

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
1	AMORIM, JOÃO	140	Individual	<u>M40</u>	1:26:46.58	04:49	
2	FERREIRA, CARLOS	168	Dr. Merino\4moove	<u>SEM</u>	1:28:37.34	04:55	00:01:50
3	NEVES, ANTÓNIO	175	Boavista F. C.	<u>M40</u>	1:35:29.81	05:18	00:08:43
4	CASTRO, MÁRCIO	190	Individual	<u>SEM</u>	1:40:03.77	05:34	00:13:17
5	MAGALHÃES, ALBINO	120	Individual	<u>SEM</u>	1:41:14.80	05:37	00:14:28
6	AMADOR, ANTÓNIO	240	Individual	<u>M40</u>	1:42:52.60	05:43	00:16:06
7	BARROS, MIGUEL	108	Individual	<u>SEM</u>	1:45:35.64	05:52	00:18:49
8	SOUSA, DIONISIO	112	Individual	<u>M50</u>	1:46:03.01	05:54	00:19:16
9	COELHO, CARLOS	293	Individual	<u>SEM</u>	1:46:30.59	05:55	00:19:44
10	PINHEIRO, JOAQUIM	213	Individual	<u>M40</u>	1:49:34.93	06:05	00:22:48
11	BARBOSA, HÉLDER	274	Boavista F. C.	<u>SEM</u>	1:50:26.69	06:08	00:23:40
12	ARCIPRESTE, FELISBERTO	100	Individual	<u>SEM</u>	1:51:04.22	06:10	00:24:17
13	COELHO, JOSE	287	Individual	<u>M40</u>	1:51:34.45	06:12	00:24:47
14	BRANDAO, PAULO	127	Individual	<u>SEM</u>	1:51:40.41	06:12	00:24:53
15	SANTOS, RAFAEL	101	Individual	<u>SEM</u>	1:53:03.09	06:17	00:26:16
16	DIAS, PEDRO	271	Boavista F. C.	<u>M40</u>	1:53:06.80	06:17	00:26:20
17	SÁ, SÉRGIO	276	NAST	<u>M40</u>	1:53:24.98	06:18	00:26:38
18	NOGUEIRA, RICARDO	291	Individual	<u>SEM</u>	1:54:50.92	06:23	00:28:04
19	COSTA, MARTINHO	218	Individual	<u>M50</u>	1:55:05.81	06:24	00:28:19
20	MARTINS, MIGUEL	178	Individual	<u>M40</u>	1:55:07.85	06:24	00:28:21
21	FERREIRA, PEDRO	300	ALIVE RUNNERS	<u>SEM</u>	1:56:07.04	06:27	00:29:20
22	ALMEIDA, JOÃO	262	Vimatrailrunners	<u>M50</u>	1:56:16.29	06:28	00:29:29
23	MARTINS, ANDRÉ	228	TESCO TEAM RUNNING	<u>M40</u>	1:56:51.95	06:30	00:30:05
24	LOURENÇO, LÚCIA	174	AVF auto	<u>SEF</u>	1:57:06.66	06:30	00:30:20
25	SANTOS, PAULO	209	Individual	<u>SEM</u>	1:57:14.46	06:31	00:30:27
26	RIBEIRO, JOSÉ	219	Airão Trail Team	<u>SEM</u>	1:57:36.88	06:32	00:30:50
27	SILVA, TELMO	263	Individual	<u>M40</u>	1:57:52.86	06:33	00:31:06
28	OLIVEIRA, RICARDO	158	Individual	<u>SEM</u>	1:57:59.49	06:33	00:31:12
29	FREITAS, NUNO	150	Individual	<u>SEM</u>	1:58:12.74	06:34	00:31:26
30	FONSECA, VÍTOR	170	éjáli...clube de amigos trailrunners	<u>SEM</u>	1:58:25.87	06:35	00:31:39
31	GUIMARÃES, PEDRO	260	Individual	<u>M40</u>	2:00:11.82	06:41	00:33:25
32	SÁ, NUNO	277	Individual	<u>SEM</u>	2:00:34.80	06:42	00:33:48
33	MARTINS, RAFFAEL	229	TESCO TEAM RUNNING	<u>SEM</u>	2:00:59.61	06:43	00:34:13
34	NUNES, PEDRO	143	Individual	<u>SEM</u>	2:02:43.55	06:49	00:35:57
35	OLIVEIRA, RICARDO	242	Individual	<u>SEM</u>	2:03:02.51	06:50	00:36:16
36	SILVA, ROSÁLIA	295	Team Lantemil	<u>SEF</u>	2:03:46.57	06:53	00:37:00
37	CARNEIRO, FERNANDO	111	NAST	<u>SEM</u>	2:04:02.46	06:53	00:37:15
38	REIS, NUNO	179	Individual	<u>M40</u>	2:05:32.25	06:58	00:38:45
39	FREITAS, BRUNO	102	Individual	<u>SEM</u>	2:05:44.70	06:59	00:38:58
40	MAGALHÃES, LUÍS	273	Boavista F. C.	<u>SEM</u>	2:06:19.89	07:01	00:39:33

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
41	HENRIQUES, JOSE	235	Individual	<u>M40</u>	2:06:52.80	07:03	00:40:06
42	ALVES, DANIEL	284	Individual	<u>M40</u>	2:07:05.00	07:04	00:40:18
43	SANTOS, HENRIQUE	137	Individual	<u>M50</u>	2:07:25.07	07:05	00:40:38
44	ALMEIDA, ANTÓNIO	105	Individual	<u>SEM</u>	2:08:46.27	07:09	00:41:59
45	CARVALHO, ANTÓNIO	136	Individual	<u>M40</u>	2:11:28.59	07:18	00:44:42
46	MOTA, RICARDO	233	TESCO TEAM RUNNING	<u>SEM</u>	2:12:12.11	07:21	00:45:25
47	CUNHA, ANDREA	199	Individual	<u>SEF</u>	2:12:16.58	07:21	00:45:30
48	TEIXEIRA, RUI	254	Individual	<u>M40</u>	2:12:52.46	07:23	00:46:05
49	PINTO, MARIO	163	Individual	<u>SEM</u>	2:12:57.79	07:23	00:46:11
50	MACHADO, BRUNO	148	Individual	<u>SEM</u>	2:13:14.57	07:24	00:46:28
51	MARTINS, JOSÉ	196	NAST	<u>M40</u>	2:13:15.53	07:24	00:46:29
52	BARBOSA, BRUNO	253	Individual	<u>SEM</u>	2:13:41.84	07:26	00:46:55
53	AZEVEDO, CARLOS	172	éjáli...clube de amigos trailrunners	<u>M40</u>	2:14:09.93	07:27	00:47:23
54	PINTO, RICARDO	192	éjáli...clube de amigos trailrunners	<u>SEM</u>	2:14:10.31	07:27	00:47:23
55	ALVES, PAULO	132	Individual	<u>SEM</u>	2:14:21.06	07:28	00:47:34
56	FERNANDES, FILIPE	152	Individual	<u>SEM</u>	2:15:03.26	07:30	00:48:16
57	REGO, MÁRIO	173	Individual	<u>SEM</u>	2:18:11.12	07:41	00:51:24
58	TRAVESSAS, SANDRA	257	Turbulentos	<u>F40</u>	2:18:46.77	07:43	00:52:00
59	CORREIA, VÍTOR	227	Team Lantemil	<u>SEM</u>	2:19:47.31	07:46	00:53:00
60	QUINTAS, PAULO	176	Individual	<u>M40</u>	2:19:47.92	07:46	00:53:01
61	RODRIGUES, FILIPE	231	Team Lantemil	<u>SEM</u>	2:19:48.38	07:46	00:53:01
62	ARAÚJO, MIGUEL	226	Team Lantemil	<u>M40</u>	2:19:50.74	07:46	00:53:04
63	PINHO, HUMBERTO	167	Porto Sentido runners	<u>M50</u>	2:20:04.01	07:47	00:53:17
64	ARAUJO, ZE	290	Individual	<u>M40</u>	2:20:14.52	07:47	00:53:28
65	BAILÃO, RICARDO	119	Individual	<u>M40</u>	2:21:10.20	07:51	00:54:23
66	SANTOS, JOAQUIM	255	NAST	<u>M40</u>	2:21:11.68	07:51	00:54:25
67	FERREIRA, JOAQUIM	204	A.C. VERMOIM	<u>M50</u>	2:21:24.55	07:51	00:54:38
68	COSTA, JOSÉ	206	A.C. VERMOIM	<u>M50</u>	2:21:24.65	07:51	00:54:38
69	RIBEIRO, NUNO	275	Individual	<u>SEM</u>	2:22:05.09	07:54	00:55:18
70	MIRANDA, FRANCISCO	202	A.C. VERMOIM	<u>M40</u>	2:22:36.83	07:55	00:55:50
71	GUIMARÃES, NÉLIO	297	ALIVE RUNNERS	<u>SEM</u>	2:23:10.82	07:57	00:56:24
72	CARNEIRO, PAULO	146	Corre Belinha	<u>M40</u>	2:23:23.39	07:58	00:56:36
73	AMORIM, RICARDO	208	100PARAR	<u>SEM</u>	2:25:04.19	08:04	00:58:17
74	ANJOS, JOAQUIM	107	Individual	<u>M40</u>	2:25:10.25	08:04	00:58:23
75	FREITAS, ANDRE	159	Equipotência Trail Team	<u>SEM</u>	2:25:21.72	08:05	00:58:35
76	SOUSA, PAULO	169	Equipotência Trail Team	<u>SEM</u>	2:25:22.54	08:05	00:58:36
77	QUEIRÓS, LUIS	211	Individual	<u>M40</u>	2:25:25.23	08:05	00:58:38
78	BORGES, HÉLIO	252	Team Lantemil	<u>SEM</u>	2:25:35.53	08:05	00:58:49
79	ALMEIDA, VITOR	139	Individual	<u>M50</u>	2:26:09.10	08:07	00:59:22
80	MAIA, RICARDO	180	Individual	<u>SEM</u>	2:27:20.36	08:11	01:00:33

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81	LIMA, JOSÉ	183	Bolhas nos pés	<u>SEM</u>	2:27:20.83	08:11	01:00:34
82	NASCIMENTO, EDUARDO	130	Individual	<u>M40</u>	2:28:14.43	08:14	01:01:27
83	TERENCIO, LUÍS	187	Individual	<u>M40</u>	2:29:37.71	08:19	01:02:51
84	COSTA, HELDER	243	Individual	<u>SEM</u>	2:30:01.61	08:20	01:03:15
85	COSTA, ANÍBAL	251	ARPO	<u>M50</u>	2:30:02.24	08:20	01:03:15
86	VIGARIO, BRUNO	248	Metralhas Runners	<u>SEM</u>	2:30:24.40	08:21	01:03:37
87	MOREIRA, PAULO	106	Individual	<u>M40</u>	2:30:53.35	08:23	01:04:06
88	OLIVEIRA, ISABEL	145	Corre Belinha	<u>SEF</u>	2:31:24.25	08:25	01:04:37
89	LEITÃO, SALOME	222	SEMPRE EM FORMA	<u>F40</u>	2:31:27.67	08:25	01:04:41
90	RIBEIRO, RICARDO	283	Individual	<u>M40</u>	2:31:28.59	08:25	01:04:42
91	REBELO, DÁRIO	259	Vimatrailrunners	<u>M40</u>	2:31:29.55	08:25	01:04:43
92	LAGOA, CRISTIANA	198	Alive Runners	<u>SEF</u>	2:31:37.50	08:25	01:04:51
93	ALVES, RUI	151	Individual	<u>SEM</u>	2:31:40.13	08:26	01:04:53
94	FREITAS, JOÃO	250	ARPO	<u>M40</u>	2:31:42.05	08:26	01:04:55
95	VASCONCELOS, ANDRE	131	Amigos para correr	<u>SEM</u>	2:31:52.98	08:26	01:05:06
96	RAFAEL, SÍLVIA	191	Individual	<u>SEF</u>	2:32:43.70	08:29	01:05:57
97	PEREIRA, FILIPE	189	Individual	<u>M40</u>	2:32:48.38	08:29	01:06:01
98	MAGALHÃES, ANDRÉ	134	Daniel carneiro heald & fitness	<u>SEM</u>	2:34:04.81	08:34	01:07:18
99	MOURA, JOSÉ	256	Os Barriguitas	<u>M50</u>	2:34:13.14	08:34	01:07:26
100	LIMA, RUI	138	Individual	<u>SEM</u>	2:36:23.69	08:41	01:09:37
101	TEIXEIRA, CATARINA	281	Individual	<u>F40</u>	2:36:24.53	08:41	01:09:38
102	PACHECO, NUNO	109	Individual	<u>M40</u>	2:36:24.70	08:41	01:09:38
103	FERNANDES, JORGE	177	RorizAventura	<u>M40</u>	2:36:38.78	08:42	01:09:52
104	FERREIRA, PEDRO	282	Individual	<u>SEM</u>	2:36:39.16	08:42	01:09:52
105	FERREIRA, BRUNO	236	Individual	<u>SEM</u>	2:36:40.68	08:42	01:09:54
106	FERNANDES, EMANUEL	157	RorizAventura	<u>SEM</u>	2:36:42.05	08:42	01:09:55
107	SÁ, LUIS	193	Individual	<u>M40</u>	2:36:45.26	08:43	01:09:58
108	FERNANDES, RUI	110	Individual	<u>M40</u>	2:36:56.20	08:43	01:10:09
109	TEIXEIRA, MIGUEL	184	Team Lantemil	<u>M40</u>	2:37:39.17	08:46	01:10:52
110	ALVES, LILIANA	185	Alive Runners	<u>SEF</u>	2:38:43.56	08:49	01:11:57
111	SILVA, CÁTIA	197	Individual	<u>SEF</u>	2:39:51.12	08:53	01:13:04
112	TAIPA, AMÉLIA	223	SEMPRE EM FORMA	<u>F50</u>	2:40:42.70	08:56	01:13:56
113	GOMES, PEDRO	171	éjáli...clube de amigos trailrunners	<u>SEM</u>	2:40:49.48	08:56	01:14:02
114	PEREIRA, ANTONIO	161	Equipotência Trail Team	<u>SEM</u>	2:40:58.86	08:57	01:14:12
115	MARTINS, VÍTOR	162	Equipotência Trail Team	<u>SEM</u>	2:40:58.93	08:57	01:14:12
116	PINTO, FERNANDA	215	Porto Sentido Runners	<u>F40</u>	2:41:03.15	08:57	01:14:16
117	NEVES, LUIS	128	Equipotência Trail Team	<u>SEM</u>	2:41:07.05	08:57	01:14:20
118	SOUSA, JOAQUIM	118	Individual	<u>M50</u>	2:43:03.16	09:04	01:16:16
119	RIBEIRO, DULCE	181	Individual	<u>F50</u>	2:43:03.91	09:04	01:16:17
120	CARVALHO, SANDRA	166	Porto Sentido runners	<u>F40</u>	2:43:57.19	09:07	01:17:10

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121	FERNANDES, HONORATO	299	ALIVE RUNNERS	<u>SEM</u>	2:44:33.40	09:09	01:17:46
122	FERNANDES, RUI	298	ALIVE RUNNERS	<u>SEM</u>	2:44:37.86	09:09	01:17:51
123	VASCONCELOS, BRUNO	124	Amigos para Correr	<u>SEM</u>	2:45:50.99	09:13	01:19:04
124	VILACA, MARIO	123	Amigos para Correr	<u>SEM</u>	2:45:51.09	09:13	01:19:04
125	COELHO, MARIA	121	Individual	<u>F40</u>	2:46:29.86	09:15	01:19:43
126	ANDRADE, ANTÓNIO	122	Individual	<u>M40</u>	2:46:31.76	09:15	01:19:45
127	MEIRELES, MIGUEL	292	100PARAR	<u>SEM</u>	2:49:22.14	09:25	01:22:35
128	MENDES, RICARDO	234	Individual	<u>SEM</u>	2:50:04.94	09:27	01:23:18
129	GUERREIRO, CARLOS	194	Individual	<u>SEM</u>	2:50:31.10	09:28	01:23:44
130	BORGES, ANA	113	NAST	<u>SEF</u>	2:50:46.95	09:29	01:24:00
131	NUNES, FERNANDA	221	SEMPRE EM FORMA	<u>F40</u>	2:53:54.58	09:40	01:27:08
132	FERREIRA, MARCO	286	Individual	<u>M40</u>	2:53:56.97	09:40	01:27:10
133	MARQUES, ALVARO	285	Individual	<u>M50</u>	2:54:00.08	09:40	01:27:13
134	ARAÚJO, NELSON	214	Corre Belinha	<u>SEM</u>	2:54:02.47	09:40	01:27:15
135	SILVA, CARLOS	133	Individual	<u>M40</u>	2:55:22.50	09:45	01:28:36
136	MARTINS, PAULO	210	Individual	<u>M40</u>	2:58:44.49	09:56	01:31:57
137	MOREIRA, BRUNO	230	Team Lantemil	<u>SEM</u>	3:04:15.15	10:14	01:37:28
138	BARTOLOMEU, FRANCISCO	188	Team Lantemil	<u>M40</u>	3:04:20.14	10:14	01:37:33
139	FERREIRA, ELISABETE	239	Individual	<u>SEF</u>	3:04:30.53	10:15	01:37:44
140	ALVES, SÓNIA	220	Individual	<u>F40</u>	3:04:31.17	10:15	01:37:44
141	CARVALHO, ANA	135	Individual	<u>SEF</u>	3:04:31.81	10:15	01:37:45
142	COELHO, ANTÓNIO	238	Individual	<u>M50</u>	3:04:34.73	10:15	01:37:48
143	GOMES, LILIANA	182	Bolhas nos pés	<u>SEF</u>	3:07:10.17	10:24	01:40:23
144	MOURA, MANUEL	200	Os Barriguitas	<u>M50</u>	3:08:06.32	10:27	01:41:19
145	CARNEIRO, PEDRO	142	Individual	<u>SEM</u>	3:08:50.75	10:29	01:42:04
146	NETO, HUGO	141	Individual	<u>SEM</u>	3:11:13.98	10:37	01:44:27
147	CARVALHO, ARMINDO	237	Individual	<u>M40</u>	3:11:19.19	10:38	01:44:32
148	VARA, ROGERIO	224	SEMPRE EM FORMA	<u>M40</u>	3:12:38.07	10:42	01:45:51
149	LEITE, PEDRO	115	Papaléguas	<u>SEM</u>	3:14:30.11	10:48	01:47:43
150	FLORES, CRISTINA	267	CAPV	<u>F40</u>	3:17:22.00	10:58	01:50:35
151	XAVIER, MARISA	269	CAPV	<u>SEF</u>	3:17:23.98	10:58	01:50:37
152	VELOSO, SANDRA	270	CAPV	<u>SEF</u>	3:17:25.40	10:58	01:50:38
153	RIBEIRO, MARIA	195	Individual	<u>F50</u>	3:18:24.53	11:01	01:51:38
154	REIS, SUSANA	164	Individual	<u>SEF</u>	3:32:09.96	11:47	02:05:23
155	ANDRADE, BASÍLIO	104		<u>M40</u>	3:32:11.87	11:47	02:05:25
156	MARTINS, ANA	241	Team Lantemil	<u>F40</u>	3:34:35.77	11:55	02:07:49
157	SOUSA, PAULO	258	Team Shark	<u>M40</u>	3:34:38.17	11:55	02:07:51
158	LEAL, FERNANDA	154	Individual	<u>F40</u>	3:34:54.50	11:56	02:08:08
159	MENDES, ANA	153	Individual	<u>SEF</u>	3:34:55.10	11:56	02:08:08
160	ARAÚJO, CARLA	225	Team Lantemil	<u>SEF</u>	3:36:02.50	12:00	02:09:16

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161	CARVALHO, ANA	201	Individual	<u>SEF</u>	3:36:03.90	12:00	02:09:17
162	RIBEIRO, TERESA	207	Individual	<u>F40</u>	3:41:12.77	12:17	02:14:26
163	RODRIGUES, MAGDA	212	Individual	<u>SEF</u>	3:59:39.38	13:19	02:32:52
164	GRANJO, MARIA	245	Individual	<u>F50</u>	4:12:27.08	14:02	02:45:40