

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
7016	1	André Silva	M-Seniores	Águias De Alvelos	00:31:54.760	00:31:54.760
4406	2	José Pires	M-Seniores	Sociedade Recreio Capanense	00:32:07.880	00:32:05.913
7018	3	João Ferreira	M-Seniores	Individual	00:32:27.763	00:32:27.763
4195	4	Jose Pereira	M-V35	Individual	00:32:41.513	00:32:39.826
4413	5	Ricardo Castro	M-V35	Sociedade Recreio Capanense	00:34:54.520	00:34:49.860
4218	6	Diogo Miguéis	M-Seniores	Individual	00:34:58.270	00:34:56.073
4589	7	Henrique Pires	M-Seniores	Individual	00:35:31.353	00:35:29.283
4189	8	Carlos Oliveira	M-V45	Individual	00:35:33.027	00:35:30.477
4081	9	Pedro Torres	M-Seniores	Individual	00:35:35.770	00:35:23.880
4621	10	Patrício Castro	M-V40	N.A.Taipas	00:36:26.267	00:36:22.790
4611	11	Joaquim Pacheco	M-V45	N.A.Taipas	00:36:38.517	00:35:44.787
4592	12	Alberto Silva	M-V45	Individual	00:36:42.267	00:36:42.267
4232	13	Fernando Almeida	M-V45	Runpenafiel	00:37:03.767	00:37:00.184
4171	14	Paulo Figueiredo	M-V40	Individual	00:37:31.520	00:37:29.090
4416	15	Victor Martins	M-V40	Sociedade Recreio Capanense	00:37:44.027	00:37:41.614
4481	16	Francisco Pereira	M-Seniores	Vitaprimum	00:37:47.520	00:37:26.327
7017	17	Jéssica Pontes	F-Seniores	Liberdade Fc	00:37:56.087	00:37:56.087
4109	18	Libório Vilela	M-V35	Tsunami Team	00:38:09.270	00:38:02.733
4591	19	Fernando Pereira	M-V50	Individual	00:38:12.777	00:38:09.340
4224	20	Daniel Monteiro	M-Seniores	Academia Fernanda Ribeiro	00:38:31.080	00:38:28.097
4290	21	Estêvão Gonçalves	M-V40	Individual	00:38:32.527	00:38:28.384
4533	22	Francisco Tomas	M-V40	Chrismel- Produtos Apícolas Vila Real	00:38:32.773	00:38:27.840
4486	23	André Neves	M-V35	Individual	00:38:45.020	00:38:40.287
4135	24	Daniel Torres	M-Seniores	Individual	00:38:52.520	00:38:34.093
4897	25	Cátia Costa	F-Seniores	Individual	00:38:52.577	00:38:49.920
4108	26	José Santos	M-V50	Tsunami Team	00:39:05.283	00:38:59.110
4199	27	José Figueiredo	M-V50	Individual	00:39:12.273	00:39:06.946
4094	28	Eugénio Fernandes	M-Seniores	Individual	00:39:15.617	00:38:57.384
4425	29	David Silva	M-V35	Tsunami Team	00:39:24.780	00:39:18.203
4172	30	Tiago Carvalho	M-Seniores	Individual	00:39:26.023	00:39:22.646
4392	31	Miguel Queirós	M-V35	Opraticante.Pt / A. D. Amarante Atletismo	00:39:33.330	00:39:25.653
4394	32	Adão Mendes	M-V40	Sociedade Recreio Capanense	00:39:38.273	00:39:09.650
4408	33	Luís Vilela	M-V55	Sociedade Recreio Capanense	00:39:41.273	00:39:34.276
4157	34	António Vieira	M-V60	Individual	00:39:49.027	00:39:46.687
4003	35	Rui Carneiro	M-Seniores	Individual	00:39:51.027	00:39:47.270
4544	36	José Pedrosa	M-V40	Individual	00:39:52.273	00:39:38.560
4100	37	Ramiro Ribeiro	M-V35	Individual	00:40:24.777	00:39:48.104
4111	38	Nelson Almeida	M-Seniores	Tsunami Team	00:40:47.777	00:40:41.247
4107	39	José Sotelo	M-V40	Tsunami Team	00:40:48.777	00:40:41.487
4824	40	João Antunes	M-V40	Estúdio F&M	00:40:59.027	00:40:29.480
4684	41	Pedro Fernandes	M-Seniores	Individual	00:41:01.560	
4112	42	Octavio Oliveira	M-V35	Tsunami Team	00:41:16.277	00:41:09.700
4412	43	René Texeira	M-V50	Sociedade Recreio Capanense	00:41:17.527	00:41:12.490
4450	44	Nuno Fernandes	M-Seniores	Individual	00:41:39.027	00:41:29.620
4410	45	Miguel Novais	M-Juniores	Sociedade Recreio Capanense	00:42:02.060	00:41:06.403

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
4098	46	Diogo Cunha	M-Juniores	Individual	00:42:14.987	00:40:46.220
4593	47	Miguel Pereira	M-Seniores	Individual	00:42:17.537	00:42:12.377
4582	48	António Machado	M-V45	Individual	00:42:39.790	00:42:09.550
4616	49	Lurdes Pereira	F-Seniores	N.A.Taipas	00:42:47.280	00:42:43.253
4694	50	Jorge Barbosa	M-V40	Individual	00:42:48.287	00:42:17.320
4522	51	Ana Martins	F-Seniores	Acr Cambra	00:42:48.803	00:42:28.846
4142	52	Paulo Guimaraes	M-V40	Individual	00:42:56.280	00:42:44.970
4133	53	João Leite	M-Seniores	Individual	00:42:56.280	00:41:45.607
4383	54	Américo Magalhães	M-V40	Paredes Aventura	00:43:08.530	00:42:55.883
4627	55	Maurício Ferreira	M-V40	Individual	00:43:20.280	00:42:30.340
4229	56	Helder Pereira	M-V35	Individual	00:43:23.797	00:42:33.180
4513	57	Marco Ferreira	M-Seniores	Individual	00:43:28.530	00:42:55.673
4407	58	José Carvalho	M-V45	Sociedade Recreio Capanense	00:43:47.297	00:42:50.940
4527	59	Filipe Silva	M-Seniores	Individual	00:43:47.533	00:43:42.256
4361	60	Joaquim Faria	M-V50	Vitória Sport Clube	00:43:49.040	00:43:27.797
4372	61	João Gonçalves	M-Seniores	Individual	00:43:57.533	00:42:49.860
4424	62	Andreia Santos	F-Seniores	Tsunami Team	00:44:17.790	00:44:05.240
4499	63	André Moreira	M-Seniores	Individual	00:44:27.073	00:44:04.733
4739	64	Lucas Afonso	M-Seniores	Miegsi	00:44:29.037	00:43:16.810
4138	65	Fernando Rodrigues	M-V50	Individual	00:44:32.787	00:44:09.577
4428	66	João Machado	M-Seniores	Individual	00:44:38.290	00:43:48.880
4666	67	Vitor Pinto	M-V45	Individual	00:44:40.283	00:43:58.350
4464	68	José Pinheiro	M-Seniores	Miegsi	00:44:50.533	00:43:32.033
4353	69	Jose Dias	M-V40	Individual	00:44:55.037	
4567	70	Miguel Freitas	M-V40	Individual	00:44:57.037	00:44:15.107
4359	71	António Marques	M-V50	Vitória Sport Clube	00:45:01.290	00:44:43.017
4237	72	Paulo Freitas	M-V40	Individual	00:45:16.037	00:44:23.540
4742	73	Daniel Calvão	M-Seniores	Individual	00:45:20.287	00:43:54.777
2250	74	Franklin Reis	M-V50	Individual	00:45:22.287	00:45:18.680
4292	75	João Costa	M-Juniores	Individual	00:45:28.793	00:44:39.673
4509	76	Paulo Sampaio	M-Seniores	Guimarrunning Moscada	00:45:30.287	00:44:51.037
4526	77	Hélder Oliveira	M-Seniores	Individual	00:45:36.787	
4571	78	Daniel Guerra	M-V35	Individual	00:45:38.037	00:43:51.084
4201	79	Pedro Necho	M-V40	Individual	00:45:42.037	00:45:22.154
4605	80	Adélio Marques	M-V40	N.A.Taipas	00:45:42.287	00:43:50.470
4562	81	António Loureiro	M-V45	Zim	00:45:45.793	00:44:54.613
4132	82	Helder Machado	M-Seniores	Individual	00:45:47.287	00:45:22.620
4291	83	Pedro Marques	M-Seniores	Individual	00:45:50.537	00:45:45.124
4563	84	José Silva	M-V50	Zim	00:45:50.707	00:45:00.177
4646	85	Cristiano Macedo	M-Seniores	Habitus Gym	00:45:51.787	00:43:49.357
4796	86	Nelson Teixeira	M-Seniores	Individual	00:45:57.537	00:44:55.387
4737	87	Tiago Pinto	M-Seniores	Individual	00:45:58.793	00:45:32.796
4541	88	Filipe Silva	M-Seniores	Individual	00:46:03.787	00:43:49.827
4411	89	Orlando Pinto	M-V45	Sociedade Recreio Capanense	00:46:05.287	00:45:49.430
4393	90	Marçal Mendes	M-Seniores	Ajvermil	00:46:06.037	00:45:12.390

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
4707	91	Rui Azevedo	M-Seniores	Individual	00:46:07.540	00:45:18.593
4633	92	Ricardo Ferreira	M-Seniores	Individual	00:46:12.287	00:44:35.750
4752	93	José Silva	M-V35	Individual	00:46:14.520	
4734	94	Renato Mendes	M-V35	Riofit	00:46:15.040	00:45:29.093
4906	95	Pedro Bessa	M-Seniores	Individual	00:46:23.787	00:45:35.234
4399	96	Bruno Gomes	M-Juniores	Sociedade Recreio Capanense	00:46:25.037	00:46:04.477
4275	97	João Pereira	M-V40	Individual	00:46:32.287	00:45:20.934
4066	98	Joao Vale	M-Seniores	Umrnners	00:46:32.787	00:46:12.754
4364	99	Albino Bento	M-V50	Travassós Running	00:46:35.047	00:45:44.697
4709	100	Rui Carvalho	M-Seniores	Individual	00:46:36.037	00:45:10.820
4226	101	Jose Fernandes	M-V35	Individual	00:46:39.303	
4409	102	Manuela Bento	F-V50	Sociedade Recreio Capanense	00:46:39.790	00:46:33.910
4401	103	Cristina Carneiro	F-V40	Sociedade Recreio Capanense	00:46:39.790	00:46:34.303
4084	104	Nuno Pacheco	M-Seniores	Patarrolas	00:46:45.040	00:45:55.253
4221	105	Nuno Carvalho	M-Seniores	Individual	00:46:45.767	00:46:30.244
4053	106	Jose Arrifano	M-V60	Individual	00:46:50.797	00:46:41.074
4427	107	Pedro Cunha	M-Seniores	Individual	00:46:55.040	00:46:22.557
4170	108	Paulo Silva	M-V50	Individual	00:47:01.540	00:45:11.950
4273	109	Bruno Mendes	M-Seniores	Individual	00:47:04.797	00:46:16.027
4814	110	David Machado	M-Seniores	Individual	00:47:08.790	00:45:34.823
4314	111	Carlos Lopes	M-V45	Individual	00:47:15.290	00:46:48.997
4595	112	Nuno Rodrigues	M-Seniores	Individual	00:47:19.540	00:45:46.010
4838	113	Mario Faria	M-V35	Individual	00:47:27.290	00:46:58.983
4240	114	Paulo Lopes	M-Seniores	Individual	00:47:28.040	00:46:35.780
4285	115	Filipe Bento	M-V40	Individual	00:47:33.040	00:46:41.913
4404	116	João Doellinger	M-V40	Sociedade Recreio Capanense	00:47:36.040	00:47:27.250
4414	117	Sérgio Mendes	M-V40	Sociedade Recreio Capanense	00:47:37.517	00:46:56.577
4583	118	João Faria	M-V35	Individual	00:47:37.540	00:47:09.823
4182	119	Catarina Pinho	F-Seniores	Individual	00:47:38.260	
4440	120	Cristiano Castro	M-Seniores	Individual	00:47:39.293	00:46:18.530
4158	121	António Figueiredo	M-V35	Individual	00:47:40.547	00:47:26.494
4168	122	Moreira Silva	M-V60	Individual	00:47:41.790	00:47:27.227
4234	123	Nuno Duarte	M-Seniores	Individual	00:47:43.320	00:46:53.953
4245	124	João Ramos	M-V40	Individual	00:47:45.043	00:47:38.790
4289	125	Nuno Pena	M-Juniores	Individual	00:47:45.540	00:45:45.293
4288	126	David Martins	M-Juniores	Individual	00:47:45.797	00:45:45.320
4131	127	Davide Guimarães	M-Seniores	Individual	00:47:47.043	00:45:53.050
4855	128	Filipe Faria	M-V35	Família Cunha	00:47:48.790	00:45:58.540
4749	129	Armando Malvar	M-V35	Individual	00:47:49.793	00:47:00.660
4808	130	Ana Martins	F-Seniores	Individual	00:47:51.300	00:46:56.163
4177	131	Wellington Alves	M-Seniores	Individual	00:48:03.293	00:46:40.926
4754	132	João Fontão	M-Seniores	Jej	00:48:04.293	00:46:13.946
4634	133	Rui Machado	M-V35	Individual	00:48:04.800	00:47:31.190
4304	134	Miguel Azevedo	M-V35	Individual	00:48:05.293	00:47:36.056
4079	135	José Ribeiro	M-V35	Individual	00:48:06.297	00:46:11.510

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
4449	136	João Ribeiro	M-V35	Individual	00:48:07.540	00:46:56.163
4231	137	Rui Oliveira	M-V45	Individual	00:48:07.807	00:47:11.410
4741	138	José Felix	M-V40	Individual	00:48:15.793	00:46:50.290
4890	139	Bruno Vaz	M-Seniores	Individual	00:48:15.793	00:46:05.690
4362	140	Jose Rocha	M-V55	Vitória Sport Clube	00:48:18.790	00:48:00.950
4263	141	Rodrigo Almeida	M-Seniores	Individual	00:48:19.543	00:47:44.656
4899	142	José Jordão	M-V35	José Jordão	00:48:20.040	00:47:54.353
4718	143	Paulo Costa	M-V45	M. Costas Grupo	00:48:25.043	00:48:02.893
4120	144	Hélder Martins	M-Seniores	Associação Moinho De Vermoim	00:48:27.050	00:46:41.080
4537	145	Pedro Rodrigues	M-V40	Individual	00:48:27.057	00:47:29.534
4119	146	Aires Oliveira	M-V50	Associação Moinho De Vermoim	00:48:27.057	00:46:43.440
4549	147	Liliana Gonçalves	F-V35	Individual	00:48:27.577	00:48:12.487
4187	148	Francisco Pinto	M-Seniores	5.7 Crossfit Guimarães	00:48:27.753	00:47:15.076
4570	149	João Fontão	M-V35	Individual	00:48:27.800	00:48:12.157
4713	150	José Fraga	M-Seniores	Individual	00:48:27.800	00:46:40.983
4714	151	Paula Machado	F-Seniores	Individual	00:48:27.800	00:46:40.983
4745	152	Pedro Rodrigues	M-Seniores	Talho J. Rodrigues Team	00:48:28.793	00:47:07.076
4358	153	Alberto Mendes	M-V45	Vitória Sport Clube	00:48:28.797	00:48:09.940
4426	154	Pedro Duarte	M-Seniores	Individual	00:48:30.043	00:47:56.286
4258	155	Rui Macedo	M-Seniores	Individual	00:48:32.303	00:47:42.390
4485	156	Rui Serra	M-V40	Despacitas	00:48:33.810	00:48:18.563
4825	157	Jorge Rbeiro	M-Seniores	Estúdio F&M	00:48:37.300	00:48:06.773
4074	158	José Soares	M-V55	Soares	00:48:38.553	00:48:17.000
4445	159	Ricardo Costa	M-V35	Sociedade Recreio Capanense	00:48:38.553	00:47:58.380
4145	160	Nelson Abreu	M-Seniores	Individual	00:48:45.043	00:48:25.276
4451	161	Paulo Leite	M-V45	Individual	00:48:46.793	00:48:25.240
4596	162	António Andrade	M-V55	Individual	00:48:49.793	00:47:51.843
4200	163	Paulo Almeida	M-V45	Individual	00:48:51.547	00:48:44.824
4395	164	Adão Lopes	M-V50	Sociedade Recreio Capanense	00:49:01.043	00:48:20.393
4405	165	Jorge Golçalves	M-V45	Sociedade Recreio Capanense	00:49:01.293	00:48:19.170
4803	166	Tiago Gomes	M-Seniores	Maisactivorunfit	00:49:01.497	00:46:49.677
4207	167	Ana Oliveira	F-Seniores	Pepy Family	00:49:05.293	00:48:12.333
4097	168	Ana Ribeiro	F-Juniores	Individual	00:49:05.543	00:47:34.883
4744	169	Luis Lopespq	M-Seniores	Talho J. Rodrigues Team	00:49:06.257	00:47:46.784
4790	170	Manuel Fernandes	M-Seniores	Vila Ativa - S. Torcato	00:49:06.293	00:47:25.740
4815	171	Vitor Mendes	M-Seniores	Individual	00:49:08.300	00:47:44.130
4015	172	Helena Lopes	F-V40	Tribo Nr	00:49:10.047	00:48:42.327
4660	173	Rui Silva	M-V35	Individual	00:49:11.053	00:48:12.456
4470	174	Miguel Lopes	M-Seniores	Individual	00:49:13.293	00:46:59.456
4220	175	Ricardo Carvalho	M-Seniores	Individual	00:49:17.293	00:49:02.146
4296	176	Joaquim Ferreira	M-V50	Individual	00:49:20.043	
4136	177	Pedro Rocha	M-Seniores	Individual	00:49:22.043	00:47:59.476
4767	178	Isaac Ribeiro	M-V40	Estúdio 4	00:49:24.293	00:47:27.560
4247	179	Duarte Fernandes	M-V40		7679 00:49:28.547	00:48:18.600
4046	180	Rui Carvalho	M-V40	Individual	00:49:29.043	00:48:56.646

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
4538	181	Jorge Cunha	M-V35	Individual	00:49:30.797	00:48:13.927
4618	182	Manuel Oliveira	M-V50	N.A.Taipas	00:49:32.297	00:48:04.797
4733	183	José Castro	M-V45	Riofit	00:49:38.297	00:48:22.934
4813	184	Luís Freire	M-Seniores	Individual	00:49:39.297	00:47:56.137
4334	185	Carlos Oliveira	M-Seniores	Individual	00:49:39.797	00:48:35.820
4809	186	João Silva	M-Seniores	Individual	00:49:39.813	00:49:10.696
4260	187	Pedro Gonçalves	M-Seniores	Individual	00:49:45.493	00:48:35.276
4641	188	Bruno Araújo	M-Seniores	Individual	00:49:45.797	00:47:35.470
4144	189	José Araújo	M-V50	Associação Moinho De Vermoim	00:49:47.303	00:48:00.996
4837	190	Gonçalo Lopes	M-Seniores	Individual	00:49:51.303	00:49:21.686
4768	191	Jean Barbosa	M-Juniores	Estúdio 4	00:49:51.310	00:47:54.470
4419	192	José Teixeira	M-V50	Individual	00:49:54.047	00:49:06.827
4343	193	Fernando Medeiros	M-V45	Individual	00:49:54.553	00:48:43.486
4468	194	Filipe Ribeiro	M-Seniores	Individual	00:49:56.547	00:47:42.440
4663	195	Ana Teixeira	F-Seniores	Biogranel	00:49:57.547	
4759	196	Sónia Mendes	F-Seniores	Team Felgas	00:49:58.547	00:49:03.137
4854	197	Daniel Cunha	M-Juniores	Família Cunha	00:50:01.277	00:48:10.460
4603	198	Manuel Carvalho	M-V60	Individual	00:50:01.297	00:49:28.654
4188	199	Marco Carneiro	M-Seniores	Individual	00:50:02.803	00:48:52.220
4607	200	David Maia	M-V50	N.A.Taipas	00:50:03.547	00:48:36.427
4010	201	Natercia Freitas	F-V35	Individual	00:50:05.053	00:49:51.720
7015	202	Daniel Miranda	M-V40	Individual	00:50:06.307	00:48:38.237
4141	203	Hugo Sousa	M-Seniores	Individual	00:50:06.797	00:49:19.630
4082	204	Diogo Faria	M-Seniores	Patarrolas	00:50:09.547	00:49:19.554
4102	205	Tânia Ribeiro	F-Juniores	Individual	00:50:10.783	00:48:39.560
4664	206	Helena Teixeira	F-Seniores	Biogranel	00:50:12.553	00:48:37.416
4904	207	Eugénio Rodrigues	M-V55	Individual	00:50:15.303	00:49:47.716
4373	208	Ana Sereno	F-Seniores	Individual	00:50:16.807	00:47:41.494
4272	209	Maria Rodrigues	F-Seniores	Individual	00:50:19.797	00:49:52.434
4155	210	João Maia	M-Seniores	Miegsi	00:50:21.553	00:49:08.530
4852	211	Paulo Almeida	M-Seniores	Individual	00:50:21.557	00:49:52.490
4804	212	Tiago Carneiro	M-Seniores	Maisactivorunfit	00:50:22.297	00:48:48.077
4439	213	Alexandre Ribeiro	M-Seniores	Individual	00:50:25.297	00:48:50.770
4149	214	Angelo Carneiro	M-Seniores	Individual	00:50:26.047	00:48:51.880
4403	215	João Carlos	M-V50	Sociedade Recreio Capanense	00:50:27.053	00:50:17.443
4252	216	Amândio Costa	M-V45	Individual	00:50:31.547	00:49:13.264
4644	217	António Ribeiro	M-Seniores	Habitus Gym	00:50:31.797	00:48:23.317
4656	218	Tiago Machado	M-Seniores	Habitus Gym	00:50:34.987	00:48:26.120
4811	219	Jaime Gonçalves	M-V50	Individual	00:50:35.797	00:50:03.027
4061	220	Manuel Leite	M-V50	Correr Com C'Alma	00:50:38.297	00:48:58.514
4242	221	Urania Chuva	F-V40	Bio Team Run	00:50:39.487	00:50:19.240
4318	222	Joaquim Fernandes	M-V40	Individual	00:50:39.797	00:49:31.517
4556	223	Rui Costa	M-V45	Individual	00:50:40.550	00:49:27.527
4487	224	Domingos Raimundo	M-V40	Individual	00:50:42.053	00:48:53.600
4565	225	André Fernandes	M-Seniores	Individual	00:50:42.800	00:49:15.930

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
4271	226	João Almeida	M-V35	Individual	00:50:43.307	00:50:06.837
4721	227	João Cunha	M-Seniores	Play4fun	00:50:44.797	00:48:45.857
4834	228	Alcides Barros	M-V40	Erdal	00:50:46.307	00:48:47.707
4835	229	Luís Barros	M-V35	Erdal	00:50:46.547	00:48:48.144
4785	230	Armando Gonçalves	M-V40	Vila Ativa - S. Torcato	00:50:47.297	00:49:05.360
4800	231	Egídio Gomes	M-Seniores	Maisactivorunfit	00:50:48.800	00:49:14.173
4295	232	Pedro Chorão	M-V35	Individual	00:50:51.300	00:48:38.247
4528	233	Bruno Marinho	M-Seniores	Teamantime	00:50:58.307	00:49:29.587
4076	234	Miguel Teixeira	M-Seniores	Individual	00:51:03.297	00:50:01.090
4340	235	Anselmo Leite	M-V40	Individual	00:51:04.047	00:48:56.457
4706	236	João Falcão	M-Seniores	Individual	00:51:05.547	00:49:52.407
4827	237	Manuel Miranda	M-V45	Estúdio F&M	00:51:06.800	00:50:36.323
4604	238	Adão Costa	M-V50	N.A.Taipas	00:51:08.053	00:49:42.686
4770	239	Ivo Silva	M-Seniores	Something Blue	00:51:08.300	00:49:19.113
4377	240	Rogério Vara	M-V45	Individual	00:51:09.547	00:49:12.474
4156	241	Américo Oliveira	M-V45	Individual	00:51:10.047	00:49:24.610
4884	242	Gil Almeida	M-V40	Individual	00:51:10.553	00:49:26.313
4308	243	João Pinho	M-Seniores	Hipocampos De Corrida	00:51:12.083	00:49:09.833
4746	244	Sandra Rodrigues	F-Seniores	Talho J. Rodrigues Team	00:51:12.300	00:49:50.580
4807	245	Fábio Lima	M-Seniores	Individual	00:51:12.557	00:50:16.587
4366	246	Armindo Pereira	M-V50	Individual	00:51:12.807	00:49:46.354
4757	247	Isabel Oliveira	F-Seniores	Team Felgas	00:51:13.557	00:50:18.150
4473	248	Helena Ferreira	F-Seniores	Farokas	00:51:15.297	00:49:39.047
4164	249	Manuel Gomes	M-V50	Individual	00:51:16.050	00:49:28.700
4602	250	Paulo Lopes	M-Seniores	Individual	00:51:19.300	00:50:34.560
4670	251	Miguel Fernandes	M-Seniores	Foxrunners	00:51:19.807	00:49:04.840
4668	252	Carlos Areias	M-Seniores	Foxrunners	00:51:20.237	00:49:04.827
4543	253	Joaquim Marques	M-V35	Individual	00:51:23.307	00:49:51.470
4518	254	Eliseu Gomes	M-V40	Individual	00:51:26.310	00:51:17.703
4431	255	Fernando Costa	M-V45	Individual	00:51:27.050	00:50:39.310
4160	256	Eduardo Oliveira	M-V40	Individual	00:51:30.550	00:49:44.453
4198	257	Joaquim Ferreira	M-V50	Individual	00:51:30.550	00:49:42.827
4161	258	José Amaro	M-V55	Individual	00:51:31.050	00:49:51.943
4011	259	Tiago Soares	M-Juniores	Individual	00:51:31.807	00:51:10.827
4699	260	José Leite	M-V55	Individual	00:51:32.803	00:50:25.670
4614	261	José Freitas	M-V40	N.A.Taipas	00:51:36.550	00:49:43.507
4777	262	António Pinto	M-V50	Individual	00:51:38.050	00:51:02.310
4254	263	Rui Carvalho	M-V40	Individual	00:51:39.807	00:50:09.884
4067	264	Filipe Cunha	M-Seniores	Individual	00:51:43.050	00:51:02.213
4052	265	João Venes	M-V35	Individual	00:51:43.550	00:51:37.293
4594	266	Fernando Camelo	M-V55	Individual	00:51:47.800	00:51:36.307
4502	267	Antonio Fernandes	M-V45	Famfer	00:51:49.050	00:50:34.010
4653	268	Ricardo Pinto	M-V45	Habitus Gym	00:51:50.050	00:49:41.003
4868	269	Jorge Martins	M-Seniores	Individual	00:51:50.800	00:49:39.823
4725	270	Paulo Lopes	M-V45	Individual	00:51:51.053	00:51:25.803

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
4747	271	Sergio Teixeira	M-V40	Individual	00:51:53.800	00:49:45.263
4315	272	Assis Silva	M-V60	Individual	00:51:54.310	00:51:44.330
4235	273	Mário Conde	M-V60	Individual	00:51:54.550	00:50:09.087
4799	274	Barbara Garcia	F-Seniores	Maisactivorunfit	00:51:55.053	00:50:32.440
4316	275	Helena Carvalho	F-V40	Individual	00:51:56.227	00:50:26.937
4447	276	João Cunha	M-Seniores	Individual	00:51:59.307	00:50:49.440
4643	277	André Lima	M-Seniores	Habitus Gym	00:52:01.050	00:49:51.603
4781	278	Rui Silva	M-Seniores	Individual	00:52:01.307	00:50:42.780
4256	279	José Pereira	M-Seniores	Individual	00:52:05.307	00:51:23.374
4763	280	José Balinha	M-Seniores	Individual	00:52:08.300	00:50:08.647
4032	281	Sara Neves	F-Seniores	Individual	00:52:11.477	00:51:33.390
4883	282	Sofia Araújo	F-Seniores	Individual	00:52:12.303	00:50:31.496
4882	283	Sergio Araújo	M-Seniores	Individual	00:52:12.303	00:50:31.490
4194	284	Rolf Kullmann	M-V45	Fapomed Sa	00:52:19.553	00:51:21.156
4193	285	Liliana Gonçalves	F-Seniores	Fapomed Sa	00:52:19.560	00:51:20.653
4632	286	Bruno Costa	M-V35	Individual	00:52:20.050	00:50:05.810
4766	287	Helder Silva	M-V40	Estúdio 4	00:52:20.310	00:50:24.457
4802	288	Luis Araujo	M-V35	Maisactivorunfit	00:52:21.820	00:50:12.090
4693	289	Filipe Faria	M-Seniores	Individual	00:52:21.823	00:50:27.120
4697	290	Sandra Marques	F-V40	Individual	00:52:22.553	00:50:48.446
4681	291	Lino Cardoso	M-V45	Individual	00:52:23.800	00:51:09.443
4878	292	Rafael Mendes	M-Seniores	Individual	00:52:25.307	00:50:49.670
4731	293	Domingos Rodrigues	M-V55	Riofit	00:52:26.060	00:50:47.413
4369	294	Susana Aguiar	F-V35	Profisio Team	00:52:28.063	00:51:06.286
4586	295	Luis Pedro	M-Seniores	Guimarunning Moscada	00:52:29.060	00:50:45.960
4587	296	Márcia Sousa	F-V35	Guimarunning Moscada	00:52:30.730	00:52:03.063
4175	297	Angela Ferreira	F-Seniores	Individual	00:52:36.303	00:52:04.036
4769	298	Odília Esteves	F-V35	Estúdio 4	00:52:40.053	00:50:43.353
4867	299	Cristiano Fernandes	M-V40	Bolama	00:52:41.550	00:51:27.057
4907	300	António Lapa	M-Seniores	Individual	00:52:45.053	00:50:59.780
4227	301	Gabriela Gomes	F-V35	Individual	00:52:47.470	00:51:45.127
4319	302	José Pacheco	M-Seniores	Individual	00:52:49.550	00:50:41.360
4901	303	Manuel Silva	M-V60	Individual	00:52:51.553	00:51:21.633
4329	304	Elisabete Ribeiro	F-V40	Individual	00:52:51.553	00:51:40.600
4274	305	Carla Boas	F-V40	Individual	00:52:52.053	00:51:41.133
4183	306	Eduardo Ruiz	M-Seniores	Individual	00:52:59.550	00:52:17.257
4335	307	Joel Sousa	M-Seniores	Individual	00:53:00.457	00:51:46.620
4504	308	Adriana Salgado	F-Seniores	Individual	00:53:00.730	00:52:44.793
4711	309	Kevin Silva	M-Seniores	Individual	00:53:01.053	00:51:13.903
4280	310	Mariana Boçon	F-Seniores	Ribeiros	00:53:02.053	00:52:09.273
4095	311	Carla Monteiro	F-Seniores	Individual	00:53:03.553	00:51:38.333
4101	312	Rosa Sampaio	F-Seniores	Individual	00:53:07.553	00:51:37.043
4391	313	Jaime Pereira	M-V60	Opraticante.Pt / A. D. Amarante Atletismo	00:53:13.553	00:52:30.646
4092	314	João Machado	M-Seniores	Equipa Da Arlete	00:53:15.810	00:51:05.937
4090	315	Abel Almeida	M-Seniores	Equipa Da Arlete	00:53:15.813	00:51:06.290

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
4091	316	Bruno Machado	M-Seniores	Equipa Da Arlete	00:53:16.307	00:51:05.940
4674	317	Gil Castro	M-Seniores	Individual	00:53:17.803	00:51:05.193
4539	318	Jose Faria	M-Seniores	Individual	00:53:20.553	00:52:48.110
4751	319	Tiago Leite	M-Seniores	Individual	00:53:21.053	00:51:35.723
4004	320	Abel Moura	M-V60	Individual	00:53:22.803	00:52:14.570
4606	321	Carlos Ribeiro	M-V50	N.A.Taipas	00:53:23.187	00:51:55.284
4452	322	Daniel Ribeiro	M-Seniores	Individual	00:53:27.310	00:51:15.060
4585	323	José Peixoto	M-V35	Guimarunning Moscada	00:53:27.803	00:51:48.873
4173	324	Artur Cunha	M-V45	Individual	00:53:28.313	00:52:17.183
4719	325	Rosalina Costa	F-V45	M. Costas Grupo	00:53:29.310	00:53:07.160
4716	326	Francisco Varzim	M-V45	M. Costas Grupo	00:53:29.553	00:53:05.763
4588	327	Pedro Pereira	M-Seniores	Guimarunning Moscada	00:53:33.553	00:51:51.483
4323	328	Duarte Dias	M-V45	Individual	00:53:36.053	00:52:29.873
4429	329	Maria Campino	F-Seniores	Individual	00:53:40.303	00:51:21.296
4253	330	Pedro Silva	M-Seniores	Individual	00:53:41.807	00:52:05.980
4519	331	António Figueiredo	M-V45	Individual	00:53:45.557	00:52:07.164
4159	332	Carlos Campos	M-V50	Individual	00:53:46.450	00:52:00.350
4127	333	Francisco Freitas	M-Seniores	Individual	00:53:48.817	00:53:29.950
4764	334	Adriano Carvalho	M-Seniores	Estúdio 4	00:53:49.313	00:51:52.580
4514	335	Agostinho Novais	M-V35	Individual	00:53:50.553	00:52:33.450
4143	336	Rita Magalhaes	F-V35	Individual	00:53:52.307	00:53:40.637
4106	337	Luís Costa	M-Seniores	Individual	00:53:54.053	00:52:00.703
4672	338	Pedro Henriques	M-V35	Foxrunners	00:53:57.803	00:51:42.916
4648	339	Daniela Martins	F-Seniores	Habitus Gym	00:53:58.807	00:51:53.574
4671	340	Nuno Mota	M-V35	Foxrunners	00:53:59.553	00:51:45.406
4233	341	João Freitas	M-V35	Individual	00:54:02.817	00:52:57.114
4889	342	Eduardo Pereira	M-V60	Individual	00:54:04.707	00:52:16.417
7023	343	Maria Lima	F-V35	N.A.Taipas	00:54:04.820	00:52:40.190
4612	344	Joaquim Leite	M-V50	N.A.Taipas	00:54:04.827	00:52:40.254
4610	345	João Sousa	M-V45	N.A.Taipas	00:54:05.057	00:53:18.704
4134	346	Joel Dias	M-Seniores	Individual	00:54:07.563	00:52:13.570
4688	347	Fernando Marques	F-V35	Acrd Psp Runners	00:54:07.807	00:53:24.894
4640	348	José Torrinha	M-V40	Individual	00:54:12.063	00:52:38.740
4126	349	Diana Soares	F-Seniores	Soares	00:54:12.063	00:53:49.810
4698	350	Sílvia Andrade	F-Seniores	Individual	00:54:15.307	00:52:19.620
4099	351	Manuel Matos	M-V60	Individual	00:54:17.810	00:52:46.533
4351	352	João Rodrigues	M-V35	Fu Jipu Tas Kai Vemosmaxos	00:54:19.807	00:53:24.204
4331	353	Carina Matos	F-Seniores	Individual	00:54:19.960	00:52:48.290
4352	354	Pedro Oliveira	M-V40	Fu Jipu Tas Kai Vemosmaxos	00:54:20.307	
4390	355	Rui Cunha	M-V35	Individual	00:54:22.063	00:52:09.536
4727	356	Pedro Dinis	M-V40	Individual	00:54:23.557	00:53:03.827
4071	357	Miguel Pinto	M-Seniores	Individual	00:54:26.307	00:54:16.637
4070	358	Paulo Ribeiro	M-V40	Individual	00:54:28.307	00:53:29.287
4279	359	Casimiro Abreu	M-V60	Individual	00:54:28.557	00:53:19.834
4864	360	João Pereira	M-V35	Individual	00:54:32.063	00:52:22.240



Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
4057	361	Bruno Costa	M-Seniores	Individual	00:54:34.563	
4805	362	Pedro Ferreira	M-V40	Individual	00:54:40.807	00:53:38.544
4898	363	Joaquim Faria	M-Seniores	Individual	00:54:41.210	00:53:46.413
4704	364	Aventino Ribeiro	M-V40	Individual	00:54:41.563	00:54:09.733
4239	365	Mara Costa	F-Seniores	Individual	00:54:42.307	
4458	366	Eduardo Loureiro	M-V60	Individual	00:54:43.057	00:53:01.780
4262	367	Gil Ferreira	M-Seniores	Emigrantes Team	00:54:45.563	00:52:26.516
4325	368	Maria Alves	F-Seniores	Individual	00:54:45.817	00:53:39.220
4324	369	Fábio Brito	M-Seniores	Individual	00:54:45.817	00:53:39.220
4871	370	Vitor Martins	M-Seniores	Individual	00:54:45.823	00:52:31.930
4001	371	Antonio Dias	M-V45	Individual	00:54:47.313	00:53:20.313
4073	372	Ana Soares	F-Seniores	Soares	00:54:49.067	00:54:26.327
4651	373	Jorge Ribeiro	M-Seniores	Habitus Gym	00:54:50.307	00:52:47.877
4566	374	Miguel Machado	M-Seniores	Individual	00:54:51.557	00:53:24.184
4568	375	Carlos Monteiro	M-Seniores	Individual	00:54:51.807	00:53:25.497
4038	376	Luciano Rocha	M-V35	Individual	00:54:52.807	00:53:18.974
4251	377	Paulo Sá	M-V35	Individual	00:54:53.557	00:52:48.417
4784	378	António Ribeiro	M-V40	Vila Ativa - S. Torcato	00:54:55.057	00:54:19.914
4639	379	Pedro Sousa	M-V35	Individual	00:54:56.060	00:54:29.960
4430	380	Mário Gonçalves	M-V50	Individual	00:54:57.057	00:52:42.090
4726	381	Adérito Maia	M-V50	Individual	00:54:58.560	00:53:41.823
4797	382	Marlene Abreu	F-Seniores	Maisactivorunfit	00:54:58.807	00:52:46.950
4908	383	David Faria	M-Seniores	Individual	00:54:59.307	00:53:14.917
4909	384	Sérgio Diez	M-V40	Individual	00:55:00.067	00:52:47.980
4569	385	Bruno Oliveira	M-Seniores	Individual	00:55:00.560	00:54:39.223
4196	386	Jose Mendes	M-V35	Individual	00:55:02.710	00:53:45.240
4475	387	Luis Pereira	M-Seniores	Farokas	00:55:03.307	00:53:24.617
4474	388	José Ferreira	M-Seniores	Farokas	00:55:03.313	00:53:24.626
4687	389	Margarida Oliveira	F-V40	Individual	00:55:10.567	00:54:40.520
4879	390	Diogo Ribeiro	M-Seniores	Individual	00:55:11.317	00:54:00.647
4858	391	Pedro Malaínho	M-V35	Clubaf	00:55:18.307	00:53:05.654
4659	392	Pedro Piai	M-Seniores	Individual	00:55:22.817	00:53:28.860
4388	393	Carlos Sousa	M-V40	Os Coxos	00:55:23.197	00:54:36.297
4850	394	Diogo Costa	M-Seniores	Individual	00:55:24.057	00:53:04.244
4496	395	Álvaro Gonçalves	M-V40	Individual	00:55:26.567	00:54:22.884
4244	396	Carlos Fernandes	M-V45	Individual	00:55:29.307	00:53:39.317
4243	397	Afonso Teixeira	M-V35	Individual	00:55:34.060	00:53:35.690
4530	398	Filipa Gonçalves	F-Seniores	Teamantime	00:55:34.437	00:54:06.234
4609	399	João Sá	M-V60	N.A.Taipas	00:55:35.810	00:54:31.170
4462	400	Marco Almeida	M-V40	Famatugas	00:55:35.817	00:54:36.337
4463	401	Paulo Pinto	M-V40	Famatugas	00:55:36.060	00:54:36.413
4525	402	Rui Rodrigues	M-V45	Conquistadores	00:55:37.810	
4817	403	Luis Abreu	M-V40	Individual	00:55:40.310	00:55:09.410
4179	404	Fabio Silva	M-Seniores	Miegsi	00:55:43.317	00:54:27.844
4683	405	Afonso Lima	M-V35	Individual	00:55:47.957	00:55:06.787

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
4695	406	Dário Silva	M-Seniores	Individual	00:55:51.317	
4332	407	Jorge Araújo	M-Seniores	Individual	00:55:51.317	
4516	408	Nelson Silva	M-Seniores	Individual	00:55:53.307	00:54:16.107
4400	409	Conceição Oliveira	F-V45	Sociedade Recreio Capanense	00:55:54.073	00:55:30.670
4833	410	Agostinha Gonçalves	F-V45	Individual	00:55:54.073	00:55:43.100
4096	411	Rui Teixeira	M-Seniores	Individual	00:55:55.057	00:54:19.510
4600	412	José Sousa	M-V50	Individual	00:55:57.060	00:54:28.433
4078	413	Cristiano Sousa	M-Seniores	Individual	00:55:57.693	00:54:22.150
4590	414	Carlos Piairo	M-V45	Conquistadores	00:56:03.690	
4150	415	César Fernandes	M-V40	Vitória Sport Clube	00:56:04.057	00:54:21.340
4152	416	Manuel Peixoto	M-V45	Vitória Sport Clube	00:56:04.067	00:54:21.894
4529	417	Eduarda Gonçalves	F-Juniores	Teamantime	00:56:11.567	00:54:44.107
4696	418	Marco Silva	M-V35	Individual	00:56:12.807	00:53:57.977
4888	419	Cláudia Leite	F-V35	Individual	00:56:14.817	00:54:08.540
4116	420	Salvador Bras	M-V55	Individual	00:56:18.060	00:54:43.077
4031	421	Joaquim Oliveira	M-V55	Individual	00:56:19.310	00:55:33.367
4630	422	Nuno Araújo	M-V35	Individual	00:56:20.560	00:54:19.313
4631	423	Ana Ferreira	F-Seniores	Individual	00:56:20.567	00:54:19.650
4455	424	Natália Lima	F-Seniores	M&N	00:56:21.810	00:54:54.630
4782	425	Andreia Santos	F-V35	Vila Ativa - S. Torcato	00:56:24.310	00:55:12.893
4456	426	Jose Teixeira	M-V55	Individual	00:56:25.557	00:54:30.464
4601	427	Lurdes Sousa	F-V45	Individual	00:56:26.567	00:56:02.350
4093	428	Ana Monteiro	F-Seniores	Individual	00:56:28.810	00:55:03.130
4124	429	Susana Fernandes	F-V40	Individual	00:56:36.817	00:55:17.204
4515	430	Orlando Antunes	M-V45	Individual	00:56:38.060	00:56:10.043
4820	431	Julie Martins	F-Seniores	Individual	00:56:41.070	00:56:09.963
4836	432	Alexandra Gomes	F-V35	Individual	00:56:41.313	00:56:10.290
4893	433	Paulo Ribeiro	M-V45	Individual	00:56:41.320	00:56:10.297
4691	434	Ana Moura	F-Seniores	Individual	00:56:41.320	00:56:09.487
4421	435	Rose Silva	F-V35	Umrnners	00:56:42.090	00:54:37.500
4661	436	Elsa Ribeiro	F-Seniores	Individual	00:56:46.317	00:55:32.637
4355	437	Ricardo Fangueiro	M-V40	Individual	00:56:47.317	
4442	438	Vitor.Hugo Sampaio	M-Seniores	Individual	00:56:47.810	00:54:34.363
4441	439	Julio Machado	M-V35	Individual	00:56:47.810	00:54:35.053
4810	440	Ricardo Miranda	M-V40	Individual	00:56:48.337	00:54:34.220
4521	441	Sérgio Melo	M-V35	Individual	00:56:48.810	00:56:41.957
4042	442	Augusto Pacheco	M-V45	Individual	00:56:58.063	00:56:22.326
4236	443	Ana Duarte	F-V35	Individual	00:56:59.063	00:56:05.546
4457	444	Cristiana Vilas-Boas	F-Seniores	Individual	00:56:59.570	00:56:10.807
4230	445	Fernanda Lachado	F-V40	Individual	00:56:59.813	00:56:06.300
4902	446	José Fernandes	M-V60	Individual	00:57:03.310	00:55:31.863
4341	447	Isabel Nogueira	F-Seniores	Individual	00:57:04.810	00:55:11.037
4905	448	Rui Vaz	M-V35	Individual	00:57:07.817	
4363	449	Nelson Almeida	M-Seniores	Individual	00:57:07.937	00:55:14.197
4584	450	Catarina Pereira	F-Seniores	Guimarunning Moscada	00:57:12.810	00:56:43.667

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
4088	451	Alexandra Ribeiro	F-V40	Correr Com C'Alma	00:57:13.560	00:55:36.167
4114	452	Mauro Queirós	M-Seniores	Equipa Maria Clara	00:57:15.563	00:55:32.466
4553	453	Ana Nunes	F-V50	Individual	00:57:17.810	00:56:01.583
4700	454	Luis Sá	M-V45	Individual	00:57:18.813	00:55:05.093
4241	455	Sofia Mendes	F-V40	Bio Team Run	00:57:20.313	00:56:18.436
4443	456	Sandra Lopes	F-V40	Bio Team Run	00:57:21.063	00:56:18.990
4703	457	Laura Silva	F-Seniores	Umrunners	00:57:23.320	00:55:19.943
4818	458	Miguel Gonçalves	M-V35	Umrunners	00:57:24.683	00:55:18.026
4305	459	Ana Carvalho	F-V40	Hipocampos De Corrida	00:57:28.070	00:55:26.393
4489	460	Cristina Rodrigues	F-V45	Individual	00:57:30.063	00:56:48.276
4250	461	Dirceu Gonçalves	M-V35	Individual	00:57:30.573	00:55:25.096
4433	462	Elsa Moreira	F-V40	Profisio Team	00:57:36.563	00:56:16.510
4367	463	Sandra Leite	F-V35	Profisio Team	00:57:36.567	00:56:15.150
4068	464	Isália Pereira	F-V45	Individual	00:57:38.567	00:56:28.544
4783	465	Anselma Fernandes	F-V35	Vila Ativa - S. Torcato	00:57:40.817	00:56:00.487
4794	466	Vasco Meira	M-Seniores	Vila Ativa - S. Torcato	00:57:41.060	00:56:00.970
4206	467	Susana Teixeira	F-Seniores	Individual	00:57:41.813	00:56:05.980
4261	468	Daniel Ferreira	M-Seniores	Emigrantes Team	00:57:41.930	00:55:17.877
4686	469	Pedro Vieira	M-Seniores	Individual	00:57:43.190	00:56:29.723
4146	470	Maria Mendes	F-V45	Individual	00:57:44.573	00:57:09.176
4505	471	Ana Rebelo	F-V40	Individual	00:57:44.573	00:57:09.903
4597	472	Rodrigo Almeida	M-Seniores	Individual	00:57:51.067	00:56:59.487
4822	473	Bruno Oliveira	M-Seniores	Estúdio F&M	00:57:53.580	00:55:45.163
4830	474	Marco Silva	M-V35	Estúdio F&M	00:57:53.813	00:55:44.206
4129	475	Su Castro	F-V35	Castro Team	00:57:54.570	00:56:34.743
4128	476	Carlos Castro	M-V35	Castro Team	00:57:55.063	00:56:34.726
4438	477	João Gomes	M-Seniores	Velocistas	00:57:57.563	00:55:39.863
4265	478	Nuno Bento	M-V40	Individual	00:57:58.813	00:56:11.083
4083	479	Joana Cunha	F-Seniores	Patarrolas	00:58:00.313	00:57:10.080
4826	480	Jorge Silva	M-V40	Estúdio F&M	00:58:02.813	00:55:53.956
4174	481	Paulo Santos	M-Seniores	Magnussens	00:58:06.813	00:56:24.140
4310	482	Sofia Rocha	F-Seniores	Hipocampos De Corrida	00:58:08.317	00:56:05.774
4765	483	Avelino Matos	M-Seniores	Estúdio 4	00:58:08.813	00:56:11.646
4055	484	Marino Barroso	M-V50	Individual	00:58:10.580	00:56:15.970
4054	485	Marilia Barroso	F-V45	Individual	00:58:10.580	00:57:00.897
4382	486	Paulo Freitas	M-V45	Individual	00:58:10.580	00:56:16.023
4434	487	João Henriques	M-V40	Individual	00:58:10.587	00:56:15.754
4378	488	Nuno Santos	M-V35	Maisfit Runners	00:58:16.320	00:57:53.060
4266	489	José Bastos	M-V50	Individual	00:58:17.313	00:58:17.313
4060	490	Dores Barroso	F-V50	Correr Com C'Alma	00:58:19.063	00:56:39.590
4658	491	Miguel Barros	M-Seniores	Individual	00:58:20.320	00:57:07.953
4628	492	Jorge Cardoso	M-V35	Individual	00:58:20.817	00:56:52.750
4402	493	Esmeralda Pinto	F-V40	Sociedade Recreio Capanense	00:58:22.820	00:57:57.413
4903	494	Cesário Silva	M-V50	Individual	00:58:27.567	00:58:01.644
4191	495	Gilberto Oliveira	M-Seniores	Fapomed Sa	00:58:29.823	00:57:07.930

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
4059	496	Anabela Lobo	F-Seniores	Correr Com C'Alma	00:58:31.817	00:56:52.714
4490	497	Ilidio Martins	M-V55	Individual	00:58:32.317	00:58:24.494
4788	498	Ivone Fernandes	F-V35	Vila Ativa - S. Torcato	00:58:34.817	00:57:48.774
4626	499	Mariana Barros	F-Seniores	Individual	00:58:35.567	00:57:23.254
4432	500	Ana Sousa	F-Seniores	Profisio Team	00:58:41.817	00:57:20.804
4370	501	Teresa Oliveira	F-V35	Profisio Team	00:58:41.817	00:57:20.450
4678	502	Renato Antunes	M-V35	Almost Runners	00:58:45.570	00:56:44.903
4911	503	Silvia Sousa	F-Seniores	Individual	00:58:47.317	00:57:26.347
4204	504	Adriana Carvalho	F-Seniores	Individual	00:58:53.567	00:57:26.994
4508	505	Lúcia Teixeira	F-V45	Individual	00:58:54.563	00:56:47.973
4180	506	Filipe Rodrigues	M-V40	Individual	00:58:55.817	00:57:34.190
4008	507	Helder Dias	M-Seniores	Individual	00:58:57.067	00:58:35.217
4397	508	Anabela Mota	F-V50	Sociedade Recreio Capanense	00:59:05.567	00:58:41.914
4365	509	Natália Bento	F-V45	Travassós Running	00:59:05.570	00:58:42.167
4679	510	Juliana Silva	F-Seniores	Individual	00:59:13.073	00:57:02.360
4887	511	Luis Cristino	M-V40	Zim	00:59:16.317	00:57:53.984
4853	512	Alain Mendes	M-V35	Família Cunha	00:59:20.317	00:57:29.500
4701	513	Luis Costa	M-V40	Bracos	00:59:22.823	00:57:04.613
4891	514	Susana Silva	F-V40	Riofit	00:59:23.323	00:57:59.973
4545	515	Pedro Gonçalves	M-V40	Individual	00:59:24.317	00:57:12.697
4547	516	Pedro Carvalho	M-V35	Individual	00:59:26.773	00:57:15.196
4374	517	Catarina Macedo	F-Seniores	Individual	00:59:27.610	00:58:24.773
4350	518	Eduardo Gonçalves	M-Seniores	Fu Jipu Tas Kai Vemosmaxos	00:59:29.073	00:58:33.840
4840	519	José Peixoto	M-V55	Individual	00:59:29.573	00:57:56.680
4298	520	Marcio Silva	M-Seniores	Individual	00:59:36.567	00:57:36.094
4748	521	Catarina Gouveia	F-Seniores	Individual	00:59:37.567	00:58:25.884
4104	522	Isabel Gomes	F-V45	Atleticzun	00:59:37.567	00:57:56.217
4625	523	Alexandre Pereira	M-Seniores	Individual	00:59:38.067	00:57:36.537
4572	524	Eliseu Costa	M-V40	Individual	00:59:38.080	00:57:35.763
4249	525	Ariana Pereira	F-Seniores	Aves Runners	00:59:39.567	00:58:49.214
4480	526	André Costa	M-Seniores	Individual	00:59:40.567	00:58:21.980
4051	527	Bruno Rocha	M-V35	Individual	00:59:41.067	00:58:06.854
4623	528	Pedro Sousa	M-Seniores	Individual	00:59:43.567	00:57:41.647
4381	529	Rafael Freitas	M-Seniores	Individual	00:59:44.320	00:58:38.620
7024	530	Maria Abreu	F-V50	Individual	00:59:48.567	00:57:44.404
4477	531	Telma Nunes	F-Seniores	Farokas	00:59:49.067	00:58:12.474
4728	532	Gaspar Iks	M-V50	The Tree Team	00:59:50.073	00:57:57.530
4532	533	Cristina Mendes	F-V45	Chrismel- Produtos Apícolas Vila Real	00:59:50.317	00:58:37.634
4375	534	Marta Cabral	F-V40	Individual	00:59:57.067	00:58:16.874
4257	535	Leonel Martins	M-V40	Individual	00:59:58.837	00:57:46.514
4012	536	Joao Almeida	M-V40	Ca Runners	01:00:09.323	00:58:21.326
4169	537	Paula Regalado	F-V45	Individual	01:00:10.573	00:58:20.693
4162	538	Luis Gama	M-V50	Individual	01:00:11.073	00:58:20.726
4065	539	Ana Oliveira	F-Seniores	Individual	01:00:11.323	00:58:20.356
4501	540	Nuno Pinheiro	M-Seniores	Individual	01:00:12.580	00:58:56.343

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
4710	541	Pedro Varela	M-Seniores	Individual	01:00:13.327	00:56:17.560
4617	542	Manuel Macedo	M-V50	N.A.Taipas	01:00:17.327	00:58:48.560
4471	543	Mónica Abreu	F-Seniores	Individual	01:00:17.570	00:58:47.803
4657	544	Vítor Ferreira	M-Seniores	Habitus Gym	01:00:22.573	00:58:12.080
4856	545	Miguel Cunha	M-V50	Família Cunha	01:00:24.567	00:58:33.454
4344	546	Carlos Guerra	M-V35	Individual	01:00:27.320	00:59:06.683
4779	547	Jorge Silva	M-V40	Individual	01:00:36.157	00:59:17.670
4702	548	Pedro Fernandes	M-V35	Bracos	01:00:36.817	00:58:19.040
4147	549	Jose Fernandes	M-V50	Individual	01:00:37.350	00:59:13.383
4446	550	Rita Freitas	F-Seniores	Umridders	01:00:38.567	00:58:28.090
4860	551	Catarina Oliveira	F-Seniores	Individual	01:00:41.827	00:58:31.807
4154	552	Patrícia Graça	F-V35	Individual	01:00:46.577	01:00:00.357
4900	553	Margarida Jordão	F-V35	José Jordão	01:00:50.317	01:00:23.300
4002	554	Sandra Moura	F-V40	Individual	01:00:55.317	01:00:28.817
4689	555	Susana Castro	F-V40	Acrd Psp Runners	01:00:57.317	01:00:17.150
4650	556	João Dias	M-Seniores	Habitus Gym	01:01:01.820	00:58:58.740
4652	557	Lu Barbosa	F-Seniores	Habitus Gym	01:01:02.070	00:58:58.323
4613	558	Jorge Abreu	M-V60	N.A.Taipas	01:01:02.820	00:59:34.000
4148	559	Rui Bastos	M-V45	Individual	01:01:03.070	00:59:33.840
4736	560	Sónia Cabaça	F-Seniores	Riofit	01:01:03.070	00:59:40.563
4368	561	Susana Ferreira	F-Seniores	Profisio Team	01:01:03.080	
4708	562	Patrícia Varela	F-Seniores	Individual	01:01:07.333	00:57:18.160
4773	563	Maria Vinhas	F-V40	Individual	01:01:07.333	00:59:37.290
4286	564	Olga Simoes	F-V45	Individual	01:01:07.573	00:59:17.766
4089	565	Rui Ribeiro	M-V40	Correr Com C'Alma	01:01:08.820	00:59:29.043
4791	566	Maria Freitas	F-V40	Vila Ativa - S. Torcato	01:01:10.070	00:59:29.737
4792	567	Rosa Rodrigues	F-V40	Vila Ativa - S. Torcato	01:01:10.317	00:59:30.790
4064	568	Júlio Alves	M-Seniores	Individual	01:01:12.820	00:59:21.107
4017	569	Felisbela Nogueira	F-V35	Eu E Ela	01:01:15.320	00:59:24.400
4762	570	Mariamaneuella Pereira	F-V45	Individual	01:01:19.320	00:59:18.127
4016	571	António Nogueira	M-V40	Eu E Ela	01:01:19.377	
4787	572	Flora Duarte	F-V35	Vila Ativa - S. Torcato	01:01:19.750	00:59:34.260
4299	573	Paulo Araujo	M-V50	Individual	01:01:19.827	00:59:18.680
4103	574	Carla Gouveia	F-V40	Atleticzun	01:01:20.070	00:59:39.523
4300	575	Davijoão Almeida	M-Seniores	Individual	01:01:20.820	00:59:20.350
4654	576	Rui Costa	M-Seniores	Habitus Gym	01:01:22.577	00:59:11.330
4322	577	Cristina Moreira	F-V45	Individual	01:01:22.820	01:00:16.270
4284	578	Filipe Lopes	M-V35	Individual	01:01:31.570	01:00:40.327
4283	579	Ester Lopes	F-V35	Individual	01:01:31.827	01:00:40.160
4212	580	Júlia Batista	F-V50	Individual	01:01:43.827	01:00:11.570
4087	581	Sofia Gomes	F-V35	Individual	01:01:45.820	01:00:04.600
4875	582	Isabel Oliveira	F-Seniores	Individual	01:01:47.570	00:59:37.553
4676	583	Ana Antunes	F-V35	Almost Runners	01:01:51.083	00:59:50.420
4491	584	Maria Alves	F-Seniores	Individual	01:01:56.070	01:00:24.723
4877	585	Sofia Machado	F-Seniores	Foi Quase	01:01:56.077	01:00:07.167

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
4542	586	Liliana Faria	F-V35	Individual	01:01:56.320	01:00:24.977
4219	587	Cristina Lima	F-V35	Individual	01:01:56.573	01:00:25.236
4677	588	Bento Vieira	M-V35	Almost Runners	01:01:56.617	00:59:55.594
4876	589	Patricia Carvalhosa	F-Seniores	Foi Quase	01:01:57.400	01:00:07.913
4507	590	Anabela Monteiro	F-Seniores	Individual	01:01:58.073	01:00:24.150
4798	591	Ariana Cunha	F-V35	Maisactivorunfit	01:02:09.070	00:59:57.407
4278	592	Jorge Sousa	M-V50	Individual	01:02:09.570	01:00:51.483
4184	593	Antonio Miranda	M-V35	Tartarugas Velozes	01:02:11.580	00:59:58.333
4047	594	Carolina André	F-Seniores	Individual	01:02:15.570	01:00:01.940
4048	595	Diana Melhorado	F-Seniores	Individual	01:02:24.820	01:00:11.207
4548	596	Hugo Silva	M-Seniores	Individual	01:02:29.573	01:00:25.206
4190	597	Cláudia Maeiro	F-Seniores	Fapomed Sa	01:02:30.573	01:01:31.303
4573	598	João Mendes	M-V50	Individual	01:02:30.650	01:00:26.900
4912	599	Maria Rodrigues	F-Seniores	Individual	01:02:34.327	01:00:26.460
4551	600	Isabel Martins	F-V40	Individual	01:02:35.573	01:00:27.976
4732	601	Fernando Machado	M-V45	Riofit	01:02:41.330	01:01:26.013
4213	602	Sandra Abreu	F-Seniores	Individual	01:02:41.573	01:00:33.703
4214	603	Tiago Lopes	M-Seniores	Individual	01:02:43.640	01:00:35.363
4550	604	Liliana Oliveira	F-V35	Individual	01:02:44.580	01:01:20.710
4523	605	Jose Pinto	M-V45	Conquistadores	01:02:47.823	01:00:54.736
4454	606	Vitor Ferreira	M-V40	Individual	01:02:54.073	01:00:58.416
4208	607	Elisa Gonçalves	F-Seniores	Why Not?	01:02:56.323	01:01:16.286
4209	608	Raquel Silvestre	F-Seniores	Why Not?	01:02:56.330	01:01:15.853
4848	609	Sara Novais	F-Seniores	Individual	01:03:02.073	01:00:50.783
4806	610	Pi Fontes	F-V35	Individual	01:03:05.327	01:02:05.780
4772	611	João Romão	M-Seniores	Individual	01:03:05.333	01:02:04.976
4086	612	Vitor Leite	M-Seniores	Individual	01:03:08.573	01:00:59.683
4793	613	Sónia Nunes	F-Seniores	Vila Ativa - S. Torcato	01:03:11.323	01:02:25.736
4635	614	Matilde Carneiro	F-V45	Individual	01:03:18.073	01:02:26.616
4056	615	Susana Seixas	F-V40	Individual	01:03:18.333	01:01:30.840
4599	616	Osvaldo Fernandes	M-Seniores	Individual	01:03:21.327	01:01:52.867
4649	617	Diana Teixeira	F-Seniores	Habitus Gym	01:03:21.327	01:01:13.687
4642	618	Ana Meira	F-Seniores	Habitus Gym	01:03:21.327	01:01:11.547
4598	619	Sílvia Lima	F-Seniores	Individual	01:03:22.670	01:01:54.163
4740	620	Ricardo Teixeira	M-V40	Individual	01:03:24.573	01:01:59.490
4041	621	Anabela Gonçalves	F-V35	Persistentes	01:03:25.823	01:02:24.253
4465	622	Cláudia Silva	F-V35	Umrrunners	01:03:26.073	01:01:19.576
4123	623	Maria Silva	F-V35	Individual	01:03:26.827	01:01:13.264
4186	624	Bárbara Pereira	F-Seniores	Individual	01:03:27.327	01:01:31.754
4712	625	Marta Faria	F-V40	Individual	01:03:28.827	01:01:33.250
4121	626	Iracema Ferreira	F-V50	Individual	01:03:30.327	01:02:34.407
4140	627	Eduardo Pinto	M-V45	Individual	01:03:34.327	01:02:46.937
4040	628	Paula Quezada	F-V50	Orbis	01:03:36.827	01:02:44.654
4356	629	João Oliveira	M-V35	Individual	01:03:40.823	00:59:54.446
4506	630	José Costa	M-V50	Individual	01:03:41.073	

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
4478	631	Maria Almeida	F-Seniores	Fragonci	01:03:50.577	01:01:30.880
4479	632	Pedro Ponciano	M-Seniores	Fragonci	01:03:50.827	01:01:31.090
4913	633	José Oliveira	M-V45	Individual	01:03:53.583	01:02:29.316
4488	634	Joel Silva	M-V35	Individual	01:03:55.827	01:03:22.220
4680	635	Nuno Ferreira	M-Seniores	Individual	01:03:56.823	01:02:35.343
4339	636	Lídia Melhor	F-Seniores	Individual	01:03:58.827	01:02:03.260
4225	637	Filipa Rodrigues	F-Seniores	Individual	01:04:15.127	01:02:42.080
4629	638	Rita Almeida	F-V35	Individual	01:04:19.587	01:03:25.550
4520	639	Alexandre Magalhães	M-Seniores	Individual	01:04:19.607	
4312	640	Manuela Silva	F-V40	Conquistadores	01:04:21.077	01:02:57.464
4311	641	Carla Pereira	F-V40	Conquistadores	01:04:21.323	01:02:57.706
4062	642	Vanessa Oliveira	F-Seniores	Correr Com C´Alma	01:04:22.827	01:02:46.904
4560	643	Celia Branco	F-V40	Individual	01:04:24.077	01:02:16.477
4293	644	Catarina Marques	F-Seniores	Oliveira Runners	01:04:31.827	01:03:25.024
4018	645	Ana Teixeira	F-Seniores	Individual	01:04:32.827	01:03:00.207
4387	646	Susana Fernandes	F-V35	Paredes Aventura	01:04:34.327	01:03:03.960
4216	647	Adelaide Ferreira	F-V50	Individual	01:04:35.827	01:02:28.534
4205	648	Alexandra Fernandes	F-V35	Individual	01:04:36.577	01:04:09.307
4846	649	Francisca Silva	F-Seniores	Individual	01:04:37.077	01:02:49.817
4851	650	Luís Sousa	M-Seniores	Individual	01:04:37.577	01:02:50.344
4371	651	Sofia Cavaco	F-V35	A Bé E O Zé	01:04:39.827	01:03:30.367
4832	652	Sílvia Silva	F-V35	Estúdio F&M	01:04:44.327	01:02:37.784
4894	653	João Lopes	M-Seniores	Individual	01:04:45.577	01:03:02.420
4580	654	Lia Lopes	F-Seniores	Individual	01:04:45.620	01:02:53.843
4497	655	Joao Cunha	M-V40	Individual	01:04:54.827	01:02:59.104
4058	656	Ana Leite	F-Seniores	Correr Com C´Alma	01:04:55.577	01:03:19.217
4861	657	Miguel Fernandes	M-V35	Individual	01:05:17.580	01:03:39.327
4862	658	Regina Ramos	F-V35	Individual	01:05:17.827	01:03:38.614
4819	659	Cláudia Silva	F-Seniores	Individual	01:05:25.330	01:03:28.827
4816	660	Diana Babo	F-Seniores	Individual	01:05:25.330	01:03:29.190
4881	661	Firmino Babo	M-V55	Individual	01:05:25.827	01:03:28.660
4758	662	Pedro Felgueiras	M-Seniores	Team Felgas	01:05:29.330	01:04:33.977
4756	663	Cláudia Fernandes	F-Seniores	Team Felgas	01:05:29.837	01:04:34.010
4498	664	Eulália Costa	F-V50	Individual	01:05:39.580	01:03:52.343
4839	665	Felicia Peixoto	F-V50	Individual	01:05:57.830	01:04:23.777
4866	666	Sérgio Paiva	M-V45	Individual	01:06:04.830	01:04:28.383
4503	667	Sara Oliveira	F-V40	Individual	01:06:05.083	01:04:31.760
4075	668	Raphael Lopes	M-Seniores	Soares	01:06:05.830	01:05:43.093
4535	669	Duarte Fernandes	M-Seniores	Individual	01:06:12.717	01:04:52.924
4349	670	Maria Marques	F-V50	Jcjc	01:06:19.080	01:04:17.337
4380	671	Milene Machado	F-Seniores	Nocturnos De Paredes	01:06:21.077	01:04:48.427
7022	672	Maria Rodrigues	F-V40	Individual	01:06:23.330	01:04:36.983
4337	673	Manuela Rodrigues	F-V35	Individual	01:06:25.830	01:04:39.480
4823	674	Cristiana Ribeiro	F-V35	Estúdio F&M	01:06:30.843	01:04:25.450
4317	675	Anabela Silva	F-V40	Individual	01:06:30.843	01:05:21.910

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
4828	676	Manuel Neto	M-V60	Estúdio F&M	01:06:30.847	01:04:24.664
4829	677	Manuela Vieira	F-V35	Estúdio F&M	01:06:31.593	01:04:26.203
4137	678	Leonilde Macedo	F-V40	Individual	01:06:32.333	01:05:57.230
4561	679	Zizina Moreira	F-V35	Zim	01:06:34.080	01:05:12.510
4636	680	Sónia Gonçalves	F-V40	Umridders	01:06:34.580	01:04:31.200
4448	681	Maria Maduro	F-V45	Individual	01:06:35.583	01:05:16.883
4277	682	Magda Noronha	F-V50	Individual	01:06:35.830	01:05:16.600
4557	683	Vanessa Pinho	F-Seniores	Individual	01:06:36.833	01:04:30.506
4552	684	Joana Cruz	F-Seniores	Individual	01:06:37.080	01:04:30.807
4398	685	Aurélia Freitas	F-Seniores	Sociedade Recreio Cepanense	01:06:42.087	01:04:20.117
4000	686	Isabel Marinha	F-Seniores	Individual	01:06:50.580	01:05:09.620
4113	687	Neuza Ribeiro	F-Seniores	Individual	01:06:57.830	01:05:32.203
4181	688	António Oliveira-Santos	M-Seniores	Individual	01:07:16.333	01:06:15.270
4517	689	Fernanda Terezo	F-V60	Individual	01:07:23.100	01:02:39.403
4469	690	Maurício Oliveira	M-Seniores	Individual	01:07:30.100	01:05:16.310
4482	691	Ana Pereira	F-Seniores	Individual	01:07:34.853	01:05:28.796
4511	692	António Freitas	M-Seniores	Individual	01:07:36.857	01:05:36.980
4619	693	Maria Oliveira	F-V50	N.A.Taipas	01:07:37.083	01:06:22.553
4422	694	Sandra Madureira	F-V35	Umridders	01:07:40.333	01:05:33.646
4423	695	Sofia Pinto	F-Seniores	Umridders	01:07:40.340	01:05:33.470
4420	696	Carina Ferreira	F-V35	Umridders	01:07:40.583	01:05:29.960
4729	697	Cátia Carvalho	F-Seniores	Riofit	01:07:43.587	01:06:24.784
4730	698	César Castro	M-V35	Riofit	01:07:44.090	01:06:24.710
4849	699	José Ferreira	M-V40	Riofit	01:07:59.347	01:06:43.594
4512	700	Marlene Cardoso	F-Seniores	Individual	01:08:03.833	01:06:04.853
4063	701	Norman Pelletier	M-V55	Individual	01:08:06.833	01:06:51.213
4559	702	Carina Freitas	F-V45	Individual	01:08:15.843	01:06:07.493
4872	703	Teresa Toureiro	F-V50	Individual	01:08:17.833	01:06:00.676
4558	704	Maria Teixeira	F-Seniores	Individual	01:08:19.837	01:06:13.100
4873	705	Eduardo Loureiro	M-V55	Individual	01:08:20.333	01:06:03.263
4735	706	Ricardo Ferreira	M-V40	Riofit	01:08:22.840	01:06:37.980
4025	707	Elisabete Pinto	F-V60	Os Pintos	01:08:34.593	01:07:53.860
4014	708	Rita Vilaça	F-Seniores	Individual	01:08:41.337	01:07:16.710
4013	709	Luís Serrador	M-Seniores	Individual	01:08:49.013	01:07:16.886
4682	710	Carla Ferreira	F-V45	Individual	01:08:51.337	01:06:39.674
4044	711	Ana Sousa	F-V45	Individual	01:08:51.587	01:07:11.150
4045	712	Sofia Sousa	F-Seniores	Individual	01:08:55.087	01:07:07.140
4306	713	Carla Ferreira	F-V45	Hipocampos De Corrida	01:08:56.337	01:06:54.880
4307	714	Elsa Gonçalves	F-V35	Hipocampos De Corrida	01:08:56.593	01:06:54.956
4326	715	Dulcidia Sampaio	F-V35	Individual	01:08:58.593	01:07:29.296
4885	716	Paula Freitas	F-V40	Individual	01:08:58.837	01:07:30.114
4524	717	Ricardo Magalhaes	M-V45	Conquistadores	01:09:01.587	01:07:08.824
4217	718	Lurdes Mendes	F-V40	Individual	01:09:26.603	01:07:19.313
4281	719	Joana Freitas	F-Juniores	Individual	01:09:27.337	01:07:20.084
4248	720	Elisabete Ramos	F-Seniores	Individual	01:09:29.090	01:08:15.517



Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
4510	721	Pedro Faria	M-Seniores	Individual	01:09:32.847	01:07:38.190
4321	722	Antonio Guimaraes	M-V50	Individual	01:09:36.087	01:09:01.377
4338	723	Manuel Ferreira	M-V45	Individual	01:09:39.840	01:08:25.307
4472	724	Ana Ferreira	F-V35	Farokas	01:09:55.587	01:08:18.994
4720	725	Ricardo Faria	M-V35	Individual	01:10:02.077	01:07:46.434
4384	726	João Fernandes	M-V60	Paredes Aventura	01:10:02.087	01:08:31.677
4476	727	Nuno Cardoso	M-Seniores	Farokas	01:10:03.457	01:08:26.404
4895	728	Pedro Carreira	M-Seniores	Individual	01:10:04.837	01:08:21.964
4348	729	Jorge Marques	M-V50	Jcjc	01:10:14.587	
4831	730	Rosa Fernandes	F-V35	Estúdio F&M	01:10:19.840	01:08:14.227
4246	731	Emilia Araujo	F-V45	Individual	01:10:30.840	01:08:37.553
4870	732	Rui Freitas	M-V40	Individual	01:10:57.573	01:06:24.070
4036	733	Marilia Coelho	F-V55	Individual	01:10:57.857	01:08:50.800
4238	734	Cátia Nascimento	F-Seniores	Individual	01:11:15.590	01:09:16.023
4297	735	António Azevedo	M-V60	Individual	01:11:32.067	01:10:52.864
4085	736	Sofia Leite	F-Seniores	Individual	01:11:38.090	01:09:30.747
4105	737	Rosa Fernandes	F-V45	Atleticzun	01:12:07.840	01:10:27.573
4026	738	Pedro Pinto	M-V55	Os Pintos	01:12:19.590	
4780	739	José Abreu	M-V50	Individual	01:12:27.850	01:10:39.663
4574	740	Miguel Sousa	M-V50	Individual	01:12:40.843	01:10:25.300
4786	741	Cristiana Silva	F-Seniores	Vila Ativa - S. Torcato	01:13:04.593	01:12:18.550
4386	742	Sílvia Lemos	F-V40	Paredes Aventura	01:13:37.857	01:12:05.864
4437	743	Ana Ribeiro	F-Seniores	Velocistas	01:13:38.097	01:11:20.240
4436	744	Ana Araújo	F-Seniores	Velocistas	01:13:38.597	01:11:21.677
4435	745	Adriano Fernandes	M-Seniores	Velocistas	01:13:38.853	01:11:21.150
4385	746	Sílvia Batista	F-V35	Paredes Aventura	01:13:52.597	01:12:21.027
4020	747	Maria Vilar	F-V50	Individual	01:14:01.847	01:11:55.257
4069	748	Ana Teixeira	F-V35	Tartarugas Velozes	01:14:03.113	01:11:46.940
4185	749	Filipa Natal	F-V35	Tartarugas Velozes	01:14:03.350	01:11:47.053
4021	750	Martinho Braga	M-V60	Individual	01:14:05.550	01:11:50.433
4327	751	Sandra Vieira	F-V35	Individual	01:15:00.347	01:13:02.654
4347	752	João Serpa	M-V40	Jcjc	01:15:10.807	01:13:05.137
4080	753	Diana Santos	F-Seniores	Individual	01:15:18.853	01:13:28.976
4043	754	Alexandra Prates	F-V35	Individual	01:15:31.100	01:13:53.850
4692	755	Rui Rodrigues	M-V35	Individual	01:16:18.850	01:14:07.450
4483	756	Ariana Ribeiro	F-Seniores	Despacitas	01:17:28.363	01:15:39.330
4484	757	Cristina Martins	F-V35	Despacitas	01:17:28.853	01:15:39.870
4039	758	Céu Ramos	F-V55	Orbis	01:17:52.853	01:17:01.346
7002	759	Alfredo Costa	M-V60	Individual	01:17:53.360	01:17:53.360
4724	760	Hugo Gomes	M-Seniores	Individual	01:18:20.380	01:16:37.463
4723	761	Sara Mendes	F-V35	Individual	01:18:20.607	01:16:38.080
4022	762	Rosaclara Carvalhais	F-V45	Individual	01:19:04.857	01:18:34.860
4722	763	Mário Ribeiro	M-Seniores	Play4fun	01:19:25.763	
4303	764	Fernanda Couto	F-V55	Individual	01:19:48.360	01:17:45.887
4346	765	Cláudia Serpa	F-V40	Jcjc	01:19:52.607	01:17:46.890

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
4536	766	Patrícia Correia	F-Seniores	Individual	01:19:59.107	01:18:38.430
4534	767	Ana Sousa	F-Seniores	Individual	01:19:59.110	01:18:39.277
4576	768	Susana Lopes	F-V40	Individual	01:21:26.127	01:19:13.604
4389	769	Susana Lopes	F-V35	Individual	01:21:26.127	01:19:12.950
4178	770	Beverly Patricio	F-V55	Individual	01:22:01.117	01:20:32.664
4662	771	Nuno Rei	M-V40	Individual	01:30:51.630	01:30:51.630
4892	772	Ângelo Rabiço	M-V60	Individual	01:30:53.380	01:28:57.173
4333	773	Tomás Cunha	M-V35	Individual	01:32:27.880	01:31:51.670
4546	774	José Fernandes	M-V35	Individual	01:35:19.887	01:33:25.474
4579	775	António Oliveira	M-V60	Individual	01:48:55.413	01:48:08.023
4622	776	Paulo Rodrigues	M-V45	N.A.Taipas	01:49:17.910	01:48:23.537
4255	777	Alberto Lopes	M-V35	Individual	02:04:22.937	02:03:03.960
4896	778	Sérgio Ribeiro	M-Seniores	Individual	02:11:54.453	02:10:09.176
4453	779	Cátia Rodrigues	F-Seniores	Individual	03:00:21.533	02:52:37.166