

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
1	10	M	RUI SILVA	SPORTING CLUBE PORTUGAL	M35	00:23:58.687	00:00:00.000	00:23:58.687
2	1	M	JOSÉ MOREIRA	SPORTING CLUBE PORTUGAL	M35	00:24:44.633	00:00:45.946	00:24:44.170
3	4	M	FRANCISCO RODRIGUES	SPORTING DE BRAGA	SEN M	00:24:53.790	00:00:55.103	00:24:53.403
4	1325	M	JOAQUIM FIGUEIREDO	C. D. SÃO SALVADOR DO CAMPO	M50	00:26:18.293	00:02:19.606	00:26:18.293
5	1296	M	FERNANDO GRILO	SIRA	M40	00:26:35.317	00:02:36.630	00:26:32.490
6	772	M	AMÉRICO MOREIRA	C. D. PÓVOA	SEN M	00:26:57.517	00:02:58.830	00:26:54.670
7	505	M	ANTONIO PIRES	ESCOLA DO MOVIMENTO	SEN M	00:26:57.913	00:02:59.226	00:26:55.456
8	1232	M	PAULO PEREIRA	GRUPO DESPORTIVO CULTURAL DE GUILHOVAI	M40	00:27:02.163	00:03:03.476	00:26:59.623
9	43	M	PAULO ROCHA	RUNRIVER	M35	00:27:20.020	00:03:21.333	00:27:19.163
10	763	M	ROBERTO MARQUES	GRUPO RECREATIVO ESTRELA DO BONFIM	M40	00:27:26.660	00:03:27.973	00:27:23.610
11	1086	M	HELDER MONTEIRO	INDIVIDUAL	SEN M	00:27:47.740	00:03:49.053	00:27:45.187
12	1433	F	DANIELA CUNHA	INDIVIDUAL	SEN F	00:27:48.407	00:03:49.720	00:27:48.407
13	774	M	MARTIM FREITAS	C. D. PÓVOA	SEN M	00:27:56.520	00:03:57.833	00:27:53.487
14	41	M	PEDRO BARROS	CYCLONES ATLÉTICO CLUBE	SEN M	00:28:00.420	00:04:01.733	00:27:57.937
15	398	M	JOSE TEIXEIRA	A.D. CHEFE-TRAINING	M40	00:28:03.520	00:04:04.833	00:28:00.980
16	35	M	CARLOS COSTA	INDIVIDUAL	SEN M	00:28:13.407	00:04:14.720	00:28:13.407
17	3	F	MARISA BARROS	PORTO	F35	00:28:16.097	00:04:17.410	00:28:16.097
18	1294	M	RICARDO SOUSA	CENTRO DA JUVENTUDE DE MALTA - MALTA DAS CORRIDAS	SEN M	00:28:19.523	00:04:20.836	00:28:11.296
19	1040	M	LUÍS LOPES	L.COSTA&SILVA,LDA	M45	00:28:20.403	00:04:21.716	00:28:17.946
20	46	M	HELDER SILVA	ESCOLA ATLETISMO ROSA OLIVEIRA	M35	00:28:25.970	00:04:27.283	00:28:23.127
21	651	M	DANIEL MONTEIRO	ACADEMIA FERNANDA RIBEIRO	SEN M	00:28:52.273	00:04:53.586	00:28:48.620
22	1131	M	MANUEL BRANQUINHO	GRUPO JUVENIL VILA DE PUNHE	M45	00:28:57.023	00:04:58.336	00:28:54.196
23	261	M	LUIS LEITE	MAIA RUNNERS	M40	00:29:08.517	00:05:09.830	00:29:04.350
24	84	M	JOÃO COENTRÃO	INDIVIDUAL	SEN M	00:29:14.397	00:05:15.710	00:29:11.017
25	38	F	ANDREIA CUNHA	RUN TEJO-CM SOCKS	SEN F	00:29:21.343	00:05:22.656	00:29:20.876
26	406	M	BELMIRO RODRIGUES	C. D. SÃO SALVADOR DO CAMPO	M55	00:29:25.773	00:05:27.086	00:29:23.270
27	1372	M	JOEL PEREIRA	MINHO E LIMA TRAIL	SEN M	00:29:31.143	00:05:32.456	00:29:17.173
28	42	M	HUGO MOREIRA	RUNRIVER	SEN M	00:29:36.393	00:05:37.706	00:29:35.536
29	244	M	ANDRÉ CRUZ	CDC NAVAIS	SEN M	00:29:37.893	00:05:39.206	00:29:24.676
30	954	M	JOÃO BORGES	BEAPT	M40	00:29:45.777	00:05:47.090	00:29:43.014
31	1364	M	ALEXANDRE PINTO	AMIGO TRAIL RUN	SEN M	00:29:51.077	00:05:52.390	00:29:50.180
32	762	M	PAULO JESUS	GRUPO RECREATIVO ESTRELA DO BONFIM	M40	00:29:57.140	00:05:58.453	00:29:54.570
33	876	M	ARMANDO SILVA	INDIVIDUAL	M40	00:29:57.640	00:05:58.953	00:29:50.213
34	1052	M	AUGUSTO ANTUNES	ARPO-ASSOCIAÇÃO RECREATIVA POUSADENSE	M55	00:29:58.160	00:05:59.473	00:29:58.160
35	1260	M	AMERICO SANTOS	BARCELONA	M35	00:29:59.610	00:06:00.923	00:29:56.330
36	590	M	PEDRO CORREIA	ATLÉTICO CLBE POVOA DE VARZIM	SEN M	00:29:59.617	00:06:00.930	00:29:57.150
37	912	M	DOMINGOS MARTINS	GRECAS - VAGOS	SEN M	00:30:02.640	00:06:03.953	00:29:59.367
38	911	F	INÉS PINTO	GRECAS - VAGOS	SEN F	00:30:02.647	00:06:03.960	00:29:59.534
39	103	M	FERNANDO PEREIRA	PORTUGAL	M50	00:30:05.277	00:06:06.590	00:30:02.480
40	1293	M	FILIPE MARTINS	CENTRO DA JUVENTUDE DE MALTA - MALTA DAS CORRIDAS	M40	00:30:06.027	00:06:07.340	00:30:03.264
41	656	M	PEDRO MADRID	ACADEMIA FERNANDA RIBEIRO	M40	00:30:08.277	00:06:09.590	00:30:04.310
42	405	M	AUGUSTO LOPES	MOVIMENTO DE JUVENTUDE DE MERELIM	M40	00:30:08.277	00:06:09.590	00:30:05.484
43	683	M	HELDER ANTUNES	VILA NOVA DE FAMALICAO	M35	00:30:11.023	00:06:12.336	00:30:07.750
44	44	M	BRUNO FERREIRA	INDIVIDUAL	SEN M	00:30:20.527	00:06:21.840	00:30:13.120

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
45	380	M	PEDRO SILVA	SLB	M35	00:30:21.777	00:06:23.090	00:30:17.780
46	11	F	JUSTYNA WOJCIK	ACD S.JOAO DA SERRA	F35	00:30:26.777	00:06:28.090	00:30:25.897
47	1406	M	RUI SILVA	CHEFE-TRAINING	M35	00:30:27.137	00:06:28.450	00:30:23.707
48	198	M	RODRIGO ARAUJO	MAGICBARBER TEAM	M35	00:30:29.777	00:06:31.090	00:30:26.990
49	1112	M	EDUARDO LEMOS	FISIOVERALEMOS	M45	00:30:31.517	00:06:32.830	00:30:27.564
50	827	M	JOSE RIBEIRO	C.D.C. NAVAIS	M40	00:30:37.277	00:06:38.590	00:30:34.257
51	45	M	BRUNO MACHADO	INDIVIDUAL	M40	00:30:37.893	00:06:39.206	00:30:35.446
52	518	M	BENJAMIM SOARES	C P T B CARCABELOS CARAVELA SEGUROS	M60	00:30:38.527	00:06:39.840	00:30:33.334
53	1139	M	ANDRÉ GUEDES	SIMSUMMIT	M45	00:30:39.033	00:06:40.346	00:30:36.100
54	889	M	NELSON LOUREIRO	INDIVIDUAL	M35	00:30:39.893	00:06:41.206	00:30:31.653
55	890	M	HENRIQUE LOUREIRO	INDIVIDUAL	M35	00:30:40.027	00:06:41.340	00:30:31.067
56	743	M	JORGE FONTES	GCRA	M35	00:30:40.653	00:06:41.966	00:30:11.553
57	646	M	ANTONIO MOREIRA	ACADEMIA FERNANDA RIBEIRO	M40	00:30:42.527	00:06:43.840	00:30:39.060
58	779	M	PAULO SILVA	C. D. PÓVOA	M45	00:30:46.027	00:06:47.340	00:30:39.337
59	39	M	MANUEL AZEVEDO	S.SALVADOR DO CAMPO	M40	00:30:47.780	00:06:49.093	00:30:46.920
60	207	M	JOSE MONTEIRO	LUSTOSA	M60	00:30:50.890	00:06:52.203	00:30:46.990
61	705	M	RUI ALVIM158192	RUNRIVER	M45	00:30:55.277	00:06:56.590	00:30:52.310
62	1111	M	GUALTER FREITAS	FISIOVERALEMOS	M45	00:30:56.777	00:06:58.090	00:30:54.004
63	783	M	ANDRÉ BAPTISTA	CAPV	SEN M	00:30:59.197	00:07:00.510	00:30:56.220
64	796	M	INOCÊNCIO SILVA	CAPV	M45	00:30:59.380	00:07:00.693	00:30:56.137
65	964	M	CARLOS PEREIRA	FIGUEIRÓFIT	SEN M	00:31:00.880	00:07:02.193	00:30:57.543
66	522	F	LILIANA ROCHA	RUNRIVER	F40	00:31:03.783	00:07:05.096	00:31:01.080
67	1004	M	LUÍS CAMANHO	INDIVIDUAL	M40	00:31:05.627	00:07:06.940	00:31:02.660
68	776	M	J. SOUSA	C. D. PÓVOA	M40	00:31:07.707	00:07:09.020	00:31:03.534
69	514	M	AMARO BARBOSA	ARC VALE S. COSME	SEN M	00:31:12.777	00:07:14.090	00:31:03.284
70	47	M	CARLOS GOMES	SPORT COMÉRCIO E SALGUEIROS	M35	00:31:14.700	00:07:16.013	00:31:12.147
71	659	M	RUBEN CRISTIANO	ACADEMIA FERNANDA RIBEIRO	SEN M	00:31:19.777	00:07:21.090	00:31:14.900
72	1270	M	EDUARDO RODRIGUES	VIANA RUNNING	M35	00:31:20.027	00:07:21.340	00:31:14.240
73	256	M	FERNANDO SANTOS	ACRIF	M45	00:31:24.740	00:07:26.053	00:30:51.263
74	1133	F	ARIANA VERDE	S.A.TREGA-TOMIÑO	F35	00:31:26.777	00:07:28.090	00:31:15.660
75	810	M	CARLOS CRUZ	CAPV	M55	00:31:27.777	00:07:29.090	00:31:24.950
76	919	M	ROGÉRIO MATEUS	JUNDIAI	M40	00:31:31.030	00:07:32.343	00:31:23.790
77	741	M	MANUEL PEREIRA	GCRA	M35	00:31:33.530	00:07:34.843	00:31:03.903
78	1134	M	CARLOS ÁLVAREZ	S.A.TREGA-TOMIÑO	M45	00:31:42.030	00:07:43.343	00:31:25.793
79	749	M	ANTÓNIO MOREIRA	GRUPO RECREATIVO ESTRELA DO BONFIM	M45	00:31:45.283	00:07:46.596	00:31:16.360
80	1028	M	ALCIDES LEMOS	BERCI	M50	00:31:50.530	00:07:51.843	00:31:47.633
81	1427	F	HELENA SAMPAIO	AFISOVAR	F45	00:31:53.530	00:07:54.843	00:31:53.153
82	745	M	ADÃO MENDES	GRUPO RECREATIVO ESTRELA DO BONFIM	M45	00:31:58.767	00:08:00.080	00:31:55.664
83	803	M	FERNANDO COSTA	CLUBE DE ATLETISMO DA PÓVOA DE VARZIM	M45	00:32:00.780	00:08:02.093	00:31:57.707
84	775	M	PEDRO PONTES	C. D. PÓVOA	SEN M	00:32:03.780	00:08:05.093	00:31:57.110
85	491	F	MANUELA FREITAS	OS ISABELINHAS	F45	00:32:05.280	00:08:06.593	00:32:02.183
86	819	M	FERNANDO SILVA	C.D.C. NAVAIS	M50	00:32:07.297	00:08:08.610	
87	1253	M	MARCOS VIANA	SS BOX	M35	00:32:08.030	00:08:09.343	00:32:00.993
88	1344	M	AUGUSTO PEREIRA	SÃO SALVADOR DO CAMPO	M60	00:32:17.510	00:08:18.823	00:32:11.467

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
89	357	M	FILIFE MARTINS	OS ISABELINHAS	M35	00:32:22.800	00:08:24.113	00:32:19.523
90	1371	M	ANTONIO GONÇALVES	A.D. CHEFE-TRAINING	M40	00:32:24.537	00:08:25.850	00:32:19.047
91	227	M	PEDRO FERREIRA	INDIVIDUAL	SEN M	00:32:27.280	00:08:28.593	00:32:23.067
92	331	M	VITOR ARAUJO	GDS	M45	00:32:31.323	00:08:32.636	00:32:09.193
93	1187	M	JOSÉ ALVES	KILOSMODA	M50	00:32:33.783	00:08:35.096	00:32:30.720
94	1283	M	JOSÉ SILVA	ERMIDA TEAM	M45	00:32:34.870	00:08:36.183	00:32:21.140
95	1085	M	JOSÉ PEREIRA	OS CARACÓIS	M35	00:32:36.783	00:08:38.096	00:32:31.013
96	792	M	NUNO SILVA	CAPV	M45	00:32:37.280	00:08:38.593	00:32:31.250
97	1238	M	JOÃO PEREIRA	SPORTING CLUBE DE ESPINHO	M45	00:32:39.840	00:08:41.153	00:32:32.373
98	373	M	PEDRO CAPA	ÁGUIAS DA MISERICÓRDIA	M40	00:32:43.283	00:08:44.596	00:32:22.950
99	48	M	FRANCISCO MORAIS	A.D. CHEFE-TRAINING	M40	00:32:43.630	00:08:44.943	00:32:41.130
100	208	M	LUIS MARTINS	A.R.DE NEGRELOS	M55	00:32:49.873	00:08:51.186	00:32:46.383
101	255	M	JOSÉ MACEDO	ACRIF	M50	00:32:55.033	00:08:56.346	00:32:20.643
102	881	M	DAVID TAVARES	RUNRIVER	M55	00:32:58.787	00:09:00.100	00:32:53.010
103	130	M	PAULO COSTA	INDIVIDUAL	M40	00:33:06.897	00:09:08.210	00:32:55.644
104	388	M	JOÃO CAPA	ÁGUIAS DA MISERICÓRDIA	M50	00:33:08.283	00:09:09.596	00:32:47.943
105	172	M	RUI MARQUES	POVOA DE VARZIM	SEN M	00:33:12.033	00:09:13.346	00:33:09.546
106	37	M	FILIFE MACHADO	INDIVIDUAL	SEN M	00:33:12.533	00:09:13.846	00:33:12.533
107	877	M	JOSE MARTINHO	ACADEMIA FERNANDA RIBEIRO	M55	00:33:15.533	00:09:16.846	00:33:10.020
108	777	M	VITOR RODRIGUES	C. D. PÓVOA	M35	00:33:17.783	00:09:19.096	00:33:14.393
109	1029	M	RICARDO LEMOS	BERCI	M40	00:33:24.033	00:09:25.346	00:33:17.006
110	1045	M	AUGUSTO DOURADO	INDIVIDUAL	M60	00:33:28.287	00:09:29.600	00:33:25.364
111	70	M	PAULO FERNANDES	IRMANDADE RUNNERS	M50	00:33:29.533	00:09:30.846	00:33:26.376
112	660	M	RUI EUSÉBIO	ACADEMIA FERNANDA RIBEIRO	M50	00:33:32.430	00:09:33.743	00:33:28.467
113	768	F	FATIMA SILVA	C. D. PÓVOA	F45	00:33:32.533	00:09:33.846	00:33:29.663
114	584	M	DAVID QUEIRÓS	LOUSADA RUNNERS	M35	00:33:35.547	00:09:36.860	00:33:29.404
115	778	M	SÉRGIO SILVA	C. D. PÓVOA	M45	00:33:38.790	00:09:40.103	00:33:31.897
116	1423	M	JOSÉ OLIVEIRA	INDIVIDUAL	M40	00:33:40.940	00:09:42.253	00:33:28.463
117	854	M	RICARDO SOARES	IRMANDADE RUNNERS	SEN M	00:33:42.360	00:09:43.673	00:33:37.127
118	1402	M	GASPAR PAIS	QUINTA DAS PAREDINHAS	M45	00:33:42.533	00:09:43.846	00:33:39.306
119	1115	M	MICAEL ALVES	SOCIEDADE RECREIO CEPANENSE	SEN M	00:33:43.533	00:09:44.846	00:33:32.276
120	1272	M	FILIFE GRAÇA	BOAVISTA F.C	M45	00:33:43.860	00:09:45.173	00:32:52.350
121	1356	M	RUI AFONSO	INDIVIDUAL	M40	00:33:44.033	00:09:45.346	00:33:34.583
122	397	M	MIGUEL SILVA	PORTO SENTIDO RUNNERS	M40	00:33:47.533	00:09:48.846	00:33:39.400
123	594	M	VIRIATO MENDES	CLUBE DESPORTIVO DE SÃO SALVADOR DO CAMPO	M35	00:33:49.537	00:09:50.850	00:33:22.660
124	808	M	MANUEL CARRIÇO	CLUBE DE ATLETISMO DA PÓVOA DE VARZIM	M55	00:33:49.787	00:09:51.100	00:33:43.290
125	429	M	JOSÉ SILVA	PORTO	M55	00:33:49.793	00:09:51.106	00:33:41.323
126	789	M	SIMÃO COSTA	CAPV	M40	00:33:51.610	00:09:52.923	00:33:45.377
127	1308	M	ALBINO PIRES	PORTO SENTIDO RUNNERS	M40	00:33:52.040	00:09:53.353	00:33:44.633
128	213	M	EMANUEL COELHO	PORTO SENTIDO RUNNERS	M35	00:33:52.370	00:09:53.683	00:33:44.933
129	1301	M	PEDRO SILVA	INDIVIDUAL	M45	00:33:52.860	00:09:54.173	00:33:24.333
130	1273	M	MIGUEL ANDRADE	BOAVISTA F.C	M35	00:33:55.120	00:09:56.433	00:33:08.630
131	1059	M	HELDER CAMPOS	BEAPT	M35	00:33:55.533	00:09:56.846	00:33:17.903
132	243	M	OCTAVIO DOURADO	CDC NAVAIS	M40	00:34:00.540	00:10:01.853	00:33:46.817

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
133	209	M	MANUEL GOMES	A.R.DE NEGRELOS	M50	00:34:01.857	00:10:03.170	00:33:58.614
134	1450	M	ANTONIO BORGES	PORTO SENTIDO RUNNERS	M45	00:34:06.537	00:10:07.850	00:33:59.120
135	605	M	JOSÉ PAIS	EDL	M45	00:34:13.037	00:10:14.350	00:34:06.864
136	1414	M	CARLOS MARTINS	GILMONDE RUNNING	SEN M	00:34:13.817	00:10:15.130	00:33:53.444
137	1007	M	RAUL CURVA	INDIVIDUAL	M45	00:34:14.997	00:10:16.310	00:34:02.814
138	969	M	ANTONIO MAIA	SPORT COMÉRCIO E SALGUEIROS	M40	00:34:16.783	00:10:18.096	00:34:05.093
139	691	M	FERNANDO QUEIRÓS	PORTO SENTIDO RUNNERS	M45	00:34:18.537	00:10:19.850	00:34:10.644
140	755	M	JACINTO RODRIGUES	GRUPO RECREATIVO ESTRELA DO BONFIM	M40	00:34:20.533	00:10:21.846	00:34:17.310
141	1391	M	LUÍS FRASCO	GRUPO CCR	M45	00:34:21.037	00:10:22.350	00:34:08.074
142	190	M	BRUNO RODRIGUES	RUNDICULOUS	M35	00:34:23.507	00:10:24.820	00:33:25.044
143	1089	M	FERNANDO OLIVEIRA	INDIVIDUAL	M50	00:34:25.283	00:10:26.596	00:33:08.773
144	573	M	ANTONIO COENTRAO	INDIVIDUAL	M45	00:34:25.640	00:10:26.953	00:34:18.410
145	1202	M	VITOR GOMES	CDC NAVAIS	M45	00:34:29.803	00:10:31.116	00:34:07.423
146	129	M	HELDER GUEDES	INDIVIDUAL	M40	00:34:32.017	00:10:33.330	00:34:26.840
147	446	M	RODRIGO DUARTE	MAIA RUNNERS	M40	00:34:36.603	00:10:37.916	00:34:25.383
148	681	M	LAURINDO OSORIO	KEMEDO TEAM	M45	00:34:38.537	00:10:39.850	00:34:23.880
149	363	M	LINO SILVA	INDIVIDUAL	M40	00:34:41.617	00:10:42.930	00:34:20.730
150	769	F	NADINE LARANJEIRA	C. D. PÓVOA	SEN F	00:34:42.787	00:10:44.100	00:34:39.124
151	835	M	PAULO LIMA	CDC NAVAIS	M35	00:34:45.353	00:10:46.666	00:34:29.886
152	162	M	PAULO CARVALHO	VARZIM SPORT CLUB	SEN M	00:34:51.290	00:10:52.603	00:33:33.417
153	759	M	JÚLIO SANTOS	GRUPO RECREATIVO ESTRELA DO BONFIM	M55	00:34:51.853	00:10:53.166	
154	1231	M	ALVARO OLIVEIRA	GUIBERÇO - LF2	M35	00:34:52.103	00:10:53.416	00:34:31.446
155	1320	M	ÁLVARO NUNES	DR RUNNER TEAM	M45	00:34:52.600	00:10:53.913	00:34:34.647
156	1242	F	CRISTINA GUEDES	MAIA	F45	00:34:53.290	00:10:54.603	00:34:50.543
157	1241	M	FERNANDO SANTOS	MAIA	M45	00:34:54.287	00:10:55.600	00:34:51.354
158	1245	M	JOÃO TINOCO	RAQUEL E ALEXANDRE	M35	00:34:54.360	00:10:55.673	00:33:46.207
159	770	F	ANA NEVES	C. D. PÓVOA	F40	00:34:54.613	00:10:55.926	00:34:50.936
160	773	M	JOAQUIM MOREIRA	C. D. PÓVOA	SEN M	00:34:55.537	00:10:56.850	00:34:50.104
161	461	M	LUÍS LIMA	TROFA RUNNERS	M35	00:34:56.037	00:10:57.350	00:34:41.397
162	1074	M	GUILHERME EUSÉBIO	POVOA DE VARZIM	SEN M	00:34:57.573	00:10:58.886	00:34:43.343
163	467	M	ROCHA ANDRÉ	INDIVIDUAL	SEN M	00:34:57.580	00:10:58.893	00:34:06.070
164	751	M	DIOGO FERREIRA	GRUPO RECREATIVO ESTRELA DO BONFIM	SEN M	00:34:57.787	00:10:59.100	00:34:54.487
165	281	M	ROBERTO FERREIRA	FAMAGRAPH / AGROVIZELA RACING TEAM	M35	00:34:58.287	00:10:59.600	00:33:46.777
166	1369	F	MARTA MARQUES	PORTO	SEN F	00:35:00.603	00:11:01.916	00:34:55.460
167	1367	M	FILIPPE ROCHA	PORTO	M35	00:35:00.853	00:11:02.166	00:34:56.463
168	1449	M	DIOGO NOBRE	INDIVIDUAL	SEN M	00:35:02.037	00:11:03.350	00:34:39.880
169	344	M	PEDRO VIEIRA	A.D.AMARANTE TRAIL RUNNING	M40	00:35:02.607	00:11:03.920	00:34:48.717
170	201	M	JOSÉ MOREIRA	INDIVIDUAL	M40	00:35:04.100	00:11:05.413	00:34:52.957
171	206	M	RICARDO SOUSA	INDIVIDUAL	M35	00:35:04.100	00:11:05.413	00:34:51.963
172	1448	M	JORGE NUNES	IRMANDADE RUNNERS	SEN M	00:35:04.567	00:11:05.880	00:34:58.404
173	202	M	CARLOS ALVES	SHARKS	M60	00:35:06.100	00:11:07.413	00:34:45.500
174	1062	M	ARAUJO ARAÚJO	INDIVIDUAL	M35	00:35:06.850	00:11:08.163	00:34:57.403
175	1434	M	DANIEL CRUZ	INDIVIDUAL	M35	00:35:07.037	00:11:08.350	00:34:57.597
176	715	M	JORGE ROCHA	INDIVIDUAL	M40	00:35:07.287	00:11:08.600	00:34:21.610

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
177	1217	M	PEDRO SILVA	RODOS	SEN M	00:35:07.543	00:11:08.856	00:34:50.080
178	414	M	MARCO PEREIRA	INDIVIDUAL	M35	00:35:09.537	00:11:10.850	00:34:44.410
179	1446	M	PEDRO TEIXEIRA	INDIVIDUAL	M40	00:35:12.787	00:11:14.100	00:35:06.294
180	825	M	JOSE COSTA	CDC NAVAIS	M35	00:35:14.617	00:11:15.930	00:34:44.990
181	1334	M	VITOR CORREIA	INDIVIDUAL	M45	00:35:15.043	00:11:16.356	00:34:37.366
182	665	M	VICTOR SANTOS	ACADEMIA FERNANDA RIBEIRO	M45	00:35:16.037	00:11:17.350	00:35:11.534
183	883	M	JOÃO SOARES	IRMANDADE RUNNERS	SEN M	00:35:16.037	00:11:17.350	00:35:09.887
184	362	M	RUI AZEVEDO	INDIVIDUAL	M45	00:35:16.857	00:11:18.170	00:35:09.847
185	448	M	ARTUR ARAUJO	INDIVIDUAL	M50	00:35:17.347	00:11:18.660	00:35:13.104
186	1188	M	MIGUEL BARROSO	KILOSMODA	SEN M	00:35:17.540	00:11:18.853	00:35:14.127
187	350	M	ALVARO BARRETO	BARRETO TEAM	M40	00:35:18.040	00:11:19.353	00:34:48.143
188	124	M	ADELIO MARANHÃO	INDIVIDUAL	M35	00:35:19.037	00:11:20.350	00:35:13.264
189	1291	M	PEDRO VIDAL	INDIVIDUAL	M40	00:35:19.040	00:11:20.353	00:34:50.513
190	295	M	JOSÉ SOARES	INDIVIDUAL	SEN M	00:35:21.037	00:11:22.350	00:35:09.060
191	948	M	PEDRO MARQUES	RUNRIVER	M40	00:35:23.140	00:11:24.453	00:35:11.300
192	902	M	PEDRO REINA	VARZIM SPORT CLUB	M35	00:35:23.157	00:11:24.470	00:34:07.247
193	1276	M	ALEXANDRE GUIMARÃES	INDIVIDUAL	M40	00:35:23.167	00:11:24.480	00:34:06.047
194	63	M	ORLANDO FERREIRA	SALGUEIROS RUNNING	M55	00:35:23.167	00:11:24.480	00:35:05.537
195	557	M	SÉRGIO GONÇALVES	A NOITE PASSA A CORRER GUIMARÃES	M35	00:35:24.597	00:11:25.910	00:34:59.954
196	760	M	MANUEL OLIVEIRA	GRUPO RECREATIVO ESTRELA DO BONFIM	M50	00:35:26.040	00:11:27.353	00:35:14.267
197	1243	M	ANTONIO MARQUES	INDIVIDUAL	M50	00:35:27.037	00:11:28.350	00:34:49.874
198	1298	F	ANA BARBOSA	AMVE - ASSOCIAÇÃO MOINHO DE VERMOIM	SEN F	00:35:27.043	00:11:28.356	00:35:04.420
199	484	M	RICARDO MEIRA	AMVE - ASSOCIAÇÃO MOINHO DE VERMOIM	M40	00:35:27.847	00:11:29.160	00:35:04.970
200	662	M	SÉRGIO SILVA	ACADEMIA FERNANDA RIBEIRO	M40	00:35:33.597	00:11:34.910	00:35:25.350
201	967	M	PAULO AZEVEDO	ZENIT AUTOMÓVEIS	M45	00:35:34.037	00:11:35.350	00:35:10.787
202	744	M	DUARTE COSTA	GCRA	M45	00:35:36.290	00:11:37.603	00:34:58.147
203	851	M	JOSE SILVA	CDC NAVAIS	M45	00:35:36.347	00:11:37.660	00:35:24.374
204	242	M	NELSON SANTOS	INDIVIDUAL	M45	00:35:40.183	00:11:41.496	00:35:32.216
205	352	M	CARLOS BARRETO	BARRETO TEAM	M40	00:35:42.317	00:11:43.630	00:35:13.190
206	1044	M	CLAUDIO CRUZEIRO	INDIVIDUAL	M40	00:35:43.537	00:11:44.850	00:35:40.544
207	878	M	JOSE SILVA	INDIVIDUAL	M55	00:35:44.287	00:11:45.600	00:35:38.330
208	684	M	MARCO SALGADO	ATT	M35	00:35:45.037	00:11:46.350	00:35:25.164
209	1355	F	ÂNGELA COSTA	INDIVIDUAL	F45	00:35:45.593	00:11:46.906	00:35:42.706
210	68	M	PAULO SILVA	TOU TOU RUNNING	M45	00:35:48.787	00:11:50.100	00:35:27.794
211	1184	M	VITOR ARAÚJO	INDIVIDUAL	SEN M	00:35:49.353	00:11:50.666	00:35:24.723
212	1152	M	JOÃO AMORIM	INDIVIDUAL	SEN M	00:35:50.040	00:11:51.353	00:35:26.407
213	1223	M	VÍTOR SILVA	TEAM LANTEMIL	M35	00:35:51.537	00:11:52.850	00:35:39.900
214	440	M	NUNO PINHEIRO	INDIVIDUAL	M40	00:35:52.040	00:11:53.353	00:35:36.410
215	915	F	ANA FARIA	INDIVIDUAL	SEN F	00:35:52.287	00:11:53.600	00:35:45.787
216	347	M	MIGUEL AZEVEDO	CR CANDOSO	M35	00:35:52.787	00:11:54.100	00:35:48.404
217	922	M	PAULO PEREIRA	GDCTENVC	M45	00:35:53.790	00:11:55.103	00:35:38.630
218	1285	M	LUÍS SILVA	SF2002	SEN M	00:35:55.297	00:11:56.610	00:35:35.470
219	536	F	MARLENE PUGA	KER SPORT TRAIL RUNNING	F35	00:36:03.037	00:12:04.350	00:35:59.687
220	183	M	RODOLFO MONTEIRO	INDIVIDUAL	SEN M	00:36:05.723	00:12:07.036	00:35:39.330

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
221	317	M	EDUARDO FARIA	POVOA DE VARZIM	M45	00:36:07.040	00:12:08.353	00:35:45.913
222	1174	M	VITOR POÇAS	GCRA	M45	00:36:07.290	00:12:08.603	00:35:52.393
223	530	M	AVELINO FREITAS	CLUBE ATLETISMO DE BRITO	M60	00:36:08.790	00:12:10.103	00:35:28.817
224	1055	M	BRUNO RODRIGUES	INDIVIDUAL	SEN M	00:36:17.340	00:12:18.653	00:34:37.880
225	993	M	BRUNO PEREIRA	INDIVIDUAL	M40	00:36:20.790	00:12:22.103	00:36:07.383
226	67	M	VÍTOR MOREIRA	B.V.MOREIRA MAIA	M45	00:36:24.790	00:12:26.103	00:36:20.310
227	1251	M	BRUNO MOURA	INDIVIDUAL	M35	00:36:24.870	00:12:26.183	00:35:47.677
228	1175	M	MÁRIO SILVA	GCRA	M45	00:36:25.600	00:12:26.913	00:36:10.433
229	106	M	PEDRO ROCHA	ESPOSENDE	M40	00:36:26.290	00:12:27.603	00:36:14.270
230	415	M	PEDRO ARAÚJO	A.D. CHEFE-TRAINING	SEN M	00:36:26.790	00:12:28.103	00:36:11.580
231	1250	F	RAQUEL ANDRADE	INDIVIDUAL	F35	00:36:26.840	00:12:28.153	00:35:49.633
232	441	M	RUI BARBOSA	SANTANDERTOTTA	M45	00:36:27.590	00:12:28.903	00:35:54.617
233	135	M	JOSÉ SALGUEIRO	SALGUEIROS RUNNING	M40	00:36:29.047	00:12:30.360	00:36:24.280
234	1039	M	JOSE DIAS	BRAGA	M55	00:36:29.753	00:12:31.066	00:36:13.763
235	1295	F	PATRÍCIA FERNANDES	CENTRO DA JUVENTUDE DE MALTA - MALTA DAS CORRIDAS	SEN F	00:36:33.040	00:12:34.353	00:36:25.060
236	692	M	PAULO GOMES	NO TOMORROW RUNNING TEAM	M45	00:36:33.540	00:12:34.853	00:35:58.653
237	464	M	TIAGO MENDES	GRAY LINE	M50	00:36:33.540	00:12:34.853	00:36:20.903
238	643	F	PAULA ALMEIDA	INDIVIDUAL	F35	00:36:34.847	00:12:36.160	00:35:47.634
239	549	M	JOSÉ ORGANISTA	CORREDOR DE FIM DE SEMANA	M45	00:36:35.790	00:12:37.103	00:36:11.387
240	252	M	FILIFE CORREIA	ACRIF	M35	00:36:36.770	00:12:38.083	00:35:59.210
241	1400	M	PEDRO FIGUEIREDO	PORTO	M45	00:36:36.840	00:12:38.153	00:36:33.347
242	1091	M	FILIFE MARTINS	INDIVIDUAL	M40	00:36:37.040	00:12:38.353	00:36:03.570
243	1099	M	JOSÉ ROCHA	INDIVIDUAL	M35	00:36:37.847	00:12:39.160	00:35:48.457
244	1410	F	ELSA SÁ	INDIVIDUAL	F45	00:36:39.817	00:12:41.130	00:36:32.087
245	946	M	RUI VILHENA	CAPWATT	M40	00:36:39.827	00:12:41.140	00:36:28.077
246	571	M	CARLOS LEAL	KEMEDO TEAM	M35	00:36:39.830	00:12:41.143	00:36:19.443
247	871	M	JOSÉ VIANA	VIABIKE	M45	00:36:40.337	00:12:41.650	00:35:23.617
248	1167	M	JOSÉ BORGES	UP RUNNERS	M50	00:36:41.040	00:12:42.353	00:35:32.417
249	351	M	ALFREDO BARRETO	BARRETO TEAM	M40	00:36:42.290	00:12:43.603	00:36:12.410
250	1171	M	TIAGO FERREIRA	INDIVIDUAL	SEN M	00:36:44.837	00:12:46.150	00:36:30.620
251	371	M	PEDRO CUNHA	OUTIZAL	M35	00:36:45.337	00:12:46.650	00:35:30.417
252	263	M	CARLOS MOREIRA	RUNRIVER	SEN M	00:36:45.540	00:12:46.853	00:36:03.817
253	570	M	HERMES LOBO	JOANA CORRE CORRE	M45	00:36:45.790	00:12:47.103	00:36:29.077
254	756	M	JOÃO SILVA	GRUPO RECREATIVO ESTRELA DO BONFIM	SEN M	00:36:48.327	00:12:49.640	00:36:44.660
255	154	M	JOSÉ FIGUEIREDO	OS ISABELINHAS	M45	00:36:49.290	00:12:50.603	00:36:33.903
256	49	F	ISABEL MORIM	SS BOX	F35	00:36:50.290	00:12:51.603	00:36:47.493
257	50	M	FILIFE MOREIRA	SS BOX	M35	00:36:50.337	00:12:51.650	00:36:47.597
258	974	M	PEDRO REIS	POVOA DE VARZIM	M40	00:36:53.540	00:12:54.853	00:36:24.003
259	1157	M	VITOR GOMES	GUARDIZELA RUNNERS	M45	00:36:53.837	00:12:55.150	00:36:42.687
260	846	M	HÉLDER SOARES	GRUPO CCR	SEN M	00:36:54.550	00:12:55.863	00:36:25.923
261	167	M	CARLOS OSÓRIO	FUTEBOL CLUBE FAMILIÇÃO DE GENEVE	M55	00:36:55.317	00:12:56.630	00:36:52.374
262	231	M	PEDRO FERREIRA	TURBULENTOS	M35	00:36:56.847	00:12:58.160	00:36:40.474
263	809	M	VÍTOR SOUSA	CLUBE DE ATLETISMO DA PÓVOA DE VARZIM	M45	00:36:56.847	00:12:58.160	00:36:19.287
264	342	M	FILIFE MAIA	INDIVIDUAL	SEN M	00:36:56.873	00:12:58.186	00:36:30.900

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
265	271	M	JORGE LINO	AGUÇADOURA	SEN M	00:36:57.087	00:12:58.400	00:36:41.617
266	939	M	MÁRIO OSÓRIO	SMISH	M35	00:36:57.290	00:12:58.603	00:36:45.213
267	81	M	JOSÉ FERNANDES	INDIVIDUAL	SEN M	00:36:59.043	00:13:00.356	00:36:56.273
268	754	M	HUGO MATOS	GRUPO RECREATIVO ESTRELA DO BONFIM	M40	00:36:59.593	00:13:00.906	00:35:52.866
269	123	M	ANTÓNIO GOMES	ESPOSENDE	M55	00:37:00.587	00:13:01.900	00:36:54.090
270	1268	M	SÉRGIO AZEVEDO	FLY	SEN M	00:37:03.290	00:13:04.603	00:35:23.460
271	923	M	VITOR PIRES	GDCTENVC	SEN M	00:37:05.793	00:13:07.106	00:36:50.076
272	960	M	VITOR MARTINS	RENASCE	M35	00:37:06.833	00:13:08.146	00:36:27.960
273	1457	M	JOSÉ ALMEIDA	INDIVIDUAL	M55	00:37:07.043	00:13:08.356	00:37:02.383
274	1229	M	JORGE CUNHA	GUIBERÇO - LF2	M40	00:37:07.790	00:13:09.103	00:36:47.330
275	704	M	XICO FARIA	OS ISABELINHAS	M50	00:37:08.837	00:13:10.150	00:36:48.240
276	733	M	PAULO MORIM	GCRA	M40	00:37:08.837	00:13:10.150	00:36:17.610
277	1035	M	NUNO CASTRO	FIT GUARDIANS	M40	00:37:10.333	00:13:11.646	00:37:06.090
278	817	M	CARLOS EIRAS	CDC NAVAIS	SEN M	00:37:10.800	00:13:12.113	00:35:59.270
279	1437	M	JORGE LOURENÇO	INDIVIDUAL	M50	00:37:10.837	00:13:12.150	00:36:13.854
280	348	F	SOFIA AZEVEDO	MAIA RUNNERS	F40	00:37:11.290	00:13:12.603	00:37:06.387
281	237	M	PAULO FERNANDES	VIDAATIVARUNNERS	M35	00:37:13.877	00:13:15.190	00:35:42.654
282	155	M	DANIEL SOARES	RUNDICULOUS	SEN M	00:37:14.083	00:13:15.396	00:36:15.370
283	435	M	PEDRO MEIRINHOS	INDIVIDUAL	SEN M	00:37:17.330	00:13:18.643	00:36:31.583
284	1257	M	NUNO SILVA	JOY4FUN	M35	00:37:19.043	00:13:20.356	00:36:22.320
285	644	M	AFONSO OLIVEIRA	ACADEMIA FERNANDA RIBEIRO	M40	00:37:23.290	00:13:24.603	00:37:14.547
286	1033	M	PAULO ALVES	INDIVIDUAL	M35	00:37:24.040	00:13:25.353	00:36:38.287
287	455	M	ERNESTO GONÇALVES	GRIJÓ	M50	00:37:24.427	00:13:25.740	00:36:45.264
288	721	M	NELSON SILVA	INDIVIDUAL	M45	00:37:25.793	00:13:27.106	00:36:48.146
289	1138	F	ANA HENRIQUES	CANSC	F35	00:37:28.583	00:13:29.896	00:37:25.396
290	797	M	ANTÓNIO OLIVEIRA	CAPV	M50	00:37:28.790	00:13:30.103	00:36:36.687
291	834	M	PAULO GOMES	CDC NAVAIS	SEN M	00:37:30.900	00:13:32.213	00:36:09.180
292	1170	M	PEDRO CARNEIRO	BLASQEM RUNNERS	SEN M	00:37:31.580	00:13:32.893	00:37:17.443
293	379	M	JOSE SOUSA	CLUBE ATLETISMO DE BRITO	M55	00:37:31.800	00:13:33.113	00:36:27.063
294	913	M	RUI TORRES	INDIVIDUAL	SEN M	00:37:36.293	00:13:37.606	00:36:07.616
295	1140	M	CESAR FERNANDES	A NOITE PASSA A CORRER GUIMARÃES	M40	00:37:36.580	00:13:37.893	00:37:01.077
296	1456	M	MANUEL SOUSA	INDIVIDUAL	M55	00:37:37.540	00:13:38.853	00:36:32.903
297	189	F	FÁTIMA GARCIA	INDIVIDUAL	F45	00:37:39.423	00:13:40.736	00:37:32.193
298	930	M	ALCINO PINTO	ATHLON RUNNER'S	M40	00:37:39.430	00:13:40.743	00:37:27.303
299	300	M	FILIFE FREITAS	CLUBE ATLETISMO DE BRITO	M40	00:37:40.043	00:13:41.356	00:35:49.313
300	273	M	DANIEL FERNANDES	GUIMARÃES	M45	00:37:40.080	00:13:41.393	00:35:49.610
301	1051	F	ROSA ARAUJO	ARPO-ASSOCIAÇÃO RECREATIVA POUSADENSE	F45	00:37:40.797	00:13:42.110	00:37:34.300
302	1463	M	MARCO AFONSO	INDIVIDUAL	SEN M	00:37:41.580	00:13:42.893	00:36:48.873
303	999	M	JOSÉ REIGADA	JOSÉ REIGADA	M60	00:37:44.043	00:13:45.356	00:37:21.153
304	1267	M	FERNANDO PATRÍCIO	SS BOX	SEN M	00:37:46.043	00:13:47.356	00:35:51.296
305	1219	M	LINO MARQUES	VILA NOVA DE FAMALICAO	M60	00:37:51.543	00:13:52.856	00:37:29.060
306	709	M	PEDRO CATARINO	DRAGON CLUB	SEN M	00:37:52.307	00:13:53.620	00:37:29.920
307	169	F	CARLA MARTINS	INDIVIDUAL	F45	00:37:53.543	00:13:54.856	00:37:24.920
308	168	M	CRISTIANO SALGADO	CIN RUNNING	SEN M	00:37:53.793	00:13:55.106	00:37:11.326

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
309	1148	M	JOÃO COELHO	AMC TRAIL	M40	00:37:54.947	00:13:56.260	00:37:39.424
310	334	M	PAULO CARDOSO	INDIVIDUAL	M35	00:37:58.293	00:13:59.606	00:37:35.896
311	648	M	AUGUSTO SANTOS	ACADEMIA FERNANDA RIBEIRO	M45	00:37:59.550	00:14:00.863	00:37:54.053
312	1048	F	ANA PIRES	ACADEMIA FERNANDA RIBEIRO	SEN F	00:38:00.043	00:14:01.356	00:37:53.810
313	1158	M	MANUEL MONTE	CURTO MAMAS LARGO	M35	00:38:01.557	00:14:02.870	00:37:44.907
314	1160	M	ROGÉRIO ARTEIRO	CURTO MAMAS LARGO	M45	00:38:02.293	00:14:03.606	00:37:45.646
315	647	M	ARTUR FREITAS	ACADEMIA FERNANDA RIBEIRO	M60	00:38:04.997	00:14:06.310	00:37:53.807
316	935	M	LUIS GONÇALVES	BRAGA	M35	00:38:04.997	00:14:06.310	00:37:44.600
317	780	M	FILIFE SERRA	GCRA	M40	00:38:06.793	00:14:08.106	00:37:15.063
318	420	F	CIDÁLIA COELHO	SEM NOME	SEN F	00:38:08.293	00:14:09.606	00:37:50.180
319	359	M	MANUEL PINTO	GTT-ARMAZÉM DO CAFFÈ	M40	00:38:13.500	00:14:14.813	00:36:43.780
320	1043	M	SANDRO VARA	ZORN	M40	00:38:13.507	00:14:14.820	00:36:51.100
321	916	M	CLEMENTE MEIRELES	OZ	M50	00:38:14.547	00:14:15.860	00:38:10.407
322	811	M	JOSE SILVA	CAPV	M45	00:38:18.543	00:14:19.856	00:37:49.400
323	1031	M	ANTONIO CORUCHO	BRAGA	M50	00:38:18.577	00:14:19.890	00:36:58.164
324	395	M	JOAO PINHEIRO	PORTO SENTIDO RUNNERS	M50	00:38:19.803	00:14:21.116	00:38:11.403
325	179	M	VÍTOR VALENTE	SS BOX	M40	00:38:20.073	00:14:21.386	00:37:30.580
326	333	M	ARTUR BONFIM	GTT-ARMAZÉM DO CAFFÈ	M40	00:38:20.957	00:14:22.270	00:36:51.760
327	1165	M	RUI AZEVEDO	INDIVIDUAL	M45	00:38:22.023	00:14:23.336	00:37:55.523
328	418	M	ANTÓNIO SILVA	CLUBE ATLETISMO DE BRITO	M35	00:38:22.327	00:14:23.640	00:38:14.090
329	417	F	SOFIA PEIXOTO	CLUBE ATLETISMO DE BRITO	F35	00:38:22.547	00:14:23.860	00:38:15.320
330	765	M	RUI PARALVAS	ACADÉMICO DE BELÉM	M40	00:38:22.797	00:14:24.110	00:38:14.640
331	1292	M	PAULO MIRANDA	INDIVIDUAL	SEN M	00:38:23.053	00:14:24.366	00:38:13.553
332	766	M	JOÃO SUBIDA	INDIVIDUAL	M40	00:38:23.077	00:14:24.390	00:38:14.427
333	1179	M	NUNO TEIXEIRA	INDIVIDUAL	M40	00:38:23.297	00:14:24.610	00:38:01.910
334	965	M	CUSTODIO FERREIRA	INDIVIDUAL	M50	00:38:24.327	00:14:25.640	00:37:37.140
335	555	M	FILIFE CARVALHO	INDIVIDUAL	M40	00:38:24.547	00:14:25.860	00:38:01.640
336	1263	M	FÁBIO BARBOSA	RUILHE RUNNEES	SEN M	00:38:25.070	00:14:26.383	00:37:35.700
337	269	M	RUI GODINHO	VALBOM GDM	M50	00:38:25.073	00:14:26.386	00:38:11.440
338	597	M	RICARDO MOREIRA	CSIMAENS PT	SEN M	00:38:26.073	00:14:27.386	00:36:26.460
339	869	M	RICARDO SILVA	INDIVIDUAL	SEN M	00:38:26.073	00:14:27.386	00:36:39.106
340	218	M	PAULO HERNANI	PÉS DE CHUMBO RUNNERS	M45	00:38:26.793	00:14:28.106	00:38:23.903
341	158	M	RUI DIAS	#CORRERATENUMDARMAIS	M40	00:38:28.543	00:14:29.856	00:37:20.076
342	1265	M	PEDRO MAIA	MAIAGYM	M40	00:38:30.540	00:14:31.853	00:38:22.073
343	723	M	PAULO LARANJO	INDIVIDUAL	M35	00:38:30.547	00:14:31.860	00:37:01.494
344	1181	M	DAVID CARDOSO	INDIVIDUAL	SEN M	00:38:30.647	00:14:31.960	00:38:07.414
345	1198	M	LUIS HIPOLITO	CANSADOS TEAM	SEN M	00:38:31.077	00:14:32.390	00:38:07.844
346	385	M	FILIFE MOÇA	INDIVIDUAL	M40	00:38:31.150	00:14:32.463	00:37:36.240
347	1155	M	DIOGO SANTOS	INDIVIDUAL	SEN M	00:38:32.797	00:14:34.110	00:38:07.080
348	1075	M	JOY MONTEIRO	INDIVIDUAL	M35	00:38:33.073	00:14:34.386	00:38:11.110
349	185	M	PAULO SOUSA	TEAM SHARK	M40	00:38:33.543	00:14:34.856	00:38:26.523
350	813	M	ALÍPIO LOUREIRO	CDC NAVAIS	SEN M	00:38:36.323	00:14:37.636	00:36:54.206
351	430	M	CARLOS EUSÉBIO	INDIVIDUAL	SEN M	00:38:36.547	00:14:37.860	00:37:43.857
352	1063	M	JOSE SANTOS	INDIVIDUAL	M40	00:38:37.553	00:14:38.866	00:38:17.993



Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
353	1288	M	LEONEL VIDEIRA	NASCIDOS PARA CORRER	SEN M	00:38:39.080	00:14:40.393	00:38:10.183
354	951	M	JOAQUIM GOMES	INDIVIDUAL	M35	00:38:39.097	00:14:40.410	00:37:41.124
355	1323	F	GABRIELA FONSECA	EDV VIANA TRAIL	SEN F	00:38:39.293	00:14:40.606	00:37:55.180
356	1279	M	LUIS FREITAS	OLÍMPICO VIANENSE	M35	00:38:40.073	00:14:41.386	00:38:25.650
357	1204	M	MANUEL FONTES	CDC NAVAIS	M45	00:38:40.293	00:14:41.606	00:38:08.506
358	734	M	SÉRGIO MOREIRA	GCRA	M35	00:38:41.323	00:14:42.636	00:37:46.836
359	693	F	RAQUEL VASCONCELOS	NO TOMORROW RUNNING TEAM	F40	00:38:41.793	00:14:43.106	00:38:06.903
360	75	M	FRANCISCO AMARO	INDIVIDUAL	M55	00:38:47.607	00:14:48.920	00:38:40.140
361	427	M	VÍTOR PINTO	MALHOS TEAM	M45	00:38:48.043	00:14:49.356	00:37:12.413
362	673	F	NATÁLIA COSTA	CLUBE VL	F45	00:38:49.297	00:14:50.610	00:37:54.327
363	521	M	MIGUEL ANGELO	INDIVIDUAL	SEN M	00:38:50.070	00:14:51.383	00:36:55.133
364	1068	M	JOÃO BRONZE	INDIVIDUAL	M50	00:38:52.857	00:14:54.170	00:38:48.120
365	608	M	JOÃO FRASCO	GRUPO CCR	M40	00:38:53.017	00:14:54.330	00:38:02.050
366	857	M	JOAQUIM SOUSA	INDIVIDUAL	M50	00:38:54.047	00:14:55.360	00:38:40.907
367	544	F	FLORA CARVALHO	FAMA RUNNERS	F45	00:38:54.047	00:14:55.360	00:38:29.654
368	1261	M	JOÃO VIEIRA	INDIVIDUAL	M45	00:38:56.110	00:14:57.423	00:38:32.963
369	1277	M	RICARDO FONTE	INDIVIDUAL	M35	00:38:57.547	00:14:58.860	00:38:07.567
370	640	M	ANTONIO COSTA	OS ROMPE SOLAS	M50	00:38:57.797	00:14:59.110	00:38:34.390
371	1088	M	NEFTALI SILLERO	INDIVIDUAL	M40	00:38:59.070	00:15:00.383	00:38:53.110
372	346	M	JOÃO LOPES	SOCIEDADE RECREIO CEPANENSE	M60	00:39:00.047	00:15:01.360	00:38:44.574
373	486	M	HUGO RAMOS	MAGNUNSSSENS	M35	00:39:01.297	00:15:02.610	00:37:40.330
374	219	M	NUNO LOPES	CMC CARAPPAUS	M45	00:39:02.047	00:15:03.360	00:38:57.164
375	771	F	CONCEIÇÃO SANTOS	C. D. PÓVOA	F40	00:39:04.640	00:15:05.953	00:38:58.840
376	830	M	MANUEL LIMA	CDC NAVAIS	M40	00:39:04.797	00:15:06.110	00:38:51.304
377	569	F	MARTA CARVALHO	JOANA CORRE CORRE	F40	00:39:05.070	00:15:06.383	00:38:47.857
378	1454	M	MIGUEL MEIRA	INDIVIDUAL	SEN M	00:39:05.547	00:15:06.860	00:38:44.877
379	953	F	ROSA OLIVEIRA	A NOITE PASSA A CORRER GUIMARÃES	F45	00:39:06.297	00:15:07.610	00:38:40.804
380	1168	M	JERÓNIMO LEITE	INDIVIDUAL	M50	00:39:08.047	00:15:09.360	00:38:05.107
381	1389	M	RUI BARROS	GRUPO CCR	M40	00:39:08.547	00:15:09.860	00:38:56.467
382	738	M	VITOR EUSÉBIO	GCRA	SEN M	00:39:08.567	00:15:09.880	00:38:53.794
383	369	F	LILIANA CAMPOS	PORTO SENTIDO RUNNERS	F35	00:39:09.297	00:15:10.610	00:39:01.150
384	618	F	DIANA NETO	GRUPO CCR	SEN F	00:39:11.047	00:15:12.360	00:39:07.397
385	959	M	BRUNO LOUREIRO	RENASCE	SEN M	00:39:11.633	00:15:12.946	00:38:33.650
386	222	F	INES TEIXEIRA	BANDA DE MÚSICOS	F35	00:39:13.160	00:15:14.473	00:37:38.793
387	358	M	PAULO CARVALHO	CABECEIRAS BIKE TEAM	M40	00:39:13.163	00:15:14.476	00:37:46.430
388	1073	M	ORLANDO CAMPOS	FISIO.	M40	00:39:16.047	00:15:17.360	00:38:59.894
389	402	F	TÂNIA BARBOSA	DIVE INTO THE MOUNTAINS	SEN F	00:39:16.547	00:15:17.860	00:38:56.697
390	1335	M	SÉRGIO MOREIRA	INDIVIDUAL	M40	00:39:16.797	00:15:18.110	00:38:56.324
391	599	M	MARTINHO FERREIRA	CLUBE DESPORTIVO DE SÃO SALVADOR DO CAMPO	M40	00:39:19.047	00:15:20.360	00:38:49.330
392	716	M	NELSON LOPES	INDIVIDUAL	SEN M	00:39:21.707	00:15:23.020	00:37:48.230
393	1309	M	BRUNO MACHADO	INDIVIDUAL	M35	00:39:21.717	00:15:23.030	00:38:34.524
394	71	M	CARLOS OLIVEIRA	OLIVEIRA	M45	00:39:21.797	00:15:23.110	00:38:07.574
395	1271	F	ELSA ROCHA	BOAVISTA F.C	F35	00:39:22.297	00:15:23.610	00:38:32.947
396	952	M	SAMUEL BARBOSA	INDIVIDUAL	SEN M	00:39:25.547	00:15:26.860	00:39:04.584

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
397	100	M	NUNO BENTO	BIKESERVICE	M35	00:39:25.817	00:15:27.130	00:38:08.330
398	695	M	MANUEL COSTA	INDIVIDUAL	M35	00:39:26.317	00:15:27.630	00:37:46.770
399	318	M	PAULO MOREIRA	CAÇA RAPOSAS	M55	00:39:26.797	00:15:28.110	00:38:03.577
400	583	M	RICARDO COSTA	POVOA DE VARZIM	M35	00:39:28.297	00:15:29.610	00:39:15.064
401	220	M	WELLINGTON ALVES	INDIVIDUAL	SEN M	00:39:28.327	00:15:29.640	00:39:19.687
402	214	M	RICARDO ALVES	EMFORÇA	M35	00:39:30.220	00:15:31.533	00:39:25.577
403	192	M	JOSÉ RODRIGUES	JCPEDRINHA	M50	00:39:30.297	00:15:31.610	00:39:03.810
404	940	M	AMERICO PEREIRA	AMERICO PEREIRS	M55	00:39:32.317	00:15:33.630	00:38:46.387
405	74	M	JOSÉ COSTA	NÚCLEO DO SPORTING CLUBE DE PORTUGAL DE MATOSINHOS	M60	00:39:35.547	00:15:36.860	00:39:19.300
406	1306	M	RAFAEL SILVA	LOBOS DO MONTE - LOUSADO	SEN M	00:39:38.723	00:15:40.036	00:39:26.850
407	764	M	JOSÉ SOARES	ACADÉMICO DE BELÉM	M35	00:39:38.723	00:15:40.036	00:39:30.836
408	740	F	MARCIA CARREIRA	GCRA	SEN F	00:39:40.797	00:15:42.110	00:38:50.560
409	833	F	PAULA GOMES	C.D.C. NAVAIS	F45	00:39:42.297	00:15:43.610	00:39:39.404
410	423	M	MARCUS CARVALHO	INDIVIDUAL	M35	00:39:47.237	00:15:48.550	00:39:23.094
411	732	M	PAULO MOREIRA	GCRA	M40	00:39:48.333	00:15:49.646	00:38:59.366
412	89	M	TIAGO MORAIS	VILA DO CONDE	SEN M	00:39:49.297	00:15:50.610	00:39:40.410
413	99	M	RUI SANTOS	NÚCLEO SPORTING CLUBE PORTUGAL DE VILA NOVA FAMALICÃO	M45	00:39:50.063	00:15:51.376	00:38:10.256
414	609	M	VITOR GOMES	GRUPO CCR	M40	00:39:52.547	00:15:53.860	00:39:02.274
415	101	M	ANTÓNIO CARVALHO	ESTRELAS SUSANENSES	M50	00:39:53.313	00:15:54.626	00:38:58.743
416	449	F	MARIA CAMPOS	SPIN&RUN ESPOSENDE	F45	00:39:54.230	00:15:55.543	00:39:42.390
417	1439	M	MANUEL FERREIRA	INDIVIDUAL	M40	00:39:54.237	00:15:55.550	00:38:39.017
418	102	M	DINIS CARVALHO	ESTRELAS SUSANENSES	SEN M	00:39:55.520	00:15:56.833	00:39:03.423
419	1080	M	ANTÓNIO COELHO	RODOS	SEN M	00:39:56.300	00:15:57.613	00:39:38.187
420	632	M	JORGE ROSMANINHO	GRUPO CCR	M45	00:39:56.300	00:15:57.613	00:39:24.083
421	511	M	RICARDO SILVA	INDIVIDUAL	SEN M	00:39:56.300	00:15:57.613	00:39:33.583
422	1079	M	JOSÉ BESSA	RODOS	SEN M	00:39:56.813	00:15:58.126	00:39:38.703
423	1030	M	GONÇALO LEMOS	BERCI	SEN M	00:39:58.047	00:15:59.360	00:39:24.407
424	829	F	LUCIA RODRIGUES	CDC NAVAIS	SEN F	00:39:59.297	00:16:00.610	00:39:45.077
425	421	M	NUNO SILVA	INDIVIDUAL	SEN M	00:40:00.063	00:16:01.376	00:39:14.150
426	591	F	ODETE GIRAO	WORKIO	F45	00:40:00.797	00:16:02.110	00:39:02.327
427	174	M	ANTÓNIO FREIRE	OLIVECONTA	M45	00:40:01.050	00:16:02.363	00:38:45.083
428	96	M	PAULO JORGE	SALGUEIROS RUNNING	M50	00:40:01.310	00:16:02.623	00:39:44.180
429	232	F	MARIA MACHADO	INDIVIDUAL	SEN F	00:40:01.547	00:16:02.860	00:39:49.694
430	1228	M	FILIFE CASTRO	GUIBERÇO - LF2	M40	00:40:04.550	00:16:05.863	00:39:44.077
431	1230	F	FERNANDA MARQUES	GUIBERÇO - LF2	F40	00:40:05.050	00:16:06.363	00:39:44.813
432	1114	M	RICARDO AZEVEDO	INDIVIDUAL	M35	00:40:06.820	00:16:08.133	00:38:18.853
433	531	M	SÉRGIO OLIVEIRA	OLIVEIRINHAS	M40	00:40:07.547	00:16:08.860	00:39:15.457
434	1392	M	FRANCISCO CUNHA	NAT	M45	00:40:07.557	00:16:08.870	00:39:44.150
435	416	F	VERA RODRIGUES	INDIVIDUAL	F45	00:40:08.547	00:16:09.860	00:40:03.587
436	685	M	ANDRÉ PINHO	INDIVIDUAL	M40	00:40:08.563	00:16:09.876	00:38:48.233
437	1368	M	JOAQUIM MARQUES	SALGUEIROS RUNNING	M55	00:40:08.797	00:16:10.110	00:40:03.010
438	150	M	PAULO RODRIGUES	GRUPO DESPOTIVO LEÕES DO VENEZA	M55	00:40:12.807	00:16:14.120	00:39:01.070
439	200	M	JOSE TEIXEIRA	OLIVECONTA	M45	00:40:13.297	00:16:14.610	00:38:57.820
440	654	F	GRACINDA MARQUES	ACADEMIA FERNANDA RIBEIRO	F45	00:40:17.810	00:16:19.123	00:40:12.840

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
441	677	M	TIAGO RODRIGUES	SERIAMENTE NA BOA	SEN M	00:40:19.790	00:16:21.103	00:38:24.073
442	1021	M	PEDRO GUIMARAES	INDIVIDUAL	M50	00:40:21.560	00:16:22.873	00:39:24.077
443	545	M	ANDRÉ OLIVEIRA	PORTO SENTIDO RUNNERS	SEN M	00:40:22.567	00:16:23.880	00:40:10.800
444	729	M	ARTUR VALENTIM	GCRA	M40	00:40:23.303	00:16:24.616	00:39:32.576
445	932	M	EURICO INOCÊNCIO	ATHLON RUNNER'S	M55	00:40:23.550	00:16:24.863	00:40:11.413
446	228	M	JOEL MARQUES	SS BOX	SEN M	00:40:23.557	00:16:24.870	00:38:58.417
447	931	M	ADRIANO TEIXEIRA	ATHLON RUNNER'S	M50	00:40:24.307	00:16:25.620	00:40:12.270
448	1104	M	BENJAMIM TORRE	FIT GUARDIANS	M40	00:40:24.800	00:16:26.113	00:40:20.293
449	197	M	FERNANDO MENDES	TEAM SHARK	M45	00:40:25.797	00:16:27.110	00:40:02.827
450	1186	M	SÉRGIO GIL	INDIVIDUAL	M40	00:40:27.557	00:16:28.870	00:40:05.064
451	194	M	DANIEL AZEVEDO	SOLA CURSOR	M35	00:40:28.303	00:16:29.616	00:39:28.570
452	1162	M	TIAGO SILVA	INDIVIDUAL	SEN M	00:40:29.833	00:16:31.146	00:39:07.350
453	1354	M	NELSON MAIA	INDIVIDUAL	M40	00:40:29.837	00:16:31.150	00:39:37.777
454	1222	M	RUI PINTO	INDIVIDUAL	M50	00:40:31.807	00:16:33.120	00:40:19.644
455	204	M	AMADEU COELHO	SS BOX	M35	00:40:32.300	00:16:33.613	00:39:07.170
456	642	M	RUI TEIXEIRA	PORTO SENTIDO RUNNERS	M45	00:40:33.447	00:16:34.760	00:40:19.294
457	1070	M	JOSÉ CUBAL	INDIVIDUAL	SEN M	00:40:33.807	00:16:35.120	00:39:08.590
458	1000	M	PAULO FARIA	INDIVIDUAL	SEN M	00:40:34.557	00:16:35.870	00:38:48.374
459	1399	M	PAULO ARAÚJO	OUTIZAL	M40	00:40:35.310	00:16:36.623	00:39:19.687
460	963	M	VITOR GUEDES	INDIVIDUAL	SEN M	00:40:38.360	00:16:39.673	00:39:09.297
461	929	M	DÊNIS QUADROS	ATHLON RUNNER'S	M35	00:40:38.367	00:16:39.680	00:40:24.977
462	1404	M	JOSÉ MOREIRA	INDIVIDUAL	M50	00:40:38.370	00:16:39.683	00:40:30.233
463	1248	M	PEDRO SILVA	SILVA TEAM	M40	00:40:38.567	00:16:39.880	00:40:14.934
464	125	M	RICARDO VIEIRA	VIDAATIVARUNNERS	M35	00:40:39.547	00:16:40.860	00:40:23.830
465	752	F	ELVIRA SILVA	GRUPO RECREATIVO ESTRELA DO BONFIM	F45	00:40:41.053	00:16:42.366	00:40:20.510
466	121	M	AUGUSTO MAGALHÃES	OS CARACÓIS	M50	00:40:42.807	00:16:44.120	00:40:17.157
467	1182	M	MANUEL GOIANA	SALSATION TEAM	M35	00:40:46.900	00:16:48.213	00:40:22.670
468	1366	M	NUNO CARAÇA	INDIVIDUAL	SEN M	00:40:47.050	00:16:48.363	00:38:52.070
469	1124	M	TOMÁS MARQUES	INDIVIDUAL	M45	00:40:47.800	00:16:49.113	00:40:32.087
470	767	M	VITOR TEIXEIRA	GRUPO RECREATIVO ESTRELA DO BONFIM	M45	00:40:49.550	00:16:50.863	00:39:41.313
471	747	F	ANA MAIA	GRUPO RECREATIVO ESTRELA DO BONFIM	F35	00:40:49.800	00:16:51.113	00:39:42.813
472	875	M	JOÃO MAIA	MAGNUNSSSENS	SEN M	00:40:50.073	00:16:51.386	00:39:28.090
473	746	F	ALEXANDRA COSTA	GRUPO RECREATIVO ESTRELA DO BONFIM	F40	00:40:52.057	00:16:53.370	00:40:31.490
474	853	F	SANDRA AMORIM	INDIVIDUAL	F40	00:40:55.430	00:16:56.743	00:40:20.703
475	114	M	CLÁUDIO GUARDA	DÓI-ME QUASE TUDO...	M40	00:40:55.437	00:16:56.750	00:40:43.484
476	310	M	LAURENTINO MOREIRA	INDIVIDUAL	M45	00:40:55.550	00:16:56.863	00:40:22.823
477	298	M	BRUNO ALMEIDA	INDIVIDUAL	M35	00:40:57.303	00:16:58.616	00:40:45.363
478	1269	M	DIOGO NUNES	INDIVIDUAL	SEN M	00:40:58.553	00:16:59.866	00:40:20.860
479	785	M	RUBEN VASQUES	CAPV	SEN M	00:40:58.557	00:16:59.870	00:39:50.927
480	239	F	CÉLIA VÍTOR	DURACÉLIA	F45	00:40:58.800	00:17:00.113	00:40:50.643
481	304	M	EXCELSO LAGES	SS BOX	SEN M	00:41:03.927	00:17:05.240	00:39:21.707
482	657	F	PATRÍCIA PORTO	ACADEMIA FERNANDA RIBEIRO	F40	00:41:04.550	00:17:05.863	00:40:59.573
483	926	M	CLAUDIO COENTRAO	OS AMIGOS DA FRUTA	M40	00:41:05.053	00:17:06.366	00:39:51.420
484	1049	M	VITOR JUNQUEIRA	INDIVIDUAL	M35	00:41:05.300	00:17:06.613	00:39:21.583

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
485	277	M	EDUARDO FERREIRA	CLUBE ATLETISMO DE BRITO	M45	00:41:06.073	00:17:07.386	00:39:15.603
486	1207	M	SÉRGIO COSTA	INDIVIDUAL	SEN M	00:41:07.800	00:17:09.113	00:39:20.410
487	1041	M	JOSÉ CABRAL	CLUBE DESPORTIVO DE SÃO SALVADOR DO CAMPO	M60	00:41:09.550	00:17:10.863	00:40:40.727
488	1235	F	MANUELA NOVAIS	INDIVIDUAL	SEN F	00:41:12.447	00:17:13.760	00:41:00.350
489	925	F	ISABEL GOMES	A NOITE PASSA A CORRER GUIMARÃES	F45	00:41:12.453	00:17:13.766	00:40:38.700
490	886	M	FILIPE PEREIRA	INDIVIDUAL	M35	00:41:13.050	00:17:14.363	00:40:44.160
491	739	F	SANDRINA MATOS	GCRA	SEN F	00:41:14.053	00:17:15.366	00:40:23.573
492	1342	M	JOAQUIM ROCHA	EFY	M50	00:41:14.553	00:17:15.866	00:40:07.923
493	465	M	PEDRO SOUSA	20 VER CORRER	M50	00:41:16.050	00:17:17.363	00:40:55.777
494	1153	M	RUI AZEVEDO	INDIVIDUAL	SEN M	00:41:16.553	00:17:17.866	00:40:15.250
495	981	M	HELDER SILVA	GRUPO CCR	M35	00:41:16.620	00:17:17.933	00:39:13.000
496	1376	M	JOÃO SANTOS	NINECLUB	SEN M	00:41:17.300	00:17:18.613	00:40:56.697
497	321	F	INÊS DIAS	WORKIO	SEN F	00:41:18.050	00:17:19.363	00:40:18.823
498	1201	M	GUILHERMINO RAJÃO	CDC NAVAIS	M35	00:41:18.800	00:17:20.113	00:40:54.397
499	175	M	RICARDO GONÇALVES	SS BOX	M35	00:41:20.980	00:17:22.293	00:39:53.903
500	577	M	ALEXANDRE MACHADO	TEAM OS QUARENTÕES	M40	00:41:20.987	00:17:22.300	00:40:17.697
501	153	M	PEDRO SOUSA	INDIVIDUAL	M40	00:41:20.990	00:17:22.303	00:39:40.607
502	59	M	SÉRGIO BALTAREJO	BIKESERVICE	M45	00:41:22.090	00:17:23.403	00:40:59.347
503	1023	M	RUI GONÇALVES	INDIVIDUAL	M40	00:41:24.050	00:17:25.363	00:40:29.080
504	550	M	FERNANDO PEREIRA	INDIVIDUAL	M40	00:41:24.803	00:17:26.116	00:40:58.913
505	1262	M	PEDRO SILVA	LANHAS TT	SEN M	00:41:25.303	00:17:26.616	00:41:01.840
506	1455	M	RAFAEL SOUSA	INDIVIDUAL	SEN M	00:41:25.807	00:17:27.120	00:40:19.410
507	1107	F	DIANA SAMPAIO	OS CARTEIROS	F40	00:41:26.550	00:17:27.863	00:41:12.063
508	265	M	CARLOS ALVES	CAPA	M35	00:41:26.807	00:17:28.120	00:39:39.684
509	1127	F	ANABELA OLIVEIRA	MAIAGYM	SEN F	00:41:29.513	00:17:30.826	
510	381	M	TIAGO LAGES	SALGUEIROS RUNNING	SEN M	00:41:32.050	00:17:33.363	00:41:12.133
511	1330	M	VÍTOR LARANJEIRA	TRIAUTORUNNERS	M45	00:41:32.797	00:17:34.110	00:40:18.427
512	1329	F	SOFIA MIRANDA	TRIAUTORUNNERS	F40	00:41:32.803	00:17:34.116	00:40:20.420
513	576	F	ÂNGELA TELES	INDIVIDUAL	SEN F	00:41:33.787	00:17:35.100	00:41:04.830
514	306	M	SANTIAGO ARADA	SS BOX	SEN M	00:41:34.297	00:17:35.610	00:40:59.330
515	619	M	NUNO SEIXAL	GRUPO CCR	M35	00:41:35.300	00:17:36.613	00:41:31.647
516	1328	M	HUGO OTERELO	INDIVIDUAL	M40	00:41:35.303	00:17:36.616	00:40:05.916
517	240	M	REINALDO MIRANDA	EQUIPA MARAVILHA	M50	00:41:35.553	00:17:36.866	00:40:14.083
518	141	M	VALDEMAR ALMEIDA	INDIVIDUAL	M55	00:41:40.550	00:17:41.863	00:41:01.673
519	1284	M	HENRIQUE ALMEIDA	SF2002	M35	00:41:41.550	00:17:42.863	00:41:21.680
520	1247	M	CARLOS MONTEIRO	LOBOS DO MONTE - LOUSADO	M45	00:41:42.553	00:17:43.866	00:39:46.576
521	1286	M	JORGE MENDES	INDIVIDUAL	M35	00:41:43.047	00:17:44.360	00:40:39.764
522	934	F	NATALIA ALVES	NA BOA	F45	00:41:43.300	00:17:44.613	00:41:30.580
523	1467	M	PEDRO BARROS	INDIVIDUAL		00:41:43.360	00:17:44.673	00:40:48.593
524	1397	M	PEDRO PEREIRA	OUTIZAL	M35	00:41:46.800	00:17:48.113	00:40:32.093
525	396	F	BERTA FERREIRA	PORTO SENTIDO RUNNERS	F45	00:41:48.553	00:17:49.866	00:41:36.333
526	799	M	LUÍS GOMES	SS BOX	M40	00:41:49.550	00:17:50.863	00:41:10.323
527	978	M	LEANDRO MOREIRA	GRUPO CCR	M35	00:41:49.803	00:17:51.116	00:41:19.326
528	920	F	REGIANE SPERANDIO	JUNDIAI	F35	00:41:51.047	00:17:52.360	00:41:43.834

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
529	636	M	NELSON OLIVEIRA	GRUPO CCR	M35	00:41:51.060	00:17:52.373	00:41:24.160
530	901	M	SÉRGIO PEREIRA	GONDOMAR FUTSAL CLUBE	M40	00:41:51.800	00:17:53.113	00:41:45.157
531	282	M	LUÍS COSTA	SS BOX	M35	00:41:52.303	00:17:53.616	00:40:25.683
532	238	M	VASCO DUARTE	SS BOX	M35	00:41:52.567	00:17:53.880	00:40:23.517
533	287	M	RICARDO CAMPOS	POVOA DE VARZIM	M35	00:41:52.797	00:17:54.110	00:40:23.540
534	118	M	PAULO BASTOS	INDIVIDUAL	M40	00:41:53.053	00:17:54.366	00:40:28.676
535	117	M	SÉRGIO DIAS	INDIVIDUAL	SEN M	00:41:55.043	00:17:56.356	00:40:31.420
536	1316	M	BRUNO CORREIA	INDIVIDUAL	SEN M	00:41:55.297	00:17:56.610	00:39:59.314
537	1317	M	ANTONIO ANTUNES	INDIVIDUAL	M35	00:41:55.807	00:17:57.120	00:39:59.590
538	1126	M	JOSÉ MACHADO	OS CARACÓIS	M45	00:41:56.797	00:17:58.110	00:41:01.420
539	382	M	MANUEL ANDRADE	ALEXANDRA CRVALHO TEAM	M60	00:41:57.053	00:17:58.366	00:40:36.973
540	1071	M	ANDRÉ SILVA	NÚCLEO SPORTING CLUBE PORTUGAL DE VILA NOVA FAMALICÃO	M35	00:41:59.047	00:18:00.360	00:40:19.404
541	1118	M	RUI FARIA	INDIVIDUAL	M35	00:42:00.320	00:18:01.633	00:41:37.837
542	891	M	CARLOS CUNHA	INDIVIDUAL	SEN M	00:42:01.553	00:18:02.866	00:41:12.216
543	274	F	LUCIA OLIVEIRA	CLUBE ATLETISMO DE BRITO	F40	00:42:03.803	00:18:05.116	00:41:23.090
544	1452	M	PEDRO MORGADO	INDIVIDUAL	M35	00:42:05.317	00:18:06.630	00:41:48.090
545	293	F	ADELAIDE MADUREIRA	INDIVIDUAL	F45	00:42:05.543	00:18:06.856	00:41:19.063
546	1451	M	RICARDO TEIXEIRA	INDIVIDUAL	SEN M	00:42:05.557	00:18:06.870	00:41:47.427
547	1345	M	JOSÉ MOTA	INDIVIDUAL	M50	00:42:06.553	00:18:07.866	00:42:02.630
548	1008	M	MÁRIO GOMES	RUNDICULOUS	SEN M	00:42:08.313	00:18:09.626	00:41:09.843
549	477	M	JOSÉ SANTOS	INDIVIDUAL	M55	00:42:08.823	00:18:10.136	00:40:13.990
550	578	F	DIANA MARTINS	BOAVISTA TRAIL	SEN F	00:42:12.103	00:18:13.416	00:40:56.476
551	1101	M	FRANCLIM MONTEIRO	RUA S MIGUEL N 122 OUTEIRO	M45	00:42:12.133	00:18:13.446	00:40:54.406
552	108	F	AUGUSTA CAMPELO	INDIVIDUAL	F40	00:42:14.053	00:18:15.366	00:41:11.163
553	483	M	CARLOS MARTINS	PORTO SENTIDO RUNNERS	M50	00:42:15.053	00:18:16.366	00:42:02.676
554	678	M	RICARDO DIAS	SALGUEIROS RUNNING	M40	00:42:15.553	00:18:16.866	00:41:58.136
555	880	M	RUI SILVA	PORTO SENTIDO RUNNERS	M45	00:42:15.567	00:18:16.880	00:42:04.347
556	315	M	PAULO PINHEIRO	OS AVENSES	M45	00:42:16.043	00:18:17.356	00:40:58.673
557	459	M	ALCINO COSTA	PINTURAS CHARRÃO	M40	00:42:18.293	00:18:19.606	00:41:44.403
558	1435	F	CATARINA ANDRADE	INDIVIDUAL	SEN F	00:42:18.303	00:18:19.616	00:41:21.930
559	450	F	EMILIA BRAS	SPIN&RUN ESPOSENDE	F45	00:42:20.610	00:18:21.923	00:42:08.983
560	897	M	PEDRO LOUREIRO	VIMARUNNERS	SEN M	00:42:22.047	00:18:23.360	00:41:49.824
561	898	M	JOAO MENDES	VIMARUNNERS	M45	00:42:22.543	00:18:23.856	00:41:51.070
562	1266	F	ALICE BRITO	MAIAGYM	F45	00:42:22.570	00:18:23.883	00:42:11.453
563	537	M	ANTÓNIO VALINHAS	MOUQUIM/AFACYCLES/EUGÉNIOS/BARGAUTO/COSMOCAR/AMCO	M50	00:42:23.063	00:18:24.376	00:41:58.080
564	572	F	RITA LEAL	KEMEDO TEAM	F35	00:42:23.797	00:18:25.110	00:42:03.130
565	579	M	FILIFE SERRA	INDIVIDUAL	SEN M	00:42:24.840	00:18:26.153	00:41:39.143
566	279	M	JOAQUIM RIBEIRO	CLUBE ATLETISMO DE BRITO	M60	00:42:26.553	00:18:27.866	00:40:34.333
567	564	M	LUÍS CORREIA	INDIVIDUAL	M35	00:42:27.043	00:18:28.356	00:40:47.533
568	1375	M	CÉSAR CUNHA	INDIVIDUAL	SEN M	00:42:29.137	00:18:30.450	00:42:18.004
569	1132	F	CLARISSE RIBEIRO	INDIVIDUAL	F45	00:42:30.057	00:18:31.370	00:41:29.434
570	998	M	FILIFE CASTSNHO	POVOA DE VARZIM	SEN M	00:42:30.293	00:18:31.606	00:41:28.970
571	970	M	SENCADAS DUARTE	GRUPO CCR	M40	00:42:30.803	00:18:32.116	00:42:27.886
572	1324	M	MAURÍCIO SILVA	INDIVIDUAL	SEN M	00:42:31.043	00:18:32.356	00:40:51.506

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
573	908	M	VITOR PINTO	R. 4 FUN	M45	00:42:31.053	00:18:32.366	00:40:10.590
574	546	M	RAMIRO BATISTA	SPIN&RUN ESPOSENDE	M55	00:42:34.553	00:18:35.866	00:42:22.596
575	894	M	ANTÓNIO GONÇALVES	DIVE INTO THE MOUNTAINS	M55	00:42:36.227	00:18:37.540	00:42:16.314
576	425	M	ARTUR FERREIRA	CABECEIRAS BIKE TEAM	SEN M	00:42:38.553	00:18:39.866	00:41:08.083
577	1275	M	LUDGERO RIBEIRO	INDIVIDUAL	M40	00:42:40.553	00:18:41.866	00:42:17.406
578	509	M	RAFAEL SILVA	INDIVIDUAL	SEN M	00:42:40.817	00:18:42.130	00:41:06.574
579	1143	M	PAULO ROSA	CANSADOS TEAM	SEN M	00:42:41.553	00:18:42.866	00:42:18.813
580	447	F	FERNANDA CARNEIRO	PORTO SENTIDO RUNNERS	F45	00:42:43.540	00:18:44.853	00:42:34.047
581	1145	M	JOÃO FERREIRA	VIV'ACADÉMICA	M55	00:42:46.177	00:18:47.490	00:42:16.050
582	1381	M	JOAO MENDES	GUIBERÇO - LF2	M50	00:42:46.177	00:18:47.490	00:42:24.960
583	1036	F	ELSA ALMEIDA	FIT GUARDIANS	F35	00:42:46.193	00:18:47.506	00:42:42.206
584	979	M	JOSÉ PIRES	GRUPO CCR	M40	00:42:46.193	00:18:47.506	00:42:15.803
585	268	F	SANDRA AGUIAR	CAETANO RUNNERS	F45	00:42:46.303	00:18:47.616	00:42:35.143
586	1110	M	FERNANDO SOUTO	INDIVIDUAL	M50	00:42:47.297	00:18:48.610	00:41:34.824
587	1365	F	ELISABETE ARAÚJO	INDIVIDUAL	F35	00:42:51.053	00:18:52.366	00:42:44.553
588	1258	M	SÉRGIO FREITAS	JOY4FUN	M45	00:42:52.553	00:18:53.866	00:41:57.330
589	698	M	JOAQUIM GONÇALVES	INDIVIDUAL	M50	00:42:55.037	00:18:56.350	00:42:24.567
590	804	F	EUGENIA MORIM	CLUBE DE ATLETISMO DA PÓVOA DE VARZIM	F45	00:42:56.290	00:18:57.603	00:42:27.387
591	276	M	ARMANDO CASTRO	BOTA&SIGA	M40	00:42:56.317	00:18:57.630	00:42:25.440
592	107	M	RUI GONÇALVES	INDIVIDUAL	M45	00:42:56.317	00:18:57.630	00:41:45.787
593	1246	F	RAQUEL PEREIRA	RAQUEL E ALEXANDRE	SEN F	00:42:56.537	00:18:57.850	00:41:49.644
594	1001	M	FERNANDO MIRANDA	INDIVIDUAL	M50	00:42:57.567	00:18:58.880	00:41:32.097
595	1185	F	CATARINA FERREIRA	INDIVIDUAL	F35	00:42:58.287	00:18:59.600	00:42:03.254
596	498	M	JORGE SAMPAIO	MOTA-ENGIL RUNNERS	M40	00:42:58.307	00:18:59.620	00:42:50.874
597	280	M	FRANCISCO SILVA	DUMIENSE XALLENGE RUNNERS	M35	00:43:01.287	00:19:02.600	00:42:06.590
598	714	M	JOAQUIM FARIA	SLOWRIDERS	M60	00:43:03.203	00:19:04.516	00:41:42.483
599	713	F	BERNADETE FARIA	SLOWRIDERS	F45	00:43:03.207	00:19:04.520	00:41:42.784
600	176	M	TIAGO RODRIGUES	RUILHE RUNNEES	SEN M	00:43:03.557	00:19:04.870	00:42:07.587
601	671	M	GONÇALO PINTO	CLUBE VL	SEN M	00:43:03.787	00:19:05.100	00:42:31.307
602	667	M	MARTIM BRAGA	CLUBE VL	SEN M	00:43:07.570	00:19:08.883	00:42:33.577
603	865	M	LUIS CARDOSO	ALCAIDES	M35	00:43:08.037	00:19:09.350	00:41:00.797
604	800	F	ADRIANA FERREIRA	CLUBE DE ATLETISMO DA PÓVOA DE VARZIM	F35	00:43:09.307	00:19:10.620	00:42:38.577
605	1302	M	RAFAEL PEREIRA	INDIVIDUAL	SEN M	00:43:09.790	00:19:11.103	00:42:37.313
606	1221	M	JOAQUIM RIBEIRO	INDIVIDUAL	M35	00:43:09.807	00:19:11.120	00:42:02.180
607	1378	M	JOÃO FONSECA	INDIVIDUAL	SEN M	00:43:10.223	00:19:11.536	00:42:36.986
608	1218	M	ARMANDO FERREIRA	INDIVIDUAL	SEN M	00:43:11.753	00:19:13.066	00:42:08.816
609	666	M	MÁRCIO LIMA	CLUBE VL	M40	00:43:11.753	00:19:13.066	00:42:37.290
610	670	M	PAULO PINTO	CLUBE VL	M45	00:43:11.757	00:19:13.070	00:42:39.287
611	867	M	AMADEU SOARES	FISICORPUS/UCVNF	M45	00:43:11.770	00:19:13.083	00:41:59.547
612	361	M	MANUEL PEIXOTO	RORIZAVENTURA	M50	00:43:12.313	00:19:13.626	00:42:35.156
613	1076	F	NEUZA CARIDADE	BOAVISTA TRAIL	F35	00:43:12.537	00:19:13.850	00:41:58.070
614	553	M	JOSÉ SILVA	INDIVIDUAL	M50	00:43:12.557	00:19:13.870	00:41:51.167
615	1203	M	CRISTOVAO FERREIRA	CDC NAVAIS	M40	00:43:13.057	00:19:14.370	00:42:38.650
616	1116	F	AGOSTINHA GONÇALVES	SOCIEDADE RECREIO CEPANENSE	F45	00:43:13.060	00:19:14.373	00:43:01.823

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
617	1156	M	MIGUEL SANTOS	VN FAMILICAO	M45	00:43:13.557	00:19:14.870	00:42:53.280
618	394	M	OCTAVIO CORREIA	INDIVIDUAL	M45	00:43:13.807	00:19:15.120	00:42:53.477
619	937	F	JOANA SILVA	ATLÉTICO DA PÓVOA	SEN F	00:43:14.820	00:19:16.133	00:43:00.190
620	36	M	HUGO PEDROTO	INDIVIDUAL	M35	00:43:16.557	00:19:17.870	00:43:13.970
621	688	M	PEDRO VASCONCELOS	SERIAMENTE NA BOA	SEN M	00:43:17.053	00:19:18.366	00:41:21.436
622	1220	M	IVO FERREIRA	INDIVIDUAL	SEN M	00:43:17.057	00:19:18.370	00:42:07.654
623	1352	M	NUNO CARNEIRO	#TEAMCMOUTINHO	M35	00:43:20.277	00:19:21.590	00:41:34.067
624	900	M	IVO ARAÚJO	INDIVIDUAL	SEN M	00:43:20.283	00:19:21.596	00:42:49.146
625	80	M	JOSE MATOS	INDIVIDUAL	M45	00:43:20.297	00:19:21.610	00:43:14.150
626	630	M	TOMÉ ARTEIRO	GRUPO CCR	M55	00:43:21.307	00:19:22.620	00:41:59.830
627	633	M	JOSÉ VIANA	GRUPO CCR	M60	00:43:21.807	00:19:23.120	00:42:00.094
628	909	M	FRANCISCO AZEVEDO	RC RUNNERS	M40	00:43:22.557	00:19:23.870	00:41:52.440
629	1097	F	CAROLINA FERREIRA	A NOITE PASSA A CORRER GUIMARÃES	F45	00:43:25.560	00:19:26.873	00:42:50.580
630	523	F	GILDA CUNHA	20 VER CORRER	F45	00:43:25.560	00:19:26.873	00:42:59.097
631	924	M	AUGUSTO GOMES	A NOITE PASSA A CORRER GUIMARÃES	M55	00:43:25.563	00:19:26.876	00:42:50.066
632	513	M	ANTONIO LEMOS	INDIVIDUAL	M45	00:43:26.063	00:19:27.376	00:41:50.433
633	1151	M	HÉLDER SALGADO	GCRA	M35	00:43:26.287	00:19:27.600	00:42:48.797
634	463	M	BRUNO MORIM	INDIVIDUAL	M35	00:43:26.557	00:19:27.870	00:41:29.434
635	904	M	VITOR MORIM	POVOA DE VARZIM	M40	00:43:26.807	00:19:28.120	00:41:29.090
636	456	M	ARTUR MORAIS	PINTURAS CHARRÃO	M55	00:43:28.850	00:19:30.163	
637	1022	M	PEDRO OLIVEIRA	INDIVIDUAL	SEN M	00:43:28.867	00:19:30.180	00:43:05.624
638	628	M	LUÍS PAULO	GRUPO CCR	M45	00:43:28.877	00:19:30.190	00:41:40.244
639	482	F	ELIZABETE LOUREIRO	PORTO SENTIDO RUNNERS	F45	00:43:28.883	00:19:30.196	00:43:15.003
640	345	F	MASCARENHAS MARIA	PORTO SENTIDO RUNNERS	F45	00:43:29.057	00:19:30.370	00:43:15.390
641	1166	F	ELISA CRUZ	UP RUNNERS	F45	00:43:29.557	00:19:30.870	00:42:21.170
642	625	F	CARLA SAMPAIO	GRUPO CCR	F35	00:43:29.807	00:19:31.120	00:41:38.674
643	958	M	ANTÓNIO SOUSA	INDIVIDUAL	M55	00:43:32.807	00:19:34.120	00:42:33.437
644	112	F	CARMO FERREIRA	INDIVIDUAL	F45	00:43:33.057	00:19:34.370	00:42:10.330
645	501	M	DAVID FERREIRA	INDIVIDUAL	SEN M	00:43:33.787	00:19:35.100	00:43:13.070
646	725	M	EMANUEL CORREIA	MAGNUNSSSENS	SEN M	00:43:35.057	00:19:36.370	00:42:16.604
647	1353	F	MARIA MAIA	PORTO	F45	00:43:37.750	00:19:39.063	00:43:25.663
648	376	M	ERNESTO MACIEIRA	SEMRASTO	M45	00:43:38.057	00:19:39.370	00:43:32.917
649	1050	M	CARLOS TAVARES	INDIVIDUAL	M50	00:43:39.283	00:19:40.596	00:43:27.276
650	1405	M	JOSE XAVIER	INDIVIDUAL	M35	00:43:39.287	00:19:40.600	00:42:34.794
651	795	F	CONCEIÇÃO RABALDO	CAPV	F45	00:43:39.307	00:19:40.620	00:43:10.254
652	1176	M	DANIEL FONTES	GCRA	M60	00:43:40.297	00:19:41.610	00:42:45.064
653	458	M	JOÃO TEIXEIRA	PINTURAS CHARRÃO	M45	00:43:40.307	00:19:41.620	00:43:07.920
654	457	M	PEDRO FONTE	PINTURAS CHARRÃO	M40	00:43:41.307	00:19:42.620	00:43:08.154
655	1394	M	NUNO REGADAS	SUSHI RUNNERS	SEN M	00:43:41.313	00:19:42.626	00:43:03.766
656	638	F	FLORBELA LINHARES	OS ROMPE SOLAS	F45	00:43:43.283	00:19:44.596	00:43:17.896
657	290	F	MARIA DIAS	CAÇA RAPOSAS	F45	00:43:43.807	00:19:45.120	00:42:19.844
658	861	F	SARA MACHADO	FIGUEIREDOS RUNNERS AND FRIENDS	SEN F	00:43:45.863	00:19:47.176	00:43:34.216
659	236	M	JOAQUIM SILVA	INDIVIDUAL	M50	00:43:45.877	00:19:47.190	00:43:33.770
660	1081	F	SOFIA PONTES	ONE SOUL CROSSFIT	SEN F	00:43:46.293	00:19:47.606	00:42:08.993

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
661	696	M	MIGUEL AUGUSTO	INDIVIDUAL	M45	00:43:46.307	00:19:47.620	00:43:15.070
662	1193	M	JOÃO EIRAS	INDIVIDUAL	SEN M	00:43:46.783	00:19:48.096	00:43:30.896
663	316	F	ADELAIDE BRANDÃO	OS AVENSES	F45	00:43:47.057	00:19:48.370	00:42:35.220
664	249	M	LUCAS VILELA	NÚCLEO SPORTING CLUBE PORTUGAL DE VILA NOVA FAMALICÃO	M45	00:43:49.533	00:19:50.846	00:42:10.070
665	603	M	PAULO TEIXEIRA	BOAVISTA F.C	M40	00:43:50.537	00:19:51.850	00:42:38.790
666	503	M	CARLOS GUIMARAES	CLUBE ATLETISMO DE BRITO	M50	00:43:51.057	00:19:52.370	00:41:56.277
667	212	M	FILIPPE RODRIGUES	INDIVIDUAL	M40	00:43:51.533	00:19:52.846	00:43:43.400
668	278	F	ISABEL VAZ	CLUBE ATLETISMO DE BRITO	F45	00:43:51.557	00:19:52.870	00:41:56.780
669	69	M	MIGUEL CASTRO	INDIVIDUAL	M45	00:43:54.397	00:19:55.710	00:42:57.937
670	1412	M	PEDRO CARVALHO	CANTONEIROS	M35	00:44:00.030	00:20:01.343	00:43:01.363
671	938	M	SAMUEL CASTAÑON	AVEIRO	M40	00:44:00.813	00:20:02.126	00:43:42.720
672	131	M	ABILIO CORREIA	INDIVIDUAL	M40	00:44:02.920	00:20:04.233	00:42:51.013
673	1225	M	EDUARDO LOUREIRO	CAVE ESPOSENDE	M60	00:44:02.927	00:20:04.240	00:43:02.184
674	1192	M	VÍTOR VIEIRA	INDIVIDUAL	M40	00:44:02.957	00:20:04.270	00:42:25.460
675	895	F	MARIA ALVES	INDIVIDUAL	F45	00:44:02.963	00:20:04.276	00:43:38.156
676	610	M	RUI NEVES	GRUPO CCR	M40	00:44:03.037	00:20:04.350	00:43:12.120
677	322	M	TORCATO PONTES	TEAM CMOUTINHO	M40	00:44:03.057	00:20:04.370	00:42:16.857
678	128	F	CACILDA RAMOS	INDIVIDUAL	F45	00:44:03.810	00:20:05.123	00:43:55.320
679	589	M	PEDRO COELHO	INDIVIDUAL	M35	00:44:04.280	00:20:05.593	00:42:18.167
680	61	M	NUNO SOARES	BIKESERVICE	M40	00:44:04.310	00:20:05.623	00:43:41.080
681	445	F	SUSANA MONTEIRO	NUCLEO DE KARATE E ATLETISMO DE RORIZ	F40	00:44:05.310	00:20:06.623	00:42:14.593
682	330	F	HELENA LOUREIRO	INDIVIDUAL	F40	00:44:05.533	00:20:06.846	00:43:25.570
683	444	M	XAVIER CAMPOS	NUCLEO DE KARATE E ATLETISMO DE RORIZ	M45	00:44:05.557	00:20:06.870	00:42:15.584
684	65	M	ARNALDO PINTO	SALGUEIROS RUNNING	M60	00:44:09.067	00:20:10.380	00:43:49.110
685	157	M	FERNANDO SILVA	INDIVIDUAL	M55	00:44:09.557	00:20:10.870	00:43:56.420
686	1084	M	FERNANDO SILVA	OS CARACÓIS	M50	00:44:09.910	00:20:11.223	00:43:44.270
687	828	M	JOSE SOUSA	C.D.C. NAVAIS	M60	00:44:14.030	00:20:15.343	00:42:44.933
688	730	M	JOSÉ TORRES	GCRA	SEN M	00:44:14.317	00:20:15.630	00:43:20.007
689	1105	M	PAULO COELHO	INDIVIDUAL	M50	00:44:14.527	00:20:15.840	00:43:11.264
690	248	F	CRISTINA SILVA	SÉRGIO RODRIGUES FOTOGRAFIA	F45	00:44:18.057	00:20:19.370	00:43:14.730
691	855	M	LINO SILVA	INDIVIDUAL	M50	00:44:18.427	00:20:19.740	00:42:23.060
692	1447	M	NUNO FIGUEIREDO	INDIVIDUAL	M40	00:44:25.057	00:20:26.370	00:42:30.270
693	601	M	PEDRO TEIXEIRA	CABECEIRAS BIKE TEAM	SEN M	00:44:25.787	00:20:27.100	00:42:53.300
694	1408	M	RICARDO TEIXEIRA	CANTONEIROS	M40	00:44:25.860	00:20:27.173	
695	428	M	DIOGO PINTO	MALHOS TEAM		00:44:26.280	00:20:27.593	00:42:48.793
696	826	M	JOSE MORIM	CDC NAVAIS	M40	00:44:26.557	00:20:27.870	00:44:20.584
697	142	F	LIDIA FERREIRA	CALDAS S. JORGE SPORT CLUBE	SEN F	00:44:28.520	00:20:29.833	00:44:08.583
698	143	M	ANTÓNIO CONCEIÇÃO	CALDAS S. JORGE SPORT CLUBE	M50	00:44:28.523	00:20:29.836	00:44:03.803
699	94	M	EMILIO CARDOSO	CARMAVIL	M50	00:44:28.587	00:20:29.900	00:44:04.617
700	294	M	JOAO REMEDIOS	INDIVIDUAL	M60	00:44:32.057	00:20:33.370	
701	1128	M	RAFAEL SÁ	INDIVIDUAL	SEN M	00:44:32.527	00:20:33.840	00:43:03.330
702	1425	M	JOSÉ ALVES	RAMINHO DE SALSA	M50	00:44:32.560	00:20:33.873	00:43:16.073
703	1426	M	PAULO SOUSA	RAMINHO DE SALSA	M50	00:44:32.807	00:20:34.120	00:43:16.324
704	602	F	OLGA LOPES	INDIVIDUAL	F45	00:44:37.027	00:20:38.340	00:43:25.097



Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
705	1374	M	RUI CARVALHO	NOVA ALDEIA BIKE TEAM	M45	00:44:37.040	00:20:38.353	00:44:12.650
706	1362	M	JOSÉ CARVALHO	NOVA ALDEIA BIKE TEAM	M55	00:44:37.050	00:20:38.363	00:44:12.830
707	961	M	MANUEL NOVO	RENASCE	M45	00:44:37.277	00:20:38.590	00:43:58.814
708	679	M	NUNO MONTEIRO	INVICTA RUNNERS TEAM	M60	00:44:37.287	00:20:38.600	00:43:32.567
709	160	F	ELISABETE LEAL	#CORRERATENUMDARMAIS	F45	00:44:37.307	00:20:38.620	00:43:30.094
710	145	M	RENATO SILVA	CALDAS S. JORGE SPORT CLUBE	M50	00:44:37.777	00:20:39.090	
711	299	F	CLARA LIMA	CAÇA RAPOSAS	F45	00:44:37.810	00:20:39.123	00:43:13.430
712	116	M	ALBERTO MARTINEZ	INDIVIDUAL	M40	00:44:38.060	00:20:39.373	00:44:27.883
713	147	F	JOANA FERREIRA	PEDRO'S TEAM	SEN F	00:44:39.057	00:20:40.370	00:43:38.840
714	614	M	JOSÉ CORTAFIOS	GRUPO CCR	M45	00:44:39.277	00:20:40.590	00:43:25.644
715	613	F	EMILIA ARAUJO	GRUPO CCR	F45	00:44:40.067	00:20:41.380	00:43:27.590
716	936	F	SANDRA CAMPOS	INDIVIDUAL	F40	00:44:42.560	00:20:43.873	00:44:27.170
717	336	M	PEDRO GERALDO	INDIVIDUAL	M40	00:44:45.560	00:20:46.873	00:44:16.747
718	133	F	LISETTE DOOD	AGUÇADOURA	F40	00:44:45.630	00:20:46.943	00:43:34.110
719	1214	M	ALBINO OLIVEIRA	GTT-ARMAZÉM DO CAFFÈ	M60	00:44:47.783	00:20:49.096	00:43:46.806
720	1290	M	DAVID SIMAO	POVOA DE VARZIM	M35	00:44:48.527	00:20:49.840	00:43:10.300
721	1146	F	ALICE BRITO	VIV'ACADÉMICA	F45	00:44:48.777	00:20:50.090	00:44:18.310
722	113	M	JOSE QUINTERO	INDIVIDUAL	M50	00:44:48.810	00:20:50.123	00:43:25.840
723	1144	F	SUSANA MOTA	VIV'ACADÉMICA	F45	00:44:49.060	00:20:50.373	00:44:19.080
724	870	M	JOSE AZEVEDO	INDIVIDUAL	M55	00:44:50.567	00:20:51.880	00:43:55.624
725	1150	F	LUISA FLORES	GCRA	F40	00:44:52.023	00:20:53.336	00:44:16.893
726	1047	M	DINIS PIRES	ACADEMIA FERNANDA RIBEIRO	M60	00:44:54.080	00:20:55.393	00:44:47.843
727	595	F	ANABELA MARTINS	JOANA CORRE CORRE	F40	00:44:54.087	00:20:55.400	00:42:50.957
728	253	M	JOAQUIM CARVALHO	ACRIF	M35	00:44:56.023	00:20:57.336	00:44:21.790
729	535	M	ANDRÉ LIMA	INDIVIDUAL	M40	00:44:56.033	00:20:57.346	00:43:18.710
730	254	M	PAULO FERREIRA	ACRIF	M40	00:44:56.310	00:20:57.623	00:44:21.583
731	270	M	DIOGO CORREIA	ACRIF	M45	00:44:56.560	00:20:57.873	00:44:19.073
732	149	M	CARLOS PEREIRA	RUILHE RUNNEES	M35	00:44:57.810	00:20:59.123	00:44:22.827
733	177	M	EURICO PEREIRA	RUILHE RUNNEES	M50	00:44:58.780	00:21:00.093	00:44:23.813
734	1240	M	VÍTOR SILVA	HB CORRER	M35	00:45:00.310	00:21:01.623	00:43:31.223
735	308	M	RICARDO ZAMITH	SARDINES AND FRIENDS	M40	00:45:01.073	00:21:02.386	00:43:21.303
736	798	F	MARIANA PARENTE	CAPV	F45	00:45:03.560	00:21:04.873	00:44:34.413
737	788	F	SANDRA SOUSA	CAPV	F40	00:45:03.560	00:21:04.873	00:44:34.343
738	510	M	ANDRÉ GERALDES	INDIVIDUAL	SEN M	00:45:04.567	00:21:05.880	00:43:31.844
739	320	M	NELSON NOGUEIRA	INDIVIDUAL	M60	00:45:04.773	00:21:06.086	00:43:59.150
740	384	M	RUI RODRIGUES	RUILHE RUNNEES	M40	00:45:05.533	00:21:06.846	00:44:30.030
741	356	M	RAFAEL CARDOSO	VILA NOVA DE FAMALICAO	SEN M	00:45:05.563	00:21:06.876	00:44:33.653
742	559	M	JOSÉ VALE	INDIVIDUAL	M45	00:45:06.313	00:21:07.626	00:43:10.836
743	250	F	SILVIA VIEIRA	TOP TOP RUNNERS	F35	00:45:06.313	00:21:07.626	00:44:02.993
744	251	M	PAULO RITO	TURBULENTOS	M50	00:45:06.777	00:21:08.090	00:44:03.520
745	241	F	PAULA MIRANDA	EQUIPA MARAVILHA	F45	00:45:07.560	00:21:08.873	00:43:44.343
746	1370	F	PAULA PEIXOTO	BRAGUINHAS RUNNERS	F45	00:45:07.810	00:21:09.123	00:44:02.093
747	945	F	OLGA CUNHA	INDIVIDUAL	SEN F	00:45:09.060	00:21:10.373	00:44:10.647
748	87	M	ÓSCAR SILVA	PANISGA	M40	00:45:11.137	00:21:12.450	00:44:45.254

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
749	88	M	NUNO ALVES	PANISGA	M35	00:45:11.137	00:21:12.450	00:44:44.737
750	478	M	JOAO COSTA	INDIVIDUAL	M60	00:45:12.060	00:21:13.373	00:43:30.580
751	1006	F	NILDA MAGALHÃES	FISICORPUS CITYBAIK	F45	00:45:15.060	00:21:16.373	00:44:03.270
752	1208	M	COSME CAMPINHO	INDIVIDUAL	M50	00:45:16.560	00:21:17.873	00:43:52.337
753	515	M	JOSÉ OLIVEIRA	20 VER CORRER	M45	00:45:17.070	00:21:18.383	00:44:59.573
754	516	F	LÍGIA LOPES	20 VER CORRER	F40	00:45:17.313	00:21:18.626	00:45:00.100
755	690	F	SAMEIRO OLIVEIRA	BRAGUINHAS RUNNERS	F45	00:45:18.137	00:21:19.450	00:44:15.170
756	1303	M	MIGUEL SARMENTO	PORTO	M35	00:45:23.310	00:21:24.623	00:44:18.843
757	1237	F	MÓNICA GOMES	INDIVIDUAL	F35	00:45:23.537	00:21:24.850	00:44:58.564
758	547	M	TINA PEREIRA	MOUQUIM/AFACYCLES/EUGÉNIOS/BARGAUTO/COSMOCAR/AMCO	M40	00:45:25.063	00:21:26.376	00:44:58.853
759	529	M	PAULO SERRA	#TEAM CMOUTINHO	M35	00:45:25.063	00:21:26.376	00:45:00.343
760	119	M	LUIS CAMEIRÃO	INDIVIDUAL	M40	00:45:26.017	00:21:27.330	00:44:31.160
761	585	F	VERA FREITAS	LOUSADA RUNNERS	F35	00:45:28.780	00:21:30.093	00:45:22.783
762	727	M	CARLOS GONÇALVES	INDIVIDUAL	M40	00:45:28.813	00:21:30.126	00:44:48.583
763	1106	F	CANDIDA PEDROSA	MAIAGYM	F45	00:45:28.813	00:21:30.126	00:45:20.096
764	950	M	JOSÉ MIRANDA	INDIVIDUAL	M55	00:45:30.347	00:21:31.660	00:44:47.617
765	907	M	CARLOS SÁ	INDIVIDUAL	M45	00:45:31.560	00:21:32.873	00:43:32.050
766	105	M	MIGUEL MITRANDA	OS CARACÓIS	M50	00:45:32.517	00:21:33.830	00:44:37.584
767	1100	M	JOSÉ GOMES	ESPOSENDE	M45	00:45:34.560	00:21:35.873	00:44:16.833
768	225	F	ANA PATRICIO	ONE SOUL CROSSFIT	F35	00:45:36.710	00:21:38.023	00:43:59.223
769	151	M	MANUEL AZEVEDO	INDIVIDUAL	M50	00:45:36.720	00:21:38.033	00:44:58.740
770	203	M	JOÃO JORGE	SEM EQUIPA	M50	00:45:36.810	00:21:38.123	00:44:56.433
771	1459	M	RICARDO SILVA	INDIVIDUAL	M35	00:45:38.267	00:21:39.580	00:44:51.294
772	1289	M	VITOR SILVA	INDIVIDUAL	M45	00:45:39.810	00:21:41.123	00:43:53.073
773	66	M	PAULO SILVA	AMIGOS DE GUIMARÃES	M35	00:45:42.560	00:21:43.873	00:44:24.933
774	1108	M	SANDRO LIMA	OS CARTEIROS	M45	00:45:43.700	00:21:45.013	00:45:28.227
775	748	M	ANTÓNIO GASPAS	GRUPO RECREATIVO ESTRELA DO BONFIM	M60	00:45:45.223	00:21:46.536	00:45:16.226
776	1082	F	ANA ROSA	BEAPT	F35	00:45:45.223	00:21:46.536	00:44:36.340
777	933	M	SÉRGIO GRAÇA	INDIVIDUAL	M45	00:45:47.563	00:21:48.876	00:43:48.616
778	72	F	ANA OLIVEIRA	INDIVIDUAL	F35	00:45:48.267	00:21:49.580	00:43:59.540
779	528	M	JOAQUIM TEIXEIRA	POVOA DE VARZIM	M40	00:45:48.563	00:21:49.876	00:43:49.843
780	1190	M	CLAUDIO CRISTA	PENEDA E CRISTA	M35	00:45:49.017	00:21:50.330	00:45:20.007
781	191	M	NUNO ARAUJO	VIANA DO CASTELO	M40	00:45:49.267	00:21:50.580	00:44:25.300
782	995	M	RAFAEL ARAUJO	OLÍMPICO VIANENSE	SEN M	00:45:49.560	00:21:50.873	00:44:25.180
783	439	M	FULGÊNCIO CUNHA	BRAGA	M55	00:45:51.540	00:21:52.853	00:44:31.173
784	962	M	RAFAEL BRITO	RENASCE	M50	00:45:51.573	00:21:52.886	00:45:12.853
785	462	F	FÁTIMA LOPES	TROFA RUNNERS	F45	00:45:55.313	00:21:56.626	00:45:41.413
786	1015	M	JOÃO FARIA	INDIVIDUAL	SEN M	00:45:56.313	00:21:57.626	00:45:23.433
787	600	F	ANA CARNEIRO	POVOA DE VARZIM	F35	00:45:58.013	00:21:59.326	00:44:56.693
788	1326	F	GRACINDA COSTA	INDIVIDUAL	F45	00:45:59.017	00:22:00.330	00:44:55.767
789	1338	F	MARIA PEREIRA	TOP TOP RUNNERS	F45	00:46:02.247	00:22:03.560	00:44:59.294
790	1177	M	ALBERTO TORRES	BRAGA A CORRER	M55	00:46:02.247	00:22:03.560	00:44:58.900
791	996	F	SANDRA MARTINS	INDIVIDUAL	F40	00:46:03.263	00:22:04.576	00:45:17.323
792	1020	F	DIANA CARVALHIDO	POVOA DE VARZIM	F35	00:46:03.347	00:22:04.660	00:45:22.130

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
793	1019	M	GONÇALO FRANCO	POVOA DE VARZIM	M40	00:46:03.350	00:22:04.663	00:45:24.607
794	997	M	CARLOS MARTINS	INDIVIDUAL	M45	00:46:04.013	00:22:05.326	00:45:18.073
795	79	M	ARTUR FONSECA	RUPTURA TOTAL	M40	00:46:05.560	00:22:06.873	00:44:42.683
796	1136	M	JOSE LEITE	POVOA DE VARZIM	M45	00:46:07.763	00:22:09.076	00:44:51.256
797	148	F	SARA FIGUEIREDO	PEDRO'S TEAM	SEN F	00:46:07.763	00:22:09.076	00:45:07.020
798	943	M	NUNO SILVA	LOBOS DO MONTE - LOUSADO	M45	00:46:08.067	00:22:09.380	00:45:56.450
799	944	F	MANUELA SILVA	LOBOS DO MONTE - LOUSADO	F45	00:46:08.813	00:22:10.126	00:45:57.136
800	1017	F	CARINA MATEUS	ONE SOUL CROSSFIT	SEN F	00:46:08.813	00:22:10.126	00:44:31.530
801	1016	M	PAULO ALDEIAS	ONE SOUL CROSSFIT	M35	00:46:09.247	00:22:10.560	00:44:33.600
802	680	M	ALBERTO MOIRA	INDIVIDUAL	M60	00:46:11.313	00:22:12.626	00:45:27.203
803	1313	M	TIAGO DOMINGUES	INDIVIDUAL	M35	00:46:13.317	00:22:14.630	00:45:04.197
804	842	M	VIRGILIO DIAS	CDC NAVAIS	M45	00:46:13.317	00:22:14.630	00:45:36.137
805	289	M	MANUEL MAGALHÃES	CAÇA RAPOSAS	M50	00:46:14.263	00:22:15.576	00:44:43.786
806	820	M	FERNANDO VIEIRA	CDC NAVAIS	M35	00:46:14.563	00:22:15.876	00:45:40.410
807	307	M	AUGUSTO PINTO	TERCEIRO PISO	M50	00:46:16.040	00:22:17.353	00:45:47.437
808	1442	M	AURÉLIO MARQUES	INDIVIDUAL	M60	00:46:17.767	00:22:19.080	00:45:38.300
809	1093	F	JOANA ALVES	NA BOA	F35	00:46:19.290	00:22:20.603	00:46:05.560
810	283	F	SILVIA ANTUNES	SS BOX	SEN F	00:46:19.563	00:22:20.876	00:44:54.433
811	1387	M	RICARDO RIBEIRO	GRUPO CCR	SEN M	00:46:21.563	00:22:22.876	00:44:17.596
812	1042	F	PAULA OLIVEIRA	JUNTOS SOMOS UM	F45	00:46:23.067	00:22:24.380	00:45:54.454
813	1205	M	NELSON SANTOS	CDC NAVAIS	M40	00:46:25.063	00:22:26.376	00:45:50.913
814	737	F	VIRGINIA MOREIRA	GCRA	F40	00:46:25.603	00:22:26.916	00:45:48.126
815	742	M	JOSÉ COSTA	GCRA	M45	00:46:25.760	00:22:27.073	00:45:48.063
816	885	M	NUNO CARDOSO	INDIVIDUAL	M35	00:46:25.813	00:22:27.126	00:46:05.986
817	487	M	EZEQUIEL FERREIRA	INDIVIDUAL	M40	00:46:27.837	00:22:29.150	00:44:29.020
818	488	F	VERONICA CARVALHO	INDIVIDUAL	F35	00:46:27.840	00:22:29.153	00:44:36.220
819	552	M	RICARDO VIANA	AKP	M40	00:46:28.320	00:22:29.633	00:44:32.090
820	534	M	FRANCISCO MARTINS	INDIVIDUAL	M35	00:46:28.817	00:22:30.130	00:44:31.840
821	1014	F	RITA RODRIGUES	INDIVIDUAL	SEN F	00:46:29.063	00:22:30.376	00:45:15.090
822	93	F	PAULA MONTEIRO	INDIVIDUAL	SEN F	00:46:30.563	00:22:31.876	00:44:59.433
823	791	F	CRISTINA FLORES	CAPV	F40	00:46:33.813	00:22:35.126	00:46:04.343
824	787	F	SANDRA VELOSO	CAPV	F40	00:46:33.820	00:22:35.133	00:46:03.837
825	386	M	MIGUEL CAMPINHO	N13 BIKE TEAM	M35	00:46:36.380	00:22:37.693	00:45:05.510
826	1422	M	PEDRO RUNKEL	INDIVIDUAL	M35	00:46:36.397	00:22:37.710	00:45:41.910
827	496	F	CRISTINA GUIMARÃES	INDIVIDUAL	F40	00:46:36.400	00:22:37.713	00:45:19.177
828	262	M	GILBERTO SANTOS	N13 BIKE TEAM	M35	00:46:36.400	00:22:37.713	00:45:04.020
829	581	M	RAFAEL CAPILUPI	INDIVIDUAL	M35	00:46:36.567	00:22:37.880	00:45:11.424
830	497	M	VITOR MAGALHÃES	INDIVIDUAL	M45	00:46:37.510	00:22:38.823	00:45:15.283
831	374	M	MARCELO TOBO	BIKES & BITES	M50	00:46:40.563	00:22:41.876	00:45:42.680
832	1037	F	TERESA OLIVEIRA	FIT GUARDIANS	F40	00:46:41.760	00:22:43.073	00:46:38.767
833	1103	F	MARCELINA SILVA	FIT GUARDIANS	F40	00:46:42.010	00:22:43.323	00:46:38.523
834	1057	M	PEDRO VILAR	POVOA DE VARZIM	SEN M	00:46:45.813	00:22:47.126	00:45:12.686
835	1034	M	MARCO MORIM	INDIVIDUAL	SEN M	00:46:46.007	00:22:47.320	00:45:14.887
836	85	M	PEDRO MAIA	GUEIFÃES MAIA	SEN M	00:46:46.817	00:22:48.130	00:45:08.350

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
837	134	M	AVELINO SILVA	TEAM CMOUTINHO	SEN M	00:46:47.817	00:22:49.130	00:45:05.437
838	694	F	ANA ANDRADE	INDIVIDUAL	SEN F	00:46:48.313	00:22:49.626	00:46:35.843
839	500	M	HÉLDER CORREIA	INDIVIDUAL	M40	00:46:48.813	00:22:50.126	00:45:25.333
840	928	F	MARGARIDA CALDEIRA	INDIVIDUAL	SEN F	00:46:49.313	00:22:50.626	00:46:28.346
841	193	M	MARCELO CASTRO	FLAMENGO	M45	00:46:49.813	00:22:51.126	00:46:34.790
842	196	M	MARIO MARQUES	RONDATUR ON TOUR	M35	00:46:53.413	00:22:54.726	00:45:14.193
843	1322	F	NÁDIA FONSECA	CADA0 DOURO	SEN F	00:46:53.427	00:22:54.740	00:45:24.104
844	1058	F	RITA MOREIRA	INDIVIDUAL	F40	00:46:53.450	00:22:54.763	00:45:13.233
845	224	M	FERNANDO RAMOS	ONE SOUL CROSSFIT	M35	00:46:53.450	00:22:54.763	00:45:16.143
846	1321	M	RICARDO FERREIRA	CADA0 DOURO	M35	00:46:55.587	00:22:56.900	00:45:26.114
847	1053	M	MICAEL OLIVEIRA	CADA0 DOURO	SEN M	00:46:55.757	00:22:57.070	00:45:26.600
848	841	M	VIRGILIO MORIM	CDC NAVAIS	M40	00:46:56.067	00:22:57.380	00:45:09.844
849	856	M	DANIEL BARROS	INDIVIDUAL	M60	00:46:56.507	00:22:57.820	00:45:27.124
850	1407	M	JOÃO FONSECA	INDIVIDUAL	M35	00:46:58.260	00:22:59.573	00:46:03.943
851	1393	M	NUNO CASTELLA	POVOA DE VARZIM	M35	00:47:03.063	00:23:04.376	00:46:06.440
852	702	F	CONCEIÇÃO MANO	INDIVIDUAL	F45	00:47:03.067	00:23:04.380	00:45:46.940
853	205	M	VITOR VIEIRA	INDIVIDUAL	M55	00:47:03.767	00:23:05.080	00:45:24.317
854	83	M	ANTONIO OLIVEIRA	MARCHA CURRIDA DE BRAGA	M60	00:47:06.063	00:23:07.376	00:45:42.846
855	574	M	LUIS COENTRAO	INDIVIDUAL	SEN M	00:47:08.067	00:23:09.380	00:47:00.347
856	866	F	TÂNIA TINOCO	CLUBE DE ATLETISMO DE BRITO	SEN F	00:47:10.530	00:23:11.843	00:45:19.553
857	230	M	NELSON SILVA	VIANA DO CASTELO	M45	00:47:10.757	00:23:12.070	00:45:41.744
858	1216	M	FRANCISCO PINTO	BOAVISTA F.C	M55	00:47:11.827	00:23:13.140	00:45:59.987
859	831	F	CEU PARENTE	C.D.C. NAVAIS	F40	00:47:12.257	00:23:13.570	00:46:35.080
860	977	M	HÉLDER ASSIS	POVOA DE VARZIM	M40	00:47:12.567	00:23:13.880	00:46:42.924
861	606	F	ANDREIA LUCAS	GRUPO CCR	SEN F	00:47:12.757	00:23:14.070	00:46:43.677
862	328	F	CARLA SALGADO	B.T.M.	F45	00:47:13.003	00:23:14.316	00:46:31.286
863	1003	F	LOURINA MINEIRO	INDIVIDUAL	F45	00:47:15.007	00:23:16.320	00:46:37.847
864	1018	M	PAULO MORAIS	CAÇA RAPOSAS	M45	00:47:15.317	00:23:16.630	00:45:41.837
865	1244	M	RUI MOREIRA	POVOA DE VARZIM	M40	00:47:16.317	00:23:17.630	00:46:33.094
866	492	F	JOSEFINA TINOCO	CLUBE ATLETISMO DE BRITO	F45	00:47:17.320	00:23:18.633	00:45:22.790
867	73	F	DEOLINDA CANELAS	INDIVIDUAL	F45	00:47:18.990	00:23:20.303	00:45:54.273
868	542	M	RICARDO TEIXEIRA	HAPPYS	M40	00:47:22.067	00:23:23.380	00:46:10.290
869	1461	M	CRISTIANO LEMOS	INDIVIDUAL		00:47:22.753	00:23:24.066	00:45:18.136
870	1064	F	CARINA MENESES	INDIVIDUAL	F35	00:47:24.817	00:23:26.130	00:46:08.604
871	476	F	ANA SOUSA	PORTO SENTIDO RUNNERS	F45	00:47:25.313	00:23:26.626	00:47:12.176
872	260	F	SANDRA SILVA	CORRER SOC RECREATIVA DA GRANJA	F40	00:47:25.503	00:23:26.816	00:45:45.950
873	339	M	NUNO GONÇALVES	CABECEIRAS BIKE TEAM	M35	00:47:27.503	00:23:28.816	00:45:59.503
874	806	M	ADOLFO GONÇALVES	CLUBE DE ATLETISMO DA PÓVOA DE VARZIM	M50	00:47:27.513	00:23:28.826	00:46:38.280
875	1032	F	LÚCIA CORUCHO	BRAGA	F45	00:47:29.063	00:23:30.376	00:46:02.010
876	1274	F	SUSANA AIRES	BOAVISTA F.C	F35	00:47:29.567	00:23:30.880	00:46:17.834
877	985	M	JOSÉ NUNES	GRUPO CCR	SEN M	00:47:31.003	00:23:32.316	00:45:27.560
878	378	F	CARLA AMORIM	INDIVIDUAL	F40	00:47:32.003	00:23:33.316	00:47:03.006
879	1339	M	CRISTIANO MELO	INDIVIDUAL	M40	00:47:33.823	00:23:35.136	00:46:28.783
880	686	F	ELISABETE ALVES	TROGLODITAS RUNNERS	SEN F	00:47:33.823	00:23:35.136	00:45:25.606

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
881	303	F	ANA BRITO	SALGUEIROS RUNNING	SEN F	00:47:34.003	00:23:35.316	00:47:14.090
882	676	F	ANA DUARTE	INDIVIDUAL	F45	00:47:34.497	00:23:35.810	00:47:14.580
883	556	F	MARIA MOREIRA	INDIVIDUAL	F45	00:47:36.027	00:23:37.340	
884	843	M	RAFAEL PARENTE	CDC NAVAIS	SEN M	00:47:36.027	00:23:37.340	00:46:58.130
885	560	F	ANDREIA MAIA	INDIVIDUAL	SEN F	00:47:37.253	00:23:38.566	00:46:30.813
886	366	M	HÉLDER JESUS	INDIVIDUAL	M40	00:47:39.573	00:23:40.886	00:46:33.653
887	1154	M	ANTÓNIO VARELA	INDIVIDUAL	M35	00:47:39.753	00:23:41.066	00:46:33.356
888	368	M	ALEXANDRE GOMES	INDIVIDUAL	M40	00:47:39.757	00:23:41.070	00:46:32.134
889	992	F	SÓNIA ALMEIDA	INDIVIDUAL	F40	00:47:42.003	00:23:43.316	00:47:30.843
890	1025	M	MIGUEL MAGALHÃES	ALMOSTRUNNERS	M40	00:47:42.253	00:23:43.566	00:46:12.620
891	1026	M	RENATO ANTUNES	ALMOSTRUNNERS	M40	00:47:42.567	00:23:43.880	00:46:13.144
892	984	M	ALEXANDRE FRASCO	GRUPO CCR	M35	00:47:44.573	00:23:45.886	00:45:40.423
893	543	M	JOSÉ MADEIRA	HAPPYS	M60	00:47:44.590	00:23:45.903	00:46:30.607
894	460	F	CÁTIA COSTA	PINTURAS CHARRÃO	F35	00:47:44.753	00:23:46.066	00:47:12.123
895	266	F	PAULA SAMPAIO	CAPA	F35	00:47:44.817	00:23:46.130	00:45:58.690
896	1038	M	MIGUEL AZEVEDO	INDIVIDUAL	M40	00:47:47.250	00:23:48.563	00:45:52.413
897	860	M	RUI FERREIRA	FIGUEIREDOS RUNNERS AND FRIENDS	SEN M	00:47:49.067	00:23:50.380	00:47:37.370
898	1005	M	JAIME AMORIM	PRÍNCIPE A CORRER	M45	00:47:53.077	00:23:54.390	00:46:41.534
899	1200	F	ISABEL DOURADO	CDC NAVAIS	F35	00:47:56.750	00:23:58.063	00:47:22.120
900	431	M	RUI RODRIGUES	INDIVIDUAL	M35	00:47:59.567	00:24:00.880	00:47:24.934
901	1476	F	MARIE PIDOUX	INDIVIDUAL	F45	00:48:01.607	00:24:02.920	00:46:47.380
902	1413	M	TIAGO MAGALHÃES	CANTONEIROS	SEN M	00:48:01.750	00:24:03.063	00:47:02.523
903	874	M	JOSÉ SILVA	AMIGOS DE ATLETISMO PÓVOA DE LANHOSO	M40	00:48:02.007	00:24:03.320	00:46:28.030
904	485	F	CRISTINA MEIRA	AMVE - ASSOCIAÇÃO MOINHO DE VERMOIM	F35	00:48:02.750	00:24:04.063	00:46:51.220
905	1282	F	LUCIA PEREIRA	VILA DO CONDE	F40	00:48:02.817	00:24:04.130	00:46:37.600
906	275	F	TÂNIA CASTRO	BOTA&SIGA	SEN F	00:48:03.510	00:24:04.823	00:47:33.620
907	1346	M	JOÃO GASPAR	GASPAR'S	SEN M	00:48:04.500	00:24:05.813	00:46:44.110
908	927	F	SORAIA MOURA	INDIVIDUAL	SEN F	00:48:05.497	00:24:06.810	00:47:44.507
909	494	F	VÂNIA COSTA	INDIVIDUAL	SEN F	00:48:05.570	00:24:06.883	00:47:41.600
910	370	M	PAULO FERREIRA	INDIVIDUAL	M45	00:48:05.577	00:24:06.890	00:47:49.114
911	1278	F	PAULA PINTO	PROTEU	F40	00:48:07.317	00:24:08.630	00:47:26.354
912	181	M	MÁRIO VINHAIS	INDIVIDUAL	M35	00:48:08.067	00:24:09.380	00:47:39.047
913	324	M	DIOGO FERNANDES	FERNANDES	SEN M	00:48:08.600	00:24:09.913	00:46:13.770
914	323	F	SARA FERNANDES	FERNANDES	SEN F	00:48:10.147	00:24:11.460	00:46:19.030
915	1347	M	ANDRÉ MOREIRA	INDIVIDUAL	SEN M	00:48:10.817	00:24:12.130	00:47:15.900
916	674	F	SILVIA COSTA	CLUBE VL	F40	00:48:10.820	00:24:12.133	00:47:15.943
917	675	F	CLAUDIA SARDINHA	CLUBE VL	F40	00:48:11.013	00:24:12.326	00:47:16.060
918	1403	M	RODRIGO MOÇA	RCM	M50	00:48:11.013	00:24:12.326	00:47:16.143
919	672	F	CRISTINA NEVES	CLUBE VL	F45	00:48:11.317	00:24:12.630	00:47:16.460
920	731	M	PAULO AMORIM	GCRA	SEN M	00:48:13.077	00:24:14.390	00:47:26.584
921	1120	M	FILIPE RIBEIRO	INDIVIDUAL	M40	00:48:13.350	00:24:14.663	00:46:33.600
922	76	M	HELDER SILVA	INDIVIDUAL	SEN M	00:48:15.067	00:24:16.380	00:48:00.180
923	1465	F	CATARINA ALVELOS	INDIVIDUAL	SEN F	00:48:15.503	00:24:16.816	00:46:07.140
924	736	F	CARINA SILVA	GCRA	F35	00:48:16.587	00:24:17.900	00:47:26.120

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
925	1281	M	BONI BONAS	SALGUEIROS RUNNING	M45	00:48:18.657	00:24:19.970	00:47:58.294
926	802	F	ANA COUTO	CLUBE DE ATLETISMO DA PÓVOA DE VARZIM	F45	00:48:18.997	00:24:20.310	00:47:47.784
927	383	F	CELIA MACHADO	SEM NOME	F40	00:48:20.827	00:24:22.140	00:48:00.580
928	1470	F	PATRICIA SANTOS	INDIVIDUAL	SEN F	00:48:21.497	00:24:22.810	00:46:14.380
929	499	M	MIGUEL NOVO	INDIVIDUAL	M35	00:48:27.177	00:24:28.490	00:47:09.950
930	1137	F	LIGIA FERNANDES	EDV VIANA TRAIL	F45	00:48:27.187	00:24:28.500	00:48:04.440
931	1471	F	SALOMÉ LOUREIRO	INDIVIDUAL	SEN F	00:48:27.207	00:24:28.520	00:46:23.654
932	1474	F	SARA MOREIRA	INDIVIDUAL	F35	00:48:27.267	00:24:28.580	00:46:20.637
933	1083	F	MARTA JANEIRO	OS CARACÓIS	SEN F	00:48:28.320	00:24:29.633	00:48:02.197
934	687	M	VITOR GONÇALVES	TROGLODITAS RUNNERS	SEN M	00:48:31.070	00:24:32.383	
935	1475	F	ANDREIA CARDOSO	INDIVIDUAL	SEN F	00:48:31.997	00:24:33.310	00:46:28.580
936	914	F	FÁTIMA AGUIAR	RUNRIVER	F45	00:48:32.817	00:24:34.130	00:46:32.594
937	1411	M	JORGE COSTA	CANTONEIROS	M35	00:48:33.067	00:24:34.380	00:47:35.580
938	1199	M	PAULO VIEIRA	CDC NAVAIS	M40	00:48:33.817	00:24:35.130	00:47:59.927
939	1299	M	ARMANDO CÉSAR	FAFETV	M45	00:48:35.693	00:24:37.006	00:47:38.066
940	1358	F	RAQUEL VILAÇA	TEAMLIBERTY	SEN F	00:48:37.317	00:24:38.630	00:48:24.344
941	988	M	DOMINGOS SILVA	GRUPO CCR	M35	00:48:38.007	00:24:39.320	00:46:34.657
942	863	M	FILIPE OLIVEIRA	ALCAIDES	SEN M	00:48:41.570	00:24:42.883	00:46:36.457
943	288	M	ANTÓNIO MAGALHÃES	CAÇA RAPOSAS	SEN M	00:48:45.823	00:24:47.136	00:47:12.603
944	258	F	CARLA LOUREIRO	POVOA DE VARZIM	SEN F	00:48:47.070	00:24:48.383	00:47:55.537
945	60	F	SUSANA BESSA	BIKESERVICE	F45	00:48:49.743	00:24:51.056	00:48:27.276
946	199	M	PAULO MARQUES	INDIVIDUAL	M50	00:48:49.827	00:24:51.140	00:48:20.364
947	171	F	ANA QUINTAS	BIKESERVICE	SEN F	00:48:50.320	00:24:51.633	00:48:21.280
948	1236	M	SOUSA SILVA	INDIVIDUAL	M45	00:48:52.723	00:24:54.036	00:48:32.146
949	375	M	FRANCISCO ANTUNES	POVOA DE VARZIM	M45	00:48:54.567	00:24:55.880	00:47:59.427
950	1287	M	MANUEL CARVALHO	INDIVIDUAL	M60	00:48:55.813	00:24:57.126	00:47:00.966
951	1226	F	JULIE PAIS	INDIVIDUAL	SEN F	00:48:58.570	00:24:59.883	00:47:23.353
952	1227	M	VÍTOR PAIS	INDIVIDUAL	SEN M	00:48:58.570	00:24:59.883	00:47:19.167
953	97	M	PAULO SÁ	INDIVIDUAL	M45	00:49:01.240	00:25:02.553	00:47:00.773
954	1123	F	CATARINA ROSAS	QUALY - DETERGENTES	SEN F	00:49:03.743	00:25:05.056	00:47:49.050
955	1122	M	MIGUEL REGO	QUALY - DETERGENTES	M35	00:49:03.743	00:25:05.056	00:47:48.120
956	1418	M	RUBEN MARQUES	GRUPO CCR	M35	00:49:04.820	00:25:06.133	00:48:21.447
957	634	M	EURICO CUNHA	GRUPO CCR	SEN M	00:49:07.090	00:25:08.403	00:48:34.937
958	1141	M	ALEXANDRE MENDES	H-RAMUS	SEN M	00:49:09.767	00:25:11.080	00:47:54.640
959	1098	M	FERNANDO FERRAZ	PORTO SENTIDO RUNNERS	M55	00:49:11.493	00:25:12.806	00:48:59.726
960	479	M	PAULO ROCHA	PORTO SENTIDO RUNNERS	M40	00:49:11.743	00:25:13.056	00:48:56.350
961	1194	M	MIGUEL PINTO	PROTEU	M40	00:49:12.320	00:25:13.633	00:48:31.353
962	541	M	JORGE CALDAS	HAPPYS	M40	00:49:12.993	00:25:14.306	00:48:01.533
963	888	M	JOSÉ ARNAUD	INDIVIDUAL	M45	00:49:12.993	00:25:14.306	00:48:57.100
964	1147	M	ALBERTO LIZARDO	PORTO	M60	00:49:13.080	00:25:14.393	00:49:03.613
965	533	M	ADÉRITO PEREIRA	INDIVIDUAL	M35	00:49:15.990	00:25:17.303	00:48:33.610
966	532	F	MARIANA PINTO	INDIVIDUAL	SEN F	00:49:16.070	00:25:17.383	00:48:34.193
967	259	M	OSVALDO RODRIGUES	CORRER SOC RECREATIVA DA GRANJA	M45	00:49:18.290	00:25:19.603	00:47:38.580
968	387	M	MANUEL CARVALHO	AMIGOS.P.C.D.GUIMARAES	M60	00:49:18.320	00:25:19.633	00:48:12.410

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
969	264	M	RUI MACHADO	INDIVIDUAL	M50	00:49:18.377	00:25:19.690	00:48:40.770
970	1254	M	DIOGO SILVA	INDIVIDUAL	SEN M	00:49:20.827	00:25:22.140	00:48:29.214
971	90	F	SANDRA MONTEIRO	INDIVIDUAL	F45	00:49:20.987	00:25:22.300	00:47:26.014
972	92	F	ANABELA OLIVEIRA	INDIVIDUAL	F45	00:49:21.330	00:25:22.643	00:47:31.953
973	1305	M	HILARIO SILVA	INDIVIDUAL	M45	00:49:22.070	00:25:23.383	00:47:59.590
974	1255	F	ANA MAGALHÃES	INDIVIDUAL	SEN F	00:49:22.573	00:25:23.886	00:48:30.983
975	325	F	JOANA FERNANDES	FERNANDES	SEN F	00:49:24.827	00:25:26.140	00:47:37.697
976	1359	M	FABIO SILVA	NAST	SEN M	00:49:25.287	00:25:26.600	00:48:52.050
977	1360	F	SARA FERREIRA	NAST	SEN F	00:49:25.287	00:25:26.600	00:48:53.384
978	454	M	JOSÉ PEREIRA	BRAGUINHAS RUNNERS	M60	00:49:27.320	00:25:28.633	00:48:19.690
979	451	F	SARA VIEIRA	BRAGUINHAS RUNNERS	SEN F	00:49:27.487	00:25:28.800	00:48:21.090
980	1312	F	ANDREA DOMINGUES	INDIVIDUAL	F35	00:49:28.070	00:25:29.383	00:48:18.653
981	1357	F	MARTA ROSA	INDIVIDUAL	F35	00:49:28.070	00:25:29.383	00:48:18.670
982	1233	M	SÉRGIO MARQUES	INDIVIDUAL	M35	00:49:29.497	00:25:30.810	00:47:57.357
983	91	F	TERESA BRITO	INDIVIDUAL	F45	00:49:29.820	00:25:31.133	00:47:38.687
984	1169	F	LICINIA PEIXOTO	INDIVIDUAL	F40	00:49:31.080	00:25:32.393	00:48:13.863
985	495	F	PAULA FERNANDES	INDIVIDUAL	F35	00:49:31.570	00:25:32.883	00:48:11.090
986	604	F	JOANA MONTEIRO	INDIVIDUAL	SEN F	00:49:38.073	00:25:39.386	00:48:31.856
987	682	F	FELISMINA PINHO	INVICTA RUNNERS TEAM	F45	00:49:38.073	00:25:39.386	00:48:31.356
988	1477	M	JEAN GUERRERO	INDIVIDUAL	M55	00:49:40.320	00:25:41.633	00:48:26.093
989	1094	F	LILIE TE MAIA	SPUMP	F35	00:49:41.323	00:25:42.636	00:48:20.693
990	1095	M	MARCO MATIAS	SPUMP	M35	00:49:41.820	00:25:43.133	00:48:21.397
991	782	M	JOÃO OLIVEIRA	CAPV	SEN M	00:49:43.860	00:25:45.173	00:48:52.643
992	286	M	ALEXANDRE MONTEIRO	INDIVIDUAL	M45	00:49:44.070	00:25:45.383	00:48:35.197
993	707	M	VASCO DUARTE	GUIMARÃES	M40	00:49:44.237	00:25:45.550	00:48:12.754
994	710	M	BRUNO BRITO	INDIVIDUAL	M35	00:49:45.580	00:25:46.893	00:48:13.347
995	708	M	CARLOS CADINHA	BRAGA	M35	00:49:45.580	00:25:46.893	00:48:13.613
996	971	F	MARTA COELHO	POVOA DE VARZIM	SEN F	00:49:46.023	00:25:47.336	00:49:15.390
997	845	F	ISABEL MEDEIROS	GRUPO CCR	SEN F	00:49:46.237	00:25:47.550	00:49:15.860
998	443	M	THIERRY SILVA	INDIVIDUAL	M45	00:49:46.570	00:25:47.883	00:48:05.103
999	442	F	VÂNIA ARAÚJO	INDIVIDUAL	F35	00:49:46.570	00:25:47.883	00:48:05.600
1000	728	F	IRENE GONÇALVES	SS BOX	F45	00:49:47.237	00:25:48.550	00:48:00.927
1001	1252	F	ANA SALGUEIRO	SS BOX	SEN F	00:49:48.323	00:25:49.636	00:48:00.676
1002	126	F	MARGARIDA SÁ	INDIVIDUAL	SEN F	00:49:48.820	00:25:50.133	00:48:54.053
1003	187	M	PEDRO SOUSA	PRINCESA TEAM	M40	00:49:49.733	00:25:51.046	00:47:54.986
1004	188	F	SOFIA SOUSA	PRINCESA TEAM	F35	00:49:49.993	00:25:51.306	00:47:59.766
1005	794	F	SANDRA TRAVESSAS	CAPV	F45	00:49:53.320	00:25:54.633	00:49:24.517
1006	1060	M	ANTÓNIO DIAS	FANBIKE / REGUFE	M40	00:49:54.070	00:25:55.383	00:49:41.083
1007	1061	F	ELISABETE RIBEIRO	FANBIKE / REGUFE	F45	00:49:54.247	00:25:55.560	00:49:40.777
1008	1239	M	LEANDRO TEIXEIRA	LIXA	M35	00:49:55.573	00:25:56.886	00:40:33.023
1009	285	M	JOSÉ VELOSO	TOP TOP RUNNERS	M60	00:49:55.987	00:25:57.300	00:48:51.360
1010	896	F	TERESA FERNANDES	INDIVIDUAL	F40	00:49:56.080	00:25:57.393	00:48:52.813
1011	284	F	ISABEL VELOSO	TOP TOP RUNNERS	F45	00:49:56.820	00:25:58.133	00:48:49.603
1012	221	F	JULIETA REGUFE	INDIVIDUAL	F40	00:49:57.073	00:25:58.386	00:49:16.940

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
1013	1109	F	ANA MACIEL	INDIVIDUAL	SEN F	00:49:57.077	00:25:58.390	00:49:18.200
1014	994	F	FRANCISCA TEIXEIRA	CARRAZEDA	SEN F	00:50:02.320	00:26:03.633	00:49:50.667
1015	711	M	MIGUEL MAIA	VILA DO CONDE	SEN M	00:50:09.400	00:26:10.713	00:49:20.063
1016	1453	F	DIANA VIEIRA	INDIVIDUAL	F35	00:50:12.820	00:26:14.133	00:50:05.930
1017	1380	F	CRISTIANA MARTINS	INDIVIDUAL	SEN F	00:50:14.823	00:26:16.136	00:48:39.696
1018	635	M	ZACARIAS ARTEIRO	GRUPO CCR	M50	00:50:15.233	00:26:16.546	00:48:54.756
1019	735	F	ANA ROSA	GCRA	SEN F	00:50:16.393	00:26:17.706	00:49:28.926
1020	1363	M	RUI PEDRO	INDIVIDUAL	SEN M	00:50:17.917	00:26:19.230	00:48:57.404
1021	349	F	FÁTIMA ROCHA	DRAGON CLUB	F40	00:50:22.073	00:26:23.386	00:50:00.436
1022	1388	M	JOSÉ FURTADO	GRUPO CCR	M45	00:50:23.573	00:26:24.886	00:50:11.323
1023	1390	M	PAULO SANTOS	GRUPO CCR	M45	00:50:23.823	00:26:25.136	00:50:10.596
1024	340	M	MÁRIO ARAÚJO	EQUIPA A	M40	00:50:23.983	00:26:25.296	00:49:58.270
1025	341	F	ANTONIA TOMAZ	EQUIPA A	F40	00:50:24.320	00:26:25.633	00:49:59.097
1026	419	M	GONÇALO MOREIRA	CAÇA RAPOSAS	SEN M	00:50:26.440	00:26:27.753	00:49:00.060
1027	403	M	LUÍS ARAÚJO	INDIVIDUAL	M55	00:50:27.980	00:26:29.293	00:49:06.353
1028	1117	M	FILIPE GERALDES	INDIVIDUAL	SEN M	00:50:29.573	00:26:30.886	00:49:38.643
1029	1119	F	ELISABETE MAGALHAES	FELGUEIRAS	SEN F	00:50:29.823	00:26:31.136	00:49:40.423
1030	1300	F	CATHERINE FERNANDES	INDIVIDUAL	SEN F	00:50:30.980	00:26:32.293	00:48:40.113
1031	1249	F	DULCE ARAÚJO	CASTÊLO DA MAIA	F35	00:50:31.573	00:26:32.886	00:50:25.180
1032	1420	F	SÓNIA CARVALHO	INDIVIDUAL	F40	00:50:32.750	00:26:34.063	00:49:38.043
1033	1421	F	LILIANA CARVALHO	INDIVIDUAL	F35	00:50:32.823	00:26:34.136	00:49:38.090
1034	859	M	DANIEL FERREIRA	POVOA DE VARZIM	SEN M	00:50:39.823	00:26:41.136	00:49:27.920
1035	1183	F	RITA AREOSA	SALSATION TEAM	SEN F	00:50:40.073	00:26:41.386	00:50:15.843
1036	703	M	CARLOS SANTOS	INDIVIDUAL	M55	00:50:43.463	00:26:44.776	00:49:24.970
1037	453	F	FILOMENA MAGALHÃES	BRAGUINHAS RUNNERS	F45	00:50:44.480	00:26:45.793	00:49:41.103
1038	452	F	JÚLIA MAGALHÃES	BRAGUINHAS RUNNERS	F45	00:50:44.823	00:26:46.136	00:49:38.420
1039	1078	F	GABRIELA OLIVEIRA	INDIVIDUAL	F35	00:50:45.823	00:26:47.136	00:49:22.433
1040	104	M	RUI MIRANDA	OS CARACÓIS	M55	00:50:46.227	00:26:47.540	00:49:46.354
1041	313	F	FRANCISCA FERNANDES	TOG-TRINCA ORELHAS DE GATO	F40	00:50:48.073	00:26:49.386	00:50:08.196
1042	1340	F	LURDES SANGUEDO	EFY	F45	00:50:48.977	00:26:50.290	00:49:41.987
1043	1341	F	ISABEL ROCHA	EFY	F45	00:50:48.977	00:26:50.290	00:49:41.757
1044	1307	M	ARMINDO VICENTE	PRAIA DA LUZ	M40	00:50:55.073	00:26:56.386	00:49:25.990
1045	839	F	SILVIA MOREIRA	CDC NAVAIS	F40	00:51:02.823	00:27:04.136	00:49:02.853
1046	818	F	ERMELINDA LAUNDOS	CDC NAVAIS	SEN F	00:51:02.977	00:27:04.290	00:49:03.454
1047	504	M	PAULO FERREIRA	ARC VALE S. COSME	M35	00:51:05.077	00:27:06.390	00:49:09.600
1048	490	M	HORÁCIO FERREIRA	TOP TOP RUNNERS	M40	00:51:14.573	00:27:15.886	00:50:11.373
1049	489	F	MÓNICA PEDROSA	TOP TOP RUNNERS	F40	00:51:14.727	00:27:16.040	00:50:11.397
1050	311	M	GABRIEL SOUSA	INDIVIDUAL	SEN M	00:51:17.337	00:27:18.650	00:50:13.214
1051	474	F	SUSANA DANTAS	100-LIMITES	F40	00:51:17.527	00:27:18.840	00:49:34.780
1052	473	M	PAULO FERREIRA	100-LIMITES	M40	00:51:17.533	00:27:18.846	00:49:34.566
1053	1102	M	VITOR COUTO	INDIVIDUAL	M45	00:51:17.540	00:27:18.853	00:49:31.413
1054	1304	F	FERNANDA FARIA	INDIVIDUAL	F40	00:51:22.973	00:27:24.286	00:50:01.760
1055	588	M	JOSÉ MACHADO	INDIVIDUAL	M60	00:51:26.323	00:27:27.636	00:51:15.200
1056	1319	F	ANA FERREIRA	INDIVIDUAL	F45	00:51:27.470	00:27:28.783	00:50:27.773



Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
1057	1445	M	GIOVANNI GRILLI	INDIVIDUAL	M60	00:51:27.573	00:27:28.886	00:51:05.940
1058	327	F	CATARINA PEREIRA	EI TEAM TRAIL	F40	00:51:28.073	00:27:29.386	00:50:33.543
1059	267	F	LILIANA ROCHA	EI TEAM TRAIL	SEN F	00:51:28.073	00:27:29.386	00:50:33.370
1060	873	F	MARIA FERREIRA	INDIVIDUAL	F45	00:51:28.577	00:27:29.890	00:51:12.110
1061	884	F	ANA FERREIRA	INDIVIDUAL	F35	00:51:29.473	00:27:30.786	00:51:12.510
1062	433	F	CARLA MATOS	IMAF - MAQUINAS E FERRAMENTAS	F45	00:51:30.577	00:27:31.890	00:51:03.677
1063	432	M	JOSE SILVA	IMAF - MAQUINAS E FERRAMENTAS	M40	00:51:30.577	00:27:31.890	00:51:01.977
1064	166	F	RAQUEL VALE	#TEAMCMOUTINHO	F40	00:51:34.557	00:27:35.870	00:49:54.167
1065	164	F	SANDRA CASTRO	#TEAMCMOUTINHO	F40	00:51:34.563	00:27:35.876	00:49:48.396
1066	326	F	CATARINA MOREIRA	CAÇA RAPOSAS	SEN F	00:51:36.567	00:27:37.880	00:50:10.694
1067	173	M	FERNANDO MACHADO	INDIVIDUAL	M40	00:51:38.327	00:27:39.640	00:51:04.590
1068	1077	M	RICARDO JORGE	INDIVIDUAL	M40	00:51:38.470	00:27:39.783	00:50:14.850
1069	724	F	JOANA BARROSO	INDIVIDUAL	F35	00:51:38.573	00:27:39.886	00:51:04.853
1070	507	M	NELSON PEREIRA	INDIVIDUAL	M35	00:51:40.480	00:27:41.793	00:50:56.167
1071	508	F	MARTA SOARES	INDIVIDUAL	F35	00:51:40.577	00:27:41.890	00:51:03.444
1072	561	M	ADELINO CORREIA	INDIVIDUAL	M60	00:51:43.097	00:27:44.410	00:50:18.874
1073	120	F	ANA COSTINHA	INDIVIDUAL	F45	00:51:43.103	00:27:44.416	00:50:22.543
1074	233	F	TERESA DIAS	INDIVIDUAL	F45	00:51:43.110	00:27:44.423	00:50:22.783
1075	563	M	JOÃO CORREIA	INDIVIDUAL	M35	00:51:43.113	00:27:44.426	00:50:18.396
1076	641	M	DANIEL FONSECA	TEAM OS QUARENTÕES	M40	00:51:47.327	00:27:48.640	00:50:42.100
1077	972	F	MÁRCIA REIS	POVOA DE VARZIM	F40	00:51:49.580	00:27:50.893	00:51:19.993
1078	247	F	CARLA MORGADO	INDIVIDUAL	F40	00:51:50.090	00:27:51.403	00:50:46.927
1079	1054	F	MARIA COELHO	CADA0 DOURO	SEN F	00:51:51.630	00:27:52.943	00:50:22.953
1080	706	M	SÉRGIO MORGADO	MORGADO	M35	00:51:51.633	00:27:52.946	00:50:47.670
1081	136	F	PAULA CUNHA	FAFE	F35	00:51:51.827	00:27:53.140	00:50:25.864
1082	1395	F	NATALIA SZYSZKA	SUSHI RUNNERS	SEN F	00:51:53.077	00:27:54.390	00:51:15.527
1083	1210	F	MARIANA GOMES	GRUPO CCR	SEN F	00:52:00.717	00:28:02.030	00:51:09.140
1084	1209	M	JOÃO PEREIRA	GRUPO CCR	SEN M	00:52:00.967	00:28:02.280	00:51:06.627
1085	493	F	MANUELA MATIAS	BRAGUINHAS RUNNERS	F45	00:52:07.140	00:28:08.453	00:51:02.753
1086	1178	F	PAULA PIRES	MAXIMINOS	F45	00:52:07.143	00:28:08.456	00:51:03.253
1087	722	F	CLÁUDIA ROCHA	BRAGA A CORRER	F45	00:52:08.663	00:28:09.976	00:51:04.763
1088	941	M	ALEXIS MOLINA	UTOPIÁ RUN	SEN M	00:52:09.220	00:28:10.533	00:50:13.997
1089	942	F	ALEJANDRA CASARES	UTOPIÁ RUN	SEN F	00:52:09.467	00:28:10.780	00:50:14.440
1090	790	F	SARA CAPILUPI	CAPV	F40	00:52:10.217	00:28:11.530	00:51:30.740
1091	506	F	GABI RAMOS	INDIVIDUAL	F35	00:52:10.327	00:28:11.640	00:51:32.077
1092	109	M	GIL ALCOFORADO	INDIVIDUAL	M60	00:52:11.583	00:28:12.896	00:50:28.180
1093	1429	F	PAULA ALCOFORADO	PORTO	F45	00:52:12.333	00:28:13.646	00:50:28.936
1094	1419	F	ANDREIA VIEIRA	BOAVISTA TRAIL	F40	00:52:13.577	00:28:14.890	00:50:52.187
1095	1149	F	INÉS PINTO	PORTO SENTIDO RUNNERS	F35	00:52:17.193	00:28:18.506	00:52:04.986
1096	879	F	MÓNICA CARVALHO	PORTO SENTIDO RUNNERS	F35	00:52:17.207	00:28:18.520	00:52:04.564
1097	170	F	PATRÍCIA MATOS	INDIVIDUAL	SEN F	00:52:18.577	00:28:19.890	00:50:23.764
1098	987	F	DANIA TEIXEIRA	GRUPO CCR	F35	00:52:21.327	00:28:22.640	00:50:52.097
1099	1361	M	BRUNO LOPES	BOAVISTA TRAIL	M35	00:52:21.967	00:28:23.280	00:50:52.740
1100	807	M	ANDRE FERREIRA	CLUBE DE ATLETISMO DA PÓVOA DE VARZIM	SEN M	00:52:25.713	00:28:27.026	00:51:31.363

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
1101	986	F	SALOMÉ FONSECA	GRUPO CCR	F35	00:52:25.727	00:28:27.040	00:50:56.367
1102	586	M	SÉRGIO COSTA	INDIVIDUAL	M40	00:52:28.837	00:28:30.150	00:52:24.610
1103	587	F	VIRGÍNIA MOREIRA	INDIVIDUAL	F45	00:52:29.213	00:28:30.526	00:52:25.736
1104	335	F	MARTA ROCHA	CAÇA RAPOSAS	F35	00:52:31.827	00:28:33.140	00:51:06.447
1105	319	F	GABRIELA MOTA	CAÇA RAPOSAS	F45	00:52:31.827	00:28:33.140	00:51:05.457
1106	1332	F	RENATA RODRIGUES	TRIAUTORUNNERS	F40	00:52:37.217	00:28:38.530	00:51:22.480
1107	1331	F	MARIA COSTA	TRIAUTORUNNERS	F35	00:52:37.473	00:28:38.786	00:51:23.756
1108	551	M	FILIPE OLIVEIRA	INDIVIDUAL	M45	00:52:40.463	00:28:41.776	00:50:36.906
1109	554	F	ÂNGELA DIAS	INDIVIDUAL	F45	00:52:40.463	00:28:41.776	00:50:36.096
1110	434	F	CARLA SIMAENS	CSIMAENS PT	F40	00:52:40.577	00:28:41.890	00:50:37.387
1111	596	M	RICARDO MIMOSO	CSIMAENS PT	M35	00:52:40.827	00:28:42.140	00:50:37.664
1112	1256	M	ARTUR SANTOS	INDIVIDUAL	M60	00:52:44.963	00:28:46.276	00:52:12.073
1113	957	F	SARA CARDOSO	INDIVIDUAL	SEN F	00:52:47.077	00:28:48.390	00:50:49.080
1114	956	M	JOSÉ RODRIGUES	INDIVIDUAL	SEN M	00:52:48.000	00:28:49.313	00:50:49.050
1115	527	M	JOSÉ FREITAS	MSS CONTABILIDADE TRAIL TEAM	M55	00:52:48.960	00:28:50.273	00:52:11.477
1116	582	M	CONSTANTINO COSTA	INDIVIDUAL	M55	00:52:49.737	00:28:51.050	00:50:48.200
1117	365	M	JOÃO MARQUES	INTRATÁVEIS	M60	00:52:59.800	00:29:01.113	00:51:20.030
1118	664	F	VERA SILVA	ACADEMIA FERNANDA RIBEIRO	F40	00:52:59.847	00:29:01.160	00:52:54.074
1119	144	F	PAULA CORREIA	CALDAS S. JORGE SPORT CLUBE	F45	00:53:00.327	00:29:01.640	00:52:31.767
1120	1135	F	SUSANA LEITE	POVOA DE VARZIM	F45	00:53:03.077	00:29:04.390	00:51:46.457
1121	906	F	VITOR MORIM	POVOA DE VARZIM	SEN F	00:53:03.210	00:29:04.523	00:51:04.237
1122	905	F	FÁTIMA AZEVEDO	POVOA DE VARZIM	F40	00:53:03.460	00:29:04.773	00:51:05.987
1123	1164	F	MARISA DURÃES	EVOLUA	F45	00:53:05.487	00:29:06.800	00:51:36.290
1124	1010	M	MOISÉS FERNANDES	SECA PIPAS	M55	00:53:08.300	00:29:09.613	00:51:38.583
1125	1280	F	FATIMA VEIGA	CAM-VC	SEN F	00:53:12.377	00:29:13.690	00:47:40.664
1126	1172	F	ANA SOUSA	20 VER CORRER	F45	00:53:13.077	00:29:14.390	00:52:52.607
1127	1009	F	ANA CARVALHO	INDIVIDUAL	F45	00:53:13.707	00:29:15.020	00:52:53.390
1128	1096	F	MANUELA ALMEIDA	BRAGA	F45	00:53:14.330	00:29:15.643	00:52:57.440
1129	180	M	FERNANDO LOPES	TOP TOP RUNNERS	M55	00:53:14.337	00:29:15.650	00:52:56.707
1130	309	F	OLÍVIA CORREIA	INDIVIDUAL	SEN F	00:53:14.960	00:29:16.273	00:51:35.417
1131	812	M	ADELINO LAUNDOS	CDC NAVAIS	M40	00:53:15.300	00:29:16.613	00:51:18.913
1132	1310	M	ANTONIO SEABRA	INDIVIDUAL	M60	00:53:18.957	00:29:20.270	00:53:18.957
1133	893	F	NATÉRCIA SILVA	INDIVIDUAL	F35	00:53:19.080	00:29:20.393	00:52:53.857
1134	140	F	JOAQUINA MARTINS	INDIVIDUAL	F45	00:53:21.080	00:29:22.393	00:51:14.860
1135	784	F	FILIPA RABALDO	CAPV	SEN F	00:53:21.330	00:29:22.643	00:52:12.687
1136	805	F	MANUELA FERREIRA	CAPV	F45	00:53:21.710	00:29:23.023	00:52:13.243
1137	466	M	ABÍLIO COSTA	20 VER CORRER	M55	00:53:25.340	00:29:26.653	00:53:05.063
1138	1125	M	FABIO SAUSEN	POVOA DE VARZIM	SEN M	00:53:26.460	00:29:27.773	00:51:30.337
1139	517	M	PAULO BOURBON	VILA NOVA DE FAMALICAO	M45	00:53:27.500	00:29:28.813	00:52:05.283
1140	512	F	SANDRA LEMOS	LEMOS	F45	00:53:29.327	00:29:30.640	00:51:51.987
1141	538	F	ANDREIA OLIVEIRA	HAPPYS	F35	00:53:32.333	00:29:33.646	00:52:18.846
1142	539	M	PEDRO CORREIA	HAPPYS	M40	00:53:34.993	00:29:36.306	00:52:22.750
1143	975	F	CLÁUDIA LOPES	POVOA DE VARZIM	SEN F	00:53:38.830	00:29:40.143	00:53:10.207
1144	976	F	ANDREIA CAMPOS	POVOA DE VARZIM	F35	00:53:42.380	00:29:43.693	00:53:13.283

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
1145	364	M	FERNANDO MARINHO	INTRATÁVEIS	M60	00:53:43.580	00:29:44.893	00:52:01.957
1146	1311	F	CARLA VIEITO	INDIVIDUAL	F40	00:53:47.080	00:29:48.393	00:52:52.250
1147	668	F	CRISTINA CAMPOS	CLUBE VL	F45	00:53:53.080	00:29:54.393	00:53:18.113
1148	152	F	MARIA CARIDADE	FREIXO	F45	00:53:56.830	00:29:58.143	00:52:17.303
1149	966	M	RUI AMORIM	INDIVIDUAL	M35	00:54:05.580	00:30:06.893	00:52:39.197
1150	1480	M	NUNO LEITÃO	INDIVIDUAL	SEN M	00:54:08.580	00:30:09.893	00:52:05.257
1151	899	F	CÁTIA FARIA	INDIVIDUAL	SEN F	00:54:10.330	00:30:11.643	00:53:38.423
1152	229	F	DIANA FERNANDES	SS BOX	SEN F	00:54:11.950	00:30:13.263	00:52:47.820
1153	862	F	SOFIA SILVA	ALCAIDES	SEN F	00:54:16.437	00:30:17.750	00:52:12.560
1154	864	F	DANIELA MACEDO	ALCAIDES	SEN F	00:54:16.833	00:30:18.146	00:52:10.106
1155	1377	M	VASCO FONSECA	INDIVIDUAL	M40	00:54:17.330	00:30:18.643	00:53:39.900
1156	1173	F	ANDREA CONCEIÇÃO	20 VER CORRER	F45	00:54:31.227	00:30:32.540	00:54:11.364
1157	1383	M	ANTÓNIO NOVO	GRUPO CCR	M45	00:54:33.453	00:30:34.766	00:53:49.323
1158	689	F	TERESA SILVA	POVOA DE VARZIM	SEN F	00:54:36.207	00:30:37.520	00:54:07.377
1159	858	F	BRUNA AURORA	INDIVIDUAL	SEN F	00:54:36.207	00:30:37.520	00:54:07.380
1160	245	M	MANUEL LOBÃO	INDIVIDUAL	M50	00:54:36.697	00:30:38.010	00:54:25.494
1161	246	F	VIRGÍNIA REGUFE	INDIVIDUAL	F45	00:54:37.087	00:30:38.400	00:54:25.974
1162	1011	M	JEAN COSTA	SECA PIPAS	M45	00:54:37.583	00:30:38.896	00:53:07.366
1163	1012	M	CARLOS MENDES	SECA PIPAS	M45	00:54:38.333	00:30:39.646	00:53:07.363
1164	1416	F	MONICA SOUSA	INDIVIDUAL	F40	00:54:40.447	00:30:41.760	00:52:51.077
1165	1092	F	SARA LAPA	INDIVIDUAL	F35	00:54:45.580	00:30:46.893	00:53:06.360
1166	1379	F	ARIANA GOMES	INDIVIDUAL	SEN F	00:54:46.197	00:30:47.510	00:53:06.980
1167	1090	M	HUGO DUARTE	INDIVIDUAL	SEN M	00:54:46.697	00:30:48.010	00:53:46.947
1168	195	M	LUÍS COSTA	INDIVIDUAL	M40	00:54:52.607	00:30:53.920	00:53:18.240
1169	146	F	FERNANDA COSTA	PAÇOS DE FERREIRA	F45	00:54:52.607	00:30:53.920	00:53:18.237
1170	408	M	CLAUDIO ALVES	100-LIMITES	M55	00:54:54.447	00:30:55.760	00:53:06.967
1171	391	F	NATALIA RODRIGUES	100-LIMITES	F40	00:54:54.697	00:30:56.010	00:53:13.964
1172	887	F	HELENA COSTA	PORTO	F45	00:54:55.083	00:30:56.396	00:54:17.100
1173	1121	M	RUI SILVA	POVOA DE VARZIM	M40	00:54:55.333	00:30:56.646	00:53:20.366
1174	1142	F	CARINA FREITAS	INDIVIDUAL	F45	00:55:10.730	00:31:12.043	00:54:45.757
1175	1087	M	RUI COSTA	INDIVIDUAL	SEN M	00:55:22.690	00:31:24.003	00:54:54.173
1176	329	F	MARTA AZEVEDO	INDIVIDUAL	SEN F	00:55:27.710	00:31:29.023	00:53:59.710
1177	700	M	SERGIO ARAÚJO	INDIVIDUAL	M40	00:55:29.440	00:31:30.753	00:53:39.473
1178	852	M	PEDRO FERREIRA	VILAR DO PINHEIRO	M40	00:55:30.840	00:31:32.153	00:53:40.723
1179	719	M	ALEXANDRE ORGANISTA	INDIVIDUAL	M40	00:55:31.083	00:31:32.396	00:53:40.360
1180	1113	F	ISABEL SOUTO	INDIVIDUAL	F45	00:55:33.057	00:31:34.370	00:54:20.830
1181	159	F	CIDALIA SILVA	#CORRERATENUMDARMAIS	F45	00:55:33.067	00:31:34.380	00:54:20.590
1182	1056	F	SUSANA CONDE	INDIVIDUAL	F45	00:55:33.070	00:31:34.383	00:54:37.350
1183	163	M	JOSÉ GOMES	#TEAMCMOUTINHO	M40	00:55:41.570	00:31:42.883	00:53:54.700
1184	165	F	ANA SILVA	#TEAMCMOUTINHO	F45	00:55:41.577	00:31:42.890	00:54:00.447
1185	360	F	ROSA MARIA	INDIVIDUAL	F45	00:55:43.583	00:31:44.896	00:55:23.303
1186	838	F	SANDRA PAÇO	CDC NAVAIS	SEN F	00:55:44.083	00:31:45.396	00:53:45.963
1187	840	M	VIRGILIO BARBOSA	C.D.C. NAVAIS	M50	00:55:52.687	00:31:54.000	00:55:01.100
1188	1067	M	PAULO MARTINS	SÓ NÓS 2	M40	00:55:59.187	00:32:00.500	00:54:52.190

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
1189	1072	F	MARISA RIBEIRO	SÓ NÓS 2	F40	00:55:59.333	00:32:00.646	00:54:50.363
1190	615	F	ALICE CASTRO	GRUPO CCR	F40	00:56:05.593	00:32:06.906	00:54:15.716
1191	407	F	SOFIA PINHO	INDIVIDUAL	F45	00:56:07.437	00:32:08.750	00:54:21.480
1192	627	F	PATRÍCIA NUNES	GRUPO CCR	F35	00:56:08.723	00:32:10.036	00:54:18.853
1193	301	M	SÉRGIO PINTO	CAÇA RAPOSAS	M40	00:56:14.123	00:32:15.436	00:45:47.393
1194	302	F	MARILIA MARTINS	CAÇA RAPOSAS	F45	00:56:14.130	00:32:15.443	00:45:47.900
1195	305	F	FÁTIMA SERRA	SS BOX	F35	00:56:17.583	00:32:18.896	00:54:22.790
1196	127	F	TÂNIA LUIS	SS BOX	SEN F	00:56:17.837	00:32:19.150	00:54:22.794
1197	1438	F	ELIANA PINHO	INDIVIDUAL	F45	00:56:19.437	00:32:20.750	00:55:58.287
1198	1398	F	VERA ALMEIDA	INDIVIDUAL	F35	00:56:29.837	00:32:31.150	00:56:17.967
1199	580	M	ALBERTO PINTO	VILA MEA	M55	00:56:41.837	00:32:43.150	00:55:12.857
1200	1234	M	MANUEL LEONARDO	RIO TINTO	M60	00:56:45.593	00:32:46.906	00:56:40.156
1201	1396	F	SANDRA VIDAL	AIRÃO TRAIL TEAM - ATT	F35	00:56:47.683	00:32:48.996	00:54:44.566
1202	1297	F	ANA GUIMARÃES	INDIVIDUAL	F45	00:56:47.837	00:32:49.150	00:54:46.307
1203	918	M	ANTÓNIO FERREIRA	INDIVIDUAL	SEN M	00:56:50.180	00:32:51.493	00:55:37.037
1204	524	F	NATALINA VIDEIRA	INDIVIDUAL	F45	00:56:59.337	00:33:00.650	00:56:09.127
1205	525	F	MARIA ALVES	MSS CONTABILIDADE TRAIL TEAM	F45	00:56:59.430	00:33:00.743	00:56:13.470
1206	991	M	VITOR ROMPANTE	GRUPO CCR	M45	00:57:06.747	00:33:08.060	00:55:05.210
1207	968	M	JOAQUIM SANTOS	INDIVIDUAL	M60	00:57:06.837	00:33:08.150	00:55:03.507
1208	612	F	PAULA FREITAS	GRUPO CCR	F45	00:57:08.087	00:33:09.400	00:55:20.704
1209	1189	F	HELENA GOMES	POVOA DE VARZIM	SEN F	00:57:08.433	00:33:09.746	00:56:56.583
1210	623	M	FRANCISCO FREITAS	GRUPO CCR	M45	00:57:08.433	00:33:09.746	00:55:08.716
1211	699	F	CRISTINA GONÇALVES	INDIVIDUAL	F45	00:57:11.927	00:33:13.240	00:56:41.457
1212	132	F	BIANCA LAZARO	INDIVIDUAL	SEN F	00:57:20.337	00:33:21.650	00:56:37.214
1213	1197	F	CLÁUDIA LIMA	INDIVIDUAL	F40	00:57:29.677	00:33:30.990	00:55:50.294
1214	1046	M	JOSE RODRIGUEZ	INDIVIDUAL	M55	00:57:33.587	00:33:34.900	00:56:35.610
1215	1440	M	ARTUR GIESTEIRA	INDIVIDUAL	SEN M	00:57:50.673	00:33:51.986	00:47:14.443
1216	1436	M	CATARINA SOUSA	INDIVIDUAL	M35	00:57:52.840	00:33:54.153	00:56:44.607
1217	1478	F	ANA MARTINS	INDIVIDUAL	F45	00:57:52.850	00:33:54.163	00:56:45.623
1218	411	M	MARTINHO CUNHA	100-LIMITES	M40	00:57:53.087	00:33:54.400	00:56:06.990
1219	389	F	ANDREIA MARQUES	100-LIMITES	SEN F	00:57:53.340	00:33:54.653	00:56:09.050
1220	424	M	PAULO ALMEIDA	INDIVIDUAL	M60	00:58:06.917	00:34:08.230	00:57:49.700
1221	1441	M	CARLOS GIESTEIRA	INDIVIDUAL	M50	00:58:07.367	00:34:08.680	00:47:31.574
1222	404	F	VERÓNICA SALGADO	INDIVIDUAL	F45	00:58:14.807	00:34:16.120	00:56:54.287
1223	801	M	JOSÉ CARLOS	CAÇA RAPOSAS	M40	00:58:16.090	00:34:17.403	00:56:46.620
1224	575	F	ISAURA ALVES	INDIVIDUAL	F45	00:58:18.420	00:34:19.733	00:56:48.550
1225	1385	F	DEOLINDA AZEVEDO	GRUPO CCR	F40	00:58:31.833	00:34:33.146	00:57:50.436
1226	1163	M	VITOR SOARES	TEAM OS QUARENTÕES	M45	00:58:31.857	00:34:33.170	00:57:26.880
1227	472	F	FERNANDA VIEIRA	20 VER CORRER	F45	00:58:31.857	00:34:33.170	00:58:06.794
1228	1386	F	LÚCIA FLORES	GRUPO CCR	F45	00:58:31.883	00:34:33.196	00:57:49.256
1229	1382	F	MARTA NOVO	GRUPO CCR	F40	00:58:31.883	00:34:33.196	00:57:50.013
1230	471	M	VALDEMAR SOBRAL	20 VER CORRER	M55	00:58:31.883	00:34:33.196	00:58:10.420
1231	178	F	MADALENA VIEIRA	RUILHE RUNNEES	F45	00:58:34.590	00:34:35.903	00:57:57.437
1232	593	M	C.RIBEIRO RIBEIRO	OS AMIGOS DA FRUTA	M50	00:58:35.667	00:34:36.980	00:57:22.284

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
1233	592	F	ESMERALDA SANTOS	OS AMIGOS DA FRUTA	F45	00:58:36.173	00:34:37.486	00:57:21.250
1234	1458	F	MARILIA MACIEIRA	INDIVIDUAL	F40	00:58:36.590	00:34:37.903	00:56:57.873
1235	98	F	MARIA OLIVEIRA	MRCHA CURRIDA DE BRAGA	F45	00:58:37.590	00:34:38.903	00:57:14.123
1236	210	M	RICARDO LUZ	INDIVIDUAL	M35	00:58:40.350	00:34:41.663	00:56:58.303
1237	211	F	MARTA CORREIA	INDIVIDUAL	F35	00:58:40.357	00:34:41.670	00:57:08.484
1238	982	F	ROSA GOMES	GRUPO CCR	SEN F	00:58:45.617	00:34:46.930	00:56:42.314
1239	989	F	SANDRA DIAS	GRUPO CCR	F35	00:58:46.167	00:34:47.480	00:56:42.837
1240	1196	F	RAQUEL SOUSA	INDIVIDUAL	F35	00:58:48.867	00:34:50.180	00:57:09.424
1241	793	F	ADELAIDE MORIM	CAPV	F45	00:58:48.900	00:34:50.213	00:58:17.143
1242	1180	F	FELICIDADE CARNEIRO	INDIVIDUAL	F45	00:58:49.093	00:34:50.406	00:57:09.546
1243	1212	M	VIRGÍLIO MAIO	GRUPO CCR	M40	00:59:06.840	00:35:08.153	00:58:24.217
1244	955	F	RITA MOREIRA	SS BOX	SEN F	00:59:11.663	00:35:12.976	00:57:50.026
1245	1424	F	CRISTINA ALVES	RAMINHO DE SALSA	F45	00:59:52.343	00:35:53.656	00:58:35.360
1246	837	M	RUI COSTA	CDC NAVAIS	M35	01:00:31.000	00:36:32.313	00:59:53.103
1247	337	F	ISABEL LIMA	TEAMCMOUTINHO	F45	01:00:45.650	00:36:46.963	00:59:02.253
1248	1314	F	CATARINA COSTA	BACKS	SEN F	01:00:48.033	00:36:49.346	00:59:06.816
1249	1065	F	ISAURA SOUSA	CHEFE-TRAINING	F35	01:00:49.647	00:36:50.960	00:59:37.774
1250	1066	M	NUNO RAMOS	A.D. CHEFE-TRAINING	M40	01:00:50.597	00:36:51.910	00:59:39.137
1251	1351	F	RUTH GONZALEZ	INDIVIDUAL	F45	01:01:17.397	00:37:18.710	01:00:20.774
1252	697	F	SOFIA LOUREIRO	INDIVIDUAL	F45	01:01:33.847	00:37:35.160	01:01:02.080
1253	353	F	ANABELA REIS	MSS CONTABILIDADE TRAIL TEAM	F45	01:02:02.640	00:38:03.953	01:01:42.717
1254	355	F	PAULA SALGADO	SALGUEIROS RUNNING	F45	01:02:03.113	00:38:04.426	01:01:43.153
1255	726	F	ANABELA FERREIRA	MAGNUNSSSENS	SEN F	01:02:11.137	00:38:12.450	01:00:52.677
1256	1384	F	SUSANA AZEVEDO	GRUPO CCR	F40	01:02:26.100	00:38:27.413	01:01:43.960
1257	438	F	LURDES CUNHA	INDIVIDUAL	F45	01:02:27.387	00:38:28.700	01:01:02.667
1258	161	F	ANA CORDEIRO	CCR	F35	01:02:51.850	00:38:53.163	01:02:21.223
1259	1417	F	MÓNICA PIRES	GRUPO CCR	F35	01:03:11.210	00:39:12.523	01:02:28.327
1260	844	F	JOANA DOURADO	GRUPO CCR	SEN F	01:03:14.880	00:39:16.193	01:02:45.343
1261	481	F	LIGIA SILVA	PORTO SENTIDO RUNNERS	SEN F	01:03:18.350	00:39:19.663	01:03:04.460
1262	502	F	MANUELA CORREIA	INDIVIDUAL	SEN F	01:04:37.823	00:40:39.136	01:04:17.363
1263	1318	M	SÉRGIO PAIVA	INDIVIDUAL	M45	01:06:57.853	00:42:59.166	01:06:29.270
1264	1409	F	NANCY ANDRADE	ALFENA	F35	01:07:12.097	00:43:13.410	01:05:42.934
1265	400	F	PATRICIA SILVA	100-LIMITES	SEN F	01:07:37.353	00:43:38.666	01:05:51.226
1266	1333	M	HELDER DOMINGUES	INDIVIDUAL	SEN M	01:07:37.617	00:43:38.930	01:05:50.624
1267	410	F	TANIA BARROS	100-LIMITES	SEN F	01:07:40.360	00:43:41.673	01:05:52.883
1268	910	M	FILIFE CASTRO	RC RUNNERS	SEN M	01:07:57.197	00:43:58.510	01:06:24.567
1269	138	F	VERA LIMA	FAFE	F35	01:08:27.600	00:44:28.913	01:06:58.273
1270	111	F	ANA CUNHA	INDIVIDUAL	SEN F	01:08:37.613	00:44:38.926	01:07:17.030
1271	110	M	PEDRO SANTOS	INDIVIDUAL	SEN M	01:08:37.863	00:44:39.176	01:07:17.420
1272	1464	M	SIMÃO OLIVEIRA	INDIVIDUAL		01:08:47.097	00:44:48.410	01:06:42.474
1273	917	F	RAQUEL COSTA	RC RUNNERS	SEN F	01:08:49.363	00:44:50.676	01:07:19.476
1274	1466	F	RITA LEMOS	INDIVIDUAL	SEN F	01:08:53.613	00:44:54.926	01:06:44.253
1275	1462	M	NEREIA LAFONTE	INDIVIDUAL		01:08:55.613	00:44:56.926	01:06:47.003
1276	568	M	VITOR FONSECA	KEMEDO TEAM	M45	01:08:58.870	00:45:00.183	01:07:37.477

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença	Chip
1277	567	F	RAQUEL SANTOS	KEMEDO TEAM	SEN F	01:09:01.680	00:45:02.993	01:07:40.053
1278	223	F	JOANA COSTA	INDIVIDUAL	SEN F	01:09:02.113	00:45:03.426	01:07:24.400
1279	1343	F	SANDRA FERREIRA	EFY	F45	01:09:14.123	00:45:15.436	01:08:08.146
1280	562	F	ALBERTINA CORREIA	INDIVIDUAL	F45	01:09:15.867	00:45:17.180	01:07:50.994
1281	1337	F	CATARINA CARDOSO	CARMAVIL	SEN F	01:09:21.617	00:45:22.930	01:08:58.154
1282	95	M	ROSARIA CARDOSO	CARMAVIL	M45	01:09:23.117	00:45:24.430	01:08:58.887
1283	480	F	ISABEL MACEDO	PORTO SENTIDO RUNNERS	F45	01:09:30.330	00:45:31.643	01:09:16.170
1284	470	M	MANUEL AZEVEDO	A.D. CHEFE-TRAINING	M45	01:09:33.117	00:45:34.430	01:08:21.350
1285	469	F	MARIA RIBEIRO	INDIVIDUAL	F45	01:09:33.367	00:45:34.680	01:08:24.880
1286	292	F	CONCEICAO ALLEN	INDIVIDUAL	F45	01:10:06.737	00:46:08.050	01:09:24.770
1287	540	F	ELSA MARQUES	HAPPYS	F35	01:10:13.117	00:46:14.430	01:09:01.650
1288	824	M	JOSE EUSÉBIO	C.D.C. NAVAIS	M45	01:10:50.370	00:46:51.683	01:09:10.550
1289	814	F	ARMANDA MORIM	CDC NAVAIS	F40	01:10:50.833	00:46:52.146	01:09:11.020
1290	1315	M	DIOGO COSTA	BACKS	SEN M	01:11:51.920	00:47:53.233	01:10:12.687
1291	399	F	KARLA PINTO	100-LIMITES	SEN F	01:12:06.063	00:48:07.376	01:10:19.780
1292	393	F	PATRICIA BARROS	100-LIMITES	F35	01:12:06.313	00:48:07.626	01:10:20.196
1293	390	F	DINA SOUSA	100-LIMITES	F35	01:12:06.370	00:48:07.683	01:10:20.457
1294	1213	M	JOAQUIM MOREIRA	BOMBEIROS VOLUNTÁRIOS PÓVOA DE VARZIM	M50	01:12:34.883	00:48:36.196	01:10:26.416
1295	720	M	ROGÉRIO PEREIRA	BOMBEIROS DE FERRO PVZ	SEN M	01:12:35.057	00:48:36.370	01:10:22.200
1296	1215	M	JOSÉ PEREIRA	INDIVIDUAL	SEN M	01:12:35.307	00:48:36.620	01:10:27.090
1297	314	F	LUCÍLIA RIBEIRO	INDIVIDUAL	SEN F	01:12:35.373	00:48:36.686	01:10:27.510
1298	1264	F	MARIANA LOPES	FIREFIGHTERS TEAM	SEN F	01:12:35.623	00:48:36.936	01:10:27.753
1299	1473	M	TIAGO ALVELOS	INDIVIDUAL	SEN M	01:23:10.227	00:59:11.540	01:21:02.980
1300	1472	M	JOAQUIM BRANDÃO	INDIVIDUAL	M50	01:23:10.397	00:59:11.710	01:21:02.680
1301	566	M	JOAQUIM SANTOS	KEMEDO TEAM	M35	01:24:55.050	01:00:56.363	01:23:34.417
1302	413	F	MANUELA ALVES	100-LIMITES	F45	01:25:07.210	01:01:08.523	01:23:20.930
1303	409	F	JULIETA ALVES	100-LIMITES	F45	01:25:07.710	01:01:09.023	01:23:20.717
1304	332	M	CARLOS MOUTINHO	TEAM CMOUTINHO	M35	01:25:12.710	01:01:14.023	01:23:26.537
1305	422	F	SANDRA ARAÚJO	INDIVIDUAL	F45	01:25:13.900	01:01:15.213	01:23:30.010