

Lugar	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
1	534	Pedro Meireles	M	Escola do Movimento	Séniore	00:33:43	00:33:43
2	519	ANTÓNIO SOUSA	M	RIPOLINS GRIJÓ A CORRER	VET 45	00:34:23	00:34:23
3	298	Filipe Martins	M	GREB	VET 35	00:34:30	00:34:30
4	688	Joaquim Silva	M	Grupo Desportivo de Airão	VET 45	00:34:41	00:34:41
5	584	Albino Pereira	M		Séniore	00:35:52	00:35:52
6	358	Francelino Resende	M	Nascidos para Correr	VET 45	00:36:21	00:36:21
7	159	Mário Gonçalves	M	GDR Juventude das Ribeiras	VET 50	00:36:31	00:36:29
8	365	Joaquim Alves	M	Nascidos para Correr	VET 45	00:36:39	00:36:36
9	356	Domingos Santos	M	Nascidos para Correr	VET 35	00:36:39	00:36:39
10	186	Hugo Pinto	M	Sapadores invicta	Séniore	00:36:48	00:36:48
11	119	Mário Barbosa	M	Liberdade Futebol Clube	VET 45	00:36:49	00:36:45
12	472	JOSÉ REIS	M	RIPOLINS GRIJÓ A CORRER	VET 55	00:36:56	00:36:56
13	288	Rui Taborda	M	RPL	VET 35	00:36:57	00:36:57
14	505	Paulo Alexandre Castanheira Silva	M		VET 35	00:37:13	00:37:13
15	380	Salvador Mansilha	M	Nascidos para Correr	VET 45	00:38:00	00:37:56
16	233	Mark Velhote	M	Vodafone	VET 40	00:38:19	00:38:19
17	241	Luis Oliveira	M	Escola do Movimento	VET 50	00:38:37	00:38:29
18	368	Hugo Santos	M	Nascidos para Correr	VET 35	00:38:37	00:38:28
19	532	Pedro Costa	M	Escola do Movimento	Séniore	00:38:53	00:38:50
20	427	Nelson Braga	M	ACD São João da Serra	Séniore	00:38:56	00:38:48
21	376	Pedro Peter	M	Nascidos para Correr	VET 40	00:38:58	00:38:58
22	363	Manuel Cardoso	M	Nascidos para Correr	VET 50	00:39:20	00:39:16
23	347	António Graça	M	Nascidos para Correr	VET 60	00:39:20	00:39:20
24	157	José Braga	M	GDR Juventude das Ribeiras	VET 55	00:40:01	00:40:01
25	244	nuno araujo	M	Olímpico Vianense Trail	VET 40	00:40:09	00:40:06
26	138	JOSE PEDRO MARTINS	M		VET 40	00:40:24	00:40:24
27	521	JOSÉ CARLOS	M	RIPOLINS GRIJÓ A CORRER	VET 45	00:40:27	00:40:27
28	520	MANUEL GOMES	M	RIPOLINS GRIJÓ A CORRER	VET 55	00:40:37	00:40:33
29	260	Marco Peixoto	M		Séniore	00:40:56	00:40:49
30	535	Miguel Lopes	M		VET 35	00:40:58	00:40:54
31	105	jose pereira	M		VET 50	00:41:28	00:41:19
32	311	JOSE MARINHO	M	AMIGOS DA PÍCUA-NORTIGAIA	VET 45	00:41:35	00:41:28
33	348	António Pereira	M	Nascidos para Correr	VET 60	00:41:40	00:41:40
34	385	Virgilio Vieira	M	Nascidos para Correr	VET 35	00:41:45	00:41:42
35	295	António Carvalho	M	Família Carvalho	VET 50	00:41:52	00:41:52
36	346	António Azevedo	M	Nascidos para Correr	VET 50	00:41:59	00:41:55
37	305	Nicolas	M		Séniore	00:42:04	00:41:50
38	551	JORGE MOREIRA	M		VET 40	00:42:17	00:42:13
39	206	paulo grilo	M	ARCORUN	VET 40	00:42:18	00:42:15
40	719	MANUEL FERREIRA	M	ARCORUN	VET 60	00:42:18	00:42:18
41	685	manuel silva sá	M	Centro Atletismo Porto - CAP	VET 55	00:42:24	00:42:20
42	537	Nuno Andrade	M	8.2 Arrosinhos	Séniore	00:42:31	00:42:05
43	133	João Moreira	M		VET 40	00:42:33	00:42:29
44	598	Vítor Cirne	M		VET 40	00:42:37	00:42:26
45	239	JORGE DURÃES	M		VET 40	00:42:47	00:42:40

Lugar	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
46	541	Miguel Ferreira	M		VET 35	00:42:57	00:42:42
47	500	José Albino Pereira da Costa Gonçalves	M		VET 50	00:43:01	00:43:01
48	561	carlos alves	M	Centro Atletismo Porto - CAP	VET 60	00:43:04	00:42:59
49	221	Justino Soares	M		VET 40	00:43:18	00:43:14
50	357	Eduardo Pinto	M	Nascidos para Correr	VET 55	00:43:19	00:43:12
51	375	Pedro Paula	M	Nascidos para Correr	VET 40	00:43:19	00:43:16
52	436	ANDRE RELVAS	M	SOREMA	VET 40	00:43:19	00:43:09
53	345	Aníbal Silva	M	Nascidos para Correr	VET 60	00:43:20	00:43:18
54	512	André Filipe Semedo da Costa	M		Séniore	00:43:29	00:43:04
55	304	Paulo Machado	M		VET 40	00:43:33	00:43:28
56	578	Pedro Jorge Ribeiro pinto	M		VET 40	00:43:35	00:43:30
57	577	Domingos Nogueira	M		VET 35	00:43:35	00:43:31
58	443	Rui Miguel Pereira dos Santos	M		VET 35	00:43:40	00:43:20
59	412	Cláudia Moutinho	F	Factor X / S4L / Medense FC	Séniore	00:43:51	00:43:51
60	428	Bruno Neves	M	Factor X / S4L / Medense FC	Séniore	00:43:53	00:43:53
61	334	Daniel Silva	M	Grupo Desportivo Banco de Portugal	VET 35	00:43:57	00:43:54
62	234	Luís Lima	M	Trofa Runners	Séniore	00:43:57	00:43:51
63	720	ANTONIO SILVA	M		VET 55	00:43:58	00:43:54
64	373	Paulo Nascimento	M	Nascidos para Correr	VET 40	00:44:01	00:43:53
65	263	Fernando Francisco Oliveira Pereira	M	Clube de atletismo de Avintes	VET 60	00:44:12	00:44:03
66	246	José Reigada	M	Quinta do Fincão	VET 60	00:44:19	00:44:16
67	274	João Paulo Delgado	M		VET 50	00:44:20	00:44:07
68	533	Maria Castro Paupério Vila Pouca	F	Escola do Movimento	Séniore	00:44:21	00:44:13
69	367	Leonel Videira	M	Nascidos para Correr	Séniore	00:44:27	00:44:19
70	147	Marco Bernardo	M		VET 35	00:44:29	00:44:22
71	329	Pedro Miguel Meireles Sampaio	M	BV Lixa	VET 35	00:44:35	00:44:14
72	152	Domingos Vieira	M	GDR Juventude das Ribeiras	VET 55	00:44:39	00:44:35
73	139	Adelino Moutinho	M	CGEN	VET 60	00:44:41	00:44:38
74	582	Fernando Alves	M		VET 50	00:44:41	00:44:22
75	343	Adão Dias	M	Nascidos para Correr	VET 60	00:44:44	00:44:39
76	372	Paulo Martins	M	Nascidos para Correr	VET 45	00:44:47	00:44:42
77	106	Sergio Dominique	M		Séniore	00:44:52	00:44:12
78	413	César Moutinho	M	Factor X / S4L / Medense FC	Séniore	00:44:54	00:44:51
79	236	ANTÓNIO NETO	M	TRIFITROFA	VET 60	00:44:55	00:44:49
80	360	Henrique Coelho	M	Nascidos para Correr	VET 40	00:45:05	00:44:56
81	154	Pedro Vieira	M	A.D.Sebolido Trail Boneca D`Ouro	VET 35	00:45:11	00:45:11
82	149	Francisco Vieira	M		VET 35	00:45:18	00:45:18
83	261	Paulo Maia	M	C.D.Feirense	VET 45	00:45:21	00:45:21
84	171	Vasco Costa	M		Séniore	00:45:21	00:45:14
85	167	Hélder Ferreira	M		VET 35	00:45:21	00:45:14
86	218	JORGE VILELA	M	NUCLEO DE ATLETISMO DE VILA REAL	VET 50	00:45:24	00:45:24
87	312	ANTÓNIO TEIXEIRA	M	AMIGOS DA PÍCUA-NORTIGAIA	VET 50	00:45:27	00:45:14
88	231	Jorge António da Costa Pereira	M		VET 60	00:45:28	00:45:20
89	387	Gabriel Sousa	M	Nascidos para Correr	Séniore	00:45:28	00:45:23
90	437	Francisco Manuel Teixeira Marques	M		Séniore	00:45:34	00:45:11

Lugar	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
91	550	Ricardo Marques	M	Rota da Rolha BTT	Séniore	00:45:36	00:45:22
92	573	Pedro Xavier Moreira	M		Séniore	00:45:39	00:45:11
93	309	JOSE COUTINHO	M	AMIGOS DA PÍCUA-NORTIGAIA	VET 35	00:45:42	00:45:30
94	179	Olavo Filipe Pinto Barros	M	Bombeiros de Ermesinde	Séniore	00:45:45	00:45:38
95	227	Nuno Pinto	M		VET 35	00:45:54	00:45:48
96	225	Gil da Costa	M		VET 55	00:45:55	00:45:41
97	370	Marco Almeida	M	Nascidos para Correr	VET 40	00:46:00	00:45:57
98	384	Tatiana Mera	F	Nascidos para Correr	Séniore	00:46:02	00:45:58
99	364	João Martins	M	Nascidos para Correr	VET 40	00:46:04	00:46:01
100	310	SÉRGIO FERREIRA	M	AMIGOS DA PÍCUA-NORTIGAIA	VET 60	00:46:05	00:45:57
101	100	Marcos Andreia Sousa Pereira	M		Séniore	00:46:08	00:45:48
102	161	Quintino Bacelo	M	GDR Juventude das Ribeiras	VET 55	00:46:09	00:46:09
103	253	Valter Barbosa	M	STCP Runners	VET 35	00:46:24	00:46:18
104	279	Rui Bessa	M	Sob Efeito Trail	Séniore	00:46:31	00:46:23
105	354	Diana Sousa	F	Nascidos para Correr	VET 40	00:46:47	00:46:40
106	378	Rosa Pinto	F	Nascidos para Correr	VET 55	00:46:48	00:46:39
107	600	joao paulo correia	M		VET 45	00:46:52	00:46:29
108	588	Miguel Barbosa	M	Equipa Boot	VET 40	00:46:59	00:46:49
109	315	Ivo Nascimento	M	EQUIPA BOOT	Séniore	00:47:00	00:46:49
110	317	Pedro Lopes	M		Séniore	00:47:00	00:46:52
111	362	Jaime Miranda	M	Nascidos para Correr	VET 60	00:47:08	00:47:04
112	275	José Mário Alves	M		VET 45	00:47:10	00:46:41
113	273	Vitor Samuel Magro	M		VET 40	00:47:21	00:47:03
114	585	Sara Raquel Rodrigues Pinho Ferreira	F	Associação de Atletismo do Porto	Séniore	00:47:21	00:47:21
115	390	Luis Norim	M	Maia Team	Séniore	00:47:23	00:47:01
116	118	Manuel Matos	M	Manquinhos	VET 60	00:47:24	00:47:03
117	238	Luís Silva	M	Sporting Clube de Braga	VET 60	00:47:26	00:47:20
118	382	Susana Coelho	F	Nascidos para Correr	VET 40	00:47:32	00:47:27
119	108	Manuel costa	M	Bombeiros Voluntários Areosa Rio Tinto	VET 55	00:47:33	00:47:18
120	383	Susana Pinto	F	Nascidos para Correr	VET 40	00:47:35	00:47:27
121	557	Luís Ribeiro	M		VET 35	00:47:36	00:47:22
122	583	Bino Sousa	M	PIXELRUNBIKETRIP	VET 40	00:47:48	00:47:40
123	393	Pedro Filipe Baptista da Silva	M		Séniore	00:47:49	00:47:43
124	401	Joaquim Pereira	M	Runners On Fire-BVValadares	VET 35	00:47:49	00:47:43
125	271	Mário Magalhães	M		VET 50	00:47:57	00:47:55
126	392	José Fontes	M	Maia Team	Séniore	00:48:07	00:47:45
127	187	José Ribeiro Barros	M		VET 50	00:48:13	00:48:07
128	514	Nuno Veiga Moreira da Silva	M		VET 50	00:48:14	00:48:05
129	277	Rogério Castro	M		VET 50	00:48:18	00:47:49
130	501	Joel Filipe Oliveira Marques	M		Séniore	00:48:22	00:46:33
131	216	Vitor Sérgio Meirinhos Pereira Fernandes	M		VET 40	00:48:27	00:48:04
132	297	Elisabete Martins	F	GREB	VET 35	00:48:30	00:48:27
133	560	Luis Fernando Rodrigues da Silva	M		Séniore	00:48:33	00:48:14
134	114	Manuel Teixeira	M	Manquinhos	VET 55	00:48:39	00:48:19
135	424	António Martins	M	Correr Viseu	VET 40	00:48:40	00:48:06

Lugar	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
136	319	ANDRÉ COSTA	M		Séniore	00:48:42	00:48:15
137	127	Bruno Moreira	M	Mestres da Aguda	VET 35	00:48:43	00:48:14
138	430	Mafalda Oliveira	F	Atlético da Madalena	Séniore	00:48:43	00:48:19
139	397	Hugo Carmo	M		VET 35	00:48:46	00:48:22
140	566	Antero Cunha	M		VET 45	00:48:47	00:48:38
141	344	Alberto Gama	M	Nascidos para Correr	VET 55	00:48:52	00:48:42
142	396	Ricardo Reis	M		VET 35	00:48:54	00:48:31
143	155	Henrique Pestana	M	GDR Juventude das Ribeiras	VET 60	00:48:56	00:48:45
144	126	Pedro Vicente	M	Marmeleira Resort	VET 50	00:48:57	00:48:38
145	264	Elisabete Cunha	F		VET 35	00:49:08	00:49:03
146	124	Heldeberto Santos	M	STCP Runners	VET 50	00:49:13	00:49:07
147	523	LUIS COSTA	M	RIPOLINS GRIJÓ A CORRER	VET 40	00:49:17	00:49:08
148	536	Alberto Aroso	M	8.2 Arrosinhos	VET 35	00:49:23	00:48:56
149	433	JORGE ROCHA	M	LION RUNNERS	VET 35	00:49:25	00:49:23
150	366	José Andrade	M	Nascidos para Correr	VET 35	00:49:25	00:49:16
151	361	Isaque Pinto	M	Nascidos para Correr	VET 50	00:49:26	00:49:21
152	112	André Coimbra	M	Manquinhos	VET 35	00:49:27	00:49:06
153	249	Ângelo Carvalho	M		Séniore	00:49:28	00:49:11
154	242	Rui Ramos	M		VET 35	00:49:32	00:48:18
155	504	Tiago Rodrigues	M	Factor X / S4L / Medense FC	Séniore	00:49:35	00:49:31
156	404	António Manuel Marques Oliveira	M	Batalhão Sapadores Bombeiros do Porto	VET 40	00:49:39	00:49:17
157	175	Claudia Fernandes	F	IRON RUNNERS	VET 40	00:49:43	00:49:30
158	391	Carlos Pinto	M	Maia Team	Séniore	00:49:52	00:49:31
159	289	Arnaldo Manuel Neiva de Almeida	M		VET 50	00:49:53	00:49:53
160	434	HELDER GOMES	M	SOREMA	VET 40	00:49:55	00:49:45
161	349	António Santos	M	Nascidos para Correr	VET 50	00:50:01	00:49:53
162	173	Paulo Barbosa	M	IRON RUNNERS	VET 45	00:50:04	00:49:51
163	165	ABILIO SOARES	M		VET 60	00:50:07	00:49:55
164	332	Paulo Carneiro	M		VET 45	00:50:07	00:49:55
165	569	Carlos Oliveira	M	Gondomar Futsal Gondomar	VET 55	00:50:09	00:49:57
166	563	HUGO RABAÇA	M		VET 35	00:50:09	00:49:55
167	123	Paulo Gonçalves	M	STCP Runners	VET 45	00:50:09	00:50:03
168	419	Jorge Meireles	M		VET 40	00:50:09	00:49:44
169	200	Dinis Pinto	M	STCP Runners	VET 45	00:50:10	00:50:04
170	153	Fernando Valente	M	GDR Juventude das Ribeiras	VET 55	00:50:11	00:50:11
171	292	Rui Guilherme Teixeira da Costa	M		Séniore	00:50:14	00:50:03
172	567	Joel Armindo Leite Teixeira	M	Os Manquinhos	Séniore	00:50:18	00:49:57
173	189	Sandra Monteiro	F		Séniore	00:50:20	00:50:14
174	148	Pedro Daniel da Silva Nunes Ribeiro	M		Séniore	00:50:25	00:50:05
175	252	Nuno Silva	M		Séniore	00:50:31	00:50:05
176	603	António Sousa	M		VET 55	00:50:32	00:50:11
177	388	Tiago Correia	M		Séniore	00:50:34	00:50:24
178	570	Francisco Oliveira	M	Gondomar Futsal Gondomar	VET 55	00:50:34	00:50:23
179	328	António Oscar Cunha Meireles	M	BV Lixa		00:50:46	00:50:26
180	283	Luis Ferreira	M		VET 40	00:50:47	00:50:42

Lugar	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
181	522	FRANCISCO COSTA	M	RIPOLINS GRIJÓ A CORRER	VET 55	00:50:51	00:50:33
182	145	Rui Godinho	M	Salgueiros Running	VET 45	00:50:55	00:50:39
183	178	André Coelho	M	Coelho	Séniore	00:51:02	00:50:38
184	547	Ana Coelho	F	Gaia Running	VET 35	00:51:08	00:50:54
185	107	Fernando Manuel Pinho Almeida	M		VET 40	00:51:13	00:50:53
186	687	Diolinda Faria	F	Grupo Desportivo de Airão	VET 45	00:51:15	00:51:15
187	322	Antonio Gomes	M		VET 45	00:51:20	00:51:03
188	163	DINIS CARVALHO	M	ATLETISMO ESTRELAS SUSANENSE	Séniore	00:51:26	00:51:00
189	166	ANTONIO CARVALHO	M	ATLETISMO ESTRELAS SUSANENSE	VET 50	00:51:26	00:51:00
190	445	Artur Paiva	M		Séniore	00:51:28	00:50:27
191	579	Joao pintinha	M		VET 55	00:51:33	00:51:05
192	164	Jorge Pinheiro	M		VET 35	00:51:37	00:51:28
193	530	Mariana Ameixieira	F		Séniore	00:51:39	00:51:19
194	113	Susana Martins	F	Vamos Ver Se Conseguimos	VET 40	00:51:42	00:51:23
195	301	Francisco Paulo Rodrigues Teixeira Pinto	M	Boavista F.C	VET 50	00:51:44	00:51:38
196	350	Armanda Pinto	F	Nascidos para Correr	VET 50	00:51:45	00:51:36
197	438	Américo Martins	M		VET 40	00:51:56	00:51:39
198	278	Pedro Oliveira	M	Sob Efeito Trail	Séniore	00:52:01	00:51:53
199	595	Seca	M	Raminho de Salsa	VET 45	00:52:04	00:51:54
200	564	mario silva	M		VET 35	00:52:07	00:51:52
201	203	celeste moreira	F		VET 45	00:52:18	00:52:03
202	422	José Aguiar	M		VET 35	00:52:21	00:51:58
203	111	Manuel Santos Aires	M	Runners On Fire-BVValadares	VET 35	00:52:24	00:52:19
204	293	PAULO RAMOS	M	GRUPO JUVENIL PINHEIRO DA BEMPOSTA - O. AZEMÉIS	VET 45	00:52:25	00:52:13
205	268	Paulo Pinheiro	M	Os avenses	VET 45	00:52:25	00:52:11
206	131	Vasco Oliveira	M	Mestres da Aguda	Séniore	00:52:30	00:52:01
207	141	Valdemar José Ferreira Lopes	M		VET 40	00:52:35	00:52:16
208	545	Ricardo Luís Pinto	M	ALINHAS??	Séniore	00:52:42	00:52:22
209	531	Mário Ferreira	M		Séniore	00:52:43	00:52:23
210	254	Bronze	M		VET 50	00:52:43	00:52:36
211	116	Fernando Teixeira	M	Manquinhos	VET 60	00:52:44	00:52:24
212	270	Adelaide Brandão	F	Os avenses	VET 40	00:52:51	00:52:35
213	597	Rui Correia	M	Dragon Runners	Séniore	00:52:55	00:52:37
214	684	Nuno Fernandes	M	opraticante.pt	Séniore	00:53:04	00:52:55
215	327	Diogo Samuel Magalhães Cunha	M	BV Lixa	Séniore	00:53:24	00:53:02
216	202	Carlos Sousa Pereira	M		VET 40	00:53:25	00:52:57
217	553	José Teixeira	M	Correr Leça	VET 35	00:53:30	00:53:08
218	552	Rui Bastos	M		VET 35	00:53:30	00:53:08
219	226	Paulo Teixeira	M	Boavista F.C	VET 35	00:53:43	00:53:36
220	341	Tiago Teixeira	M	Sob Efeito Trail	Séniore	00:53:44	00:53:35
221	379	Rute Couto	F	Nascidos para Correr	Séniore	00:53:51	00:53:46
222	517	Álvaro Norberto Pereira da Silva	M	MSS-CONTABILIDADE	VET 55	00:53:52	00:53:45
223	120	Sofia Carvalho	F		Séniore	00:53:57	00:53:33
224	448	Jorge	M			00:53:59	00:53:45
225	586	Bruna Coelho	F		Séniore	00:54:00	00:53:45

Lugar	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
226	280	Armindo Gomes Coelho	M		VET 55	00:54:06	00:53:45
227	423	Bruno Cardoso	M		VET 35	00:54:07	00:53:42
228	513	BRUNO GONCALVES	M		VET 35	00:54:24	00:53:56
229	580	jose pinto	M		VET 45	00:54:24	00:53:56
230	205	maria luz almeida	F		VET 50	00:54:25	00:54:11
231	429	viktor cardoso	M	Atlético da Madalena	VET 50	00:54:44	00:54:20
232	558	Tiago Ribeiro	M		Séniore	00:54:45	00:54:32
233	336	Domingos Cunha Costa	M	Runners On Fire-BVValadares	VET 55	00:54:46	00:54:30
234	406	Henrique Marques	M	All About	VET 40	00:54:49	00:54:24
235	572	José Carlos Lascasas	M	Gondomar Futsal Gondomar	VET 45	00:54:49	00:54:37
236	195	Rogério Meireles Ribeiro	M	PHC Slow Runners	VET 40	00:54:57	00:54:28
237	320	Cristina Casimiro	F		VET 45	00:55:00	00:54:43
238	130	Daniel Ferreira	M	Mestres da Aguda	Séniore	00:55:02	00:54:18
239	128	Vera Correia	F	Mestres da Aguda	VET 35	00:55:02	00:54:32
240	287	Francisco Baptista	M		VET 40	00:55:14	00:54:54
241	269	Sara Magalhães	F		Séniore	00:55:25	00:55:22
242	511	Miguel Augusto	M	Os Pirilampados	VET 40	00:55:26	00:54:58
243	609	Arménio Costa	M		VET 40	00:55:31	00:55:16
244	587	Pedro Barbosa	M		Séniore	00:55:33	00:55:22
245	135	Sónia Moreira	F		VET 35	00:55:33	00:55:16
246	208	Daniel Reis	M	Bombeiros Voluntários Areosa Rio Tinto	Séniore	00:55:33	00:55:18
247	210	João Carvalho	M	Bombeiros Voluntários Areosa Rio Tinto	VET 35	00:55:34	00:55:19
248	255	Igor Cunha	M	Bombeiros Voluntários Areosa Rio Tinto	Séniore	00:55:34	00:55:19
249	257	Carla	F	Running Espinho Girls	VET 40	00:55:39	00:55:22
250	549	fernanda coelho	F		Séniore	00:55:40	00:55:27
251	333	Ana Pereira	F		VET 35	00:55:42	00:55:30
252	540	Nilza Ramião	F		Séniore	00:55:43	00:55:32
253	168	Marisa Lourenço	F		Séniore	00:55:47	00:55:34
254	447	Eduardo Guerra	M		Séniore	00:55:56	00:54:55
255	181	Ana Filipa Meireles Pinto Madureira	F		Séniore	00:56:05	00:55:50
256	596	José alves	M	Raminho de Salsa	VET 50	00:56:15	00:56:04
257	265	Manuel Marques	M		VET 45	00:56:16	00:55:48
258	266	Rui Carvalho	M		VET 55	00:56:18	00:55:52
259	342	Rui Pedro Sotomaior Padrão	M		VET 40	00:56:19	00:55:54
260	286	Delfina Sousa	F		VET 35	00:56:19	00:56:04
261	212	Edmundo Álvaro Pereira da Silva	M		VET 60	00:56:28	00:56:07
262	134	Ana Rodrigues	F		VET 35	00:56:35	00:56:11
263	408	João Pedro da Costa	M		VET 40	00:56:44	00:56:22
264	409	Manuela Damas	F		VET 35	00:56:44	00:56:22
265	415	ADELAIDE PEREIRA	F	B. V. S. MAMEDE INFESTA	VET 55	00:56:45	00:56:29
266	416	JOÃO REMÉDIOS	M	B. V. S. MAMEDE INFESTA	VET 55	00:56:45	00:56:28
267	296	Fernanda Almeida	F		VET 55	00:57:02	00:56:42
268	185	Adriano da Costa Silva	M	Os Manquinhos	VET 60	00:57:04	00:56:43
269	245	Filipe pinto	M	Chouriços	VET 35	00:57:06	00:55:52
270	686	Auspicio Fernandes	M		VET 60	00:57:17	00:57:03

Lugar	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
271	299	antonio lourenço	M	grupo desportivo leoes de veneza	VET 60	00:57:23	00:57:13
272	229	jose abreu	M	grupo desportivo leoes de veneza	VET 60	00:57:24	00:57:13
273	117	Hugo Alves	M	Vamos Ver Se Conseguimos	VET 35	00:57:32	00:57:13
274	230	Alfredo Oliveira	M		VET 45	00:57:34	00:57:23
275	109	Pedro Barbosa	M		VET 45	00:57:38	00:57:22
276	232	Célia Sampaio	F		VET 40	00:57:39	00:57:20
277	256	Jorge Santos	M		VET 55	00:57:45	00:57:19
278	509	Nuno Andrade	M		VET 35	00:57:52	00:57:45
279	555	Artur Reis	M	Running Maniacs	VET 35	00:57:56	00:57:07
280	101	João Teixeira	M		VET 45	00:57:57	00:57:06
281	150	Albina Vieira	F	GDR Juventude das Ribeiras	VET 50	00:57:58	00:57:53
282	144	Sandra Aguiar	F	Salgueiros Running	VET 40	00:58:00	00:57:44
283	575	Francisco Moreira	M		VET 55	00:58:00	00:57:33
284	565	Heather Nettleship	F		Séniore	00:58:01	00:57:56
285	140	pedro melo	M	ARCORUN	VET 50	00:58:03	00:57:59
286	407	Ricardo Ribeiro Sousa	M	All About	VET 35	00:58:04	00:57:40
287	405	Isabel Manadas	F	All About	VET 40	00:58:05	00:57:40
288	439	José Freitas	M	RollingAventura/GrupoVC	VET 50	00:58:12	00:58:12
289	431	António Fernandes	M	Os Amigos de Grijó	VET 55	00:58:13	00:56:59
290	715	João Pedro Pinto Batista	M	Batalhão Sapadores Bombeiros do Porto	VET 40	00:58:13	00:57:45
291	681	Heber André Afonso Freitas	M	Batalhão Sapadores Bombeiros do Porto	Séniore	00:58:13	00:57:45
292	717	José Francisco Dias Ferreira	M	Batalhão Sapadores Bombeiros do Porto	Séniore	00:58:14	00:57:45
293	679	Paulo Jorge Costa Campos	M	Batalhão Sapadores Bombeiros do Porto	Séniore	00:58:14	00:57:45
294	680	João Paulo Martins Guedes	M	Batalhão Sapadores Bombeiros do Porto	Séniore	00:58:14	00:57:45
295	716	Rafael Andre Silva Neves	M	Batalhão Sapadores Bombeiros do Porto	Séniore	00:58:14	00:57:45
296	718	Paulo André Nunes Silva	M	Batalhão Sapadores Bombeiros do Porto	Séniore	00:58:14	00:57:45
297	682	João Pedro Fernandes Carvalho	M	Batalhão Sapadores Bombeiros do Porto	Séniore	00:58:14	00:57:44
298	678	Pedro Miguel Castro Vieira	M	Batalhão Sapadores Bombeiros do Porto	Séniore	00:58:15	00:57:45
299	414	PAULO RIBEIRO	M	B. V. S. MAMEDE INFESTA	VET 40	00:58:16	00:57:59
300	539	Sara Sousa	F		VET 35	00:58:22	00:58:09
301	421	Carla Rei	F		VET 40	00:58:23	00:58:00
302	102	Sérgio Pombo de Carvalho	M		VET 40	00:58:25	00:57:33
303	418	António Jorge Melo	M		VET 40	00:58:29	00:58:14
304	417	Maria José Santos	F		VET 40	00:58:29	00:58:14
305	143	Patrícia ramos	F		Séniore	00:58:30	00:57:33
306	554	Valter Cruz	M		VET 35	00:58:31	00:57:41
307	377	Rosa Carmo	F	Nascidos para Correr	Séniore	00:58:39	00:58:30
308	211	José Amorim	M	Bombeiros Voluntários Areosa Rio Tinto	VET 35	00:58:43	00:58:27
309	213	Susana Santos	F	Bombeiros Voluntários Areosa Rio Tinto	Séniore	00:58:43	00:58:28
310	224	Manuel Mario Teixeira Machado	M	ama	VET 60	00:58:51	00:58:37
311	177	Carlos Fonseca	M	IRON RUNNERS	VET 45	00:58:52	00:58:38
312	198	Rui Manuel Loureiro Neves	M	PHC Slow Runners	VET 40	00:58:55	00:58:28
313	191	Luís Carlos Carneiro Rodrigues	M	PHC Slow Runners	Séniore	00:58:55	00:58:27
314	142	Ana sofia pinto Sousa santos	F		Séniore	00:59:07	00:58:10
315	571	Hugo Costa	M	Gondomar Futsal Gondomar	VET 45	00:59:17	00:59:05

Lugar	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
316	314	Aldemira Antónia Martins Guerra	F	Carapaus	VET 35	00:59:24	00:59:07
317	201	paulo moreira	M		VET 50	00:59:27	00:59:12
318	248	Sofia Silveira	F		Séniore	00:59:40	00:59:22
319	371	Marina Martins	F	Nascidos para Correr	Séniore	00:59:42	00:59:30
320	374	Pedro Paiva	M	Nascidos para Correr	Séniore	00:59:42	00:59:30
321	399	João Soares	M	Runners On Fire-BVValadares	VET 40	00:59:58	00:59:41
322	527	Henrique da Rocha varandas	M	Oliveiras gine	Séniore	01:00:09	00:59:50
323	528	Antonio Gonçalves	M	Oliveiras gine	VET 35	01:00:09	00:59:50
324	228	Jorge Esteves	M		VET 50	01:00:09	00:59:52
325	538	Iara isabel delgado santos	F		VET 35	01:00:23	01:00:10
326	529	Carla Susana Tavares da Silva	F		VET 35	01:00:24	01:00:05
327	510	Jose Gonçalves	M	Os Pirlampados	VET 50	01:00:24	00:59:56
328	115	Diogo Albuquerque	M	Vamos Ver Se Conseguimos	Séniore	01:00:25	01:00:06
329	290	Sana Dias	F	RPL	VET 35	01:00:25	01:00:10
330	503	António Coelho Ferreira	M	Grupo Desportivo Banco de Portugal	VET 60	01:00:25	00:59:59
331	219	Diogo Figueiredo	M		Séniore	01:00:28	01:00:18
332	591	Barbara Gonçalves	F	EQUIPA BOOT	Séniore	01:00:31	01:00:20
333	508	Ivo Emanuel Pinto Gonçalves	M		VET 40	01:00:34	00:57:37
334	240	Ana Mendes	F		VET 35	01:00:49	00:59:35
335	590	Jorge Barbosa	M		VET 35	01:01:13	01:01:02
336	589	Liliana Barbosa	F		VET 35	01:01:13	01:01:01
337	381	Sofia Reis	F	Nascidos para Correr	Séniore	01:01:14	01:00:50
338	568	Nuno Manuel Filipe de Castro Monteiro da Silva	M		VET 35	01:01:38	01:01:16
339	435	ANA PALMIRA RELVAS	F	SOREMA	VET 40	01:01:41	01:01:32
340	258	Cristina Romariz	F		VET 55	01:01:43	01:01:17
341	515	Alexandra Fabião	F		VET 35	01:02:00	01:01:37
342	330	Olga Fonseca Carvalho	F	BV Lixa	VET 35	01:02:00	01:01:38
343	162	Fernandina Ribeiro	F		VET 35	01:02:10	01:02:01
344	395	Helena Amaro	F		VET 35	01:02:28	01:02:15
345	389	Filipa Ferreira	F		Séniore	01:02:59	01:02:50
346	190	Carla Santos	F		VET 45	01:03:12	01:02:36
347	420	Teresa Lima	F		VET 40	01:03:14	01:02:50
348	543	Nuno Tavares Leitão	M	ALINHAS??	Séniore	01:03:19	01:03:00
349	184	António Pinho	M		VET 45	01:03:35	01:03:09
350	209	Ana Álvares	F		VET 35	01:03:36	01:03:08
351	398	Jorge soares	M		VET 40	01:03:42	01:03:14
352	432	Guilherme Teixeira	M	Teixeira	VET 45	01:03:48	01:03:30
353	442	Mónica Silva	F		VET 35	01:03:48	01:02:49
354	683	Alberto Neto	M		VET 60	01:04:12	01:04:08
355	251	Estrela Neto	F		Séniore	01:04:14	01:03:47
356	440	Jose Belarmino Pereira	M		VET 50	01:04:22	01:04:14
357	403	Hélder Sousa	M	Runners On Fire-BVValadares	VET 35	01:04:25	01:03:54
358	193	Rui Filipe Gomes Fontes	M	PHC Slow Runners	Séniore	01:04:36	01:01:03
359	426	Carla Sofia Silva Martins	F	Correr Viseu	VET 35	01:04:41	01:03:57
360	425	Manuel Jacinto	M	Correr Viseu	VET 40	01:04:41	01:03:55

Lugar	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
361	594	Filipe Moutinho	M		VET 40	01:04:46	01:04:28
362	192	Sandra Joaquina	F		VET 40	01:05:05	01:02:58
363	194	Sílvia Maria Moreira Ferreira	F		VET 35	01:05:18	01:03:10
364	267	Paula Alferes	F		VET 50	01:05:46	01:05:28
365	524	EDUARDO PASSOS	M	RIPOLINS GRIJÓ A CORRER	VET 60	01:06:16	01:05:53
366	300	SANDRA	F		VET 40	01:06:19	01:05:49
367	562	José Pedro Pinto	M		Séniore	01:06:33	01:05:39
368	281	Edite Vilar	F		Séniore	01:06:34	01:05:39
369	446	Cristina Gomes	F		Séniore	01:06:35	01:05:34
370	182	Isabel Rangel	F		VET 40	01:06:48	01:06:22
371	235	Fátima Lopes	F	Trofa Runners	VET 60	01:06:58	01:06:52
372	250	gabriela marques	F		VET 40	01:07:07	01:06:55
373	188	Pedro Oliveira Silva	M	PHC Slow Runners	Séniore	01:07:22	01:03:49
374	214	Ana Isabel Sotomaior Domingues Padrão Conde	F		VET 35	01:07:36	01:07:10
375	136	Pedro	M		Séniore	01:07:56	01:07:28
376	243	Mariana Rio	F	Chouriços	Séniore	01:07:56	01:07:29
377	215	Nuno Filipe Teixeira Mónica Conde	M		VET 40	01:08:04	01:07:38
378	204	Cláudia Amaral	F		VET 45	01:09:15	01:08:48
379	444	Isabel Oliveira	F		Séniore	01:09:18	01:08:16
380	441	Giselia Braga	F		VET 40	01:09:18	01:08:18
381	544	Rui Tavares Leitão	M	ALINHAS??	Séniore	01:09:21	01:09:02
382	340	Tiago Manuel Ginçalves Carvalho	M	Runners On Fire-BVValadares	Séniore	01:09:26	01:09:09
383	151	Jose Fernando Soares Mota	M		VET 40	01:09:26	01:09:17
384	338	Daniela Ferreira	F	Os Ferreiras	VET 40	01:09:33	01:09:10
385	313	Ricardo Almeida	M	Correr Leça	VET 45	01:09:34	01:09:10
386	335	Eduardo Almeida	M	Grupo Desportivo Banco de Portugal	VET 60	01:09:36	01:09:11
387	303	Isabel Cristina Pinto	F	Boavista F.C	VET 45	01:09:44	01:09:29
388	183	Conceição santos	F		Séniore	01:10:09	01:09:50
389	516	Liliana José Alves Moreira	F		VET 40	01:11:47	01:11:25
390	129	António Correia	M	Mestres da Aguda	VET 60	01:11:59	01:11:15
391	593	Joel Abreu	M		VET 40	01:13:36	01:12:07
392	542	Luis Miguel Tavares	M	ALINHAS??	VET 40	01:13:54	01:13:36
393	402	Nuno Castro	M	Runners On Fire-BVValadares	VET 35	01:14:05	01:13:34
394	326	Ana Catarina Ferreira Guimarães	F	BV Lixa	Séniore	01:14:05	01:13:43
395	581	Marco Monteiro	M		VET 35	01:14:05	01:13:34
396	324	Ana Sofia Carvalho	F	BV Lixa	Séniore	01:14:06	01:13:44
397	196	André Ricardo Paulo Carvalho	M	Runners On Fire-BVValadares	VET 40	01:14:07	01:13:35
398	525	Tiago Seabra	M		VET 35	01:15:22	01:14:23
399	174	Joana Margarida Costa da Fonseca	F	Runners On Fire-BVValadares	Séniore	01:15:41	01:15:29
400	176	Marlene Clara Barbosa Costa	F	Runners On Fire-BVValadares	Séniore	01:15:42	01:15:29
401	592	Ana Sofia Almeida	F		VET 35	01:29:24	01:27:54
402	394	Rui Gomes	M		VET 45	01:33:52	01:33:32
403	137	Bruna	F		Séniore	01:33:52	01:33:28
	369	Manuel Fonseca	M	Nascidos para Correr	VET 45	00:21:04 (desq.)	00:21:04
	559	FERNANDA FERREIRA	F		VET 55	00:45:51 (desq.)	00:45:37

Lugar	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
	576	Catarina Santos	F		Séniiores	00:56:55 (desq.)	00:56:40
	223	Paulo Marú	M		VET 45	00:58:16 (desq.)	00:57:28
	197	Carlos Fernando Figueiredo Santos	M	PHC Slow Runners	VET 45	01:04:36 (desq.)	01:03:11
	222	Maria Vilar	F		VET 50	01:18:52 (desq.)	01:17:54