

Posição	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
1	590	Silva, Joaquim	ADOSA - Os Santa Apolónia	12M40	1	55:28.91	04:37	
2	606	, Nuno	Realense Futebol Clube	12SEM	1	56:04.53	04:40	00:00:36
3	588	Santos, Marco	ADOSA - Os Santa Apolónia	12SEM	2	57:38.89	04:48	00:02:10
4	582	Ferreira, Pedro	EcoVegan	12SEM	3	58:25.53	04:52	00:02:57
5	514	Gilvaz, Pedro		12M40	2	1:00:07.17	05:01	00:04:38
6	593	Costa, Rafael	Clube Atletismo de Fafe	12SEM	4	1:00:50.30	05:04	00:05:21
7	630	Povo, Rui	Clube Atletismo de Fafe	12M40	3	1:00:50.58	05:04	00:05:22
8	591	Lemos, Nuno	Clube Atletismo de Fafe	12M40	4	1:02:22.96	05:12	00:06:54
9	502	Martins, Sérgio	Duo trail	12M40	5	1:03:07.90	05:16	00:07:39
10	572	Ribeiro, Ramiro	Nba barrosas	12SEM	5	1:04:56.10	05:25	00:09:27
11	586	Dinis, Joaquim	ADOSA - Os Santa Apolónia	12M50	1	1:06:17.49	05:31	00:10:48
12	596	Alves, Manuel	CD São Salvador do Campo	12M50	2	1:07:09.10	05:36	00:11:40
13	564	Pereira, Sergio	Protek running	12SEM	6	1:07:09.16	05:36	00:11:40
14	613	, Humberto		12SEM	7	1:07:42.33	05:39	00:12:13
15	575	Faceira, Gabriel	Linces do Marão	12SEM	8	1:07:53.31	05:39	00:12:24
16	576	Quintas, Paulo	NAST - Nucleo Associativo de Santo Tirso	12M50	3	1:08:29.96	05:42	00:13:01
17	589	Baptista, Nuno	ADOSA - Os Santa Apolónia	12SEM	9	1:08:32.10	05:43	00:13:03
18	121	Ribeiro, Carlos	Trail4Fun	12M40	6	1:09:34.89	05:48	00:14:06
19	602	, Tiago		12SEM	10	1:09:54.50	05:50	00:14:26
20	607	Carvalho, Joaquim	Realense Futebol Clube	12M50	4	1:09:56.58	05:50	00:14:28
21	578	Santos, Rui	Dragon Club	12SEM	11	1:11:16.03	05:56	00:15:47
22	619	Santos, Sérgio	Dragon Club	12M40	7	1:12:57.93	06:05	00:17:29
23	573	Ribeiro, Alexandre	ADOSA - Os Santa Apolónia	12SEM	12	1:14:03.45	06:10	00:18:34
24	580	Silva, Helder	Iberlynce jeans	12SEM	13	1:14:11.70	06:11	00:18:43
25	563	Pais, Ricardo	Protek running	12SEM	14	1:15:11.00	06:16	00:19:42
26	535	Silva, Francisco	Habcarpintaria	12M40	8	1:15:28.11	06:17	00:19:59
27	512	Lopes, Diogo	Habcarpintaria	12SEM	15	1:16:10.80	06:21	00:20:42
28	583	Fernandes, Joana	Akuafit	12SEF	1	1:16:33.62	06:23	00:21:05
29	601	Silva, Jorge		12M40	9	1:17:37.91	06:28	00:22:09
30	559	Sousa, João	Linces do Marão	12SEM	16	1:17:48.99	06:29	00:22:20
31	587	Oliveira, Carla	ADOSA - Os Santa Apolónia	12SEF	2	1:18:22.92	06:32	00:22:54
32	581	Gomes, Marco	Iberlynce jeans	12SEM	17	1:18:23.21	06:32	00:22:54
33	541	Antunes, Ricardo	Habcarpintaria	12SEM	18	1:18:23.39	06:32	00:22:54
34	611	Silva, Domingos		12SEM	19	1:18:33.12	06:33	00:23:04
35	629	Freitas, Paulo	F.C.Vizela	12M40	10	1:20:01.44	06:40	00:24:32
36	574	Salgado, Marisa	ADOSA - Os Santa Apolónia	12F40	1	1:20:13.07	06:41	00:24:44
37	599	Silva, Maria	F.C.Vizela	12F40	2	1:20:50.94	06:44	00:25:22
38	617	Mendes, José	Adosa - Os Santa Apolónia	12M40	11	1:20:54.05	06:45	00:25:25
39	511	Marinho, Rosalina	Travassós Running Fafe	12F40	3	1:20:57.13	06:45	00:25:28
40	542	Ceia, Ricardo		12M50	5	1:21:18.46	06:47	00:25:49
41	552	Madureira, Bruno	Trofateam	12SEM	20	1:21:20.97	06:47	00:25:52
42	539	Silva, Jorge	No Pain No Gain	12M40	12	1:21:46.91	06:49	00:26:18
43	555	Moreira, Vera	Trofamteam	12SEF	3	1:22:46.71	06:54	00:27:18
44	622	Lopes, Armindo	ARC Vale de S. Cosme	12M50	6	1:22:47.00	06:54	00:27:18

Posição	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
45	600	Mendonça, António	F.C.Vizela	12M50	7	1:23:26.85	06:57	00:27:58
46	621	Pedrosa, Luís	OS PRIMOS	12SEM	21	1:24:52.11	07:04	00:29:23
47	585	Araújo, Paulo	ARC Vale de S. Cosme	12M40	13	1:24:59.08	07:05	00:29:30
48	597	., Helder	Helder Fernandes	12SEM	22	1:25:31.32	07:08	00:30:02
49	567	Pereira, Silverio	Protek running	12M50	8	1:25:41.88	07:08	00:30:13
50	562	Duarte, Telma	Protek running	12SEF	4	1:25:41.99	07:08	00:30:13
51	568	Coelho, Luis	Protek running	12M40	14	1:25:42.31	07:09	00:30:13
52	524	Bento, Filipe	Travassós Running Fafe	12M40	15	1:26:22.01	07:12	00:30:53
53	547	Pereira, Avelino	Bota&Siga	12M50	9	1:27:01.88	07:15	00:31:33
54	538	Pereira, Joel	Tartarugas Velocistas	12SEM	23	1:28:15.65	07:21	00:32:47
55	537	Pacheco, Miguel	Tartarugas Velocistas	12SEM	24	1:28:16.94	07:21	00:32:48
56	528	Pinto, José	Pipocas & Bombocas	12M50	10	1:28:32.58	07:23	00:33:04
57	605	., Russo	Tesos & Mouraria	12SEM	25	1:30:45.53	07:34	00:35:17
58	604	., Nelo	Tesos & Mouraria	12M40	16	1:30:46.75	07:34	00:35:18
59	544	Gomes, José		12SEM	26	1:30:57.35	07:35	00:35:28
60	618	Lopes, Alice		12F40	4	1:31:49.28	07:39	00:36:20
61	571	Paixão, Antonio	SCRUM-BRAGARUGBY VETS	12M40	17	1:31:50.76	07:39	00:36:22
62	550	., Malheiro		12SEM	27	1:32:27.85	07:42	00:36:59
63	536	Freitas, Benilde	Tartarugas Velocistas	12SEF	5	1:33:09.55	07:46	00:37:41
64	560	Peixoto, Nuno	Linces do Marão	12M40	18	1:33:12.05	07:46	00:37:43
65	526	Teixeira, Pedro	Pipocas & Bombocas	12SEM	28	1:34:16.01	07:51	00:38:47
66	566	Gonçalves, Anabela	Protek running	12F40	5	1:34:21.76	07:52	00:38:53
67	533	Pedrosa, Agostinho		12M50	11	1:35:26.61	07:57	00:39:58
68	556	Martins, Filipe		12M40	19	1:35:34.85	07:58	00:40:06
69	579	Ferreira, Sérgio		12SEM	29	1:35:35.66	07:58	00:40:07
70	548	Santos, Joaquim	Lixenses	12SEM	30	1:37:41.47	08:08	00:42:12
71	549	Estrela, Sílvia	Lixenses	12SEF	6	1:38:14.80	08:11	00:42:46
72	608	Silva, Ana	Speedy	12SEF	7	1:38:14.99	08:11	00:42:46
73	561	Sousa, Pedro	Linces do Marão	12SEM	31	1:38:36.01	08:13	00:43:07
74	513	Gilvaz, Sonia		12F40	6	1:38:50.77	08:14	00:43:22
75	138	Boas, Daniela	Dragon Club	12SEF	8	1:39:18.11	08:17	00:43:49
76	530	Pinto, Augusto		12M50	12	1:39:31.14	08:18	00:44:02
77	515	Bento, Natália	Travassós Running Fafe	12F40	7	1:40:09.40	08:21	00:44:40
78	577	Silva, Maria	Dragon Club	12F40	8	1:40:15.32	08:21	00:44:46
79	570	Brito, Vítor	SCRUM-BRAGARUGBY VETS	12M40	20	1:40:44.59	08:24	00:45:16
80	615	Almeida, Jaime	Primos e Compadres	12SEM	32	1:41:01.64	08:25	00:45:33
81	616	Rios, Bruno	Primos e Compadres	12SEM	33	1:41:01.76	08:25	00:45:33
82	540	Ribeiro, Carlos	No Pain No Gain	12SEM	34	1:41:11.78	08:26	00:45:43
83	610	Esteves, Jose	Speedy	12M40	21	1:47:32.50	08:58	00:52:04
84	565	Pereira, Natalia	Protek running	12SEF	9	1:48:05.14	09:00	00:52:36
85	554	Castro, Liliana	É pra meninos!	12SEF	10	1:49:47.64	09:09	00:54:19
86	518	Fernandes, Ricardo	Travassós Running Fafe	12SEM	35	1:50:57.35	09:15	00:55:28
87	519	Freitas, Fátima	Travassós Running Fafe	12F40	9	1:50:58.71	09:15	00:55:30
88	543	Sousa, Emanuel		12SEM	36	1:50:58.83	09:15	00:55:30

Posição	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
89	523	Fernandes, Ana	Travassós Running Fafe	12SEF	11	1:52:59.39	09:25	00:57:30
90	517	Pinto, Sandra	Travassós Running Fafe	12SEF	12	1:52:59.40	09:25	00:57:30
91	520	Pinto, Esmeralda	Travassós Running Fafe	12F40	10	1:52:59.46	09:25	00:57:30
92	501	Grilo, Norberta		12F40	11	1:58:02.67	09:50	01:02:34
93	529	Pereira, Magda	Pipocas & Bombocas	12SEF	13	1:58:54.50	09:55	01:03:26
94	527	Sampaio, Eugénia	Pipocas & Bombocas	12F40	12	1:58:55.80	09:55	01:03:27
95	525	Pereira, Alexandra	Pipocas & Bombocas	12SEF	14	1:58:56.24	09:55	01:03:27
96	522	Fernandes, Mariana	Travassós Running Fafe	12SEF	15	1:59:14.46	09:56	01:03:45
97	612	Oliveira, Miguel		12M40	22	1:59:17.53	09:56	01:03:49
98	594	Costa, Fátima	Vizela nos Pés	12SEF	16	2:00:52.20	10:04	01:05:23
99	595	Alves, Conceição	Vizela nos Pés	12F40	13	2:00:52.48	10:04	01:05:23
100	614	Moura, Manuel	Os Barriguitas	12M50	13	2:02:37.47	10:13	01:07:08
101	531	Silva, Manuel	PK56	12M50	14	2:04:58.55	10:25	01:09:30
102	521	Machado, Rita	Travassós Running Fafe	12SEF	17	2:04:59.04	10:25	01:09:30
103	551	Lima, Ana	É pra meninos!	12SEF	18	2:05:16.40	10:26	01:09:47
104	516	Alves, Dores	Travassós Running Fafe	12F40	14	2:06:50.85	10:34	01:11:22
105	592	Gomes, Sara	Clube Atletismo de Fafe	12SEF	19	2:06:59.23	10:35	01:11:30
106	569	Silva, Paula	Protek running	12F40	15	2:11:09.18	10:56	01:15:40
107	532	Moreira, Manuela		12SEF	20	2:13:01.16	11:05	01:17:32
108	603	Duarte, Hugo		12SEM	37	2:15:08.04	11:16	01:19:39
109	545	Oliveira, Daniel	ARC Vale de S. Cosme	12SEM	38	2:24:28.93	12:02	01:29:00
110	504	Monteiro, Ângela		12SEF	21	2:25:09.48	12:06	01:29:40
111	505	Rocha, Susana		12SEF	22	2:25:11.64	12:06	01:29:43