

II Trail de Avintes



Classificação Geral

Trail Curto

12,00 Km.

Pos.	Dor. Nome	Clube	Cat.	Pos.Cat	Tempo	T/Km.	Dif.
1	527 Camilo Guedes,	Clube Pessoal Aguas Gaia	M45-M	1	57:48.03	04:49	
2	521 António Marques,	Vila Maior em Turismo	M45-M	2	1:00:35.94	05:03	0:02:48
3	633 Marcio Pinto,	Trinca Orelhas de Gato	S-M	1	1:02:31.89	05:13	0:04:44
4	715 Rui Oliveira,	Vila Maior em Turismo	S-M	2	1:02:55.75	05:15	0:05:08
5	266 Jorge Gomes,	Arcorun	S-M	3	1:04:04.76	05:20	0:06:17
6	574 Hélder Ribeiro,	Team Ginásio Corpos 3	S-M	4	1:06:21.13	05:32	0:08:33
7	545 David Gonçalves,		S-M	5	1:06:31.04	05:33	0:08:43
8	717 Rui Tavares,	DDT Runners	S-M	6	1:06:32.00	05:33	0:08:44
9	689 Pedro Guimarães,	Oporto Wolves SC	S-M	7	1:06:58.50	05:35	0:09:11
10	654 Nelson Marques,	São João da Serra	S-M	8	1:07:00.91	05:35	0:09:13
11	610 Júlio Oliveira,	Vila Maior em Turismo	S-M	9	1:07:10.21	05:36	0:09:22
12	761 Paulo Mota,	Vila Maior em Turismo	S-M	10	1:07:10.60	05:36	0:09:23
13	729 Sérgio Monteiro,	Team Ginásio Corpos 3	S-M	11	1:07:15.04	05:36	0:09:27
14	661 Nuno Santos,	ADI-HIGIENE	S-M	12	1:07:56.09	05:40	0:10:08
15	548 Duarte Barbosa,		M45-M	3	1:08:06.97	05:41	0:10:19
16	678 Paulo Gomes,	Team Ginásio Corpos 3	S-M	13	1:08:19.02	05:42	0:10:31
17	710 Rui Babo,	Flower People X	S-M	14	1:08:20.28	05:42	0:10:32
18	718 Samir Meanhy,	São João da Serra	S-M	15	1:08:34.82	05:43	0:10:47
19	753 Vasco Sousa,	Old School	M45-M	4	1:08:56.15	05:45	0:11:08
20	600 José Adelino,	Clube Pessoal Aguas Gaia	M45-M	5	1:09:21.45	05:47	0:11:33
21	696 Ricardo Rocha,	FAST AO KM	S-M	16	1:09:31.28	05:48	0:11:43
22	577 Hélder Rodrigues,	100 meta	S-M	17	1:11:06.80	05:56	0:13:19
23	714 Rui Costa,	Hilti	S-M	18	1:12:35.34	06:03	0:14:47
24	629 Manuel Silva,	A20'S Box Crossfit	M45-M	6	1:17:39.63	06:28	0:19:52
25	722 Sandra Araújo,	Team Ginásio Corpos 3	S-F	1	1:18:35.32	06:33	0:20:47
26	658 Nuno Amorim,	Factor X / S4L / Medense FC	S-M	19	1:18:40.20	06:33	0:20:52
27	534 Carlos Costa,	Vila Maior em Turismo	S-M	20	1:18:46.72	06:34	0:20:59
28	695 Ricardo Vieira,	MC	S-M	21	1:18:48.15	06:34	0:21:00
29	255 Hugo Rodrigues,	GSC	S-M	22	1:19:04.70	06:35	0:21:17
30	657 Nuno Duarte,		S-M	23	1:19:06.47	06:36	0:21:18
31	556 Fernando Morais,	Viagens Abreu	S-M	24	1:19:06.68	06:36	0:21:19
32	622 Luís Marques,	Pari Passu	S-M	25	1:19:19.52	06:37	0:21:32
33	605 José Oliveira,	A20'S Box Crossfit	S-M	26	1:19:29.60	06:37	0:21:42
34	506 Álvaro Santos,	Avintes Javalis Trail Team	S-M	27	1:20:10.34	06:41	0:22:22
35	224 Conceição Tenda,	Gaia Trail	S-F	2	1:21:17.85	06:46	0:23:30
36	631 Mara Célia,	MC	S-F	3	1:21:55.07	06:50	0:24:07
37	522 Armando Leite,	MC	S-M	28	1:21:56.20	06:50	0:24:08
38	535 Catarina Castro,	São João da Serra	S-F	4	1:22:01.83	06:50	0:24:14
39	546 Delfina Sousa,		S-F	5	1:22:13.86	06:51	0:24:26
40	623 Luli Cox,	Flower People X	M45-F	1	1:22:14.25	06:51	0:24:26
41	608 José Oliveira,	TrepaTrilhos Trail Team	M45-M	7	1:22:14.64	06:51	0:24:27
42	669 Paula Quintela,	Gaia Running	M45-F	2	1:22:31.40	06:53	0:24:43
43	645 Marisa Pereira,	Clube Zupper	S-F	6	1:22:38.32	06:53	0:24:50
44	636 Maria Pais,	FIAES RUNNING	M45-F	3	1:22:39.86	06:53	0:24:52
45	675 Paulo Moreira,		M45-M	8	1:22:49.74	06:54	0:25:02
46	687 Pedro Brizado,	pipb	S-M	29	1:23:25.22	06:57	0:25:37

47	649 Miguel Silva,	Trinca Orelhas de Gato	S-M	30	1:23:59.40	07:00	0:26:11
48	500 Abelardo Gomes,	Indivudual	M45-M	9	1:24:26.25	07:02	0:26:38
49	593 João Campos,	JC	S-M	31	1:24:28.55	07:02	0:26:41
50	716 Rui Pereira,		M45-M	10	1:24:36.89	07:03	0:26:49
51	663 Nuno Rocha,	Rocha's	S-M	32	1:26:25.86	07:12	0:28:38
52	700 Ricardo OLiveira,	MC	S-M	33	1:26:38.78	07:13	0:28:51
53	597 Jorge Lagareiro,	MC	S-M	34	1:27:04.01	07:15	0:29:16
54	599 Jorge Santos,	Clube Pessoal Aguas Gaia	M45-M	11	1:27:38.34	07:18	0:29:50
55	602 José Barbosa,	Clube Pessoal Aguas Gaia	M45-M	12	1:27:39.00	07:18	0:29:51
56	632 Márcio Lourenço,	NewTeam2011	S-M	35	1:28:51.29	07:24	0:31:03
57	732 Silvério Santos,	Clube Pessoal Aguas Gaia	M45-M	13	1:29:30.04	07:28	0:31:42
58	698 Ricardo Moutinho,	100 meta	S-M	36	1:29:32.77	07:28	0:31:45
59	630 Manuela Monteiro,	100 meta	S-F	7	1:29:33.44	07:28	0:31:45
60	523 Asdrubal Freitas,	Centro Ciclista de Gondomar	M45-M	14	1:29:35.47	07:28	0:31:47
61	542 Cristina Carvalho,		S-F	8	1:30:07.14	07:31	0:32:19
62	518 António Faria,	Amigos 100 Limites	S-M	37	1:31:08.79	07:36	0:33:21
63	702 Roberto Moreira,	Aliança de Gandra	S-M	38	1:32:00.00	07:40	0:34:12
64	559 Fernando Vital,	Trinca Orelhas de Gato	M45-M	15	1:32:02.53	07:40	0:34:15
65	705 Rosa Lopes,	100 meta	S-F	9	1:33:17.04	07:46	0:35:29
66	664 Olga Gomes,	Olgs	M45-F	4	1:33:48.54	07:49	0:36:01
67	741 Sonia Santos,	BFF	S-F	10	1:34:00.91	07:50	0:36:13
68	758 Rui Machado,	Salgueiros Running	M45-M	16	1:36:17.06	08:01	0:38:29
69	607 José Rocha,	Rocha's	M45-M	17	1:36:18.66	08:02	0:38:31
70	697 Ricardo Martins,	DDT Runners	S-M	39	1:36:30.05	08:03	0:38:42
71	662 Nuno silva,	NewTeam2011	S-M	40	1:36:47.00	08:04	0:38:59
72	686 Pedro Aguiar,		S-M	41	1:36:56.64	08:05	0:39:09
73	628 Manuel Paiva,		M45-M	18	1:37:05.05	08:05	0:39:17
74	550 Fábio Soares,	Ginásio Elite Corpus XVI	S-M	42	1:37:24.20	08:07	0:39:36
75	682 Paulo Moura,	Ginásio Elite Corpus XVI	S-M	43	1:37:25.00	08:07	0:39:37
76	676 Paulo Ferreira,	DDT Runners	S-M	44	1:37:27.00	08:07	0:39:39
77	569 Frederico Araujo,	Team Adsumus	S-M	45	1:37:28.49	08:07	0:39:40
78	568 Francisco Mendes,	Team Adsumus	S-M	46	1:37:29.77	08:07	0:39:42
79	503 Alcino Silva,	Amigos 100 Limites	S-M	47	1:37:40.60	08:08	0:39:53
80	587 Ivo Pinto,		S-M	48	1:37:52.94	08:09	0:40:05
81	656 Nuno Veloso,		S-M	49	1:37:55.04	08:10	0:40:07
82	759 Ivo Couto,	Avintes Javalis Trail Team	S-M	50	1:37:58.03	08:10	0:40:10
83	604 Jose Teixeira,	Avintes Javalis Trail Team	M45-M	19	1:37:58.91	08:10	0:40:11
84	555 Fernando Ferreira,	Amigos do Pedal TrailLagares	S-M	51	1:38:08.29	08:11	0:40:20
85	581 Isabel Carvalho,	MoinhosRun-ADRM	M45-F	5	1:38:37.55	08:13	0:40:50
86	512 Andreia Carvalho,	Centro Clinico de Gaia	S-F	11	1:39:19.50	08:17	0:41:32
87	573 Hélder Marques,	Salgueiros Running	S-M	52	1:39:54.48	08:20	0:42:06
88	684 Paulo Henriques,	Avintes Javalis Trail Team	S-M	53	1:39:55.00	08:20	0:42:07
89	576 Helder Monteiro,		S-M	54	1:40:18.14	08:22	0:42:30
90	519 António Frazao,	Avintes Javalis Trail Team	S-M	55	1:40:44.90	08:24	0:42:57
91	688 Pedro Silva,		M45-M	20	1:41:21.00	08:27	0:43:33
92	520 António Loureiro,	TrepaTrilhos Trail Team	M45-M	21	1:41:35.00	08:28	0:43:47
93	561 Filipe Cardoso,	ADI-HIGIENE	S-M	56	1:42:17.00	08:31	0:44:29
94	588 Ivo Pereira,	ADI-HIGIENE	S-M	57	1:42:25.00	08:32	0:44:37
95	615 Manuel Boldt,	100 meta	M45-M	22	1:42:27.00	08:32	0:44:39
96	739 Sonia Gilvaz,	Monte dos Amigos / G.D.R. Juvent	S-F	12	1:42:45.00	08:34	0:44:57
97	501 Adelina Sousa,	Yogurnest	S-F	13	1:42:57.00	08:35	0:45:09
98	595 Joel Reis,	Team Adsumus	S-M	58	1:43:21.00	08:37	0:45:33
99	707 Rosário Sousa,	TrepaTrilhos Trail Team	S-F	14	1:43:40.00	08:38	0:45:52
100	683 Paulo Oliveira,	Ginásio Elite Corpus XVI	M45-M	23	1:43:51.00	08:39	0:46:03
101	627 Manuel Rocha,	FAST AO KM	M45-M	24	1:43:52.00	08:39	0:46:04
102	724 Sara Barbosa,	Salgueiros Running	S-F	15	1:44:15.00	08:41	0:46:27
103	690 Pedro Rocha,		S-M	59	1:44:25.00	08:42	0:46:37
104	583 Isabel Neves,	Aliança de Gandra	S-F	16	1:44:32.00	08:43	0:46:44
105	533 Carlos Fardilha,		S-M	60	1:44:35.00	08:43	0:46:47

106	713 Rui Loureiro,		M45-M	25	1:44:40.00	08:43	0:46:52
107	763 José Manuel,	Avintes Javalis Trail Team	S-M	61	1:44:44.00	08:44	0:46:56
108	567 Francisco Silva,	TrepaTrilhos Trail Team	M45-M	26	1:45:02.00	08:45	0:47:14
109	677 Paulo Genesio,		M45-M	27	1:45:34.00	08:48	0:47:46
110	746 Susana Moreira,	Aliança de Gandra	S-F	17	1:45:43.00	08:49	0:47:55
111	699 Ricardo Guedes,		S-M	62	1:45:50.00	08:49	0:48:02
112	316 Rosa Seabra,	Norte trilhos	S-F	18	1:46:19.00	08:52	0:48:31
113	558 Fernando Silva,		S-M	63	1:46:31.00	08:53	0:48:43
114	721 Sandra Ferreira,	Arcorun	S-F	19	1:46:32.00	08:53	0:48:44
115	513 Andreia Gomes,		S-F	20	1:46:44.00	08:54	0:48:56
116	660 Nuno Reis,	Running Team Maia	S-M	64	1:46:47.00	08:54	0:48:59
117	642 Maria Neves,	Aliança de Gandra	S-F	21	1:47:14.00	08:56	0:49:26
118	626 Manuel Barros,	Trinca Orelhas de Gato	M45-M	28	1:47:20.00	08:57	0:49:32
119	591 Joana Silva,	Arcorun	S-F	22	1:47:34.00	08:58	0:49:46
120	765 Ricardo Lascadas,	Amigos 100 Limites	S-M	65	1:47:35.00	08:58	0:49:47
121	575 Helder Santos,		S-M	66	1:47:45.00	08:59	0:49:57
122	557 Fernando Salgado,		S-M	67	1:47:50.00	08:59	0:50:02
123	596 Jorge Ferreira,	Pari Passu	S-M	68	1:48:55.00	09:05	0:51:07
124	634 Maria Oliveira,	A20'S Box Crossfit	S-F	23	1:49:17.00	09:06	0:51:29
125	708 Ruben Costa,	DDT Runners	S-M	69	1:49:17.00	09:06	0:51:29
126	502 Adriano Silva,		M45-M	29	1:49:19.00	09:07	0:51:31
127	614 Liliana gomes,	A20'S Box Crossfit	S-F	24	1:49:31.00	09:08	0:51:43
128	751 Teresa Oliveira,	Vila Maior em Turismo	S-F	25	1:49:32.00	09:08	0:51:44
129	515 Andreia Teixeira,	DDT Runners	S-F	26	1:49:34.00	09:08	0:51:46
130	580 Isaac Pereira,		M45-M	30	1:49:49.00	09:09	0:52:01
131	681 Paulo Ribeiro,	Invicta Runners Team	S-M	70	1:49:57.00	09:10	0:52:09
132	612 Lénio Marinho,	Salgueiros Running	M45-M	31	1:50:33.00	09:13	0:52:45
133	618 Luís Santos,	A20'S Box Crossfit	S-M	71	1:51:59.00	09:20	0:54:11
134	748 Susana Duarte,		S-F	27	1:52:20.00	09:22	0:54:32
135	579 Humberto Rios,		S-M	72	1:52:24.00	09:22	0:54:36
136	665 Patrícia Neves,	100 meta	S-F	28	1:52:35.00	09:23	0:54:47
137	635 Maria Alves,	TEAM SHARK	M45-F	6	1:52:37.00	09:23	0:54:49
138	598 Jorge Rebelo,	ADI-HIGIENE	S-M	73	1:52:42.00	09:23	0:54:54
139	516 Andreia Teixeira,		S-F	29	1:52:51.00	09:24	0:55:03
140	726 Sara Coelho,		S-F	30	1:52:52.00	09:24	0:55:04
141	674 Paulo Melo,	CAL - Clube Atletismo de Lamas	S-M	74	1:52:58.00	09:25	0:55:10
142	554 Fernanda Leal,	Aliança de Gandra	M45-F	7	1:53:14.00	09:26	0:55:26
143	754 Verónica Fontes,	Aliança de Gandra	S-F	31	1:53:16.00	09:26	0:55:28
144	742 Sonia Silva,	MOUNTAIN RUNNERS	S-F	32	1:53:17.00	09:26	0:55:29
145	719 Sandra Carvalho,	MOUNTAIN RUNNERS	S-F	33	1:53:19.00	09:27	0:55:31
146	720 Sandra Teixeira,	Running Team Maia	S-F	34	1:53:20.00	09:27	0:55:32
147	538 Cláudia Meireles,		S-F	35	1:53:25.00	09:27	0:55:37
148	651 Mónica Figueiras,		S-F	36	1:53:44.00	09:29	0:55:56
149	647 Miguel Dias,		S-M	75	1:54:17.00	09:31	0:56:29
150	667 Paula Cardoso,	Factor X / S4L / Medense FC	S-F	37	1:54:28.00	09:32	0:56:40
151	764 Pedro Fernandes,	Kuatros	S-M	76	1:54:45.00	09:34	0:56:57
152	280 Luis Silva,	Arrastassolas	M45-M	32	1:54:47.00	09:34	0:56:59
153	756 Vitor Pinho,	NewTeam2011	S-M	77	1:54:51.00	09:34	0:57:03
154	562 Filipe Marques,	Trinca Orelhas de Gato	S-M	78	1:54:54.00	09:34	0:57:06
155	525 Bruno Oliveira,	NewTeam2011	S-M	79	1:55:26.00	09:37	0:57:38
156	578 Hugo Santos,	MC	S-M	80	1:55:32.00	09:38	0:57:44
157	563 Filipe Pinto,	Nocturnos de Paredes	S-M	81	1:55:46.00	09:39	0:57:58
158	564 Filipe Terra,	Trinca Orelhas de Gato	S-M	82	1:55:47.00	09:39	0:57:59
159	616 Lino Abreu,		S-M	83	1:55:54.00	09:39	0:58:06
160	565 Flávio Pais,		M45-M	33	1:56:10.00	09:41	0:58:22
161	666 Patrícia Graça,	AlphaTeam	S-F	38	1:56:12.00	09:41	0:58:24
162	712 Rui Novais,	AlphaTeam	S-M	84	1:56:28.00	09:42	0:58:40
163	650 Miro Silva,		S-M	85	1:56:45.00	09:44	0:58:57
164	752 Vanessa Soares,		S-F	39	1:57:00.00	09:45	0:59:12

165	590	Joana Monteiro,		S-F	40	1:57:02.00	09:45	0:59:14
166	762	Vasco Prazeres,	Avintes Javalis Trail Team	S-M	86	1:57:06.00	09:45	0:59:18
167	703	Rogério Gomes,	Avintes Javalis Trail Team	S-M	87	1:57:15.00	09:46	0:59:27
168	693	Raquel Santos,		S-F	41	1:57:19.00	09:47	0:59:31
169	504	Alice Magalhães,	100 meta	M45-F	8	1:57:21.00	09:47	0:59:33
170	572	Goreti Rocha,	Trinca Orelhas de Gato	S-F	42	1:57:28.00	09:47	0:59:40
171	547	Deolinda Campanhã,	Trinca Orelhas de Gato	M45-F	9	1:57:30.00	09:48	0:59:42
172	509	Ana Martins,		M45-F	10	1:57:45.00	09:49	0:59:57
173	609	José Rebelo,	-	M45-M	34	1:58:18.00	09:51	1:00:30
174	755	Vitor Oliveira,		M45-M	35	1:58:20.00	09:52	1:00:32
175	694	Raul Cunha,	cUnHaX	M45-M	36	1:58:25.00	09:52	1:00:37
176	731	Sérgio Pereira,	TrepaTrilhos Trail Team	M45-M	37	1:58:51.00	09:54	1:01:03
177	514	Andreia Moura,	Team Moura	S-F	43	1:59:24.00	09:57	1:01:36
178	668	Paula Moreira,	Trinca Orelhas de Gato	S-F	44	1:59:44.00	09:59	1:01:56
179	517	António pires,	Contacto running	M45-M	38	2:00:30.00	10:02	1:02:42
180	511	André Castro,	Kempower Team	S-M	88	2:00:48.00	10:04	1:03:00
181	736	Sofia Dias,	Kempower Team	S-F	45	2:01:41.00	10:08	1:03:53
182	644	Marina Ramalho,	DDT Runners	S-F	46	2:04:28.66	10:22	1:06:41
183	757	Vítor Tavares,	305d	S-M	89	2:11:43.18	10:59	1:13:55
184	679	Paulo Joia,	Salgueiros Running	S-M	90	2:13:14.80	11:06	1:15:27
185	528	Carla Dias,		M45-F	11	2:14:58.61	11:15	1:17:11
186	603	José Moreira,	Salgueiros Running	S-M	91	2:14:58.99	11:15	1:17:11
187	692	Raquel Lopes,	Arrastassolas	S-F	47	2:14:59.20	11:15	1:17:11
188	730	Sérgio Inverneiro,	Aliança de Gandra	M45-M	39	2:15:53.27	11:19	1:18:05
189	750	Susana Vieira,		M45-F	12	2:15:53.30	11:19	1:18:05
190	641	Maria Inverneiro,	Aliança de Gandra	M45-F	13	2:15:55.33	11:20	1:18:07
191	539	Clemente Meireles,	ADI-HIGIENE	M45-F	14	2:16:02.95	11:20	1:18:15
192	570	Gastão Ferreira,	ADI-HIGIENE	S-M	92	2:16:04.49	11:20	1:18:16
193	672	Paulo Amorim,	Nocturnos de Paredes	S-M	93	2:16:05.00	11:20	1:18:17
194	592	Joana Silva,	Nocturnos de Paredes	S-F	48	2:16:19.94	11:22	1:18:32
195	625	Manuel Nunes,		M45-M	40	2:16:26.75	11:22	1:18:39
196	737	Sofia Nunes,		S-F	49	2:16:27.52	11:22	1:18:40
197	507	Ana Josu,	BFF	S-F	50	2:17:12.89	11:26	1:19:25
198	571	Gilda Cunha,	TrepaTrilhos Trail Team	M45-F	15	2:17:24.64	11:27	1:19:37
199	691	Pedro Sousa,	TrepaTrilhos Trail Team	M45-M	41	2:18:49.00	11:34	1:21:01
200	685	Paulo Silva,		S-M	94	2:18:50.65	11:34	1:21:03
201	585	Isilda Silva,	Trinca Orelhas de Gato	S-F	51	2:19:21.91	11:37	1:21:34
202	532	Carlos Conde,	Trinca Orelhas de Gato	M45-M	42	2:19:24.00	11:37	1:21:36
203	540	Conceição Pereira,	We Run	M45-F	16	2:19:47.94	11:39	1:22:00
204	740	Sonia Silva,	Running Team Maia	S-F	52	2:19:56.34	11:40	1:22:08
205	544	Cristina Moura,	We Run	S-F	53	2:19:57.75	11:40	1:22:10
206	601	José Aleixo,	Team Adsumus	M45-M	43	2:24:51.20	12:04	1:27:03
207	594	Joca Vieira,	Team Adsumus	M45-M	44	2:24:52.09	12:04	1:27:04
208	639	Maria Ferreira,	Amigos 100 Limites	M45-F	17	2:25:52.52	12:09	1:28:05
209	551	Fábio Nogueira,	Ginásio Elite Corpus XVI	S-M	95	2:25:52.61	12:09	1:28:05
210	524	Bruno Cardoso,	DDT Runners	S-M	96	2:28:09.15	12:21	1:30:21
211	566	Francisca Sousa,		M45-F	18	2:29:51.05	12:29	1:32:03
212	670	Paula Reis,		M45-F	19	2:29:51.90	12:29	1:32:04
213	617	Lucinda Gonçalves,		M45-F	20	2:30:24.56	12:32	1:32:37
214	552	Fátima Costa,	TrepaTrilhos Trail Team	M45-F	21	2:31:21.95	12:37	1:33:34
215	747	Susana Oliveira,	TrepaTrilhos Trail Team	S-F	54	2:31:25.18	12:37	1:33:37
216	749	Susana Rito,	EDV-Viana Trail	S-F	55	2:35:08.50	12:56	1:37:21
217	529	Carla Gomes,	GENEROSOS RUNNERS	S-F	56	2:35:33.08	12:58	1:37:45
218	643	Mariana Pauperio,	É Prá Broa	S-F	57	2:38:58.87	13:15	1:41:11
219	560	Filipa Ferreira,	É Prá Broa	S-F	58	2:39:02.03	13:15	1:41:14
220	743	Susana Castro,	É Prá Broa	S-F	59	2:39:02.51	13:15	1:41:15
221	536	Catarina Neto,	É Prá Broa	S-F	60	2:39:03.15	13:15	1:41:15
222	701	Rita Morais,	Trinca Orelhas de Gato	S-F	61	2:48:22.63	14:02	1:50:35
223	734	Silvia Rocha,	Trinca Orelhas de Gato	S-F	62	2:48:23.09	14:02	1:50:35

224	582 Isabel Mendes,		M45-F	22	2:48:25.73	14:02	1:50:38
225	543 Cristina Lourenço,	NewTeam2011	S-F	63	2:51:03.84	14:15	1:53:16
226	735 Sofia Almeida,	NewTeam2011	S-F	64	2:51:05.59	14:15	1:53:18
227	646 Miguel Silva,		S-M	97	2:53:20.17	14:27	1:55:32
228	589 Ivone Almeida,	NewTeam2011	S-F	65	2:53:57.17	14:30	1:56:09
229	624 Magda Pinho,	NewTeam2011	S-F	66	2:54:01.23	14:30	1:56:13
230	744 Susana Campos,	NewTeam2011	S-F	67	2:54:33.26	14:33	1:56:45
231	671 Paula Salgado,	TEAM SHARK	M45-F	23	2:54:54.93	14:35	1:57:07
232	653 Natalina Videira,	TEAM SHARK	M45-F	24	2:54:55.11	14:35	1:57:07
233	727 Sara Mourao,		S-F	68	2:54:55.73	14:35	1:57:08
234	537 Celia Rios,		M45-F	25	2:54:58.92	14:35	1:57:11