

XII Corrida de São Silvestre Vila Real

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Vila Real
30 de Dezembro
CHRONO.PT



Classificação Geral

Corrida

10,00 Km.

Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	160	Rui Teixeira	Sporting Clube Portugal	V35	1	31:08.42	03:07	
2	158	Luís Miguel Pinto Saraiva	Sporting Clube de Braga	S	1	31:36.33	03:10	0:00:28
3	510	Jorge Moreira	Sporting clube Portugal	S	2	31:47.55	03:11	0:00:40
4	338	PEDRO RIBEIRO	Sporting Clube de Portugal	V35	2	31:52.35	03:11	0:00:44
5	260	Pedro Cruz	CD São Salvador Campo	V35	3	31:56.52	03:12	0:00:49
6	340	Ricardo Pereira	Associação Jardim da Serra	S	3	32:07.19	03:13	0:00:59
7	464	João Antunes	C.D.S.Salvador do Campo	S	4	32:17.54	03:14	0:01:10
8	262	Bruno Silva	Águias de Alvelos	S	5	32:23.39	03:14	0:01:15
9	185	José Carvalho	Clube Académico de Mogadouro	V40	1	32:30.76	03:15	0:01:23
10	325	VITOR BARBOSA	GRUPO DRAMATICO E RECRE	S	6	32:57.76	03:18	0:01:50
11	279	André Silva	Águias de Alvelos	S	7	33:18.68	03:20	0:02:11
12	360	José Vieira	Grupo Desportivo e Cultural de C	S	8	33:33.13	03:21	0:02:25
13	123	Leandro Martins	Escola Atletismo Rosa Oliveira	S	9	33:41.99	03:22	0:02:34
14	122	Nuno Fernandes	Escola Atletismo Rosa Oliveira	S	10	33:55.61	03:24	0:02:48
15	124	Rui Fernandes	Escola Atletismo Rosa Oliveira	S	11	33:59.29	03:24	0:02:51
16	290	Henrique Costa	Cyclones atlético club	S	12	34:06.84	03:25	0:02:59
17	334	Carlos Silva	C.D.S.SALVADOR DO CAMPO	S	13	34:15.43	03:26	0:03:07
18	525	Nuno Pereira	ACDSJS	S	14	34:17.44	03:26	0:03:09
19	373	António Teixeira	C. S. R. D. C. SANTIAGO	V35	4	34:22.67	03:26	0:03:15
20	361	Vítor Barbosa	Grupo Desportivo e Cultural de C	V35	5	34:32.76	03:27	0:03:25
21	417	NUNO AMADO	NAVR	S	15	34:39.75	03:28	0:03:32
22	526	Nuno Queiros	ACDSJS	S	16	35:18.70	03:32	0:04:11
23	347	Marco Filipe	CANSC	V35	6	35:22.69	03:32	0:04:15
24	241	josé pereira	AMA vr	V40	2	35:29.59	03:33	0:04:22
25	327	HENRIQUE DIAS	GRUPO DRAMATICO E RECRE	V50	1	35:39.88	03:34	0:04:32
26	375	João Cavadas	C. S. R. D. C. SANTIAGO	V50	2	35:43.76	03:34	0:04:36
27	161	Alfredo Pinheiro	AD Amarante	V50	3	35:51.40	03:35	0:04:43
28	398	Paulo Costa	A.D. Amarante Atletismo	V35	7	35:53.91	03:35	0:04:46
29	372	Miguel Pinheiro	C. S. R. D. C. SANTIAGO	V35	8	36:01.32	03:36	0:04:53
30	333	MIGUEL MENDES	GRUPO DRAMATICO E RECRE	V40	3	36:05.78	03:37	0:04:58
31	131	Carlos Manuel Batista Ferreira	Batista Ferreira	V40	4	36:08.00	03:37	0:05:00
32	329	TIAGO PINTO	GRUPO DRAMATICO E RECRE	S	17	36:16.31	03:38	0:05:08
33	369	EDUARDO PEREIRA		V35	9	36:30.63	03:39	0:05:23
34	374	José Vieira	C. S. R. D. C. SANTIAGO	V45	1	36:38.70	03:40	0:05:31
35	126	Luis pereira	Individual	V35	10	36:45.77	03:41	0:05:38
36	125	Miguel Torres	Escola Atletismo Rosa Oliveira	S	18	36:48.20	03:41	0:05:40
37	400	Victor Costa	A.D. Amarante Atletismo	V40	5	36:52.82	03:41	0:05:45
38	312	André Guedes	Dr. Merino/4move	V40	6	36:53.97	03:41	0:05:46
39	331	ADELINO SILVA	GRUPO DRAMATICO E RECRE	V45	2	36:55.90	03:42	0:05:48
40	330	JOAQUIM ROCHA	GRUPO DRAMATICO E RECRE	V50	4	36:57.19	03:42	0:05:49
41	413	JOÃO LEANDRO	NAVR	V40	7	36:58.64	03:42	0:05:51
42	416	SAMUEL TOMÁS	NAVR	V35	11	37:00.66	03:42	0:05:53
43	434	RAUL FERNANDES	NAVR	V40	8	37:08.19	03:43	0:06:00
44	119	Jorge Vale	Clube Atletismo Fafe	V45	3	37:10.82	03:43	0:06:03
45	165	MIGUEL PEIXE	VITÓRIA SPORT CLUBE	V40	9	37:15.10	03:44	0:06:07

46	348	Luís Novais	CANSC	V40	10	37:19.38	03:44	0:06:11
47	243	Pedro Maio	AMA vr	V35	12	37:23.44	03:44	0:06:15
48	521	Sónia Ferreira	União desportiva de várzea	SF	1	37:34.42	03:45	0:06:26
49	242	Pedro Freitas	AMA vr	S	19	37:34.94	03:45	0:06:27
50	367	Pedro Carvalho	Grupo Desportivo e Cultural de C	S	20	37:35.83	03:46	0:06:28
51	399	Carlos Queirós	A.D. Amarante Atletismo	S	21	37:38.07	03:46	0:06:30
52	512	Carlos matos	Acr real	V40	11	37:46.18	03:47	0:06:38
53	428	JOSÉ BARROS	NAVR	V40	12	37:47.95	03:47	0:06:40
54	385	Jessica Pontes	Sporting Clube Braga	SF	2	37:48.77	03:47	0:06:41
55	379	Renato Coelho	C. S. R. D. C. SANTIAGO	S	22	37:50.34	03:47	0:06:42
56	184	Pedro Botelho	RII3	V40	13	37:55.77	03:48	0:06:48
57	502	João Teixeira	CCDAPDR	V50	5	37:59.06	03:48	0:06:51
58	449	Luisa Oliveira	Paredes Aventura	VF	1	38:04.38	03:48	0:06:56
59	527	Paulo Pereira	BTT Trilhos de Penaguião	V50	6	38:05.87	03:49	0:06:58
60	227	Filipe Brás	Moloni Running Team	V40	14	38:21.78	03:50	0:07:14
61	437	CARLOS TAVEIRA	NAVR	V50	7	38:21.79	03:50	0:07:14
62	349	Mário Monteiro	CANSC	V40	15	38:42.01	03:52	0:07:34
63	458	Filipe Manuel Garcia Leite	UDV	V45	4	38:58.90	03:54	0:07:51
64	270	Clarisse Cruz	Clube compesana club	VF	2	38:59.06	03:54	0:07:51
65	148	Alexandra Silva	Amigos do Atletismo de Mafra	SF	3	39:01.90	03:54	0:07:54
66	411	Hugo Brigas		S	23	39:06.13	03:55	0:07:58
67	397	Jorge Oliveira	A.D. Amarante Atletismo	V40	16	39:11.36	03:55	0:08:03
68	299	Ludgero Moreira	E A Trofa	V35	13	39:17.23	03:56	0:08:09
69	501	ANTÓNIO PINTO	INDIVIDUAL	V40	17	39:18.41	03:56	0:08:10
70	429	PEDRO NUNES	NAVR	V35	14	39:20.05	03:56	0:08:12
71	364	Rui Rodrigues	Grupo Desportivo e Cultural de C	S	24	39:23.82	03:56	0:08:16
72	176	JOAQUIM SANTOS	CANSC	V40	18	39:24.71	03:56	0:08:17
73	280	Artur Pereira		V35	15	39:25.13	03:57	0:08:17
74	432	ESTEVÃO GONÇALVES	NAVR	V40	19	39:26.24	03:57	0:08:18
75	423	FILIFE NUNES	NAVR	V40	20	39:40.57	03:58	0:08:33
76	218	João Alves	RII3	V35	16	39:50.50	03:59	0:08:43
77	485	Lucinda da coeição moreiras	AACR - Associação dos Amigos c	VF	3	39:59.04	04:00	0:08:51
78	162	Manuel Henrique Ferreira Gon	Viriathus Runners	V40	21	40:01.64	04:00	0:08:54
79	129	António Taveira	CANSC	V45	5	40:06.90	04:01	0:08:59
80	225	Nuno Angélico	Moloni Running Team	V35	17	40:17.34	04:02	0:09:09
81	118	Valentim Henriques	CD Asas do Milenium	V45	6	40:28.08	04:03	0:09:20
82	346	Nuno Miguel Macedo Martins	Grupo Desportivo Santander Tott	V35	18	40:34.82	04:03	0:09:27
83	205	Bruno silva	Fiaes running	S	25	40:35.56	04:04	0:09:28
84	143	Rodrigo Lopes	Duckbill	S	26	40:39.44	04:04	0:09:31
85	414	JOÃO ROCHA	NAVR	V35	19	40:45.85	04:05	0:09:38
86	396	Miguel Queirós	A.D. Amarante Atletismo	V35	20	40:51.52	04:05	0:09:44
87	366	Nuno Silva	Grupo Desportivo e Cultural de C	V35	21	41:10.19	04:07	0:10:02
88	408	Bruno Peixoto		V35	22	41:11.29	04:07	0:10:03
89	456	Abilio Mendes Magalhães	EMNA RUNNERS	V50	8	41:14.40	04:07	0:10:06
90	386	João Oliveira	Chaves Running Team	V40	22	41:15.01	04:08	0:10:07
91	383	Gonçalo Morais	Chaves Running Team	V40	23	41:17.00	04:08	0:10:09
92	528	Paulo Rebelo		V45	7	41:30.92	04:09	0:10:23
93	358	Amélia Vieira	Grupo Desportivo e Cultural de C	SF	4	41:31.20	04:09	0:10:23
94	180	João Carlos da Costa Monteiro	RII3	S	27	41:31.85	04:09	0:10:24
95	363	Sérgio Azevedo	Grupo Desportivo e Cultural de C	V40	24	41:32.76	04:09	0:10:25
96	336	Fábio Cardoso	Lamego tribo Runners	S	28	41:33.07	04:09	0:10:25
97	273	Jorge Costa		V40	25	41:33.92	04:09	0:10:26
98	209	Marco Pinto		S	29	41:34.39	04:09	0:10:26
99	152	luis fonseca	caminheiros de paços	V45	8	41:38.72	04:10	0:10:31
100	259	Luis Miguel Alves Lopes	RII3	S	30	41:50.49	04:11	0:10:42
101	390	Norberto Costa	Chaves Running Team	V50	9	41:53.53	04:11	0:10:46
102	470	Tiago Miguel Baltasar Fenand	AACR - Associação dos Amigos d	S	31	41:54.74	04:11	0:10:47
103	109	JOÃO REIS	VIRIATHVS RUNNERS	V45	9	41:57.09	04:12	0:10:49

104	425	RUI BORGES	NAVR	S	32	41:59.55	04:12	0:10:52
105	246	José A. Nunes	Lameg'o parente	V50	10	42:04.60	04:12	0:10:57
106	153	RUI MAGALHAES	RUN4FUN	V40	26	42:09.13	04:13	0:11:01
107	507	Luís Manuel Calijão Vale		V45	10	42:19.83	04:14	0:11:12
108	378	Osório Pinto	C. S. R. D. C. SANTIAGO	V50	11	42:24.26	04:14	0:11:16
109	132	Joel Castro	Benfica	S	33	42:26.31	04:15	0:11:18
110	393	Francisco Guedes	Individual	V50	12	42:27.09	04:15	0:11:19
111	517	Fábio Mourão	UDC SABORSA	S	34	42:27.55	04:15	0:11:20
112	450	Miguel Goyanes		V35	23	42:30.22	04:15	0:11:22
113	139	Severo Monteiro		S	35	42:32.15	04:15	0:11:24
114	436	JOSÉ ALMEIDA	NAVR	V35	24	42:34.11	04:15	0:11:26
115	394	Antonio Mendes	A.D Amarante Atletismo	S	36	42:45.95	04:17	0:11:38
116	497	Aniceto Guedes	CANSC	V50	13	42:51.14	04:17	0:11:43
117	226	André Lopes	Moloni Running Team	V35	25	42:51.96	04:17	0:11:44
118	277	Mário Martins		V35	26	42:56.21	04:18	0:11:48
119	147	Nuno Costa		V40	27	43:06.86	04:19	0:11:59
120	151	carlos rocha carvalho	caminheiros de paços	V35	27	43:18.42	04:20	0:12:10
121	532	Francisco Rpdrigues		V50	14	43:30.26	04:21	0:12:22
122	301	Márcio Santos	RVBTT	V35	28	43:32.34	04:21	0:12:24
123	524	Jair Caramelo	ind	V35	29	43:33.60	04:21	0:12:26
124	173	viktor chaves	RII3	V50	15	43:34.96	04:21	0:12:27
125	444	Victor Carvalhais		V50	16	43:36.55	04:22	0:12:29
126	211	Filipe Martinho	Super Lesmas	V40	28	43:38.44	04:22	0:12:30
127	387	João carlos Carreira	Chaves Running Team	S	37	43:40.39	04:22	0:12:32
128	404	Luis Ferreira	Individual	V35	30	43:45.36	04:23	0:12:37
129	377	Elisabete Sousa	C. S. R. D. C. SANTIAGO	VF	4	43:46.15	04:23	0:12:38
130	371	Joel Barbosa	C. S. R. D. C. SANTIAGO	S	38	43:46.83	04:23	0:12:39
131	146	Paulo Alex. F. Santos		V35	31	43:52.40	04:23	0:12:44
132	419	HUGO PAREDES	NAVR	V35	32	43:58.73	04:24	0:12:51
133	181	Rui Botelho		S	39	44:00.77	04:24	0:12:53
134	265	Carlos Garganta		S	40	44:06.20	04:25	0:12:58
135	199	António José da Eira Costa	Individual	S	41	44:06.93	04:25	0:12:59
136	304	Mário Rui Fernandes Rodrigue	Trutas Mau	V40	29	44:08.11	04:25	0:13:00
137	531	Rodolfo Orfão		V40	30	44:14.53	04:25	0:13:07
138	229	Humberto Barros	Moloni Running Team	V35	33	44:16.27	04:26	0:13:08
139	252	ANTÓNIO FERNANDES		V50	17	44:16.96	04:26	0:13:09
140	494	Jorge Morgado	Ind	V50	18	44:33.09	04:27	0:13:25
141	174	Manuel Júlio Mezas da Eira	RII3	V50	19	44:33.89	04:27	0:13:26
142	111	carla santos	individual	VF	5	44:43.43	04:28	0:13:35
143	110	filipe pinheiro	ARA-Ass.Rec. Alfandeguense	V35	34	44:44.13	04:28	0:13:36
144	328	Joel Silva	Insane Trail Team	V40	31	44:52.29	04:29	0:13:44
145	261	Marco da Silva Tavares	RII3	S	42	45:02.22	04:30	0:13:54
146	509	Nuno Morais		V35	35	45:05.99	04:31	0:13:58
147	337	HUGO FEBRAS	Lamego Tribo Runners	V40	32	45:06.30	04:31	0:13:58
148	169	JOSE CARVALHO		V40	33	45:07.79	04:31	0:14:00
149	368	Mário Pinto	Grupo Desportivo e Cultural de C	S	43	45:11.96	04:31	0:14:04
150	307	Rui Miguel da Silva Pereira		V35	36	45:15.09	04:32	0:14:07
151	163	Fernando Alves	De la vita	V50	20	45:15.39	04:32	0:14:07
152	427	RUI PEDRO BARREIRA	NAVR	S	44	45:16.43	04:32	0:14:08
153	345	Filipe Martins Portela		S	45	45:19.67	04:32	0:14:12
154	294	Agostinho Carneiro	C.A.ESTRELAS DO MARCO	V50	21	45:20.78	04:32	0:14:13
155	523	Paulo Seixas		V40	34	45:22.42	04:32	0:14:14
156	222	Alvaro Saraiva	Moloni Running Team	V40	35	45:23.33	04:32	0:14:15
157	406	JOÃO LOPES	Desportivo Ases S. Jorge - Fafe	V50	22	45:23.78	04:32	0:14:16
158	318	Carlos Carneiro	CA BOLTS	V45	11	45:27.42	04:33	0:14:19
159	230	Tomás Oliveira	Moloni Running Team	V45	12	45:28.24	04:33	0:14:20
160	295	Manuel Barros		V50	23	45:38.17	04:34	0:14:30
161	438	Luís Sousa		V50	24	45:42.07	04:34	0:14:34

162	202	João Gil		V50	25	45:50.84	04:35	0:14:43
163	159	Leonardo de Carvalho Braz	Ind	S	46	45:57.20	04:36	0:14:49
164	171	João Borges	Individual	S	47	46:04.32	04:36	0:14:56
165	302	José Carlos Da Costa Barrias	RVBTT	V45	13	46:08.92	04:37	0:15:01
166	381	Zeca Carvalhais	Ginásio Culto do Corpo	V50	26	46:11.86	04:37	0:15:04
167	519	NUNO CUNHA	Geadas Running	S	48	46:11.87	04:37	0:15:04
168	183	Filipe Fernando Massa Alves	RII3	V40	36	46:19.57	04:38	0:15:12
169	435	PATRÍCIA GOMES	NAVR	SF	5	46:25.61	04:39	0:15:18
170	420	NELSON SILVA	NAVR	V35	37	46:26.43	04:39	0:15:18
171	421	CARLOS OLIVEIRA	NAVR	V35	38	46:26.76	04:39	0:15:19
172	457	Luís Filipe Mendes Magalhães	EMNA RUNNERS	S	49	46:39.91	04:40	0:15:32
173	193	Meltino Barros	ATVR	V50	27	46:41.44	04:40	0:15:33
174	335	Gil Couto	RVBTT	V35	39	46:43.89	04:40	0:15:36
175	380	Luis Fraga	Sem clube	V35	40	46:45.00	04:41	0:15:37
176	186	Virgilio Pinhel	Pool Team	V45	14	46:45.61	04:41	0:15:38
177	487	Ivo Pereira		S	50	46:48.33	04:41	0:15:40
178	276	Armando Lapa		V45	15	46:53.32	04:41	0:15:45
179	179	Natalina Cardoso	Pool Team	SF	6	46:56.11	04:42	0:15:48
180	402	João Morgado		V40	37	46:59.06	04:42	0:15:51
181	120	Carlos Alves	Individual	V50	28	47:02.92	04:42	0:15:55
182	228	Óscar Lopes	Moloni Running Team	V35	41	47:04.89	04:42	0:15:57
183	395	Angela Soares	A.D. Amarante Atletismo	SF	7	47:05.64	04:43	0:15:58
184	281	José Neto	Entre os Montes	V50	29	47:05.81	04:43	0:15:58
185	137	Helder Manuel Varela Barros	Individual	V40	38	47:06.45	04:43	0:15:58
186	409	Mário Peixoto		V45	16	47:19.08	04:44	0:16:11
187	505	Carlos Alberto Fernandes Castro Oliveira		V50	30	47:29.17	04:45	0:16:21
188	257	Marco Cabeleira Batista	RII3	S	51	47:29.32	04:45	0:16:21
189	249	VASCO ALBERTO BARRIGAS QUEIROGA		S	52	47:30.94	04:45	0:16:23
190	233	André Quarenta	Allianz Seguros	V45	17	47:31.34	04:45	0:16:23
191	235	António João	Allianz Seguros	V50	31	47:31.64	04:45	0:16:24
192	392	Manuel Abobeleira	Geadas running	V40	39	47:54.29	04:47	0:16:46
193	168	Sandra Nunes		VF	6	47:59.40	04:48	0:16:51
194	170	Filipe Villas-Boas		S	53	48:01.74	04:48	0:16:54
195	483	Domingos M Pinto	Ind	V50	32	48:10.04	04:49	0:17:02
196	473	Vasco Goncalves fernandes lo	AACR - Associação dos Amigos d	S	54	48:19.50	04:50	0:17:12
197	223	Pedro Correia	Moloni Running Team	V35	42	48:21.20	04:50	0:17:13
198	114	JORGE VILELA	NUCLEO DE ATLETISMO DE V	V50	33	48:23.42	04:50	0:17:15
199	426	FERNANDO SILVA	NAVR	V50	34	48:31.95	04:51	0:17:24
200	204	Miguel ferreira santos	Fiaes running	V40	40	48:34.09	04:51	0:17:26
201	291	Armindo Correia	Correia	V45	18	48:35.79	04:52	0:17:28
202	247	Paulo Luis da Rocha Farinhoto		S	55	48:36.13	04:52	0:17:28
203	303	Ricardo Machado	RVBTT	S	56	48:41.01	04:52	0:17:33
204	175	Bruno José Ribeiro da Silva	RII3	V35	43	48:47.85	04:53	0:17:40
205	384	Iolanda Ferreira	Chaves Running Team	VF	7	48:50.44	04:53	0:17:42
206	516	Paulo Ribalonga	IND	V40	41	48:51.05	04:53	0:17:43
207	403	Marco Aurélio Pinto Baptista		V40	42	48:51.78	04:53	0:17:44
208	442	Carlos Alexandre Ramos Lord	Lordelo	S	57	48:52.50	04:53	0:17:45
209	289	Paulo Martins	---	V50	35	48:52.95	04:53	0:17:45
210	198	Carmen Amaro	NAVR	VF	8	49:06.28	04:55	0:17:58
211	145	João António Ribeiro de Freitas	Não Tenho	S	58	49:13.33	04:55	0:18:05
212	520	Diogo Carvalho		S	59	49:16.02	04:56	0:18:08
213	469	Raquel Mendes	Clube Desportivo de Leomil	SF	8	49:17.87	04:56	0:18:10
214	178	Nuno Saavedra Duarte		V35	44	49:33.48	04:57	0:18:25
215	431	FILIPE ROCHA	NAVR	V45	19	49:34.79	04:57	0:18:27
216	274	Nuno Costa		S	60	49:38.10	04:58	0:18:30
217	177	Jorge Rodrigues		S	61	49:39.67	04:58	0:18:32
218	144	Luís Filipe Leite Barbosa	Barbosa	V45	20	49:41.42	04:58	0:18:33
219	352	Ana Novais	Individual	SF	9	49:45.57	04:59	0:18:38

220	194	Barbara Góis		SF	10	50:00.05	05:00	0:18:52
221	415	PEDRO PEREIRA	NAVR	V35	45	50:01.47	05:00	0:18:53
222	446	André José Pinto		S	62	50:01.70	05:00	0:18:54
223	422	FERNANDO LOPES	NAVR	V40	43	50:04.93	05:00	0:18:57
224	410	Jaime Ribeiro		S	63	50:21.49	05:02	0:19:13
225	382	Fernanda Carneiro	Chaves Running Team	VF	9	50:28.36	05:03	0:19:20
226	451	PAULO FERREIRA	FLAVIGRANTOS TEAM	V40	44	50:30.73	05:03	0:19:23
227	117	Rui Novais	Skoda	S	64	50:31.82	05:03	0:19:24
228	116	Vânia Ferreira		SF	11	50:32.85	05:03	0:19:25
229	530	Cristina Barros		VF	10	50:35.13	05:04	0:19:27
230	514	Armando Manuel Fialho		V40	45	50:42.35	05:04	0:19:34
231	462	Manuel Ferreira	CTM Vila Pouca de Aguiar	V50	36	50:46.56	05:05	0:19:39
232	255	Pedro Manuel Ferreira Guedes	RII3	S	65	50:51.56	05:05	0:19:44
233	407	MANUEL CARVALHO	Desportivo Ases S. Jorge -Fafe	V50	37	50:58.95	05:06	0:19:51
234	287	Miguel Paiva		S	66	51:06.37	05:07	0:19:58
235	217	Nuno Miguel Rodrigues		V35	46	51:11.89	05:07	0:20:04
236	344	DuarteTeixeira	Hotel Mira Corgo	S	67	51:24.78	05:08	0:20:17
237	513	Leonardo Pinto		V35	47	51:34.44	05:09	0:20:26
238	319	Manuel Matos		V45	21	51:42.22	05:10	0:20:34
239	251	Tiago André Magalhães de Matos		S	68	51:42.73	05:10	0:20:35
240	263	ANTONIO FIDALGO RODRIGUES		V45	22	51:46.51	05:11	0:20:39
241	391	Carlos Lima		V50	38	52:05.34	05:13	0:20:57
242	343	Ester Lima		VF	11	52:05.62	05:13	0:20:58
243	101	Rafaela Bento	CANSC	SF	12	52:07.83	05:13	0:21:00
244	105	Joaquim Vaz	Ind.	V40	46	52:12.47	05:13	0:21:04
245	216	Jorge Augusto	Individual	V40	47	52:12.78	05:13	0:21:05
246	215	Aristides Vidazinha	Individual	V45	23	52:12.78	05:13	0:21:05
247	461	jose araujo	individual	V35	48	52:13.47	05:13	0:21:05
248	104	Catarina Cordeiro Costa		VF	12	52:14.85	05:13	0:21:07
249	515	Raúl Santos	Ind	V50	39	52:30.40	05:15	0:21:22
250	529	Tiago Neves		S	69	52:31.31	05:15	0:21:23
251	264	Andre Raposeira	"CCD "" O ALVITEJO """"	V35	49	52:32.77	05:15	0:21:25
252	164	francisco barreira		V45	24	52:33.20	05:15	0:21:25
253	195	Bruno Dias Ferreira		V35	50	52:56.34	05:18	0:21:48
254	250	JOSÉ MIGUEL OLIVEIRA DA SILVA		S	70	53:18.33	05:20	0:22:10
255	135	Filipe Nogueira		S	71	53:22.44	05:20	0:22:14
256	134	Guilherme Fontinha		V50	40	53:23.38	05:20	0:22:15
257	268	Fábio André Malheiro Cunha		S	72	53:23.95	05:20	0:22:16
258	323	Bruno Carvalho	Geadas running	V35	51	53:26.78	05:21	0:22:19
259	256	Hélder José Borges Guedes	RII3	S	73	53:28.26	05:21	0:22:20
260	424	RUI BORGES	NAVR	V50	41	53:29.16	05:21	0:22:21
261	474	Jose henriques teles fernandes		S	74	53:36.59	05:22	0:22:29
262	445	Rui Couto		V35	52	53:51.68	05:23	0:22:44
263	172	José Pimentel	Individual	V50	42	53:53.64	05:23	0:22:46
264	389	Maria do Céu Costa	Chaves Running Team	VF	13	53:54.17	05:23	0:22:46
265	296	Carla Coutinho Tomás		VF	14	54:04.39	05:24	0:22:56
266	463	Berta Maria Barria Miranda		VF	15	54:08.58	05:25	0:23:01
267	481	Judy Sousa	AACR - Associação dos Amigos c	VF	16	54:16.72	05:26	0:23:09
268	102	Miguel Quaresma		V40	48	54:18.86	05:26	0:23:11
269	201	Susana Magalhães		VF	17	54:23.06	05:26	0:23:15
270	167	Paulo Jorge Nóbrega de Carvalho		S	75	54:35.94	05:28	0:23:28
271	288	António Lima		V50	43	54:39.75	05:28	0:23:32
272	472	Antonio manuel lopes fernandes		V40	49	54:41.97	05:28	0:23:34
273	471	Sílvia Gomes	Clube Desportivo de Leomil	VF	18	54:48.52	05:29	0:23:41
274	136	Olga Lopes		SF	13	54:51.92	05:29	0:23:44
275	459	Rosa Maria Gonçalves Monteiro		VF	19	54:56.17	05:30	0:23:48
276	376	Leonor Cavadas	C. S. R. D. C. SANTIAGO	VF	20	54:57.37	05:30	0:23:49
277	486	João Monteiro		S	76	55:05.24	05:31	0:23:57

278	182	António Botelho		V50	44	55:05.58	05:31	0:23:58
279	388	José Frederico Bento	Chaves Running Team	V45	25	55:07.78	05:31	0:24:00
280	206	Jose herdeiro	Fiaes running	V40	50	55:08.62	05:31	0:24:01
281	272	Casimiro Vieira	Ind.	V50	45	55:12.94	05:31	0:24:05
282	324	Clara Nóbrega		VF	21	55:29.83	05:33	0:24:22
283	128	Bruno José Carvalho	Individual	S	77	55:35.01	05:34	0:24:27
284	351	Luisa Vilela	CANSC	SF	14	55:46.75	05:35	0:24:39
285	284	Luís Pedro Gaspar Fernandes		S	78	56:13.44	05:37	0:25:05
286	443	Bruno Escaleira		S	79	56:20.23	05:38	0:25:12
287	200	Vasco de Oliveira Pires	NAVR	V50	46	56:35.95	05:40	0:25:28
288	322	Bruno Ferreira		V35	53	56:41.69	05:40	0:25:34
289	203	Paula alexandra ferreira	Fiaes running	VF	22	56:42.08	05:40	0:25:34
290	166	João Paulo Barreiro Lourenço		S	80	56:51.74	05:41	0:25:44
291	455	Rui Alves	Entre os Montes	V35	54	56:58.36	05:42	0:25:50
292	495	Paulo Magalhães	Confraria do Rissol	V45	26	57:00.33	05:42	0:25:52
293	518	LUÍS CARVALHO	Confraria do Rissol	V50	47	57:00.62	05:42	0:25:53
294	220	CARLOS MANUEL PIRES DA COSTA MACHADO		V40	51	57:01.79	05:42	0:25:54
295	309	Daniela Maria Correia		VF	23	57:17.38	05:44	0:26:09
296	489	JAIME	Gomes	V50	48	57:18.20	05:44	0:26:10
297	103	Eduarda Baptista	CANSC	VF	24	57:18.79	05:44	0:26:11
298	339	Arlete Gomes		VF	25	57:19.18	05:44	0:26:11
299	412	Ana Rita Amorim dos Reis		SF	15	57:21.43	05:44	0:26:13
300	448	BRUNO PAULO LOBÃO DE MOURA		V35	55	57:27.77	05:45	0:26:20
301	232	Ana Catarina Ferreira	Allianz Seguros	SF	16	57:28.26	05:45	0:26:20
302	239	Maria Ana Lopes	Allianz Seguros	SF	17	57:28.67	05:45	0:26:21
303	311	Daniela Afonso		SF	18	57:34.07	05:45	0:26:26
304	310	Celso Manuel Correia		S	81	57:35.42	05:46	0:26:27
305	155	Ricardo Grilo	Coaching na Doca	V40	52	57:37.21	05:46	0:26:29
306	511	Joana Almeida		VF	26	57:48.30	05:47	0:26:40
307	192	João Morais		V40	53	58:00.46	05:48	0:26:52
308	488	INES CARVALHOSA		SF	19	58:14.24	05:49	0:27:06
309	370	Luis Monteiro	Bila Biker's/ Carnes Silva/ Cycles	S	82	58:20.32	05:50	0:27:12
310	219	JOÃO MANUEL DA SILVA CARVALHO		S	83	58:20.43	05:50	0:27:12
311	298	Armindo Ferreira	MirandelaaCorrer	V40	54	58:41.83	05:52	0:27:34
312	430	Maria José da Silva Amorim Reis		VF	27	59:03.44	05:54	0:27:55
313	491	Ricardo Matos	ind	S	84	59:15.58	05:56	0:28:08
314	245	Tiago Silva		V35	56	59:17.08	05:56	0:28:09
315	244	Carla Varela		SF	20	59:19.53	05:56	0:28:12
316	207	Pedrinho bastos	Fiaes running	V40	55	59:20.29	05:56	0:28:12
317	210	Cátia Monteiro	SuperLesmas	SF	21	59:26.94	05:57	0:28:19
318	214	Ana Ferreira		VF	28	59:27.18	05:57	0:28:19
319	498	Rui Silva		V35	57	59:28.77	05:57	0:28:21
320	213	Nuno Fraguito		V40	56	59:29.07	05:57	0:28:21
321	326	Susana Ferreira	Insane Trail team	VF	29	59:29.80	05:57	0:28:22
322	503	Carlos Carneiro	Individual	V40	57	59:30.03	05:57	0:28:22
323	212	Felizardo Vilela		S	85	59:33.99	05:57	0:28:26
324	248	José Afonso Fontinha André		S	86	59:42.65	05:58	0:28:35
325	196	Rui pinto	Ri13	S	87	59:43.49	05:58	0:28:35
326	305	Francisco Oliveira	Entre os Montes	V45	27	59:55.24	06:00	0:28:47
327	266	Elisângela Nardin		VF	30	1:00:49.40	06:05	0:29:41
328	500	Fátima Costa		VF	31	1:00:51.17	06:05	0:29:43
329	149	CARLA GONÇALVES		VF	32	1:02:00.32	06:12	0:30:52
330	320	Vítor Barbosa	n/a	V50	49	1:02:06.39	06:13	0:30:58
331	484	António Mota	Sport Clube Vila Real	V50	50	1:02:17.04	06:14	0:31:09
332	308	Liliana Adelina Gonçalves da Silva		VF	33	1:02:18.56	06:14	0:31:11
333	440	Sandrina Queiroz	Geadas Running	VF	34	1:02:27.10	06:15	0:31:19
334	254	Patrícia Lage	Super Lesmas	SF	22	1:02:40.20	06:16	0:31:32
335	197	Cláudia Montes		SF	23	1:03:25.27	06:21	0:32:17

336	234	André Vieira	Allianz Seguros	V35	58	1:03:31.11	06:21	0:32:23
337	236	Francisco Pádua	Allianz Seguros	V50	51	1:03:32.93	06:21	0:32:25
338	293	Elisabete Silva	Mirandela a Correr	VF	35	1:04:22.96	06:26	0:33:15
339	292	Ricardo Azevedo	Mirandela a Correr	V45	28	1:04:23.07	06:26	0:33:15
340	355	José de Freitas		V50	52	1:05:13.56	06:31	0:34:06
341	353	Mário Castro Pinto		S	88	1:05:14.55	06:31	0:34:07
342	492	CARLOS PEREIRA	Confraria do Rissol	V45	29	1:05:51.38	06:35	0:34:43
343	493	Natália Simões	Confraria do Rissol	VF	36	1:05:56.30	06:36	0:34:48
344	157	Ivone Grilo	Coaching na Doca	VF	37	1:06:47.32	06:41	0:35:39
345	283	Sonia Moreira		SF	24	1:06:50.53	06:41	0:35:43
346	453	Ana Cruz		SF	25	1:08:01.09	06:48	0:36:53
347	499	Fátima Martins		SF	26	1:08:36.12	06:52	0:37:28
348	418	JORGE AMÍLCAR	INDIVIDUAL	V35	59	1:08:37.10	06:52	0:37:29
349	321	Pedro Barbosa	n/a	S	89	1:09:26.78	06:57	0:38:19
350	133	Joana Santas Noites	Benfica	SF	27	1:10:38.61	07:04	0:39:31
351	140	Cíntia Silva		SF	28	1:10:40.41	07:04	0:39:32
352	433	NUNO SILVA	NAVR	V40	58	1:15:30.74	07:33	0:44:23