

| Pos. | Dorsal | Nome                        | Sexo | Equipa                                     | Categoria | Tempo    | Chip     |
|------|--------|-----------------------------|------|--|-----------|----------|----------|
| 1    | 1713   | Pedro Ferreira              | M    | Sport Lisboa e Benfica                     | Séniiores | 00:34:24 | 00:34:24 |
| 2    | 1727   | Ricardo Silva               | M    | São João da Serra                          | Séniiores | 00:34:29 | 00:34:29 |
| 3    | 1735   | Paulo Rocha                 | M    | RunRiver-Escola Atletismo de Rio Tinto     | VET 35    | 00:34:34 | 00:34:34 |
| 4    | 1122   | Ricardo Moreira             | M    | Sapadores da Invicta                       | Séniiores | 00:34:49 | 00:34:47 |
| 5    | 1270   | ANTONIO SOUSA               | M    | RIPOLINS GRIJÓ A CORRER                    | VET 45    | 00:34:59 | 00:34:59 |
| 6    | 1572   | Pedro Cerdeirinha           | M    | FIAES SPORT CLUBE                          | Séniiores | 00:35:13 | 00:35:10 |
| 7    | 1134   | Ricardo Gomes               | M    | Sporting Clube de Espinho / António Leitão | Séniiores | 00:35:25 | 00:35:25 |
| 8    | 1720   | Nuno André Coelho           | M    |  | Séniiores | 00:35:38 | 00:35:33 |
| 9    | 1142   | Hugo Miguel Gonçalves Pinto | M    | Sapadores Invicta                          | Séniiores | 00:35:47 | 00:35:44 |
| 10   | 1266   | Tiago Oliveira              | M    | Sporting Clube de Espinho / António Leitão | VET 35    | 00:36:05 | 00:36:05 |
| 11   | 1407   | Paulo Silva                 | M    | Nascidos para Correr                       | VET 35    | 00:36:08 | 00:36:08 |
| 12   | 1434   | Joaquim Alves               | M    | Nascidos para Correr                       | VET 45    | 00:36:09 | 00:36:09 |
| 13   | 1106   | Francelino Resende          | M    | Nascidos para Correr                       | VET 45    | 00:36:18 | 00:36:18 |
| 14   | 1313   | Rui Santos                  | M    | Sporting Clube de Espinho / António Leitão | VET 45    | 00:36:42 | 00:36:40 |
| 15   | 1289   | Davy Jones                  | M    | Sporting Clube de Espinho / António Leitão | Séniiores | 00:36:52 | 00:36:49 |
| 16   | 1606   | Lino Ferreira               | M    | Clube Desportivo Feirense                  | VET 45    | 00:37:07 | 00:37:01 |
| 17   | 1607   | Filipe fontes               | M    | CAL -Clube Atletismo de Lamas              | VET 45    | 00:37:09 | 00:37:03 |
| 18   | 1015   | Rui Taborda                 | M    | Sapadores Invicta                          | VET 40    | 00:37:14 | 00:37:09 |
| 19   | 904    | Mário Gonçalves             | M    | GDR Juventude das Ribeiras                 | VET 50    | 00:37:15 | 00:37:15 |
| 20   | 916    | Paulo Piloto                | M    | Nascidos para Correr                       | VET 45    | 00:37:23 | 00:37:23 |
| 21   | 1639   | Belmiro Ferreira            | M    | G.D. Leões da Guarda                       | VET 50    | 00:37:40 | 00:37:38 |
| 22   | 1309   | Domingos Silva              | M    | Nascidos para Correr                       | VET 35    | 00:37:41 | 00:37:41 |
| 23   | 1699   | Augusto Alves Pinhal        | M    | Sporting Clube de Espinho/António Leitão   | VET 50    | 00:37:50 | 00:37:50 |
| 24   | 1497   | Paulo Oliveira              | M    | Sporting Clube de Espinho / António Leitão | VET 45    | 00:37:54 | 00:37:54 |
| 25   | 1737   | Luís Silva                  | M    | Aliança de Gandra                          | VET 35    | 00:37:55 | 00:37:47 |
| 26   | 1411   | Nuno Medeiros               | M    | Liberdade Futebol Clube                    | VET 40    | 00:37:59 | 00:37:52 |
| 27   | 1293   | fernando pereira            | M    | ad lustosa                                 | VET 50    | 00:38:00 | 00:37:57 |
| 28   | 1501   | José Gaspar                 | M    | Aliança de Gandra                          | Séniiores | 00:38:10 | 00:38:02 |
| 29   | 1045   | RUI TAVARES                 | M    | RIPOLINS GRIJÓ A CORRER                    | VET 40    | 00:38:17 | 00:38:17 |
| 30   | 1479   | José Figueiredo             | M    | AFIS/OVAR                                  | VET 50    | 00:38:19 | 00:38:12 |
| 31   | 1591   | Orlando Ferreira Valente    | M    | FC Penafiel                                | VET 50    | 00:38:32 | 00:38:29 |
| 32   | 1640   | Agostinho Proença           | M    |  | VET 50    | 00:38:34 | 00:38:34 |
| 33   | 962    | Telmo Lopes                 | M    | Sapadores da Invicta                       | Séniiores | 00:38:44 | 00:38:41 |
| 34   | 1714   | Jose Godinho Oliveira       | M    | AFIS/OVAR                                  | VET 45    | 00:38:46 | 00:38:39 |
| 35   | 1726   | Ricardo Carvalho            | M    | RunRiver-Escola Atletismo de Rio Tinto     | VET 35    | 00:38:48 | 00:38:46 |
| 36   | 1181   | Ricardo Tavares             | M    |  | VET 35    | 00:38:50 | 00:38:41 |
| 37   | 1463   | Paulo Vieira                | M    | Polícia Municipal do Porto                 | VET 40    | 00:38:53 | 00:38:48 |
| 38   | 1730   | André Soares                | M    | RunRiver-Escola Atletismo de Rio Tinto     | VET 35    | 00:38:55 | 00:38:53 |
| 39   | 1315   | Paulo Silva                 | M    | AFIS/OVAR                                  | VET 50    | 00:38:56 | 00:38:56 |
| 40   | 1632   | Belmiro Rodrigues           | M    | C.F. Oliveira do Douro                     | VET 55    | 00:39:18 | 00:39:18 |
| 41   | 1719   | Antonio Fernandes           | M    | GDCTENVC                                   | VET 45    | 00:39:22 | 00:39:22 |
| 42   | 935    | Joaquim Pinheiro            | M    | Sheraton Porto                             | VET 45    | 00:39:22 | 00:39:18 |
| 43   | 1338   | Bruno Pinto                 | M    | Sapadores da Invicta                       | Séniiores | 00:39:22 | 00:39:01 |
| 44   | 1471   | Jose Rodrigues              | M    | AFIS/OVAR                                  | VET 40    | 00:39:23 | 00:39:23 |

| Pos. | Dorsal | Nome                                  | Sexo | Equipa   | Categoria | Tempo    | Chip     |
|------|--------|---------------------------------------|------|--|-----------|----------|----------|
| 45   | 1173   | PAULO GOMES                           | M    | RIPOLINS GRIJÓ A CORRER                                | VET 45    | 00:39:30 | 00:39:30 |
| 46   | 1353   | PAULO FERNANDES                       | M    | RIPOLINS GRIJÓ A CORRER                                | VET 45    | 00:39:32 | 00:39:32 |
| 47   | 1725   | Liliana Rocha                         | F    | RunRiver-Escola Atletismo de Rio Tinto                 | VET 35    | 00:39:33 | 00:39:30 |
| 48   | 1288   | Carlos Correia                        | M    |  | VET 40    | 00:39:35 | 00:39:25 |
| 49   | 1147   | Paulo Campos                          | M    | Hora do Lobo Trail/C.F.Perosinho                       | VET 45    | 00:39:39 | 00:38:52 |
| 50   | 1333   | Luís Oliveira                         | M    | Escola do Movimento                                    | VET 50    | 00:39:40 | 00:39:40 |
| 51   | 1334   | Manuel Fonseca                        | M    | AFIS/OVAR  | VET 55    | 00:39:42 | 00:39:39 |
| 52   | 1408   | Adalberto Mota                        | M    |  | VET 45    | 00:39:48 | 00:39:44 |
| 53   | 1234   | Diogo Miguel Almeida de Pinho Ribeiro | M    | Clube Portugal Telecom                                 | Séniore   | 00:39:50 | 00:39:50 |
| 54   | 1076   | Paulo Nascimento                      | M    | Nascidos para Correr                                   | VET 40    | 00:39:58 | 00:39:56 |
| 55   | 1060   | Rui Almeida                           | M    | Centro Municipal de Marcha e Corrida de Vale de Cambra | VET 40    | 00:39:59 | 00:39:50 |
| 56   | 1599   | Americo Silva                         | M    |  | VET 40    | 00:40:00 | 00:39:40 |
| 57   | 1717   | Miguel Queirós                        | M    | A. D. Amarante Atletismo                               | VET 40    | 00:40:14 | 00:40:11 |
| 58   | 1722   | José Neves                            | M    | Aliança de Gandra                                      | VET 45    | 00:40:26 | 00:40:18 |
| 59   | 1443   | Diamantino Martins                    | M    | GDR Juventude das Ribeiras                             | VET 40    | 00:40:29 | 00:40:22 |
| 60   | 1100   | Helio                                 | M    |  | VET 35    | 00:40:29 | 00:40:02 |
| 61   | 933    | Joaquim Filipe Vieira Pereira         | M    | LOUSADA RUNNERS  | Séniore   | 00:40:34 | 00:40:26 |
| 62   | 1272   | António Carvalho                      | M    | Família Carvalho                                       | VET 50    | 00:40:46 | 00:40:44 |
| 63   | 1201   | JOSÉ SILVA                            | M    | RIPOLINS GRIJÓ A CORRER                                | VET 45    | 00:40:51 | 00:40:48 |
| 64   | 979    | Rui Carneiro                          | M    | Grupo de Bombos "Os CORDOVENSES"                       | Séniore   | 00:41:25 | 00:41:25 |
| 65   | 1129   | Nuno Albergaria                       | M    |  | Séniore   | 00:41:25 | 00:41:08 |
| 66   | 1155   | Domingos Presas                       | M    | Nascidos para Correr                                   | VET 50    | 00:41:32 | 00:41:28 |
| 67   | 1477   | Filipe Costa                          | M    |  | Séniore   | 00:41:32 | 00:41:28 |
| 68   | 1006   | Hugo Machado                          | M    | LION RUNNERS - G. D. Leões da Guarda                   | Séniore   | 00:41:37 | 00:41:20 |
| 69   | 1598   | Tiago Alves                           | M    |  | Séniore   | 00:41:37 | 00:41:14 |
| 70   | 1687   | Fernando Santiago                     | M    |  | VET 55    | 00:41:42 | 00:41:38 |
| 71   | 1132   | Rui Cunha                             | M    | Polícia Municipal do Porto                             | VET 45    | 00:41:43 | 00:41:31 |
| 72   | 1326   | Carlos Ferreira                       | M    | Nascidos para Correr                                   | VET 45    | 00:41:48 | 00:41:43 |
| 73   | 1622   | Mario Dias                            | M    |  | VET 40    | 00:41:55 | 00:41:28 |
| 74   | 1186   | José Manuel Gomes                     | M    |  | VET 45    | 00:42:02 | 00:41:56 |
| 75   | 1446   | Ivor Cribben                          | M    |  | VET 35    | 00:42:04 | 00:41:51 |
| 76   | 1191   | José Sá                               | M    | LION RUNNERS - G. D. Leões da Guarda                   | VET 35    | 00:42:07 | 00:41:51 |
| 77   | 1489   | amandio silva                         | M    | c.p.t.b.carcavelos                                     | VET 55    | 00:42:08 | 00:42:04 |
| 78   | 1371   | Luís Oliveira                         | M    |  | Séniore   | 00:42:09 | 00:42:05 |
| 79   | 1073   | Carlos Pereira                        | M    | FigueiróFit  | Séniore   | 00:42:13 | 00:42:10 |
| 80   | 1213   | Joice Jesus                           | M    |  | VET 40    | 00:42:14 | 00:42:14 |
| 81   | 972    | Luís Torres                           | M    | ComDor Runners   | VET 45    | 00:42:15 | 00:42:00 |
| 82   | 1255   | Carlos Brito                          | M    |  | VET 35    | 00:42:20 | 00:42:08 |
| 83   | 1150   | Pedro Peter                           | M    | Nascidos para Correr                                   | VET 40    | 00:42:21 | 00:42:19 |
| 84   | 1026   | Joaquim Pereira                       | M    | Nascidos para Correr                                   | VET 50    | 00:42:21 | 00:42:18 |
| 85   | 1467   | Domingos Pinto                        | M    | C.F. Oliveira do Douro                                 | VET 60    | 00:42:29 | 00:42:29 |
| 86   | 1718   | Manuel Festas                         | M    | GDCTENVC   | VET 35    | 00:42:31 | 00:42:27 |
| 87   | 1141   | Carlos Frias                          | M    | G.D. Leões da Guarda                                   | VET 60    | 00:42:33 | 00:42:29 |
| 88   | 1736   | Rafael Abreu                          | M    | Hospital Veterinário Montenegro                        | Séniore   | 00:42:37 | 00:42:25 |

| Pos. | Dorsal | Nome                           | Sexo | Equipa                                     | Categoria | Tempo    | Chip     |
|------|--------|--------------------------------|------|--|-----------|----------|----------|
| 89   | 995    | Hélder Guedes                  | M    |  | VET 40    | 00:42:42 | 00:42:38 |
| 90   | 1445   | Silverio guedes                | M    | Clube Atletismo de Avintes                 | VET 60    | 00:42:42 | 00:42:35 |
| 91   | 1667   | António Azevedo                | M    | Nascidos para Correr                       | VET 55    | 00:42:46 | 00:42:43 |
| 92   | 958    | Bruno Castro                   | M    | GDR Juventude das Ribeiras                 | Séniore   | 00:42:46 | 00:42:40 |
| 93   | 1190   | Flavio Saraiva                 | M    |  | Séniore   | 00:42:47 | 00:42:39 |
| 94   | 1110   | Carlos Ferreira                | M    | Sporting Clube de Espinho / António Leitão | VET 40    | 00:42:49 | 00:42:49 |
| 95   | 1256   | Hugo Tavares                   | M    |  | VET 35    | 00:42:50 | 00:42:43 |
| 96   | 1387   | lucio silva                    | M    | running100/120                             | Séniore   | 00:42:53 | 00:42:38 |
| 97   | 1523   | Dário Ferreira                 | M    |  | Séniore   | 00:42:55 | 00:42:19 |
| 98   | 1237   | José Pereira                   | M    | Nascidos para Correr                       | VET 50    | 00:42:57 | 00:42:51 |
| 99   | 1728   | Carlos Moreira                 | M    | RunRiver-Escola Atletismo de Rio Tinto     | Séniore   | 00:43:00 | 00:42:56 |
| 100  | 1695   | Filipe Daniel Pereira da Silva | M    |  | VET 35    | 00:43:01 | 00:42:45 |
| 101  | 1202   | Rui Silva                      | M    | A D Rio Largo C Espinho                    | VET 50    | 00:43:06 | 00:42:57 |
| 102  | 1567   | Rui Santos                     | M    |  | VET 35    | 00:43:07 | 00:42:57 |
| 103  | 1465   | Rogério Eusebio Fernandes      | M    | Os Mangueiras                              | VET 45    | 00:43:08 | 00:42:44 |
| 104  | 922    | Eduardo Benigno                | M    | Polícia Municipal do Porto                 | VET 40    | 00:43:13 | 00:43:00 |
| 105  | 1372   | Sérgio Crista                  | M    | GDR Juventude das Ribeiras                 | VET 40    | 00:43:17 | 00:43:10 |
| 106  | 900    | Luis Almeida                   | M    |  | Séniore   | 00:43:22 | 00:43:06 |
| 107  | 1158   | paulo moreira                  | M    |  | VET 50    | 00:43:33 | 00:43:17 |
| 108  | 1731   | José Luís Cardoso              | M    | RunRiver-Escola Atletismo de Rio Tinto     | VET 40    | 00:43:35 | 00:43:27 |
| 109  | 1392   | Daniel Silva                   | M    | Grupo Desportivo Banco de Portugal         | VET 35    | 00:43:36 | 00:43:22 |
| 110  | 1138   | Armando Moreira                | M    | GDR Juventude das Ribeiras                 | VET 45    | 00:43:41 | 00:43:34 |
| 111  | 1208   | Pedro Necho                    | M    | AFIS/OVAR                                  | VET 40    | 00:43:58 | 00:43:56 |
| 112  | 1274   | Paulo Alexandre Fernandes Neto | M    |  | Séniore   | 00:43:59 | 00:43:39 |
| 113  | 980    | António Nascimento             | M    | C.F. Oliveira do Douro                     | VET 55    | 00:44:03 | 00:44:03 |
| 114  | 1165   | PAULO GRILO                    | M    | ARCORUN                                    | VET 45    | 00:44:04 | 00:43:56 |
| 115  | 1101   | Pedro Antunes                  | M    | running100/120                             | Séniore   | 00:44:10 | 00:43:56 |
| 116  | 1169   | Justino Soares                 | M    | Runners On Fire-BVValadares                | VET 40    | 00:44:15 | 00:44:05 |
| 117  | 1361   | Paulo Martins                  | M    | Nascidos para Correr                       | VET 45    | 00:44:19 | 00:44:02 |
| 118  | 1721   | Luís Costa                     | M    |  | VET 35    | 00:44:19 | 00:43:56 |
| 119  | 1548   | Helder Silva                   | M    |  | VET 35    | 00:44:31 | 00:44:09 |
| 120  | 1203   | Fábio Augusto Teixeira Queirós | M    | Solinca Team                               | Séniore   | 00:44:33 | 00:43:50 |
| 121  | 970    | Emanuel Madureira              | M    | Nascidos para Correr                       | VET 55    | 00:44:40 | 00:44:35 |
| 122  | 974    | Ricardo Ferreira               | M    | Sporting Clube de Espinho / António Leitão | VET 40    | 00:44:45 | 00:44:34 |
| 123  | 998    | Céline Gomes                   | F    | Nascidos para Correr                       | Séniore   | 00:44:51 | 00:44:40 |
| 124  | 952    | Pedro Rodrigues                | M    | Solinca Team                               | VET 40    | 00:44:51 | 00:44:12 |
| 125  | 931    | Jose Morais                    | M    | Clube Atletismo de Avintes                 | VET 50    | 00:44:54 | 00:44:37 |
| 126  | 969    | Valdemar Lopes                 | M    |  | VET 40    | 00:44:58 | 00:44:49 |
| 127  | 1499   | CARLOS RIPOLINS                | M    | RIPOLINS GRIJÓ A CORRER                    | VET 60    | 00:45:05 | 00:45:01 |
| 128  | 1185   | Joaquim Moura                  | M    |  | VET 45    | 00:45:09 | 00:45:04 |
| 129  | 1475   | Ernesto Gonçalves              | M    |  | VET 45    | 00:45:14 | 00:45:10 |
| 130  | 1343   | Sofia Pimenta                  | F    | LION RUNNERS - G. D. Leões da Guarda       | VET 35    | 00:45:14 | 00:44:58 |
| 131  | 1176   | Orlando Ferreira               | M    |  | VET 50    | 00:45:15 | 00:44:51 |
| 132  | 1367   | NORBERTO LOPES DE OLIVEIRA     | M    | GRUPO DESPORTIVO E CULTURAL DE GUILHOVAI   | VET 55    | 00:45:18 | 00:44:56 |

| Pos. | Dorsal | Nome                              | Sexo | Equipa                                     | Categoria | Tempo    | Chip     |
|------|--------|-----------------------------------|------|--|-----------|----------|----------|
| 133  | 1342   | ANTÓNIO M NETO                    | M    | Trifitrofa                                 | VET 60    | 00:45:19 | 00:45:14 |
| 134  | 1312   | Joel Filipe Oliveira Marques      | M    |  | Séniore   | 00:45:30 | 00:45:21 |
| 135  | 1303   | Miguel Costa                      | M    |  | VET 35    | 00:45:38 | 00:45:33 |
| 136  | 915    | João Lopes                        | M    | Nascidos para Correr                       | VET 45    | 00:45:39 | 00:45:27 |
| 137  | 1061   | Americo Oliveira                  | M    | AFIS/OVAR                                  | VET 45    | 00:45:39 | 00:45:11 |
| 138  | 1504   | Ricardo Rocha                     | M    | Aliança de Gandra                          | Séniore   | 00:45:47 | 00:45:39 |
| 139  | 1221   | Gil Nunes                         | M    | Hora do Lobo Trail/C.F.Perosinho           | VET 35    | 00:45:48 | 00:45:39 |
| 140  | 1425   | Paulo Araújo                      | M    | GDR Juventude das Ribeiras                 | VET 45    | 00:45:54 | 00:45:45 |
| 141  | 997    | Ivo Nascimento                    | M    | EQUIPA BOOT                                | Séniore   | 00:45:57 | 00:45:48 |
| 142  | 1444   | Manuel Tavares                    | M    |  | VET 50    | 00:46:00 | 00:45:27 |
| 143  | 1623   | Paulo Machado                     | M    | CAP - Centro Atletismo do Porto            | VET 40    | 00:46:03 | 00:45:46 |
| 144  | 1003   | Isabel Gomes                      | F    | Sporting Clube de Espinho / António Leitão | Séniore   | 00:46:06 | 00:45:58 |
| 145  | 1346   | Luís Peralta                      | M    | Runners On Fire-BVValadares                | VET 35    | 00:46:14 | 00:46:07 |
| 146  | 1461   | Tony Lopes                        | M    |  | Séniore   | 00:46:14 | 00:45:26 |
| 147  | 1723   | Maia Vieira                       | M    | Clube Desportivo Feirense                  | VET 45    | 00:46:15 | 00:46:07 |
| 148  | 1322   | Paulo Nora                        | M    |  | VET 45    | 00:46:16 | 00:45:55 |
| 149  | 1417   | José Moreira                      | M    |  | VET 40    | 00:46:16 | 00:45:52 |
| 150  | 1340   | Abílio Santos                     | M    | Sporting Clube de Espinho / António Leitão | VET 55    | 00:46:17 | 00:46:14 |
| 151  | 1040   | Lupricínio Correia                | M    | Ginástica Fitness Aero Light               | VET 45    | 00:46:17 | 00:46:10 |
| 152  | 1024   | Pedro Miguel Tavares Marques      | M    |  | Séniore   | 00:46:19 | 00:45:44 |
| 153  | 1168   | Paulo Jorge dos Santos Moreira    | M    |  | VET 50    | 00:46:20 | 00:46:12 |
| 154  | 1568   | José Duarte                       | M    |  | VET 45    | 00:46:21 | 00:46:06 |
| 155  | 1164   | Joaquim Pinto                     | M    | GDR Juventude das Ribeiras                 | VET 40    | 00:46:23 | 00:46:17 |
| 156  | 1210   | Miguel Pena                       | M    | Nascidos para Correr                       | VET 40    | 00:46:23 | 00:45:49 |
| 157  | 1066   | Helena Santos                     | F    | ACD S. João Serra                          | VET 50    | 00:46:25 | 00:46:22 |
| 158  | 1249   | Marcelo Fernandes                 | M    | FIAES SPORT CLUBE                          | VET 50    | 00:46:27 | 00:46:13 |
| 159  | 1140   | Anselmo Moreira                   | M    | C.F. Oliveira do Douro                     | VET 60    | 00:46:29 | 00:46:29 |
| 160  | 1271   | Ricardo Silva                     | M    | B.V.BARCELOS                               | VET 40    | 00:46:29 | 00:46:04 |
| 161  | 1212   | Mafalda Cristina Fonseca Oliveira | F    | Atletico da madalena                       | Séniore   | 00:46:30 | 00:45:45 |
| 162  | 1366   | Luis Morais                       | M    | Hora do lobo trail                         | VET 45    | 00:46:32 | 00:45:54 |
| 163  | 1149   | Manuel Costa                      | M    | Lebre 10                                   | VET 60    | 00:46:33 | 00:46:20 |
| 164  | 1658   | Cláudia Fernandes                 | F    | IRONRUNNERS                                | VET 45    | 00:46:35 | 00:46:22 |
| 165  | 975    | PEDRO ALMEIDA                     | M    |  | Séniore   | 00:46:36 | 00:46:20 |
| 166  | 1380   | André Augusto Vaz Pais            | M    | Rodelo Running Team                        | VET 35    | 00:46:39 | 00:46:30 |
| 167  | 1588   | Catarina Soares                   | F    |  | Séniore   | 00:46:40 | 00:46:35 |
| 168  | 1393   | Adão Dias                         | M    | Nascidos para Correr                       | VET 60    | 00:46:44 | 00:46:41 |
| 169  | 1048   | Pedro Lopes                       | M    |  | Séniore   | 00:46:51 | 00:46:30 |
| 170  | 1595   | Pedro Santos                      | M    |  | Séniore   | 00:46:52 | 00:46:26 |
| 171  | 1025   | Jorge Macedo                      | M    | A200ppm                                    | VET 45    | 00:46:53 | 00:46:43 |
| 172  | 1454   | Fernando Pinto                    | M    | Nascidos para Correr                       | VET 45    | 00:46:54 | 00:46:48 |
| 173  | 1400   | Paulo Ribeiro                     | M    | Polícia Municipal do Porto                 | VET 45    | 00:46:56 | 00:46:44 |
| 174  | 1377   | José Silva                        | M    | Clube Trilheiros & Amigos                  | Séniore   | 00:47:02 | 00:46:53 |
| 175  | 1534   | antonio neves                     | M    |  | VET 55    | 00:47:09 | 00:47:07 |
| 176  | 1347   | Daniela Sarmento                  | F    | LION RUNNERS - G. D. Leões da Guarda       | VET 40    | 00:47:11 | 00:46:54 |

| Pos. | Dorsal | Nome                            | Sexo | Equipa                                     | Categoria | Tempo    | Chip     |
|------|--------|---------------------------------|------|--|-----------|----------|----------|
| 177  | 1693   | Bruno Batista                   | M    | LION RUNNERS - G. D. Leões da Guarda       | Séniore   | 00:47:12 | 00:46:53 |
| 178  | 1491   | jorge seabra                    | M    | Invictus Running Team                      | VET 40    | 00:47:14 | 00:46:59 |
| 179  | 1126   | Zélia Pereira                   | F    | Hospital Veterinário Montenegro            | Séniore   | 00:47:15 | 00:47:03 |
| 180  | 1712   | Eunice Sousa                    | F    | Hospital Veterinário Montenegro            | Séniore   | 00:47:18 | 00:47:06 |
| 181  | 1240   | José Pires                      | M    | ESADOF                                     | VET 35    | 00:47:19 | 00:47:08 |
| 182  | 961    | paulo santos                    | M    |  | VET 45    | 00:47:20 | 00:47:10 |
| 183  | 1626   | charles vannier                 | M    |  | Séniore   | 00:47:20 | 00:47:06 |
| 184  | 1542   | Fernando Andrade                | M    | Fernando Andrade PT                        | Séniore   | 00:47:22 | 00:47:15 |
| 185  | 947    | Vítor Ferreira                  | M    | Sporting Clube de Espinho / António Leitão | VET 40    | 00:47:24 | 00:47:13 |
| 186  | 1403   | Rogério Sarmento                | M    | Nascidos para Correr                       | VET 55    | 00:47:26 | 00:47:20 |
| 187  | 1439   | António Gomes                   | M    |  | VET 45    | 00:47:30 | 00:47:08 |
| 188  | 1080   | Tiago Rui Carvalho Silva        | M    | Runners On Fire-BVValadares                | Séniore   | 00:47:34 | 00:46:55 |
| 189  | 1328   | Paulo Manuel Pereira Faria      | M    |  | VET 45    | 00:47:42 | 00:47:34 |
| 190  | 1657   | VITOR CARMO                     | M    | RIPOLINS GRIJÓ A CORRER                    | VET 45    | 00:47:52 | 00:47:44 |
| 191  | 1480   | Fernando Miranda                | M    |  | VET 50    | 00:47:52 | 00:47:41 |
| 192  | 1495   | Paulo Clemente                  | M    | Jumbo                                      | VET 35    | 00:47:55 | 00:47:29 |
| 193  | 1370   | Fernando Almeida                | M    |  | VET 45    | 00:47:56 | 00:47:47 |
| 194  | 1498   | António Nascimento              | M    | Jumbo                                      | VET 45    | 00:47:58 | 00:47:31 |
| 195  | 1669   | Sara Ferreira                   | F    | Nascidos para Correr                       | Séniore   | 00:47:59 | 00:47:54 |
| 196  | 901    | Diogo Barge                     | M    | AFIS/OVAR                                  | Séniore   | 00:47:59 | 00:47:30 |
| 197  | 938    | Vitor Costa                     | M    | Nascidos para Correr                       | VET 40    | 00:47:59 | 00:47:24 |
| 198  | 957    | Henrique Oliveira               | M    |  | VET 35    | 00:48:00 | 00:47:45 |
| 199  | 1464   | Sebastião Ventura Couto         | M    |  | VET 55    | 00:48:00 | 00:47:44 |
| 200  | 1016   | Jose Miguel Casal Cardoso Neves | M    | Voleibol Runners                           | VET 50    | 00:48:00 | 00:47:37 |
| 201  | 1470   | Luís Pereira                    | M    |  | VET 40    | 00:48:02 | 00:47:41 |
| 202  | 1166   | Nuno Vieira                     | M    |  | VET 40    | 00:48:02 | 00:47:41 |
| 203  | 1476   | Manuel Gomes                    | M    | AFIS/OVAR                                  | VET 50    | 00:48:03 | 00:47:34 |
| 204  | 1715   | Fernando Teixeira               | M    | A. D. Amarante Atletismo                   | VET 60    | 00:48:04 | 00:48:01 |
| 205  | 1414   | António Pereira                 | M    |  | VET 40    | 00:48:05 | 00:47:46 |
| 206  | 1575   | JORGE GUERRA                    | M    | Os Falta D'ar                              | VET 45    | 00:48:09 | 00:47:59 |
| 207  | 1526   | João Mota                       | M    |  | Séniore   | 00:48:13 | 00:47:34 |
| 208  | 1344   | Domingos Vieira                 | M    | GDR Juventude das Ribeiras                 | VET 55    | 00:48:13 | 00:47:21 |
| 209  | 1230   | Luís Carlos Neto Seabra         | M    |  | Séniore   | 00:48:18 | 00:47:45 |
| 210  | 1419   | Diogo Filipe da Costa Fernandes | M    |  | Séniore   | 00:48:21 | 00:47:32 |
| 211  | 1078   | Jorge Pereira                   | M    |  | VET 60    | 00:48:22 | 00:48:15 |
| 212  | 1555   | Antonio                         | M    |  | VET 50    | 00:48:24 | 00:48:19 |
| 213  | 1487   | Oscar Loureiro                  | M    |  | VET 60    | 00:48:27 | 00:48:15 |
| 214  | 1566   | Mario Jorge Barbosa Alves       | M    |  | VET 45    | 00:48:31 | 00:48:21 |
| 215  | 1543   | Celestino Garcia                | M    |  | VET 45    | 00:48:33 | 00:48:04 |
| 216  | 1398   | Olga Gomes                      | F    | Sporting Clube de Espinho / António Leitão | VET 45    | 00:48:36 | 00:48:36 |
| 217  | 1301   | António Ferreira                | M    | Hora do Lobo Trail/C.F.Perosinho           | Séniore   | 00:48:39 | 00:47:52 |
| 218  | 1561   | Constantino Vieira              | M    |  | VET 60    | 00:48:40 | 00:48:34 |
| 219  | 1096   | Hugo Silva                      | M    | Facort Running Team                        | VET 35    | 00:48:42 | 00:48:36 |
| 220  | 1262   | Isaque Pinto                    | M    | Nascidos para Correr                       | VET 50    | 00:48:46 | 00:48:41 |

| Pos. | Dorsal | Nome                            | Sexo | Equipa                                     | Categoria | Tempo    | Chip     |
|------|--------|---------------------------------|------|--|-----------|----------|----------|
| 221  | 1036   | Sérgio Mendes                   | M    | GDR Juventude das Ribeiras                 | VET 35    | 00:48:51 | 00:48:42 |
| 222  | 1621   | Diana                           | F    | Equipa A                                   | VET 45    | 00:48:52 | 00:48:37 |
| 223  | 976    | Eduardo Oliveira                | M    | AFIS/OVAR                                  | VET 40    | 00:48:53 | 00:48:25 |
| 224  | 1369   | Helder Paiva Costa              | M    | AFIS/OVAR                                  | VET 35    | 00:48:53 | 00:48:22 |
| 225  | 1117   | Francisco Vieira                | M    |  | VET 40    | 00:48:58 | 00:48:54 |
| 226  | 1311   | Celeste Moreira                 | F    |  | VET 50    | 00:48:58 | 00:48:41 |
| 227  | 1316   | Luis Ferreira                   | M    |  | VET 40    | 00:48:59 | 00:48:53 |
| 228  | 1357   | Manuel Anjos                    | M    | Núcleo de Atletismo de Cucujães            | VET 55    | 00:49:04 | 00:49:02 |
| 229  | 1093   | Silvia Baptista                 | F    | FIAES SPORT CLUBE                          | VET 45    | 00:49:04 | 00:48:51 |
| 230  | 1216   | Pedro Ferreira                  | M    |  | VET 40    | 00:49:04 | 00:48:44 |
| 231  | 1317   | Margarida Martins               | F    | GDR Juventude das Ribeiras                 | VET 55    | 00:49:07 | 00:49:01 |
| 232  | 978    | Ricardo Rocha                   | M    | GDR Juventude das Ribeiras                 | VET 35    | 00:49:07 | 00:48:55 |
| 233  | 1039   | Manuel Matos                    | M    | MANQUINHOS                                 | VET 60    | 00:49:15 | 00:48:51 |
| 234  | 1195   | Joel Teixeira                   | M    | MANQUINHOS                                 | VET 35    | 00:49:15 | 00:48:51 |
| 235  | 1239   | Nuno Azevedo                    | M    | Ex-Sedentários                             | VET 35    | 00:49:20 | 00:48:55 |
| 236  | 1459   | fernando azevedo                | M    |  | VET 60    | 00:49:25 | 00:49:13 |
| 237  | 1119   | Francisca Pinho                 | F    |  | Séniore   | 00:49:25 | 00:48:44 |
| 238  | 1151   | Gonçalo Oliveira                | M    |  | VET 40    | 00:49:26 | 00:49:01 |
| 239  | 1285   | Gabriel Santos                  | M    | Nascidos para Correr                       | VET 50    | 00:49:28 | 00:49:23 |
| 240  | 1124   | Jose Lino Moura                 | M    | Os Manguelas                               | VET 55    | 00:49:29 | 00:49:05 |
| 241  | 918    | fatima matos                    | F    | running100/120                             | VET 45    | 00:49:31 | 00:49:16 |
| 242  | 1415   | Helder amaral                   | M    | Locomotiva de Paranhos                     | Séniore   | 00:49:31 | 00:48:45 |
| 243  | 1593   | Daniel Gil                      | M    |  | Séniore   | 00:49:35 | 00:49:10 |
| 244  | 1394   | Domingos Alves                  | M    | Runners On Fire-BVValadares                | VET 55    | 00:49:36 | 00:48:53 |
| 245  | 1222   | Fernando Valente                | M    | GDR Juventude das Ribeiras                 | VET 55    | 00:49:38 | 00:49:23 |
| 246  | 1072   | Eurico Abreu                    | M    |  | Séniore   | 00:49:39 | 00:49:02 |
| 247  | 1483   | Lígia Torres                    | F    |  | VET 35    | 00:49:39 | 00:48:59 |
| 248  | 959    | Rui Correia                     | M    | Team BRAVOS                                | VET 40    | 00:49:54 | 00:49:41 |
| 249  | 1107   | FATIMA PAIS                     | F    | FIAES SPORT CLUBE                          | VET 50    | 00:49:54 | 00:49:41 |
| 250  | 1493   | José Amorim                     | M    | BVART RUNNERS                              | VET 35    | 00:49:56 | 00:49:20 |
| 251  | 1662   | LUÍS COSTA                      | M    | RIPOLINS GRIJÓ A CORRER                    | VET 40    | 00:49:57 | 00:49:49 |
| 252  | 1224   | André Coimbra                   | M    | MANQUINHOS                                 | VET 35    | 00:49:59 | 00:49:35 |
| 253  | 1466   | Rui Santos                      | M    | Nascidos para Correr                       | VET 45    | 00:50:06 | 00:50:03 |
| 254  | 1199   | João Pedro Silva Rodrigues      | M    |  | Séniore   | 00:50:07 | 00:49:44 |
| 255  | 1121   | JOSÉ COSTA                      | M    |  | VET 60    | 00:50:09 | 00:49:50 |
| 256  | 1716   | Jaime Pereira                   | M    | A. D. Amarante Atletismo                   | VET 60    | 00:50:15 | 00:50:12 |
| 257  | 1163   | Tatiana Silva                   | F    | LION RUNNERS - G. D. Leões da Guarda       | Séniore   | 00:50:20 | 00:50:02 |
| 258  | 1152   | Elizabete Silva                 | F    | AFIS/OVAR                                  | VET 50    | 00:50:22 | 00:49:52 |
| 259  | 1409   | Mário Conde                     | M    | AFIS/OVAR                                  | VET 60    | 00:50:24 | 00:49:55 |
| 260  | 1325   | FRANCISCO COSTA                 | M    | CAL -Clube Atletismo de Lamas              | VET 55    | 00:50:25 | 00:50:04 |
| 261  | 928    | José Carlos Ribeiro Rodrigues   | M    |  | VET 50    | 00:50:27 | 00:50:21 |
| 262  | 1651   | Liliana Couto                   | F    | Sporting Clube de Espinho / António Leitão | VET 35    | 00:50:27 | 00:49:36 |
| 263  | 1058   | Nuno Miguel Gonçalves Ramalhete | M    | Solinca Team                               | VET 35    | 00:50:28 | 00:49:46 |
| 264  | 1246   | Henrique Pestana                | M    | GDR Juventude das Ribeiras                 | VET 60    | 00:50:31 | 00:50:16 |

| Pos. | Dorsal | Nome                             | Sexo | Equipa                                   | Categoria | Tempo    | Chip     |
|------|--------|----------------------------------|------|--|-----------|----------|----------|
| 265  | 1513   | Paulo Jorge Monteiro Ferreira    | M    | OPraticante.pt                           | VET 40    | 00:50:34 | 00:49:57 |
| 266  | 1378   | José Carlos Rodrigues Gonçalves  | M    |  | VET 45    | 00:50:35 | 00:50:10 |
| 267  | 1238   | ANTERO CUNHA                     | M    |  | VET 50    | 00:50:36 | 00:50:26 |
| 268  | 1063   | António Sousa                    | M    |  | VET 55    | 00:50:37 | 00:49:58 |
| 269  | 1368   | Alvaro Silva                     | M    |  | VET 55    | 00:50:38 | 00:50:11 |
| 270  | 1724   | Nelson Santos                    | M    |  | Séniore   | 00:50:41 | 00:50:12 |
| 271  | 1449   | Paulo Jorge                      | M    | Equipa A.N.A.                            | VET 45    | 00:50:41 | 00:50:04 |
| 272  | 909    | Manuel Gomes                     | M    | MSS Contabilidade                        | VET 40    | 00:50:49 | 00:50:23 |
| 273  | 1517   | Jose carlos                      | M    | Urbanatletas                             | VET 55    | 00:50:50 | 00:50:05 |
| 274  | 1388   | Diogo Miguel Ferreirinha da Mota | M    | Runners On Fire-BVValadares              | Séniore   | 00:50:52 | 00:50:17 |
| 275  | 1233   | Tiago Monteiro                   | M    | Fit Man                                  | Séniore   | 00:50:54 | 00:50:35 |
| 276  | 1321   | Paulo Ribeiro                    | M    | B. V. SAO MAMEDE INFESTA                 | VET 40    | 00:51:00 | 00:50:49 |
| 277  | 1182   | António Medeiros                 | M    | Nascidos para Correr                     | VET 50    | 00:51:01 | 00:50:54 |
| 278  | 1418   | Jose Seca                        | M    | OLIVECONTA                               | VET 45    | 00:51:03 | 00:50:37 |
| 279  | 1355   | Bruno Moreira                    | M    | Nascidos para beber                      | VET 35    | 00:51:05 | 00:50:42 |
| 280  | 941    | Pedro Dias                       | M    |  | VET 55    | 00:51:05 | 00:50:30 |
| 281  | 1638   | Joel                             | M    |  | VET 35    | 00:51:06 | 00:50:58 |
| 282  | 1115   | João Carvalho                    | M    | B.V.BARCELOS                             | Séniore   | 00:51:07 | 00:50:43 |
| 283  | 1206   | Pedro Barbosa                    | M    | EQUIPA BOOT                              | Séniore   | 00:51:08 | 00:50:59 |
| 284  | 1584   | Adelaide Veludo                  | F    | OPraticante.pt                           | VET 60    | 00:51:10 | 00:50:57 |
| 285  | 1692   | Claudia Carcau                   | F    | LION RUNNERS - G. D. Leões da Guarda     | VET 35    | 00:51:11 | 00:50:53 |
| 286  | 992    | Paulo Almeida                    | M    | AFIS/OVAR                                | VET 50    | 00:51:13 | 00:51:13 |
| 287  | 1108   | José Vieira                      | M    | Polícia Municipal do Porto               | VET 40    | 00:51:20 | 00:51:08 |
| 288  | 1046   | Susana Monteiro                  | F    | A D Rio Largo C Espinho                  | VET 40    | 00:51:20 | 00:50:47 |
| 289  | 1235   | marisa lopes                     | F    | running100/120                           | VET 35    | 00:51:21 | 00:51:06 |
| 290  | 1401   | Carla Rodrigues                  | F    | C.F. Oliveira do Douro                   | VET 45    | 00:51:23 | 00:51:21 |
| 291  | 1468   | Helder Moura                     | M    | Sapadores da Invicta                     | Séniore   | 00:51:24 | 00:50:46 |
| 292  | 1283   | Salvador Santos                  | M    |  | VET 45    | 00:51:26 | 00:51:16 |
| 293  | 1354   | José Falcão                      | M    | A D Rio Largo C Espinho                  | VET 60    | 00:51:26 | 00:51:11 |
| 294  | 1139   | Joana Ventura                    | F    | Solinca Team                             | Séniore   | 00:51:28 | 00:50:45 |
| 295  | 1248   | David Nogueira                   | M    | Hora do Lobo Trail/C.F.Perosinho         | VET 50    | 00:51:33 | 00:51:16 |
| 296  | 1167   | Jorge Ferreira                   | M    |  | VET 40    | 00:51:34 | 00:51:14 |
| 297  | 1551   | Ricardo Carriço                  | M    | Os Sarrotes                              | Séniore   | 00:51:34 | 00:51:01 |
| 298  | 1218   | joao remedios                    | M    | carapaus                                 | VET 55    | 00:51:35 | 00:51:22 |
| 299  | 1028   | Elisabete Cunha                  | F    |  | VET 35    | 00:51:39 | 00:51:33 |
| 300  | 1281   | Rui Mota                         | M    | Hospital Veterinário Montenegro          | Séniore   | 00:51:39 | 00:51:26 |
| 301  | 913    | Jose Manuel Carmo Neves          | M    |  | VET 55    | 00:51:40 | 00:51:15 |
| 302  | 1145   | André Teixeira                   | M    | sempre a abrir!!                         | Séniore   | 00:51:41 | 00:51:21 |
| 303  | 1653   | JORGE COSTA                      | M    | RIPOLINS GRIJÓ A CORRER                  | VET 40    | 00:51:44 | 00:51:26 |
| 304  | 1560   | Rosa Campanhã                    | F    |  | VET 40    | 00:51:45 | 00:51:40 |
| 305  | 1440   | Carlos Campos                    | M    | AFIS/OVAR                                | VET 50    | 00:51:48 | 00:51:14 |
| 306  | 917    | DIOGO SOARES                     | M    | Correr Leça                              | Séniore   | 00:51:48 | 00:51:07 |
| 307  | 1219   | António Oliveira                 | M    | Batalhão de Sapadores Bombeiros do Porto | Séniore   | 00:51:53 | 00:51:15 |
| 308  | 1511   | Pedro Pereira                    | M    | OPraticante.pt                           | VET 40    | 00:51:57 | 00:51:20 |

| Pos. | Dorsal | Nome   | Sexo | Equipa                    | Categoria | Tempo    | Chip     |
|------|--------|--|------|---------------------------|-----------|----------|----------|
| 309  | 987    | Rui Mendes                                     | M    | Nascidos para Correr      | VET 60    | 00:52:00 | 00:51:53 |
| 310  | 912    | João Luis                                      | M    |                           | Séniore   | 00:52:02 | 00:51:27 |
| 311  | 1636   | Agostinho Fontes                               | M    |                           | VET 55    | 00:52:03 | 00:51:32 |
| 312  | 1644   | Luis Cerqueira                                 | M    | AMA Ass. Mondim Atletismo | VET 50    | 00:52:04 | 00:51:37 |
| 313  | 1390   | Paulo José da Rocha Meireles Magalhães Moreira | M    | Caça Raposas              | VET 55    | 00:52:29 | 00:51:57 |
| 314  | 1278   | Rui Neves                                      | M    | PHC                       | VET 40    | 00:52:29 | 00:51:45 |
| 315  | 1336   | Antonio Loureiro                               | M    | TrepaTrilhosTrailTeam     | VET 55    | 00:52:30 | 00:52:26 |
| 316  | 1251   | Francisco Silva                                | M    | TrepaTrilhosTrailTeam     | VET 45    | 00:52:33 | 00:52:14 |
| 317  | 1364   | Higino Borges                                  | M    | Caça Raposas              | VET 55    | 00:52:34 | 00:52:02 |
| 318  | 1581   | Pedro Magalhães                                | M    | Equipa A.N.A.             | VET 35    | 00:52:35 | 00:51:58 |
| 319  | 1433   | nuno silva                                     | M    | running100/120            | VET 35    | 00:52:36 | 00:52:20 |
| 320  | 1049   | Ivan Minchev                                   | M    | BAKI                      | VET 35    | 00:52:36 | 00:51:49 |
| 321  | 1232   | Paulo Gonçalves                                | M    | STCP Runners              | VET 45    | 00:52:37 | 00:52:15 |
| 322  | 1541   | David Gouveia                                  | M    | Fernando Andrade PT       | VET 35    | 00:52:38 | 00:52:31 |
| 323  | 1373   | Bernardo Santos                                | M    |                           | VET 40    | 00:52:40 | 00:52:32 |
| 324  | 1291   | Manuel Neves                                   | M    |                           | VET 45    | 00:52:40 | 00:52:27 |
| 325  | 1516   | Luís Silva                                     | M    |                           | Séniore   | 00:52:40 | 00:52:26 |
| 326  | 1259   | Diana Carneiro                                 | F    |                           | VET 40    | 00:52:41 | 00:52:30 |
| 327  | 1319   | João Francisco Marques                         | M    |                           | VET 35    | 00:52:41 | 00:52:08 |
| 328  | 1432   | André Paiva                                    | M    |                           | VET 55    | 00:52:42 | 00:52:37 |
| 329  | 1659   | Paulo Barbosa                                  | M    | IRONRUNNERS               | VET 45    | 00:52:42 | 00:52:28 |
| 330  | 1430   | Patricia Ramos                                 | F    |                           | Séniore   | 00:52:44 | 00:52:27 |
| 331  | 1183   | Helder Lopes                                   | M    |                           | Séniore   | 00:52:46 | 00:51:55 |
| 332  | 977    | Eduardo Falcão                                 | M    | Perdi o Táxi              | VET 45    | 00:52:50 | 00:52:16 |
| 333  | 920    | João Martins                                   | M    | Nascidos para Correr      | VET 40    | 00:52:52 | 00:52:39 |
| 334  | 1602   | Paulo Silva                                    | M    |                           | VET 40    | 00:52:53 | 00:52:14 |
| 335  | 946    | Tiago Ferraz                                   | M    |                           | Séniore   | 00:52:54 | 00:52:04 |
| 336  | 1537   | Bruno Alves                                    | M    |                           | VET 35    | 00:52:55 | 00:52:27 |
| 337  | 1339   | Nicole Vaz                                     | F    | Solinca Team              | Séniore   | 00:52:56 | 00:52:13 |
| 338  | 1214   | Micael Vieira                                  | M    | Solinca Team              | Séniore   | 00:52:57 | 00:52:13 |
| 339  | 1375   | Fernando Teixeira                              | M    | MANQUINHOS                | VET 60    | 00:53:01 | 00:52:37 |
| 340  | 1352   | Paulo Sousa                                    | M    | Raminho salsa             | VET 50    | 00:53:01 | 00:52:34 |
| 341  | 1286   | Reinaldo                                       | M    |                           | VET 50    | 00:53:03 | 00:52:23 |
| 342  | 966    | Fernando Abreu                                 | M    |                           | VET 45    | 00:53:04 | 00:53:00 |
| 343  | 1451   | FERNANDO PAIS                                  | M    |                           | VET 50    | 00:53:06 | 00:52:47 |
| 344  | 1211   | Pedro Sousa                                    | M    | TrepaTrilhosTrailTeam     | VET 50    | 00:53:10 | 00:52:51 |
| 345  | 937    | Sara Carvalho Amaral                           | F    |                           | Séniore   | 00:53:12 | 00:52:31 |
| 346  | 1314   | Adelaide Brandão                               | F    | Os avenses                | VET 45    | 00:53:13 | 00:52:51 |
| 347  | 1156   | Rosmery Manuela Borges Silva                   | F    |                           | VET 40    | 00:53:17 | 00:52:53 |
| 348  | 1559   | Victor Manuel Soares Santos                    | M    | Pisco                     | VET 40    | 00:53:19 | 00:52:47 |
| 349  | 1608   | Nuno Vaz Lopes                                 | M    | CMC CARAPAUS              | VET 45    | 00:53:21 | 00:53:21 |
| 350  | 1300   | Nuno Almeida                                   | M    | Team BRAVOS               | VET 35    | 00:53:22 | 00:53:10 |
| 351  | 1645   | Carlos Alberto Alves da Solva                  | M    | ARCORUN                   | VET 50    | 00:53:24 | 00:52:53 |
| 352  | 1472   | Susana Martins                                 | F    | Vamos Ver Se Conseguimos  | VET 40    | 00:53:25 | 00:52:38 |



| Pos. | Dorsal | Nome                                | Sexo | Equipa                                     | Categoria | Tempo    | Chip     |
|------|--------|-------------------------------------|------|--|-----------|----------|----------|
| 353  | 1455   | Rui Augusto Camilo Fernandes        | M    | Farutti                                    | VET 50    | 00:53:29 | 00:52:58 |
| 354  | 1614   | Carlos Joel Abreu                   | M    |  | VET 40    | 00:53:29 | 00:52:44 |
| 355  | 936    | Rogério Ribeiro                     | M    | PHC  | VET 40    | 00:53:30 | 00:52:44 |
| 356  | 1263   | Helder Filipe Dolgner Maio          | M    | Solinca Team                               | VET 35    | 00:53:32 | 00:52:49 |
| 357  | 1172   | João Silva                          | M    |  | Séniiores | 00:53:33 | 00:53:04 |
| 358  | 1253   | Nuno Sousa                          | M    | Running Espinho                            | VET 40    | 00:53:39 | 00:53:27 |
| 359  | 1421   | antonio manuel gonçaves da costa    | M    |  | VET 55    | 00:53:44 | 00:53:38 |
| 360  | 1250   | Jose barros                         | M    | Clube Atletismo de Avintes                 | VET 50    | 00:53:49 | 00:53:21 |
| 361  | 908    | Pedro sousa                         | M    | Clube Atletismo de Avintes                 | VET 45    | 00:53:49 | 00:53:21 |
| 362  | 1374   | Eduardo Manuel Amaral Pinto Alberto | M    | Runners On Fire-BVValadares                | Séniiores | 00:53:53 | 00:53:34 |
| 363  | 1488   | Miguel Teixeira                     | M    |  | Séniiores | 00:53:56 | 00:53:38 |
| 364  | 905    | Bronze                              | M    |  | VET 50    | 00:53:59 | 00:53:24 |
| 365  | 1215   | Paulo Teixeira                      | M    | Boavista F C                               | VET 40    | 00:53:59 | 00:53:24 |
| 366  | 1603   | José Oliveira                       | M    |  | VET 40    | 00:54:00 | 00:53:20 |
| 367  | 1180   | Cristiana Santos                    | F    | Running espinho                            | Séniiores | 00:54:02 | 00:53:51 |
| 368  | 1496   | Elisabete Rente                     | F    | Jumbo                                      | VET 35    | 00:54:05 | 00:53:38 |
| 369  | 971    | Rui Fernando Castro                 | M    | Formação Tartaruga                         | VET 45    | 00:54:11 | 00:53:41 |
| 370  | 1236   | Rui Novo Cardoso Ferreirinha        | M    | Runners On Fire-BVValadares                | VET 45    | 00:54:14 | 00:53:39 |
| 371  | 1416   | Luis Loureiro                       | M    |  | VET 50    | 00:54:20 | 00:53:45 |
| 372  | 1067   | Pedro Nuno Oliveira da Silva        | M    | PHC  | VET 35    | 00:54:31 | 00:53:48 |
| 373  | 1709   | Sandra Ferreira                     | F    |  | VET 35    | 00:54:41 | 00:54:25 |
| 374  | 1703   | Fernando Martins                    | M    | Acail Gás, S.A.                            | Séniiores | 00:54:43 | 00:54:25 |
| 375  | 1365   | Patrick Borja                       | M    |  | VET 40    | 00:54:43 | 00:54:07 |
| 376  | 1423   | Ricardo Jorge Cardoso Aguiar de Sá  | M    |  | VET 35    | 00:54:43 | 00:54:07 |
| 377  | 1620   | Juca                                | M    | BTT Alegria Turbani                        | VET 45    | 00:54:44 | 00:54:29 |
| 378  | 1457   | Paulo Pinheiro                      | M    | Os avenses                                 | VET 45    | 00:54:44 | 00:54:20 |
| 379  | 1037   | Fernando Vieira                     | M    |  | VET 40    | 00:54:45 | 00:54:14 |
| 380  | 1484   | joão antunes                        | M    | running100/120                             | Séniiores | 00:54:46 | 00:54:31 |
| 381  | 1544   | Ana Castro                          | F    | CAL -Clube Atletismo de Lamas              | VET 45    | 00:54:49 | 00:54:16 |
| 382  | 940    | Rui Custódio                        | M    |  | Séniiores | 00:54:53 | 00:54:44 |
| 383  | 1690   | Adriano Costa Silva                 | M    | MANQUINHOS                                 | VET 60    | 00:55:02 | 00:54:38 |
| 384  | 1284   | Alexandra Lopes                     | F    | Sporting Clube de Espinho / António Leitão | VET 40    | 00:55:04 | 00:54:47 |
| 385  | 1157   | Ricardo cachadinha                  | M    | ACteam Alexandra Carvalho Terapias         | VET 40    | 00:55:04 | 00:54:43 |
| 386  | 1384   | Heldeberto Santos                   | M    | STCP Runners                               | VET 50    | 00:55:06 | 00:54:44 |
| 387  | 991    | Rui Félix                           | M    | FFF  | VET 40    | 00:55:11 | 00:54:43 |
| 388  | 1391   | Arnaldo Lucio                       | M    | Ex-Sedentários                             | VET 45    | 00:55:12 | 00:54:47 |
| 389  | 1596   | Francisca Gomes                     | F    |  | Séniiores | 00:55:14 | 00:55:05 |
| 390  | 1062   | conceicao remedios                  | F    | carapaus                                   | VET 50    | 00:55:14 | 00:55:04 |
| 391  | 902    | Rui                                 | M    |  | VET 40    | 00:55:15 | 00:54:45 |
| 392  | 1481   | Ana Neves                           | F    | Cebes Running                              | VET 45    | 00:55:16 | 00:54:46 |
| 393  | 1670   | Gil Alcoforado                      | M    | MAGIC RUNNERS                              | VET 60    | 00:55:22 | 00:54:51 |
| 394  | 1665   | Mariana Alcoforado                  | F    | MAGIC RUNNERS                              | Séniiores | 00:55:22 | 00:54:50 |
| 395  | 1664   | Abel Gomes                          | M    | MAGIC RUNNERS                              | VET 55    | 00:55:22 | 00:54:50 |
| 396  | 1539   | Tiago Rodrigues                     | M    | Factor X / S4L / Medense FC                | Séniiores | 00:55:23 | 00:55:11 |

| Pos. | Dorsal | Nome                                 | Sexo | Equipa   | Categoria | Tempo    | Chip     |
|------|--------|--------------------------------------|------|--|-----------|----------|----------|
| 397  | 1014   | Domingos Cunha Costa                 | M    | Runners On Fire-BVValadares                    | VET 60    | 00:55:25 | 00:54:43 |
| 398  | 1243   | Ana Paula Graça Silva                | F    | AFIS/OVAR                                      | VET 40    | 00:55:30 | 00:54:56 |
| 399  | 1033   | Joaquim Ferreira                     | M    | AFIS/OVAR                                      | VET 50    | 00:55:30 | 00:54:56 |
| 400  | 1682   | Arnaldo Manuel Neiva de Almeida      | M    |  | VET 50    | 00:55:30 | 00:54:55 |
| 401  | 1187   | Lucília Santos                       | F    | Sporting Clube de Espinho / António Leitão     | VET 45    | 00:55:32 | 00:55:29 |
| 402  | 1424   | Vítor M Cardoso                      | M    | Atletico da madalena                           | VET 50    | 00:55:32 | 00:54:46 |
| 403  | 921    | Luz Almeida                          | F    |  | VET 50    | 00:55:47 | 00:55:29 |
| 404  | 1223   | António Rocha                        | M    |  | VET 35    | 00:55:51 | 00:55:40 |
| 405  | 1691   | Mário Macedo                         | M    |  | VET 50    | 00:55:52 | 00:55:09 |
| 406  | 1127   | Gabriel Alegre                       | M    | AFIS/OVAR                                      | VET 40    | 00:55:55 | 00:55:21 |
| 407  | 911    | MAZIERE Marie                        | F    | Les français                                   | Séniiores | 00:55:56 | 00:55:38 |
| 408  | 1437   | SMónica                              | F    | ESADOF   | VET 35    | 00:56:00 | 00:55:49 |
| 409  | 907    | MARCO LASEK                          | M    | Team BRAVOS                                    | Séniiores | 00:56:03 | 00:55:50 |
| 410  | 981    | Rui Padrão                           | M    |  | VET 40    | 00:56:03 | 00:55:28 |
| 411  | 1689   | Ricardo António Fonseca Silveira     | M    |  | Séniiores | 00:56:03 | 00:55:15 |
| 412  | 1035   | Filipa Falcao                        | F    | Perdi o Táxi                                   | VET 45    | 00:56:04 | 00:55:30 |
| 413  | 990    | Filipe Conceição                     | M    | Locomotiva de Paranhos                         | VET 35    | 00:56:04 | 00:55:18 |
| 414  | 1304   | Ricardo Gomes                        | M    | Nascidos para Correr                           | Séniiores | 00:56:12 | 00:55:43 |
| 415  | 1104   | PAULO RAMOS                          | M    | GRUPO JUVENIL PINHEIRO DA BEMPOSTA -O. AZEMÉIS | VET 45    | 00:56:15 | 00:55:43 |
| 416  | 944    | Paula Miranda                        | F    |  | VET 45    | 00:56:16 | 00:55:34 |
| 417  | 1385   | Rui Teixeira                         | M    | Fit Man  | Séniiores | 00:56:24 | 00:56:05 |
| 418  | 1673   | Nuno Cavaleiro                       | M    |  | VET 45    | 00:56:24 | 00:56:03 |
| 419  | 1422   | José Queirós Alves                   | M    | Raminho salsa                                  | VET 50    | 00:56:28 | 00:56:01 |
| 420  | 1528   | Hugo Pinto                           | M    |  | VET 40    | 00:56:29 | 00:56:12 |
| 421  | 1536   | TÚLIO TOMAZ                          | M    |  | VET 45    | 00:56:30 | 00:55:57 |
| 422  | 1545   | Artur Rosa                           | M    |  | VET 40    | 00:56:34 | 00:56:06 |
| 423  | 1120   | Alexandra Vieira                     | F    |  | VET 45    | 00:56:40 | 00:56:09 |
| 424  | 1160   | Jannete Fernandes                    | F    | Sporting Clube de Espinho / António Leitão     | VET 40    | 00:56:41 | 00:56:22 |
| 425  | 1009   | Sandra Sofia Marques Martins         | F    |  | VET 45    | 00:56:52 | 00:56:41 |
| 426  | 939    | Sandra Pina                          | F    | ComDor Runners                                 | VET 40    | 00:57:00 | 00:56:42 |
| 427  | 1034   | Fernanda Almeida                     | F    |  | VET 60    | 00:57:04 | 00:56:53 |
| 428  | 1245   | Paulo Silva                          | M    |  | VET 45    | 00:57:08 | 00:56:42 |
| 429  | 1277   | Joana Cardoso                        | F    | Strong Team                                    | Séniiores | 00:57:11 | 00:56:44 |
| 430  | 1538   | Sérgio Rodrigues                     | M    | AFIS/OVAR                                      | VET 35    | 00:57:12 | 00:56:38 |
| 431  | 1010   | Jorge Santos                         | M    | Solinca Team                                   | VET 55    | 00:57:13 | 00:56:42 |
| 432  | 1148   | HELDER TEIXEIRA                      | M    |  | VET 40    | 00:57:20 | 00:56:46 |
| 433  | 1574   | Joao pintinha                        | M    |  | VET 55    | 00:57:23 | 00:56:33 |
| 434  | 1652   | BRUNO GONCALVES                      | M    |  | VET 35    | 00:57:23 | 00:56:33 |
| 435  | 1661   | MANUEL COUTO                         | M    | RIPOLINS GRIJÓ A CORRER                        | VET 60    | 00:57:24 | 00:57:13 |
| 436  | 950    | Paulo Bruno de Sousa Ferreira        | M    |  | VET 35    | 00:57:30 | 00:56:59 |
| 437  | 1685   | Francisco Fernando Tavares Gonçalves | M    |  | VET 45    | 00:57:30 | 00:56:41 |
| 438  | 1207   | João Falcão                          | M    | Jumia PTC Running Team                         | Séniiores | 00:57:31 | 00:57:23 |
| 439  | 934    | Alberto Baldaque                     | M    | Boavista F.C.                                  | VET 40    | 00:57:32 | 00:56:57 |
| 440  | 1441   | Joanna Grabka                        | F    |  | Séniiores | 00:57:34 | 00:57:06 |

| Pos. | Dorsal | Nome                              | Sexo | Equipa                    | Categoria | Tempo    | Chip     |
|------|--------|-----------------------------------|------|---------------------------|-----------|----------|----------|
| 441  | 1549   | Adão Castro                       | M    | Os Sarrotes               | VET 55    | 00:57:35 | 00:57:03 |
| 442  | 923    | Ana coelho                        | F    |                           | VET 35    | 00:57:36 | 00:57:06 |
| 443  | 1438   | fernanda coelho                   | F    |                           | VET 55    | 00:57:36 | 00:57:05 |
| 444  | 1656   | JOHNNY SA                         | M    |                           | Séniore   | 00:57:37 | 00:57:18 |
| 445  | 1529   | José Carlos Lascasas              | M    | Gondomar Futsal           | VET 45    | 00:57:38 | 00:57:02 |
| 446  | 1492   | João Carvalho                     | M    | BVART RUNNERS             | VET 35    | 00:57:40 | 00:57:04 |
| 447  | 1310   | Helena Ribeiro                    | F    | Caetano Runners           | VET 35    | 00:57:41 | 00:57:16 |
| 448  | 1102   | Teresa Brito                      | F    | Team Bichos               | VET 45    | 00:57:44 | 00:57:29 |
| 449  | 1020   | Sandra Monteiro                   | F    |                           | VET 45    | 00:57:44 | 00:57:29 |
| 450  | 1708   | Rui José Tavares Matos            | M    |                           | VET 40    | 00:57:46 | 00:57:29 |
| 451  | 1618   | paula dias                        | F    |                           | VET 45    | 00:57:53 | 00:57:39 |
| 452  | 1643   | manuel machado                    | M    | AMA Ass. Mondim Atletismo | VET 60    | 00:57:54 | 00:57:33 |
| 453  | 1435   | Florbela Araujo                   | F    |                           | Séniore   | 00:58:02 | 00:57:46 |
| 454  | 1704   | Luis Novo                         | M    | Acail Gás, S.A.           | Séniore   | 00:58:02 | 00:57:45 |
| 455  | 1027   | Luisa Reis                        | F    |                           | Séniore   | 00:58:06 | 00:57:43 |
| 456  | 1680   | Marco Batista                     | M    | STCP Runners              | VET 40    | 00:58:08 | 00:57:46 |
| 457  | 1556   | Nuno Pinto                        | M    |                           | Séniore   | 00:58:15 | 00:57:55 |
| 458  | 1503   | José Silva                        | M    | Aliança de Gandra         | Séniore   | 00:58:16 | 00:57:34 |
| 459  | 1133   | Manuel Luis Aranha                | M    | Aranhas Team              | Séniore   | 00:58:17 | 00:57:55 |
| 460  | 1711   | Edmundo Silva                     | M    |                           | VET 60    | 00:58:19 | 00:58:08 |
| 461  | 989    | João Costa                        | M    | PHC                       | VET 45    | 00:58:19 | 00:57:35 |
| 462  | 1258   | Pedro Perpétuo                    | M    | Strong Team               | VET 45    | 00:58:20 | 00:57:53 |
| 463  | 1540   | Tiago Santos                      | M    |                           | Séniore   | 00:58:25 | 00:57:48 |
| 464  | 932    | Joana Saúde                       | F    | Solinca Team              | VET 35    | 00:58:27 | 00:57:41 |
| 465  | 983    | Mónica Margaride                  | F    | Fit2Labor                 | VET 40    | 00:58:31 | 00:58:11 |
| 466  | 1143   | Joaquim de Sousa                  | M    | Fit2Labor                 | VET 45    | 00:58:31 | 00:58:11 |
| 467  | 1604   | Pedro Rodrigues                   | M    | Gondomar Futsal Clube     | VET 35    | 00:58:33 | 00:58:05 |
| 468  | 1320   | crisrina romariz                  | F    | Solinca Team              | VET 55    | 00:58:35 | 00:58:04 |
| 469  | 1137   | Sergio Silva                      | M    | Solinca Team              | VET 40    | 00:58:35 | 00:57:49 |
| 470  | 1308   | manuel pires rodrigues            | M    |                           | VET 50    | 00:58:38 | 00:58:24 |
| 471  | 1442   | Tomás Silva                       | M    |                           | VET 35    | 00:58:42 | 00:58:17 |
| 472  | 1362   | Márcia Carvalho                   | F    |                           | Séniore   | 00:58:43 | 00:58:14 |
| 473  | 1177   | Fernando Carvalho                 | M    |                           | Séniore   | 00:58:43 | 00:58:14 |
| 474  | 1200   | José Alves                        | M    | Raminho salsa             | VET 50    | 00:58:46 | 00:58:18 |
| 475  | 1633   | Romeu Sabença                     | M    |                           | VET 35    | 00:58:48 | 00:58:07 |
| 476  | 1671   | Mario Silva                       | M    |                           | VET 45    | 00:58:49 | 00:58:01 |
| 477  | 1655   | Ana Nogueira                      | F    | TrepaTrilhos Trail Team   | VET 35    | 00:58:50 | 00:58:32 |
| 478  | 1276   | Paula Pereira                     | F    |                           | Séniore   | 00:58:53 | 00:58:15 |
| 479  | 1678   | Ana Margarida Coelho Brito        | F    | Salgueiros Running        | Séniore   | 00:58:53 | 00:58:11 |
| 480  | 988    | Henrique Pais                     | M    | Cebes Running             | VET 45    | 00:59:04 | 00:58:34 |
| 481  | 1557   | Catarina couto                    | F    | Magnirunners              | Séniore   | 00:59:08 | 00:58:29 |
| 482  | 1447   | Telmo Filipe Reis Teixeira        | M    |                           | Séniore   | 00:59:10 | 00:58:31 |
| 483  | 1179   | José Miguel Matos                 | M    | Solinca Team              | Séniore   | 00:59:11 | 00:58:26 |
| 484  | 999    | Marlene Fernanda Romariz da Silva | F    |                           | VET 40    | 00:59:14 | 00:58:49 |

| Pos. | Dorsal | Nome                                     | Sexo | Equipa                           | Categoria | Tempo    | Chip     |
|------|--------|--|------|----------------------------------|-----------|----------|----------|
| 485  | 1625   | Francisco Paulo Rodrigues Teixeira Pinto | M    | Boavista                         | VET 50    | 00:59:15 | 00:58:41 |
| 486  | 929    | Nuno Filipe Silva                        | M    | Bifanas e Cerveja                | VET 40    | 00:59:16 | 00:58:32 |
| 487  | 1462   | Maria Almeida                            | F    |                                  | Séniore   | 00:59:20 | 00:58:44 |
| 488  | 1018   | Vera Correia                             | F    | Nascidos para beber              | VET 35    | 00:59:21 | 00:58:59 |
| 489  | 906    | Ana Paula Barbosa Tavares                | F    | Hora do Lobo Trail/C.F.Perosinho | VET 45    | 00:59:34 | 00:58:47 |
| 490  | 1412   | Hermínio Augusto Moita                   | M    |                                  | VET 50    | 00:59:35 | 00:58:54 |
| 491  | 1196   | Marly Fernandes Pessoa Neves             | F    |                                  | VET 40    | 00:59:35 | 00:58:53 |
| 492  | 1637   | Ricardo Campos                           | M    | Solinca Team                     | VET 35    | 00:59:39 | 00:58:50 |
| 493  | 1527   | Alexandra Maia                           | M    |                                  | VET 40    | 00:59:41 | 00:59:24 |
| 494  | 1426   | Miguel Madureira                         | M    |                                  | VET 60    | 00:59:45 | 00:59:07 |
| 495  | 1269   | Duarte Nuno Mendes                       | M    |                                  | VET 40    | 00:59:49 | 00:59:30 |
| 496  | 1109   | Orlando Silva                            | M    | clube vodafone                   | VET 40    | 00:59:57 | 00:59:11 |
| 497  | 1170   | Rui Domingos                             | M    |                                  | VET 40    | 01:00:00 | 00:59:21 |
| 498  | 1038   | Cláudio Miguel Amaral                    | M    | Runners On Fire-BVValadares      | Séniore   | 01:00:02 | 00:59:43 |
| 499  | 1247   | Sérgio Andrade                           | M    |                                  | Séniore   | 01:00:05 | 00:59:29 |
| 500  | 956    | Pedro Machado                            | M    |                                  | VET 40    | 01:00:08 | 00:59:37 |
| 501  | 1429   | Diego JODA                               | M    | Les français                     | Séniore   | 01:00:11 | 00:59:53 |
| 502  | 910    | Maria José santos                        | F    |                                  | VET 40    | 01:00:16 | 01:00:08 |
| 503  | 1428   | António Jorge Melo                       | M    |                                  | VET 45    | 01:00:16 | 01:00:07 |
| 504  | 1406   | Jorge Soares                             | M    | sempre a abrir!!                 | VET 45    | 01:00:19 | 00:59:59 |
| 505  | 1267   | Diana Fernandes                          | F    | B.V.BARCELOS                     | Séniore   | 01:00:23 | 00:59:57 |
| 506  | 1558   | Pedro Miguel Soares Santos               | M    | Pisco                            | VET 35    | 01:00:25 | 00:59:53 |
| 507  | 1679   | Tiago Rocha Lages                        | M    | Salgueiros Running               | Séniore   | 01:00:32 | 00:59:53 |
| 508  | 1631   | Rui Paiva                                | M    |                                  | VET 35    | 01:00:38 | 01:00:20 |
| 509  | 1171   | Sónia Teresa Barbosa Costa               | F    | Runners On Fire-BVValadares      | VET 35    | 01:00:38 | 00:59:56 |
| 510  | 1512   | Rute Pereira                             | F    | OPraticante.pt                   | VET 35    | 01:00:45 | 01:00:09 |
| 511  | 1297   | Olga Lopes                               | F    |                                  | VET 45    | 01:00:48 | 01:00:20 |
| 512  | 1144   | Hugo Alves                               | M    | Vamos Ver Se Conseguimos         | VET 35    | 01:00:59 | 01:00:12 |
| 513  | 1707   | Carlos Gomes                             | M    | Acail Gás, S.A.                  | VET 35    | 01:01:01 | 01:00:46 |
| 514  | 1705   | Domingos Novo                            | M    | Acail Gás, S.A.                  | VET 40    | 01:01:01 | 01:00:45 |
| 515  | 963    | Marlene Ferreira                         | F    | Equipa A.N.A.                    | VET 40    | 01:01:07 | 01:00:30 |
| 516  | 1302   | ana vaz                                  | F    | Equipa A.N.A.                    | VET 45    | 01:01:07 | 01:00:30 |
| 517  | 1589   | SUSANA MORAIS                            | F    |                                  | VET 40    | 01:01:12 | 01:00:33 |
| 518  | 1337   | Eduardo Neves                            | M    |                                  | VET 40    | 01:01:13 | 01:00:30 |
| 519  | 1569   | Patrícia Oliveira                        | F    |                                  | Séniore   | 01:01:33 | 01:00:44 |
| 520  | 1570   | Pedro Gonçalves                          | M    |                                  | VET 40    | 01:01:33 | 01:00:43 |
| 521  | 1615   | Vítor Domingos Ferreira da Silva         | M    |                                  | VET 40    | 01:01:35 | 01:00:55 |
| 522  | 1318   | Carlos Manta                             | M    | Formação Tartaruga               | VET 40    | 01:01:36 | 01:01:07 |
| 523  | 1456   | Ivânia Esteves                           | F    | EQUIPA BOOT                      | Séniore   | 01:01:49 | 01:01:40 |
| 524  | 1241   | Francisco Baptista                       | M    | Baptista                         | VET 40    | 01:01:51 | 01:01:20 |
| 525  | 926    | Carla Oliveira                           | F    | Running Espinho                  | VET 40    | 01:01:52 | 01:01:09 |
| 526  | 967    | Joana Alçada                             | F    | AFIS/OVAR                        | VET 40    | 01:01:58 | 01:01:25 |
| 527  | 1515   | Maria Eugénia Campeão Ferreira           | F    | OPraticante.pt                   | VET 50    | 01:02:02 | 01:01:26 |
| 528  | 1514   | Patricia Silva                           | F    | OPraticante.pt                   | VET 35    | 01:02:02 | 01:01:25 |

| Pos. | Dorsal | Nome                                | Sexo | Equipa                           | Categoria | Tempo    | Chip     |
|------|--------|-------------------------------------|------|----------------------------------|-----------|----------|----------|
| 529  | 1162   | Paula Regalado                      | F    | AFIS/OVAR                        | VET 50    | 01:02:04 | 01:01:32 |
| 530  | 1382   | Eugénia Queirós                     | F    | AFIS/OVAR                        | VET 40    | 01:02:04 | 01:01:32 |
| 531  | 1192   | Anabela Gonçalves                   | F    | GDR Juventude das Ribeiras       | VET 40    | 01:02:16 | 01:02:02 |
| 532  | 968    | Manuela Santos                      | F    |                                  | VET 45    | 01:02:19 | 01:02:14 |
| 533  | 1059   | Alexandra Fabião                    | F    | Bifanas e Cerveja                | VET 35    | 01:02:19 | 01:01:36 |
| 534  | 1502   | José Carneiro                       | M    | Aliança de Gandra                | VET 40    | 01:02:23 | 01:01:40 |
| 535  | 960    | Nuno Santos                         | M    | Hora do Lobo Trail/C.F.Perosinho | VET 35    | 01:02:33 | 01:01:47 |
| 536  | 1573   | jose pinto                          | M    |                                  | VET 45    | 01:02:34 | 01:01:44 |
| 537  | 1111   | Nena Minchev                        | F    | BAKI                             | Séniore   | 01:02:35 | 01:01:48 |
| 538  | 1578   | Jorge Soares                        | M    |                                  | VET 40    | 01:02:35 | 01:01:43 |
| 539  | 1198   | Belarmino Santos                    | M    |                                  | VET 50    | 01:02:43 | 01:02:37 |
| 540  | 1004   | Margarida Monteiro                  | F    |                                  | VET 40    | 01:02:43 | 01:02:21 |
| 541  | 1629   | Antonio Lemos                       | M    | Lemos                            | VET 45    | 01:02:47 | 01:02:25 |
| 542  | 1520   | Fabio Vaz                           | M    |                                  | Séniore   | 01:02:48 | 01:02:03 |
| 543  | 1519   | Monica Bastos                       | F    |                                  | Séniore   | 01:02:48 | 01:02:03 |
| 544  | 1518   | Gonçalo Martins                     | M    |                                  | Séniore   | 01:02:49 | 01:02:04 |
| 545  | 1530   | Francisco Oliveira                  | M    | Gondomar Futsal                  | VET 55    | 01:02:50 | 01:02:13 |
| 546  | 1531   | Paula Moreira                       | F    | Gondomar Futsal                  | VET 40    | 01:02:50 | 01:02:12 |
| 547  | 1204   | Teresa Delgado                      | F    |                                  | Séniore   | 01:02:55 | 01:02:13 |
| 548  | 1356   | Nuno Pinto                          | M    |                                  | VET 35    | 01:02:56 | 01:02:13 |
| 549  | 1688   | Jorge Esteves                       | M    |                                  | VET 55    | 01:03:05 | 01:02:56 |
| 550  | 955    | HERMÍNIA OLIVEIRA                   | F    | Os Pressinhas                    | VET 50    | 01:03:06 | 01:02:56 |
| 551  | 1294   | JOAQUIM FERNANDO DE OLIVEIRA CASTRO | M    |                                  | VET 55    | 01:03:07 | 01:02:43 |
| 552  | 1617   | João Carlos Faustino                | M    |                                  | VET 40    | 01:03:08 | 01:02:29 |
| 553  | 1684   | Nelson Eduardo Barbosa Costa        | M    |                                  | Séniore   | 01:03:10 | 01:02:29 |
| 554  | 1535   | ALBERTO LIZARDO                     | M    |                                  | VET 60    | 01:03:18 | 01:02:53 |
| 555  | 1562   | Olga Maria Fonseca Carvalho         | F    |                                  | VET 35    | 01:03:33 | 01:02:54 |
| 556  | 1630   | sandra lemos                        | F    | Lemos                            | VET 45    | 01:03:37 | 01:03:15 |
| 557  | 1494   | Sandra Vasconcelos                  | M    | Jumbo                            | VET 40    | 01:03:37 | 01:03:09 |
| 558  | 1065   | Manuel Leonardo                     | M    |                                  | VET 60    | 01:03:41 | 01:03:36 |
| 559  | 1128   | Conceição Santos                    | F    |                                  | VET 35    | 01:03:42 | 01:03:37 |
| 560  | 1587   | Barbara Gonçalves                   | F    | EQUIPA BOOT                      | Séniore   | 01:04:25 | 01:04:05 |
| 561  | 1146   | SANA                                | F    |                                  | VET 40    | 01:04:28 | 01:04:12 |
| 562  | 1448   | Jorge Barbosa                       | M    | EQUIPA BOOT                      | VET 35    | 01:04:37 | 01:04:17 |
| 563  | 1324   | Ricardo Miguel Pereira Silva        | M    | Runners On Fire-BVValadares      | VET 35    | 01:04:39 | 01:03:51 |
| 564  | 1242   | Fernandina Ribeiro                  | F    | Fisioperformance running         | VET 35    | 01:04:46 | 01:04:36 |
| 565  | 1307   | Luís Faria                          | M    |                                  | Séniore   | 01:04:57 | 01:04:51 |
| 566  | 1153   | Pedro Vieira                        | M    | Jumia PTC Running Team           | Séniore   | 01:04:58 | 01:04:50 |
| 567  | 982    | Regina melo                         | F    | ARCORUN                          | VET 35    | 01:05:04 | 01:04:45 |
| 568  | 1332   | Pedro Melo                          | M    | sempre a abrir!!                 | VET 50    | 01:05:04 | 01:04:45 |
| 569  | 1057   | José Dara                           | M    | TrepaTrilhos Trail Team          | VET 60    | 01:05:28 | 01:05:10 |
| 570  | 1123   | Clara Landolt                       | F    | Equipa A.N.A.                    | VET 45    | 01:05:50 | 01:05:12 |
| 571  | 1616   | maria gonçalves                     | F    |                                  | VET 55    | 01:06:00 | 01:05:45 |
| 572  | 1051   | Suse Marina Gonçalves da Silva      | F    |                                  | VET 35    | 01:06:05 | 01:05:26 |

| Pos. | Dorsal | Nome                               | Sexo | Equipa                      | Categoria | Tempo    | Chip     |
|------|--------|------------------------------------|------|-----------------------------|-----------|----------|----------|
| 573  | 1668   | Pedro Paula                        | M    | Nascidos para Correr        | VET 40    | 01:06:05 | 01:05:26 |
| 574  | 903    | Antónia Madureira                  | F    |                             | VET 50    | 01:06:08 | 01:05:53 |
| 575  | 1521   | Luis Rodrigues                     | M    |                             | VET 45    | 01:06:08 | 01:05:53 |
| 576  | 1546   | joana lopes silva                  | F    |                             | Séniore   | 01:06:16 | 01:05:31 |
| 577  | 1590   | Rosalina Lemos                     | F    | ARCORUN                     | VET 55    | 01:06:19 | 01:05:35 |
| 578  | 1053   | Ana Rita Soares da Fonseca Pinto   | F    | Runners On Fire-BVValadares | Séniore   | 01:06:48 | 01:06:29 |
| 579  | 1613   | MARGARIDA ROCHA                    | F    |                             | VET 35    | 01:07:06 | 01:06:21 |
| 580  | 1268   | Abílio Brandão                     | M    |                             | VET 60    | 01:07:10 | 01:06:22 |
| 581  | 996    | Isabel Duarte                      | F    | Porto Runners               | VET 60    | 01:07:16 | 01:06:29 |
| 582  | 1427   | Eduardo Loureiro                   | F    | MSS Contabilidade           | VET 35    | 01:07:17 | 01:06:50 |
| 583  | 1404   | José Luís Aranha da Costa Ferreira | M    | Aranhas Team                | VET 50    | 01:07:20 | 01:06:57 |
| 584  | 1252   | Madalena Costa                     | F    | Facort Running Team         | Séniore   | 01:07:27 | 01:07:21 |
| 585  | 1675   | Ivo Gonçalves                      | M    |                             | VET 40    | 01:07:52 | 01:04:21 |
| 586  | 1055   | Ana Silva                          | F    | B.V.BARCELOS                | Séniore   | 01:08:05 | 01:07:40 |
| 587  | 1282   | Sara Bogas                         | F    | B.V.BARCELOS                | Séniore   | 01:08:05 | 01:07:39 |
| 588  | 1363   | Alberto Neto                       | M    | Invicta Runners Team        | VET 60    | 01:08:06 | 01:08:02 |
| 589  | 1358   | Ana Barbosa                        | F    | EQUIPA BOOT                 | Séniore   | 01:08:40 | 01:08:31 |
| 590  | 1473   | Heather Nettleship                 | F    |                             | Séniore   | 01:08:46 | 01:08:02 |
| 591  | 1029   | Ana Alves                          | F    |                             | Séniore   | 01:08:46 | 01:08:02 |
| 592  | 1624   | Isabel Cristina Pinto              | F    |                             | VET 45    | 01:08:49 | 01:08:13 |
| 593  | 1226   | Ana Madureira                      | F    | Runners On Fire             | VET 35    | 01:09:10 | 01:08:51 |
| 594  | 1474   | Sara Vieira                        | F    |                             | VET 40    | 01:09:11 | 01:08:45 |
| 595  | 1619   | Daniela Rodrigues Costa            | F    |                             | VET 35    | 01:09:15 | 01:08:44 |
| 596  | 1217   | Elisabete Assunção                 | F    | AFIS/OVAR                   | VET 35    | 01:09:54 | 01:09:21 |
| 597  | 1136   | Susana Pinto                       | F    | AFIS/OVAR                   | VET 40    | 01:09:55 | 01:09:24 |
| 598  | 1178   | Filipe Loureiro                    | M    |                             | VET 40    | 01:10:10 | 01:09:44 |
| 599  | 1683   | Marta Liliana Duarte Carvalho      | F    |                             |           | 01:10:31 | 01:09:46 |
| 600  | 1021   | Miguel Ferreira                    | M    |                             | Séniore   | 01:10:56 | 01:10:14 |
| 601  | 1292   | Ricardo Castelo Branco             | M    |                             | VET 40    | 01:10:59 | 01:10:46 |
| 602  | 1672   | Vera Delgado                       | F    |                             | VET 35    | 01:11:14 | 01:10:26 |
| 603  | 1105   | João Pedro Gonçalves Carvalho      | M    | Runners On Fire-BVValadares | Séniore   | 01:11:30 | 01:11:03 |
| 604  | 1188   | André Rangel                       | M    |                             | Séniore   | 01:11:30 | 01:11:03 |
| 605  | 1348   | José António Freitas               | M    |                             | VET 50    | 01:11:34 | 01:11:06 |
| 606  | 1611   | ANDREIA SILVA                      | F    |                             | Séniore   | 01:11:34 | 01:10:50 |
| 607  | 1509   | Patrícia Ferreira                  | F    | Magnirunners                | Séniore   | 01:12:02 | 01:11:19 |
| 608  | 1505   | Carolina Cabanelas                 | F    | Magnirunners                | Séniore   | 01:12:20 | 01:11:40 |
| 609  | 1482   | Mónica Morais                      | F    | Hora do lobo trail          | Séniore   | 01:12:34 | 01:11:56 |
| 610  | 1552   | Filipe Moutinho                    | M    |                             | VET 40    | 01:12:35 | 01:11:56 |
| 611  | 1485   | James Conaty                       | M    |                             | VET 35    | 01:12:54 | 01:12:40 |
| 612  | 930    | Diana Poças                        | F    | FIT GAIA TRAIL              | VET 40    | 01:13:10 | 01:12:47 |
| 613  | 1261   | Ana Paula Alves                    | F    | Runners On Fire-BVValadares | VET 50    | 01:13:41 | 01:12:57 |
| 614  | 942    | Tiago Manuel Gonçalves Carvalho    | M    | Runners On Fire-BVValadares | Séniore   | 01:14:10 | 01:13:29 |
| 615  | 1159   | Gabriela Dias                      | F    |                             | Séniore   | 01:14:13 | 01:13:46 |
| 616  | 1469   | Luis Gomes                         | M    |                             | VET 35    | 01:14:13 | 01:13:46 |

| Pos. | Dorsal | Nome                            | Sexo | Equipa                           | Categoria | Tempo            | Chip     |
|------|--------|---------------------------------|------|----------------------------------|-----------|------------------|----------|
| 617  | 1275   | Carla Santos                    | F    |                                  | VET 45    | 01:14:52         | 01:14:06 |
| 618  | 951    | Maria Alcina Teixeira Rodrigues | F    | ARCORUN                          | VET 60    | 01:15:08         | 01:14:49 |
| 619  | 1092   | Fernando Ferreira               | M    | Hora do Lobo Trail/C.F.Perosinho | VET 45    | 01:15:08         | 01:14:21 |
| 620  | 914    | Ana Rita Silva                  | F    |                                  | Séniore   | 01:15:23         | 01:14:42 |
| 621  | 1450   | Hugo Pinto                      | M    |                                  | Séniore   | 01:15:24         | 01:14:44 |
| 622  | 1458   | António Correia                 | M    | Nascidos para beber              | VET 60    | 01:15:28         | 01:15:07 |
| 623  | 1627   | Mariana Azevedo                 | F    |                                  | VET 35    | 01:15:29         | 01:15:18 |
| 624  | 1174   | Sílvia Pereira                  | F    | Cebes Running                    | VET 35    | 01:17:15         | 01:16:44 |
| 625  | 1290   | Cristina Magalhães              | F    | Farutti                          | Séniore   | 01:17:20         | 01:16:56 |
| 626  | 948    | Fabiola Oliveira                | F    | Farutti                          | Séniore   | 01:17:20         | 01:16:55 |
| 627  | 925    | EDUARDO GONÇALVES               | M    | US & OTHERS                      | VET 55    | 01:19:59         | 01:19:37 |
| 628  | 1506   | Paula Macedo                    | F    | Magnirunners                     | VET 45    | 01:19:59         | 01:19:17 |
| 629  | 1507   | Rita Macedo                     | F    | Magnirunners                     | Séniore   | 01:20:00         | 01:19:17 |
| 630  | 1327   | Ana Ferreira                    | F    | Cebes Running                    | VET 35    | 01:20:52         | 01:20:21 |
| 631  | 1452   | marlene costa                   | F    | Les Bordelais                    | VET 35    | 01:21:36         | 01:20:54 |
| 632  | 1413   | CRistina Peixoto                | F    |                                  | VET 50    | 01:21:38         | 01:20:51 |
| 633  | 1225   | Andreia Peixe                   | F    | MSS Contabilidade                | VET 35    | 01:21:40         | 01:21:14 |
| 634  | 1710   | Ana Mafalda Leite de Castro     | F    |                                  | VET 45    | 01:21:43         | 01:20:56 |
| 635  | 1583   | Paula Marinho                   | F    | Equipa A.N.A.                    | VET 45    | 01:21:58         | 01:21:20 |
| 636  | 1580   | Marta Magalhães                 | F    | Equipa A.N.A.                    | VET 35    | 01:21:59         | 01:21:20 |
| 637  | 1585   | Helena Delindro                 | F    |                                  | Séniore   | 01:24:01         | 01:23:47 |
|      | 1486   | Antonio jose carvalho           | M    |                                  | VET 60    | 00:44:18 (desq.) | 00:43:42 |
|      | 1579   | Maria Praça                     | F    |                                  | VET 45    | 00:48:43 (desq.) | 00:46:14 |
|      | 1209   | Abel Pinto                      | M    | Nascidos para Correr             | VET 60    | 00:50:03 (desq.) | 00:49:47 |
|      | 1054   | Manuel Pena                     | M    | Nascidos para Correr             | VET 60    | 00:50:04 (desq.) | 00:49:48 |
|      | 1260   | luis filipe pereira matos       | M    | running100/120                   | VET 45    | 00:51:42 (desq.) | 00:51:28 |
|      | 1007   | Albina Vieira                   | F    | GDR Juventude das Ribeiras       | VET 50    | 01:00:44 (desq.) | 01:00:38 |
|      | 1112   | Cátia Lemos                     | F    |                                  | Séniore   | 01:10:43 (desq.) | 01:07:42 |