

Posição	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
1	168	Pedro Ferreira	M	Sport Lisboa e Benfica	Séniiores	00:32:41	00:32:41
2	67	Sérgio Sousa	M	ACD São João da Serra	VET 45	00:34:56	00:34:56
3	452	Paulo Reis	M	Sport Club de Espinho	VET 45	00:36:00	00:36:00
4	432	Pedro Tapadas	M	Gondomar Futsal Clube	Séniiores	00:36:10	00:36:10
5	187	Paulo Rocha	M	Runriver-Escola de Atletismo de Rio Tinto	VET 35	00:36:42	00:36:42
6	55	Francelino Resende	M	Nascidos para Correr	VET 45	00:37:16	00:37:16
7	41	Joaquim Alves	M	Nascidos para Correr	VET 45	00:37:17	00:37:17
8	377	Taborda	M	RPL	VET 35	00:37:19	00:37:19
9	150	Vitor Ramos	M	Friend's Run	VET 35	00:37:22	00:37:21
10	52	Domingos Santos	M	Nascidos para Correr	VET 35	00:37:30	00:37:30
11	423	José Cabral	M		VET 55	00:37:31	00:37:31
12	58	José Mota	M	Nascidos para Correr	VET 50	00:37:34	00:37:34
13	286	ismael	M	Boavista F.C	Séniiores	00:37:38	00:37:38
14	86	Mário Silva	M	ACD São João da Serra	VET 50	00:37:47	00:37:47
15	112	Sérgio Silva	M	MSS CONTABILIDADE	VET 35	00:37:55	00:37:55
16	434	Hernani Furtado	M	Sporting Clube de Espinho / António Leitão	VET 35	00:37:57	00:37:55
17	349	Rui Pedro Ferreira Alves	M		VET 40	00:38:05	00:38:00
18	129	Manuel Cardoso	M	Boavista F.C.	VET 45	00:38:08	00:38:07
19	134	antonio fernando nunes pereira	M	ad lustosa	VET 50	00:38:43	00:38:41
20	232	Vitor Manuel Ferreira de souza	M	centro ciclista de gondomar	VET 50	00:38:57	00:38:57
21	164	Armando Rosa	M		VET 45	00:39:21	00:39:21
22	321	Agostinho Proença	M		VET 50	00:39:39	00:39:38
23	421	José Rocha	M	Douroconta Trail Team	VET 35	00:39:43	00:39:42
24	70	Hugo Santos	M	Nascidos para Correr	VET 35	00:39:45	00:39:38
25	241	Rui Pedro Reis	M	HSANTAMARIART	VET 35	00:39:48	00:39:41
26	319	Bruno Cunha	M	SISCOG - SISTEMAS COGNITIVOS	Séniiores	00:40:00	00:39:59
27	320	Joaquim Cunha	M	Águas do Porto - Casa dos Trabalhadores	VET 45	00:40:01	00:39:59
28	401	Nelson Sousa Marques	M		VET 35	00:40:11	00:40:10
29	48	António Graça	M	Nascidos para Correr	VET 60	00:40:16	00:40:16
30	399	Filipe Costa	M		Séniiores	00:40:22	00:40:19
31	171	Américo Santos	M	Casa Doce	VET 45	00:40:27	00:40:27
32	155	José Macedo	M		VET 45	00:40:36	00:40:35
33	64	Pedro Silva	M	Nascidos para Correr	VET 40	00:40:38	00:40:38
34	415	Bruno Santos	M	Douroconta Trail Team	Séniiores	00:40:46	00:40:46
35	85	Jorge Gonçalves	M	ACD São João da Serra	Séniiores	00:41:01	00:41:01
36	214	Pedro Freitas	M	Factor X / S4L / Medense FC	VET 40	00:41:05	00:40:55
37	98	Jose Mendes	M	Falsos Lentos	VET 35	00:41:11	00:41:08
38	278	Mariana CASTANHEIRA	F	MAIA AC	Séniiores	00:41:12	00:41:12
39	151	Pedro Luis Vieira da Silva	M	Friend's Run	VET 35	00:41:14	00:41:11
40	153	Rui Martins	M	Friend's Run	VET 40	00:41:14	00:41:12
41	6	Bernardo Perez	M		VET 55	00:41:17	00:41:16
42	229	diana julia dias paulo ferreira de souza	F	centro ciclista de gondomar	Séniiores	00:41:26	00:41:26
43	352	Albino Dias	M	BudeguitaRunners	VET 40	00:41:27	00:41:04
44	420	Vitor Rio	M	Douroconta Trail Team	Séniiores	00:41:27	00:41:26
45	369	João Carlos Pires	M		Séniiores	00:41:33	00:41:33

Posição	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
46	109	Jose Tavares	M		VET 45	00:41:37	00:41:35
47	169	Catarina Vieira	F	Sport Lisboa e Benfica	Séniiores	00:41:48	00:41:48
48	186	Eduardo Brandão	M	Runriver-Escola de Atletismo de Rio Tinto	VET 35	00:41:49	00:41:49
49	345	Tiago Oliveira	M	Sob Efeito Trail	Séniiores	00:41:50	00:41:42
50	365	Pedro Guimaraes	M		VET 40	00:41:54	00:41:44
51	80	Virgilio Vieira	M	Nascidos para Correr	VET 35	00:42:06	00:42:04
52	57	João Martins	M	Nascidos para Correr	VET 40	00:42:10	00:42:02
53	1	Vitor Manuel Gomes Novais	M	Running tribe solinca dragão	VET 50	00:42:17	00:42:11
54	268	Bruno Castro	M	#papamedalhas	Séniiores	00:42:18	00:42:06
55	303	Hélder Guedes	M		VET 40	00:42:24	00:42:24
56	73	Octávio Sousa	M	Nascidos para Correr	VET 55	00:42:35	00:42:33
57	358	José Lino Pires	M		Séniiores	00:42:42	00:42:42
58	40	Paulo Nascimento	M	Nascidos para Correr	VET 40	00:42:44	00:42:38
59	82	ANTÓNIO TEIXEIRA	M	AMIGOS DA PÍCUA-NORTIGAIA	VET 50	00:42:44	00:42:39
60	284	fiipe martins	M		VET 40	00:43:00	00:42:54
61	84	JOSÉ MARINHO	M	AMIGOS DA PÍCUA-NORTIGAIA	VET 45	00:43:13	00:43:08
62	239	Carlos Machado	M	Grupo Desportivo da Limpeza Urbana	VET 35	00:43:17	00:43:13
63	391	Jorge Moreira	M		VET 40	00:43:17	00:43:17
64	327	Serafim Ramos	M	LION RUNNERS - G. D. Leões da Guarda	VET 55	00:43:18	00:43:14
65	331	João Pedro Neves	M		VET 40	00:43:20	00:43:03
66	165	TIAGO GOMES	M	Invicta Runners Team	VET 35	00:43:21	00:43:11
67	114	Ibrahim Sousa	M	MSS CONTABILIDADE	VET 35	00:43:21	00:43:20
68	246	António borges	M	Porto Sentido Runners	VET 40	00:43:24	00:43:15
69	77	Aníbal Silva	M	Nascidos para Correr	VET 60	00:43:24	00:43:23
70	288	MANUEL PÓVOAS	M		VET 55	00:43:28	00:43:26
71	376	David Silva	M		VET 40	00:43:33	00:43:33
72	261	Serafim Fernando Aguiar Reis	M	Centro Atletismo do Porto	VET 45	00:43:40	00:43:24
73	437	jose magalhaes	M		VET 60	00:43:44	00:43:37
74	13	Manuel Sá	M	Centro Atletismo do Porto	VET 55	00:43:50	00:43:46
75	408	António Coimbra	M		Séniiores	00:43:51	00:43:48
76	325	Filipe Amorim	M		Séniiores	00:43:56	00:43:55
77	192	Carlos Brito	M		VET 35	00:44:02	00:43:50
78	139	paulo Manuel Pereira Faria	M		VET 45	00:44:10	00:44:10
79	308	Miguel Ferreira	M		VET 35	00:44:11	00:44:08
80	189	JOSE PEDRO MARTINS	M		VET 40	00:44:13	00:43:48
81	383	Carlos Ferreira	M	Escola do Movimento	VET 55	00:44:19	00:44:11
82	178	David Soares	M		Séniiores	00:44:31	00:44:29
83	367	António Silva	M		VET 55	00:44:31	00:44:31
84	115	Zeferino Fernandes	M	MSS CONTABILIDADE	VET 45	00:44:38	00:44:36
85	50	Céline Gomes	F	Nascidos para Correr	Séniiores	00:44:44	00:44:40
86	346	André Filipe Ferreira Coimbra	M	Escola Atletismo Da Trofa	Séniiores	00:44:53	00:44:28
87	203	Miguel Moura	M	Factor X / S4L / Medense FC	VET 40	00:44:56	00:44:46
88	87	João Lago	M		VET 45	00:44:59	00:44:55
89	311	Sofia Pimenta	F	LION RUNNERS - G. D. Leões da Guarda	VET 35	00:45:01	00:44:56
90	310	José Sá	M	LION RUNNERS - G. D. Leões da Guarda	VET 35	00:45:02	00:44:58

Posição	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
91	290	Nuno Costa	M	Grupo Desportivo da Limpeza Urbana	VET 40	00:45:11	00:44:46
92	443	Telmo Mendonça	M	Gondomar Futsal Clube	VET 35	00:45:22	00:45:19
93	453	José Reigada	M	Quinta do Fincão	VET 60	00:45:25	00:45:23
94	405	Claudia Pimparel	F	Shots International Runners	VET 45	00:45:26	00:45:12
95	163	Vasco Costa	M		Séniiores	00:45:28	00:45:14
96	249	Jose Miguel Cardoso da Silva	M	Porto Sentido Runners	VET 40	00:45:31	00:45:20
97	442	Baltazar Ferreira	M	Individual	VET 50	00:45:33	00:45:30
98	289	FILIPE MIGUEL CASTRO PÓVOAS	M		Séniiores	00:45:39	00:45:39
99	79	Rogério Sarmento	M	Nascidos para Correr	VET 55	00:45:41	00:45:38
100	293	Paulo Machado	M	Centro Atletismo do Porto	VET 40	00:45:43	00:45:38
101	218	Mario Nogueira	M		VET 50	00:46:01	00:45:47
102	118	Hélder Antonio de Oliveira Mendes	M	Clube Zupper	Séniiores	00:46:06	00:45:59
103	128	Tito Baía	M		VET 35	00:46:09	00:46:00
104	217	Pedro Ricardo Cravo Viana	M	Factor X / S4L / Medense FC	Séniiores	00:46:11	00:46:02
105	206	Paulo Moreira	M		VET 50	00:46:12	00:45:59
106	59	Leonel Videira	M	Nascidos para Correr	Séniiores	00:46:13	00:46:01
107	173	FERNANDO PINHO	M	Invicta Runners Team	VET 55	00:46:18	00:46:08
108	227	Rui Pinto	M	Grupo Desportivo da Limpeza Urbana	VET 40	00:46:19	00:45:54
109	413	Fernando Eduardo Ribeiro Miranda	M		VET 50	00:46:20	00:46:01
110	201	Cláudia Moutinho	F	Factor X / S4L / Medense FC	Séniiores	00:46:28	00:46:26
111	285	Bruno Miguel Oliveira Neves	M		Séniiores	00:46:29	00:46:27
112	255	Hélder Ferreira	M		VET 35	00:46:29	00:46:05
113	402	Fernando Alves	M	2 são bons, 4 são demais	VET 50	00:46:34	00:46:16
114	62	Paulo Martins	M	Nascidos para Correr	VET 45	00:46:39	00:46:33
115	195	João Teles	M	Factor X / S4L / Medense FC	Séniiores	00:46:41	00:46:34
116	306	Nuno André Valadares Leite	M		Séniiores	00:46:45	00:46:26
117	138	Rui Bezerra	M		VET 35	00:46:47	00:46:44
118	54	Etelvina Rocha	F	Nascidos para Correr	VET 50	00:46:49	00:46:47
119	44	Susana Coelho	F	Nascidos para Correr	VET 40	00:46:50	00:46:47
120	39	António Azevedo	M	Nascidos para Correr	VET 50	00:46:50	00:46:47
121	317	Cesaltino Varela	M		Séniiores	00:47:01	00:46:42
122	267	vitor	M		VET 45	00:47:07	00:47:07
123	307	DÁRIO Pinto	M		Séniiores	00:47:08	00:47:06
124	177	Daniela Soares	F	Unidos à Fresca	VET 35	00:47:15	00:47:01
125	348	Rui Bessa	M	Sob Efeito Trail	Séniiores	00:47:16	00:47:10
126	347	Hélder Marques	M	Sob Efeito Trail	VET 40	00:47:16	00:47:09
127	394	Jose de Lemos	M	Shots International Runners	VET 35	00:47:18	00:47:05
128	219	Filipe Ferreira	M	Porto Sentido Runners	VET 40	00:47:24	00:47:14
129	375	Amilcar Lopes	M	Drop In	VET 40	00:47:28	00:46:56
130	88	Pedro Salgueiro	M	Sawasdee	VET 35	00:47:30	00:47:13
131	440	Vitor Mendes	M	Be Runners	VET 35	00:47:35	00:47:19
132	361	Sandra Cardoso	F	Baguim Runners	VET 40	00:47:35	00:47:29
133	81	JOSÉ COUTINHO	M	AMIGOS DA PÍCUA-NORTIGAIA	VET 35	00:47:45	00:47:37
134	35	Tiago Castro	M	10TEMIDOS	Séniiores	00:47:50	00:47:45
135	4	Ana Maria Barbosa	F	Invicta Runners Team	VET 55	00:47:50	00:47:48

Posição	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
136	188	Francisco Vieira	M		VET 35	00:47:53	00:47:28
137	140	Manuel Costa	M	Lebre 10	VET 55	00:47:53	00:47:47
138	416	Carlos Bento	M	Douroconta Trail Team	VET 60	00:48:05	00:47:53
139	430	Jorge António da Costa Pereira	M		VET 60	00:48:10	00:47:47
140	360	Vitor Cardoso	M	Baguim Runners	VET 40	00:48:11	00:48:05
141	63	Rosa Pinto	F	Nascidos para Correr	VET 55	00:48:14	00:48:10
142	446	Borco Dinitrou	M	Rui Osorio	VET 50	00:48:17	00:48:15
143	359	José Carlos Pires	M		VET 50	00:48:18	00:48:15
144	370	Adérito Fraga	M		VET 50	00:48:18	00:48:15
145	72	Patrícia Fernandes	F	Nascidos para Correr	VET 40	00:48:21	00:48:17
146	76	António Pereira	M	Nascidos para Correr	VET 60	00:48:21	00:48:17
147	256	Luis Ribeiro	M	Rollingaventura#GrupoVC	VET 40	00:48:22	00:48:18
148	403	Angela Martins	F	2 são bons, 4 são demais	Séniore	00:48:23	00:48:06
149	279	Oscar Loureiro	M	Porto Sentido Runners	VET 60	00:48:25	00:48:11
150	304	Nuno Miguel da Silva Oliveira	M		VET 40	00:48:28	00:48:11
151	252	César Miguel Moutinho Neves	M		Séniore	00:48:29	00:48:11
152	183	Sergio Paulo da Costa Cunha	M	Runriver-Escola de Atletismo de Rio Tinto	VET 40	00:48:34	00:48:05
153	429	José Gomez	M		VET 40	00:48:36	00:48:06
154	404	Sergio Santiago	M	Shots International Runners	VET 35	00:48:36	00:48:22
155	152	Pedro Augusto Santos Silva	M	Friend's Run	VET 40	00:48:40	00:48:39
156	141	Luís Ribeiro	M	Lebre 10	VET 35	00:48:41	00:48:24
157	382	Mariana Ameixieira	F	2 são bons, 4 são demais	Séniore	00:48:42	00:48:25
158	221	Eurico Fernando Portela Mendes	M	M&E runners	VET 45	00:48:45	00:48:25
159	390	Ivan Fernandes Geraldes	M		Séniore	00:48:46	00:48:19
160	363	TANIA ALEXANDRA FERREIRA E SOUSA HENRIQUE	F	2 são bons, 4 são demais	VET 35	00:48:59	00:48:41
161	124	Ricardo Costa	M	Lebre 10	VET 35	00:48:59	00:48:45
162	113	Ricardo Moreira	M	MSS CONTABILIDADE	VET 35	00:49:07	00:49:05
163	275	Tatiana Mera	F	Nascidos para Correr	Séniore	00:49:07	00:49:05
164	323	Filipe Truta	M		VET 35	00:49:09	00:48:41
165	248	Humberto Pinho	M	Porto Sentido Runners	VET 55	00:49:12	00:49:00
166	223	Bruno Gaspar	M		Séniore	00:49:15	00:48:57
167	224	Leandro ferreira	M		Séniore	00:49:15	00:48:56
168	45	Susana Pinto	F	Nascidos para Correr	VET 40	00:49:19	00:49:13
169	83	SÉRGIO FERREIRA	M	AMIGOS DA PÍCUA-NORTIGAIA	VET 60	00:49:19	00:49:13
170	292	Hugo Silva	M		VET 35	00:49:22	00:49:01
171	220	Ricardo soares	M		VET 35	00:49:23	00:49:16
172	330	Pedro Amorim	M		VET 40	00:49:27	00:49:11
173	381	PAULO PIMENTA	M	PERNETAS	VET 45	00:49:29	00:48:59
174	204	FERNANDO SOUTO	M		VET 50	00:49:31	00:49:02
175	104	Mário Fonseca	M		VET 50	00:49:35	00:49:28
176	96	Hélder Soares	M	Falsos Lentos	Séniore	00:49:45	00:49:41
177	454	Alexandre Silva	M		VET 35	00:49:46	00:49:26
178	108	Igor Cunha	M	RUN2EAT	Séniore	00:49:48	00:49:19
179	107	António Costa	M		VET 35	00:49:48	00:49:18
180	184	Pedro Marques	M	Runriver-Escola de Atletismo de Rio Tinto	VET 35	00:49:48	00:49:20

Posição	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
181	170	Henrique Barbedo	M	Runriver-Escola de Atletismo de Rio Tinto	VET 45	00:49:48	00:49:20
182	366	Pedro Lopes	M		Séniiores	00:50:01	00:49:38
183	336	Rui Godinho	M	Salgueiros Running	VET 45	00:50:06	00:49:48
184	283	Paulo Conde	M	Afis/Ovar	VET 35	00:50:09	00:49:58
185	280	Sara Nunes	F	Afis/Ovar	VET 35	00:50:09	00:49:58
186	202	Hugo Santos	M	Factor X / S4L / Medense FC	VET 35	00:50:12	00:50:04
187	436	Vitor Costa	M		Séniiores	00:50:15	00:50:10
188	438	cristiano anjos	M		VET 50	00:50:15	00:49:53
189	297	Vitor Silva	M	Grupo Desportivo da Limpeza Urbana	VET 50	00:50:19	00:49:54
190	212	João Gomes	M		VET 50	00:50:19	00:50:05
191	175	NUNO MONTEIRO	M	Invicta Runners Team	VET 60	00:50:26	00:50:16
192	384	André Luis Moreira pereira	M		Séniiores	00:50:30	00:50:21
193	428	MARTINHO FERREIRA	M		VET 35	00:50:42	00:50:19
194	49	António Lopes	M	Nascidos para Correr	VET 50	00:50:46	00:50:41
195	389	Otilio Vieira da Silva	M	Crossfit Drop In	VET 55	00:50:46	00:50:41
196	418	Liliana Felgueiras	F	Douroconta Trail Team	VET 35	00:50:57	00:50:45
197	29	JOSE OLIVEIRA	M	TrepaTrilhos Trail Team	VET 45	00:50:57	00:50:45
198	357	julio costa	M		VET 45	00:50:58	00:50:27
199	333	Antonio Rocha	M		VET 55	00:50:59	00:50:46
200	457	Sergio Quintas	M		VET 35	00:50:59	00:50:39
201	94	Mónica Santos	F		VET 40	00:51:02	00:50:53
202	167	josé moura sousa	M	os barriguitas	Séniiores	00:51:07	00:51:00
203	126	Pedro Maia	M		VET 45	00:51:08	00:50:45
204	60	M <sup>a</sup> Elisabete Moreira	F	Nascidos para Correr	VET 35	00:51:08	00:51:04
205	65	Ana Coelho	F	Correr Lisboa	VET 35	00:51:10	00:50:44
206	298	Agostinho Teixeira	M		VET 55	00:51:10	00:50:57
207	296	Antonio Gomes	M		VET 45	00:51:22	00:51:09
208	340	Andre Pinho	M		VET 35	00:51:31	00:51:26
209	253	Luís Paulo Feiteira	M		VET 40	00:51:34	00:51:16
210	287	Elisabete Cunha	F		VET 35	00:51:35	00:51:29
211	42	Isaque Pinto	M	Nascidos para Correr	VET 50	00:51:41	00:51:37
212	69	Arménio Ferreira	M	Nascidos para Correr	VET 60	00:51:48	00:51:43
213	180	Maria de Lurdes Barbedo	F	Runriver-Escola de Atletismo de Rio Tinto	VET 45	00:51:49	00:51:21
214	185	Ricardo Maia	M	Runriver-Escola de Atletismo de Rio Tinto	VET 40	00:51:50	00:51:21
215	301	Marco Cunha	M	Centro Atletismo do Porto	VET 40	00:51:56	00:51:51
216	240	Fernanda Lopes	F	Porto Sentido Runners	VET 45	00:51:57	00:51:47
217	371	albino coelho mendes	M		VET 35	00:51:58	00:51:33
218	374	Alexandre Sousa	M		VET 40	00:51:59	00:51:33
219	400	Carlos Martins	M	Porto Sentido Runners	VET 50	00:52:05	00:51:55
220	250	Elisabete Loureiro	F	Porto Sentido Runners	VET 40	00:52:05	00:51:55
221	291	Paulo Bruno de Sousa Ferreira	M		VET 35	00:52:11	00:51:49
222	68	ALBERTO GAMA	M	Nascidos para Correr	VET 55	00:52:14	00:51:52
223	339	manuel gonçalves	M	Escola do Movimento	VET 60	00:52:23	00:52:05
224	326	António Pereira	M		VET 40	00:52:24	00:52:04
225	28	SÉRGIO M. PEREIRA	M		VET 50	00:52:25	00:52:13

Posição	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
226	463	Francisco Oliveira	M		VET 55	00:52:31	00:52:09
227	341	Pedro Ferreira	M		VET 40	00:52:35	00:52:30
228	385	Vítor Silva	M	PERNETAS	VET 35	00:52:36	00:52:05
229	101	António Loureiro	M	TrepaTrilhos Trail Team	VET 50	00:52:37	00:52:26
230	71	António Santos	M	Nascidos para Correr	VET 50	00:52:38	00:52:23
231	342	Tiago Teixeira	M	Sob Efeito Trail	Séniore	00:52:40	00:52:32
232	181	Helder Alexandre da Costa Castro	M	Runriver-Escola de Atletismo de Rio Tinto	VET 40	00:52:41	00:52:12
233	157	Jorge Meireles	M		VET 40	00:52:42	00:52:12
234	117	Hélio Aleixo	M		VET 35	00:52:51	00:52:36
235	243	Hugo Moura	M	Mirras	Séniore	00:52:57	00:52:33
236	38	Jorge Moreira	M	10TEMIDOS	VET 50	00:53:20	00:53:09
237	231	Eurico Mateus	M		Séniore	00:53:20	00:52:55
238	274	Nuno Torres	M		VET 35	00:53:21	00:52:53
239	388	João Rodrigues	M		Séniore	00:53:24	00:52:55
240	99	ABILIO SOARES	M		VET 60	00:53:27	00:53:20
241	344	Pedro Oliveira	M	Sob Efeito Trail	Séniore	00:53:32	00:53:25
242	116	Alvaro Silva	M	MSS CONTABILIDADE	VET 55	00:53:33	00:53:27
243	269	VITOR VIEIRA	M		VET 50	00:53:33	00:53:25
244	119	António Sousa	M		VET 55	00:53:38	00:53:12
245	211	Emídio Silva	M	Clube Millennium BCP	VET 60	00:53:52	00:53:32
246	343	Ana Oliveira	F	Sob Efeito Trail	Séniore	00:53:55	00:53:47
247	386	Manuela Ferreira	F	PERNETAS	VET 45	00:54:00	00:53:29
248	233	Joaquim Silva	M		VET 55	00:54:01	00:53:47
249	313	António Conceição Pereira	M	Amigos Quinta das Freiras	VET 55	00:54:08	00:54:08
250	314	Margarida Pereira	F	Amigos Quinta das Freiras	VET 55	00:54:08	00:54:08
251	208	Celeste Moreira	F		VET 45	00:54:12	00:54:00
252	162	Inês Arcos	F		VET 35	00:54:14	00:54:12
253	46	Rui Magalhães	M		VET 50	00:54:17	00:54:04
254	36	Nina Silva	F		VET 40	00:54:18	00:54:06
255	433	PAULO RAMOS	M	Grupo Juvenil Pinheiro da Bemposta-Oliveira de Azeméis	VET 40	00:54:20	00:54:02
256	244	Gabriela Madeira	F	Mirras	Séniore	00:54:32	00:54:08
257	448	Nuno Santos	M		VET 35	00:54:36	00:54:11
258	182	Nuno Miguel ramos palmeira da Costa	M	Runriver-Escola de Atletismo de Rio Tinto	VET 35	00:54:50	00:54:21
259	3	Marco Guimarães	M		Séniore	00:54:59	00:54:55
260	154	Ângela Silva	F	Friend's Run	Séniore	00:55:00	00:54:57
261	199	Rui Pereira	M	ParadelaRunners	VET 35	00:55:11	00:55:05
262	372	Hugo Tavares	M	ParadelaRunners	VET 35	00:55:12	00:55:05
263	329	Dina Boeiro	F		Séniore	00:55:14	00:55:06
264	106	Miguel Viveiros	M		VET 50	00:55:21	00:54:58
265	451	Ricardo Costa	M	Rui Osorio	VET 35	00:55:23	00:55:03
266	31	HELDER RODRIGUES	M	TrepaTrilhos Trail Team	VET 35	00:55:26	00:55:12
267	97	José Silva	M	Falsos Lentos	VET 60	00:55:27	00:55:22
268	91	José Queirós Alves	M		VET 50	00:55:27	00:55:05
269	378	Cosme Almeida	M		VET 35	00:55:29	00:55:02
270	125	Manuel Vieira de Carvalho	M		VET 60	00:55:37	00:55:15

Posição	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
271	409	Diana Pereira	F		VET 35	00:55:38	00:54:45
272	14	Paulo Gonçalves	M	STCP Runners	VET 45	00:55:46	00:55:20
273	15	Marco Batista	M	STCP Runners	VET 40	00:55:46	00:55:21
274	16	Valter Barbosa	M	STCP Runners	VET 35	00:55:47	00:55:22
275	17	Domingos Faustino	M	STCP Runners	VET 45	00:55:47	00:55:20
276	18	José Carlos da Fonseca Nunes	M		VET 55	00:55:47	00:55:29
277	222	Cecília Martins	F	JR Sousa Team	VET 40	00:55:52	00:55:30
278	322	Jorge Manuel Coutinho Oliveira	M		VET 40	00:55:54	00:55:25
279	387	Bronze	M		VET 50	00:55:58	00:55:45
280	7	Alexandra Marques Azevedo	F	CMF-Clínica Médica da Foz	VET 35	00:56:02	00:55:34
281	8	Rui Rocha	M	100meta	VET 45	00:56:02	00:55:34
282	419	Etelvina Santos	F	Douroconta Trail Team	VET 40	00:56:14	00:56:01
283	447	Nuno Fernandes	M	Opraticante	Séniore	00:56:16	00:56:07
284	362	Lourenço Cardoso	M	Baguim Runners	VET 45	00:56:18	00:56:10
285	354	Domingos Costa	M	Runners On Fire-BVValadares	VET 55	00:56:31	00:56:12
286	234	Tiago Silva	M	TRUCKING	Séniore	00:56:34	00:56:05
287	424	Antonio Jorge Ferreira Oliveira Gomes	M		VET 50	00:56:34	00:56:05
288	237	Sam Vilela	M	TRUCKING	Séniore	00:56:34	00:56:06
289	236	José Leal	M	TRUCKING	Séniore	00:56:34	00:56:06
290	156	Hugo Andre Ferreira Rabaça	M	Valbom united running team	VET 35	00:56:35	00:56:18
291	337	Tiago Rodrigues	M		Séniore	00:56:35	00:56:24
292	422	Paula Oliveira	F		VET 45	00:56:35	00:56:17
293	282	Hernâni Lamego	M		Séniore	00:56:36	00:56:18
294	410	Miguel Teixeira	M	Gramidense I F C	VET 40	00:56:41	00:56:31
295	66	Filipe Moura	M		VET 45	00:56:48	00:56:42
296	142	João Carvalho	M	Lebre 10	VET 35	00:56:55	00:56:40
297	122	Tiago Maiato	M	LUSOS XXI	Séniore	00:56:55	00:56:40
298	144	Daniel Reis	M	Lebre 10	Séniore	00:56:55	00:56:39
299	213	Alfredo Vieira	M	Factor X / S4L / Medense FC	Séniore	00:57:04	00:56:54
300	93	Paulo Sousa	M		VET 45	00:57:05	00:56:44
301	102	Paula cruz	F	FRIENDSRUNNING PRO OLIVEIRA	VET 35	00:57:06	00:56:56
302	431	ANTONIO BERMÚDEZ BILBAO	M	LUZ TÉCNICA ULTRAFONDO CANTABRIA	VET 60	00:57:13	00:56:52
303	37	Rui Sá	M	10TEMIDOS	VET 40	00:57:18	00:56:53
304	176	JOANA MONTEIRO	F	Invicta Runners Team	Séniore	00:57:24	00:57:15
305	105	João Monteiro	M		VET 40	00:57:29	00:57:05
306	209	maria luz almeida	F		VET 50	00:57:29	00:57:16
307	328	Inês Neves	F		Séniore	00:57:29	00:57:18
308	132	Teresa Brito Fonte	F		VET 45	00:57:29	00:57:21
309	131	Sandra Monteiro	F		VET 45	00:57:30	00:57:22
310	149	Manuel Marques	M		VET 50	00:57:31	00:57:25
311	61	Paula Nogueira	F	Nascidos para Correr	VET 45	00:57:33	00:57:23
312	316	Adelaide Veludo	F	Amigos Quinta das Freiras	VET 60	00:57:33	00:57:26
313	425	Luis Filipe Ribas Cardoso	M		VET 35	00:57:35	00:57:17
314	210	Sónia Pereira	F		VET 40	00:57:36	00:57:21
315	427	Liliana correia Duarte	F		Séniore	00:57:36	00:57:21

Posição	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
316	254	Marcos Bruno Feiteira	M		VET 35	00:57:37	00:57:19
317	90	Marú	M		VET 45	00:57:39	00:57:11
318	92	José Alves	M		VET 45	00:57:41	00:57:19
319	147	João Pedro da Costa	M		VET 40	00:57:45	00:57:20
320	146	Manuela Damas	F		VET 35	00:57:45	00:57:20
321	216	Sara Salvador	F	Factor X / S4L / Medense FC	VET 35	00:57:53	00:57:44
322	435	Hugo Costa	M	Gondomar Futsal Clube	VET 45	00:57:53	00:57:35
323	439	Joao Remedios	M	Carapaus	VET 55	00:57:57	00:57:38
324	103	Elisabete Leal	F	FRIENDSRUNNING PRO OLIVEIRA	VET 45	00:58:03	00:57:53
325	166	Patrícia Ribeiro	F	Porto Sentido Runners	Séniiores	00:58:03	00:57:52
326	43	Diogo Couceiro	M	Nascidos para Correr	VET 50	00:58:10	00:57:58
327	449	Liliana Gomes	F	Bolhas nos pés :)	VET 35	00:58:24	00:58:11
328	392	Artur Pereira	M	Shots International Runners	VET 35	00:58:26	00:58:13
329	32	LIGIA LOPES	F	TrepaTrilhos Trail Team	VET 35	00:58:26	00:58:14
330	393	Liliana Pereira	F	Shots International Runners	VET 35	00:58:28	00:58:13
331	380	Lola Ribeiro	F	RPL	Séniiores	00:58:30	00:58:16
332	450	José Lima	M	Bolhas nos pés :)	Séniiores	00:58:32	00:58:19
333	26	Angelo Barbosa	M	Team Neukick Running	VET 40	00:58:49	00:58:18
334	193	Ana Sofia Teixeira Leite	F		Séniiores	00:58:51	00:58:30
335	196	Nuno Fontes	M	LION RUNNERS - G. D. Leões da Guarda	VET 35	00:58:51	00:58:29
336	179	Miguel Mendes	M	LION RUNNERS - G. D. Leões da Guarda	VET 35	00:58:52	00:58:31
337	332	Filipe Conceição	M	Locomotiva de Paranhos	Séniiores	00:58:56	00:58:29
338	133	André Coelho	M		Séniiores	00:58:57	00:58:44
339	226	Artur Fonseca	M	Ruptura Total	VET 40	00:59:01	00:58:38
340	191	Sofia Silveira	F		Séniiores	00:59:10	00:59:01
341	258	José Nuno Andrade	M		Séniiores	00:59:21	00:58:56
342	257	Raul Peña Bazaga	M		VET 45	00:59:21	00:58:58
343	335	Sandra Aguiar	F	Salgueiros Running	VET 40	00:59:22	00:59:03
344	411	Nuno Freitas	M	Sob Efeito Trail	Séniiores	00:59:26	00:59:17
345	137	Joana Fernandes	F		Séniiores	00:59:31	00:59:20
346	259	José Freitas	M		VET 50	00:59:52	00:59:31
347	9	Paula Teixeira	F	Team Shark	VET 50	00:59:57	00:59:37
348	445	Célia Sampaio	F	Desnível Positivo	VET 40	01:00:35	01:00:11
349	444	Pedro Barbosa	M		VET 45	01:00:35	01:00:11
350	34	Serafim Manuel dos Santos Coutinho	M		VET 60	01:00:39	01:00:12
351	412	Ângelo Oliveira	M		Séniiores	01:00:39	01:00:35
352	5	maria horta	F	Invicta Runners Team	VET 55	01:00:56	01:00:54
353	251	Mónica Teixeira	F		VET 35	01:01:01	01:00:55
354	281	NUNO FILIPE DA ROCHA TEIXEIRA	M		VET 35	01:01:05	01:00:41
355	266	Miguel Augusto	M	Os Pirilampados	Séniiores	01:01:12	01:00:49
356	270	José Gonçalves	M	Os Pirilampados	VET 50	01:01:12	01:00:49
357	334	Alcídio Figueiredo	M		VET 50	01:01:20	01:01:07
358	205	Bruno Souto	M		Séniiores	01:01:33	01:01:06
359	197	Licínio Sousa	M	LION RUNNERS - G. D. Leões da Guarda	VET 35	01:01:38	01:01:20
360	130	Jorge Marialva	M	Marialvas	VET 35	01:01:40	01:01:22



Posição	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
361	414	Pedro Carvalho	M	Factor X / S4L / Medense FC	Séniiores	01:01:48	01:01:38
362	315	Sofia Nunes	F		Séniiores	01:01:55	01:01:25
363	78	Rosa Carmo	F	Nascidos para Correr	Séniiores	01:01:56	01:01:44
364	295	Manuel Nunes	M		VET 55	01:01:56	01:01:26
365	417	Fernanda Bento	F	Douroconta Trail Team	VET 55	01:01:59	01:01:46
366	368	Sonia Diogo	F		VET 40	01:02:04	01:01:50
367	294	Tiago Lages	M		Séniiores	01:02:07	01:01:58
368	406	Patrícia Pereira	F	Gondomar Futsal Clube	VET 35	01:02:08	01:01:53
369	299	Edite Tavares	F		Séniiores	01:02:08	01:01:49
370	111	Rui Manuel Valente Rodrigues Nunes	M		Séniiores	01:02:12	01:01:54
371	2	Maria Alice Guimarães	F	Invicta Runnres Team	VET 55	01:02:19	01:02:16
372	242	Diana Filipa Nunes Araújo	F		Séniiores	01:02:59	01:02:32
373	95	Christiane Sader Neves Ferreira	F		VET 40	01:03:30	01:03:19
374	158	Teresa Lima	F		VET 40	01:03:32	01:03:03
375	161	Carla Rei	F		VET 40	01:03:32	01:03:02
376	353	João Soares	M	Runners On Fire-BVValadares	VET 40	01:03:54	01:03:34
377	198	Daniel Terra	M		Séniiores	01:04:16	01:03:50
378	172	HERMÍNIA OLIVEIRA	F	"OS PRESSINHAS"	VET 50	01:04:23	01:04:13
379	110	Jorge António Rodrigues Nunes	M		VET 60	01:04:24	01:04:07
380	455	Helena Neves	F		VET 35	01:04:24	01:04:04
381	364	Patrícia Marques	F		Séniiores	01:05:19	01:05:09
382	25	Mario Antunes	M	Team Neukick Running	VET 60	01:06:01	01:05:30
383	127	Liliana Baía	F		Séniiores	01:06:07	01:05:58
384	194	José Dara	M		VET 60	01:06:24	01:06:00
385	305	Ana Brito	F		Séniiores	01:06:28	01:06:19
386	100	Salete Vila Pouca	F	FRIENDSRUNNING PRO OLIVEIRA	VET 45	01:07:01	01:06:51
387	265	agostinho vasconcelos	M	salgueiros running	VET 60	01:07:03	01:06:44
388	11	Maria Alves	F	Team Shark	VET 50	01:07:11	01:06:58
389	247	Cristina Silva	F	Porto Sentido Runners	VET 45	01:07:23	01:07:10
390	276	Sónia Rocha	F	Rochas FTW	Séniiores	01:07:51	01:07:37
391	277	José Rocha	M	Rochas FTW	Séniiores	01:07:51	01:07:36
392	351	Liliana Pereira	F		Séniiores	01:08:00	01:07:45
393	350	Dina Galdes	F		Séniiores	01:08:00	01:07:45
394	22	Rui Oliveira	M	Team Neukick Running	Séniiores	01:08:23	01:07:51
395	407	Filomena Correia	F	Opraticante	VET 60	01:09:25	01:09:18
396	215	Paula Cardoso	F	Factor X / S4L / Medense FC	VET 35	01:09:51	01:09:42
397	271	susana vasconcelos	F	salgueiros running	VET 40	01:09:59	01:09:40
398	379	Maria Adelina Almeida	F		VET 55	01:10:00	01:09:33
399	309	Cláudia Almeida	F		VET 35	01:10:02	01:09:49
400	19	Irineu de Deus Fernandes	M	Team Neukick Running	VET 60	01:10:07	01:09:36
401	21	Luis Oliveira	M	Team Neukick Running	Séniiores	01:10:07	01:09:35
402	338	Marília Paiva	F		VET 55	01:10:17	01:09:57
403	121	Paulo Amorim	M	Nocturnos de Paredes	Séniiores	01:10:21	01:10:06
404	123	Filipe Pinto	M	Nocturnos de Paredes	VET 35	01:10:21	01:10:05
405	120	Joana Silva	F		Séniiores	01:10:22	01:10:06

Posição	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
406	373	Liliana Coelho	F		VET 35	01:10:48	01:10:23
407	441	Andreia Pelicano	F	Be Runners	VET 35	01:10:53	01:10:32
408	426	Carina Sofia correia Duarte Rua Cardoso	F		Séniore	01:10:57	01:10:41
409	190	Paula Alferes	F		VET 50	01:11:04	01:10:54
410	356	Eduardo Batista	M		VET 35	01:11:51	01:11:30
411	159	Bruno Cardoso	M		VET 35	01:12:12	01:11:41
412	160	Daniela Pinheiro	F		VET 40	01:12:13	01:11:42
413	395	Analisa Teixeira	F	Eu e elas	Séniore	01:13:57	01:13:34
414	396	Ana Nogueira	F	Eu e elas	VET 40	01:13:57	01:13:33
415	30	Pedro Sousa	M	TrepaTrilhos Trail Team	VET 45	01:15:53	01:15:37
416	33	Hermenegilda Silva	F	TrepaTrilhos Trail Team	VET 50	01:15:53	01:15:38
417	10	Paula Salgado	F	Team Shark	VET 55	01:16:41	01:16:22
418	89	Maria Conceição Salgueiro	F	Sawasdee	VET 60	01:18:35	01:18:18
419	398	Patrícia Bastos	F	Eu e elas	VET 40	01:21:57	01:21:33
420	397	Rute Costa	F	Eu e elas	VET 35	01:21:57	01:21:33
	263	Manuel Fernando Ferreira dos Santos	M		VET 55	00:42:44 ( <b>desq.</b> )	00:41:51
	12	Natalina Videira	F	Team Shark	VET 50	00:55:35 ( <b>desq.</b> )	00:55:05
	225	Carlos Pinto	M		VET 60	00:59:56 ( <b>desq.</b> )	00:59:45
	24	Rui Carvalho	M	Team Neukick Running	VET 40	01:01:30 ( <b>desq.</b> )	00:52:43
	200	Patricia Pereira	F	ParadelaRunners	Séniore	01:03:08 ( <b>desq.</b> )	00:51:05
	238	Bartolomeu Mota	M	Grupo Desportivo da Limpeza Urbana	VET 55	01:03:22 ( <b>desq.</b> )	00:54:30
	148	maria vilar	F		VET 50	01:06:32 ( <b>desq.</b> )	01:06:05
	23	Pedro Mateus	M	Team Neukick Running	Séniore	01:09:10 ( <b>desq.</b> )	01:00:24
	456	Ezequiel Romão	M		VET 40	01:13:32 ( <b>desq.</b> )	01:04:39