



S. Silvestre de Vila Real



Classificação Geral

Corrida 10 km

Pos.	Dor. Nome	Clube	Categoria/Pos.	Tempo	Km./h.	Diferença
1	392 Nuno Costa,	Maia ac	SM	1 31:34.57		
2	64 Rui Muga,	Clube Académico de Mogadouro	V35M	1 31:42.61		0:00:08
3	355 Ricardo Pereira,	ACD Jardim da Serra	SM	2 31:54.67		0:00:20
4	166 Carlos Lopes,	Clube Académico de Mogadouro	V35M	2 32:17.48		0:00:42
5	404 Adelino Oliveira,	GRECAS-Vagos	SM	3 32:20.80		0:00:46
6	431 Bruno Jesus,		V35M	3 32:38.40		0:01:03
7	402 Henrique Da Costa,	Nucleo Atletismo das Taipas	SM	4 34:03.17		0:02:28
8	324 Bruno Freitas,	ACR DE VALE DE CAMBRA	V35M	4 34:29.84		0:02:55
9	256 Nuno Pereira,	Belenenses	SM	5 34:31.00		0:02:56
10	266 diogo migueis,	AMA Associação Mondim Atletismo	SM	6 35:06.33		0:03:31
11	108 João Alves,	RII3	V40M	1 35:15.99		0:03:41
12	202 Bruno Queirós,	ACD Jardim da Serra	SM	7 35:25.35		0:03:50
13	296 Luís Alvadia,	NAVR	V45M	1 35:34.45		0:03:59
14	141 João Cavadas,		V50M	1 35:47.20		0:04:12
15	203 Paulo Pereira,		SM	8 35:51.17		0:04:16
16	334 Clarisse Cruz,	Greca	V40F	1 36:16.42		0:04:41
17	55 António Campos,	CTM Vila Pouca de Aguiar	V40M	2 36:16.80		0:04:42
18	167 Pedro Amaro,	Clube EDP Lisboa	SM	9 36:30.41		0:04:55
19	422 Bruno Teixeira,		V40M	3 36:33.44		0:04:58
20	406 Jorge Vale,	El Comandante Team	V50M	2 36:41.56		0:05:07
21	252 FILIPE BRAZ,	Moloni Running Team	V40M	4 36:45.02		0:05:10
22	181 Luis Novais,	CANSC	V40M	5 36:49.87		0:05:15
23	182 Marco Filipe,	CANSC	V40M	6 36:55.30		0:05:20
24	165 João Leandro,	EL Comandante Team	V40M	7 37:00.35		0:05:25
25	204 João Teixeira,	ccd-APDL	V50M	3 37:04.05		0:05:29
26	284 RODRIGO LOPES,	NAVR	SM	10 37:11.91		0:05:37
27	382 Jessica Matos,	Recreio Desportivo de Águeda	SF	1 37:21.18		0:05:46
28	311 Carlos Carneiro,	CA BOLTS	V50M	4 37:23.48		0:05:48
29	246 Gabriel Vilela,	Ocr Flavius Challenge	SM	11 37:24.16		0:05:49
30	286 SAMUEL TOMÁS,	NAVR	V40M	8 37:28.37		0:05:53
31	359 Pedro Nunes,	NAVR	V40M	9 37:29.89		0:05:55
32	217 Rosa Madureira,	AD MARCO 09	V40F	2 37:39.16		0:06:04
33	293 José Barros,	NAVR	V40M	10 38:00.79		0:06:26
34	325 Filipe Leite,		V45M	2 38:07.24		0:06:32
35	209 Manuel Vieira,	Amarante	V45M	3 38:07.49		0:06:32
36	153 Carlos Queiros,		SM	12 38:09.25		0:06:34
37	270 pedro maio,	AMA Associação Mondim Atletismo	V35M	5 38:13.67		0:06:39
38	18 Christian Esteves,	London Fields Triathlon Club	SM	13 38:26.98		0:06:52
39	280 Martinho Gomes,	NAVR	V35M	6 38:27.77		0:06:53
40	96 Pedro Azevedo,	RII3	SM	14 38:36.45		0:07:01
41	35 Nuno Correia,	réccua runners	V35M	7 38:50.52		0:07:16
42	357 Raul Feranandes,	NAVR	V40M	11 38:55.57		0:07:21
43	34 Luís Vieira,	Clube Atletismo Vila Boa Bispo	V45M	4 39:02.41		0:07:27
44	405 Miriam Martins,		SF	2 39:02.57		0:07:28
45	164 Eurico Ferreira,		V40M	12 39:03.97		0:07:29
46	28 Agostinho Carneiro,	Clube Atletismo Vila Boa Bispo	V50M	5 39:10.53		0:07:36
47	63 Marco Pinto,	CTM Vila Pouca de Aguiar	V35M	8 39:14.68		0:07:40
48	187 Joaquim Santos,	CANSC	V40M	13 39:15.69		0:07:41
49	338 Ricardo Nunes,	AD MARCO 09	SM	15 39:17.66		0:07:43
50	335 Jose Teixeira,	A.D.A	V45M	5 39:21.97		0:07:47
51	274 Eduardo Meireles,		SM	16 39:25.12		0:07:50
52	321 Paulo Soares,		V40M	14 39:25.78		0:07:51
53	398 AGOSTINHO CARNEIRO,	AD MARCO 09	V50M	6 39:28.00		0:07:53
54	189 Antonio Taveira,	CANSC	V45M	6 39:28.29		0:07:53
55	184 Mário Monteiro,	CANSC	V40M	15 39:33.65		0:07:59

56	58	Ângelo Costa,	CTM Vila Pouca de Aguiar	SM	17	39:35.02	0:08:00
57	77	Samuel Silva,	ADCCJClark	SM	18	39:39.28	0:08:04
58	287	Filipe Nunes,	NAVR	V45M	7	39:44.70	0:08:10
59	90	Rui Novais,	RII3	V35M	9	39:46.44	0:08:11
60	330	Bruno Santos,	ADamarante	V40M	16	39:48.34	0:08:13
61	329	Susana vilela,	ACD Jardim da Serra	V35F	1	39:53.48	0:08:18
62	345	Nuno Fernandes,		SM	19	39:54.04	0:08:19
63	332	Gil Garcia,		V40M	17	40:04.82	0:08:30
64	371	João Gonçalves,	GCVR	SM	20	40:13.59	0:08:39
65	300	Luis Teixeira,		V45M	8	40:13.93	0:08:39
66	295	Filipe Villas-Boas,	NAVR	SM	21	40:14.95	0:08:40
67	426	Rui Ferreira,		V50M	7	40:32.78	0:08:58
68	114	Diogo Silva,		SM	22	40:42.94	0:09:08
69	132	Miguel Castro,		V45M	9	40:47.71	0:09:13
70	32	João Ribeiro,	Clube Atletismo Vila Boa Bispo	V50M	8	40:56.07	0:09:21
71	269	daniel Rodrigues,	AMA Associação Mondim Atletismo	V40M	18	40:56.52	0:09:22
72	188	Bruno Peixoto,	CANSC	V40M	19	41:08.11	0:09:33
73	146	Gabriel Faceira,	Linces do Marão	V35M	10	41:10.94	0:09:36
74	386	João Videira,	ARA - Alfandeguense	V50M	9	41:25.04	0:09:50
75	156	Luis Ferreira,		V35M	11	41:27.88	0:09:53
76	248	ANDRÉ LOPES,	Moloni Running Team	V40M	20	41:30.95	0:09:56
77	150	Rui Moreira,	Aventura norte	SM	23	41:43.14	0:10:08
78	432	José Couto,		SM	24	41:45.93	0:10:11
79	76	Luis Felix,		V35M	12	41:50.12	0:10:15
80	59	Guilhermino Meireles,	CTM Vila Pouca de Aguiar	V40M	21	41:51.23	0:10:16
81	210	Miguel Queirós,	Amarante	V40M	22	41:53.53	0:10:19
82	336	Ricardo Lameira,	Perna de Pau	V35M	13	42:10.89	0:10:36
83	369	Tiago Parente,	Ind	SM	25	42:11.07	0:10:36
84	323	Luis Vieira,		V45M	10	42:13.34	0:10:38
85	283	IVO PIMENTA,	NAVR	V35M	14	42:17.06	0:10:42
86	297	Bruno Silva,	NAVR	V35M	15	42:23.55	0:10:49
87	172	Francisco Rodrigues,	Loureiro	V50M	10	42:25.12	0:10:50
88	500	José Ribeiro,		V45M	11	42:27.28	0:10:52
89	174	Valentim Henriques,	A D Amarante	V50M	11	42:29.59	0:10:55
90	30	Fernando Sousa,	Clube Atletismo Vila Boa Bispo	V50M	12	42:33.99	0:10:59
91	282	João Rocha,	NAVR	V35M	16	42:41.80	0:11:07
92	49	Filipe Martinho,	Super Lesmas / Óbila Ótica	V40M	23	42:42.20	0:11:07
93	388	Victor Oliveira,	ARA - Alfandeguense	SM	26	42:43.13	0:11:08
94	227	Pedro Miguel Rebelo,		SM	27	42:45.22	0:11:10
95	291	Rui Magalhaes,	NAVR	V40M	24	42:45.97	0:11:11
96	292	Rui Borges,	NAVR	V50M	13	42:46.96	0:11:12
97	140	MIGUEL CABRAL,		V40M	25	42:54.17	0:11:19
98	247	Luis Vieira,	Moloni Running Team	V50M	14	43:01.53	0:11:27
99	27	António Correia,	Clube Atletismo Vila Boa Bispo	V50M	15	43:01.81	0:11:27
100	155	Cristian Iorga,	RII3	SM	28	43:04.60	0:11:30
101	240	Luis Pinto,		SM	29	43:11.29	0:11:36
102	29	Carlos Ferreira,	Clube Atletismo Vila Boa Bispo	V45M	12	43:14.79	0:11:40
103	379	Carlos Teixeira,		SM	30	43:18.17	0:11:43
104	344	Cláudio Miranda,	Mirandela a Correr	SM	31	43:27.21	0:11:52
105	179	JOSÉ PINTO,	RUN TEJO - CM SOCKS	V40M	26	43:30.82	0:11:56
106	57	Carlos Sousa,	CTM Vila Pouca de Aguiar	V50M	16	43:33.34	0:11:58
107	109	Manuel Eira,	RII3	V50M	17	43:39.96	0:12:05
108	331	Bruno Alves,		V35M	17	43:51.29	0:12:16
109	47	José Neto,	Clube de Trail do Alvão	V50M	18	43:52.05	0:12:17
110	243	Vitor Mateus,		V40M	27	43:58.31	0:12:23
111	75	Joao Bandeira,		V45M	13	44:00.87	0:12:26
112	86	João Gil,	A. D. Amarante Trail Running	V50M	19	44:01.74	0:12:27
113	249	ALVARO SARAIVA,	Moloni Running Team	V45M	14	44:03.99	0:12:29
114	419	Márcio Santos,	RVBTT	V35M	18	44:08.38	0:12:33
115	304	João Sousa,	Linces do Marão	SM	32	44:14.71	0:12:40
116	301	carlos loução,		V40M	28	44:22.13	0:12:47
117	16	Mário Nóbrega,	CANSC	V50M	20	44:26.92	0:12:52
118	160	jorge ferreira,		V35M	19	44:29.41	0:12:54
119	424	Miguel Silva,		V50M	21	44:31.20	0:12:56
120	397	Jair Rodrigo Caramelo,		V40M	29	44:35.78	0:13:01
121	233	Joel Silva,	Insane Trail Team	V45M	15	44:35.88	0:13:01
122	43	Carlos Pereira,	Vila Real	V35M	20	44:37.98	0:13:03
123	110	Vitor Chaves,	RII3	V50M	22	44:43.89	0:13:09
124	414	Henrique Carvalho,	Vinoteca	SM	33	44:47.44	0:13:12

125	81 Emídio Quinteira,	Clube de Trail do Alvão	V35M	21	44:50.42	0:13:15
126	129 Gonçalo Silva,		SM	34	44:54.28	0:13:19
127	429 Nuno Santos,		V40M	30	44:54.33	0:13:19
128	101 Bruno Coutinho,	RI13	SM	35	45:09.16	0:13:34
129	136 Pedro Pereira,	CDC CAMPEA	SM	36	45:12.48	0:13:37
130	350 João Paulo Preto,	Catileno	V40M	31	45:12.52	0:13:38
131	127 Americo Botelho,	Geadas running	V35M	22	45:16.09	0:13:41
132	15 Luís Filipe Leite Barbosa,	Barbosas et al.	V45M	16	45:19.77	0:13:45
133	100 Rui Machado,	RI13	SM	37	45:19.83	0:13:45
134	220 Carlos Miguel Pais,		V35M	23	45:20.75	0:13:46
135	10 ANTONIO FERNANDES,		V50M	23	45:21.07	0:13:46
136	420 Ricardo Militão		V35M	24	45:22.99	0:13:48
137	309 Mário Costa,		V35M	25	45:27.47	0:13:52
138	126 Marco Rodrigues e Matos,		V35M	26	45:31.30	0:13:56
139	285 JORGE AMILCAR,	NAVR	V35M	27	45:31.83	0:13:57
140	128 Gil Couto,	Clube de Trail do Alvão	V40M	32	45:33.96	0:13:59
141	122 HUGO MOREIRAS,	#runningfriends	V40M	33	45:35.33	0:14:00
142	51 Nelson Gomes,		SM	38	45:43.89	0:14:09
143	147 Tiago Ferreira,		SM	39	45:55.72	0:14:21
144	232 Luís Reis,	Vila Real	V40M	34	45:55.89	0:14:21
145	261 luis costa,	AMA Associação Mondim Atletismo	V50M	25	45:59.96	0:14:25
146	346 ANTONIO CORUCHO,	Braga	V50M	26	46:02.09	0:14:27
147	299 Carmen Amaro,	NAVR	V40F	3	46:06.18	0:14:31
148	322 Tomás Ferreira,	Vila Real	V50M	27	46:06.85	0:14:32
149	278 Fernando Lopes,	NAVR	V45M	17	46:07.95	0:14:33
150	85 Carlos Ferreira,	Geadas running	SM	40	46:12.01	0:14:37
151	33 José Pessoa,	Clube Atletismo Vila Boa Bispo	V50M	28	46:12.77	0:14:38
152	52 Rita Melo,		SF	3	46:13.97	0:14:39
153	191 Claudia Nóbrega,	CANSC	V35F	2	46:16.30	0:14:41
154	333 João Freitas,	Freitas	SM	41	46:16.63	0:14:42
155	342 Rui Botelho,		SM	42	46:19.60	0:14:45
156	148 João Ferreira,		SM	43	46:21.83	0:14:47
157	433 Manuel Pinto,		V50M	29	46:23.83	0:14:49
158	337 Andreia Almeida,	FURFOR RUNNING PROJECT	SF	4	46:25.77	0:14:51
159	73 Ivan Carquejo,		SM	44	46:31.25	0:14:56
160	190 Sandra Nunes,	CANSC	V35F	3	46:32.75	0:14:58
161	173 Nuno Miguel Rodrigues,	Run4Fun Vila Real	V40M	35	46:36.63	0:15:02
162	391 Carlos Files,		V45M	18	46:39.01	0:15:04
163	318 Luís Sousa,	Realrunners	V50M	30	46:43.37	0:15:08
164	192 Miguel Ferreira,		SM	45	46:58.26	0:15:23
165	498 Nuno Santos,	IND	V40M	36	47:00.32	0:15:25
166	307 André Guedes,	SiMSummit	V45M	19	47:01.86	0:15:27
167	185 Ana Henriques,	CANSC	V35F	4	47:01.87	0:15:27
168	135 Carlos Marques,	Dilomi.SA - Run4Fun	V40M	37	47:02.62	0:15:28
169	82 Paulo Farinhoto,		V35M	28	47:06.74	0:15:32
170	375 Francisco Borgues,		SM	46	47:07.55	0:15:33
171	353 Vitor Rodrigues,		V50M	31	47:13.25	0:15:38
172	251 NUNO LOPES,	Moloni Running Team	V40M	38	47:16.72	0:15:42
173	38 André Fernandes,		SM	47	47:25.81	0:15:51
174	71 Rui Russo dos Santos,	Porto Runners	V50M	32	47:32.29	0:15:57
175	5 Nuno Costa,	Orimarão	V45M	20	47:33.11	0:15:58
176	255 Fernando Almeida,	Vila Real	V50M	33	47:34.90	0:16:00
177	31 Gil Oliveira,	Clube Atletismo Vila Boa Bispo	V45M	21	47:36.72	0:16:02
178	224 Meletino Barros,	ATVR	V50M	34	47:39.79	0:16:05
179	68 Luís Gonçalves,		V40M	39	47:41.64	0:16:07
180	352 Ricardo Kelevra,	Geadas running	V35M	29	47:53.23	0:16:18
181	326 Luís Alves,	One Buy Shop Runners	V40M	40	47:56.74	0:16:22
182	358 Jorge Vilela,	NAVR	V50M	35	47:58.79	0:16:24
183	112 Antonio Ferreira,	Caramos	V50M	36	48:01.18	0:16:26
184	130 Marco Moreira,		SM	48	48:05.21	0:16:30
185	161 nuno ferreira,		V35M	30	48:06.93	0:16:32
186	149 António Barrias,		SM	49	48:09.43	0:16:34
187	365 joaquim Costa Almeida,		V50M	37	48:11.13	0:16:36
188	41 Guilherme Fontinha,	Vila Real	V50M	38	48:12.31	0:16:37
189	385 Duarte Escobar,	ARA - Alfandeguense	V45M	22	48:12.67	0:16:38
190	54 César Sousa,	CTM Vila Pouca de Aguiar	V40M	41	48:17.22	0:16:42
191	366 Nuno Fraguito,	Ind	V40M	42	48:18.89	0:16:44
192	354 Luis Macedo,		V50M	39	48:27.80	0:16:53
193	137 Jacinto Filipe Lourenço,		SM	50	48:29.43	0:16:54

194	178	EDER TEIXEIRA,	VILA FLOR	V35M	31	48:33.25	0:16:58
195	363	Tiago Gomes,	Geo-runner	V35M	32	48:34.63	0:17:00
196	236	Marco Varela,	BikeAventuraAlij6	V40M	43	48:35.75	0:17:01
197	341	Américo Guedes,		V50M	40	48:36.12	0:17:01
198	400	Luisa Teixeira,	A D Amarante	V40F	4	48:37.28	0:17:02
199	306	Vitor Teixeira,	VILA FLOR	SM	51	48:40.02	0:17:05
200	327	Adelino Amorim,	individual	V50M	41	48:40.32	0:17:05
201	294	Nelson Silva,	NAVR	V35M	33	48:47.17	0:17:12
202	235	Gabriel Ferreira,	Insane Trail Team	V45M	23	48:49.69	0:17:15
203	389	Marco Videira,	ARA - Alfandeguense	V35M	34	48:54.54	0:17:20
204	308	Cláudio Macieira,		SM	52	49:00.21	0:17:25
205	368	Rui Jorge Silva,	Ind	V40M	44	49:00.61	0:17:26
206	133	RUI SANTOS,	CASA DO PESSOAL DA RTP	V50M	42	49:00.67	0:17:26
207	425	Igor Nora,		SM	53	49:00.91	0:17:26
208	348	Liliana Alves,		V35F	5	49:06.66	0:17:32
209	351	Alvaro Carvalho,	Clube Desportivo Os Metralhas	V45M	24	49:09.08	0:17:34
210	23	Rui Alves,	Rui Alves	V40M	45	49:22.13	0:17:47
211	62	Rafaela Bento,	CTM Vila Pouca de Aguiar	SF	5	49:25.43	0:17:50
212	60	Sérgio Vilela Sérgio Vilel	CTM Vila Pouca de Aguiar	V35M	35	49:27.77	0:17:53
213	21	Valdemar Valente,		V50M	43	49:32.42	0:17:57
214	387	Nelson Videira,	ARA - Alfandeguense	V35M	36	49:32.84	0:17:58
215	117	L. Filipe Ribeiro,		SM	54	49:38.38	0:18:03
216	377	Ivo Silva,		SM	55	49:39.87	0:18:05
217	22	José Silva,		V50M	44	49:47.40	0:18:12
218	277	Fernando Silva,	NAVR	V50M	45	49:49.07	0:18:14
219	67	carlos Gomes,	celeiros do douro	V35M	37	50:01.25	0:18:26
220	94	Abel Clemente,	RII3	V45M	25	50:19.25	0:18:44
221	102	Davide Clemente,	RII3	SM	56	50:19.41	0:18:44
222	39	António Silva,	S. Félix da Marinha	V50M	46	50:28.47	0:18:53
223	53	Jaime Peixoto,		SM	57	50:31.84	0:18:57
224	142	David Pereira,	@davidvnp	SM	58	50:33.08	0:18:58
225	222	Daniel Leal,	Geadas running	V35M	38	50:35.53	0:19:01
226	499	Fernando Ribeiro,		V40M	46	50:38.52	0:19:04
227	372	Filipe Rodrigues,	CTM Vila Pouca de Aguiar	V40M	47	50:40.39	0:19:05
228	46	LUIS COSTA,		V50M	47	50:41.15	0:19:06
229	14	Rui Freitas,	BikeAventuraAlijo	V40M	48	50:42.51	0:19:08
230	70	João Sequeira,		V35M	39	50:42.52	0:19:08
231	25	Catarina Costa,	Desnivel Positivo	V40F	5	50:46.72	0:19:12
232	430	Marco Batista,		V40M	49	50:48.84	0:19:14
233	305	Paulo Alexandre Costa fer	Vila Real	V50M	48	50:49.66	0:19:15
234	312	Paulo Neto,	CA BOLTS	SM	59	50:51.95	0:19:17
235	313	Paulo Martins,	CA BOLTS	V50M	49	50:52.74	0:19:18
236	418	Marco Coelho,		V40M	50	50:53.52	0:19:19
237	380	Abílio Martins,		V50M	50	50:55.31	0:19:20
238	290	Jose Almeida,	NAVR	V35M	40	50:56.82	0:19:22
239	317	Adérito Pires,	CA BOLTS	V45M	26	50:56.91	0:19:22
240	91	Vânia Ferreira,	RII3	V35F	6	50:57.43	0:19:22
241	72	Bruno Sanches,		SM	60	50:58.90	0:19:24
242	281	Pedro Pereira,	NAVR	V35M	41	50:59.54	0:19:25
243	310	Mário Gomes,	Rundiculous	SM	61	51:02.22	0:19:27
244	56	Lúcia Lemos,	CTM Vila Pouca de Aguiar	V40F	6	51:09.57	0:19:35
245	302	Christophe de Abreu,	Team Abreu	V35M	42	51:21.67	0:19:47
246	84	Manuel Abobeira,	Geadas running	V40M	51	51:24.49	0:19:49
247	245	Tiago Assunção,	Vila Real	SM	62	51:27.16	0:19:52
248	279	Filipe Rocha,	NAVR	V45M	27	51:29.65	0:19:55
249	273	Luis mamões,	AMA Associação Mondim Atletismo	SM	63	51:32.38	0:19:57
250	364	Arcelino Costa,	Lebres	V35M	43	51:32.40	0:19:57
251	208	Fernando Teixeira,	Amarante	V50M	51	51:37.23	0:20:02
252	328	Estefania Pinto,		SF	6	51:42.21	0:20:07
253	362	Pedro Costa,	CTM Vila Pouca de Aguiar	V40M	52	51:44.45	0:20:09
254	356	Carlos Pinto,	CTM Vila Pouca de Aguiar	V40M	53	51:45.32	0:20:10
255	393	Alfredo Gomes,	PEDRAS BIKER'S TEAM	SM	64	51:46.67	0:20:12
256	394	Albertino Gomes,	PEDRAS BIKER'S TEAM	SM	65	51:47.05	0:20:12
257	50	Armando lapa,	Lamego	V50M	52	51:48.05	0:20:13
258	408	Paulo Alves,	CTM Vila Pouca de Aguiar	V35M	44	51:49.26	0:20:14
259	113	David Lagares,		V50M	53	51:54.64	0:20:20
260	186	Eduarda Baptista,	CANSC	V40F	7	51:59.52	0:20:25
261	230	Susana Magalhães,	CANSC	V40F	8	52:00.40	0:20:25
262	124	Susana Teixeira,	CANSC	V40F	9	52:00.93	0:20:26

263	237 Margarida Teixeira,		V40F	10	52:07.78	0:20:33
264	69 ANTÓNIO DINIS,	Tefão	V45M	28	52:13.30	0:20:38
265	268 francisco carvalho,	AMA Associação Mondim Atletismo	V40M	54	52:21.48	0:20:46
266	390 João Morais,		V45M	29	52:28.41	0:20:53
267	212 Fernando Cerqueira,	Amarante	V50M	54	52:31.81	0:20:57
268	152 Nelson Penelas,		V35M	45	52:33.18	0:20:58
269	360 JORGE CARVALHO,	realrunners	V50M	55	52:38.31	0:21:03
270	97 João Monteiro,	RI13	SM	66	52:47.28	0:21:12
271	105 Adílio Borges,	RI13	V35M	46	52:48.60	0:21:14
272	107 Filipe Alves,	RI13	V40M	55	52:50.22	0:21:15
273	275 francisco teixeira,	AMA Associação Mondim Atletismo	V50M	56	52:53.29	0:21:18
274	340 José Martins,		SM	67	52:55.83	0:21:21
275	45 Mauro Gonçalves,		SM	68	53:36.14	0:22:01
276	111 Daniel Conde,		V35M	47	53:37.59	0:22:03
277	175 Casimiro Vieira,	Individual	V50M	57	53:42.44	0:22:07
278	44 Carlos Barros,		SM	69	53:44.88	0:22:10
279	42 Filipe Nogueira,	Vila Real	V35M	48	53:46.47	0:22:11
280	250 CARLOS JOÃO,	Moloni Running Team	V45M	30	53:48.28	0:22:13
281	259 Luis Cerqueira,	AMA Associação Mondim Atletismo	V50M	58	53:58.28	0:22:23
282	78 José Pereira,		V40M	56	54:01.37	0:22:26
283	121 NUNO SILVA,	#runningfriends	SM	70	54:11.78	0:22:37
284	298 Carla Tomás,	NAVR	V40F	11	54:12.97	0:22:38
285	119 Nuno Silva,	Design Lógico	V40M	57	54:13.70	0:22:39
286	20 Clara Nobrega,	Insane trail	V40F	12	54:16.07	0:22:41
287	219 João Monteiro,	#runningfriends	V40M	58	54:17.24	0:22:42
288	120 Júlio Azevedo,	#runningfriends	V50M	59	54:20.19	0:22:45
289	195 Bruno Simões,	MiraZumba	SM	71	54:21.79	0:22:47
290	201 Luis Filipe Dinis,		SM	72	54:26.55	0:22:52
291	428 José Martins,		SM	73	54:27.35	0:22:52
292	349 Paulo Costa,		V40M	59	54:33.92	0:22:59
293	3 Henrique Silva,		V35M	49	54:37.68	0:23:03
294	104 Marcos Dias,	RI13	SM	74	54:39.72	0:23:05
295	211 José Azevedo,	Amarante	V50M	60	54:43.64	0:23:09
296	213 Clara Carvalho,	Amarante	V40F	13	54:44.60	0:23:10
297	339 Helena Carolina Azevedo,		SF	7	54:44.62	0:23:10
298	138 Natalina Cardoso,		SF	8	54:53.61	0:23:19
299	370 Antonieta Ferreira,	Villeneuve-TOLOSANE	V45M	31	54:55.43	0:23:20
300	200 Miguel Ferreira,		SM	75	54:57.48	0:23:22
301	427 Andreia Alves,		SF	9	54:57.67	0:23:23
302	403 Joao Ferreira,		V35M	50	55:05.72	0:23:31
303	401 armenio lopes,		V50M	61	55:26.72	0:23:52
304	196 Leticia Aleixo,	MiraZumba	SF	10	55:30.35	0:23:55
305	314 José Alves,	CA BOLTS	V40M	60	55:33.97	0:23:59
306	413 Pedro Pereira,	Vinoteca	SM	76	55:50.81	0:24:16
307	183 Susana Veloso,	A D Amarante	V40F	14	55:51.74	0:24:17
308	384 Luis Castelo Branco,	Máquinas	SM	77	56:00.60	0:24:26
309	383 Marina Coutinho,	Máquinas	SF	11	56:28.79	0:24:54
310	319 Ricardo Mendes,		SM	78	56:31.22	0:24:56
311	157 CELSO CORREIA,	BARRAKEIRUS	SF	12	56:33.48	0:24:58
312	158 DANIELA CORREIA,	BARRAKEIRUS	SF	13	56:33.90	0:24:59
313	159 ARLETE GOMES,	BARRAKEIRUS	V35F	7	56:34.38	0:24:59
314	265 rosa saldanha,	AMA Associação Mondim Atletismo	V40M	61	56:35.93	0:25:01
315	361 Rui Taveira,		V40M	62	56:37.21	0:25:02
316	272 Tiago martins,	AMA Associação Mondim Atletismo	SM	79	56:44.28	0:25:09
317	216 Elisabete Mateus,	MiraZumba	V40F	15	56:47.87	0:25:13
318	497 José Parente,	B.V Cruz Verde	SM	80	56:53.62	0:25:19
319	264 rogerio dinis,	AMA Associação Mondim Atletismo	V40M	63	56:54.96	0:25:20
320	89 Rosa Jacob,	RI13	V40F	16	57:03.32	0:25:28
321	88 Gilberto Pinto,	RI13	V35M	51	57:03.97	0:25:29
322	61 Ricardo Grilo,	CTM Vila Pouca de Aguiar	V45M	32	57:22.70	0:25:48
323	343 António Botelho,		V50M	62	57:41.70	0:26:07
324	347 LÚCIA CORUCHO,	Amares	V45M	33	57:42.54	0:26:08
325	373 Joana Almeida,		V35F	8	57:51.97	0:26:17
326	374 Nuno Morais,		V40M	64	57:55.95	0:26:21
327	207 Ricardo Coelho,	Moscatel	V35M	52	57:59.31	0:26:24
328	395 Marco Fonte,		SM	81	58:01.37	0:26:26
329	2 Ana Couto,		SF	14	58:02.70	0:26:28
330	24 Hugo Pinto,	DouroBTT CCPAD	V35M	53	58:05.07	0:26:30
331	1 António Cruz,		V45M	34	58:06.38	0:26:31

332	134 Berta Miranda,		V40F	17	58:06.99	0:26:32
333	262 Agostinho martins,	AMA Associação Mondim Atletismo	V50M	63	58:28.56	0:26:54
334	423 Sónia Bastos,		V35F	9	58:40.39	0:27:05
335	421 ******, Dorsal 421		??????		58:41.71	0:27:07
336	13 Nelson Ricardo Cunha Silva,		V45M	35	58:46.28	0:27:11
337	260 jorge costa,	AMA Associação Mondim Atletismo	V45M	36	58:53.45	0:27:18
338	253 Pedro Correia,	Moloni Running Team	V40M	65	59:04.65	0:27:30
339	80 ARI VIDA,	LUPEMAR	V45M	37	59:18.80	0:27:44
340	79 Jorge AUGUSTO,	LUPEMAR	V40M	66	59:19.47	0:27:44
341	378 António Mota,		V50M	64	59:21.58	0:27:47
342	263 nuno martins,	AMA Associação Mondim Atletismo	SM	82	59:38.48	0:28:03
343	415 Afonso Carvalho,	Vinoteca	SM	83	59:41.06	0:28:06
344	412 Luís Carvalho,	Vinoteca	V50M	65	59:47.27	0:28:12
345	125 CARLA GONÇALVES,	Run4Fun	V40F	18	59:53.80	0:28:19
346	410 Paulo Magalhães,	Vinoteca	V45M	38	59:56.89	0:28:22
347	143 Vitor Rodrigues,	Vila Real	SM	84	1:00:15.52	0:28:41
348	231 Eva Pinto,	MiraZumba	V40F	19	1:00:16.66	0:28:42
349	169 Cláudia Sá,	HERE4BEER	SM	85	1:00:22.96	0:28:48
350	168 André Matos,	HERE4BEER	SM	86	1:00:23.32	0:28:48
351	170 Carlos Carneiro,	HERE4BEER	V45M	39	1:00:26.36	0:28:51
352	234 Susana Ferreira,	Insane Trail Team	V40F	20	1:00:26.62	0:28:52
353	171 Daniela Coutinho,	HERE4BEER	SF	15	1:00:27.06	0:28:52
354	254 Marisa Campos,	Linces do Marão	SF	16	1:00:35.27	0:29:00
355	496 José Freitas,	B.V Cruz Verde	SM	87	1:00:38.34	0:29:03
356	494 Vitorino Cardoso,	B.V Cruz Verde	V50M	66	1:00:39.00	0:29:04
357	176 Alcino Vieira,	Individual	V40M	67	1:00:40.05	0:29:05
358	65 Luísa Do Carmo,		V35F	10	1:01:24.15	0:29:49
359	103 Pedro Botelho,	RII3	V40M	68	1:01:27.15	0:29:52
360	434 Gisela Oliveira,		V35F	11	1:01:27.97	0:29:53
361	416 Lucienne Claro,		SF	17	1:01:28.33	0:29:53
362	289 Rui Pedro Barreira,	NAVR	SM	88	1:02:16.89	0:30:42
363	241 António Quadros,	Geadas running	V45M	40	1:02:18.26	0:30:43
364	242 Sandrina Queiroz,	Geadas running	V40F	21	1:02:20.91	0:30:46
365	276 Antonio Costa,	Ind	V50M	67	1:02:24.25	0:30:49
366	151 Camila Gomes,		SF	18	1:02:44.94	0:31:10
367	223 Aurélio Olo,	ATVR	V50M	68	1:03:03.89	0:31:29
368	6 Elisa Gonçalves,	ATVR	V40F	22	1:03:05.60	0:31:31
369	409 Carlos Pereira,	Vinoteca	V45M	41	1:03:08.89	0:31:34
370	411 José Leitão,	Vinoteca	V50M	69	1:03:13.50	0:31:38
371	367 Paulo Guerra,	Ind	V50M	70	1:03:27.13	0:31:52
372	205 Bruno César,	Moscatel	SM	89	1:03:37.16	0:32:02
373	206 Bruno Figueira,	Moscatel	V35M	53	1:03:37.29	0:32:02
374	48 Manuel Chantre,	Clube de Trail do Alvão	V50M	71	1:04:02.81	0:32:28
375	399 Bruno Escaleira,		SM	90	1:04:54.03	0:33:19
376	7 Alexandre Matos,		V45M	42	1:05:02.13	0:33:27
377	162 Baptista idilio,		V40M	69	1:05:03.07	0:33:28
378	163 Carla Baptista,		V35F	12	1:05:04.36	0:33:29
379	225 Maria João de Sousa,		SF	19	1:05:18.68	0:33:44
380	381 Ana Oliveira,		SF	20	1:05:20.45	0:33:45
381	229 Bruno Carmo,		SM	91	1:05:20.72	0:33:46
382	37 Branca Leitão,		V40F	23	1:06:18.94	0:34:44
383	26 Angelo Paiva,	réccua runners	V40M	70	1:06:20.08	0:34:45
384	199 Lúcia Ferreira,		SF	21	1:07:30.61	0:35:56
385	131 Alice Castro,		V40F	24	1:07:34.51	0:36:00
386	198 Manuel Gonçalves,		SM	92	1:07:36.55	0:36:02
387	197 Catarina Pinto,	MiraZumba	V40F	25	1:07:36.74	0:36:02
388	214 Sílvia Pires,	MiraZumba	V40F	26	1:07:37.26	0:36:02
389	177 sofia fernandes,	VILA FLOR	V35F	13	1:08:22.84	0:36:48
390	145 Mario Fernandes,		SM	93	1:08:28.41	0:36:53
391	87 Samuel Dos Santos Junio,		SM	94	1:08:30.13	0:36:55
392	36 Ana Rita Alves,		SF	22	1:11:43.29	0:40:08
393	407 Mariana Cardoso,		SF	23	1:11:46.34	0:40:11
394	239 Cândida Caçador,	MiraZumba	V40F	27	1:12:44.29	0:41:09