

POS.	DORSAL	NOME	EQUIPA	TEMPO	DIFERENÇA
1	79	Cristiano Pereira	Casa Do Povo De Mangualde	00:29:54.437	00:00:00.000
2	154	Paulo Gomes	G.D.C.Guilhovai	00:30:24.193	00:00:29.756
3	128	Marco Marques	A. C. R. Sra Do Desterro - Napo	00:31:06.950	00:01:12.513
4	157	José Carvalho	Clube Académico De Mogadouro	00:31:29.193	00:01:34.756
5	133	Nelson Gomes	Grupo Desportivo Leomil	00:31:35.410	00:01:40.973
6	57	Augusto Costa	Amigos Da Montanha	00:31:48.197	00:01:53.760
7	126	Antonio Fernandes	G.D.C.Guilhovai	00:31:51.447	00:01:57.010
8	80	Tiago Machado	Casa Do Povo De Mangualde	00:32:06.947	00:02:12.510
9	124	Nuno Costa	C.D. Sao Salvador Do Campo	00:32:31.447	00:02:37.010
10	50	Gil Ferreira	Recreio Desportivo De Águeda	00:32:48.703	00:02:54.266
11	49	Carla Martinho	Recreio Desportivo De Águeda	00:32:58.397	00:03:03.960
12	98	Emília Pisoeiro	Recreio Desportivo De Águeda	00:33:14.700	00:03:20.263
13	81	Carlos Nunes	Casa Do Povo De Mangualde	00:33:21.647	00:03:27.210
14	29	Manuel Ferreira	Arada Atletico Clube	00:33:30.200	00:03:35.763
15	84	Jorge Pádua	Casa Do Povo De Mangualde	00:34:01.953	00:04:07.516
16	125	Silvana Dias	S.L. Benfica	00:34:05.960	00:04:11.523
17	46	Paulo Costa	Viriathvs Runners Viseu	00:34:18.710	00:04:24.273
18	23	Toni	Juventude Ilha Verde	00:34:38.453	00:04:44.016
19	86	Milton Duarte	Casa Do Povo De Mangualde	00:34:43.893	00:04:49.456
20	8	António Ferreira	Individual	00:35:12.953	00:05:18.516
21	146	Jorge Loureiro	Clube Dínamo Da Estação	00:36:25.207	00:06:30.770
22	12	Manuel Paiva	Correr Viseu	00:37:02.960	00:07:08.523
23	100	Marco Silva	Clube De Montanha Alto Trilho - Javalis	00:37:15.460	00:07:21.023
24	6	Manuel Gomes	Viriathvs Runners Viseu	00:37:31.220	00:07:36.783
25	2	Miguel Campos	Individual	00:37:57.970	00:08:03.533
26	149	Claudio Queiroga	Clube Dínamo Da Estação	00:38:06.970	00:08:12.533
27	27	Lídia Pereira	Gdr Granja - Trutas Do Mau	00:38:12.463	00:08:18.026
28	59	José Ramalho	Zaatam Runners	00:38:21.713	00:08:27.276
29	138	José Silva	Individual	00:38:33.967	00:08:39.530
30	104	Luís Freitas	Fit Club	00:38:35.717	00:08:41.280
31	56	Jose Graça	Acr Cambra	00:38:43.357	00:08:48.920
32	83	Carlos Almeida	Casa Do Povo De Mangualde	00:38:48.720	00:08:54.283
33	140	Tania Pereira	Acr Cambra	00:38:53.107	00:08:58.670
34	158	António Ribeiro	Individual	00:38:58.717	00:09:04.280
35	52	Marilyne Marques	Gdr Granja - Trutas Do Mau	00:38:59.467	00:09:05.030
36	28	António Lourenço	Individual	00:39:24.223	00:09:29.786
37	54	Pedro Pereira	Individual	00:39:39.467	00:09:45.030
38	25	Nuno Queiroz	Planobody	00:40:25.220	00:10:30.783
39	30	André Cardão	Individual	00:41:11.973	00:11:17.536
40	51	José Cardoso	Gdr Granja - Trutas Do Mau	00:41:17.220	00:11:22.783
41	93	Lurdes Monteiro	Casa Do Povo De Mangualde	00:41:19.340	00:11:24.903
42	88	Célia Matias	Casa Do Povo De Mangualde	00:41:27.337	00:11:32.900
43	136	Leandro Roque	Correr Viseu	00:41:30.720	00:11:36.283
44	74	Luís Rodrigues	Move Martifer Gym	00:41:31.470	00:11:37.033
45	53	Luis Faria	Individual	00:41:36.970	00:11:42.533
46	150	Gabriel Niza	Clube Dínamo Da Estação	00:41:58.973	00:12:04.536
47	45	Jose Moreira	Individual	00:42:11.473	00:12:17.036
48	10	Anabela Abreu	Correr Viseu	00:42:15.477	00:12:21.040
49	71	João Abrantes	Individual	00:42:35.477	00:12:41.040
50	114	Rui Rocha	Fit Club	00:42:47.000	00:12:52.563
51	92	Laurinda Ferreira	Casa Do Povo De Mangualde	00:42:51.227	00:12:56.790
52	127	Carlos Oliveira	Individual	00:42:52.977	00:12:58.540
53	147	João Almeida	Clube Dínamo Da Estação	00:43:06.987	00:13:12.550
54	148	Maria Pereira	Clube Dínamo Da Estação	00:43:07.477	00:13:13.040
55	69	Miguel Castro	Almeida Pneus	00:43:14.227	00:13:19.790
56	33	Jorge Paixão	Correr Viseu	00:43:55.480	00:14:01.043
57	26	Amadeu Pereiro	Udv	00:44:08.230	00:14:13.793
58	143	Marina Gomes	Acr Cambra	00:44:11.567	00:14:17.130
59	77	Paulo Correia	Táleno Beirão	00:44:13.480	00:14:19.043
60	11	Fernado Correia	Correr Viseu	00:44:24.483	00:14:30.046
61	120	Joana Rodrigues	Fit Club	00:44:29.483	00:14:35.046
62	85	André Nunes	Casa Do Povo De Mangualde	00:44:50.983	00:14:56.546
63	102	Jorge Cabral	G.D. Os Ribeirinhos	00:44:54.230	00:14:59.793
64	19	Hugo Tavares	Oliveira Runners	00:45:10.483	00:15:16.046

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65	156	João Heitor	Individual	00:45:35.483	00:15:41.046
66	72	António Marques	Individual	00:45:58.233	00:16:03.796
67	60	Carlos Albuquerque	Viriathvs Runners Viseu	00:46:09.233	00:16:14.796
68	99	Paulo Marçal	M.C. Ptsps	00:46:32.743	00:16:38.306
69	97	Paulo Rodrigues	Individual	00:46:52.237	00:16:57.800
70	9	Filipe Queiriga	Azuribike Mangualde Team	00:47:21.987	00:17:27.550
71	14	Isabel Inacio	Correr Viseu	00:47:35.487	00:17:41.050
72	4	Paulo Costa	Azuribike Mangualde Team	00:47:39.240	00:17:44.803
73	76	Carlos Oliveira	Individual	00:47:41.990	00:17:47.553
74	155	Adelino Amorim	Individual	00:47:43.740	00:17:49.303
75	70	António Almeida	Almeida Pneus	00:47:45.487	00:17:51.050
76	20	Jorge Rodrigues	Almeida Pneus	00:47:55.497	00:18:01.060
77	65	Ana Rocha	Move Martifer Gym	00:48:06.990	00:18:12.553
78	34	Luis Bandeira	Move Martifer Gym	00:48:07.990	00:18:13.553
79	55	Raquel Lopes	Individual	00:48:16.743	00:18:22.306
80	132	Pedro Marques	Individual	00:48:28.500	00:18:34.063
81	110	António Fernandes	Fit Club	00:48:46.993	00:18:52.556
82	58	Paulo Paixão	Zaatam Runners	00:48:48.993	00:18:54.556
83	90	Sílvia Coelho	C. B. Viseu Running Team	00:48:50.743	00:18:56.306
84	117	Gonçalo Hubert	Fit Club	00:48:52.250	00:18:57.813
85	91	José Almeida	C. B. Viseu Running Team	00:48:55.743	00:19:01.306
86	78	Bruno Portelada	Táleno Beirão	00:49:45.747	00:19:51.310
87	3	Agostinho Bizarro	Vfm	00:49:47.247	00:19:52.810
88	153	Maria Freitas	Individual	00:49:52.747	00:19:58.310
89	1	António Marques	Individual	00:50:22.253	00:20:27.816
90	63	Nuno Ribeiro	Viriathvs Runners Viseu	00:50:22.253	00:20:27.816
91	21	Nuno Dias	Correr Viseu	00:50:22.497	00:20:28.060
92	109	Filipe Castanheira	Fit Club	00:50:32.997	00:20:38.560
93	134	Eduardo Ribeiro	Individual	00:50:37.497	00:20:43.060
94	112	Liliana Gonçalves	Fit Club	00:51:35.497	00:21:41.060
95	68	Luís Dias	Individual	00:51:41.500	00:21:47.063
96	32	Mário Correia	Individual	00:51:54.750	00:22:00.313
97	118	Gil Cardoso	Fit Club	00:52:20.503	00:22:26.066
98	96	Marco Alexandre	Individual	00:52:46.003	00:22:51.566
99	101	Sandro	Individual	00:53:06.260	00:23:11.823
100	131	Joaquim Cruz	Flash	00:53:06.260	00:23:11.823
101	103	Nuno Rocha	Fit Club	00:53:12.017	00:23:17.580
102	123	Carlos Soares	Fit Club	00:53:22.510	00:23:28.073
103	107	Ricardo Marques	Fit Club	00:53:26.760	00:23:32.323
104	64	César Figueiredo	Babys Runners	00:53:28.007	00:23:33.570
105	7	António Pereira	Viriathvs Runners Viseu	00:53:38.780	00:23:44.343
106	113	Luis Rodrigues	Fit Club	00:54:26.010	00:24:31.573
107	47	João Costa	Individual	00:54:40.767	00:24:46.330
108	62	João Costa	Individual	00:54:40.767	00:24:46.330
109	151	Susana Matos	Individual	00:54:49.007	00:24:54.570
110	152	Jaime Gomes	Individual	00:54:52.003	00:24:57.566
111	48	Luís Figueiredo	Individual	00:56:21.477	00:26:27.040
112	24	Filipa Aparício	Correr Viseu	00:56:21.767	00:26:27.330
113	13	Joana Graça	Correr Viseu	00:56:22.013	00:26:27.576
114	37	Margarida Rodrigues	Move Martifer Gym	00:59:47.020	00:29:52.583
115	105	Helena Cruz	Fit Club	01:00:03.027	00:30:08.590
116	111	Joana Monteiro	Fit Club	01:00:03.277	00:30:08.840
117	42	Daniela Carvalhas	Move Martifer Gym	01:00:43.277	00:30:48.840
118	119	Joana Dias	Fit Club	01:02:28.280	00:32:33.843
119	122	Susana Bizarro	Fit Club	01:02:30.280	00:32:35.843
120	129	José Cardoso	M.C. Ptsps	01:02:39.280	00:32:44.843
121	108	Isabel Regueira	Fit Club	01:02:39.280	00:32:44.843
122	35	Anabela Dias	Move Martifer Gym	01:02:59.040	00:33:04.603
123	39	Maria Dias	Move Martifer Gym	01:02:59.537	00:33:05.100
124	66	André Castanheira	Move Martifer Gym	01:03:54.287	00:33:59.850
125	116	Sara Dias	Fit Club	01:06:14.787	00:36:20.350
126	73	Maria Almeida	Individual	01:08:00.793	00:38:06.356
127	40	Ana Lino	Move Martifer Gym	01:09:39.380	00:39:44.943
128	38	Maria Bandeira	Move Martifer Gym	01:11:15.060	00:41:20.623

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129	31	António Moura	Individual	01:11:18.053	00:41:23.616
130	115	Marli Martins	Fit Club	01:12:46.057	00:42:51.620
131	106	Carla Sousa	Fit Club	01:12:49.317	00:42:54.880