

CLASSIFICAÇÃO GERAL

GERAL	DORSAL	NOME	EQUIPA	SEXO	ESCALÃO	TEMPO	RITMO	CHIP
1	197	HÉLDER LOPES	DCICCDRPEDRULHA-MEALHADA	m	1 JUNSEN-M	32:16:00	03:13	32:16:00
2	412	GENARO NOGALES	CAPEX	m	2 JUNSEN-M	32:20:00	03:13	32:19:00
3	966	ANDRÉ MARQUES	CAGAP	m	3 JUNSEN-M	32:30:00	03:14	32:29:00
4	950	JANIK LIMA	AFIS/OVAR	m	4 JUNSEN-M	32:41:00	03:16	32:40:00
5	145	LUÍS BEATO PEREIRA	CAT	m	5 JUNSEN-M	32:46:00	03:16	32:46:00
6	463	CELSO LEITE	CA OVAR / X5 HEALTH CLUB1	m	6 JUNSEN-M	32:49:00	03:16	32:48:00
7	345	TOZÉ CASTRO	FIAS S C	m	7 JUNSEN-M	33:18:00	03:19	33:18:00
8	512	FERNANDO LIMA	NA CUCUJÃES	m	8 VET-M40	33:47:00	03:22	33:47:00
9	227	RUI LOPES	CDCR DOS CTT DE COIMBRA	m	9 JUNSEN-M	34:10:00	03:24	34:08:00
10	110	ANTÓNIO SOUSA	RIPOLINS - GRIJÓ A CORRER	m	10 VET-M45	34:29:00	03:26	34:29:00
11	956	MARCO COSTA	CA OVAR / X5 HEALTH CLUB1	m	11 VET-M40	34:31:00	03:27	34:30:00
12	461	HÉLDER PIRES	CA OVAR / X5 HEALTH CLUB1	m	12 JUNSEN-M	34:33:00	03:27	34:33:00
13	344	JOSÉ SILVA	NAC	m	13 VET-M45	34:39:00	03:27	34:39:00
14	835	JOÃO PEREIRA	DCI/CCDRPEDRULHA-MEALHADA	m	14 VET-M40	34:41:00	03:28	34:41:00
15	960	JOSÉ CARVALHO	MCDONALD'S TRIBRAGA	m	15 JUNSEN-M	34:50:00	03:28	34:46:00
16	831	JOAO TOSCANO	DCI/CCDRPEDRULHA-MEALHADA	m	16 JUNSEN-M	34:57:00	03:29	34:54:00
17	832	RUBEN BAPTISTA	DCI/CCDRPEDRULHA-MEALHADA	m	17 JUNSEN-M	34:57:00	03:29	34:56:00
18	729	VÍTOR BASTOS	RUNNING ESPINHO	m	18 JUNSEN-M	35:03:00	03:30	35:01:00
19	887	PEDRO GAMA	CCD APDL	m	19 VET-M40	35:03:00	03:30	35:03:00
20	516	RENATO SOUSA	AD RIO LARGO	m	20 JUNSEN-M	35:06:00	03:30	35:03:00
21	124	PAULO SILVA	VILA MAIOR TURISMO	m	21 JUNSEN-M	35:11:00	03:30	35:08:00
22	850	SALVADOR MANSILHA	NASCIDOS PARA CORRER	m	22 VET-M45	35:15:00	03:31	35:15:00
23	830	RICARDO SANTOS	DCI/CCDRPEDRULHA-MEALHADA	m	23 JUNSEN-M	35:24:00	03:32	35:22:00
24	223	FERNANDO MARQUES	DCI/CCDRPEDRULHA-MEALHADA	m	24 JUNSEN-M	35:27:00	03:32	35:24:00
25	812	PAULO MARTINS	X5 HEALTH CLUB 1	m	25 VET-M40	35:36:00	03:33	35:31:00
26	347	HELDER ROBALINHO	FIAS S C	m	26 JUNSEN-M	35:49:00	03:34	35:46:00
27	350	JOSÉ HENRIQUE	FIAS S C	m	27 JUNSEN-M	35:49:00	03:34	35:47:00
28	747	PAULO ANTUNES	CDCR DOS CTT DE COIMBRA	m	28 VET-M45	35:50:00	03:34	35:47:00
29	89	CLÁUDIO FONSECA	VIVALLEY RUNNERS	m	29 VET-M40	36:02:00	03:36	36:00:00
30	834	CARLOS PIMENTA	DCI/CCDRPEDRULHA-MEALHADA	m	30 VET-M40	36:12:00	03:37	36:11:00
31	349	CLAUDIO COSTA	FIAS S C	m	31 JUNSEN-M	36:25:00	03:38	36:23:00
32	203	PAULO OLIVEIRA	SPORTING CLUBE DE ESPINHO	m	32 VET-M45	36:31:00	03:38	36:29:00
33	726	RICARDO FERREIRA	RUNNING ESPINHO	m	33 JUNSEN-M	36:37:00	03:39	36:35:00
34	517	HELDER ROCHA	AD RIO LARGO	m	34 JUNSEN-M	36:38:00	03:39	36:34:00
35	306	SÉRGIO SUZANO	ORALKLASS-AMIGOS DO TRAIL	m	35 JUNSEN-M	36:42:00	03:40	36:40:00
36	932	HERNANI FURTADO	SPORTING CLUBE DE ESPINHO	m	36 JUNSEN-M	36:53:00	03:41	36:51:00
37	941	PAULO REIS	SPORTING CLUBE DE ESPINHO	m	37 VET-M45	36:55:00	03:41	36:55:00
38	529	ALAIN COUTO	AD RIO LARGO	m	38 VET-M40	37:10:00	03:42	37:06:00
39	854	MANUEL FRAGOSO	GARIMPEIROS	m	39 JUNSEN-M	37:18:00	03:43	37:14:00
40	787	FILIFE RAMOS	AESTHETICAL TEAM RUNNING	m	40 JUNSEN-M	37:21:00	03:43	37:18:00
41	403	MANUEL MOUTINHO	INDIVIDUAL	m	41 JUNSEN-M	37:21:00	03:43	37:16:00
42	384	CARLOS BAPTISTA	JAM - JUVENTUDE ATLÉTICA	m	42 VET-M50	37:28:00	03:44	37:26:00
43	884	PEDRO ANDRADE	MOREIRA CONGELADOS/FEIRA	m	43 JUNSEN-M	37:32:00	03:45	37:30:00

GERAL	DORSAL	NOME	EQUIPA	SEXO	ESCALAO	TEMPO	RITMO	CHIP
44	653	HUGO DANIEL	RUNNING ESPINHO	m	44 JUNSEN-M	29 37:33:00	03:45	37:32:00
45	564	AUGUSTO ALUAI	CAL - CLUBE ATLETISMO DE	m	45 VET-M45	7 37:38:00	03:45	37:33:00
46	88	ADRIANO FONSECA	VIVALLEY RUNNERS	m	46 JUNSEN-M	30 37:43:00	03:46	37:41:00
47	521	CARLOS COELHO	AD RIO LARGO	m	47 VET-M40	9 37:45:00	03:46	37:42:00
48	796	RUI MAGALHÃES	INDIVIDUAL	m	48 JUNSEN-M	31 37:48:00	03:46	37:44:00
49	566	CARLOS CARDOSO	CAL - CLUBE ATLETISMO DE	m	49 VET-M40	10 37:49:00	03:46	37:42:00
50	508	FERNANDO ALMEIDA	RUNPENAFIEL	m	50 VET-M45	8 37:50:00	03:46	37:48:00
51	833	RICARDO TEIXEIRA	DCI/CCDRPEDRULHA-MEALHADA	m	51 JUNSEN-M	32 37:52:00	03:46	37:49:00
52	748	PAULO FIGUEIREDO	AFIS/OVAR	m	52 VET-M40	11 37:57:00	03:47	37:57:00
53	71	MÁRIO DIAS	INDIVIDUAL	m	53 VET-M40	12 37:57:00	03:47	37:53:00
54	1006	FRANCISCO GOUVEIA	RUNNING ESPINHO	m	54 JUNSEN-M	33 38:00:00	03:47	37:55:00
55	120	RUI OLIVEIRA	VILA MAIOR TURISMO	m	55 VET-M40	13 38:03:00	03:48	38:00:00
56	614	RUI MANUEL SANTOS	RUNNING ESPINHO	m	56 VET-M40	14 38:05:00	03:47	37:53:00
57	546	PEDRO PETER	NASCIDOS PARA CORRER	m	57 VET-M40	15 38:12:00	03:48	38:09:00
58	585	BALTASAR FERREIRA	INDIVIDUAL	m	58 VET-M45	9 38:12:00	03:47	37:54:00
59	334	RUBEN CANTANTE	QUINTANTES	m	59 JUNSEN-M	34 38:15:00	03:49	38:10:00
60	746	PAULO PEREIRA	CDCR DOS CTT DE COIMBRA	m	60 VET-M45	10 38:18:00	03:49	38:16:00
61	195	ANDRÉ PINA	INDIVIDUAL	m	61 JUNSEN-M	35 38:19:00	03:49	38:14:00
62	935	JOSÉ SILVA	SPORTING CLUBE DE ESPINHO	m	62 VET-M55	1 38:27:00	03:50	38:25:00
63	522	WOUTER BROECK	AD RIO LARGO	m	63 VET-M40	16 38:28:00	03:50	38:22:00
64	407	JOSÉ BRITO	X5 HEALTH CLUB 1	m	64 VET-M50	2 38:28:00	03:50	38:23:00
65	568	JOÃO SOUSA	CAL - CLUBE ATLETISMO DE	m	65 JUNSEN-M	36 38:35:00	03:50	38:29:00
66	518	ZÉ RODRIGO	AD RIO LARGO	m	66 JUNSEN-M	37 38:40:00	03:51	38:35:00
67	318	SERGIO PEREIRA	OLIVEIRA RUNNERS	m	67 JUNSEN-M	38 38:44:00	03:52	38:42:00
68	856	JOSE LOUREIRO	INDIVIDUAL	m	68 VET-M40	17 38:46:00	03:52	38:45:00
69	250	RUI SILVA	X5 HEALTH CLUB 1	m	69 VET-M40	18 38:55:00	03:53	38:51:00
70	177	MÁRIO MAMEDE	INDIVIDUAL	m	70 VET-M50	3 38:56:00	03:53	38:53:00
71	267	JOSÉ COSTA	X5 HEALTH CLUB 1	m	71 VET-M40	19 38:59:00	03:52	38:46:00
72	707	PEDRO HENRIQUES	RUNNING ESPINHO	m	72 JUNSEN-M	39 39:02:00	03:53	38:59:00
73	750	PAULO GRILO	ARCORUN	m	73 VET-M40	20 39:07:00	03:54	39:06:00
74	797	SEGUNDO RODRIGUES	ARCORUN	m	74 VET-M60	1 39:07:00	03:54	39:06:00
75	765	CELSO TORRES	ATHELETE POWER.FIT4FUN	m	75 VET-M55	2 39:09:00	03:54	39:07:00
76	121	ANTÓNIO MARQUES	VILA MAIOR TURISMO	m	76 VET-M50	4 39:12:00	03:55	39:12:00
77	54	ANDRÉ ROCHA	GD OUTEIROS	m	77 JUNSEN-M	40 39:12:00	03:54	39:08:00
78	385	FERNANDO BRANDÃO	JAM - JUVENTUDE ATLÉTICA	m	78 VET-M50	5 39:13:00	03:55	39:11:00
79	504	JOAQUIM SANTOS	WHITE RUNNING TEAM	m	79 VET-M50	6 39:16:00	03:55	39:14:00
80	258	RICARDO SANTOS	INDIVIDUAL	m	80 JUNSEN-M	41 39:19:00	03:55	39:16:00
81	798	PAULO DOMINGUES	ESCOLA DO MOVIMENTO	m	81 VET-M45	11 39:19:00	03:55	39:16:00
82	3	ALCINDO DIAS	INDIVIDUAL	m	82 VET-M40	21 39:20:00	03:55	39:16:00
83	725	RAÚL SILVA	RUNNING ESPINHO	m	83 JUNSEN-M	42 39:25:00	03:55	39:18:00
84	123	JULIO OLIVEIRA	VILA MAIOR TURISMO	m	84 VET-M40	22 39:32:00	03:56	39:29:00
85	464	JOAQUIM COSTA	CA OVAR / X5 HEALTH CLUB1	m	85 VET-M60	2 39:33:00	03:57	39:31:00
86	519	JOSÉ PEREIRA	AD RIO LARGO	m	86 JUNSEN-M	43 39:36:00	03:57	39:31:00
87	945	CRISTIANO COSTA	RUNNING ESPINHO	m	87 JUNSEN-M	44 39:43:00	03:57	39:39:00
88	910	JOEL RAMALHOTO	VIRIATHVS RUNNERS VISEU	m	88 JUNSEN-M	45 39:43:00	03:55	39:19:00

GERAL	DORSAL	NOME	EQUIPA	SEXO	ESCALAO	TEMPO	RITMO	CHIP
89	758	LEANDRO NEVES	INDIVIDUAL	m	89 JUNSEN-M	46 39:44:00	03:56	39:22:00
90	576	JORGE SOARES	GRUPO OSCACER	m	90 JUNSEN-M	47 39:50:00	03:58	39:40:00
91	947	RICARDO SOUSA	AMIGOS DO RACHÃO	m	91 JUNSEN-M	48 39:51:00	03:58	39:40:00
92	90	RICARDO FONSECA	VIVALLEY RUNNERS	m	92 VET-M40	23 39:52:00	03:58	39:45:00
93	450	VITOR NEVES	INDIVIDUAL	m	93 JUNSEN-M	49 39:53:00	03:57	39:31:00
94	985	EMANUEL ALVES	INDIVIDUAL	m	94 JUNSEN-M	50 39:53:00	03:57	39:38:00
95	642	JOSÉ PEREIRA	RUNNING ESPINHO	m	95 VET-M45	12 39:53:00	03:59	39:51:00
96	457	JOÃO PATRÍCIO	INDIVIDUAL	m	96 VET-M40	24 39:53:00	03:58	39:46:00
97	299	GUSTAVO ROXO	INVICTA RUNNERS TEAM	m	97 VET-M50	7 39:54:00	03:58	39:48:00
98	496	SÉRGIO ANUNCIAÇÃO	ORALKLASS-AMIGOS DO TRAIL	m	98 VET-M45	13 39:57:00	03:59	39:54:00
99	16	FERNANDO MORAIS	INDIVIDUAL	m	99 VET-M55	3 39:58:00	03:59	39:55:00
100	276	LUÍS OLIVEIRA	ESCOLA DO MOVIMENTO	m	100 VET-M45	14 39:58:00	03:59	39:54:00
101	968	FEDERICO DENISI	INDIVIDUAL	m	101 JUNSEN-M	51 39:58:00	03:59	39:56:00
102	390	LUIS TRIGO	CÃES D'AVENIDA	m	102 VET-M50	8 39:59:00	03:59	39:52:00
103	465	SÍLVIA SANTOS	CA OVAR / X5 HEALTH CLUB1	f	1 JUNSEN-F	1 39:59:00	03:59	39:57:00
104	119	CARLOS MACHADO	INDIVIDUAL	m	103 VET-M50	9 39:59:00	03:59	39:54:00
105	462	AMÉRICO VALENTE	CA OVAR / X5 HEALTH CLUB1	m	104 VET-M50	10 39:59:00	03:59	39:58:00
106	97	JOSE SILVA	CALDAS S JORGE SPORT CLUB	m	105 VET-M55	4 40:00:00	03:59	39:59:00
107	365	ÁLVARO SANTOS	INDIVIDUAL	m	106 JUNSEN-M	52 40:03:00	03:58	39:49:00
108	586	FILIFE MARQUES	X5 HEALTH CLUB 1	m	107 JUNSEN-M	53 40:06:00	04:00	40:00:00
109	76	HÉLIO DIAS	INDIVIDUAL	m	108 JUNSEN-M	54 40:08:00	04:00	40:04:00
110	24	ANTÓNIO LOURENÇO	INDIVIDUAL	m	109 VET-M45	15 40:13:00	04:01	40:11:00
111	188	PAULO VILAÇA	TUGAS NA ESTRADA	m	110 VET-M60	3 40:16:00	04:01	40:10:00
112	59	CARLOS CUNHA	INDIVIDUAL	m	111 VET-M50	11 40:18:00	04:01	40:14:00
113	752	HUGO CHUMBO	VISO RUNNERS	m	112 VET-M40	25 40:21:00	04:01	40:15:00
114	505	SERGIO BRANCO	WHITE RUNNING TEAM	m	113 VET-M40	26 40:23:00	04:02	40:22:00
115	112	VASCO FRANCO	GIROFLÉ BY FAP WINES	m	114 VET-M45	16 40:27:00	04:01	40:17:00
116	608	MANUEL BASTOS	RUNNING ESPINHO	m	115 VET-M40	27 40:27:00	04:02	40:26:00
117	592	HENRIQUE NEVES	CAGAP	m	116 VET-M40	28 40:30:00	04:00	40:06:00
118	881	NUNO ALMEIDA	GAIA-RUNNING	m	117 JUNSEN-M	55 40:30:00	04:02	40:27:00
119	542	PEDRO FRANÇA	GIM	m	118 VET-M45	17 40:32:00	04:02	40:28:00
120	122	FILIFE NEVES	VILA MAIOR TURISMO	m	119 VET-M40	29 40:32:00	04:03	40:30:00
121	198	RUI PENA	AASM	m	120 VET-M40	30 40:34:00	04:02	40:28:00
122	247	VÍTOR SÁ	X5 HEALTH CLUB 1	m	121 VET-M40	31 40:34:00	04:03	40:31:00
123	190	RICARDO SILVA	TUGAS NA ESTRADA	m	122 VET-M40	32 40:35:00	04:03	40:31:00
124	394	JORGE QUEIROS	NAC	m	123 VET-M40	33 40:36:00	04:03	40:33:00
125	786	FREDERICO MÁXIMO	AESTHETICAL TEAM RUNNING	m	124 JUNSEN-M	56 40:36:00	04:03	40:32:00
126	416	PEDRO CASTRO	INDIVIDUAL	m	125 JUNSEN-M	57 40:36:00	04:00	40:03:00
127	506	JOAQUIM BATISTA	WHITE RUNNING TEAM	m	126 JUNSEN-M	58 40:36:00	04:03	40:34:00
128	389	PEDRO ANDRÉ CORREIA	INDIVIDUAL	m	127 JUNSEN-M	59 40:37:00	04:03	40:33:00
129	909	JOSÉ ALMEIDA	VIRIATHVS RUNNERS VISEU	m	128 VET-M40	34 40:40:00	04:01	40:16:00
130	274	RICARDO PARADA	INDIVIDUAL	m	129 JUNSEN-M	60 40:43:00	04:04	40:42:00
131	430	BRUNO SILVA	INDIVIDUAL	m	130 JUNSEN-M	61 40:47:00	04:04	40:42:00
132	933	JOÃO PEREIRA	SPORTING CLUBE DE ESPINHO	m	131 VET-M40	35 40:47:00	04:04	40:44:00
133	1016	FILIFE MARQUES		m	132 JUNSEN-M	62 41:09:00	04:03	40:38:00

GERAL	DORSAL	NOME	EQUIPA	SEXO	ESCALAO	TEMPO	RITMO	CHIP
134	326	LEANDRO CAETANO	RESTAURANTE CAETANO PORTO	m	133 JUNSEN-M	63 41:12:00	04:06	41:07:00
135	56	NOEL VALADÃO	ADM ORI-MONDEGO	m	134 JUNSEN-M	64 41:14:00	04:07	41:12:00
136	949	PAULO OLIVEIRA	AFIS/OVAR	m	135 JUNSEN-M	65 41:15:00	04:06	41:05:00
137	657	MÁRIO RUI DIAS	RUNNING ESPINHO ORG	m	136 JUNSEN-M	66 41:15:00	04:06	41:07:00
138	117	RUI ALVES	INDIVIDUAL	m	137 VET-M40	36 41:17:00	04:07	41:11:00
139	367	NUNO MAGALHAES	TARTARUGAS DO ASFALTO	m	138 VET-M45	18 41:19:00	04:07	41:15:00
140	142	SILVIO FERREIRA	MOCIDADE SANGEMIL	m	139 JUNSEN-M	67 41:20:00	04:07	41:15:00
141	370	IVO MORAIS	BYL	m	140 VET-M40	37 41:23:00	04:07	41:17:00
142	356	PAULO MOTA	PERALTAFILRUNNING	m	141 VET-M45	19 41:23:00	04:07	41:17:00
143	354	CELSO SILVA	PERALTAFILRUNNING	m	142 JUNSEN-M	68 41:23:00	04:07	41:17:00
144	266	DIOGO COUTINHO	X5 HEALTH CLUB 1	m	143 JUNSEN-M	69 41:29:00	04:07	41:15:00
145	20	JOAO JOSE JOAO CASTRO	INDIVIDUAL	m	144 VET-M55	5 41:29:00	04:08	41:25:00
146	612	PAULO MARQUES	RUNNING ESPINHO	m	145 VET-M45	20 41:31:00	04:08	41:23:00
147	724	VÍTOR RITO	RUNNING ESPINHO ORG	m	146 JUNSEN-M	70 41:32:00	04:08	41:24:00
148	81	JOSÉ CARLOS GOMES	LIGEIRINHOS	m	147 VET-M55	6 41:49:00	04:10	41:40:00
149	329	LUÍS MOTA	INDIVIDUAL	m	148 VET-M50	12 41:50:00	04:09	41:35:00
150	511	ANTÓNIO LOPES FIGUEIREDO	AFIS/OVAR	m	149 JUNSEN-M	71 41:52:00	04:10	41:49:00
151	524	RUI SILVA	AD RIO LARGO	m	150 VET-M45	21 41:53:00	04:10	41:49:00
152	851	HELDER GUEDES	INDIVIDUAL	m	151 VET-M40	38 41:53:00	04:10	41:46:00
153	182	JOAO BANDEIRA	INDIVIDUAL	m	152 VET-M45	22 41:54:00	04:09	41:30:00
154	443	PAULO NOBRE	INQUIPA	m	153 JUNSEN-M	72 41:57:00	04:09	41:38:00
155	560	JOSÉ PINHEL	INDIVIDUAL	m	154 VET-M45	23 41:58:00	04:11	41:56:00
156	660	RICHARD NOGUEIRA	RUNNING ESPINHO	m	155 VET-M40	39 41:59:00	04:11	41:58:00
157	533	JOAQUIM PEREIRA	NASCIDOS PARA CORRER	m	156 VET-M45	24 42:02:00	04:12	42:00:00
158	355	FERNANDO GOMES	PERALTAFILRUNNING	m	157 JUNSEN-M	73 42:06:00	04:12	42:01:00
159	962	CARLOS GARRIDO	CPT SOBRAL DE CEIRA	m	158 VET-M55	7 42:10:00	04:11	41:58:00
160	310	PAULO BORGES	INDIVIDUAL	m	159 JUNSEN-M	74 42:12:00	04:12	42:02:00
161	109	CARLOS OLIVEIRA	RIPOLINS - GRIJÓ A CORRER	m	160 VET-M55	8 42:14:00	04:13	42:12:00
162	961	CARLOS MOÇO	INDIVIDUAL	m	161 VET-M40	40 42:17:00	04:13	42:10:00
163	431	ALCINO LOPES	RUNNING ESPINHO	m	162 VET-M40	41 42:21:00	04:12	42:08:00
164	544	ALBANO BRAGA	CMMC VALE DE CAMBRA	m	163 VET-M60	4 42:22:00	04:13	42:18:00
165	77	PEDRO MONTEIRO	INDIVIDUAL	m	164 JUNSEN-M	75 42:24:00	04:12	42:08:00
166	458	RUI ANDRÉ MARTINS	BRUNHEIRO RUNNERS	m	165 JUNSEN-M	76 42:26:00	04:13	42:19:00
167	14	PAULO FIDALGO	INDIVIDUAL	m	166 JUNSEN-M	77 42:32:00	04:14	42:27:00
168	413	VITOR GODINHO	INDIVIDUAL	m	167 JUNSEN-M	78 42:34:00	04:12	42:01:00
169	335	TELMO FERNANDES	TEAM BRAVOS	m	168 JUNSEN-M	79 42:39:00	04:14	42:29:00
170	917	ANDRÉ ALMEIDA	INDIVIDUAL	m	169 JUNSEN-M	80 42:43:00	04:13	42:19:00
171	101	JOÃO FERREIRA	AFIS/OVAR	m	170 JUNSEN-M	81 42:43:00	04:14	42:29:00
172	595	JORGE CASTRO	CAGAP	m	171 VET-M40	42 42:46:00	04:16	42:46:00
173	113	MARISA JOÃO	DCI / CDRPEDRULHA - MEAL	f	2 VET-F40	1 42:46:00	04:16	42:43:00
174	609	MANUEL FERREIRA	RUNNING ESPINHO	m	172 VET-M60	5 42:47:00	04:16	42:44:00
175	236	PAULO MARTINS	INDIVIDUAL	m	173 VET-M40	43 42:50:00	04:16	42:45:00
176	668	CRISTIANA FERREIRA	RUNNING ESPINHO ORG	f	3 JUNSEN-F	2 42:55:00	04:17	42:51:00
177	610	MARCO PINHO	RUNNING ESPINHO	m	174 VET-M50	13 42:55:00	04:17	42:50:00
178	906	MARCO PEIXOTO	INDIVIDUAL	m	175 JUNSEN-M	82 42:55:00	04:16	42:40:00

GERAL	DORSAL	NOME	EQUIPA	SEXO	ESCALAO	TEMPO	RITMO	CHIP
179	829	FÁTIMA SANTOS	CLUBE PESSOAL EDP PORTO	f	4 JUNSEN-F	3 42:58:00	04:16	42:49:00
180	889	CÉU COELHO	X5 HEALTH CLUB 1	f	5 JUNSEN-F	4 43:01:00	04:17	42:54:00
181	242	NÉLSON ALVES	X5 HEALTH CLUB	m	176 VET-M45	25 43:01:00	04:17	42:53:00
182	666	JOSÉ MANUEL ROCHA	RUNNING ESPINHO	m	177 VET-M40	44 43:04:00	04:17	42:53:00
183	942	RAMIRO PINHO	SPORTING CLUBE DE ESPINHO	m	178 VET-M50	14 43:06:00	04:16	42:49:00
184	436	JOÃO MOREIRA	RUNNING ESPINHO	m	179 VET-M40	45 43:08:00	04:18	43:04:00
185	915	PEDRO COELHO	NICE RUNNERS	m	180 VET-M45	26 43:08:00	04:17	42:50:00
186	302	PAULO SOUSA	AFIS/OVAR	m	181 VET-M40	46 43:17:00	04:18	43:06:00
187	162	LUÍS PERALTA	INDIVIDUAL	m	182 JUNSEN-M	83 43:26:00	04:19	43:19:00
188	784	JOEL RORIZ	INDIVIDUAL	m	183 JUNSEN-M	84 43:30:00	04:20	43:28:00
189	473	NELSON SILVA	CMMC VALE DE CAMBRA	m	184 VET-M60	6 43:32:00	04:20	43:28:00
190	144	JOSÉ CASTRO	CLUBE NOVO BANCO	m	185 VET-M50	15 43:35:00	04:20	43:27:00
191	168	JOSE PEREIRA	INDIVIDUAL	m	186 VET-M50	16 43:36:00	04:20	43:27:00
192	12	CARLOS SANTOS		m	187 VET-M40	47 43:38:00	04:20	43:28:00
193	196	MANUEL CARDOSO	INDIVIDUAL	m	188 VET-M50	17 43:39:00	04:20	43:29:00
194	415	FERNANDO GASPAR	INDIVIDUAL	m	189 JUNSEN-M	85 43:40:00	04:18	43:07:00
195	655	PEDRO COSTA	RUNNING ESPINHO ORG	m	190 JUNSEN-M	86 43:41:00	04:21	43:34:00
196	703	RICARDO OLIVEIRA	RUNNING ESPINHO	m	191 JUNSEN-M	87 43:41:00	04:21	43:30:00
197	440	IVO PAIS	PAISFAMILY	m	192 JUNSEN-M	88 43:46:00	04:20	43:29:00
198	497	ANTÓNIO CASTRO	INDIVIDUAL	m	193 VET-M45	27 43:47:00	04:19	43:16:00
199	382	MATILDE BAPTISTA	JAM - JUVENTUDE ATLÉTICA	f	6 VET-F50	1 43:47:00	04:22	43:46:00
200	351	LUIS SILVA	PERALTAFILRUNNING	m	194 VET-M50	18 43:50:00	04:20	43:21:00
201	562	ADELINO GOMES	CAL - CLUBE ATLETISMO DE	m	195 VET-M40	48 43:50:00	04:19	43:19:00
202	819	ANTÓNIO BRANDÃO	INDIVIDUAL	m	196 JUNSEN-M	89 43:52:00	04:22	43:46:00
203	783	FERNANDO PEREIRA	CLUBE ATLETISMO AVINTES	m	197 VET-M60	7 43:56:00	04:23	43:52:00
204	301	SÉRGIO RODRIGUES	AFIS/OVAR	m	198 JUNSEN-M	90 43:57:00	04:21	43:36:00
205	269	LUIS CONCEIÇÃO	PSP	m	199 VET-M45	28 43:58:00	04:23	43:55:00
206	532	VITOR CALDEIRA	INDIVIDUAL	m	200 JUNSEN-M	91 44:00:00	04:21	43:37:00
207	572	SERGIO MATOS	CAL - CLUBE ATLETISMO DE	m	201 JUNSEN-M	92 44:00:00	04:23	43:53:00
208	178	MANUEL OLIVEIRA	INDIVIDUAL	m	202 VET-M55	9 44:00:00	04:23	43:50:00
209	307	EGDAR ROCHA	TRAIL RUNNING BTTSANGUEDO	m	203 VET-M55	10 44:08:00	04:24	44:07:00
210	536	RUI MATOS	ELECTREX	m	204 VET-M60	8 44:08:00	04:24	44:01:00
211	640	NUNO MILHEIRO	RUNNING ESPINHO	m	205 VET-M40	49 44:10:00	04:21	43:39:00
212	800	RUI FARIA	ATHLETIC TURTLES	m	206 VET-M40	50 44:11:00	04:22	43:41:00
213	70	CONSTANTINO MOTA	INDIVIDUAL	m	207 VET-M40	51 44:13:00	04:24	44:04:00
214	260	ANDRÉ BARBOSA	GDC CASTELO DE PAIVA	m	208 JUNSEN-M	93 44:13:00	04:24	44:00:00
215	938	PATRICIA LEITE	SPORTING CLUBE DE ESPINHO	f	7 JUNSEN-F	5 44:13:00	04:24	44:07:00
216	957	NUNO FERNANDES	X5 HEALTH CLUB 1	m	209 JUNSEN-M	94 44:14:00	04:24	44:07:00
217	226	ANTÓNIO TABOAS	INDIVIDUAL	m	210 JUNSEN-M	95 44:17:00	04:23	43:55:00
218	405	AMÉRICO FONSECA	X5 HEALTH CLUB 1	m	211 VET-M45	29 44:17:00	04:24	44:04:00
219	48	MAFALDA OLIVEIRA	ATLÉTICO DA MADALENA	f	8 JUNSEN-F	6 44:19:00	04:22	43:43:00
220	386	MANUEL PEREIRA	JAM - JUVENTUDE ATLÉTICA	m	212 VET-M50	19 44:19:00	04:23	43:56:00
221	652	FILIPE COELHO	RUNNING ESPINHO	m	213 JUNSEN-M	96 44:19:00	04:23	43:53:00
222	114	NUNO BRANDÃO	DCI / CDRPEDRULHA - MEAL	m	214 JUNSEN-M	97 44:21:00	04:25	44:19:00
223	678	ALEXANDRE FERNANDES	RUNNING ESPINHO	m	215 VET-M40	52 44:22:00	04:24	44:01:00

GERAL	DORSAL	NOME	EQUIPA	SEXO	ESCALAO	TEMPO	RITMO	CHIP
224	534	SÉRGIO MARTINS	INDIVIDUAL	m	216 JUNSEN-M	98 44:23:00	04:25	44:17:00
225	189	FÁTIMA GERALDES	TUGAS NA ESTRADA	f	9 VET-F40	2 44:25:00	04:25	44:15:00
226	978	RUI COELHO	INDIVIDUAL	m	217 JUNSEN-M	99 44:26:00	04:26	44:20:00
227	919	JOSÉ MARTINS	INDIVIDUAL	m	218 JUNSEN-M	100 44:26:00	04:25	44:16:00
228	183	ANDRÉ BANDEIRA	INDIVIDUAL	m	219 VET-M40	53 44:28:00	04:24	44:03:00
229	446	ERASMO ALVES	TAYLOR'S / THE YEATMAN	m	220 VET-M40	54 44:28:00	04:26	44:25:00
230	409	CARLOS NORONHA	INDIVIDUAL	m	221 JUNSEN-M	101 44:29:00	04:25	44:14:00
231	644	CARLOS OLIVEIRA	RUNNING ESPINHO	m	222 JUNSEN-M	102 44:30:00	04:24	44:04:00
232	348	LUIS GUIMARÃES	PERALTAFILRUNNING	m	223 JUNSEN-M	103 44:30:00	04:26	44:24:00
233	229	HELENA MOURÃO	ESCOLA ATLETISMO TROFA	f	10 VET-F50	2 44:34:00	04:24	44:03:00
234	507	MANUEL OLIVEIRA	WHITE RUNNING TEAM	m	224 VET-M45	30 44:38:00	04:27	44:37:00
235	825	VITOR CORREIA	CLUBE PESSOAL EDP PORTO	m	225 JUNSEN-M	104 44:39:00	04:26	44:28:00
236	756	TIAGO MENDES	INVICTA RUNNERS TEAM	m	226 JUNSEN-M	105 44:39:00	04:24	44:06:00
237	155	JOAO VASCONCELOS	INDIVIDUAL	m	227 JUNSEN-M	106 44:40:00	04:26	44:26:00
238	619	ANTÓNIO SILVA	RUNNING ESPINHO	m	228 VET-M45	31 44:42:00	04:26	44:25:00
239	821	CARLOS ALVES	CLUBE PESSOAL EDP PORTO	m	229 VET-M55	11 44:43:00	04:27	44:35:00
240	712	VÍTOR QUINTO	RUNNING ESPINHO	m	230 VET-M40	55 44:44:00	04:28	44:44:00
241	908	MÁRCIO MACHADO	INDIVIDUAL	m	231 JUNSEN-M	107 44:48:00	04:26	44:27:00
242	696	PAULO BELINHA	RUNNING ESPINHO	m	232 VET-M40	56 44:49:00	04:26	44:22:00
243	414	MÁRIO LEITE	INDIVIDUAL	m	233 VET-M50	20 44:50:00	04:25	44:18:00
244	304	MANUEL SOUSA	AFIS/OVAR	m	234 VET-M60	9 44:51:00	04:28	44:43:00
245	397	VITOR FERREIRA	RUNNING ESPINHO	m	235 VET-M40	57 44:52:00	04:27	44:38:00
246	327	TIAGO CAETANO	RESTAURANTE CAETANO PORTO	m	236 JUNSEN-M	108 44:53:00	04:28	44:47:00
247	43	RUI FERREIRA	NEEDMORESPEED	m	237 VET-M40	58 44:53:00	04:28	44:40:00
248	134	PATRICK BORJA	MAIA NORTHSIDE RUN	m	238 VET-M40	59 44:55:00	04:27	44:35:00
249	870	EDUARDO GOMES	INDIVIDUAL	m	239 VET-M45	32 44:56:00	04:27	44:31:00
250	675	ANTÓNIO DIAS	RUNNING ESPINHO	m	240 VET-M50	21 44:57:00	04:27	44:35:00
251	768	JOSÉ MOREIRA	CLUBE ATLETISMO DE LAMAS	m	241 JUNSEN-M	109 44:58:00	04:27	44:34:00
252	454	LUÍS NOGUEIRA	INDIVIDUAL	m	242 JUNSEN-M	110 44:59:00	04:28	44:45:00
253	918	PEDRO VAZ	INDIVIDUAL	m	243 JUNSEN-M	111 44:59:00	04:28	44:49:00
254	742	HELDER FERREIRA	GD LEÕES DA AGRA	m	244 JUNSEN-M	112 45:00:00	04:28	44:40:00
255	753	JOSÉ CARLOS ALMEIDA	VISO RUNNERS	m	245 VET-M40	60 45:00:00	04:27	44:38:00
256	133	MARIO NOGUEIRA	INDIVIDUAL	m	246 VET-M50	22 45:01:00	04:28	44:48:00
257	33	NUNO TEIXEIRA	INDIVIDUAL	m	247 JUNSEN-M	113 45:02:00	04:28	44:45:00
258	810	ROGÉRIO SANTOS	INDIVIDUAL	m	248 VET-M40	61 45:02:00	04:27	44:39:00
259	548	LUÍS MARTINS	INDIVIDUAL	m	249 VET-M40	62 45:04:00	04:28	44:41:00
260	772	RUI BARBOSA	INVICTA RUNNERS TEAM	m	250 VET-M40	63 45:04:00	04:30	45:04:00
261	433	FÁBIO CARDOSO	RUNNING ESPINHO	m	251 JUNSEN-M	114 45:08:00	04:30	45:04:00
262	656	MANUEL ABREU	RUNNING ESPINHO ORG	m	252 JUNSEN-M	115 45:09:00	04:30	45:01:00
263	132	ÁLVARO NUNES	ALL ABOUT SPIRIT TEAM	m	253 VET-M40	64 45:09:00	04:29	44:56:00
264	751	PEDRO COELHO	VISO RUNNERS	m	254 JUNSEN-M	116 45:10:00	04:28	44:49:00
265	96	MIGUEL BARROS	ARCORUN	m	255 VET-M40	65 45:10:00	04:30	45:05:00
266	169	CRISTINA PASSOS	RUNNING ESPINHO	f	11 VET-F40	3 45:11:00	04:30	45:03:00
267	540	ORLANDO FERREIRA	GONDOMAR FUTSAL CLUBE	m	256 VET-M50	23 45:11:00	04:28	44:45:00
268	271	FRANCISCO MONTEIRO	PSP	m	257 VET-M55	12 45:12:00	04:29	44:50:00

GERAL	DORSAL	NOME	EQUIPA	SEXO	ESCALAO	TEMPO	RITMO	CHIP
269	684	JOSÉ FEITEIRA	RUNNING ESPINHO	m	258 JUNSEN-M	117 45:12:00	04:29	44:56:00
270	826	JOSÉ MARTINS SILVA	CLUBE PESSOAL EDP PORTO	m	259 VET-M55	13 45:13:00	04:30	45:03:00
271	537	JOÃO MIGUEL LEITE	INDIVIDUAL	m	260 JUNSEN-M	118 45:14:00	04:28	44:46:00
272	479	ALEXANDRE GOMES	CMMC VALE DE CAMBRA	m	261 VET-M45	33 45:14:00	04:29	44:55:00
273	811	FILIPE RAMOS	X5 HEALTH CLUB 1	m	262 VET-M40	66 45:15:00	04:30	45:03:00
274	360	MIGUEL FRANÇA	INDIVIDUAL	m	263 JUNSEN-M	119 45:16:00	04:30	45:08:00
275	482	JOAQUIM COUTO	CMMC VALE DE CAMBRA	m	264 VET-M45	34 45:16:00	04:30	45:06:00
276	490	CARLOS ALMEIDA	INDIVIDUAL	m	265 VET-M40	67 45:17:00	04:28	44:48:00
277	558	PEDRO ROLA		m	266 VET-M45	35 45:17:00	04:30	45:06:00
278	419	GERALDINO SILVA	INDIVIDUAL	m	267 VET-M55	14 45:19:00	04:30	45:04:00
279	127	JULIANO SILVA	MEIAS SANGRENTAS	m	268 JUNSEN-M	120 45:20:00	04:29	44:54:00
280	964	JULIA SCHIAVON	INDIVIDUAL	f	12 JUNSEN-F	7 45:21:00	04:28	44:48:00
281	406	SOFIA COELHO	X5 HEALTH CLUB 1	f	13 VET-F40	4 45:23:00	04:31	45:16:00
282	503	JOÃO PEREIRA	WHITE RUNNING TEAM	m	269 VET-M40	68 45:23:00	04:31	45:15:00
283	180	CÉSAR SOUSA	INDIVIDUAL	m	270 VET-M40	69 45:26:00	04:31	45:18:00
284	837	LILIANA ALVES COUTO	TRAILRUNNING-BTT SANGUEDO	f	14 JUNSEN-F	8 45:27:00	04:31	45:19:00
285	873	NUNO SANTOS	INDIVIDUAL	m	271 JUNSEN-M	121 45:28:00	04:30	45:02:00
286	716	HUGO SOUSA	RUNNING ESPINHO	m	272 JUNSEN-M	122 45:30:00	04:30	45:09:00
287	882	DÊNIS QUADROS	ATHLON RUNNER'S	m	273 JUNSEN-M	123 45:32:00	04:32	45:23:00
288	175	PAULO MESQUITA	MAISFIT RUNNERS	m	274 JUNSEN-M	124 45:34:00	04:29	44:58:00
289	324	SERGIO SILVA	FALTA MUITO?	m	275 JUNSEN-M	125 45:36:00	04:32	45:23:00
290	769	RICARDO RUIVO	INDIVIDUAL	m	276 JUNSEN-M	126 45:38:00	04:32	45:24:00
291	80	ROSA LÍDIA SILVA	LIGEIRINHOS	f	15 VET-F40	5 45:39:00	04:31	45:13:00
292	667	MANUEL FERNANDES	RUNNING ESPINHO	m	277 VET-M50	24 45:45:00	04:33	45:34:00
293	423	MANUEL COUTO	INDIVIDUAL	m	278 VET-M40	70 45:48:00	04:33	45:35:00
294	265	MIGUEL MACEDO	X5 HEALTH CLUB 1	m	279 JUNSEN-M	127 45:49:00	04:31	45:11:00
295	720	PAULO PEREIRA	RUNNING ESPINHO	m	280 VET-M45	36 45:49:00	04:32	45:29:00
296	972	TÁCITO MARQUES	CRUZ VERMELHA ESPINHO	m	281 VET-M60	10 45:52:00	04:34	45:49:00
297	665	CARLOS COSTA	RUNNING ESPINHO	m	282 VET-M40	71 45:52:00	04:34	45:43:00
298	959	RICARDO MAIA	INDIVIDUAL	m	283 VET-M55	15 45:52:00	04:34	45:44:00
299	249	ROSA FERREIRA	X5 HEALTH CLUB 1	f	16 VET-F50	3 45:53:00	04:34	45:49:00
300	815	ANDRÉ PINTO	X5 HEALTH CLUB	m	284 VET-M55	16 45:53:00	04:33	45:33:00
301	813	JOÃO REIS	X5 HEALTH CLUB	m	285 VET-M50	25 45:53:00	04:33	45:32:00
302	499	NUNO LEITE	INDIVIDUAL	m	286 JUNSEN-M	128 45:55:00	04:10	41:41:00
303	636	RICARDO BARROS	RUNNING ESPINHO	m	287 VET-M40	72 45:56:00	04:32	45:23:00
304	603	HUGO MOUTINHO	RUNNING ESPINHO	m	288 JUNSEN-M	129 45:57:00	04:31	45:18:00
305	629	DAVID OLIVEIRA	RUNNING ESPINHO	m	289 VET-M40	73 45:57:00	04:34	45:42:00
306	18	JORGE VICENTE SOUSA	RUNNING ESPINHO	m	290 VET-M45	37 45:58:00	04:35	45:53:00
307	151	LUÍS CASTRO	INDIVIDUAL	m	291 VET-M40	74 45:58:00	04:30	45:09:00
308	567	FERNANDO BERNARDINO	CAL - CLUBE ATLETISMO DE	m	292 VET-M40	75 45:58:00	04:33	45:33:00
309	64	RUI PINTO	RUNNING ESPINHO	m	293 VET-M40	76 45:59:00	04:35	45:53:00
310	225	VITOR SILVA	SPORT CLUBE BEIRA-MAR	m	294 JUNSEN-M	130 45:59:00	04:33	45:35:00
311	272	JOSE DOS SANTOS	PSP	m	295 JUNSEN-M	131 46:04:00	04:34	45:40:00
312	362	JORGE PEIXOTO	INDIVIDUAL	m	296 VET-M50	26 46:04:00	04:35	45:55:00
313	902	ANTÓNIO COSTA	CGD	m	297 VET-M40	77 46:05:00	04:33	45:35:00

GERAL	DORSAL	NOME	EQUIPA	SEXO	ESCALAO	TEMPO	RITMO	CHIP
314	681	JOSÉ CARLOS GOMES	RUNNING ESPINHO ORG	m	298 VET-M40	78 46:06:00	04:35	45:55:00
315	204	VÍTOR NETO	INDIVIDUAL	m	299 VET-M40	79 46:06:00	04:35	45:55:00
316	1007	RUI FERREIRA	INDIVIDUAL	m	300 VET-M40	80 46:06:00	04:34	45:41:00
317	411	ABILIO DOS SANTOS	INDIVIDUAL	m	301 VET-M55	17 46:07:00	04:36	46:06:00
318	50	MANUEL TEIXEIRA	MANQUINHOS	m	302 VET-M55	18 46:08:00	04:35	45:50:00
319	754	FERNANDO GONALVES	VISO RUNNERS	m	303 VET-M40	81 46:08:00	04:34	45:45:00
320	261	HÉLDER PEREIRA	X5 HEALTH CLUB 1	m	304 VET-M40	82 46:09:00	04:35	45:54:00
321	969	VITOR MARQUES	INDIVIDUAL	m	305 VET-M40	83 46:09:00	04:34	45:49:00
322	888	HUGO GONÇALVES	X5 HEALTH CLUB 1	m	306 VET-M45	38 46:09:00	04:35	45:54:00
323	205	LUÍS SOARES	INDIVIDUAL	m	307 JUNSEN-M	132 46:10:00	04:35	45:51:00
324	254	DANIEL SARABANDA	VALKYRIA	m	308 JUNSEN-M	133 46:10:00	04:34	45:41:00
325	152	JORGE GOMES	INDIVIDUAL	m	309 VET-M40	84 46:10:00	04:32	45:23:00
326	927	GABRIEL RODRIGUES	GAIA-RUNNING	m	310 JUNSEN-M	134 46:10:00	04:36	46:00:00
327	52	MANUEL MATOS	MANQUINHOS	m	311 VET-M60	11 46:12:00	04:35	45:54:00
328	570	NUNO PEREIRA	CAL - CLUBE ATLETISMO DE	m	312 VET-M40	85 46:12:00	04:35	45:57:00
329	460	PEDRO VIEIRA	A.D.SEBOLIDO TRAIL BONECA	m	313 JUNSEN-M	135 46:13:00	04:36	46:07:00
330	565	BELMIRO LOPES	CAL - CLUBE ATLETISMO DE	m	314 VET-M45	39 46:14:00	04:35	45:55:00
331	256	DAVID AZEVEDO	VALKYRIA	m	315 JUNSEN-M	136 46:15:00	04:34	45:47:00
332	593	VALDEMAR FERREIRA	CAGAP	m	316 VET-M40	86 46:18:00	04:35	45:52:00
333	770	ANTÓNIO CARMO	INDIVIDUAL	m	317 VET-M50	27 46:19:00	04:37	46:11:00
334	422	RAFAEL OLIVEIRA	INDIVIDUAL	m	318 JUNSEN-M	137 46:20:00	04:35	45:52:00
335	858	AMAURY OLIVEIRA	PÉ VERMELHO	m	319 JUNSEN-M	138 46:21:00	04:37	46:13:00
336	857	ALESSANDRA GOUVEIA	PÉ VERMELHO	f	17 JUNSEN-F	9 46:21:00	04:37	46:13:00
337	13	JORGE VILELA	QUINTA DOS AZEREDOS	m	320 VET-M50	28 46:24:00	04:38	46:23:00
338	137	FERNANDO PINHO	INVICTAS RUNNERS TEAM	m	321 VET-M55	19 46:24:00	04:35	45:51:00
339	232	PEDRO DUARTE SILVA	INDIVIDUAL	m	322 VET-M45	40 46:25:00	04:38	46:20:00
340	618	GIL COSTA	RUNNING ESPINHO	m	323 VET-M55	20 46:29:00	04:35	45:51:00
341	627	CRISTINA SARAIVA	RUNNING ESPINHO	f	18 VET-F50	4 46:33:00	04:38	46:23:00
342	140	LEONEL CARVALHO	INDIVIDUAL	m	324 JUNSEN-M	139 46:35:00	04:36	46:07:00
343	363	RUI CORREIA	TEAM BRAVOS	m	325 JUNSEN-M	140 46:37:00	04:38	46:27:00
344	1003	PAULO SOUZA	INDIVIDUAL	m	326 VET-M40	87 46:37:00	04:37	46:11:00
345	291	CLAUDIA PIMPAREL	SHOTS INT. RUNNERS	f	19 VET-F40	6 46:38:00	04:38	46:22:00
346	279	JOSE LEMOS	SHOTS INT. RUNNERS	m	327 JUNSEN-M	141 46:38:00	04:39	46:32:00
347	366	FILIPE PIRES	TARTARUGAS DO ASFALTO	m	328 VET-M45	41 46:41:00	04:38	46:26:00
348	138	SAMUEL PEREIRA	INDIVIDUAL	m	329 JUNSEN-M	142 46:44:00	04:37	46:16:00
349	219	ANTÓNIO PEREIRA	INDIVIDUAL	m	330 VET-M50	29 46:45:00	04:39	46:36:00
350	286	ANDRÉ REBELO	EDUARTCOMPONENTES CALÇADO	m	331 JUNSEN-M	143 46:46:00	04:39	46:38:00
351	293	GONÇALO OLIVEIRA	INVICTA RUNNERS TEAM	m	332 JUNSEN-M	144 46:48:00	04:37	46:15:00
352	905	JOÃO DUARTE	CGD	m	333 JUNSEN-M	145 46:49:00	04:37	46:19:00
353	953	ROGÉRIO PACHECO	INDIVIDUAL	m	334 JUNSEN-M	146 46:50:00	04:37	46:18:00
354	864	VITOR AMARAL	MULTIFRACÇÃO	m	335 VET-M55	21 46:51:00	04:36	46:06:00
355	268	JOAQUIM SANTOS	PSP	m	336 VET-M50	30 46:52:00	04:39	46:30:00
356	273	ANDRE SANTOS	PSP	m	337 JUNSEN-M	147 46:52:00	04:38	46:29:00
357	895	FERNANDO BARBOSA	BOOTSEALS	m	338 VET-M50	31 46:56:00	04:38	46:29:00
358	623	SIMÃO CARDOSO	RUNNING ESPINHO	m	339 JUNSEN-M	148 46:58:00	04:39	46:36:00

GERAL	DORSAL	NOME	EQUIPA	SEXO	ESCALAO	TEMPO	RITMO	CHIP
359	1012	NUNO SANTOS	INDIVIDUAL	m	340 JUNSEN-M	149 46:58:00	04:38	46:22:00
360	383	AUGUSTO BAPTISTA	JAM - JUVENTUDE ATLÉTICA	m	341 VET-M55	22 46:59:00	04:40	46:49:00
361	780	ROSA PINTO	K.M.A.	f	20 VET-F50	5 46:59:00	04:39	46:38:00
362	781	JORGE CATARINO	K.M.A.	m	342 JUNSEN-M	150 46:59:00	04:39	46:38:00
363	685	SÉRGIO NUNES	RUNNING ESPINHO	m	343 JUNSEN-M	151 46:59:00	04:40	46:48:00
364	207	VALTER BARBOSA	STCP RUNNERS	m	344 JUNSEN-M	152 47:03:00	04:41	46:52:00
365	535	EDUARDO FERNANDES	INDIVIDUAL	m	345 VET-M45	42 47:04:00	04:41	46:57:00
366	333	JOANA QUINTÃ	QUINTANTES	f	21 JUNSEN-F	10 47:06:00	04:42	47:00:00
367	248	ANGELINA FERREIRA	X5 HEALTH CLUB 1	f	22 VET-F50	6 47:07:00	04:42	47:03:00
368	474	SUSANA BRANDAO	CMMC VALE DE CAMBRA	f	23 VET-F40	7 47:07:00	04:42	47:03:00
369	651	MIGUEL VALENTE	RUNNING ESPINHO	m	346 JUNSEN-M	153 47:10:00	04:40	46:44:00
370	937	MIGUEL PINHEIRO	SPORTING CLUBE DE ESPINHO	m	347 VET-M40	88 47:11:00	04:41	46:53:00
371	737	MI COUTO	RUNNING ESPINHO	m	348 JUNSEN-M	154 47:11:00	04:42	47:05:00
372	702	TIAGO SOARES	RUNNING ESPINHO	m	349 VET-M40	89 47:12:00	04:43	47:12:00
373	402	SEBASTIÃO ALVES	DOT.DESIGN	m	350 VET-M50	32 47:16:00	04:42	47:07:00
374	401	TIAGO ALVES	DOT.DESIGN	m	351 JUNSEN-M	155 47:16:00	04:42	47:07:00
375	387	JOSÉ PINTO	JAM - JUVENTUDE ATLÉTICA	m	352 VET-M45	43 47:22:00	04:43	47:15:00
376	733	HUGO ESTEVES	RUNNING ESPINHO	m	353 JUNSEN-M	156 47:27:00	04:42	47:04:00
377	287	LUÍS SOARES	EDUARTCOMPONENTES CALÇADO	m	354 VET-M45	44 47:30:00	04:44	47:21:00
378	1005	RUI PINHAO	INDIVIDUAL	m	355 VET-M40	90 47:32:00	04:42	47:02:00
379	21	JOÃO REDONDO	INDIVIDUAL	m	356 VET-M55	23 47:33:00	04:44	47:28:00
380	551	BELMIRO MONTEIRO	INDIVIDUAL	m	357 VET-M45	45 47:33:00	04:43	47:14:00
381	641	TONI FERREIRA	RUNNING ESPINHO	m	358 JUNSEN-M	157 47:34:00	04:45	47:34:00
382	892	MANUEL ALMEIDA	INDIVIDUAL	m	359 VET-M60	12 47:34:00	04:43	47:17:00
383	339	SUSETE SILVA	INDIVIDUAL	f	24 JUNSEN-F	11 47:34:00	04:41	46:54:00
384	541	JORGE TEIXEIRA SANTOS	GIM	m	360 VET-M50	33 47:40:00	04:43	47:15:00
385	130	CARLOS PINA	INDIVIDUAL	m	361 JUNSEN-M	158 47:40:00	04:45	47:31:00
386	438	SÉRGIO PACHECO	STCP RUNNERS	m	362 JUNSEN-M	159 47:42:00	04:46	47:42:00
387	823	JOSÉ LOPES	CLUBE PESSOAL EDP PORTO	m	363 VET-M55	24 47:44:00	04:45	47:34:00
388	49	ANDRÉ COIMBRA	MANQUINHOS	m	364 JUNSEN-M	160 47:45:00	04:44	47:27:00
389	871	RENATO TAVARES	INDIVIDUAL	m	365 VET-M45	46 47:45:00	04:43	47:19:00
390	86	MIGUEL FERREIRA	BTT SANGUEDO	m	366 VET-M40	91 47:45:00	04:45	47:30:00
391	29	RICARDO SEROMENHO	INDIVIDUAL	m	367 JUNSEN-M	161 47:46:00	04:44	47:26:00
392	32	JOAQUIM SOUSA	FIT2LABOR	m	368 VET-M45	47 47:47:00	04:44	47:23:00
393	973	TÁCITO LARANJEIRA	CRUZ VERMELHA ESPINHO	m	369 JUNSEN-M	162 47:48:00	04:43	47:19:00
394	599	CARLOS FERREIRA	RUNNING ESPINHO	m	370 VET-M40	92 47:53:00	04:46	47:40:00
395	816	ANDRÉ MOREIRA	CAGAP	m	371 JUNSEN-M	163 47:55:00	04:45	47:32:00
396	147	PAULO TEIXEIRA	BOAVISTA F.C	m	372 JUNSEN-M	164 47:58:00	04:45	47:35:00
397	808	JOSÉ LUIS OLIVEIRA	INDIVIDUAL	m	373 VET-M40	93 48:01:00	04:45	47:34:00
398	982	JOAQUIM FERREIRA	INDIVIDUAL	m	374 JUNSEN-M	165 48:01:00	04:44	47:28:00
399	587	ANTÓNIO SÁ	CAGAP	m	375 VET-M40	94 48:04:00	04:45	47:39:00
400	604	JOHNNY FERNANDES	RUNNING ESPINHO	m	376 JUNSEN-M	166 48:05:00	04:47	47:50:00
401	513	ARMANDO CERQUEIRA	INDIVIDUAL	m	377 VET-M55	25 48:06:00	04:46	47:43:00
402	661	JOSÉ PEREIRA	RUNNING ESPINHO	m	378 VET-M50	34 48:08:00	04:47	47:51:00
403	467	PAULO RIBEIRO	TEAM RIBSOL	m	379 VET-M40	95 48:11:00	04:46	47:48:00

GERAL	DORSAL	NOME	EQUIPA	SEXO	ESCALAO	TEMPO	RITMO	CHIP
404	58	ANA BARBOSA	TRIO MARAVILHA	f	25 VET-F50	7 48:11:00	04:48	48:02:00
405	297	DANIEL SILVA	INDIVIDUAL	m	380 JUNSEN-M	167 48:12:00	04:47	47:59:00
406	907	PAULO MAIA	INDIVIDUAL	m	381 VET-M45	48 48:13:00	04:47	47:58:00
407	228	ANDRÉ COIMBRA	E DE ATLETISMO DA TROFA	m	382 JUNSEN-M	168 48:14:00	04:46	47:41:00
408	100	CESAR SARAIVA	AFIS/OVAR	m	383 JUNSEN-M	169 48:17:00	04:48	48:01:00
409	298	NUNO RAMOS	TEAM BRAVOS	m	384 JUNSEN-M	170 48:17:00	04:48	48:07:00
410	115	MARIO SILVA	RUNNING ESPINHO	m	385 VET-M45	49 48:17:00	04:48	48:06:00
411	946	TIAGO PINHO	INDIVIDUAL	m	386 JUNSEN-M	171 48:19:00	04:48	48:08:00
412	129	RITA PAUPÉRIO	INDIVIDUAL	f	26 JUNSEN-F	12 48:23:00	04:49	48:10:00
413	596	ANA CASTRO	CAGAP	f	27 VET-F40	8 48:23:00	04:47	47:59:00
414	738	VÍTOR SANTOS	RUNNING ESPINHO	m	387 VET-M40	96 48:23:00	04:50	48:23:00
415	444	AMERICO SANTOS	TAYLOR'S / THE YEATMAN	m	388 VET-M45	50 48:24:00	04:50	48:21:00
416	515	LUIS FILIPE RESENDE	INDIVIDUAL	m	389 JUNSEN-M	172 48:24:00	04:48	48:08:00
417	552	ELISIO MAIA	INDIVIDUAL	m	390 VET-M40	97 48:26:00	04:48	48:03:00
418	489	FRANCISCO OLIVEIRA	INDIVIDUAL	m	391 VET-M40	98 48:27:00	04:48	48:05:00
419	659	HELDER MACHADO	RUNNING ESPINHO	m	392 JUNSEN-M	173 48:28:00	04:47	47:57:00
420	981	TIAGO SILVA	INDIVIDUAL	m	393 JUNSEN-M	174 48:32:00	04:47	47:58:00
421	708	GONÇALO GIL COSTA	RUNNING ESPINHO	m	394 JUNSEN-M	175 48:36:00	04:47	47:57:00
422	709	JOSÉ DIOGO MESQUITA	RUNNING ESPINHO	m	395 JUNSEN-M	176 48:37:00	04:47	47:58:00
423	300	TIAGO PEREIRA	INDIVIDUAL	m	396 JUNSEN-M	177 48:38:00	04:49	48:12:00
424	37	ISABEL SOARES	DIVAS DO ASFALTO	f	28 VET-F40	9 48:38:00	04:48	48:04:00
425	569	JOEL SANTOS	CAL - CLUBE ATLETISMO DE	m	397 VET-M40	99 48:39:00	04:51	48:32:00
426	235	BRUNO RODRIGUES	OJOGO	m	398 VET-M40	100 48:39:00	04:50	48:20:00
427	158	SANDRA OLIVEIRA	FUN PEOPLE	f	29 JUNSEN-F	13 48:40:00	04:50	48:20:00
428	779	BERNARDINO SILVA	INDIVIDUAL	m	399 VET-M50	35 48:41:00	04:51	48:33:00
429	68	CATARINA PINHO	INDIVIDUAL	f	30 JUNSEN-F	14 48:43:00	04:51	48:35:00
430	557	GONÇALO ESCOBAR	INDIVIDUAL	m	400 JUNSEN-M	178 48:43:00	04:51	48:34:00
431	679	RICARDO PAIVA	RUNNING ESPINHO	m	401 JUNSEN-M	179 48:44:00	04:50	48:25:00
432	998	ANGELICA BRITO	X5	f	31 JUNSEN-F	15 48:44:00	04:50	48:23:00
433	925	PAULO FERNANDES	INDIVIDUAL	m	402 VET-M40	101 48:47:00	04:49	48:18:00
434	805	JOÃO VIEIRA	INDIVIDUAL	m	403 JUNSEN-M	180 48:49:00	04:52	48:40:00
435	539	LUÍS SILVA	TEAM BRAVOS	m	404 JUNSEN-M	181 48:52:00	04:52	48:41:00
436	359	RICARDO VIEIRA	MAFALDINHA	m	405 JUNSEN-M	182 48:52:00	04:52	48:43:00
437	289	DANIEL ALVES	GRIJÓ A CORRER	m	406 JUNSEN-M	183 48:53:00	04:50	48:27:00
438	706	JOÃO CARLOS NEVES	RUNNING ESPINHO	m	407 VET-M45	51 48:56:00	04:51	48:35:00
439	878	PEDRO MARQUES	RUMO34	m	408 JUNSEN-M	184 48:56:00	04:51	48:33:00
440	827	PEDRO DIAS	CLUBE PESSOAL EDP PORTO	m	409 VET-M50	36 48:58:00	04:51	48:35:00
441	262	PEDRO SOARES	X5 HEALTH CLUB 1	m	410 VET-M40	102 48:58:00	04:50	48:21:00
442	926	NARCISO ARROMBA	INDIVIDUAL	m	411 VET-M60	13 48:59:00	04:53	48:53:00
443	1011	CARLA PACHECO	PERALTAFILRUNNING	f	32 JUNSEN-F	16 49:00:00	04:53	48:53:00
444	317	PEDRO SILVA	STCP RUNNERS	m	412 VET-M40	103 49:00:00	04:52	48:46:00
445	150	JORGE RODRIGUES	INDIVIDUAL	m	413 VET-M40	104 49:00:00	04:49	48:13:00
446	352	ANTONIO FERREIRA	PERALTAFILRUNNING	m	414 VET-M55	26 49:02:00	04:53	48:55:00
447	771	ANDRÉ TAVARES	PERALTAFILRUNNING	m	415 JUNSEN-M	185 49:02:00	04:53	48:58:00
448	393	ALBERTO GOMES	INDIVIDUAL	m	416 VET-M60	14 49:04:00	04:53	48:55:00

GERAL	DORSAL	NOME	EQUIPA	SEXO	ESCALAO	TEMPO	RITMO	CHIP
449	549	HÉLIO QUINTAS	INDIVIDUAL	m	417 JUNSEN-M	186 49:04:00	04:52	48:43:00
450	170	HELDEBERTO SANTOS	STCP RUNNERS	m	418 VET-M50	37 49:04:00	04:53	48:52:00
451	353	LEONEL SILVA	PERALTAFILRUNNING	m	419 VET-M50	38 49:04:00	04:53	48:56:00
452	75	ANDRÉ RESTIVO	INDIVIDUAL	m	420 VET-M40	105 49:04:00	04:52	48:48:00
453	611	NÁDIA SANTOS	RUNNING ESPINHO	f	33 JUNSEN-F	17 49:05:00	04:52	48:49:00
454	135	JOEL SIMPLÍCIO	DR. RUNNER'S TEAM	m	421 JUNSEN-M	187 49:05:00	04:52	48:46:00
455	885	JOANA SANTOS	DR RUNNER'S TEAM	f	34 JUNSEN-F	18 49:05:00	04:52	48:46:00
456	693	JOSÉ RIBEIRO	RUNNING ESPINHO	m	422 JUNSEN-M	188 49:05:00	04:52	48:48:00
457	662	NUNO MOREIRA	RUNNING ESPINHO ORG	m	423 JUNSEN-M	189 49:05:00	04:52	48:49:00
458	55	LUIS AFONSO	INDIVIDUAL	m	424 JUNSEN-M	190 49:07:00	04:52	48:41:00
459	583	ANTÓNIO AMARAL	GRUPO OSCACER	m	425 JUNSEN-M	191 49:08:00	04:51	48:35:00
460	710	EDUARDO RAMALHADEIRO	RUNNING ESPINHO	m	426 VET-M40	106 49:09:00	04:51	48:35:00
461	153	JORGE FERREIRA	INDIVIDUAL	m	427 JUNSEN-M	192 49:09:00	04:54	49:00:00
462	730	RAQUEL MILHEIRO	RUNNING ESPINHO ORG	f	35 JUNSEN-F	19 49:11:00	04:53	48:59:00
463	984	ANA FREITAS		f	36 JUNSEN-F	20 49:12:00	04:53	48:57:00
464	705	SEBASTIÃO COUTO	RUNNING ESPINHO	m	428 VET-M55	27 49:12:00	04:53	48:58:00
465	638	MÁRIO ALVES	RUNNING ESPINHO	m	429 VET-M45	52 49:13:00	04:53	48:55:00
466	951	MÁRIO FOLHA	GIN MARATHON RUNNERS	m	430 VET-M40	107 49:15:00	04:52	48:45:00
467	313	TIAGO MARTINS	GDE RUNNERS	m	431 VET-M45	53 49:15:00	04:54	49:06:00
468	303	MOREIRA DA SILVA	AFIS/OVAR	m	432 VET-M60	15 49:16:00	04:54	49:08:00
469	149	ANTÓNIO ALMEIDA	INDIVIDUAL	m	433 JUNSEN-M	193 49:18:00	04:51	48:30:00
470	872	MANUEL SILVA	INDIVIDUAL	m	434 VET-M45	54 49:18:00	04:53	48:54:00
471	670	CARLOS CORREIA	RUNNING ESPINHO	m	435 VET-M45	55 49:19:00	04:54	49:06:00
472	104	VITOR VIEIRA	ALL ABOUT	m	436 VET-M50	39 49:21:00	04:54	49:08:00
473	224	DANIEL TEIXEIRA	INDIVIDUAL	m	437 JUNSEN-M	194 49:23:00	04:55	49:11:00
474	559	JOEL RIBEIRO	INDIVIDUAL	m	438 JUNSEN-M	195 49:23:00	04:54	49:01:00
475	967	ARMANDO VILAR	RUNNING ESPINHO	m	439 VET-M45	56 49:25:00	04:55	49:10:00
476	687	ANDREIA MUXAGATO	RUNNING ESPINHO	f	37 JUNSEN-F	21 49:25:00	04:55	49:18:00
477	93	RAQUEL MOREIRA	RUNNING ESPINHO	f	38 VET-F40	10 49:25:00	04:55	49:12:00
478	19	SILVIE COUTO	RUNNING ESPINHO ORG	f	39 VET-F40	11 49:26:00	04:55	49:19:00
479	654	CARINA SÁ	RUNNING ESPINHO	f	40 JUNSEN-F	22 49:26:00	04:55	49:19:00
480	445	MIGUEL MOURA	TAYLOR'S / THE YEATMAN	m	440 VET-M40	108 49:27:00	04:56	49:23:00
481	700	PATRICK MARQUES	RUNNING ESPINHO	m	441 VET-M40	109 49:27:00	04:56	49:20:00
482	803	CARLOS BRANDÃO	INDIVIDUAL	m	442 JUNSEN-M	196 49:30:00	04:56	49:20:00
483	588	NELSON CASTRO	CAGAP	m	443 JUNSEN-M	197 49:31:00	04:54	49:03:00
484	69	HELENA LOPES	TRIBO NR	f	41 VET-F40	12 49:32:00	04:53	48:54:00
485	85	SERAFIM PEREIRA	INDIVIDUAL	m	444 VET-M40	110 49:34:00	04:53	48:54:00
486	632	IVO MACHADO	RUNNING ESPINHO	m	445 VET-M40	111 49:34:00	04:55	49:17:00
487	1004	MARIANA MONTEIRO	INDIVIDUAL	f	42 JUNSEN-F	23 49:35:00	04:57	49:35:00
488	952	FERNANDO SILVA	GIN MARATHON RUNNERS	m	446 VET-M40	112 49:36:00	04:54	49:07:00
489	125	JOSÉ CORREIA	INDIVIDUAL	m	447 JUNSEN-M	198 49:37:00	04:56	49:23:00
490	323	PAULA AMORIM	INQUIPA	f	43 VET-F50	8 49:37:00	04:55	49:15:00
491	62	RICARDO BASTOS	A A LEBRES DO SADO	m	448 VET-M50	40 49:40:00	04:57	49:30:00
492	73	ANTÓNIO MOREIRA	GRUPO CDC PARAISO-C.PAIVA	m	449 JUNSEN-M	199 49:49:00	04:58	49:44:00
493	980	PAULO SILVA	INDIVIDUAL	m	450 JUNSEN-M	200 49:55:00	04:56	49:22:00

GERAL	DORSAL	NOME	EQUIPA	SEXO	ESCALAO	TEMPO	RITMO	CHIP
494	208	MARCO BATISTA	STCP RUNNERS	m	451 VET-M40	113 49:56:00	04:58	49:44:00
495	755	JOAQUIM MOTA	INDIVIDUAL	m	452 VET-M40	114 49:56:00	04:58	49:44:00
496	63	CARLA PATELA	INDIVIDUAL	f	44 JUNSEN-F	24 49:57:00	04:58	49:41:00
497	528	MÁRIO BARBOSA	AD RIO LARGO	m	453 VET-M50	41 49:57:00	04:56	49:26:00
498	174	FERNANDO CORREIA	TRAIL RUNNING BTTSANGUEDO	m	454 VET-M50	42 49:59:00	04:59	49:52:00
499	502	JORGE DIQUE	INDIVIDUAL	m	455 VET-M60	16 49:59:00	04:59	49:59:00
500	912	JOSE CASTRO	INDIVIDUAL	m	456 JUNSEN-M	201 50:01:00	04:57	49:32:00
501	790	NUNO SILVA	#SOMOSTODOSMATRECOS	m	457 JUNSEN-M	202 50:03:00	04:56	49:28:00
502	486	ANTONIO MELO	CMMC VALE DE CAMBRA	m	458 VET-M40	115 50:05:00	04:58	49:44:00
503	645	JOAQUIM DIAS	RUNNING ESPINHO	m	459 VET-M45	57 50:07:00	04:57	49:37:00
504	159	JORGE OLIVEIRA	INDIVIDUAL	m	460 VET-M40	116 50:10:00	04:59	49:52:00
505	543	HELENA SILVA	CMMC VALE DE CAMBRA	f	45 JUNSEN-F	25 50:13:00	05:00	50:02:00
506	35	DANIEL SILVA	INDIVIDUAL	m	461 JUNSEN-M	203 50:15:00	04:59	49:54:00
507	475	REGINA ALMEIDA	CMMC VALE DE CAMBRA	f	46 VET-F40	13 50:18:00	04:58	49:46:00
508	525	HNERIQUE SILVA	AD RIO LARGO	m	462 VET-M55	28 50:19:00	05:01	50:16:00
509	520	DANIEL LOPES	AD RIO LARGO	m	463 JUNSEN-M	204 50:22:00	05:01	50:17:00
510	285	EDUARDO REBELO	EDUARTCOMPONENTES CALÇADO	m	464 VET-M50	43 50:23:00	05:01	50:15:00
511	484	CARLOS SILVA	CMMC VALE DE CAMBRA	m	465 VET-M45	58 50:23:00	05:00	50:03:00
512	545	CARLOS RODRIGUES	CMMC VALE DE CAMBRA	m	466 VET-M45	59 50:23:00	04:57	49:37:00
513	580	JOANA BALONA	GRUPO OSCACER	f	47 VET-F40	14 50:23:00	04:59	49:52:00
514	231	JOAO BALDAIA	INDIVIDUAL	m	467 JUNSEN-M	205 50:25:00	04:58	49:44:00
515	602	FERNANDO PAIS	RUNNING ESPINHO	m	468 VET-M45	60 50:25:00	05:00	50:07:00
516	99	ANDRÉ MACHADO	INDIVIDUAL	m	469 JUNSEN-M	206 50:27:00	04:59	49:51:00
517	316	JORGE LEITE	ARCORUN	m	470 VET-M40	117 50:28:00	05:00	50:08:00
518	17	PAULINO FARIA	RAMPINHA	m	471 VET-M55	29 50:28:00	05:02	50:20:00
519	866	ALEXANDRINA PINTO	MULTIFRACÇÃO	f	48 JUNSEN-F	26 50:29:00	05:02	50:25:00
520	763	JOÃO MARQUES	INDIVIDUAL	m	472 JUNSEN-M	207 50:31:00	04:59	49:56:00
521	701	ALICE APOLÓNIA	RUNNING ESPINHO	f	49 JUNSEN-F	27 50:32:00	05:01	50:15:00
522	166	MARCO BARRADAS	PRODITE TEAM	m	473 JUNSEN-M	208 50:43:00	05:01	50:18:00
523	598	CARLOS ALBERTO SILVA	RUNNING ESPINHO	m	474 VET-M50	44 50:43:00	05:01	50:18:00
524	283	NUNO ALMEIDA	TEAM BRAVOS	m	475 JUNSEN-M	209 50:46:00	05:03	50:35:00
525	25	JOSÉ CAETANO	INDIVIDUAL	m	476 VET-M55	30 50:47:00	05:04	50:47:00
526	206	JOSÉ GONÇALVES	STCP RUNNERS	m	477 VET-M45	61 50:50:00	05:03	50:37:00
527	804	ANA CATARINA SILVA	INDIVIDUAL	f	50 JUNSEN-F	28 50:50:00	05:04	50:40:00
528	102	FERNANDO MACHADO	INDIVIDUAL	m	478 JUNSEN-M	210 50:51:00	05:00	50:09:00
529	252	VITOR MENESES	RUNNING ESPINHO	m	479 VET-M50	45 50:53:00	05:02	50:23:00
530	342	MARIA RESENDE	INDIVIDUAL	f	51 VET-F40	15 50:54:00	05:00	50:05:00
531	146	JOÃO MASCARENHAS	CAL	m	480 JUNSEN-M	211 50:57:00	05:05	50:57:00
532	877	JOAQUIM LOBATO	FIT2LABOR	m	481 VET-M45	62 50:58:00	05:03	50:33:00
533	822	ARMANDO PENEDA	CLUBE PESSOAL EDP PORTO	m	482 VET-M60	17 51:01:00	05:05	50:51:00
534	1008	SERGIO CARDOSO	INDIVIDUAL	m	483 VET-M45	63 51:01:00	05:03	50:33:00
535	116	ANABELA SANTOS	SSTSJMADEIRA	f	52 VET-F40	16 51:01:00	05:04	50:49:00
536	395	VALDEMAR ALMEIDA	INDIVIDUAL	m	484 VET-M50	46 51:02:00	05:05	50:56:00
537	11	CARLOS BARROSO	INDIVIDUAL	m	485 VET-M50	47 51:05:00	05:04	50:46:00
538	530	LUIS FERNANDES	INDIVIDUAL	m	486 JUNSEN-M	212 51:05:00	05:04	50:45:00

GERAL	DORSAL	NOME	EQUIPA	SEXO	ESCALAO	TEMPO	RITMO	CHIP
539	581	NUNO ROLA	GRUPO OSCACER	m	487 VET-M40	118 51:07:00	05:03	50:36:00
540	584	PEDRO VEIGA	GRUPO OSCACER	m	488 VET-M45	64 51:07:00	05:03	50:34:00
541	494	RICARDO GONÇALVES	INDIVIDUAL	m	489 VET-M40	119 51:09:00	05:03	50:38:00
542	1009	CONRAD VELLVE	INDIVIDUAL	m	490 JUNSEN-M	213 51:11:00	05:04	50:43:00
543	400	JOSE SANTOS	TURBO LENDOS MAIA	m	491 VET-M50	48 51:12:00	05:06	51:06:00
544	95	JOÃO DOS SANTOS	INDIVIDUAL	m	492 VET-M40	120 51:15:00	05:02	50:29:00
545	867	FRANCISCO VIEIRA	INDIVIDUAL	m	493 JUNSEN-M	214 51:17:00	05:07	51:13:00
546	470	CRISTINA SILVA	CMMC VALE DE CAMBRA	f	53 VET-F40	17 51:17:00	05:06	51:05:00
547	732	ANTÓNIO LOPES	RUNNING ESPINHO	m	494 JUNSEN-M	215 51:22:00	05:05	50:58:00
548	157	MÁRIO CASTRO	TO NA PISTA	m	495 JUNSEN-M	216 51:26:00	05:03	50:31:00
549	165	RICARDO MONTEIRO	INDIVIDUAL	m	496 VET-M40	121 51:26:00	05:04	50:47:00
550	451	RICARDO PATELA	INDIVIDUAL	m	497 VET-M40	122 51:30:00	05:06	51:09:00
551	633	FRANCISCO SILVA	RUNNING ESPINHO	m	498 JUNSEN-M	217 51:30:00	05:07	51:10:00
552	620	PEDRO MELO	RUNNING ESPINHO	m	499 VET-M50	49 51:31:00	05:07	51:11:00
553	108	MANUEL ANDRADE	INDIVIDUAL	m	500 VET-M55	31 51:33:00	05:07	51:19:00
554	209	GERMANO CORREIA	STCP RUNNERS	m	501 VET-M40	123 51:36:00	05:08	51:24:00
555	376	ARMANDA PINTO	CLUBE PORTUGAL TELECOM ZN	f	54 VET-F50	9 51:38:00	05:07	51:16:00
556	766	ANTÓNIO BARBOSA	INDIVIDUAL	m	502 VET-M45	65 51:39:00	05:06	51:04:00
557	79	DEOLINDA SILVA	LIGEIRINHOS	f	55 VET-F50	10 51:41:00	05:10	51:41:00
558	456	BRUNO SILVA SILVA	FOGAÇA MALAPOS	m	503 JUNSEN-M	218 51:42:00	05:05	50:59:00
559	364	RUI PAIVA	INVICTA RUNNERS TEAM	m	504 JUNSEN-M	219 51:42:00	05:07	51:10:00
560	704	MARCO COUTO	RUNNING ESPINHO	m	505 JUNSEN-M	220 51:44:00	05:09	51:31:00
561	571	PEDRO SANTOS	CAL - CLUBE ATLETISMO DE	m	506 VET-M40	124 51:45:00	05:07	51:19:00
562	916	LISETA PINTO	NICE RUNNERS	f	56 VET-F40	18 51:46:00	05:08	51:27:00
563	381	MARINHA BAPTISTA	JAM - JUVENTUDE ATLÉTICA	f	57 VET-F50	11 51:47:00	05:10	51:41:00
564	118	PAULO RIBEIRO	INVICTA RUNNERS TEAM	m	507 VET-M40	125 51:49:00	05:10	51:41:00
565	128	BERNARDO SANTOS	CLUBE VODAFONE	m	508 VET-M40	126 51:51:00	05:09	51:39:00
566	577	OSCAR BRANDÃO	GRUPO OSCACER	m	509 VET-M45	66 51:51:00	05:07	51:19:00
567	442	TIAGO LAGES	INDIVIDUAL	m	510 JUNSEN-M	221 51:53:00	05:09	51:37:00
568	791	HUGO POÇAS	#SOMOSTODOSMATRECOS	m	511 JUNSEN-M	222 51:55:00	05:07	51:19:00
569	391	HUGO VALENTE	INDIVIDUAL	m	512 JUNSEN-M	223 51:57:00	05:09	51:34:00
570	828	JOSÉ BELARMINO COSTA	CLUBE PESSOAL EDP PORTO	m	513 VET-M55	32 51:59:00	05:10	51:46:00
571	745	TIAGO LEITE	ALESIL	m	514 JUNSEN-M	224 52:01:00	05:08	51:25:00
572	744	ALBINO LEITE	ALESIL	m	515 VET-M50	50 52:01:00	05:08	51:25:00
573	270	MANUEL JOSÉ SILVA	PSP	m	516 VET-M55	33 52:03:00	05:10	51:40:00
574	429	AURORA PIRES	INDIVIDUAL	f	58 VET-F40	19 52:04:00	05:09	51:39:00
575	904	JOEL OLIVEIRA	CGD	m	517 JUNSEN-M	225 52:05:00	05:09	51:35:00
576	281	RUI COELHO	INDIVIDUAL	m	518 JUNSEN-M	226 52:08:00	05:09	51:36:00
577	759	ANDRÉ QUEIRÓS	INDIVIDUAL	m	519 JUNSEN-M	227 52:12:00	05:11	51:50:00
578	606	JÚNIOR SILVA	RUNNING ESPINHO	m	520 JUNSEN-M	228 52:17:00	05:11	51:53:00
579	880	NUNO GONÇALVES	CORRIDAS.BEER	m	521 JUNSEN-M	229 52:17:00	05:12	52:03:00
580	332	INÁCIO FERREIRA	INDIVIDUAL	m	522 JUNSEN-M	230 52:17:00	05:12	52:04:00
581	646	AMÉRICO PINTO	RUNNING ESPINHO	m	523 VET-M45	67 52:18:00	05:11	51:52:00
582	139	HÉLÈNE OLIVEIRA	INDIVIDUAL	f	59 JUNSEN-F	29 52:20:00	05:10	51:41:00
583	601	FÁTIMA PAIS	RUNNING ESPINHO	f	60 VET-F50	12 52:21:00	05:12	52:04:00

GERAL	DORSAL	NOME	EQUIPA	SEXO	ESCALAO	TEMPO	RITMO	CHIP	
584	221	ANDRÉ SANTOS	AS-AD	m	524 VET-M50	51	52:23:00	05:12	52:03:00
585	682	ANTÓNIO ALBURQUERQUE	RUNNING ESPINHO	m	525 VET-M40	127	52:23:00	05:11	51:57:00
586	683	JORGE FONTES	RUNNING ESPINHO	m	526 VET-M40	128	52:23:00	05:11	51:56:00
587	331	RUI GABRIEL	ACMA RUNNING TEAM	m	527 JUNSEN-M	231	52:24:00	05:10	51:45:00
588	212	XAVIER SANTOS	INDIVIDUAL	m	528 JUNSEN-M	232	52:24:00	05:09	51:36:00
589	556	FILIPE RÔLA	INDIVIDUAL	m	529 JUNSEN-M	233	52:25:00	05:13	52:14:00
590	308	ABÍLIO TOPA	INDIVIDUAL	m	530 VET-M45	68	52:26:00	05:12	52:04:00
591	176	TERESA AMORIM	INDIVIDUAL	f	61 JUNSEN-F	30	52:26:00	05:10	51:49:00
592	713	RUI AZEVEDO	RUNNING ESPINHO	m	531 JUNSEN-M	234	52:31:00	05:13	52:15:00
593	711	ROGÉRIO SILVA	RUNNING ESPINHO	m	532 JUNSEN-M	235	52:31:00	05:13	52:13:00
594	721	LARA SILVA	RUNNING ESPINHO	f	62 JUNSEN-F	31	52:31:00	05:11	51:54:00
595	647	TÂNIA GONÇALVES	RUNNING ESPINHO	f	63 JUNSEN-F	32	52:32:00	05:13	52:16:00
596	722	MARINHO DUARTE	RUNNING ESPINHO	m	533 JUNSEN-M	236	52:34:00	05:11	51:55:00
597	46	EVARISTO NEVES	NEEDMORESPEED	m	534 VET-M40	129	52:34:00	05:14	52:20:00
598	628	MARGARIDA NEVES	RUNNING ESPINHO	f	64 VET-F50	13	52:35:00	05:14	52:24:00
599	510	AUGUSTO SILVA	INDIVIDUAL	m	535 VET-M50	52	52:36:00	05:14	52:24:00
600	719	CARMO MARINHO	RUNNING ESPINHO	f	65 VET-F50	14	52:37:00	05:12	52:00:00
601	859	ABÍLIO TAVARES	CLUBE PESSOAL EDP PORTO	m	536 VET-M50	53	52:39:00	05:12	52:05:00
602	852	NUNO ALMEIDA	INDIVIDUAL	m	537 VET-M50	54	52:39:00	05:12	52:05:00
603	615	SANDRA FERREIRA	RUNNING ESPINHO	f	66 VET-F40	20	52:42:00	05:14	52:27:00
604	613	ROSALINA PAIS	RUNNING ESPINHO	f	67 VET-F40	21	52:44:00	05:14	52:27:00
605	874	DALMINDO SANTIAGO	INDIVIDUAL	m	538 VET-M50	55	52:45:00	05:12	52:09:00
606	739	HUGO VELHOTE	RUNNING ESPINHO	m	539 VET-M40	130	52:45:00	05:14	52:24:00
607	449	LILIANA AZEVEDO	INDIVIDUAL	f	68 JUNSEN-F	33	52:46:00	05:14	52:22:00
608	561	SÉRGIO FERREIRA	INDIVIDUAL	m	540 VET-M40	131	52:46:00	05:12	52:08:00
609	325	RICARDO CUNHA	INDIVIDUAL	m	541 JUNSEN-M	237	52:47:00	05:12	52:06:00
610	971	ALBERTO LIZARDO	INDIVIDUAL	m	542 VET-M60	18	52:47:00	05:15	52:38:00
611	290	EMÍDIO SILVA	CLUBE MILLENNIUM BCP	m	543 VET-M60	19	52:48:00	05:12	52:01:00
612	498	ANA LOPES	INDIVIDUAL	f	69 VET-F40	22	52:50:00	05:13	52:19:00
613	126	ELISABETE SILVA	X5	f	70 VET-F40	23	52:50:00	05:13	52:19:00
614	883	PAULO COSTA	INDIVIDUAL	m	544 VET-M45	69	52:55:00	05:16	52:44:00
615	78	PAULO RAMOS	GJPB - O. AZEMÉIS	m	545 VET-M40	132	52:55:00	05:14	52:23:00
616	30	CARLA PEREIRA	FORÇA NA CANELA ESPINHO	f	71 VET-F40	24	53:05:00	05:17	52:51:00
617	246	JOSÉ ANDRADE	X5 HEALTH CLUB	m	546 VET-M45	70	53:08:00	05:18	53:01:00
618	275	ANTONIO SOARES	INDIVIDUAL	m	547 VET-M45	71	53:09:00	05:13	52:19:00
619	589	CRISTOVÃO SANTOS	CAGAP	m	548 VET-M40	133	53:09:00	05:16	52:43:00
620	876	FRANCISCA SOUSA	INDIVIDUAL	f	72 JUNSEN-F	34	53:11:00	05:17	52:51:00
621	263	MANUEL GUEDES	X5 HEALTH CLUB 1	m	549 VET-M40	134	53:18:00	05:16	52:41:00
622	478	FERNANDO LEITE	CMMC VALE DE CAMBRA	m	550 VET-M45	72	53:21:00	05:18	53:00:00
623	340	VITOR SILVA	INDIVIDUAL	m	551 VET-M45	73	53:28:00	05:20	53:28:00
624	820	ALTINO SILVA	CLUBE PESSOAL EDP PORTO	m	552 VET-M50	56	53:30:00	05:20	53:20:00
625	57	EMANUEL MOTA	RUN 4 CHILDREN	m	553 VET-M40	135	53:33:00	05:17	52:51:00
626	34	ALBERTO PINHEIRO	INDIVIDUAL	m	554 VET-M40	136	53:34:00	05:21	53:31:00
627	10	PAULO LADEIRA	RUNNING ESPINHO	m	555 VET-M45	74	53:36:00	05:17	52:58:00
628	553	JOSE LOURENCO	INDIVIDUAL	m	556 JUNSEN-M	238	53:36:00	05:18	53:04:00

GERAL	DORSAL	NOME	EQUIPA	SEXO	ESCALAO	TEMPO	RITMO	CHIP
629	47	VITOR CARDOSO	ATLÉTICO DA MADALENA	m	557 VET-M50	57 53:39:00	05:18	53:03:00
630	237	DOMINGOS FAUSTINO	STCP RUNNERS	m	558 VET-M45	75 53:42:00	05:20	53:29:00
631	295	NUNO MENDES	RAMADOS	m	559 VET-M40	137 53:44:00	05:18	53:04:00
632	792	FILIPE MIRANDA	#SOMOSTODOSMATRECOS	m	560 JUNSEN-M	239 53:44:00	05:18	53:08:00
633	563	ANA PAULA CASTRO	CAL - CLUBE ATLETISMO DE	f	73 VET-F40	25 53:47:00	05:21	53:34:00
634	253	NÁDIA VALENTE	INDIVIDUAL	f	74 JUNSEN-F	35 53:49:00	05:19	53:10:00
635	913	RUBEN SILVA	INDIVIDUAL	m	561 JUNSEN-M	240 53:51:00	05:19	53:13:00
636	171	CARLOS ROCHA	INDIVIDUAL	m	562 JUNSEN-M	241 53:54:00	05:18	53:06:00
637	466	LUÍSA SOARES	INDIVIDUAL	f	75 VET-F40	26 53:56:00	05:20	53:22:00
638	172	LUIS GODINHO	INDIVIDUAL	m	563 JUNSEN-M	242 53:58:00	05:19	53:10:00
639	698	BRUNO MOTA	RUNNING ESPINHO	m	564 JUNSEN-M	243 54:00:00	05:21	53:33:00
640	4	CHRISTOPHER GUIMARAENS	INDIVIDUAL	m	565 VET-M45	76 54:03:00	05:20	53:21:00
641	368	ELSA SILVA	TARTARUGAS DO ASFALTO	f	76 VET-F40	27 54:04:00	05:22	53:48:00
642	672	CARLOS FEITEIRA	RUNNING ESPINHO	m	566 JUNSEN-M	244 54:04:00	05:22	53:47:00
643	795	ALEXANDER OLIVEIRA	INDIVIDUAL	m	567 VET-M40	138 54:06:00	05:24	54:00:00
644	714	ARTUR LONGO	RUNNING ESPINHO	m	568 JUNSEN-M	245 54:10:00	05:23	53:53:00
645	761	SOFIA MARTINS	INDIVIDUAL	f	77 JUNSEN-F	36 54:14:00	05:20	53:26:00
646	435	RAQUEL ANDRADE	MAISFIT RUNNERS	f	78 JUNSEN-F	37 54:16:00	05:21	53:39:00
647	697	VÍTOR ALMEIDA	RUNNING ESPINHO	m	569 JUNSEN-M	246 54:20:00	05:23	53:52:00
648	218	LUIS FEITEIRA	KETUNTOS	m	570 VET-M40	139 54:21:00	05:23	53:54:00
649	220	MÁRCIO AZEVEDO	MAIA NORTHSIDE RUN	m	571 JUNSEN-M	247 54:22:00	05:23	53:53:00
650	692	FILIPE BARBOSA	RUNNING ESPINHO	m	572 VET-M40	140 54:23:00	05:24	54:03:00
651	979	CRISTIANA COSTA	INDIVIDUAL	f	79 JUNSEN-F	38 54:27:00	05:26	54:27:00
652	202	FERNANDO LEITE	INDIVIDUAL	m	573 JUNSEN-M	248 54:30:00	05:25	54:10:00
653	939	PAULA OLIVEIRA	SPORTING CLUBE DE ESPINHO	f	80 VET-F40	28 54:31:00	05:25	54:18:00
654	131	JORGE OLIVEIRA	ARCORUN	m	574 VET-M40	141 54:31:00	05:23	53:50:00
655	179	TIAGO SANTOS	INDIVIDUAL	m	575 JUNSEN-M	249 54:32:00	05:23	53:50:00
656	477	MARCIA PINTO	CMMC VALE DE CAMBRA	f	81 JUNSEN-F	39 54:33:00	05:25	54:13:00
657	251	RENATO FERREIRA	INDIVIDUAL	m	576 JUNSEN-M	250 54:35:00	05:24	54:05:00
658	296	ANTÓNIO OLIVEIRA	INDIVIDUAL	m	577 JUNSEN-M	251 54:38:00	05:24	54:02:00
659	493	HUGO ALVES	INDIVIDUAL	m	578 JUNSEN-M	252 54:39:00	05:23	53:52:00
660	51	FERNANDO TEIXEIRA	MANQUINHOS	m	579 VET-M60	20 54:40:00	05:26	54:21:00
661	922	ALEXANDRE SANTOS	REUMÁTICOS	m	580 VET-M40	142 54:42:00	04:49	48:17:00
662	923	RUI PINHO	REUMÁTICOS	m	581 VET-M40	143 54:42:00	05:28	54:42:00
663	574	CÁTIA COIMBRA	CMMC V. CAMBRA	f	82 JUNSEN-F	40 54:43:00	05:23	53:58:00
664	455	BRUNO GONCALVES	PROGELADO 3	m	582 JUNSEN-M	253 54:44:00	05:23	53:55:00
665	782	NUNO LEMOS	TEAM SEROMENHO	m	583 JUNSEN-M	254 54:47:00	05:26	54:22:00
666	901	PAULO CARDOSO	CGD	m	584 VET-M45	77 54:55:00	05:26	54:25:00
667	378	CRISTIANA MAGALHÃES	CLUBE PORTUGAL TELECOM ZN	f	83 JUNSEN-F	41 54:59:00	05:25	54:18:00
668	371	ANDRÉ FONTE	INDIVIDUAL	m	585 JUNSEN-M	255 54:59:00	05:29	54:59:00
669	999	ANDRÉ MATOS	X5	m	586 JUNSEN-M	256 54:59:00	05:26	54:22:00
670	404	PEDRO MENDES	X5 HEALTH CLUB 1	m	587 JUNSEN-M	257 54:59:00	05:26	54:22:00
671	899	PEDRO MOREIRA	INDIVIDUAL	m	588 JUNSEN-M	258 55:03:00	05:25	54:11:00
672	181	CAMILO MORAIS	INDIVIDUAL	m	589 VET-M40	144 55:03:00	05:25	54:17:00
673	143	ALCÍDIO FIGUEIREDO	INDIVIDUAL	m	590 VET-M45	78 55:03:00	05:25	54:17:00

GERAL	DORSAL	NOME	EQUIPA	SEXO	ESCALAO	TEMPO	RITMO	CHIP
674	480	VITOR OLIVEIRA	CMMC VALE DE CAMBRA	m	591 VET-M45	79 55:15:00	05:29	54:59:00
675	375	MARIANA SERRA	FUN PEOPLE	f	84 JUNSEN-F	42 55:17:00	05:29	54:56:00
676	441	VIRGÍNIA PAIS	PAISFAMILY	f	85 JUNSEN-F	43 55:17:00	05:30	55:02:00
677	890	PEDRO TELES MORAIS	MORALES	m	592 JUNSEN-M	259 55:20:00	05:28	54:47:00
678	891	ANTÓNIO BRAGA	MORALES	m	593 VET-M40	145 55:20:00	05:28	54:46:00
679	26	FERNANDO ALMEIDA	FORÇA NA CANELA ESPINHO	m	594 VET-M60	21 55:22:00	05:31	55:10:00
680	483	DIANA ALMEIDA	CMMC VALE DE CAMBRA	f	86 JUNSEN-F	44 55:23:00	05:30	55:02:00
681	501	PATRICIA GOMES	INDIVIDUAL	f	87 JUNSEN-F	45 55:23:00	05:28	54:47:00
682	330	TÂNIA SOARES	INDIVIDUAL	f	88 JUNSEN-F	46 55:24:00	05:28	54:47:00
683	749	LILIANA VALENTE	INDIVIDUAL	f	89 JUNSEN-F	47 55:24:00	05:29	54:51:00
684	894	PAULA CRISTINA	BOOTSEALS	f	90 VET-F50	15 55:25:00	05:29	54:58:00
685	898	LARA PIRES	BOOTSEALS	f	91 JUNSEN-F	48 55:25:00	05:29	54:57:00
686	216	ELIZABETE PATACO	INDIVIDUAL	f	92 VET-F40	29 55:26:00	05:28	54:42:00
687	191	TIAGO SOUSA	INDIVIDUAL	m	595 JUNSEN-M	260 55:27:00	05:28	54:44:00
688	731	DIOGO OLIVEIRA	RUNNING ESPINHO	m	596 VET-M40	146 55:30:00	05:29	54:56:00
689	983	CRISTIANA PEIXOTO	INDIVIDUAL	f	93 JUNSEN-F	49 55:34:00	05:29	54:51:00
690	924	JOÃO PAIS	INDIVIDUAL	f	94 VET-F50	16 55:40:00	05:30	55:02:00
691	259	JOÃO BAIREIRA	RUN2EAT	m	597 JUNSEN-M	261 55:45:00	05:30	55:05:00
692	167	RICARDO FERNANDES	PRODITE TEAM	m	598 JUNSEN-M	262 55:46:00	05:32	55:20:00
693	83	LIA HENRIQUES	INDIVIDUAL	f	95 JUNSEN-F	50 55:47:00	05:30	55:06:00
694	806	DANIELA GOMES	INDIVIDUAL	f	96 JUNSEN-F	51 55:48:00	05:30	55:07:00
695	807	CARLOS MOREIRA	INDIVIDUAL	m	599 JUNSEN-M	263 55:48:00	05:30	55:06:00
696	392	SUSANA ALMEIDA	INDIVIDUAL	f	97 JUNSEN-F	52 55:50:00	05:32	55:25:00
697	453	SÓNIA MOREIRA	RUNNING ESPINHO	f	98 JUNSEN-F	53 55:53:00	05:33	55:30:00
698	840	PAULA TEIXEIRA	JORSAT RUNNERS PT	f	99 VET-F40	30 55:54:00	05:32	55:25:00
699	315	GLORIA SANTOS	ARCORUN	f	100 VET-F50	17 55:54:00	05:29	54:58:00
700	928	ANA MARGARIDA OLIVEIRA	JORSAT RUNNERS PT	f	101 VET-F40	31 55:54:00	05:32	55:24:00
701	839	CLAUDIA ROCHA	JORSAT RUNNERS PT	f	102 JUNSEN-F	54 55:54:00	05:32	55:25:00
702	842	DANIELA FERREIRA	JORSAT RUNNERS PT	f	103 JUNSEN-F	55 55:54:00	05:32	55:26:00
703	637	CRISTINA COUTO	RUNNING ESPINHO	f	104 VET-F40	32 55:55:00	05:33	55:38:00
704	573	SÓNIA SILVA	CMMC V. CAMBRA	f	105 JUNSEN-F	56 55:56:00	05:31	55:11:00
705	471	FATIMA FERREIRA	CMMC VLE DE CAMBRA	f	106 VET-F50	18 55:59:00	05:34	55:44:00
706	469	PAULO BORGES	CMMC VALE DE CAMBRA	m	600 VET-M40	147 55:59:00	05:34	55:41:00
707	222	MARIA MOREIRA	AS-AD	f	107 VET-F40	33 55:59:00	05:33	55:39:00
708	802	JOANA REIS	INDIVIDUAL	f	108 JUNSEN-F	57 55:59:00	05:33	55:30:00
709	468	JOSE SOARES	CMMC VALE DE CAMBRA	m	601 VET-M55	34 55:59:00	05:34	55:41:00
710	214	FERNANDO PORTUGAL	ACR VALE DE CAMBRA	m	602 VET-M40	148 55:59:00	05:31	55:12:00
711	199	HUGO FERNANDES	INDIVIDUAL	m	603 JUNSEN-M	264 55:59:00	05:31	55:12:00
712	481	FERNANDA ALMEIDA	CMMC VALE DE CAMBRA	f	109 VET-F50	19 56:09:00	05:32	55:23:00
713	472	CARLA SILVA	CMMC VALE DE CAMBRA	f	110 JUNSEN-F	58 56:09:00	05:32	55:23:00
714	689	CARLA OLIVEIRA	RUNNING ESPINHO	f	111 JUNSEN-F	59 56:09:00	05:35	55:51:00
715	213	RAQUEL PEDROSA	INDIVIDUAL	f	112 VET-F40	34 56:16:00	05:36	56:02:00
716	87	CARLOS PINTO	INDIVIDUAL	m	604 VET-M60	22 56:24:00	05:34	55:41:00
717	690	JOSÉ ANTÓNIO SILVA	RUNNING ESPINHO	m	605 VET-M40	149 56:32:00	05:37	56:15:00
718	107	RUI SANTOS	INDIVIDUAL	m	606 JUNSEN-M	265 56:33:00	05:37	56:10:00

GERAL	DORSAL	NOME	EQUIPA	SEXO	ESCALAO	TEMPO	RITMO	CHIP	
719	173	MANUEL RODRIGUES	INDIVIDUAL	m	607 VET-M50	58	56:39:00	05:39	56:31:00
720	1017	JOAQUIM MOREIRA		m	608 VET-M45	80	56:40:00	05:36	56:05:00
721	217	MARCOS FEITEIRA	OS KETUNTOS	m	609 JUNSEN-M	266	56:40:00	05:37	56:12:00
722	417	MIGUEL PEREIRA	INDIVIDUAL	m	610 VET-M40	150	56:43:00	05:36	56:03:00
723	418	PAULA SOUSA	INDIVIDUAL	f	113 VET-F40	35	56:43:00	05:36	56:02:00
724	82	SARA HENRIQUES	INDIVIDUAL	f	114 JUNSEN-F	60	56:50:00	05:36	56:09:00
725	538	PAULA MOREIRA	INDIVIDUAL	f	115 VET-F40	36	56:55:00	05:37	56:18:00
726	875	GUILHERMINA LIGEIRO	INDIVIDUAL	f	116 VET-F40	37	56:56:00	05:38	56:20:00
727	488	ANA BRITO	INDIVIDUAL	f	117 JUNSEN-F	61	57:00:00	05:40	56:45:00
728	900	MANUEL RILHO	AFIS/OVAR	m	611 VET-M60	23	57:03:00	05:41	56:51:00
729	163	JORGE SOARES	FADAS VERDES	m	612 JUNSEN-M	267	57:04:00	05:38	56:20:00
730	631	LUÍS TRINDADE	RUNNING ESPINHO	m	613 VET-M45	81	57:09:00	05:40	56:47:00
731	597	ALEXANDRA VIEIRA	RUNNING ESPINHO	f	118 VET-F40	38	57:11:00	05:40	56:43:00
732	428	FILIPE PIRES	INDIVIDUAL	m	614 JUNSEN-M	268	57:12:00	05:40	56:47:00
733	427	FERNANDO PIRES	INDIVIDUAL	m	615 VET-M60	24	57:12:00	05:40	56:47:00
734	31	MÓNICA MARGARIDE	FIT2LABOR	f	119 VET-F40	39	57:19:00	05:41	56:54:00
735	582	DIOGO SILVA	GRUPO OSCACER	m	616 JUNSEN-M	269	57:29:00	05:42	57:06:00
736	996	INES CATARINO		f	120 JUNSEN-F	62	57:35:00	05:43	57:13:00
737	1019	DIAMANTINO CATARINO		m	617 VET-M45	82	57:35:00	05:43	57:13:00
738	240	LUIS QUINTINO	AFIS/OVAR	m	618 VET-M60	25	57:35:00	05:44	57:24:00
739	514	ALFREDO SANTOS	A D RIO LARGO C ESPINHO	m	619 VET-M60	26	57:39:00	05:43	57:11:00
740	94	MARGARIDA QUARESMA	RUNNING ESPINHO	f	121 VET-F50	20	57:40:00	05:44	57:24:00
741	476	DIANA GONÇALVES	CMMC VALE DE CAMBRA	f	122 JUNSEN-F	63	57:46:00	05:44	57:27:00
742	485	MARIA JOSÉ SANTOS	CMMC VALE DE CAMBRA	f	123 JUNSEN-F	64	57:47:00	05:44	57:27:00
743	762	JORGE MARTINS	CMMC VALE DE CAMBRA	m	620 VET-M60	27	57:48:00	05:45	57:33:00
744	424	CARLA COELHO	INDIVIDUAL	f	124 JUNSEN-F	65	57:49:00	05:45	57:36:00
745	357	ANA PAULA	PERALTAFILRUNNING	f	125 JUNSEN-F	66	57:49:00	05:46	57:42:00
746	578	ROSITSA PERPERIEVA	GRUPO OSCACER	f	126 JUNSEN-F	67	57:50:00	05:43	57:17:00
747	28	FÁTIMA DUARTE	FORÇA NA CANELA ESPINHO	f	127 VET-F40	40	57:52:00	05:45	57:39:00
748	23	SUSANA MAGALHÃES	INDIVIDUAL	f	128 JUNSEN-F	68	57:57:00	05:43	57:10:00
749	22	IVO PINTO	INDIVIDUAL	m	621 JUNSEN-M	270	57:57:00	05:43	57:10:00
750	6	FILIPA OLIVEIRA	REBECOS	f	129 JUNSEN-F	69	57:59:00	05:43	57:18:00
751	8	PEDRO MARTINS	TO NA PISTA	m	622 JUNSEN-M	271	57:59:00	05:43	57:17:00
752	5	DIOGO MARTINS	REBECOS	m	623 JUNSEN-M	272	57:59:00	05:43	57:16:00
753	106	FERNANDO GODINHO	INDIVIDUAL	m	624 VET-M45	83	58:02:00	05:43	57:19:00
754	111	ANA CAMPOS	FADAS VERDES	f	130 JUNSEN-F	70	58:03:00	05:44	57:20:00
755	36	RITA FIGUEIREDO	INDIVIDUAL	f	131 JUNSEN-F	71	58:03:00	05:46	57:42:00
756	579	BRUNO PINTO	GRUPO OSCACER	m	625 JUNSEN-M	273	58:03:00	05:45	57:30:00
757	338	CARLOS OLIVEIRA	INDIVIDUAL	m	626 JUNSEN-M	274	58:05:00	05:44	57:25:00
758	408	GONÇALO BRITO	X5 HEALTH CLUB 1	m	627 JUNSEN-M	275	58:12:00	05:46	57:46:00
759	53	MANUEL RIBEIRO	SÓ EU	m	628 VET-M50	59	58:12:00	05:46	57:47:00
760	734	HELDER WILSON	FADAS VERDES	m	629 JUNSEN-M	276	58:14:00	05:45	57:33:00
761	694	JOSÉ GUEDES	RUNNING ESPINHO	m	630 JUNSEN-M	277	58:31:00	05:48	58:00:00
762	621	VERA ROCHA	RUNNING ESPINHO	f	132 VET-F40	41	58:31:00	05:49	58:16:00
763	658	CÉLINE MALTA	RUNNING ESPINHO	f	133 JUNSEN-F	72	58:34:00	05:48	58:03:00

GERAL	DORSAL	NOME	EQUIPA	SEXO	ESCALAO	TEMPO	RITMO	CHIP
764	676	LILIANA MARQUES	RUNNING ESPINHO	f	134 JUNSEN-F	73 58:35:00	05:50	58:20:00
765	600	CLÁUDIA DIAS	RUNNING ESPINHO	f	135 JUNSEN-F	74 58:35:00	05:49	58:17:00
766	818	TERESA ROCHA	INDIVIDUAL	f	136 VET-F40	42 58:36:00	05:48	58:04:00
767	817	LILIANA RODRIGUES	INDIVIDUAL	f	137 JUNSEN-F	75 58:36:00	05:48	58:06:00
768	624	RUTE FONSECA	RUNNING ESPINHO	f	138 JUNSEN-F	76 58:40:00	05:50	58:25:00
769	860	MÁRIO ALMEIDA	JORSAT - RUNNERS	m	631 VET-M45	84 58:42:00	05:49	58:14:00
770	377	ALFREDO NETO	CLUBE PORTUGAL TELECOM ZN	m	632 VET-M45	85 58:42:00	05:48	58:01:00
771	699	LUCIANA SANTOS	RUNNING ESPINHO	f	139 JUNSEN-F	77 58:46:00	05:49	58:19:00
772	243	HELIANA SÁ	X5 HEALTH CLUB	f	140 JUNSEN-F	78 58:47:00	05:49	58:16:00
773	245	JOSÉ RIBAS	X5 HEALTH CLUB	m	633 VET-M50	60 58:47:00	05:49	58:17:00
774	341	CATARINA PINHEIRO	INDIVIDUAL	f	141 JUNSEN-F	79 58:47:00	05:51	58:33:00
775	244	ANTÓNIO PORRÃO	X5 HEALTH CLUB	m	634 VET-M55	35 58:47:00	05:49	58:17:00
776	160	CARLA OLIVEIRA	FUN PEOPLE	f	142 VET-F40	43 58:49:00	05:50	58:29:00
777	42	DIOGO FERREIRA	NEEDMORESPEED	m	635 JUNSEN-M	278 58:56:00	05:52	58:43:00
778	963	JOÃO ALBERTO	NEEDMORESPEED	m	636 JUNSEN-M	279 58:56:00	05:52	58:41:00
779	622	MARIA LÚCIA SILVA ALEIXO	RUNNING ESPINHO	f	143 VET-F40	44 58:57:00	05:51	58:36:00
780	774	RODRIGO BAPTISTA	INDIVIDUAL	m	637 JUNSEN-M	280 58:57:00	05:49	58:15:00
781	743	DANIEL SÁ	INDIVIDUAL	m	638 JUNSEN-M	281 58:57:00	05:49	58:14:00
782	184	JOSE SILVA	TIKI-TAKA	m	639 JUNSEN-M	282 58:58:00	05:50	58:23:00
783	161	ANABELA BARATA	FUN PEOPLE	f	144 JUNSEN-F	80 59:02:00	05:52	58:42:00
784	814	GABRIELA DIAS	X5 HEALTH CLUB 1	f	145 JUNSEN-F	81 59:19:00	05:52	58:48:00
785	955	ANTONIO BASTOS	CMMC VALE DE CAMBRA	m	640 VET-M40	151 59:32:00	05:55	59:13:00
786	954	HELENA PINHO	CMMC VALE DE CAMBRA	f	146 JUNSEN-F	82 59:33:00	05:55	59:14:00
787	838	FERNANDO COSTA PINTO	JORSAT RUNNERS PT	m	641 VET-M40	152 59:41:00	05:55	59:11:00
788	896	SUSANA FERREIRA	BOOTSEALS	f	147 JUNSEN-F	83 59:42:00	05:55	59:15:00
789	264	MIGUEL AZEVEDO	X5 HEALTH CLUB 1	m	642 JUNSEN-M	283 59:45:00	05:54	59:08:00
790	686	ALEXANDRA SOARES	RUNNING ESPINHO	f	148 VET-F40	45 59:46:00	05:57	59:30:00
791	607	LUCIANA RIBEIRO	RUNNING ESPINHO	f	149 JUNSEN-F	84 59:51:00	05:57	59:33:00
792	66	MARIA HORTA	TRIO MARAVILHA	f	150 VET-F50	21 59:55:00	05:58	59:46:00
793	154	PEDRO SANTOS	FADAS VERDES	m	643 VET-M40	153 59:55:00	05:55	59:15:00
794	920	JOÃO MOREIRA	CASAI A CORRER	m	644 JUNSEN-M	284 59:57:00	05:54	59:06:00
795	921	RITA RODRIGUES	CASAI A CORRER	f	151 JUNSEN-F	85 59:57:00	05:54	59:06:00
796	649	EMÍLIA FIÃES	RUNNING ESPINHO	f	152 VET-F40	46 59:57:00	05:58	59:43:00
797	648	ISABEL CABRAL	RUNNING ESPINHO	f	153 JUNSEN-F	86 01:00:02	05:57	59:31:00
798	853	MAFALDA ALMEIDA	INDIVIDUAL	f	154 VET-F40	47 01:00:04	05:57	59:30:00
799	799	DULCE MORÊDA	ESCOLA DO MOVIMENTO	f	155 VET-F40	48 01:00:05	05:57	59:34:00
800	554	JOAO LOURENCO	INDIVIDUAL	m	645 VET-M60	28 01:00:05	05:57	59:32:00
801	27	ISABEL ALMEIDA	FORÇA NA CANELA ESPINHO	f	156 VET-F50	22 01:00:05	05:59	59:52:00
802	715	ASSUNÇÃO HESPANHOL	RUNNING ESPINHO	f	157 VET-F40	49 01:00:07	05:57	59:39:00
803	680	MANE COUTO	RUNNING ESPINHO	m	646 VET-M50	61 01:00:07	05:57	59:39:00
804	343	NIDIA ROCHA	FORÇA NA CANELA ESPINHO	f	158 VET-F40	50 01:00:14	06:00	01:00:00
805	531	PAULO GOMES	RUNNING ESPINHO	m	647 VET-M45	86 01:00:20	06:00	01:00:01
806	1	VICENTE PINTO	CM ESPINHO	m	648 VET-M45	87 01:00:24	05:58	59:49:00
807	630	JANETTE FERNANDES	RUNNING ESPINHO	f	159 JUNSEN-F	87 01:00:28	06:01	01:00:10
808	320	PEDRO VIVAS	INDIVIDUAL	m	649 JUNSEN-M	285 01:00:40	06:00	01:00:08

GERAL	DORSAL	NOME	EQUIPA	SEXO	ESCALAO	TEMPO	RITMO	CHIP
809	944	BRUNO MARTINS	INDIVIDUAL	m	650 JUNSEN-M	286	01:01:00	06:02 01:00:29
810	319	SÔNIA POÇAS	INDIVIDUAL	f	160 JUNSEN-F	88	01:01:00	06:02 01:00:26
811	793	NUNO CAPELA	INDIVIDUAL	m	651 JUNSEN-M	287	01:01:02	06:01 01:00:18
812	794	TATIANA PINTO	INDIVIDUAL	f	161 JUNSEN-F	89	01:01:02	06:01 01:00:19
813	141	CRISTINA COSTA	INDIVIDUAL	f	162 JUNSEN-F	90	01:01:02	06:02 01:00:25
814	495	JOAO PEDRO FERRAZ	RUNNING ESPINHO	m	652 VET-M40	154	01:01:08	06:04 01:00:49
815	328	JOSÉ TEIXEIRA	INDIVIDUAL	m	653 VET-M50	62	01:01:10	06:03 01:00:31
816	663	LÚCIA RIBEIRO	RUNNING ESPINHO	f	163 JUNSEN-F	91	01:01:14	06:05 01:00:59
817	398	JOAQUINA MARTINS	INDIVIDUAL	f	164 VET-F50	23	01:01:21	06:03 01:00:37
818	421	ANA PAIS	INDIVIDUAL	f	165 JUNSEN-F	92	01:01:27	06:04 01:00:41
819	897	CATARINA FARIAS	BOOTSEALS	f	166 JUNSEN-F	93	01:01:40	06:07 01:01:11
820	639	CARLA MAGALHÃES	RUNNING ESPINHO	f	167 JUNSEN-F	94	01:01:43	06:08 01:01:29
821	674	MARIA CÉU FERREIRA	RUNNING ESPINHO	f	168 VET-F40	51	01:01:44	06:08 01:01:28
822	312	INÊS MOREIRA	INDIVIDUAL	f	169 JUNSEN-F	95	01:01:44	06:09 01:01:35
823	311	CARLOS MOREIRA	INDIVIDUAL	m	654 VET-M50	63	01:01:45	06:09 01:01:36
824	380	INÊS GOMES	FADAS VERDES	f	170 JUNSEN-F	96	01:01:50	06:06 01:01:08
825	1002	PEDRO VELHO	INDIVIDUAL	m	655 JUNSEN-M	288	01:01:51	06:07 01:01:12
826	201	PEDRO COSTA	RAMADOS	m	656 VET-M40	155	01:01:54	06:11 01:01:54
827	200	PEDRO LOBO	RAMADOS	m	657 JUNSEN-M	289	01:01:54	06:06 01:01:06
828	735	PEDRO SOUSA	FADAS VERDES	m	658 JUNSEN-M	290	01:01:56	06:07 01:01:15
829	1001	CESAR VALENTE	INDIVIDUAL	m	659 VET-M45	88	01:01:56	06:07 01:01:19
830	491	JORGE OLIVEIRA	BTTRAIN	m	660 VET-M60	29	01:02:02	06:11 01:01:52
831	238	LUIS RODRIGUES	INDIVIDUAL	m	661 JUNSEN-M	291	01:02:02	06:07 01:01:13
832	9	RICARDO SÁ	INDIVIDUAL	m	662 JUNSEN-M	292	01:02:04	06:08 01:01:26
833	523	CARLOS CARDOSO	AD RIO LARGO	m	663 VET-M45	89	01:02:04	06:10 01:01:40
834	91	MANUEL COUTO	GRÍJÓ A CORRER	m	664 VET-M60	30	01:02:06	06:11 01:01:53
835	757	PAULA PINTO	CAGAP	f	171 JUNSEN-F	97	01:02:07	06:10 01:01:40
836	594	ANSELMO SILVA	CAGAP	m	665 VET-M40	156	01:02:07	06:10 01:01:41
837	590	MARISA SANTOS	CAGAP	f	172 JUNSEN-F	98	01:02:13	06:10 01:01:48
838	373	JORGE SOARES	PROGELADO	m	667 VET-M40	158	01:02:23	06:09 01:01:32
839	288	JOSE PINTO	INDIVIDUAL	m	666 VET-M40	157	01:02:23	06:09 01:01:33
840	591	CONCEIÇÃO BESSA	CAGAP	f	173 JUNSEN-F	99	01:02:25	06:11 01:01:59
841	372	LILIANA GOMES	INDIVIDUAL	f	174 JUNSEN-F	100	01:02:33	06:12 01:02:08
842	233	FERNANDO VAZ	INDIVIDUAL	m	668 JUNSEN-M	293	01:02:49	06:12 01:02:05
843	234	MARLENE MELO	INDIVIDUAL	f	175 JUNSEN-F	101	01:02:50	06:12 01:02:05
844	775	CARLOS MOREIRA	INDIVIDUAL	m	669 JUNSEN-M	294	01:02:52	06:13 01:02:11
845	776	DANIELA SA COSTA	INDIVIDUAL	f	176 VET-F40	52	01:02:52	06:13 01:02:12
846	764	DANIELA COSTA	INDIVIDUAL	f	177 JUNSEN-F	102	01:02:59	06:14 01:02:24
847	396	ALBERTO NETO	INDIVIDUAL	m	670 VET-M60	31	01:03:21	06:19 01:03:16
848	723	RÚBEN TAVARES	RUNNING ESPINHO	m	671 JUNSEN-M	295	01:03:32	06:18 01:03:04
849	239	CATARINA SÁ FERREIRA	INDIVIDUAL	f	178 JUNSEN-F	103	01:03:44	06:18 01:03:07
850	767	MANUELA BRITO	INDIVIDUAL	f	179 VET-F50	24	01:04:16	06:21 01:03:36
851	420	ANA LEITE	INDIVIDUAL	f	180 JUNSEN-F	104	01:04:21	06:21 01:03:35
852	459	LUIS LOURDES	INDIVIDUAL	m	672 VET-M40	159	01:04:22	06:22 01:03:46
853	677	SUSANA CASTRO	RUNNING ESPINHO	f	181 VET-F40	53	01:04:26	06:25 01:04:10

GERAL	DORSAL	NOME	EQUIPA	SEXO	ESCALAO	TEMPO	RITMO	CHIP
854	669	SUSANA VELHOTE	RUNNING ESPINHO	f	182 VET-F40	54 01:04:26	06:25	01:04:10
855	625	MÓNICA MARTINS	RUNNING ESPINHO	f	183 JUNSEN-F	105 01:04:27	06:25	01:04:10
856	948	SARA HESPANHOL	INDIVIDUAL	f	184 JUNSEN-F	106 01:05:00	06:25	01:04:19
857	84	ROGÉRIO HENRIQUES	LIMITLESS	m	673 JUNSEN-M	296 01:05:00	06:25	01:04:19
858	500	DÉBORA VIEIRA	INDIVIDUAL	f	185 JUNSEN-F	107 01:05:11	06:05	01:00:57
859	1013	RAMIRO TAVARES		m	674 VET-M55	36 01:05:17	06:29	01:04:59
860	789	ARMINDA SOARES	INDIVIDUAL	f	186 VET-F50	25 01:05:21	06:29	01:04:55
861	156	JOSÉ PIRES LIMA	EM FORÇA - SPEM	m	675 VET-M60	32 01:05:22	06:28	01:04:44
862	728	SÓNIA PINTO	RUNNING ESPINHO	f	187 JUNSEN-F	108 01:05:27	06:30	01:05:06
863	439	ANTÓNIO PAIS	PAISFAMILY	m	676 VET-M55	37 01:05:28	06:31	01:05:11
864	399	JOAQUIM SANTOS	INDIVIDUAL	m	677 VET-M60	33 01:05:35	06:29	01:04:51
865	844	MARINA FERREIRA	INDIVIDUAL	f	188 JUNSEN-F	109 01:05:36	06:29	01:04:51
866	650	CARLA GOMES	RUNNING ESPINHO	f	189 VET-F40	55 01:05:50	06:33	01:05:32
867	717	HELENA SÁ	RUNNING ESPINHO	f	190 JUNSEN-F	110 01:05:58	06:31	01:05:19
868	626	JORGE CALDEIRA	RUNNING ESPINHO	m	678 VET-M60	34 01:06:02	06:33	01:05:39
869	605	JOSÉ ALBANO MARTINS	RUNNING ESPINHO	m	679 VET-M55	38 01:06:03	06:34	01:05:40
870	369	EDUARDO GONÇALVES	US & OTHERS	m	680 VET-M55	39 01:06:12	06:33	01:05:32
871	970	CARLA VINAGRE	INDIVIDUAL	f	191 VET-F40	56 01:06:53	06:37	01:06:17
872	846	MÓNICA PINHO	INDIVIDUAL	f	192 JUNSEN-F	111 01:07:41	06:41	01:06:55
873	241	ANA ROCHA	INDIVIDUAL	f	193 JUNSEN-F	112 01:08:02	06:44	01:07:23
874	555	FILIPE LEITE	INDIVIDUAL	m	681 JUNSEN-M	297 01:08:09	06:43	01:07:17
875	277	RUI TEIXEIRA	PROGELADO 3	m	682 VET-M45	90 01:08:11	06:44	01:07:21
876	893	EMANUEL SILVA	PROGELADO 3	m	683 VET-M40	160 01:09:02	06:49	01:08:12
877	314	MANUEL RODRIGUES	GDE RUNNERS	m	684 VET-M45	91 01:09:03	06:53	01:08:50
878	736	TIAGO FERNANDES	FADAS VERDES	m	685 JUNSEN-M	298 01:09:03	06:50	01:08:20
879	843	NILSÍA MARTINS	INDIVIDUAL	f	194 JUNSEN-F	113 01:10:21	06:57	01:09:34
880	845	VERA FERREIRA	INDIVIDUAL	f	195 JUNSEN-F	114 01:10:21	06:57	01:09:35
881	547	JOSÉ OLIVEIRA	INDIVIDUAL	m	686 JUNSEN-M	299 01:10:22	07:00	01:10:00
882	671	MÓNICA VAZ	RUNNING ESPINHO	f	196 VET-F40	57 01:10:42	07:01	01:10:10
883	643	MÓNICA OLIVEIRA	RUNNING ESPINHO	f	197 JUNSEN-F	115 01:10:43	07:01	01:10:11
884	847	PAULA BARROS	INDIVIDUAL	f	198 VET-F40	58 01:11:06	07:03	01:10:31
885	801	VANIA CARNEIRO	ATHLETIC TURTLES	f	199 JUNSEN-F	116 01:11:32	07:06	01:11:03
886	760	RICARDO FONTES	INDIVIDUAL	m	687 JUNSEN-M	300 01:12:08	07:09	01:11:32
887	863	SUSANA AMARAL	MULTIFRACÇÃO	f	200 JUNSEN-F	117 01:12:20	07:09	01:11:33
888	664	SÉRGIO BATISTA	RUNNING ESPINHO	m	688 VET-M40	161 01:12:29	07:13	01:12:10
889	634	HELDER ALMEIDA	RUNNING ESPINHO	m	689 JUNSEN-M	301 01:12:36	07:12	01:12:01
890	432	PEDRO OLIVEIRA	RUNNING ESPINHO	m	690 JUNSEN-M	302 01:12:51	07:13	01:12:14
891	374	JOÃO PINTINHA	PROGELADO	m	691 VET-M55	40 01:13:20	07:15	01:12:30
892	492	DEOLINDA ALVES	SPORT CLUB CONIMBRICENSE	f	201 VET-F50	26 01:13:32	07:17	01:12:52
893	635	GRACINDA SOUSA	RUNNING ESPINHO	f	202 VET-F40	59 01:13:34	07:18	01:13:00
894	230	PEDRO VIEIRA	INDIVIDUAL	m	692 JUNSEN-M	303 01:13:38	07:17	01:12:51
895	695	FERNANDA BARBOSA	RUNNING ESPINHO	f	203 VET-F50	27 01:13:50	07:19	01:13:14
896	691	FILIPA BACELO	RUNNING ESPINHO	f	204 JUNSEN-F	118 01:13:50	07:21	01:13:34
897	865	SÉRGIO PINHO	MULTIFRACÇÃO	m	693 JUNSEN-M	304 01:14:27	07:22	01:13:40
898	849	SANDRA SANTOS	JORSAT RUNNERS	f	205 VET-F40	60 01:23:40	08:19	01:23:10

GERAL	DORSAL	NOME	EQUIPA	SEXO	ESCALAO	TEMPO	RITMO	CHIP
899	929	HUGO OLIVEIRA	JORSAT RUNNERS PT	m	694 VET-M40	162 01:23:41	08:19	01:23:11
900	841	ALEXANDRE MAIA	JORSAT RUNNERS PT	m	695 VET-M40	163 01:23:41	08:19	01:23:11
901	688	ANDREIA COSTA	RUNNING ESPINHO	f	206 JUNSEN-F	119 01:32:01	09:12	01:32:01
	2	LUIS DA ROCHA	INDIVIDUAL	m	-1 VET-M40	-1	DSQ	
	1015	RUI PEREIRA	INDIVIDUAL	m	696 VET-M45	92	DSQ	03:33 35:34:00
	434	SÓNIA PINHEIRO	RUNNING ESPINHO	f	207 JUNSEN-F	120	DSQ	03:42 37:07:00
	616	VERÓNICA SAMPAIO	RUNNING ESPINHO	f	208 VET-F40	61	DSQ	03:45 37:30:00
	136	ANDREIA FERREIRA	DR. RUNNER'S TEAM	f	209 JUNSEN-F	121	DSQ	04:07 41:15:00
	336	MARTA MARQUES	MAIA AC	f	210 JUNSEN-F	122	DSQ	04:09 41:39:00
	105	SANDRA AGUIAR	INDIVIDUAL	f	211 VET-F40	62	DSQ	04:27 44:39:00

CLASSIFICAÇÃO ÚLTIMO KM

CLASS	DORSAL	NOME	SEXO	EQUIPA	ESCALAO	RITMO	ULTIMO KM
1	461	HÉLDER PIRES	m	1 CA OVAR / X5 HEALTH CLUB1	JUNSEN-M	1. 03:27	02:45
2	197	HÉLDER LOPES	m	2 DCICCDRPEDRULHA-MEALHADA	JUNSEN-M	2. 03:13	02:53
3	412	GENARO NOGALES	m	3 CAPEX	JUNSEN-M	3. 03:13	02:58
4	463	CELSO LEITE	m	4 CA OVAR / X5 HEALTH CLUB1	JUNSEN-M	4. 03:16	02:59
5	145	LUÍS BEATO PEREIRA	m	5 CAT	JUNSEN-M	5. 03:16	03:04
6	950	JANIK LIMA	m	6 AFIS/OVAR	JUNSEN-M	6. 03:16	03:05
7	831	JOAO TOSCANO	m	7 DCI/CCDRPEDRULHA-MEALHADA	JUNSEN-M	7. 03:29	03:07
8	966	ANDRÉ MARQUES	m	8 CAGAP	JUNSEN-M	8. 03:14	03:07
9	832	RUBEN BAPTISTA	m	9 DCI/CCDRPEDRULHA-MEALHADA	JUNSEN-M	9. 03:29	03:07
10	830	RICARDO SANTOS	m	10 DCI/CCDRPEDRULHA-MEALHADA	JUNSEN-M	10. 03:32	03:07
11	227	RUI LOPES	m	11 CDCR DOS CTT DE COIMBRA	JUNSEN-M	11. 03:24	03:09
12	345	TOZÉ CASTRO	m	12 FIAS S C	JUNSEN-M	12. 03:19	03:09
13	960	JOSÉ CARVALHO	m	13 MCDONALD'S TRIBRAGA	JUNSEN-M	13. 03:28	03:10
14	887	PEDRO GAMA	m	14 CCD APDL	VET-M40	1. 03:30	03:10
15	223	FERNANDO MARQUES	m	15 DCI/CCDRPEDRULHA-MEALHADA	JUNSEN-M	14. 03:32	03:11
16	512	FERNANDO LIMA	m	16 NA CUCUJÃES	VET-M40	2. 03:22	03:11
17	729	VÍTOR BASTOS	m	17 RUNNING ESPINHO	JUNSEN-M	15. 03:30	03:12
18	124	PAULO SILVA	m	18 VILA MAIOR TURISMO	JUNSEN-M	16. 03:30	03:12
19	517	HELDER ROCHA	m	19 AD RIO LARGO	JUNSEN-M	17. 03:39	03:12
20	110	ANTÓNIO SOUSA	m	20 RIPOLINS - GRIJÓ A CORRER	VET-M45	1. 03:26	03:13
21	347	HELDER ROBALINHO	m	21 FIAS S C	JUNSEN-M	18. 03:34	03:13
22	350	JOSÉ HENRIQUE	m	22 FIAS S C	JUNSEN-M	19. 03:34	03:13
23	747	PAULO ANTUNES	m	23 CDCR DOS CTT DE COIMBRA	VET-M45	2. 03:34	03:13
24	835	JOÃO PEREIRA	m	24 DCI/CCDRPEDRULHA-MEALHADA	VET-M40	3. 03:28	03:13
25	516	RENATO SOUSA	m	25 AD RIO LARGO	JUNSEN-M	20. 03:30	03:14
26	758	LEANDRO NEVES	m	26 INDIVIDUAL	JUNSEN-M	21. 03:56	03:15
27	956	MARCO COSTA	m	27 CA OVAR / X5 HEALTH CLUB1	VET-M40	4. 03:27	03:15
28	850	SALVADOR MANSILHA	m	28 NASCIDOS PARA CORRER	VET-M45	3. 03:31	03:16
29	854	MANUEL FRAGOSO	m	29 GARIMPEIROS	JUNSEN-M	22. 03:43	03:17
30	344	JOSÉ SILVA	m	30 NAC	VET-M45	4. 03:27	03:17
31	89	CLÁUDIO FONSECA	m	31 VIVALLEY RUNNERS	VET-M40	5. 03:36	03:19
32	812	PAULO MARTINS	m	32 X5 HEALTH CLUB 1	VET-M40	6. 03:33	03:19
33	833	RICARDO TEIXEIRA	m	33 DCI/CCDRPEDRULHA-MEALHADA	JUNSEN-M	23. 03:46	03:21
34	726	RICARDO FERREIRA	m	34 RUNNING ESPINHO	JUNSEN-M	24. 03:39	03:22
35	653	HUGO DANIEL	m	35 RUNNING ESPINHO	JUNSEN-M	25. 03:45	03:22
36	932	HERNANI FURTADO	m	36 SPORTING CLUBE DE ESPINHO	JUNSEN-M	26. 03:41	03:22
37	592	HENRIQUE NEVES	m	37 CAGAP	VET-M40	7. 04:00	03:23
38	642	JOSÉ PEREIRA	m	38 RUNNING ESPINHO	VET-M45	5. 03:59	03:23
39	746	PAULO PEREIRA	m	39 CDCR DOS CTT DE COIMBRA	VET-M45	6. 03:49	03:23
40	416	PEDRO CASTRO	m	40 INDIVIDUAL	JUNSEN-M	27. 04:00	03:23
41	1006	FRANCISCO GOUVEIA	m	41 RUNNING ESPINHO	JUNSEN-M	28. 03:47	03:23
42	334	RUBEN CANTANTE	m	42 QUINTANTES	JUNSEN-M	29. 03:49	03:23
43	935	JOSÉ SILVA	m	43 SPORTING CLUBE DE ESPINHO	VET-M55	1. 03:50	03:24

CLASS	DORSAL	NOME	SEXO	EQUIPA	ESCALAO	RITMO	ULTIMO KM	
44	203	PAULO OLIVEIRA	m	44 SPORTING CLUBE DE ESPINHO	VET-M45	7.	03:38	03:24
45	120	RUI OLIVEIRA	m	45 VILA MAIOR TURISMO	VET-M40	8.	03:48	03:24
46	88	ADRIANO FONSECA	m	46 VIVALLEY RUNNERS	JUNSEN-M	30.	03:46	03:25
47	941	PAULO REIS	m	47 SPORTING CLUBE DE ESPINHO	VET-M45	8.	03:41	03:25
48	796	RUI MAGALHÃES	m	48 INDIVIDUAL	JUNSEN-M	31.	03:46	03:26
49	403	MANUEL MOUTINHO	m	49 INDIVIDUAL	JUNSEN-M	32.	03:43	03:26
50	968	FEDERICO DENISI	m	50 INDIVIDUAL	JUNSEN-M	33.	03:59	03:26
51	349	CLAUDIO COSTA	m	51 FIAS S C	JUNSEN-M	34.	03:38	03:26
52	521	CARLOS COELHO	m	52 AD RIO LARGO	VET-M40	9.	03:46	03:26
53	933	JOÃO PEREIRA	m	53 SPORTING CLUBE DE ESPINHO	VET-M40	10.	04:04	03:26
54	306	SÉRGIO SUZANO	m	54 ORALKLASS-AMIGOS DO TRAIL	JUNSEN-M	35.	03:40	03:27
55	384	CARLOS BAPTISTA	m	55 JAM - JUVENTUDE ATLÉTICA	VET-M50	1.	03:44	03:27
56	834	CARLOS PIMENTA	m	56 DCI/CCDRPEDRULHA-MEALHADA	VET-M40	11.	03:37	03:27
57	195	ANDRÉ PINA	m	57 INDIVIDUAL	JUNSEN-M	36.	03:49	03:27
58	985	EMANUEL ALVES	m	58 INDIVIDUAL	JUNSEN-M	37.	03:57	03:27
59	247	VÍTOR SÁ	m	59 X5 HEALTH CLUB 1	VET-M40	12.	04:03	03:27
60	564	AUGUSTO ALUAI	m	60 CAL - CLUBE ATLETISMO DE	VET-M45	9.	03:45	03:28
61	910	JOEL RAMALHOTO	m	61 VIRIATHVS RUNNERS VISEU	JUNSEN-M	38.	03:55	03:28
62	566	CARLOS CARDOSO	m	62 CAL - CLUBE ATLETISMO DE	VET-M40	13.	03:46	03:28
63	522	WOUTER BROECK	m	63 AD RIO LARGO	VET-M40	14.	03:50	03:28
64	450	VITOR NEVES	m	64 INDIVIDUAL	JUNSEN-M	39.	03:57	03:28
65	71	MÁRIO DIAS	m	65 INDIVIDUAL	VET-M40	15.	03:47	03:28
66	787	FILIPE RAMOS	m	66 AESTHETICAL TEAM RUNNING	JUNSEN-M	40.	03:43	03:29
67	258	RICARDO SANTOS	m	67 INDIVIDUAL	JUNSEN-M	41.	03:55	03:29
68	947	RICARDO SOUSA	m	68 AMIGOS DO RACHÃO	JUNSEN-M	42.	03:58	03:29
69	568	JOÃO SOUSA	m	69 CAL - CLUBE ATLETISMO DE	JUNSEN-M	43.	03:50	03:30
70	707	PEDRO HENRIQUES	m	70 RUNNING ESPINHO	JUNSEN-M	44.	03:53	03:30
71	614	RUI MANUEL SANTOS	m	71 RUNNING ESPINHO	VET-M40	16.	03:47	03:30
72	318	SERGIO PEREIRA	m	72 OLIVEIRA RUNNERS	JUNSEN-M	45.	03:52	03:30
73	856	JOSE LOUREIRO	m	73 INDIVIDUAL	VET-M40	17.	03:52	03:31
74	529	ALAIN COUTO	m	74 AD RIO LARGO	VET-M40	18.	03:42	03:31
75	748	PAULO FIGUEIREDO	m	75 AFIS/OVAR	VET-M40	19.	03:47	03:31
76	725	RAÚL SILVA	m	76 RUNNING ESPINHO	JUNSEN-M	46.	03:55	03:32
77	496	SÉRGIO ANUNCIAÇÃO	m	77 ORALKLASS-AMIGOS DO TRAIL	VET-M45	10.	03:59	03:32
78	546	PEDRO PETER	m	78 NASCIDOS PARA CORRER	VET-M40	20.	03:48	03:32
79	274	RICARDO PARADA	m	79 INDIVIDUAL	JUNSEN-M	47.	04:04	03:33
80	909	JOSÉ ALMEIDA	m	80 VIRIATHVS RUNNERS VISEU	VET-M40	21.	04:01	03:33
81	394	JORGE QUEIROS	m	81 NAC	VET-M40	22.	04:03	03:33
82	506	JOAQUIM BATISTA	m	82 WHITE RUNNING TEAM	JUNSEN-M	48.	04:03	03:33
83	326	LEANDRO CAETANO	m	83 RESTAURANTE CAETANO PORTO	JUNSEN-M	49.	04:06	03:34
84	3	ALCINDO DIAS	m	84 INDIVIDUAL	VET-M40	23.	03:55	03:34
85	385	FERNANDO BRANDÃO	m	85 JAM - JUVENTUDE ATLÉTICA	VET-M50	2.	03:55	03:34
86	276	LUÍS OLIVEIRA	m	86 ESCOLA DO MOVIMENTO	VET-M45	11.	03:59	03:34
87	407	JOSÉ BRITO	m	87 X5 HEALTH CLUB 1	VET-M50	3.	03:50	03:34
88	267	JOSÉ COSTA	m	88 X5 HEALTH CLUB 1	VET-M40	24.	03:52	03:35

CLASS	DORSAL	NOME	SEXO	EQUIPA	ESCALAO	RITMO	ULTIMO KM
89	508	FERNANDO ALMEIDA	m	89 RUNPENAFIEL	VET-M45	12. 03:46	03:35
90	121	ANTÓNIO MARQUES	m	90 VILA MAIOR TURISMO	VET-M50	4. 03:55	03:36
91	54	ANDRÉ ROCHA	m	91 GD OUTEIROS	JUNSEN-M	50. 03:54	03:36
92	457	JOÃO PATRÍCIO	m	92 INDIVIDUAL	VET-M40	25. 03:58	03:36
93	519	JOSÉ PEREIRA	m	93 AD RIO LARGO	JUNSEN-M	51. 03:57	03:36
94	765	CELSE TORRES	m	94 ATHELETE POWER.FIT4FUN	VET-M55	2. 03:54	03:36
95	797	SEGUNDO RODRIGUES	m	95 ARCORUN	VET-M60	1. 03:54	03:36
96	657	MÁRIO RUI DIAS	m	96 RUNNING ESPINHO ORG	JUNSEN-M	52. 04:06	03:36
97	750	PAULO GRILO	m	97 ARCORUN	VET-M40	26. 03:54	03:37
98	299	GUSTAVO ROXO	m	98 INVICTA RUNNERS TEAM	VET-M50	5. 03:58	03:37
99	123	JULIO OLIVEIRA	m	99 VILA MAIOR TURISMO	VET-M40	27. 03:56	03:37
100	576	JORGE SOARES	m	100 GRUPO OSCACER	JUNSEN-M	53. 03:58	03:37
101	504	JOAQUIM SANTOS	m	101 WHITE RUNNING TEAM	VET-M50	6. 03:55	03:37
102	798	PAULO DOMINGUES	m	102 ESCOLA DO MOVIMENTO	VET-M45	13. 03:55	03:37
103	365	ÁLVARO SANTOS	m	103 INDIVIDUAL	JUNSEN-M	54. 03:58	03:37
104	518	ZÉ RODRIGO	m	104 AD RIO LARGO	JUNSEN-M	55. 03:51	03:38
105	117	RUI ALVES	m	105 INDIVIDUAL	VET-M40	28. 04:07	03:38
106	389	PEDRO ANDRÉ CORREIA	m	106 INDIVIDUAL	JUNSEN-M	56. 04:03	03:38
107	90	RICARDO FONSECA	m	107 VIVALLEY RUNNERS	VET-M40	29. 03:58	03:38
108	884	PEDRO ANDRADE	m	108 MOREIRA CONGELADOS/FEIRA	JUNSEN-M	57. 03:45	03:38
109	586	FILIFE MARQUES	m	109 X5 HEALTH CLUB 1	JUNSEN-M	58. 04:00	03:38
110	415	FERNANDO GASPAR	m	110 INDIVIDUAL	JUNSEN-M	59. 04:18	03:38
111	464	JOAQUIM COSTA	m	111 CA OVAR / X5 HEALTH CLUB1	VET-M60	2. 03:57	03:39
112	409	CARLOS NORONHA	m	112 INDIVIDUAL	JUNSEN-M	60. 04:25	03:39
113	612	PAULO MARQUES	m	113 RUNNING ESPINHO	VET-M45	14. 04:08	03:39
114	367	NUNO MAGALHAES	m	114 TARTARUGAS DO ASFALTO	VET-M45	15. 04:07	03:39
115	24	ANTÓNIO LOURENÇO	m	115 INDIVIDUAL	VET-M45	16. 04:01	03:39
116	56	NOEL VALADÃO	m	116 ADM ORI-MONDEGO	JUNSEN-M	61. 04:07	03:40
117	177	MÁRIO MAMEDE	m	117 INDIVIDUAL	VET-M50	7. 03:53	03:40
118	20	JOAO JOSE JOAO CASTRO	m	118 INDIVIDUAL	VET-M55	3. 04:08	03:40
119	112	VASCO FRANCO	m	119 GIROFLÉ BY FAP WINES	VET-M45	17. 04:01	03:40
120	443	PAULO NOBRE	m	120 INQUIPA	JUNSEN-M	62. 04:09	03:40
121	560	JOSÉ PINHEL	m	121 INDIVIDUAL	VET-M45	18. 04:11	03:41
122	675	ANTÓNIO DIAS	m	122 RUNNING ESPINHO	VET-M50	8. 04:27	03:41
123	97	JOSE SILVA	m	123 CALDAS S JORGE SPORT CLUB	VET-M55	4. 03:59	03:42
124	1016	FILIFE MARQUES	m	124	JUNSEN-M	63. 04:03	03:42
125	119	CARLOS MACHADO	m	125 INDIVIDUAL	VET-M50	9. 03:59	03:42
126	511	ANTÓNIO LOPES FIGUEIREDO	m	126 AFIS/OVAR	JUNSEN-M	64. 04:10	03:42
127	881	NUNO ALMEIDA	m	127 GAIA-RUNNING	JUNSEN-M	65. 04:02	03:42
128	122	FILIFE NEVES	m	128 VILA MAIOR TURISMO	VET-M40	30. 04:03	03:42
129	354	CELSE SILVA	m	129 PERALTAFILRUNNING	JUNSEN-M	66. 04:07	03:43
130	390	LUIS TRIGO	m	130 CÃES D'AVENIDA	VET-M50	10. 03:59	03:43
131	499	NUNO LEITE	m	131 INDIVIDUAL	JUNSEN-M	67. 04:10	03:43
132	724	VÍTOR RITO	m	132 RUNNING ESPINHO ORG	JUNSEN-M	68. 04:08	03:43
133	505	SERGIO BRANCO	m	133 WHITE RUNNING TEAM	VET-M40	31. 04:02	03:43

CLASS	DORSAL	NOME	SEXO	EQUIPA	ESCALAO	RITMO	ULTIMO KM
134	356	PAULO MOTA	m	134 PERALTAFILRUNNING	VET-M45	19. 04:07	03:43
135	413	VITOR GODINHO	m	135 INDIVIDUAL	JUNSEN-M	69. 04:12	03:43
136	76	HÉLIO DIAS	m	136 INDIVIDUAL	JUNSEN-M	70. 04:00	03:44
137	16	FERNANDO MORAIS	m	137 INDIVIDUAL	VET-M55	5. 03:59	03:44
138	324	SERGIO SILVA	m	138 FALTA MUITO?	JUNSEN-M	71. 04:32	03:44
139	250	RUI SILVA	m	139 X5 HEALTH CLUB 1	VET-M40	32. 03:53	03:44
140	542	PEDRO FRANÇA	m	140 GIM	VET-M45	20. 04:02	03:44
141	81	JOSÉ CARLOS GOMES	m	141 LIGEIRINHOS	VET-M55	6. 04:10	03:44
142	949	PAULO OLIVEIRA	m	142 AFIS/OVAR	JUNSEN-M	72. 04:06	03:45
143	310	PAULO BORGES	m	143 INDIVIDUAL	JUNSEN-M	73. 04:12	03:45
144	440	IVO PAIS	m	144 PAISFAMILY	JUNSEN-M	74. 04:20	03:45
145	608	MANUEL BASTOS	m	145 RUNNING ESPINHO	VET-M40	33. 04:02	03:45
146	962	CARLOS GARRIDO	m	146 CPT SOBRAL DE CEIRA	VET-M55	7. 04:11	03:45
147	142	SILVIO FERREIRA	m	147 MOCIDADE SANGEMIL	JUNSEN-M	75. 04:07	03:45
148	77	PEDRO MONTEIRO	m	148 INDIVIDUAL	JUNSEN-M	76. 04:12	03:45
149	465	SÍLVIA SANTOS	f	1 CA OVAR / X5 HEALTH CLUB1	JUNSEN-F	1. 03:59	03:46
150	226	ANTÓNIO TABOAS	m	149 INDIVIDUAL	JUNSEN-M	77. 04:23	03:46
151	355	FERNANDO GOMES	m	150 PERALTAFILRUNNING	JUNSEN-M	78. 04:12	03:46
152	752	HUGO CHUMBO	m	151 VISO RUNNERS	VET-M40	34. 04:01	03:46
153	329	LUÍS MOTA	m	152 INDIVIDUAL	VET-M50	11. 04:09	03:46
154	386	MANUEL PEREIRA	m	153 JAM - JUVENTUDE ATLÉTICA	VET-M50	12. 04:23	03:46
155	462	AMÉRICO VALENTE	m	154 CA OVAR / X5 HEALTH CLUB1	VET-M50	13. 03:59	03:46
156	190	RICARDO SILVA	m	155 TUGAS NA ESTRADA	VET-M40	35. 04:03	03:47
157	696	PAULO BELINHA	m	156 RUNNING ESPINHO	VET-M40	36. 04:26	03:47
158	127	JULIANO SILVA	m	157 MEIAS SANGRENTAS	JUNSEN-M	79. 04:29	03:47
159	652	FILIPE COELHO	m	158 RUNNING ESPINHO	JUNSEN-M	80. 04:23	03:47
160	254	DANIEL SARABANDA	m	159 VALKYRIA	JUNSEN-M	81. 04:34	03:48
161	198	RUI PENA	m	160 AASM	VET-M40	37. 04:02	03:48
162	109	CARLOS OLIVEIRA	m	161 RIPOLINS - GRIJÓ A CORRER	VET-M55	8. 04:13	03:48
163	537	JOÃO MIGUEL LEITE	m	162 INDIVIDUAL	JUNSEN-M	82. 04:28	03:48
164	430	BRUNO SILVA	m	163 INDIVIDUAL	JUNSEN-M	83. 04:04	03:48
165	851	HELDER GUEDES	m	164 INDIVIDUAL	VET-M40	38. 04:10	03:48
166	59	CARLOS CUNHA	m	165 INDIVIDUAL	VET-M50	14. 04:01	03:48
167	942	RAMIRO PINHO	m	166 SPORTING CLUBE DE ESPINHO	VET-M50	15. 04:16	03:48
168	14	PAULO FIDALGO	m	167 INDIVIDUAL	JUNSEN-M	84. 04:14	03:48
169	660	RICHARD NOGUEIRA	m	168 RUNNING ESPINHO	VET-M40	39. 04:11	03:48
170	969	VITOR MARQUES	m	169 INDIVIDUAL	VET-M40	40. 04:34	03:49
171	599	CARLOS FERREIRA	m	170 RUNNING ESPINHO	VET-M40	41. 04:46	03:49
172	301	SÉRGIO RODRIGUES	m	171 AFIS/OVAR	JUNSEN-M	85. 04:21	03:49
173	786	FREDERICO MÁXIMO	m	172 AESTHETICAL TEAM RUNNING	JUNSEN-M	86. 04:03	03:49
174	524	RUI SILVA	m	173 AD RIO LARGO	VET-M45	21. 04:10	03:49
175	266	DIOGO COUTINHO	m	174 X5 HEALTH CLUB 1	JUNSEN-M	87. 04:07	03:49
176	609	MANUEL FERREIRA	m	175 RUNNING ESPINHO	VET-M60	3. 04:16	03:50
177	544	ALBANO BRAGA	m	176 CMMC VALE DE CAMBRA	VET-M60	4. 04:13	03:50
178	961	CARLOS MOÇO	m	177 INDIVIDUAL	VET-M40	42. 04:13	03:50

CLASS	DORSAL	NOME	SEXO	EQUIPA	ESCALAO	RITMO	ULTIMO KM
179	915	PEDRO COELHO	m	178 NICE RUNNERS	VET-M45	22. 04:17	03:50
180	182	JOAO BANDEIRA	m	179 INDIVIDUAL	VET-M45	23. 04:09	03:50
181	101	JOÃO FERREIRA	m	180 AFIS/OVAR	JUNSEN-M	88. 04:14	03:50
182	490	CARLOS ALMEIDA	m	181 INDIVIDUAL	VET-M40	43. 04:28	03:50
183	784	JOEL RORIZ	m	182 INDIVIDUAL	JUNSEN-M	89. 04:20	03:50
184	370	IVO MORAIS	m	183 BYL	VET-M40	44. 04:07	03:50
185	188	PAULO VILAÇA	m	184 TUGAS NA ESTRADA	VET-M60	5. 04:01	03:51
186	175	PAULO MESQUITA	m	185 MAISFIT RUNNERS	JUNSEN-M	90. 04:29	03:51
187	945	CRISTIANO COSTA	m	186 RUNNING ESPINHO	JUNSEN-M	91. 03:57	03:51
188	644	CARLOS OLIVEIRA	m	187 RUNNING ESPINHO	JUNSEN-M	92. 04:24	03:51
189	256	DAVID AZEVEDO	m	188 VALKYRIA	JUNSEN-M	93. 04:34	03:51
190	273	ANDRE SANTOS	m	189 PSP	JUNSEN-M	94. 04:38	03:52
191	268	JOAQUIM SANTOS	m	190 PSP	VET-M50	16. 04:39	03:52
192	572	SERGIO MATOS	m	191 CAL - CLUBE ATLETISMO DE	JUNSEN-M	95. 04:23	03:52
193	533	JOAQUIM PEREIRA	m	192 NASCIDOS PARA CORRER	VET-M45	24. 04:12	03:52
194	155	JOAO VASCONCELOS	m	193 INDIVIDUAL	JUNSEN-M	96. 04:26	03:53
195	113	MARISA JOÃO	f	2 DCI / CDRPEDRULHA - MEAL	VET-F40	1. 04:16	03:53
196	162	LUÍS PERALTA	m	194 INDIVIDUAL	JUNSEN-M	97. 04:19	03:53
197	351	LUIS SILVA	m	195 PERALTAFILRUNNING	VET-M50	17. 04:20	03:53
198	702	TIAGO SOARES	m	196 RUNNING ESPINHO	VET-M40	45. 04:43	03:53
199	49	ANDRÉ COIMBRA	m	197 MANQUINHOS	JUNSEN-M	98. 04:44	03:53
200	562	ADELINO GOMES	m	198 CAL - CLUBE ATLETISMO DE	VET-M40	46. 04:19	03:53
201	655	PEDRO COSTA	m	199 RUNNING ESPINHO ORG	JUNSEN-M	99. 04:21	03:53
202	889	CÉU COELHO	f	3 X5 HEALTH CLUB 1	JUNSEN-F	2. 04:17	03:53
203	703	RICARDO OLIVEIRA	m	200 RUNNING ESPINHO	JUNSEN-M	100. 04:21	03:54
204	720	PAULO PEREIRA	m	201 RUNNING ESPINHO	VET-M45	25. 04:32	03:54
205	289	DANIEL ALVES	m	202 GRIJÓ A CORRER	JUNSEN-M	101. 04:50	03:54
206	693	JOSÉ RIBEIRO	m	203 RUNNING ESPINHO	JUNSEN-M	102. 04:52	03:54
207	80	ROSA LÍDIA SILVA	f	4 LIGEIRINHOS	VET-F40	2. 04:31	03:54
208	265	MIGUEL MACEDO	m	204 X5 HEALTH CLUB 1	JUNSEN-M	103. 04:31	03:54
209	242	NÉLSON ALVES	m	205 X5 HEALTH CLUB	VET-M45	26. 04:17	03:54
210	497	ANTÓNIO CASTRO	m	206 INDIVIDUAL	VET-M45	27. 04:19	03:54
211	753	JOSÉ CARLOS ALMEIDA	m	207 VISO RUNNERS	VET-M40	47. 04:27	03:55
212	401	TIAGO ALVES	m	208 DOT.DESIGN	JUNSEN-M	104. 04:42	03:55
213	733	HUGO ESTEVES	m	209 RUNNING ESPINHO	JUNSEN-M	105. 04:42	03:55
214	906	MARCO PEIXOTO	m	210 INDIVIDUAL	JUNSEN-M	106. 04:16	03:55
215	431	ALCINO LOPES	m	211 RUNNING ESPINHO	VET-M40	48. 04:12	03:55
216	272	JOSE DOS SANTOS	m	212 PSP	JUNSEN-M	107. 04:34	03:55
217	302	PAULO SOUSA	m	213 AFIS/OVAR	VET-M40	49. 04:18	03:55
218	140	LEONEL CARVALHO	m	214 INDIVIDUAL	JUNSEN-M	108. 04:36	03:55
219	882	DÊNIS QUADROS	m	215 ATHLON RUNNER'S	JUNSEN-M	109. 04:32	03:55
220	362	JORGE PEIXOTO	m	216 INDIVIDUAL	VET-M50	18. 04:35	03:55
221	383	AUGUSTO BAPTISTA	m	217 JAM - JUVENTUDE ATLÉTICA	VET-M55	9. 04:40	03:55
222	168	JOSE PEREIRA	m	218 INDIVIDUAL	VET-M50	19. 04:20	03:55
223	436	JOÃO MOREIRA	m	219 RUNNING ESPINHO	VET-M40	50. 04:18	03:55

CLASS	DORSAL	NOME	SEXO	EQUIPA	ESCALAO	RITMO	ULTIMO KM
224	196	MANUEL CARDOSO	m	220 INDIVIDUAL	VET-M50	20. 04:20	03:55
225	938	PATRICIA LEITE	f	5 SPORTING CLUBE DE ESPINHO	JUNSEN-F	3. 04:24	03:56
226	829	FÁTIMA SANTOS	f	6 CLUBE PESSOAL EDP PORTO	JUNSEN-F	4. 04:16	03:56
227	610	MARCO PINHO	m	221 RUNNING ESPINHO	VET-M50	21. 04:17	03:56
228	964	JULIA SCHIAVON	f	7 INDIVIDUAL	JUNSEN-F	5. 04:28	03:56
229	536	RUI MATOS	m	222 ELECTREX	VET-M60	6. 04:24	03:56
230	919	JOSÉ MARTINS	m	223 INDIVIDUAL	JUNSEN-M	110. 04:25	03:56
231	978	RUI COELHO	m	224 INDIVIDUAL	JUNSEN-M	111. 04:26	03:56
232	414	MÁRIO LEITE	m	225 INDIVIDUAL	VET-M50	22. 04:25	03:57
233	132	ÁLVARO NUNES	m	226 ALL ABOUT SPIRIT TEAM	VET-M40	51. 04:29	03:57
234	907	PAULO MAIA	m	227 INDIVIDUAL	VET-M45	28. 04:47	03:57
235	552	ELISIO MAIA	m	228 INDIVIDUAL	VET-M40	52. 04:48	03:57
236	236	PAULO MARTINS	m	229 INDIVIDUAL	VET-M40	53. 04:16	03:57
237	640	NUNO MILHEIRO	m	230 RUNNING ESPINHO	VET-M40	54. 04:21	03:57
238	479	ALEXANDRE GOMES	m	231 CMMC VALE DE CAMBRA	VET-M45	29. 04:29	03:57
239	489	FRANCISCO OLIVEIRA	m	232 INDIVIDUAL	VET-M40	55. 04:48	03:57
240	114	NUNO BRANDÃO	m	233 DCI / CDRPEDRULHA - MEAL	JUNSEN-M	112. 04:25	03:57
241	668	CRISTIANA FERREIRA	f	8 RUNNING ESPINHO ORG	JUNSEN-F	6. 04:17	03:57
242	454	LUÍS NOGUEIRA	m	234 INDIVIDUAL	JUNSEN-M	113. 04:28	03:58
243	864	VITOR AMARAL	m	235 MULTIFRACÇÃO	VET-M55	10. 04:36	03:58
244	769	RICARDO RUIVO	m	236 INDIVIDUAL	JUNSEN-M	114. 04:32	03:58
245	870	EDUARDO GOMES	m	237 INDIVIDUAL	VET-M45	30. 04:27	03:58
246	783	FERNANDO PEREIRA	m	238 CLUBE ATLETISMO AVINTES	VET-M60	7. 04:23	03:58
247	397	VITOR FERREIRA	m	239 RUNNING ESPINHO	VET-M40	56. 04:27	03:58
248	458	RUI ANDRÉ MARTINS	m	240 BRUNHEIRO RUNNERS	JUNSEN-M	115. 04:13	03:58
249	666	JOSÉ MANUEL ROCHA	m	241 RUNNING ESPINHO	VET-M40	57. 04:17	03:58
250	756	TIAGO MENDES	m	242 INVICTA RUNNERS TEAM	JUNSEN-M	116. 04:24	03:58
251	532	VITOR CALDEIRA	m	243 INDIVIDUAL	JUNSEN-M	117. 04:21	03:58
252	144	JOSÉ CASTRO	m	244 CLUBE NOVO BANCO	VET-M50	23. 04:20	03:58
253	231	JOAO BALDAIA	m	245 INDIVIDUAL	JUNSEN-M	118. 04:58	03:58
254	327	TIAGO CAETANO	m	246 RESTAURANTE CAETANO PORTO	JUNSEN-M	119. 04:28	03:58
255	269	LUIS CONCEIÇÃO	m	247 PSP	VET-M45	31. 04:23	03:59
256	151	LUÍS CASTRO	m	248 INDIVIDUAL	VET-M40	58. 04:30	03:59
257	681	JOSÉ CARLOS GOMES	m	249 RUNNING ESPINHO ORG	VET-M40	59. 04:35	03:59
258	335	TELMO FERNANDES	m	250 TEAM BRAVOS	JUNSEN-M	120. 04:14	03:59
259	473	NELSON SILVA	m	251 CMMC VALE DE CAMBRA	VET-M60	8. 04:20	03:59
260	825	VITOR CORREIA	m	252 CLUBE PESSOAL EDP PORTO	JUNSEN-M	121. 04:26	03:59
261	406	SOFIA COELHO	f	9 X5 HEALTH CLUB 1	VET-F40	3. 04:31	03:59
262	927	GABRIEL RODRIGUES	m	253 GAIA-RUNNING	JUNSEN-M	122. 04:36	03:59
263	261	HÉLDER PEREIRA	m	254 X5 HEALTH CLUB 1	VET-M40	60. 04:35	04:00
264	12	CARLOS SANTOS	m	255	VET-M40	61. 04:20	04:00
265	419	GERALDINO SILVA	m	256 INDIVIDUAL	VET-M55	11. 04:30	04:00
266	50	MANUEL TEIXEIRA	m	257 MANQUINHOS	VET-M55	12. 04:35	04:00
267	821	CARLOS ALVES	m	258 CLUBE PESSOAL EDP PORTO	VET-M55	13. 04:27	04:00
268	888	HUGO GONÇALVES	m	259 X5 HEALTH CLUB 1	VET-M45	32. 04:35	04:00

CLASS	DORSAL	NOME	SEXO	EQUIPA	ESCALAO	RITMO	ULTIMO KM
269	178	MANUEL OLIVEIRA	m	260 INDIVIDUAL	VET-M55	14. 04:23	04:00
270	603	HUGO MOUTINHO	m	261 RUNNING ESPINHO	JUNSEN-M	123. 04:31	04:00
271	902	ANTÓNIO COSTA	m	262 CGD	VET-M40	62. 04:33	04:01
272	548	LUÍS MARTINS	m	263 INDIVIDUAL	VET-M40	63. 04:28	04:01
273	304	MANUEL SOUSA	m	264 AFIS/OVAR	VET-M60	9. 04:28	04:01
274	917	ANDRÉ ALMEIDA	m	265 INDIVIDUAL	JUNSEN-M	124. 04:13	04:01
275	260	ANDRÉ BARBOSA	m	266 GDC CASTELO DE PAIVA	JUNSEN-M	125. 04:24	04:01
276	446	ERASMO ALVES	m	267 TAYLOR'S / THE YEATMAN	VET-M40	64. 04:26	04:02
277	800	RUI FARIA	m	268 ATHLETIC TURTLES	VET-M40	65. 04:22	04:02
278	957	NUNO FERNANDES	m	269 X5 HEALTH CLUB 1	JUNSEN-M	126. 04:24	04:02
279	477	MARCIA PINTO	f	10 CMMC VALE DE CAMBRA	JUNSEN-F	7. 05:25	04:02
280	908	MÁRCIO MACHADO	m	270 INDIVIDUAL	JUNSEN-M	127. 04:26	04:02
281	382	MATILDE BAPTISTA	f	11 JAM - JUVENTUDE ATLÉTICA	VET-F50	1. 04:22	04:02
282	712	VÍTOR QUINITO	m	271 RUNNING ESPINHO	VET-M40	66. 04:28	04:03
283	816	ANDRÉ MOREIRA	m	272 CAGAP	JUNSEN-M	128. 04:45	04:03
284	768	JOSÉ MOREIRA	m	273 CLUBE ATLETISMO DE LAMAS	JUNSEN-M	129. 04:27	04:03
285	405	AMÉRICO FONSECA	m	274 X5 HEALTH CLUB 1	VET-M45	33. 04:24	04:03
286	813	JOÃO REIS	m	275 X5 HEALTH CLUB	VET-M50	24. 04:33	04:03
287	656	MANUEL ABREU	m	276 RUNNING ESPINHO ORG	JUNSEN-M	130. 04:30	04:03
288	815	ANDRÉ PINTO	m	277 X5 HEALTH CLUB	VET-M55	15. 04:33	04:03
289	742	HELDER FERREIRA	m	278 GD LEÕES DA AGRA	JUNSEN-M	131. 04:28	04:03
290	751	PEDRO COELHO	m	279 VISO RUNNERS	JUNSEN-M	132. 04:28	04:04
291	225	VITOR SILVA	m	280 SPORT CLUBE BEIRA-MAR	JUNSEN-M	133. 04:33	04:04
292	138	SAMUEL PEREIRA	m	281 INDIVIDUAL	JUNSEN-M	134. 04:37	04:04
293	780	ROSA PINTO	f	12 K.M.A.	VET-F50	2. 04:39	04:04
294	781	JORGE CATARINO	m	282 K.M.A.	JUNSEN-M	135. 04:39	04:04
295	52	MANUEL MATOS	m	283 MANQUINHOS	VET-M60	10. 04:35	04:04
296	540	ORLANDO FERREIRA	m	284 GONDOMAR FUTSAL CLUBE	VET-M50	25. 04:28	04:05
297	636	RICARDO BARROS	m	285 RUNNING ESPINHO	VET-M40	67. 04:32	04:05
298	627	CRISTINA SARAIVA	f	13 RUNNING ESPINHO	VET-F50	3. 04:38	04:05
299	169	CRISTINA PASSOS	f	14 RUNNING ESPINHO	VET-F40	4. 04:30	04:05
300	286	ANDRÉ REBELO	m	286 EDUARTCOMPONENTES CALÇADO	JUNSEN-M	136. 04:39	04:05
301	482	JOAQUIM COUTO	m	287 CMMC VALE DE CAMBRA	VET-M45	34. 04:30	04:05
302	43	RUI FERREIRA	m	288 NEEDMORESPEED	VET-M40	68. 04:28	04:05
303	180	CÉSAR SOUSA	m	289 INDIVIDUAL	VET-M40	69. 04:31	04:05
304	348	LUIS GUIMARÃES	m	290 PERALTAFILRUNNING	JUNSEN-M	137. 04:26	04:05
305	772	RUI BARBOSA	m	291 INVICTA RUNNERS TEAM	VET-M40	70. 04:30	04:05
306	959	RICARDO MAIA	m	292 INDIVIDUAL	VET-M55	16. 04:34	04:05
307	619	ANTÓNIO SILVA	m	293 RUNNING ESPINHO	VET-M45	35. 04:26	04:05
308	837	LILIANA ALVES COUTO	f	15 TRAILRUNNING-BTT SANGUEDO	JUNSEN-F	8. 04:31	04:05
309	152	JORGE GOMES	m	294 INDIVIDUAL	VET-M40	71. 04:32	04:05
310	134	PATRICK BORJA	m	295 MAIA NORTHSIDE RUN	VET-M40	72. 04:27	04:06
311	665	CARLOS COSTA	m	296 RUNNING ESPINHO	VET-M40	73. 04:34	04:06
312	567	FERNANDO BERNARDINO	m	297 CAL - CLUBE ATLETISMO DE	VET-M40	74. 04:33	04:06
313	229	HELENA MOURÃO	f	16 ESCOLA ATLETISMO TROFA	VET-F50	4. 04:24	04:06

CLASS	DORSAL	NOME	SEXO	EQUIPA	ESCALAO	RITMO	ULTIMO KM
314	70	CONSTANTINO MOTA	m	298 INDIVIDUAL	VET-M40	75. 04:24	04:06
315	32	JOAQUIM SOUSA	m	299 FIT2LABOR	VET-M45	36. 04:44	04:06
316	926	NARCISO ARROMBA	m	300 INDIVIDUAL	VET-M60	11. 04:53	04:06
317	307	EGDAR ROCHA	m	301 TRAIL RUNNING BTTSANGUEDO	VET-M55	17. 04:24	04:06
318	204	VÍTOR NETO	m	302 INDIVIDUAL	VET-M40	76. 04:35	04:06
319	48	MAFALDA OLIVEIRA	f	17 ATLÉTICO DA MADALENA	JUNSEN-F	9. 04:22	04:06
320	819	ANTÓNIO BRANDÃO	m	303 INDIVIDUAL	JUNSEN-M	138. 04:22	04:06
321	1003	PAULO SOUZA	m	304 INDIVIDUAL	VET-M40	77. 04:37	04:06
322	411	ABILIO DOS SANTOS	m	305 INDIVIDUAL	VET-M55	18. 04:36	04:07
323	852	NUNO ALMEIDA	m	306 INDIVIDUAL	VET-M50	26. 05:12	04:07
324	895	FERNANDO BARBOSA	m	307 BOOTSEALS	VET-M50	27. 04:38	04:07
325	595	JORGE CASTRO	m	308 CAGAP	VET-M40	78. 04:16	04:07
326	667	MANUEL FERNANDES	m	309 RUNNING ESPINHO	VET-M50	28. 04:33	04:07
327	937	MIGUEL PINHEIRO	m	310 SPORTING CLUBE DE ESPINHO	VET-M40	79. 04:41	04:07
328	64	RUI PINTO	m	311 RUNNING ESPINHO	VET-M40	80. 04:35	04:07
329	918	PEDRO VAZ	m	312 INDIVIDUAL	JUNSEN-M	139. 04:28	04:07
330	300	TIAGO PEREIRA	m	313 INDIVIDUAL	JUNSEN-M	140. 04:49	04:07
331	953	ROGÉRIO PACHECO	m	314 INDIVIDUAL	JUNSEN-M	141. 04:37	04:08
332	770	ANTÓNIO CARMO	m	315 INDIVIDUAL	VET-M50	29. 04:37	04:08
333	366	FILIPE PIRES	m	316 TARTARUGAS DO ASFALTO	VET-M45	37. 04:38	04:08
334	422	RAFAEL OLIVEIRA	m	317 INDIVIDUAL	JUNSEN-M	142. 04:35	04:08
335	360	MIGUEL FRANÇA	m	318 INDIVIDUAL	JUNSEN-M	143. 04:30	04:08
336	207	VALTER BARBOSA	m	319 STCP RUNNERS	JUNSEN-M	144. 04:41	04:08
337	33	NUNO TEIXEIRA	m	320 INDIVIDUAL	JUNSEN-M	145. 04:28	04:08
338	716	HUGO SOUSA	m	321 RUNNING ESPINHO	JUNSEN-M	146. 04:30	04:08
339	1005	RUI PINHAO	m	322 INDIVIDUAL	VET-M40	81. 04:42	04:09
340	507	MANUEL OLIVEIRA	m	323 WHITE RUNNING TEAM	VET-M45	38. 04:27	04:09
341	857	ALESSANDRA GOUVEIA	f	18 PÉ VERMELHO	JUNSEN-F	10. 04:37	04:09
342	651	MIGUEL VALENTE	m	324 RUNNING ESPINHO	JUNSEN-M	147. 04:40	04:09
343	972	TÁCITO MARQUES	m	325 CRUZ VERMELHA ESPINHO	VET-M60	12. 04:34	04:09
344	811	FILIPE RAMOS	m	326 X5 HEALTH CLUB 1	VET-M40	82. 04:30	04:09
345	618	GIL COSTA	m	327 RUNNING ESPINHO	VET-M55	19. 04:35	04:09
346	922	ALEXANDRE SANTOS	m	328 REUMÁTICOS	VET-M40	83. 04:49	04:09
347	149	ANTÓNIO ALMEIDA	m	329 INDIVIDUAL	JUNSEN-M	148. 04:51	04:09
348	557	GONÇALO ESCOBAR	m	330 INDIVIDUAL	JUNSEN-M	149. 04:51	04:09
349	137	FERNANDO PINHO	m	331 INVICTAS RUNNERS TEAM	VET-M55	20. 04:35	04:10
350	171	CARLOS ROCHA	m	332 INDIVIDUAL	JUNSEN-M	150. 05:18	04:10
351	1011	CARLA PACHECO	f	19 PERALTAFILRUNNING	JUNSEN-F	11. 04:53	04:10
352	873	NUNO SANTOS	m	333 INDIVIDUAL	JUNSEN-M	151. 04:30	04:10
353	287	LUÍS SOARES	m	334 EDUARTCOMPONENTES CALÇADO	VET-M45	39. 04:44	04:10
354	205	LUÍS SOARES	m	335 INDIVIDUAL	JUNSEN-M	152. 04:35	04:10
355	271	FRANCISCO MONTEIRO	m	336 PSP	VET-M55	21. 04:29	04:10
356	73	ANTÓNIO MOREIRA	m	337 GRUPO CDC PARAISO-C.PAIVA	JUNSEN-M	153. 04:58	04:10
357	130	CARLOS PINA	m	338 INDIVIDUAL	JUNSEN-M	154. 04:45	04:10
358	923	RUI PINHO	m	339 REUMÁTICOS	VET-M40	84. 05:28	04:10

CLASS	DORSAL	NOME	SEXO	EQUIPA	ESCALAO	RITMO	ULTIMO KM
359	1004	MARIANA MONTEIRO	f	20 INDIVIDUAL	JUNSEN-F	12. 04:57	04:10
360	998	ANGELICA BRITO	f	21 X5	JUNSEN-F	13. 04:50	04:10
361	249	ROSA FERREIRA	f	22 X5 HEALTH CLUB 1	VET-F50	5. 04:34	04:10
362	810	ROGÉRIO SANTOS	m	340 INDIVIDUAL	VET-M40	85. 04:27	04:10
363	219	ANTÓNIO PEREIRA	m	341 INDIVIDUAL	VET-M50	30. 04:39	04:11
364	153	JORGE FERREIRA	m	342 INDIVIDUAL	JUNSEN-M	155. 04:54	04:11
365	262	PEDRO SOARES	m	343 X5 HEALTH CLUB 1	VET-M40	86. 04:50	04:11
366	133	MARIO NOGUEIRA	m	344 INDIVIDUAL	VET-M50	31. 04:28	04:11
367	503	JOÃO PEREIRA	m	345 WHITE RUNNING TEAM	VET-M40	87. 04:31	04:11
368	29	RICARDO SEROMENHO	m	346 INDIVIDUAL	JUNSEN-M	156. 04:44	04:11
369	585	BALTASAR FERREIRA	m	347 INDIVIDUAL	VET-M45	40. 03:47	04:11
370	189	FÁTIMA GERALDES	f	23 TUGAS NA ESTRADA	VET-F40	5. 04:25	04:11
371	951	MÁRIO FOLHA	m	348 GIN MARATHON RUNNERS	VET-M40	88. 04:52	04:11
372	1007	RUI FERREIRA	m	349 INDIVIDUAL	VET-M40	89. 04:34	04:11
373	549	HÉLIO QUINTAS	m	350 INDIVIDUAL	JUNSEN-M	157. 04:52	04:11
374	588	NELSON CASTRO	m	351 CAGAP	JUNSEN-M	158. 04:54	04:12
375	678	ALEXANDRE FERNANDES	m	352 RUNNING ESPINHO	VET-M40	90. 04:24	04:12
376	68	CATARINA PINHO	f	24 INDIVIDUAL	JUNSEN-F	14. 04:51	04:12
377	513	ARMANDO CERQUEIRA	m	353 INDIVIDUAL	VET-M55	22. 04:46	04:12
378	534	SÉRGIO MARTINS	m	354 INDIVIDUAL	JUNSEN-M	159. 04:25	04:12
379	333	JOANA QUINTÃ	f	25 QUINTANTES	JUNSEN-F	15. 04:42	04:12
380	352	ANTONIO FERREIRA	m	355 PERALTAFILRUNNING	VET-M55	23. 04:53	04:12
381	35	DANIEL SILVA	m	356 INDIVIDUAL	JUNSEN-M	160. 04:59	04:12
382	623	SIMÃO CARDOSO	m	357 RUNNING ESPINHO	JUNSEN-M	161. 04:39	04:12
383	771	ANDRÉ TAVARES	m	358 PERALTAFILRUNNING	JUNSEN-M	162. 04:53	04:12
384	558	PEDRO ROLA	m	359	VET-M45	41. 04:30	04:12
385	565	BELMIRO LOPES	m	360 CAL - CLUBE ATLETISMO DE	VET-M45	42. 04:35	04:12
386	593	VALDEMAR FERREIRA	m	361 CAGAP	VET-M40	91. 04:35	04:13
387	858	AMAURY OLIVEIRA	m	362 PÉ VERMELHO	JUNSEN-M	163. 04:37	04:13
388	706	JOÃO CARLOS NEVES	m	363 RUNNING ESPINHO	VET-M45	43. 04:51	04:13
389	698	BRUNO MOTA	m	364 RUNNING ESPINHO	JUNSEN-M	164. 05:21	04:13
390	1012	NUNO SANTOS	m	365 INDIVIDUAL	JUNSEN-M	165. 04:38	04:13
391	146	JOÃO MASCARENHAS	m	366 CAL	JUNSEN-M	166. 05:05	04:13
392	232	PEDRO DUARTE SILVA	m	367 INDIVIDUAL	VET-M45	44. 04:38	04:13
393	474	SUSANA BRANDAO	f	26 CMMC VALE DE CAMBRA	VET-F40	6. 04:42	04:13
394	183	ANDRÉ BANDEIRA	m	368 INDIVIDUAL	VET-M40	92. 04:24	04:13
395	641	TONI FERREIRA	m	369 RUNNING ESPINHO	JUNSEN-M	167. 04:45	04:13
396	535	EDUARDO FERNANDES	m	370 INDIVIDUAL	VET-M45	45. 04:41	04:13
397	147	PAULO TEIXEIRA	m	371 BOAVISTA F.C	JUNSEN-M	168. 04:45	04:13
398	827	PEDRO DIAS	m	372 CLUBE PESSOAL EDP PORTO	VET-M50	32. 04:51	04:14
399	629	DAVID OLIVEIRA	m	373 RUNNING ESPINHO	VET-M40	93. 04:34	04:14
400	172	LUIS GODINHO	m	374 INDIVIDUAL	JUNSEN-M	169. 05:19	04:14
401	685	SÉRGIO NUNES	m	375 RUNNING ESPINHO	JUNSEN-M	170. 04:40	04:14
402	515	LUIS FILIPE RESENDE	m	376 INDIVIDUAL	JUNSEN-M	171. 04:48	04:14
403	158	SANDRA OLIVEIRA	f	27 FUN PEOPLE	JUNSEN-F	16. 04:50	04:14

CLASS	DORSAL	NOME	SEXO	EQUIPA	ESCALAO	RITMO	ULTIMO KM
404	353	LEONEL SILVA	m	377 PERALTAFILRUNNING	VET-M50	33. 04:53	04:14
405	224	DANIEL TEIXEIRA	m	378 INDIVIDUAL	JUNSEN-M	172. 04:55	04:15
406	423	MANUEL COUTO	m	379 INDIVIDUAL	VET-M40	94. 04:33	04:15
407	982	JOAQUIM FERREIRA	m	380 INDIVIDUAL	JUNSEN-M	173. 04:44	04:15
408	604	JOHNNY FERNANDES	m	381 RUNNING ESPINHO	JUNSEN-M	174. 04:47	04:15
409	235	BRUNO RODRIGUES	m	382 OJOGO	VET-M40	95. 04:50	04:15
410	293	GONÇALO OLIVEIRA	m	383 INVICTA RUNNERS TEAM	JUNSEN-M	175. 04:37	04:16
411	661	JOSÉ PEREIRA	m	384 RUNNING ESPINHO	VET-M50	34. 04:47	04:16
412	150	JORGE RODRIGUES	m	385 INDIVIDUAL	VET-M40	96. 04:49	04:16
413	179	TIAGO SANTOS	m	386 INDIVIDUAL	JUNSEN-M	176. 05:23	04:16
414	131	JORGE OLIVEIRA	m	387 ARCORUN	VET-M40	97. 05:23	04:16
415	444	AMERICO SANTOS	m	388 TAYLOR'S / THE YEATMAN	VET-M45	46. 04:50	04:17
416	684	JOSÉ FEITEIRA	m	389 RUNNING ESPINHO	JUNSEN-M	177. 04:29	04:17
417	96	MIGUEL BARROS	m	390 ARCORUN	VET-M40	98. 04:30	04:17
418	754	FERNANDO GONALVES	m	391 VISO RUNNERS	VET-M40	99. 04:34	04:17
419	587	ANTÓNIO SÁ	m	392 CAGAP	VET-M40	100. 04:45	04:17
420	263	MANUEL GUEDES	m	393 X5 HEALTH CLUB 1	VET-M40	101. 05:16	04:17
421	21	JOÃO REDONDO	m	394 INDIVIDUAL	VET-M55	24. 04:44	04:18
422	279	JOSE LEMOS	m	395 SHOTS INT. RUNNERS	JUNSEN-M	178. 04:39	04:18
423	291	CLAUDIA PIMPAREL	f	28 SHOTS INT. RUNNERS	VET-F40	7. 04:38	04:18
424	387	JOSÉ PINTO	m	396 JAM - JUVENTUDE ATLÉTICA	VET-M45	47. 04:43	04:18
425	679	RICARDO PAIVA	m	397 RUNNING ESPINHO	JUNSEN-M	179. 04:50	04:18
426	433	FÁBIO CARDOSO	m	398 RUNNING ESPINHO	JUNSEN-M	180. 04:30	04:18
427	166	MARCO BARRADAS	m	399 PRODITE TEAM	JUNSEN-M	181. 05:01	04:18
428	18	JORGE VICENTE SOUSA	m	400 RUNNING ESPINHO	VET-M45	48. 04:35	04:18
429	339	SUSETE SILVA	f	29 INDIVIDUAL	JUNSEN-F	17. 04:41	04:19
430	402	SEBASTIÃO ALVES	m	401 DOT.DESIGN	VET-M50	35. 04:42	04:19
431	912	JOSE CASTRO	m	402 INDIVIDUAL	JUNSEN-M	182. 04:57	04:19
432	755	JOAQUIM MOTA	m	403 INDIVIDUAL	VET-M40	102. 04:58	04:19
433	460	PEDRO VIEIRA	m	404 A.D.SEBOLIDO TRAIL BONECA	JUNSEN-M	183. 04:36	04:19
434	823	JOSÉ LOPES	m	405 CLUBE PESSOAL EDP PORTO	VET-M55	25. 04:45	04:20
435	17	PAULINO FARIA	m	406 RAMPINHA	VET-M55	26. 05:02	04:20
436	331	RUI GABRIEL	m	407 ACMA RUNNING TEAM	JUNSEN-M	184. 05:10	04:20
437	571	PEDRO SANTOS	m	408 CAL - CLUBE ATLETISMO DE	VET-M40	103. 05:07	04:20
438	86	MIGUEL FERREIRA	m	409 BTT SANGUEDO	VET-M40	104. 04:45	04:20
439	100	CESAR SARAIVA	m	410 AFIS/OVAR	JUNSEN-M	185. 04:48	04:20
440	13	JORGE VILELA	m	411 QUINTA DOS AZEREDOS	VET-M50	36. 04:38	04:20
441	561	SÉRGIO FERREIRA	m	412 INDIVIDUAL	VET-M40	105. 05:12	04:20
442	877	JOAQUIM LOBATO	m	413 FIT2LABOR	VET-M45	49. 05:03	04:20
443	826	JOSÉ MARTINS SILVA	m	414 CLUBE PESSOAL EDP PORTO	VET-M55	27. 04:30	04:21
444	984	ANA FREITAS	f	30	JUNSEN-F	18. 04:53	04:21
445	705	SEBASTIÃO COUTO	m	415 RUNNING ESPINHO	VET-M55	28. 04:53	04:21
446	37	ISABEL SOARES	f	31 DIVAS DO ASFALTO	VET-F40	8. 04:48	04:21
447	359	RICARDO VIEIRA	m	416 MAFALDINHA	JUNSEN-M	186. 04:52	04:21
448	381	MARINHA BAPTISTA	f	32 JAM - JUVENTUDE ATLÉTICA	VET-F50	6. 05:10	04:21

CLASS	DORSAL	NOME	SEXO	EQUIPA	ESCALAO	RITMO	ULTIMO KM
449	559	JOEL RIBEIRO	m	417 INDIVIDUAL	JUNSEN-M 187.	04:54	04:21
450	709	JOSÉ DIOGO MESQUITA	m	418 RUNNING ESPINHO	JUNSEN-M 188.	04:47	04:22
451	708	GONÇALO GIL COSTA	m	419 RUNNING ESPINHO	JUNSEN-M 189.	04:47	04:22
452	363	RUI CORREIA	m	420 TEAM BRAVOS	JUNSEN-M 190.	04:38	04:22
453	569	JOEL SANTOS	m	421 CAL - CLUBE ATLETISMO DE	VET-M40 106.	04:51	04:22
454	866	ALEXANDRINA PINTO	f	33 MULTIFRACÇÃO	JUNSEN-F 19.	05:02	04:22
455	596	ANA CASTRO	f	34 CAGAP	VET-F40 9.	04:47	04:22
456	163	JORGE SOARES	m	422 FADAS VERDES	JUNSEN-M 191.	05:38	04:22
457	659	HELDER MACHADO	m	423 RUNNING ESPINHO	JUNSEN-M 192.	04:47	04:22
458	925	PAULO FERNANDES	m	424 INDIVIDUAL	VET-M40 107.	04:49	04:22
459	102	FERNANDO MACHADO	m	425 INDIVIDUAL	JUNSEN-M 193.	05:00	04:22
460	584	PEDRO VEIGA	m	426 GRUPO OSCACER	VET-M45 50.	05:03	04:23
461	892	MANUEL ALMEIDA	m	427 INDIVIDUAL	VET-M60 13.	04:43	04:23
462	69	HELENA LOPES	f	35 TRIBO NR	VET-F40 10.	04:53	04:23
463	325	RICARDO CUNHA	m	428 INDIVIDUAL	JUNSEN-M 194.	05:12	04:23
464	85	SERAFIM PEREIRA	m	429 INDIVIDUAL	VET-M40 108.	04:53	04:23
465	551	BELMIRO MONTEIRO	m	430 INDIVIDUAL	VET-M45 51.	04:43	04:23
466	878	PEDRO MARQUES	m	431 RUM034	JUNSEN-M 195.	04:51	04:23
467	737	MI COUTO	m	432 RUNNING ESPINHO	JUNSEN-M 196.	04:42	04:23
468	638	MÁRIO ALVES	m	433 RUNNING ESPINHO	VET-M45 52.	04:53	04:23
469	583	ANTÓNIO AMARAL	m	434 GRUPO OSCACER	JUNSEN-M 197.	04:51	04:23
470	981	TIAGO SILVA	m	435 INDIVIDUAL	JUNSEN-M 198.	04:47	04:23
471	973	TÁCITO LARANJEIRA	m	436 CRUZ VERMELHA ESPINHO	JUNSEN-M 199.	04:43	04:24
472	570	NUNO PEREIRA	m	437 CAL - CLUBE ATLETISMO DE	VET-M40 109.	04:35	04:24
473	710	EDUARDO RAMALHADEIRO	m	438 RUNNING ESPINHO	VET-M40 110.	04:51	04:24
474	212	XAVIER SANTOS	m	439 INDIVIDUAL	JUNSEN-M 200.	05:09	04:24
475	208	MARCO BATISTA	m	440 STCP RUNNERS	VET-M40 111.	04:58	04:24
476	704	MARCO COUTO	m	441 RUNNING ESPINHO	JUNSEN-M 201.	05:09	04:24
477	467	PAULO RIBEIRO	m	442 TEAM RIBSOL	VET-M40 112.	04:46	04:24
478	525	HNERIQUE SILVA	m	443 AD RIO LARGO	VET-M55 29.	05:01	04:24
479	252	VITOR MENESES	m	444 RUNNING ESPINHO	VET-M50 37.	05:02	04:24
480	303	MOREIRA DA SILVA	m	445 AFIS/OVAR	VET-M60 14.	04:54	04:24
481	248	ANGELINA FERREIRA	f	36 X5 HEALTH CLUB 1	VET-F50 7.	04:42	04:25
482	75	ANDRÉ RESTIVO	m	446 INDIVIDUAL	VET-M40 113.	04:52	04:25
483	738	VÍTOR SANTOS	m	447 RUNNING ESPINHO	VET-M40 114.	04:50	04:25
484	871	RENATO TAVARES	m	448 INDIVIDUAL	VET-M45 53.	04:43	04:25
485	93	RAQUEL MOREIRA	f	37 RUNNING ESPINHO	VET-F40 11.	04:55	04:25
486	486	ANTONIO MELO	m	449 CMMC VALE DE CAMBRA	VET-M40 115.	04:58	04:25
487	611	NÁDIA SANTOS	f	38 RUNNING ESPINHO	JUNSEN-F 20.	04:52	04:25
488	763	JOÃO MARQUES	m	450 INDIVIDUAL	JUNSEN-M 202.	04:59	04:25
489	541	JORGE TEIXEIRA SANTOS	m	451 GIM	VET-M50 38.	04:43	04:25
490	95	JOÃO DOS SANTOS	m	452 INDIVIDUAL	VET-M40 116.	05:02	04:25
491	905	JOÃO DUARTE	m	453 CGD	JUNSEN-M 203.	04:37	04:26
492	174	FERNANDO CORREIA	m	454 TRAIL RUNNING BTTSANGUEDO	VET-M50 39.	04:59	04:26
493	313	TIAGO MARTINS	m	455 GDE RUNNERS	VET-M45 54.	04:54	04:26

CLASS	DORSAL	NOME	SEXO	EQUIPA	ESCALAO	RITMO	ULTIMO KM
494	803	CARLOS BRANDÃO	m	456 INDIVIDUAL	JUNSEN-M 204.	04:56	04:26
495	323	PAULA AMORIM	f	39 INQUIPA	VET-F50 8.	04:55	04:26
496	520	DANIEL LOPES	m	457 AD RIO LARGO	JUNSEN-M 205.	05:01	04:26
497	580	JOANA BALONA	f	40 GRUPO OSCACER	VET-F40 12.	04:59	04:27
498	808	JOSÉ LUIS OLIVEIRA	m	458 INDIVIDUAL	VET-M40 117.	04:45	04:27
499	539	LUÍS SILVA	m	459 TEAM BRAVOS	JUNSEN-M 206.	04:52	04:27
500	530	LUIS FERNANDES	m	460 INDIVIDUAL	JUNSEN-M 207.	05:04	04:28
501	701	ALICE APOLÓNIA	f	41 RUNNING ESPINHO	JUNSEN-F 21.	05:01	04:28
502	438	SÉRGIO PACHECO	m	461 STCP RUNNERS	JUNSEN-M 208.	04:46	04:28
503	62	RICARDO BASTOS	m	462 A A LEBRES DO SADO	VET-M50 40.	04:57	04:28
504	952	FERNANDO SILVA	m	463 GIN MARATHON RUNNERS	VET-M40 118.	04:54	04:28
505	553	JOSE LOURENCO	m	464 INDIVIDUAL	JUNSEN-M 209.	05:18	04:28
506	451	RICARDO PATELA	m	465 INDIVIDUAL	VET-M40 119.	05:06	04:28
507	129	RITA PAUPÉRIO	f	42 INDIVIDUAL	JUNSEN-F 22.	04:49	04:28
508	543	HELENA SILVA	f	43 CMMC VALE DE CAMBRA	JUNSEN-F 23.	05:00	04:28
509	317	PEDRO SILVA	m	466 STCP RUNNERS	VET-M40 120.	04:52	04:29
510	342	MARIA RESENDE	f	44 INDIVIDUAL	VET-F40 13.	05:00	04:29
511	104	VITOR VIEIRA	m	467 ALL ABOUT	VET-M50 41.	04:54	04:29
512	779	BERNARDINO SILVA	m	468 INDIVIDUAL	VET-M50 42.	04:51	04:29
513	63	CARLA PATELA	f	45 INDIVIDUAL	JUNSEN-F 24.	04:58	04:29
514	739	HUGO VELHOTE	m	469 RUNNING ESPINHO	VET-M40 121.	05:14	04:29
515	429	AURORA PIRES	f	46 INDIVIDUAL	VET-F40 14.	05:09	04:29
516	275	ANTONIO SOARES	m	470 INDIVIDUAL	VET-M45 55.	05:13	04:29
517	528	MÁRIO BARBOSA	m	471 AD RIO LARGO	VET-M50 43.	04:56	04:30
518	498	ANA LOPES	f	47 INDIVIDUAL	VET-F40 15.	05:13	04:30
519	116	ANABELA SANTOS	f	48 SSTSJMADEIRA	VET-F40 16.	05:04	04:30
520	126	ELISABETE SILVA	f	49 X5	VET-F40 17.	05:13	04:30
521	730	RAQUEL MILHEIRO	f	50 RUNNING ESPINHO ORG	JUNSEN-F 25.	04:53	04:30
522	78	PAULO RAMOS	m	472 GJPB - O. AZEMÉIS	VET-M40 122.	05:14	04:30
523	170	HELDEBERTO SANTOS	m	473 STCP RUNNERS	VET-M50 44.	04:53	04:30
524	885	JOANA SANTOS	f	51 DR RUNNER'S TEAM	JUNSEN-F 26.	04:52	04:30
525	484	CARLOS SILVA	m	474 CMMC VALE DE CAMBRA	VET-M45 56.	05:00	04:30
526	19	SILVIE COUTO	f	52 RUNNING ESPINHO ORG	VET-F40 18.	04:55	04:30
527	687	ANDREIA MUXAGATO	f	53 RUNNING ESPINHO	JUNSEN-F 27.	04:55	04:30
528	654	CARINA SÁ	f	54 RUNNING ESPINHO	JUNSEN-F 28.	04:55	04:30
529	719	CARMO MARINHO	f	55 RUNNING ESPINHO	VET-F50 9.	05:12	04:30
530	732	ANTÓNIO LOPES	m	475 RUNNING ESPINHO	JUNSEN-M 210.	05:05	04:31
531	308	ABÍLIO TOPA	m	476 INDIVIDUAL	VET-M45 57.	05:12	04:31
532	228	ANDRÉ COIMBRA	m	477 E DE ATLETISMO DA TROFA	JUNSEN-M 211.	04:46	04:31
533	697	VÍTOR ALMEIDA	m	478 RUNNING ESPINHO	JUNSEN-M 212.	05:23	04:32
534	662	NUNO MOREIRA	m	479 RUNNING ESPINHO ORG	JUNSEN-M 213.	04:52	04:32
535	859	ABÍLIO TAVARES	m	480 CLUBE PESSOAL EDP PORTO	VET-M50 45.	05:12	04:32
536	395	VALDEMAR ALMEIDA	m	481 INDIVIDUAL	VET-M50 46.	05:05	04:32
537	55	LUIS AFONSO	m	482 INDIVIDUAL	JUNSEN-M 214.	04:52	04:32
538	749	LILIANA VALENTE	f	56 INDIVIDUAL	JUNSEN-F 29.	05:29	04:32

CLASS	DORSAL	NOME	SEXO	EQUIPA	ESCALAO	RITMO	ULTIMO KM
539	828	JOSÉ BELARMINO COSTA	m	483 CLUBE PESSOAL EDP PORTO	VET-M55	30. 05:10	04:32
540	58	ANA BARBOSA	f	57 TRIO MARAVILHA	VET-F50	10. 04:48	04:32
541	700	PATRICK MARQUES	m	484 RUNNING ESPINHO	VET-M40	123. 04:56	04:32
542	1009	CONRAD VELLVE	m	485 INDIVIDUAL	JUNSEN-M	215. 05:04	04:32
543	502	JORGE DIQUE	m	486 INDIVIDUAL	VET-M60	15. 04:59	04:33
544	494	RICARDO GONÇALVES	m	487 INDIVIDUAL	VET-M40	124. 05:03	04:33
545	297	DANIEL SILVA	m	488 INDIVIDUAL	JUNSEN-M	216. 04:47	04:33
546	874	DALMINDO SANTIAGO	m	489 INDIVIDUAL	VET-M50	47. 05:12	04:33
547	946	TIAGO PINHO	m	490 INDIVIDUAL	JUNSEN-M	217. 04:48	04:33
548	115	MARIO SILVA	m	491 RUNNING ESPINHO	VET-M45	58. 04:48	04:33
549	670	CARLOS CORREIA	m	492 RUNNING ESPINHO	VET-M45	59. 04:54	04:33
550	167	RICARDO FERNANDES	m	493 PRODITE TEAM	JUNSEN-M	218. 05:32	04:34
551	79	DEOLINDA SILVA	f	58 LIGEIRINHOS	VET-F50	11. 05:10	04:34
552	470	CRISTINA SILVA	f	59 CMMC VALE DE CAMBRA	VET-F40	19. 05:06	04:34
553	159	JORGE OLIVEIRA	m	494 INDIVIDUAL	VET-M40	125. 04:59	04:34
554	135	JOEL SIMPLÍCIO	m	495 DR. RUNNER'S TEAM	JUNSEN-M	219. 04:52	04:34
555	589	CRISTOVÃO SANTOS	m	496 CAGAP	VET-M40	126. 05:16	04:35
556	721	LARA SILVA	f	60 RUNNING ESPINHO	JUNSEN-F	30. 05:11	04:35
557	47	VITOR CARDOSO	m	497 ATLÉTICO DA MADALENA	VET-M50	48. 05:18	04:35
558	545	CARLOS RODRIGUES	m	498 CMMC VALE DE CAMBRA	VET-M45	60. 04:57	04:35
559	645	JOAQUIM DIAS	m	499 RUNNING ESPINHO	VET-M45	61. 04:57	04:36
560	980	PAULO SILVA	m	500 INDIVIDUAL	JUNSEN-M	220. 04:56	04:36
561	283	NUNO ALMEIDA	m	501 TEAM BRAVOS	JUNSEN-M	221. 05:03	04:36
562	281	RUI COELHO	m	502 INDIVIDUAL	JUNSEN-M	222. 05:09	04:36
563	445	MIGUEL MOURA	m	503 TAYLOR'S / THE YEATMAN	VET-M40	127. 04:56	04:36
564	646	AMÉRICO PINTO	m	504 RUNNING ESPINHO	VET-M45	62. 05:11	04:36
565	683	JORGE FONTES	m	505 RUNNING ESPINHO	VET-M40	128. 05:11	04:36
566	682	ANTÓNIO ALBURQUERQUE	m	506 RUNNING ESPINHO	VET-M40	129. 05:11	04:36
567	25	JOSÉ CAETANO	m	507 INDIVIDUAL	VET-M55	31. 05:04	04:37
568	332	INÁCIO FERREIRA	m	508 INDIVIDUAL	JUNSEN-M	223. 05:12	04:37
569	632	IVO MACHADO	m	509 RUNNING ESPINHO	VET-M40	130. 04:55	04:37
570	744	ALBINO LEITE	m	510 ALESIL	VET-M50	49. 05:08	04:37
571	745	TIAGO LEITE	m	511 ALESIL	JUNSEN-M	224. 05:08	04:37
572	364	RUI PAIVA	m	512 INVICTA RUNNERS TEAM	JUNSEN-M	225. 05:07	04:37
573	790	NUNO SILVA	m	513 #SOMOSTODOSMATRECOS	JUNSEN-M	226. 04:56	04:37
574	456	BRUNO SILVA SILVA	m	514 FOGAÇA MALAPOS	JUNSEN-M	227. 05:05	04:37
575	296	ANTÓNIO OLIVEIRA	m	515 INDIVIDUAL	JUNSEN-M	228. 05:24	04:37
576	722	MARINHO DUARTE	m	516 RUNNING ESPINHO	JUNSEN-M	229. 05:11	04:37
577	285	EDUARDO REBELO	m	517 EDUARTCOMPONENTES CALÇADO	VET-M50	50. 05:01	04:38
578	46	EVARISTO NEVES	m	518 NEEDMORESPEED	VET-M40	131. 05:14	04:38
579	672	CARLOS FEITEIRA	m	519 RUNNING ESPINHO	JUNSEN-M	230. 05:22	04:38
580	731	DIOGO OLIVEIRA	m	520 RUNNING ESPINHO	VET-M40	132. 05:29	04:38
581	475	REGINA ALMEIDA	f	61 CMMC VALE DE CAMBRA	VET-F40	20. 04:58	04:38
582	206	JOSÉ GONÇALVES	m	521 STCP RUNNERS	VET-M45	63. 05:03	04:38
583	804	ANA CATARINA SILVA	f	62 INDIVIDUAL	JUNSEN-F	31. 05:04	04:39

CLASS	DORSAL	NOME	SEXO	EQUIPA	ESCALAO	RITMO	ULTIMO KM
584	633	FRANCISCO SILVA	m	522 RUNNING ESPINHO	JUNSEN-M	231. 05:07	04:39
585	620	PEDRO MELO	m	523 RUNNING ESPINHO	VET-M50	51. 05:07	04:39
586	391	HUGO VALENTE	m	524 INDIVIDUAL	JUNSEN-M	232. 05:09	04:39
587	876	FRANCISCA SOUSA	f	63 INDIVIDUAL	JUNSEN-F	32. 05:17	04:39
588	176	TERESA AMORIM	f	64 INDIVIDUAL	JUNSEN-F	33. 05:10	04:39
589	316	JORGE LEITE	m	525 ARCORUN	VET-M40	133. 05:00	04:39
590	1008	SERGIO CARDOSO	m	526 INDIVIDUAL	VET-M45	64. 05:03	04:39
591	601	FÁTIMA PAIS	f	65 RUNNING ESPINHO	VET-F50	12. 05:12	04:40
592	125	JOSÉ CORREIA	m	527 INDIVIDUAL	JUNSEN-M	233. 04:56	04:40
593	143	ALCÍDIO FIGUEIREDO	m	528 INDIVIDUAL	VET-M45	65. 05:25	04:40
594	392	SUSANA ALMEIDA	f	66 INDIVIDUAL	JUNSEN-F	34. 05:32	04:40
595	106	FERNANDO GODINHO	m	529 INDIVIDUAL	VET-M45	66. 05:43	04:40
596	820	ALTINO SILVA	m	530 CLUBE PESSOAL EDP PORTO	VET-M50	52. 05:20	04:40
597	181	CAMILO MORAIS	m	531 INDIVIDUAL	VET-M40	134. 05:25	04:40
598	253	NÁDIA VALENTE	f	67 INDIVIDUAL	JUNSEN-F	35. 05:19	04:40
599	428	FILIPE PIRES	m	532 INDIVIDUAL	JUNSEN-M	234. 05:40	04:41
600	577	OSCAR BRANDÃO	m	533 GRUPO OSCACER	VET-M45	67. 05:07	04:41
601	427	FERNANDO PIRES	m	534 INDIVIDUAL	VET-M60	16. 05:40	04:41
602	290	EMÍDIO SILVA	m	535 CLUBE MILLENNIUM BCP	VET-M60	17. 05:12	04:41
603	615	SANDRA FERREIRA	f	68 RUNNING ESPINHO	VET-F40	21. 05:14	04:41
604	523	CARLOS CARDOSO	m	536 AD RIO LARGO	VET-M45	68. 06:10	04:41
605	393	ALBERTO GOMES	m	537 INDIVIDUAL	VET-M60	18. 04:53	04:41
606	376	ARMANDA PINTO	f	69 CLUBE PORTUGAL TELECOM ZN	VET-F50	13. 05:07	04:41
607	221	ANDRÉ SANTOS	m	538 AS-AD	VET-M50	53. 05:12	04:41
608	581	NUNO ROLA	m	539 GRUPO OSCACER	VET-M40	135. 05:03	04:41
609	913	RUBEN SILVA	m	540 INDIVIDUAL	JUNSEN-M	235. 05:19	04:41
610	598	CARLOS ALBERTO SILVA	m	541 RUNNING ESPINHO	VET-M50	54. 05:01	04:41
611	606	JÚNIOR SILVA	m	542 RUNNING ESPINHO	JUNSEN-M	236. 05:11	04:41
612	872	MANUEL SILVA	m	543 INDIVIDUAL	VET-M45	69. 04:53	04:42
613	202	FERNANDO LEITE	m	544 INDIVIDUAL	JUNSEN-M	237. 05:25	04:42
614	30	CARLA PEREIRA	f	70 FORÇA NA CANELA ESPINHO	VET-F40	22. 05:17	04:42
615	209	GERMANO CORREIA	m	545 STCP RUNNERS	VET-M40	136. 05:08	04:42
616	613	ROSALINA PAIS	f	71 RUNNING ESPINHO	VET-F40	23. 05:14	04:42
617	108	MANUEL ANDRADE	m	546 INDIVIDUAL	VET-M55	32. 05:07	04:42
618	442	TIAGO LAGES	m	547 INDIVIDUAL	JUNSEN-M	238. 05:09	04:42
619	400	JOSE SANTOS	m	548 TURBO LENDOS MAIA	VET-M50	55. 05:06	04:42
620	602	FERNANDO PAIS	m	549 RUNNING ESPINHO	VET-M45	70. 05:00	04:43
621	904	JOEL OLIVEIRA	m	550 CGD	JUNSEN-M	239. 05:09	04:44
622	449	LILIANA AZEVEDO	f	72 INDIVIDUAL	JUNSEN-F	36. 05:14	04:44
623	480	VITOR OLIVEIRA	m	551 CMMC VALE DE CAMBRA	VET-M45	71. 05:29	04:44
624	4	CHRISTOPHER GUIMARAENS	m	552 INDIVIDUAL	VET-M45	72. 05:20	04:44
625	34	ALBERTO PINHEIRO	m	553 INDIVIDUAL	VET-M40	137. 05:21	04:45
626	455	BRUNO GONCALVES	m	554 PROGELADO 3	JUNSEN-M	240. 05:23	04:45
627	111	ANA CAMPOS	f	73 FADAS VERDES	JUNSEN-F	37. 05:44	04:45
628	340	VITOR SILVA	m	555 INDIVIDUAL	VET-M45	73. 05:20	04:45

CLASS	DORSAL	NOME	SEXO	EQUIPA	ESCALAO	RITMO	ULTIMO KM
629	11	CARLOS BARROSO	m	556 INDIVIDUAL	VET-M50	56. 05:04	04:45
630	714	ARTUR LONGO	m	557 RUNNING ESPINHO	JUNSEN-M	241. 05:23	04:45
631	971	ALBERTO LIZARDO	m	558 INDIVIDUAL	VET-M60	19. 05:15	04:45
632	51	FERNANDO TEIXEIRA	m	559 MANQUINHOS	VET-M60	20. 05:26	04:45
633	139	HÉLÈNE OLIVEIRA	f	74 INDIVIDUAL	JUNSEN-F	38. 05:10	04:46
634	165	RICARDO MONTEIRO	m	560 INDIVIDUAL	VET-M40	138. 05:04	04:46
635	556	FILIFE RÔLA	m	561 INDIVIDUAL	JUNSEN-M	242. 05:13	04:47
636	368	ELSA SILVA	f	75 TARTARUGAS DO ASFALTO	VET-F40	24. 05:22	04:47
637	979	CRISTIANA COSTA	f	76 INDIVIDUAL	JUNSEN-F	39. 05:26	04:47
638	901	PAULO CARDOSO	m	562 CGD	VET-M45	74. 05:26	04:47
639	246	JOSÉ ANDRADE	m	563 X5 HEALTH CLUB	VET-M45	75. 05:18	04:47
640	295	NUNO MENDES	m	564 RAMADOS	VET-M40	139. 05:18	04:48
641	759	ANDRÉ QUEIRÓS	m	565 INDIVIDUAL	JUNSEN-M	243. 05:11	04:48
642	761	SOFIA MARTINS	f	77 INDIVIDUAL	JUNSEN-F	40. 05:20	04:48
643	597	ALEXANDRA VIEIRA	f	78 RUNNING ESPINHO	VET-F40	25. 05:40	04:48
644	478	FERNANDO LEITE	m	566 CMMC VALE DE CAMBRA	VET-M45	76. 05:18	04:49
645	315	GLORIA SANTOS	f	79 ARCORUN	VET-F50	14. 05:29	04:49
646	237	DOMINGOS FAUSTINO	m	567 STCP RUNNERS	VET-M45	77. 05:20	04:49
647	939	PAULA OLIVEIRA	f	80 SPORTING CLUBE DE ESPINHO	VET-F40	26. 05:25	04:49
648	378	CRISTIANA MAGALHÃES	f	81 CLUBE PORTUGAL TELECOM ZN	JUNSEN-F	41. 05:25	04:49
649	330	TÂNIA SOARES	f	82 INDIVIDUAL	JUNSEN-F	42. 05:28	04:50
650	501	PATRICIA GOMES	f	83 INDIVIDUAL	JUNSEN-F	43. 05:28	04:50
651	466	LUÍSA SOARES	f	84 INDIVIDUAL	VET-F40	27. 05:20	04:50
652	628	MARGARIDA NEVES	f	85 RUNNING ESPINHO	VET-F50	15. 05:14	04:50
653	10	PAULO LADEIRA	m	568 RUNNING ESPINHO	VET-M45	78. 05:17	04:50
654	792	FILIFE MIRANDA	m	569 #SOMOSTODOSMATRECOS	JUNSEN-M	244. 05:18	04:50
655	916	LISETA PINTO	f	86 NICE RUNNERS	VET-F40	28. 05:08	04:50
656	220	MÁRCIO AZEVEDO	m	570 MAIA NORTHSIDE RUN	JUNSEN-M	245. 05:23	04:51
657	782	NUNO LEMOS	m	571 TEAM SEROMENHO	JUNSEN-M	246. 05:26	04:51
658	191	TIAGO SOUSA	m	572 INDIVIDUAL	JUNSEN-M	247. 05:28	04:51
659	483	DIANA ALMEIDA	f	87 CMMC VALE DE CAMBRA	JUNSEN-F	44. 05:30	04:51
660	899	PEDRO MOREIRA	m	573 INDIVIDUAL	JUNSEN-M	248. 05:25	04:51
661	983	CRISTIANA PEIXOTO	f	88 INDIVIDUAL	JUNSEN-F	45. 05:29	04:51
662	216	ELIZABETE PATACO	f	89 INDIVIDUAL	VET-F40	29. 05:28	04:51
663	298	NUNO RAMOS	m	574 TEAM BRAVOS	JUNSEN-M	249. 04:48	04:51
664	883	PAULO COSTA	m	575 INDIVIDUAL	VET-M45	79. 05:16	04:52
665	766	ANTÓNIO BARBOSA	m	576 INDIVIDUAL	VET-M45	80. 05:06	04:52
666	999	ANDRÉ MATOS	m	577 X5	JUNSEN-M	250. 05:26	04:52
667	222	MARIA MOREIRA	f	90 AS-AD	VET-F40	30. 05:33	04:52
668	371	ANDRÉ FONTE	m	578 INDIVIDUAL	JUNSEN-M	251. 05:29	04:52
669	493	HUGO ALVES	m	579 INDIVIDUAL	JUNSEN-M	252. 05:23	04:53
670	375	MARIANA SERRA	f	91 FUN PEOPLE	JUNSEN-F	46. 05:29	04:53
671	214	FERNANDO PORTUGAL	m	580 ACR VALE DE CAMBRA	VET-M40	140. 05:31	04:53
672	734	HELDER WILSON	m	581 FADAS VERDES	JUNSEN-M	253. 05:45	04:53
673	199	HUGO FERNANDES	m	582 INDIVIDUAL	JUNSEN-M	254. 05:31	04:53

CLASS	DORSAL	NOME	SEXO	EQUIPA	ESCALAO	RITMO	ULTIMO KM
674	404	PEDRO MENDES	m	583 X5 HEALTH CLUB 1	JUNSEN-M	255. 05:26	04:54
675	574	CÁTIA COIMBRA	f	92 CMMC V. CAMBRA	JUNSEN-F	47. 05:23	04:54
676	83	LIA HENRIQUES	f	93 INDIVIDUAL	JUNSEN-F	48. 05:30	04:54
677	890	PEDRO TELES MORAIS	m	584 MORALES	JUNSEN-M	256. 05:28	04:54
678	57	EMANUEL MOTA	m	585 RUN 4 CHILDREN	VET-M40	141. 05:17	04:54
679	891	ANTÓNIO BRAGA	m	586 MORALES	VET-M40	142. 05:28	04:55
680	795	ALEXANDER OLIVEIRA	m	587 INDIVIDUAL	VET-M40	143. 05:24	04:55
681	184	JOSE SILVA	m	588 TIKI-TAKA	JUNSEN-M	257. 05:50	04:55
682	928	ANA MARGARIDA OLIVEIRA	f	94 JORSAT RUNNERS PT	VET-F40	31. 05:32	04:56
683	839	CLAUDIA ROCHA	f	95 JORSAT RUNNERS PT	JUNSEN-F	49. 05:32	04:56
684	118	PAULO RIBEIRO	m	589 INVICTA RUNNERS TEAM	VET-M40	144. 05:10	04:56
685	822	ARMANDO PENEDA	m	590 CLUBE PESSOAL EDP PORTO	VET-M60	21. 05:05	04:56
686	270	MANUEL JOSÉ SILVA	m	591 PSP	VET-M55	33. 05:10	04:56
687	435	RAQUEL ANDRADE	f	96 MAISFIT RUNNERS	JUNSEN-F	50. 05:21	04:57
688	806	DANIELA GOMES	f	97 INDIVIDUAL	JUNSEN-F	51. 05:30	04:57
689	807	CARLOS MOREIRA	m	592 INDIVIDUAL	JUNSEN-M	258. 05:30	04:57
690	791	HUGO POÇAS	m	593 #SOMOSTODOSMATRECOS	JUNSEN-M	259. 05:07	04:57
691	99	ANDRÉ MACHADO	m	594 INDIVIDUAL	JUNSEN-M	260. 04:59	04:57
692	637	CRISTINA COUTO	f	98 RUNNING ESPINHO	VET-F40	32. 05:33	04:57
693	880	NUNO GONÇALVES	m	595 CORRIDAS.BEER	JUNSEN-M	261. 05:12	04:58
694	6	FILIPA OLIVEIRA	f	99 REBECOS	JUNSEN-F	52. 05:43	04:58
695	472	CARLA SILVA	f	100 CMMC VALE DE CAMBRA	JUNSEN-F	53. 05:32	04:58
696	31	MÓNICA MARGARIDE	f	101 FIT2LABOR	VET-F40	33. 05:41	04:58
697	5	DIOGO MARTINS	m	596 REBECOS	JUNSEN-M	262. 05:43	04:59
698	802	JOANA REIS	f	102 INDIVIDUAL	JUNSEN-F	54. 05:33	04:59
699	453	SÓNIA MOREIRA	f	103 RUNNING ESPINHO	JUNSEN-F	55. 05:33	04:59
700	563	ANA PAULA CASTRO	f	104 CAL - CLUBE ATLETISMO DE	VET-F40	34. 05:21	04:59
701	213	RAQUEL PEDROSA	f	105 INDIVIDUAL	VET-F40	35. 05:36	05:00
702	647	TÂNIA GONÇALVES	f	106 RUNNING ESPINHO	JUNSEN-F	56. 05:13	05:00
703	624	RUTE FONSECA	f	107 RUNNING ESPINHO	JUNSEN-F	57. 05:50	05:01
704	510	AUGUSTO SILVA	m	597 INDIVIDUAL	VET-M50	57. 05:14	05:02
705	898	LARA PIRES	f	108 BOOTSEALS	JUNSEN-F	58. 05:29	05:02
706	715	ASSUNÇÃO HESPANHOL	f	109 RUNNING ESPINHO	VET-F40	36. 05:57	05:02
707	680	MANE COUTO	m	598 RUNNING ESPINHO	VET-M50	58. 05:57	05:02
708	840	PAULA TEIXEIRA	f	110 JORSAT RUNNERS PT	VET-F40	37. 05:32	05:02
709	42	DIOGO FERREIRA	m	599 NEEDMORESPEED	JUNSEN-M	263. 05:52	05:02
710	963	JOÃO ALBERTO	m	600 NEEDMORESPEED	JUNSEN-M	264. 05:52	05:02
711	622	MÁRIA LÚCIA SILVA ALEIXO	f	111 RUNNING ESPINHO	VET-F40	38. 05:51	05:03
712	842	DANIELA FERREIRA	f	112 JORSAT RUNNERS PT	JUNSEN-F	59. 05:32	05:03
713	900	MANUEL RILHO	m	601 AFIS/OVAR	VET-M60	22. 05:41	05:03
714	26	FERNANDO ALMEIDA	m	602 FORÇA NA CANELA ESPINHO	VET-M60	23. 05:31	05:03
715	357	ANA PAULA	f	113 PERALTAFILRUNNING	JUNSEN-F	60. 05:46	05:04
716	690	JOSÉ ANTÓNIO SILVA	m	603 RUNNING ESPINHO	VET-M40	145. 05:37	05:04
717	481	FERNANDA ALMEIDA	f	114 CMMC VALE DE CAMBRA	VET-F50	16. 05:32	05:04
718	251	RENATO FERREIRA	m	604 INDIVIDUAL	JUNSEN-M	265. 05:24	05:05

CLASS	DORSAL	NOME	SEXO	EQUIPA	ESCALAO	RITMO	ULTIMO KM
719	805	JOÃO VIEIRA	m	605 INDIVIDUAL	JUNSEN-M 266.	04:52	05:05
720	692	FILIPE BARBOSA	m	606 RUNNING ESPINHO	VET-M40 146.	05:24	05:05
721	794	TATIANA PINTO	f	115 INDIVIDUAL	JUNSEN-F 61.	06:01	05:06
722	793	NUNO CAPELA	m	607 INDIVIDUAL	JUNSEN-M 267.	06:01	05:06
723	418	PAULA SOUSA	f	116 INDIVIDUAL	VET-F40 39.	05:36	05:06
724	338	CARLOS OLIVEIRA	m	608 INDIVIDUAL	JUNSEN-M 268.	05:44	05:06
725	417	MIGUEL PEREIRA	m	609 INDIVIDUAL	VET-M40 147.	05:36	05:06
726	488	ANA BRITO	f	117 INDIVIDUAL	JUNSEN-F 62.	05:40	05:06
727	424	CARLA COELHO	f	118 INDIVIDUAL	JUNSEN-F 63.	05:45	05:06
728	894	PAULA CRISTINA	f	119 BOOTSEALS	VET-F50 17.	05:29	05:07
729	920	JOÃO MOREIRA	m	610 CASAIS A CORRER	JUNSEN-M 269.	05:54	05:07
730	921	RITA RODRIGUES	f	120 CASAIS A CORRER	JUNSEN-F 64.	05:54	05:07
731	200	PEDRO LOBO	m	611 RAMADOS	JUNSEN-M 270.	06:06	05:07
732	82	SARA HENRIQUES	f	121 INDIVIDUAL	JUNSEN-F 65.	05:36	05:07
733	259	JOÃO BAIREIRA	m	612 RUN2EAT	JUNSEN-M 271.	05:30	05:08
734	408	GONÇALO BRITO	m	613 X5 HEALTH CLUB 1	JUNSEN-M 272.	05:46	05:08
735	853	MAFALDA ALMEIDA	f	122 INDIVIDUAL	VET-F40 40.	05:57	05:08
736	201	PEDRO COSTA	m	614 RAMADOS	VET-M40 148.	06:11	05:08
737	924	JOÃO PAIS	f	123 INDIVIDUAL	VET-F50 18.	05:30	05:08
738	218	LUIS FEITEIRA	m	615 KETUNTOS	VET-M40 149.	05:23	05:08
739	8	PEDRO MARTINS	m	616 TO NA PISTA	JUNSEN-M 273.	05:43	05:09
740	676	LILIANA MARQUES	f	124 RUNNING ESPINHO	JUNSEN-F 66.	05:50	05:09
741	471	FATIMA FERREIRA	f	125 CMMC VLE DE CAMBRA	VET-F50 19.	05:34	05:09
742	469	PAULO BORGES	m	617 CMMC VALE DE CAMBRA	VET-M40 150.	05:34	05:09
743	468	JOSE SOARES	m	618 CMMC VALE DE CAMBRA	VET-M55 34.	05:34	05:10
744	320	PEDRO VIVAS	m	619 INDIVIDUAL	JUNSEN-M 274.	06:00	05:10
745	554	JOAO LOURENCO	m	620 INDIVIDUAL	VET-M60 24.	05:57	05:10
746	441	VIRGÍNIA PAIS	f	126 PAISFAMILY	JUNSEN-F 67.	05:30	05:10
747	814	GABRIELA DIAS	f	127 X5 HEALTH CLUB 1	JUNSEN-F 68.	05:52	05:10
748	573	SÓNIA SILVA	f	128 CMMC V. CAMBRA	JUNSEN-F 69.	05:31	05:10
749	600	CLÁUDIA DIAS	f	129 RUNNING ESPINHO	JUNSEN-F 70.	05:49	05:11
750	723	RÚBEN TAVARES	m	621 RUNNING ESPINHO	JUNSEN-M 275.	06:18	05:11
751	689	CARLA OLIVEIRA	f	130 RUNNING ESPINHO	JUNSEN-F 71.	05:35	05:12
752	1	VICENTE PINTO	m	622 CM ESPINHO	VET-M45 81.	05:58	05:12
753	538	PAULA MOREIRA	f	131 INDIVIDUAL	VET-F40 41.	05:37	05:12
754	343	NIDIA ROCHA	f	132 FORÇA NA CANELA ESPINHO	VET-F40 42.	06:00	05:12
755	875	GUILHERMINA LIGEIRO	f	133 INDIVIDUAL	VET-F40 43.	05:38	05:13
756	711	ROGÉRIO SILVA	m	623 RUNNING ESPINHO	JUNSEN-M 276.	05:13	05:13
757	713	RUI AZEVEDO	m	624 RUNNING ESPINHO	JUNSEN-M 277.	05:13	05:13
758	23	SUSANA MAGALHÃES	f	134 INDIVIDUAL	JUNSEN-F 72.	05:43	05:13
759	658	CÉLINE MALTA	f	135 RUNNING ESPINHO	JUNSEN-F 73.	05:48	05:14
760	607	LUCIANA RIBEIRO	f	136 RUNNING ESPINHO	JUNSEN-F 74.	05:57	05:14
761	22	IVO PINTO	m	625 INDIVIDUAL	JUNSEN-M 278.	05:43	05:14
762	160	CARLA OLIVEIRA	f	137 FUN PEOPLE	VET-F40 44.	05:50	05:14
763	240	LUIS QUINTINO	m	626 AFIS/OVAR	VET-M60 25.	05:44	05:15

CLASS	DORSAL	NOME	SEXO	EQUIPA	ESCALAO	RITMO	ULTIMO KM
764	648	ISABEL CABRAL	f	138 RUNNING ESPINHO	JUNSEN-F 75.	05:57	05:15
765	107	RUI SANTOS	m	627 INDIVIDUAL	JUNSEN-M 279.	05:37	05:15
766	582	DIOGO SILVA	m	628 GRUPO OSCACER	JUNSEN-M 280.	05:42	05:16
767	817	LILIANA RODRIGUES	f	139 INDIVIDUAL	JUNSEN-F 76.	05:48	05:17
768	867	FRANCISCO VIEIRA	m	629 INDIVIDUAL	JUNSEN-M 281.	05:07	05:18
769	631	LUÍS TRINDADE	m	630 RUNNING ESPINHO	VET-M45 82.	05:40	05:18
770	578	ROSITSA PERPERIEVA	f	140 GRUPO OSCACER	JUNSEN-F 77.	05:43	05:19
771	485	MARIA JOSE SANTOS	f	141 CMMC VALE DE CAMBRA	JUNSEN-F 78.	05:44	05:20
772	694	JOSÉ GUEDES	m	631 RUNNING ESPINHO	JUNSEN-M 282.	05:48	05:20
773	762	JORGE MARTINS	m	632 CMMC VALE DE CAMBRA	VET-M60 26.	05:45	05:20
774	1017	JOAQUIM MOREIRA	m	633	VET-M45 83.	05:36	05:20
775	28	FÁTIMA DUARTE	f	142 FORÇA NA CANELA ESPINHO	VET-F40 45.	05:45	05:21
776	799	DULCE MORÊDA	f	143 ESCOLA DO MOVIMENTO	VET-F40 46.	05:57	05:22
777	27	ISABEL ALMEIDA	f	144 FORÇA NA CANELA ESPINHO	VET-F50 20.	05:59	05:22
778	844	MARINA FERREIRA	f	145 INDIVIDUAL	JUNSEN-F 79.	06:29	05:22
779	154	PEDRO SANTOS	m	634 FADAS VERDES	VET-M40 151.	05:55	05:23
780	377	ALFREDO NETO	m	635 CLUBE PORTUGAL TELECOM ZN	VET-M45 84.	05:48	05:23
781	818	TERESA ROCHA	f	146 INDIVIDUAL	VET-F40 47.	05:48	05:24
782	514	ALFREDO SANTOS	m	636 A D RIO LARGO C ESPINHO	VET-M60 27.	05:43	05:24
783	500	DÉBORA VIEIRA	f	147 INDIVIDUAL	JUNSEN-F 80.	06:05	05:24
784	649	EMÍLIA FIÃES	f	148 RUNNING ESPINHO	VET-F40 48.	05:58	05:24
785	94	MARGARIDA QUARESMA	f	149 RUNNING ESPINHO	VET-F50 21.	05:44	05:25
786	896	SUSANA FERREIRA	f	150 BOOTSEALS	JUNSEN-F 81.	05:55	05:25
787	757	PAULA PINTO	f	151 CAGAP	JUNSEN-F 82.	06:10	05:26
788	161	ANABELA BARATA	f	152 FUN PEOPLE	JUNSEN-F 83.	05:52	05:27
789	686	ALEXANDRA SOARES	f	153 RUNNING ESPINHO	VET-F40 49.	05:57	05:27
790	594	ANSELMO SILVA	m	637 CAGAP	VET-M40 152.	06:10	05:27
791	36	RITA FIGUEIREDO	f	154 INDIVIDUAL	JUNSEN-F 84.	05:46	05:27
792	128	BERNARDO SANTOS	m	638 CLUBE VODAFONE	VET-M40 153.	05:09	05:28
793	699	LUCIANA SANTOS	f	155 RUNNING ESPINHO	JUNSEN-F 85.	05:49	05:28
794	579	BRUNO PINTO	m	639 GRUPO OSCACER	JUNSEN-M 283.	05:45	05:28
795	341	CATARINA PINHEIRO	f	156 INDIVIDUAL	JUNSEN-F 86.	05:51	05:28
796	1019	DIAMANTINO CATARINO	m	640	VET-M45 85.	05:43	05:28
797	996	INES CATARINO	f	157	JUNSEN-F 87.	05:43	05:29
798	476	DIANA GONÇALVES	f	158 CMMC VALE DE CAMBRA	JUNSEN-F 88.	05:44	05:29
799	1001	CESAR VALENTE	m	641 INDIVIDUAL	VET-M45 86.	06:07	05:29
800	774	RODRIGO BAPTISTA	m	642 INDIVIDUAL	JUNSEN-M 284.	05:49	05:29
801	380	INÊS GOMES	f	159 FADAS VERDES	JUNSEN-F 89.	06:06	05:29
802	743	DANIEL SÁ	m	643 INDIVIDUAL	JUNSEN-M 285.	05:49	05:29
803	838	FERNANDO COSTA PINTO	m	644 JORSAT RUNNERS PT	VET-M40 154.	05:55	05:30
804	955	ANTONIO BASTOS	m	645 CMMC VALE DE CAMBRA	VET-M40 155.	05:55	05:30
805	954	HELENA PINHO	f	160 CMMC VALE DE CAMBRA	JUNSEN-F 90.	05:55	05:30
806	319	SÔNIA POÇAS	f	161 INDIVIDUAL	JUNSEN-F 91.	06:02	05:30
807	735	PEDRO SOUSA	m	646 FADAS VERDES	JUNSEN-M 286.	06:07	05:31
808	630	JANETTE FERNANDES	f	162 RUNNING ESPINHO	JUNSEN-F 92.	06:01	05:31

CLASS	DORSAL	NOME	SEXO	EQUIPA	ESCALAO	RITMO	ULTIMO KM
809	173	MANUEL RODRIGUES	m	647 INDIVIDUAL	VET-M50	59. 05:39	05:31
810	944	BRUNO MARTINS	m	648 INDIVIDUAL	JUNSEN-M	287. 06:02	05:32
811	217	MARCOS FEITEIRA	m	649 OS KETUNTOS	JUNSEN-M	288. 05:37	05:32
812	590	MARISA SANTOS	f	163 CAGAP	JUNSEN-F	93. 06:10	05:32
813	1002	PEDRO VELHO	m	650 INDIVIDUAL	JUNSEN-M	289. 06:07	05:32
814	233	FERNANDO VAZ	m	651 INDIVIDUAL	JUNSEN-M	290. 06:12	05:32
815	234	MARLENE MELO	f	164 INDIVIDUAL	JUNSEN-F	94. 06:12	05:32
816	53	MANUEL RIBEIRO	m	652 SÓ EU	VET-M50	60. 05:46	05:33
817	243	HELIANA SÁ	f	165 X5 HEALTH CLUB	JUNSEN-F	95. 05:49	05:33
818	245	JOSÉ RIBAS	m	653 X5 HEALTH CLUB	VET-M50	61. 05:49	05:33
819	244	ANTÓNIO PORRÃO	m	654 X5 HEALTH CLUB	VET-M55	35. 05:49	05:34
820	66	MARIA HORTA	f	166 TRIO MARAVILHA	VET-F50	22. 05:58	05:34
821	860	MÁRIO ALMEIDA	m	655 JORSAT - RUNNERS	VET-M45	87. 05:49	05:34
822	639	CARLA MAGALHÃES	f	167 RUNNING ESPINHO	JUNSEN-F	96. 06:08	05:36
823	776	DANIELA SA COSTA	f	168 INDIVIDUAL	VET-F40	50. 06:13	05:37
824	277	RUI TEIXEIRA	m	656 PROGELADO 3	VET-M45	88. 06:44	05:37
825	775	CARLOS MOREIRA	m	657 INDIVIDUAL	JUNSEN-M	291. 06:13	05:37
826	531	PAULO GOMES	m	658 RUNNING ESPINHO	VET-M45	89. 06:00	05:38
827	663	LÚCIA RIBEIRO	f	169 RUNNING ESPINHO	JUNSEN-F	97. 06:05	05:39
828	591	CONCEIÇÃO BESSA	f	170 CAGAP	JUNSEN-F	98. 06:11	05:39
829	421	ANA PAIS	f	171 INDIVIDUAL	JUNSEN-F	99. 06:04	05:40
830	621	VERA ROCHA	f	172 RUNNING ESPINHO	VET-F40	51. 05:49	05:41
831	491	JORGE OLIVEIRA	m	659 BTTRAIN	VET-M60	28. 06:11	05:41
832	238	LUIS RODRIGUES	m	660 INDIVIDUAL	JUNSEN-M	292. 06:07	05:41
833	91	MANUEL COUTO	m	661 GRÍJÓ A CORRER	VET-M60	29. 06:11	05:42
834	948	SARA HESPANHOL	f	173 INDIVIDUAL	JUNSEN-F	100. 06:25	05:42
835	84	ROGÉRIO HENRIQUES	m	662 LIMITLESS	JUNSEN-M	293. 06:25	05:42
836	764	DANIELA COSTA	f	174 INDIVIDUAL	JUNSEN-F	101. 06:14	05:43
837	398	JOAQUINA MARTINS	f	175 INDIVIDUAL	VET-F50	23. 06:03	05:44
838	311	CARLOS MOREIRA	m	663 INDIVIDUAL	VET-M50	62. 06:09	05:44
839	264	MIGUEL AZEVEDO	m	664 X5 HEALTH CLUB 1	JUNSEN-M	294. 05:54	05:44
840	369	EDUARDO GONÇALVES	m	665 US & OTHERS	VET-M55	36. 06:33	05:44
841	897	CATARINA FARIAS	f	176 BOOTSEALS	JUNSEN-F	102. 06:07	05:44
842	399	JOAQUIM SANTOS	m	666 INDIVIDUAL	VET-M60	30. 06:29	05:45
843	312	INÊS MOREIRA	f	177 INDIVIDUAL	JUNSEN-F	103. 06:09	05:45
844	420	ANA LEITE	f	178 INDIVIDUAL	JUNSEN-F	104. 06:21	05:46
845	459	LUIS LOURDES	m	667 INDIVIDUAL	VET-M40	156. 06:22	05:48
846	241	ANA ROCHA	f	179 INDIVIDUAL	JUNSEN-F	105. 06:44	05:49
847	674	MARIA CÉU FERREIRA	f	180 RUNNING ESPINHO	VET-F40	52. 06:08	05:50
848	669	SUSANA VELHOTE	f	181 RUNNING ESPINHO	VET-F40	53. 06:25	05:51
849	677	SUSANA CASTRO	f	182 RUNNING ESPINHO	VET-F40	54. 06:25	05:51
850	625	MÓNICA MARTINS	f	183 RUNNING ESPINHO	JUNSEN-F	106. 06:25	05:51
851	439	ANTÓNIO PAIS	m	668 PAISFAMILY	VET-M55	37. 06:31	05:54
852	328	JOSÉ TEIXEIRA	m	669 INDIVIDUAL	VET-M50	63. 06:03	05:55
853	717	HELENA SÁ	f	184 RUNNING ESPINHO	JUNSEN-F	107. 06:31	05:56

CLASS	DORSAL	NOME	SEXO	EQUIPA	ESCALAO	RITMO	ULTIMO KM
854	373	JORGE SOARES	m	670 PROGELADO	VET-M40	157. 06:09	05:57
855	288	JOSE PINTO	m	671 INDIVIDUAL	VET-M40	158. 06:09	05:57
856	650	CARLA GOMES	f	185 RUNNING ESPINHO	VET-F40	55. 06:33	06:02
857	372	LILIANA GOMES	f	186 INDIVIDUAL	JUNSEN-F	108. 06:12	06:05
858	863	SUSANA AMARAL	f	187 MULTIFRACÇÃO	JUNSEN-F	109. 07:09	06:06
859	495	JOAO PEDRO FERRAZ	m	672 RUNNING ESPINHO	VET-M40	159. 06:04	06:07
860	1013	RAMIRO TAVARES	m	673	VET-M55	38. 06:29	06:08
861	396	ALBERTO NETO	m	674 INDIVIDUAL	VET-M60	31. 06:19	06:09
862	767	MANUELA BRITO	f	188 INDIVIDUAL	VET-F50	24. 06:21	06:09
863	141	CRISTINA COSTA	f	189 INDIVIDUAL	JUNSEN-F	110. 06:02	06:10
864	239	CATARINA SÁ FERREIRA	f	190 INDIVIDUAL	JUNSEN-F	111. 06:18	06:10
865	156	JOSÉ PIRES LIMA	m	675 EM FORÇA - SPEM	VET-M60	32. 06:28	06:11
866	789	ARMINDA SOARES	f	191 INDIVIDUAL	VET-F50	25. 06:29	06:11
867	728	SÓNIA PINTO	f	192 RUNNING ESPINHO	JUNSEN-F	112. 06:30	06:12
868	87	CARLOS PINTO	m	676 INDIVIDUAL	VET-M60	33. 05:34	06:13
869	846	MÓNICA PINHO	f	193 INDIVIDUAL	JUNSEN-F	113. 06:41	06:15
870	970	CARLA VINAGRE	f	194 INDIVIDUAL	VET-F40	56. 06:37	06:20
871	634	HELDER ALMEIDA	m	677 RUNNING ESPINHO	JUNSEN-M	295. 07:12	06:21
872	626	JORGE CALDEIRA	m	678 RUNNING ESPINHO	VET-M60	34. 06:33	06:25
873	555	FILIPE LEITE	m	679 INDIVIDUAL	JUNSEN-M	296. 06:43	06:26
874	671	MÓNICA VAZ	f	195 RUNNING ESPINHO	VET-F40	57. 07:01	06:26
875	605	JOSÉ ALBANO MARTINS	m	680 RUNNING ESPINHO	VET-M55	39. 06:34	06:26
876	643	MÓNICA OLIVEIRA	f	196 RUNNING ESPINHO	JUNSEN-F	114. 07:01	06:26
877	635	GRACINDA SOUSA	f	197 RUNNING ESPINHO	VET-F40	58. 07:18	06:29
878	664	SÉRGIO BATISTA	m	681 RUNNING ESPINHO	VET-M40	160. 07:13	06:33
879	801	VANIA CARNEIRO	f	198 ATHLETIC TURTLES	JUNSEN-F	115. 07:06	06:37
880	374	JOÃO PINTINHA	m	682 PROGELADO	VET-M55	40. 07:15	06:38
881	865	SÉRGIO PINHO	m	683 MULTIFRACÇÃO	JUNSEN-M	297. 07:22	06:39
882	847	PAULA BARROS	f	199 INDIVIDUAL	VET-F40	59. 07:03	06:40
883	760	RICARDO FONTES	m	684 INDIVIDUAL	JUNSEN-M	298. 07:09	06:40
884	695	FERNANDA BARBOSA	f	200 RUNNING ESPINHO	VET-F50	26. 07:19	06:40
885	893	EMANUEL SILVA	m	685 PROGELADO 3	VET-M40	161. 06:49	06:40
886	691	FILIPA BACELO	f	201 RUNNING ESPINHO	JUNSEN-F	116. 07:21	06:40
887	314	MANUEL RODRIGUES	m	686 GDE RUNNERS	VET-M45	90. 06:53	06:43
888	736	TIAGO FERNANDES	m	687 FADAS VERDES	JUNSEN-M	299. 06:50	06:44
889	492	DEOLINDA ALVES	f	202 SPORT CLUB CONIMBRICENSE	VET-F50	27. 07:17	06:56
890	230	PEDRO VIEIRA	m	688 INDIVIDUAL	JUNSEN-M	300. 07:17	07:04
891	845	VERA FERREIRA	f	203 INDIVIDUAL	JUNSEN-F	117. 06:57	07:09
892	547	JOSÉ OLIVEIRA	m	689 INDIVIDUAL	JUNSEN-M	301. 07:00	07:10
893	843	NILSÍA MARTINS	f	204 INDIVIDUAL	JUNSEN-F	118. 06:57	07:21
894	9	RICARDO SÁ	m	690 INDIVIDUAL	JUNSEN-M	302. 06:08	11:37