

1	27	Ricardo Fernandes	Senior	Individual	1	00:32:57.23	3.30	00:00:00.00
2	110	Bruno Pereira	Senior	Individual	1	00:33:34.57	3.36	00:00:37.34
3	662	Jose Tojal	Veterano III	g d 3 santos pouplares	1	00:33:44.93	3.37	00:00:47.70
4	81	Fernando Santos	Veterano II	Individual	1	00:34:03.28	3.41	00:01:06.05
5	660	Jose Fernandes	Veterano IV	Individual	1	00:34:13.17	3.42	00:01:15.94
6	302	João Pereira	Veterano IV	AFIS/OVAR	1	00:35:25.85	3.54	00:02:28.62
7	798	Tiago Silva	Senior	Aveiro Night Runners	1	00:35:59.32	3.60	00:03:02.09
8	700	Messias Dias	Veterano II	g d 3 santos pouplares	1	00:36:14.50	3.62	00:03:17.27
9	808	Alexandre Matos	Veterano IV	Individual	1	00:36:16.04	3.63	00:03:18.81
10	373	Joaquim Pereira	Veterano I	Individual	1	00:36:33.52	3.66	00:03:36.29
11	181	Paulo Gomes	Veterano III	Individual	1	00:36:50.23	3.68	00:03:53.00
12	860	Filipe Almeida	Senior	Individual	1	00:36:51.83	3.69	00:03:54.60
13	294	Luís Simões	Veterano IV	Individual	1	00:36:57.59	3.70	00:04:00.36
14	415	Nuno Patricio	Veterano II	Volkswagen Autoeuropa	1	00:37:04.14	3.71	00:04:06.91
15	184	Ricardo Coelho	Senior	Bosch TermotecnologiaS.A	1	00:37:05.48	3.71	00:04:08.25
16	652	Alberto Da Fonte	Veterano II	Adrep	1	00:37:12.08	3.72	00:04:14.85
17	404	Nuno Silva	Veterano I	Royal School of Language	1	00:37:23.84	3.74	00:04:26.61
18	402	Samuel Neves	Veterano II	Royal School of Language	1	00:37:24.37	3.74	00:04:27.14
19	759	Sara Pinho	Sénior Fem	S.L. Benfica	1	00:37:28.98	3.75	00:04:31.75
20	401	Miguel Pato	Veterano II	Royal School of Language	1	00:37:38.38	3.76	00:04:41.15
21	47	Armando Correia	Veterano II	G D GAFANHA	1	00:37:41.07	3.77	00:04:43.84
22	456	Nuno Silva	Senior	Individual	1	00:37:46.07	3.78	00:04:48.84
23	714	Gaudencio Lopes	Veterano II	casa do povo de Manguald	1	00:37:48.38	3.78	00:04:51.15
24	666	Hilário Pinto	Veterano II	GD Assempark	1	00:37:53.97	3.79	00:04:56.74
25	397	Miguel Gafanha	Veterano II	Individual	1	00:38:09.65	3.82	00:05:12.42

26	681	Moreira Pinho	Veterano III	Individual	1	00:38:26.38	3.84	00:05:29.15
27	160	Luís Monteiro	Veterano I	Individual	1	00:38:27.72	3.85	00:05:30.49
28	387	Paulo Pereira	Veterano I	Aveiro Night Runners	1	00:38:39.95	3.87	00:05:42.72
29	763	Vasco Ladeiro	Veterano IV	Grupo Desportivo da Gafa	1	00:38:44.59	3.87	00:05:47.36
30	139	André Nobre	Senior	Aveiro Night-runners	1	00:38:51.59	3.89	00:05:54.36
31	784	Rui Melo	Senior	Individual	1	00:39:06.06	3.91	00:06:08.83
32	309	Márcio Loureiro	Veterano I	SR Jardoeira	1	00:39:09.15	3.92	00:06:11.92
33	872	Arsénio Fernandes	Veterano V	Individual	1	00:39:10.14	3.92	00:06:12.91
34	43	Pedro Cardoso	Veterano II	Individual	1	00:39:16.34	3.93	00:06:19.11
35	501	Jose Cunha	Veterano II	Individual	1	00:39:27.14	3.95	00:06:29.91
36	134	Paulo Conceição	Veterano III	Individual	1	00:39:36.93	3.96	00:06:39.70
37	697	Pedro Costa	Veterano I	Individual	1	00:39:37.19	3.96	00:06:39.96
38	287	Filipe Carvalho	Senior	Individual	1	00:39:37.77	3.96	00:06:40.54
39	379	António Fonseca	Veterano II	Individual	1	00:39:38.67	3.96	00:06:41.44
40	406	Gonçalo Pato	Senior	Royal School of Language	1	00:39:40.79	3.97	00:06:43.56
41	210	Luís Sousa	Senior	Aveiro Night Runners	1	00:39:43.76	3.97	00:06:46.53
42	239	Nuno Campos	Senior	Aveiro Night Runners	1	00:39:50.01	3.98	00:06:52.78
43	515	Francisco Lopes	Veterano III	Volkswagen Autoeuropa	1	00:39:59.67	4.00	00:07:02.44
44	398	Jorge Pato	Veterano II	Royal School of Language	1	00:40:03.88	4.01	00:07:06.65
45	682	Nuno Pinho	Veterano I	Individual	1	00:40:06.31	4.01	00:07:09.08
46	616	Joao Neves	Veterano I	Aveiro Night Runners	1	00:40:10.38	4.02	00:07:13.15
47	618	Renato Silva	Senior	Aveiro Night Runners	1	00:40:10.66	4.02	00:07:13.43
48	320	João Matias	Veterano IV	CENAP	1	00:40:21.20	4.04	00:07:23.97
49	643	Jaime Júnior	Veterano II	CCD - Renault, Cacia	1	00:40:23.10	4.04	00:07:25.87
50	601	Reinaldo Rodrigues	Veterano II	Volkswagen Autoeuropa	1	00:40:24.50	4.04	00:07:27.27

51	69	Tony Graça	Veterano IV	Free Runners	1	00:40:30.78	4.05	00:07:33.55
52	64	Ivo Silva	Senior	Indivíduo	1	00:40:35.47	4.06	00:07:38.24
53	46	Paulo Almeida	Veterano II	G D GAFANHA	1	00:40:37.34	4.06	00:07:40.11
54	591	Miguel Lamas	Senior	Indivíduo	1	00:40:37.79	4.06	00:07:40.56
55	87	Fernando Gonçalves	Veterano III	Indivíduo	1	00:40:41.05	4.07	00:07:43.82
56	746	Nuno Velho	Senior	Indivíduo	1	00:40:51.68	4.09	00:07:54.45
57	368	Francisco Gamelas	Junior	Aveiro - Night Runners	1	00:41:14.26	4.12	00:08:17.03
58	55	João Pedro Ferreira	Senior	Bosch Termotecnologia	1	00:41:15.82	4.13	00:08:18.59
59	543	José Rocha	Veterano II	Indivíduo	1	00:41:16.80	4.13	00:08:19.57
60	587	José Nunes	Veterano I	Indivíduo	1	00:41:19.70	4.13	00:08:22.47
61	573	Pedro Tavares	Veterano I	Tondela Runners	1	00:41:28.50	4.15	00:08:31.27
62	570	Luis Martins	Senior	Tondela Runners	1	00:41:42.23	4.17	00:08:45.00
63	647	Miguel Fernandes	Veterano I	Indivíduo	1	00:41:45.75	4.18	00:08:48.52
64	323	Olivério Baptista	Senior	CENAP	1	00:41:47.59	4.18	00:08:50.36
65	452	José Catarino	Veterano III	Indivíduo	1	00:41:48.03	4.18	00:08:50.80
66	560	Valdemar Oliveira	Veterano III	Indivíduo	1	00:41:50.25	4.18	00:08:53.02
67	581	Bruno Campos	Senior	Volkswagen Autoeuropa	1	00:41:52.46	4.19	00:08:55.23
68	450	Arnaldo Santos	Veterano III	Indivíduo	1	00:41:54.83	4.19	00:08:57.60
69	328	Nuno Oliveira	Senior	Indivíduo	1	00:41:58.68	4.20	00:09:01.45
70	459	Mário Fernandes	Veterano IV	Royal School of Language	1	00:42:00.00	4.20	00:09:02.77
71	539	Rui Lóio	Veterano III	Volkswagen Autoeuropa	1	00:42:00.24	4.20	00:09:03.01
72	211	Luís Fernandes	Senior	Indivíduo	1	00:42:04.74	4.21	00:09:07.51
73	8	João Santana	Veterano II	Indivíduo	1	00:42:09.36	4.22	00:09:12.13
74	736	Rui Oliveira	Veterano II	Microplásticos	1	00:42:16.94	4.23	00:09:19.71
75	229	José Brás	Veterano II	Indivíduo	1	00:42:17.13	4.23	00:09:19.90

76	394	Patrick Rodrigues	Senior	Aveiro Night Runners	1	00:42:26.96	4.24	00:09:29.73
77	322	Manuel Silva	Veterano II	CENAP	1	00:42:28.50	4.25	00:09:31.27
78	654	Bruno Ponte	Veterano VI	Indivíduo	1	00:42:28.93	4.25	00:09:31.70
79	224	Pedro Maia	Veterano IV	Indivíduo	1	00:42:30.83	4.25	00:09:33.60
80	856	Fernando Cruz	Senior	Indivíduo	1	00:42:32.50	4.25	00:09:35.27
81	146	Luciano Santos	Veterano II	Aveiro Night Runners	1	00:42:36.06	4.26	00:09:38.83
82	16	Giovanni Diaz	Senior	grecas de vagos	1	00:42:38.66	4.26	00:09:41.43
83	298	Jorge Vilela	Veterano II	Aveiro Night Runners	1	00:42:40.09	4.27	00:09:42.86
84	521	Paul Shepherd	Veterano IV	Indivíduo	1	00:42:47.63	4.28	00:09:50.40
85	825	Rui Santos	Veterano II	Volkswagen Autoeuropa	1	00:42:52.08	4.29	00:09:54.85
86	93	Luis Rabaça	Veterano I	Indivíduo	1	00:42:52.56	4.29	00:09:55.33
87	703	Américo Alhais	Veterano IV	Indivíduo	1	00:42:54.76	4.29	00:09:57.53
88	113	Pedro Cruz	Veterano I	Indivíduo	1	00:42:56.70	4.29	00:09:59.47
89	442	José Garcia	Veterano IV	Indivíduo	1	00:42:58.91	4.30	00:10:01.68
90	281	Daniel Vieira	Senior	Indivíduo	1	00:43:01.85	4.30	00:10:04.62
91	45	Duarte Sequeira	Veterano IV	Indivíduo	1	00:43:04.68	4.31	00:10:07.45
92	517	António Marques	Veterano III	Volkswagen Autoeuropa	1	00:43:08.45	4.31	00:10:11.22
93	522	Antonio Santos	Veterano II	Indivíduo	1	00:43:08.90	4.31	00:10:11.67
94	765	Vítor Carlos	Veterano II	Grupo Desportivo da Gafa	1	00:43:09.89	4.32	00:10:12.66
95	772	Paulo Gamelas	Veterano II	RIS 2048	1	00:43:09.89	4.32	00:10:12.66
96	94	Luis Ramos	Veterano I	Indivíduo	1	00:43:12.14	4.32	00:10:14.91
97	315	Nuno Branco	Veterano I	Indivíduo	1	00:43:13.44	4.32	00:10:16.21
98	316	Sergio Chéu	Veterano I	Indivíduo	1	00:43:13.62	4.32	00:10:16.39
99	752	Diogo Silva	Senior	Indivíduo	1	00:43:20.12	4.33	00:10:22.89
100	112	Tiago Matias	Veterano I	G.E.M.A.	1	00:43:20.91	4.33	00:10:23.68

101	602	João Fernandes	Veterano I	Individual	1	00:43:22.28	4.34	00:10:25.05
102	382	Alexander Plakhov	Veterano IV	Individual	1	00:43:22.73	4.34	00:10:25.50
103	745	Joaquim Velho	Senior	Individual	1	00:43:23.04	4.34	00:10:25.81
104	641	Pedro Silva	Veterano I	CCD - Renault, Cacia	1	00:43:23.85	4.34	00:10:26.62
105	674	Helder Rodrigues	Veterano VI	Adrep	1	00:43:24.76	4.34	00:10:27.53
106	126	Carlos Silva	Veterano III	Bosch	1	00:43:29.87	4.35	00:10:32.64
107	508	Paulo Pereira	Veterano III	Volkswagen Autoeuropa	1	00:43:30.76	4.35	00:10:33.53
108	437	César Tavares	Senior	Individual	1	00:43:32.66	4.35	00:10:35.43
109	71	Armindo Bastos	Veterano II	Individual	1	00:43:35.36	4.36	00:10:38.13
110	148	Miguel Santos	Veterano II	Individual	1	00:43:36.10	4.36	00:10:38.87
111	656	Paulo Fernandes	Veterano III	Individual	1	00:43:40.62	4.37	00:10:43.39
112	313	Henrique Castro	Veterano II	Individual	1	00:43:42.31	4.37	00:10:45.08
113	537	João Baptista	Veterano I	Individual	1	00:43:43.23	4.37	00:10:46.00
114	324	Antonio Branco	Veterano VI	CAO	1	00:43:49.57	4.38	00:10:52.34
115	579	Carlos Martins	Senior	Autoeuropa	1	00:43:51.47	4.39	00:10:54.24
116	213	Jorge Costa	Veterano I	Individual	1	00:43:51.74	4.39	00:10:54.51
117	109	Fernando Faustino	Veterano IV	Individual	1	00:43:53.10	4.39	00:10:55.87
118	533	Pedro Freitas	Veterano III	Volkswagen Autoeuropa	1	00:43:55.96	4.39	00:10:58.73
119	633	João Marques	Veterano V	CCD - Renault, Cacia	1	00:43:56.33	4.39	00:10:59.10
120	588	Pedro Luís	Veterano I	Volkswagen Autoeuropa	1	00:43:56.51	4.39	00:10:59.28
121	788	Mário Mira	Senior	Individual	1	00:43:57.82	4.40	00:11:00.59
122	547	Helder Ferreira	Veterano II	Volkswagen Autoeuropa	1	00:44:03.49	4.41	00:11:06.26
123	319	José Teixeira	Veterano V	CENAP	1	00:44:06.55	4.41	00:11:09.32
124	13	Bruno Silva	Junior	Bosch	1	00:44:07.16	4.41	00:11:09.93
125	689	Pedro Oliveira	Veterano I	Individual	1	00:44:08.50	4.41	00:11:11.27

126	742	Vitor Pinto	Senior	Individual	1	00:44:10.66	4.42	00:11:13.43
127	813	João Couto	Veterano I	Team Ventil	1	00:44:10.96	4.42	00:11:13.73
128	715	Carlos Cunha	Veterano III	Aveiro Night Runners	1	00:44:13.42	4.42	00:11:16.19
129	301	Marco Marques	Veterano I	Individual	1	00:44:13.63	4.42	00:11:16.40
130	541	Nuno Guerra	Veterano II	Aveiro Night Runners	1	00:44:16.24	4.43	00:11:19.01
131	330	António Ferreira	Veterano II	Individual	1	00:44:18.61	4.43	00:11:21.38
132	733	Rodrigo Santos	Veterano I	Individual	1	00:44:24.66	4.44	00:11:27.43
133	677	Daniel Colaço	Senior	Individual	1	00:44:31.24	4.45	00:11:34.01
134	209	António Silva	Veterano V	Individual	1	00:44:33.91	4.46	00:11:36.68
135	549	José Maruta	Veterano IV	Volkswagen Autoeuropa	1	00:44:34.72	4.46	00:11:37.49
136	552	Fernando Santos	Veterano III	Individual	1	00:44:35.03	4.46	00:11:37.80
137	400	Hernani Amaral	Veterano VI	Royal School of Language	1	00:44:36.12	4.46	00:11:38.89
138	604	José Sereno	Senior	Individual	1	00:44:38.05	4.46	00:11:40.82
139	657	Arlindo Pinto	Veterano V	C. Atletismo Ovar	1	00:44:47.50	4.48	00:11:50.27
140	285	Jorge Maio	Senior	Individual	1	00:44:47.67	4.48	00:11:50.44
141	429	Avelino Esteves	Veterano VI	Individual	1	00:44:50.03	4.48	00:11:52.80
142	341	Paulo Açafrão	Veterano III	Individual	1	00:44:50.65	4.48	00:11:53.42
143	639	Ricardo Silva	Senior	CCD - Renault, Cacia	1	00:44:50.66	4.48	00:11:53.43
144	329	David Mateus	Veterano II	Individual	1	00:44:50.77	4.48	00:11:53.54
145	447	João Andrade	Senior	Individual	1	00:44:56.39	4.49	00:11:59.16
146	823	Filipe Almeida	Veterano II	VEIRINOX	1	00:44:58.14	4.50	00:12:00.91
147	524	João Paulino	Veterano IV	Individual	1	00:45:00.42	4.50	00:12:03.19
148	663	Carlos Pereira	Veterano IV	Individual	1	00:45:00.61	4.50	00:12:03.38
149	314	Ricardo Almeida	Senior	Individual	1	00:45:00.87	4.50	00:12:03.64
150	303	Mario Conde	Veterano VI	AFIS/OVAR	1	00:45:04.00	4.51	00:12:06.77

151	684	Filipe Rosado	Senior	Individual	1	00:45:04.10	4.51	00:12:06.87
152	565	Nuno Costa	Senior	Individual	1	00:45:04.33	4.51	00:12:07.10
153	37	Leandro Caetano	Senior	Porto Runners	1	00:45:05.08	4.51	00:12:07.85
154	108	João Pereira	Veterano IV	Individual	1	00:45:06.59	4.51	00:12:09.36
155	215	Paulo Tavares	Senior	Individual	1	00:45:07.35	4.51	00:12:10.12
156	365	Rogelio Castellanos	Veterano I	Individual	1	00:45:07.91	4.51	00:12:10.68
157	495	Aníbal Silva	Veterano III	Volkswagen Autoeuropa	1	00:45:08.78	4.51	00:12:11.55
158	161	Emanuel Heleno	Senior	Individual	1	00:45:10.63	4.52	00:12:13.40
159	598	João Monge	Veterano II	Individual	1	00:45:12.40	4.52	00:12:15.17
160	34	Sergio Rodrigues	Veterano I	Individual	1	00:45:14.10	4.52	00:12:16.87
161	740	Pedro Oliveira	Senior	Aveiro Night Runners	1	00:45:14.63	4.52	00:12:17.40
162	812	Samer Batista	Senior	hfa	1	00:45:15.08	4.53	00:12:17.85
163	864	João Coelho	Veterano III	Bar Matemática	1	00:45:16.41	4.53	00:12:19.18
164	223	José Carlos Ferreira	Veterano III	Individual	1	00:45:16.70	4.53	00:12:19.47
165	419	Ricardo Ruas	Senior	R.R	1	00:45:17.77	4.53	00:12:20.54
166	25	Vasco Pinho	Senior	Individual	1	00:45:18.04	4.53	00:12:20.81
167	820	João Paulo Nina	Veterano II	Individual	1	00:45:18.13	4.53	00:12:20.90
168	286	João Coelho	Senior	Individual	1	00:45:18.18	4.53	00:12:20.95
169	535	Luis Pires	Veterano III	Individual	1	00:45:18.58	4.53	00:12:21.35
170	636	Miguel Nunes	Senior	CCD - Renault, Cacia	1	00:45:19.36	4.53	00:12:22.13
171	11	Ricardo Silva	Senior	Individual	1	00:45:20.44	4.53	00:12:23.21
172	526	João Simões	Veterano II	Volkswagen Autoeuropa	1	00:45:22.33	4.54	00:12:25.10
173	739	Ana Gama	Sénior Fem	Aveiro Night Runners	1	00:45:23.07	4.54	00:12:25.84
174	821	Pedro Ratola	Veterano III	Individual	1	00:45:23.30	4.54	00:12:26.07
175	858	Leandro Silva	Junior	Individual	1	00:45:24.71	4.54	00:12:27.48

176	57	Joel Pereira	Senior	Individual	1	00:45:25.25	4.54	00:12:28.02
177	304	Sérgio Silva	Veterano II	Individual	1	00:45:30.32	4.55	00:12:33.09
178	514	Carlos Telhal	Veterano III	Volkswagen Autoeuropa	1	00:45:33.47	4.56	00:12:36.24
179	600	Luís Nóbrega	Senior	Individual	1	00:45:37.74	4.56	00:12:40.51
180	250	António Travesso	Veterano IV	Individual	1	00:45:38.60	4.56	00:12:41.37
181	418	Renato Cesar Ribeiro	Veterano I	R.R	1	00:45:40.38	4.57	00:12:43.15
182	283	Hélder Duarte	Senior	Individual	1	00:45:40.56	4.57	00:12:43.33
183	516	João Santos	Veterano I	Individual	1	00:45:41.85	4.57	00:12:44.62
184	332	Bruno Rodrigues	Senior	GiCA / SlowDown	1	00:45:41.97	4.57	00:12:44.74
185	791	Rui Limas	Senior	hfa	1	00:45:42.01	4.57	00:12:44.78
186	578	Ralph Hirner	Veterano III	Individual	1	00:45:42.44	4.57	00:12:45.21
187	371	António Silva	Veterano II	Individual	1	00:45:44.12	4.57	00:12:46.89
188	276	Cláudio Amaral	Senior	Equipa Sirmaf	1	00:45:47.28	4.58	00:12:50.05
189	111	Eurico Couto	Senior	Individual	1	00:45:50.85	4.58	00:12:53.62
190	680	Sergio Canedo	Veterano II	Individual	1	00:45:50.89	4.58	00:12:53.66
191	503	Luís Pereira	Veterano I	Individual	1	00:45:51.74	4.59	00:12:54.51
192	545	Paula Costa	Sénior Fem	Individual	1	00:45:54.78	4.59	00:12:57.55
193	165	João Soares	Senior	Os Moliços	1	00:45:55.01	4.59	00:12:57.78
194	440	Tiago Godinho	Senior	Individual	1	00:45:55.31	4.59	00:12:58.08
195	648	Carlos Oliveira	Veterano I	Individual	1	00:45:56.93	4.59	00:12:59.70
196	544	Filipe Tavares	Senior	Individual	1	00:45:57.01	4.60	00:12:59.78
197	621	Tânia Cação	Veterana I	Individual	1	00:46:03.43	4.61	00:13:06.20
198	553	Filipe Carvalho	Senior	Individual	1	00:46:04.61	4.61	00:13:07.38
199	638	João Sequeiros	Senior	CCD - Renault, Cacia	1	00:46:06.28	4.61	00:13:09.05
200	883	André Marques	Senior	Individual	1	00:46:06.98	4.61	00:13:09.75



201	675	Maria Silva	Veterana II	Individual	1	00:46:07.57	4.61	00:13:10.34
202	357	Evandro Amorim	Senior	Aveiro Night Runners	1	00:46:10.28	4.62	00:13:13.05
203	180	Bruno Aires	Senior	Individual	1	00:46:10.58	4.62	00:13:13.35
204	338	Sérgio Pericão	Veterano I	INOVA RIA	1	00:46:11.67	4.62	00:13:14.44
205	799	Luís Costa	Veterano II	Individual	1	00:46:12.36	4.62	00:13:15.13
206	436	Hugo Oliveira	Senior	GC Pindéricus	1	00:46:14.38	4.62	00:13:17.15
207	702	Fernando Cardoso	Senior	Individual	1	00:46:14.70	4.62	00:13:17.47
208	142	César Barros	Senior	Individual	1	00:46:15.94	4.63	00:13:18.71
209	396	Carla Cristina	Veterana I	Individual	1	00:46:19.86	4.63	00:13:22.63
210	563	Carlos Ribeiro	Veterano I	Tondela Runners	1	00:46:20.45	4.63	00:13:23.22
211	868	Samuel Ramos	Junior	São Caetano	1	00:46:20.64	4.63	00:13:23.41
212	824	Amílcar Marques	Veterano III	Individual	1	00:46:23.70	4.64	00:13:26.47
213	295	Ruben Marques	Junior	Individual	1	00:46:30.13	4.65	00:13:32.90
214	163	David Santos Coelho	Senior	Individual	1	00:46:30.18	4.65	00:13:32.95
215	395	Filipe Rodrigues	Senior	Aveiro Night Runners	1	00:46:31.46	4.65	00:13:34.23
216	417	Patrícia Santos	Veterana I	Individual	1	00:46:32.03	4.65	00:13:34.80
217	360	João Cunha	Veterano III	Individual	1	00:46:33.02	4.66	00:13:35.79
218	20	Manuel Pinheiro	Veterano IV	Individual	1	00:46:34.18	4.66	00:13:36.95
219	331	António Moreira	Senior	GiCA / SlowDown	1	00:46:35.20	4.66	00:13:37.97
220	307	Fernando Moreira	Senior	GiCA / SlowDown	1	00:46:35.25	4.66	00:13:38.02
221	343	Alexandre Pereira	Veterano I	Individual	1	00:46:35.35	4.66	00:13:38.12
222	540	Fernando Lopes	Veterano V	Individual	1	00:46:36.05	4.66	00:13:38.82
223	245	Octávio Cunha	Senior	Individual	1	00:46:36.17	4.66	00:13:38.94
224	246	Nuno Moita	Senior	Individual	1	00:46:36.18	4.66	00:13:38.95
225	859	João Silva	Veterano II	Individual	1	00:46:37.19	4.66	00:13:39.96

226	849	Paulo Sá	Senior	Individual	1	00:46:38.15	4.66	00:13:40.92
227	529	José Caeiro	Senior	Volkswagen Autoeuropa	1	00:46:39.04	4.67	00:13:41.81
228	117	Vasco Zeferina	Senior	Individual	1	00:46:40.04	4.67	00:13:42.81
229	850	Vitor Silva	Senior	Individual	1	00:46:40.10	4.67	00:13:42.87
230	465	Fernando Matos	Veterano II	Individual	1	00:46:41.49	4.67	00:13:44.26
231	225	Miguel Almeida	Veterano II	Individual	1	00:46:45.03	4.68	00:13:47.80
232	70	João Ferreira	Senior	Free Runners	1	00:46:46.41	4.68	00:13:49.18
233	497	João Alves	Veterano III	Volkswgen Autoeuropa	1	00:46:47.95	4.68	00:13:50.72
234	352	Fernando Brás	Veterano V	Amigos do Parque	1	00:46:54.91	4.69	00:13:57.68
235	75	Alberto Branco	Veterano III	Individual	1	00:46:55.52	4.69	00:13:58.29
236	690	Alexandre Almeida	Veterano II	Individual	1	00:46:58.53	4.70	00:14:01.30
237	585	Paulo Teixeira	Veterano I	Individual	1	00:46:59.30	4.70	00:14:02.07
238	83	Aventino Lima	Veterano II	Bosch Termotecnologia SA	1	00:47:01.61	4.70	00:14:04.38
239	453	Hugo Ferreira	Senior	Individual	1	00:47:01.97	4.70	00:14:04.74
240	888	Michael Kloss	Veterano III	Individual	1	00:47:02.01	4.70	00:14:04.78
241	258	Luís Pereira	Senior	Individual	1	00:47:10.04	4.72	00:14:12.81
242	247	Paulo Assis	Senior	Individual	1	00:47:11.95	4.72	00:14:14.72
243	124	João Paulo Oliveira	Veterano III	Individual	1	00:47:13.37	4.72	00:14:16.14
244	289	Paulo Ferreira	Veterano I	Individual	1	00:47:14.68	4.72	00:14:17.45
245	455	Delfim Torres	Veterano II	Individual	1	00:47:15.50	4.73	00:14:18.27
246	235	Hugo Balseiro	Senior	Individual	1	00:47:15.71	4.73	00:14:18.48
247	596	Narciso Arromba	Veterano VI	Individual	1	00:47:16.21	4.73	00:14:18.98
248	751	Marcos Oliveira	Senior	Aveiro Night Runners	1	00:47:18.09	4.73	00:14:20.86
249	187	Paulo Pinto	Veterano II	Individual	1	00:47:24.32	4.74	00:14:27.09
250	217	Bruno Lameiro	Senior	Individual	1	00:47:29.80	4.75	00:14:32.57

251	518	César Sousa	Senior	Indivíduo	1	00:47:30.58	4.75	00:14:33.35
252	676	Fred Gomes	Senior	Indivíduo	1	00:47:34.39	4.76	00:14:37.16
253	761	Anibal Vaz	Veterano IV	Indivíduo	1	00:47:34.43	4.76	00:14:37.20
254	557	Márcio Costa	Junior	A.U.ROSSAS	1	00:47:34.67	4.76	00:14:37.44
255	559	Carlos Tavares	Veterano I	A.U.ROSSAS	1	00:47:36.22	4.76	00:14:38.99
256	125	Hélder Nunes	Senior	Indivíduo	1	00:47:37.17	4.76	00:14:39.94
257	190	Luciano Rocha	Veterano II	Costa Verde	1	00:47:50.89	4.78	00:14:53.66
258	725	Alex Tondela	Veterano I	Indivíduo	1	00:47:52.19	4.79	00:14:54.96
259	778	João Redondo	Veterano IV	Aveiro Night Runners	1	00:47:53.75	4.79	00:14:56.52
260	571	Luis Freitas	Veterano III	Indivíduo	1	00:47:55.20	4.79	00:14:57.97
261	564	Henrique Modesto	Veterano III	Indivíduo	1	00:47:55.52	4.79	00:14:58.29
262	817	Nuno Fontoura	Veterano I	Indivíduo	1	00:47:56.12	4.79	00:14:58.89
263	747	Jorge Pires	Senior	Indivíduo	1	00:47:56.70	4.79	00:14:59.47
264	575	Pedro Castro	Veterano III	Indivíduo	1	00:47:58.42	4.80	00:15:01.19
265	221	José Martins	Veterano II	Indivíduo	1	00:47:58.97	4.80	00:15:01.74
266	568	Paulo Evangelista	Veterano II	Autoeuropa	1	00:47:59.29	4.80	00:15:02.06
267	179	Antonio Ribeiro	Veterano I	Indivíduo	1	00:47:59.65	4.80	00:15:02.42
268	661	Liliana Rangel	Veterana II	Indivíduo	1	00:48:01.47	4.80	00:15:04.24
269	781	Fernando Antunes	Senior	Indivíduo	1	00:48:05.55	4.81	00:15:08.32
270	630	Diamantino Linhares	Veterano I	Indivíduo	1	00:48:05.99	4.81	00:15:08.76
271	504	Álvaro Alves	Senior	Indivíduo	1	00:48:08.65	4.81	00:15:11.42
272	257	Paulo Serra	Veterano I	Indivíduo	1	00:48:19.69	4.83	00:15:22.46
273	783	Manuela Teixeira	Veterana I	VAINDO	1	00:48:21.34	4.84	00:15:24.11
274	463	Roberto Paradinha	Senior	Indivíduo	1	00:48:22.12	4.84	00:15:24.89
275	426	Luís Andrade	Senior	Indivíduo	1	00:48:24.34	4.84	00:15:27.11

276	683	Vidal Ferreira	Veterano I	SAI DA FRENTE, QUIM!!	1	00:48:25.70	4.84	00:15:28.47
277	189	Rui Silva	Veterano I	Costa Verde	1	00:48:26.10	4.84	00:15:28.87
278	204	Manuel Rosa	Senior	Primos	1	00:48:26.46	4.84	00:15:29.23
279	119	Tiago Leão	Senior	Bosch	1	00:48:28.18	4.85	00:15:30.95
280	848	Luís Marques	Senior	Indivíduo	1	00:48:29.64	4.85	00:15:32.41
281	372	José Miranda	Senior	Indivíduo	1	00:48:31.83	4.85	00:15:34.60
282	439	Nuno Pinto	Senior	GC Pindéricus	1	00:48:34.07	4.86	00:15:36.84
283	511	Pedro Neto	Veterano II	Indivíduo	1	00:48:37.47	4.86	00:15:40.24
284	509	Filipe Silva	Veterano I	Indivíduo	1	00:48:37.62	4.86	00:15:40.39
285	840	José Pequeno	Veterano I	Indivíduo	1	00:48:37.68	4.86	00:15:40.45
286	717	Victor Santos	Veterano I	Indivíduo	1	00:48:38.63	4.86	00:15:41.40
287	523	Carlos Cunha	Senior	Aveiro Night Runners	1	00:48:38.63	4.86	00:15:41.40
288	4	João Baldaia	Senior	Indivíduo	1	00:48:38.81	4.86	00:15:41.58
289	132	Bernardete Coelho	Sénior Fem	Indivíduo	1	00:48:38.90	4.86	00:15:41.67
290	183	Joao Carvalho	Veterano I	Indivíduo	1	00:48:42.35	4.87	00:15:45.12
291	305	Paulo Gomes	Veterano III	Indivíduo	1	00:48:43.50	4.87	00:15:46.27
292	558	Vitor Tavares	Veterano I	A.U.ROSSAS	1	00:48:44.28	4.87	00:15:47.05
293	430	Jose Canha	Veterano IV	Indivíduo	1	00:48:49.47	4.88	00:15:52.24
294	98	João Rodrigues	Veterano II	Indivíduo	1	00:48:52.43	4.89	00:15:55.20
295	685	Jorge Ladeira	Veterano II	Indivíduo	1	00:48:54.64	4.89	00:15:57.41
296	389	Marta Sousa	Sénior Fem	Aveiro Night Runners	1	00:48:56.02	4.89	00:15:58.79
297	782	Pedro Teixeira	Veterano I	VAINDO	1	00:48:59.67	4.90	00:16:02.44
298	655	João Mendes	Veterano II	Indivíduo	1	00:49:00.29	4.90	00:16:03.06
299	475	Bruno Bastos	Veterano II	Aveiro Night Runners	1	00:49:03.39	4.91	00:16:06.16
300	874	Joaquim Henriques 2	Veterano V	Indivíduo	1	00:49:03.81	4.91	00:16:06.58

301	634	Luis Soares	Veterano II	CCD - Renault, Cacia	1	00:49:06.28	4.91	00:16:09.05
302	536	Mário Sequeira	Veterano I	Individual	1	00:49:10.62	4.92	00:16:13.39
303	448	Maria José Rodrigues	Veterana II	Individual	1	00:49:14.68	4.92	00:16:17.45
304	506	Nuno Troia	Veterano I	Aveiro Night Runners	1	00:49:14.73	4.92	00:16:17.50
305	637	Marcelo Bastos	Veterano I	CCD - Renault, Cacia	1	00:49:15.54	4.93	00:16:18.31
306	665	Tiago Gassman	Veterano II	Individual	1	00:49:17.10	4.93	00:16:19.87
307	58	Jorge Cardoso	Senior	Individual	1	00:49:18.52	4.93	00:16:21.29
308	741	Fernando Oliveira	Veterano V	Aveiro Night Runners	1	00:49:19.06	4.93	00:16:21.83
309	737	João Rocha	Veterano VI	Aveiro Night Runners	1	00:49:19.24	4.93	00:16:22.01
310	594	Pedro Pinto	Veterano I	Individual	1	00:49:19.65	4.93	00:16:22.42
311	61	Bruno Neiva	Senior	Individual	1	00:49:20.06	4.93	00:16:22.83
312	546	José Coelho	Veterano III	Volkswagen Autoeuropa	1	00:49:20.34	4.93	00:16:23.11
313	659	Manuel Costa	Veterano V	Individual	1	00:49:21.40	4.94	00:16:24.17
314	693	Bruno Marques	Senior	Individual	1	00:49:25.11	4.94	00:16:27.88
315	603	Jacqueline Gaspar	Veterana I	Autoeuropa	1	00:49:25.63	4.94	00:16:28.40
316	735	Cristina Costa	Sénior Fem	Aveiro Night Runners	1	00:49:26.09	4.94	00:16:28.86
317	723	Carlos Rodrigues	Veterano II	Individual	1	00:49:27.19	4.95	00:16:29.96
318	480	Manuel Sousa	Veterano III	Individual	1	00:49:27.31	4.95	00:16:30.08
319	490	Márcio Silva	Senior	Individual	1	00:49:27.56	4.95	00:16:30.33
320	33	Rafael Marques	Veterano II	Individual	1	00:49:28.41	4.95	00:16:31.18
321	432	Joaquim Gomes	Veterano III	Porto Runners	1	00:49:33.38	4.96	00:16:36.15
322	197	Ricardo Flamengo	Veterano I	Aveiro Night Runners	1	00:49:34.22	4.96	00:16:36.99
323	412	Tiago Ramos	Senior	Individual	1	00:49:34.78	4.96	00:16:37.55
324	237	Ricardo Monteiro	Veterano III	Aveiro Night Runners	1	00:49:42.78	4.97	00:16:45.55
325	353	Albino Canelas	Veterano VI	Amigos do Parque	1	00:49:43.78	4.97	00:16:46.55

326	491	Elisabete Sequeira	Veterana II	Night Runners	1	00:49:46.76	4.98	00:16:49.53
327	790	Nelson Ribas	Veterano I	Indivíduo	1	00:49:47.72	4.98	00:16:50.49
328	844	Silvio Santos	Veterano V	Indivíduo	1	00:49:50.50	4.98	00:16:53.27
329	290	João Alves	Senior	Indivíduo	1	00:49:50.94	4.98	00:16:53.71
330	698	Sílvia Pinto	Sénior Fem	Indivíduo	1	00:49:51.97	4.99	00:16:54.74
331	96	Luís Sampaio	Veterano I	CANIANOS	1	00:49:54.77	4.99	00:16:57.54
332	422	Pedro Costa	Senior	Barrocas Race Team	1	00:49:56.50	4.99	00:16:59.27
333	196	Tiago Oliveira	Senior	Indivíduo	1	00:50:02.79	5.00	00:17:05.56
334	127	Nuno Quintaneiro	Senior	Indivíduo	1	00:50:08.05	5.01	00:17:10.82
335	640	António Barros Silva	Veterano VI	CCD - Renault, Cacia	1	00:50:08.14	5.01	00:17:10.91
336	186	Marcelo Fonseca	Senior	Indivíduo	1	00:50:10.24	5.02	00:17:13.01
337	185	Suse Silva	Sénior Fem	Indivíduo	1	00:50:10.51	5.02	00:17:13.28
338	438	Gabriel Alegre	Veterano I	GC Pindéricus	1	00:50:10.72	5.02	00:17:13.49
339	749	Andre Cester Costa	Veterano I	Aveiro Night Runners	1	00:50:15.75	5.03	00:17:18.52
340	129	Paula Rocha	Veterana I	Indivíduo	1	00:50:16.09	5.03	00:17:18.86
341	424	Rui Costa	Veterano I	Indivíduo	1	00:50:16.50	5.03	00:17:19.27
342	375	Helder Ribeiro	Veterano II	Night Run Aveiro	1	00:50:17.37	5.03	00:17:20.14
343	457	Leandro Lourenço	Senior	Indivíduo	1	00:50:18.78	5.03	00:17:21.55
344	488	Jaime Pereira	Veterano III	Indivíduo	1	00:50:21.15	5.04	00:17:23.92
345	609	Rui Gomes	Senior	Indivíduo	1	00:50:24.67	5.04	00:17:27.44
346	592	Horst Lauw	Veterano II	Autoeuropa	1	00:50:30.50	5.05	00:17:33.27
347	140	Sara Santos	Sénior Fem	Aveiro Night Runners	1	00:50:37.04	5.06	00:17:39.81
348	251	Jose Domingues	Veterano IV	Aveiro Night Runners	1	00:50:40.28	5.07	00:17:43.05
349	486	Sérgio Vilela	Senior	Indivíduo	1	00:50:45.53	5.08	00:17:48.30
350	279	Artur Varum	Veterano III	Indivíduo	1	00:50:54.54	5.09	00:17:57.31

351	548	Bruno Vieira	Senior	Indivíduo	1	00:50:55.79	5.09	00:17:58.56
352	206	Nuno Cruz	Veterano I	GMT	1	00:50:56.71	5.09	00:17:59.48
353	138	Inês Nobre	Veterana II	Aveiro Night-runners	1	00:51:02.95	5.10	00:18:05.72
354	85	António Loureiro	Senior	Indivíduo	1	00:51:15.73	5.13	00:18:18.50
355	561	Artur Castainca	Veterano I	Tondela Runners	1	00:51:18.95	5.13	00:18:21.72
356	696	Catarina Campos	Sénior Fem	Aveiro Night Runners	1	00:51:27.96	5.15	00:18:30.73
357	719	João Pacheco	Senior	Indivíduo	1	00:51:31.85	5.15	00:18:34.62
358	464	Jose Pacheco	Veterano III	Indivíduo	1	00:51:32.37	5.15	00:18:35.14
359	411	Daniela Santos	Sénior Fem	Indivíduo	1	00:51:33.25	5.16	00:18:36.02
360	226	Luís Alexandre	Veterano II	Microplasticos	1	00:51:35.27	5.16	00:18:38.04
361	367	Antonio Pereira	Veterano IV	Indivíduo	1	00:51:36.81	5.16	00:18:39.58
362	816	Bruno Mendes	Senior	Indivíduo	1	00:51:38.15	5.16	00:18:40.92
363	200	Fábio Matos	Senior	Clube Bosch de Ovar	1	00:51:39.18	5.17	00:18:41.95
364	562	Jorge Goncalo	Veterano III	Tondela Runners	1	00:51:39.46	5.17	00:18:42.23
365	767	Nuno Castro	Senior	Indivíduo	1	00:51:41.62	5.17	00:18:44.39
366	191	Virginia Sabino	Sénior Fem	Costa Verde	1	00:51:41.84	5.17	00:18:44.61
367	709	José Cunha	Senior	Indivíduo	1	00:51:42.28	5.17	00:18:45.05
368	646	Andre Ribeiro	Senior	Indivíduo	1	00:51:42.60	5.17	00:18:45.37
369	507	Ricardo Coelho	Veterano I	Indivíduo	1	00:51:47.11	5.18	00:18:49.88
370	574	Carlos Rodrigues	Veterano I	Indivíduo	1	00:51:47.72	5.18	00:18:50.49
371	754	Joao Carvalho	Veterano III	Indivíduo	1	00:51:49.23	5.18	00:18:52.00
372	441	Carlos Baptista	Veterano II	Indivíduo	1	00:51:52.67	5.19	00:18:55.44
373	620	Barbara Almeida	Sénior Fem	Aveiro Night Runners	1	00:51:53.56	5.19	00:18:56.33
374	62	Heitor Martins	Senior	Indivíduo	1	00:51:59.64	5.20	00:19:02.41
375	805	Rui Ribeiro	Veterano I	Indivíduo	1	00:52:05.59	5.21	00:19:08.36

376	686	Vitor Santos	Veterano I	SAI DA FRENTE, QUIMI!	1	00:52:06.73	5.21	00:19:09.50
377	679	Carlos Gomes	Veterano I	Individual	1	00:52:13.72	5.22	00:19:16.49
378	392	Reginaldo Ferreira	Veterano IV	Individual	1	00:52:20.82	5.23	00:19:23.59
379	786	Nuno Trindade	Senior	Clube Bosch de Ovar	1	00:52:22.32	5.24	00:19:25.09
380	230	Armando Azevedo	Veterano III	Individual	1	00:52:22.45	5.24	00:19:25.22
381	141	Juan Ferreira	Veterano II	Aveiro Night Runners	1	00:52:25.03	5.24	00:19:27.80
382	800	Alicia Eibensteiner	Sénior Fem	Individual	1	00:52:25.61	5.24	00:19:28.38
383	425	José Andrade	Senior	Individual	1	00:52:34.05	5.26	00:19:36.82
384	354	Pedro Loureiro	Senior	Individual	1	00:52:40.30	5.27	00:19:43.07
385	334	Carlos Loureiro	Veterano V	Individual	1	00:52:40.57	5.27	00:19:43.34
386	649	Luis Nunes	Senior	Individual	1	00:52:44.32	5.27	00:19:47.09
387	673	Filipe Thomaz	Veterano II	Individual	1	00:52:45.34	5.28	00:19:48.11
388	485	Alexandre Salustio	Junior	Salustios	1	00:52:47.05	5.28	00:19:49.82
389	82	Rafael Oliveira	Junior	Individual	1	00:52:47.47	5.28	00:19:50.24
390	470	Pedro Cerca Alves	Veterano II	Individual	1	00:52:47.52	5.28	00:19:50.29
391	216	Ricardo Fonte	Veterano I	Aveiro Night Runners	1	00:52:50.36	5.28	00:19:53.13
392	721	Fernando Cunha	Veterano I	Aveiro Night Runners	1	00:52:54.72	5.29	00:19:57.49
393	130	Marco Costa	Veterano I	Individual	1	00:53:00.07	5.30	00:20:02.84
394	381	Luis Henriques	Senior	Individual	1	00:53:02.64	5.30	00:20:05.41
395	380	Bruno Toito	Veterano I	Individual	1	00:53:02.98	5.30	00:20:05.75
396	744	Carlos Lopes	Veterano II	Individual	1	00:53:07.31	5.31	00:20:10.08
397	321	José Carvalho	Senior	Individual	1	00:53:07.89	5.31	00:20:10.66
398	793	Jose Mogollon	Senior	PwC Corrida	1	00:53:12.19	5.32	00:20:14.96
399	41	Fernando Dias	Senior	Individual	1	00:53:21.84	5.34	00:20:24.61
400	878	José Rocha	Veterano IV	Individual	1	00:53:22.29	5.34	00:20:25.06



401	882	Anabela Rocha	Veterana II	Indivídual	1	00:53:22.30	5.34	00:20:25.07
402	409	João Catalão	Veterano I	Royal School of Language	1	00:53:22.35	5.34	00:20:25.12
403	391	Jorge Magalhães	Veterano IV	Indivídual	1	00:53:23.89	5.34	00:20:26.66
404	458	Paulo Ferreira	Veterano III	Indivídual	1	00:53:24.54	5.34	00:20:27.31
405	712	Raquel Linhares	Sénior Fem	Indivídual	1	00:53:26.21	5.34	00:20:28.98
406	576	Paulo Valentim	Veterano II	Volkswagen Autoeuropa	1	00:53:30.43	5.35	00:20:33.20
407	519	Antonio Lopes	Veterano III	Indivídual	1	00:53:35.04	5.36	00:20:37.81
408	9	David Pereira	Veterano I	Indivídual	1	00:53:35.12	5.36	00:20:37.89
409	650	Jose Pedro	Veterano IV	Indivídual	1	00:53:36.89	5.36	00:20:39.66
410	658	Manuel Rilho	Veterano VI	Indivídual	1	00:53:40.26	5.37	00:20:43.03
411	705	Pedro Figueiredo	Veterano V	amigos do parque inf d.p	1	00:53:42.35	5.37	00:20:45.12
412	361	Hernâni Silva	Veterano I	Barrô Team	1	00:53:42.90	5.37	00:20:45.67
413	128	Cristina Santos	Veterana II	Indivídual	1	00:53:43.20	5.37	00:20:45.97
414	116	Carlos Martins	Veterano III	Bosch Aveiro	1	00:53:55.49	5.39	00:20:58.26
415	22	Pedro Sousa	Senior	Indivídual	1	00:53:56.01	5.39	00:20:58.78
416	617	Vera Maia	Sénior Fem	Aveiro Night Runners	1	00:53:57.05	5.40	00:20:59.82
417	195	Marta Loureiro	Sénior Fem	Indivídual	1	00:54:04.54	5.41	00:21:07.31
418	143	Bruno Costa	Senior	Aveiro Night Run	1	00:54:11.28	5.42	00:21:14.05
419	42	José Ferreira	Veterano III	Indivídual	1	00:54:11.77	5.42	00:21:14.54
420	133	António Pereira	Veterano V	Indivídual	1	00:54:13.14	5.42	00:21:15.91
421	431	Luis Bastiao	Senior	Indivídual	1	00:54:21.12	5.44	00:21:23.89
422	827	Sergio Freire	Veterano I	Clube PT	1	00:54:26.28	5.44	00:21:29.05
423	738	Margarida Carvalho	Veterana II	Aveiro Night Runners	1	00:54:26.48	5.44	00:21:29.25
424	612	Hélder Branco	Senior	Aveiro Night Runners	1	00:54:30.91	5.45	00:21:33.68
425	15	Carlos Batista	Veterano II	Indivídual	1	00:54:32.38	5.45	00:21:35.15

426	770	Ricardo Barbosa	Senior	Individual	1	00:54:33.53	5.46	00:21:36.30
427	792	José Santos	Senior	hfa	1	00:54:35.24	5.46	00:21:38.01
428	583	Pedro Terras Marques	Veterano II	Individual	1	00:54:41.40	5.47	00:21:44.17
429	706	Nuno Tavares	Veterano I	RUN FORREST	1	00:54:43.71	5.47	00:21:46.48
430	900	Paulinho	Senior	Individual	1	00:54:46.02	5.48	00:21:48.79
431	80	Antonio Gomes	Veterano IV	Individual	1	00:54:59.82	5.50	00:22:02.59
432	534	João Vieira	Veterano II	Volkswagen Autoeuropa	1	00:55:00.67	5.50	00:22:03.44
433	122	Paulo Cachim	Veterano III	Individual	1	00:55:04.47	5.51	00:22:07.24
434	325	Eduardo Bianchi Aguiar	Veterano IV	Individual	1	00:55:07.25	5.51	00:22:10.02
435	284	Lúcio Tavares	Senior	Individual	1	00:55:10.27	5.52	00:22:13.04
436	861	Simão Antão	Senior	PwC	1	00:55:10.86	5.52	00:22:13.63
437	876	Nuno Miguel	Veterano II	Individual	1	00:55:10.97	5.52	00:22:13.74
438	755	Carlos Silva	Veterano IV	Individual	1	00:55:12.41	5.52	00:22:15.18
439	265	Belmiro Couto	Veterano III	Individual	1	00:55:12.58	5.52	00:22:15.35
440	253	Paula Pereira	Veterana II	Aveiro Night Runners	1	00:55:13.10	5.52	00:22:15.87
441	268	José Afonso	Veterano I	Individual	1	00:55:14.23	5.52	00:22:17.00
442	29	Rita Melo	Veterana II	Individual	1	00:55:16.07	5.53	00:22:18.84
443	362	Nuno Leitão	Veterano I	Barrô Team	1	00:55:19.58	5.53	00:22:22.35
444	203	Henrique Jesus	Senior	Primos	1	00:55:28.27	5.55	00:22:31.04
445	787	Fernando Moreira	Veterano III	Individual	1	00:55:31.88	5.55	00:22:34.65
446	713	Carla Tavares	Sénior Fem	Individual	1	00:55:33.22	5.56	00:22:35.99
447	162	Gabriela Santos	Veterana II	Individual	1	00:55:40.81	5.57	00:22:43.58
448	803	Nina Brunnbauer	Sénior Fem	Individual	1	00:55:42.38	5.57	00:22:45.15
449	613	Patrícia Branco	Sénior Fem	Aveiro Night Runners	1	00:55:43.40	5.57	00:22:46.17
450	56	Cristina Aleixo	Veterana II	Individual	1	00:55:44.19	5.57	00:22:46.96

451	671	Anabela Correia	Veterana I	Tondela Runners	1	00:55:44.37	5.57	00:22:47.14
452	299	Judite Dias	Veterana II	Aveiro Night Runners	1	00:55:49.58	5.58	00:22:52.35
453	710	Diogo Duarte	Veterano I	Indivíduo	1	00:55:51.42	5.59	00:22:54.19
454	758	Francisco Lamas	Veterano I	OLKAA	1	00:55:51.58	5.59	00:22:54.35
455	499	Susana Alegria	Veterana I	Indivíduo	1	00:55:54.25	5.59	00:22:57.02
456	349	Rita Torres	Sénior Fem	Indivíduo	1	00:55:54.62	5.59	00:22:57.39
457	344	Alexandre Almeida	Veterano II	Aveiro Night Runner	1	00:55:55.54	5.59	00:22:58.31
458	147	Maria Manuel Calvo	Veterana II	Indivíduo	1	00:55:55.77	5.59	00:22:58.54
459	753	Edgar Correia	Senior	Indivíduo	1	00:55:57.22	5.60	00:22:59.99
460	569	Nuno Lopes	Veterano II	Indivíduo	1	00:56:04.52	5.61	00:23:07.29
461	577	Nuno Félix	Veterano II	Aveiro Night Runner	1	00:56:05.25	5.61	00:23:08.02
462	694	Luís Cruz	Veterano I	Indivíduo	1	00:56:05.66	5.61	00:23:08.43
463	629	Rute Duarte	Veterana II	Indivíduo	1	00:56:07.44	5.61	00:23:10.21
464	469	Nuno Fontoura	Senior	Indivíduo	1	00:56:09.21	5.62	00:23:11.98
465	218	Pedro Correia	Senior	Pedro	1	00:56:13.03	5.62	00:23:15.80
466	135	Ana Rita Morais	Veterana II	Indivíduo	1	00:56:17.11	5.63	00:23:19.88
467	131	Flaviana Santos	Sénior Fem	Indivíduo	1	00:56:30.82	5.65	00:23:33.59
468	760	Paulo Pinto	Veterano II	Indivíduo	1	00:56:31.94	5.65	00:23:34.71
469	188	Hugo Silva	Veterano II	Costa Verde	1	00:56:38.15	5.66	00:23:40.92
470	420	João Monteiro	Veterano I	Indivíduo	1	00:56:46.14	5.68	00:23:48.91
471	584	Ana Carvalho	Sénior Fem	Indivíduo	1	00:56:46.30	5.68	00:23:49.07
472	297	Emanuel Magalhães	Senior	Indivíduo	1	00:56:48.92	5.68	00:23:51.69
473	2	Bruno Alves	Senior	Bosch Termotecnologia	1	00:56:50.39	5.68	00:23:53.16
474	542	Fátima M. Bóia	Sénior Fem	Indivíduo	1	00:56:58.60	5.70	00:24:01.37
475	149	Miguel Parda	Veterano III	Indivíduo	1	00:57:04.75	5.71	00:24:07.52

476	263	Pedro Leitão	Veterano III	Individual	1	00:57:07.40	5.71	00:24:10.17
477	538	Silvana Lopes	Sénior Fem	Individual	1	00:57:18.89	5.73	00:24:21.66
478	476	Francisco Dias	Senior	HM Group Sports Team	1	00:57:19.54	5.73	00:24:22.31
479	556	Daniel Santiago	Senior	Individual	1	00:57:19.59	5.73	00:24:22.36
480	555	Rui Paiva	Senior	Individual	1	00:57:20.10	5.73	00:24:22.87
481	699	Ivan Ferreira	Senior	Individual	1	00:57:23.29	5.74	00:24:26.06
482	350	Nuno Pereira	Veterano I	Individual	1	00:57:25.71	5.74	00:24:28.48
483	351	José Pereira	Veterano VI	Amigos do Parque	1	00:57:25.85	5.74	00:24:28.62
484	262	Frederico Campos	Senior	HVF	1	00:57:27.99	5.75	00:24:30.76
485	408	Pedro Freitas	Veterano II	Royal School of Language	1	00:57:28.03	5.75	00:24:30.80
486	403	Elisabete Rodrigues	Veterana I	Royal School of Language	1	00:57:28.33	5.75	00:24:31.10
487	288	Catarina Lopes	Veterana I	Aveiro Night Runners	1	00:57:29.09	5.75	00:24:31.86
488	308	João Bastos	Veterano I	Individual	1	00:57:29.15	5.75	00:24:31.92
489	219	Audrey Merleau	Sénior Fem	Costa Verde	1	00:57:29.77	5.75	00:24:32.54
490	49	Leonel Monteiro	Veterano III	Individual	1	00:57:32.94	5.75	00:24:35.71
491	312	Amilcar Rainho	Veterano VI	Individual	1	00:57:34.15	5.76	00:24:36.92
492	270	Pedro Fragateiro	Senior	Individual	1	00:57:35.43	5.76	00:24:38.20
493	496	António Moitalta	Veterano IV	Individual	1	00:57:42.15	5.77	00:24:44.92
494	847	João Costa	Veterano III	Individual	1	00:57:42.33	5.77	00:24:45.10
495	264	Carlos Martins	Veterano IV	Individual	1	00:57:44.61	5.77	00:24:47.38
496	10	Noame Costa	Sénior Fem	Individual	1	00:58:00.61	5.80	00:25:03.38
497	855	Liliana Abreu	Veterana I	Individual	1	00:58:03.20	5.81	00:25:05.97
498	255	Gustavo Paixão	Veterano II	Individual	1	00:58:05.85	5.81	00:25:08.62
499	296	Marisa Marques	Sénior Fem	Individual	1	00:58:07.76	5.81	00:25:10.53
500	390	Luis Pacheco	Veterano I	Individual	1	00:58:09.80	5.82	00:25:12.57

501	388	Miguel Godinho	Veterano I	Indivíduo	1	00:58:10.19	5.82	00:25:12.96
502	479	Gustavo Tavares	Veterano II	HM Group Sports Team	1	00:58:10.93	5.82	00:25:13.70
503	502	Ana Teixeira	Veterana II	Indivíduo	1	00:58:12.98	5.82	00:25:15.75
504	530	Catarina Mónica	Veterana I	Indivíduo	1	00:58:14.24	5.82	00:25:17.01
505	720	Miguel Sarmento	Veterano II	Indivíduo	1	00:58:20.09	5.83	00:25:22.86
506	774	Gustavo Ribeiro	Senior	RIS 2048	1	00:58:20.12	5.83	00:25:22.89
507	510	Sérgio Gonçalves	Senior	Indivíduo	1	00:58:21.54	5.84	00:25:24.31
508	701	Sansão Castro	Veterano I	Indivíduo	1	00:58:24.15	5.84	00:25:26.92
509	407	Bruno Costa	Veterano I	Royal School of Language	1	00:58:25.42	5.84	00:25:28.19
510	399	Rui Amorim	Veterano I	Royal School of Language	1	00:58:25.55	5.84	00:25:28.32
511	550	Francisca Maruta	Veterana II	Volkswagen Autoeuropa	1	00:58:27.87	5.85	00:25:30.64
512	801	Inês Picado	Veterana II	Indivíduo	1	00:58:30.51	5.85	00:25:33.28
513	254	Lídia Sacramento	Veterana I	Aveiro Night Runners	1	00:58:45.49	5.88	00:25:48.26
514	366	Paula Almeida	Veterana II	Indivíduo	1	00:58:55.57	5.89	00:25:58.34
515	205	João Quintela	Veterano III	Indivíduo	1	00:59:00.34	5.90	00:26:03.11
516	667	André Oliveira	Senior	Indivíduo	1	00:59:01.17	5.90	00:26:03.94
517	589	Marta Neves	Veterana II	Indivíduo	1	00:59:03.21	5.91	00:26:05.98
518	795	Alberto Martins	Veterano III	Indivíduo	1	00:59:03.73	5.91	00:26:06.50
519	356	Miguel Fontes	Junior	Fontes	1	00:59:06.32	5.91	00:26:09.09
520	282	Sérgio Marques	Senior	Indivíduo	1	00:59:18.35	5.93	00:26:21.12
521	780	Regina Ratola	Sénior Fem	Indivíduo	1	00:59:19.26	5.93	00:26:22.03
522	202	Inês Rosa	Sénior Fem	Primos	1	00:59:20.18	5.93	00:26:22.95
523	248	Maria Craveiro	Veterana I	Aveiro Night Runners	1	00:59:34.42	5.96	00:26:37.19
524	355	Emanuel Fontes	Veterano III	Fontes	1	00:59:34.51	5.96	00:26:37.28
525	532	Hugo Fernandes	Senior	Peanuts	1	00:59:48.95	5.98	00:26:51.72

526	168	Nelson Ré	Veterano III	Individual	1	00:59:49.65	5.98	00:26:52.42
527	729	Paulo Mónica	Veterano III	Aveiro Night Runners	1	00:59:50.68	5.98	00:26:53.45
528	173	Tony Ferreira	Senior	Individual	1	00:59:56.34	5.99	00:26:59.11
529	804	Ricardo Ribeiro	Veterano II	Individual	1	00:59:57.79	6.00	00:27:00.56
530	806	Iva Viana	Veterana I	Individual	1	00:59:57.82	6.00	00:27:00.59
531	645	Bruno Silva	Veterano I	Individual	1	00:59:57.93	6.00	00:27:00.70
532	423	Céu Basilio	Veterana II	Amigos do Parque	1	01:00:05.14	6.01	00:27:07.91
533	386	João Francisco	Veterano II	Individual	1	01:00:11.09	6.02	00:27:13.86
534	233	Pedro Jesus	Senior	Individual	1	01:00:14.44	6.02	00:27:17.21
535	278	Sara Tomaz	Sénior Fem	Costa Verde	1	01:00:16.67	6.03	00:27:19.44
536	748	Soraia Amaro	Sénior Fem	Aveiro Night Runners	1	01:00:20.77	6.03	00:27:23.54
537	766	Andreia Neves	Sénior Fem	Individual	1	01:00:21.53	6.04	00:27:24.30
538	722	Filipa Neves	Sénior Fem	Individual	1	01:00:22.59	6.04	00:27:25.36
539	691	Álvaro Silva	Veterano V	Individual	1	01:00:41.81	6.07	00:27:44.58
540	692	Margarida Martins	Veterano III	Individual	1	01:00:41.89	6.07	00:27:44.66
541	605	Liliana Simões	Veterana I	Individual	1	01:00:46.39	6.08	00:27:49.16
542	567	Elisabete Matos	Veterana II	Individual	1	01:00:46.87	6.08	00:27:49.64
543	857	Raquel Brito	Sénior Fem	Individual	1	01:00:49.30	6.08	00:27:52.07
544	664	Filipa Farinha	Sénior Fem	Individual	1	01:00:54.84	6.09	00:27:57.61
545	86	Ana Gonçalves	Veterana II	Individual	1	01:00:55.26	6.09	00:27:58.03
546	236	Joana Nogueira	Veterana I	Individual	1	01:01:04.28	6.11	00:28:07.05
547	623	Pedro Neves	Veterano I	HM Group Sports Team	1	01:01:08.83	6.11	00:28:11.60
548	158	Maurício Marques	Veterano I	Individual	1	01:01:11.01	6.12	00:28:13.78
549	796	Inês Sá	Sénior Fem	Individual	1	01:01:14.46	6.12	00:28:17.23
550	797	Marcelo Rodrigues	Senior	PwC	1	01:01:14.61	6.12	00:28:17.38

551	482	Sofia Ventura	Sénior Fem	Individual	1	01:01:16.09	6.13	00:28:18.86
552	385	António Lemos	Veterano III	Individual	1	01:01:23.22	6.14	00:28:25.99
553	718	Maria Ferreira	Veterana II	Individual	1	01:01:38.04	6.16	00:28:40.81
554	520	Joana Lemos	Veterana II	Individual	1	01:01:38.79	6.16	00:28:41.56
555	410	Carlos Rocha	Veterano I	Royal School of Language	1	01:01:40.09	6.17	00:28:42.86
556	90	Pedro Cruz	Veterano II	Individual	1	01:01:48.04	6.18	00:28:50.81
557	144	John Cardoso	Veterano I	Individual	1	01:01:56.25	6.19	00:28:59.02
558	433	Eugénio Da Costa	Senior	Individual	1	01:01:57.49	6.20	00:29:00.26
559	358	Francisco Silva	Veterano III	Aveiro Night Runners	1	01:02:01.83	6.20	00:29:04.60
560	443	Clarinda Garcia	Veterana II	Individual	1	01:02:09.28	6.22	00:29:12.05
561	695	Rosário Carvalho	Veterana II	Aveiro Night Runners	1	01:02:10.51	6.22	00:29:13.28
562	597	Solange Nunes	Sénior Fem	Individual	1	01:02:11.06	6.22	00:29:13.83
563	595	Carlos Santos	Senior	Individual	1	01:02:16.54	6.23	00:29:19.31
564	271	Filipe Barosa	Senior	Individual	1	01:02:21.42	6.24	00:29:24.19
565	275	Pedro Gomes	Veterano II	Individual	1	01:02:26.76	6.24	00:29:29.53
566	811	Eliana Marques	Sénior Fem	hfa	1	01:02:27.68	6.25	00:29:30.45
567	405	Carla Santos	Veterana I	Royal School of Language	1	01:02:34.19	6.26	00:29:36.96
568	832	João Clemêncio	Senior	Individual	1	01:02:38.06	6.26	00:29:40.83
569	527	António Valente	Senior	Individual	1	01:02:44.53	6.27	00:29:47.30
570	731	António Carvalho	Veterano I	Individual	1	01:02:54.30	6.29	00:29:57.07
571	198	Cláudia Ramos	Sénior Fem	Aveiro Night Runners	1	01:03:17.97	6.33	00:30:20.74
572	336	Manuel Melo	Veterano I	Individual	1	01:03:26.17	6.34	00:30:28.94
573	17	Luis Martins	Veterano II	Individual	1	01:03:26.26	6.34	00:30:29.03
574	21	Manuel Esteves	Veterano III	Individual	1	01:03:43.43	6.37	00:30:46.20
575	23	Nelson Santos	Veterano I	Individual	1	01:03:44.02	6.37	00:30:46.79

576	528	Andreia Galante	Sénior Fem	Indivíduo	1	01:04:28.69	6.45	00:31:31.46
577	869	Rafael De Almeida	Veterano I	Indivíduo	1	01:04:28.73	6.45	00:31:31.50
578	750	Ana Amaro	Veterana I	Aveiro Night Runners	1	01:04:42.63	6.47	00:31:45.40
579	730	Paula Ferreira	Sénior Fem	Aveiro - Night Runners	1	01:04:47.00	6.48	00:31:49.77
580	228	Sofia Lopes	Sénior Fem	Indivíduo	1	01:04:51.28	6.49	00:31:54.05
581	256	Sónia Salgado	Sénior Fem	Indivíduo	1	01:04:54.54	6.49	00:31:57.31
582	428	Inês Andrade	Sénior Fem	Indivíduo	1	01:05:02.84	6.50	00:32:05.61
583	642	Adriana Santos	Veterana I	Indivíduo	1	01:05:19.64	6.53	00:32:22.41
584	481	Miguel Filipe	Veterano II	Indivíduo	1	01:05:24.59	6.54	00:32:27.36
585	326	Ana Torres	Sénior Fem	Indivíduo	1	01:05:24.71	6.54	00:32:27.48
586	606	Mónica Batista	Veterana I	Indivíduo	1	01:05:33.75	6.56	00:32:36.52
587	449	Carlos Ferreira	Senior	Indivíduo	1	01:05:48.82	6.58	00:32:51.59
588	492	Vera Nogueira	Sénior Fem	Indivíduo	1	01:05:51.99	6.59	00:32:54.76
589	342	Jacinta Gil	Veterana II	Indivíduo	1	01:05:56.02	6.59	00:32:58.79
590	775	António Carvalho	Veterano II	RIS 2048	1	01:06:06.34	6.61	00:33:09.11
591	414	António Abreu	Veterano IV	Indivíduo	1	01:06:06.93	6.61	00:33:09.70
592	607	Nélia Silva	Veterana I	Indivíduo	1	01:06:10.69	6.62	00:33:13.46
593	39	Paulo Oliveira	Veterano II	Indivíduo	1	01:06:11.79	6.62	00:33:14.56
594	484	Ana Salustio	Veterana II	Salustios	1	01:06:12.23	6.62	00:33:15.00
595	483	Sergio Salustio	Veterano III	Salustios	1	01:06:12.80	6.62	00:33:15.57
596	487	Carolina Salustio	Sénior Fem	Salustios	1	01:06:12.81	6.62	00:33:15.58
597	688	Marta Sousa	Veterana I	Indivíduo	1	01:06:28.88	6.65	00:33:31.65
598	74	André Santos	Senior	Indivíduo	1	01:07:06.73	6.71	00:34:09.50
599	757	Fábio Silva	Senior	Indivíduo	1	01:07:06.99	6.71	00:34:09.76
600	734	Karina Almeida	Sénior Fem	Indivíduo	1	01:07:18.57	6.73	00:34:21.34



601	802	Carlos Carvalho	Veterano IV	Indivíduo	1	01:07:52.22	6.79	00:34:54.99
602	30	Nelson Duarte	Veterano I	N&A	1	01:07:58.91	6.80	00:35:01.68
603	31	Ana Coelho	Sénior Fem	N&A	1	01:07:59.16	6.80	00:35:01.93
604	873	Pedro Duarte	Senior	Indivíduo	1	01:08:03.81	6.81	00:35:06.58
605	756	Bruno Pinhao	Senior	Indivíduo	1	01:08:03.88	6.81	00:35:06.65
606	599	Agostinho C. Rodrigues	Veterano III	Indivíduo	1	01:08:22.13	6.84	00:35:24.90
607	762	Carla Vilela	Sénior Fem	Indivíduo	1	01:08:48.53	6.88	00:35:51.30
608	810	Alexandre Sembo	Senior	Indivíduo	1	01:08:59.53	6.90	00:36:02.30
609	261	Humberto Campos	Veterano IV	HVF	1	01:09:06.69	6.91	00:36:09.46
610	337	Carlos Peixoto	Senior	Indivíduo	1	01:09:08.10	6.91	00:36:10.87
611	277	Daniel Carrasqueira	Veterano I	Equipa Sirmaf	1	01:10:19.36	7.03	00:37:22.13
612	383	Ana Nogueira	Veterana I	Equipa Sirmaf	1	01:10:19.82	7.03	00:37:22.59
613	232	Nivas Babu Selvaraj	Senior	Indivíduo	1	01:10:20.92	7.03	00:37:23.69
614	79	Raquel Silva	Sénior Fem	Indivíduo	1	01:10:22.19	7.04	00:37:24.96
615	468	Nuno Soutinho	Veterano I	Indivíduo	1	01:10:38.72	7.06	00:37:41.49
616	374	Vânia Teixeira	Sénior Fem	Indivíduo	1	01:11:02.76	7.10	00:38:05.53
617	376	Cecilia Silva	Sénior Fem	Indivíduo	1	01:12:00.97	7.20	00:39:03.74
618	622	Ana Carinha	Sénior Fem	Indivíduo	1	01:12:13.99	7.22	00:39:16.76
619	773	Pedro Leite	Veterano II	RIS 2048	1	01:13:21.27	7.34	00:40:24.04
620	427	Ana Sousa	Sénior Fem	Indivíduo	1	01:14:27.07	7.45	00:41:29.84
621	769	Ana Alves	Veterana II	Indivíduo	1	01:14:42.87	7.47	00:41:45.64
622	777	Sara Pina Cabral	Veterana II	Indivíduo	1	01:14:42.94	7.47	00:41:45.71
623	269	Francisco Mendes	Veterano III	Indivíduo	1	01:15:29.54	7.55	00:42:32.31
624	157	Helder Capelo	Senior	Indivíduo	1	01:16:24.14	7.64	00:43:26.91
625	153	Sara Tavares	Sénior Fem	Indivíduo	1	01:17:45.85	7.78	00:44:48.62

