

Posição	Dorsal	Nome	Sexo	Equipa	Esc.	Tempo	Chip
1	1313	José Pires	M	Sociedade Recreio Cepenense	Juniores/Séniore	00:33:07	00:33:07
2	1749	Sérgio Fernando Pinto Sousa	M		VET 45	00:35:09	00:35:07
3	1337	Paulo Reis	M	Sporting Clube de Espinho / António Leitão	VET 45	00:35:17	00:35:17
4	1703	Ricardo Ferreira	M	Sporting Clube de Espinho / António Leitão	VET 40	00:36:21	00:36:21
5	1705	Pedro Tapadas	M	Gondomar Futsal Clube	Juniores/Séniore	00:36:24	00:36:24
6	1674	Hugo Moreira	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Juniores/Séniore	00:36:35	00:36:32
7	1492	Bruno Loureiro	M	Sigabarber&tatoospot	Juniores/Séniore	00:36:51	00:36:51
8	1323	Domingos Santos	M	Nascidos Para Correr	VET 35	00:37:16	00:37:16
9	1410	Francelino Resende	M	Nascidos Para Correr	VET 45	00:37:24	00:37:20
10	1508	Sergio silva	M	MSS CONTABILIDADE TRAIL TEAM	VET 35	00:37:31	00:37:27
11	1610	Nuno Marinho	M	A. C. D. São João da Serra	Juniores/Séniore	00:37:39	00:37:35
12	1134	Alcino Silva	M	Clube Independente de Atletismo de Alpendorada	VET 45	00:37:39	00:37:30
13	1455	João Teixeira	M	CCD APDL	VET 55	00:37:48	00:37:29
14	1759	Eduardo Brandão	M	RUNRIVER-Escola de Atletismo de Rio Tinto	VET 35	00:37:52	00:37:49
15	1612	SALVADOR MANSILHA	M	NASCIDOS PARA CORRER	VET 50	00:37:55	00:37:50
16	1792	JOSÉ REIS	M	RIPOLINS GRIJÓ A CORRER	VET 55	00:37:58	00:37:55
17	1665	José Almeida	M	Academia Fernanda Ribeiro	VET 50	00:38:00	00:37:52
18	1611	André Santos	M	Ginasio rainha	Juniores/Séniore	00:38:06	00:37:56
19	1319	Hugo Ferreira	M	Gramidense IFC	VET 35	00:38:21	00:38:19
20	1154	João Reis	M	NOZ/NAC	Juniores/Séniore	00:38:34	00:38:34
21	1311	Joel Mota Ramalhoto	M	Viriathvs Runners Viseu	Juniores/Séniore	00:39:06	00:38:50
22	1166	FERNANDO ALMEIDA	M	RUNPENAFIEL	VET 45	00:39:13	00:39:09
23	1034	Agostinho Proença	M	INDIVIDUAL	VET 50	00:39:13	00:39:11
24	1189	Pedro Gilvaz	M	G.D.R Juventude das Ribeiras	VET 40	00:39:16	00:39:16
25	1187	Fabien	M		Juniores/Séniore	00:39:21	00:39:21
26	1532	João Barbosa	M	Sporting Clube de Espinho / António Leitão	VET 45	00:39:22	00:39:17
27	1750	Jorge Gonçalves	M		Juniores/Séniore	00:40:03	00:40:03
28	1623	Armando Rosa	M		VET 50	00:40:08	00:39:45
29	1627	MANUEL GOMES	M	RIPOLINS GRIJÓ A CORRER	VET 55	00:40:19	00:40:16
30	1124	Luís Oliveira	M	Escola do Movimento	VET 50	00:40:21	00:40:13
31	1444	Márcio Carvalho	M	Gramidense IFC	VET 35	00:40:26	00:40:21
32	1013	André pina	M		Juniores/Séniore	00:40:40	00:40:31
33	1506	JORGE MANUEL MARINHO CABOUÇO	M	NOVÉLIA RUNNING AMARANTE	VET 40	00:40:41	00:40:34
34	1401	Miguel Queirós	M	A. D. Amarante Atletismo	VET 35	00:40:45	00:40:38
35	1095	Ricardo Santos	M		Juniores/Séniore	00:40:50	00:40:46
36	1758	Liliana Rocha	F	RunRiver-Escola Atletismo de Rio Tinto	VET 35	00:40:53	00:40:49
37	1461	Hugo Figueiredo	M	Gramidense IFC	VET 40	00:41:17	00:40:22
38	1322	Daniela Gregório	F	MAIA AC	Juniores/Séniore	00:41:27	00:41:25
39	1112	Rui sousa	M	Centro Ciclista de Gondomar	VET 40	00:41:31	00:41:20
40	1667	Américo Pinto	M	CCDTC.M.GONDOMAR	VET 55	00:41:44	00:41:36
41	1198	Vitor novais	M	Salgueiros Running	VET 50	00:41:47	00:41:38
42	1475	RENATO OLIVEIRA	M	PORTOCARGO RUNNERS	VET 45	00:41:49	00:41:06
43	1260	Pedro Alves	M	Factor X / S4L / Medense FC	Juniores/Séniore	00:41:51	00:41:40
44	1679	José Rocha	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 40	00:41:54	00:41:25

Posição	Dorsal	Nome	Sexo	Equipa	Esc.	Tempo	Chip
45	1757	Carlos Moreira	M	RunRiver-Escola Atletismo de Rio Tinto	Juniores/Séniiores	00:42:30	00:42:26
46	1247	Rui Carneiro	M	Grupo de Bombos "OS CORDOVENSES"	Juniores/Séniiores	00:42:35	00:42:25
47	1115	António Caneca	M	A D Rio Largo C Espinho	VET 45	00:42:39	00:42:01
48	1528	paulo santos	M		VET 45	00:42:47	00:42:36
49	1225	José Luís Cardoso	M	Gondomar Futsal Clube	VET 40	00:42:50	00:42:38
50	1356	Pedro Paiva	M	NOZ/NAC	VET 35	00:42:56	00:42:56
51	1671	Vitor Rio	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Juniores/Séniiores	00:42:57	00:42:55
52	1014	Ricardo Oliveira	M	The last of us	VET 35	00:42:59	00:42:54
53	1676	Bruno Santos	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Juniores/Séniiores	00:43:02	00:42:32
54	1490	António Carvalho	M	Família Carvalho	VET 50	00:43:09	00:43:06
55	1439	Victor Rachão	M	Centro Atletismo Porto	VET 60	00:43:23	00:43:13
56	1788	Rui Pires	M	Viriathvs Runners Viseu	VET 40	00:43:27	00:43:11
57	1509	António Martins	M	C.M.M.C. Vale de Cambras	VET 45	00:43:33	00:42:50
58	1403	Júlio Silva	M	Ribeira de Abade Team	Juniores/Séniiores	00:43:36	00:43:36
59	1018	filipe miguel castro povoa	M	MSS CONTABILIDADE TRAIL TEAM	Juniores/Séniiores	00:43:50	00:43:44
60	1345	Abílio Teixeira	M	Sociedade Recreio Capanense	VET 50	00:43:54	00:43:40
61	1312	Nuno Gomes	M	ADE Trail Running	VET 35	00:43:58	00:43:34
62	1282	Mario Nogueira	M		VET 50	00:44:11	00:43:56
63	1352	Miguel Teixeira	M	Gramidense IFC	VET 40	00:44:13	00:43:20
64	1288	Tiago Oliveira	M	Sob Efeito Trail	Juniores/Séniiores	00:44:21	00:43:37
65	1697	Hortense Tenda	F		VET 35	00:44:24	00:44:24
66	1363	Sergio Branco	M	WHITE Running Team	VET 40	00:44:34	00:43:48
67	1524	Amílcar Benjamim Soares Ferreira	M	NOZ/NAC	VET 50	00:44:48	00:44:09
68	1452	Pedro Patrício Neves	M		VET 35	00:44:59	00:44:07
69	1633	NUNO TEIXEIRA	M	PORTOCARGO RUNNERS	VET 40	00:45:08	00:44:25
70	1083	Luís Lima	M	Trofa Runners	Juniores/Séniiores	00:45:11	00:45:07
71	1678	Armando Fonseca	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Juniores/Séniiores	00:45:15	00:44:46
72	1302	VIRIATO MENDES	M	C D SÃO SALAVDOR DO CAMPO	VET 35	00:45:22	00:44:20
73	1355	José Paulo Cardoso	M		VET 55	00:45:22	00:44:58
74	1195	Sara Gomes	F		Juniores/Séniiores	00:45:31	00:45:14
75	1338	Bruno Nunes	M		Juniores/Séniiores	00:45:36	00:45:01
76	1428	joao fontao	M		VET 35	00:45:40	00:44:51
77	1030	João Pereira	M	WHITE Running Team	VET 40	00:45:42	00:44:48
78	1170	MANUEL FERREIRA	M	ARCORUN	VET 60	00:45:48	00:44:58
79	1308	Sandra Cardoso	F	Baguim Runners	VET 40	00:46:09	00:45:57
80	1746	Bruno Rocha	M	CCD APDL	VET 40	00:46:10	00:46:01
81	1191	Pedro Machado	M	S. S. Montepio	VET 35	00:46:10	00:45:58
82	1487	Hélder Ferreira	M	Gramidense IFC	VET 35	00:46:21	00:45:25
83	1772	Vitor Lopes	M	Ginasio Clube Santo Tirso	VET 45	00:46:21	00:46:04
84	1773	João José Ferreira Serrano	M		VET 55	00:46:25	00:46:10
85	1774	Bruno Ricardo Vieira Dias	M		Juniores/Séniiores	00:46:25	00:46:11
86	1210	Maia vieira	M	Clube Desportivo Feirense	VET 45	00:46:31	00:46:25
87	1280	manuel antonio ferreira pinto teixeira	M	CMMCP	VET 45	00:46:33	00:46:01
88	1024	Bruno Freitas	M	The last of us	VET 35	00:46:35	00:46:30

Posição	Dorsal	Nome	Sexo	Equipa	Esc.	Tempo	Chip
89	1330	Inês Mendes	F	Andatrilhos Freamunde	Juniores/Séniore	00:46:37	00:46:00
90	1458	André Pinto	M	Andatrilhos Freamunde	Juniores/Séniore	00:46:37	00:46:00
91	1331	Paulo OLIVEIRA	M		VET 45	00:46:37	00:46:15
92	1231	Rui Rosas	M		VET 35	00:46:40	00:45:25
93	1179	José Castro	M	The last of us	VET 35	00:46:43	00:46:39
94	1601	JOSÉ DUARTE	M	RIPOLINS GRIJÓ A CORRER	VET 45	00:46:44	00:46:18
95	1186	Wellington Alves	M		Juniores/Séniore	00:46:48	00:46:05
96	1608	Ana Maria Pinto Gomes	F	Centro Atletismo Seia	VET 40	00:46:55	00:45:37
97	1296	Paulo Martins	M	Nascidos Para Correr	VET 45	00:47:09	00:47:01
98	1753	Assis David	M	Centro Atletismo Porto	VET 45	00:47:13	00:45:40
99	1320	Arlindo Rodrigues	M	C.M.M.C. Vale de Cambras	VET 55	00:47:13	00:45:52
100	1336	Fernando Queirós	M	A. D. Amarante Atletismo	VET 55	00:47:15	00:47:01
101	1183	Rui Filipe Oliveira Teixeira	M		Juniores/Séniore	00:47:19	00:46:45
102	1631	Ricardo Pais	M	Running Espinho	Juniores/Séniore	00:47:19	00:46:59
103	1090	André	M		Juniores/Séniore	00:47:21	00:47:10
104	1137	Fernando Teixeira	M	A. D. Amarante Atletismo	VET 60	00:47:27	00:47:13
105	1062	liliana gonçalves	F		VET 35	00:47:27	00:46:38
106	1199	JORGE GUERRA	M	OS FALTA D'AR	VET 40	00:47:32	00:47:22
107	1292	Fernando Oliveira	M	Gramidense IFC	VET 40	00:47:43	00:46:47
108	1634	MARCO OLIVEIRA	M	PORTOCARGO RUNNERS	VET 40	00:47:47	00:46:58
109	1520	Ângelo Cabral	M	Gramidense IFC	VET 40	00:47:51	00:46:56
110	1619	Hugo Guito	M	Trilhados	Juniores/Séniore	00:48:03	00:46:56
111	1097	Paulo Silva	M	Gramidense IFC	VET 40	00:48:07	00:47:13
112	1714	josé Diogo Pais	M	GODINI	Juniores/Séniore	00:48:10	00:47:44
113	1171	FIRMINO NOGUEIRA	M	CLUBE MILLENNIUM BCP	VET 50	00:48:12	00:47:44
114	1423	Nuno Miguel Silva	M	Moura da Silva	Juniores/Séniore	00:48:16	00:47:40
115	1006	António Ferreira	M	Hora do Lobo Trail - CF Perosinho Atletismo	Juniores/Séniore	00:48:16	00:46:46
116	1264	Fernando Ramalho	M	Equipa A	VET 55	00:48:20	00:48:16
117	1675	Carlos Bento	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 60	00:48:21	00:47:38
118	1281	josé manuel martins silva	M		VET 55	00:48:25	00:47:59
119	1409	João Paulo Silva Barbosa	M		Juniores/Séniore	00:48:27	00:47:19
120	1119	paulo fernandes	M	vcp-atletismo	VET 45	00:48:27	00:47:13
121	1150	Celso Santos	M	Gramidense IFC	VET 35	00:48:31	00:47:35
122	1277	Vicente Manuel Sousa João	M	GDC Fidelidade	VET 50	00:48:32	00:47:28
123	1012	Rui Costa	M		VET 35	00:48:39	00:48:30
124	1041	Nelson fernandes	M		VET 35	00:48:40	00:47:28
125	1728	Susana Brandão	F	C.M.M.C. Vale de Cambra	VET 40	00:48:41	00:48:07
126	1366	Sergio Guerra	M	OS FALTA D'AR	VET 45	00:48:41	00:48:30
127	1411	Pedro Nuno Amorim Gonçalves	M		Juniores/Séniore	00:48:43	00:48:11
128	1471	João Leal	M		Juniores/Séniore	00:48:47	00:48:18
129	1485	Assunção Garcia	F	Novélia running	VET 55	00:48:55	00:48:36
130	1089	Manuel Pinheiro	M		VET 45	00:48:55	00:48:32
131	1385	JOSÉ COUTINHO	M	NORTIGAIA-AMIGOS DA PÍCUA	VET 40	00:48:58	00:48:49
132	1727	Fernando Leite	M	C.M.M.C. Vale de Cambra	VET 45	00:49:02	00:48:26

Posição	Dorsal	Nome	Sexo	Equipa	Esc.	Tempo	Chip
133	1630	Alberto Lima	M		VET 45	00:49:04	00:48:11
134	1751	Pedro Rodrigues	M	SOLINCA TEAM	VET 40	00:49:08	00:47:21
135	1738	José António da Silva Santos	M	Centro de União Juventude da Lomba	Juniores/Séniore	00:49:11	00:47:54
136	1441	Daniel Teixeira	M		Juniores/Séniore	00:49:11	00:47:51
137	1344	Albino Fer. Fernandes	M	Ginasio Clube Santo Tirso	VET 55	00:49:13	00:48:56
138	1359	Rui Godinho	M	Salgueiros Running	VET 45	00:49:19	00:49:08
139	1325	jose rocha	M	Centro Atletismo Ermesinde	VET 55	00:49:20	00:48:40
140	1531	Domingos Gonçalves Regufe	M		VET 60	00:49:28	00:49:18
141	1484	carlos do fundo	M	vcp-atletismo	VET 40	00:49:32	00:48:19
142	1324	Filipe Rocha	M	Município de Gondomar - Desporto	VET 40	00:49:36	00:48:05
143	1256	Jorge António da Costa Pereira	M		VET 60	00:49:44	00:49:18
144	1125	Isaque Pinto	M	Nascidos Para Correr	VET 50	00:49:45	00:49:35
145	1266	André	M		VET 40	00:49:49	00:49:39
146	1212	Rui Mendes	M	Nascidos Para Correr	VET 60	00:49:50	00:49:45
147	1286	Filipe Soares	M	CMCVC	VET 50	00:49:54	00:49:05
148	1237	paula moutinho	F		VET 40	00:49:56	00:49:24
149	1408	hugo mendes	M		VET 35	00:49:56	00:49:24
150	1615	Miguel Ferreira	M	Trilhados	VET 40	00:50:05	00:49:02
151	1476	Lourenço Cardoso	M	Baguim Runners	VET 45	00:50:06	00:49:53
152	1141	Joaquim Gomes	M		VET 35	00:50:13	00:48:46
153	1157	Daniela Sarmento	F	LION RUNNERS - G. D. Leões da Guarda	VET 40	00:50:14	00:49:59
154	1391	ANTONIO OLIVEIRA	M	INVICTA RUNNERS TEAM	VET 55	00:50:21	00:48:55
155	1372	Filomena Santos	F	C.M.M.C. Vale de Cambras	VET 45	00:50:24	00:49:49
156	1421	Carlos Oliveira	M	Gondomar Futsal Clube	VET 60	00:50:24	00:49:45
157	1435	Sandra Campos	F	Manos Team	VET 45	00:50:27	00:49:40
158	1351	Fernando Almeida	M		VET 40	00:50:29	00:50:15
159	1053	ANDRE RAPOSO	M		Juniores/Séniore	00:50:29	00:49:14
160	1279	Carlos Pina	M		VET 35	00:50:33	00:50:23
161	1495	Bruno Palma	M	Dream Runners Évora	Juniores/Séniore	00:50:35	00:49:59
162	1642	Fernando Million	M		VET 35	00:50:35	00:48:37
163	1473	Manuel Guedes	M		Juniores/Séniore	00:50:42	00:50:21
164	1109	Óscar Loureiro	M		VET 60	00:50:43	00:49:47
165	1104	JOÃO MARTINS	M	INVICTA RUNNERS TEAM	Juniores/Séniore	00:50:43	00:49:06
166	1249	VÂNIA BRAGA	F	INVICTA RUNNERS TEAM	Juniores/Séniore	00:50:43	00:49:07
167	1245	Ricardo Morais	M	Famintos	VET 40	00:50:44	00:50:17
168	1075	Mário Fonseca	M	Famintos	VET 50	00:50:44	00:50:17
169	1664	José Neves	M		VET 55	00:50:45	00:50:07
170	1270	Jorge Fecha	M	COR-REN	Juniores/Séniore	00:50:48	00:48:56
171	1021	António Silva	M		VET 50	00:50:52	00:50:42
172	1677	Agostinho Coelho	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 40	00:51:02	00:50:31
173	1011	Iolanda Marcia Malheiro	F	Ginasio Clube Santo Tirso	VET 40	00:51:03	00:50:47
174	1321	PAULO FREITAS	M	HSANTAMARIART	VET 45	00:51:10	00:49:49
175	1100	Ivan Fernandes Geraldes	M		Juniores/Séniore	00:51:13	00:49:30
176	1306	Jaime Pereira	M	A. D. Amarante Atletismo	VET 60	00:51:24	00:50:58

Posição	Dorsal	Nome	Sexo	Equipa	Esc.	Tempo	Chip
177	1290	Fernando Andrade	M	PT Fernando Andrade	Juniores/Séniiores	00:51:31	00:49:43
178	1273	Vasco Franco	M		VET 40	00:51:36	00:50:16
179	1129	Sotero Martins	M	Os Rompe Solas	VET 55	00:51:44	00:51:33
180	1617	David Aguiar	M	Trilhados	Juniores/Séniiores	00:51:48	00:50:43
181	1729	Vasco Gomes	M	C.M.M.C. Vale de Cambra	VET 40	00:51:53	00:51:27
182	1686	Hugo Rosas	M		VET 35	00:51:57	00:50:45
183	1190	Paulo Silva	M	The last of us	VET 35	00:52:05	00:52:02
184	1657	Adalberto Figueiredo	M	Salgueiros Running	VET 40	00:52:09	00:52:02
185	1415	Otilio Vieira da Silva	M	Crossfit Drop`in	VET 55	00:52:11	00:51:55
186	1518	Nelson Manuel Garcia	M	Novélia running	VET 60	00:52:12	00:50:59
187	1661	Paulo Oliveira	M	Pari Passu	VET 45	00:52:18	00:51:15
188	1335	Rui Miguel Coelho dos Santos Caralinda Silva	M	Running Espinho	VET 40	00:52:24	00:51:46
189	1184	Pedro Miguel Oliveira Pinto da Cunha	M		VET 35	00:52:24	00:50:57
190	1767	Antonio Casal	M		Juniores/Séniiores	00:52:25	00:50:36
191	1153	Adriana	F		VET 35	00:52:27	00:51:35
192	1358	Pedro Miguel da Silva e Melo	M		Juniores/Séniiores	00:52:29	00:50:47
193	1431	Jorge Almeida	M	Factor X / S4L / Medense FC	VET 45	00:52:32	00:51:38
194	1216	José Gomes	M		VET 40	00:52:32	00:51:27
195	1065	Eugénio Soares	M	Factor X / S4L / Medense FC	VET 45	00:52:36	00:51:43
196	1004	Hélder Aguiar	M	Porcupines & Monkeys	Juniores/Séniiores	00:52:38	00:50:48
197	1479	Rui Gonçalves	M		VET 35	00:52:46	00:52:11
198	1114	António Rocha	M	AACR	VET 35	00:52:47	00:52:12
199	1469	André Coimbra	M	Manquinhos	VET 35	00:52:50	00:51:56
200	1003	Fernando Cerqueira	M	A. D. Amarante Atletismo	VET 50	00:52:53	00:52:27
201	1480	Nuno Miguel Gonçalves Ramalhete	M	SOLINCA TEAM	VET 35	00:52:56	00:51:11
202	1763	Gustavo Sousa	M		Juniores/Séniiores	00:53:01	00:52:38
203	1205	Cristina Silva	F	C.M.M.C. Vale de Cambras	VET 45	00:53:04	00:52:39
204	1360	João Fonseca	M	os amigos de s.pedro da cova	VET 35	00:53:05	00:52:46
205	1156	Paulo Bruno Sousa Ferreira	M		VET 35	00:53:20	00:52:26
206	1169	Miguel Monte	M	Porcupines & Monkeys	Juniores/Séniiores	00:53:22	00:51:32
207	1614	José Nunes Oliveira	M		Juniores/Séniiores	00:53:24	00:52:47
208	1483	Ana Rita Gonçalves Costa	F	Equipa A	Juniores/Séniiores	00:53:24	00:52:11
209	1172	José Carlos Ribeiro Rodrigues	M		VET 50	00:53:26	00:52:47
210	1248	EGON RODRIGUES	M	Viriathvs Runners Viseu	VET 45	00:53:26	00:53:05
211	1670	Marco Castro	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 45	00:53:30	00:53:01
212	1726	Elsa Ferreira	F	C.M.M.C. Vale de Cambra	VET 45	00:53:40	00:53:15
213	1673	José Santos	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 50	00:53:40	00:53:11
214	1173	Carlos Silva	M	C.M.M.C. Vale de Cambras	VET 40	00:53:41	00:52:51
215	1022	Alex Pereira	M		VET 40	00:53:41	00:53:11
216	1424	Reinaldo Miranda	M	Salgueiros Running	VET 50	00:53:44	00:53:33
217	1058	Paula Miranda	F	Salgueiros Running	VET 45	00:53:44	00:53:34
218	1413	Ricardo Fernandes	M	Clube de Corrida da REN	VET 35	00:53:47	00:51:55
219	1138	MÁRCIA FERNANDA MARINHO CABOUÇO	F	NOVÉLIA RUNNING AMARANTE	VET 35	00:53:48	00:53:29
220	1620	José Manuel Ribeiro	M		VET 35	00:53:50	00:53:04

Posição	Dorsal	Nome	Sexo	Equipa	Esc.	Tempo	Chip
221	1283	José brandao	M		VET 40	00:53:51	00:52:22
222	1680	Avelino Rodrigues	M	Porto Sentido Runners	VET 45	00:53:58	00:53:33
223	1207	Maria de Lourdes Dias Coutinho Pinheiro	F	Individual	VET 45	00:54:01	00:53:45
224	1736	Dario Sanguedo	M	Centro de União Juventude da Lomba	Juniores/Séniore	00:54:04	00:52:34
225	1502	Alexandra Lopes	F	Sporting Clube de Espinho / António Leitão	VET 40	00:54:05	00:53:32
226	1263	Ana Faria	F		Juniores/Séniore	00:54:06	00:53:19
227	1618	Carlos Freitas	M	Trilhados	Juniores/Séniore	00:54:06	00:53:01
228	1238	José silva	M		Juniores/Séniore	00:54:07	00:52:41
229	1390	José Carlos da Fonseca Nunes	M		VET 55	00:54:07	00:53:41
230	1533	Elisabete Cunha	F		VET 35	00:54:08	00:53:37
231	1339	CARLOS DELGADO	M	CLUBE MILLENNIUM BCP	VET 40	00:54:09	00:53:50
232	1392	FILOMENA FOLGADO	F		VET 60	00:54:09	00:54:05
233	1384	MANUEL MOREIRA	M		VET 60	00:54:09	00:54:05
234	1208	Gustavo Santos	M	Gramidense IFC	VET 35	00:54:11	00:53:11
235	1504	Jorge Cerqueira	M	A. D. Amarante Atletismo	VET 60	00:54:12	00:53:48
236	1715	Patricia Silva	F	OPraticante.pt	VET 35	00:54:13	00:52:57
237	1045	Telmo	M		Juniores/Séniore	00:54:25	00:53:48
238	1764	Isabel Santos	F	MSS CONTABILIDADE TRAIL TEAM	VET 40	00:54:28	00:54:21
239	1023	Inês Neves	F	Porto Sentido Runners	Juniores/Séniore	00:54:28	00:54:03
240	1268	Carlos Pereira	M	BioTeam	VET 40	00:54:31	00:53:12
241	1748	Vitor Costa	M	Grupo Vc	VET 35	00:54:41	00:52:48
242	1105	Fernando Teixeira	M	Manquinhos	VET 60	00:54:42	00:53:48
243	1371	Sara Eiró	F	Salgueiros Running	VET 35	00:54:43	00:54:35
244	1432	fatima matos	F	running 100/120	VET 45	00:54:46	00:53:55
245	1161	Artur Carneiro	M		VET 35	00:54:47	00:53:48
246	1493	joaquim fernando	M	Centro Atletismo Ermesinde	VET 60	00:54:57	00:54:17
247	1096	João Rodrigues	M		Juniores/Séniore	00:55:01	00:54:16
248	1164	Pedro Teixeira	M		Juniores/Séniore	00:55:06	00:54:22
249	1068	Joana Ventura	F	SOLINCA TEAM	Juniores/Séniore	00:55:11	00:53:27
250	1769	paulo sousa	M		VET 50	00:55:12	00:53:27
251	1094	Nuno Ramos	M		VET 35	00:55:15	00:53:50
252	1240	José Alves	M		VET 45	00:55:17	00:54:31
253	1768	Marlene Martins	F	MSS CONTABILIDADE TRAIL TEAM	VET 40	00:55:19	00:55:13
254	1152	Filipe Rodrigues	M		VET 40	00:55:27	00:54:44
255	1136	Paulo Barroso	M	Running Family	VET 40	00:55:28	00:54:14
256	1146	Hugo Barbosa	M		Juniores/Séniore	00:55:29	00:53:59
257	1122	Maria de Fátima Andrade Costa	F	Viriathvs Runners Viseu	VET 50	00:55:29	00:55:07
258	1711	Paulo Amadeu Brito	M		VET 45	00:55:30	00:54:43
259	1687	José Manuel	M		VET 35	00:55:30	00:54:19
260	1088	Armando Cunha	M		VET 60	00:55:34	00:55:03
261	1185	Tania Almeida	F		VET 40	00:55:35	00:55:11
262	1349	Bruno Oliveira	M		Juniores/Séniore	00:55:40	00:53:54
263	1181	João Rodrigues	M		Juniores/Séniore	00:55:41	00:53:55
264	1635	Bruno Monteiro	M	All Titudes Trail Team	VET 35	00:55:47	00:54:54

Posição	Dorsal	Nome	Sexo	Equipa	Esc.	Tempo	Chip
265	1434	Carlos Guedes	M	Município de Gondomar - Desporto	VET 40	00:55:47	00:54:55
266	1148	Paulo Pinheiro	M	Os avense	VET 45	00:55:50	00:55:35
267	1130	Manuel Neves	M		VET 45	00:55:50	00:55:42
268	1224	TIAGO MENDES	M	INVICTA RUNNERS TEAM	Juniores/Séniore	00:55:51	00:54:10
269	1420	DALILA TEIXEIRA	F	INVICTA RUNNERS TEAM	Juniores/Séniore	00:55:51	00:54:13
270	1700	Sónia Almeida	F		VET 40	00:55:52	00:54:10
271	1046	Agostinho Lopes	M	Porto Sentido Runners	VET 55	00:55:56	00:54:59
272	1739	Hugo Manuel Silva Santos Costa Ferreira	M	Centro de União Juventude da Lomba	Juniores/Séniore	00:55:58	00:54:27
273	1193	Andre filipe verdasca raposeira	M	CCD " O ALVITEJO "	VET 35	00:55:58	00:55:45
274	1192	Sandra Aguiar	F	Salgueiros Running	VET 40	00:55:59	00:55:48
275	1704	Paula Dias	F		VET 45	00:56:00	00:55:30
276	1702	Manuel Alves	M		VET 45	00:56:00	00:55:30
277	1223	Paula Cunha	F		VET 45	00:56:01	00:54:28
278	1346	Pedro Miguel Pereira Domingues	M	Hora do Lobo Trail - CF Perosinho Atletismo	VET 40	00:56:02	00:54:24
279	1108	JOSE ROCHA	M	GAZELA RUNNING TEAM	VET 55	00:56:06	00:54:49
280	1364	Carina Barbosa	F		VET 35	00:56:13	00:55:29
281	1474	Nuno Silva	M		Juniores/Séniore	00:56:13	00:54:58
282	1516	Eurico Abreu	M		Juniores/Séniore	00:56:21	00:54:48
283	1070	Rui Baptista	M	Manos Team	VET 40	00:56:25	00:55:37
284	1221	José Silva	M		VET 55	00:56:25	00:55:49
285	1362	Jose Oliveira Dias Cunha	M	GDC Fidelidade	VET 60	00:56:27	00:55:22
286	1787	Vitor Almeida	M		VET 35	00:56:27	00:54:41
287	1093	José Antunes	M	Salgueiros Running	VET 45	00:56:27	00:56:16
288	1696	susana vasconcelos	F	Salgueiros Running	VET 40	00:56:28	00:54:51
289	1771	Romulo Silva	M	Factor X / S4L / Medense FC	VET 40	00:56:29	00:55:52
290	1525	Vania Luisa Pinto	F		Juniores/Séniore	00:56:34	00:55:36
291	1110	ISABEL VIEIRA	F	PORTOCARGO RUNNERS	VET 40	00:56:36	00:55:47
292	1644	Elisio Dias Teixeira Gomes	M	C M M C V L C	VET 55	00:56:40	00:55:51
293	1048	Sérginho Quintas	M		VET 40	00:56:42	00:55:39
294	1655	Filipe Madureira	M		VET 40	00:56:45	00:55:18
295	1656	José Madureira	M		VET 35	00:56:45	00:55:18
296	1754	Pedro Azevedo	M		VET 45	00:56:49	00:55:37
297	1084	Ana Dinis	F		VET 40	00:56:53	00:56:37
298	1318	adriano ferreira	M		VET 60	00:56:53	00:56:48
299	1294	SUSANA PINTO	F	HSANTAMARIART	VET 35	00:57:01	00:55:38
300	1396	Domingos Cunha Costa	M	runners on fire 1314	VET 60	00:57:02	00:55:33
301	1534	eduardo castro	M		VET 50	00:57:03	00:56:36
302	1770	José Manuel Alves	M		VET 45	00:57:06	00:55:22
303	1467	Antonio Alves	M		VET 45	00:57:10	00:56:48
304	1342	DIOGO GASPAS ANDRADE LOPES SOARES	M	Correr Leça	Juniores/Séniore	00:57:18	00:55:28
305	1640	carlos azevedo	M		VET 40	00:57:20	00:56:21
306	1025	Rui Vasques	M	S. S. Montepio	VET 40	00:57:21	00:56:21
307	1276	Alfredo Abreu	M	S. S. Montepio	VET 45	00:57:21	00:56:21
308	1743	Cecilia Borges	F	CCS - Clube Ciclismo de Sendim	VET 35	00:57:21	00:56:01

Posição	Dorsal	Nome	Sexo	Equipa	Esc.	Tempo	Chip
309	1510	DIOGO	M		Juniores/Séniore	00:57:22	00:55:30
310	2084	Tiago Rodrigues	M	Factor X / S4L / Medense FC	Juniores/Séniore	00:57:25	00:55:33
311	1791	Ricardo cachadinha	M	ACteam Alexandra Carvalho Terapias	VET 40	00:57:28	00:57:14
312	1521	Bruno Gomes	M		Juniores/Séniore	00:57:28	00:55:41
313	1365	Ilidio Jose Ramos Vieira da Silva	M	CASANOVA RUNNERS	VET 55	00:57:34	00:57:18
314	1317	Adelaide Brandão	F	Os avense	VET 45	00:57:39	00:57:24
315	1257	Tânia Pinto	F		Juniores/Séniore	00:57:39	00:57:28
316	1327	Lurdes Fernandes	F	Polarzinhos	VET 50	00:57:39	00:57:19
317	1647	Pedro Soares	M		Juniores/Séniore	00:57:43	00:56:48
318	1305	ricardo pina	M	10 TEMIDOS	VET 35	00:57:48	00:56:02
319	1744	Maria João Oliveira Castro	F		Juniores/Séniore	00:57:51	00:57:23
320	1621	Jorge António Rodrigues Nunes	M		VET 60	00:57:52	00:57:32
321	1051	Hernâni Meneses	M		Juniores/Séniore	00:57:54	00:56:39
322	1117	silvina	F		VET 50	00:57:57	00:57:29
323	1144	Conceição Pereira	F	Sociedade Recreio Cepenense	VET 45	00:57:57	00:57:41
324	1233	Aurora Carvalho	F	TAYLORS	VET 35	00:58:03	00:56:24
325	1347	Sandra Isabel Pinheiro Júlio	F	Spin&Run Esposende	Juniores/Séniore	00:58:04	00:56:33
326	1016	João Alexandrino	M		VET 50	00:58:05	00:57:06
327	1133	Joao Barbas	M		VET 50	00:58:09	00:57:09
328	1350	José Carlos Fernandes da Silva	M		VET 50	00:58:09	00:57:09
329	1716	Nuno Fernandes	M	OPraticante.pt	Juniores/Séniore	00:58:10	00:56:54
330	1498	Francisco Paulo Rodrigues Teixeira Pinto	M	Boavista F.C	VET 50	00:58:11	00:57:41
331	1459	David Gouveia	M	PT Fernando Andrade	VET 35	00:58:12	00:56:24
332	1301	Maria Emilia Teixeira Moreira	F	GDC Fidelidade	VET 50	00:58:23	00:57:19
333	1464	José Rodrigues	M		VET 50	00:58:24	00:57:44
334	1488	Jorge Martins	M	C.M.M.C. Vale de Cambras	VET 60	00:58:24	00:57:50
335	1258	Sérgio Rocha	M		Juniores/Séniore	00:58:30	00:57:40
336	1368	Miguel Fonseca	M		VET 35	00:58:31	00:56:37
337	1710	jorge costa	M	AMA Associação Mondim Atletismo	VET 45	00:58:33	00:57:53
338	1708	vitlor alves	M	AMA Associação Mondim Atletismo	VET 45	00:58:33	00:57:54
339	1209	Sofia Silva	F	Zollern & Comandita	VET 35	00:58:34	00:58:24
340	1376	Joel Ribeiro	M	Zollern & Comandita	VET 40	00:58:35	00:58:24
341	1341	Conceição Soares	F	C.M.M.C. Vale de Cambras	VET 45	00:58:38	00:57:57
342	1145	Domingos Pinto	M	C.F.Olveira do Douro	VET 55	00:58:38	00:58:18
343	1304	Beatriz Abreu	F		Juniores/Séniore	00:58:41	00:56:46
344	1605	Helder Maio	M			00:58:52	00:57:04
345	1044	Rosa Carmo	F	Nascidos Para Correr	Juniores/Séniore	00:58:54	00:57:09
346	1005	Patrícia Ribeiro	F	Porto Sentido Runners	Juniores/Séniore	00:58:57	00:58:32
347	1271	Maria Cecília da Silva e Sá	F	Centro Atletismo Porto	VET 50	00:59:04	00:59:02
348	1074	Marco Cunha	M	Centro Atletismo Porto	VET 40	00:59:04	00:59:04
349	1501	Filipe Cláudio Ribeiro Pereira	M		Juniores/Séniore	00:59:06	00:57:12
350	1333	Ana Rita Ribeiro Martins	F		Juniores/Séniore	00:59:06	00:57:13
351	1388	Filipe soares	M	S. S. Montepio	Juniores/Séniore	00:59:16	00:58:51
352	1694	João Guilherme Bastos	M		VET 40	00:59:18	00:57:39

Posição	Dorsal	Nome	Sexo	Equipa	Esc.	Tempo	Chip
353	1285	Ricardo Chorão	M		VET 40	00:59:18	00:57:39
354	1353	Augusto Silveira	M		VET 45	00:59:19	00:57:40
355	1646	Pedro Costa	M		Juniores/Séniore	00:59:20	00:58:13
356	1645	Elisa	F		Juniores/Séniore	00:59:20	00:58:13
357	1489	DAVID TEIXEIRA	M	HSANTAMARIART	Juniores/Séniore	00:59:21	00:58:02
358	1519	ISAAC PEREIRA	M		VET 55	00:59:22	00:58:52
359	1029	Evaristo Moreira	M		VET 45	00:59:22	00:58:59
360	1641	Angela	F		Juniores/Séniore	00:59:25	00:58:19
361	1636	Gabriela Correia	F		Juniores/Séniore	00:59:29	00:58:52
362	1227	Flavio Simoes	M		VET 40	00:59:29	00:59:12
363	1713	Miguel Oliveira	M		VET 45	00:59:32	00:58:37
364	1142	Hélder Correia	M		VET 35	00:59:32	00:58:17
365	1121	Miguel Teixeira	M	Gramidense IFC	VET 40	00:59:33	00:58:36
366	1151	Aldina Rodrigues	F	C.M.M.C. Vale de Cambra	VET 55	00:59:35	00:59:10
367	1706	manuel machado	M	AMA Associação Mondim Atletismo	VET 60	00:59:47	00:59:24
368	1445	Carlos Cabouco	M	S. S. Montepio	VET 45	00:59:52	00:58:46
369	1522	António Cardoso	M		VET 45	00:59:52	00:59:34
370	1494	Antonio Pinho	M	BioTeam	VET 45	00:59:53	00:58:33
371	1162	João Miguel Gomes da Fonseca Sequeira Viana	M		Juniores/Séniore	00:59:58	00:58:06
372	1666	Rui Fernandes	M		Juniores/Séniore	01:00:04	00:59:21
373	1354	Rui Pereira	M	ParadelaRunners	VET 35	01:00:04	00:59:22
374	1718	Joaquim Oliveira	M	Facas de Palaçoilo	VET 55	01:00:06	00:59:16
375	1761	Cristóvão Afonso	M	RunRiver	VET 40	01:00:09	00:58:53
376	1451	Hugo Tavares	M	ParadelaRunners	VET 35	01:00:15	00:59:31
377	1394	Ricardo Lascasas	M	ParadelaRunners	VET 35	01:00:15	00:59:33
378	1149	Isabel Fragoso	F		Juniores/Séniore	01:00:15	00:58:38
379	1123	FERNANDO CUNHA	M	HSANTAMARIART	VET 60	01:00:17	00:58:57
380	1043	Paulo Pinto	M		VET 40	01:00:20	00:58:44
381	1505	Ana Costa Rangel	F	Rangel Inc	VET 35	01:00:33	00:59:25
382	1316	paulo branco	M	vcp-atletismo	VET 45	01:00:38	00:59:24
383	1289	Lucia	F		Juniores/Séniore	01:00:40	00:58:48
384	1616	Filipe Dias	M	Trilhados	VET 35	01:00:45	00:59:38
385	1386	Cristina Romariz	F	SOLINCA TEAM	VET 55	01:00:46	01:00:05
386	1721	Vítor Soares	M	CAT & DOG clínica veterinária	VET 50	01:00:47	01:00:05
387	1722	Maria Oliveira	F	CAT & DOG clínica veterinária	VET 45	01:00:48	01:00:04
388	1057	José Pedro Silva	M	Moura da Silva	Juniores/Séniore	01:00:51	01:00:16
389	1049	Victor Mota	M	Os Rompe Solas	VET 60	01:00:58	01:00:46
390	1632	CARLOS OLIVEIRA	M	PORTOCARGO RUNNERS	VET 45	01:01:01	01:00:14
391	1175	André Barbosa	M		Juniores/Séniore	01:01:18	01:00:23
392	1343	Silvia Oliveira	F		VET 35	01:01:18	01:00:23
393	1298	Marcos Gomes	M		Juniores/Séniore	01:01:27	01:00:25
394	1453	Sergio Silva	M		VET 35	01:01:45	01:00:22
395	1275	JOAQUINA MARTINS	F	INVICTA RUNNERS TEAM	VET 55	01:01:47	01:00:12
396	1660	VASCO SANTOS	M	Referee Team	VET 40	01:01:52	01:00:44

Posição	Dorsal	Nome	Sexo	Equipa	Esc.	Tempo	Chip
397	1180	MARIA ISABEL ARAUJO MELO	F	Viriathvs Runners Viseu	VET 40	01:02:01	01:01:40
398	1500	Rosalina Lemos	F	Arcorun	VET 55	01:02:01	01:01:07
399	1060	Teresa Filipe	F	Viriathvs Runners Viseu	VET 60	01:02:02	01:01:42
400	1348	MARIA IRENE ARAUJO MELO	F	Viriathvs Runners Viseu	VET 40	01:02:02	01:01:40
401	1417	Márcio Torres	M	TEAM LANTEMIL	Juniores/Séniiores	01:02:08	01:01:44
402	1140	Bé Brazeta	F	MSS CONTABILIDADE TRAIL TEAM	VET 50	01:02:09	01:00:31
403	1367	João Manuel Marques Moreira	M	GDC Fidelidade	VET 50	01:02:10	01:01:07
404	1731	Arlindo Neves	M		VET 35	01:02:12	01:00:21
405	1499	Licínio Mendonça Malafaia	M	GDC Fidelidade	VET 60	01:02:21	01:01:15
406	1300	Irene Videira	F	GVN Runners	VET 45	01:02:22	01:01:24
407	1790	Noémia Pinto	F	Imbictus	VET 35	01:02:23	01:01:27
408	1427	Jose Meinedo	M	GOODVENTURE	VET 45	01:02:34	01:01:16
409	1135	Ana Andrade	F		Juniores/Séniiores	01:02:41	01:02:33
410	1472	SARA ROCHA	F	GAZELA RUNNING TEAM	Juniores/Séniiores	01:03:01	01:01:44
411	1707	Guilherme Abreu	M		Juniores/Séniiores	01:03:03	01:01:31
412	1732	Isabel Nunes	F		Juniores/Séniiores	01:03:05	01:01:29
413	1244	antonio	M		VET 55	01:03:06	01:02:39
414	1765	Paulo Casal	M		VET 50	01:03:06	01:01:17
415	1662	Paulo Macedo	M	Pari Passu	VET 50	01:03:08	01:02:05
416	1663	Jorge Ferreira	M	Pari Passu	VET 40	01:03:08	01:02:05
417	1669	Elsa Teixeira	F		Juniores/Séniiores	01:03:11	01:02:52
418	1526	Martina pereira machado	F		VET 45	01:03:14	01:01:43
419	1027	nuno gomes	M		VET 40	01:03:18	01:02:43
420	1079	Horácio Teixeira	M	Facas de Palaçoilo	VET 55	01:03:18	01:02:22
421	1651	Mónica Silva	F	InfectoTeam	VET 35	01:03:22	01:01:49
422	1691	Hélder Rodrigues	M		VET 35	01:03:23	01:01:26
423	1692	Ricardo Jorge Pinto	M		VET 40	01:03:23	01:01:26
424	1188	Anabela Santos Sousa Ribeiro	F	Ribeira de Abade Team	VET 40	01:03:27	01:03:07
425	1369	Eduardo Silva	M		VET 40	01:03:29	01:02:06
426	1478	Henrique Lobo	M	MINDE RUN	VET 50	01:03:29	01:02:11
427	1407	Carla Gomes	F		VET 45	01:03:31	01:01:48
428	1236	Frederico Lobo	M		VET 40	01:03:31	01:01:47
429	1295	Marco Marques	M		Juniores/Séniiores	01:03:38	01:01:47
430	1357	Teresa Silva	F		VET 45	01:03:40	01:02:57
431	1309	Ana Magalhães	F		Juniores/Séniiores	01:03:45	01:02:10
432	1139	Diogo Silva	M		Juniores/Séniiores	01:03:46	01:02:11
433	1214	Renata Cruz	F		Juniores/Séniiores	01:03:48	01:02:12
434	1433	Carolina Pinto	F		Juniores/Séniiores	01:03:50	01:01:10
435	1781	SOFIA DANTAS	F	Município de Gondomar	VET 35	01:03:50	01:01:10
436	1387	Maria João Ferreira	F	GVN Runners	VET 50	01:03:50	01:02:49
437	1	Marco Martins	M	Município de Gondomar	VET 40	01:03:51	01:03:51
438	1776	Hélder Figueiredo	M	Município de Gondomar	VET 35	01:03:51	01:03:51
439	1160	Márcio Teixeira	M	MSS CONTABILIDADE TRAIL TEAM	Juniores/Séniiores	01:03:51	01:03:39
440	1784	José Fernando da Silva Moreira	M	Município de Gondomar	VET 50	01:03:51	01:03:51

Posição	Dorsal	Nome	Sexo	Equipa	Esc.	Tempo	Chip
441	1737	Nuno Daniel Silva Santos	M	Centro de União Juventude da Lomba	Juniores/Séniore	01:03:52	01:02:22
442	1293	sérgio sousa	M	RunRiver	VET 40	01:04:06	01:02:50
443	1418	Maria Joao Martinho	F		VET 45	01:04:08	01:01:26
444	1269	Rafaela Neves	F		Juniores/Séniore	01:04:09	01:03:42
445	1178	Ana Paula Barbosa Tavares	F	Hora do Lobo Trail - CF Perosinho Atletismo	VET 45	01:04:12	01:02:37
446	1426	José Alberto	M	Viriathvs Runners Viseu	VET 55	01:04:15	01:03:55
447	1454	Alírio Soares	M		VET 40	01:04:18	01:02:32
448	1262	sofia neves	F	OFRunning team	Juniores/Séniore	01:04:28	01:03:36
449	1019	Tiago Vieira	M	Zollern & Comandita	VET 40	01:04:37	01:03:13
450	1481	Daniel Almeida	M		Juniores/Séniore	01:04:40	01:02:50
451	1672	Fernanda Bento	F	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 55	01:04:42	01:04:00
452	1211	Anabela Cardoso	F		VET 40	01:04:45	01:03:11
453	1437	Antero Pereira	M		VET 40	01:04:53	01:03:22
454	1039	MARINA AURORA RIBEIRO	F	CLUBE COLABORADORES AGEAS	VET 55	01:04:59	01:04:32
455	1775	António Couto	M	INDIVIDUAL	VET 45	01:05:00	01:03:20
456	1078	ADELAIDE HORTA	F	INVICTA RUNNERS TEAM	VET 60	01:05:01	01:04:27
457	1066	Salete Vila Pouca	F	correratenumdarmais por Fernando Oliveira	VET 45	01:05:02	01:03:21
458	1315	Liliana Vasconcelos	F	Equipa A	Juniores/Séniore	01:05:09	01:03:45
459	1529	ERNESTO SANTOS	M	"OS PRESSINHAS"	VET 60	01:05:12	01:03:27
460	1361	HERMÍNIA OLIVEIRA	F	"OS PRESSINHAS"	VET 50	01:05:12	01:03:28
461	1735	Carlos Gonçalves	M		Juniores/Séniore	01:05:16	01:03:25
462	1379	Joel Filipe Patrão Carneiro	M		VET 35	01:05:22	01:04:12
463	1383	Sónia Pereira	F		VET 35	01:05:26	01:04:16
464	1076	Otávio Paulo	M		VET 40	01:05:34	01:04:13
465	1643	François Pereira	M	USEE	VET 45	01:05:45	01:03:46
466	1235	soraia milene borges dos santos povoa	F	MSS CONTABILIDADE TRAIL TEAM	Juniores/Séniore	01:05:52	01:05:02
467	1402	Maria Organista	F		VET 35	01:05:56	01:05:05
468	1219	Beatriz Natário	F		Juniores/Séniore	01:05:58	01:03:17
469	1128	Isabel Rangel	F	BioTeam	VET 40	01:05:59	01:04:39
470	1684	Helder Teixeira	M	Eu E Elas	VET 35	01:05:59	01:04:22
471	1017	Paula Cardoso	F	Factor X / S4L / Medense FC	VET 35	01:06:02	01:05:51
472	1375	José Dara	M	TREPATRILHOS TRAIL TEAM	VET 60	01:06:10	01:05:02
473	1103	Rui Santos	M	TREPATRILHOS TRAIL TEAM	Juniores/Séniore	01:06:10	01:04:33
474	1683	Sonia Sousa	F	Eu E Elas	Juniores/Séniore	01:06:14	01:04:37
475	1061	André Monteiro	M		Juniores/Séniore	01:06:14	01:04:59
476	1733	Jorge Correia	M		VET 60	01:06:17	01:05:50
477	1795	Sofia Silva	F	Pernetas	Juniores/Séniore	01:06:27	01:05:22
478	1165	Bruno Souto	M		Juniores/Séniore	01:06:27	01:04:42
479	1695	Marta Costa	F	INVICTA RUNNERS TEAM	VET 45	01:06:28	01:04:50
480	1261	Fernanda Teixeira Leitão	F	P & F	Juniores/Séniore	01:06:30	01:04:51
481	1091	Pedro Marques Arantes	M	P & F	VET 35	01:06:30	01:04:52
482	1243	manuel alcides pego leonardo	M		VET 55	01:06:31	01:06:10
483	1668	Sara Barros	F		Juniores/Séniore	01:06:41	01:05:57
484	1007	Paulo Fernando Pinto Silva	M	MSS CONTABILIDADE TRAIL TEAM	Juniores/Séniore	01:06:41	01:05:59

Posição	Dorsal	Nome	Sexo	Equipa	Esc.	Tempo	Chip
485	1332	Marta Carvalho	F	Arcorun	VET 35	01:06:44	01:05:50
486	1008	Patricia Fernandes	F	C.M.M.C. Vale de Cambras	VET 35	01:06:45	01:05:57
487	1252	carla gomes	F		VET 45	01:06:48	01:06:14
488	1082	Rute Pereira	F		VET 35	01:06:49	01:06:15
489	1447	Eugenia Ferreira	F		VET 50	01:06:49	01:06:14
490	1456	Inês Maria das Neves Braz	F		Juniores/Séniore	01:06:53	01:05:02
491	1397	Carlos Vieira	M		Juniores/Séniore	01:07:14	01:05:32
492	1182	abilio brandao	M		VET 60	01:07:28	01:05:35
493	1202	Isabel Souto	F	correratenumdarmais por Fernando Oliveira	VET 45	01:07:30	01:05:48
494	1071	João Alves	M	Manos	VET 45	01:07:31	01:05:39
495	1241	Isabel Alves	F	Manos	VET 45	01:07:32	01:05:39
496	1797	Alberto Neto	M		VET 60	01:07:47	01:06:49
497	1000	Cláudio Pereira	M		VET 35	01:07:50	01:06:06
498	1031	Jorge Caldeira	M		VET 60	01:07:54	01:07:36
499	1067	Filipe Ramos	M		VET 55	01:07:54	01:07:13
500	1106	Sandra Maria Carvalho Cepeda	F	GDC Fidelidade	VET 45	01:07:54	01:06:48
501	1072	Belarmino Santos	M		VET 50	01:08:01	01:07:22
502	1242	Eva Pereira	F		Juniores/Séniore	01:08:01	01:07:23
503	1229	Joana Oliveira	F		Juniores/Séniore	01:08:18	01:07:40
504	1794	Mónica Silva	F	Pernetas	VET 45	01:08:26	01:07:22
505	1399	Luísa Nogueira	F		VET 40	01:08:29	01:06:45
506	1606	Conceição Pereira	F	TAYLORS	VET 50	01:08:35	01:07:02
507	1206	Anabela Marques	F	Zollern & Comandita	Juniores/Séniore	01:08:40	01:07:16
508	1254	Americo Leal	M	MSS CONTABILIDADE TRAIL TEAM	VET 55	01:08:57	01:08:16
509	1747	Delfim Costa	M		VET 35	01:09:03	01:07:10
510	1265	Filipa Rocha	F	Zollern & Comandita	Juniores/Séniore	01:09:08	01:07:45
511	1334	Maria Cândida Rodrigues	F	TAYLORS	VET 50	01:09:10	01:07:37
512	1253	Fátima Lopes	F	Trofa Runners	VET 60	01:09:19	01:09:15
513	1416	Carlos Cardoso	M		Juniores/Séniore	01:09:20	01:08:02
514	1639	João Miranda de Azevedo	M		VET 40	01:09:22	01:08:26
515	1373	Joana Silva	F	Zollern & Comandita	Juniores/Séniore	01:09:27	01:08:03
516	1163	Marília Fernanda de Sá Marques de Paiva	F		VET 55	01:09:27	01:07:39
517	1756	Romeu Sabença	M		VET 35	01:09:58	01:08:42
518	1760	José Luís Aranha Costa Ferreira	M	FitGaiaTrail	VET 50	01:09:59	01:08:41
519	1724	Armando Silva	M	GVN Runners	VET 50	01:10:10	01:09:08
520	1414	Andreia Pelicano	F	Befitness Runners	VET 35	01:10:17	01:09:35
521	1649	Ruben Vieira	M	InfectoTeam	VET 35	01:10:23	01:10:23
522	1222	Lurdes sanguedo	F		VET 45	01:10:54	01:10:17
523	1652	Gisélia	F	InfectoTeam	VET 40	01:10:55	01:10:55
524	1762	Claudia Almeida	F		VET 35	01:10:55	01:09:18
525	1213	Vanessa	F		Juniores/Séniore	01:10:59	01:10:22
526	1755	José Freitas	M	GrupoVC	VET 50	01:11:08	01:09:47
527	1659	Delmiro Moreira Tavares da Conceição Costa	M		Juniores/Séniore	01:11:28	01:10:11
528	1523	Ricardo Castelo Branco	M		VET 40	01:11:28	01:10:11

Posição	Dorsal	Nome	Sexo	Equipa	Esc.	Tempo	Chip
529	1457	Marta Alexandra Fernandes Peixoto Azevedo	F		VET 45	01:11:36	01:10:16
530	1092	Fernando João Ferreira Azevedo	M		VET 45	01:11:36	01:10:16
531	1374	Luís Seabra	M		Juniores/Séniore	01:11:56	01:10:58
532	1460	Mariana Leonor Costa Fafiães	F		Juniores/Séniore	01:11:56	01:11:00
533	1688	Miguel Vieira	M		VET 40	01:12:02	01:10:51
534	1436	Ana Cláudia Amaral	F	BioTeam	VET 45	01:12:04	01:10:43
535	1511	Linda James	F		VET 60	01:12:21	01:10:16
536	1745	João Nunes	M		VET 45	01:12:29	01:07:05
537	1230	Ângela Filipa Barbosa	F		Juniores/Séniore	01:12:37	01:11:00
538	1038	Rosa Moutinho	F	Zollern & Comandita	VET 45	01:12:41	01:11:18
539	1515	Marta Magalhães	F	InfectoTeam	VET 35	01:12:53	01:11:18
540	1681	Ana Sofia	F	Porto Sentido Runners	Juniores/Séniore	01:12:56	01:12:30
541	1303	Manuel Barbosa	M	Clube Independente de Atletismo de Alpendorada	VET 60	01:13:27	01:13:14
542	1059	ANA RODRIGUES	F	HSANTAMARIART	VET 50	01:14:06	01:13:51
543	1404	Anabela Fernandes	F	Zollern & Comandita	VET 40	01:14:09	01:12:45
544	1685	Susana Meneses	F		VET 40	01:14:19	01:13:10
545	1796	Maria Ribeiro	F		VET 40	01:14:19	01:13:48
546	1740	Ana Filipa Barbosa Silva Santos	F	Centro de União Juventude da Lomba	Juniores/Séniore	01:15:13	01:13:42
547	1717	Filomena Soares	F	OPraticante.pt	VET 60	01:15:13	01:13:56
548	1400	Luís Couto	M	TAYLORS	VET 40	01:15:14	01:13:35
549	1131	Erika Darcília	F	Arcorun	VET 35	01:15:31	01:14:31
550	1010	Deibid Moreno	M	Arcorun	Juniores/Séniore	01:15:32	01:14:31
551	1778	Sofia Martins	F	Município de Gondomar	VET 40	01:15:32	01:15:32
552	1477	Hugo	M		VET 35	01:16:09	01:14:30
553	1382	Luisa Cardoso	F	Zollern & Comandita	VET 40	01:16:21	01:14:58
554	1470	Mário Paulo Viriato Vieira Pinto	M	GDC Fidelidade	VET 50	01:16:31	01:15:26
555	1113	Liliana Tojeira	F	MINDE RUN	VET 35	01:16:48	01:15:29
556	1628	Eduardo Paulo Nogueira de Castro	M		VET 45	01:17:02	01:15:56
557	1693	Pedro Miguel Neto Barbosa	M		Juniores/Séniore	01:18:46	01:16:49
558	1742	Cátia Sofia Silva Cristão	F		Juniores/Séniore	01:18:47	01:16:52
559	1741	Cláudia Patrícia da Silva Castro	F		Juniores/Séniore	01:18:48	01:16:52
560	1314	Maria João	F		Juniores/Séniore	01:19:14	01:17:20
561	1116	Luis Rocha	M		Juniores/Séniore	01:19:14	01:17:20
562	1328	Ângela Pereira	F		VET 40	01:19:16	01:17:44
563	1443	CARLA SANTOS	F	INVICTA RUNNERS TEAM	VET 45	01:19:17	01:17:51
564	1101	Isabel Cristina Pinto	F	Boavista F.C	VET 45	01:19:18	01:17:24
565	1086	Joaquim Manuel Pedroso da Silva Faria	M	Clube Portugal Telecom Zona Norte	VET 60	01:19:20	01:18:38
566	1310	Natalina Videira	F	MSS CONTABILIDADE TRAIL TEAM	VET 50	01:20:07	01:19:25
567	1009	Manuela Martins	F	Zollern & Comandita	VET 45	01:20:28	01:19:05
568	1200	Helena Maria Beato Pinto Nogueira	F	GDC Fidelidade	VET 45	01:20:39	01:19:34
569	1026	Sandra Ferreira	F		VET 45	01:20:49	01:20:13
570	1465	Vitor Fernando Sequeira Madureira	M		VET 35	01:23:02	01:22:31
571	1782	PAULA GONÇALVES PEREIRA	F	Município de Gondomar	VET 35	01:23:07	01:22:00
572	1783	ANTÓNIO GONÇALVES PEREIRA	M	Município de Gondomar	VET 55	01:23:07	01:22:00

Posição	Dorsal	Nome	Sexo	Equipa	Esc.	Tempo	Chip
573	1159	Marta Campelos	F		Juniores/Séniiores	01:24:49	01:23:09
574	1291	Francisco Oliveira	M	Atletas Douro	VET 55	01:26:17	01:25:07
575	1430	Davyd Lima	M		Juniores/Séniiores	01:26:29	01:24:35
576	1064	Marcela Lemos	F		Juniores/Séniiores	01:26:29	01:24:35
577	1682	Herlander Correia	M		VET 40	01:35:39	01:33:41
578	1690	Ricardo Jorge Correia	M		Juniores/Séniiores	01:36:30	01:34:33
579	1689	Sandra Correia	F		VET 40	01:36:31	01:34:32
580	1654	SILVIA CARREIRA	F	MINDE RUN	VET 45	01:36:32	01:35:13
581	1653	Rui Gonçalves	M	MINDE RUN	VET 60	01:36:32	01:35:14
582	1201	Magda Raposo	F	MINDE RUN	VET 35	01:36:33	01:35:14
583	1168	Clara Carvalho	F	A. D. Amarante Atletismo	VET 45	01:52:01	01:51:34
	1278	José Moreira	M	S. Salvador do Campo	VET 45	00:20:39 (desq.)	00:20:28
	1040	José Correia	M		VET 45	00:43:39 (desq.)	00:43:28
	1699	Cláudia Gonçalves Marques	F	Invicta Runners Team	VET 35	00:51:12 (desq.)	00:49:46
	1220	Jorge santos	M	SOLINCA TEAM	VET 55	01:03:39 (desq.)	01:02:56
	1730	Teresa Gonçalves	F	C.M.M.C. Vale de Cambra	VET 40	01:05:39 (desq.)	01:05:14
	1063	Maria João Oliveira	F	TAYLORS	VET 40	01:09:04 (desq.)	01:07:24
	1429	Margarida Pinto Leite	F	TAYLORS	Juniores/Séniiores	01:15:41 (desq.)	01:14:02
	1326	Dulce Fernandes	F	BioTeam	Juniores/Séniiores	01:20:03 (desq.)	01:18:42
	1047	Andreia Ferraz	F		Juniores/Séniiores	01:21:59 (desq.)	01:19:36
	1468	Cátia Lemos	F		Juniores/Séniiores	01:30:55 (desq.)	01:28:28
	1299	Inês Neves	F		VET 45	01:33:52 (desq.)	01:31:25
	1503	Carlos costa	M	NASCIDOS PARA CORRER	VET 50	01:35:48 (desq.)	01:34:10
	1132	Mafalda Sofia Teixeira Moreira	F	GDC Fidelidade	Juniores/Séniiores	01:36:35 (desq.)	01:32:31
	1378	Ana Almeida	F		VET 35	01:39:46 (desq.)	01:37:27