

Lugar	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
1	1660	pedro ferreira	M	sport lis boa e benfica	Séniore	00:32:28	00:32:28
2	1367	Henrique Costa	M	Águias alvélos	Séniore	00:33:20	00:33:20
3	1202	Paulo Rocha	M	RunRiver-Escola Atletismo de Rio Tinto	VET 35	00:33:50	00:33:50
4	1657	André Guimarães	M	ACD São João Serra	Séniore	00:34:00	00:34:00
5	1159	Vasco Leite Faria Duarte	M	RunRiver-Escola Atletismo de Rio Tinto	Séniore	00:34:08	00:34:05
6	1663	Sergio Sousa	M	ACD São João Serra	VET 45	00:34:10	00:34:10
7	1381	Tiago Pinto	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 35	00:34:14	00:34:14
8	1395	ANTONIO SOUSA	M	RIPOLINS GRIJÓ A CORRER	VET 45	00:34:30	00:34:30
9	1589	Ricardo Castro	M	Sociedade Recreio Capanense	VET 35	00:34:33	00:34:15
10	1259	Hugo Moreira	M	RunRiver-Escola Atletismo de Rio Tinto	Séniore	00:34:48	00:34:48
11	1336	Hugo Santos	M	Nascidos para Correr	VET 35	00:35:17	00:35:13
12	1231	Rui Gomes	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 40	00:35:18	00:35:18
13	1163	Pedro Tapadas	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Séniore	00:35:28	00:35:28
14	1168	Tiago Oliveira	M	Sporting Clube de Espinho / António Leitão	VET 35	00:35:36	00:35:33
15	1285	José Cabral	M	clube desportivo s salvador do campo	VET 55	00:35:37	00:35:37
16	1099	Ricardo Barros	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Séniore	00:35:48	00:35:48
17	1658	Ricardo Carvalho	M	RunRiver-Escola Atletismo de Rio Tinto	VET 35	00:35:54	00:35:54
18	1038	Rui Santos	M	Sporting Clube de Espinho / António Leitão	VET 45	00:35:58	00:35:55
19	1318	Paulo Oliveira	M	Sporting Clube de Espinho / António Leitão	VET 45	00:36:04	00:36:04
20	1675	RICARDO SILVA	M	RIPOLINS GRIJÓ A CORRER	Séniore	00:36:20	00:36:20
21	1655	Rui Taborda	M	ACD São João Serra	VET 40	00:36:22	00:36:22
22	1322	Vitor Manuel Ramos	M	RunRiver-Escola Atletismo de Rio Tinto	VET 35	00:36:27	00:36:27
23	1552	Sérgio Silva	M	MSS Contabilidade Trail Team	VET 35	00:36:46	00:36:44
24	1610	António Jesus	M	Nascidos para Correr	VET 55	00:36:49	00:36:45
25	1334	Belmiro Rodrigues	M	C.D.S Salvador do Campo	VET 55	00:36:56	00:36:53
26	1443	RUI TAVARES	M	RIPOLINS GRIJÓ A CORRER	VET 40	00:37:00	00:37:00
27	1115	Bruno Santos	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Séniore	00:37:06	00:37:06
28	1645	josé rocha	M		Séniore	00:37:07	00:36:58
29	1035	Manuel Cardoso	M	Nascidos para Correr	VET 50	00:37:10	00:37:07
30	1042	Andre soares	M	RunRiver-Escola Atletismo de Rio Tinto	VET 35	00:37:12	00:37:09
31	1328	Rui Pedro Ferreira da Silva Cardoso dos Reis	M	HOSPITAL SANTA MARIA RT	VET 35	00:37:14	00:37:06
32	1664	josé mota	M	C.D.S Salvador do Campo	VET 55	00:37:30	00:37:27
33	1465	Hernâni Furtado	M	Sporting Clube de Espinho / António Leitão	VET 35	00:37:43	00:37:38
34	1656	Sérgio Silva	M	RunRiver-Escola Atletismo de Rio Tinto	VET 35	00:37:57	00:37:54
35	1372	Eduardo Meireles	M	AMA - Ass Mondim Atletismo	Séniore	00:37:57	00:37:57
36	1331	Liliana Rocha	F	RunRiver-Escola Atletismo de Rio Tinto	VET 35	00:37:59	00:37:56
37	1226	Augusto Castro	M	Sporting Clube de Espinho / António Leitão	VET 55	00:38:10	00:38:10
38	1204	Diogo Miguel Almeida de Pinho Ribeiro	M	Clube Portugal Telecom Zona Norte	Séniore	00:38:18	00:38:15
39	1434	Américo Santos	M		VET 45	00:38:19	00:38:11
40	1149	Diana Sousa	F	Centro Ciclista de Gondomar	Séniore	00:38:26	00:38:26
41	1602	Ricardo Areias	M		Séniore	00:38:26	00:38:15
42	1669	Pedro Silva	M		VET 40	00:38:29	00:38:17
43	1599	Rui Gomes	M		Séniore	00:38:34	00:38:21
44	1193	Jorge Carvalho	M	PERNETAS	VET 40	00:38:35	00:38:30

Lugar	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
45	1229	Francisco Castro	M		Séniore	00:38:38	00:38:32
46	1094	Manuel Gaspar	M		Séniore	00:38:49	00:38:43
47	1607	Ines Sapage	F	Município de Gondomar - Desporto	VET 40	00:38:57	00:38:54
48	1608	Alain Couto	M	Município de Gondomar - Desporto	VET 45	00:38:57	00:38:53
49	1313	José rocha	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 40	00:39:06	00:39:03
50	1415	Rui sousa	M	Centro ciclista de Gondomar	VET 40	00:39:10	00:39:10
51	1221	Joaquim Pinheiro	M	Sheraton Porto	VET 45	00:39:12	00:39:01
52	1014	André Santos	M	Afis/Ovar	Séniore	00:39:18	00:39:15
53	1665	Paulo Nascimento	M	Nascidos para Correr	VET 40	00:39:20	00:39:15
54	1314	Bruno Pereira	M	Amigos 100 Limites	Séniore	00:39:22	00:39:12
55	1326	Carlos Moreira	M	RunRiver-Escola Atletismo de Rio Tinto	Séniore	00:39:25	00:39:14
56	1677	PAULO FERNANDES	M	RIPOLINS GRIJÓ A CORRER	VET 45	00:39:29	00:39:26
57	1034	João Vigário	M	Amigos 100 Limites	Séniore	00:39:30	00:39:20
58	1080	António João Coimbra	M		Séniore	00:39:35	00:39:29
59	1694	Tiago Teixeira	M	Factor X / S4L / Medense FC	Séniore	00:39:35	00:39:25
60	1288	Eduardo Camilo	M		VET 35	00:39:37	00:39:11
61	1128	Hugo Dias	M		Séniore	00:39:38	00:39:20
62	1216	Luís peneda	M		Séniore	00:39:53	00:39:40
63	1300	Joao Martins	M	Silva	Séniore	00:39:54	00:39:40
64	1346	Antonio Alberto Silva Graça	M	Centro Atletismo Porto	VET 60	00:40:03	00:39:59
65	1219	Paulo Jorge da Silva Alves	M	Gondomar Futsal Clube	VET 40	00:40:03	00:39:43
66	1329	Bruno	M		VET 35	00:40:09	00:39:57
67	1015	JOSÉ SILVA	M	RIPOLINS GRIJÓ A CORRER	VET 45	00:40:11	00:40:08
68	1603	Joao Menezes	M	Município de Gondomar - Desporto	Séniore	00:40:22	00:40:16
69	1428	Daniel Rodrigues	M		VET 35	00:40:23	00:40:10
70	1297	Pedro Santos	M	Sporting Clube de Espinho / António Leitão	VET 40	00:40:23	00:40:14
71	1588	ANTÓNIO SILVA	M	RIPOLINS GRIJÓ A CORRER	VET 50	00:40:25	00:40:22
72	1095	Domingos Presas	M	Nascidos para Correr	VET 50	00:40:34	00:40:25
73	1207	Pedro Peter	M	Nascidos para Correr	VET 40	00:40:34	00:40:25
74	1007	João Correia	M		VET 40	00:40:39	00:40:02
75	1291	Cristiano Teixeira Pereira	M	CriTeiPer-BodyStation	VET 35	00:40:40	00:40:32
76	1227	Domingos Silva	M	Nascidos para Correr	VET 35	00:40:41	00:40:36
77	1315	José Graça	M	Nascidos para Correr	VET 40	00:40:41	00:40:32
78	1405	Eduardo Brandão	M	RunRiver-Escola Atletismo de Rio Tinto	VET 35	00:40:46	00:40:40
79	1654	Nuno Vidal	M	Nascidos para Correr	VET 40	00:40:52	00:40:44
80	1401	Virgilio Vieira	M	Nascidos para Correr	VET 40	00:40:53	00:40:45
81	1242	Sérgio Pereira	M		VET 40	00:41:03	00:40:26
82	1235	Tiago Andre Urbano Teixeira Gomes	M	Centro Atletismo Porto	VET 35	00:41:07	00:40:51
83	1594	Jacinto Oliveira	M		VET 60	00:41:23	00:41:19
84	1651	Paulo Moreira	M	CCD APDL	VET 45	00:41:29	00:41:18
85	1674	ANTÓNIO SANTOS	M	RIPOLINS GRIJÓ A CORRER	Séniore	00:41:29	00:41:29
86	1418	João Araújo	M	Ermentão	VET 35	00:41:46	00:41:28
87	1582	Nuno Coutinho	M	Gondomar Futsal Clube	VET 35	00:41:47	00:41:42
88	1390	Filipe Póvoas	M	MSS Contabilidade Trail Team	Séniore	00:41:49	00:41:43

Lugar	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
89	1261	Ibraim Sousa	M	MSS Contabilidade Trail Team	VET 40	00:41:50	00:41:46
90	1319	Nelson Santos	M		VET 45	00:41:52	00:41:43
91	1601	Nuno Alexandre Coelho da Silva	M	Salgueiros Running	VET 40	00:41:58	00:41:34
92	1666	António Azevedo	M	Nascidos para Correr	VET 55	00:42:01	00:41:56
93	1203	Octávio Sousa	M	Nascidos para Correr	VET 55	00:42:02	00:41:56
94	1186	Joaquim Pereira	M	Nascidos para Correr	VET 50	00:42:02	00:41:57
95	1692	Daniel Terra	M	Factor X / S4L / Medense FC	Séniiores	00:42:07	00:41:54
96	1380	Vitor Rachão	M	Centro Atletismo Porto	VET 60	00:42:14	00:42:09
97	1554	Victor Azevedo	M	MSS Contabilidade Trail Team	VET 45	00:42:17	00:42:13
98	1103	joaquim cunha	M	ÁGUAS DO PORTO - CASA DOS TRABALHADORES	VET 50	00:42:22	00:42:13
99	1245	valdemar lopes	M		VET 40	00:42:31	00:42:20
100	1200	Joice Jesus	M		VET 40	00:42:39	00:42:39
101	1122	FRANCISCO BRANCO	M		VET 50	00:42:40	00:42:34
102	1158	Miguel Pereira	M	CCDTC.M.Gondomar	VET 45	00:42:46	00:42:33
103	1627	Fábio Campos	M		Séniiores	00:42:51	00:42:37
104	1139	Jose Pedro Montanha Martins	M		VET 40	00:42:53	00:42:41
105	1640	Arnaldo José Araújo	M		VET 45	00:42:59	00:42:42
106	1652	Leonel Videira	M	Nascidos para Correr	Séniiores	00:42:59	00:42:55
107	1625	Vitor Santos	M		VET 45	00:42:59	00:42:49
108	1146	Hortense Tenda	F	Sporting Clube de Espinho / António Leitão	VET 35	00:43:06	00:43:06
109	1310	Joao Oliveira	M	Facort Running Team	Séniiores	00:43:09	00:42:42
110	1008	Luís Oliveira	M	HPCOn Runners	Séniiores	00:43:13	00:43:01
111	1585	Pedro Miguel Nogueira	M		Séniiores	00:43:15	00:42:57
112	1368	Manuel Silva Sá	M	Centro Atletismo Porto	VET 55	00:43:18	00:42:58
113	1075	Paulo Machado	M	Centro Atletismo Porto	VET 40	00:43:20	00:43:07
114	1287	Américo Pinto	M	CCDTC.M.Gondomar	VET 55	00:43:23	00:43:10
115	1436	Marco Almeida	M	Nascidos para Correr	VET 40	00:43:27	00:43:21
116	1353	Céline Gomes	F	Nascidos para Correr	Séniiores	00:43:31	00:43:24
117	1239	Manuel Póvoas	M	MSS Contabilidade Trail Team	VET 55	00:43:41	00:43:36
118	1579	Francisco Monteiro	M		VET 40	00:43:45	00:43:23
119	1224	José Sousa	M	SADO	VET 45	00:43:57	00:43:25
120	1356	Emanuel Madureira	M	Nascidos para Correr	VET 55	00:43:59	00:43:54
121	1363	José Duarte	M	Cuba Libre	VET 45	00:44:14	00:43:54
122	1345	Luís costa	M		VET 45	00:44:14	00:44:00
123	1338	Ricardo Pinto	M	Salgueiros Running	VET 35	00:44:15	00:44:12
124	1650	paulojorge moreira	M		VET 50	00:44:24	00:44:17
125	1294	Rogério Sarmiento	M	Nascidos para Correr	VET 55	00:44:24	00:44:21
126	1082	Serafim Ramos	M	Lion Runners - G. D. Leões da Guarda	VET 60	00:44:27	00:44:16
127	1180	Ricardo Silva	M	Centro Atletismo Porto	VET 45	00:44:30	00:44:08
128	1220	Bruno Cunha	M	SISCOG - SISTEMAS COGNITIVOS	Séniiores	00:44:32	00:44:23
129	1685	Mário Vinhas ( EQUIPA JN )	M	JORNAL DE NOTÍCIAS	VET 50	00:44:40	00:44:29
130	1693	Carlos Manuel Sousa Azevedo	M	Factor X / S4L / Medense FC	Séniiores	00:44:53	00:44:43
131	1388	David Silva	M		VET 40	00:44:58	00:44:45
132	1439	Bruno Monte Pereira	M	GDBPI	VET 40	00:44:59	00:44:37

Lugar	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
133	1053	Antonio Azevedo	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 50	00:45:04	00:44:49
134	1117	Adriano Baptista	M	Nascidos para Correr	Séniore	00:45:11	00:45:02
135	1061	Vitor Cardoso	M	Baguim Runners	VET 40	00:45:13	00:45:05
136	1619	Artur Ferreira	M	Soares	VET 40	00:45:17	00:44:51
137	1620	Daniela Soares	F	Soares	VET 35	00:45:17	00:44:51
138	1374	Orlando Ferreira	M	Ferreira	VET 50	00:45:23	00:44:47
139	1176	Carlos Sampaio cabeleireiros	M		VET 50	00:45:31	00:45:21
140	1138	Vitor Manuel Magalhães Moreira	M	B.V.Moreira-Maia	VET 40	00:45:34	00:45:28
141	1104	Joao Silva	M	Silva	VET 35	00:45:35	00:45:09
142	1253	Agostinho Coelho	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 40	00:45:37	00:45:31
143	1181	José Moreira	M		VET 40	00:45:40	00:45:21
144	1046	Bruno Barbosa	M		VET 35	00:45:43	00:45:34
145	1697	Ivo Oliveira	M	Factor X / S4L / Medense FC	VET 40	00:45:52	00:45:37
146	1695	Pedro Marques	M	Factor X / S4L / Medense FC	VET 45	00:45:52	00:45:37
147	1250	Manuel Costa	M	Lebre 10	VET 60	00:45:53	00:45:46
148	1668	carmem sobrinho	F		Séniore	00:45:54	00:45:18
149	1040	Nelson Fernandes	M	running espinho	VET 35	00:45:54	00:45:42
150	1060	Fábio Moreira	M		Séniore	00:45:55	00:45:43
151	1188	Rui Daniel Mota Alves	M		Séniore	00:45:57	00:45:37
152	1173	Manuel Silva	M	Ermentão	VET 50	00:46:08	00:45:50
153	1354	José Cruz	M	Gondomar Futsal Clube	VET 40	00:46:11	00:46:07
154	1626	Filipe Madureira	M	MAdureira	VET 40	00:46:12	00:45:47
155	1606	Marcio Correia	M		Séniore	00:46:14	00:46:08
156	1284	Pedro Lopes	M		Séniore	00:46:19	00:45:50
157	1136	Armando Cerqueira	M	A D Rio Largo C Espinho	VET 55	00:46:26	00:46:18
158	1185	António Gonçalves	M	Amigos 100 Limites	Séniore	00:46:26	00:46:10
159	1598	Nelson Amaral	M		VET 35	00:46:28	00:46:09
160	1375	Nuno Mota	M	STCP Runners	VET 40	00:46:32	00:46:01
161	1312	Victor Santos	M		VET 45	00:46:34	00:46:26
162	1266	Susana Gabriela Costa Pinto da Neta	F	Clube Zupper	VET 40	00:46:35	00:46:14
163	1409	Paulo Barbosa	M	Barbosa	VET 35	00:46:42	00:46:05
164	1445	Nuno Neves	M	Neves	VET 35	00:46:45	00:46:21
165	1649	Adalberto correia lima pinto figueiredo	M	Salgueiros Running	VET 40	00:46:50	00:46:47
166	1687	Luis Maia	M	Factor X / S4L / Medense FC	Séniore	00:46:54	00:46:44
167	1691	Nuno Miguel Martins Teixeira	M	Factor X / S4L / Medense FC	VET 35	00:46:54	00:46:43
168	1690	Hugo Santos	M	Factor X / S4L / Medense FC	VET 40	00:46:59	00:46:44
169	1187	Fernando Soares	M		VET 45	00:47:03	00:46:35
170	1047	Joaquim Rocha	M	exerciceforyou	VET 50	00:47:05	00:46:43
171	1058	Jose Silva	M	Corredor Fim de Tarde	VET 50	00:47:07	00:46:53
172	1101	Etelvina Rocha	F	Nascidos para Correr	VET 50	00:47:07	00:47:02
173	1013	Rosa Pinto	F	Nascidos para Correr	VET 55	00:47:07	00:47:02
174	1333	João Resende	M		VET 45	00:47:14	00:46:49
175	1247	Carlos Bento	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 60	00:47:16	00:46:59
176	1112	Álvaro nunes	M		VET 45	00:47:18	00:46:44

Lugar	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
177	1408	Celso Ribeiro VII	M	Amigos 100 Limites	Séniore	00:47:19	00:47:01
178	1272	Sara Ferreira	F	Nascidos para Correr	Séniore	00:47:21	00:47:12
179	1152	Agostinho Teixeira	M		VET 60	00:47:26	00:47:01
180	1301	Pedro Fonseca	M		Séniore	00:47:28	00:47:07
181	1096	Francisco Vieira	M		VET 40	00:47:32	00:47:19
182	1566	José Pires da Silva	M		Séniore	00:47:33	00:47:25
183	1192	Sandra Cardoso	F	Baguim Runners	VET 40	00:47:35	00:47:26
184	1151	Hilário Norton	M	Madureiras	VET 55	00:47:35	00:47:30
185	1178	pedro augusto santos silva	M		VET 40	00:47:37	00:47:26
186	1430	Fernando Almeida	M		VET 45	00:47:40	00:47:33
187	1304	David Soares	M		Séniore	00:47:47	00:47:36
188	1389	Domingos Jesus Gonçalves Regufe	M		VET 60	00:47:49	00:47:44
189	1324	Filipe Monteiro	M		VET 35	00:47:50	00:47:39
190	1160	Hugo Silva	M		VET 35	00:47:53	00:47:47
191	1671	Helder miranda	M		VET 40	00:47:55	00:47:30
192	1271	Adão Dias	M	Nascidos para Correr	VET 60	00:47:57	00:47:54
193	1639	Jose Miguel Casal Cardoso Neves	M	Neves	VET 50	00:47:58	00:47:28
194	1001	Fernando Silva	M		VET 40	00:47:59	00:47:59
195	1232	rui noqueira	M		VET 45	00:48:09	00:47:51
196	1189	Miguel Barqueiro	M	Corredor Fim de Tarde	VET 40	00:48:10	00:47:57
197	1282	Alexis Garrigues	M	Magnirunners	Séniore	00:48:13	00:47:46
198	1684	Pedro Almeida	M		VET 35	00:48:15	00:48:01
199	1596	Rui Godinho	M	GDM Runners	VET 45	00:48:16	00:47:59
200	1565	Carlota Vaz Pinto	F		Séniore	00:48:17	00:48:09
201	1417	Pedro Chamusca	M		VET 35	00:48:26	00:48:23
202	1661	Paulo Conde	M	Afis/Ovar	VET 35	00:48:33	00:48:19
203	1662	Sara Nunes	F	Afis/Ovar	VET 40	00:48:33	00:48:20
204	1026	Carlos costa	M		Séniore	00:48:34	00:48:14
205	1147	fernando azevedo	M	Azevedo	VET 60	00:48:38	00:48:31
206	1016	Augusto Rachão	M	Sporting Clube de Espinho / António Leitão	VET 55	00:48:40	00:48:19
207	1441	pedro marques	M		VET 35	00:48:41	00:48:15
208	1647	Eugénio Soares	M	Factor X / S4L / Medense FC	VET 50	00:48:43	00:48:36
209	1321	Lourenço Cardoso	M	Baguim Runners	VET 45	00:48:47	00:48:38
210	1411	Bruno Silva	M		VET 35	00:48:51	00:48:24
211	1199	António Gomes	M	Gomes	VET 45	00:48:52	00:48:38
212	1412	Luis Gomes	M		VET 40	00:48:53	00:48:28
213	1561	Filipe Leitão	M	Gondomar Futsal Clube	VET 35	00:48:56	00:48:51
214	1141	António Pedro Coimbra	M		VET 35	00:48:58	00:48:52
215	1254	FATIMA PAIS	F		VET 50	00:49:09	00:48:52
216	1451	Valter Barbosa	M	STCP Runners	VET 35	00:49:13	00:48:45
217	1355	Rui Gonçalves	M	RunRiver-Escola Atletismo de Rio Tinto	VET 40	00:49:15	00:48:36
218	1132	Sérgio Mota	M		VET 45	00:49:16	00:48:58
219	1698	Sandro Filipe Pinto Pinheiro	M	Factor X / S4L / Medense FC	Séniore	00:49:19	00:49:08
220	1696	Susana Silva	F	Factor X / S4L / Medense FC	VET 35	00:49:19	00:49:07

Lugar	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
221	1063	Sara Antas	F	Juntos a correr	VET 35	00:49:23	00:48:57
222	1597	Nuno Andrade	M	TeamCakolSuperPortistas	VET 35	00:49:27	00:49:04
223	1072	Gabriel Santos	M	Nascidos para Correr	VET 50	00:49:36	00:49:27
224	1057	António Rocha	M	Rocha	VET 55	00:49:36	00:49:17
225	1631	Sérgio Tavares	M	Sport Comércio e Salgueiros	VET 40	00:49:38	00:49:06
226	1076	Ana Faria	F		Séniore	00:49:38	00:49:06
227	1290	JOAQUIM ALEIXO	M		VET 50	00:49:52	00:49:23
228	1166	Sandra Monteiro	F		VET 45	00:49:58	00:49:26
229	1399	Rui Reis	M		Séniore	00:50:00	00:49:28
230	1449	Marco Castro	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 45	00:50:02	00:49:54
231	1349	Ramiro Assembleia	M		VET 45	00:50:16	00:50:07
232	1093	Rui Lobato	M		VET 40	00:50:16	00:50:07
233	1416	Jorge Santos	M		VET 40	00:50:17	00:49:40
234	1410	Otilio Vieira da Silva	M	Crossfit Drop`in	VET 55	00:50:19	00:50:02
235	1680	João Carvalho Lopes	M	Município de Gondomar	VET 40	00:50:21	00:49:46
236	1262	Elisabete Cunha	F		VET 40	00:50:22	00:50:08
237	1289	DIOGO GASPAR ANDRADE LOPES SOARES	M	Correr Leça	Séniore	00:50:22	00:49:49
238	1050	rui filipe oliveira teixeira	M		Séniore	00:50:29	00:50:17
239	1201	João Garrido	M		VET 45	00:50:29	00:50:09
240	1212	Fábio Sousa	M	MSS Contabilidade Trail Team	Séniore	00:50:31	00:50:11
241	1157	Fernando Abreu	M	Abreu	VET 45	00:50:34	00:50:21
242	1268	Paulo Gonçalves	M	STCP Runners	VET 45	00:50:34	00:50:05
243	1019	Pedro Soares	M		Séniore	00:50:38	00:50:31
244	1018	Nuno Silva	M	Silva	Séniore	00:50:42	00:50:35
245	1337	Márcio Alexandre da Silva Adamastor	M		VET 60	00:50:42	00:50:26
246	1590	Tiago Rocha Lages	M	Salgueiros Running	Séniore	00:50:50	00:50:33
247	1143	Rui Santos	M	Nascidos para Correr	VET 45	00:50:52	00:50:45
248	1124	Eurico Abreu	M		Séniore	00:50:53	00:50:24
249	1364	joão fonseca	M	amigos s.pedro da cova	VET 35	00:50:55	00:50:26
250	1378	Paulo Teixeira	M	Boavista FC	VET 40	00:50:56	00:50:43
251	1110	Cristina Loureiro	F		VET 45	00:50:59	00:50:22
252	1211	Jorge caldas	M	Gansos	VET 40	00:51:05	00:50:33
253	1206	José Ferreira	M	exerciceforyou	VET 45	00:51:19	00:50:57
254	1114	Heldeberto Santos	M	STCP Runners	VET 50	00:51:22	00:50:53
255	1359	Luís Ribeiro	M		VET 35	00:51:24	00:50:48
256	1225	Luís Castro	M	Sporting Clube da Cruz	VET 55	00:51:27	00:51:15
257	1642	Nuno Monteiro	M	Invicta Runners Team	VET 60	00:51:45	00:51:21
258	1343	Maria Rosa Pinto Coelho	F		VET 50	00:51:45	00:51:26
259	1394	Ivone Ferreira	F		VET 40	00:51:45	00:51:26
260	1302	Tiago Oliveira	M	Douro Runners	VET 35	00:51:49	00:51:17
261	1424	Nuno Lopes	M	CMC CARAPAUS	VET 45	00:51:53	00:51:22
262	1246	Marco Batista	M	STCP Runners	VET 40	00:51:54	00:51:25
263	1293	Patrícia Conceição	F	Amigos 100 Limites	VET 35	00:51:56	00:51:40
264	1641	Claudia Marques	F	Invicta Runners Team	VET 35	00:52:01	00:51:38

Lugar	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
265	1618	Vania Luisa Pinto	F	Pinto	Séniiores	00:52:06	00:51:39
266	1184	José Santos	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 55	00:52:09	00:52:02
267	1279	Torrão	M		VET 35	00:52:11	00:51:52
268	1467	Adelaide Veludo	F	OPraticante.pt	VET 60	00:52:14	00:51:49
269	1667	manuel ribeiro	M		VET 35	00:52:15	00:51:38
270	1369	Miguel Azevedo	M	PortoSentidoRunners	VET 40	00:52:17	00:52:04
271	1306	Cecília Martins	F	exerciceforyou	VET 45	00:52:17	00:51:56
272	1198	Ana Rita Moura	F	exerciceforyou	Séniiores	00:52:17	00:51:56
273	1217	Manuel Gomes	M	MSS Contabilidade Trail Team	VET 40	00:52:28	00:52:17
274	1135	Luís Silva	M	Silva	Séniiores	00:52:29	00:52:06
275	1171	Moura Pinto	M	Silva	VET 55	00:52:31	00:52:24
276	1182	Ricardo Resende	M		VET 40	00:52:40	00:52:09
277	1311	Tiago Resende	M		Séniiores	00:52:40	00:52:09
278	1150	Rui Sá	M		VET 40	00:52:43	00:52:09
279	1624	Bruno Gonçalves	M		VET 35	00:52:45	00:52:33
280	1406	eduardo castro	M		VET 50	00:52:54	00:52:40
281	1273	Mário Noronha	M	Nespereira FC Running	VET 40	00:53:00	00:52:30
282	1037	Abel Cardoso	M		Séniiores	00:53:02	00:52:27
283	1383	Cristóvão Afonso	M	RunRiver-Escola Atletismo de Rio Tinto	VET 40	00:53:05	00:52:32
284	1056	Manuel Jorge da Silva	M		VET 45	00:53:08	00:52:49
285	1209	Henrique Diogo Sousa Tavares	M		Séniiores	00:53:11	00:52:37
286	1426	serafim fonseca	M	amigos s.pedro da cova	VET 40	00:53:12	00:52:43
287	1006	Alfredo Santos	M	A D Rio Largo C Espinho	VET 60	00:53:16	00:52:58
288	1194	nelson gandra	M	Juntos a correr	VET 40	00:53:24	00:52:57
289	1342	Leandro Coelho	M	TrepaTrilhos Trail Team	VET 35	00:53:36	00:53:08
290	1213	Luzinha Monteiro	F	TrepaTrilhos Trail Team	VET 35	00:53:36	00:53:10
291	1134	Diana Leite	F	Aminhacorrída/Myprotein	VET 35	00:53:39	00:53:02
292	1453	emilia melo	F		VET 35	00:53:40	00:53:11
293	1307	Nuno Melo	M		VET 40	00:53:41	00:53:12
294	1577	Paulo Andrade Brito	M		VET 50	00:53:43	00:53:20
295	1362	Rui machado	M	Gansos	VET 50	00:53:45	00:53:10
296	1088	Celso Mota	M		VET 45	00:53:47	00:53:10
297	1382	FERNANDO PAIS	M		VET 50	00:53:48	00:53:40
298	1156	Paula Oliveira	F	Juntos somos Um	VET 45	00:53:49	00:53:41
299	1593	Fátima Costa	F	Viriathvs Runners Viseu	VET 50	00:53:49	00:53:13
300	1236	Sérgio Rodrigues Pereira	M	Gondomar Futsal Clube	VET 40	00:53:50	00:53:35
301	1358	Reinaldo Miranda	M		VET 50	00:53:53	00:53:20
302	1051	Paula Miranda	F	Miranda	VET 45	00:53:54	00:53:20
303	1646	Jorge Almeida	M	Factor X / S4L / Medense FC	VET 45	00:53:55	00:53:48
304	1683	Domingos Cunha Costa	M	Runners On Fire B.V.Valadares	VET 60	00:53:56	00:53:34
305	1195	FERNANDO SOUTO	M	SOUTO	VET 50	00:53:56	00:53:17
306	1255	PAULO SERGIO RODRIGUES RIBEIRO	M	RIBEIRO	VET 45	00:53:58	00:53:43
307	1010	Teresinha Castro	F	Nascidos para Correr	VET 35	00:54:00	00:53:26
308	1044	Álvaro Silva	M	MSS Contabilidade Trail Team	VET 55	00:54:02	00:53:51

Lugar	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
309	1303	Filipe Silva	M	MSS Contabilidade Trail Team	Séniiores	00:54:02	00:53:52
310	1154	Bronze	M	TBA	VET 50	00:54:12	00:53:48
311	1595	Sandra Aguiar	F	GDM Runners	VET 40	00:54:27	00:54:10
312	1024	Serafim Sousa	M		Séniiores	00:54:27	00:53:56
313	1025	Diogo André Monteiro da Silva	M		Séniiores	00:54:36	00:53:55
314	1119	Jose Antonio Mourao Aires	M		VET 45	00:54:36	00:54:03
315	1386	paula cunha	F	cunha	VET 45	00:54:48	00:54:32
316	1179	Wemerson Rocha	M		Séniiores	00:55:08	00:54:49
317	1029	Joaquim Manuel Ferreira da Silva Ramalho	M	Ramalho	VET 40	00:55:14	00:54:50
318	1079	Cristina fonseca	F	Gansos	VET 40	00:55:17	00:54:42
319	1233	Alcino tavares	M	Gansos	VET 45	00:55:18	00:54:42
320	1127	Florinda carvalho	F	Gansos	VET 40	00:55:18	00:54:43
321	1167	Rui Pereira	M	Pereira	VET 35	00:55:38	00:55:15
322	1039	FERNANDO MARIO	M		VET 60	00:55:39	00:55:22
323	1237	Bruno Souto	M		Séniiores	00:55:42	00:55:03
324	1085	Márcio Teixeira	M	MSS Contabilidade Trail Team	Séniiores	00:55:49	00:55:30
325	1169	Daniela Teixeira Costa Leite	F		Séniiores	00:55:49	00:55:12
326	1097	ABILIO SOARES	M		VET 60	00:55:52	00:55:46
327	1196	Rui Augusto	M	MSS Contabilidade Trail Team	VET 40	00:55:54	00:55:35
328	1164	Maria Ferreira	F	Amigos 100 Limites	VET 50	00:55:58	00:55:41
329	1632	Pedro Martins	M	STCP Runners	VET 35	00:55:59	00:55:30
330	1066	António Santos	M		VET 60	00:56:10	00:55:40
331	1572	Francisco Oliveira	M	Amigos Atletismo de Gondomar	VET 55	00:56:14	00:55:46
332	1325	Manuel Carvalho	M	Carvalho	VET 60	00:56:19	00:55:53
333	1087	André Fraga	M	Fraga	Séniiores	00:56:33	00:56:13
334	1352	mafalda oliveira	F	atlético da madalena	Séniiores	00:56:53	00:51:45
335	1155	PAULO JORGE	M	A.N.A.	VET 45	00:56:53	00:56:28
336	1121	Liliana Felgueiras	F	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 35	00:56:54	00:56:37
337	1033	Rui Marques	M	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 45	00:56:55	00:56:47
338	1054	Alcino Silva	M	Amigos 100 Limites	Séniiores	00:57:06	00:56:49
339	1442	Tiago Filipe Maximiano dos Santos	M	Santos	Séniiores	00:57:19	00:56:48
340	1238	Alexandre Neves	M	C.C.D.T.C.M.GONDOMAR	VET 40	00:57:22	00:56:58
341	1576	Catarina Sofia Cruz Madureira	F	Ofrunning	VET 40	00:57:22	00:56:58
342	1062	Renato Fernando Magalhães Oliveira	M		VET 40	00:57:23	00:56:48
343	1183	José Moreira	M	Polícia Municipal Gondomar	Séniiores	00:57:23	00:56:59
344	1570	Alexandre Barbosa	M	Gondomar Futsal Clube	VET 60	00:57:28	00:57:23
345	1578	Patrícia Pereira	F	Gondomar Futsal Clube	VET 35	00:57:40	00:57:26
346	1431	Licínio Sousa	M	Lion Runners - G. D. Leões Da Guarda	VET 35	00:58:01	00:57:33
347	1391	Armando Cunha	M		VET 60	00:58:09	00:57:55
348	1107	Paulo Silva	M	MSS Contabilidade Trail Team	Séniiores	00:58:12	00:57:53
349	1427	Diego JODA	M	MAZTERCLASS	Séniiores	00:58:16	00:57:44
350	1425	PAULO TAVARES	M		VET 40	00:58:18	00:57:43
351	1021	Andreia Leitão	F	Douro Runners	VET 35	00:58:25	00:57:53
352	1267	Isabel Santos	F	Grande Dupla	VET 40	00:58:25	00:57:44



Lugar	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
353	1320	João Pedro Gonçalves	M	MSS Contabilidade Trail Team	VET 50	00:58:34	00:58:23
354	1137	paulo ramos	M	GRUPO JUVENIL PINHEIRO DA BEMPOSTA-O.AZEMÉIS	VET 45	00:58:45	00:58:17
355	1366	Marie MAZIERE	F	MAZTERCLASS	Séniore	00:58:48	00:58:17
356	1600	Gustavo Azevedo	M		VET 40	00:58:53	00:58:22
357	1234	Patrícia Oliveira	F	Cuba Libre	Séniore	00:59:05	00:58:45
358	1102	Pedro Gonçalves	M	Cuba Libre	VET 40	00:59:05	00:58:45
359	1466	Francisca Gomes	F		Séniore	00:59:19	00:59:09
360	1403	Fernanda Bento	F	Douroconta - Gabinete de Apoio e Contabilidade, Lda	VET 55	00:59:33	00:59:33
361	1385	Joaquim Moreira	M	Afis/Ovar	VET 45	00:59:42	00:59:18
362	1435	Manuel Fernandes Silva	M		VET 40	00:59:43	00:59:03
363	1592	Márcia Alexandra	F	Viriathvs Runners Viseu	Séniore	00:59:47	00:59:10
364	1170	Paulo Costa	M	MSS Contabilidade Trail Team	VET 45	00:59:51	00:59:29
365	1045	Edilberto Costa	M	MSS Contabilidade Trail Team	VET 45	00:59:51	00:59:29
366	1679	Sérgio André Guimarães Almeida	M		VET 40	00:59:58	00:59:17
367	1208	Paulo Saúl	M		VET 40	00:59:58	00:59:17
368	1605	Lucie Trpisovska	F	Gondomar Futsal Clube	Séniore	01:00:01	00:59:33
369	1560	António Gonçalves	M		VET 60	01:00:20	01:00:15
370	1676	Liliana Miranda	F	Ofrunning	Séniore	01:00:40	01:00:25
371	1371	Vanda Miranda	F		VET 35	01:00:50	01:00:13
372	1644	Marcos Gomes	M	Gomes	Séniore	01:00:54	01:00:28
373	1223	viktor cardoso	M	atlético da madalena	VET 50	01:01:17	00:56:09
374	1305	Ângelo Oliveira	M		Séniore	01:01:19	01:00:48
375	1678	Armenia Santos	F	Ofrunning	Séniore	01:01:31	01:01:15
376	1339	Lénio Fernando Nogueira Marinho	M	Salgueiros Running	VET 60	01:01:35	01:01:22
377	1348	Diana Mota	F	exerciceforyou	VET 45	01:01:49	01:01:25
378	1376	susana vasconcelos	F	salgueiros running	VET 40	01:01:50	01:01:33
379	1638	ricardo teixeira	M	Salgueiros Running	VET 35	01:01:51	01:01:34
380	1177	Isabel Nogueira	F	exerciceforyou	VET 40	01:02:06	01:01:43
381	1438	Vânia Cardoso	F		VET 35	01:02:12	01:01:39
382	1591	Ana Paula Tavares	F		VET 45	01:02:14	01:01:48
383	1111	João Miranda de Azevedo	M		VET 40	01:02:22	01:01:44
384	1092	Vera Vieira	F	STCP Runners	VET 35	01:02:25	01:01:54
385	1396	José Santos	M	Grande Dupla	VET 60	01:02:30	01:01:50
386	1568	Eugenia Ferreira	F	OPraticante.pt	VET 50	01:02:31	01:02:15
387	1569	Pedro Pereira	M	OPraticante.pt	VET 40	01:02:31	01:02:16
388	1586	Mafalda Abreu	F		Séniore	01:02:35	01:02:16
389	1036	Sara Sousa Baptista	F		Séniore	01:02:36	01:02:05
390	1286	Luís Brás	M		VET 55	01:02:36	01:01:56
391	1580	José Carlos Maia Torres	M		Séniore	01:02:38	01:02:15
392	1240	Christopher Guimaraens	M		VET 45	01:02:51	01:02:18
393	1432	Jorge Correia	M		VET 40	01:03:38	01:03:03
394	1260	João Palhares	M		Séniore	01:03:39	01:03:03
395	1335	Helena Cardoso	F	exerciceforyou	VET 45	01:04:20	01:03:57
396	1413	Sergio Sousa	M	RunRiver-Escola Atletismo de Rio Tinto	VET 40	01:04:27	01:03:44

Lugar	Dorsal	Nome	Sexo	Equipa	Categoria	Tempo	Chip
397	1108	José Ferreira de Sousa	M	Factor X / S4L / Medense FC	VET 60	01:04:31	01:04:21
398	1575	João Martinez	M	Los Compadres	Séniore	01:04:37	01:04:17
399	1002	Diana Magalhães	F		VET 35	01:04:37	01:04:03
400	1120	Pedro Santos Ferreira	M	FactorX/S4L/ Medense FC	Séniore	01:04:43	01:04:30
401	1252	Rita Sousa	F	Factor X/S4L/Medense FC	Séniore	01:04:43	01:04:28
402	1251	Carlos Cabouco	M		VET 45	01:04:57	01:04:34
403	1392	Sandra Pinto	F	exerciceforyou	VET 40	01:04:59	01:04:36
404	1215	Marius DEGIOANI	M	MAZTERCLASS	Séniore	01:05:13	01:04:42
405	1384	Pedro Jorge Marques da Costa	M		VET 35	01:05:37	01:04:58
406	1414	Patrícia Ferreira	F	Magnirunners	Séniore	01:06:50	01:06:23
407	1574	Francisco Dinis	M	Los Compadres	VET 45	01:06:50	01:06:30
408	1447	Jose Sousa	M		VET 45	01:07:20	01:07:00
409	1218	João Azevedo	M	Kokasblue	VET 45	01:07:32	01:07:04
410	1379	Manuel Leonardo	M	Leonardo	VET 60	01:08:29	01:08:15
411	1672	Beatriz Rocha	F		Séniore	01:08:30	01:07:57
412	1086	Marta Alexandra Fernandes Peixoto Azevedo	F	Kokasblue	VET 45	01:08:44	01:08:17
413	1621	Filomena Soares	F	OPraticante.pt	VET 60	01:09:16	01:08:52
414	1387	fatima meinedo	F	PERNETAS	VET 45	01:09:34	01:09:14
415	1109	Lurdes Sanguedo	F	exerciceforyou	VET 45	01:10:07	01:09:43
416	1344	Clara BENHAMOU	F	MAZTERCLASS	Séniore	01:10:18	01:09:47
417	1153	Carolina Cabanelas	F	Magnirunners	Séniore	01:10:22	01:09:55
418	1448	Cátia Sousa	F	MSS Contabilidade Trail Team	Séniore	01:10:23	01:10:04
419	1634	Herminia Oliveira	F	Os Pressinhas	VET 50	01:11:38	01:11:28
420	1446	Maria Vieira Praça	F		VET 45	01:11:40	01:11:30
421	1573	Patricia Castro	F	Los Compadres	VET 35	01:12:52	01:12:31
422	1433	Tiago Teixeira	M	Sob Efeito Trail	Séniore	01:15:56	00:56:00
423	1073	Glaucia Rayane	F	exerciceforyou	Séniore	01:25:50	01:25:25
424	1067	Susana Almeida	F	exerciceforyou	VET 40	01:25:50	01:25:26
	1191	Rosa Maria Castro	F	MSS Contabilidade Trail Team	VET 55	00:41:13 (desq.)	00:40:38
	1065	Tiago Coelho	M	Sporting Clube de Espinho / António Leitão	Séniore	00:46:02 (desq.)	00:14:36
	1241	Sandra Ferreira	F	exerciceforyou	VET 45	01:04:16 (desq.)	01:03:54