

Lugar	Nome	Equipa	Escalão	Dorsal	Tempo
1	RUI SILVA	Scportugal	MSEN	1 64	00:24:49.087
2	LUÍS MENDES	Maia A.C	MSEN	2 126	00:25:06.092
3	BRUNO SILVA		MSEN	3 19	00:25:15.078
4	OSCAR MENDES	Águias De Alvelos	MSEN	4 231	00:25:37.096
5	ARTUR RODRIGUES	G.D.C.Do Guilhovai	MSEN	5 298	00:25:46.069
6	ANDRÉ SILVA	Águias De Alvelos	MSEN	6 100	00:26:17.043
7	JOAQUIM FIGUEIREDO	C. D. S. Salvador Do Campo	M50	1 162	00:27:02.027
8	ABILIO PEREIRA	C. D. S. Salvador Do Campo	M40	1 53	00:27:07.083
9	NUNO QUEIROZ	C. D. S. Salvador Do Campo	M40	2 380	00:27:23.052
10	JOSÉ FERREIRA		M40	3 105	00:27:28.088
11	JOSÉ PIRES	Sociedade Recreio Capanense	MSEN	7 31	00:27:36.035
12	JOSE TEIXEIRA	Chefe-training	M40	4 111	00:27:44.036
13	JOAO FIGUEIREDO	Figueiredos Runners E Friends	MSEN	8 282	00:27:49.012
14	MIGUEL VIEIRA	Movimento De Juventude De Merelim	MSEN	9 23	00:27:52.082
15	ABILIO COSTA	C. D. S. Salvador Do Campo	M50	2 227	00:28:09.045
16	JOAQUIM SILVA	Adosa Os Santa Apolonia	M40	5 398	00:28:15.029
17	NUNO CARVALHO	Realense Futebol Clube	MSEN	10 55	00:28:30.090
18	MARCO SANTOS	Adosa Os Santa Apolonia	MSEN	11 173	00:28:33.063
19	JOÃO CAVADAS		M50	3 82	00:28:36.061
20	HELDER SILVA	Escola Atletismo Rosa Oliveira	MSEN	12 289	00:29:15.030
21	AUGUSTO ANTUNES	Arpo	M50	4 144	00:29:38.091
22	CLAUDIA PEREIRA		FSEN	1 389	00:29:49.009
23	JOSE AZEVEDO		MSEN	13 382	00:29:50.037
24	PEDRO SERAFIM	Boavista Trail	MSEN	14 264	00:30:01.070
25	JOÃO LOPES	Central Runners	M40	6 3	00:30:13.049
26	MONICA SILVA	Vitória S.C.	FSEN	2 288	00:30:23.063
27	PATRÍCIO CASTRO	Clube N.A. Taipas	M40	7 407	00:30:26.024
28	JOÃO TEIXEIRA	Hoquei Clube Flaviense	M40	8 180	00:30:31.046
29	BRUNO PEREIRA	Joane Corre Corre	MSEN	15 200	00:30:33.031
30	HELDER ANTUNES	Chefe-training	MSEN	16 193	00:30:34.059
31	ARMINDO ARAÚJO	Núcleo Sporting Clube De Portugal Vila Nova Famalicão	M50	5 397	00:30:38.058
32	NEL CARVALHO	Adosa Os Santa Apolonia	M40	9 281	00:30:44.081
33	ANDREIA CUNHA		FSEN	3 237	00:30:56.056
34	MIGUEL FIGUEIREDO		M40	10 238	00:30:57.017
35	MIGUEL MACHADO		M40	11 401	00:31:17.029
36	MANUEL RIBEIRO		M40	12 171	00:31:18.093
37	HELDER BARBOSA	Boavista Trail	MSEN	17 263	00:31:29.047
38	PAULO LEÇA	Figueiredos Runners E Friends	MSEN	18 67	00:31:32.033
39	SONIA FERREIRA	S.C.Braga	FSEN	4 287	00:31:35.087
40	PEDRO CORREIA	Fisiomov	MSEN	19 122	00:31:43.071
41	CLAUDIO ARAUJO	Adosa Os Santa Apolonia	M40	13 1	00:31:49.053
42	VICTOR MARTINS	Sociedade Recreio Capanense	M40	14 32	00:31:50.080
43	ANTONIO JESUS	Fisiojoane	M40	15 269	00:31:59.091
44	VITOR PONTES	C. D. S. Salvador Do Campo	MSEN	20 381	00:32:05.078
45	JOSÉ BARBOSA		MSEN	21 174	00:32:09.048
46	JOSÉ FERNANDES	Futebol Clube Famalicão De Geneve	M40	16 221	00:32:12.057
47	MANUEL ALVES	C. D. S. Salvador Do Campo	M60	1 384	00:32:15.075
48	MANUEL MACHADO		M50	6 375	00:32:22.084
49	JOSÉ COSTA	OpraticantE.Pt / Lousada Runners	MSEN	22 194	00:32:25.072
50	RUBEN BORGES	OpraticantE.Pt / Afipre Team	MSEN	23 199	00:32:32.094
51	MARCO ANDRADE		M40	17 292	00:32:34.014
52	TIAGO LOPES	OpraticantE.Pt	MSEN	24 197	00:32:35.071
53	MIGUEL FREITAS	Elcomandante	MSEN	25 284	00:32:42.013
54	JOSÉ SOUSA	AmigoS.P.C.D.Guimarães	M50	7 177	00:32:45.063
55	FERNANDO FIGUEIREDO	Figueiredos Runners E Friends	M50	8 374	00:32:58.050
56	NARCISO MACHADO		M40	18 400	00:33:03.033
57	JOSÉ ARAÚJO	Escola Atletismo Rosa Oliveira	M60	2 156	00:33:05.032
58	MANUEL CARDOSO	Boavista F.C	M40	19 225	00:33:06.006
59	CRISTIANO PEREIRA	Bodystation	MSEN	26 229	00:33:06.050
60	HÉLDER SANTOS		M40	20 187	00:33:06.096
61	FATIMA SILVA	C. D. Póvoa	F40	1 191	00:33:14.042
62	ARMINDO FARIA	Futebol Clube Famalicão De Geneve	M60	3 224	00:33:14.044
63	PAULO QUINTAS	Nast - Nucleo Associativo Santo Tirso	M50	9 95	00:33:27.008
64	HUGO CUNHA	Realense Futebol Clube	MSEN	27 378	00:33:27.046

Lugar	Nome	Equipa	Escalão	Dorsal	Tempo	
65	PAULO MACEDO		M50	10	26	00:33:43.024
66	ALCINO SAMPAIO	Aves Runners	M40	21	306	00:33:48.011
67	CLÁUDIO MONTEIRO	Douroconta - Gabinete De Apoio E Contabilidade	M50	11	107	00:34:14.040
68	FRANCISCO XAVIER	Central Runners	M60	4	58	00:34:21.074
69	JOSE FREITAS	Adepe	M40	22	41	00:34:24.023
70	PAULO FREITAS	Aves Runners	MSEN	28	275	00:34:24.034
71	TONI NETO	Aves Runners	MSEN	29	305	00:34:30.084
72	PEDRO COSTA	Hab Carpintaria Team Run	MSEN	30	7	00:34:32.012
73	MIGUEL ABREU	Adepe	M40	23	390	00:34:34.086
74	ANTÓNIO CALDAS		M40	24	30	00:34:36.031
75	PEDRO DIAS	Boavista Trail	M40	25	262	00:34:50.056
76	ANTÓNIO OLIVEIRA		M60	5	102	00:34:55.073
77	FILIFE ROCHA	Salgueiros Running	MSEN	31	394	00:34:58.053
78	MARTA MARQUES	Salgueiros Running	FSEN	5	393	00:34:58.060
79	JOAQUIM CARVALHO	Realense Futebol Clube	M50	12	184	00:35:02.004
80	SILVIA TEIXEIRA	OpraticantE.Pt / Boavista Fc	F40	2	195	00:35:03.021
81	LUIS MARTINS	A.R De Negrelos	M50	13	44	00:35:05.093
82	JOSÉ SILVA		M50	14	80	00:35:13.023
83	MANUEL SILVA	Temos Pena	M40	26	235	00:35:26.057
84	ANABELA SILVA	Escola Atletismo Rosa Oliveira	F40	3	157	00:35:26.073
85	FERNANDO GOMES	Orquestra Juvenil Banda De Riba De Ave	MSEN	32	84	00:35:27.027
86	SÍLVIO RIBEIRO		MSEN	33	120	00:35:29.097
87	HELDER COSTA	Aves Runners	M40	27	277	00:35:31.087
88	ROSA OLIVEIRA	Escola Atletismo Rosa Oliveira	F50	1	154	00:35:33.068
89	JOAQUIM COELHO	Escola Atletismo Rosa Oliveira	M50	15	155	00:35:33.094
90	RICARDO SERA	Ars Vale São Cosme	MSEN	34	377	00:35:35.042
91	LILIANA GONÇALVES		FSEN	6	372	00:35:35.074
92	JOSÉ CARVALHO		M40	28	81	00:35:35.098
93	JOAO ANTUNES		M40	29	230	00:35:46.066
94	LUÍS PEREIRA	Adepe	MSEN	35	54	00:35:50.064
95	PAULO ABREU	OpraticantE.Pt / Afipre Team	M40	30	198	00:35:51.001
96	RAFAEL GOUVEIA	Aves Runners	M40	31	278	00:35:53.021
97	VITOR COSTA	A.C. Vermoim	M40	32	218	00:35:57.091
98	CARLOS OSÓRIO	Futebol Clube Famalicão De Geneve	M50	16	2	00:35:58.079
99	ANA AZEVEDO		FSEN	7	138	00:35:59.036
100	SEBASTIÃO PINTO		M40	33	209	00:36:03.083
101	JOAO SILVA	Temos Pena	M50	17	236	00:36:05.008
102	JOSÉ ABREU		M60	6	391	00:36:06.078
103	ANTÓNIO NETO	Trifitrofa	M60	7	88	00:36:07.053
104	TÂNIA SANTOS	Fc Landim	FSEN	8	11	00:36:14.051
105	AMADEU PEIXOTO	Adepe	M50	18	130	00:36:15.056
106	RICARDO MENDES		MSEN	36	402	00:36:15.070
107	CARLOS RIBEIRO	Trail4fun	M40	34	17	00:36:16.076
108	SILVIA PEREIRA		F40	4	403	00:36:17.097
109	JOSE AZEVEDO	Calendario	M50	19	106	00:36:26.082
110	PAULO MOREIRA	Magic Friends	M50	20	110	00:36:39.036
111	RUI FERNANDES	Adepe	M50	21	323	00:36:41.024
112	PAULO GOMES	Guimarães	MSEN	37	92	00:36:41.079
113	PAULA SALGADO	Elcomandante	F40	5	159	00:36:49.002
114	SERGIO SANTOS	Papamedalhas	M40	35	280	00:36:49.078
115	MARLENE SANTOS	Papamedalhas	FSEN	9	188	00:36:51.035
116	ÁLVARO COSTA	Altos E Baixos	M50	22	152	00:36:55.017
117	JOSÉ SILVA	AmigoS.P.C.D.Guimarães	M50	23	178	00:36:57.087
118	NUNO AZEVEDO		MSEN	38	359	00:37:07.038
119	JORGE MACHADO	Alegria Team	M50	24	43	00:37:15.073
120	BEATRIZ SILVA	Adepe	FSEN	10	136	00:37:17.039
121	JOSÉ MAGALHÃES	Amve - Associação Moinho De Vermoim	M60	8	139	00:37:18.053
122	JORGE COSTA	Aves Runners	MSEN	39	309	00:37:23.096
123	VASCO FARIA	Cbrun	MSEN	40	123	00:37:26.027
124	CARLOS ALBERTO	Central Runners	M50	25	265	00:37:27.083
125	JOAQUIM FERREIRA	A.C. Vermoim	M50	26	201	00:37:29.000
126	PAULO SÁ		MSEN	41	132	00:37:30.008
127	PAULO RIBEIRO	Dragon Club	M40	36	192	00:37:32.035
128	JOÃO MACHADO	Squadra Di Potenza	MSEN	42	18	00:37:42.072

Lugar	Nome	Equipa	Escalão	Dorsal	Tempo	
129	JORGE OLIVEIRA	Escola Atletismo Rosa Oliveira	M50	27	283	00:37:46.006
130	NELSON MEIRA	Minhotaurus Ocr Team	MSEN	43	202	00:37:49.049
131	DUARTE SILVA		M40	37	404	00:38:00.008
132	ÂNGELO CARDOSO		MSEN	44	51	00:38:00.097
133	MANUEL ALVES	Central Runners	M50	28	60	00:38:01.073
134	HUGO SILVA	Aves Runners	MSEN	45	318	00:38:08.064
135	MANUEL MENDES	Central Runners	M50	29	59	00:38:17.069
136	CANDIDO MACHADO	Central Runners	M40	38	62	00:38:17.069
137	JOSÉ ALVES	Adepe	M50	30	72	00:38:17.072
138	RUI TELMO	Bota E Siga	MSEN	46	37	00:38:20.070
139	HILÁRIO MARTINS	Futebol Clube Famalicão De Geneve	M50	31	12	00:38:25.022
140	BRUNO PULGA	A.D.Carril	MSEN	47	190	00:38:29.003
141	JOSÉ RODRIGUES	Povoa De Lanhoso	M50	32	22	00:38:30.089
142	NUNO BATISTA	Amigos Dos Copos	MSEN	48	36	00:38:31.049
143	FRANCISCO PINTO		M50	33	52	00:38:37.089
144	ABILIO FERREIRA		M40	39	379	00:38:48.093
145	FRANCISCO GOMES	Temos Pena	M50	34	90	00:38:52.083
146	SERGIO TEIXEIRA		M40	40	406	00:38:59.075
147	BRUNO AZEVEDO	Adepe	M40	41	83	00:39:04.062
148	TIAGO MOREIRA		MSEN	49	10	00:39:08.084
149	ARMANDO OLIVEIRA	Magic Friends	M40	42	15	00:39:10.056
150	CELINA SILVA	Figueiredos Runners E Friends	FSEN	11	9	00:39:11.088
151	VITOR FIGUEIREDO	Figueiredos Runners E Friends	M50	35	77	00:39:12.020
152	MARA SAMPAIO	Aves Runners	F40	6	399	00:39:12.098
153	AFONSO TORRES	Aves Runners	M40	43	301	00:39:14.023
154	RUI SANTOS	Núcleo Sporting Clube De Portugal Vila Nova Famalicão	M40	44	5	00:39:20.045
155	LUÍSA MONTEIRO		F40	7	45	00:39:21.021
156	PEDRO MARTINS	Adepe	M40	45	78	00:39:23.037
157	FILIPE OLIVEIRA	Amve - Associação Moinho De Vermoim	MSEN	50	34	00:39:24.058
158	CARLOS MORAIS	OpraticantE.Pt	M40	46	196	00:39:29.046
159	ROSA ARAUJO		F50	2	163	00:39:36.023
160	WELLINGTON ALVES		MSEN	51	27	00:39:37.017
161	ARMINDO FERNANDES		M50	36	28	00:39:42.076
162	FERNANDO FARIA		MSEN	52	140	00:39:51.084
163	CARLOS RIBEIRO	Adepe	MSEN	53	376	00:39:52.092
164	ANA ÁGUAS	Alfena	FSEN	12	6	00:39:56.064
165	JOAQUIM PEREIRA	Central Runners	M60	9	61	00:39:59.090
166	CARLA SALGADO	B.T.M.	F40	8	38	00:40:02.054
167	NUNO ANDRADE	Teamcakolsuperportistas	MSEN	54	93	00:40:07.037
168	JORGE SILVA	Adepe	M40	47	137	00:40:07.038
169	HELDER PEREIRA		MSEN	55	250	00:40:10.025
170	RICARDO MARTINS		M40	48	69	00:40:14.073
171	FLORIANO GONÇALVES	Aves Runners	M40	49	315	00:40:16.015
172	ISABEL LEITÃO	Ren	F40	9	248	00:40:17.014
173	MARCO FERREIRA	U.Cano/pro	MSEN	56	89	00:40:23.007
174	FILIPE CUNHA		M40	50	70	00:40:23.008
175	LEANDRO SILVA		MSEN	57	29	00:40:23.038
176	XAVIER OLIVEIRA	Atc	M50	37	267	00:40:23.051
177	RICARDO QUINTAS	Aves Runners	M40	51	313	00:40:24.027
178	CELESTE MOREIRA	Magic Friends	F50	3	109	00:40:25.087
179	MARIA FERNANDES	Move On	FSEN	13	213	00:40:35.059
180	TIAGO ANDRADE	Ren	M40	52	240	00:40:36.045
181	NUNO RODRIGUES	Pedome	MSEN	58	294	00:40:39.085
182	CARLOS CARVALHO		MSEN	59	116	00:40:40.016
183	ADÉLIO CASTRO	Aves Runners	M50	38	311	00:40:40.071
184	JOSÉ COSTA	A.C. Vermoim	M50	39	189	00:40:45.008
185	FRANCISCO MIRANDA	A.C. Vermoim	M40	53	158	00:40:45.054
186	PAULO GONÇALVES	Elcomandante	M40	54	290	00:40:46.050
187	JOÃO ALVES	Vitória S.C.	MSEN	60	285	00:40:48.064
188	CARLOS CARDOSO	Central Runners	M40	55	57	00:40:53.078
189	ERNESTO BRANDÃO		M50	40	86	00:40:56.089
190	BRUNO CUNHA	Amve - Associação Moinho De Vermoim	MSEN	61	135	00:41:02.055
191	LUÍS SERRA	Rebanhus Team	MSEN	62	219	00:41:08.011
192	AGOSTINHO MAIA		M40	56	168	00:41:11.089

Lugar	Nome	Equipa	Escalão	Dorsal	Tempo
193	MARIA MACHADO		FSEN	14 164	00:41:15.063
194	PAULO BARBOSA	Fisiojoane	MSEN	63 270	00:41:30.039
195	CATARINA COSTA	Fisiojoane	FSEN	15 271	00:41:30.062
196	HUMBERTO CORREIA	AmigoS.P.C.D.Guimarães	M50	41 179	00:41:38.034
197	LILIANA SANTOS	Dragon Club	FSEN	16 183	00:41:43.097
198		370	MSEN	64 370	00:41:44.062
199	CARLOS PINTO	Ren	M40	57 395	00:41:45.072
200	ANTÓNIO FERREIRA	A.C. Vermoim	M50	42 369	00:41:46.094
201	ABILIO FERREIRA	Aves Runners	M40	58 304	00:41:47.084
202	OSCAR SILVA	Elcomandante	M50	43 286	00:41:50.045
203	GABRIELA MADEIRA	Ren	FSEN	17 241	00:41:51.061
204	HELDER COSTA	Arpo	MSEN	65 143	00:41:56.001
205	OLEGÁRIO OLIVEIRA	Adepe	M40	59 33	00:41:57.038
206	CARLOS ALVES		M40	60 39	00:42:02.046
207	MANUEL MENDES	Cr Candoso	M60	10 96	00:42:07.059
208	JAIME GONÇALVES	Cr Candoso	M50	44 98	00:42:07.070
209	ANTONIO FARIA		M40	61 387	00:42:08.034
210	VITOR MOREIRA		MSEN	66 321	00:42:09.010
211	DIOGO ABREU	Move On	MSEN	67 210	00:42:10.067
212	PEDRO PARATY	Aves Runners	M40	62 317	00:42:14.079
213	VITOR MACHADO		M40	63 87	00:42:18.000
214	JORGE DIAS	Paços De Ferreira	MSEN	68 293	00:42:18.081
215	ORLANDO ANDRADE		M40	64 148	00:42:19.040
216	EDUARDO OLIVEIRA	Amigopornatureza	M40	65 169	00:42:23.005
217	ALEXANDRE SOBRAL		MSEN	69 50	00:42:24.075
218	CARLOS SOUSA		M40	66 49	00:42:24.076
219	ANTÓNIO AZEVEDO	Amve - Associação Moinho De Vermoim	M50	45 206	00:42:25.041
220	VITOR LOPES		MSEN	70 48	00:42:26.062
221	RICARDO TORRES	Realense Futebol Clube	MSEN	71 73	00:42:28.059
222	VITOR AZEVEDO	Proteu	M40	67 76	00:42:37.021
223	JOSE MAGALHAES		M50	46 373	00:42:37.050
224	DELFINA ROMPANTE	Aves Runners	F50	4 316	00:42:39.096
225	LILIANA RIBEIRO	Aves Runners	FSEN	18 307	00:42:44.055
226	PAULO MARINHO	Temos Pena	F40	10 128	00:42:51.023
227	LUIS TORRES	Move On	MSEN	72 216	00:42:52.022
228	HELDER AZEVEDO	Trepadores	M40	68 24	00:43:12.096
229	ANA FERREIRA	Trepadores	F40	11 25	00:43:13.016
230	JOSÉ SOUSA	Lousadawotwels	M40	69 207	00:43:13.085
231	ALBINO FERREIRA		M50	47 141	00:43:18.086
232	IVO ARAÚJO	Orquestra Juvenil Banda De Riba De Ave	M40	70 125	00:43:21.081
233	ARMANDINO COUTO	Arpo	M50	48 145	00:43:23.040
234	MANUEL ALMEIDA	Adosa Os Santa Apolonia	M50	49 13	00:43:23.045
235	CARLOS COSTA	Ren	M40	71 320	00:43:28.037
236	JOSÉ COELHO	Equipa Coelho	MSEN	73 296	00:43:35.024
237	DÁRIO CRUZ	Alegria Team	M40	72 75	00:43:35.051
238	VASCO PACHECO	Lousadawotwels	M40	73 205	00:43:36.084
239	JOÃO COSTA	Ren	M40	74 251	00:43:43.054
240	MANUELA DAMAS	Ren	F40	12 249	00:43:43.089
241	JOSÉ MARTINS		M50	50 383	00:43:52.063
242	HÉLIO CARNEIRO	Ren	M50	51 252	00:43:54.025
243	JOÃO GASPAR	Ren	M40	75 247	00:43:54.042
244	HERMINIA RODRIGUES	C. D. S. Salvador Do Campo	F50	5 392	00:43:56.076
245	JOÃO LOPES	Sociedade Recreio Capanense	M60	11 146	00:43:58.098
246	CRISTÓVÃO BARROS		MSEN	74 112	00:44:03.018
247	FABIO FARIA	Mouquim	MSEN	75 181	00:44:05.083
248	SÓNIA FERREIRA	Move On	F40	13 214	00:44:09.022
249	ANTÓNIO SILVA		M60	12 223	00:44:14.097
250	VITOR BARBOSA	Adepe	MSEN	76 274	00:44:31.063
251	MANUEL MIRANDA	Amigos Dos Copos	M40	76 228	00:44:31.085
252	CÂNDIDO ROCHA	A.D.Carril	M60	13 115	00:44:32.050
253	JANUARIO GONÇALVES	Move On	M50	52 211	00:44:33.072
254	DOMINGOS COSTA	AmigoS.P.C.D.Guimarães	M60	14 175	00:44:38.075
255	MARIA MELO	Salgueiros Running	F50	6 42	00:44:40.063
256	ANABELA MARTINS	Joane Corre Corre	F40	14 134	00:44:45.016

Lugar	Nome	Equipa	Escalão	Dorsal	Tempo	
257	CARLOS AZEVEDO		MSEN	77	182	00:44:55.068
258	NUNO PINTO	Ren	M40	77	246	00:44:58.009
259	PEDRO SILVA		M40	78	172	00:44:59.069
260	RICARDO COELHO	Equipa Coelho	MSEN	78	295	00:45:02.070
261	AVELINO PEREIRA	Bota E Siga	M50	53	20	00:45:10.067
262	LUÍS FILIPE	Ren	M50	54	253	00:45:18.041
263	FRANCISCO BRANCO	Confenix	M50	55	408	00:45:25.068
264	NATALINO OLIVEIRA	Confenix	M60	15	409	00:45:25.081
265	RICARDO MEIRA	Alegria Team	M40	79	74	00:45:33.094
266	ALFREDO MACHADO	Famalicao Em Forma	M50	56	239	00:45:34.087
267	MARIA COSTA	Two Gym	F50	7	410	00:45:37.069
268	GORETI SILVA	Temos Pena	F50	8	234	00:45:38.060
269	HUGO PEIXOTO	Cbrun	MSEN	79	149	00:45:39.083
270	LEONOR CAVADAS		F50	9	133	00:45:42.055
271	LUZ ALMEIDA	Magic Friends	F50	10	108	00:45:50.048
272	JOAQUIM BARBOSA		M40	80	242	00:45:58.029
273	HELENA LOUREIRO		F40	15	121	00:46:00.072
274	RUTE PEREIRA		FSEN	19	91	00:46:02.048
275	PAULO RIBEIRO	Altos E Baixos	M40	81	153	00:46:03.087
276	FILIPE RODRIGUES		M40	82	21	00:46:05.026
277	LUCIANO ROCHA	Altos E Baixos	MSEN	80	124	00:46:05.042
278	MARIA OLIVEIRA	Temos Pena	F40	16	127	00:46:08.070
279	NELSON PINTO		M40	83	405	00:46:18.034
280	CARLOS RIBEIRO	Bota E Siga	M40	84	260	00:46:19.095
281	DIANA MARTINS		FSEN	20	79	00:46:24.059
282	PAULO CARVALHO		MSEN	81	119	00:46:29.059
283	HUMBERTO DINIS	Equipa Coelho	MSEN	82	297	00:46:40.077
284	SILVINA ESTEVES		FSEN	21	322	00:46:44.083
285	RUI ALVES	Elcomandante	MSEN	83	291	00:46:44.098
286	CONCEIÇÃO CORREIA	Eat-escola De Atletismo Da Trofa	F60	1	8	00:46:52.046
287	FRANCISCO LEMOS	Xavimoto	MSEN	84	385	00:47:03.096
288	ANGELA SALGADO	Xavimoto	FSEN	22	386	00:47:04.005
289	LUÍS CONCEIÇÃO	Ren	M50	57	256	00:47:05.074
290	JOÃO FERREIRA		MSEN	85	14	00:47:09.054
291	ANDREIA CARVALHO		FSEN	23	208	00:47:11.077
292	CLAUDIA RAMOS	Aves Runners	FSEN	24	319	00:47:15.022
293	MONICA VILELA		FSEN	25	232	00:47:20.066
294	RUI SILVA	Altos E Baixos	M40	85	151	00:47:34.022
295	JORGE GONÇALVES	Frangos Do Caribe	MSEN	86	103	00:47:36.044
296	PEDRO RODRIGUES	Ren	M40	86	259	00:47:39.077
297	TOMÁS SAPAGE	Ren	MSEN	87	273	00:47:39.078
298	VITOR CARDOSO	Frangos Do Caribe	MSEN	88	104	00:47:42.041
299	RUI BOAS	Frangos Do Caribe	MSEN	89	101	00:47:42.046
300	VERA AZEVEDO	Aves Runners	FSEN	26	312	00:47:47.033
301	EVA GOUVEIA	Aves Runners	F40	17	279	00:47:47.042
302	FILIPE PEDROSA	Aves Runners	M40	87	302	00:47:48.013
303	FRANCISCO MENDES	Amigos Da Praça	M40	88	94	00:47:50.018
304	ANA TRIGO		F40	18	150	00:48:21.045
305	ÉLIA OLIVEIRA	Magic Friends	F40	19	16	00:48:45.029
306	NATALIA SILVA		F40	20	147	00:48:45.032
307	ANABELA CARVALHO	Clube Trilheiros E Amigos	F50	11	161	00:49:07.006
308	MANUEL FREIRE	Clube Trilheiros E Amigos	M40	89	160	00:49:07.013
309	CARLOS ALVES	Capa	MSEN	90	66	00:49:35.040
310	PAULA SAMPAIO	Capa	FSEN	27	65	00:49:35.086
311	MANUEL CARVALHO	AmigoS.P.C.D.Guimarães	M60	16	176	00:49:49.090
312	PATRICIO PEREIRA	Xavimoto	MSEN	91	388	00:49:51.099
313	CARLOS PEREIRA	Central Runners	MSEN	92	129	00:49:54.067
314	SARA MACHADO	Figueiredos Runners E Friends	FSEN	28	71	00:50:38.083
315	MANUELA ROCHA	A.D.Carril	FSEN	29	113	00:50:44.068
316	RICARDO MACHADO	A.D.Carril	MSEN	93	114	00:50:45.008
317	FRANCISCO COSTA	Ren	M40	90	255	00:50:45.014
318	RICARDO PINHEIRO	Ren	M40	91	257	00:50:45.057
319	TANIA CASTRO	Bota E Siga	FSEN	30	131	00:50:45.093
320	SUSANA ALVES	Bota E Siga	FSEN	31	272	00:50:46.028

Lugar	Nome	Equipa	Escalão	Dorsal	Tempo	
321	SILVIA TORRES	Move On	FSEN	32	215	00:51:04.075
322	NICOLAU MORETE	Ren	MSEN	94	258	00:51:04.093
323	ANTÓNIO SEABRA		M60	17	186	00:52:08.039
324	ANTÓNIO AZEVEDO		MSEN	95	35	00:52:29.028
325	JOAQUIM ALMEIDA	Os Câimbras	M40	92	46	00:52:33.082
326	RUI CABRAL	Os Câimbras	M40	93	47	00:52:34.009
327	JOSÉ FREITAS	Rollingaventura	M50	58	68	00:53:15.065
328	SANDRA VELOSO	Aves Runners	F40	21	300	00:53:17.095
329	GABRIEL FREITAS	Aves Runners	M40	94	299	00:53:18.010
330	MARIANA CAMPOS	Dinis	FSEN	33	118	00:53:45.066
331	ARMINDO DINIS	Dinis	M50	59	261	00:53:46.059
332	ALBERTO FERREIRA	Salgueiros Running	M60	18	85	00:53:51.001
333	ESTEFÂNIA MIRANDA		F40	22	142	00:54:43.017
334	JOÃO PEREIRA		MSEN	96	165	00:55:10.065
335	ANTÓNIO OLIVEIRA		MSEN	97	166	00:55:10.088
336	SOFIA GONÇALVES	Move On	FSEN	34	212	00:55:22.058
337	CARLA SILVA	Move On	F50	12	217	00:55:22.098
338	ADRIANA SOUSA	Minhotaurus Ocr Team	FSEN	35	203	00:57:54.034
339	MARISA FREIRE	Rebanhus Team	FSEN	36	170	00:58:13.091
340	DIANA MEIRA	Minhotaurus Ocr Team	FSEN	37	204	00:58:46.009
341	NATALINO PEREIRA		M60	19	222	00:59:26.057
342	LENA MENDES	Rebanhus Team	FSEN	38	220	01:02:22.018
343	ROGÉRIO SILVA		MSEN	98	167	01:02:54.007
344	JOSE COELHO		0 M40	95	371	01:08:51.021