

Geral	Nome	Dorsal	Sexo	Idade	Escalão	Esc	Equipa	5 km	Chip	Oficial
1.	GIL MAIA	586	1	28	SEN M	1	SC ESPINHO / ANTÓNIO LEITÃO	15:38	31:34:00	31:35:00
2.	HELDER LOPES	656	2	32	SEN M	2	DCI/TRILHOS LUSO BUSSACO	15:56	32:31:00	32:32:00
3.	VITOR SANTOS	435	3	42	VET M40	1	EV PERALTAFIL	16:01	32:53:00	32:53:00
4.	LUÍS BEATO	433	4	38	VET M35	1	EV PERALTAFIL	16:22	33:07:00	33:08:00
5.	JANIK LIMA	204	5	36	VET M35	2	CLUBE DE ATLETISMO DE OVAR	16:21	33:13:00	33:14:00
6.	HELDER PIRES	205	6	33	SEN M	3	CLUBE DE ATLETISMO DE OVAR	16:27	33:17:00	33:19:00
7.	CELSO LEITE	203	7	26	SEN M	4	CLUBE DE ATLETISMO DE OVAR	16:35	33:24:00	33:25:00
8.	RENATO SOUSA	202	8	29	SEN M	5	CLUBE DE ATLETISMO DE OVAR	16:30	33:25:00	33:27:00
9.	ANTÓNIO JOSÉ CASTRO	432	9	39	VET M35	3	EV PERALTAFIL	16:25	33:36:00	33:37:00
10.	JORGE VALENTE	1067	10	25	SEN M	6	veteranos de ovar	16:47	33:44:00	33:45:00
11.	ANDRE ADRIANO	206	11	35	VET M35	4	CLUBE DE ATLETISMO DE OVAR	16:39	34:03:00	34:05:00
12.	JOÃO TRIGUEIROS	158	12	23	SEN M	7	SC ESPINHO / ANTÓNIO LEITÃO	17:15	34:25:00	34:27:00
13.	FERNANDO LIMA	415	13	45	VET M45	1	INDIVIDUAL	17:01	34:32:00	34:33:00
14.	MARCELO GONÇALVES	190	14	21	SUB 23 M	1	GDR GRANJA - TRUTAS DO MAU	17:01	34:39:00	34:42:00
15.	TIAGO PINHO	915	15	32	SEN M	8	ACR VALE DE CAMBRA	17:01	34:50:00	34:51:00
16.	JOSÉ ALMEIDA	438	16	39	VET M35	5	EV PERALTAFIL	17:21	34:54:00	34:56:00
17.	RUUD HADDERS	942	17	33	SEN M	9	INDIVIDUAL	17:02	34:59:00	35:03:00
18.	RUI LOPES	993	18	42	VET M40	2	ASSOCIAÇÃO ACADÉMICA DE COIMBRA	17:22	35:05:00	35:07:00
19.	CLÁUDIO COSTA	431	19	38	VET M35	6	EV PERALTAFIL	17:24	35:07:00	35:10:00
20.	JOÃO GOMES	583	20	36	VET M35	7	SC SILVALDE	17:12	35:11:00	35:13:00
21.	ANTÓNIO SOUSA	93	21	49	VET M45	2	RIPOLINS GRIJÓ A CORRER	17:31	35:14:00	35:15:00
22.	PAULO REIS	590	22	51	VET M50	1	INDIVIDUAL	17:45	35:21:00	35:24:00
23.	TIAGO MAIA	702	23	29	SEN M	10	SC ESPINHO / ANTÓNIO LEITÃO	17:08	35:28:00	35:29:00
24.	JOÃO SEIXAS	434	24	41	VET M40	3	EV PERALTAFIL	17:31	35:29:00	35:30:00
25.	RICARDO MESQUITA	444	25	38	VET M35	8	KIRCHHOFF KUNECT RUNING TEAM	17:45	35:38:00	35:43:00
26.	RICARDO SOUSA	879	26	31	SEN M	11	DCI/TRILHOS LUSO BUSSACO	17:45	35:44:00	35:45:00
27.	TIAGO PINTO	398	27	28	SEN M	12	CA ANDATRILHOS FREAMUNDE	17:47	35:48:00	35:55:00
28.	DIOGO COUTINHO	436	28	36	VET M35	9	EV PERALTAFIL	17:41	36:04:00	36:07:00
29.	HELDER ROBALINHO	740	29	33	SEN M	13	G D A RONDA	17:47	36:05:00	36:09:00
30.	PAULO TAVARES	799	30	47	VET M45	3	GDC CODAL	18:07	36:11:00	36:13:00
31.	DANIEL SANTOS	156	31	29	SEN M	14	SC ESPINHO / ANTÓNIO LEITÃO	18:07	36:10:00	36:16:00
32.	JOSÉ SILVA	593	32	51	VET M50	2	G D A RONDA	18:18	36:46:00	36:51:00
33.	RUI OLIVEIRA	309	33	43	VET M40	4	VILA MAIOR EM TURISMO	18:11	36:49:00	36:52:00
34.	NUNO RIBEIRO	171	34	41	VET M40	5	SC ESPINHO / ANTÓNIO LEITÃO	18:28	36:41:00	37:00:00
35.	PAULO FIGUEIREDO	855	35	44	VET M40	6	AFIS/OVAR	18:19	37:01:00	37:02:00
36.	ANTÓNIO LOURENÇO	193	36	48	VET M45	4	GDR GRANJA - TRUTAS DO MAU	18:29	37:08:00	37:09:00
37.	TULIO TOMAZ	280	37	49	VET M45	5	AFIS/OVAR	18:08	37:07:00	37:09:00
38.	ALAIN COUTO	874	38	46	VET M45	6	A D RIO LARGO C ESPINHO	18:18	37:11:00	37:14:00
39.	MARIO FRANCO	492	39	39	VET M35	10	SPORT COMÉRCIO E SALGUEIROS	18:20	37:13:00	37:15:00
40.	JOÃO ALMEIDA	658	40	52	VET M50	3	DCI/TRILHOS LUSO BUSSACO	18:20	37:22:00	37:23:00
41.	MANUEL SILVA	803	41	47	VET M45	7	INDIVIDUAL	18:19	37:25:00	37:27:00
42.	PEDRO SERRANO	584	42	44	VET M40	7	SC SILVALDE	18:28	37:34:00	37:35:00
43.	ANDRÉ FERREIRA	40	43	29	SEN M	15	INDIVIDUAL	18:14	37:36:00	37:36:00
44.	FILIPE BARROS	523	44	32	SEN M	16	INDIVIDUAL	18:47	37:34:00	37:37:00

Geral	Nome	Dorsal	Sexo	Idade	Escalão	Esc	Equipa	5 km	Chip	Oficial
45.	FILIPE LINO	195	45	34	SEN M	17	INDIVIDUAL	18:41	37:38:00	37:41:00
46.	CLÁUDIO FONSECA	480	46	44	VET M40	8	VIVALLEY RUNNERS	18:41	37:37:00	37:41:00
47.	CARLOS SILVA	873	47	33	SEN M	18	GDR GRANJA - TRUTAS DO MAU	18:43	37:37:00	37:44:00
48.	AUGUSTO ALUAI	159	48	52	VET M50	4	SC ESPINHO / ANTÓNIO LEITÃO	18:32	37:44:00	37:47:00
49.	TIAGO ROSAS	157	49	18	JUN M	1	SC ESPINHO / ANTÓNIO LEITÃO	18:22	37:45:00	37:48:00
50.	JUAN SICILIA	19	50	49	VET M45	8	RANING CLUB	18:54	37:47:00	37:49:00
51.	ANSELMO ROCHA	346	51	46	VET M45	9	RUN4EXCELLENCE	18:55	37:53:00	37:54:00
52.	NUNO ALBERGARIA	357	52	33	SEN M	19	INDIVIDUAL	18:54	38:06:00	38:08:00
53.	PEDRO REIS E SA	222	53	42	VET M40	9	INDIVIDUAL	18:46	38:07:00	38:09:00
54.	TIAGO TABORDA	651	54	35	VET M35	11	DCI/TRILHOS LUSO BUSSACO	18:47	38:08:00	38:11:00
55.	JOSÉ REIS	96	55	57	VET M55	1	RIPOLINS GRIJÓ A CORRER	19:08	38:05:00	38:12:00
56.	JOSÉ TEIXEIRA	442	56	39	VET M35	12	A NOZ	18:36	38:11:00	38:12:00
57.	RUI ALMEIDA	798	57	42	VET M40	10	GDC CODAL	18:56	38:11:00	38:14:00
58.	VITOR NEVES	74	58	40	VET M40	11	INDIVIDUAL	18:48	38:14:00	38:15:00
59.	BRUNO PINTO	750	59	36	VET M35	13	INDIVIDUAL	18:50	38:10:00	38:17:00
60.	HÉLDER NEVES	342	60	44	VET M40	12	INDIVIDUAL	18:45	38:14:00	38:17:00
61.	ANTÓNIO RATOLA	833	61	26	SEN M	20	INDIVIDUAL	18:49	38:15:00	38:18:00
62.	LINO FERREIRA	989	62	48	VET M45	10	GRUPO DESPORTIVO de guilhovai	19:08	38:12:00	38:19:00
63.	HELDER COSTA	936	63	37	VET M35	14	RUNNING ESPINHO	18:45	38:21:00	38:23:00
64.	RUI NOGUEIRA	173	64	42	VET M40	13	SC ESPINHO / ANTÓNIO LEITÃO	19:11	38:05:00	38:25:00
65.	JORGE LUZ	97	65	55	VET M55	2	RIPOLINS GRIJÓ A CORRER	19:08	38:23:00	38:30:00
66.	JOÃO MOREIRA	595	66	43	VET M40	14	G D A RONDA	18:57	38:27:00	38:33:00
67.	CARLOS BAPTISTA	463	67	56	VET M55	3	JAM - JUVENTUDE ATLÉTICA MOZELENSE	19:08	38:34:00	38:36:00
68.	ALCINDO DIAS	596	68	46	VET M45	11	GD SÃO PAIO DE OLEIROS	18:58	38:35:00	38:38:00
69.	ALFREDO FRAGA	430	69	60	VET M60	1	ARRASTASSOLAS	19:05	38:37:00	38:39:00
70.	FERNANDO BRANDÃO	464	70	57	VET M55	4	JAM - JUVENTUDE ATLÉTICA MOZELENSE	19:10	38:36:00	38:39:00
71.	ANDRÉ PINA	313	71	35	VET M35	15	ARQUITETURA DO SABER	18:59	38:37:00	38:39:00
72.	DAVY JONES	585	72	33	SEN M	21	SC SILVALDE	19:00	38:44:00	38:49:00
73.	DIOGO CARVALHO	813	73	31	SEN M	22	INDIVIDUAL	19:11	38:52:00	38:58:00
74.	PAULO MAIA	804	74	46	VET M45	12	DCI/TRILHOS LUSO BUSSACO	19:00	39:02:00	39:04:00
75.	MILTON ALMEIDA	499	75	28	SEN M	23	INDIVIDUAL	19:27	38:55:00	39:07:00
76.	JOAO RIBEIRO	991	76	22	SUB 23 M	2	INDIVIDUAL	19:38	38:44:00	39:10:00
77.	MANUEL FONSECA	854	77	58	VET M55	5	AFIS/OVAR	19:44	39:13:00	39:16:00
78.	HÉLDER ROCHA	837	78	34	SEN M	24	A D RIO LARGO C ESPINHO	19:26	39:13:00	39:16:00
79.	JORGE QUEIRÓS	561	79	47	VET M45	13	INDIVIDUAL	19:12	39:22:00	39:26:00
80.	LUIS MAGALHÃES	871	80	38	VET M35	16	INDIVIDUAL	19:32	39:18:00	39:28:00
81.	JÚLIO OLIVEIRA	310	81	44	VET M40	15	VILA MAIOR EM TURISMO	19:25	39:28:00	39:33:00
82.	LUIS RIBEIRO	618	82	28	SEN M	25	INDIVIDUAL	19:44	39:16:00	39:34:00
83.	MIGUEL MAGALHÃES	228	83	44	VET M40	16	INDIVIDUAL	19:33	39:27:00	39:35:00
84.	JOAO OLIVEIRA	758	84	44	VET M40	17	JUVENTUDE CORTEGACENSE	19:44	39:21:00	39:38:00
85.	JOSÉ SILVA	99	85	48	VET M45	14	RIPOLINS GRIJÓ A CORRER	19:35	39:37:00	39:39:00
86.	HUGO SILVA	738	86	42	VET M40	18	G D A RONDA	19:41	39:35:00	39:40:00
87.	JOSE CARLOS LACERDA	841	87	37	VET M35	17	ACADEMIA FERNANDA RIBEIRO	20:06	39:23:00	39:41:00
88.	MARCIA MARTINS	646	1	36	VET F35	1	DCI/TRILHOS LUSO BUSSACO	19:37	39:41:00	39:45:00

Geral	Nome	Dorsal	Sexo	Idade	Escalão	Esc	Equipa	5 km	Chip	Oficial
89.	RICARDO MOTA	287	88	43	VET M40	19	SRI CHINMOY MARATHON TEAM	19:33	39:41:00	39:46:00
90.	ABILIO RIBEIRO	776	89	48	VET M45	15	INDIVIDUAL	20:04	39:38:00	39:54:00
91.	CARLOS FAZENDEIRO	737	90	59	VET M55	6	G D A RONDA	20:05	39:38:00	39:55:00
92.	JORGE SOARES	743	91	37	VET M35	18	INDIVIDUAL	19:36	39:54:00	39:59:00
93.	WOUTER DE BROECK	679	92	47	VET M45	16	A D RIO LARGO C ESPINHO	19:59	39:39:00	40:00:00
94.	ANTÓNIO FRANCISCO	880	93	44	VET M40	20	INDIVIDUAL	19:51	39:48:00	40:01:00
95.	FERNANDO MARQUES	655	94	37	VET M35	19	DCI/TRILHOS LUSO BUSSACO	19:24	40:02:00	40:04:00
96.	ANTÓNIO BARBOSA	380	95	39	VET M35	20	INDIVIDUAL	19:38	40:04:00	40:09:00
97.	PAULO FIDALGO	18	96	39	VET M35	21	INDIVIDUAL	20:02	40:06:00	40:11:00
98.	PAULO FERNANDES	98	97	48	VET M45	17	RIPOLINS GRIJÓ A CORRER	19:42	40:09:00	40:12:00
99.	LUÍS FARIA	181	98	48	VET M45	18	GDR GRANJA - TRUTAS DO MAU	20:28	40:13:00	40:22:00
100.	JOSÉ MARTINS	140	99	42	VET M40	21	SUCITESA	20:06	40:23:00	40:26:00
101.	OCTÁVIO CAPELA	186	100	56	VET M55	7	GDR GRANJA - TRUTAS DO MAU	20:05	40:18:00	40:27:00
102.	MARCO NEVES	709	101	45	VET M45	19	INDIVIDUAL	19:47	40:24:00	40:28:00
103.	ADRIANO FONSECA	479	102	39	VET M35	22	VIVALLEY RUNNERS	19:37	40:26:00	40:30:00
104.	HEITOR ARAÚJO	297	103	54	VET M50	5	INDIVIDUAL	20:36	40:21:00	40:31:00
105.	NUNO HÉLDER SILVA	831	104	31	SEN M	26	INDIVIDUAL	19:57	40:28:00	40:32:00
106.	CARLOS COUTO	151	105	46	VET M45	20	OUTLAW RUNNERS	20:33	40:07:00	40:32:00
107.	JOSÉ BARBOSA	751	106	38	VET M35	23	INDIVIDUAL	20:00	40:31:00	40:34:00
108.	PEDRO SILVA	789	107	45	VET M45	21	AFIS/OVAR	19:58	40:29:00	40:35:00
109.	PEDRO LEAL	849	108	53	VET M50	6	CLUBE DE ATLETISMO DE OVAR	19:45	40:32:00	40:35:00
110.	MÁRCIO OLIVEIRA	491	109	40	VET M40	22	AFIS/OVAR	20:06	40:29:00	40:41:00
111.	JORGE FERREIRA	724	110	24	SEN M	27	INDIVIDUAL	19:59	40:41:00	40:44:00
112.	ERNESTO ALVES	721	111	51	VET M50	7	JUVENTUDE CORTEGACENSE	20:01	40:37:00	40:45:00
113.	LUIS COSTA	293	112	34	SEN M	28	ARCORUN	20:04	40:46:00	40:50:00
114.	NUNO PAIS	531	113	36	VET M35	24	CAL - CLUBE ATLETISMO DE LAMAS	20:05	40:44:00	40:51:00
115.	IVO CARVALHO	164	114	44	VET M40	23	SC ESPINHO / ANTÓNIO LEITÃO	20:25	40:24:00	40:52:00
116.	PEDRO CARNEIRO	189	115	34	SEN M	29	GDR GRANJA - TRUTAS DO MAU	20:05	40:44:00	40:53:00
117.	PAULO SOUSA	353	116	44	VET M40	24	INDIVIDUAL	20:12	40:47:00	40:53:00
118.	JOAO BANDEIRA	781	117	48	VET M45	22	INDIVIDUAL	20:04	40:51:00	40:54:00
119.	CRISTIANA FERREIRA	1056	2	30	SEN F	1	RUNNING ESPINHO	20:12	40:55:00	40:58:00
120.	MIGUEL PINTO	295	118	37	VET M35	25	RUNNING ESPINHO	20:05	40:58:00	41:00:00
121.	JOSE PEREIRA	574	119	39	VET M35	26	AD RIO LARGO	20:21	40:59:00	41:04:00
122.	JOÃO SIMÕES	644	120	38	VET M35	27	DCI/TRILHOS LUSO BUSSACO	20:48	40:49:00	41:05:00
123.	CARLOS RODRIGUES	800	121	41	VET M40	25	INDIVIDUAL	20:26	40:40:00	41:07:00
124.	EDGAR AZENHA	83	122	28	SEN M	30	INDIVIDUAL	20:25	41:00:00	41:07:00
125.	JONAS FARIA	509	123	31	SEN M	31	FISIOPERFORMANCE RUNNING	20:21	41:03:00	41:13:00
126.	JAIME CASTRO	56	124	47	VET M45	23	RUNNING ESPINHO	20:24	41:10:00	41:15:00
127.	JOSÉ CARLOS	471	125	50	VET M50	8	INDIVIDUAL	20:31	41:10:00	41:18:00
128.	PAULO VILAÇA	548	126	56	VET M55	8	CAP - CENTRO DE ATLETISMO DO PORTO	20:53	41:10:00	41:20:00
129.	NUNO RIBEIRO	732	127	36	VET M35	28	INDIVIDUAL	20:53	41:07:00	41:21:00
130.	JOSÉ SÁ	670	128	48	VET M45	24	INDIVIDUAL	20:48	41:13:00	41:22:00
131.	ANTÓNIO DIAS	731	129	56	VET M55	9	S.C.ESPINHO TRIATLO	20:47	41:01:00	41:25:00
132.	LEANDRO SANTOS	240	130	21	SUB 23 M	3	ACD ILHAVOS	21:03	40:45:00	41:26:00

Geral	Nome	Dorsal	Sexo	Idade	Escalão	Esc	Equipa	5 km	Chip	Oficial
133.	BRUNO GOMES	652	131	41	VET M40	26	DCI/TRILHOS LUSO BUSSACO	20:55	41:22:00	41:28:00
134.	MÁRIO OLIVEIRA	984	132	28	SEN M	32	INDIVIDUAL	21:07	40:52:00	41:28:00
135.	RICARDO FONSECA	481	133	46	VET M45	25	VIVALLEY RUNNERS	20:52	41:23:00	41:33:00
136.	CELSO SILVA	734	134	38	VET M35	29	G D A RONDA	20:36	41:23:00	41:33:00
137.	PAULO MOTA	736	135	48	VET M45	26	G D A RONDA	20:37	41:23:00	41:33:00
138.	ALEXANDRE FERREIRA	66	136	45	VET M45	27	INDIVIDUAL	20:53	41:30:00	41:37:00
139.	RICARDO SILVA	703	137	45	VET M45	28	TUGAS NA ESTRADA	20:26	41:29:00	41:38:00
140.	MAURO SOUSA	647	138	31	SEN M	33	DCI/TRILHOS LUSO BUSSACO	20:55	41:38:00	41:44:00
141.	JOSÉ LOUREIRO	676	139	43	VET M40	27	BEAPT	21:06	41:32:00	41:45:00
142.	RAMIRO PINHO	172	140	57	VET M55	10	SC ESPINHO / ANTÓNIO LEITÃO	20:56	41:30:00	41:46:00
143.	ELVIO ORNELAS	978	141	40	VET M40	28	INDIVIDUAL	20:39	41:45:00	41:48:00
144.	JOAQUIM COSTA	850	142	63	VET M60	2	CLUBE DE ATLETISMO DE OVAR	20:42	41:46:00	41:51:00
145.	PAULO OLIVEIRA	58	143	37	VET M35	30	INDIVIDUAL	21:05	41:45:00	41:52:00
146.	JOSÉ CARLOS GOMES	28	144	59	VET M55	11	LIGEIRINHOS	20:58	41:45:00	41:57:00
147.	MARIO NOGUEIRA	278	145	54	VET M50	9	INDIVIDUAL	20:53	41:47:00	41:57:00
148.	PEDRO FONSECA	582	146	30	SEN M	34	SC SILVALDE	20:59	41:48:00	41:58:00
149.	RUBEN GRANGEIA	834	147	20	SUB 23 M	4	ACD ILHAVOS	21:03	41:17:00	41:58:00
150.	JOSÉ MONTEIRO	270	148	48	VET M45	29	INDIVIDUAL	20:42	41:53:00	41:58:00
151.	HENRIQUE NEVES	877	149	47	VET M45	30	INDIVIDUAL	21:38	41:31:00	41:59:00
152.	CARLOS FERREIRA	514	150	70	VET M70	1	INDIVIDUAL	21:00	41:52:00	42:03:00
153.	MÁRCIO SALGADO	892	151	33	SEN M	35	INDIVIDUAL	21:47	41:12:00	42:04:00
154.	JACINTO ALMEIDA	392	152	44	VET M40	29	C M M C VALE DE CAMBRA	20:57	41:52:00	42:10:00
155.	VITOR FERREIRA	296	153	41	VET M40	30	NOVA LINHA TRAIL RUNNERS	20:49	42:03:00	42:10:00
156.	NELSON RAMOS	109	154	52	VET M50	10	SC ESPINHO – TRIATLO	20:48	41:56:00	42:13:00
157.	JOSE PEREIRA	86	155	53	VET M50	11	NASCIDOS PARA CORRER	20:52	42:05:00	42:15:00
158.	HUGO SA	706	156	35	VET M35	31	BEAPT	21:06	42:04:00	42:16:00
159.	JOSE SILVA	625	157	43	VET M40	31	RUNNING ESPINHO	21:01	42:01:00	42:17:00
160.	LUIS TEIXEIRA	565	158	45	VET M45	31	SPORTARC.RUNNING	21:01	42:06:00	42:17:00
161.	CRISTINA PAÇOS	1054	3	45	VET F45	1	RUNNING ESPINHO	21:00	42:21:00	42:21:00
162.	DAMÁSIO PEREIRA	264	159	41	VET M40	32	RUNNING ESPINHO	20:59	42:10:00	42:23:00
163.	VITOR PEREIRA	846	160	38	VET M35	32	BEAPT	21:07	42:11:00	42:28:00
164.	ANDRÉ FIGUEIREDO	167	161	44	VET M40	33	SC ESPINHO / ANTÓNIO LEITÃO	21:08	42:16:00	42:33:00
165.	DANIEL GOMES	290	162	54	VET M50	12	INDIVIDUAL	21:01	42:23:00	42:37:00
166.	MAFALDA OLIVEIRA	208	4	27	SEN F	2	ATLETICO DA MADALENA	21:23	42:04:00	42:38:00
167.	SALVADOR FARDILHA	856	163	53	VET M50	13	AFIS/OVAR	21:15	42:24:00	42:39:00
168.	VIRIATO OLIVEIRA	513	164	49	VET M45	32	INDIVIDUAL	20:55	42:33:00	42:40:00
169.	CARLOS RIPOLINS	95	165	62	VET M60	3	RIPOLINS GRIJÓ A CORRER	21:22	42:39:00	42:43:00
170.	NUNO MATIAS	381	166	45	VET M45	33	RUNNING ESPINHO	21:20	42:31:00	42:46:00
171.	MARCO GROSSO	686	167	49	VET M45	34	A D RIO LARGO C ESPINHO	20:37	42:42:00	42:46:00
172.	ANTÓNIO VALENTE	906	168	49	VET M45	35	INDIVIDUAL	21:35	42:31:00	42:51:00
173.	SALVADOR PEREIRA	830	169	23	SEN M	36	GDR GRANJA - TRUTAS DO MAU	21:32	42:38:00	42:56:00
174.	MARISA JOAO	152	5	43	VET F40	1	RECREIO DESP. DE ÁGUEDA	21:45	42:54:00	43:00:00
175.	CELSO GOMES	768	170	52	VET M50	14	JUVENTUDE CORTEGACENSE	21:46	42:35:00	43:03:00
176.	MARCELO MOTA	413	171	39	VET M35	33	INDIVIDUAL	21:23	42:53:00	43:03:00

Geral	Nome	Dorsal	Sexo	Idade	Escalão	Esc	Equipa	5 km	Chip	Oficial
177.	GONÇALO MARTINS	139	172	35	VET M35	34	INDIVIDUAL	20:13	42:59:00	43:04:00
178.	MIGUEL COIMBRA	615	173	54	VET M50	15	GR EIRENSE	21:19	43:00:00	43:09:00
179.	JOSÉ GOMES	370	174	47	VET M45	36	INDIVIDUAL	21:55	42:48:00	43:09:00
180.	PAULO J OLIVEIRA	889	175	44	VET M40	34	TARTARUGAS A CARVÃO	21:56	42:43:00	43:11:00
181.	MARCO COUTO	765	176	31	SEN M	37	FERREIRA DE SÁ RUGS	21:06	42:59:00	43:14:00
182.	LUIS PINTO	851	177	37	VET M35	35	INDIVIDUAL	21:35	43:00:00	43:15:00
183.	NOEL VALADÃO	124	178	41	VET M40	35	RUNNING ESPINHO	21:12	43:11:00	43:16:00
184.	JOÃO FERREIRA	896	179	21	SUB 23 M	5	INDIVIDUAL	21:47	42:26:00	43:18:00
185.	MÁRIO MARTINS	112	180	52	VET M50	16	OS KÁGADOS	21:25	43:05:00	43:19:00
186.	RUI PINTO	236	181	44	VET M40	36	RUNNING ESPINHO	21:31	43:08:00	43:23:00
187.	JOSÉ CORREIA	200	182	47	VET M45	37	INDIVIDUAL	21:32	43:16:00	43:24:00
188.	GONCALO OLIVEIRA	418	183	42	VET M40	37	INVICTA RUNNERS TEAM	21:10	43:20:00	43:26:00
189.	BRUNO BARGE	118	184	38	VET M35	36	CDC S. MARTINHO DA GÂNDARA	21:54	43:06:00	43:27:00
190.	RUI FERREIRA	505	185	47	VET M45	38	INDIVIDUAL	21:26	43:11:00	43:27:00
191.	VICTOR D. S. PACHECO	457	186	54	VET M50	17	GDT TRANCOSO	21:36	43:13:00	43:28:00
192.	MATILDE BAPTISTA	461	6	53	VET F50	1	JAM - JUVENTUDE ATLÉTICA MOZELENSE	21:05	43:25:00	43:28:00
193.	PAULO SILVA	853	187	53	VET M50	18	AFIS/OVAR	22:52	43:12:00	43:30:00
194.	VITOR CUNHA	251	188	46	VET M45	39	CAL - CLUBE ATLETISMO DE LAMAS	21:56	43:04:00	43:30:00
195.	JOAQUIM PEREIRA	106	189	57	VET M55	12	RUNNING ESPINHO	21:57	43:00:00	43:31:00
196.	LUIS SILVA	578	190	54	VET M50	19	ESTRELAS VERMELHAS	21:57	43:00:00	43:31:00
197.	AMÉRICO OLIVEIRA	279	191	49	VET M45	40	AFIS/OVAR	22:52	43:19:00	43:33:00
198.	JORGE TEIXEIRA	1012	192	27	SEN M	38	INDIVIDUAL	21:39	43:27:00	43:35:00
199.	FILIPE NEVES	311	193	43	VET M40	38	VILA MAIOR EM TURISMO	21:37	43:13:00	43:38:00
200.	PAULO SILVA	42	194	32	SEN M	39	INDIVIDUAL	21:56	43:17:00	43:41:00
201.	RAUL COELHO	875	195	38	VET M35	37	INDIVIDUAL	21:42	43:31:00	43:41:00
202.	HUGO PINTO	891	196	43	VET M40	39	UIKEMEDO TEAM	21:41	43:15:00	43:41:00
203.	DANIEL PEREIRA	988	197	32	SEN M	40	SC ESPINHO / ANTÓNIO LEITÃO	21:01	43:38:00	43:42:00
204.	NUNO MILHEIRO	745	198	43	VET M40	40	RUNNING ESPINHO	22:19	43:11:00	43:43:00
205.	RUI PINHO	938	199	28	SEN M	41	INDIVIDUAL	21:27	43:40:00	43:46:00
206.	JOÃO LEITE	31	200	35	VET M35	38	RUNNING ESPINHO	22:43	43:07:00	43:48:00
207.	PEDRO LOBO	138	201	37	VET M35	39	RUNNING ESPINHO	21:30	43:29:00	43:48:00
208.	GERMANO BORGES	137	202	40	VET M40	41	RUNNING ESPINHO	21:30	43:32:00	43:48:00
209.	MÁRIO RODRIGUES	183	203	45	VET M45	41	GDR GRANJA - TRUTAS DO MAU	21:36	43:42:00	43:49:00
210.	NELSON SILVA	386	204	63	VET M60	4	C M M C VALE DE CAMBRA	22:00	43:41:00	43:51:00
211.	MANUEL SÁ	550	205	60	VET M60	5	CAP - CENTRO DE ATLETISMO DO PORTO	21:25	43:38:00	43:52:00
212.	IVAN SANTOS	344	206	31	SEN M	42	INDIVIDUAL	21:55	43:39:00	43:57:00
213.	EDGAR ROCHA	379	207	59	VET M55	13	TRAIL RUNNING BTT SANGUEDO	21:33	43:56:00	43:58:00
214.	LUÍS ABREU	916	208	47	VET M45	42	ASPHALT ASSAULT TEAM	22:20	43:31:00	44:02:00
215.	ÂNGELO PEREIRA	198	209	57	VET M55	14	INDIVIDUAL	21:58	43:40:00	44:07:00
216.	SUSANA RIBEIRO	489	7	24	SEN F	3	NÚCLEO ATLETISMO CUCUJÃES	21:34	43:52:00	44:07:00
217.	PAULO ROLA	729	210	41	VET M40	42	JUVENTUDE CORTEGACENSE	22:25	43:41:00	44:09:00
218.	MANUEL CANDEIAS	451	211	46	VET M45	43	ACAIL GÁS	21:52	43:46:00	44:09:00
219.	DIOGO COELHO	8	212	33	SEN M	43	PHD	22:40	43:37:00	44:09:00
220.	LUIS CUSTODIO	1061	213	47	VET M45	44	INDIVIDUAL	21:05	44:06:00	44:11:00

Geral	Nome	Dorsal	Sexo	Idade	Escalão	Esc	Equipa	5 km	Chip	Oficial
221.	PAULO OLIVEIRA	525	214	45	VET M45	45	INDIVIDUAL	21:33	43:59:00	44:13:00
222.	JOSÉ DUARTE	315	215	47	VET M45	46	RUNNING ESPINHO	21:57	44:01:00	44:14:00
223.	ANTÓNIO OLIVEIRA	612	216	58	VET M55	15	C M M C VALE DE CAMBRA	22:03	44:04:00	44:15:00
224.	VITOR RIO	930	217	35	VET M35	40	SS MONTEPIO	21:28	44:09:00	44:18:00
225.	VITOR RITO	1052	218	35	VET M35	41	RUNNING ESPINHO	21:39	44:17:00	44:21:00
226.	ALBERTO SANTOS	894	219	54	VET M50	20	INDIVIDUAL	21:54	43:31:00	44:22:00
227.	DÁRIO FERREIRA	756	220	33	SEN M	44	INDIVIDUAL	22:16	43:57:00	44:23:00
228.	BRUNO MATOS	767	221	38	VET M35	42	FERREIRA DE SÁ RUGS	21:53	44:13:00	44:26:00
229.	MIGUEL FERREIRA	334	222	24	SEN M	45	INDIVIDUAL	21:40	43:53:00	44:27:00
230.	ZE MOUTINHO	272	223	61	VET M60	6	RUNNING ESPINHO	22:16	44:15:00	44:29:00
231.	LUIS VASQUES	166	224	44	VET M40	43	SC ESPINHO / ANTÓNIO LEITÃO	22:15	44:12:00	44:30:00
232.	JOSÉ SILVA	775	225	44	VET M40	44	INDIVIDUAL	22:16	44:01:00	44:30:00
233.	TILA PINA	192	8	43	VET F40	2	GDR GRANJA - TRUTAS DO MAU	22:05	44:23:00	44:31:00
234.	SILVÉRIO PINTO	102	226	54	VET M50	21	RIPOLINS GRIJÓ A CORRER	21:50	44:29:00	44:34:00
235.	BRUNO SILVA	605	227	40	VET M40	45	BV ESPINHO	21:45	43:58:00	44:37:00
236.	NUNO TEIXEIRA	286	228	42	VET M40	46	RUNNING ESPINHO	21:56	44:33:00	44:39:00
237.	FILIPE PARDILHÓ	25	229	28	SEN M	46	INDIVIDUAL	21:44	44:08:00	44:41:00
238.	LUIS GUIMARAES	592	230	36	VET M35	43	AD RONDA	22:06	44:26:00	44:42:00
239.	PAULO FERNANDES	70	231	52	VET M50	22	ESCOLA DE CONDUÇÃO NOVA GAIA	22:25	44:20:00	44:43:00
240.	JOSÉ PINHO	149	232	27	SEN M	47	PINHO'S	21:57	44:27:00	44:46:00
241.	MIGUEL MIRANDA	330	233	49	VET M45	47	KIRCHHOFF KUNECT RUNING TEAM	22:47	44:13:00	44:46:00
242.	MARIO BAPTISTA	105	234	33	SEN M	48	RIPOLINS GRIJÓ A CORRER	22:42	44:41:00	44:46:00
243.	CARLOS CARVALHO	91	235	37	VET M35	44	INDIVIDUAL	22:12	44:20:00	44:47:00
244.	RUI SILVA	581	236	42	VET M40	47	SC SILVALDE	22:13	44:37:00	44:47:00
245.	RICARDO OLIVEIRA	987	237	39	VET M35	45	SC ESPINHO / ANTÓNIO LEITÃO	22:33	44:19:00	44:48:00
246.	ROBERTO SILVA	15	238	45	VET M45	48	INDIVIDUAL	22:15	44:47:00	44:48:00
247.	FERNANDO J GONÇALVES	107	239	46	VET M45	49	JORSAT RUNNERS	22:10	44:37:00	44:49:00
248.	MAFALDA RESENDE	876	9	37	VET F35	2	RUNNING ESPINHO	22:31	44:26:00	44:49:00
249.	ARMINDO BASTOS	555	240	46	VET M45	50	INDIVIDUAL	22:31	44:28:00	44:51:00
250.	PEDRO DIAS	267	241	24	SEN M	49	RUNNING ESPINHO	22:19	44:02:00	44:52:00
251.	PAULO OUREIRO	188	242	45	VET M45	51	GDR GRANJA - TRUTAS DO MAU	22:07	44:34:00	44:52:00
252.	RICARDO VEIGA	597	243	42	VET M40	48	INDIVIDUAL	22:30	44:21:00	44:53:00
253.	FERNANDO BRANDÃO	530	244	53	VET M50	23	GRUPO GRANDES ATLETAS	22:15	44:43:00	44:54:00
254.	LEANDRO SILVA	437	245	37	VET M35	46	EV PERALTAFIL	21:57	44:48:00	44:55:00
255.	LEONEL SILVA	577	246	55	VET M55	16	ESTRELAS VERMELHAS	21:58	44:48:00	44:56:00
256.	ANTÓNIO NEVES	170	247	57	VET M55	17	SC ESPINHO / ANTÓNIO LEITÃO	22:25	44:27:00	44:56:00
257.	JULIA SHIAVON	575	10	37	VET F35	3	AD RIO LARGO	21:57	44:52:00	44:56:00
258.	PAULO OLIVEIRA	580	248	33	SEN M	50	ESTRELAS VERMELHAS	21:58	44:30:00	44:57:00
259.	JOÃO FERNANDO	169	249	41	VET M40	49	SC ESPINHO / ANTÓNIO LEITÃO	22:44	44:20:00	44:58:00
260.	VIRGILIO OLIVEIRA	1069	250	55	VET M55	18	carregueirenses	22:22	44:51:00	45:01:00
261.	PAULO SOARES	611	251	53	VET M50	24	C M M C VALE DE CAMBRA	22:17	44:47:00	45:04:00
262.	PEDRO ALMEIDA	375	252	60	VET M60	7	INDIVIDUAL	22:44	44:42:00	45:09:00
263.	RICARDO SEROMENHO	77	253	41	VET M40	50	INDIVIDUAL	22:49	44:36:00	45:12:00
264.	JOSE GOMES	71	254	42	VET M40	51	CORRER LISBOA	22:32	44:38:00	45:15:00

Geral	Nome	Dorsal	Sexo	Idade	Escalão	Esc	Equipa	5 km	Chip	Oficial
265.	RUI MAIA	43	255	40	VET M40	52	ARCORUN	23:00	44:33:00	45:16:00
266.	MANUEL FERREIRA	966	256	53	VET M50	25	RUNNING ESPINHO	22:15	45:01:00	45:16:00
267.	NUNO PESSOA	650	257	45	VET M45	52	DCI/TRILHOS LUSO BUSSACO	22:08	45:13:00	45:17:00
268.	JOAO MARTINS	340	258	35	VET M35	47	RUNNING ESPINHO	22:43	45:02:00	45:17:00
269.	MARIA MARTINS	757	11	51	VET F50	2	BEAPT	22:34	45:04:00	45:18:00
270.	JOAO NEVES	252	259	49	VET M45	53	CAL - CLUBE ATLETISMO DE LAMAS	22:03	45:13:00	45:20:00
271.	ARLINDO RODRIGUES	390	260	58	VET M55	19	C M M C VALE DE CAMBRA	22:50	44:49:00	45:24:00
272.	TIAGO OLIVEIRA	317	261	38	VET M35	48	GRUPO CORRIDA DE ARGONCILHE	22:11	45:16:00	45:25:00
273.	ANTÓNIO PRATA	566	262	51	VET M50	26	GRUPO CORRIDA DE ARGONCILHE	22:29	45:13:00	45:26:00
274.	NAU NEIVA	689	263	52	VET M50	27	GANSOS	22:18	45:19:00	45:27:00
275.	PAULO SILVA	537	264	52	VET M50	28	MOVOL	22:22	45:02:00	45:27:00
276.	ZÉ RODRIGO	951	265	39	VET M35	49	A D RIO LARGO C ESPINHO	22:58	45:04:00	45:28:00
277.	MARIO DIAS	932	266	38	VET M35	50	RUNNING ESPINHO	21:47	45:25:00	45:33:00
278.	JOÃO REAL	838	267	35	VET M35	51	COAAL-CLUBE DE ORIENTAÇÃO DO ALTO ALENTEJO	22:43	45:34:00	45:34:00
279.	ABEL CORREIA	502	268	44	VET M40	53	CLUBE VODAFONE	22:56	45:05:00	45:37:00
280.	BRUNO MOREIRA	165	269	44	VET M40	54	SC ESPINHO / ANTÓNIO LEITÃO	22:38	44:56:00	45:38:00
281.	JOSÉ LUIS SANTOS	643	270	57	VET M55	20	CIRAC	22:29	45:19:00	45:40:00
282.	ANGELINA FERREIRA	349	12	55	VET F55	1	INDIVIDUAL	22:30	45:35:00	45:41:00
283.	LUIS COSTA	101	271	43	VET M40	55	RIPOLINS GRIJÓ A CORRER	21:55	45:37:00	45:41:00
284.	ROBERTO DIAS	450	272	40	VET M40	56	ACAIL GÁS	22:43	45:21:00	45:43:00
285.	RUI FARIA	324	273	37	VET M35	52	BIGODES DE TINTO	23:14	45:08:00	45:45:00
286.	LUÍS PEREIRA	511	274	45	VET M45	54	GANG DAS CORRIDAS	22:47	45:33:00	45:47:00
287.	MARCO MORGADO	16	275	40	VET M40	57	INDIVIDUAL	23:08	45:36:00	45:47:00
288.	MARCOS CARVALHO	231	276	38	VET M35	53	RUNNING ESPINHO	22:48	45:16:00	45:48:00
289.	ANTONIO TEIXEIRA	950	277	45	VET M45	55	INDIVIDUAL	22:28	45:40:00	45:49:00
290.	HELDER PEREIRA	922	278	43	VET M40	58	SS MONTEPIO	22:21	45:42:00	45:50:00
291.	VÍTOR NETO	255	279	46	VET M45	56	RUNNING ESPINHO	22:29	45:25:00	45:50:00
292.	HUGO DE SÁ	422	280	43	VET M40	59	GRUPO DOS GRANDES ATLETAS	22:35	45:41:00	45:51:00
293.	JOAQUIM ALCIDES	836	281	59	VET M55	21	A D RIO LARGO C ESPINHO	23:19	45:32:00	45:51:00
294.	FÁBIO CORREIA	199	282	22	SUB 23 M	6	INDIVIDUAL	22:38	45:43:00	45:51:00
295.	JOSE FALCAO	881	283	42	VET M40	60	C.D.C. SÃO MARTINHO DA GÂNDARA	22:57	45:29:00	45:52:00
296.	CRISTIANO TAVARES	790	284	49	VET M45	57	AFIS/OVAR	23:16	45:40:00	45:53:00
297.	MARCO SOARES	224	285	42	VET M40	61	INDIVIDUAL	22:23	45:44:00	45:53:00
298.	MANUEL GOMES	786	286	53	VET M50	29	AFIS/OVAR	23:26	45:40:00	45:54:00
299.	ANDRÉ SILVA	53	287	59	VET M55	22	INDIVIDUAL	22:16	45:47:00	45:55:00
300.	LUIS GOMES	372	288	44	VET M40	62	TRAIL RUNNING BTT SANGUEDO	21:53	45:49:00	45:55:00
301.	MICHELLE NOVO	428	13	37	VET F35	4	INDIVIDUAL	22:49	45:38:00	45:55:00
302.	RUI COSTA	108	289	36	VET M35	54	INDIVIDUAL	22:39	45:44:00	45:56:00
303.	CARLOS COSTS	312	290	44	VET M40	63	VILA MAIOR EM TURISMO	22:39	45:44:00	45:56:00
304.	EUNICE MAGALHÃES	654	14	37	VET F35	5	DCI/TRILHOS LUSO BUSSACO	23:01	45:36:00	45:56:00
305.	DOMINGOS SOARES	307	291	53	VET M50	30	INDIVIDUAL	23:26	45:26:00	46:00:00
306.	MANUEL ABREU	933	292	42	VET M40	64	RUNNING ESPINHO	22:55	45:52:00	46:00:00
307.	ALEXANDRE MAIA	395	293	44	VET M40	65	JORSAT RUNNERS	22:18	45:48:00	46:00:00
308.	MANUEL SILVA	723	294	54	VET M50	31	JUVENTUDE CORTEGACENSE	23:05	45:33:00	46:02:00

Geral	Nome	Dorsal	Sexo	Idade	Escalão	Esc	Equipa	5 km	Chip	Oficial
309.	JOSÉ PINHEL	69	295	51	VET M50	32	ESCOLA DE CONDUÇÃO NOVA GAIA	23:21	45:42:00	46:04:00
310.	FÁBIO AGUIAR	914	296	32	SEN M	51	INDIVIDUAL	23:11	45:42:00	46:06:00
311.	DOMINGOS CAMBOA	741	297	59	VET M55	23	JUVENTUDE CORTEGACENSE	22:45	45:42:00	46:09:00
312.	RICARDO PAIS	1070	298	30	SEN M	52	LARANJINHAS	23:49	45:18:00	46:09:00
313.	ADÉRITO ALVES	563	299	68	VET M65	1	SPORT COMÉRCIO E SALGUEIROS	23:25	45:47:00	46:11:00
314.	MARCO PINTO	177	300	43	VET M40	66	INDIVIDUAL	22:50	45:42:00	46:12:00
315.	JOÃO GUEDES	882	301	36	VET M35	55	RUNNING ESPINHO	22:46	46:07:00	46:12:00
316.	TIAGO FREITAS	545	302	30	SEN M	53	SRI CHINMOY MARATHON TEAM	22:35	45:57:00	46:13:00
317.	NUNO SILVA	174	303	42	VET M40	67	SC ESPINHO / ANTÓNIO LEITÃO	23:13	45:26:00	46:13:00
318.	VIRIATO ALMEIDA	419	304	48	VET M45	58	INDIVIDUAL	23:38	45:36:00	46:14:00
319.	MARCO MOREIRA	125	305	39	VET M35	56	GRUPO CORRIDA DE ARGONCILHE	23:31	46:06:00	46:15:00
320.	NUNO SILVA	401	306	40	VET M40	68	RUNNING ESPINHO	23:13	45:50:00	46:16:00
321.	MAURO NASCIMENTO	185	307	52	VET M50	33	GDR GRANJA - TRUTAS DO MAU	22:42	46:05:00	46:17:00
322.	JOÃO PINHO	117	308	55	VET M55	24	INDIVIDUAL	22:59	46:04:00	46:19:00
323.	FERNANDO MOREIRA	220	309	38	VET M35	57	INDIVIDUAL	23:49	45:30:00	46:21:00
324.	SARA PINTO	828	15	31	SEN F	4	INDIVIDUAL	24:07:00	45:53:00	46:21:00
325.	CRISTIANA SANTOS	362	16	30	SEN F	5	RUNNING ESPINHO	23:18	45:52:00	46:21:00
326.	GERALDINO SILVA	373	310	62	VET M60	8	INDIVIDUAL	22:57	46:13:00	46:23:00
327.	PORFÍRIO MARTINS	116	311	58	VET M55	25	INDIVIDUAL	22:59	46:09:00	46:23:00
328.	MÁRCIO COSTA	606	312	39	VET M35	58	INDIVIDUAL	23:29	45:51:00	46:26:00
329.	ALBERTO ESPINHEIRA	538	313	57	VET M55	26	MOVOL	23:21	46:04:00	46:26:00
330.	MARCO ABREU	482	314	27	SEN M	54	ONDE ESTÁ O ALCIDES?	22:51	45:35:00	46:27:00
331.	EDUARDO OLIVEIRA	787	315	43	VET M40	69	AFIS/OVAR	23:26	46:14:00	46:28:00
332.	SARA ANTAS	664	17	39	VET F35	6	INDIVIDUAL	23:29	45:54:00	46:28:00
333.	MANUEL CARDOSO	376	316	56	VET M55	27	INDIVIDUAL	23:46	46:15:00	46:31:00
334.	RICARDO BARBOSA	730	317	33	SEN M	55	O GRUPO DOS GRANDES ATLETAS	25:29:00	46:32:00	46:32:00
335.	JOSE CASTRO	796	318	41	VET M40	70	INDIVIDUAL	23:17	45:32:00	46:32:00
336.	JOÃO MENDES	684	319	35	VET M35	59	A D RIO LARGO C ESPINHO	23:04	46:08:00	46:33:00
337.	PEDRO XAVIER MOREIRA	423	320	36	VET M35	60	INDIVIDUAL	22:54	46:25:00	46:34:00
338.	RICARDO SOUSA	940	321	36	VET M35	61	ESPINHO TRAIL	22:54	45:58:00	46:34:00
339.	JOSE MARQUES	339	322	49	VET M45	59	SC ESPINHO – TRIATLO	23:27	45:58:00	46:36:00
340.	TIAGO GOMES	456	323	29	SEN M	56	INDIVIDUAL	23:11	46:13:00	46:37:00
341.	MARLENE MARTINS	184	18	40	VET F40	3	GDR GRANJA - TRUTAS DO MAU	23:13	46:26:00	46:38:00
342.	OSCAR MAGOLO	360	324	61	VET M60	9	CIRAC	23:08	46:27:00	46:39:00
343.	DIOGO TEIXEIRA	447	325	26	SEN M	57	INDIVIDUAL	23:50	45:53:00	46:39:00
344.	CLÁUDIO CASTRO	178	326	39	VET M35	62	CDC S. MARTINHO DA GÂNDARA	23:02	46:17:00	46:40:00
345.	LILIANA SILVA	821	19	45	VET F45	2	CPT SOBRAL DE CEIRA	23:13	46:24:00	46:40:00
346.	PEDRO COELHO	325	327	39	VET M35	63	JORSAT RUNNERS	22:37	46:29:00	46:41:00
347.	LÚCIA SOARES	210	20	20	SUB 23 F	1	JAM - JUVENTUDE ATLÉTICA MOZELENSE	23:14	46:35:00	46:42:00
348.	ANDRÉ BANDEIRA	807	328	44	VET M40	71	INDIVIDUAL	23:33	46:19:00	46:43:00
349.	FRANK ROGERSON	358	329	55	VET M55	28	RUNNING ESPINHO	22:45	46:36:00	46:44:00
350.	ARMANDO CERQUEIRA	687	330	60	VET M60	10	A D RIO LARGO C ESPINHO	23:23	46:23:00	46:45:00
351.	RICARDO DIAS	843	331	27	SEN M	58	INDIVIDUAL	23:50	46:14:00	46:47:00
352.	PAULO RIBEIRO	84	332	47	VET M45	60	INDIVIDUAL	23:43	45:57:00	46:50:00

Geral	Nome	Dorsal	Sexo	Idade	Escalão	Esc	Equipa	5 km	Chip	Oficial
353.	CARLA TAVARES	770	21	37	VET F35	7	INDIVIDUAL	23:18	46:35:00	46:50:00
354.	JOAQUIM GOMES	835	333	65	VET M65	2	A D RIO LARGO C ESPINHO	23:27	46:32:00	46:51:00
355.	FERNANDA ROCHA	144	22	46	VET F45	3	INDIVIDUAL	23:54	46:31:00	46:52:00
356.	FÁBIO VAZ	363	334	33	SEN M	59	INDIVIDUAL	23:20	46:29:00	46:52:00
357.	NELSON REIS	120	335	38	VET M35	64	INDIVIDUAL	24:22:00	45:42:00	46:54:00
358.	MANUEL OLIVEIRA	123	336	59	VET M55	29	INDIVIDUAL	24:10:00	46:03:00	46:54:00
359.	PAULO BANDALHO	49	337	49	VET M45	61	FLECHAS	23:28	46:40:00	46:59:00
360.	ELISABETE SANTOS	46	23	43	VET F40	4	FLECHAS	23:27	46:41:00	46:59:00
361.	RICARDO ANDRADE	453	338	24	SEN M	60	ACAIL GÁS	23:21	46:17:00	47:03:00
362.	SAMUEL COUTO	814	339	31	SEN M	61	INDIVIDUAL	23:30	46:29:00	47:03:00
363.	MÁRCIO CAMPELO	237	340	41	VET M40	72	INDIVIDUAL	24:28:00	46:12:00	47:05:00
364.	ANTÓNIO OLIVEIRA	623	341	66	VET M65	3	INDIVIDUAL	23:35	46:30:00	47:06:00
365.	HUGO SANTOS	522	342	38	VET M35	65	RUNNING ESPINHO	23:15	46:49:00	47:07:00
366.	LILIANA COUTO	1011	24	40	VET F40	5	TRAIL RUNNING CLUBE BTT SANGUEDO	23:33	46:59:00	47:08:00
367.	JOSÉ CORREIA	223	343	42	VET M40	73	ARCORUN	23:18	46:32:00	47:08:00
368.	RUI ALBINO	902	344	41	VET M40	74	INDIVIDUAL	22:34	46:46:00	47:08:00
369.	DANI ROCHA	699	345	39	VET M35	66	INDIVIDUAL	24:01:00	46:31:00	47:09:00
370.	FABIO CARDOSO	604	346	35	VET M35	67	BV ESPINHO	23:32	46:32:00	47:10:00
371.	RUI GONÇALVES	693	347	49	VET M45	62	SPORTARC.RUNNING	23:48	46:35:00	47:10:00
372.	JOSÉ BRITO	682	348	53	VET M50	34	A D RIO LARGO C ESPINHO	22:58	46:53:00	47:12:00
373.	JOAQUIM BARBOSA	573	349	41	VET M40	75	AD RIO LARGO	22:58	47:08:00	47:13:00
374.	FRANCISCO VIEIRA	145	350	41	VET M40	76	SUCITESA	23:13	47:12:00	47:14:00
375.	JORGE GUERRA	41	351	46	VET M45	63	OS FALTA D'AR	24:02:00	46:46:00	47:15:00
376.	JOÃO NEVES	688	352	23	SEN M	62	INDIVIDUAL	23:11	47:09:00	47:15:00
377.	SUSANA BRANDÃO	609	25	44	VET F40	6	C M M C VALE DE CAMBRA	23:34	47:04:00	47:15:00
378.	PAULO NEVES	253	353	53	VET M50	35	CAL - CLUBE ATLETISMO DE LAMAS	23:00	47:12:00	47:19:00
379.	CARLOS GARRIDO	304	354	60	VET M60	11	CPT SOBRAL DE CEIRA	24:15:00	46:42:00	47:22:00
380.	BELMIRO LOPES	782	355	37	VET M35	68	CAL - CLUBE ATLETISMO DE LAMAS	23:01	47:13:00	47:22:00
381.	FERNANDO SILVA	320	356	61	VET M60	12	GRUPO CORRIDA DE ARGONCILHE	23:18	47:13:00	47:28:00
382.	IVANDRO MOREIRA	965	357	31	SEN M	63	INDIVIDUAL	24:12:00	47:03:00	47:35:00
383.	TANAMARA SANTOS	72	26	40	VET F40	7	INDIVIDUAL	24:13:00	47:04:00	47:36:00
384.	MIGUEL SANTOS	553	358	48	VET M45	64	RG LEVANTA POEIRA	23:57	47:13:00	47:38:00
385.	CELSO TEIXEIRA	263	359	53	VET M50	36	INDIVIDUAL	24:27:00	46:47:00	47:39:00
386.	NUNO LOURENÇO	817	360	43	VET M40	77	INDIVIDUAL	24:40:00	47:01:00	47:40:00
387.	SIMÃO CARDOSO	292	361	39	VET M35	69	CAL - CLUBE ATLETISMO DE LAMAS	23:47	47:07:00	47:41:00
388.	MANUEL TEIXEIRA	777	362	60	VET M60	13	MANQUINHOS	24:10:00	46:57:00	47:45:00
389.	HELDEBERTO SANTOS	409	363	55	VET M55	30	CENTRO CULTURAL DA STCP	23:27	47:41:00	47:56:00
390.	NUNO SARAMAGO	887	364	37	VET M35	70	VELHA GUARDA RC	24:38:00	47:11:00	47:57:00
391.	BELMIRO MONTEIRO	374	365	51	VET M50	37	INDIVIDUAL	24:16:00	47:29:00	47:58:00
392.	NUNO AZEVEDO	216	366	37	VET M35	71	EXSEDENTÁRIOS	23:17	47:51:00	47:59:00
393.	CARLOS TAVARES	454	367	40	VET M40	78	ACAIL GÁS	24:12:00	47:14:00	48:01:00
394.	SÉRGIO MORAIS	146	368	40	VET M40	79	INDIVIDUAL	24:21:00	47:14:00	48:02:00
395.	ALEXANDRE MIRANDA	81	369	49	VET M45	65	INDIVIDUAL	23:57	47:47:00	48:04:00
396.	CARLOS LANCHÁ	359	370	48	VET M45	66	RUNNING ESPINHO	23:40	47:50:00	48:08:00

Geral	Nome	Dorsal	Sexo	Idade	Escalão	Esc	Equipa	5 km	Chip	Oficial
397.	RUI COELHO	556	371	30	SEN M	64	WERUN4FOOD	23:35	47:49:00	48:12:00
398.	MARCO BATISTA	408	372	45	VET M45	67	CENTRO CULTURAL DA STCP	24:11:00	47:43:00	48:13:00
399.	EDUARDO NEVES	674	373	41	VET M40	80	INDIVIDUAL	23:39	48:06:00	48:14:00
400.	RICARDO PINHO	327	374	40	VET M40	81	KIRCHHOFF KUNECT RUNING TEAM	24:07:00	48:10:00	48:15:00
401.	JONI ROCHA	601	375	26	SEN M	65	BV ESPINHO	24:02:00	47:40:00	48:18:00
402.	ROSA SILVA	26	27	51	VET F50	3	LIGEIRINHOS	24:13:00	48:06:00	48:19:00
403.	MARCOS PEDROSO	946	376	33	SEN M	66	INDIVIDUAL	22:47	48:10:00	48:21:00
404.	LUÍS FERREIRA	540	377	46	VET M45	68	INDIVIDUAL	24:48:00	47:28:00	48:23:00
405.	JOEL TEIXEIRA	780	378	36	VET M35	72	MANQUINHOS	24:21:00	47:35:00	48:25:00
406.	CARLOS PINA	314	379	38	VET M35	73	INDIVIDUAL	23:56	48:22:00	48:31:00
407.	CELSO COELHO	635	380	59	VET M55	31	BESJOGING	24:07:00	48:13:00	48:32:00
408.	CARLOS FONTES	917	381	50	VET M50	38	INDIVIDUAL	24:20:00	47:50:00	48:32:00
409.	ADRIANO QUEIROZ	685	382	67	VET M65	4	A D RIO LARGO C ESPINHO	24:06:00	48:23:00	48:33:00
410.	CARLOS DUARTE	899	383	41	VET M40	82	INDIVIDUAL	24:54:00	47:55:00	48:35:00
411.	CARLOS COSTA	898	384	45	VET M45	69	INDIVIDUAL	24:55:00	47:55:00	48:35:00
412.	DIANA PINHO	266	28	33	SEN F	6	INDIVIDUAL	24:11:00	48:08:00	48:37:00
413.	DIANA PASCOAL	393	29	22	SUB 23 F	2	C M M C VALE DE CAMBRA	23:58	48:17:00	48:38:00
414.	PAULO ALMEIDA	793	385	51	VET M50	39	AFIS/OVAR	24:05:00	48:36:00	48:38:00
415.	LUISA TAVARES	728	30	47	VET F45	4	RUNNING ESPINHO	24:03:00	48:32:00	48:42:00
416.	DELFINO SILVA	677	386	42	VET M40	83	INDIVIDUAL	23:47	48:17:00	48:45:00
417.	ANA BARBOSA	128	31	59	VET F55	2	INVICTA RUNNERS TEAM	24:03:00	48:37:00	48:47:00
418.	JORGE COSTA	769	387	40	VET M40	84	INDIVIDUAL	24:33:00	47:52:00	48:48:00
419.	NUNO CAÇOTE	845	388	44	VET M40	85	INDIVIDUAL	24:20:00	48:34:00	48:49:00
420.	MANUEL SILVA	842	389	48	VET M45	70	INDIVIDUAL	24:26:00	48:30:00	48:51:00
421.	CARLA COSTA	697	32	33	SEN F	7	RUNNING ESPINHO	23:50	48:46:00	48:52:00
422.	SERGIO GOMES	579	390	46	VET M45	71	ESTRELAS VERMELHAS	24:36:00	48:46:00	48:52:00
423.	CARLOS MOREIRA	744	391	30	SEN M	67	INDIVIDUAL	23:28	48:15:00	48:53:00
424.	ANA PAULA	576	33	39	VET F35	8	ESTRELAS VERMELHAS	24:37:00	48:47:00	48:54:00
425.	JULIANO SILVA	764	392	32	SEN M	68	FERREIRA DE SÁ RUGS	24:41:00	48:31:00	48:55:00
426.	PAULO FERNANDES	797	393	46	VET M45	72	INDIVIDUAL	24:36:00	48:01:00	49:02:00
427.	BRUNO MIGUEL DE JESUS	668	394	39	VET M35	74	INDIVIDUAL	24:32:00	48:26:00	49:03:00
428.	FÁBIO ALMEIDA	690	395	23	SEN M	69	INDIVIDUAL	22:07	48:45:00	49:04:00
429.	JOAQUIM SANTOS	713	396	57	VET M55	32	INDIVIDUAL	25:28:00	48:20:00	49:05:00
430.	ANDRÉ SANTOS	716	397	28	SEN M	70	INDIVIDUAL	25:29:00	48:19:00	49:05:00
431.	JOSÉ PAULA	273	398	56	VET M55	33	INDIVIDUAL	24:42:00	48:50:00	49:10:00
432.	JOAQUIM MOREIRA	365	399	45	VET M45	73	INDIVIDUAL	23:50	49:09:00	49:16:00
433.	BERNARDO SANTOS	23	400	43	VET M40	86	CLUBE VODAFONE	23:46	49:09:00	49:16:00
434.	ROSA FERREIRA	348	34	55	VET F55	3	INDIVIDUAL	24:18:00	49:13:00	49:19:00
435.	FERNANDO AZEVEDO	558	401	62	VET M60	14	INDIVIDUAL	24:51:00	48:57:00	49:20:00
436.	RENATO TAVARES	907	402	49	VET M45	74	INDIVIDUAL	24:50:00	48:38:00	49:21:00
437.	CARLOS COSTA	414	403	48	VET M45	75	INDIVIDUAL	24:37:00	48:44:00	49:24:00
438.	EDUARDO FALCÃO	504	404	49	VET M45	76	PERDI O TÁXI	24:44:00	49:03:00	49:24:00
439.	RICARDINO SANTOS	913	405	42	VET M40	87	GOODSHAPE	25:47:00	48:51:00	49:27:00
440.	FRED_Á	249	406	39	VET M35	75	INDIVIDUAL	25:36:00	48:32:00	4_28

Geral	Nome	Dorsal	Sexo	Idade	Escalão	Esc	Equipa	5 km	Chip	Oficial
441.	RUI CARMONA	250	407	39	VET M35	76	INDIVIDUAL	25:36:00	48:32:00	49:28:00
442.	JORGE FONTES	155	408	47	VET M45	77	SC ESPINHO / ANTÓNIO LEITÃO	25:13:00	48:54:00	49:30:00
443.	MANUEL SILVA	637	409	48	VET M45	78	LOVE TILES SPORTS TEAM	24:44:00	49:13:00	49:32:00
444.	JORGE SILVA	642	410	49	VET M45	79	CIRAC	24:52:00	49:14:00	49:34:00
445.	RITA PAUPERIO	163	35	38	VET F35	9	SC ESPINHO / ANTÓNIO LEITÃO	24:07:00	49:05:00	49:34:00
446.	SOFIA TELES	498	36	27	SEN F	8	INDIVIDUAL	24:51:00	48:57:00	49:35:00
447.	BRUNO MARANTE	322	411	37	VET M35	77	BIGODES DE TINTO	25:24:00	49:01:00	49:38:00
448.	RUI COELHO	347	412	41	VET M40	88	INDIVIDUAL	25:07:00	49:00:00	49:38:00
449.	FRANCISCO SILVA	45	413	15	JUN M	2	SALGUEIROS RUNNING	25:20:00	49:06:00	49:43:00
450.	NUNO SILVA	44	414	44	VET M40	89	SALGUEIROS RUNNING	25:20:00	49:06:00	49:43:00
451.	SILVIO FERREIRA	661	415	42	VET M40	90	SALGUEIROS RUNNING	25:19:00	49:07:00	49:44:00
452.	LILIANA AZEVEDO	73	37	38	VET F35	10	INDIVIDUAL	25:17:00	49:34:00	49:45:00
453.	PEDRO SANTOS	221	416	46	VET M45	80	CAL - CLUBE ATLETISMO DE LAMAS	25:03:00	49:14:00	49:48:00
454.	JOSÉ SOUSA	742	417	52	VET M50	40	FLECHAS	24:23:00	49:30:00	49:50:00
455.	MARCO MAIA	64	418	49	VET M45	81	OS LAMECHAS	24:43:00	49:30:00	49:51:00
456.	AUGUSTO BAPTISTA	462	419	60	VET M60	15	JAM - JUVENTUDE ATLÉTICA MOZELENSE	25:09:00	49:35:00	49:54:00
457.	PAULO MEGRE	614	420	44	VET M40	91	INDIVIDUAL	25:01:00	49:27:00	49:56:00
458.	MANUEL COSTA	507	421	57	VET M55	34	INDIVIDUAL	25:46:00	49:12:00	49:57:00
459.	PAULO CASTELO	952	422	52	VET M50	41	JUVENTUDE CORTEGACENSE	25:26:00	49:32:00	49:59:00
460.	CRISTINA SARAIVA	955	38	55	VET F55	4	HORA DO LOBO TRAIL CF PEROSINHO	24:34:00	49:48:00	49:59:00
461.	CARMO MENDES	829	39	36	VET F35	11	INDIVIDUAL	24:51:00	49:32:00	50:00:00
462.	SEBASTIÃO FERREIRA	628	423	28	SEN M	71	BARRASCOS RUNNERS	26:04:00	49:22:00	50:01:00
463.	FÁBIO BRITO	275	424	47	VET M45	82	INDIVIDUAL	24:46:00	49:48:00	50:02:00
464.	RÚBEN ANDRADE	959	425	28	SEN M	72	MEDSKY	26:39:00	49:19:00	50:04:00
465.	DANIEL FARIA	832	426	30	SEN M	73	INDIVIDUAL	26:39:00	49:18:00	50:04:00
466.	PAULO GONÇALVES	407	427	49	VET M45	83	CENTRO CULTURAL DA STCP	24:26:00	49:49:00	50:04:00
467.	PEDRO MEDINA	826	428	50	VET M50	42	TRIBO NR	25:28:00	49:50:00	50:05:00
468.	DANIEL OLIVEIRA	288	429	43	VET M40	92	INDIVIDUAL	25:18:00	49:46:00	50:06:00
469.	ELISIO SILVA	759	430	40	VET M40	93	INDIVIDUAL	25:34:00	49:09:00	50:07:00
470.	PAULO FERREIRA	230	431	37	VET M35	78	INDIVIDUAL	25:26:00	49:20:00	50:07:00
471.	EDUARDO FARDILHA	110	432	50	VET M50	43	FORÇA NA CANELA ESPINHO	24:37:00	49:55:00	50:08:00
472.	ANTONIO COUTO	47	433	45	VET M45	84	FLECHAS	24:49:00	49:50:00	50:10:00
473.	JORGE SILVA	620	434	45	VET M45	85	INDIVIDUAL	24:57:00	49:48:00	50:13:00
474.	PAULO MAIA	65	435	25	SEN M	74	OS LAMECHAS	24:43:00	49:52:00	50:13:00
475.	MARCO OLIVEIRA	111	436	47	VET M45	86	INDIVIDUAL	24:58:00	50:06:00	50:17:00
476.	VASCO NEVES	949	437	40	VET M40	94	GRUPO CORRIDA DE ARGONCILHE	24:19:00	50:06:00	50:17:00
477.	MAFALDA BARATA	783	40	30	SEN F	9	SPORT COMÉRCIO E SALGUEIROS	25:08:00	49:41:00	50:21:00
478.	JORGE OLIVEIRA	283	438	43	VET M40	95	FANICOS	24:47:00	49:51:00	50:21:00
479.	SANDRA COSTA	591	41	42	VET F40	8	AD RONDA	25:00:00	50:12:00	50:25:00
480.	MARA SILVA	182	42	30	SEN F	10	GDR GRANJA - TRUTAS DO MAU	24:52:00	50:16:00	50:27:00
481.	ELISABETE SILVA	791	43	54	VET F50	4	AFIS/OVAR	25:12:00	50:22:00	50:28:00
482.	ÁLVARO PEREIRA	994	439	51	VET M50	44	SPORTING CLUBE SILVALDE	26:24:00	49:46:00	50:28:00
483.	DEOLINDA SILVA	27	44	59	VET F55	5	LIGEIRINHOS	25:05:00	50:04:00	50:29:00
484.	MARCELO NUNES	631	440	29	SEN M	75	BARRASCOS RUNNERS	26:04:00	49:52:00	50:30:00

Geral	Nome	Dorsal	Sexo	Idade	Escalão	Esc	Equipa	5 km	Chip	Oficial
485.	RUI OLIVEIRA	316	441	62	VET M60	16	GRUPO CORRIDA DE ARGONCILHE	24:37:00	50:22:00	50:33:00
486.	BRUNO PEREIRA	900	442	33	SEN M	76	INDIVIDUAL	24:49:00	50:08:00	50:36:00
487.	HUGO MOREIRA	824	443	39	VET M35	79	INDIVIDUAL	24:53:00	50:31:00	50:39:00
488.	VICTOR COSTA	404	444	50	VET M50	45	INDIVIDUAL	25:29:00	50:13:00	50:41:00
489.	PAULO CAMBOA	839	445	29	SEN M	77	INDIVIDUAL	26:10:00	50:00:00	50:41:00
490.	TIAGO PEREIRA	864	446	32	SEN M	78	SPORTING CLUBE SILVALDE	22:57	50:31:00	50:41:00
491.	PEDRO VALENTE	343	447	22	SUB 23 M	7	RUNNING ESPINHO	24:47:00	50:17:00	50:43:00
492.	JOSÉ CARVALHO	963	448	37	VET M35	80	INDIVIDUAL	25:43:00	50:27:00	50:46:00
493.	CRISTINA COUTO	995	45	47	VET F45	5	RUNNING ESPINHO	25:00:00	50:29:00	50:47:00
494.	CARLOS BARROSO	302	449	53	VET M50	46	BIO TEAM RUN	25:49:00	50:31:00	50:49:00
495.	HELENA LOPES	657	46	43	VET F40	9	DCI/TRILHOS LUSO BUSSACO	25:27:00	50:30:00	50:53:00
496.	PEDRO OLIVEIRA	234	450	17	JUN M	3	RIPOLINS GRIJÓ A CORRER	23:58	50:55:00	50:57:00
497.	MANUEL MIGUÉIS	619	451	43	VET M40	96	INDIVIDUAL	24:44:00	50:42:00	50:58:00
498.	FILIPE SILVA	805	452	40	VET M40	97	INDIVIDUAL	26:16:00	50:23:00	51:00:00
499.	PEDRO LOURO	599	453	35	VET M35	81	BV ESPINHO	25:11:00	50:21:00	51:00:00
500.	ARNALDO LÚCIO	217	454	49	VET M45	87	EXSEDENTÁRIOS	24:54:00	50:52:00	51:00:00
501.	ANTÓNIO SÁ	660	455	45	VET M45	88	INDIVIDUAL	25:33:00	50:33:00	51:01:00
502.	RITA FONSECA	897	47	23	SEN F	11	INDIVIDUAL	26:01:00	50:13:00	51:05:00
503.	FÁBIO FERREIRA	626	456	30	SEN M	79	BARRASCOS RUNNERS	26:07:00	50:26:00	51:06:00
504.	HELDER SILVA	67	457	39	VET M35	82	INDIVIDUAL	25:22:00	50:40:00	51:06:00
505.	RUI GONÇALVES	673	458	24	SEN M	80	INDIVIDUAL	24:33:00	50:48:00	51:09:00
506.	FERNANDO LEITE	610	459	51	VET M50	47	C M M C VALE DE CAMBRA	25:00:00	50:59:00	51:11:00
507.	TERESA MARTINS	624	48	40	VET F40	10	INDIVIDUAL	26:25:00	50:45:00	51:12:00
508.	LUIS AFONSO	403	460	34	SEN M	81	INDIVIDUAL	26:28:00	50:16:00	51:13:00
509.	ANDRÉ PAIS	733	461	40	VET M40	98	RODELÇ RUNNING TEAM	26:54:00	50:36:00	51:14:00
510.	HUGO ROCHA	369	462	40	VET M40	99	INDIVIDUAL	25:38:00	50:49:00	51:15:00
511.	BRUNO RODRIGUES	1050	463	45	VET M45	89	INDIVIDUAL	25:10:00	50:45:00	51:16:00
512.	TERESA ALVES	848	49	39	VET F35	12	INDIVIDUAL	25:25:00	51:01:00	51:17:00
513.	BRUNO RODRIGUES	20	464	24	SEN M	82	INDIVIDUAL	24:28:00	50:41:00	51:18:00
514.	PAULO JOSE DE SANTOS	761	465	48	VET M45	90	INDIVIDUAL	26:54:00	50:42:00	51:19:00
515.	FRANCISCO SILVA	969	466	44	VET M40	100	INDIVIDUAL	25:26:00	50:38:00	51:23:00
516.	FERNANDO CORREIA	366	467	57	VET M55	35	TRAIL RUNNING BTT SANGUEDO	25:55:00	51:07:00	51:23:00
517.	BRUNO PIORRO	559	468	34	SEN M	83	PRIO	26:29:00	50:52:00	51:23:00
518.	AFONSO ALMEIDA	488	469	17	JUN M	4	INDIVIDUAL	24:17:00	51:18:00	51:25:00
519.	HÉLDER FERREIRA	518	470	43	VET M40	101	GANG DAS CORRIDAS	25:01:00	51:12:00	51:27:00
520.	HENRIQUE PIRES	9	471	26	SEN M	84	PHD	25:45:00	50:55:00	51:27:00
521.	JOÃO POÇAS	627	472	37	VET M35	83	BARRASCOS RUNNERS	26:07:00	50:47:00	51:27:00
522.	NUNO SILVA	1051	473	53	VET M50	48	INDIVIDUAL	25:23:00	51:07:00	51:31:00
523.	SUSANA ARAÚJO	985	50	23	SEN F	12	INDIVIDUAL	25:16:00	51:03:00	51:32:00
524.	SÓNIA SANTOS	162	51	28	SEN F	13	SC ESPINHO / ANTÓNIO LEITÃO	25:26:00	51:03:00	51:32:00
525.	RUI FREITAS	928	474	47	VET M45	91	SS MONTEPIO	25:47:00	51:09:00	51:33:00
526.	RODOLFO ANDRADE	885	475	39	VET M35	84	VELHA GUARDA RC	25:52:00	50:48:00	51:33:00
527.	VITOR SÁ	956	476	46	VET M45	92	INDIVIDUAL	26:34:00	50:36:00	51:33:00
528.	PEDRO RESENDE	957	477	46	VET M45	93	INDIVIDUAL	26:34:00	50:36:00	51:34:00

Geral	Nome	Dorsal	Sexo	Idade	Escalão	Esc	Equipa	5 km	Chip	Oficial
529.	PAULO TAVARES	672	478	30	SEN M	85	INDIVIDUAL	25:28:00	50:47:00	51:42:00
530.	JOSÉ CARLOS	332	479	44	VET M40	102	KIRCHHOFF KUNECT RUNING TEAM	25:02:00	51:27:00	51:44:00
531.	CHARLY DUARTE	996	480	46	VET M45	94	RUNNING ESPINHO	25:24:00	51:28:00	51:46:00
532.	MICAEL RODRIGUES	632	481	31	SEN M	86	BARRASCOS RUNNERS	26:05:00	51:07:00	51:46:00
533.	ELISABETE NUNES	37	52	46	VET F45	6	SPORT COMÉRCIO E SALGUEIROS	26:44:00	51:24:00	51:48:00
534.	HÉLDER LOPES	259	482	39	VET M35	85	INDIVIDUAL	26:03:00	50:52:00	51:49:00
535.	IZABEL COSTA	493	53	39	VET F35	13	INDIVIDUAL	26:13:00	51:00:00	51:51:00
536.	JOAQUIM FERREIRA	792	483	55	VET M55	36	AFIS/OVAR	25:37:00	51:23:00	51:52:00
537.	JOAQUIM NUNES	48	484	45	VET M45	95	FLECHAS	25:16:00	51:32:00	51:54:00
538.	FILIPE FONTES	861	485	26	SEN M	87	IMPERRIA	27:30:00	51:13:00	51:56:00
539.	ANDRE COIMBRA	779	486	40	VET M40	103	MANQUINHOS	26:16:00	51:09:00	51:58:00
540.	ANTÓNIO SANTOS	954	487	54	VET M50	49	NASCIDOS PARA CORRER	26:33:00	51:00:00	51:59:00
541.	JORGE BRANDÃO	663	488	41	VET M40	104	INDIVIDUAL	26:11:00	51:24:00	52:00:00
542.	RICARDO VISEU	345	489	44	VET M40	105	INDIVIDUAL	25:26:00	51:44:00	52:01:00
543.	ANA CASTRO	39	54	50	VET F50	5	CAL - CLUBE ATLETISMO DE LAMAS	26:14:00	51:41:00	52:03:00
544.	PEDRO PAIVA	918	490	36	VET M35	86	INDIVIDUAL	25:32:00	51:34:00	52:04:00
545.	JOÃO RIBEIRO	364	491	26	SEN M	88	PINHO'S	24:54:00	51:46:00	52:06:00
546.	ABÍLIO MADAIL	622	492	57	VET M55	37	INDIVIDUAL	26:11:00	51:40:00	52:06:00
547.	CARLOS GOMES	449	493	39	VET M35	87	ACAIL GÁS	26:13:00	51:18:00	52:07:00
548.	MANUEL SANTIAGO	859	494	54	VET M50	50	UIKEMEDO TEAM	26:44:00	51:12:00	52:11:00
549.	FÁBIO OLIVEIRA	719	495	39	VET M35	88	VELOZES	25:51:00	51:21:00	52:15:00
550.	JORGE RIBEIRO	544	496	50	VET M50	51	RG LEVANTA POEIRA	26:11:00	51:52:00	52:15:00
551.	SANDRA OLIVEIRA	285	55	38	VET F35	14	FANICOS	26:19:00	51:45:00	52:15:00
552.	JORGE COUO	416	497	49	VET M45	96	INDIVIDUAL	26:16:00	51:36:00	52:16:00
553.	PATRÍCIA GOMES	443	56	38	VET F35	15	ESPINHO TRAIL	25:59:00	51:43:00	52:20:00
554.	RAQUEL ROCHA	884	57	36	VET F35	16	RUNNING ESPINHO	26:15:00	52:04:00	52:21:00
555.	LUCIDIO DIAS	38	498	71	VET M70	2	CAL - CLUBE ATLETISMO DE LAMAS	26:00:00	52:10:00	52:21:00
556.	CARLOS RODRIGUES	389	499	49	VET M45	97	C M M C VALE DE CAMBRA	25:30:00	52:07:00	52:23:00
557.	EMÍLIA FERREIRA	219	58	44	VET F40	11	RUNNING ESPINHO	25:32:00	52:12:00	52:23:00
558.	MIGUEL ALMEIDA	720	500	44	VET M40	106	LAMEGO TRIBO RUNNERS	25:50:00	51:50:00	52:24:00
559.	TIAGO MARQUES	92	501	44	VET M40	107	INDIVIDUAL	26:30:00	52:10:00	52:24:00
560.	ANA SILVA	785	59	52	VET F50	6	AFIS/OVAR	26:23:00	52:08:00	52:27:00
561.	CARLOS CAMPOS	784	502	53	VET M50	52	AFIS/OVAR	26:23:00	52:08:00	52:28:00
562.	FERNANDO MARTINS	452	503	33	SEN M	89	ACAIL GÁS	26:13:00	51:47:00	52:36:00
563.	CARLOS SILVA	148	504	57	VET M55	38	RUNNING ESPINHO	26:32:00	52:17:00	52:38:00
564.	VÍTOR CARDOSO	207	505	53	VET M50	53	ATLETICO DA MADALENA	26:23:00	52:05:00	52:41:00
565.	JOSE SALGADO	924	506	41	VET M40	108	SS MONTEPIO	26:09:00	51:55:00	52:42:00
566.	KATRIN MATTUSCH	212	60	52	VET F50	7	FC FUTURE-KIDS	26:46:00	52:06:00	52:43:00
567.	RÚBEN PINHAL	621	507	23	SEN M	90	INDIVIDUAL	25:45:00	52:17:00	52:44:00
568.	CLÁUDIO REBELO	630	508	31	SEN M	91	BARRASCOS RUNNERS	26:07:00	52:08:00	52:46:00
569.	MARIA MELO	308	61	54	VET F50	8	INDIVIDUAL	26:17:00	52:28:00	52:49:00
570.	MANUELA MONTEIRO	36	62	45	VET F45	7	100META	25:43:00	52:38:00	52:49:00
571.	NUNO FONTES	862	509	49	VET M45	98	IMPERRIA	27:30:00	52:08:00	52:52:00
572.	SUSANA MONTEIRO	681	63	43	VET F40	12	A D RIO LARGO C ESPINHO	26:09:00	52:26:00	52:53:00

Geral	Nome	Dorsal	Sexo	Idade	Escalão	Esc	Equipa	5 km	Chip	Oficial
573.	HENRIQUE SILVA	714	510	59	VET M55	39	INDIVIDUAL	26:03:00	52:50:00	52:54:00
574.	LILIANA DAVIS	57	64	30	SEN F	14	INDIVIDUAL	27:21:00	52:00:00	52:55:00
575.	LUCILIA SANTOS	766	65	50	VET F50	9	FERREIRA DE SÁ RUGS	26:27:00	52:36:00	53:01:00
576.	LENITA OLIVEIRA	587	66	53	VET F50	10	SC ESPINHO / ANTÓNIO LEITÃO	26:10:00	52:28:00	53:03:00
577.	JORGE COELHO	154	511	48	VET M45	99	SC ESPINHO / ANTÓNIO LEITÃO	26:10:00	52:29:00	53:03:00
578.	RUI MARQUES	468	512	47	VET M45	100	INDIVIDUAL	26:52:00	52:12:00	53:06:00
579.	NUNO SILVA	598	513	42	VET M40	109	INDIVIDUAL	26:40:00	52:24:00	53:08:00
580.	RUI SANTOS	551	514	45	VET M45	101	OS FALTA D'AR	26:49:00	52:21:00	53:08:00
581.	JOAQUIM OLIVEIRA	104	515	58	VET M55	40	RIPOLINS GRIJÓ A CORRER	25:31:00	52:54:00	53:08:00
582.	EDUARDO BARTOLO	11	516	33	SEN M	92	RUNNING ESPINHO	26:15:00	52:52:00	53:09:00
583.	JOÃO PAULINO	427	517	48	VET M45	102	INDIVIDUAL	26:47:00	52:42:00	53:12:00
584.	ALEXANDRA BARROS	329	67	46	VET F45	8	KIRCHHOFF KUNECT RUNING TEAM	26:38:00	52:52:00	53:24:00
585.	VANESSA NASCIMENTO	698	68	26	SEN F	15	INDIVIDUAL	26:23:00	52:50:00	53:25:00
586.	CAROLINA PINTO	1008	69	19	JUN F	1	INDIVIDUAL	33:04:00	52:43:00	53:27:00
587.	BRUNO MATOS	484	518	37	VET M35	89	ONDE ESTÁ O ALCIDES?	25:53:00	52:37:00	53:28:00
588.	NADIA SANTOS	589	70	25	SEN F	16	SC ESPINHO / ANTÓNIO LEITÃO	26:50:00	53:04:00	53:32:00
589.	CARLOS SILVA	388	519	48	VET M45	103	C M M C VALE DE CAMBRA	27:13:00	52:40:00	53:36:00
590.	SANDRINA NÓBREGA	667	71	39	VET F35	17	INDIVIDUAL	27:20:00	52:40:00	53:37:00
591.	CAMILO MORAIS	82	520	44	VET M40	110	INDIVIDUAL	26:04:00	53:26:00	53:38:00
592.	OLIVIER MICHOD	368	521	64	VET M60	17	INDIVIDUAL	27:31:00	52:51:00	53:43:00
593.	HUGO POÇAS	402	522	40	VET M40	111	RUNNING ESPINHO	26:34:00	52:56:00	53:45:00
594.	DANIELA SILVA	191	72	37	VET F35	18	GDR GRANJA - TRUTAS DO MAU	27:45:00	52:58:00	53:45:00
595.	MARINHA BAPTISTA	460	73	54	VET F50	11	JAM - JUVENTUDE ATLÉTICA MOZELENSE	26:43:00	53:34:00	53:46:00
596.	ABÍLIO SOARES	521	523	68	VET M65	5	INDIVIDUAL	26:21:00	53:21:00	53:47:00
597.	RICARDO CASTRO	87	524	32	SEN M	93	MORAIS CASTRO	26:52:00	53:08:00	53:47:00
598.	ANDRES FERREIRA	229	525	32	SEN M	94	INDIVIDUAL	27:19:00	53:02:00	53:49:00
599.	SANDRO FRAGA	500	526	35	VET M35	90	INDIVIDUAL	26:01:00	53:13:00	53:51:00
600.	BRUNO COSTA	201	527	38	VET M35	91	INDIVIDUAL	26:36:00	53:07:00	53:54:00
601.	CRISTIANA PINTO	425	74	36	VET F35	19	RUNNING ESMORIZ	26:55:00	53:09:00	53:56:00
602.	MAURA FERREIRA	429	75	35	VET F35	20	INDIVIDUAL	27:39:00	53:00:00	53:58:00
603.	DIOGO PAIXÃO	6	528	30	SEN M	95	SALGUEIROS RUNNING	25:34:00	53:24:00	53:59:00
604.	HELDER MOREIRA	810	529	43	VET M40	112	INDIVIDUAL	25:59:00	53:28:00	54:01:00
605.	FERNANDA ALMEIDA	55	76	61	VET F60	1	GRUPO DESPORTIVO E CULTURAL DE CODAL	26:49:00	53:33:00	54:03:00
606.	ALBINO LEITE	919	530	55	VET M55	41	ALESIL	27:09:00	53:43:00	54:05:00
607.	TIAGO LEITE	920	531	28	SEN M	96	INDIVIDUAL	27:09:00	53:43:00	54:05:00
608.	EDUARDO RIBEIRO	992	532	49	VET M45	104	INDIVIDUAL	26:29:00	53:45:00	54:07:00
609.	VITA MINAS	354	533	30	SEN M	97	INDIVIDUAL	26:42:00	53:11:00	54:09:00
610.	JÚNIOR SILVA	134	534	33	SEN M	98	INDIVIDUAL	26:10:00	53:50:00	54:10:00
611.	JOHNNY OMAR	153	535	46	VET M45	105	SC ESPINHO / ANTÓNIO LEITÃO	26:10:00	53:51:00	54:11:00
612.	RUI BASTOS	818	536	38	VET M35	92	INDIVIDUAL	28:20:00	53:24:00	54:14:00
613.	DUARTE VIEIRA	773	537	53	VET M50	54	INDIVIDUAL	26:26:00	53:45:00	54:15:00
614.	CARLOS CRUZ	248	538	35	VET M35	93	INDIVIDUAL	27:21:00	53:28:00	54:15:00
615.	BELMIRO MAGALHÃES	440	539	37	VET M35	94	INDIVIDUAL	27:43:00	53:29:00	54:16:00
616.	VICENTE PINTO	1	540	48	VET M45	106	RUNNING ESPINHO	27:02:00	54:13:00	54:21:00

Geral	Nome	Dorsal	Sexo	Idade	Escalão	Esc	Equipa	5 km	Chip	Oficial
617.	EDUARDO PINTO	466	541	45	VET M45	107	INDIVIDUAL	27:02:00	54:14:00	54:22:00
618.	MÁRIO FONSECA	289	542	33	SEN M	99	INDIVIDUAL	25:43:00	54:04:00	54:24:00
619.	ALBERTO GOMES	1057	543	68	VET M65	6		26:51:00	54:10:00	54:28:00
620.	DIANA CANCELA	794	77	45	VET F45	9	INDIVIDUAL	27:00:00	53:40:00	54:28:00
621.	HUGO GUEDES	858	544	32	SEN M	100	UIKEMEDO TEAM	26:12:00	53:32:00	54:32:00
622.	FERNANDO PAIS	318	545	52	VET M50	55	GRUPO CORRIDA DE ARGONCILHE	26:12:00	54:17:00	54:33:00
623.	MIGUEL FILIPE PINTO	303	546	32	SEN M	101	INDIVIDUAL	26:15:00	53:54:00	54:34:00
624.	JOÃO REIS	54	547	54	VET M50	56	INDIVIDUAL	28:07:00	53:37:00	54:35:00
625.	LUIS CRUZ	472	548	59	VET M55	42	INDIVIDUAL	27:07:00	53:44:00	54:35:00
626.	STEPHANIE BOUQUET	13	78	42	VET F40	13	INDIVIDUAL	28:18:00	54:04:00	54:36:00
627.	CARLOS DA SILVA	12	549	45	VET M45	108	INDIVIDUAL	28:17:00	54:05:00	54:36:00
628.	LILIANA VALENTE	847	79	36	VET F35	21	INDIVIDUAL	27:09:00	53:47:00	54:39:00
629.	JOÃO RAMANHO	243	550	17	JUN M	5	ACD ILHAVOS	29:02:00	53:58:00	54:39:00
630.	PAULO JORGE	441	551	46	VET M45	109	INDIVIDUAL	26:24:00	54:09:00	54:41:00
631.	MIGUEL BASTOS	931	552	38	VET M35	95	INDIVIDUAL	26:10:00	54:10:00	54:44:00
632.	KARINA MOREIRA	406	80	33	SEN F	17	INDIVIDUAL	27:17:00	53:54:00	54:44:00
633.	PEDRO ALVES	382	553	24	SEN M	102	INDIVIDUAL	26:30:00	54:15:00	54:51:00
634.	ANDRÉ MACHADO	911	554	32	SEN M	103	GOODSHAPE	28:14:00	53:57:00	54:57:00
635.	CATARINA SILVA	974	81	38	VET F35	22	GDR GRANJA - TRUTAS DO MAU	27:25:00	54:48:00	55:00:00
636.	PAULA GONÇALVES	692	82	43	VET F40	14	SPORTARC.RUNNING	27:37:00	54:25:00	55:02:00
637.	TIAGO CADETE	1025	555	40	VET M40	113	INDIVIDUAL	28:02:00	54:26:00	55:02:00
638.	RAUL LOUREIRO	1024	556	48	VET M45	110	INDIVIDUAL	28:02:00	54:26:00	55:02:00
639.	JOÃO BAIRREIRA	569	557	36	VET M35	96	RUN2EAT	27:57:00	54:18:00	55:02:00
640.	MIGUEL MADEIRA	79	558	49	VET M45	111	INDIVIDUAL	26:33:00	54:39:00	55:06:00
641.	FLÁVIO SOARES	33	559	43	VET M40	114	CAL - CLUBE ATLETISMO DE LAMAS	31:36:00	54:12:00	55:14:00
642.	JOÃO PINTINHA	520	560	60	VET M60	18	INDIVIDUAL	28:44:00	54:37:00	55:19:00
643.	JORGE MOTA	261	561	48	VET M45	112	INDIVIDUAL	28:44:00	54:21:00	55:19:00
644.	FABIAN EXENI	960	562	37	VET M35	97	CHARLAS AL TROTE	27:45:00	54:49:00	55:19:00
645.	JORGE VILLARROEL	961	563	34	SEN M	104	INDIVIDUAL	27:45:00	54:49:00	55:19:00
646.	FERNANDO TEIXEIRA	778	564	65	VET M65	7	MANQUINHOS	27:23:00	54:30:00	55:20:00
647.	RICARDO CACHADINHA	501	565	43	VET M40	115	GANG DAS CORRIDAS	27:04:00	55:07:00	55:28:00
648.	AMANDIO MENDES	424	566	48	VET M45	113	RUNNING ESMORIZ	28:01:00	54:43:00	55:31:00
649.	SOFIA MARTINS	524	83	50	VET F50	12	RUNNING ESPINHO	27:13:00	55:21:00	55:31:00
650.	RUI OLIVEIRA	175	567	46	VET M45	114	SC ESPINHO / ANTÓNIO LEITÃO	26:38:00	55:07:00	55:31:00
651.	CRISTINA VELOSO	371	84	38	VET F35	23	INDIVIDUAL	27:26:00	55:05:00	55:32:00
652.	MARTA SILVA	337	85	34	SEN F	18	KIRCHHOFF KUNECT RUNING TEAM	27:20:00	54:59:00	55:32:00
653.	JORGE SANTOS	336	568	46	VET M45	115	KIRCHHOFF KUNECT RUNING TEAM	27:20:00	54:59:00	55:32:00
654.	AGOSTINHO CANCELA	972	569	50	VET M50	57	INDIVIDUAL	26:28:00	55:25:00	55:35:00
655.	BÁRBARA PEREIRA	893	86	26	SEN F	19	INDIVIDUAL	28:24:00	54:44:00	55:36:00
656.	DEOLINDA FERREIRA	594	87	47	VET F45	10	G D A RONDA	28:05:00	54:59:00	55:42:00
657.	BRUNO GONÇALVES	543	570	38	VET M35	98	INDIVIDUAL	28:44:00	55:02:00	55:42:00
658.	OLGA BRANDAO	417	88	48	VET F45	11	INDIVIDUAL	27:18:00	55:26:00	55:45:00
659.	DANIEL LOPES	572	571	32	SEN M	105	INDIVIDUAL	28:18:00	54:52:00	55:45:00
660.	JOAQUIM CRISTO	863	572	45	VET M45	116	IMPERRIA	27:59:00	55:03:00	55:45:00

Geral	Nome	Dorsal	Sexo	Idade	Escalão	Esc	Equipa	5 km	Chip	Oficial
661.	FILOMENA SANTOS	242	89	60	VET F60	2	ACD ILHAVOS	28:06:00	55:07:00	55:47:00
662.	RAQUEL PEDROSA	338	90	49	VET F45	12	ISCIA	27:33:00	55:25:00	55:48:00
663.	MARIA RESENDE	131	91	51	VET F50	13	INDIVIDUAL	28:33:00	54:54:00	55:48:00
664.	RICARDO PEREIRA	680	573	36	VET M35	99	A D RIO LARGO C ESPINHO	26:54:00	55:43:00	55:48:00
665.	MIGUEL RESENDE	132	574	26	SEN M	106	INDIVIDUAL	28:33:00	54:56:00	55:49:00
666.	RUI SILVA	982	575	43	VET M40	116	MARAVILHA	27:57:00	55:05:00	55:50:00
667.	ANTÓNIA BASTOS	52	92	41	VET F40	15	FLECHAS	28:12:00	55:35:00	55:57:00
668.	JOÃO LINO	260	576	32	SEN M	107	INDIVIDUAL	30:02:00	55:02:00	56:00:00
669.	NÍDIA ROCHA	63	93	50	VET F50	14	FORÇA NA CANELA ESPINHO	28:11:00	55:20:00	56:01:00
670.	SIMÃO BARROS	94	577	32	SEN M	108	RIPOLINS GRIJÓ A CORRER	27:18:00	55:49:00	56:02:00
671.	ANDRE COSTA	235	578	35	VET M35	100	INDIVIDUAL	27:56:00	55:15:00	56:03:00
672.	ALCIDES ROCHA	554	579	42	VET M40	117	INDIVIDUAL	28:00:00	55:15:00	56:09:00
673.	ORLANDO GOMES	247	580	43	VET M40	118	RIPOLINS GRIJÓ A CORRER	27:19:00	55:56:00	56:09:00
674.	MÓNIA OLIVEIRA	411	94	36	VET F35	24	OLIVEIRA E FIGUEIREDO	28:12:00	55:15:00	56:10:00
675.	NUNO FIGUEIREDO	412	581	36	VET M35	101	OLIVEIRA E FIGUEIREDO	28:12:00	55:15:00	56:10:00
676.	ROSALINA FONTES	319	95	48	VET F45	13	GRUPO CORRIDA DE ARGONCILHE	27:58:00	55:57:00	56:13:00
677.	DULCE CORREIA	367	96	51	VET F50	15	TRAIL RUNNING BTT SANGUEDO	28:05:00	55:44:00	56:14:00
678.	LUIS SÁ	600	582	41	VET M40	119	BV ESPINHO	27:58:00	55:33:00	56:14:00
679.	FLORBELA ARAUJO	211	97	33	SEN F	20	INDIVIDUAL	28:12:00	55:26:00	56:16:00
680.	LUIS NOVO	448	583	33	SEN M	109	ACAIL GÁS	28:11:00	55:27:00	56:16:00
681.	ANA JOSU	410	98	43	VET F40	16	INDIVIDUAL	27:58:00	55:56:00	56:19:00
682.	BRUNO ALMEIDA	718	584	38	VET M35	102	VELOZES	27:28:00	55:25:00	56:19:00
683.	RICARDO QUEIROS	886	585	43	VET M40	120	VELHA GUARDA RC	28:46:00	55:34:00	56:19:00
684.	JOÃO SANTOS	943	586	42	VET M40	121	A.D. QUINTA PARAMOS	28:24:00	55:45:00	56:20:00
685.	ANTÓNIO GODINHO	748	587	56	VET M55	43	INDIVIDUAL	29:13:00	55:30:00	56:22:00
686.	LUCY MOREIRA	405	99	40	VET F40	17	INDIVIDUAL	27:51:00	56:22:00	56:22:00
687.	HUMBERTO VARUM	971	588	49	VET M45	117	INDIVIDUAL	26:22:00	56:15:00	56:23:00
688.	ANABELA OLIVEIRA	75	100	25	SEN F	21	INDIVIDUAL	28:16:00	55:41:00	56:33:00
689.	CÁTIA COELHO	636	101	30	SEN F	22	BESJOGING	29:08:00	55:45:00	56:36:00
690.	RÓMULO LIMA	515	589	29	SEN M	110	INDIVIDUAL	27:56:00	55:46:00	56:36:00
691.	FILIPA DANIELA	262	102	44	VET F40	18	INDIVIDUAL	30:03:00	55:42:00	56:40:00
692.	CARLOS RAMOS	937	590	62	VET M60	19	INDIVIDUAL	27:41:00	56:26:00	56:42:00
693.	AFONSO RODRIGUES	305	591	18	JUN M	6	INDIVIDUAL	27:11:00	55:59:00	56:44:00
694.	CARLOS FERNANDES	640	592	54	VET M50	58	INDIVIDUAL	27:25:00	56:32:00	56:44:00
695.	ORQUIDEA GOMES	727	103	49	VET F45	14	INDIVIDUAL	28:27:00	55:57:00	56:45:00
696.	RAQUEL COUTO	840	104	25	SEN F	23	INDIVIDUAL	27:42:00	55:56:00	56:49:00
697.	JOSE LUIS LIMA	552	593	24	SEN M	111	INDIVIDUAL	27:53:00	56:25:00	56:53:00
698.	FABIO RAIA	603	594	26	SEN M	112	BV ESPINHO	27:42:00	56:15:00	56:55:00
699.	AMÉRICO PINTO	218	595	52	VET M50	59	JAM - JUVENTUDE ATLÉTICA MOZELENSE	28:02:00	56:24:00	56:57:00
700.	SANDRA MARTINS	232	105	41	VET F40	19	RUNNING ESPINHO	28:57:00	56:02:00	56:59:00
701.	MANUELA CASTELO	953	106	54	VET F50	16	JUVENTUDE CORTEGACENSE	29:09:00	56:34:00	57:00:00
702.	ARTUR FERREIRA	872	596	26	SEN M	113	INDIVIDUAL	27:24:00	56:40:00	57:05:00
703.	ARMANDO ROCHA	539	597	45	VET M45	118	MOVOL	27:25:00	56:40:00	57:05:00
704.	BRUNO DUARTE	823	598	36	VET M35	103	ESPINHO TRAIL	27:55:00	56:00:00	57:05:00

Geral	Nome	Dorsal	Sexo	Idade	Escalão	Esc	Equipa	5 km	Chip	Oficial
705.	PEDRO GONÇALVES	665	599	42	VET M40	122	RIPOLINS GRIJÓ A CORRER	28:10:00	56:23:00	57:08:00
706.	PATRÍCIA OLIVEIRA	666	107	35	VET F35	25	RIPOLINS GRIJÓ A CORRER	28:11:00	56:23:00	57:08:00
707.	ADELAIE MARQUES	68	108	34	SEN F	24	INDIVIDUAL	28:24:00	56:43:00	57:09:00
708.	CRISTIANO NEVES	602	600	26	SEN M	114	BV ESPINHO	27:58:00	56:29:00	57:10:00
709.	PAULO A LADEIRA	114	601	50	VET M50	60	RUNNING ESPINHO	27:56:00	56:29:00	57:17:00
710.	PAULO GOMES	475	602	49	VET M45	119	RUNNING ESPINHO	28:02:00	56:48:00	57:18:00
711.	SÓNIA MARQUES	708	109	29	SEN F	25	NEVER BACK DOWN	28:00:00	56:58:00	57:19:00
712.	DANIEL COELHO	707	603	28	SEN M	115	NEVER BACK DOWN	27:59:00	56:57:00	57:19:00
713.	ANGELA PINTO	439	110	53	VET F50	17	INDIVIDUAL	29:56:00	57:15:00	57:31:00
714.	JULIA GRILO	143	111	51	VET F50	18	INDIVIDUAL	28:34:00	57:11:00	57:34:00
715.	LUIS PEREIRA	934	604	31	SEN M	116	RUNNING ESPINHO	27:54:00	57:23:00	57:35:00
716.	ISABEL TEIXEIRA	973	112	46	VET F45	15	INDIVIDUAL	27:54:00	57:28:00	57:37:00
717.	AMÁVEL LUZ	560	605	58	VET M55	44	INDIVIDUAL	28:33:00	57:18:00	57:39:00
718.	CARLOS TEIXEIRA	351	606	40	VET M40	123	INDIVIDUAL	29:09:00	56:45:00	57:41:00
719.	XAVIER SANTOS	301	607	40	VET M40	124	INDIVIDUAL	29:50:00	56:40:00	57:42:00
720.	TELMO OLIVEIRA	352	608	41	VET M40	125	INDIVIDUAL	29:09:00	56:47:00	57:42:00
721.	TATIANA FREITAS	895	113	26	SEN F	26	INDIVIDUAL	28:25:00	56:52:00	57:44:00
722.	CARLOS CABOUÇO	921	609	50	VET M50	61	SS MONTEPIO	28:59:00	57:10:00	57:49:00
723.	ISABEL BRANDÃO	662	114	42	VET F40	20	INDIVIDUAL	28:37:00	57:16:00	57:51:00
724.	PEDRO PAIXÃO	7	610	41	VET M40	126	SALGUEIROS RUNNING	27:57:00	57:17:00	57:53:00
725.	MANUEL COUTO	21	611	72	VET M70	3	RIPOLINS GRIJÓ A CORRER	28:26:00	57:41:00	57:54:00
726.	BRUNO MENDES	497	612	31	SEN M	117	INDIVIDUAL	29:15:00	57:04:00	57:55:00
727.	TIAGO SILVA	568	613	34	SEN M	118	INDIVIDUAL	29:27:00	57:11:00	58:01:00
728.	ANTONIO SOUSA	532	614	37	VET M35	104	INDIVIDUAL	28:51:00	57:03:00	58:01:00
729.	PAULA SANTOS	241	115	41	VET F40	21	ACD ILHAVOS	29:02:00	57:21:00	58:01:00
730.	EDUARDO AMORIM	541	615	37	VET M35	105	INDIVIDUAL	28:51:00	57:04:00	58:02:00
731.	JORGE MARTINS	387	616	64	VET M60	20	C M M C VALE DE CAMBRA	28:48:00	57:39:00	58:02:00
732.	PEDRO MARTINS	115	617	31	SEN M	119	TO NA PISTA	29:16:00	57:05:00	58:05:00
733.	CATARINA FERREIRA	126	116	36	VET F35	26	JUVENTUDE CORTEGACENSE	29:07:00	57:38:00	58:05:00
734.	JORGE SOARES	941	618	46	VET M45	120	INDIVIDUAL	31:28:00	57:26:00	58:07:00
735.	ANA ALMEIDA	691	117	27	SEN F	27	INDIVIDUAL	28:10:00	57:51:00	58:10:00
736.	ZÉ MIGUEL FREITAS	983	619	39	VET M35	106	MARAVILHA	28:23:00	57:27:00	58:11:00
737.	PAULO LOPES	926	620	38	VET M35	107	SS MONTEPIO	29:01:00	57:50:00	58:16:00
738.	SILVIO FERREIRA	160	621	44	VET M40	127	SC ESPINHO / ANTÓNIO LEITÃO	28:29:00	57:56:00	58:21:00
739.	JOSÉ PINTO	1005	622	45	VET M45	121	INDIVIDUAL	28:29:00	57:55:00	58:21:00
740.	MARIA ALMEIDA	113	118	53	VET F50	19	INDIVIDUAL	28:50:00	57:39:00	58:28:00
741.	TERESA ROCHA	760	119	50	VET F50	20	JORSAT RUNNERS	28:09:00	58:20:00	58:34:00
742.	CECILIA ALVIM	176	120	43	VET F40	22	SC ESPINHO / ANTÓNIO LEITÃO	29:16:00	57:43:00	58:34:00
743.	TIAGO CARDOSO	1004	623	52	VET M50	62	SC ESPINHO / ANTÓNIO LEITÃO	29:17:00	57:44:00	58:34:00
744.	SARA OLIVEIRA	649	121	26	SEN F	28	DCI/TRILHOS LUSO BUSSACO	29:14:00	57:52:00	58:36:00
745.	VITOR OLIVEIRA	648	624	53	VET M50	63	DCI/TRILHOS LUSO BUSSACO	29:13:00	57:54:00	58:36:00
746.	JUERGEN LASS	213	625	58	VET M55	45	FC FUTURE-KIDS	29:45:00	58:02:00	58:39:00
747.	SARA CORREIA	865	122	31	SEN F	29	INDIVIDUAL	29:18:00	57:46:00	58:41:00
748.	ISABEL PEREIRA	962	123	51	VET F50	21	INDIVIDUAL	29:13:00	58:14:00	58:41:00

Geral	Nome	Dorsal	Sexo	Idade	Escalão	Esc	Equipa	5 km	Chip	Oficial
749.	HUGO BRANCO	867	626	43	VET M40	128	INDIVIDUAL	28:43:00	58:10:00	58:45:00
750.	SOFIA OLIVEIRA	868	124	41	VET F40	23	INDIVIDUAL	28:43:00	58:11:00	58:45:00
751.	ALFREDO SANTOS	678	627	66	VET M65	8	A D RIO LARGO C ESPINHO	29:09:00	58:16:00	58:46:00
752.	ANTÓNIO OLIVEIRA	641	628	32	SEN M	120	INDIVIDUAL	29:50:00	57:49:00	58:47:00
753.	FILIPA SANTIAGO	616	125	30	SEN F	30	INDIVIDUAL	30:08:00	58:02:00	58:50:00
754.	FERNANDO SANTIAGO	90	629	58	VET M55	46	INDIVIDUAL	30:08:00	58:02:00	58:51:00
755.	MARIANA BORGES	820	126	23	SEN F	31	EQUIPA FANS 1921 / OVARENSE	31:00:00	57:56:00	58:52:00
756.	SÉRGIO MIGUEL	945	630	33	SEN M	121	EQUIPA FANS 1921 / OVARENSE	31:00:00	57:56:00	58:52:00
757.	VICTOR PINHO	819	631	39	VET M35	108	EQUIPA FANS 1921 / OVARENSE	30:59:00	57:57:00	58:52:00
758.	MANUELA SANTOS	50	127	49	VET F45	16	FLECHAS	28:49:00	58:36:00	58:57:00
759.	JOSÉ GOUVEIA	809	632	50	VET M50	64	INDIVIDUAL	29:05:00	58:10:00	58:57:00
760.	MARGARIDA SILVA	486	128	41	VET F40	24	INDIVIDUAL	29:24:00	57:58:00	58:58:00
761.	HERNÂNI DIOGO	564	633	50	VET M50	65	INDIVIDUAL	29:25:00	57:58:00	58:58:00
762.	MÁRIO ALMEIDA	150	634	49	VET M45	122	JORSAT RUNNERS	28:21:00	58:53:00	59:06:00
763.	HÉLDER MATOS	276	635	33	SEN M	122	FOGAÇAS COM MALAPOS	29:11:00	58:27:00	59:08:00
764.	JOSE SOARES	385	636	61	VET M60	21	C M M C VALE DE CAMBRA	29:50:00	58:15:00	59:09:00
765.	JOAQUIM FERREIRA	852	637	35	VET M35	109	INDIVIDUAL	29:25:00	58:35:00	59:13:00
766.	PEDRO DIAS	763	638	25	SEN M	123	FERREIRA DE SÁ RUGS	29:54:00	58:16:00	59:14:00
767.	BENEDITA ALMEIDA	762	129	22	SUB 23 F	3	FERREIRA DE SÁ RUGS	29:54:00	58:17:00	59:14:00
768.	INÊS TELES	496	130	31	SEN F	32	INDIVIDUAL	30:01:00	58:26:00	59:15:00
769.	JOSÉ QUINTAS	755	639	42	VET M40	129	INDIVIDUAL	30:07:00	57:57:00	59:17:00
770.	PEDRO GOMES	968	640	28	SEN M	124	INDIVIDUAL	28:25:00	58:32:00	59:18:00
771.	ALBERTO SANTOS	274	641	57	VET M55	47	INDIVIDUAL	29:57:00	58:27:00	59:21:00
772.	IVO NASCIMENTO	1010	642	32	SEN M	125	INDIVIDUAL	29:12:00	58:51:00	59:23:00
773.	IVÂNIA ESTEVES	1027	131	31	SEN F	33	EQUIPA BOOT	29:13:00	58:52:00	59:23:00
774.	HUGO QUEIROZ	970	643	42	VET M40	130	INDIVIDUAL	29:11:00	58:41:00	59:25:00
775.	SILVÉRIO SILVA	226	644	63	VET M60	22	INDIVIDUAL	29:09:00	59:17:00	59:28:00
776.	PAULO AMORIM	801	645	39	VET M35	110	INDIVIDUAL	29:53:00	58:34:00	59:31:00
777.	ANA AMORIM	802	132	36	VET F35	27	INDIVIDUAL	29:56:00	58:34:00	59:31:00
778.	MARIANA MONTEIRO	908	133	39	VET F35	28	GOODSHAPE	30:33:00	58:34:00	59:32:00
779.	SARA SOUSA	811	134	37	VET F35	29	INDIVIDUAL	30:39:00	58:40:00	59:37:00
780.	ISABEL SOUSA	30	135	44	VET F40	25	INDIVIDUAL	29:59:00	58:46:00	59:41:00
781.	SELENE SALAVESSA	244	136	18	JUN F	2	ACD ILHAVOS	29:22:00	59:06:00	59:48:00
782.	FÁTIMA DUARTE	61	137	51	VET F50	22	FORÇA NA CANELA ESPINHO	29:49:00	59:05:00	59:48:00
783.	SORAIA BASÍLIO	527	138	30	SEN F	34	PRIO	29:26:00	58:59:00	59:49:00
784.	GEORGINA VINHAS	298	139	53	VET F50	23	RUNNING ESPINHO	28:55:00	59:32:00	59:53:00
785.	HÉLDER PINHO	812	646	38	VET M35	111	INDIVIDUAL	30:40:00	59:03:00	01:00:00
786.	LOURDES BELEZA	477	140	43	VET F40	26	RUNNING ESPINHO	28:58:00	59:28:00	01:00:01
787.	JOÃO VIEIRA	967	647	41	VET M40	131	INDIVIDUAL	27:16:00	59:32:00	01:00:02
788.	SUSANA GOMES	986	141	43	VET F40	27	SC ESPINHO / ANTÓNIO LEITÃO	29:26:00	59:34:00	01:00:02
789.	CATARINA GOUVEIA	910	142	29	SEN F	35	GOODSHAPE	30:33:00	59:10:00	01:00:09
790.	TIAGO FONTELA	888	648	43	VET M40	132	VELHA GUARDA RC	31:36:00	59:28:00	01:00:14
791.	JOAQUIM SOUSA	239	649	48	VET M45	123	FIT2LABOR	31:03:00	59:25:00	01:00:14
792.	NUNO CARNEIRO	878	650	43	VET M40	133	INDIVIDUAL	34:11:00	59:37:00	01:00:16

Geral	Nome	Dorsal	Sexo	Idade	Escalão	Esc	Equipa	5 km	Chip	Oficial
793.	TÂNIA SOARES	517	143	31	SEN F	36	INDIVIDUAL	29:41:00	59:18:00	01:00:16
794.	DANIEL FERNANDES	483	651	24	SEN M	126	ONDE ESTÁ O ALCIDES?	30:48:00	59:25:00	01:00:18
795.	ROSA BISPO	121	144	62	VET F60	3	PERNAS INERTES	29:41:00	59:30:00	01:00:20
796.	CARLOS CARNEIRO	194	652	36	VET M35	112	GDR GRANJA - TRUTAS DO MAU	28:27:00	01:00:27	01:00:33
797.	QUIMANEL RIBEIRO	271	653	39	VET M35	113	INDIVIDUAL	30:11:00	59:35:00	01:00:34
798.	DALMINDO SANTIAGO	860	654	53	VET M50	66	UIKEMEDO TEAM	30:21:00	59:37:00	01:00:36
799.	ANA PAIS	901	145	42	VET F40	28	INDIVIDUAL	30:04:00	59:55:00	01:00:50
800.	PAULA SANTOS	866	146	43	VET F40	29	INDIVIDUAL	29:39:00	01:00:37	01:00:53
801.	JOSÉ AIRES MOREIRA	321	655	67	VET M65	9	GRUPO CORRIDA DE ARGONCILHE	29:57:00	01:00:49	01:00:59
802.	MÓNICA MARGARIDE	238	147	43	VET F40	30	FIT2LABOR	31:02:00	01:00:10	01:01:00
803.	JOÃO GUEDES	747	656	51	VET M50	67	INDIVIDUAL	30:21:00	01:00:13	01:01:05
804.	PEDRO SOARES	927	657	46	VET M45	124	SS MONTEPIO	30:20:00	01:00:49	01:01:06
805.	EDUARDO GONÇALO	771	658	44	VET M40	134	INDIVIDUAL	31:12:00	01:00:13	01:01:08
806.	RICARDO BASTOS	35	659	54	VET M50	68	A A LEBRES DO SADO	30:05:00	01:00:37	01:01:08
807.	SERGIO OLIVEIRA	929	660	41	VET M40	135	SS MONTEPIO	30:20:00	01:00:54	01:01:13
808.	LILIAN GOMES	925	148	38	VET F35	30	SS MONTEPIO	30:20:00	01:00:56	01:01:13
809.	CARLOS DIAS	209	661	41	VET M40	136	INDIVIDUAL	30:36:00	01:00:22	01:01:18
810.	CARLA MARQUES	795	149	46	VET F45	17	INDIVIDUAL	30:32:00	01:00:37	01:01:25
811.	PAULO SILVA	535	662	44	VET M40	137	INDIVIDUAL	29:37:00	01:01:08	01:01:26
812.	GISELA AVELAR	534	150	43	VET F40	31	INDIVIDUAL	29:37:00	01:01:07	01:01:26
813.	CARLOS ROCHA	445	663	39	VET M35	114	RUNNING ESPINHO	30:20:00	01:00:38	01:01:31
814.	HUGO ALVES	446	664	40	VET M40	138	RUNNING ESPINHO	30:21:00	01:00:39	01:01:32
815.	JOSÉ MILHEIRO	746	665	40	VET M40	139	RUNNING ESPINHO	31:06:00	01:00:36	01:01:39
816.	ISABEL VENTURA	857	151	54	VET F50	24	TRIBO NR	29:59:00	01:01:30	01:01:45
817.	ALBERTO SANTOS	990	666	56	VET M55	48	SC ESPINHO / ANTÓNIO LEITÃO	30:45:00	01:01:19	01:01:50
818.	MARIA ALZAMORA	333	152	24	SEN F	37	INDIVIDUAL	31:09:00	01:00:59	01:01:54
819.	JOSÉ LOURENÇO	816	667	47	VET M45	125	INDIVIDUAL	30:00:00	01:01:18	01:01:57
820.	JOSÉ MARQUES	815	668	46	VET M45	126	INDIVIDUAL	30:02:00	01:01:19	01:01:58
821.	CONCEIÇÃO SANTOS	51	153	37	VET F35	31	FLECHAS	29:55:00	01:01:41	01:02:02
822.	EMANUEL FONTE	361	669	42	VET M40	140	INDIVIDUAL	29:51:00	01:01:20	01:02:10
823.	HELENA MORAIS	88	154	32	SEN F	38	MORAIS CASTRO	30:55:00	01:01:34	01:02:13
824.	ANA CARDOSO	964	155	43	VET F40	32	INDIVIDUAL	30:06:00	01:01:31	01:02:16
825.	ADELAIDE HORTA	129	156	62	VET F60	4	INVICTA RUNNERS TEAM	31:08:00	01:01:28	01:02:16
826.	MARIA PEREIRA	225	157	55	VET F55	6	INDIVIDUAL	30:46:00	01:01:33	01:02:18
827.	FERNANDO ALMEIDA	59	670	68	VET M65	10	FORÇA NA CANELA ESPINHO	30:26:00	01:01:37	01:02:21
828.	JOAQUIM CASTRO	459	671	60	VET M60	23	INDIVIDUAL	30:39:00	01:01:55	01:02:28
829.	HERMÍNIA OLIVEIRA	806	158	52	VET F50	25	OS PRESSINHAS	30:39:00	01:01:56	01:02:29
830.	_ERES_ TAVARES	34	159	47	VET_4_	18	CA_ _CLUBE ATLE_ISMO DE_LAMAS	31:34:00	1_01:33	1:02_4
831.	MARLENE FERREIRA	567	160	43	VET F40	33	CAL - CLUBE ATLETISMO DE LAMAS	31:37:00	01:01:34	01:02:36
832.	JOSÉ MOREIRA	1068	672	41	VET M40	141	CAL - CLUBE ATLETISMO DE LAMAS	31:54:00	01:01:38	01:02:41
833.	JOÃO VIEIRA	694	673	45	VET M45	127	SPORTARC.RUNNING	29:55:00	01:02:10	01:02:46
834.	FERNANDO POCAS	533	674	54	VET M50	69	INDIVIDUAL	29:56:00	01:02:46	01:02:54
835.	FRANCISCO OLIVEIRA	557	675	60	VET M60	24	INDIVIDUAL	29:52:00	01:02:47	01:02:54
836.	LAURA PINHAL	870	161	43	VET F40	34	INDIVIDUAL	29:23:00	01:02:40	01:03:14

Geral	Nome	Dorsal	Sexo	Idade	Escalão	Esc	Equipa	5 km	Chip	Oficial
837.	VÍTOR ALUAI	869	676	45	VET M45	128	INDIVIDUAL	29:23:00	01:02:40	01:03:14
838.	RUI PINTO	1007	677	23	SEN M	127	INDIVIDUAL	31:43:00	01:02:33	01:03:17
839.	JORGE REIS	808	678	30	SEN M	128	INDIVIDUAL	31:19:00	01:02:24	01:03:19
840.	MANUEL RODRIGUES	291	679	53	VET M50	70	INDIVIDUAL	31:11:00	01:03:01	01:03:23
841.	JOSE LUIS CRUZ	546	680	66	VET M65	11	RG LEVANTA POEIRA	31:20:00	01:02:59	01:03:23
842.	ULISSES LOPES	421	681	45	VET M45	129	CLUBE VETERANOS DO PORTO	31:07:00	01:03:02	01:03:24
843.	ANTONIO COSTA	547	682	64	VET M60	25	RG LEVANTA POEIRA	31:22:00	01:03:01	01:03:26
844.	RICARDO GOUVEIA	909	683	26	SEN M	129	GOODSHAPE	31:09:00	01:02:31	01:03:30
845.	LUISA FERNANDES	100	162	48	VET F45	19	RIPOLINS GRIJÓ A CORRER	30:56:00	01:03:01	01:03:31
846.	ANGELA ALMEIDA	1000	163	35	VET F35	32	INDIVIDUAL	31:54:00	01:02:32	01:03:32
847.	HORÁCIO TEIXEIRA	103	684	59	VET M55	49	RIPOLINS GRIJÓ A CORRER	30:56:00	01:03:11	01:03:40
848.	ANABELA BARATA	282	164	42	VET F40	35	INDIVIDUAL	31:02:00	01:03:18	01:03:48
849.	IVO PALMA	256	685	56	VET M55	50	CALDAS S JORGE SPORT CLUB	32:23:00	01:02:42	01:03:49
850.	ERCILIA COSTA	508	165	56	VET F55	7	INDIVIDUAL	31:38:00	01:03:07	01:03:53
851.	VALÉRIA TEIXEIRA	80	166	43	VET F40	36	INDIVIDUAL	31:21:00	01:03:08	01:03:57
852.	CARLA NOVAIS	284	167	43	VET F40	37	FANICOS	31:52:00	01:03:44	01:04:14
853.	RICARDO SANTOS	883	686	38	VET M35	115	CABRITOS DA MONTANHA	31:18:00	01:03:29	01:04:17
854.	ANTÓNIO BRANDÃO	300	687	61	VET M60	26	CGD- OVAR	32:31:00	01:03:42	01:04:27
855.	MARIA BRANDÃO	350	168	30	SEN F	39	RATOS DO ASFALTO	32:31:00	01:03:44	01:04:28
856.	JOSÉ ALMEIDA	904	688	47	VET M45	130	INDIVIDUAL	32:30:00	01:03:44	01:04:29
857.	ANDREIA MONTEIRO	912	169	40	VET F40	38	GOODSHAPE	32:18:00	01:04:25	01:05:00
858.	CÉSAR FREITAS	890	689	36	VET M35	116	INDIVIDUAL	31:39:00	01:04:30	01:05:02
859.	MONICA MORAIS	141	170	27	SEN F	40	INDIVIDUAL	32:27:00	01:04:13	01:05:06
860.	LUIS MORAIS	142	690	50	VET M50	71	INDIVIDUAL	32:27:00	01:04:14	01:05:07
861.	INES BARATA	669	171	22	SUB 23 F	4	INDIVIDUAL	32:45:00	01:04:15	01:05:10
862.	NUNO SILVA	710	691	44	VET M40	142	INDIVIDUAL	31:33:00	01:04:38	01:05:15
863.	RUBEN MONTEIRO	754	692	39	VET M35	117	INDIVIDUAL	31:49:00	01:04:18	01:05:19
864.	ADRIANO SANTOS	753	693	38	VET M35	118	INDIVIDUAL	31:49:00	01:04:18	01:05:19
865.	JOSÉ PIRES LIMA	122	694	63	VET M60	27	PERNAS INERTES	32:34:00	01:04:54	01:05:44
866.	JOEL RIBEIRO	705	695	39	VET M35	119	INDIVIDUAL	32:57:00	01:05:13	01:06:06
867.	MAFALDA CARDOSO	704	172	19	JUN F	3	A D RIO LARGO C ESPINHO	31:27:00	01:06:04	01:06:14
868.	PAULA TEIXEIRA	397	173	45	VET F45	20	JORSAT RUNNERS	32:09:00	01:06:03	01:06:18
869.	ANA MARGARIDA OLIVEIRA	399	174	44	VET F40	39	JORSAT RUNNERS	33:08:00	01:06:04	01:06:18
870.	CLAUDIA ROCHA	394	175	42	VET F40	40	JORSAT RUNNERS	32:10:00	01:06:04	01:06:18
871.	VICTOR NOGUEIRA	458	696	47	VET M45	131	INDIVIDUAL	33:41:00	01:05:48	01:06:36
872.	PEDRO PINTO	1006	697	31	SEN M	130	INDIVIDUAL	31:44:00	01:05:59	01:06:41
873.	ELISEU PINTO	1009	698	59	VET M55	51	INDIVIDUAL	33:03:00	01:05:57	01:06:41
874.	BRUNO LINHARES	999	699	34	SEN M	131	PRIO	31:38:00	01:06:15	01:06:48
875.	MARLENE MOREIRA	998	176	30	SEN F	41	INDIVIDUAL	32:18:00	01:06:17	01:06:49
876.	JOÃO AZEVEDO	607	700	45	VET M45	132	INDIVIDUAL	32:47:00	01:06:08	01:07:02
877.	ENRICO GALLI	905	701	67	VET M65	12	I BURLAMACCHI	33:16:00	01:06:25	01:07:10
878.	ANA DUARTE	822	177	51	VET F50	26	ESPINHO TRAIL	33:31:00	01:06:24	01:07:30
879.	JOANA LOPES	923	178	38	VET F35	33	SS MONTEPIO	32:57:00	01:07:33	01:07:58
880.	MÁRCIA PEREIRA	281	179	32	SEN F	42	RUNNING ESPINHO	33:22:00	01:07:14	01:08:06

Geral	Nome	Dorsal	Sexo	Idade	Escalão	Esc	Equipa	5 km	Chip	Oficial
881.	JOANA GRADE	980	180	42	VET F40	41	MARAVILHA	32:31:00	01:07:31	01:08:13
882.	DANIELA GRADE	979	181	37	VET F35	34	MARAVILHA	32:33:00	01:07:32	01:08:15
883.	SARA RIBEIRO	981	182	35	VET F35	35	MARAVILHA	32:39:00	01:07:33	01:08:16
884.	SILVIA PIRES	726	183	30	SEN F	43	JUVENTUDE CORTEGACENSE	34:00:00	01:07:37	01:08:36
885.	ISABEL RIOS	60	184	69	VET F65	1	FORÇA NA CANELA ESPINHO	34:02:00	01:07:58	01:08:41
886.	CRISTINA SOUSA	1066	185	47	VET F45	21	INDIVIDUAL	31:06:00	01:08:15	01:08:44
887.	FERNANDO PINTO	396	702	45	VET M45	133	JORSAT RUNNERS	32:09:00	01:08:35	01:08:49
888.	HUGO OLIVEIRA	400	703	45	VET M45	134	JORSAT RUNNERS	33:09:00	01:08:36	01:08:49
889.	WILSON TAVARES	977	704	29	SEN M	132	INDIVIDUAL	33:06:00	01:08:34	01:09:21
890.	ANTÓNIO FERREIRA	739	705	60	VET M60	28	G D A RONDA	34:20:00	01:09:32	01:10:17
891.	NATÁLIA SANTOS	735	186	26	SEN F	44	G D A RONDA	34:20:00	01:09:32	01:10:17
892.	SILVIA COSTA	383	187	40	VET F40	42	RUNNING ESPINHO	32:07:00	01:09:45	01:10:40
893.	PAULO FERREIRA	384	706	43	VET M40	143	RUNNING ESPINHO	32:08:00	01:09:43	01:10:40
894.	PEDRO MARQUES	478	707	48	VET M45	135	INDIVIDUAL	36:48:00	01:10:07	01:10:59
895.	MARINA SILVA	562	188	37	VET F35	36	INDIVIDUAL	33:47:00	01:11:01	01:11:57
896.	ALICE GUIMARÃES	130	189	58	VET F55	8	INVICTA RUNNERS TEAM	36:42:00	01:11:25	01:12:17
897.	SERAFIM COUTINHO	903	708	63	VET M60	29	ASPHALT ASSAULT TEAM	35:05:00	01:13:25	01:13:43
898.	SANDRA SANTOS	948	190	42	VET F40	43	INDIVIDUAL	37:04:00	01:13:00	01:13:49
899.	SERGIO LOPES	947	709	45	VET M45	136	INDIVIDUAL	37:04:00	01:13:01	01:13:49
900.	ANDREIA SÁ	331	191	34	SEN F	45	KIRCHHOFF KUNECT RUNING TEAM	36:27:00	01:13:43	01:14:17
901.	ANDRÉ MONTE	476	710	49	VET M45	137	RUNNING ESPINHO	39:26:00	01:15:19	01:15:50
902.	CARLA GOMES	474	192	45	VET F45	22	RUNNING ESPINHO	39:26:00	01:15:51	01:15:51