

Pos	Dorsal	Atleta	Sexo	Escalão	Clube	Tempo
1	665	OSCAR MENDES	M	Senior M.	RUNNING TEAM LANTEMIL	00:42:25
2	649	MARCO BERNARDO	M	Senior M.	NUCLEO DE ATLETISMO DE VILA REAL / ORGANIZAÇÕES LETRA LTD	00:42:42
3	610	EMANUEL MACHADO	M	Sub 25M.	Individual	00:43:41
4	645	CARLOS GONÇALVES	M	Senior M.	NUCLEO DE ATLETISMO DE VILA REAL / ORGANIZAÇÕES LETRA LTD	00:45:24
5	715	ANDRE CABREIRA	M	Sub 25M.	Clube de Atletismo da Póvoa de Varzim	00:49:34
6	717	NELSON SANTOS	M	Senior M.	Inov 8 - Portugal	00:50:11
7	648	LUIS LETRA	M	Senior M.	NUCLEO DE ATLETISMO DE VILA REAL / ORGANIZAÇÕES LETRA LTD	00:50:17
8	677	JOAO TORRES	M	Senior M.	Turbulentos	00:50:43
9	732	NUNO FERREIRA	M	Sub 25M.	Individual	00:50:53
10	609	DIOGO ALVES	M	Sub 25M.	Individual	00:51:11
11	646	CARLOS OLIVEIRA	M	Senior M.	NUCLEO DE ATLETISMO DE VILA REAL / ORGANIZAÇÕES LETRA LTD	00:51:37
12	733	LEANDRO PINTO	M	Senior M.	TRIBRAGA EQUIPA TRIATLO DE BRAGA	00:52:09
13	673	ÂNGELA CARVALHO	F	Senior F.	Turbulentos	00:53:06
14	714	RICARDO GOMA	M	Vet. M40	Individual	00:53:33
15	575	BRUNO LOPES	M	Senior M.	Individual	00:54:14
16	597	PEDRO RIBEIRO	M	Senior M.	Individual	00:54:37
17	611	GUSTAVO SANTOS	M	Sub 25M.	Individual	00:54:59
18	576	FERNANDO ALVES	M	Senior M.	Individual	00:56:37
19	507	LUÍS MOTA	M	Vet. M40	AIRÓRUN	00:58:59
20	647	HUGO GUIMARÃES	M	Senior M.	NUCLEO DE ATLETISMO DE VILA REAL / ORGANIZAÇÕES LETRA LTD	00:59:30
21	633	JOSÉ RIBEIRO	M	Vet. M40	Individual	00:59:48
22	651	PEDRO FIGUEIREDO	M	Senior M.	Os TurboMula D.O.C.	01:01:36
23	515	BRUNO DIAS	M	Vet. M40	Caminhas ou Trilhas?	01:02:23
24	324	MANUEL SOUSA	M	Vet. M40	Turbulentos	01:02:31
25	593	MARCO MAIA	M	Senior M.	Individual	01:02:33
26	686	JORGE LOURENÇO	M	Vet. M40	Turbulentos	01:02:48
27	638	ALBERTO CUNHA	M	Vet. M50	Individual	01:02:49
28	716	JOSÉ GOMES	M	Vet. M50	Clube de Atletismo da Póvoa de Varzim	01:02:57
29	584	JONAS MAIA	M	Senior M.	Individual	01:02:58
30	731	ISAQUE DIAS	M	Senior M.	Individual	01:03:47
31	577	FRANCO COSTA	M	Senior M.	Individual	01:04:32
32	572	ANDRÉ FERREIRA	M	Senior M.	Individual	01:05:13
33	503	NUNO MOTA	M	Sub 25M.	AIRÓRUN	01:05:28
34	502	BRUNO SOUSA	M	Senior M.	AIRÓRUN	01:05:29
35	543	DANIELA FERNANDES	F	Senior F.	Individual	01:05:39
36	694	SÉRGIO SILVA	M	Vet. M50	Turbulentos	01:05:58
37	687	LUÍS PEREIRA	M	Vet. M40	Turbulentos	01:06:08
38	652	RUI TAVEIRA	M	Senior M.	Os TurboMula D.O.C.	01:06:17
39	592	MARCO MAIA	M	Senior M.	Individual	01:06:22
40	595	NELSON FONSECA	M	Senior M.	Individual	01:06:22
41	591	LUÍS ROBY	M	Senior M.	Individual	01:06:24
42	586	JOSE BARBOSA	M	Senior M.	Individual	01:06:26
43	663	MARIANA FERREIRA	F	Senior F.	RUNNING TEAM LANTEMIL	01:07:07
44	711	JOSÉ FONSECA	M	Senior M.	Fama Runners	01:07:07
45	599	RICARDO TELES	M	Senior M.	Individual	01:07:10

Pos	Dorsal	Atleta	Sexo	Escalão	Clube	Tempo
46	661	JOÃO LOPES	M	Sub 25M.	Ritual dos Petiscos Athletic Team	01:07:11
47	512	SANDRA DIAS	F	Senior F.	Caminhas ou Trilhas?	01:07:55
48	713	ÓSCAR GOMA	M	Vet. M40	Individual	01:08:05
49	636	RAUL CERDEIRA	M	Vet. M40	Individual	01:08:12
50	708	ANA LUÍS	M	Senior F.	Individual	01:08:17
51	527	FRANCISCO NETO	M	Vet. M40	Freamunde running crew	01:08:18
52	579	GONÇALO MACHADO	M	Senior M.	Individual	01:08:20
53	551	JOANA FERREIRA	F	Senior F.	Individual	01:08:33
54	598	PEDRO GARRIDO	M	Senior M.	Individual	01:08:35
55	689	VASCO ARAÚJO	M	Vet. M40	Turbulentos	01:10:12
56	580	HELDER FERNANDES	M	Senior M.	Individual	01:10:20
57	631	JORGE PINTO	M	Vet. M40	Individual	01:10:36
58	605	CRISTINA RODRIGUES	F	Sub 25 F.	Individual	01:11:15
59	706	MARLENE BARBOSA	F	Senior F.	Individual	01:11:18
60	617	CARLA SANTOS	F	Vet F40	Individual	01:11:19
61	705	RUI FARIA	M	Senior M.	Individual	01:12:08
62	547	HELENA LOPES	F	Senior F.	Individual	01:12:48
63	534	ANA REGADO	F	Senior F.	Individual	01:12:51
64	656	FERNANDO SOUSA	M	Vet. M40	Os TurboMula D.O.C.	01:12:54
65	601	RUI RABIÇO	M	Senior M.	Individual	01:12:55
66	537	ANABELA SALGADO	F	Senior F.	Individual	01:13:12
67	525	FILIPE CARVALHO	M	Senior M.	Escapcar/Imporfase	01:13:44
68	635	PAULO PEREIRA	M	Vet. M40	Individual	01:14:05
69	526	PEDRO CARVALHO	M	Senior M.	Escapcar/Imporfase	01:14:07
70	612	JORGE RIBEIRO	M	Sub 25M.	Individual	01:14:15
71	568	SÓNIA PEREIRA	F	Senior F.	Individual	01:14:26
72	542	CRISTINA DIAS	F	Senior F.	Individual	01:14:40
73	674	CÁTIA OLIVEIRA	F	Senior F.	Turbulentos	01:15:13
74	557	PATRÍCIA AMORIM	F	Senior F.	Individual	01:15:20
75	596	NUNO SOUSA	M	Senior M.	Individual	01:15:25
76	675	HELENA OLIVEIRA	F	Senior F.	Turbulentos	01:15:47
77	693	PAULO TORRES	M	Vet. M50	Turbulentos	01:15:47
78	573	ANTÓNIO MARQUES	M	Senior M.	Individual	01:15:49
79	594	MARCOS RIBEIRO	M	Senior M.	Individual	01:15:52
80	637	VITOR COELHO	M	Vet. M40	Individual	01:16:56
81	664	MONICA MARTINS	F	Senior F.	RUNNING TEAM LANTEMIL	01:16:57
82	604	VITOR MENDES	M	Senior M.	Individual	01:17:14
83	574	ARMANDO MARTINS	M	Senior M.	Individual	01:17:48
84	566	SOFIA DIAS	F	Senior F.	Individual	01:17:59
85	628	FRANCISCO AZEVEDO	M	Vet. M40	Individual	01:18:11
86	602	SERGIO BOAS	M	Senior M.	Individual	01:18:15
87	629	JAIME BARROS	M	Vet. M40	Individual	01:18:41
88	621	MARIA VALENTE	F	Vet F40	Individual	01:18:44
89	578	GONÇALO PINHEIRO	M	Senior M.	Individual	01:18:50
90	583	JOÃO SILVA	M	Senior M.	Individual	01:19:47

Pos	Dorsal	Atleta	Sexo	Escalão	Clube	Tempo
91	728	MARCOS BARROSO	M	Senior M.	Fama Runners	01:19:52
92	718	RUI QUINTA	M	Sub 25M.	Individual	01:20:20
93	701	HELENA PASSOS	F	Senior F.	Viana Runners	01:20:27
94	702	TIAGO RICARDO	M	Senior M.	Viana Runners	01:20:28
95	520	EUGUENIA MORIM	F	Vet F40	Clube de Atletismo da Póvoa de Varzim	01:20:43
96	521	ASSUNCAO FRASCO	F	Vet F40	Clube de Atletismo da Póvoa de Varzim	01:20:44
97	519	CONCEICAO RABALDO	F	Vet F40	Clube de Atletismo da Póvoa de Varzim	01:20:46
98	516	ADELAIDE MORIM	F	Senior F.	Clube de Atletismo da Póvoa de Varzim	01:20:48
99	506	JOSE PEREIRA	M	Vet. M40	AIRÓRUN	01:20:57
100	532	ANA RODRIGUES	F	Senior F.	Individual	01:21:05
101	550	IRENE MIRANDA	F	Senior F.	Individual	01:21:35
102	523	BRUNO COSTA	M	Senior M.	Desafios - Desporto e Aventura	01:21:36
103	524	RUI CARDOSOS	M	Vet. M40	Desafios - Desporto e Aventura	01:21:38
104	734	ODETE FERREIRA	F	Senior F.	Individual	01:21:52
105	565	SILVIA SOUSA	F	Senior F.	Individual	01:22:00
106	504	DEOLINDA FARIA	F	Vet F40	AIRÓRUN	01:22:30
107	726	VERA DELGADO	F	Senior F.	Individual	01:22:54
108	685	CARLOS BRITO	M	Vet. M40	Turbulentos	01:22:55
109	544	DANIELA MACHADO	F	Senior F.	Individual	01:23:27
110	640	JOSÉ MATOS	M	Vet. M50	Individual	01:26:06
111	555	MANUELA MARINHO	F	Senior F.	Individual	01:27:11
112	626	ISAURA ALMEIDA	F	Vet F50	Individual	01:27:13
113	562	SARA BRANDÃO	F	Senior F.	Individual	01:27:14
114	569	SÓNIA SANTOS	F	Senior F.	Individual	01:27:22
115	650	MARISA SOUSA	F	Senior F.	Os TurboMula D.O.C.	01:27:37
116	616	ANA NUNES	F	Vet F40	Individual	01:27:43
117	603	VITOR FERNANDES	M	Senior M.	Individual	01:27:58
118	505	DEOLINDA PEREIRA	F	Vet F40	AIRÓRUN	01:28:32
119	639	FERNANDO ARAÚJO	M	Vet. M50	Individual	01:28:42
120	644	ANDRÉ AMORIM	M	Sub 25M.	Monga Team	01:28:45
121	641	EUNICE MOREIRA	F	Senior F.	Monga Team	01:28:46
122	642	FERNANDO MENDES	M	Senior M.	Monga Team	01:28:50
123	643	JOÃO OLIVEIRA	M	Senior M.	Monga Team	01:29:52
124	554	LILIANA BOAS	F	Senior F.	Individual	01:29:52
125	588	JOSÉ SILVA	M	Senior M.	Individual	01:30:43
126	513	MAURO FERNANDES	M	Senior M.	Caminhas ou Trilhas?	01:31:05
127	540	CAROLINA SILVA	F	Senior F.	Individual	01:31:19
128	533	ANA DOLORES	F	Senior F.	Individual	01:31:30
129	666	ANA ALVARES	F	Senior F.	SWATCAMPortugal	01:31:46
130	670	NUNO ANDRADE	M	Senior M.	SWATCAMPortugal	01:31:46
131	669	ANTONIO PINHO	M	Senior M.	SWATCAMPortugal	01:31:47
132	667	GISELA ALMEIDA	F	Senior F.	SWATCAMPortugal	01:31:47
133	668	ISABEL RANGEL	F	Senior F.	SWATCAMPortugal	01:31:47
134	545	HELENA CARDOSO	F	Senior F.	Individual	01:31:54
135	541	CÁTIA MOREIRA	F	Senior F.	Individual	01:31:56

Pos	Dorsal	Atleta	Sexo	Escalão	Clube	Tempo
136	511	ELSA RIBEIRO	F	Senior F.	Caminhas ou Trilhas?	01:32:17
137	678	MIGUEL AZEVEDO	M	Senior M.	Turbulentos	01:32:19
138	684	MARIA MARQUES	F	Vet F50	Turbulentos	01:32:31
139	662	LILIANA ESCUDEIRO	F	Senior F.	RUNNING TEAM LANTEMIL	01:33:14
140	619	DULCE MOREDA	F	Vet F40	Individual	01:33:34
141	514	RUI PINHO	M	Senior M.	Caminhas ou Trilhas?	01:33:36
142	606	ELISA FERREIRA	F	Sub 25 F.	Individual	01:34:07
143	712	PAULO AZEVEDO	M	Senior M.	Fama Runners	01:34:38
144	321	GABRIEL FERREIRA	M	Vet. M40	Turbulentos	01:35:01
145	319	ARNALDO BRÁS	M	Vet. M40	Turbulentos	01:35:02
146	722	ELISA MORAIS	F	Senior F.	Individual	01:35:25
147	721	ANABELA PINHO	F	Senior F.	Individual	01:35:26
148	159	PEDRO XAVIER	M	Senior M.	Individual	01:36:39
149	627	MARÍA PÉREZ	F	Vet F50	Individual	01:36:45
150	559	RAQUEL FERNANDES	F	Senior F.	Individual	01:38:46
151	698	MARCO COUTO	M	Senior M.	Vespa Runners	01:38:52
152	699	RUI GONÇALVES	M	Senior M.	Vespa Runners	01:38:54
153	696	ALEX MARQUES	M	Senior M.	Vespa Runners	01:38:57
154	695	FATIMA PINTO	F	Senior F.	Vespa Runners	01:39:00
155	700	SIMÃO COUTO	M	Senior M.	Vespa Runners	01:39:01
156	697	JOÃO COUTO	M	Senior M.	Vespa Runners	01:39:03
157	607	FLÁVIA DIAS	F	Sub 25 F.	Individual	01:39:26
158	548	IDALINA NOGUEIRA	F	Senior F.	Individual	01:39:35
159	608	TATIANA VIEIRA	F	Sub 25 F.	Individual	01:39:36
160	563	SARA MARINHO	F	Senior F.	Individual	01:40:34
161	582	JOAO LIMA	M	Senior M.	Individual	01:40:54
162	614	ALBERTINA MACHADO	F	Vet F40	Individual	01:41:12
163	622	PAULA RIBEIRO	F	Vet F40	Individual	01:41:12
164	585	JORGE COSTA	M	Senior M.	Individual	01:41:17
165	553	JUDITE MARINHO	F	Senior F.	Individual	01:41:21
166	152	NUNO RABIÇO	M	Senior M.	Individual	01:42:48
167	531	ANA GUIMARÃES	F	Senior F.	Individual	01:42:49
168	560	SANDRA TEIXEIRA	F	Senior F.	Individual	01:43:04
169	539	CARINA AZEVEDO	F	Senior F.	Individual	01:43:26
170	720	MARGARIDA AZEVEDO	F	Senior F.	Individual	01:43:27
171	676	JULIANA COUTINHO	F	Senior F.	Turbulentos	01:45:03
172	691	CARLOS FERREIRA	M	Vet. M50	Turbulentos	01:45:05
173	679	ANA MATOS	F	Vet F40	Turbulentos	01:45:06
174	530	ALICE LEITE	F	Senior F.	Individual	01:45:08
175	549	IOLANDA BABO	F	Senior F.	Individual	01:45:20
176	571	ALBERTO MAGALHÃES	M	Senior M.	Individual	01:45:23
177	682	TERESA ALVES	F	Vet F40	Turbulentos	01:48:03
178	683	ANA MOREIRA	F	Vet F50	Turbulentos	01:48:22
179	535	ANA CLARO	F	Senior F.	Individual	01:49:48
180	655	SANDRA FIGUEIREDO	F	Vet F40	Os TurboMula D.O.C.	01:50:53

Pos	Dorsal	Atleta	Sexo	Escalão	Clube	Tempo
181	654	REGINA FIGUEIREDO	F	Vet F40	Os TurboMula D.O.C.	01:51:20
182	546	HELENA GOMES	F	Senior F.	Individual	01:57:13
183	590	LUIS DIAS	M	Senior M.	Individual	01:57:14
184	146	MICHAEL SOUSA	M	Senior M.	Individual	02:04:25
185	561	SANDRA TEIXEIRA	F	Senior F.	Individual	02:04:36
186	552	JOANA GONÇALVES	F	Senior F.	Individual	02:04:40
187	658	JORGE SILVA	M	Senior M.	Ritual dos Petiscos Athletic Team	02:05:26
188	659	JOÃO GUEDES	M	Senior M.	Ritual dos Petiscos Athletic Team	02:05:27
189	657	JOANA SANTOS	F	Senior F.	Ritual dos Petiscos Athletic Team	02:07:10
190	660	SÉRGIO ALMEIDA	M	Senior M.	Ritual dos Petiscos Athletic Team	02:07:11
191	564	SILVIA QUINTIÃES	F	Senior F.	Individual	02:09:14
192	630	JOAO REI	M	Vet. M40	Individual	02:14:17
193	625	SUSANA VALE	F	Vet F40	Individual	02:14:37
194	618	CELIA SOUSA	F	Vet F40	Individual	02:14:39
195	538	ARIANA SANTOS	F	Senior F.	Individual	02:15:47
196	615	AMELIA MOREIRA	F	Vet F40	Individual	02:27:32
197	509	ANTÓNIO FERREIRA	M	Vet. M40	Bracara Runners	02:37:45