

Pos.	Dorsal	Nome	Sx	Equipa	Escalão	Tempo	Chip
1	1268	Pedro Ferreira	M	Sport Lisboa e Benfica	Séniiores	00:34:10	00:34:09
2	3711	AMADEU ROCHA	M	GRUPO DRAMATICO E RECREATIVO DA RETORTA	VET 40	00:34:22	00:34:21
3	3717	Bruno Fernando Alves Santiago	M	c.f.oliveira do douro	Séniiores	00:35:27	00:35:26
4	3776	Tiago Pinto	M	Douroconta - Gabinete de Apoio e Contabilidade	Séniiores	00:35:29	00:35:29
5	2824	Sérgio Sousa	M		VET 40	00:35:38	00:35:37
6	1272	Miguel Monteiro	M	Casa Benfica de Paredes	Séniiores	00:36:05	00:36:05
7	3710	MIGUEL MENDES	M	GRUPO DRAMATICO E RECREATIVO DA RETORTA	VET 40	00:36:16	00:36:15
8	3709	Filipe Silva	M	GRUPO DRAMATICO E RECREATIVO DA RETORTA	VET 45	00:36:50	00:36:49
9	1382	Joaquim Nogueira	M	Escola do Movimento	Séniiores	00:36:54	00:36:54
10	3705	Carlos Queirós	M	A. D. Amarante	Séniiores	00:37:16	00:37:15
11	1239	Domingos Santos	M	Nascidos para Correr	VET 35	00:37:19	00:37:18
12	2699	Mário Silva	M	ACD São João da Serra	VET 50	00:37:27	00:37:26
13	1041	Americo martins de pinho	M	escapães santa maria da feira.	VET 40	00:37:40	00:37:35
14	3733	Miguel Moura	M	Academia Fernanda Ribeiro	Séniiores	00:38:11	00:38:04
15	3771	Rogério Moreira	M	Douroconta - Gabinete de Apoio e Contabilidade	Séniiores	00:38:16	00:38:15
16	1251	Salvador Mansilha	M	Nascidos para Correr	VET 45	00:38:16	00:38:15
17	1238	Domingos Presas	M	Nascidos para Correr	VET 45	00:38:23	00:38:20
18	1078	Taborda	M	RPL	VET 35	00:38:26	00:38:26
19	1377	Ricardo Carvalho	M	RUNRIVER - ESCOLA DE ATLETISMO DE RIO TINTO	Séniiores	00:38:41	00:38:40
20	1050	Telmo Reis	M	LOUSADA RUNNERS	VET 35	00:38:48	00:38:45
21	1262	José Mota	M	Nascidos para Correr	VET 50	00:38:50	00:38:49
22	3774	Hélder Rocha	M	Douroconta - Gabinete de Apoio e Contabilidade	VET 35	00:38:54	00:38:53
23	1383	Marco Oliveira	M		VET 45	00:39:14	00:39:07
24	1319	Vasco Figueiredo	M		VET 50	00:39:16	00:39:15
25	1013	Sergio silva	M		Séniiores	00:39:18	00:39:03
26	3741	Augusto Pereira	M		VET 60	00:39:21	00:39:19
27	3721	armando rosa	M		VET 45	00:39:25	00:39:21
28	1035	David Fernando da Rocha Tavares	M	Centro de Ciclismo de Gondomar	VET 55	00:39:33	00:39:32
29	3732	Fábio Oliveira	M		Séniiores	00:39:47	00:39:39
30	1283	Diogo Serra	M		VET 40	00:39:50	00:39:47
31	1271	Renato Almeida	M	Casa Benfica Paredes	Séniiores	00:39:52	00:39:50
32	1358	Bruno Filipe Bertão Pinto	M		VET 35	00:40:09	00:40:01
33	1389	Rui Pedro Reis	M	RUNRIVER - ESCOLA DE ATLETISMO DE RIO TINTO	VET 35	00:40:16	00:40:15
34	3763	André Fraga	M	Locomotiva de Paranhos	Séniiores	00:40:31	00:40:24
35	1246	Nuno Vidal	M	Nascidos para Correr	VET 40	00:40:33	00:40:30
36	3022	joaquim santos	M	white running team	VET 50	00:40:37	00:40:28
37	3084	antonio graça	M		VET 60	00:40:43	00:40:41
38	3677	Bernardo Perez	M		VET 55	00:40:56	00:40:54
39	3697	Carlos pereira	M		VET 45	00:41:07	00:40:59
40	3361	JOSE TAVARES	M		VET 45	00:41:08	00:41:07
41	1263	Virgilio Vieira	M	Nascidos para Correr	VET 35	00:41:14	00:41:11
42	1166	Manuel Fernando Nogueira da Costa	M		VET 50	00:41:21	00:41:20
43	1076	RUI ALBERTO OLIVEIRA GUIMARAES	M		VET 45	00:41:27	00:41:26
44	3703	Miguel Queirós	M	A. D. Amarante	VET 35	00:41:28	00:41:26

Pos.	Dorsal	Nome	Sx	Equipa	Escalão	Tempo	Chip
45	1204	antonio fernando nunes pereira	M		VET 45	00:41:34	00:41:30
46	3723	Albino Dias	M	Budeguita Runners	VET 40	00:41:44	00:41:10
47	3751	José Miguel Mendes	M	Trigêmeos	Séniore	00:41:52	00:41:48
48	1269	Catarina Vieira	F	Casa do Benfica em Paredes	Séniore	00:41:58	00:41:58
49	1169	António Azevedo	M	Nascidos para Correr	VET 50	00:42:00	00:41:57
50	3775	Vítor Rio	M	Douroconta - Gabinete de Apoio e Contabilidade	Séniore	00:42:06	00:42:05
51	1218	Vasco Leite Faria Duarte	M		Séniore	00:42:12	00:42:04
52	1241	Henrique Coelho	M	Nascidos para Correr	VET 40	00:42:16	00:42:12
53	1233	Ana Luis Reis	F	Nascidos para Correr	VET 35	00:42:16	00:42:10
54	1234	Aníbal Silva	M	Nascidos para Correr	VET 60	00:42:23	00:42:21
55	1291	Paulo Martins	M		VET 40	00:42:26	00:42:21
56	1235	António Pereira	M	Nascidos para Correr	VET 60	00:42:30	00:42:26
57	1275	André Pina	M		Séniore	00:42:50	00:42:36
58	3727	João Carlos Pires	M		Séniore	00:42:53	00:42:46
59	1077	André Soares	M		VET 35	00:42:53	00:42:38
60	1339	Jose Magalhães	M	a.c.alfenense	VET 60	00:43:00	00:42:59
61	1250	Rui Santos	M	Nascidos para Correr	VET 40	00:43:06	00:43:03
62	1237	Manuel Cardoso	M	Nascidos para Correr	VET 50	00:43:06	00:43:05
63	1317	António Rocha	M	Gondomar Futsal Clube	VET 60	00:43:13	00:43:11
64	1052	António Zeferino Fernandes	M		VET 45	00:43:25	00:43:20
65	1330	Nuno Santos	M	G. D. Bairro Pescadores Matosinhos	VET 35	00:43:29	00:43:16
66	1281	Carlos Brito	M		VET 35	00:43:32	00:43:28
67	1040	Arnaldo José Araújo	M		VET 40	00:43:32	00:43:09
68	1378	Hélder Ferreira	M		Séniore	00:43:33	00:43:31
69	1399	Ricardo Sousa	M		VET 35	00:43:34	00:43:22
70	1252	Emanuel Madureira	M	Nascidos para Correr	VET 50	00:43:36	00:43:33
71	1397	João Carvalhal	M	Budeguita Runners	VET 40	00:43:37	00:43:07
72	1125	victor evaristo sousa pinto rachao	M		VET 60	00:43:37	00:43:36
73	1261	Hugo Santos	M	Nascidos para Correr	VET 35	00:43:42	00:43:23
74	1245	Marco Almeida	M	Nascidos para Correr	VET 40	00:43:42	00:43:23
75	1373	Angelo Vidal	M	Porto Sentido Runners	VET 40	00:43:47	00:43:45
76	1128	Daniela Gregório	F		Séniore	00:43:51	00:43:49
77	1110	Francisco Lima	M		Séniore	00:43:57	00:43:24
78	1152	Manuel Santos	M	Vidraria Armando	VET 50	00:44:02	00:43:59
79	1199	Rui Amorim	M	Invicta Runners Team	VET 50	00:44:10	00:43:34
80	1061	David Filipe Pereira da Silva	M		VET 40	00:44:11	00:44:06
81	1258	Manuel Carriço	M	Nascidos para Correr	VET 50	00:44:19	00:44:11
82	1256	João Martins	M	Nascidos para Correr	VET 35	00:44:20	00:44:17
83	1313	José Mendes	M	Gondomar Futsal Clube	VET 50	00:44:21	00:44:19
84	1190	Ana Catarina Pereira Neves	F	CENTRO DE ATLETISMO DO PORTO	Séniore	00:44:29	00:44:26
85	1191	Manuel Sá	M	CENTRO DE ATLETISMO DO PORTO	VET 55	00:44:29	00:44:26
86	1086	Miguel Rego	M	QUALY - PRODUTOS DE LIMPEZA	VET 35	00:44:33	00:44:25
87	1054	Serafim Ramos	M	LION RUNNERS - G.D. Leões da Guarda	VET 55	00:44:35	00:44:26
88	1390	manuel da cunha povoa	M		VET 50	00:44:35	00:44:32

Pos.	Dorsal	Nome	Sx	Equipa	Escalão	Tempo	Chip
89	1131	Celine Ribeiro Gomes	F	CDCR dos CTT Porto	Séniiores	00:44:36	00:44:12
90	3215	António Carvalho	M		VET 50	00:44:40	00:44:38
91	1220	Sérgio Manel Bessa Neto	M		Séniiores	00:44:41	00:44:36
92	3783	Bruno Daniel Carvalho Castro	M		Séniiores	00:44:45	00:44:28
93	3707	Helder Manuel Rosa da Silva Deveza	M		VET 40	00:44:46	00:44:31
94	1069	António Borges	M	Porto Sentido Runners	VET 40	00:44:47	00:44:28
95	1323	Raul Silva	M		Séniiores	00:44:48	00:44:37
96	1392	António Manuel Martins Gomes	M		Séniiores	00:44:57	00:44:29
97	1083	Bruno Miguel Alexandre	M	os melhores	Séniiores	00:44:58	00:44:33
98	1163	Ricardo Jorge dos Santos Falcão	M		VET 40	00:44:59	00:44:47
99	3680	David Soares	M		Séniiores	00:45:00	00:44:58
100	1344	Roman Tietze	M		VET 50	00:45:04	00:45:03
101	3736	Helder Marques	M		VET 35	00:45:06	00:44:40
102	3757	Roberto Machado	M	A. R. C. V. S. Cosme	Séniiores	00:45:19	00:44:58
103	1196	Rui Pereira	M	Invicta Runners Team	Séniiores	00:45:20	00:44:46
104	1301	António Pereira	M	amigos quinta das freiras	VET 55	00:45:22	00:45:09
105	1010	Luís Lima	M	Trofa Runners	Séniiores	00:45:29	00:45:20
106	1068	Vítor Costa	M	ASSOCIAÇÃO CULTURAL DE VERMOIM	VET 40	00:45:32	00:45:01
107	1216	antonio pinheiro da silva	M		VET 55	00:45:38	00:45:24
108	1232	Adão Dias	M	Nascidos para Correr	VET 60	00:45:51	00:45:49
109	1376	LUIS MONTEIRO	M		Séniiores	00:45:52	00:45:44
110	2845	FILIPE RIBEIRO	M	ASSOCIAÇÃO CULTURAL DE VERMOIM	VET 40	00:45:52	00:45:20
111	1075	Paulo Miguel Elias	M		Séniiores	00:45:53	00:45:31
112	1353	António Ferreira Barbosa	M		VET 55	00:45:54	00:45:45
113	3784	Hugo Moreira	M		Séniiores	00:45:56	00:45:39
114	3756	Joaquim Ferreira	M		VET 35	00:45:58	00:45:47
115	1300	Oscar Loureiro	M		VET 60	00:45:59	00:45:39
116	3777	Miguel Santos	M	Douroconta - Gabinete de Apoio e Contabilidade	VET 40	00:46:11	00:46:09
117	1003	Joel Pedro Roriz de Azevedo	M		VET 35	00:46:16	00:46:14
118	3085	manuel oliveira	M	white running team	VET 45	00:46:20	00:46:12
119	3764	Marcos Lopes	M	Locomotiva de Paranhos	VET 40	00:46:20	00:46:12
120	1255	Bruno Moura	M	Nascidos para Correr	Séniiores	00:46:20	00:46:12
121	1259	Raquel Andrade	F	Nascidos para Correr	VET 35	00:46:20	00:46:12
122	1120	Miguel Rego	M	ACES GONDOMAR	VET 40	00:46:21	00:45:53
123	3780	paulo moreira	M		VET 45	00:46:24	00:46:19
124	1144	André cavadas	M	Clube zupper	VET 35	00:46:24	00:46:05
125	1357	Bruno Cunha	M		Séniiores	00:46:24	00:46:12
126	1356	joaquim cunha	M		VET 45	00:46:25	00:46:13
127	1304	Paulo Costa	M	amigos quinta das freiras	VET 40	00:46:37	00:46:34
128	3722	André Figueiredo	M		VET 40	00:46:37	00:46:25
129	1324	Americo	M		VET 40	00:46:39	00:46:20
130	1229	HUGO AMARO	M		VET 40	00:46:41	00:46:31
131	1274	Márcio Machado	M		VET 35	00:46:43	00:46:31
132	1352	helder amaral	M		Séniiores	00:46:43	00:46:19

Pos.	Dorsal	Nome	Sx	Equipa	Escalão	Tempo	Chip
133	2888	Miguel Moura	M		VET 40	00:46:45	00:46:29
134	2730	Paulo Martins	M		VET 45	00:46:47	00:46:35
135	2594	José Miguel Casal Cardoso Neves	M		VET 50	00:46:51	00:46:34
136	3702	Nuno Santos	M		VET 35	00:46:53	00:46:38
137	1188	RUI TALHAS	M		VET 55	00:46:54	00:46:46
138	1031	PAULO FERNANDES	M	VCP-ATLETISMO	VET 45	00:46:56	00:46:49
139	1198	Joaquim Coelho	M	Invicta Runners Team	VET 35	00:47:00	00:46:24
140	1328	Helder Antonio de Oliveira Mendes	M		Séniore	00:47:04	00:46:51
141	1295	Manuel Costa	M	Lebre 10	VET 55	00:47:11	00:47:04
142	1290	André Coimbra	M		Séniore	00:47:17	00:46:50
143	3779	Rui Cardoso	M	Boavista Futebol Clube	VET 50	00:47:28	00:47:27
144	1151	Eduardo Nunes	M	Vidraria Armando	VET 55	00:47:29	00:47:24
145	1044	Artur Jorge Meireles Barbosa	M		VET 40	00:47:30	00:47:18
146	3728	José Carlos Rocha Pires	M		VET 50	00:47:31	00:47:23
147	3708	Nuno Duarte	M	Oporto Blue Whippets	Séniore	00:47:37	00:47:09
148	1380	Mafalda Oliveira	F	Atlético da Madalena	Séniore	00:47:40	00:47:02
149	3786	Nuno Moita	M		Séniore	00:47:43	00:47:33
150	1321	Pedro Silva	M	Amigos	VET 35	00:47:45	00:47:21
151	1320	Vitor Manuel Ramos	M	Amigos	VET 35	00:47:45	00:47:22
152	3712	Pedro Guimarães	M	Oporto Blue Whippets	Séniore	00:47:45	00:47:18
153	1322	Pedro Silva	M	Amigos	VET 35	00:47:46	00:47:22
154	1193	Fernando Jorge	M	Invicta Runners Team	VET 40	00:47:50	00:47:13
155	1310	Orlando Ferreira	M	Gondomar Futsal Clube	VET 50	00:47:56	00:47:24
156	1197	Fernando Pinho	M	Invicta Runners Team	VET 55	00:47:58	00:47:20
157	1242	Helder Madeira	M	Nascidos para Correr	VET 45	00:48:00	00:47:40
158	3729	José Lino Machado Rocha Pires	M		Séniore	00:48:08	00:48:01
159	1293	Rui Airosa	M	Budeguita Runners	VET 40	00:48:09	00:47:35
160	1001	Marco Esteves	M		Séniore	00:48:10	00:47:46
161	1021	Fernando Neto	M		VET 35	00:48:10	00:48:05
162	3714	Samuel Arrepiá	M		VET 35	00:48:17	00:48:15
163	1347	Mário Jorge Fonseca	M	Famintos Runners	VET 50	00:48:18	00:48:04
164	1119	Sofia Pimenta	F	ACES GONDOMAR / LION RUNNERS	VET 35	00:48:19	00:47:50
165	3770	HUGO SECO	M		VET 35	00:48:20	00:48:12
166	1362	Diogo Soares	M	Correr Leça	Séniore	00:48:20	00:47:55
167	3734	Raúl Seabra	M		VET 35	00:48:21	00:47:55
168	3157	ANTÓNIO NETO	M		VET 60	00:48:22	00:48:13
169	1366	Fernando Jorge	M		VET 40	00:48:24	00:47:47
170	1150	Joel Costa	M	Vidraria Armando	VET 40	00:48:25	00:48:21
171	1096	Francisco Alberto Pinheiro Macedo	M		VET 35	00:48:32	00:48:21
172	1223	Tiago Manuel Freitas Teixeira da Costa Maia	M		Séniore	00:48:34	00:48:25
173	1225	Júlio Lourenço	M		VET 35	00:48:34	00:48:26
174	1200	Daniela Soares	F		VET 35	00:48:34	00:48:20
175	1214	Filipe Cunha	M		VET 35	00:48:35	00:47:56
176	1294	Ricardo Costa	M	Lebre 10	VET 35	00:48:37	00:48:25

Pos.	Dorsal	Nome	Sx	Equipa	Escalão	Tempo	Chip
177	1141	Ricardo Manuel Correia Barbosa	M	Associação TKN	Séniiores	00:48:44	00:48:44
178	1018	Jorge António da Costa Pereira	M		VET 55	00:48:46	00:48:26
179	1264	Leonel Videira	M	Nascidos para Correr	Séniiores	00:48:52	00:48:46
180	3754	RAFAEL AUGUSTO	M	TRAS OS MONTES	Séniiores	00:49:01	00:48:51
181	1164	André Filipe Marques Costa	M		Séniiores	00:49:03	00:48:57
182	1374	José João Ferreira	M		VET 40	00:49:08	00:48:43
183	1005	Filipe Miranda	M	Bit runners	VET 40	00:49:11	00:48:50
184	3743	Francisco Dias	M		VET 35	00:49:14	00:48:52
185	1343	Francisco Serrano	M	Clube Portugal Telecom Zona Norte	VET 55	00:49:17	00:49:08
186	1371	Miguel Silva	M	Porto Sentido Runners	VET 40	00:49:18	00:48:59
187	1170	Paulo Martins	M	Nascidos para Correr	VET 40	00:49:26	00:49:06
188	1149	João Mota	M	Vidraria Armando	Séniiores	00:49:26	00:49:21
189	1240	Etelvina Rocha	F	Nascidos para Correr	VET 45	00:49:26	00:49:22
190	1265	Vitor Manuel Oliveira Coelho	M	Pernetas	Séniiores	00:49:29	00:48:58
191	1027	RUI CARVALHO	M		VET 40	00:49:30	00:48:59
192	1045	ricardo soares	M		VET 35	00:49:37	00:49:23
193	1387	Ramiro Assembleia	M		VET 45	00:49:37	00:49:21
194	1029	VICTORPEREIRA	M	VCP-ATLETISMO	VET 45	00:49:39	00:49:32
195	1202	CARLOS JORGE OLIVEIRA	M	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	VET 40	00:49:40	00:49:22
196	3773	Rui Marques	M	Douroconta - Gabinete de Apoio e Contabilidade	VET 40	00:49:40	00:49:40
197	1153	susana coelho mendes	F	Kandimba Running	VET 40	00:49:42	00:49:29
198	1072	Luis Miguel Silva	M		Séniiores	00:49:43	00:49:21
199	1101	José Gomes	M		VET 40	00:49:46	00:49:30
200	1088	Pedro Brito Silva	M		Séniiores	00:49:49	00:49:39
201	1331	Pedro Arantes	M	G. D. Bairro Pescadores Matosinhos	Séniiores	00:49:54	00:49:40
202	1036	Ana Maria Barbosa	F	Trio Maravilha	VET 55	00:49:54	00:49:49
203	1385	Rui Carvalho	M		VET 45	00:49:57	00:49:39
204	1386	Rui Lobato	M		VET 35	00:49:58	00:49:40
205	1147	Lucinda Alves	F	Amigos da Picua	VET 55	00:49:59	00:49:46
206	1020	José Pereira	M	runners and friends	VET 60	00:50:05	00:49:38
207	1037	Augusto Ferreira	M		VET 40	00:50:07	00:49:41
208	1172	António Lourenço	M	Grupo Desportivo Leões de Veneza	VET 60	00:50:08	00:50:04
209	1111	Albino Sousa	M		VET 40	00:50:09	00:49:36
210	1217	Marcos André Machado Santos	M		Séniiores	00:50:14	00:50:11
211	1222	Rui Costa	M		VET 35	00:50:14	00:50:04
212	1342	rui ferraz	M		VET 35	00:50:16	00:50:05
213	1340	Americo Martins	M		VET 40	00:50:17	00:50:05
214	1361	Rui Manuel Conceição Santos	M	Correr Leça	Séniiores	00:50:21	00:49:56
215	3737	Leonor Babo	F		Séniiores	00:50:23	00:50:01
216	1123	João Rodrigues	M		Séniiores	00:50:27	00:50:09
217	1129	Márcio Castro	M		VET 35	00:50:28	00:49:54
218	3748	Paulo José Costa Veludo e Silva	M		Séniiores	00:50:35	00:50:22
219	1091	filipe narciso barroso truta	M		VET 35	00:50:35	00:50:07
220	1112	Valter Vale	M		Séniiores	00:50:36	00:50:03

Pos.	Dorsal	Nome	Sx	Equipa	Escalão	Tempo	Chip
221	3778	Paulo Machado	M	CENTRO DE ATLETISMO DO PORTO	VET 35	00:50:42	00:50:39
222	1277	Joaquim Rodrigues de Sousa	M		VET 60	00:50:45	00:50:21
223	1043	Filipe Manuel Dinis Fernandes	M		Séniore	00:50:47	00:50:22
224	1287	Tomas Correia	M		VET 50	00:50:47	00:50:32
225	1285	José Costa	M	SS Montepio	VET 45	00:50:47	00:50:32
226	1186	Alexandre Leite	M	SS Montepio	VET 35	00:50:47	00:50:31
227	1155	João Soares	M	Runners on Fire	VET 35	00:50:47	00:50:30
228	1113	Fernando sobrinho	M		VET 40	00:50:51	00:50:45
229	1363	Sérgio Ferreira	M		VET 40	00:50:52	00:50:11
230	1014	Vitor Veiga	M		VET 45	00:50:53	00:50:21
231	1098	ABILIO SOARES	M		VET 60	00:51:01	00:51:01
232	3719	julio costa	M		VET 40	00:51:03	00:50:37
233	1049	Lúcio Gomes	M		Séniore	00:51:04	00:50:55
234	1185	Luís Paulo Feiteira	M	Portelinha	VET 40	00:51:14	00:51:07
235	1393	Vitor Daniel Ribeiro Pereira	M		Séniore	00:51:19	00:50:43
236	1087	Alberto César	M		VET 45	00:51:29	00:51:14
237	1338	José Moita	M		VET 40	00:51:31	00:51:07
238	3759	Patrícia Rocha	F	Locomotiva de Paranhos	VET 35	00:51:32	00:51:25
239	1201	Francisco Figueiredo	M		VET 45	00:51:39	00:51:26
240	1286	Júlio Santos	M	SS Montepio	VET 40	00:51:41	00:51:26
241	1284	Hugo Lopes	M	SS Montepio	Séniore	00:51:41	00:51:26
242	1311	Nelson Silva	M	Gondomar Futsal Clube	VET 55	00:51:43	00:51:34
243	1059	Amílcar Lopes	M	Flechas Runners	VET 35	00:51:45	00:51:10
244	3678	Isaque Pinto	M		VET 50	00:51:45	00:51:41
245	1282	Paulo Souza	M		VET 40	00:51:47	00:51:41
246	1219	Maria Rosa Pinto Coelho	F		VET 45	00:51:48	00:51:41
247	1117	jose almeida	M	porto Runners	Séniore	00:51:49	00:51:43
248	1136	Rui Sá Pereira	M		VET 40	00:51:51	00:51:32
249	3718	Nuno José Borges de Pinho Monteiro	M		VET 60	00:51:55	00:51:51
250	3785	josé oliveira	M	trepatrilhos trail team	VET 45	00:51:59	00:51:47
251	1173	Benjamin Kimbuelas	M	Grupo Desportivo Leões de Veneza	VET 60	00:52:03	00:51:58
252	3363	Rui Paiva	M	Invicta Runners Team	VET 35	00:52:04	00:51:25
253	1215	Manuel gomes silva	M		VET 55	00:52:05	00:51:25
254	1337	Luis Ribeiro	M	RollingAventura GrupoVC	VET 40	00:52:06	00:51:41
255	1318	Alexandre Barbosa	M	Gondomar Futsal Clube	VET 60	00:52:06	00:52:05
256	1248	Patricia Pinho	F	Nascidos para Correr	VET 35	00:52:15	00:51:53
257	3740	Gil Moreira Nunes	M		VET 35	00:52:24	00:52:05
258	1221	Carla Patela	F		VET 35	00:52:24	00:51:53
259	1143	João Teles	M		Séniore	00:52:25	00:52:14
260	1080	Vânia Cunha	F		Séniore	00:52:29	00:51:53
261	3704	Alvaro Cerqueira	M	A. D. Amarante	VET 50	00:52:31	00:52:09
262	1070	Fábio Costa	M	ASSOCIAÇÃO CULTURAL DE VERMOIM	Séniore	00:52:33	00:52:02
263	1106	Pedro Salgueiro	M	Sawadee	VET 35	00:52:37	00:52:20
264	1315	Francisco Oliveira	M	Gondomar Futsal Clube	VET 55	00:52:39	00:52:32

Pos.	Dorsal	Nome	Sx	Equipa	Escalão	Tempo	Chip
265	1308	Ricardo Pinheiro	M	R&R	Séniiores	00:52:41	00:52:27
266	3749	Daniel Silva	M		VET 35	00:52:47	00:52:14
267	1369	Carlos Martins	M	Porto Sentido Runners	VET 50	00:52:50	00:52:31
268	1247	Patricia Caballero	F	Nascidos para Correr	VET 35	00:52:55	00:52:31
269	1260	Vitor Costa	M	Nascidos para Correr	VET 40	00:52:55	00:52:31
270	1103	hugo sousa	M		VET 35	00:52:56	00:52:19
271	1270	Pedro Correia	M		Séniiores	00:52:58	00:52:42
272	3781	maria luz almeida	F		VET 50	00:53:04	00:53:01
273	1379	NUNO RODRIGO MOREIRA DA SILVA	M		VET 35	00:53:08	00:52:30
274	3696	Pedro Daniel da Silva Nunes Ribeiro	M		Séniiores	00:53:13	00:53:11
275	3699	Ricardo Rocha	M		Séniiores	00:53:16	00:52:55
276	1074	Vitor santos	M	Unidos ao pó	VET 40	00:53:21	00:53:05
277	1276	Carlos Pina	M		VET 35	00:53:22	00:53:09
278	1303	Margarida Pereira	F	amigos quinta das freiras	VET 55	00:53:28	00:53:14
279	1228	Fernando Eduardo Ferreira Souto	M	GVN Runners	VET 45	00:53:28	00:52:53
280	3726	Celso Dias	M		Séniiores	00:53:32	00:53:03
281	1079	Ana Oliveira	F		Séniiores	00:53:33	00:52:58
282	3750	José Barbosa	M		VET 45	00:53:41	00:53:07
283	1109	Vitor vieira	M		VET 50	00:53:49	00:53:10
284	1192	Paulo Ribeiro	M	Invicta Runners Team	VET 40	00:53:56	00:53:18
285	1257	José Paulo Neves	M	Nascidos para Correr	VET 55	00:53:57	00:53:36
286	1316	Carlos Nogueira	M	Gondomar Futsal Clube	VET 35	00:54:09	00:54:07
287	1349	António Rocha	M		VET 35	00:54:14	00:53:51
288	1327	Francisco Paulo Pinto	M	boavista	VET 50	00:54:21	00:54:10
289	3765	Nelson Miguel Marques Pião	M		Séniiores	00:54:41	00:54:24
290	1180	Rui Oliveira	M	Associação TKN	Séniiores	00:54:48	00:54:18
291	1048	Andre Ferreira	M	Clube de Colaboradores AXA	VET 35	00:54:49	00:54:42
292	1023	Ricardo Pina	M		VET 35	00:54:52	00:54:40
293	1243	Mª Elisabete Moreira	F	Nascidos para Correr	VET 35	00:54:55	00:54:32
294	1022	Augusto Coelho	M		VET 50	00:54:55	00:54:30
295	1236	Arménio Ferreira	M	Nascidos para Correr	VET 60	00:54:55	00:54:31
296	1391	Mário Noronha	M		VET 35	00:54:58	00:54:21
297	1325	Alexandre Pereira	M	Clube Portugal Telecom Zona Norte	VET 40	00:54:58	00:54:28
298	1012	Pedro Magalhães	M	Tai runners	VET 40	00:55:00	00:54:51
299	1107	Filipe Manuel Ferreira Conceição	M	Locomotiva de Paranhos	Séniiores	00:55:00	00:54:25
300	1056	Mónica Santos	F	Revista Portuguesa de Saúde Ocupacional on line	VET 35	00:55:02	00:55:00
301	1368	Elisabete Loureiro	F	Porto Sentido Runners	VET 40	00:55:03	00:54:44
302	1097	Diogo Silva	M		Séniiores	00:55:05	00:54:52
303	1118	José Alves	M		VET 45	00:55:08	00:54:40
304	3753	José Silva	M	Trigêmeos	VET 60	00:55:12	00:55:08
305	1053	Luis Gomes	M		Séniiores	00:55:31	00:54:55
306	1132	José Carlos Nunes	M	F.C Porto	VET 50	00:55:32	00:55:12
307	1008	Adriano Lopes	M	Brownie Power	VET 50	00:55:33	00:55:28
308	1007	Ana Paula Lopes	F	Brownie Power	VET 45	00:55:34	00:55:28

Pos.	Dorsal	Nome	Sx	Equipa	Escalão	Tempo	Chip
309	3739	MAURO JOSE LOPES ALMEIDA	M		VET 40	00:55:37	00:55:26
310	2803	José Gonçalves	M	ccdt/stcp	VET 45	00:55:39	00:55:18
311	2795	Rui Magalhães	M	ccdt/stcp	VET 40	00:55:39	00:55:19
312	1002	Marco Guimarães	M		Séniore	00:55:41	00:55:34
313	1345	Manuel Vieira de Carvalho	M		VET 60	00:55:43	00:55:23
314	1398	André Silva	M		Séniore	00:55:47	00:55:21
315	1367	Sandra Carvalho	F	Porto Sentido Runners	VET 40	00:55:49	00:55:30
316	1296	Luís Ribeiro	M	Lebre 10	Séniore	00:55:55	00:55:42
317	1159	Manuel Aires	M	Runners on Fire	VET 35	00:56:01	00:55:44
318	1156	Alfredo Daniel Oliveira Sousa	M	Runners on Fire	Séniore	00:56:01	00:55:44
319	1015	Fernando Poças	M		VET 50	00:56:04	00:55:58
320	2726	Tiago Miguel Correia Ribeiro	M		Séniore	00:56:11	00:55:59
321	1062	Jose Ferreira	M		VET 50	00:56:12	00:55:50
322	1224	Samuel Cardoso	M		Séniore	00:56:13	00:56:04
323	1314	José Carlos Lascasas	M	Gondomar Futsal Clube	VET 45	00:56:16	00:56:10
324	1326	Afonso Costa	M	Clube Portugal Telecom Zona Norte	VET 55	00:56:17	00:55:47
325	3782	celeste moreira	F		VET 45	00:56:22	00:56:18
326	1168	Lurdes Cunha	F		VET 50	00:56:22	00:56:20
327	1178	Igor Andrade	M	Associação TKN	Séniore	00:56:25	00:55:55
328	1195	Vitor Silva	M	Invicta Runners Team	VET 45	00:56:25	00:55:48
329	1194	Tiago Mendes	M	Invicta Runners Team	Séniore	00:56:26	00:55:47
330	1067	Nuno Alves	M	Associação TKN	Séniore	00:56:28	00:56:01
331	1006	Guimarães	M		VET 40	00:56:32	00:56:13
332	1302	Adelaide Veludo	F	amigos quinta das freiras	VET 60	00:56:32	00:56:18
333	3742	Adriano Ferreira	M		VET 60	00:56:32	00:56:24
334	3772	Marco Castro	M	Douroconta - Gabinete de Apoio e Contabilidade	VET 40	00:56:35	00:56:33
335	1381	Vítor Cardoso	M	Atlético da Madalena	VET 50	00:56:39	00:56:02
336	1312	José Sousa	M	Gondomar Futsal Clube	VET 60	00:56:41	00:56:35
337	1292	Isabel Ferreira	F	Budeguita Runners	VET 35	00:56:53	00:56:19
338	1267	Mário Cardoso	M	Pernetas	VET 40	00:57:01	00:56:29
339	1306	Manuel Correia	M		VET 40	00:57:02	00:56:47
340	3122	PAULO FREITAS	M	VCP-ATLETISMO	VET 40	00:57:11	00:57:04
341	1253	Teresinha Castro	F	Nascidos para Correr	VET 35	00:57:16	00:57:09
342	1094	António Mota Fernandes	M		VET 60	00:57:18	00:56:59
343	3693	Dimitrov Borco	M		VET 50	00:57:19	00:56:58
344	1211	Hélio Aleixo	M		VET 35	00:57:19	00:57:10
345	3752	Helder Soares	M	Trigêmeos	Séniore	00:57:21	00:57:16
346	1039	Cosme Almeida	M		VET 35	00:57:29	00:56:56
347	1124	Sérgio Manuel Pereira	M		VET 50	00:57:31	00:57:18
348	1309	Rosa Mendes	F	Gondomar Futsal Clube	VET 50	00:57:35	00:57:34
349	1395	Sandra Oliveira	F	Budeguita Runners	VET 40	00:57:42	00:57:09
350	3762	Paula Santos	F	Locomotiva de Paranhos	VET 45	00:57:43	00:57:22
351	1157	Nelson Costa	M	Runners on Fire	Séniore	00:57:46	00:57:27
352	1114	Luis Manuel Soares Espassandim	M		VET 45	00:57:47	00:57:38

Pos.	Dorsal	Nome	Sx	Equipa	Escalão	Tempo	Chip
353	3713	PAULO RAMOS	M	GRUPO JUVENIL PINHEIRO DA BEMPOSTA-O. AZEMÉIS	VET 40	00:57:51	00:57:25
354	1057	Alcídio Figueiredo	M		VET 45	00:57:52	00:57:31
355	3725	Jorge Mendonça	M		VET 50	00:57:54	00:57:19
356	1181	Luís Oliveira	M	Associação TKN	Séniiores	00:57:59	00:57:29
357	3787	Vanessa Tavares	F		Séniiores	00:57:59	00:57:49
358	1137	Sérgio Pereira	M		VET 35	00:58:04	00:57:46
359	3731	Nuno Freitas	M	Twins	Séniiores	00:58:09	00:57:44
360	1089	Igor Cunha	M		Séniiores	00:58:18	00:58:02
361	1299	Daniel Reis	M	LUSOS XXI	Séniiores	00:58:18	00:58:03
362	1047	José Amorim	M	LUSOS XXI	VET 35	00:58:18	00:58:02
363	1298	João Carvalho	M	LUSOS XXI	VET 35	00:58:18	00:58:03
364	1375	Rui Bastos	M		VET 35	00:58:22	00:57:44
365	1146	Abílio Alves	M	Amigos da Picua	VET 55	00:58:30	00:58:17
366	1038	Maria Cecília Silva Sá	F	CENTRO DE ATLETISMO DO PORTO	VET 50	00:58:32	00:58:29
367	3264	Manuel Marques	M	Família Marques	VET 50	00:58:40	00:58:22
368	1174	José Abreu	M	Grupo Desportivo Leões de Veneza	VET 60	00:58:45	00:58:35
369	3747	Miguel Coelho	M		Séniiores	00:58:45	00:58:14
370	1365	Soffi Barbosa	F		Séniiores	00:59:14	00:58:38
371	1084	Sónia Pereira	F		VET 35	00:59:26	00:59:12
372	1032	carlos do fundo	M	VCP-ATLETISMO	VET 40	00:59:27	00:59:21
373	1346	Renato Jorge Gomes da Rocha Fernandes	M	Clube Portugal Telecom Zona Norte	VET 35	00:59:28	00:59:16
374	3698	FERNANDA ALVES	F	TARTARUGAS DO ASFALTO	VET 40	00:59:32	00:59:10
375	3679	Pedro Silva	M		VET 35	00:59:36	00:59:30
376	1148	Isabel Maria Cruz Dias	F		VET 35	00:59:43	00:59:24
377	1073	joaquim armando	M		VET 55	00:59:43	00:59:12
378	1167	César Aureliano Vigário da Rocha	M		VET 45	00:59:43	00:59:23
379	1165	Joao Filipe da silva e sousa	M		VET 35	00:59:50	00:59:23
380	1289	Ana Santos	F		Séniiores	00:59:56	00:59:27
381	1297	Raul Freitas	M	Lebre 10	VET 35	01:00:03	00:59:49
382	1266	Catarina Alexandra Pinto Nogueira	F	Pernetas	Séniiores	01:00:04	00:59:32
383	1208	Manuela Ferreira	F	Pernetas	VET 45	01:00:04	00:59:33
384	3700	Célia Sampaio	F		VET 40	01:00:11	00:59:47
385	1085	Pedro Barbosa	M		VET 45	01:00:11	00:59:47
386	3767	Sofia Silveira	F	MPersonal	Séniiores	01:00:14	00:59:43
387	1122	Ana Margarida Coelho	F	ACES GONDOMAR	VET 40	01:00:19	00:59:49
388	1121	José Sousa	M	ACES GONDOMAR	Séniiores	01:00:19	00:59:47
389	1231	Maria Joaquina Oliveira Peixoto	F		VET 45	01:00:22	00:59:56
390	1370	Humberto Pinho	M	Porto Sentido Runners	VET 55	01:00:27	01:00:00
391	3730	Tiago Teixeira	M	Twins	Séniiores	01:00:33	01:00:08
392	3766	Hugo Filipe Ferreira Cunha	M		Séniiores	01:00:33	01:00:17
393	1066	Laura Rodrigues	F		Séniiores	01:00:36	01:00:03
394	3695	Ricardo Manuel Lopes Costa	M		VET 35	01:00:50	01:00:33
395	1249	Pedro Farinha	M	Nascidos para Correr	VET 40	01:00:51	01:00:28
396	1140	Antonio Joaquim Cunha Brochado	M	Associação TKN	VET 40	01:00:57	01:00:31

Pos.	Dorsal	Nome	Sx	Equipa	Escalão	Tempo	Chip
397	1082	Diana Filipa Vieira Coelho	F	os melhores	Séniiores	01:00:59	01:00:32
398	1060	Helena Ferreira	F		VET 45	01:01:01	01:00:39
399	1017	Alexandra Pereira	F	runners and friends	Séniiores	01:01:05	01:00:37
400	3720	Joana Isabel Lage Monteiro	F		Séniiores	01:01:07	01:01:03
401	1016	Inês Arcos	F	runners and friends	VET 35	01:01:09	01:00:43
402	1033	Artur Fonseca	M	Ruptura Total	VET 35	01:01:09	01:00:29
403	1063	JORGE ALVES OLIVEIRA	M	BTTrain	VET 60	01:01:33	01:01:32
404	1116	Marú	M		VET 45	01:01:33	01:01:16
405	1335	Helder Silva	M	Grupo VC	VET 35	01:01:43	01:00:40
406	3755	FERNANDO ANDRADE	M	TRAS OS MONTES	VET 35	01:01:46	01:01:35
407	1133	Manuela Monteiro	F		VET 40	01:01:49	01:01:18
408	1138	Sónia Pereira	F	As gazelas	Séniiores	01:02:34	01:02:28
409	3715	Paulo Fernando Amaral dos Santos	M		VET 45	01:02:34	01:01:56
410	3724	João Lopes	M		VET 50	01:02:44	01:02:28
411	3706	Mário Martins Antunes	M		VET 55	01:02:45	01:02:11
412	1273	VANESSA MARTINS	F	Locomotiva de Paranhos	VET 40	01:03:01	01:02:39
413	3769	Helena Anjos	F	MPersonal	VET 45	01:03:06	01:02:34
414	1394	Carlos Bateira	M		VET 35	01:03:08	01:02:31
415	1051	Albertina Gonçalves	F	LOUSADA RUNNERS	VET 35	01:03:13	01:02:45
416	1100	José Luís Barbosa Leal	M		VET 40	01:03:27	01:03:06
417	3716	Homero Araujo	M	Flechas Runners	VET 55	01:03:38	01:03:02
418	3744	Patrícia Rodrigues	F		Séniiores	01:03:44	01:03:27
419	3745	Sónia Maria Gonçalves Teixeira	F		VET 35	01:03:44	01:03:27
420	2880	Domingos Faustino	M	ccdt/stcp	VET 40	01:03:46	01:03:25
421	1336	Paulo Nogueira	M	Grupo VC	VET 45	01:03:53	01:02:50
422	1139	Rui Miranda	M	As Gazelas	VET 35	01:03:58	01:03:52
423	1359	Aldemira Antónia Martins Guerra	F	Guerra & Araújo	VET 35	01:04:46	01:04:21
424	1360	João Carlos dos Santos de Almeida Araújo	M	Guerra & Araújo	VET 35	01:04:46	01:04:20
425	1092	Susana Teixeira	F	As Gazelas	VET 40	01:04:49	01:04:45
426	1213	PAULO FREITAS JORGE	M	A.N.A.	VET 45	01:04:50	01:04:21
427	1210	Joana Filipa das Neves Moura Silva	F		Séniiores	01:04:50	01:04:41
428	1009	Carla Sofia Fonseca Neves	F		Séniiores	01:04:50	01:04:47
429	1004	Verónica Marques Fernandes	F		VET 40	01:04:51	01:04:20
430	1160	Agostinho Ribeiro	M	Runners on Fire	VET 35	01:04:53	01:04:35
431	1332	Vitor Costa	M	Grupo VC	Séniiores	01:05:02	01:03:59
432	1364	Nuno Vasconcelos	M		Séniiores	01:05:06	01:04:50
433	1058	Bruno Fernando Costa Oliveira	M		VET 35	01:05:34	01:05:05
434	1108	Jose carlos Almeida	M		Séniiores	01:05:47	01:05:32
435	1354	Diana Filipa Nunes Araújo	F	M&M	Séniiores	01:05:54	01:05:43
436	1055	ANTONIO BERMUDEZ BILBAO	M	ULTRAFONDO CANTABRIA	VET 60	01:06:06	01:05:48
437	1145	Teresa barbosa	F		VET 35	01:06:15	01:05:56
438	1372	Cristina Silva	F	Porto Sentido Runners	VET 45	01:06:30	01:06:11
439	1189	João Pedro Mota	M		VET 35	01:06:30	01:05:56
440	1171	Armandino Cramez	M	Grupo Desportivo Leões de Veneza	VET 60	01:06:48	01:06:26

Pos.	Dorsal	Nome	Sx	Equipa	Escalão	Tempo	Chip
441	1329	Patricia Rebelo	F	SS Montepio	VET 35	01:06:55	01:06:29
442	1134	Irineu Fernandes	M	Associação TKN	VET 60	01:06:56	01:06:27
443	1177	Jorge Vieira	M	Associação TKN	VET 60	01:06:56	01:06:27
444	1024	João Santos	M	Associação TKN	Séniiores	01:06:56	01:06:28
445	1000	Rúben Rolão	M	Associação TKN	Séniiores	01:06:56	01:06:27
446	1028	Joel Barbosa	M	Associação TKN	Séniiores	01:06:57	01:06:29
447	1093	Ricardo Nuno Saldanha Teixeira	M	As Gazelas	VET 40	01:06:58	01:06:52
448	1203	André Filipe Almeida Rodrigues de Melo	M	MPersonal	Séniiores	01:07:04	01:06:29
449	1161	Carmen Pereira	F	MPersonal	Séniiores	01:07:27	01:06:52
450	1205	Marco Pereira	M	MPersonal	VET 40	01:07:27	01:06:53
451	1227	Bruno Miguel Souto	M	GVN Runners	Séniiores	01:07:28	01:06:52
452	1355	Isabel Cristina Terra Cabral	F	M&M	Séniiores	01:07:40	01:07:28
453	1230	Vitor Sousa	M		Séniiores	01:08:10	01:07:31
454	3761	Rita Freitas	F	Locomotiva de Paranhos	Séniiores	01:08:12	01:07:50
455	1307	Rute Santos	F	R&R	Séniiores	01:08:50	01:08:35
456	1207	Fernando Jorge Moreira Alves	M	CENTRO DE ATLETISMO DO PORTO	VET 50	01:08:51	01:08:47
457	1206	Alexandra Maria Cardoso Valente	F	CENTRO DE ATLETISMO DO PORTO	VET 40	01:08:51	01:08:48
458	1334	Helder Maio	M	Grupo VC	VET 35	01:09:24	01:08:20
459	3735	Sérgio Paiva	M		VET 40	01:09:41	01:09:29
460	1154	Joaquim Henrique Rodrigues	M		VET 45	01:09:47	01:09:09
461	1115	Maria Alice Guimarães	F		VET 50	01:10:01	01:09:55
462	1226	Salete Vila Pouca	F	GVN Runners	VET 45	01:10:13	01:09:53
463	1127	Paulo Mendes	M		VET 35	01:10:30	01:10:10
464	1288	Ana Canez	F	Pernetas	VET 35	01:10:47	01:10:15
465	1095	ISABEL CARVALHO	F		VET 40	01:10:47	01:10:15
466	1333	Delfim Costa	M	Grupo VC	Séniiores	01:10:52	01:06:30
467	1011	Fátima Lopes	F	Trofa Runners	VET 60	01:10:56	01:10:41
468	1384	Maria Adelina Almeida	F		VET 55	01:11:02	01:10:28
469	1065	DEOLINDA HENRIQUES DA SILVA ALVES	F	SPORT CLUB CONIMBRICENSE	VET 60	01:11:10	01:11:01
470	3758	Sérgio Santos	M	Locomotiva de Paranhos	Séniiores	01:11:12	01:10:35
471	3760	Mara Ribeiro	F	Locomotiva de Paranhos	Séniiores	01:11:12	01:10:36
472	1034	Maria Horta	F	Trio Maravilha	VET 55	01:11:39	01:11:34
473	3701	ÂNGELA DE PAIVA ALVES	F		Séniiores	01:11:47	01:11:25
474	1209	Paulo Amorim	M		Séniiores	01:12:55	01:12:46
475	1042	Nuno Maio	M		Séniiores	01:13:23	01:13:12
476	3216	Jaquelina Sousa	M		VET 40	01:14:15	01:14:01
477	1182	Inês Carvalho	F	Associação TKN	Séniiores	01:15:22	01:14:52
478	1183	Emanuel Silva	M	Associação TKN	Séniiores	01:17:16	01:16:48
479	1175	Pedro Mateus	M	Associação TKN	Séniiores	01:17:17	01:16:48
480	1348	Sandra Ribeiro	F		VET 35	01:17:50	01:17:20
481	1142	Bruno Daniel B Brochado	M	Associação TKN	Séniiores	01:19:07	01:18:40
482	1179	Tiago Branco	M	Associação TKN	VET 35	01:19:08	01:18:39
483	1081	Maria Manuela Ferreira da Silva	F	os melhores	Séniiores	01:19:27	01:19:00
484	1104	josilda almeida	F		VET 35	01:19:52	01:19:16

Pos.	Dorsal	Nome	Sx	Equipa	Escalão	Tempo	Chip
485	1105	Rute Beatriz Torres	F		VET 35	01:19:52	01:19:17
	1305	Antonio Jorge Ferreira Oliveira Gomes	M		VET 50	00:55:34 (desq.)	00:55:18
	1280	António Pinto da Costa	M		VET 60	00:57:43 (desq.)	00:57:21
	1396	Minna Sillankorva	F	Budeguita Runners	VET 40	00:58:33 (desq.)	00:58:01
	1090	MONICA CUNHA	F		Séniore	01:13:23 (desq.)	01:13:12
	1184	Manuel Fernando Santos	M		VET 55	01:18:25 (desq.)	01:18:02
	1025	Carlos Pinto	M		VET 60	01:28:28 (desq.)	01:28:05