

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
HUGO SANTOS	Acd São João Da Serra	30	1	00:24:13.737	00:00:00.000
CARLOS COSTA	G. D. S. Salvador Do Campo	4	2	00:24:24.860	00:00:11.123
MIGUEL RIBEIRO	Clube De Atletismo Olímpico Vianense	9	3	00:24:27.160	00:00:13.423
JOSÉ AZEVEDO	Boavista Fc	3	4	00:24:47.657	00:00:33.920
RICARDO RIBAS	S. C. Braga	10	5	00:24:55.397	00:00:41.660
FÁBIO OLIVEIRA	Acd São João Da Serra	1066	6	00:24:57.490	00:00:43.753
RUI MUGA	Clube Académico Mogadouro	1065	7	00:24:59.490	00:00:45.753
NUNO COSTA	C. D. São Salvador Do Campo	31	8	00:25:27.750	00:01:14.013
ARTUR RODRIGUES	Gdc Do Guilhovai	28	9	00:25:44.900	00:01:31.163
ANDRÉ SILVA	Águias De Alvelos	24	10	00:25:45.243	00:01:31.506
OSCAR MENDES	Águias De Alvelos	42	11	00:25:53.647	00:01:39.910
MARIO FONSECA	Nast - Nucleo Associativo De Santo Tirso	7	12	00:25:56.500	00:01:42.763
AUGUSTO COSTA	Amigos Da Montanha	17	13	00:26:17.493	00:02:03.756
DAVID FIGUEIREDO	S. Salvador do Campo	18	14	00:26:25.243	00:02:11.506
JOAQUIM FIGUEIREDO	Clube Desportivo São Salvador Do Campo	1172	15	00:26:42.493	00:02:28.756
VALTER PEREIRA	Cyclones Sanitop	918	16	00:26:53.747	00:02:40.010
ANGELO ARAUJO	Jobra-Associação Jovens Da Branca	338	17	00:26:57.387	00:02:43.650
JOSÉ PIRES	Sociedade Recreio Capanense	29	18	00:26:59.997	00:02:46.260
PEDRO FERREIRA	Acd São João Da Serra	1068	19	00:27:05.497	00:02:51.760
DINIS GONÇALVES	Acd São João Da Serra	1190	20	00:27:07.580	00:02:53.843
ROGÉRIO MARQUES	Cyclones Sanitop	919	21	00:27:11.747	00:02:58.010
NELSON LOUREIRO	Individual	569	22	00:27:14.737	00:03:01.000
ANTÓNIO PIRES	H-Ramus	26	23	00:27:19.137	00:03:05.400
ROBERTO MARQUES	Grupo Recreativo Estrela Do Bonfim / Povia De Varzim	703	24	00:27:22.747	00:03:09.010
TIAGO FREITAS	Figueiredos Runners & Friends	456	25	00:27:25.753	00:03:12.016
ANTÓNIO SILVA	Nascidos Para Correr - Associação Desportiva	44	26	00:27:38.247	00:03:24.510
FILIPE MARTINS	Individual	234	27	00:27:43.253	00:03:29.516
CARLOS MONTEIRO	F. C. Vizela	1077	28	00:27:44.997	00:03:31.260
BRUNO RIBEIRO	Águias De Alvelos	1193	29	00:27:55.883	00:03:42.146
MARIANA MACHADO	S. C. Braga	13	30	00:27:57.497	00:03:43.760
RICARDO VALE	S. C. Braga	12	31	00:27:57.997	00:03:44.260
HUGO PINTO	Acd São João Da Serra	1067	32	00:27:59.133	00:03:45.396
ABILIO COSTA	G. D. S. Salvador Do Campo	40	33	00:28:04.873	00:03:51.136
CLAUDIA PEREIRA	Adosa, Os Santa Apolónia	11	34	00:28:10.000	00:03:56.263
JOSÉ CABRAL	Grupo Desportivo São Salvador Do Campo	279	35	00:28:20.750	00:04:07.013
JOÃO GONÇALVES	Olimpico Vianense Trail	1072	36	00:28:27.370	00:04:13.633
JOÃO SILVA	Vitória Sport Clube	297	37	00:28:28.007	00:04:14.270
HUGO SANTOS	Nascidos Para Correr - Associação Desportiva	39	38	00:28:33.750	00:04:20.013
JOSÉ DIAS	Vitória Sport Clube	705	39	00:28:37.533	00:04:23.796
JOAQUIM PACHECO	Vsc	871	40	00:28:45.997	00:04:32.260
RUI TABORDA	Acd São João Da Serra	1061	41	00:28:48.497	00:04:34.760
LUIS FEITEIRA	Leixões Sport Club	6	42	00:28:49.257	00:04:35.520
ORLANDO NEVES	Acd São João Da Serra	1070	43	00:28:49.333	00:04:35.596
JUSTYNA WOJCIK	Acd São João Da Serra	5	44	00:28:49.500	00:04:35.763

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
SÉRGIO SOUSA	Acd São João Da Serra	1069	45	00:28:51.500	00:04:37.763
HELDER SILVA	Escola Atletismo Rosa Oliveira	531	46	00:28:54.750	00:04:41.013
JOAQUIM ALVES	Nascidos Para Correr - Associação Desportiva	35	47	00:28:58.497	00:04:44.760
FRANQUELIM GONÇALVES	Cabeceiras Bike Team	617	48	00:28:59.750	00:04:46.013
PEDRO TERRA	S.S.T.M.S.J.M. Serviços Sociais Trabalhadores Do Município De S. João Da Madeira	934	49	00:29:01.250	00:04:47.513
BELMIRO RODRIGUES	Clube Desportivo São Salvador Do Campo	32	50	00:29:03.507	00:04:49.770
LUIS LEITE	Maia Runners	388	51	00:29:08.123	00:04:54.386
PAULO JESUS	Bonfim	74	52	00:29:08.250	00:04:54.513
MANUEL AZEVEDO	G. D. S. Salvador Do Campo	41	53	00:29:12.000	00:04:58.263
JOÃO MOITA	Associação Beat Your Limit	505	54	00:29:19.000	00:05:05.263
RICARDO REGO	Clube Zupper	1239	55	00:29:20.257	00:05:06.520
ALCINO SILVA	Clube Independente De Atletismo De Alpendorada	960	56	00:29:21.500	00:05:07.763
ELISABETE PEREIRA	Recreio Desportivo Agueda	15	57	00:29:21.507	00:05:07.770
PEDRO PONTES	Seri Trail Team	421	58	00:29:24.250	00:05:10.513
JOÃO POÇAS	Lion Runners - G.D. Leões Da Guarda	72	59	00:29:29.250	00:05:15.513
JOSÉ ALMEIDA	Academia Fernanda Ribeiro	1218	60	00:29:29.750	00:05:16.013
PAULO SILVA	Nascidos Para Correr - Associação Desportiva	45	61	00:29:39.500	00:05:25.763
MIGUEL FIGUEIREDO	Individual	23	62	00:29:42.750	00:05:29.013
ANDREIA CUNHA	Individual	22	63	00:29:43.250	00:05:29.513
NUNO PEREIRA	Individual	540	64	00:29:45.093	00:05:31.356
TOMÁS CARRIÇO	Individual	525	65	00:29:47.000	00:05:33.263
CARLOS ÁLVAREZ	S.A.Trega-Tomiño	1043	66	00:29:50.857	00:05:37.120
ROSA MADUREIRA	Individual	25	67	00:29:51.753	00:05:38.016
ORLANDO SOUSA	F. C. Penafiel	1252	68	00:29:52.857	00:05:39.120
DANIEL ANDRADE	Fc Vizela	1029	69	00:29:58.753	00:05:45.016
CARLOS GOMES	Salgueiros Running Team	46	70	00:30:03.503	00:05:49.766
MÓNICA SILVA	Vitória Sport Clube	1179	71	00:30:04.117	00:05:50.380
INOCENCIO SILVA	Clube Atletismo Da Póvoa De Varzim	1144	72	00:30:06.117	00:05:52.380
ANDREIA SANTOS	Run Tejo	19	73	00:30:09.253	00:05:55.516
PEDRO OLIVEIRA	Fama Runners	1119	74	00:30:12.263	00:05:58.526
NELSON COSTA	Águias De Alvelos	1192	75	00:30:14.853	00:06:01.116
DANIEL MONTEIRO	Academia Fernanda Ribeiro	1217	76	00:30:15.260	00:06:01.523
ARMANDO PEREIRA	Nascidos Para Correr - Associação Desportiva	659	77	00:30:15.503	00:06:01.766
RICARDO GONÇALVES	Ss Box	47	78	00:30:17.003	00:06:03.266
LAURA SILVA	Águias De Alvelos	938	79	00:30:19.003	00:06:05.266
MANUEL DOURADO	Individual	467	80	00:30:20.253	00:06:06.516
JOSÉ VIANA	Amigos Da Montanha	407	81	00:30:21.753	00:06:08.016
MARIO TEIXEIRA	Individual	118	82	00:30:22.757	00:06:09.020
MANUEL CARDOSO	Nascidos Para Correr - Associação Desportiva	758	83	00:30:25.753	00:06:12.016
MARISA BARROS	Salgueiros Running Team	2	84	00:30:27.120	00:06:13.383
ABEL SANTOS	G.R.E.B	698	85	00:30:27.753	00:06:14.016
TIAGO ALMEIDA	Clínica De Nutrição	34	86	00:30:29.503	00:06:15.766
NUNO ARAUJO	Olimpico Vianense Trail	362	87	00:30:32.260	00:06:18.523
MATEUS PEREIRA	Núcleo De Atletismo Das Taipas	27	88	00:30:32.753	00:06:19.016

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
JOSÉ SOUSA	Clube Desportivo Da Póvoa	401	89	00:30:33.587	00:06:19.850
PEDRO FERREIRA	Individual	38	90	00:30:37.360	00:06:23.623
MARK VELHOTE	Vodafone	1198	91	00:30:39.510	00:06:25.773
LUIS NUNES	#Rebent@Bolha	707	92	00:30:40.003	00:06:26.266
PEREIRA FERNANDO	Ad Lustosa	143	93	00:30:42.003	00:06:28.266
AMÉRICO SANTOS	Casa Doce	952	94	00:30:43.260	00:06:29.523
ANGELO FREITAS	Individual	1105	95	00:30:47.253	00:06:33.516
MANUEL FIGUEIREDO	Figueiredos Runners & Friends	286	96	00:30:49.003	00:06:35.266
ABÍLIO TEIXEIRA	Sociedade Recreio Capanense	757	97	00:30:51.257	00:06:37.520
LUÍS CAMANHO	Individual	630	98	00:31:01.347	00:06:47.610
PAULO SILVA	C. D. Póvoa	1235	99	00:31:04.253	00:06:50.516
RUI CARDOSO	Elcomandanteteam	834	100	00:31:06.753	00:06:53.016
TANIA FERNANDES	Leixões Sport Club	16	101	00:31:09.617	00:06:55.880
ANTONIO FERNANDES	Gdctenvc	1141	102	00:31:10.753	00:06:57.016
HENRIQUE OLIVEIRA	Sentir Saúde	1055	103	00:31:15.507	00:07:01.770
ALCIDES LEMOS	Berci	710	104	00:31:15.507	00:07:01.770
SERGIO MARTINS	A.R De Negrelos	187	105	00:31:17.253	00:07:03.516
JOAQUIM PINHEIRO	Sheraton Porto	461	106	00:31:20.513	00:07:06.776
ARIANA VERDE	S.A.Trega-Tomiño	1042	107	00:31:21.613	00:07:07.876
BRUNO RODRIGUES	Individual	379	108	00:31:23.003	00:07:09.266
HENRIQUE LOUREIRO	Individual	570	109	00:31:27.260	00:07:13.523
LUCIANO PENA	Top Top Runners	295	110	00:31:29.003	00:07:15.266
FERNANDO PINTO	Sociedade Recreio Capanense	763	111	00:31:30.257	00:07:16.520
JOSE RIBEIRO	Centro Desportivo E Cultural De Navais	910	112	00:31:33.007	00:07:19.270
FRANCISCA MARTINS	S. C. Braga	14	113	00:31:34.007	00:07:20.270
AUGUSTO PEREIRA	Nascidos Para Correr - Associação Desportiva	661	114	00:31:36.757	00:07:23.020
ANA CALDAS	Individual	984	115	00:31:37.627	00:07:23.890
ANDRÉ ALVES	Banda De Músicos	190	116	00:31:37.753	00:07:24.016
BRUNO MACHADO	Individual	68	117	00:31:43.257	00:07:29.520
FERNANDO SILVA	Centro Desportivo E Cultural De Navais	395	118	00:31:46.757	00:07:33.020
DOMINGOS MARTINS	H-Ramus	265	119	00:31:50.840	00:07:37.103
PAULO SILVA	Individual	109	120	00:31:59.603	00:07:45.866
FERNANDO COSTA	Clube Atletismo Da Póvoa De Varzim	1231	121	00:32:01.257	00:07:47.520
PEDRO ARAÚJO	Individual	777	122	00:32:04.757	00:07:51.020
ANTÓNIO MOREIRA	Grupo Recreativo Estrela Do Bonfim / Povia De Varzim	1090	123	00:32:05.100	00:07:51.363
MIGUEL REGO	Qualy - Produtos De Limpeza	653	124	00:32:06.340	00:07:52.603
HÉLDER SILVA	Os Rompe Solas	899	125	00:32:07.257	00:07:53.520
PEDRO MADRID	Academia Fernanda Ribeiro	1222	126	00:32:08.257	00:07:54.520
ANTÓNIO SANTOS	Nascidos Para Correr - Associação Desportiva	670	127	00:32:08.600	00:07:54.863
PAULO NASCIMENTO	Nascidos Para Correr - Associação Desportiva	673	128	00:32:08.757	00:07:55.020
RENÉ TEIXEIRA	Sociedade Recreio Capanense	756	129	00:32:13.507	00:07:59.770
JOSÉ GRAÇA	Nascidos Para Correr - Associação Desportiva	717	130	00:32:22.757	00:08:09.020
DOMINGOS SILVA	Nascidos Para Correr - Associação Desportiva	664	131	00:32:23.093	00:08:09.356
ANTÓNIO CARVALHO	Individual	873	132	00:32:25.007	00:08:11.270

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
NUNO FERREIRA	Individual	580	133	00:32:26.597	00:08:12.860
ALBANO SECA	Sociedade Recreio Capanense	749	134	00:32:28.757	00:08:15.020
PEDRO CAPA	Águias Da Misericórdia	434	135	00:32:31.507	00:08:17.770
FILIPE FERREIRA	Individual	121	136	00:32:32.837	00:08:19.100
LUÍS VILELA	Sociedade Recreio Capanense	752	137	00:32:33.257	00:08:19.520
RUI SILVA	Sociedade Recreio Capanense	755	138	00:32:33.757	00:08:20.020
RICARDO CAMPOS	Ss Box	545	139	00:32:39.267	00:08:25.530
CARLOS FELIZARDO	Individual	944	140	00:32:40.257	00:08:26.520
PEDRO MOREIRA	Individual	1096	141	00:32:44.007	00:08:30.270
LUIS SILVA	Clube Atletismo Da Póvoa De Varzim	682	142	00:32:45.507	00:08:31.770
ANTÓNIO MOREIRA	Academia Fernanda Ribeiro	1216	143	00:32:46.257	00:08:32.520
ADÃO MENDES	Grupo Recreativo Estrela Do Bonfim / Povoá De Varzim	701	144	00:32:49.757	00:08:36.020
EDUARDO FERREIRA	Devasta Trilhos	444	145	00:32:50.257	00:08:36.520
ANDRÉ ROCHA	Individual	438	146	00:32:52.507	00:08:38.770
DOMINGOS PRESAS	Nascidos Para Correr - Associação Desportiva	662	147	00:32:53.257	00:08:39.520
PEDRO MAGALHÃES	Individual	144	148	00:32:54.593	00:08:40.856
SÉRGIO SILVA	Individual	384	149	00:32:57.257	00:08:43.520
JOÃO LOPES	Nascidos Para Correr - Associação Desportiva	716	150	00:32:59.257	00:08:45.520
EDUARDO PINTO	Nascidos Para Correr - Associação Desportiva	665	151	00:32:59.757	00:08:46.020
PAULO SOARES	Individual	1041	152	00:33:01.007	00:08:47.270
MADALENA SILVA	Amigos Da Corrida	730	153	00:33:01.507	00:08:47.770
JOSE RODRIGUES	Individual	935	154	00:33:05.257	00:08:51.520
TIAGO LOPES	Grupo Desportivo Selho	860	155	00:33:06.507	00:08:52.770
JORGE QUEIRÓS	Individual	293	156	00:33:08.333	00:08:54.596
ANTONIO CARVALHO	Cabeceiras Bike Team	618	157	00:33:08.767	00:08:55.030
RODRIGO COSTA	Individual	1241	158	00:33:10.290	00:08:56.553
PEDRO CAMPOS	Clube Atletismo Da Póvoa De Varzim	1186	159	00:33:12.007	00:08:58.270
RÚBEN SOUSA	Individual	641	160	00:33:14.590	00:09:00.853
LUIS MARTINS	A.R De Negrelos	185	161	00:33:16.757	00:09:03.020
PEDRO CANCELO	Clube Zupper	1176	162	00:33:18.090	00:09:04.353
RODRIGO DUARTE	Maia Runners	209	163	00:33:18.760	00:09:05.023
FÁTIMA SILVA	C. D. Póvoa	262	164	00:33:22.260	00:09:08.523
LUIS LOBO	All Titudes Trail Team	1149	165	00:33:22.267	00:09:08.530
ANTÓNIO COIMBRA	Academia Fernanda Ribeiro	1223	166	00:33:23.510	00:09:09.773
JOÃO CAPA	Águias Da Misericórdia	433	167	00:33:24.843	00:09:11.106
AUGUSTO LOPES	Individual	92	168	00:33:25.007	00:09:11.270
CARLOS SOUSA	Devasta Trilhos	1115	169	00:33:27.007	00:09:13.270
HÉLDER GUEDES	Individual	410	170	00:33:29.510	00:09:15.773
ANTÓNIO DIAS	Fanbike /Regufe	113	171	00:33:30.510	00:09:16.773
MANUEL GOMES	A.R De Negrelos	186	172	00:33:30.827	00:09:17.090
JOAO CORREIA	Individual	795	173	00:33:31.757	00:09:18.020
FRANCISCO CERQUEIRA	Ker Sport	727	174	00:33:42.510	00:09:28.773
CLAUDIO CRUZEIRO	Individual	924	175	00:33:43.260	00:09:29.523
NUNO SILVA	Clube Atletismo Da Póvoa De Varzim	681	176	00:33:46.260	00:09:32.523

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
LAURINDO OSÓRIO	Kemedo Team	789	177	00:33:47.510	00:09:33.773
DOMINGOS NOGUEIRA	Maia Ac	868	178	00:33:48.017	00:09:34.280
PAULO TEIXEIRA	Guimaraes	644	179	00:33:50.010	00:09:36.273
PEDRO CUNHA	Os Felinos	734	180	00:33:53.257	00:09:39.520
JOSE PAIS	Edl	832	181	00:33:55.267	00:09:41.530
RODRIGO ARAUJO	Café Sul América	169	182	00:33:55.760	00:09:42.023
FRANCISCO CUNHA	Sociedade Recreio Capanense	762	183	00:33:57.517	00:09:43.780
RUI RAMALHO	Individual	212	184	00:34:00.760	00:09:47.023
ROGÉRIO VIEIRA	Elcomandanteteam	874	185	00:34:03.260	00:09:49.523
PEDRO REINA	Varzim Sport Club	521	186	00:34:04.267	00:09:50.530
JOAQUIM SEABRA	Bt4	1074	187	00:34:06.583	00:09:52.846
HÉLDER RIBEIRO	Mouquim-Afacycles-Eugénios-Bargauto-Cosmocar	1181	188	00:34:07.010	00:09:53.273
INÊS PINTO	H-Ramus	272	189	00:34:09.823	00:09:56.086
DANIEL CARVALHO	Individual	36	190	00:34:11.760	00:09:58.023
VITOR OLIVEIRA	Gin Marathon Runners	1204	191	00:34:12.847	00:09:59.110
JOSÉ ANDRADE	Academia Fernanda Ribeiro	1221	192	00:34:13.260	00:09:59.523
CARLOS OLIVEIRA	Boavista Fc	110	193	00:34:14.847	00:10:01.110
LINO SILVA	Individual	856	194	00:34:15.010	00:10:01.273
RICARDO LEMOS	Berci	712	195	00:34:15.510	00:10:01.773
FRANCISCO BRANCO	Individual	210	196	00:34:17.017	00:10:03.280
BRUNO PEREIRA	Individual	517	197	00:34:21.597	00:10:07.860
SÉRGIO RAMOS	Edv-Vianatrail	801	198	00:34:23.260	00:10:09.523
MANUEL CARRIÇO	Sentir Saúde	1054	199	00:34:25.510	00:10:11.773
RUI MARTINS	Individual	993	200	00:34:30.320	00:10:16.583
ALCINO PINTO	Athlon Runner'S	405	201	00:34:31.597	00:10:17.860
DÊNIS QUADROS	Athlon Runner'S	404	202	00:34:32.010	00:10:18.273
ISIDRO MIRANDA	Centro Desportivo E Cultural De Navais	911	203	00:34:37.513	00:10:23.776
LUÍS LIMA	Trofa Runners	289	204	00:34:38.260	00:10:24.523
JOSÉ SÁ	Sociedade Recreio Capanense	765	205	00:34:43.020	00:10:29.283
VÍTOR SILVA	Individual	828	206	00:34:43.260	00:10:29.523
PEDRO FERREIRA	Individual	432	207	00:34:43.260	00:10:29.523
ANTÓNIO MENDES	Sociedade Recreio Capanense	764	208	00:34:44.013	00:10:30.276
JOSÉ FÉLIX	Os Rompe Solas	964	209	00:34:45.037	00:10:31.300
LEONEL VIDEIRA	Nascidos Para Correr - Associação Desportiva	719	210	00:34:45.513	00:10:31.776
MARCO ALMEIDA	Nascidos Para Correr - Associação Desportiva	669	211	00:34:45.767	00:10:32.030
CARLOS BARRETO	Barreto Team	258	212	00:34:47.010	00:10:33.273
SERAFIM RAMOS	Lion Runners - G.D. Leões Da Guarda	380	213	00:34:48.263	00:10:34.526
ANTÓNIO PEREIRA	Nascidos Para Correr - Associação Desportiva	656	214	00:34:50.013	00:10:36.276
FILIPE MOÇA	Individual	153	215	00:34:54.013	00:10:40.276
HENRIQUE BORGES	Individual	1035	216	00:34:56.013	00:10:42.276
JACINTO RODRIGUES	Greb Bomfim	700	217	00:34:59.760	00:10:46.023
SERGIO PINTO	Individual	120	218	00:35:01.013	00:10:47.276
FILIPE MOREIRA	Ss Box	50	219	00:35:04.013	00:10:50.276
SANDRA ARAUJO	Fisio	1155	220	00:35:05.763	00:10:52.026

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
PEDRO PINTO	Maia Ac	288	221	00:35:06.013	00:10:52.276
RAUL CURVA	Individual	733	222	00:35:06.013	00:10:52.276
SEVERINO COSTA	G.D-Granja Trutas Do Mau-Castro Daire	524	223	00:35:06.580	00:10:52.843
JOÃO LIMA	Sociedade Recreio Capanense	945	224	00:35:07.577	00:10:53.840
SOFIA AZEVEDO	Maia Runners	879	225	00:35:08.510	00:10:54.773
PAULO PEREIRA	Unium	629	226	00:35:10.077	00:10:56.340
NUNO MAIA	Sociedade Recreio Capanense	955	227	00:35:10.767	00:10:57.030
ADELIO MARANHÃO	Equipa Maranhao	304	228	00:35:11.017	00:10:57.280
SANDRA GOMES	Individual	397	229	00:35:11.763	00:10:58.026
RUI CUNHA	Acm	1177	230	00:35:12.107	00:10:58.370
PAULA GUEDES	Individual	986	231	00:35:12.513	00:10:58.776
EMANUEL MADUREIRA	Nascidos Para Correr - Associação Desportiva	666	232	00:35:14.587	00:11:00.850
RICARDO RAMALHO	Individual	211	233	00:35:16.010	00:11:02.273
PAULO SILVA	Tou Tou Running	129	234	00:35:20.013	00:11:06.276
NUNO SILVA	Mancos	1116	235	00:35:22.263	00:11:08.526
GONÇALO LEMOS	Berci	711	236	00:35:23.520	00:11:09.783
SIMÃO DIAS	Online-Team	746	237	00:35:24.513	00:11:10.776
LUIS SILVA	Individual	1254	238	00:35:25.763	00:11:12.026
JOÃO VIEIRA	Viana Do Castelo	582	239	00:35:30.510	00:11:16.773
NUNO PINHEIRO	Individual	78	240	00:35:32.013	00:11:18.276
MIGUEL FARIA	Individual	76	241	00:35:33.263	00:11:19.526
BERNARDINO ANDRADE	Maia Runners	1100	242	00:35:34.513	00:11:20.776
JOSÉ FIGUEIREDO	Individual	296	243	00:35:37.263	00:11:23.526
CÉSAR QUINTAS	Núcleo Do Sporting Clube De Portugal De V. N. De Famalicão	920	244	00:35:40.013	00:11:26.276
MIRIAM PONTES	Clube VI	419	245	00:35:41.320	00:11:27.583
JOSE COSTA	Centro Desportivo E Cultural De Navais	909	246	00:35:42.310	00:11:28.573
EDUARDO FARIA	Individual	128	247	00:35:44.763	00:11:31.026
FERNANDO SOUSA	Individual	86	248	00:35:45.270	00:11:31.533
MANUEL GUEDES	Clube Independente De Atletismo De Alpendorada	959	249	00:35:49.513	00:11:35.776
PEDRO FERREIRA	Individual	979	250	00:35:51.517	00:11:37.780
ALBINO PIRES	Porto Sentido Runners	616	251	00:35:54.513	00:11:40.776
TERESA SILVA	Amigos Da Corrida	250	252	00:35:56.513	00:11:42.776
SÉRGIO COELHO	Academia Fernanda Ribeiro	1225	253	00:35:56.600	00:11:42.863
FERNANDO NUNES	Amigos Da Corrida	251	254	00:35:57.013	00:11:43.276
PEDRO OLIVEIRA	Secai-Gaiabike-Geoinerte	1175	255	00:35:57.810	00:11:44.073
PAULO AZEVEDO	Lanhas Tt	439	256	00:35:58.513	00:11:44.776
ANTÓNIO BORGES	Porto Sentido Runners	172	257	00:35:58.810	00:11:45.073
JOÃO CRUZ	Arca Barcelos Runers	808	258	00:36:03.013	00:11:49.276
ALVARO BARRETO	Barreto Team	257	259	00:36:04.767	00:11:51.030
TIAGO MENDES	Individual	156	260	00:36:06.513	00:11:52.776
PAULO FARIA	Senhora Da Hora Running	895	261	00:36:10.423	00:11:56.686
VÍTOR MOREIRA	B.V.Moreira Maia	107	262	00:36:10.570	00:11:56.833
FERNANDO FERREIRA	Somelos Tecidos	320	263	00:36:10.600	00:11:56.863
TIAGO SÁ	Os Trepadores Btt	739	264	00:36:10.773	00:11:57.036

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
BENJAMIM MESQUITA	Os Trepadores Btt	737	265	00:36:10.777	00:11:57.040
ROBERTO FERREIRA	Trepadores	743	266	00:36:11.310	00:11:57.573
FILIPE SÁ	Os Trepadores Btt	902	267	00:36:11.310	00:11:57.573
TIAGO CRUZ	Os Trepadores Btt	1159	268	00:36:11.310	00:11:57.573
BRUNO SILVA	Os Trepadores Btt	1126	269	00:36:11.517	00:11:57.780
LEANDRO DUARTE	Os Trepadores Btt	738	270	00:36:11.517	00:11:57.780
LILIANA GOMES	Individual	8	271	00:36:13.267	00:11:59.530
JOÃO BARROS	Devasta Trilhos	441	272	00:36:15.567	00:12:01.830
PEDRO MEINEDO	Individual	442	273	00:36:19.263	00:12:05.526
MIGUEL RODRIGUES	Irmandade Dias Alumínios	929	274	00:36:21.267	00:12:07.530
MARCO LOPES	Ccr	500	275	00:36:24.517	00:12:10.780
ANTONIO COENTRAO	Individual	222	276	00:36:24.763	00:12:11.026
SANDRA PEREIRA	Nascidos Para Correr - Associação Desportiva	677	277	00:36:25.567	00:12:11.830
ROSA OLIVEIRA	Individual	465	278	00:36:27.267	00:12:13.530
JOSÉ NUNES	Carapaus	147	279	00:36:28.267	00:12:14.530
JOAO ROSA	Individual	446	280	00:36:29.517	00:12:15.780
FILIPE SERRA	Pagarprasofrer	851	281	00:36:30.263	00:12:16.526
SÉRGIO CRISTA	Gdr Juventude Das Ribeiras	744	282	00:36:30.303	00:12:16.566
HUGO PEREIRA	Phoenix Evorun	867	283	00:36:32.270	00:12:18.533
PAULA SALGADO	Elcomandanteteam	219	284	00:36:35.103	00:12:21.366
SERGIO SILVA	Academia Fernanda Ribeiro	1224	285	00:36:36.803	00:12:23.066
ISABEL MORIM	Ss Box	49	286	00:36:37.303	00:12:23.566
MIGUEL CUNHA	Braga	786	287	00:36:39.267	00:12:25.530
JOSÉ FARIA	Trail Running.pt	1244	288	00:36:40.517	00:12:26.780
OSVALDO OLIVEIRA	Turbulentos	1034	289	00:36:43.517	00:12:29.780
MARIA FERNANDES	Malta Da Corrida	833	290	00:36:44.263	00:12:30.526
MARCO DANTAS	Individual	1187	291	00:36:45.517	00:12:31.780
RICARDO SOUSA	Individual	377	292	00:36:48.560	00:12:34.823
ANTOININO PEREIRA	Individual	822	293	00:36:51.017	00:12:37.280
JOSE DIAS	Braga A Correr	896	294	00:36:51.767	00:12:38.030
PEDRO CUNHA	Outizal	311	295	00:36:51.800	00:12:38.063
PAULO COSTA	Individual	1139	296	00:36:52.277	00:12:38.540
PAULO FERNANDES	Sentir Saúde	1051	297	00:36:52.767	00:12:39.030
SÉRGIO CARVALHO	Sentir Saúde	1168	298	00:36:53.087	00:12:39.350
JOAO COUTO	Bora Lá!	571	299	00:36:53.767	00:12:40.030
RICARDO MACIEL	Individual	546	300	00:36:55.267	00:12:41.530
ANTÓNIO NETO	Trifitrofa	71	301	00:36:55.800	00:12:42.063
CARLOS OSÓRIO	Futebol Clube Famalicão De Geneve	600	302	00:36:56.273	00:12:42.536
HELDER SOARES	Ccr	480	303	00:36:57.017	00:12:43.280
ANTÓNIO GOMES	Equipa Maranhao	303	304	00:36:58.300	00:12:44.563
LUÍS PEREIRA	Individual	305	305	00:37:01.300	00:12:47.563
RICARDO BRIOTE	Ade Trail Running	203	306	00:37:02.273	00:12:48.536
SUSANA PINTO	Nascidos Para Correr - Associação Desportiva	679	307	00:37:03.300	00:12:49.563
MIGUEL MACHADO	Amigos Do Empeno - Trail Running	411	308	00:37:03.517	00:12:49.780

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
ANTONIO ALMEIDA	Os Isabelinhas	1006	309	00:37:04.267	00:12:50.530
HELDER TEIXEIRA	Nascidos Para Correr - Associação Desportiva	685	310	00:37:04.273	00:12:50.536
MARCO LEITES	Individual	1162	311	00:37:06.767	00:12:53.030
SÉRGIO GONÇALVES	Individual	1016	312	00:37:09.267	00:12:55.530
MARIA PUGA	Ker Sport Trail Running	820	313	00:37:10.267	00:12:56.530
JOSÉ REIGADA	Quinta Do Fincão	713	314	00:37:10.267	00:12:56.530
MÁRIO PINTO	Individual	415	315	00:37:12.517	00:12:58.780
JOAO LARANJEIRA	Ade Trail Running	427	316	00:37:12.767	00:12:59.030
RUI MONTEIRO	Individual	122	317	00:37:13.017	00:12:59.280
MARIA CUNHA	Escola Desportiva Limiana	932	318	00:37:13.800	00:13:00.063
GABRIELA FONSECA	Dive Into The Mountains	821	319	00:37:15.017	00:13:01.280
ANTÓNIO FREIRE	Oliveconta	246	320	00:37:16.020	00:13:02.283
LÚIS FERRAZ	Team Caracoletas	1127	321	00:37:16.267	00:13:02.530
PEDRO FERNANDES	Amigos Do Empeno - Trail Running	392	322	00:37:17.767	00:13:04.030
VITOR COSTA	Ponta Delgada	551	323	00:37:18.517	00:13:04.780
RUI MONTEIRO	Individual	649	324	00:37:18.797	00:13:05.060
JOSÉ TEIXEIRA	Ss Box	235	325	00:37:20.517	00:13:06.780
JOÃO MENDES	Amigos Dos Copos	116	326	00:37:22.517	00:13:08.780
EDUARDO BARBOSA	Individual	601	327	00:37:22.557	00:13:08.820
MARCELO COSTA	Individual	927	328	00:37:22.767	00:13:09.030
JOSE SILVA	Amigos Dos Copos	102	329	00:37:23.057	00:13:09.320
NUNO BATISTA	Amigos Dos Copos	104	330	00:37:23.057	00:13:09.320
ADRIANO VIEIRA	Individual	816	331	00:37:23.277	00:13:09.540
ANDRÉ GOMES	Individual	355	332	00:37:23.297	00:13:09.560
DANIEL SOARES	Individual	334	333	00:37:24.517	00:13:10.780
ROSA PINTO	Nascidos Para Correr - Associação Desportiva	675	334	00:37:26.017	00:13:12.280
ADÃO DIAS	Nascidos Para Correr - Associação Desportiva	654	335	00:37:26.517	00:13:12.780
LUIS FREITAS	Olimpico Vianense Trail	409	336	00:37:29.523	00:13:15.786
VITOR GOMES	Individual	1250	337	00:37:31.517	00:13:17.780
RAFAEL PEREIRA	Individual	906	338	00:37:33.017	00:13:19.280
CARLOS CARNEIRO	Individual	108	339	00:37:38.517	00:13:24.780
JOAQUIM SÁ	Bora Lá!	747	340	00:37:40.267	00:13:26.530
SOFIA PEIXOTO	Individual	383	341	00:37:42.067	00:13:28.330
RAFAEL CAPILUPI	Individual	160	342	00:37:42.557	00:13:28.820
GASPAR PAIS	Individual	806	343	00:37:43.053	00:13:29.316
LÚIS CORREIA	Individual	792	344	00:37:44.553	00:13:30.816
ANTÓNIO COSTA	Os Rompe Solas	900	345	00:37:44.767	00:13:31.030
AURÉLIE FREITAS	Sociedade Recreio Capanense	770	346	00:37:45.797	00:13:32.060
HUGO OTERELO	Individual	1157	347	00:37:46.267	00:13:32.530
VITOR SILVA	Individual	799	348	00:37:50.020	00:13:36.283
PEDRO MAIA	Póvoa De Varzim	872	349	00:37:50.340	00:13:36.603
LUIS CASTILHO	Individual	861	350	00:37:52.020	00:13:38.283
CRISTINA CARNEIRO	Sociedade Recreio Capanense	766	351	00:37:55.053	00:13:41.316
JORGE FERREIRA	Individual	457	352	00:37:55.767	00:13:42.030

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
PAULO LARANJO	Individual	220	353	00:37:56.277	00:13:42.540
VICTOR SANTOS	Academia Fernanda Ribeiro	1220	354	00:37:57.273	00:13:43.536
ALBERTO TORRES	Braga A Correr	310	355	00:37:58.267	00:13:44.530
ANTONIO FERREIRA	Braga A Correr	936	356	00:37:58.767	00:13:45.030
PAULO MARTINS	Nascidos Para Correr - Associação Desportiva	672	357	00:38:00.770	00:13:47.033
SÉRGIO MATOS	Edv-Vianatrail	1111	358	00:38:01.267	00:13:47.530
ADRIANO SALGADO	Individual	167	359	00:38:01.797	00:13:48.060
HERMES LOBO	Joane Corre Corre	983	360	00:38:02.267	00:13:48.530
RICARDO VIEIRA	Viaativarunners	374	361	00:38:04.767	00:13:51.030
TIAGO COELHO	Individual	972	362	00:38:05.563	00:13:51.826
JOÃO LOPES	Desportivo Ases S. Jorge	335	363	00:38:10.107	00:13:56.370
CARLOS VERISSIMO	Individual	196	364	00:38:11.267	00:13:57.530
JOSÉ SANTOS	Sentir Saúde	967	365	00:38:11.290	00:13:57.553
ISAQUE PINTO	Nascidos Para Correr - Associação Desportiva	686	366	00:38:14.017	00:14:00.280
AMARO ROCHA	Gontinhães Trail Runners	1007	367	00:38:17.290	00:14:03.553
RICARDO BARROSO	Individual	350	368	00:38:17.523	00:14:03.786
JORGE LINO	Póvoa De Varzim	317	369	00:38:17.773	00:14:04.036
LUÍS GOMES	Sociedade Recreio Capanense	771	370	00:38:17.793	00:14:04.056
JOSE SECA	Oliveconta	236	371	00:38:23.020	00:14:09.283
PAULA ALMEIDA	Individual	1189	372	00:38:24.770	00:14:11.033
RUI SANTOS	Opérario Futebol Clube	151	373	00:38:24.790	00:14:11.053
PAULO ARAÚJO	Outizal	204	374	00:38:25.270	00:14:11.533
RUI BARBOSA	Invicta Runners Team	62	375	00:38:25.770	00:14:12.033
JOSÉ RODRIGUES	Individual	70	376	00:38:26.020	00:14:12.283
FERNANDO PINTO	Nascidos Para Correr - Associação Desportiva	667	377	00:38:30.550	00:14:16.813
SARA FERREIRA	Nascidos Para Correr - Associação Desportiva	678	378	00:38:31.020	00:14:17.283
VITOR GUEDES	Individual	1075	379	00:38:31.020	00:14:17.283
PEDRO RODRIGUES	Individual	1084	380	00:38:34.020	00:14:20.283
FILIPE GUIMARÃES	Individual	866	381	00:38:36.547	00:14:22.810
FILIPE OLIVEIRA	Fama Runners	1118	382	00:38:36.770	00:14:23.033
BRUNO SILVA	Parafusos Btt	255	383	00:38:38.017	00:14:24.280
HUGO RAMOS	Magnirunners	829	384	00:38:38.050	00:14:24.313
CARLOS LEAL	Kemedo Team	307	385	00:38:38.770	00:14:25.033
BEATRIZ FERREIRA	Somelos Tecidos	322	386	00:38:39.770	00:14:26.033
JOSÉ ORGANISTA	Individual	831	387	00:38:40.317	00:14:26.580
RUI RIBEIRO	Mancos	1134	388	00:38:42.050	00:14:28.313
ARTUR FERREIRA	Cabeceiras Bike Team	619	389	00:38:43.547	00:14:29.810
ANDRÉ SILVA	Núcleo Do Sporting Clube De Portugal De V. N. De Famalicão	1028	390	00:38:44.020	00:14:30.283
RICARDO ALPUIM	Individual	999	391	00:38:45.033	00:14:31.296
JORGE CASTRO	Famalicão Em Forma	468	392	00:38:46.270	00:14:32.533
ALEXANDRA COSTA	G.R.E.B	699	393	00:38:46.287	00:14:32.550
RUI PARALVAS	Adra Belém	588	394	00:38:48.770	00:14:35.033
HELDER MONTEIRO	Sucupira Fc	445	395	00:38:49.770	00:14:36.033
BRUNO BRIOSO	Maiagym	893	396	00:38:49.787	00:14:36.050

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
JOSÉ BASTOS	Mancos	1133	397	00:38:50.270	00:14:36.533
JOSÉ GOMES	Individual	87	398	00:38:51.773	00:14:38.036
RUI AFONSO	Individual	1173	399	00:38:54.020	00:14:40.283
BRUNO MARINHO	Minute Print Team	1001	400	00:38:54.770	00:14:41.033
JORGE CARNEIRO	Individual	1027	401	00:38:57.270	00:14:43.533
PEDRO FERREIRA	Clínica Nova De Joane	971	402	00:38:59.050	00:14:45.313
PEDRO ALVES	Individual	511	403	00:39:00.270	00:14:46.533
ARTUR FREITAS	Academia Fernanda Ribeiro	1215	404	00:39:01.020	00:14:47.283
PEDRO MARTINS	Bonesteam	865	405	00:39:03.270	00:14:49.533
CARLA SALGADO	B.T.M.	331	406	00:39:06.520	00:14:52.783
LUIS GONÇALVES	Individual	555	407	00:39:06.770	00:14:53.033
JOAO GOMES	Individual	354	408	00:39:08.527	00:14:54.790
JOAQUIM GOMES	Individual	221	409	00:39:10.550	00:14:56.813
RICARDO NEVES	Tribraga	1188	410	00:39:14.523	00:15:00.786
PEDRO SERRA	Individual	1148	411	00:39:15.020	00:15:01.283
HELDER NEVES	Em´Força	1138	412	00:39:15.283	00:15:01.546
HÉLDER FARIA	Cr Candoso	260	413	00:39:16.270	00:15:02.533
RICARDO MAIA	Sucupira Fc	213	414	00:39:17.520	00:15:03.783
MANUEL CARVALHO	Minute Print Team	1000	415	00:39:17.790	00:15:04.053
LURDES BARBEDO	Sucupira Fc	230	416	00:39:18.023	00:15:04.286
PAULO MOREIRA	Individual	632	417	00:39:23.773	00:15:10.036
JOSÉ COSTA	Individual	67	418	00:39:27.023	00:15:13.286
PEDRO ALMEIDA	Individual	726	419	00:39:28.023	00:15:14.286
ANTÓNIO VALINHAS	Mouquim-Afacycles-Eugénios-Bargauto-Cosmocar	328	420	00:39:30.040	00:15:16.303
WELLINGTON ALVES	Individual	889	421	00:39:30.770	00:15:17.033
PAULO LIMA	Individual	577	422	00:39:31.023	00:15:17.286
LAURENTINO MOREIRA	Individual	330	423	00:39:31.273	00:15:17.536
PEDRO PEREIRA	Individual	273	424	00:39:31.283	00:15:17.546
NUNO CERQUEIRA	Meandyou	1033	425	00:39:32.023	00:15:18.286
MARIANA PINHEIRO	Meandyou	1032	426	00:39:33.153	00:15:19.416
NELSON FERREIRA	Papa Km´S	605	427	00:39:34.040	00:15:20.303
JOÃO AUGUSTO	King John	183	428	00:39:35.773	00:15:22.036
CÉSAR PINHO	Quackteam	835	429	00:39:39.023	00:15:25.286
ADRIANO LEITE	Individual	1161	430	00:39:39.550	00:15:25.813
BERNADO SILVA	Figueiredos Runners & Friends	1184	431	00:39:42.520	00:15:28.783
JOAO CARVALHO	Figueiredos Runners & Friends	155	432	00:39:42.613	00:15:28.876
MARTA CARVALHO	Joane Corre Corre	982	433	00:39:43.550	00:15:29.813
PEDRO GONÇALVES	Sociedade Recreio Capanense	750	434	00:39:46.023	00:15:32.286
ISABEL FREITAS	Sociedade Recreio Capanense	760	435	00:39:46.273	00:15:32.536
LUIS SILVA	Clube Atletismo Da Póvoa De Varzim	509	436	00:39:46.780	00:15:33.043
JORGE OLIVEIRA	Vila Nova Runners	263	437	00:39:47.273	00:15:33.536
MARIO FOLHA	Gin Marathon Runners	1202	438	00:39:47.537	00:15:33.800
FERNANDO RAMOS	Individual	173	439	00:39:48.273	00:15:34.536
ANA PATRICIO	Individual	175	440	00:39:48.527	00:15:34.790

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
ANABELA LOPES	Individual	376	441	00:39:49.777	00:15:36.040
MARIA PINTO	Individual	1146	442	00:39:50.273	00:15:36.536
DOMINGOS AZEVEDO	Individual	962	443	00:39:50.273	00:15:36.536
VITOR CUNHA	Bora Lá!	684	444	00:39:50.377	00:15:36.640
PAULO LOPES	Grupo Desportivo Selho	859	445	00:39:51.773	00:15:38.036
MIGUEL PIRES	Individual	1207	446	00:39:53.023	00:15:39.286
EDUARDO SANTOS	Vilarinho Trail	318	447	00:39:56.780	00:15:43.043
TIAGO MARTINS	Tartarugas Team	543	448	00:39:57.277	00:15:43.540
DAVID BARROS	Paços Runners	418	449	00:39:58.023	00:15:44.286
MIGUEL RODRIGUES	Individual	1237	450	00:39:58.530	00:15:44.793
BRUNO CUNHA	B.V.Braga	1037	451	00:40:01.273	00:15:47.536
FERNANDO VAZ	Top Top Runners	372	452	00:40:01.777	00:15:48.040
PAULA SILVA	Sérgio Rodrigues Fotografia	66	453	00:40:02.023	00:15:48.286
CLAUDIO COENTRAO	Individual	800	454	00:40:03.773	00:15:50.036
RICARDO ALVES	Em´Força	721	455	00:40:05.773	00:15:52.036
CARLOS RIBEIRO	Bota&Siga	921	456	00:40:07.277	00:15:53.540
FERNANDO MACHADO	Individual	478	457	00:40:10.273	00:15:56.536
ANTÓNIO COSTA	Individual	450	458	00:40:12.523	00:15:58.786
MARIA SANTOS	Regufe	1199	459	00:40:13.023	00:15:59.286
HENRIQUE BARBEDO	Sucupira Fc	229	460	00:40:15.057	00:16:01.320
SÉRGIO CUNHA	Sucupira Fc	1064	461	00:40:15.523	00:16:01.786
GABRIEL SOUSA	Solemates	82	462	00:40:17.273	00:16:03.536
AGOSTINHO SOUSA	Individual	612	463	00:40:19.023	00:16:05.286
FILIPE SÁ	Ss Box	332	464	00:40:19.410	00:16:05.673
BRUNO MEIRA	Spin&Run Esposende	224	465	00:40:21.040	00:16:07.303
JOAO PINHEIRO	Porto Sentido Runners	148	466	00:40:22.523	00:16:08.786
RAQUEL CUNHA	Casa Da Costura Fisicorpus	969	467	00:40:25.527	00:16:11.790
NUNO CARNEIRO	Individual	996	468	00:40:27.273	00:16:13.536
AUGUSTO GOMES	Amigos Da Corrida	608	469	00:40:27.280	00:16:13.543
CARLOS MOUTINHO	Befit Póvoa De Varzim	858	470	00:40:27.547	00:16:13.810
CRISTINA CARVALHO	Somelos Tecidos	321	471	00:40:27.773	00:16:14.036
MIGUEL SARMENTO	Porto	1031	472	00:40:31.533	00:16:17.796
INES TEIXEIRA	Banda De Músicos	125	473	00:40:32.273	00:16:18.536
DIOGO SOARES	Correr Leça	572	474	00:40:32.523	00:16:18.786
HELDER AZEVEDO	Trepadores	351	475	00:40:32.773	00:16:19.036
EDUARDO MARQUES	Individual	931	476	00:40:32.777	00:16:19.040
ANA FERREIRA	Trepadores	352	477	00:40:34.523	00:16:20.786
JOAQUIM MARQUES	Intratáveis	586	478	00:40:34.533	00:16:20.796
PEDRO RODRIGUES	Clube Zupper	1238	479	00:40:35.023	00:16:21.286
LUÍS CASTRO	Sporting Clube Da Cruz	361	480	00:40:35.770	00:16:22.033
RUI SANTOS	Nascidos Para Correr - Associação Desportiva	676	481	00:40:36.533	00:16:22.796
MICAELA MARTINS	Individual	994	482	00:40:39.023	00:16:25.286
MANUEL COSTA	Ss Box	124	483	00:40:41.023	00:16:27.286
MÁRIO SERRA	Outizal	280	484	00:40:44.523	00:16:30.786

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
RUI REIS	Rio Tinto	560	485	00:40:47.273	00:16:33.536
GABRIEL SANTOS	Nascidos Para Correr - Associação Desportiva	668	486	00:40:48.277	00:16:34.540
SANDRINE FREITAS	Sociedade Recreio Capanense	761	487	00:40:50.530	00:16:36.793
PEDRO SILVA	Individual	378	488	00:40:51.773	00:16:38.036
ANA OLIVEIRA	Individual	227	489	00:40:52.780	00:16:39.043
SAMUEL BARBOSA	Individual	533	490	00:40:52.780	00:16:39.043
PATRICIA TEIXEIRA	Fisioperformance	1099	491	00:40:54.777	00:16:41.040
CRISTIANO FERREIRA	Fisioperformance	1098	492	00:40:55.277	00:16:41.540
MARIA CAMPOS	Spin&Run Esposende	141	493	00:40:57.527	00:16:43.790
NELSON OLIVEIRA	Casa Do Fc Porto De Vn Famalicão	485	494	00:41:00.027	00:16:46.290
RUI VIEIRA	Sbrunningteam	1104	495	00:41:01.027	00:16:47.290
CARLOS RODRIGUES	Ruilhe Runners	537	496	00:41:01.777	00:16:48.040
PEDRO SANTOS	Individual	323	497	00:41:02.277	00:16:48.540
VITOR PINTO	R. 4 Fun	981	498	00:41:03.767	00:16:50.030
THIERRY SILVA	Individual	594	499	00:41:04.530	00:16:50.793
ANA SOARES	Academia Fernanda Ribeiro	1226	500	00:41:04.773	00:16:51.036
DUARTE SENCADAS	Ccr	499	501	00:41:05.033	00:16:51.296
SILVIA VIANA	Ker Sport	728	502	00:41:05.540	00:16:51.803
PAULA CARVALHO	Pousada Saramagos	1018	503	00:41:07.027	00:16:53.290
JOSÉ SOUSA	Individual	1059	504	00:41:07.527	00:16:53.790
JOSE AZEVEDO	Individual	181	505	00:41:10.777	00:16:57.040
PEDRO SILVA	Silva Team	903	506	00:41:11.767	00:16:58.030
OSVALDO RODRIGUES	Correr Soc Recreativa Da Granja	358	507	00:41:15.267	00:17:01.530
PEDRO NUNES	Individual	344	508	00:41:15.277	00:17:01.540
CONSTANTINO RAMOS	Individual	1083	509	00:41:17.767	00:17:04.030
HUGO SILVA	Núcleo Do Sporting Clube De Portugal De V. N. De Famalicão	997	510	00:41:18.290	00:17:04.553
MANUEL PINTO	Individual	105	511	00:41:18.767	00:17:05.030
ARTUR BONFIM	Gtt - Armazém Do Café	1093	512	00:41:19.777	00:17:06.040
MIGUEL COVA	Clube VI	342	513	00:41:20.027	00:17:06.290
CATARINA MAGALHÃES	Individual	277	514	00:41:20.117	00:17:06.380
PAULO RIBEIRO	Clube Novo Banco	157	515	00:41:20.783	00:17:07.046
ALTINO VALENTE	Individual	197	516	00:41:21.027	00:17:07.290
CRISTINA MAGALHÃES	Academia Fernanda Ribeiro	1227	517	00:41:22.773	00:17:09.036
PATRÍCIA PORTO	Academia Fernanda Ribeiro	1228	518	00:41:22.777	00:17:09.040
ROGÉRIO PEREIRA	Bombeiros De Ferro	81	519	00:41:23.527	00:17:09.790
ADELAIDE BRANDÃO	Os Avenses	115	520	00:41:25.527	00:17:11.790
PAULO JORGE	Salgueiros Running Team	692	521	00:41:27.537	00:17:13.800
SERGIO BRAGA	Individual	741	522	00:41:29.527	00:17:15.790
ANTÓNIO FERNANDES	Mancos	1135	523	00:41:29.527	00:17:15.790
JOEL SILVA	Individual	857	524	00:41:31.763	00:17:18.026
PEDRO SANTOS	Individual	877	525	00:41:31.777	00:17:18.040
EDUARDO MADUREIRA	Individual	1151	526	00:41:33.277	00:17:19.540
AMADEU COELHO	Individual	453	527	00:41:33.777	00:17:20.040
VITOR EUSÉBIO	Póvoa De Varzim	80	528	00:41:36.777	00:17:23.040

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
RUI MARQUES	Sentir Saúde	1056	529	00:41:37.777	00:17:24.040
ANABELA ALMEIDA	Maiagym	1120	530	00:41:38.523	00:17:24.786
PAULA NUNES	Individual	735	531	00:41:38.527	00:17:24.790
ANTÓNIO SOARES	Individual	785	532	00:41:38.537	00:17:24.800
JOSE GRANJA	Modivas	146	533	00:41:39.027	00:17:25.290
ANA RAMOS	Arrasa Montanhas Btt	941	534	00:41:41.033	00:17:27.296
MARIA ALVE	Individual	195	535	00:41:41.527	00:17:27.790
MAFALDA REIS	Fisio	1166	536	00:41:42.777	00:17:29.040
LUÍS MOREIRA	Ccr	454	537	00:41:45.277	00:17:31.540
PAULO MEGRE	Matosinhos	946	538	00:41:47.777	00:17:34.040
ANGELA FERREIRA	Individual	892	539	00:41:49.527	00:17:35.790
RUI RODRIGUES	Individual	1082	540	00:41:49.803	00:17:36.066
SÉRGIO FREITAS	Braga	1012	541	00:41:51.033	00:17:37.296
MARIA DIAS	Caça Raposas	953	542	00:41:51.787	00:17:38.050
PAULO MOREIRA	Caça Raposas	951	543	00:41:52.023	00:17:38.286
LEANDRO FERNANDES	Gang Da Corrida	88	544	00:41:52.263	00:17:38.526
PAULO FARIA	Individual	542	545	00:41:53.527	00:17:39.790
VÍTOR VALENTE	Individual	455	546	00:41:53.547	00:17:39.810
CARLOS CARNEIRO	#Semdesculpas	1060	547	00:41:54.027	00:17:40.290
VITOR JUNQUEIRA	Individual	870	548	00:41:55.020	00:17:41.283
ZÉ ARAÚJO	Individual	1079	549	00:41:55.267	00:17:41.530
AUGUSTO MAGALHÃES	Individual	651	550	00:41:55.277	00:17:41.540
CLAUDIA SARDINHA	Individual	218	551	00:41:55.777	00:17:42.040
MIGUEL BARBOSA	Individual	345	552	00:41:57.537	00:17:43.800
CLAUDIO LOPES	Individual	259	553	00:41:57.760	00:17:44.023
SANDRA MASCARENHAS	Porto Sentido Runners	1125	554	00:41:58.867	00:17:45.130
ELIZABETE LOUREIRO	Porto Sentido Runners	1123	555	00:41:59.027	00:17:45.290
NELSON MAIA	Individual	535	556	00:42:03.030	00:17:49.293
HUGO SILVA	Individual	412	557	00:42:05.777	00:17:52.040
ROSA VAZ	Top Top Runners	373	558	00:42:06.277	00:17:52.540
SUSANA GOMES	Individual	723	559	00:42:07.780	00:17:54.043
LUÍS PAULO	Os Guardiões	635	560	00:42:08.550	00:17:54.813
CARLA SAMPAIO	Os Guardiões	637	561	00:42:08.777	00:17:55.040
CARLOS SOARES	Adra Belém	590	562	00:42:10.777	00:17:57.040
JOAO REMEDIOS	Allens	202	563	00:42:11.030	00:17:57.293
JOÃO SUBIDA	Adra Belém	589	564	00:42:11.260	00:17:57.523
ANTÓNIO SOARES	Individual	736	565	00:42:12.777	00:17:59.040
JOSE FERREIRA	Braguinhas Runners	548	566	00:42:13.527	00:17:59.790
PAULA PEIXOTO	Braguinhas Runners	549	567	00:42:14.800	00:18:01.063
MÁRCIO MEIRELES	Porto Sentido Runners	1122	568	00:42:15.277	00:18:01.540
MANUEL MIRANDA	Sentir Saúde	1057	569	00:42:16.780	00:18:03.043
JORGE MARQUES	Sentir Saúde	1050	570	00:42:17.027	00:18:03.290
TOMÉ ARTEIRO	Individual	240	571	00:42:18.033	00:18:04.296
JAIME GONÇALVES	Cr Candoso	977	572	00:42:18.527	00:18:04.790

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
CARLOS PEREIRA	Bioteam	782	573	00:42:20.257	00:18:06.520
VASCO DUARTE	Ss Box	353	574	00:42:21.517	00:18:07.780
ANTÓNIO BORGES	Individual	970	575	00:42:22.517	00:18:08.780
TIAGO FERREIRA	Individual	458	576	00:42:22.527	00:18:08.790
RICARDO CACHADINHA	Acteam Alexandra Carvalho Terapias	312	577	00:42:23.527	00:18:09.790
ALBERTO MOURA	Individual	557	578	00:42:24.777	00:18:11.040
SÉRGIO SILVA	Seri Trail Team	422	579	00:42:26.017	00:18:12.280
JOSÉ FERREIRA	Individual	1191	580	00:42:27.027	00:18:13.290
ANTÓNIO SOUSA	Individual	429	581	00:42:27.280	00:18:13.543
JOSÉ FONSECA	Braguinhas Runners	957	582	00:42:28.777	00:18:15.040
SERGIO MACEDO	Individual	596	583	00:42:29.257	00:18:15.520
MANUEL LIMA	Individual	640	584	00:42:29.780	00:18:16.043
DIANA MARTINS	Individual	356	585	00:42:29.787	00:18:16.050
ERNESTO MACIEIRA	Bttfree	182	586	00:42:31.537	00:18:17.800
ALICE BRITO	Maiagym	1121	587	00:42:32.027	00:18:18.290
PAULO PINHEIRO	Os Avenses	114	588	00:42:32.530	00:18:18.793
ADOLFO GONÇALVES	Clube Atletismo Da Póvoa De Varzim	520	589	00:42:34.527	00:18:20.790
JOSÉ SOUSA	Nascidos Para Correr - Associação Desportiva	718	590	00:42:35.757	00:18:22.020
CARLOS TAVARES	Individual	130	591	00:42:35.777	00:18:22.040
LUIS SOUSA	Nascidos Para Correr - Associação Desportiva	937	592	00:42:36.027	00:18:22.290
GABRIEL MOREIRA	Individual	595	593	00:42:38.267	00:18:24.530
LIRIO COVA	Clube VI	341	594	00:42:39.527	00:18:25.790
EZEQUIEL FERREIRA	Individual	475	595	00:42:41.013	00:18:27.276
VERÓNICA CARVALHO	Individual	476	596	00:42:41.027	00:18:27.290
LUIS CAMEIRÃO	Individual	1163	597	00:42:43.030	00:18:29.293
ALÍPIO LOUREIRO	Póvoa De Varzim	1185	598	00:42:43.780	00:18:30.043
ALEXANDRE MONTEIRO	Individual	714	599	00:42:44.027	00:18:30.290
CARLOS PEREIRA	Ruilhe Runners	63	600	00:42:45.530	00:18:31.793
PAULA SÁ	Online-Team	745	601	00:42:46.783	00:18:33.046
MONICA EUSEBIO	Individual	1154	602	00:42:47.527	00:18:33.790
DAVID BATISTA	Cabeceiras Bike Team	624	603	00:42:48.013	00:18:34.276
EDGAR OLIVEIRA	Cabeceiras Bike Team	622	604	00:42:48.280	00:18:34.543
FÁTIMA ARAÚJO	Individual	1010	605	00:42:48.780	00:18:35.043
LUCIA RODRIGUES	Individual	578	606	00:42:50.280	00:18:36.543
BRUNO VIGÁRIO	Individual	180	607	00:42:51.030	00:18:37.293
ALVARIM MIRANDA	Individual	1206	608	00:42:52.280	00:18:38.543
ANDRÉ LEITE	Individual	301	609	00:42:53.310	00:18:39.573
SUSANA MONTEIRO	Nucleo De Karaté E Atletismo De Roriz	776	610	00:42:53.313	00:18:39.576
XAVIER CAMPOS	Nucleo De Karaté E Atletismo De Roriz	774	611	00:42:53.530	00:18:39.793
PAULO ROSA	Individual	748	612	00:42:54.013	00:18:40.276
CLÁUDIA RIBEIRO	Individual	208	613	00:42:55.530	00:18:41.793
MÁRIO ARAÚJO	Individual	225	614	00:42:59.780	00:18:46.043
NATALIA COSTA	Clube VI	239	615	00:42:59.790	00:18:46.053
IRENE MONTE	Clube VI	254	616	00:42:59.790	00:18:46.053

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
PEDRO OLIVEIRA	Núcleo Do Sporting Clube De Portugal De V. N. De Famalicão	1110	617	00:43:00.253	00:18:46.516
ARMANDA PINTO	Nascidos Para Correr - Associação Desportiva	658	618	00:43:00.280	00:18:46.543
RODRIGO ALMEIDA	Individual	1240	619	00:43:04.530	00:18:50.793
ANTÓNIO SILVA	Individual	841	620	00:43:05.013	00:18:51.276
MARCO CALDAS	Porto Sentido Runners	998	621	00:43:05.030	00:18:51.293
PEDRO DINIS	Corre Comigo Riba De Ave	281	622	00:43:06.783	00:18:53.046
PAULO SILVA	Amigos De Guimarães	75	623	00:43:07.530	00:18:53.793
JOÃO FRASCO	Ccr	812	624	00:43:08.010	00:18:54.273
BALSEMINO FERREIRA	Top Top Runners	316	625	00:43:09.030	00:18:55.293
MOURA PINTO	Madureira'S	615	626	00:43:13.780	00:19:00.043
AFONSO SOUTO	As Flamingas	470	627	00:43:15.250	00:19:01.513
PAULA OLIVEIRA	Confraria Dos Maratonistas	278	628	00:43:16.530	00:19:02.793
CANDIDO AREIAS	Individual	214	629	00:43:19.780	00:19:06.043
JOSÉ COELHO	Ss Box	584	630	00:43:24.280	00:19:10.543
ALBERTO SÁ	Intratáveis	385	631	00:43:27.250	00:19:13.513
CATARINA NUNES	Amigos Da Corrida	633	632	00:43:29.007	00:19:15.270
TIAGO MARTINS	Seri Trail Team	426	633	00:43:29.033	00:19:15.296
JOSÉ SANTOS	Seri Trail Team	423	634	00:43:29.530	00:19:15.793
PAULO RITO	Turbulentos	248	635	00:43:30.517	00:19:16.780
SILVIA VIEIRA	Top Top Runners	247	636	00:43:30.637	00:19:16.900
JOSEFINA TINOCO	Clube Atletismo De Brito	592	637	00:43:31.280	00:19:17.543
SARA FIGUEIREDO	Individual	194	638	00:43:35.017	00:19:21.280
ROGÉRIO CARNEIRO	Individual	79	639	00:43:35.030	00:19:21.293
LUÍS CAMPOS	Individual	652	640	00:43:39.280	00:19:25.543
CARLOS MARTINS	Porto Sentido Runners	1124	641	00:43:42.790	00:19:29.053
JOSÉ SOUSA	Individual	869	642	00:43:47.747	00:19:34.010
JOSÉ PEIXOTO	Individual	539	643	00:43:48.030	00:19:34.293
DIOGO SENCADAS	Individual	554	644	00:43:49.530	00:19:35.793
RAUL TRANCOSO	Trancoso	905	645	00:43:50.040	00:19:36.303
PEDRO CARNEIRO	Pedro C.	1003	646	00:43:50.280	00:19:36.543
VIRGILIO BARBOSA	Centro Desportivo E Cultural De Navais	704	647	00:43:50.507	00:19:36.770
ANA TERESO	Individual	824	648	00:43:51.033	00:19:37.296
JOSÉ MATOS	Individual	566	649	00:43:52.007	00:19:38.270
HUGO FALCAO	Individual	556	650	00:43:52.507	00:19:38.770
CAROLINA FERREIRA	Individual	639	651	00:43:52.533	00:19:38.796
JERONIMO SILVA	Digk-Meg	1078	652	00:43:53.780	00:19:40.043
MÁRCIO TEIXEIRA	Seri Trail Team	424	653	00:43:54.797	00:19:41.060
DIANA COSTA	Individual	226	654	00:43:55.783	00:19:42.046
SERGIO ARAÚJO	Individual	437	655	00:43:56.030	00:19:42.293
CATARINA MILHEIRO	Ss Box	133	656	00:43:57.283	00:19:43.546
ANABELA OLIVEIRA	Maiagym	638	657	00:43:58.247	00:19:44.510
RUI AZEVEDO	Individual	987	658	00:43:58.533	00:19:44.796
JOÃO OLIVEIRA	Sociedade Recreio Cepenense	753	659	00:44:00.030	00:19:46.293
AGOSTINHA GONÇALVES	Sociedade Recreio Cepenense	754	660	00:44:00.283	00:19:46.546

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
MARTA SILVA	Team Corpos 3	722	661	00:44:00.283	00:19:46.546
PEDRO VALENTE	Individual	245	662	00:44:00.783	00:19:47.046
SABRINA MENDES	Individual	943	663	00:44:02.033	00:19:48.296
EDUARDO FONTAO	Individual	848	664	00:44:02.283	00:19:48.546
TIAGO ALEXANDRE	Individual	1229	665	00:44:03.007	00:19:49.270
FILIPA RODRIGUES	Individual	137	666	00:44:05.530	00:19:51.793
ANA LEAL	Kemedo Team	306	667	00:44:06.033	00:19:52.296
PAULA GOMES	Centro Desportivo E Cultural De Navais	394	668	00:44:08.530	00:19:54.793
EUGÉNIA MORIM	Clube Atletismo Da Póvoa De Varzim	696	669	00:44:09.503	00:19:55.766
JOSÉ SILVA	Barcelos	643	670	00:44:09.783	00:19:56.046
JORGE MENDES	Individual	451	671	00:44:10.533	00:19:56.796
RUI MARTINS	Individual	387	672	00:44:12.037	00:19:58.300
DIOGO TEIXEIRA	Individual	1167	673	00:44:13.743	00:20:00.006
CRISTOVÃO TEIXEIRA	Cr Candoso	1009	674	00:44:14.030	00:20:00.293
HELENA MENDES	Grupo Recreativo Estrela Do Bonfim / Povia De Varzim	702	675	00:44:15.043	00:20:01.306
LUÍS COSTA	Ss Box	449	676	00:44:15.540	00:20:01.803
JOÃO FREITAS	Berço Runners	881	677	00:44:15.797	00:20:02.060
CANDIDA PEDROSA	Maiagym	787	678	00:44:16.293	00:20:02.556
JOSE LEITE	Individual	1169	679	00:44:17.003	00:20:03.266
FRANCISCA SANTOS	Bioteam	779	680	00:44:17.037	00:20:03.300
NUNO ANDRADE	Bioteam	778	681	00:44:17.533	00:20:03.796
SANDRA SILVA	Correr Soc Recreativa Da Granja	359	682	00:44:18.003	00:20:04.266
FERNANDO GASPAR	Grupo Recreativo Estrela Do Bonfim / Povia De Varzim	1243	683	00:44:18.037	00:20:04.300
ISABEL GOMES	Amigos Da Corrida	609	684	00:44:19.003	00:20:05.266
MIGUEL CANELAS	Individual	897	685	00:44:19.787	00:20:06.050
CARLA MAGALHAES	Monday Runners	1081	686	00:44:20.033	00:20:06.296
ANTÓNIO CONCEIÇÃO	Caldas S. Jorge Sport Clube	100	687	00:44:20.510	00:20:06.773
NATÁLIA RIBEIRO	Individual	207	688	00:44:21.537	00:20:07.800
ANA MARTINS	Invicta Runners Team	95	689	00:44:21.783	00:20:08.046
MÓNICA PINTO	Individual	598	690	00:44:22.747	00:20:09.010
LIDIA FERREIRA	Caldas S. Jorge Sport Clube	99	691	00:44:23.003	00:20:09.266
PEDRO MARANHÃO	Ccr	490	692	00:44:24.283	00:20:10.546
MIGUEL FERREIRA	Individual	825	693	00:44:26.533	00:20:12.796
PAULO FERREIRA	Individual	111	694	00:44:27.283	00:20:13.546
VITOR CARVALHO	Individual	462	695	00:44:27.783	00:20:14.046
AUGUSTO PINTO	Little Chicken S Team	864	696	00:44:28.533	00:20:14.796
NUNO CARDOSO	Individual	1097	697	00:44:29.540	00:20:15.803
HÉLDER MART	Individual	150	698	00:44:30.533	00:20:16.796
DANIEL BARROS	Individual	840	699	00:44:31.533	00:20:17.796
SÉRGIO MARQUES	Individual	382	700	00:44:35.533	00:20:21.796
SILVIA ANTUNES	Ss Box	448	701	00:44:36.783	00:20:23.046
RICARDO AREIAS	Individual	847	702	00:44:37.783	00:20:24.046
BRUNO SILVA	Individual	839	703	00:44:38.033	00:20:24.296
PEDRO FERREIRA	F3m	894	704	00:44:38.527	00:20:24.790

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
ALBERTINA PEREIRA	Mouquim-Afacycles-Eugénios-Bargauto-Cosmocar	327	705	00:44:39.033	00:20:25.296
LUÍS RIBEIRO	Berço Runners	883	706	00:44:39.287	00:20:25.550
SÓNIA TORRES	Individual	363	707	00:44:39.570	00:20:25.833
JOSÉ ARNAUD	Individual	77	708	00:44:40.533	00:20:26.796
JOÃO REINA	Individual	364	709	00:44:40.740	00:20:27.003
FILIPE OLIVEIRA	Individual	215	710	00:44:42.037	00:20:28.300
ARMANDO PINTO	Nascidos Para Correr - Associação Desportiva	660	711	00:44:42.037	00:20:28.300
MARTA COTO	Individual	343	712	00:44:42.533	00:20:28.796
PEDRO SILVA	Lanhas Tt	473	713	00:44:43.533	00:20:29.796
FRANCISCO LEMOS	Gtt - Armazém Do Café	329	714	00:44:44.033	00:20:30.296
GRACINDA COSTA	Individual	1180	715	00:44:44.033	00:20:30.296
NILDA MAGALHÃES	Framboesa Prodígio	152	716	00:44:44.240	00:20:30.503
PAULA BARROS	Running Shoes	198	717	00:44:44.783	00:20:31.046
EURICO INOCÊNCIO	Athlon Runner´S	406	718	00:44:47.040	00:20:33.303
RAFAEL FRAGOSO	Sc Espinho	978	719	00:44:47.237	00:20:33.500
IVO MESQUITA	Os Maiores	690	720	00:44:48.533	00:20:34.796
JULIETA REGUFE	Individual	191	721	00:44:52.033	00:20:38.296
FERNANDO VIEIRA	Centro Desportivo E Cultural De Navais	908	722	00:44:53.240	00:20:39.503
LIGIA FERNANDES	Edv-Vianatrail	650	723	00:44:53.783	00:20:40.046
CARLOS CADINHA	Amigos Do Cads	818	724	00:44:55.787	00:20:42.050
ALEXANDRE SILVA	Clube Atletismo Da Póvoa De Varzim	1089	725	00:44:55.880	00:20:42.143
ANA RIBEIRO	Os Maiores	689	726	00:44:57.237	00:20:43.500
LILIANA LOPES	Minute Print Team	976	727	00:44:58.783	00:20:45.046
NUNO GONÇALVES	Cabeceiras Bike Team	621	728	00:45:00.033	00:20:46.296
VIRGILIO DIAS	Centro Desportivo E Cultural De Navais	914	729	00:45:01.033	00:20:47.296
BÁRBARA MAIA	Sociedade Recreio Capanense	956	730	00:45:06.043	00:20:52.306
CONCEIÇÃO PEREIRA	Sociedade Recreio Capanense	767	731	00:45:06.497	00:20:52.760
SANDRA CORREIA	Individual	694	732	00:45:10.283	00:20:56.546
TERESA BRITO	Bichos	1005	733	00:45:10.493	00:20:56.756
MARIA MANO	Mágicos De Barcelos	399	734	00:45:10.787	00:20:57.050
FILOMENA MAGALHÃES	Braguinhas Runners	333	735	00:45:11.497	00:20:57.760
JOSÉ BRANDÃO	H-Ramus	269	736	00:45:12.283	00:20:58.546
TIAGO SILVA	Individual	602	737	00:45:13.043	00:20:59.306
ELISABETE NUNES	Individual	205	738	00:45:13.537	00:20:59.800
DAVID CARDOSO	Animais	369	739	00:45:16.033	00:21:02.296
SANDRA JÚLIO	Spin&Run Esposende	528	740	00:45:17.997	00:21:04.260
NELSON SANTOS	Centro Desportivo E Cultural De Navais	915	741	00:45:18.040	00:21:04.303
JOEL ALVES	#Osgordosteam	791	742	00:45:20.533	00:21:06.796
NELSON NOGUEIRA	Individual	357	743	00:45:22.533	00:21:08.796
FERNANDA LOPES	Porto Sentido Runners	171	744	00:45:23.537	00:21:09.800
CARLA PEREIRA	Aliança De Gandra	1063	745	00:45:23.793	00:21:10.056
FLORBELA LINHARES	Os Rompe Solas	803	746	00:45:24.283	00:21:10.546
PAULO SILVA	Individual	1249	747	00:45:24.533	00:21:10.796
JAIME AMORIM	Príncipe A Correr	189	748	00:45:28.033	00:21:14.296

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
JOSÉ REIS	Individual	642	749	00:45:28.043	00:21:14.306
CARLA ANTUNES	Individual	740	750	00:45:33.783	00:21:20.046
SARA OLIVEIRA	Mancos	1132	751	00:45:39.283	00:21:25.546
ISABEL MARIANI	Maia Runners	1101	752	00:45:40.537	00:21:26.800
FERNANDO SILVA	Individual	852	753	00:45:43.990	00:21:30.253
HELDER CARVALHO	Individual	1142	754	00:45:44.033	00:21:30.296
DAVID QUEIROS	Lousada Runneres	390	755	00:45:44.783	00:21:31.046
VERA FREITAS	Lousada Runneres	389	756	00:45:45.287	00:21:31.550
NUNO RODRIGUES	Seri Trail Team	565	757	00:45:47.787	00:21:34.050
ISABEL AGUIAR	Sc Espinho	440	758	00:45:49.283	00:21:35.546
BARBARA PEREIRA	Individual	346	759	00:45:49.490	00:21:35.753
PEDRO SEMBLANO	NESPEREIRA RUNNERS	1210	760	00:45:49.490	00:21:35.753
DINIS PIRES	Academia Fernanda Ribeiro	1219	761	00:45:49.797	00:21:36.060
HUGO BRANDÃO	Braga	1109	762	00:45:50.287	00:21:36.550
MARCO CAMPOS	Individual	1197	763	00:45:55.287	00:21:41.550
RUI FERREIRA	Figueiredos Runners & Friends	628	764	00:45:55.537	00:21:41.800
MANUEL MAIO	Individual	85	765	00:45:56.787	00:21:43.050
ISABEL VAZ	Clube Atletismo De Brito	575	766	00:45:59.287	00:21:45.550
JOÃO LIMA	Outizal	1017	767	00:45:59.287	00:21:45.550
MÓNICA PEDROSA	Top Top Runners	315	768	00:45:59.987	00:21:46.250
EDUARDO FERREIRA	Clube Atletismo De Brito	574	769	00:46:00.037	00:21:46.300
SARA FERNANDES	Fernandes	876	770	00:46:02.287	00:21:48.550
DIOGO FERNANDES	Fernandes	875	771	00:46:03.537	00:21:49.800
BELÉM PEREIRA	Individual	1178	772	00:46:04.037	00:21:50.300
CRISTINA FLORES	Capv Clube De Atletismo Da Póvoa De Varzim	206	773	00:46:04.787	00:21:51.050
CONCEIÇÃO RABALDO	Clube Atletismo Da Póvoa De Varzim	697	774	00:46:05.040	00:21:51.303
SANDRA VELOSO	Clube Atletismo Da Póvoa De Varzim	292	775	00:46:05.230	00:21:51.493
VITOR CARVALHO	Individual	625	776	00:46:05.287	00:21:51.550
MARIANA PARENTE	Clube Atletismo Da Póvoa De Varzim	708	777	00:46:05.497	00:21:51.760
DIANA FERNANDES	B.T.M.	1203	778	00:46:06.787	00:21:53.050
FERNANDA MACEDO	Online-Team	845	779	00:46:08.787	00:21:55.050
ANTÓNIO MAIA	Os Rompe Solas	804	780	00:46:11.043	00:21:57.306
PAULO MARQUES	Individual	299	781	00:46:12.297	00:21:58.560
CEU PARENTE	Centro Desportivo E Cultural De Navais	907	782	00:46:12.537	00:21:58.800
ADELAIDE FERREIRA	Amigos Da Corrida	1145	783	00:46:14.287	00:22:00.550
HÉLDER CORREIA	Individual	923	784	00:46:17.287	00:22:03.550
TIAGO RODRIGUES	Seramente Na Boa	850	785	00:46:19.227	00:22:05.490
MARIA RICARDO	Confraria Dos Maratonistas	241	786	00:46:19.537	00:22:05.800
PEDRO RIBEIRO	Seri Trail Team	425	787	00:46:21.537	00:22:07.800
FILIPE RODRIGUES	Individual	888	788	00:46:22.987	00:22:09.250
DANIEL RODRIGUES	Guimaraes	933	789	00:46:26.537	00:22:12.800
PAULO PINTO	Individual	796	790	00:46:29.487	00:22:15.750
NELSON PEREIRA	Individual	1106	791	00:46:29.787	00:22:16.050
MANUEL BRAGA	Clube VI	243	792	00:46:30.037	00:22:16.300

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
LUCIA CORUCHO	Individual	431	793	00:46:30.227	00:22:16.490
ANTONIO CORUCHO	Individual	430	794	00:46:30.723	00:22:16.986
JORGE PARENTE	Ss Box	1008	795	00:46:30.790	00:22:17.053
SARA MACHADO	Figueiredos Runners & Friends	627	796	00:46:34.287	00:22:20.550
MONICA FONSECA	Kemedo Team	256	797	00:46:35.787	00:22:22.050
SUSANA MORAIS	Running Shoes	55	798	00:46:37.037	00:22:23.300
IOLANDA ARAUJO	Running Shoes	200	799	00:46:38.040	00:22:24.303
JOÃO CARVALHO	Lusos Xxi	1071	800	00:46:38.537	00:22:24.800
BRUNO BRITO	Amigos Do Cads	817	801	00:46:40.037	00:22:26.300
ANDRÉ OLIVEIRA	Porto Sentido Runners	887	802	00:46:41.723	00:22:27.986
ANTÓNIO REBOCHO	Nascidos Para Correr - Associação Desportiva	657	803	00:46:42.037	00:22:28.300
JOSÉ SANTOS	Individual	842	804	00:46:43.287	00:22:29.550
ISABEL LOBO	Papa Km'S	604	805	00:46:44.983	00:22:31.246
PATRÍCIA PEREIRA	Gondomar Futsal Clube	179	806	00:46:45.037	00:22:31.300
ÂNGELA MOUTINHO	Gondomar Futsal Clube	1113	807	00:46:45.130	00:22:31.393
MARIA MELO	Individual	553	808	00:46:45.787	00:22:32.050
ADELAIDE MORIM	Clube Atletismo Da Póvoa De Varzim	302	809	00:46:46.037	00:22:32.300
JOSÉ VALE	Individual	729	810	00:46:48.787	00:22:35.050
MANUEL CARVALHO	Amigos Do Parque Da Cidade Desportiva De Guimarães	386	811	00:46:49.720	00:22:35.983
SORAIA ALVES	Individual	522	812	00:46:49.787	00:22:36.050
DANIEL SILVA	Individual	823	813	00:46:50.823	00:22:37.086
MANUEL MAGALHÃES	Caça Raposas	954	814	00:46:51.550	00:22:37.813
MANUEL NOGUEIRA	Caça Raposas	995	815	00:46:51.787	00:22:38.050
PAULO FERREIRA	Vila Nova De Famalicão	975	816	00:46:52.787	00:22:39.050
ANTÓNIO LOBO	Papa Km'S	606	817	00:46:53.983	00:22:40.246
HELDER CASTRO	Sucupira Fc	228	818	00:46:54.037	00:22:40.300
PAULO MORAIS	Caça Raposas	958	819	00:46:57.080	00:22:43.343
MÓNICA GOMES	Individual	336	820	00:46:58.037	00:22:44.300
LUÍS MIRANDA	Os Caracóis	530	821	00:47:08.787	00:22:55.050
RITA RODRIGUES	Sentir Saúde	1052	822	00:47:12.537	00:22:58.800
PAULO SÁ	Individual	253	823	00:47:18.543	00:23:04.806
MARJORIE CAVALLARE	Individual	413	824	00:47:20.477	00:23:06.740
LÍDIA SILVA	Ss Box	119	825	00:47:20.537	00:23:06.800
MANUEL AZEVEDO	Individual	1102	826	00:47:22.547	00:23:08.810
NELSON SILVA	Individual	925	827	00:47:23.040	00:23:09.303
ARTUR MORAIS	Individual	347	828	00:47:23.593	00:23:09.856
MARTA COSTA	Berço Runners	885	829	00:47:24.537	00:23:10.800
MARINHO MARANHÃO	Individual	843	830	00:47:27.547	00:23:13.810
MARCIO TORRES	Individual	854	831	00:47:30.287	00:23:16.550
CLÁUDIO GUARDA	Dói-Me Quase Tudo...	614	832	00:47:31.790	00:23:18.053
MARGARIDA SÁ	Individual	1164	833	00:47:32.790	00:23:19.053
ANA COUTO	Clube Atletismo Da Póvoa De Varzim	477	834	00:47:34.550	00:23:20.813
DEOLINDA CANELAS	Individual	106	835	00:47:34.630	00:23:20.893
AVELINO RODRIGUES	Porto Sentido Runners	1160	836	00:47:35.540	00:23:21.803

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
ANTÓNIO GONÇALVES	Individual	140	837	00:47:37.040	00:23:23.303
ANA COSTA	Ponta Delgada	552	838	00:47:44.217	00:23:30.480
JOAO COSTA	Individual	184	839	00:47:44.790	00:23:31.053
MARISA SERRA	Individual	1147	840	00:47:47.717	00:23:33.980
RUI RODRIGUES	Ruilhe Runners	65	841	00:47:48.080	00:23:34.343
LUÍS NOGUEIRA	Nogueira´S	988	842	00:47:49.040	00:23:35.303
DIOGO NOGUEIRA	Nogueira´S	989	843	00:47:49.213	00:23:35.476
CLAUDIA GOMES	Individual	96	844	00:47:56.040	00:23:42.303
ANA MOURA	Individual	416	845	00:47:58.790	00:23:45.053
FÁTIMA LOPES	Trofa Runners	290	846	00:48:02.540	00:23:48.803
DANIEL SANTOS	Individual	1137	847	00:48:05.040	00:23:51.303
ANA MAGALHÃES	Individual	276	848	00:48:08.040	00:23:54.303
RUI COSTA	Corre Comigo Riba De Ave	308	849	00:48:08.710	00:23:54.973
ANA SIMÕES	Individual	168	850	00:48:09.040	00:23:55.303
ISABEL COSTA	Individual	1045	851	00:48:13.067	00:23:59.330
BRUNO PINHEIRO	Trail Team Montaria	706	852	00:48:19.793	00:24:06.056
LUCIA PEREIRA	Individual	538	853	00:48:22.790	00:24:09.053
PEDRO VASCONCELOS	Seramente Na Boa	849	854	00:48:23.477	00:24:09.740
VITOR MAGALHÃES	Fit Club Atc	1024	855	00:48:25.710	00:24:11.973
PAULA FERNANDES	Fit Club Atc	1025	856	00:48:26.293	00:24:12.556
CRISTINA GUIMARÃES	Fit Club Atc	1023	857	00:48:26.540	00:24:12.803
RODRIGO MOÇA	Individual	1091	858	00:48:27.293	00:24:13.556
SILVIA COSTA	Individual	1205	859	00:48:27.477	00:24:13.740
ANDRE MOREIRA	Individual	1236	860	00:48:27.540	00:24:13.803
CRISTINA NEVES	Clube VI	261	861	00:48:27.540	00:24:13.803
LUIS COENTRÃO	Individual	223	862	00:48:33.290	00:24:19.553
VIRGILIO MORIM	Centro Desportivo E Cultural De Navais	916	863	00:48:35.293	00:24:21.556
JOÃO MOURA	Individual	1046	864	00:48:35.470	00:24:21.733
FILIPA MACHADO	Ss Box	1047	865	00:48:35.720	00:24:21.983
BELMIRO ANDRÉ	Individual	1048	866	00:48:35.970	00:24:22.233
FERNANDO ARADA	Individual	1136	867	00:48:48.543	00:24:34.806
LUÍS SILVA	Príncipe A Correr	188	868	00:48:49.467	00:24:35.730
TELMA NUNES	Individual	1049	869	00:48:50.550	00:24:36.813
ROSA FERNANDES	Amigos Da Corrida	417	870	00:48:51.293	00:24:37.556
BERTA FERREIRA	Porto Sentido Runners	149	871	00:48:57.043	00:24:43.306
NUNO IGREJA	Individual	231	872	00:48:59.793	00:24:46.056
JOANA MONTEIRO	Invicta Runners Team	1208	873	00:49:00.290	00:24:46.553
AMERICO CAMPOS	Póvoa Futebol Clube	1200	874	00:49:01.040	00:24:47.303
CUSTÓDIO FONSECA	Póvoa Futebol Clube	1158	875	00:49:01.463	00:24:47.726
RUI MIRANDA	Os Caracóis	529	876	00:49:02.793	00:24:49.056
ANA BARROS	T T R	1201	877	00:49:03.297	00:24:49.560
ARTUR FONSECA	Ruptura Total	134	878	00:49:04.967	00:24:51.230
TÂNIA CASTRO	Individual	126	879	00:49:04.967	00:24:51.230
ANA OLIVEIRA	Lion Runners - G.D. Leões Da Guarda	177	880	00:49:05.040	00:24:51.303

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
PEDRO BERNARDES	Lion Runners - G.D. Leões Da Guarda	176	881	00:49:05.213	00:24:51.476
ZULMIRA MARINHO	Individual	942	882	00:49:12.543	00:24:58.806
MARIANA CARNEIRO	Individual	1103	883	00:49:13.203	00:24:59.466
ADÉRITO PEREIRA	Individual	1108	884	00:49:13.297	00:24:59.560
JORGE SAMPAIO	Mota-Engil Runners	408	885	00:49:17.043	00:25:03.306
MÁRCIO FERREIRA	Sem Nome	1073	886	00:49:23.043	00:25:09.306
ALBERTO LIZARDO	Individual	1196	887	00:49:23.963	00:25:10.226
ALBERTINA CORREIA	Individual	794	888	00:49:24.793	00:25:11.056
SUSANA FERREIRA	Sentir Saúde	1053	889	00:49:29.200	00:25:15.463
RAQUEL COSTA	Sentir Saúde	965	890	00:49:32.543	00:25:18.806
ADRIANA FERREIRA	Clube Atletismo Da Póvoa De Varzim	510	891	00:49:34.303	00:25:20.566
MARGARIDA QUINTAS	Individual	631	892	00:49:35.543	00:25:21.806
INÊS ANJO	Individual	300	893	00:49:37.793	00:25:24.056
MARIANA MARQUES	Individual	298	894	00:49:37.960	00:25:24.223
JOAQUIM SANTOS	Kemedo Team	939	895	00:49:41.460	00:25:27.723
EMANUEL ALVES	#Osgordosteam	790	896	00:49:41.543	00:25:27.806
RAQUEL SANTOS	Kemedo Team	940	897	00:49:42.200	00:25:28.463
MANUEL LEONARDO	Individual	836	898	00:49:48.697	00:25:34.960
ROSARIO PEREIRA	Individual	193	899	00:49:49.297	00:25:35.560
ANTÓNIO SEABRA	Ronpesolas	1194	900	00:49:52.197	00:25:38.460
JOSÉ PINTO	NESPEREIRA RUNNERS	1209	901	00:49:52.297	00:25:38.560
RICARDO MEIRA	Adosa, Os Santa Apolónia	512	902	00:49:52.543	00:25:38.806
DÁRIO CRUZ	Adosa, Os Santa Apolónia	514	903	00:49:52.697	00:25:38.960
JÉSSICA EUSÉBIO	Individual	1021	904	00:49:53.297	00:25:39.560
TERESA DIAS	Individual	1002	905	00:49:53.793	00:25:40.056
ANA COSTINHA	Individual	855	906	00:49:53.957	00:25:40.220
VANIA COSTA	Mouquim-Afacycles-Eugénios-Bargauto-Cosmocar	807	907	00:49:56.793	00:25:43.056
MICKAEL COSTA	Ss Box	371	908	00:50:00.043	00:25:46.306
JORGE FARIA	Animais	365	909	00:50:00.297	00:25:46.560
ANTONIO COUTINHO	Individual	573	910	00:50:04.563	00:25:50.826
ANTÓNIO LEMOS	Lemos	863	911	00:50:06.957	00:25:53.220
MARA VAZ	Animo Team	1174	912	00:50:08.797	00:25:55.060
ANTÓNIO NOGUEIRA	Corre Comigo Riba De Ave	838	913	00:50:12.297	00:25:58.560
IVONE RIBEIRO	Corre Comigo Riba De Ave	837	914	00:50:12.547	00:25:58.810
VASCO PEIXOTO	Individual	693	915	00:50:17.387	00:26:03.650
SANDRA LEMOS	Lemos	862	916	00:50:19.297	00:26:05.560
VITOR JESUS	Porto	1039	917	00:50:22.797	00:26:09.060
CARLA MOREIRA	Ribeirão	926	918	00:50:23.547	00:26:09.810
MÁRCIA ROCHA	Individual	583	919	00:50:27.047	00:26:13.310
PATRÍCIA MATOS	Individual	452	920	00:50:33.797	00:26:20.060
ROSA SILVA	Individual	709	921	00:50:35.297	00:26:21.560
ARMANDO CASTRO	Individual	127	922	00:50:36.547	00:26:22.810
MIGUEL HENRIQUES	Trail Running.pt	1245	923	00:50:37.137	00:26:23.400
RICARDO TEIXEIRA	Individual	474	924	00:50:38.190	00:26:24.453

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
FÁBIO BARBOSA	Ruilhe Runners	626	925	00:50:38.193	00:26:24.456
HELDER CASTRO	Ccr	503	926	00:50:39.047	00:26:25.310
CLARA CASTRO	Bike&Beer	536	927	00:50:40.047	00:26:26.310
JORGE FREITAS	Individual	1251	928	00:50:40.047	00:26:26.310
PEDRO TEIXEIRA	Cabeceiras Bike Team	623	929	00:50:42.547	00:26:28.810
MANUELA FERREIRA	Capv Clube De Atletismo Da Póvoa De Varzim	683	930	00:50:43.303	00:26:29.566
SORAIA RIBEIRO	Individual	1171	931	00:50:43.450	00:26:29.713
ALICE FERREIRA	Individual	325	932	00:50:49.547	00:26:35.810
FÁTIMA SILVA	Sentir Saúde	1058	933	00:50:51.797	00:26:38.060
CARLA COSTA	Mafiosas	163	934	00:50:56.547	00:26:42.810
ISABEL LOUREIRO	Individual	527	935	00:50:56.803	00:26:43.066
ANA SILVA	Individual	826	936	00:51:01.047	00:26:47.310
AVELINO FREITAS	Clube Atletismo De Brito	772	937	00:51:02.047	00:26:48.310
MARCO PIRES	Ccr	479	938	00:51:05.547	00:26:51.810
BRUNO FEITEIRA	Individual	117	939	00:51:07.547	00:26:53.810
ANA FERREIRA	Individual	1044	940	00:51:12.947	00:26:59.210
ANTONIO MAIO	Individual	1107	941	00:51:22.297	00:27:08.560
JOÃO MARQUES	Intratáveis	585	942	00:51:27.297	00:27:13.560
FERNANDO MARINHO	Intratáveis	963	943	00:51:28.047	00:27:14.310
CARINA FREITAS	Individual	878	944	00:51:36.050	00:27:22.313
RICARDO ROCHA	Ccr	481	945	00:51:37.800	00:27:24.063
FILIPA FONSECA	Individual	898	946	00:51:39.300	00:27:25.563
GABRIELA TAVARES	Individual	131	947	00:51:39.943	00:27:26.206
MARTA AZEVEDO	Individual	463	948	00:51:41.297	00:27:27.560
MARIA FERREIRA	Clube VI	283	949	00:51:44.797	00:27:31.060
PEDRO SOUSA	Individual	1129	950	00:51:47.550	00:27:33.813
SOFIA SOUSA	Individual	1130	951	00:51:48.143	00:27:34.406
CRISTINA FERNANDES	Individual	886	952	00:51:51.547	00:27:37.810
CRISTINA TEIXEIRA	Individual	132	953	00:51:54.680	00:27:40.943
ANA PINTO	Solemates	91	954	00:51:55.807	00:27:42.070
MARIA OLIVEIRA	Trogloditas Runners	375	955	00:51:56.047	00:27:42.310
ANA SILVA	Individual	613	956	00:51:58.440	00:27:44.703
FILIPE SOUSA	Individual	1040	957	00:52:00.550	00:27:46.813
RENATO CARDOSO	H-Ramus	267	958	00:52:01.050	00:27:47.313
PAULA CUNHA	Xx	73	959	00:52:06.297	00:27:52.560
MARIA FRASCO	Clube Atletismo Da Póvoa De Varzim	519	960	00:52:08.800	00:27:55.063
ANA OLIVEIRA	Póvoa De Varzim	1156	961	00:52:09.563	00:27:55.826
INÉS VASCO	Individual	732	962	00:52:18.550	00:28:04.813
FERNANDO FERRAZ	Porto Sentido Runners	518	963	00:52:18.937	00:28:05.200
CARLOS SENCADAS	Animais	370	964	00:52:20.050	00:28:06.313
HELDER SILVA	Individual	471	965	00:52:21.937	00:28:08.200
SUSANA FERREIRA	Individual	798	966	00:52:22.057	00:28:08.320
PAULO FERREIRA	Individual	797	967	00:52:22.437	00:28:08.700
CRISTINA MEIRA	Adosa, Os Santa Apolónia	513	968	00:52:22.800	00:28:09.063

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
MANUELA BARBOSA	Adosa, Os Santa Apolónia	515	969	00:52:23.297	00:28:09.560
FÁTIMA SERRA	Individual	562	970	00:52:25.307	00:28:11.570
JOSE MORIM	Centro Desportivo E Cultural De Navais	913	971	00:52:27.937	00:28:14.200
TÂNIA LUIS	Ss Box	101	972	00:52:28.300	00:28:14.563
VALTER MARTINS	Individual	1140	973	00:52:33.937	00:28:20.200
ANA MOREIRA	Caça Raposas	947	974	00:52:40.943	00:28:27.206
JOSÉ SILVA	Caça Raposas	949	975	00:52:41.050	00:28:27.313
ANA FERREIRA	Individual	324	976	00:52:41.300	00:28:27.563
GABRIELA MOTA	Caça Raposas	948	977	00:52:49.800	00:28:36.063
JOÃO DUARTE	Individual	599	978	00:52:51.053	00:28:37.316
SARA VIGARIO	Individual	1195	979	00:52:56.673	00:28:42.936
CLARA AZEVEDO	Individual	37	980	00:52:57.800	00:28:44.063
FILIPE FERNANDES	Kilometrozero	607	981	00:53:01.800	00:28:48.063
FRANCISCO FREITAS	Os Guardiões	634	982	00:53:06.173	00:28:52.436
PAULA FREITAS	Os Guardiões	636	983	00:53:06.300	00:28:52.563
FILIPE LIMA	Grupo Desportivo Santander Totta	827	984	00:53:14.430	00:29:00.693
PAULA PIRES	Braga A Correr	309	985	00:53:16.930	00:29:03.193
LILIANA CUMPANA	Braga A Correr	579	986	00:53:17.670	00:29:03.933
MONICA SOUSA	Cunhadas	1094	987	00:53:18.050	00:29:04.313
JOSÉ VELOSO	Top Top Runners	94	988	00:53:18.307	00:29:04.570
MIGUEL RODRIGUES	Mancos	1013	989	00:53:19.053	00:29:05.316
CLAUDIA ROCHA	Braga A Correr	249	990	00:53:19.053	00:29:05.316
ISABEL VELOSO	Top Top Runners	93	991	00:53:19.300	00:29:05.563
JOSÉ PEREIRA	Individual	534	992	00:53:19.300	00:29:05.563
MIGUEL RIBEIRO	Individual	541	993	00:53:25.553	00:29:11.816
ANA CASTRO	Ruilhe Runners	64	994	00:53:26.050	00:29:12.313
FRANCISCO MACEDO	Individual	968	995	00:53:30.817	00:29:17.080
RITA SILVA	Individual	846	996	00:53:34.167	00:29:20.430
JOANA DIAS	Amigos Do Cads	819	997	00:53:35.803	00:29:22.066
SÉRGIO MARQUES	Ccr	486	998	00:53:36.060	00:29:22.323
PATRÍCIA TABORDA	Individual	1062	999	00:53:37.803	00:29:24.066
FATIMA LISBOA	Running Shoes	199	1000	00:53:39.553	00:29:25.816
BÁRBARA BRANDÃO	Vidaativarunners	402	1001	00:53:43.300	00:29:29.563
EMILIA SOUSA	Clube Atletismo De Brito	742	1002	00:53:44.553	00:29:30.816
PAULO FERNANDES	Vidaativarunners	403	1003	00:53:45.550	00:29:31.813
FILIPA RABALDO	Clube Atletismo Da Póvoa De Varzim	695	1004	00:53:47.800	00:29:34.063
RUBEN VASQUES	Clube Atletismo Da Póvoa De Varzim	1088	1005	00:53:49.303	00:29:35.566
CIDÁLIA ANTÃO	Individual	464	1006	00:53:50.803	00:29:37.066
SOFIA CASANOVA	Individual	980	1007	00:53:51.053	00:29:37.316
INGRID ROCHA	Individual	1085	1008	00:53:52.803	00:29:39.066
JOSÉ VAZ	Animo Team	1030	1009	00:54:00.050	00:29:46.313
ÂNGELA DIAS	We Run Bue	725	1010	00:54:01.303	00:29:47.566
VASCO DUARTE	We Run Bue	724	1011	00:54:01.423	00:29:47.686
SANDRA FERREIRA	Clínica Nova De Joane	973	1012	00:54:06.053	00:29:52.316

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
RICARDO PEREIRA	Mancos	1117	1013	00:54:06.553	00:29:52.816
ROLANDO MARQUES	Individual	1076	1014	00:54:09.553	00:29:55.816
CARLOS SANTOS	Mágicos De Barcelos	400	1015	00:54:16.923	00:30:03.186
ANDRÉ RODRIGUES	Braga	1015	1016	00:54:17.303	00:30:03.566
HELDER GOMES	Ccr	508	1017	00:54:25.923	00:30:12.186
ALEXANDRE FRASCO	Ccr	811	1018	00:54:26.430	00:30:12.693
MANUEL BARBOSA	Clube Independente De Atletismo De Alpendorada	961	1019	00:54:29.553	00:30:15.816
ANDREIA LUCAS	Ccr	484	1020	00:54:31.303	00:30:17.566
KIKA MARTINS	Tog - Associação Running Team	165	1021	00:54:37.420	00:30:23.683
JOANA VIEIRA	Tog - Associação Running Team	162	1022	00:54:37.553	00:30:23.816
ROSA GOMES	Ccr	491	1023	00:54:47.060	00:30:33.323
JOÃO LOPES	Individual	526	1024	00:54:47.060	00:30:33.323
PATRÍCIA FERREIRA	Magnirunners	991	1025	00:54:49.307	00:30:35.570
SOFIA PEIXOTO	Ruilhe Runners	360	1026	00:54:50.803	00:30:37.066
EURICO PEREIRA	Ruilhe Runners	69	1027	00:54:51.307	00:30:37.570
SUSANA FERREIRA	Bodyline Team	294	1028	00:54:58.303	00:30:44.566
CARLA COSTA	Individual	216	1029	00:55:02.307	00:30:48.570
ISABEL FERREIRA	Individual	217	1030	00:55:02.417	00:30:48.680
JOSE SILVA	Imaf	284	1031	00:55:26.557	00:31:12.820
CARLA MATOS	Imaf	285	1032	00:55:26.807	00:31:13.070
INÉS LOURENÇO	Waffle	1214	1033	00:55:27.153	00:31:13.416
SOFIA FARIA	Waffle	1212	1034	00:55:27.897	00:31:14.160
HELENA FERREIRA	Individual	802	1035	00:55:29.807	00:31:16.070
CLAUDIA SILVA	Irmandade Dias Alumínios	928	1036	00:55:51.650	00:31:37.913
DIANA FERNANDES	Vila Nova Runners	264	1037	00:55:51.807	00:31:38.070
PATRICIA TRANCOSO	Trancoso	904	1038	00:56:00.057	00:31:46.320
ANTONIA AZEVEDO	Bodyline Team	291	1039	00:56:00.067	00:31:46.330
CRISTINA CAMPOS	Clube VI	238	1040	00:56:00.557	00:31:46.820
ISABEL RANGEL	Bioteam	781	1041	00:56:01.557	00:31:47.820
CLAUDIA AMARAL	Bioteam	783	1042	00:56:02.147	00:31:48.410
JOSÉ FREITAS	Rollingaventura	990	1043	00:56:25.647	00:32:11.910
SALETE OLIVEIRA	Ade Trail Running	428	1044	00:56:33.807	00:32:20.070
DEBORA LEO	Lucindabeba	610	1045	00:56:36.557	00:32:22.820
ANTÓNIO PEREIRA	Individual	1080	1046	00:56:49.307	00:32:35.570
CARLA VIEITO	Individual	1128	1047	00:56:50.307	00:32:36.570
PEDRO GONÇALVES	Berço Runners	884	1048	00:56:57.057	00:32:43.320
TERESA CABREIRA	Cunhadas	1095	1049	00:56:59.563	00:32:45.826
FILIPA SOUSA	Sousa Team	891	1050	00:57:02.817	00:32:49.080
ANDRÉ SOUSA	Sousa Team	890	1051	00:57:02.900	00:32:49.163
SARA PEREIRA	Ruilhe Runners	550	1052	00:57:07.310	00:32:53.573
CARLOS REBELO	Ruilhe Runners	564	1053	00:57:11.060	00:32:57.323
FLORA COSTA	Ruilhe Runners	563	1054	00:57:11.157	00:32:57.420
CATIA REGUFE	Individual	192	1055	00:57:12.807	00:32:59.070
JOSE REGUFE	Individual	326	1056	00:57:13.147	00:32:59.410

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
JOSE SILVA	Centro Desportivo E Cultural De Navais	396	1057	00:57:16.060	00:33:02.323
HENRIQUE FERREIRA	Clube Atletismo Da Póvoa De Varzim	1143	1058	00:57:16.810	00:33:03.073
GRILLI GIOVANI	Individual	1253	1059	00:57:23.060	00:33:09.323
MÓNICA RIBEIRO	Health Team	922	1060	00:57:29.560	00:33:15.823
JACINTA COSTA	Health Team	1022	1061	00:57:29.810	00:33:16.073
EUNICE COELHO	Individual	1213	1062	00:57:33.637	00:33:19.900
RUI MONTEIRO	Individual	1020	1063	00:57:34.060	00:33:20.323
LÚCIA FERREIRA	Individual	1011	1064	00:57:35.060	00:33:21.323
TÂNIA MORAIS	Individual	275	1065	00:57:48.633	00:33:34.896
PAULO NASCIMENTO	Individual	516	1066	00:57:48.810	00:33:35.073
JOANA DOURADO	Ccr	813	1067	00:57:52.310	00:33:38.573
RAQUEL PINTO	Individual	853	1068	00:57:52.393	00:33:38.656
DANIEL MARQUES	Animais	368	1069	00:57:52.893	00:33:39.156
JORGE MOREIRA	Animais	366	1070	00:57:53.310	00:33:39.573
JORGE CAPILUPI	Animais	367	1071	00:57:53.310	00:33:39.573
MARGARETE COUTO	Afifense Trail	252	1072	00:57:54.310	00:33:40.573
MARIA CARVALHO	Individual	447	1073	00:58:09.560	00:33:55.823
AMÉLIA COSTA	Mafiosas	164	1074	00:58:16.563	00:34:02.826
ARMANDO SANTOS	Individual	313	1075	00:58:47.063	00:34:33.326
VIRGÍLIO MAIO	Ccr	810	1076	00:59:20.813	00:35:07.076
NATALINA VIDEIRA	Individual	161	1077	00:59:37.813	00:35:24.076
CAROLINA CABANELAS	Magnirunners	992	1078	00:59:40.817	00:35:27.080
ANDREIA ROCHA	Ccr	466	1079	01:00:10.617	00:35:56.880
CÁTIA AZEVEDO	Ccr	487	1080	01:00:19.613	00:36:05.876
LUÍS PACHECO	Ccr	492	1081	01:00:19.817	00:36:06.080
RICARDO JORGE	Individual	1248	1082	01:00:26.817	00:36:13.080
MARIANA CARDOSO	H-Ramus	271	1083	01:00:34.317	00:36:20.580
MARIA PRAÇA	Individual	788	1084	01:00:35.123	00:36:21.386
CRISTINA MONTEIRO	Individual	830	1085	01:00:35.567	00:36:21.830
LURDES FINISTERRA	As Flamingas	97	1086	01:00:40.567	00:36:26.830
RICARDO RODRIGUES	Mancos	1036	1087	01:01:01.107	00:36:47.370
BRUNO COELHO	Mancos	1014	1088	01:01:02.067	00:36:48.330
CARLA ARAÚJO	As Flamingas	98	1089	01:01:15.317	00:37:01.580
MARLENE SILVA	Individual	142	1090	01:02:34.570	00:38:20.833
RAFA ARAÚJO	Dkc	1182	1091	01:02:46.323	00:38:32.586
ISABEL MEDEIROS	Ccr	493	1092	01:02:46.357	00:38:32.620
MARA GOMES	Dkc	1183	1093	01:02:46.587	00:38:32.850
CLÁUDIA CAPITÃO	Ccr	815	1094	01:02:47.073	00:38:33.336
ANDREIA CAMPOS	Ccr	814	1095	01:02:47.093	00:38:33.356
MIGUEL NOVAIS	Ccr	495	1096	01:03:00.080	00:38:46.343
MARTA COELHO	Ccr	483	1097	01:03:00.323	00:38:46.586
GERALDINA CRUZ	Individual	645	1098	01:03:03.323	00:38:49.586
DAVID KIRZNER	Pocoyo	646	1099	01:03:03.667	00:38:49.930
ANA AREZES	Sentir Saúde	966	1100	01:03:12.820	00:38:59.083

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
EDUARDA SILVA	Clube Atletismo De Brito	591	1101	01:03:22.073	00:39:08.336
PAULA ALVES	Nascidos Para Correr - Associação Desportiva	671	1102	01:03:22.577	00:39:08.840
BRIGITTE MACHADO	Individual	349	1103	01:03:42.823	00:39:29.086
ADELAIDE PEREIRA	Clube Novo Banco	158	1104	01:04:08.343	00:39:54.606
CONCEIÇÃO REMEDIOS	Allens	201	1105	01:04:10.827	00:39:57.090
MARIA SANTOS	Magnirunners	436	1106	01:05:25.577	00:41:11.840
JOÃO MAIA	Magnirunners	435	1107	01:05:25.867	00:41:12.130
SOFIA ANDRADE	Lucindabeba	611	1108	01:05:37.577	00:41:23.840
MAFALDA CARDOSO	Individual	647	1109	01:05:47.830	00:41:34.093
CATARINA CUNHA	Individual	648	1110	01:05:48.330	00:41:34.593
ADELINO CORREIA	Individual	793	1111	01:06:24.330	00:42:10.593
JOANA COSTA	Berço Runners	882	1112	01:06:51.580	00:42:37.843
ANA PEREIRA	Clube VI	1092	1113	01:10:29.533	00:46:15.796
RICARDO SILVA	H-Ramus	270	1114	01:10:29.587	00:46:15.850
RITA MONTE	Clube VI	340	1115	01:10:30.340	00:46:16.603
ANTONIO PINHO	Bioteam	780	1116	01:11:29.340	00:47:15.603
DULCE FERNANDES	Bioteam	784	1117	01:11:29.590	00:47:15.853