

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
1.	197	JOSÉ SOUSA	UNIÃO CLUBE EIRENSE	1	SEN M	1	01:10:14	03:19	01:10:14
2.	450	ARTUR RODRIGUES	GD GUILHOVAI	2	VET M40	1	01:12:17	03:25	01:12:17
3.	278	FÁBIO ABRANTES	UNIÃO CLUBE EIRENSE	3	SEN M	2	01:12:34	03:26	01:12:34
4.	158	KENNETH NUGENT	INDIVIDUAL	4	SEN M	3	01:12:40	03:26	01:12:41
5.	279	JORGE VALENTE	ARVOR VETERANOS DE OVAR	5	SEN M	4	01:12:54	03:27	01:12:54
6.	296	JOÃO PEREIRA	ESCOLA ATLETISMO COIMBRA	6	VET M40	2	01:14:02	03:30	01:14:02
7.	210	MARIO CARREIRA	PORTO RUNNERS	7	VET M50	1	01:14:53	03:32	01:14:54
8.	313	NUNO PINHO	N.A.CUCUJAES	8	VET M35	1	01:15:47	03:35	01:15:47
9.	382	GIL FERREIRA	RECREIO DESPORTIVO DE ÁGUEDA	9	VET M45	1	01:16:21	03:37	01:16:21
10.	372	NUNO TINOCO	ACDRS QUINHENDROS	10	VET M35	2	01:17:06	03:39	01:17:06
11.	298	IGOR CASTRO	ESCOLA ATLETISMO COIMBRA	11	SEN M	5	01:17:06	03:39	01:17:06
12.	255	MÁRIO SILVA	ACRS-D-NAPO	12	VET M50	2	01:17:55	03:41	01:17:55
13.	1	CARLA MARTINHO	RECREIO DESP. DE ÁGUEDA	1	VET F40	1	01:18:10	03:42	01:18:10
14.	270	MÁRIO ROCHA	INDIVIDUAL	13	SEN M	6	01:18:43	03:43	01:18:43
15.	265	PAULO SILVA	NASCIDOS PARA CORRER	14	VET M35	3	01:18:56	03:44	01:18:56
16.	250	RUI RODRIGUES	CENTRO ATLETISMO TONDELA	15	VET M35	4	01:19:31	03:46	01:19:31
17.	257	VITOR ARAUJO	INDIVIDUAL	16	VET M40	3	01:22:08	03:53	01:22:08
18.	370	PEDRO SALCEDAS	INDIVIDUAL	17	VET M55	1	01:22:24	03:54	01:22:24
19.	361	JOÃO PAULO ALMEIDA	DCI/CCDRPEDRULHA-MEALHADA	18	VET M50	3	01:22:40	03:55	01:22:41
20.	335	JORGE CUBAL	GDC CODAL	19	SEN M	7	01:22:53	03:55	01:22:54
21.	451	TIAGO DUARTE	ATLETISMO CLUBE DA TOCHA	20	SEN M	8	01:23:13	03:56	01:23:21
22.	12	GONÇALO SÁ	CCDLF/UBI	21	VET M45	2	01:23:50	03:58	01:23:50
23.	152	BRUNO MAIA	INDIVIDUAL	22	VET M40	4	01:23:54	03:58	01:23:54
24.	311	JOSE TEIXEIRA TEIXEIRA	INDIVIDUAL	23	VET M35	5	01:24:04	03:59	01:24:05
25.	333	PEDRO MARIANO	INDIVIDUAL	24	SEN M	9	01:24:12	03:59	01:24:14
26.	440	JOÃO SILVA	INDIVIDUAL	25	VET M40	5	01:25:24	04:02	01:25:24
27.	420	FERNANDO SANTOS	GUARDA RUNNERS	26	VET M45	3	01:26:19	04:05	01:26:20
28.	235	FRANCISCO PAIS	O MUNDO DA CORRIDA	27	VET M45	4	01:26:21	04:05	01:26:21
29.	302	AUGUSTO FIGUEIREDO	ESCOLA ATLETISMO COIMBRA	28	VET M45	5	01:26:52	04:07	01:26:52
30.	306	LUIS FILIPE PEREIRA	A. D. BUARCOS	29	VET M45	6	01:26:51	04:07	01:26:53
31.	297	ANA PETINGA	ESCOLA ATLETISMO COIMBRA	2	VET F35	1	01:26:53	04:07	01:26:53
32.	156	ARTURO CABRERO	GRUPO RUNERO LOS GEBRES	30	VET M50	4	01:27:14	04:08	01:27:18
33.	224	RAFAEL GUEDES GUEDES	INDIVIDUAL	31	VET M40	6	01:27:21	04:08	01:27:22
34.	79	RICARDO LOPES	GRUPO MARAVILHA	32	SEN M	10	01:27:24	04:08	01:27:31
35.	214	SERGIO TEIXEIRA	WOLF RUNNERS	33	VET M45	7	01:27:37	04:09	01:27:37
36.	397	ALFREDO GASPAR	AUTO-INDUSTRIAL	34	SEN M	11	01:27:41	04:09	01:27:41
37.	112	CARLOS VISEU	INDIVIDUAL	35	VET M45	8	01:27:43	04:09	01:27:45
38.	216	CELIO CAMÕES	WOLF RUNNERS	36	VET M40	7	01:27:53	04:09	01:27:53
39.	239	MÁRIO MALHEIRO	GURUS	37	SEN M	12	01:27:59	04:10	01:28:01
40.	258	LUIS PEREIRA	INDIVIDUAL	38	VET M35	6	01:28:01	04:10	01:28:05
41.	19	ANTÓNIO LOURENÇO	INDIVIDUAL	39	VET M45	9	01:28:19	04:11	01:28:19
42.	409	JOSÉ GOMES	RUNNING ESPINHO	40	VET M45	10	01:28:31	04:11	01:28:33
43.	172	PAULO LOPES DA SILVA	INDIVIDUAL	41	VET M50	5	01:28:27	04:11	01:28:35
44.	36	LUIS MANUEL	ACRM SILVEIRINHA GRANDE	42	VET M45	11	01:28:33	04:11	01:28:38

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
45.	419	ALEX MENDES	ABUTRES	43	VET M40	8	01:28:55	04:12	01:28:57
46.	394	LUIS CAVALEIRO	AUTO-INDUSTRIAL	44	VET M35	7	01:28:59	04:13	01:29:03
47.	396	PEDRO OLIVEIRA	AUTO-INDUSTRIAL	45	VET M40	9	01:28:58	04:13	01:29:04
48.	227	RICARDO GERMANO	BAND OF RUNNERS	46	SEN M	13	01:29:40	04:15	01:29:45
49.	127	LUIZ MONSANTO	INDIVIDUAL	47	VET M50	6	01:29:48	04:15	01:29:48
50.	92	WESLEY RIOS	DANILO FARIA	48	VET M35	8	01:30:21	04:16	01:30:27
51.	81	EUGENIO SANTOS	OUT 2 RUN/MIRO	49	VET M35	9	01:30:35	04:17	01:30:39
52.	244	MARIO CARAPINHEIRO	CLUVE COIMBRA	50	VET M50	7	01:30:36	04:17	01:30:40
53.	119	HENRIQUE NUNES	ACRM SILVEIRINHA GRANDE	51	VET M45	12	01:30:34	04:17	01:30:40
54.	241	DANIEL FERREIRA	GRUPO DESPORTIVO	52	SEN M	14	01:30:44	04:18	01:30:56
55.	149	CARLOS MATOS	INDIVIDUAL	53	VET M40	10	01:31:06	04:19	01:31:08
56.	362	BRUNO ALEXANDRE	INDIVIDUAL	54	VET M35	10	01:31:18	04:19	01:31:22
57.	85	RUI FIALHO	INDIVIDUAL	55	VET M35	11	01:31:28	04:20	01:31:28
58.	25	JOÃO SILVA	CASA DO BENFICA CONDEIXA	56	SEN M	15	01:31:21	04:19	01:31:29
59.	203	GONÇALO MARQUES	INDIVIDUAL	57	SEN M	16	01:31:29	04:20	01:31:33
60.	165	NUNO SILVA	CAOB	58	VET M35	12	01:31:34	04:20	01:31:42
61.	169	JOÃO MARTINS	ELCOMANDANTETEAM	59	SEN M	17	01:31:41	04:20	01:31:44
62.	136	JORGE DELGADO	CASA BENFICA FIGUEIRA FOZ	60	SEN M	18	01:32:10	04:22	01:32:13
63.	185	MIGUEL GOYANES	FIGUEIRA RUNNERS	61	VET M35	13	01:32:15	04:22	01:32:15
64.	338	AMILCAR RAMOS	INDIVIDUAL	62	VET M40	11	01:32:11	04:22	01:32:16
65.	238	VITOR CASTRO	DCI\PEDRULHA-MEALHADA	63	VET M40	12	01:32:21	04:22	01:32:25
66.	145	MANUEL LINO	OS CARREGUEIRENSES	64	VET M50	8	01:32:27	04:22	01:32:36
67.	46	NUNO OLIVEIRA	INDIVIDUAL	65	SEN M	19	01:32:30	04:23	01:32:38
68.	436	JOSÉ PLÁCIDO	INDIVIDUAL	66	VET M40	13	01:32:48	04:23	01:32:50
69.	15	BÁRBARA CORREIA	CAF	3	SEN F	1	01:32:57	04:24	01:32:57
70.	318	ACÍLIO NORO	SOURCE MOV	67	VET M45	13	01:33:03	04:24	01:33:03
71.	236	AUGUSTO PINTO OLIVEIRA	AMIGOS DO PEDAL	68	VET M45	14	01:33:11	04:25	01:33:11
72.	84	FILIPE MAMEDE	INDIVIDUAL	69	VET M40	14	01:33:20	04:25	01:33:26
73.	422	FILIPE MARQUES	ECOMOBILE	70	VET M40	15	01:33:30	04:25	01:33:31
74.	38	EDGAR GOMES	ACRM SILVEIRINHA GRANDEL	71	VET M35	14	01:33:25	04:25	01:33:31
75.	86	JOÃO SILVA	ACDRS QUINHENDROS	72	VET M40	16	01:33:28	04:25	01:33:33
76.	64	MÁRCIO MAIA RODRIGUES	ACDRS QUINHENDROS	73	VET M35	15	01:33:29	04:25	01:33:34
77.	282	JOÃO DÂMASO	GRUPO MARAVILHA	74	SEN M	20	01:33:38	04:26	01:33:46
78.	373	MÁRIO SANTOS	RUNFIGUEIRA	75	SEN M	21	01:33:50	04:26	01:33:52
79.	463	BRUNO BRANQUINHO	INDIVIDUAL	76	VET M35	16	01:33:41	04:26	01:33:52
80.	75	ARSÉNIO SANTOS	PASCOALITOS A.D.BARCOUÇO	77	VET M50	9	01:33:55	04:27	01:34:01
81.	386	JORGE HENRIQUES	LOURIVAL BIKE TEAM	78	SEN M	22	01:34:06	04:27	01:34:14
82.	42	TOMÉ LOPES	DÁ-LHE GÁS TEAM	79	SEN M	23	01:34:07	04:27	01:34:14
83.	377	LUÍS MENDES	ABUTRES	80	VET M40	17	01:34:13	04:27	01:34:15
84.	430	JOSÉ MACHADO	INDIVIDUAL	81	VET M35	17	01:34:12	04:27	01:34:21
85.	70	PEDRO MARQUES	EAC /JPAIVA	82	VET M45	15	01:34:16	04:28	01:34:24
86.	447	BRUNO ALEXANDRE MARQUES	ATLETISMO CLUBE DA TOCHA	83	VET M35	18	01:34:17	04:28	01:34:24
87.	55	SAUL LEITE	CORRER LISBOA	84	SEN M	24	01:34:25	04:28	01:34:25
88.	438	PEDRO MARQUES	INDIVIDUAL	85	VET M40	18	01:34:36	04:29	01:34:39

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
89.	305	NUNO LOUREIRO	A. D. BUARCOS	86	VET M45	16	01:34:39	04:29	01:34:42
90.	381	PEDRO MENDES	AUTO-INDUSTRIAL	87	VET M40	19	01:34:49	04:29	01:34:54
91.	299	RUI BORGES	ESCOLA ATLETISMO COIMBRA	88	VET M40	20	01:34:44	04:29	01:34:59
92.	215	GABRIEL NIZA	WOLF RUNNERS	89	VET M40	21	01:35:02	04:30	01:35:02
93.	45	CARLOS LOPES	S.R. CEPANENSE	90	VET M40	22	01:35:04	04:30	01:35:05
94.	113	DANIEL PAIVA	GALHARDOS RUNNERS	91	SEN M	25	01:35:11	04:30	01:35:13
95.	32	JOEL SANTOS	ACRM SILVEIRINHA GRANDEL	92	SEN M	26	01:35:13	04:30	01:35:15
96.	395	PEDRO MANSO	AUTO-INDUSTRIAL	93	VET M35	19	01:35:17	04:31	01:35:17
97.	57	HENRIQUE FERNANDES	BIO TEAM RUN	94	VET M40	23	01:35:11	04:30	01:35:17
98.	337	BRUNO GOMES	DCI/PEDRULHA-MEALHADA	95	VET M35	20	01:35:21	04:31	01:35:32
99.	160	MARTA MARQUES	MAIA RUNNERS	4	SEN F	2	01:35:33	04:31	01:35:35
100.	161	FILIPE ROCHA	MAIA RUNNERS	96	VET M35	21	01:35:34	04:31	01:35:36
101.	312	ANDRÉ FERNANDES	GAU BAJOUCA	97	VET M40	24	01:35:45	04:32	01:35:45
102.	412	ZE MOU	RUNNING ESPINHO	98	VET M55	2	01:36:10	04:33	01:36:10
103.	188	FERNANDO ALHAU	COIMBRA TRAIL RUNNING	99	VET M55	3	01:36:08	04:33	01:36:10
104.	35	RICARDO NUNES	ACRM SILVEIRINHA GRANDE	100	SEN M	27	01:36:06	04:33	01:36:11
105.	319	PEDRO CRUZ	INDIVIDUAL	101	VET M40	25	01:36:07	04:33	01:36:14
106.	208	JORGE JUSTO	O MUNDO DA CORRIDA	102	VET M55	4	01:36:11	04:33	01:36:19
107.	264	CARLOS GONÇALVES	INDIVIDUAL	103	SEN M	28	01:35:57	04:32	01:36:27
108.	184	ANDRÉ MAGALHÃES	ARSM S MIGUEL POIARES	104	VET M35	22	01:36:22	04:34	01:36:27
109.	303	FERNANDO SOUSA	VERALLIA RUNNING TEAM	105	VET M50	10	01:36:36	04:34	01:36:42
110.	131	BRUNO FERNANDES	SIMITO	106	VET M35	23	01:36:40	04:34	01:36:43
111.	168	JOSÉ ABADE	CLUVE	107	VET M70	1	01:36:46	04:35	01:36:47
112.	410	CRISTINA PASSOS	RUNNING ESPINHO	5	VET F40	2	01:36:55	04:35	01:36:56
113.	141	JOAO BERNARDES	OS CARREGUEIRENSES	108	VET M40	26	01:36:57	04:35	01:37:06
114.	291	JORGE ALVES	ESCOLA ATLETISMO COIMBRA	109	VET M45	17	01:37:07	04:36	01:37:09
115.	138	RUI FARIA	CASA BENFICA FIGUEIRA FOZ	110	VET M50	11	01:37:18	04:36	01:37:18
116.	128	GONÇALO GOMES	SEM SEDE	111	SEN M	29	01:37:22	04:36	01:37:27
117.	267	JOSÉ CARLOS FORTE	INDIVIDUAL	112	VET M55	5	01:37:37	04:37	01:37:42
118.	246	SANDRO ALVES	INDIVIDUAL	113	SEN M	30	01:37:28	04:37	01:37:42
119.	433	MARTA LOBO	ASSOC. ACADÉMICA COIMBRA	6	SEN F	3	01:37:46	04:38	01:37:46
120.	330	RUI FIGUEIREDO	OS PAPA MILHAS	114	VET M35	24	01:37:39	04:37	01:37:48
121.	401	RICARDO BECHIGA	INDIVIDUAL	115	SEN M	31	01:37:00	04:35	01:37:48
122.	130	ANTÓNIO PEGO	ACDRS QUINHENDROS	116	VET M40	27	01:37:48	04:38	01:37:51
123.	251	FILIPE TOMÁS	A. C. S. MAMEDE	117	VET M70	2	01:37:59	04:38	01:38:01
124.	346	VITOR FERNANDES	INDIVIDUAL	118	VET M40	28	01:38:06	04:39	01:38:06
125.	52	JOSÉ CARLOS GOMES	LIGEIRINHOS	119	VET M55	6	01:38:05	04:38	01:38:15
126.	124	PEDRO PEJAPES	C.A. NAZARÉ	120	VET M35	25	01:38:08	04:39	01:38:15
127.	34	LUIS CARVALHEIRO	ACRM SILVEIRINHA GRANDE	121	VET M40	29	01:38:15	04:39	01:38:21
128.	192	JULIA SCHIAVON	A D RIO LARGO C ESPINHO	7	VET F35	2	01:38:23	04:39	01:38:23
129.	33	AMILCAR COSTA	ACRM SILVEIRINHA GRANDE	122	VET M45	18	01:38:18	04:39	01:38:24
130.	359	FILIPE LOPES	BIO TEAM RUN	123	VET M40	30	01:38:16	04:39	01:38:26
131.	290	JOÃO CASTRO	INDIVIDUAL	124	VET M50	12	01:38:22	04:39	01:38:26
132.	399	ALEXANDRE CONCHO	AUTO-INDUSTRIAL	125	VET M35	26	01:38:56	04:41	01:39:06

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
133.	320	LUÍS OLIVEIRA	LAMA SOLTA	126	SEN M	32	01:38:59	04:41	01:39:07
134.	207	ANTÓNIO GERALDO	O MUNDO DA CORRIDA	127	VET M60	1	01:39:02	04:41	01:39:12
135.	355	JOAO ALMADA	A.D.TRAVASSÔ	128	VET M55	7	01:39:19	04:42	01:39:19
136.	402	GASTÃO SOUSA	FIT_AT_50 CHALLENGE	129	VET M45	19	01:39:17	04:42	01:39:22
137.	254	HELENA MOURÃO	ACRSD-NAPO	8	VET F55	1	01:39:21	04:42	01:39:25
138.	148	BRUNO REI	CC FAMILY	130	SEN M	33	01:39:17	04:42	01:39:30
139.	133	TIAGO OLIVEIRA	INDIVIDUAL	131	SEN M	34	01:39:31	04:43	01:39:31
140.	186	SANDRO VILELA	AMIGOS DO DESCANSO	132	VET M40	31	01:39:24	04:42	01:39:34
141.	195	JOÃO REIS	INDIVIDUAL	133	VET M45	20	01:39:38	04:43	01:39:46
142.	132	EDUARDO RIBEIRO	ARCA	134	VET M35	27	01:39:43	04:43	01:39:55
143.	314	RUI RUSSO SANTOS	PORTO RUNNERS	135	VET M50	13	01:40:10	04:44	01:40:12
144.	41	HERNANI MARTINHO	SEM SEDE	136	VET M35	28	01:40:22	04:45	01:40:28
145.	29	PEDRO MONTEIRO	INDIVIDUAL	137	VET M35	29	01:40:29	04:45	01:40:29
146.	283	LUIS NUNES	INDIVIDUAL	138	VET M45	21	01:40:26	04:45	01:40:35
147.	189	MARIO CASQUEIRA	VILAVENTURA TRAILRUNNING	139	VET M40	32	01:40:33	04:45	01:40:39
148.	74	HEBER PIRES	PASCOALITOS A.D.BARCOUÇO	140	SEN M	35	01:40:36	04:46	01:40:43
149.	406	DAVID JESUS	PASCOALITOS AD BARCOUÇO	141	VET M35	30	01:39:41	04:43	01:40:43
150.	242	JOSÉ FERREIRA	GRUPO DESPORTIVO	142	VET M55	8	01:40:33	04:45	01:40:44
151.	177	MIGUEL VASCO	GRV	143	VET M40	33	01:40:49	04:46	01:40:49
152.	364	ANÍBAL JOSÉ DOS VAZ DE BRITO	COTAS E CODE	144	VET M35	31	01:40:47	04:46	01:40:51
153.	53	JOSÉ SIMÕES	ACDRS QUINHENDROS	145	VET M45	22	01:40:42	04:46	01:40:53
154.	268	RAISSA ROCHA	INDIVIDUAL	9	SEN F	4	01:40:52	04:46	01:40:54
155.	180	CARLOS CORDEIRO	INDIVIDUAL	146	SEN M	36	01:40:53	04:46	01:40:59
156.	213	PEDRO BUSTORFF	WOLF RUNNERS	147	VET M35	32	01:41:03	04:47	01:41:03
157.	120	PEDRO MARQUES	LAMA SOLTA	148	SEN M	37	01:41:05	04:47	01:41:13
158.	11	NUNO MARIZ	CC FAMILY	149	VET M40	34	01:41:04	04:47	01:41:16
159.	367	LEONEL RITO	HELIFLEX	150	VET M45	23	01:41:26	04:48	01:41:26
160.	245	MANUEL MARÇAL	CLUVE	151	VET M60	2	01:41:35	04:48	01:41:35
161.	247	VICTOR SILVA	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	152	VET M50	14	01:41:52	04:49	01:42:00
162.	240	CARLOS NEVES	GRUPO MARAVILHA	153	VET M35	33	01:41:44	04:49	01:42:06
163.	259	MARCELO COUTINHO	THIS SIDE UP - RUN TEAM	154	VET M45	24	01:42:06	04:50	01:42:06
164.	69	NUNO PESSOA	SALGUEIROS RUNNING	155	VET M40	35	01:41:53	04:49	01:42:07
165.	129	NELSON LOPES	FERROVIÁRIO	156	VET M35	34	01:42:24	04:51	01:42:24
166.	226	GORETI RAMOS	TUGAS ON TOUR AD	10	VET F35	3	01:42:35	04:51	01:42:35
167.	89	JOÃO SINTRA	ACRM SILVEIRINHA GRANDE	157	VET M60	3	01:42:39	04:51	01:42:45
168.	96	VITOR GOMES	CLUVE – COIMBRA	158	VET M55	9	01:42:48	04:52	01:42:48
169.	366	JOÃO CAPELÔA	HELIFLEX	159	VET M50	15	01:42:44	04:52	01:42:50
170.	142	RUI SALES	OS CARREGUEIRENSES	160	VET M50	16	01:42:46	04:52	01:42:54
171.	324	VASCO FIGUEIREDO	INDIVIDUAL	161	VET M40	36	01:42:57	04:52	01:42:57
172.	228	ANDRÉ OLIVEIRA	BAND OF RUNNERS	162	VET M35	35	01:42:48	04:52	01:43:05
173.	424	ANTÓNIO TORRÃO	INDIVIDUAL	163	VET M50	17	01:42:45	04:52	01:43:05
174.	116	PEDRO CRESPO	INDIVIDUAL	164	VET M40	37	01:43:05	04:53	01:43:05
175.	336	RUI SIMÕES	CMFF	165	VET M35	36	01:43:18	04:53	01:43:18
176.	157	JUAN AGUSTIN HERNANDEZ SANCH	GRUPO RUNNERO LOS GEBRES	166	VET M50	18	01:43:02	04:53	01:43:24

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
177.	418	JORGE ABREU	INDIVIDUAL	167	VET M55	10	01:43:34	04:54	01:43:34
178.	60	JORGE FARIA	CUMIBROA RUNNING TEAM	168	VET M40	38	01:43:34	04:54	01:43:38
179.	13	JOSÉ DUARTE	INDIVIDUAL	169	VET M35	37	01:43:46	04:55	01:43:59
180.	219	RUI ANTÓNIO GOMES	ESTRELA CAMPO DA AVIAÇÃO	170	VET M40	39	01:43:43	04:55	01:44:04
181.	276	EDIVALDO MACIEL	GRECAS	171	VET M35	38	01:44:07	04:56	01:44:09
182.	343	SELMA NAIR GONÇALVES	INDIVIDUAL	11	VET F40	3	01:44:15	04:56	01:44:19
183.	248	NUNO FONTES	FONTEX	172	VET M35	39	01:44:09	04:56	01:44:30
184.	63	FAUSTINO LANÇA	INDIVIDUAL	173	VET M40	40	01:44:24	04:56	01:44:32
185.	176	TIAGO COSTA	INDIVIDUAL	174	SEN M	38	01:44:31	04:57	01:44:35
186.	65	CARLOS ALBINO	INDIVIDUAL	175	VET M40	41	01:44:28	04:57	01:44:38
187.	20	HÉLDER FILIPE PIRES	INDIVIDUAL	176	VET M40	42	01:44:31	04:57	01:44:47
188.	344	NUNO CABEDO	INDIVIDUAL	177	VET M50	19	01:45:07	04:58	01:45:11
189.	223	PAULO SOARES	CASA DO BENFICA DEARGANIL	178	VET M35	40	01:45:17	04:59	01:45:17
190.	256	NUNO PAULINO	INDIVIDUAL	179	VET M35	41	01:45:14	04:59	01:45:37
191.	322	TIAGO ABREU	INDIVIDUAL	180	SEN M	39	01:45:28	04:59	01:45:47
192.	348	VICTOR SANTOS	INDIVIDUAL	181	VET M55	11	01:45:48	05:00	01:45:53
193.	114	LAO FIGUEIREDO	INDIVIDUAL	182	VET M35	42	01:43:17	04:53	01:45:59
194.	294	CARLOS PALAIO	VERALLIA RUNNING TEAM	183	VET M45	25	01:45:38	05:00	01:46:06
195.	31	LÍGIA CASIMIRO	CIRES RUNNING TEAM	12	VET F40	4	01:46:09	05:01	01:46:10
196.	429	RICARDO VEIGA	INDIVIDUAL	184	VET M40	43	01:46:17	05:02	01:46:17
197.	354	CARLOS MARQUES	A.D. TRAVASSÔ	185	VET M50	20	01:46:34	05:03	01:46:34
198.	414	JOÃO DIAS	INDIVIDUAL	186	VET M35	43	01:46:27	05:02	01:46:46
199.	27	HELDER SIMÕES	INDIVIDUAL	187	VET M40	44	01:46:52	05:03	01:46:52
200.	77	PEDRO PAIVA	INDIVIDUAL	188	VET M40	45	01:46:53	05:04	01:46:53
201.	356	LINO ALBANO	INDIVIDUAL	189	VET M35	44	01:46:52	05:03	01:46:56
202.	146	FERNANDO SANTOS	INDIVIDUAL	190	VET M50	21	01:46:56	05:04	01:46:59
203.	384	CARLA CARDOSO	LOVE TILES	13	VET F45	1	01:47:02	05:04	01:47:04
204.	78	MANUEL PAIVA	INDIVIDUAL	191	VET M65	1	01:47:17	05:05	01:47:17
205.	345	RENATO SANTOS	VILAVENTURA	192	VET M35	45	01:47:21	05:05	01:47:21
206.	415	RENATO MATOS	INDIVIDUAL	193	VET M45	26	01:47:24	05:05	01:47:24
207.	342	CARLOS PORTELA	INDIVIDUAL	194	VET M50	22	01:47:11	05:04	01:47:29
208.	437	RUMITCHI DE CAMPOS	FIT2RUN	195	SEN M	40	01:47:15	05:05	01:47:29
209.	173	HUGO MAROUVO	CCD CRÉD AGRICOLA MÚTUO	196	VET M35	46	01:47:16	05:05	01:47:32
210.	353	LUCAS LEITE	INDIVIDUAL	197	VET M35	47	01:47:17	05:05	01:47:35
211.	97	PAULO TRINDADE	INDIVIDUAL	198	VET M50	23	01:47:12	05:04	01:47:40
212.	307	PEDRO FREITAS	VERALLIA RUNNING TEAM	199	VET M35	48	01:47:52	05:06	01:47:52
213.	164	BRUNO GASPAS	INDIVIDUAL	200	VET M35	49	01:47:54	05:06	01:47:54
214.	217	PEDRO ROCHA	WOLF RUNNERS	201	VET M40	46	01:47:57	05:07	01:47:57
215.	413	PAULA VIDAS	COIMBRA TRAIL RUNNING	14	VET F50	1	01:48:00	05:07	01:48:00
216.	365	FILIPE GAISITA	INDIVIDUAL	202	SEN M	41	01:48:13	05:07	01:48:13
217.	479	PAULO LOPES	CLUBE DO PE TORTO	203	VET M40	47	01:47:52	05:06	01:48:13
218.	358	PAULO MARTINS	BIO TEAM RUN	204	VET M50	24	01:48:12	05:07	01:48:18
219.	209	FERNANDO FONSECA	O MUNDO DA CORRIDA	205	VET M55	12	01:48:21	05:08	01:48:21
220.	153	JOAO BERNARDO	INDIVIDUAL	206	VET M40	48	01:48:24	05:08	01:48:24

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
221.	122	MANEL CRUZ	INDIVIDUAL	207	SEN M	42	01:48:27	05:08	01:48:27
222.	431	PAULO CORREIA	TÁLENTO BEIRÃO	208	VET M40	49	01:48:39	05:09	01:48:39
223.	403	RICARDO PEREIRA	GRVILAVERDENSE	209	SEN M	43	01:48:46	05:09	01:48:46
224.	286	BRUNO PORTELADA	TÁLENTO BEIRÃO	210	VET M40	50	01:48:49	05:09	01:48:49
225.	280	RUI ABRANTES	INDIVIDUAL	211	VET M40	51	01:48:49	05:09	01:48:49
226.	118	JOÃO SANTOS	INDIVIDUAL	212	VET M35	50	01:48:39	05:09	01:48:59
227.	218	FERNANDO CORREIA	CORRER VISEU	213	VET M45	27	01:48:54	05:09	01:49:10
228.	421	EMANUEL JOSÉ	BIO TEAM RUN	214	VET M35	51	01:49:10	05:10	01:49:20
229.	181	DANIEL CASTELEIRA	LEÕES DA FLORESTA	215	VET M45	28	01:48:56	05:09	01:49:21
230.	202	ANTÓNIO VIEIRA	INDIVIDUAL	216	SEN M	44	01:49:12	05:10	01:49:26
231.	83	NELI BARREIROS	MULHERES DA MARATONA 2019	15	VET F40	5	01:49:14	05:10	01:49:26
232.	190	RICARDO GÍRIO	CASA BENFICA ARGANIL	217	SEN M	45	01:49:33	05:11	01:49:33
233.	167	NUNO SANTOS	HELIFLEX	218	VET M35	52	01:49:15	05:10	01:49:35
234.	332	PAULO FERNANDES	GDI	219	VET M45	29	01:49:24	05:11	01:49:37
235.	178	JAN BAKSTEEN	INDIVIDUAL	220	VET M45	30	01:49:19	05:10	01:49:40
236.	347	ÓSCAR FIGUEIREDO	INDIVIDUAL	221	VET M40	52	01:49:30	05:11	01:49:43
237.	287	RUI FERNANDES	TEROMOVIGO/CASAPÃO/A.D.S.	222	VET M50	25	01:49:23	05:11	01:49:49
238.	126	NUNO ALMEIDA	INDIVIDUAL	223	VET M40	53	01:49:49	05:12	01:49:49
239.	310	FAUSTO CARVALHO	VERALLIA RUNNING TEAM	224	VET M60	4	01:49:52	05:12	01:49:52
240.	442	IETE GONÇALVES	INDIVIDUAL	16	VET F45	2	01:49:45	05:12	01:49:54
241.	316	CLÁUDIA BICO	CCD PM CASCAIS	17	VET F35	4	01:49:51	05:12	01:49:54
242.	315	PAULO OLIVEIRA	CCD PM CASCAIS	225	VET M45	31	01:49:51	05:12	01:49:54
243.	371	JORGE RAMOS	INDIVIDUAL	226	VET M60	5	01:49:54	05:12	01:49:54
244.	80	ANDRÉ PINTO	INDIVIDUAL	227	SEN M	46	01:49:50	05:12	01:49:56
245.	66	PEDRO ELIAS	INDIVIDUAL	228	VET M50	26	01:49:48	05:12	01:50:03
246.	271	ANA CAVACAS	ELIS	18	VET F45	3	01:50:08	05:13	01:50:08
247.	376	JOÃO LOPES	INDIVIDUAL	229	VET M45	32	01:50:24	05:13	01:50:24
248.	284	ANA PORTO	DCI PEDRULHA - MEALHADA	19	VET F35	5	01:50:14	05:13	01:50:27
249.	58	JOÃO SEIÇA	INDIVIDUAL	230	VET M35	53	01:50:24	05:13	01:50:45
250.	446	PAULO AZEVEDO	INDIVIDUAL	231	VET M45	33	01:50:22	05:13	01:50:45
251.	39	NUNO SANTOS	SEM SEDE	232	SEN M	47	01:50:39	05:14	01:50:45
252.	191	JOÃO CAVADAS	LÁGRIMAS TEAM	233	VET M50	27	01:50:44	05:14	01:50:54
253.	341	FRANCISCO MOREIRA	CMFF	234	VET M55	13	01:50:42	05:14	01:50:58
254.	230	PAULO MATAFOME	INDIVIDUAL	235	SEN M	48	01:51:01	05:15	01:51:01
255.	28	JOSÉ REIS	INDIVIDUAL	236	VET M50	28	01:51:26	05:16	01:51:37
256.	304	RENATO RODRIGUES	VERALLIA RUNNING TEAM	237	VET M50	29	01:51:40	05:17	01:51:44
257.	150	ANTÓNIO MARTINS	CORRER VISEU	238	VET M40	54	01:51:28	05:17	01:51:44
258.	198	RUI FEIJÃO	SALDO VÁLIDO	239	VET M45	34	01:51:40	05:17	01:51:49
259.	199	FERNANDO LOPES	SALDO VÁLIDO	240	VET M50	30	01:51:41	05:17	01:51:49
260.	443	GERMANO BERNARDO	PRAZER DA CORRIDA	241	VET M60	6	01:51:51	05:18	01:51:51
261.	175	ROSA GUARDÃO	ACDRS QUINHENDROS	20	VET F45	4	01:51:42	05:17	01:51:52
262.	30	VIRGÍLIO NETO	CASA DO BENFICA CONDEIXA	242	VET M40	55	01:52:26	05:19	01:52:30
263.	166	JOÃO NUNES	INDIVIDUAL	243	VET M45	35	01:52:25	05:19	01:52:34
264.	179	DIRK BAKSTEEN	INDIVIDUAL	244	VET M45	36	01:52:19	05:19	01:52:38

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
265.	194	GONÇALO MARTINS	INDIVIDUAL	245	SEN M	49	01:52:31	05:20	01:52:59
266.	260	ANTONIO TAFULA	INDIVIDUAL	246	VET M70	3	01:53:00	05:21	01:53:09
267.	329	MANUEL TAVARES	OS PAPA MILHAS	247	VET M45	37	01:52:59	05:21	01:53:17
268.	211	JOSÉ CARDOSO	INDIVIDUAL	248	VET M45	38	01:53:10	05:21	01:53:24
269.	400	LEONEL CONCHO	AUTO-INDUSTRIAL	249	VET M40	56	01:53:15	05:22	01:53:26
270.	266	MANUEL MONTEIRO	INDIVIDUAL	250	SEN M	50	01:53:36	05:23	01:53:36
271.	435	CARLOS PEDRO	JOÃO SILVA ATLETISMO CCR PRAIA DE MIRA	251	VET M45	39	01:53:49	05:23	01:54:02
272.	331	NUNO ROQUE	OS PAPA MILHAS	252	VET M45	40	01:53:50	05:23	01:54:10
273.	334	ZÉ SANDINHA	INDIVIDUAL	253	VET M40	57	01:50:23	05:13	01:54:23
274.	101	PEDRO GÍRIO	CASA BENFICA ARGANIL	254	VET M35	54	01:54:26	05:25	01:54:26
275.	229	SARA CARVALHO	ARCD- VENDA DA LUÍSA	21	SEN F	5	01:54:17	05:25	01:54:26
276.	76	BÁRBARA RITA ABREU	MULHERES DA MARATONA 2019	22	SEN F	6	01:54:20	05:25	01:54:34
277.	117	RITA ROCHA	MULHERES DA MARATONA 2019	23	VET F40	6	01:54:21	05:25	01:54:34
278.	393	GUSTAVO VEIGA	AUTO-INDUSTRIAL	255	SEN M	51	01:54:31	05:25	01:54:46
279.	201	RICARDO SANTOS	BIO TEAM RUN	256	VET M35	55	01:54:50	05:26	01:54:50
280.	182	RICARDO FONTE	CANIANOS	257	VET M40	58	01:54:55	05:26	01:54:55
281.	125	JOSÉ NOGUEIRA	C.A. NAZARÉ	258	VET M45	41	01:54:59	05:27	01:54:59
282.	87	RUI ALVES	AZA-AZAMBUJA COM ALMA	259	VET M40	59	01:55:02	05:27	01:55:10
283.	423	JOSÉ RIBA	INDIVIDUAL	260	VET M50	31	01:54:57	05:26	01:55:16
284.	48	HELDER CUNHA	SC POVOENSE	261	SEN M	52	01:55:05	05:27	01:55:18
285.	47	ANA REIS	SC POVOENSE	24	SEN F	7	01:55:07	05:27	01:55:19
286.	106	PAULO GONÇALVES	INDIVIDUAL	262	VET M40	60	01:55:02	05:27	01:55:26
287.	18	FIRMINO MENDES	MONTANHA CLUB/EFAPEL	263	VET M55	14	01:55:41	05:29	01:55:41
288.	115	PEDRO HENRIQUES	INDIVIDUAL	264	VET M40	61	01:55:42	05:29	01:55:42
289.	383	LUIS PATO	RECREIO DESPORTIVO DE ÁGUEDA	265	VET M40	62	01:55:51	05:29	01:56:02
290.	111	MARGARIDA GONÇALVES	ASES DE AROUCA	25	VET F35	6	01:56:02	05:30	01:56:04
291.	109	ROSÁLIA SOUZA	ASES DE AROUCA	26	VET F35	7	01:56:02	05:30	01:56:05
292.	110	HUGO VALQUARESMA	ASES DE AROUCA	266	SEN M	53	01:56:03	05:30	01:56:05
293.	289	HENRIQUE SIMÕES	CMFF	267	VET M35	56	01:56:00	05:29	01:56:10
294.	170	NELSON BORGES	AMIGOS DO DESCANSO	268	SEN M	54	01:56:02	05:30	01:56:10
295.	444	RICARDO PITA	INDIVIDUAL	269	VET M35	57	01:55:43	05:29	01:56:10
296.	273	FERNANDO BANCA	WIKABOO	270	VET M40	63	01:55:58	05:29	01:56:15
297.	411	MANUELA SOUSA	RUNNING ESPINHO	27	VET F50	2	01:56:22	05:30	01:56:22
298.	360	JOÃO PAULO TONDELA	INDIVIDUAL	271	VET M50	32	01:56:04	05:30	01:56:27
299.	261	SÓNIA DIAS	INDIVIDUAL	28	SEN F	8	01:56:04	05:30	01:56:27
300.	51	ROSA LÍDIA SILVA	LIGEIRINHOS	29	VET F45	5	01:56:14	05:30	01:56:35
301.	121	PEDRO PEREIRA	INDIVIDUAL	272	VET M55	15	01:56:42	05:31	01:56:46
302.	405	RODRIGO SILVA	AMIGOS DO DESCANSO	273	SUB 23 M	1	01:56:45	05:32	01:56:53
303.	134	FÁBIO PEREIRA	INDIVIDUAL	274	SEN M	55	01:56:40	05:31	01:56:54
304.	171	TIAGO CARDOSO	AMIGOS DO DESCANSO	275	SEN M	56	01:56:51	05:32	01:57:00
305.	428	CARLOS LOBO	INDIVIDUAL	276	VET M55	16	01:56:53	05:32	01:57:02
306.	407	ALVARO VAZ	COMPORTO	277	VET M60	7	01:57:37	05:34	01:57:37
307.	391	ALEXANDRE LINDOTE	INDIVIDUAL	278	VET M40	64	01:57:13	05:33	01:57:39
308.	350	SÉRGIO MANUEL	CANIANOS	279	VET M35	58	01:57:28	05:34	01:57:42

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
309.	56	SERAFIM SOUSA	CAL - CLUBE ATLETISMO DE LAMAS	280	VET M50	33	01:57:49	05:35	01:57:49
310.	363	PAULO PINTO	"OS QUARTAS RUNNING GROUP"	281	VET M45	42	01:57:30	05:34	01:57:58
311.	349	RICARDO PEREIRA	INDIVIDUAL	282	VET M35	59	01:57:48	05:35	01:58:02
312.	275	ANTÓNIO CASTANHEIRA	INDIVIDUAL	283	VET M40	65	01:57:59	05:35	01:58:15
313.	326	PEDRO ROQUE	OS PAPA MILHAS	284	VET M50	34	01:58:04	05:35	01:58:27
314.	174	PEDRO VIEIRA	INDIVIDUAL	285	VET M35	60	01:58:30	05:37	01:58:30
315.	480	ERMERALDA FIUZA	FIGUEIRA KAYAK CLUBE	30	VET F50	3	01:58:27	05:36	01:58:34
316.	378	DAVID COSTA	AUTO-INDUSTRIAL	286	SEN M	57	01:58:44	05:37	01:58:44
317.	357	VÍTOR TOMÁS	BIO TEAM RUN	287	VET M40	66	01:58:44	05:37	01:58:44
318.	105	JORGE PINHEIRO	INDIVIDUAL	288	VET M35	61	01:59:15	05:39	01:59:15
319.	288	FERNANDO LOURENÇO	TEROMOVIGO/CASAPÃO/A.D.S.	289	VET M45	43	01:59:00	05:38	01:59:24
320.	147	ROBERTO FERREIRA	INDIVIDUAL	290	VET M35	62	01:59:26	05:39	01:59:31
321.	67	PAULO COSTA	AZURIBIKE MANGUALDE TEAM	291	VET M40	67	01:59:22	05:39	01:59:36
322.	123	ALEXANDRE LAVADO	INDIVIDUAL	292	VET M55	17	01:59:35	05:40	01:59:41
323.	427	JORGE PIMPÃO	INDIVIDUAL	293	VET M45	44	01:59:46	05:40	01:59:46
324.	385	MIGUEL RODRIGUES	INDIVIDUAL	294	VET M35	63	01:59:46	05:40	01:59:46
325.	137	ARMANDO DELGADO	CASA BENFICA FIGUEIRA FOZ	295	VET M60	8	01:59:58	05:41	02:00:06
326.	23	MARIA JOSE ALMEIDA	INDIVIDUAL	31	VET F55	2	02:00:23	05:42	02:00:23
327.	352	FÁBIO CRUZ	INDIVIDUAL	296	VET M50	35	02:00:27	05:42	02:00:39
328.	390	ANTÓNIO DIAS	INDIVIDUAL	297	VET M60	9	02:00:40	05:43	02:00:58
329.	196	RICARDO BATISTA	INDIVIDUAL	298	VET M40	68	02:00:50	05:43	02:00:58
330.	285	NUNO CABRAL	INDIVIDUAL	299	VET M45	45	02:01:19	05:45	02:01:34
331.	206	CÉU SANTOS	O MUNDO DA CORRIDA	32	VET F55	3	02:02:26	05:48	02:02:26
332.	144	HELIO REIS	OS CARREGUEIRENSES	300	VET M40	69	02:02:02	05:47	02:02:26
333.	135	ANDREIA ALVES	INDIVIDUAL	33	SEN F	9	02:03:23	05:50	02:03:23
334.	155	UBALDO SANCHEZ	GRUPO RUNERO LOS GEBRES	301	VET M45	46	02:03:01	05:49	02:03:24
335.	40	SILVIU STEFAN	SEM SEDE	302	SEN M	58	02:03:33	05:51	02:04:36
336.	88	JOAO MIRANDA	RUN 4 FUN	303	VET M45	47	02:04:08	05:53	02:04:37
337.	389	AVELINO FERNANDES	CPR A-DO-BARBAS	304	VET M45	48	02:04:29	05:54	02:04:44
338.	14	EDUARDO AMORIM	INDIVIDUAL	305	VET M45	49	02:05:57	05:58	02:06:12
339.	24	ANTONIO TEIXEIRA	INDIVIDUAL	306	VET M50	36	02:05:53	05:58	02:06:19
340.	26	LUIS FERREIRA	INDIVIDUAL	307	VET M50	37	02:05:54	05:58	02:06:20
341.	73	MARCO APARÍCIO	RUN E BOTA-ABAIXO	308	VET M40	70	02:06:20	05:59	02:06:20
342.	143	PEDRO ANTUNES	OS CARREGUEIRENSES	309	VET M40	71	02:06:16	05:59	02:06:39
343.	232	JOSÉ LUCAS	INDIVIDUAL	310	VET M70	4	02:06:44	06:00	02:06:44
344.	44	RUI AZEVEDO	INDIVIDUAL	311	VET M45	50	02:06:23	05:59	02:06:49
345.	328	SANDRA MACHADO	OS PAPA MILHAS	34	VET F45	6	02:06:28	05:59	02:06:50
346.	379	FRANCISCO MENDES	AUTO-INDUSTRIAL	312	VET M40	72	02:06:46	06:00	02:06:51
347.	408	RICARDO PINHO	INDIVIDUAL	313	VET M45	51	02:06:37	06:00	02:06:52
348.	21	CARLOS BARROSO	GARCIATEAM	314	VET M50	38	02:06:38	06:00	02:06:52
349.	183	EDUARDO NEIRA	INDIVIDUAL	315	VET M40	73	02:06:38	06:00	02:07:07
350.	59	CARLOS MENDES	CUMIBROA RUNNING TEAM	316	SEN M	59	02:07:31	06:02	02:07:35
351.	71	TÂNIA LAGES	RUN E BOTA-ABAIXO	35	VET F35	8	02:07:37	06:02	02:07:52
352.	72	SUZANA MALHA	RUN E BOTA-ABAIXO	36	VET F45	7	02:07:38	06:03	02:07:53

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
353.	154	ELENA COLINO	GRUPO RUNERO LOS GEBRES	37	VET F45	8	02:07:55	06:03	02:08:21
354.	281	JESUS GRAGERA	INDIVIDUAL	317	VET M60	10	02:08:29	06:05	02:08:29
355.	425	VASCO MEDEIROS	INDIVIDUAL	318	VET M35	64	02:08:27	06:05	02:08:46
356.	234	MANUELA REAL	EFCCA	38	VET F50	4	02:08:23	06:05	02:08:47
357.	327	RUI FERREIRA	OS PAPA MILHAS	319	VET M45	52	02:08:52	06:06	02:08:52
358.	380	HENRIQUE COSTA	AUTO-INDUSTRIAL	320	VET M55	18	02:08:45	06:06	02:09:00
359.	107	JOÃO LUIS SANTOS	LENTOS E PARADOS	321	VET M45	53	02:08:47	06:06	02:09:11
360.	220	VERA BARATA	ESTRELA CAMPO AVIAÇÃO	39	VET F35	9	02:09:35	06:08	02:09:58
361.	323	ANABELA FIGUEIREDO	INDIVIDUAL	40	VET F40	7	02:10:14	06:10	02:10:14
362.	61	ANABELA MONTEIRO	CUMIBROA RUNNING TEAM	41	VET F45	9	02:10:48	06:12	02:10:48
363.	263	MARIA JOÃO PEREIRA	GRUPO MARAVILHA	42	VET F40	8	02:10:34	06:11	02:10:53
364.	262	RAFAEL BRONZE	GRUPO MARAVILHA	322	VET M40	74	02:10:35	06:11	02:10:53
365.	351	SÓNIA MAMEDE	INDIVIDUAL	43	SEN F	10	02:11:45	06:14	02:12:04
366.	237	SANDRA SIMÕES	ARCD VENDA DA LUISA	44	VET F40	9	02:13:49	06:20	02:13:59
367.	54	GERHARD DOPPLER	ADM ORI MONDEGO	323	VET M45	54	02:15:38	06:25	02:15:57
368.	388	RICARDO FANGUEIRO	INDIVIDUAL	324	VET M40	75	02:16:52	06:29	02:17:04
369.	162	FÁTIMA GRAMAXO	INDIVIDUAL	45	VET F35	10	02:16:54	06:29	02:17:12
370.	426	CARLA RAMOS	INDIVIDUAL	46	SEN F	11	02:18:00	06:32	02:18:00
371.	321	NADINE LOUREIRO	INDIVIDUAL	47	SEN F	12	02:19:39	06:37	02:19:59
372.	317	MÓNICA MENANO	INDIVIDUAL	48	VET F40	10	02:19:40	06:37	02:19:59
373.	274	DIANA PEREIRA	WIKABOO	49	VET F35	11	02:19:55	06:37	02:20:12
374.	392	MARIA CUNHA	AUTO-INDUSTRIAL	50	VET F50	5	02:20:26	06:39	02:20:52
375.	193	FÁBIO VAZ	INDIVIDUAL	325	SEN M	60	02:22:43	06:45	02:23:10
376.	272	NOÉMIA MARTINHO	ELIS	51	VET F50	6	02:22:54	06:46	02:23:18
377.	387	CARLOS CARVALHO	AJF ZAMBUJAL	326	VET M35	65	02:29:25	07:04	02:29:45
378.	221	JOANA GANTE	SOURE MOV	52	SEN F	13	02:33:51	07:17	02:34:05
379.	398	JOÃO BRAGA	AUTO-INDUSTRIAL	327	SEN M	61	02:36:10	07:24	02:36:40
380.	204	ALEXANDRE ALMEIDA	OS QUARTAS	328	VET M45	55	02:37:39	07:28	02:37:39
381.	205	ANA CASTRO	OS QUARTAS	53	SEN F	14	02:37:39	07:28	02:37:39
382.	308	JOÃO BRAGA CRUZ	RUNFIGUEIRA	329	VET M45	56	02:38:06	07:29	02:38:06
383.	417	LUIS SILVA	INDIVIDUAL	330	VET M35	66	02:42:28	07:42	02:42:28