

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
1	MONTEIRO, SÉRGIO	444	A. Cu. R. A 4 TRAIL	10SEM	58:26.36	05:51	
2	SANTOS, RAFAEL	419		10SEM	58:39.91	05:52	00:00:14
3	CARVALHO, FELISBERTO	424		10SEM	59:50.32	05:59	00:01:24
4	RIBEIRO, HÉLDER	440	Airorun	10SEM	1:02:24.26	06:14	00:03:58
5	VIEIRA, ALBINO	450		10M50	1:02:55.84	06:18	00:04:30
6	GOMES, PAULO	443	A. Cu. R. A 4 TRAIL	10SEM	1:06:29.12	06:39	00:08:03
7	COELHO, MARIO	464		10M40	1:08:16.86	06:50	00:09:51
8	RELVAS, ANDRE	428	SOREMA	10SEM	1:08:18.10	06:50	00:09:52
9	SAMPAIO, BRUNO	466		10SEM	1:09:41.73	06:58	00:11:16
10	DIAS, DIOGO	460		10SEM	1:10:00.45	07:00	00:11:34
11	CARDOSO, LINO	400		10M40	1:10:16.55	07:02	00:11:51
12	FREITAS, PAULO	447		10M40	1:12:10.57	07:13	00:13:45
13	ALVES, RICARDO	469		10SEM	1:12:43.78	07:16	00:14:18
14	RIBEIRO, ALEXANDRE	435		10SEM	1:12:55.62	07:18	00:14:30
15	SÁ, OLINDA	470		10SEF	1:13:04.49	07:18	00:14:38
16	MAIA, MARCO	425		10SEM	1:13:15.23	07:20	00:14:49
17	SILVA, JORGE	465		10M40	1:13:33.64	07:21	00:15:08
18	RIBAS, MARCO	427		10SEM	1:13:46.09	07:23	00:15:20
19	COSTA, FLÁVIO	415		10SEM	1:13:46.49	07:23	00:15:20
20	COSTA, FRANCO	417		10M40	1:14:06.08	07:25	00:15:40
21	SANTOS, DIANA	431	GTT - ARMAZÉM DO CAFFÈ	10SEF	1:14:24.76	07:26	00:15:59
22	PEREIRA, HUGO	430	GTT - ARMAZÉM DO CAFFÈ	10SEM	1:14:24.96	07:26	00:15:59
23	RAFAEL, BRUNO	402		10SEM	1:14:38.91	07:28	00:16:13
24	MONTEIRO, LUÍSA	403		10F40	1:14:40.52	07:28	00:16:15
25	SAMPAIO-MARQUES, BELÉM	422		10SEF	1:19:33.55	07:57	00:21:08
26	DUARTE, NUNO	457	Travassós Running Fafe	10SEM	1:19:33.60	07:57	00:21:08
27	SILVA, FRANCISCO	432		10M40	1:23:23.74	08:20	00:24:58
28	MAIA, JOÃO	456	MAGNUNSSSENS	10SEM	1:23:26.19	08:21	00:25:00
29	OLIVEIRA, ANA	414		10SEF	1:23:49.30	08:23	00:25:23
30	CUNHA, CÉSAR	434		10SEM	1:26:20.46	08:38	00:27:54
31	COUTO, JOÃO	455	Fitteam	10M40	1:28:17.76	08:50	00:29:52
32	PEREIRA, PAULO	446	Bota&Siga	10SEM	1:28:24.13	08:50	00:29:58
33	MARINHO, FERNANDO	410	InsanOs	10M50	1:29:38.11	08:58	00:31:12
34	SÁ, ALBERTO	406	InsanOs	10M50	1:29:41.09	08:58	00:31:15
35	LEMONS, DOMINGOS	433		10M40	1:30:29.82	09:03	00:32:04
36	FERREIRA, FERNANDO	468		10SEM	1:30:30.54	09:03	00:32:05
37	FREITAS, ANA	412		10SEF	1:32:57.18	09:18	00:34:31
38	TEIXEIRA, CONCEIÇÃO	445		10F40	1:32:57.37	09:18	00:34:31
39	OSÓRIO, BETY	462	Magic friends runners	10F40	1:33:11.93	09:19	00:34:46
40	SANTOS, PAULO	463	MAGNUNSSSENS	10SEM	1:36:12.06	09:37	00:37:46
41	MAGALHÃES, LUÍS	437	Trailers	10M40	1:37:23.36	09:44	00:38:57
42	AFONSO, PAULA	438	Trailers	10F40	1:40:24.55	10:02	00:41:59
43	PONTESE, HÉLIO	413		10SEM	1:40:25.79	10:03	00:42:00
44	BENTO, NATÁLIA	420		10F40	1:40:33.03	10:03	00:42:07
45	MACHADO, JOSÉ	467		10M40	1:40:42.41	10:04	00:42:16

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46	GRAÇA, JOSÉ	409	InsanOs	10M50	1:40:47.01	10:05	00:42:21
47	CARNEIRO, JOSÉ	408	InsanOs	10M50	1:40:47.87	10:05	00:42:22
48	PEREIRA, NATALIA	423		10F40	1:43:07.22	10:19	00:44:41
49	MARQUES, JOÃO	407	InsanOs	10M50	1:43:08.02	10:19	00:44:42
50	MOTA, ANABELA	421	Anabela	10F40	1:43:08.79	10:19	00:44:43
51	LEAL, JENNIFER	405		10SEF	1:43:09.26	10:19	00:44:43
52	PESQUEIRA, MÓNICA	416		10SEF	1:43:11.01	10:19	00:44:45
53	FARIA, ANDREIA	458	Via rapida	10SEF	1:43:32.85	10:21	00:45:07
54	TAVARES, CRISTINA	471	SOREMA	10F40	1:45:30.24	10:33	00:47:04
55	RELVAS, ANA	429	SOREMA	10F40	1:45:50.91	10:35	00:47:25
56	GOMES, HELDER	472	SOREMA	10M40	1:45:52.61	10:35	00:47:27
57	ALVES, PATRICIA	401	KIKAS Team	10SEF	1:46:36.06	10:40	00:48:10
58	BASTOS, SÔNIA	453	A.D.Amarante Trail Running	10SEF	1:46:36.23	10:40	00:48:10
59	VILELA, MARA	426		10SEF	1:50:38.37	11:04	00:52:12
60	SILVA, MÓNICA	411		10SEF	1:50:39.04	11:04	00:52:13
61	PEREIRA, PATRICIA	454	Via rapida	10SEF	1:52:03.44	11:12	00:53:37
62	ALVES, PAULA	461	Profísio Team	10SEF	1:55:21.83	11:32	00:56:56
63	FERREIRA, ÂNGELA	459		10F40	1:55:22.11	11:32	00:56:56
64	SILVA, ANA	452		10F40	1:59:29.28	11:57	01:01:03
65	OLIVEIRA, LILIANA	404		10SEF	1:59:30.02	11:57	01:01:04
66	FERREIRA, ORQUIDEA	418		10F40	2:01:34.79	12:09	01:03:09
67	LEITE, RENATO	449		10SEM	2:16:07.76	13:37	01:17:42