

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
FILIPE COSTA	Sporting Clube De Portugal	1143	1	00:30:24.817	00:00:00.000
HELDER SANTOS	Sporting Clube De Portugal	1116	2	00:31:10.817	00:00:46.000
PAULO GOMES	Grupo Desportivo E Cultural De Guilhovai	1192	3	00:31:27.860	00:01:03.043
RUI MUGA	Clube Académico De Mogadouro	1101	4	00:31:34.607	00:01:09.790
CRISTIANO PEREIRA	Casa Do Povo De Mangualde	1120	5	00:31:44.547	00:01:19.730
JOÃO ALMEIDA	Escola De Atletismo De Coimbra/Jpaiva	1233	6	00:32:11.820	00:01:47.003
ARTUR RODRIGUES	Grupo Desportivo E Cultural De Guilhovai	2234	7	00:32:18.320	00:01:53.503
TIAGO PEREIRA	F.C.Penafiel	1195	8	00:32:41.097	00:02:16.280
VITOR SANTOS	Fiaes Sport Club	2221	9	00:32:50.097	00:02:25.280
HÉLDER LOPES	Dci Trilhos Luso Bussaco	1204	10	00:32:58.573	00:02:33.756
ANTÓNIO FERNANDES	Grupo Desportivo E Cultural De Guilhovai	2237	11	00:33:08.070	00:02:43.253
JOAO PEREIRA	Individual	1136	12	00:33:10.570	00:02:45.753
NUNO OLIVEIRA	Acr Vale De Cambra	1236	13	00:33:17.843	00:02:53.026
TIAGO MACHADO	Casa Do Povo De Mangualde	1121	14	00:33:36.570	00:03:11.753
MIGUEL SILVA	Collonge Bellerive	2302	15	00:33:49.527	00:03:24.710
FÁBIO CASTRO	Recreio Desportivo De Águeda	1211	16	00:33:52.527	00:03:27.710
JANIK LIMA	Clube De Atletismo De Ovar	1059	17	00:33:53.577	00:03:28.760
JOAO AMORIM	F.C.Penafiel	2242	18	00:33:59.337	00:03:34.520
PEDRO MACHADO	Casa Do Povo De Mangualde	1122	19	00:34:05.587	00:03:40.770
MANUEL SOUSA	C. I. Argoncilhe	2105	20	00:34:06.087	00:03:41.270
RICARDO MOREIRA	F.C.Penafiel	1194	21	00:34:09.847	00:03:45.030
PEDRO CERDEIRINHA	Individual	1154	22	00:34:11.323	00:03:46.506
MESSIAS DIAS	Grupo Desportivo E Cultural De Guilhovai	2235	23	00:34:15.573	00:03:50.756
EMÍLIA PISOEIRO	Recreio Desportivo De Águeda	1209	24	00:34:21.833	00:03:57.016
RICARDO SANTOS	Recreio Desportivo De Águeda	1213	25	00:34:27.823	00:04:03.006
HUGO RAMALHO	Recreio Desportivo De Águeda	2256	26	00:34:32.823	00:04:08.006
ANGELO ARAUJO	Branca	2288	27	00:34:40.580	00:04:15.763
TIAGO PINHO	Acr Vale De Cambra	1237	28	00:34:51.080	00:04:26.263
JORGE VALENTE	Arvor Veteranos De Ovar	1222	29	00:34:52.823	00:04:28.006
LUÍS SILVA	Grupo Desportivo E Cultural De Guilhovai	2232	30	00:34:53.330	00:04:28.513
CARLA MARTINHO	Recreio Desportivo De Águeda	1207	31	00:34:55.327	00:04:30.510
RUI LOPES	Associação Académica De Coimbra	2263	32	00:34:59.073	00:04:34.256
JOSÉ FERNANDES	Acr Vale De Cambra	149	33	00:35:02.073	00:04:37.256
SUSANA GODINHO	Sporting Clube De Portugal	1117	34	00:35:04.823	00:04:40.006
LUIS MAGALHÃES	Branca	2286	35	00:35:07.573	00:04:42.756
FERNANDO LIMA	Individual	4009	36	00:35:11.330	00:04:46.513
MANUEL FERREIRA	Arada Atletico Clube	2176	37	00:35:17.073	00:04:52.256
NUNO SILVA	Clube Atletismo De Lamas	2062	38	00:35:30.073	00:05:05.256
LUÍS MIGUEL	Recreio Desportivo De Águeda	2257	39	00:35:32.323	00:05:07.506
DOMINGOS VIEIRA	Centro Recreativo De Estarreja	1182	40	00:35:34.823	00:05:10.006
CLAUDIO COSTA	Fiaes Sport Club	1190	41	00:35:40.577	00:05:15.760
MARCO ANDRADE	Casa Do Povo De Mangualde	2152	42	00:35:46.823	00:05:22.006
ARMANDO BASTOS	Caldas S. Jorge Sport Clube	2138	43	00:35:50.833	00:05:26.016
MANUEL FERREIRA	Grupo Desportivo E Cultural De Guilhovai	2238	44	00:35:54.823	00:05:30.006

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
RUI SANTOS	Sporting Clube De Espinho / António Leitão	2189	45	00:35:55.820	00:05:31.003
PEDRO NADAIS	Recreio Desportivo De Águeda	1212	46	00:35:59.073	00:05:34.256
RICARDO MARQUES	C D Feirense	1197	47	00:36:01.823	00:05:37.006
DAVIDE PEDROSA	Arada Atletico Clube	1148	48	00:36:07.077	00:05:42.260
MANUEL VALENTE	Caldas S. Jorge Sport Clube	2147	49	00:36:14.327	00:05:49.510
JOSE VIEIRA	F.C.Penafiel	2252	50	00:36:15.567	00:05:50.750
CRISTIANO OLIVEIRA	Individual	1184	51	00:36:21.077	00:05:56.260
SOLANJE JESUS	Acr Vale De Cambra	349	52	00:36:23.573	00:05:58.756
JOAO FARIA	Senhora Da Hora	2214	53	00:36:25.317	00:06:00.500
PAULO SILVA	Individual	2175	54	00:36:27.067	00:06:02.250
SALVIANO FERREIRA	Arada Atletico Clube	2181	55	00:36:32.327	00:06:07.510
TO ZÉ	Arada Atletico Clube	16	56	00:36:39.577	00:06:14.760
JORGE CUBAL	Grupo Desportivo & Cultural De Codal	1071	57	00:36:42.327	00:06:17.510
VITOR SANTOS	Grecas Vagos	1228	58	00:36:49.077	00:06:24.260
JOAQUIM PINHEIRO	F.C.Penafiel	2253	59	00:36:51.313	00:06:26.496
FERNANDO SANTOS	Casa Do Povo De Mangualde	2153	60	00:36:51.570	00:06:26.753
CARLOS NUNES	Casa Do Povo De Mangualde	1119	61	00:36:52.813	00:06:27.996
JOSÉ TAVARES	Caldas S. Jorge Sport Clube	2148	62	00:36:54.563	00:06:29.746
LUIS RODRIGUES	Cpt Sobral De Ceira	1104	63	00:37:10.833	00:06:46.016
ALBERTO FONTE	Adrep	2300	64	00:37:18.077	00:06:53.260
BÁRBARA OLIVEIRA	Recreio Desportivo De Águeda	1206	65	00:37:21.327	00:06:56.510
ANTONIO PINTO	Acr Vale De Cambra	2298	66	00:37:23.283	00:06:58.466
VITOR OLIVEIRA	Dci Trilhos Luso Bussaco	2056	67	00:37:23.327	00:06:58.510
PAULO ARIEIRO	Grupo Desportivo & Cultural De Codal	2079	68	00:37:25.083	00:07:00.266
CRISTIANA VALENTE	Recreio Desportivo De Águeda	1208	69	00:37:26.077	00:07:01.260
RUI SILVA	Sporting Clube De Espinho / António Leitão	2087	70	00:37:27.827	00:07:03.010
JOÃO CUNHA	Tribraga	1095	71	00:37:29.827	00:07:05.010
JOÃO ALMEIDA	Dci Trilhos Luso Bussaco	2215	72	00:37:35.307	00:07:10.490
DIOGO SOARES	C D Feirense	508	73	00:37:37.830	00:07:13.013
RUI ALMEIDA	Grupo Desportivo & Cultural De Codal	1072	74	00:37:40.327	00:07:15.510
RUI FERREIRA	Nucleo Sportinguista De Torres Novas	511	75	00:37:42.583	00:07:17.766
CLARISSE CRUZ	Grecas Vagos	1226	76	00:37:45.813	00:07:20.996
ALBERTO VALENTE	Clube De Atletismo De Ovar	2276	77	00:37:46.557	00:07:21.740
JOSE TOJAL	Cre	314	78	00:37:51.803	00:07:26.986
JOÃO SANTOS	Individual	2014	79	00:37:53.553	00:07:28.736
MIGUEL GONÇALVES	Ccd Crédito Agrícola Mútuo	2173	80	00:37:55.577	00:07:30.760
ADRIANO FONSECA	Vivalley Runners	1175	81	00:37:57.313	00:07:32.496
JOÃO VINHA	Branca	2284	82	00:38:06.560	00:07:41.743
PAULO FIGUEIREDO	Aveiro	2129	83	00:38:07.803	00:07:42.986
MIGUEL MARQUES	Running Esmoriz	1075	84	00:38:08.077	00:07:43.260
JOANA NUNES	Recreio Desportivo De Águeda	1210	85	00:38:17.553	00:07:52.736
JOSÉ REIS	C. I. Argoncilhe	2035	86	00:38:17.830	00:07:53.013
DANIEL RODRIGUES	Grupo Juvenil Pinheiro Da Bemposta	1128	87	00:38:19.550	00:07:54.733
JOSÉ AMARAL	Individual	1201	88	00:38:24.330	00:07:59.513

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
RUI COSTA	Clube De Atletismo De Ovar	2045	89	00:38:27.333	00:08:02.516
ALAIN COUTO	A D Rio Largo C Espinho	2133	90	00:38:32.327	00:08:07.510
BENJAMIM SOARES	Grupo Desportivo E Cultural De Guilhovai	2239	91	00:38:35.797	00:08:10.980
DIOGO COUTINHO	Fiaes Sport Club	1188	92	00:38:41.080	00:08:16.263
JOSÉ SILVA	Atlético Da Póvoa De Varzim	1220	93	00:38:45.807	00:08:20.990
JESSICA MATOS	Sporting Clube De Braga	1221	94	00:38:45.830	00:08:21.013
CLÁUDIO FONSECA	Vivalley Runners	2210	95	00:38:47.053	00:08:22.236
RICARDO PINHO	Kirchhoff - Konect Running Team	1012	96	00:38:47.547	00:08:22.730
PAULO MAIA	Arada Atletico Clube	2180	97	00:38:47.580	00:08:22.763
PEDRO FREITAS	Fit Club Lafoes Runners	2073	98	00:38:51.543	00:08:26.726
DAVIDE LOURENÇO	Dinamo Clube Da Estação	2066	99	00:38:58.283	00:08:33.466
MIGUEL FARIA	Individual	1052	100	00:39:02.797	00:08:37.980
AIRES SOUSA	F.C.Penafiel	2254	101	00:39:13.293	00:08:48.476
ROSA MADUREIRA	Ad Marco 09	2244	102	00:39:13.580	00:08:48.763
WILLIAM CAETANO	Kalenji Team Club Running	1000	103	00:39:15.583	00:08:50.766
SÉRGIO PAIVA	Afis/Ovar	1074	104	00:39:16.580	00:08:51.763
CARLOS SEQUEIRA	Clube De Atletismo De Ovar	1062	105	00:39:17.833	00:08:53.016
MÁRIO VAZ	Clube De Atletismo De Ovar	2042	106	00:39:21.830	00:08:57.013
MANUEL MOUTINHO	Individual	2171	107	00:39:23.040	00:08:58.223
ANTONIO TEIXEIRA	Clube De Atletismo De Ovar	2115	108	00:39:24.080	00:08:59.263
ROGÉRIO CAMPOS	Clube De Atletismo De Ovar	2049	109	00:39:24.830	00:09:00.013
JOÃO OLIVEIRA	Individual	2053	110	00:39:29.830	00:09:05.013
JOSUÉ OLIVEIRA	Triatlo Clube Dos Galitos	2299	111	00:39:37.580	00:09:12.763
MILTON ALMEIDA	Individual	1033	112	00:39:38.833	00:09:14.016
HUGO SILVA	Duravit Raceteam	1180	113	00:39:40.537	00:09:15.720
SÉRGIO MOTA	Sporting Clube De Espinho / António Leitão	4024	114	00:39:42.083	00:09:17.266
LÍDIA PEREIRA	Gdr Granja - Trutas Do Mau	2003	115	00:39:42.083	00:09:17.266
FERNANDO ANTUNES	Ccads S.Fruitoso	2289	116	00:39:49.830	00:09:25.013
MANUEL GOMES	C. I. Argoncilhe	2036	117	00:39:51.537	00:09:26.720
HÉLIO FERREIRA	Guarda	1066	118	00:39:52.340	00:09:27.523
RÚBEN ALMEIDA	Caob - Oliveira Do Bairro	507	119	00:39:56.537	00:09:31.720
TIAGO ROSAS	Sporting Clube De Espinho / António Leitão	504	120	00:40:01.080	00:09:36.263
VITOR GONÇALO	Clube De Atletismo De Ovar	2046	121	00:40:01.287	00:09:36.470
FERNANDO CRUZ	Cirac - Circulo Recreio Arte E Cultura	2091	122	00:40:03.797	00:09:38.980
JOAQUIM RAMOS	Cenap-Cacia	2134	123	00:40:08.043	00:09:43.226
JOSÉ FERREIRA	Associação Amigos Do Seixo-Branco	210	124	00:40:11.330	00:09:46.513
VANDA RIBEIRO	Grecas Vagos	2211	125	00:40:15.783	00:09:50.966
DANIEL GOMES	Juventude Atlético Mozelense	1217	126	00:40:16.283	00:09:51.466
TIAGO ALVES	Individual	1205	127	00:40:16.833	00:09:52.016
DAVID FERNANDES	Grupo Desportivo E Cultural De Guilhovai	2233	128	00:40:19.080	00:09:54.263
SALVADOR FARDILHA	Aveiro	2128	129	00:40:19.330	00:09:54.513
MARCIO PEREIRA	Arada Atletico Clube	1150	130	00:40:21.337	00:09:56.520
MIGUEL CAMPOS	Fit Club Lafoes Runners	2072	131	00:40:23.533	00:09:58.716
GONÇALO BRITO	A D Rio Largo C Espinho	2099	132	00:40:42.333	00:10:17.516

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
MÁRIO CARVALHO	Clube Os 5 À Hora	2197	133	00:40:45.337	00:10:20.520
GABRIEL OLIVEIRA	Individual	1135	134	00:40:49.030	00:10:24.213
FERNANDO BRANDÃO	Juventude Atlético Mozelense	2291	135	00:40:51.833	00:10:27.016
PAULO SILVA	Individual	1170	136	00:40:58.287	00:10:33.470
JOSÉ FERREIRA	Branca	2285	137	00:41:01.283	00:10:36.466
DANIEL CORREIA	Cpt Sobral De Ceira	1103	138	00:41:02.333	00:10:37.516
NUNO ROSA	Ccd Crédito Agrícola Mútuo	2216	139	00:41:07.337	00:10:42.520
PAULO MILHEIRO	Caldas S. Jorge Sport Clube	2142	140	00:41:11.837	00:10:47.020
MÁRIO COSTA	Caldas S. Jorge Sport Clube	2141	141	00:41:14.027	00:10:49.210
ANGELO RAMOS	Caldas S. Jorge Sport Clube	2270	142	00:41:14.333	00:10:49.516
DINIS TAVARES	Vale De Cambra	2229	143	00:41:14.587	00:10:49.770
ANDRÉ FERREIRA	Grupo Juvenil Pinheiro Da Bemposta	2157	144	00:41:18.837	00:10:54.020
EDIVALDO MACIEL	Greças Vagos	1227	145	00:41:29.273	00:11:04.456
JACINTO SARAIVA	Individual	2070	146	00:41:32.843	00:11:08.026
JOSÉ CORREIA	Juventude Atlético Mozelense	2267	147	00:41:37.833	00:11:13.016
PAULO MIGUEL	Individual	2084	148	00:41:38.277	00:11:13.460
NUNO SILVA	Caob - Oliveira Do Bairro	2230	149	00:41:41.590	00:11:16.773
ANTÓNIO CASTRO	Clube De Atletismo De Ovar	2048	150	00:41:46.333	00:11:21.516
JOSÉ CRUZ	Individual	2183	151	00:41:49.837	00:11:25.020
ANA PETINGA	Recreio Desportivo De Águeda	2258	152	00:41:50.780	00:11:25.963
HELENA SAMPAIO	Afis/Ovar	2061	153	00:41:57.087	00:11:32.270
DANIEL MARQUES	Individual	1027	154	00:42:02.843	00:11:38.026
PAULO SANTOS	Individual	2000	155	00:42:03.083	00:11:38.266
ROGERIO FERNANDES	F C Estrelas Susanenses	2081	156	00:42:04.017	00:11:39.200
BRUNO BASTOS	Núcleo De Atletismo De Cucujãe	1186	157	00:42:13.517	00:11:48.700
RICHARD FERREIRA	Individual	1187	158	00:42:14.337	00:11:49.520
CARLOS MARQUES	Branca	2283	159	00:42:19.517	00:11:54.700
MANUEL GRILO	Caldas S. Jorge Sport Clube	2140	160	00:42:19.587	00:11:54.770
JORGE QUEIRÓS	Individual	2013	161	00:42:20.517	00:11:55.700
RODRIGO SILVA	Clube De Atletismo De Ovar	2047	162	00:42:23.087	00:11:58.270
PEDRO SANTOS	Sporting Clube De Espinho / António Leitão	2190	163	00:42:30.087	00:12:05.270
CARLOS MACHADO	Individual	4011	164	00:42:35.047	00:12:10.230
VALDEMAR ALVES	Cirac - Circulo Recreio Arte E Cultura	2092	165	00:42:37.517	00:12:12.700
TELMO CARDOSO	C D Feirense	129	166	00:42:38.337	00:12:13.520
RODOLFO SILVA	Individual	1078	167	00:42:41.763	00:12:16.946
MÓNICA FERNANDES	Clube De Atletismo De Ovar	2041	168	00:42:42.087	00:12:17.270
PEDRO MENDES	Clube De Atletismo De Ovar	2116	169	00:42:42.837	00:12:18.020
LUIS SILVA	Clube De Atletismo De Ovar	2114	170	00:42:43.013	00:12:18.196
PEDRO GUIMARAES	A	2037	171	00:42:45.087	00:12:20.270
SÍLVIA SANTOS	Clube De Atletismo De Ovar	1224	172	00:42:47.263	00:12:22.446
PEDRO LEAL	Clube De Atletismo De Ovar	2044	173	00:42:47.587	00:12:22.770
LUIS ALMEIDA	Arada Atletico Clube	1147	174	00:42:50.263	00:12:25.446
HEITOR ARAÚJO	Individual	2199	175	00:42:51.337	00:12:26.520
JOSE CAMPOS	Individual	2028	176	00:42:51.763	00:12:26.946

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
CARLOS VENÂNCIO	Os Atletas 2019	1057	177	00:42:52.760	00:12:27.943
RUI OLIVEIRA	Centro Recreativo De Estarreja	2223	178	00:42:52.837	00:12:28.020
JOSE COSTA	Lousada Runners	1234	179	00:42:55.760	00:12:30.943
ÁLVARO OLIVEIRA	Individual	2208	180	00:42:57.337	00:12:32.520
FERNANDO OLIVEIRA	Individual	1077	181	00:42:57.760	00:12:32.943
CARLA NUNES	Individual	4006	182	00:42:59.763	00:12:34.946
MIGUEL COELHO	Individual	4018	183	00:42:59.763	00:12:34.946
MÁRIO MARTINS	Os Kagados	2071	184	00:43:06.337	00:12:41.520
ARMANDO HENRIQUES	Individual	2220	185	00:43:09.837	00:12:45.020
FERNANDO MENDES	Individual	2001	186	00:43:12.010	00:12:47.193
ANTÓNIO SILVA	Grupo Desportivo & Cultural De Codal	1088	187	00:43:13.257	00:12:48.440
SANDRA SILVA	Branca	2287	188	00:43:14.017	00:12:49.200
ANTONIO COSTA	Grupo Juvenil Pinheiro Da Bemposta	2158	189	00:43:15.007	00:12:50.190
LURDES MONTEIRO	Casa Do Povo De Mangualde	2155	190	00:43:18.257	00:12:53.440
ROBERTO MOREIRA	Villa Cesari / Flama	2271	191	00:43:23.587	00:12:58.770
MANUEL PEREIRA	Lousada Runners	2251	192	00:43:25.340	00:13:00.523
PAULO ALEGRIA	Individual	2065	193	00:43:27.337	00:13:02.520
EDUARDO LIMA	Cires Running Team	2262	194	00:43:30.510	00:13:05.693
FILIPE ROCHA	Individual	1139	195	00:43:32.840	00:13:08.023
SOFIA SEIXAS	Esgueira	2077	196	00:43:35.043	00:13:10.226
HELDER PIRES	Clube De Atletismo De Ovar	1060	197	00:43:41.597	00:13:16.780
PAULO ANTUNES	A. A. Aveiro	1093	198	00:43:46.257	00:13:21.440
ISMAEL SILVA	Os Kagados	2201	199	00:43:46.257	00:13:21.440
MARCO SILVA	Clube De Atletismo De Ovar	1064	200	00:43:47.763	00:13:22.946
ANTONIO MARTINS	Grupo Juvenil Pinheiro Da Bemposta	1127	201	00:43:51.253	00:13:26.436
CÁTIA COELHO	C D Feirense	1196	202	00:43:56.837	00:13:32.020
JOSÉ PLÁCIDO	Grupo Juvenil Pinheiro Da Bemposta	2156	203	00:43:57.003	00:13:32.186
ANTÓNIO QUATORZE	Cpt Sobral De Ceira	2123	204	00:43:58.750	00:13:33.933
RUI SILVA	Individual	2015	205	00:43:59.377	00:13:34.560
MANUEL SILVA	Clube De Atletismo De Ovar	2113	206	00:44:07.837	00:13:43.020
JOSÉ SILVA	Acrde	2086	207	00:44:09.780	00:13:44.963
PATRICK THOSS	Cires Running Team	2107	208	00:44:11.750	00:13:46.933
VÍTOR SILVA	Caldas S. Jorge Sport Clube	2143	209	00:44:17.247	00:13:52.430
SUSANA RIBEIRO	Individual	4008	210	00:44:36.507	00:14:11.690
FILIPE MOTA	Motas Running	1199	211	00:44:36.507	00:14:11.690
RICARDO PEREIRA	Sporting Clube De Espinho / António Leitão	505	212	00:44:37.090	00:14:12.273
ANDRÉ ROCHA	Grupo Desportivo Dos Outeiros	1076	213	00:44:38.247	00:14:13.430
RUTE SILVA	São João Da Madeira	1223	214	00:44:40.097	00:14:15.280
ARMANDO SANTOS	Caldas S. Jorge Sport Clube	2269	215	00:44:44.340	00:14:19.523
RÚBEN NEVES	Individual	1115	216	00:44:45.997	00:14:21.180
RUI FIGUEIREDO	Cpt Sobral De Ceira	2125	217	00:44:49.090	00:14:24.273
JOAO COSTA	Magnificos	1114	218	00:44:52.600	00:14:27.783
VALTER PINHO	Os Kagados	1169	219	00:44:52.743	00:14:27.926
MIGUEL SANTOS	Individual	1050	220	00:44:53.993	00:14:29.176

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
PAULA MARTINHO	Casa Do Povo De Mangualde	1125	221	00:44:54.493	00:14:29.676
ROBERTO SILVA	Individual	2019	222	00:44:54.593	00:14:29.776
JOAQUIM COSTA	Clube De Atletismo De Ovar	2121	223	00:44:56.843	00:14:32.026
BRUNO SILVA	Individual	1171	224	00:44:57.993	00:14:33.176
FERNANDO GONÇALVES	Cirac - Circulo Recreio Arte E Cultura	2095	225	00:45:00.090	00:14:35.273
LEONARDO JESUS	Individual	1090	226	00:45:09.493	00:14:44.676
JOSÉ RESENDE	Cenap-Cacia	2136	227	00:45:12.093	00:14:47.276
NUNO SOUSA	Caldas S. Jorge Sport Clube	2139	228	00:45:23.500	00:14:58.683
RUI AMADOR	Avanca Runners	1183	229	00:45:26.590	00:15:01.773
MIGUEL FÉLIX	Ccd Renault Cacia	1137	230	00:45:32.090	00:15:07.273
MARIO OLIVEIRA	Os Kagados	2204	231	00:45:33.100	00:15:08.283
ANA NUNES	Individual	4005	232	00:45:33.340	00:15:08.523
MIGUEL MOREIRA	Villa Cesari / Flama	2280	233	00:45:34.597	00:15:09.780
CARLA SOUSA	Sporting Clube De Espinho / António Leitão	2193	234	00:45:36.593	00:15:11.776
MARCO COELHO	Individual	4002	235	00:45:40.597	00:15:15.780
JOSÉ PIRES	Esadof	1040	236	00:45:41.487	00:15:16.670
JÚLIO TEIXEIRA	Kalenji Team Club Running	1048	237	00:45:45.343	00:15:20.526
LUIS LIMA	Branca	1231	238	00:45:45.490	00:15:20.673
ABEL ALMEIDA	Villa Cesari / Flama	2278	239	00:45:46.593	00:15:21.776
CARLA FONTOURA	Branca	2282	240	00:45:46.997	00:15:22.180
JOSE NEVES	F C Estrelas Susanenses	2082	241	00:45:48.090	00:15:23.273
ARMÉNIO DIAS	Workout	1002	242	00:45:48.343	00:15:23.526
FILIPE MONTEIRO	Molinhas Team	1020	243	00:45:49.590	00:15:24.773
ANTÓNIO DOMINGUES	Clube De Atletismo De Ovar	2050	244	00:45:51.493	00:15:26.676
PAULO SANTOS	Acrde	2085	245	00:45:58.340	00:15:33.523
MILTON SILVA	Individual	1138	246	00:46:00.987	00:15:36.170
ANTÓNIO GUIMARÃES	Individual	2011	247	00:46:02.743	00:15:37.926
ABEL SANTOS	Caldas S. Jorge Sport Clube	2144	248	00:46:11.233	00:15:46.416
CLAUDIO CARVALHO	Grupo Juvenil Pinheiro Da Bemposta	2163	249	00:46:12.093	00:15:47.276
ANDRÉ NUNES	Casa Do Povo De Mangualde	1123	250	00:46:14.093	00:15:49.276
VITOR SEIXAS	Esgueira	2076	251	00:46:15.593	00:15:50.776
BRUNO MATOS	Geração Paramos	1022	252	00:46:18.343	00:15:53.526
MANUEL SANTOS	C. I. Argoncilhe	2184	253	00:46:19.593	00:15:54.776
JULIANA ALMEIDA	Grupo Desportivo & Cultural De Codal	1070	254	00:46:19.733	00:15:54.916
FRÉDÉRIC SCHIAVON	A D Rio Largo C Espinho	2101	255	00:46:22.340	00:15:57.523
TIAGO ARAÚJO	Individual	1176	256	00:46:22.490	00:15:57.673
LAURINDA FERREIRA	Casa Do Povo De Mangualde	2154	257	00:46:26.230	00:16:01.413
PEDRO ROQUE	Cpt Sobral De Ceira	2124	258	00:46:27.843	00:16:03.026
CARLOS OLIVEIRA	Os Kagados	2202	259	00:46:33.733	00:16:08.916
VITOR SÁ	Villa Cesari / Flama	2272	260	00:46:36.093	00:16:11.276
JOAO RODRIGUES	Individual	2029	261	00:46:43.097	00:16:18.280
ABELARDO GOMES	Individual	2022	262	00:46:48.843	00:16:24.026
PEDRO LOPES	Viriathvs Runners Viseu	1091	263	00:46:51.120	00:16:26.303
DANIEL PEIXOTO	Sporting Clube De Espinho / António Leitão	1162	264	00:46:51.347	00:16:26.530

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
PEDRO SILVA	Afis/Ovar	2151	265	00:46:55.843	00:16:31.026
CÉLIA MATIAS	Casa Do Povo De Mangualde	1124	266	00:46:58.843	00:16:34.026
MANUEL PAIVA	Núcleo De Atletismo De Cucujãe	2294	267	00:47:03.843	00:16:39.026
JORGE VAZ	Cires Running Team	2109	268	00:47:04.093	00:16:39.276
NUNO PINHO	Individual	2182	269	00:47:27.477	00:17:02.660
JOSÉ PINTO	Cirac - Circulo Recreio Arte E Cultura	1100	270	00:47:29.800	00:17:04.983
JEAN COSTA	Individual	2063	271	00:47:30.593	00:17:05.776
BRUNO SANTIAGO	Grupo Juvenil Pinheiro Da Bemposta	1126	272	00:47:31.973	00:17:07.156
DULCE BASTOS	Núcleo De Atletismo De Cucujãe	2292	273	00:47:32.593	00:17:07.776
JOSÉ SOUSA	Caldas S. Jorge Sport Clube	2146	274	00:47:33.220	00:17:08.403
PORFÍRIO MARTINS	To Na Pista	2002	275	00:47:35.723	00:17:10.906
DIOGO AMORIM	Individual	1086	276	00:47:36.593	00:17:11.776
CELSO TEIXEIRA	Individual	2078	277	00:47:37.353	00:17:12.536
PEDRO PAIVA	Núcleo De Atletismo De Cucujãe	2295	278	00:47:40.093	00:17:15.276
NUNO BASTOS	Individual	1219	279	00:47:40.850	00:17:16.033
NELSON MUGA	Clube Académico De Mogadouro	1102	280	00:47:44.470	00:17:19.653
MARCOS CARVALHO	Running Espinho	1042	281	00:47:48.727	00:17:23.910
LIGIA CASIMIRO	Sporting Clube De Espinho / António Leitão	2188	282	00:47:52.347	00:17:27.530
CARLOS FERREIRA	Sporting Clube De Espinho / António Leitão	2191	283	00:47:52.347	00:17:27.530
ARLINDO SILVA	Clube De Atletismo De Ovar	1063	284	00:47:56.347	00:17:31.530
ARMÉNIO NEVES	Os Quartas	2052	285	00:47:58.097	00:17:33.280
ANTÓNIO FERNANDES	Fit Club Lafoes Runners	2057	286	00:47:59.227	00:17:34.410
CARLOS CRUZ	Zequinhas	1083	287	00:47:59.347	00:17:34.530
CARLOS RIBEIRO	Associação Académica De Coimbra	2264	288	00:48:01.343	00:17:36.526
CARLOS TAVARES	Cirac - Circulo Recreio Arte E Cultura	2093	289	00:48:07.847	00:17:43.030
MANUEL OLIVEIRA	C M M Corrida De Vale De Cambra	2005	290	00:48:08.847	00:17:44.030
MANUEL ALMEIDA	Caldas S. Jorge Sport Clube	2268	291	00:48:10.347	00:17:45.530
JOAQUIM BARBOSA	A D Rio Largo C Espinho	2104	292	00:48:10.473	00:17:45.656
BRUNO GONÇALVES	Zequinhas	1082	293	00:48:10.847	00:17:46.030
LILIANA PEREIRA	Grupo Desportivo & Cultural De Codal	1073	294	00:48:18.843	00:17:54.026
BRUNO BASTOS	Individual	1067	295	00:48:19.847	00:17:55.030
MARCIO OLIVEIRA	Individual	1068	296	00:48:19.967	00:17:55.150
CATARINA COSTA	C D Feirense	211	297	00:48:24.213	00:17:59.396
MANUEL CONCEIÇÃO	Villa Cesari / Flama	2279	298	00:48:35.227	00:18:10.410
HELDER RODRIGUES	Adrep	2301	299	00:48:37.463	00:18:12.646
MANUEL TAVARES	Estarreja	2224	300	00:48:56.097	00:18:31.280
LUÍS RODRIGUES	Mancos Do Pedal	1019	301	00:48:56.710	00:18:31.893
JOSE MOURA	F C Estrelas Susanenses	2080	302	00:49:05.097	00:18:40.280
JOÃO PINHO	To Na Pista	2009	303	00:49:11.847	00:18:47.030
EDMUNDO GUEDES	São João Da Madeira	2275	304	00:49:14.597	00:18:49.780
JOSÉ PEREIRA	Sporting Clube De Espinho / António Leitão	2194	305	00:49:17.887	00:18:53.070
FÁTIMA SANTOS	C D Feirense	2248	306	00:49:20.350	00:18:55.533
MARCELO SILVA	Individual	2040	307	00:49:20.597	00:18:55.780
REGINA GILVAZ	Núcleo De Atletismo De Cucujãe	2218	308	00:49:28.597	00:19:03.780

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
AUGUSTO BAPTISTA	Juventude Atlético Mozelense	2290	309	00:49:30.597	00:19:05.780
VITOR FERREIRA	Sporting Clube De Espinho / António Leitão	2196	310	00:49:32.597	00:19:07.780
RUI FREIRE	Grupo Juvenil Pinheiro Da Bemposta	2160	311	00:49:35.597	00:19:10.780
PAULO SANTOS	Rodelo Running Team	2069	312	00:49:38.097	00:19:13.280
PALMIRA VIEIRA	Individual	1085	313	00:49:40.700	00:19:15.883
JOAQUIM GOMES	A D Rio Largo C Espinho	2102	314	00:49:45.347	00:19:20.530
JOAO PEREIRA	Individual	1021	315	00:49:45.463	00:19:20.646
MARCO SILVA	Kirchhoff - Konect Running Team	1013	316	00:49:45.463	00:19:20.646
MANUEL ANJOS	Madail	2293	317	00:49:45.953	00:19:21.136
HERCULANO CARDOSO	Acvermoim	2096	318	00:49:53.597	00:19:28.780
NARCISO ARROMBA	Cluve	2126	319	00:49:56.950	00:19:32.133
HUGO SILVA	Grupo Juvenil Pinheiro Da Bemposta	1132	320	00:49:57.700	00:19:32.883
FILIPE SANTOS	Individual	1046	321	00:49:58.097	00:19:33.280
DINIS BAPTISTA	Clube De Atletismo De Ovar	2120	322	00:50:02.597	00:19:37.780
IVAN TOMÁS	Grupo Juvenil Pinheiro Da Bemposta	503	323	00:50:15.350	00:19:50.533
ANTÓNIO RAMOS	Arrastões	1173	324	00:50:20.100	00:19:55.283
JOSÉ SILVA	Individual	1142	325	00:50:20.197	00:19:55.380
CARLOS MENDES	Tartarugas Do Asfalto	2250	326	00:50:21.383	00:19:56.566
JORGE SANTOS	Kirchhoff - Konect Running Team	2008	327	00:50:26.947	00:20:02.130
ÓSCAR RODRIGUES	100 Clube	1010	328	00:50:29.850	00:20:05.033
JOÃO CONCEIÇÃO	100 Clube	1039	329	00:50:30.353	00:20:05.536
DANIEL LOPES	A D Rio Largo C Espinho	1097	330	00:50:31.357	00:20:06.540
SOFIA TELES	Individual	1155	331	00:50:34.103	00:20:09.286
JOAQUIM MARQUES	Individual	2170	332	00:50:34.697	00:20:09.880
RICARDO VAZ	Batalhão Crossgym	1165	333	00:50:39.600	00:20:14.783
RUI NEVES	Arada Atletico Clube	2178	334	00:50:40.193	00:20:15.376
PAULA COSTA	Arada Atletico Clube	2179	335	00:50:50.850	00:20:26.033
MANUEL SOUSA	Ovar	2130	336	00:50:57.850	00:20:33.033
CELESTE OLIVEIRA	Villa Cesari / Flama	1225	337	00:50:58.867	00:20:34.050
ANA CORREIA	Individual	4007	338	00:51:00.100	00:20:35.283
RUI MARTINS	Grupo Juvenil Pinheiro Da Bemposta	1130	339	00:51:03.100	00:20:38.283
JOSÉ TEIXEIRA	Cenap-Cacia	2135	340	00:51:03.350	00:20:38.533
JOSÉ ALMEIDA	Individual	2004	341	00:51:03.943	00:20:39.126
BENEDITO LEMOS	Individual	2089	342	00:51:07.940	00:20:43.123
MÁRIO SIMÕES	Individual	2281	343	00:51:08.600	00:20:43.783
BRUNO NEVES	Kirchhoff - Konect Running Team	1014	344	00:51:11.940	00:20:47.123
HUGO SÁ	Sobrinhos Do Ti Cristo	2131	345	00:51:13.190	00:20:48.373
CARLOS CUNHA	Sobrinhos Do Ti Cristo	1106	346	00:51:13.350	00:20:48.533
JOSÉ GONÇALVES	Sobrinhos Do Ti Cristo	2132	347	00:51:13.940	00:20:49.123
MOISÉS FERREIRA	Individual	1045	348	00:51:16.350	00:20:51.533
JULIANA LOPES	Branca	1230	349	00:51:16.440	00:20:51.623
FERNANDO ABREU	Individual	2083	350	00:51:20.440	00:20:55.623
FERNANDO PINTO	Cires Running Team	2108	351	00:51:21.197	00:20:56.380
PAULO ALMEIDA	Individual	2226	352	00:51:22.600	00:20:57.783

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
OLGA GOMES	Sporting Clube De Espinho / António Leitão	2192	353	00:51:22.697	00:20:57.880
ELISABETE SILVA	Afis/Ovar	2198	354	00:51:24.850	00:21:00.033
MATILDE LEAL	Clube De Atletismo De Ovar	2043	355	00:51:25.937	00:21:01.120
SUSANA MONTEIRO	A D Rio Largo C Espinho	2100	356	00:51:31.850	00:21:07.033
JOSÉ OLIVEIRA	Nogueira Da Regedoura	2186	357	00:51:36.103	00:21:11.286
ISABEL HENRIQUES	Individual	2297	358	00:51:37.937	00:21:13.120
DANIEL GONÇALVES	Oliveira De Azeméis	1178	359	00:51:42.687	00:21:17.870
SERGIO OLIVEIRA	Grupo Juvenil Pinheiro Da Bemposta	2162	360	00:51:46.603	00:21:21.786
SARA OLIVEIRA	Dci Trilhos Luso Bussaco	1177	361	00:51:49.600	00:21:24.783
VIRGOLINO BASTOS	Grupo Juvenil Pinheiro Da Bemposta	2161	362	00:51:51.103	00:21:26.286
VANDA MONTEIRO	Sporting Clube De Espinho / António Leitão	2187	363	00:51:53.850	00:21:29.033
ALEXANDRE SANTOS	Avanca Runners	1098	364	00:51:54.603	00:21:29.786
LUÍS FERREIRA	Centro Marcha E Corrida De Vale De Cambra	2222	365	00:51:55.433	00:21:30.616
ADRIANO QUEIROZ	A D Rio Largo C Espinho	2103	366	00:51:57.103	00:21:32.286
FRANCISCO OLI	Individual	2012	367	00:51:57.943	00:21:33.126
CARLINDA SANTOS	C D Feirense	2246	368	00:52:01.600	00:21:36.783
VERA LEITE	Os Kagados	1167	369	00:52:01.683	00:21:36.866
PEDRO COUTINHO	Individual	1229	370	00:52:02.353	00:21:37.536
ANTHONY BORGES	Kirchhoff - Konect Running Team	1016	371	00:52:12.430	00:21:47.613
MIGUEL MIRANDA	Kirchhoff - Konect Running Team	2007	372	00:52:12.933	00:21:48.116
FILIPE FONSECA	Individual	1153	373	00:52:13.690	00:21:48.873
INÊS MATOS	Individual	1152	374	00:52:13.853	00:21:49.036
JOSÉ MATOS	Adrep	2024	375	00:52:17.103	00:21:52.286
JOSE PAULA	Clube De Atletismo De Ovar	2119	376	00:52:30.853	00:22:06.036
ANDREIA NEVES	Individual	1053	377	00:52:31.353	00:22:06.536
RAQUEL SANTOS	Motas Running	1191	378	00:52:32.177	00:22:07.360
ANA OLIVEIRA	Avanca Runners	2021	379	00:52:35.177	00:22:10.360
NUNO SILVA	Individual	4015	380	00:52:54.353	00:22:29.536
HÉLDER RAMOS	Grupo Desportivo Da Gafanha	2165	381	00:52:59.853	00:22:35.036
JESUS OLIVEIRA	Individual	1160	382	00:53:02.853	00:22:38.036
RUI CORREIA	Cires Running Team	2111	383	00:53:04.357	00:22:39.540
FREDDY RAMOS	Arrastões	1172	384	00:53:15.423	00:22:50.606
RUTE SOUSA	C D Feirense	2249	385	00:53:32.853	00:23:08.036
CLARA GONÇALVES	Costa & Gonçalves	2033	386	00:53:34.857	00:23:10.040
NUNO SILVA	C. I. Argoncilhe	1156	387	00:53:36.103	00:23:11.286
JORGE SEIXAS	Individual	2225	388	00:53:44.607	00:23:19.790
MARIA REI	Workout	506	389	00:53:46.857	00:23:22.040
HELENA OLIVEIRA	Bunheiro Runners	1028	390	00:53:49.667	00:23:24.850
JOAQUIM FERREIRA	Afis/Ovar	2058	391	00:53:49.853	00:23:25.036
ADELAIDE DUARTE	Individual	350	392	00:54:01.353	00:23:36.536
ALEXANDRA MORTÁGUA	Avanca Runners	1032	393	00:54:04.197	00:23:39.380
TERESA GUIMARAES	Avanca Runners	1029	394	00:54:04.353	00:23:39.536
HELENA NOGUEIRA	Individual	2212	395	00:54:25.607	00:24:00.790
MANUEL ANDRADE	Grupo Desportivo E Cultural De Guilhovai	2240	396	00:54:29.177	00:24:04.360

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
ANABELA SANTOS	S.S.T.S.J.M	2166	397	00:54:32.660	00:24:07.843
BRUNO GUEDES	Individual	1054	398	00:54:39.107	00:24:14.290
BRUNO PAIVA	Jalm, Run And Walking Team	1108	399	00:54:44.607	00:24:19.790
CARLOS TEIXEIRA	Grupo Juvenil Pinheiro Da Bemposta	1131	400	00:54:45.857	00:24:21.040
ANA COELHO	Gaia Running	1065	401	00:54:48.407	00:24:23.590
JOÃO PEREIRA	Canelas- Estarreja	2213	402	00:55:00.357	00:24:35.540
PAULO BARBOSA	Avanca Runners	2017	403	00:55:01.363	00:24:36.546
PAULO OLIVEIRA	Avanca Runners	2020	404	00:55:01.363	00:24:36.546
PEDRO SANTOS	C D Feirense	2247	405	00:55:14.357	00:24:49.540
ELVIRA SILVA	Individual	2227	406	00:55:16.357	00:24:51.540
CLÁUDIO CASTRO	Jalm, Run And Walking Team	1084	407	00:55:16.607	00:24:51.790
RICARDO ALEGRIA	Individual	501	408	00:55:20.903	00:24:56.086
PAULINO DIAS	Cires Running Team	2122	409	00:55:24.857	00:25:00.040
ISABEL ENES	Cires Running Team	2231	410	00:55:24.903	00:25:00.086
HUGO BRANCO	Running Espinho	2260	411	00:55:33.403	00:25:08.586
BRUNO VALENTE	Individual	1051	412	00:55:37.107	00:25:12.290
ANA ALMEIDA	Eta	1007	413	00:55:38.107	00:25:13.290
GRAÇA LEITE	Acrefa	2018	414	00:55:38.400	00:25:13.583
MARIA OLIVEIRA	Clube De Atletismo De Ovar	2277	415	00:55:44.857	00:25:20.040
FAUSTO SÁ	Cirac - Circulo Recreio Arte E Cultura	1099	416	00:55:45.857	00:25:21.040
HELDER MOREIRA	Claudina & Helder	2098	417	00:55:51.157	00:25:26.340
MIGUEL NUNES	Cires Running Team	2106	418	00:56:02.397	00:25:37.580
ANDREIA VALENTE	Caga Tacos Running Team	1214	419	00:56:06.900	00:25:42.083
ADERITO VIDEIRA	Alla	2228	420	00:56:17.647	00:25:52.830
VITOR SILVA	Magnificos	1112	421	00:56:18.107	00:25:53.290
TÂNIA MATEUS	Individual	1089	422	00:56:20.147	00:25:55.330
MAKSYM SNIGIROV	Individual	1161	423	00:56:27.107	00:26:02.290
JOSÉ AMARAL	Arrastões	2207	424	00:56:31.860	00:26:07.043
CONCEIÇÃO CORREIA	Individual	2088	425	00:56:38.397	00:26:13.580
SANDRA FIDALGO	Bunheiro Runners	1011	426	00:56:40.360	00:26:15.543
PATRÍCIA FAÍSCA	Individual	1157	427	00:56:45.110	00:26:20.293
ANABELA OLIVEIRA	Individual	1159	428	00:56:45.110	00:26:20.293
LUIS LIMA	Os Kagados	2205	429	00:56:47.623	00:26:22.806
CARLA RODRIGUES	Os Atletas 2019	1056	430	00:56:52.357	00:26:27.540
RICARDO VAZ	Zequinhas	1081	431	00:56:59.610	00:26:34.793
MARISA FERREIRA	Grupo Juvenil Pinheiro Da Bemposta	1129	432	00:57:14.113	00:26:49.296
MARCO NUNES	Grupo Juvenil Pinheiro Da Bemposta	1133	433	00:57:15.110	00:26:50.293
SOFIA SANTOS	Sever Do Vouga	1200	434	00:57:17.110	00:26:52.293
PAULO RAMOS	Grupo Juvenil Pinheiro Da Bemposta	2159	435	00:57:23.860	00:26:59.043
FERNANDA ALMEIDA	Grupo Desportivo & Cultural De Codal	2055	436	00:57:31.387	00:27:06.570
LUIS FIGUEIREDO	Fit Club Lafoes Runners	1174	437	00:57:32.137	00:27:07.320
TIAGO RAMOS	Individual	1158	438	00:57:55.360	00:27:30.543
ANTONIO MACEDO	Caga Tacos Running Team	2261	439	00:58:00.360	00:27:35.543
CARLOS FERNANDES	Grupo Juvenil Pinheiro Da Bemposta	2164	440	00:58:04.613	00:27:39.796

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
ANABELA MACHADO	Individual	2255	441	00:58:17.610	00:27:52.793
SOFIA FERNANDES	Esadof	1041	442	00:58:19.860	00:27:55.043
SÓNIA BELEZA	C D Feirense	2245	443	00:58:23.860	00:27:59.043
DORA SÁ	C D Feirense	2274	444	00:58:42.130	00:28:17.313
PAULO OLIVEIRA	C D Feirense	2273	445	00:58:43.127	00:28:18.310
JOSUÉ FERNANDES	S.S.T.S.J.M	2168	446	00:58:43.363	00:28:18.546
MARIA FERNANDES	S.S.T.S.J.M	2167	447	00:58:43.873	00:28:19.056
ANA FREIRE	Bunheiro Runners	1026	448	00:58:46.363	00:28:21.546
RICARDO MESQUITA	Kirchhoff - Konect Running Team	1203	449	00:58:51.623	00:28:26.806
MARIANA PAIS	Individual	1144	450	00:58:58.373	00:28:33.556
ANA MAGALHÃES	Workout	1001	451	00:59:03.620	00:28:38.803
JOÃO TAVARES	Workout	1094	452	00:59:04.113	00:28:39.296
JOSE RATOLA	Molinhas Team	2030	453	00:59:27.370	00:29:02.553
MAURA FERREIRA	Individual	1181	454	00:59:51.117	00:29:26.300
PATRÍCIA LAMEGO	Bunheiro Runners	1092	455	01:00:04.117	00:29:39.300
JORGE SILVA	Molinhas Team	2025	456	01:00:11.867	00:29:47.050
SUSANA CARVALHO	Susana Carvalho	1151	457	01:00:30.610	00:30:05.793
ELSA SILVA	Tartarugas Do Asfalto	2054	458	01:00:37.357	00:30:12.540
MARLENE FERREIRA	Cal - Clube Atletismo De Lamas	2051	459	01:01:20.603	00:30:55.786
REINALDO PEDREIRA	Individual	2010	460	01:01:26.613	00:31:01.796
MÁRCIA BENTO	Individual	1036	461	01:01:47.367	00:31:22.550
RUI OLIVEIRA	Individual	1037	462	01:01:48.100	00:31:23.283
ANDRÉ COSTA	Sodida	1049	463	01:02:03.867	00:31:39.050
AUGUSTA MARTINS	Acra Running	2097	464	01:02:23.617	00:31:58.800
HILÁRIO MACIEL	Museu Desportivo	1069	465	01:02:25.593	00:32:00.776
MARGARIDA SANTOS	Molinhas Team	2026	466	01:02:43.090	00:32:18.273
FÁBIO MAGALHÃES	Individual	1025	467	01:02:43.843	00:32:19.026
MARTA SILVA	Kirchhoff - Konect Running Team	1018	468	01:03:11.370	00:32:46.553
CARLA PINHO	Kirchhoff - Konect Running Team	2006	469	01:03:11.617	00:32:46.800
PEDRO SOARES	C D Feirense	510	470	01:03:22.367	00:32:57.550
ANA LEITE	Avanca Runners	1140	471	01:03:24.620	00:32:59.803
AMÉRICO PINTO	Juventude Atlético Mozelense	2266	472	01:04:09.120	00:33:44.303
CRISTINA CARVALHO	Viamaiã	1079	473	01:04:19.620	00:33:54.803
FILIPE PEREIRA	Viamaiã	1080	474	01:04:20.327	00:33:55.510
MADALENA CORREIA	Cires Running Team	2110	475	01:04:54.130	00:34:29.313
RUI COSTA	Costa & Gonçalves	2032	476	01:04:57.573	00:34:32.756
ANA TOMÉ	São João Da Madeira	1146	477	01:05:09.387	00:34:44.570
DANIEL ASENSIO	São João Da Madeira	2174	478	01:05:09.627	00:34:44.810
PEDRO MARTINS	São João Da Madeira	1145	479	01:05:10.070	00:34:45.253
JOSÉ SANTOS	Individual	2068	480	01:05:14.627	00:34:49.810
SANDRA FERREIRA	Os Kagados	2203	481	01:05:31.123	00:35:06.306
MANUEL RILHO	Afis/Ovar	2127	482	01:05:47.563	00:35:22.746
ROSA SANTOS	Os Kagados	2200	483	01:05:59.813	00:35:34.996
CÁTIA AGOSTINHO	Os Atletas 2019	1055	484	01:06:10.623	00:35:45.806

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
JACINTA OLIVEIRA	Individual	1218	485	01:06:20.123	00:35:55.306
LUÍS AMARAL	Individual	1031	486	01:06:32.310	00:36:07.493
JOÃO OLIVEIRA	Riasaúde Runrun	1030	487	01:06:32.873	00:36:08.056
LUIA ALMEIDA	Tartarugas Do Asfalto	2219	488	01:07:48.047	00:37:23.230
SANDRA SANTOS	Os Atletas 2019	2039	489	01:09:48.130	00:39:23.313
IVO PALMA	Caldas S. Jorge Sport Clube	2149	490	01:10:00.380	00:39:35.563
GERMANO PAIVA	Grupo Desportivo E Cultural De Guilhovai	2241	491	01:11:54.633	00:41:29.816
PEDRO EGIDIO	Eta	1008	492	01:15:13.483	00:44:48.666

BENJAMINS A

RODRIGO REIS	F C Estrelas Susanenses	202	1	00:02:34.433	00:00:00.000
MARGARIDA VIEIRA	C D Feirense	232	2	00:02:38.737	00:00:04.304
LETICIA MARTINS	Individual	4029	3	00:02:39.737	00:00:05.304
MAFALDA NUNES	Grupo Juvenil Pinheiro Da Bemposta	220	4	00:02:39.993	00:00:05.560
MARIANA NEVES	C D Feirense	228	5	00:02:40.737	00:00:06.304
MARTIM GOMES	Workout	238	6	00:02:41.487	00:00:07.054
LUCAS NEVES	Arada Atletico Clube	216	7	00:02:43.440	00:00:09.007
MATILDE RODRIGUES	Recreio Desportivo De Águeda	236	8	00:02:43.683	00:00:09.250
TOMÁS FERREIRA	Ccd Renault Cacia	208	9	00:02:44.987	00:00:10.554
MARTIM RIBEIRO	Grupo Juvenil Pinheiro Da Bemposta	224	10	00:02:45.433	00:00:11.000
LUIA ASSUNÇÃO	Grupo Juvenil Pinheiro Da Bemposta	219	11	00:02:47.933	00:00:13.500
CLARA VIEIRA	C D Feirense	233	12	00:02:49.187	00:00:14.754
GONÇALO FREITAS	Grupo Juvenil Pinheiro Da Bemposta	213	13	00:02:50.983	00:00:16.550
MARIANA PLÁCIDO	Grupo Juvenil Pinheiro Da Bemposta	222	14	00:02:52.233	00:00:17.800
TOMÁS GUEDES	Individual	235	15	00:02:54.233	00:00:19.800
MARTIM OLIVEIRA	Branca	242	16	00:02:59.433	00:00:25.000
GUILHERME RODRIGUES	C D Feirense	231	17	00:03:02.693	00:00:28.260
DUARTE CARVALHO	Recreio Desportivo De Águeda	237	18	00:03:02.990	00:00:28.557
MARTIM OLIVEIRA	Individual	207	19	00:03:05.937	00:00:31.504
ERICAL SANTOS	Arada Atletico Clube	217	20	00:03:06.983	00:00:32.550
MARTIM NUNES	Grupo Juvenil Pinheiro Da Bemposta	223	21	00:03:09.233	00:00:34.800
MARIA ARROJADO	Bunheiro Runners	209	22	00:03:09.737	00:00:35.304
GABRIELA OLIVEIRA	Grupo Juvenil Pinheiro Da Bemposta	212	23	00:03:13.943	00:00:39.510
HENRIQUE CARDOSO	Grupo Juvenil Pinheiro Da Bemposta	214	24	00:03:16.187	00:00:41.754
DOMINGOS VIEIRA	Individual	234	25	00:03:19.187	00:00:44.754
LUÍSA COSTA	Clube De Atletismo De Ovar	206	26	00:03:22.187	00:00:47.754
GULHERME SANTOS	Grupo Juvenil Pinheiro Da Bemposta	226	27	00:03:22.187	00:00:47.754
IRIS BALTAREJO	Branca	240	28	00:03:22.687	00:00:48.254
RUBIM DIAS	Associação Amigos Do Seixo-Branco	6	29	00:03:24.937	00:00:50.504
JOANA SOUSA	Caldas S. Jorge Sport Clube	200	30	00:03:40.943	00:01:06.510
YARA VEIGA	Individual	4016	31	00:03:50.730	00:01:16.297
RICARDO MARQUES	Individual	201	32	00:04:03.440	00:01:29.007
RAQUEL MONTEIRO	A D Rio Largo C Espinho	203	33	00:04:07.973	00:01:33.540

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
SARA VALENTE	Branca	239	34	00:04:15.437	00:01:41.004
INES VALENTE	Branca	241	35	00:04:37.233	00:02:02.800
SURI DIAS	Arada Atletico Clube	11	36	00:04:43.970	00:02:09.537
MARIANA ALVARADO	Arada Atletico Clube	215	37	00:06:52.373	00:04:17.940

BENJAMINS B

SIMÃO SILVA	C D Feirense	327	1	00:02:15.880	00:00:00.000
TIAGO SILVA	Acr Vale De Cambra	346	2	00:02:16.677	00:00:00.797
DANIELA NOGUEIRA	Cires Running Team	2112	3	00:02:19.697	00:00:03.817
SALVADOR LOUREIRO	F C Estrelas Susanenses	304	4	00:02:24.447	00:00:08.567
JOANA FERREIRA	Os Ribeirinhos	313	5	00:02:25.450	00:00:09.570
ANA ALMEIDA	F C Estrelas Susanenses	303	6	00:02:28.447	00:00:12.567
RODRIGO MATOS	Recreio Desportivo De Águeda	335	7	00:02:31.417	00:00:15.537
GONÇALO SOARES	Recreio Desportivo De Águeda	333	8	00:02:33.667	00:00:17.787
SANTIAGO MONTEIRO	C D Feirense	328	9	00:02:34.673	00:00:18.793
MARIANA REIS	F C Estrelas Susanenses	305	10	00:02:34.960	00:00:19.080
DUARTE SÁ	Individual	4001	11	00:02:36.200	00:00:20.320
JOANA FERREIRA	Acr Vale De Cambra	348	12	00:02:36.937	00:00:21.057
MIGUEL TAVARES	Vale De Cambra	345	13	00:02:37.167	00:00:21.287
MARIA OLIVEIRA	Clube De Atletismo De Ovar	312	14	00:02:37.450	00:00:21.570
LARA NEVES	Arada Atletico Clube	320	15	00:02:38.917	00:00:23.037
JULIANA DOMINGUES	Grupo Juvenil Pinheiro Da Bemposta	319	16	00:02:38.923	00:00:23.043
CAMILA BOIA	Grupo Desportivo Da Gafanha	342	17	00:02:39.950	00:00:24.070
JOANA COSTA	Acr Vale De Cambra	347	18	00:02:40.167	00:00:24.287
MARGARIDA SANTOS	Caob - Oliveira Do Bairro	331	19	00:02:42.950	00:00:27.070
MARIA INES	Centro Recreativo De Estarreja	326	20	00:02:46.700	00:00:30.820
MARCO ANTUNES	Individual	4012	21	00:02:47.133	00:00:31.253
CAROLINA NUNES	Cires Running Team	306	22	00:02:56.167	00:00:40.287
LARA MAIA	Arada Atletico Clube	321	23	00:02:57.413	00:00:41.533
DIOGO PINHO	Individual	316	24	00:02:59.167	00:00:43.287
SOFIA TEIXEIRA	Clube De Atletismo De Ovar	204	25	00:02:59.200	00:00:43.320
DIOGO ESTEVES	Sporting Clube De Espinho / António Leitão	308	26	00:03:00.457	00:00:44.577
SANTIAGO MACIEL	Rr Online	330	27	00:03:00.687	00:00:44.807
BÁRBARA BARBOSA	A D Rio Largo C Espinho	307	28	00:03:01.167	00:00:45.287
ADRIANA MARQUES	Grupo Desportivo Da Gafanha	341	29	00:03:03.423	00:00:47.543
DIANA OLIVEIRA	Grupo Juvenil Pinheiro Da Bemposta	317	30	00:03:03.913	00:00:48.033
INÊS SILVA	Juventude Atlético Mozelense	337	31	00:03:08.670	00:00:52.790
RITA SILVA	Juventude Atlético Mozelense	336	32	00:03:11.203	00:00:55.323
ALEXANDRE SHUBIN	Individual	351	33	00:03:11.667	00:00:55.787
JOÃO SOUSA	Caldas S. Jorge Sport Clube	300	34	00:03:13.700	00:00:57.820
MARIANA ALEGRIA	Individual	301	35	00:03:16.200	00:01:00.320
JOANA MARTINS	Grupo Juvenil Pinheiro Da Bemposta	318	36	00:03:27.457	00:01:11.577
GABRIEL OLIVEIRA	Juventude Atlético Mozelense	339	37	00:04:18.203	00:02:02.323

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
MARIA OLIVEIRA	Arada Atletico Clube	322	38	00:05:57.457	00:03:41.577
CAROLINA TAVARES	Associação Amigos Do Seixo-Branco	315	39	00:07:26.960	00:05:11.080

INFANTIS

FANILSON COSTA	Caob - Oliveira Do Bairro	32	1	00:06:50.447	00:00:00.000
PEDRO LEMOS	Os Ribeirinhos	4	2	00:06:55.967	00:00:05.520
ALEXANDRE ESTEVES	Recreio Desportivo De Águeda	40	3	00:07:11.697	00:00:21.250
BEATRIZ BRANCO	Caob - Oliveira Do Bairro	27	4	00:07:14.947	00:00:24.500
DUARTE BOAS	Caob - Oliveira Do Bairro	33	5	00:07:15.383	00:00:24.936
LARA PINTO	Caob - Oliveira Do Bairro	28	6	00:07:16.643	00:00:26.196
DIOGO TEIXEIRA	Ovar	50	7	00:07:20.633	00:00:30.186
DANIEL SILVA	Santa Maria Da Feira	48	8	00:07:34.383	00:00:43.936
JOSÉ AZEVEDO	Caob - Oliveira Do Bairro	34	9	00:07:35.383	00:00:44.936
MIGUEL MACHADO	Recreio Desportivo De Águeda	39	10	00:07:35.640	00:00:45.193
EMA OLIVEIRA	Arada Atletico Clube	10	11	00:07:43.940	00:00:53.493
NUNO LIMA	Cires Running Team	41	12	00:07:47.133	00:00:56.686
MARTIM PINTO	Cires Running Team	42	13	00:07:47.940	00:00:57.493
JOÃO MENDONÇA	Individual	47	14	00:07:54.190	00:01:03.743
SIMÃO CRUZ	Caob - Oliveira Do Bairro	36	15	00:07:58.137	00:01:07.690
RAQUEL JESUS	Acr Vale De Cambra	56	16	00:08:03.887	00:01:13.440
ALEXANDRE CARVALHO	Villa Cesari / Flama	51	17	00:08:07.937	00:01:17.490
RAFAEL PINHO	Villa Cesari / Flama	54	18	00:08:16.383	00:01:25.936
BEATRIZ CLARO	Individual	7	19	00:08:16.437	00:01:25.990
MIRIAM SILVA	Grupo Desportivo Da Gafanha	49	20	00:08:18.883	00:01:28.436
LARA SILVA	Arada Atletico Clube	17	21	00:08:19.390	00:01:28.943
MARIA MONTEIRO	Caob - Oliveira Do Bairro	30	22	00:08:21.187	00:01:30.740
MARIA ROCHA	Arada Atletico Clube	12	23	00:08:22.133	00:01:31.686
IRIS SILVA	C D Feirense	25	24	00:08:33.387	00:01:42.940
DANIEL ALMEIDA	Individual	1	25	00:08:35.437	00:01:44.990
CLAUDIA CARVALHO	Grupo Juvenil Pinheiro Da Bemposta	9	26	00:08:36.383	00:01:45.936
SORAIA MARTINS	Grupo Juvenil Pinheiro Da Bemposta	22	27	00:08:43.943	00:01:53.496
RAFAEL PINHO	Villa Cesari / Flama	55	28	00:08:48.887	00:01:58.440
DINIS VIANA	Individual	37	29	00:08:58.430	00:02:07.983
LEONOR NEVES	Arada Atletico Clube	18	30	00:09:03.927	00:02:13.480
LUIS MONTEIRO	Arada Atletico Clube	20	31	00:09:10.137	00:02:19.690
FILIPE PINTO	Juventude Atlético Mozelense	44	32	00:09:11.427	00:02:20.980
FILIPE FONTE	Adrep	57	33	00:09:16.387	00:02:25.940
JOANA MONTEIRO	F C Estrelas Susanenses	2	34	00:09:22.187	00:02:31.740
ALEXANDRA SANTIAGO	Grupo Juvenil Pinheiro Da Bemposta	221	35	00:09:22.427	00:02:31.980
ANGELINA FERNANDES	Grupo Juvenil Pinheiro Da Bemposta	8	36	00:09:25.177	00:02:34.730
SORAIA CONCEIÇÃO	Juventude Atlético Mozelense	45	37	00:09:31.177	00:02:40.730
INÊS LEITÃO	Individual	4013	38	00:09:36.177	00:02:45.730
BÁRBARA PINHO	Villa Cesari / Flama	52	39	00:09:37.677	00:02:47.230

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
ERIKA REBELO	F C Estrelas Susanenses	3	40	00:09:53.950	00:03:03.503
BEATRIZ SANTOS	Arada Atletico Clube	15	41	00:10:20.670	00:03:30.223
INES MOTA	Arada Atletico Clube	14	42	00:17:35.083	00:10:44.636

INICIADOS

ALEXANDRE LUCAS	Individual	102	1	00:07:14.330	00:00:00.000
JOÃO SANTOS	Caob - Oliveira Do Bairro	134	2	00:07:18.573	00:00:04.243
PEDRO RAMOS	Lusitânia Lourosa	142	3	00:07:48.087	00:00:33.757
ROMEU ESTIMA	Recreio Desportivo De Águeda	138	4	00:08:04.913	00:00:50.583
EDUARDO ESTIMA	Recreio Desportivo De Águeda	137	5	00:08:07.317	00:00:52.987
MARCOS MOTA	Individual	101	6	00:08:10.567	00:00:56.237
JORGE REIS	Villa Cesari / Flama	144	7	00:08:13.167	00:00:58.837
GONÇALO PAIVA	Centro Recreativo De Estarreja	121	8	00:08:25.167	00:01:10.837
RODRIGO SILVA	C D Feirense	130	9	00:08:27.917	00:01:13.587
CRISTIANA NOGUEIRA	Individual	4030	10	00:08:30.413	00:01:16.083
ANTONIO OLIVEIRA	Individual	4027	11	00:08:33.667	00:01:19.337
RODRIGO LOUREIRO	F C Estrelas Susanenses	107	12	00:08:34.413	00:01:20.083
BEATRIZ AZEVEDO	Caob - Oliveira Do Bairro	131	13	00:08:37.573	00:01:23.243
HANIFA KHATIB	Caob - Oliveira Do Bairro	133	14	00:08:37.580	00:01:23.250
MARTA PINHO	Grupo Juvenil Pinheiro Da Bemposta	119	15	00:08:42.667	00:01:28.337
LUCAS OLIVEIRA	C D Feirense	125	16	00:08:47.673	00:01:33.343
LARA COSTA	C D Feirense	126	17	00:08:51.423	00:01:37.093
PEDRO OLIVEIRA	Grupo Juvenil Pinheiro Da Bemposta	120	18	00:09:00.417	00:01:46.087
DINIS CARVALHO	F C Estrelas Susanenses	106	19	00:09:03.060	00:01:48.730
TIAGO OLIVEIRA	Juventude Atlético Mozelense	139	20	00:09:11.310	00:01:56.980
RUBEM BRITO	Arada Atletico Clube	118	21	00:09:15.167	00:02:00.837
FILIPA NEVES	C D Feirense	124	22	00:09:19.453	00:02:05.123
TOMÁS ALMEIDA	Villa Cesari / Flama	147	23	00:09:23.667	00:02:09.337
JOANA ABREU	F C Estrelas Susanenses	104	24	00:09:33.167	00:02:18.837
MAIRA SILVA	Caob - Oliveira Do Bairro	132	25	00:09:34.417	00:02:20.087
BEATRIZ COELHO	Grupo Juvenil Pinheiro Da Bemposta	115	26	00:09:40.667	00:02:26.337
VASCO MAGOLO	C D Feirense	122	27	00:09:54.053	00:02:39.723
JULIANA MOREIRA	Villa Cesari / Flama	145	28	00:09:54.667	00:02:40.337
JOÃO DOMINGUES	Grupo Juvenil Pinheiro Da Bemposta	116	29	00:10:08.167	00:02:53.837
LÁRA FONSECA	S.S.T.S.J.M	108	30	00:10:17.417	00:03:03.087
MARTA LOBO	Lavra	4019	31	00:10:22.670	00:03:08.340
LEONOR ROCHA	Individual	4028	32	00:10:25.300	00:03:10.970
MATILDE MONTEIRO	C D Feirense	123	33	00:10:29.420	00:03:15.090
INÊS LOPES	Villa Cesari / Flama	143	34	00:10:40.670	00:03:26.340
SOFIA FERNANDES	Grupo Desportivo Da Gafanha	141	35	00:11:05.173	00:03:50.843
LARA PEREIRA	Grupo Desportivo Da Gafanha	140	36	00:11:06.170	00:03:51.840
ANTERO BAPTISTA	Arada Atletico Clube	117	37	00:11:08.043	00:03:53.713
ANA PEREIRA	Arada Atletico Clube	113	38	00:11:08.670	00:03:54.340

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
SOFIA COSTA	Murtosa	114	39	00:11:23.040	00:04:08.710
LOURENÇO MENDES	Individual	100	40	00:12:27.923	00:05:13.593
NÁDIA SANTOS	S.S.T.S.J.M	109	41	00:12:48.780	00:05:34.450

JUVENIS

FÁBIO SIMÕES	Recreio Desportivo De Águeda	418	1	00:09:09.540	00:00:00.000
SIMÃO OLIVEIRA	C D Feirense	414	2	00:09:25.230	00:00:15.690
NUNO ALVES	C D Feirense	416	3	00:09:26.537	00:00:16.997
HUGO OLIVEIRA	Acr Vale De Cambra	424	4	00:09:27.807	00:00:18.267
ANDRÉ FONTE	Adrep	425	5	00:09:40.227	00:00:30.687
DIOGO MONTEIRO	Sporting Clube De Espinho / António Leitão	400	6	00:09:55.480	00:00:45.940
TIAGO RODRIGUES	Villa Cesari / Flama	421	7	00:10:14.983	00:01:05.443
JENIFER JESUS	C D Feirense	410	8	00:10:15.780	00:01:06.240
NUNO TAVARES	Lavra	4020	9	00:10:16.983	00:01:07.443
FÁBIO CUNHA	Centro Recreativo De Estarreja	407	10	00:10:28.980	00:01:19.440
LUCAS CRISTALDO	Grupo Juvenil Pinheiro Da Bemposta	404	11	00:10:32.240	00:01:22.700
LUÍS FERREIRA	Sporting Clube De Espinho / António Leitão	401	12	00:10:34.280	00:01:24.740
SOFIA ALMEIDA	Recreio Desportivo De Águeda	417	13	00:10:39.730	00:01:30.190
ALEXANDRA SARAMAGO	Grecas Vagos	422	14	00:10:50.733	00:01:41.193
BRUNA BESSA	Individual	4003	15	00:10:55.237	00:01:45.697
SOFIA FERNANDES	C D Feirense	411	16	00:11:01.733	00:01:52.193
JOANA SANTOS	C D Feirense	413	17	00:11:32.483	00:02:22.943
MARGARIDA MARTINS	Individual	4004	18	00:11:44.020	00:02:34.480
ENIA PINHO	Centro Recreativo De Estarreja	406	19	00:11:55.767	00:02:46.227
JESSICA TOMAS	Grupo Juvenil Pinheiro Da Bemposta	405	20	00:12:04.017	00:02:54.477
INÊS SILVA	C D Feirense	412	21	00:12:33.737	00:03:24.197
EDUARDA OLIVEIRA	Grupo Juvenil Pinheiro Da Bemposta	402	22	00:13:02.250	00:03:52.710
RAQUEL PINTO	Acr Vale De Cambra	423	23	00:13:25.987	00:04:16.447
HELENA SANTIAGO	Grupo Juvenil Pinheiro Da Bemposta	403	24	00:13:26.737	00:04:17.197
INÊS CORREIA	C D Feirense	408	25	00:13:28.753	00:04:19.213