

Pos.	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
1	461	Silva, Pedro		SENM	1	32:11.67	03:13	
2	292	Almeida, João	Escola de atletismo de coimbra	SENM	2	32:13.92	03:13	00:00:02
3	322	Costa, Nuno	C.D. São Salvador do Campo	SENM	3	32:26.46	03:15	00:00:14
4	395	Pereira, Tiago	f.c.penafiel	SENM	4	33:10.89	03:19	00:00:59
5	347	Fonseca, Mario	NAST - NUCLEO ASSOCIATIVO DE SANTO TIRSO	SENM	5	33:36.81	03:22	00:01:25
6	455	Magalhães, Nelson	C.D. São Salvador do Campo	M40	1	33:52.62	03:23	00:01:41
7	483	Ferreira, Marco	U.D. Várzea	M40	2	34:08.37	03:25	00:01:56
8	400	Amorim, Joao	f.c.penafiel	M40	3	34:16.15	03:26	00:02:04
9	272	Pires, Helder	Clube de Atletismo de Ovar	SENM	6	34:32.19	03:27	00:02:20
10	143	Monteiro, Carlos	F.C. Vizela	M45	1	34:32.34	03:27	00:02:20
11	270	Sousa, Renato	Clube de Atletismo de Ovar	SENM	7	35:16.77	03:32	00:03:05
12	305	Costa, Antonio	C.D. São Salvador do Campo	M45	2	35:20.31	03:32	00:03:08
13	191	Queiroz, Nuno	Clube Desportivo São Salvador do Campo	M40	4	35:22.54	03:32	00:03:11
14	417	Dias, Henrique	GRUPO DRAMATICO E RECREATIVO DA RETORTA	M50	1	35:26.12	03:33	00:03:14
15	398	Caetano, Bruno	f.c.penafiel	SENM	8	35:29.75	03:33	00:03:18
16	276	Miguel, Luís	Recreio Desportivo de Águeda	M40	5	35:32.90	03:33	00:03:21
17	444	Sousa, Baltazar	Boavista F.C.	M45	3	35:39.49	03:34	00:03:27
18	426	Pinheiro, Miguel	f.c.penafiel	SENM	9	35:48.66	03:35	00:03:37
19	419	Lisboa, Tiago	GRUPO DRAMATICO E RECREATIVO DA RETORTA	SENM	10	35:59.17	03:36	00:03:47
20	416	Pinto, Marcio	GRUPO DRAMATICO E RECREATIVO DA RETORTA	SENM	11	36:21.37	03:38	00:04:09
21	463	Faria, Marco	F.C. Vizela	M40	6	36:25.44	03:39	00:04:13
22	198	Costa, Manuel	A. D. Lustosa	M55	1	36:31.82	03:39	00:04:20
23	370	Ribeiro, Paulo	A. D. R. Aveleda	M45	4	36:49.18	03:41	00:04:37
24	450	Cabral, José	Clube Desportivo São Salvador do Campo	M55	2	36:51.27	03:41	00:04:39
25	446	Barbosa, Marco	Boavista F.C.	SENM	12	37:07.73	03:43	00:04:56
26	425	Vieira, José	f.c.penafiel	M50	2	37:20.73	03:44	00:05:09
27	216	Abreu, Henrique	Lousada Hotwheels Runners	SENM	13	37:26.43	03:45	00:05:14
28	413	Taborda, Rui	Adc São João da serra	M40	7	37:28.73	03:45	00:05:17
29	418	Rocha, Joaquim	GRUPO DRAMATICO E RECREATIVO DA RETORTA	M50	3	37:36.41	03:46	00:05:24
30	540	Pereira, Antonio		SENM	14	38:03.57	03:48	00:05:52
31	173	Madureira, Rosa		F40	1	38:07.14	03:49	00:05:55
32	401	Sousa, Aires	f.c.penafiel	M45	5	38:07.56	03:49	00:05:56
33	304	Bessa, Luis	F.C. Vizela	SENM	15	38:10.25	03:49	00:05:58
34	107	Moreira, Paulo		SENM	16	38:17.30	03:50	00:06:05
35	445	Souza, Fernando	Boavista F.C.	SENM	17	38:19.48	03:50	00:06:07
36	439	Campos, Rogério	Clube de Atletismo de Ovar	M50	4	38:22.75	03:50	00:06:11
37	180	Santos, Pedro	Lousada Runners	SENM	18	38:37.37	03:52	00:06:25
38	366	Jesus, António	A. D. R. Aveleda	M45	6	38:38.81	03:52	00:06:27
39	146	Pacheco, Bruno	Lousada Runners	SENM	19	38:39.68	03:52	00:06:28
40	396	Valente, Orlando	f.c.penafiel	M50	5	38:41.68	03:52	00:06:30
41	252	Vilela, Susana	Adc São João da serra	SENF	1	38:42.05	03:52	00:06:30
42	411	Cunha, Andreia	Famalicão runners	SENF	2	38:43.77	03:52	00:06:32
43	412	Figueiredo, Miguel	Famalicão runners	M45	7	38:53.98	03:53	00:06:42
44	151	Pereira, Fernando	A. D. Lustosa	M50	6	39:02.50	03:54	00:06:51

Pos.	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
45	237	Barbosa, José		SENM	20	39:05.93	03:55	00:06:54
46	440	Fontes, Filipe	Clube de Atletismo de Ovar	M45	8	39:10.06	03:55	00:06:58
47	215	Leite, Antonio	Lousada Hotwheels Runners	SENM	21	39:20.82	03:56	00:07:09
48	111	Reis, Telmo	Lousada Runners	SENM	22	39:28.14	03:57	00:07:16
49	313	Sousa, Carlos	ADC CJ CLARK de Castelo de Paiva	SENM	23	39:28.24	03:57	00:07:16
50	457	Oliveira, Luisa	Paredes Aventura	F40	2	39:32.72	03:57	00:07:21
51	221	Moreira, João	Lousada Hotwheels Runners	M45	9	39:35.60	03:58	00:07:24
52	231	Ferreira, Fernando	Atlético Clube Alfenense	M45	10	39:35.82	03:58	00:07:24
53	394	Machado, Carla		F40	3	39:36.85	03:58	00:07:25
54	338	Azevedo, Rui	Fridão Sem Limites	SENM	24	39:36.99	03:58	00:07:25
55	142	Sousa, Arlindo	Atlético Clube Alfenense	M55	3	40:03.57	04:00	00:07:52
56	337	Nunes, Ricardo	Fridão Sem Limites	SENM	25	40:04.31	04:00	00:07:52
57	206	Pinto, Tiago	C. A. Andatrinhos Freamunde	SENM	26	40:05.40	04:01	00:07:53
58	437	Teles, Antonio	Clube Trilheiros & Amigos	M40	8	40:07.68	04:01	00:07:56
59	124	Gaspar, António	Freefithness	M45	11	40:09.92	04:01	00:07:58
60	487	Andrade, Nuno	Boavista F.C.	SENM	27	40:26.56	04:03	00:08:15
61	141	Campos, Carlos	Atlético Clube Alfenense	M40	9	40:32.68	04:03	00:08:21
62	381	Pinto, Marco	Sem nome	SENM	28	40:37.69	04:04	00:08:26
63	399	Silvares, Joaquim	f.c.penafiel	M40	10	40:40.66	04:04	00:08:29
64	482	Costa, Agostinho	paços runners	M40	11	40:42.35	04:04	00:08:30
65	162	Pereira, Joaquim	Lousada Runners	SENM	29	40:44.21	04:04	00:08:32
66	441	Gamito, Bruno	Juventude Atlético Clube	SENM	30	40:49.02	04:05	00:08:37
67	465	Coelho, Miguel	A. D. Lustosa	SENM	31	40:52.74	04:05	00:08:41
68	193	Martins, Sergio	A.R DE NEGRELOS	M45	12	40:54.94	04:05	00:08:43
69	103	Nunes, Carla	A. D. Lustosa	SENF	3	41:02.84	04:06	00:08:51
70	405	Alves, Manuel		M60	1	41:05.65	04:07	00:08:54
71	364	Oliveira, Tiago	Sob Efeito Trail	SENM	32	41:12.55	04:07	00:09:01
72	117	Pedrosa, José	OS PRIMOS	M40	12	41:14.03	04:07	00:09:02
73	392	Pinto, Filipe	BTT Alegria // TUBANI	SENM	33	41:18.52	04:08	00:09:07
74	105	Costa, Nuno	Amigos das Sapatilhas	SENM	34	41:19.37	04:08	00:09:07
75	442	Sousa, Elisabete	Adc São João da serra	SENF	4	41:21.31	04:08	00:09:09
76	149	Cardoso, Telmo	A. D. Lustosa	M40	13	41:21.79	04:08	00:09:10
77	454	Matos, Alex.	Nascidos para correr	M50	7	41:26.11	04:09	00:09:14
78	435	Machado, Alberto		M50	8	41:27.00	04:09	00:09:15
79	121	Miranda, Jorge	OS PRIMOS	SENM	35	41:35.63	04:10	00:09:24
80	247	Cunha, Eugenio	Amigos das Sapatilhas	M45	13	41:44.47	04:10	00:09:32
81	294	Silva, José	Clube Trilheiros & Amigos	M50	9	41:49.20	04:11	00:09:37
82	119	Fontão, Bruno	OS PRIMOS	SENM	36	41:51.53	04:11	00:09:40
83	472	Ribeiro, Vanda	GRECAS	F40	4	41:55.07	04:12	00:09:43
84	239	Carvalho, José	Papá Sierras TT	SENM	37	41:57.68	04:12	00:09:46
85	130	Almeida, Hugo	Lousada Runners	M40	14	41:58.73	04:12	00:09:47
86	140	Mendes, Hélder	Lousada BTT	SENM	38	42:03.69	04:12	00:09:52
87	164	Rosendo, Jose	Lousada Runners	M55	4	42:18.28	04:14	00:10:06
88	253	Viegas, Paulo		SENM	39	42:20.13	04:14	00:10:08

Pos.	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
89	433	Pereira, Diana	Maia A.C	SENF	5	42:22.05	04:14	00:10:10
90	346	Rodrigues, Marco	Lousada Runners	M40	15	42:25.24	04:15	00:10:13
91	227	Vicêncio, Henrique	Atlético Clube Alfenense	M40	16	42:31.17	04:15	00:10:19
92	160	Moreira, Telmo	Lousada Runners	SENM	40	42:31.40	04:15	00:10:19
93	199	Ferreira, José	A. D. Lustosa	M55	5	42:31.56	04:15	00:10:20
94	229	Mateus, Francisco	Atlético Clube Alfenense	M50	10	42:34.01	04:15	00:10:22
95	226	Magalhães, Fernando		SENM	41	42:35.03	04:16	00:10:23
96	314	Sousa, Nuno	ADC CJ CLARK de Castelo de Paiva	SENM	42	42:36.25	04:16	00:10:24
97	167	Bessa, Carlos	Lousada Runners	SENM	43	42:39.22	04:16	00:10:27
98	408	Costa, Jose	Lousada Runners	SENM	44	42:39.47	04:16	00:10:27
99	367	Oliveira, Nuno	A. D. R. Aveleda	M40	17	42:43.73	04:16	00:10:32
100	404	Sampaio, Paulo	Lousada Runners	M40	18	42:49.23	04:17	00:10:37
101	288	Machado, Nuno	Lousada Runners	SENM	45	42:56.31	04:18	00:10:44
102	432	Ribeiro, Marcos		SENM	46	42:57.65	04:18	00:10:46
103	335	Aires, Ricardo	Fridão Sem Limites	M40	19	43:04.96	04:18	00:10:53
104	453	Pinheiro, Manuel	Fridão Sem Limites	M50	11	43:06.53	04:19	00:10:55
105	104	Oliveira, Joao	Facort Running Team	SENM	47	43:11.17	04:19	00:10:59
106	447	Teixeira, Sílvia	Boavista F.C.	F40	5	43:12.08	04:19	00:11:00
107	192	Martins, Luis	A.R DE NEGRELOS	M55	6	43:15.59	04:20	00:11:04
108	127	Regadas, Adão	Os resistentes	M50	12	43:20.81	04:20	00:11:09
109	268	Fernandes, Mónica	Clube de Atletismo de Ovar	F40	6	43:24.35	04:20	00:11:12
110	269	Leite, Celso	Clube de Atletismo de Ovar	SENM	48	43:24.45	04:20	00:11:12
111	150	Silva, Carlos	Clube Trilheiros & Amigos	M45	14	43:28.44	04:21	00:11:16
112	310	Sousa, Marta	ADC CJ CLARK de Castelo de Paiva	SENF	6	43:46.66	04:23	00:11:35
113	315	Martins, Rui	ADC CJ CLARK de Castelo de Paiva	M45	15	43:46.73	04:23	00:11:35
114	163	Pereira, Manuel	Lousada Runners	M50	13	44:15.25	04:26	00:12:03
115	245	Magalhães, Helder		SENM	49	44:15.62	04:26	00:12:04
116	279	Vieira, Aurelio	casa do povo de soalhães	M45	16	44:16.85	04:26	00:12:05
117	359	Cunha, Vitor		SENM	50	44:28.93	04:27	00:12:17
118	478	Ferreira, Roberto		SENM	51	44:31.57	04:27	00:12:20
119	246	., Mateus	Paredes Aventura	M40	20	44:32.40	04:27	00:12:20
120	179	Pedro, José	F.C. Vizela	SENM	52	44:34.26	04:27	00:12:22
121	108	Sousa, José	A.A.Lebres do Sado	M45	17	44:45.81	04:29	00:12:34
122	307	Tavares, Adélia	ADC CJ CLARK de Castelo de Paiva	F50	1	44:55.09	04:30	00:12:43
123	352	Freitas, Michele		SENF	7	45:09.19	04:31	00:12:57
124	545	Gomes, Paulo	Friends4life	SENM	53	45:14.73	04:31	00:13:03
125	373	Ferreira, Bernardino	A. D. R. Aveleda	M55	7	45:20.43	04:32	00:13:08
126	112	Moreira, Paulo	Caça Raposas	M55	8	45:27.68	04:33	00:13:16
127	436	Freitas, Paulo	F.C. Vizela	M40	21	45:32.40	04:33	00:13:20
128	109	Ribeiro, Luís	Lousada Runners	SENM	54	45:34.97	04:33	00:13:23
129	131	Silva, António	Lousada Runners	M50	14	45:35.01	04:33	00:13:23
130	235	Costa, Aurélio	Atlético Clube Alfenense	M50	15	45:39.25	04:34	00:13:27
131	211	Guimaraes, Joao	A. D. Lustosa	M50	16	45:39.40	04:34	00:13:27
132	102	Nunes, Ana	A. D. Lustosa	SENF	8	45:40.15	04:34	00:13:28

Pos.	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
133	391	Gomes, Manuel	BTT Alegria // TUBANI	SENM	55	45:41.45	04:34	00:13:29
134	126	Tavares, Renato	Os resistentes	SENM	56	45:54.49	04:35	00:13:42
135	376	Moura, Marco		SENM	57	46:01.10	04:36	00:13:49
136	336	Almeida, Andreia	Fridão Sem Limites	SENF	9	46:03.32	04:36	00:13:51
137	182	Carvalho, Filipe	Lousada Runners	SENM	58	46:09.79	04:37	00:13:58
138	184	Carvalho, Carlos	Lousada Runners	SENM	59	46:10.72	04:37	00:13:59
139	443	Barbosa, Manuel	Paredes Running	M40	22	46:10.90	04:37	00:13:59
140	148	Queirós, David	Lousada Runners	SENM	60	46:17.66	04:38	00:14:06
141	196	Sousa, Ricardo		SENM	61	46:17.77	04:38	00:14:06
142	169	Pimenta, Gustavo		SENM	62	46:21.00	04:38	00:14:09
143	248	Silva, Álvaro		M45	18	46:22.07	04:38	00:14:10
144	410	Barbosa, Paulo	Lousada Runners	SENM	63	46:23.51	04:38	00:14:12
145	414	Meneses, Tiago		SENM	64	46:23.51	04:38	00:14:12
146	254	Gonçalves, Ernesto	Running de espinho	M45	19	46:26.25	04:39	00:14:14
147	230	Polónia, Maria	Atlético Clube Alfenense	F40	7	46:28.08	04:39	00:14:16
148	362	Marques, Hélder	Sob Efeito Trail	M40	23	46:28.72	04:39	00:14:17
149	358	Ribeiro, Pedro	B.V. Lousada	SENM	65	46:32.17	04:39	00:14:20
150	316	Rodrigues, Armindo	ADC CJ CLARK de Castelo de Paiva	M45	20	46:33.01	04:39	00:14:21
151	137	Ventuzelos, Jose	Lousada Runners	M50	17	46:33.02	04:39	00:14:21
152	368	Mendes, Domingos	A. D. R. Aveleda	M55	9	46:46.46	04:41	00:14:34
153	110	Martins, Rui		M45	21	46:54.96	04:41	00:14:43
154	325	Correia, João	Lousada Runners	M50	18	46:58.45	04:42	00:14:46
155	473	Gomes, Bruno	Lousada Runners	SENM	66	47:01.94	04:42	00:14:50
156	204	Ribeiro, Rui	Lousada Hotwheels Runners	M45	22	47:04.21	04:42	00:14:52
157	318	Ferreira, Licinio	Team ALL	M40	24	47:05.81	04:43	00:14:54
158	301	Rocha, José	Juía Power	SENM	67	47:08.00	04:43	00:14:56
159	372	Bessa, Antónia	A. D. R. Aveleda	F40	8	47:08.61	04:43	00:14:57
160	546	Pinto, Luis		M40	25	47:12.72	04:43	00:15:01
161	341	Reis, Filipe	Fridão Sem Limites	M40	26	47:15.58	04:44	00:15:04
162	113	Novais, José		M45	23	47:17.77	04:44	00:15:06
163	228	Magalhães, José	Atlético Clube Alfenense	M60	2	47:32.04	04:45	00:15:20
164	266	Silva, Mário	Running Penafiel Trail	SENM	68	47:32.16	04:45	00:15:20
165	295	Leal, Nuno		SENM	69	47:32.81	04:45	00:15:21
166	345	Ferreira, Sónia	Lousada Runners	SENF	10	47:34.73	04:45	00:15:23
167	348	Gomes, Liliana		SENF	11	47:45.25	04:47	00:15:33
168	327	Sousa, Rafael	Run3	SENM	70	47:52.89	04:47	00:15:41
169	244	Lopes, Torcato	Lousada Runners	M45	24	47:58.18	04:48	00:15:46
170	409	Costa, Catarina	Lousada Runners	SENF	12	48:14.33	04:49	00:16:02
171	286	Teixeira, Ricardo	16.9 Runners	SENM	71	48:20.04	04:50	00:16:08
172	422	Oliveira, Armando	Lousada Runners	M60	3	48:24.76	04:50	00:16:13
173	403	Pereira, Tiago	Lousada Hotwheels Runners	SENM	72	48:30.21	04:51	00:16:18
174	188	Gomes, Helena	WOLVES	F40	9	48:50.29	04:53	00:16:38
175	257	Loureiro, Luis	16.9 Barbells Animals	SENM	73	48:52.73	04:53	00:16:41
176	415	Barbosa, Vitor	GRUPO DRAMATICO E RECREATIVO DA RETORTA	SENM	74	48:54.84	04:53	00:16:43

Pos.	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
177	106	Carvalho, João	Colheita de 84	SENM	75	49:15.73	04:56	00:17:04
178	135	Teixeira, Andreia	União Clube Eirense	SENF	13	49:24.31	04:56	00:17:12
179	181	Silva, Hugo		SENM	76	49:31.73	04:57	00:17:20
180	260	Freire, Luís		SENM	77	49:34.50	04:57	00:17:23
181	420	Costa, João		SENM	78	49:39.48	04:58	00:17:27
182	205	Carneiro, Paulo		M45	25	49:41.36	04:58	00:17:29
183	255	Sousa, Paulo	Lousada Hotwheels Runners	M40	27	49:51.74	04:59	00:17:40
184	355	Moreira, Rui	16.9 crossfit	SENM	79	49:53.05	04:59	00:17:41
185	421	Teixeira, Manuel	Lousada Runners	M55	10	49:58.64	05:00	00:17:47
186	303	Teixeira, Bruno	Juía Power	SENM	80	50:11.33	05:01	00:17:59
187	291	Moura, Joaquim		M45	26	50:18.68	05:02	00:18:07
188	356	Pinto, António		M40	28	50:29.63	05:03	00:18:18
189	118	Pedrosa, Luís	OS PRIMOS	SENM	81	50:29.99	05:03	00:18:18
190	220	Sa, Paulo	Lousada Hotwheels Runners	SENM	82	50:34.11	05:03	00:18:22
191	213	Leite, Paulo		M45	27	50:48.82	05:05	00:18:37
192	175	Silva, Maria	F.C. Vizela	F40	10	50:49.82	05:05	00:18:38
193	225	Sousa, António	Lousada Runners	M60	4	50:52.54	05:05	00:18:41
194	282	Mendes, Silvino	Morris Mendes & Associados, Lda	M55	11	50:53.39	05:05	00:18:41
195	365	Martins, Bruno	A. D. R. Aveleda	SENM	83	51:04.59	05:06	00:18:53
196	375	Pereira, José	A. D. R. Aveleda	M60	5	51:05.95	05:07	00:18:54
197	217	Sousa, José	Lousada Hotwheels Runners	M45	28	51:07.24	05:07	00:18:55
198	308	Martins, Filipa	ADC CJ CLARK de Castelo de Paiva	SENF	14	51:14.38	05:07	00:19:02
199	200	Oliveira, António	Lousada Runners	M55	12	51:26.13	05:09	00:19:14
200	134	Rodrigues, Susana	Clube Atletismo Fafe	SENF	15	51:26.93	05:09	00:19:15
201	277	Machado, Sérgio		M50	19	51:29.77	05:09	00:19:18
202	380	Silva, Armando		M55	13	51:35.13	05:10	00:19:23
203	378	Rodrigues, Flávio	B.V. Lousada	SENM	84	51:38.96	05:10	00:19:27
204	423	Duarte, Castro	B.V. Lousada	SENM	85	51:41.52	05:10	00:19:30
205	451	Pacheco, Pedro		SENM	86	51:49.78	05:11	00:19:38
206	306	Fonseca, António		M50	20	51:51.52	05:11	00:19:40
207	328	Reis, Joaquim	Run3	M55	14	52:00.98	05:12	00:19:49
208	236	Pinto, Mário	Atlético Clube Alfenense	SENM	87	52:02.52	05:12	00:19:51
209	174	Jota, Ricardo		M40	29	52:04.23	05:12	00:19:52
210	329	Soares, Filipe	Run3	SENM	88	52:06.34	05:13	00:19:54
211	165	Ferreira, Bruno		SENM	89	52:07.05	05:13	00:19:55
212	155	Teixeira, João	#NSP_ONTOUR	SENM	90	52:11.43	05:13	00:19:59
213	377	Moreira, Arnaldo	Lousada Runners	M50	21	52:19.89	05:14	00:20:08
214	178	Silva, Isabel	F.C. Vizela	SENF	16	52:21.72	05:14	00:20:10
215	265	França, Ricardo	Running Penafiel Trail	SENM	91	52:38.97	05:16	00:20:27
216	320	Pacheco, Vasco	Lousada Hotwheels Runners	M40	30	52:48.39	05:17	00:20:36
217	114	Dias, Maria	Lousada Runners	F40	11	52:48.40	05:17	00:20:36
218	274	Oliveira, Pedro	Sob Efeito Trail	SENM	92	52:55.75	05:18	00:20:44
219	353	Couto, Carla	16.9 crossfit	SENF	17	53:04.60	05:18	00:20:53
220	323	Maria, António	Seilá	M50	22	53:14.59	05:19	00:21:03

Pos.	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
221	203	Costa, Mário	Domingo Runners	SENM	93	53:17.00	05:20	00:21:05
222	202	Ribeiro, Arsénio	Domingo Runners	SENM	94	53:18.24	05:20	00:21:06
223	464	Carvalho, Ana	F.C. Vizela	F40	12	53:36.78	05:22	00:21:25
224	144	Rodrigues, José		M50	23	53:37.85	05:22	00:21:26
225	393	Cruz, Jorge	BTT Alegria // TUBANI	SENM	95	54:11.42	05:25	00:21:59
226	319	Ferreira, Luis	Team ALL	M40	31	54:14.27	05:25	00:22:02
227	317	Correia, Álvaro	Team ALL	M45	29	54:14.39	05:25	00:22:02
228	309	Pinto, Ana	ADC CJ CLARK de Castelo de Paiva	SENF	18	54:39.05	05:28	00:22:27
229	258	Ribeiro, Daniel	16.9 Barbells Animals	SENM	96	54:39.31	05:28	00:22:27
230	430	Rodrigues, Filipe		SENM	97	54:39.50	05:28	00:22:28
231	458	Alfeirao, Alexandre	M&M Militares e outros Malucos	M40	32	54:50.41	05:29	00:22:38
232	267	Matos, José		SENM	98	54:52.09	05:29	00:22:40
233	390	Rocha, Sara	BTT Alegria // TUBANI	SENF	19	54:54.10	05:29	00:22:42
234	194	Ribeiro, Manuel		SENM	99	55:01.64	05:30	00:22:50
235	311	Rodrigues, Manuela	ADC CJ CLARK de Castelo de Paiva	F40	13	55:01.82	05:30	00:22:50
236	275	Costa, André	ANDRÉ COSTA	SENM	100	55:16.53	05:32	00:23:05
237	539	Roesch, Dominique		F50	2	55:16.58	05:32	00:23:05
238	189	Carvalho, Isabel	WOLVES	F40	14	55:18.31	05:32	00:23:06
239	249	Oliveira, Pedro		SENM	101	55:19.96	05:32	00:23:08
240	125	Silva, Nuno		M40	33	55:24.33	05:32	00:23:12
241	371	Sousa, Manuela	A. D. R. Aveleda	F40	15	55:25.94	05:33	00:23:14
242	207	Lopes, Sara	Lousada Runners	SENF	20	55:25.95	05:33	00:23:14
243	486	Sousa, Luis	A. D. R. Aveleda	SENM	102	55:32.11	05:33	00:23:20
244	321	Beça, Amilcar		SENM	103	55:33.28	05:33	00:23:21
245	259	Silva, Tânia	16.9 Barbells Animals	SENF	21	55:45.41	05:35	00:23:33
246	170	Barbosa, Bruno		SENM	104	55:45.42	05:35	00:23:33
247	136	Teixeira, João	João Grilo Teixeira	SENM	105	55:46.19	05:35	00:23:34
248	168	Ribeiro, Rogério		M40	34	55:58.55	05:36	00:23:47
249	449	Oliveira, Paula	Juntos somos UM!	F40	16	56:02.88	05:36	00:23:51
250	460	Silva, Elisabete	M&M Militares e outros Malucos	SENF	22	56:25.20	05:39	00:24:13
251	459	Silva, Rui	M&M Militares e outros Malucos	SENM	106	56:25.32	05:39	00:24:13
252	154	Moreira, Filipa		F40	17	56:33.07	05:39	00:24:21
253	122	Oliveira, Isabel		F40	18	56:33.73	05:39	00:24:22
254	283	Pardal, Osório	Adc São João da serra	M55	15	56:34.74	05:39	00:24:23
255	363	Oliveira, Ana	Sob Efeito Trail	SENF	23	56:53.95	05:41	00:24:42
256	222	Coelho, Ana		SENF	24	56:56.12	05:42	00:24:44
257	293	Anjos, Maria	Escola de atletismo de coimbra	F40	19	57:00.41	05:42	00:24:48
258	281	Mendes, Diogo	Morris Mendes & Associados, Lda	SENM	107	57:07.59	05:43	00:24:56
259	290	Carvalho, Joana	16.9 Runners	SENF	25	57:19.24	05:44	00:25:07
260	263	Pacheco, Felicidade	16.9 Runners	SENF	26	57:20.45	05:44	00:25:08
261	171	Leite, João		SENM	108	57:35.32	05:46	00:25:23
262	243	Gomes, Rosa	Lousada Runners	F40	20	57:39.39	05:46	00:25:27
263	223	Vieira, Débora		SENF	27	58:18.42	05:50	00:26:06
264	361	Correia, Célia	30	SENF	28	58:28.78	05:51	00:26:17

Pos.	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
265	360	Pereira, Rogério	30	SENM	109	58:30.18	05:51	00:26:18
266	542	Magalhaes, Ricardo		SENM	110	58:48.80	05:53	00:26:37
267	543	Magalhaes, Manuela		SENF	29	58:49.65	05:53	00:26:38
268	330	Cruz, Marisa		F40	21	58:50.61	05:53	00:26:39
269	197	Moreira, Sérgio	PlayLife	SENM	111	58:50.80	05:53	00:26:39
270	139	Ventuzelos, Joao	Lousada Runners	SENM	112	58:55.73	05:54	00:26:44
271	384	Mateus, Susana	Atlético Clube Alfenense	SENF	30	59:08.94	05:55	00:26:57
272	138	Ventuzelos, Filipa	Lousada Runners	F40	22	59:09.00	05:55	00:26:57
273	238	Barroso, Joaquim		M40	35	59:10.67	05:55	00:26:59
274	385	Vasconcelos, Fábio	Be Runners	SENM	113	59:10.81	05:55	00:26:59
275	386	Sousa, Flávia	Be Runners	SENF	31	59:10.88	05:55	00:26:59
276	428	Pinheiro, Sónia	F.C. Vizela	SENF	32	59:29.68	05:57	00:27:18
277	448	Baldac, Alberto	Boavista F.C.	M40	36	59:35.56	05:58	00:27:24
278	488	Pinto, Francisco	Boavista F.C.	M50	24	59:35.79	05:58	00:27:24
279	187	Henrique, Sousa		M40	37	59:50.67	05:59	00:27:39
280	289	Pires, Elisabete	Lousada Runners	SENF	33	59:56.61	06:00	00:27:45
281	456	Ribeiro, Márcia		SENF	34	59:57.23	06:00	00:27:45
282	232	Almeida, Adelaide	Atlético Clube Alfenense	F40	23	1:00:00.03	06:00	00:27:48
283	234	Costa, Ana	Atlético Clube Alfenense	SENF	35	1:00:00.19	06:00	00:27:48
284	340	Sampaio, Fernando	Fridão Sem Limites	M45	30	1:00:04.39	06:00	00:27:52
285	339	Teixeira, Carla	Fridão Sem Limites	SENF	36	1:00:05.42	06:01	00:27:53
286	357	Azevedo, Bruno	Fridão Sem Limites	SENM	114	1:00:06.80	06:01	00:27:55
287	297	., Ginho	Playlife	M40	38	1:00:24.62	06:02	00:28:13
288	298	Cristina, #VALUE!	Playlife	F40	24	1:00:25.14	06:03	00:28:13
289	469	Ribeiro, Rui	Run For Run	SENM	115	1:01:23.99	06:08	00:29:12
290	296	Moreira, Manuel		M45	31	1:01:33.66	06:09	00:29:22
291	466	Campos, Fernando		M45	32	1:01:33.72	06:09	00:29:22
292	242	Moreira, Abel		M45	33	1:01:33.90	06:09	00:29:22
293	299	Ferreira, Diana	Os Ferreira	SENF	37	1:02:03.30	06:12	00:29:51
294	300	Ferreira, Vitor	Os Ferreira	SENM	116	1:02:04.02	06:12	00:29:52
295	302	Pinto, José	Juía Power	M45	34	1:02:07.01	06:13	00:29:55
296	427	Botelho, João		SENM	117	1:02:17.54	06:14	00:30:06
297	429	Tulha, Carolina	Carolina Tulha	SENF	38	1:02:17.96	06:14	00:30:06
298	285	Santos, Rui	16.9 Runners	SENM	118	1:02:34.13	06:15	00:30:22
299	262	Rosendo, Iolanda	16.9 Runners	SENF	39	1:02:58.09	06:18	00:30:46
300	382	Sousa, Maria	Sem nome	F50	3	1:03:20.28	06:20	00:31:08
301	402	Pereira, Cristiana		SENF	40	1:03:27.20	06:21	00:31:15
302	388	Ventura, Joaquim	QualquerCoisa	M60	6	1:03:29.36	06:21	00:31:17
303	208	Moreira, Nuno	Alto e Baixa	SENM	119	1:03:46.92	06:23	00:31:35
304	331	Gonçalves, Elsa	F.C. Vizela	SENF	41	1:03:46.94	06:23	00:31:35
305	468	Sousa, Ana	Run For Run	SENF	42	1:03:59.33	06:24	00:31:47
306	387	Ventura, Mónica	QualquerCoisa	SENF	43	1:04:00.06	06:24	00:31:48
307	470	Soares, Conceição	Run For Run	F40	25	1:04:05.79	06:25	00:31:54
308	161	Coelho, Vitor		SENM	120	1:04:11.93	06:25	00:32:00

Pos.	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
309	278	Teles, Maria		SENF	44	1:04:31.72	06:27	00:32:20
310	344	, Rui		SENM	121	1:04:33.31	06:27	00:32:21
311	250	Pacheco, Ricardo		SENM	122	1:04:34.31	06:27	00:32:22
312	116	Caldas, Vítor	.	SENM	123	1:04:38.16	06:28	00:32:26
313	115	Moura, Lucília	.	SENF	45	1:04:39.47	06:28	00:32:27
314	224	Serafim, Pedro	Lousada Runners	SENM	124	1:04:41.76	06:28	00:32:30
315	147	Freitas, Vera	Lousada Runners	SENF	46	1:04:43.19	06:28	00:32:31
316	133	Varela, Neuza	Twins	SENF	47	1:04:59.36	06:30	00:32:47
317	312	Silva, Ângela	ADC CJ CLARK de Castelo de Paiva	SENF	48	1:05:03.12	06:30	00:32:51
318	132	Oliveira, Catarina	Twins	SENF	49	1:05:07.29	06:31	00:32:55
319	350	Barbosa, Gina	JOSE	F40	26	1:06:02.13	06:36	00:33:50
320	406	Pinto, Pedro		SENM	125	1:06:04.65	06:36	00:33:53
321	349	Silva, Jose	JOSE	M45	35	1:06:04.88	06:36	00:33:53
322	284	Coelho, Pedro		SENM	126	1:06:19.59	06:38	00:34:08
323	280	Bragança, Jorge		SENM	127	1:06:19.60	06:38	00:34:08
324	333	Fernandes, Sandra	Fridão Sem Limites	F40	27	1:07:16.97	06:44	00:35:05
325	334	Soares, Rosa	Fridão Sem Limites	F40	28	1:07:19.42	06:44	00:35:07
326	389	Ventura, Teresa	QualquerCoisa	SENF	50	1:08:45.87	06:53	00:36:34
327	264	Barbosa, Patricia	16.9 Runners	SENF	51	1:09:32.97	06:57	00:37:21
328	383	Monteiro, Sónia	Atlético Clube Alfenense	SENF	52	1:10:22.86	07:02	00:38:11
329	251	Silva, José	Caça Raposas	M40	39	1:10:24.58	07:02	00:38:13
330	434	Santos, Ana	Ana LuísaSantos	SENF	53	1:11:09.61	07:07	00:38:58
331	210	Sampaio, António		M55	16	1:11:11.88	07:07	00:39:00