

Lugar	Dorsal	Nome	Equipa	Tempo	Chip	Diferença
1	6486	Davide Figueiredo	Clube Desportivo São Salvador Do Campo	00:31:43.600	00:31:42.923	00:00:00.000
2	6116	José Pires	Sociedade Recreio Capanense	00:32:36.600	00:32:36.600	00:00:53.000
3	6646	Joao Figueiredo	Individual	00:33:31.863	00:33:30.090	00:01:48.263
4	6742	Gilberto Neto	Clube Desportivo São Salvador Do Campo	00:33:46.837	00:33:45.947	00:02:03.237
5	6741	Cristiano Ribeiro	Clube Desportivo São Salvador Do Campo	00:33:56.353	00:33:54.376	00:02:12.753
6	6384	Hélder Oliveira	Individual	00:33:58.833	00:33:54.940	00:02:15.233
7	6351	Jose Rocha	Salgueiros Running	00:34:27.580	00:34:07.093	00:02:43.980
8	6395	Joaquim Pacheco	Individual	00:35:01.273	00:34:57.663	00:03:17.673
9	6313	Ramiro Ribeiro	Individual	00:35:23.753	00:35:21.546	00:03:40.153
10	6225	Luís Lopes	Individual	00:35:45.817	00:35:43.624	00:04:02.217
11	6586	Patricio Castro	N.A.Taipas	00:35:57.003	00:35:53.433	00:04:13.403
12	6559	João Martins	Individual	00:36:21.753	00:36:12.753	00:04:38.153
13	6647	Fernando Figueiredo	Individual	00:36:35.063	00:36:32.983	00:04:51.463
14	6619	Bruno Felicio	Individual	00:36:53.757	00:36:52.147	00:05:10.157
15	6433	Fernando Almeida	Runpenafiel	00:37:05.507	00:37:05.130	00:05:21.907
16	6594	José Carneiro	Individual	00:37:08.923	00:37:03.803	00:05:25.323
17	6119	Victor Martins	Sociedade Recreio Capanense	00:37:25.947	00:37:23.080	00:05:42.347
18	6408	Mauricio Ferreira	Travassós Running Fafe	00:37:44.507	00:37:42.800	00:06:00.907
19	6597	João Lopes	Lopes Family	00:38:46.293	00:38:38.806	00:07:02.693
20	6548	Helder Silva	Individual	00:38:49.010	00:38:47.810	00:07:05.410
21	6281	Adao Mendes	Individual	00:38:52.553	00:38:35.666	00:07:08.953
22	6595	Carlos Palma	Individual	00:39:02.297	00:38:56.434	00:07:18.697
23	6473	Daniel Fernandes	Individual	00:39:04.540	00:38:56.420	00:07:20.940
24	6547	Filipe Silva	Individual	00:39:17.547	00:39:14.410	00:07:33.947
25	6241	Carlos Machado	Individual	00:39:38.013	00:38:51.253	00:07:54.413
26	6535	Sónia Barros	Riofit	00:39:39.510	00:39:20.400	00:07:55.910
27	6669	Flávio Fernandes	Individual	00:39:46.317	00:39:34.154	00:08:02.717
28	6293	José Oliveira	Individual	00:39:53.283	00:39:46.190	00:08:09.683
29	6010	Rui Carneiro	Individual	00:39:56.293	00:39:53.900	00:08:12.693
30	6485	Agostinho Costa	Clube Desportivo São Salvador Do Campo	00:40:02.033	00:40:01.443	00:08:18.433
31	6050	João Cunha	Individual	00:40:24.680	00:40:00.363	00:08:41.080
32	6470	João Ribeiro	Clube Atletismo Vila Boa Bispo	00:40:33.530	00:40:15.847	00:08:49.930
33	6570	Elisabete Lopes	N.A.Taipas	00:40:37.013	00:40:35.796	00:08:53.413
34	6498	Helder Pereira	Travassós Running Fafe	00:41:02.027	00:40:46.707	00:09:18.427
35	6265	António Guimarães	Individual	00:41:04.527	00:40:41.780	00:09:20.927
36	6142	Eugénio Fernandes	Individual	00:41:07.257	00:40:06.484	00:09:23.657
37	6209	Daniel Torres	Individual	00:41:10.773	00:40:10.070	00:09:27.173
38	6609	Hugo Benevente	Individual	00:41:17.273	00:41:04.583	00:09:33.673
39	6720	Fernando Moreira	Individual	00:41:19.700	00:40:19.887	00:09:36.100
40	6270	Leandro Pinheiro	Individual	00:41:19.763	00:40:53.433	00:09:36.163
41	6763	David Martins	Individual	00:41:32.780	00:40:51.637	00:09:49.180
42	6023	Miguel Coimbra	Individual	00:41:41.287	00:41:25.234	00:09:57.687
43	6321	Nelson Guimarães	Individual	00:41:49.810	00:41:22.597	00:10:06.210
44	6615	Ana Ribeiro	Ginásio Da Trofa	00:41:54.767	00:41:48.114	00:10:11.167

Lugar	Dorsal	Nome	Equipa	Tempo	Chip	Diferença
45	6385	Alexandre Ferreira	Individual	00:41:55.017	00:41:39.624	00:10:11.417
46	6180	Domingos Sousa	Individual	00:42:09.267	00:41:59.814	00:10:25.667
47	6437	Roberto Costa	Individual	00:42:34.767	00:42:03.847	00:10:51.167
48	6678	Paula Salgado	Individual	00:42:37.767	00:42:37.090	00:10:54.167
49	6171	Nelson Almeida	Tsunami Team	00:42:41.263	00:42:16.363	00:10:57.663
50	6172	Octávio Oliveira	Tsunami Team	00:42:41.267	00:42:16.367	00:10:57.667
51	6112	Carlos Lemos	Sociedade Recreio Capanense	00:42:42.260	00:42:37.243	00:10:58.660
52	19094377	Bruno Fonseca	Individual	00:42:43.030	00:42:16.870	00:10:59.430
53	6341	Marco Ferreira	Individual	00:42:51.010	00:42:08.280	00:11:07.410
54	6294	José Guimarães	Individual	00:42:55.517	00:42:50.314	00:11:11.917
55	6598	Vitor Lopes	Lopes Family	00:42:58.017	00:42:54.990	00:11:14.417
56	6214	José Novais	Individual	00:42:59.013	00:42:55.850	00:11:15.413
57	6406	Tiago Azevedo	Duros.Com	00:43:00.270	00:42:54.893	00:11:16.670
58	6111	Augusto Ribeiro	Sociedade Recreio Capanense	00:43:04.007	00:42:45.014	00:11:20.407
59	6048	David Queiros	Individual	00:43:19.767	00:42:56.017	00:11:36.167
60	6375	Jose Sousa	Individual	00:43:28.503	00:43:24.340	00:11:44.903
61	6622	Silverio Rocha	Individual	00:43:32.763	00:42:42.873	00:11:49.163
62	6239	Miguel Freitas	Individual	00:43:42.513	00:43:31.386	00:11:58.913
63	6715	Antonio Esus	Individual	00:43:50.753	00:42:18.890	00:12:07.153
64	6744	Nelson Almeida	Individual	00:43:52.517	00:43:19.770	00:12:08.917
65	6078	Manuel Mendes	Cr Candoso	00:43:52.753	00:43:49.340	00:12:09.153
66	6260	Paulo Freitas	Individual	00:44:00.750	00:43:49.810	00:12:17.150
67	6747	Daniel Pinto	Individual	00:44:00.777	00:43:51.234	00:12:17.177
68	6502	Pedro Bessa	Individual	00:44:14.507	00:43:42.900	00:12:30.907
69	6342	Mario Faria	Individual	00:44:19.763	00:43:56.580	00:12:36.163
70	6362	Nuno Carvalho	Individual	00:44:23.023	00:44:08.246	00:12:39.423
71	6454	Cristina Carneiro	Individual	00:44:27.020	00:44:17.373	00:12:43.420
72	6404	Duarte Pereira	Duros.Com	00:44:31.537	00:44:26.187	00:12:47.937
73	6096	Geraldo Faria	Individual	00:44:36.020	00:43:42.193	00:12:52.420
74	6053	Albino Fernandes	Travassós Running Fafe	00:44:37.270	00:44:22.990	00:12:53.670
75	6236	Alberto Carvalho	Individual	00:44:40.773	00:44:26.800	00:12:57.173
76	6771	Nicholas Wareing	Individual	00:44:51.523	00:44:10.503	00:13:07.923
77	6718	Bernadino Ferreira	Individual	00:44:53.023	00:43:56.276	00:13:09.423
78	6345	José Carvalho	Individual	00:44:57.077	00:44:23.964	00:13:13.477
79	6319	Cesar Fernandes	Individual	00:45:00.523	00:44:32.570	00:13:16.923
80	6344	João Sampaio	Individual	00:45:14.107	00:44:14.314	00:13:30.507
81	6135	Gonçalo Oliveira	Lf2 Guiberço	00:45:15.493	00:45:00.006	00:13:31.893
82	6572	Helena Lobo	N.A.Taipas	00:45:19.273	00:45:17.786	00:13:35.673
83	6474	Vitor Mendesmendes	Individual	00:45:20.243	00:44:55.000	00:13:36.643
84	6107	Paulo Sá	Individual	00:45:22.623	00:44:49.203	00:13:39.023
85	6732	Samuel Martins	Individual	00:45:22.637	00:45:06.097	00:13:39.037
86	6325	Cristiano Fernandes	Individual	00:45:31.773	00:45:04.000	00:13:48.173
87	6358	Eugenio Rodrigues	Individual	00:45:34.523	00:44:39.503	00:13:50.923
88	6120	Vitor Castro	Sociedade Recreio Capanense	00:45:35.237	00:45:16.890	00:13:51.637

Lugar	Dorsal	Nome	Equipa	Tempo	Chip	Diferença
89	6200	Paulo Guimarães	Individual	00:45:35.487	00:45:18.974	00:13:51.887
90	6397	Gil Campelos	Individual	00:45:39.550	00:44:23.143	00:13:55.950
91	6394	Fernando Pereira	Individual	00:45:39.663	00:45:08.260	00:13:56.063
92	6731	Eduardo Magalhães	Individual	00:45:46.030	00:45:27.750	00:14:02.430
93	6610	Filipe Machado	J&J Team	00:45:53.777	00:45:13.934	00:14:10.177
94	6666	Pedro Marques	Individual	00:45:56.683	00:44:58.500	00:14:13.083
95	6758	Bruno Gomes	Individual	00:45:58.397	00:45:39.524	00:14:14.797
96	6387	Jorge Silva	Solidários Do Parque	00:46:00.483	00:45:07.180	00:14:16.883
97	6544	Martinho Nogueira	Amigos De Quinchães	00:46:02.023	00:45:06.673	00:14:18.423
98	6690	Abílio Ferreira	Individual	00:46:02.987	00:45:56.150	00:14:19.387
99	6357	Hélder Silva	Individual	00:46:02.987	00:45:12.520	00:14:19.387
100	6531	Jorge Marques	Riofit	00:46:06.777	00:44:48.920	00:14:23.177
101	6541	Bruno Marinho	Amigos De Quinchães	00:46:14.027	00:45:15.330	00:14:30.427
102	6140	Jorge Silva	No Pain No Gain	00:46:16.733	00:45:58.276	00:14:33.133
103	6484	Filipe Vieira	Flamingo	00:46:17.777	00:45:53.824	00:14:34.177
104	6312	Cristiano Castro	Individual	00:46:20.033	00:44:34.353	00:14:36.433
105	6653	Pedro Porto	Individual	00:46:22.243	00:45:03.140	00:14:38.643
106	6388	Maximino Silva	Solidários Do Parque	00:46:22.527	00:45:27.927	00:14:38.927
107	6599	Joao Carvalho	Individual	00:46:27.507	00:46:26.357	00:14:43.907
108	6343	Gonçalo Lopes	Individual	00:46:28.230	00:46:06.623	00:14:44.630
109	6349	Vitorhugo Sampaio	Individual	00:46:31.027	00:45:53.764	00:14:47.427
110	6115	José Carvalho	Sociedade Recreio Cepenense	00:46:33.027	00:45:32.777	00:14:49.427
111	6753	Tiago Pinto	Individual	00:46:34.740	00:46:07.873	00:14:51.140
112	6206	João Fontão	Running Team	00:46:35.040	00:45:59.850	00:14:51.440
113	6624	Bruno Videira	Ara - Alfandeguense	00:46:37.057	00:45:05.030	00:14:53.457
114	6709	Amândio Costa	Individual	00:46:39.280	00:46:30.340	00:14:55.680
115	6450	Rui Almeida	Rui Almeida	00:46:39.283	00:45:54.580	00:14:55.683
116	6243	Eduardo Rodrigues	Individual	00:46:40.477	00:44:59.070	00:14:56.877
117	6575	Joaquim Silva	N.A.Taipas	00:46:42.477	00:45:53.150	00:14:58.877
118	6436	Paulo Miranda	Individual	00:46:43.500	00:45:50.473	00:14:59.900
119	6248	Ana Oliveira	Travassós Running Fafe	00:46:47.793	00:46:32.073	00:15:04.193
120	6189	José Soares	Soares	00:46:49.227	00:45:50.727	00:15:05.627
121	6564	António Italiano	N.A.Taipas	00:46:52.487	00:46:28.797	00:15:08.887
122	6412	Pedro Alves	N14 Crossfit	00:46:56.480	00:45:34.287	00:15:12.880
123	6453	Nuno Guerra	Individual	00:46:56.977	00:46:10.700	00:15:13.377
124	6398	Carlos Sousa	Individual	00:47:05.027	00:45:53.914	00:15:21.427
125	6199	João Cardoso	Jhl	00:47:05.977	00:46:21.880	00:15:22.377
126	6195	Diogo Tato	Jhl	00:47:06.527	00:46:22.014	00:15:22.927
127	6198	João Pereira	Jhl	00:47:07.280	00:46:22.430	00:15:23.680
128	6196	Diogo Silva	Jhl	00:47:07.527	00:46:24.290	00:15:23.927
129	6552	Pedro Pinto	Running Espinho	00:47:09.473	00:46:59.123	00:15:25.873
130	6605	Jorge Costa	Ama Associação Mondim Atletismo	00:47:16.787	00:45:51.697	00:15:33.187
131	6532	José Castro	Riofit	00:47:17.973	00:45:59.720	00:15:34.373
132	6062	Rui Godinho	Caetano Runners	00:47:19.977	00:46:38.530	00:15:36.377

Lugar	Dorsal	Nome	Equipa	Tempo	Chip	Diferença
133	2201	Helder Ferreira	Clube Desportivo São Salvador Do Campo	00:47:28.840	00:47:14.803	00:15:45.240
134	6775	Rafael Freitas	Individual	00:47:35.473	00:46:16.336	00:15:51.873
135	6380	Filipe Bento	Travassós Running Fafe	00:47:36.223	00:46:45.416	00:15:52.623
136	6630	Nuno Lameirinhas	Individual	00:47:36.473	00:47:06.420	00:15:52.873
137	6682	Julio Lobo	Individual	00:47:39.973	00:47:00.096	00:15:56.373
138	6681	Liliana Gonçalves	Individual	00:47:40.720	00:47:03.310	00:15:57.120
139	6492	Marco Caldas	Porto Sentido Runners	00:47:42.230	00:47:12.587	00:15:58.630
140	6399	Roberto Carlos	Individual	00:47:42.470	00:47:04.690	00:15:58.870
141	6301	Lino Cardoso	Individual	00:47:43.470	00:46:47.873	00:15:59.870
142	6299	Dário Sampaio	Individual	00:47:44.223	00:46:48.660	00:16:00.623
143	6292	João Ribeiro	Individual	00:47:44.530	00:46:56.010	00:16:00.930
144	6745	João Freitas	Individual	00:47:47.557	00:46:54.457	00:16:03.957
145	6467	Ricardo Ribeiro	Individual	00:47:48.220	00:46:54.767	00:16:04.620
146	6261	Natália Lima	Brabus Runners	00:47:48.970	00:47:42.983	00:16:05.370
147	6528	Dinis Fontão	Riofit	00:47:49.220	00:47:27.710	00:16:05.620
148	6425	Marcelino Cunha	Garcia Garcia	00:47:49.530	00:46:33.263	00:16:05.930
149	6479	Ricardo Castro	Individual	00:47:49.720	00:47:16.833	00:16:06.120
150	6152	José Ribeiro	Individual	00:47:50.220	00:47:29.637	00:16:06.620
151	6382	Luis Abreu	Individual	00:47:50.527	00:47:00.134	00:16:06.927
152	6708	Pedro Piairo	Individual	00:47:50.977	00:47:18.877	00:16:07.377
153	6371	Diogo Matos	Individual	00:47:51.017	00:46:57.110	00:16:07.417
154	6743	Tiago Mendes	Individual	00:47:51.530	00:47:18.977	00:16:07.930
155	6235	Xavier Ribeiro	Acd Ases Sta Eufemia	00:47:52.480	00:46:56.923	00:16:08.880
156	6560	José Carvalho	Individual	00:47:53.970	00:47:19.100	00:16:10.370
157	6429	Tiago Gouveia	Garcia Garcia	00:47:57.413	00:46:26.976	00:16:13.813
158	6796	Óscar Loureiro	Individual	00:47:57.473	00:47:02.816	00:16:13.873
159	6696	Bruno Costa	Individual	00:47:59.527	00:47:21.777	00:16:15.927
160	6038	Antonio Teixeira	Vitória Sport Clube	00:47:59.970	00:47:33.650	00:16:16.370
161	6643	Ricardo Lopes	Berço Runner'S/Btt Berço	00:48:08.530	00:46:41.823	00:16:24.930
162	6477	Paulo Silva	Opraticante.Pt	00:48:10.467	00:47:31.200	00:16:26.867
163	6683	Rogério Pereira	Individual	00:48:13.080	00:46:47.567	00:16:29.480
164	6518	Rui Oliveira	Individual	00:48:14.467	00:47:53.464	00:16:30.867
165	6240	Adao Lopes	Individual	00:48:15.967	00:47:24.814	00:16:32.367
166	6251	Jorge Gonçalves	Individual	00:48:16.027	00:47:24.550	00:16:32.427
167	6266	José Gonçalves	Individual	00:48:21.607	00:47:47.687	00:16:38.007
168	6212	Manuel Leite	Correr Com C'Alma	00:48:21.613	00:47:40.066	00:16:38.013
169	6377	Liliana Martinho	Individual	00:48:23.147	00:47:46.794	00:16:39.547
170	6040	Jose Freitas	Vitória Sport Clube	00:48:25.217	00:47:59.647	00:16:41.617
171	6041	Jose Machado	Vitória Sport Clube	00:48:25.280	00:47:57.760	00:16:41.680
172	6391	Nuno Ramos	Individual	00:48:30.463	00:47:33.493	00:16:46.863
173	6582	Margarida Monteiro	N.A.Taipas	00:48:31.387	00:42:29.837	00:16:47.787
174	6245	Fernando Ribeiro	Individual	00:48:33.713	00:48:00.696	00:16:50.113
175	6079	Paulo Fernandes	Cr Candoso	00:48:35.213	00:47:46.446	00:16:51.613
176	6213	Paulo Gomes	Individual	00:48:35.527	00:47:11.010	00:16:51.927

Lugar	Dorsal	Nome	Equipa	Tempo	Chip	Diferença
177	6291	Joel Couto	Individual	00:48:36.717	00:48:00.694	00:16:53.117
178	6318	Manuel Peixoto	Individual	00:48:39.963	00:48:12.850	00:16:56.363
179	6300	Oscar Silva	Individual	00:48:40.530	00:47:45.183	00:16:56.930
180	6133	Hélder Ribeiro	Nar - Núcleo De Atletismo De Requeixo	00:48:47.150	00:48:09.793	00:17:03.550
181	6410	Afonso Torres	Individual	00:48:47.150	00:47:37.987	00:17:03.550
182	6522	Albino Rocha	Individual	00:48:49.463		00:17:05.863
183	6367	Jose Leite	Individual	00:48:53.710	00:48:11.720	00:17:10.110
184	6246	Jorge Ribeiro	Individual	00:48:56.750	00:48:38.943	00:17:13.150
185	6295	António Dias	Individual	00:48:59.210	00:48:10.917	00:17:15.610
186	6353	Pedro Marques	Individual	00:49:04.193	00:48:16.320	00:17:20.593
187	6779	Alexandre Fernandes	Individual	00:49:04.710	00:48:08.123	00:17:21.110
188	6676	Bruno Ribeiro	Só Trilhos	00:49:05.030	00:47:50.927	00:17:21.430
189	6340	Sergio Oliveira	Individual	00:49:06.030	00:48:08.750	00:17:22.430
190	6369	Rui Silva	Individual	00:49:06.280	00:48:35.960	00:17:22.680
191	6223	Carlos Gomes	Individual	00:49:07.710	00:47:42.690	00:17:24.110
192	6728	Luis Salgado	Individual	00:49:09.463	00:48:32.606	00:17:25.863
193	6068	Agostinho Novais	Individual	00:49:13.210	00:48:30.013	00:17:29.610
194	6162	Rafael Mendes	Individual	00:49:14.530	00:47:52.410	00:17:30.930
195	6788	Francisco Silva	Individual	00:49:14.707	00:48:55.320	00:17:31.107
196	6097	Cristiana Marques	Individual	00:49:17.457	00:48:19.094	00:17:33.857
197	6234	António Cunha	Individual	00:49:19.720	00:49:12.383	00:17:36.120
198	6098	Humberto Correia	Individual	00:49:21.253	00:49:02.196	00:17:37.653
199	6117	Pedro Gonçalves	Sociedade Recreio Cepenense	00:49:24.460	00:48:20.187	00:17:40.860
200	6118	Sérgio Mendes	Sociedade Recreio Cepenense	00:49:25.207	00:48:19.220	00:17:41.607
201	6368	Bruno Silva	Individual	00:49:29.757	00:48:53.784	00:17:46.157
202	6469	Ricardo Ribeiro	Individual	00:49:30.783	00:48:27.383	00:17:47.183
203	6566	Conceição Silva	N.A.Taipas	00:49:40.457	00:49:26.354	00:17:56.857
204	6233	Rafael Ramirez	Individual	00:49:44.457	00:49:00.070	00:18:00.857
205	6137	Alcino Silva	Individual	00:49:47.703	00:48:29.266	00:18:04.103
206	6125	Diana Martins	Individual	00:49:48.533		00:18:04.933
207	6379	Nelson Lopes	Individual	00:49:49.217	00:48:54.787	00:18:05.617
208	6188	Ana Soares	Soares	00:49:51.453	00:48:54.036	00:18:07.853
209	6237	Pedro Loureiro	Individual	00:49:51.953	00:48:12.656	00:18:08.353
210	6793	Carlos Lobo	Individual	00:49:55.453	00:49:32.273	00:18:11.853
211	6612	Tânia Ribeiro	J&J Team	00:49:59.280	00:49:21.337	00:18:15.680
212	6611	Raquel Ribeiro	J&J Team	00:49:59.953	00:49:19.393	00:18:16.353
213	6761	Eduardo Pereira	Individual	00:50:02.303	00:48:49.500	00:18:18.703
214	6061	Riaz Forghani	Zsf	00:50:05.700	00:48:35.910	00:18:22.100
215	6055	Tiago Macedo	Individual	00:50:09.037	00:48:40.124	00:18:25.437
216	6228	Helder Ribeiro	Individual	00:50:09.203	00:49:23.273	00:18:25.603
217	6755	Sérgio Teixeira	Individual	00:50:12.373	00:48:18.366	00:18:28.773
218	6247	João Carvalho	Individual	00:50:12.450	00:49:34.263	00:18:28.850
219	6378	Filipe Teixeira	Individual	00:50:18.953	00:48:31.166	00:18:35.353
220	6762	Helder Macedo	Individual	00:50:23.197	00:49:06.700	00:18:39.597

Lugar	Dorsal	Nome	Equipa	Tempo	Chip	Diferença
221	6511	Nelson Mendes	Unidos Do Cano Veteranos	00:50:32.447	00:49:32.230	00:18:48.847
222	6533	Marco Castro	Riofit	00:50:37.920	00:50:02.150	00:18:54.320
223	6315	Jesus Guimerans	Corre Corre	00:50:40.447	00:49:45.650	00:18:56.847
224	6123	Joel Abreu	H-Team	00:50:43.953	00:49:57.063	00:19:00.353
225	6649	José Cruz	Individual	00:50:44.283	00:49:37.700	00:19:00.683
226	6554	Jose Coelho	Individual	00:50:44.447	00:50:07.734	00:19:00.847
227	6177	Victor Castro	Individual	00:50:46.463	00:49:56.340	00:19:02.863
228	6545	Ricardo Gonçalves	Amigos De Quinchães	00:50:46.537	00:49:46.754	00:19:02.937
229	6620	Paulo Fernandes	Individual	00:50:48.197	00:50:46.164	00:19:04.597
230	6574	Joaquim Leite	N.A.Taipas	00:50:48.537	00:50:10.704	00:19:04.937
231	6464	Juliana Ferreira	Individual	00:50:49.197	00:49:49.600	00:19:05.597
232	6703	Joana Alves	Best Team	00:50:51.447	00:49:55.754	00:19:07.847
233	6014	Diogo Fernandes	Individual	00:50:52.197	00:49:20.484	00:19:08.597
234	6505	Eduardo Lobo	Unidos Do Cano Veteranos	00:50:58.443	00:49:56.983	00:19:14.843
235	6175	Carlos Piairo	Individual	00:50:59.537	00:50:22.890	00:19:15.937
236	6426	Miguel Matos	Garcia Garcia	00:50:59.693	00:49:50.816	00:19:16.093
237	6405	Pedro Machado	Duros.Com	00:51:01.537	00:50:55.840	00:19:17.937
238	6468	Marco Mendes	Individual	00:51:01.950	00:50:23.713	00:19:18.350
239	6618	José Salgado	Individual	00:51:03.490	00:50:21.523	00:19:19.890
240	6113	Conceição Oliveira	Sociedade Recreio Cepenense	00:51:03.787	00:50:58.997	00:19:20.187
241	6183	Rodrigo Almeida	Individual	00:51:06.193	00:50:55.770	00:19:22.593
242	6238	Miguel Nuno	Individual	00:51:08.690	00:50:27.797	00:19:25.090
243	6516	Paulo Leite	Individual	00:51:11.993	00:49:41.423	00:19:28.393
244	6577	José Freitas	N.A.Taipas	00:51:12.940	00:49:58.517	00:19:29.340
245	6697	Diogo Ribeiro	Individual	00:51:13.443		00:19:29.843
246	6027	Joaquim Pereira	Central Runners	00:51:14.190	00:50:14.493	00:19:30.590
247	6026	Candido Machado	Central Runners	00:51:14.693	00:50:15.863	00:19:31.093
248	6777	Carlos Cardoso	Individual	00:51:14.787	00:50:15.890	00:19:31.187
249	6052	Jose Arrifano	Individual	00:51:15.440	00:50:46.800	00:19:31.840
250	6673	Duarte Fernandes	Individual	00:51:16.443	00:50:55.850	00:19:32.843
251	6409	Nuno Martinho	Individual	00:51:18.443	00:49:24.583	00:19:34.843
252	6539	Luis Esteves	Individual	00:51:20.690	00:48:04.267	00:19:37.090
253	6776	Hugo Matos	Individual	00:51:22.940	00:49:28.803	00:19:39.340
254	6790	Diogo Costa	Individual	00:51:23.287	00:49:56.090	00:19:39.687
255	6257	Óscar Fernandes	Individual	00:51:29.287	00:50:05.130	00:19:45.687
256	6389	Pedro Gonçalves	Individual	00:51:29.287	00:50:03.887	00:19:45.687
257	6122	Gil Ferreira	H-Team	00:51:30.197	00:50:37.100	00:19:46.597
258	6712	Emanuel Pereira	Individual	00:51:31.193	00:50:41.266	00:19:47.593
259	6326	Bruno Machado	Individual	00:51:31.537	00:49:52.774	00:19:47.937
260	6750	Francisca Fernandes	Individual	00:51:32.043	00:49:55.080	00:19:48.443
261	6451	Nuno Lima	Individual	00:51:32.257	00:50:58.704	00:19:48.657
262	6458	Pedro Felgueiras	Individual	00:51:32.443	00:51:00.653	00:19:48.843
263	6317	José Rodrigues	Individual	00:51:35.190	00:50:21.293	00:19:51.590
264	6355	Manuel Moreira	Sscgd	00:51:36.020	00:50:48.343	00:19:52.420

Lugar	Dorsal	Nome	Equipa	Tempo	Chip	Diferença
265	6420	Manuel Lopes	""Os Magriços""	00:51:38.937	00:51:21.564	00:19:55.337
266	6657	Tiago Martins	Individual	00:51:39.537	00:51:00.417	00:19:55.937
267	6616	Ricardo Carvalho	Individual	00:51:52.037	00:51:36.944	00:20:08.437
268	6004	Jaime Ribeiro	Rompezolas	00:52:00.687	00:50:48.697	00:20:17.087
269	6770	Andrea Cayford	Individual	00:52:03.093	00:51:23.703	00:20:19.493
270	6163	Anabela Vicente	Individual	00:52:03.100	00:51:45.630	00:20:19.500
271	6066	Helder Silva	Gorilaz	00:52:06.703	00:50:19.210	00:20:23.103
272	6106	Carlos Melo	Gorilaz	00:52:07.040	00:50:17.480	00:20:23.440
273	6085	Marco Melo	Gorilaz	00:52:07.537	00:50:20.477	00:20:23.937
274	6356	Gaspar Machado	Amigos Atletismo Povoense	00:52:07.687	00:51:19.624	00:20:24.087
275	6786	José Carvalho	Individual	00:52:10.083	00:51:44.270	00:20:26.483
276	6006	José Rocha	Individual	00:52:14.937	00:50:21.094	00:20:31.337
277	6529	Eduardo Gomes	Riofit	00:52:15.437	00:50:41.824	00:20:31.837
278	6324	Julio Machado	Individual	00:52:17.183	00:51:41.190	00:20:33.583
279	6441	Hélder Fernandes	Individual	00:52:17.683	00:50:26.706	00:20:34.083
280	6633	Rui Costa	Costa & Fernandes	00:52:20.933	00:50:37.186	00:20:37.333
281	6632	João Fernandes	Costa & Fernandes	00:52:20.937	00:50:36.870	00:20:37.337
282	6487	Ricardo Coelho	Individual	00:52:25.037	00:51:48.247	00:20:41.437
283	6269	Sidonio Pereira	Individual	00:52:28.933	00:51:36.580	00:20:45.333
284	6268	Celeste Carvalho	Individual	00:52:29.037	00:51:37.707	00:20:45.437
285	6478	José Barroso	Individual	00:52:29.943	00:50:36.996	00:20:46.343
286	6457	Ana Carvalho	Individual	00:52:30.040	00:52:18.727	00:20:46.440
287	6475	Gilberto Ribeiro	Individual	00:52:39.440	00:51:35.703	00:20:55.840
288	6063	Sandra Aguiar	Caetano Runners	00:52:45.670	00:52:04.613	00:21:02.070
289	6606	Luis Cerqueira	Ama Associação Mondim Atletismo	00:52:47.677	00:51:23.267	00:21:04.077
290	6121	Daniel Ferreira	H-Team	00:52:47.927	00:51:55.037	00:21:04.327
291	6255	João Matos	Individual	00:52:50.290	00:52:05.720	00:21:06.690
292	6386	Maria Vasconcelos	Individual	00:52:51.287	00:51:35.864	00:21:07.687
293	2604	Nuria Antunes	Individual	00:52:54.187	00:52:10.390	00:21:10.587
294	6699	Filipe Gonçalves	Comitiva	00:52:54.197	00:51:18.067	00:21:10.597
295	6542	Eduarda Gonçalves	Amigos De Quinchães	00:52:54.227	00:51:57.707	00:21:10.627
296	6596	João Almeida	Individual	00:52:54.430	00:51:34.583	00:21:10.830
297	6424	João Guimarães	Garcia Garcia	00:52:54.680	00:51:42.283	00:21:11.080
298	6229	Patricia Mendes	Individual	00:52:57.197	00:52:09.260	00:21:13.597
299	6054	Natália Bento	Travassós Running Fafe	00:53:02.703	00:52:00.923	00:21:19.103
300	6795	Alvarim Miranda	Individual	00:53:02.727	00:51:27.240	00:21:19.127
301	6263	David Soares	Individual	00:53:02.737	00:52:13.264	00:21:19.137
302	6648	Cecília Leitão	Individual	00:53:03.540	00:51:38.343	00:21:19.940
303	6273	Ricardo Magalhaes	Individual	00:53:03.680	00:51:52.947	00:21:20.080
304	6654	Bernardo Magalhaes	Individual	00:53:03.927	00:51:53.810	00:21:20.327
305	6092	Sergio Lopes	Joroplás Sports	00:53:04.927	00:51:07.304	00:21:21.327
306	6471	Dora Fonseca	Individual	00:53:12.040	00:52:41.093	00:21:28.440
307	6100	Domingos Ferreira	Acd Ases Sta Eufemia	00:53:12.427	00:52:15.320	00:21:28.827
308	6075	Liliana Faria	Individual	00:53:12.427	00:52:11.877	00:21:28.827

Lugar	Dorsal	Nome	Equipa	Tempo	Chip	Diferença
309	6414	Desconhecido	Individual	00:53:13.427	00:51:31.910	00:21:29.827
310	6509	Jaime Alves	Unidos Do Cano Veteranos	00:53:15.290	00:52:14.713	00:21:31.690
311	6400	Hugo Oterelo	Individual	00:53:15.677	00:51:26.664	00:21:32.077
312	6655	Carlos Almeida	Individual	00:53:16.040	00:52:29.980	00:21:32.440
313	6591	Elias Castro	N.A.Taipas	00:53:18.220	00:52:07.663	00:21:34.620
314	6782	Pedro Mendes	Individual	00:53:19.763	00:51:29.316	00:21:36.163
315	6413	Telma Silva	Individual	00:53:19.763	00:52:34.096	00:21:36.163
316	6781	Miguel Teixeira	Individual	00:53:19.773	00:51:28.646	00:21:36.173
317	6058	Hélder Ribeiro	Individual	00:53:20.790	00:51:51.153	00:21:37.190
318	6772	Alberto Silva	Individual	00:53:20.927	00:52:28.730	00:21:37.327
319	6766	André Mendes	Individual	00:53:21.427	00:52:09.327	00:21:37.827
320	6571	Francisco Marques	N.A.Taipas	00:53:21.683	00:52:15.833	00:21:38.083
321	6034	Deolinda Ferreira	Grupo Desportivo A Ronda	00:53:22.187	00:53:15.144	00:21:38.587
322	6250	Sofia Gonçalves	Individual	00:53:23.177	00:52:35.307	00:21:39.577
323	6161	Silvia Silva	Individual	00:53:23.423	00:51:48.540	00:21:39.823
324	6178	Paulo Fernandes	Individual	00:53:24.440	00:52:17.587	00:21:40.840
325	6320	Roberto Silva	Individual	00:53:24.547	00:52:19.164	00:21:40.947
326	6543	Filipa Gonçalves	Amigos De Quinchães	00:53:24.547	00:52:26.950	00:21:40.947
327	6445	Sergio Sa	Individual	00:53:24.677	00:51:36.800	00:21:41.077
328	6500	Francisco Silva	Individual	00:53:28.280	00:52:54.537	00:21:44.680
329	6012	Álvaro Gonçalves	Individual	00:53:28.307	00:51:59.420	00:21:44.707
330	6668	Jean Martins	Individual	00:53:28.317	00:51:50.150	00:21:44.717
331	6110	Ana Freitas	Sociedade Recreio Cepenense	00:53:29.923	00:52:34.186	00:21:46.323
332	6456	Agostinha Gonçalves	Individual	00:53:29.923	00:53:19.726	00:21:46.323
333	6540	Ana Faria	Individual	00:53:36.827	00:52:24.537	00:21:53.227
334	6037	Herculano Fernandes	Individual	00:53:36.827	00:51:59.330	00:21:53.227
335	6524	Carlos Silva	Arcorun	00:53:38.173	00:52:31.473	00:21:54.573
336	6331	Francisco Teixeira	Al Correr	00:53:40.923	00:51:41.610	00:21:57.323
337	6677	José Ribeiro	Individual	00:53:41.040	00:46:36.227	00:21:57.440
338	6363	Jorge Cunha	Individual	00:53:41.173	00:53:06.723	00:21:57.573
339	6636	Alice Gonçalves	Teamlorde	00:53:42.923	00:52:04.763	00:21:59.323
340	6308	Ricardo Custódio	Individual	00:53:43.807	00:52:39.140	00:22:00.207
341	6311	Fernando Costa	Individual	00:53:43.813	00:52:39.666	00:22:00.213
342	6284	Domingos Guimarães	Individual	00:53:45.927	00:53:12.310	00:22:02.327
343	6787	Joaquim Faria	Individual	00:53:46.790	00:52:45.120	00:22:03.190
344	6194	Simão Gonçalves	Individual	00:53:48.790	00:52:08.070	00:22:05.190
345	6652	Nelson Ribeiro	Riofit	00:53:48.923	00:52:30.203	00:22:05.323
346	6383	Luisa Rodrigues	Cr Candoso	00:53:50.420	00:52:40.250	00:22:06.820
347	6232	Rui Macedo	Individual	00:53:50.670	00:52:27.693	00:22:07.070
348	6230	Sandra Machado	Individual	00:53:50.790	00:52:27.530	00:22:07.190
349	6626	Victor Oliveira	Ara - Alfandeguense	00:53:52.343	00:52:18.323	00:22:08.743
350	6650	Liliana Barbosa	Individual	00:53:53.870	00:52:28.077	00:22:10.270
351	6174	Catarina Nunes	Individual	00:53:53.870	00:52:38.113	00:22:10.270
352	6032	Augusto Pacheco	Individual	00:53:54.173	00:52:50.646	00:22:10.573

Lugar	Dorsal	Nome	Equipa	Tempo	Chip	Diferença
353	2654	Rosa Carmo	Nascidos Para Correr	00:54:02.387	00:53:57.370	00:22:18.787
354	6526	Ana Gomes	Riofit	00:54:02.397	00:53:42.554	00:22:18.797
355	6488	Filipe Araujo	Individual	00:54:04.170	00:53:05.053	00:22:20.570
356	6656	Antonino Gonçalves	Individual	00:54:06.167		00:22:22.567
357	6003	Bruno Mendes	Individual	00:54:08.040	00:53:22.620	00:22:24.440
358	6159	Maria Machado	Individual	00:54:10.933	00:52:46.666	00:22:27.333
359	6082	Luis Teixeira	Individual	00:54:11.040	00:52:53.223	00:22:27.440
360	6789	Amadeu José	Individual	00:54:11.170	00:47:07.120	00:22:27.570
361	6723	Isabel Magalhães	Individual	00:54:12.793	00:52:55.440	00:22:29.193
362	6580	Manuel Ribeiro	N.A.Taipas	00:54:12.793	00:52:55.670	00:22:29.193
363	6427	Patrícia Ferreira	Garcia Garcia	00:54:12.793	00:53:02.243	00:22:29.193
364	6381	Lucas Afonso	Individual	00:54:13.080	00:52:46.850	00:22:29.480
365	6736	João Maia	Individual	00:54:14.667	00:52:44.697	00:22:31.067
366	6046	Ricardo Ramos	Individual	00:54:17.897	00:53:39.090	00:22:34.297
367	6259	Joao Mendes	Individual	00:54:20.917	00:53:23.234	00:22:37.317
368	6084	César Melo	Gorilaz	00:54:21.790	00:52:33.473	00:22:38.190
369	6752	Diogo Abreu	Individual	00:54:27.957	00:52:50.837	00:22:44.357
370	6730	Javier Sanchez-Espiga	Individual	00:54:31.417	00:53:09.440	00:22:47.817
371	6001	Abel Moura	Individual	00:54:32.413	00:53:28.183	00:22:48.813
372	6244	Artur Costa	Individual	00:54:36.460	00:52:47.523	00:22:52.860
373	6099	Manuel Carvalho	Individual	00:54:39.043	00:54:21.570	00:22:55.443
374	6080	José Ribeiro	4Fun	00:54:42.413	00:54:11.406	00:22:58.813
375	6047	Vera Freitas	Individual	00:54:45.417	00:54:21.244	00:23:01.817
376	6491	Diogo Cunha	Individual	00:54:47.290	00:53:56.773	00:23:03.690
377	6184	Pedro Cunha	Individual	00:54:50.913	00:53:27.906	00:23:07.313
378	6735	Luís Monteiro	Individual	00:54:55.040	00:54:24.887	00:23:11.440
379	6335	Paulo Guedes	Individual	00:54:57.910	00:53:19.147	00:23:14.310
380	6674	Eliseu Costa	Individual	00:54:58.913	00:53:18.043	00:23:15.313
381	6754	Zoran Jordanoski	Individual	00:55:02.003	00:54:58.863	00:23:18.403
382	6613	José Teixeira	Individual	00:55:07.913	00:53:09.326	00:23:24.313
383	6039	Joaquim Pacheco	Vitória Sport Clube	00:55:08.670	00:54:36.500	00:23:25.070
384	6549	Miguel Ribeiro	Individual	00:55:08.670	00:54:35.883	00:23:25.070
385	6726	José Vieira	Individual	00:55:09.003	00:54:36.830	00:23:25.403
386	6490	Patrícia Domingos	Individual	00:55:10.793	00:53:53.010	00:23:27.193
387	6722	Flávio Sousa	Individual	00:55:11.160	00:53:53.343	00:23:27.560
388	6009	Paula Miranda	Mss Contabilidade Trail Team	00:55:13.160	00:54:03.480	00:23:29.560
389	6089	Jorge Machado	Joroplás Sports	00:55:16.160	00:49:55.847	00:23:32.560
390	6339	Miguel Pinto	Individual	00:55:20.657	00:54:52.280	00:23:37.057
391	6305	Agostinho Macedo	Individual	00:55:22.407	00:54:22.820	00:23:38.807
392	6496	Manuel Castro	Individual	00:55:22.813	00:54:14.230	00:23:39.213
393	6443	Jerusa Ribeiro	Individual	00:55:25.660	00:54:42.423	00:23:42.060
394	6675	Aurelio Carvalho	Individual	00:55:26.040	00:54:36.747	00:23:42.440
395	6607	Manuel Machado	Ama Associação Mondim Atletismo	00:55:27.657	00:54:29.720	00:23:44.057
396	6635	Antonio Miranda	Individual	00:55:28.677	00:54:07.870	00:23:45.077

Lugar	Dorsal	Nome	Equipa	Tempo	Chip	Diferença
397	6307	David Maia	Individual	00:55:30.793	00:54:32.763	00:23:47.193
398	6224	Marino Barroso	Individual	00:55:32.293	00:54:29.606	00:23:48.693
399	6700	Rui Resende	Comitiva	00:55:32.910	00:53:56.783	00:23:49.310
400	6432	José Antunes	Tog Associação Running Team	00:55:33.293	00:54:58.456	00:23:49.693
401	6352	Susana Vasconcelos	Salgueiros Running	00:55:33.907	00:54:59.197	00:23:50.307
402	6306	Andreia Maia	Individual	00:55:34.043	00:54:33.906	00:23:50.443
403	6215	Paulo Freitas	Individual	00:55:36.113	00:54:32.756	00:23:52.513
404	6304	João Henriques	Individual	00:55:36.150	00:54:33.287	00:23:52.550
405	6272	Jose Magalhaes	Individual	00:55:37.657	00:54:29.007	00:23:54.057
406	6124	Pascal Dinis	H-Team	00:55:40.410	00:54:50.730	00:23:56.810
407	6702	Ana Isabel	Best Team	00:55:41.157	00:54:44.317	00:23:57.557
408	6211	Dores Barroso	Correr Com C'Alma	00:55:42.543	00:54:59.613	00:23:58.943
409	6131	Esmeralda Pinto	Travassós Running Fafe	00:55:46.663	00:55:38.446	00:24:03.063
410	6065	Paulo Ribeiro	Individual	00:55:47.657		00:24:04.057
411	6717	Manuela Sousa	Individual	00:55:47.657	00:54:12.700	00:24:04.057
412	6625	Helena Morais	Ara - Alfandeguense	00:55:47.793	00:54:12.990	00:24:04.193
413	6373	Alexandre Paiva	Individual	00:55:53.133	00:54:14.193	00:24:09.533
414	6022	Wilson Silva	Individual	00:55:55.657	00:54:17.074	00:24:12.057
415	6287	Natalia Goncalves	Individual	00:55:56.653	00:53:56.986	00:24:13.053
416	6512	Sérgio Machado	Unidos Do Cano Veteranos	00:55:59.427	00:54:57.427	00:24:15.827
417	6523	Bruno Alves	Individual	00:56:01.793	00:52:48.910	00:24:18.193
418	6537	Vitor Machado	Riofit	00:56:02.403	00:55:39.603	00:24:18.803
419	6603	Agostinho Martins	Ama Associação Mondim Atletismo	00:56:05.403	00:55:03.290	00:24:21.803
420	6303	Ana Henriques	Individual	00:56:10.187	00:55:31.027	00:24:26.587
421	6314	Mário Gonçalves	Individual	00:56:10.293	00:52:04.373	00:24:26.693
422	6220	Jorge Ribeiro	Individual	00:56:11.650	00:55:42.117	00:24:28.050
423	6105	Filipe Rodrigues	Individual	00:56:18.680	00:55:49.657	00:24:35.080
424	6727	Adriana Salgado	Individual	00:56:31.547	00:55:54.850	00:24:47.947
425	6459	Luis Pontes	Individual	00:56:32.297	00:55:00.660	00:24:48.697
426	6725	Luciano Cunha	Individual	00:56:44.237	00:55:00.390	00:25:00.637
427	6621	Marta Ferreira	Individual	00:56:44.237	00:56:42.394	00:25:00.637
428	6044	Ana Almeida	Individual	00:56:45.407	00:55:09.324	00:25:01.807
429	6286	Maria Sousa	Individual	00:56:48.797	00:55:31.850	00:25:05.197
430	6143	Ricardina Castro	Individual	00:56:57.297	00:55:22.740	00:25:13.697
431	6538	José Sousa	Individual	00:57:02.143	00:56:01.726	00:25:18.543
432	6158	Sérgio Barbosa	Individual	00:57:03.047	00:55:36.730	00:25:19.447
433	6780	Jose Ricardo	Individual	00:57:07.643	00:55:18.353	00:25:24.043
434	6601	Vania Mendes	Individual	00:57:08.270	00:55:18.743	00:25:24.670
435	6153	Pedro Ribeiro	Individual	00:57:10.297	00:55:47.957	00:25:26.697
436	6584	Natalia Cruz	N.A.Taipas	00:57:18.797	00:56:14.000	00:25:35.197
437	6069	Mónica Gomes	Individual	00:57:23.800	00:56:03.947	00:25:40.200
438	6226	Marilia Barroso	Individual	00:57:25.300	00:56:46.530	00:25:41.700
439	6558	Mara Costa	Individual	00:57:25.307	00:56:58.220	00:25:41.707
440	6390	João Cunha	Individual	00:57:26.843		00:25:43.243

Lugar	Dorsal	Nome	Equipa	Tempo	Chip	Diferença
441	6316	Silvia Martinez	Corre Corre	00:57:30.797	00:56:37.554	00:25:47.197
442	6160	Pedro Machado	Individual	00:57:32.653	00:56:25.440	00:25:49.053
443	6366	João Pereira	Individual	00:57:35.893	00:55:56.680	00:25:52.293
444	6277	Manuel Gonçalves	Individual	00:57:36.657	00:56:21.944	00:25:53.057
445	6278	António Silva	Individual	00:57:36.893	00:56:22.183	00:25:53.293
446	6665	Sara Oliveira	Individual	00:57:37.547	00:56:23.844	00:25:53.947
447	6663	Jose Bastos	Individual	00:57:37.640	00:56:23.767	00:25:54.040
448	6093	Vitor Paiva	Individual	00:57:39.890	00:55:56.503	00:25:56.290
449	6769	Tiago Ribeiro	Individual	00:57:41.800	00:55:48.393	00:25:58.200
450	6553	Sofia Martins	Running Espinho	00:57:43.867	00:56:58.754	00:26:00.267
451	6252	Luis Balinha	Correr Com C'Alma	00:57:45.387	00:56:28.310	00:26:01.787
452	6021	Patrícia Vale	Individual	00:57:50.167	00:56:11.977	00:26:06.567
453	6764	Cristóvão Teixeira	Individual	00:57:50.167	00:56:06.210	00:26:06.567
454	6327	Catarina Macedo	Individual	00:57:50.300	00:56:40.457	00:26:06.700
455	6534	Sónia Cabaça	Riofit	00:57:53.797	00:56:09.470	00:26:10.197
456	6323	Carla Magalhães	Mss Contabilidade Trail Team	00:58:02.047	00:56:51.274	00:26:18.447
457	6149	Cláudia Rodrigues	Individual	00:58:09.727	00:56:41.384	00:26:26.127
458	6501	Paulo Tavares	Individual	00:58:11.547	00:57:13.567	00:26:27.947
459	6600	Nuno Fernandes	Individual	00:58:16.397	00:58:02.760	00:26:32.797
460	19094376	André Oliveira	Individual	00:58:17.920	00:57:47.900	00:26:34.320
461	6536	Susana Silva	Riofit	00:58:18.047	00:56:31.380	00:26:34.447
462	6493	Fernando Ferraz	Porto Sentido Runners	00:58:18.300	00:57:45.637	00:26:34.700
463	6191	Angela Pinto	Individual	00:58:18.550	00:57:49.523	00:26:34.950
464	6262	Antero Libânio	Individual	00:58:18.800	00:57:34.223	00:26:35.200
465	6202	Diogo Leite	Individual	00:58:19.133	00:56:56.050	00:26:35.533
466	6428	Rui Oliveira	Garcia Garcia	00:58:23.633	00:57:05.636	00:26:40.033
467	6422	Alexandre Mota	Garcia Garcia	00:58:23.800	00:57:06.473	00:26:40.200
468	6151	Isabel Rodrigues	Individual	00:58:24.383	00:56:55.696	00:26:40.783
469	6033	Ângela Dias	Individual	00:58:26.440	00:56:32.693	00:26:42.840
470	6374	António Figueiredo	Individual	00:58:27.633	00:57:26.066	00:26:44.033
471	6258	Humberto Ferreira	Individual	00:58:43.510	00:56:55.880	00:26:59.910
472	6256	Helio Silva	Individual	00:58:43.510	00:56:56.107	00:26:59.910
473	6706	Marco Vaz	Individual	00:58:46.050	00:57:19.213	00:27:02.450
474	6593	José Cunha	N.A.Taipas	00:58:48.380	00:57:41.640	00:27:04.780
475	6114	Conceição Pereira	Sociedade Recreio Capanense	00:58:49.143	00:58:09.756	00:27:05.543
476	6581	Manuel Nené	N.A.Taipas	00:58:49.150	00:57:40.737	00:27:05.550
477	6148	Barbara Maia	Sociedade Recreio Capanense	00:58:49.633	00:58:09.786	00:27:06.033
478	6130	Carlos Ribeiro	Individual	00:58:56.627	00:58:32.964	00:27:13.027
479	6737	Cristiana Pereira	Individual	00:59:01.630	00:57:34.170	00:27:18.030
480	6187	Vitor Sousa	Individual	00:59:03.130	00:57:36.090	00:27:19.530
481	6714	João Oliveira	Individual	00:59:03.300	00:48:17.967	00:27:19.700
482	6716	Carina Dias	Individual	00:59:03.633	00:48:17.556	00:27:20.033
483	6338	Raquel Machado	Running Team	00:59:06.300	00:57:44.320	00:27:22.700
484	6337	Nuno Ferreira	Running Team	00:59:06.630	00:57:44.970	00:27:23.030

Lugar	Dorsal	Nome	Equipa	Tempo	Chip	Diferença
485	6623	Fernando Oliveira	Individual	00:59:09.037	00:57:35.724	00:27:25.437
486	6489	Aurora Freitas	Salgueiros Running	00:59:11.627	00:58:03.207	00:27:28.027
487	6707	Diana Soares	Individual	00:59:19.627	00:58:21.080	00:27:36.027
488	6392	Rui Vaz	Individual	00:59:22.880	00:58:29.410	00:27:39.280
489	6359	Aline Bernardo	Individual	00:59:26.143	00:57:55.580	00:27:42.543
490	6275	Ricardo Sousa	Individual	00:59:26.377	00:57:42.744	00:27:42.777
491	6360	Joao Bernardo	Individual	00:59:29.050	00:57:58.483	00:27:45.450
492	6466	David Branco	Individual	00:59:35.123	00:58:33.540	00:27:51.523
493	6602	Tânia Rodrigues	N14 Crossfit	00:59:39.307	00:58:15.490	00:27:55.707
494	6562	Alexandra Silva	N.A.Taipas	00:59:40.803	00:59:40.803	00:27:57.203
495	6561	Adélio Marques	N.A.Taipas	00:59:43.127	00:59:38.494	00:27:59.527
496	6393	Rui Ferreira	Individual	00:59:43.167		00:27:59.567
497	6146	Marta Cabral	Individual	00:59:43.167	00:58:43.060	00:27:59.567
498	6579	Luis Matos	N.A.Taipas	00:59:43.303	00:58:35.660	00:27:59.703
499	6563	Alfredo Oliveira	N.A.Taipas	00:59:43.623	00:58:38.130	00:28:00.023
500	6617	Sara Machado	Individual	00:59:49.550	00:59:45.407	00:28:05.950
501	6692	Desconhecido	Individual	00:59:50.120	00:59:03.047	00:28:06.520
502	6077	Pedro Silva	Silva	00:59:57.803	00:58:16.396	00:28:14.203
503	6086	Beatriz Ribeiro	Joroplás Sports	00:59:58.640	00:58:04.283	00:28:15.040
504	6280	Oliver Michelangelli	Individual	01:00:00.303	00:59:22.873	00:28:16.703
505	6439	Luis Fernandes	Individual	01:00:01.877	00:58:12.797	00:28:18.277
506	6637	Januário Gonçalves	Teamlorde	01:00:02.373	00:58:21.710	00:28:18.773
507	6499	Nuno Castro	Individual	01:00:03.123	00:58:23.940	00:28:19.523
508	6267	Rui Costa	Individual	01:00:05.553	00:59:35.403	00:28:21.953
509	6634	Tiago Fernandes	Individual	01:00:05.803	00:58:16.063	00:28:22.203
510	6749	Maria Fernandes	Individual	01:00:05.873	00:58:27.273	00:28:22.273
511	6704	Catarina Almeida	Individual	01:00:08.683	00:59:12.860	00:28:25.083
512	6740	José Mendes	Individual	01:00:09.120	00:58:17.933	00:28:25.520
513	6030	Anabela Mota	Travassós Running Fafe	01:00:09.813	00:59:04.533	00:28:26.213
514	6064	Marcela Fernandes	Cb Run	01:00:23.617	00:58:43.834	00:28:40.017
515	6253	Ana Pinto	Correr Com C'Alma	01:00:28.130	00:59:15.610	00:28:44.530
516	6296	Ernesto Santos	"" Os Pressinhas ""	01:00:28.130	00:59:11.830	00:28:44.530
517	6297	Herminia Oliveira	"" Os Pressinhas ""	01:00:29.867	00:59:16.170	00:28:46.267
518	6517	Américo Ferreira	Individual	01:00:30.367	00:58:48.067	00:28:46.767
519	6145	Maria Gonçalves	Individual	01:00:34.807	01:00:14.174	00:28:51.207
520	6283	Susana Machado	Individual	01:00:39.553	00:59:19.526	00:28:55.953
521	6330	Eva Rosendo	Lousada Runners	01:00:44.803	00:59:15.723	00:29:01.203
522	6168	Nuno Sousa	Máquinas Em Movimento	01:00:54.553	00:59:34.063	00:29:10.953
523	6164	Ana Lopes	Máquinas Em Movimento	01:00:54.807	00:59:34.880	00:29:11.207
524	6103	Jorge Mesquita	Vimarunners	01:01:00.053	00:59:19.073	00:29:16.453
525	6104	Rita Costa	Vimarunners	01:01:00.363	00:59:18.596	00:29:16.763
526	6411	Eliana Torres	N14 Crossfit	01:01:12.063	00:59:47.840	00:29:28.463
527	6583	Maria Oliveira	N.A.Taipas	01:01:17.007	00:55:14.214	00:29:33.407
528	6166	Daniel Sousa	Máquinas Em Movimento	01:01:23.847	01:00:02.504	00:29:40.247

Lugar	Dorsal	Nome	Equipa	Tempo	Chip	Diferença
529	6165	Catarina Sousa	Máquinas Em Movimento	01:01:23.847	01:00:04.550	00:29:40.247
530	6167	João Magalhães	Máquinas Em Movimento	01:01:23.850	01:00:02.503	00:29:40.250
531	6738	Natália Mendes	Individual	01:01:27.057	00:59:49.917	00:29:43.457
532	6729	Cristiano Silva	Individual	01:01:27.057	00:59:49.987	00:29:43.457
533	6216	Alexandra Mendes	Correr Com C'Alma	01:01:37.810	01:00:24.933	00:29:54.210
534	6254	Ilidio Martins	Individual	01:01:46.563	01:01:46.563	00:30:02.963
535	6154	Jorge Rodrigues	Individual	01:01:47.307	01:00:56.940	00:30:03.707
536	6190	Alexandre Magalhães	Individual	01:01:50.937	01:00:24.200	00:30:07.337
537	6288	Paulo Lopes	Individual	01:01:51.967	01:00:22.624	00:30:08.367
538	6419	Luís Melfe	""Os Magriços""	01:01:59.470	01:01:44.080	00:30:15.870
539	6551	Liliana Monteiro	Running Espinho	01:01:59.470	01:01:10.573	00:30:15.870
540	6309	Cristina Mendes	Navr	01:02:03.807	01:00:29.940	00:30:20.207
541	6218	Helena Rodrigues	Individual	01:02:04.307	01:00:19.384	00:30:20.707
542	6785	Carlos Peixoto	Individual	01:02:11.807	01:01:45.104	00:30:28.207
543	6519	António Sousa	Os Papa Milhas	01:02:13.060	01:01:53.540	00:30:29.460
544	6440	Regina Ramos	Individual	01:02:13.060	01:00:22.430	00:30:29.460
545	6721	Carla Ferreira	Os Celoricenses	01:02:14.987	01:00:49.390	00:30:31.387
546	6705	Nuno Baptista	Individual	01:02:16.560	01:01:08.713	00:30:32.960
547	6614	Sofia Pinheiro	Individual	01:02:23.513	01:00:27.046	00:30:39.913
548	6767	Ligia Pereira	Individual	01:02:28.310	01:01:16.323	00:30:44.710
549	6768	Pedro Carneiro	Individual	01:02:28.557	01:01:17.757	00:30:44.957
550	6510	Marco Lobo	Unidos Do Cano Veteranos	01:02:30.057	01:01:27.187	00:30:46.457
551	6773	Agostinho Lopes	Individual	01:02:31.057	01:01:27.494	00:30:47.457
552	6783	Ana Carvalho	Individual	01:02:31.557	01:02:04.170	00:30:47.957
553	6015	Filipa Fernandes	Individual	01:02:33.567	01:01:01.137	00:30:49.967
554	6227	Cristiana Costa	Individual	01:02:35.060	01:02:03.190	00:30:51.460
555	6794	Mário Gonçalves	Individual	01:02:35.063	01:02:03.480	00:30:51.463
556	6076	Sandra Pinto	Travassós Running Fafe	01:02:35.810	01:01:31.783	00:30:52.210
557	6774	Domingos Barbosa	Individual	01:02:37.557	01:01:32.837	00:30:53.957
558	6136	Susana Baptista	Lf2 Guiberço	01:02:39.557	01:01:49.087	00:30:55.957
559	6302	Catarina Pereira	Individual	01:02:56.057	01:01:34.914	00:31:12.457
560	6310	Susana Seixas	Individual	01:02:56.560	01:01:39.237	00:31:12.960
561	6264	Júlia Batista	Individual	01:03:02.560	01:02:19.033	00:31:18.960
562	6132	Márcio Torres	Individual	01:03:08.060	01:02:12.847	00:31:24.460
563	6739	Sandra Vieira	Individual	01:03:17.060	01:02:48.473	00:31:33.460
564	6210	Ana Leite	Correr Com C'Alma	01:03:28.310	01:02:11.050	00:31:44.710
565	6401	Rui Correia	Individual	01:03:28.843	01:02:41.703	00:31:45.243
566	6150	Bruno Rocha	Individual	01:03:33.147	01:01:55.060	00:31:49.547
567	6011	Nuno Falhas	Individual	01:03:38.810	01:03:01.563	00:31:55.210
568	6417	Fábio Saraiva	""Os Magriços""	01:03:41.680	01:03:25.280	00:31:58.080
569	6000	Izabela Santos	Individual	01:03:42.060	01:03:00.430	00:31:58.460
570	6081	Marisa Ferreira	4Fun	01:03:43.310	01:03:12.310	00:31:59.710
571	6713	André Costa	Individual	01:03:57.180	01:03:17.127	00:32:13.580
572	6438	Manuel Matos	Individual	01:03:59.070	01:03:19.567	00:32:15.470

Lugar	Dorsal	Nome	Equipa	Tempo	Chip	Diferença
573	6285	Cristina Martins	Eu&Tu	01:03:59.320	01:03:07.747	00:32:15.720
574	6087	Firmino Lopes	Joroplás Sports	01:03:59.567	01:02:03.974	00:32:15.967
575	6348	Joana Pacheco	J&J Team	01:04:00.063	01:03:19.803	00:32:16.463
576	6155	Rosa Falardo	Individual	01:04:16.063	01:02:51.190	00:32:32.463
577	6298	Mário Farias	Individual	01:04:24.257	01:02:30.894	00:32:40.657
578	6662	Jose Fernandes	Individual	01:04:26.313	01:03:12.553	00:32:42.713
579	6031	Carlos Cabouco	Ss Montepio	01:04:30.063	01:02:40.236	00:32:46.463
580	6670	Alice Ferreira	Asafnc	01:04:39.767	01:02:59.207	00:32:56.167
581	6005	Fernanda Lachado	Individual	01:05:04.817	01:03:13.677	00:33:21.217
582	6091	Mariana Almeida	Joroplás Sports	01:05:05.327	01:03:11.000	00:33:21.727
583	6756	Filipe Barros	Individual	01:05:06.853	01:03:19.736	00:33:23.253
584	6042	Ana Brites	Individual	01:05:07.317	01:04:03.910	00:33:23.717
585	6334	Vera Alegria	Individual	01:05:07.817	01:04:28.880	00:33:24.217
586	6333	Tiago Correia	Individual	01:05:08.817	01:04:28.510	00:33:25.217
587	6350	Angelica Colla	Individual	01:05:23.927	01:04:12.147	00:33:40.327
588	6217	Anabela Dinis	Individual	01:05:26.097	01:03:41.720	00:33:42.497
589	6219	Sofia Antunes	Individual	01:05:26.570	01:03:42.193	00:33:42.970
590	6090	Mariana Pastor	Joroplás Sports	01:06:23.560	01:04:26.183	00:34:39.960
591	6460	José Silva	Os Guardiões	01:06:32.097	01:05:19.897	00:34:48.497
592	6461	Sérgio Lima	Os Guardiões	01:06:32.103	01:05:19.126	00:34:48.503
593	6043	Paula Freitas	Os Guardiões	01:06:32.570	01:05:21.587	00:34:48.970
594	6671	Ana Ferreira	Asafnc	01:06:37.570	01:04:57.347	00:34:53.970
595	6672	Nuno Cardoso	Asafnc	01:06:37.817	01:04:56.127	00:34:54.217
596	6016	Rita Vilaça	Individual	01:06:41.567	01:05:09.470	00:34:57.967
597	6101	Diogo Costa	Vimarunners	01:06:46.317	01:05:03.660	00:35:02.717
598	6418	Francisco Martins	""Os Magriços""	01:06:55.230	01:06:38.783	00:35:11.630
599	6430	Antonio Silva	Pardelhas	01:07:16.317	01:06:00.867	00:35:32.717
600	6127	Pedro Silva	Individual	01:07:19.067	01:05:29.720	00:35:35.467
601	6274	Adélia Castro	Individual	01:07:26.320	01:05:40.193	00:35:42.720
602	6322	Filipa Portela	Individual	01:07:26.570	01:05:40.767	00:35:42.970
603	6659	Adelaide Ferreira	3 Stouges	01:07:27.070	01:05:51.360	00:35:43.470
604	6661	Manuel Marques	3 Stouges	01:07:28.820	01:05:52.127	00:35:45.220
605	6660	Jorge Salgado	3 Stouges	01:07:28.820	01:05:53.143	00:35:45.220
606	6480	Carina Freitas	Individual	01:07:54.820	01:06:07.910	00:36:11.220
607	6629	Paula Simões	Individual	01:08:16.570	01:06:52.823	00:36:32.970
608	6138	Marta Carvalho	Individual	01:08:18.820	01:07:22.603	00:36:35.220
609	6144	Anabela Abreu	Correr Viseu	01:08:18.820	01:07:22.607	00:36:35.220
610	6724	Jose Freitas	Individual	01:08:19.820	01:07:12.983	00:36:36.220
611	6476	Helena Santos	Opraticante.Pt	01:08:20.817	01:07:13.484	00:36:37.217
612	6784	Marcelo Carvalho	Individual	01:08:25.567	01:07:57.497	00:36:41.967
613	6407	Patricia Martins	Individual	01:09:01.073	01:07:17.556	00:37:17.473
614	6497	Tiago Ferreira	Individual	01:09:01.323	01:07:18.193	00:37:17.723
615	6126	Andrezza Guerreiro	Individual	01:09:02.077	01:07:22.587	00:37:18.477
616	6128	Cátia Lopes	Individual	01:09:20.873	01:08:44.510	00:37:37.273

Lugar	Dorsal	Nome	Equipa	Tempo	Chip	Diferença
617	6036	Eduarda Fontes	Individual	01:09:22.397	01:07:40.330	00:37:38.797
618	6664	Rui Ribeiro	Individual	01:09:22.407	01:07:40.590	00:37:38.807
619	6472	Sofia Cavaco	#Quandoacaba	01:09:22.573	01:07:34.533	00:37:38.973
620	6431	Sueli Silva	Pardelhas	01:09:50.323	01:08:38.390	00:38:06.723
621	6354	Dinis Esteves	Individual	01:10:02.573	01:08:26.616	00:38:18.973
622	6639	Sofia Gonçalves	Teamlorde	01:10:08.573	01:08:30.513	00:38:24.973
623	6628	José Pereira	Emília&Zé	01:10:08.827	01:08:27.650	00:38:25.227
624	6627	Emília Vaz	Emília&Zé	01:10:09.337	01:08:28.580	00:38:25.737
625	6449	Filomena Rodrigues	Individual	01:10:11.573	01:08:55.610	00:38:27.973
626	6447	Paula Alves	Individual	01:10:11.953	01:08:57.956	00:38:28.353
627	6608	Nuno Martins	Ama Associação Mondim Atletismo	01:10:16.573	01:03:51.140	00:38:32.973
628	6604	Francisco Teixeira	Ama Associação Mondim Atletismo	01:10:20.323		00:38:36.723
629	6332	Sara Soares	Al Correr	01:10:44.827	01:08:45.640	00:39:01.227
630	6481	Eliana Loureiro	Pudim	01:10:47.530		00:39:03.930
631	6483	Tatiana Loureiro	Pudim	01:10:49.073		00:39:05.473
632	6231	Nuno Sousa	Acd Ases Sta Eufemia	01:10:54.530	01:10:02.330	00:39:10.930
633	6370	Angela Fernandes	Individual	01:10:57.327	01:10:26.900	00:39:13.727
634	6204	Inês Silva	Individual	01:12:21.220	01:11:23.483	00:40:37.620
635	6421	Teresa Melfe	""""Os Magriços""""	01:15:01.083		00:43:17.483
636	6025	Susana Cardoso	Individual	01:15:08.583	01:13:58.156	00:43:24.983
637	6463	Cristina Pereira	Individual	01:15:58.740	01:15:24.067	00:44:15.140
638	6070	Isabel Freitas	Individual	01:16:38.737	01:15:35.930	00:44:55.137
639	6442	Diana Coelho	Individual	01:17:10.807	01:15:14.174	00:45:27.207
640	6465	Cláudia Sampaio	Individual	01:17:12.230	01:15:15.223	00:45:28.630
641	6396	Clara Assis	Individual	01:17:12.337	01:15:26.620	00:45:28.737
642	6435	Liliana Barbosa	Individual	01:31:19.367	01:30:59.530	00:59:35.767
643	19094298	Desconhecido	Individual	01:44:25.757	01:43:27.810	01:12:42.157
644	19094314	Desconhecido	Individual	01:50:23.093	01:50:08.126	01:18:39.493
645	6791	Patricia Fernades	Individual	01:52:07.697	01:50:21.350	01:20:24.097