

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip		
1.	769	Andre ANICETO	CAGAP	m	1	SEN M	1	33:00:00	03:18	33:00:00
2.	684	Janik LIMA	AFIS/OVAR	m	2	SEN M	2	33:34:00	03:21	33:34:00
3.	758	Helder PIRES	X5 HEALTH CLUB	m	3	SEN M	3	34:00:00	03:24	34:00:00
4.	468	Angelo ARAUJO	NUCLEO ATLETISMO CUCUJAES	m	4	SEN M	4	34:13:00	03:25	34:13:00
5.	317	Fernando LIMA	NAC	m	5	VET M40	1	34:30:00	03:27	34:30:00
6.	550	Paulo REIS	ESPINHO RUNNERS	m	6	VET M45	1	34:36:00	03:27	34:36:00
7.	46	Antonio SOUSA	OS AMIGOS DE GRIJO	m	7	VET M45	2	34:37:00	03:27	34:37:00
8.	805	Braima DABO	NA ROTA DOS POVOS/IPB	m	8	SEN M	5	34:58:00	03:29	34:58:00
9.	380	Sergio LOPES	INDIVIDUAL	m	9	SEN M	6	34:59:00	03:29	34:59:00
10.	1	Carla MARTINHO	ADERCUS	f	1	SEN F	1	35:06:00	03:30	35:06:00
11.	687	Manuel BELINHA		m	10	SEN M	7	35:08:00	03:30	35:08:00
12.	498	Lino FERREIRA	CLUBE DESP. FEIRENSE	m	11	VET M40	2	35:19:00	03:31	35:19:00
13.	564	Abilio RIBEIRO	CALDAS DE S. JORGE	m	12	VET M40	3	35:30:00	03:33	35:30:00
14.	504	Antonio CANECA	A.D.RIO LARGO-C.ESPINHO	m	13	VET M40	4	35:45:00	03:34	35:45:00
15.	735	Armando TEIXEIRA	ESTRELA GRANDE TRAIL	m	14	VET M40	5	35:46:00	03:33	35:39:00
16.	503	Andre GUIMARAES	A.D.RIO LARGO-C.ESPINHO	m	15	SEN M	8	36:14:00	03:37	36:14:00
17.	30	Toni SOARES	JIV -JUVENTUDE ILHA VERDE	m	16	SEN M	9	36:24:00	03:38	36:22:00
18.	556	Alex TONDELA	SPORT CLUBE BEIRA-MAR	m	17	VET M40	6	36:30:00	03:38	36:24:00
19.	512	Helder ROCHA	A.D.RIO LARGO-C.ESPINHO	m	18	SEN M	10	36:33:00	03:39	36:32:00
20.	447	Tiago MOREIRA		m	19	SEN M	11	36:34:00	03:39	36:32:00
21.	507	Alain COUTO	A.D.RIO LARGO-C.ESPINHO	m	20	VET M40	7	36:36:00	03:39	36:35:00
22.	904	Jose MARTINS	GRUPO CDC PARAISO CPV	m	21	VET M45	3	36:44:00	03:40	36:42:00
23.	473	Filipe FONTES	CAL - CLUBE ATL. DE LAMAS	m	22	VET M40	8	36:57:00	03:41	36:57:00
24.	283	Domingos SILVA	NASCIDOS PARA CORRER	m	23	SEN M	12	37:03:00	03:42	37:03:00
25.	261	Rui ALMEIDA	N.A.CUCUJAES	m	24	SEN M	13	37:10:00	03:42	37:09:00
26.	33	Renato SOUSA	A.D.RIO LARGO-C.ESPINHO	m	25	SEN M	14	37:16:00	03:43	37:16:00
27.	143	Paulo OLIVEIRA	ESPINHO RUNNERS	m	26	VET M45	4	37:33:00	03:45	37:32:00
28.	368	Jose MOTA	CICLISTAS COSMICOS GISLOT	m	27	VET M50	1	37:39:00	03:45	37:35:00
29.	120	Jose BRITO		m	28	VET M45	5	37:48:00	03:46	37:48:00
30.	535	Jose CABRAL	NO MEIO DO NADA	m	29	VET M55	1	37:53:00	03:47	37:53:00
31.	309	Claudio FONSECA	VIVALLEY RUNNERS	m	30	VET M40	9	37:55:00	03:46	37:48:00
32.	401	Hugo SILVA	T. R. CLUBE BTT SANGUEDO	m	31	SEN M	15	37:56:00	03:47	37:53:00
33.	673	Mauro AZEVEDO	NIGHT RUNNERS COIMBRA	m	32	VET M40	10	38:06:00	03:48	38:06:00
34.	552	Ana RAMOS	INDIVIDUAL	f	2	SEN F	2	38:06:00	03:48	38:06:00
35.	790	Carlos RAMOS	X5 HEALTH CLUB	m	33	SEN M	16	38:06:00	03:48	38:06:00
36.	218	Carlos ALMEIDA	ALTO TRILHO- JAVALIS	m	34	VET M40	11	38:15:00	03:49	38:12:00
37.	34	Adelino ALMEIDA	OS AMIGOS DE GRIJO	m	35	VET M40	12	38:18:00	03:49	38:18:00
38.	494	Fernando FERREIRA	RUNING ESPINHO	m	36	SEN M	17	38:23:00	03:49	38:18:00
39.	586	Ismael MATOS	OS KAGADOS	m	37	SEN M	18	38:28:00	03:50	38:24:00
40.	253	Manuel VITOR	RUN4EXCELLENCE	m	38	SEN M	19	38:28:00	03:50	38:25:00
41.	239	Augusto ALUAI	CAL - CLUBE ATL. DE LAMAS	m	39	VET M45	6	38:36:00	03:51	38:35:00
42.	310	Adriano FONSECA	VIVALLEY RUNNERS	m	40	SEN M	20	38:38:00	03:51	38:31:00
43.	68	Carlos FERREIRA	G.D.S.PAIO OLEIROS	m	41	VET M40	13	38:40:00	03:52	38:40:00
44.	133	Diogo SERRA		m	42	SEN M	21	38:40:00	03:51	38:38:00
45.	822	Bruno MACEDO	CAGA TACOS RUNNING TEAM	m	43	SEN M	22	38:42:00	03:51	38:35:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
46.	560	Paulo MIRANDA	SPORT CLUBE BEIRA-MAR	m	44 VET M40	14 38:45:00	03:51	38:39:00
47.	240	Carlos CARDOSO	CAL - CLUBE ATL. DE LAMAS	m	45 VET M40	15 38:48:00	03:52	38:48:00
48.	908	Humberto LOPES		m	46 VET M45	7 38:53:00	03:53	38:53:00
49.	338	Anselmo ROCHA	RUN4EXCELLENCE	m	47 VET M40	16 39:01:00	03:54	39:01:00
50.	279	Hernani FURTADO	RUNNING ESPINHO	m	48 SEN M	23 39:09:00	03:54	39:01:00
51.	187	Mario DIAS		m	49 SEN M	24 39:12:00	03:54	39:08:00
52.	65	Carlos COUTO	ARCORUN	m	50 VET M40	17 39:13:00	03:54	39:08:00
53.	700	Pedro SOUSA MARTINS		m	51 SEN M	25 39:13:00	03:55	39:11:00
54.	347	Jose MACEDO	INDEIVIDUAL	m	52 VET M45	8 39:16:00	03:55	39:15:00
55.	70	Joao MOREIRA	RUNNING ESPINHO	m	53 SEN M	26 39:19:00	03:55	39:16:00
56.	823	Eduardo MEIRELES	CYCLONES SANITOP	m	54 SEN M	27 39:21:00	03:55	39:18:00
57.	559	Cesar BARROS	SPORT CLUBE BEIRA-MAR	m	55 SEN M	28 39:21:00	03:55	39:16:00
58.	308	Ricardo FONSECA	VIVALLEY RUNNERS	m	56 VET M40	18 39:22:00	03:55	39:16:00
59.	304	Helder VIEIRA	INVICTA RUNNERS TEAM	m	57 VET M40	19 39:24:00	03:55	39:19:00
60.	514	Jose RODRIGO	A.D.RIO LARGO-C.ESPINHO	m	58 SEN M	29 39:26:00	03:56	39:22:00
61.	508	Wouter BROECK	A.D.RIO LARGO-C.ESPINHO	m	59 VET M40	20 39:32:00	03:56	39:28:00
62.	911	Alexandre SANTOS		m	60 SEN M	30 39:35:00	03:57	39:30:00
63.	467	Jorge QUEIROS	NUCLEO ATLETISMO CUCUJAES	m	61 VET M40	21 39:46:00	03:58	39:44:00
64.	863	Inuo MELO	RUN 4 ALL	m	62 SEN M	31 39:51:00	03:58	39:46:00
65.	736	Pedro TRINDADE	ESTRELA GRANDE TRAIL	m	63 SEN M	32 39:52:00	03:58	39:45:00
66.	278	Helio DIAS		m	64 SEN M	33 39:55:00	03:59	39:51:00
67.	52	Nuno SOUSA	INDIVIDUAL	m	65 VET M40	22 39:58:00	03:59	39:56:00
68.	211	Paulo GRILO	ARCORUN	m	66 VET M40	23 40:01:00	03:59	39:57:00
69.	262	Marco SILVA	ALTO TRILHO-JAVALIS	m	67 SEN M	34 40:06:00	04:00	40:01:00
70.	781	Filipe RIBEIRO	X5 HEALTH CLUB	m	68 SEN M	35 40:07:00	04:00	40:05:00
71.	216	Rui OLIVEIRA	VILA MAIOR TURISMO	m	69 SEN M	36 40:18:00	04:01	40:13:00
72.	399	Richard NOGUEIRA	T. R. CLUBE BTT SANGUEDO	m	70 VET M40	24 40:23:00	04:02	40:20:00
73.	506	Jose PEREIRA	A.D.RIO LARGO-C.ESPINHO	m	71 SEN M	37 40:36:00	04:03	40:34:00
74.	369	Antonio Filipe GUEDES NEVES	VILA MAIOR TURISMO	m	72 SEN M	38 40:38:00	04:03	40:33:00
75.	558	Nuno SILVA	SPORT CLUBE BEIRA-MAR	m	73 SEN M	39 40:39:00	04:03	40:33:00
76.	44	Rui GUEDES	OS AMIGOS DE GRIJO	m	74 SEN M	40 40:41:00	04:03	40:35:00
77.	77	Ricardo FERREIRA	RUNNING ESPINHO	m	75 SEN M	41 40:52:00	04:04	40:45:00
78.	828	Marcio CRUZ	DAR	m	76 SEN M	42 40:53:00	04:04	40:48:00
79.	844	Antonio PATRICIO		m	77 VET M45	9 40:57:00	04:05	40:57:00
80.	62	Antonio CASTRO		m	78 VET M50	2 40:59:00	04:05	40:53:00
81.	555	Rui MELO	SPORT CLUBE BEIRA-MAR	m	79 SEN M	43 41:01:00	04:05	40:56:00
82.	126	Ricardo TEIXEIRA	CLUBE DESPORTIVO FEIRENSE	m	80 SEN M	44 41:02:00	04:05	40:59:00
83.	217	Julio OLIVEIRA	VILA MAIOR TURISMO	m	81 VET M40	25 41:03:00	04:05	40:57:00
84.	36	Vasco FRANCO	GIROFLE BY FAP WINES	m	82 VET M45	10 41:03:00	04:05	40:50:00
85.	791	Helder ROCHA	INDIVIDUAL	m	83 SEN M	45 41:03:00	04:06	41:01:00
86.	915	Marcelo NASCIMENTO		m	84 SEN M	46 41:06:00	04:04	40:45:00
87.	406	Jose PEREIRA	T. R. CLUBE BTT SANGUEDO	m	85 VET M45	11 41:08:00	04:06	41:02:00
88.	372	David CAMELO	RUNNING ESPINHO	m	86 SEN M	47 41:08:00	04:06	41:02:00
89.	59	Tiago LEAL	INVICTA RUNNERS TEAM	m	87 VET M45	12 41:11:00	04:06	41:07:00
90.	442	Fabio FERNANDES SILVA	INDIVIDUAL	m	88 SEN M	48 41:13:00	04:05	40:56:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
91.	404	Manuel BASTOS	T. R. CLUBE BTT SANGUEDO	m	89 VET M40	26 41:16:00	04:07	41:16:00
92.	155	Fernando MORAIS	INDIVIDUAL	m	90 VET M50	3 41:18:00	04:07	41:14:00
93.	509	Rui SILVA	A.D.RIO LARGO-C.ESPINHO	m	91 VET M45	13 41:24:00	04:08	41:22:00
94.	173	Agostinho MARQUES	INDIVIDUAL	m	92 VET M40	27 41:25:00	04:08	41:25:00
95.	820	Mario BARBOSA	INDIVIDUAL	m	93 VET M45	14 41:25:00	04:08	41:23:00
96.	302	Americo SILVA		m	94 VET M40	28 41:27:00	04:07	41:19:00
97.	499	Joao CASTRO	INDIVIDUAL	m	95 VET M50	4 41:28:00	04:08	41:22:00
98.	116	Cesar SOUSA	RUNNING ESPINHO	m	96 VET M40	29 41:34:00	04:09	41:30:00
99.	869	Leandro CAETANO	HM TRAINING GROUP	m	97 SEN M	49 41:36:00	04:09	41:36:00
100.	751	Alcindo CORREIA PAIVA		m	98 VET M40	30 41:38:00	04:09	41:38:00
101.	145	Vitor NEVES		m	99 SEN M	50 41:41:00	04:08	41:23:00
102.	799	Lupricinio CORREIA		m	100 VET M45	15 41:42:00	04:10	41:40:00
103.	72	Vitor RITO	RUNNING ESPINHO	m	101 SEN M	51 41:43:00	04:10	41:43:00
104.	341	Jose CASTRO	CLUBE NOVO BANCO	m	102 VET M45	16 41:43:00	04:09	41:37:00
105.	311	Maximino RODRIGUES	VIVALLEY RUNNERS	m	103 VET M40	31 41:44:00	04:09	41:38:00
106.	551	Manuel OLIVEIRA	ESPINHO RUNNERS	m	104 VET M45	17 41:47:00	04:10	41:47:00
107.	219	Filipe CARNEIRO	ASPHALT ASSAULT TEAM	m	105 SEN M	52 41:54:00	04:07	41:19:00
108.	385	Jorge SOARES	INDIVIDUAL	m	106 SEN M	53 41:55:00	04:09	41:39:00
109.	778	Henrique NEVES	CAGAP	m	107 VET M40	32 41:55:00	04:09	41:39:00
110.	482	Patrick MARQUES	T. R. CLUBE BTT SANGUEDO	m	108 VET M40	33 41:56:00	04:11	41:56:00
111.	269	Fernando BRANDAO	JAM	m	109 VET M50	5 42:00:00	04:12	42:00:00
112.	678	Paulo BELINHA		m	110 SEN M	54 42:04:00	04:11	41:58:00
113.	333	Nuno OLIVEIRA	ALTO TRILHO-JAVALIS	m	111 VET M40	34 42:10:00	04:12	42:06:00
114.	275	Paulo ANTUNES	OS KAGADOS	m	112 SEN M	55 42:13:00	04:12	42:09:00
115.	668	Jose DUARTE		m	113 SEN M	56 42:14:00	04:12	42:07:00
116.	900	Virgilio CARCAO		m	114 VET M45	18 42:14:00	04:12	42:09:00
117.	768	Vitor SA	X5 HEALTH CLUB	m	115 VET M40	35 42:17:00	04:13	42:17:00
118.	206	Alexandre FERNANDES	ARCORUN	m	116 VET M40	36 42:19:00	04:13	42:10:00
119.	178	Andre PINA	INDIVIDUAL	m	117 SEN M	57 42:20:00	04:13	42:12:00
120.	236	Ricardo BASTOS	FOGACAS COM MALAPOS	m	118 SEN M	58 42:20:00	04:10	41:45:00
121.	702	Nuno SILVA		m	119 SEN M	59 42:22:00	04:14	42:22:00
122.	157	Gustavo ROXO	INVICTA RUNNERS TEAM	m	120 VET M45	19 42:22:00	04:13	42:18:00
123.	264	Silvio FERREIRA	MOCIDADE SANGEMIL AC	m	121 SEN M	60 42:28:00	04:14	42:25:00
124.	83	Pedro COSTA	RUNNING ESPINHO	m	122 SEN M	61 42:30:00	04:14	42:27:00
125.	674	Leandro NEVES		m	123 SEN M	62 42:31:00	04:11	41:52:00
126.	69	Paulo MARQUES	G.D.S.PAIO OLEIROS	m	124 VET M45	20 42:36:00	04:15	42:35:00
127.	653	Rui CARDOSO	INVICTA RUNNERS TEAM	m	125 VET M40	37 42:36:00	04:15	42:31:00
128.	655	Luis MOTA	INDIVIDUAL	m	126 VET M50	6 42:39:00	04:12	42:05:00
129.	623	Antonio FREITAS	CONFRARIA DA BIKE - GAIA	m	127 VET M45	21 42:39:00	04:15	42:32:00
130.	818	Hugo TEIXEIRA	INDIVIDUAL	m	128 SEN M	63 42:42:00	04:16	42:42:00
131.	303	Joao SILVA		m	129 SEN M	64 42:42:00	04:15	42:30:00
132.	82	Carlos Ripolins OLIVEIRA	RIPOLINS.COM - GRIJO	m	130 VET M55	2 42:47:00	04:16	42:47:00
133.	306	Tacito SOUSA	PAVILHAO ROLANTE	m	131 SEN M	65 42:48:00	04:14	42:25:00
134.	318	Fabio COSTA	TT RUNNERS	m	132 SEN M	66 42:51:00	04:15	42:37:00
135.	166	Jose Carlos GOMES	LIGEIRINHOS	m	133 VET M55	3 42:51:00	04:13	42:19:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
136.	366	Manuel FERREIRA	INDIVIDUAL	m	134 VET M60	1 42:52:00	04:14	42:28:00
137.	47	Edgar SILVA	OS AMIGOS DE GRIJO	m	135 SEN M	67 42:52:00	04:15	42:39:00
138.	637	Pedro OLIVEIRA	X5 HEALTH CLUB	m	136 SEN M	68 42:55:00	04:15	42:31:00
139.	557	Miguel CUNHA	SPORT CLUBE BEIRA-MAR	m	137 SEN M	69 42:56:00	04:17	42:51:00
140.	665	Pedro Andre CORREIA		m	138 SEN M	70 42:57:00	04:16	42:40:00
141.	66	Mario Rui DIAS	RUNNING ESPINHO	m	139 SEN M	71 42:58:00	04:17	42:55:00
142.	378	Rafael SILVA	C F VILACONDENSE	m	140 SEN M	72 43:03:00	04:17	42:56:00
143.	910	Ricardo COELHO		m	141 SEN M	73 43:03:00	04:17	42:53:00
144.	457	Andre RELVAS	SOREMA	m	142 VET M40	38 43:04:00	04:15	42:35:00
145.	681	Tiago BERNARDES		m	143 SEN M	74 43:07:00	04:18	43:02:00
146.	342	Angelo PEREIRA	CENTRO CICLISTA GONDOMAR	m	144 VET M50	7 43:07:00	04:13	42:19:00
147.	138	Ceu COELHO		f	3 SEN F	3 43:09:00	04:18	43:05:00
148.	400	Helder FERREIRA	T. R. CLUBE BTT SANGUEDO	m	145 SEN M	75 43:11:00	04:18	43:06:00
149.	524	Renato CARVALHO	ADCR POLICIA JUDICIARIA	m	146 VET M40	39 43:11:00	04:17	42:54:00
150.	541	Ricardo SANTOS		m	147 SEN M	76 43:11:00	04:19	43:11:00
151.	793	Rui MATOS	INDIVIDUAL	m	148 VET M60	2 43:19:00	04:18	43:08:00
152.	84	Luis CONCEICAO	G. D.. S. PAIO DE OLEIROS	m	149 VET M45	22 43:20:00	04:20	43:20:00
153.	142	Rui SANTOS	PORTO RUNNERS	m	150 VET M50	8 43:27:00	04:20	43:27:00
154.	597	Geraldino SILVA	PORTO RUNNERS	m	151 VET M55	4 43:28:00	04:20	43:24:00
155.	787	Vasco COSTA	X5 HEALTH CLUB	m	152 SEN M	77 43:29:00	04:19	43:17:00
156.	32	Raquel SANTOS	INDIVIDUAL	f	4 SEN F	4 43:32:00	04:18	43:04:00
157.	525	Ricardo CAPITAO		m	153 SEN M	78 43:33:00	04:20	43:22:00
158.	109	Ricardo MOREIRA	RUNNING ESPINHO	m	154 SEN M	79 43:34:00	04:20	43:22:00
159.	696	Claudio ALMEIDA		m	155 SEN M	80 43:35:00	04:19	43:16:00
160.	329	Julio GONCALO		m	156 SEN M	81 43:35:00	04:19	43:15:00
161.	807	Bruno PIRES	INDIVIDUAL	m	157 SEN M	82 43:37:00	04:21	43:37:00
162.	286	Marco ALMEIDA	NASCIDOS PARA CORRER	m	158 VET M40	40 43:40:00	04:22	43:40:00
163.	795	Nuno VELHO		m	159 SEN M	83 43:44:00	04:21	43:35:00
164.	360	Antonio DIAS	ESPINHO RUNNERS	m	160 VET M50	9 43:46:00	04:22	43:42:00
165.	516	Jorge DUARTE	A.D.RIO LARGO-C.ESPINHO	m	161 SEN M	84 43:46:00	04:22	43:46:00
166.	733	Nuno SANTOS	4ANY1	m	162 SEN M	85 43:47:00	04:22	43:41:00
167.	645	Helder FONSECA	X5 HEALTH CLUB	m	163 SEN M	86 43:47:00	04:20	43:26:00
168.	680	Joao LOPES		m	164 SEN M	87 43:50:00	04:21	43:32:00
169.	128	Paulo FIDALGO		m	165 SEN M	88 43:51:00	04:22	43:44:00
170.	64	Miguel BARROS	ARCORUN	m	166 VET M40	41 43:52:00	04:22	43:47:00
171.	491	Manuel SOUSA	AFIS/OVAR	m	167 VET M55	5 43:53:00	04:22	43:48:00
172.	426	Jose ALMEIDA		m	168 SEN M	89 43:53:00	04:22	43:49:00
173.	285	Rui SANTOS	NASCIDOS PARA CORRER	m	169 VET M40	42 43:56:00	04:23	43:56:00
174.	292	Alexandra FERNANDES	NASCIDOS PARA CORRER	f	5 VET F40	1 43:57:00	04:23	43:57:00
175.	189	Jose PEREIRA		m	170 VET M45	23 43:58:00	04:23	43:55:00
176.	387	Oscar FURRIEL		m	171 SEN M	90 43:59:00	04:23	43:53:00
177.	909	Nuno SOUSA		m	172 SEN M	91 44:02:00	04:23	43:52:00
178.	221	Antonio VELA	ASPHALT ASSAULT TEAM	m	173 SEN M	92 44:02:00	04:20	43:25:00
179.	706	Paulo GAVINA	ASPHALT ASSAULT TEAM	m	174 SEN M	93 44:02:00	04:20	43:26:00
180.	408	Mario BAPTISTA		m	175 SEN M	94 44:03:00	04:23	43:58:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
181.	533	Marcial GOMES		m	176 SEN M	95 44:05:00	04:22	43:48:00
182.	484	Fabio PINHO	OS BANDIDOS	m	177 SEN M	96 44:07:00	04:24	44:02:00
183.	567	Andre FERNANDES	INDIVIDUAL	m	178 VET M40	43 44:09:00	04:24	44:03:00
184.	81	Noel VALADAO	ORI MONDEGO	m	179 SEN M	97 44:10:00	04:24	44:01:00
185.	242	Mario MAIA	RUN FOR YOUR LIFE	m	180 SEN M	98 44:13:00	04:25	44:13:00
186.	215	Ricardo VISEU	RUNNING ESPINHO	m	181 VET M40	44 44:16:00	04:25	44:16:00
187.	693	Pedro FERREIRA		m	182 SEN M	99 44:17:00	04:24	44:01:00
188.	266	Matilde BAPTISTA	JAM	f	6 VET F40	2 44:19:00	04:25	44:19:00
189.	439	Ernesto MARQUES ALVES	JUVENTUDE CORTEGACENSE	m	183 VET M45	24 44:21:00	04:22	43:45:00
190.	861	Mario NOGUEIRA		m	184 VET M50	10 44:22:00	04:25	44:11:00
191.	561	Sergio FIGUEIREDO	SPORT CLUBE BEIRA-MAR	m	185 VET M40	45 44:24:00	04:25	44:18:00
192.	423	Paulo NEVES	CAL - CLUBE ATL. DE LAMAS	m	186 VET M45	25 44:24:00	04:26	44:24:00
193.	86	Constantino MOTA	INDIVIDUAL	m	187 VET M40	46 44:24:00	04:24	44:07:00
194.	870	Manuel LAMAS		m	188 VET M45	26 44:26:00	04:26	44:21:00
195.	819	Marisa JOÃO	MOZINHO MTB	f	7 SEN F	5 44:27:00	04:26	44:23:00
196.	707	Jorge SILVA	RUNNAVILLA/OS FALTA D'AR	m	189 VET M40	47 44:28:00	04:26	44:28:00
197.	376	Manuel CARDOSO		m	190 VET M50	11 44:30:00	04:23	43:56:00
198.	786	Diogo REIS	X5 HEALTH CLUB	m	191 SEN M	100 44:32:00	04:26	44:20:00
199.	788	Vitor SILVA	X5 HEALTH CLUB	m	192 SEN M	101 44:32:00	04:26	44:21:00
200.	58	Jorge Vicente SOUSA	GUICHOS	m	193 VET M45	27 44:34:00	04:26	44:26:00
201.	591	Carlos PAIS	SAN REMO	m	194 VET M50	12 44:37:00	04:26	44:27:00
202.	294	Felipe SOUZA		m	195 SEN M	102 44:39:00	04:27	44:32:00
203.	295	Fernando SOUZA		m	196 SEN M	103 44:39:00	04:27	44:33:00
204.	587	Ricardo COSTA		m	197 SEN M	104 44:56:00	04:29	44:51:00
205.	202	Diogo RODRIGUES	REAL CABICA	m	198 SEN M	105 44:56:00	04:27	44:37:00
206.	188	Paulo GIL		m	199 VET M40	48 44:56:00	04:29	44:56:00
207.	688	Luis ROCHA		m	200 SEN M	106 44:59:00	04:27	44:33:00
208.	210	Luis COSTA	ARCORUN	m	201 SEN M	107 44:59:00	04:29	44:50:00
209.	679	Fabio SACRAMENTO		m	202 SEN M	108 45:01:00	04:28	44:42:00
210.	759	Pedro FAMILIAR	X5 HEALTH CLUB	m	203 SEN M	109 45:02:00	04:28	44:48:00
211.	299	Manuel FERREIRA	BTT BRANDOENSE	m	204 VET M50	13 45:05:00	04:27	44:35:00
212.	323	Samuel MARTINHO	TT RUNNERS	m	205 SEN M	110 45:09:00	04:29	44:54:00
213.	320	Joao NATARIO	ESPINHO RUNNERS	m	206 VET M40	49 45:09:00	04:30	45:06:00
214.	203	Tiago RODRIGUES	REAL CABICA	m	207 SEN M	111 45:10:00	04:29	44:54:00
215.	425	Claudio COSTA		m	208 SEN M	112 45:10:00	04:30	45:06:00
216.	686	Helder COSTA		m	209 SEN M	113 45:15:00	04:29	44:56:00
217.	905	Nuno TEIXEIRA		m	210 SEN M	114 45:16:00	04:28	44:47:00
218.	698	Andre COIMBRA	HM TRAINING GROUP	m	211 SEN M	115 45:17:00	04:31	45:14:00
219.	615	Helder COSTA	AROUCA	m	212 SEN M	116 45:19:00	04:31	45:12:00
220.	609	Francisco MONTEIRO	PSP ESPINHO	m	213 VET M55	6 45:19:00	04:31	45:12:00
221.	441	Carlos MOREIRA	GRUPO CDC PARAISO CPV	m	214 SEN M	117 45:19:00	04:31	45:16:00
222.	829	Emanuel SILVA	INDIVIDUAL	m	215 SEN M	118 45:20:00	04:31	45:15:00
223.	137	Luis SOARES		m	216 SEN M	119 45:20:00	04:30	45:08:00
224.	486	Jose LOUREIRO	AD QUINTA - ATLETISMO	m	217 SEN M	120 45:21:00	04:31	45:11:00
225.	183	Joao MOREIRA	RUNNING ESPINHO	m	218 SEN M	121 45:21:00	04:32	45:21:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
226.	282	Paulo MACHADO	NASCIDOS PARA CORRER	m	219 VET M45	28 45:21:00	04:31	45:19:00
227.	643	Nelson ALVES	X5 HEALTH CLUB 1	m	220 VET M45	29 45:21:00	04:30	45:07:00
228.	914	Alcides SALES		m	221 VET M55	7 45:22:00	04:32	45:22:00
229.	625	Helder PEREIRA	X5 HEALTH CLUB	m	222 SEN M	122 45:24:00	04:30	45:06:00
230.	90	Cristiana FERREIRA	RUNNING ESPINHO	f	8 SEN F	6 45:28:00	04:31	45:19:00
231.	699	Orlando GOMES	RIPOLINS	m	223 SEN M	123 45:34:00	04:33	45:34:00
232.	386	Helena MOURAO	GDC CASTELO DE PAIVA	f	9 VET F50	1 45:34:00	04:33	45:30:00
233.	384	Lazaro TEIXEIRA	INDIVIDUAL	m	224 SEN M	124 45:35:00	04:31	45:17:00
234.	613	Luis MARTINS	EU E ELES...	m	225 VET M40	50 45:35:00	04:29	44:56:00
235.	683	Daniel PROENCA	INDIVIDUAL	m	226 SEN M	125 45:38:00	04:32	45:23:00
236.	350	Bruno SILVA	INDIVIDUAL	m	227 SEN M	126 45:42:00	04:33	45:35:00
237.	57	Paulo SILVA	SUIL PARK RANGERS	m	228 VET M40	51 45:43:00	04:30	45:06:00
238.	796	Vitor PINTO		m	229 SEN M	127 45:43:00	04:33	45:33:00
239.	636	Helder MADUREIRA	X5 HEALTH CLUB	m	230 SEN M	128 45:45:00	04:32	45:22:00
240.	104	Adelino PIRES	RUNNING ESPINHO	m	231 VET M40	52 45:48:00	04:30	45:04:00
241.	440	Antonio MOREIRA	GRUPO CDC PARAISO CPV	m	232 SEN M	129 45:51:00	04:34	45:48:00
242.	192	Jose FONSECA		m	233 VET M45	30 45:52:00	04:34	45:49:00
243.	640	Paulo COSTA 2	X5 HEALTH CLUB	m	234 VET M45	31 45:52:00	04:34	45:40:00
244.	422	Lucidio DIAS	CAL - CLUBE ATL. DE LAMAS	m	235 VET M60	3 45:53:00	04:35	45:53:00
245.	803	Andre MATOS	X5 HEALTH CLUB	m	236 SEN M	130 45:54:00	04:34	45:46:00
246.	398	Joao Vasco FERREIRA	CLUBE PESSOAL EDP - VNG	m	237 VET M40	53 45:54:00	04:34	45:45:00
247.	652	David GARCIA	SOREMA	m	238 SEN M	131 45:54:00	04:32	45:24:00
248.	831	Nuno RIBEIRO	CORRER VISEU	m	239 SEN M	132 45:55:00	04:31	45:11:00
249.	536	Andre CUNHA		m	240 SEN M	133 45:55:00	04:33	45:36:00
250.	757	Ricardo SANTOS	X5 HEALTH CLUB	m	241 SEN M	134 45:57:00	04:33	45:37:00
251.	163	Manuel MATOS	MANQUINHOS	m	242 VET M60	4 45:57:00	04:34	45:40:00
252.	839	Porfirio PEREIRA	FAURECIA RUNNERS	m	243 VET M40	54 45:58:00	04:33	45:33:00
253.	646	Antonio PORRAO	X5 HEALTH CLUB	m	244 VET M50	14 45:59:00	04:33	45:39:00
254.	27	Carlos OLIVEIRA	INDIVIDUAL	m	245 VET M40	55 46:01:00	04:34	45:40:00
255.	193	Ricardo MOTA	SRI CHINMOY MARATHON TEAM	m	246 SEN M	135 46:01:00	04:33	45:36:00
256.	812	Pedro FONSECA	RUNNING ESPINHO	m	247 SEN M	136 46:02:00	04:34	45:49:00
257.	247	Jorge COELHO		m	248 VET M40	56 46:02:00	04:32	45:28:00
258.	887	Ricardo GONCALVES		m	249 VET M40	57 46:04:00	04:31	45:19:00
259.	122	Rosa Amelia FERREIRA	X5 HEALTH CLUB	f	10 VET F50	2 46:05:00	04:36	46:00:00
260.	675	Carlos SA		m	250 SEN M	137 46:06:00	04:32	45:26:00
261.	123	Angelina FERREIRA	X5 HEALTH CLUB	f	11 VET F50	3 46:07:00	04:36	46:04:00
262.	571	Nuno SANTOS	INDIVIDUAL	m	251 SEN M	138 46:08:00	04:34	45:42:00
263.	459	Ricardo RELVAS	SOREMA	m	252 SEN M	139 46:09:00	04:33	45:39:00
264.	241	Armando PINHO		m	253 VET M40	58 46:15:00	04:36	46:06:00
265.	912	Telmo FERNANDES		m	254 SEN M	140 46:15:00	04:36	46:06:00
266.	273	Pedro COSTA	OS KAGADOS	m	255 SEN M	141 46:15:00	04:35	45:53:00
267.	806	Rui VIEIRA		m	256 VET M40	59 46:16:00	04:36	46:05:00
268.	29	Baltazar PAIVA	INDIVIDUAL	m	257 VET M45	32 46:22:00	04:37	46:16:00
269.	429	Helder SAN ROMAO		m	258 SEN M	142 46:22:00	04:36	46:01:00
270.	125	Goncalo COSTEIRA	TARTARUGAS DO ASFALTO	m	259 VET M40	60 46:24:00	04:38	46:24:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
271.	895	Paulo DALVA		m	260 SEN M	143 46:27:00	04:37	46:13:00
272.	134	Filipe PIRES	TARTARUGAS DO ASFALTO	m	261 VET M45	33 46:28:00	04:37	46:14:00
273.	765	Romeu ROCHA	X5 HEALTH CLUB	m	262 SEN M	144 46:29:00	04:37	46:19:00
274.	395	Antonio BRANDAO	CGD - OVAR	m	263 VET M55	8 46:30:00	04:38	46:21:00
275.	121	Vitor FERREIRA	RUNNNING ESPINHO	m	264 VET M40	61 46:31:00	04:37	46:17:00
276.	815	Ricardo SOUSA		m	265 SEN M	145 46:32:00	04:37	46:12:00
277.	614	Fernando LOPES	INDIVIDUAL	m	266 VET M55	9 46:35:00	04:38	46:23:00
278.	290	Wilson FONSECA	NASCIDOS PARA CORRER	m	267 VET M40	62 46:35:00	04:39	46:33:00
279.	817	Rui SANTOS	INDIVIDUAL	m	268 VET M40	63 46:37:00	04:38	46:23:00
280.	496	Liliana COUTO	T. R. CLUBE BTT SANGUEDO	f	12 SEN F	7 46:38:00	04:38	46:26:00
281.	722	Paulo FERREIRA		m	269 VET M40	64 46:39:00	04:39	46:33:00
282.	232	Roberto DIAS	FOGACAS COM MALAPOS	m	270 SEN M	146 46:41:00	04:36	46:05:00
283.	838	Artur ROCHA	INDIVIVUAL	m	271 SEN M	147 46:42:00	04:37	46:18:00
284.	451	Joao VIEIRA		m	272 SEN M	148 46:42:00	04:39	46:35:00
285.	864	Gabriel LOPES		m	273 SEN M	149 46:45:00	04:38	46:25:00
286.	676	Andre RESTIVO		m	274 SEN M	150 46:46:00	04:39	46:35:00
287.	478	Jose LEITE		m	275 SEN M	151 46:47:00	04:38	46:23:00
288.	195	Orlando FERREIRA	FORMULA RUN	m	276 VET M50	15 46:48:00	04:36	46:08:00
289.	488	Cesar CRUZ	FFITNESS TEAM MADALENA	m	277 VET M45	34 46:48:00	04:38	46:23:00
290.	755	Tania RIBEIRO	X5 HEALTH CLUB 1	f	13 SEN F	8 46:49:00	04:38	46:28:00
291.	802	Marcio OLIVEIRA	X5 HEALTH CLUB	m	278 SEN M	152 46:49:00	04:40	46:49:00
292.	402	Lazaro COSTA	T. R. CLUBE BTT SANGUEDO	m	279 VET M50	16 46:50:00	04:40	46:43:00
293.	51	Mario CORREIA	SEM EQUIPA	m	280 VET M45	35 46:57:00	04:41	46:52:00
294.	204	Antonio DIAS	INDIVIDUAL	m	281 VET M45	36 47:00:00	04:41	46:53:00
295.	811	Mika MAGALHAES		m	282 VET M40	65 47:03:00	04:40	46:43:00
296.	627	Pedro SOARES	X5 HEALTH CLUB	m	283 VET M40	66 47:04:00	04:40	46:45:00
297.	658	Miguel MACEDO		m	284 SEN M	153 47:04:00	04:40	46:45:00
298.	74	Manuel TEIXEIRA	MANQUINHOS	m	285 VET M55	10 47:11:00	04:41	46:55:00
299.	117	Miguel FERREIRA		m	286 SEN M	154 47:14:00	04:40	46:46:00
300.	102	Andre MACHADO		m	287 SEN M	155 47:16:00	04:43	47:10:00
301.	797	Joao MARTINS		m	288 SEN M	156 47:16:00	04:43	47:13:00
302.	403	Rosa CONCEICAO	T. R. CLUBE BTT SANGUEDO	f	14 VET F40	3 47:18:00	04:43	47:13:00
303.	322	Jose MOREIRA	CAL - CLUBE ATL. DE LAMAS	m	289 SEN M	157 47:19:00	04:42	47:01:00
304.	417	Jose OLIVEIRA	EU E ELES...	m	290 SEN M	158 47:21:00	04:40	46:40:00
305.	379	Sergio ALMEIDA	INDIVIDUAL	m	291 VET M45	37 47:21:00	04:42	47:06:00
306.	501	Pedro MARQUES	RUMO34	m	292 SEN M	159 47:21:00	04:43	47:14:00
307.	161	Fernando CARVALHO	INDIVIDUAL	m	293 VET M40	67 47:22:00	04:43	47:12:00
308.	814	Pedro RIBEIRO		m	294 SEN M	160 47:22:00	04:42	47:00:00
309.	648	Filipe RAMOS	X5 HEALTH CLUB	m	295 VET M40	68 47:23:00	04:42	47:09:00
310.	418	Helio QUINTAS	EU E ELES...	m	296 SEN M	161 47:26:00	04:40	46:45:00
311.	197	Nuno ALVES		m	297 SEN M	162 47:28:00	04:43	47:16:00
312.	196	Miguel Angelo OLIVEIRA		m	298 SEN M	163 47:28:00	04:43	47:17:00
313.	198	Marco ANDRE		m	299 SEN M	164 47:28:00	04:43	47:15:00
314.	816	Luisa ALMEIDA	TARTARUGAS DO ASFALTO	f	15 VET F50	4 47:33:00	04:44	47:21:00
315.	906	Marcio SILVA	X5 HEALTH CLUB	m	300 SEN M	165 47:41:00	04:44	47:22:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
316.	830	Carlos RODRIGUES		m	301 VET M40	69 47:41:00	04:45	47:30:00
317.	833	Paulo SILVA		m	302 SEN M	166 47:43:00	04:42	47:00:00
318.	245	Jose FEITEIRA	FEITEIRAGEL	m	303 VET M45	38 47:45:00	04:45	47:35:00
319.	244	Rui PINTO	RUNNING ESPINHO	m	304 VET M40	70 47:45:00	04:45	47:35:00
320.	147	Rui PEREIRA		m	305 SEN M	167 47:46:00	04:43	47:14:00
321.	60	Valdemar ALMEIDA	INDIVIDUAL	m	306 VET M50	17 47:46:00	04:46	47:42:00
322.	804	Danilo MAIA	X5 HEALTH CLUB	m	307 SEN M	168 47:48:00	04:44	47:23:00
323.	711	Nuno SANTOS	MIFC RUNNERS	m	308 SEN M	169 47:48:00	04:38	46:20:00
324.	307	Tacito LARANJEIRA	PAVILHAO ROLANTE	m	309 VET M60	5 47:48:00	04:46	47:48:00
325.	581	Joao Santos 338	AD QUINTA	m	310 SEN M	170 47:48:00	04:46	47:45:00
326.	358	Fernando COELHO	COELHOS	m	311 SEN M	171 47:49:00	04:42	47:08:00
327.	50	Julio COSTA	INDIVIDUAL	m	312 VET M40	71 47:50:00	04:45	47:38:00
328.	692	Joaquim FERREIRA		m	313 SEN M	172 47:50:00	04:45	47:34:00
329.	231	Luis Miguel CUNHA	FOGACAS COM MALAPOS	m	314 VET M40	72 47:51:00	04:43	47:16:00
330.	808	Fernando MENDES	INDIVIDUAL	m	315 SEN M	173 47:51:00	04:44	47:25:00
331.	835	Joao MARTINS		m	316 SEN M	174 47:52:00	04:45	47:31:00
332.	767	Julio CARDOSO	X5 HEALTH CLUB	m	317 VET M45	39 47:53:00	04:44	47:24:00
333.	474	Vitor OLIVEIRA	RAINHA CLUB	m	318 SEN M	175 47:56:00	04:44	47:29:00
334.	463	Goncalo CARVALHEIRO	TT RUNNERS	m	319 SEN M	176 47:59:00	04:46	47:43:00
335.	886	Julia SCHIAVON		f	16 SEN F	9 48:01:00	04:45	47:31:00
336.	194	Rui SOARES	RUNNING ESPINHO	m	320 VET M40	73 48:02:00	04:47	47:50:00
337.	875	Alexandre Nuno OLIVEIRA	RUNNING ESPINHO	m	321 SEN M	177 48:03:00	04:44	47:25:00
338.	740	Carlos ALVES	CLUBE PESSOAL EDP PORTO	m	322 VET M55	11 48:03:00	04:47	47:51:00
339.	649	Jose ANDRADE	X5 HEALTH CLUB	m	323 VET M40	74 48:04:00	04:46	47:49:00
340.	449	Jorge VILELA	C.T.M. VILA POUCA AGUIAR	m	324 VET M45	40 48:05:00	04:48	48:05:00
341.	164	Rosa SILVA	LIGEIRINHOS	f	17 VET F40	4 48:07:00	04:46	47:41:00
342.	268	Augusto BAPTISTA	JAM	m	325 VET M55	12 48:09:00	04:45	47:30:00
343.	371	Antonio Jorge SA	ALVATRILHOS	m	326 VET M45	41 48:12:00	04:45	47:31:00
344.	370	Emanuel GOMES	ALVATRILHOS	m	327 SEN M	178 48:12:00	04:45	47:31:00
345.	416	Rui MARTINS	EU E ELES...	m	328 SEN M	179 48:16:00	04:45	47:34:00
346.	770	Antonio SA	CAGAP	m	329 VET M40	75 48:17:00	04:48	48:00:00
347.	130	Avelino SOUSA	TARTARUGAS DO ASFALTO	m	330 VET M45	42 48:20:00	04:48	48:08:00
348.	897	Octavio MOTA		m	331 SEN M	180 48:21:00	04:48	48:00:00
349.	412	Joana LAGE	INDIVIDUAL	f	18 SEN F	10 48:21:00	04:48	48:07:00
350.	810	Jose GOMES	RUNNING ESPINHO	m	332 VET M40	76 48:22:00	04:49	48:14:00
351.	42	Fernando PEREIRA	OS AMIGOS DE GRIJO	m	333 VET M50	18 48:23:00	04:46	47:47:00
352.	141	Isabel CATARINO	K.M.A	f	19 SEN F	11 48:24:00	04:49	48:15:00
353.	140	Jorge CATARINO	K.M.A	m	334 SEN M	181 48:25:00	04:49	48:15:00
354.	207	Diamantino TORRES	ARCORUN	m	335 SEN M	182 48:26:00	04:47	47:58:00
355.	246	Antonio LOURENCO	INDIVIDUAL	m	336 VET M40	77 48:27:00	04:50	48:20:00
356.	843	Carlos MOREIRA	X5 HEALTH CLUB	m	337 SEN M	183 48:27:00	04:50	48:27:00
357.	419	Daniel COUTO		m	338 SEN M	184 48:28:00	04:48	48:07:00
358.	475	Fernando FERREIRA	INDIVIDUAL	m	339 VET M40	78 48:30:00	04:50	48:24:00
359.	258	Jose RIBEIRO	EXSEDENTARIOS	m	340 SEN M	185 48:31:00	04:49	48:14:00
360.	280	Francisco PACHECO		m	341 VET M45	43 48:34:00	04:47	47:53:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
361.	355	Jorge FERREIRA	INDIVIDUAL	m	342 SEN M	186 48:40:00	04:48	48:05:00
362.	629	Antonio PINHEIRO	X5 HEALTH CLUB	m	343 VET M40	79 48:41:00	04:49	48:19:00
363.	200	Abilio SOARES		m	344 VET M60	6 48:42:00	04:52	48:42:00
364.	483	Paulo PINTO	T. R. CLUBE BTT SANGUEDO	m	345 SEN M	187 48:42:00	04:52	48:42:00
365.	490	Eduardo RESENDE	AFIS/OVAR	m	346 VET M60	7 48:45:00	04:51	48:39:00
366.	612	Marco GOMES	T. R. CLUBE BTT SANGUEDO	m	347 SEN M	188 48:47:00	04:52	48:47:00
367.	605	Paulo REIS	CASE KARATE	m	348 SEN M	189 48:47:00	04:49	48:17:00
368.	794	Joaquim VELHO		m	349 SEN M	190 48:50:00	04:51	48:39:00
369.	762	Joao PINTO	X5 HEALTH CLUB	m	350 SEN M	191 48:51:00	04:51	48:35:00
370.	78	Jerusa SANTOS		f	20 SEN F	12 48:53:00	04:51	48:31:00
371.	532	Emidio Silva SILVA	CLUBE MILLENNIUM BCP	m	351 VET M60	8 48:53:00	04:52	48:45:00
372.	424	Sergio GONCALVES		m	352 SEN M	192 48:54:00	04:51	48:38:00
373.	876	Miguel MAGANO	INDIVIDUAL	m	353 VET M40	80 48:55:00	04:48	48:01:00
374.	150	Vitor SILVA	RUMO34	m	354 SEN M	193 48:56:00	04:52	48:47:00
375.	476	Hugo PINHO		m	355 SEN M	194 48:57:00	04:52	48:40:00
376.	635	Sofia COELHO	X5 HEALTH CLUB	f	21 VET F40	5 48:57:00	04:52	48:47:00
377.	489	Jose Moreira DA SILVA	AFIS/OVAR	m	356 VET M60	9 48:57:00	04:53	48:50:00
378.	657	Alvaro GONCALVES		m	357 SEN M	195 48:58:00	04:49	48:17:00
379.	659	Carlos COSTA	CORRER VISEU	m	358 SEN M	196 48:59:00	04:49	48:15:00
380.	25	Manuel RIBEIRO	INDIVIDUAL	m	359 VET M50	19 49:00:00	04:51	48:39:00
381.	813	Hugo MOUTINHO		m	360 SEN M	197 49:03:00	04:50	48:23:00
382.	670	Elisabete TOMAS		f	22 SEN F	13 49:03:00	04:53	48:59:00
383.	616	Pedro REINA	VARZIM SPORT CLUB	m	361 SEN M	198 49:04:00	04:52	48:47:00
384.	798	Hugo FERREIRA		m	362 SEN M	199 49:04:00	04:52	48:49:00
385.	319	Miguel FERREIRA	INDIVIDUAL	m	363 VET M40	81 49:05:00	04:52	48:41:00
386.	761	Fabio LOPES	X5 HEALTH CLUB	m	364 SEN M	200 49:14:00	04:53	48:50:00
387.	114	Manuel SILVA		m	365 VET M40	82 49:14:00	04:53	48:55:00
388.	742	Manuel LAPA	INDIVIDUAL	m	366 VET M60	10 49:14:00	04:55	49:12:00
389.	230	Antero Henrique BARBOSA	FOGACAS COM MALAPOS	m	367 SEN M	201 49:15:00	04:52	48:40:00
390.	235	Hugo LIMA	FOGACAS COM MALAPOS	m	368 SEN M	202 49:16:00	04:52	48:42:00
391.	414	Rolando PAULO	T. R. CLUBE BTT SANGUEDO	m	369 SEN M	203 49:16:00	04:55	49:10:00
392.	903	Jose SOUSA		m	370 VET M45	44 49:18:00	04:54	49:05:00
393.	185	Bruno BASTOS		m	371 SEN M	204 49:20:00	04:55	49:12:00
394.	599	Bruno SEADA		m	372 SEN M	205 49:25:00	04:54	49:06:00
395.	238	Adelino GOMES	CAL - CLUBE ATL. DE LAMAS	m	373 VET M40	83 49:26:00	04:51	48:32:00
396.	96	Luis COSTA	RIPOLINS.COM	m	374 SEN M	206 49:28:00	04:56	49:22:00
397.	727	Pedro LOPES	CAGA TACOS RUNNING TEAM	m	375 SEN M	207 49:29:00	04:53	48:57:00
398.	415	Simao RIBEIRO	T. R. CLUBE BTT SANGUEDO	m	376 SEN M	208 49:31:00	04:53	48:56:00
399.	214	Luis DUARTE	REAL CABICA	m	377 SEN M	209 49:32:00	04:55	49:14:00
400.	889	Antonio PEREIRA		m	378 VET M60	11 49:32:00	04:56	49:22:00
401.	184	Marisa GONCALVES		f	23 SEN F	14 49:34:00	04:56	49:26:00
402.	274	Dulce ALMEIDA	OS KAGADOS	f	24 SEN F	15 49:34:00	04:55	49:10:00
403.	660	Gaspar CADETE		m	379 VET M60	12 49:35:00	04:57	49:30:00
404.	105	Paulo CARDOSO	MANOS RT	m	380 VET M50	20 49:37:00	04:54	49:01:00
405.	337	Jose BARBOSA		m	381 SEN M	210 49:37:00	04:53	48:57:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
406.	485	Paulo MAIA	INDIVIDUAL	m	382 VET M40	84 49:37:00	04:55	49:19:00
407.	383	Sara BRANDAO	RATOS DO ASFALTO	f	25 SEN F	16 49:38:00	04:54	49:06:00
408.	336	Jorge SILVA		m	383 VET M40	85 49:38:00	04:53	48:58:00
409.	883	Marco PEIXOTO		m	384 SEN M	211 49:38:00	04:56	49:20:00
410.	92	Carlos PEREIRA	RUNNING ESPINHO	m	385 SEN M	212 49:39:00	04:55	49:10:00
411.	108	Pedro REBELO		m	386 VET M40	86 49:42:00	04:57	49:36:00
412.	632	Ana QUIRINO	X5 HEALTH CLUB	f	26 SEN F	17 49:43:00	04:55	49:11:00
413.	180	Fernando Junior SILVA	CLUBE PORTUGAL TELECOM ZN	m	387 SEN M	213 49:43:00	04:56	49:29:00
414.	544	Filipe AGUIAR	TONDELARUNNERS	m	388 SEN M	214 49:48:00	04:55	49:17:00
415.	162	Bruno NEVES	BARRINHA SURF SCHOOL	m	389 SEN M	215 49:50:00	04:56	49:27:00
416.	547	Alberto CESAR		m	390 VET M45	45 49:52:00	04:56	49:26:00
417.	518	Pedro PINHEIRO	NOZES	m	391 SEN M	216 49:52:00	04:57	49:35:00
418.	243	Ricardo PORTUGAL	INDIVIDUAL	m	392 VET M40	87 49:53:00	04:57	49:37:00
419.	725	Raquel MILHEIRO		f	27 SEN F	18 49:53:00	04:57	49:38:00
420.	747	Ana Bela SANTOS	SSTSJM	f	28 VET F40	6 49:55:00	04:58	49:44:00
421.	228	Artur ENES	RUNNING ESPINHO	m	393 VET M45	46 49:55:00	04:57	49:36:00
422.	651	Jose DIAS		m	394 SEN M	217 50:05:00	04:58	49:42:00
423.	339	Susana LOBO SANTOS		f	29 VET F40	7 50:07:00	04:58	49:41:00
424.	80	Rui COSTA	INDIVIDUAL	m	395 SEN M	218 50:11:00	04:57	49:35:00
425.	841	Antonio COUTO		m	396 SEN M	219 50:11:00	04:56	49:23:00
426.	272	Nelson GARCIA	INDIVIDUAL	m	397 VET M60	13 50:15:00	05:00	50:04:00
427.	296	Jose PEREIRA	BTT BRANDOENSE	m	398 VET M50	21 50:15:00	04:58	49:47:00
428.	896	Goncalo CAMPENHE		m	399 SEN M	220 50:18:00	05:01	50:10:00
429.	500	Sofia AZENHA	RUMO34	f	30 SEN F	19 50:18:00	05:01	50:10:00
430.	624	Paulino FARIA		m	400 VET M55	13 50:21:00	05:01	50:12:00
431.	405	Edgar ROCHA	T. R. CLUBE BTT SANGUEDO	m	401 VET M55	14 50:23:00	05:02	50:23:00
432.	334	Luis PEREIRA		m	402 SEN M	221 50:23:00	05:00	50:02:00
433.	139	Rosa PINTO	K.M.A	f	31 VET F50	5 50:27:00	05:01	50:18:00
434.	749	Valter RODRIGUES	ECOMOBILE - RENT A CAR	m	403 SEN M	222 50:29:00	05:02	50:26:00
435.	650	Ricardo VALE		m	404 SEN M	223 50:31:00	05:00	50:08:00
436.	330	Ana BARBOSA		f	32 VET F50	6 50:32:00	05:02	50:22:00
437.	209	Jorge LEITE	ARCORUN	m	405 VET M40	88 50:33:00	05:02	50:23:00
438.	430	Pedro Miguel NUNES DA SILVA		m	406 SEN M	224 50:34:00	05:01	50:11:00
439.	73	Andre COIMBRA	MANQUINHOS	m	407 SEN M	225 50:35:00	05:01	50:19:00
440.	413	Vitor ALMEIDA	INDIVIDUAL	m	408 SEN M	226 50:39:00	05:02	50:25:00
441.	229	Carlos PINA	INDIVIDUAL	m	409 SEN M	227 50:39:00	05:03	50:31:00
442.	712	Ricardo CARVALHO	MIFC RUNNERS	m	410 SEN M	228 50:39:00	04:57	49:35:00
443.	364	Renato FERREIRA	LIVING TIAGO CADETE	m	411 SEN M	229 50:46:00	05:02	50:26:00
444.	724	Carlos OLIVEIRA		m	412 SEN M	230 50:46:00	05:01	50:15:00
445.	365	David OLIVEIRA	LIVING TIAGO CADETE	m	413 SEN M	231 50:54:00	05:02	50:27:00
446.	515	Henrique SILVA	A.D.RIO LARGO-C.ESPINHO	m	414 VET M55	15 50:54:00	05:05	50:52:00
447.	601	Ana BORGES		f	33 SEN F	20 50:54:00	05:03	50:35:00
448.	471	Adriana SOFIA		f	34 SEN F	21 50:57:00	05:03	50:34:00
449.	124	Paulo RIBEIRO	INVICTA RUNNERS TEAM	m	415 VET M40	89 50:58:00	05:03	50:30:00
450.	469	Nuno COSTA		m	416 SEN M	232 51:06:00	05:04	50:42:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
451.	705	Pedro GOMES	ASPHALT ASSAULT TEAM	m	417 SEN M	233 51:06:00	05:02	50:29:00
452.	199	Filipe RÔLA		m	418 SEN M	234 51:09:00	05:06	51:00:00
453.	98	Manuel SEGUNDO	ARCORUN	m	419 VET M60	14 51:10:00	05:05	50:53:00
454.	151	Jose CAETANO	INDIVIDUAL	m	420 VET M55	16 51:14:00	05:06	51:00:00
455.	377	Fernando REMIAO		m	421 VET M45	47 51:18:00	05:05	50:55:00
456.	361	Jose CARDOSO	EM'FORCA - SPEM	m	422 VET M60	15 51:18:00	05:07	51:11:00
457.	540	Rui PINHO		m	423 VET M40	90 51:20:00	05:03	50:38:00
458.	538	Alexandre SANTOS	INDIVIDUAL	m	424 VET M40	91 51:20:00	05:03	50:38:00
459.	281	Ricardo SA	INDIVIDUAL	m	425 SEN M	235 51:22:00	05:04	50:41:00
460.	106	Alberto PINHEIRO		m	426 VET M40	92 51:22:00	05:07	51:18:00
461.	465	Maria Salete BORGES	JOBRINDE - MONTES SALOIOS	f	35 VET F40	8 51:23:00	05:07	51:13:00
462.	715	Joao FERREIRA		m	427 SEN M	236 51:24:00	05:04	50:49:00
463.	176	Sandra OLIVEIRA		f	36 SEN F	22 51:24:00	05:06	51:05:00
464.	789	Filipe COVAL	X5 HEALTH CLUB	m	428 SEN M	237 51:25:00	05:06	51:03:00
465.	628	Marcirio SILVA	X5 HEALTH CLUB	m	429 SEN M	238 51:26:00	05:06	51:06:00
466.	454	Cristina PASSOS		f	37 VET F40	9 51:27:00	05:07	51:10:00
467.	837	Rui ASSUNCAO	CAGA TACOS RUNNING TEAM	m	430 SEN M	239 51:32:00	05:06	51:02:00
468.	305	Joao MASCARENHAS		m	431 SEN M	240 51:34:00	05:05	50:51:00
469.	45	Marlene GUEDES	OS AMIGOS DE GRIJO	f	38 SEN F	23 51:35:00	05:07	51:19:00
470.	576	Miguel GOMES		m	432 SEN M	241 51:46:00	05:08	51:20:00
471.	149	Marco FERREIRA	RUNNING ESPINHO	m	433 SEN M	242 51:47:00	05:09	51:38:00
472.	254	Rui BARBOSA	EXSEDENTARIOS	m	434 SEN M	243 51:47:00	05:08	51:25:00
473.	259	Nuno MOREIRA	EXSEDENTARIOS	m	435 SEN M	244 51:48:00	05:09	51:30:00
474.	756	Marta FRANCA	X5 HEALTH CLUB	f	39 SEN F	24 51:51:00	05:09	51:31:00
475.	527	Joaquim BARBOSA	A.D.RIO LARGO-C.ESPINHO	m	436 SEN M	245 51:52:00	05:08	51:23:00
476.	534	Paula OIVEIRA	NO MEIO DO NADA	f	40 VET F40	10 51:54:00	05:10	51:42:00
477.	522	Joao MARTINS	NOZES	m	437 VET M40	93 51:55:00	05:09	51:39:00
478.	181	Maria Armanda BAPTISTA PINTO	CLUBE PORTUGAL TELECOM ZN	f	41 VET F40	11 51:57:00	05:11	51:57:00
479.	879	Andreia RODRIGUES		f	42 SEN F	25 52:01:00	05:09	51:30:00
480.	626	Antonio SOUSA	X5 HEALTH CLUB	m	438 VET M40	94 52:04:00	05:10	51:46:00
481.	630	Helder ROCHA	X5 HEALTH CLUB	m	439 SEN M	246 52:09:00	05:10	51:48:00
482.	784	Olimpio PEREIRA	X5 HEALTH CLUB	m	440 SEN M	247 52:09:00	05:10	51:47:00
483.	639	Paulo COSTA	X5 HEALTH CLUB	m	441 SEN M	248 52:10:00	05:10	51:45:00
484.	565	Luis GRACA	PERNA MANCA	m	442 VET M40	95 52:10:00	05:10	51:43:00
485.	213	Pedro MELO	ARCORUN	m	443 VET M45	48 52:13:00	05:12	52:03:00
486.	212	Paulo SANTOS	ARCORUN	m	444 SEN M	249 52:19:00	05:11	51:52:00
487.	314	Jorge OLIVEIRA	MICO E MICA	m	445 SEN M	250 52:22:00	05:12	52:03:00
488.	884	Tiago LEITE		m	446 SEN M	251 52:25:00	05:11	51:51:00
489.	152	Raquel MOREIRA		f	43 VET F40	12 52:27:00	05:12	52:08:00
490.	91	Luis FERREIRA	RUNNING ESPINHO	m	447 VET M40	96 52:27:00	05:13	52:15:00
491.	354	Noel GOMES		m	448 SEN M	252 52:28:00	05:13	52:10:00
492.	481	Manuel CORREIA	T. R. CLUBE BTT SANGUEDO	m	449 VET M50	22 52:28:00	05:13	52:18:00
493.	894	Vitor ROCHA		m	450 VET M40	97 52:31:00	05:13	52:18:00
494.	701	Jose MOURA PINTO	CASA DO BENFICA MARCO	m	451 VET M55	17 52:42:00	05:13	52:14:00
495.	301	Paulo SILVA		m	452 SEN M	253 52:43:00	05:12	52:04:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
496.	666	Antonio GOMES		m	453 VET M45	49 52:43:00	05:13	52:17:00
497.	375	Pedro SOARES		m	454 VET M40	98 52:44:00	05:14	52:23:00
498.	720	Ricardino SANTOS	STAR WARS MONTEIRO	m	455 SEN M	254 52:45:00	05:13	52:16:00
499.	549	Bruno GONCALVES		m	456 SEN M	255 52:45:00	05:13	52:14:00
500.	48	Alberto PAIVA	OS AMIGOS DE GRIJO	m	457 VET M60	16 52:47:00	05:14	52:25:00
501.	703	Mario MARTINS	INDIVIDUAL	m	458 VET M50	23 52:47:00	05:16	52:40:00
502.	374	Daniel MOREIRA	INDIVIDUAL	m	459 SEN M	256 52:49:00	05:16	52:41:00
503.	348	Victor MONTEIRO	BARRINHA SURF SCHOOL	m	460 SEN M	257 52:49:00	05:12	52:06:00
504.	146	Fernando CONCEICAO	INVICTA RUNNERS TEAM	m	461 VET M50	24 52:49:00	05:14	52:25:00
505.	566	Jose ROCHA	PERNA MANCA	m	462 VET M40	99 52:50:00	05:14	52:23:00
506.	237	Bruno SILVA	FOGACAS COM MALAPOS	m	463 SEN M	258 52:50:00	05:15	52:30:00
507.	223	Filipe CUNHA	OS 5 A HORA	m	464 SEN M	259 52:53:00	05:16	52:43:00
508.	226	Armando NEVES	OS 5 A HORA	m	465 VET M40	100 52:53:00	05:16	52:43:00
509.	257	Arnaldo LUCIO	EXSEDENTARIOS	m	466 VET M45	50 52:54:00	05:15	52:32:00
510.	389	Rui PAIVA		m	467 SEN M	260 52:57:00	05:13	52:17:00
511.	662	Claudia MARQUES	INVICTA RUNNERS TEAM	f	44 SEN F	26 52:58:00	05:15	52:33:00
512.	716	Jose NEVES	VITALIS	m	468 SEN M	261 53:00:00	05:13	52:17:00
513.	717	Vitor LOPES	VITALIS	m	469 SEN M	262 53:00:00	05:13	52:17:00
514.	205	Edgar MARQUES	ARCORUN	m	470 SEN M	263 53:01:00	05:15	52:33:00
515.	719	Mariana R MONTEIRO	STAR WARS MONTEIRO	f	45 SEN F	27 53:03:00	05:15	52:35:00
516.	800	Pedro ROLA		m	471 VET M45	51 53:06:00	05:17	52:58:00
517.	913	Antonio RIBEIRO		m	472 SEN M	264 53:08:00	05:17	52:57:00
518.	436	Jorge NUNES		m	473 VET M40	101 53:08:00	05:16	52:43:00
519.	448	Luis BARBAS		m	474 VET M45	52 53:09:00	05:16	52:43:00
520.	537	Sonia SILVA		f	46 SEN F	28 53:09:00	05:16	52:42:00
521.	782	Antonio ROSARIO	X5 HEALTH CLUB	m	475 VET M55	18 53:11:00	05:16	52:48:00
522.	373	Luisa TRINDADE	RUNNING ESPINHO	f	47 VET F40	13 53:12:00	05:15	52:36:00
523.	606	Joaquim SANTOS	PSP ESPINHO	m	476 VET M50	25 53:13:00	05:16	52:42:00
524.	610	Andre SANTOS	PSP ESPINHO	m	477 SEN M	265 53:13:00	05:16	52:41:00
525.	328	Manuel MARTINS	INDIVIDUAL	m	478 SEN M	266 53:13:00	05:18	53:01:00
526.	695	Luisa FERREIRA		f	48 SEN F	29 53:14:00	05:17	52:55:00
527.	190	Joao JOAO SOUSA	INDIVIDUAL	m	479 VET M40	102 53:17:00	05:17	52:51:00
528.	316	Camilo MORAIS	INDIVIDUAL	m	480 VET M40	103 53:18:00	05:17	52:52:00
529.	132	Catarina SOUSA		f	49 SEN F	30 53:19:00	05:19	53:11:00
530.	101	Marta COSTA	INVICTA RUNNERS TEAM	f	50 VET F40	14 53:21:00	05:17	52:56:00
531.	728	Antonio MACEDO	CAGA TACOS RUNNING TEAM	m	481 VET M60	17 53:21:00	05:16	52:48:00
532.	409	Angela PINTO		f	51 SEN F	31 53:22:00	05:16	52:42:00
533.	458	Duarte RELVAS	SOREMA	m	482 VET M40	104 53:24:00	05:17	52:54:00
534.	663	Mariana SERRA		f	52 SEN F	32 53:30:00	05:19	53:11:00
535.	271	Mario SILVA	INDIVIDUAL	m	483 VET M40	105 53:33:00	05:19	53:13:00
536.	227	Manuel CARVALHO		m	484 VET M60	18 53:35:00	05:17	52:51:00
537.	113	Paulo MATOS	RUNNING ESPINHO	m	485 SEN M	267 53:37:00	05:18	53:08:00
538.	885	Albino LEITE		m	486 VET M50	26 53:38:00	05:18	53:05:00
539.	776	Cristovao SANTOS	CAGAP	m	487 VET M40	106 53:48:00	05:20	53:29:00
540.	531	Jorge RODRIGUES	OS KAGADOS	m	488 VET M40	107 53:48:00	05:20	53:23:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
541.	708	Ricardo CASTRO	MORAIS E CASTRO	m	489 SEN M	268 53:50:00	05:19	53:11:00
542.	517	Adriano QUEIROZ	A.D.RIO LARGO-C.ESPINHO	m	490 VET M60	19 53:51:00	05:20	53:27:00
543.	49	Elisio PEREIRA	OS AMIGOS DE GRIJO	m	491 VET M60	20 53:53:00	05:22	53:41:00
544.	136	Carlos BARROSO	CLUBE BASKET 2011	m	492 VET M45	53 53:54:00	05:22	53:41:00
545.	28	Carlos SILVA	INDIVIDUAL	m	493 VET M50	27 53:54:00	05:20	53:29:00
546.	38	Hugo SILVA	LUX HEALTH CLUB	m	494 SEN M	269 53:55:00	05:22	53:49:00
547.	642	Jose FERREIRA	X5 HEALTH CLUB	m	495 VET M45	54 53:55:00	05:19	53:16:00
548.	470	Jose MENDES		m	496 VET M45	55 54:00:00	05:21	53:37:00
549.	604	Cesar SILVA	CASE KARATE	m	497 VET M40	108 54:02:00	05:24	54:02:00
550.	694	Daniela DUARTE		f	53 SEN F	33 54:02:00	05:22	53:43:00
551.	710	Andre MARQUES	RUMO34	m	498 SEN M	270 54:03:00	05:23	53:55:00
552.	568	Eduardo PAIS		m	499 SEN M	271 54:04:00	05:20	53:21:00
553.	446	Alberto LIZARDO		m	500 VET M60	21 54:04:00	05:23	53:54:00
554.	554	Nelson DUARTE	SPORT CLUBE BEIRA-MAR	m	501 VET M40	109 54:05:00	05:23	53:59:00
555.	291	Antonio REBOCHO	NASCIDOS PARA CORRER	m	502 SEN M	272 54:06:00	05:24	54:04:00
556.	734	Raquel COUTO		f	54 SEN F	34 54:06:00	05:21	53:31:00
557.	691	Marta VIEIRA		f	55 SEN F	35 54:08:00	05:22	53:44:00
558.	588	Victor COSTA		m	503 VET M45	56 54:09:00	05:22	53:48:00
559.	634	Bruno ROCHA	X5 HEALTH CLUB	m	504 SEN M	273 54:09:00	05:23	53:55:00
560.	633	Eva MENDES	X5 HEALTH CLUB	f	56 SEN F	36 54:10:00	05:23	53:57:00
561.	56	Emanuel MOTA	THE LONE RUNNER	m	505 VET M40	110 54:10:00	05:22	53:45:00
562.	493	Isabel AZEVEDO	OS AMIGOS DE GRIJO	f	57 SEN F	37 54:12:00	05:21	53:39:00
563.	40	Manuel COUTO	OS AMIGOS DE GRIJO	m	506 VET M60	22 54:13:00	05:24	54:00:00
564.	443	Cederico CORREIA	INDIVIDUAL	m	507 SEN M	274 54:15:00	05:23	53:58:00
565.	224	Ricardo OLIVEIRA	OS 5 A HORA	m	508 SEN M	275 54:17:00	05:24	54:07:00
566.	563	Marcio SILVA	INDIVIDUAL	m	509 SEN M	276 54:19:00	05:23	53:52:00
567.	450	Christopher GUIMARAENS	DOGS BOLLOCKS	m	510 VET M40	111 54:20:00	05:23	53:57:00
568.	772	Anselmo SILVA	CAGAP	m	511 VET M40	112 54:21:00	05:24	54:03:00
569.	115	Antonio BLECO	RUNNING ESPINHO	m	512 VET M50	28 54:24:00	05:25	54:17:00
570.	99	Ricardo BASTOS	A A LEBRES DO SADO	m	513 VET M50	29 54:24:00	05:23	53:59:00
571.	97	Wilson OLIVEIRA	RUNNING ESPINHO	m	514 SEN M	277 54:25:00	05:26	54:20:00
572.	71	Gabriela VEIGA	RUNNING ESPINHO	f	58 VET F40	15 54:25:00	05:26	54:21:00
573.	445	Tonia CORREIA	RUNNING ESPINHO	f	59 SEN F	38 54:25:00	05:26	54:25:00
574.	103	Paula CHAVES	INVICTA RUNNERS TEAM	f	60 VET F40	16 54:27:00	05:24	54:02:00
575.	256	Nuno AZEVEDO	EXSEDENTARIOS	m	515 SEN M	278 54:27:00	05:24	54:07:00
576.	356	Marcia Castro COSTA	JUVENTUDE CORTEGACENSE	f	61 VET F40	17 54:30:00	05:23	53:53:00
577.	165	Deolinda SILVA	LIGEIRINHOS	f	62 VET F50	7 54:30:00	05:24	54:04:00
578.	167	Adriano SANTOS SILVA	OS KUOKIN	m	516 SEN M	279 54:30:00	05:23	53:50:00
579.	135	Elsa Marta SILVA	TARTARUGAS DO ASFALTO	f	63 SEN F	39 54:37:00	05:25	54:12:00
580.	466	Carlos Espirito SANTO	JOBRINDE - MONTES SALOIOS	m	517 VET M55	19 54:42:00	05:27	54:30:00
581.	685	Carla PATELA		f	64 SEN F	40 54:45:00	05:26	54:20:00
582.	495	Mi COUTO	T. R. CLUBE BTT SANGUEDO	f	65 SEN F	41 54:45:00	05:27	54:34:00
583.	119	Rui COELHO	INDIVIDUAL	m	518 SEN M	280 54:47:00	05:25	54:14:00
584.	760	Marina ARSENIO	X5 HEALTH CLUB	f	66 SEN F	42 54:47:00	05:27	54:32:00
585.	112	Tiago GOMES	INVICTA RUNNERS TEAM	m	519 SEN M	281 54:47:00	05:26	54:23:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
586.	452	Joao PINHO		m	520 VET M45	57 54:50:00	05:27	54:34:00
587.	332	Fernando PAIS		m	521 VET M45	58 54:51:00	05:28	54:42:00
588.	667	Paulo DUARTE		m	522 VET M50	30 54:52:00	05:28	54:45:00
589.	225	Alberto ALVES	OS 5 A HORA	m	523 VET M45	59 54:55:00	05:28	54:42:00
590.	251	Paulo RAMOS	GJPB	m	524 VET M40	113 54:57:00	05:26	54:28:00
591.	129	Fernando MACHADO	ANONYMOUS PROSPORTS CHALL	m	525 SEN M	282 54:58:00	05:26	54:23:00
592.	569	Abilio TEIXEIRA		m	526 SEN M	283 55:01:00	05:26	54:20:00
593.	570	Mariana VILAR		f	67 SEN F	43 55:01:00	05:25	54:19:00
594.	222	Isabel SILVA	ASPHALT ASSAULT TEAM	f	68 SEN F	44 55:02:00	05:26	54:24:00
595.	607	Ricardo DIOGO	PSP ESPINHO	m	527 SEN M	284 55:02:00	05:26	54:26:00
596.	714	Sonia MOREIRA		f	69 SEN F	45 55:10:00	05:27	54:37:00
597.	346	Susana CARDOSO	US & OTHERS	f	70 VET F40	18 55:12:00	05:29	54:59:00
598.	519	Liliana TEIXEIRA	NOZES	f	71 SEN F	46 55:14:00	05:29	54:57:00
599.	595	Paulo CAPUCHO	SIMBORA MEU POVO	m	528 SEN M	285 55:15:00	05:29	54:55:00
600.	444	Claudio CORREIA	INDIVIDUAL	m	529 SEN M	286 55:19:00	05:30	55:02:00
601.	821	Andreia VALENTE	CAGA TACOS RUNNING TEAM	f	72 SEN F	47 55:20:00	05:28	54:47:00
602.	357	Goreti COELHO	COELHOS	f	73 SEN F	48 55:23:00	05:28	54:41:00
603.	594	Elisabete MATOS	SIMBORA MEU POVO	f	74 VET F40	19 55:24:00	05:30	55:07:00
604.	359	Emanuel AURELIO	COELHOS	m	530 SEN M	287 55:24:00	05:28	54:42:00
605.	276	Paulo PINHO	OS KAGADOS	m	531 VET M50	31 55:27:00	05:30	55:03:00
606.	590	Emanuel SILVA		m	532 SEN M	288 55:33:00	05:29	54:54:00
607.	656	Silvia GOMES	SIMBORA MEU POVO	f	75 SEN F	49 55:36:00	05:31	55:17:00
608.	159	Roberto FERREIRA		m	533 SEN M	289 55:36:00	05:30	55:04:00
609.	160	Carlos CORDEIRO		m	534 SEN M	290 55:37:00	05:30	55:03:00
610.	546	Joao CALHEIROSLOBO		m	535 SEN M	291 55:43:00	05:31	55:14:00
611.	172	Silvie COUTO	RUNNING ESPINHO	f	76 SEN F	50 55:44:00	05:34	55:44:00
612.	75	Fernando TEIXEIRA	MANQUINHOS	m	536 VET M60	23 55:44:00	05:32	55:27:00
613.	431	Antonio ROCHA		m	537 VET M50	32 55:48:00	05:34	55:48:00
614.	510	Alfredo SANTOS	A.D.RIO LARGO-C.ESPINHO	m	538 VET M60	24 55:50:00	05:32	55:20:00
615.	438	Armando CERQUEIRA	INDIVIDUAL	m	539 VET M55	20 56:01:00	05:33	55:31:00
616.	174	Rodrigo RESENDE	INDIVIDUAL	m	540 SEN M	292 56:01:00	05:35	55:50:00
617.	22	Andreia MUXAGATO	MUXA'S	f	77 SEN F	51 56:01:00	05:32	55:20:00
618.	21	Manuel MUXAGATO	MUXA'S	m	541 SEN M	293 56:01:00	05:31	55:19:00
619.	312	Nini PEREIRA		f	78 SEN F	52 56:01:00	05:32	55:25:00
620.	344	Paula DUARTE		f	79 SEN F	53 56:01:00	05:32	55:24:00
621.	600	Miguel MATOS	ARCORUN	m	542 SEN M	294 56:06:00	05:32	55:23:00
622.	208	Isabel LOURENCO	ARCORUN	f	80 VET F40	20 56:06:00	05:32	55:24:00
623.	738	Maria REGALLO	EU E ELES...	f	81 VET F40	21 56:06:00	05:36	56:00:00
624.	669	Ana NEVES		f	82 SEN F	54 56:09:00	05:34	55:46:00
625.	26	Andreia MAIA OLIVEIRA	LUX HEALTH CLUB	f	83 SEN F	55 56:13:00	05:36	56:05:00
626.	809	Bruno ROCHA	INDIVIDUAL	m	543 SEN M	295 56:17:00	05:32	55:22:00
627.	744	Antonio MENDES		m	544 VET M40	114 56:17:00	05:36	56:07:00
628.	177	Anabela BARATA		f	84 SEN F	56 56:19:00	05:36	56:00:00
629.	745	Marcia MENDES		f	85 VET F40	22 56:24:00	05:37	56:13:00
630.	144	Maria Elisabete MOREIRA		f	86 SEN F	57 56:29:00	05:36	56:06:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
631.	300	Jose OLIVEIRA	BTT BRANDOENSE	m	545 VET M55	21 56:30:00	05:36	56:01:00
632.	265	Marinha BAPTISTA	JAM	m	546 VET M50	33 56:35:00	05:35	55:51:00
633.	577	Paula OLIVEIRA		f	87 SEN F	58 56:35:00	05:36	56:03:00
634.	584	Anabela OLIVEIRA		f	88 SEN F	59 56:36:00	05:36	56:04:00
635.	726	Antonio TAVARES	CAGA TACOS RUNNING TEAM	m	547 SEN M	296 56:38:00	05:36	56:06:00
636.	748	Bruno DUARTE	PARTICULAR	m	548 SEN M	297 56:42:00	05:38	56:21:00
637.	153	Margarida QUARESMA		f	89 VET F50	8 56:45:00	05:38	56:28:00
638.	388	Vitor MENESES		m	549 VET M50	34 56:45:00	05:38	56:26:00
639.	168	Catarina SANTOS	OS KUOKIN	f	90 SEN F	60 56:49:00	05:37	56:11:00
640.	721	Catarina M GOUVEIA	STAR WARS MONTEIRO	f	91 SEN F	61 56:51:00	05:38	56:22:00
641.	182	Susana PEREIRA	PINDERICUSRUNNIGTEAM	f	92 SEN F	62 56:53:00	05:39	56:33:00
642.	836	Beta ASSUNCAO	CAGA TACOS RUNNING TEAM	f	93 SEN F	63 56:54:00	05:38	56:23:00
643.	827	Ricardo NAVIO	AS-AD	m	550 SEN M	298 56:56:00	05:40	56:41:00
644.	826	Andre SANTOS	AS-AD	m	551 VET M50	35 56:56:00	05:40	56:42:00
645.	24	Filipe FERREIRA	INDIVIDUAL	m	552 SEN M	299 57:07:00	05:40	56:45:00
646.	664	Manuel ANDRADE		m	553 VET M50	36 57:09:00	05:41	56:55:00
647.	732	Vera NOGUEIRA	4ANY1	f	94 SEN F	64 57:13:00	05:42	57:08:00
648.	434	Jose ALMEIDA		m	554 VET M50	37 57:14:00	05:41	56:53:00
649.	461	Helder GOMES	SOREMA	m	555 SEN M	300 57:18:00	05:40	56:47:00
650.	462	Filipe SILVA	SOREMA	m	556 SEN M	301 57:18:00	05:40	56:46:00
651.	260	Joao GUEDES	EXSEDENTARIOS	m	557 SEN M	302 57:23:00	05:42	57:06:00
652.	872	Alvaro NUNES	INQUIPA	m	558 VET M40	115 57:28:00	05:42	57:01:00
653.	647	Jose RIBA	X5 HEALTH CLUB	m	559 VET M45	60 57:29:00	05:42	57:09:00
654.	492	Antonio CONCEICAO		m	560 VET M60	25 57:29:00	05:42	57:06:00
655.	63	Catarina FERREIRA	JUVENTUDE CORTEGACENSE	f	95 SEN F	65 57:32:00	05:41	56:54:00
656.	746	Sonia PEREIRA	INQUIPA	f	96 VET F40	23 57:33:00	05:42	57:05:00
657.	87	Jorge MARIALVA	MARIALVAS	m	561 SEN M	303 57:34:00	05:41	56:51:00
658.	315	Rui SOBRAL	INDIVIDUAL	m	562 VET M40	116 57:34:00	05:42	57:00:00
659.	54	Pedro CASTRO	PEDRO CASTRO	m	563 VET M40	117 57:35:00	05:42	57:01:00
660.	902	Jose SANTOS		m	564 VET M60	26 57:38:00	05:44	57:24:00
661.	523	Eduardo VASCONCELOS	FORMULA RUN	m	565 SEN M	304 57:39:00	05:42	57:05:00
662.	737	Jose BARBOSA	INDIVIDUAL	m	566 VET M40	118 57:45:00	05:44	57:22:00
663.	741	Ricardo TEIXEIRA		m	567 SEN M	305 57:45:00	05:44	57:22:00
664.	335	Catarina PEREIRA		f	97 SEN F	66 57:47:00	05:44	57:26:00
665.	41	Antonio FERNANDES	OS AMIGOS DE GRIJO	m	568 VET M55	22 57:48:00	05:44	57:27:00
666.	763	Marta PEREIRA	X5 HEALTH CLUB	f	98 SEN F	67 57:50:00	05:45	57:35:00
667.	95	Sonia ALMEIDA	RUNNING ESPINHO	f	99 SEN F	68 57:50:00	05:42	57:09:00
668.	94	Alberto ALMEIDA	RUNNING ESPINHO	m	569 SEN M	306 57:50:00	05:43	57:10:00
669.	407	Dulce CORREIA	T. R. CLUBE BTT SANGUEDO	f	100 VET F40	24 57:52:00	05:46	57:40:00
670.	367	Julio LUCENA FERREIRA		m	570 SEN M	307 57:57:00	05:43	57:11:00
671.	579	Bruno MOTA		m	571 SEN M	308 58:01:00	05:46	57:46:00
672.	580	Luciana SANTOS		m	572 SEN M	309 58:01:00	05:46	57:46:00
673.	410	Fernando ALMEIDA	FORCA NA CANELA ESPINHO	m	573 VET M60	27 58:05:00	05:47	57:57:00
674.	562	Augusto Miguel PINHO BARBAS	INDIVIDUAL	m	574 SEN M	310 58:07:00	05:46	57:42:00
675.	477	Susana SILVA	INDIVIDUAL	f	101 SEN F	69 58:11:00	05:45	57:34:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
676.	427	Pedro PRATA		m	575 SEN M	311 58:12:00	05:46	57:43:00
677.	297	Paulo MARTINS	BTT BRANDOENSE	m	576 VET M40	119 58:13:00	05:46	57:44:00
678.	773	Teresa PINTO	CAGAP	f	102 SEN F	70 58:17:00	05:48	58:05:00
679.	248	Paulo LADEIRA		m	577 VET M45	61 58:23:00	05:46	57:41:00
680.	608	Manuel JOSE	PSP ESPINHO	m	578 VET M55	23 58:23:00	05:48	58:00:00
681.	79	Monica MARGARIDE	INDIVIDUAL	f	103 SEN F	71 58:26:00	05:48	58:01:00
682.	617	Joao Pedro SOARES	SOARES SEM ARES	m	579 SEN M	312 58:31:00	05:48	58:01:00
683.	497	Isabel MARIANI	INVICTA RUNNERS TEAM	f	104 VET F40	25 58:31:00	05:48	58:05:00
684.	343	Anabela MARQUES	JUVENTUDE CORTEGACENSE	f	105 VET F40	26 58:32:00	05:47	57:55:00
685.	325	Orlando RIBEIRO	INDIVIDUAL	m	580 SEN M	313 58:39:00	05:47	57:53:00
686.	324	Sonia RELVAS	INDIVIDUAL	f	106 SEN F	72 58:39:00	05:47	57:52:00
687.	754	Rui AMORIM	INVICTA RUNNERS TEAM	m	581 VET M50	38 58:43:00	05:49	58:15:00
688.	118	Aurora LEAL	INVICTA RUNNERS TEAM	f	107 VET F50	9 58:44:00	05:49	58:19:00
689.	298	Susana ROCHA	BTT BRANDOENSE	f	108 VET F40	27 58:45:00	05:49	58:15:00
690.	621	Joao M AZEVEDO	DENTALDOCTORS	m	582 VET M40	120 58:46:00	05:48	58:03:00
691.	697	Anabela LOURENCO		f	109 SEN F	73 58:47:00	05:49	58:15:00
692.	43	Jorge VIEIRA	OS AMIGOS DE GRIJO	m	583 VET M60	28 58:49:00	05:51	58:35:00
693.	618	Sara SOARES	SOARES SEM ARES	f	110 SEN F	74 58:50:00	05:49	58:19:00
694.	620	Pedro Joao SILVA	SOARES SEM ARES	m	584 SEN M	314 58:51:00	05:50	58:21:00
695.	619	Joana SOARES	SOARES SEM ARES	f	111 SEN F	75 58:51:00	05:50	58:20:00
696.	464	Assuncao HESPANHOL	RUNNING ESPINHO	f	112 VET F40	28 58:53:00	05:52	58:42:00
697.	574	Sara BARBOSA		f	113 SEN F	76 59:00:00	05:52	58:49:00
698.	293	Patricia CAVALLERO	NASCIDOS PARA CORRER	f	114 SEN F	77 59:09:00	05:54	59:07:00
699.	583	Rita FIGUEIREDO	T. R. CLUBE BTT SANGUEDO	f	115 SEN F	78 59:15:00	05:53	58:52:00
700.	718	Victor CARVALHO	VITALIS	m	585 SEN M	315 59:23:00	05:52	58:40:00
701.	779	Jose COSTA	CAGAP	m	586 VET M40	121 59:31:00	05:55	59:15:00
702.	526	Daniel LOPES	A.D.RIO LARGO-C.ESPINHO	m	587 SEN M	316 59:36:00	05:54	59:08:00
703.	88	Sergio RIBEIRO	EDPRUNNERS	m	588 VET M55	24 59:37:00	05:54	59:00:00
704.	502	Jose Antonio SOARES DE ALMEI	CMMC VALE DE CAMBRA	m	589 VET M55	25 59:37:00	05:56	59:25:00
705.	396	Olivia BRANDAO	CGD - OVAR	f	116 VET F50	10 59:37:00	05:56	59:29:00
706.	520	Ana Raquel LOURENCO	NOZES	f	117 SEN F	79 59:39:00	05:56	59:23:00
707.	345	Eduardo GONCALVES	US & OTHERS	m	590 VET M55	26 59:51:00	05:57	59:39:00
708.	158	Lenio MARINHO	JOBRINDE-MONTES SALOIOS	m	591 VET M60	29 59:52:00	05:58	59:41:00
709.	764	Celia PEREIRA	X5 HEALTH CLUB	f	118 SEN F	80 59:54:00	05:57	59:31:00
710.	61	Alberto NETO	INDIVIDUAL	m	592 VET M60	30 59:54:00	05:59	59:51:00
711.	834	Maria Clara CHUMBINHO	INDIVIDUAL	f	119 VET F50	11 59:56:00	05:58	59:42:00
712.	352	Paulo MOREIRA	INDIVIDUAL	m	593 VET M50	39 59:57:00	05:56	59:24:00
713.	771	Filipa PINTO	CAGAP	f	120 SEN F	81 59:58:00	05:58	59:40:00
714.	907	Ivo RIBEIRO	X5 HEALTH CLUB	m	594 SEN M	317 01:00:00	05:57	59:37:00
715.	131	Fatima DUARTE		f	121 VET F40	29 01:00:03	05:57	59:32:00
716.	777	Alberto RODRIGUES	CAGAP	m	595 SEN M	318 01:00:04	05:58	59:47:00
717.	743	Isabel SANTOS		f	122 VET F40	30 01:00:05	05:57	59:37:00
718.	505	Carlos CARDOSO	A.D.RIO LARGO-C.ESPINHO	m	596 VET M45	62 01:00:06	05:59	59:51:00
719.	780	Valdemar MARTINS	CAGAP	m	597 SEN M	319 01:00:09	05:59	59:53:00
720.	572	Pedro MARTINS	IMPARAVEIS	m	598 SEN M	320 01:00:15	05:59	59:50:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
721.	513	Jose FALCAO	A.D.RIO LARGO-C.ESPINHO	m	599 VET M60	31 01:00:38	06:01	01:00:12
722.	654	Jose Luis FERNANDES		m	600 SEN M	321 01:00:39	06:00	01:00:00
723.	76	Nadia FONSECA	RUNNING ESPINHO	f	123 SEN F	82 01:00:40	06:01	01:00:14
724.	233	Hugo Manuel ROCHA	FOGACAS COM MALAPOS	m	601 SEN M	322 01:00:40	06:00	01:00:08
725.	234	Cristina Maria VELOSO	FOGACAS COM MALAPOS	f	124 SEN F	83 01:00:40	06:00	01:00:08
726.	641	Celina MOREIRA	X5 HEALTH CLUB	f	125 SEN F	84 01:00:43	06:00	01:00:05
727.	638	Susana FERREIRA	X5 HEALTH CLUB	f	126 VET F40	31 01:00:44	06:00	01:00:07
728.	111	Pedro RODRIGUES	JULIO RODRIGUES LDA RUNNI	m	602 SEN M	323 01:00:45	06:01	01:00:18
729.	313	Carla NOVAIS	MICO E MICA	f	127 SEN F	85 01:01:01	06:04	01:00:42
730.	31	Pedro NEVES	INDIVIDUAL	m	603 SEN M	324 01:01:14	06:02	01:00:28
731.	671	Jorge MARTINS	INDIVIDUAL	m	604 VET M60	32 01:01:22	06:05	01:00:50
732.	611	Antonio SOUSA	PARTICULAR	m	605 VET M50	40 01:01:28	06:07	01:01:15
733.	596	Domingos LEAL		m	606 VET M40	122 01:01:29	06:07	01:01:17
734.	35	Andre COUTO	LUX HEALTH CLUB	m	607 SEN M	325 01:01:31	06:08	01:01:22
735.	901	Bia MAIA		f	128 VET F40	32 01:01:33	06:09	01:01:33
736.	397	Sonia MOREIRA		f	129 SEN F	86 01:01:34	06:05	01:00:56
737.	709	Helena MORAIS	MORAIS E CASTRO	f	130 SEN F	87 01:01:36	06:05	01:00:56
738.	899	Johnny OMAR		m	608 SEN M	326 01:01:48	06:09	01:01:33
739.	871	Ricardo DUARTE	PARTICULAR	m	609 SEN M	327 01:01:57	06:09	01:01:35
740.	327	Joana BALONA	TWO	f	131 VET F40	33 01:02:19	06:10	01:01:49
741.	326	Ricardo PATELA	TWO	m	610 VET M40	123 01:02:20	06:10	01:01:49
742.	420	Alexandre NEIVA	INDIVIDUAL	m	611 SEN M	328 01:02:24	06:11	01:01:51
743.	421	Diana BASTOS	INDIVIDUAL	f	132 SEN F	88 01:02:24	06:11	01:01:51
744.	363	Firmino COSTA		m	612 SEN M	329 01:02:27	06:10	01:01:48
745.	631	Vera PAIS	X5 HEALTH CLUB	f	133 SEN F	89 01:02:38	06:13	01:02:10
746.	511	Carlos COELHO	A.D.RIO LARGO-C.ESPINHO	m	613 SEN M	330 01:02:38	06:13	01:02:11
747.	93	Manuel OLIVEIRA	INDIVIDUAL	m	614 VET M55	27 01:02:40	06:12	01:02:04
748.	682	Sandra SOUSA		f	134 SEN F	90 01:02:41	06:13	01:02:11
749.	382	Maria BRANDAO	RATOS DO ASFALTO	f	135 SEN F	91 01:02:41	06:13	01:02:10
750.	792	Olga DOMINGUES	INDIVIDUAL	f	136 VET F40	34 01:02:53	06:14	01:02:23
751.	723	Leonid KHOLKINE		m	615 SEN M	331 01:02:58	06:14	01:02:24
752.	598	Rute FERREIRA		f	137 SEN F	92 01:02:58	06:16	01:02:46
753.	411	Maria ALMEIDA	FORCA NA CANELA	f	138 VET F50	12 01:03:07	06:17	01:02:59
754.	270	Carla MAGALHAES	INDIVIDUAL	f	139 SEN F	93 01:03:13	06:17	01:02:54
755.	479	Marta MORAIS		f	140 SEN F	94 01:03:17	06:17	01:02:52
756.	349	Jose PIRES LIMA	EM FORCA	m	616 VET M55	28 01:03:20	06:17	01:02:51
757.	381	Luis LOURDES		m	617 VET M40	124 01:03:31	06:17	01:02:57
758.	539	Daniela COSTA	INDIVIDUAL	f	141 SEN F	95 01:03:44	06:20	01:03:28
759.	460	Ana Palmira RELVAS	SOREMA	f	142 VET F40	35 01:04:28	06:23	01:03:59
760.	730	Vitor ALVES	INDIVIDUAL	m	618 SEN M	332 01:04:52	06:24	01:04:03
761.	731	Simone MARTINS	INDIVIDUAL	f	143 VET F40	36 01:04:52	06:24	01:04:04
762.	774	Marisa RODRIGUES	CAGAP	f	144 SEN F	96 01:05:15	06:29	01:04:59
763.	170	Pedro SEIXAS		m	619 SEN M	333 01:05:25	06:31	01:05:14
764.	169	Miguel SEIXAS		m	620 VET M45	63 01:05:25	06:31	01:05:15
765.	766	Patricia PINTO	X5 HEALTH CLUB	f	145 SEN F	97 01:05:27	06:30	01:05:04

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
766.	785	Iris CAMARINHA	X5 HEALTH CLUB	f	146 SEN F	98 01:05:31	06:30	01:05:07
767.	255	Rute BARBOSA	EXSEDENTARIOS	f	147 SEN F	99 01:05:36	06:31	01:05:14
768.	433	Jose CARDOSO		m	621 VET M45	64 01:05:59	06:33	01:05:38
769.	351	Maria MENDONCA		f	148 VET F50	13 01:05:59	06:34	01:05:46
770.	753	Marques MONTEIRO PINTO		m	622 VET M40	125 01:06:35	06:35	01:05:50
771.	752	Antonio COSTA		m	623 VET M40	126 01:06:35	06:35	01:05:50
772.	353	Helena SILVA	OS AMIGOS DE GRIJO	f	149 SEN F	100 01:06:40	06:38	01:06:24
773.	456	Marta MARTINS	INDIVIDUAL	f	150 SEN F	101 01:06:54	06:37	01:06:15
774.	455	Humberto MARTINS	INDIVIDUAL	m	624 VET M40	127 01:06:54	06:37	01:06:15
775.	713	Vania CORREIA	MIFC RUNNERS	f	151 SEN F	102 01:07:10	06:36	01:06:06
776.	661	Miguel TEIXEIRA	JAM	m	625 SEN M	334 01:07:27	06:40	01:06:49
777.	898	Luciana RIBEIRO		f	152 SEN F	103 01:07:53	06:45	01:07:37
778.	487	Ruben SOARES	TEAM LUX	m	626 SEN M	335 01:08:16	06:46	01:07:44
779.	842	Elsa OLIVEIRA	ASPHALT ASSAULT TEAM	f	153 SEN F	104 01:08:18	06:46	01:07:45
780.	321	Ana CAMPOS	RUNNING ESPINHO	f	154 SEN F	105 01:08:19	06:46	01:07:45
781.	603	Alexandra SOARES	CASE KARATE	f	155 SEN F	106 01:09:10	06:51	01:08:39
782.	602	Joao Filipe SOARES	CASE KARATE	m	627 SEN M	336 01:09:10	06:51	01:08:37
783.	880	Vasco FERNANDES		m	628 SEN M	337 01:09:11	06:51	01:08:38
784.	437	Marisa SILVA		f	156 SEN F	107 01:09:27	06:53	01:08:50
785.	553	Carlos FERNANDES	MIRAMARENSE	m	629 VET M50	41 01:09:30	06:53	01:08:58
786.	593	Elsa PEREIRA	SIMBORA MEU POVO	f	157 SEN F	108 01:09:55	06:57	01:09:33
787.	592	Joana LEMOS	CIMBROS MEU POVO	f	158 VET F40	37 01:09:55	06:57	01:09:33
788.	67	Jenniffer SANTOS	RUNNING ESPINHO.	f	159 SEN F	109 01:10:15	06:57	01:09:35
789.	888	Ferreira MANUEL		m	630 SEN M	338 01:11:00	07:03	01:10:35
790.	545	Joao LOBO		m	631 VET M55	29 01:11:29	07:05	01:10:55
791.	85	Carla PEREIRA		f	160 VET F40	38 01:11:57	07:08	01:11:25
792.	23	Carlos PINTO	INDIVIDUAL	m	632 VET M60	33 01:12:12	07:09	01:11:32
793.	542	Florbela CANICEIRO	SRI CHINMOY - PEACE RUN	f	161 VET F40	39 01:13:23	07:17	01:12:57
794.	543	Paula CORREIA	SRI CHINMOY - PEACE RUN	f	162 VET F40	40 01:13:24	07:17	01:12:57
795.	277	Joaquim LOPES	OS KAGADOS	m	633 VET M55	30 01:15:54	07:33	01:15:30
796.	530	Filomena ALMEIDA	OS KAGADOS	f	163 VET F40	41 01:15:54	07:33	01:15:30
797.	689	Adelio NEVES DE LIMA	ESPINHO	m	634 SEN M	339 01:21:31	08:06	01:21:04
798.	690	Inês MOREIRA		f	164 SEN F	110 01:21:31	08:06	01:21:04
DSQ	644	N.n. 644			1	1 DSQ	03:06	