

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
1	774	VITOR SANTOS	PERALTAFIL RUNNING	1	VET M40	1	00:16:06	03:12	00:32:08	<b>00:32:09</b>
2	302	JANIK LIMA	CLUBE DE ATLETISMO DE OVAR	2	VET M35	1	00:16:06	03:14	00:32:28	<b>00:32:29</b>
3	773	TOZE CASTRO	PERALTAFIL RUNNING	3	VET M35	2	00:16:06	03:15	00:32:39	<b>00:32:40</b>
4	545	JOAO PEREIRA	INDIVIDUAL	4	VET M35	3	00:16:07	03:16	00:32:48	<b>00:32:49</b>
5	882	JORGE VALENTE	ARVOR VETERANOS DE OVAR	5	SEN M	1	00:16:15	03:17	00:32:55	<b>00:32:57</b>
6	301	HELDER PIRES	CLUBE DE ATLETISMO DE OVAR	6	SEN M	2	00:16:36	03:22	00:33:39	<b>00:33:41</b>
7	303	CELSE LEITE	CLUBE DE ATLETISMO DE OVAR	7	SEN M	3	00:16:32	03:22	00:33:41	<b>00:33:42</b>
8	692	FERNANDO LIMA	RUNNING ESPINHO	8	VET M40	2	00:16:42	03:23	00:33:57	<b>00:33:57</b>
9	1170	DANIEL SILVA	ACD.SÃO JOAO DA SERRA	9	SEN M	4	00:16:38	03:24	00:33:58	<b>00:34:01</b>
10	304	RENATO SOUSA	CLUBE DE ATLETISMO DE OVAR	10	SEN M	5	00:16:38	03:24	00:33:59	<b>00:34:01</b>
11	703	ANTONIO SOUSA	RIPOLINS GRIJÓ A CORRER	11	VET M45	1	00:16:42	03:24	00:34:01	<b>00:34:01</b>
12	513	NUNO PINHO	NAC	12	VET M40	3	00:17:08	03:25	00:34:15	<b>00:34:16</b>
13	987	JOÃO TRIGUEIROS	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	13	SUB 23 M	1	00:17:13	03:26	00:34:19	<b>00:34:22</b>
14	532	PEDRO CERDEIRINHA	FIAES SPOR CLUBE	14	SEN M	6	00:16:41	03:26	00:34:22	<b>00:34:26</b>
15	779	JOSÉ ALMEIDA	PERALTAFIL RUNNING	15	VET M35	4	00:17:07	03:27	00:34:37	<b>00:34:39</b>
16	750	JOSÉ SILVA	G.D.RONDA	16	VET M50	1	00:17:07	03:28	00:34:45	<b>00:34:47</b>
17	780	CLÁUDIO COSTA	PERALTAFIL RUNNING	17	VET M35	5	00:17:07	03:29	00:34:58	<b>00:34:59</b>
18	605	RUI SANTOS	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	18	VET M45	2	00:17:13	03:30	00:35:00	<b>00:35:03</b>
19	533	RICARDO SILVA	FIAES SPOR CLUBE	19	SEN M	7	00:16:57	03:31	00:35:12	<b>00:35:14</b>
20	1058	MANUEL PINTO	TRIBO NR	20	VET M45	3	00:17:29	03:33	00:35:33	<b>00:35:37</b>
21	775	HÉLDER ROBALINHO	PERALTAFIL RUNNING	21	SEN M	8	00:17:30	03:34	00:35:47	<b>00:35:49</b>
22	807	MARCELO GONÇALVES	GDR GRANJA - TRUTAS DO MAU	22	SUB 23 M	2	00:17:19	03:35	00:35:53	<b>00:35:58</b>
23	505	RICARDO CASTRO	RIPOLINS GRIJÓ A CORRER	23	SEN M	9	00:17:43	03:35	00:35:58	<b>00:36:00</b>
24	929	ANTONIO SANTOS	INDIVIDUAL	24	SEN M	10	00:17:20	03:36	00:36:05	<b>00:36:10</b>
25	186	ANTONIO OLIVEIRA	INDIVIDUAL	25	SEN M	11	00:17:48	03:37	00:36:12	<b>00:36:14</b>
26	601	PAULO OLIVEIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	26	VET M45	4	00:17:42	03:37	00:36:12	<b>00:36:15</b>
27	783	DIOGO COUTINHO	PERALTAFIL RUNNING	27	VET M35	6	00:17:45	03:37	00:36:19	<b>00:36:20</b>
28	240	ANTÓNIO PINTO	ACR VALE DE CAMBRA	28	VET M50	2	00:17:57	03:38	00:36:21	<b>00:36:22</b>
29	1107	PEDRO PACHECO	PAREDES AVENTURA	29	SUB 23 M	3	00:17:35	03:38	00:36:17	<b>00:36:23</b>
30	872	DIOGO FELISBERTO	INDIVIDUAL	30	SEN M	12	00:17:47	03:39	00:36:29	<b>00:36:35</b>
31	172	CLAÚDIO FONSECA	VIVALLEY RUNNERS	31	VET M40	4	00:18:06	03:39	00:36:25	<b>00:36:37</b>
32	646	CARLOS ALMEIDA	JAVALLIS - AMIZADE E GLÓRIA	32	VET M45	5	00:17:29	03:39	00:36:32	<b>00:36:38</b>
33	191	NUNO SILVA	INDIVIDUAL	33	VET M45	6	00:18:34	03:40	00:36:44	<b>00:36:48</b>
34	1047	ABILIO RIBEIRO	INDIVIDUAL	34	VET M45	7	00:17:50	03:40	00:36:46	<b>00:36:49</b>
35	519	ALBERTO VALENTE	RUNNING ESPINHO	35	VET M40	5	00:18:18	03:41	00:36:51	<b>00:36:54</b>
36	106	PAULO FIGUEIREDO	AFIS/OVAR	36	VET M40	6	00:18:17	03:41	00:36:52	<b>00:36:54</b>
37	984	TIAGO COELHO	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	37	SEN M	13	00:17:50	03:41	00:36:49	<b>00:36:55</b>
38	166	RUI OLIVEIRA	VILA MAIOR EM TURISMO	38	VET M40	7	00:18:10	03:41	00:36:53	<b>00:36:55</b>
39	799	JOÃO ALMEIDA	DCI/TRILHOS LUSO BUSSACO	39	VET M50	3	00:18:05	03:41	00:36:53	<b>00:36:57</b>
40	798	VITOR OLIVEIRA	DCI/TRILHOS LUSO BUSSACO	40	VET M50	4	00:18:22	03:41	00:36:53	<b>00:36:57</b>
41	591	LUÍS OLIVEIRA	INDIVIDUAL	41	SEN M	14	00:18:08	03:42	00:36:58	<b>00:37:04</b>
42	623	AUGUSTO ALUAI	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	42	VET M50	5	00:18:06	03:43	00:37:08	<b>00:37:11</b>
43	826	HERNANI FURTADO	INDIVIDUAL	43	VET M35	7	00:18:05	03:43	00:37:04	<b>00:37:11</b>
44	602	AVELINO FREITAS	G.D.S. Paio oleiros	44	VET M40	8	00:18:12	03:43	00:37:16	<b>00:37:17</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
45	582	CARLOS RODRIGUES	INDIVIDUAL	45	SEN M	15	00:18:40	03:43	00:37:12	<b>00:37:20</b>
46	74	JOSÉ FIGUEIREDO	AFIS/OVAR	46	VET M50	6	00:18:23	03:43	00:37:17	<b>00:37:20</b>
47	1010	ANTÓNIO P GONÇALVES	NEED FOR SPEED	47	SUB 23 M	4	00:18:27	03:44	00:37:11	<b>00:37:21</b>
48	78	BRUNO VIDINHA	CALDAS S JORGE SPORT CLUB	48	SEN M	16	00:18:18	03:44	00:37:19	<b>00:37:22</b>
49	648	ÓSCAR BRANDÃO	GRUPO OSCACER	49	VET M45	8	00:18:17	03:44	00:37:26	<b>00:37:29</b>
50	991	RUI TAVARES	RIPOLINS GRIJÓ A CORRER	50	VET M40	9	00:18:06	03:44	00:37:26	<b>00:37:29</b>
51	851	PEDRO VENTURA	PAREDES AVENTURA	51	VET M35	8	00:18:25	03:44	00:37:24	<b>00:37:30</b>
52	947	VITOR PINTO	ORALKLASS - AMIGOS DO TRAIL	52	VET M40	10	00:18:21	03:44	00:37:29	<b>00:37:30</b>
53	664	CARLOS COELHO	A D RIO LARGO C ESPINHO	53	VET M40	11	00:18:21	03:45	00:37:29	<b>00:37:32</b>
54	244	DIOGO MIGUEL PINHO RIBEIRO	CLUBE PORTUGAL TELECOM ZONA NORTE	54	SUB 23 M	5	00:18:19	03:45	00:37:33	<b>00:37:35</b>
55	806	MIGUEL MAGALHÃES	SPORTING CLUBE DE ESPINHO - TRIATLO	55	VET M40	12	00:18:40	03:45	00:37:33	<b>00:37:36</b>
56	992	ALCINDO DIAS	G.D SÃO PAIO DE OLEIROS	56	VET M45	9	00:18:38	03:45	00:37:35	<b>00:37:38</b>
57	647	PAULO MAIA	GRUPO OSCACER	57	VET M45	10	00:18:22	03:45	00:37:39	<b>00:37:40</b>
58	988	ARMANDO TEIXEIRA	INDIVIDUAL	58	VET M40	13	00:18:38	03:46	00:37:25	<b>00:37:42</b>
59	369	MIGUEL FARIA	RUNNING ESPINHO	59	SEN M	17	00:18:18	03:46	00:37:40	<b>00:37:42</b>
60	866	JOSÉ LOUREIRO	INDIVIDUAL	60	VET M40	14	00:18:38	03:46	00:37:25	<b>00:37:42</b>
61	85	PETER SERRAS	INDIVIDUAL	61	VET M40	15	00:18:29	03:47	00:37:47	<b>00:37:53</b>
62	350	NUNO SOUSA	RUNNING ESPINHO	62	VET M45	11	00:18:28	03:47	00:37:55	<b>00:37:58</b>
63	456	VITOR RITO	RUNNING ESPINHO	63	SEN M	18	00:18:40	03:48	00:38:05	<b>00:38:09</b>
64	467	BRUNO CASAL	INDIVIDUAL	64	SEN M	19	00:18:56	03:49	00:38:11	<b>00:38:18</b>
65	190	MÁRIO BARBOSA	INDIVIDUAL	65	VET M45	12	00:18:38	03:49	00:38:12	<b>00:38:19</b>
66	618	JORGE PINTO	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	66	VET M45	13	00:18:49	03:50	00:38:17	<b>00:38:25</b>
67	1043	JOÃO VALENTE	AMINHACORRIDA	67	SEN M	20	00:18:42	03:51	00:38:21	<b>00:38:33</b>
68	696	JOSÉ SILVA	RIPOLINS GRIJÓ A CORRER	68	VET M45	14	00:18:59	03:52	00:38:38	<b>00:38:41</b>
69	397	LUIS MAGALHAES	INDIVIDUAL	69	VET M35	9	00:18:58	03:52	00:38:37	<b>00:38:42</b>
70	13	ANTÓNIO LOURENÇO	INDIVIDUAL	70	VET M45	15	00:18:52	03:52	00:38:42	<b>00:38:46</b>
71	635	ERNESTO ALVES	INDIVIDUAL	71	VET M50	7	00:19:00	03:52	00:38:36	<b>00:38:47</b>
72	800	MÁRCIO LOUREIRO	DCI/TRILHOS LUSO BUSSACO	72	VET M35	10	00:19:11	03:52	00:38:44	<b>00:38:48</b>
73	289	JOSÉ TEIXEIRA	A NOZ	73	VET M35	11	00:19:02	03:52	00:38:48	<b>00:38:49</b>
74	376	PEDRO BARBOSA	ARLUZVIDAGONDOMARENSE	74	SEN M	21	00:18:39	03:53	00:38:46	<b>00:38:51</b>
75	632	AUGUSTO CASTRO	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	75	VET M55	1	00:19:11	03:53	00:38:51	<b>00:38:54</b>
76	697	PAULO FERNANDES	RIPOLINS GRIJÓ A CORRER	76	VET M45	16	00:18:58	03:53	00:38:54	<b>00:38:56</b>
77	797	FERNANDO MARQUES	DCI/TRILHOS LUSO BUSSACO	77	VET M35	12	00:18:51	03:53	00:38:52	<b>00:38:57</b>
78	604	AMÉRICO SILVA	INDIVIDUAL	78	VET M40	16	00:19:21	03:53	00:38:47	<b>00:38:57</b>
79	913	JOSÉ SILVA	INDIVIDUAL	79	VET M55	2	00:19:15	03:53	00:38:52	<b>00:38:58</b>
80	622	TIAGO ROSAS	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	80	JUN M	1	00:19:10	03:54	00:38:59	<b>00:39:02</b>
81	224	MANUEL MARTINS	INDIVIDUAL	81	VET M50	8	00:19:12	03:54	00:39:03	<b>00:39:05</b>
82	883	ALEXANDRE AZEVEDO	ARVOR VETERANOS DE OVAR	82	JUN M	2	00:17:50	03:55	00:39:08	<b>00:39:11</b>
83	49	MIGUEL BARBA	PENICHE A CORRER	83	VET M40	17	00:19:07	03:55	00:39:07	<b>00:39:15</b>
84	527	PETER SILVA	NAPC	84	VET M40	18	00:18:53	03:55	00:39:13	<b>00:39:17</b>
85	1071	JOÃO GOMES	INDIVIDUAL	85	VET M35	13	00:18:49	03:55	00:39:15	<b>00:39:18</b>
86	288	LÍDIA PEREIRA	GDR GRANJA - TRUTAS DO MAU	1	VET F50	1	00:19:15	03:55	00:39:18	<b>00:39:20</b>
87	782	PAULO OLIVEIRA	PERALTAFIL RUNNING	86	SEN M	22	00:19:00	03:56	00:39:21	<b>00:39:24</b>
88	575	JUAN SICILIA BARCI	RANING CLUB	87	VET M45	17	00:19:28	03:56	00:39:10	<b>00:39:30</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
89	167	JULIO OLIVEIRA	VILA MAIOR EM TURISMO	88	VET M40	19	00:19:10	03:57	00:39:30	<b>00:39:33</b>
90	67	ANDRÉ FERREIRA	INDIVIDUAL	89	SEN M	23	00:19:22	03:57	00:39:10	<b>00:39:33</b>
91	787	FILIFE COSTA	RUNNING ESPINHO	90	SEN M	24	00:19:26	03:57	00:39:31	<b>00:39:34</b>
92	449	JOSE CARLOS GOMES	RUNNING ESPINHO	91	VET M45	18	00:19:27	03:57	00:39:32	<b>00:39:34</b>
93	557	FERNANDO BRANDÃO	JAM - JUVENTUDE ATLÉTICA MOZELENSE	92	VET M55	3	00:19:36	03:57	00:39:35	<b>00:39:36</b>
94	763	MÁRIO COSTA	AFIS/OVAR	93	VET M50	9	00:19:44	03:57	00:39:30	<b>00:39:36</b>
95	680	WOUTER DE BROECK	A D RIO LARGO C ESPINHO	94	VET M45	19	00:19:10	03:58	00:39:25	<b>00:39:41</b>
96	372	VITOR NEVES	RUNNING ESPINHO	95	VET M35	14	00:19:31	03:58	00:39:30	<b>00:39:43</b>
97	442	VITOR CUNHA	RUNNING ESPINHO	96	VET M45	20	00:19:41	03:58	00:39:40	<b>00:39:43</b>
98	1004	ANDRÉ GUERRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	97	VET M35	15	00:19:18	03:58	00:39:30	<b>00:39:44</b>
99	595	PEDRO LEAL	CLUBE DE ATLETISMO DE OVAR	98	VET M50	10	00:20:20	03:58	00:39:41	<b>00:39:45</b>
100	656	ANDRÉ ADRIANO	GOOD OLD FRIENDS	99	SEN M	25	00:19:12	03:58	00:39:46	<b>00:39:47</b>
101	868	RUI COSTA	INDIVIDUAL	100	VET M35	16	00:19:36	03:58	00:39:41	<b>00:39:49</b>
102	644	SALVADOR FARDILHA	AFIS/OVAR	101	VET M50	11	00:20:09	03:59	00:39:41	<b>00:39:57</b>
103	318	VITOR GODINHO	COPO CHEIO TEAM	102	SEN M	26	00:19:18	03:59	00:39:22	<b>00:39:58</b>
104	321	PEDRO CASTRO	COPO CHEIO TEAM	103	SEN M	27	00:19:20	03:59	00:39:23	<b>00:39:59</b>
105	129	MARCO NEVES	INDIVIDUAL	104	VET M40	20	00:19:41	04:00	00:39:58	<b>00:40:01</b>
106	1078	CRISTIANO PEREIRA	INDIVIDUAL	105	VET M35	17	00:19:45	04:00	00:39:56	<b>00:40:01</b>
107	918	HÉLDER OLIVEIRA	TRAIL RUNNING BTT SANGUEDO	106	VET M35	18	00:19:13	04:00	00:39:58	<b>00:40:02</b>
108	1039	JOSÉ CRISTIANO MOREIRA	INDIVIDUAL	107	SEN M	28	00:19:38	04:00	00:39:54	<b>00:40:03</b>
109	139	FERNANDO CRUZ	CIRAC	108	VET M40	21	00:19:50	04:00	00:40:07	<b>00:40:08</b>
110	42	FABIO LOPES	INDIVIDUAL	109	SEN M	29	00:19:13	04:00	00:39:30	<b>00:40:09</b>
111	672	JOSÉ BRITO	A D RIO LARGO C ESPINHO	110	VET M50	12	00:19:40	04:01	00:39:56	<b>00:40:13</b>
112	313	NUNO ALBERGARIA	INDIVIDUAL	111	SEN M	30	00:19:52	04:01	00:40:02	<b>00:40:16</b>
113	654	FERNANDO FERREIRA	INDIVIDUAL	112	VET M35	19	00:19:48	04:01	00:40:02	<b>00:40:16</b>
114	652	FILIFE BARROS	INDIVIDUAL	113	SEN M	31	00:19:51	04:01	00:40:02	<b>00:40:17</b>
115	450	CRISTIANA FERREIRA	RUNNING ESPINHO	2	SEN F	1	00:19:57	04:01	00:40:13	<b>00:40:17</b>
116	633	MARIO AUGUSTO CARREIRA	PORTO RUNNERS	114	JUN M	3	00:20:20	04:01	00:39:49	<b>00:40:18</b>
117	748	CARLOS FAZENDEIRO	G.D.RONDA	115	VET M55	4	00:19:48	04:01	00:39:46	<b>00:40:19</b>
118	614	RICARDO PEREIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	116	JUN M	4	00:19:43	04:01	00:40:15	<b>00:40:19</b>
119	1049	VITOR SÁ	INDIVIDUAL	117	VET M45	21	00:19:57	04:02	00:39:52	<b>00:40:27</b>
120	589	JOÃO BANDEIRA	INDIVIDUAL	118	VET M45	22	00:19:48	04:03	00:40:29	<b>00:40:34</b>
121	577	JOSÉ CARLOS PEREIRA	TRAIL RUNNING BTT SANGUEDO	119	VET M45	23	00:19:49	04:03	00:40:31	<b>00:40:34</b>
122	5	PAULO FIDALGO	INDIVIDUAL	120	VET M35	20	00:20:04	04:03	00:40:28	<b>00:40:37</b>
123	606	CARLOS FERREIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	121	VET M40	22	00:19:27	04:03	00:40:34	<b>00:40:37</b>
124	407	FABIO JUSTO	RUNNING ESPINHO	122	SEN M	32	00:19:57	04:04	00:40:38	<b>00:40:41</b>
125	420	MANUEL BASTOS	RUNNING ESPINHO	123	VET M45	24	00:19:42	04:04	00:40:41	<b>00:40:43</b>
126	1000	TIAGO OLIVEIRAS	INDIVIDUAL	124	SEN M	33	00:19:44	04:04	00:40:35	<b>00:40:44</b>
127	936	PEDRO ROCHA	INDIVIDUAL	125	SEN M	34	00:19:51	04:04	00:40:41	<b>00:40:48</b>
128	168	NUNO SILVA	SALGUEIROS RUNNING	126	VET M40	23	00:20:04	04:04	00:40:11	<b>00:40:50</b>
129	902	DAVID FERNANDES	GRUPO DESPORTIVO E CULTURAL DE GUILHOVAI	127	VET M60	1	00:20:24	04:05	00:40:50	<b>00:40:51</b>
130	1005	MARIA COELHO	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	3	SEN F	2	00:19:59	04:05	00:40:46	<b>00:40:51</b>
131	262	CRISTIANO SILVA	INDIVIDUAL	128	SEN M	35	00:19:20	04:05	00:40:48	<b>00:40:52</b>
132	619	RAMIRO PINHO	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	129	VET M55	5	00:20:09	04:05	00:40:46	<b>00:40:52</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
133	737	LUÍS ALMEIDA	BEATRIZ DOS PANOS TEAM	130	SEN M	36	00:20:24	04:05	00:40:51	<b>00:40:53</b>
134	609	PEDRO SANTOS	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	131	VET M40	24	00:19:58	04:05	00:40:38	<b>00:40:53</b>
135	346	DAMASIO PEREIRA	RUNNING ESPINHO	132	VET M40	25	00:19:57	04:05	00:40:49	<b>00:40:55</b>
136	24	HUGO TAVARES	INDIVIDUAL	133	VET M35	21	00:20:10	04:05	00:40:55	<b>00:40:57</b>
137	21	LUÍS MADUREIRA	INDIVIDUAL	134	VET M35	22	00:20:05	04:05	00:40:40	<b>00:40:58</b>
138	906	ANDRÉ MEDAS	INDIVIDUAL	135	VET M40	26	00:20:20	04:05	00:40:53	<b>00:40:59</b>
139	278	JOSE MARTINS	INDIVIDUAL	136	VET M40	27	00:20:08	04:06	00:40:47	<b>00:41:02</b>
140	583	MANUEL BESSA	TREVOSTORE PAÇOS DE BRANDÃO	137	VET M40	28	00:20:50	04:06	00:40:55	<b>00:41:03</b>
141	9	JOÃO LEITE	RUNNING ESPINHO	138	SEN M	37	00:20:15	04:06	00:40:40	<b>00:41:03</b>
142	645	GUSTAVO ROXO	INVICTA RUNNERS TEAM	139	VET M50	13	00:20:04	04:06	00:40:52	<b>00:41:05</b>
143	801	CARLOS CUNHA	DCI/TRILHOS LUSO BUSSACO	140	VET M50	14	00:20:15	04:06	00:41:02	<b>00:41:07</b>
144	931	JOÃO FERREIRA	PAREDES AVENTURA	141	VET M50	15	00:20:09	04:06	00:41:01	<b>00:41:08</b>
145	920	ANTONIO CASTRO	CAL-CLUBE ATLETISMO LAMAS	142	VET M55	6	00:20:15	04:06	00:41:04	<b>00:41:09</b>
146	828	RICARDO SOUSA	TRIBO NR	143	SEN M	38	00:19:59	04:06	00:41:08	<b>00:41:09</b>
147	454	CRISTINA PASSOS	RUNNING ESPINHO	4	VET F40	1	00:20:16	04:06	00:41:07	<b>00:41:10</b>
148	856	MANUEL FERREIRA	INDIVIDUAL	144	VET M45	25	00:20:32	04:07	00:40:42	<b>00:41:11</b>
149	311	FERNANDO SANTIAGO	INDIVIDUAL	145	VET M55	7	00:20:04	04:07	00:41:06	<b>00:41:11</b>
150	810	OCTÁVIO CAPELA	GDR GRANJA - TRUTAS DO MAU	146	VET M55	8	00:20:20	04:07	00:40:59	<b>00:41:15</b>
151	585	VASCO AMARAL	INDIVIDUAL	147	SEN M	39	00:20:32	04:07	00:40:57	<b>00:41:19</b>
152	471	CARLOS MACHADO	INDIVIDUAL	148	VET M55	9	00:20:17	04:08	00:41:00	<b>00:41:21</b>
153	481	TIAGO TABORDA	TRIBO NR	149	SEN M	40	00:20:05	04:08	00:41:17	<b>00:41:23</b>
154	660	JOSÉ PEREIRA	A D RIO LARGO C ESPINHO	150	VET M35	23	00:20:13	04:08	00:41:04	<b>00:41:26</b>
155	793	JOÃO GARRANAS	JESUS RUNNERS	151	VET M45	26	00:20:19	04:08	00:41:08	<b>00:41:26</b>
156	75	MANUEL FONSECA	AFIS/OVAR	152	VET M55	10	00:20:23	04:08	00:41:23	<b>00:41:27</b>
157	981	LUÍS RABAÇA	INDIVIDUAL	153	VET M40	29	00:20:34	04:08	00:40:53	<b>00:41:27</b>
158	2	JORGE FERREIRA	INDIVIDUAL	154	SEN M	41	00:20:01	04:08	00:41:25	<b>00:41:28</b>
159	1075	JOÃO ALVES	INDIVIDUAL	155	SEN M	42	00:19:37	04:09	00:41:25	<b>00:41:34</b>
160	254	FILIPE CARNEIRO	ASPHALT ASSAULT TEAM	156	SEN M	43	00:20:41	04:09	00:41:24	<b>00:41:36</b>
161	611	CARLOS MIRANDA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	157	VET M40	30	00:20:31	04:09	00:41:29	<b>00:41:38</b>
162	136	PAULO GRILO	ARCORUN	158	VET M45	27	00:20:29	04:09	00:41:23	<b>00:41:38</b>
163	256	ANTÓNIO VELA	ASPHALT ASSAULT TEAM	159	SEN M	44	00:20:47	04:09	00:41:25	<b>00:41:39</b>
164	534	JOAQUIM PEREIRA	NASCIDOS PARA CORRER	160	VET M50	16	00:20:26	04:10	00:41:35	<b>00:41:41</b>
165	958	BRUNO GOMES	DCI/TRILHOS LUSO BUSSACO	161	VET M40	31	00:20:37	04:10	00:41:32	<b>00:41:41</b>
166	305	SILVIA SANTOS	CLUBE DE ATLETISMO DE OVAR	5	VET F35	1	00:20:33	04:10	00:41:40	<b>00:41:45</b>
167	160	RUI HENRIQUES	ARCORUN	162	VET M45	28	00:21:09	04:10	00:41:29	<b>00:41:45</b>
168	597	AMÉRICO VALENTE	SERVIÇOS S.C. M. OVAR	163	VET M55	11	00:20:33	04:10	00:41:41	<b>00:41:45</b>
169	795	CARLOS TEIXEIRA	SPORTARC	164	VET M35	24	00:20:12	04:10	00:41:19	<b>00:41:46</b>
170	985	JOSÉ AUGUSTO RIBEIRO	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	165	VET M50	17	00:20:32	04:10	00:41:05	<b>00:41:47</b>
171	657	PEDRO RODRIGUES	INDIVIDUAL	166	VET M40	32	00:20:33	04:11	00:41:40	<b>00:41:51</b>
172	447	PAULO FERREIRA	RUNNING ESPINHO	167	VET M40	33	00:20:32	04:11	00:41:25	<b>00:41:51</b>
173	156	MÁRIO MARTINS	OS KÁGADOS	168	VET M50	18	00:20:29	04:11	00:41:43	<b>00:41:51</b>
174	210	DANIEL SILVA	GRUPO DESPORTIVO BANCO DE PORTUGAL	169	VET M35	25	00:20:25	04:11	00:41:50	<b>00:41:56</b>
175	473	JOICE JESUS	INDIVIDUAL	170	VET M40	34	00:20:20	04:11	00:41:54	<b>00:41:58</b>
176	914	RICHARD NOGUEIRA	TRAIL RUNNING BTT SANGUEDO	171	VET M45	29	00:20:18	04:11	00:41:57	<b>00:41:59</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
177	1002	SAMUEL AGUIAR	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	172	VET M50	19	00:20:51	04:11	00:41:23	<b>00:41:59</b>
178	174	PEDRO BATISTA	INDIVIDUAL	173	VET M40	35	00:20:39	04:12	00:41:45	<b>00:42:05</b>
179	411	VALDEMAR LOPES	RUNNING ESPINHO	174	VET M40	36	00:20:26	04:12	00:41:56	<b>00:42:06</b>
180	51	ANDRÉ ROCHA	GRUPO DESPORTIVO DOS OUTEIROS	175	VET M35	26	00:20:23	04:12	00:41:51	<b>00:42:06</b>
181	593	LEANDRO COSTA	INDIVIDUAL	176	VET M35	27	00:20:41	04:12	00:41:58	<b>00:42:10</b>
182	144	DAVID CAMELO	RUNNING ESPINHO	177	VET M35	28	00:20:51	04:13	00:41:54	<b>00:42:11</b>
183	209	MANUEL CARDOSO	INDIVIDUAL	178	VET M55	12	00:20:53	04:13	00:42:01	<b>00:42:15</b>
184	655	RICARDO ESTEVES	ARCORUN	179	SEN M	45	00:20:55	04:13	00:41:58	<b>00:42:15</b>
185	355	EMANUEL MOTA	RUNNING ESPINHO	180	VET M45	30	00:20:39	04:14	00:42:08	<b>00:42:25</b>
186	4	ROBERTO SILVA	INDIVIDUAL	181	VET M40	37	00:20:43	04:14	00:42:25	<b>00:42:26</b>
187	146	JOSÉ CORREIA	INDIVIDUAL	182	VET M45	31	00:20:49	04:14	00:42:21	<b>00:42:30</b>
188	747	PAULO MOTA	G.D.RONDA	183	VET M45	32	00:20:40	04:15	00:41:59	<b>00:42:31</b>
189	336	TONI FERREIRA	RUNNING ESPINHO	184	VET M35	29	00:21:04	04:15	00:42:29	<b>00:42:34</b>
190	953	JOAQUIM GODINHO	DCI/TRILHOS LUSO BUSSACO	185	VET M65	1	00:21:00	04:15	00:42:27	<b>00:42:35</b>
191	406	NUNO TEIXEIRA	RUNNING ESPINHO	186	VET M40	38	00:20:22	04:15	00:42:32	<b>00:42:38</b>
192	43	ANDREIA MARTINS	INDIVIDUAL	6	SEN F	3	00:20:39	04:16	00:42:17	<b>00:42:42</b>
193	292	LEANDRO CAETANO	INDIVIDUAL	187	SEN M	46	00:21:12	04:16	00:42:11	<b>00:42:44</b>
194	578	CATARINA PINHO	NAC	7	SEN F	4	00:21:30	04:16	00:42:43	<b>00:42:44</b>
195	952	ARMANDO HENRIQUES	INDIVIDUAL	188	VET M55	13	00:20:55	04:16	00:42:11	<b>00:42:47</b>
196	200	JOSE PEREIRA	NASCIDOS PARA CORRER	189	VET M50	20	00:20:42	04:16	00:42:29	<b>00:42:47</b>
197	343	GERMANO BORGES	RUNNING ESPINHO	190	VET M35	30	00:20:38	04:16	00:42:10	<b>00:42:48</b>
198	837	LUÍS CONCEIÇÃO	PSP	191	VET M50	21	00:20:47	04:16	00:42:45	<b>00:42:50</b>
199	1164	RICARDO COELHO	INDIVIDUAL	192	VET M35	31	00:21:23	04:17	00:42:06	<b>00:42:51</b>
200	491	NUNO PESSOA	SALGUEIROS RUNNING	193	VET M40	39	00:20:30	04:17	00:42:48	<b>00:42:51</b>
201	1174	HUGO OLIVEIRA	INDIVIDUAL	194	VET M35	32	00:21:16	04:17	00:42:26	<b>00:42:52</b>
202	681	HENRIQUE SILVA	A D RIO LARGO C ESPINHO	195	VET M55	14	00:22:12	04:17	00:42:32	<b>00:42:53</b>
203	741	LUIS BRANCO	OS_RELVAS	196	VET M35	33	00:20:06	04:17	00:40:25	<b>00:42:55</b>
204	907	RAFA ORNELAS	ESCOLA ATLETISMO SPIRIDON	197	VET M35	34	00:21:03	04:17	00:42:53	<b>00:42:55</b>
205	559	PAULO VILAÇA	CAP	198	VET M55	15	00:21:20	04:17	00:42:21	<b>00:42:56</b>
206	127	DINIS BAPTISTA	INDIVIDUAL	199	VET M45	33	00:21:25	04:17	00:42:46	<b>00:42:58</b>
207	922	DÁRIO FERREIRA	INDIVIDUAL	200	SEN M	47	00:21:06	04:17	00:42:12	<b>00:43:00</b>
208	421	JOSE FEITEIRA	RUNNING ESPINHO	201	VET M35	35	00:20:48	04:19	00:43:09	<b>00:43:16</b>
209	1041	NOEL VALADAO	RUNNING ESPINHO	202	VET M40	40	00:20:52	04:19	00:43:04	<b>00:43:16</b>
210	811	TILA PINA	GDR GRANJA - TRUTAS DO MAU	8	VET F40	2	00:21:09	04:19	00:43:02	<b>00:43:17</b>
211	808	MÁRIO RODRIGUES	GDR GRANJA - TRUTAS DO MAU	203	VET M40	41	00:20:54	04:19	00:42:47	<b>00:43:17</b>
212	484	RAMIRO SILVA	CALDAS S JORGE SPORT CLUB	204	VET M50	22	00:21:32	04:19	00:43:12	<b>00:43:20</b>
213	764	PAULO FERREIRA	GDRIBEIRINHOS	205	VET M40	42	00:20:57	04:20	00:43:11	<b>00:43:21</b>
214	930	RAFAEL ANDRÉ	INDIVIDUAL	206	VET M40	43	00:21:20	04:20	00:43:15	<b>00:43:23</b>
215	162	MARIO NOGUEIRA	INDIVIDUAL	207	VET M50	23	00:21:03	04:20	00:43:13	<b>00:43:24</b>
216	924	ANTÓNIO DIOGO	INDIVIDUAL	208	VET M45	34	00:21:00	04:20	00:43:13	<b>00:43:24</b>
217	643	PAULO CONDE	INDIVIDUAL	209	VET M35	36	00:21:09	04:20	00:43:02	<b>00:43:24</b>
218	649	JORGE SOARES	GRUPO OSCACER	210	VET M35	37	00:21:30	04:20	00:43:02	<b>00:43:27</b>
219	937	MARCOS MOTA	INDIVIDUAL	211	JUN M	5	00:20:38	04:21	00:43:16	<b>00:43:32</b>
220	109	JOSÉ CARLOS GOMES	LIGEIRNHOS	212	VET M55	16	00:21:24	04:21	00:42:53	<b>00:43:33</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
221	548	MATILDE BAPTISTA	JAM - JUVENTUDE ATLÉTICA MOZELENSE	9	VET F50	2	00:21:24	04:21	00:43:32	<b>00:43:33</b>
222	20	JOÃO CASTRO	INDIVIDUAL	213	VET M50	24	00:21:36	04:21	00:43:17	<b>00:43:34</b>
223	587	PAULO VIDINHA	INDIVIDUAL	214	SEN M	48	00:20:50	04:21	00:42:50	<b>00:43:35</b>
224	470	GERALDINO SILVA	INDIVIDUAL	215	VET M60	2	00:21:31	04:21	00:43:28	<b>00:43:35</b>
225	564	ALEX LEITE	INDIVIDUAL	216	VET M40	44	00:21:43	04:21	00:42:56	<b>00:43:36</b>
226	670	SILVÉRIO SANTOS	CLUBE PESSOAL ÁGUAS DE GAIA	217	VET M45	35	00:21:51	04:22	00:43:39	<b>00:43:47</b>
227	933	PEDRO COSTA	INDIVIDUAL	218	SEN M	49	00:21:37	04:22	00:43:03	<b>00:43:49</b>
228	446	JOAO NEVES	RUNNING ESPINHO	219	VET M45	36	00:21:07	04:22	00:43:42	<b>00:43:50</b>
229	81	ANDRÉ SILVA	INDIVIDUAL	220	VET M35	38	00:21:41	04:22	00:43:38	<b>00:43:50</b>
230	490	RICARDO MOUTINHO	100META	221	SEN M	50	00:21:09	04:23	00:43:26	<b>00:43:51</b>
231	451	MANUEL ABREU	RUNNING ESPINHO	222	VET M40	45	00:21:30	04:23	00:43:48	<b>00:43:53</b>
232	1059	FILIPE MARQUES	ECOMOBILE - RENT A CAR	223	VET M40	46	00:21:25	04:23	00:43:48	<b>00:43:53</b>
233	164	CESAR ALVES	AFIS/OVAR	224	VET M40	47	00:21:26	04:23	00:43:28	<b>00:43:55</b>
234	475	PAULO BORGES	INDIVIDUAL	225	VET M35	39	00:21:32	04:23	00:43:49	<b>00:43:55</b>
235	620	ANTÓNIO NEVES	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	226	VET M55	17	00:21:31	04:23	00:43:50	<b>00:43:55</b>
236	257	PAULO SILVA	ASPHALT ASSAULT TEAM	227	SEN M	51	00:20:55	04:23	00:43:42	<b>00:43:55</b>
237	679	JOSÉ RODRIGO	A D RIO LARGO C ESPINHO	228	VET M35	40	00:21:19	04:23	00:43:33	<b>00:43:55</b>
238	345	JOSÉ DUARTE	RUNNING ESPINHO	229	VET M45	37	00:21:35	04:23	00:43:32	<b>00:43:56</b>
239	19	HENRIQUE JOSÉ OLIVEIRA	RUNNING ESPINHO	230	VET M35	41	00:21:41	04:23	00:43:45	<b>00:43:58</b>
240	426	MARIO ALVES	RUNNING ESPINHO	231	VET M50	25	00:21:16	04:23	00:43:52	<b>00:43:58</b>
241	362	NUNO MATIAS	RUNNING ESPINHO	232	VET M40	48	00:21:23	04:23	00:43:32	<b>00:44:00</b>
242	159	ANTÓNIO PINHEIRO	ARCORUN	233	VET M40	49	00:21:13	04:24	00:43:49	<b>00:44:05</b>
243	974	AFONSO COSTA	INDIVIDUAL	234	VET M35	42	00:21:59	04:24	00:43:33	<b>00:44:06</b>
244	1025	JOAO MARQUES	RUNNING ESPINHO	235	VET M35	43	00:22:05	04:24	00:43:52	<b>00:44:07</b>
245	462	DOMINGOS ALMEIDA	RIBEIRINHOS VISEU	236	VET M60	3	00:21:57	04:24	00:44:00	<b>00:44:08</b>
246	50	JOSÉ MOREIRA	INDIVIDUAL	237	VET M40	50	00:21:26	04:24	00:43:55	<b>00:44:09</b>
247	888	LUÍS TEIXEIRA	SPORTARC	238	VET M40	51	00:21:19	04:24	00:43:43	<b>00:44:10</b>
248	665	JULIA SCHIAVON	A D RIO LARGO C ESPINHO	10	VET F35	2	00:21:30	04:25	00:44:01	<b>00:44:11</b>
249	1112	VASCO FRANCO	GIROFLÉ-BY FAP WINES	239	VET M45	38	00:21:36	04:25	00:43:48	<b>00:44:12</b>
250	320	MÁRIO LEITE	COPO CHEIO TEAM	240	VET M50	26	00:21:12	04:25	00:43:37	<b>00:44:12</b>
251	677	AUGUSTO SILVA	A D RIO LARGO C ESPINHO	241	VET M65	2	00:21:30	04:25	00:44:03	<b>00:44:12</b>
252	637	RICARDO PEIXOTO	INDIVIDUAL	242	SEN M	52	00:21:45	04:25	00:44:05	<b>00:44:12</b>
253	39	ORLANDO FERREIRA	INDIVIDUAL	243	VET M50	27	00:22:04	04:25	00:43:50	<b>00:44:13</b>
254	776	LUÍS GUIMARÃES	PERALTAFIL RUNNING	244	VET M35	44	00:22:06	04:25	00:43:25	<b>00:44:14</b>
255	678	ALAIN COUTO	A D RIO LARGO C ESPINHO	245	VET M45	39	00:21:41	04:25	00:43:55	<b>00:44:15</b>
256	86	IGOR PAIVA	INDIVIDUAL	246	VET M35	45	00:21:36	04:25	00:43:31	<b>00:44:20</b>
257	1011	MÁRCIO MACHADO	INDIVIDUAL	247	VET M40	52	00:21:56	04:25	00:44:02	<b>00:44:20</b>
258	1050	PEDRO RESENDE	INDIVIDUAL	248	VET M45	40	00:22:20	04:26	00:43:46	<b>00:44:22</b>
259	1151	MARTA REIS	INDIVIDUAL	11	VET F35	3	00:21:55	04:26	00:44:01	<b>00:44:22</b>
260	458	NUNO PINTO	XONITAS	249	VET M40	53	00:21:20	04:26	00:44:10	<b>00:44:22</b>
261	700	SILVERIO PINTO	RIPOLINS GRIJÓ A CORRER	250	VET M50	28	00:21:57	04:26	00:44:14	<b>00:44:23</b>
262	459	FILIPE REIS	XONITAS	251	VET M35	46	00:21:19	04:26	00:44:09	<b>00:44:23</b>
263	912	FÁBIO GASPAR	GIRA SOL	252	SEN M	53	00:21:47	04:26	00:44:16	<b>00:44:24</b>
264	695	CARLOS RIPOLINS	RIPOLINS GRIJÓ A CORRER	253	VET M60	4	00:22:04	04:26	00:44:08	<b>00:44:24</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
265	616	PEDRO PRATAS	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	254	VET M45	41	00:21:49	04:26	00:44:18	<b>00:44:25</b>
266	235	MARCO AURÉLIO PINTO	INDIVIDUAL	255	VET M40	54	00:21:34	04:26	00:44:03	<b>00:44:25</b>
267	286	ANDRÉ FILIPE SANTOS	EDUART COMPONENTES CALÇADO	256	SEN M	54	00:21:48	04:26	00:44:17	<b>00:44:27</b>
268	82	HUGO MIGUEL PINTO	UIKEMEDO TEAM	257	VET M40	55	00:21:53	04:26	00:44:02	<b>00:44:30</b>
269	297	EDGAR ROCHA	TRAIL RUNNING BTT SANGUEDO	258	VET M55	18	00:21:35	04:27	00:44:26	<b>00:44:31</b>
270	1105	NUNO PEREIRA	INDIVIDUAL	259	SEN M	55	00:21:43	04:27	00:44:22	<b>00:44:32</b>
271	198	ARLINDO RODRIGUES	C M M C VALE DE CAMBRA	260	VET M55	19	00:21:58	04:27	00:43:53	<b>00:44:35</b>
272	1113	RICARDO CARVALHEIRA	INDIVIDUAL	261	VET M35	47	00:21:43	04:27	00:44:04	<b>00:44:36</b>
273	246	PAULO REIS	ARCORUN	262	VET M45	42	00:21:39	04:27	00:44:22	<b>00:44:36</b>
274	163	JOAO FERREIRA	AFIS/OVAR	263	VET M40	56	00:21:30	04:27	00:44:10	<b>00:44:37</b>
275	374	ZE MOUTINHO	RUNNING ESPINHO	264	VET M60	5	00:21:54	04:27	00:44:26	<b>00:44:38</b>
276	942	MARCO GODINHO	INDIVIDUAL	265	VET M35	48	00:21:28	04:27	00:44:30	<b>00:44:39</b>
277	422	LILIANA MONTEIRO	RUNNING ESPINHO	12	VET F35	4	00:22:03	04:28	00:44:34	<b>00:44:41</b>
278	375	ANTÓNIO PRATA	GRUPO CORRIDA DE ARGONCILHE	266	VET M50	29	00:21:20	04:28	00:44:26	<b>00:44:45</b>
279	284	SÉRGIO MARQUES	INDIVIDUAL	267	VET M35	49	00:21:47	04:28	00:44:14	<b>00:44:46</b>
280	777	LUÍS SILVA	PERALTAFIL RUNNING	268	VET M50	30	00:22:49	04:28	00:44:08	<b>00:44:46</b>
281	784	JOAQUIM SOARES	PERALTAFIL RUNNING	269	VET M55	20	00:22:50	04:28	00:44:10	<b>00:44:47</b>
282	588	ANDRÉ BANDEIRA	INDIVIDUAL	270	VET M40	57	00:22:08	04:28	00:44:36	<b>00:44:48</b>
283	941	DANIEL MOREIRA	INDIVIDUAL	271	VET M35	50	00:21:53	04:28	00:44:10	<b>00:44:48</b>
284	203	MANUEL GOMES	AFIS/OVAR	272	VET M50	31	00:22:28	04:28	00:44:32	<b>00:44:49</b>
285	47	HUGO RUA	INDIVIDUAL	273	SEN M	56	00:22:24	04:28	00:44:10	<b>00:44:50</b>
286	194	DANIEL GOMES	INDIVIDUAL	274	VET M50	32	00:21:37	04:29	00:44:41	<b>00:44:53</b>
287	711	MARCO PINHO	RUNNING ESPINHO	275	VET M50	33	00:21:56	04:29	00:44:48	<b>00:45:00</b>
288	859	JOÃO TERESO	TARTARUGAS DO ASFALTO	276	VET M35	51	00:22:01	04:30	00:44:18	<b>00:45:04</b>
289	477	ANTÓNIO PEREIRA DO CAR	INDIVIDUAL	277	VET M50	34	00:22:04	04:30	00:44:57	<b>00:45:06</b>
290	17	JAIME CASTRO	RUNNING ESPINHO	278	VET M45	43	00:21:57	04:30	00:44:49	<b>00:45:06</b>
291	769	RUI SILVA	INDIVIDUAL	279	JUN M	6	00:21:30	04:30	00:44:54	<b>00:45:09</b>
292	212	PEDRO PAIVA	INDIVIDUAL	280	VET M40	58	00:22:20	04:30	00:45:01	<b>00:45:10</b>
293	794	MANUEL PEREIRA	ELITE DO ATLETISMO NORTENHO	281	VET M40	59	00:22:00	04:31	00:44:09	<b>00:45:11</b>
294	8	MANUEL FERREIRA	ARCORUN	282	VET M65	3	00:22:09	04:31	00:45:00	<b>00:45:13</b>
295	233	CARLOS SILVA	PERNAS INERTES	283	VET M55	21	00:22:20	04:31	00:44:37	<b>00:45:14</b>
296	188	ZÉLIA FERREIRA	INDIVIDUAL	13	VET F50	3	00:22:29	04:31	00:45:11	<b>00:45:15</b>
297	650	IVO MACHADO	INDIVIDUAL	284	VET M40	60	00:21:10	04:31	00:45:00	<b>00:45:16</b>
298	733	BRUNO MATOS	BEATRIZ DOS PANOS TEAM	285	VET M35	52	00:21:38	04:31	00:44:52	<b>00:45:16</b>
299	131	MAFALDA OLIVEIRA	ATLETICO DA MADALENA	14	SEN F	5	00:21:59	04:31	00:44:52	<b>00:45:16</b>
300	712	BERNARDO PINHO	RUNNING ESPINHO	286	SUB 23 M	6	00:21:57	04:31	00:45:07	<b>00:45:17</b>
301	364	NUNO SA	RUNNING ESPINHO	287	VET M35	53	00:21:58	04:31	00:45:06	<b>00:45:18</b>
302	124	JOSÉ VALENTE	NACTRAIL	288	SEN M	57	00:22:24	04:31	00:44:47	<b>00:45:20</b>
303	1007	PAULO ROLA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	289	VET M40	61	00:22:36	04:32	00:44:27	<b>00:45:21</b>
304	45	RUI PINTO	RUNNING ESPINHO	290	VET M40	62	00:22:03	04:32	00:45:18	<b>00:45:25</b>
305	745	NUNO MAGALHÃES	TARTARUGAS DO ASFALTO	291	VET M50	35	00:22:24	04:32	00:44:40	<b>00:45:26</b>
306	370	MARCOS CARVALHO	RUNNING ESPINHO	292	VET M35	54	00:22:02	04:32	00:44:59	<b>00:45:26</b>
307	746	GUSTAVO MAGALHÃES	INDIVIDUAL	293	JUN M	7	00:22:24	04:32	00:44:41	<b>00:45:26</b>
308	430	RICARDO MAIO	RUNNING ESPINHO	294	VET M45	44	00:21:47	04:32	00:44:59	<b>00:45:28</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
309	1160	TELMO OLIVEIRA	INDIVIDUAL	295	VET M40	63	00:21:55	04:32	00:44:39	<b>00:45:28</b>
310	444	VITOR NETO	RUNNING ESPINHO	296	VET M45	45	00:22:25	04:32	00:44:59	<b>00:45:29</b>
311	76	PEDRO NECHO	AFIS/OVAR	297	VET M40	64	00:23:23	04:33	00:45:09	<b>00:45:32</b>
312	68	FERNANDO ALMEIDA	INDIVIDUAL	298	VET M45	46	00:22:24	04:33	00:45:22	<b>00:45:33</b>
313	858	PEDRO XAVIER	RIPOLINS GRIJÓ A CORRER	299	SEN M	58	00:22:18	04:33	00:45:20	<b>00:45:34</b>
314	560	FÁTIMA GERALDES	CAP	15	VET F45	1	00:22:31	04:33	00:44:59	<b>00:45:34</b>
315	600	LÍGIA CASIMIRO	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	16	VET F40	3	00:22:46	04:33	00:45:29	<b>00:45:35</b>
316	713	MAFALDA RESENDE	RUNNING ESPINHO	17	VET F35	5	00:22:05	04:33	00:45:11	<b>00:45:35</b>
317	384	RUI COELHO	WERUN4FOOD	300	SEN M	59	00:22:14	04:33	00:45:28	<b>00:45:36</b>
318	495	CRISTIANO TAVARES	AFIS/OVAR	301	SEN M	60	00:23:30	04:33	00:45:18	<b>00:45:36</b>
319	135	PEDRO MELO	ARCORUN	302	VET M50	36	00:22:30	04:33	00:45:22	<b>00:45:37</b>
320	612	MARLENE SOARES	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	18	VET F35	6	00:22:20	04:33	00:45:10	<b>00:45:38</b>
321	408	JOSE ANTONIO SILVA	RUNNING ESPINHO	303	VET M40	65	00:22:09	04:33	00:45:18	<b>00:45:38</b>
322	329	MÁRIO FONSECA	RUNNERS AND FRIENDS	304	SEN M	61	00:22:31	04:33	00:45:10	<b>00:45:40</b>
323	424	FABIO MOREIRA	RUNNING ESPINHO	305	SEN M	62	00:22:47	04:34	00:45:22	<b>00:45:43</b>
324	41	MANUEL OLIVEIRA	CENTRO MARCHA CORRIDA VALE DE CAMBRA	306	VET M55	22	00:22:05	04:34	00:45:35	<b>00:45:44</b>
325	423	NELSON FERNANDES	RUNNING ESPINHO	307	VET M35	55	00:22:47	04:34	00:45:26	<b>00:45:46</b>
326	661	JOAQUIM BARBOSA	A D RIO LARGO C ESPINHO	308	VET M40	66	00:22:53	04:34	00:45:29	<b>00:45:47</b>
327	570	CARLOS CARVALHO	INDIVIDUAL	309	VET M35	56	00:22:01	04:34	00:45:09	<b>00:45:47</b>
328	684	EDUARDO BARTOLO	RUNNING ESPINHO	310	SEN M	63	00:22:28	04:34	00:45:36	<b>00:45:47</b>
329	978	LILIANA COUTO	TRAIL RUNNING BTT SANGUEDO	19	VET F35	7	00:22:47	04:34	00:45:44	<b>00:45:48</b>
330	698	LUIS COSTA	RIPOLINS GRIJÓ A CORRER	311	VET M40	67	00:22:30	04:34	00:45:37	<b>00:45:50</b>
331	97	RUI COSTA	INDIVIDUAL	312	VET M35	57	00:22:29	04:35	00:45:41	<b>00:45:51</b>
332	290	CARLOS PINA	INDIVIDUAL	313	VET M35	58	00:22:17	04:35	00:45:46	<b>00:45:53</b>
333	335	HELDER PEREIRA	S. S. MONTEPIO	314	VET M40	68	00:22:48	04:35	00:45:40	<b>00:45:54</b>
334	865	RICARDO PINTO	SALGUEIROS RUNNING	315	VET M35	59	00:22:16	04:35	00:45:47	<b>00:45:55</b>
335	149	JOÃO MATOS	FARRONCOS PAPA KM	316	SEN M	64	00:22:27	04:35	00:45:31	<b>00:45:56</b>
336	846	TIAGO MELO	IRON LEGS ACADEMY	317	JUN M	8	00:23:17	04:35	00:45:08	<b>00:45:57</b>
337	1161	PEDRO ROLA	INDIVIDUAL	318	VET M45	47	00:22:31	04:35	00:45:14	<b>00:45:58</b>
338	389	ARMANDO CERQUEIRA	INDIVIDUAL	319	VET M55	23	00:22:42	04:35	00:45:48	<b>00:45:59</b>
339	1003	MARIA PEREIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	20	SEN F	6	00:22:48	04:36	00:45:57	<b>00:46:02</b>
340	158	FRANK ROGERSON	INDIVIDUAL	320	VET M50	37	00:22:25	04:36	00:45:43	<b>00:46:02</b>
341	691	NUNO MILHEIRO	RUNNING ESPINHO	321	VET M40	69	00:22:08	04:36	00:45:57	<b>00:46:05</b>
342	594	PAULO OLIVEIRA	INDIVIDUAL	322	VET M40	70	00:22:54	04:36	00:45:36	<b>00:46:05</b>
343	608	VITOR FERREIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	323	VET M40	71	00:22:27	04:36	00:45:48	<b>00:46:08</b>
344	584	NELSON AMARAL	INDIVIDUAL	324	VET M35	60	00:22:25	04:36	00:45:49	<b>00:46:10</b>
345	328	DANIEL OLIVEIRA	RUNNERS AND FRIENDS	325	VET M40	72	00:22:27	04:37	00:45:40	<b>00:46:12</b>
346	569	SALVADOR PINHO	INDIVIDUAL	326	VET M55	24	00:22:32	04:37	00:46:11	<b>00:46:17</b>
347	900	JONI ROCHA	BOMBEIROS CONCELHO ESPINHO	327	SEN M	65	00:22:11	04:37	00:45:37	<b>00:46:18</b>
348	514	GONCALO OLIVEIRA	INDIVIDUAL	328	VET M40	73	00:22:34	04:37	00:45:40	<b>00:46:18</b>
349	580	NUNO FONTES	INDIVIDUAL	329	VET M35	61	00:22:28	04:37	00:46:00	<b>00:46:19</b>
350	435	ANTONIO OLIVEIRA	RUNNING ESPINHO	330	VET M50	38	00:22:54	04:37	00:46:07	<b>00:46:19</b>
351	28	ANABELA OLIVEIRA	JESUS RUNNERS	21	VET F35	8	00:22:42	04:37	00:45:13	<b>00:46:20</b>
352	778	LEONEL SILVA	PERALTAFIL RUNNING	331	VET M50	39	00:22:53	04:38	00:45:43	<b>00:46:21</b>



Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
353	956	ROGÉRIO BASTOS	INDIVIDUAL	332	VET M40	74	00:22:35	04:38	00:45:40	<b>00:46:21</b>
354	781	SÉRGIO GOMES	PERALTAFIL RUNNING	333	VET M45	48	00:22:54	04:38	00:45:44	<b>00:46:22</b>
355	834	DANIEL CASTRO	INDIVIDUAL	334	SEN M	66	00:23:55	04:38	00:45:25	<b>00:46:24</b>
356	1093	RICARDO PAIS	RUNNING ESPINHO	335	SEN M	67	00:21:41	04:38	00:46:22	<b>00:46:25</b>
357	630	MANUEL SANTOS	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	336	SEN M	68	00:29:51	04:38	00:46:04	<b>00:46:27</b>
358	598	MARIA COSTA	SERVIÇOS S.C. M. OVAR	22	VET F55	1	00:22:52	04:38	00:46:22	<b>00:46:27</b>
359	18	CARLOS SANTOS	INDIVIDUAL	337	VET M45	49	00:22:29	04:38	00:45:54	<b>00:46:29</b>
360	196	JOAQUIM OLIVEIRA	C M M C VALE DE CAMBRA	338	VET M55	25	00:22:57	04:38	00:46:21	<b>00:46:30</b>
361	555	TIAGO MAGALHÃES	INDIVIDUAL	339	VET M35	62	00:22:53	04:38	00:46:12	<b>00:46:30</b>
362	402	ADELINO OLIVEIRA	INDIVIDUAL	340	VET M45	50	00:22:44	04:39	00:45:32	<b>00:46:31</b>
363	874	GIL CASTRO	INDIVIDUAL	341	SEN M	69	00:23:55	04:39	00:45:35	<b>00:46:33</b>
364	403	AMÉRICO GOMES	CAL-CLUBE ATLETISMO LAMAS	342	VET M45	51	00:22:41	04:39	00:45:49	<b>00:46:33</b>
365	143	HUGO FONSECA	INDIVIDUAL	343	SEN M	70	00:23:13	04:39	00:46:15	<b>00:46:34</b>
366	511	FILIPE PINTO	INDIVIDUAL	344	VET M35	63	00:23:24	04:39	00:46:04	<b>00:46:36</b>
367	538	ANDRÉ SILVA	INDIVIDUAL	345	VET M55	26	00:22:43	04:39	00:45:55	<b>00:46:36</b>
368	1061	NUNO TEIXEIRA	ECOMOBILE - RENT A CAR	346	VET M35	64	00:22:46	04:39	00:46:07	<b>00:46:37</b>
369	1097	JOAO MARTINS	RUNNING ESPINHO	347	SEN M	71	00:23:01	04:39	00:46:18	<b>00:46:38</b>
370	7	RUI GODINHO	GDM RUNNING	348	VET M45	52	00:22:52	04:39	00:46:26	<b>00:46:40</b>
371	961	RUI FARIA	BIGODES DE TINTO	349	VET M35	65	00:23:08	04:40	00:46:00	<b>00:46:42</b>
372	247	BELMIRO LOPES	CAL-CLUBE ATLETISMO LAMAS	350	VET M45	53	00:22:54	04:40	00:46:13	<b>00:46:45</b>
373	348	PEDRO LOBO	RUNNING ESPINHO	351	VET M35	66	00:23:10	04:40	00:46:07	<b>00:46:46</b>
374	1070	ABÍLIO MALHEIRO	INDIVIDUAL	352	VET M40	75	00:22:25	04:40	00:46:27	<b>00:46:47</b>
375	63	MANUEL TEIXEIRA	MANQUINHOS	353	VET M55	27	00:23:18	04:40	00:46:11	<b>00:46:47</b>
376	122	PAULO NEVES	CAL-CLUBE ATLETISMO LAMAS	354	VET M50	40	00:22:28	04:40	00:46:42	<b>00:46:50</b>
377	886	JOÃO TEIXEIRA	INDIVIDUAL	355	SEN M	72	00:22:58	04:41	00:46:24	<b>00:46:51</b>
378	306	RUI CASTANHEIRA	PERUF RUNNING TEAM	356	VET M40	76	00:22:44	04:41	00:46:29	<b>00:46:51</b>
379	658	PAULO CAMBOA	INDIVIDUAL	357	SEN M	73	00:23:23	04:41	00:46:11	<b>00:46:53</b>
380	788	JOSÉ LUÍS	RUNNING ESPINHO	358	VET M35	67	00:23:07	04:41	00:46:29	<b>00:46:54</b>
381	755	DANIEL FOLHA	INDIVIDUAL	359	VET M45	54	00:23:29	04:41	00:46:08	<b>00:46:55</b>
382	539	BENJAMIM MARINHO	INDIVIDUAL	360	VET M35	68	00:23:47	04:41	00:46:40	<b>00:46:55</b>
383	204	EDUARDO OLIVEIRA	AFIS/OVAR	361	VET M40	77	00:23:30	04:41	00:46:38	<b>00:46:56</b>
384	460	DINA ROCHA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	23	VET F40	4	00:23:02	04:41	00:46:35	<b>00:46:57</b>
385	105	PAULO SILVA	INDIVIDUAL	362	VET M45	55	00:22:40	04:41	00:46:32	<b>00:46:58</b>
386	312	MIGUEL CLEMENTE	INDIVIDUAL	363	SEN M	74	00:23:48	04:41	00:45:57	<b>00:46:58</b>
387	911	RAQUEL GRILO	GIRA SOL	24	VET F40	5	00:22:47	04:41	00:46:31	<b>00:46:59</b>
388	281	NUNO MAIO	SALGUEIROS RUNNING	364	VET M35	69	00:22:27	04:41	00:46:42	<b>00:47:00</b>
389	79	FILIPE PIRES	TARTARUGAS DO ASFALTO	365	VET M45	56	00:23:29	04:41	00:46:15	<b>00:47:00</b>
390	125	FILIPE PINHO	OUTLAW RUNNERS	366	VET M40	78	00:22:46	04:42	00:46:37	<b>00:47:01</b>
391	551	CELSO COELHO	BESJOGING	367	VET M55	28	00:23:16	04:42	00:46:48	<b>00:47:02</b>
392	1033	PEDRO CARVALHO	RUNNING ESPINHO	368	SEN M	75	00:22:47	04:42	00:46:58	<b>00:47:03</b>
393	944	PAULO FERREIRA	INDIVIDUAL	369	VET M35	70	00:22:39	04:42	00:46:14	<b>00:47:06</b>
394	759	RICARDO SOUSA	ESPINHO TRAIL TEAM	370	VET M35	71	00:21:57	04:42	00:47:04	<b>00:47:08</b>
395	596	ARLINDO SILVA	INDIVIDUAL	371	VET M60	6	00:23:30	04:42	00:46:56	<b>00:47:09</b>
396	349	JOAO GUEDES	RUNNING ESPINHO	372	VET M35	72	00:23:08	04:42	00:46:46	<b>00:47:10</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
397	1029	PEDRO ALVES	RUNNING ESPINHO	373	VET M40	79	00:23:22	04:43	00:46:49	<b>00:47:12</b>
398	344	ERNESTO GONÇALVES	RUNNING ESPINHO	374	VET M45	57	00:23:09	04:43	00:46:41	<b>00:47:14</b>
399	819	QUINTINO CUNHA	ELITE DO ATLETISMO NORTENHO	375	VET M40	80	00:23:13	04:43	00:46:14	<b>00:47:14</b>
400	213	MANUEL PAIVA	INDIVIDUAL	376	VET M65	4	00:23:13	04:43	00:47:07	<b>00:47:16</b>
401	261	FRANCISCO VIEIRA	INDIVIDUAL	377	VET M40	81	00:23:07	04:43	00:47:01	<b>00:47:17</b>
402	414	NUNO SILVA	RUNNING ESPINHO	378	VET M35	73	00:23:06	04:43	00:46:59	<b>00:47:17</b>
403	1028	PAULO NOGUEIRA	RUNNING ESPINHO	379	VET M40	82	00:22:51	04:43	00:46:56	<b>00:47:17</b>
404	341	SERGIO VIEIRA	S. S. MONTEPIO	380	VET M40	83	00:23:25	04:43	00:47:03	<b>00:47:18</b>
405	676	JOÃO MENDES	A D RIO LARGO C ESPINHO	381	SEN M	76	00:23:01	04:43	00:46:57	<b>00:47:19</b>
406	1108	JORGE SILVA	INDIVIDUAL	382	VET M40	84	00:23:29	04:43	00:46:45	<b>00:47:20</b>
407	870	RUI PENA	INDIVIDUAL	383	VET M45	58	00:23:07	04:43	00:46:37	<b>00:47:20</b>
408	497	MARIANA MONTEIRO	GOODSHAPE	25	VET F35	9	00:23:07	04:44	00:46:32	<b>00:47:21</b>
409	263	DOMINGOS SOARES	INDIVIDUAL	384	VET M50	41	00:23:18	04:44	00:46:23	<b>00:47:21</b>
410	1143	MANUEL ALMEIDA	INDIVIDUAL	385	VET M65	5	00:23:01	04:44	00:47:02	<b>00:47:23</b>
411	629	ABÍLIO SANTOS	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	386	VET M55	29	00:23:16	04:44	00:47:20	<b>00:47:23</b>
412	786	ANDRÉ PAIXÃO	INDIVIDUAL	387	SEN M	77	00:23:18	04:44	00:46:44	<b>00:47:24</b>
413	829	VALTER RAINHO	BIO TEAM RUN	388	VET M45	59	00:23:19	04:44	00:46:56	<b>00:47:26</b>
414	556	AUGUSTO BAPTISTA	JAM - JUVENTUDE ATLÉTICA MOZELENSE	389	VET M55	30	00:23:31	04:44	00:47:16	<b>00:47:26</b>
415	392	PAULO FERNANDES	INDIVIDUAL	390	VET M50	42	00:24:04	04:44	00:46:54	<b>00:47:27</b>
416	333	ARTUR CARVALHO	S. S. MONTEPIO	391	VET M40	85	00:22:48	04:44	00:47:14	<b>00:47:27</b>
417	867	NUNO MORAIS DA SILVA	SC ESPINHO TRIATLO	392	VET M40	86	00:22:59	04:44	00:47:14	<b>00:47:28</b>
418	503	AMÍLCAR VINAGRE	RECREIO DESPORTIVO DE ÁGUEDA	393	VET M45	60	00:22:58	04:44	00:46:47	<b>00:47:29</b>
419	474	JOSÉ PINHO	INDIVIDUAL	394	SEN M	78	00:23:08	04:45	00:47:24	<b>00:47:31</b>
420	353	LUIS PINTO	RUNNING ESPINHO	395	SEN M	79	00:23:29	04:45	00:47:11	<b>00:47:31</b>
421	232	ANDRÉ PAIS	RODELO RUNNING TEAM	396	VET M35	74	00:22:55	04:45	00:47:02	<b>00:47:31</b>
422	486	LUIS GOMES	TRAIL RUNNING BTT SANGUEDO	397	VET M40	87	00:22:26	04:45	00:47:20	<b>00:47:31</b>
423	523	RICARDO VALE	INDIVIDUAL	398	VET M35	75	00:23:34	04:45	00:47:01	<b>00:47:33</b>
424	607	JORGE SOUSA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	399	VET M45	61	00:23:10	04:45	00:47:12	<b>00:47:34</b>
425	132	JOSÉ CORREIA	ARCORUN	400	VET M40	88	00:23:17	04:45	00:47:18	<b>00:47:35</b>
426	549	JOSÉ PINTO	JAM - JUVENTUDE ATLÉTICA MOZELENSE	401	VET M45	62	00:23:34	04:45	00:47:22	<b>00:47:38</b>
427	699	VITOR CARMO	RIPOLINS GRIJÓ A CORRER	402	VET M45	63	00:23:33	04:46	00:47:01	<b>00:47:41</b>
428	259	FERNANDO CORREIA	TRAIL RUNNING BTT SANGUEDO	403	VET M55	31	00:23:52	04:46	00:47:20	<b>00:47:41</b>
429	199	JACINTO ALMEIDA	C M M C VALE DE CAMBRA	404	VET M40	89	00:21:33	04:46	00:47:33	<b>00:47:41</b>
430	496	PAULO OLIVEIRA	AFIS/OVAR	405	VET M50	43	00:22:58	04:46	00:47:27	<b>00:47:43</b>
431	34	LEANDRO LEITE	INDIVIDUAL	406	VET M35	76	00:23:30	04:46	00:47:12	<b>00:47:44</b>
432	1044	JOSÉ MONTEIRO	INDIVIDUAL	407	VET M45	64	00:23:22	04:46	00:46:44	<b>00:47:45</b>
433	642	SARA NUNES	INDIVIDUAL	26	VET F40	6	00:23:35	04:46	00:47:27	<b>00:47:49</b>
434	1063	CARLOS SILVA	ECOMOBILE - RENT A CAR	408	VET M45	65	00:22:50	04:47	00:47:21	<b>00:47:51</b>
435	396	ANTONIO PEREIRA	CLUBE PRAÇAS DA ARMADA	409	VET M55	32	00:23:33	04:47	00:47:46	<b>00:47:52</b>
436	666	JOAQUIM GOMES	A D RIO LARGO C ESPINHO	410	VET M60	7	00:23:30	04:47	00:47:47	<b>00:47:53</b>
437	530	ALVARO SILVA	INDIVIDUAL	411	VET M55	33	00:23:02	04:47	00:47:45	<b>00:47:54</b>
438	253	PEDRO LOPES	INDIVIDUAL	412	SEN M	80	00:23:51	04:47	00:46:59	<b>00:47:55</b>
439	88	DIOGO PAIXÃO	SALGUEIROS RUNNING	413	SEN M	81	00:23:21	04:47	00:47:48	<b>00:47:57</b>
440	617	PAULO PEREIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	414	VET M40	90	00:23:51	04:47	00:47:55	<b>00:47:58</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
441	627	ANTÓNIO ALBUQUERQUE	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	415	VET M45	66	00:23:17	04:47	00:47:21	<b>00:47:59</b>
442	465	SARA CONCEIÇÃO	INDIVIDUAL	27	VET F35	10	00:23:33	04:47	00:47:29	<b>00:47:59</b>
443	950	BÁRBARA BASTOS	INDIVIDUAL	28	SEN F	7	00:23:28	04:47	00:47:24	<b>00:48:00</b>
444	951	BRUNO OLIVEIRA	INDIVIDUAL	416	SEN M	82	00:23:28	04:47	00:47:24	<b>00:48:00</b>
445	628	JORGE FONTES	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	417	VET M45	67	00:23:18	04:47	00:47:23	<b>00:48:00</b>
446	468	BRUNO RODRIGUES	INDIVIDUAL	418	SEN M	83	00:23:17	04:48	00:47:45	<b>00:48:01</b>
447	770	MANUEL SILVA	INDIVIDUAL	419	SUB 23 M	7	00:22:47	04:48	00:47:47	<b>00:48:02</b>
448	522	MÁRIO BAPTISTA	INDIVIDUAL	420	SEN M	84	00:23:22	04:48	00:47:34	<b>00:48:04</b>
449	187	ROSA AMÉLIA FERREIRA	INDIVIDUAL	29	VET F50	4	00:23:36	04:48	00:48:03	<b>00:48:07</b>
450	916	MIGUEL NUNES	ENERGÍAPARALAVIDA	421	VET M45	68	00:23:27	04:48	00:47:29	<b>00:48:07</b>
451	287	LUÍS FILIPE SOARES	EDUART COMPONENTES CALÇADO	422	VET M50	44	00:23:22	04:48	00:47:58	<b>00:48:08</b>
452	824	PEDRO NUNO SILVA	OS GUERREIROS DA LUZ	423	VET M55	34	00:23:26	04:48	00:47:27	<b>00:48:08</b>
453	507	RICARDO DIAS	INDIVIDUAL	424	SEN M	85	00:22:51	04:48	00:47:34	<b>00:48:09</b>
454	1173	LUIS CAMPOS	INDIVIDUAL	425	VET M35	77	00:24:17	04:48	00:47:12	<b>00:48:09</b>
455	613	JOSÉ PEREIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	426	VET M50	45	00:23:20	04:49	00:47:39	<b>00:48:16</b>
456	876	DOMINGOS SILVA	JESUS RUNNERS	427	VET M55	35	00:23:14	04:49	00:47:06	<b>00:48:17</b>
457	962	JOSE GOMES	INDIVIDUAL	428	VET M40	91	00:22:59	04:49	00:47:21	<b>00:48:17</b>
458	721	VALTER SA	RUNNING ESPINHO	429	VET M40	92	00:23:42	04:49	00:47:50	<b>00:48:19</b>
459	1036	ALVARO MEIRELES	RUNNING ESPINHO	430	VET M40	93	00:23:50	04:49	00:47:58	<b>00:48:19</b>
460	517	SARA ANTAS	INDIVIDUAL	30	VET F40	7	00:23:36	04:49	00:47:22	<b>00:48:20</b>
461	425	ROSA RODRIGUES	RUNNING ESPINHO	31	VET F35	11	00:23:40	04:50	00:48:11	<b>00:48:21</b>
462	380	NUNO AZEVEDO	EXSEDENTÁRIOS	431	VET M35	78	00:23:31	04:50	00:47:50	<b>00:48:21</b>
463	659	DANIEL LOPES	A D RIO LARGO C ESPINHO	432	SEN M	86	00:23:33	04:50	00:48:00	<b>00:48:23</b>
464	107	ROSA SILVA	LIGEIRINHOS	32	VET F50	5	00:23:57	04:50	00:48:03	<b>00:48:24</b>
465	367	PAULO RODRIGUES	RUNNING ESPINHO	433	VET M45	69	00:24:03	04:50	00:47:43	<b>00:48:25</b>
466	1057	JOÃO COELHO	INDIVIDUAL	434	SEN M	87	00:23:30	04:50	00:47:54	<b>00:48:25</b>
467	327	FERNANDO ESTEVES	INDIVIDUAL	435	SEN M	88	00:23:05	04:50	00:47:59	<b>00:48:26</b>
468	476	HUGO SÁ	INDIVIDUAL	436	VET M40	94	00:23:52	04:50	00:47:31	<b>00:48:30</b>
469	1022	FATIMA AZEVEDO	RUNNING ESPINHO	33	VET F45	2	00:23:46	04:51	00:48:18	<b>00:48:31</b>
470	438	VITOR "TERROR" DIAS	RUNNING ESPINHO	437	SEN M	89	00:23:51	04:51	00:47:33	<b>00:48:31</b>
471	317	LUÍS HIGINO	INDIVIDUAL	438	VET M50	46	00:23:50	04:51	00:47:32	<b>00:48:32</b>
472	891	DIOGO PINTO	INDIVIDUAL	439	SEN M	90	00:22:50	04:51	00:48:21	<b>00:48:32</b>
473	410	RENATO ARAÚJO	RUNNING ESPINHO	440	VET M45	70	00:23:52	04:51	00:48:14	<b>00:48:34</b>
474	499	RICARDINO SANTOS	GOODSHAPE	441	VET M40	95	00:24:11	04:51	00:47:45	<b>00:48:34</b>
475	540	DUARTE RELVAS	SOREMA	442	VET M45	71	00:23:44	04:51	00:48:22	<b>00:48:38</b>
476	849	MÁRCIO CAMPELO	INDIVIDUAL	443	VET M40	96	00:24:03	04:51	00:47:56	<b>00:48:39</b>
477	1001	JOÃO FERNANDO	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	444	VET M40	97	00:24:11	04:51	00:48:03	<b>00:48:39</b>
478	395	MANUEL ALCINO PINTO	INDIVIDUAL	445	SEN M	91	00:24:05	04:51	00:48:13	<b>00:48:40</b>
479	155	PORFÍRIO MARTINS	TO NA PISTA	446	VET M55	36	00:23:45	04:52	00:47:50	<b>00:48:42</b>
480	60	JÚLIO PINHO	INDIVIDUAL	447	VET M45	72	00:24:14	04:52	00:48:27	<b>00:48:42</b>
481	1159	NELSON REIS	INDIVIDUAL	448	VET M35	79	00:24:05	04:52	00:47:51	<b>00:48:43</b>
482	1167	NAU NEIVA	RUNNING ESPINHO	449	VET M40	98	00:23:30	04:52	00:48:20	<b>00:48:43</b>
483	531	FATIMA PAIS	FIAES SPOR CLUBE	34	VET F50	6	00:23:47	04:52	00:48:22	<b>00:48:44</b>
484	342	VITOR OLIVEIRA	S. S. MONTEPIO	450	VET M35	80	00:23:26	04:52	00:48:29	<b>00:48:47</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
485	1096	RAMSES MOREIRA	RUNNING ESPINHO	451	SEN M	92	00:23:41	04:52	00:48:41	<b>00:48:47</b>
486	197	DOMINGOS SILVA	C M M C VALE DE CAMBRA	452	VET M60	8	00:24:04	04:52	00:48:38	<b>00:48:48</b>
487	729	VALDEMAR FERREIRA	BEATRIZ DOS PANOS TEAM	453	VET M40	99	00:23:42	04:52	00:47:52	<b>00:48:48</b>
488	785	PEDRO CONDE	INDIVIDUAL	454	VET M35	81	00:24:02	04:52	00:48:19	<b>00:48:49</b>
489	234	MARIA SILVA	PERNAS INERTES	35	VET F45	3	00:23:58	04:52	00:48:13	<b>00:48:49</b>
490	709	CARLOS ROCHA	RUNNING ESPINHO	455	VET M35	82	00:24:16	04:52	00:48:16	<b>00:48:49</b>
491	722	HUGO SOUSA	RUNNING ESPINHO	456	SEN M	93	00:24:17	04:52	00:48:16	<b>00:48:50</b>
492	836	ANDRÉ SANTOS	PSP	457	SEN M	94	00:24:03	04:53	00:48:38	<b>00:48:51</b>
493	554	TIAGO ALMEIDA	INDIVIDUAL	458	SEN M	95	00:24:02	04:53	00:47:57	<b>00:48:51</b>
494	835	JOAQUIM SANTOS	PSP	459	VET M55	37	00:24:03	04:53	00:48:39	<b>00:48:51</b>
495	833	AGOSTINHO CONSTANTINO	INDIVIDUAL	460	VET M45	73	00:23:57	04:53	00:47:53	<b>00:48:52</b>
496	625	SÓNIA SANTOS	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	36	SEN F	8	00:23:54	04:53	00:48:21	<b>00:48:52</b>
497	526	TIAGO CARVALHO	INDIVIDUAL	461	VET M35	83	00:23:27	04:53	00:47:59	<b>00:48:52</b>
498	161	PAULO PINTO	INDIVIDUAL	462	VET M35	84	00:23:39	04:53	00:48:07	<b>00:48:53</b>
499	433	ELISABETE SANTOS	RUNNING ESPINHO	37	VET F40	8	00:24:12	04:53	00:48:41	<b>00:48:53</b>
500	1077	GORETE MOREIRA	AMINHACORRIDA	38	VET F35	12	00:23:54	04:53	00:48:48	<b>00:48:54</b>
501	537	CELSO TEIXEIRA	INDIVIDUAL	463	VET M50	47	00:24:03	04:53	00:48:14	<b>00:48:58</b>
502	908	BRUNO NEVES	RIPOLINS GRIJÓ A CORRER	464	VET M35	85	00:24:01	04:53	00:48:34	<b>00:48:58</b>
503	967	ROBERTO DIAS	ACAIL_GÁS	465	VET M35	86	00:23:54	04:53	00:47:56	<b>00:48:59</b>
504	909	RICARDO NEVES	RIPOLINS GRIJÓ A CORRER	466	SEN M	96	00:24:01	04:54	00:48:36	<b>00:49:01</b>
505	319	FERNANDO GASPAR	COPO CHEIO TEAM	467	VET M40	100	00:24:15	04:54	00:48:29	<b>00:49:02</b>
506	37	EDUARDO FALCÃO	PERDI O TÁXI	468	VET M45	74	00:24:08	04:54	00:48:32	<b>00:49:02</b>
507	723	NUNO CARNEIRO	INDIVIDUAL	469	VET M40	101	00:24:44	04:54	00:48:10	<b>00:49:03</b>
508	439	JORGE MARTINS	RUNNING ESPINHO	470	VET M40	102	00:23:16	04:54	00:48:34	<b>00:49:04</b>
509	1026	ISABEL SOARES	RUNNING ESPINHO	39	VET F40	9	00:23:52	04:54	00:48:40	<b>00:49:06</b>
510	382	BRUNO ALMEIDA	VELOZES	471	VET M35	87	00:24:25	04:54	00:48:23	<b>00:49:07</b>
511	383	FÁBIO OLIVEIRA	VELOZES	472	VET M35	88	00:24:25	04:54	00:48:23	<b>00:49:07</b>
512	1067	TULIO TOMAZ	INDIVIDUAL	473	VET M45	75	00:24:17	04:54	00:48:50	<b>00:49:07</b>
513	443	CARLOS LANCHÁ	RUNNING ESPINHO	474	VET M45	76	00:24:01	04:54	00:48:56	<b>00:49:07</b>
514	854	DUARTE FERNANDES	INDIVIDUAL	475	SEN M	97	00:25:08	04:54	00:48:10	<b>00:49:07</b>
515	651	ELISIO MAIA	INDIVIDUAL	476	VET M45	77	00:24:21	04:54	00:48:11	<b>00:49:10</b>
516	844	RUI PEREIRA	INDIVIDUAL	477	VET M40	103	00:24:23	04:54	00:48:12	<b>00:49:10</b>
517	94	TIAGO VERÍSSIMO	INDIVIDUAL	478	SEN M	98	00:23:52	04:55	00:48:46	<b>00:49:12</b>
518	230	AFONSO RODRIGUES	INDIVIDUAL	479	JUN M	9	00:25:01	04:55	00:48:12	<b>00:49:13</b>
519	391	JOSÉ PINHEL	INDIVIDUAL	480	VET M50	48	00:24:04	04:55	00:48:41	<b>00:49:13</b>
520	827	CLÁUDIA OLÁ	SPORTARC	40	VET F35	13	00:24:09	04:55	00:48:49	<b>00:49:15</b>
521	89	PEDRO PAIXÃO	SALGUEIROS RUNNING	481	VET M40	104	00:23:50	04:55	00:49:07	<b>00:49:17</b>
522	1030	JOSE VILELA	RUNNING ESPINHO	482	VET M55	38	00:23:55	04:55	00:48:30	<b>00:49:17</b>
523	897	AFONSO BARROS	ARCORUN	483	JUN M	10	00:24:38	04:55	00:49:03	<b>00:49:18</b>
524	133	MIGUEL BARROS	ARCORUN	484	VET M45	78	00:24:37	04:55	00:49:04	<b>00:49:19</b>
525	1006	VIRIATO GIL	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	485	VET M45	79	00:24:11	04:55	00:48:43	<b>00:49:19</b>
526	1009	RUI GONÇALVES	NEED FOR SPEED	486	SEN M	99	00:23:38	04:56	00:48:48	<b>00:49:21</b>
527	980	MARCO MAIA	BIGODES DE TINTO	487	VET M35	89	00:23:52	04:56	00:48:38	<b>00:49:21</b>
528	84	RUI SILVA	SLOW DOWN	488	VET M45	80	00:24:34	04:56	00:48:33	<b>00:49:21</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
529	749	ANTÓNIO FARREIRA	G.D.RONDA	489	VET M55	39	00:24:06	04:56	00:48:33	<b>00:49:22</b>
530	518	NELSON GANDRA	INDIVIDUAL	490	VET M40	105	00:24:19	04:56	00:48:23	<b>00:49:22</b>
531	339	RUI FREITAS	S. S. MONTEPIO	491	VET M45	81	00:24:34	04:56	00:48:34	<b>00:49:22</b>
532	690	JOSÉ MANUEL MARQUES	RUNNING ESPINHO	492	VET M45	82	00:24:13	04:56	00:48:46	<b>00:49:23</b>
533	427	CRISTINA COUTO	RUNNING ESPINHO	41	VET F45	4	00:23:49	04:56	00:49:14	<b>00:49:24</b>
534	640	JOANA ALÇADA	AFIS/OVAR	42	VET F40	10	00:24:25	04:56	00:49:07	<b>00:49:24</b>
535	756	JOEL FIGUEIRAS	INDIVIDUAL	493	JUN M	11	00:24:04	04:56	00:48:25	<b>00:49:24</b>
536	972	NARCISO ARROMBA	INDIVIDUAL	494	VET M65	6	00:24:55	04:56	00:49:22	<b>00:49:28</b>
537	479	FERNANDO BRANDÃO	INDIVIDUAL	495	VET M50	49	00:23:54	04:56	00:48:29	<b>00:49:28</b>
538	114	IVO COUTO	INDIVIDUAL	496	VET M40	106	00:23:47	04:56	00:49:04	<b>00:49:28</b>
539	1008	VITOR NEVES	INDIVIDUAL	497	SEN M	100	00:23:47	04:57	00:49:07	<b>00:49:32</b>
540	850	LUIS SILVA	PROSOLVAC	498	VET M40	107	00:24:19	04:57	00:48:46	<b>00:49:33</b>
541	899	PEDRO LOURO	BOMBEIROS CONCELHO ESPINHO	499	VET M35	90	00:24:04	04:57	00:48:53	<b>00:49:33</b>
542	668	MANUEL SANTIAGO	INDIVIDUAL	500	VET M50	50	00:23:55	04:57	00:49:07	<b>00:49:36</b>
543	1106	PEDRO CALEIRO	INDIVIDUAL	501	SEN M	101	00:24:15	04:57	00:49:01	<b>00:49:38</b>
544	771	JOÃO F MARQUES	INDIVIDUAL	502	VET M35	91	00:24:25	04:58	00:48:57	<b>00:49:42</b>
545	390	MANUEL ANDRADE	INDIVIDUAL	503	VET M55	40	00:24:08	04:58	00:49:33	<b>00:49:42</b>
546	243	CRISTIANA MAGALHÃES	CLUBE PORTUGAL TELECOM ZONA NORTE	43	VET F40	11	00:24:24	04:58	00:49:33	<b>00:49:43</b>
547	938	MÁRCIO SILVA	INDIVIDUAL	504	SEN M	102	00:24:50	04:58	00:49:14	<b>00:49:46</b>
548	373	LILIANA AZEVEDO	RUNNING ESPINHO	44	VET F35	14	00:24:15	04:58	00:49:35	<b>00:49:47</b>
549	714	HUGO BRANCO	RUNNING ESPINHO	505	VET M40	108	00:24:11	04:59	00:49:24	<b>00:49:52</b>
550	1066	CARLOS CAMPOS	AFIS/OVAR	506	VET M50	51	00:24:25	04:59	00:49:32	<b>00:49:55</b>
551	641	TIAGO LEITE	INDIVIDUAL	507	SEN M	103	00:25:02	04:59	00:49:38	<b>00:49:56</b>
552	77	PAULO ALMEIDA	AFIS/OVAR	508	VET M50	52	00:24:33	04:59	00:49:51	<b>00:49:56</b>
553	225	RICARDO SILVA	INDIVIDUAL	509	VET M35	92	00:25:37	04:59	00:49:17	<b>00:49:56</b>
554	571	DIOGO RAMOS	INDIVIDUAL	510	SEN M	104	00:24:38	04:59	00:49:29	<b>00:49:57</b>
555	572	MARCO XAVIER	INDIVIDUAL	511	SEN M	105	00:24:38	04:59	00:49:29	<b>00:49:57</b>
556	1086	ANDRE PEREIRA	RUNNING ESPINHO	512	VET M35	93	00:24:33	04:59	00:49:23	<b>00:49:58</b>
557	323	JOÃO LIMA	COPO CHEIO TEAM	513	SEN M	106	00:24:24	05:00	00:49:25	<b>00:50:02</b>
558	592	RAUL COELHO	INDIVIDUAL	514	VET M35	94	00:24:40	05:00	00:49:56	<b>00:50:02</b>
559	996	ANA SILVA	AFIS/OVAR	45	VET F40	12	00:24:35	05:00	00:49:50	<b>00:50:04</b>
560	1094	MIGUEL PINTO	RUNNING ESPINHO	515	SEN M	107	00:24:16	05:00	00:49:33	<b>00:50:04</b>
561	441	CRISTIANA SANTOS	RUNNING ESPINHO	46	SEN F	9	00:24:16	05:00	00:49:34	<b>00:50:04</b>
562	708	MIGUEL CASTRO	RUNNING ESPINHO	516	VET M45	83	00:25:43	05:00	00:49:19	<b>00:50:06</b>
563	1012	JOÃO SILVA	INDIVIDUAL	517	SEN M	108	00:23:45	05:00	00:49:17	<b>00:50:09</b>
564	675	ADRIANO QUEIROZ	A D RIO LARGO C ESPINHO	518	VET M65	7	00:25:02	05:01	00:49:57	<b>00:50:18</b>
565	997	JOSÉ RODRIGUES	AFIS/OVAR	519	VET M40	109	00:24:49	05:02	00:49:59	<b>00:50:21</b>
566	62	ANDRÉ COIMBRA	MANQUINHOS	520	VET M35	95	00:24:55	05:02	00:49:51	<b>00:50:28</b>
567	111	JOÃO MATOS	ELECTREX	521	VET M40	110	00:24:57	05:03	00:49:52	<b>00:50:34</b>
568	1031	JOSE OLIVEIRA	RUNNING ESPINHO	522	VET M50	53	00:24:29	05:03	00:49:48	<b>00:50:34</b>
569	110	RUI MATOS	ELECTREX	523	VET M60	9	00:24:57	05:03	00:49:52	<b>00:50:35</b>
570	227	VALDEMAR ALMEIDA	INVICTA RUNNERS TEAM	524	VET M50	54	00:24:24	05:03	00:50:13	<b>00:50:37</b>
571	1156	JOAQUIM AMORIM	INDIVIDUAL	525	VET M40	111	00:24:34	05:03	00:49:59	<b>00:50:38</b>
572	990	CADETE GASPAR	INDIVIDUAL	526	VET M65	8	00:24:29	05:04	00:49:59	<b>00:50:41</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
573	1155	RAFAEL SOUSA	INDIVIDUAL	527	VET M40	112	00:24:35	05:04	00:50:02	<b>00:50:41</b>
574	314	PEDRO ALVES	INDIVIDUAL	528	SEN M	109	00:24:38	05:04	00:50:24	<b>00:50:42</b>
575	87	JOSÉ MENDES	RUNNING ESMORIZ	529	VET M45	84	00:24:25	05:04	00:50:11	<b>00:50:43</b>
576	982	AFONSO LEÃO ALMEIDA	INDIVIDUAL	530	JUN M	12	00:23:26	05:04	00:49:43	<b>00:50:43</b>
577	546	DAVID SOUSA	INDIVIDUAL	531	VET M40	113	00:25:11	05:04	00:49:36	<b>00:50:45</b>
578	855	JOSÉ FERNANDES	INDIVIDUAL	532	VET M55	41	00:24:38	05:04	00:49:48	<b>00:50:45</b>
579	590	FILIPE COIMBRA	INDIVIDUAL	533	VET M55	42	00:23:53	05:04	00:50:28	<b>00:50:48</b>
580	966	JORGE FRANCISCO	ACAIL_GÁS	534	VET M45	85	00:24:24	05:04	00:49:47	<b>00:50:50</b>
581	218	JOÃO PEDRO AIRES	INDIVIDUAL	535	VET M35	96	00:24:35	05:05	00:50:06	<b>00:50:51</b>
582	466	RAQUEL MOREIRA	RUNNING ESPINHO	47	VET F40	13	00:24:42	05:05	00:50:08	<b>00:50:54</b>
583	995	LILIANA PEREIRA	AASM TRIATLO	48	VET F35	15	00:24:34	05:05	00:50:25	<b>00:50:54</b>
584	812	NELSON TAVARES	INDIVIDUAL	536	SEN M	110	00:24:03	05:05	00:50:01	<b>00:50:54</b>
585	267	EDUARDO FARDILHA	EQUIPA FORÇA NA CANELA ESPINHO	537	VET M45	86	00:24:16	05:05	00:50:20	<b>00:50:54</b>
586	387	OLGA BRANDÃO	ARADA ATLETICO CLUBE	49	VET F45	5	00:24:33	05:05	00:50:41	<b>00:50:55</b>
587	478	ANDRÉ SILVA	AVANCARUNNERS	538	VET M35	97	00:25:06	05:05	00:49:57	<b>00:50:55</b>
588	857	JORGE SILVA	INDIVIDUAL	539	VET M45	87	00:25:51	05:05	00:50:23	<b>00:50:55</b>
589	520	JORGE DIQUE	INDIVIDUAL	540	VET M65	9	00:25:20	05:05	00:50:50	<b>00:50:55</b>
590	915	JORGE LEITE	ARCORUN	541	VET M45	88	00:23:52	05:05	00:50:39	<b>00:50:56</b>
591	368	RUI SANTOS	RUNNING ESPINHO	542	VET M40	114	00:24:49	05:05	00:50:32	<b>00:50:58</b>
592	998	AVELINO SOUSA	TARTARUGAS DO ASFALTO	543	VET M50	55	00:24:24	05:05	00:50:13	<b>00:50:58</b>
593	283	JOÃO PINHO	TO NA PISTA	544	VET M50	56	00:24:23	05:05	00:50:39	<b>00:50:58</b>
594	766	SARA RENATA RENATA	DCI/TRILHOS LUSO BUSSACO	50	SEN F	10	00:24:51	05:05	00:50:47	<b>00:50:59</b>
595	145	JOSE FERREIRA	SALGUEIROS RUNNING	545	VET M40	115	00:24:44	05:06	00:50:50	<b>00:51:01</b>
596	22	FILIPA FALCAO	PERDI O TÁXI	51	VET F45	6	00:25:10	05:06	00:50:31	<b>00:51:01</b>
597	126	HELDER MARQUES	CALDAS S. JORGE SPORT CLUBE	546	VET M35	98	00:23:19	05:06	00:50:55	<b>00:51:02</b>
598	685	PAULO ROCHA	RUNNING ESPINHO	547	VET M35	99	00:24:41	05:06	00:50:39	<b>00:51:02</b>
599	599	MARCOS CALADO	INDIVIDUAL	548	VET M40	116	00:24:45	05:06	00:50:30	<b>00:51:03</b>
600	492	LILIANA SILVA	TRIBO NR	52	VET F40	14	00:24:52	05:06	00:50:34	<b>00:51:03</b>
601	354	EMILIA FERREIRA	RUNNING ESPINHO	53	VET F40	15	00:24:42	05:06	00:50:52	<b>00:51:03</b>
602	529	EWA KIEŁBOWICZ	INDIVIDUAL	54	SEN F	11	00:25:11	05:06	00:49:49	<b>00:51:03</b>
603	562	NUNO LIMA	INDIVIDUAL	549	VET M45	89	00:25:26	05:06	00:50:24	<b>00:51:05</b>
604	663	SUSANA MONTEIRO	A D RIO LARGO C ESPINHO	55	VET F40	16	00:24:15	05:06	00:50:32	<b>00:51:07</b>
605	175	MARCO ANDRADE	CASA DO POVO DE MANGUALDE	550	VET M40	117	00:25:09	05:06	00:50:14	<b>00:51:09</b>
606	170	ANA OLIVEIRA	AVANCARUNNERS	56	VET F40	17	00:25:08	05:07	00:50:16	<b>00:51:12</b>
607	276	ALEXANDRE FERREIRA	EQUIPA FORÇA NA CANELA ESPINHO	551	VET M40	118	00:24:16	05:07	00:50:36	<b>00:51:13</b>
608	315	BRUNO COSTA	INDIVIDUAL	552	VET M35	100	00:24:43	05:07	00:50:11	<b>00:51:13</b>
609	1110	CRISTINA RAMALHO	AMINHACORRIDA	57	VET F35	16	00:25:23	05:07	00:50:30	<b>00:51:15</b>
610	702	JOAQUIM OLIVEIRA	RIPOLINS GRIJÓ A CORRER	553	VET M55	43	00:24:57	05:07	00:51:03	<b>00:51:16</b>
611	461	IVONE PARDAL	CLUBE ACADÉMICO DE MOGADOURO	58	VET F40	18	00:25:12	05:07	00:51:08	<b>00:51:17</b>
612	293	SANDRA AMORIM	INDIVIDUAL	59	VET F40	19	00:24:37	05:07	00:50:49	<b>00:51:17</b>
613	815	RUBEN SÁ	INDIVIDUAL	554	SEN M	111	00:25:26	05:08	00:50:18	<b>00:51:22</b>
614	671	RICARDO PEREIRA	A D RIO LARGO C ESPINHO	555	VET M35	101	00:24:29	05:08	00:51:00	<b>00:51:23</b>
615	104	CARLOS OLIVEIRA	INDIVIDUAL	556	VET M45	90	00:24:35	05:08	00:51:05	<b>00:51:23</b>
616	1099	DAVID OLIVEIRA	RUNNING ESPINHO	557	VET M40	119	00:25:45	05:08	00:50:54	<b>00:51:23</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
617	1098	TIAGO SOARES	RUNNING ESPINHO	558	VET M40	120	00:25:45	05:08	00:50:55	<b>00:51:24</b>
618	736	ANDRÉ MOREIRA	BEATRIZ DOS PANOS TEAM	559	JUN M	13	00:24:49	05:08	00:50:30	<b>00:51:24</b>
619	26	MARTA SENOS	INDIVIDUAL	60	SEN F	12	00:24:49	05:08	00:51:19	<b>00:51:26</b>
620	767	PAULO ALMEIDA	INDIVIDUAL	560	VET M40	121	00:25:58	05:08	00:50:38	<b>00:51:26</b>
621	103	FILIPE SOARES	C M M C VALE DE CAMBRA	561	VET M50	57	00:24:52	05:08	00:51:18	<b>00:51:26</b>
622	579	CRISTIANA BORGES	INDIVIDUAL	61	SEN F	13	00:24:34	05:08	00:50:32	<b>00:51:27</b>
623	266	LUCÍLIA SANTOS	EQUIPA FORÇA NA CANELA ESPINHO	62	VET F45	7	00:25:04	05:08	00:51:15	<b>00:51:28</b>
624	504	JOÃO PINHEIRO	INDIVIDUAL	562	SEN M	112	00:24:56	05:08	00:50:25	<b>00:51:30</b>
625	694	ANTONIO PEREIRA	RUNNING ESPINHO	563	VET M50	58	00:25:04	05:08	00:51:15	<b>00:51:30</b>
626	881	ANDRÉ SILVEIRA	SARUNNERS	564	VET M40	122	00:24:56	05:09	00:51:11	<b>00:51:32</b>
627	463	ADÃO ROCHA	INDIVIDUAL	565	VET M50	59	00:23:56	05:09	00:50:34	<b>00:51:33</b>
628	429	JOAQUIM VIEIRA	RUNNING ESPINHO	566	VET M50	60	00:24:37	05:09	00:51:11	<b>00:51:39</b>
629	1	JOSÉ FALCÃO	A D RIO LARGO C ESPINHO	567	VET M65	10	00:25:18	05:09	00:51:38	<b>00:51:40</b>
630	299	ROBERTO IGLÉSIAS	INDIVIDUAL	568	SEN M	113	00:25:57	05:09	00:50:30	<b>00:51:40</b>
631	309	HELDER MENDES	INDIVIDUAL	569	SEN M	114	00:24:55	05:10	00:50:44	<b>00:51:41</b>
632	977	MI COUTO	BOAVISTA TRAIL	63	VET F35	17	00:24:44	05:10	00:51:42	<b>00:51:47</b>
633	999	VÍTOR PRESA	INDIVIDUAL	570	SEN M	115	00:24:18	05:10	00:51:40	<b>00:51:47</b>
634	379	ARNALDO LÚCIO	EXSEDENTÁRIOS	571	VET M45	91	00:25:00	05:10	00:51:16	<b>00:51:47</b>
635	308	RUI COELHO	INDIVIDUAL	572	VET M40	123	00:25:49	05:10	00:51:07	<b>00:51:47</b>
636	464	DIANA PINHO	INDIVIDUAL	64	SEN F	14	00:25:07	05:10	00:51:16	<b>00:51:48</b>
637	832	JOAO JORGE	INDIVIDUAL	573	VET M35	102	00:25:17	05:10	00:51:18	<b>00:51:49</b>
638	285	EDUARDO REBELO	EDUART COMPONENTES CALÇADO	574	VET M55	44	00:25:10	05:11	00:51:45	<b>00:51:56</b>
639	1019	MARCO COUTO	RUNNING ESPINHO	575	SEN M	116	00:24:55	05:11	00:51:30	<b>00:51:56</b>
640	790	JOEL RIBEIRO	RUNNING ESPINHO	576	VET M40	124	00:25:09	05:11	00:51:45	<b>00:51:57</b>
641	1023	SEBASTIAO COUTO	RUNNING ESPINHO	577	VET M55	45	00:24:54	05:11	00:51:31	<b>00:51:57</b>
642	885	TIAGO MONTEIRO	THE CAPTAIN SOCKS	578	VET M35	103	00:25:18	05:11	00:51:30	<b>00:51:58</b>
643	686	FERNANDO PAIS	RUNNING ESPINHO	579	VET M50	61	00:24:55	05:12	00:51:38	<b>00:52:02</b>
644	1175	ROGERIO SILVA	RUNNING ESPINHO	580	VET M40	125	00:24:49	05:12	00:51:53	<b>00:52:03</b>
645	979	RUI BASTOS	INDIVIDUAL	581	VET M35	104	00:26:06	05:12	00:51:36	<b>00:52:03</b>
646	1069	JOSÉ CONCEIÇÃO	ECOMOBILE - RENT A CAR	582	VET M40	126	00:25:02	05:12	00:51:38	<b>00:52:08</b>
647	1083	TERESA LIMA	INDIVIDUAL	65	VET F40	20	00:33:19	05:12	00:51:00	<b>00:52:08</b>
648	1082	JORGE MEIRELES	INDIVIDUAL	583	VET M45	92	00:24:47	05:12	00:51:01	<b>00:52:09</b>
649	825	BERNARDINO FERNANDES	OS GUERREIROS DA LUZ	584	VET M50	62	00:22:36	05:12	00:52:07	<b>00:52:09</b>
650	366	PEDRO PINTO	RUNNING ESPINHO	585	VET M45	93	00:25:51	05:12	00:51:28	<b>00:52:10</b>
651	993	VICENTE PINTO	INDIVIDUAL	586	VET M45	94	00:25:00	05:13	00:51:56	<b>00:52:11</b>
652	544	VÍTOR VIEIRA	INDIVIDUAL	587	VET M50	63	00:24:54	05:13	00:51:26	<b>00:52:12</b>
653	157	JOAO PAULINO	INDIVIDUAL	588	VET M45	95	00:25:00	05:13	00:51:43	<b>00:52:13</b>
654	418	SANDRA OLIVEIRA	RUNNING ESPINHO	66	VET F35	18	00:25:59	05:13	00:51:54	<b>00:52:13</b>
655	260	DULCE CORREIA	TRAIL RUNNING BTT SANGUEDO	67	VET F50	7	00:25:49	05:13	00:51:51	<b>00:52:13</b>
656	848	RUI AGUIAR	INDIVIDUAL	589	SEN M	117	00:25:47	05:13	00:51:26	<b>00:52:13</b>
657	752	ANA OLIVEIRA	G.D.RONDA	68	VET F35	19	00:26:11	05:13	00:51:40	<b>00:52:13</b>
658	417	JORGE OLIVEIRA	RUNNING ESPINHO	590	VET M40	127	00:26:00	05:13	00:51:58	<b>00:52:18</b>
659	926	CAMILO MORAIS	INDIVIDUAL	591	VET M40	128	00:25:38	05:13	00:51:33	<b>00:52:18</b>
660	179	FERNANDO SILVA	GRUPO CORRIDA DE ARGONCILHE	592	VET M60	10	00:25:43	05:13	00:51:38	<b>00:52:19</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
661	884	RUI FERREIRA	THE CAPTAIN SOCKS	593	VET M35	105	00:25:18	05:13	00:51:52	<b>00:52:19</b>
662	502	ANDRÉ MACHADO	GOODSHAPE	594	SEN M	118	00:25:59	05:13	00:51:31	<b>00:52:20</b>
663	10	SANDRA FERREIRA	INDIVIDUAL	69	VET F45	8	00:25:39	05:14	00:51:46	<b>00:52:21</b>
664	483	MARCOS ALVES	TRIBO NR	595	VET M40	129	00:25:25	05:14	00:51:55	<b>00:52:23</b>
665	399	FRÉDÉRIC SCHIAVON	INDIVIDUAL	596	VET M40	130	00:26:03	05:14	00:51:45	<b>00:52:23</b>
666	428	CHARLY DUARTE	RUNNING ESPINHO	597	VET M45	96	00:25:04	05:14	00:52:13	<b>00:52:24</b>
667	431	EDUARDO PINTO	RUNNING ESPINHO	598	VET M40	131	00:24:59	05:14	00:52:09	<b>00:52:24</b>
668	1088	MANUEL FERREIRA	RUNNING ESPINHO	599	VET M50	64	00:25:31	05:14	00:52:02	<b>00:52:24</b>
669	903	JOSÉ MOURA	FORÇA NA CANELA ESPINHO	600	SEN M	119	00:25:34	05:14	00:51:46	<b>00:52:25</b>
670	875	RUI GONÇALVES	RUNRIVER - ESCOLA ATLETISMO DE RIO TINTO	601	VET M40	132	00:23:51	05:14	00:52:20	<b>00:52:25</b>
671	71	MANUEL ANJOS	NAC	602	VET M55	46	00:26:27	05:14	00:52:17	<b>00:52:26</b>
672	1065	MARCO MAIA	OS LAMECHAS	603	VET M45	97	00:25:19	05:14	00:51:25	<b>00:52:26</b>
673	1054	BRUNO AZEVEDO	OS LAMECHAS	604	VET M40	133	00:25:20	05:14	00:51:26	<b>00:52:27</b>
674	108	DEOLINDA SILVA	LIGEIRINHOS	70	VET F55	2	00:25:30	05:14	00:52:07	<b>00:52:28</b>
675	719	FADA JOLY	RUNNING ESPINHO	71	VET F35	20	00:25:41	05:15	00:51:43	<b>00:52:31</b>
676	92	CLÁUDIO CORREIA	INDIVIDUAL	605	VET M35	106	00:27:37	05:15	00:51:52	<b>00:52:33</b>
677	716	FADA SAVIOLA	RUNNING ESPINHO	606	SEN M	120	00:24:40	05:15	00:51:46	<b>00:52:33</b>
678	165	ANA CASTRO	CAL-CLUBE ATLETISMO LAMAS	72	VET F45	9	00:25:53	05:15	00:51:51	<b>00:52:34</b>
679	1142	BRUNO RODRIGUES	INDIVIDUAL	607	VET M40	134	00:26:00	05:15	00:52:15	<b>00:52:35</b>
680	1154	PAULO FORTUNATO	GRUPO DESPORTIVO SANTANDER TOTTA	608	VET M45	98	00:25:52	05:15	00:51:51	<b>00:52:35</b>
681	140	LUIS FERREIRA	INDIVIDUAL	609	VET M40	135	00:25:45	05:15	00:52:22	<b>00:52:35</b>
682	91	VÍTOR SALGADO	INDIVIDUAL	610	VET M40	136	00:25:53	05:15	00:51:44	<b>00:52:36</b>
683	205	JOSÉ MOREIRA	SALGUEIROS RUNNING	611	SEN M	121	00:25:10	05:15	00:52:20	<b>00:52:37</b>
684	90	CARLOS SILVA	INDIVIDUAL	612	VET M40	137	00:25:53	05:15	00:51:47	<b>00:52:39</b>
685	282	PATRÍCIA MAIO	SALGUEIROS RUNNING	73	VET F35	21	00:25:07	05:15	00:52:22	<b>00:52:40</b>
686	178	ALBERTO GOMES	INDIVIDUAL	613	VET M65	11	00:25:08	05:15	00:52:26	<b>00:52:40</b>
687	860	ARTUR TERESO	TARTARUGAS DO ASFALTO	614	JUN M	14	00:24:47	05:16	00:51:56	<b>00:52:41</b>
688	130	VITOR CARDOSO	ATLETICO DA MADALENA	615	VET M50	65	00:25:37	05:16	00:52:18	<b>00:52:43</b>
689	151	BRUNA COELHO	INDIVIDUAL	74	SEN F	15	00:26:25	05:16	00:52:13	<b>00:52:44</b>
690	150	ALFREDO ROCHA	INDIVIDUAL	616	VET M45	99	00:26:25	05:16	00:52:14	<b>00:52:44</b>
691	271	HERLÂNDER FARDILHA	EQUIPA FORÇA NA CANELA ESPINHO	617	VET M40	138	00:25:17	05:16	00:52:09	<b>00:52:45</b>
692	325	SOFIA TELES	INDIVIDUAL	75	SEN F	16	00:26:04	05:16	00:51:41	<b>00:52:45</b>
693	861	JOÃO SEMEÃO	TARTARUGAS DO ASFALTO	618	VET M50	66	00:25:22	05:16	00:52:00	<b>00:52:46</b>
694	674	ALFREDO SANTOS	A D RIO LARGO C ESPINHO	619	VET M65	12	00:25:36	05:16	00:52:13	<b>00:52:47</b>
695	195	DORA DIAS	NO TOMORROW RUNNING TEAM	76	VET F35	22	00:25:24	05:16	00:52:04	<b>00:52:48</b>
696	973	MIGUEL MARQUES	INDIVIDUAL	620	SEN M	122	00:26:19	05:16	00:52:01	<b>00:52:49</b>
697	1037	FADA MICA	RUNNING ESPINHO	621	SEN M	123	00:26:20	05:16	00:52:01	<b>00:52:49</b>
698	279	RICARDO CASTRO	MORAISCASTRO	622	SEN M	124	00:25:54	05:17	00:52:00	<b>00:52:51</b>
699	603	ALEXANDRA LOPES	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	77	VET F40	21	00:25:59	05:17	00:52:33	<b>00:52:52</b>
700	1015	SILVANA SILVA	RUNNING ESPINHO	78	SEN F	17	00:25:10	05:17	00:52:24	<b>00:52:54</b>
701	248	PEDRO SANTOS	CAL-CLUBE ATLETISMO LAMAS	623	VET M45	100	00:26:00	05:17	00:52:13	<b>00:52:57</b>
702	923	BRUNO GONCALVES	INDIVIDUAL	624	VET M35	107	00:25:36	05:17	00:52:17	<b>00:52:57</b>
703	64	FERNANDO TEIXEIRA	MANQUINHOS	625	VET M60	11	00:25:53	05:18	00:52:26	<b>00:53:03</b>
704	54	CLÁUDIO CASTRO	JALM RUN AND WALKING TEAM	626	VET M35	108	00:26:27	05:18	00:51:51	<b>00:53:03</b>



Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
705	217	XAVIER SANTOS	INDIVIDUAL	627	VET M35	109	00:26:13	05:18	00:52:15	<b>00:53:05</b>
706	831	RUI PEREIRA	INDIVIDUAL	628	VET M35	110	00:26:07	05:18	00:52:23	<b>00:53:05</b>
707	1074	TIAGO LEITE	INDIVIDUAL	629	SEN M	125	00:26:09	05:18	00:52:32	<b>00:53:10</b>
708	706	JORGE RODRIGUES	RUNNING ESPINHO	630	VET M40	139	00:26:42	05:19	00:52:24	<b>00:53:11</b>
709	1073	ALBINO LEITE	INDIVIDUAL	631	VET M50	67	00:26:10	05:19	00:52:34	<b>00:53:12</b>
710	494	HELENA LOPES	TRIBO NR	79	VET F40	22	00:26:02	05:19	00:52:49	<b>00:53:17</b>
711	863	ANTONIO LAGARTO	INDIVIDUAL	632	VET M40	140	00:25:10	05:20	00:52:58	<b>00:53:21</b>
712	29	HÉLIA ROCHA	JESUS RUNNERS	80	SEN F	18	00:26:30	05:20	00:52:12	<b>00:53:21</b>
713	959	BRUNO MARANTE	BIGODES DE TINTO	633	VET M35	111	00:26:35	05:20	00:52:41	<b>00:53:23</b>
714	176	ALEXANDRA MORTÁGUA	AVANCARUNNERS	81	VET F35	23	00:25:53	05:20	00:52:27	<b>00:53:24</b>
715	324	FERNANDO LEITE	INDIVIDUAL	634	VET M40	141	00:26:32	05:20	00:52:45	<b>00:53:24</b>
716	877	FILIPE BRANDÃO	JESUS RUNNERS	635	VET M45	101	00:26:15	05:20	00:52:16	<b>00:53:26</b>
717	758	LURDES MAIA	GRUPO DESPORTIVO SANTANDER TOTTA	82	VET F45	10	00:25:18	05:20	00:52:39	<b>00:53:26</b>
718	215	PAULO GODINHO	INDIVIDUAL	636	VET M40	142	00:26:01	05:20	00:52:22	<b>00:53:28</b>
719	772	ALCIDES LACERDA	INDIVIDUAL	637	SEN M	126	00:25:43	05:20	00:52:21	<b>00:53:28</b>
720	480	MANUELA MONTEIRO	100META	83	VET F40	23	00:26:26	05:21	00:53:03	<b>00:53:32</b>
721	753	DEOLINDA FERREIRA	G.D.RONDA	84	VET F45	11	00:26:11	05:21	00:52:59	<b>00:53:32</b>
722	768	ELVIRA SILVA	INDIVIDUAL	85	VET F40	24	00:26:02	05:21	00:52:44	<b>00:53:32</b>
723	508	PAULO BARBOSA	AVANCARUNNERS	638	VET M40	143	00:26:38	05:21	00:52:36	<b>00:53:34</b>
724	871	ALEXANDRE PENA	INDIVIDUAL	639	JUN M	15	00:26:05	05:21	00:52:52	<b>00:53:35</b>
725	57	SOFIA MARTINS	INDIVIDUAL	86	VET F35	24	00:26:01	05:21	00:52:50	<b>00:53:36</b>
726	23	FERNANDA ALMEIDA	INDIVIDUAL	87	VET F60	1	00:26:28	05:21	00:53:16	<b>00:53:37</b>
727	516	JOSÉ NASCIMENTO	OUTLAW RUNNERS	640	VET M45	102	00:26:18	05:21	00:52:32	<b>00:53:39</b>
728	515	HUMBERTO COSTA	OUTLAW RUNNERS	641	VET M45	103	00:26:18	05:21	00:52:32	<b>00:53:39</b>
729	728	CARLOS MOREIRA	BEATRIZ DOS PANOS TEAM	642	VET M40	144	00:26:16	05:22	00:52:37	<b>00:53:42</b>
730	239	BRUNO MOREIRA	BOOMERANGTT	643	VET M40	145	00:24:52	05:22	00:53:04	<b>00:53:42</b>
731	55	RICARDO OLIVEIRA	JALM RUN AND WALKING TEAM	644	SEN M	127	00:26:26	05:22	00:52:29	<b>00:53:42</b>
732	141	RUI MAIA	ARCORUN	645	VET M35	112	00:25:55	05:22	00:53:26	<b>00:53:44</b>
733	169	PAULO OLIVEIRA	AVANCARUNNERS	646	VET M40	146	00:26:39	05:22	00:52:47	<b>00:53:45</b>
734	273	NÍDIA ROCHA	EQUIPA FORÇA NA CANELA ESPINHO	88	VET F45	12	00:26:07	05:22	00:53:09	<b>00:53:45</b>
735	927	JORGE NUNES	INDIVIDUAL	647	VET M60	12	00:25:53	05:22	00:53:33	<b>00:53:45</b>
736	621	MARGARIDA MACHADO	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	89	VET F50	8	00:26:05	05:22	00:53:37	<b>00:53:46</b>
737	921	JOSE ARAUJO	INDIVIDUAL	648	SEN M	128	00:26:23	05:22	00:52:45	<b>00:53:48</b>
738	718	FADA STEFAN	RUNNING ESPINHO	649	VET M35	113	00:26:09	05:22	00:53:02	<b>00:53:50</b>
739	791	BRUNO COSTA	RUNNING ESPINHO	650	SEN M	129	00:26:31	05:23	00:53:26	<b>00:53:52</b>
740	365	JOSE PINTO	RUNNING ESPINHO	651	VET M50	68	00:25:52	05:23	00:53:11	<b>00:53:53</b>
741	192	VICTOR SANTOS	INDIVIDUAL	652	VET M40	147	00:27:59	05:23	00:53:04	<b>00:53:53</b>
742	820	JOAQUIM BARROS	INDIVIDUAL	653	VET M45	104	00:26:23	05:23	00:53:03	<b>00:53:55</b>
743	521	ARMANDO COSTA	INDIVIDUAL	654	VET M55	47	00:26:17	05:23	00:52:56	<b>00:53:57</b>
744	415	CARLA MONTEIRO	RUNNING ESPINHO	90	VET F40	25	00:26:16	05:23	00:53:25	<b>00:53:58</b>
745	720	ALICE DIAS	RUNNING ESPINHO	91	SEN F	19	00:26:46	05:24	00:53:24	<b>00:54:01</b>
746	452	MARIO DIAS	RUNNING ESPINHO	655	VET M35	114	00:27:17	05:24	00:53:55	<b>00:54:02</b>
747	965	VITOR COSTA	ACAIL_GÁS	656	VET M45	105	00:26:08	05:24	00:52:59	<b>00:54:03</b>
748	489	TIAGO NOGUEIRA	INDIVIDUAL	657	VET M35	115	00:26:00	05:24	00:53:17	<b>00:54:03</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
749	919	AUGUSTO REIS	SOBRINHOS DO TI CRISTO	658	VET M45	106	00:26:44	05:24	00:53:11	<b>00:54:04</b>
750	803	CARLOS CUNHA	SOBRINHOS DO TI CRISTO	659	VET M35	116	00:26:43	05:24	00:53:10	<b>00:54:05</b>
751	804	JOSE GONÇALVES	SOBRINHOS DO TI CRISTO	660	VET M40	148	00:26:45	05:24	00:53:12	<b>00:54:05</b>
752	112	LUCIDIO DIAS	CAL-CLUBE ATLETISMO LAMAS	661	VET M70	1	00:26:35	05:24	00:53:23	<b>00:54:05</b>
753	300	LUÍS CRUZ	INDIVIDUAL	662	VET M55	48	00:26:22	05:24	00:52:54	<b>00:54:05</b>
754	457	GABRIELA VEIGA	RUNNING ESPINHO	92	VET F45	13	00:26:33	05:24	00:53:27	<b>00:54:06</b>
755	687	ROSALINA PAIS	RUNNING ESPINHO	93	VET F45	14	00:26:28	05:24	00:53:42	<b>00:54:06</b>
756	528	TERESA GUIMARÃES	AVANCARUNNERS	94	VET F35	25	00:25:55	05:24	00:53:10	<b>00:54:06</b>
757	805	HUGO SÁ	SOBRINHOS DO TI CRISTO	663	VET M40	149	00:26:44	05:24	00:53:12	<b>00:54:06</b>
758	351	SANDRA MARTIN	RUNNING ESPINHO	95	VET F45	15	00:26:52	05:24	00:53:41	<b>00:54:06</b>
759	208	FLÁVIO SOARES	CAL-CLUBE ATLETISMO LAMAS	664	VET M40	150	00:26:09	05:24	00:53:27	<b>00:54:10</b>
760	59	MANUEL RODRIGUES	INDIVIDUAL	665	VET M40	151	00:26:00	05:25	00:54:00	<b>00:54:15</b>
761	898	LUÍS SÁ	BOMBEIROS CONCELHO ESPINHO	666	VET M40	152	00:25:12	05:25	00:53:35	<b>00:54:15</b>
762	36	HELENA OLIVEIRA PEREIR	BUNHEIRO RUNNERS	96	SEN F	20	00:26:29	05:25	00:53:12	<b>00:54:16</b>
763	738	PAULO SANTOS	OS_RELVAS	667	VET M35	117	00:26:38	05:25	00:53:08	<b>00:54:17</b>
764	742	PEDRO RIBEIRO	OS_RELVAS	668	VET M35	118	00:26:39	05:25	00:53:09	<b>00:54:18</b>
765	6	SANDRA AGUIAR	GDM RUNNING	97	VET F40	26	00:26:47	05:26	00:54:06	<b>00:54:21</b>
766	895	TERESA FALLÉ	INDIVIDUAL	98	VET F45	16	00:27:07	05:26	00:53:11	<b>00:54:21</b>
767	896	RAQUEL DELGADINHO	INDIVIDUAL	99	VET F40	27	00:27:08	05:26	00:53:11	<b>00:54:21</b>
768	894	PAULO SÉRGIO PAIS	INDIVIDUAL	669	VET M50	69	00:27:07	05:26	00:53:11	<b>00:54:21</b>
769	624	JANETTE FERNANDES	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	100	VET F40	28	00:26:32	05:26	00:53:36	<b>00:54:24</b>
770	1172	ANTÓNIO OLIVEIRA	INDIVIDUAL	670	SEN M	130	00:26:35	05:26	00:53:16	<b>00:54:28</b>
771	1168	ALBERTO ALMEIDA	INDIVIDUAL	671	VET M35	119	00:27:06	05:27	00:53:39	<b>00:54:33</b>
772	852	ALBERTO CÉSAR	INDIVIDUAL	672	VET M45	107	00:26:20	05:27	00:53:54	<b>00:54:34</b>
773	960	JONAS MAIA	BIGODES DE TINTO	673	SEN M	131	00:26:35	05:27	00:53:53	<b>00:54:35</b>
774	574	JOÃO REIS	INDIVIDUAL	674	SEN M	132	00:26:56	05:27	00:53:33	<b>00:54:35</b>
775	743	JOÃO GONÇALVES	OS_RELVAS	675	VET M40	153	00:26:38	05:27	00:53:27	<b>00:54:36</b>
776	201	CARLOS BARROSO	BIO TEAM RUN	676	VET M50	70	00:26:50	05:27	00:54:05	<b>00:54:36</b>
777	1103	PAULO MARQUES	RUNNING ESPINHO	677	VET M50	71	00:26:16	05:27	00:54:08	<b>00:54:36</b>
778	1101	MARISA RAIMUNDO	RUNNING ESPINHO	101	VET F35	26	00:26:17	05:27	00:54:09	<b>00:54:36</b>
779	35	PAULO RAMOS	GJPB - O. AZEMÉIS	678	VET M45	108	00:26:47	05:27	00:53:48	<b>00:54:37</b>
780	1035	JOANA ABREU	RUNNING ESPINHO	102	VET F35	27	00:26:45	05:27	00:53:59	<b>00:54:37</b>
781	1102	JOSE PINTO	RUNNING ESPINHO	679	VET M40	154	00:26:16	05:27	00:54:11	<b>00:54:39</b>
782	1100	ARTUR ENES	RUNNING ESPINHO	680	VET M45	109	00:26:19	05:28	00:54:15	<b>00:54:42</b>
783	40	TÂNIA SOARES	INDIVIDUAL	103	SEN F	21	00:26:38	05:28	00:53:34	<b>00:54:45</b>
784	943	ANDRES FERREIRA	INDIVIDUAL	681	SEN M	133	00:26:12	05:28	00:53:56	<b>00:54:47</b>
785	761	SANDRA PINTO	SPORTARC	104	SEN F	22	00:26:40	05:29	00:53:55	<b>00:54:51</b>
786	231	RUI GRAÇA	INDIVIDUAL	682	VET M50	72	00:26:12	05:29	00:53:42	<b>00:54:54</b>
787	701	HORACIO TEIXEIRA	RIPOLINS GRIJÓ A CORRER	683	VET M55	49	00:26:51	05:29	00:54:40	<b>00:54:54</b>
788	115	ANA NEVES	CEBES RUNNING	105	VET F45	17	00:26:14	05:29	00:53:48	<b>00:54:54</b>
789	1056	FRANCISCO OLIVEIRA	INDIVIDUAL	684	VET M55	50	00:27:28	05:29	00:54:33	<b>00:54:56</b>
790	731	EUSÉBIO LOPES	BEATRIZ DOS PANOS TEAM	685	VET M40	155	00:26:31	05:29	00:53:54	<b>00:54:57</b>
791	202	AMÉRICO OLIVEIRA	AFIS/OVAR	686	VET M45	110	00:21:01	05:29	00:54:40	<b>00:54:57</b>
792	73	FRANCISCO OLIVEIRA	INDIVIDUAL	687	VET M40	156	00:24:22	05:29	00:54:00	<b>00:54:59</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
793	842	RICARDO DIOGO	PSP	688	SEN M	134	00:25:54	05:29	00:53:45	<b>00:55:00</b>
794	705	MARCELLO COSTA	RUNNING ESPINHO	689	VET M45	111	00:26:43	05:30	00:54:16	<b>00:55:02</b>
795	409	RAQUEL PEDROSA	RUNNING ESPINHO	106	VET F45	18	00:26:48	05:30	00:54:27	<b>00:55:02</b>
796	561	FILIPE BARBOSA	MANQUINHOS	690	VET M45	112	00:27:24	05:30	00:54:27	<b>00:55:05</b>
797	1072	FÁBIO BRITO	INDIVIDUAL	691	VET M45	113	00:25:46	05:30	00:54:02	<b>00:55:05</b>
798	153	PEDRO MARTINS	TO NA PISTA	692	SEN M	135	00:27:35	05:30	00:54:02	<b>00:55:07</b>
799	822	ANA BRITO	SALGUEIROS RUNNING	107	SEN F	23	00:27:16	05:30	00:54:52	<b>00:55:08</b>
800	524	CARLA MAGALHÃES	SALGUEIROS RUNNING	108	VET F40	29	00:27:16	05:30	00:54:53	<b>00:55:08</b>
801	986	ROSA MARIA RIBEIRO	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	109	VET F50	9	00:27:06	05:31	00:54:38	<b>00:55:18</b>
802	541	FILIPE SILVA	SOREMA	693	VET M35	120	00:28:15	05:32	00:54:11	<b>00:55:22</b>
803	44	HÉLDER MATOS	FOGAÇAS COM MALAPOS	694	SEN M	136	00:26:49	05:33	00:54:44	<b>00:55:32</b>
804	887	FILIPA DANIELA	INDIVIDUAL	110	VET F40	30	00:27:00	05:33	00:54:21	<b>00:55:34</b>
805	1032	LILIANA MARQUES	RUNNING ESPINHO	111	VET F40	31	00:26:50	05:33	00:54:58	<b>00:55:34</b>
806	241	LUÍSA REIS	INDIVIDUAL	112	SEN F	24	00:26:30	05:34	00:54:46	<b>00:55:44</b>
807	573	LUÍS GOMES	INDIVIDUAL	695	VET M35	121	00:26:56	05:34	00:54:50	<b>00:55:46</b>
808	751	JOÃO MOREIRA	G.D.RONDA	696	VET M40	157	00:23:21	05:34	00:54:54	<b>00:55:50</b>
809	226	RUI OLIVEIRA	COMDOR RUNNERS	697	VET M45	114	00:26:50	05:34	00:54:49	<b>00:55:50</b>
810	754	SANDRA CANELHA	G.D.RONDA	113	VET F40	32	00:27:02	05:34	00:54:55	<b>00:55:50</b>
811	543	ANTONIO TAFULA	INDIVIDUAL	698	VET M70	2	00:27:06	05:34	00:55:21	<b>00:55:50</b>
812	1109	TIAGO MARQUES	INDIVIDUAL	699	VET M40	158	00:26:29	05:35	00:54:59	<b>00:55:51</b>
813	1042	DIANA PEREIRA	INDIVIDUAL	114	VET F40	33	00:27:03	05:35	00:54:57	<b>00:55:51</b>
814	910	SIMÃO BARROS	RIPOLINS GRIJÓ A CORRER	700	SEN M	137	00:26:47	05:35	00:55:39	<b>00:55:52</b>
815	955	BRUNO MARTINS	INDIVIDUAL	701	VET M35	122	00:27:56	05:35	00:55:10	<b>00:55:53</b>
816	237	MANUEL COUTO	RIPOLINS GRIJÓ A CORRER	702	VET M70	3	00:26:26	05:35	00:55:20	<b>00:55:53</b>
817	1163	OCTAVIO MOTA	INDIVIDUAL	703	VET M35	123	00:26:26	05:35	00:55:21	<b>00:55:55</b>
818	813	JOSÉ TEIXEIRA	INDIVIDUAL	704	VET M50	73	00:26:06	05:35	00:54:51	<b>00:55:56</b>
819	816	DANIEL TEIXEIRA	INDIVIDUAL	705	SEN M	138	00:26:08	05:35	00:54:52	<b>00:55:56</b>
820	120	RUI SILVA	CEBES RUNNING	706	VET M40	159	00:34:45	05:35	00:54:54	<b>00:56:00</b>
821	119	PAULA MATOS	CEBES RUNNING	115	VET F40	34	00:34:45	05:35	00:54:54	<b>00:56:00</b>
822	893	AURORA FREITAS	SALGUEIROS RUNNING	116	VET F55	3	00:27:14	05:36	00:55:52	<b>00:56:03</b>
823	970	FERNANDO MARTINS	ACAIL_GÁS	707	SEN M	139	00:26:21	05:36	00:55:04	<b>00:56:07</b>
824	70	ANA JOSU	INDIVIDUAL	117	VET F40	35	00:27:06	05:36	00:55:27	<b>00:56:08</b>
825	53	SÓNIA MOREIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	118	VET F35	28	00:27:24	05:36	00:55:48	<b>00:56:08</b>
826	869	FILIPE BARATA	INDIVIDUAL	708	VET M40	160	00:27:50	05:37	00:55:41	<b>00:56:13</b>
827	669	DALMINDO SANTIAGO	INDIVIDUAL	709	VET M50	74	00:27:06	05:37	00:55:47	<b>00:56:15</b>
828	322	FILIPE LEITE	COPO CHEIO TEAM	710	VET M35	124	00:27:11	05:37	00:55:40	<b>00:56:16</b>
829	501	RICARDO GOUVEIA	GOODSHAPE	711	SEN M	140	00:27:25	05:37	00:55:27	<b>00:56:17</b>
830	16	ROGÉRIO HENRIQUES	LIMITLESS	712	VET M35	125	00:27:43	05:37	00:55:24	<b>00:56:18</b>
831	568	NUNO FERREIRA	INDIVIDUAL	713	VET M35	126	00:27:50	05:38	00:55:25	<b>00:56:26</b>
832	393	RUI SANTOS	OVARRUN	714	VET M40	161	00:27:56	05:38	00:55:27	<b>00:56:27</b>
833	394	KATIA BARROS	OVARRUN	119	VET F40	36	00:27:56	05:38	00:55:27	<b>00:56:27</b>
834	453	RUI SOARES	RUNNING ESPINHO	715	VET M45	115	00:25:15	05:38	00:56:03	<b>00:56:28</b>
835	1034	ALEXANDRA SOARES	RUNNING ESPINHO	120	VET F45	19	00:26:57	05:38	00:55:52	<b>00:56:28</b>
836	1162	CARLA SILVA	INDIVIDUAL	121	VET F40	37	00:27:52	05:39	00:56:10	<b>00:56:32</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
837	238	MARIA RIBEIRO	GRUPO CORRIDA DE ARGONCILHE	122	VET F55	4	00:27:34	05:39	00:55:55	<b>00:56:35</b>
838	901	CRISTIANO NEVES	BOMBEIROS CONCELHO ESPINHO	716	SEN M	141	00:26:18	05:40	00:56:03	<b>00:56:43</b>
839	412	CARLOS SILVA	RUNNING ESPINHO	717	VET M55	51	00:27:56	05:40	00:56:12	<b>00:56:44</b>
840	864	FILIPA OLIVEIRA	INDIVIDUAL	123	SEN F	25	00:27:34	05:40	00:56:36	<b>00:56:46</b>
841	371	SANDRA MARTIM	RUNNING ESPINHO	124	VET F40	38	00:27:49	05:41	00:56:25	<b>00:56:52</b>
842	95	RICARDO BASTOS	A. A. LEBRES DO SADO	718	VET M50	75	00:27:38	05:41	00:56:27	<b>00:56:53</b>
843	814	HUGO BRITO	INDIVIDUAL	719	SEN M	142	00:26:38	05:41	00:55:49	<b>00:56:54</b>
844	269	FÁTIMA DUARTE	EQUIPA FORÇA NA CANELA ESPINHO	125	VET F50	10	00:27:41	05:42	00:56:26	<b>00:57:03</b>
845	173	JOAQUIM MOREIRA	INDIVIDUAL	720	VET M40	162	00:26:09	05:42	00:56:44	<b>00:57:06</b>
846	1146	RUBEN CORREIA	PLACE	721	SEN M	143	00:28:29	05:42	00:56:14	<b>00:57:07</b>
847	265	FERNANDO ALMEIDA	EQUIPA FORÇA NA CANELA ESPINHO	722	VET M65	13	00:27:49	05:42	00:56:30	<b>00:57:08</b>
848	940	LILIANA OLIVEIRA	FAMILY RUNNERS TEAM	126	VET F35	29	00:28:02	05:42	00:56:00	<b>00:57:09</b>
849	939	VÂNIA OLIVEIRA	FAMILY RUNNERS TEAM	127	SEN F	26	00:28:02	05:42	00:56:01	<b>00:57:10</b>
850	211	ANTÓNIO FERREIRA	GRUPO DESPORTIVO BANCO DE PORTUGAL	723	VET M75	1	00:27:25	05:43	00:57:03	<b>00:57:11</b>
851	1087	LUIS SOUSA	RUNNING ESPINHO	724	VET M40	163	00:27:53	05:43	00:56:41	<b>00:57:12</b>
852	98	JOSE SOARES	C M M C VALE DE CAMBRA	725	VET M60	13	00:28:16	05:43	00:56:24	<b>00:57:16</b>
853	80	ELSA MARTA SILVA	TARTARUGAS DO ASFALTO	128	VET F40	39	00:27:55	05:43	00:56:29	<b>00:57:17</b>
854	219	DANIELA ESTANQUEIRO	INDIVIDUAL	129	VET F35	30	00:28:05	05:43	00:56:33	<b>00:57:18</b>
855	1064	CARLOS FERNANDES	INDIVIDUAL	726	VET M50	76	00:27:41	05:43	00:56:27	<b>00:57:19</b>
856	957	ADRIANO FLORIM	INDIVIDUAL	727	VET M40	164	00:28:40	05:44	00:56:15	<b>00:57:23</b>
857	251	RUI OLIVEIRA	GRUPO CORRIDA DE ARGONCILHE	728	VET M60	14	00:26:52	05:44	00:57:02	<b>00:57:25</b>
858	725	CRISTÓVÃO SANTOS	BEATRIZ DOS PANOS TEAM	729	VET M45	116	00:27:35	05:44	00:56:23	<b>00:57:26</b>
859	500	CATARINA GOUVEIA	GOODSHAPE	130	SEN F	27	00:28:06	05:44	00:56:41	<b>00:57:30</b>
860	48	CARLA MIRANDA	INDIVIDUAL	131	VET F40	40	00:27:51	05:45	00:57:03	<b>00:57:34</b>
861	550	RUI PEDRO FERREIRA	INDIVIDUAL	730	VET M45	117	00:27:38	05:45	00:56:31	<b>00:57:39</b>
862	69	DIOGO SANTOS	INDIVIDUAL	731	SEN M	144	00:27:17	05:45	00:56:32	<b>00:57:40</b>
863	880	SÓNIA PEREIRA	SARUNNERS	132	VET F40	41	00:28:09	05:45	00:57:19	<b>00:57:40</b>
864	525	MANUEL CARVALHO	INDIVIDUAL	732	VET M65	14	00:28:34	05:46	00:56:45	<b>00:57:41</b>
865	817	JORGE VILLARROEL	INDIVIDUAL	733	SEN M	145	00:27:41	05:46	00:56:38	<b>00:57:42</b>
866	928	FABIAN CABRERA	INDIVIDUAL	734	VET M35	127	00:27:42	05:46	00:56:38	<b>00:57:43</b>
867	730	CONCEIÇÃO BESSA	BEATRIZ DOS PANOS TEAM	133	VET F40	42	00:27:31	05:46	00:56:44	<b>00:57:47</b>
868	615	CARLA ISABEL FERREIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	134	VET F40	43	00:28:35	05:47	00:57:31	<b>00:57:51</b>
869	1089	SOFIA COELHO	RUNNING ESPINHO	135	VET F40	44	00:28:50	05:47	00:57:02	<b>00:57:52</b>
870	586	CATARINA SILVA	INDIVIDUAL	136	SEN F	28	00:28:50	05:47	00:57:03	<b>00:57:53</b>
871	93	CEDERICO CORREIA	INDIVIDUAL	735	VET M35	128	00:27:39	05:47	00:57:13	<b>00:57:53</b>
872	398	ULISSES BARROS	INDIVIDUAL	736	VET M40	165	00:28:05	05:47	00:57:43	<b>00:57:53</b>
873	296	MÁRIO LOPES	ARCORUN	737	VET M45	118	00:26:33	05:47	00:57:40	<b>00:57:54</b>
874	330	MANUEL RODRIGUES	INDIVIDUAL	738	VET M50	77	00:28:10	05:47	00:57:49	<b>00:57:56</b>
875	1158	JOSE GUIMARAES	INDIVIDUAL	739	VET M60	15	00:28:14	05:48	00:57:06	<b>00:58:01</b>
876	25	AMÂNDIO MENDES	INDIVIDUAL	740	VET M45	119	00:28:26	05:48	00:56:56	<b>00:58:05</b>
877	338	RICARDO RESENDE	S. S. MONTEPIO	741	VET M40	166	00:27:06	05:48	00:57:05	<b>00:58:07</b>
878	385	CARLA SANTOS	INDIVIDUAL	137	SEN F	29	00:27:50	05:48	00:57:00	<b>00:58:07</b>
879	223	PEDRO SANTOS	INDIVIDUAL	742	VET M35	129	00:28:48	05:49	00:57:23	<b>00:58:13</b>
880	553	CÁTIA COELHO	BESJOGING	138	SEN F	30	00:28:32	05:49	00:57:12	<b>00:58:16</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
881	137	SEGUNDO RODRIGUES	ARCORUN	743	VET M60	16	00:29:11	05:50	00:58:24	<b>00:58:24</b>
882	138	ROSINA COUTO	ARCORUN	139	VET F60	2	00:28:55	05:50	00:58:06	<b>00:58:24</b>
883	189	JOANA MARQUES	ARCORUN	140	VET F40	45	00:28:08	05:50	00:58:07	<b>00:58:26</b>
884	581	ISABEL FRAGOSO	INDIVIDUAL	141	SEN F	31	00:28:27	05:50	00:57:22	<b>00:58:26</b>
885	437	ANTONIA BASTOS	RUNNING ESPINHO	142	VET F40	46	00:28:35	05:50	00:58:13	<b>00:58:27</b>
886	58	JOÃO FERREIRA	INDIVIDUAL	744	SEN M	146	00:28:04	05:50	00:57:20	<b>00:58:27</b>
887	14	LEONOR ALVES	INDIVIDUAL	143	VET F50	11	00:28:41	05:50	00:57:45	<b>00:58:29</b>
888	15	MÁRIO MARQUES	INDIVIDUAL	745	VET M45	120	00:28:41	05:50	00:57:44	<b>00:58:29</b>
889	1013	ANA MARGARIDA Balsa	INDIVIDUAL	144	SEN F	32	00:28:22	05:50	00:57:41	<b>00:58:30</b>
890	1016	KARINA MOREIRA	RUNNING ESPINHO	145	SEN F	33	00:28:13	05:50	00:57:56	<b>00:58:30</b>
891	220	CRISTINA SOUSA	YAZAKI RUNNERS	146	VET F45	20	00:28:23	05:51	00:57:47	<b>00:58:34</b>
892	688	PEDRO GONÇALVES	RUNNING ESPINHO	746	VET M40	167	00:28:15	05:51	00:58:01	<b>00:58:34</b>
893	689	PATRICIA OLIVEIRA	RUNNING ESPINHO	147	SEN F	34	00:28:15	05:51	00:58:02	<b>00:58:34</b>
894	634	CATARINA FERREIRA	INDIVIDUAL	148	VET F35	31	00:28:24	05:51	00:57:43	<b>00:58:38</b>
895	542	CRISTINA TAVARES	SOREMA	149	VET F40	47	00:28:48	05:52	00:57:33	<b>00:58:43</b>
896	332	ANTONIO OLIVEIRA	S. S. MONTEPIO	747	VET M40	168	00:27:05	05:52	00:57:43	<b>00:58:45</b>
897	662	JOAQUIM CASTRO	INDIVIDUAL	748	VET M55	52	00:28:47	05:52	00:58:37	<b>00:58:49</b>
898	717	FADA RICKY	RUNNING ESPINHO	749	SEN M	147	00:28:33	05:53	00:58:07	<b>00:58:55</b>
899	38	ANA ABREU FREIRE	BUNHEIRO RUNNERS	150	VET F35	32	00:28:29	05:53	00:57:55	<b>00:59:00</b>
900	270	JOANA ALMEIDA	EQUIPA FORÇA NA CANELA ESPINHO	151	VET F35	33	00:28:20	05:54	00:58:27	<b>00:59:03</b>
901	434	MANUELA SANTOS	RUNNING ESPINHO	152	VET F45	21	00:29:07	05:54	00:58:51	<b>00:59:05</b>
902	683	PABLO JIMÉNEZ	INDIVIDUAL	750	SEN M	148	00:28:12	05:54	00:58:03	<b>00:59:05</b>
903	1150	TIAGO SILVA	PLACE	751	SEN M	149	00:29:24	05:54	00:58:14	<b>00:59:07</b>
904	968	LUIS OLIVEIRA	ACAIL_GÁS	752	VET M55	53	00:28:39	05:55	00:58:07	<b>00:59:11</b>
905	334	CARLOS CABOUÇO	S. S. MONTEPIO	753	VET M45	121	00:28:39	05:55	00:58:20	<b>00:59:13</b>
906	964	CARLOS GOMES	ACAIL_GÁS	754	VET M35	130	00:28:53	05:55	00:58:14	<b>00:59:17</b>
907	963	DOMINGOS NOVO	ACAIL_GÁS	755	VET M40	169	00:28:56	05:55	00:58:15	<b>00:59:17</b>
908	809	MIGUEL MACHADO	GDR GRANJA - TRUTAS DO MAU	756	VET M45	122	00:28:54	05:55	00:58:14	<b>00:59:17</b>
909	101	JORGE MARTINS	C M M C VALE DE CAMBRA	757	VET M60	17	00:28:48	05:56	00:58:29	<b>00:59:21</b>
910	971	FLÁVIO OLIVEIRA	ACAIL_GÁS	758	SEN M	150	00:28:54	05:56	00:58:21	<b>00:59:24</b>
911	337	PATRICIA REBELO	S. S. MONTEPIO	153	VET F35	34	00:28:40	05:56	00:58:25	<b>00:59:25</b>
912	469	CLÁUDIA BRANDÃO	INDIVIDUAL	154	SEN F	35	00:28:28	05:56	00:58:35	<b>00:59:30</b>
913	693	CARLA OLIVEIRA	RUNNING ESPINHO	155	VET F40	48	00:28:47	05:57	00:59:02	<b>00:59:38</b>
914	510	PEDRO MONTEIRO	NUNCA ACUSADOS DE TREINO EXCESSIVO	759	VET M35	131	00:27:48	05:57	00:58:34	<b>00:59:38</b>
915	347	MONICA OLIVEIRA	RUNNING ESPINHO	156	VET F40	49	00:29:15	05:58	00:59:02	<b>00:59:42</b>
916	359	PAULO GOMES	RUNNING ESPINHO	760	VET M45	123	00:28:23	05:59	00:59:18	<b>00:59:51</b>
917	1166	MIGUEL REGO	clube atletico chibinha	761	VET M45	124	00:28:57	05:59	00:59:31	<b>00:59:54</b>
918	326	INÊS TELES	INDIVIDUAL	157	SEN F	36	00:29:20	05:59	00:58:49	<b>00:59:54</b>
919	1157	GABRIEL SANTOS	INDIVIDUAL	762	VET M40	170	00:28:22	05:59	00:59:46	<b>00:59:58</b>
920	552	OFÉLIA AUGUSTO	BESJOGING	158	VET F60	3	00:29:40	05:59	00:58:55	<b>00:59:58</b>
921	121	DIOGO PAIS	CEBES RUNNING	763	JUN M	16	00:29:16	06:00	00:58:54	<b>01:00:01</b>
922	1104	ANA LEITE	AVANCARUNNERS	159	SEN F	37	00:29:13	06:00	00:59:04	<b>01:00:01</b>
923	445	LUCIA ALEIXO	RUNNING ESPINHO	160	VET F45	22	00:29:19	06:00	00:59:22	<b>01:00:01</b>
924	862	JOSÉ MARQUES	INDIVIDUAL	764	VET M45	125	00:28:15	06:00	00:59:47	<b>01:00:06</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
925	455	NUNO MOREIRA	RUNNING ESPINHO	765	VET M35	132	00:25:16	06:00	00:59:46	01:00:10
926	1021	SUSANA VELHOTE	RUNNING ESPINHO	161	VET F45	23	00:29:27	06:01	00:59:32	01:00:11
927	969	JOÃO LEITE	ACAIL_GÁS	766	VET M35	133	00:24:51	06:01	00:49:53	01:00:11
928	272	LEONOR MENDES	EQUIPA FORÇA NA CANELA ESPINHO	162	VET F35	35	00:29:58	06:01	00:59:26	01:00:16
929	275	RUI CARMONA	EQUIPA FORÇA NA CANELA ESPINHO	767	VET M35	134	00:29:56	06:01	00:59:26	01:00:16
930	386	FREDERICO SÁ	INDIVIDUAL	768	VET M35	135	00:29:58	06:01	00:59:26	01:00:17
931	249	SARA COELHO	CAL-CLUBE ATLETISMO LAMAS	163	VET F35	36	00:29:34	06:01	00:59:37	01:00:20
932	331	BRUNO SÁ	INDIVIDUAL	769	VET M40	171	00:28:58	06:01	00:59:57	01:00:20
933	1092	ANA PAIS	RUNNING ESPINHO	164	VET F40	50	00:29:13	06:02	00:59:52	01:00:24
934	3	CHRISTOPHER GUIMARAENS	INDIVIDUAL	770	VET M45	126	00:29:02	06:03	00:59:30	01:00:38
935	147	SONIA MADUREIRA	SALGUEIROS RUNNING	165	VET F40	51	00:29:51	06:04	01:00:18	01:00:42
936	1076	RUI MATOS	ECOMOBILE - RENT A CAR	771	VET M40	172	00:29:07	06:04	00:59:53	01:00:44
937	744	DANIEL PALMEIRÃO	OS_RELVAS	772	VET M35	136	00:30:11	06:04	00:59:39	01:00:46
938	821	TIAGO LAGES	SALGUEIROS RUNNING	773	SEN M	151	00:28:27	06:04	01:00:29	01:00:47
939	565	LUÍS BACELO	INDIVIDUAL	774	VET M40	173	00:30:09	06:05	00:59:46	01:00:55
940	566	FILIPE DIAS	INDIVIDUAL	775	SEN M	152	00:30:08	06:05	00:59:46	01:00:55
941	1091	DIOGO AZEVEDO	RUNNING ESPINHO	776	SEN M	153	00:29:01	06:05	01:00:14	01:01:00
942	316	HUGO FERNANDES	INDIVIDUAL	777	VET M40	174	00:29:23	06:06	00:59:53	01:01:03
943	419	ANABELA BARATA	RUNNING ESPINHO	166	VET F40	52	00:29:13	06:07	01:00:54	01:01:14
944	264	BELMIRO NEVES	INDIVIDUAL	778	VET M35	137	00:28:17	06:07	01:00:18	01:01:16
945	954	PEDRO MORAIS	INDIVIDUAL	779	VET M40	175	00:29:13	06:07	01:00:15	01:01:20
946	416	CARLA NOVAIS	RUNNING ESPINHO	167	VET F40	53	00:29:29	06:08	01:01:04	01:01:24
947	1046	JOSE QUINTAS	INDIVIDUAL	780	VET M40	176	00:30:29	06:08	01:00:12	01:01:26
948	1045	MIGUEL ANDRADE	INDIVIDUAL	781	VET M40	177	00:30:30	06:08	01:00:14	01:01:27
949	727	PAULA MOREIRA	BEATRIZ DOS PANOS TEAM	168	VET F40	54	00:28:52	06:09	01:00:30	01:01:34
950	989	SANDRA SILVA	INDIVIDUAL	169	VET F35	37	00:29:38	06:09	01:00:47	01:01:37
951	1048	JOAQUIM FERREIRA	INDIVIDUAL	782	VET M35	138	00:29:37	06:09	01:00:48	01:01:39
952	358	CARLA GOMES	RUNNING ESPINHO	170	VET F40	55	00:29:24	06:10	01:01:11	01:01:44
953	258	SERAFIM COUTINHO	ASPHALT ASSAULT TEAM	783	VET M60	18	00:29:14	06:10	01:00:52	01:01:50
954	255	ISABEL SILVA	ASPHALT ASSAULT TEAM	171	SEN F	38	00:29:16	06:11	01:00:53	01:01:51
955	436	CONCEIÇÃO SANTOS	RUNNING ESPINHO	172	VET F35	38	00:29:21	06:11	01:01:39	01:01:53
956	134	EMÍLIA FERNANDES	ARCORUN	173	VET F40	56	00:29:59	06:13	01:02:01	01:02:17
957	448	SILVIA COSTA	RUNNING ESPINHO	174	VET F35	39	00:29:19	06:14	01:01:56	01:02:23
958	61	BERNARDO SANTOS	CLUBE VODAFONE	784	VET M40	178	00:26:14	06:15	01:02:14	01:02:34
959	1017	LUCYBELL MOREIRA	RUNNING ESPINHO	175	VET F35	40	00:29:33	06:15	01:01:59	01:02:34
960	847	MARTA OLIVEIRA	IRON LEGS ACADEMY	176	JUN F	1	00:30:06	06:15	01:01:48	01:02:38
961	340	RUI REBELO	S. S. MONTEPIO	785	VET M40	179	00:29:32	06:16	01:01:44	01:02:44
962	890	JANNET PEREIRA	INDIVIDUAL	177	VET F35	41	00:30:38	06:16	01:02:28	01:02:47
963	242	MARGARIRA MONTEIRO	INDIVIDUAL	178	VET F40	57	00:29:50	06:16	01:01:51	01:02:48
964	889	HUGO MOREIRA	INDIVIDUAL	786	VET M35	139	00:30:37	06:16	01:02:29	01:02:48
965	1081	SUSANA VASCONCELOS	SALGUEIROS RUNNING	179	VET F40	58	00:30:38	06:17	01:02:36	01:02:52
966	840	MANUEL SILVA	PSP	787	VET M60	19	00:29:43	06:17	01:01:52	01:02:58
967	1111	FILIPA REIS	INDIVIDUAL	180	SEN F	39	00:30:02	06:18	01:02:19	01:03:10
968	948	JOÃO BRANDÃO	INDIVIDUAL	788	SEN M	154	00:28:21	06:20	01:02:25	01:03:22

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
969	949	JÚLIO SOUSA	INDIVIDUAL	789	SEN M	155	00:28:22	06:20	01:02:26	<b>01:03:22</b>
970	740	DANIEL NETO	OS_RELVAS	790	VET M35	140	00:30:44	06:21	01:02:24	<b>01:03:32</b>
971	1060	LILIANA CANEDO	ECOMOBILE - RENT A CAR	181	VET F40	59	00:30:50	06:21	01:03:10	<b>01:03:40</b>
972	739	VALTER OLIVEIRA	OS_RELVAS	791	SEN M	156	00:30:45	06:22	01:02:35	<b>01:03:43</b>
973	1079	SANDRA ROCHA	SALGUEIROS RUNNING	182	VET F35	42	00:30:43	06:22	01:03:27	<b>01:03:45</b>
974	352	ANA OLIVEIRA	RUNNING ESPINHO	183	VET F50	12	00:29:48	06:22	01:03:27	<b>01:03:45</b>
975	1144	ADRIANO SANTOS	INDIVIDUAL	792	VET M35	141	00:30:19	06:24	01:03:07	<b>01:04:04</b>
976	536	RUBEN MONTEIRO	INDIVIDUAL	793	VET M35	142	00:30:19	06:24	01:03:08	<b>01:04:05</b>
977	653	ALBERTO PIEDADE SANTOS	INDIVIDUAL	794	VET M55	54	00:30:53	06:24	01:02:56	<b>01:04:07</b>
978	823	MIGUEL LEITÃO	ELITE DO ATLETISMO NORTENHO	795	VET M35	143	00:30:44	06:25	01:03:17	<b>01:04:19</b>
979	268	ISABEL ALMEIDA	EQUIPA FORÇA NA CANELA ESPINHO	184	VET F65	1	00:31:20	06:25	01:03:42	<b>01:04:19</b>
980	117	ANA FERREIRA	CEBES RUNNING	185	VET F35	43	00:38:23	06:26	01:03:16	<b>01:04:23</b>
981	482	MÁRCIA RIBEIRO	TRIBO NR	186	SEN F	40	00:31:04	06:27	01:04:06	<b>01:04:35</b>
982	193	RÚBEN FERREIRA	INDIVIDUAL	796	SEN M	157	00:30:48	06:27	01:03:40	<b>01:04:40</b>
983	183	ÍRIS PINHO	INDIVIDUAL	187	SEN F	41	00:30:50	06:27	01:03:40	<b>01:04:40</b>
984	361	ARMINDA CARVALHO	RUNNING ESPINHO	188	VET F35	44	00:31:27	06:28	01:04:16	<b>01:04:49</b>
985	360	ANDRÉ MONTE	RUNNING ESPINHO	797	VET M45	127	00:31:28	06:28	01:04:17	<b>01:04:49</b>
986	116	HENRIQUE PAIS	CEBES RUNNING	798	VET M45	128	00:30:58	06:30	01:03:55	<b>01:05:02</b>
987	1149	ELISABETE VITORINO	PLACE	189	VET F35	45	00:31:37	06:30	01:04:11	<b>01:05:07</b>
988	1152	TIAGO LOPES	INDIVIDUAL	799	SEN M	158	00:32:13	06:31	01:04:01	<b>01:05:11</b>
989	1153	STEFANIE PEREIRA	INDIVIDUAL	190	SUB 23 F	1	00:32:13	06:31	01:04:01	<b>01:05:11</b>
990	280	HELENA MORAIS	MORAISCASTRO	191	SEN F	42	00:31:04	06:31	01:04:26	<b>01:05:18</b>
991	498	ANDREIA MONTEIRO	GOODSHAPE	192	VET F35	46	00:31:15	06:31	01:04:30	<b>01:05:20</b>
992	310	ADÉLIA SILVA	INDIVIDUAL	193	VET F40	60	00:30:38	06:33	01:05:13	<b>01:05:38</b>
993	229	ALBERTO NETO	INDIVIDUAL	800	VET M60	20	00:31:18	06:34	01:05:22	<b>01:05:46</b>
994	636	LÉNIO FERNANDO MARINHO	SALGUEIROS RUNNING	801	VET M60	21	00:31:51	06:36	01:05:37	<b>01:06:03</b>
995	1169	ALBERTO FERREIRA	SAGUEIROS RUNNING	802	VET M60	22	00:31:54	06:36	01:05:48	<b>01:06:04</b>
996	845	FÁTIMA OLIVEIRA	IRON LEGS ACADEMY	194	VET F40	61	00:31:30	06:37	01:05:23	<b>01:06:13</b>
997	291	LUIS PEREIRA	INDIVIDUAL	803	SEN M	159	00:30:59	06:37	01:05:15	<b>01:06:19</b>
998	401	ALICE MAGALHÃES	100META	195	VET F50	13	00:31:00	06:38	01:05:18	<b>01:06:22</b>
999	667	RICARDO FONTES	INDIVIDUAL	804	VET M35	144	00:31:42	06:40	01:06:17	<b>01:06:45</b>
1000	983	JOSÉ LUÍS ALMEIDA	INDIVIDUAL	805	VET M55	55	00:31:27	06:40	01:05:49	<b>01:06:49</b>
1001	307	JOANA OLIVEIRA	INDIVIDUAL	196	SEN F	43	00:30:59	06:41	01:05:59	<b>01:06:51</b>
1002	904	CARLA PACHECO	G.D.RONDA	197	SEN F	44	00:34:49	06:41	01:06:01	<b>01:07:00</b>
1003	180	ROSA BISPO	PERNAS INERTES	198	VET F60	4	00:32:09	06:42	01:06:04	<b>01:07:06</b>
1004	206	JOSÉ PIRES LIMA	PERNAS INERTES	806	VET M60	23	00:32:09	06:42	01:06:05	<b>01:07:07</b>
1005	216	SOFIA PINHO	INDIVIDUAL	199	VET F40	62	00:33:28	06:43	01:06:08	<b>01:07:15</b>
1006	802	DANIELA COSTA	INDIVIDUAL	200	VET F35	47	00:31:24	06:44	01:06:40	<b>01:07:25</b>
1007	710	HUGO ALVES	RUNNING ESPINHO	807	VET M35	145	00:32:36	06:46	01:07:06	<b>01:07:47</b>
1008	917	RICARDO CASTELO BRANCO	INDIVIDUAL	808	VET M40	180	00:31:34	06:48	01:07:01	<b>01:08:04</b>
1009	535	ALEXANDRA LEITE	CEBES RUNNING	201	VET F45	24	00:31:55	06:48	01:07:00	<b>01:08:05</b>
1010	413	ADRIANA SANTOS	RUNNING ESPINHO	202	VET F55	5	00:32:04	06:50	01:07:54	<b>01:08:26</b>
1011	56	LUÍS SILVA	JALM RUN AND WALKING TEAM	809	SEN M	160	00:32:17	06:54	01:07:55	<b>01:09:08</b>
1012	1165	RUI NUNES	INDIVIDUAL	810	SEN M	161	00:31:47	06:55	01:08:02	<b>01:09:16</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	5 km	Ritmo	Chip	Tempo
1013	400	CATARINA BELECE	INDIVIDUAL	203	JUN F	2	00:30:39	06:58	01:09:21	<b>01:09:43</b>
1014	1024	ZITA SILVA	RUNNING ESPINHO	204	VET F60	5	00:33:43	06:59	01:09:05	<b>01:09:52</b>
1015	1020	SILVIA SILVA	RUNNING ESPINHO	205	VET F40	63	00:33:44	06:59	01:09:06	<b>01:09:53</b>
1016	274	CARLA BASTOS	EQUIPA FORÇA NA CANELA ESPINHO	206	VET F45	25	00:32:53	07:01	01:09:36	<b>01:10:14</b>
1017	841	ANDRÉ OLIVEIRA	PSP	811	SEN M	162	00:31:56	07:01	01:09:00	<b>01:10:16</b>
1018	945	SARA RIBEIRO	INDIVIDUAL	207	SEN F	45	00:33:36	07:01	01:09:08	<b>01:10:17</b>
1019	1053	JOANA GRADE	INDIVIDUAL	208	VET F40	64	00:33:37	07:01	01:09:10	<b>01:10:17</b>
1020	946	JOÃO BAIRREIRA	INDIVIDUAL	812	VET M35	146	00:33:38	07:01	01:09:11	<b>01:10:19</b>
1021	1038	ANA SOFIA RIBEIRO ROCHA	INDIVIDUAL	209	VET F35	48	00:33:39	07:01	01:09:10	<b>01:10:19</b>
1022	1084	SILVIA ROCHA	RUNNING ESPINHO	210	SEN F	46	00:34:30	07:05	01:10:01	<b>01:10:56</b>
1023	1085	HUGO GUIMARAES	RUNNING ESPINHO	813	SEN M	163	00:34:29	07:05	01:10:01	<b>01:10:57</b>
1024	976	MARGARIDA OLIVEIRA	INDIVIDUAL	211	VET F40	65	00:33:37	07:06	01:10:01	<b>01:11:08</b>
1025	975	ANA SOUSA	INDIVIDUAL	212	VET F45	26	00:33:37	07:06	01:10:01	<b>01:11:08</b>
1026	792	PATRÍCIA MARTINS	RUNNING ESPINHO	213	VET F35	49	00:28:11	07:12	01:11:53	<b>01:12:05</b>
1027	563	PAULA SALGADO	SALGUEIROS RUNNING	214	VET F55	6	00:33:46	07:13	01:11:55	<b>01:12:11</b>
1028	1148	MARTA GONÇALVES	PLACE	215	SEN F	47	00:35:22	07:16	01:11:46	<b>01:12:42</b>
1029	294	MARINA SILVA	INDIVIDUAL	216	VET F35	50	00:33:54	07:17	01:12:26	<b>01:12:51</b>
1030	558	TERESA FERREIRA	INDIVIDUAL	217	SEN F	48	00:34:34	07:22	01:12:42	<b>01:13:48</b>
1031	905	NATÁLIA SANTOS	G.D.RONDA	218	VET F35	51	00:35:14	07:23	01:12:52	<b>01:13:52</b>
1032	682	ANA REIS	INDIVIDUAL	219	SEN F	49	00:35:41	07:24	01:13:08	<b>01:14:10</b>
1033	1051	SÓNIA PEDROSA	JAM - JUVENTUDE ATLÉTICA MOZELENSE	220	VET F35	52	00:36:52	07:56	01:18:32	<b>01:19:21</b>
1034	1052	DANIEL PEDROS	JAM - JUVENTUDE ATLÉTICA MOZELENSE	814	VET M35	147	00:36:52	07:56	01:18:33	<b>01:19:22</b>
1035	1090	CARLOS TEIXEIRA	RUNNING ESPINHO	815	VET M35	148	00:38:06	08:09	01:20:45	<b>01:21:36</b>
1036	878	JOEL FARINHA	JESUS RUNNERS	816	SEN M	164	00:37:23	08:10	01:20:39	<b>01:21:49</b>
1037	879	LIDIA FARINHA	JESUS RUNNERS	221	SEN F	50	00:37:24	08:10	01:20:40	<b>01:21:49</b>
1038	27	PEDRO SILVA	JESUS RUNNERS	817	SEN M	165	00:37:23	08:11	01:20:40	<b>01:21:51</b>
1039	432	SANDRA CASTRO	RUNNING ESPINHO	222	VET F40	66	00:44:41	09:27	01:33:47	<b>01:34:40</b>
1040	493	SÓNIA SALDANHA	INDIVIDUAL	223	VET F35	53	00:44:42	09:28	01:33:48	<b>01:34:41</b>
1041	789	NELMA SILVA	RUNNING ESPINHO	224	SEN F	51	00:44:43	09:28	01:33:49	<b>01:34:42</b>
1042	994	JOSÉ SÁ	INDIVIDUAL	818	VET M50	78	00:00:58	03:31	00:20:40	<b>00:35:19</b>