

Geral	Nome	Dorsal	Sexo	Escalão	Esc	Equipa	Tempo
1.	ARICSON GOMES	101	1	SEN M	1	JOÃO SILVA CCR PRAIA DE MIRA	56:33:00
2.	DANILSON PEREIRA	103	2	VET 1 M	1	JOÃO SILVA CCR PRAIA DE MIRA	57:05:00
3.	LUÍS MIGUEL	96	3	VET 1 M	2	RECREIO DESPORTIVO DE ÁGUEDA	57:54:00
4.	RUI S ALMEIDA	154	4	SEN M	2	JOÃO SILVA CCR PRAIA DE MIRA	58:48:00
5.	BRUNO CORDEIRO	159	5	VET 1 M	3	INDIVIDUAL	01:01:45
6.	ANTÓNIO CORREIA	105	6	VET 1 M	4	JOÃO SILVA CCR PRAIA DE MIRA	01:02:03
7.	PEDRO SARABANDO	112	7	VET 1 M	5	GRECAS - VAGOS	01:02:19
8.	PAULO NEVES	131	8	SEN M	3	INDIVIDUAL	01:03:39
9.	VITOR MANUEL OLIVEIRA	122	9	VET 2 M	1	DCI /TRILHOS LUSO BUSSACO	01:04:16
10.	ANTÓNIO GOMES	87	10	VET 1 M	6	MT CRECUSPORT	01:05:05
11.	NELSON SANTOS	52	11	VET 1 M	7	VERGABIKES	01:05:34
12.	TONY GRAÇA	54	12	VET 2 M	2	DCI /TRILHOS LUSO BUSSACO	01:05:41
13.	VITOR RIBAU	13	13	VET 1 M	8	INDIVIDUAL	01:06:33
14.	DANIEL ARELLANO	127	14	SEN M	4	INDIVIDUAL	01:06:43
15.	ANDRÉ JESUS	124	15	SEN M	5	INDIVIDUAL	01:06:48
16.	VICENTE JULIÃO	109	16	SEN M	6	INDIVIDUAL	01:08:15
17.	LUIS FRADE	142	17	SEN M	7	VERGABIKES	01:09:06
18.	ANTÓNIO RATOLA	165	18	SEN M	8	RATOLA	01:09:10
19.	VÍTOR ALEXIS	120	19	VET 1 M	9	INDIVIDUAL	01:09:32
20.	PAULO BRIGA	161	20	VET 2 M	3	GRECAS - VAGOS	01:09:34
21.	LUIS OLIVEIRA	86	21	VET 1 M	10	BARRACÃO	01:09:35
22.	BRUNO ANDRADE	133	22	SEN M	9	INDIVIDUAL	01:09:41
23.	MÁRIO BANDEIRA	70	23	SEN M	10	TAINADAS RUN TEAM	01:09:51
24.	PEDRO PERALTA	67	24	VET 2 M	4	INDIVIDUAL	01:09:58
25.	HÉLDER DUARTE	48	25	SEN M	11	ATLETISMO CLUBE DA TOCHA	01:10:11
26.	RICARDO RUMOR	69	26	VET 1 M	11	INDIVIDUAL	01:10:23
27.	JOAO MAGUETA	172	27	VET 2 M	5	GD GAFANHA	01:10:53
28.	FERNANDO FREIRE	163	28	VET 1 M	12	GRECAS	01:10:56
29.	TIAGO MESQUITA	144	29	SEN M	12	ASV	01:11:18
30.	VÍTOR BARREIRA	72	30	VET 2 M	6	INDIVIDUAL	01:11:22
31.	TIAGO GANDAREZ	14	31	SEN M	13	INDIVIDUAL	01:11:23
32.	ÓSCAR ROCHA	47	32	VET 1 M	13	ASV	01:11:30
33.	RUI SENDÃO	156	33	SEN M	14	INDIVIDUAL	01:12:04
34.	PAULO TEIXEIRA	170	34	VET 1 M	14	INDIVIDUAL	01:12:21
35.	RUI FIGUEIREDO	155	35	SEN M	15	ADF BIKE RIDERS	01:12:32
36.	KEVIN REGALADO	22	36	SEN M	16	TAINADAS RUN TEAM	01:12:40
37.	RUI MOURA	171	37	VET 1 M	15		01:12:43
38.	MÁRIO NEVES	132	38	VET 2 M	7	INDIVIDUAL	01:13:45
39.	TELMO PEDRO	141	39	VET 1 M	16	INDIVIDUAL	01:14:14
40.	MAIKOL SIMÕES	143	40	VET 1 M	17	CLÍNICA LITORALIS	01:15:15
41.	ADÉRITO CURTO	82	41	VET 2 M	8	GIRASSOL	01:15:45
42.	ANDRÉ CRUZ	158	42	SEN M	17	LOBITOSBIKETEAM	01:15:55
43.	LUIS FERREIRA	116	43	SEN M	18	ACD ILHAVOS	01:16:06
44.	DANIEL CAMARNEIR	44	44	SEN M	19	INDIVIDUAL	01:16:08

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45.	BRUNO CURTO	24	45	SEN M	20	TAINADAS RUN TEAM	01:16:35
46.	DIOGO OLIVEIRA	114	46	SEN M	21	INDIVIDUAL	01:16:36
47.	HUGO TAVARES	157	47	SEN M	22	INDIVIDUAL	01:17:17
48.	JOÃO JO	100	48	VET 1 M	18	JOÃO SILVA CCR PRAIA DE MIRA	01:17:43
49.	FILIFE CARVALHO	97	49	SEN M	23	INDIVIDUAL	01:18:19
50.	BRUNO KALSSAS	46	50	VET 1 M	19	ASV	01:18:34
51.	LICINIO COSTA	27	51	VET 1 M	20	TAINADAS RUN TEAM	01:18:35
52.	PEDRO SILVESTRE	20	52	VET 1 M	21	TAINADAS RUN TEAM	01:18:46
53.	DANIEL AGUIAR	147	53	VET 1 M	22	MANOS AGUIAR	01:19:08
54.	PEDRO RATOLA	164	54	VET 2 M	9	RATOLA	01:19:13
55.	RAFAEL RUMOR MARTINS	162	55	SEN M	24	LOBITOSBIKETEAM	01:19:21
56.	HILÁRIO ESPADILHA	60	56	VET 1 M	23	AS QUARTAS RUNNING GROUP	01:19:38
57.	JORGE FERNANDES	64	57	VET 1 M	24	INDIVIDUAL	01:19:47
58.	GUSTAVO ROCHA	118	58	VET 2 M	10	INDIVIDUAL	01:20:08
59.	BRUNO FERREIRA	140	59	SEN M	25	BUSTOS RUNNERS	01:20:39
60.	NUNO CRUZ	153	60	VET 1 M	25	CLUVE COIMBRA	01:20:46
61.	JHONNY MARQUES	21	61	VET 1 M	26	TAINADAS RUN TEAM	01:21:01
62.	ANDRÉ SÃO MARCOS	95	62	SEN M	26	ACD ILHAVOS	01:21:19
63.	PAULO JORGE SANTOS	45	63	VET 1 M	27	LOBITOSBIKETEAM	01:21:36
64.	RICARDO FILIFE SANTOS	42	64	SEN M	27	LOBITOSBIKETEAM	01:22:20
65.	SUZETE MARCO	83	1	VET 1 F	1	INDIVIDUAL	01:22:34
66.	MÁRIO FELGUEIRAS	91	65	VET 1 M	28	INDIVIDUAL	01:23:44
67.	VERA NOGUEIRA	92	2	VET 1 F	2	INDIVIDUAL	01:23:48
68.	CESARIO ROCHA	168	66	VET 2 M	11	LADECASA	01:25:14
69.	ALÍRIO DINIZ	135	67	VET 2 M	12	INDIVIDUAL	01:25:16
70.	LICINIO DOMINGUES	146	68	VET 1 M	29	INDIVIDUAL	01:25:17
71.	EDGAR DINIS	43	69	SEN M	28	FRONT RUNNERS	01:25:19
72.	JONI ROCHA	18	70	SEN M	29	TAINADAS RUN TEAM	01:25:28
73.	RAFAEL FERNANDES	17	71	VET 1 M	30	GANG MÉ PRIMO	01:25:33
74.	ELTON PINHO	129	72	SEN M	30	PÉ D'ATLETA	01:25:38
75.	ROGÉRIO BARREIRA	65	73	VET 1 M	31	INDIVIDUAL	01:25:53
76.	LUCIANO R AMARAL	90	74	VET 1 M	32	LOBITOSBIKETEAM	01:26:13
77.	JORGE JULIÃO	136	75	VET 1 M	33	ASV	01:26:57
78.	JOÃO PACHECO	134	76	SEN M	31	INDIVIDUAL	01:27:08
79.	ODETA CRUZ	110	3	VET 2 F	1	JOÃO SILVA CCR PRAIA DE MIRA	01:27:55
80.	BRUNO MIGUEIS	57	77	SEN M	32	VAMOS A PÉ	01:29:22
81.	NARCISO PINHO	113	78	VET 1 M	34	VAMOS A PÉ	01:29:28
82.	RUI VILAR	152	79	VET 1 M	35	INDIVIDUAL	01:29:37
83.	MARGARIDA BAGÃO	38	4	SEN F	1	GDC DOS PORTOS DE SINES E DO ALGARVE	01:29:42
84.	LUIS SANTOS	35	80	VET 1 M	36	INDIVIDUAL	01:29:45
85.	LUÍS SANTOS	121	81	VET 1 M	37	INDIVIDUAL	01:29:47
86.	PAULO COSTA	30	82	VET 1 M	38	TAINADAS RUN TEAM	01:29:51
87.	MIGUEL ROCHA	1	83	VET 1 M	39	ASV	01:30:32
88.	FABIO ALVES	41	84	SEN M	33	LOBITOSBIKETEAM	01:31:43

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89.	JOÃO SANTANA	12	85	VET 1 M	40	INDIVIDUAL	01:32:13
90.	RUI SOARES	61	86	VET 1 M	41	IPC	01:32:14
91.	RICARDO BOTELHO	33	87	VET 1 M	42	IPC	01:32:17
92.	FILIPE ROUXINOL	50	88	VET 1 M	43	INDIVIDUAL	01:32:19
93.	RAQUEL SILVESTRE	28	5	VET 1 F	3	TAINADAS RUN TEAM	01:32:35
94.	CELIA OLIVEIRA	71	6	VET 1 F	4	INDIVIDUAL	01:32:39
95.	JOSÉ CERQUEIRA	125	89	VET 1 M	44	INDIVIDUAL	01:32:48
96.	LUÍS SANTOS	66	90	VET 1 M	45	ADI-ILHAVO	01:33:35
97.	ARLINDO SANTOS	75	91	VET 2 M	13	DAR-RECARDAES	01:33:39
98.	ROSA TAVARES	167	7	VET 1 F	5	SALGUEIROS RUNNING	01:33:40
99.	LUIS LOPES	63	92	SEN M	34	INDIVIDUAL	01:33:41
100.	MARCO MARQUES	58	93	VET 1 M	46	VAMOS A PÉ	01:33:52
101.	ISABEL ROCHA	68	8	VET 1 F	6	INDIVIDUAL	01:34:29
102.	NUNO ALMEIDA	166	94	VET 1 M	47	INDIVIDUAL	01:34:49
103.	FELIPE JESUS	111	95	VET 1 M	48	INDIVIDUAL	01:36:27
104.	MANUEL OLIVEIRA	73	96	VET 1 M	49	CATS PROGECT	01:37:41
105.	TÁLIA MARTINS	51	9	VET 2 F	2	OS QUARTAS	01:37:55
106.	ISABEL RIBAU	56	10	VET 1 F	7	"OS QUARTAS RUNNING GROUP"	01:37:59
107.	JOSÉ FERRO	29	97	VET 1 M	50	TAINADAS RUN TEAM	01:38:11
108.	CARLOS NEVES	160	98	VET 1 M	51	INDIVIDUAL	01:38:13
109.	DANIEL LOPES	88	99	VET 1 M	52	INDIVIDUAL	01:38:20
110.	SARA OLIVEIRA	123	11	SEN F	2	DCI /TRILHOS LUSO BUSSACO	01:39:03
111.	ALEXANDRE SIMÕES	34	100	SEN M	35	INDIVIDUAL	01:40:01
112.	LILIANA SILVA	119	12	VET 1 F	8	INDIVIDUAL	01:40:24
113.	PAULA SILVA	93	13	VET 1 F	9	SPORTING CLUBE REBOLEIRA E DAMAIA	01:41:49
114.	BRUNO MOTA	26	101	SEN M	36	TAINADAS RUN TEAM	01:42:23
115.	SANDRA SANTOS	62	14	VET 1 F	10	"OS QUARTAS RUNNING GROUP"	01:42:26
116.	DANIELA FERREIRA	55	15	VET 1 F	11	"OS QUARTAS RUNNING GROUP"	01:42:29
117.	ROSA BRANCA	150	16	VET 1 F	12	TURBOLENTOS	01:44:22
118.	JOÃO COSTA	149	102	SEN M	37	TURBOLENTOS	01:44:26
119.	SANDRA MOREIRA	108	17	VET 1 F	13	JOÃO SILVA CCR PRAIA DE MIRA	01:44:58
120.	MÁRCIO SILVA	138	103	SEN M	38	INDIVIDUAL	01:45:04
121.	PAULA SIMÕES	137	18	VET 1 F	14	INDIVIDUAL	01:45:05
122.	CLÁUDIA HORTÊNSIO	10	19	VET 1 F	15	GANG MÊ PRIMO	01:45:13
123.	JOÃO HORTÊNSIO	11	104	VET 1 M	53	GANG MÊ PRIMO	01:45:19
124.	MARCO MOREIRA	53	105	VET 1 M	54	ASV	01:45:55
125.	DAVID MOÇO	25	106	SEN M	39	TAINADAS RUN TEAM	01:49:24
126.	DIANA DOMINGUES	151	20	VET 1 F	16	TAINADAS RUN TEAM	01:49:45
127.	HELIA MOUTINHO	74	21	VET 1 F	17	CATS PROGECT	01:53:45
128.	JOÃO FILIPE FREITAS	49	107	VET 1 M	55	GANDARES	01:58:16
129.	JOÃO SIMÕES	59	108	SEN M	40	VAMOS A PÉ	01:58:45
130.	ÂNGELA CHEGANÇAS	117	22	SEN F	3	JOÃO SILVA CCR PRAIA DE MIRA	02:00:51
131.	ÂNGELA ALMEIDA	126	23	VET 1 F	18	INDIVIDUAL	02:01:11
132.	SANDRA CUCO	107	24	VET 1 F	19	JOÃO SILVA CCR PRAIA DE MIRA	02:01:18

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133.	NUNO SOUSA	139	109	SEN M	41	INDIVIDUAL	02:15:28
134.	VITOR REVERENDO	78	110	VET 2 M	14	OS AUSENTES PRESENTES	02:46:43
135.	DIOGO REVERENDO	79	111	SEN M	42	OS AUSENTES PRESENTES	02:46:44
136.	ANA REI	81	25	VET 1 F	20	OS AUSENTES PRESENTES	02:46:44
137.	SÓNIA SIMÕES	77	26	SEN F	4	OS AUSENTES PRESENTES	02:46:45
138.	MONICA REVERENDO	76	27	SEN F	5	OS AUSENTES PRESENTES	02:46:46
DSQ	CARLA NEVES	98	-1	VET 1 F	-1	INDIVIDUAL	01:21:22
DSQ	JOSÉ SIMÕES	99	-1	VET 1 M	-1	INDIVIDUAL	01:21:10