

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
1.	816	JANIK LIMA	CLUBE ATLETISMO OVAR	1	SEN M	1	32:41:00	03:16	32:41:00
2.	1261	MATTHEW FOX	INDIVIDUAL	2	SEN M	2	33:01:00	03:18	33:03:00
3.	1098	HÉLDER LOPES	DCI/PEDRULHA-MEALHADA	3	SEN M	3	33:15:00	03:19	33:15:00
4.	815	CELSO LEITE	CLUBE ATLETISMO OVAR	4	SEN M	4	33:36:00	03:21	33:36:00
5.	418	HELDER PIRES	CLUBE ATLETISMO OVAR	5	SEN M	5	33:46:00	03:22	33:47:00
6.	1086	ANDRÉ ANICETO	ATLETISMO GERACAO PARAMOS	6	SEN M	6	33:52:00	03:23	33:53:00
7.	352	FERNANDO LIMA	CLUB NAC CUCUJÃES	7	VET M40	1	33:56:00	03:23	33:57:00
8.	964	RENATO SOUSA	A D RIO LARGO C ESPINHO	8	SEN M	7	34:03:00	03:24	34:03:00
9.	1090	MESSIAS DIAS	DCI/PEDRULHA-MEALHADA	9	VET M45	1	34:05:00	03:24	34:05:00
10.	1138	NUNO PINHO	NA CUCUJÃES	10	VET M35	1	34:06:00	03:24	34:07:00
11.	130	ANTÓNIO SOUSA	RIPOLINS GRIJÓ A CORRER	11	VET M45	2	34:08:00	03:24	34:09:00
12.	750	FÁBIO CORREIA	RUNNING ESPINHO	12	SEN M	8	34:14:00	03:25	34:16:00
13.	953	HUGO BASTOS	CCD APDL	13	VET M35	2	34:27:00	03:26	34:28:00
14.	260	RICARDO FERREIRA	SPORTING CLUBE DE ESPINHO	14	VET M40	2	34:27:00	03:26	34:28:00
15.	306	JOSE SILVA	N.A.CUCUJAES	15	VET M45	3	34:47:00	03:28	34:48:00
16.	268	RUI SANTOS	SPORTING CLUBE DE ESPINHO	16	VET M45	4	34:55:00	03:29	34:56:00
17.	848	LUIS MARTINS	CENTRO ATLETISMO TONDELA	17	VET M35	3	35:04:00	03:30	35:07:00
18.	447	MARCO MOREIRA	INDIVIDUAL	18	SEN M	9	35:42:00	03:34	35:43:00
19.	1032	ANDRE FERREIRA	GJPB - O. AZEMÉIS	19	VET M45	5	35:43:00	03:34	35:45:00
20.	951	PEDRO CARVALHO	CCD APDL	20	VET M40	3	35:47:00	03:34	35:48:00
21.	858	ROGÉRIO CAMPOS	CLUBE DESPORTIVO FEIRENSE	21	VET M45	6	35:58:00	03:35	35:59:00
22.	464	MARK VELHOTE	CLUBE VODAFONE	22	VET M40	4	35:59:00	03:35	36:01:00
23.	1239	LINO FERREIRA	CLUBE DESPORTIVO FEIRENSE	23	VET M45	7	36:16:00	03:37	36:18:00
24.	87	ADRIANO FONSECA	VIVALLEY RUNNERS	24	VET M35	4	36:16:00	03:37	36:19:00
25.	950	MANUEL TEIXEIRA	CCD APDL	25	VET M45	8	36:16:00	03:37	36:19:00
26.	76	ANDRÉ SANTOS	RAINHA GINASIO	26	SEN M	10	36:15:00	03:37	36:19:00
27.	821	RUI RODRIGUES	CENTRO ATLETISMO TONDELA	27	VET M35	5	36:16:00	03:37	36:19:00
28.	358	SALVADOR MANSILHA	NASCIDOS PARA CORRER	28	VET M45	9	36:22:00	03:38	36:22:00
29.	1199	JOÃO TEIXEIRA	CCD APDL	29	VET M55	1	36:22:00	03:38	36:24:00
30.	264	HERNÂNI FURTADO	SPORTING CLUBE DE ESPINHO	30	VET M35	6	36:31:00	03:39	36:32:00
31.	1255	RUI TORRES	INDIVIDUAL	31	VET M40	5	36:28:00	03:38	36:37:00
32.	709	JORGE LUZ	GDSPOLEIROS	32	VET M50	1	36:40:00	03:40	36:42:00
33.	463	JOSÉ CABRAL	SPORTING CLUBE DE ESPINHO	33	VET M55	2	36:46:00	03:40	36:46:00
34.	57	RICARDO TEIXEIRA	AFIS/OVAR	34	SEN M	11	36:53:00	03:41	36:58:00
35.	871	RUI SILVA	SPORTING CLUBE DE ESPINHO	35	VET M40	6	37:01:00	03:42	37:02:00
36.	266	AUGUSTO ALUAI	SPORTING CLUBE DE ESPINHO	36	VET M50	2	37:03:00	03:42	37:04:00
37.	728	XAVIER TAVARES	RUNNING ESPINHO	37	JUN M	1	37:07:00	03:42	37:13:00
38.	256	PAULO OLIVEIRA	SPORTING CLUBE DE ESPINHO	38	VET M45	10	37:19:00	03:43	37:19:00
39.	77	BRUNO VIDINHA	CALDAS S JORGE SPORT CLUB	39	SEN M	12	37:23:00	03:44	37:27:00
40.	1117	MANUEL MOUTINHO	INDIVIDUAL	40	VET M40	7	37:22:00	03:44	37:30:00
41.	1100	RICARDO SANTOS	DCI/PEDRULHA-MEALHADA	41	SEN M	13	37:33:00	03:45	37:37:00
42.	1258	PAULO SILVA	PAREDES AVENTURA	42	VET M45	11	37:37:00	03:45	37:40:00
43.	88	CLÁUDIO FONSECA	VIVALLEY RUNNERS	43	VET M40	8	37:43:00	03:46	37:45:00
44.	410	PEDRO VENTURA	PAREDES AVENTURA	44	SEN M	14	37:46:00	03:46	37:48:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
45.	640	JOSÉ COSTA	RUNNING ESPINHO	45	VET M40	9	37:46:00	03:46	37:50:00
46.	1097	MANUEL LINO	DCI/PEDRULHA-MEALHADA	46	VET M60	1	37:50:00	03:47	37:51:00
47.	783	LUIS FILIPE PEREIRA PEREIRA	AVANÇA	47	VET M35	7	37:48:00	03:46	37:53:00
48.	976	RUI OLIVEIRA	VILA MAIOR EM TURISMO	48	VET M40	10	37:52:00	03:47	37:56:00
49.	1084	ALCINDO DIAS	ATLETISMO GERACAO PARAMOS	49	VET M40	11	37:56:00	03:47	37:58:00
50.	511	ÓSCAR SOBRAL	VIRIATHVS RUNNERS VISEU	50	VET M35	8	38:03:00	03:48	38:03:00
51.	1096	RUBEN BAPTISTA	DCI/PEDRULHA-MEALHADA	51	SUB 23 M	1	38:04:00	03:48	38:04:00
52.	979	JULIO OLIVEIRA	VILA MAIOR EM TURISMO	52	VET M40	12	38:08:00	03:48	38:08:00
53.	667	RUI GOMES	SPORTING CLUBE DE ESPINHO	53	VET M40	13	37:50:00	03:47	38:09:00
54.	1043	MARIO FRANCO TEIXEIRA	PORTO RUNNERS	54	VET M35	9	38:04:00	03:48	38:11:00
55.	58	PAULO FIGUEIREDO	AFIS/OVAR	55	VET M40	14	38:17:00	03:49	38:17:00
56.	97	JOÃO POÇAS	TARTARUGAS DO ASFALTO	56	VET M35	10	38:18:00	03:49	38:25:00
57.	796	ARMANDO CORREIA	GRUPO DESPORTIVO GAFANHA	57	VET M45	12	38:26:00	03:50	38:27:00
58.	748	JOÃO SILVA	INDIVIDUAL	58	VET M35	11	38:31:00	03:51	38:31:00
59.	1177	JOEL SANTOS	CLUBE ZUPPER	59	VET M40	15	38:28:00	03:50	38:32:00
60.	699	ANTÓNIO PEDRO GONÇALVES	NEED FOR SPEED	60	JUN M	2	38:26:00	03:50	38:32:00
61.	439	JORGE SANTOS	INDIVIDUAL	61	SUB 23 M	2	38:32:00	03:51	38:36:00
62.	967	HÉLDER ROCHA	A D RIO LARGO C ESPINHO	62	SEN M	15	38:32:00	03:51	38:37:00
63.	514	AMÉRICO SILVA	INDIVIDUAL	63	VET M40	16	38:35:00	03:51	38:39:00
64.	910	VÍTOR RITO	RUNNING ESPINHO	64	SEN M	16	38:42:00	03:52	38:42:00
65.	346	TIAGO LEAL	INDIVIDUAL	65	VET M45	13	38:37:00	03:51	38:44:00
66.	778	JOSÉ RODRIGUES	AFIS/OVAR	66	VET M40	17	38:45:00	03:52	38:48:00
67.	835	JOSÉ BRITO	INDIVIDUAL	67	VET M50	3	38:52:00	03:53	38:58:00
68.	838	MÁRIO LOPES	CENTRO ATLETISMO TONDELA	68	JUN M	3	38:56:00	03:53	39:01:00
69.	718	PAULO MOTA	RUNNING ESPINHO	69	VET M40	18	38:59:00	03:53	39:02:00
70.	451	MANUEL SILVA	INDIVIDUAL	70	VET M45	14	38:58:00	03:53	39:04:00
71.	445	FERNANDO MARINHO	OPERAÇÃO CARNARIO	71	SEN M	17	39:07:00	03:54	39:11:00
72.	837	RUI TAVARES	INDIVIDUAL	72	VET M35	12	39:06:00	03:54	39:11:00
73.	18	MANUEL SEGUNDO	ARCORUN	73	VET M60	2	39:14:00	03:55	39:15:00
74.	1102	MIGUEL VIEGAS	DCI/PEDRULHA-MEALHADA	74	VET M35	13	39:11:00	03:55	39:16:00
75.	265	CARLOS FERREIRA	SPORTING CLUBE DE ESPINHO	75	VET M40	19	39:21:00	03:56	39:21:00
76.	1101	FERNANDO DUARTE	DCI/PEDRULHA-MEALHADA	76	SEN M	18	39:16:00	03:55	39:22:00
77.	938	FERNANDO BRANDÃO	JAM	77	VET M55	3	39:22:00	03:56	39:24:00
78.	625	TIAGO OLIVEIRA	RUNNING ESPINHO	78	VET M35	14	39:25:00	03:56	39:27:00
79.	454	JOSÉ TEIXEIRA	INDIVIDUAL	79	VET M35	15	39:23:00	03:56	39:27:00
80.	861	JOÃO BARBOSA	SPORTING CLUBE DE ESPINHO	80	VET M45	15	39:28:00	03:56	39:29:00
81.	678	RUI CARDOSO	INDIVIDUAL	81	VET M40	20	39:22:00	03:56	39:30:00
82.	687	HUGO FERREIRA	GRAMIDENSE IFC	82	VET M35	16	39:32:00	03:57	39:32:00
83.	870	RUI NOGUEIRA	SPORTING CLUBE DE ESPINHO	83	VET M40	21	39:08:00	03:54	39:34:00
84.	662	ANDRÉ GUERRA	SPORTING CLUBE DE ESPINHO	84	VET M35	17	39:22:00	03:56	39:34:00
85.	576	TIAGO RODRIGUES	RUNNING ESPINHO	85	JUN M	4	39:35:00	03:57	39:39:00
86.	433	JOSÉ CARLOS	RIPOLINS GRIJÓ A CORRER	86	VET M45	16	39:38:00	03:57	39:41:00
87.	807	NUNO SILVA	SC BEIRA-MAR	87	SEN M	19	39:36:00	03:57	39:42:00
88.	65	ANDRÉ ROCHA	GRUPO D. OUTEIROS	88	VET M35	18	39:38:00	03:57	39:45:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
89.	64	VITOR DIAS	INDIVIDUAL	89	SEN M	20	39:46:00	03:58	39:46:00
90.	1022	HUGO SOUSA	FANTASMA RUNNERS	90	SEN M	21	39:41:00	03:58	39:50:00
91.	288	PEDRO FRANÇA	GIM	91	VET M50	4	39:46:00	03:58	39:51:00
92.	926	PAULO MAIA	GRUPO OSCACER	92	VET M45	17	39:47:00	03:58	39:52:00
93.	227	GUSTAVO ROXO	INVICTA RUNNERS TEAM	93	VET M50	5	39:50:00	03:59	39:52:00
94.	1034	DANIEL RODRIGUES	GJPB - O. AZEMÉIS	94	VET M35	19	39:50:00	03:59	39:52:00
95.	311	RUI ALMEIDA	CMMC VALE DE CAMBRA	95	VET M40	22	39:52:00	03:59	39:53:00
96.	308	JOAO MOREIRA	G.D.RONDA	96	VET M40	23	39:47:00	03:58	39:54:00
97.	231	PAULO GRILO	ARCORUN	97	VET M45	18	39:21:00	03:56	39:55:00
98.	795	PAULO ALMEIDA	GRUPO DESPORTIVO GAFANHA	98	VET M45	19	39:56:00	03:59	39:57:00
99.	1216	ANDRÉ PARATY	INDIVIDUAL	99	SEN M	22	39:54:00	03:59	39:58:00
100.	984	MARCO NEVES	YAZAKI RUNNERS	100	VET M40	24	39:56:00	03:59	39:05:00
101.	1251	TIAGO FERREIRA	RUNNING ESPINHO	101	VET M35	20	39:59:00	03:59	40:00:00
102.	1019	NUNO ANDRADE	8.2 ARROSIHOS	102	SEN M	23	39:55:00	03:59	40:01:00
103.	960	CARLOS COELHO	A D RIO LARGO C ESPINHO	103	VET M40	25	39:59:00	03:59	40:05:00
104.	1067	ZÉ PEREIRA	A D RIO LARGO C ESPINHO	104	VET M35	21	39:59:00	03:59	40:05:00
105.	92	CARLOS MENDES	TARTARUGAS DO ASFALTO	105	VET M35	22	40:00:00	04:00	40:06:00
106.	151	FERNANDO CRUZ	CIRAC	106	VET M35	23	40:04:00	04:00	40:08:00
107.	641	JOSÉ PEREIRA	RUNNING ESPINHO	107	VET M45	20	40:04:00	04:00	40:09:00
108.	521	PEDRO PAIVA	INDIVIDUAL	108	VET M35	24	40:00:00	04:00	40:09:00
109.	797	FERNANDO SANTIAGO	INDIVIDUAL	109	VET M55	4	40:06:00	04:00	40:09:00
110.	665	ANTÓNIO DIAS	SPORTING CLUBE DE ESPINHO	110	VET M50	6	40:07:00	04:00	40:10:00
111.	349	JOSE PEDRO MARTINS	INDIVIDUAL	111	VET M40	26	40:09:00	04:00	40:11:00
112.	755	DAVID SILVA	RUNNING ESPINHO	112	VET M45	21	40:08:00	04:00	40:12:00
113.	380	JOÃO PEDRO BARBOSA	CÃES D'AVENIDA	113	VET M40	27	39:53:00	03:59	40:12:00
114.	520	DOMINGOS NOGUEIRA	MAIA AC	114	VET M35	25	40:12:00	04:01	40:14:00
115.	494	JOÃO MOREIRA	RUNNING ESPINHO	115	VET M40	28	40:12:00	04:01	40:15:00
116.	573	VITOR CUNHA	RUNNING ESPINHO	116	VET M40	29	40:12:00	04:01	40:16:00
117.	808	JOAO FERREIRA	AFIS/OVAR	117	VET M40	30	40:07:00	04:00	40:19:00
118.	772	NUNO PESSOA	CCR PRAIA DE MIRA	118	VET M40	31	40:19:00	04:01	40:20:00
119.	814	SÍLVIA SANTOS	CLUBE ATLETISMO OVAR	1	VET F35	1	40:15:00	04:01	40:20:00
120.	897	AMÉRICO VALENTE	S.S.T. M. DE OVAR	119	VET M55	5	40:16:00	04:01	40:21:00
121.	132	CARLOS CUNHA	INDIVIDUAL	120	VET M50	7	40:17:00	04:01	40:22:00
122.	869	PEDRO RESENDE	SPORTING CLUBE DE ESPINHO	121	VET M40	32	40:16:00	04:01	40:23:00
123.	527	MANUEL BASTOS	RUNNING ESPINHO	122	VET M40	33	40:22:00	04:02	40:23:00
124.	894	ANTÓNIO ASSUNÇÃO	HOMEGYM	123	SEN M	24	40:17:00	04:01	40:26:00
125.	1087	FÁBIO SILVA	INDIVIDUAL	124	SEN M	25	40:20:00	04:02	40:26:00
126.	1151	SÉRGIO MOTA	INDIVIDUAL	125	VET M35	26	40:26:00	04:02	40:27:00
127.	920	ANTÓNIO PEREIRA	INDIVIDUAL	126	SEN M	26	40:16:00	04:01	40:28:00
128.	892	MARISA JOÃO	RECREIO DESP. DE ÁGUEDA	2	VET F40	1	40:26:00	04:02	40:29:00
129.	1198	HELDER MOUTINHO	INDIVIDUAL	127	VET M40	34	40:29:00	04:02	40:31:00
130.	1126	JOEL RAMALHOTO	VIRIATHVS RUNNERS VISEU	128	SEN M	27	40:31:00	04:03	40:33:00
131.	99	PEDRO MAGALHÃES	TARTARUGAS DO ASFALTO	129	VET M35	27	40:34:00	04:03	40:41:00
132.	879	PAULO VILAÇA	TUGAS NA ESTRADA	130	VET M50	8	40:33:00	04:03	40:43:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
133.	378	CRISTÓVÃO BRAGA	INDIVIDUAL	131	SEN M	28	40:33:00	04:03	40:44:00
134.	704	JOSE SOARES	C M M C VALE DE CAMBRA	132	VET M55	6	40:25:00	04:02	40:44:00
135.	1044	JOSÉ SILVA	CALDAS S JORGE SPORT CLUB	133	VET M60	3	40:44:00	04:04	40:48:00
136.	263	RAMIRO PINHO	SPORTING CLUBE DE ESPINHO	134	VET M55	7	40:46:00	04:04	40:51:00
137.	1099	JOÃO SIMÕES	DCI/PEDRULHA-MEALHADA	135	VET M35	28	40:50:00	04:05	40:56:00
138.	686	CELSO SANTOS	GRAMIDENSE IFC	136	VET M35	29	40:52:00	04:05	40:57:00
139.	978	ANTÓNIO MARQUES	VILA MAIOR EM TURISMO	137	VET M50	9	40:54:00	04:05	40:59:00
140.	437	PEDRO CASTRO	INDIVIDUAL	138	SEN M	29	40:23:00	04:02	41:00:00
141.	799	FILIPE COSTA	INDIVIDUAL	139	SEN M	30	40:58:00	04:05	41:02:00
142.	1195	RICARDO VISEU	SPORTING CLUBE DE ESPINHO	140	VET M40	35	40:54:00	04:05	41:02:00
143.	969	FILIPE MARQUES	ECOMOBILE	141	VET M40	36	41:06:00	04:06	41:07:00
144.	668	TIAGO RESENDE	SPORTING CLUBE DE ESPINHO	142	SEN M	31	41:02:00	04:06	41:09:00
145.	543	RICHARD NOGUEIRA	RUNNING ESPINHO	143	VET M40	37	41:10:00	04:07	41:10:00
146.	187	RUI ALVES	INDIVIDUAL	144	VET M40	38	41:08:00	04:06	41:11:00
147.	1076	JOSÉ GOMES	ATLETISMO GERACAO PARAMOS	145	VET M50	10	41:08:00	04:06	41:14:00
148.	977	RICARDO RESSURREIÇÃO	VILA MAIOR EM TURISMO	146	SEN M	32	40:55:00	04:05	41:15:00
149.	587	NOEL VALADÃO	RUNNING ESPINHO	147	VET M40	39	41:10:00	04:07	41:16:00
150.	292	LUIS TRIGO	CAES DAVENIDA	148	VET M50	11	41:17:00	04:07	41:19:00
151.	776	MANUEL FONSECA	AFIS/OVAR	149	VET M55	8	41:19:00	04:07	41:21:00
152.	42	PAULO FIDALGO	INDIVIDUAL	150	VET M35	30	41:19:00	04:07	41:24:00
153.	412	ALEXANDRE BARBOSA	PAREDES AVENTURA	151	VET M40	40	41:16:00	04:07	41:25:00
154.	515	MARCO GOMES	INDIVIDUAL	152	VET M35	31	41:20:00	04:08	41:26:00
155.	203	FILIPE FONTES	CAL-CLUBE ATLETISMO LAMAS	153	VET M45	22	41:18:00	04:07	41:27:00
156.	48	ANDRÉ SILVA	INDIVIDUAL	154	SEN M	33	41:23:00	04:08	41:31:00
157.	666	NELSON RAMOS	SPORTING CLUBE DE ESPINHO	155	VET M50	12	40:58:00	04:05	41:33:00
158.	661	ANDRÉ MEDAS	SPORTING CLUBE DE ESPINHO	156	VET M40	41	40:58:00	04:05	41:33:00
159.	937	CARLOS BAPTISTA	JAM	157	VET M50	13	41:33:00	04:09	41:35:00
160.	912	ANDRÉ GUIMARÃES	RUNNING ESPINHO	158	SEN M	34	41:36:00	04:09	41:37:00
161.	973	MIGUEL ANGELO PINTO	RUNNING ESPINHO	159	SEN M	35	41:29:00	04:08	41:37:00
162.	907	MÁRIO DIAS	RUNNING ESPINHO	160	VET M35	32	41:30:00	04:09	41:37:00
163.	1157	JOSE PINTO	C. I. ARGONCILHE	161	VET M50	14	41:34:00	04:09	41:38:00
164.	1049	JOAO BANDEIRA	INDIVIDUAL	162	VET M45	23	41:32:00	04:09	41:39:00
165.	962	AUGUSTO SILVA	A D RIO LARGO C ESPINHO	163	VET M60	4	41:37:00	04:09	41:40:00
166.	1128	MARCO LISBOA	INDIVIDUAL	164	VET M35	33	41:27:00	04:08	41:42:00
167.	442	IVO CARVALHO	INDIVIDUAL	165	VET M40	42	41:26:00	04:08	41:45:00
168.	339	LUÍS MAGALHÃES	INDIVIDUAL	166	VET M35	34	41:29:00	04:08	41:48:00
169.	705	NELSON SILVA	C M M C VALE DE CAMBRA	167	VET M60	5	41:47:00	04:10	41:48:00
170.	660	JOAQUIM PEREIRA	NASCIDOS PARA CORRER	168	VET M45	24	41:49:00	04:10	41:51:00
171.	320	VITOR GODINHO	INDIVIDUAL	169	SEN M	36	41:16:00	04:07	41:54:00
172.	952	PAULO MOREIRA	CCD APDL	170	VET M45	25	41:48:00	04:10	41:56:00
173.	669	PEDRO GARCIA	SPORTING CLUBE DE ESPINHO	171	VET M40	43	41:48:00	04:10	41:57:00
174.	863	JORGE SOUSA	SPORTING CLUBE DE ESPINHO	172	VET M45	26	41:56:00	04:11	41:59:00
175.	906	MANUEL ABREU	RUNNING ESPINHO	173	VET M40	44	41:58:00	04:11	42:01:00
176.	801	MANUEL FERREIRA	INDIVIDUAL	174	VET M45	27	41:49:00	04:10	42:05:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
177.	414	PEDRO GUIMARAES	A+	175	VET M45	28	42:04:00	04:12	42:08:00
178.	11	JOAO VASCONCELOS	INDIVIDUAL	176	VET M35	35	42:00:00	04:12	42:09:00
179.	1120	NUNO SANTOS	HELIFLEX	177	VET M35	36	42:02:00	04:12	42:10:00
180.	720	JOSÉ PEREIRA	RUNNING ESPINHO	178	VET M55	9	41:59:00	04:11	42:14:00
181.	966	RUI SILVA	A D RIO LARGO C ESPINHO	179	VET M50	15	42:11:00	04:13	42:16:00
182.	302	PAULO MOTA	G.D.RONDA	180	VET M45	29	41:59:00	04:11	42:16:00
183.	224	CELSO SILVA	G.D.RONDA	181	VET M35	37	42:00:00	04:12	42:17:00
184.	516	CARLOS MIRANDA	INDIVIDUAL	182	VET M40	45	42:11:00	04:13	42:19:00
185.	860	DANIEL OLIVEIRA	SPORTING CLUBE DE ESPINHO	183	VET M40	46	42:19:00	04:13	42:22:00
186.	385	ALEXANDRE FERNANDES	ARCORUN	184	VET M40	47	42:15:00	04:13	42:25:00
187.	1146	RICARDO COELHO	INDIVIDUAL	185	VET M35	38	42:06:00	04:12	42:25:00
188.	903	CRISTIANA FERREIRA	RUNNING ESPINHO	3	SEN F	1	42:23:00	04:14	42:25:00
189.	167	CARLOS CARDOSO	CAL-CLUBE ATLETISMO LAMAS	186	VET M45	30	42:17:00	04:13	42:25:00
190.	1196	LEANDRO COSTA	INDIVIDUAL	187	VET M35	39	42:11:00	04:13	42:25:00
191.	566	FERNANDO CORREIA	RUNNING ESPINHO	188	VET M55	10	42:22:00	04:14	42:26:00
192.	822	RUI COIMBRA	CENTRO ATLETISMO TONDELA	189	VET M35	40	42:19:00	04:13	42:26:00
193.	927	JORGE SOARES	GRUPO OSCACER	190	VET M35	41	42:30:00	04:15	42:34:00
194.	873	VICTOR SA	SPORTING CLUBE DE ESPINHO	191	VET M40	48	42:36:00	04:15	42:36:00
195.	111	EMANUEL SANTOS	TARTARUGAS DO ASFALTO	192	VET M35	42	42:30:00	04:15	42:37:00
196.	388	MARIO NOGUEIRA	INDIVIDUAL	193	VET M50	16	42:21:00	04:14	42:37:00
197.	1161	PEDRO ROCHA	INDIVIDUAL	194	SEN M	37	42:22:00	04:14	42:41:00
198.	574	JOÃO NEVES	RUNNING ESPINHO	195	VET M45	31	42:39:00	04:15	42:42:00
199.	784	JOAO CARLOS PEREIRA PEREIRA	TRIBO NR	196	VET M40	49	42:15:00	04:13	42:43:00
200.	862	LUIS ALMEIDA	SPORTING CLUBE DE ESPINHO	197	SEN M	38	42:41:00	04:16	42:48:00
201.	441	EUCLIDES COIMBRA	KAIZEN	198	VET M55	11	42:46:00	04:16	42:50:00
202.	836	MANUEL SILVA	INDIVIDUAL	199	VET M40	50	42:33:00	04:15	42:50:00
203.	428	JOAO SILVA	INDIVIDUAL	200	VET M35	43	42:39:00	04:15	42:51:00
204.	754	JOHNY OMAR	RUNNING ESPINHO	201	VET M35	44	42:47:00	04:16	42:52:00
205.	1203	JOAQUIM FERREIRA	INDIVIDUAL	202	VET M35	45	42:27:00	04:14	42:53:00
206.	905	JOSÉ GOMES	RUNNING ESPINHO	203	VET M45	32	42:53:00	04:17	42:55:00
207.	1232	ANTÓNIO BORGES	PORTO SENTIDO RUNNERS	204	VET M40	51	42:23:00	04:14	42:58:00
208.	239	RUI HENRIQUES	ARCORUN	205	VET M45	33	42:24:00	04:14	42:59:00
209.	904	CRISTINA PASSOS	RUNNING ESPINHO	4	VET F40	2	42:58:00	04:17	43:00:00
210.	536	JOSÉ FEITEIRA	RUNNING ESPINHO	206	VET M45	34	42:49:00	04:16	43:01:00
211.	888	JOSE PEREIRA	NASCIDOS PARA CORRER	207	VET M50	17	42:48:00	04:16	43:02:00
212.	891	RICARDO MOTA	SRI CHINMOY MARATHON TEAM	208	VET M40	52	42:58:00	04:17	43:08:00
213.	270	HELDER FERREIRA	G.D. LEÕES DA AGRA	209	VET M40	53	42:40:00	04:16	43:13:00
214.	535	DAMÁSIO PEREIRA	RUNNING ESPINHO	210	VET M35	46	43:03:00	04:18	43:15:00
215.	785	DANIEL SILVA	GD BANCO DE PORTUGAL	211	VET M35	47	43:11:00	04:19	43:16:00
216.	495	NUNO TEIXEIRA	RUNNING ESPINHO	212	VET M40	54	43:06:00	04:18	43:17:00
217.	757	SILVÉRIO SANTOS	RUNNING ESPINHO	213	VET M45	35	43:09:00	04:18	43:19:00
218.	204	HEITOR ARAÚJO	INDIVIDUAL	214	VET M50	18	43:07:00	04:18	43:21:00
219.	935	MATILDE BAPTISTA	INDIVIDUAL	5	VET F50	1	43:20:00	04:20	43:21:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
220.	41	CARLOS SANTOS	INDIVIDUAL	215	VET M40	55	42:56:00	04:17	43:23:00
221.	981	MANUEL SILVA	VILA MAIOR EM TURISMO	216	VET M45	36	42:59:00	04:17	43:24:00
222.	1171	JOSÉ LOUREIRO	INDIVIDUAL	217	VET M40	56	43:02:00	04:18	43:27:00
223.	1208	ARMANDO TEIXEIRA	INDIVIDUAL	218	VET M40	57	43:02:00	04:18	43:28:00
224.	1211	JOÃO RODRIGUES	INDIVIDUAL	219	SEN M	39	42:38:00	04:15	43:31:00
225.	578	EDGAR ROCHA	RUNNING ESPINHO	220	VET M55	12	43:30:00	04:21	43:34:00
226.	1025	RICARDO SOUSA	RACHÃO TRAIL TEAM	221	SEN M	40	42:53:00	04:17	43:40:00
227.	1024	VITOR MAIA	RACHÃO TRAIL TEAM	222	SEN M	41	42:52:00	04:17	43:40:00
228.	505	HUGO SILVA	RUNNING ESPINHO	223	VET M40	58	43:30:00	04:21	43:42:00
229.	1165	DÁRIO FERREIRA	INDIVIDUAL	224	SEN M	42	43:26:00	04:20	43:42:00
230.	684	MIGUEL TEIXEIRA	GRAMIDENSE IFC	225	VET M40	59	43:14:00	04:19	43:44:00
231.	650	ANTÓNIO PRATA	RUNNING ESPINHO	226	VET M45	37	43:44:00	04:22	43:47:00
232.	398	ANTÓNIO VELA	ASPHALT ASSAULT TEAM	227	SEN M	43	43:17:00	04:19	43:48:00
233.	987	HELDER PARRACHO	INDIVIDUAL	228	VET M35	48	43:18:00	04:19	43:50:00
234.	347	MARCO PINTO	INDIVIDUAL	229	VET M40	60	43:19:00	04:19	43:50:00
235.	46	MANUEL CARDOSO	INDIVIDUAL	230	VET M50	19	43:40:00	04:22	43:51:00
236.	1035	SÉRGIO MARQUES	INDIVIDUAL	231	VET M35	49	43:40:00	04:22	43:52:00
237.	1027	PAULA GUEDES	MAIA AC	6	VET F40	3	43:43:00	04:22	43:53:00
238.	1168	NUNO NEVES	INDIVIDUAL	232	VET M40	61	43:15:00	04:19	43:54:00
239.	160	PEDRO RODRIGUES	GONDOMAR FUTSAL CLUBE	233	SEN M	44	43:35:00	04:21	43:57:00
240.	674	ANTÓNIO AUGUSTO SILVA	LOUSADA RUNNERS	234	VET M50	20	43:39:00	04:21	43:58:00
241.	497	MANUEL COUTO	RUNNING ESPINHO	235	VET M45	38	43:29:00	04:20	43:59:00
242.	1006	MÁRCIO MACHADO	INDIVIDUAL	236	VET M40	62	43:26:00	04:20	44:00:00
243.	313	ARMANDO CERQUEIRA	INDIVIDUAL	237	VET M55	13	43:49:00	04:22	44:00:00
244.	957	ÁLVARO SANTOS	INDIVIDUAL	238	SEN M	45	44:01:00	04:24	44:01:00
245.	501	DAVID CAMELO	RUNNING ESPINHO	239	VET M35	50	43:42:00	04:22	44:02:00
246.	983	NÉLSON ALVES	BTT BRANDOENSE	240	VET M50	21	43:29:00	04:20	44:02:00
247.	340	CARLOS MOÇO	INDIVIDUAL	241	VET M40	63	43:54:00	04:23	44:03:00
248.	432	AMÉRICO FONSECA	YAZAKI RUNNERS	242	VET M45	39	43:30:00	04:21	44:03:00
249.	100	LUIS PEDROSO	TARTARUGAS DO ASFALTO	243	VET M45	40	43:56:00	04:23	44:04:00
250.	298	RUI SANTOS	PORTO RUNNERS	244	VET M50	22	43:58:00	04:23	44:04:00
251.	356	RICARDO SEROMENHO	INDIVIDUAL	245	VET M35	51	43:53:00	04:23	44:05:00
252.	1065	SERAFIM RAMOS	CLUBE PESSOAL EDP PORTO	246	VET M55	14	43:48:00	04:22	44:07:00
253.	5	VIRIATO ROCHA	RUNNING ESPINHO	247	SEN M	46	43:57:00	04:23	44:09:00
254.	584	MARCO PINHO	RUNNING ESPINHO	248	VET M50	23	44:06:00	04:24	44:10:00
255.	37	RUI MATOS	INDIVIDUAL	249	VET M60	6	43:54:00	04:23	44:10:00
256.	794	PAULO REIS	ARCORUN	250	VET M45	41	43:48:00	04:22	44:11:00
257.	706	HELDER COSTA	C M M C VALE DE CAMBRA	251	VET M45	42	44:11:00	04:25	44:13:00
258.	209	SILVIO FERREIRA	MOCIDADE SANGEMIL	252	VET M40	64	43:50:00	04:23	44:15:00
259.	267	PAULO REIS	SPORTING CLUBE DE ESPINHO	253	VET M45	43	44:11:00	04:25	44:18:00
260.	803	VÍTOR MOREIRA	INDIVIDUAL	254	SEN M	47	44:16:00	04:25	44:23:00
261.	351	LUIS GOMES	INDIVIDUAL	255	VET M40	65	44:12:00	04:25	44:24:00
262.	1000	TIAGO BARBOSA	INDIVIDUAL	256	VET M40	66	44:11:00	04:25	44:26:00
263.	688	HELDER FERREIRA	GRAMIDENSE IFC	257	VET M35	52	44:00:00	04:24	44:29:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
264.	1088	JOSÉ GOMES	INDIVIDUAL	258	VET M45	44	44:00:00	04:24	44:30:00
265.	847	PAULO OLIVEIRA	INDIVIDUAL	259	SEN M	48	44:09:00	04:24	44:30:00
266.	618	PAULO GIL	RUNNING ESPINHO	260	VET M40	67	44:28:00	04:26	44:31:00
267.	1002	CELSO GOMES	INDIVIDUAL	261	VET M50	24	44:22:00	04:26	44:32:00
268.	448	PEDRO VAZ	INDIVIDUAL	262	VET M35	53	44:12:00	04:25	44:35:00
269.	961	JÚLIA SCHIAVON	A D RIO LARGO C ESPINHO	7	VET F35	2	44:36:00	04:27	44:39:00
270.	872	LUIS CARVALHO	SPORTING CLUBE DE ESPINHO	263	VET M40	68	44:28:00	04:26	44:39:00
271.	507	DANIEL BARROS	JUVENTUDE CORTEGACENSE	264	VET M35	54	44:11:00	04:25	44:39:00
272.	98	JOÃO TERESO	TARTARUGAS DO ASFALTO	265	VET M35	55	44:32:00	04:27	44:41:00
273.	390	NUNO MORGADO	CORRER LEÇA	266	VET M40	69	44:18:00	04:25	44:42:00
274.	129	CARLOS RIPOLINS	RIPOLINS GRIJÓ A CORRER	267	VET M60	7	44:34:00	04:27	44:42:00
275.	1114	PEDRO XAVIER MOREIRA	INDIVIDUAL	268	SEN M	49	44:04:00	04:24	44:43:00
276.	840	LUÍS GUIMARÃES	INDIVIDUAL	269	SEN M	50	44:27:00	04:26	44:44:00
277.	841	LUÍS SILVA	INDIVIDUAL	270	VET M50	25	43:51:00	04:23	44:44:00
278.	135	ROBERTO SILVA	INDIVIDUAL	271	VET M40	70	44:22:00	04:26	44:45:00
279.	902	BRUNO DIAS	RUNNING ESPINHO	272	SEN M	51	44:41:00	04:28	44:46:00
280.	168	ADELINO GOMES	CAL-CLUBE ATLETISMO LAMAS	273	VET M40	71	43:53:00	04:23	44:46:00
281.	528	NUNO MILHEIRO	RUNNING ESPINHO	274	VET M40	72	44:42:00	04:28	44:49:00
282.	545	GERMANO BORGES	RUNNING ESPINHO	275	VET M35	56	44:38:00	04:27	44:50:00
283.	736	JOSÉ LUÍS	RUNNING ESPINHO	276	SEN M	52	44:34:00	04:27	44:51:00
284.	643	FÁBIO JUSTO	RUNNING ESPINHO	277	SEN M	53	44:04:00	04:24	44:55:00
285.	1072	ADRIANO QUEIRÓZ	A D RIO LARGO C ESPINHO	278	VET M65	1	44:51:00	04:29	44:56:00
286.	217	RUI GONÇALVES	INDIVIDUAL	279	VET M45	45	44:05:00	04:24	44:56:00
287.	642	MANUEL FERREIRA	RUNNING ESPINHO	280	VET M50	26	44:45:00	04:28	44:57:00
288.	761	MÁRIO ALVES	RUNNING ESPINHO	281	VET M50	27	44:52:00	04:29	44:57:00
289.	1071	JOAQUIM GOMES	A D RIO LARGO C ESPINHO	282	VET M60	8	44:55:00	04:29	44:58:00
290.	1037	RUI PENA	INDIVIDUAL	283	VET M40	73	44:02:00	04:24	45:01:00
291.	139	ANDRÉ PINA	INDIVIDUAL	284	SEN M	54	44:50:00	04:29	45:02:00
292.	124	CARLOS PINA	INDIVIDUAL	285	VET M35	57	44:50:00	04:29	45:02:00
293.	631	JOSÉ DUARTE	RUNNING ESPINHO	286	VET M45	46	44:37:00	04:27	45:07:00
294.	544	PEDRO LOBO	RUNNING ESPINHO	287	VET M35	58	44:59:00	04:29	45:12:00
295.	994	RICARDINO MARTINS SANTOS	GOODSHAPE	288	VET M40	74	44:40:00	04:28	45:14:00
296.	856	NUNO ALBERGARIA	INDIVIDUAL	289	SEN M	55	44:43:00	04:28	45:15:00
297.	857	FILIPE BARROS	INDIVIDUAL	290	SEN M	56	44:43:00	04:28	45:15:00
298.	297	PEDRO MARQUES	RUMO34	291	SEN M	57	45:03:00	04:30	45:17:00
299.	251	CATARINA PINHO	INDIVIDUAL	8	SEN F	2	45:07:00	04:30	45:19:00
300.	373	BRUNO FERRAZ	INDIVIDUAL	292	VET M35	59	45:00:00	04:30	45:19:00
301.	174	JOSÉ MOREIRA	CAL-CLUBE ATLETISMO LAMAS	293	VET M35	60	44:46:00	04:28	45:21:00
302.	1154	JOSÉ PEREIRA	INDIVIDUAL	294	VET M60	9	45:02:00	04:30	45:22:00
303.	1124	LEONEL RITO	HELIFLEX	295	VET M45	47	45:08:00	04:30	45:24:00
304.	716	JOAQUIM LOBATO	RUNNING ESPINHO	296	VET M50	28	45:05:00	04:30	45:28:00
305.	1017	ARLINDO RODRIGUES	C M M C VALE DE CAMBRA	297	VET M55	15	45:15:00	04:31	45:29:00
306.	1149	TELMO FERNANDES	TEAM BRAVOS	298	VET M35	61	45:19:00	04:31	45:30:00
307.	467	RUI CORREIA	TEAM BRAVOS	299	VET M35	62	45:17:00	04:31	45:30:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
308.	216	JORGE FERREIRA	ROYAL WELLNESS CENTER	300	SUB 23 M	3	45:32:00	04:33	45:34:00
309.	475	MAFALDA OLIVEIRA	RUNNING ESPINHO	9	SEN F	3	45:22:00	04:32	45:34:00
310.	769	FRANCISCO OLIVEIRA	INDIVIDUAL	301	VET M40	75	45:06:00	04:30	45:35:00
311.	205	VIRIATO ALMEIDA	S.C.ESPINHO TRIATLO	302	VET M45	48	45:31:00	04:33	45:35:00
312.	880	FÁTIMA GERALDES	TUGAS NA ESTRADA	10	VET F45	1	45:05:00	04:30	45:38:00
313.	802	ÂNGELA GOMES	INDIVIDUAL	11	SEN F	4	45:31:00	04:33	45:39:00
314.	774	AMÉRICO OLIVEIRA	AFIS/OVAR	303	VET M45	49	45:14:00	04:31	45:40:00
315.	1012	DIOGO AGUIAR	INQUIPA	304	VET M35	63	45:19:00	04:31	45:41:00
316.	164	LUÍS PERALTA	INDIVIDUAL	305	VET M35	64	45:24:00	04:32	45:42:00
317.	1103	HELDER PEREIRA	INDIVIDUAL	306	VET M40	76	45:22:00	04:32	45:45:00
318.	579	TONI FERREIRA	RUNNING ESPINHO	307	VET M35	65	45:47:00	04:34	45:47:00
319.	1122	JOÃO CAPELÔA	HELIFLEX	308	VET M50	29	45:33:00	04:33	45:47:00
320.	1051	NUNO ARAÚJO	INDIVIDUAL						
321.	1069	JOAQUIM BARBOSA	A D RIO LARGO C ESPINHO	310	VET M35	67	45:41:00	04:34	45:47:00
322.	133	GERALDINO SILVA	PORTO RUNNERS	311	VET M60	10	45:37:00	04:33	45:48:00
323.	170	NUNO PEREIRA	CAL-CLUBE ATLETISMO LAMAS	312	VET M40	77	45:27:00	04:32	45:49:00
324.	1204	GUSTAVO MARQUES	INDIVIDUAL	313	VET M40	78	45:23:00	04:32	45:50:00
325.	459	PEDRO SERRANO	SLOW DOWN	314	VET M40	79	44:54:00	04:29	45:50:00
326.	534	RUI PINTO	RUNNING ESPINHO	315	VET M40	80	45:41:00	04:34	45:50:00
327.	446	NUNO ROCHA	OPERAÇÃO CARNARIO	316	SEN M	58	45:41:00	04:34	45:51:00
328.	419	JORGE SILVA	GD BPI	317	VET M45	50	45:42:00	04:34	45:51:00
329.	1104	HUGO GONÇALVES	INDIVIDUAL	318	VET M45	51	45:29:00	04:32	45:52:00
330.	443	LUIS PEIXOTO	TRICOTAR ASFALTO	319	VET M40	81	45:42:00	04:34	45:53:00
331.	289	JORGE SANTOS	GIM	320	VET M50	30	45:45:00	04:34	45:55:00
332.	868	RICARDO PEREIRA	SPORTING CLUBE DE ESPINHO	321	JUN M	5	45:49:00	04:34	45:55:00
333.	764	ANTÓNIO OLIVEIRA	RUNNING ESPINHO	322	VET M55	16	45:53:00	04:35	45:56:00
334.	744	CARLA RAMOS	CGD PORTO SUL	12	VET F40	4	45:55:00	04:35	45:58:00
335.	314	IVO RAMOS	CASAL MARAVILHA	323	VET M40	82	45:55:00	04:35	45:58:00
336.	492	VALDEMAR LOPES	RUNNING ESPINHO	324	VET M40	83	45:22:00	04:32	45:58:00
337.	84	DINIS BAPTISTA	INDIVIDUAL	325	VET M40	84	45:39:00	04:33	45:58:00
338.	975	PEDRO COSTA AMARAL	INDIVIDUAL	326	SEN M	59	45:17:00	04:31	45:59:00
339.	692	MARCO CANDEIAS	INDIVIDUAL	327	SEN M	60	45:48:00	04:34	45:59:00
340.	925	ÓSCAR BRANDÃO	GRUPO OSCACER	328	VET M45	52	45:54:00	04:35	46:00:00
341.	866	JOSÉ CASTRO	SPORTING CLUBE DE ESPINHO	329	VET M50	31	45:53:00	04:35	46:00:00
342.	1061	JOSÉ SILVA	CLUBE PESSOAL EDP PORTO	330	VET M55	17	45:39:00	04:33	46:01:00
343.	171	PAULO NEVES	CAL-CLUBE ATLETISMO LAMAS	331	VET M50	32	45:52:00	04:35	46:03:00
344.	275	ANDRÉ REBELO	EQUIPA	332	SEN M	61	45:51:00	04:35	46:04:00
345.	355	FRANCISCO VIEIRA	INDIVIDUAL	333	VET M35	68	46:02:00	04:36	46:04:00
346.	438	FERNANDO CASTANHEIRA	INDIVIDUAL	334	SUB 23 M	4	45:50:00	04:35	46:05:00
347.	915	JOAQUIM PEREIRA	RUNNING ESPINHO	335	VET M55	18	45:54:00	04:35	46:06:00
348.	1058	CARLOS ALVES	CLUBE PESSOAL EDP PORTO	336	VET M55	19	45:47:00	04:34	46:06:00
349.	240	SEBASTIÃO ALVES	ARCORUN	337	VET M50	33	45:26:00	04:32	46:07:00
350.	865	VITOR FERREIRA	SPORTING CLUBE DE ESPINHO	338	VET M40	85	46:00:00	04:36	46:08:00
351.	738	CARLOS COSTA	CGD PORTO SUL	339	VET M40	86	45:52:00	04:35	46:08:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
352.	259	NÁDIA SANTOS	SPORTING CLUBE DE ESPINHO	13	SEN F	5	46:02:00	04:36	46:09:00
353.	249	RICARDO OLIVEIRA	INDIVIDUAL	340	VET M35	69	46:00:00	04:36	46:09:00
354.	436	MÁRIO LEITE	INDIVIDUAL	341	VET M50	34	45:31:00	04:33	46:09:00
355.	745	CARLOS DUARTE	CGD PORTO SUL	342	VET M35	70	45:53:00	04:35	46:09:00
356.	435	FERNANDO GASPAR	INDIVIDUAL	343	VET M40	87	45:30:00	04:33	46:09:00
357.	387	TÁCITO SOUSA	INDIVIDUAL	344	VET M35	71	45:20:00	04:32	46:10:00
358.	992	MARIANA ROCHA MONTEIRO	GOODSHAPE	14	VET F35	3	45:39:00	04:33	46:13:00
359.	867	JOSE PEREIRA	SPORTING CLUBE DE ESPINHO	345	VET M50	35	46:05:00	04:36	46:13:00
360.	552	GIL COSTA	RUNNING ESPINHO	346	VET M55	20	45:57:00	04:35	46:14:00
361.	721	BRUNO COUTO	RUNNING ESPINHO	347	VET M35	72	45:34:00	04:33	46:14:00
362.	773	MANUEL GOMES	AFIS/OVAR	348	VET M50	36	45:51:00	04:35	46:16:00
363.	1155	VITOR PEIXOTO	NASCIDOS PARA CORRER	349	SEN M	62	45:59:00	04:35	46:17:00
364.	798	FREDEDRICO JOSÉ	INDIVIDUAL	350	VET M40	88	45:43:00	04:34	46:18:00
365.	477	HUGO GUIMARÃES	RUNNING ESPINHO	351	SEN M	63	45:40:00	04:34	46:19:00
366.	69	VALTER BARBOSA	STCP RUNNERS	352	VET M35	73	45:47:00	04:34	46:21:00
367.	290	ANTÓNIO OLIVEIRA	GIM	353	VET M45	53	45:32:00	04:33	46:23:00
368.	479	CARLOS OLIVEIRA	RUNNING ESPINHO	354	SEN M	64	45:45:00	04:34	46:24:00
369.	353	JORGE REIS	INDIVIDUAL	355	SEN M	65	46:08:00	04:36	46:24:00
370.	1079	ANTÓNIO SÁ	ATLETISMO GERACAO PARAMOS	356	VET M40	89	45:55:00	04:35	46:25:00
371.	1083	HENRIQUE NEVES	ATLETISMO GERACAO PARAMOS	357	VET M45	54	45:55:00	04:35	46:25:00
372.	20	ANTÓNIO PINHEIRO	ARCORUN	358	VET M40	90	45:49:00	04:34	46:26:00
373.	237	MARTA CARVALHO	ARCORUN	15	VET F35	4	46:07:00	04:36	46:26:00
374.	1040	ANDRÉ TEIXEIRA	WALK AND RUN	359	JUN M	6	45:48:00	04:34	46:27:00
375.	78	JOÃO LEITE	INDIVIDUAL	360	SEN M	66	45:54:00	04:35	46:28:00
376.	480	VÍTOR NETO	RUNNING ESPINHO	361	VET M40	91	46:16:00	04:37	46:30:00
377.	985	CELESTINO GARCIA	INDIVIDUAL	362	VET M45	55	46:00:00	04:36	46:30:00
378.	1221	JOÃO MARTINS	RUNNING ESPINHO	363	SEN M	67	45:48:00	04:34	46:31:00
379.	1145	PEDRO ROLA	JUVENTUDE CORTEGACENSE	364	VET M45	56	46:32:00	04:39	46:32:00
380.	812	PAULO CONDE	AFIS/OVAR	365	VET M35	74	46:10:00	04:37	46:33:00
381.	421	JOSÉ VASCONCELOS	CORRIDAS.BEER	366	VET M35	75	45:47:00	04:34	46:40:00
382.	1209	BRUNO MARTINS	FACTOR X S4L	367	VET M35	76	46:35:00	04:39	46:43:00
383.	1173	NUNO GOMES	ADE TRAIL RUNNING	368	VET M35	77	46:23:00	04:38	46:48:00
384.	988	PAULO CAMBOA	INDIVIDUAL	369	SEN M	68	46:36:00	04:39	46:49:00
385.	136	ABILIO GOMES SANTOS	FORÇA NA CANELA	370	VET M55	21	46:48:00	04:40	46:49:00
386.	214	RITA PAUPÉRIO	INDIVIDUAL	16	VET F35	5	46:31:00	04:39	46:51:00
387.	780	HÉLDER COSTA	AFIS/OVAR	371	VET M35	78	46:23:00	04:38	46:51:00
388.	381	ANDRÉ BARBOSA	GDC CASTELO DE PAIVA	372	VET M35	79	46:19:00	04:37	46:52:00
389.	1048	ANDRÉ BANDEIRA	INDIVIDUAL	373	VET M40	92	46:32:00	04:39	46:52:00
390.	155	MANUEL MATOS	MANQUINHOS	374	VET M60	11	46:15:00	04:37	46:52:00
391.	1175	ABILIO RIBEIRO	SPORTING CLUBE DE ESPINHO	375	VET M45	57	46:55:00	04:41	46:55:00
392.	422	MIGUEL MIRANDA	INDIVIDUAL	376	VET M45	58	46:27:00	04:38	46:55:00
393.	851	GILBERTO COSTA	LS FITNESS	377	VET M40	93	46:03:00	04:36	46:55:00
394.	202	FERNANDO BERNARDINO	CAL-CLUBE ATLETISMO LAMAS	378	VET M45	59	46:56:00	04:41	46:56:00
395.	32	ANDRÉ RESTIVO	INDIVIDUAL	379	VET M40	94	46:42:00	04:40	46:56:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
396.	731	ANDRÉ SILVA	RUNNING ESPINHO	380	SEN M	69	46:29:00	04:38	46:57:00
397.	80	AZÉLIE ARPIN	TOU NA PISTA	17	VET F35	6	46:22:00	04:38	46:58:00
398.	248	VALDEMAR FERREIRA	INDIVIDUAL	381	VET M40	95	46:27:00	04:38	46:59:00
399.	939	JOSÉ PINTO	JAM	382	VET M45	60	46:54:00	04:41	46:59:00
400.	1134	AMÉRICO SANTOS	TAYLORS	383	VET M45	61	46:43:00	04:40	47:01:00
401.	555	JORGE CALDEIRA	RUNNING ESPINHO	384	VET M65	2	45:51:00	04:35	47:03:00
402.	676	BRUNO NUNES	INDIVIDUAL	385	SEN M	70	46:22:00	04:38	47:04:00
403.	1011	PAULO NOBRE	INQUIPA	386	VET M35	80	46:44:00	04:40	47:06:00
404.	854	SÉRGIO PINTO	INDIVIDUAL	387	SEN M	71	46:55:00	04:41	47:06:00
405.	107	SILVIA CUNHA	TARTARUGAS DO ASFALTO	18	VET F40	5	47:00:00	04:42	47:06:00
406.	1041	JORGE DIQUE	INDIVIDUAL	388	VET M60	12	46:58:00	04:41	47:07:00
407.	644	IVO MACHADO	RUNNING ESPINHO	389	VET M40	96	46:49:00	04:40	47:07:00
408.	1234	FILIPE FONTES	IMPERRIA	390	SEN M	72	46:17:00	04:37	47:09:00
409.	1137	PAULA ALVADIA	INDIVIDUAL	19	VET F45	2	46:48:00	04:40	47:10:00
410.	173	ANA ISABEL AMORIM	CAL-CLUBE ATLETISMO LAMAS	20	VET F40	6	46:35:00	04:39	47:11:00
411.	272	AMERICO GOMES	CAL-CLUBE ATLETISMO LAMAS	391	VET M45	62	46:33:00	04:39	47:11:00
412.	842	LEONEL SILVA	INDIVIDUAL	392	VET M50	37	46:18:00	04:37	47:12:00
413.	875	FRANCISCO MONTEIRO	INDIVIDUAL	393	VET M55	22	47:03:00	04:42	47:17:00
414.	922	VERGILIO TEIXEIRA	INDIVIDUAL	394	VET M40	97	46:57:00	04:41	47:18:00
415.	471	JOAQUIM OLIVEIRA	RUNNING ESPINHO	395	SEN M	73	46:51:00	04:41	47:19:00
416.	982	SERGIO SILVA	INDIVIDUAL	396	VET M40	98	46:59:00	04:41	47:20:00
417.	685	PAULO SILVA	GRAMIDENSE IFC	397	SEN M	74	46:50:00	04:41	47:20:00
418.	1068	JOÃO MENDES	A D RIO LARGO C ESPINHO	398	SEN M	75	47:15:00	04:43	47:22:00
419.	55	CARLOS OLIVEIRA	INDIVIDUAL	399	VET M45	63	47:10:00	04:43	47:23:00
420.	449	PEDRO RUANO DE CASTRO	INDIVIDUAL	400	VET M45	64	47:12:00	04:43	47:23:00
421.	328	FÁBIO OLIVEIRA	VELIMONSTRS	401	VET M35	81	47:16:00	04:43	47:23:00
422.	180	LUIS SILVA	MAIACROSSTEAM	402	VET M40	99	47:14:00	04:43	47:24:00
423.	156	JOEL TEIXEIRA	MANQUINHOS	403	SEN M	76	46:46:00	04:40	47:25:00
424.	613	ANTÓNIO DIAS	RUNNING ESPINHO	404	VET M50	38	46:57:00	04:41	47:25:00
425.	942	MARCOS ALVES	TRIBO NR	405	VET M40	100	47:12:00	04:43	47:26:00
426.	56	FERNANDO FERREIRA	INDIVIDUAL	406	VET M45	65	46:58:00	04:41	47:28:00
427.	188	ROSA AMÉLIA FERREIRA	INDIVIDUAL	21	VET F50	2	47:26:00	04:44	47:29:00
428.	691	PAULO OLIVEIRA	INDIVIDUAL	407	VET M40	101	46:47:00	04:40	47:29:00
429.	991	SUZETE ANDRÉ	INDIVIDUAL	22	VET F40	7	47:21:00	04:44	47:30:00
430.	1162	VÍTOR PRESA	INDIVIDUAL	408	SEN M	77	47:11:00	04:43	47:31:00
431.	893	RICARDO GONÇALVES	INDIVIDUAL	409	VET M40	102	46:46:00	04:40	47:33:00
432.	329	ANTONIO PEREIRA	CLUBE PRAÇAS DA ARMADA	410	VET M55	23	47:29:00	04:44	47:34:00
433.	679	RICARDO CASTRO	INDIVIDUAL	411	VET M35	82	46:53:00	04:41	47:34:00
434.	189	ZÉLIA FERREIRA	INDIVIDUAL	23	VET F50	3	47:32:00	04:45	47:35:00
435.	577	MIKA MAGALHÃES	RUNNING ESPINHO	412	VET M40	103	46:52:00	04:41	47:35:00
436.	138	ADÉRITO ALVES	SALGUEIROS RUNNING	413	VET M65	3	47:02:00	04:42	47:38:00
437.	181	ERNESTO GONÇALVES	FORÇA NA CANELA ESPINHO	414	VET M45	66	47:11:00	04:43	47:38:00
438.	1229	ANTÓNIO ALBUQUERQUE	RUNNING ESPINHO	415	VET M40	104	47:31:00	04:45	47:40:00
439.	804	JOÃO DUARTE	CGD PORTO SUL	416	SEN M	78	47:14:00	04:43	47:41:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
440.	1193	DIOGO COELHO	INDIVIDUAL	417	SEN M	79	47:00:00	04:42	47:42:00
441.	690	FERNANDO OLIVEIRA	GRAMIDENSE IFC	418	VET M45	67	47:13:00	04:43	47:43:00
442.	482	JOEL MARQUES	RUNNING ESPINHO	419	SEN M	80	47:12:00	04:43	47:43:00
443.	727	TIAGO PINTO	RUNNING ESPINHO	420	SEN M	81	47:16:00	04:43	47:44:00
444.	44	FRANK ROGERSON	INDIVIDUAL	421	VET M50	39	47:29:00	04:44	47:44:00
445.	120	ANTÓNIO SOARES	INDIVIDUAL	422	SEN M	82	47:28:00	04:44	47:46:00
446.	775	SÉRGIO RODRIGUES	AFIS/OVAR	423	VET M35	83	47:14:00	04:43	47:47:00
447.	15	MIGUEL BARROS	ARCORUN	424	VET M45	68	47:09:00	04:42	47:49:00
448.	416	JOSE SOUSA	INDIVIDUAL	425	VET M50	40	47:41:00	04:46	47:52:00
449.	90	JOSÉ PINHEL	INDIVIDUAL	426	VET M45	69	47:41:00	04:46	47:53:00
450.	218	CARLOS MADUREIRA	INDIVIDUAL	427	SEN M	83	47:43:00	04:46	47:53:00
451.	908	RUI SOARES	RUNNING ESPINHO	428	VET M40	105	47:50:00	04:47	47:54:00
452.	936	AUGUSTO BAPTISTA	JAM	429	VET M55	24	47:48:00	04:46	47:55:00
453.	701	VALTER SILVA	INDIVIDUAL	430	VET M35	84	47:37:00	04:45	47:55:00
454.	153	MANUEL TEIXEIRA	MANQUINHOS	431	VET M55	25	47:22:00	04:44	47:57:00
455.	39	JOSE PEREIRA	INDIVIDUAL	432	VET M35	85	47:36:00	04:45	47:58:00
456.	877	ANDRÉ SANTOS	INDIVIDUAL	433	SEN M	84	47:26:00	04:44	48:00:00
457.	673	BENJAMIM MARINHO	INDIVIDUAL	434	VET M35	86	47:27:00	04:44	48:00:00
458.	896	MARIO CORREIA	INDIVIDUAL	435	VET M45	70	47:24:00	04:44	48:00:00
459.	91	AVELINO SOUSA	TARTARUGAS DO ASFALTO	436	VET M45	71	47:50:00	04:47	48:00:00
460.	335	MÁRIO PINTO	INDIVIDUAL	437	VET M45	72	47:48:00	04:46	48:00:00
461.	62	ANSELMO ROCHA	RUN4EXCELLENCE	438	VET M40	106	47:52:00	04:47	48:02:00
462.	1030	VIRGOLINO BASTOS	GJPB - O. AZEMÉIS	439	VET M50	41	47:39:00	04:45	48:02:00
463.	1089	JOSÉ PINHO	INDIVIDUAL	440	VET M35	87	47:48:00	04:46	48:03:00
464.	397	PAULO SILVA	ASPHALT ASSAULT TEAM	441	SEN M	85	47:31:00	04:45	48:03:00
465.	461	RENATO TAVARES	INDIVIDUAL	442	VET M45	73	47:39:00	04:45	48:03:00
466.	852	MANUEL DUARTE	LS FITNESS	443	JUN M	7	47:11:00	04:43	48:03:00
467.	768	MÁRIO SILVA	RUNNING ESPINHO	444	VET M45	74	47:45:00	04:46	48:04:00
468.	1192	ANDRÉ SILVA	INDIVIDUAL	445	VET M55	26	47:23:00	04:44	48:04:00
469.	1075	MARCO GODINHO	INDIVIDUAL	446	SEN M	86	47:39:00	04:45	48:08:00
470.	1125	ANTÓNIO PINTO	INDIVIDUAL	447	VET M35	88	47:57:00	04:47	48:08:00
471.	162	ROSA SILVA	LIGEIRINHOS	24	VET F45	3	47:45:00	04:46	48:09:00
472.	1217	FERNANDO RESENDE	INDIVIDUAL	448	SEN M	87	47:21:00	04:44	48:10:00
473.	1201	RICARDO SILVA	INDIVIDUAL	449	VET M55	27	48:06:00	04:48	48:13:00
474.	1121	BRUNO TOITO	HELIFLEX	450	VET M35	89	47:58:00	04:47	48:15:00
475.	490	EMANUEL MOTA	RUNNING ESPINHO	451	VET M45	75	47:59:00	04:47	48:16:00
476.	60	MANUEL SOUSA	AFIS/OVAR	452	VET M60	13	48:11:00	04:49	48:16:00
477.	995	RICARDO GOUVEIA	GOODSHAPE	453	SEN M	88	47:41:00	04:46	48:17:00
478.	119	PAULA NUNES	INDIVIDUAL	25	VET F35	7	48:18:00	04:49	48:18:00
479.	712	JOSÉ CORREIA	RUNNING ESPINHO	454	VET M40	107	47:40:00	04:46	48:20:00
480.	1062	LUIS CUNHA	CLUBE PESSOAL EDP PORTO	455	VET M45	76	48:03:00	04:48	48:22:00
481.	271	HELDER LOPES	INDIVIDUAL	456	VET M35	90	47:55:00	04:47	48:22:00
482.	828	CATARINA PINHAL	LS FITNESS	26	SUB 23 F	1	47:30:00	04:45	48:23:00
483.	850	RICARDO DUARTE	LS FITNESS	457	JUN M	8	47:30:00	04:45	48:23:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
484.	1136	MIGUEL SOUSA	TAYLORS	458	VET M40	108	47:50:00	04:47	48:26:00
485.	559	TIAGO SOARES	RUNNING ESPINHO	459	VET M40	109	48:22:00	04:50	48:28:00
486.	575	JOSÉ RODRIGUES	RUNNING ESPINHO	460	VET M60	14	48:18:00	04:49	48:28:00
487.	348	CARLOS SILVA	INDIVIDUAL	461	VET M45	77	47:59:00	04:47	48:29:00
488.	470	MARCOS CARVALHO	RUNNING ESPINHO	462	VET M35	91	47:54:00	04:47	48:30:00
489.	222	NUNO AZEVEDO	EXSEDENTÁRIOS	463	VET M35	92	47:55:00	04:47	48:33:00
490.	1055	AMÂNDIO SILVA	CLUBE PESSOAL EDP PORTO	464	VET M55	28	48:11:00	04:49	48:33:00
491.	317	HUGO MELO	INDIVIDUAL	465	VET M35	93	48:21:00	04:50	48:34:00
492.	1031	RUI MARTINS	GJPB - O. AZEMÉIS	466	VET M35	94	48:21:00	04:50	48:34:00
493.	175	HÉLDER SILVA	CAL-CLUBE ATLETISMO LAMAS	467	VET M40	110	47:59:00	04:47	48:34:00
494.	498	JOSÉ SILVA	RUNNING ESPINHO	468	VET M40	111	48:18:00	04:49	48:35:00
495.	206	ANDRÉ PAIS	INDIVIDUAL	469	VET M35	95	48:22:00	04:50	48:36:00
496.	213	ANA BARBOSA	INVICTA RUNNERS TEAM	27	VET F55	1	48:14:00	04:49	48:37:00
497.	526	MANUEL FERREIRA	RUNNING ESPINHO	470	VET M65	4	48:26:00	04:50	48:40:00
498.	813	JOAQUIM FERREIRA	AFIS/OVAR	471	VET M50	42	48:14:00	04:49	48:42:00
499.	881	JOANA ALÇADA	AFIS/OVAR	28	VET F35	8	48:29:00	04:50	48:42:00
500.	782	EDUARDO OLIVEIRA	AFIS/OVAR	472	VET M40	112	48:17:00	04:49	48:42:00
501.	788	ELISIO MAIA	INDIVIDUAL	473	VET M45	78	48:15:00	04:49	48:42:00
502.	537	JOSÉ PINHO	RUNNING ESPINHO	474	SEN M	89	47:52:00	04:47	48:43:00
503.	242	JORGE LEITE	ARCORUN	475	VET M45	79	48:02:00	04:48	48:44:00
504.	366	ÁLVARO NUNES	ALL ABOUT SPIRIT TEAM	476	VET M40	113	48:18:00	04:49	48:47:00
505.	1142	JOSÉ FILIPE DUARTE	INDIVIDUAL	477	SEN M	90	48:30:00	04:51	48:47:00
506.	588	LUÍS TRINDADE	RUNNING ESPINHO	478	VET M45	80	48:13:00	04:49	48:48:00
507.	122	PAULO ROCHA	INDIVIDUAL	479	VET M55	29	47:55:00	04:47	48:48:00
508.	1176	JOÃO GARRIDO	INDIVIDUAL	480	VET M45	81	48:17:00	04:49	48:49:00
509.	121	PAULA OLIVEIRA	INDIVIDUAL	29	VET F40	8	47:56:00	04:47	48:49:00
510.	208	PATRICIA FERNANDES	NASCIDOS PARA CORRER	30	VET F40	9	48:25:00	04:50	48:50:00
511.	622	JOSÉ SALGUEIRO	RUNNING ESPINHO	481	VET M35	96	48:47:00	04:52	48:50:00
512.	1186	BRUNO AZEVEDO	INDIVIDUAL	482	VET M40	114	48:20:00	04:50	48:51:00
513.	518	RICARDO PAIS	WHG VILA MAIOR RUNNERS	483	SEN M	91	48:34:00	04:51	48:52:00
514.	1119	ANDRÉ DIAS	HELIFLEX	484	VET M40	115	48:19:00	04:49	48:53:00
515.	1118	ANSELMO SILVA	HELIFLEX	485	VET M40	116	48:20:00	04:50	48:53:00
516.	663	FRANCISCO CALDAS	SPORTING CLUBE DE ESPINHO	486	VET M40	117	48:11:00	04:49	48:53:00
517.	928	LÁZARO TEIXEIRA	GRUPO OSCACER	487	SEN M	92	48:51:00	04:53	48:57:00
518.	303	ANTÓNIO FERREIRA	G.D.RONDA	488	VET M55	30	48:42:00	04:52	48:58:00
519.	307	CARLOS FAZENDEIRO	G.D.RONDA	489	VET M55	31	48:41:00	04:52	48:58:00
520.	833	PAULO SANTOS	LS FITNESS						
521.	931	NUNO FONTES	INDIVIDUAL	491	VET M35	97	48:55:00	04:53	48:59:00
522.	898	ANDRÉ RIBEIRO	GEPAB	492	SEN M	93	48:03:00	04:48	48:59:00
523.	820	HUMBERTO PINHO	PORTO SENTIDO RUNNERS	493	VET M55	32	48:38:00	04:51	48:59:00
524.	1113	FERNANDO SANTOS	INDIVIDUAL	494	VET M35	98	48:39:00	04:51	49:00:00
525.	1094	EUNICE MAGALHÃES	DCI/PEDRULHA-MEALHADA	31	VET F35	9	48:34:00	04:51	49:01:00
526.	614	FILIPE COELHO	RUNNING ESPINHO	495	VET M35	99	48:38:00	04:51	49:01:00
527.	280	JOSÉ RIBA	RUNNING ESMORIZ	496	VET M50	43	48:51:00	04:53	49:03:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
528.	1253	DÉLIO CARQUEIJO	RUNNING ESPINHO	497	VET M40	118	48:41:00	04:52	49:04:00
529.	375	ALBERTO OLIVEIRA GOMES	INDIVIDUAL	498	VET M65	5	48:56:00	04:53	49:06:00
530.	972	BERNARDINO SILVA	INDIVIDUAL	499	VET M50	44	48:58:00	04:53	49:07:00
531.	1127	ARMANDO TIAGO MONTEIRO	FITMAN	500	SEN M	94	48:59:00	04:53	49:08:00
532.	440	LUÍS COSTA	RIPOLINS GRIJÓ A CORRER	501	VET M40	119	48:57:00	04:53	49:08:00
533.	1028	PEDRO PONCIANO	INDIVIDUAL	502	SEN M	95	48:51:00	04:53	49:09:00
534.	159	RUI COSTA	USF S.FÉLIX/PEROSINHO	503	SEN M	96	48:57:00	04:53	49:09:00
535.	427	JOAO COELHO	PORTO RUNNERS	504	VET M45	83	48:31:00	04:51	49:10:00
536.	426	PEDRO BAPTISTA	INDIVIDUAL	505	VET M45	84	48:30:00	04:51	49:10:00
537.	276	LUÍS FILIPE	EQUIPA	506	VET M50	45	48:58:00	04:53	49:11:00
538.	458	RUI PANTERA	SLOW DOWN	507	VET M40	120	48:16:00	04:49	49:12:00
539.	502	JAIME CASTRO	RUNNING ESPINHO	508	VET M45	85	48:52:00	04:53	49:12:00
540.	496	FÁTIMA PAIS	RUNNING ESPINHO	32	VET F50	4	48:57:00	04:53	49:13:00
541.	460	IGOR PAIVA	SLOW DOWN	509	SEN M	97	48:16:00	04:49	49:13:00
542.	563	JOSÉ MOUTINHO	RUNNING ESPINHO	510	VET M55	33	49:09:00	04:54	49:14:00
543.	101	ALBERTO TEIXEIRA	TARTARUGAS DO ASFALTO	511	VET M45	86	49:05:00	04:54	49:15:00
544.	176	FILIPE MOREIRA	CAL-CLUBE ATLETISMO LAMAS	512	VET M35	100	48:39:00	04:51	49:15:00
545.	1185	EUGÉNIO OLIVEIRA	INDIVIDUAL	513	VET M45	87	48:36:00	04:51	49:16:00
546.	269	RUI COELHO	WERUN4FOOD	514	SEN M	98	48:48:00	04:52	49:18:00
547.	486	ARMANDO VILAR	RUNNING ESPINHO	515	VET M45	88	49:07:00	04:54	49:20:00
548.	790	PEDRO FERREIRA	ACADEMIA FERNANDA RIBEIRO	516	VET M40	121	48:53:00	04:53	49:20:00
549.	1164	RUI PRESA	INDIVIDUAL	517	SEN M	99	49:00:00	04:54	49:21:00
550.	116	VÍTOR LIMA	TARTARUGAS DO ASFALTO	518	VET M50	46	49:13:00	04:55	49:22:00
551.	568	SEBASTIÃO COUTO	RUNNING ESPINHO	519	VET M50	47	48:54:00	04:53	49:22:00
552.	102	MÓNICA BARBOSA	TARTARUGAS DO ASFALTO	33	VET F40	10	49:14:00	04:55	49:22:00
553.	294	LUIS MOREIRA	INDIVIDUAL	520	VET M35	101	48:55:00	04:53	49:24:00
554.	53	J.P. AIRES	INDIVIDUAL	521	VET M35	102	49:10:00	04:55	49:25:00
555.	809	FERNANDO SANTOS	AFIS/OVAR	522	VET M70	1	49:07:00	04:54	49:28:00
556.	959	DANIEL LOPES	A D RIO LARGO C ESPINHO	523	SEN M	100	49:23:00	04:56	49:30:00
557.	364	VALDEMAR ALMEIDA	INDIVIDUAL	524	VET M50	48	49:19:00	04:55	49:33:00
558.	901	AGUSTINHO COELHO	INDIVIDUAL	525	VET M40	122	49:12:00	04:55	49:33:00
559.	143	MANUEL ANDRADE	INDIVIDUAL	526	VET M55	34	49:25:00	04:56	49:35:00
560.	1194	JOÃO REIS	INDIVIDUAL	527	VET M50	49	48:55:00	04:53	49:36:00
561.	1123	ÓSCAR BAPTISTA	HELIFLEX	528	VET M35	103	49:20:00	04:56	49:37:00
562.	1073	MÁRIO BARBOSA	A D RIO LARGO C ESPINHO	529	VET M50	50	49:15:00	04:55	49:38:00
563.	615	JOSÉ MARQUES	RUNNING ESPINHO	530	VET M45	89	49:10:00	04:55	49:38:00
564.	141	VITOR SILVA	SPORT CLUBE BEIRA-MAR	531	SEN M	101	49:25:00	04:56	49:39:00
565.	889	JOAQUIM PEDRO MENDES VASCONCELOS	INDIVIDUAL	532	VET M45	90	49:23:00	04:56	49:39:00
566.	918	CLÁUDIA MARQUES	RUNNING ESPINHO	34	VET F35	10	49:24:00	04:56	49:39:00
567.	1172	DOMINGOS SILVA	C M M C VALE DE CAMBRA	533	VET M60	15	49:25:00	04:56	49:39:00
568.	125	MARCIAL GOMES	INDIVIDUAL	534	SEN M	102	49:18:00	04:55	49:40:00
569.	589	MAFALDA RESENDE	RUNNING ESPINHO	35	VET F35	11	49:34:00	04:57	49:41:00
570.	161	AGNELO MARQUES	INDIVIDUAL	535	VET M45	91	49:18:00	04:55	49:44:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
571.	354	HELENA LOPES	TRIBO NR	36	VET F40	11	49:30:00	04:57	49:44:00
572.	1095	FERNANDO MARQUES	DCI/PEDRULHA-MEALHADA	536	VET M35	104	49:30:00	04:57	49:44:00
573.	404	PAULO TEIXEIRA	BOAVISTA F.C	537	VET M35	105	49:42:00	04:58	49:45:00
574.	145	PAULO CARNEIRO	STCP RUNNERS	538	VET M45	92	49:09:00	04:54	49:47:00
575.	33	MÁRIO MARQUES	INDIVIDUAL	539	VET M45	93	48:59:00	04:53	49:48:00
576.	152	ANDRÉ COIMBRA	MANQUINHOS	540	VET M35	106	49:11:00	04:55	49:49:00
577.	758	PAULO PEREIRA	RUNNING ESPINHO	541	VET M45	94	49:15:00	04:55	49:52:00
578.	149	HELDEBERTO SANTOS	STCP RUNNERS	542	VET M50	51	49:17:00	04:55	49:52:00
579.	1215	MIGUEL VASQUES	INDIVIDUAL	543	SEN M	103	49:42:00	04:58	49:53:00
580.	386	TÁCITO LARANJEIRA	INDIVIDUAL	544	VET M65	6	49:53:00	04:59	49:55:00
581.	1135	MIGUEL MOURA	TAYLORS	545	VET M45	95	49:43:00	04:58	49:58:00
582.	429	VÍTOR MOTA	WHG VILA MAIOR RUNNERS	546	SEN M	104	49:40:00	04:58	49:59:00
583.	1116	TIAGO MARTINS	INDIVIDUAL	547	VET M45	96	49:26:00	04:56	49:59:00
584.	489	FERNANDO MANUEL	RUNNING ESPINHO	548	VET M40	123	49:30:00	04:57	50:00:00
585.	22	JORGE OLIVEIRA	ARCORUN	549	VET M40	124	49:04:00	04:54	50:01:00
586.	110	JOÃO SEMEÃO	TARTARUGAS DO ASFALTO	550	VET M50	52	49:53:00	04:59	50:03:00
587.	558	JOAQUIM FERREIRA	RUNNING ESPINHO	551	VET M35	107	49:49:00	04:58	50:07:00
588.	823	SIMÃO CARDOSO	CAL-CLUBE ATLETISMO LAMAS	552	VET M35	108	49:34:00	04:57	50:10:00
589.	201	EDUARDO FARDILHA	FORÇA NA CANELA ESPINHO	553	VET M45	97	49:45:00	04:58	50:11:00
590.	1213	NUNO FERNANDES	RISE AND RISE AGAIN	554	SEN M	105	49:57:00	04:59	50:14:00
591.	998	JORGE RAMOS	INDIVIDUAL	555	VET M50	53	49:58:00	04:59	50:17:00
592.	243	CRISTIANA MAGALHÃES	CLUBE PT ZONA NORTE	37	VET F35	12	50:06:00	05:00	50:18:00
593.	504	BRUNO ANDRADE	RUNNING ESPINHO	556	SEN M	106	49:44:00	04:58	50:19:00
594.	583	MAFALDA OLIVEIRA	RUNNING ESPINHO	38	VET F35	13	50:05:00	05:00	50:19:00
595.	1063	MANUEL COSTA	CLUBE PESSOAL EDP PORTO	557	VET M50	54	49:51:00	04:59	50:20:00
596.	420	NUNO GONÇALVES	INDIVIDUAL	558	VET M35	109	49:19:00	04:55	50:20:00
597.	739	JOEL OLIVEIRA	CGD PORTO SUL	559	SEN M	107	49:28:00	04:56	50:21:00
598.	919	ISABEL ROCHA	RUNNING ESPINHO	39	VET F35	14	50:03:00	05:00	50:25:00
599.	1003	JORGE FONTES	INDIVIDUAL	560	VET M45	98	49:53:00	04:59	50:27:00
600.	393	SOFIA TELES	INDIVIDUAL	40	SEN F	6	49:38:00	04:57	50:27:00
601.	680	PAULO ALMEIDA	INDIVIDUAL	561	VET M40	125	49:59:00	04:59	50:28:00
602.	163	DEOLINDA SILVA	LIGEIRINHOS	41	VET F55	2	50:06:00	05:00	50:30:00
603.	305	DEOLINDA FERREIRA	G.D.RONDA	42	VET F45	4	50:19:00	05:01	50:34:00
604.	1078	LUÍS SILVA	INDIVIDUAL	562	SEN M	108	50:05:00	05:00	50:35:00
605.	986	HUGO MOREIRA	INDIVIDUAL	563	VET M35	110	49:52:00	04:59	50:36:00
606.	800	PORFÍRIO MARTINS	TO NA PISTA	564	VET M55	35	50:04:00	05:00	50:36:00
607.	247	ANDRÉ MOREIRA	INDIVIDUAL	565	JUN M	9	50:06:00	05:00	50:38:00
608.	300	RUI COELHO	INDIVIDUAL	566	VET M35	111	49:51:00	04:59	50:38:00
609.	383	JOANA SILVA	ARCORUN	43	SEN F	7	49:58:00	04:59	50:39:00
610.	1147	RICARDO SILVA	INDIVIDUAL	567	SEN M	109	50:43:00	05:04	50:43:00
611.	484	RENATO ARAÚJO	RUNNING ESPINHO	568	VET M45	99	50:33:00	05:03	50:44:00
612.	532	SANDRA FERREIRA	RUNNING ESPINHO	44	VET F40	12	50:30:00	05:03	50:45:00
613.	327	BRUNO ALMEIDA	VELIMONSTRS	569	VET M35	112	50:38:00	05:03	50:45:00
614.	384	ANTÓNIO DIAS	ARCORUN	570	VET M50	55	50:08:00	05:00	50:46:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
615.	824	ANABELA SANTOS	S.S.T.S.J.M.	45	VET F45	5	50:05:00	05:00	50:47:00
616.	781	PAULO ALMEIDA	AFIS/OVAR	571	VET M45	100	50:41:00	05:04	50:49:00
617.	519	HUGO MELO	REI DO LUXEMBURGO	572	VET M35	113	50:27:00	05:02	50:51:00
618.	883	RICARDO BARBOSA	INDIVIDUAL	573	SEN M	110	50:08:00	05:00	50:51:00
619.	523	ALICE APOLÓNIA	RUNNING ESPINHO	46	SEN F	8	50:34:00	05:03	50:51:00
620.	839	TOZÉ CASTRO	INDIVIDUAL	574	VET M35	114	50:39:00	05:03	50:54:00
621.	695	CARLOS MARTINS	PORTO SENTIDO RUNNERS	575	VET M50	56	50:32:00	05:03	50:54:00
622.	304	PAULA OLIVEIRA	G.D.RONDA	47	VET F35	15	50:39:00	05:03	50:54:00
623.	694	ELISABETE LOUREIRO	PORTO SENTIDO RUNNERS	48	VET F40	13	50:31:00	05:03	50:54:00
624.	408	RICARDO COSTA	INDIVIDUAL	576	VET M40	126	50:19:00	05:01	50:56:00
625.	481	MIGUEL SANTOS	RUNNING ESPINHO	577	VET M35	115	50:57:00	05:05	50:57:00
626.	817	RAQUEL MOREIRA	RUNNING ESPINHO	49	VET F40	14	50:40:00	05:04	50:58:00
627.	166	LUCIDIO DIAS	CAL-CLUBE ATLETISMO LAMAS	578	VET M65	7	50:23:00	05:02	50:59:00
628.	508	FRANCISCO MACEDO	INDIVIDUAL	579	VET M35	116	50:36:00	05:03	50:59:00
629.	1070	HENRIQUE SILVA	A D RIO LARGO C ESPINHO	580	VET M55	36	51:00:00	05:06	51:03:00
630.	1132	ANTÓNIO GONÇALVES	ACSP	581	VET M45	101	50:39:00	05:03	51:04:00
631.	696	SANDRO SILVA	INDIVIDUAL	582	VET M35	117	50:31:00	05:03	51:04:00
632.	146	MARCO BATISTA	STCP RUNNERS	583	VET M40	127	51:04:00	05:06	51:04:00
633.	148	DINIS PINTO	STCP RUNNERS	584	VET M45	102	50:28:00	05:02	51:05:00
634.	147	DOMINGOS FAUSTINO	STCP RUNNERS	585	VET M45	103	50:28:00	05:02	51:05:00
635.	1018	VASCO GOMES	C M M C VALE DE CAMBRA	586	VET M40	128	50:52:00	05:05	51:06:00
636.	323	VITOR VIEIRA	ALL ABOUT	587	VET M50	57	50:38:00	05:03	51:07:00
637.	281	MARIBEL OLIVEIRA	RUNNING ESMORIZ	50	VET F45	6	50:51:00	05:05	51:08:00
638.	1187	JORGE MEIRELES	INDIVIDUAL	588	VET M40	129	50:27:00	05:02	51:09:00
639.	647	RUI SANTOS	RUNNING ESPINHO	589	VET M40	130	50:38:00	05:03	51:09:00
640.	453	ELISABETE SANTOS	YAZAKI RUNNERS	51	VET F40	15	50:40:00	05:04	51:12:00
641.	1133	RUBEN AZEVEDO	ACSP	590	SUB 23 M	5	50:48:00	05:04	51:12:00
642.	542	PEDRO TEIXEIRA	RUNNING ESPINHO	591	VET M45	104	50:48:00	05:04	51:14:00
643.	551	CARMO MARINHO	RUNNING ESPINHO	52	VET F50	5	51:06:00	05:06	51:15:00
644.	382	JOAO PINTINHA	INDIVIDUAL	592	VET M55	37	50:46:00	05:04	51:18:00
645.	226	ANTÓNIO SILVA	INDIVIDUAL	593	VET M50	58	50:54:00	05:05	51:19:00
646.	811	JOAQUIM MOREIRA	AFIS/OVAR	594	VET M45	105	50:56:00	05:05	51:21:00
647.	810	SARA NUNES	AFIS/OVAR	53	VET F40	16	50:57:00	05:05	51:21:00
648.	400	FRANCISCO GOMES	SHOTS INTERNAT. RUNNERS	595	VET M40	131	50:50:00	05:05	51:24:00
649.	923	NUNO FERREIRA	FC TORANJA E APU	596	VET M35	118	50:42:00	05:04	51:26:00
650.	293	EMÍDIO SILVA	CLUBE MILLENNIUM BCP	597	VET M65	8	50:40:00	05:04	51:26:00
651.	241	TIAGO ALVES	ARCORUN	598	SEN M	111	50:41:00	05:04	51:27:00
652.	345	MANUEL SILVA	INDIVIDUAL	599	VET M45	106	51:06:00	05:06	51:27:00
653.	546	JOÃO RIBEIRO	RUNNING ESPINHO	600	SEN M	112	50:37:00	05:03	51:27:00
654.	193	ANA FILIPA CERQUEIRA	INDIVIDUAL	54	SEN F	9	51:12:00	05:07	51:31:00
655.	232	CARLOS SILVA	ARCORUN	601	VET M50	59	50:56:00	05:05	51:34:00
656.	61	EDUARDO RESENDE	AFIS/OVAR	602	VET M65	9	51:30:00	05:09	51:35:00
657.	211	LILIANA AZEVEDO	INDIVIDUAL	55	VET F35	16	50:57:00	05:05	51:37:00
658.	1228	NÉLSON FERNANDES	RUNNING ESPINHO	603	VET M35	119	51:10:00	05:07	51:40:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
659.	649	CARINA NEVES	RUNNING ESPINHO	56	SEN F	10	51:16:00	05:07	51:40:00
660.	1091	MARIA CARVALHO	DCI/PEDRULHA-MEALHADA	57	SEN F	11	51:26:00	05:08	51:40:00
661.	1092	TOZE CARVALHO	DCI/PEDRULHA-MEALHADA	604	VET M35	120	51:26:00	05:08	51:40:00
662.	1029	LUÍSA CAIRES	INDIVIDUAL	58	VET F45	7	51:32:00	05:09	51:42:00
663.	509	JOÃO BRONZE	INDIVIDUAL	605	VET M50	60	50:54:00	05:05	51:43:00
664.	468	EDUARDO BÁRTOLO	RUNNING ESPINHO	606	SEN M	113	50:48:00	05:04	51:43:00
665.	958	JORGE LONGO	YAZAKI RUNNERS	607	VET M55	38	51:22:00	05:08	51:43:00
666.	197	HERLANDER MIRO	FORÇA NA CANELA ESPINHO	608	VET M40	132	51:19:00	05:07	51:45:00
667.	253	NUNO SILVA	SOMOSTODOSMATRECOS	609	VET M35	121	51:28:00	05:08	51:46:00
668.	488	ÁLVARO SOUSA	RUNNING ESPINHO	610	VET M50	61	51:31:00	05:09	51:46:00
669.	1112	JOAQUIM MOREIRA	INDIVIDUAL	611	VET M40	133	51:31:00	05:09	51:46:00
670.	777	MÁRIO CONDE	AFIS/OVAR	612	VET M60	16	51:22:00	05:08	51:47:00
671.	653	EDUARDO FERREIRA	RUNNING ESPINHO	613	VET M35	122	51:01:00	05:06	51:50:00
672.	887	FÁTIMA GARCIA	INDIVIDUAL	59	VET F50	6	51:13:00	05:07	51:53:00
673.	531	DINA SILVA	RUNNING ESPINHO	60	SEN F	12	51:33:00	05:09	51:54:00
674.	530	LUÍS PATRÍCIO	RUNNING ESPINHO	614	SEN M	114	51:34:00	05:09	51:54:00
675.	291	HELDER MARQUES	SALGUEIROS RUNNING	615	VET M35	123	51:13:00	05:07	51:55:00
676.	1197	GASPAR CADETE	INDIVIDUAL	616	VET M65	10	51:42:00	05:10	51:56:00
677.	274	EDUARDO REBELO	EQUIPA	617	VET M55	39	51:49:00	05:10	52:02:00
678.	681	ELVIRA SILVA	INDIVIDUAL	61	VET F40	17	51:33:00	05:09	52:04:00
679.	142	XAVIER SANTOS	INDIVIDUAL	618	VET M35	124	51:14:00	05:07	52:04:00
680.	664	AUGUSTO JORGE SANTOS	SPORTING CLUBE DE ESPINHO	619	VET M50	62	51:14:00	05:07	52:06:00
681.	108	PAULO SÉRGIO	TARTARUGAS DO ASFALTO	620	VET M45	107	51:55:00	05:11	52:06:00
682.	210	VITOR NEVES	INDIVIDUAL	621	VET M35	125	51:26:00	05:08	52:06:00
683.	112	ISABEL SANTOS	TARTARUGAS DO ASFALTO	62	VET F35	17	52:02:00	05:12	52:08:00
684.	541	FERNANDO PAIS	RUNNING ESPINHO	622	VET M50	63	52:09:00	05:12	52:09:00
685.	332	AIRES RAMOS	RADLERTEAM	623	VET M40	134	51:13:00	05:07	52:09:00
686.	789	CRISTINA CARVALHO	INDIVIDUAL	63	VET F40	18	51:48:00	05:10	52:09:00
687.	571	PAULO ROCHA	RUNNING ESPINHO	624	VET M35	126	51:55:00	05:11	52:10:00
688.	899	ANTÓNIO RIBEIRO	GEPAB	625	VET M55	40	51:15:00	05:07	52:12:00
689.	312	RUI MANUEL REIS BARROS	CLUBE PT ZONA NORTE	626	VET M45	108	51:48:00	05:10	52:12:00
690.	1129	RUI FERREIRA	FITMAN	627	SEN M	115	52:04:00	05:12	52:13:00
691.	1015	ANTONIO TAFULA	INDIVIDUAL	628	VET M65	11	51:58:00	05:11	52:13:00
692.	137	MARIA SANTOS	FORÇA NA CANELA	64	VET F45	8	52:14:00	05:13	52:16:00
693.	652	EMÍLIO FONSECA	RUNNING ESPINHO	629	VET M60	17	51:59:00	05:11	52:17:00
694.	4	ÂNGELA JOÃO	RUNNING ESPINHO	65	SEN F	13	51:46:00	05:10	52:19:00
695.	3	NUNO PEDROSA	RUNNING ESPINHO	630	VET M35	127	51:46:00	05:10	52:20:00
696.	1252	LUÍS FILIPE VIEIRA	INDIVIDUAL	631	VET M35	128	51:46:00	05:10	52:20:00
697.	1108	HELDER ALMEIDA	INDIVIDUAL	632	VET M40	135	52:02:00	05:12	52:21:00
698.	639	PEDRO GONÇALVES	RUNNING ESPINHO	633	VET M40	136	51:52:00	05:11	52:22:00
699.	1111	JOÃO OLIVEIRA	INDIVIDUAL	634	VET M35	129	51:40:00	05:10	52:25:00
700.	510	JOÃO PAULINO	INDIVIDUAL	635	VET M45	109	51:45:00	05:10	52:26:00
701.	417	LUIS GOMES	INDIVIDUAL	636	SEN M	116	51:42:00	05:10	52:27:00
702.	569	MARCO COUTO	RUNNING ESPINHO	637	SEN M	117	51:58:00	05:11	52:27:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
703.	512	MIGUEL RESENDE	INDIVIDUAL	638	SEN M	118	51:33:00	05:09	52:28:00
704.	513	MARIA RESENDE	INDIVIDUAL	66	VET F45	9	51:34:00	05:09	52:29:00
705.	29	JOÃO DOS SANTOS	INDIVIDUAL	639	VET M40	137	51:52:00	05:11	52:32:00
706.	693	SANDRA CARVALHO	PORTO SENTIDO RUNNERS	67	VET F45	10	52:10:00	05:13	52:33:00
707.	760	ROSA RODRIGUES	RUNNING ESPINHO	68	VET F35	18	52:19:00	05:13	52:34:00
708.	177	PAULO FORTUNATO	CAL-CLUBE ATLETISMO LAMAS	640	VET M45	110	51:58:00	05:11	52:35:00
709.	172	ANA CASTRO	CAL-CLUBE ATLETISMO LAMAS	69	VET F45	11	51:58:00	05:11	52:35:00
710.	254	HUGO POÇAS	SOMOSTODOSMATRECOS	641	VET M35	130	52:18:00	05:13	52:37:00
711.	255	DANIEL ROCHA	SOMOSTODOSMATRECOS	642	VET M35	131	52:18:00	05:13	52:37:00
712.	582	JOANA ABREU	RUNNING ESPINHO	70	VET F35	19	52:22:00	05:14	52:38:00
713.	756	BRUNO MARQUES	RUNNING ESPINHO	643	VET M35	132	52:03:00	05:12	52:39:00
714.	430	IVONE PARDAL	TRICOTAR ASFALTO	71	VET F40	19	52:18:00	05:13	52:39:00
715.	431	VITOR SILVA	TURBO_LENTOS	644	VET M45	111	52:18:00	05:13	52:39:00
716.	330	SANDRO FRAGA	INDIVIDUAL	645	SEN M	119	51:57:00	05:11	52:41:00
717.	970	MARIO PEREIRA	INDIVIDUAL	646	VET M45	112	52:19:00	05:13	52:43:00
718.	997	ANDRÉ FILIPE MACHADO	GOODSHAPE	647	SEN M	120	52:06:00	05:12	52:43:00
719.	947	HUGO SÁ	INDIVIDUAL	648	VET M40	138	51:59:00	05:11	52:44:00
720.	178	TIAGO LAGES	SALGUEIROS RUNNING	649	SEN M	121	52:20:00	05:14	52:44:00
721.	556	ARTUR ENES	RUNNING ESPINHO	650	VET M45	113	52:29:00	05:14	52:48:00
722.	717	TERESA AMORIM	RUNNING ESPINHO	72	SEN F	14	52:14:00	05:13	52:49:00
723.	917	RUI PAIVA	RUNNING ESPINHO	651	VET M35	133	52:36:00	05:15	52:51:00
724.	648	CARLA ARAÚJO	RUNNING ESPINHO	73	SEN F	15	52:13:00	05:13	52:53:00
725.	580	HUGO VELHOTE	RUNNING ESPINHO	652	VET M40	139	52:34:00	05:15	52:54:00
726.	911	NUNO MOREIRA	RUNNING ESPINHO	653	VET M35	134	52:47:00	05:16	52:54:00
727.	700	RUI GONÇALVES	NEED FOR SPEED	654	SUB 23 M	6	52:26:00	05:14	52:57:00
728.	612	MANUELA SOUSA	RUNNING ESPINHO	74	VET F50	7	52:47:00	05:16	52:58:00
729.	350	JOSÉ MARQUES	INDIVIDUAL	655	VET M40	140	52:13:00	05:13	52:59:00
730.	223	ARNALDO LÚCIO	EXSEDENTÁRIOS	656	VET M45	114	52:28:00	05:14	53:05:00
731.	550	RICARDO PEREIRA	RUNNING ESPINHO	657	SEN M	122	52:44:00	05:16	53:07:00
732.	629	DIOGO OLIVEIRA	RUNNING ESPINHO	658	VET M40	141	52:23:00	05:14	53:10:00
733.	628	PAULA BARROS	RUNNING ESPINHO	75	VET F40	20	52:23:00	05:14	53:10:00
734.	374	NUNO TEIXEIRA	INDIVIDUAL	659	VET M35	135	52:13:00	05:13	53:10:00
735.	747	MÁRCIO MELO	INDIVIDUAL	660	VET M35	136	52:14:00	05:13	53:11:00
736.	144	PAULO GONÇALVES	STCP RUNNERS	661	VET M45	115	52:30:00	05:15	53:13:00
737.	83	PAULO RAMOS	GJPB - O. AZEMÉIS	662	VET M45	116	52:36:00	05:15	53:14:00
738.	127	ULISSES BARROS	INDIVIDUAL	663	VET M40	142	53:05:00	05:18	53:15:00
739.	40	CARLOS BARROSO	INDIVIDUAL	664	VET M50	64	53:01:00	05:18	53:16:00
740.	154	FERNANDO TEIXEIRA	MANQUINHOS	665	VET M60	18	52:43:00	05:16	53:20:00
741.	1144	PEDRO NUNO SANTOS PEREIRA	INDIVIDUAL	666	SEN M	123	52:41:00	05:16	53:24:00
742.	540	ROSALINA PAIS	RUNNING ESPINHO	76	VET F45	12	53:08:00	05:18	53:25:00
743.	572	RICARDO PATELA	RUNNING ESPINHO	667	VET M40	143	52:59:00	05:17	53:28:00
744.	455	ANTÓNIO MOTA	INDIVIDUAL	668	VET M40	144	52:48:00	05:16	53:29:00
745.	586	MARCELLO COSTA	RUNNING ESPINHO	669	VET M40	145	52:56:00	05:17	53:30:00
746.	1202	DAVID OLIVEIRA	INDIVIDUAL	670	VET M40	146	53:13:00	05:19	53:35:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
747.	1179	BRUNO COSTA	BIFANASTEAM	671	SEN M	124	52:36:00	05:15	53:35:00
748.	564	SÓNIA SANTOS	RUNNING ESPINHO	77	SEN F	16	53:09:00	05:18	53:39:00
749.	565	CRISTIANA SANTOS	RUNNING ESPINHO	78	SEN F	17	53:09:00	05:18	53:39:00
750.	405	JOSE ALMEIDA	INDIVIDUAL	672	VET M40	147	53:21:00	05:20	53:42:00
751.	406	MANUEL MIGUEIS	INDIVIDUAL	673	VET M40	148	53:23:00	05:20	53:42:00
752.	742	RICARDO FONSECA	CGD PORTO SUL	674	SEN M	125	53:43:00	05:22	53:43:00
753.	636	BRUNO FERREIRA	RUNNING ESPINHO	675	SEN M	126	53:10:00	05:19	53:45:00
754.	633	NUNO MARQUES	RUNNING ESPINHO	676	SEN M	127	53:10:00	05:19	53:45:00
755.	1054	ALTINO SILVA	CLUBE PESSOAL EDP PORTO	677	VET M55	41	53:23:00	05:20	53:45:00
756.	934	MARINHA BAPTISTA	JAM	79	VET F50	8	53:40:00	05:22	53:46:00
757.	1056	ARMANDO PENEDA	CLUBE PESSOAL EDP PORTO	678	VET M60	19	53:25:00	05:20	53:46:00
758.	670	LUIS LOUREIRO	INDIVIDUAL	679	VET M50	65	52:58:00	05:17	53:46:00
759.	1260	MÁRCIO SILVA	INDIVIDUAL	680	SEN M	128	53:22:00	05:20	53:48:00
760.	1235	JOAQUIM CRISTO	IMPERRIA	681	VET M40	149	53:00:00	05:18	53:52:00
761.	1205	VERA CORREIA	INDIVIDUAL	80	VET F35	20	53:28:00	05:20	53:52:00
762.	719	MARTA SOUSA	RUNNING ESPINHO	81	SEN F	18	53:23:00	05:20	53:52:00
763.	1206	BRUNO MOREIRA	INDIVIDUAL	682	VET M35	137	53:29:00	05:20	53:52:00
764.	1139	BRUNO GONCALVES	PROGELADO	683	VET M35	138	53:20:00	05:20	53:54:00
765.	134	RICARDO BASTOS	LEBRES DO SADO	684	VET M50	66	53:37:00	05:21	53:55:00
766.	273	SUSANA RODRIGUES	MARCHA-ATRÁS	82	SEN F	19	53:10:00	05:19	53:56:00
767.	472	PATRÍCIA FERREIRA	RUNNING ESPINHO	83	SEN F	20	53:12:00	05:19	53:56:00
768.	369	JOSÉ NASCIMENTO	INDIVIDUAL	685	VET M45	117	53:00:00	05:18	53:56:00
769.	963	JOSÉ FALCÃO	A D RIO LARGO C ESPINHO	686	VET M65	12	53:50:00	05:23	53:57:00
770.	370	HUMBERTO COSTA	INDIVIDUAL	687	VET M45	118	53:02:00	05:18	53:58:00
771.	52	RUI MACHADO	SALGUEIROS RUNNING	688	VET M50	67	53:38:00	05:21	54:00:00
772.	252	EDUARDO RUIZ	INDIVIDUAL	689	SEN M	129	53:49:00	05:22	54:00:00
773.	954	PEDRO MAGALHÃES	INDIVIDUAL	690	VET M50	68	53:21:00	05:20	54:01:00
774.	450	RUI PADRÃO	INDIVIDUAL	691	VET M40	150	53:13:00	05:19	54:02:00
775.	607	CRISTIANA PEIXOTO	RUNNING ESPINHO	84	SEN F	21	53:18:00	05:19	54:02:00
776.	853	MANUEL VIEIRA CARVALHO	INDIVIDUAL	692	VET M65	13	53:11:00	05:19	54:03:00
777.	710	DIANA THAIS	RUNNING ESPINHO	85	VET F40	21	53:04:00	05:18	54:04:00
778.	238	FERNANDO VIEIRA	ARCORUN	693	VET M35	139	53:12:00	05:19	54:04:00
779.	1047	RUI FARIA	INDIVIDUAL	694	VET M40	151	50:25:00	05:02	54:04:00
780.	499	PATRÍCIA LARANJEIRA	RUNNING ESPINHO	86	VET F35	21	53:41:00	05:22	54:06:00
781.	737	RAQUEL RICARDO	AMOR DE GALO	87	VET F40	22	53:35:00	05:21	54:11:00
782.	651	PEDRO ALMEIDA	RUNNING ESPINHO	695	VET M40	152	53:15:00	05:19	54:11:00
783.	25	LUIS DUARTE	FUJITIVOS	696	SEN M	130	53:20:00	05:20	54:14:00
784.	338	EMANUEL FONTE	INDIVIDUAL	697	VET M40	153	53:27:00	05:20	54:15:00
785.	367	ELVIRA CARDOSO	ALL ABOUT SPIRIT TEAM	88	VET F35	22	53:50:00	05:23	54:15:00
786.	1052	PAULA MIRANDA	SALGUEIROS RUNNING	89	VET F45	13	53:41:00	05:22	54:16:00
787.	219	PEDRO PAIXÃO	SALGUEIROS RUNNING	698	VET M35	140	53:31:00	05:21	54:16:00
788.	968	ALFREDO SANTOS	A D RIO LARGO C ESPINHO	699	VET M60	20	54:05:00	05:24	54:17:00
789.	538	ALEXANDRA LOPES	RUNNING ESPINHO	90	VET F40	23	54:03:00	05:24	54:18:00
790.	394	FILIFE CARNEIRO	ASPHALT ASSAULT TEAM	700	SEN M	131	41:28:00	04:08	54:18:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
791.	474	VÍTOR CARDOSO	RUNNING ESPINHO	701	VET M50	69	54:07:00	05:24	54:19:00
792.	396	LUÍS ABREU	ASPHALT ASSAULT TEAM	702	VET M45	119	41:31:00	04:09	54:20:00
793.	1182	MANUEL VALENTE	BIFANASTEAM	703	SEN M	132	53:23:00	05:20	54:20:00
794.	96	LUIS NOGUEIRA	TARTARUGAS DO ASFALTO	704	VET M45	120	54:13:00	05:25	54:21:00
795.	103	NUNO MAGALHÃES	TARTARUGAS DO ASFALTO	705	VET M45	121	54:13:00	05:25	54:21:00
796.	95	FILIPE PIRES	TARTARUGAS DO ASFALTO	706	VET M45	122	54:12:00	05:25	54:21:00
797.	105	RUI LEBRE	TARTARUGAS DO ASFALTO	707	VET M45	123	54:13:00	05:25	54:21:00
798.	109	PEDRO LEBRE	TARTARUGAS DO ASFALTO	708	VET M45	124	54:11:00	05:25	54:22:00
799.	115	ELISIO PATRICIO	TARTARUGAS DO ASFALTO	709	VET M45	125	54:11:00	05:25	54:22:00
800.	1189	BRUNO CARDOSO	INDIVIDUAL	710	VET M35	141	53:37:00	05:21	54:22:00
801.	462	PAULA OLIVEIRA	SPORTING CLUBE DE ESPINHO	91	VET F45	14	54:00:00	05:24	54:24:00
802.	619	SANDRA OLIVEIRA	RUNNING ESPINHO	92	VET F35	23	53:58:00	05:23	54:25:00
803.	456	MARCO OLIVEIRA	INDIVIDUAL	711	VET M45	126	53:27:00	05:20	54:25:00
804.	158	LÉNIO MARINHO	SALGUEIROS RUNNING	712	VET M60	21	54:17:00	05:25	54:27:00
805.	235	ALEXANDRA VIEIRA	ARCORUN	93	VET F40	24	53:40:00	05:22	54:27:00
806.	491	JOAQUIM DIAS	RUNNING ESPINHO	713	VET M50	70	53:37:00	05:21	54:28:00
807.	845	TÂNIA SANTOS	INDIVIDUAL	94	SEN F	22	53:48:00	05:22	54:29:00
808.	333	JOÃO DIAS	RADLERTEAM	714	VET M40	154	53:35:00	05:21	54:31:00
809.	192	ANTÓNIO PEREIRA	INDIVIDUAL	715	VET M50	71	53:46:00	05:22	54:37:00
810.	714	MI COUTO	RUNNING ESPINHO	95	SEN F	23	54:22:00	05:26	54:37:00
811.	859	AMERICO PINTO	SPORTING CLUBE DE ESPINHO	716	VET M50	72	54:18:00	05:25	54:39:00
812.	547	FERNANDO PIRES	RUNNING ESPINHO	717	VET M70	2	54:16:00	05:25	54:40:00
813.	27	SOFIA MARTINS	INDIVIDUAL	96	VET F35	24	54:26:00	05:26	54:43:00
814.	23	GLÓRIA SANTOS	ARCORUN	97	VET F55	3	53:38:00	05:21	54:46:00
815.	989	DANIEL COSTA	INDIVIDUAL	718	SEN M	133	54:02:00	05:24	54:46:00
816.	599	FADA SERÓDIO	RUNNING ESPINHO	719	SEN M	134	54:14:00	05:25	54:47:00
817.	1259	AGUSTINHO COELHO	INDIVIDUAL	720	VET M40	155	54:14:00	05:25	54:49:00
818.	825	MARIA FERNANDES	S.S.T.S.J.M.	98	VET F65	1	54:11:00	05:25	54:52:00
819.	230	PEDRO MARTINS	TO NA PISTA	721	SEN M	135	53:46:00	05:22	54:55:00
820.	79	MÁRIO CASTRO	TOU NA PISTA	722	SEN M	136	53:47:00	05:22	54:56:00
821.	1077	PAULO GODINHO	INDIVIDUAL	723	VET M40	156	54:10:00	05:25	54:59:00
822.	493	SÓNIA MOREIRA	RUNNING ESPINHO	99	VET F35	25	54:41:00	05:28	55:00:00
823.	1021	CARLOS PEREIRA	8.2 ARROSINHOS	724	VET M40	157	54:09:00	05:24	55:00:00
824.	955	MARIO PEREIRA	INDIVIDUAL	725	VET M45	127	54:17:00	05:25	55:04:00
825.	1026	RICARDO DUARTE	RACHÃO TRAIL TEAM	726	SEN M	137	54:14:00	05:25	55:08:00
826.	1023	BRUNO 80	RACHÃO TRAIL TEAM	727	SEN M	138	54:14:00	05:25	55:08:00
827.	682	PAULO SILVA	PAREDES AVENTURA	728	VET M45	128	54:48:00	05:28	55:09:00
828.	54	DANIELA ESTANQUEIRO	INDIVIDUAL	100	SEN F	24	54:53:00	05:29	55:10:00
829.	751	PEDRO SOARES	RUNNING ESPINHO	729	VET M40	158	54:23:00	05:26	55:10:00
830.	1207	MIGUEL AZEVEDO	INDIVIDUAL	730	VET M35	142	54:23:00	05:26	55:10:00
831.	752	MIGUEL MACEDO	RUNNING ESPINHO	731	VET M35	143	54:23:00	05:26	55:10:00
832.	683	MARTA MARTINS	INDIVIDUAL	101	VET F35	26	54:46:00	05:28	55:11:00
833.	689	MIGUEL TEIXEIRA	GRAMIDENSE IFC	732	VET M40	159	54:41:00	05:28	55:11:00
834.	557	LUÍS SOUSA	RUNNING ESPINHO	733	VET M40	160	54:54:00	05:29	55:12:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
835.	806	ADRIANO SANTOS	INDIVIDUAL	734	VET M35	144	54:51:00	05:29	55:15:00
836.	996	CATARINA GOUVEIA	GOODSHAPE	102	SEN F	25	54:38:00	05:27	55:19:00
837.	1191	TIAGO SANTOS	ARCORUN	735	SEN M	139	54:23:00	05:26	55:20:00
838.	334	FREDDY ASSUNÇÃO	RADLERTEAM	736	VET M35	145	54:24:00	05:26	55:20:00
839.	593	FADA STEFAN	RUNNING ESPINHO	737	VET M35	146	54:49:00	05:28	55:21:00
840.	763	HUGO ALEXANDRE ALVES	INDIVIDUAL	738	VET M35	147	55:02:00	05:30	55:22:00
841.	93	ELSA SILVA	TARTARUGAS DO ASFALTO	103	VET F40	25	55:16:00	05:31	55:24:00
842.	1143	ALFREDO ROCHA	INDIVIDUAL	739	VET M45	129	54:40:00	05:28	55:29:00
843.	1085	BRUNO MATOS	ATLETISMO GERACAO PARAMOS	740	VET M35	148	54:52:00	05:29	55:29:00
844.	1224	BRUNA COELHO	RUNNING ESPINHO	104	SEN F	26	54:41:00	05:28	55:29:00
845.	533	PAULO LADEIRA	RUNNING ESPINHO	741	VET M45	130	55:10:00	05:31	55:31:00
846.	72	SERAFIM PEREIRA	INDIVIDUAL	742	VET M40	161	55:05:00	05:30	55:34:00
847.	604	RAQUEL PEDROSA	RUNNING ESPINHO	105	VET F45	15	55:20:00	05:32	55:34:00
848.	473	TIAGO SOUSA	RUNNING ESPINHO	743	SEN M	140	54:50:00	05:29	55:35:00
849.	723	DANI BETTENCOURT	RUNNING ESPINHO	744	VET M35	149	55:22:00	05:32	55:36:00
850.	724	ISA BETTENCOURT	RUNNING ESPINHO	106	VET F35	27	55:23:00	05:32	55:36:00
851.	179	ANA BRITO	INDIVIDUAL	107	SEN F	27	55:36:00	05:33	55:36:00
852.	43	AMÂNDIO MENDES	INDIVIDUAL	745	VET M45	131	54:55:00	05:29	55:36:00
853.	909	SILVIE COUTO	RUNNING ESPINHO	108	VET F40	26	55:29:00	05:32	55:36:00
854.	71	SARA HENRIQUES	INDIVIDUAL	109	SEN F	28	55:07:00	05:30	55:37:00
855.	726	ÁLVARO MEIRELES	RUNNING ESPINHO	746	VET M40	162	55:37:00	05:33	55:37:00
856.	715	CARINA MONTEIRO	RUNNING ESPINHO	110	SEN F	29	54:58:00	05:29	55:38:00
857.	1167	JOSÉ FREITAS	ROLLING AVENTURA	747	VET M50	73	55:29:00	05:32	55:38:00
858.	913	AUGUSTO SILVEIRA	RUNNING ESPINHO	748	VET M40	163	55:08:00	05:30	55:40:00
859.	1169	RUI FREITAS	HANDBUNNERS	749	VET M45	132	55:09:00	05:30	55:40:00
860.	123	MANUEL LAPA	INDIVIDUAL	750	VET M70	3	55:11:00	05:31	55:42:00
861.	623	AUGUSTA ZENHA	RUNNING ESPINHO	111	VET F45	16	55:33:00	05:33	55:48:00
862.	215	ROGÉRIO HENRIQUES	LIMITLESS	751	SEN M	141	55:26:00	05:32	55:49:00
863.	605	GABRIEL FERREIRA	RUNNING ESPINHO	752	VET M40	164	55:28:00	05:32	55:50:00
864.	606	SÓNIA NEVES	RUNNING ESPINHO	112	VET F40	27	55:28:00	05:32	55:50:00
865.	749	GABRIELA VEIGUINHA	RUNNING ESPINHO	113	VET F40	28	55:35:00	05:33	55:52:00
866.	655	RITA FIGUEIREDO	RUNNING ESPINHO	114	VET F35	28	54:58:00	05:29	55:53:00
867.	657	DANIEL SILVA	RUNNING ESPINHO	753	VET M35	150	54:58:00	05:29	55:54:00
868.	672	FILIPA RIBEIRO	INDIVIDUAL	115	VET F40	29	54:56:00	05:29	55:54:00
869.	140	NUNO SOUSA	INDIVIDUAL	754	VET M40	165	55:44:00	05:34	55:55:00
870.	49	SANDRA AGUIAR	SALGUEIROS RUNNING	116	VET F40	30	55:21:00	05:32	55:55:00
871.	725	CARLA OLIVEIRA	RUNNING ESPINHO	117	VET F40	31	55:37:00	05:33	55:56:00
872.	759	ALEXANDRA SOARES	RUNNING ESPINHO	118	VET F45	17	55:48:00	05:34	56:05:00
873.	671	JORGE MOTA	INDIVIDUAL	755	VET M45	133	55:16:00	05:31	56:15:00
874.	372	JOAQUIM VIEIRA	INDIVIDUAL	756	VET M50	74	55:27:00	05:32	56:15:00
875.	371	SANDRA AMORIM	INDIVIDUAL	119	VET F40	32	55:27:00	05:32	56:15:00
876.	478	HÉLIA LIMA	RUNNING ESPINHO	120	SEN F	30	56:01:00	05:36	56:20:00
877.	711	MARGARIDA MACHADO	RUNNING ESPINHO	121	VET F50	9	56:05:00	05:36	56:20:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
878.	1170	MARIA DA GLÓRIA MOREIRA AZEVEDO	INDIVIDUAL	122	VET F50	10	56:10:00	05:37	56:22:00
879.	603	PAULO MARQUES	RUNNING ESPINHO	757	VET M50	75	56:14:00	05:37	56:22:00
880.	476	VERÓNICA COUTO	RUNNING ESPINHO	123	SEN F	31	55:56:00	05:35	56:22:00
881.	469	VÍTOR MENESES	RUNNING ESPINHO	758	VET M55	42	55:54:00	05:35	56:22:00
882.	585	MARISA RAIMUNDO	RUNNING ESPINHO	124	VET F35	29	56:13:00	05:37	56:22:00
883.	1158	ALBERTO ALMEIDA	INDIVIDUAL	759	SEN M	142	55:54:00	05:35	56:26:00
884.	965	SUSANA MONTEIRO	A D RIO LARGO C ESPINHO	125	VET F40	33	56:19:00	05:37	56:28:00
885.	1254	ALVARO DUARTE	INDIVIDUAL	760	VET M50	76	56:31:00	05:39	56:31:00
886.	885	EMÍLIA FERREIRA	INDIVIDUAL	126	VET F40	34	56:07:00	05:36	56:32:00
887.	199	NIDIA ROCHA	INDIVIDUAL	127	VET F45	18	56:07:00	05:36	56:35:00
888.	876	MANUEL SILVA	INDIVIDUAL	761	VET M60	22	56:03:00	05:36	56:36:00
889.	846	RICHARD MARQUES	INDIVIDUAL	762	VET M35	151	56:23:00	05:38	56:38:00
890.	1163	INÊS ARCOS	INDIVIDUAL	128	VET F35	30	56:18:00	05:37	56:38:00
891.	1153	ALEXANDRA PEREIRA	INDIVIDUAL	129	VET F35	31	56:18:00	05:37	56:39:00
892.	943	ALICE ALVES	RUNNING ESPINHO	130	VET F35	32	55:54:00	05:35	56:39:00
893.	51	PAULO SERRA	INDIVIDUAL	763	VET M40	166	55:55:00	05:35	56:40:00
894.	570	JORGE SEQUEIRA	RUNNING ESPINHO	764	VET M50	77	56:24:00	05:38	56:41:00
895.	993	ANDREIA MONTEIRO	GOODSHAPE	131	VET F35	33	56:04:00	05:36	56:44:00
896.	336	PAULA PINTO	INDIVIDUAL	132	VET F40	35	56:02:00	05:36	56:45:00
897.	7	SÓNIA OLIVEIRA	RUNNING ESPINHO	133	SEN F	32	56:32:00	05:39	56:47:00
898.	257	GABRIELA DIAS	SPORTING CLUBE DE ESPINHO	134	SUB 23 F	2	56:30:00	05:39	56:49:00
899.	465	CLÁUDIO CASTRO	INDIVIDUAL	765	VET M35	152	55:54:00	05:35	56:49:00
900.	466	RICARDO OLIVEIRA	INDIVIDUAL	766	SEN M	143	55:55:00	05:35	56:50:00
901.	452	BERNARDINO MACHADO	INDIVIDUAL	767	VET M45	134	56:07:00	05:36	56:50:00
902.	827	PEDRO VIEIRA	INDIVIDUAL	768	SEN M	144	56:05:00	05:36	56:51:00
903.	916	CRISTINA BARBOSA	RUNNING ESPINHO	135	SEN F	33	56:31:00	05:39	56:51:00
904.	220	RUI BARBOSA	EXSEDENTÁRIOS	769	VET M35	153	56:15:00	05:37	56:52:00
905.	1057	AUGUSTO GRANJA	CLUBE PESSOAL EDP PORTO	770	VET M65	14	56:38:00	05:39	56:52:00
906.	1115	ÂNGELA ALMEIDA	INDIVIDUAL	136	SEN F	34	56:16:00	05:37	56:52:00
907.	506	MARLENE FERREIRA	JUVENTUDE CORTEGACENSE	137	SEN F	35	56:27:00	05:38	56:53:00
908.	1080	CRISTÓVÃO SANTOS	ATLETISMO GERACAO PARAMOS	771	VET M40	167	56:12:00	05:37	56:54:00
909.	921	CLAUDIA TEIXEIRA	INDIVIDUAL	138	VET F40	36	56:07:00	05:36	56:54:00
910.	946	SOFIA RODRIGUES	INDIVIDUAL	139	SEN F	36	56:07:00	05:36	56:54:00
911.	529	SUSANA SILVA	RUNNING ESPINHO	140	VET F40	37	56:40:00	05:40	56:56:00
912.	403	JOÃO MENDES	INDIVIDUAL	772	SEN M	145	56:06:00	05:36	56:59:00
913.	200	FÁTIMA DUARTE	INDIVIDUAL	141	VET F45	19	56:32:00	05:39	56:59:00
914.	708	MIGUEL SILVA	INDIVIDUAL	773	VET M35	154	56:43:00	05:40	57:02:00
915.	548	CARLA MAGALHÃES	RUNNING ESPINHO	142	VET F35	34	56:30:00	05:39	57:12:00
916.	31	ALICE SANTOS	NME	143	VET F45	20	56:31:00	05:39	57:13:00
917.	698	MÁRIO FONSECA	RUNNING ESMORIZ	774	SEN M	146	56:43:00	05:40	57:28:00
918.	1045	ALCÍDIO FIGUEIREDO	INDIVIDUAL	775	VET M50	78	56:46:00	05:40	57:33:00
919.	244	CARLOS MOREIRA	INDIVIDUAL	776	VET M40	168	56:53:00	05:41	57:35:00
920.	325	EUSÉBIO LOPES	INDIVIDUAL	777	VET M40	169	56:53:00	05:41	57:35:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
921.	50	RUI GODINHO	SALGUEIROS RUNNING	778	VET M45	135	57:01:00	05:42	57:36:00
922.	326	JANETT FERNANDES	SPORTING CLUBE ESPINHO	144	VET F40	38	57:03:00	05:42	57:37:00
923.	930	ROSITSA PERPERIEVA	INDIVIDUAL	145	SEN F	37	57:33:00	05:45	57:38:00
924.	1223	FÁBIO SILVA	RUNNING ESPINHO	779	SEN M	147	56:53:00	05:41	57:41:00
925.	425	LUCIANA SOUSA	INDIVIDUAL	146	SEN F	38	56:51:00	05:41	57:45:00
926.	600	FADA WILSON	RUNNING ESPINHO	780	SEN M	148	57:16:00	05:43	57:47:00
927.	762	CRISTINA COUTO	RUNNING ESPINHO	147	VET F45	21	57:37:00	05:45	57:50:00
928.	1180	RAQUEL RAMOS	INDIVIDUAL	148	SEN F	39	56:54:00	05:41	57:51:00
929.	395	SERAFIM COUTINHO	ASPHALT ASSAULT TEAM	781	VET M60	23	57:08:00	05:42	57:52:00
930.	391	INÊS SEABRA TELES	INDIVIDUAL	149	SEN F	40	57:02:00	05:42	57:52:00
931.	392	BRUNO MENDES	INDIVIDUAL	782	SEN M	149	57:02:00	05:42	57:52:00
932.	779	ELISABETE ASSUNÇÃO	AFIS/OVAR	150	VET F35	35	57:26:00	05:44	57:54:00
933.	1074	MAFALDA CARDOSO	A D RIO LARGO C ESPINHO	151	JUN F	1	57:49:00	05:46	57:55:00
934.	746	SANDRA PINTO	CGD PORTO SUL	152	VET F40	39	57:34:00	05:45	57:59:00
935.	624	EDUARDO PINTO	RUNNING ESPINHO	783	VET M40	170	57:19:00	05:43	58:02:00
936.	1	VICENTE PINTO	RUNNING ESPINHO	784	VET M45	136	57:18:00	05:43	58:02:00
937.	656	ROSA DUARTE	RUNNING ESPINHO	153	SEN F	41	57:38:00	05:45	58:03:00
938.	318	HÉLDER FERREIRA	BLUES BROTHERS TEAM	785	VET M40	171	57:21:00	05:44	58:03:00
939.	212	ADELAIDE HORTA	INVICTA RUNNERS TEAM	154	VET F60	1	57:40:00	05:46	58:04:00
940.	1166	PEDRO CORREIA	INDIVIDUAL	786	VET M40	172	57:33:00	05:45	58:05:00
941.	707	JORGE MARTINS	C M M C VALE DE CAMBRA	787	VET M60	24	57:41:00	05:46	58:06:00
942.	637	JOÃO BAIREIRA	RUNNING ESPINHO	788	SEN M	150	57:12:00	05:43	58:07:00
943.	1007	PEDRO CERQUEIRA	É PRA DESGRAÇA...	789	SEN M	151	56:39:00	05:39	58:10:00
944.	14	CLÁUDIA DIAS	ARCORUN	155	SEN F	42	57:31:00	05:45	58:12:00
945.	10	MANUEL COUTO	RIPOLINS GRIJÓ A CORRER	790	VET M70	4	57:42:00	05:46	58:12:00
946.	1227	DIOGO ROCHA	RUNNING ESPINHO	791	SEN M	152	57:27:00	05:44	58:15:00
947.	402	ELISABETE VITORINO	INDIVIDUAL	156	VET F35	36	57:26:00	05:44	58:20:00
948.	990	MARIA RIBEIRO	RUNNING ESPINHO	157	VET F55	4	57:59:00	05:47	58:22:00
949.	16	VERÓNICA SAMPAIO	ARCORUN	158	VET F40	40	57:49:00	05:46	58:31:00
950.	590	FADA SUÁREZ	RUNNING ESPINHO	792	SEN M	153	58:04:00	05:48	58:34:00
951.	592	FADA SAVIOLA	RUNNING ESPINHO	793	SEN M	154	58:06:00	05:48	58:38:00
952.	1010	NUNO LEMOS	INDIVIDUAL	794	VET M35	155	57:56:00	05:47	58:39:00
953.	654	VÍTOR SOUSA	RUNNING ESPINHO	795	SEN M	155	57:54:00	05:47	58:49:00
954.	35	ALEXANDRE NEIVA	FUJITIVOS	796	SEN M	156	57:55:00	05:47	58:53:00
955.	128	DIANA BASTOS	INDIVIDUAL	159	SEN F	43	57:55:00	05:47	58:53:00
956.	722	SÓNIA PEREIRA	RUNNING ESPINHO	160	VET F35	37	58:13:00	05:49	58:53:00
957.	357	CATARINA REIS	FITBOX ESPINHO	161	SEN F	44	58:09:00	05:48	58:54:00
958.	331	ANDRÉ GONÇALVES	INDIVIDUAL	797	SUB 23 M	7	58:00:00	05:48	58:57:00
959.	914	CARLA COELHO	RUNNING ESPINHO	162	VET F35	38	58:27:00	05:50	58:57:00
960.	85	CHRISTOPHER GUIMARAENS	INDIVIDUAL	798	VET M45	137	58:13:00	05:49	58:59:00
961.	1042	PAULO MAGALHÃES	INDIVIDUAL	799	VET M45	138	58:20:00	05:50	58:59:00
962.	632	ANSELMO SILVA	RUNNING ESPINHO	800	VET M45	139	58:29:00	05:50	59:00:00
963.	28	ROSA BISPO	INDIVIDUAL	163	VET F60	2	58:24:00	05:50	59:02:00
964.	595	FADA ELISE	RUNNING ESPINHO	164	SEN F	45	58:31:00	05:51	59:03:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
965.	1005	RUI PEDRO SANTOS	INDIVIDUAL	801	SEN M	157	58:16:00	05:49	59:03:00
966.	1004	VÂNIA PINTO	INDIVIDUAL	165	SEN F	46	58:17:00	05:49	59:04:00
967.	616	ANABELA BARATA	RUNNING ESPINHO	166	VET F40	41	58:47:00	05:52	59:12:00
968.	86	MANUEL RODRIGUES	INDIVIDUAL	802	VET M50	79	59:08:00	05:54	59:13:00
969.	341	DANIELA GOMES	INDIVIDUAL	167	SEN F	47	58:49:00	05:52	59:13:00
970.	342	CARLOS MOREIRA	INDIVIDUAL	803	SEN M	158	58:49:00	05:52	59:13:00
971.	1174	NINI PEREIRA	INDIVIDUAL	168	VET F35	39	58:22:00	05:50	59:14:00
972.	1053	FÁTIMA BATISTA SANTOS	CLUBE PESSOAL EDP PORTO	169	VET F35	40	58:56:00	05:53	59:16:00
973.	818	VÂNIA OLIVEIRA	FANTÁSTICAS RUN TEAM	170	SEN F	48	58:30:00	05:51	59:17:00
974.	819	LILIANA OLIVEIRA	FANTÁSTICAS RUN TEAM	171	VET F35	41	58:30:00	05:51	59:17:00
975.	250	SÓNIA OLIVEIRA	INDIVIDUAL	172	VET F35	42	58:38:00	05:51	59:20:00
976.	553	MÓNICA PINHO	RUNNING ESPINHO	173	VET F35	43	58:56:00	05:53	59:23:00
977.	626	PEDRO AMORIM	RUNNING ESPINHO	804	VET M35	156	58:24:00	05:50	59:23:00
978.	258	FÁTIMA OLIVEIRA	SPORTING CLUBE DE ESPINHO	174	SEN F	49	59:04:00	05:54	59:23:00
979.	900	HELENA BERNARDO	INDIVIDUAL	175	SUB 23 F	3	58:27:00	05:50	59:24:00
980.	63	RUTE FONSECA	INDIVIDUAL	176	VET F40	42	58:53:00	05:53	59:02:00
981.	70	ALCIDES FREIRE	INDIVIDUAL	805	VET M45	140	58:53:00	05:53	59:25:00
982.	165	LILIANA GOMES	INDIVIDUAL	177	VET F35	44	58:43:00	05:52	59:31:00
983.	283	GABRIEL SILVA	RUNNING ESMORIZ	806	JUN M	10	58:49:00	05:52	59:33:00
984.	434	JORGE SANTOS	INDIVIDUAL	807	VET M35	157	58:43:00	05:52	59:38:00
985.	337	JOSE PINTO	INDIVIDUAL	808	VET M55	43	58:47:00	05:52	59:42:00
986.	786	ANTÓNIO FERREIRA	GD BANCO DE PORTUGAL	809	VET M75	1	59:02:00	05:54	59:42:00
987.	1225	SUSANA DUARTE	RUNNING ESPINHO	178	VET F40	43	58:58:00	05:53	59:46:00
988.	246	PAULA MOREIRA	INDIVIDUAL	179	VET F40	44	59:03:00	05:54	59:46:00
989.	376	SOFIA MARTINS	FITBOX ESPINHO	180	SEN F	50	59:03:00	05:54	59:48:00
990.	21	FRANCISCO BARROS	ARCORUN	810	VET M40	173	58:57:00	05:53	59:51:00
991.	1001	MÁRIO LOPES	ARCORUN	811	VET M40	174	59:12:00	05:55	59:53:00
992.	131	BERNARDO SANTOS	CLUBE VODAFONE	812	VET M40	175	59:39:00	05:57	59:54:00
993.	278	HELIANA SÁ	RUNNING ESMORIZ	181	SEN F	51	59:12:00	05:55	59:56:00
994.	279	ANTÓNIO PORRÃO	RUNNING ESMORIZ	813	VET M55	44	59:16:00	05:55	01:00:00
995.	831	CARLA MONTENEGRO	LS FITNESS	182	VET F40	45	59:11:00	05:55	01:00:01
996.	487	CARLOS SILVA	RUNNING ESPINHO	814	VET M55	45	59:45:00	05:58	01:00:02
997.	150	FÁTIMA AZEVEDO	STCP RUNNERS	183	VET F45	22	59:25:00	05:56	01:00:04
998.	228	HÉLDER FERREIRA	STCP RUNNERS	815	VET M40	176	59:21:00	05:56	01:00:04
999.	594	FADA MONTOYA	RUNNING ESPINHO	184	SEN F	52	59:33:00	05:57	01:00:05
1000.	47	TÂNIA CORREIA	INDIVIDUAL	185	VET F35	45	59:47:00	05:58	01:00:09
1001.	620	JORGE OLIVEIRA	RUNNING ESPINHO	816	VET M40	177	59:46:00	05:58	01:00:14
1002.	771	NUNO SANTOS	INDIVIDUAL	817	VET M35	158	59:36:00	05:57	01:00:17
1003.	1046	JOANA REIS	ELLAS.FIT	186	SEN F	53	59:27:00	05:56	01:00:17
1004.	741	MARIANA OLIVEIRA	CGD PORTO SUL	187	SEN F	54	59:53:00	05:59	01:00:18
1005.	316	ALBERTO SANTOS	INDIVIDUAL	818	VET M55	46	59:45:00	05:58	01:00:21
1006.	659	ARMINDA CARVALHO	RUNNING ESPINHO	188	SEN F	55	01:00:10	06:01	01:00:24
1007.	1159	FLORBELA CANICEIRO	SRI CHINMOY MARATHON TEAM	189	VET F45	23	59:34:00	05:57	01:00:26
1008.	805	JOÃO PINHO	TO NA PISTA	819	VET M50	80	59:58:00	05:59	01:00:33

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
1009.	608	CLARA CHUMBINHO	RUNNING ESPINHO	190	VET F60	3	01:00:30	06:03	01:00:38
1010.	932	TIAGO RIBEIRO	INDIVIDUAL	820	JUN M	11	53:14:00	05:19	01:00:45
1011.	933	MANUEL RIBEIRO	INDIVIDUAL	821	VET M45	141	53:14:00	05:19	01:00:45
1012.	1036	ALEXANDRE PENA	INDIVIDUAL	822	JUN M	12	01:00:00	06:00	01:00:51
1013.	1226	SARA COELHO	RUNNING ESPINHO	191	VET F35	46	01:00:06	06:00	01:00:53
1014.	194	FERNANDO ALMEIDA	FORÇA NA CANELA ESPINHO	823	VET M65	15	01:00:27	06:02	01:00:55
1015.	198	JOANA ALMEIDA	FORÇA NA CANELA ESPINHO	192	VET F35	47	01:00:28	06:02	01:00:55
1016.	882	RICARDO PINHO	INDIVIDUAL	824	VET M35	159	01:00:00	06:00	01:00:56
1017.	525	MARIA FERREIRA	RUNNING ESPINHO	193	VET F50	11	01:00:48	06:04	01:01:01
1018.	359	LAURINDA LEMOS	FITBOX ESPINHO	194	VET F45	24	01:00:17	06:01	01:01:02
1019.	770	GERALDINE TEIXEIRA	TRICOTAR ASFALTO	195	VET F35	48	01:00:15	06:01	01:01:03
1020.	974	SONIA MOREIRA	INDIVIDUAL	196	SEN F	56	01:00:11	06:01	01:01:09
1021.	610	MANUEL SANTOS	RUNNING ESPINHO	825	SEN M	159	01:00:43	06:04	01:01:12
1022.	1107	ANTÓNIO PINHO	8.2 ARROSIINHOS	826	VET M45	142	01:00:35	06:03	01:01:24
1023.	658	CARLA GOMES	RUNNING ESPINHO	197	VET F40	46	01:01:10	06:07	01:01:24
1024.	363	MARTA MARQUES	FIT GAIA TRAIL	198	VET F40	47	01:01:09	06:06	01:01:26
1025.	362	PAULO MACHADO	FIT GAIA TRAIL	827	VET M50	81	01:01:11	06:07	01:01:27
1026.	379	SUSANA FERREIRA	FITBOX ESPINHO	199	VET F35	49	01:00:54	06:05	01:01:39
1027.	826	CARLOS OLIVEIRA	REUMATICOS	828	VET M40	178	01:01:53	06:11	01:01:53
1028.	1222	JOSÉ MILHEIRO	RUNNING ESPINHO	829	VET M35	160	01:01:07	06:06	01:01:57
1029.	9	MARIA ALICE GUIMARÃES	INVICTA RUNNERS TEAM	200	VET F55	5	01:01:34	06:09	01:01:58
1030.	309	MOISÉS LIMA	INDIVIDUAL	830	VET M45	143	01:01:32	06:09	01:01:59
1031.	1039	JORGE SOARES	WALK AND RUN	831	VET M45	144	01:01:19	06:07	01:01:59
1032.	581	SU VELHOTE	RUNNING ESPINHO	201	VET F45	25	01:00:39	06:03	01:02:00
1033.	1060	JOSÉ DARA	CLUBE PESSOAL EDP PORTO	832	VET M65	16	01:01:37	06:09	01:02:05
1034.	549	ISABEL CABRAL	RUNNING ESPINHO	202	SEN F	57	01:01:56	06:11	01:02:19
1035.	561	SANDRA CARVALHO	RUNNING ESPINHO	203	VET F40	48	01:01:56	06:11	01:02:25
1036.	560	RUI SANTARENO	RUNNING ESPINHO	833	VET M45	145	01:02:08	06:12	01:02:27
1037.	562	DANIELA COSTA	RUNNING ESPINHO	204	VET F45	26	01:02:07	06:12	01:02:36
1038.	286	ANGELA PINTO	INDIVIDUAL	205	VET F50	12	01:01:47	06:10	01:02:38
1039.	886	DIANA SANTOS	INDIVIDUAL	206	SEN F	58	01:01:45	06:10	01:02:40
1040.	233	PEDRO MELO	ARCORUN	834	VET M50	82	01:02:06	06:12	01:02:45
1041.	793	ANA ROCHA	ARCORUN	207	VET F35	50	01:02:05	06:12	01:02:46
1042.	554	LUCIA ALEIXO	RUNNING ESPINHO	208	VET F45	27	01:02:37	06:15	01:02:57
1043.	1081	MARISA RODRIGUES	ATLETISMO GERACAO PARAMOS	209	VET F35	51	01:02:40	06:16	01:03:05
1044.	324	PAULA LOPES	INDIVIDUAL	210	VET F35	52	01:02:26	06:14	01:03:09
1045.	1014	ADRIANA ESTEVES	INDIVIDUAL	211	SEN F	59	51:46:00	05:10	01:03:26
1046.	1013	ÓSCAR MENDES	INDIVIDUAL	835	SEN M	160	51:46:00	05:10	01:03:26
1047.	1220	VANIA CARNEIRO	INDIVIDUAL	212	SEN F	60	59:47:00	05:58	01:03:27
1048.	415	SOFIA MACIEL	INDIVIDUAL	213	SEN F	61	01:02:43	06:16	01:03:31
1049.	322	RUI PINHO	REUMATICOS	836	VET M40	179	01:03:33	06:21	01:03:33
1050.	401	ANA GONÇALVES	FITBOX ESPINHO	214	SEN F	62	01:02:55	06:17	01:03:40
1051.	34	ALESSANDRO SANTOS	FUJITIVOS	837	SEN M	161	01:02:41	06:16	01:03:41
1052.	225	DANIELA COSTA	INDIVIDUAL	215	VET F35	53	01:02:56	06:17	01:03:44

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
1053.	980	LUIS SANTOS	VILA MAIOR EM TURISMO	838	VET M40	180	01:03:47	06:22	01:03:47
1054.	113	PEDRO PEDROSA	TARTARUGAS DO ASFALTO	839	SEN M	162	01:03:36	06:21	01:03:47
1055.	106	LUISA ALMEIDA	TARTARUGAS DO ASFALTO	216	VET F50	13	01:03:38	06:21	01:03:47
1056.	740	ANDRÉ TEIXEIRA	CGD PORTO SUL	840	VET M40	181	01:02:56	06:17	01:03:48
1057.	767	CARLA SILVA	RUNNING ESPINHO	217	VET F35	54	01:03:43	06:22	01:04:09
1058.	1050	PEDRO MARQUES	INDIVIDUAL	841	VET M45	146	01:03:22	06:20	01:04:13
1059.	646	CARLA ÁGUAS	RUNNING ESPINHO	218	VET F40	49	01:03:35	06:21	01:04:13
1060.	645	RUI CARDOSO	RUNNING ESPINHO	842	VET M45	147	01:03:37	06:21	01:04:14
1061.	2	MARGARITA FERREIRA	RUNNING ESPINHO	219	VET F45	28	01:03:36	06:21	01:04:15
1062.	73	LIA HENRIQUES	INDIVIDUAL	220	SEN F	63	01:03:55	06:23	01:04:23
1063.	1038	LORE HORLAMUS	INDIVIDUAL	221	VET F35	55	01:03:25	06:20	01:04:23
1064.	1082	CONCEIÇÃO BESSA	ATLETISMO GERACAO PARAMOS	222	VET F40	50	01:04:00	06:24	01:04:26
1065.	207	JÚLIO OLIVEIRA	INDIVIDUAL	843	SEN M	163	01:03:40	06:22	01:04:26
1066.	1230	PEDRO MIRANDA	RUNNING ESPINHO	844	VET M35	161	01:03:28	06:20	01:04:27
1067.	849	NÁDIA VEIGA	RUNNING ESPINHO	223	VET F35	56	01:03:28	06:20	01:04:28
1068.	1210	MIGUEL LOPES	INDIVIDUAL	845	VET M35	162	01:03:37	06:21	01:04:30
1069.	1212	NUNO SILVA	INDIVIDUAL	846	VET M40	182	01:03:37	06:21	01:04:30
1070.	104	RICARDO SOUSA	TARTARUGAS DO ASFALTO	847	VET M35	163	01:04:22	06:26	01:04:32
1071.	1009	NUNO COSTA	É PRA DESGRAÇA...	848	SEN M	164	01:03:00	06:18	01:04:35
1072.	66	LUISA REIS	STCP RUNNERS	224	SEN F	64	01:04:03	06:24	01:04:45
1073.	68	MARGARIDA SILVA	STCP RUNNERS	225	VET F35	57	01:04:06	06:24	01:04:45
1074.	703	PRISCILA MENDES	FAMIGLIA 146	226	VET F40	51	01:03:57	06:23	01:04:56
1075.	702	SÉRGIO ROCHA	FAMIGLIA 146	849	VET M45	148	01:03:58	06:23	01:04:56
1076.	630	MÓNICA OLIVEIRA	RUNNING ESPINHO	227	VET F40	52	01:04:36	06:27	01:04:59
1077.	1237	DANIELA SANTOS	INDIVIDUAL	228	SEN F	65	01:04:16	06:25	01:05:04
1078.	117	MARINA COSTA	TARTARUGAS DO ASFALTO	229	VET F35	58	01:05:00	06:30	01:05:10
1079.	365	ALBERTO NETO	INDIVIDUAL	850	VET M60	25	01:05:00	06:30	01:05:14
1080.	864	SANDRA PINTO	SPORTING CLUBE DE ESPINHO	230	VET F35	59	01:04:54	06:29	01:05:15
1081.	315	CLARA RAMALHO	STCP RUNNERS	231	VET F40	53	01:04:39	06:27	01:05:18
1082.	8	PATRÍCIA OLIVEIRA	RUNNING ESPINHO	232	SEN F	66	01:04:47	06:28	01:05:18
1083.	940	MIGUEL TEIXEIRA	INDIVIDUAL	851	VET M35	164	01:05:41	06:34	01:05:47
1084.	190	PEDRO ALEXANDRE CORREIA	SALGUEIROS RUNNING	852	VET M40	183	01:04:55	06:29	01:05:47
1085.	185	SUSANA VASCONCELOS	SALGUEIROS RUNNING	233	VET F40	54	01:04:56	06:29	01:05:48
1086.	753	LUCIANA RIBEIRO	RUNNING ESPINHO	234	SEN F	67	01:05:13	06:31	01:05:48
1087.	6	ANDREIA BARBOSA	RUNNING ESPINHO	235	SEN F	68	01:05:14	06:31	01:05:49
1088.	832	LIGIA BARROS	LS FITNESS	236	VET F45	29	01:05:02	06:30	01:05:52
1089.	261	ANDREIA FERREIRA	SPORTING CLUBE DE ESPINHO	237	VET F35	60	01:05:47	06:34	01:06:02
1090.	483	ANDREIA ROSAS	RUNNING ESPINHO	238	VET F35	61	01:05:32	06:33	01:06:02
1091.	1008	RAFAEL AZEVEDO	É PRA DESGRAÇA...	853	VET M40	184	01:04:39	06:27	01:06:09
1092.	601	FADA PRITZKER	RUNNING ESPINHO	854	VET M45	149	01:05:37	06:33	01:06:11
1093.	597	FADA ANDREAS	RUNNING ESPINHO	855	VET M35	165	01:05:38	06:33	01:06:11
1094.	830	AMÉRICA SOUSA	LS FITNESS	239	VET F55	6	01:05:20	06:32	01:06:12
1095.	1016	JOSÉ SOUSA	INDIVIDUAL	856	VET M45	150	01:05:26	06:32	01:06:12
1096.	411	ANA PACHECO	PAREDES AVENTURA	240	SEN F	69	01:05:18	06:31	01:06:17

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
1097.	1020	CLAUDIA AMARAL	8.2 ARROSIHOS	241	VET F45	30	01:05:32	06:33	01:06:20
1098.	735	JOEL RIBEIRO	RUNNING ESPINHO	857	VET M40	185	01:05:41	06:34	01:06:23
1099.	734	PATRÍCIA MARTINS	RUNNING ESPINHO	242	VET F35	62	01:05:41	06:34	01:06:23
1100.	413	LURDES BARBOSA	INDIVIDUAL	243	VET F40	55	01:05:31	06:33	01:06:31
1101.	277	PAULO MELO	CAL-CLUBE ATLETISMO LAMAS	858	VET M40	186	01:06:12	06:37	01:06:48
1102.	621	CARLA NOVAIS	RUNNING ESPINHO	244	VET F40	56	01:06:22	06:38	01:06:50
1103.	245	ALBERTO FERREIRA	SALGUEIROS RUNNING	859	VET M60	26	01:06:02	06:36	01:06:53
1104.	1188	TERESA LIMA	INDIVIDUAL	245	VET F40	57	01:06:07	06:36	01:06:54
1105.	186	AGOSTINHO VASCONCELOS	SALGUEIROS RUNNING	860	VET M70	5	01:06:02	06:36	01:06:54
1106.	1148	PAULA OLIVEIRA	INDIVIDUAL	246	VET F40	58	01:06:17	06:37	01:06:54
1107.	638	SARA RIBEIRO	RUNNING ESPINHO	247	SEN F	70	01:06:17	06:37	01:06:55
1108.	1257	DIANA CRUZ	INDIVIDUAL	248	SEN F	71	01:06:17	06:37	01:06:55
1109.	1256	JOANA GRADE	INDIVIDUAL	249	VET F40	59	01:06:58	06:41	01:07:35
1110.	45	EMÍLIA FERNANDES	INDIVIDUAL	861	VET M40	187	01:06:56	06:41	01:07:37
1111.	524	MARIA CORREIA	RUNNING ESPINHO	250	VET F55	7	01:07:05	06:42	01:07:40
1112.	1150	VERA FRANCISCO	INDIVIDUAL	251	SEN F	72	01:06:46	06:40	01:07:46
1113.	1109	VITOR HUGO MOTA DIAS	INDIVIDUAL	862	VET M35	166	01:07:23	06:44	01:08:13
1114.	1110	SANDRA MARIA DA COSTA	INDIVIDUAL	252	SEN F	73	01:07:23	06:44	01:08:13
1115.	1181	FILIPA TAVARES	BIFANASTEAM	253	SEN F	74	01:07:55	06:47	01:08:53
1116.	1214	JOÃO MATOS	INDIVIDUAL	863	SEN M	165	01:08:43	06:52	01:09:10
1117.	360	CATARINA MARTINS	INDIVIDUAL	254	SEN F	75	01:08:44	06:52	01:09:11
1118.	878	JORGE PIMENTA	INDIVIDUAL	864	SEN M	166	01:08:31	06:51	01:09:15
1119.	834	IRIS BRANDÃO	LS FITNESS	255	SEN F	76	01:08:28	06:50	01:09:20
1120.	596	FADA MI	RUNNING ESPINHO	865	VET M35	167	01:09:11	06:55	01:09:43
1121.	126	CELINA MOREIRA	INDIVIDUAL	256	VET F35	63	01:08:56	06:53	01:09:54
1122.	26	LILIA MARQUES	FUJITIVOS	257	SEN F	77	01:08:53	06:53	01:09:54
1123.	829	PAULA OLIVEIRA	LS FITNESS	258	VET F50	14	01:09:06	06:54	01:09:56
1124.	1190	DANIELA PINHEIRO	INDIVIDUAL	259	VET F40	60	01:09:12	06:55	01:09:58
1125.	36	NATÁLIA SANTOS	FUJITIVOS	260	SEN F	78	01:09:04	06:54	01:10:05
1126.	948	JOSE OLIVEIRA	INDIVIDUAL	866	VET M45	151	01:09:20	06:56	01:10:08
1127.	598	FADA GALLOPER	RUNNING ESPINHO	867	SEN M	167	01:09:43	06:58	01:10:17
1128.	890	PAULA CORREIA	SRI CHINMOY MARATHON TEAM	261	VET F45	31	01:09:47	06:58	01:10:41
1129.	949	JOAQUIM CASTRO	INDIVIDUAL	868	VET M55	47	01:10:09	07:00	01:10:53
1130.	67	CARLA OLIVEIRA	STCP RUNNERS	262	VET F40	61	01:10:17	07:01	01:10:55
1131.	17	ROSINA COUTO	ARCORUN	263	VET F55	8	01:10:06	07:00	01:10:56
1132.	1160	ANA COSTA	SRI CHINMOY MARATHON TEAM	264	SEN F	79	01:10:16	07:01	01:11:08
1133.	157	RAQUEL FORTUNA	INDIVIDUAL	265	SEN F	80	01:10:18	07:01	01:11:18
1134.	234	ALCINA MOURA	ARCORUN	266	VET F60	4	01:10:28	07:02	01:11:19
1135.	195	CARLA PEREIRA	FORÇA NA CANELA ESPINHO	267	VET F45	32	01:11:07	07:06	01:11:36
1136.	999	EDUARDO ALMEIDA	GD BANCO DE PORTUGAL	869	VET M70	6	01:11:59	07:11	01:13:00
1137.	627	HÉLDER ALMEIDA	RUNNING ESPINHO	870	VET M40	188	01:13:57	07:23	01:14:44
1138.	409	ANTÓNIO GUEDES	RUNNING ESPINHO	871	SEN M	168	01:15:40	07:34	01:16:40
1139.	1183	SONIA PEDROSA	JAM	268	VET F35	64	01:18:49	07:52	01:18:56