

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Chip	Média	Esc.
1.	2098	Jose Sousa		Male	SEN M	00:31:18	00:31:18	03:08	1
2.	2879	Igor Castro	Escola de Atletismo de Coimbra	Male	V35 M	00:34:14	00:34:14	03:25	1
3.	3288	André Antunes	Grupo Recreativo Eirense	Male	JUN M	00:34:16	00:34:16	03:26	1
4.	2039	Marco Philippe Da Silva Pinto		Male	V35 M	00:34:26	00:34:26	03:26	2
5.	3268	Rui Lopes	Associação Académica de Coimbr	Male	V40 M	00:34:27	00:34:27	03:26	1
6.	2037	Vitor Jorge Pleno		Male	V35 M	00:35:38	00:35:38	03:34	3
7.	2953	Carlos Pimenta		Male	V40 M	00:36:11	00:36:11	03:37	2
8.	3289	Márcio Ferreira	Grupo Recreativo Eirense	Male	SEN M	00:36:11	00:36:11	03:37	2
9.	2597	Diogo Gomes	ABUTRES	Male	JUN M	00:36:12	00:36:12	03:37	2
10.	3049	Diogo Alexandre Rodrigues Sacramento	ABUTRES	Male	SEN M	00:36:23	00:36:21	03:38	3
11.	3269	Rui Rodrigues	Associação Académica de Coimbr	Male	V40 M	00:36:29	00:36:29	03:39	3
12.	3078	Paulo Neves		Male	SEN M	00:36:39	00:36:39	03:40	4
13.	2882	Ricardo Aguiar	Escola de Atletismo de Coimbra	Male	V45 M	00:36:45	00:36:45	03:41	1
14.	3321	Carlos Pagaimo	SCPovoense Caracois de Corrida	Male	V45 M	00:36:58	00:36:58	03:42	2
15.	3270	Paulo Antunes	Associação Académica de Coimbr	Male	V45 M	00:37:08	00:37:05	03:43	3
16.	3154	Manuel Pinto		Male	V45 M	00:37:10	00:37:10	03:43	4
17.	3225	Rúben Almeida		Male	JUN M	00:37:16	00:37:13	03:44	3
18.	2895	Filipe Pinhão	VERALLIA PORTUGAL	Male	V35 M	00:37:27	00:37:22	03:44	4
19.	2906	Nuno Coutinho	VERALLIA PORTUGAL	Male	V35 M	00:37:35	00:37:31	03:46	5
20.	2836	Bruno Andrade		Male	SEN M	00:37:39	00:37:33	03:46	5
21.	2995	Fernando Santos	ABUTRES	Male	SEN M	00:37:44	00:37:40	03:46	6
22.	3243	Luís Veríssimo		Male	V45 M	00:37:48	00:37:39	03:47	5
23.	2507	João Simões		Male	V45 M	00:37:50	00:37:50	03:47	6
24.	2600	Tiago Gaspar		Male		00:37:54	00:37:35	03:47	
25.	3173	Ruben Pinto		Male	V40 M	00:37:55	00:37:55	03:47	4
26.	3278	Sergio Machado	DCI/Trilhos Luso Bussaco	Male	V40 M	00:37:57	00:37:57	03:48	5
27.	3208	Cristiano Silva		Male	SEN M	00:38:02	00:37:56	03:48	7
28.	2888	André Fonte	Escola de Atletismo de Coimbra	Male	V40 M	00:38:09	00:38:06	03:49	6
29.	3286	Raquel Cantante	Grupo Recreativo Eirense	Female	SEN F	00:38:14	00:38:14	03:49	1
30.	2883	Augusto Figueiredo	Escola de Atletismo de Coimbra	Male	V45 M	00:38:16	00:38:16	03:50	7
31.	2605	Joao Guerreiro		Male	V50 M	00:38:17	00:38:12	03:50	1
32.	3282	Frederico Oliveira	DCI/Trilhos Luso Bussaco	Male	SEN M	00:38:32	00:38:28	03:51	8
33.	2585	Luís Vaz Santos		Male	V45 M	00:38:32	00:38:29	03:51	8
34.	2722	Mick		Male	V40 M	00:38:32	00:38:25	03:51	7
35.	3224	Nuno Silva		Male	V40 M	00:38:34	00:38:31	03:52	8
36.	2619	Alexandre Mendes	ABUTRES	Male	V40 M	00:38:38	00:38:35	03:52	9
37.	3215	Paulo Vieira		Male	V40 M	00:38:47	00:38:44	03:53	10
38.	2086	Saúl Martins		Male	V35 M	00:38:53	00:38:53	03:53	6
39.	3285	Francisca Cantante	Grupo Recreativo Eirense	Female	SEN F	00:39:04	00:39:04	03:55	2
40.	2761	Paulo Monteiro		Male	V45 M	00:39:06	00:39:06	03:55	9
41.	3024	Pedro Oliveira		Male	V40 M	00:39:18	00:39:14	03:56	11
42.	2700	Rafael Neto		Male	SEN M	00:39:26	00:39:22	03:56	9
43.	2857	Bruno Gil		Male	V35 M	00:39:36	00:39:36	03:58	7
44.	3003	Leonardo Costa		Male	JUN M	00:39:58	00:39:58	04:00	4

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Chip	Média	Esc.
45.	2038	Luís Oliveira	Escola de Atletismo de Coimbra	Male	V50 M	00:40:01	00:40:01	04:00	2
46.	2776	Luís Vilela		Male	V40 M	00:40:02	00:40:02	04:00	12
47.	2976	Rui Pires		Male	V45 M	00:40:08	00:40:04	04:01	10
48.	3325	Márcio Salgado	TWELVESPOT	Male	SEN M	00:40:12	00:40:07	04:01	10
49.	2673	Julia Legkova		Female	SEN F	00:40:14	00:40:14	04:01	3
50.	2594	Telmo Pedro		Male	V40 M	00:40:14	00:40:14	04:01	13
51.	2952	Telmo Almeida		Male	V45 M	00:40:21	00:40:21	04:02	11
52.	2530	Nuno Oliveira		Male	SEN M	00:40:24	00:40:16	04:02	11
53.	3135	Leonel Concho		Male	V45 M	00:40:30	00:40:15	04:03	12
54.	2006	Pedro Gerardo	Associação Académica de Coimbr	Male	V55 M	00:40:32	00:40:29	04:03	1
55.	3317	Egídio Neves	Runners & Friends	Male	V45 M	00:40:37	00:40:37	04:04	13
56.	2535	Arnaldo Ferreira		Male	V40 M	00:40:39	00:40:34	04:04	14
57.	2858	Sérgio Bento		Male	V35 M	00:40:41	00:40:41	04:04	8
58.	2579	Lucio Ventura		Male	V45 M	00:40:43	00:40:43	04:04	14
59.	3276	Nuno Coelho	ASSSCC-AR LIVRE E AVENTURA	Male	V40 M	00:40:47	00:40:39	04:05	15
60.	2778	Márcio Rodrigues		Male	V40 M	00:41:03	00:41:03	04:06	16
61.	3287	Bruno Marques	Grupo Recreativo Eirense	Male	JUN M	00:41:11	00:41:11	04:07	5
62.	2886	António Serrolho	Escola de Atletismo de Coimbra	Male	V45 M	00:41:19	00:41:19	04:08	15
63.	3072	José Augusto Cortesão		Male	V60 M	00:41:30	00:41:30	04:09	1
64.	2796	Paulo		Male	V45 M	00:41:30	00:41:16	04:09	16
65.	2573	Miguel Gomes	João Silva Atletismo CCR Praia	Male	SEN M	00:41:38	00:41:30	04:10	12
66.	2004	Carlos Correia	Associação Académica de Coimbr	Male	V45 M	00:41:38	00:41:38	04:10	17
67.	3277	João Amaral	ASSSCC-AR LIVRE E AVENTURA	Male	V40 M	00:41:40	00:41:34	04:10	17
68.	2915	Eduardo Cardoso	VERALLIA PORTUGAL	Male	V35 M	00:41:42	00:41:32	04:10	9
69.	3000	José Machado		Male	V35 M	00:41:43	00:41:38	04:10	10
70.	2554	José Maçarria		Male	V55 M	00:41:47	00:41:41	04:11	2
71.	3272	Alberto Frèches	Associação Académica de Coimbr	Male	V60 M	00:41:53	00:41:49	04:11	2
72.	2003	António Pêgo	Associação Académica de Coimbr	Male	V50 M	00:41:54	00:41:54	04:11	3
73.	2816	Pedro Figueiredo	SCPovoense Caracois de Corrida	Male	V35 M	00:41:56	00:41:56	04:11	11
74.	2672	Elias De Souza		Male	V45 M	00:42:04	00:42:04	04:13	18
75.	2564	Gonçalo Gomes	Sem Sede	Male	SEN M	00:42:06	00:41:54	04:13	13
76.	2748	Filipe Mamede		Male	V45 M	00:42:09	00:41:53	04:13	19
77.	3306	Rui Silva	Os Papa Milhas	Male	V45 M	00:42:14	00:42:09	04:13	20
78.	3028	Paulo Alexandre R. Da Silva		Male	V45 M	00:42:15	00:42:12	04:13	21
79.	2837	Bruno B Ferreira		Male	V40 M	00:42:15	00:42:11	04:13	18
80.	2542	Amilcar Costa	ACRM Silveirinha Grande Claras	Male	V50 M	00:42:16	00:42:16	04:14	4
81.	2899	João Loureiro	VERALLIA PORTUGAL	Male	V45 M	00:42:21	00:42:12	04:14	22
82.	2868	Nuno Loureiro	Escola de Atletismo de Coimbra	Male	V45 M	00:42:24	00:42:14	04:14	23
83.	3264	Luis Reis		Male	V35 M	00:42:27	00:42:19	04:14	12
84.	2733	Jorge Delgado		Male	V35 M	00:42:30	00:42:25	04:15	13
85.	3271	Fernando Agante	Associação Académica de Coimbr	Male	V55 M	00:42:30	00:42:27	04:15	3
86.	2671	Vitor Tomaz		Male	V40 M	00:42:30	00:41:57	04:15	19
87.	2724	José Cocenas		Male	V55 M	00:42:33	00:42:18	04:16	4
88.	2763	Ricardo Pinto		Male	SEN M	00:42:36	00:42:23	04:16	14

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Chip	Média	Esc.
89.	2680	Pedro Manso		Male	V40 M	00:42:36	00:42:21	04:16	20
90.	3063	Mário Neves		Male	V50 M	00:42:40	00:42:40	04:16	5
91.	2914	Carlos Coutinho	VERALLIA PORTUGAL	Male	V55 M	00:42:49	00:42:36	04:17	5
92.	2698	Tony Vieira		Male	SEN M	00:42:58	00:42:47	04:18	15
93.	3001	Joel Rodrigues		Male		00:42:59	00:42:54	04:18	
94.	3002	Guilherme Neto		Male	JUN M	00:43:01	00:42:56	04:18	6
95.	2538	Ricardo Nunes	ACRM Silveirinha Grande Claras	Male	SEN M	00:43:02	00:42:58	04:18	16
96.	3221	Paulo Miguel Lourenço Dos Santos		Male	V40 M	00:43:04	00:42:50	04:19	21
97.	2735	Rui Faria		Male	V50 M	00:43:04	00:43:04	04:19	6
98.	3232	João Sequeira		Male	SEN M	00:43:05	00:43:05	04:19	17
99.	2586	Luís Miguel De Almeida		Male	V45 M	00:43:05	00:42:56	04:19	24
100.	2947	João Branco		Male	V40 M	00:43:05	00:42:58	04:19	22
101.	2676	João Rainho		Male	V55 M	00:43:06	00:42:58	04:19	6
102.	2667	Francisco Mendes		Male	V45 M	00:43:10	00:43:02	04:19	25
103.	2636	João Ferreira		Male	SEN M	00:43:13	00:42:42	04:19	18
104.	2549	Pedro Marques		Male	SEN M	00:43:15	00:43:04	04:19	19
105.	2047	Rui Figueiredo		Male	V40 M	00:43:21	00:43:16	04:20	23
106.	3326	Alberto Santos	TWELVESPOT	Male	V50 M	00:43:22	00:43:17	04:20	7
107.	2926	Henrique Carvalheiro		Male	V35 M	00:43:26	00:43:19	04:20	14
108.	2807	Sérgio Neves		Male	SEN M	00:43:31	00:43:27	04:21	20
109.	2804	André Rodrigues		Male	SEN M	00:43:31	00:43:28	04:21	21
110.	3263	Rodrigo Vaz		Male	V35 M	00:43:34	00:43:26	04:22	15
111.	3222	João Barata		Male	V45 M	00:43:37	00:43:10	04:22	26
112.	3187	Rui Ventura		Male	V55 M	00:43:45	00:43:37	04:23	7
113.	2884	Nuno Costa	Escola de Atletismo de Coimbra	Male	V45 M	00:43:49	00:43:44	04:23	27
114.	2539	Joel Santos	ACRM Silveirinha Grande Claras	Male	SEN M	00:43:49	00:43:49	04:23	22
115.	2575	Ricardo Veiga		Male	V40 M	00:43:50	00:43:43	04:23	24
116.	3010	João Andre Dias		Male	V35 M	00:43:51	00:43:43	04:23	16
117.	3053	Tiago Miguel Campos Teixeira		Male	SEN M	00:43:53	00:43:47	04:23	23
118.	2856	Tiago Abreu		Male	SEN M	00:43:54	00:43:43	04:23	24
119.	2771	Gonçalo Araújo Marques		Male	SEN M	00:43:55	00:43:49	04:23	25
120.	2030	***** UNKNOWN COMPETITOR				00:43:55	00:43:44	04:23	
121.	2737	João Santos		Male	V35 M	00:43:57	00:43:45	04:24	17
122.	3183	Bárbara Fernandes		Female	V35 F	00:43:58	00:43:51	04:24	1
123.	2757	Marco Lourenço		Male	V45 M	00:43:59	00:43:43	04:24	28
124.	2762	Raúl Bicho		Male	SEN M	00:44:00	00:43:46	04:24	26
125.	2957	Filipe Oliveira		Male	V35 M	00:44:00	00:43:40	04:24	18
126.	2042	JOÃO PRETO		Male	V40 M	00:44:14	00:43:54	04:25	25
127.	2614	Tozé Almeida	ARCD Venda da Luisa	Male	V45 M	00:44:15	00:44:10	04:25	29
128.	3009	Herminio Almeida		Male	V45 M	00:44:16	00:44:05	04:26	30
129.	3273	Manuela Gonçalves	Associação Académica de Coimbr	Female	V45 F	00:44:18	00:44:18	04:26	1
130.	3171	Marcos Alves		Male	V40 M	00:44:18	00:44:15	04:26	26
131.	2963	José Almeida	TONDELA RUNNERS	Male	V50 M	00:44:19	00:44:14	04:26	8
132.	2532	Eduardo Carvalheiro		Male	SEN M	00:44:21	00:44:11	04:26	27

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Chip	Média	Esc.
133.	3184	Marcelo Coutinho		Male	V50 M	00:44:23	00:44:14	04:26	9
134.	3052	Edgar De Jesus Teixeira		Male	V55 M	00:44:26	00:44:20	04:26	8
135.	2641	Rui Simões		Male	V40 M	00:44:26	00:44:04	04:26	27
136.	2040	Nuno Gameiro		Male	V40 M	00:44:32	00:44:19	04:27	28
137.	3219	Rui Oliveira		Male	V45 M	00:44:32	00:44:18	04:27	31
138.	2574	Virgílio Neto		Male	V40 M	00:44:33	00:44:25	04:28	29
139.	2645	Eladio Borges		Male	SEN M	00:44:35	00:44:12	04:28	28
140.	2576	Rui Nunes		Male	V40 M	00:44:37	00:44:33	04:28	30
141.	3033	Miguel Pelicano		Male	V50 M	00:44:46	00:44:36	04:29	10
142.	2729	Henrique Lavaredas		Male	V45 M	00:44:48	00:44:42	04:29	32
143.	2951	Gastão Sousa		Male	V50 M	00:44:49	00:44:37	04:29	11
144.	2674	Fernando Sousa		Male	V50 M	00:44:51	00:44:42	04:29	12
145.	2847	Paulo Lopes	Soure Mov	Male	V45 M	00:44:57	00:44:41	04:30	33
146.	2558	Rui Trovão	Convidados CMFF	Male	V35 M	00:45:08	00:44:47	04:31	19
147.	3008	Fred Gaspar		Male	SEN M	00:45:08	00:45:00	04:31	29
148.	2520	Jennifer Maia		Female	SEN F	00:45:14	00:45:04	04:31	4
149.	3319	Renato Torres	Runners & Friends	Male	V45 M	00:45:15	00:45:09	04:32	34
150.	3108	Luis Ferreira	TONDELA RUNNERS	Male	SEN M	00:45:16	00:45:11	04:32	30
151.	2852	André Cruz		Male	SEN M	00:45:17	00:45:10	04:32	31
152.	2959	Nuno Mota		Male	V40 M	00:45:20	00:45:08	04:32	31
153.	2592	Luis Nunes		Male	V45 M	00:45:22	00:45:10	04:32	35
154.	2650	Fábio Barroca		Male	SEN M	00:45:22	00:45:07	04:32	32
155.	3006	Filipe Lopes		Male	V40 M	00:45:23	00:45:12	04:32	32
156.	2677	Henrique Fernandes		Male	V45 M	00:45:26	00:45:12	04:32	36
157.	2835	Pedro Marques		Male	V40 M	00:45:26	00:45:12	04:32	33
158.	3030	Rui Teixeira		Male	V55 M	00:45:26	00:45:17	04:32	9
159.	2690	Tiago Costa		Male	SEN M	00:45:26	00:45:20	04:32	33
160.	2896	Hugo Pagaimo	VERALLIA PORTUGAL	Male	SEN M	00:45:27	00:45:14	04:32	34
161.	2696	Sérgio Oliveira		Male	V50 M	00:45:29	00:45:19	04:33	13
162.	2514	Luís Mendes		Male	V40 M	00:45:33	00:45:27	04:34	34
163.	3014	Luis Vasco		Male	V40 M	00:45:33	00:45:29	04:34	35
164.	2704	Pedro Soares Cruz	Fitting Point	Male	V55 M	00:45:38	00:45:30	04:34	10
165.	3172	Miguel Guimarães		Male	V45 M	00:45:41	00:45:28	04:34	37
166.	3230	Valerie Wysmantel		Female	SEN F	00:45:42	00:45:30	04:34	5
167.	2927	João Rato		Male	V35 M	00:45:45	00:45:39	04:35	20
168.	2860	José Nascimento		Male	SEN M	00:45:47	00:45:21	04:35	35
169.	3279	Julia Santos	DCI/Trilhos Luso Bussaco	Female	V45 F	00:45:47	00:45:35	04:35	2
170.	3314	Augusto Amaral	Runners & Friends	Male	V50 M	00:45:50	00:45:45	04:35	14
171.	2590	Joao Reis		Male	V45 M	00:45:51	00:45:41	04:35	38
172.	3199	Diogo Sousa		Male	SEN M	00:45:52	00:45:25	04:35	36
173.	2531	Luís Carvalheiro		Male	V50 M	00:45:54	00:45:44	04:35	15
174.	2012	José Carlos De Oliveira Cavaleiro		Male	SEN M	00:45:58	00:45:46	04:36	37
175.	2681	Bruno Carvalheiro		Male	V35 M	00:46:02	00:45:47	04:36	21
176.	2751	João Vaz		Male	V40 M	00:46:06	00:45:44	04:37	36

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Chip	Média	Esc.
177.	3051	Nuno Pessoa		Male	V45 M	00:46:10	00:46:02	04:37	39
178.	2570	Arlindo Jesus	Convidados CMFF	Male	V45 M	00:46:11	00:45:40	04:37	40
179.	2031	Manuel Costa		Male	V60 M	00:46:13	00:46:13	04:37	3
180.	2034	Paulo Fernandes		Male	V50 M	00:46:13	00:46:03	04:37	16
181.	2903	Micael Ângelo Martins Marques	VERALLIA PORTUGAL	Male	SEN M	00:46:13	00:46:00	04:37	38
182.	2092	Fábio Pereira		Male	SEN M	00:46:20	00:46:10	04:38	39
183.	3073	Filipe Mendes		Male	V45 M	00:46:21	00:46:21	04:38	41
184.	2607	Miguel Coimbra		Male	V50 M	00:46:26	00:46:22	04:38	17
185.	2523	Paulo Gonçalves		Male	V45 M	00:46:30	00:46:24	04:39	42
186.	2948	Paula Vidas		Female	V55 F	00:46:30	00:46:24	04:39	1
187.	2907	José Batata	VERALLIA PORTUGAL	Male	V55 M	00:46:35	00:46:24	04:40	11
188.	3320	Carlos Conceição	Runners & Friends	Male	V55 M	00:46:37	00:46:31	04:40	12
189.	3315	Luis Pires	Runners & Friends	Male	V50 M	00:46:37	00:46:32	04:40	18
190.	2608	José Goes	ACRM Silveirinha Grande Claras	Male	V50 M	00:46:40	00:46:31	04:40	19
191.	3302	José Dias	M4A	Male	V45 M	00:46:41	00:46:22	04:40	43
192.	2617	Ezequiel Lapo	ARCD Venda da Luisa	Male	V40 M	00:46:41	00:46:30	04:40	37
193.	2652	Carlos Oliveira		Male	V35 M	00:46:41	00:46:27	04:40	22
194.	3255	Nelson Santos		Male	SEN M	00:46:43	00:46:38	04:40	40
195.	3247	Joel Lopes		Male	V35 M	00:46:46	00:46:34	04:41	23
196.	2624	Daniel Mateus		Male	V35 M	00:46:48	00:46:31	04:41	24
197.	3029	Renato Lontro		Male	V40 M	00:46:49	00:46:39	04:41	38
198.	3058	Pedro Elias		Male	V50 M	00:46:52	00:46:35	04:41	20
199.	2936	João Cavadas		Male	V50 M	00:46:52	00:46:42	04:41	21
200.	2984	Miguel Barradas		Male	V35 M	00:46:55	00:46:35	04:41	25
201.	3106	Fernando Batista		Male	V55 M	00:46:56	00:46:21	04:41	13
202.	2095	Ana Mota	Escola de Atletismo de Coimbra	Female	V40 F	00:46:57	00:46:57	04:42	1
203.	3083	Jose Costa		Male	V40 M	00:46:57	00:46:31	04:42	39
204.	2604	Joel Pedrosa Simões		Male	SEN M	00:46:59	00:46:48	04:42	41
205.	3210	Lúcia Marques	DCI/Trilhos Luso Bussaco	Female	V40 F	00:47:00	00:46:47	04:42	2
206.	3085	André Belo		Male	SEN M	00:47:01	00:46:47	04:42	42
207.	2801	Nuno Ferreira		Male	V40 M	00:47:02	00:46:46	04:42	40
208.	2996	Nuno Lopes		Male	V40 M	00:47:02	00:46:44	04:42	41
209.	2692	Fábio Henriques	Os Coxos e a Cota	Male	SEN M	00:47:03	00:46:38	04:42	43
210.	2027	Nuno Cadete		Male	V55 M	00:47:04	00:46:57	04:43	14
211.	2759	Nuno Ribeiro		Male	SEN M	00:47:06	00:46:42	04:43	44
212.	2635	José Martins		Male	V45 M	00:47:06	00:46:45	04:43	44
213.	3304	Pedro Jacinto	M4A	Male	V45 M	00:47:08	00:46:50	04:43	45
214.	2505	Fernando Medeiros		Male	V50 M	00:47:09	00:46:54	04:43	22
215.	2805	João Felizardo		Male	SEN M	00:47:09	00:47:05	04:43	45
216.	3144	Francisco Rosendo	Olympic Silvas	Male	JUN M	00:47:09	00:46:31	04:43	7
217.	2094	***** UNKNOWN COMPETITOR				00:47:10	00:46:53	04:43	
218.	2983	Marco Alexandre Cravo Gomes		Male	V40 M	00:47:15	00:46:50	04:43	42
219.	3301	Nuno Almeida	M4A	Male	V40 M	00:47:17	00:46:58	04:44	43
220.	2670	Ricardo Santos		Male	V35 M	00:47:18	00:46:48	04:44	26

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Chip	Média	Esc.
221.	2965	Isidoro Francisco	TONDELA RUNNERS	Male	V50 M	00:47:20	00:47:13	04:44	23
222.	2718	Mariana Oliveira	Casa Benfica Figueira Foz	Female	SEN F	00:47:23	00:47:23	04:44	6
223.	3087	Joaquim Sousa		Male		00:47:24	00:47:24	04:44	
224.	2727	Bruno Torreira		Male	V35 M	00:47:27	00:47:15	04:44	27
225.	2665	Cláudia Rocha		Female	V45 F	00:47:27	00:47:18	04:44	3
226.	3216	Gonçalo José Sobreira Da Silva		Male	V35 M	00:47:28	00:47:00	04:45	28
227.	3041	João Catalão		Male	V60 M	00:47:31	00:47:24	04:45	4
228.	3249	João Gaspar		Male	V45 M	00:47:32	00:47:24	04:45	46
229.	3234	João Batata		Male	V40 M	00:47:34	00:47:17	04:46	44
230.	2009	Luis Carriço		Male	SEN M	00:47:35	00:47:17	04:46	46
231.	2655	Alexandre		Male	V40 M	00:47:36	00:47:23	04:46	45
232.	2096	Susana Salvaterra	Fitting Point	Female	V40 F	00:47:37	00:47:27	04:46	3
233.	2997	Adérito Neves		Male	V45 M	00:47:43	00:47:43	04:46	47
234.	3240	Ricardo Biscaia		Male	V45 M	00:47:45	00:47:33	04:47	48
235.	3299	Luis Almeida	M4A	Male	V35 M	00:47:46	00:47:29	04:47	29
236.	3274	Daniela Guerra	ASSSCC-AR LIVRE E AVENTURA	Female	SEN F	00:47:47	00:47:38	04:47	7
237.	2766	Sónia Gaspar		Female	V35 F	00:47:47	00:47:39	04:47	2
238.	2848	Ricardo Páscoa	Soure Mov	Male	V40 M	00:47:47	00:47:31	04:47	46
239.	3112	Luís Barracho		Male	V40 M	00:47:47	00:47:32	04:47	47
240.	3245	Cláudio Espada		Male	V45 M	00:47:55	00:47:40	04:47	49
241.	2521	Paulo Avó		Male	SEN M	00:47:59	00:47:52	04:48	47
242.	2648	Gabriel Ferreira		Male	JUN M	00:48:01	00:47:30	04:48	8
243.	2890	Bruno Leite Santos	VERALLIA PORTUGAL	Male	V40 M	00:48:10	00:47:58	04:49	48
244.	3125	Pedro Silva Paulo		Male	V50 M	00:48:10	00:47:56	04:49	24
245.	3151	Paulo Trindade		Male	V50 M	00:48:11	00:47:58	04:49	25
246.	3250	Isabel Gaspar		Female	V40 F	00:48:13	00:48:06	04:49	4
247.	2649	Carlos Ferreira		Male	V55 M	00:48:15	00:47:54	04:49	15
248.	3294	Daniel Peixoto	Kili	Male	SEN M	00:48:19	00:47:56	04:50	48
249.	2504	Daniel Silva		Male	V35 M	00:48:19	00:48:05	04:50	30
250.	3018	Joel Jacinto		Male	V40 M	00:48:24	00:48:17	04:50	49
251.	3262	Pedro Manuel De Matos Lopes Pinto		Male	V35 M	00:48:25	00:48:06	04:50	31
252.	3016	Manuel Fernandes		Male	V65 M	00:48:27	00:48:16	04:51	1
253.	2960	Paulo Silva	TONDELA RUNNERS	Male	V45 M	00:48:32	00:48:24	04:51	50
254.	3280	José Pereira	DCI/Trilhos Luso Bussaco	Male	V50 M	00:48:37	00:48:27	04:52	26
255.	3044	Pedro Nunes	Patrulha Pata	Male	V45 M	00:48:39	00:48:33	04:52	51
256.	2526	Júlio Gonçalves		Male	V60 M	00:48:40	00:48:34	04:52	5
257.	2898	Renato Rodrigues	VERALLIA PORTUGAL	Male	V50 M	00:48:41	00:48:35	04:52	27
258.	3260	João Santos		Male	SEN M	00:48:43	00:48:06	04:52	49
259.	3259	Francisco Santos		Male	SEN M	00:48:44	00:48:44	04:52	50
260.	2905	Fausto Carvalho	VERALLIA PORTUGAL	Male	V60 M	00:48:45	00:48:36	04:53	6
261.	2798	José Alberto Ferreira		Male	V55 M	00:48:49	00:48:36	04:53	16
262.	2646	Carlos Faustino		Male	V40 M	00:48:49	00:48:34	04:53	50
263.	3253	Joel Lemos		Male	SEN M	00:48:52	00:48:32	04:53	51
264.	2020	José Cardoso		Male	V50 M	00:48:52	00:48:36	04:53	28

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Chip	Média	Esc.
265.	2011	Gui Rodrigues		Male	SEN M	00:48:52	00:48:29	04:53	52
266.	3136	Zé Tomé		Male	SEN M	00:48:55	00:48:24	04:53	53
267.	2145	Pedro Medina		Male	V50 M	00:48:56	00:48:52	04:53	29
268.	3296	Fabio Sousa	Kili	Male	SEN M	00:48:58	00:48:35	04:54	54
269.	2041	ANA FILIPA		Female	SEN F	00:48:59	00:48:47	04:54	8
270.	2023	Pedro Nunes		Male	SEN M	00:49:06	00:48:46	04:55	55
271.	2679	Pedro Bóia		Male	V45 M	00:49:11	00:49:01	04:55	52
272.	2627	André Curto		Male	V40 M	00:49:12	00:48:39	04:55	51
273.	3027	Pedro Loureiro		Male	V40 M	00:49:15	00:49:05	04:55	52
274.	2750	Hernâni Martinho	Sem Sede	Male	V40 M	00:49:15	00:49:02	04:55	53
275.	2509	Luis Chavinha		Male	V45 M	00:49:16	00:49:04	04:56	53
276.	3300	Sara Silva	M4A	Female	SEN F	00:49:21	00:49:04	04:56	9
277.	2702	Gonçalo Filipe Pereira	Fitting Point	Male	SEN M	00:49:22	00:49:12	04:56	56
278.	2578	Bruno Santos		Male	V40 M	00:49:25	00:49:01	04:56	54
279.	2008	Ana Cavacas		Female		00:49:30	00:49:24	04:57	
280.	2822	Nelson	Atletismo Clube da Tocha	Male	SEN M	00:49:32	00:49:10	04:57	57
281.	2606	Basilio Simoes		Male	V50 M	00:49:35	00:49:21	04:58	30
282.	2660	Maria João Benquerença		Female	V45 F	00:49:35	00:49:22	04:58	4
283.	2033	Leonel Joaquim Mendes Dos Reis		Male	SEN M	00:49:39	00:49:02	04:58	58
284.	2828	Fernando Costa	Inter de Limão	Male	SEN M	00:49:53	00:49:38	04:59	59
285.	2826	João Rainho	Inter de Limão	Male	SEN M	00:49:53	00:49:39	04:59	60
286.	2827	Bruno Vicente	Inter de Limão	Male	SEN M	00:49:53	00:49:39	04:59	61
287.	3046	Ana Lemos	Patrulha Pata	Female	V35 F	00:50:00	00:49:54	05:00	3
288.	2583	Helder Cunha	SCPovoense Caracois de Corrida	Male	SEN M	00:50:00	00:49:50	05:00	62
289.	3307	Manuel Tavares	Os Papa Milhas	Male	V45 M	00:50:01	00:49:55	05:00	54
290.	2513	Jorge		Male	V60 M	00:50:04	00:49:31	05:01	7
291.	3131	Gustavo Baeta		Male	V40 M	00:50:09	00:49:44	05:01	55
292.	2659	Rosa Rodrigues		Female	V50 F	00:50:12	00:49:59	05:01	1
293.	2584	Pedro Galhano	SCPovoense Caracois de Corrida	Male	SEN M	00:50:14	00:50:05	05:01	63
294.	3055	Iete Gonçalves		Female	V45 F	00:50:17	00:49:48	05:02	5
295.	2621	Nuno Santos		Male	V40 M	00:50:21	00:50:07	05:02	56
296.	3054	Francisco Viegas		Male	V50 M	00:50:22	00:50:05	05:02	31
297.	3241	Inês Romão		Female	SEN F	00:50:24	00:50:05	05:02	10
298.	2510	Carlos Pedro	João Silva Atletismo CCR Praia	Male	V45 M	00:50:33	00:50:15	05:04	55
299.	2862	António Saraiva		Male	V60 M	00:50:38	00:50:18	05:04	8
300.	2758	Nuno Bandarra Dos Reis		Male	V40 M	00:50:38	00:50:04	05:04	57
301.	3229	Pedro Costa		Male	V35 M	00:50:38	00:50:03	05:04	32
302.	2823	Marta Fonseca		Female	V40 F	00:50:42	00:50:32	05:04	5
303.	2010	***** UNKNOWN COMPETITOR				00:50:44	00:50:34	05:04	
304.	2611	Nuno Oliveira		Male	SEN M	00:50:48	00:50:33	05:05	64
305.	3211	José Gonçalves		Male	V45 M	00:50:48	00:50:09	05:05	56
306.	2524	João Luis Santos		Male	V45 M	00:50:49	00:50:44	05:05	57
307.	3318	Diogo Ribeiro	Runners & Friends	Male	V40 M	00:50:49	00:50:49	05:05	58
308.	2552	Marco Moreira		Male	SEN M	00:50:51	00:50:45	05:05	65

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Chip	Média	Esc.
309.	2550	Joaquim Pereira		Male	V60 M	00:50:51	00:50:45	05:05	9
310.	2973	José Manuel Maia Figueiredo		Male	V50 M	00:50:52	00:50:42	05:05	32
311.	3192	Rui Cordeiro		Male	V45 M	00:50:53	00:50:39	05:05	58
312.	3281	Manuela Mendes	DCI/Trilhos Luso Bussaco	Female	V50 F	00:50:54	00:50:41	05:05	2
313.	3266	Ana Silva	ACRM Silveirinha Grande Claras	Female	V40 F	00:50:54	00:50:45	05:05	6
314.	2148	Fernando Charana	Fitting Point	Male		00:50:54	00:50:43	05:05	
315.	2738	Fernando Coutinho		Male	V55 M	00:50:55	00:50:39	05:05	17
316.	3267	Henrique Nunes	ACRM Silveirinha Grande Claras	Male	V50 M	00:50:56	00:50:56	05:05	33
317.	2097	Nuno Conceição	Fitting Point	Male	V45 M	00:50:56	00:50:41	05:05	59
318.	3076	Alcides Marques		Male	V60 M	00:50:58	00:50:26	05:06	10
319.	3297	Joana Aquino	Kili	Female	SEN F	00:50:59	00:50:36	05:06	11
320.	2036	Monica Rodrigues		Female	SEN F	00:51:00	00:50:42	05:06	12
321.	3179	Helder Jorge Santos Moreira		Male	V40 M	00:51:02	00:50:46	05:06	59
322.	2970	Elsa Afonso		Female	V40 F	00:51:02	00:50:49	05:06	7
323.	3004	Ricardo Freire		Male	SEN M	00:51:05	00:51:05	05:07	66
324.	2028	Manuela Ferrão		Female	V45 F	00:51:12	00:51:06	05:07	6
325.	3261	Marco Lemos		Male	V45 M	00:51:24	00:50:49	05:08	60
326.	2940	Jorge Lebre		Male	V45 M	00:51:29	00:51:07	05:09	61
327.	3026	Pedro Mendes		Male	V45 M	00:51:33	00:51:23	05:09	62
328.	3308	Pedro Roque	Os Papa Milhas	Male	V50 M	00:51:33	00:51:28	05:09	34
329.	3238	Pedro Cardoso		Male	SEN M	00:51:36	00:51:13	05:10	67
330.	3237	Gonçalo Gonçalves		Male	V35 M	00:51:36	00:51:13	05:10	33
331.	2632	Bruno Matos		Male	V35 M	00:51:37	00:51:20	05:10	34
332.	2861	Antonio Jorge Ferreira		Male	V50 M	00:51:38	00:51:19	05:10	35
333.	2745	Esmeralda Fiuza		Female	V55 F	00:51:45	00:51:32	05:11	2
334.	2961	Estefania Lopes	TONDELA RUNNERS	Female	V50 F	00:51:45	00:51:27	05:11	3
335.	3323	Miguel Faro	TONDELA RUNNERS	Male	V45 M	00:51:47	00:51:30	05:11	63
336.	3207	Tiago Almeida		Male	SEN M	00:51:49	00:51:34	05:11	68
337.	3191	Álvaro Pinheiro		Male	V35 M	00:51:50	00:51:21	05:11	35
338.	3066	Ana Rita Ramalho		Female	SEN F	00:51:51	00:51:26	05:11	13
339.	2007	Francisco Pimentel		Male	SEN M	00:51:53	00:51:28	05:11	69
340.	3057	João Capelôa		Male	V55 M	00:52:02	00:51:51	05:12	18
341.	2548	Paulo Marques		Male	V45 M	00:52:04	00:51:33	05:13	64
342.	2589	Luís Oliveira		Male	V35 M	00:52:11	00:51:50	05:13	36
343.	2864	Carlos Alberto Freitas Portela		Male	V50 M	00:52:13	00:51:44	05:13	36
344.	2969	Bruno Martins		Male	V35 M	00:52:16	00:51:40	05:14	37
345.	2099	Daniel Mendes	Fitting Point	Male	V40 M	00:52:18	00:51:45	05:14	60
346.	2768	Álvaro Costa		Male	V60 M	00:52:18	00:52:06	05:14	11
347.	3017	Maria João Simões		Female	V45 F	00:52:24	00:52:11	05:14	7
348.	3328	Ana Fonseca	TWELVESPOT	Female	SEN F	00:52:26	00:52:04	05:14	14
349.	3214	Nuno Filipe Correia De Sousa Fernandes		Male	V40 M	00:52:27	00:52:05	05:14	61
350.	3213	Luís Miguel Correia De Sousa Fernandes		Male	V35 M	00:52:27	00:52:05	05:14	38
351.	2147	Nelson Simões	Fitting Point	Male		00:52:28	00:52:13	05:15	
352.	2089	Carlos Manuel Gonçalves Carreira		Male	V50 M	00:52:29	00:52:18	05:15	37

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Chip	Média	Esc.
353.	2668	Carla Simões		Female	V35 F	00:52:37	00:52:37	05:16	4
354.	3201	João Paulo Mendes		Male	V50 M	00:52:39	00:52:20	05:16	38
355.	2547	José Ladeiro		Male	SEN M	00:52:52	00:52:48	05:17	70
356.	2049	Francisco Carvalheiro		Male		00:52:56	00:45:02	05:17	
357.	3031	Teresa Rosa		Female	V45 F	00:52:56	00:52:47	05:17	8
358.	2966	Gonçalo Loureiro	Solas Rotas	Male	V35 M	00:52:57	00:52:30	05:18	39
359.	2962	Dina Rodrigues	TONDELA RUNNERS	Female	V40 F	00:53:00	00:52:40	05:18	8
360.	2846	Patrícia Beja	Soure Mov	Female	V40 F	00:53:00	00:52:42	05:18	9
361.	3099	Hugo Carvalho		Male	SEN M	00:53:07	00:52:39	05:19	71
362.	2909	Aldina Ferreira	VERALLIA PORTUGAL	Female	V40 F	00:53:08	00:52:50	05:19	10
363.	2908	Armando Jordão Pereira	VERALLIA PORTUGAL	Male	V45 M	00:53:08	00:52:50	05:19	65
364.	3090	Luís Gaspar		Male	V45 M	00:53:09	00:53:09	05:19	66
365.	3086	José Santos		Male	V55 M	00:53:10	00:52:53	05:19	19
366.	2934	Francisco Moreira		Male	V55 M	00:53:10	00:52:51	05:19	20
367.	3293	Paulo Ricardo Simões Matos	Gyptec Ibérica	Male	V35 M	00:53:18	00:52:50	05:20	40
368.	2647	Licinia Ferreira		Female	V50 F	00:53:21	00:52:59	05:20	4
369.	2825	Danieli Sousa		Female	V35 F	00:53:21	00:52:59	05:20	5
370.	3298	Tiago Costa	Kili	Male	SEN M	00:53:22	00:52:59	05:20	72
371.	2678	Sónia Bento		Female	V40 F	00:53:23	00:53:14	05:20	11
372.	3310	Sandra Leite	Os Papa Milhas	Female	V45 F	00:53:23	00:52:54	05:20	9
373.	2013	Pedro Ferreira		Male	V50 M	00:53:32	00:53:09	05:21	39
374.	2035	Inês Rodrigues Fernandes De Jesus		Female	JUN F	00:53:33	00:53:04	05:22	1
375.	3290	Paulo Jorge Soares Gomes	Gyptec Ibérica	Male	V40 M	00:53:35	00:53:13	05:22	62
376.	3145	Nadia Deodato		Female	SEN F	00:53:40	00:53:20	05:22	15
377.	3313	Daniela Leitão	Os Papa Milhas	Female	SEN F	00:53:45	00:53:14	05:23	16
378.	2577	Adelaide Felizardo		Female	V40 F	00:53:47	00:53:22	05:23	12
379.	3196	Pedro Queiroz		Male	V40 M	00:53:48	00:53:13	05:23	63
380.	2559	Carlos Barroso	Convidados CMFF	Male	V50 M	00:53:48	00:53:21	05:23	40
381.	2560	Ricardo Pinho	Convidados CMFF	Male	V45 M	00:53:52	00:53:24	05:23	67
382.	3182	Catarina Isabel Simões Salgado		Female	V40 F	00:54:10	00:53:32	05:25	13
383.	3178	Angela Teresa Campo		Female	V50 F	00:54:12	00:53:58	05:25	5
384.	3093	César António Filipe Tafula		Male	V40 M	00:54:14	00:53:40	05:25	64
385.	2536	João Graça	ACRM Silveirinha Grande Claras	Male	V60 M	00:54:17	00:54:07	05:26	12
386.	3256	Paulo Pereira		Male	SEN M	00:54:21	00:53:56	05:26	73
387.	2643	Hugo Ribeiro		Male	SEN M	00:54:23	00:54:00	05:26	74
388.	2644	Inês Pires		Female	SEN F	00:54:23	00:54:00	05:26	17
389.	3161	Luís Conceição		Male	V55 M	00:54:28	00:54:11	05:27	21
390.	3180	Pedro Abreu		Male	V40 M	00:54:42	00:54:32	05:28	65
391.	2565	Silviu Stefan	Sem Sede	Male	SEN M	00:54:44	00:54:17	05:28	75
392.	3194	Rui Baptista Gonçalves		Male	V35 M	00:54:44	00:54:27	05:28	41
393.	2048	António Neves	Soure Mov	Male	V55 M	00:54:52	00:54:34	05:29	22
394.	2567	Pedro Ponte	Sem Sede	Male	V50 M	00:54:57	00:54:29	05:30	41
395.	2533	Armando Penedo		Male	V40 M	00:54:58	00:54:24	05:30	66
396.	2534	Emilia Penedo		Female	V40 F	00:54:58	00:54:24	05:30	14

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Chip	Média	Esc.
397.	2088	Pedro Matos Silva		Male	V45 M	00:55:01	00:54:32	05:30	68
398.	3176	Rosário Ramos		Female	V60 F	00:55:03	00:54:48	05:30	1
399.	3129	Renato Ramos		Male	V55 M	00:55:03	00:54:49	05:30	23
400.	2806	Tozé Felizardo		Male	V35 M	00:55:04	00:55:04	05:31	42
401.	2675	Isabel Gomes		Female	V50 F	00:55:04	00:54:44	05:31	6
402.	2777	Rui Custódio		Male	V35 M	00:55:05	00:54:39	05:31	43
403.	2697	José Albino		Male	V60 M	00:55:05	00:54:39	05:31	13
404.	2749	Gonçalo Cardoso		Male	SEN M	00:55:11	00:54:57	05:31	76
405.	2609	José Reis		Male	V55 M	00:55:17	00:54:46	05:32	24
406.	2736	Paulo Palhais		Male	V50 M	00:55:17	00:55:17	05:32	42
407.	2545	Lucidio Dias	ACRM Silveirinha Grande Claras	Male	V60 M	00:55:28	00:55:17	05:33	14
408.	2734	Armando Delgado		Male	V60 M	00:55:44	00:55:32	05:34	15
409.	2717	Pedro Fernandes	Casa Benfica Figueira Foz	Male	V45 M	00:55:44	00:55:26	05:34	69
410.	2595	Pedro Miguel Amorim R Ferreira	ABUTRES	Male	V45 M	00:55:50	00:55:27	05:35	70
411.	2625	Olga Felamino		Female	V40 F	00:55:57	00:55:27	05:36	15
412.	3218	Vitor Manuel Pardal		Male	V50 M	00:56:00	00:55:41	05:36	43
413.	3228	Marco Bruno Godinho Casas Novas		Male	SEN M	00:56:08	00:55:37	05:37	77
414.	2797	Cláudio Neves		Male	V45 M	00:56:12	00:55:34	05:37	71
415.	2634	Fernanda Vasco		Female	V40 F	00:56:17	00:55:49	05:38	16
416.	2563	Nuno Santos	Sem Sede	Male	SEN M	00:56:17	00:55:50	05:38	78
417.	2638	Eunice Sousa		Female	V45 F	00:56:17	00:55:56	05:38	10
418.	2580	André Pinto		Male	SEN M	00:56:19	00:55:59	05:38	79
419.	2555	Hélder Prata	Convidados CMFF	Male	V50 M	00:56:26	00:55:57	05:38	44
420.	3146	Anabela Correia	TONDELA RUNNERS	Female	V40 F	00:56:29	00:56:12	05:39	17
421.	3324	Inês Gomes	TONDELA RUNNERS	Female	V45 F	00:56:30	00:56:11	05:39	11
422.	3231	Nuno Andrade		Male	V45 M	00:56:32	00:55:54	05:39	72
423.	3193	Rita Galocha		Female	SEN F	00:56:33	00:56:17	05:39	18
424.	2693	Cristiano Anselmo	Os Coxos e a Cota	Male	SEN M	00:56:38	00:56:12	05:40	80
425.	3322	Adelaide Pedrosa	Solas Rotas	Female	V50 F	00:56:39	00:56:12	05:40	7
426.	2783	Nelia Cardoso	Solas Rotas	Female	V45 F	00:56:39	00:56:12	05:40	12
427.	2780	Licinia Mendes	Solas Rotas	Female	V40 F	00:56:40	00:56:13	05:40	18
428.	2939	Joaquim Feteira		Male	V40 M	00:56:50	00:56:29	05:41	67
429.	2954	Vanda Oliveira		Female	V35 F	00:56:50	00:56:29	05:41	6
430.	3047	Sofia Lemos	Patrulha Pata	Female	V40 F	00:56:54	00:56:35	05:41	19
431.	2785	Pedro Lapa		Male	V40 M	00:56:56	00:56:31	05:41	68
432.	2933	Dora Dourado		Female	V40 F	00:57:01	00:56:40	05:42	20
433.	2666	Emanuel José		Male	V35 M	00:57:10	00:56:59	05:43	44
434.	2892	Fátima Oliveira	VERALLIA PORTUGAL	Female	V40 F	00:57:29	00:57:11	05:45	21
435.	2764	Sandra Matias		Female	V40 F	00:57:29	00:56:56	05:45	22
436.	2517	Patrícia Isabel Tavares Simoes	Fitting Point	Female	V40 F	00:57:33	00:56:59	05:46	23
437.	2982	Diana Ferreira		Female	JUN F	00:57:40	00:57:21	05:46	2
438.	2032	Sandra Isabel Mendes Dos Reis		Female	V35 F	00:57:40	00:57:04	05:46	7
439.	3056	Maria Luisa Bispo Silva		Female	V35 F	00:57:42	00:57:10	05:46	8
440.	2015	Raquel Carvalho		Female	V40 F	00:57:42	00:57:32	05:46	24

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Chip	Média	Esc.
441.	3062	Mário Neto		Male	V45 M	00:57:44	00:57:13	05:46	73
442.	2569	Ilidio Brasão	Convidados CMFF	Male	V40 M	00:57:45	00:57:14	05:47	69
443.	3177	Raquel Vítor		Female	SEN F	00:57:46	00:57:31	05:47	19
444.	3233	Angela Moita		Female	V55 F	00:57:48	00:57:26	05:47	3
445.	2598	Ana Meneses		Female	V45 F	00:57:48	00:57:25	05:47	13
446.	2506	Nilton Lopes		Male	SEN M	00:57:51	00:57:12	05:47	81
447.	3105	Filipa Batista		Female	SEN F	00:57:51	00:57:16	05:47	20
448.	3190	Tiago Nascimento		Male	SEN M	00:57:52	00:57:31	05:47	82
449.	3189	Sofia Jordão		Female	V35 F	00:57:52	00:57:31	05:47	9
450.	2572	Marco Henriques		Male	V40 M	00:58:00	00:57:27	05:48	70
451.	2850	Anabela Monteiro		Female	V45 F	00:58:00	00:57:45	05:48	14
452.	2840	António Seródio	Soure Mov	Male	V60 M	00:58:12	00:57:53	05:49	16
453.	3316	Jorge Pessoa	Runners & Friends	Male	V60 M	00:58:15	00:58:10	05:49	17
454.	2626	Carla Felamino		Female	V40 F	00:58:25	00:57:56	05:50	25
455.	2686	Lino Carraco		Male	V50 M	00:58:27	00:57:55	05:51	45
456.	2740	Ana Dos Santos		Female	V40 F	00:58:30	00:58:05	05:51	26
457.	2760	Paulo Santos		Male	V45 M	00:58:30	00:58:07	05:51	74
458.	2958	Sílvia Costa		Female	V35 F	00:58:31	00:58:05	05:51	10
459.	3107	Isabel Bras	TONDELA RUNNERS	Female	V40 F	00:58:31	00:58:13	05:51	27
460.	3312	Carlos Pastilha	Os Papa Milhas	Male	V35 M	00:58:42	00:58:12	05:52	45
461.	2811	Luciano Silva	Shar	Male	V65 M	00:58:46	00:58:22	05:53	2
462.	2956	António Alves		Male	V45 M	00:58:50	00:58:32	05:53	75
463.	3251	Tiago Fernandes		Male	SEN M	00:58:52	00:58:34	05:53	83
464.	3007	José Guerra		Male	V65 M	00:58:55	00:58:50	05:53	3
465.	3011	João Namora		Male	V45 M	00:58:55	00:58:55	05:53	76
466.	3138	Hipólito Pereira	Olympic Silvas	Male	SEN M	00:59:00	00:58:21	05:54	84
467.	2854	Paulo Santos		Male	V45 M	00:59:04	00:58:40	05:55	77
468.	2872	Luís Miguel Rodrigues	Escola de Atletismo de Coimbra	Male	V45 M	00:59:04	00:58:54	05:55	78
469.	2987	Angela Almeida		Female	V35 F	00:59:07	00:59:07	05:55	11
470.	3305	Sérgio Marques	O MUNDO DA CORRIDA	Male	V35 M	00:59:11	00:58:50	05:55	46
471.	2014	Adriana Cruz		Female	V35 F	00:59:12	00:58:40	05:55	12
472.	2149	Fernando Jose Felamino	Fitting Point	Male		00:59:14	00:58:57	05:55	
473.	3142	Francisca Silva	Olympic Silvas	Female	SEN F	00:59:19	00:58:41	05:56	21
474.	3064	Ana Neves		Female	V40 F	00:59:20	00:58:55	05:56	28
475.	2529	Paulo Sordo Carvalho		Male	V45 M	00:59:22	00:58:49	05:56	79
476.	2663	Virgílio Rato		Male	V60 M	00:59:33	00:59:11	05:58	18
477.	2669	Valter Rainho		Male	V45 M	00:59:34	00:59:13	05:58	80
478.	3109	Juliana Rebelo	TONDELA RUNNERS	Female	SEN F	00:59:35	00:59:15	05:58	22
479.	3283	Marta Esteves	DCI/Trilhos Luso Bussaco	Female	V40 F	00:59:36	00:59:24	05:58	29
480.	3217	Eugénia Da Conceição Calado Rodrigues Pardal		Female	V45 F	00:59:40	00:59:20	05:58	15
481.	2566	Bruno Adão	Sem Sede	Male	V35 M	00:59:43	00:59:18	05:58	47
482.	3295	Patricia Rocha	Kili	Female	SEN F	00:59:44	00:59:21	05:58	23
483.	3212	Sónia Marques		Female	V40 F	00:59:49	00:59:09	05:59	30
484.	3061	Fausto Reis		Male	V35 M	00:59:49	00:59:34	05:59	48

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Chip	Média	Esc.
485.	3022	João Rodrigues		Male	SEN M	00:59:49	00:59:29	05:59	85
486.	3204	Sara Pinto		Female	SEN F	00:59:52	00:59:24	05:59	24
487.	3242	Ramiro Romão		Male	V50 M	00:59:53	00:59:34	05:59	46
488.	2820	Diana Costa	Atletismo Clube da Tocha	Female	SEN F	00:59:58	00:59:35	06:00	25
489.	2754	Carlos Lopes		Male	V40 M	01:00:03	00:59:38	06:00	71
490.	2928	Tiago Nunes		Male	SEN M	01:00:07	01:00:00	06:01	86
491.	3200	Nadia Faria		Female	SEN F	01:00:10	00:59:41	06:01	26
492.	2979	Manuel Cruz		Male	SEN M	01:00:12	00:59:43	06:01	87
493.	2812	David Botijo		Male	SEN M	01:00:12	00:59:44	06:01	88
494.	2946	Miguel Santos		Male		01:00:17	01:00:17	06:02	
495.	3309	António Sousa	Os Papa Milhas	Male	V45 M	01:00:19	00:59:52	06:02	81
496.	2779	Anabela Vieira Amaral		Female	V50 F	01:00:33	01:00:00	06:04	8
497.	2654	Andrade		Female	V40 F	01:00:34	01:00:01	06:04	31
498.	2786	Ricardo Mota		Male	V40 M	01:00:36	01:00:02	06:04	72
499.	2831	Ricardo Carrasqueira		Male	V35 M	01:00:41	01:00:25	06:04	49
500.	3079	Pedro Ramos		Male	V45 M	01:00:42	01:00:15	06:04	82
501.	2616	Graça Simões	ARCD Venda da Luisa	Female	V40 F	01:00:44	00:59:12	06:04	32
502.	2891	Carlos Palaio	VERALLIA PORTUGAL	Male	V45 M	01:00:45	01:00:27	06:05	83
503.	2834	José Pedrosa	Grupo Maravilha	Male	V55 M	01:00:45	01:00:15	06:05	25
504.	2853	Stéphanie Pais		Female	SEN F	01:00:47	01:00:30	06:05	27
505.	3158	Noémia Martinho		Female	V50 F	01:00:51	01:00:27	06:05	9
506.	2515	Marisa Lazaro	Fitting Point	Female	V40 F	01:00:54	01:00:20	06:05	33
507.	2091	Roberto Rodrigues		Male		01:00:54	01:00:24	06:05	
508.	2706	Filipe Rito	Fitting Point	Male	V50 M	01:00:56	01:00:41	06:05	47
509.	2752	Joao Patricio		Male	V50 M	01:00:58	01:00:38	06:06	48
510.	2029	Ana Couceiro		Female		01:01:04	01:00:30	06:07	
511.	3092	Mário Lopes		Male	V40 M	01:01:11	00:56:25	06:07	73
512.	2629	Nuno Moita	BFF TEAM	Male	JUN M	01:01:20	01:00:57	06:08	9
513.	2631	Mario Santos	BFF TEAM	Male	V50 M	01:01:20	01:00:58	06:08	49
514.	2630	Gilberto Ribeiro	BFF TEAM	Male	V45 M	01:01:20	01:00:58	06:08	84
515.	2628	Sandra Rodrigues	BFF TEAM	Female	V45 F	01:01:21	01:00:58	06:08	16
516.	3236	Teresa Landeiro		Female	V50 F	01:01:21	01:00:41	06:08	10
517.	2803	Tiago Rodrigues		Male	SEN M	01:01:25	01:00:57	06:08	89
518.	2795	Nélson Silva		Male	V40 M	01:01:39	01:01:04	06:10	74
519.	2967	Célia Santos	Solas Rotas	Female	V40 F	01:01:45	01:01:17	06:11	34
520.	2841	Dora Santos	Soure Mov	Female	V45 F	01:01:47	01:01:29	06:11	17
521.	3186	Paula Galito		Female	V35 F	01:02:00	01:01:32	06:12	13
522.	2519	Avelino Fernandes		Male	V45 M	01:02:00	01:01:22	06:12	85
523.	2571	Carlos Pinho	Convidados CMFF	Male	V40 M	01:02:00	01:02:00	06:12	75
524.	2581	Elisabete Pedrosa		Female	V45 F	01:02:07	01:01:35	06:13	18
525.	2746	Dina Neves	Sem Sede	Female	SEN F	01:02:08	01:01:42	06:13	28
526.	3121	João Braga Cruz		Male	V45 M	01:02:13	01:01:49	06:13	86
527.	3120	Ana Braga Cruz		Female	V40 F	01:02:14	01:01:49	06:13	35
528.	2994	Sara Henriqueta Gonçalves		Female	V40 F	01:02:16	01:01:44	06:14	36

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Chip	Média	Esc.
529.	2993	Carlos Filipe Almeida		Male	V45 M	01:02:16	01:01:44	06:14	87
530.	2985	Inês Lourenço		Female	V35 F	01:02:24	01:01:58	06:14	14
531.	3202	Joana Mendes		Female	SEN F	01:02:31	01:02:09	06:15	29
532.	2019	***** UNKNOWN COMPETITOR				01:02:40	01:02:06	06:16	
533.	2018	Marco Brás		Male	V35 M	01:02:40	01:02:06	06:16	50
534.	2017	Manuel Francisco		Male	V65 M	01:02:40	01:02:06	06:16	4
535.	2703	Antonio Andre Maduro	Fitting Point	Male	V50 M	01:02:43	01:02:32	06:16	50
536.	2612	João Pedro Da Silva Dâmaso		Male	SEN M	01:02:53	01:02:24	06:17	90
537.	3284	Rafael Bronze	Grupo Maravilha	Male	V40 M	01:02:53	01:02:23	06:17	76
538.	2508	Rui Brunheta		Male	V50 M	01:02:56	01:02:41	06:17	51
539.	2623	Jaime Antunes		Male	V35 M	01:03:02	01:02:39	06:18	51
540.	2622	Rosa Rodrigues		Female	SEN F	01:03:03	01:02:39	06:18	30
541.	2016	Luís Jorge		Male	V45 M	01:03:05	01:02:32	06:19	88
542.	3275	Daniela Geitoeira	ASSSCC-AR LIVRE E AVENTURA	Female	V35 F	01:03:07	01:02:44	06:19	15
543.	2971	Florbela Fernandes		Female	V45 F	01:03:12	01:02:42	06:19	19
544.	2633	Teresa Santos		Female	V50 F	01:03:19	01:02:50	06:20	11
545.	3080	Dora Cavaleiro		Female	V40 F	01:03:31	01:02:53	06:21	37
546.	2830	Luís Paiva	Sem Sede	Male	V45 M	01:03:40	01:03:26	06:22	89
547.	2810	Ana Patricia Fonseca	Shar	Female	V35 F	01:03:49	01:03:23	06:23	16
548.	2809	Nuno Silva	Shar	Male	V35 M	01:03:49	01:03:24	06:23	52
549.	3195	Gina Siebler		Female	SEN F	01:03:53	01:03:28	06:23	31
550.	2593	Ulisses Lopes		Male	V45 M	01:03:53	01:03:35	06:23	90
551.	3226	Dora Oliveira		Female	V40 F	01:04:03	01:03:26	06:24	38
552.	2664	Gilberto Neto		Male	V40 M	01:04:04	01:03:30	06:25	77
553.	2694	Pedro Correia		Male	V40 M	01:04:05	01:03:41	06:25	78
554.	3140	Miguel Rosendo	Olympic Silvas	Male	SEN M	01:04:06	01:03:27	06:25	91
555.	2893	Diogo Palaio	VERALLIA PORTUGAL	Male	SEN M	01:04:40	01:04:40	06:28	92
556.	2821	Dulcinea Oliveira	Atletismo Clube da Tocha	Female	V55 F	01:04:40	01:04:18	06:28	4
557.	3235	Cátia Rebelo		Female	SEN F	01:04:43	01:04:23	06:28	32
558.	2894	André Rodrigues	VERALLIA PORTUGAL	Male	SEN M	01:04:53	01:04:24	06:29	93
559.	3252	Daniela Fernandes		Female	SEN F	01:04:57	01:04:37	06:30	33
560.	3220	Antonio Damasceno		Male	V50 M	01:05:07	01:04:47	06:31	52
561.	3198	Nuno Pratas		Male	V40 M	01:05:15	01:04:42	06:31	79
562.	3258	Nuno Simoes		Male	V40 M	01:05:32	01:05:03	06:33	80
563.	3223	Helena Marques		Female	V40 F	01:05:59	01:05:30	06:36	39
564.	2941	Luis Máximo		Male	SEN M	01:06:06	01:05:45	06:37	94
565.	3292	Elsa Marina Pimentel Ascenso E Costa	Gyptec Ibérica	Female	V45 F	01:06:07	01:05:36	06:37	20
566.	2618	Luísa Simões	ARCD Venda da Luisa	Female	V40 F	01:06:08	01:05:32	06:37	40
567.	3096	Guida Gaspar		Female	V40 F	01:06:22	01:05:52	06:38	41
568.	3095	Raquel Calado		Female	V40 F	01:06:22	01:05:51	06:38	42
569.	3005	João Melanda		Male	SEN M	01:06:45	01:06:08	06:41	95
570.	3197	Sonia Abranches		Female	V40 F	01:06:49	01:06:16	06:41	43
571.	3042	Ana Catalão		Female	SEN F	01:06:50	01:06:43	06:41	34
572.	2992	Isabel Mariana Almeida		Female	V45 F	01:07:46	01:07:14	06:47	21

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Chip	Média	Esc.
573.	3254	Pedro Miguel Azenha		Male	SEN M	01:08:26	01:07:58	06:50	96
574.	2657	Vasco Justino		Male	SEN M	01:08:44	01:08:18	06:52	97
575.	2658	João Gil		Male	V55 M	01:08:44	01:08:18	06:52	26
576.	2002	Ana S.		Female	SEN F	01:09:02	01:08:33	06:54	35
577.	2001	Mica		Male	SEN M	01:09:02	01:08:33	06:54	98
578.	2719	Mário Freitas		Male	V60 M	01:09:06	01:08:45	06:55	19
579.	2775	Susana Òrfão		Female	V40 F	01:09:08	01:08:43	06:55	44
580.	2774	Pedro Bastos		Male	V40 M	01:09:08	01:08:43	06:55	81
581.	2556	Odete Freitas	Convidados CMFF	Female	V45 F	01:09:12	01:08:34	06:55	22
582.	2661	Gisela Jorge		Female	V45 F	01:09:13	01:08:37	06:55	23
583.	2707	Jacqueline Brites		Female	SEN F	01:09:18	01:08:54	06:56	36
584.	3141	Catarina Matias	Olympic Silvas	Female	V40 F	01:09:26	01:08:49	06:56	45
585.	3019	Leonilde Simões		Female	V55 F	01:10:08	01:09:36	07:01	5
586.	3021	Laura Gonçalves		Female	V35 F	01:10:08	01:09:37	07:01	17
587.	2723	Ricardo Pereira		Male	SEN M	01:10:08	01:09:36	07:01	99
588.	2792	Anabela Jordão		Female	V45 F	01:10:13	01:09:40	07:01	24
589.	2833	Helia Gil	Grupo Maravilha	Female	V40 F	01:10:27	01:09:51	07:02	46
590.	2832	Maria João Pereira	Grupo Maravilha	Female	V40 F	01:10:27	01:09:51	07:02	47
591.	2687	Tozé Matos		Male	V45 M	01:10:32	01:10:00	07:03	91
592.	2637	Cristina Mendes		Female	V45 F	01:11:09	01:10:47	07:07	25
593.	3111	Bela Venâncio		Female	V40 F	01:11:35	01:11:19	07:10	48
594.	3110	Maribela Teixeira		Female	V35 F	01:11:35	01:11:20	07:10	18
595.	3068	Maura Filipa Azenha		Female	SEN F	01:11:45	01:11:18	07:11	37
596.	3206	Diana Simões		Female	SEN F	01:12:00	01:11:35	07:12	38
597.	3181	Carla Miranda		Female	SEN F	01:12:05	01:11:37	07:13	39
598.	2919	David Mendes		Male	V35 M	01:12:21	01:11:45	07:14	53
599.	2781	Joana Verissimo	Solas Rotas	Female	SEN F	01:13:48	01:13:20	07:23	40
600.	3143	Rosa Ferreira	Olympic Silvas	Female	V45 F	01:14:11	01:13:32	07:25	26
601.	2950	Pedro Santos		Male	V40 M	01:16:50	01:16:15	07:41	82
602.	2793	Daniel Santos		Male	V70 M	01:16:50	01:16:18	07:41	1
603.	2582	Manuel Pedrosa		Male	V55 M	01:18:00	01:17:29	07:48	27
604.	2955	João Evangelista		Male	V40 M	01:19:27	01:18:51	07:56	83
605.	2522	Patrícia Lopes		Female	V35 F	01:19:27	01:19:03	07:56	19
606.	3139	Inês Rosendo	Olympic Silvas	Female	V35 F	01:23:04	01:22:26	08:19	20
607.	2093	Olga Moura	Olympic Silvas	Female	V35 F	01:23:04	01:22:26	08:19	21
608.	2708	Miguel Duarte		Male	V55 M	01:35:07	01:34:29	09:31	28
-	2615	Marisa Correia	ARCD Venda da Luisa	Female	SEN F				
-	2721	Nuno Trovão		Male	V45 M				
-	3327	Bárbara Pereira	TWELVESPOT	Female	SEN F				
-	2044	Adelaide Reis		Female	SEN F				
-	3088	João Manuel Quaresma Da Silva		Male	V55 M				