

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
HELDER SANTOS	Sporting C. P.	9	1	00:29:40.847	00:00:00.000
HUGO SANTOS	Acds João Da Serra	27	2	00:29:55.153	00:00:14.306
HERMANO FERREIRA	Sport Lisboa E Benfica	7	3	00:29:57.710	00:00:16.863
MIGUEL RIBEIRO	Clube De Atletismo Olímpico Vianense	4	4	00:30:11.870	00:00:31.023
CARLOS COSTA	S. Salvador Do Campo	11	5	00:30:23.617	00:00:42.770
VITOR OLIVEIRA	Maia Ac	12	6	00:30:26.400	00:00:45.553
BRUNO SILVA	Águias De Alvelos	55	7	00:30:41.287	00:01:00.440
PEDRO CRUZ	Clube Desportivo São Salvador Do Campo	38	8	00:30:54.280	00:01:13.433
ANDRE SILVA	Águias De Alvelos	56	9	00:31:40.793	00:01:59.946
AUGUSTO COSTA	Amigos Da Montanha	472	10	00:31:43.467	00:02:02.620
NUNO COSTA	C.D.São Salvador Do Campo	8	11	00:31:59.387	00:02:18.540
ARTUR RODRIGUES	Individual	249	12	00:32:00.553	00:02:19.706
FERNANDO GRILO	Sira - Soc Instrução E Recreio Aldreense	1120	13	00:32:13.000	00:02:32.153
JOAQUIM FIGUEIREDO	Clube Desportivo São Salvador Do Campo	39	14	00:32:13.060	00:02:32.213
PAULO MORAIS	Águias Da Misericórdia	43	15	00:32:22.533	00:02:41.686
MIGUEL MEIRA	Clube Atletismo Olímpico Vianense	802	16	00:32:26.533	00:02:45.686
PAULO CONDE	Dr Merino 4 Moove	29	17	00:32:51.033	00:03:10.186
JOSÉ PIRES	Sociedade Recreio Capanense	23	18	00:32:55.033	00:03:14.186
RENATO SOUSA	A D Rio Largo C Espinho	517	19	00:33:26.333	00:03:45.486
JOSÉ PEREIRA	Ama Mondim De Basto	666	20	00:33:31.533	00:03:50.686
CARLOS MONTEIRO	F.C.Vizela	1013	21	00:33:34.633	00:03:53.786
MANUEL FERREIRA	Arada Atletico Clube	687	22	00:33:37.877	00:03:57.030
ANTONIO SOUSA	Ripolins Grijó A Correr	28	23	00:33:43.377	00:04:02.530
ROBERTO MARQUES	Grupo Recreativo Estrela Do Bonfim	828	24	00:33:45.877	00:04:05.030
NUNO PINHO	N.A.Cucujães	630	25	00:33:47.033	00:04:06.186
CARLOS MONTEIRO	C. D. Póvoa	816	26	00:33:53.993	00:04:13.146
ROBERTO SILVA	Os Santa Apolónia	944	27	00:33:55.113	00:04:14.266
EMILIA PISOEIRO	Recreio Desportivo De Águeda	246	28	00:33:56.240	00:04:15.393
RICARDO CASTRO	Sociedade Recreio Capanense	24	29	00:34:03.037	00:04:22.190
SILVANA DIAS	Sport Lisboa E Benfica	6	30	00:34:07.233	00:04:26.386
AMÉRICO MOREIRA	C. D. Póvoa	813	31	00:34:14.793	00:04:33.946
DIOGO PINHO	Nascidos Para Correr - Associação Desportiva	19	32	00:34:18.287	00:04:37.440
SUSANA GODINHO	Sporting C. P.	13	33	00:34:19.297	00:04:38.450
MARISA BARROS	S. C.Salgueiros	2	34	00:34:25.120	00:04:44.273
DOROTEIA PEIXOTO	Amigos Da Montanha	5	35	00:34:28.000	00:04:47.153
NUNO QUEIROS	Clube Desportivo São Salvador Do Campo	37	36	00:34:28.793	00:04:47.946
MARIO CONTREIRAS	Clube Desportivo São Salvador Do Campo	41	37	00:34:34.370	00:04:53.523
VANESSA CARVALHO	S. C. Braga	1180	38	00:34:36.360	00:04:55.513
FILIPE MARTINS	Grupo Recreativo Estrela Do Bonfim	1206	39	00:34:44.917	00:05:04.070
SÉRGIO SALGUEIRO	Vitória Sport Clube	25	40	00:34:47.267	00:05:06.420
ANTÓNIO SILVA	Nascidos Para Correr - Associação Desportiva	20	41	00:34:49.287	00:05:08.440
HUGO MOREIRA	Douroconta Gabinete De Apoio E Contabilidade. Lda	551	42	00:34:57.560	00:05:16.713
ANTÓNIO JESUS	Nascidos Para Correr - Associação Desportiva	21	43	00:35:00.367	00:05:19.520
JOSÉ MOREIRA	Ccdr	1150	44	00:35:03.400	00:05:22.553

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
ANDRÉ MACHADO	Os Santa Apolónia	725	45	00:35:04.327	00:05:23.480
MANUEL BRANQUINHO	Gjvp	909	46	00:35:08.367	00:05:27.520
PAULO MATOS	Gulbenkian	467	47	00:35:16.887	00:05:36.040
HELDER COSTA	Elcomandante	411	48	00:35:19.870	00:05:39.023
JOSE TEIXEIRA	Adeca	49	49	00:35:26.113	00:05:45.266
JOSÉ MOREIRA	S. Salvador Do Campo	40	50	00:35:30.130	00:05:49.283
EMÍLIO VILARINHO	Cave - Esposende	750	51	00:35:43.540	00:06:02.693
BELMIRO RODRIGUES	C.F.Oliveira Douro	530	52	00:35:45.903	00:06:05.056
JOÃO SILVA	Vitória Sport Clube	181	53	00:35:46.297	00:06:05.450
SÉRGIO LIMA	Gjvp	910	54	00:35:57.797	00:06:16.950
AUGUSTO ANTUNES	Arpo - Associação Recreativa Pousadense.	410	55	00:36:00.790	00:06:19.943
DOMINGOS SANTOS	Nascidos Para Correr - Associação Desportiva	18	56	00:36:02.117	00:06:21.270
JORGE ROCHINHA	Sira - Soc Instrução E Recreio Aldreense	1121	57	00:36:05.540	00:06:24.693
ROBERTO MACHADO	Atlético Clube De Vale S. Martinho	937	58	00:36:09.040	00:06:28.193
JORGE VALE	Clube Atletismo Fafe	935	59	00:36:11.540	00:06:30.693
RICARDO FERREIRA	Sporting Clube Espinho	47	60	00:36:18.040	00:06:37.193
DANIEL MONTEIRO	Academia Fernanda Ribeiro	314	61	00:36:18.603	00:06:37.756
HUGO SANTOS	Nascidos Para Correr - Associação Desportiva	1085	62	00:36:18.790	00:06:37.943
JUSTYNA WOJCIK	Acds João Da Serra	26	63	00:36:18.800	00:06:37.953
ADELINO SOUSA	Grupo Desportivo Da Goma	1169	64	00:36:23.470	00:06:42.623
HELDER SILVA	Escola Atletismo Rosa Oliveira	109	65	00:36:26.650	00:06:45.803
JOÃO POÇAS	Tartarugas Do Asfalto	663	66	00:36:27.547	00:06:46.700
TIAGO FREITAS	Figueiredos Runners And Friends	121	67	00:36:31.290	00:06:50.443
JESSICA PONTES	S. C. Braga	700	68	00:36:31.833	00:06:50.986
JOSÉ ARAÚJO	Adeca	48	69	00:36:34.603	00:06:53.756
JOSÉ MOTA	Nascidos Para Correr - Associação Desportiva	1090	70	00:36:38.043	00:06:57.196
MARTIM FREITAS	União Desportiva E Cultural De Argivai - Udca	838	71	00:36:39.103	00:06:58.256
JOAQUIM ALVES	Nascidos Para Correr - Associação Desportiva	1089	72	00:36:40.610	00:06:59.763
ANTONIO RODRIGUES	Nutrideal Taipas	545	73	00:36:40.793	00:06:59.946
JOSE MONTEIRO	Bairro De Carcavelos Synergie	75	74	00:36:42.410	00:07:01.563
MIGUEL MAIA	Atlético Da Póvoa	305	75	00:36:49.543	00:07:08.696
PEDRO PINHEIRO	Varzim Sport Club	325	76	00:36:50.850	00:07:10.003
MANUEL AZEVEDO	S. Salvador Do Campo	50	77	00:36:51.793	00:07:10.946
FILIPE LEITE	Individual	612	78	00:36:56.287	00:07:15.440
JOSÉ ALMEIDA	Academia Fernanda Ribeiro	557	79	00:37:03.520	00:07:22.673
JOSÉ VIANA	Amigos Da Montanha	17	80	00:37:04.050	00:07:23.203
ANDRÉ PINTO	Andatrilhos Freamunde	743	81	00:37:05.847	00:07:25.000
CARLOS GOMES	Salgueiros Running	372	82	00:37:10.830	00:07:29.983
ANTÓNIO REIS	Grupo Recreativo Estrela Do Bonfim	1205	83	00:37:12.073	00:07:31.226
ANTÓNIO FERNANDES	Gdctenvc	1057	84	00:37:19.010	00:07:38.163
PAULO CARVALHO	Atlético Clube De Vale S. Martinho	942	85	00:37:19.953	00:07:39.106
ANTÓNIO ARAÚJO	Águias Da Misericórdia	195	86	00:37:33.087	00:07:52.240
MANUEL CARDOSO	Nascidos Para Correr - Associação Desportiva	1095	87	00:37:34.973	00:07:54.126
BELMIRO FERREIRA	Grupo Desportivo Leões Da Guarda	675	88	00:37:35.543	00:07:54.696

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
FERNANDO MAIA	Blasqem	1056	89	00:37:36.320	00:07:55.473
VÍTOR GOMES	União Desportiva E Cultural De Argivai - Udca	839	90	00:37:38.793	00:07:57.946
ZEFERINO NETO	Clube Desportivo São Salvador Do Campo	471	91	00:37:38.910	00:07:58.063
LUIS NUNES	Rebentabolha	583	92	00:37:41.507	00:08:00.660
ADÃO MENDES	Grupo Recreativo Estrela Do Bonfim	830	93	00:37:52.093	00:08:11.246
ANTÓNIO OLIVEIRA	Metalisthelaw	658	94	00:37:53.050	00:08:12.203
JOAQUIM MORAIS	Cra Amieirinhense	737	95	00:37:57.153	00:08:16.306
JOAQUIM RODRIGUES	Águias De Alvelos	1187	96	00:37:57.293	00:08:16.446
VICTOR MARTINS	Sociedade Recreio Capanense	22	97	00:37:57.543	00:08:16.696
ABÍLIO TEIXEIRA	Sociedade Recreio Capanense	964	98	00:37:58.390	00:08:17.543
JOSÉ GOMES	Unidos Pelo Rio Ave Fc	757	99	00:38:03.090	00:08:22.243
PAULO OLIVEIRA	Atlético Clube De Vale S. Martinho	943	100	00:38:03.593	00:08:22.746
MANUEL CASAIS	Blasqem	1055	101	00:38:04.343	00:08:23.496
JOÃO LOPES	Individual	739	102	00:38:05.043	00:08:24.196
HUGO ROMANO	Caça Raposas	170	103	00:38:07.043	00:08:26.196
SERGIO CLARO	Clube Pessoal Trabalhadores Bairro De Carcavelos	797	104	00:38:09.553	00:08:28.706
FÁBIO OLIVEIRA	Academia Fernanda Ribeiro	535	105	00:38:10.997	00:08:30.150
CLAUDIO ARAUJO	Adosa	286	106	00:38:17.600	00:08:36.753
JOSÉ SANTOS	Tsunami Team	320	107	00:38:19.793	00:08:38.946
SERGIO MARTINS	A.R.De Negrelos	291	108	00:38:21.090	00:08:40.243
JOSÉ FERNANDES	Futebol Clube Famalicão De Geneve	112	109	00:38:22.837	00:08:41.990
VITOR PONTES	Clube Desportivo São Salvador Do Campo	377	110	00:38:24.913	00:08:44.066
LUIS MARTINS	A.R.De Negrelos	289	111	00:38:25.793	00:08:44.946
VITOR TEIXEIRA	Grupo Recreativo Estrela Do Bonfim	831	112	00:38:40.047	00:08:59.200
JOSÉ AZEVEDO	Boavista Futebol Clube	10	113	00:38:43.087	00:09:02.240
JESSICA MATOS	S. C. Braga	198	114	00:38:44.120	00:09:03.273
VITOR ARAUJO	Biciatus	1010	115	00:38:46.560	00:09:05.713
MIGUEL REGO	Qualy - Produtos De Limpeza	139	116	00:38:53.047	00:09:12.200
ELISABETE LOPES	Nat	1031	117	00:38:56.203	00:09:15.356
JOSÉ SILVA	Individual	389	118	00:38:56.843	00:09:15.996
MANUEL GOMES	A.R.De Negrelos	290	119	00:38:58.053	00:09:17.206
JOSÉ ALVES	Kilosmoda	211	120	00:39:00.097	00:09:19.250
FILIPE PEREIRA	Lousada Runners	598	121	00:39:02.553	00:09:21.706
NUNO ARAUJO	Olímpico Vianense Trail	230	122	00:39:02.797	00:09:21.950
TIAGO MOREIRA	Individual	495	123	00:39:03.183	00:09:22.336
RUI CARDOSO	Elcomandanteam	44	124	00:39:11.617	00:09:30.770
LIBÓRIO VILELA	Tsunami Team	317	125	00:39:11.833	00:09:30.986
MIGUEL QUEIRÓS	A. D. Amarante Atletismo	565	126	00:39:14.547	00:09:33.700
EUGÉNIO BARROS	Gjvp	913	127	00:39:15.797	00:09:34.950
INOCÊNCIO SILVA	Clube De Atletismo Da Póvoa De Varzim	865	128	00:39:16.673	00:09:35.826
RICARDO AZEVEDO	Arpo - Associação Recreativa Pousadense.	135	129	00:39:18.337	00:09:37.490
JOSÉ DIAS	Individual	753	130	00:39:19.140	00:09:38.293
ANDRÉ GUIMARÃES	Luanda Runners	992	131	00:39:20.047	00:09:39.200
PAULO LEMOS	Arpo - Associação Recreativa Pousadense.	137	132	00:39:20.547	00:09:39.700

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
HELDER FARIA	Atlético Clube De Vale S. Martinho	941	133	00:39:21.457	00:09:40.610
JOAQUIM PINHEIRO	Sheraton Porto	594	134	00:39:25.553	00:09:44.706
CARLOS LOPES	Sociedade Recreio Cepanense	963	135	00:39:28.830	00:09:47.983
AUGUSTO LOPES	Individual	118	136	00:39:29.473	00:09:48.626
VICTOR FERREIRA	Atlético Clube De Vale S. Martinho	939	137	00:39:29.797	00:09:48.950
PAULO SILVA	C. D. Póvoa	821	138	00:39:29.803	00:09:48.956
JOSÉ BRAGA	C. D. Póvoa	819	139	00:39:30.297	00:09:49.450
FÁBIO CARNEIRO	Correr Antas A Noite	695	140	00:39:30.797	00:09:49.950
NUNO SILVA	Caça Raposas	167	141	00:39:34.137	00:09:53.290
BRUNO CAVADAS	Individual	1211	142	00:39:39.047	00:09:58.200
VITOR LEMOS	Vitória Sport Clube	463	143	00:39:39.597	00:09:58.750
RICARDO GONÇALVES	Ss Box	443	144	00:39:40.047	00:09:59.200
JOÃO RODRIGUES	Clube De Atletismo De Ovar	366	145	00:39:41.547	00:10:00.700
JORGE CABOUÇO	Novélia Running Amarante	432	146	00:39:41.647	00:10:00.800
TOMÁS CARRIÇO	Individual	689	147	00:39:44.283	00:10:03.436
VITOR LIMA	Individual	590	148	00:39:44.853	00:10:04.006
OCTÁVIO OLIVEIRA	Tsunami Team	316	149	00:39:46.557	00:10:05.710
JOSE RIBEIRO	C.D.C.Navais	849	150	00:39:47.303	00:10:06.456
JOÃO LOPES	Nascidos Para Correr - Associação Desportiva	1087	151	00:39:47.310	00:10:06.463
JOSÉ SILVA	Clube De Atletismo Da Póvoa De Varzim	867	152	00:39:47.317	00:10:06.470
JOSE FARIA	Clube De Atletismo Da Póvoa De Varzim	866	153	00:39:47.593	00:10:06.746
MARIANA MACHADO	Os Santa Apolónia	726	154	00:39:49.297	00:10:08.450
DAVID RODRIGUES	Os Rompe Solas	154	155	00:39:50.400	00:10:09.553
JOAQUIM FERREIRA	Águias Da Misericórdia	197	156	00:39:51.297	00:10:10.450
ANTONIO MOREIRA	Academia Fernanda Ribeiro	312	157	00:39:51.580	00:10:10.733
MARCO PINTO	Águias Da Misericórdia	42	158	00:39:52.577	00:10:11.730
VICTOR OLIVEIRA	Individual	616	159	00:39:54.163	00:10:13.316
MANUEL FESTAS	Gdctencv	1058	160	00:39:55.377	00:10:14.530
ROGÉRIO VIEIRA	Elcomandanteam	1124	161	00:39:55.547	00:10:14.700
JOÃO MARTINS	Individual	1145	162	00:39:55.797	00:10:14.950
CRISTIANO PEREIRA	Individual	1053	163	00:39:56.647	00:10:15.800
PEDRO REINA	Varzim Sport Club	621	164	00:39:57.083	00:10:16.236
PEDRO GUIMARÃES	Individual	705	165	00:40:00.270	00:10:19.423
DOMINGOS VALE	Individual	85	166	00:40:01.577	00:10:20.730
DAVID TAVARES	Individual	930	167	00:40:02.467	00:10:21.620
JOSÉ CASTRO	Adeca	905	168	00:40:04.583	00:10:23.736
ARMINDO FARIA	Futebol Clube Famalicão De Geneve	113	169	00:40:06.297	00:10:25.450
RUI CARNEIRO	Grupo De Bombos "Os Cordovenses"	57	170	00:40:07.167	00:10:26.320
BRUNO PEREIRA	Adeca	80	171	00:40:07.337	00:10:26.490
VASCO DUARTE	We Run Bue	301	172	00:40:09.827	00:10:28.980
SERGIO SILVA	Individual	484	173	00:40:10.047	00:10:29.200
JOSÉ CORVAL	Carcavela Sinergy	1217	174	00:40:11.047	00:10:30.200
NUNO LOMBA	Ade Trail Running	175	175	00:40:12.327	00:10:31.480
JOSE MARTINS	Individual	182	176	00:40:14.297	00:10:33.450

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
VITOR NOVAIS	Salgueiros Running	539	177	00:40:15.833	00:10:34.986
FERNANDO PORTO	Cdcr Dos Ctt Porto	1134	178	00:40:16.547	00:10:35.700
AMÉRICO PINTO	Ccdtc.M.Gondomar	928	179	00:40:16.573	00:10:35.726
PEDRO SILVA	Kilosmoda	209	180	00:40:19.083	00:10:38.236
SÉRGIO GONÇALVES	Kilosmoda	212	181	00:40:20.317	00:10:39.470
ALEXANDRE FERREIRA	Futebol Clube Vizela	1221	182	00:40:20.687	00:10:39.840
ABÍLIO FARIA	Adeca	82	183	00:40:21.083	00:10:40.236
PEDRO MAGALHÃES	Tartarugas Do Asfalto	717	184	00:40:21.823	00:10:40.976
EMANUEL SANTOS	Tartarugas Do Asfalto	571	185	00:40:23.300	00:10:42.453
RITA LOPES	Boavista Futebol Clube	751	186	00:40:24.573	00:10:43.726
AFONSO PEREIRA	Central Runners	190	187	00:40:28.300	00:10:47.453
NELSON ALMEIDA	Tsunami Team	319	188	00:40:30.073	00:10:49.226
PAULO OLIVEIRA	Ronfe A Correr	172	189	00:40:31.807	00:10:50.960
VÍTOR FERREIRA	Doutromundo	585	190	00:40:32.557	00:10:51.710
JOÃO MARTINS	Nascidos Para Correr - Associação Desportiva	1088	191	00:40:34.833	00:10:53.986
NUNO EIRAS	Individual	799	192	00:40:37.100	00:10:56.253
ANTÓNIO ALMEIDA	Spem - Emforça	784	193	00:40:37.507	00:10:56.660
PAULO QUINTAS	Individual	1135	194	00:40:42.323	00:11:01.476
JOEL MARTINS	Gjvp	911	195	00:40:46.490	00:11:05.643
MIGUEL CARNEIRO	Individual	177	196	00:40:47.440	00:11:06.593
EDUARDO PINTO	Nascidos Para Correr - Associação Desportiva	1081	197	00:40:48.050	00:11:07.203
JOSÉ PINHEIRO	100Vontade	974	198	00:40:52.550	00:11:11.703
CARLOS BRITO	Individual	617	199	00:40:54.570	00:11:13.723
BRUNO CASTRO	Gdr Juventude Das Ribeiras	873	200	00:40:55.050	00:11:14.203
ANTÓNIO PEREIRA	Grupo Recreativo Estrela Do Bonfim	833	201	00:40:55.300	00:11:14.453
PAULO DUARTE	Elcomandante	375	202	00:40:57.067	00:11:16.220
JOSÉ CARNEIRO	Individual	763	203	00:41:00.563	00:11:19.716
JOSE COSTA	Lousada	1129	204	00:41:01.303	00:11:20.456
MANUEL CARNEIRO	Blasqem	1054	205	00:41:03.050	00:11:22.203
ANTÓNIO CARVALHO	Família Carvalho	722	206	00:41:04.163	00:11:23.316
PAULO FRANCISCO	Em´Força	428	207	00:41:09.480	00:11:28.633
FREDERICO ESTEVES	Individual	908	208	00:41:09.667	00:11:28.820
PAULO LOPES	G.D.Selho	388	209	00:41:11.070	00:11:30.223
VITOR FONSECA	Individual	792	210	00:41:14.810	00:11:33.963
RUI SILVA	Sociedade Recreio Capanense	962	211	00:41:15.810	00:11:34.963
JOÃO GOMES	Orlando Oliveira	732	212	00:41:16.067	00:11:35.220
JOSÉ SERRANO	Individual	352	213	00:41:16.507	00:11:35.660
JOSE MARINHO	Nortigaia-Amigos Da Pícu	703	214	00:41:18.320	00:11:37.473
FILIPE OLIVEIRA	Vitória Sport Clube	451	215	00:41:19.170	00:11:38.323
LUÍS VILELA	Sociedade Recreio Capanense	968	216	00:41:19.300	00:11:38.453
RICARDO MEIRA	Os Santa Apolónia	1219	217	00:41:20.300	00:11:39.453
OCTÁVIO SOUSA	Nascidos Para Correr - Associação Desportiva	1097	218	00:41:21.053	00:11:40.206
FILIPE MOÇA	Individual	409	219	00:41:22.437	00:11:41.590
FERNANDO FIGUEIREDO	Figueiredos Runners And Friends	201	220	00:41:23.803	00:11:42.956

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
ANTÓNIO OLIVEIRA	Individual	890	221	00:41:23.810	00:11:42.963
SARA OLIVEIRA	Individual	1064	222	00:41:24.050	00:11:43.203
JOAO CARVALHO	Figueiredos Runners And Friends	199	223	00:41:24.553	00:11:43.706
ANTÓNIO AZEVEDO	Nascidos Para Correr - Associação Desportiva	1041	224	00:41:25.067	00:11:44.220
CARLOS COSTA	Nascidos Para Correr - Associação Desportiva	1077	225	00:41:25.300	00:11:44.453
ORLANDO MELO	Individual	986	226	00:41:30.027	00:11:49.180
PEDRO CASTRO	Spem - Emforça	628	227	00:41:30.527	00:11:49.680
JORGE FERNANDES	Dream Team	803	228	00:41:30.550	00:11:49.703
ARTUR ARAÚJO	Kilosmoda	208	229	00:41:30.800	00:11:49.953
RUI PEREIRA	Kilosmoda	207	230	00:41:32.080	00:11:51.233
PAULO VILAÇA	Tugas Na Estrada	653	231	00:41:32.817	00:11:51.970
MIGUEL PEREIRA	Ccdtc.M.Gondomar	927	232	00:41:32.943	00:11:52.096
VÍTOR ARAUJO	Gds	391	233	00:41:34.107	00:11:53.260
VITOR RODRIGUES	C. D. Póvoa	820	234	00:41:36.050	00:11:55.203
PEDRO MORAIS	Choco Team	798	235	00:41:38.053	00:11:57.206
FRANCISCO XAVIER	Central Runners	192	236	00:41:38.547	00:11:57.700
JOAQUIM BARBOSA	Os Isabelinhas	925	237	00:41:41.070	00:12:00.223
LUÍS SÁ	913235271	574	238	00:41:42.550	00:12:01.703
FRANCISCO SILVA	Habcarpintaria	358	239	00:41:43.313	00:12:02.466
BRUNO PEREIRA	Gdbpi	221	240	00:41:45.563	00:12:04.716
MARCO ALMEIDA	Nascidos Para Correr - Associação Desportiva	1096	241	00:41:45.803	00:12:04.956
JOSE PEREIRA	Nascidos Para Correr - Associação Desportiva	904	242	00:41:46.867	00:12:06.020
RENÉ TEIXEIRA	Sociedade Recreio Capanense	965	243	00:41:47.490	00:12:06.643
DANIEL RODRIGUES	Academia Fernanda Ribeiro	533	244	00:41:47.810	00:12:06.963
PAULO JESUS	Grupo Recreativo Estrela Do Bonfim	829	245	00:41:49.803	00:12:08.956
ANTÓNIO SILVA	Lousada Runners	492	246	00:41:50.453	00:12:09.606
VALDEMAR MAIA	Doutromundo	584	247	00:41:51.300	00:12:10.453
RICARDO PLITEIRO	Werunbue	272	248	00:41:53.800	00:12:12.953
JOÃO ALVES	Vitória Sport Clube	453	249	00:41:54.553	00:12:13.706
JOSE SILVA	C.D.C.Navais	1193	250	00:41:54.803	00:12:13.956
VIRIATO MENDES	C D São Salvador Do Campo	380	251	00:41:55.550	00:12:14.703
MANUEL OLIVEIRA	Grupo Recreativo Estrela Do Bonfim	832	252	00:41:58.053	00:12:17.206
CONCEIÇÃO TENDA	Sporting Clube De Espinho / António Leitão	878	253	00:41:58.303	00:12:17.456
JOAO SILVA	Dragon Club	690	254	00:41:58.560	00:12:17.713
FRANCISCO MORAIS	Adeca	1128	255	00:42:01.497	00:12:20.650
CARLOS EIRAS	C.D.C.Navais	1195	256	00:42:03.060	00:12:22.213
HELDER FERREIRA	Kilosmoda	210	257	00:42:03.617	00:12:22.770
ANTÓNIO MARQUES	Vitória Sport Clube	446	258	00:42:04.053	00:12:23.206
JOSÉ ANDRADE	Academia Fernanda Ribeiro	1218	259	00:42:04.803	00:12:23.956
ANTÓNIO PEREIRA	Nascidos Para Correr - Associação Desportiva	1043	260	00:42:08.560	00:12:27.713
FAUSTO SILVA	Individual	973	261	00:42:08.810	00:12:27.963
MANUEL NOVAIS	Vitória Sport Clube	459	262	00:42:10.803	00:12:29.956
MIGUEL MENDES	Vitória Sport Clube	460	263	00:42:11.057	00:12:30.210
PAULO LOUREIRO	Fama Runners	1163	264	00:42:11.063	00:12:30.216

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
RUI ARAÚJO	Individual	299	265	00:42:13.060	00:12:32.213
CARLOS LEMOS	S. R. Capanense	531	266	00:42:14.820	00:12:33.973
NUNO FERREIRA	Individual	640	267	00:42:16.803	00:12:35.956
LUÍS LIMA	Viana Do Castelo	603	268	00:42:18.060	00:12:37.213
SÉRGIO COELHO	Academia Fernanda Ribeiro	536	269	00:42:18.310	00:12:37.463
JOÃO FONTAO	Amigos Da Corrida	576	270	00:42:18.433	00:12:37.586
MICHAEL ALVES	Individual	906	271	00:42:18.810	00:12:37.963
PAULA SALGADO	Elcomandante	1167	272	00:42:19.117	00:12:38.270
RUI FARIA	Isabelinhas	1070	273	00:42:19.310	00:12:38.463
MANUELA FREITAS	Os Isabelinhas	480	274	00:42:19.313	00:12:38.466
JOÃO MACHADO	Central Runners	189	275	00:42:21.560	00:12:40.713
RODRIGO DUARTE	Faz-Te À Estrada.	560	276	00:42:23.407	00:12:42.560
AUGUSTO DOURADO	Individual	656	277	00:42:25.557	00:12:44.710
DOMINGOS MARTINS	Domingos Pinto	1222	278	00:42:28.053	00:12:47.206
AURÉLIO MARQUES	Cave - Esposende	686	279	00:42:30.403	00:12:49.556
FILIPE MACHADO	Individual	194	280	00:42:30.770	00:12:49.923
FILIPE MACHADO	Individual	643	281	00:42:30.803	00:12:49.956
JORGE VIANA	Cmi Montanhismo	593	282	00:42:32.133	00:12:51.286
ANTÓNIO GOMES	A.Cu.R.A 4Trail	374	283	00:42:33.057	00:12:52.210
TÓ MACHADO	Individual	804	284	00:42:34.580	00:12:53.733
HUGO MARTINS	Martins	552	285	00:42:36.393	00:12:55.546
ANTÓNIO MONTEIRO	Águias Da Misericórdia	196	286	00:42:37.053	00:12:56.206
MANUEL VIVAS	Individual	383	287	00:42:37.553	00:12:56.706
ALCINO PINTO	Athlon Runner'S	268	288	00:42:38.043	00:12:57.196
MANUEL FREITAS	Moveiras	915	289	00:42:39.553	00:12:58.706
JOAO OLIVEIRA	Vitória Sport Clube	452	290	00:42:41.840	00:13:00.993
JOAO VASCONCELOS	Individual	368	291	00:42:42.860	00:13:02.013
NUNO MAGALHÃES	Individual	417	292	00:42:43.553	00:13:02.706
LUÍS GUIMARÃES	Individual	871	293	00:42:44.087	00:13:03.240
HILARIO MARTINS	Futebol Clube Famalicão De Geneve	111	294	00:42:44.803	00:13:03.956
CATARINA PINHO	N.A.Cucujães	780	295	00:42:45.940	00:13:05.093
PAULO MOURA	Honra Team	474	296	00:42:46.557	00:13:05.710
CARLOS GONÇALVES	Vitória Sport Clube	448	297	00:42:46.813	00:13:05.966
RUI PARALVAS	Adra Belém	810	298	00:42:52.300	00:13:11.453
PEDRO CERQUEIRA	Airórun	253	299	00:42:52.557	00:13:11.710
NUNO GOMES	Ade Trail Running	407	300	00:42:52.803	00:13:11.956
JOÃO FERREIRA	Kilosmoda	213	301	00:42:55.977	00:13:15.130
FERNANDO RODRIGUES	Individual	733	302	00:42:56.243	00:13:15.396
JOÃO BARROS	Batedores	465	303	00:42:57.553	00:13:16.706
JOSÉ PEREIRA	Amigos Ponto Final	341	304	00:43:00.320	00:13:19.473
JOAQUIM VIEIRA	Os Cachos	917	305	00:43:02.303	00:13:21.456
RUI RAMALHO	Individual	782	306	00:43:02.807	00:13:21.960
JOSÉ SILVA	Amigos Da Corrida	932	307	00:43:06.837	00:13:25.990
JOAQUIM FARIA	Vitória Sport Clube	454	308	00:43:07.193	00:13:26.346

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
AUGUSTO RIBEIRO	Sociedade Recreio Capanense	970	309	00:43:08.607	00:13:27.760
XAVIER OLIVEIRA	Por Joane	94	310	00:43:08.803	00:13:27.956
HELDER SOARES	Individual	623	311	00:43:09.053	00:13:28.206
DAVID SILVA	Nat	1037	312	00:43:11.553	00:13:30.706
MANUEL PEREIRA	Elite Do Atletismo Nortenho	69	313	00:43:12.313	00:13:31.466
VALDEMAR FRAGOSO	Spin&Run Esposende	525	314	00:43:12.820	00:13:31.973
DANIEL SILVA	Minho Aventura	972	315	00:43:15.800	00:13:34.953
MIGUEL SILVA	Minho Aventura	1113	316	00:43:16.063	00:13:35.216
MANUEL MOTA	Nat	1035	317	00:43:16.083	00:13:35.236
ALBINO FERNANDES	Ginasio Clube Santo Tirso	227	318	00:43:17.800	00:13:36.953
SIMÃO COSTA	Clube De Atletismo Da Póvoa De Varzim	868	319	00:43:18.557	00:13:37.710
ADÃO SÁ	Individual	347	320	00:43:19.070	00:13:38.223
HÉLDER MORIM	Unidos Pelo Rio Ave Fc	759	321	00:43:19.333	00:13:38.486
SOFIA PEIXOTO	Individual	483	322	00:43:19.787	00:13:38.940
VITOR COSTA	A.C. Vermoim	293	323	00:43:20.063	00:13:39.216
JOSE SILVA	Individual	661	324	00:43:20.563	00:13:39.716
PAULO GUIMARAES	Individual	149	325	00:43:20.577	00:13:39.730
JOSÉ FIGUEIREDO	Os Isabelinhas	1116	326	00:43:21.060	00:13:40.213
LILIANA GONCALVES	Amigos Da Corrida	575	327	00:43:21.120	00:13:40.273
LUCIANO MAIA	Doutromundo	586	328	00:43:21.310	00:13:40.463
JOSE FERNANDO	Devormovel	995	329	00:43:21.563	00:13:40.716
PEDRO ANDRADE	Boavista Futebol Clube	754	330	00:43:23.103	00:13:42.256
DIOGO GOMES	Unidos Pelo Rio Ave Fc	758	331	00:43:24.310	00:13:43.463
JOSÉ NUNES	Gdr Juventude Das Ribeiras	877	332	00:43:24.557	00:13:43.710
CARLOS BARRETO	Barreto Team	1048	333	00:43:27.190	00:13:46.343
ALVARO BARRETO	Barreto Team	243	334	00:43:27.637	00:13:46.790
BEATRIZ SILVA	Adeca	330	335	00:43:30.050	00:13:49.203
ARTUR COUTO	Emar	310	336	00:43:31.780	00:13:50.933
CARLOS MARTINS	Individual	354	337	00:43:32.070	00:13:51.223
NUNO PINHEIRO	Póvoa De Varzim	295	338	00:43:33.737	00:13:52.890
BERTO MACHADO	Por Joane	95	339	00:43:35.057	00:13:54.210
JOSÉ REIGADA	Quinta Do Fincão	756	340	00:43:35.557	00:13:54.710
JOAO ROCHA	Caça Raposas	1045	341	00:43:36.057	00:13:55.210
RICARDO FERREIRA	A.D.Carvalhal	45	342	00:43:36.313	00:13:55.466
CLARA FREIRE	Gtt - Armazém Do Caffè	685	343	00:43:37.057	00:13:56.210
JOAQUIM BAPTISTA	Atlético Da Póvoa	304	344	00:43:38.037	00:13:57.190
PEDRO VILAÇA	Individual	487	345	00:43:39.207	00:13:58.360
JORGE VILELA	Núcleo De Atletismo De Vila Real	61	346	00:43:39.387	00:13:58.540
SERGIO SANTOS	Papamedalhas	328	347	00:43:39.797	00:13:58.950
QUINTINO CUNHA	Individual	73	348	00:43:41.307	00:14:00.460
MARCO SIMÕES	Individual	772	349	00:43:41.837	00:14:00.990
JOÃO VIEIRA	Individual	549	350	00:43:43.557	00:14:02.710
FERNANDO SOUSA	Individual	100	351	00:43:45.560	00:14:04.713
ANTÓNIO ALMEÍDA	Os Isabelinhas	444	352	00:43:46.677	00:14:05.830

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
PEDRO COELHO	Vimaranes Running Team	1166	353	00:43:49.057	00:14:08.210
ANTÓNIO MENDES	Sociedade Recreio Capanense	960	354	00:43:49.563	00:14:08.716
ANTÓNIO ALMEIDA	Cdcr Dos Ctt Porto	1133	355	00:43:49.693	00:14:08.846
NELSON VINHA	Gin Marathon Runners	994	356	00:43:50.167	00:14:09.320
HUGO SOUSA	Gin Marathon Runners	988	357	00:43:50.243	00:14:09.396
CARLOS OSÓRIO	Futebol Clube Famalicão De Geneve	104	358	00:43:54.803	00:14:13.956
ALBERTO SILVA	Individual	794	359	00:43:54.813	00:14:13.966
FÁTIMA OLIVEIRA	Dive - Into The Mountains	510	360	00:43:55.017	00:14:14.170
ALEXANDRE FERREIRA	Amigos Ponto Final	338	361	00:43:55.557	00:14:14.710
JOSE SALGADO	Central Runners	187	362	00:43:56.307	00:14:15.460
CELESTINO SILVA	Amigos Ponto Final	339	363	00:43:56.473	00:14:15.626
RODOLFO MONTEIRO	Individual	155	364	00:43:57.057	00:14:16.210
JOSE LEMOS	Feltrail	142	365	00:44:01.057	00:14:20.210
JOSÉ NUNES	Carapaus	601	366	00:44:04.307	00:14:23.460
PAULO MOREIRA	Caça Raposas	162	367	00:44:04.700	00:14:23.853
PEDRO PIMENTA	Individual	297	368	00:44:04.807	00:14:23.960
ÁLVARO FANGUEIRO	Ccd Crédito Agrícola Mútuo	264	369	00:44:04.863	00:14:24.016
PEDRO VIEIRA	Caça Raposas	171	370	00:44:05.557	00:14:24.710
LUIS MENDES	Vitória Sport Clube	458	371	00:44:05.807	00:14:24.960
JOÃO ABREU	Viana Do Castelo	642	372	00:44:06.297	00:14:25.450
JOSÉ ALMEIDA	Individual	1047	373	00:44:06.557	00:14:25.710
JOAO SILVA	Individual	266	374	00:44:06.813	00:14:25.966
ANDRÉ ALMEIDA	Individual	767	375	00:44:08.290	00:14:27.443
JOSÉ BORGES	Amigos Ponto Final	541	376	00:44:10.333	00:14:29.486
BRUNO GOMES	Lousada Runners	1008	377	00:44:11.067	00:14:30.220
VITOR GOMES	Individual	1224	378	00:44:11.553	00:14:30.706
TIAGO PEREIRA	Proteu	1225	379	00:44:11.560	00:14:30.713
MANUEL MOREIRA	Ss Cgd	934	380	00:44:13.743	00:14:32.896
GUILHERME SANTOS	Individual	649	381	00:44:14.057	00:14:33.210
CELINE GOMES	Cdcr Dos Ctt Porto	1130	382	00:44:17.063	00:14:36.216
VÍTOR CASTRO	Sociedade Recreio Capanense	1016	383	00:44:17.800	00:14:36.953
VITOR ARAUJO	Biciatus	1009	384	00:44:18.053	00:14:37.206
JOSÉ BARROS	lasfa	370	385	00:44:19.813	00:14:38.966
JORGE LOBO	Individual	420	386	00:44:20.293	00:14:39.446
RUI SANTOS	Porto Runners	620	387	00:44:20.313	00:14:39.466
CESAR SILVA	Moveiras	498	388	00:44:21.793	00:14:40.946
ARMINDO FERNANDES	Individual	279	389	00:44:23.043	00:14:42.196
ANTÓNIO NETO	Trofa	60	390	00:44:23.057	00:14:42.210
MANUEL ALVES	Os Santa Apolónia	160	391	00:44:25.057	00:14:44.210
LEONEL VIDEIRA	Nascidos Para Correr - Associação Desportiva	1091	392	00:44:27.813	00:14:46.966
RAMIRO PINHEIRO	Vitória Sport Clube	462	393	00:44:28.017	00:14:47.170
JAIME SOARES	Os Rijos De Sábado	114	394	00:44:28.807	00:14:47.960
FRANCISCO FERREIRA	Individual	672	395	00:44:30.427	00:14:49.580
ANTONIO COSTA	Individual	553	396	00:44:30.557	00:14:49.710

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
PEDRO MAIA	Póvoa De Varzim	1072	397	00:44:31.180	00:14:50.333
PEDRO ALVES	Doutromundo	587	398	00:44:34.550	00:14:53.703
INÊS TEIXEIRA	Banda De Músicos	141	399	00:44:34.837	00:14:53.990
PEDRO PEREIRA	Individual	1131	400	00:44:35.317	00:14:54.470
JÚLIO SANTOS	Grupo Recreativo Estrela Do Bonfim	836	401	00:44:36.557	00:14:55.710
NUNO MANSO	Individual	718	402	00:44:37.223	00:14:56.376
MARCELINO CUNHA	Só Mais Uma...	715	403	00:44:38.067	00:14:57.220
NUNO SAMPAIO	Devormovel	1001	404	00:44:38.560	00:14:57.713
PEDRO ALMEIDA	Devormovel	996	405	00:44:39.310	00:14:58.463
ORLANDO OLIVEIRA	Orlando Oliveira	731	406	00:44:39.817	00:14:58.970
ERNESTO GONÇALVES	Individual	81	407	00:44:40.310	00:14:59.463
DAVID ALMEIDA	A.R.De Negrelos	292	408	00:44:41.317	00:15:00.470
FERNANDO NUNES	Amigos Da Corrida	256	409	00:44:41.813	00:15:00.966
PAULO COSTA	Atlético Clube De Vale S. Martinho	938	410	00:44:42.067	00:15:01.220
NUNO ARAÚJO	Hypatiamat	699	411	00:44:44.813	00:15:03.966
TERESA SILVA	Amigos Da Corrida	255	412	00:44:45.963	00:15:05.116
ANTONIO OLIVEIRA	Clube De Atletismo Da Póvoa De Varzim	1197	413	00:44:46.283	00:15:05.436
FERNANDO ROCHA	Nascidos Para Correr - Associação Desportiva	1083	414	00:44:46.560	00:15:05.713
CARLOS LOBO	Central Runners	186	415	00:44:46.790	00:15:05.943
CARLOS ALBERTO	Central Runners	188	416	00:44:46.810	00:15:05.963
MARTA MARTINS	Hsantamaria	426	417	00:44:47.057	00:15:06.210
JOSÉ GOMES	Grupo Recreativo Estrela Do Bonfim	834	418	00:44:48.307	00:15:07.460
GRAÇA COSTA	Amigos Da Montanha	1127	419	00:44:49.557	00:15:08.710
NUNO MAIA	Sociedade Recreio Capanense	971	420	00:44:50.810	00:15:09.963
CARLOS CARDOSO	Central Runners	185	421	00:44:51.040	00:15:10.193
PEDRO EZEQUIEL	Individual	83	422	00:44:53.307	00:15:12.460
TIAGO MENDES	Individual	805	423	00:44:53.397	00:15:12.550
JOAO COUTO	Individual	84	424	00:44:57.117	00:15:16.270
LUÍS FERRAZ	Caracoletas	976	425	00:44:58.540	00:15:17.693
ANTONIO GOMES	Ginasio Clube Santo Tirso	224	426	00:44:58.820	00:15:17.973
JOÃO RIBEIRO	Serafão4fun	401	427	00:44:59.060	00:15:18.213
MIGUEL CORREIA	Irmãos Correia	786	428	00:45:01.537	00:15:20.690
JOÃO CARLOS	Gjvp	912	429	00:45:02.567	00:15:21.720
PAULA GUEDES	Maia Ac	403	430	00:45:04.557	00:15:23.710
TIAGO PINTO	Individual	1112	431	00:45:05.120	00:15:24.273
JOSE LEITE	Ginasio Clube Santo Tirso	225	432	00:45:06.403	00:15:25.556
ZÉ MANEL	Maia Ac	392	433	00:45:07.207	00:15:26.360
PAULO FERNANDES	Vidaativarunners	512	434	00:45:07.807	00:15:26.960
FABIO SILVA	100Vontade	957	435	00:45:08.067	00:15:27.220
FERNANDO SOUSA	Individual	86	436	00:45:09.293	00:15:28.446
JOSÉ MENDES	Família Mendes	789	437	00:45:09.297	00:15:28.450
RUI BORGES	Ada Trail Running	1148	438	00:45:09.593	00:15:28.746
FÁTIMA GERALDES	Tugas Na Estrada	654	439	00:45:10.310	00:15:29.463
MARLENE SANTOS	Papamedalhas	323	440	00:45:11.060	00:15:30.213

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
RICARDO GONÇALVES	Individual	710	441	00:45:13.793	00:15:32.946
LUÍS MAGALHÃES	Póvoa De Varzim	1117	442	00:45:14.443	00:15:33.596
FRANCISCO MARINHA	Spin&Run Esposende	361	443	00:45:17.310	00:15:36.463
HELDER AZEVEDO	Trepadores	595	444	00:45:18.060	00:15:37.213
ADÃO DIAS	Nascidos Para Correr - Associação Desportiva	1038	445	00:45:18.317	00:15:37.470
JOSE FERNANDES	Amigos Atletismo Povoense	951	446	00:45:18.763	00:15:37.916
OCTAVIO CORREIA	Irmãos Correia	785	447	00:45:19.033	00:15:38.186
JOSÉ FREITAS	Os Madrugadores Do Parque Das Taipas	1176	448	00:45:20.810	00:15:39.963
FERNANDO QUEIRÓS	A. D. Amarante Atletismo	568	449	00:45:24.560	00:15:43.713
ALEXANDRE MENDES	Grupo Desportivo Da Goma	1170	450	00:45:24.810	00:15:43.963
VITOR SILVA	Proriver Atividades Turísticas	1012	451	00:45:25.167	00:15:44.320
JOAO BRAGA	Dragon Force	350	452	00:45:27.537	00:15:46.690
HELDER SILVA	Bota & Siga	1022	453	00:45:29.310	00:15:48.463
EDUARDO CEPa	Individual	647	454	00:45:30.560	00:15:49.713
JOAQUIM FANGUEIRO	Individual	646	455	00:45:30.787	00:15:49.940
BRUNO BRIOso	Maiagym	1075	456	00:45:31.270	00:15:50.423
JOSÉ BRITO	Individual	749	457	00:45:32.310	00:15:51.463
MIGUEL ARAÚJO	Sentir Saúde	1154	458	00:45:32.580	00:15:51.733
LEVI FERNANDES	Individual	1006	459	00:45:32.583	00:15:51.736
FERNANDO CUNHA	Individual	870	460	00:45:34.810	00:15:53.963
PEDRO VIEIRA	Individual	470	461	00:45:38.817	00:15:57.970
FILIPE GUIMARÃES	Individual	509	462	00:45:39.227	00:15:58.380
FERNANDO TEIXEIRA	A. D. Amarante Atletismo	570	463	00:45:40.810	00:15:59.963
NUNO VINHA	Magalhães & Vinha, Lda	486	464	00:45:43.540	00:16:02.693
ARSÉNIO BARROS	Individual	887	465	00:45:44.283	00:16:03.436
GERALDINO SILVA	Porto Runners	526	466	00:45:44.990	00:16:04.143
ARTUR FREITAS	Academia Fernanda Ribeiro	313	467	00:45:49.560	00:16:08.713
DANIEL LEAL	Individual	469	468	00:45:54.317	00:16:13.470
QUIM COELHO	Invicta Runners Team	335	469	00:45:54.783	00:16:13.936
FRANCISCO CUNHA	Sociedade Recreio Capanense	966	470	00:45:55.060	00:16:14.213
SÉRGIO MENDES	Sociedade Recreio Capanense	1018	471	00:45:56.007	00:16:15.160
JOÃO MESQUITA	Serviços Sociais Montepio	636	472	00:45:59.420	00:16:18.573
RICARDO RAMALHO	Individual	783	473	00:45:59.530	00:16:18.683
RUI MELO	Individual	1138	474	00:46:02.060	00:16:21.213
ISAQUE PINTO	Nascidos Para Correr - Associação Desportiva	1086	475	00:46:03.060	00:16:22.213
ULISSES LOPES	Bracara Genus	893	476	00:46:06.100	00:16:25.253
JOSÉ COSTA	Bracara Genus	892	477	00:46:06.447	00:16:25.600
RAUL SILVA	Ss Cgd	933	478	00:46:06.540	00:16:25.693
JOÃO PENETRA	Proriver Atividades Turísticas	978	479	00:46:09.027	00:16:28.180
ADRIANO VIEIRA	Individual	755	480	00:46:09.560	00:16:28.713
ANTÓNIO CARVALHO	Atlétismo Estrelas Susanenses	87	481	00:46:10.870	00:16:30.023
ASSUNÇÃO GARCIA	Novélia Running Amarante	592	482	00:46:12.060	00:16:31.213
PEDRO VILELA	Proriver Atividades Turísticas	980	483	00:46:12.280	00:16:31.433
MIGUEL COSTA	Individual	542	484	00:46:12.563	00:16:31.716

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
VICTOR LINHARES	Individual	738	485	00:46:12.820	00:16:31.973
CARLOS DIAS	Individual	360	486	00:46:13.320	00:16:32.473
ANDRE DOURADO	Individual	435	487	00:46:14.097	00:16:33.250
JOÃO CADINHA	Individual	624	488	00:46:14.327	00:16:33.480
PAULO FERNANDES	Sentir Saúde	1151	489	00:46:14.327	00:16:33.480
SARA FERREIRA	Nascidos Para Correr - Associação Desportiva	1103	490	00:46:16.137	00:16:35.290
JOSE GUIMARAES	Individual	644	491	00:46:17.573	00:16:36.726
PEDRO NUNES	Individual	706	492	00:46:20.310	00:16:39.463
CANDIDO AREIAS	Individual	485	493	00:46:22.377	00:16:41.530
CARLOS RIBEIRO	Vitória Sport Clube	449	494	00:46:24.037	00:16:43.190
EDUARDO FREITAS	Vitória Sport Clube	450	495	00:46:25.107	00:16:44.260
ROGÉRIO SARMENTO	Nascidos Para Correr - Associação Desportiva	1098	496	00:46:25.810	00:16:44.963
JOSE FREITAS	Vitória Sport Clube	455	497	00:46:25.983	00:16:45.136
ELVIRA SILVA	Grupo Recreativo Estrela Do Bonfim	826	498	00:46:26.560	00:16:45.713
JOSÉ LOPES	Individual	275	499	00:46:27.287	00:16:46.440
CARLOS RIBEIRO	Bota & Siga	329	500	00:46:27.310	00:16:46.463
SÉRGIO SILVA	Individual	582	501	00:46:27.617	00:16:46.770
JOSÉ COSTA	Maçonaria	741	502	00:46:27.967	00:16:47.120
ANTÓNIO COSTA	Individual	888	503	00:46:28.537	00:16:47.690
ANTÓNIO COELHO	Individual	298	504	00:46:28.560	00:16:47.713
JOÃO MARTINS	Sorud	662	505	00:46:31.957	00:16:51.110
CLAUDIO COENTRAO	Individual	720	506	00:46:32.310	00:16:51.463
CARLOS CARNEIRO	Individual	296	507	00:46:33.560	00:16:52.713
JACINTA BATISTA	Sociedade Recreio Capanense	1196	508	00:46:34.570	00:16:53.723
HÉLDER CARDOSO	Apúlia A Correr	779	509	00:46:35.813	00:16:54.966
ALBINO MENDES	Nascidos Para Correr - Associação Desportiva	1039	510	00:46:36.527	00:16:55.680
FERNANDO AZEVEDO	Individual	349	511	00:46:37.060	00:16:56.213
ANTONIO COENTRAO	Individual	331	512	00:46:37.073	00:16:56.226
LINO MARQUES	Fita	895	513	00:46:38.067	00:16:57.220
SANDRINA CUNHA	For 2	62	514	00:46:38.313	00:16:57.466
ANDRÉ LEANDRO	For 2	63	515	00:46:40.033	00:16:59.186
FERNANDO FERREIRA	Individual	989	516	00:46:40.313	00:16:59.466
ALVARO MARQUES	Ginasio Clube Santo Tirso	226	517	00:46:40.323	00:16:59.476
JOAQUIM SOUSA	Ginasio Clube Santo Tirso	344	518	00:46:42.563	00:17:01.716
PORFÍRIO LÍRIO	Os Lírios	205	519	00:46:43.063	00:17:02.216
MARIA NOVAIS	Turbulentos	147	520	00:46:43.813	00:17:02.966
CLÁUDIA PIMPAREL	Shots International Runners	697	521	00:46:44.063	00:17:03.216
ANTÓNIO SOUSA	Individual	639	522	00:46:44.147	00:17:03.300
JOÃO LINHARES	Individual	723	523	00:46:44.313	00:17:03.466
RICARDO SOUSA	Individual	381	524	00:46:44.527	00:17:03.680
NUNO PACHECO	Individual	659	525	00:46:44.813	00:17:03.966
HÉLDER AGUIAR	Individual	676	526	00:46:46.943	00:17:06.096
MARTINHO FERREIRA	C D São Salvador Do Campo	379	527	00:46:51.060	00:17:10.213
TIAGO OLIVEIRA	Individual	975	528	00:46:51.523	00:17:10.676

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
JOSÉ FERREIRA	Famalicão Em Forma	1007	529	00:46:52.527	00:17:11.680
NELSON LOPES	Individual	521	530	00:46:54.070	00:17:13.223
FRANCISCO VIEIRA	Individual	134	531	00:46:54.527	00:17:13.680
LOLA PEREIRA	Por Joane	96	532	00:46:54.807	00:17:13.960
ARMANDO OLIVEIRA	Lousada Runners	955	533	00:46:56.563	00:17:15.716
OSVALDO TEIXEIRA	A. D. Amarante Atletismo	563	534	00:46:57.993	00:17:17.146
RUBENS CUNHA	Individual	537	535	00:46:59.317	00:17:18.470
MIGUEL SILVA	Ss Box	610	536	00:46:59.813	00:17:18.966
JOÃO GOMES	Gulbenkian	688	537	00:47:00.473	00:17:19.626
FÁBIO COSTA	A.C. Vermoim	271	538	00:47:00.813	00:17:19.966
CARLOS VIEIRA	Os Cachos	918	539	00:47:03.160	00:17:22.313
FRANCISCO MOTA	100Vontade	1011	540	00:47:05.313	00:17:24.466
JOAQUIM CUNHA	Só Mais Uma...	716	541	00:47:05.430	00:17:24.583
FERNANDO VALENTE	Gdr Juventude Das Ribeiras	875	542	00:47:05.607	00:17:24.760
HELENA MENDES	Grupo Recreativo Estrela Do Bonfim	837	543	00:47:05.753	00:17:24.906
PEDRO MAGALHÃES	Póvoa De Varzim	1074	544	00:47:12.813	00:17:31.966
ANTÓNIO COSTA	Turbulentos	641	545	00:47:15.070	00:17:34.223
EDUARDO BARBOSA	Bota & Siga	322	546	00:47:17.063	00:17:36.216
MANUEL RIBEIRO	Individual	1216	547	00:47:17.193	00:17:36.346
JOAQUIM MARQUES	Grupo Cultural E Recreativo De Alvarelhos	378	548	00:47:17.563	00:17:36.716
EUGENIO RODRIGUES	Clube Atletismo De Brito	898	549	00:47:19.813	00:17:38.966
ANA LÍRIO	Os Lírios	204	550	00:47:21.313	00:17:40.466
SÉRGIO FERREIRA	Nortigaia-Amigos Da Pícuca	704	551	00:47:23.563	00:17:42.716
PAULA RIBEIRO	Individual	581	552	00:47:27.020	00:17:46.173
JORGE SERRA	Spin&Run Esposende	494	553	00:47:27.313	00:17:46.466
RUI CARVALHO	Individual	148	554	00:47:29.063	00:17:48.216
AUGUSTO GOMES	Amigos Da Corrida	250	555	00:47:29.827	00:17:48.980
CARLOS VERISSIMO	Individual	615	556	00:47:31.727	00:17:50.880
PAULO MONTEIRO	Amigos Atletismo Povoense	953	557	00:47:32.313	00:17:51.466
PAULO MOREIRA	Individual	89	558	00:47:32.527	00:17:51.680
LUIZ BATEIRA	Individual	1144	559	00:47:33.063	00:17:52.216
LUCIANO SILVA	Individual	193	560	00:47:34.067	00:17:53.220
NUNO MARTINHO	Nat	1028	561	00:47:34.563	00:17:53.716
CÁTIA RIBEIRO	Hm Eu Amo Correr	736	562	00:47:36.270	00:17:55.423
MARISA FERNANDES	Sociedade Recreio Capanense	969	563	00:47:36.313	00:17:55.466
ALCIDES RODRIGUES	Individual	790	564	00:47:40.357	00:17:59.510
FERNANDO FERREIRA	Individual	677	565	00:47:42.320	00:18:01.473
ROBERTO GONÇALVES	Os Madrugadores Do Parque Das Taipas	1174	566	00:47:42.570	00:18:01.723
JOSÉ COSTA	Individual	1111	567	00:47:42.897	00:18:02.050
MANUEL OLIVEIRA	Os Madrugadores Do Parque Das Taipas	1178	568	00:47:44.230	00:18:03.383
JOSE COSTA	C.D.C.Navais	1194	569	00:47:44.313	00:18:03.466
DOMINGOS SOUSA	Nascidos Para Correr - Associação Desportiva	1080	570	00:47:44.813	00:18:03.966
MIGUEL GOMES	Hm Eu Amo Correr	735	571	00:47:46.010	00:18:05.163
PEDRO MARQUES	Rumo34	1146	572	00:47:46.313	00:18:05.466

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
CARLOS MORAIS	Individual	889	573	00:47:50.063	00:18:09.216
AVELINO DIAS	Individual	427	574	00:47:50.773	00:18:09.926
JOSE COUTINHO	Nortigaia-Amigos Da Pícu	702	575	00:47:51.063	00:18:10.216
VITOR CUNHA	Bora Lá!	1014	576	00:47:52.823	00:18:11.976
JOÃO MOTA	Individual	1137	577	00:47:53.017	00:18:12.170
ABEL FERREIRA	Individual	648	578	00:47:55.567	00:18:14.720
RICARDO LEITE	Caça Raposas	651	579	00:47:57.317	00:18:16.470
JOAQUIM BARROS	Batedores	464	580	00:47:57.567	00:18:16.720
JOSÉ PEIXOTO	Individual	631	581	00:47:58.567	00:18:17.720
ROSA PINTO	Nascidos Para Correr - Associação Desportiva	1100	582	00:47:59.333	00:18:18.486
ANTÓNIO RODRIGUES	Nat	1024	583	00:48:04.807	00:18:23.960
JORGE GONÇALVES	Individual	288	584	00:48:09.517	00:18:28.670
PAULO FRUTUOSO	Frutuoso&Veloso li	439	585	00:48:14.487	00:18:33.640
MÁRIO FOLHA	Gin Marathon Runners	1005	586	00:48:14.943	00:18:34.096
GASPAR MACHADO	Amigos Atletismo Povoense	950	587	00:48:15.050	00:18:34.203
MANUEL SILVA	Amigos Ponto Final	337	588	00:48:16.067	00:18:35.220
JOAQUIM PINHEIRO	Amigos Ponto Final	340	589	00:48:16.273	00:18:35.426
LETICIA MENDES	Família Mendes	788	590	00:48:16.817	00:18:35.970
RAFAEL MOURA	Honra Team	436	591	00:48:17.927	00:18:37.080
AMARO FERNANDES	Sardinhinhas	1067	592	00:48:18.067	00:18:37.220
JOAQUIM OLIVEIRA	Moveiras	916	593	00:48:19.263	00:18:38.416
MARIA LIMA	Nat	1027	594	00:48:20.317	00:18:39.470
ROSA ARAÚJO	Individual	529	595	00:48:21.067	00:18:40.220
VIRGILIO BARBOSA	C.D.C.Navais	852	596	00:48:21.127	00:18:40.280
SOTERO MARTINS	Os Rompe Solas	115	597	00:48:26.893	00:18:46.046
JOSÉ MACHADO	Individual	203	598	00:48:31.067	00:18:50.220
RAMIRO BATISTA	Spin&Run Esposende	742	599	00:48:33.067	00:18:52.220
MANUEL PEIXOTO	Individual	696	600	00:48:38.320	00:18:57.473
PEDRO DIAS	Individual	766	601	00:48:38.823	00:18:57.976
DOMINIQUE LIMA	Superstarsrunners	1192	602	00:48:39.067	00:18:58.220
DANIEL MESQUITA	Serviços Sociais Montepio	634	603	00:48:40.180	00:18:59.333
DANIEL BARROS	Individual	764	604	00:48:40.647	00:18:59.800
DAVIDE RIBEIRO	Sardinhinhas	1068	605	00:48:43.637	00:19:02.790
FRANCISCO BOGAS	Individual	1059	606	00:48:43.883	00:19:03.036
RUI GARCIA	Individual	92	607	00:48:44.817	00:19:03.970
ANTONIO TEIXEIRA	Vitória Sport Clube	447	608	00:48:47.557	00:19:06.710
MANUEL COSTA	Individual	140	609	00:48:47.567	00:19:06.720
HELDER RIBEIRO	Individual	657	610	00:48:48.067	00:19:07.220
ADELINO PEREIRA	Moveiras	497	611	00:48:51.260	00:19:10.413
ANGELO CAPELAS	Individual	527	612	00:48:56.577	00:19:15.730
RAQUEL SILVA	Individual	547	613	00:48:57.133	00:19:16.286
ETELVINA ROCHA	Nascidos Para Correr - Associação Desportiva	1082	614	00:48:57.567	00:19:16.720
ANA SOARES	Academia Fernanda Ribeiro	311	615	00:48:57.637	00:19:16.790
CLARA CARVALHO	A. D. Amarante Atletismo	564	616	00:48:58.317	00:19:17.470

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
TANIA SANTOS	Tsunami Team	321	617	00:48:59.907	00:19:19.060
GORETTI CARDOSO	Caldas S. Jorge Sport Clube	673	618	00:49:00.007	00:19:19.160
JOSÉ SANTO	Maia_Northsiderun	668	619	00:49:01.817	00:19:20.970
CUSTODIO NETO	Individual	390	620	00:49:06.923	00:19:26.076
AMADEU COELHO	Individual	441	621	00:49:07.757	00:19:26.910
RICARDO SILVA	Sb Running Team	478	622	00:49:08.817	00:19:27.970
EUGÉNIA MORIM	Clube De Atletismo Da Póvoa De Varzim	860	623	00:49:09.067	00:19:28.220
MANUEL CRUZ	Grupo Desportivo Banco De Portugal	793	624	00:49:09.073	00:19:28.226
RUI VIEIRA	Sb Running Team	479	625	00:49:09.320	00:19:28.473
RUI MONTEIRO	Individual	101	626	00:49:09.567	00:19:28.720
AMERICO PEREIRA	Individual	1069	627	00:49:11.027	00:19:30.180
NELSON GARCIA	Novélia Running Amarante	591	628	00:49:14.007	00:19:33.160
SUSANA MONTEIRO	Nucleo De Karate E Atletismo De Roriz	762	629	00:49:14.317	00:19:33.470
ERNESTO BRANDÃO	Nucleo De Karate E Atletismo De Roriz	760	630	00:49:14.567	00:19:33.720
JOSÉ FANGUEIRO	Individual	801	631	00:49:14.817	00:19:33.970
LUIS FERREIRA	Individual	693	632	00:49:15.320	00:19:34.473
LUIS LOBO	Unidos	544	633	00:49:16.817	00:19:35.970
IOLANDA MALHEIRO	Ginasio Clube Santo Tirso	228	634	00:49:16.827	00:19:35.980
EXCELSO LAGES	Póvoa De Varzim	524	635	00:49:17.817	00:19:36.970
HENRIQUE PESTANA	Gdr Juventude Das Ribeiras	874	636	00:49:18.317	00:19:37.470
LUÍS PAULO	Os Guardiões	491	637	00:49:18.567	00:19:37.720
ANA FERREIRA	Trepadores	596	638	00:49:19.007	00:19:38.160
CARLA SAMPAIO	Os Guardiões	490	639	00:49:19.073	00:19:38.226
ANTÓNIO COELHO	Individual	778	640	00:49:21.567	00:19:40.720
ANGÉLICA ROCHA	Dragon Club	1107	641	00:49:22.323	00:19:41.476
ALEXANDRA COSTA	Grupo Recreativo Estrela Do Bonfim	827	642	00:49:26.567	00:19:45.720
VITOR RIBEIRO	Devormovel	997	643	00:49:27.253	00:19:46.406
MOISÉS ALVES	Grupo Recreativo Estrela Do Bonfim	835	644	00:49:28.570	00:19:47.723
FERNANDO AZEVEDO.	Arpo - Associação Recreativa Pousadense.	136	645	00:49:30.617	00:19:49.770
PAULO MIRANDA	Clube Atletismo De Brito	901	646	00:49:33.570	00:19:52.723
JOÃO SOUSA	Nat	1139	647	00:49:34.317	00:19:53.470
LUIS SOARES	Individual	1202	648	00:49:35.320	00:19:54.473
CATARINA MAGALHÃES	Individual	156	649	00:49:35.320	00:19:54.473
CARLOS RIBEIRO	Os Madrugadores Do Parque Das Taipas	1175	650	00:49:35.750	00:19:54.903
HUGO SILVA	Individual	393	651	00:49:35.817	00:19:54.970
RUI RIBEIRO	Individual	1051	652	00:49:37.503	00:19:56.656
FERNANDO CERQUEIRA	A. D. Amarante Atletismo	562	653	00:49:38.187	00:19:57.340
VIRGILIO PALMEIRO	Os Rompe Solas	117	654	00:49:41.460	00:20:00.613
ARMINDO AZEVEDO	Individual	153	655	00:49:41.760	00:20:00.913
ANTONIO GOMES	Individual	202	656	00:49:42.503	00:20:01.656
VÍTOR PINTO	Individual	466	657	00:49:42.817	00:20:01.970
LUIS FONTES	Individual	684	658	00:49:44.510	00:20:03.663
HÉLDER FARIA	Cr Candoso	896	659	00:49:47.820	00:20:06.973
NATASHA POPOVA	Individual	1003	660	00:49:52.143	00:20:11.296

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
ALBERTO GUIMARÃES	Nat	1030	661	00:49:52.570	00:20:11.723
AGOSTINHO MACEDO	Os Madrugadores Do Parque Das Taipas	1177	662	00:49:53.837	00:20:12.990
MIGUEL RODRIGUES	Amigos Ponto Final	343	663	00:49:56.570	00:20:15.723
FRANCISCO MELO	Por Joane	93	664	00:49:57.320	00:20:16.473
EDUARDO RUIZ	Individual	781	665	00:49:59.297	00:20:18.450
FÁTIMA BARROS	Gjvp	914	666	00:49:59.507	00:20:18.660
HELENA GOMES	Joane Corre Corre	122	667	00:49:59.750	00:20:18.903
PEDRO MARTINS	Bonesteam	926	668	00:50:01.293	00:20:20.446
JOSÉ RODRIGUES	Individual	108	669	00:50:03.250	00:20:22.403
SUSANA VALINHAS	Lousada Runners	579	670	00:50:04.570	00:20:23.723
LUIS ABREU	G. A. Independentes De Gaia	627	671	00:50:05.827	00:20:24.980
BEATRIZ FERREIRA	Individual	993	672	00:50:09.320	00:20:28.473
FERNANDO ABREU	Lone Runner	429	673	00:50:09.570	00:20:28.723
NUNO DIAS	Dornelas Runners	730	674	00:50:11.070	00:20:30.223
PAULO MOREIRA	Individual	543	675	00:50:11.320	00:20:30.473
ELISIO CARDOSO	Caldas S. Jorge Sport Clube	674	676	00:50:12.013	00:20:31.166
CRISTINA CARVALHO	Guimarães	990	677	00:50:12.820	00:20:31.973
ANDRE SOUSA	Papamedalhas	773	678	00:50:14.750	00:20:33.903
SERGIO MACEDO	Individual	554	679	00:50:15.320	00:20:34.473
SANDRA LEITE	Profisio Team	881	680	00:50:15.633	00:20:34.786
LUÍS PEREIRA	Individual	748	681	00:50:17.250	00:20:36.403
PEDRO DINIS	Corre Comigo, Riba De Ave	151	682	00:50:18.570	00:20:37.723
RUBEN SALGADO	C.D.C.Navais	843	683	00:50:23.723	00:20:42.876
PEDRO GUIMARÃES	Individual	528	684	00:50:23.853	00:20:43.006
CARLOS SOARES	Adra Belém	811	685	00:50:24.570	00:20:43.723
RUI AZEVEDO	Individual	879	686	00:50:24.997	00:20:44.150
MÓNICA FERREIRA	Spin&Run Esposende	260	687	00:50:26.747	00:20:45.900
ANTÓNIO SANTOS	Nascidos Para Correr - Associação Desportiva	1044	688	00:50:27.497	00:20:46.650
RUI SANTOS	Nascidos Para Correr - Associação Desportiva	1101	689	00:50:28.650	00:20:47.803
JOSE SOUSA	Sousa	399	690	00:50:33.827	00:20:52.980
ROSA CAMPANHÃ	Nortigaia-Amigos Da Pícuia	714	691	00:50:35.577	00:20:54.730
RUI VAZ	Clube Atletismo De Brito	897	692	00:50:36.307	00:20:55.460
VICTOR SANTOS	Porto Runners	1143	693	00:50:39.820	00:20:58.973
PATRÍCIA PORTO	Academia Fernanda Ribeiro	556	694	00:50:42.820	00:21:01.973
SIDÓNIO PEREIRA	Individual	217	695	00:50:43.570	00:21:02.723
ANTÓNIO FERREIRA	Individual	752	696	00:50:43.747	00:21:02.900
CELESTE CARVALHO	Individual	218	697	00:50:43.997	00:21:03.150
MIGUEL LOPES	Bracara Genus	894	698	00:50:44.243	00:21:03.396
ELISABETE MARTINS	Grupo Recreativo Estrela Do Bonfim	824	699	00:50:45.077	00:21:04.230
LUIS MOREIRA	Amigos Atletismo Povoense	946	700	00:50:45.747	00:21:04.900
ARTUR MORAIS	Individual	1106	701	00:50:46.570	00:21:05.723
CARLOS SOUSA	Sai Da Frente Guedes	746	702	00:50:47.830	00:21:06.983
TIAGO CARVALHO	Individual	1062	703	00:50:47.997	00:21:07.150
JOSE SOUSA	C.D.C.Navais	851	704	00:50:48.803	00:21:07.956

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
JORGE VARELA	Maçonaria	727	705	00:50:49.080	00:21:08.233
SUSANA TEIXEIRA	Gmr	119	706	00:50:52.070	00:21:11.223
RUI RODRIGUES	Individual	728	707	00:50:52.747	00:21:11.900
JAIME PEREIRA	A. D. Amarante Atletismo	567	708	00:50:52.823	00:21:11.976
MARIANA PARENTE	Clube De Atletismo Da Póvoa De Varzim	859	709	00:50:52.830	00:21:11.983
SEBASTIÃO MOURA	Bracara Genus	1181	710	00:50:56.993	00:21:16.146
CARLOS SILVA	Individual	580	711	00:51:01.070	00:21:20.223
RUI MONTEIRO	Individual	1213	712	00:51:01.523	00:21:20.676
NELSON PRATA	Individual	774	713	00:51:02.743	00:21:21.896
CONCEIÇÃO OLIVEIRA	Sociedade Recreio Capanense	967	714	00:51:03.070	00:21:22.223
CRISTINA CARNEIRO	Sociedade Recreio Capanense	1017	715	00:51:03.243	00:21:22.396
GORETI SOUSA	Profisio Team	883	716	00:51:09.070	00:21:28.223
ABILIO PEREIRA	Profisio Team	882	717	00:51:09.747	00:21:28.900
PAULO ROSA	Individual	423	718	00:51:11.573	00:21:30.726
LUIS FREITAS	Olimpico Vianense Trail	692	719	00:51:11.740	00:21:30.893
MANUEL NOGUEIRA	Caça Raposas	164	720	00:51:15.023	00:21:34.176
RICARDO PINTO	Hypatiamat	698	721	00:51:15.243	00:21:34.396
JOÃO BELCHIOR	Elite Do Atletismo Nortenho	796	722	00:51:15.823	00:21:34.976
RICARDO CORREIA	Individual	422	723	00:51:16.647	00:21:35.800
ALBERTO ABREU	Individual	1092	724	00:51:18.947	00:21:38.100
EURICO INOCÊNCIO	Athlon Runner'S	269	725	00:51:21.270	00:21:40.423
MARIA MAGALHAES1970	Individual	404	726	00:51:21.733	00:21:40.886
VITOR MORIM	Individual	503	727	00:51:23.580	00:21:42.733
BRUNO MORIM	Individual	506	728	00:51:23.587	00:21:42.740
ANTÓNIO MEDEIROS	Nascidos Para Correr - Associação Desportiva	1042	729	00:51:24.493	00:21:43.646
MÁRCIO PASSOS	Individual	1204	730	00:51:24.573	00:21:43.726
TIAGO LOPES	Individual	482	731	00:51:26.573	00:21:45.726
ANDRÉ LEITE	Individual	559	732	00:51:27.323	00:21:46.476
MANUEL MOREIRA	Individual	421	733	00:51:28.073	00:21:47.226
GORETI SILVA	Dragon Club	691	734	00:51:29.783	00:21:48.936
NATALINO PEREIRA	Porto Runners	270	735	00:51:31.317	00:21:50.470
LUIS FERREIRA	Individual	694	736	00:51:31.323	00:21:50.476
XAVIER CAMPOS	Nucleo De Karate E Atletismo De Roriz	1156	737	00:51:33.990	00:21:53.143
CRISTIANA FERREIRA	Nucleo De Karate E Atletismo De Roriz	761	738	00:51:34.073	00:21:53.226
JOSÉ FERREIRA	Individual	473	739	00:51:35.117	00:21:54.270
JOSE AZEVEDO	Individual	671	740	00:51:37.487	00:21:56.640
MAFALDA FERREIRA	Individual	440	741	00:51:38.073	00:21:57.226
CATARINA MILHEIRO	Ss Box	608	742	00:51:38.287	00:21:57.440
PAULA SOARES	Grupo Desportivo Da Goma	1171	743	00:51:42.097	00:22:01.250
NUNO LOPES	Cmc Carapaus	611	744	00:51:44.987	00:22:04.140
EDUARDO MADUREIRA	Individual	682	745	00:51:45.323	00:22:04.476
MARCO SALGADO	Individual	1015	746	00:51:45.580	00:22:04.733
ALBERTO MARTINEZ	Individual	669	747	00:51:45.587	00:22:04.740
GUILHERMINO RAJÃO	C.D.C.Navais	845	748	00:51:45.800	00:22:04.953

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
JOSÉ PEREIRA	Figueiredos Runners And Friends	123	749	00:51:51.090	00:22:10.243
FERNANDA PEREIRA	Figueiredos Runners And Friends	125	750	00:51:51.327	00:22:10.480
ADELAIDE DUARTE	Nucleo De Atletismo De Cucujaes	315	751	00:51:51.327	00:22:10.480
PATRÍCIA SILVA	Individual	216	752	00:51:51.823	00:22:10.976
FERNANDO CORREIA	Os Madrugadores Do Parque Das Taipas	1182	753	00:51:52.573	00:22:11.726
TERESA COSTA	Banda De Músicos	348	754	00:51:54.600	00:22:13.753
JOSÉ COSTA	Barejoteam	984	755	00:51:55.323	00:22:14.476
SERGIO LEIRA	Individual	561	756	00:51:57.573	00:22:16.726
VANIA PINTO	Individual	931	757	00:51:59.573	00:22:18.726
AUGUSTO PACHECO	Associação Desportiva De Lustosa	99	758	00:52:00.243	00:22:19.396
SUSANA COELHO	Nascidos Para Correr - Associação Desportiva	1104	759	00:52:06.073	00:22:25.226
DANIEL RODRIGUES	Individual	1164	760	00:52:15.823	00:22:34.976
ÁLVARO CERQUEIRA	A. D. Amarante Atletismo	569	761	00:52:16.177	00:22:35.330
AUGUSTO MAGALHÃES	Individual	1212	762	00:52:22.013	00:22:41.166
MARIA DIAS	Caça Raposas	165	763	00:52:22.827	00:22:41.980
AMELIA VIEIRA	Vitória Sport Clube	445	764	00:52:26.323	00:22:45.476
RENATO FERREIRA	Individual	1173	765	00:52:27.243	00:22:46.396
MAMUEL CARNEIRO	Os Cachos	919	766	00:52:31.333	00:22:50.486
HIGINO BORGES	Caça Raposas	903	767	00:52:32.680	00:22:51.833
MIGUEL LEITÃO	Elite Do Atletismo Nortenho	215	768	00:52:32.823	00:22:51.976
SILVIA COSTA	Clube De Corrida Varzim Lazer	242	769	00:52:34.730	00:22:53.883
SILVIA PINHEIRO	Individual	1162	770	00:52:36.073	00:22:55.226
RUI MARQUES	Sentir Saúde	1153	771	00:52:36.577	00:22:55.730
JAIME GONÇALVES	Cr Candoso	1052	772	00:52:40.583	00:22:59.736
SÉRGIO REBELO	Individual	369	773	00:52:41.827	00:23:00.980
MARCO CAMPOS	Póvoa De Varzim	1118	774	00:52:41.833	00:23:00.986
NATÁLIA ALVES	Na Boa	91	775	00:52:42.780	00:23:01.933
MARIA ALVE	Individual	775	776	00:52:44.583	00:23:03.736
MANUEL RIBEIRO	Nat	1026	777	00:52:46.573	00:23:05.726
RICARDO MOREIRA	Prozis	32	778	00:52:47.827	00:23:06.980
PAULA COUTO	Emar	475	779	00:52:48.727	00:23:07.880
PEDRO MACHADO	Confecções Omega	64	780	00:52:52.827	00:23:11.980
MANUEL ALMEIDA	Os Santa Apolónia	126	781	00:52:53.823	00:23:12.976
EDUARDO MALHEIRO	Ginasio Clube Santo Tirso	223	782	00:52:54.333	00:23:13.486
SÉRGIO MARQUES	Individual	1071	783	00:52:54.727	00:23:13.880
TOMÉ ARTEIRO	Individual	158	784	00:52:56.430	00:23:15.583
MARIA CAMPOS	Spin&Run Esposende	262	785	00:52:58.577	00:23:17.730
MARLENE FERREIRA	Individual	589	786	00:52:58.793	00:23:17.946
MARIA SANTOS	Regufe	721	787	00:53:01.077	00:23:20.230
ISABEL GOMES	Amigos Da Corrida	251	788	00:53:02.077	00:23:21.230
VITOR RODRIGUES	Individual	1123	789	00:53:02.327	00:23:21.480
NATÁLIA COSTA	Clube De Corrida Varzim Lazer	237	790	00:53:02.577	00:23:21.730
ALICE BRITO	Maiagym	1076	791	00:53:02.730	00:23:21.883
MARINO BARROSO	Individual	219	792	00:53:05.290	00:23:24.443

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
MÁRCIA CABOUÇO	Novélia Running Amarante	433	793	00:53:05.977	00:23:25.130
RICARDO SILVA	Individual	719	794	00:53:06.077	00:23:25.230
VITOR MARTINS	Corre Comigo, Riba De Ave	991	795	00:53:06.577	00:23:25.730
FERNANDO BANCA	Wikaboo	1161	796	00:53:07.443	00:23:26.596
RODRIGO ALMEIDA	Individual	791	797	00:53:10.587	00:23:29.740
DIAMANTINO CARVALHO	Individual	729	798	00:53:13.327	00:23:32.480
CARMO SILVA	Individual	415	799	00:53:13.797	00:23:32.950
FERNANDO COSTA	Individual	555	800	00:53:18.010	00:23:37.163
ELISA CRUZ	Amigos Ponto Final	540	801	00:53:21.010	00:23:40.163
ROSA MONTEIRO	Individual	613	802	00:53:24.973	00:23:44.126
BALTAZAR MATOS	R. Senhora Da Boa Morte N°7 - Gemeses Esposende	476	803	00:53:31.473	00:23:50.626
AMÉRICO ANDRÉ	Individual	507	804	00:53:33.083	00:23:52.236
ALDA RIBEIRO	Police Challenge Team	956	805	00:53:33.083	00:23:52.236
MANUELA PINTO	Serafão4fun	402	806	00:53:39.837	00:23:58.990
BRUNA MACHADO	Caça Raposas	1046	807	00:53:40.827	00:23:59.980
JOANA MENESES	Corre Comigo, Riba De Ave	920	808	00:53:43.337	00:24:02.490
RUTE SILVA	Póvoa De Varzim	1073	809	00:53:46.427	00:24:05.580
RUI MARTINS	Individual	954	810	00:53:46.827	00:24:05.980
VASCO MARTA	Spin&Run Esposende	281	811	00:53:48.327	00:24:07.480
ANA SILVA	Spin&Run Esposende	597	812	00:53:48.343	00:24:07.496
RICARDO FANGUEIRO	Individual	945	813	00:53:49.327	00:24:08.480
JEAN COSTA	Individual	1126	814	00:53:51.577	00:24:10.730
ARMANDO COSTA	Individual	683	815	00:53:55.470	00:24:14.623
ANTÓNIO COSTA	Team Top 10	79	816	00:53:57.077	00:24:16.230
MANUELA BARROS	Team Top 10	78	817	00:53:58.247	00:24:17.400
RAFAEL CAPILUPI	Individual	515	818	00:53:59.077	00:24:18.230
PEDRO MESQUITA	Oporto Squash & Runnong	768	819	00:54:00.743	00:24:19.896
ANA PATRICIO	Individual	373	820	00:54:02.077	00:24:21.230
VERA RODRIGUES	Rijos De Sábado	129	821	00:54:02.577	00:24:21.730
GRACINDA COSTA	Individual	546	822	00:54:02.587	00:24:21.740
JOSÉ SILVA	Rijos De Sabado	130	823	00:54:02.830	00:24:21.983
CLAUDIA SARDINHA	Individual	345	824	00:54:03.077	00:24:22.230
PEDRO GUIMARAES	Individual	278	825	00:54:03.247	00:24:22.400
JOÃO LOPES	Sociedade Recreio Capanense	961	826	00:54:04.970	00:24:24.123
AGOSTINHA GONÇALVES	Sociedade Recreio Capanense	1019	827	00:54:07.080	00:24:26.233
JOÃO SÁ	Nat	1025	828	00:54:09.077	00:24:28.230
JOSÉ ARNAUD	Individual	76	829	00:54:10.267	00:24:29.420
RICARDO COSTA	Individual	133	830	00:54:12.210	00:24:31.363
ANTERO FONTES	Individual	1004	831	00:54:12.227	00:24:31.380
ROSA CARMO	Nascidos Para Correr - Associação Desportiva	1099	832	00:54:14.827	00:24:33.980
FILIPE OLIVEIRA	Individual	982	833	00:54:15.723	00:24:34.876
RICARDO VILELA	Individual	501	834	00:54:16.580	00:24:35.733
LUCAS AFONSO	100Vontade	958	835	00:54:16.827	00:24:35.980
AVELINO PEREIRA	Ccdtc.M.Gondomar	929	836	00:54:22.947	00:24:42.100

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
JOAQUIM AZEVEDO	Individual	152	837	00:54:22.967	00:24:42.120
CIDÁLIA RODRIGUES	Arca Barcelos Runners	1200	838	00:54:23.503	00:24:42.656
ANA ROCHA	Viana Do Castelo	602	839	00:54:24.327	00:24:43.480
MARIA SOUSA	Individual	437	840	00:54:26.220	00:24:45.373
CIDÁLIA BARBOSA	Moving On	532	841	00:54:28.190	00:24:47.343
NUNO LEITÃO	Individual	430	842	00:54:30.337	00:24:49.490
ANABELA OLIVEIRA	Maiagym	1002	843	00:54:31.467	00:24:50.620
ANTONIO GONÇALVES	Individual	670	844	00:54:33.577	00:24:52.730
JOSÉ SOTELO	Tsunami Team	318	845	00:54:34.967	00:24:54.120
DANIEL VIANA	Spartan Spirit	1209	846	00:54:35.087	00:24:54.240
ANA CARNEIRO	Minho Aventura	1114	847	00:54:37.087	00:24:56.240
ALBERTO CASTRO	Cdcr Dos Ctt Porto	1132	848	00:54:37.830	00:24:56.983
MANUEL COUTO	Ripolins Grijó A Correr	604	849	00:54:38.580	00:24:57.733
TERESA MAIA	Happyrun	712	850	00:54:40.330	00:24:59.483
FERNANDO MAIA	Happyrun	711	851	00:54:43.613	00:25:02.766
JOSE GONÇALVES	Individual	936	852	00:54:44.843	00:25:03.996
MANUEL SOUSA	Individual	362	853	00:54:45.080	00:25:04.233
CONCEIÇÃO RABALDO	Clube De Atletismo Da Póvoa De Varzim	861	854	00:54:46.067	00:25:05.220
BRUNO FERREIRA	Individual	159	855	00:54:50.587	00:25:09.740
EVA SA	Lobos Do Monte - Lousado	303	856	00:54:55.213	00:25:14.366
FÁTIMA ROCHA	Dragon Club	880	857	00:55:08.083	00:25:27.236
RICARDO CACHADINHA	Acteam Alexandra Carvalho Terapias	438	858	00:55:10.330	00:25:29.483
MARIA CORREIA	Individual	538	859	00:55:11.603	00:25:30.756
ROGÉRIO CARNEIRO	Individual	98	860	00:55:14.580	00:25:33.733
MARILIA BARROSO	Individual	220	861	00:55:21.830	00:25:40.983
MARIA VASCONCELOS	Individual	869	862	00:55:27.330	00:25:46.483
FERNANDO SILVA	Individual	787	863	00:55:30.957	00:25:50.110
SANDRA JÚLIO	Spin&Run Esposende	307	864	00:55:31.117	00:25:50.270
ROSA GOMES	Lousada Runners	902	865	00:55:33.330	00:25:52.483
ROBERTO TEIXEIRA	Individual	625	866	00:55:35.707	00:25:54.860
CRISTÓVÃO TEIXEIRA	Cr Candoso	1066	867	00:55:36.630	00:25:55.783
ELSA GONÇALVES	Individual	287	868	00:55:37.833	00:25:56.986
DIOGO FERNANDES	Individual	280	869	00:55:39.407	00:25:58.560
FERNANDA FERNANDES	Academia Fernanda Ribeiro	534	870	00:55:45.330	00:26:04.483
VERA FREITAS	Individual	1142	871	00:55:46.830	00:26:05.983
DAVID QUEIROS	Individual	1141	872	00:55:48.387	00:26:07.540
MANUEL CARVALHO	Individual	1063	873	00:55:48.830	00:26:07.983
JOSÉ AZEVEDO	Individual	508	874	00:55:51.587	00:26:10.740
JOSEFINA TINOCO	Clube Atletismo De Brito	899	875	00:55:52.977	00:26:12.130
JOÃO PEREIRA	Individual	398	876	00:55:54.503	00:26:13.656
ELISA VIEIRA	Individual	1108	877	00:55:56.597	00:26:15.750
JORGE SANTOS	Individual	496	878	00:55:57.000	00:26:16.153
CARLA GOUVEIA	Amigos Da Corrida	248	879	00:55:57.477	00:26:16.630
PEDRO COSTA	Individual	1109	880	00:55:58.077	00:26:17.230

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
ROMY FERNANDES	Amigos Da Corrida	520	881	00:55:59.203	00:26:18.356
CARLOS SÁ	Individual	622	882	00:56:08.087	00:26:27.240
LÍDIA SILVA	Ss Box	609	883	00:56:09.210	00:26:28.363
JOSE EODRIGUEZ	Individual	442	884	00:56:12.960	00:26:32.113
JOÃO FONSECA	Individual	514	885	00:56:16.333	00:26:35.486
IVONE FERRAZ	Caracoletas	977	886	00:56:16.837	00:26:35.990
FILIPA VENTUZELOS	Lousada Runners	229	887	00:56:16.953	00:26:36.106
ANTÓNIO CARNEIRO	Altos&Baixos	406	888	00:56:17.150	00:26:36.303
PAULO RODRIGUES	Nat	1023	889	00:56:17.217	00:26:36.370
JOAO MONTEIRO	Individual	150	890	00:56:19.583	00:26:38.736
EUGÉNIO LATA	Atlético Da Póvoa	809	891	00:56:27.833	00:26:46.986
CARLOS MONTEIRO	Atlético Da Póvoa	808	892	00:56:28.367	00:26:47.520
SÓNIA COELHO	Caça Raposas	169	893	00:56:39.207	00:26:58.360
PAULO MORAIS	Caça Raposas	168	894	00:56:39.830	00:26:58.983
VITOR CARVALHO	Individual	502	895	00:56:42.447	00:27:01.600
CONCEIÇÃO MORAIS	Nascidos Para Correr - Associação Desportiva	1078	896	00:56:44.087	00:27:03.240
PAULO SÁ	Individual	107	897	00:56:44.333	00:27:03.486
HENRIQUE VASCONCELOS	Individual	924	898	00:56:45.840	00:27:04.993
LUCIA PEREIRA	Individual	431	899	00:56:47.333	00:27:06.486
DEOLINDA CANELAS	Individual	127	900	00:56:47.340	00:27:06.493
CRISTOVÃO FERREIRA	C.D.C.Navais	854	901	00:56:48.153	00:27:07.306
DANIEL OLIVEIRA	Barejoteam	983	902	00:56:48.583	00:27:07.736
SANDRA COUTINHO	Ecobarcaventura	309	903	00:56:57.083	00:27:16.236
SANDRA PEREIRA	Nascidos Para Correr - Associação Desportiva	1102	904	00:57:03.947	00:27:23.100
CONCEIÇÃO PEREIRA	Sociedade Recreio Capanense	1021	905	00:57:08.337	00:27:27.490
LUCIA SILVA	Individual	600	906	00:57:13.590	00:27:32.743
BRUNO OLIVEIRA	Chocoteam	678	907	00:57:14.317	00:27:33.470
PEDRO SILVA	Individual	72	908	00:57:14.337	00:27:33.490
JORGE MARQUES	Sentir Saúde	1152	909	00:57:15.220	00:27:34.373
SOFIA AZENHA	Rumo34	1147	910	00:57:19.590	00:27:38.743
OCTÁVIO CORREIA	Individual	103	911	00:57:21.343	00:27:40.496
JOANA ALVES	Na Boa	90	912	00:57:22.087	00:27:41.240
MARIA PARENTE	C.D.C.Navais	847	913	00:57:27.087	00:27:46.240
RAFAEL PARENTE	C.D.C.Navais	1115	914	00:57:27.593	00:27:46.746
ANTÓNIO RODRIGUES	Individual	400	915	00:57:30.083	00:27:49.236
ISABEL DOURADO	C.D.C.Navais	842	916	00:57:30.193	00:27:49.346
RITA LEAL	Kemedo Team	179	917	00:57:36.193	00:27:55.346
MANUEL MAGALHÃES	Caça Raposas	166	918	00:57:39.583	00:27:58.736
JAIME PONTES	Individual	650	919	00:57:40.837	00:27:59.990
CATARINA MARIA	Aacr	679	920	00:57:43.590	00:28:02.743
ADELINO CORREIA	Individual	891	921	00:57:44.587	00:28:03.740
RICARDO MACIEL	Individual	645	922	00:57:45.513	00:28:04.666
CARLOS TEIXEIRA	Os Rompe Solas	632	923	00:57:49.837	00:28:08.990
TIAGO ANTUNES	Individual	481	924	00:57:50.337	00:28:09.490

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
ROSÁRIA VENTURA	Ecobarcaventura	265	925	00:57:54.087	00:28:13.240
MÁRIO RODRIGUES	Runners Sernancelhe Terra Da Castanha	396	926	00:57:55.337	00:28:14.490
TÂNIA MORAIS	Individual	200	927	00:57:58.337	00:28:17.490
BETY MARIA	Individual	183	928	00:57:58.587	00:28:17.740
FATIMA AZEVEDO	Individual	504	929	00:58:06.587	00:28:25.740
MARGARIDA MORIM	Individual	505	930	00:58:06.593	00:28:25.746
FILIPA CARVALHO	A D Esmeriz Running	355	931	00:58:18.187	00:28:37.340
SÉRGIO MARTINS	Individual	800	932	00:58:22.267	00:28:41.420
MARTINA MACHADO	Individual	363	933	00:58:38.087	00:28:57.240
PAULO SALDANHA	Por Joane	97	934	00:58:41.087	00:29:00.240
JOSÉ SILVA	Individual	550	935	00:58:41.837	00:29:00.990
ANA ABREU	Corre Comigo, Riba De Ave	174	936	00:58:41.943	00:29:01.096
RUI COSTA	Corre Comigo, Riba De Ave	1136	937	00:58:42.090	00:29:01.243
ANA LEONOR	Clube De Atletismo Da Póvoa De Varzim	1207	938	00:58:42.090	00:29:01.243
JORGE ALMEIDA	Individual	222	939	00:58:42.587	00:29:01.740
GABRIELA OLIVEIRA	Individual	234	940	00:58:43.433	00:29:02.586
LUCINDA GOMES	Spartan Spirit	1190	941	00:58:44.723	00:29:03.876
CARMEN FRADIQUE	Atlético Da Póvoa	306	942	00:58:46.337	00:29:05.490
CHRISTOPHER GUIMARAENS	Dogs Bollocks	522	943	00:58:46.837	00:29:05.990
FÁTIMA COSTA	Clube De Corrida Varzim Lazer	238	944	00:58:53.837	00:29:12.990
CRISTINA NEVES	Clube De Corrida Varzim Lazer	235	945	00:58:53.937	00:29:13.090
HELENA LOBO	Nat	1189	946	00:58:54.930	00:29:14.083
ANTÓNIO SILVA	Nat	1036	947	00:58:55.087	00:29:14.240
RODRIGO MOÇA	Clube De Corrida Varzim Lazer	241	948	00:58:55.287	00:29:14.440
ALEXANDRA SILVA	Nat	1029	949	00:58:56.183	00:29:15.336
DIANA ALVES	Individual	1158	950	00:58:59.343	00:29:18.496
BARBARA VASCONCELOS	Individual	923	951	00:59:00.087	00:29:19.240
ANA MAGALHÃES	Individual	157	952	00:59:03.203	00:29:22.356
JOÃO DIAS	Individual	1210	953	00:59:07.930	00:29:27.083
ANA DIAS	Individual	500	954	00:59:09.507	00:29:28.660
CELINA CORREIA	Individual	416	955	00:59:13.930	00:29:33.083
PEDRO COSTA	Os Vencedores	1185	956	00:59:24.837	00:29:43.990
CARLOS CABOUÇO	Serviços Sociais Montepio	635	957	00:59:30.677	00:29:49.830
RICARDO SILVA	Individual	424	958	00:59:36.837	00:29:55.990
PAULA PINTO	Maria Miguel	884	959	00:59:39.337	00:29:58.490
MARCELO TOBO	Individual	434	960	00:59:52.057	00:30:11.210
MÁRCIO TORRES	Team Lamtemil	1093	961	00:59:52.337	00:30:11.490
PAULO BOURBON	Corre Pra Frente	747	962	00:59:54.253	00:30:13.406
SOFIA FIGUEIRAS	Individual	985	963	00:59:56.937	00:30:16.090
CARLOS CAMPOS	Individual	1201	964	00:59:59.457	00:30:18.610
RENATA COSTA	Individual	252	965	01:00:03.933	00:30:23.086
DINA MENESES	Corre Comigo, Riba De Ave	921	966	01:00:08.847	00:30:28.000
SUSANA RIBEIRO	Individual	385	967	01:00:13.427	00:30:32.580
PAULO VIEIRA	C.D.C.Navais	853	968	01:00:18.200	00:30:37.353

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
PEDRO CACHORREIRO	Individual	664	969	01:00:29.590	00:30:48.743
JORGE MAGALHAES	Individual	405	970	01:00:38.417	00:30:57.570
MADALENA CAENEIRO	Ecobarcaventura	1223	971	01:00:40.110	00:30:59.263
RUBEN VASQUES	Clube De Atletismo Da Póvoa De Varzim	857	972	01:00:41.427	00:31:00.580
FILIPA RABALDO	Clube De Atletismo Da Póvoa De Varzim	856	973	01:00:41.597	00:31:00.750
OLEMA GONÇALVES	Individual	214	974	01:00:48.590	00:31:07.743
HELENA LOPES	Individual	806	975	01:00:49.167	00:31:08.320
PATRÍCIA SÁ	Prozis	34	976	01:00:52.603	00:31:11.756
PATRICIA NUNES	Individual	1159	977	01:01:06.093	00:31:25.246
MANUELA FERNANDES	Individual	384	978	01:01:12.413	00:31:31.566
MANUEL LEONARDO	Individual	356	979	01:01:13.210	00:31:32.363
ALEXANDRE RIBEIRO	Individual	386	980	01:01:13.413	00:31:32.566
ANA SILVA	Individual	709	981	01:01:15.840	00:31:34.993
ÂNGELA DIAS	We Run Bue	302	982	01:01:20.093	00:31:39.246
FILIPA MARTINS	Devormovel	999	983	01:01:25.090	00:31:44.243
VANESSA BLÖCHER	Individual	425	984	01:01:25.410	00:31:44.563
SANDRA CARDOSO	Devormovel	998	985	01:01:25.843	00:31:44.996
ARMENIO CARVALHAIS	Centro Atletismo Porto	1122	986	01:01:31.800	00:31:50.953
ELSA TEIXEIRA	Individual	599	987	01:01:35.747	00:31:54.900
DIANA PEREIRA	Wikaboo	1160	988	01:01:38.160	00:31:57.313
MARIA FERREIRA	Individual	618	989	01:01:38.660	00:31:57.813
ADELAIDE MORIM	Clube De Atletismo Da Póvoa De Varzim	863	990	01:01:46.160	00:32:05.313
MARIA GONÇALVES	Ermida Team	1094	991	01:01:46.850	00:32:06.003
NAT TAIPAS	Os Madrugadores Do Parque Das Taipas	1140	992	01:01:53.990	00:32:13.143
BARBARA BRANDAO	Vidaativarunners	516	993	01:01:56.657	00:32:15.810
LUÍS VITORINO	Caça Raposas	173	994	01:02:14.843	00:32:33.996
JOSÉ SILVA	Caça Raposas	163	995	01:02:15.830	00:32:34.983
MARTA JESUS	Matosinhos	1172	996	01:02:23.403	00:32:42.556
TÂNIA LUIS	Individual	907	997	01:02:25.500	00:32:44.653
MARTA LEITE	Budeguita Runners	776	998	01:02:30.367	00:32:49.520
ARTUR SILVA	Individual	1061	999	01:02:30.593	00:32:49.746
ALDA AZEVEDO	Individual	1060	1000	01:02:30.843	00:32:49.996
DIANA GONÇALVES	Prozis	36	1001	01:02:33.350	00:32:52.503
SÓNIA CARVALHO	Individual	513	1002	01:02:33.593	00:32:52.746
JOANA SALGADO	Individual	131	1003	01:02:39.103	00:32:58.256
CARMEN SOBRINHO	Individual	1215	1004	01:02:39.103	00:32:58.256
VANESSA SILVA	Individual	414	1005	01:02:40.007	00:32:59.160
ANA MAGALHÃES	Individual	573	1006	01:02:48.093	00:33:07.246
BARBARA MAIA	Sociedade Recreio Capanense	1020	1007	01:02:48.367	00:33:07.520
SANDRA SOARES	Budeguita Runners	777	1008	01:02:51.347	00:33:10.500
DIOGO SILVA	Individual	572	1009	01:02:51.387	00:33:10.540
ANDREA DOMINGUES	Divino	1191	1010	01:02:55.093	00:33:14.246
CECÍLIA PIRES	Individual	660	1011	01:02:55.160	00:33:14.313
MÁRIO SIMÕES	Prozis	35	1012	01:02:58.300	00:33:17.453

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
FILIPE FERNANDES	Individual	419	1013	01:03:04.597	00:33:23.750
LIVIA SOUSA	Individual	132	1014	01:03:29.847	00:33:49.000
SERGIO SILVA	Individual	274	1015	01:03:30.350	00:33:49.503
PATRICIA REBELO	Serviços Sociais Montepio	637	1016	01:03:37.597	00:33:56.750
MARIA ORGANISTA	Individual	59	1017	01:03:40.597	00:33:59.750
JOSÉ ORGANISTA	Individual	58	1018	01:03:40.910	00:34:00.063
HENRIQUE MOREIRA	Em´Força	707	1019	01:03:46.597	00:34:05.750
SÃOZITA ROSA	Em´Força	708	1020	01:03:47.393	00:34:06.546
AVELINO FREITAS	Clube Atletismo De Brito	900	1021	01:04:03.640	00:34:22.793
PAULA FREITAS	Os Guardiões	489	1022	01:04:04.107	00:34:23.260
FRANCISCO FREITAS	Os Guardiões	488	1023	01:04:05.363	00:34:24.516
CARINA FREITAS	Individual	1149	1024	01:04:15.347	00:34:34.500
RUI REBELO	Serviços Sociais Montepio	638	1025	01:04:23.347	00:34:42.500
RICARDO CARIDADE	Individual	979	1026	01:04:32.147	00:34:51.300
TIAGO MAIA	Spartan Spirit	1183	1027	01:04:35.637	00:34:54.790
CARLA COSTA	Individual	981	1028	01:04:37.387	00:34:56.540
ALEXANDRA FERREIRA	A D Rio Largo C Espinho	519	1029	01:04:57.760	00:35:16.913
DANIEL LOPES	A D Rio Largo C Espinho	518	1030	01:04:57.990	00:35:17.143
MIGUEL PINTO	Maria Miguel	885	1031	01:05:04.100	00:35:23.253
ELISABETE OLIVEIRA	Cerveira Team Running	588	1032	01:05:08.633	00:35:27.786
FERNANDO MATOS	Sociedade Recreio Capanense	1198	1033	01:05:40.173	00:35:59.326
ANITA CATARINO	Individual	577	1034	01:05:57.350	00:36:16.503
ALBERTA CARVALHO	Em´Força	1065	1035	01:06:03.323	00:36:22.476
RICARDO CURVAL	Individual	1050	1036	01:06:04.513	00:36:23.666
ISABEL MARINHA	Spin&Run Esposende	176	1037	01:06:18.850	00:36:38.003
VICTOR MOTA	Os Rompe Solas	116	1038	01:06:52.120	00:37:11.273
MARIANA MARQUES	Individual	558	1039	01:07:13.073	00:37:32.226
INÊS ANJO	Póvoa De Varzim	578	1040	01:07:13.107	00:37:32.260
GONÇALO SOARES	Individual	1203	1041	01:07:14.103	00:37:33.256
ASSUNÇÃO FRASCO	Clube De Atletismo Da Póvoa De Varzim	862	1042	01:07:17.103	00:37:36.256
CONCEIÇÃO FERREIRA	Clube De Corrida Varzim Lazer	244	1043	01:07:33.610	00:37:52.763
JOSÉ HENRIQUE	Nat	1033	1044	01:07:49.357	00:38:08.510
MANUEL NÉNÉ	Nat	1032	1045	01:07:50.357	00:38:09.510
CONCEIÇÃO MARQUES	Nat	1034	1046	01:07:52.497	00:38:11.650
JOSÉ FREITAS	Rollingaventura	701	1047	01:08:12.857	00:38:32.010
ANA PEREIRA	Clube De Corrida Varzim Lazer	245	1048	01:08:12.863	00:38:32.016
CARLA SILVA	Individual	261	1049	01:08:26.607	00:38:45.760
RUI MONTEIRO	Individual	1214	1050	01:09:31.640	00:39:50.793
JORGE FREITAS	Individual	1049	1051	01:09:51.380	00:40:10.533
MARISA RIBEIRO	Individual	387	1052	01:10:01.387	00:40:20.540
SOFIA PIMENTA	Atlético Da Póvoa	807	1053	01:10:33.117	00:40:52.270
MARIA GOMES	C.D.C.Navais	848	1054	01:10:41.360	00:41:00.513
SUSANA SOUSA	Sai Da Frente Guedes	744	1055	01:10:41.377	00:41:00.530
JOSÉ COELHO	Adeca	1165	1056	01:10:58.610	00:41:17.763