

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
1.	3119	WEVERSON SILVA	JUVENTUDE VIDIGALENSE	1	SUB 23 M	1	34:12:00	03:25	34:13:00
2.	3184	ANDRÉ REIS	GAC-GRUPO ATLETISMO CARANGUEJEIRA	2	SEN M	1	34:22:00	03:26	34:23:00
3.	3093	CARLOS FILIPE COSTA	INDIVIDUAL	3	SEN M	2	34:43:00	03:28	34:43:00
4.	3082	MARC MORATÓ RUFIE	CLUB ATLÈTIC ESPLUGUÍ	4	SEN M	3	35:26:00	03:32	35:27:00
5.	3266	VITOR DINIS	INDUSTRIAL DESPORTIVO VIEIRENSE	5	VET M45	1	35:27:00	03:32	35:29:00
6.	3146	JORGE MARCELINO	INDUSTRIAL DESPORTIVO VIEIRENSE	6	VET M45	2	36:11:00	03:37	36:12:00
7.	3183	AMILCAR BRITO	ATLETICO CLUBE VERMOIL	7	SEN M	4	39:35:00	03:57	39:42:00
8.	3211	PAULO COSTA	MUNICIPIO DE LEIRIA	8	VET M40	1	39:39:00	03:57	39:48:00
9.	3150	JOÃO DOMINGOS	INDUSTRIAL DESPORTIVO VIEIRENSE	9	VET M45	3	39:58:00	03:59	40:00:00
10.	3235	RICARDO SARAIVA	UNIÃO CLUBE EIRENSE	10	VET M45	4	40:02:00	04:00	40:11:00
11.	3148	CARLOS SIMÕES	INDUSTRIAL DESPORTIVO VIEIRENSE	11	VET M50	1	40:11:00	04:01	40:13:00
12.	3196	DANIEL PINTO	CLUBE SEM	12	SEN M	5	40:12:00	04:01	40:14:00
13.	3195	ANTÓNIO ALVES	CLUBE SEM	13	VET M60	1	40:18:00	04:01	40:21:00
14.	3236	MIGUEL NUNES	INDIVIDUAL	14	VET M35	1	40:36:00	04:03	40:40:00
15.	3103	GONÇALO ESTEVES	MUNICIPIO DE LEIRIA	15	SEN M	6	40:39:00	04:03	41:02:00
16.	3149	ALÉXIS ROCHA	INDUSTRIAL DESPORTIVO VIEIRENSE	16	SEN M	7	41:03:00	04:06	41:06:00
17.	3218	NUNO CALISTO	INDIVIDUAL	17	VET M40	2	41:23:00	04:08	41:25:00
18.	3147	RUI DINIS	INDUSTRIAL DESPORTIVO VIEIRENSE	18	VET M50	2	41:43:00	04:10	41:46:00
19.	3046	ANTONIO FERRERA	CLUBE DESPORTIVO MOITENSE	19	VET M60	2	41:47:00	04:10	41:48:00
20.	3252	JOANA FERREIRA	INDIVIDUAL	1	SUB 23 F	1	42:00:00	04:12	42:04:00
21.	3154	EVANGELISTA SANTOS	INDIVIDUAL	20	VET M50	3	42:46:00	04:16	42:53:00
22.	3223	FERNANDO JACINTO	MUNICIPIO DE LEIRIA	21	VET M50	4	42:59:00	04:17	43:05:00
23.	3151	CELESTINO MARQUES	INDUSTRIAL DESPORTIVO VIEIRENSE	22	VET M60	3	43:20:00	04:20	43:22:00
24.	3155	VITOR PEREIRA	INDIVIDUAL	23	VET M50	5	43:14:00	04:19	43:24:00
25.	3256	CARLOS JACINTO	GRUPO ATLETICO DOS SOUTOS	24	VET M40	3	43:28:00	04:20	43:34:00
26.	3232	MANUEL DOMINGUES	MUNICIPIO DE LEIRIA	25	VET M55	1	44:03:00	04:24	44:04:00
27.	3109	FRANCISCO FERREIRA	INDIVIDUAL	26	VET M50	6	44:06:00	04:24	44:09:00
28.	3189	RICARDO MELO	INDIVIDUAL	27	VET M35	2	44:16:00	04:25	44:21:00
29.	3200	DANIEL DELGADO	TWOPIKAS	28	SUB 23 M	2	44:29:00	04:26	44:36:00
30.	3044	LEONEL RODRIGUES	CLUBE DESPORTIVO MOITENSE	29	VET M60	4	44:32:00	04:27	44:38:00
31.	3089	JOEL SAMTOS	ACRM SILVEIRINHA GRANDE	30	SEN M	8	44:51:00	04:29	44:54:00
32.	3135	DUARTE MENDES	SUPERFRESCO TRAIL TEAM	31	JUN M	1	44:43:00	04:28	45:06:00
33.	3072	MIGUEL COIMBRA	UNIÃO CLUBE EIRENSE	32	VET M50	7	45:02:00	04:30	45:07:00
34.	3173	CLARA RODRIGUES	INDIVIDUAL	2	VET F35	1	44:57:00	04:29	45:09:00
35.	3013	ANTÓNIO MOREIRA	INDIVIDUAL	33	VET M45	5	45:10:00	04:31	45:16:00
36.	3042	MARIO DUARTE	CLUBE DESPORTIVO MOITENSE	34	VET M60	5	45:29:00	04:32	45:32:00
37.	3202	JOAO PEREIRA	INDIVIDUAL	35	VET M50	8	45:13:00	04:31	45:32:00
38.	3226	NELSON PEDROSO	MUNICIPIO DE LEIRIA	36	SEN M	9	45:25:00	04:32	45:38:00
39.	3145	ARTUR LOPES	INDUSTRIAL DESPORTIVO VIEIRENSE	37	VET M50	9	45:43:00	04:34	45:49:00
40.	3186	OSCAR TORRES	AC BATALHA	38	SEN M	10	45:41:00	04:34	45:50:00
41.	3241	FILIPE MIGUEL MATOS FERREIRA	INDIVIDUAL	39	VET M40	4	45:48:00	04:34	45:58:00
42.	3114	MIGUEL GOMES	JOÃO SILVA CCR PRAIA MIRA	40	SEN M	11	45:51:00	04:35	46:04:00
43.	3168	IVO ALMEIDA	INDIVIDUAL	41	SEN M	12	45:52:00	04:35	46:10:00
44.	3255	DIOGO PINHEIRO	OS COUXOS	42	SEN M	13	46:16:00	04:37	46:22:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
45.	3108	CHRISTIAN PAULO	INDIVIDUAL	43	VET M40	5	46:16:00	04:37	46:22:00
46.	3199	MIGUEL BERNARDO	TWOPIKAS	44	VET M45	6	46:21:00	04:38	46:28:00
47.	3127	MIGUEL LOPES	RUSTY TEAM	45	VET M35	3	46:27:00	04:38	46:52:00
48.	3132	JULIO RODRIGUES	INDIVIDUAL	46	VET M35	4	46:30:00	04:39	46:52:00
49.	3192	PEDRO PEREIRA	RUSTY TEAM	47	SEN M	14	46:53:00	04:41	46:53:00
50.	3138	VITOR RODRIGUES	INDIVIDUAL	48	VET M35	5	46:39:00	04:39	47:04:00
51.	3201	RUI MOURATO	TWOPIKAS	49	VET M45	7	46:59:00	04:41	47:07:00
52.	3254	RUI CARREIRA	GRUPO ATLETICO DO SOUTOS	50	VET M55	2	47:08:00	04:42	47:14:00
53.	3045	ADRIANO FONTE	CLUBE DESPORTIVO MOITENSE	51	VET M60	6	47:16:00	04:43	47:23:00
54.	3225	RICARDO SOUSA	MUNICIPIO DE LEIRIA	52	VET M35	6	47:11:00	04:43	47:25:00
55.	3126	LUIS MÓNICO	INDIVIDUAL	53	VET M45	8	47:26:00	04:44	47:34:00
56.	3107	EDUARDO EUSÉBIO	INDIVIDUAL	54	SEN M	15	45:52:00	04:35	47:46:00
57.	3248	PEDRO CABECINHAS	GRUPO ALEGRE UNIDO BAJOUCA	55	VET M40	6	47:52:00	04:47	48:07:00
58.	3171	NUNO SANTOS	INDIVIDUAL	56	VET M35	7	47:50:00	04:47	48:08:00
59.	3065	FERNANDO FERREIRA	INDIVIDUAL	57	VET M40	7	48:12:00	04:49	48:21:00
60.	3193	ANTÓNIO FERREIRA	INDIVIDUAL	58	VET M45	9	48:04:00	04:48	48:24:00
61.	3052	MARIA CARVALHO	INDIVIDUAL	3	SEN F	1	48:19:00	04:49	48:25:00
62.	3027	JOANA CARREIRA	INDIVIDUAL	4	SEN F	2	48:26:00	04:50	48:32:00
63.	3216	GIL GASPAR	INDIVIDUAL	59	VET M40	8	48:34:00	04:51	48:42:00
64.	3076	NELSON SANTOS	CP CMP	60	VET M40	9	48:31:00	04:51	48:43:00
65.	3217	JOÃO REIS	INDIVIDUAL	61	SUB 23 M	3	48:38:00	04:51	48:45:00
66.	3206	BERNARDO ROSA	COC	62	JUN M	2	48:26:00	04:50	48:45:00
67.	3073	AFONSO VARATOJO	INDIVIDUAL	63	SEN M	16	48:48:00	04:52	48:57:00
68.	3068	RENATO CARVALHO CARVALHO	MUNICIPIO DE LEIRIA	64	VET M35	8	48:45:00	04:52	48:58:00
69.	3043	DIAMANTINO CRUZ	CLUBE DESPORTIVO MOITENSE	65	VET M60	7	49:01:00	04:54	49:08:00
70.	3021	JOÃO GRAÇA	ACRM SILVEIRINHA GRANDE	66	VET M60	8	49:09:00	04:54	49:12:00
71.	3259	PEDRO DELGADO	OS COUXOS	67	SEN M	17	49:14:00	04:55	49:20:00
72.	3231	FERNANDO VIEIRA	MUNICIPIO DE LEIRIA	68	VET M60	9	49:17:00	04:55	49:28:00
73.	3214	PEDRO COIMBRA	INDUSTRIAL DESPORTIVO VIEIRENSE	69	VET M40	10	49:27:00	04:56	49:38:00
74.	3180	DANIEL LOURENÇO	CA BARREIRA	70	VET M40	11	49:33:00	04:57	49:43:00
75.	3142	RUI MONTEIRO	MUNICIPIO DE LEIRIA	71	VET M50	10	49:28:00	04:56	49:55:00
76.	3106	GONÇALVES PEDRO	JORGE ANTÓNIO	72	SEN M	18	49:41:00	04:58	50:10:00
77.	3069	LUIS TAVARES	MUNICIPIO DE LEIRIA	73	VET M40	12	50:19:00	05:01	50:24:00
78.	3070	CARLOS FERREIRA	MUNICIPIO DE LEIRIA	74	VET M40	13	49:57:00	04:59	50:24:00
79.	3190	DELIO PASCOAL	INDIVIDUAL	75	VET M35	9	50:05:00	05:00	50:29:00
80.	3181	NUNO PALHINHA	INDIVIDUAL	76	VET M35	10	50:02:00	05:00	50:30:00
81.	3246	TIAGO SILVA	SIE - EQUIPA	77	VET M35	11	50:15:00	05:01	50:31:00
82.	3194	RUI ANDRADE ANDRADE	CLUBE SEM	78	VET M45	10	50:28:00	05:02	50:33:00
83.	3197	CARLA CANTANTE	CLUBE SEM	5	VET F35	2	50:28:00	05:02	50:33:00
84.	3185	ALBERTO VINAGRE	CLUBE DESPORTIVO MOITENSE	79	VET M55	3	50:29:00	05:02	50:38:00
85.	3111	NUNO BARBOSA	INDIVIDUAL	80	SEN M	19	50:24:00	05:02	50:44:00
86.	3011	ANSELMO MENDES	INDIVIDUAL	81	VET M40	14	50:32:00	05:03	50:55:00
87.	3152	WILSON RODRIGUES	INDIVIDUAL	82	SEN M	20	51:05:00	05:06	51:28:00
88.	3120	PAULO SERRA	CHONÉ	83	VET M40	15	51:00:00	05:06	51:30:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
89.	3129	PEDRO MARTINS	INDIVIDUAL	84	SEN M	21	51:21:00	05:08	51:30:00
90.	3113	CARLOS PEDRO	JOÃO SILVA CCR PRAIA MIRA	85	VET M45	11	51:34:00	05:09	51:47:00
91.	3131	SERGIO COELHO	INDIVIDUAL	86	SEN M	22	51:22:00	05:08	51:51:00
92.	3172	HELDER ROQUE	INDIVIDUAL	87	SEN M	23	51:39:00	05:09	51:58:00
93.	3133	TIAGO CARVALHO	INDIVIDUAL	88	VET M35	12	51:34:00	05:09	52:04:00
94.	3240	PAULO SILVA	VESPINGA TRAIL TEAM	89	VET M45	12	52:04:00	05:12	52:13:00
95.	3071	JOEL SIMÕES	INDIVIDUAL	90	SEN M	24	50:28:00	05:02	52:18:00
96.	3055	NUNO GRANJA	INDIVIDUAL	91	VET M40	16	52:09:00	05:12	52:37:00
97.	3094	DIOGO SOUSA	BIGGESTLOSERMACEIRA	92	SEN M	25	52:12:00	05:13	52:37:00
98.	3066	LUÍS SANTOS	MUNICIPIO DE LEIRIA	93	VET M35	13	52:13:00	05:13	52:40:00
99.	3157	RENATO VALE	INDIVIDUAL	94	VET M35	14	52:16:00	05:13	52:41:00
100.	3228	DULCE LOPES	MUNICIPIO DE LEIRIA	6	VET F35	3	52:34:00	05:15	52:47:00
101.	3018	HUGO GODINHO	TARAHUMARA	95	SEN M	26	52:35:00	05:15	52:48:00
102.	3062	RUI BRUNHETA	POTENCIAL GLOBAL	96	VET M50	11	52:36:00	05:15	52:48:00
103.	3159	HÉLDER RICO	INDIVIDUAL	97	SEN M	27	52:34:00	05:15	52:56:00
104.	3161	MIGUEL BERNARDO	INDIVIDUAL	98	VET M40	17	52:33:00	05:15	52:56:00
105.	3112	JORGE CUNHA	MAIA-768	99	VET M45	13	52:53:00	05:17	52:58:00
106.	3243	NUNO RODRIGUES	INDIVIDUAL	100	VET M40	18	52:43:00	05:16	52:58:00
107.	3205	LEONEL VIEITO	COC	101	VET M50	12	52:42:00	05:16	53:01:00
108.	3033	PAULO VICENTE	RUNNING FAMILY	102	VET M35	15	52:46:00	05:16	53:04:00
109.	3088	ARMÉNIO VICÊNCIO	CASAL VICÊNCIO	103	VET M35	16	52:51:00	05:17	53:05:00
110.	3213	SONIA FARTO	INDUSTRIAL DESPORTIVO VIEIRENSE	7	VET F40	1	52:51:00	05:17	53:06:00
111.	3017	FILOMENA CARVALHO	PIORDAPERNA	8	VET F40	2	52:36:00	05:15	53:06:00
112.	3050	PEDRO RITO	INDIVIDUAL	104	VET M45	14	52:45:00	05:16	53:08:00
113.	3128	BRUNO FERNANDRD	INDIVIDUAL	105	VET M35	17	52:38:00	05:15	53:09:00
114.	3257	TIAGO DELGADO	OS COUXOS	106	SEN M	28	53:10:00	05:19	53:18:00
115.	3036	AMÁVEL LUZ	INDIVIDUAL	107	VET M55	4	53:25:00	05:20	53:30:00
116.	3162	JOÃO FRANCISCO	INDIVIDUAL	108	VET M50	13	53:01:00	05:18	53:31:00
117.	3182	EUGÉNIO MENDES	ATLETICO CLUBE VERMOIL	109	VET M55	5	53:20:00	05:20	53:31:00
118.	3085	LUCÍLIA MOREIRA	INDIVIDUAL	9	VET F40	3	53:11:00	05:19	53:32:00
119.	3203	RICARDO RIBEIRO	INDIVIDUAL	110	VET M40	19	53:11:00	05:19	53:37:00
120.	3048	JORGE GOMES	CLUBE DESPORTIVO MOITENSE	111	VET M45	15	53:52:00	05:23	53:59:00
121.	3047	ISABEL GOMES	CLUBE DESPORTIVO MOITENSE	10	VET F40	4	53:52:00	05:23	53:59:00
122.	3250	ANTONIO CASTANHEIRA	INDIVIDUAL	112	VET M40	20	53:50:00	05:23	54:04:00
123.	3034	BAUDUINO FERREIRA	RUNNING FAMILY	113	VET M65	1	54:04:00	05:24	54:21:00
124.	3105	NELSON MARQUES	JORGE ANTÓNIO	114	VET M40	21	54:00:00	05:24	54:30:00
125.	3125	MARIO MOREIRA	COC	115	VET M40	22	54:21:00	05:26	54:42:00
126.	3035	JORGE SILVA	LOJA ORIGENS - C. COM. DA SERRAÇÃO	116	VET M45	16	54:39:00	05:27	54:58:00
127.	3124	JOSÉ BOLRÃO	COC	117	VET M50	14	54:38:00	05:27	54:58:00
128.	3207	PEDRO RIBEIRO	MUNICIPIO DE LEIRIA	118	VET M40	23	55:03:00	05:30	55:10:00
129.	3001	RUI BARROS	INDIVIDUAL	119	VET M45	17	55:08:00	05:30	55:17:00
130.	3078	DANIEL QUIAIOS	INDIVIDUAL	120	VET M45	18	55:08:00	05:30	55:24:00
131.	3141	RUI BAGAGEM	MUNICIPIO DE LEIRIA	121	VET M45	19	55:39:00	05:33	56:06:00
132.	3100	FLAVIO ROSA	MUNICIPIO DE LEIRIA	122	VET M55	6	55:47:00	05:34	56:15:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
133.	3101	VITOR COSTA	MUNICIPIO DE LEIRIA	123	VET M45	20	55:47:00	05:34	56:15:00
134.	3165	CRISTINA CLEMENTE	INDIVIDUAL	11	VET F40	5	56:14:00	05:37	56:33:00
135.	3222	JOAO FERREIRA	MUNICIPIO DE LEIRIA	124	VET M40	24	56:37:00	05:39	56:53:00
136.	3230	ANTONIO LOURENÇO	MUNICIPIO DE LEIRIA	125	VET M55	7	56:49:00	05:40	57:04:00
137.	3178	MIGUEL SERAFIM	INDIVIDUAL	126	VET M45	21	56:47:00	05:40	57:11:00
138.	3004	BRIGITE CLEMENTE	INDIVIDUAL	12	VET F40	6	57:19:00	05:43	57:36:00
139.	3156	MARCELINO GOMES	INDIVIDUAL	127	VET M50	15	57:17:00	05:43	57:36:00
140.	3233	RITA VENTURA	INDIVIDUAL	13	SEN F	3	57:45:00	05:46	57:56:00
141.	3102	MIGUEL RIBEIRO	MUNICIPIO DE LEIRIA	128	VET M40	25	57:28:00	05:44	57:57:00
142.	3090	JOAO LOPES	INDIVIDUAL	129	SUB 23 M	4	56:08:00	05:36	58:00:00
143.	3032	FRANCISCO VICENTE	RUNNING FAMILY	130	VET M35	18	57:43:00	05:46	58:01:00
144.	3175	NUNO CARREIRA	SEM PRESSA	131	VET M35	19	57:58:00	05:47	58:07:00
145.	3091	DIOGO FILIPE ALVES EUSÉBIO	INDIVIDUAL	132	SEN M	29	56:10:00	05:37	58:08:00
146.	3166	LUIS POUSEIRO	VESPINGA TRAIL	133	VET M45	22	58:04:00	05:48	58:13:00
147.	3251	MANUEL SEQUEIRA	GDCT REPSOL POLÍMEROS	134	VET M65	2	58:16:00	05:49	58:23:00
148.	3083	CARLA PATRÍCIA MONTEIRO	INDIVIDUAL	14	VET F35	4	58:12:00	05:49	58:37:00
149.	3204	ANABELA VIEITO	COC	15	VET F50	1	58:20:00	05:50	58:41:00
150.	3115	TOMÁS HENRIQUES	INDIVIDUAL	135	JUN M	3	58:34:00	05:51	58:50:00
151.	3174	DINA AMARO	INDIVIDUAL	16	VET F40	7	58:25:00	05:50	58:56:00
152.	3215	MARCO LEMOS	INDIVIDUAL	136	VET M35	20	58:25:00	05:50	58:57:00
153.	3229	HELDER SILVA	MUNICIPIO DE LEIRIA	137	VET M40	26	58:49:00	05:52	59:02:00
154.	3227	GILDA HENRIQUES	MUNICIPIO DE LEIRIA	17	SEN F	4	58:51:00	05:53	59:04:00
155.	3249	LILIANA LOPES	INDIVIDUAL	18	SEN F	5	59:06:00	05:54	59:09:00
156.	3209	MARIA FRANCISCO	MUNICIPIO DE LEIRIA	19	VET F55	1	59:02:00	05:54	59:23:00
157.	3245	MIGUEL PEREIRA	INDIVIDUAL	138	VET M45	23	59:15:00	05:55	59:29:00
158.	3063	SÉRGIO PEREIRA	INDIVIDUAL	139	VET M45	24	59:07:00	05:54	59:30:00
159.	3008	FIRMINO FONSECA	MAXIMIANOS	140	VET M40	27	59:30:00	05:57	59:48:00
160.	3081	JOANA CARVALHO	INDIVIDUAL	20	SEN F	6	59:22:00	05:56	59:50:00
161.	3198	ADRIANO CARLOS SILVA	INDIVIDUAL	141	VET M45	25	59:20:00	05:56	59:53:00
162.	3153	DIDIER LOPES	INDIVIDUAL	142	VET M40	28	59:25:00	05:56	59:55:00
163.	3067	MARTA MARTINS	MUNICIPIO DE LEIRIA	21	VET F40	8	59:40:00	05:58	01:00:01
164.	3262	MILENE SILVA	INDIVIDUAL	22	VET F35	5	01:00:06	06:00	01:00:19
165.	3177	ROGERIO MARQUES	SEM PRESSA	143	SEN M	30	01:00:11	06:01	01:00:20
166.	3015	MELISSA CINTRA	PIORDAPERNA	23	SEN F	7	01:00:05	06:00	01:00:36
167.	3016	JOEL FERREIRA	PIORDAPERNA	144	SEN M	31	01:00:05	06:00	01:00:36
168.	3086	ALBÉRICO GUERRA	RUNNING FAMILY	145	VET M65	3	01:00:35	06:03	01:00:53
169.	3097	MARIA JULIA	INDIVIDUAL	24	VET F60	1	01:00:28	06:02	01:00:55
170.	3037	JOANA REIS	PENICHE A CORRER	25	SEN F	8	01:00:49	06:04	01:01:06
171.	3025	LEANDRO COSTA	SIE - EQUIPA	146	VET M35	21	01:00:50	06:05	01:01:07
172.	3012	SUSANA VIEIRA	INDIVIDUAL	26	VET F40	9	01:00:44	06:04	01:01:10
173.	3134	FÁTIMA ALVES	INDIVIDUAL	27	VET F45	1	01:00:41	06:04	01:01:12
174.	3167	SOFIA COELHO	INDIVIDUAL	28	VET F35	6	01:00:46	06:04	01:01:16
175.	3137	CÉLIA PEREIRA	LIZ RUNNERS	29	VET F40	10	01:01:03	06:06	01:01:23
176.	3158	NOÉMIA MARQUES	INDIVIDUAL	30	VET F40	11	01:01:02	06:06	01:01:26

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
177.	3104	LUIS GAMEIRO	MUNICIPIO DE LEIRIA	147	VET M45	26	01:01:21	06:08	01:01:42
178.	3022	MARCIA JERONIMO	INDIVIDUAL	31	VET F40	12	01:01:19	06:07	01:01:48
179.	3110	NUNO FILIPE GOMES FERREIRA	INDIVIDUAL	148	SEN M	32	01:01:45	06:10	01:02:17
180.	3080	INÊS FERREIRA	INDIVIDUAL	32	SEN F	9	01:01:54	06:11	01:02:20
181.	3084	MILIZA MONTEIRO	INDIVIDUAL	33	SEN F	10	01:02:01	06:12	01:02:26
182.	3253	TELMA BENTO	INDIVIDUAL	34	VET F35	7	01:02:31	06:15	01:02:31
183.	3074	JOÃO COSTA	SIE - EQUIPA	149	VET M40	29	01:02:14	06:13	01:02:31
184.	3014	ANDREIA DIAS	PIORDAPERNA	35	SEN F	11	01:02:03	06:12	01:02:33
185.	3164	MANUEL ANTUNES	INDIVIDUAL	150	VET M60	10	01:02:33	06:15	01:02:47
186.	3244	ANDRIY NIKULIN	INDIVIDUAL	151	VET M50	16	01:02:56	06:17	01:03:03
187.	3051	DAVID CARREIRA	INDIVIDUAL	152	SEN M	33	01:03:15	06:19	01:03:42
188.	3144	JORGE INÊS	INDIVIDUAL	153	SEN M	34	01:03:14	06:19	01:03:42
189.	3061	CÉSAR FERREIRA	INDIVIDUAL	154	VET M45	27	01:03:48	06:22	01:04:18
190.	3123	EUNICE SILVA	RÓDINHAS-SANTOS SILVA / OXYGEN-GYM FITNESS	36	VET F45	2	01:04:31	06:27	01:04:50
191.	3095	NÁDIA FARIA	INDIVIDUAL	37	SEN F	12	01:04:58	06:29	01:05:23
192.	3064	ANA ANDRADE	INDIVIDUAL	38	SEN F	13	01:05:17	06:31	01:05:33
193.	3140	CARLA BEATO	MUNICIPIO DE LEIRIA	39	VET F40	13	01:05:58	06:35	01:06:14
194.	3219	FILIPE LOURENCO	YUDO GREEN BOSTER	155	SEN M	35	01:05:58	06:35	01:06:14
195.	3075	MIQUELINA SILVA	INDIVIDUAL	40	VET F45	3	01:06:24	06:38	01:06:48
196.	3023	NUNO FROIS	SIE - EQUIPA	156	VET M35	22	01:06:20	06:38	01:06:49
197.	3116	LUÍS DO VALE	INDIVIDUAL	157	SEN M	36	01:06:25	06:38	01:06:57
198.	3056	SUSANA PINHEIRA	INDIVIDUAL	41	VET F40	14	01:06:39	06:39	01:07:04
199.	3169	DIOGO DINIS	INDIVIDUAL	158	SEN M	37	01:06:59	06:41	01:07:17
200.	3220	SOFIA FARIA	MUNICIPIO DE LEIRIA	42	SEN F	14	01:07:03	06:42	01:07:27
201.	3087	BÁRBARA AMADO	CASAL VICÊNCIO	43	VET F35	8	01:07:40	06:46	01:07:55
202.	3224	HELENA MARQUES	MUNICIPIO DE LEIRIA	44	VET F40	15	01:08:43	06:52	01:08:54
203.	3029	RAQUEL MIAO	INDIVIDUAL	45	SUB 23 F	2	01:09:02	06:54	01:09:34
204.	3005	ROSALIA RIBEIRO	INDIVIDUAL	46	VET F35	9	01:09:07	06:54	01:09:34
205.	3096	MARIA LURDES ALBUQUERQUE	INDIVIDUAL	47	VET F50	2	01:10:08	07:00	01:10:26
206.	3121	PATRÍCIA SALGADO	CHONÉ	48	VET F35	10	01:11:13	07:07	01:11:42
207.	3122	RITA QUARESMA	CHONÉ	49	VET F35	11	01:11:14	07:07	01:11:42
208.	3053	ALEXANDRINA RIBEIRO	INDIVIDUAL	50	VET F45	4	01:11:49	07:10	01:12:18
209.	3009	CARINA GOMES	INDIVIDUAL	51	VET F35	12	01:12:07	07:12	01:12:29
210.	3170	CRISTIANA FRASÃO	INDIVIDUAL	52	SEN F	15	01:12:32	07:15	01:12:50
211.	3020	NELSON PEDROSA	INDIVIDUAL	159	VET M40	30	01:13:05	07:18	01:13:27
212.	3210	NUNO MOTA	MUNICIPIO DE LEIRIA	160	VET M35	23	01:13:03	07:18	01:13:27
213.	3030	PAULO BAO	INDIVIDUAL	161	JUN M	4	01:13:25	07:20	01:13:56
214.	3238	MARIA LOUREIRO	INDIVIDUAL	53	VET F35	13	01:13:39	07:21	01:14:10
215.	3239	HUGO OLIVEIRA	INDIVIDUAL	162	VET M40	31	01:13:39	07:21	01:14:10
216.	3040	TERESA ALVES	A C R VIMEIRO	54	VET F50	3	01:14:56	07:29	01:15:23
217.	3041	VERA RAMOS	A C R VIMEIRO	55	SUB 23 F	3	01:14:57	07:29	01:15:23
218.	3039	VALÉRIA LAMIM	INDIVIDUAL	56	VET F45	5	01:19:57	07:59	01:20:24
219.	3038	MARCIO EIDT	INDIVIDUAL	163	VET M40	32	01:19:57	07:59	01:20:24
220.	3092	ÂNGELA CHARTERS	INDIVIDUAL	57	SEN F	16	01:27:26	08:44	01:27:58

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
221.	3006	JOSÉ MANUEL FERNANDES	INDIVIDUAL	164	VET M45	28	01:31:49	09:10	01:32:11
222.	3007	FRANCISCO MARQUES	INDIVIDUAL	165	VET M45	29	01:31:49	09:10	01:32:13
223.	3163	JOÃO PEDROSA	INDIVIDUAL	166	SEN M	38	01:35:30	09:33	01:35:39
224.	3234	MIGUEL GRACIO	HELIFLEX	167	VET M45	30	01:41:27	10:08	01:42:57