F		VET 40	01:04:13	01:02:48
1313	244	Mário Antunes	M		VET 60	01:04:14	01:03:21
1314	979	Paulo César Loureiro Rodrigues	M		VET 40	01:04:14	01:01:49
1315	1780	marcelo Tobo	M		VET 50	01:04:17	01:02:56
1316	933	JOSÉ TAVARES	M	MILLENNIUM BCP	VET 55	01:04:17	01:03:03
1317	654	Andreia Dias	F	Monte dos Amigos/Juventude Ribeiras	VET 40	01:04:18	01:02:13
1318	691	Oriana Ana Ferraz Moreira	F	PUPI Adventure Sports Team	Juniores/Séniore	01:04:18	01:02:38
1319	826	Paulo Nova	M		Juniores/Séniore	01:04:26	01:03:10
1320	381	Ricardo Jorge Maia Couto Alecrim	M		VET 45	01:04:26	01:03:11
1321	375	Rui Campos	M	Já T'Apanho	VET 35	01:04:31	01:02:45
1322	379	Paula Lopes Campos	F	Já T'Apanho	VET 35	01:04:31	01:02:44
1323	946	Sofia Nunes	F		Juniores/Séniore	01:04:32	01:02:03
1324	182	Rui Sá	M	10TEMIDOS	VET 40	01:04:34	01:02:49
1325	951	Manuel Nunes	M		VET 55	01:04:36	01:02:06
1326	977	Sérgio Paiva	M		VET 45	01:04:37	01:03:16
1327	382	Rui Mesquita	M	ViaMaia	VET 50	01:04:46	01:03:25
1328	325	José Manuel da Silva Barbosa	M		VET 35	01:04:54	01:03:27
1329	1455	Pedro Magalhães	M		VET 35	01:04:54	01:02:53
1330	731	Ana Vaz	F	Equipa A.N.A.	VET 45	01:04:54	01:02:53
1331	512	António José Queiroz	M	Gondomar Futsal Clube	VET 55	01:04:55	01:04:02
1332	1512	Francisca Maria Granwehr de Sousa	F		VET 45	01:04:58	01:03:04
1333	1783	Paulo Miguel Simões Lopes Marques	M	BIAL Running	VET 45	01:04:59	01:03:02
1334	260	Joaquim José Soares Silva	M	Águas do Porto - Casa dos Trabalhadores	VET 50	01:05:01	01:02:49
1335	1029	Daniel Terra	M		Juniores/Séniore	01:05:01	01:03:53
1336	194	Teresa Lima	F		VET 40	01:05:03	01:03:52
1337	207	Daniela Pinheiro	F		VET 40	01:05:03	01:03:52
1338	1507	Rui Madeira	M	Yilport	VET 50	01:05:06	01:04:10
1339	1133	Patrícia Rocha	F	CORRER LEÇA	VET 40	01:05:11	01:03:51
1340	1514	Diogo Gonçalves	M		Juniores/Séniore	01:05:12	01:04:30
1341	1886	Cláudia Raquel da Silva Ribeiro	F		Juniores/Séniore	01:05:13	01:03:37
1342	1716	Miguel Augusto	M	Os Pirilampos	VET 40	01:05:18	01:02:54
1343	1717	Jose Gonçalves	M	Os Pirilampos	VET 50	01:05:18	01:02:54
1344	1103	Álvaro Pereira	M		VET 35	01:05:19	01:03:36
1345	1656	Leonildo Pires Pinho	M		VET 35	01:05:20	01:03:17
1346	851	Ricardo Lascasas	M		VET 35	01:05:22	01:03:11
1347	1120	Julia Foster	F		Juniores/Séniore	01:05:25	01:04:19
1348	1441	Adriana Gravato	F		VET 45	01:05:27	01:03:39
1349	175	André Gonçalves	M	GOPINHOS MIMELHOS	Juniores/Séniore	01:05:28	01:02:59
1350	702	Isabel Costa	F	Costa	Juniores/Séniore	01:05:32	01:03:24

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
1351	1181	Agostinho Azevedo	M		VET 60	01:05:33	01:03:49
1352	713	Joana Fernandes	F		Juniores/Séniore	01:05:34	01:03:22
1353	1503	Luis Silva	M	Team RiSo	VET 45	01:05:34	01:03:52
1354	1501	joan wilson	F	Team RiSo	VET 50	01:05:34	01:03:51
1355	101	Luisa Almeida	F		Juniores/Séniore	01:05:35	01:03:12
1356	1342	Daniela Monteiro	F		Juniores/Séniore	01:05:35	01:03:13
1357	1673	Jorge Correia	M		VET 60	01:05:38	01:03:49
1358	388	Inacio Barbara	M	ViaMaia	VET 45	01:05:39	01:04:17
1359	1597	Maria Silvia Hewett	F		VET 45	01:05:39	01:03:47
1360	449	Andreia Santos	F	LION RUNNERS - G. D. Leões da Guarda	VET 35	01:05:41	01:04:34
1361	550	Helena Sá Pombares	F		Juniores/Séniore	01:05:41	01:03:14
1362	545	Ana Rocha	F		VET 35	01:05:42	01:03:14
1363	1611	Manel Fernandes Silva	M	Lesados dos Frends	VET 40	01:05:54	01:03:29
1364	1819	Luis Baptista	M	Mexer é Viver	Juniores/Séniore	01:05:54	01:03:22
1365	1155	Ângela Sousa	F		VET 40	01:05:55	01:03:37
1366	1511	Lia Costas	F		VET 40	01:05:55	01:03:37
1367	1238	Sofia Gomes	F	Gaia-Running	VET 45	01:05:57	01:04:54
1368	346	Ricardo Jorge Vale Moreira	M	MCCB Crew	Juniores/Séniore	01:05:58	01:03:50
1369	1622	Cristóvão Paço Casal	M	Casal	VET 35	01:05:58	01:05:06
1370	819	Eugénio Gonçalves	M		VET 50	01:05:59	01:03:37
1371	1420	ana norim	F		VET 45	01:06:08	01:05:57
1372	856	fernandina ribeiro	F		VET 35	01:06:09	01:04:48
1373	458	Nuno Vasconcelos	M	Invicta Runners Team	VET 35	01:06:19	01:05:55
1374	1109	Sandra Morgado	F	CORRER LEÇA	VET 40	01:06:19	01:05:21
1375	925	domingos soares	M		VET 55	01:06:20	01:05:20
1376	1715	Joaquim Santos	M	"OS PRESSINHAS"	VET 60	01:06:21	01:05:14
1377	1539	Jorge Soares	M		VET 40	01:06:22	01:03:51
1378	1540	jose pinto	M		VET 45	01:06:22	01:03:50
1379	1311	Luisa Pereira	F	CORRER LEÇA	VET 50	01:06:22	01:04:14
1380	1373	Óscar Rodrigues	M	On the Run	Juniores/Séniore	01:06:24	01:04:39
1381	1372	Ângela Santos	F	On the Run	Juniores/Séniore	01:06:25	01:04:39
1382	1837	Vitor João M.A.Barros	M	Team SIM Running	Juniores/Séniore	01:06:27	01:04:25
1383	1700	Ângela Daniela Jesus Silva	F	CEiiA Extramile	Juniores/Séniore	01:06:27	01:00:52
1384	1701	Pedro José Raposo Martins	M	CEiiA Extramile	VET 35	01:06:28	01:00:53
1385	168	Fátima Lopes	F	Trofa Runners	VET 60	01:06:32	01:05:39
1386	1519	João Soares	M	Runners On Fire-BVValadares	VET 40	01:06:33	01:05:16
1387	1217	Jose matos	M		VET 40	01:06:36	01:02:58
1388	1000	VIRGINIA PIRES	F	MILLENNIUM BCP	VET 45	01:06:41	01:06:16
1389	1239	joao lopes	M		VET 35	01:06:57	01:05:47
1390	1118	Paulo Fernandes	M		VET 35	01:06:58	01:05:39
1391	522	Arnaldo	M		VET 55	01:07:09	01:06:43
1392	835	RUI MARTINS	M	MILLENNIUM BCP	VET 50	01:07:13	01:05:23
1393	697	Maria Ernestina	F	Nós Conseguimos	VET 35	01:07:14	01:06:44
1394	1400	Maria Fernanda da Silva Marques	F		VET 40	01:07:16	01:05:29
1395	1402	Rui Brochado	M		VET 55	01:07:16	01:05:30

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
1396	716	Antonio Teixeira	M		VET 55	01:07:16	01:05:31
1397	1401	Roque Agostinho de Lemos Martins	M		VET 50	01:07:17	01:05:31
1398	982	Joaquina Martins	F	"OS PRESSINHAS"	VET 55	01:07:18	01:05:13
1399	1407	Bruno Rodrigues	M	OJOGO	VET 40	01:07:18	01:05:49
1400	1099	abilio brandao	M		VET 60	01:07:19	01:04:53
1401	1847	Emanuel José Correia Silva	M	Team SIM Running	Juniores/Séniore	01:07:19	01:06:47
1402	595	Sara Fafiães	F		Juniores/Séniore	01:07:20	01:05:43
1403	1660	Teresa Maria Fonseca Cruz Gomes	F		VET 50	01:07:24	01:05:45
1404	1126	Miguel Rocha	M	CORRER LEÇA	VET 45	01:07:27	01:06:41
1405	241	Carina Silva	F		VET 35	01:07:32	01:05:23
1406	149	Lara Delgado	F		VET 35	01:07:36	01:05:38
1407	1170	Ana Paula Alves	F		VET 50	01:07:37	01:05:23
1408	719	Maria Luisa Barbosa dos Santos Freitas	F		VET 55	01:07:38	01:06:15
1409	1307	Barbara Gonçalves	F		Juniores/Séniore	01:07:40	01:06:54
1410	1299	Rosa Bispo	F		VET 55	01:07:40	01:05:30
1411	122	Ana Lúcia Martins Monteiro	F		Juniores/Séniore	01:07:40	01:06:55
1412	617	Armando José de OLiveira	M		Juniores/Séniore	01:07:43	01:05:54
1413	256	jose Freitas	M	RollingAventura#GrupoVC	VET 50	01:07:45	01:06:53
1414	475	Raquel Santos	F	LION RUNNERS - G. D. Leões da Guarda	VET 35	01:07:51	01:06:47
1415	477	Filipa Ferreira	F		Juniores/Séniore	01:07:52	01:06:44
1416	470	Ricardo Freitas	M	LION RUNNERS - G. D. Leões da Guarda	Juniores/Séniore	01:07:54	01:06:50
1417	1139	Isabel Almeida	F	CORRER LEÇA	Juniores/Séniore	01:07:54	01:06:34
1418	1383	Sara Barbosa	F		Juniores/Séniore	01:07:59	01:06:35
1419	1384	Fabio Silva	M		Juniores/Séniore	01:07:59	01:06:35
1420	164	Manuela Silva	F	Nascidos para Correr	VET 45	01:08:00	01:07:24
1421	1393	Ana brito	F		Juniores/Séniore	01:08:02	01:07:28
1422	537	José Terra Seca	M	Tictime by Nixon	VET 40	01:08:02	01:05:37
1423	1678	José Paulo Castro Neves	M	Nascidos para Correr	Juniores/Séniore	01:08:03	01:07:13
1424	1836	Ricardo Correia	M	Team SIM Running	Juniores/Séniore	01:08:06	01:06:04
1425	338	Rui Sérgio Vale Moreira	M	MCCB Crew	VET 35	01:08:15	01:06:04
1426	688	fátima lopes	F		VET 40	01:08:21	01:04:43
1427	878	RAQUEL MENDES	F	MILLENNIUM BCP	Juniores/Séniore	01:08:35	01:06:37
1428	1642	RUI CORREIA	M	CIRES RUNNING TEAM	VET 50	01:08:36	01:06:21
1429	1363	Nair Pires	F	CA BOLTS	VET 35	01:08:37	01:07:28
1430	406	agostinho vasconcelos	M		VET 60	01:08:43	01:07:15
1431	176	João Araújo	M		VET 35	01:08:48	01:04:36
1432	128	Carlos Vilela	M		VET 40	01:08:48	01:04:36
1433	1141	Márcio Barbosa	M		VET 35	01:08:49	01:04:37
1434	1618	Joana Vidal	F		Juniores/Séniore	01:08:54	01:06:20
1435	434	paulina soares	F		VET 50	01:08:54	01:06:18
1436	1263	paula oliveira	F		VET 40	01:09:00	01:07:47
1437	1842	Pedro Mateus	M	Team SIM Running	Juniores/Séniore	01:09:03	01:06:40
1438	1844	Luis Oliveira	M	Team SIM Running	Juniores/Séniore	01:09:03	01:06:39
1439	1849	Irineu de Deus Fernandes	M	Team SIM Running	VET 60	01:09:03	01:07:02
1440	1835	Rubem Fernando Rolão	M	Team SIM Running	Juniores/Séniore	01:09:03	01:06:40



Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
1441	1391	Carlos Cardoso	M		Juniores/Séniiores	01:09:07	01:08:35
1442	1175	Cátia Filipa Silva Beirão	F		Juniores/Séniiores	01:09:13	01:07:13
1443	1171	João Manuel Lemos Rebelo	M		Juniores/Séniiores	01:09:13	01:07:13
1444	1702	Gonçalo Bento	M		Juniores/Séniiores	01:09:15	01:06:31
1445	377	Eduardo Passos	M	Ripolins Grijó a Correr	VET 60	01:09:16	01:08:29
1446	657	rui pinheiro	M		VET 35	01:09:25	01:08:27
1447	1662	Sérgio Paulo Ribeiro Correia	M		VET 35	01:09:31	01:08:50
1448	1870	Ezequiel Romão	M		VET 45	01:09:34	01:07:30
1449	898	Maria Alves	F	TEAM SHARK	VET 50	01:09:34	01:07:36
1450	1028	Edite Gonçalves	F	CORRER LEÇA	Juniores/Séniiores	01:09:35	01:08:30
1451	1061	José Carlos Fernandes	M	CORRER LEÇA	VET 45	01:09:47	01:07:37
1452	1711	Ana Duarte	F	MSS CONTABILIDADE	VET 45	01:09:51	01:07:53
1453	1001	Nini Costa	F	Manos	VET 40	01:09:56	01:08:04
1454	995	Luis Bessa	M	Manos	VET 40	01:09:56	01:08:04
1455	919	Nuno Nunes	M	As Leceiras	VET 40	01:09:57	01:09:13
1456	975	Ana Teixeira	F	As Leceiras	VET 35	01:09:57	01:09:14
1457	502	Eugénia Paula Moutinho Santos	F		VET 40	01:09:58	01:07:40
1458	531	Paulo Terra Seca	M	Tictime by Nixon	VET 45	01:10:01	01:07:35
1459	620	Liliana Baía	F		Juniores/Séniiores	01:10:02	01:09:39
1460	660	Salette Vila pouca	F	Friendsrunning Pro Oliveira	VET 45	01:10:03	01:09:00
1461	1063	Liliana Coelho	F		VET 35	01:10:03	01:07:59
1462	1053	Francisco Gomes	M	Shots International Runners	VET 40	01:10:04	01:08:22
1463	1082	Marisa Silva	F	CORRER LEÇA	VET 40	01:10:04	01:09:06
1464	399	susana vasconcelos	F		VET 40	01:10:05	01:08:37
1465	829	Cristina Silva	F	Porto Sentido Runners	VET 45	01:10:17	01:09:27
1466	1247	Isabel Ferraz	F	Porto Sentido Runners	VET 45	01:10:17	01:09:27
1467	689	Mara Marinha	F	Xau aí	Juniores/Séniiores	01:10:18	01:08:27
1468	1848	Nelson Manuel Frontoura	M	Team SIM Running	VET 40	01:10:19	01:08:18
1469	846	Pedro Tavares	M		VET 40	01:10:22	01:08:12
1470	1056	Jorge Gomes	M	CORRER LEÇA	VET 45	01:10:23	01:08:07
1471	1751	Marta Alexandra Pimenta Soares da Silva	F		Juniores/Séniiores	01:10:26	01:08:22
1472	1556	Isabel Cristina Parada Carapuço	F		VET 45	01:10:26	01:09:06
1473	1654	Pedro Lopes	M	C+Runners	Juniores/Séniiores	01:10:26	01:07:48
1474	110	Jorge Freitas	M		VET 60	01:10:28	01:09:55
1475	648	neto alberto	M		VET 60	01:10:30	01:09:59
1476	197	Liliana Cruz	F	Black'n'white	Juniores/Séniiores	01:10:33	01:08:17
1477	1558	Daniela Pereira	F		Juniores/Séniiores	01:10:33	01:09:53
1478	1787	Andreia Manuela Ribeiro Guimarães	F	BIAL Running	Juniores/Séniiores	01:10:34	01:10:05
1479	1846	Carlos Fernandes	M	Team SIM Running	VET 50	01:10:48	01:08:21
1480	1885	Artur Moreira	M		VET 45	01:10:57	01:10:11
1481	1524	Filomena Correia	F	OPraticante.pt	VET 60	01:10:57	01:10:44
1482	1289	Gil Nascimento	M		Juniores/Séniiores	01:10:58	01:09:21
1483	589	Márcia Santos	F		Juniores/Séniiores	01:10:58	01:09:22
1484	752	Fernando Fontes	M		VET 45	01:10:58	01:07:47
1485	547	Vivian Luiz Coco	F		Juniores/Séniiores	01:11:30	01:10:51

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
1486	675	Fernando Torres da Silva Canário	M		VET 60	01:11:31	01:09:28
1487	1002	Sandra Ferreira	F		VET 40	01:11:31	01:10:05
1488	1485	Magda Rodrigues Martins	F		Juniores/Séniore	01:11:40	01:10:17
1489	1331	Nuno Filipe Carvalho	M		Juniores/Séniore	01:11:40	01:10:20
1490	1486	Vitor Rafael Machado Fernandes	M		VET 35	01:11:41	01:10:17
1491	997	Ana Duarte	F	CORRER LEÇA	VET 35	01:11:46	01:10:48
1492	453	Daniela Ferreira	F	Os Ferreiras	VET 40	01:11:47	01:11:47
1493	236	Maria Adelina Almeida	F		VET 55	01:11:52	01:10:03
1494	1699	Paula Oliveira	F		VET 40	01:11:57	01:10:48
1495	107	Ana Luz	F		Juniores/Séniore	01:11:59	01:09:37
1496	1325	Sabrina Videira	F		Juniores/Séniore	01:11:59	01:09:38
1497	1473	marcia mendes	F		Juniores/Séniore	01:12:13	01:12:00
1498	226	Patrícia silva	F	RPL	Juniores/Séniore	01:12:14	01:11:34
1499	1580	SUSANA MARIA CASTRO	F		VET 45	01:12:20	01:10:29
1500	1577	Mariana Pauperio	F		Juniores/Séniore	01:12:20	01:10:28
1501	914	Joana Duarte Lopes	F		Juniores/Séniore	01:12:24	01:11:15
1502	842	Paula Cardoso	F		VET 35	01:12:50	01:12:17
1503	1300	José dara	M		VET 60	01:12:52	01:10:49
1504	456	Paulo Amorim	M		Juniores/Séniore	01:12:53	01:11:07
1505	126	Lilian Palermo	F		VET 50	01:12:56	01:12:20
1506	553	Emanuel Costa	M	Tictime by Nixon	VET 35	01:12:58	01:10:31
1507	557	Célia Magalhães	F	Tictime by Nixon	VET 35	01:12:58	01:10:30
1508	726	Mike Rodrigues	M		VET 40	01:12:59	01:11:10
1509	444	Ana Costa	F	LION RUNNERS - G. D. Leões da Guarda	VET 35	01:13:01	01:11:55
1510	1034	Alberto José Ferreira	M		VET 60	01:13:01	01:10:41
1511	484	Bruno Batista	M	LION RUNNERS - G. D. Leões da Guarda	Juniores/Séniore	01:13:01	01:11:56
1512	1871	Nuno Alexandre Guimarães Teixeira	M	Paulo D'Ávila Runners	VET 45	01:13:08	01:11:30
1513	1877	Pedro Miguel de Azevedo Teixeira	M	Paulo D'Ávila Runners	Juniores/Séniore	01:13:08	01:11:29
1514	1242	Andreia Ribeiro	F		VET 40	01:13:12	01:11:21
1515	1630	Teresa Susana dos Santos Cruz	F		VET 40	01:13:20	01:12:53
1516	350	Isabel Sousa	F	MCCB Crew	VET 40	01:13:27	01:11:20
1517	724	Liliana José Alves Moreira	F		VET 35	01:13:39	01:11:46
1518	674	Paula Coutinho	F	Monte dos Amigos/Juventude Ribeiras	VET 45	01:13:42	01:11:37
1519	1674	ADELAIDE PEREIRA	F	CARAP AUS	VET 55	01:13:42	01:13:27
1520	718	Carlos Almeida	M		Juniores/Séniore	01:13:44	01:11:33
1521	170	Bruno Daniel da Silva Sousa	M	Fit Gaia Trail	VET 35	01:13:53	01:12:26
1522	224	Hugo Machado	M	Machados	Juniores/Séniore	01:14:05	01:13:04
1523	685	Sandra Amorim	F	Monte dos Amigos/Juventude Ribeiras	VET 40	01:14:18	01:12:08
1524	757	Lisa Pereira	F	Porto Sentido Runners	VET 35	01:14:30	01:13:40
1525	1624	Joao Farinha	M		Juniores/Séniore	01:14:41	00:45:50
1526	1703	Joaquim Bento	M		VET 55	01:14:51	01:12:05
1527	779	José Esperança	M	Pésnukú	VET 60	01:14:53	01:13:06
1528	426	Filipe Pinto	M		VET 35	01:15:10	01:13:24
1529	1649	Carlos Sousa Pereira	M	ACM	VET 40	01:15:10	01:12:52
1530	1648	Ana.Cláudia Amaral	F	ACM	VET 45	01:15:10	01:12:52

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
1531	1252	Carlos Freitas	M		VET 55	01:15:17	01:14:08
1532	218	Vitor Machado	M	Machados	VET 50	01:15:41	01:14:41
1533	1374	Felisberto Vieira	M		Juniores/Séniore	01:15:52	01:14:05
1534	1051	Alexandra Diogo Barreira	F		Juniores/Séniore	01:15:52	01:10:06
1535	230	Daniel Machado	M	Machados	Juniores/Séniore	01:15:54	01:14:53
1536	741	Clara Landolt	F	Equipa A.N.A.	VET 45	01:16:02	01:14:02
1537	1256	Filipe Pinto	M		VET 35	01:16:08	01:13:47
1538	464	Analisa Teixeira	F	Eu e elas	Juniores/Séniore	01:16:27	01:14:34
1539	469	Ana Nogueira	F	Eu e elas	VET 40	01:16:27	01:14:35
1540	858	Eduardo Almeida	M	Grupo Desportivo Banco de Portugal	VET 60	01:16:32	01:14:49
1541	1726	Ana Luísa Gómez Marques Pinto	F	Clube do Pessoal EDP - Delegação de Gaia	VET 45	01:16:44	01:14:50
1542	769	Helena Esperança	F	Pésnukú	VET 40	01:16:56	01:15:09
1543	1818	Paula Salgado	F		VET 55	01:17:08	01:15:10
1544	503	Inês Maria da Costa Monteiro de Oliveira	F		Juniores/Séniore	01:17:10	01:16:23
1545	511	António Manuel da Costa Oliveira	M		VET 60	01:17:10	01:16:23
1546	510	Paulo Alexandre Ramos Santos	M		VET 45	01:17:43	01:15:23
1547	1185	Sara Moreira	M	Os TurboMula	VET 35	01:17:58	01:15:49
1548	1827	Carla Oliveira	F	Oliveira	VET 40	01:18:30	01:16:55
1549	1627	Eliete Pereira Santana	F	Lousada Runners	VET 40	01:18:36	01:17:13
1550	1693	Paulo Lopes	M		VET 35	01:19:14	01:17:08
1551	1579	Cátia Correia	F	Zé de ver	Juniores/Séniore	01:19:35	01:17:15
1552	841	Mafalda Correia	F	Zé de ver	Juniores/Séniore	01:19:35	01:17:15
1553	1044	Ana Ribeiro	F	Ribeiro	Juniores/Séniore	01:20:06	01:14:19
1554	1841	Rui Carvalho	M	Team SIM Running	VET 40	01:20:16	01:18:15
1555	986	Maria Fátima Teixeira	F	As Leceiras	VET 60	01:20:46	01:20:02
1556	782	Umberto ferrira	M		VET 55	01:21:23	01:20:05
1557	1632	Sónia Liliana Santos Cruz	F		VET 35	01:21:26	01:20:59
1558	980	Maria Carmo Teixeira	F	As Leceiras	VET 55	01:21:41	01:20:58
1559	287	Sandra Monteiro	F		VET 45	01:21:47	01:08:08
1560	1595	HELENA SOUSA	F	BARDINOS DOS MONTES	Juniores/Séniore	01:22:34	01:21:55
1561	1596	PAULO FERREIRA	M	BARDINOS DOS MONTES	VET 35	01:22:34	01:21:55
1562	736	Paula Marinho	F	Equipa A.N.A.	VET 45	01:22:37	01:20:37
1563	1258	Natalia Freitas	F		Juniores/Séniore	01:24:37	01:23:26
1564	1616	Rosângela Francisco	F		VET 40	01:24:52	01:24:13
1565	783	Silvia Pereira	F	Cebes Running	VET 35	01:26:02	01:24:51
1566	1229	Sandra Cruz	F	C+ RUNNERS	VET 40	01:26:42	01:24:36
1567	474	Rute Costa	F	Eu e elas	VET 35	01:28:53	01:27:01
1568	746	Maria Coelho	F		VET 45	01:31:54	01:31:47
1569	1802	Noemy Conde	F		Juniores/Séniore	01:37:42	01:36:22
1570	1805	Susana Sousa	F		VET 35	01:37:43	01:36:24
1571	1508	Maria João Mesquita	F	MSS CONTABILIDADE	VET 50	01:40:20	01:39:58
1572	1510	Maria José Pereira da Silva	F	MSS CONTABILIDADE	VET 55	01:40:20	01:39:58
1573	808	Maria Vasconcelos	F	Leixões S.C	VET 60	01:40:24	01:34:44
1574	1394	Helena Agante	F		Juniores/Séniore	01:40:52	01:36:21
1575	814	Álvaro Simões Vasconcelos	M		VET 60	01:40:52	01:35:19

Pos.	Dorsal	Nome	Sx	Equipa	Categoria	Tempo	Chip
1576	1600	Magda Carvalho	F		Juniores/Séniiores	01:41:23	01:31:39
1577	569	Ferreira Pinto	M		VET 50	01:44:43	00:43:14
1578	586	Sara Hermione Roby	F		Juniores/Séniiores	01:45:55	00:44:26
	1332	Joao Seixas	M		VET 35	00:36:18 (desq.)	00:36:18
	1608	Sergio coelho	M		VET 35	00:37:12 (desq.)	00:35:55
	1248	Susana Santos	F		VET 35	00:40:35 (desq.)	00:37:59
	666	Paulo Tiago Sôlha Moreira	M		Juniores/Séniiores	00:47:29 (desq.)	00:47:20
	1732	ELSA MORNA	F	VALBOM UNITED RUNNING TEAM	VET 55	00:51:52 (desq.)	00:48:03
	1769	João Sousa	M	Factor X / S4L / Medense FC	VET 35	00:52:44 (desq.)	00:50:34
	1206	Maria pinto	M	FELTRAIL	VET 45	00:53:58 (desq.)	00:50:39
	1267	Antonio Oliveira Silva	M	APDL	VET 50	00:54:31 (desq.)	00:50:26
	837	MARIA VILAR	F		VET 50	00:55:47 (desq.)	00:53:50
	1464	Sónia Costa	F		VET 40	00:56:58 (desq.)	00:54:19
	1322	André Rodrigues Novais	M	Lecinhas	Juniores/Séniiores	00:58:17 (desq.)	00:54:45
	695	Georgina Raquel Rodrigues dos Santos	F	PUPI Adventure Sports Team	Juniores/Séniiores	00:58:17 (desq.)	00:56:37
	853	BARBARA PEREIRA	F	MILLENNIUM BCP	Juniores/Séniiores	00:58:42 (desq.)	00:54:42
	848	VITOR PEREIRA	M	MILLENNIUM BCP	VET 50	00:58:42 (desq.)	00:54:43
	653	Marina Freitas	F		Juniores/Séniiores	01:01:34 (desq.)	00:55:49
	565	Carlos Pinto	M		VET 60	01:03:54 (desq.)	01:02:15
	1444	Susana Duarte	F	Asphalt Assault Team	Juniores/Séniiores	01:04:09 (desq.)	01:03:29
	952	MANUEL ALMEIDA	M	PORTOCARGO	VET 50	01:10:11 (desq.)	01:09:04
	834	Cristina Romariz	F		VET 55	01:10:23 (desq.)	01:05:57
	554	Eduardo Teixeira	M	Gaia-Running	VET 50	01:10:36 (desq.)	01:05:23
	191	Olga Neto	F	Black'n'white	Juniores/Séniiores	01:15:30 (desq.)	01:13:14
	877	Filipe silva	M	Vamos ver se conseguimos	Juniores/Séniiores	01:20:08 (desq.)	01:18:29
	871	Diogo albuquerque	M	Vamos ver se conseguimos	Juniores/Séniiores	01:20:09 (desq.)	01:18:30
	1803	Helena Mafalda Morais Maçorano	F		VET 45	01:23:09 (desq.)	01:09:41
	457	Carla Maria Ferreira da Rocha	F		VET 45	01:23:09 (desq.)	01:09:40