

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
VITOR SILVA	Individual	1259	1	01:11:05.407	00:00:00.000
FERNANDO FIGUEIREDO	Centro Ciclista De Gondomar	1314	2	01:11:27.913	00:00:22.506
FERNANDO GOMES	Individual	1120	3	01:12:40.157	00:01:34.750
ASDRUBAL FREITAS	Centro Ciclista De Gondomar	1317	4	01:18:10.420	00:07:05.013
VALTER GOUVEIA	Centro Ciclista De Gondomar	1316	5	01:18:52.183	00:07:46.776
CARLOS JESUS	Associação Beat Your Limit!	1244	6	01:21:05.680	00:10:00.273
PAULO CARDOSO	Lm Matosinhos	1173	7	01:21:25.430	00:10:20.023
JOSÉ DIAS	Ctad - Trilhos De Cinfães	1141	8	01:21:51.183	00:10:45.776
CAMILO PINTO	Mss Contabilidade Trail Team	1065	9	01:21:57.183	00:10:51.776
EDUARDO XAVIER	Devasta Trilhos	1068	10	01:22:18.190	00:11:12.783
CARLOS SOUSA	Devasta Trilhos	1368	11	01:22:27.183	00:11:21.776
ÓSCAR PINTO	Individual	1361	12	01:22:44.933	00:11:39.526
TIAGO REITOR	Associação Beat Your Limit!	1257	13	01:22:54.940	00:11:49.533
HUGO AZEVEDO	Associação Beat Your Limit!	1252	14	01:22:55.437	00:11:50.030
ANA AMARAL	Centro Ciclista De Gondomar	1315	15	01:23:34.687	00:12:29.280
TIAGO COELHO	Correr Leça	1214	16	01:23:35.437	00:12:30.030
LUIS OLIVEIRA	Correr Leça	1203	17	01:23:47.187	00:12:41.780
CARLOS SILVA	Trinca Orelhas Gato	1475	18	01:23:49.443	00:12:44.036
RUI SANTOS	Correr Leça	1211	19	01:24:01.940	00:12:56.533
FERNANDO PEREIRA	Gondomar Futsal Clube	75	20	01:24:15.447	00:13:10.040
RICARDO ROCHA	Fast Ao Km	1308	21	01:24:56.440	00:13:51.033
HUGO MOITA	União De Freguesias	1433	22	01:25:11.440	00:14:06.033
JORGE SILVA	Centro Ciclista De Gondomar	1313	23	01:25:28.693	00:14:23.286
JAIME SOUSA	Individual	1003	24	01:26:46.943	00:15:41.536
MIGUEL SILVA	Cmc Carapaus	1419	25	01:26:51.950	00:15:46.543
FILIPE DOMINGUES	Unidos À Mesa	1347	26	01:27:02.950	00:15:57.543
MANUEL FONSECA	Associação Beat Your Limit!	1255	27	01:27:08.447	00:16:03.040
NUNO COSTA	Conta Trilhos	1465	28	01:27:18.193	00:16:12.786
PAULO MOURA	Honra Team	1044	29	01:27:29.197	00:16:23.790
RUI SILVA	Correr Leça	1212	30	01:27:48.453	00:16:43.046
FÁBIO FERREIRA	Honra Team	1046	31	01:28:09.947	00:17:04.540
RICARDO PEREIRA	#Atechoras!	1025	32	01:28:51.950	00:17:46.543
VICTOR BARRETO	Individual	1078	33	01:29:11.457	00:18:06.050
ANA SANTOS	Cmc Carapaus	1405	34	01:29:16.950	00:18:11.543
NUNO COSTA	Cmc Carapaus	1420	35	01:29:17.737	00:18:12.330
JOAQUIM ALVES	Individual	1122	36	01:29:35.200	00:18:29.793
MARIA FERREIRA	Correr Leça	1205	37	01:29:44.200	00:18:38.793
DAVID MOREIRA	Terrores Do Monte	1029	38	01:30:01.977	00:18:56.570
ANTÓNIO COIMBRA	Individual	1145	39	01:30:02.200	00:18:56.793
ANTÓNIO COIMBRA	Individual	1144	40	01:30:15.700	00:19:10.293
JOÃO VAZ	Correr Leça	1200	41	01:30:36.453	00:19:31.046
PEDRO JUSTO	Correr Leça	1209	42	01:30:51.450	00:19:46.043
MÁRCIO ALMEIDA	Mss Contabilidade Trail Team	1066	43	01:31:01.207	00:19:55.800
ANTONIO BARROS	Correr Leça	1189	44	01:31:13.953	00:20:08.546

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
BRUNO MEIRELES	Individual	1033	45	01:31:33.707	00:20:28.300
RUI MEIRELES	Individual	1032	46	01:31:33.710	00:20:28.303
RICARDO PIMENTA	Correr Leça	1195	47	01:31:53.957	00:20:48.550
NUNO MORGADO	Correr Leça	1207	48	01:32:03.957	00:20:58.550
ANA SOARES	Trepatrihos	1113	49	01:32:11.960	00:21:06.553
ANTÓNIO RODRIGUES	Mozelos Runners	1102	50	01:32:17.957	00:21:12.550
PAULO PINTO	Honra Team	1043	51	01:32:22.453	00:21:17.046
ANTÔNIO NASCIMENTO	Associação Beat Your Limit!	1247	52	01:32:30.957	00:21:25.550
RICARDO NOVAIS	Lm Matosinhos	1171	53	01:35:34.723	00:24:29.316
ANSELMO PINTO	Clube Millennium Bcp	1350	54	01:37:04.217	00:25:58.810
JORGE FERREIRA	Ninguém Nos Pára	1053	55	01:37:49.473	00:26:44.066
FERNANDO ROCHA	Grupo Despoetivo Leoes Do Veneza	82	56	01:37:57.970	00:26:52.563
HENRIQUE SILVA	Individual	1097	57	01:38:19.470	00:27:14.063
ANTONIO COSTA	Trinca Orelhas Gato	1285	58	01:38:39.473	00:27:34.066
CÂNDIDO GOMES	Maia	1318	59	01:38:52.970	00:27:47.563
FÁBIO RODRIGUES	Cmc Carapaus	110	60	01:40:37.940	00:29:32.533
TIAGO QUEIROS	As Renas Do Monte	1018	61	01:40:50.477	00:29:45.070
BRUNO NOGUEIRA	Individual	1138	62	01:40:55.477	00:29:50.070
NUNO CABRAL	Individual	1129	63	01:40:55.987	00:29:50.580
DUARTE DIAS	Individual	1130	64	01:40:56.477	00:29:51.070
MANUEL MOURA	Individual	1250	65	01:41:35.887	00:30:30.480
DAVID AZEVEDO	Lm Matosinhos	1167	66	01:42:05.513	00:31:00.106
ARTUR ALVES	Individual	1057	67	01:42:31.983	00:31:26.576
RUI MAIA	Individual	1058	68	01:42:36.483	00:31:31.076
ROGÉRIO TORRES	Individual	1056	69	01:42:36.880	00:31:31.473
IVO SILVA	#Atechoras!	1230	70	01:42:53.233	00:31:47.826
JOSÉ NUNES	Individual	1051	71	01:43:18.733	00:32:13.326
JOSÉ TEIXEIRA	Teixeiras	1015	72	01:43:53.987	00:32:48.580
JOÃO ROCHA	Correr Leça	1199	73	01:44:56.737	00:33:51.330
VITOR RIBEIRO	Gondomar Futsal Clube	1295	74	01:45:01.737	00:33:56.330
HUGO HEITOR	#Atechoras!	1048	75	01:45:44.990	00:34:39.583
HELDER PEREIRA	Lm Matosinhos	1187	76	01:45:58.490	00:34:53.083
JOEL REIS	Lm Matosinhos	1166	77	01:45:59.990	00:34:54.583
GIL CASTRO	Associação Beat Your Limit!	1245	78	01:46:28.097	00:35:22.690
PEDRO SILVA	Individual	1474	79	01:46:56.240	00:35:50.833
LUIS MACHADO	Mozelos Runners	1104	80	01:47:12.493	00:36:07.086
NUNO MAIO	#Atechoras!	1022	81	01:47:13.000	00:36:07.593
MIGUEL FERREIRA	Individual	1458	82	01:47:21.003	00:36:15.596
JOEL MARQUES	Fast Ao Km	1132	83	01:47:49.993	00:36:44.586
MANUEL ROCHA	Fast Ao Km	1309	84	01:47:50.000	00:36:44.593
ANTÓNIO PIRES	Os Esquilos	1121	85	01:48:21.747	00:37:16.340
DIANA SANTOS	Gtt-Armazém Do Caffè	1319	86	01:48:28.503	00:37:23.096
ANA TERESO	Individual	1076	87	01:48:58.750	00:37:53.343
LUIS LIMA	Individual	1052	88	01:49:33.247	00:38:27.840

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
RICARDO FERREIRA	Individual	1303	89	01:49:43.757	00:38:38.350
NUNO LOPES	Correr Leça	1206	90	01:50:05.567	00:39:00.160
PEDRO ROCHA	Correr Leça	1210	91	01:50:14.000	00:39:08.593
TIAGO MEIRELES	Lm Matosinhos	1188	92	01:50:24.507	00:39:19.100
NUNO OLIVEIRA	Lm Matosinhos	1165	93	01:50:25.007	00:39:19.600
RICARDO TEIXEIRA	Unidos À Mesa	1349	94	01:50:36.517	00:39:31.110
MIGUEL CUNHA	Unidos À Mesa	1345	95	01:50:37.000	00:39:31.593
LUÍS JORGE	Individual	1030	96	01:50:37.503	00:39:32.096
JOSÉ CASTELO	Fardetas	1118	97	01:50:49.503	00:39:44.096
MIGUEL ALMEIDA	União De Freguesias	1427	98	01:50:49.753	00:39:44.346
DIANA DIAS	Clube Trilheiros E Amigos	1074	99	01:50:54.563	00:39:49.156
JOAQUIM PEREIRA	Mozelos Runners	1101	100	01:51:01.750	00:39:56.343
FERNANDO REBELO	Bpm Running Adi-Higiene	1034	101	01:51:18.753	00:40:13.346
MIGUEL SIMÕES	Individual	1360	102	01:51:27.753	00:40:22.346
ARI CARDOSO	As Renas Do Monte	1020	103	01:52:02.007	00:40:56.600
BRUNO OLIVEIRA	As Renas Do Monte	1021	104	01:52:02.007	00:40:56.600
RUI FÉLIX	Individual	1119	105	01:52:07.003	00:41:01.596
MIGUEL CERQUEIRA	Cmc Carapaus	1418	106	01:52:13.557	00:41:08.150
ANTÓNIO COUTO	Cmc Carapaus	1409	107	01:52:14.803	00:41:09.396
SALVADOR VARANDA	Cmc Carapaus	1424	108	01:52:37.757	00:41:32.350
JOSÉ PEREIRA	Hp Runners	1142	109	01:52:49.757	00:41:44.350
SUSANA MARTINS	Vamos Ver Se Conseguimos	1159	110	01:52:54.263	00:41:48.856
HUGO GUIMARÃES	Correr Leça	1197	111	01:52:56.757	00:41:51.350
DIOGO FIGUEIREDO	Individual	1150	112	01:53:20.757	00:42:15.350
MARCO ANDRÉ	Individual	1094	113	01:53:22.510	00:42:17.103
JAIME RIBEIRO	Individual	1092	114	01:53:23.260	00:42:17.853
HELENA ABRANTES	Cmc Carapaus	1415	115	01:53:29.760	00:42:24.353
FERNANDO ESTEVES	As Renas Do Monte	1019	116	01:53:31.007	00:42:25.600
DANIEL SILVA	Individual	1457	117	01:53:39.257	00:42:33.850
ANTÓNIO ESTEVES	Cmc Carapaus	1408	118	01:53:50.760	00:42:45.353
DIANA PEREIRA	Rancho Típico Da Amorosa	1367	119	01:54:35.760	00:43:30.353
PEDRO FONSECA	F@Trunners	1162	120	01:54:35.760	00:43:30.353
NUNO REIS	100Pernas Team	1220	121	01:54:36.267	00:43:30.860
HELDER MAGALHÃES	Monte Dos Amigos	73	122	01:55:03.510	00:43:58.103
SÓNIA SANTIAGO	Mozelos Runners	1098	123	01:55:19.510	00:44:14.103
JOANA MACHADO	Mozelos Runners	1106	124	01:55:20.263	00:44:14.856
MICHAEL AMARAL	Mozelos Runners	1105	125	01:55:24.513	00:44:19.106
DORA COSTA	Conta Trilhos	1466	126	01:55:35.263	00:44:29.856
SANDRA DOMINGUES	100Pernas Team	1219	127	01:55:47.763	00:44:42.356
IVO PEREIRA	Bpm Running Adi-Higiene	1028	128	01:55:49.013	00:44:43.606
ALCÍDIO FIGUEIREDO	Individual	1149	129	01:56:42.267	00:45:36.860
PATRÍCIA ROCHA	Correr Leça	1208	130	01:57:25.517	00:46:20.110
DULCE NEVES	Correr Leça	1190	131	01:57:26.523	00:46:21.116
SUSANA PEREIRA	Correr Leça	1215	132	01:57:35.517	00:46:30.110

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
LUIS PEREIRA	Correr Leça	1216	133	01:57:36.510	00:46:31.103
CELESTINO BRAS	Clube Millennium Bcp	1351	134	01:57:52.267	00:46:46.860
ALTINO VALENTE	Cmc Carapaus	1470	135	01:58:02.293	00:46:56.886
DINA SANTOS	Individual	1139	136	01:58:24.773	00:47:19.366
RAFAEL MOURA	Honra Team	1045	137	01:58:25.020	00:47:19.613
JOSÉ TEIXEIRA	Correr Leça	1201	138	02:00:44.527	00:49:39.120
CLÁUDIA CUNHA	Correr Leça	1194	139	02:00:44.777	00:49:39.370
JOSE CASANOVA	Individual	1154	140	02:01:12.277	00:50:06.870
VITOR OSORIO	#Atechoras!	1023	141	02:01:57.030	00:50:51.623
SILVIA CASTELO	Fardetas	1115	142	02:02:30.280	00:51:24.873
CÂNDIDA BENTO	Correr Leça	1192	143	02:04:55.537	00:53:50.130
EDITE GONÇALVES	Correr Leça	1196	144	02:04:56.037	00:53:50.630
ANA PESTANA	Individual	1456	145	02:05:46.287	00:54:40.880
AMADEU GOMES	Fit Out	1277	146	02:06:31.287	00:55:25.880
JOSÉ COUTO	Fit Out	1263	147	02:06:31.287	00:55:25.880
MARIA ROCHA	Fit Out	1276	148	02:06:32.047	00:55:26.640
ANA DIAS	Fit Out	1278	149	02:06:32.290	00:55:26.883
CLAÚDIA MEIRELES	100Pernas Team	1227	150	02:07:27.790	00:56:22.383
PAULA LOPES	Lm Matosinhos	1181	151	02:08:08.793	00:57:03.386
TÂNIA FREIRE	Lm Matosinhos	1179	152	02:08:09.293	00:57:03.886
DIOGO ALBUQUERQUE	Individual	1160	153	02:08:13.797	00:57:08.390
GRACIETE MOREIRA	Individual	1218	154	02:08:14.043	00:57:08.636
CARLA NUNES	Individual	1035	155	02:08:14.293	00:57:08.886
HUGO ALVES	Vamos Ver Se Conseguimos	1161	156	02:08:15.173	00:57:09.766
ESTREMINA	Individual	1459	157	02:09:38.047	00:58:32.640
GASTÃO FERREIRA	Bpm Running Adi-Higiene	1026	158	02:09:39.797	00:58:34.390
CLEMENTE MEIRELES	Bpm Running Adi-Higiene	1027	159	02:10:14.797	00:59:09.390
ANDRÉ MENDES	Cmc Carapaus	1406	160	02:10:20.550	00:59:15.143
CIDALIA SILVA	#Correratenumdarmais	1011	161	02:10:24.553	00:59:19.146
SILVINA PAIS	Gulosos Por Quilómetros	1009	162	02:11:07.300	01:00:01.893
MICHÉLE OLIVEIRA	Lm Matosinhos	1183	163	02:12:03.550	01:00:58.143
CONCEIÇÃO REMÉDIOS	Cmc Carapaus	1412	164	02:13:30.633	01:02:25.226
JORGE FERREIRA	Individual	1006	165	02:14:01.813	01:02:56.406
MARCO DIAS	Md	1080	166	02:14:02.880	01:02:57.473
PATRICIA LIMA	Individual	1072	167	02:15:24.063	01:04:18.656
MONICA PINTO	Individual	1071	168	02:15:24.067	01:04:18.660
SANDRA MONTEIRO	100Pernas Team	1228	169	02:15:24.560	01:04:19.153
ANABELA OLIVEIRA	100Pernas Team	1229	170	02:15:24.810	01:04:19.403
CLÁUDIA NOVAIS	Att	1156	171	02:15:29.313	01:04:23.906
PLÁCIDO SANTOS	Rancho Típico Da Amorosa	1366	172	02:15:36.560	01:04:31.153
FERNANDO SOUSA	Mozelos Runners	1103	173	02:17:20.567	01:06:15.160
BRUNO RIBEIRO	Individual	1137	174	02:17:42.317	01:06:36.910
JOÃO CARDOSO	Os Amigos Dos Carapaus	1392	175	02:17:59.317	01:06:53.910
PEDRO CORREIA	Unidos À Mesa	1341	176	02:18:02.567	01:06:57.160

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
ANDREIA OLIVEIRA	Unidos À Mesa	1340	177	02:18:03.820	01:06:58.413
RUI FERREIRA	Ninguém Nos Pára	1054	178	02:18:14.320	01:07:08.913
MARTA JOSÉ	Trinca Orelhas Gato	1297	179	02:18:14.320	01:07:08.913
VIRGÍNIA FERREIRA	Trinca Orelhas Gato	1284	180	02:18:17.067	01:07:11.660
SANDRA COUTO	Individual	1163	181	02:18:36.317	01:07:30.910
SÉRGIO SOARES	Os Amigos Dos Carapaus	1402	182	02:19:06.817	01:08:01.410
MICAELA BRITO	Devasta Trilhos	1127	183	02:19:25.570	01:08:20.163
ANA SILVA	Trepatrinhos	1109	184	02:19:30.090	01:08:24.683
JOÃO FIGUEIREDO	Não Corras Não...	1088	185	02:19:30.820	01:08:25.413
SANDRA SILVA	#Atechoras!	1047	186	02:19:33.070	01:08:27.663
ELISA PORTILHO	Unidos À Mesa	1346	187	02:19:36.333	01:08:30.926
CRISTIANO GONÇALVES	Lm Matosinhos	1164	188	02:23:13.077	01:12:07.670
PAULA MORAIS	Associação Beat Your Limit!	1256	189	02:23:15.827	01:12:10.420
CRISTINA JESUS	Associação Beat Your Limit!	1248	190	02:23:16.083	01:12:10.676
ANA PEREIRA	Lm Matosinhos	1177	191	02:23:16.337	01:12:10.930
MARIANA MARTA	Associação Beat Your Limit!	1258	192	02:23:16.577	01:12:11.170
GONÇALO PEREIRA	Fit Out	1262	193	02:23:21.827	01:12:16.420
JORGE PEREIRA	Fit Out	1260	194	02:23:22.833	01:12:17.426
SUSANA MATOS	Fit Out	1268	195	02:23:23.830	01:12:18.423
CARMEN GRANJA	Fit Out	1281	196	02:23:23.830	01:12:18.423
ANTÓNIO MAGALHÃES	Fit Out	1267	197	02:23:24.357	01:12:18.950
SUSANA PEREIRA	Unidos À Mesa	1348	198	02:24:45.297	01:13:39.890
PATRICIA MIGUEL	Individual	1462	199	02:24:50.583	01:13:45.176
ANA ASSUNÇÃO	Individual	1038	200	02:25:10.583	01:14:05.176
LUIS DUARTE	Individual	1039	201	02:25:10.837	01:14:05.430
LILIANA PEREIRA	Trinca Orelhas Gato	1282	202	02:27:00.337	01:15:54.930
MARCIA RIBEIRO	Individual	1471	203	02:27:25.590	01:16:20.183
TÂNIA REBELO	Associação Beat Your Limit!	1253	204	02:27:26.090	01:16:20.683
LILIANA RODRIGUES	Trinca Orelhas Gato	1283	205	02:27:52.340	01:16:46.933
PATRICIA NEVES	Centro Ciclista De Gondomar	83	206	02:28:40.090	01:17:34.683
MARGARIDA FREITAS	100Meta	1312	207	02:28:40.840	01:17:35.433
ANA NOGUEIRA	Individual	1095	208	02:28:40.847	01:17:35.440
NELMA OLIVEIRA	Rancho Típico Da Amorosa	1362	209	02:29:10.093	01:18:04.686
LUIS MOUTINHO	Dragon Runners	1031	210	02:29:29.093	01:18:23.686
ROSA ALMEIDA	Trepatrinhos	1070	211	02:30:24.347	01:19:18.940
TERESA COSTA	Trepatrinhos	1069	212	02:30:43.847	01:19:38.440
FILIPE PEREIRA	Viamaiã	1136	213	02:30:52.347	01:19:46.940
CRISTINA CARVALHO	Viamaiã	1135	214	02:30:52.847	01:19:47.440
RUI MESQUITA	Viamaiã	1304	215	02:30:53.097	01:19:47.690
SANDRA FERREIRA	Lm Matosinhos	1169	216	02:32:01.100	01:20:55.693
JOSÉ GÓIS	Lm Matosinhos	1176	217	02:32:01.107	01:20:55.700
RAQUEL SANTOS	Cmc Carapaus	1422	218	02:32:55.103	01:21:49.696
LAURA NEVES	Correr Leça	1202	219	02:35:32.477	01:24:27.070
RICARDO CARDOSO	Lm Matosinhos	1185	220	02:35:41.113	01:24:35.706

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
PEDRO AZEVEDO	Lm Matosinhos	1172	221	02:35:41.357	01:24:35.950
CLARISSE MATOS	Individual	1073	222	02:35:43.857	01:24:38.450
PEDRO MOREIRA	Carapaus	1146	223	02:35:47.617	01:24:42.210
ILDA SARAIVA	Destemidos	1355	224	02:35:48.457	01:24:43.050
CARLA SANTOS	Destemidos	1358	225	02:35:48.610	01:24:43.203
RUI TRAVANCA	Bravos	1012	226	02:35:49.857	01:24:44.450
CLARA RUA	Individual	1007	227	02:35:49.860	01:24:44.453
JOANA AZEVEDO	Lm Matosinhos	1174	228	02:39:28.873	01:28:23.466
MANUEL PINTO	Lm Matosinhos	1182	229	02:39:29.367	01:28:23.960
JORGE GOMES	Rancho Típico Da Amorosa	1363	230	02:39:41.870	01:28:36.463
MANUEL ARAÚJO	Fardetas	1116	231	02:40:22.120	01:29:16.713
CRISTIANA TAVARES	Fardetas	1114	232	02:40:22.367	01:29:16.960
PEDRO CAMPOS	Devagarsevaiaolonge	1354	233	02:41:03.627	01:29:58.220
MARIANA CHÓCHA	Devagarsevaiaolonge	1353	234	02:41:04.367	01:29:58.960
LILIANA FAUSTINO	Devagarsevaiaolonge	1352	235	02:41:06.870	01:30:01.463
DIOGO FIGUEIREDO	Caracóis De Leça	1323	236	02:42:16.133	01:31:10.726
ANTERO SOARES	Caracóis De Leça	1331	237	02:42:23.380	01:31:17.973
ALBERTO REIS	Passarinhos Do Monte	1148	238	02:45:56.877	01:34:51.470
LUIS SANTOS	Passarinhos Do Monte	1004	239	02:45:56.893	01:34:51.486
ELISABETE PINHO	Passarinhos Do Monte	1005	240	02:45:56.893	01:34:51.486
ANA BRANDÃO	Individual	1082	241	02:48:29.637	01:37:24.230
ALFREDO BRANDÃO	Individual	1083	242	02:48:31.107	01:37:25.700
MARIA MARTINS	Individual	1085	243	02:49:19.137	01:38:13.730
MARIA AZEREDO	Individual	1084	244	02:49:20.387	01:38:14.980
MARIA SANTOS	Lm Matosinhos	1184	245	02:49:44.140	01:38:38.733
PEDRO FIGUEIREDO	Caracóis De Leça	1321	246	02:50:03.647	01:38:58.240
ANABELA SOUSA	Individual	1153	247	02:51:29.150	01:40:23.743
SUE OLIVEIRA	Centro De Marcha E Corrida	1454	248	02:56:25.657	01:45:20.250
GINA PEREIRA	Centro De Marcha E Corrida	1453	249	02:56:27.653	01:45:22.246
PAULA BARREIRA	Cmc Carapaus	1469	250	02:58:11.663	01:47:06.256
ROSÁRIO BARREIRA	Cmc Carapaus	1423	251	02:58:12.660	01:47:07.253
SÓNIA RODRIGUES	Imperadores	1337	252	02:58:56.690	01:47:51.283
BRUNO SOARES	Imperadores	1336	253	02:58:58.787	01:47:53.380
RUI ALMEIDA	Os Amigos Dos Carapaus	1394	254	03:00:23.913	01:49:18.506
NEUZA RUIVINHO	Os Amigos Dos Carapaus	1395	255	03:00:23.913	01:49:18.506
DIANA ALMEIDA	Os Amigos Dos Carapaus	1396	256	03:00:24.417	01:49:19.010
ANA PEREIRA	Os Amigos Dos Carapaus	1397	257	03:00:24.917	01:49:19.510
CLÁUDIA GUIMARÃES	Cmc Carapaus	1411	258	03:00:31.447	01:49:26.040
CATIA SOUSA	Individual	1460	259	03:00:58.917	01:49:53.510
MADALENA AGUIAR	Individual	1077	260	03:00:59.673	01:49:54.266
ROSÁLIA OLIVEIRA	Fit Out	1264	261	03:01:01.427	01:49:56.020
SANDRA ROCHA	Fit Out	1279	262	03:01:01.663	01:49:56.256
MARIA LOPES	Fit Out	1261	263	03:01:02.260	01:49:56.853
HELENA MAGALHÃES	Fit Out	1266	264	03:01:02.417	01:49:57.010

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
BENARDINO SILVA	Fit Out	1280	265	03:01:02.510	01:49:57.103
ALBINA LIMA	Fit Out	1275	266	03:01:02.917	01:49:57.510
CARLA COUTO	Fit Out	1265	267	03:01:02.917	01:49:57.510
MARIA TEIXEIRA	Fit Out	1269	268	03:01:03.667	01:49:58.260
ANA SILVA	Marega	1158	269	03:01:07.167	01:50:01.760
MANUEL RODRIGUES	Individual	1133	270	03:02:26.670	01:51:21.263
CARLA NOGUEIRA	Individual	1134	271	03:02:27.170	01:51:21.763
PEDRO SILVA	Individual	1042	272	03:02:31.423	01:51:26.016
INES TAVARES	Estudio Mulher Em Forma	1374	273	03:09:15.187	01:58:09.780
JOANA MACHADO	Estudio Mulher Em Forma	1381	274	03:09:19.207	01:58:13.800
MAFALDA SANTOS	Estudio Mulher Em Forma	1376	275	03:09:24.937	01:58:19.530
GUSTAVO ROCHA	Fast Ao Km	1310	276	03:10:19.940	01:59:14.533
PAULA ROCHA	Fast Ao Km	1311	277	03:10:21.190	01:59:15.783
FATIMA SEQUEIRA	Grupo Despoetivo Leoes Do Veneza	1302	278	03:10:23.447	01:59:18.040
FERNANDO ALVES	Estudio Mulher Em Forma	1382	279	03:10:48.187	01:59:42.780
FERNANDO ALVES	Fit Out	1274	280	03:10:48.940	01:59:43.533
TÂNIA CARNEIRO	Estudio Mulher Em Forma	1378	281	03:10:49.440	01:59:44.033
ANDREIA CABO	Estudio Mulher Em Forma	1377	282	03:11:09.940	02:00:04.533
JORGE MONTEIRO	Estudio Mulher Em Forma	1384	283	03:15:29.447	02:04:24.040
ANA PEREIRA	Individual	1369	284	03:15:52.453	02:04:47.046
ALFREDO MATOS	Individual	1372	285	03:15:52.707	02:04:47.300
SANDRA COLAÇO	Individual	1373	286	03:15:53.203	02:04:47.796
ABÍLIO BARREIRA	Cmc Carapaus	1403	287	03:16:28.703	02:05:23.296
MARIA BARREIRA	Cmc Carapaus	1417	288	03:16:28.710	02:05:23.303
EMÍLIA CABRAL	Gulosos Por Quilómetros	1008	289	03:16:45.717	02:05:40.310
ANDRÉ COSTA	Conta Trilhos	1467	290	03:17:11.210	02:06:05.803
PEDRO CERQUEIRA	Conta Trilhos	1468	291	03:17:12.203	02:06:06.796
TERESA CARVALHO	Individual	1339	292	03:18:13.957	02:07:08.550
ARMINDO SILVA	Individual	1013	293	03:18:17.207	02:07:11.800
JOSÉ SILVA	Individual	1125	294	03:18:17.707	02:07:12.300
PEDRO MOREIRA	Badochas	1235	295	03:18:33.207	02:07:27.800
CRISTINA TEIXEIRA	Amigos Do Santo Ambrósio	1096	296	03:18:43.717	02:07:38.310
SUSANA MACHADO	Individual	1014	297	03:18:51.457	02:07:46.050
ARMINDO SILVA	Individual	1017	298	03:18:54.207	02:07:48.800
RAQUEL SOARES	Os Amigos Dos Carapaus	1398	299	03:19:05.217	02:07:59.810
JORGE OLIVEIRA	Os Amigos Dos Carapaus	1400	300	03:19:05.457	02:08:00.050
DIOGO PEIXOTO	Os Amigos Dos Carapaus	1401	301	03:19:06.707	02:08:01.300
VÂNIA COELHO	Monte Dos Amigos	1289	302	03:19:16.207	02:08:10.800
VITOR MARTINS	Monte Dos Amigos	1294	303	03:19:17.713	02:08:12.306
ANA SILVA	Monte Dos Amigos	1293	304	03:19:17.960	02:08:12.553
SOFIA TEIXEIRA	Badochas	1238	305	03:22:34.713	02:11:29.306
SUSANA MANO	União De Freguesias	1436	306	03:22:54.967	02:11:49.560
VITOR OLIVEIRA	União De Freguesias	1435	307	03:22:58.717	02:11:53.310
RAÚL CARVALHO	Badochas	1237	308	03:22:59.967	02:11:54.560

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
NÍDIA PINHEIRO	Badochas	1236	309	03:23:00.467	02:11:55.060
JOÃO MALHEIRO	Fardetas	1338	310	03:23:21.967	02:12:16.560
MARIA SEMANAS	Fardetas	1117	311	03:23:22.970	02:12:17.563
SILVANA CERQUEIRA	Individual	1091	312	03:23:44.217	02:12:38.810
CRISTINA COUTO	Cmc Carapaus	1413	313	03:23:55.970	02:12:50.563
RAQUEL RIBEIRO	Individual	1093	314	03:23:56.220	02:12:50.813
AUGUSTA GUIMARÃES	Fit Out	1273	315	03:24:40.973	02:13:35.566
DAVID GOMES	Fit Out	1272	316	03:24:41.470	02:13:36.063
DAVID GOMES	Fit Out	1271	317	03:24:43.503	02:13:38.096
IRENE ABRUNHOSA	Fit Out	1270	318	03:24:45.470	02:13:40.063
JOSÉ FERNANDES	Carapaus	1152	319	03:25:48.727	02:14:43.320
PAULO GONÇALVES	Cmc Carapaus	1421	320	03:25:50.227	02:14:44.820
CECÍLIA OLIVEIRA	Carapaus	1151	321	03:25:50.477	02:14:45.070
CRISTINA GONÇALVES	Carapaus	1147	322	03:25:50.727	02:14:45.320
ARTUR ROMÃO	Gulosos Por Quilómetros	1010	323	03:27:29.297	02:16:23.890
JOSÉ GOMES	Rancho Típico Da Amorosa	1365	324	03:28:47.727	02:17:42.320
ANA FERREIRA	Associação Beat Your Limit!	1251	325	03:30:29.233	02:19:23.826
ANDRÉ SANTOS	Cmc Carapaus	1407	326	03:31:12.987	02:20:07.580
BÁRBARA NUNES	Cmc Carapaus	1410	327	03:31:13.233	02:20:07.826
BRUNO MARGARIDO	Caracóis De Leça	1329	328	03:33:22.490	02:22:17.083
ROSA CARVALHO	Caracóis De Leça	1330	329	03:33:22.490	02:22:17.083
ELSA ANTUNES	Caracóis De Leça	1324	330	03:34:20.243	02:23:14.836
PAULO ANTUNES	Caracóis De Leça	1464	331	03:34:20.743	02:23:15.336
SÍLVIA FIGUEIREDO	Caracóis De Leça	1322	332	03:34:47.493	02:23:42.086
JAIME COUTO	Individual	1126	333	03:34:58.750	02:23:53.343
PEDRO COUTO	Sem Nome	1128	334	03:35:00.240	02:23:54.833
MARIA SILVA	Monte Dos Amigos	1287	335	03:37:35.997	02:26:30.590
HELENA PACHECO	Monte Dos Amigos	1286	336	03:37:36.000	02:26:30.593
ANA QUEIRÓS	Monte Dos Amigos	1292	337	03:37:36.500	02:26:31.093
PAULA PEREIRA	Monte Dos Amigos	1290	338	03:37:36.517	02:26:31.110
JOÃO MAIA	Monte Dos Amigos	1288	339	03:37:36.523	02:26:31.116
NUNO QUEIRÓS	Monte Dos Amigos	1291	340	03:37:36.750	02:26:31.343
HELDER MACHADO	Individual	1131	341	03:37:54.500	02:26:49.093
ANTÓNIO CANHOTO	Centro De Marcha E Corrida	1443	342	03:38:27.250	02:27:21.843
ELISA CANHOTO	Centro De Marcha E Corrida	1444	343	03:40:04.753	02:28:59.346
MARTA AZEVEDO	Lm Matosinhos	1170	344	03:40:25.007	02:29:19.600
CLAUDIA CANHOTO	Centro De Marcha E Corrida	1442	345	03:41:25.007	02:30:19.600
ÁURIA CANHOTO	Centro De Marcha E Corrida	1445	346	03:41:26.757	02:30:21.350
FERNANDO BARBOSA	100Pernas Team	1222	347	03:41:51.507	02:30:46.100
SÉRGIO GRILO	100Pernas Team	1226	348	03:42:13.260	02:31:07.853
ROSA MAGALHÃES	100Pernas Team	1221	349	03:42:13.510	02:31:08.103
CRISTIANE CARDOSO	100Pernas Team	1223	350	03:42:16.760	02:31:11.353
OTILIA DIAS	100Pernas Team	1224	351	03:42:17.023	02:31:11.616
ARMINDA MAGALHÃES	100Pernas Team	1225	352	03:42:17.767	02:31:12.360

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
RUI PEREIRA	Estudio Mulher Em Forma	1389	353	03:43:15.923	02:32:10.516
MARIA COELHO	Individual	1123	354	03:43:32.770	02:32:27.363
ALBERTO COELHO	Individual	1124	355	03:43:33.023	02:32:27.616
PEDRO LOPES	Estudio Mulher Em Forma	1388	356	03:44:04.773	02:32:59.366
CARLA LOPES	Estudio Mulher Em Forma	1387	357	03:44:05.277	02:32:59.870
MARIANA MONTEIRO	Estudio Mulher Em Forma	1383	358	03:44:06.263	02:33:00.856
ALEXANDRA PINTO	Individual	1112	359	03:46:07.773	02:35:02.366
MATILDE PINTO	Individual	1111	360	03:46:09.280	02:35:03.873
PAULO PINTO	Individual	1110	361	03:46:11.270	02:35:05.863
ANDREIA CARDOSO	Os Amigos Dos Carapaus	1391	362	03:56:31.290	02:45:25.883
OLIVIA SOARES	Os Amigos Dos Carapaus	1399	363	03:56:35.793	02:45:30.386
TIAGO NOVAIS	Individual	1040	364	04:00:08.803	02:49:03.396
ANA FERREIRA	Individual	1041	365	04:00:14.307	02:49:08.900
MARIA BRANDÃO	União De Freguesias	1426	366	04:00:15.800	02:49:10.393
MARIA TERREIRO	Estudio Mulher Em Forma	1379	367	04:02:05.303	02:50:59.896
IVONE MOREIRA	Individual	1079	368	04:02:15.820	02:51:10.413
JOSE RIBEIRO	Individual	1086	369	04:02:16.057	02:51:10.650
MARIA RIBEIRO	Individual	1087	370	04:02:16.057	02:51:10.650
MARIO COSTA	Individual	1089	371	04:02:16.307	02:51:10.900
ARLETE COSTA	Individual	1090	372	04:02:19.023	02:51:13.616
CLAUDIA VIEIRA	Konta Trilhos	1140	373	04:04:33.310	02:53:27.903
MARTA SOARES	Konta Trilhos	1107	374	04:04:52.060	02:53:46.653
MARIA VEIGA	Centro De Marcha E Corrida	1451	375	04:08:16.567	02:57:11.160
Centro De Marcha E Corrida	VF	1452	376	04:08:17.820	02:57:12.413
VÍTOR FERREIRA	Centro De Marcha E Corrida	1449	377	04:08:17.820	02:57:12.413
JOÃO CUNHA	Caracóis De Leça	1327	378	04:10:51.327	02:59:45.920
TERESA CUNHA	Caracóis De Leça	1328	379	04:10:51.327	02:59:45.920
ELISA DIAS	Caracóis De Leça	1326	380	04:10:59.823	02:59:54.416
ANA COSTA	Monte Dos Amigos	1472	381	04:13:08.077	03:02:02.670
LINO CURVAL	Caracóis De Leça	1325	382	04:13:08.830	03:02:03.423
PATRICIA DUARTE	Monte Dos Amigos	1333	383	04:13:09.080	03:02:03.673
CRISTINA PEREIRA	Estudio Mulher Em Forma	1390	384	04:41:11.143	03:30:05.736
MÓNICA SANTOS	Badochas	1231	385	04:41:19.643	03:30:14.236
JOANA SANTOS	Badochas	1232	386	04:41:21.643	03:30:16.236
JOANA PEREIRA	Badochas	1240	387	04:41:33.643	03:30:28.236
NARCISO ARAÚJO	Badochas	1242	388	04:41:34.143	03:30:28.736
MARIA SANTOS	Badochas	1234	389	04:41:38.153	03:30:32.746
SÍLVIA OLIVEIRA	Badochas	1241	390	04:41:38.647	03:30:33.240
CLÁUDIA SANTOS	Badochas	1239	391	04:41:38.923	03:30:33.516