

Classificação Geral

Posição	Dorsal	Nome	Clube	Escalão	Tempo
1	452	FILIPE FERREIRA	ACR	SEN-M	00:31:55.99
2	445	ANTÓNIO FERNANDES	ACR	VET2M	00:32:32.57
3	362	LEONEL FERNANDES	CLUBE OVAR	SEN-M	00:32:39.57
4	443	ANDRÉ ANICETO	ACR	SEN-M	00:32:45.27
5	324	TIAGO MADUREIRA	DCI/ CCCR-PEDRULHA	SEN-M	00:33:12.10
6	151	JOÃO ALMEIDA	SPORTING CLUBE DE PORTUGAL	SEN-M	00:33:29.60
7	383	LUÍS SILVA	CLUBE OVAR	VET1M	00:33:58.69
8	390	ORLANDO SANTOS	GDF CAMPANHA	VET1M	00:34:06.76
9	34	ÂNGELO ARAÚJO	NÚCLEO DE ATLETISMO DE CUCUJÃES	SEN-M	00:34:23.77
10	386	MARCO COSTA	S SOCIAIS OVAR	SEN-M	00:35:14.40
11	110	FÁBIO PAIVA	ACDC VILLA CESARI/FLAMA	SEN-M	00:35:28.32
12	212	LUÍS CARLOS FERREIRA DE ALMEIDA	CLUBE DE MONTANHA ALTO TRILHO (JAVALIS)	SEN-M	00:35:37.38

13	255	NORBERTO SILVA	NÚCLEO DE ATLETISMO DE CUCUJÃES	VET1M	00:35:46.16
14	237	MÁRIO SILVA	SERVIÇOS SOCIAIS DE SÃO JOÃO DA MADEIRA	VET3M	00:36:28.52
15	477	RUI ALVES	INDIVIDUAL	SEN-M	00:36:39.22
16	328	TONI SOARES	JUVENTUDE ILHA VERDE	SEN-M	00:37:00.22
17	108	ERNESTO ALMEIDA	NÚCLEO DE ATLETISMO DE CUCUJÃES	VET3M	00:37:10.21
18	347	ALBERTO VALENTE	CLUBE OVAR	VET1M	00:37:20.16
19	376	JORGE LUZ	BOAVISTA FC	VET3M	00:37:25.88
20	339	MARCO PAIVA	INDIVIDUAL	SEN-M	00:37:34.32
21	351	AMÉRICO VALENTE	S SOCIAIS OVAR	VET3M	00:37:42.15
22	226	MARCO CAMPOS	CLUBE DE MONTANHA ALTO TRILHO (JAVALIS)	SEN-M	00:37:46.52
23	122	FERNANDO OLIVEIRA	INDIVIDUAL	SEN-M	00:37:49.29
24	424	JOSÉ LUÍS MARTINS	CMCVC	SEN-M	00:38:37.44
25	155	JOÃO ALVES	GINÁSIO FIT4FUN	SEN-M	00:38:45.24
26	356	ANDRÉ DIAS	CATARI	VET1M	00:38:51.97
27	117	FERNANDO SACRAMENTO	GINÁSIO FIT4FUN	VET3M	00:38:54.68
28	189	JOSÉ ROMEU COSTA	INDIVIDUAL	VET1M	00:38:58.55

29	50	BALTAZAR FERREIRA	INDIVIDUAL	VET2M	00:39:01.85
30	54	BRUNO MIGUEL VIEIRA RIBEIRO	CLUBE DE MONTANHA ALTO TRILHO (JAVALIS)	SEN-M	00:39:04.86
31	349	ALEXANDRE SANTOS	CLUBE DE MONTANHA ALTO TRILHO (JAVALIS)	SEN-M	00:39:07.21
32	160	JOAQUIM FERREIRA	GRUPO DESPORTIVO E CULTURAL DE GUILHOVAI	VET2M	00:39:09.32
33	448	CELSO PAIVA	ACR	VET2M	00:39:11.55
34	225	MARCO SILVA	CLUBE DE MONTANHA ALTO TRILHO (JAVALIS)	SEN-M	00:39:14.74
35	366	FILIPE FONSECA	CLUBE OVAR	SEN-M	00:39:18.49
36	131	FRANCISCO JOSÉ PINHO DE ALMEIDA	INDIVIDUAL	VET2M	00:39:20.46
37	343	PEDRO DE SOUSA MARTINS	INDIVIDUAL	SEN-M	00:39:24.96
38	166	JORGE COSTA	GINÁSIO FIT4FUN	SEN-M	00:39:28.47
39	246	MIGUEL MELO	COIMBRA TRAIL RUNNING	SEN-M	00:39:30.68
40	114	FÁBIO CORREIA	INDIVIDUAL	SEN-M	00:39:33.27
41	147	JÉSSICA MATOS	SPORT COMERCIO E SALGUEIROS	SEN-F	00:39:37.16
42	37	ANTÓNIO VIEIRA	AFIS/OVAR	VET3M	00:39:39.71
43	208	LUÍS FONSECA	GANGUE DAS MAÇAS	SEN-M	00:39:43.46

44	464	NUNO FERNANDES	ACR	SEN-M	00:39:46.69
45	123	FERNANDO OLIVEIRA	INDIVIDUAL	SEN-M	00:39:58.88
46	77	CELSO TORRES	GINÁSIO FIT4FUN	VET3M	00:40:02.46
47	67	CARLOS TEIXEIRA	GDCODAL	SEN-M	00:40:08.08
48	38	ANTÓNIO FERNANDES	NÚCLEO DE ATLETISMO DE CUCUJÃES	VET3M	00:40:15.22
49	186	JOSÉ LUÍS FERNANDES TAVARES	INTERCAIMABIKE / POLISPORT / LOJA DA VISÃO	SEN-M	00:40:21.01
50	163	JORGE QUEIROS	NÚCLEO DE ATLETISMO DE CUCUJÃES	VET1M	00:40:24.88
51	118	FERNANDO ANTUNES	CCDS S.FRUTUOSO	VET2M	00:40:27.27
52	10	ALFREDO ANTÓNIO	INDIVIDUAL	VET1M	00:40:31.04
53	412	INÊS SAPAGE	Catari	VET1F	00:40:40.83
54	89	DAVID FERNANDES	GRUPO DESPORTIVO E CULTURAL DE GUILHOVAI	VET3M	00:40:43.52
55	250	MÓNICA SIMÕES	ADREP	SEN-F	00:40:52.76
56	201	LUÍS TRIGO	CÃES D AVENIDA	VET2M	00:40:59.82
57	94	DINIS TAVARES	GINÁSIO FIT4FUN	VET3M	00:41:01.88
58	411	JORGE PEREIRA	Catari	VET1M	00:41:04.36
59	83	CLÁUDIO COVAL	INDIVIDUAL	SEN-M	00:41:08.27

60	23	ANDRÉ SANTOS	GINÁSIO RAINHA	SEN-M	00:41:11.51
61	128	FILIPE TAVARES	INTERCAIMABIKE	SEN-M	00:41:18.29
62	211	LUÍS ALMEIDA	GINÁSIO GIMNO SPORT	SEN-M	00:41:20.69
63	484	DANIEL PEREIRA	INDIVIDUAL	SEN-M	00:41:24.54
64	326	TIAGO MANUEL FERREIRA DE ALMEIDA	CLUBE DE MONTANHA ALTO TRILHO (JAVALIS)	SEN-M	00:41:27.52
65	418	PAULO SILVA	Catari	VET1M	00:41:48.83
66	275	PEDRO HENRIQUES	GINÁSIO RAINHA	SEN-M	00:41:56.57
67	44	ANTÓNIO JF SILVA	INDIVIDUAL	SEN-M	00:42:00.19
68	341	BRUNO SILVA	BRAGUINHAS RUNNERS	SEN-M	00:42:02.93
69	458	JOSÉ GRAÇA	ACR	VET3M	00:42:07.16
70	170	JORGE FILIPE PINTO DA SILVA	INDIVIDUAL	SEN-M	00:42:10.40
71	289	RICARDO MIGUEL MARTINS GOMES	INDIVIDUAL	SEN-M	00:42:12.83
72	65	CARLOS MARTINS	GINÁSIO FIT4FUN	SEN-M	00:42:14.11
73	124	FERNANDO AMÉRICO CRUZ	CIRAC	SEN-M	00:42:31.83
74	236	MARINHO DUARTE	GINO SPORT CENTER	SEN-M	00:42:34.82
75	9	ALCINO GOUVEIA	ASCÁRIOS DE ESCARIZ	VET1M	00:42:36.82

76	139	HÉLDER COSTA	GINÁSIO FIT4FUN	SEN-M	00:42:48.08
77	178	JOSÉ FERREIRA	ASSOCIAÇÃO DESPORTIVA E CULTURAL DE FELGUEIRA	SEN-M	00:42:50.63
78	11	ÁLVARO OLIVEIRA	GINÁSIO FIT4FUN	VET3M	00:42:52.55
79	70	CARLOS ALBERTO MARIA	INDIVIDUAL	VET2M	00:42:53.86
80	473	PEDRO GOMES	INDIVIDUAL	VET1M	00:43:16.74
81	5	ALBANO BRAGA	GDCODAL	VET3M	00:43:17.82
82	113	FÁBIO SANTOS	INDIVIDUAL	SEN-M	00:43:20.71
83	64	CARLOS FERNANDES	AS BELAS E ELES	VET1M	00:43:23.40
84	413	LÍGIA MENDES	Catari	VET1F	00:43:27.11
85	140	HÉLDER BASTOS	GINÁSIO FIT4FUN	SEN-M	00:43:33.01
86	479	CARLOS SANTOS	INDIVIDUAL	VET2M	00:43:35.71
87	389	NUNO ALEXANDRE OLIVEIRA	CLUBE DE MONTANHA ALTO TRILHO (JAVALIS)	VET1M	00:43:43.93
88	53	BRUNO SILVA	INDIVIDUAL	SEN-M	00:43:46.18
89	180	JOSÉ BEIRA	GINÁSIO FIT4FUN	SEN-M	00:43:50.72
90	220	MANUEL SOUSA	AFIS/OVAR	VET3M	00:43:52.27
91	152	JOÃO RODRIGUES	INDIVIDUAL	VET2M	00:43:54.63
92	475	NUNO RAPOSO	INDIVIDUAL	SEN-M	00:43:58.66

93	414	NUNO ALMEIDA	Catari	SEN-M	00:44:01.32
94	191	JOSÉ VALENTIM MENDES OLIVEIRA	BTT BRANDOENSE	VET3M	00:44:04.21
95	49	ARTUR OLIVEIRA	GINÁSIO FIT4FUN	SEN-M	00:44:06.61
96	78	CELSO COSTA	CRUZ VERMELHA PORTUGUESA	VET1M	00:44:07.77
97	245	MIGUEL CAMPOS	INDIVIDUAL	VET1M	00:44:09.57
98	385	MANUEL JORGE BASTOS TAVARES	INDIVIDUAL	VET3M	00:44:11.85
99	112	FÁBIO PINHO	OS BANDIDOS	SEN-M	00:44:15.35
100	405	CÉSAR TEIXEIRA	Catari	VET1M	00:44:17.69
101	293	ROGÉRIO BASTOS	GINÁSIO FIT4FUN	SEN-M	00:44:26.72
102	337	VITOR SÁ	ACDC VILLA CESARI/FLAMA	VET1M	00:44:29.01
103	257	NUNO SANTOS	4ANY1	SEN-M	00:44:31.24
104	480	FERNANDO GONÇALVES	INDIVIDUAL	VET3M	00:44:33.08
105	63	CARLOS FERREIRA	INDIVIDUAL	VET3M	00:44:34.99
106	72	CARLOS TAVARES TAVARES	CIRAC	VET3M	00:44:37.02
107	125	FERNANDO GONÇALVES	CIRAC	VET3M	00:44:39.38
108	99	DULCE BASTOS	NÚCLEO DE ATLETISMO DE CUCUJÃES	VET1F	00:44:41.76

109	476	FERNANDO ADRIÃO	INDIVIDUAL	VET2M	00:44:42.63
110	174	JOSÉ OLIVEIRA	ASCÁRIOS DE ESCARIZ	VET1M	00:44:44.80
111	454	INÊS PINHO	ACR	SEN-F	00:44:55.82
112	52	BRUNO MOREIRA	GINÁSIO FIT4FUN	SEN-M	00:45:01.38
113	223	MANUEL ANTÓNIO RODRIGUES CONCEIÇÃO	ACDC VILLA CESARI/FLAMA	VET1M	00:45:10.05
114	465	RICARDO TRIGO	BEL PORTUGAL	SEN-M	00:45:13.27
115	221	MANUEL VIEIRA	AFIS/OVAR	VET3M	00:45:16.05
116	276	PEDRO PINHO	INDIVIDUAL	SEN-M	00:45:32.38
117	216	LUÍS MIGUEL OLIVEIRA	INDIVIDUAL	SEN-M	00:45:36.43
118	3	ADRIANO MOREIRA	GINÁSIO FIT4FUN	VET3M	00:45:38.69
119	254	NELSON CUNHA SILVA	CMCVC	VET3M	00:45:43.36
120	261	OSCAR MAGOLO	CIRAC	VET3M	00:45:47.13
121	270	PAULO TAVARES	INDIVIDUAL	SEN-M	00:45:49.93
122	183	JOSÉ ANTÓNIO DE PINHO FERNANDES	INDIVIDUAL	VET2M	00:45:53.77
123	28	ANDRÉ TAVARES DE SOUSA	INDIVIDUAL	SEN-M	00:46:16.66
124	248	MIKE DIAS	GINÁSIO FIT4FUN	VET1M	00:46:21.24
125	407	FERNANDO JORGE SANTOS	Catari	VET3M	00:46:25.08

126	430	RUI ROCHA	Catari	SEN-M	00:46:26.65
127	431	EDUARDO FERREIRA	Catari	VET2M	00:46:28.88
128	451	FILIPE PINHO	ACR	VET2M	00:46:32.72
129	310	SERAFIM RODRIGUES SERAFIM	CIRAC	VET3M	00:46:34.15
130	153	JOÃO PONCES	SINGLE RUNNERS	VET2M	00:46:36.11
131	134	GONÇALO	SINGLE RUNNERS	SEN-M	00:46:37.96
132	280	RENATO COSTA	INDIVIDUAL	SEN-M	00:46:39.74
133	459	JOSÉ PINHO	ACR	SEN-M	00:46:43.71
134	206	LUÍS DIAS	GINO SPORT CENTER	SEN-M	00:46:47.99
135	120	FERNANDO BASTOS	INDIVIDUAL	VET2M	00:46:50.72
136	323	TIAGO TAVAREZ	INDIVIDUAL	SEN-M	00:46:53.13
137	209	LUÍS ALMEIDA	GINÁSIO FIT4FUN	VET1M	00:46:55.41
138	367	FLORBELA COSTA	S SOCIAIS OVAR	VET1F	00:46:57.91
139	392	PAULO COSTA	S SOCIAIS OVAR	SEN-M	00:47:00.32
140	361	CATARINA FIGUEIREDO	CATARI	SEN-F	00:47:02.41
141	138	HÉLDER PINTO	INDIVIDUAL	SEN-M	00:47:04.79
142	159	JOAQUIM COUTO	INDIVIDUAL	VET2M	00:47:07.51

143	43	ANTÓNIO FERNANDO TONANDO	CIRAC	VET3M	00:47:11.29
144	472	ARIANA PINTO	INDIVIDUAL	SEN-F	00:47:13.44
145	259	NUNO BASTOS	INDIVIDUAL	SEN-M	00:47:16.44
146	213	LUÍS FILIPE PINHO	INDIVIDUAL	SEN-M	00:47:18.10
147	7	ALBERTO GOMES	CMCVC	VET2M	00:47:20.47
148	266	PAULO MARTINS	CMCVC	VET2M	00:47:25.51
149	187	JOSÉ MANUEL ROCHA	GINÁSIO FIT4FUN	VET1M	00:47:36.46
150	39	ANTÓNIO MARQUES	INDIVIDUAL	VET2M	00:47:40.11
151	471	RUI PEREIRA	INDIVIDUAL	VET1M	00:47:42.47
152	353	ANA COELHO	CATARI	SEN-F	00:47:44.29
153	360	CARLOS MAGALHÃES	GINÁSIO FIT4FUN	SEN-M	00:47:46.83
154	241	MARISA ALEXANDRA SILVA	GINO SPORT CENTER	SEN-F	00:47:50.74
155	130	FRANCISCO OLIVEIRA	INDIVIDUAL	VET1M	00:47:52.66
156	190	JOSÉ SANTOS	ACDC VILLA CESARI/FLAMA	VET3M	00:47:54.68
157	195	JÚLIO MOREIRA	ACDC VILLA CESARI/FLAMA	VET3M	00:47:56.33
158	176	JOSÉ SOUSA	AFIS/OVAR	VET3M	00:47:58.54
159	287	RICARDO MAGALHÃES	AS BELAS E ELES	SEN-M	00:48:00.96

160	300	RUI FILIPE MARTINS SILVA	INDIVIDUAL	VET1M	00:48:04.90
161	91	DIAMANTINO VALQUARESMA	INDIVIDUAL	VET2M	00:48:07.97
162	419	PAULO VILARINHO	Catari	VET1M	00:48:10.49
163	244	MIGUEL FERREIRA	INDIVIDUAL	VET1M	00:48:14.49
164	144	IVO ALMEIDA	INDIVIDUAL	VET1M	00:48:18.44
165	415	ORLANDA REGO	Catari	VET1F	00:48:25.60
166	290	RICARDO NUNO RODRIGUES SOARES	INTERCAIMABIKE / POLISPORT / LOJA DA VISÃO	VET1M	00:48:26.94
167	469	ARTUR FERREIRA	INDIVIDUAL	VET1M	00:48:28.51
168	425	PAULO SOUSA	Catari	VET1M	00:48:30.76
169	119	FERNANDO ROTHES	INDIVIDUAL	VET2M	00:48:32.29
170	35	ANTÓNIO OLIVEIRA	CMCVC	VET3M	00:48:33.94
171	227	MARCO SOARES	INDIVIDUAL	SEN-M	00:48:35.58
172	205	LUÍS PEDRO	INDIVIDUAL	SEN-M	00:48:37.66
173	305	RUI MIGUEL SOARES PAIVA	INDIVIDUAL	VET1M	00:48:39.79
174	311	SÍLVIA VILAR	INDIVIDUAL	SEN-F	00:48:41.86
175	177	JOSÉ CORREIA	INDIVIDUAL	VET1M	00:48:45.86
176	82	CLÁUDIA SILVA	NÚCLEO DE ATLETISMO DE CUCUJÃES	SEN-F	00:48:48.19

177	434	JOSÉ RODRIGUES	Catari	VET2M	00:48:54.46
178	262	PATRÍCIA FERREIRA	GANGUE DAS MAÇAS	SEN-F	00:48:57.44
179	172	JORGE SILVA	CIRAC	VET2M	00:49:01.74
180	253	NELSON OLIVEIRA	GINÁSIO FIT4FUN	SEN-M	00:49:11.51
181	238	MÁRIO SILVA	INDIVIDUAL	VET1M	00:49:17.11
182	157	JOÃO TAVARES	INDIVIDUAL	SEN-M	00:49:19.63
183	137	GUILHERME OLIVEIRA	INDIVIDUAL	VET2M	00:49:21.69
184	48	ARMINDO TAVARES	ACDC VILLA CESARI/FLAMA	VET3M	00:49:23.10
185	274	PEDRO SEIXAS	COVEMA - BTT VALE DE CAMBRA	SEN-M	00:49:27.51
186	303	RUI MIGUEL PINA SOARES	INDIVIDUAL	SEN-M	00:49:30.85
187	27	ANDRÉ FILIPE DOS SANTOS REBELO	EDUART	SEN-M	00:49:33.10
188	145	JERÓNIMO CARDOSO	ZIMBASSTRONG	VET3M	00:49:35.02
189	141	HELENA SILVA	CMCVC	SEN-F	00:49:36.99
190	453	FRANCIS FERNANDES	ACR	SEN-M	00:49:42.19
191	288	RICARDO TAVARES	AS BELAS E ELES	SEN-M	00:49:44.41
192	13	ANA SILVA	CMCVC	VET1F	00:49:45.74
193	175	JOSÉ SANTOS	GINÁSIO FIT4FUN	SEN-M	00:49:56.16

194	231	MARCOS SOARES	INDIVIDUAL	SEN-M	00:49:59.33
195	322	TIAGO MOREIRA	GANGUE DAS MAÇAS	SEN-M	00:50:01.83
196	22	ANDRÉ SILVA PINTO FERREIRA	ATLESTIMO FCA	SEN-M	00:50:05.68
197	306	RUI PEDRO COSTA	GRUPO DESPORTIVO E CULTURAL CODAL	SEN-M	00:50:08.05
198	297	RUI ALMEIDA	CMCVC	SEN-M	00:50:12.91
199	169	JORGE PEREIRA	CRUZ VERMELHA PORTUGUESA	SEN-M	00:50:15.29
200	273	PAULO MAIA	INDIVIDUAL	VET1M	00:50:17.46
201	267	PAULO FERREIRA	CTRVC	VET2M	00:50:19.51
202	240	MÁRIO RODRIGUES	CLUBE TRAIL RUNNING VALE DE CAMBRA	SEN-M	00:50:22.07
203	285	RICARDO PINHO	INDIVIDUAL	SEN-M	00:50:25.55
204	408	FERNANDO JORGE VIEIRA	Catari	VET3M	00:50:29.27
205	100	DURBALINO FERREIRA	GINÁSIO FIT4FUN	VET3M	00:50:31.43
206	340	ANTÓNIO DOS SANTOS LOPES	INDIVIDUAL	VET3M	00:50:33.82
207	15	ANA MONTEIRO	INDIVIDUAL	SEN-F	00:50:38.83
208	468	DANIEL TAVARES	INDIVIDUAL	SEN-M	00:50:44.21
209	457	JOSÉ SANTOS	ACR	VET3M	00:50:47.30

210	95	DIOGO MELO	INDIVIDUAL	SEN-M	00:50:49.22
211	98	DOMINGOS SILVA	INDIVIDUAL	VET3M	00:50:50.93
212	239	MÁRIO TAVARES	INDIVIDUAL	SEN-M	00:50:54.43
213	368	GONÇALO OLIVEIRA	INVICTA RUNNERS TEAM	SEN-M	00:50:58.01
214	429	CLÁUDIO TAVARES	Catari	VET1M	00:51:00.68
215	294	ROSA MAGALHÃES	AS BELAS E ELES	VET1F	00:51:03.47
216	482	JOSÉ LOPES	INDIVIDUAL	VET1M	00:51:06.13
217	483	ANTERO ROQUES	INDIVIDUAL	SEN-M	00:51:08.69
218	4	AGOSTINHO SILVA	CASA GABRIEL RESTAURANTE - PINDELO	VET2M	00:51:09.96
219	24	ANDRÉ TAVARES	INDIVIDUAL	SEN-M	00:51:11.77
220	260	NUNO FILIPE SILVA	INDIVIDUAL	VET1M	00:51:14.19
221	207	LUÍS ALMEIDA	GINÁSIO FIT4FUN	SEN-M	00:51:17.19
222	185	JOSÉ FILIPE TAVARES	VALE DOS DUROS	VET1M	00:51:19.72
223	158	JOÃO OLIVEIRA	INDIVIDUAL	SEN-M	00:51:23.05
224	90	DAVIDE PEREIRA	INDIVIDUAL	SEN-M	00:51:26.04
225	46	ANTÓNIO JOSÉ PINHEIRO	INDIVIDUAL	VET2M	00:51:28.33
226	369	GUILHERME MACHADO	GINÁSIO FIT4FUN	SEN-M	00:51:31.54

227	1	ABEL RICARDO CORREIA	INDIVIDUAL	VET1M	00:51:32.86
228	42	ANTÔNIO ALMEIDA	ACDC VILLA CESARI/FLAMA	SEN-M	00:51:35.07
229	481	GUSTAVO BASTOS	INDIVIDUAL	SEN-M	00:51:39.19
230	303	RUI MIGUEL PINA SOARES	INDIVIDUAL	SEN-M	00:51:41.91
231	135	GORETTI CARDOSO	CALDAS S. JORGE SPORT CLUBE	VET1F	00:51:44.02
232	69	CARLOS MATOS	INDIVIDUAL	VET3M	00:51:45.63
233	79	CÉSAR FERREIRA	GINO SPORT CENTER	VET3M	00:51:47.21
234	304	RUI MIGUEL DE MATOS GOMES	INDIVIDUAL	VET1M	00:52:01.04
235	71	CARLOS ALBERTO BRANDÃO	INDIVIDUAL	VET1M	00:52:05.69
236	307	SAMUEL PEDRO	INDIVIDUAL	SEN-M	00:52:09.24
237	435	GILBERTO ALMEIDA	INDIVIDUAL	VET3M	00:52:12.27
238	215	LUÍS HERNANI LEITE	INDIVIDUAL	VET3M	00:52:15.79
239	436	RUI MIGUEL NEGRAIS PINTO	INDIVIDUAL	VET1M	00:52:17.63
240	256	NUNO RIBEIRO	VIRIATHV RUNNERS VISEU	SEN-M	00:52:20.77
241	179	JOSÉ ROCHA	GINO SPORT CENTER	VET1M	00:52:23.55
242	136	GRAÇA LEITE	ACREFA	VET1F	00:52:27.58

243	2	ADÃO MIGUEL SOARES DE FREITAS	INDIVIDUAL	SEN-M	00:52:32.79
244	279	REGINA ALMEIDA	CMCVC	VET1F	00:52:35.04
245	84	CLOTILDE ALMEIDA BATISTA DA COSTA DE SOUSA SANTOS	GINO SPORT CENTER	VET1F	00:52:40.40
246	66	CARLOS BASTOS	GINÁSIO FIT4FUN	SEN-M	00:52:42.49
247	204	LUÍS GUERRA	GINÁSIO FIT4FUN	VET1M	00:52:46.11
248	365	DIOGO SOARES	ACR	SEN-M	00:52:51.66
249	196	LARA SILVA	GINO SPORT CENTER	SEN-F	00:52:53.61
250	101	EDUARDO TAVARES REBELO	EDUART	VET3M	00:52:56.02
251	214	LUÍS FILIPE MARTINS SOARES	EDUART.	VET1M	00:53:08.99
252	229	MARCO ANDRÉ OLIVEIRA PAIVA	INDIVIDUAL	SEN-M	00:53:11.88
253	55	CARINA PINHO	GINÁSIO FIT4FUN	SEN-F	00:53:19.58
254	85	CONCEIÇÃO FERREIRA	GINÁSIO FIT4FUN	VET1F	00:53:27.43
255	81	CLÁUDIA PISSARRA	GINÁSIO FIT4FUN	VET1F	00:53:35.79
256	320	TERESA BASTOS	GINO SPORT CENTER	SEN-F	00:53:41.30
257	474	CARLA GOMES	INDIVIDUAL	SEN-F	00:53:43.91
258	460	MANUEL PINHO	ACR	VET3M	00:53:50.21

259	235	MARIA FILOMENA SANTOS	CMCVC	VET1F	00:53:52.76
260	161	JOAQUIM FERNANDO OLIVEIRA	CMCVC	VET3M	00:53:56.93
261	426	BERNARDO NERY	Catari	SEN-M	00:54:00.52
262	107	ENIO PINHO	ACRVC	VET2M	00:54:02.65
263	41	ANTÔNIO ANTUNES	INDIVIDUAL	VET1M	00:54:04.69
264	18	ANA MARGARIDA SANTOS	GINÁSIO FIT4FUN	SEN-F	00:54:06.79
265	156	JOÃO REBELO	SINGLE RUNNERS	SEN-M	00:54:09.49
266	202	LUÍS OLIVEIRA	INDIVIDUAL	VET1M	00:54:11.68
267	194	JÚLIO GUIMARÃES	INDIVIDUAL	VET2M	00:54:14.69
268	440	PATRICK SOARES	INDIVIDUAL	SEN-M	00:54:18.11
269	25	ANDRÉ PORTUGAL	INDIVIDUAL	SEN-M	00:54:20.80
270	298	RUI COSTA	INDIVIDUAL	SEN-M	00:54:24.38
271	116	FERNANDA ALMEIDA	INDIVIDUAL	VET1F	00:54:27.18
272	421	SÍLVIA PERALTA	Catari	SEN-F	00:54:31.68
273	409	FRANCISCO OLIVEIRA	Catari	VET1M	00:54:38.61
274	427	PAULO NERY	Catari	VET2M	00:54:40.85
275	45	ANTÓNIO JORGE BASTOS	VALE DOS DUROS	SEN-M	00:54:43.08

276	410	HELDER OLIVEIRA	Catari	VET3M	00:54:44.52
277	143	ISAURA LOPES	NÚCLEO DE ATLETISMO DE CUCUJÃES	VET1F	00:54:55.32
278	403	VALDEMIRO BARBOSA	ACR	VET3M	00:55:07.88
279	258	NUNO MOREIRA	INDIVIDUAL	SEN-M	00:55:11.71
280	446	BRUNO FREITAS	ACR	SEN-M	00:55:14.01
281	406	ELISABETE REPAS	Catari	VET1F	00:55:21.69
282	282	RICARDO MONTEIRO	INDIVIDUAL	VET1M	00:55:27.24
283	98	DOMINGOS SILVA	INDIVIDUAL	VET3M	00:55:31.43
284	59	CARLA SILVA	INDIVIDUAL	SEN-F	00:55:41.49
285	103	ELISABETE SILVA	CMCVC	VET1F	00:55:47.57
286	352	ANA BASTOS	GINÁSIO FIT4FUN	VET1F	00:55:57.72
287	388	MARINA PINHO	GINÁSIO FIT4FUN	SEN-F	00:56:01.47
288	399	SUSANA BASTOS	GINÁSIO FIT4FUN	VET1F	00:56:04.27
289	433	JOSÉ CUNHA	Catari	VET3M	00:56:07.26
290	378	JORGE SILVA	INDIVIDUAL	VET1M	00:56:11.76
291	281	RICARDO BASTOS	A A LEBRE DO SADO	VET2M	00:56:16.57
292	301	RUI MANUEL BASTOS	INDIVIDUAL	SEN-M	00:56:19.71

293	88	DANIEL TAVARES	INDIVIDUAL	SEN-M	00:56:30.51
294	87	CRISTIANO COSTA	INDIVIDUAL	SEN-M	00:56:32.27
295	333	VERA FERREIRA	CMCVC	SEN-F	00:56:39.49
296	330	VASCO TAVARES	GINÁSIO FIT4FUN	VET1M	00:56:41.79
297	268	PAULO SANTOS	INDIVIDUAL	VET1M	00:56:48.13
298	20	ANA RITA LOUSADA	INDIVIDUAL	SEN-F	00:57:00.63
299	109	EUSÉBIO FERREIRA	GINÁSIO FIT4FUN	VET2M	00:57:08.54
300	393	PAULO PINHO	GINÁSIO FIT4FUN	SEN-M	00:57:13.32
301	181	JOSÉ MATOS	INDIVIDUAL	VET3M	00:57:18.47
302	252	NATHALIE MARTINS	GINÁSIO FIT4FUN	SEN-F	00:57:21.24
303	417	PAULO PIRES	Catari	VET1M	00:57:34.72
304	102	ELIANA FERREIRA	ACDC VILLA CESARI/FLAMA	SEN-F	00:57:38.72
305	292	ROBERTO MOREIRA	ACDC VILLA CESARI/FLAMA	SEN-M	00:57:43.07
306	317	SÓNIA SILVA	INDIVIDUAL	SEN-F	00:57:45.54
307	142	ISABEL CRISTINA BRANDÃO SOARES	INDIVIDUAL	VET1F	00:57:48.94
308	338	ZULEIMA GARCIA	GINO SPORT CENTER	VET1F	00:57:52.69
309	80	CLARINDA FARIA	ZIMBASSTRONG	SEN-F	00:57:55.33

310	14	ANA CARDOSO	ZIMBASSTRONG	SEN-F	00:57:57.83
311	295	ROSA BILLARD	GINÁSIO FIT4FUN	VET1F	00:58:02.01
312	308	SANDRO ALVES	GINÁSIO FIT4FUN	SEN-M	00:58:03.86
313	271	PAULO RAMOS	GRUPO JUVENIL PINHEIRO DA BEMPOSTA	VET1M	00:58:15.54
314	388	MARINA PINHO	GINÁSIO FIT4FUN	SEN-F	00:58:22.51
315	115	FÁTIMA FERREIRA	CMCVC	VET1F	00:58:24.76
316	68	CARLOS FREIRE	INDIVIDUAL	SEN-M	00:58:26.79
317	370	HELIO POLÓNIO	GINÁSIO FIT4FUN	SEN-M	00:58:35.33
318	106	ELSA SOARES	GINÁSIO FIT4FUN	SEN-F	00:58:39.72
319	312	SOFIA BASTOS	GINÁSIO FIT4FUN	VET1F	00:58:43.33
320	449	CRISTIANA MAGALHÃES	ACR	SEN-F	00:58:45.54
321	75	CÁTIA COIMBRA	INDIVIDUAL	SEN-F	00:58:47.69
322	105	ELSA FERREIRA	CMCVC	VET1F	00:58:56.24
323	192	JOSÉ VALENTIM OLIVEIRA	CIRAC	VET3M	00:59:06.49
324	62	CARLA VALENTE	CIRAC	SEN-F	00:59:09.13
325	363	CRISTINA TAVARES	GINÁSIO FIT4FUN	VET1F	00:59:24.47
326	439	LUÍS PINHO	INDIVIDUAL	VET1F	00:59:30.35

327	17	ANA CATARINA ALMEIDA	GINO SPORT CENTER	SEN-F	00:59:45.16
328	470	CLÁUDIA QUARESMA	INDIVIDUAL	VET1F	00:59:48.65
329	217	LUÍSA AMORIM	GINÁSIO FIT4FUN	VET1F	00:59:52.41
330	335	VERÔNICA SOARES	INDIVIDUAL	SEN-F	00:59:55.21
331	309	SANDRO SILVA	INDIVIDUAL	SEN-M	00:59:57.77
332	171	JORGE MANUEL DE ALMEIDA MARTINS	INDIVIDUAL	VET3M	01:00:05.46
333	188	JOSÉ MANUEL SILVA	CIRAC	VET3M	01:00:10.36
334	104	ELÍSIO GOMES	CMCVC	VET3M	01:00:13.18
335	111	FÁBIO SILVA	ZIMBASSTRONG	SEN-M	01:00:26.02
336	146	JÉSSICA FERNANDES	CMCVC	SEN-F	01:00:32.69
337	316	SÓNIA MARIA	INDIVIDUAL	SEN-F	01:00:41.60
338	332	VERA NOGUEIRA	4ANY1	SEN-F	01:00:54.65
339	31	ANDREIA ALEXANDRA SANTOS	CHEWBACCA	SEN-F	01:00:56.94
340	6	ALBERTO SANTOS	INDIVIDUAL	VET3M	01:00:59.80
341	173	JOSÉ SOARES	CMCVC	VET3M	01:01:02.79
342	57	CARLA SILVA	CMCVC	SEN-F	01:01:12.83
343	58	CARLA ALMEIDA	GINÁSIO FIT4FUN	VET1F	01:01:15.15

344	265	PAULA MIGUEL	CMCVC	VET1M	01:01:26.68
345	336	VITOR OLIVEIRA	CMCVC	VET2M	01:01:29.08
346	432	PAULO CUNHA	Catari	VET1M	01:01:31.40
347	296	RUI HENRIQUES	INDIVIDUAL	SEN-M	01:01:33.86
348	162	JOAQUIM OLIVEIRA MENDES	CIRAC	VET3M	01:01:36.13
349	302	RUI MIGUEL SILVA	INDIVIDUAL	VET1M	01:01:38.80
350	467	JOSÉ SILVA	GINÁSIO FIT4FUN	VET2M	01:02:00.46
351	243	MICAEL LUCAS	INDIVIDUAL	SEN-M	01:02:15.38
352	228	MARCO LEITE	INDIVIDUAL	SEN-M	01:02:23.30
353	359	CARLA CORREIA	GINÁSIO FIT4FUN	SEN-F	01:02:41.29
354	234	MARIA DOS ANJOS OLIVEIRA	INDIVIDUAL	SEN-F	01:02:43.30
355	462	MARGARIDA MIRANDA	BEL PORTUGAL	SEN-F	01:02:50.61
356	30	ANDREIA ALMEIDA	INDIVIDUAL	SEN-F	01:02:52.88
357	450	ELISA FERNANDES	BEL PORTUGAL	SEN-F	01:02:55.18
358	232	MARGARIDA MOREIRA	ATLESTIMO FCA	SEN-F	01:02:58.66
359	127	FILIPA DANIELA PEREIRA FERNANDES	ATLESTIMO FCA	SEN-F	01:03:00.19
360	315	SOLANGE TEIXEIRA	INDIVIDUAL	SEN-F	01:03:02.63

361	21	ANDRÉ SILVA	INDIVIDUAL	SEN-M	01:03:08.08
362	36	ANTÓNIO SILVA	CMCVC	VET1M	01:03:14.40
363	441	RITA ALVES	INDIVIDUAL	SEN-F	01:03:22.13
364	26	ANDRÉ PEREIRA	GANGUE DAS MAÇAS	SEN-M	01:03:37.94
365	263	PATRÍCIA SILVA	INDIVIDUAL	SEN-F	01:03:54.26
366	167	JORGE VAZ	SLLUB	SEN-M	01:04:12.33
367	149	JOANA CORREIA	GINÁSIO FIT4FUN	SEN-F	01:04:18.04
368	222	MANUEL ANTÓNIO VENTURA	GINO SPORT CENTER	VET1M	01:04:21.11
369	199	LÚCIA COSTA	GINO SPORT CENTER	SEN-F	01:04:23.41
370	218	LUÍSA BRANDÃO SOARES	INDIVIDUAL	VET1F	01:04:35.85
371	286	RICARDO VAZ	SLLUB	SEN-M	01:04:38.49
372	126	FILIPA MOUTINHO	INDIVIDUAL	SEN-F	01:04:41.30
373	291	RITA GOMES	INDIVIDUAL	SEN-F	01:04:44.01
374	73	CATARINA SOUSA	INDIVIDUAL	SEN-F	01:04:46.63
375	299	RUI RODRIGUES	INDIVIDUAL	SEN-M	01:04:49.33
376	168	JORGE PEREIRA	INDIVIDUAL	SEN-M	01:05:09.16
377	132	GABRIELA SILVA	CASA GABRIEL RESTAURANTE - PINDELO	VET1F	01:05:43.05

378	92	DIANA GONÇALVES	CMCVC	SEN-F	01:05:46.76
379	129	FLORINDA MANUELA VENÂNCIO	GINO SPORT CENTER	SEN-F	01:06:04.91
380	455	ISABEL PIEDADE	ACR	VET1F	01:06:27.01
381	346	CARLOS TEIXEIRA	INDIVIDUAL	SEN-M	01:06:40.63
382	345	ANTÓNIO MARTINS	INDIVIDUAL	SEN-M	01:06:43.85
383	364	DANIELA RIBEIRO	ACR	SEN-F	01:06:51.58
384	456	JOÃO SILVA	ACR	VET2M	01:07:03.52
385	348	ALEXANDRE GOMES	INDIVIDUAL	VET1M	01:07:07.02
386	210	LUÍS MOUTINHO	DRAGON RUNNERS	VET1M	01:07:26.29
387	19	ANA PATRÍCIA CARVALHO	INDIVIDUAL	SEN-F	01:08:26.43
388	313	SOFIA SANTOS	INDIVIDUAL	SEN-F	01:08:32.10
389	197	LILIANA SANTIAGO	GINÁSIO FIT4FUN	SEN-F	01:09:17.55
390	193	JÚLIA ROCHA	INDIVIDUAL	SEN-F	01:09:19.76
391	133	GISELA SANTIAGO	GINÁSIO FIT4FUN	SEN-F	01:09:24.83
392	233	MARIA MENDONÇA	INDIVIDUAL	VET1F	01:09:57.47
393	51	BARBARA SILVA	INDIVIDUAL	SEN-F	01:09:59.44
394	61	CARLA BARBOSA	AS BELAS E ELES	SEN-F	01:10:06.66

395	74	CÁTIA SILVA	AS BELAS E ELES	SEN-F	01:10:10.27
396	251	MÓNICA AGRELA	INDIVIDUAL	SEN-F	01:10:28.61
397	314	SOFIA GOMES	INDIVIDUAL	SEN-F	01:10:30.69
398	283	RICARDO FERREIRA	RMAF	SEN-M	01:11:24.94
399	32	ANGELA OLIVEIRA	INDIVIDUAL	SEN-F	01:11:27.36
400	397	SANDRA RODRIGUES	GINÁSIO FIT4FUN	SEN-F	01:11:29.83
401	344	SÍLVIA BARBOSA	GINÁSIO FIT4FUN	SEN-F	01:12:48.05
402	29	ANDREIA BASTOS	GINÁSIO FIT4FUN	SEN-F	01:12:50.16
403	200	LÚCIA ALMEIDA	GINÁSIO FIT4FUN	SEN-F	01:12:52.88
404	40	ANTÓNIO PINHO	INDIVIDUAL	SEN-M	01:13:18.74
405	334	VERA LÚCIA PINTO	INDIVIDUAL	SEN-F	01:13:22.24
406	277	PEDRO MIGUEL FERNANDES MOTA	INDIVIDUAL	SEN-M	01:14:28.46
407	242	MARTA FERNANDES	INDIVIDUAL	SEN-F	01:15:45.18
408	331	VASCO MIGUEL SANTOS BASTOS	INDIVIDUAL	SEN-M	01:16:55.72
409	150	JOANA MARGARIDA DA SILVA LEITE PAIVA	INDIVIDUAL	SEN-F	01:22:06.63