

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
4	1	1	NUNO COSTA	MAIA A C	M	01:05:39	01:05:40	03:06	Senior Masculino
12	2	2	MIGUEL RIBEIRO	CLUBE ATLETISMO OLIMPICO VIANENSE	M	01:05:46	01:05:46	03:07	Senior Masculino
1	3	3	DANIEL PINHEIRO	MAIA A.C.	M	01:06:09	01:06:10	03:08	Senior Masculino
5	4	4	RICARDO RIBAS	SLBENFICA	M	01:06:55	01:06:55	03:10	Senior Masculino
7	5	5	PAULO GOMES	GRUPO DESPORTIVO CULTURAL GUILHOVAI	M	01:06:59	01:06:59	03:11	Senior Masculino
1956	6	6	RUI MUGA	CLUBE ACADEMICO MOGADOURO	M	01:07:18	01:07:18	03:11	Senior Masculino
42	7	7	LEONEL FERNANDES	CLUBE ATLETISMO DE OVAR	M	01:07:59	01:07:59	03:13	Senior Masculino
2996	8	8	HASSAN LEKHILI	ADAS PROINOR	M	01:08:25	01:08:25	03:14	Senior Masculino
15	9	1	AKKA ESSAADAOUI	SG PNONTEVEDRA	M	01:08:41	01:08:41	03:15	Veterano M35
2053	10	2	CARLOS LOPES	C.A. MOGADOURO	M	01:09:21	01:09:23	03:17	Veterano M35
86	11	9	MIHAIL LALEV	S.C.BRAGA	M	01:09:33	01:09:34	03:18	Senior Masculino
2054	12	3	JOSE CARVALHO	CLUBE ACADEMICO DE MOGADOURO	M	01:10:00	01:10:01	03:19	Veterano M35
1414	13	1	ANTONIO FERNANDES	ACR VALE DE CAMBRA	M	01:10:10	01:10:10	03:19	Veterano M45
769	14	4	JAVIER BENITO	GIJON ATLETISMO	M	01:10:13	01:10:14	03:19	Veterano M35
2219	15	5	RUBEN	ATHLETICS FISIOTERAPIA S. LAZARO	M	01:10:35	01:10:35	03:21	Veterano M35
2937	16	10	ANDRE SILVA	AGUIAS DE ALVELOS	M	01:10:48	01:10:49	03:21	Senior Masculino
2225	17	11	OSCAR CARBALLO	ATHLETICS FISIOTERAPIA S. LAZARO	M	01:10:53	01:10:55	03:21	Senior Masculino
2766	18	6	JOSE DASILVA	ADN RUNNERSTELMO PELUQUEROS	M	01:11:50	01:11:51	03:24	Veterano M35
1654	19	7	VITOR SANTOS	FIAES SC	M	01:12:10	01:12:13	03:25	Veterano M35
3006	20	1	NUNO ROMAO	GFD RUNNING	M	01:12:19	01:12:20	03:26	Veterano M40
29	21	8	MIGUEL MEIRA	CLUBE ATLETISMO OLIMPICO VIANENSE	M	01:12:22	01:12:23	03:26	Veterano M35
622	22	2	MARCO FERREIRA	RED LINE	M	01:12:27	01:12:28	03:26	Veterano M40
2693	23	3	PAULO PEREIRA	G.D.C.GUILHOVAI	M	01:12:35	01:12:36	03:26	Veterano M40
21	24	2	GIL FERREIRA	RECREIO DESPORTIVO DE AGUEDA	M	01:12:46	01:12:46	03:27	Veterano M45
1653	25	9	TOZE CASTRO	FIAES SC	M	01:12:47	01:12:50	03:27	Veterano M35
32	26	4	CARLOS SOUSA	R. RONLINE	M	01:12:55	01:12:56	03:28	Veterano M40
2424	27	5	TELMO VELOSO	PORTO RUNNERS	M	01:12:59	01:13:01	03:28	Veterano M40
1694	28	3	ANTONIO SILVA	C. D. S. SALVADOR DO CAMPO	M	01:13:35	01:13:36	03:29	Veterano M45
1704	29	6	MANUEL MENDEZ	ATLETISMO MOLGAS	M	01:13:34	01:13:41	03:29	Veterano M40
1252	30	10	NELSON LOUREIRO	INDIVIDUAL	M	01:13:45	01:13:45	03:30	Veterano M35
399	31	12	NUNO AMADO	NAVR	M	01:13:43	01:13:46	03:29	Senior Masculino
1079	32	13	PAULO MORAIS	AGUAIS DA MISERICORDIA	M	01:13:48	01:13:51	03:30	Senior Masculino
40	33	7	ROGERIO MARQUES	CYCLONES SANITOP	M	01:13:54	01:13:55	03:30	Veterano M40
1499	34	1	ABILIO COSTA	C. D. S. SALVADOR DO CAMPO	M	01:14:08	01:14:09	03:31	Veterano M50
2774	35	14	DIOGO PINHO	NASCIDOS PARA CORRER	M	01:14:10	01:14:10	03:31	Senior Masculino
2941	36	8	VASCO BATISTA	AGUIAS DE ALVELOS	M	01:14:10	01:14:11	03:31	Veterano M40
2	37	1	CATARINA RIBEIRO	INDIVIDUAL	F	01:14:12	01:14:13	03:31	Senior Feminino
2417	38	4	MARIO CARREIRA	PORTO RUNNERS	M	01:14:16	01:14:18	03:31	Veterano M45
1998	39	9	FERNANDO GRILO	SIRA SOC INSTRUCAO E RECREIO ALDREENSE	M	01:14:45	01:14:49	03:33	Veterano M40
1179	40	11	DANIEL LORENZO	ATHLETICS FISIOTERAPIA SAN LAZARO	M	01:14:47	01:14:55	03:33	Veterano M35
191	41	12	MIGUEL GONCALVES	ADRAP	M	01:14:55	01:14:59	03:33	Veterano M35
19	42	2	CARLA MARTINHO	RECREIO DESPORTIVO DE AGUEDA	F	01:15:03	01:15:04	03:34	Senior Feminino
366	43	13	JOSE PEREIRA	ACSD DE PEDRAIDO	M	01:15:03	01:15:06	03:33	Veterano M35
1169	44	15	HELDER PIRES	CLUBE DE ATLETISMO DE OVAR	M	01:15:03	01:15:08	03:34	Senior Masculino

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
2628	45	10	JESUS GARCIA	RUNAWAYS RUNNING CLUB FOR GENTLEMEN	M	01:15:04	01:15:11	03:34	Veterano M40
81	46	5	MANUEL BRANQUINHO	GRUPO JUVENIL DE VILA DE PUNHE	M	01:15:16	01:15:16	03:34	Veterano M45
3	47	3	DOROTEIA PEIXOTO	AMIGOS DA MONTANHA	F	01:15:18	01:15:18	03:34	Senior Feminino
2377	48	14	MANUEL BESSADA	OLIMPICO VIANENSE	M	01:15:27	01:15:34	03:34	Veterano M35
33	49	1	JOAQUIM SILVA	CLUBE DESPORTIVO BAIRRO DE CARCAVELOS	M	01:15:51	01:15:54	03:36	Veterano M55
2153	50	2	HENRIQUE DIAS	GDR RETORTA	M	01:15:51	01:15:55	03:36	Veterano M50
2623	51	15	NOEL MARCOS	RUNAWAYS	M	01:15:51	01:15:58	03:36	Veterano M35
1194	52	6	JOAQUIM SILVA	GD AIRAO CURVIA	M	01:15:59	01:16:03	03:36	Veterano M45
763	53	4	SUSANA CUNHA	LINDAAPASTORA SPORTING CLUBE	F	01:16:11	01:16:14	03:37	Senior Feminino
35	54	16	VALTER PEREIRA	CYCLONES SANITOP	M	01:16:20	01:16:21	03:37	Senior Masculino
1370	55	17	CARLOS QUEIROS	A. D. AMARANTE	M	01:16:27	01:16:30	03:37	Senior Masculino
509	56	7	LUIS SA	BOAVISTA FC	M	01:16:33	01:16:35	03:37	Veterano M45
849	57	11	NEMESIO FERNANDEZ	ATLETISMO FONTES DO SAR	M	01:16:35	01:16:42	03:37	Veterano M40
1609	58	12	SANTIAGO GONZALEZ	BURGAS ATLETISMO OURENSE	M	01:16:27	01:16:44	03:37	Veterano M40
3016	59	18	TIAGO MAIA	INDIVIDUAL	M	01:16:43	01:16:45	03:38	Senior Masculino
1126	60	3	JOSE TAVARES	CALDEAS SAO JORGE SPORT CLUB	M	01:16:42	01:16:46	03:38	Veterano M50
82	61	19	SERGIO LIMA	GRUPO JUVENIL DE VILA DE PUNHE	M	01:16:47	01:16:47	03:38	Senior Masculino
2276	62	16	JOAO RODRIGUES	AMIGOS DA MONTANHA	M	01:16:48	01:16:50	03:39	Veterano M35
2024	63	20	RENATO SOUSA	A D RIO LARGO CLUBE DE ESPINHO	M	01:16:48	01:16:51	03:39	Senior Masculino
764	64	8	JOSE FELIX	LINDAAPASTORA SPORTING CLUBE	M	01:16:48	01:16:51	03:39	Veterano M45
1586	65	13	CARLOS MONTEIRO	F.C.VIZELA	M	01:15:30	01:17:00	03:35	Veterano M40
1656	66	21	ANDRE SILVA	FIAES SC	M	01:16:57	01:17:01	03:39	Senior Masculino
2739	67	22	JOAO CATALAO	INDIVIDUAL	M	01:16:54	01:17:03	03:39	Senior Masculino
43	68	4	ADELINO FERNANDES	CYCLONES SANITOP	M	01:17:06	01:17:07	03:39	Veterano M50
2064	69	14	ANTONIO BARROS	A.D.R.AVELEDA	M	01:17:04	01:17:07	03:39	Veterano M40
23	70	5	MARISA BARROS	S. C. SALGUEIROS	F	01:17:07	01:17:08	03:39	Senior Feminino
2452	71	2	JOAO PEREIRA	AFIS/OVAR	M	01:17:09	01:17:11	03:39	Veterano M55
1051	72	23	NUNO FERNANDES	CLUBE ATLETISMO FAFE	M	01:17:15	01:17:18	03:40	Senior Masculino
2167	73	17	RICARDO CASTRO	SOCIEDADE RECREIO CEPANENSE	M	01:17:12	01:17:18	03:39	Veterano M35
2703	74	24	RUBEN MAYO	ATLETISMO NEGREIRA	M	01:17:09	01:17:23	03:39	Senior Masculino
1290	75	5	ANTONIO JESUS	ACADEMIA FERNANDA RIBEIRO	M	01:17:24	01:17:27	03:40	Veterano M50
27	76	1	ELISABETE LOPES	N.A.TAIPAS	F	01:17:29	01:17:29	03:41	Veterana F35
20	77	6	CRISTIANA VALENTE	RECREIO DESPORTIVO DE AGUEDA	F	01:17:29	01:17:30	03:41	Senior Feminino
2935	78	25	FERNANDO SERRAO	SPORTING CLUBE PORTUGAL	M	01:17:31	01:17:34	03:41	Senior Masculino
2942	79	18	BRUNO RIBEIRO	AGUIAS DE ALVELOS	M	01:17:33	01:17:35	03:41	Veterano M35
918	80	9	JOSE CASTRO	ATLETISMO FONTES DO SAR	M	01:17:29	01:17:38	03:41	Veterano M45
2149	81	6	JOAQUIM ROCHA	GDR RETORTA	M	01:17:43	01:17:44	03:41	Veterano M50
2899	82	26	PAULO OLIVEIRA	ORALKLASSAMIGOS DO TRAIL	M	01:17:21	01:17:46	03:40	Senior Masculino
36	83	27	PEDRO BARROS	CYCLONES SANITOP	M	01:17:44	01:17:46	03:41	Senior Masculino
1206	84	19	MIGUEL MENDEZ	OLIMPICO DE VEDRA	M	01:17:39	01:17:50	03:41	Veterano M35
2694	85	20	JOSE PENAS	ATHLETICS FISIOTERAPIA SAN LAZARO	M	01:17:47	01:17:52	03:41	Veterano M35
1932	86	15	PEDRO GAMA	CCD APDL	M	01:17:55	01:17:56	03:42	Veterano M40
1934	87	28	HUGO BASTOS	CCD APDL	M	01:17:55	01:17:56	03:42	Senior Masculino
2532	88	16	PEDRO PEREIRA	LIBERTY SEGUROS	M	01:18:02	01:18:04	03:42	Veterano M40

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
3003	89	29	FILIPE FERNANDES	INDIVIDUAL	M	01:17:58	01:18:05	03:42	Senior Masculino
726	90	10	PAULO REIS	SPORTING CLUBE DE ESPINHO / ANTONIO LEITAO	M	01:18:05	01:18:09	03:42	Veterano M45
762	91	30	JOSE CAMACHO	LINDAAPASTORA SPORTING CLUBE	M	01:18:07	01:18:09	03:42	Senior Masculino
2189	92	21	NUNO SILVA	NAVR	M	01:18:09	01:18:13	03:42	Veterano M35
2151	93	22	TIAGO LISBOA	GDR RETORTA	M	01:18:10	01:18:14	03:42	Veterano M35
2636	94	23	PEDRO REIS	TRIATLO AASM	M	01:18:11	01:18:20	03:42	Veterano M35
52	95	11	JORGE LEMOS	R. RONLINE	M	01:18:23	01:18:24	03:43	Veterano M45
2989	96	31	FRANCISCO FERNANDES	AGUIAS DE ALVELOS	M	01:18:01	01:18:28	03:42	Senior Masculino
2938	97	24	DOMINGOS CUNHA	AGUIAS DE ALVELOS	M	01:18:33	01:18:35	03:44	Veterano M35
2591	98	17	JOSE REBOREDO	ATHETICS SMOOY TEAM	M	01:18:41	01:18:42	03:44	Veterano M40
1964	99	25	HELDER COSTA	INDIVIDUAL	M	01:18:43	01:18:43	03:44	Veterano M35
130	100	7	LUIZA OLIVEIRA	PAREDES AVENTURA	F	01:18:42	01:18:43	03:44	Senior Feminino
1581	101	26	HELDER OLIVEIRA	F.C.VIZELA	M	01:17:06	01:18:44	03:39	Veterano M35
1767	102	18	ANGEL PEREZ	FISIOTERAPIA SAN LAZARO	M	01:18:44	01:18:45	03:44	Veterano M40
2737	103	12	CARMINDO SOARES	MOVIMENTO DE JUVENTUDE DE MERELIM	M	01:18:43	01:18:46	03:44	Veterano M45
2705	104	19	NUNO CARDOSO	INDIVIDUAL	M	01:18:43	01:18:49	03:44	Veterano M40
1783	105	7	JORGE CUNHA	GD AIRAO CURVIA	M	01:18:41	01:18:52	03:44	Veterano M50
9	106	8	VANESSA CARVALHO	S.C.BRAGA	F	01:18:53	01:18:54	03:44	Senior Feminino
1115	107	8	AUGUSTO ANTUNES	ARPO	M	01:18:52	01:18:55	03:44	Veterano M50
1610	108	20	EMILIO CASARES	BURGAS ATLETISMO OURENSE	M	01:18:41	01:18:58	03:44	Veterano M40
1960	109	27	CESAR MARQUEZ	INDIVIDUAL	M	01:18:56	01:19:11	03:44	Veterano M35
2080	110	21	FRANCISCO MUGA	CLUBE ACADEMICO MOGADOURO	M	01:18:51	01:19:15	03:44	Veterano M40
80	111	32	PEDRO JAQUES	GRUPO JUVENIL DE VILA DE PUNHE	M	01:19:20	01:19:21	03:46	Senior Masculino
2704	112	33	CARLOS MAYO	ATLETISMO DE NEGREIRA	M	01:19:10	01:19:24	03:45	Senior Masculino
999	113	22	AGAPITO ARUFE	ATLETISMO OUTES JOHN TURKEY	M	01:19:21	01:19:26	03:46	Veterano M40
1354	114	23	PEDRO CAAMANO	CLUB ATLETISMO OUTES JOHN TURKEY	M	01:18:55	01:19:26	03:44	Veterano M40
2716	115	13	FRANCISCO TEIXEIRA	N.A.TAIPAS	M	01:19:18	01:19:27	03:46	Veterano M45
992	116	28	RUI SILVA	IRMANDADE DIAS ALUMINIOS	M	01:19:24	01:19:35	03:46	Veterano M35
1224	117	14	JOSE SILVA	N.A.CUCUJAES	M	01:19:21	01:19:37	03:46	Veterano M45
1655	118	34	HELDER ROBALINHO	FIAES SC	M	01:19:32	01:19:38	03:46	Senior Masculino
1308	119	29	JOSE AFONSO	HSANTAMARIART	M	01:19:30	01:19:39	03:46	Veterano M35
1221	120	24	ARTURO FERROL	INDIVIDUAL	M	01:19:31	01:19:44	03:46	Veterano M40
880	121	3	JOSE CABRAL	SPORTING CLUBE DE ESPINHO	M	01:19:41	01:19:46	03:47	Veterano M55
1342	122	30	TONHO PICALLO	USC	M	01:19:29	01:19:49	03:46	Veterano M35
262	123	4	JOSE MONTEIRO	BAIRRO DE CARCAVELOS	M	01:19:50	01:19:54	03:47	Veterano M55
2269	124	15	MANUEL MENDES	VITORIA SPORT CLUBE	M	01:19:54	01:19:55	03:47	Veterano M45
2275	125	16	AUGUSTO COSTA	AMIGOS DA MONTANHA	M	01:19:54	01:19:55	03:47	Veterano M45
2700	126	35	GUILLERMO LOPEZ	ASOCIACION DEPORTIVA C.A.R.	M	01:19:51	01:19:56	03:47	Senior Masculino
1018	127	17	JOSE ARAUJO	ADECA BEAT	M	01:19:54	01:19:57	03:47	Veterano M45
2195	128	9	HENRIQUE MACHADO	NAVR	M	01:19:47	01:19:58	03:47	Veterano M50
2152	129	36	TIAGO PINTO	GDR RETORTA	M	01:19:54	01:19:59	03:47	Senior Masculino
647	130	18	MARTIN	BEADE	M	01:19:51	01:19:59	03:47	Veterano M45
96	131	37	MARCO SANTOS	INDIVIDUAL	M	01:20:03	01:20:03	03:47	Senior Masculino
1512	132	31	LUIS NOVAIS	C.A.N.S.C.	M	01:19:07	01:20:08	03:45	Veterano M35

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
988	133	38	JACOBO MARTINEZ	C.S.C.R BEADE	M	01:20:00	01:20:09	03:47	Senior Masculino
1978	134	19	JOSE PEREIRA	BRAGUINHAS RUNNERS	M	01:20:05	01:20:12	03:48	Veterano M45
1390	135	25	FRANCISCO PEREIRA	CLUB TRIATLON MORAZO	M	01:20:05	01:20:14	03:48	Veterano M40
2776	136	32	DOMINGOS SANTOS	NASCIDOS PARA CORRER	M	01:20:13	01:20:15	03:48	Veterano M35
1057	137	39	JOSE PEREIRA	CLUBE ATLETISMO FAFE	M	01:20:11	01:20:17	03:48	Senior Masculino
2612	138	20	JOSE ALLERES	INDIVIDUAL	M	01:20:06	01:20:19	03:48	Veterano M45
1734	139	40	ORLANDO SILVA	OLIMPICO VIANENSE TRAIL	M	01:20:10	01:20:20	03:48	Senior Masculino
1171	140	41	ANDRE PINTO	INDIVIDUAL	M	01:20:09	01:20:21	03:48	Senior Masculino
476	141	21	PAULO SILVA	PAREDES AVENTURA	M	01:20:18	01:20:24	03:49	Veterano M45
1052	142	22	JORGE VALE	CLUBE ATLETISMO FAFE	M	01:20:20	01:20:24	03:49	Veterano M45
1114	143	26	MARCOS	INDIVIDUAL	M	01:20:08	01:20:28	03:48	Veterano M40
2194	144	27	RAUL FERNANDES	NAVR	M	01:20:21	01:20:31	03:49	Veterano M40
727	145	23	ABILIO RIBEIRO	SPORTING CLUBE DE ESPINHO / ANTONIO LEITAO	M	01:20:27	01:20:32	03:49	Veterano M45
2018	146	5	JOSE VIANA	QUEIROZTEAM / INDEVISIO.COM	M	01:20:32	01:20:33	03:49	Veterano M55
1933	147	42	SERGIO FERREIRA	CCD APDL	M	01:20:34	01:20:36	03:49	Senior Masculino
2740	148	43	ARTUR SILVA	CLUBE ATLETISMO OLIMPICO VIANENSE	M	01:20:51	01:20:53	03:50	Senior Masculino
2267	149	28	M PEIXE	VITORIA SPORT CLUBE	M	01:20:52	01:20:54	03:50	Veterano M40
1477	150	44	IVO PEKO	AMIGOS DO ATLETISMO MAGNA	M	01:20:53	01:20:58	03:50	Senior Masculino
877	151	45	MARCO PINTO	INDIVIDUAL	M	01:20:53	01:20:58	03:50	Senior Masculino
938	152	29	JORDI NUNEZ	RUNGALICIA	M	01:20:51	01:20:59	03:50	Veterano M40
724	153	24	PAULO OLIVEIRA	SPORTING CLUBE DE ESPINHO / ANTONIO LEITAO	M	01:21:00	01:21:11	03:51	Veterano M45
1198	154	46	NUNO FIGUEIREDO	GTT ARMAZEM DO CAFFE	M	01:20:57	01:21:13	03:51	Senior Masculino
1170	155	47	ALEJANDRO RAMIREZ	A BOUZA SPRINT	M	01:20:31	01:21:15	03:49	Senior Masculino
2150	156	30	ADELINO SILVA	GDR RETORTA	M	01:21:14	01:21:17	03:51	Veterano M40
114	157	31	JOAO MACHADO	INDIVIDUAL	M	01:21:13	01:21:19	03:51	Veterano M40
2812	158	32	PAULO PILROTO	NASCIDOS PARA CORRER	M	01:21:19	01:21:20	03:51	Veterano M40
916	159	33	LUIS CAMANHO	INDIVIDUAL	M	01:21:17	01:21:22	03:51	Veterano M35
2190	160	33	JOAO LEANDRO	NAVR	M	01:21:13	01:21:25	03:51	Veterano M40
2262	161	34	JOAO SILVA	VITORIA SPORT CLUBE	M	01:21:22	01:21:25	03:51	Veterano M40
653	162	35	JESUS MEIRE	INDIVIDUAL	M	01:21:16	01:21:25	03:51	Veterano M40
2781	163	25	FRANCELINO RESENDE	NASCIDOS PARA CORRER	M	01:21:27	01:21:28	03:52	Veterano M45
2234	164	48	DANIEL COSTA	CLUBE ATLETISMO FAFE	M	01:20:37	01:21:28	03:49	Senior Masculino
1611	165	36	DAVID LEDO	BURGAS ATLETISMO OURENSE	M	01:21:11	01:21:28	03:51	Veterano M40
338	166	26	CARLOS DIAS	MAIA ATLETICO CLUBE	M	01:21:26	01:21:33	03:52	Veterano M45
343	167	34	ENRIQUE GONZALEZ	ATLETISMO PORRINO	M	01:21:08	01:21:33	03:51	Veterano M35
25	168	9	CLAUDIA PEREIRA	G.F.D. RUNNING	F	01:21:39	01:21:40	03:52	Senior Feminino
1695	169	37	RUI VELOSO	C. D. S. SALVADOR DO CAMPO	M	01:21:39	01:21:40	03:52	Veterano M40
1333	170	38	VITOR ARAUJO	INDIVIDUAL	M	01:21:29	01:21:42	03:52	Veterano M40
72	171	27	JORGE MATOS	UNICER	M	01:21:41	01:21:43	03:52	Veterano M45
1280	172	35	MARTIN ESTEVEZ	CORREDOIRAS DE BUEU	M	01:21:43	01:21:49	03:52	Veterano M35
304	173	36	RUBEN CHAS	INDIVIDUAL	M	01:21:43	01:21:56	03:52	Veterano M35
1795	174	37	AMERICO MACHADO	ADE TRAIL RUNNING	M	01:20:40	01:21:58	03:49	Veterano M35
2742	175	10	NEIRA	RUNCAR	M	01:21:53	01:22:04	03:53	Veterano M50
253	176	38	RICARDO FERREIRA	FLYVEGARUNNER	M	01:22:04	01:22:05	03:54	Veterano M35

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
450	177	39	ALBERTO TUBIO	S.D.BARBANTIA RODA	M	01:21:48	01:22:07	03:52	Veterano M40
463	178	28	PAULO MATOS	GULBENKIAN	M	01:21:58	01:22:08	03:53	Veterano M45
454	179	49	DANIEL GARCIA	3&RUN PEDRO NIMO	M	01:22:02	01:22:11	03:53	Senior Masculino
910	180	29	JUAN GONZALEZ	C.A.R. MARISQUEIRO	M	01:22:03	01:22:11	03:54	Veterano M45
1132	181	40	LUIS GONZALEZ	RUNGALICIA	M	01:22:07	01:22:15	03:54	Veterano M40
1295	182	50	ABEL LOPEZ	ESCUELA DEL CORREDOR UNIVERSIDAD DE LEON	M	01:21:32	01:22:16	03:52	Senior Masculino
373	183	41	PAULO PEREIRA	INDIVIDUAL	M	01:21:56	01:22:18	03:53	Veterano M40
1239	184	42	ANTONIO ARAUJO	AGUAIS DA MISERICORDIA	M	01:22:12	01:22:20	03:54	Veterano M40
1128	185	11	MANUEL VALENTE	CALDAS SAO JORGE SPORT CLUB	M	01:22:18	01:22:22	03:54	Veterano M50
2257	186	12	FRANCISCO NOVAIS	VITORIA SPORT CLUBE	M	01:22:22	01:22:24	03:54	Veterano M50
2949	187	43	JOSE PAMPIM	INDIVIDUAL	M	01:22:25	01:22:31	03:54	Veterano M40
1618	188	39	DIEGO RIBAO	BURGAS ATLETISMO OURENSE	M	01:22:14	01:22:31	03:54	Veterano M35
1613	189	40	RUBEN COTA	BURGAS ATLETISMO OURENSE	M	01:22:14	01:22:32	03:54	Veterano M35
1549	190	44	RICARDO PINEIRO	CORREDOIRAS BUEU	M	01:22:24	01:22:33	03:54	Veterano M40
2768	191	41	JONATHAN COSTAS	ATLETISMO BAIONA	M	01:22:25	01:22:33	03:54	Veterano M35
2242	192	45	FILIPE FOTES	CLUBE ATLETISMO DE LAMAS	M	01:22:05	01:22:33	03:54	Veterano M40
757	193	30	VICTOR MORA	PONTEVEDRA	M	01:22:07	01:22:36	03:54	Veterano M45
2936	194	31	ADRIANO SA	AGUIAS DE ALVELOS	M	01:22:35	01:22:38	03:55	Veterano M45
38	195	51	HENRIQUE COSTA	CYCLONES SANITOP	M	01:22:35	01:22:38	03:55	Senior Masculino
1986	196	32	HELDER PINHEIRO	INDIVIDUAL	M	01:22:07	01:22:41	03:54	Veterano M45
577	197	33	PAULO LOURENCO	DINAMO CLUBE DA ESTACAO	M	01:22:33	01:22:41	03:55	Veterano M45
171	198	46	MARK VELHOTE	VODAFONE	M	01:22:33	01:22:44	03:55	Veterano M40
607	199	42	CARLOS JESUS	BEAT YOUR LIMIT!	M	01:22:40	01:22:45	03:55	Veterano M35
205	200	43	MARCOS RAMIRES	WIKABOO	M	01:22:42	01:22:48	03:55	Veterano M35
1415	201	34	ANTONIO PINTO	ACR VALE DE CAMBRA	M	01:22:47	01:22:50	03:56	Veterano M45
1083	202	35	LUIS TORRES	INDIVIDUAL	M	01:22:40	01:22:56	03:55	Veterano M45
2620	203	47	NUNO CAMPOS	BARCELOS TEAM PORTUGAL	M	01:22:33	01:22:58	03:55	Veterano M40
2736	204	52	JOAO DIAS	MOVIMENTO DE JUVENTUDE DE MERELIM	M	01:22:55	01:22:59	03:56	Senior Masculino
1540	205	44	LUIS ESCRIBANO	CORREDOIRAS BUEU	M	01:22:51	01:23:01	03:56	Veterano M35
2789	206	13	JOSE MOTA	NASCIDOS PARA CORRER	M	01:22:46	01:23:02	03:56	Veterano M50
1210	207	53	MANUEL GONZALEZ	C.D.PINARIUM	M	01:22:58	01:23:03	03:56	Senior Masculino
1437	208	36	JOAO REIS	ARCA BARCELOS RUNNERS	M	01:22:59	01:23:03	03:56	Veterano M45
426	209	14	JOSE FERREIRA	VITORIA SPORT CLUB	M	01:22:13	01:23:05	03:54	Veterano M50
2751	210	45	JOSE ALMEIDA	INDIVIDUAL	M	01:22:51	01:23:06	03:56	Veterano M35
1657	211	48	JOAO PAULO	FIAES SC	M	01:23:06	01:23:10	03:56	Veterano M40
2028	212	49	CARLOS COELHO	A D RIO LARGO CLUBE DE ESPINHO	M	01:23:08	01:23:17	03:57	Veterano M40
10	213	54	AMANCIO RECOUSO	CLUB UNIVERSIDADE DE SANTIAGO COMPOSTELA	M	01:23:13	01:23:19	03:57	Senior Masculino
2950	214	46	NUNO ROMEU	INDIVIDUAL	M	01:23:11	01:23:23	03:57	Veterano M35
413	215	6	SANTIAGO GIL	INDIVIDUAL	M	01:22:54	01:23:23	03:56	Veterano M55
835	216	37	LUIS LOPES	INDIVIDUAL	M	01:23:25	01:23:26	03:57	Veterano M45
2786	217	38	JOAQUIM ALVES	NASCIDOS PARA CORRER	M	01:23:13	01:23:29	03:57	Veterano M45
1878	218	50	JOSE AFONSO	CLUBE PORTUGAL TELECOM	M	01:23:16	01:23:29	03:57	Veterano M40
564	219	15	MANUEL CASAIS	BLASQEM RUNNERS	M	01:23:25	01:23:32	03:57	Veterano M50
388	220	55	SERGIO MOTA	INDIVIDUAL	M	01:23:32	01:23:37	03:57	Senior Masculino

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
1005	221	39	EMILIO VAAMONDE	INDIVIDUAL	M	01:23:12	01:23:38	03:57	Veterano M45
389	222	47	MIGUEL CASADO	INDIVIDUAL	M	01:23:23	01:23:40	03:57	Veterano M35
1953	223	40	JOSE MARQUES	C A MATOSINHOS	M	01:23:34	01:23:40	03:57	Veterano M45
2126	224	41	PAULO PEREIRA	INDIVIDUAL	M	01:23:40	01:23:41	03:58	Veterano M45
1580	225	56	LUIS BESSA	F.C.VIZELA	M	01:22:03	01:23:42	03:54	Senior Masculino
836	226	51	NUNO ANTUNES	WIKABOO	M	01:23:20	01:23:43	03:57	Veterano M40
543	227	52	JOSE MIGUEL	C.A.R.MARISQUEIRO	M	01:23:28	01:23:44	03:57	Veterano M40
534	228	48	JAVIER ALONSO	INDIVIDUAL	M	01:23:38	01:23:47	03:58	Veterano M35
2084	229	49	CARLOS MARTINS	INDIVIDUAL	M	01:23:34	01:23:50	03:57	Veterano M35
354	230	53	JORGE LOUREIRO	DINAMO CLUBE ESTACAO	M	01:23:39	01:23:50	03:58	Veterano M40
462	231	50	JOSE MARQUES	GULBENKIAN	M	01:23:38	01:23:51	03:58	Veterano M35
1733	232	54	JOAO TEIXEIRA	CHAVES RUNNING TEAM	M	01:23:00	01:23:54	03:56	Veterano M40
2762	233	51	OSCAR FERNANDEZ	INDIVIDUAL	M	01:23:29	01:23:57	03:57	Veterano M35
1372	234	55	JORGE OLIVEIRA	A.D.AMARANTE	M	01:23:56	01:24:00	03:59	Veterano M40
614	235	42	CLAUDIO QUEIROGA	DINAMO CLUBE DA ESTACAO	M	01:23:50	01:24:00	03:59	Veterano M45
1638	236	57	DARIO COMESANA	INDIVIDUAL	M	01:23:16	01:24:01	03:57	Senior Masculino
565	237	16	FERNANDO MAIA	BLASQEM RUNNERS	M	01:23:56	01:24:03	03:59	Veterano M50
1253	238	52	JOAO ALVES	FIT4FUN	M	01:23:53	01:24:03	03:59	Veterano M35
383	239	53	ANTONIO SALGADO	VARZIM SPORT CLUB	M	01:23:48	01:24:06	03:59	Veterano M35
560	240	58	GIL FREITAS	INDIVIDUAL	M	01:23:43	01:24:06	03:58	Senior Masculino
808	241	56	RAMIRO COSTA	INDIVIDUAL	M	01:23:30	01:24:09	03:57	Veterano M40
2185	242	54	JOAO ROCHA	NAVR	M	01:24:00	01:24:09	03:59	Veterano M35
984	243	57	RENATO	LA GRAMOLA GTR	M	01:23:56	01:24:12	03:59	Veterano M40
68	244	55	ARTUR COSTA	LIBERTY SEGUROS	M	01:24:08	01:24:12	03:59	Veterano M35
540	245	59	OSCAR PINEIRO	INDIVIDUAL	M	01:23:48	01:24:16	03:59	Senior Masculino
1032	246	43	AUGUSTO FIGUEIREDO	ESCOLA ATLETISMO DE COIMBRA / JPAIVA	M	01:23:51	01:24:18	03:59	Veterano M45
433	247	58	FRANCISCO CARBALLO	DREAM TEAM	M	01:24:05	01:24:20	03:59	Veterano M40
1102	248	59	JUAN GARCIA	LAMARGHA	M	01:24:09	01:24:21	03:59	Veterano M40
2880	249	56	PAULO SIMOES	GRUPO BTT GOTINHAS	M	01:24:13	01:24:32	03:59	Veterano M35
257	250	60	SERVANDO PARDO	INDIVIDUAL	M	01:24:15	01:24:34	04:00	Veterano M40
2964	251	60	PEDRO MAGALHAES	AMA ASSOCIACAO MONDIM ALETISMO	M	01:24:00	01:24:34	03:59	Senior Masculino
1583	252	17	FRANCISCO SANTOS	LEOES DA AGRA	M	01:24:15	01:24:37	04:00	Veterano M50
506	253	18	LUIS CARDOSO	AMIGOS PONTO FINAL	M	01:24:31	01:24:37	04:00	Veterano M50
24	254	10	JUSTINE WOOJCIK	S.C.SALGUEIROS	F	01:24:37	01:24:38	04:00	Senior Feminino
983	255	61	MARCOS DURAN	INDIVIDUAL	M	01:24:06	01:24:38	03:59	Veterano M40
2622	256	44	EZEQUIEL FERNANDES	TEAM LANTEMIL	M	01:24:31	01:24:39	04:00	Veterano M45
2258	257	62	HELDER VIEIRA	VITORIA SPORT CLUBE	M	01:24:38	01:24:41	04:00	Veterano M40
503	258	57	JOSE PEREZ	INDIVIDUAL	M	01:24:35	01:24:42	04:00	Veterano M35
2838	259	45	MARCOS GOMEZ	ATLETISMO PORRINO	M	01:24:30	01:24:45	04:00	Veterano M45
1936	260	63	JOSE AZEVEDO	CCD APDL	M	01:24:38	01:24:46	04:00	Veterano M40
2837	261	64	MIGUEL FIGUEIREDO	FIGUEIREDO S RUNNER S AND FRIENDS	M	01:24:45	01:24:46	04:01	Veterano M40
2836	262	11	ANDREIA CUNHA	FIGUEIREDO S RUNNER S AND FRIENDS	F	01:24:45	01:24:46	04:01	Senior Feminino
1288	263	65	ANTONIO MOREIRA	ACADEMIA FERNANDA RIBEIRO	M	01:24:40	01:24:47	04:00	Veterano M40
1298	264	61	RICARDO AREIAS	WHITE RUNNING TEAM	M	01:24:35	01:24:47	04:00	Senior Masculino

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
1538	265	62	IVAN GOMEZ	INDIVIDUAL	M	01:23:34	01:24:48	03:57	Senior Masculino
1103	266	58	OSCAR GARCIA	PINARIUM	M	01:24:11	01:24:48	03:59	Veterano M35
1222	267	66	MARCOS MARTINEZ	INDIVIDUAL	M	01:24:34	01:24:50	04:00	Veterano M40
92	268	63	JOSE AZEVEDO	INDIVIDUAL	M	01:24:50	01:24:50	04:01	Senior Masculino
2692	269	46	LORENZO	INDIVIDUAL	M	01:24:01	01:24:51	03:59	Veterano M45
2773	270	7	AUGUSTO PEREIRA	NASCIDOS PARA CORRER	M	01:24:47	01:24:53	04:01	Veterano M55
2677	271	19	JOAQUIM RIBEIRO	S.C.BRAGA	M	01:24:55	01:24:57	04:02	Veterano M50
356	272	64	CARLOS CABALEIRO	ATHLETICS SAN LAZARO	M	01:24:21	01:25:00	04:00	Senior Masculino
1840	273	59	JOAO POCAS	TARTARUGAS DO ASFALTO	M	01:23:49	01:25:00	03:59	Veterano M35
2457	274	47	JOSE PEREZ	ATLETISMO FONTES DO SAR	M	01:24:41	01:25:00	04:01	Veterano M45
2330	275	65	BRUNO BARGIELA	RUNNERS PONTAKAS VIGO	M	01:24:46	01:25:04	04:01	Senior Masculino
672	276	66	SERGIO SALGUEIRO	INDIVIDUAL	M	01:24:37	01:25:06	04:00	Senior Masculino
1782	277	48	CELSO NUNEZ	TRIATLON BIERZO	M	01:24:49	01:25:10	04:01	Veterano M45
419	278	67	JOSE TABOADA	OWL RUNNERS	M	01:24:55	01:25:10	04:02	Veterano M40
2468	279	68	STEPHANE SIMOES	INDIVIDUAL	M	01:24:48	01:25:12	04:01	Veterano M40
699	280	20	JOSE MURCIA	VETERAN@S DE GALICIA	M	01:25:10	01:25:16	04:02	Veterano M50
799	281	69	JOSE FERNANDEZ	CLUB ATLETISMO MACEDA	M	01:25:08	01:25:19	04:02	Veterano M40
134	282	67	FERNANDO OLIVEIRA	INDIVIDUAL	M	01:25:11	01:25:21	04:02	Senior Masculino
195	283	60	TELMO REIS	LOUSADA RUNNERS	M	01:25:08	01:25:21	04:02	Veterano M35
1346	284	70	ESTEBAN ROCHA	ATLETISMO PORRINO	M	01:24:45	01:25:22	04:01	Veterano M40
1567	285	71	JOSE SILVA	ERMIDA TEAM	M	01:25:13	01:25:23	04:02	Veterano M40
1495	286	49	ZEFERINO NETO	C. D. S. SALVADOR DO CAMPO	M	01:25:21	01:25:23	04:03	Veterano M45
2109	287	61	JOAO MARTINS	VILA VERDE A CORRER	M	01:25:19	01:25:24	04:02	Veterano M35
1400	288	72	BERNARDO DURAN	TANINOS	M	01:25:11	01:25:30	04:02	Veterano M40
1760	289	68	DANIEL MONTEIRO	ACADEMIA FERNANDA RIBEIRO	M	01:25:31	01:25:34	04:03	Senior Masculino
230	290	69	DAVID REGO	NATAACION RIVEIRA	M	01:24:36	01:25:35	04:00	Senior Masculino
1643	291	62	JOSE SOAGE	INDIVIDUAL	M	01:24:45	01:25:35	04:01	Veterano M35
2697	292	63	SAUL PEDREIRA	ATLETISMO BAIONA	M	01:25:30	01:25:38	04:03	Veterano M35
73	293	50	MIGUEL ARAUJO	UNICER	M	01:25:37	01:25:39	04:04	Veterano M45
2884	294	70	PEDRO ALVES	GRUPO DESPORTIVO CASTELENSE	M	01:25:28	01:25:39	04:03	Senior Masculino
507	295	64	BRUNO SOUSA	INDIVIDUAL	M	01:23:58	01:25:39	03:59	Veterano M35
1873	296	51	JOSE FIGUEIREDO	AFISOVAR	M	01:25:19	01:25:45	04:02	Veterano M45
2170	297	73	VITOR MARTINS	SOCIEDADE RECREIO CEPANENSE	M	01:25:42	01:25:45	04:04	Veterano M40
2172	298	74	SERGIO FERNANDES	SOCIEDADE RECREIO CEPANENSE	M	01:25:32	01:25:45	04:04	Veterano M40
2083	299	52	JUSTI ANDRES	INDIVIDUAL	M	01:25:36	01:25:45	04:04	Veterano M45
231	300	65	PAULO DOMINGUES	SHOTS INTERNATIONAL RUNNERS	M	01:25:33	01:25:45	04:04	Veterano M35
1373	301	66	TIAGO LOPES	A.D.AMARANTE	M	01:24:30	01:25:47	04:00	Veterano M35
1034	302	75	SERGIO GOMES	INDIVIDUAL	M	01:25:39	01:25:47	04:04	Veterano M40
45	303	53	JOSE FERNANDES	CYCLONES SANITOP	M	01:25:45	01:25:47	04:04	Veterano M45
2025	304	76	WOUTER BROECK	A D RIO LARGO CLUBE DE ESPINHO	M	01:25:19	01:25:48	04:02	Veterano M40
345	305	77	CARLOS OLIVEIRA	ACSD DE PEDRAIDO	M	01:25:31	01:25:49	04:03	Veterano M40
1001	306	78	JOSE GONZALEZ	ATLETISMO OUTES JOHN TURKEY	M	01:25:21	01:25:52	04:03	Veterano M40
2660	307	67	SERGIO PASTORIZA	SAMERTOLAMEU	M	01:25:42	01:25:52	04:04	Veterano M35
1065	308	8	GERARDO LENZA	VERXEL	M	01:25:49	01:25:54	04:04	Veterano M55

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
2727	309	71	HUGO SILVA	RIO NEIVA ASSOCIACAO DE DEFESA DO AMBIENTE	M	01:25:46	01:25:56	04:04	Senior Masculino
2082	310	54	RUBEN DOMINGUEZ	CLUB ATLETISMO TUITHERMALIA	M	01:25:48	01:25:56	04:04	Veterano M45
2744	311	79	RUI GERALDES	INDIVIDUAL	M	01:25:06	01:25:57	04:02	Veterano M40
2507	312	72	JOSE BARBOSA	SUICIDAS BRACAROS	M	01:25:22	01:25:59	04:03	Senior Masculino
2729	313	68	MIGUEL SOUSA	OS SANTA APOLONIA	M	01:25:54	01:26:01	04:04	Veterano M35
1343	314	73	JULIO	INDIVIDUAL	M	01:25:53	01:26:01	04:04	Senior Masculino
2052	315	69	MARIO CASTRO	ARCO4RUN	M	01:25:21	01:26:02	04:03	Veterano M35
2828	316	74	PAULINO ALVES	LIBERTY SEGUROS	M	01:25:59	01:26:02	04:05	Senior Masculino
321	317	55	AMERICO SANTOS	INDIVIDUAL	M	01:25:36	01:26:03	04:04	Veterano M45
996	318	80	JOAO TEIXEIRA	EDVVIANA TRAIL	M	01:25:44	01:26:05	04:04	Veterano M40
2026	319	70	JOSE PEREIRA	A D RIO LARGO CLUBE DE ESPINHO	M	01:25:53	01:26:05	04:04	Veterano M35
936	320	75	MIGUEL FERREIRO	LAMARGHA	M	01:25:45	01:26:06	04:04	Senior Masculino
1717	321	76	FILIPE CARNEIRO	ASPHALT ASSAULT TEAM	M	01:25:23	01:26:08	04:03	Senior Masculino
1185	322	81	JORGE FERREIRA	GD AIRAO CURVIA	M	01:25:58	01:26:08	04:04	Veterano M40
2633	323	82	FILIPE LIMA	ACDR CALHEIROS	M	01:25:43	01:26:09	04:04	Veterano M40
575	324	56	GUALTER FREITAS	INDIVIDUAL	M	01:26:05	01:26:10	04:05	Veterano M45
1493	325	83	VITOR FARIA	PALMEIRA RUNNERS	M	01:26:04	01:26:10	04:05	Veterano M40
2191	326	71	ESTEVAO GONCALVES	NAVR	M	01:25:58	01:26:11	04:04	Veterano M35
1543	327	2	BEATRIZ GIL	CORREDOIRAS BUEU	F	01:26:03	01:26:13	04:05	Veterana F35
1886	328	57	PAULO MOREIRA	GAVIOES VILA NOVA DE FAMALICAO	M	01:25:48	01:26:13	04:04	Veterano M45
1883	329	84	JOSE BARQUEIRO	GAVIOES VILA NOVA DE FAMALICAO	M	01:25:48	01:26:13	04:04	Veterano M40
600	330	72	JOSE PEREIRA	INDIVIDUAL	M	01:25:57	01:26:14	04:04	Veterano M35
987	331	58	MANUEL OLIVEIRA	INDIVIDUAL	M	01:25:54	01:26:19	04:04	Veterano M45
1675	332	77	MANUEL PAIVA	CORRER VISEU	M	01:26:07	01:26:20	04:05	Senior Masculino
2145	333	78	PEDRO TORRES	VIDAATIVARUNNERS	M	01:26:04	01:26:24	04:05	Senior Masculino
1578	334	21	JOAQUIM MONTEIRO	LEOES DA AGRA	M	01:26:05	01:26:25	04:05	Veterano M50
1720	335	79	HELDER SILVA	ASPHALT ASSAULT TEAM	M	01:25:55	01:26:26	04:04	Senior Masculino
1382	336	85	JOSE PAIS	EDL	M	01:25:57	01:26:27	04:04	Veterano M40
252	337	73	JOSE NOGUEIRA	INDIVIDUAL	M	01:26:24	01:26:27	04:05	Veterano M35
2384	338	86	JUAN PINAL	INDIVIDUAL	M	01:26:16	01:26:27	04:05	Veterano M40
2179	339	59	FERNANDO PINTO	SOCIEDADE RECREIO CEPANENSE	M	01:26:03	01:26:32	04:05	Veterano M45
2361	340	87	MARCOS LOURIDO	ATLETISMO NEGREIRA	M	01:26:22	01:26:34	04:05	Veterano M40
977	341	80	DAVID	3&RUN BIKE TEAM	M	01:26:27	01:26:36	04:06	Senior Masculino
711	342	81	JOAO MALHEIRO	INDIVIDUAL	M	01:26:12	01:26:36	04:05	Senior Masculino
451	343	88	JORGE GONCALVES	BARCELOS TEAM PORTUGAL	M	01:26:17	01:26:38	04:05	Veterano M40
766	344	82	ADRIAN NOVAS	TANINOS RUNNERS PONETEAREAS	M	01:26:24	01:26:40	04:05	Senior Masculino
1262	345	22	JOSE FERNANDES	INDIVIDUAL	M	01:26:29	01:26:41	04:06	Veterano M50
1074	346	89	JOAO CAPA	AGUAIS DA MISERICORDIA	M	01:25:45	01:26:41	04:04	Veterano M40
1008	347	90	JUAN SANTAMARIA	ADC ARNELA	M	01:26:07	01:26:41	04:05	Veterano M40
468	348	74	CARLOS SOUSA	INDIVIDUAL	M	01:26:41	01:26:41	04:07	Veterano M35
117	349	91	JOSE PEREIRA	VARZIM SPORT CLUB	M	01:26:20	01:26:42	04:05	Veterano M40
74	350	92	FERNANDO GOMES	UNICER	M	01:26:41	01:26:45	04:07	Veterano M40
219	351	93	RUI CARDOSO	INDIVIDUAL	M	01:26:38	01:26:47	04:07	Veterano M40
1407	352	94	HENRIQUE SILVA	BRAGUINHAS RUNNERS	M	01:26:41	01:26:48	04:07	Veterano M40



Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
120	353	75	FILIPE SOUSA	KEMEDO TEAM	M	01:26:19	01:26:51	04:05	Veterano M35
734	354	95	JAVIER FERNANDEZ	TARTARUGAS	M	01:26:16	01:26:51	04:05	Veterano M40
2359	355	12	JESSICA PONTES	LIBERDADE FC	F	01:26:51	01:26:51	04:07	Senior Feminino
812	356	96	ALAN FIDALGO	ESPRINTES OURENSE	M	01:26:38	01:26:52	04:07	Veterano M40
2757	357	76	IAGO SANCHEZ	INDIVIDUAL	M	01:26:32	01:26:53	04:06	Veterano M35
2253	358	9	CARLOS RIBEIRO	VITORIA SPORT CLUBE	M	01:26:27	01:26:55	04:06	Veterano M55
2754	359	77	TIAGO SUBTIL	AFIFENSE TRAIL	M	01:26:18	01:26:58	04:05	Veterano M35
2662	360	78	EUGENIO BARROS	GRUPO JUVENIL DE VILA DE PUNHE	M	01:26:51	01:26:58	04:07	Veterano M35
2702	361	60	JOSE CAO	ATLETISMO FONTES DO SAR	M	01:26:23	01:26:59	04:05	Veterano M45
1778	362	10	JUAN RODRIGUEZ	ATLETISMO FONTES DO SAR	M	01:26:39	01:26:59	04:07	Veterano M55
1942	363	23	JOSE SOUSA	INDIVIDUAL	M	01:26:49	01:27:03	04:07	Veterano M50
608	364	97	VALTER GUEDES	MDA/JR	M	01:26:44	01:27:07	04:07	Veterano M40
679	365	61	RUI CABRAL	WIKABOO	M	01:26:51	01:27:10	04:07	Veterano M45
245	366	62	JOAO LEITAO	INDIVIDUAL	M	01:27:00	01:27:11	04:07	Veterano M45
1930	367	63	MANUEL TEIXEIRA	CCD APDL	M	01:26:59	01:27:12	04:07	Veterano M45
2982	368	3	MARIA MELO	BARCELOS TEAM PORTUGAL	F	01:26:53	01:27:13	04:07	Veterana F35
2558	369	83	ALEJANDRO BODELON	ALTAFIT	M	01:26:24	01:27:15	04:05	Senior Masculino
2561	370	84	JOSE NARANJO	ALTAFIT	M	01:26:23	01:27:15	04:05	Senior Masculino
1426	371	64	ALBERTO VILAR	PONTESECA TRAIL TEAM	M	01:25:36	01:27:20	04:04	Veterano M45
2008	372	85	OSCAR PINTOR	A.D.CERNE	M	01:26:32	01:27:23	04:06	Senior Masculino
2576	373	98	AURELIO GOIS	GRUPO DESPORTIVO CORTICEIRAS/ZAPECAR	M	01:27:22	01:27:27	04:09	Veterano M40
562	374	86	JORGE SOUSA	BLASQEM RUNNERS	M	01:27:22	01:27:28	04:09	Senior Masculino
624	375	99	NUNO VIEIRA	AASM TRIATLO	M	01:26:59	01:27:28	04:07	Veterano M40
1339	376	79	FRANCISCO BOUBETA	CLUB ATLETISMO SAMERTOLAMEU	M	01:27:11	01:27:29	04:08	Veterano M35
2510	377	87	SALVADOR OLIVEIRA	LIBERTY SEGUROS	M	01:26:56	01:27:30	04:07	Senior Masculino
1672	378	65	PAULO SILVA	INDIVIDUAL	M	01:27:08	01:27:30	04:08	Veterano M45
1225	379	88	PAULO LECA	FIGUEIREDO`S RUNNER S AND FRIENDS	M	01:27:24	01:27:30	04:09	Senior Masculino
2380	380	24	JORGE PINTO	ADN RUNERS TELMO PELUQUEROS	M	01:27:17	01:27:31	04:09	Veterano M50
351	381	89	PEDRO HENRIQUES	INDIVIDUAL	M	01:27:22	01:27:36	04:09	Senior Masculino
2360	382	100	FELIX ABALDE	INDIVIDUAL	M	01:27:17	01:27:41	04:08	Veterano M40
2196	383	80	SAMUEL TOMAS	NAVR	M	01:27:27	01:27:41	04:09	Veterano M35
1257	384	81	PEDRO NOGUEIRA	VODAFONE	M	01:27:32	01:27:43	04:09	Veterano M35
2556	385	66	JOSE PERZ	FONTES DO SAR	M	01:27:25	01:27:44	04:09	Veterano M45
2403	386	82	FILIPE LIMA	GRUPO DESPORTIVO SANTANDER TOTTA	M	01:27:09	01:27:46	04:08	Veterano M35
46	387	67	JOSE AZEVEDO	CYCLONES SANITOP	M	01:27:44	01:27:47	04:10	Veterano M45
1984	388	83	JOAO OLIVEIRA	CHAVES RUNNING TEAM.	M	01:26:52	01:27:47	04:07	Veterano M35
1294	389	25	JOAQUIM SANTOS	WHITE RUNNING TEAM	M	01:27:23	01:27:48	04:09	Veterano M50
406	390	90	JORGE LIQUITO	FALCOES SELVAGENS	M	01:27:08	01:27:48	04:08	Senior Masculino
288	391	68	JOSE FERNANDEZ	INDIVIDUAL	M	01:27:37	01:27:49	04:09	Veterano M45
1582	392	69	PEDRO SANCHES	LEOES DA AGRA	M	01:27:26	01:27:49	04:09	Veterano M45
1234	393	26	JOAO OLIVEIRA	CHAVES RUNNING TEAM	M	01:26:56	01:27:50	04:07	Veterano M50
2940	394	91	NELSON COSTA	AGUIAS DE ALVELOS	M	01:27:48	01:27:50	04:10	Senior Masculino
1542	395	92	IVAN SOUSA	CORREDOIRAS BUEU	M	01:27:29	01:27:51	04:09	Senior Masculino
953	396	101	FRANCISCO PINHEIRO	INDIVIDUAL	M	01:26:59	01:27:51	04:07	Veterano M40

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
239	397	70	PAULO DOMINGUES	ESCOLA DO MOVIMENTO	M	01:27:40	01:27:51	04:09	Veterano M45
2849	398	27	MANUEL BARBOSA	PAINHAS	M	01:27:49	01:27:52	04:10	Veterano M50
2232	399	11	JOSE ROSENDO	LOUSADA RUNNERS	M	01:27:27	01:27:53	04:09	Veterano M55
2715	400	28	JOAO BARBOSA	N.A.TAIPAS	M	01:27:44	01:27:54	04:10	Veterano M50
1798	401	29	ANTONIO MEIRA	FERREIROLUX	M	01:27:10	01:27:54	04:08	Veterano M50
1231	402	84	JOSE GONZALEZ	ARENTEIRO ATLETISMO	M	01:27:31	01:27:54	04:09	Veterano M35
2356	403	4	LIDIA PEREIRA	GDR GRANJA TRUTAS DO MAU	F	01:27:49	01:27:55	04:10	Veterana F35
2581	404	102	PAULO CORREIA	INDIVIDUAL	M	01:26:42	01:27:57	04:07	Veterano M40
2719	405	71	ANTONIO SILVA	N.A.TAIPAS	M	01:27:42	01:27:57	04:09	Veterano M45
48	406	5	MADALENA SILVA	R. RONLINE	F	01:27:54	01:27:57	04:10	Veterana F35
2133	407	72	RAFAEL GOMEZ	CORREDOIRAS BUEU	M	01:27:43	01:27:58	04:09	Veterano M45
664	408	85	HUGO PAREDES	NAVR	M	01:27:48	01:27:58	04:10	Veterano M35
2277	409	93	JOAO AFONSO	TERAPIAS ALEXANDRA CARVALHO	M	01:26:47	01:27:59	04:07	Senior Masculino
405	410	73	JOSE CARRERA	INDIVIDUAL	M	01:27:36	01:28:00	04:09	Veterano M45
2573	411	103	JOSE SOMOZA	CLUB DE ATLETISMO DE OUTES	M	01:27:30	01:28:01	04:09	Veterano M40
2060	412	74	EMILIO CALVINO	ATLETISMO NOIA	M	01:27:29	01:28:03	04:09	Veterano M45
2474	413	104	JORGE MENESES	OS BANDALHOS PLANO E	M	01:28:05	01:28:05	04:10	Veterano M40
1413	414	105	CELIO CAMOES	WOLFRUNNERS	M	01:27:42	01:28:07	04:09	Veterano M40
2988	415	106	VITOR CHAVES	INDIVIDUAL	M	01:28:05	01:28:08	04:10	Veterano M40
1830	416	30	FERNANDO VILELA	CLUBE MILLENNIUM BCP	M	01:27:45	01:28:09	04:10	Veterano M50
1889	417	86	VASCO RICARDO	GAVIOES VILA NOVA DE FAMALICAO	M	01:27:43	01:28:10	04:09	Veterano M35
1402	418	87	PEDRO PAIVA	OS KAGADOS	M	01:28:02	01:28:11	04:10	Veterano M35
2400	419	88	OSCAR SILVA	OS ROTOS	M	01:28:07	01:28:13	04:10	Veterano M35
2981	420	94	MARCIO VIEIRA	INDIVIDUAL	M	01:27:37	01:28:14	04:09	Senior Masculino
2188	421	107	JOSE PEREIRA	NAVR	M	01:28:00	01:28:14	04:10	Veterano M40
2712	422	12	CARLOS JUSTO	N.A.TAIPAS	M	01:28:05	01:28:15	04:10	Veterano M55
1952	423	95	RAUL SILVA	INDIVIDUAL	M	01:28:09	01:28:16	04:10	Senior Masculino
247	424	108	JOSE CASTRO	A.D LIMIACTIVA	M	01:27:17	01:28:16	04:08	Veterano M40
2690	425	89	JOSE VARELA	INDIVIDUAL	M	01:28:10	01:28:19	04:10	Veterano M35
2213	426	109	ANTONIO FERNANDES	GRUPO DESPORTIVO CULTURAL TENVC	M	01:28:10	01:28:21	04:10	Veterano M40
802	427	110	RUI VIANA	PEDALARTE	M	01:26:47	01:28:23	04:07	Veterano M40
2479	428	111	RICARDO CORDEIRO	TRY@LEAST	M	01:26:01	01:28:24	04:05	Veterano M40
960	429	75	OSCAR JUNCAL	INDIVIDUAL	M	01:28:21	01:28:25	04:11	Veterano M45
1188	430	31	MANUEL AZEVEDO	GD AIRAO CURVIA	M	01:27:53	01:28:26	04:10	Veterano M50
425	431	76	JAVIER LOUZAN	OWL RUNNERS	M	01:28:11	01:28:27	04:11	Veterano M45
1202	432	112	JOSE NEVES	ALIANCA DE GANDRA	M	01:28:03	01:28:27	04:10	Veterano M40
2577	433	113	DIOGO OLIVEIRA	INDIVIDUAL	M	01:27:21	01:28:33	04:09	Veterano M40
611	434	90	VITOR FERREIRA	INDIVIDUAL	M	01:28:06	01:28:35	04:10	Veterano M35
424	435	77	ALBERTO GARCIA PINTOS	OWL RUNNERS	M	01:28:21	01:28:36	04:11	Veterano M45
1992	436	114	ABILIO MOREIRA	BUDEGUITA RUNNERS	M	01:28:32	01:28:37	04:12	Veterano M40
2137	437	91	RICARDO GONCALVES	INDIVIDUAL	M	01:28:23	01:28:38	04:11	Veterano M35
2328	438	92	NUNO CUNHA	ZUPPER	M	01:28:34	01:28:40	04:12	Veterano M35
1184	439	78	JOSE LIMA	FAMA RUNNERS	M	01:28:15	01:28:40	04:11	Veterano M45
2322	440	115	JORGE ROCHA	BOAVISTA FC	M	01:27:57	01:28:41	04:10	Veterano M40

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
1750	441	96	DIOGO ABREU	RIO NEIVA A.D.A	M	01:28:33	01:28:41	04:12	Senior Masculino
246	442	116	JOSE SOUSA	MAIA AC	M	01:28:34	01:28:41	04:12	Veterano M40
589	443	79	CARLOS ARAUJO	MAIA A C	M	01:28:35	01:28:42	04:12	Veterano M45
702	444	117	LUIS MONTEIRO	GDLU	M	01:27:47	01:28:46	04:10	Veterano M40
1664	445	93	RUBEN	AS LEBRES DE OIA	M	01:28:12	01:28:47	04:11	Veterano M35
2201	446	118	JOSE GRACA	MAIA AC	M	01:28:46	01:28:53	04:12	Veterano M40
2423	447	94	MARIO TEIXEIRA	PORTO RUNNERS	M	01:28:07	01:28:54	04:10	Veterano M35
1758	448	119	JAVIER TOME	NATURAL OUTDOOR	M	01:27:23	01:28:55	04:09	Veterano M40
312	449	80	TIAGO LEAL	INVICTA RUNNERS TEAM	M	01:28:11	01:28:57	04:11	Veterano M45
2775	450	32	DOMINGOS PRESAS	NASCIDOS PARA CORRER	M	01:28:54	01:28:57	04:13	Veterano M50
197	451	120	ANSELMO ROCHA	RUN4EXCELLENCE	M	01:28:50	01:28:57	04:13	Veterano M40
2376	452	81	JOSE LUIS	INDIVIDUAL	M	01:28:31	01:28:57	04:12	Veterano M45
2042	453	97	HELDER PEIXOTO	C. D. S. SALVADOR DO CAMPO	M	01:29:00	01:29:01	04:13	Senior Masculino
1442	454	82	HELIODORO LORENZO	C.S.C.R. BEADE	M	01:28:53	01:29:02	04:13	Veterano M45
1325	455	95	JESUS RODRIGUEZ	INDIVIDUAL	M	01:28:52	01:29:03	04:13	Veterano M35
280	456	98	ANDRE MANITA	SERBENFIQUISTA.COM RUNNING TEAM	M	01:27:54	01:29:04	04:10	Senior Masculino
1138	457	96	ALEXANDRE FERREIRA	AASM TRIATLO	M	01:28:36	01:29:05	04:12	Veterano M35
396	458	83	LUIS SILVA	FLORSITA	M	01:27:11	01:29:07	04:08	Veterano M45
1476	459	97	JUAQUIM FERNANDES	AMIGOS DO ATLETISMO MAGNA	M	01:29:01	01:29:07	04:13	Veterano M35
381	460	98	RUI MARTINS	INDIVIDUAL	M	01:29:00	01:29:09	04:13	Veterano M35
2770	461	33	ANTONIO AZEVEDO	NASCIDOS PARA CORRER	M	01:28:54	01:29:09	04:13	Veterano M50
1054	462	121	RUI POVO	CLUBE ATLETISMO FAFE	M	01:28:34	01:29:09	04:12	Veterano M40
2481	463	84	GIL OLIVEIRA	TRY@LEAST	M	01:26:48	01:29:11	04:07	Veterano M45
1341	464	99	MARIO MARTINS	INDIVIDUAL	M	01:29:00	01:29:14	04:13	Veterano M35
2672	465	99	JOAO RAMOS	ADE TRAIL RUNNING	M	01:27:45	01:29:14	04:10	Senior Masculino
1285	466	34	JOSE CAPELA	INDIVIDUAL	M	01:29:05	01:29:15	04:14	Veterano M50
1718	467	122	MARCO DANTAS	ASPHALT ASSAULT TEAM	M	01:29:02	01:29:15	04:13	Veterano M40
610	468	85	JOAO ANTUNES	WIKABOO	M	01:28:52	01:29:16	04:13	Veterano M45
2618	469	123	ROBERTO PAREDES	BEADE	M	01:29:08	01:29:19	04:14	Veterano M40
1929	470	124	MARIO RODRIGUES	CCD APDL	M	01:28:55	01:29:23	04:13	Veterano M40
1723	471	100	TIAGO LOUREIRO	ASPHALT ASSAULT TEAM	M	01:28:51	01:29:25	04:13	Veterano M35
187	472	86	JOAO REIS	A.C.LAMEGO	M	01:29:08	01:29:26	04:14	Veterano M45
392	473	125	MANUEL REGA	ASOCIACION DEPORTIVA C.A.R	M	01:29:05	01:29:27	04:14	Veterano M40
505	474	101	NUNO FREITAS	CLUBE NAUTICO PONTE LIMA	M	01:29:15	01:29:29	04:14	Veterano M35
435	475	102	SERGIO CHAO	INDIVIDUAL	M	01:29:07	01:29:30	04:14	Veterano M35
1450	476	103	EMANUEL COSTA	SS MONTEPIO	M	01:28:33	01:29:30	04:12	Veterano M35
2320	477	104	JOAO TINOCO	INDIVIDUAL	M	01:28:09	01:29:31	04:10	Veterano M35
2666	478	100	LUCIANO ARAUJO	GRUPO JUVENIL DE VILA DE PUNHE	M	01:29:23	01:29:32	04:14	Senior Masculino
2467	479	105	PEDRO CALDAS	INDIVIDUAL	M	01:29:17	01:29:32	04:14	Veterano M35
2340	480	126	CARLOS CARRERA	ADPTL VIGO	M	01:28:03	01:29:32	04:10	Veterano M40
920	481	101	AMARO BARBOSA	TARTARUGUINHAS	M	01:29:09	01:29:33	04:14	Senior Masculino
2943	482	13	MARA COSTA	AGUIAS DE ALVELOS	F	01:29:29	01:29:35	04:15	Senior Feminino
1376	483	35	MANUEL MIRANDA	ACRRORIZ	M	01:29:31	01:29:35	04:15	Veterano M50
1983	484	13	NORBERTO COSTA	CHAVES RUNNING TEAM	M	01:29:23	01:29:38	04:14	Veterano M55

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
2256	485	87	FILIPE OLIVEIRA	VITORIA SPORT CLUBE	M	01:28:49	01:29:42	04:13	Veterano M45
1869	486	127	PEDRO NECHO	AFISOVAR	M	01:29:16	01:29:42	04:14	Veterano M40
2226	487	102	JOSE TOUCIDO	INDIVIDUAL	M	01:29:09	01:29:44	04:14	Senior Masculino
2227	488	14	PAULA ROA	ASOCIACION VIGESA DE ATLETISMO	F	01:29:09	01:29:45	04:14	Senior Feminino
2724	489	128	RUI ASCENSAO	INDIVIDUAL	M	01:28:56	01:29:47	04:13	Veterano M40
771	490	6	ISABEL BATALLAN	CAI A ESTRADA	F	01:29:24	01:29:48	04:14	Veterana F35
1029	491	129	NELSON LOPES	INDIVIDUAL	M	01:28:40	01:29:49	04:12	Veterano M40
1377	492	36	JOAQUIM RODRIGUES	ACRRORIZ	M	01:29:46	01:29:50	04:15	Veterano M50
542	493	88	ROGERIO FERNANDES	INDIVIDUAL	M	01:29:05	01:29:52	04:14	Veterano M45
2816	494	106	ALBERTO MURILLO	INDIVIDUAL	M	01:29:16	01:29:54	04:14	Veterano M35
2859	495	103	PEDRO SILVA	PAINHAS	M	01:29:48	01:29:54	04:15	Senior Masculino
2033	496	107	JOSE SILVA	A D RIO LARGO CLUBE DE ESPINHO	M	01:29:28	01:29:56	04:14	Veterano M35
2741	497	89	JOSE PRADO	SAN MIGUEL DE OIA	M	01:29:05	01:29:56	04:14	Veterano M45
2211	498	130	MICHEL NIETO	CLUB ATLETISMO OUTESJOHN TURKEY	M	01:29:25	01:29:57	04:14	Veterano M40
2792	499	37	MANUEL CARDOSO	NASCIDOS PARA CORRER	M	01:29:55	01:29:58	04:16	Veterano M50
2649	500	104	DAVID COUSELO	CLUB ATLETISMO FONTES DO SAR	M	01:29:33	01:29:58	04:15	Senior Masculino
2928	501	131	LUIS MARTINS	INDIVIDUAL	M	01:29:05	01:29:59	04:14	Veterano M40
1075	502	90	JOAO CAPA	AGUAIS DA MISERICORDIA	M	01:29:05	01:29:59	04:14	Veterano M45
2326	503	132	PEDRO MIRANDA	VIDAATIVARUNNERS	M	01:29:41	01:30:00	04:15	Veterano M40
2466	504	7	SALOME CERQUEIRA	INDIVIDUAL	F	01:29:51	01:30:01	04:15	Veterana F35
2980	505	108	LUIS ALVES	INDIVIDUAL	M	01:29:52	01:30:01	04:15	Veterano M35
535	506	105	FRANCISCO BARRETO	INDIVIDUAL	M	01:28:43	01:30:02	04:12	Senior Masculino
2784	507	109	HUGO SANTOS	NASCIDOS PARA CORRER	M	01:29:24	01:30:02	04:14	Veterano M35
846	508	106	RUI LIMA	INDIVIDUAL	M	01:28:12	01:30:02	04:11	Senior Masculino
391	509	110	ANXO SABORIDO	TANINOS RUNNERS PONTEAREAS	M	01:29:44	01:30:02	04:15	Veterano M35
1431	510	111	PEDRO CANCELO	CLUBE ZUPPER	M	01:29:57	01:30:03	04:16	Veterano M35
2037	511	133	PAULO OLIVEIRA	INDIVIDUAL	M	01:29:34	01:30:05	04:15	Veterano M40
829	512	38	CARLOS REINO	ATLETISMO NOIA	M	01:29:39	01:30:05	04:15	Veterano M50
828	513	39	FRANCISCO CASTRO	ATLETISMO NOIA	M	01:29:31	01:30:06	04:15	Veterano M50
493	514	15	MARIA MARTINEZ	ORIXINAL MGM TEAM	F	01:29:39	01:30:06	04:15	Senior Feminino
2801	515	91	CARLOS FERREIRA	NASCIDOS PARA CORRER	M	01:29:51	01:30:07	04:15	Veterano M45
2824	516	107	DIOGO ARAUJO	INDIVIDUAL	M	01:29:28	01:30:08	04:14	Senior Masculino
2396	517	134	PEDRO PINTO	GRUPO VC	M	01:29:56	01:30:08	04:16	Veterano M40
248	518	112	PEDRO LIMA	INDIVIDUAL	M	01:29:57	01:30:08	04:16	Veterano M35
1344	519	135	ROBERTO	INDIVIDUAL	M	01:29:58	01:30:08	04:16	Veterano M40
2413	520	108	PEDRO PITA	PORTO RUNNERS	M	01:30:05	01:30:10	04:16	Senior Masculino
2166	521	14	LUIS VILELA	SOCIEDADE RECREIO CEPANENSE	M	01:30:03	01:30:12	04:16	Veterano M55
1340	522	136	JOAO CALCADA	INDIVIDUAL	M	01:30:06	01:30:15	04:16	Veterano M40
1504	523	15	JOAQUIM NOGUEIRA	CLUBE VETERANOS DO PORTO	M	01:30:08	01:30:19	04:17	Veterano M55
1009	524	92	ABILIO FARIA	ADECA BEAT	M	01:30:03	01:30:21	04:16	Veterano M45
1247	525	113	FREDERICO LOPES	CANAGUAS DO NORTE	M	01:30:09	01:30:22	04:17	Veterano M35
350	526	114	DIEGO VERISIMO	PONTESECA TRAIL TEAM	M	01:29:27	01:30:22	04:14	Veterano M35
2894	527	137	CESAR BARCIELA	PONTESECA TRAIL TEAM	M	01:29:26	01:30:22	04:14	Veterano M40
1090	528	93	CARLOS SOUSA	MOUTADOS TEAM	M	01:30:16	01:30:23	04:17	Veterano M45

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
2587	529	115	MANUEL GARCIA	INDIVIDUAL	M	01:29:05	01:30:23	04:14	Veterano M35
941	530	16	FRANCISCO PEREZ	OS CHORONS	M	01:29:04	01:30:23	04:14	Veterano M55
1754	531	109	DANIEL BARCIA	FONTES DO SAR	M	01:30:12	01:30:24	04:17	Senior Masculino
1130	532	116	PABLO RANA	INDIVIDUAL	M	01:29:19	01:30:25	04:14	Veterano M35
1703	533	138	PAULO COSTA	TRIATLO AASM	M	01:29:50	01:30:26	04:15	Veterano M40
1270	534	94	JORGE VILLANUEVA	C.A.R.MARISQUEIRO	M	01:30:07	01:30:27	04:16	Veterano M45
1747	535	110	FILIPE ABREU	RIO NEIVA A.D.A	M	01:30:19	01:30:28	04:17	Senior Masculino
2306	536	111	PAULO MARQUES	UFCIT	M	01:29:13	01:30:29	04:14	Senior Masculino
2734	537	117	DIEGO FERNANDEZ	RIO MINO RUNNING & MOUNTAIN	M	01:28:59	01:30:29	04:13	Veterano M35
1769	538	118	ALBANO SILVA	C. D. S. SALVADOR DO CAMPO	M	01:30:25	01:30:30	04:17	Veterano M35
2800	539	119	VIRGILIO VIEIRA	NASCIDOS PARA CORRER	M	01:30:16	01:30:33	04:17	Veterano M35
912	540	139	DANIEL FONSECA	INDIVIDUAL	M	01:30:11	01:30:34	04:17	Veterano M40
1364	541	120	FILIPE VINTEM	PONTEVEL A MEXER	M	01:30:13	01:30:36	04:17	Veterano M35
2886	542	140	PEDRO SILVA	CCD RENAULT CACIA	M	01:30:05	01:30:36	04:16	Veterano M40
1181	543	141	JORGE MARTINS	INDIVIDUAL	M	01:29:44	01:30:37	04:15	Veterano M40
2845	544	112	FABIO CRUZ	PAINHAS	M	01:28:46	01:30:41	04:12	Senior Masculino
659	545	95	GUILLERMO JOSE	INDIVIDUAL	M	01:28:52	01:30:44	04:13	Veterano M45
1706	546	142	RUI BARBOSA	INDIVIDUAL	M	01:30:24	01:30:44	04:17	Veterano M40
1576	547	113	IAGO FERRIN	RUNGALICIA.COM	M	01:30:37	01:30:46	04:18	Senior Masculino
243	548	143	SERGIO GANDARELA	INDIVIDUAL	M	01:30:15	01:30:46	04:17	Veterano M40
1177	549	144	MANUEL SESTAYO	TARTARUGAS	M	01:29:17	01:30:48	04:14	Veterano M40
1987	550	145	GONCALO MORAIS	CHAVES RUNNING TEAM	M	01:29:52	01:30:48	04:15	Veterano M40
2419	551	96	JOSE DIAS	PORTO RUNNERS	M	01:29:59	01:30:51	04:16	Veterano M45
1404	552	40	AMILCAR FERNANDES	OS KAGADOS	M	01:30:06	01:30:51	04:16	Veterano M50
2050	553	41	ALBERTO SOARES	AMIGOS DO ATLETISMO MAGNA	M	01:30:48	01:30:52	04:19	Veterano M50
1168	554	42	MAXIMIANO LOPES	AMIGOS DO ATLETISMO MAGNA	M	01:30:47	01:30:52	04:19	Veterano M50
2947	555	121	EMILIO VILARINHO	CAVE ESPOSENDE	M	01:29:33	01:30:53	04:15	Veterano M35
2825	556	114	JOEL PINTO	MARCO TRAIL	M	01:30:47	01:30:53	04:19	Senior Masculino
2580	557	115	RUI BARBOSA	GRUPO DESPORTIVO DA GOMA	M	01:30:03	01:30:54	04:16	Senior Masculino
1013	558	97	LUIS COSTA	CLUB ATLETISMO VIGO	M	01:29:18	01:30:55	04:14	Veterano M45
2883	559	116	SAMUEL AMORIM	GRUPO DESPORTIVO CASTELENSE	M	01:30:33	01:30:56	04:17	Senior Masculino
2302	560	122	JOEL	ZUPPER	M	01:30:39	01:30:56	04:18	Veterano M35
1525	561	117	OSCAR BOL	INDIVIDUAL	M	01:29:20	01:30:57	04:14	Senior Masculino
1537	562	98	RAFAEL VAZQUEZ	INDIVIDUAL	M	01:29:31	01:30:58	04:15	Veterano M45
1949	563	43	ALBERTO MACHADO	LINHAS MOURE CONFENIX	M	01:30:58	01:30:58	04:19	Veterano M50
1425	564	17	ARMANDO MARTINEZ	INDIVIDUAL	M	01:29:23	01:30:58	04:14	Veterano M55
1272	565	146	OSCAR GOMEZ	INDIVIDUAL	M	01:28:52	01:30:58	04:13	Veterano M40
2511	566	44	JOAO ALMEIDA	LIBERTY SEGUROS	M	01:29:29	01:30:58	04:15	Veterano M50
2638	567	123	ALBERTO PINO	INDIVIDUAL	M	01:30:21	01:31:00	04:17	Veterano M35
380	568	124	ALEJANDRO MARTIN	ATHLETICS FISIOTERAPIA SAN LAZARO	M	01:30:17	01:31:00	04:17	Veterano M35
743	569	99	MANUEL GOMES	INDIVIDUAL	M	01:30:39	01:31:00	04:18	Veterano M45
1187	570	100	MANUEL FERREIRA	GD AIRAO CURVIA	M	01:30:49	01:31:01	04:19	Veterano M45
921	571	101	JUAN MARTINEZ	C.A.R. MARISQUEIRO	M	01:29:46	01:31:01	04:15	Veterano M45
2839	572	125	LUIS	ATHLETICS	M	01:29:32	01:31:01	04:15	Veterano M35

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
2270	573	18	MANUEL NOVAIS	VITORIA SPORT CLUBE	M	01:30:52	01:31:01	04:19	Veterano M55
1031	574	102	VITOR LEMOS	INDIVIDUAL	M	01:30:54	01:31:01	04:19	Veterano M45
2383	575	103	JAVIER CAPON	INDIVIDUAL	M	01:29:39	01:31:01	04:15	Veterano M45
1197	576	147	JORGE CABOUÇO	NOVELIA RUNNING AMARANTE	M	01:30:54	01:31:02	04:19	Veterano M40
1651	577	126	BRUNO CARBALLO	C.A.R. MARISQUEIRO	M	01:29:46	01:31:02	04:15	Veterano M35
95	578	127	NUNO MARTINS	GRUPO RECREATIVO COVENSE	M	01:31:01	01:31:02	04:19	Veterano M35
203	579	128	ANDRE NEVES	JOFEBAR	M	01:30:48	01:31:03	04:19	Veterano M35
2595	580	148	VITOR SIMAO	BOMBEIROS PONTA DELGADA	M	01:30:07	01:31:03	04:16	Veterano M40
1603	581	129	ELIAS VIDAL	INDIVIDUAL	M	01:30:43	01:31:03	04:18	Veterano M35
2329	582	104	JOAO COELHO	INDIVIDUAL	M	01:30:16	01:31:04	04:17	Veterano M45
138	583	130	MARTINHO GOMES	FAMILIA M	M	01:30:55	01:31:06	04:19	Veterano M35
422	584	131	OSCAR COMESANA	INDIVIDUAL	M	01:29:28	01:31:07	04:14	Veterano M35
832	585	149	JOSE LIMA	EDV VIANA TRAIL	M	01:31:03	01:31:08	04:19	Veterano M40
729	586	150	JOAO PEREIRA	SPORTING CLUBE DE ESPINHO / ANTONIO LEITAO	M	01:30:28	01:31:08	04:17	Veterano M40
1496	587	45	RODRIGO COSTA	INDIVIDUAL	M	01:30:56	01:31:09	04:19	Veterano M50
1721	588	118	DUARTE VIVEIROS	ASPHALT ASSAULT TEAM	M	01:30:57	01:31:10	04:19	Senior Masculino
2939	589	46	JOAQUIM RODRIGUES	AGUIAS DE ALVELOS	M	01:31:07	01:31:10	04:19	Veterano M50
1724	590	151	ANTONIO VIEIRA	ASPHALT ASSAULT TEAM	M	01:30:58	01:31:10	04:19	Veterano M40
2753	591	119	JOAO SILVA	INDIVIDUAL	M	01:29:21	01:31:11	04:14	Senior Masculino
1759	592	120	LUIS SANTOS	INDIVIDUAL	M	01:29:58	01:31:12	04:16	Senior Masculino
490	593	105	ERNESTO CASTRO	RUNNING LUSEKELO	M	01:31:01	01:31:13	04:19	Veterano M45
1261	594	132	DENIS QUADROS	ATHLON RUNNER S	M	01:30:47	01:31:14	04:18	Veterano M35
2075	595	47	PAULO VILACA	TUGAS NA ESTRADA	M	01:30:29	01:31:15	04:17	Veterano M50
121	596	121	STEVEN PEREIRA	RIO NEIVA A.D.A	M	01:31:06	01:31:15	04:19	Senior Masculino
1959	597	16	SONIA MARTINEZ	INDIVIDUAL	F	01:30:46	01:31:15	04:18	Senior Feminino
1876	598	152	RICARDO PINHEIRO	CLUBE PORTUGAL TELECOM	M	01:31:02	01:31:15	04:19	Veterano M40
706	599	106	JAVIER AGEITOS	CLUB TRIATLON RIBEIRA	M	01:29:43	01:31:16	04:15	Veterano M45
631	600	133	TIAGO MARTINS	INDIVIDUAL	M	01:31:01	01:31:18	04:19	Veterano M35
2193	601	48	RUI BORGES	NAVR	M	01:30:58	01:31:19	04:19	Veterano M50
2646	602	122	IVO SILVA	ADEFACEC	M	01:29:55	01:31:20	04:16	Senior Masculino
1732	603	107	ANGEL MARTINEZ	NATURAL OUTDOOR	M	01:29:48	01:31:21	04:15	Veterano M45
2385	604	108	LUIS CORTON	INDIVIDUAL	M	01:30:50	01:31:21	04:19	Veterano M45
2463	605	134	DOMINGOS NOGUEIRA	MOREIRA RELAX RUNNERS	M	01:31:11	01:31:23	04:19	Veterano M35
67	606	153	JOAO LOPES	LIBERTY SEGUROS NASCIDOS PARA CORRER	M	01:31:21	01:31:23	04:20	Veterano M40
144	607	154	MIGUEL LIRA	VIANA RUNNING	M	01:30:54	01:31:26	04:19	Veterano M40
2218	608	123	CANDIDO COSTAS	CLUB ATLETISMO SALVATERRA	M	01:31:16	01:31:26	04:20	Senior Masculino
1989	609	155	JOSE SILVA	CHAVES RUNNING TEAM	M	01:30:34	01:31:30	04:18	Veterano M40
1258	610	109	ANTONIO CARDOSO	AGUIAS DE ALVELOS	M	01:31:18	01:31:31	04:20	Veterano M45
2121	611	135	MIGUEL FERNANDES	ADA DESNIVEL	M	01:30:52	01:31:31	04:19	Veterano M35
691	612	110	JOSE VILA	VETERAN@S DE GALICIA	M	01:30:58	01:31:32	04:19	Veterano M45
1802	613	136	SIMAO COUTO	FERREIROLUX	M	01:30:52	01:31:33	04:19	Veterano M35
89	614	8	PAULA MARQUES	EDV VIANATRIL	F	01:31:30	01:31:34	04:20	Veterana F35
2604	615	124	NUNO VIAMONTE	RIO NEIVA A.D.A	M	01:31:26	01:31:36	04:20	Senior Masculino
2876	616	156	JOSE MARQUES	INDIVIDUAL	M	01:30:56	01:31:37	04:19	Veterano M40

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
973	617	137	FILIPE MARQUES	ECOMOBILE ALUGUER DE AUTOMOVEIS	M	01:30:58	01:31:37	04:19	Veterano M35
1534	618	157	GABRIEL NIZA	WOLFRUNNERS	M	01:31:10	01:31:38	04:19	Veterano M40
2802	619	17	CELINE GOMES	NASCIDOS PARA CORRER	F	01:31:21	01:31:38	04:20	Senior Feminino
3000	620	9	LIA FERREIRA	CAES D AVENIDA	F	01:31:13	01:31:38	04:19	Veterana F35
1180	621	10	BLANCA FERNANDEZ	ATHLETICS FISIOTERAPIA SAN LAZARO	F	01:31:30	01:31:39	04:20	Veterana F35
518	622	158	ADOLFO RIBEIRO	CABRITOS DA CORTICA	M	01:30:10	01:31:40	04:17	Veterano M40
286	623	11	ANA GOMEZ	INDIVIDUAL	F	01:31:09	01:31:41	04:19	Veterana F35
852	624	138	DAVID CASAL	PONTESECA TRAIL TEAM	M	01:29:57	01:31:42	04:16	Veterano M35
1539	625	139	SANTIAGO PINEIRO	CORREDOIRAS BUEU	M	01:31:21	01:31:42	04:20	Veterano M35
363	626	125	PEDRO PINTO	FOGACAS COM MALAPOS	M	01:30:24	01:31:44	04:17	Senior Masculino
1498	627	126	VITOR PONTES	C. D. S. SALVADOR DO CAMPO	M	01:31:40	01:31:44	04:21	Senior Masculino
220	628	111	ARTUR SA	PADELA NATURAL TEAM	M	01:31:42	01:31:46	04:21	Veterano M45
1300	629	159	SERGIO BRANCO	WHITE RUNNING TEAM	M	01:29:58	01:31:50	04:16	Veterano M40
1882	630	160	DANIEL ROCHA	GAVIOES VILA NOVA DE FAMALICAO	M	01:31:24	01:31:51	04:20	Veterano M40
2480	631	112	PEDRO PINHA	TRY@LEAST	M	01:29:28	01:31:51	04:14	Veterano M45
1890	632	113	FERNANDO ROLDAO	GAVIOES VILA NOVA DE FAMALICAO	M	01:31:39	01:31:51	04:20	Veterano M45
1965	633	140	JOSE CASTRO	AIRORUN	M	01:31:22	01:31:53	04:20	Veterano M35
1233	634	114	VICTOR PEREZ	CLUB ATLETISMO PORRINO	M	01:31:17	01:31:55	04:20	Veterano M45
2778	635	127	EMANUEL SILVA	NASCIDOS PARA CORRER	M	01:31:39	01:31:56	04:20	Senior Masculino
1708	636	19	JOSE FERNADES	MOVIMENTO DE JUVENTUDE DE MERELIM	M	01:30:19	01:31:56	04:17	Veterano M55
335	637	115	FERNANDO AREZES	GTT ARMAZEM DO CAFFE	M	01:31:43	01:31:56	04:21	Veterano M45
1677	638	128	JOAO SOUSA	CAL CLUIBE ATLETISMO DE LAMAS	M	01:29:54	01:31:57	04:15	Senior Masculino
1899	639	141	JOSE TEIXEIRA	INDIVIDUAL	M	01:31:44	01:31:57	04:21	Veterano M35
627	640	12	ANA REIS	INDIVIDUAL	F	01:31:11	01:31:57	04:19	Veterana F35
638	641	129	JOAO MARTINS	INVICTA RUNNERS TEAM	M	01:31:12	01:31:58	04:19	Senior Masculino
256	642	49	RUI AMORIM	INVICTA RUNNERS TEAM	M	01:31:01	01:31:58	04:19	Veterano M50
236	643	142	PAULO CASTRO	ADEFACEC	M	01:30:36	01:32:00	04:18	Veterano M35
1409	644	130	IVO AFONSO	INVICTA RUNNERS TEAM	M	01:30:36	01:32:01	04:18	Senior Masculino
498	645	50	GUSTAVO ROXO	INVICTA RUNNERS TEAM	M	01:31:40	01:32:01	04:21	Veterano M50
676	646	131	IVAN PEREZ	A. D LIMIACTIVA	M	01:30:34	01:32:02	04:18	Senior Masculino
417	647	51	TEODORO ALONSO	INDIVIDUAL	M	01:31:07	01:32:02	04:19	Veterano M50
244	648	143	ANDRE BARROS	INDIVIDUAL	M	01:31:30	01:32:02	04:20	Veterano M35
2669	649	144	LAUREANO	INDIVIDUAL	M	01:31:48	01:32:03	04:21	Veterano M35
2986	650	161	MARCO GOMES	INDIVIDUAL	M	01:31:13	01:32:04	04:19	Veterano M40
2654	651	162	FERNANDO SILVA	TERAPIAS ALEXANDRA CARVALHO	M	01:30:53	01:32:05	04:19	Veterano M40
1398	652	163	ROGERIO OLIVEIRA	INDIVIDUAL	M	01:31:45	01:32:05	04:21	Veterano M40
1763	653	164	JOSE ALMEIDA	VIRIATHVS RUNNERS VISEU	M	01:31:17	01:32:07	04:20	Veterano M40
157	654	132	MARCAL MENDES	INDIVIDUAL	M	01:31:57	01:32:07	04:22	Senior Masculino
2644	655	165	MIGUEL GONCALVES	ADEFACEC	M	01:30:42	01:32:07	04:18	Veterano M40
2202	656	116	JOAO VIEIRA	INDIVIDUAL	M	01:30:17	01:32:08	04:17	Veterano M45
275	657	133	FRANCISCO LIMA	PIXELRUNBIKETRIP	M	01:31:35	01:32:08	04:20	Senior Masculino
1160	658	20	JOSE PIRES	VETERANOS PORTO	M	01:31:50	01:32:10	04:21	Veterano M55
1709	659	166	ANTONIO MAGALHAES	INDIVIDUAL	M	01:31:19	01:32:14	04:20	Veterano M40
909	660	167	MIGUEL ALVAREZ	C.A.R. MARISQUEIRO	M	01:31:58	01:32:14	04:22	Veterano M40

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
1050	661	168	FRANCISCO SALGUEIRO	C.A.R.MARISQUEIRO	M	01:30:58	01:32:15	04:19	Veterano M40
62	662	134	LUIS ARAUJO	LIBERTY SEGUROS	M	01:31:57	01:32:15	04:22	Senior Masculino
2382	663	169	VITOR SA	X5 HEALTH CLUB	M	01:31:46	01:32:16	04:21	Veterano M40
1379	664	117	ALBERTO PEREIRA	C.S.C.R BEADE	M	01:32:08	01:32:18	04:22	Veterano M45
1320	665	145	AAS PINTO	SAI DA FRENTE	M	01:30:43	01:32:20	04:18	Veterano M35
2594	666	118	CESAR BLANCO	ASOCIACION DEPORTIVA C.A.R	M	01:31:58	01:32:20	04:22	Veterano M45
2878	667	119	LUIS SILVA	INDIVIDUAL	M	01:31:28	01:32:20	04:20	Veterano M45
2437	668	170	SERGIO PADILHA	PORTO RUNNERS	M	01:32:01	01:32:20	04:22	Veterano M40
2665	669	135	JOEL MARTINS	GRUPO JUVENIL DE VILA DE PUNHE	M	01:31:54	01:32:22	04:22	Senior Masculino
2169	670	52	ABILIO TEIXEIRA	SOCIEDADE RECREIO CEPANENSE	M	01:31:01	01:32:22	04:19	Veterano M50
1250	671	146	LUIS SANTOS	CANAGUAS DO NORTE	M	01:32:11	01:32:23	04:22	Veterano M35
2161	672	171	FRANCISCO CUNHA	SOCIEDADE RECREIO CEPANENSE	M	01:31:57	01:32:24	04:22	Veterano M40
102	673	53	JULIO RIBEIRO	C.F. OLIVEIRA DO DOURO	M	01:31:14	01:32:25	04:20	Veterano M50
2412	674	172	RUI COSTA	PORTO RUNNERS	M	01:32:15	01:32:25	04:22	Veterano M40
2096	675	173	PEDRO TEIXEIRA	INDIVIDUAL	M	01:31:12	01:32:27	04:19	Veterano M40
2601	676	136	JOSE MAREY	INDIVIDUAL	M	01:31:20	01:32:29	04:20	Senior Masculino
2809	677	21	ANIBAL SILVA	NASCIDOS PARA CORRER	M	01:32:13	01:32:30	04:22	Veterano M55
1323	678	174	JOAO ANTUNES	VIANA RUNNING	M	01:32:02	01:32:32	04:22	Veterano M40
1897	679	147	SERGIO SILVA	INDIVIDUAL	M	01:32:21	01:32:34	04:23	Veterano M35
915	680	54	FRANCISCO CID	ATLETISMO PORRINO	M	01:31:55	01:32:34	04:22	Veterano M50
1058	681	137	BRUNO RIBEIRO	ADECA BEAT	M	01:32:14	01:32:34	04:22	Senior Masculino
825	682	148	RICARDO OLIVEIRA	TRILHOS D AVENTURA	M	01:31:53	01:32:37	04:22	Veterano M35
1332	683	55	SEBASTIAO CARDOSO	ATLETISMO DE AVINTES	M	01:32:30	01:32:38	04:23	Veterano M50
1439	684	175	LUIS NECO	ARCA BARCELOS RUNNERS	M	01:32:21	01:32:38	04:23	Veterano M40
1438	685	56	JOSE CARDOSO	ARCA BARCELOS RUNNERS	M	01:32:21	01:32:38	04:23	Veterano M50
1800	686	57	MANUEL PEREIRA	FERREIROLUX	M	01:31:37	01:32:39	04:20	Veterano M50
1907	687	58	ALVARO CERQUEIRA	A. D. AMARANTE	M	01:31:42	01:32:40	04:21	Veterano M50
1205	688	176	FERNANDO OLIVEIRA	ALIANCA DE GANDRA	M	01:32:16	01:32:41	04:22	Veterano M40
944	689	177	FRANCISCO ZUFIAURRE	INDIVIDUAL	M	01:30:34	01:32:43	04:17	Veterano M40
559	690	59	JOSE LEITAO	INDIVIDUAL	M	01:30:53	01:32:45	04:19	Veterano M50
1374	691	120	FERNANDO BARROS	A.D.AMARANTE	M	01:32:15	01:32:51	04:22	Veterano M45
2780	692	121	FERNANDO ROCHA	NASCIDOS PARA CORRER	M	01:32:37	01:32:53	04:23	Veterano M45
2954	693	178	PEDRO PAULA	NASCIDOS PARA CORRER	M	01:32:45	01:32:53	04:23	Veterano M40
2303	694	179	RUI PENA	AASM	M	01:32:19	01:32:54	04:23	Veterano M40
1403	695	122	JOSE TAVARES	OS KAGADOS	M	01:32:38	01:32:55	04:23	Veterano M45
1200	696	60	ANTONIO NEVES	INDIVIDUAL	M	01:32:51	01:32:56	04:24	Veterano M50
2176	697	180	CARLOS LOPES	SOCIEDADE RECREIO CEPANENSE	M	01:32:30	01:32:59	04:23	Veterano M40
305	698	123	HENDRIK WIELINGA	BUDEGUITA RUNNERS	M	01:32:53	01:32:59	04:24	Veterano M45
1317	699	22	LUIS PINTO	INDIVIDUAL	M	01:32:55	01:33:00	04:24	Veterano M55
2081	700	181	HELDER DEVEZA	CLUBE ACADEMICO DE MOGADOURO	M	01:32:59	01:33:06	04:25	Veterano M40
1595	701	23	JOSE PONTE	EDV VIANA TRAIL	M	01:32:57	01:33:06	04:24	Veterano M55
2909	702	124	RODRIGO FERREIRA	UNICER	M	01:33:00	01:33:07	04:25	Veterano M45
2794	703	138	RUBEN CONCEICAO	NASCIDOS PARA CORRER	M	01:32:48	01:33:07	04:24	Senior Masculino
2125	704	182	FERNANDO PINHEIRO	MINHO AVENTURA	M	01:32:51	01:33:08	04:24	Veterano M40



Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
615	705	139	DIEGO OTERO	INDIVIDUAL	M	01:32:42	01:33:08	04:23	Senior Masculino
765	706	125	JOAO BANDEIRA	INDIVIDUAL	M	01:32:28	01:33:08	04:23	Veterano M45
815	707	140	RICARDO SANTOS	INDIVIDUAL	M	01:33:02	01:33:11	04:25	Senior Masculino
1818	708	61	ADELINO BRITO	CLUBE MILLENNIUM BCP	M	01:32:23	01:33:11	04:23	Veterano M50
768	709	141	PEDRO ROMANO	INDIVIDUAL	M	01:32:48	01:33:12	04:24	Senior Masculino
1645	710	62	JOAO FARIA	SKYLEVANTASE	M	01:32:49	01:33:13	04:24	Veterano M50
241	711	63	JOSE CARVALHO	CAES D AVENIDA	M	01:32:47	01:33:13	04:24	Veterano M50
2398	712	142	PEDRO CUNHA	VIDAATIVARUNNERS	M	01:32:37	01:33:13	04:23	Senior Masculino
2797	713	149	SILVIO FERREIRA	NASCIDOS PARA CORRER	M	01:32:19	01:33:16	04:23	Veterano M35
2129	714	126	ADALBERTO MOTA	INDIVIDUAL	M	01:32:03	01:33:16	04:22	Veterano M45
1023	715	143	JOSE CASTRO	ADECA BEAT	M	01:32:22	01:33:17	04:23	Senior Masculino
1037	716	150	FRANCISCO MORAIS	ADECA BEAT	M	01:32:58	01:33:17	04:24	Veterano M35
1078	717	144	JOSE FIGUEIREDO	INDIVIDUAL	M	01:33:09	01:33:17	04:25	Senior Masculino
1891	718	64	CARLOS PONTES	GAVIOES VILA NOVA DE FAMILICAO	M	01:32:54	01:33:19	04:24	Veterano M50
1363	719	183	JESUS VILLAVERDE	ATLETISMO A ESTRADA	M	01:32:47	01:33:21	04:24	Veterano M40
221	720	151	PAULO FERNANDES	VIDAATIVARUNNERS	M	01:32:08	01:33:22	04:22	Veterano M35
1088	721	145	HELIO MACHADO	MOUTADOS TEAM	M	01:33:13	01:33:23	04:25	Senior Masculino
1690	722	184	NUNO SILVA	TRUBULENTOS	M	01:33:04	01:33:26	04:25	Veterano M40
1642	723	152	RICARDO VAZQUEZ	LOSTREGOS COIA	M	01:32:23	01:33:27	04:23	Veterano M35
2535	724	24	CARLOS PINTO	LIBERTY SEGUROS	M	01:32:19	01:33:27	04:23	Veterano M55
2034	725	185	SALVADOR SILVA	ACD S.JOAO DA SERRA	M	01:33:22	01:33:28	04:25	Veterano M40
563	726	127	PAULO OLIVEIRA	BLASQEM RUNNERS	M	01:33:24	01:33:30	04:25	Veterano M45
2500	727	128	JOAO MEIXEDO	CAES D AVENIDA	M	01:33:08	01:33:30	04:25	Veterano M45
795	728	65	JOAQUIN TATO	CAI A ESTRADA	M	01:32:59	01:33:33	04:25	Veterano M50
322	729	186	JOSE ALONSO	ATLETISMO PORRINO	M	01:32:58	01:33:34	04:24	Veterano M40
639	730	129	DANIEL MOTA	MAIANORTHSIDERUN	M	01:32:04	01:33:34	04:22	Veterano M45
2132	731	130	EDUARDO TEIXEIRA	INDIVIDUAL	M	01:33:17	01:33:36	04:25	Veterano M45
2516	732	153	PEDRO ALVES	LIBERTY SEGUROS	M	01:32:55	01:33:37	04:24	Veterano M35
966	733	187	GONCALO MATOS	ELECTREX	M	01:33:07	01:33:39	04:25	Veterano M40
2019	734	146	TIAGO OSORIO	INDIVIDUAL	M	01:32:23	01:33:41	04:23	Senior Masculino
2614	735	147	DAVID GONZALEZ	ATLETISMO A CANUDA SEGUROS BILBAO	M	01:32:56	01:33:42	04:24	Senior Masculino
1707	736	154	JORGE BASTOS	PERNETAS	M	01:32:28	01:33:45	04:23	Veterano M35
1937	737	25	JOSE BLANCO	INDIVIDUAL	M	01:33:24	01:33:48	04:25	Veterano M55
1410	738	26	MANUEL LUIS	PUPILOS ZE TO	M	01:32:35	01:33:51	04:23	Veterano M55
2965	739	131	CARLOS FLOR	CCD APDL	M	01:32:52	01:33:52	04:24	Veterano M45
1951	740	132	MODESTO RODRIGUES	ATC	M	01:33:10	01:33:56	04:25	Veterano M45
1218	741	148	RICARDO FERNANDES	INDIVIDUAL	M	01:33:54	01:33:57	04:27	Senior Masculino
115	742	149	PEDRO MONTENEGRO	FEUP GAZELAS	M	01:32:50	01:33:58	04:24	Senior Masculino
2375	743	133	MIGUEL ARAUJO	TRAIL ME	M	01:33:24	01:33:58	04:25	Veterano M45
1564	744	155	JAVIER GIL	INDIVIDUAL	M	01:31:54	01:34:00	04:22	Veterano M35
528	745	188	CARLOS DELGADO	INDIVIDUAL	M	01:33:51	01:34:02	04:27	Veterano M40
596	746	156	CARLOS DUARTE	INDIVIDUAL	M	01:33:26	01:34:02	04:26	Veterano M35
2243	747	189	CARLOS CARDOSO	CLUBE ATLETISMO DE LAMAS	M	01:32:00	01:34:02	04:22	Veterano M40
1209	748	190	JOSE ASOREY	INDIVIDUAL	M	01:33:28	01:34:02	04:26	Veterano M40

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
714	749	157	CARLOS BRITO	INDIVIDUAL	M	01:32:43	01:34:03	04:23	Veterano M35
690	750	134	JOSE CHAYAN	VETERAN@S DE GALICIA	M	01:32:31	01:34:05	04:23	Veterano M45
1913	751	191	PEDRO SILVA	KILOSMODA	M	01:32:18	01:34:06	04:22	Veterano M40
1923	752	135	PAULO PINHEIRO	BICIATUS	M	01:33:58	01:34:07	04:27	Veterano M45
1094	753	158	LUIS CARVALHO	LOUSADA RUNNERS	M	01:33:52	01:34:07	04:27	Veterano M35
2682	754	150	NUNO FELGUEIRAS	CENTRO DE ATLETISMO DE MAZAREFES	M	01:32:33	01:34:08	04:23	Senior Masculino
2414	755	13	MARIA GRARE	PORTO RUNNERS	F	01:34:07	01:34:08	04:28	Veterana F35
806	756	192	MARCOS VISO	ESPRINTES OURENSE	M	01:33:34	01:34:08	04:26	Veterano M40
1388	757	136	ALFONSO VEGA	INDIVIDUAL	M	01:33:25	01:34:09	04:26	Veterano M45
904	758	137	ROBERTO FERNANDEZ	INDIVIDUAL	M	01:32:51	01:34:10	04:24	Veterano M45
255	759	27	GERMANO SILVA	REAL ACADEMIA	M	01:33:52	01:34:11	04:27	Veterano M55
1491	760	138	MARCOS FIGUEIRIDO	C. A. OUTES. JOHN TURKEY	M	01:33:19	01:34:12	04:25	Veterano M45
1237	761	151	MANUEL CARAMES	CLUB ATLETISMO OUTES	M	01:33:40	01:34:12	04:27	Senior Masculino
1347	762	193	FRANCISCO PAN	CLUB DE ATLETISMO OUTES JOHN TURKEY	M	01:33:40	01:34:12	04:27	Veterano M40
2341	763	139	JURGEN SCHWEMMER	LOSTREGOS COIA	M	01:32:24	01:34:14	04:23	Veterano M45
1229	764	140	CARLOS CANITO	BLASQEM RUNNERS	M	01:34:08	01:34:15	04:28	Veterano M45
1725	765	152	CRISTIANO SILVA	ASPHALT ASSAULT TEAM	M	01:33:44	01:34:16	04:27	Senior Masculino
593	766	141	PAULO LOUREIRO	INDIVIDUAL	M	01:33:56	01:34:20	04:27	Veterano M45
2787	767	142	JOAQUIM PEREIRA	NASCIDOS PARA CORRER	M	01:34:13	01:34:21	04:28	Veterano M45
2428	768	143	JOAQUIM VIANA	PORTO RUNNERS	M	01:32:53	01:34:22	04:24	Veterano M45
1159	769	144	PAULO CRAVEIRO	VETERANOS PORTO	M	01:32:59	01:34:23	04:25	Veterano M45
2545	770	28	AUGUSTO DOURADO	INDIVIDUAL	M	01:33:31	01:34:25	04:26	Veterano M55
2805	771	194	HENRIQUE COELHO	NASCIDOS PARA CORRER	M	01:34:14	01:34:29	04:28	Veterano M40
1166	772	66	JOSE TEIXEIRA	INDIVIDUAL	M	01:34:27	01:34:32	04:28	Veterano M50
1617	773	29	MANUEL SA	CAPCENTRO DE ATLETISMO DO PORTO	M	01:33:48	01:34:33	04:27	Veterano M55
892	774	145	TO MACHADO	POR JOANE	M	01:34:03	01:34:33	04:27	Veterano M45
541	775	67	JOSE MOURA	INDIVIDUAL	M	01:33:46	01:34:33	04:27	Veterano M50
1091	776	153	JOSE DINIS	MOUTADOS TEAM	M	01:33:21	01:34:34	04:25	Senior Masculino
536	777	146	JOSE ARAUJO	TROPA DO CARALLO	M	01:34:34	01:34:34	04:29	Veterano M45
2959	778	159	RUI MOTA	FAMA RUNNERS	M	01:34:08	01:34:35	04:28	Veterano M35
1327	779	195	JORGE MOTA	LOUSADA RUNNERS	M	01:33:43	01:34:35	04:27	Veterano M40
2563	780	154	ANDRE MARQUES	INDIVIDUAL	M	01:34:10	01:34:36	04:28	Senior Masculino
1579	781	147	PAULO CAMPOS	LEOES DA AGRA	M	01:34:15	01:34:37	04:28	Veterano M45
2198	782	160	JOSE ALMEIDA	NAVR	M	01:34:22	01:34:37	04:28	Veterano M35
1726	783	196	LUIS ABREU	ASPHALT ASSAULT TEAM	M	01:33:53	01:34:38	04:27	Veterano M40
1696	784	197	ANTONIO MONTEIRO	AGUAIS DA MISERICORDIA	M	01:33:38	01:34:38	04:27	Veterano M40
1546	785	30	ANTONIO BASTON	CORREDOIRAS BUEU	M	01:34:24	01:34:39	04:28	Veterano M55
1616	786	148	JUAN DOPAZO	BURGAS ATLETISMO OURENSE	M	01:34:23	01:34:40	04:28	Veterano M45
361	787	198	JOAO ALMEIDA	DINAMO CLUBE ESTACAO	M	01:34:28	01:34:40	04:28	Veterano M40
945	788	149	PAULO SANTOS	GRUPO DESPORTIVO NOVO BANCO	M	01:34:24	01:34:41	04:28	Veterano M45
2317	789	161	FILIPE MARQUES	INDIVIDUAL	M	01:34:13	01:34:46	04:28	Veterano M35
1055	790	155	HUGO FERNANDES	CLUBE ATLETISMO FAFE	M	01:34:11	01:34:47	04:28	Senior Masculino
2345	791	156	RICARDO SOUSA	RUN TO BE ALIVE	M	01:32:56	01:34:49	04:24	Senior Masculino
760	792	162	JORGE PEREIRA	OS FELINOS	M	01:32:50	01:34:50	04:24	Veterano M35

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
2615	793	199	ALBERTO IGLESIAS	INDIVIDUAL	M	01:34:17	01:34:51	04:28	Veterano M40
2659	794	68	JOSE REGO	SINERGIA	M	01:34:46	01:34:52	04:30	Veterano M50
1705	795	200	PEDRO PEREIRA	OLIMPICO VIANENSE TRAIL/ND SPORT	M	01:34:28	01:34:53	04:28	Veterano M40
123	796	201	JOSE MACEIRA	INDIVIDUAL	M	01:32:55	01:34:53	04:24	Veterano M40
752	797	163	HELDER BARBOSA	INDIVIDUAL	M	01:33:51	01:34:53	04:27	Veterano M35
1019	798	69	DELFIN MONTEIRO	ADECA BEAT	M	01:34:34	01:34:55	04:29	Veterano M50
310	799	164	CLAUDIO ARAUJO	OS SANTA APOLONIA	M	01:34:55	01:34:55	04:30	Veterano M35
2469	800	202	XABIER LOPEZ	AD CERNE	M	01:34:27	01:34:56	04:28	Veterano M40
2110	801	70	JUAN LAGO	PRAIA DE CARNOTA RUNNERS	M	01:33:33	01:34:56	04:26	Veterano M50
811	802	203	FERNANDO REMELGADO	CCD SIEMENS	M	01:33:52	01:34:56	04:27	Veterano M40
2820	803	204	ANTONIO BORGES	PORTO SENTIDO RUNNERS	M	01:34:25	01:34:57	04:28	Veterano M40
2436	804	205	NUNO BETTENCOURT	PORTO RUNNERS	M	01:33:31	01:34:58	04:26	Veterano M40
862	805	150	JOSE TOUCEDA	ESPRINTES OURENSE	M	01:33:40	01:34:58	04:27	Veterano M45
957	806	165	NUNO ARAUJO	OLIMPICO VIANENSE TRAIL	M	01:33:08	01:34:58	04:25	Veterano M35
1174	807	71	JOSE PUENTE	CAR REDONDELA	M	01:33:07	01:34:59	04:25	Veterano M50
60	808	151	FRANCISCO CERQUEIRA	LIBERTY SEGUROS	M	01:33:21	01:35:02	04:25	Veterano M45
2139	809	166	JORGE GOMES	INDIVIDUAL	M	01:33:53	01:35:03	04:27	Veterano M35
168	810	31	OCTAVIO SOUSA	NASCIDOS PARA CORRER	M	01:34:27	01:35:05	04:28	Veterano M55
1186	811	167	ANGELO FERREIRA	GD AIRAO CURVIA	M	01:34:55	01:35:06	04:30	Veterano M35
215	812	168	RICARDO SILVA	TURBULENTOS	M	01:34:44	01:35:06	04:30	Veterano M35
208	813	206	NUNO COSTA	SS CGD	M	01:34:43	01:35:09	04:30	Veterano M40
1976	814	157	FRANCISCO ALVES	GT RUNNERS	M	01:34:57	01:35:09	04:30	Senior Masculino
1975	815	169	DANIEL LEITE	GT RUNNERS	M	01:34:55	01:35:09	04:30	Veterano M35
1968	816	158	RICARDO SILVA	GT RUNNERS	M	01:34:55	01:35:09	04:30	Senior Masculino
1429	817	152	FRAN LAGO	PONTESECA TRAIL TEAM	M	01:33:24	01:35:10	04:25	Veterano M45
2199	818	159	RUI SILVA	NAVR	M	01:34:48	01:35:10	04:30	Senior Masculino
2957	819	170	RUBEN LISIAS	ASPHALT ASSAULT TEAM	M	01:33:52	01:35:10	04:27	Veterano M35
2861	820	32	JOSE LOPES	PAINHAS	M	01:35:05	01:35:11	04:30	Veterano M55
311	821	160	JOSE FONSECA	INDIVIDUAL	M	01:34:37	01:35:12	04:29	Senior Masculino
745	822	153	PEDRO COELHO	NICE RUNNERS	M	01:34:32	01:35:13	04:29	Veterano M45
1628	823	161	NELSON NEVES	INDIVIDUAL	M	01:35:03	01:35:14	04:30	Senior Masculino
2156	824	14	CLAUDIA CARVALHO	SOCIEDADE RECREIO CEPANENSE	F	01:34:24	01:35:14	04:28	Veterana F35
1845	825	154	NUNO MAGALHAES	TARTARUGAS DO ASFALTO	M	01:34:06	01:35:15	04:28	Veterano M45
1011	826	171	JOAQUIN SEOANE	RUNNERS PONTAKASVIGO	M	01:34:51	01:35:15	04:30	Veterano M35
767	827	162	RICARDO TEIXEIRA	INDIVIDUAL	M	01:33:48	01:35:16	04:27	Senior Masculino
2648	828	207	MARIO FERREIRA	ADEFACEC	M	01:33:48	01:35:18	04:27	Veterano M40
1292	829	155	RUI EUSEBIO	ACADEMIA FERNANDA RIBEIRO	M	01:35:04	01:35:19	04:30	Veterano M45
1113	830	156	RICARDO PINEIRO	TRINORTH	M	01:34:13	01:35:19	04:28	Veterano M45
1070	831	72	PAULO FERREIRA	CTR VALE DE CAMBRA	M	01:35:09	01:35:21	04:30	Veterano M50
2426	832	73	MANUEL COSTA	PORTO RUNNERS	M	01:34:46	01:35:22	04:30	Veterano M50
2004	833	172	JOSE COSTA	LOUSADA RUNNERS	M	01:35:17	01:35:22	04:31	Veterano M35
1073	834	157	JOAQUIM FERREIRA	AGUAIS DA MISERICORDIA	M	01:34:20	01:35:22	04:28	Veterano M45
1935	835	208	JOSE MONTEIRO	CCD APDL	M	01:34:12	01:35:22	04:28	Veterano M40
1821	836	209	NUNO NAIA	CLUBE MILLENNIUM BCP	M	01:35:15	01:35:22	04:31	Veterano M40

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
2000	837	158	NUNO FERREIRA	PAPALEGUAS	M	01:34:21	01:35:24	04:28	Veterano M45
2983	838	173	PEDRO SILVA	INDIVIDUAL	M	01:35:08	01:35:24	04:30	Veterano M35
1749	839	33	JOSE REIGADA	INDIVIDUAL	M	01:35:15	01:35:24	04:31	Veterano M55
1473	840	174	JOSE CASAS	INDIVIDUAL	M	01:35:12	01:35:26	04:31	Veterano M35
1569	841	163	JOSE MARTINS	FUTEBOL CLUBE ESTRELAS SUSANENSES	M	01:33:53	01:35:27	04:27	Senior Masculino
1572	842	210	JOSE IGLESIAS	CLUB ATLETISMO TORTUJAS	M	01:34:18	01:35:27	04:28	Veterano M40
516	843	164	LUIS BRANCO	MALAPOS COM FOGACAS	M	01:33:33	01:35:27	04:26	Senior Masculino
2364	844	211	GUSTAVO GOMEZ	TORTUJAS TEAM	M	01:34:21	01:35:27	04:28	Veterano M40
57	845	34	FRANCISCO LEMOS	LIBERTY SEGUROS	M	01:34:25	01:35:29	04:28	Veterano M55
340	846	165	CHRISTOPHE FERNANDES	INDIVIDUAL	M	01:35:05	01:35:30	04:30	Senior Masculino
1371	847	159	MIGUEL BARROS	A.D.AMARANTE	M	01:33:40	01:35:31	04:27	Veterano M45
1866	848	175	FILIPE CARVALHO	GDFCAMPANHA	M	01:35:19	01:35:32	04:31	Veterano M35
1973	849	212	TIAGO ROCHA	INDIVIDUAL	M	01:35:07	01:35:33	04:30	Veterano M40
1748	850	166	PAULO PEREIRA	SAI DA FRENTE	M	01:34:00	01:35:34	04:27	Senior Masculino
677	851	213	RUI PINTO	INDIVIDUAL	M	01:35:20	01:35:37	04:31	Veterano M40
1885	852	160	MANUEL SILVA	GAVIOES VILA NOVA DE FAMILICAO	M	01:34:14	01:35:37	04:28	Veterano M45
654	853	74	DANIEL RODRIGUEZ	INDIVIDUAL	M	01:35:10	01:35:38	04:31	Veterano M50
670	854	214	RICARDO BOULLOSA	INDIVIDUAL	M	01:35:39	01:35:39	04:32	Veterano M40
2579	855	161	SECHU	ATLETISMO NOIA	M	01:35:05	01:35:39	04:30	Veterano M45
2369	856	75	JOSE ROCHA	CLUBE DO PESSOAL EDP DELEGACAO DE GAIA	M	01:35:29	01:35:40	04:32	Veterano M50
995	857	167	SIMON CALVINO	NOSPORTLIMIT	M	01:35:16	01:35:41	04:31	Senior Masculino
2006	858	215	IGNACIO LAGO	PONTESECA TRAIL TEAM	M	01:33:57	01:35:41	04:27	Veterano M40
2163	859	162	RUI SILVA	SOCIEDADE RECREIO CEPANENSE	M	01:34:49	01:35:41	04:30	Veterano M45
2180	860	216	ANTONIO PEREIRA	SOCIEDADE RECREIO CEPANENSE	M	01:34:03	01:35:41	04:27	Veterano M40
2903	861	163	JOSE CARVALHO	SOCIEDADE RECREIO CEPANENSE	M	01:34:03	01:35:42	04:27	Veterano M45
1931	862	164	PAULO MOREIRA	CGD APDL	M	01:34:24	01:35:42	04:28	Veterano M45
2309	863	217	NUNO	INDIVIDUAL	M	01:35:38	01:35:43	04:32	Veterano M40
2856	864	35	SARAFIM RAMOS	PAINHAS	M	01:34:07	01:35:44	04:28	Veterano M55
2826	865	18	MARIA COELHO	INDIVIDUAL	F	01:35:03	01:35:44	04:30	Senior Feminino
2631	866	168	LUCIANO AMARO	AFIFENSE TRAIL	M	01:34:49	01:35:45	04:30	Senior Masculino
2868	867	176	JOAO FERREIRA	AFIS/OVAR	M	01:35:04	01:35:45	04:30	Veterano M35
2810	868	36	ANTONIO PEREIRA	NASCIDOS PARA CORRER	M	01:34:52	01:35:46	04:30	Veterano M55
2347	869	169	RAFAEL AGUAS	INDIVIDUAL	M	01:35:05	01:35:47	04:30	Senior Masculino
2097	870	165	JOAQUIM PEREIRA	INDIVIDUAL	M	01:35:14	01:35:47	04:31	Veterano M45
1497	871	218	PAULO MACHADO	ATLETISMO RUA	M	01:34:29	01:35:48	04:28	Veterano M40
2478	872	166	MANUEL PEREIRA	LOUSADA RUNNERS	M	01:35:41	01:35:48	04:32	Veterano M45
689	873	167	JAVIER GONZALEZ	VETERAN@S DE GALICIA	M	01:34:15	01:35:49	04:28	Veterano M45
1662	874	177	PABLO GONZALEZ	XHUZAS TEAM	M	01:34:03	01:35:50	04:27	Veterano M35
393	875	76	RAMIRO GONZALEZ	RUNNING LUSEKELO	M	01:34:32	01:35:51	04:29	Veterano M50
1568	876	219	FIDEL SOTO	INDIVIDUAL	M	01:34:14	01:35:51	04:28	Veterano M40
2308	877	220	PABLO GONZALEZ	LIMIATIVA	M	01:34:57	01:35:51	04:30	Veterano M40
1871	878	168	PAULO FERNANDES	AFISOVAR	M	01:35:38	01:35:52	04:32	Veterano M45
66	879	169	VITOR LOPES	LIBERTY SEGUROS GINASIO CLUBE DE SANTO TIRSO	M	01:35:57	01:36:00	04:33	Veterano M45
660	880	170	CARLOS ALVAREZ	INDIVIDUAL	M	01:33:52	01:36:00	04:27	Veterano M45

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
710	881	77	FERNANDO BARBOSA	INDIVIDUAL	M	01:34:04	01:36:02	04:27	Veterano M50
179	882	37	JOAQUIM GONCALVES	NASCIDOS PARA CORRERASSOCIACAO DESPORTIVA	M	01:35:25	01:36:04	04:32	Veterano M55
512	883	170	SERGIO FARIA	INDIVIDUAL	M	01:34:54	01:36:05	04:30	Senior Masculino
355	884	178	JOAO BARBOSA	CAES D AVENIDA	M	01:35:38	01:36:05	04:32	Veterano M35
652	885	171	JOSE PINHEL	INDIVIDUAL	M	01:35:50	01:36:08	04:33	Veterano M45
1687	886	172	DAVID SOUSA	SUNSET RUNNERS	M	01:35:45	01:36:08	04:32	Veterano M45
141	887	171	MIGUEL RODRIGUES	INDIVIDUAL	M	01:34:26	01:36:08	04:28	Senior Masculino
2554	888	172	BRUNO LOPES	GDFCAMPANHA	M	01:35:38	01:36:09	04:32	Senior Masculino
2229	889	173	ANTONIO MIRANDA	INDIVIDUAL	M	01:35:01	01:36:09	04:30	Senior Masculino
2425	890	173	NUNO CACERES	PORTO RUNNERS	M	01:35:27	01:36:10	04:32	Veterano M45
1435	891	174	PEDRO MEIXEDO	INDIVIDUAL	M	01:35:58	01:36:11	04:33	Senior Masculino
888	892	179	NUNO SANTOS	G.D.BAIRRO PESCADORES MATOSINHOS	M	01:35:39	01:36:11	04:32	Veterano M35
2543	893	221	DOMINIQUE OLIVEIRA	INDIVIDUAL	M	01:35:24	01:36:12	04:32	Veterano M40
1950	894	174	LUIS CUNHA	LINHAS MOURE CONFENIX	M	01:35:12	01:36:15	04:31	Veterano M45
1967	895	175	PAULO MATOS	GT RUNNERS	M	01:36:00	01:36:15	04:33	Senior Masculino
571	896	175	FRANCISCO BRANCO	INDIVIDUAL	M	01:36:07	01:36:15	04:33	Veterano M45
1841	897	180	JOAO TERESO	TARTARUGAS DO ASFALTO	M	01:35:06	01:36:17	04:30	Veterano M35
240	898	176	PEDRO AFONSO	BELEM RUNNERS (CFBELENENSES)	M	01:36:16	01:36:17	04:34	Veterano M45
1487	899	176	RICARDO ALBUQUERQUE	CLUBE GALP ENERGIA NORTE	M	01:35:39	01:36:17	04:32	Senior Masculino
1531	900	177	JUAN GREGORIO	C.A.R. MARISQUEIRO	M	01:35:29	01:36:17	04:32	Veterano M45
1737	901	178	CARLOS COELLO	C.A.R. MARISQUEIRO	M	01:35:29	01:36:17	04:32	Veterano M45
2073	902	177	RUI FARIA	PAINHAS	M	01:35:28	01:36:18	04:32	Senior Masculino
1027	903	178	BRUNO VIGARIO	METRALHAS RUNNERS	M	01:35:10	01:36:18	04:31	Senior Masculino
628	904	222	MILTON RODRIGUES	INDIVIDUAL	M	01:34:20	01:36:19	04:28	Veterano M40
484	905	38	JOSE LOPEZ	INDIVIDUAL	M	01:34:42	01:36:19	04:29	Veterano M55
905	906	223	JORGE FERREIRA	C.A.R. MARISQUEIRO	M	01:35:03	01:36:19	04:30	Veterano M40
2632	907	179	LUIS DANTAS	ACDR CALHEIROS	M	01:36:14	01:36:20	04:33	Senior Masculino
2747	908	39	CARLOS FERREIRA	INDIVIDUAL	M	01:35:41	01:36:21	04:32	Veterano M55
379	909	19	MARIANA MACHADO	ATHLETICS FISIOTERAPIA SAN LAZARO	F	01:35:38	01:36:22	04:32	Senior Feminino
2635	910	181	JOAO LOPES	INDIVIDUAL	M	01:34:42	01:36:23	04:29	Veterano M35
782	911	180	PEDRO BRAGA	SUPERFRAQUINHOS	M	01:34:55	01:36:23	04:30	Senior Masculino
526	912	182	JOSE RIVERA	C.A.R.MARISQUEIRO	M	01:35:06	01:36:24	04:30	Veterano M35
2793	913	224	MARCO ALMEIDA	NASCIDOS PARA CORRER	M	01:35:47	01:36:24	04:32	Veterano M40
2358	914	225	PORFIRIO LOMBA	INDIVIDUAL	M	01:35:12	01:36:24	04:31	Veterano M40
1153	915	179	JESUS VIGO	INDIVIDUAL	M	01:35:48	01:36:25	04:32	Veterano M45
2205	916	183	MARIO OLIVEIRA	GRUPO DESPORTIVO LEOS DE VENEZA	M	01:36:09	01:36:25	04:33	Veterano M35
2707	917	180	DAVIDE SILVA	N.A.TAIPAS	M	01:35:01	01:36:26	04:30	Veterano M45
2718	918	78	MANUEL MOTA	N.A.TAIPAS	M	01:34:58	01:36:26	04:30	Veterano M50
308	919	226	RUI SOUSA	INDIVIDUAL	M	01:36:26	01:36:26	04:34	Veterano M40
845	920	181	VASCO FRANCO	GIROFLEBY FAP WINES	M	01:35:20	01:36:27	04:31	Veterano M45
2711	921	184	RICARDO SALGADO	N.A.TAIPAS	M	01:36:18	01:36:28	04:34	Veterano M35
346	922	185	OSCAR SOBRAL	VIRIATHVS RUNNERS VISEU	M	01:35:44	01:36:28	04:32	Veterano M35
2674	923	227	RUBEN ADROVER	INDIVIDUAL	M	01:35:30	01:36:29	04:32	Veterano M40
1203	924	181	ANDRE SANTOS	ALIANCA DE GANDRA	M	01:36:05	01:36:30	04:33	Senior Masculino

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
2796	925	228	RUI SANTOS	NASCIDOS PARA CORRER	M	01:36:15	01:36:31	04:34	Veterano M40
1365	926	186	MIGUEL QUEIROS	A.D.AMARANTE	M	01:35:11	01:36:32	04:31	Veterano M35
1688	927	182	ANXO GONZALEZ	RUNNING LUSEKELO	M	01:36:10	01:36:32	04:33	Veterano M45
1071	928	182	DIEGO PEREIRA	RUNNING LUSEKELO	M	01:36:10	01:36:33	04:33	Senior Masculino
1997	929	79	JOAQUIM FERREIRA	A. C. VERMOIM	M	01:35:44	01:36:33	04:32	Veterano M50
2821	930	187	BRUNO RESENDE	INDIVIDUAL	M	01:35:31	01:36:33	04:32	Veterano M35
2629	931	15	TANIA SALGADO	MINHO AVENTURA	F	01:36:15	01:36:33	04:34	Veterana F35
1015	932	183	NUNO LOMBA	INDIVIDUAL	M	01:35:15	01:36:35	04:31	Senior Masculino
1150	933	184	PAULO FERREIRA	INDIVIDUAL	M	01:35:34	01:36:36	04:32	Senior Masculino
2162	934	183	OSVALDO SOARES	SOCIEDADE RECREIO CEPANENSE	M	01:34:59	01:36:38	04:30	Veterano M45
94	935	185	FLAVIO SOUSA	INDIVIDUAL	M	01:36:36	01:36:38	04:35	Senior Masculino
1522	936	40	JOAO SILVA	INDIVIDUAL	M	01:36:31	01:36:38	04:35	Veterano M55
2040	937	80	JOAO CORREIA	VIRIATHVS RUNNERS VISEU	M	01:35:56	01:36:40	04:33	Veterano M50
1977	938	41	MANUEL COSTA	A. C. VERMOIM	M	01:35:49	01:36:41	04:33	Veterano M55
2444	939	184	ROGERIO CALVO	PORTO RUNNERS	M	01:36:04	01:36:42	04:33	Veterano M45
591	940	186	CESAR TEIXEIRA	INDIVIDUAL	M	01:35:11	01:36:42	04:31	Senior Masculino
464	941	229	ANTONIO ROXO	INDIVIDUAL	M	01:36:40	01:36:43	04:35	Veterano M40
582	942	42	RAFAEL REGO	ATLETISMO TUITHERMALIA	M	01:35:31	01:36:43	04:32	Veterano M55
1574	943	188	BRUNO SALGADO	2SLOW2RUN	M	01:35:33	01:36:43	04:32	Veterano M35
632	944	230	PEDRO GAIO	LION RUNNERS G. D. LEOES DA GUARDA	M	01:35:47	01:36:45	04:32	Veterano M40
1016	945	81	DOMINGOS OLIVEIRA	BRAGARUNNERS	M	01:35:03	01:36:46	04:30	Veterano M50
761	946	187	NUNO FELGUEIRAS	OS FELINOS	M	01:34:47	01:36:47	04:30	Senior Masculino
783	947	43	ANTONIO PORRAO	X5	M	01:36:06	01:36:47	04:33	Veterano M55
547	948	189	BRUNO PEIXOTO	INDIVIDUAL	M	01:36:29	01:36:48	04:35	Veterano M35
2007	949	231	PAULO QUEIROZ	INDIVIDUAL	M	01:34:46	01:36:48	04:30	Veterano M40
2783	950	232	HELDER TEIXEIRA	NASCIDOS PARA CORRER	M	01:35:54	01:36:50	04:33	Veterano M40
2031	951	185	CARLOS CARDOSO	A D RIO LARGO CLUBE DE ESPINHO	M	01:36:19	01:36:51	04:34	Veterano M45
1062	952	186	JORGE FARIA	INDIVIDUAL	M	01:34:55	01:36:52	04:30	Veterano M45
1244	953	190	RUI LEITE	CANAGUAS DO NORTE	M	01:36:40	01:36:52	04:35	Veterano M35
1000	954	44	RAMON CERNADAS	ATLETISMO OUTES JOHN TURKEY	M	01:36:20	01:36:52	04:34	Veterano M55
932	955	191	HUGO COSTA	INDIVIDUAL	M	01:36:14	01:36:53	04:33	Veterano M35
2039	956	233	MANUEL NASCIMENTO	VRL VIANA REMADORES DO LIMA	M	01:36:13	01:36:53	04:33	Veterano M40
1670	957	234	PAULO MESQUITA	AMIGOS DO ATLETISMO MAGNA	M	01:36:49	01:36:54	04:35	Veterano M40
2252	958	82	CARLOS GONCALVES	VITORIA SPORT CLUBE	M	01:36:17	01:36:55	04:34	Veterano M50
2271	959	192	MIGUEL MENDES	VITORIA SPORT CLUBE	M	01:36:16	01:36:55	04:34	Veterano M35
2870	960	235	JOSE RODRIGUES	AFIS/OVAR	M	01:35:54	01:36:55	04:33	Veterano M40
2098	961	188	RICARDO SILVA	OFRUNNING	M	01:36:40	01:36:56	04:35	Senior Masculino
139	962	187	ANTONIO FERNANDES	INDIVIDUAL	M	01:35:19	01:36:56	04:31	Veterano M45
914	963	83	CESAR CERDEIRA	INDIVIDUAL	M	01:35:37	01:36:57	04:32	Veterano M50
1529	964	188	XOSE CARRERA	TANINOS RUNNERS PONTEAREAS	M	01:35:48	01:36:57	04:32	Veterano M45
1988	965	236	LUIS RODRIGUES	CHAVES RUNNING TEAM	M	01:36:17	01:36:58	04:34	Veterano M40
301	966	189	PAULO LOPES	GRUPO DESPORTIVO SELHO	M	01:36:27	01:37:00	04:34	Senior Masculino
1127	967	45	ABEL SANTOS	CALDAS SAO JORGE SPORT CLUB	M	01:36:48	01:37:02	04:35	Veterano M55
655	968	193	LUIS FERREIRA	INDIVIDUAL	M	01:36:56	01:37:04	04:36	Veterano M35

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
956	969	237	RUI CARDOSO	INVICTA RUNNERS TEAM	M	01:36:43	01:37:05	04:35	Veterano M40
34	970	84	RUI LOPES	INDIVIDUAL	M	01:37:00	01:37:05	04:36	Veterano M50
2663	971	189	JOAO CERQUEIRA	GRUPO JUVENIL DE VILA DE PUNHE	M	01:37:02	01:37:06	04:36	Veterano M45
2181	972	85	ANTONIO MENDES	SOCIEDADE RECREIO CEPANENSE	M	01:36:14	01:37:06	04:33	Veterano M50
1775	973	238	NICOLAS PEREZ	INDIVIDUAL	M	01:35:41	01:37:07	04:32	Veterano M40
1738	974	194	JOSE NUNEZ	INDIVIDUAL	M	01:36:25	01:37:08	04:34	Veterano M35
471	975	195	PEDRO GONCALVES	FOGACAS COM MALAPOS	M	01:35:14	01:37:09	04:31	Veterano M35
1926	976	239	MIGUEL ALVES	INDIVIDUAL	M	01:37:02	01:37:10	04:36	Veterano M40
2289	977	190	BRUNO GOMES	LOUSADA RUNNERS	M	01:36:51	01:37:12	04:35	Senior Masculino
170	978	240	NUNO PINA	CLUBE VODAFONE	M	01:36:58	01:37:13	04:36	Veterano M40
1647	979	196	ENRIQUE NEIRA	MARRANERS	M	01:36:11	01:37:14	04:33	Veterano M35
2104	980	241	NUNO RODRIGUES	OFRUNNING	M	01:36:58	01:37:14	04:36	Veterano M40
2056	981	191	SERGIO ALPUIM	PEDALARTE	M	01:35:37	01:37:14	04:32	Senior Masculino
669	982	242	NELSON NOVAL	RUNNING TEAM ALDEIA NOVA	M	01:37:01	01:37:14	04:36	Veterano M40
759	983	243	OSCAR LEMOS	OS FELINOS	M	01:35:16	01:37:16	04:31	Veterano M40
1035	984	192	DIOGO BASTOS	INDIVIDUAL	M	01:35:43	01:37:21	04:32	Senior Masculino
684	985	244	JOSE PARADA	VETERAN@S DE GALICIA	M	01:36:00	01:37:25	04:33	Veterano M40
1228	986	190	ALFONSO FERNANDEZ	INDIVIDUAL	M	01:36:03	01:37:26	04:33	Veterano M45
527	987	245	RAFAEL VAZQUEZ	C.A.R.MARISQUEIRO	M	01:36:07	01:37:26	04:33	Veterano M40
1526	988	197	JOAO MARQUES	INDIVIDUAL	M	01:36:08	01:37:26	04:33	Veterano M35
844	989	246	CARLOS JOAO	PERDI O TAXI	M	01:37:26	01:37:26	04:37	Veterano M40
91	990	46	ARMANDO OLIVEIRA	LOUSADA RUNNERS	M	01:37:22	01:37:27	04:37	Veterano M55
39	991	198	DANIEL RODRIGUES	CYCLONES SANITOP	M	01:36:49	01:37:28	04:35	Veterano M35
1296	992	193	JOAQUIM BATISTA	WHITE RUNNING TEAM	M	01:37:07	01:37:29	04:36	Senior Masculino
1030	993	247	ANTONIO COELHO	TRAIL ME	M	01:36:59	01:37:29	04:36	Veterano M40
2312	994	248	ANTONIO GRANDE	TRAIL ME	M	01:36:54	01:37:29	04:35	Veterano M40
1140	995	194	PAULO VALE	BRAGUINHAS RUNNERS	M	01:36:01	01:37:30	04:33	Senior Masculino
410	996	199	HUGO BARBOSA	INDIVIDUAL	M	01:35:42	01:37:30	04:32	Veterano M35
11	997	86	JOSE MACHADO	CYCLONES SANITOP	M	01:37:29	01:37:30	04:37	Veterano M50
295	998	249	ARTUR BALTAREJO	BRAGUINHAS RUNNERS	M	01:35:55	01:37:30	04:33	Veterano M40
1152	999	200	PABLO TRIGO	INDIVIDUAL	M	01:36:58	01:37:30	04:36	Veterano M35
1117	1000	201	MARCO FERREIRA	BRAGUINHAS RUNNERS	M	01:36:24	01:37:31	04:34	Veterano M35
2961	1001	195	NUNO GONCALVES	FAMA RUNNERS	M	01:36:14	01:37:31	04:33	Senior Masculino
574	1002	202	CRISTIANO PEREIRA	INDIVIDUAL	M	01:36:13	01:37:32	04:33	Veterano M35
3030	1003	196	RUBEN SOUSA	INDIVIDUAL	M	01:35:22	01:37:32	04:31	Senior Masculino
61	1004	203	FILIPE MENESES	LIBERTY SEGUROS	M	01:37:09	01:37:32	04:37	Veterano M35
889	1005	250	LUIS GALLEGO	ESPRINTES OURENSE	M	01:36:58	01:37:33	04:36	Veterano M40
2852	1006	191	ALBERTO BERTAO	PAINHAS	M	01:35:54	01:37:33	04:33	Veterano M45
900	1007	197	PEDRO MAGALHAES	ARCO4RUN	M	01:36:51	01:37:33	04:35	Senior Masculino
502	1008	47	JOSE QUINTAIROS	LIMIATIVA	M	01:36:07	01:37:34	04:33	Veterano M55
2844	1009	87	CARLOS GANDRA	PAINHAS	M	01:35:38	01:37:34	04:32	Veterano M50
1773	1010	192	FERNANDO COSTA	PERNETAS	M	01:35:55	01:37:34	04:33	Veterano M45
2173	1011	251	ERNESTO SOUSA	SOCIEDADE RECREIO CEPANENSE	M	01:36:53	01:37:35	04:35	Veterano M40
1048	1012	16	ANABELA ABREU	CORRER VISEU	F	01:36:15	01:37:35	04:34	Veterana F35

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
595	1013	193	ROBERTO LEAL	GRUPO DESPORTIVO RIBEIRINHOS	M	01:36:48	01:37:35	04:35	Veterano M45
2062	1014	198	JOSE CARNEIRO	INDIVIDUAL	M	01:35:52	01:37:35	04:33	Senior Masculino
1902	1015	88	JOAQUIM VIEIRA	OS CACHOS	M	01:36:12	01:37:36	04:33	Veterano M50
137	1016	89	HEITOR ARAUJO	INDIVIDUAL	M	01:37:08	01:37:36	04:37	Veterano M50
2958	1017	204	RICARDO ALVES	INDIVIDUAL	M	01:37:27	01:37:36	04:37	Veterano M35
2116	1018	48	FERNANDO CAMELO	S.C. SALGUEIROS	M	01:36:43	01:37:37	04:35	Veterano M55
407	1019	49	JOSE CAMPOS	INDIVIDUAL	M	01:36:52	01:37:38	04:35	Veterano M55
798	1020	205	JOSE SA	LION RUNNERS G. D. LEOES DA GUARDA	M	01:36:04	01:37:39	04:33	Veterano M35
75	1021	194	ANTONIO PONTE	INDIVIDUAL	M	01:37:35	01:37:40	04:38	Veterano M45
525	1022	195	FERNANDO MENDES	INDIVIDUAL	M	01:36:55	01:37:40	04:36	Veterano M45
494	1023	17	ANA SOAGE	CORREDOIRAS BUEU	F	01:37:18	01:37:40	04:37	Veterana F35
692	1024	90	JOSE FUENTES	VETERAN@S DE GALICIA	M	01:36:08	01:37:41	04:33	Veterano M50
1602	1025	206	FERNANDO LANZOS	INDIVIDUAL	M	01:36:50	01:37:41	04:35	Veterano M35
508	1026	252	PAULO GOMES	NO TOMORROW RUNNING TEAM	M	01:37:12	01:37:43	04:37	Veterano M40
1919	1027	196	ANTONIO CAPITAO	CAVE	M	01:37:36	01:37:44	04:38	Veterano M45
2763	1028	207	MARIO DIAS	RUNNING ESPINHO	M	01:36:21	01:37:45	04:34	Veterano M35
1626	1029	50	JESUS PLATAS	USC SANTIAGO	M	01:37:34	01:37:48	04:38	Veterano M55
1092	1030	208	JESUS CAMPOS	MOUTADOS TEAM	M	01:36:39	01:37:48	04:35	Veterano M35
1362	1031	199	MARCOS LEAL	INDIVIDUAL	M	01:36:17	01:37:49	04:34	Senior Masculino
2301	1032	209	ARMANDO COSTA	ARCA BARCELOS RUNNERS	M	01:37:05	01:37:50	04:36	Veterano M35
2888	1033	197	JAIME JUNIOR	CCD RENAULT CACIA	M	01:37:17	01:37:50	04:37	Veterano M45
831	1034	198	MANUEL TEIXEIRA	CMMCP	M	01:37:32	01:37:50	04:37	Veterano M45
2902	1035	199	XOSE RAMOS	ATLETISMO MACEDA	M	01:37:27	01:37:50	04:37	Veterano M45
2128	1036	210	ANGELO DIAS	PUSSY	M	01:37:18	01:37:55	04:37	Veterano M35
2057	1037	211	VITOR SILVA	PEDALARTE	M	01:36:19	01:37:56	04:34	Veterano M35
2446	1038	91	RUI SANTOS	PORTO RUNNERS	M	01:37:31	01:37:58	04:37	Veterano M50
2186	1039	212	PEDRO PEREIRA	NAVR	M	01:37:45	01:38:00	04:38	Veterano M35
159	1040	253	FLAVIO SOBRAL	INDIVIDUAL	M	01:36:50	01:38:02	04:35	Veterano M40
1562	1041	200	MIGUEL LOPEZ	INDIVIDUAL	M	01:35:56	01:38:02	04:33	Veterano M45
1154	1042	200	ALBERTO GOLAN	INDIVIDUAL	M	01:37:31	01:38:03	04:37	Senior Masculino
993	1043	213	MAURO ROXO	ADE TRAIL RUNNING	M	01:36:43	01:38:03	04:35	Veterano M35
1135	1044	254	ANDRE MEDAS	INDIVIDUAL	M	01:36:54	01:38:04	04:35	Veterano M40
1506	1045	18	GRACA COSTA	INDIVIDUAL	F	01:37:46	01:38:05	04:38	Veterana F35
2777	1046	51	EMANUEL MADUREIRA	NASCIDOS PARA CORRER	M	01:38:07	01:38:07	04:39	Veterano M55
2813	1047	255	PEDRO TEIXEIRA	NASCIDOS PARA CORRER	M	01:37:49	01:38:07	04:38	Veterano M40
1358	1048	19	MONICA FERNANDEZ	ATHLETICS FISIOTERAPIA SAM LAZARO	F	01:37:26	01:38:07	04:37	Veterana F35
411	1049	92	CELSO PEREZ	RUNNING LUSEKELO	M	01:36:58	01:38:09	04:36	Veterano M50
2603	1050	256	TELMO FERNANDES	INDIVIDUAL	M	01:35:59	01:38:09	04:33	Veterano M40
597	1051	93	GORI RODRIGUEZ	RUNNING LUSEKELO	M	01:36:58	01:38:09	04:36	Veterano M50
860	1052	214	BRUNO RODRIGUES	INDIVIDUAL	M	01:36:26	01:38:10	04:34	Veterano M35
2822	1053	257	JOSE NIEVES	INDIVIDUAL	M	01:37:00	01:38:11	04:36	Veterano M40
1201	1054	258	LEONARDO DOMINGUEZ	INDIVIDUAL	M	01:37:22	01:38:12	04:37	Veterano M40
489	1055	259	JAVIER CENDON	ADE PTL	M	01:37:28	01:38:18	04:37	Veterano M40
744	1056	260	LUIS BERNARDO	VIRIATHVS RUNNERS VISEU	M	01:37:31	01:38:18	04:37	Veterano M40



Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
287	1057	201	JOSE LACERDA	INDIVIDUAL	M	01:37:21	01:38:19	04:37	Senior Masculino
1974	1058	201	PEDRO MATOS	GT RUNNERS	M	01:38:08	01:38:20	04:39	Veterano M45
2575	1059	202	JOSE FARO	VIRIATHVS RUNNERS VISEU	M	01:37:34	01:38:23	04:38	Veterano M45
2438	1060	261	JOAO CRAVEIRO	PORTO RUNNERS	M	01:37:59	01:38:24	04:38	Veterano M40
523	1061	262	ISAAC CASAL	CORREDORES FESTEIROS	M	01:36:42	01:38:24	04:35	Veterano M40
964	1062	52	RUI MATOS	ELECTREX	M	01:37:53	01:38:25	04:38	Veterano M55
414	1063	263	RICARDO OLIVEIRA	G. D. SELHO	M	01:38:00	01:38:25	04:39	Veterano M40
50	1064	264	SERGIO LOPES	R. RONLINE	M	01:38:00	01:38:25	04:39	Veterano M40
2197	1065	202	RUI BORGES	NAVR	M	01:38:04	01:38:25	04:39	Senior Masculino
2490	1066	265	AFONSO PEREIRA	INDIVIDUAL	M	01:36:44	01:38:25	04:35	Veterano M40
1274	1067	266	CARLOS TORRES	INDIVIDUAL	M	01:38:07	01:38:26	04:39	Veterano M40
2354	1068	53	ADRIANO QUEIROZ	C.F. OLIVEIRA DO DOURO	M	01:36:54	01:38:27	04:35	Veterano M55
1879	1069	203	VIRGILIO CARCAO	CLUBE PORTUGAL TELECOM	M	01:38:06	01:38:28	04:39	Veterano M45
2617	1070	204	JOSE PEREZ	ASOCIACION DEPORTIVA C.A.R.	M	01:38:05	01:38:29	04:39	Veterano M45
156	1071	267	PEDRO OLIVEIRA	INDIVIDUAL	M	01:37:52	01:38:29	04:38	Veterano M40
572	1072	94	CARLOS SAMPAIO	INDIVIDUAL	M	01:38:21	01:38:30	04:40	Veterano M50
1955	1073	205	PAULO FRANCISCO	PAULO FRANCISCO RUNNER	M	01:38:07	01:38:31	04:39	Veterano M45
1351	1074	54	JOSE LEITE	GINASIO CLUBE SANTO TIRSO	M	01:38:11	01:38:32	04:39	Veterano M55
2835	1075	215	VITOR ANDRADE	MONDIMBIKE	M	01:37:54	01:38:32	04:38	Veterano M35
2834	1076	206	LUIS COSTA	AMA ASSOCIACAO MONDIM ALETISMO	M	01:37:54	01:38:33	04:38	Veterano M45
2155	1077	95	LUIS GOMES	SOCIEDADE RECREIO CEPANENSE	M	01:36:40	01:38:33	04:35	Veterano M50
1436	1078	268	MIGUEL ALMEIDA	CHAVES RUNNING TEAM	M	01:37:32	01:38:35	04:37	Veterano M40
2993	1079	203	FERNANDES DANIELA	TRT MONTHY	M	01:38:27	01:38:35	04:40	Senior Masculino
1223	1080	20	MARIA MARTINEZ	INDIVIDUAL	F	01:37:30	01:38:35	04:37	Veterana F35
1307	1081	204	PEDRO FERNANDES	HSANTAMARIART	M	01:37:12	01:38:36	04:37	Senior Masculino
1304	1082	269	LUIS ALMEIDA	SAI DA FRENTE	M	01:37:00	01:38:36	04:36	Veterano M40
1178	1083	55	FERNANDO ALVAREZ	RUNIM CARBALLINO	M	01:38:23	01:38:41	04:40	Veterano M55
296	1084	216	CELSO SOARES	INDIVIDUAL	M	01:37:36	01:38:42	04:38	Veterano M35
958	1085	56	MANUEL COSTA	LEBRE 10	M	01:38:28	01:38:42	04:40	Veterano M55
1172	1086	217	VASCO DUARTE	WERUNBUE	M	01:36:51	01:38:45	04:35	Veterano M35
1139	1087	205	BRUNO OLIVEIRA	WERUNBUE	M	01:36:52	01:38:46	04:35	Senior Masculino
2035	1088	206	DIOGO ALMEIDA	INDIVIDUAL	M	01:38:07	01:38:46	04:39	Senior Masculino
522	1089	270	JUAN CLARO	CORREDORES FESTEIROS	M	01:37:04	01:38:47	04:36	Veterano M40
2192	1090	271	FERNANDO LOPES	NAVR	M	01:38:26	01:38:47	04:40	Veterano M40
1281	1091	207	HELDER FERREIRA	INDIVIDUAL	M	01:38:39	01:38:47	04:41	Senior Masculino
1183	1092	96	JOSE PORTO	ATC	M	01:38:06	01:38:48	04:39	Veterano M50
2685	1093	20	JOANA BARROS	CENTRO DE ATLETISMO DE MAZAREFES	F	01:37:15	01:38:48	04:37	Senior Feminino
2684	1094	208	LUIS COUTINHO	CENTRO DE ATLETISMO DE MAZAREFES	M	01:37:15	01:38:48	04:37	Senior Masculino
2100	1095	272	AUGUSTO OLIVEIRA	PAREDES AVENTURA	M	01:38:25	01:38:48	04:40	Veterano M40
1658	1096	218	MANUEL PEDREIRA	INDIVIDUAL	M	01:38:21	01:38:49	04:40	Veterano M35
1246	1097	273	RICARDO PEREIRA	CANAGUAS DO NORTE	M	01:37:58	01:38:50	04:38	Veterano M40
673	1098	207	CARLOS PASSOS	INDIVIDUAL	M	01:38:12	01:38:50	04:39	Veterano M45
2087	1099	219	JOHN OLSEN	INDIVIDUAL	M	01:38:31	01:38:50	04:40	Veterano M35
980	1100	57	JOSE DIAZ	ATLETISMO NOIA	M	01:38:05	01:38:51	04:39	Veterano M55

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
292	1101	220	TIAGO FERREIRA	NAMADORES	M	01:37:13	01:38:54	04:37	Veterano M35
1480	1102	97	JOSE SILVA	A.C.R.D.ESCAPAES	M	01:38:19	01:38:54	04:40	Veterano M50
2295	1103	98	CAMILO OLIVEIRA	INDIVIDUAL	M	01:38:33	01:38:55	04:40	Veterano M50
1494	1104	274	FILIPE SANTOS	INDIVIDUAL	M	01:37:38	01:38:57	04:38	Veterano M40
412	1105	208	JOSE LORENZO	RUNNNG LUSEKELO	M	01:37:47	01:38:58	04:38	Veterano M45
641	1106	275	MIGUEL LOUREIRO	INDIVIDUAL	M	01:38:28	01:38:58	04:40	Veterano M40
131	1107	221	ANDRE CRUZ	INDIVIDUAL	M	01:37:47	01:38:59	04:38	Veterano M35
2263	1108	99	JOAO OLIVEIRA	VITORIA SPORT CLUBE	M	01:37:37	01:39:01	04:38	Veterano M50
1590	1109	276	JOSE BARREIRAS	INDIVIDUAL	M	01:37:03	01:39:03	04:36	Veterano M40
2319	1110	100	JOSE PAZOS	RUNAWAYS	M	01:37:15	01:39:03	04:37	Veterano M50
2817	1111	209	NELSON CARVALHO	INDIVIDUAL	M	01:37:11	01:39:04	04:37	Senior Masculino
41	1112	209	HILARIO MARTINS	CYCLONES SANITOP	M	01:39:03	01:39:05	04:41	Veterano M45
2076	1113	277	RICARDO SILVA	TUGAS NA ESTRADA	M	01:38:20	01:39:05	04:40	Veterano M40
737	1114	278	JAIME LOSADA	RUNNING LUSEKELO	M	01:37:48	01:39:06	04:38	Veterano M40
1521	1115	101	JOSE VIEIRA	INDIVIDUAL	M	01:38:31	01:39:07	04:40	Veterano M50
377	1116	222	JOSE NUNES	INDIVIDUAL	M	01:39:04	01:39:11	04:41	Veterano M35
1681	1117	279	CARLOS SOUSA	SARC SALGUEIRAL RUNNING	M	01:37:03	01:39:11	04:36	Veterano M40
323	1118	210	JORGE LOURENCO	TURBULENTOS	M	01:37:59	01:39:11	04:38	Veterano M45
584	1119	280	NELSON PINTO	INDIVIDUAL	M	01:37:52	01:39:12	04:38	Veterano M40
2314	1120	58	ANTONIO OLIVEIRA.	INDIVIDUAL	M	01:37:57	01:39:12	04:38	Veterano M55
790	1121	211	ANTONIO SOUSA	CCDT/STCP	M	01:38:14	01:39:13	04:40	Veterano M45
1665	1122	281	IVAN	INDIVIDUAL	M	01:37:18	01:39:13	04:37	Veterano M40
855	1123	102	MARIO COSTA	MOREIRA RELAX RUNNERS	M	01:37:36	01:39:15	04:38	Veterano M50
2647	1124	223	MIGUEL CRUZ	ADEFACEC	M	01:37:44	01:39:15	04:38	Veterano M35
1141	1125	282	PAULO SEABRA	INDIVIDUAL	M	01:39:15	01:39:15	04:42	Veterano M40
903	1126	283	GABRIEL RODRIGUES	INDIVIDUAL	M	01:38:58	01:39:15	04:41	Veterano M40
1918	1127	284	RUI LAMEIRAS	INDIVIDUAL	M	01:38:57	01:39:15	04:41	Veterano M40
612	1128	210	NOE FARIA	INDIVIDUAL	M	01:39:10	01:39:15	04:42	Senior Masculino
2664	1129	211	CARLOS DAVIDE	GRUPO JUVENIL DE VILA DE PUNHE	M	01:38:07	01:39:15	04:39	Senior Masculino
1056	1130	224	JOAO MENDES	CLUBE ATLETISMO FAFE	M	01:38:41	01:39:17	04:41	Veterano M35
2434	1131	212	MIGUEL DIAS	PORTO RUNNERS	M	01:38:53	01:39:17	04:41	Veterano M45
1331	1132	225	EUSEBIO FERNANDES	CLUBE ATLETISMO FAFE	M	01:39:12	01:39:18	04:42	Veterano M35
2458	1133	226	JOAO SOUSA	TRY@LEAST	M	01:36:57	01:39:19	04:36	Veterano M35
1306	1134	213	PAULO FREITAS	HSANTAMARIART	M	01:38:01	01:39:21	04:39	Veterano M45
258	1135	59	ALVARO PINTO	REAL ACADEMIA	M	01:38:46	01:39:22	04:41	Veterano M55
643	1136	103	MARCO PINHO	RUNNING ESPINHO	M	01:37:56	01:39:23	04:38	Veterano M50
569	1137	227	MARIO BARBOSA	BRAGUINHAS RUNNERS	M	01:38:22	01:39:24	04:40	Veterano M35
2086	1138	228	RODRIGO ALMEIDA	WIKABOO	M	01:39:02	01:39:25	04:41	Veterano M35
561	1139	212	JUAN PASTOR	GCTVR (GINASIO CLUBE TRIATLO VILA REAL)	M	01:38:23	01:39:25	04:40	Senior Masculino
925	1140	229	NUNO ARAUJO	EQUILIBRIO SAUDE & BEMESTAR	M	01:39:18	01:39:26	04:42	Veterano M35
2831	1141	285	JOAO FREITAS	PORTO RUNNERS	M	01:39:18	01:39:26	04:42	Veterano M40
1464	1142	286	VASCO SILVA	SS MONTEPIO	M	01:39:19	01:39:26	04:43	Veterano M40
1848	1143	214	VITOR LIMA	TARTARUGAS DO ASFALTO	M	01:38:29	01:39:26	04:40	Veterano M45
1727	1144	230	ABILIO SILVA	ASPHALT ASSAULT TEAM	M	01:38:03	01:39:27	04:39	Veterano M35

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
452	1145	231	FERNANDO NERI	VIRIATHVS RUNNERS VISEU	M	01:38:30	01:39:27	04:40	Veterano M35
939	1146	215	JORGE CORREIA	VIRIATHVS RUNNERS VISEU	M	01:38:38	01:39:27	04:40	Veterano M45
1045	1147	21	CATARINA FERNANDES	VIRIATHVS RUNNERS VISEU	F	01:38:34	01:39:27	04:40	Senior Feminino
657	1148	216	MIGUEL COSTA	BEER RUNNERS	M	01:38:56	01:39:27	04:41	Veterano M45
970	1149	232	RAUL VEIGA	INDIVIDUAL	M	01:38:53	01:39:28	04:41	Veterano M35
2131	1150	287	MANUEL CUNHA	INDIVIDUAL	M	01:38:17	01:39:30	04:40	Veterano M40
445	1151	233	HUGO LIMA	FOGACAS COM MALAPOS	M	01:37:37	01:39:31	04:38	Veterano M35
693	1152	60	JOSE CABALEIRO	VETERAN@S DE GALICIA	M	01:37:50	01:39:32	04:38	Veterano M55
2094	1153	213	MIGUEL PEREIRA	INDIVIDUAL	M	01:38:37	01:39:32	04:40	Senior Masculino
685	1154	288	DANIEL OTERO	VETERAN@S DE GALICIA	M	01:38:11	01:39:33	04:39	Veterano M40
1972	1155	214	JOAO BEZERRA	GT RUNNERS	M	01:39:22	01:39:34	04:43	Senior Masculino
1630	1156	289	ALEXANDRE OLIVEIRA	INDIVIDUAL	M	01:38:11	01:39:35	04:39	Veterano M40
339	1157	234	FILIPE ABREU	SWEET RUNNERS	M	01:37:53	01:39:36	04:38	Veterano M35
2135	1158	235	PAULO FESTA	INVICTA RUNNERS TEAM	M	01:38:27	01:39:37	04:40	Veterano M35
1053	1159	290	CLAUDIO TEIXEIRA	CLUBE ATLETISMO FAFE	M	01:39:00	01:39:39	04:41	Veterano M40
1173	1160	217	JESUS GONZALEZ	A BOUZA SPRINT	M	01:38:33	01:39:39	04:40	Veterano M45
558	1161	218	MIGUEL RODRIGUES	INDIVIDUAL	M	01:37:47	01:39:39	04:38	Veterano M45
448	1162	21	DULCE SILVA	INDIVIDUAL	F	01:37:42	01:39:42	04:38	Veterana F35
678	1163	215	RUBEN	C.D.VICUS	M	01:38:31	01:39:45	04:40	Senior Masculino
2645	1164	236	DARIO ROCHA	INDIVIDUAL	M	01:38:11	01:39:46	04:39	Veterano M35
2637	1165	237	JAVIER PINO	INDIVIDUAL	M	01:39:06	01:39:47	04:42	Veterano M35
1514	1166	61	OSVALDO OLIVEIRA	TURBULENTOS	M	01:39:35	01:39:49	04:43	Veterano M55
1375	1167	104	RUI TORRES	INDIVIDUAL	M	01:38:36	01:39:52	04:40	Veterano M50
63	1168	219	MARCOS CALCADA	LIBERTY SEGUROS	M	01:39:34	01:39:52	04:43	Veterano M45
1482	1169	105	ANTONIO VIDAL	INDIVIDUAL	M	01:39:12	01:39:53	04:42	Veterano M50
1842	1170	220	JOAO VALENTE	TARTARUGAS DO ASFALTO	M	01:39:18	01:39:53	04:42	Veterano M45
2679	1171	216	RUI OLIVEIRA	SANITOP	M	01:39:50	01:39:54	04:44	Senior Masculino
754	1172	238	DAVID GONZALEZ	INDIVIDUAL	M	01:39:03	01:39:54	04:41	Veterano M35
2282	1173	239	JOAO SILVA	INDIVIDUAL	M	01:39:28	01:39:54	04:43	Veterano M35
111	1174	62	EDUARDO LAGO	CLUB ATLETISMO SALVATERRA	M	01:38:25	01:39:56	04:40	Veterano M55
1948	1175	291	PEDRO MACHADO	LINHAS MOURE CONFENIX	M	01:38:46	01:39:56	04:41	Veterano M40
2605	1176	292	RUI FARIA	ATHLETIC TURTLES	M	01:38:57	01:39:58	04:41	Veterano M40
2743	1177	240	JOSE CRUZ	INDIVIDUAL	M	01:39:41	01:39:58	04:43	Veterano M35
2078	1178	106	CARLOS PEDROSA	TUGAS NA ESTRADA	M	01:39:11	01:39:58	04:42	Veterano M50
1255	1179	63	JOSE RIBEIRO	BRAGUINHAS RUNNERS	M	01:38:58	01:39:58	04:41	Veterano M55
2324	1180	22	MARGARIDA PINTO	INDIVIDUAL	F	01:39:25	01:39:59	04:43	Veterana F35
1925	1181	217	GUILHERME COSTA	WIKABOO	M	01:38:26	01:40:00	04:40	Senior Masculino
633	1182	293	JOAO CRUZ	INDIVIDUAL	M	01:38:19	01:40:00	04:40	Veterano M40
1366	1183	294	JORGE TEIXEIRA	A.D.AMARANTE	M	01:38:13	01:40:01	04:39	Veterano M40
2134	1184	295	GUSTAVO TAVEIRA	INDIVIDUAL	M	01:38:32	01:40:03	04:40	Veterano M40
1072	1185	64	MARIO PEREIRA	AGUAIS DA MISERICORDIA	M	01:38:29	01:40:04	04:40	Veterano M55
2030	1186	221	RUI SILVA	A D RIO LARGO CLUBE DE ESPINHO	M	01:38:46	01:40:04	04:41	Veterano M45
2541	1187	241	NUNO SANTOS	LIBERTY SEGUROS	M	01:39:49	01:40:05	04:44	Veterano M35
90	1188	107	ANTONIO SILVA	LOUSADA RUNNERS	M	01:39:59	01:40:05	04:45	Veterano M50

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
303	1189	222	MARIO BARBOSA	LIBERDADE FUTEBOL CLUBE	M	01:40:05	01:40:05	04:45	Veterano M45
708	1190	296	ANGEL PREGO	INDIVIDUAL	M	01:38:14	01:40:05	04:40	Veterano M40
184	1191	223	PEDRO COSTA	INDIVIDUAL	M	01:39:44	01:40:05	04:43	Veterano M45
2336	1192	297	CARLOS BATISTA	INDIVIDUAL	M	01:39:21	01:40:05	04:43	Veterano M40
1535	1193	242	JOSE PEREIRA	INDIVIDUAL	M	01:39:20	01:40:06	04:43	Veterano M35
873	1194	218	EMIDIO MARQUES	FREZITE	M	01:38:29	01:40:06	04:40	Senior Masculino
1757	1195	219	HENRIQUE MATOS	HALP TEAM	M	01:39:17	01:40:07	04:42	Senior Masculino
730	1196	224	JORGE COELHO	SPORTING CLUBE DE ESPINHO / ANTONIO LEITAO	M	01:39:47	01:40:10	04:44	Veterano M45
1946	1197	220	AFONSO BONIFACIO	PERNETAS	M	01:38:53	01:40:10	04:41	Senior Masculino
309	1198	225	CLEMENTE TEIXEIRA	INDIVIDUAL	M	01:39:59	01:40:12	04:45	Veterano M45
981	1199	108	RICARDO RODRIGUES	TURBULENTOS	M	01:39:11	01:40:12	04:42	Veterano M50
2720	1200	226	HENRIQUE BORGES	INDIVIDUAL	M	01:39:19	01:40:14	04:43	Veterano M45
2553	1201	298	JOAQUIM OLIVEIRA	DELTA CAFES	M	01:38:18	01:40:14	04:40	Veterano M40
2495	1202	243	RICARDO MAIA	LIBERTY SEGUROS	M	01:38:58	01:40:14	04:41	Veterano M35
2584	1203	221	RODRIGO COSTA	INDIVIDUAL	M	01:39:25	01:40:15	04:43	Senior Masculino
1248	1204	244	NUNO MORAIS	CANAGUAS DO NORTE	M	01:40:03	01:40:16	04:45	Veterano M35
2418	1205	65	FERNANDO PINTO	PORTO RUNNERS	M	01:39:40	01:40:16	04:43	Veterano M55
2433	1206	23	MARIA VIEIRA	PORTO RUNNERS	F	01:39:40	01:40:16	04:43	Veterana F35
1710	1207	66	ARMINDO GOMES	MOVIMENTO DE JUVENTUDE DE MERELIM	M	01:40:12	01:40:17	04:45	Veterano M55
2421	1208	299	JOAO MANGERICAO	PORTO RUNNERS	M	01:39:36	01:40:17	04:43	Veterano M40
788	1209	227	JOSE RIBEIRO	CCDT/STCP	M	01:39:21	01:40:19	04:43	Veterano M45
1755	1210	222	YONI TRAPATTONI	RUNNERS PONTAKAS VIGO	M	01:39:59	01:40:19	04:45	Senior Masculino
1728	1211	223	TIAGO MACHADO	ARCO4RUN	M	01:39:31	01:40:20	04:43	Senior Masculino
1391	1212	228	AMERICO IMPERADEIRO	BRAGUINHAS RUNNERS	M	01:39:15	01:40:21	04:42	Veterano M45
2254	1213	67	CASIMIRO FERNANDES	VITORIA SPORT CLUBE	M	01:40:12	01:40:21	04:45	Veterano M55
2351	1214	245	ALFONSO GARCIA	FONTES DO SAR	M	01:39:39	01:40:22	04:43	Veterano M35
2431	1215	229	PEDRO RODRIGUES	PORTO RUNNERS	M	01:39:44	01:40:22	04:43	Veterano M45
2036	1216	22	NATALIA AMOEDO	INDIVIDUAL	F	01:39:46	01:40:25	04:44	Senior Feminino
2204	1217	300	JOSE GONZALEZ	RUNNING LUSEKELO	M	01:39:09	01:40:25	04:42	Veterano M40
2231	1218	24	PAULA GUEDES	MAIA AC	F	01:40:13	01:40:28	04:45	Veterana F35
902	1219	68	ANTONIO MARCOLINO	MAIA AC	M	01:40:13	01:40:28	04:45	Veterano M55
2230	1220	230	FERNANDO SANTOS	MAIA AC	M	01:40:14	01:40:29	04:45	Veterano M45
349	1221	246	NESTOR MOLEDO	INDIVIDUAL	M	01:38:33	01:40:30	04:40	Veterano M35
791	1222	69	FERNANDO LEITE	CCDT/STCP	M	01:39:34	01:40:32	04:43	Veterano M55
538	1223	231	FERNANDO SILVA	INDIVIDUAL	M	01:39:42	01:40:32	04:43	Veterano M45
1120	1224	301	JOAQUIM FERREIRA	POTES DE OURO	M	01:38:23	01:40:32	04:40	Veterano M40
2138	1225	232	MIGUEL CARNEIRO	INDIVIDUAL	M	01:40:10	01:40:33	04:45	Veterano M45
1591	1226	302	ALFONSO ALONSO	INDIVIDUAL	M	01:39:40	01:40:34	04:43	Veterano M40
650	1227	109	AMADOR GRANA	INDIVIDUAL	M	01:38:50	01:40:34	04:41	Veterano M50
234	1228	233	JOSE SERRANO	INDIVIDUAL	M	01:40:12	01:40:34	04:45	Veterano M45
2248	1229	25	AMELIA VIEIRA	VITORIA SPORT CLUBE	F	01:38:46	01:40:35	04:41	Veterana F35
2272	1230	303	PAULO ABREU	VITORIA SPORT CLUBE	M	01:40:26	01:40:36	04:46	Veterano M40
1010	1231	224	PAULO CARVALHO	INDIVIDUAL	M	01:40:36	01:40:36	04:46	Senior Masculino
1527	1232	247	JOSE MOREIRA	CLUBE ATLETISMO DE LAMAS	M	01:39:55	01:40:37	04:44	Veterano M35

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
898	1233	225	JOSE LIMA	TROFA RUNNERS	M	01:40:27	01:40:38	04:46	Senior Masculino
1155	1234	248	HELDER BARBOSA	TRILHOS D AVENTURA	M	01:39:50	01:40:38	04:44	Veterano M35
1788	1235	226	NUNO ARAUJO	TRILHOS D`AVENTURA	M	01:39:55	01:40:38	04:44	Senior Masculino
2681	1236	304	PEDRO CARVALHIDO	SANITOP	M	01:39:11	01:40:39	04:42	Veterano M40
2683	1237	227	BRUNO RODRIGUES	CENTRO DE ATLETISMO DE MAZAREFES	M	01:39:06	01:40:40	04:42	Senior Masculino
1896	1238	228	HUGO CAMPOS	ADC PERRE	M	01:39:01	01:40:40	04:41	Senior Masculino
578	1239	70	CARLOS ABREU	INDIVIDUAL	M	01:39:42	01:40:41	04:43	Veterano M55
1350	1240	110	ALVARO MARQUES	GINASIO CLUBE SANTO TIRSO	M	01:40:20	01:40:42	04:45	Veterano M50
3351	1241	234	JOSE PARENTE	CYCLONES SANITOP	M	01:40:41	01:40:42	04:46	Veterano M45
1265	1242	235	JORGE VIANA	CMI MONTANHISMO	M	01:39:24	01:40:42	04:43	Veterano M45
797	1243	305	ANDRE BANDEIRA	INDIVIDUAL	M	01:40:01	01:40:43	04:45	Veterano M40
487	1244	306	OSCAR PEREZ	CAR MARISQUEIRO	M	01:39:43	01:40:44	04:43	Veterano M40
1635	1245	71	JOSE SANCHEZ	INDIVIDUAL	M	01:40:31	01:40:47	04:46	Veterano M55
2832	1246	236	PAULO RIBEIRO	UNICER	M	01:39:33	01:40:47	04:43	Veterano M45
2730	1247	307	NUNO MONTEIRO	INDIVIDUAL	M	01:39:40	01:40:49	04:43	Veterano M40
337	1248	72	ALBINO ROCHA	INDIVIDUAL	M	01:40:28	01:40:52	04:46	Veterano M55
216	1249	237	MANUEL FERNANDEZ	CLUB ATLETISMO PORRINO	M	01:40:18	01:40:52	04:45	Veterano M45
1003	1250	308	FERNANDO JORGE	INVICTA RUNNERS TEAM	M	01:39:36	01:40:52	04:43	Veterano M40
2560	1251	238	PEDRO	LINHAS MOURE CONFENIX	M	01:39:51	01:40:53	04:44	Veterano M45
1318	1252	229	JAVIER	INDIVIDUAL	M	01:40:27	01:40:54	04:46	Senior Masculino
1006	1253	230	JORGE TOJA	INDIVIDUAL	M	01:40:28	01:40:54	04:46	Senior Masculino
2088	1254	111	JOSE BORGES	AMIGOS PONTO FINAL	M	01:39:44	01:40:55	04:43	Veterano M50
1147	1255	239	JOSE MANUEL	BRAGA RUNNERS	M	01:40:37	01:40:55	04:46	Veterano M45
656	1256	249	HELDER PARRACHO	MAIA_NORTHSIDERUN	M	01:39:30	01:40:56	04:43	Veterano M35
623	1257	309	RICARDO QUEIROS	AXISWELLNESS	M	01:40:00	01:40:56	04:45	Veterano M40
1575	1258	240	JUAN BOUZA	ATLETISMO TORUJAS	M	01:40:02	01:40:58	04:45	Veterano M45
441	1259	310	PEDRO COSTA	GTT ARMAZEM DO CAFFE	M	01:40:42	01:40:59	04:46	Veterano M40
2069	1260	311	FERNANDO SALVADOR	PAREDES AVENTURA	M	01:39:24	01:40:59	04:43	Veterano M40
183	1261	231	MARCOS PARDO	INDIVIDUAL	M	01:40:30	01:41:01	04:46	Senior Masculino
663	1262	250	JORGE COSTOYA	CLUB ATLETISMO LOUSAME DEPORTES HERMIDAT	M	01:40:01	01:41:02	04:45	Veterano M35
688	1263	251	FRAN PORTELA	VETERAN@S DE GALICIA	M	01:39:29	01:41:03	04:43	Veterano M35
2284	1264	241	JUAN ROCA	INDIVIDUAL	M	01:39:37	01:41:03	04:43	Veterano M45
174	1265	232	HUGO PEREIRA	INDIVIDUAL	M	01:40:19	01:41:04	04:45	Senior Masculino
1215	1266	112	J.M.A.SILVA	SUNSET RUNNERS	M	01:40:16	01:41:04	04:45	Veterano M50
1301	1267	252	PABLO PEQUENO	INDIVIDUAL	M	01:39:36	01:41:05	04:43	Veterano M35
1731	1268	253	DANIEL CRUZ	IRUN	M	01:40:20	01:41:08	04:45	Veterano M35
1573	1269	242	JOAQUIM FERREIRA	IRUN	M	01:40:19	01:41:08	04:45	Veterano M45
2974	1270	312	NUNO GONCALVES	ZUPPER	M	01:40:08	01:41:09	04:45	Veterano M40
2528	1271	254	JOSE PACHECO	LIBERTY SEGUROS	M	01:40:28	01:41:11	04:46	Veterano M35
1547	1272	73	MANUEL PEREZ	CORREDOIRAS BUEU	M	01:40:01	01:41:12	04:45	Veterano M55
1604	1273	243	PAULO BRAS	LION RUNNERS G. D. LEOES DA GUARDA	M	01:39:36	01:41:13	04:43	Veterano M45
2404	1274	244	CARLOS ALVES	GRUPO DESPORTIVO SANTANDER TOTTA	M	01:40:11	01:41:13	04:45	Veterano M45
1337	1275	113	MANOEL ESTEVEZ	ATLETISMO SAMERTOLAMEU	M	01:40:03	01:41:14	04:45	Veterano M50
885	1276	245	LUIS DIAS	NOCTURNOS DE PAREDES	M	01:40:53	01:41:15	04:47	Veterano M45

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
1329	1277	74	ANTONIO RODRIGUES	BRAGUINHAS RUNNERS	M	01:41:08	01:41:15	04:48	Veterano M55
1598	1278	313	JOSE PEREIRA	BRAGUINHAS RUNNERS	M	01:40:11	01:41:18	04:45	Veterano M40
400	1279	255	HELDER FERREIRA	INDIVIDUAL	M	01:40:53	01:41:20	04:47	Veterano M35
180	1280	314	RICARDO VISEU	RUNNING ESPINHO	M	01:39:55	01:41:20	04:44	Veterano M40
949	1281	315	CARLOS VICENTE	INDIVIDUAL	M	01:39:07	01:41:22	04:42	Veterano M40
2882	1282	316	RAMON CUESTA	INDIVIDUAL	M	01:39:33	01:41:22	04:43	Veterano M40
2968	1283	233	CESAR LIMA	INDIVIDUAL	M	01:41:06	01:41:24	04:48	Senior Masculino
1199	1284	75	VICTOR NOVOA	INDIVIDUAL	M	01:40:09	01:41:24	04:45	Veterano M55
1685	1285	114	CARLOS MENDES	IRUN	M	01:40:36	01:41:25	04:46	Veterano M50
1916	1286	256	SERGIO GONCALVES	KILOSMODA	M	01:39:45	01:41:32	04:44	Veterano M35
1839	1287	246	FILIPPE PIRES	TARTARUGAS DO ASFALTO	M	01:40:20	01:41:32	04:45	Veterano M45
1589	1288	247	JORGE PACHECO	INDIVIDUAL	M	01:39:49	01:41:33	04:44	Veterano M45
529	1289	317	FELIPE MIRA	ESPRINTES OURENSE	M	01:40:57	01:41:34	04:47	Veterano M40
805	1290	257	TIAGO COELHO	INDIVIDUAL	M	01:40:42	01:41:34	04:46	Veterano M35
2756	1291	234	BORJA SEXTO	INDIVIDUAL	M	01:41:16	01:41:37	04:48	Senior Masculino
1520	1292	76	JOSE FERNANDEZ	INDIVIDUAL	M	01:39:30	01:41:37	04:43	Veterano M55
926	1293	23	ANA GONZALEZ	LOSTREGOS COIA	F	01:39:46	01:41:37	04:44	Senior Feminino
1143	1294	235	HUGO	INDIVIDUAL	M	01:39:36	01:41:38	04:43	Senior Masculino
196	1295	258	DAVID SORA	INDIVIDUAL	M	01:41:21	01:41:39	04:48	Veterano M35
1954	1296	236	NUNO BASTOS	INDIVIDUAL	M	01:41:40	01:41:40	04:49	Senior Masculino
579	1297	318	VITOR BARBOSA	INDIVIDUAL	M	01:40:29	01:41:40	04:46	Veterano M40
1467	1298	319	PAULO MONTEIRO	VIDAATIVARUNNERS	M	01:41:15	01:41:42	04:48	Veterano M40
1046	1299	77	DIAMANTINO COELHO	EUROTRANSMISSAOBRAGA	M	01:41:42	01:41:44	04:49	Veterano M55
2342	1300	78	ANTONIO SIMAO	TURISTAS PRADENSES	M	01:40:41	01:41:46	04:46	Veterano M55
430	1301	320	JOSE MACIEL	RUNNING LUSEKELO	M	01:40:29	01:41:46	04:46	Veterano M40
237	1302	115	LUIS FERREIRA	INDIVIDUAL	M	01:40:24	01:41:47	04:45	Veterano M50
2626	1303	321	RICARDO PIMENTA	MARATONISTAS DO MINHO	M	01:40:06	01:41:47	04:45	Veterano M40
1867	1304	322	FRANCISCO REIS	GDFCAMPANHA	M	01:41:09	01:41:47	04:48	Veterano M40
2506	1305	323	JORGE SOARES	INDIVIDUAL	M	01:39:36	01:41:48	04:43	Veterano M40
434	1306	237	FILIPPE MAGANO	INDIVIDUAL	M	01:40:38	01:41:48	04:46	Senior Masculino
2926	1307	116	ANTONIO ROCHA	UNICER	M	01:40:39	01:41:49	04:46	Veterano M50
2063	1308	26	ANTONIA BESSA	A.D.R.AVELEDA	F	01:41:21	01:41:49	04:48	Veterana F35
2103	1309	259	RUI PEREIRA	OFRUNNING	M	01:41:34	01:41:50	04:49	Veterano M35
2249	1310	27	SUSANA FERNANDES	VITORIA SPORT CLUBE	F	01:41:11	01:41:50	04:48	Veterana F35
1915	1311	324	ALBERTO SANTOS	KILOSMODA	M	01:40:03	01:41:50	04:45	Veterano M40
135	1312	238	VITOR GONCALVES	RIO NEIVA A.D.A	M	01:41:42	01:41:51	04:49	Senior Masculino
1561	1313	260	RICARDO AZEVEDO	ARPO	M	01:41:21	01:41:52	04:48	Veterano M35
148	1314	261	GUSTAVO BAMBA	INDIVIDUAL	M	01:41:07	01:41:52	04:48	Veterano M35
637	1315	262	DANIEL SILVA	INDIVIDUAL	M	01:40:31	01:41:55	04:46	Veterano M35
665	1316	325	JOSE MAIA	INDIVIDUAL	M	01:41:07	01:41:56	04:48	Veterano M40
2032	1317	79	JOAQUIM GOMES	A D RIO LARGO CLUBE DE ESPINHO	M	01:41:31	01:41:57	04:49	Veterano M55
1151	1318	263	SERGIO RAMOS	EDVVIANATRIL	M	01:41:38	01:41:58	04:49	Veterano M35
2222	1319	80	ANTONIO GONALEZ	INDIVIDUAL	M	01:40:18	01:41:59	04:45	Veterano M55
2966	1320	248	ANTONIO COELHO	INDIVIDUAL	M	01:39:56	01:41:59	04:44	Veterano M45

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
2699	1321	239	FERNANDO ALBUQUERQUE	INDIVIDUAL	M	01:40:56	01:42:01	04:47	Senior Masculino
2203	1322	326	FILIPE MARTINS	INDIVIDUAL	M	01:41:02	01:42:02	04:47	Veterano M40
2823	1323	240	JOAO OLIVEIRA	INDIVIDUAL	M	01:40:08	01:42:07	04:45	Senior Masculino
1608	1324	81	ANT?IO SOUSA	BRAGUINHAS RUNNERS	M	01:41:01	01:42:08	04:47	Veterano M55
544	1325	327	LEANDRO RAMOS	NOCTURNOS DE PAREDES	M	01:41:50	01:42:08	04:50	Veterano M40
1406	1326	249	JOSE RODRIGUES	PUPILOS ZE TO	M	01:40:55	01:42:10	04:47	Veterano M45
2600	1327	241	CESAR AREZES	INDIVIDUAL	M	01:41:11	01:42:13	04:48	Senior Masculino
674	1328	242	CARLOS OLIVEIRA	INDIVIDUAL	M	01:40:51	01:42:13	04:47	Senior Masculino
2997	1329	28	ELSA SA	INDIVIDUAL	F	01:41:33	01:42:13	04:49	Veterana F35
1108	1330	328	JOSE LOPES	INDIVIDUAL	M	01:40:32	01:42:15	04:46	Veterano M40
1148	1331	117	SEBASTIAO GONCALVES	BRAGA RUNNERS	M	01:41:57	01:42:15	04:50	Veterano M50
1799	1332	82	CONSTANTINO MOREIRA	FERREIROLUX	M	01:41:00	01:42:16	04:47	Veterano M55
2273	1333	118	CARLOS SOARES	OLIMPICO VIANENSE	M	01:41:49	01:42:16	04:50	Veterano M50
1958	1334	250	JOAO DIAS	OFRUNNING	M	01:42:01	01:42:17	04:50	Veterano M45
857	1335	251	AUGUSTO RODRIGUES	INDIVIDUAL	M	01:40:48	01:42:19	04:46	Veterano M45
1036	1336	329	CELIO PEREIRA	2SLOW2RUN	M	01:41:42	01:42:19	04:49	Veterano M40
3025	1337	243	JORGE COSTA	INDIVIDUAL	M	01:40:24	01:42:22	04:46	Senior Masculino
495	1338	264	CARLOS MARTINS	IRON RUNNERS	M	01:40:21	01:42:22	04:45	Veterano M35
2217	1339	244	GONCALO SOUSA	CONFRARIA TROTAMONTES	M	01:41:52	01:42:22	04:50	Senior Masculino
1660	1340	245	RUBEN	AS LEBRES DE OIA	M	01:41:48	01:42:23	04:50	Senior Masculino
1137	1341	330	PEDRO AZENHA	INDIVIDUAL	M	01:41:52	01:42:23	04:50	Veterano M40
270	1342	331	JOAO RICO	ATIB FINABRAGA RUNNING	M	01:41:58	01:42:23	04:50	Veterano M40
636	1343	83	RUI GOMES	BRAGUINHAS RUNNERS	M	01:41:17	01:42:24	04:48	Veterano M55
1302	1344	265	JORGE SEABRA	BEBER CLUB RUNNING	M	01:41:14	01:42:27	04:48	Veterano M35
1797	1345	84	EDUARDO FERNANDES	FERREIROLUX	M	01:41:22	01:42:28	04:48	Veterano M55
1712	1346	119	ARMINDO MIRANDA	INDIVIDUAL	M	01:41:36	01:42:29	04:49	Veterano M50
1399	1347	332	JOSE COSTA	INDIVIDUAL	M	01:42:17	01:42:30	04:51	Veterano M40
686	1348	85	FERNANDO TRILLO	VETERAN@S DE GALICIA	M	01:41:46	01:42:31	04:50	Veterano M55
2038	1349	333	SERGIO AMARO	NEIVA RUNNERS	M	01:40:57	01:42:31	04:47	Veterano M40
2910	1350	334	MIGUEL RANGEL	UNICER	M	01:42:25	01:42:32	04:51	Veterano M40
365	1351	246	FILIPE MONTEIRO	INDIVIDUAL	M	01:41:46	01:42:32	04:50	Senior Masculino
1860	1352	335	JORGE SARAIVA	AFIS/OVAR	M	01:41:19	01:42:36	04:48	Veterano M40
2445	1353	29	SUSANA SIMOES	PORTO RUNNERS	F	01:42:22	01:42:38	04:51	Veterana F35
1305	1354	336	ANTERO TEIXEIRA	SAI DA FRENTE	M	01:41:04	01:42:40	04:48	Veterano M40
1588	1355	266	JOSE VASCONCELOS	CORRIDAS.BEER	M	01:40:58	01:42:41	04:47	Veterano M35
662	1356	267	CARLOS TRAQUINO	INDIVIDUAL	M	01:42:30	01:42:41	04:51	Veterano M35
2439	1357	86	GERALDINO SILVA	PORTO RUNNERS	M	01:41:53	01:42:42	04:50	Veterano M55
1666	1358	252	AMERICO FONSECA	X5 HEALTH CLUB	M	01:41:28	01:42:42	04:48	Veterano M45
1111	1359	24	NAIR MENDES	INDIVIDUAL	F	01:42:12	01:42:43	04:51	Senior Feminino
1345	1360	337	JOSE FARIA	NO TOMORROW	M	01:42:12	01:42:47	04:51	Veterano M40
1877	1361	120	PAULO PINTO	CLUBE PORTUGAL TELECOM	M	01:42:29	01:42:50	04:51	Veterano M50
1594	1362	268	ALFONSO FRAMIL	NOITEBRA	M	01:42:08	01:42:51	04:50	Veterano M35
485	1363	121	JOAO CORREIA	LOUSADA RUNNERS	M	01:42:36	01:42:51	04:52	Veterano M50
1146	1364	269	PEDRO RIBEIRO	CAVE	M	01:42:45	01:42:52	04:52	Veterano M35

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
2041	1365	270	JOAO SANTOS	INDIVIDUAL	M	01:41:40	01:42:55	04:49	Veterano M35
859	1366	338	JULIO CUNHA	FDP DREAM TEAM	M	01:41:05	01:42:55	04:48	Veterano M40
895	1367	253	BERTO MACHADO	POR JOANE	M	01:42:27	01:42:55	04:51	Veterano M45
1585	1368	247	TIAGO PAIS	LEOES DA AGRA	M	01:42:33	01:42:56	04:51	Senior Masculino
2945	1369	248	JOAO CORREIA	INDIVIDUAL	M	01:42:13	01:42:56	04:51	Senior Masculino
532	1370	339	CARLOS COSTA	INDIVIDUAL	M	01:42:05	01:42:56	04:50	Veterano M40
2501	1371	122	JOSE CARLOS	LIBERTY SEGUROS	M	01:41:42	01:42:56	04:50	Veterano M50
1735	1372	254	AVELINO COIRA	RUNNING LUSEKELO	M	01:42:44	01:42:57	04:52	Veterano M45
2174	1373	271	RICARDO COSTA	SOCIEDADE RECREIO CEPANENSE	M	01:41:36	01:42:58	04:49	Veterano M35
809	1374	249	NUNO FERREIRA	CCD SIEMENS	M	01:41:28	01:43:00	04:48	Senior Masculino
1313	1375	30	PAULA GONCALVES	HSANTAMARIART	F	01:41:36	01:43:01	04:49	Veterana F35
1309	1376	250	HELDER CAMPOS	HSANTAMARIART	M	01:41:28	01:43:01	04:48	Senior Masculino
810	1377	255	ADELINO SILVA	CCD SIEMENS	M	01:41:28	01:43:01	04:48	Veterano M45
1077	1378	340	RUI MARTINS	BARBATANA TEAM	M	01:41:13	01:43:02	04:48	Veterano M40
437	1379	123	MARIO PINHAO	INDIVIDUAL	M	01:41:41	01:43:04	04:49	Veterano M50
2708	1380	256	ADAO GONCALVES	N.A.TAIPAS	M	01:41:36	01:43:06	04:49	Veterano M45
88	1381	124	LUIS SOUSA	INDIVIDUAL	M	01:43:01	01:43:06	04:53	Veterano M50
2946	1382	272	NUNO PAZ	INDIVIDUAL	M	01:40:53	01:43:07	04:47	Veterano M35
232	1383	257	ANTONIO RAFAEL	MOLINHAS TEAM	M	01:42:24	01:43:08	04:51	Veterano M45
2415	1384	125	JOSE FERREIRA	PORTO RUNNERS	M	01:42:22	01:43:09	04:51	Veterano M50
2182	1385	273	PATRICIO RODRIGUES	SOCIEDADE RECREIO CEPANENSE	M	01:42:12	01:43:09	04:51	Veterano M35
2158	1386	251	VITOR CASTRO	SOCIEDADE RECREIO CEPANENSE	M	01:42:12	01:43:09	04:51	Senior Masculino
2698	1387	252	JOSE BRANDIN	A D LIMIACTIVA	M	01:41:39	01:43:10	04:49	Senior Masculino
2487	1388	341	PEDRO RODRIGUES	INDIVIDUAL	M	01:42:44	01:43:11	04:52	Veterano M40
2514	1389	342	FILIPE MARTINS	LIBERTY SEGUROS	M	01:43:01	01:43:11	04:53	Veterano M40
551	1390	274	PEDRO COUTO	BEAT YOUR LIMIT!	M	01:42:13	01:43:11	04:51	Veterano M35
813	1391	343	NUNO DIONISIO	INDIVIDUAL	M	01:42:13	01:43:12	04:51	Veterano M40
2807	1392	31	SANDRA PEREIRA	NASCIDOS PARA CORRER	F	01:42:12	01:43:12	04:51	Veterana F35
440	1393	87	JOSE SEQUEIRA	TURBULENTOS	M	01:42:15	01:43:14	04:51	Veterano M55
1207	1394	253	JOAO MARTINS	INDIVIDUAL	M	01:42:38	01:43:15	04:52	Senior Masculino
872	1395	126	JOSE OTERO	ESPRINTES OURENSE	M	01:41:58	01:43:16	04:50	Veterano M50
298	1396	88	ARMINDO SILVA	INDIVIDUAL	M	01:42:50	01:43:16	04:53	Veterano M55
2127	1397	275	HELDER TORRES	BTM	M	01:42:54	01:43:18	04:53	Veterano M35
2292	1398	32	JULIA SCHIAVON	INDIVIDUAL	F	01:42:43	01:43:19	04:52	Veterana F35
2020	1399	254	JOAO FERREIRA	MAIA AC	M	01:43:05	01:43:20	04:53	Senior Masculino
227	1400	127	CARLOS ESPERANCA	CLUBE CORRIDA	M	01:41:22	01:43:22	04:48	Veterano M50
71	1401	258	JORGE BASTO	UNICER	M	01:43:20	01:43:22	04:54	Veterano M45
251	1402	255	ALEXANDRE DIAS	EM FORCA WIKABOO	M	01:41:23	01:43:23	04:48	Senior Masculino
2578	1403	89	FERNANDO CARVALHO	TERRORES DO ASFALTO	M	01:42:51	01:43:24	04:53	Veterano M55
2651	1404	33	DONZILIA SILVA	INDIVIDUAL	F	01:42:52	01:43:24	04:53	Veterana F35
979	1405	259	ANTONIO OLIVEIRA	OS FINOS	M	01:41:21	01:43:24	04:48	Veterano M45
1322	1406	90	JOSE GONZALEZ	INDIVIDUAL	M	01:41:45	01:43:25	04:50	Veterano M55
2200	1407	128	JESUS RAMA	PRAIA DE CARNOTA RUNNERS	M	01:42:52	01:43:28	04:53	Veterano M50
1908	1408	344	FILIPE RIBEIRO	A. C. VERMOIM	M	01:42:40	01:43:29	04:52	Veterano M40



Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
133	1409	260	PEDRO BARBOSA	INDIVIDUAL	M	01:43:23	01:43:32	04:54	Veterano M45
1204	1410	345	AGOSTINHO SOUSA	ALIANCA DE GANDRA	M	01:43:07	01:43:32	04:53	Veterano M40
166	1411	129	GUSTAVO ANJOS	INDIVIDUAL	M	01:41:45	01:43:35	04:50	Veterano M50
1912	1412	346	RUI PEREIRA	KILOSMODA	M	01:41:51	01:43:36	04:50	Veterano M40
1927	1413	34	VALQUIRIA SILVA	BOAVISTA FC	F	01:42:21	01:43:36	04:51	Veterana F35
477	1414	256	BRUNO MACIEIRA	GONDOMAR FUTSAL ATLETISMO	M	01:42:07	01:43:36	04:50	Senior Masculino
2486	1415	347	EDGAR REINHARDT	TRY@LEAST	M	01:41:12	01:43:37	04:48	Veterano M40
1741	1416	261	MANUEL ARAUJO	EDVVIANA TRAIL	M	01:42:39	01:43:37	04:52	Veterano M45
1110	1417	262	JOSE FINS	BRAGUINHAS RUNNERS	M	01:42:02	01:43:37	04:50	Veterano M45
1208	1418	348	HILARIO RAMOS	BRAGUINHAS RUNNERS	M	01:42:02	01:43:37	04:50	Veterano M40
1584	1419	91	ANTONIO OLIVEIRA	LEOES DA AGRA	M	01:42:39	01:43:38	04:52	Veterano M55
1917	1420	257	JOAO FERREIRA	KILOSMODA	M	01:41:50	01:43:38	04:50	Senior Masculino
1962	1421	258	JOAO CASTELBRANCO	OLIMPICO VIANENSE TRAIL	M	01:42:04	01:43:38	04:50	Senior Masculino
1746	1422	130	JOSE SANTOS	INDIVIDUAL	M	01:42:49	01:43:38	04:53	Veterano M50
2475	1423	131	ALBERTO CUNHA	INDIVIDUAL	M	01:42:06	01:43:39	04:50	Veterano M50
1776	1424	276	NUNO PAREDINHA	OLIMPICO VIANENSE TRAIL	M	01:42:34	01:43:39	04:51	Veterano M35
1777	1425	35	NATALIA MARTINS	OLIMPICO VIANENSE TRAIL	F	01:42:35	01:43:39	04:51	Veterana F35
1276	1426	259	FREDERICO PINTO	MIKKELLER RUNNING CLUB	M	01:42:55	01:43:40	04:53	Senior Masculino
822	1427	349	PAULO ANTUNES	INDIVIDUAL	M	01:41:43	01:43:40	04:50	Veterano M40
2074	1428	36	FATIMA GERALDES	TUGAS NA ESTRADA	F	01:42:50	01:43:41	04:53	Veterana F35
473	1429	260	SAMUEL AMORIM	INDIVIDUAL	M	01:42:54	01:43:41	04:53	Senior Masculino
2512	1430	263	RICARDO RIBEIRO	LIBERTY SEGUROS	M	01:42:14	01:43:43	04:51	Veterano M45
2513	1431	264	JOAO FREITAS	LIBERTY SEGUROS	M	01:42:14	01:43:43	04:51	Veterano M45
2010	1432	261	ANDRE MOREIRA	ARCO4RUN	M	01:42:55	01:43:45	04:53	Senior Masculino
1024	1433	350	IVO PEREIRA	LOUSADA RUNNERS	M	01:43:41	01:43:46	04:55	Veterano M40
696	1434	265	MARIO CARMONA	VETERAN@S DE GALICIA	M	01:42:59	01:43:46	04:53	Veterano M45
1621	1435	262	RENATO LOURENCO	TEAM SHARK	M	01:42:53	01:43:46	04:53	Senior Masculino
2493	1436	263	KIKE PEREZ	INDIVIDUAL	M	01:42:06	01:43:47	04:50	Senior Masculino
2367	1437	92	SANTIAGO LARRAN	OS CHORONS	M	01:41:34	01:43:48	04:49	Veterano M55
1811	1438	93	LEONEL POCAS	CLUBE MILLENNIUM BCP	M	01:42:53	01:43:48	04:53	Veterano M55
225	1439	264	VASCO COSTA	WIKABOO	M	01:42:21	01:43:49	04:51	Senior Masculino
2357	1440	265	MIGUEL MARTINS	ADC PERRE	M	01:42:13	01:43:50	04:51	Senior Masculino
1087	1441	277	SERGIO OLIVEIRA	MOUTADOS TEAM	M	01:42:45	01:43:51	04:52	Veterano M35
738	1442	132	JOAO COSTA	GDLU	M	01:42:55	01:43:52	04:53	Veterano M50
1401	1443	266	JORGE PAIXAO	INDIVIDUAL	M	01:43:12	01:43:53	04:53	Veterano M45
210	1444	267	JOAQUIM DINIS	OS SANTA APOLONIA	M	01:43:40	01:43:54	04:55	Veterano M45
211	1445	25	CARLA OLIVEIRA	OS SANTA APOLONIA	F	01:43:54	01:43:54	04:56	Senior Feminino
2564	1446	94	QUIQUE GOMEZ	PRAIA DE CARNOTA RUNNERS	M	01:42:35	01:43:56	04:51	Veterano M55
700	1447	351	RUI PINTO	GDLU	M	01:42:59	01:43:56	04:53	Veterano M40
2123	1448	95	EMILIO BLANCO	PRAIA DE CARNOTA RUNNERS	M	01:42:34	01:43:56	04:51	Veterano M55
2390	1449	352	JOAO GUIMARAES	TEAMBIFANA	M	01:43:11	01:43:57	04:53	Veterano M40
2494	1450	353	EDUARDO CARAMALHO	LIBERTY SEGUROS	M	01:42:42	01:43:59	04:52	Veterano M40
1533	1451	133	JOSE SILVA	AASM	M	01:42:14	01:44:11	04:51	Veterano M50
1714	1452	268	DOMINGOS DIAS	INDIVIDUAL	M	01:42:59	01:44:11	04:53	Veterano M45

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
192	1453	96	MANUEL VEZ	INDIVIDUAL	M	01:44:04	01:44:11	04:56	Veterano M55
307	1454	278	FILIPE CUNHA	INDIVIDUAL	M	01:43:07	01:44:13	04:53	Veterano M35
648	1455	26	JOANA AZEVEDO	INDIVIDUAL	F	01:43:35	01:44:14	04:55	Senior Feminino
55	1456	269	RUI OLIVEIRA	LIBERTY SEGUROS	M	01:44:10	01:44:14	04:56	Veterano M45
56	1457	354	RUI FERNANDES	LIBERTY SEGUROS	M	01:44:14	01:44:14	04:56	Veterano M40
161	1458	355	RICARDO BATISTA	BOTA LAMBRA	M	01:42:59	01:44:14	04:53	Veterano M40
1483	1459	270	NUNO CUNHA	INDIVIDUAL	M	01:42:04	01:44:14	04:50	Veterano M45
954	1460	356	ANTONIO JOAO	PERDI O TAXI	M	01:42:37	01:44:15	04:52	Veterano M40
1837	1461	271	AVELINO SOUSA	TARTARUGAS DO ASFALTO	M	01:43:07	01:44:16	04:53	Veterano M45
756	1462	97	GIL COSTA	INDIVIDUAL	M	01:43:30	01:44:16	04:55	Veterano M55
592	1463	134	MIGUEL OLMO	RUNNING LUSEKELO	M	01:43:00	01:44:16	04:53	Veterano M50
1793	1464	272	JACINTO MENDES	INDIVIDUAL	M	01:42:39	01:44:17	04:52	Veterano M45
2955	1465	135	NUNO RODRIGUES	INDIVIDUAL	M	01:42:34	01:44:19	04:51	Veterano M50
1828	1466	273	VITOR CARRICO	CLUBE MILLENNIUM BCP	M	01:43:19	01:44:20	04:54	Veterano M45
1817	1467	274	RUI BAPTISTA	CLUBE MILLENNIUM BCP	M	01:43:18	01:44:20	04:54	Veterano M45
1273	1468	279	JOSE SILVA	INDIVIDUAL	M	01:42:33	01:44:21	04:51	Veterano M35
890	1469	275	PAULO SALDANHA	POR JOANE	M	01:43:55	01:44:23	04:56	Veterano M45
2897	1470	37	SILVIA TOMAS	INDIVIDUAL	F	01:43:55	01:44:25	04:56	Veterana F35
818	1471	266	RUI PEREIRA	INVICTA RUNNERS TEAM	M	01:43:55	01:44:25	04:56	Senior Masculino
1502	1472	98	JOSE ALMEIDA	INDIVIDUAL	M	01:43:20	01:44:29	04:54	Veterano M55
934	1473	27	ANGELA CARVALHO	TURBULENTOS	F	01:43:09	01:44:30	04:53	Senior Feminino
1063	1474	136	PAULO RODRIGUES	GRUPO DESPORTIVO LEOES DE VENEZA	M	01:43:15	01:44:30	04:54	Veterano M50
2921	1475	137	JORGE MOREIRA	UNICER	M	01:43:16	01:44:30	04:54	Veterano M50
1880	1476	357	AUGUSTO LIMA	GAVIOES VILA NOVA DE FAMALICAO	M	01:43:51	01:44:31	04:55	Veterano M40
1017	1477	280	PEDRO BRAGA	EM FORCA	M	01:42:33	01:44:32	04:51	Veterano M35
2505	1478	281	DANIEL COSTAS	ARGONAUTAS	M	01:42:54	01:44:35	04:53	Veterano M35
2022	1479	267	RICARDO FERREIRA	PAINHAS	M	01:43:10	01:44:35	04:53	Senior Masculino
2842	1480	268	RICARDO FERREIRA	PAINHAS	M	01:43:11	01:44:35	04:53	Senior Masculino
2091	1481	282	JOSE SILVA	B LIFE OUTDOOR TEAM	M	01:43:12	01:44:36	04:53	Veterano M35
226	1482	358	JOSE FIGUEIREDO	OS ISABELINHAS	M	01:44:11	01:44:36	04:56	Veterano M40
150	1483	138	LUIS SOUSA	INDIVIDUAL	M	01:43:01	01:44:37	04:53	Veterano M50
469	1484	276	RAMIRO ASSEMBLEIA	RUNNERS TURTLES	M	01:42:33	01:44:37	04:51	Veterano M45
1532	1485	277	MANUEL LAMAS	INVICTA	M	01:44:08	01:44:38	04:56	Veterano M45
2814	1486	269	ANTONIO MONTEIRO	NASCIDOS PARA CORRER	M	01:43:41	01:44:38	04:55	Senior Masculino
198	1487	99	LINO MARQUES	INDIVIDUAL	M	01:44:19	01:44:38	04:56	Veterano M55
618	1488	359	JOSE SOUSA	ASSOCIACAO DE ATLETISMO LEBRES DO SADO	M	01:44:12	01:44:39	04:56	Veterano M40
1505	1489	139	RICARDO FIGUEIREDO	WOLFRUNNERS	M	01:44:10	01:44:39	04:56	Veterano M50
1921	1490	360	MARCOS PEREIRA	EDVVIANA TRAIL	M	01:42:40	01:44:39	04:52	Veterano M40
1269	1491	100	DOMINGOS CUNHA	INDIVIDUAL	M	01:42:52	01:44:40	04:53	Veterano M55
2782	1492	278	HELDER MADEIRA	NASCIDOS PARA CORRER	M	01:43:43	01:44:40	04:55	Veterano M45
1156	1493	140	OSCAR LEITE	VETERANOS PORTO	M	01:43:10	01:44:40	04:53	Veterano M50
154	1494	283	ABILIO TEIXEIRA	SCI RUNNERS	M	01:43:13	01:44:40	04:53	Veterano M35
1421	1495	284	RUI NEVES	CLUBE ZUPPER	M	01:42:54	01:44:42	04:53	Veterano M35
1592	1496	28	TRIIN GEDE	INDIVIDUAL	F	01:43:39	01:44:42	04:55	Senior Feminino

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
2978	1497	279	LEONEL PINTO	INDIVIDUAL	M	01:43:19	01:44:46	04:54	Veterano M45
968	1498	280	PABLO BLANCO	INDIVIDUAL	M	01:43:28	01:44:47	04:55	Veterano M45
165	1499	285	LUIS RAMOS	INDIVIDUAL	M	01:44:08	01:44:47	04:56	Veterano M35
2216	1500	361	SAMUEL GOMES	GRUPO DESPORTIVO CULTURAL TENVC	M	01:44:39	01:44:49	04:58	Veterano M40
1446	1501	281	ANTONIO COELHO	SS MONTEPIO	M	01:42:43	01:44:50	04:52	Veterano M45
950	1502	362	PABLO ALVAREZ	INDIVIDUAL	M	01:42:35	01:44:51	04:52	Veterano M40
736	1503	282	PAULO MOREIRA	ZUPPER	M	01:42:57	01:44:51	04:53	Veterano M45
1443	1504	101	JOAO SILVA	GINASIO CLUBE SANTO TIRSO	M	01:44:49	01:44:55	04:58	Veterano M55
1310	1505	286	EDUARDO FERREIRA	HSANTAMARIART	M	01:43:32	01:44:57	04:55	Veterano M35
603	1506	287	JOSE CARLOS	BEAT YOUR LIMIT!	M	01:44:26	01:44:57	04:57	Veterano M35
2107	1507	363	IVO ALMEIDA	OFRUNNING	M	01:44:41	01:44:57	04:58	Veterano M40
2296	1508	364	CARLOS IGLESIAS	PERNAS CELTAS	M	01:43:45	01:44:59	04:55	Veterano M40
1779	1509	102	FRANCISCO COSTA	INDIVIDUAL	M	01:43:18	01:45:01	04:54	Veterano M55
1297	1510	365	JOAO PEREIRA	WHITE RUNNING TEAM	M	01:43:13	01:45:02	04:53	Veterano M40
1528	1511	366	PABLO LOSADA	INDIVIDUAL	M	01:43:09	01:45:04	04:53	Veterano M40
1432	1512	141	JOSE NEVES	VOLEIBOL RUNNERS	M	01:44:43	01:45:05	04:58	Veterano M50
969	1513	270	RUBEN	INDIVIDUAL	M	01:43:47	01:45:06	04:55	Senior Masculino
651	1514	271	CESAR RODRIGUES	INDIVIDUAL	M	01:44:10	01:45:07	04:56	Senior Masculino
2316	1515	367	RAUL CERDEIRA	CABRITOS DA CORTICA TRAIL	M	01:43:35	01:45:07	04:55	Veterano M40
1625	1516	368	RAMON CASTRO	INDIVIDUAL	M	01:43:16	01:45:08	04:54	Veterano M40
1176	1517	283	CARLOS SILVA	BRAGUINHAS RUNNERS	M	01:43:31	01:45:09	04:55	Veterano M45
701	1518	369	NUNO COSTA	GDLU	M	01:44:10	01:45:10	04:56	Veterano M40
2305	1519	272	JOSE VAZQUEZ	INDIVIDUAL	M	01:44:12	01:45:10	04:56	Senior Masculino
1565	1520	288	RUBEN RODRIGUEZ	CORREDORES FESTEIROS	M	01:43:28	01:45:12	04:55	Veterano M35
470	1521	370	RICARDO FERRAZ	INDIVIDUAL	M	01:43:28	01:45:13	04:55	Veterano M40
928	1522	273	MANUEL BRANDAO	INDIVIDUAL	M	01:44:25	01:45:14	04:57	Senior Masculino
2624	1523	284	ANTONIO NOVOA	VIGOENTRENA	M	01:42:59	01:45:14	04:53	Veterano M45
116	1524	38	EUNICE REIS	VARZIM SPORT CLUB	F	01:44:53	01:45:15	04:58	Veterana F35
1328	1525	371	ERASMO ALVES	BEER CLUB RUNNING	M	01:44:03	01:45:16	04:56	Veterano M40
1334	1526	39	MARIA MARINHO	VIANA RUNNING	F	01:44:47	01:45:17	04:58	Veterana F35
2456	1527	142	RAFAEL GONZALEZ	CAMINH ANTES DO CONDADO	M	01:43:32	01:45:17	04:55	Veterano M50
2379	1528	143	JOSE COUTO	INDIVIDUAL	M	01:44:23	01:45:18	04:57	Veterano M50
2606	1529	285	SANTIAGO COSTAS	INDIVIDUAL	M	01:43:34	01:45:18	04:55	Veterano M45
511	1530	289	SERGIO SANTOS	TRINCAMETAS	M	01:43:49	01:45:19	04:55	Veterano M35
151	1531	103	ANTONIO NETO	TRIFITROFA	M	01:45:07	01:45:21	04:59	Veterano M55
1264	1532	372	FRANCISCO GONCALVES	CAES D AVENIDA	M	01:44:55	01:45:21	04:58	Veterano M40
959	1533	290	RICARDO COSTA	LEBRE 10	M	01:45:05	01:45:22	04:59	Veterano M35
583	1534	291	BRUNO PINHO	INDIVIDUAL	M	01:44:02	01:45:23	04:56	Veterano M35
418	1535	144	PAULO GRACA	INDIVIDUAL	M	01:44:16	01:45:23	04:56	Veterano M50
2504	1536	104	MANUEL UZAL	ATLETISMO FONTES DO SAR	M	01:44:37	01:45:23	04:58	Veterano M55
2725	1537	292	FILIPE FERREIRA	GRUPO DESPORTIVO SANTANDER TOTTA	M	01:43:42	01:45:25	04:55	Veterano M35
1241	1538	373	RUI SILVA	CANAGUAS DO NORTE	M	01:43:30	01:45:25	04:55	Veterano M40
2264	1539	145	JOAQUIM FARIA	VITORIA SPORT CLUBE	M	01:43:44	01:45:26	04:55	Veterano M50
2265	1540	286	JOSE FREITAS	VITORIA SPORT CLUBE	M	01:43:44	01:45:26	04:55	Veterano M45

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
172	1541	287	MANUEL ANTONIO	BLIFE OUTDOOR TEAM	M	01:43:54	01:45:27	04:56	Veterano M45
162	1542	274	MOISES SILVA	INDIVIDUAL	M	01:43:56	01:45:28	04:56	Senior Masculino
2534	1543	374	PAULO VILARINHO	LIBERTY SEGUROS	M	01:44:20	01:45:29	04:57	Veterano M40
1217	1544	105	MANUEL CUNHA	BRAGUINHAS RUNNERS	M	01:44:20	01:45:30	04:57	Veterano M55
1192	1545	106	JOSE COSTA	GD AIRAO CURVIA	M	01:44:21	01:45:30	04:57	Veterano M55
1490	1546	146	AGOSTINHO GONCALVES	INDIVIDUAL	M	01:44:43	01:45:30	04:58	Veterano M50
2875	1547	375	PAULO SILVA	INDIVIDUAL	M	01:44:51	01:45:32	04:58	Veterano M40
478	1548	288	ANTONIO	INDIVIDUAL	M	01:44:43	01:45:33	04:58	Veterano M45
820	1549	289	PAULO CARVALHO	INDIVIDUAL	M	01:44:00	01:45:33	04:56	Veterano M45
1226	1550	290	RUI OLIVEIRA	INDIVIDUAL	M	01:44:47	01:45:34	04:58	Veterano M45
2748	1551	40	ANA HERRERO	BEADE	F	01:44:06	01:45:39	04:56	Veterana F35
1861	1552	376	SERGIO SILVA	AFIS/OVAR	M	01:44:24	01:45:40	04:57	Veterano M40
2112	1553	291	CARLOS FERREIRA	FERMENTOES	M	01:43:30	01:45:40	04:55	Veterano M45
1991	1554	41	ANGELINA PINHO	BUDEGUITA RUNNERS	F	01:44:37	01:45:41	04:58	Veterana F35
1109	1555	42	HELENA DIAS	BUDEGUITA RUNNERS	F	01:44:37	01:45:41	04:58	Veterana F35
483	1556	275	ANTHONY RIBEIRO	INDIVIDUAL	M	01:43:52	01:45:41	04:55	Senior Masculino
467	1557	276	NELSON FERNANDES	INDIVIDUAL	M	01:43:53	01:45:41	04:55	Senior Masculino
370	1558	147	CESAR FERREIRO	ESPRINTES OURENSE	M	01:44:06	01:45:41	04:56	Veterano M50
1620	1559	43	ELENA GONZALEZ	BURGAS ATLETISMO OURENSE	F	01:44:06	01:45:41	04:56	Veterana F35
1729	1560	277	BRUNO SILVA	MAIAGYM	M	01:43:44	01:45:42	04:55	Senior Masculino
1745	1561	293	PEDRO MAIA	MAIAGYM	M	01:43:44	01:45:43	04:55	Veterano M35
2887	1562	292	GUILLERMO BARREAL	INDIVIDUAL	M	01:43:29	01:45:43	04:55	Veterano M45
2346	1563	377	NUNO FONTELONGA	INDIVIDUAL	M	01:45:29	01:45:43	05:00	Veterano M40
125	1564	294	EMANUEL VIEIRA	INDIVIDUAL	M	01:43:56	01:45:43	04:56	Veterano M35
2143	1565	148	PAULO MOREIRA	TURBULENTOS	M	01:45:20	01:45:44	05:00	Veterano M50
1106	1566	278	LUIS BARREIRO	DOMOWEB	M	01:43:44	01:45:45	04:55	Senior Masculino
1742	1567	149	CARLOS COSTA	ACTIONCOACHADMINOVA	M	01:45:06	01:45:45	04:59	Veterano M50
1466	1568	279	CESAR LISBOA	HSANTAMARIART	M	01:45:27	01:45:45	05:00	Senior Masculino
1475	1569	378	CARLOS ROCHA	SAI DA FRENTE	M	01:45:13	01:45:46	05:00	Veterano M40
2866	1570	107	JOSE MARTINS	PAINHAS	M	01:44:35	01:45:47	04:58	Veterano M55
1979	1571	280	BRUNO FERREIRA	ESQUADRAO DA MORTE	M	01:45:49	01:45:49	05:01	Senior Masculino
2990	1572	29	CATARINA AMORIM	GRUPO DESPORTIVO CASTELENSE	F	01:45:27	01:45:53	05:00	Senior Feminino
2542	1573	293	JAVIER CASTINEIRA	INDIVIDUAL	M	01:43:45	01:45:53	04:55	Veterano M45
1095	1574	379	MANUEL RODRIGUEZ	ADN RUNNERS TELMO PELUQUEROS	M	01:43:46	01:45:53	04:55	Veterano M40
740	1575	294	AVELINO FARIA	INDIVIDUAL	M	01:44:54	01:45:56	04:58	Veterano M45
687	1576	281	HUGO MORAIS	CHAVES RUNNING TEAM	M	01:45:40	01:45:57	05:01	Senior Masculino
2721	1577	295	JOSE OLIVEIRA	WOLFRUNNERS	M	01:45:29	01:45:58	05:00	Veterano M45
937	1578	282	LEANDRO LIMA	INDIVIDUAL	M	01:44:45	01:45:59	04:58	Senior Masculino
1517	1579	380	DINIS BAPTISTA	INDIVIDUAL	M	01:44:17	01:45:59	04:56	Veterano M40
2455	1580	296	PAULO VIEIRA	VIDAATIVARUNNERS	M	01:45:33	01:46:00	05:00	Veterano M45
1427	1581	108	VITOR FERNANDES	2SLOW2RUN	M	01:45:23	01:46:00	05:00	Veterano M55
300	1582	150	ANTONIO PEREIRA	AD LUSTOSA	M	01:44:20	01:46:03	04:56	Veterano M50
2261	1583	151	JOAO FREITAS	VITORIA SPORT CLUBE	M	01:44:20	01:46:03	04:57	Veterano M50
2992	1584	152	EMILIO MORRAZO	INDIVIDUAL	M	01:44:39	01:46:05	04:58	Veterano M50

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
1901	1585	295	SERGIO CRISTA	PERSISTENTES	M	01:44:21	01:46:07	04:57	Veterano M35
1256	1586	297	ANTONIO DIAS	CORRER VISEU	M	01:44:41	01:46:07	04:58	Veterano M45
1291	1587	109	ARTUR FREITAS	ACADEMIA FERNANDA RIBEIRO	M	01:45:51	01:46:07	05:01	Veterano M55
557	1588	30	DORA DIAS	NO TOMORROW RUNNING TEAM	F	01:45:38	01:46:08	05:00	Senior Feminino
479	1589	296	CARLOS RODRIGUES	INDIVIDUAL	M	01:44:13	01:46:08	04:56	Veterano M35
2865	1590	381	LUIS CUNHA	PAINHAS	M	01:44:27	01:46:08	04:57	Veterano M40
1470	1591	283	EDUARDO CARVALHO	C+ RUNNERS	M	01:45:30	01:46:10	05:00	Senior Masculino
911	1592	284	PEDRO NOVAIS	ARCO4RUN	M	01:45:18	01:46:11	05:00	Senior Masculino
2363	1593	153	FRANCISCO SUAREZ	INDIVIDUAL	M	01:43:59	01:46:14	04:56	Veterano M50
2283	1594	297	NUNO MONTEIRO	INDIVIDUAL	M	01:45:42	01:46:14	05:01	Veterano M35
770	1595	154	FERNANDO GONCALVES	INDIVIDUAL	M	01:44:32	01:46:15	04:57	Veterano M50
449	1596	298	IGNACIO COIRA	INDIVIDUAL	M	01:45:30	01:46:17	05:00	Veterano M45
1335	1597	298	JOSE FERREIRA	POVOENSE	M	01:44:45	01:46:17	04:58	Veterano M35
1349	1598	299	JOSE FERNANDEZ	CLUB ATLETISMO NOIA	M	01:44:49	01:46:17	04:58	Veterano M35
1277	1599	299	JUAN PENA	ATLETISMO NOIA	M	01:44:50	01:46:18	04:58	Veterano M45
827	1600	110	MARIO SANTAMARIA	ATLETISMO NOIA	M	01:44:50	01:46:18	04:58	Veterano M55
1566	1601	382	SERGIO RODRIGUEZ	INDIVIDUAL	M	01:44:24	01:46:19	04:57	Veterano M40
658	1602	300	LUIS PEREIRA	INDIVIDUAL	M	01:44:55	01:46:20	04:58	Veterano M35
1914	1603	383	HELDER FERREIRA	KILOSMODA	M	01:44:33	01:46:20	04:58	Veterano M40
747	1604	384	ANTONIO GUEDES	INVICTA RUNNERS TEAM	M	01:44:55	01:46:22	04:58	Veterano M40
486	1605	31	SUSANA ALVES	DR. RUNNER S TEAM	F	01:45:05	01:46:22	04:59	Senior Feminino
1870	1606	385	PAULO SOUSA	AFIS/OVAR	M	01:44:11	01:46:23	04:56	Veterano M40
2691	1607	285	RICARDO JESUS	ESQUADRAO DA MORTE	M	01:45:28	01:46:24	05:00	Senior Masculino
867	1608	386	PAULO JORGE	CICLISTAS COSMICOS GISLOTICA	M	01:46:17	01:46:25	05:02	Veterano M40
841	1609	44	SOFIA PIMENTA	LION RUNNERS G. D. LEOES DA GUARDA	F	01:44:50	01:46:26	04:58	Veterana F35
1216	1610	387	MIGUEL BARQUEIRO	SUNSET RUNNERS	M	01:45:38	01:46:27	05:00	Veterano M40
2266	1611	111	JOSE MACHADO	VITORIA SPORT CLUBE	M	01:44:48	01:46:27	04:58	Veterano M55
1387	1612	286	VALTER MARTINS	SAI DA FRENTE	M	01:44:53	01:46:28	04:58	Senior Masculino
3004	1613	301	RICARDO BRIOTE	ADE TRAIL RUNNING	M	01:45:10	01:46:28	04:59	Veterano M35
242	1614	300	RICARDO SILVA	INDIVIDUAL	M	01:45:36	01:46:29	05:00	Veterano M45
1691	1615	45	SANDRA TRAVESSAS	TRUBULENTOS	F	01:46:05	01:46:30	05:02	Veterana F35
2489	1616	301	MARCOS LAGO	INDIVIDUAL	M	01:46:17	01:46:30	05:02	Veterano M45
2482	1617	302	PABLO LOPEZ	INDIVIDUAL	M	01:45:12	01:46:33	04:59	Veterano M45
758	1618	112	JOSE SAMPAIO	OS FELINOS	M	01:46:30	01:46:34	05:03	Veterano M55
869	1619	388	MANUEL RAFAEL	ESPRINTES OURENSE	M	01:45:58	01:46:34	05:01	Veterano M40
601	1620	303	CARLOS CARDOSO	INDIVIDUAL	M	01:45:39	01:46:36	05:01	Veterano M45
2533	1621	304	JOSE LOPES	LIBERTY SEGUROS	M	01:45:28	01:46:36	05:00	Veterano M45
1316	1622	287	LUIS ANGEL	LOSTREGOS COIA	M	01:44:47	01:46:36	04:58	Senior Masculino
1859	1623	389	JOSE COSTA	AFIS/OVAR	M	01:45:20	01:46:37	05:00	Veterano M40
777	1624	46	JOANA CREISSAC	AASM TRIATLO	F	01:44:43	01:46:38	04:58	Veterana F35
2596	1625	155	JOSE COUTO	INDIVIDUAL	M	01:45:58	01:46:39	05:01	Veterano M50
2960	1626	32	ANA CARDOSO	FAMA RUNNERS	F	01:45:21	01:46:39	05:00	Senior Feminino
1014	1627	390	SERGIO	OLIMPICO DE VEDRA	M	01:45:14	01:46:41	05:00	Veterano M40
1659	1628	156	RODRIGO GOMES	INDIVIDUAL	M	01:45:04	01:46:47	04:59	Veterano M50

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
367	1629	302	CARLOS ALVES	TURBULENTOS	M	01:45:08	01:46:47	04:59	Veterano M35
2144	1630	47	CELIA MARQUES	INDIVIDUAL	F	01:45:42	01:46:49	05:01	Veterana F35
1451	1631	157	FERNANDO CARVALHO	SS MONTEPIO	M	01:44:42	01:46:51	04:58	Veterano M50
1947	1632	305	ANTONIO ALVES	LINHAS MOURE CONFENIX	M	01:45:48	01:46:51	05:01	Veterano M45
2183	1633	391	JOAO NUNO	SOCIEDADE RECREIO CEPANENSE	M	01:46:10	01:46:53	05:02	Veterano M40
594	1634	303	RUI PINTO	INDIVIDUAL	M	01:46:20	01:46:54	05:03	Veterano M35
580	1635	48	MARCIA BANDEIRA	VIDAATIVARUNNERS	F	01:45:16	01:46:54	05:00	Veterana F35
2106	1636	288	PEDRO COUTO	OFRUNNING	M	01:46:38	01:46:55	05:03	Senior Masculino
2247	1637	113	ALVARO ARAUJO	VITORIA SPORT CLUBE	M	01:45:18	01:46:55	05:00	Veterano M55
118	1638	289	VALTER MARTINS	INDIVIDUAL	M	01:46:20	01:46:57	05:03	Senior Masculino
1689	1639	304	ANDRE CAMPOS	MOTAENGIL RUNNERS	M	01:44:54	01:46:57	04:58	Veterano M35
720	1640	392	NUNO ARAUJO	BRG TEAM	M	01:45:27	01:47:00	05:00	Veterano M40
721	1641	393	RICARDO PINTO	BRGTEAM	M	01:45:24	01:47:00	05:00	Veterano M40
2502	1642	306	FRCO. SUAREZ	CLUB ATLETISMO FONTES DO SAR	M	01:46:15	01:47:01	05:02	Veterano M45
2627	1643	307	CESAR FOLGAR	INDIVIDUAL	M	01:46:02	01:47:01	05:01	Veterano M45
2967	1644	394	FILIPE ANDRADE	TALOXINHAS	M	01:46:00	01:47:03	05:01	Veterano M40
344	1645	395	RUI PIRES	VIRIATHVS RUNNERS VISEU	M	01:46:20	01:47:05	05:03	Veterano M40
951	1646	49	CRISTINA DOMINGUEZ	TANINOS RUNNERS	F	01:46:34	01:47:07	05:03	Veterana F35
2111	1647	308	MARCO PEREIRA	FERMENTOES	M	01:44:59	01:47:09	04:58	Veterano M45
2299	1648	309	LUIS IGLESIAS	INDIVIDUAL	M	01:45:07	01:47:10	04:59	Veterano M45
1924	1649	290	TIAGO COSTA	ERMIDA TEAM	M	01:46:18	01:47:10	05:03	Senior Masculino
209	1650	310	MARIO CORREIA	INDIVIDUAL	M	01:45:38	01:47:12	05:00	Veterano M45
2767	1651	291	TIAGO MOREIRA	INDIVIDUAL	M	01:45:36	01:47:12	05:00	Senior Masculino
2779	1652	50	ETELVINA ROCHA	NASCIDOS PARA CORRER	F	01:46:14	01:47:13	05:02	Veterana F35
982	1653	311	PAULO PEREIRA	INDIVIDUAL	M	01:45:54	01:47:15	05:01	Veterano M45
140	1654	312	ANTONIO MARINHO	VIANA RUNNING	M	01:46:49	01:47:19	05:04	Veterano M45
602	1655	158	ANTONIO MELO	CORRER VISEU	M	01:45:53	01:47:19	05:01	Veterano M50
2394	1656	396	GERMAN	INDIVIDUAL	M	01:45:26	01:47:19	05:00	Veterano M40
1693	1657	397	MARIO FLORINDO	INDIVIDUAL	M	01:46:14	01:47:20	05:02	Veterano M40
824	1658	305	TIAGO GOMES	INVICTA RUNNERS TEAM	M	01:45:57	01:47:22	05:01	Veterano M35
1843	1659	313	LUIS PEDROSO	TARTARUGAS DO ASFALTO	M	01:46:14	01:47:22	05:02	Veterano M45
249	1660	398	MARIO ROSAS	WEDO RUNNERS	M	01:46:40	01:47:25	05:03	Veterano M40
929	1661	314	RICARDO PEREIRA	INDIVIDUAL	M	01:46:27	01:47:30	05:03	Veterano M45
2407	1662	306	CARLOS COELHO	GRUPO DESPORTIVO SANTANDER TOTTA	M	01:46:59	01:47:30	05:04	Veterano M35
2761	1663	315	CELESTINO GARCIA	INDIVIDUAL	M	01:46:13	01:47:32	05:02	Veterano M45
997	1664	159	JORGE LOURO	INDIVIDUAL	M	01:46:48	01:47:33	05:04	Veterano M50
104	1665	399	JOSE MARTINS	MOVIMENTO JUVENTUDE MERELIM	M	01:46:44	01:47:33	05:03	Veterano M40
2732	1666	400	MANUEL TAVARES	TATANIX DRINKING TEAM	M	01:46:53	01:47:33	05:04	Veterano M40
2184	1667	401	SERGIO MENDES	SOCIEDADE RECREIO CEPANENSE	M	01:46:39	01:47:33	05:03	Veterano M40
2447	1668	160	MANUEL MENDES	PORTO RUNNERS	M	01:46:50	01:47:34	05:04	Veterano M50
2927	1669	114	JESUS HERNANDEZ	PERNAS CELTAS	M	01:46:22	01:47:34	05:03	Veterano M55
1571	1670	307	FILIPE TOME	INDIVIDUAL	M	01:47:08	01:47:36	05:04	Veterano M35
649	1671	308	RICARDO SEROMENHO	INDIVIDUAL	M	01:45:47	01:47:38	05:01	Veterano M35
919	1672	316	RUI AFONSO	BELEM RUNNERS (CFBELENENSES)	M	01:46:19	01:47:40	05:03	Veterano M45

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
2120	1673	402	AGOSTINHO TORRES	PERNETAS	M	01:46:01	01:47:41	05:01	Veterano M40
143	1674	292	ALBERTO LORENZO	CLUB ATLETISMO SALVATERRA	M	01:46:11	01:47:43	05:02	Senior Masculino
609	1675	403	RUI PINHO	PAREDES AVENTURA	M	01:46:10	01:47:43	05:02	Veterano M40
1548	1676	51	CARMEN PINEIRO	CORREDOIRAS BUEU	F	01:47:25	01:47:49	05:06	Veterana F35
1361	1677	293	BRUNO CARVALHO	ASSOCIACAO MOINHO DE VEEMOIM	M	01:45:48	01:47:49	05:01	Senior Masculino
1107	1678	294	NELSON FERREIRA	DOMOWEB	M	01:45:48	01:47:49	05:01	Senior Masculino
2395	1679	295	DIOGO COUTO	MRR	M	01:47:11	01:47:52	05:05	Senior Masculino
1814	1680	404	JOAO COUTO	CLUBE MILLENNIUM BCP	M	01:45:51	01:47:54	05:01	Veterano M40
2441	1681	161	FILIPE LEMOS	PORTO RUNNERS	M	01:47:14	01:47:55	05:05	Veterano M50
2246	1682	317	ALBERTO MENDES	VITORIA SPORT CLUBE	M	01:47:38	01:47:56	05:06	Veterano M45
2919	1683	405	ANTONIO LAMEIRA	UNICER	M	01:45:39	01:47:56	05:01	Veterano M40
2559	1684	33	RAQUEL COSTA	BRAGA RUNNERS	F	01:47:37	01:47:56	05:06	Senior Feminino
789	1685	318	PAULO CARNEIRO	CCDT/STCP	M	01:45:54	01:47:56	05:01	Veterano M45
1076	1686	52	LOLA PEREIRA	POR JOANE	F	01:47:11	01:47:57	05:05	Veterana F35
896	1687	319	XAVIER OLIVEIRA	POR JOANE	M	01:47:14	01:47:59	05:05	Veterano M45
1895	1688	320	JOSE BONITO	WIKABOO	M	01:46:33	01:48:02	05:03	Veterano M45
1661	1689	309	FERNANDO ALVES	OLIMPICO VIANENSE TRAIL	M	01:46:17	01:48:03	05:02	Veterano M35
1263	1690	162	JOAQUIM BENTO	INDIVIDUAL	M	01:46:51	01:48:06	05:04	Veterano M50
2378	1691	296	LEONEL SA	BANDA DE MUSICOS	M	01:46:53	01:48:06	05:04	Senior Masculino
2589	1692	310	LEANDRO RIBEIRO	ONEGAISHIMASU	M	01:45:54	01:48:06	05:01	Veterano M35
2349	1693	297	ANDRE FERNANDES	INDIVIDUAL	M	01:47:40	01:48:07	05:06	Senior Masculino
830	1694	115	ANTONIO PEREIRA	INVICTA RUNNERS TEAM	M	01:47:09	01:48:07	05:04	Veterano M55
1516	1695	311	RICARDO CAMPOS	ANONYMOUS PROSPORTS CHALLENGER	M	01:46:28	01:48:09	05:03	Veterano M35
501	1696	321	RUI CARVALHO	INDIVIDUAL	M	01:46:05	01:48:09	05:02	Veterano M45
2653	1697	312	PEDRO MESQUITA	PIXELRUNBIKETRIP	M	01:47:28	01:48:10	05:06	Veterano M35
1175	1698	322	MANUEL RIBEIRO	POTES DE OURO	M	01:46:01	01:48:11	05:01	Veterano M45
2208	1699	313	ALBERTO BARBOSA	OLIMPICO TRAIL VIANENSE	M	01:47:08	01:48:13	05:04	Veterano M35
2658	1700	298	TIAGO FERREIRA	BANDA DE MUSICOS	M	01:47:11	01:48:16	05:05	Senior Masculino
2362	1701	299	NELSON ROCHA	INDIVIDUAL	M	01:46:40	01:48:17	05:03	Senior Masculino
1445	1702	406	ANDRE ANTUNES	SS MONTEPIO	M	01:46:34	01:48:17	05:03	Veterano M40
2613	1703	34	MARTINE VILACHA	INDIVIDUAL	F	01:47:12	01:48:17	05:05	Senior Feminino
194	1704	300	JOAO BARREIRA	INDIVIDUAL	M	01:46:11	01:48:17	05:02	Senior Masculino
1267	1705	53	JUDITE MARTINS	INDIVIDUAL	F	01:47:33	01:48:19	05:06	Veterana F35
1266	1706	323	MANUEL SILVA	INDIVIDUAL	M	01:47:33	01:48:19	05:06	Veterano M45
334	1707	324	TIAGO MENDES	INDIVIDUAL	M	01:47:29	01:48:21	05:06	Veterano M45
1311	1708	407	DAVID TEIXEIRA	HSANTAMARIART	M	01:46:56	01:48:22	05:04	Veterano M40
2488	1709	54	CLAUDIA PIMPAREL	SHOTS INTERNATIONAL RUNNERS	F	01:47:55	01:48:22	05:07	Veterana F35
1941	1710	163	JOSE COSTA	A. C. VERMOIM	M	01:47:26	01:48:22	05:06	Veterano M50
1701	1711	164	HERCULANO CARDOSO	A. C. VERMOIM	M	01:47:32	01:48:23	05:06	Veterano M50
1251	1712	314	RUI OLIVEIRA	AGUAS DO NORTE	M	01:47:32	01:48:23	05:06	Veterano M35
1416	1713	325	LUIS SEQUEIRA	INDIVIDUAL	M	01:46:34	01:48:24	05:03	Veterano M45
823	1714	408	FILIPE	TEAM MARIA	M	01:47:24	01:48:25	05:06	Veterano M40
779	1715	409	CLAUDIO CANDIDO	TEAM MARIA	M	01:47:24	01:48:25	05:06	Veterano M40
2640	1716	301	FILIPE FARIA	INDIVIDUAL	M	01:46:33	01:48:27	05:03	Senior Masculino

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
2758	1717	302	TIAGO OLIVEIRA	INDIVIDUAL	M	01:47:51	01:48:30	05:07	Senior Masculino
863	1718	410	NUNO ALEXANDRE	NOCTURNOS DE PAREDES	M	01:48:07	01:48:30	05:08	Veterano M40
2971	1719	165	PAULO FERREIRA	BOAVISTA F.C	M	01:46:45	01:48:32	05:04	Veterano M50
634	1720	116	BENITO FRANCISCO	INDIVIDUAL	M	01:48:14	01:48:33	05:08	Veterano M55
2701	1721	315	DAVID BARCIELA	INDIVIDUAL	M	01:48:12	01:48:36	05:08	Veterano M35
2409	1722	411	RUI CHAMUSCA	GRUPO DESPORTIVO SANTANDER TOTTA	M	01:47:57	01:48:37	05:07	Veterano M40
2537	1723	316	JOAO FERNANDES	LIBERTY SEGUROS	M	01:46:57	01:48:38	05:04	Veterano M35
2905	1724	412	MANUEL LOPES	UNICER	M	01:46:21	01:48:39	05:03	Veterano M40
359	1725	317	PAULO CARNEIRO	ADD	M	01:48:17	01:48:40	05:08	Veterano M35
1816	1726	326	PAULO SOARES	CLUBE MILLENNIUM BCP	M	01:46:50	01:48:41	05:04	Veterano M45
324	1727	166	JOSE COSTA	INDIVIDUAL	M	01:48:00	01:48:43	05:07	Veterano M50
2962	1728	318	NUNO OLIVEIRA	FAMA RUNNERS	M	01:47:26	01:48:43	05:06	Veterano M35
1503	1729	167	JOSE SILVA	INDIVIDUAL	M	01:47:35	01:48:44	05:06	Veterano M50
1368	1730	55	CLARA CARVALHO	A.D.AMARANTE	F	01:47:37	01:48:44	05:06	Veterana F35
2251	1731	117	ANTONIO TEIXEIRA	VITORIA SPORT CLUBE	M	01:48:32	01:48:44	05:09	Veterano M55
1872	1732	327	PAULO ALMEIDA	AFISOVAR	M	01:48:36	01:48:45	05:09	Veterano M45
2728	1733	303	PEDRO PEREIRA	INDIVIDUAL	M	01:48:25	01:48:45	05:08	Senior Masculino
1739	1734	413	FILIPE PEREIRA	SAI DA FRENTE	M	01:47:10	01:48:46	05:04	Veterano M40
1021	1735	328	RUI RODRIGUES	VIRIATHVS RUNNERS VISEU	M	01:47:51	01:48:47	05:07	Veterano M45
368	1736	118	FERNANDO AZEVEDO	INDIVIDUAL	M	01:48:30	01:48:48	05:09	Veterano M55
2619	1737	329	NARCISO RODRIGUES	INDIVIDUAL	M	01:47:30	01:48:51	05:06	Veterano M45
704	1738	168	ANTONIO CELESTE	GDLU	M	01:48:16	01:48:53	05:08	Veterano M50
864	1739	56	FLORINDA FERNANDES	TEAM WORKOUT 48	F	01:47:20	01:48:53	05:05	Veterana F35
667	1740	330	RUI CARVALHO	RUNNING TEAM GRUPO DESPORTIVO ALDEIA NOVA	M	01:48:37	01:48:56	05:09	Veterano M45
1753	1741	35	MARIA GONZALEZ	RUNNERS PONTAKAS VIGO	F	01:47:11	01:48:57	05:05	Senior Feminino
1441	1742	36	CONSTANCA BRITO	ARCA BARCELOS RUNNERS	F	01:48:35	01:48:57	05:09	Senior Feminino
2460	1743	414	RODRIGO CORDEIRO	TRY@LEAST	M	01:46:33	01:48:57	05:03	Veterano M40
1644	1744	415	HELDER CRUZ	INDIVIDUAL	M	01:47:36	01:48:57	05:06	Veterano M40
2975	1745	416	NICHOLAS HAJIKOUMI	ZUPPER	M	01:47:55	01:48:57	05:07	Veterano M40
2061	1746	417	TOZE NAZARIO	INDIVIDUAL	M	01:46:54	01:48:57	05:04	Veterano M40
1457	1747	331	JOSE COSTA	SS MONTEPIO	M	01:47:50	01:48:58	05:07	Veterano M45
1922	1748	319	PEDRO CAMARA	TURBULENTO	M	01:47:57	01:48:58	05:07	Veterano M35
2114	1749	169	ANTONIO FERREIRA	A. C. VERMOIM	M	01:48:08	01:48:59	05:08	Veterano M50
882	1750	119	NUNO MONTEIRO	INDIVIDUAL	M	01:47:49	01:49:02	05:06	Veterano M55
2769	1751	120	ADAO DIAS	NASCIDOS PARA CORRER	M	01:48:37	01:49:03	05:09	Veterano M55
1089	1752	304	HUGO GONCALVES	PMAF	M	01:47:59	01:49:05	05:07	Senior Masculino
1684	1753	332	VITOR VAZ	OLIMPICO VIANENSE TRAIL	M	01:47:13	01:49:06	05:05	Veterano M45
794	1754	333	ALVARO MACHADO	GRUPO DESPORTIVO NOVO BANCO	M	01:48:36	01:49:06	05:09	Veterano M45
709	1755	320	EDUARDO CASTRO	INDIVIDUAL	M	01:48:17	01:49:06	05:08	Veterano M35
2815	1756	57	IRENE SOBREIRA	ATLETISMO PORRINO	F	01:47:44	01:49:07	05:06	Veterana F35
1623	1757	418	JOSE ALVAREZ	BOIMORTO	M	01:48:29	01:49:07	05:08	Veterano M40
2755	1758	305	DANIEL CERZON	INDIVIDUAL	M	01:47:45	01:49:07	05:06	Senior Masculino
2571	1759	306	DUARTE SOUSA	INDIVIDUAL	M	01:48:30	01:49:07	05:09	Senior Masculino
2657	1760	121	HERMINIO AMARAL	INDIVIDUAL	M	01:48:02	01:49:08	05:07	Veterano M55



Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
675	1761	307	MIGUEL VALENTE	INDIVIDUAL	M	01:47:46	01:49:08	05:06	Senior Masculino
427	1762	122	ANTONIO MOREIRA	INDIVIDUAL	M	01:47:13	01:49:08	05:05	Veterano M55
64	1763	58	RAQUEL CERQUEIRA	LIBERTY SEGUROS	F	01:47:27	01:49:09	05:06	Veterana F35
65	1764	59	CARLA AMORIM	LIBERTY SEGUROS	F	01:47:27	01:49:09	05:06	Veterana F35
742	1765	334	JOSE CORREIA	PT RUNNING TEAM	M	01:48:48	01:49:09	05:09	Veterano M45
732	1766	419	ROBERTO ZARRAQUINOS	A.D LIMIACTIVA	M	01:47:39	01:49:12	05:06	Veterano M40
2956	1767	60	JOANA SANTOS	ASPHALT ASSAULT TEAM	F	01:47:57	01:49:16	05:07	Veterana F35
2985	1768	61	SUSY COSTA	MINHO AVENTURA	F	01:48:57	01:49:16	05:10	Veterana F35
2984	1769	321	PAULO OLIVEIRA	MINHO AVENTURA	M	01:48:58	01:49:16	05:10	Veterano M35
2574	1770	308	FIDEL VAZQUEZ	INDIVIDUAL	M	01:48:23	01:49:18	05:08	Senior Masculino
446	1771	123	CANDIDO PEREIRA	USMMONTARGIS	M	01:47:27	01:49:19	05:06	Veterano M55
2408	1772	420	ADALBERTO FIGUEIREDO	GRUPO DESPORTIVO SANTANDER TOTTA	M	01:48:37	01:49:20	05:09	Veterano M40
328	1773	62	ROSA NOGUEIRA	EDV VIANA TRAIL	F	01:48:35	01:49:23	05:09	Veterana F35
415	1774	335	PAULO SOARES	FOGACAS COM MALAPOS	M	01:47:31	01:49:25	05:06	Veterano M45
931	1775	170	ERNESTO MARTINS	LION RUNNERS G.D. LEOES DA GUARDA	M	01:47:40	01:49:26	05:06	Veterano M50
991	1776	124	FERNANDO VALENTE	G.D.R. JUVENTUDE DAS RIBEIRAS	M	01:49:05	01:49:27	05:10	Veterano M55
598	1777	421	JOAQUIM GAYO	SULNOR	M	01:48:57	01:49:27	05:10	Veterano M40
2005	1778	37	CATARINA COSTA	LOUSADA RUNNERS	F	01:49:16	01:49:27	05:11	Senior Feminino
2092	1779	125	JORGE SILVA	PERSISTENTES	M	01:49:16	01:49:27	05:11	Veterano M55
2012	1780	322	FILIPE PEREIRA	INDIVIDUAL	M	01:47:18	01:49:28	05:05	Veterano M35
887	1781	309	PEDRO ARANTES	G.D.BAIRRO PESCADORES MATOSINHOS	M	01:48:56	01:49:28	05:10	Senior Masculino
1369	1782	171	ANTONIO GONCALVES	A.D.AMARANTE	M	01:48:23	01:49:29	05:08	Veterano M50
635	1783	323	RUI PEREIRA	INDIVIDUAL	M	01:48:28	01:49:30	05:08	Veterano M35
1478	1784	172	GERSOM BASIDA	INDIVIDUAL	M	01:47:40	01:49:31	05:06	Veterano M50
717	1785	422	PAULO SOUZA	INDIVIDUAL	M	01:48:11	01:49:33	05:08	Veterano M40
2907	1786	173	RUI COELHO	UNICER	M	01:48:46	01:49:33	05:09	Veterano M50
2477	1787	38	ESTEFANIA FERNANDEZ	RIO MINO RUNNING	F	01:48:03	01:49:37	05:08	Senior Feminino
975	1788	423	NELSON SANTOS	INDIVIDUAL	M	01:49:04	01:49:39	05:10	Veterano M40
1852	1789	424	LUIS MIGUEL	TARTARUGAS DO ASFALTO	M	01:48:34	01:49:41	05:09	Veterano M40
2655	1790	174	BASILIO GONZALEZ	CURRELAS TEAM RUNNING	M	01:48:42	01:49:41	05:09	Veterano M50
948	1791	39	LORENA FERNANDEZ	LOSTREGOS COIA	F	01:47:55	01:49:46	05:07	Senior Feminino
707	1792	336	JORGE SOUSA	RUNNING ESPINHO	M	01:48:24	01:49:49	05:08	Veterano M45
2970	1793	324	HELDER BARBOSA	BOAVISTA F.C	M	01:48:03	01:49:50	05:08	Veterano M35
1468	1794	325	DAVID TEIXEIRA	C+ RUNNERS	M	01:49:10	01:49:50	05:11	Veterano M35
2044	1795	425	PAULO REMELHE	GANITA	M	01:47:53	01:49:51	05:07	Veterano M40
2157	1796	40	AURELIE FREITAS	SOCIEDADE RECREIO CEPANENSE	F	01:48:15	01:49:51	05:08	Senior Feminino
548	1797	41	ROCIO C.	INDIVIDUAL	F	01:48:51	01:49:52	05:09	Senior Feminino
1808	1798	326	JOAO RIBEIRO	FERREIROLUX	M	01:48:51	01:49:52	05:09	Veterano M35
482	1799	126	FERNANDO PINHO	INVICTA RUNNERS TEAM	M	01:48:28	01:49:55	05:08	Veterano M55
1461	1800	327	PEDRO MOREIRA	SS MONTEPIO	M	01:47:49	01:49:56	05:06	Veterano M35
2874	1801	426	GASPAR SILVA	INDIVIDUAL	M	01:49:16	01:49:56	05:11	Veterano M40
1864	1802	337	ARMENIO CASAL	GDFCAMPANHA	M	01:49:09	01:50:00	05:11	Veterano M45
1961	1803	63	SOFIA ROMAO	CORRER VISEU	F	01:48:36	01:50:02	05:09	Veterana F35
2373	1804	427	JOAO MOREIRA	WIKABOO	M	01:48:25	01:50:05	05:08	Veterano M40

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
181	1805	64	SANDRA COSTA	INDIVIDUAL	F	01:48:25	01:50:05	05:08	Veterana F35
716	1806	310	TIAGO BARBOSA	INDIVIDUAL	M	01:48:28	01:50:06	05:08	Senior Masculino
2900	1807	428	JOAO ARAUJO	PORTORUNNERS	M	01:49:24	01:50:07	05:11	Veterano M40
2443	1808	127	FERNANDO LEITE	PORTO RUNNERS	M	01:49:24	01:50:07	05:11	Veterano M55
2929	1809	65	MARIA FERNANDEZ	PERNAS CELTAS	F	01:48:55	01:50:07	05:09	Veterana F35
475	1810	66	MARIA LOPES	INDIVIDUAL	F	01:49:38	01:50:08	05:12	Veterana F35
83	1811	338	CLAUDIO GASPAR	INDIVIDUAL	M	01:50:07	01:50:08	05:13	Veterano M45
1220	1812	429	FERNANDO SOCORRO	VETERANOS PORTO	M	01:48:59	01:50:12	05:10	Veterano M40
408	1813	175	JOSE CALHEIROS	VETERANOS DO PORTO	M	01:48:22	01:50:12	05:08	Veterano M50
2867	1814	176	PEDRO DIAS	PAINHAS	M	01:49:29	01:50:12	05:11	Veterano M50
3001	1815	311	MANUEL RIBEIRO	INDIVIDUAL	M	01:48:30	01:50:13	05:09	Senior Masculino
1982	1816	42	LETICIA MENDES	INDIVIDUAL	F	01:49:23	01:50:14	05:11	Senior Feminino
2067	1817	177	DOMINGOS MENDES	A.D.R.AVELEDA	M	01:49:53	01:50:15	05:13	Veterano M50
1819	1818	339	CARLOS ARAUJO	CLUBE MILLENNIUM BCP	M	01:48:35	01:50:16	05:09	Veterano M45
1245	1819	312	JOEL SANTOS	CANAGUAS DO NORTE	M	01:48:46	01:50:16	05:09	Senior Masculino
924	1820	430	PAULO VARELA	INDIVIDUAL	M	01:48:25	01:50:18	05:08	Veterano M40
2585	1821	340	JOAO RODRIGUES	INDIVIDUAL	M	01:49:36	01:50:19	05:12	Veterano M45
1673	1822	431	PEDRO PAIVA	INDIVIDUAL	M	01:50:04	01:50:21	05:13	Veterano M40
1674	1823	128	MANUEL PAIVA	INDIVIDUAL	M	01:50:04	01:50:21	05:13	Veterano M55
1744	1824	341	BERTO ALONSO	INDIVIDUAL	M	01:49:37	01:50:21	05:12	Veterano M45
2260	1825	342	JOAO FARIA	VITORIA SPORT CLUBE	M	01:48:36	01:50:23	05:09	Veterano M45
254	1826	43	IRIS SOARES	INDIVIDUAL	F	01:49:17	01:50:23	05:11	Senior Feminino
2597	1827	432	NOBLESSE THIERRY	INDIVIDUAL	M	01:48:02	01:50:23	05:07	Veterano M40
466	1828	433	CARLOS OLIVEIRA	INDIVIDUAL	M	01:49:17	01:50:24	05:11	Veterano M40
1544	1829	67	BEATRIZ MILLAN	CORREDOIRAS BUEU	F	01:50:14	01:50:24	05:14	Veterana F35
568	1830	434	NUNO RIBEIRO	VIRIATHV RUNNERS VISEU	M	01:49:37	01:50:25	05:12	Veterano M40
2386	1831	343	DANIEL GONZALEZ	ARCHIENEMIGOS TEAM	M	01:49:28	01:50:26	05:11	Veterano M45
2544	1832	344	FERNANDO ROTHES	INDIVIDUAL	M	01:48:48	01:50:26	05:09	Veterano M45
705	1833	129	ANDRES GARCIA	CASTRO DE LOBADIZ (FERROL A CORUNA) ESPANHA	M	01:49:24	01:50:26	05:11	Veterano M55
853	1834	44	JOANA TRIGO	INDIVIDUAL	F	01:49:18	01:50:28	05:11	Senior Feminino
2790	1835	313	LEONEL VIDEIRA	NASCIDOS PARA CORRER	M	01:48:41	01:50:28	05:09	Senior Masculino
2798	1836	68	SUSANA COELHO	NASCIDOS PARA CORRER	F	01:49:29	01:50:29	05:11	Veterana F35
1806	1837	130	JUSTINO COUTADA	FERREIROLUX	M	01:49:13	01:50:29	05:11	Veterano M55
521	1838	131	MARIO VILARINHO	INDIVIDUAL	M	01:49:10	01:50:29	05:11	Veterano M55
755	1839	314	ADRIANO NEIVA	INDIVIDUAL	M	01:48:58	01:50:33	05:10	Senior Masculino
539	1840	132	RAUL FERREIRA	LION RUNNERS G. D. LEOES DA GUARDA	M	01:48:52	01:50:33	05:09	Veterano M55
1966	1841	315	DIOGO NOBRE	INDIVIDUAL	M	01:49:54	01:50:35	05:13	Senior Masculino
2689	1842	316	VITOR MARTINS	ESQUADRAO DA MORTE	M	01:49:40	01:50:37	05:12	Senior Masculino
1044	1843	69	ISABEL INACIO	CORRER VISEU	F	01:49:13	01:50:39	05:11	Veterana F35
3027	1844	435	FERNANDO MATOS	CORRER VISEU	M	01:49:14	01:50:39	05:11	Veterano M40
155	1845	345	JOSE AFONSO	INDIVIDUAL	M	01:50:27	01:50:40	05:14	Veterano M45
2332	1846	328	DANIEL MACHADO	OS FUGITIVOS DA CRISE	M	01:49:46	01:50:41	05:12	Veterano M35
1601	1847	178	JOAQUIM MARQUES	GRUPO CULTURAL E RECREATIVO DE ALVARELHOS	M	01:49:42	01:50:46	05:12	Veterano M50
2582	1848	133	MANUEL CANARIO	CENTRO DE ATLETISMO DE MATOSINHOS	M	01:50:18	01:50:47	05:14	Veterano M55

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
44	1849	45	FATIMA VEIGA	CYCLONES SANITOP	F	01:50:45	01:50:49	05:15	Senior Feminino
2300	1850	70	JULIANA ONUMA	VIANARUNNING	F	01:50:19	01:50:51	05:14	Veterana F35
785	1851	329	VALTER BARBOSA	CCDT/STCP	M	01:49:53	01:50:53	05:13	Veterano M35
666	1852	46	ALBA BALLESTEROS	LOSTREGOS COIA	F	01:49:05	01:50:54	05:10	Senior Feminino
1430	1853	330	DOMINGOS COUTO	INDIVIDUAL	M	01:50:06	01:50:54	05:13	Veterano M35
2670	1854	71	SARA SILVA	CAES D`AVENIDA	F	01:50:02	01:50:55	05:13	Veterana F35
2483	1855	72	MARIA MARTINS	INDIVIDUAL	F	01:50:02	01:50:55	05:13	Veterana F35
801	1856	436	LUIZ BATEIRA	INDIVIDUAL	M	01:49:31	01:50:56	05:11	Veterano M40
158	1857	346	JOAO LINHARES	ADMINOVA	M	01:50:18	01:50:56	05:14	Veterano M45
329	1858	134	MANUEL SOARES	INDIVIDUAL	M	01:49:54	01:50:57	05:13	Veterano M55
2451	1859	73	SARA NUNES	AFIS/OVAR	F	01:50:26	01:50:58	05:14	Veterana F35
341	1860	47	LUCIA ONS	CLUB ATLETISMO LOUSAME DEPORTES HERMIDA	F	01:49:36	01:50:59	05:12	Senior Feminino
2391	1861	317	TOMAS ALVAREZ	A.D. LIMIACTIVA	M	01:49:33	01:51:02	05:11	Senior Masculino
1853	1862	437	PAULO CRUZ	TARTARUGAS DO ASFALTO	M	01:49:59	01:51:09	05:13	Veterano M40
122	1863	331	NUNO PEIXOTO	CLUBE ATLETISMO SENHORA DA CONCEICAO VILA REAL	M	01:50:07	01:51:09	05:13	Veterano M35
428	1864	347	PAULO MACHADO	INDIVIDUAL	M	01:49:16	01:51:11	05:11	Veterano M45
129	1865	74	ANA BARBOSA	TRIO MARAVILHA	F	01:50:28	01:51:15	05:14	Veterana F35
87	1866	438	PAULO PEDRA	INDIVIDUAL	M	01:51:13	01:51:16	05:16	Veterano M40
2752	1867	179	FERNANDO ALVES	CMI MONTANHISMO	M	01:49:58	01:51:17	05:13	Veterano M50
460	1868	75	AYA	INDIVIDUAL	F	01:50:28	01:51:18	05:14	Veterana F35
723	1869	135	ELOY CRIADO	INDIVIDUAL	M	01:49:44	01:51:21	05:12	Veterano M55
2491	1870	332	HELDER FERREIRA	INDIVIDUAL	M	01:50:48	01:51:22	05:15	Veterano M35
2862	1871	180	MANUEL COSTA	PAINHAS	M	01:50:01	01:51:22	05:13	Veterano M50
409	1872	136	JULIO GARCIA	RUNNING LUSEKELO	M	01:50:05	01:51:23	05:13	Veterano M55
733	1873	181	XOSE FERNANDEZ	RUNNING LUSEKELO	M	01:50:04	01:51:23	05:13	Veterano M50
1957	1874	48	MARTA FERREIRA	INDIVIDUAL	F	01:50:53	01:51:24	05:15	Senior Feminino
401	1875	348	MANUEL QUINAZ	INDIVIDUAL	M	01:49:07	01:51:24	05:10	Veterano M45
2529	1876	76	MARIA COUTO	LIBERTY SEGUROS	F	01:50:45	01:51:28	05:15	Veterana F35
1162	1877	182	JOSE MONTEIRO	VETERANOS PORTO	M	01:50:43	01:51:31	05:15	Veterano M50
1282	1878	137	ANTONIO COSTA	ACADEMIA FERNANDA RIBEIRO	M	01:49:32	01:51:33	05:11	Veterano M55
358	1879	333	RAUL PEREIRA	FOGACAS COM MALAPOS	M	01:49:39	01:51:34	05:12	Veterano M35
2011	1880	49	ANA FERREIRA	INDIVIDUAL	F	01:50:06	01:51:34	05:13	Senior Feminino
112	1881	349	FERNANDO OLIVEIRA	INDIVIDUAL	M	01:51:06	01:51:36	05:16	Veterano M45
1064	1882	138	JOSE RIBEIRO	INDIVIDUAL	M	01:50:56	01:51:36	05:16	Veterano M55
963	1883	350	JOSE PATARATA	LION RUNNERS G.D. LEOES DA GUARDA	M	01:49:26	01:51:38	05:11	Veterano M45
2818	1884	77	MARIA LOPEZ	ATLETAS VETERANOS OURENSE	F	01:50:39	01:51:39	05:14	Veterana F35
2550	1885	334	PEDRO MIRANDA	DELTA CAFES	M	01:49:42	01:51:39	05:12	Veterano M35
2291	1886	351	AVELINO MARQUEZ	PERNAS CELTAS	M	01:50:28	01:51:41	05:14	Veterano M45
2616	1887	352	ANTONIO LOMBA	MARQUES DE VIZOJA CORNELIOS	M	01:50:33	01:51:43	05:14	Veterano M45
2372	1888	318	SAMUEL PINHO	INDIVIDUAL	M	01:50:30	01:51:44	05:14	Senior Masculino
1165	1889	139	JOAO COSTA	INDIVIDUAL	M	01:49:35	01:51:44	05:12	Veterano M55
1663	1890	353	SANTI	AS LEBRES DE OIA	M	01:50:28	01:51:45	05:14	Veterano M45
1680	1891	183	RUI DUARTE	KARRAPATEIRA 1919	M	01:50:03	01:51:47	05:13	Veterano M50
1136	1892	439	JOSE NETO	G. D. PORTELA	M	01:50:37	01:51:48	05:14	Veterano M40

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
962	1893	184	VICTOR LOURENCO	INDIVIDUAL	M	01:50:45	01:51:49	05:15	Veterano M50
1650	1894	50	INES AZEVEDO	INDIVIDUAL	F	01:50:25	01:51:58	05:14	Senior Feminino
1928	1895	335	JOEL MARINHO	INDIVIDUAL	M	01:50:42	01:51:59	05:15	Veterano M35
2453	1896	140	FERNANDO SANTOS	AFIS/OVAR	M	01:51:00	01:52:03	05:16	Veterano M55
472	1897	185	VITOR VIEIRA	ALL ABOUT SPIRIT TEAM	M	01:51:47	01:52:07	05:18	Veterano M50
728	1898	336	HERNANI FURTADO	SPORTING CLUBE DE ESPINHO / ANTONIO LEITAO	M	01:50:48	01:52:08	05:15	Veterano M35
1632	1899	186	CAMILO NETO	DESNIVEL POSITIVO	M	01:51:24	01:52:09	05:17	Veterano M50
2244	1900	141	LUCIDIO DIAS	CLUBE ATLETISMO DE LAMAS	M	01:51:29	01:52:09	05:17	Veterano M55
1500	1901	51	EVAMARIA GOMEZ	CLUB ATLETISMO SALVATERRA	F	01:49:49	01:52:10	05:13	Senior Feminino
3029	1902	337	HELDER RODRIGUES		M	01:51:05	01:52:11	05:16	Veterano M35
2393	1903	319	DANIEL BREA	INDIVIDUAL	M	01:51:10	01:52:14	05:16	Senior Masculino
722	1904	440	ANTONIO FERNANDES	INDIVIDUAL	M	01:51:24	01:52:15	05:17	Veterano M40
913	1905	78	MONICA FERREIRA	SPIN&RUN ESPOSENDE TEAM	F	01:51:55	01:52:22	05:18	Veterana F35
327	1906	142	PAULO FRUTUOSO	FRUTUOSO & VELOSO II LDA	M	01:52:20	01:52:24	05:19	Veterano M55
1649	1907	79	MARIA OLIVEIRA	BRAGUINHAS RUNNERS	F	01:51:17	01:52:24	05:16	Veterana F35
807	1908	338	ALADINO BUGALLO	LOSTREGOS COIA	M	01:50:35	01:52:25	05:14	Veterano M35
1434	1909	339	DAVID BARCIELA	INDIVIDUAL	M	01:52:02	01:52:28	05:19	Veterano M35
2090	1910	52	ANGELA MARTINS	ANONYMOUS PROSPORTS CHALLENGER	F	01:50:48	01:52:30	05:15	Senior Feminino
2059	1911	320	RICARDO TEIXEIRA	INDIVIDUAL	M	01:52:13	01:52:32	05:19	Senior Masculino
2750	1912	340	FILIPE ROCHA	DESNIVEL POSITIVO	M	01:50:27	01:52:32	05:14	Veterano M35
447	1913	341	JOAO CARVALHO	FIGUEIREDO S RUNNER S & FRIENDS	M	01:50:59	01:52:33	05:16	Veterano M35
1765	1914	80	CELINA SILVA	FIGUEIREDO S RUNNER S AND FRIENDS	F	01:51:00	01:52:33	05:16	Veterana F35
2889	1915	81	ISABEL HENRIQUES	TERRORES DO ASFALTO	F	01:50:47	01:52:34	05:15	Veterana F35
2811	1916	187	JOSE SOUSA	NASCIDOS PARA CORRER	M	01:52:08	01:52:35	05:19	Veterano M50
2077	1917	143	RICARDO NETO	TUGAS NA ESTRADA	M	01:51:46	01:52:37	05:18	Veterano M55
2049	1918	321	SERGIO NEIVA	GANITA	M	01:50:43	01:52:40	05:15	Senior Masculino
455	1919	354	FILIPE MACEDO	INDIVIDUAL	M	01:50:25	01:52:42	05:14	Veterano M45
1868	1920	82	ANA ANDRADE	GDFCAMPANHA	F	01:52:13	01:52:42	05:19	Veterana F35
319	1921	342	DANIEL BETTENCOURT	AASM	M	01:52:13	01:52:42	05:19	Veterano M35
1863	1922	144	FERNANDO ANDRADE	GDFCAMPANHA	M	01:52:13	01:52:43	05:19	Veterano M55
520	1923	355	JOAQUIM COSTA	AMARANTE RUNNING TEAM	M	01:51:08	01:52:46	05:16	Veterano M45
2214	1924	356	PAULO PEREIRA	GRUPO DESPORTIVO CULTURAL TENVC	M	01:51:08	01:52:47	05:16	Veterano M45
2759	1925	357	JOSE MEIRELES	INDIVIDUAL	M	01:51:14	01:52:48	05:16	Veterano M45
382	1926	441	JOSE SANISIDRO	INDIVIDUAL	M	01:52:03	01:52:50	05:19	Veterano M40
1743	1927	145	DOMINGO GONZALEZ	INDIVIDUAL	M	01:52:07	01:52:50	05:19	Veterano M55
1360	1928	358	ROBERTO POUSO	EGOVARROS	M	01:51:04	01:52:53	05:16	Veterano M45
442	1929	343	MARCIO CORREIA	FOGACAS COM MALAPOS	M	01:50:39	01:52:53	05:14	Veterano M35
1025	1930	322	MARCO LOPES	INDIVIDUAL	M	01:51:34	01:52:59	05:18	Senior Masculino
2608	1931	188	DANIEL MILES	INDIVIDUAL	M	01:50:38	01:53:00	05:14	Veterano M50
1463	1932	83	SILVIA CARDOSO	SS MONTEPIO	F	01:51:35	01:53:01	05:18	Veterana F35
59	1933	344	JAIME CUNHA	LIBERTY SEGUROS	M	01:52:57	01:53:02	05:21	Veterano M35
1454	1934	345	JOAO CAMPOS	SS MONTEPIO	M	01:51:35	01:53:02	05:18	Veterano M35
640	1935	84	ALICE MOUTINHO	INDIVIDUAL	F	01:51:42	01:53:03	05:18	Veterana F35
1557	1936	323	LUIS RIBEIRO	INDIVIDUAL	M	01:51:17	01:53:03	05:16	Senior Masculino

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
302	1937	85	DANIELA SARMENTO	LION RUNNERS G. D. LEOES DA GUARDA	F	01:51:28	01:53:04	05:17	Veterana F35
865	1938	189	JOSE PINTO	CICLISTAS COSMICOS GISLOTICA	M	01:52:58	01:53:04	05:21	Veterano M50
2650	1939	359	DANIEL FOLHA	INDIVIDUAL	M	01:51:36	01:53:06	05:18	Veterano M45
317	1940	146	ALVARO FERREIRA	INDIVIDUAL	M	01:52:15	01:53:07	05:19	Veterano M55
2440	1941	147	RUI VILAR	PORTO RUNNERS	M	01:52:25	01:53:09	05:20	Veterano M55
2374	1942	442	RUI GONCALVES	ATIB FINABRAGA RUNNING	M	01:52:46	01:53:11	05:21	Veterano M40
1633	1943	86	MARGARIDA MAGALHAES	DESNIVEL POSITIVO	F	01:52:28	01:53:12	05:20	Veterana F35
1900	1944	87	SANDRA SILVA	INDIVIDUAL	F	01:52:07	01:53:12	05:19	Veterana F35
274	1945	443	BINO SOUSA	PIXELRUNBIKETRIP	M	01:52:00	01:53:13	05:19	Veterano M40
2334	1946	324	MANUEL MENDES	INDIVIDUAL	M	01:51:32	01:53:13	05:17	Senior Masculino
2343	1947	325	CARLOS LEITE	INDIVIDUAL	M	01:51:31	01:53:13	05:17	Senior Masculino
2586	1948	326	LUIS COSTA	INDIVIDUAL	M	01:52:36	01:53:13	05:20	Senior Masculino
1847	1949	360	RUI LEBRE	TARTARUGAS DO ASFALTO	M	01:52:04	01:53:14	05:19	Veterano M45
1639	1950	327	VITOR MARTINS	RENASCE	M	01:51:08	01:53:14	05:16	Senior Masculino
2454	1951	346	SERGIO RODRIGUES	AFIS/OVAR	M	01:52:16	01:53:18	05:19	Veterano M35
2871	1952	148	MARIO CONDE	AFIS/OVAR	M	01:52:18	01:53:18	05:19	Veterano M55
2122	1953	328	WILLIAM SANTOS	INDIVIDUAL	M	01:52:02	01:53:21	05:19	Senior Masculino
2009	1954	444	FRANCISCO MIRANDA	A. C. VERMOIM	M	01:52:30	01:53:22	05:20	Veterano M40
1865	1955	445	CRISTIANO SANTOS	GDFCAMPANHA	M	01:52:08	01:53:22	05:19	Veterano M40
2895	1956	361	NUNO MAIA	SOCIEDADE RECREIO CEPANENSE	M	01:52:28	01:53:23	05:20	Veterano M45
1970	1957	190	CESAR LOMBA	GT RUNNERS	M	01:53:08	01:53:23	05:22	Veterano M50
109	1958	329	TIAGO MENDES	INVICTA RUNNERS TEAM	M	01:52:30	01:53:24	05:20	Senior Masculino
772	1959	88	MARTA COSTA	INVICTA RUNNERS TEAM	F	01:51:52	01:53:24	05:18	Veterana F35
277	1960	330	VALTER VALE	PIXELRUNBIKETRIP	M	01:52:11	01:53:25	05:19	Senior Masculino
1039	1961	89	JULIA SOUSA	BEFITNESS	F	01:51:56	01:53:25	05:18	Veterana F35
874	1962	149	CARLOS LOPES	FREZITE	M	01:53:01	01:53:25	05:21	Veterano M55
703	1963	362	VITOR SILVA	GDLU	M	01:52:27	01:53:26	05:20	Veterano M45
940	1964	90	PILAR	SADA	F	01:52:06	01:53:33	05:19	Veterana F35
456	1965	331	PEDRO MELO	INDIVIDUAL	M	01:52:12	01:53:34	05:19	Senior Masculino
2951	1966	446	RUI LIMA	INDIVIDUAL	M	01:51:43	01:53:36	05:18	Veterano M40
1791	1967	332	VITOR SANTOS	FACTORX/S4L/MEDENSEFC	M	01:53:24	01:53:38	05:23	Senior Masculino
106	1968	447	EDUARDO MARTINS	INDIVIDUAL	M	01:53:03	01:53:38	05:21	Veterano M40
965	1969	448	JOAO MATOS	ELECTREX	M	01:52:10	01:53:39	05:19	Veterano M40
2930	1970	363	JOSE GONZALEZ	ATLETISMO ARENTEIRO	M	01:52:05	01:53:39	05:19	Veterano M45
2610	1971	191	ANTONIO SANTOS	TURBULENTOS	M	01:51:48	01:53:39	05:18	Veterano M50
1326	1972	91	SILVIA PEDROSO	AASM TRIATLO	F	01:51:44	01:53:40	05:18	Veterana F35
804	1973	449	FERNANDO SALEIRO	INDIVIDUAL	M	01:52:17	01:53:46	05:19	Veterano M40
1501	1974	333	ISMAEL ALVAREZ	CLUB ATLETISMO SALVATERRA	M	01:51:27	01:53:48	05:17	Senior Masculino
530	1975	450	CARLOS SILVA	INDIVIDUAL	M	01:51:49	01:53:48	05:18	Veterano M40
384	1976	451	MIGUEL BATISTA	VIRIATHVS RUNNERS VISEU	M	01:52:54	01:53:48	05:21	Veterano M40
1553	1977	452	PAULO NOGUEIRA	VIRIATHVS RUNNERS VISEU	M	01:52:54	01:53:49	05:21	Veterano M40
333	1978	453	PEDRO SEARA	GIN MARATHON RUNNERS	M	01:52:24	01:53:51	05:19	Veterano M40
549	1979	347	MANUEL FONSECA	BEAT YOUR LIMIT!	M	01:52:22	01:53:52	05:19	Veterano M35
318	1980	454	NELSON VINHA	GIN MARATHON RUNNERS	M	01:52:24	01:53:52	05:19	Veterano M40

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
108	1981	92	MARIA GARCIA	INDIVIDUAL	F	01:52:23	01:53:54	05:19	Veterana F35
2485	1982	150	ANTONIO LOURENCO	AMIGOS ATLETISMO POVOENSE	M	01:51:48	01:53:54	05:18	Veterano M55
2235	1983	455	MANUEL JACINTO	CORRER VISEU	M	01:52:32	01:53:58	05:20	Veterano M40
1195	1984	192	MANUEL ALMEIDA	OS SANTA APOLONIA	M	01:52:59	01:54:00	05:21	Veterano M50
2160	1985	93	ISABEL FREITAS	SOCIEDADE RECREIO CEPANENSE	F	01:52:25	01:54:01	05:19	Veterana F35
1813	1986	334	CARLOS BARBOSA	CLUBE MILLENNIUM BCP	M	01:52:06	01:54:01	05:19	Senior Masculino
2070	1987	364	AGOSTINHO SEQUEIRA	PERSISTENTES	M	01:52:18	01:54:02	05:19	Veterano M45
1389	1988	151	BERNARDINO MARTINS	SAI DA FRENTE	M	01:52:26	01:54:03	05:20	Veterano M55
100	1989	94	ELISABETE CARVALHO	EDVVIANATRIL	F	01:53:30	01:54:03	05:23	Veterana F35
2442	1990	152	LUCIANO PEREIRA	PORTO RUNNERS	M	01:53:19	01:54:05	05:23	Veterano M55
2948	1991	365	PAULO ABREU	AMARANTE RUNNING TEAM	M	01:52:32	01:54:10	05:20	Veterano M45
1293	1992	456	VALENTIM PEREIRA	VIANA REMADORES DO LIMA	M	01:52:42	01:54:10	05:21	Veterano M40
587	1993	457	ALVARO NUNES	ALL ABOUT SPIRIT TEAM	M	01:53:17	01:54:11	05:22	Veterano M40
2625	1994	335	JOAO VAZ	INDIVIDUAL	M	01:53:20	01:54:11	05:23	Senior Masculino
1971	1995	193	AMARO ROCHA	GT RUNNERS	M	01:54:08	01:54:11	05:24	Veterano M50
2873	1996	153	DOMINGOS VIEIRA	INDIVIDUAL	M	01:54:06	01:54:12	05:24	Veterano M55
1825	1997	154	OSCAR MARQUES	CLUBE MILLENNIUM BCP	M	01:53:29	01:54:13	05:23	Veterano M55
1834	1998	95	MARIA MARQUES	CLUBE MILLENNIUM BCP	F	01:53:29	01:54:13	05:23	Veterana F35
136	1999	336	DOUGLAS NASCIMENTO	VIANA RUNNING	M	01:53:40	01:54:13	05:23	Senior Masculino
2641	2000	348	NELSON JESUS	INDIVIDUAL	M	01:53:43	01:54:13	05:23	Veterano M35
1766	2001	155	MANUEL AREAN	INDIVIDUAL	M	01:53:48	01:54:13	05:24	Veterano M55
1211	2002	458	HUGO SANTOS	OS BANDALHOS PLANO E	M	01:54:14	01:54:14	05:25	Veterano M40
1903	2003	366	CARLOS VIEIRA	OS CACHOS	M	01:52:48	01:54:14	05:21	Veterano M45
2788	2004	349	JOSE ANDRADE	NASCIDOS PARA CORRER	M	01:53:20	01:54:15	05:23	Veterano M35
229	2005	156	CUSTODIO NETO	INDIVIDUAL	M	01:53:50	01:54:20	05:24	Veterano M55
682	2006	459	LUIS CARVALHO	INDIVIDUAL	M	01:52:21	01:54:20	05:19	Veterano M40
2410	2007	367	PAULO FONTES	GRUPO DESPORTIVO SANTANDER TOTTA	M	01:53:05	01:54:21	05:22	Veterano M45
1815	2008	368	RICARDO BEIRAO	CLUBE MILLENNIUM BCP	M	01:52:10	01:54:23	05:19	Veterano M45
2896	2009	157	RAMIRO BATISTA	INDIVIDUAL	M	01:52:58	01:54:24	05:21	Veterano M55
2918	2010	460	NUNO TEIXEIRA	UNICER	M	01:54:11	01:54:26	05:25	Veterano M40
2430	2011	158	NUNO OLIVEIRA	PORTO RUNNERS	M	01:53:45	01:54:27	05:24	Veterano M55
2639	2012	350	RUBEN SEQUEIRA	INDIVIDUAL	M	01:52:34	01:54:27	05:20	Veterano M35
1810	2013	194	FIRMINO NOGUEIRA	CLUBE MILLENNIUM BCP	M	01:53:17	01:54:30	05:22	Veterano M50
567	2014	351	RICARDO DELFIM	INDIVIDUAL	M	01:52:26	01:54:32	05:20	Veterano M35
697	2015	159	XOSE DIAZ	VETERAN@S DE GALICIA	M	01:52:31	01:54:35	05:20	Veterano M55
986	2016	195	FRANCISCO GONZALEZ	ATLETISMO TUI THERMALIA	M	01:54:09	01:54:38	05:24	Veterano M50
1554	2017	96	CLARA GONCALVES	INDIVIDUAL	F	01:52:50	01:54:38	05:21	Veterana F35
2388	2018	337	TIAGO CECILIO	INDIVIDUAL	M	01:52:51	01:54:38	05:21	Senior Masculino
774	2019	160	JOSE REY	OS CHORONS	M	01:52:33	01:54:39	05:20	Veterano M55
2115	2020	53	FRANCISCA SOUSA	INDIVIDUAL	F	01:53:21	01:54:39	05:23	Senior Feminino
886	2021	461	ADAN HASMI	OS CHORONS	M	01:53:04	01:54:39	05:21	Veterano M40
481	2022	54	ANDREIA FERREIRA	DR. RUNNER S TEAM	F	01:53:21	01:54:40	05:23	Senior Feminino
185	2023	369	JOSE LOUREIRO	AMIGOS DA MONTANHA	M	01:54:01	01:54:40	05:24	Veterano M45
2549	2024	462	ILIDIO PIRES	DELTA CAFES	M	01:52:46	01:54:42	05:21	Veterano M40

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
1686	2025	338	BRUNO OLIVEIRA	INDIVIDUAL	M	01:52:34	01:54:44	05:20	Senior Masculino
621	2026	97	GEORGINA TEIXEIRA	RED LINE	F	01:53:43	01:54:44	05:24	Veterana F35
630	2027	463	ABILIO RODRIGUES	INDIVIDUAL	M	01:53:33	01:54:45	05:23	Veterano M40
1104	2028	55	ALBA LOPEZ	LOSTREGOS COIA	F	01:52:58	01:54:47	05:21	Senior Feminino
1460	2029	352	NUNO BASTOS	SS MONTEPIO	M	01:53:50	01:54:48	05:24	Veterano M35
1359	2030	98	MARIA GARCIA	EGOVARROS	F	01:52:59	01:54:48	05:21	Veterana F35
1455	2031	370	JOAO MESQUITA	SS MONTEPIO	M	01:53:50	01:54:48	05:24	Veterano M45
967	2032	339	RUI MATOS	ELECTREX	M	01:53:20	01:54:50	05:23	Senior Masculino
2583	2033	371	PAULO COSTA	INDIVIDUAL	M	01:52:48	01:54:51	05:21	Veterano M45
1858	2034	99	MONICA BARBOSA	TARTARUGAS DO ASFALTO	F	01:53:45	01:54:53	05:24	Veterana F35
1381	2035	196	CELSO CARRILHO	INDIVIDUAL	M	01:53:57	01:54:53	05:24	Veterano M50
297	2036	464	RUI ALVES	GDAGYDARUN	M	01:54:21	01:54:56	05:25	Veterano M40
2348	2037	197	CARLOS SILVA	INDIVIDUAL	M	01:53:52	01:54:56	05:24	Veterano M50
1854	2038	198	JOAO SAMEAO	TARTARUGAS DO ASFALTO	M	01:53:49	01:54:58	05:24	Veterano M50
78	2039	372	PEDRO PEREIRA	INDIVIDUAL	M	01:54:55	01:55:00	05:27	Veterano M45
2847	2040	465	CARLOS LEAL	PAINHAS	M	01:52:55	01:55:00	05:21	Veterano M40
2908	2041	373	FRANCISCO MONTEIRO	UNICER	M	01:53:16	01:55:01	05:22	Veterano M45
1646	2042	466	PAULO MORAIS	RENASCE	M	01:52:57	01:55:03	05:21	Veterano M40
1875	2043	100	ARMANDA PINTO	CLUBE PORTUGAL TELECOM	F	01:54:03	01:55:05	05:24	Veterana F35
2001	2044	199	JORGE RAMOS	INDIVIDUAL	M	01:54:24	01:55:05	05:26	Veterano M50
2892	2045	340	FILIPE SEIXAS	INDIVIDUAL	M	01:54:08	01:55:09	05:24	Senior Masculino
2885	2046	200	JOAO PASSOS	INDIVIDUAL	M	01:53:31	01:55:11	05:23	Veterano M50
570	2047	353	RICARDO POCAS	BTT OS GOTINHAS	M	01:54:42	01:55:11	05:26	Veterano M35
1384	2048	161	JOSE TORRES	CAR MARISQUEIRO	M	01:54:15	01:55:13	05:25	Veterano M55
1219	2049	374	JESUS COSTA	INDIVIDUAL	M	01:53:11	01:55:13	05:22	Veterano M45
2381	2050	201	MANUEL TABLADO	PERNAS CELTAS	M	01:54:00	01:55:15	05:24	Veterano M50
1669	2051	341	JOSE DIAS	INDIVIDUAL	M	01:53:47	01:55:16	05:24	Senior Masculino
2207	2052	342	MIGUEL PARRADO	INDIVIDUAL	M	01:53:09	01:55:17	05:22	Senior Masculino
1149	2053	343	RUI DINIS	INDIVIDUAL	M	01:53:48	01:55:18	05:24	Senior Masculino
3028	2054	202	ANTONIO SANTOS	NASCIDOS PARA CORRER	M	01:54:23	01:55:18	05:26	Veterano M50
1801	2055	162	FERNANDO SOUSA	FERREIROLUX	M	01:54:03	01:55:18	05:24	Veterano M55
2002	2056	163	PEDRO CASTELBRANCO	INDIVIDUAL	M	01:54:06	01:55:24	05:24	Veterano M55
199	2057	354	PEDRO PINTO	BARBATONAS	M	01:54:32	01:55:27	05:26	Veterano M35
149	2058	375	MARIO GOMES	INDIVIDUAL	M	01:54:05	01:55:29	05:24	Veterano M45
642	2059	467	MIGUEL MANDIM	INDIVIDUAL	M	01:53:33	01:55:29	05:23	Veterano M40
645	2060	203	GONZALO SOLINO	TARTARUGAS	M	01:54:01	01:55:32	05:24	Veterano M50
1761	2061	101	HELENA SOUSA	OLIMPICO VIANENSE TRAIL	F	01:54:03	01:55:34	05:24	Veterana F35
1419	2062	468	LUIS VASQUES	SC ESPINHO	M	01:54:24	01:55:34	05:26	Veterano M40
2881	2063	56	MARTA RIOS	INDIVIDUAL	F	01:55:35	01:55:35	05:29	Senior Feminino
1809	2064	57	LILIANA NETO	HALP TEAM	F	01:54:42	01:55:36	05:26	Senior Feminino
1227	2065	344	JORGE RIBEIRO	INDIVIDUAL	M	01:54:42	01:55:37	05:26	Senior Masculino
453	2066	204	FERNANDO FONSECA	O MUNDO DA CORRIDA	M	01:53:57	01:55:44	05:24	Veterano M50
375	2067	164	RICARDO BLANCO	INDIVIDUAL	M	01:54:06	01:55:45	05:24	Veterano M55
374	2068	165	PIO RODRIGUEZ	INDIVIDUAL	M	01:54:07	01:55:46	05:24	Veterano M55

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
976	2069	102	PAZ VILLAMIDE	TARTARUGAS	F	01:54:16	01:55:47	05:25	Veterana F35
1994	2070	205	RICARDO BASTOS	A A LEBRES DO SADO	M	01:54:26	01:55:47	05:26	Veterano M50
971	2071	103	RAQUEL VASCONCELOS	NO TOMORROW RUNNING TEAM	F	01:55:18	01:55:48	05:28	Veterana F35
2118	2072	469	PEDRO MOREIRA	NO TOMORROW RUNNING TEAM	M	01:55:15	01:55:48	05:28	Veterano M40
819	2073	104	MARIA VALE	VIRIATHVS RUNNERS VISEU	F	01:55:00	01:55:49	05:27	Veterana F35
2117	2074	105	TERESA OLIVEIRA	NO TOMORROW RUNNING TEAM	F	01:55:17	01:55:49	05:28	Veterana F35
2164	2075	470	JOAO DOELLINGER	SOCIEDADE RECREIO CEPANENSE	M	01:54:11	01:55:51	05:25	Veterano M40
1489	2076	355	SERGIO PEREIRA	INDIVIDUAL	M	01:53:49	01:55:58	05:24	Veterano M35
2448	2077	376	JOAO VIEIRA	PORTO RUNNERS	M	01:54:11	01:55:58	05:25	Veterano M45
2210	2078	58	JOANA ALVES	INDIVIDUAL	F	01:54:19	01:55:58	05:25	Senior Feminino
2209	2079	377	FABER BASTOS	INDIVIDUAL	M	01:54:19	01:55:59	05:25	Veterano M45
870	2080	471	MANUEL PEREIRA	FDP DREAM TEAM	M	01:54:11	01:56:01	05:25	Veterano M40
2392	2081	106	ISABEL SANTOS	TEAM SHARK	F	01:54:52	01:56:03	05:27	Veterana F35
2370	2082	472	RUI FIGUEIREDO	INDIVIDUAL	M	01:54:52	01:56:11	05:27	Veterano M40
1352	2083	166	EDUARDO MALHEIRO	GINASIO CLUBE SANTO TIRSO	M	01:55:53	01:56:13	05:29	Veterano M55
1348	2084	206	CARLOS COSTA	GINASIO CLUBE SANTO TIRSO	M	01:55:53	01:56:14	05:29	Veterano M50
803	2085	167	DANIEL BARROS	INDIVIDUAL	M	01:53:58	01:56:15	05:24	Veterano M55
93	2086	107	FILIPA CARVALHO	A D ESMERIZ RUNNING	F	01:56:15	01:56:19	05:31	Veterana F35
1433	2087	473	GONCALO OLIVEIRA	INDIVIDUAL	M	01:54:36	01:56:19	05:26	Veterano M40
784	2088	378	JOSE GONCALVES	CCDT/STCP	M	01:55:15	01:56:19	05:28	Veterano M45
786	2089	474	MARCO BATISTA	CCDT/STCP	M	01:55:16	01:56:19	05:28	Veterano M40
792	2090	475	RUI MAGALHAES	CCDT/STCP	M	01:55:15	01:56:20	05:28	Veterano M40
1634	2091	345	BRUNO LOUREIRO	RENASCE	M	01:54:13	01:56:20	05:25	Senior Masculino
99	2092	168	MANUEL CRUZ	SPORTING CLUBE DA CRUZ	M	01:54:17	01:56:22	05:25	Veterano M55
2656	2093	346	ANDRE AMARAL	INDIVIDUAL	M	01:55:18	01:56:23	05:28	Senior Masculino
2043	2094	207	JOSE CARVALHO	GANITA	M	01:54:27	01:56:23	05:26	Veterano M50
2046	2095	476	JORGE ARAUJO	GANITA	M	01:54:26	01:56:23	05:26	Veterano M40
1428	2096	108	RAQUEL VALE	INDIVIDUAL	F	01:55:36	01:56:24	05:29	Veterana F35
2803	2097	109	PATRICIA PINHO	NASCIDOS PARA CORRER	F	01:55:25	01:56:24	05:28	Veterana F35
2175	2098	110	MANUELA BENTO	SOCIEDADE RECREIO CEPANENSE	F	01:54:51	01:56:25	05:27	Veterana F35
1405	2099	477	RICARDO BASTOS	PUPILOS ZE TO	M	01:55:11	01:56:28	05:27	Veterano M40
617	2100	379	ALEXANDRE MONTEIRO	VETERANOS DO PORTO	M	01:54:40	01:56:30	05:26	Veterano M45
2471	2101	380	LOURENCO MENEZES	TRY@LEAST	M	01:54:07	01:56:31	05:24	Veterano M45
58	2102	208	MIGUEL ARAUJO	LIBERTY SEGUROS	M	01:55:30	01:56:33	05:29	Veterano M50
894	2103	209	NENE MACHADO	POR JOANE	M	01:55:40	01:56:34	05:29	Veterano M50
1605	2104	210	ADRIANO PINTO	BRAGUINHAS RUNNERS	M	01:55:26	01:56:37	05:28	Veterano M50
781	2105	478	VITOR SANTOS	OS SANTA APOLONIA	M	01:55:40	01:56:40	05:29	Veterano M40
780	2106	381	SERGIO CARDOSO	OS SANTA APOLONIA	M	01:55:41	01:56:40	05:29	Veterano M45
1523	2107	111	MARIA SILVA	INDIVIDUAL	F	01:55:04	01:56:41	05:27	Veterana F35
1411	2108	479	RICARDO PORTUGAL	PUPILOS ZE TO	M	01:55:25	01:56:42	05:28	Veterano M40
2333	2109	480	JORGE COSTA	PUPILOS ZE TO	M	01:55:26	01:56:42	05:28	Veterano M40
443	2110	481	ENRIQUE ESTEVEZ	ATHLETICS	M	01:56:00	01:56:45	05:30	Veterano M40
1447	2111	482	ARTUR CARVALHO	SS MONTEPIO	M	01:56:19	01:56:46	05:31	Veterano M40
2168	2112	112	CRISTINA CUNHA	SOCIEDADE RECREIO CEPANENSE	F	01:55:13	01:56:48	05:27	Veterana F35



Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
746	2113	113	SOLEDADE SOUSA	INDIVIDUAL	F	01:54:52	01:56:49	05:27	Veterana F35
1803	2114	169	JOSE FARIA	FERREIROLUX	M	01:54:56	01:56:50	05:27	Veterano M55
1807	2115	382	JOAO ARANTES	FERREIROLUX	M	01:55:50	01:56:50	05:29	Veterano M45
163	2116	483	MIGUEL	LION RUNNERS G. D. LEOES DA GUARDA	M	01:54:39	01:56:52	05:26	Veterano M40
2268	2117	347	LUIS MENDES	VITORIA SPORT CLUBE	M	01:56:42	01:56:52	05:32	Senior Masculino
2140	2118	356	CARLOS FARDILHA	INDIVIDUAL	M	01:54:55	01:56:56	05:27	Veterano M35
1101	2119	484	NUNO DIAS	BUDEGUITA RUNNERS	M	01:55:52	01:56:57	05:29	Veterano M40
2071	2120	348	RICARDO VILACA	OS MEIAS	M	01:54:59	01:56:58	05:27	Senior Masculino
2713	2121	383	FRANCISCO CUNHA	N.A.TAIPAS	M	01:54:59	01:56:58	05:27	Veterano M45
266	2122	384	HELDER PEREIRA	NAMADORES	M	01:55:54	01:56:58	05:29	Veterano M45
1380	2123	385	DINIS PEREIRA	VIRIATHVS RUNNERS VISEU	M	01:56:04	01:57:00	05:30	Veterano M45
1722	2124	357	IVAN RIAL	INDIVIDUAL	M	01:55:08	01:57:00	05:27	Veterano M35
1230	2125	211	LUIS LOUREIRO	ADEFACEC	M	01:55:31	01:57:01	05:29	Veterano M50
145	2126	386	FERNANDO MONTEIRO	MOREIRA RELAX RUNNERS	M	01:55:02	01:57:01	05:27	Veterano M45
2917	2127	485	LUIS MARQUES	UNICER	M	01:55:16	01:57:01	05:28	Veterano M40
2079	2128	114	MARGARIDA REIS	TUGAS NA ESTRADA	F	01:56:15	01:57:03	05:31	Veterana F35
671	2129	349	TIAGO SOARES	RUNNING TEAM ALDEIA NOVA	M	01:56:45	01:57:06	05:32	Senior Masculino
2523	2130	350	RICARDO ABREU	LIBERTY SEGUROS	M	01:54:57	01:57:07	05:27	Senior Masculino
2522	2131	358	TIAGO VILACA	LIBERTY SEGUROS	M	01:54:57	01:57:07	05:27	Veterano M35
739	2132	359	ERIK DIAZ	A.D LIMIACTIVA	M	01:54:55	01:57:09	05:27	Veterano M35
260	2133	351	FERNANDO FRAIA	INDIVIDUAL	M	01:56:22	01:57:09	05:31	Senior Masculino
821	2134	115	CLARISSE RIBEIRO	S. PAIO TEAM	F	01:55:12	01:57:09	05:27	Veterana F35
1164	2135	170	MARIO GONCALVES	BRAGUINHAS RUNNERS	M	01:55:29	01:57:11	05:29	Veterano M55
588	2136	486	PEDRO MAGALHAES	CAES D AVENIDA	M	01:55:07	01:57:11	05:27	Veterano M40
2013	2137	352	BELMIRO MAGALHAES	INDIVIDUAL	M	01:55:12	01:57:14	05:27	Senior Masculino
1093	2138	387	MARIO SILVA	RUNNING ESPINHO	M	01:55:49	01:57:14	05:29	Veterano M45
1042	2139	360	VASCO BRITO	FITNESS RUN CLUB BRAGA	M	01:56:55	01:57:16	05:32	Veterano M35
2972	2140	171	JOSE COSTEIRA	INDIVIDUAL	M	01:56:55	01:57:17	05:32	Veterano M55
402	2141	388	EUGENIO VEIGA	M.E.D.O.	M	01:56:40	01:57:17	05:32	Veterano M45
1587	2142	389	JOSE BLANCO	INDIVIDUAL	M	01:55:16	01:57:18	05:28	Veterano M45
1396	2143	487	PABLO	INDIVIDUAL	M	01:55:16	01:57:18	05:28	Veterano M40
1112	2144	361	JOSE SOUSA	INDIVIDUAL	M	01:55:32	01:57:21	05:29	Veterano M35
517	2145	116	ZELIA BRANDAO	CABRITOS DA CORTICA	F	01:55:49	01:57:21	05:29	Veterana F35
500	2146	353	ALVARO GONCALVES	INDIVIDUAL	M	01:55:30	01:57:28	05:29	Senior Masculino
553	2147	117	AMELIA MARTINS	INDIVIDUAL	F	01:56:06	01:57:33	05:30	Veterana F35
554	2148	488	ABEL ALMEIDA	INDIVIDUAL	M	01:56:06	01:57:33	05:30	Veterano M40
851	2149	354	DANIEL CARBALLO	LOSTREGOSCOIA	M	01:55:41	01:57:34	05:29	Senior Masculino
626	2150	118	ANGELINA SILVA	INDIVIDUAL	F	01:56:56	01:57:35	05:32	Veterana F35
1555	2151	390	RUI LOPES	C+ RUNNERS	M	01:57:00	01:57:38	05:32	Veterano M45
1314	2152	119	MARTA MARTINS	HSANTAMARIART	F	01:56:19	01:57:38	05:31	Veterana F35
1129	2153	172	RAMIRO MONTEIRO	CALDAS SAO JORGE SPORT CLUB	M	01:57:06	01:57:39	05:33	Veterano M55
1938	2154	489	RICARDO CARNEIRO	INDIVIDUAL	M	01:56:58	01:57:40	05:32	Veterano M40
2352	2155	355	HERNANI MENESES	INDIVIDUAL	M	01:56:51	01:57:42	05:32	Senior Masculino
2215	2156	356	FILIPE CARVALHO	GRUPO DESPORTIVO CULTURAL TENVC	M	01:55:45	01:57:43	05:29	Senior Masculino

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
2401	2157	391	PAULO GONCALVES	INDIVIDUAL	M	01:56:56	01:57:43	05:32	Veterano M45
2350	2158	362	VASCO PIMENTA	ONEGAISHIMASU	M	01:55:31	01:57:43	05:29	Veterano M35
2745	2159	357	MIGUEL MENDES	INDIVIDUAL	M	01:56:24	01:57:47	05:31	Senior Masculino
1105	2160	392	CAMILO VALEIRAS	ESPRINTES OURENSE	M	01:57:28	01:57:48	05:34	Veterano M45
2141	2161	120	MARIA FERREIRA	PERNETAS	F	01:56:10	01:57:48	05:31	Veterana F35
1768	2162	212	FRANCISCO PINTO	BOAVISTA FC	M	01:56:36	01:57:51	05:32	Veterano M50
496	2163	121	AURORA CASTRO	VIGORUNNERS	F	01:56:53	01:57:52	05:32	Veterana F35
2464	2164	490	SIMAO FELIX	R. RONLINE	M	01:56:39	01:57:52	05:32	Veterano M40
3014	2165	122	CRISTINA RIOS	INDIVIDUAL	F	01:57:19	01:57:52	05:34	Veterana F35
1242	2166	491	PEDRO GONCALVES	CANAGUAS DO NORTE	M	01:57:54	01:57:54	05:36	Veterano M40
206	2167	123	MARIA RAMIRES	WIKABOO	F	01:56:15	01:57:55	05:31	Veterana F35
1692	2168	393	AMERICO FRANCO	RUNNING LUSEKELO	M	01:56:38	01:57:57	05:32	Veterano M45
1444	2169	492	JORGE CUNHA	INDIVIDUAL	M	01:57:26	01:57:59	05:34	Veterano M40
2387	2170	124	MONTSERRAT FERNANDEZ	ARCHIENEMIGOS TEAM	F	01:55:38	01:58:01	05:29	Veterana F35
2562	2171	213	FREDERICO ESTEVES	DESNIVEL POSITIVO	M	01:57:19	01:58:03	05:34	Veterano M50
2925	2172	493	GUI MARTINS	UNICER	M	01:57:00	01:58:05	05:32	Veterano M40
1097	2173	358	CARLOS CORREIA	INDIVIDUAL	M	01:56:20	01:58:05	05:31	Senior Masculino
816	2174	125	MONICA PEREZ	TANINOS RUNNERS PONTEAREAS	F	01:57:32	01:58:06	05:34	Veterana F35
1510	2175	494	JOSE FERREIRA	2SLOW2RUN	M	01:57:30	01:58:09	05:34	Veterano M40
1408	2176	394	LUIS SILVA	PUPILOS ZE TO	M	01:56:54	01:58:10	05:32	Veterano M45
1787	2177	495	CARLOS MAIA	OS FINOS	M	01:56:07	01:58:11	05:30	Veterano M40
2432	2178	126	MARTA NOVAES	PORTO RUNNERS	F	01:57:14	01:58:11	05:34	Veterana F35
1980	2179	359	BRUNO ARAUJO	BRAGUINHAS RUNNERS	M	01:57:30	01:58:12	05:34	Senior Masculino
1981	2180	59	CARLA ARAUJO	BRAGUINHAS RUNNERS	F	01:57:31	01:58:12	05:34	Senior Feminino
1524	2181	127	ELISABETE COSTA	BRAGUINHAS RUNNERS	F	01:57:02	01:58:12	05:33	Veterana F35
395	2182	395	VIRIATO COELHO	VIRIATHVS RUNNERS VISEU	M	01:57:25	01:58:14	05:34	Veterano M45
1133	2183	128	ALZIRA BARROS	VIRIATHVS RUNNERS VISEU	F	01:57:22	01:58:15	05:34	Veterana F35
1682	2184	60	CLAUDIA NUNES	VIRIATHVS RUNNERS VISEU	F	01:57:24	01:58:15	05:34	Senior Feminino
1556	2185	396	HERCILIO SANTOS	ADEFACEC	M	01:56:49	01:58:16	05:32	Veterano M45
2891	2186	61	LIANE CARREIRA	INDIVIDUAL	F	01:57:10	01:58:17	05:33	Senior Feminino
838	2187	173	HUMBERTO FERNANDES	CLINICA DOS RELOGIOS	M	01:57:25	01:58:19	05:34	Veterano M55
2238	2188	363	JOSE LOUREIRO	INDIVIDUAL	M	01:57:11	01:58:19	05:33	Veterano M35
2237	2189	360	MARCIO BASILIO	A D IALBAX	M	01:57:12	01:58:20	05:33	Senior Masculino
2973	2190	129	ELISABETE GONCALVES	ZUPPER	F	01:57:21	01:58:23	05:34	Veterana F35
2051	2191	496	CARLOS VICENTE	INDIVIDUAL	M	01:57:51	01:58:25	05:35	Veterano M40
431	2192	397	PASCAL DENEYS	INDIVIDUAL	M	01:57:05	01:58:29	05:33	Veterano M45
2492	2193	398	JOSE MARTINEZ	NOITEBRA FC	M	01:57:13	01:58:30	05:34	Veterano M45
207	2194	399	ALOISIO RIBEIRO	INDIVIDUAL	M	01:56:58	01:58:30	05:32	Veterano M45
978	2195	400	JOSE MARTINS	INDIVIDUAL	M	01:56:23	01:58:32	05:31	Veterano M45
1121	2196	401	EDUARDO GONCALVES	POTES DE OURO	M	01:56:23	01:58:32	05:31	Veterano M45
1422	2197	402	LUIS RODRIGUES	INDIVIDUAL	M	01:56:21	01:58:33	05:31	Veterano M45
599	2198	497	VALTER MENDONCA	INDIVIDUAL	M	01:56:41	01:58:41	05:32	Veterano M40
1481	2199	130	VERA FERNANDES	BRAGUINHAS RUNNERS	F	01:57:33	01:58:43	05:34	Veterana F35
1671	2200	498	CLAUDIO COSTA	BRAGUINHAS RUNNERS	M	01:57:07	01:58:43	05:33	Veterano M40

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
531	2201	499	DIEGO VALDES	INDIVIDUAL	M	01:56:39	01:58:45	05:32	Veterano M40
1096	2202	403	JOSE CID	INDIVIDUAL	M	01:56:58	01:58:45	05:32	Veterano M45
884	2203	364	JOSE MOLEDO	CLUB ATLETISMO LOUSAME DEPORTES HERMIDA	M	01:57:18	01:58:46	05:34	Veterano M35
2643	2204	404	JOSE VIANA	ADEFACEC	M	01:57:19	01:58:46	05:34	Veterano M45
293	2205	62	MARIA CASTELO	CLUB ATLETISMO LOUSAMEDEPORTES HERMIDA	F	01:57:19	01:58:46	05:34	Senior Feminino
550	2206	365	ALVARO FONSECA	BEAT YOUR LIMIT!	M	01:58:16	01:58:49	05:36	Veterano M35
604	2207	214	PAULO DIAS	INDIVIDUAL	M	01:57:29	01:58:50	05:34	Veterano M50
2944	2208	131	CARMEN FAGUNDES	LION RUNNERS	F	01:58:34	01:58:51	05:37	Veterana F35
142	2209	215	JOSE RODRIGUES	INDIVIDUAL	M	01:57:51	01:58:53	05:35	Veterano M50
2609	2210	405	MANUEL FERNANDEZ	OS TORTUGAS	M	01:57:19	01:58:53	05:34	Veterano M45
2872	2211	366	PAULO CONDE	AFIS/OVAR	M	01:58:22	01:58:54	05:37	Veterano M35
2593	2212	406	EDUARDO CASTRO	INDIVIDUAL	M	01:57:51	01:58:57	05:35	Veterano M45
1904	2213	216	ANTONIO LOPES	OS CACHOS	M	01:57:31	01:58:58	05:34	Veterano M50
3007	2214	132	MARIA PARENTE	INDIVIDUAL	F	01:58:37	01:59:01	05:37	Veterana F35
3008	2215	367	VICENTE RABANAL	INDIVIDUAL	M	01:58:37	01:59:01	05:37	Veterano M35
497	2216	407	PAULO JORGE	MAIA AC	M	01:58:01	01:59:02	05:36	Veterano M45
1131	2217	174	MARIO SOARES	LION RUNNERS G. D. LEOES DA GUARDA	M	01:57:13	01:59:06	05:33	Veterano M55
2548	2218	500	LUIS GUIMARAES	DELTA CAFES	M	01:57:10	01:59:06	05:33	Veterano M40
2546	2219	133	CARLA MOTA	DELTA CAFES	F	01:57:10	01:59:06	05:33	Veterana F35
1944	2220	361	MARCOS SOARES	CENTRO DE MARCHA E CORRIDA DE VALE DE CAMBRA	M	01:57:44	01:59:09	05:35	Senior Masculino
2879	2221	368	JOAO SANTOS	INDIVIDUAL	M	01:57:02	01:59:09	05:33	Veterano M35
749	2222	501	LUIS MATEUS	INDIVIDUAL	M	01:57:49	01:59:09	05:35	Veterano M40
778	2223	134	MARIA MOREIRA	INDIVIDUAL	F	01:58:32	01:59:11	05:37	Veterana F35
2159	2224	135	SANDRINE FREITAS	SOCIEDADE RECREIO CEPANENSE	F	01:57:37	01:59:13	05:34	Veterana F35
223	2225	175	JOSE AFONSO	INDIVIDUAL	M	01:58:28	01:59:14	05:37	Veterano M55
871	2226	408	CARLOS TEIXEIRA	INDIVIDUAL	M	01:57:27	01:59:15	05:34	Veterano M45
2313	2227	502	MIGUEL BAQUERO	GV SPORT	M	01:57:05	01:59:16	05:33	Veterano M40
625	2228	136	INES BEIRAO	INDIVIDUAL	F	01:57:45	01:59:17	05:35	Veterana F35
182	2229	409	PAULO ALMEIDA	INDIVIDUAL	M	01:57:28	01:59:18	05:34	Veterano M45
2634	2230	410	JORGE CUNHA	INDIVIDUAL	M	01:58:20	01:59:18	05:37	Veterano M45
933	2231	137	ANDREIA DANTAS	INDIVIDUAL	F	01:58:49	01:59:20	05:38	Veterana F35
1640	2232	176	ALBERTO CASTRO	INDIVIDUAL	M	01:57:46	01:59:20	05:35	Veterano M55
2963	2233	217	FRANCISCO TEIXEIRA	AMA ASSOCIACAO MONDIM ALETISMO	M	01:58:44	01:59:21	05:37	Veterano M50
2841	2234	503	MARIO CARDOSO	PERNETAS	M	01:57:42	01:59:22	05:35	Veterano M40
2089	2235	138	MARIA DACRUZ	AMIGOS PONTO FINAL	F	01:58:09	01:59:22	05:36	Veterana F35
1299	2236	177	MANUEL FERNANDEZ	INDIVIDUAL	M	01:58:39	01:59:23	05:37	Veterano M55
491	2237	411	MIGUEL MENDES	ABOSCH	M	01:58:03	01:59:25	05:36	Veterano M45
2335	2238	178	ARMANDO PIMENTA	INDIVIDUAL	M	01:58:28	01:59:25	05:37	Veterano M55
2323	2239	412	ANTONIO NOGUEIRA	TURBULENTOS	M	01:57:50	01:59:30	05:35	Veterano M45
1385	2240	139	CRISTINA IGLESIAS	INDIVIDUAL	F	01:58:40	01:59:34	05:37	Veterana F35
2706	2241	140	MARIA LIMA	N.A.TAIPAS	F	01:59:20	01:59:34	05:39	Veterana F35
2566	2242	179	ARMENIO SOUSA	INDIVIDUAL	M	01:59:07	01:59:36	05:39	Veterano M55
2567	2243	141	ISABEL PEREIRA	INDIVIDUAL	F	01:59:08	01:59:36	05:39	Veterana F35
404	2244	369	LUIS LIMA	INDIVIDUAL	M	01:58:40	01:59:41	05:37	Veterano M35

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
2278	2245	362	LUIS COELHO	INDIVIDUAL	M	01:58:55	01:59:46	05:38	Senior Masculino
2450	2246	413	ANTONIO CUNHA	PORTO RUNNERS	M	01:57:56	01:59:46	05:36	Veterano M45
325	2247	363	JOAQUIM SILVA	INDIVIDUAL	M	01:58:13	01:59:48	05:36	Senior Masculino
176	2248	504	VICTOR SANTOS	INDIVIDUAL	M	01:59:47	01:59:54	05:41	Veterano M40
2212	2249	505	FERNANDO MATOS	GCTVR	M	01:58:14	01:59:54	05:36	Veterano M40
2224	2250	506	PAULO FERNANDES	GCTVR	M	01:59:55	01:59:55	05:41	Veterano M40
2652	2251	218	FRANCLIM PRATA	INDIVIDUAL	M	01:59:08	01:59:56	05:39	Veterano M50
834	2252	507	RICARDO VARELA	PINARIUM	M	01:59:19	01:59:56	05:39	Veterano M40
1552	2253	508	JOSE CALVAR	INDIVIDUAL	M	01:59:20	01:59:56	05:39	Veterano M40
2411	2254	414	TIAGO MARTINS	PORTO RUNNERS	M	01:59:01	01:59:58	05:39	Veterano M45
2029	2255	180	JOSE FALCAO	A D RIO LARGO CLUBE DE ESPINHO	M	01:58:56	01:59:58	05:38	Veterano M55
2003	2256	509	PAULO FERREIRA	INDIVIDUAL	M	01:59:31	01:59:59	05:40	Veterano M40
1279	2257	415	HUGO RIBEIRO	BARBATANA TRAIL TEAM	M	01:58:09	01:59:59	05:36	Veterano M45
2250	2258	181	ANTONIO COSTA	VITORIA SPORT CLUBE	M	01:58:19	02:00:01	05:37	Veterano M55
132	2259	416	CHRISTOPHER GUIMARAENS	INDIVIDUAL	M	01:57:58	02:00:03	05:36	Veterano M45
866	2260	63	ANABELA OLIVEIRA	MAIAGYM	F	01:58:07	02:00:05	05:36	Senior Feminino
1607	2261	182	AGOSTINHO FONTES	RUN TO BE ALIVE	M	01:58:15	02:00:07	05:36	Veterano M55
1319	2262	417	JORGE LADEIRA	INDIVIDUAL	M	01:58:56	02:00:09	05:38	Veterano M45
850	2263	510	CRISTIAN MONTENEGRO	PONTESECA TRAIL TEAM	M	01:58:24	02:00:11	05:37	Veterano M40
1898	2264	418	MANUEL BARCIELA	PONTESECA TRAIL TEAM	M	01:58:25	02:00:11	05:37	Veterano M45
2298	2265	370	FILIPE CUNHA	SARDINE RUNNERES	M	01:59:19	02:00:12	05:39	Veterano M35
2307	2266	511	ALEXANDRE NEGRAO	INDIVIDUAL	M	01:59:05	02:00:13	05:39	Veterano M40
1080	2267	142	HELENA BALDASSARRE	TURBULENTOS	F	01:58:27	02:00:13	05:37	Veterana F35
1214	2268	219	VASCO ARAUJO	TURBULENTOS	M	01:58:27	02:00:14	05:37	Veterano M50
2642	2269	512	JOSE LIMA	INDIVIDUAL	M	01:58:29	02:00:19	05:37	Veterano M40
2274	2270	513	RUI CRASTO	A.D.C.T.	M	01:59:50	02:00:20	05:41	Veterano M40
1790	2271	364	CARLOS MACHADO	INDIVIDUAL	M	01:58:44	02:00:22	05:37	Senior Masculino
2864	2272	183	EDUARDO GUIMARAES	PAINHAS	M	01:59:55	02:00:23	05:41	Veterano M55
2858	2273	184	CARLOS ALVES	PAINHAS	M	01:59:55	02:00:23	05:41	Veterano M55
2764	2274	64	ALICE APOLONIA	RUNNING ESPINHO	F	01:59:01	02:00:25	05:39	Senior Feminino
605	2275	371	NUNO MOREIRA	INDIVIDUAL	M	01:59:03	02:00:25	05:39	Veterano M35
891	2276	220	DAVIDE MELO	POR JOANE	M	01:59:42	02:00:28	05:41	Veterano M50
1541	2277	185	JOSE PEREIRA	CORREDOIRAS BUEU	M	01:59:10	02:00:29	05:39	Veterano M55
2459	2278	143	JOANA NUNES	TRY@LEAST	F	01:58:07	02:00:32	05:36	Veterana F35
269	2279	514	RICARDO NEVES	NAMADORES	M	01:58:50	02:00:32	05:38	Veterano M40
800	2280	372	SERGIO QUINTAS	INDIVIDUAL	M	01:58:25	02:00:38	05:37	Veterano M35
715	2281	373	ALEXANDRE SILVA	INDIVIDUAL	M	01:58:25	02:00:38	05:37	Veterano M35
2688	2282	374	NUNO ROCHA	INDIVIDUAL	M	01:59:12	02:00:43	05:39	Veterano M35
1945	2283	186	NATALINO PERREIRA	PORTO RUNNERS	M	01:59:30	02:00:45	05:40	Veterano M55
1458	2284	515	JULIO SANTOS	SS MONTEPIO	M	01:59:38	02:00:46	05:41	Veterano M40
2101	2285	144	ESMERALDA MELO	FIGUEIRA KAYAK CLUBE	F	02:00:31	02:00:54	05:43	Veterana F35
202	2286	375	LUIS TAVORA	BARBATONAS	M	02:00:04	02:00:57	05:42	Veterano M35
2731	2287	376	EDUARDO LOUREIRO	INDIVIDUAL	M	01:59:47	02:00:58	05:41	Veterano M35
2590	2288	365	VITOR SILVA	PERNETAS	M	01:59:20	02:00:58	05:39	Senior Masculino

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
1469	2289	145	ANA MARTINS	INDIVIDUAL	F	01:59:49	02:00:59	05:41	Veterana F35
2675	2290	516	PEDRO PEDROSO	INDIVIDUAL	M	01:58:58	02:01:00	05:39	Veterano M40
1910	2291	419	JOSE MARQUES	OS FINOS	M	01:58:57	02:01:02	05:38	Veterano M45
2749	2292	377	RUI LAZARO	TRAILISTAS EU E QUE SEI!	M	01:59:59	02:01:04	05:41	Veterano M35
1894	2293	378	MARCO COUTO	INDIVIDUAL	M	01:59:03	02:01:07	05:39	Veterano M35
2344	2294	420	LUIS SCHUMACHER	OS FINOS	M	01:59:03	02:01:07	05:39	Veterano M45
2146	2295	221	JOSE GONZALEZ	LOSTREGOS COIA	M	01:59:24	02:01:15	05:39	Veterano M50
2095	2296	517	RUI CAMPOS	ANONYMOUS PROSPORTS CHALLENGER	M	01:59:40	02:01:21	05:41	Veterano M40
2337	2297	187	MANUEL SANDE	NOITEBRA	M	01:59:36	02:01:23	05:40	Veterano M55
1550	2298	421	JESUS BALIRAC	NOITEBRA FC	M	01:59:39	02:01:24	05:41	Veterano M45
2072	2299	146	NATALIA RIBEIRO	INDIVIDUAL	F	01:59:19	02:01:30	05:39	Veterana F35
1560	2300	65	CARINA MOREIRA	INDIVIDUAL	F	01:59:44	02:01:32	05:41	Senior Feminino
879	2301	222	JORGE PIMENTA	INDIVIDUAL	M	01:59:59	02:01:35	05:41	Veterano M50
1465	2302	422	MARCOS QUINTAS	VOLEIBOL RUNNERS	M	01:59:59	02:01:35	05:41	Veterano M45
2142	2303	223	JOAQUIM PAQUETE	INDIVIDUAL	M	01:59:22	02:01:38	05:39	Veterano M50
1794	2304	379	JOAQUIM MARQUES	INDIVIDUAL	M	02:00:01	02:01:38	05:41	Veterano M35
398	2305	224	VITOR CARDOSO	INDIVIDUAL	M	01:59:22	02:01:39	05:39	Veterano M50
1144	2306	188	JOSE FIGUEIREDO	OS ISABELINHAS	M	02:00:24	02:01:50	05:42	Veterano M55
2285	2307	366	RUBEN	INDIVIDUAL	M	02:00:15	02:01:55	05:42	Senior Masculino
2402	2308	225	MANUEL CARVALHO	GRUPO DESPORTIVO SANTANDER TOTTA	M	02:00:33	02:01:57	05:43	Veterano M50
606	2309	423	JUAN VAZQUEZ	INDIVIDUAL	M	02:00:33	02:02:00	05:43	Veterano M45
1459	2310	518	LUIS RIBEIRO	SS MONTEPIO	M	01:59:56	02:02:05	05:41	Veterano M40
1033	2311	66	ANA ALPUIM	INDIVIDUAL	F	02:00:00	02:02:05	05:41	Senior Feminino
1462	2312	380	RUI CARVALHO	SS MONTEPIO	M	01:59:56	02:02:05	05:41	Veterano M35
1596	2313	381	HELDER RODRIGUES	INDIVIDUAL	M	02:02:06	02:02:08	05:47	Veterano M35
1597	2314	67	PATRICIA RIBEIRO	INDIVIDUAL	F	02:00:12	02:02:08	05:42	Senior Feminino
2540	2315	519	RUI TEIXEIRA	LIBERTY SEGUROS	M	02:01:49	02:02:18	05:47	Veterano M40
750	2316	226	ANDRE SANTOS	INDIVIDUAL	M	02:01:42	02:02:23	05:46	Veterano M50
2368	2317	382	HUGO CARASLINDAS	CLUBE DO PESSOAL EDP DELEGACAO DE GAIA	M	02:00:29	02:02:29	05:42	Veterano M35
2733	2318	424	FRANCISCO TIAGO	WOLFRUNNERS	M	02:02:10	02:02:39	05:47	Veterano M45
847	2319	520	JUAN	INDIVIDUAL	M	02:00:24	02:02:40	05:42	Veterano M40
1772	2320	521	RUI SILVA	INDIVIDUAL	M	02:00:38	02:02:41	05:43	Veterano M40
3010	2321	383	NUNO AMADO	RUN4STUDIUM	M	02:00:59	02:02:44	05:44	Veterano M35
1312	2322	522	FERNANDO CUNHA	HSANTAMARIART	M	02:01:27	02:02:51	05:45	Veterano M40
776	2323	189	ALFONSO BOUZADA	OS CHORONS	M	02:00:39	02:02:52	05:43	Veterano M55
2695	2324	147	JOANA REBELO	INDIVIDUAL	F	02:01:08	02:02:55	05:44	Veterana F35
2223	2325	148	SONIA TEIXEIRA	TERRORES DO ASFALTO	F	02:02:26	02:02:59	05:48	Veterana F35
492	2326	149	PAULA LOPES	NO TOMORROW RUNNING TEAM	F	02:02:30	02:03:03	05:49	Veterana F35
261	2327	367	LUIS CUNHA	INDIVIDUAL	M	02:02:17	02:03:04	05:48	Senior Masculino
796	2328	425	FABRICIO FOLGAR	INDIVIDUAL	M	02:01:00	02:03:05	05:44	Veterano M45
848	2329	523	RICARDO FERREIRA	RUNNINGTEAM ALDEIA NOVA	M	02:02:55	02:03:13	05:50	Veterano M40
753	2330	150	LISETA PINTO	NICE RUNNERS	F	02:02:34	02:03:15	05:49	Veterana F35
856	2331	151	ANA PESTANA	INDIVIDUAL	F	02:02:22	02:03:16	05:48	Veterana F35
1551	2332	152	CLAUDIA FAUSTINO	INDIVIDUAL	F	02:02:04	02:03:17	05:47	Veterana F35

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
2521	2333	153	DULCIDIA SAMPAIO	LIBERTY SEGUROS	F	02:01:09	02:03:19	05:44	Veterana F35
2524	2334	426	LUIS PAULO	LIBERTY SEGUROS	M	02:01:09	02:03:19	05:44	Veterano M45
1098	2335	68	MARISA GONCALVES	RAINHA CLUB	F	02:01:51	02:03:28	05:47	Senior Feminino
2722	2336	384	RUI GUIMARAES	INDIVIDUAL	M	02:01:24	02:03:37	05:45	Veterano M35
545	2337	385	RUI PAIVA	INVICTA RUNNERS TEAM	M	02:02:10	02:03:42	05:47	Veterano M35
2066	2338	190	CARLOS PIMENTA	INDIVIDUAL	M	02:01:59	02:03:48	05:47	Veterano M55
1356	2339	368	LUIS GOMES	INDIVIDUAL	M	02:02:38	02:03:55	05:49	Senior Masculino
1792	2340	524	CARLOS MACHADO	INDIVIDUAL	M	02:02:20	02:03:59	05:48	Veterano M40
2429	2341	525	JOAO RAMALHAO	PORTO RUNNERS	M	02:02:33	02:04:01	05:49	Veterano M40
2916	2342	154	ISABEL ALMEIDA	UNICER	F	02:01:46	02:04:03	05:46	Veterana F35
2791	2343	69	ELISABETE MOREIRA	NASCIDOS PARA CORRER	F	02:03:13	02:04:12	05:50	Senior Feminino
160	2344	70	DALILA TEIXEIRA	ANONYMOUS PROSPORTS CHALLENGER	F	02:02:33	02:04:15	05:49	Senior Feminino
1844	2345	427	MIGUEL RESENDE	TARTARUGAS DO ASFALTO	M	02:03:01	02:04:15	05:50	Veterano M45
2239	2346	386	PEDRO GONCALVES	BLIFE	M	02:02:48	02:04:18	05:49	Veterano M35
1558	2347	191	CARLOS MENENDEZ	INDIVIDUAL	M	02:02:25	02:04:20	05:48	Veterano M55
2124	2348	369	LUIS MIRANDA	INDIVIDUAL	M	02:02:44	02:04:26	05:49	Senior Masculino
1157	2349	192	PAULO ROCHA	VETERANOS PORTO	M	02:03:05	02:04:28	05:50	Veterano M55
1142	2350	227	JOSE PEREIRA	OS ISABELINHAS	M	02:03:51	02:04:29	05:52	Veterano M50
1472	2351	428	JOAO LOURENCO	C+ RUNNERS	M	02:03:52	02:04:29	05:52	Veterano M45
1213	2352	526	JORGE SANTOS	INDIVIDUAL	M	02:02:27	02:04:32	05:48	Veterano M40
1570	2353	193	CARLOS RAMOS	INDIVIDUAL	M	02:03:56	02:04:33	05:52	Veterano M55
524	2354	71	SUSETE	INDIVIDUAL	F	02:03:10	02:04:40	05:50	Senior Feminino
369	2355	370	SERGIO SANTOS	PIXELRUNBIKETRIP	M	02:03:32	02:04:45	05:51	Senior Masculino
1145	2356	228	JOSE CAPELO	OS ISABELINHAS	M	02:04:08	02:04:45	05:53	Veterano M50
1492	2357	371	VITOR ARAUJO	INDIVIDUAL	M	02:04:04	02:04:48	05:53	Senior Masculino
347	2358	72	MONICA PEDREIRA	INDIVIDUAL	F	02:03:15	02:04:48	05:50	Senior Feminino
281	2359	194	MANUEL MATOS	REAL ACADEMIA	M	02:02:44	02:04:49	05:49	Veterano M55
2840	2360	73	RITA ALVITO	INDIVIDUAL	F	02:03:17	02:05:03	05:50	Senior Feminino
1357	2361	74	ANGELA ABREU	ADECA BEAT	F	02:03:54	02:05:07	05:52	Senior Feminino
1193	2362	155	DEOLINDA FARIA	GD AIRAO CURVIA	F	02:03:54	02:05:07	05:52	Veterana F35
1629	2363	75	RAQUEL NEVES	INDIVIDUAL	F	02:05:00	02:05:11	05:55	Senior Feminino
1786	2364	387	DELFIN COSTA	INDIVIDUAL	M	02:04:09	02:05:13	05:53	Veterano M35
1827	2365	429	JOSE ALVES	CLUBE MILLENNIUM BCP	M	02:04:22	02:05:17	05:54	Veterano M45
1513	2366	388	NUNO CAPELA	INDIVIDUAL	M	02:04:24	02:05:18	05:54	Veterano M35
878	2367	156	PAULA OLIVEIRA	SPORTING CLUBE DE ESPINHO	F	02:04:05	02:05:19	05:53	Veterana F35
1275	2368	195	DARIO BRAGA	BRAGUINHAS RUNNERS	M	02:03:38	02:05:20	05:52	Veterano M55
629	2369	229	MIGUEL ANGEL	INDIVIDUAL	M	02:03:05	02:05:22	05:50	Veterano M50
3005	2370	157	MARISA LOPES	INDIVIDUAL	F	02:03:02	02:05:23	05:50	Veterana F35
1563	2371	372	NUNO GONCALVES	CORRIDAS.BEER	M	02:03:43	02:05:26	05:52	Senior Masculino
875	2372	389	PAULO CLEMENTE	FREZITE	M	02:03:16	02:05:30	05:50	Veterano M35
2819	2373	373	AMANDIO FERREIRA	INDIVIDUAL	M	02:03:38	02:05:31	05:52	Senior Masculino
741	2374	390	MIGUEL MARQUES	INDIVIDUAL	M	02:03:40	02:05:32	05:52	Veterano M35
1631	2375	374	JOAO RIO	INDIVIDUAL	M	02:03:41	02:05:34	05:52	Senior Masculino
1082	2376	76	DEBORA BARBOSA	PMAF	F	02:04:46	02:05:50	05:55	Senior Feminino

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
1367	2377	230	FERNANDO CERQUEIRA	A.D.AMARANTE	M	02:04:44	02:05:51	05:55	Veterano M50
167	2378	527	JOAO RODRIGUES	TURBULENTOS	M	02:05:28	02:05:52	05:57	Veterano M40
1509	2379	158	IRENE MELO	VIRIATHVS RUNNERS VISEU	F	02:04:56	02:05:52	05:55	Veterana F35
1508	2380	528	JOSE DIAS	VIRIATHVS RUNNERS VISEU	M	02:04:55	02:05:52	05:55	Veterano M40
193	2381	430	JOSE OSORIO	INDIVIDUAL	M	02:04:03	02:05:54	05:53	Veterano M45
2220	2382	431	VICTOR FIGUEIREDO	VIRIATHVS RUNNERS VISEU	M	02:04:56	02:05:54	05:55	Veterano M45
2830	2383	529	SERGIO VILA	PORTO RUNNERS	M	02:04:12	02:05:59	05:53	Veterano M40
2848	2384	231	REINALDO LOPES	PAINHAS	M	02:04:05	02:06:08	05:53	Veterano M50
1624	2385	391	ANTONIO PINHEIRO	TEAM DUAS FACES	M	02:05:09	02:06:15	05:56	Veterano M35
397	2386	159	FLORBELA PEIXOTO	FLORSITA	F	02:04:21	02:06:17	05:54	Veterana F35
233	2387	432	EDUARDO AMORIM	INDIVIDUAL	M	02:04:10	02:06:17	05:53	Veterano M45
2952	2388	433	CELSO CARVALHOSA	INDIVIDUAL	M	02:04:29	02:06:22	05:54	Veterano M45
775	2389	196	JOSE PEREZ	OS CHORONS	M	02:04:18	02:06:30	05:54	Veterano M55
773	2390	197	JOSE MIRANDA	OS CHORONS	M	02:04:18	02:06:31	05:54	Veterano M55
2315	2391	375	FERNANDO MARINHO	CLUBE ATLETISMO FAFE	M	02:05:50	02:06:33	05:58	Senior Masculino
1212	2392	198	MANUEL CARVALHO	INDIVIDUAL	M	02:04:34	02:06:49	05:54	Veterano M55
1378	2393	199	HILARIO GARIM	ACRRORIZ	M	02:06:55	02:06:55	06:01	Veterano M55
1268	2394	530	PEDRO MONTEIRO	INDIVIDUAL	M	02:05:22	02:06:57	05:57	Veterano M40
201	2395	160	ANA TEIXEIRA	INDIVIDUAL	F	02:05:40	02:06:59	05:57	Veterana F35
2473	2396	434	VITOR COELHO	INDIVIDUAL	M	02:06:31	02:07:12	06:00	Veterano M45
2760	2397	435	LUIS ALMEIDA	INDIVIDUAL	M	02:06:54	02:07:13	06:01	Veterano M45
474	2398	232	MANUEL FERREIRA	ACADEMICO RUNNERS	M	02:06:54	02:07:14	06:01	Veterano M50
128	2399	161	CATARINA PEREIRA	EI TEAM TRAIL	F	02:06:48	02:07:15	06:00	Veterana F35
2108	2400	436	FABIO CRUZ	INDIVIDUAL	M	02:05:25	02:07:20	05:57	Veterano M45
1770	2401	233	CUSTODIO FREITAS	INDIVIDUAL	M	02:05:50	02:07:27	05:58	Veterano M50
1038	2402	162	ANA BARROSO	NO TOMORROW RUNNING TEAM	F	02:07:02	02:07:31	06:01	Veterana F35
1484	2403	163	ANA MANUEL	INDIVIDUAL	F	02:05:58	02:07:32	05:59	Veterana F35
842	2404	392	MARCO GOMES	INDIVIDUAL	M	02:05:35	02:07:34	05:57	Veterano M35
2047	2405	200	JOAQUIM CARVALHO	GANITA	M	02:05:39	02:07:34	05:57	Veterano M55
387	2406	437	ARTUR MOREIRA	ESTAFERMOS	M	02:05:19	02:07:38	05:57	Veterano M45
1066	2407	393	EDUARDO PAIS	INDIVIDUAL	M	02:06:10	02:07:39	05:59	Veterano M35
1440	2408	201	JOAO CRUZ	ARCA BARCELOS RUNNERS	M	02:07:23	02:07:41	06:02	Veterano M55
2530	2409	438	ANTONIO LOPES	LIBERTY SEGUROS	M	02:05:36	02:07:48	05:57	Veterano M45
1448	2410	439	CARLOS MAGALHAES	SS MONTEPIO	M	02:06:58	02:07:56	06:01	Veterano M45
1453	2411	440	JOAO CARDOSO	SS MONTEPIO	M	02:06:58	02:07:56	06:01	Veterano M45
1452	2412	441	FRANCISCO MOREIRA	SS MONTEPIO	M	02:05:47	02:07:56	05:58	Veterano M45
1771	2413	164	FILIPA NEVES	INDIVIDUAL	F	02:06:46	02:08:00	06:00	Veterana F35
1047	2414	376	JORGE PRADO	INDIVIDUAL	M	01:53:56	02:08:05	05:24	Senior Masculino
1324	2415	442	PAULO ALMEIDA	SAI DA FRENTE	M	02:06:27	02:08:07	06:00	Veterano M45
1417	2416	234	JOSE TAVARES	AASM	M	02:06:14	02:08:10	05:59	Veterano M50
858	2417	235	JOSE RIBA	X5	M	02:07:02	02:08:14	06:01	Veterano M50
2726	2418	394	MANUEL PAIVA	VARZIM SPORT CLUB	M	02:07:33	02:08:15	06:03	Veterano M35
2804	2419	165	DIANELYS CABALLERO	NASCIDOS PARA CORRER	F	02:07:14	02:08:16	06:02	Veterana F35
2288	2420	395	NUNO PASSOS	INDIVIDUAL	M	02:07:43	02:08:19	06:04	Veterano M35

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
2869	2421	396	CESAR SARAIVA	AFIS/OVAR	M	02:07:27	02:08:19	06:02	Veterano M35
282	2422	77	ALBA CASTRO	CLUB ATLETISMO SALVATERRA	F	02:05:58	02:08:20	05:59	Senior Feminino
839	2423	202	MANUEL PEREIRA	CLINICA DOS RELOGIOS	M	02:07:06	02:08:20	06:02	Veterano M55
1116	2424	166	CATARINA OLIVEIRA	PMAF	F	02:07:18	02:08:21	06:02	Veterana F35
1486	2425	167	VITORIA	INDIVIDUAL	F	02:06:51	02:08:24	06:01	Veterana F35
3026	2426	443	CARLOS JORGE		M	02:06:12	02:08:25	05:59	Veterano M45
2843	2427	444	JOSE LOPES	PAINHAS	M	02:06:03	02:08:25	05:59	Veterano M45
3009	2428	377	JOSE CUNHA	INDIVIDUAL	M	02:06:34	02:08:36	06:00	Senior Masculino
1856	2429	168	FERNANDA ALVES	TARTARUGAS DO ASFALTO	F	02:07:34	02:08:38	06:03	Veterana F35
1315	2430	169	SUSANA PINTO	HSANTAMARIART	F	02:07:28	02:08:48	06:02	Veterana F35
1271	2431	170	MARIA AMORIM	INDIVIDUAL	F	02:06:53	02:08:50	06:01	Veterana F35
2686	2432	445	FERNANDO MARQUES	INDIVIDUAL	M	02:08:47	02:08:55	06:06	Veterano M45
2687	2433	446	GUILHERME FERNANDES	INDIVIDUAL	M	02:07:16	02:08:55	06:02	Veterano M45
1424	2434	447	FILIPE SILVA	OS BANDALHOS PLANO E	M	02:09:00	02:09:00	06:07	Veterano M45
555	2435	171	CONCEICAO MANO	INDIVIDUAL	F	02:07:36	02:09:06	06:03	Veterana F35
1069	2436	78	ANA VIEIRA	PMAF	F	02:08:08	02:09:10	06:04	Senior Feminino
3015	2437	79	MARIA MORAIS	INDIVIDUAL	F	02:06:57	02:09:12	06:01	Senior Feminino
97	2438	80	MARTA MORAIS	INDIVIDUAL	F	02:06:57	02:09:12	06:01	Senior Feminino
917	2439	172	MARGARIDA QUINTAS	INDIVIDUAL	F	02:08:44	02:09:18	06:06	Veterana F35
1641	2440	173	ELIZABETH ORTIZ	BRAGUINHAS RUNNERS	F	02:08:10	02:09:20	06:05	Veterana F35
2976	2441	448	EMMANUEL GIRONDO	INDIVIDUAL	M	02:07:06	02:09:20	06:02	Veterano M45
1196	2442	174	MARCIA CABOUÇO	NOVELIA RUNNING AMARANTE	F	02:09:06	02:09:22	06:07	Veterana F35
278	2443	449	RICARDO MURIAS	PIXELRUNBIKETRIP	M	02:08:09	02:09:23	06:05	Veterano M45
2245	2444	236	SERAFIM SOUSA	CLUBE ATLETISMO DE LAMAS	M	02:08:50	02:09:25	06:07	Veterano M50
2058	2445	450	FERNANDO COSTA	AMIGOS ATLETISMO POVOENSE	M	02:07:35	02:09:42	06:03	Veterano M45
2846	2446	397	CARLOS AMORIM	PAINHAS	M	02:07:39	02:09:43	06:03	Veterano M35
2099	2447	398	FILIPE OLIVEIRA	ARCO4RUN	M	02:09:04	02:09:55	06:07	Veterano M35
1412	2448	81	EDUARDA MAGALHAES	PMAF	F	02:09:00	02:10:04	06:07	Senior Feminino
152	2449	237	VITOR CARVALHO	INDIVIDUAL	M	02:08:20	02:10:09	06:05	Veterano M50
2297	2450	82	CLAUDIA FERREIRA	PERSISTENTES	F	02:08:29	02:10:12	06:05	Senior Feminino
313	2451	238	ARNALDO BRAS	TURBULENTOS	M	02:08:23	02:10:14	06:05	Veterano M50
284	2452	239	ALFREDO MAGALHAES	INDIVIDUAL	M	02:08:07	02:10:15	06:04	Veterano M50
1711	2453	531	JORGE PINHEIRO	CORRER LECA	M	02:08:23	02:10:19	06:05	Veterano M40
1940	2454	532	NUNO MORGADO	CORRER LECA	M	02:08:23	02:10:19	06:05	Veterano M40
1163	2455	175	ISABEL MONTEIRO	VETERANOS PORTO	F	02:09:35	02:10:24	06:08	Veterana F35
1764	2456	399	BRUNO AMARELO	INDIVIDUAL	M	02:09:01	02:10:25	06:07	Veterano M35
2338	2457	203	LUIS COSTA	INDIVIDUAL	M	02:10:10	02:10:27	06:10	Veterano M55
2389	2458	400	FILIPE PEREIRA	LION RUNNERS G. D. LEOES DA GUARDA	M	02:08:38	02:10:33	06:06	Veterano M35
1559	2459	378	FERNANDO AZEVEDO	ARPO	M	02:10:05	02:10:36	06:10	Senior Masculino
566	2460	83	CATIA TEIXEIRA	INDIVIDUAL	F	02:08:31	02:10:37	06:05	Senior Feminino
1394	2461	379	NUNO ROCHA	PMAF	M	02:09:34	02:10:39	06:08	Senior Masculino
735	2462	176	SANDRA OLIVEIRA	BUDEGUITA RUNNERS	F	02:09:37	02:10:40	06:08	Veterana F35
1826	2463	451	PAULO SOUSA	CLUBE MILLENNIUM BCP	M	02:09:44	02:10:41	06:09	Veterano M45
2863	2464	204	FERNANDO SILVA	PAINHAS	M	02:09:01	02:10:44	06:07	Veterano M55



Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
2855	2465	240	ALTINO SILVA	PAINHAS	M	02:09:14	02:10:58	06:08	Veterano M50
533	2466	177	CRISTINA GONCALVES	LION RUNNERS G. D. LEOES DA GUARDA	F	02:09:13	02:10:59	06:07	Veterana F35
2526	2467	84	TULIA AIRES	LIBERTY SEGUROS	F	02:10:24	02:11:04	06:11	Senior Feminino
2527	2468	401	SERGIO BROCHADO	LIBERTY SEGUROS	M	02:10:21	02:11:04	06:11	Veterano M35
1780	2469	380	EMANUEL COSTA	INDIVIDUAL	M	02:09:35	02:11:18	06:08	Senior Masculino
1822	2470	241	ARTUR SILVA	CLUBE MILLENNIUM BCP	M	02:09:37	02:11:29	06:08	Veterano M50
2353	2471	178	ANDRA JULIO	GTT ARMAZEM DO CAFE	F	02:10:14	02:11:38	06:10	Veterana F35
2281	2472	85	ANDREIA ARAUJO	INDIVIDUAL	F	02:10:16	02:11:40	06:10	Senior Feminino
942	2473	381	JOSE CASTRO	INDIVIDUAL	M	02:09:51	02:11:48	06:09	Senior Masculino
2853	2474	533	RUI SANTOS	PAINHAS	M	02:09:51	02:11:48	06:09	Veterano M40
943	2475	382	CARLOS CAMPOS	INDIVIDUAL	M	02:09:52	02:11:50	06:09	Senior Masculino
2854	2476	205	ANTONIO FERNANDES	PAINHAS	M	02:09:53	02:11:50	06:09	Veterano M55
1099	2477	402	BRUNO BASTOS	RAINHA CLUB	M	02:10:15	02:11:51	06:10	Veterano M35
2953	2478	86	VERA PIRES	FAMA RUNNERS	F	02:10:40	02:11:57	06:12	Senior Feminino
955	2479	179	MARIA HORTA	TRIO MARAVILHA	F	02:11:17	02:12:03	06:13	Veterana F35
314	2480	383	HUGO SILVA	INDIVIDUAL	M	02:10:08	02:12:07	06:10	Senior Masculino
843	2481	534	FILIPE SILVA	INDIVIDUAL	M	02:10:08	02:12:07	06:10	Veterano M40
224	2482	87	MAFALDA MARTINS	WIKABOO	F	02:10:38	02:12:17	06:12	Senior Feminino
2294	2483	180	MARIA BRAS	INDIVIDUAL	F	02:12:09	02:12:21	06:16	Veterana F35
2085	2484	181	SONIA SANTOS	INDIVIDUAL	F	02:10:22	02:12:22	06:11	Veterana F35
1857	2485	182	GLORIA MONTEIRO	TARTARUGAS DO ASFALTO	F	02:11:18	02:12:25	06:13	Veterana F35
1756	2486	384	PEDRO MARQUES	HALP TEAM	M	02:11:37	02:12:27	06:14	Senior Masculino
1026	2487	88	JOANINHA SILVA	METRALHAS RUNNERS	F	02:11:23	02:12:28	06:13	Senior Feminino
2130	2488	183	CONCEICAO MARQUES	TURBULENTOS	F	02:10:32	02:12:32	06:11	Veterana F35
2178	2489	184	AGOSTINHA GONCALVES	SOCIEDADE RECREIO CEPANENSE	F	02:11:38	02:12:34	06:14	Veterana F35
2399	2490	185	MAFALDA FERREIRA	INDIVIDUAL	F	02:11:00	02:12:35	06:13	Veterana F35
2630	2491	89	EVELINA FERNANDES	INDIVIDUAL	F	01:58:37	02:12:41	05:37	Senior Feminino
719	2492	535	SERGIO ARAUJO	BRG TEAM	M	02:11:07	02:12:42	06:13	Veterano M40
2027	2493	385	DANIEL LOPES	A D RIO LARGO CLUBE DE ESPINHO	M	02:11:51	02:12:42	06:15	Senior Masculino
263	2494	90	FILIPA CRUZ	B LIFE OUTDOOR TEAM	F	02:11:12	02:12:44	06:13	Senior Feminino
2991	2495	452	FERNANDO MIRANDA	INDIVIDUAL	M	02:11:19	02:12:44	06:13	Veterano M45
2461	2496	242	ALBERTO CARAMES	INDIVIDUAL	M	02:10:52	02:12:55	06:12	Veterano M50
1012	2497	186	MARIA RICARDO	LION RUNNERS G. D. LEOES DA GUARDA	F	02:11:06	02:12:58	06:13	Veterana F35
458	2498	206	ZE SANTO	MAIA_NORTHSIDERUN	M	02:11:36	02:12:58	06:14	Veterano M55
1774	2499	187	SUSANA CANHOLA	PERNETAS	F	02:11:29	02:13:08	06:14	Veterana F35
881	2500	453	LUIS PEREIRA	INDIVIDUAL	M	02:11:19	02:13:08	06:13	Veterano M45
2045	2501	536	SERGIO GOMES	GANITA	M	02:11:28	02:13:27	06:14	Veterano M40
793	2502	454	DOMINGOS FAUSTINO	CCDT/STCP	M	02:12:24	02:13:29	06:17	Veterano M45
1855	2503	188	ELSA SILVA	TARTARUGAS DO ASFALTO	F	02:12:40	02:13:52	06:17	Veterana F35
2547	2504	189	SUSANA GRANJA	DELTA CAFES	F	02:11:56	02:13:52	06:15	Veterana F35
2293	2505	91	ANDREIA FERREIRA	INDIVIDUAL	F	02:12:18	02:13:56	06:17	Senior Feminino
868	2506	455	JORGE QUERALES	CICLISTAS COSMICOS GISLOTICA	M	02:14:02	02:14:10	06:21	Veterano M45
725	2507	243	PAULO BRANDAO	INDIVIDUAL	M	02:12:07	02:14:24	06:16	Veterano M50
1488	2508	207	MANUEL ROCHA	CLUBE GALP ENERGIA NORTE	M	02:13:33	02:14:33	06:20	Veterano M55

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
1060	2509	190	ANGELA GASPAR	INDIVIDUAL	F	02:13:17	02:14:37	06:19	Veterana F35
2406	2510	537	FERNANDO RIBEIRO	GRUPO DESPORTIVO SANTANDER TOTTA	M	02:13:13	02:14:37	06:19	Veterano M40
2680	2511	403	RUI SILVA	SANITOP	M	02:12:56	02:15:00	06:18	Veterano M35
861	2512	191	MARISOL CHAO	ESPRINTES OURENSE	F	02:13:43	02:15:05	06:20	Veterana F35
1278	2513	208	JOSE AZEVEDO	INDIVIDUAL	M	02:13:33	02:15:24	06:20	Veterano M55
336	2514	538	VITOR BRAS	INDIVIDUAL	M	02:13:12	02:15:26	06:19	Veterano M40
2465	2515	192	CELIA CERQUEIRA	INDIVIDUAL	F	02:13:20	02:15:32	06:19	Veterana F35
2898	2516	193	ISABEL ALVES	INDIVIDUAL	F	02:13:20	02:15:32	06:19	Veterana F35
1702	2517	194	DANIELA CERQUEIRA	INDIVIDUAL	F	02:13:21	02:15:32	06:19	Veterana F35
2048	2518	456	JOSE CUNHA	GANITA	M	02:13:37	02:15:34	06:20	Veterano M45
2472	2519	209	DUARTE SA	INDIVIDUAL	M	02:13:41	02:15:37	06:20	Veterano M55
348	2520	92	SANDRA BAETA	INDIVIDUAL	F	02:14:03	02:15:39	06:22	Senior Feminino
2994	2521	386	JOAO TORRES	INDIVIDUAL	M	02:13:48	02:15:42	06:20	Senior Masculino
299	2522	195	REGINA MOTA	INDIVIDUAL	F	02:15:03	02:15:44	06:24	Veterana F35
1081	2523	244	GIUSEPPE BALDASSARRE	TURBULENTOS	M	02:14:09	02:15:53	06:22	Veterano M50
2318	2524	387	ANDRE FANGUEIRO	OS MANCOS	M	02:13:53	02:16:00	06:21	Senior Masculino
1833	2525	93	CECILIA RODRIGUES	CLUBE MILLENNIUM BCP	F	02:13:53	02:16:00	06:21	Senior Feminino
1823	2526	388	SERGIO RODRIGUES	CLUBE MILLENNIUM BCP	M	02:13:53	02:16:00	06:21	Senior Masculino
1963	2527	94	SUSANA FARIA	LION RUNNERS G. D. LEOES DA GUARDA	F	02:14:17	02:16:02	06:22	Senior Feminino
2857	2528	196	FATIMA RAMOS	PAINHAS	F	02:14:18	02:16:03	06:22	Veterana F35
2673	2529	95	SANDRA ZEFERINO	INDIVIDUAL	F	02:14:02	02:16:04	06:21	Senior Feminino
2015	2530	197	MARIA OLIVEIRA	INDIVIDUAL	F	02:13:52	02:16:07	06:21	Veterana F35
519	2531	198	NATERCIA TEIXEIRA	AMARANTE RUNNING TEAM	F	02:14:33	02:16:11	06:23	Veterana F35
876	2532	389	JOSE LIMA	FREZITE	M	02:14:26	02:16:40	06:22	Senior Masculino
2065	2533	199	FILIPA PIMENTA	INDIVIDUAL	F	02:14:56	02:16:45	06:24	Veterana F35
238	2534	200	DULCE MOREDA	ESCOLA DO MOVIMENTO	F	02:16:18	02:16:45	06:28	Veterana F35
2068	2535	539	PEDRO PIMENTA	INDIVIDUAL	M	02:14:56	02:16:45	06:24	Veterano M40
1123	2536	457	ANTONIO CONCEICAO	CALDAS SAO JORGE SPORT CLUB	M	02:15:48	02:16:55	06:27	Veterano M45
1124	2537	96	LIDIA FERREIRA	CALDAS SAO JORGE SPORT CLUB	F	02:15:48	02:16:55	06:27	Senior Feminino
2877	2538	201	ISABEL CARVALHO	PERNETAS	F	02:16:03	02:17:43	06:27	Veterana F35
2119	2539	97	LILIANA PINTO	PERNETAS	F	02:16:03	02:17:43	06:27	Senior Feminino
76	2540	540	MANUEL PONTE	INDIVIDUAL	M	02:15:59	02:18:03	06:27	Veterano M40
2922	2541	541	ACACIO SANTOS	UNICER	M	02:17:43	02:18:04	06:31	Veterano M40
283	2542	542	PAULO COELHO	PT RUNNING TEAM	M	02:17:43	02:18:04	06:31	Veterano M40
190	2543	202	ALBERTINA GONCALVES	LOUSADA RUNNERS	F	02:17:56	02:18:10	06:32	Veterana F35
2105	2544	98	PATRICIA NETO	KEMEDO TEAM	F	02:17:14	02:18:20	06:30	Senior Feminino
2321	2545	390	FABIO CASTRO	INDIVIDUAL	M	02:16:18	02:18:26	06:28	Senior Masculino
2206	2546	391	MIGUEL CODESIDO	INDIVIDUAL	M	02:16:38	02:18:46	06:28	Senior Masculino
2014	2547	392	ANDRE SOUSA	TRINCAMETAS	M	02:17:19	02:18:49	06:30	Senior Masculino
947	2548	203	MARIA SILVA	INDIVIDUAL	F	02:17:34	02:18:50	06:31	Veterana F35
935	2549	393	ANGELO SANTOS	INDIVIDUAL	M	02:17:35	02:18:50	06:31	Senior Masculino
2570	2550	204	ANABELA SANTOS	EDV VIANATRIL	F	02:16:58	02:18:55	06:30	Veterana F35
2569	2551	205	SONIA PARENTE	EDV VIANATRIL	F	02:16:58	02:18:55	06:30	Veterana F35
961	2552	394	TIAGO PONA	ADAF ASSOCIACAO DE DESPORTO AQUAE FLAVIAE	M	02:17:36	02:19:06	06:31	Senior Masculino

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
901	2553	99	TANIA RAMOS	ADAF ASSOCIACAO DE DESPORTO AQUAE FLAVIAE	F	02:17:36	02:19:06	06:31	Senior Feminino
357	2554	404	VITOR DUARTE	FOGACAS COM MALAPOS	M	02:17:44	02:19:37	06:31	Veterano M35
1161	2555	206	SUSANA LOURENCO	VETERANOS PORTO	F	02:17:47	02:19:39	06:32	Veterana F35
2772	2556	210	ARMENIO FERREIRA	NASCIDOS PARA CORRER	M	02:18:38	02:19:40	06:34	Veterano M55
1831	2557	207	GRACA SILVA	CLUBE MILLENNIUM BCP	F	02:18:08	02:19:59	06:33	Veterana F35
1530	2558	405	NUNO FERREIRA	TRINCAMETAS	M	02:18:48	02:20:18	06:35	Veterano M35
513	2559	395	RICARDO REGO	INDIVIDUAL	M	02:19:11	02:20:19	06:36	Senior Masculino
2568	2560	100	LILIANA ROCHA	EI TEAM TRAIL	F	02:20:22	02:20:49	06:39	Senior Feminino
1995	2561	208	FATIMA AZEVEDO	A. C. VERMOIM	F	02:20:28	02:21:24	06:40	Veterana F35
3013	2562	396	LUIS FONSECA	RUN4STUDIUM	M	02:19:47	02:21:31	06:38	Senior Masculino
3012	2563	101	CATARINA RODRIGUES	RUN4STUDIUM	F	02:19:46	02:21:31	06:38	Senior Feminino
3011	2564	406	SERGIO MAGALHAES	RUN4STUDIUM	M	02:19:45	02:21:31	06:38	Veterano M35
2021	2565	407	LICINIO SOUSA	LION RUNNERS G. D. LEOES DA GUARDA	M	02:19:48	02:21:34	06:38	Veterano M35
372	2566	543	BRUNO SILVA	MAGNI7	M	02:20:25	02:21:34	06:40	Veterano M40
616	2567	458	LUIS MONTEIRO	MAFIA RUNNERS	M	02:20:01	02:21:35	06:38	Veterano M45
2016	2568	245	JOSE OLIVEIRA	INDIVIDUAL	M	02:19:25	02:21:40	06:36	Veterano M50
1740	2569	209	ANNA MARTINHO	INDIVIDUAL	F	02:19:37	02:21:41	06:37	Veterana F35
2765	2570	102	CLAUDIA COSTA	INDIVIDUAL	F	02:20:23	02:21:54	06:39	Senior Feminino
946	2571	408	HELDERFERREIRA	CCDT/STCP	M	02:21:16	02:22:22	06:42	Veterano M35
113	2572	211	CARLOS MENDEZ	INDIVIDUAL	M	02:20:47	02:23:04	06:40	Veterano M55
1781	2573	246	PAULO PINHO	OS KAGADOS	M	02:21:43	02:23:10	06:43	Veterano M50
2531	2574	210	GABRIELA LEITE	LIBERTY SEGUROS	F	02:21:04	02:23:16	06:41	Veterana F35
124	2575	544	FRANCISCO FREITAS	INDIVIDUAL	M	02:21:05	02:23:16	06:41	Veterano M40
2520	2576	211	PAULA FREITAS	LIBERTY SEGUROS	F	02:21:05	02:23:16	06:41	Veterana F35
1353	2577	397	OSCAR GONCALVES	INDIVIDUAL	M	02:21:16	02:23:19	06:42	Senior Masculino
2371	2578	459	ANTONIO BESSA	PUPILOS ZE TO	M	02:22:07	02:23:23	06:44	Veterano M45
1627	2579	247	ALBINO NEVES	INDIVIDUAL	M	02:23:14	02:23:25	06:48	Veterano M50
175	2580	103	ANA BARREIRA	INDIVIDUAL	F	02:21:21	02:23:29	06:42	Senior Feminino
854	2581	212	ROSA COSTA	MOREIRA RELAX RUNNERS	F	02:22:19	02:23:45	06:45	Veterana F35
2397	2582	213	FERNANDA PINHO	MOREIRA RELAX RUNNERS	F	02:21:49	02:23:46	06:43	Veterana F35
105	2583	545	RICARDO OLIVEIRA	NO TOMORROW RUNNING TEAM	M	02:23:13	02:23:46	06:47	Veterano M40
2557	2584	398	VITOR LESSA	INDIVIDUAL	M	02:23:33	02:24:55	06:48	Senior Masculino
514	2585	409	FILIPE ROCHA	INDIVIDUAL	M	02:24:17	02:25:25	06:50	Veterano M35
2093	2586	214	CLAUDIA PACHECO	KEMEDO TEAM	F	02:24:23	02:25:29	06:51	Veterana F35
1820	2587	546	NUNO MARTINS	CLUBE MILLENNIUM BCP	M	02:23:41	02:25:43	06:49	Veterano M40
1812	2588	248	RUI MARTINS	CLUBE MILLENNIUM BCP	M	02:24:26	02:25:43	06:51	Veterano M50
1519	2589	410	YAGO ALVAREZ	INDIVIDUAL	M	02:23:57	02:26:09	06:50	Veterano M35
906	2590	215	MARIA OYA	ADN RUNNERSTELMO PELUQUEROS	F	02:23:58	02:26:09	06:50	Veterana F35
1985	2591	249	JUAN MARTINEZ	INDIVIDUAL	M	02:26:36	02:27:23	06:57	Veterano M50
98	2592	216	MARIA MORAIS	INDIVIDUAL	F	02:25:47	02:27:33	06:54	Veterana F35
1832	2593	217	CATARINA CARDOSO	CLUBE MILLENNIUM BCP	F	02:26:17	02:27:51	06:56	Veterana F35
217	2594	218	ALZIRA ALMEIDA	TURBULENTOS	F	02:25:50	02:27:51	06:54	Veterana F35
188	2595	219	MARIA SILVA	TURBULENTOS	F	02:25:50	02:27:51	06:54	Veterana F35
189	2596	250	FRANCISCO SILVA	TURBULENTOS	M	02:25:50	02:27:51	06:54	Veterano M50

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	min/Km	Ritmo	Escalão
218	2597	411	SIMAO VILACA	TURBULENTOS	M	02:25:51	02:27:51	06:55	Veterano M35
2555	2598	220	ANA REBELO	INDIVIDUAL	F	02:25:49	02:27:51	06:54	Veterana F35
315	2599	251	RAUL MACEDO	INDIVIDUAL	M	02:25:54	02:27:55	06:55	Veterano M50
2932	2600	221	ELSA COSTA	MOBILITAS	F	02:25:54	02:27:55	06:55	Veterana F35
1392	2601	222	MARIA MENDES	INDIVIDUAL	F	02:25:54	02:27:55	06:55	Veterana F35
1084	2602	223	MADALENA COUTO	INDIVIDUAL	F	02:25:54	02:27:55	06:55	Veterana F35
2931	2603	224	GENA VIEIRA	MOBILITAS	F	02:25:54	02:27:55	06:55	Veterana F35
1699	2604	252	PAULO NOVOA	CEPSI CENTRO DE PSICOLOGIA E PEDAGOGIA DE BRAGA	M	02:25:54	02:27:56	06:55	Veterano M50
2934	2605	412	JOAO FERREIRA	MOBILITAS	M	02:25:54	02:27:56	06:55	Veterano M35
2427	2606	399	PEDRO COSTA	PORTO RUNNERS	M	02:26:07	02:27:59	06:56	Senior Masculino
2449	2607	400	ANDRE VIEIRA	PORTO RUNNERS	M	02:26:08	02:27:59	06:56	Senior Masculino
731	2608	413	ALBINO MAIA	BARBATONAS	M	02:27:11	02:28:05	06:59	Veterano M35
2607	2609	225	ALEXANDRA FAO	INDIVIDUAL	F	02:28:03	02:29:49	07:01	Veterana F35
2355	2610	253	PAULO MENDES	KM0	M	02:27:49	02:30:06	07:01	Veterano M50
695	2611	414	PAULO VILELA	INDIVIDUAL	M	02:28:50	02:30:23	07:03	Veterano M35
271	2612	226	CLAUDIA AMARAL	GAIA RUNNING	F	02:28:51	02:30:23	07:03	Veterana F35
294	2613	547	ABILIO MALHEIRO	INDIVIDUAL	M	02:28:51	02:30:23	07:03	Veterano M40
264	2614	227	CATIA VAZ	INDIVIDUAL	F	02:28:39	02:30:26	07:03	Veterana F35
826	2615	460	PEDRO ALMEIDA	INDIVIDUAL	M	02:29:41	02:31:59	07:06	Veterano M45
279	2616	548	IVO MAGNO	PIXELRUNBIKETRIP	M	02:31:37	02:32:49	07:11	Veterano M40
899	2617	401	HUGO CARVALHO	ARCO4RUN	M	02:32:17	02:33:08	07:13	Senior Masculino
2661	2618	402	NUNO VASCONCELOS	INDIVIDUAL	M	02:32:45	02:34:09	07:14	Senior Masculino
1002	2619	228	LUISA CIRNE	INVICTA RUNNERS TEAM	F	02:33:05	02:34:26	07:16	Veterana F35