

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
1	40	Licínio Pimentel	Sporting Clube De Portugal	00:29:55.140	00:00:00.000
2	9	Nuno Lopes	Nao	00:29:59.677	00:00:04.537
3	1	Rui Silva	Sporting Clube De Portugal	00:30:10.647	00:00:15.507
4	12	Fábio Oliveira	Acd São João Da Serra	00:30:23.017	00:00:27.877
5	25	José Moreira	Sporting Clube De Portugal	00:30:34.927	00:00:39.787
6	2	Hermano Ferreira	Escola Atletismo De Coimbra	00:30:40.513	00:00:45.373
7	47	Vitor Oliveira	Individual	00:30:51.513	00:00:56.373
8	10	Carlos Costa	C. D. São Salvador Do Campo	00:31:37.427	00:01:42.287
9	18	Henrique Costa	Águias De Alvelos	00:32:07.680	00:02:12.540
10	1168	Vitor Santos	Peraltafil Running	00:32:15.740	00:02:20.600
11	1086	Davide Figueiredo	C. D. São Salvador Do Campo	00:32:57.190	00:03:02.050
12	26	Luis Pereira	A. Alvélos	00:32:57.433	00:03:02.293
13	146	Paulo Morais	Águias Da Misericórdia	00:33:29.230	00:03:34.090
14	1512	Joaquim Figueiredo	S.Salvador Do Campo	00:33:38.990	00:03:43.850
15	44	Pedro Magalhaes	Individual	00:33:44.923	00:03:49.783
16	1263	Abilio Pereira	C. D. São Salvador Do Campo	00:33:45.490	00:03:50.350
17	539	Ulisses Lopes	C P T B Carcabelos Synergie	00:33:55.987	00:04:00.847
18	28	Renato Sousa	Clube Atletismo De Ovar	00:34:01.957	00:04:06.817
19	49	Nuno Queiros	C. D. São Salvador Do Campo	00:34:02.227	00:04:07.087
20	880	José Rocha	Salgueiros Running	00:34:03.487	00:04:08.347
21	642	Roberto Marques	Grupo Recreativo Estrela Do Bonfim	00:34:08.950	00:04:13.810
22	31	Mónica Silva	Prozis	00:34:10.483	00:04:15.343
23	224	Tiago Freitas	Figueiredos Runners And Friends	00:34:13.487	00:04:18.347
24	43	Paulo Conde	Individual	00:34:15.433	00:04:20.293
25	597	Emília Pisoeiro	Recreio Desportivo De Águeda	00:34:18.993	00:04:23.853
26	1443	Manuel Ferreira	Arada Atletico Clube	00:34:22.727	00:04:27.587
27	252	Joao Figueiredo	Figueiredos Runners And Friends	00:34:27.723	00:04:32.583
28	13	Pedro Ferreira	Acd São João Da Serra	00:34:28.483	00:04:33.343
29	42	Ricardo Castro	Sociedade Recreio Cepenense	00:34:31.983	00:04:36.843
30	426	Gilberto Neto	C. D. São Salvador Do Campo	00:34:45.720	00:04:50.580
31	39	Ricardo Ferreira	Sporting Clube De Espinho / António Leitão	00:34:47.720	00:04:52.580
32	3	Marisa Barros	Sport Comércio E Salgueiros	00:34:51.520	00:04:56.380
33	1387	João Vilela	Gd Airão Curviã	00:34:53.980	00:04:58.840
34	1179	Vanessa Carvalho	S.C.Braga	00:34:55.187	00:05:00.047
35	1297	Fernando Souza	Boavista F.C.	00:35:01.547	00:05:06.407
36	427	Cristiano Ribeiro	C. D. São Salvador Do Campo	00:35:02.477	00:05:07.337
37	341	Adão Pinto	Individual	00:35:07.490	00:05:12.350
38	687	Fernando Capela	C.D.C. Navais	00:35:18.717	00:05:23.577
39	476	Sérgio Salgueiro	Vitória Sport Clube	00:35:27.473	00:05:32.333
40	1300	Baltazar Sousa	Boavista F.C.	00:35:37.473	00:05:42.333
41	143	Marco Pinto	Águias Da Misericórdia	00:35:37.973	00:05:42.833
42	33	Filipe Cunha	Águias De Alvelos	00:35:40.477	00:05:45.337
43	622	Pedro Nunes	Navr	00:35:42.213	00:05:47.073
44	1376	Marco Barbosa	Boavista F.C.	00:35:44.213	00:05:49.073
45	1150	Fábio Rodrigues	Individual	00:35:50.690	00:05:55.550
46	38	Helder Silva	Escola De Atletismo Rosa Oliveira	00:35:52.630	00:05:57.490
47	471	Miguel Peixe	Vitória Sport Clube	00:35:52.937	00:05:57.797
48	550	Miguel Vieira	Movimento De Juventude De Merelim	00:35:53.937	00:05:58.797
49	24	António Jesus	Nascidos Para Correr - Associação Desportiva	00:35:57.717	00:06:02.577
50	705	Bruno Alen	Individual	00:35:57.970	00:06:02.830
51	20	Joaquim Alves	Nascidos Para Correr - Associação Desportiva	00:35:58.190	00:06:03.050
52	48	Pedro Pereira	Águias De Alvelos	00:36:09.660	00:06:14.520
53	1459	Rui Pinto	Individual	00:36:09.707	00:06:14.567
54	1480	Andreia Santos	Individual	00:36:14.937	00:06:19.797
55	1499	Marco Santos	Adosa Os Santa Apolónia	00:36:15.980	00:06:20.840
56	465	João Alves	Vitória Sport Clube	00:36:19.967	00:06:24.827
57	57	Tomás Carriço	Individual	00:36:26.673	00:06:31.533
58	36	Nelson Costa	Crisnel Running	00:36:27.940	00:06:32.800
59	1268	Bruno Ferreira	Individual	00:36:28.707	00:06:33.567
60	1164	Ricardo Barros	Individual	00:36:29.713	00:06:34.573
61	643	Paulo Jesus	Grupo Recreativo Estrela Do Bonfim	00:36:29.967	00:06:34.827
62	466	Joaquim Pacheco	Vitória Sport Clube	00:36:35.207	00:06:40.067
63	1273	Daniel Monteiro	Academia Fernanda Ribeiro	00:36:41.203	00:06:46.063
64	558	José Pereira	Ama Mondim De Basto	00:36:45.203	00:06:50.063

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
65	22	Hugo Santos	Nascidos Para Correr - Associação Desportiva	00:36:49.940	00:06:54.800
66	715	Diogo Fernandes	Team Lantermil	00:36:55.440	00:07:00.300
67	525	Augusto Antunes	Arpo- Associação Recreativa Pousadens.	00:36:55.703	00:07:00.563
68	223	Luís Lopes	L.Costa&Silva,Lda	00:36:56.460	00:07:01.320
69	475	Ramiro Pinheiro	Vitória Sport Clube	00:36:56.710	00:07:01.570
70	844	Jose Araujo	Escola Atletismo Rosa Oliveira	00:36:58.703	00:07:03.563
71	357	Antonio Sousa	Ripolins Grijó A Correr	00:37:00.747	00:07:05.607
72	14	Orlando Neves	Acd São João Da Serra	00:37:01.960	00:07:06.820
73	8	Justyna Wojcik	Acd São João Da Serra	00:37:02.960	00:07:07.820
74	356	José Reis	Ripolins Grijó A Correr	00:37:03.463	00:07:08.323
75	923	Guilherme Moreira	Individual	00:37:07.747	00:07:12.607
76	404	João Cardoso	Os Madrugadores Do Parque Das Taipas	00:37:14.200	00:07:19.060
77	29	Hugo Moreira	Runriver-Escola De Atletismo De Rio Tinto	00:37:15.700	00:07:20.560
78	564	José Marques	Gulbenkian	00:37:16.277	00:07:21.137
79	1371	Joao Neiva	Individual	00:37:17.797	00:07:22.657
80	32	Laura Silva	Águias De Alvelos	00:37:17.817	00:07:22.677
81	150	Andre Machado	Adosa Os Santa Apolónia	00:37:18.200	00:07:23.060
82	1183	Paulo Pereira	Dragon Club	00:37:18.440	00:07:23.300
83	1495	Rui Veloso	C. D. São Salvador Do Campo	00:37:20.457	00:07:25.317
84	751	Bruno Rodrigues	Rundiculous	00:37:26.323	00:07:31.183
85	1412	Pedro Batista	Individual	00:37:31.200	00:07:36.060
86	192	Mario Teixeira	Porto Runners	00:37:34.830	00:07:39.690
87	952	Carlos Gomes	Sport Comércio E Salgueiros	00:37:35.957	00:07:40.817
88	16	Artur Cepeda	S. Salvador Do Campo	00:37:40.197	00:07:45.057
89	1082	Eduardo Meireles	Ama Mondim De Basto	00:37:41.827	00:07:46.687
90	1278	Pedro Madrid	Academia Fernanda Ribeiro	00:37:43.697	00:07:48.557
91	766	Filipe Fernandes	Individual	00:37:43.697	00:07:48.557
92	789	João Martins	#Elcomandante	00:37:44.697	00:07:49.557
93	428	Zeferino Neto	C. D. São Salvador Do Campo	00:37:44.697	00:07:49.557
94	1028	Jorge Vale	El Comandante Team	00:37:48.193	00:07:53.053
95	4	Jessica Pontes	Sporting Clube De Braga	00:37:48.197	00:07:53.057
96	141	António Araújo	Águias Da Misericórdia	00:37:51.870	00:07:56.730
97	1334	Pedro Pontes	C. D. Póvoa	00:37:57.197	00:08:02.057
98	34	Joaquim Rodrigues	Águias De Alvelos	00:37:57.940	00:08:02.800
99	913	Manuel Ribeiro	Individual	00:38:02.443	00:08:07.303
100	985	Filipe Leite	Individual	00:38:02.690	00:08:07.550
101	874	Nuno Ferreira	Individual	00:38:04.193	00:08:09.053
102	780	Daniel Andrade	F.C.Vizela	00:38:05.453	00:08:10.313
103	215	Amaro Barbosa	Arc Vale S. Cosme	00:38:13.450	00:08:18.310
104	1347	Camilo Couto	Individual	00:38:15.450	00:08:20.310
105	1481	Manuel Magalhães	Moveiras	00:38:18.450	00:08:23.310
106	115	Armando Silva	Individual	00:38:19.450	00:08:24.310
107	358	Rui Tavares	Ripolins Grijó A Correr	00:38:19.957	00:08:24.817
108	1019	Fernando Dinis	Porminho	00:38:21.190	00:08:26.050
109	974	Fernando Maia	Blasqem	00:38:22.193	00:08:27.053
110	616	José Mota	Cd São Salvador Campo	00:38:23.720	00:08:28.580
111	1259	Joaquim Marques	Individual	00:38:25.953	00:08:30.813
112	498	Jose Monteiro	Bairro De Carcavelos	00:38:26.190	00:08:31.050
113	240	Sergio Martins	A.R.De Negrelos	00:38:29.190	00:08:34.050
114	990	Martim Freitas	União Desportiva E Cultural De Argivai	00:38:32.940	00:08:37.800
115	827	Manuel Azevedo	Chefe-Training	00:38:35.457	00:08:40.317
116	352	Carlos Pereira	Figueirófit	00:38:36.690	00:08:41.550
117	1106	Pedro Pinheiro	Individual	00:38:38.447	00:08:43.307
118	683	Vitor Gomes	C.D.C. Navais	00:38:39.950	00:08:44.810
119	23	Alexandre Matos	Nascidos Para Correr - Associação Desportiva	00:38:40.190	00:08:45.050
120	983	Rodrigo Araujo	Individual	00:38:42.997	00:08:47.857
121	1161	Andreia Cunha	Individual	00:38:43.950	00:08:48.810
122	1162	Miguel Figueiredo	Fisio.	00:38:43.950	00:08:48.810
123	15	Manuel Azevedo	S.Salvador Do Campo	00:38:45.950	00:08:50.810
124	1289	Antonio Coimbra	Academia Fernanda Ribeiro	00:38:49.450	00:08:54.310
125	251	Américo Santos	Casa Doce	00:38:52.947	00:08:57.807
126	798	José Rodrigues	Individual	00:38:57.187	00:09:02.047
127	1016	Delfim Monteiro	Porminho	00:38:57.687	00:09:02.547
128	811	Márcio Carvalho	Kemedo Team	00:38:57.947	00:09:02.807

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
129	1193	Diana Pereira	Maia A.C	00:38:58.530	00:09:03.390
130	764	René Teixeira	Sociedade Recreio Cepenense	00:39:00.060	00:09:04.920
131	754	Emílio Vilarinho	Cave - Esposende	00:39:00.060	00:09:04.920
132	765	Victor Martins	Sociedade Recreio Cepenense	00:39:00.077	00:09:04.937
133	41	José Pires	Sociedade Recreio Cepenense	00:39:00.077	00:09:04.937
134	659	Inocência Silva	Capv	00:39:01.803	00:09:06.663
135	1275	Fabio Oliveira	Academia Fernanda Ribeiro	00:39:02.217	00:09:07.077
136	582	Domingos Martins	Domingosmartins.Pt	00:39:08.597	00:09:13.457
137	804	Antonio Fernandes	Gdctenvc	00:39:08.697	00:09:13.557
138	716	Ezequiel Fernandes	Team Lanthemil	00:39:09.183	00:09:14.043
139	277	Fernando Figueiredo	Figueiredos Runners And Friends	00:39:11.943	00:09:16.803
140	1434	Jose Mota	Clube De Atletismo Os Gaienses/Toyota	00:39:13.687	00:09:18.547
141	19	José Graça	Nascidos Para Correr - Associação Desportiva	00:39:23.443	00:09:28.303
142	719	Alexandre Ferreira	F.C.Vizela	00:39:26.703	00:09:31.563
143	777	Manuel Vieira	Individual	00:39:26.947	00:09:31.807
144	1330	José Sousa	C. D. Póvoa	00:39:29.447	00:09:34.307
145	347	Filipe Pereira	Lousada Runners	00:39:29.453	00:09:34.313
146	833	Manuel Oliveira	Amigos Do Parque Porto	00:39:30.683	00:09:35.543
147	1272	António Moreira	Academia Fernanda Ribeiro	00:39:31.443	00:09:36.303
148	1416	José Cabral	Clube Desportivo São Salvador Do Campo	00:39:34.140	00:09:39.000
149	105	Pedro Guimarães	Ctad - Consumo Zero	00:39:34.443	00:09:39.303
150	171	Augusto Lopes	Individual	00:39:34.683	00:09:39.543
151	1203	Domingos Presas	Nascidos Para Correr - Associação Desportiva	00:39:34.947	00:09:39.807
152	1339	Pedro Serafim	Shots International Runners	00:39:35.183	00:09:40.043
153	567	Jorge Gonçalves	Individual	00:39:36.683	00:09:41.543
154	286	Francisco Morais	Fisioactive/Chefe Training/Adeca	00:39:37.447	00:09:42.307
155	1006	Vitorino Cardoso	Spiridon 08 Lëtzebuerg	00:39:39.440	00:09:44.300
156	969	Mariana Machado	Individual	00:39:42.657	00:09:47.517
157	1410	Vítor Faria	Palmeira Runners	00:39:47.440	00:09:52.300
158	414	Jose Silva	Individual	00:39:51.183	00:09:56.043
159	864	Ricardo Maia	Team Lanthemil	00:39:51.237	00:09:56.097
160	1003	Paulo Leça	Figueiredos Runners And Friends	00:39:54.437	00:09:59.297
161	1474	Armando Alves	Individual	00:39:55.180	00:10:00.040
162	977	Joaquim Pereira	Só Trilhos	00:39:56.197	00:10:01.057
163	133	Paulo Lemos	Arpo- Associação Recreativa Pousadens.	00:39:56.937	00:10:01.797
164	834	Luis Boavista	Amigos Do Parque Porto	00:40:03.177	00:10:08.037
165	315	Abilio Faria	Individual	00:40:03.677	00:10:08.537
166	684	Jose Ribeiro	C.D.C. Navais	00:40:06.687	00:10:11.547
167	1210	Pedro Teixeira	Nascidos Para Correr - Associação Desportiva	00:40:08.213	00:10:13.073
168	888	Ricardo Oliveira	#Elcomandante	00:40:08.447	00:10:13.307
169	528	Luís Oliveira	Hpcon Runners	00:40:08.947	00:10:13.807
170	1035	Luís Lima	Viana Do Castelo	00:40:09.443	00:10:14.303
171	335	Miguel Queirós	A. D. Amarante Atletismo	00:40:10.447	00:10:15.307
172	1265	Helder Costa	Ginásio Clube De Bragança	00:40:10.947	00:10:15.807
173	149	Rubens Cunha	Individual	00:40:11.677	00:10:16.537
174	812	Manuel Rocha	Individual	00:40:11.940	00:10:16.800
175	778	Sílvio Pinto	Individual	00:40:12.177	00:10:17.037
176	363	André Pina	Arquitectura Do Saber	00:40:14.177	00:10:19.037
177	543	Vitor Lima	Individual	00:40:14.197	00:10:19.057
178	1087	Viriato Mendes	C. D. São Salvador Do Campo	00:40:14.437	00:10:19.297
179	1204	Eduardo Pinto	Nascidos Para Correr - Associação Desportiva	00:40:16.773	00:10:21.633
180	702	António Silva	Individual	00:40:16.787	00:10:21.647
181	972	Manuel Casais	Blasqem	00:40:16.807	00:10:21.667
182	359	José Silva	Ripolins Grijó A Correr	00:40:16.937	00:10:21.797
183	176	Nuno Araujo	Olimpico Vianense	00:40:16.937	00:10:21.797
184	1209	Paulo Nascimento	Nascidos Para Correr - Associação Desportiva	00:40:16.957	00:10:21.817
185	325	Victor Oliveira	Individual	00:40:19.947	00:10:24.807
186	468	Jose Ferreira	Vitória Sport Clube	00:40:20.677	00:10:25.537
187	750	Daniel Soares	Rundiculous	00:40:21.197	00:10:26.057
188	1312	Óscar Silva	Guimarães	00:40:23.187	00:10:28.047
189	1428	Bruno Lopes	Boavista F.C.	00:40:23.443	00:10:28.303
190	665	Jorge Fontes	Grupo Cultural E Recreativo Aguçadourense	00:40:23.753	00:10:28.613
191	131	Ricardo Azevedo	Arpo- Associação Recreativa Pousadens.	00:40:23.757	00:10:28.617
192	1338	Paulo Barbosa	Lousada Runners	00:40:23.757	00:10:28.617

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
193	685	Fernando Silva	C.D.C. Navais	00:40:25.950	00:10:30.810
194	1456	Manuel Neto	Individual	00:40:27.177	00:10:32.037
195	1332	Paulo Silva	C. D. Póvoa	00:40:29.437	00:10:34.297
196	1202	Carlos Costa	Nascidos Para Correr - Associação Desportiva	00:40:29.933	00:10:34.793
197	187	Fernando Costa	Cdcr Dos Ctt	00:40:31.697	00:10:36.557
198	1385	Cesar Martins	Escola De Atletismo Trofa	00:40:32.287	00:10:37.147
199	142	Joaquim Ferreira	Águias Da Misericórdia	00:40:33.810	00:10:38.670
200	1223	Armindo Faria	Futebol Clube Famalicão De Geneve	00:40:34.933	00:10:39.793
201	1264	Carlos Felizardo	Individual	00:40:36.177	00:10:41.037
202	1292	Paulo Cunha	Academia Fernanda Ribeiro	00:40:36.197	00:10:41.057
203	390	José Alves	Kilosmoda	00:40:38.433	00:10:43.293
204	1359	Hélder Azevedo	Airórun	00:40:38.947	00:10:43.807
205	536	Miguel Rego	Qualy - Produtos De Limpeza	00:40:39.177	00:10:44.037
206	1476	Pedro Maciel	Individual	00:40:39.443	00:10:44.303
207	657	José Faria	Clube Atletismo Da Póvoa De Varzim	00:40:39.670	00:10:44.530
208	638	Abel Santos	Grupo Recreativo Estrela Do Bonfim	00:40:40.433	00:10:45.293
209	598	Rui Pereira	Boavista F.C.	00:40:40.807	00:10:45.667
210	710	Manuel Pinto	Hart Armazém Do Caffé	00:40:42.353	00:10:47.213
211	930	Tiago Maia	Individual	00:40:42.673	00:10:47.533
212	818	Nuno Freitas	Workio	00:40:43.677	00:10:48.537
213	65	Rui Carneiro	Grupo De Bombos "Os Cordovenses"	00:40:44.940	00:10:49.800
214	762	Luís Vilela	Sociedade Recreio Capanense	00:40:46.433	00:10:51.293
215	1215	João Lopes	Nascidos Para Correr - Associação Desportiva	00:40:47.170	00:10:52.030
216	1343	Nuno Araújo	Nprint _ Ag	00:40:48.947	00:10:53.807
217	78	Vitor Araújo	Gds	00:40:51.673	00:10:56.533
218	735	Carlos Lopes	Sociedade Recreio Capanense	00:40:52.433	00:10:57.293
219	1365	Gonçalo Vieira	Individual	00:40:53.933	00:10:58.793
220	1233	António Silva	Núcleo Atletismo Taipas	00:40:55.197	00:11:00.057
221	462	Hélder Vieira	Vitória Sport Clube	00:40:59.370	00:11:04.230
222	1113	José Dias	Individual	00:40:59.430	00:11:04.290
223	239	Manuel Gomes	A.R.De Negrelos	00:41:01.670	00:11:06.530
224	658	Nuno Silva	Capv	00:41:04.670	00:11:09.530
225	485	Jose Martins	Sucitesa	00:41:05.937	00:11:10.797
226	929	Pedro Ferreira	Individual	00:41:07.893	00:11:12.753
227	583	Carlos Silva	Clube Trilheiros E Amigos	00:41:07.913	00:11:12.773
228	1024	Paulo Fernandes	Salgueiros Running	00:41:09.667	00:11:14.527
229	1358	Daniel Raimundo	Airórun	00:41:11.200	00:11:16.060
230	1381	Tiago Lopes	Opraticante.Pt	00:41:11.427	00:11:16.287
231	885	Manuel Teixeira	#Osamigosdoparque	00:41:11.927	00:11:16.787
232	1065	Miguel Pereira	Individual	00:41:14.167	00:11:19.027
233	477	Vitor Lemos	Vitória Sport Clube	00:41:14.167	00:11:19.027
234	1308	Marco Silva	All About	00:41:16.407	00:11:21.267
235	758	Francisco Cunha	Sociedade Recreio Capanense	00:41:17.427	00:11:22.287
236	1147	Filipe Gajo	Ferreirolux	00:41:19.927	00:11:24.787
237	773	José Rego	Sinergia	00:41:23.407	00:11:28.267
238	1127	Pedro Cunha	Individual	00:41:25.177	00:11:30.037
239	411	Jorge Campos	Individual	00:41:25.200	00:11:30.060
240	27	Filipe Machado	Individual	00:41:28.437	00:11:33.297
241	1076	Manuel Gomes	Fama Runners	00:41:28.437	00:11:33.297
242	661	Manuel Carriço	Clube De Atletismo Da Póvoa De Varzim	00:41:31.433	00:11:36.293
243	775	Jorge Cabouco	Novélia Running Amarante	00:41:34.427	00:11:39.287
244	774	José Lopes	Palmeira Runners	00:41:34.927	00:11:39.787
245	546	Paulo Lopes	Grupo Desportivo Selho	00:41:35.200	00:11:40.060
246	832	Emanuel Coelho	Porto Sentido Runners	00:41:35.437	00:11:40.297
247	644	Adão Mendes	Grupo Recreativo Estrela Do Bonfim	00:41:37.423	00:11:42.283
248	1336	Jose Costa	Lousada Runners	00:41:43.663	00:11:48.523
249	967	Filipe Martins	Os Isabelinhas	00:41:44.440	00:11:49.300
250	1160	Pedro Marques	Individual	00:41:44.440	00:11:49.300
251	140	António Monteiro	Águias Da Misericórdia	00:41:44.450	00:11:49.310
252	858	Pedro Correia	Individual	00:41:45.427	00:11:50.287
253	730	Miguel Silva	Individual	00:41:45.923	00:11:50.783
254	1105	Paulo Costa	Atlético Clube De Vale S. Martinho	00:41:45.923	00:11:50.783
255	1435	Manuel Sousa	Clube Atletismo Os Gaienses/Toyota	00:41:48.950	00:11:53.810
256	809	Bruno Castro	Individual	00:41:48.953	00:11:53.813

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
257	819	Fernando Ferreira	Atlético Clube Alfenense	00:41:52.163	00:11:57.023
258	759	António Pereira	Sociedade Recreio Cepanense	00:41:53.663	00:11:58.523
259	934	Marcelo Ferreira	Individual	00:41:53.700	00:11:58.560
260	227	Paulo Silva	Laúndos Em Movimento	00:41:54.163	00:11:59.023
261	1471	Rodrigo Costa	Individual	00:41:55.427	00:12:00.287
262	153	Nuno Gomes	Ade Trail Running	00:41:55.663	00:12:00.523
263	1249	José Cruz	Núcleo Atletismo Taipas	00:41:56.933	00:12:01.793
264	1367	António Ferreira	All About	00:41:57.163	00:12:02.023
265	526	Jose Rodrigues	Grupodesapt	00:42:00.420	00:12:05.280
266	609	Francisco Mateus	Atlético Clube Alfenense	00:42:02.927	00:12:07.787
267	839	Sónia Barros	Factor X / S4I / Medense Fc	00:42:04.663	00:12:09.523
268	1148	Nuno Gajo	Ferreirolux	00:42:07.547	00:12:12.407
269	1043	Marco Ferreira	U. Cano / Pro	00:42:07.550	00:12:12.410
270	742	Abílio Teixeira	Sociedade Recreio Cepanense	00:42:09.423	00:12:14.283
271	386	Artur Araújo	Kilosmoda	00:42:10.423	00:12:15.283
272	1022	Ludgero Costa	Individual	00:42:11.160	00:12:16.020
273	317	Paulo Oliveira	Ronfe A Correr	00:42:11.430	00:12:16.290
274	1176	Pedro Rodrigues	Individual	00:42:11.700	00:12:16.560
275	1170	Filipe Carneiro	Asphalt Assault Team	00:42:18.920	00:12:23.780
276	1497	Rafael Galvão	Individual	00:42:19.657	00:12:24.517
277	1053	Ricardo Gonçalves	Individual	00:42:20.157	00:12:25.017
278	316	Ricardo Pereira	Acd Ases Sta Eufemia	00:42:21.920	00:12:26.780
279	1350	Antonio Gomes	Ginasio Clube De Santo Tirso	00:42:24.580	00:12:29.440
280	1145	Luís Sá	Individual	00:42:24.583	00:12:29.443
281	307	Alexandre Ferreira	Individual	00:42:25.160	00:12:30.020
282	122	David Queiros	Lousada Runners	00:42:27.157	00:12:32.017
283	527	Paulo Fernandes	Vidaativarunners	00:42:28.160	00:12:33.020
284	781	Joaquim Costa	Clube Atletismo De Ovar	00:42:28.427	00:12:33.287
285	1335	Eduardo Ribeiro	A. D. Amarante Atletismo	00:42:30.417	00:12:35.277
286	1463	Rui Ferreira	Individual	00:42:31.577	00:12:36.437
287	1128	Luis Almeida	Individual	00:42:33.117	00:12:37.977
288	1277	Jorge Pimenta	Academia Fernanda Ribeiro	00:42:33.120	00:12:37.980
289	743	Augusto Dourado	Individual	00:42:33.417	00:12:38.277
290	770	João Pereira	Individual	00:42:34.700	00:12:39.560
291	541	Francisco Branco	Individual	00:42:34.917	00:12:39.777
292	675	Paulo Gomes	C.D.C. Navais	00:42:35.157	00:12:40.017
293	1287	Rosa Trancoso	Academia Fernanda Ribeiro	00:42:35.917	00:12:40.777
294	889	Miguel Pereira	Clube De Atletismo Olímpico Vianense	00:42:36.450	00:12:41.310
295	346	Luís Cardoso	Individual	00:42:36.657	00:12:41.517
296	831	Heitor Araújo	Individual	00:42:36.660	00:12:41.520
297	220	João Barros	Devasta Trilhos	00:42:41.620	00:12:46.480
298	921	Pedro Castro	Individual	00:42:42.157	00:12:47.017
299	191	Manuela Freitas	Os Isabelinhas	00:42:42.917	00:12:47.777
300	1214	Joice Jesus	Nascidos Para Correr - Associação Desportiva	00:42:44.203	00:12:49.063
301	571	Rodolfo Monteiro	Individual	00:42:44.917	00:12:49.777
302	623	Luis Guimarães	Individual	00:42:50.177	00:12:55.037
303	697	Nelson Almeida	Tsunami Team	00:42:50.177	00:12:55.037
304	1010	Rui Ramalho	Individual	00:42:50.187	00:12:55.047
305	1445	Eliseu Leite	Lobos Do Monte	00:42:50.700	00:12:55.560
306	826	Domingos Peixoto	Palmeira Runners	00:42:51.413	00:12:56.273
307	664	Simão Costa	Capv	00:42:52.417	00:12:57.277
308	808	Vitor Lopes	Run4two	00:42:52.700	00:12:57.560
309	838	Fernando Camelo	S.C. Salgueiros	00:42:53.423	00:12:58.283
310	548	Raul Ribeiro	Braga Runners	00:42:53.653	00:12:58.513
311	1094	Marcelo Costa	Individual	00:42:55.457	00:13:00.317
312	820	Adriano Vieira	Individual	00:42:55.917	00:13:00.777
313	757	Carlos Fernandes	Turbulentos	00:42:55.917	00:13:00.777
314	603	Mário Rodrigues	Turbulentos	00:42:55.917	00:13:00.777
315	373	Aurélio Marques	Cave Esposende	00:42:56.420	00:13:01.280
316	887	Joaquim Machado	Individual	00:42:57.157	00:13:02.017
317	1090	Fausto Silva	Individual	00:42:57.170	00:13:02.030
318	914	Rui Lameiras	#Osamigosdoparque	00:42:59.200	00:13:04.060
319	464	Joao Oliveira	Vitória Sport Clube	00:42:59.413	00:13:04.273
320	375	João Sousa	Individual	00:43:01.657	00:13:06.517

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
321	676	Carlos Eiras	C.D.C. Navais	00:43:03.913	00:13:08.773
322	85	Paulo Costa	Individual	00:43:03.987	00:13:08.847
323	1281	Rui Eusebio	Academia Fernanda Ribeiro	00:43:05.203	00:13:10.063
324	624	Rui Paralvas	Adra Belem	00:43:05.703	00:13:10.563
325	104	Augusto Silva	Central Runners	00:43:07.227	00:13:12.087
326	1433	Gaspar Pais	Quintaparedinhasdouro	00:43:07.253	00:13:12.113
327	1309	Cesar Guimarães	Central Runners	00:43:07.253	00:13:12.113
328	902	Manuel Freitas	Vizela	00:43:07.413	00:13:12.273
329	815	Marco Moreira	Coronado Runners	00:43:11.153	00:13:16.013
330	1331	Vitor Rodrigues	C. D. Póvoa	00:43:11.650	00:13:16.510
331	993	Duarte Costa	Individual	00:43:12.913	00:13:17.773
332	912	Adalberto Machado	Individual	00:43:13.203	00:13:18.063
333	1208	Marco Almeida	Nascidos Para Correr - Associação Desportiva	00:43:14.227	00:13:19.087
334	380	Antonín Ku?Era	Individual	00:43:18.410	00:13:23.270
335	869	Helder Teixeira	Nabolina	00:43:20.650	00:13:25.510
336	1058	Sérgio Carvalho	Hpcon Runners	00:43:21.650	00:13:26.510
337	79	Manuel Vivas	Individual	00:43:22.410	00:13:27.270
338	981	André Fangueiro	Ccd Crédito Agrícola Mútuo	00:43:27.430	00:13:32.290
339	895	Francisco Alves	Paulo Francisco Runner Team	00:43:31.257	00:13:36.117
340	734	Jorge Ferreira	Sociedade Recreio Capanense	00:43:32.773	00:13:37.633
341	1511	Domingos Teixeira	Individual	00:43:34.410	00:13:39.270
342	202	Antonio Coentrao	Individual	00:43:41.650	00:13:46.510
343	733	Rui Silva	Sociedade Recreio Capanense	00:43:44.410	00:13:49.270
344	1134	Domingos Vilaca	Cdc Priscos	00:43:46.907	00:13:51.767
345	1032	Nuno Teixeira	Portocargo Runners	00:43:49.820	00:13:54.680
346	97	Francisco Xavier	Central Runners	00:43:49.830	00:13:54.690
347	756	João Amorim	Individual	00:43:49.907	00:13:54.767
348	301	Rui Monteiro	Individual	00:43:51.150	00:13:56.010
349	1189	Filipe Pinheiro	A. D. Amarante Atletismo	00:43:53.647	00:13:58.507
350	123	Bruno Pereira	Individual	00:43:53.913	00:13:58.773
351	807	Miguel Costa	Coronado Runners	00:43:54.203	00:13:59.063
352	238	Luis Martins	A.R.De Negrelos	00:43:55.147	00:14:00.007
353	372	Clara Freire	Individual	00:43:56.810	00:14:01.670
354	1280	Sergio Silva	Academia Fernanda Ribeiro	00:43:58.350	00:14:03.210
355	1224	Maria Pereira	Escola Atletismo De Coimbra	00:43:58.353	00:14:03.213
356	944	Miguel Pereira	Ccdtc.M.Gondomar	00:43:58.353	00:14:03.213
357	1096	Fernando Ferreira	Ferreira	00:43:58.413	00:14:03.273
358	911	Carlos Brito	Individual	00:44:00.157	00:14:05.017
359	501	Carlos Lemos	S. R. Capanense	00:44:01.413	00:14:06.273
360	387	Pedro Silva	Kilosmoda	00:44:01.650	00:14:06.510
361	393	João Ferreira	Kilosmoda	00:44:01.650	00:14:06.510
362	1388	Manuel Azevedo	Gd Airão Curviã	00:44:02.647	00:14:07.507
363	295	Nuno Vinha	Magalhães & Vinha, Lda	00:44:04.147	00:14:09.007
364	651	André Faria	Clube Atletismo Da Póvoa De Varzim	00:44:08.143	00:14:13.003
365	1181	Cosme Machado	Na Boa	00:44:09.907	00:14:14.767
366	1198	João Vieira	Individual	00:44:10.453	00:14:15.313
367	351	Paulo Loureiro	Fama Runners	00:44:11.407	00:14:16.267
368	1409	Nuno Senra	Famalicão	00:44:12.407	00:14:17.267
369	459	Carlos Gonçalves	Vitória Sport Clube	00:44:12.657	00:14:17.517
370	951	Miguel Azevedo	Meritoinvest	00:44:13.863	00:14:18.723
371	956	Nuno Leite	Individual	00:44:15.390	00:14:20.250
372	246	António Machado	Por Joane	00:44:15.390	00:14:20.250
373	382	Arlindo Silva	Individual	00:44:15.407	00:14:20.267
374	574	João Gomes	Individual	00:44:15.407	00:14:20.267
375	1014	Henrique Vicêncio	Atlético Clube Alfenense	00:44:15.410	00:14:20.270
376	308	Celestino Silva	Amigos Ponto Final	00:44:16.460	00:14:21.320
377	738	António Mendes	Sociedade Recreio Capanense	00:44:17.903	00:14:22.763
378	132	Porfírio Lírio	Os Lírios	00:44:20.143	00:14:25.003
379	747	João Reina	C.D.C. Navais	00:44:20.903	00:14:25.763
380	232	Jorge Oliveira	Sorud	00:44:23.933	00:14:28.793
381	77	Jorge Vilela	Núcleo De Atletismo De Vila Real	00:44:24.143	00:14:29.003
382	116	Fernando Rocha	Braga A Correr	00:44:24.207	00:14:29.067
383	126	"Carlos Silva"	Pernas Inertes	00:44:27.410	00:14:32.270
384	1078	Marco Pereira	Rumo Aos 42	00:44:28.150	00:14:33.010

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
385	1153	João Faria	Individual	00:44:28.907	00:14:33.767
386	1377	Silvia Teixeira	Boavista F.C.	00:44:29.707	00:14:34.567
387	151	Carlos Oliveira	Boavista F.C.	00:44:32.640	00:14:37.500
388	553	Hélio Oliveira	Vitória Sport Clube	00:44:32.903	00:14:37.763
389	1226	Jose Ferreira	Rundiculous	00:44:33.707	00:14:38.567
390	1104	Eduardo Trigo	Individual	00:44:33.913	00:14:38.773
391	971	Manuel Carneiro	Blasqem	00:44:34.143	00:14:39.003
392	1099	Rúben Eira	Individual	00:44:34.403	00:14:39.263
393	1033	Carlos Costa	Individual	00:44:34.960	00:14:39.820
394	1466	Ricardo Mendes	Adosa Os Santa Apolónia	00:44:35.403	00:14:40.263
395	52	António Neto	Trifitrofa	00:44:36.647	00:14:41.507
396	54	Vitor Santos	Adosa Os Santa Apolónia	00:44:36.900	00:14:41.760
397	590	Marco Oliveira	Portocargo Runners	00:44:38.207	00:14:43.067
398	95	Jose Salgado	Central Runners	00:44:39.443	00:14:44.303
399	96	Carlos Alberto	Central Runners	00:44:40.977	00:14:45.837
400	1506	André Magalhães	Individual	00:44:43.900	00:14:48.760
401	1454	Henrique Goncalves	Individual	00:44:44.203	00:14:49.063
402	552	Paulo Carneiro	Add	00:44:44.897	00:14:49.757
403	1062	Miguel Dias	Boavista F.C.	00:44:46.403	00:14:51.263
404	415	Jose Moreira	Amigos Atletismo Povoense	00:44:46.707	00:14:51.567
405	1004	Micael Alves	Individual	00:44:47.973	00:14:52.833
406	940	Adérito Alves	Salgueiros Running	00:44:49.523	00:14:54.383
407	998	Rui Azevedo	Individual	00:44:49.640	00:14:54.500
408	1190	Rui Oliveira	Individual	00:44:50.137	00:14:54.997
409	856	Marcos Viana	Individual	00:44:56.140	00:15:01.000
410	1141	Maximino Silva	Amigos P.C.D Guimarães	00:44:56.500	00:15:01.360
411	1421	Renato Silva	Individual	00:44:58.030	00:15:02.890
412	60	José Moreira	Maia	00:44:58.033	00:15:02.893
413	875	Pedro Rodrigues	Clube Zupper	00:44:58.900	00:15:03.760
414	877	Pedro Lopes	Clube Zupper	00:44:59.457	00:15:04.317
415	425	Dulce Bastos	Nac - Nucleo Ateltismo Cucujaes	00:45:00.187	00:15:05.047
416	244	Berto Machado	Por Joane	00:45:00.897	00:15:05.757
417	313	Vergilio Veloso	Amigos Ponto Final	00:45:01.907	00:15:06.767
418	1083	Joaquim Vieira	Os Cachos	00:45:02.457	00:15:07.317
419	847	Artur Couto	Joane Corre Corre	00:45:04.140	00:15:09.000
420	886	Marco Simões	Individual	00:45:06.567	00:15:11.427
421	1493	Hugo Romano	Caça Raposas	00:45:06.567	00:15:11.427
422	353	Alberto Silva	Individual	00:45:06.577	00:15:11.437
423	368	Paulo Francisco	Spem - Em 'Força	00:45:06.587	00:15:11.447
424	1217	Jorge Viana	Cmi Montanhismo	00:45:06.587	00:15:11.447
425	836	Vitor Costa	A.C. Vermoim	00:45:07.397	00:15:12.257
426	1213	Sandra Pereira	Nascidos Para Correr - Associação Desportiva	00:45:09.137	00:15:13.997
427	1216	João Martins	Nascidos Para Correr - Associação Desportiva	00:45:09.897	00:15:14.757
428	463	Joao Faria	Vitória Sport Clube	00:45:11.707	00:15:16.567
429	828	Paulo Moreira	Individual	00:45:11.897	00:15:16.757
430	863	Carlos Files	Individual	00:45:11.900	00:15:16.760
431	1329	Jorge Prata	Turbulentos	00:45:12.397	00:15:17.257
432	55	Carlos Osório	Futebol Clube Famalicão De Geneve	00:45:12.647	00:15:17.507
433	950	José Reigada	Individual	00:45:13.563	00:15:18.423
434	1492	João Mesquita	Individual	00:45:13.567	00:15:18.427
435	213	Hermes Lobo	Joane Corre Corre	00:45:15.103	00:15:19.963
436	67	Joao Vasconcelos	Individual	00:45:15.110	00:15:19.970
437	878	Filipe Machado	Individual	00:45:15.160	00:15:20.020
438	1505	José Magalhães	Fisioactive/Chefe Training/Adeca	00:45:15.167	00:15:20.027
439	262	Joaquim Sousa	Ginasio Clube De Santo Tirso	00:45:15.170	00:15:20.030
440	984	Ezequiel Ferreira	Individual	00:45:15.400	00:15:20.260
441	50	Filipe Moreira	Ssbox	00:45:16.393	00:15:21.253
442	894	Eugenio Rodrigues	Clube Atletismo De Brito	00:45:18.137	00:15:22.997
443	1370	Renato Mendes	Individual	00:45:19.457	00:15:24.317
444	1304	Antonio Maia	Individual	00:45:19.643	00:15:24.503
445	554	Graça Costa	Amigos Da Montanha	00:45:20.637	00:15:25.497
446	188	Céline Gomes	Cdcr Dos Ctt	00:45:20.710	00:15:25.570
447	556	Bruno Pereira	Amigos Da Montanha	00:45:21.133	00:15:25.993
448	761	José Sá	Sociedade Recreio Capanense	00:45:23.640	00:15:28.500

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
449	109	Pedro Ezequiel	Individual	00:45:23.650	00:15:28.510
450	263	Jose Leite	Ginasio Clube De Santo Tirso	00:45:24.897	00:15:29.757
451	145	Paulo Matos	Águias Da Misericórdia	00:45:25.897	00:15:30.757
452	371	João Gomes	Moure	00:45:26.633	00:15:31.493
453	1256	José Martins	Individual	00:45:27.633	00:15:32.493
454	480	Ricardo Peixoto	Individual	00:45:29.393	00:15:34.253
455	1321	Jorge Salgado	Individual	00:45:32.210	00:15:37.070
456	1396	Rui Cardoso	Individual	00:45:33.133	00:15:37.993
457	487	Jose Dias	Top Top Runners	00:45:34.957	00:15:39.817
458	1320	Jorge Fernandes	Rorizaventura	00:45:35.893	00:15:40.753
459	1386	Jorge Novo	Individual	00:45:38.633	00:15:43.493
460	935	Renato Ferreira	Individual	00:45:40.680	00:15:45.540
461	243	Xavier Oiveira	Por Joane	00:45:40.693	00:15:45.553
462	1425	Pedro Vilaça	Individual	00:45:40.957	00:15:45.817
463	478	Fernando Pinho	Individual	00:45:45.633	00:15:50.493
464	517	João Correia	Individual	00:45:45.707	00:15:50.567
465	300	Geraldino Silva	Porto Runners	00:45:47.660	00:15:52.520
466	763	João Nuno	Sociedade Recreio Capanense	00:45:49.190	00:15:54.050
467	601	Joao Silva	Individual	00:45:49.200	00:15:54.060
468	1305	Nuno Sousa	Casa Fcp Póvoa De Lanhoso	00:45:50.627	00:15:55.487
469	909	Valdemar Fragoso	Spin & Run Esposende	00:45:51.630	00:15:56.490
470	896	Sergio Santos	Papamedalhas	00:45:52.210	00:15:57.070
471	1110	Geraldo Faria	Individual	00:45:52.893	00:15:57.753
472	68	Hugo Falcao	Oz Running Team	00:45:53.130	00:15:57.990
473	1194	Filipe Sousa	Ribeira Do Neiva	00:45:55.210	00:16:00.070
474	396	António Fernandes	Kilosmoda	00:45:56.197	00:16:01.057
475	1513	Joaquim Oliveira	Individual	00:45:57.733	00:16:02.593
476	711	Sérgio Costa	Individual	00:45:57.737	00:16:02.597
477	1473	Telmo Salazar	Individual	00:46:00.467	00:16:05.327
478	275	Armindo Fernandes	Individual	00:46:00.893	00:16:05.753
479	837	Augusto Rodrigues	Individual	00:46:01.207	00:16:06.067
480	1402	Adao Lopes	Individual	00:46:01.387	00:16:06.247
481	916	Simão Dias	Online Team	00:46:03.630	00:16:08.490
482	379	Libor Ku?Era	Individual	00:46:03.957	00:16:08.817
483	1296	Marlene Santos	Papamedalhas	00:46:04.727	00:16:09.587
484	688	Isidro Miranda	C.D.C. Navais	00:46:07.387	00:16:12.247
485	1002	Florinda Fernandes	Team Workout 48 / Cam	00:46:08.887	00:16:13.747
486	1464	César Silva	Individual	00:46:08.890	00:16:13.750
487	1023	Hugo Sousa	Gin Marathon Runners	00:46:11.390	00:16:16.250
488	1111	Sara Ferreira	Paços Runners	00:46:13.247	00:16:18.107
489	1135	Silvério Pinto	Ermesinde	00:46:15.460	00:16:20.320
490	450	Dênis Quadros	Athlon Runner'S	00:46:16.127	00:16:20.987
491	458	Avelino Freitas	Vitória Sport Clube	00:46:16.627	00:16:21.487
492	982	Marta Martins	Womensrunners	00:46:19.127	00:16:23.987
493	1169	Diogo Costa	Individual	00:46:21.400	00:16:26.260
494	329	Pedro Ferreira	Turbulentos	00:46:21.767	00:16:26.627
495	384	Filipe Moça	Individual	00:46:23.303	00:16:28.163
496	293	Lurdes Cunha	Individual	00:46:23.900	00:16:28.760
497	1009	Jose Oliveira	Individual	00:46:25.127	00:16:29.987
498	973	Amaro Silva	Blasqem	00:46:25.963	00:16:30.823
499	119	José Gomes	Individual	00:46:26.627	00:16:31.487
500	235	António Costa	Individual	00:46:27.717	00:16:32.577
501	418	Manuel Araujo	Amigos Atletismo Povoense	00:46:28.387	00:16:33.247
502	568	Jose Leite	Individual	00:46:28.387	00:16:33.247
503	319	Luís Lima	Trofa Runners	00:46:30.297	00:16:35.157
504	906	Humberto Neves	Individual	00:46:31.837	00:16:36.697
505	234	Luís Pereira	Gang Das Corridas	00:46:31.907	00:16:36.767
506	1234	Adão Gonçalves	Núcleo Atletismo Taipas	00:46:34.627	00:16:39.487
507	1236	António Mota	Núcleo Atletismo Taipas	00:46:34.627	00:16:39.487
508	1244	João Fontão	Núcleo Atletismo Taipas	00:46:35.123	00:16:39.983
509	1242	Augusto Silva	Núcleo Atletismo Taipas	00:46:35.387	00:16:40.247
510	1255	Manuel Mota	Núcleo Atletismo Taipas	00:46:35.460	00:16:40.320
511	698	José Santos	Tsunami Team	00:46:37.123	00:16:41.983
512	700	Tânia Santos	Tsunami Team	00:46:37.393	00:16:42.253



Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
513	1175	Igor Silva	V.N De Famalicão	00:46:37.710	00:16:42.570
514	600	José Borges	Amigos Ponto Final	00:46:37.883	00:16:42.743
515	608	Aurélio Quelhas	Individual	00:46:40.360	00:16:45.220
516	540	Joaquim Eusebio	Biciadus Bike Store	00:46:40.413	00:16:45.273
517	614	Diogo Fernandes	Turbulentos	00:46:40.420	00:16:45.280
518	488	Francisco Marinha	Individual	00:46:40.423	00:16:45.283
519	1483	Vitor Gomes	Corre Guardizela	00:46:40.487	00:16:45.347
520	502	Pedro Pimenta	Sem Medo	00:46:41.207	00:16:46.067
521	779	Vitor Azevedo	Individual	00:46:42.463	00:16:47.323
522	1011	Ricardo Ramalho	Individual	00:46:42.883	00:16:47.743
523	1486	Gabriela Fonseca	Individual	00:46:43.393	00:16:48.253
524	939	Ivo Ferreira	Los Caribeños	00:46:44.643	00:16:49.503
525	467	Jose Freitas	Vitória Sport Clube	00:46:46.883	00:16:51.743
526	629	Albino Rocha	Individual	00:46:49.387	00:16:54.247
527	1200	Adão Dias	Nascidos Para Correr - Associação Desportiva	00:46:49.460	00:16:54.320
528	823	Jose Costa	A.C. Vermoim	00:46:49.883	00:16:54.743
529	107	Paulo Guimaraes	Individual	00:46:50.897	00:16:55.757
530	859	José Figueiredo	Os Isabelinhas	00:46:51.123	00:16:55.983
531	1494	Pedro Vieira	Caça Raposas	00:46:51.477	00:16:56.337
532	255	José Ventuzelos	Caça Raposas	00:46:52.127	00:16:56.987
533	217	Paulo Moreira	Caça Raposas	00:46:52.210	00:16:57.070
534	646	José Gomes	Grupo Recreativo Estrela Do Bonfim	00:46:52.383	00:16:57.243
535	1072	Agostinho Sousa	Individual	00:46:53.710	00:16:58.570
536	446	Nuno Araújo	Brg Team	00:46:55.130	00:16:59.990
537	677	Ruben Salgado	C.D.C. Navais	00:46:57.393	00:17:02.253
538	98	Manuel Mendes	Central Runners	00:46:59.213	00:17:04.073
539	99	Manuel Alves	Central Runners	00:46:59.623	00:17:04.483
540	101	Candido Machado	Central Runners	00:47:01.383	00:17:06.243
541	381	Jose Coelho	Individual	00:47:02.460	00:17:07.320
542	1324	Márcio Silva	Individual	00:47:02.663	00:17:07.523
543	991	Fernando Miranda	Individual	00:47:02.883	00:17:07.743
544	1271	Artur Freitas	Academia Fernanda Ribeiro	00:47:03.627	00:17:08.487
545	841	Bruno Bragança	Hispaniacs	00:47:05.927	00:17:10.787
546	1317	Aires Oliveira	Amve	00:47:05.930	00:17:10.790
547	433	Jorge Serra	Spin & Run Esposende	00:47:05.943	00:17:10.803
548	265	João Silva	Ginasio Clube De Santo Tirso	00:47:05.953	00:17:10.813
549	1066	Luis Alves	Individual	00:47:06.460	00:17:11.320
550	276	Diogo Fernandes	Individual	00:47:06.883	00:17:11.743
551	1468	Nelson Castro	Os Penetras	00:47:07.387	00:17:12.247
552	1180	Paulo Miranda	Clube Atletismo De Brito	00:47:09.960	00:17:14.820
553	361	Sérgio Pereira	Smp-Produtos Alimentares	00:47:11.620	00:17:16.480
554	88	Vasco Duarte	Werunbue	00:47:12.940	00:17:17.800
555	84	Joaquim Coelho	Invicta Runners Team	00:47:14.487	00:17:19.347
556	980	Helena Baldassarre	Turbulentos	00:47:14.493	00:17:19.353
557	521	Tiago Carneiro	Altos E Baixos	00:47:15.120	00:17:19.980
558	311	Miguel Rodrigues	Amigos Ponto Final	00:47:15.617	00:17:20.477
559	1484	Antonio Carvalho	Individual	00:47:17.617	00:17:22.477
560	924	Carlos Carvalho	C. D. São Salvador Do Campo	00:47:23.007	00:17:27.867
561	118	Marco Salgado	Att	00:47:25.150	00:17:30.010
562	1423	João Ferreira	Individual	00:47:25.617	00:17:30.477
563	748	Daniel Costa	C.D.C. Navais	00:47:25.877	00:17:30.737
564	345	Fernando Queirós	Individual	00:47:27.377	00:17:32.237
565	256	Paulo Monteiro	Individual	00:47:28.963	00:17:33.823
566	1282	Sergio Coelho	Academia Fernanda Ribeiro	00:47:29.377	00:17:34.237
567	1182	Diogo Nobre	Individual	00:47:29.997	00:17:34.857
568	1270	Ana Pereira	Academia Fernanda Ribeiro	00:47:31.523	00:17:36.383
569	1325	Nuno Oliveira	Conservatório De Música De Vila Do Conde	00:47:31.537	00:17:36.397
570	639	Jacinto Rodrigues	Grupo Recreativo Estrela Do Bonfim	00:47:31.577	00:17:36.437
571	221	Celina Silva	Figueiredos Runners And Friends	00:47:32.213	00:17:37.073
572	1487	Pedro Pereira	Individual	00:47:32.617	00:17:37.477
573	259	Rui Godinho	Caetano Runners	00:47:33.720	00:17:38.580
574	514	Luís Correia	Individual	00:47:34.117	00:17:38.977
575	674	Rui Miranda	C.D.C. Navais	00:47:34.963	00:17:39.823
576	1064	Nuno Vieira	Gang Das Corridas	00:47:36.617	00:17:41.477

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
577	1279	Augusto Santos	Academia Fernanda Ribeiro	00:47:40.070	00:17:44.930
578	326	Francisco Faria	Nine	00:47:40.073	00:17:44.933
579	1389	Manuel Figueiredo	Figueiredos Runners And Friends	00:47:40.463	00:17:45.323
580	1405	Beatriz Silva	Adepe	00:47:40.627	00:17:45.487
581	496	Carla Oliveira	Turbulentos	00:47:41.383	00:17:46.243
582	1451	Alvaro Pereira	Aves Runners	00:47:41.460	00:17:46.320
583	903	José Machado	Individual	00:47:41.617	00:17:46.477
584	314	Fabio Pereira	Amigos Ponto Final	00:47:41.877	00:17:46.737
585	439	Emanuel Gomes	Turbulentos	00:47:42.217	00:17:47.077
586	120	Daniela Sarmiento	Lion Runners - G. D. Leões Da Guarda	00:47:42.617	00:17:47.477
587	881	Diamantino Coelho	Individual	00:47:42.877	00:17:47.737
588	987	Sérgio Silva	Individual	00:47:44.617	00:17:49.477
589	946	Fátima Pacheco	Maia A. C.	00:47:45.377	00:17:50.237
590	672	Pedro Carreira	C.D.C. Navais	00:47:45.377	00:17:50.237
591	1115	Luís Magalhães	Maiagym	00:47:49.373	00:17:54.233
592	1340	Paulo Cruz	Individual	00:47:49.713	00:17:54.573
593	1018	Paulo Marinho	Porminho	00:47:51.743	00:17:56.603
594	336	Paulo Vasconcelos	A. D. Amarante Atletismo	00:47:52.213	00:17:57.073
595	1450	Ângela Martins	Nascidos Para Correr - Associação Desportiva	00:47:52.213	00:17:57.073
596	1398	Angela Soares	A. D. Amarante Atletismo	00:47:52.617	00:17:57.477
597	1132	Rui Borges	A. D. Amarante Atletismo	00:47:52.617	00:17:57.477
598	205	Wellington Alves	Individual	00:47:53.387	00:17:58.247
599	1395	Ricardo Ribeiro	Individual	00:47:53.387	00:17:58.247
600	1221	Luis Salgado	Individual	00:47:53.713	00:17:58.573
601	158	José Salgueiro	Hpcon Runners	00:47:54.120	00:17:58.980
602	1219	Cláudia Pimparel	Shots International Runners	00:47:55.217	00:18:00.077
603	978	Joao Pinheiro	Porto Sentido Runners	00:47:57.103	00:18:01.963
604	907	Paula Andrade	No Tomorrow	00:47:57.110	00:18:01.970
605	897	Diogo Ferreira	Individual	00:47:57.110	00:18:01.970
606	768	Francisco Vieira	Sucitesa	00:48:01.377	00:18:06.237
607	613	Miguel Andrade	Solinca Foz	00:48:01.877	00:18:06.737
608	100	Joaquim Pereira	Central Runners	00:48:02.117	00:18:06.977
609	524	Rosa Araujo	Individual	00:48:02.617	00:18:07.477
610	1351	Fernando Rocha	Nascidos Para Correr - Associação Desportiva	00:48:05.617	00:18:10.477
611	529	José Gomes	Individual	00:48:07.110	00:18:11.970
612	491	Joel Silva	Cr Candoso	00:48:08.373	00:18:13.233
613	64	Hélder Faria	Cr Candoso	00:48:08.873	00:18:13.733
614	406	José Coelho	Os Madrugadores Do Parque Das Taipas	00:48:11.713	00:18:16.573
615	803	Vitor Lima	Individual	00:48:11.963	00:18:16.823
616	1102	Amândio Soares	Núcleo Do Sporting Clube Portugal De Braga	00:48:12.613	00:18:17.473
617	573	Orlando Oliveira	Individual	00:48:12.623	00:18:17.483
618	1021	Victor Linhares	#Cabrasdomonte	00:48:14.147	00:18:19.007
619	163	Paulo Moreira	Individual	00:48:14.160	00:18:19.020
620	483	Jose Seca	Oliveconta	00:48:14.177	00:18:19.037
621	1406	Renato Zeferino	Individual	00:48:14.613	00:18:19.473
622	401	José Freitas	Os Madrugadores Do Parque Das Taipas	00:48:15.713	00:18:20.573
623	731	Pedro Guerra	Individual	00:48:15.870	00:18:20.730
624	200	Paulo Pinheiro	Os Avenses	00:48:19.370	00:18:24.230
625	1041	Assunção Garcia	Novélia Running Amarante	00:48:21.157	00:18:26.017
626	1172	António Vela	Asphalt Assault Team	00:48:22.693	00:18:27.553
627	207	João Correia	Sem Medo	00:48:22.697	00:18:27.557
628	1114	Pedro Maia	Maiagym	00:48:22.733	00:18:27.593
629	1121	Pedro Magalhães	Maiagym	00:48:22.733	00:18:27.593
630	908	Fernando Andrade	No Tomorrow	00:48:23.870	00:18:28.730
631	1333	Fernando Costa	C. D. Póvoa	00:48:25.373	00:18:30.233
632	1448	Alberto Pereira	Clube Millenniumbcp	00:48:25.373	00:18:30.233
633	1012	Agostinho Geraledes	Grupo Desportivo De Bragança - Gdb Atletismo	00:48:26.713	00:18:31.573
634	1045	Daniel Ferreira	Corre Camões	00:48:28.213	00:18:33.073
635	1060	Jorge Gonçalves	Individual	00:48:29.683	00:18:34.543
636	1260	Ana Lírio	Os Lírios	00:48:31.217	00:18:36.077
637	788	Paulo Saldanha	Joane Corre Corre	00:48:31.233	00:18:36.093
638	245	Lola Pereira	Por Joane	00:48:31.237	00:18:36.097
639	484	Célia Pereira	Individual	00:48:31.237	00:18:36.097
640	866	Humberto Barros	Kaninos	00:48:33.110	00:18:37.970

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
641	1098	Beatriz Ferreira	Ferreira	00:48:33.880	00:18:38.740
642	1306	Jorge Sousa	Casa Fcp Póvoa De Lanhoso	00:48:36.110	00:18:40.970
643	999	António Freire	Oliveconta	00:48:36.213	00:18:41.073
644	144	Mário Pereira	Águias Da Misericórdia	00:48:36.380	00:18:41.240
645	968	Joel Taborda	Olimpico Vianense	00:48:37.613	00:18:42.473
646	805	Paulo Pereira	Gdctenvc	00:48:37.880	00:18:42.740
647	231	Adriano Pinto	Abekulas	00:48:38.207	00:18:43.067
648	725	Olavo Barros	Las Manquitas E Os Atletas	00:48:39.790	00:18:44.650
649	1212	Rosa Pinto	Nascidos Para Correr - Associação Desportiva	00:48:39.790	00:18:44.650
650	1089	Vitor Guedes	Individual	00:48:40.617	00:18:45.477
651	1436	Leonel Silva	Individual	00:48:41.213	00:18:46.073
652	1246	António Italiano	Núcleo Atletismo Taipas	00:48:41.377	00:18:46.237
653	330	Luciano Silva	Individual	00:48:43.877	00:18:48.737
654	1015	Bruno Morim	Individual	00:48:44.110	00:18:48.970
655	1228	Helena Lobo	Núcleo Atletismo Taipas	00:48:44.627	00:18:49.487
656	1415	Andre Sousa	Papamedalhas	00:48:44.713	00:18:49.573
657	364	João Rosendo	Spin & Run Esposende	00:48:45.367	00:18:50.227
658	183	Bruno Meira	Spin & Run Esposende	00:48:45.367	00:18:50.227
659	957	Cristiana Ribeiro	Clube Atletismo De Brito	00:48:45.870	00:18:50.730
660	124	Rui Santos	Opérario Futebol Clube	00:48:46.370	00:18:51.230
661	168	Guilherme Santos	Rm Informatica	00:48:48.267	00:18:53.127
662	1290	Victor Santos	Academia Fernanda Ribeiro	00:48:48.273	00:18:53.133
663	572	Milton Trigo	Turbulentos	00:48:48.320	00:18:53.180
664	512	Rui Monteiro	Individual	00:48:48.393	00:18:53.253
665	247	João Martins	Sorud	00:48:49.877	00:18:54.737
666	690	José Eusébio	C.D.C. Navais	00:48:50.867	00:18:55.727
667	714	Paulo Gomes	Individual	00:48:53.607	00:18:58.467
668	264	Alvaro Marques	Ginasio Clube De Santo Tirso	00:48:53.717	00:18:58.577
669	901	João Coelho	Individual	00:48:54.640	00:18:59.500
670	531	Antonio Coelho	Sem Medo	00:48:56.800	00:19:01.660
671	1322	Domingos Azevedo	Individual	00:48:56.800	00:19:01.660
672	1138	José Deltoro	Individual	00:48:58.870	00:19:03.730
673	1446	Vitor Sampaio	#Osmanos	00:48:59.213	00:19:04.073
674	1112	Eduardo Madureira	Individual	00:49:00.363	00:19:05.223
675	1038	Joao Lima	Individual	00:49:01.867	00:19:06.727
676	1491	Carlos Carneiro	Individual	00:49:03.367	00:19:08.227
677	137	Fernando Azevedo	Arpo- Associação Recreativa Pousadens.	00:49:05.340	00:19:10.200
678	717	Carlos Chaves	Individual	00:49:05.363	00:19:10.223
679	559	João Cadinha	Individual	00:49:05.367	00:19:10.227
680	71	José Costa	Individual	00:49:05.717	00:19:10.577
681	1149	José Alves	Bonesteam	00:49:06.367	00:19:11.227
682	1288	Gracinda Marques	Academia Fernanda Ribeiro	00:49:07.370	00:19:12.230
683	660	Jose Silva	Capv	00:49:08.213	00:19:13.073
684	1140	Humberto Correia	Amigos P.C.D Guimarães	00:49:11.107	00:19:15.967
685	1173	Marco Dantas	Asphalt Assault Team	00:49:11.367	00:19:16.227
686	80	Nelson Lopes	Individual	00:49:11.467	00:19:16.327
687	139	Sérgio Oliveira	Individual	00:49:12.330	00:19:17.190
688	447	Sérgio Araújo	Brg Team	00:49:13.850	00:19:18.710
689	701	Sofia Peixoto	Individual	00:49:15.863	00:19:20.723
690	1206	Isaque Pinto	Nascidos Para Correr - Associação Desportiva	00:49:20.103	00:19:24.963
691	497	Geraldo Castro	Turbulentos	00:49:20.847	00:19:25.707
692	928	Miguel Maia	Atlético Da Póvoa	00:49:22.413	00:19:27.273
693	739	João Lima	Sociedade Recreio Capanense	00:49:22.423	00:19:27.283
694	587	Rogério Arteiro	Curto Mamas Largo	00:49:22.487	00:19:27.347
695	1017	Jose Silva	Individual	00:49:22.603	00:19:27.463
696	732	José Azevedo	Futebol Clube Famalicão De Geneve	00:49:24.103	00:19:28.963
697	437	Pedro Mesquita	Oporto Squash & Running	00:49:24.873	00:19:29.733
698	1143	Paulo Fernandes	Cr Candoso	00:49:26.100	00:19:30.960
699	1007	Nelson Miranda	Individual	00:49:27.363	00:19:32.223
700	457	Antonio Teixeira	Vitória Sport Clube	00:49:28.363	00:19:33.223
701	128	Carlos Dias	Individual	00:49:31.603	00:19:36.463
702	785	Moura Pinto	Madureira'S	00:49:31.863	00:19:36.723
703	631	Paulo Martins	Individual	00:49:31.967	00:19:36.827
704	511	Catarina Soares	Hpcon Runners	00:49:32.870	00:19:37.730

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
705	1040	Agostinho Lopes	Porto Sentido Runners	00:49:33.600	00:19:38.460
706	370	André Leite	Lobos Do Monte	00:49:34.217	00:19:39.077
707	1361	Pedro Alves	A Correr Desde 1976	00:49:36.870	00:19:41.730
708	727	Nuno Silva	Coronado Runners	00:49:41.467	00:19:46.327
709	93	Carlos Cardoso	Central Runners	00:49:42.100	00:19:46.960
710	94	Carlos Lobo	Central Runners	00:49:42.103	00:19:46.963
711	62	Sérgio Sousa	Individual	00:49:45.217	00:19:50.077
712	285	Nuno Pires	Individual	00:49:45.597	00:19:50.457
713	947	Rui Barros	Corrida Pra Mesa	00:49:45.720	00:19:50.580
714	846	Armindo Azevedo	Individual	00:49:47.983	00:19:52.843
715	1479	Joana Alves	Individual	00:49:47.983	00:19:52.843
716	272	Vitor Figueiredo	Figueiredos Runners And Friends	00:49:48.000	00:19:52.860
717	492	André Cardoso	Individual	00:49:48.000	00:19:52.860
718	441	Inês Dias	Ginásio Desafios	00:49:48.070	00:19:52.930
719	917	António Costa	Turbulentos	00:49:48.860	00:19:53.720
720	970	Antonio Mesquita	Porto Runners	00:49:50.467	00:19:55.327
721	1298	Nelson Vides	Individual	00:49:51.097	00:19:55.957
722	932	Domingos Sousa	Núcleo Do Sporting Clube Portugal De Braga	00:49:54.097	00:19:58.957
723	1247	João Pardelho	Núcleo Atletismo Taipas	00:49:56.503	00:20:01.363
724	1251	Paulo Chinês	Núcleo Atletismo Taipas	00:49:56.503	00:20:01.363
725	1285	Fernanda Fernandes	Academia Fernanda Ribeiro	00:49:56.563	00:20:01.423
726	794	Carlos Pina	Arquitectura Do Saber	00:49:57.360	00:20:02.220
727	1057	Pedro Dias	Individual	00:49:59.100	00:20:03.960
728	489	Fernando Azevedo	Individual	00:50:01.600	00:20:06.460
729	1346	Abílio Pacheco	Tombatrilhos/Bifase	00:50:01.857	00:20:06.717
730	958	Joaquim Ribeiro	Clube Atletismo De Brito	00:50:02.600	00:20:07.460
731	790	Henrique Silva	Individual	00:50:02.967	00:20:07.827
732	1001	Sameiro Fraguinha	Spin & Run Esposende	00:50:03.463	00:20:08.323
733	348	Joaquim Azevedo	Individual	00:50:04.993	00:20:09.853
734	621	Paulo Silva	Amigos De Guimarães	00:50:06.357	00:20:11.217
735	602	José Peixoto	Individual	00:50:09.357	00:20:14.217
736	533	Jose Rodriguez	Ego	00:50:11.983	00:20:16.843
737	784	Nuno Lopes	Gdrc Alto Avilho	00:50:13.543	00:20:18.403
738	360	João Mota	Individual	00:50:13.967	00:20:18.827
739	1049	Manuel Andrade	Alexandra Carvalho Team	00:50:16.097	00:20:20.957
740	1029	Miguel Pinto	Individual	00:50:17.353	00:20:22.213
741	1337	Catarina Costa	Lousada Runners	00:50:18.467	00:20:23.327
742	1093	Pedro Alves	Individual	00:50:19.353	00:20:24.213
743	495	Rodrigo Almeida	Individual	00:50:22.037	00:20:26.897
744	964	Vitor Eusébio	Grupo Cultural E Recreativo Aguçadourense	00:50:24.853	00:20:29.713
745	793	José Pinto	Tu & Eu	00:50:25.857	00:20:30.717
746	792	André Guimarães	Tu & Eu	00:50:26.093	00:20:30.953
747	1120	Bruno Silva	Maiagym	00:50:27.353	00:20:32.213
748	943	Renato Seara	Toldos Seara	00:50:30.583	00:20:35.443
749	1097	Cristina Carvalho	Ferreira	00:50:30.587	00:20:35.447
750	989	Jose Fonseca	Ccb	00:50:30.967	00:20:35.827
751	994	Vitor Laranjeira	Ccb	00:50:31.353	00:20:36.213
752	208	Sotero Martins	Os Rompe Solas	00:50:33.467	00:20:38.327
753	1360	Pedro Neves	Individual	00:50:33.853	00:20:38.713
754	1000	Eduardo Coutada	Spin & Run Esposende	00:50:34.853	00:20:39.713
755	75	Rogério Carneiro	Individual	00:50:35.110	00:20:39.970
756	323	Reinaldo Miranda	Equipa Maravilha	00:50:36.093	00:20:40.953
757	1424	Filipe Silva	Individual	00:50:36.857	00:20:41.717
758	1501	Agostinho Pimenta	Individual	00:50:36.857	00:20:41.717
759	1326	Ricardo Teixeira	Salgueiros Running	00:50:36.967	00:20:41.827
760	366	Mónica Ferreira	Spin & Run Esposende	00:50:37.560	00:20:42.420
761	1508	Miguel Lopes	Bracaragenus	00:50:39.117	00:20:43.977
762	1042	Nelson Garcia	Novélia Running Amarante	00:50:39.133	00:20:43.993
763	610	Manuel Cruz	Grupo Desportivo Banco De Portugal	00:50:41.357	00:20:46.217
764	1207	José Sousa	Nascidos Para Correr - Associação Desportiva	00:50:41.853	00:20:46.713
765	1205	Gabriel Santos	Nascidos Para Correr - Associação Desportiva	00:50:42.363	00:20:47.223
766	1373	Mariana Ameixieira	Individual	00:50:45.220	00:20:50.080
767	328	Gabriel Venda	Individual	00:50:51.590	00:20:56.450
768	340	Carlos Macedo	Individual	00:50:51.967	00:20:56.827

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
769	339	Oswaldo Teixeira	Individual	00:50:52.600	00:20:57.460
770	1239	Nuno Martinho	Núcleo Atletismo Taipas	00:50:54.087	00:20:58.947
771	1237	António Augusto	Núcleo Atletismo Taipas	00:50:56.130	00:21:00.990
772	398	Raul Silva	Ss Cgd	00:50:56.150	00:21:01.010
773	1449	Claudio Coentrao	Individual	00:50:57.347	00:21:02.207
774	242	Francisco Melo	Por Joane	00:51:00.100	00:21:04.960
775	1084	Carlos Vieira	Os Cachos	00:51:02.600	00:21:07.460
776	565	Claudia Baptista	Gtt	00:51:03.133	00:21:07.993
777	1156	José Oliveira	Riofit Running	00:51:04.667	00:21:09.527
778	1154	Daniel Martinho	Riofit Running	00:51:04.680	00:21:09.540
779	821	António Franco	Individual	00:51:04.680	00:21:09.540
780	919	Pedro Peixoto	Individual	00:51:06.087	00:21:10.947
781	1088	José Alves	Individual	00:51:07.347	00:21:12.207
782	612	Marco Silva	Grupo Desportivo Banco De Portugal	00:51:09.720	00:21:14.580
783	53	Alberto Moura	Individual	00:51:10.857	00:21:15.717
784	134	Marinha Fernandes	Turbulentos	00:51:10.857	00:21:15.717
785	918	Paula Carvalho	Amve	00:51:10.857	00:21:15.717
786	432	Jorge Almeida	Individual	00:51:10.983	00:21:15.843
787	1267	Ana Tereso	Individual	00:51:13.190	00:21:18.050
788	354	Susana Monteiro	Nucleo De Karate E Atletismo De Roriz	00:51:13.970	00:21:18.830
789	222	Ernesto Brandão	Nucleo De Karate E Atletismo De Roriz	00:51:14.087	00:21:18.947
790	1374	Pedro Sousa	20 Ver Correr	00:51:14.853	00:21:19.713
791	1050	Rui Ribeiro	Individual	00:51:16.350	00:21:21.210
792	633	Avelino Dias	Individual	00:51:19.347	00:21:24.207
793	209	José Félix	Os Rompe Solas	00:51:21.710	00:21:26.570
794	1101	Pedro Loureiro	Vimarunners	00:51:21.717	00:21:26.577
795	1472	Bernardino Moreira	Individual	00:51:21.727	00:21:26.587
796	349	José Fontes	Individual	00:51:24.853	00:21:29.713
797	1439	Paulo Aldeias	Individual	00:51:25.350	00:21:30.210
798	166	Joaquim Fangueiro	Rm Informatica	00:51:25.857	00:21:30.717
799	1195	Pedro Paiva	Individual	00:51:26.470	00:21:31.330
800	167	Eduardo Cepa	Rm Informatica	00:51:26.587	00:21:31.447
801	647	Fernando Gaspar	Grupo Recreativo Estrela Do Bonfim	00:51:26.847	00:21:31.707
802	641	Alexandra Costa	Grupo Recreativo Estrela Do Bonfim	00:51:26.983	00:21:31.843
803	1283	Carla Sousa	Academia Fernanda Ribeiro	00:51:31.357	00:21:36.217
804	102	Cristiano Sousa	Central Runners	00:51:32.470	00:21:37.330
805	1514	Candido Campelo	S. Salvador Do Campo	00:51:34.220	00:21:39.080
806	1397	Luís Mendes	A. D. Amarante Atletismo	00:51:35.347	00:21:40.207
807	776	Márcia Cabouco	Novélia Running Amarante	00:51:35.853	00:21:40.713
808	753	Vania Pinto	Individual	00:51:36.587	00:21:41.447
809	1364	José Vilar	Individual	00:51:37.217	00:21:42.077
810	542	Augusto Magalhães	Individual	00:51:38.747	00:21:43.607
811	1465	Alvaro Nunes	Dr Runners Team	00:51:38.773	00:21:43.633
812	791	Paulo Moreira	Individual	00:51:38.850	00:21:43.710
813	1146	Sérgio Tavares	Salgueiros Running	00:51:39.220	00:21:44.080
814	1163	Ana Faria	Individual	00:51:39.877	00:21:44.737
815	1077	Marcus Carvalho	Rumo Aos 42	00:51:41.343	00:21:46.203
816	482	Fernando Cerqueira	Individual	00:51:47.343	00:21:52.203
817	1307	Paula Santos	All About	00:51:49.843	00:21:54.703
818	1400	Henrique Marquez	All About	00:51:50.343	00:21:55.203
819	1155	Alberto Marques	Riofit Running	00:51:50.843	00:21:55.703
820	389	Alberto Santos	Kilosmoda	00:51:51.580	00:21:56.440
821	746	Paula Gonçalves	C.D.C. Navais	00:51:52.470	00:21:57.330
822	161	Maria Campos	Spin & Run Esposende	00:51:55.783	00:22:00.643
823	1345	Carlos Silva	Tombatrinhos/Bifase	00:51:55.783	00:22:00.643
824	434	Vitor Morim	Individual	00:51:56.083	00:22:00.943
825	321	Rui Azevedo	Individual	00:51:58.847	00:22:03.707
826	769	Nuno Costa	Individual	00:51:59.083	00:22:03.943
827	310	Jorge Costa	Amigos Ponto Final	00:51:59.477	00:22:04.337
828	309	Joaquim Pinheiro	Amigos Ponto Final	00:51:59.843	00:22:04.703
829	173	António Carneiro	Altos E Baixos	00:51:59.843	00:22:04.703
830	931	Jorge Vilaça	Individual	00:52:00.000	00:22:04.860
831	1341	Silvia Costa	Individual	00:52:01.083	00:22:05.943
832	228	Nilda Magalhães	Casa Da Costura Fisiocorpus Citybike	00:52:02.343	00:22:07.203

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
833	1344	Joaquim Rocha	Tombatrilhos/Bifase	00:52:04.327	00:22:09.187
834	1394	José Rocha	Riofit Running	00:52:04.470	00:22:09.330
835	241	João Lopes	Desportivo Ases S. Jorge-Fafe	00:52:06.080	00:22:10.940
836	378	Helena Soares	Turbulentos	00:52:06.340	00:22:11.200
837	1311	Franclim Machado	Individual	00:52:06.723	00:22:11.583
838	1142	Jorge Silva	Amigos P.C.D Guimarães	00:52:08.080	00:22:12.940
839	407	Gaspar Machado	Amigos Atletismo Povoense	00:52:12.973	00:22:17.833
840	585	Tomás Marques	Individual	00:52:15.080	00:22:19.940
841	1107	Jorge Soares	Shots International Runners	00:52:16.580	00:22:21.440
842	212	Marta Carvalho	Joane Corre Corre	00:52:19.113	00:22:23.973
843	579	Maria Vasconcelos	Individual	00:52:19.813	00:22:24.673
844	1123	Mauro Rodrigues	Maiagym	00:52:21.367	00:22:26.227
845	787	Carlos Piai	Individual	00:52:21.450	00:22:26.310
846	1232	Manuel Ribeiro	Núcleo Atletismo Taipas	00:52:21.457	00:22:26.317
847	362	António Loureiro	Trepatrielhos Trail Team	00:52:22.077	00:22:26.937
848	1342	Fernando Valente	Gdr Juventude Das Ribeiras	00:52:22.840	00:22:27.700
849	148	Joao Lopes	Apulia A Correr	00:52:22.973	00:22:27.833
850	891	Cidalia Coelho	Inimigos Da Balança	00:52:23.350	00:22:28.210
851	448	Manuel Rodrigues	Brg Team	00:52:23.843	00:22:28.703
852	282	António Faria	Cave Esposende	00:52:24.337	00:22:29.197
853	1408	Américo Pereira	Individual	00:52:24.577	00:22:29.437
854	76	Jaime Gonçalves	Cr Candoso	00:52:24.973	00:22:29.833
855	1295	Domingos Ferreira	Acd Ases Sta Eufemia	00:52:25.727	00:22:30.587
856	1048	Joaquim Faria	Fariateam	00:52:26.580	00:22:31.440
857	180	Maria Correia	Individual	00:52:29.873	00:22:34.733
858	331	Jose Azevedo	Individual	00:52:30.077	00:22:34.937
859	954	Domingos Pereira	Individual	00:52:30.227	00:22:35.087
860	607	Carlos Sousa	Individual	00:52:30.477	00:22:35.337
861	953	Tiago Alves	Individual	00:52:30.837	00:22:35.697
862	692	José Sousa	C.D.C. Navais	00:52:30.973	00:22:35.833
863	261	Iolanda Malheiro	Ginasio Clube De Santo Tirso	00:52:31.590	00:22:36.450
864	260	Eduardo Malheiro	Ginasio Clube De Santo Tirso	00:52:32.077	00:22:36.937
865	1375	Joaquim Oliveira	Terror De Ermesinde	00:52:34.837	00:22:39.697
866	883	Paulino Oliveira	Online Team	00:52:35.077	00:22:39.937
867	1303	Marco Mendes	Individual	00:52:36.077	00:22:40.937
868	835	Duarte Pinto	Individual	00:52:38.397	00:22:43.257
869	596	António Gonçalves	Individual	00:52:38.400	00:22:43.260
870	334	Rui Garcia	Guimarães	00:52:40.077	00:22:44.937
871	1318	André Oliveira	Amve	00:52:41.077	00:22:45.937
872	1039	Fernanda Lopes	Porto Sentido Runners	00:52:43.337	00:22:48.197
873	1316	Bruno Carvalho	Amve	00:52:43.447	00:22:48.307
874	344	Jaime Pereira	Individual	00:52:44.077	00:22:48.937
875	736	Conceição Oliveira	Sociedade Recreio Capanense	00:52:46.940	00:22:51.800
876	1498	Nelson Prata	Individual	00:52:46.943	00:22:51.803
877	1266	Ana Silva	Individual	00:52:53.077	00:22:57.937
878	1177	Pedro Araujo	Igor Boxing Club	00:52:55.457	00:23:00.317
879	1366	Amaro Rocha	Gontinhães Trail Runners	00:52:55.467	00:23:00.327
880	304	Pedro Dinis	Corre Comigo Riba De Ave	00:52:57.337	00:23:02.197
881	1310	Hugo Pedroto	Individual	00:52:57.830	00:23:02.690
882	1457	Armando Mendes	Individual	00:52:58.723	00:23:03.583
883	290	Sergio Leira	Individual	00:52:59.337	00:23:04.197
884	388	Helder Ferreira	Kilosmoda	00:53:00.573	00:23:05.433
885	712	Emanuel Silva	Kilosmoda	00:53:01.223	00:23:06.083
886	1174	Márcio Passos	Individual	00:53:04.723	00:23:09.583
887	81	Pedro Guimaraes	Os Maiores	00:53:05.090	00:23:09.950
888	400	Carlos Ribeiro	Os Madrugadores Do Parque Das Taipas	00:53:05.223	00:23:10.083
889	1240	Francisco Marques	Núcleo Atletismo Taipas	00:53:06.223	00:23:11.083
890	1467	José Mendes	Adosa Os Santa Apolónia	00:53:06.333	00:23:11.193
891	873	Diogo Martins	Individual	00:53:06.573	00:23:11.433
892	66	Vítor Pinto	Individual	00:53:10.963	00:23:15.823
893	1005	Pedro Russo	Individual	00:53:12.480	00:23:17.340
894	402	Manuel Macedo	Os Madrugadores Do Parque Das Taipas	00:53:13.830	00:23:18.690
895	530	Emília Cardoso	Individual	00:53:15.473	00:23:20.333
896	374	Antonio Gomes	Individual	00:53:15.833	00:23:20.693

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
897	706	João Maia	Individual	00:53:17.330	00:23:22.190
898	422	Juliana Costa	Colégio Do Ave	00:53:18.573	00:23:23.433
899	438	Lia Esteves	Colégio Do Ave	00:53:18.833	00:23:23.693
900	786	Helena Gomes	Joane Corre Corre	00:53:21.003	00:23:25.863
901	1227	Maria Lima	Núcleo Atletismo Taipas	00:53:22.070	00:23:26.930
902	1245	Rosa Fontão	Núcleo Atletismo Taipas	00:53:22.227	00:23:27.087
903	1383	Nuno Ramalhete	Individual	00:53:27.330	00:23:32.190
904	189	Tomé Arteiro	Individual	00:53:29.840	00:23:34.700
905	802	Vitor Ferreira	Os Mancos	00:53:30.330	00:23:35.190
906	965	Paulo Campos	Puro Treino	00:53:30.830	00:23:35.690
907	211	Florbela Linhares	Os Rompe Solas	00:53:30.833	00:23:35.693
908	1372	Ricardo Vilela	Amigos Do Atletismo Povoense	00:53:32.223	00:23:37.083
909	1490	Pedro Santos	Individual	00:53:32.827	00:23:37.687
910	1108	Arnaldo Pinto	Salgueiros Running	00:53:33.067	00:23:37.927
911	535	Luz Estevez	Ego	00:53:33.570	00:23:38.430
912	268	Luís Paulo	Os Guardiões	00:53:34.473	00:23:39.333
913	1144	João Mendes	Individual	00:53:35.073	00:23:39.933
914	269	Carla Sampaio	Os Guardiões	00:53:35.343	00:23:40.203
915	830	Fábio Costa	A.C. Vermoim	00:53:35.980	00:23:40.840
916	868	Alexandra Pimenta	Nabolina	00:53:36.510	00:23:41.370
917	291	Manuel Almeida	Adosa Os Santa Apolónia	00:53:38.033	00:23:42.893
918	185	Alberto Castro	Cdcr Dos Ctt	00:53:39.573	00:23:44.433
919	210	António Maia	Os Rompe Solas	00:53:41.827	00:23:46.687
920	86	Custodio Neto	Individual	00:53:42.567	00:23:47.427
921	1036	Duarte Mendes	Individual	00:53:43.567	00:23:48.427
922	506	Hélder Oliveira	Individual	00:53:44.227	00:23:49.087
923	782	Patrick Barcia	Individual	00:53:46.577	00:23:51.437
924	1187	Vasco Marta	Spin & Run Esposende	00:53:46.580	00:23:51.440
925	654	Mariana Parente	Capv	00:53:46.607	00:23:51.467
926	72	Ricardo Costa	Individual	00:53:46.617	00:23:51.477
927	959	Mário Folha	Gin Marathon Runners	00:53:47.087	00:23:51.947
928	799	Tiago Santos	Barrascos Runners	00:53:47.477	00:23:52.337
929	666	Maria Santos	Regufe	00:53:49.067	00:23:53.927
930	825	Gracinda Costa	Individual	00:53:51.477	00:23:56.337
931	1417	Nuno Cavaleiro	Gang Das Corridas	00:53:51.567	00:23:56.427
932	627	Helder Carvalho	N13 Bike Team	00:53:51.830	00:23:56.690
933	1462	Alice Vilaça	Individual	00:53:52.077	00:23:56.937
934	679	Nuno Silva	C.D.C. Navais	00:53:52.333	00:23:57.193
935	1037	Bernadete Faria	Faria Team	00:53:52.570	00:23:57.430
936	92	Maria Martins	Individual	00:53:53.067	00:23:57.927
937	680	Rui Costa	C.D.C. Navais	00:53:53.587	00:23:58.447
938	979	Giuseppe Baldassarre	Pes De Chumbo Runners	00:53:55.140	00:24:00.000
939	91	Manuel Silva	Individual	00:53:55.157	00:24:00.017
940	90	António Pereira	Viriathvs Runners Viseu	00:53:55.160	00:24:00.020
941	440	Marina Leite	Turbulentos	00:53:58.827	00:24:03.687
942	1118	Alice Brito	Maiagym	00:53:59.567	00:24:04.427
943	419	Antonio Pereira	Amigos Atletismo Povoense	00:53:59.977	00:24:04.837
944	408	Luis Moreira	Amigos Atletismo Povoense	00:54:00.063	00:24:04.923
945	709	José Machado	Individual	00:54:01.827	00:24:06.687
946	114	Carlos Cadinha	Amigos Do Cads	00:54:03.740	00:24:08.600
947	190	José Viana	Individual	00:54:04.063	00:24:08.923
948	1059	Elsa Gonçalves	Individual	00:54:05.827	00:24:10.687
949	578	Lúcia Lopes	Individual	00:54:07.727	00:24:12.587
950	729	Daniel Correia	Amarante	00:54:08.823	00:24:13.683
951	1437	Palmira Oliveira	Individual	00:54:09.983	00:24:14.843
952	566	Cláudio Guarda	Dói-Me Quase Tudo...	00:54:12.207	00:24:17.067
953	1354	Iva Linhartova	Individual	00:54:12.220	00:24:17.080
954	1353	Joao Esteves	Individual	00:54:12.223	00:24:17.083
955	1315	Manuela Novais	Individual	00:54:14.227	00:24:19.087
956	1133	Paula Couto	Joane Corre Corre	00:54:16.573	00:24:21.433
957	342	Jorge Cerqueira	Individual	00:54:17.323	00:24:22.183
958	915	Paula Sá	Online Team	00:54:17.727	00:24:22.587
959	87	Augusto Pacheco	Individual	00:54:20.717	00:24:25.577
960	82	Ângelo Cunha	Individual	00:54:22.563	00:24:27.423

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
961	1470	Vera Gonçalves	Aves Runners	00:54:23.977	00:24:28.837
962	1274	Dinis Pires	Academia Fernanda Ribeiro	00:54:25.063	00:24:29.923
963	397	Ss Moreira	Ss Cgd	00:54:26.323	00:24:31.183
964	1286	Patricia Porto	Academia Fernanda Ribeiro	00:54:29.560	00:24:34.420
965	1294	Silvio Oliveira	Academia Fernanda Ribeiro	00:54:29.730	00:24:34.590
966	201	Adelaide Brandão	Os Avenses	00:54:30.063	00:24:34.923
967	338	Lara Mota	Individual	00:54:31.823	00:24:36.683
968	1378	Ruben Moreira	Individual	00:54:33.330	00:24:38.190
969	294	Miguel Cunha	Individual	00:54:34.320	00:24:39.180
970	678	Guilhermino Rajão	C.D.C. Navais	00:54:35.560	00:24:40.420
971	1085	Manuel Carneiro	Os Cachos	00:54:36.233	00:24:41.093
972	343	Álvaro Cerqueira	Individual	00:54:37.803	00:24:42.663
973	767	João Mata	Mata	00:54:37.813	00:24:42.673
974	1432	Hélder Gomes	Individual	00:54:38.977	00:24:43.837
975	1431	Davide Ribeiro	Individual	00:54:39.070	00:24:43.930
976	620	Inês Pereira	Individual	00:54:39.833	00:24:44.693
977	619	Pedro Reina	Individual	00:54:40.063	00:24:44.923
978	845	Bruno Duque	Individual	00:54:40.563	00:24:45.423
979	810	Ana Leão	Hpcon Runners	00:54:41.067	00:24:45.927
980	996	Carlos Gonçalves	Individual	00:54:41.227	00:24:46.087
981	626	João Pereira	Individual	00:54:42.060	00:24:46.920
982	288	Cristina Fernandes	Individual	00:54:42.560	00:24:47.420
983	922	Luiz Bateira	Vila Nova De Gaia	00:54:43.817	00:24:48.677
984	1515	Pedro Geraldo	Individual	00:54:43.977	00:24:48.837
985	152	Quim Barros	Batedores	00:54:49.820	00:24:54.680
986	127	Maria Silva	Pernas Inertes	00:54:54.810	00:24:59.670
987	445	Ricardo Pinto	Brg Team	00:54:54.823	00:24:59.683
988	324	Paula Miranda	Equipa Maravilha	00:54:56.317	00:25:01.177
989	110	António Carvalho	Atlétismo Estrelas Susanenses	00:54:56.817	00:25:01.677
990	117	Filomena Rocha	Braga A Correr	00:54:58.560	00:25:03.420
991	403	Manuel Oliveira	Os Madrugadores Do Parque Das Taipas	00:55:04.817	00:25:09.677
992	399	David Maia	Os Madrugadores Do Parque Das Taipas	00:55:04.980	00:25:09.840
993	405	Andreia Maia	Os Madrugadores Do Parque Das Taipas	00:55:05.057	00:25:09.917
994	726	Luis Abreu	G.A. Independentes De Gaia	00:55:07.057	00:25:11.917
995	413	Natalia Alves	Na Boa	00:55:09.557	00:25:14.417
996	1061	Marino Gonçalves	Individual	00:55:09.817	00:25:14.677
997	138	Liliana Gonçalves	Individual	00:55:10.317	00:25:15.177
998	1044	Mafalda Barata	Individual	00:55:15.053	00:25:19.913
999	1301	Maria Brás	Spin & Run Esposende	00:55:16.817	00:25:21.677
1000	755	José Azevedo	Individual	00:55:26.053	00:25:30.913
1001	481	Clara Carvalho	Individual	00:55:26.320	00:25:31.180
1002	303	Susana Valinhas	Lousada Runners	00:55:26.977	00:25:31.837
1003	369	Mariana Marques	Lobos Do Monte	00:55:28.900	00:25:33.760
1004	1352	João Carvalho	Lusos Xxi	00:55:28.917	00:25:33.777
1005	1357	José Amorim	Lusos Xxi	00:55:29.333	00:25:34.193
1006	741	José Lascasas	All About	00:55:29.333	00:25:34.193
1007	882	Maria Silva	Online Team	00:55:30.727	00:25:35.587
1008	194	Celina Correia	Sem Medo	00:55:31.980	00:25:36.840
1009	1447	Julio Machado	#Osmanos	00:55:33.810	00:25:38.670
1010	113	Bruno Brito	Amigos Do Cads	00:55:35.553	00:25:40.413
1011	226	Alberto Martinez	Individual	00:55:38.313	00:25:43.173
1012	1504	João Esteves	Individual	00:55:38.483	00:25:43.343
1013	510	Cristovão Teixeira	Cr Candoso	00:55:39.233	00:25:44.093
1014	283	Filipe Ribeiro	Individual	00:55:39.567	00:25:44.427
1015	1438	Paula Oliveira	Juntos Somos Um!	00:55:40.550	00:25:45.410
1016	1503	Ricardo Pinto	Individual	00:55:40.977	00:25:45.837
1017	604	Fernando Maia	Happyrun	00:55:43.550	00:25:48.410
1018	1068	Nuno Ferreira	Papamedalhas	00:55:43.550	00:25:48.410
1019	452	José Fangueiro	Individual	00:55:45.930	00:25:50.790
1020	1171	Isabel Silva	Asphalt Assault Team	00:55:45.947	00:25:50.807
1021	453	João Caseiro	Individual	00:55:45.950	00:25:50.810
1022	219	Manuel Magalhães	Caça Raposas	00:55:46.550	00:25:51.410
1023	451	Eurico Inocêncio	Athlon Runner´S	00:55:46.553	00:25:51.413
1024	673	Jorge Parente	C.D.C. Navais	00:55:47.553	00:25:52.413



Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
1025	995	Catarina Andrade	Individual	00:55:48.107	00:25:52.967
1026	184	Arménio Ferreira	Cdcr Dos Ctt	00:55:48.313	00:25:53.173
1027	1369	Tiago Granja	Individual	00:55:48.810	00:25:53.670
1028	230	Excelso Lages	Individual	00:55:54.460	00:25:59.320
1029	1413	Solange Rodrigues	Individual	00:55:54.463	00:25:59.323
1030	162	Maria Bras	Spin & Run Esposende	00:55:56.547	00:26:01.407
1031	1241	José Sá	Núcleo Atletismo Taipas	00:55:58.310	00:26:03.170
1032	1230	Margarida Monteiro	Núcleo Atletismo Taipas	00:55:58.310	00:26:03.170
1033	292	Fulgêncio Cunha	Individual	00:56:02.967	00:26:07.827
1034	1026	Maria Melo	Salgueiros Running	00:56:03.307	00:26:08.167
1035	135	Tatiana Mera	Individual	00:56:13.547	00:26:18.407
1036	1139	Manuel Carvalho	Amigos P.C.D Guimarães	00:56:15.327	00:26:20.187
1037	1034	Ana Rocha	Team Das Corridas	00:56:15.817	00:26:20.677
1038	1125	Vitor Monteiro	Individual	00:56:15.817	00:26:20.677
1039	829	Paula Monteiro	Individual	00:56:17.307	00:26:22.167
1040	681	Maria Parente	C.D.C. Navais	00:56:20.003	00:26:24.863
1041	1414	Rui Martins	Individual	00:56:21.307	00:26:26.167
1042	1482	Luis Cristino	Alta Cilindrada	00:56:22.543	00:26:27.403
1043	1130	Paulo Sousa	Raminho De Salsa	00:56:23.303	00:26:28.163
1044	1257	José Leite	Individual	00:56:23.803	00:26:28.663
1045	1091	Xavi Capellades	Individual	00:56:25.807	00:26:30.667
1046	181	Adelaide Duarte	Nac - Nucleo Ateltismo Cucujaes	00:56:28.607	00:26:33.467
1047	992	Catarina Ferreira	Individual	00:56:29.980	00:26:34.840
1048	391	António Silva	Kilosmoda	00:56:30.317	00:26:35.177
1049	1109	João Eiras	Caça Raposas	00:56:30.803	00:26:35.663
1050	121	Vera Freitas	Lousada Runners	00:56:33.810	00:26:38.670
1051	699	Nuno Cunha	Tsunami Team	00:56:37.053	00:26:41.913
1052	1137	Daniel Barros	Individual	00:56:37.100	00:26:41.960
1053	248	Diana Alves	Vizela Nos Pés	00:56:37.803	00:26:42.663
1054	822	Andreia Barbosa	Coronado Runners	00:56:38.047	00:26:42.907
1055	1455	Mafalda Pereira	Individual	00:56:41.057	00:26:45.917
1056	1327	Ricardo Duarte	Cerveira Team Running	00:56:42.803	00:26:47.663
1057	1362	Filipe Freitas	Individual	00:56:43.233	00:26:48.093
1058	1391	Nuno Cardoso	Gdva	00:56:45.587	00:26:50.447
1059	377	Paulo Marques	Lobos Do Monte	00:56:46.040	00:26:50.900
1060	1349	Sérgio Pinto	Individual	00:56:47.043	00:26:51.903
1061	421	Rui Costa	Colégio Do Ave	00:56:47.480	00:26:52.340
1062	1159	Fátima Costa	Viriathvs Runners Viseu	00:56:49.303	00:26:54.163
1063	1211	Ricardo Gomes	Nascidos Para Correr - Associação Desportiva	00:56:49.303	00:26:54.163
1064	216	Manuel Nogueira	Caça Raposas	00:56:50.300	00:26:55.160
1065	876	Sandra Sausen	Individual	00:56:54.103	00:26:58.963
1066	1117	Anabela Oliveira	Maiagym	00:56:57.300	00:27:02.160
1067	1124	Artur Carvalho	Individual	00:56:58.810	00:27:03.670
1068	1517	Desconhecido	Individual	00:57:00.300	00:27:05.160
1069	649	Adriana Ferreira	Clube De Atletismo Da Póvoa De Varzim	00:57:02.633	00:27:07.493
1070	760	Cristina Carneiro	Sociedade Recreio Capanense	00:57:06.543	00:27:11.403
1071	933	Natalia Bento	Travassós Running Fafe	00:57:06.983	00:27:11.843
1072	740	Agostinha Gonçalves	Sociedade Recreio Capanense	00:57:07.040	00:27:11.900
1073	708	Ricardo Cachadinha	Gang Das Corridas	00:57:11.170	00:27:16.030
1074	1444	Francisco Pinto	Boavista F.C.	00:57:12.040	00:27:16.900
1075	910	Joaquim Silva	Individual	00:57:12.043	00:27:16.903
1076	588	José Peixoto	Curto Mamas Largo	00:57:15.300	00:27:20.160
1077	420	Antonio Carvalho	Amigos Atletismo Povoense	00:57:16.297	00:27:21.157
1078	1100	Ana Ramos	Arrasa Montanhas	00:57:22.983	00:27:27.843
1079	1422	Maria Oliveira	Individual	00:57:23.800	00:27:28.660
1080	696	Rita Moreira	Nast	00:57:24.040	00:27:28.900
1081	365	Maria Ribeiro	Individual	00:57:24.540	00:27:29.400
1082	367	Vitor Ferreira	Individual	00:57:24.543	00:27:29.403
1083	813	Raquel Pontes	Individual	00:57:25.540	00:27:30.400
1084	783	Ana Patrício	Individual	00:57:25.550	00:27:30.410
1085	1008	Mário Marques	Individual	00:57:25.800	00:27:30.660
1086	1051	Rosa Silva	Turbulentos	00:57:28.250	00:27:33.110
1087	385	Celeste Cruz	Turbulentos	00:57:28.250	00:27:33.110
1088	253	Luís Vitorino	Caça Raposas	00:57:28.797	00:27:33.657

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
1089	455	Jose Veloso	Top Top Runners	00:57:29.297	00:27:34.157
1090	860	Nuno Carvalho	N13 Bike Team	00:57:30.797	00:27:35.657
1091	454	Isabel Veloso	Top Top Runners	00:57:31.533	00:27:36.393
1092	197	Diogo Fernandes	Fernandes	00:57:33.300	00:27:38.160
1093	198	Joana Fernandes	Póvoa De Varzim	00:57:33.300	00:27:38.160
1094	655	Conceição Rabaldo	Capv	00:57:33.737	00:27:38.597
1095	653	Sandra Travessas	Capv	00:57:34.233	00:27:39.093
1096	599	Elisa Cruz	Individual	00:57:37.297	00:27:42.157
1097	61	Manuel Couto	Ripolins Grijó A Correr	00:57:38.233	00:27:43.093
1098	1136	Horácio Teixeira	Braga	00:57:38.807	00:27:43.667
1099	1119	Cândida Pedrosa	Maiagym	00:57:39.297	00:27:44.157
1100	926	Fernanda Macedo	Online Team	00:57:40.537	00:27:45.397
1101	1401	Liliana Andrade	Individual	00:57:42.797	00:27:47.657
1102	1220	Adriana Salgado	Individual	00:57:43.737	00:27:48.597
1103	648	Júlio Santos	Grupo Recreativo Estrela Do Bonfim	00:57:45.290	00:27:50.150
1104	1027	Joao Bronze	Individual	00:57:45.293	00:27:50.153
1105	46	Rodrigo Moça	Rcm	00:57:47.533	00:27:52.393
1106	963	Rui Castro	Individual	00:57:47.737	00:27:52.597
1107	1399	Cristina Neves	Clube VI	00:57:47.810	00:27:52.670
1108	508	Augusto Barbosa	Individual	00:57:48.987	00:27:53.847
1109	515	Adelino Correia	Individual	00:57:49.037	00:27:53.897
1110	1031	Isabel Vaz	Clube Atletismo De Brito	00:57:49.037	00:27:53.897
1111	519	Teresa Dias	Individual	00:57:49.233	00:27:54.093
1112	287	António Oliveira	Marcha Currida De Braga	00:57:49.537	00:27:54.397
1113	490	Susana Eusebio	Individual	00:57:50.793	00:27:55.653
1114	206	Eduardo Loureiro	Cave Esposende	00:57:51.533	00:27:56.393
1115	174	Filipe Rodrigues	Individual	00:57:57.047	00:28:01.907
1116	737	Francisco Oliveira	All About	00:57:59.543	00:28:04.403
1117	728	Lucia Correia	Amarante	00:58:00.773	00:28:05.633
1118	1030	Eduardo Ferreira	Clube Atletismo De Brito	00:58:02.303	00:28:07.163
1119	1419	Ivo Ferreira	Individual	00:58:03.290	00:28:08.150
1120	1069	Angela Mota	Individual	00:58:07.293	00:28:12.153
1121	1379	Hélder Correia	Individual	00:58:12.793	00:28:17.653
1122	663	Sandra Sousa	Capv	00:58:17.483	00:28:22.343
1123	332	Simão Pereira	Individual	00:58:19.787	00:28:24.647
1124	170	Ricardo Maciel	Rm Informatica	00:58:20.787	00:28:25.647
1125	890	Celia Machado	Inimigos Da Balança	00:58:23.290	00:28:28.150
1126	893	Sónia Costa	Inimigos Da Balança	00:58:23.537	00:28:28.397
1127	892	Sandra Pereira	Inimigos Da Balança	00:58:23.733	00:28:28.593
1128	772	Sara Gomez	Individual	00:58:26.313	00:28:31.173
1129	258	Sandra Aguiar	Caetano Runners	00:58:28.287	00:28:33.147
1130	218	Maria Dias	Caça Raposas	00:58:29.543	00:28:34.403
1131	254	Filipa Ventuzelos	Caça Raposas	00:58:30.527	00:28:35.387
1132	1079	Nuno Lopes	Rumo Aos 42	00:58:32.487	00:28:37.347
1133	1507	Paulo Lopes	Individual	00:58:33.027	00:28:37.887
1134	1055	Filipe Oliveira	Individual	00:58:39.987	00:28:44.847
1135	1054	Vitor Rodrigues	Individual	00:58:40.787	00:28:45.647
1136	801	Alberto Costa	Individual	00:58:42.733	00:28:47.593
1137	154	Deolinda Canelas	Individual	00:58:43.357	00:28:48.217
1138	305	Paulo Morim	As11nofarol	00:58:49.787	00:28:54.647
1139	879	Susana Vasconcelos	Salgueiros Running	00:58:51.867	00:28:56.727
1140	1025	Ricardo Silva	Individual	00:58:55.987	00:29:00.847
1141	74	Ana Oliveira	Individual	00:58:56.533	00:29:01.393
1142	1469	Pedro Martins	Individual	00:58:59.023	00:29:03.883
1143	249	Laura Azevedo	Vizela Nos Pés	00:58:59.987	00:29:04.847
1144	1152	Tânia Tinoco	Individual	00:59:01.920	00:29:06.780
1145	1151	Fernando Oliveira	Guimarães	00:59:01.957	00:29:06.817
1146	1075	Josefina Tinoco	Clube Atletismo De Brito	00:59:01.967	00:29:06.827
1147	857	Tiago Carvalho	Individual	00:59:02.037	00:29:06.897
1148	169	Jaime Pontes	Rm Informatica	00:59:04.487	00:29:09.347
1149	164	Ricardo Maciel	Rm Informatica	00:59:04.737	00:29:09.597
1150	1020	Paulo Amaral	Porminho	00:59:07.787	00:29:12.647
1151	560	Sonia Korchi	Individual	00:59:08.027	00:29:12.887
1152	281	Joana Alves	Na Boa	00:59:11.987	00:29:16.847

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
1153	693	Cristovão Ferreira	C.D.C. Navais	00:59:22.987	00:29:27.847
1154	1070	Helder Moreira	Claudina & Helder	00:59:28.283	00:29:33.143
1155	1071	Claudina Reigada	Claudina & Helder	00:59:28.547	00:29:33.407
1156	125	José Arnaud	Individual	00:59:30.780	00:29:35.640
1157	861	Ana Silva	Individual	00:59:33.280	00:29:38.140
1158	1460	Katia Manon	Mtv	00:59:34.020	00:29:38.880
1159	1126	Carlos Sá	Individual	00:59:42.020	00:29:46.880
1160	795	Rui Freitas	Freitas	00:59:44.480	00:29:49.340
1161	1052	Cristiana Inácio	Arrasa Montanhas	00:59:44.510	00:29:49.370
1162	796	Carla Silva	Freitas	00:59:44.513	00:29:49.373
1163	1046	Antonio Araujo	Corre Camões	00:59:50.487	00:29:55.347
1164	671	Isabel Dourado	C.D.C. Navais	00:59:50.817	00:29:55.677
1165	862	Rui Teixeira	Individual	00:59:50.817	00:29:55.677
1166	1328	Armando Oliveira	Ccb	00:59:54.517	00:29:59.377
1167	298	Nelson Cadilhe	Os Palhinhas	00:59:55.737	00:30:00.597
1168	299	Suzana Cadilhe	Os Palhinhas	00:59:55.777	00:30:00.637
1169	945	Avelino Pereira	Ccdtc.M.Gondomar	00:59:57.277	00:30:02.137
1170	976	Olga Lopes	Individual	00:59:58.777	00:30:03.637
1171	1092	Filipe Coelho	Individual	01:00:02.237	00:30:07.097
1172	160	António Lima	Individual	01:00:06.777	00:30:11.637
1173	156	José Azevedo	Individual	01:00:10.023	00:30:14.883
1174	920	Hilário Silva	Individual	01:00:19.740	00:30:24.600
1175	1262	Mário Antunes	Individual	01:00:21.273	00:30:26.133
1176	840	Catarina Gonçalves	Hispaniacs	01:00:22.017	00:30:26.877
1177	435	Fatima Azevedo	Individual	01:00:22.777	00:30:27.637
1178	436	Margarida Morim	Individual	01:00:23.277	00:30:28.137
1179	1293	Teresa Lopes	Academia Fernanda Ribeiro	01:00:24.490	00:30:29.350
1180	172	Paulo Fonseca	Individual	01:00:24.523	00:30:29.383
1181	1284	Ana Soares	Academia Fernanda Ribeiro	01:00:24.527	00:30:29.387
1182	513	Natalia Fernandes	Turbulentos	01:00:25.533	00:30:30.393
1183	322	Eulália Sousa	Top Top Runners	01:00:30.993	00:30:35.853
1184	852	Carolina Santos	Parceiras Dos Shots	01:00:31.277	00:30:36.137
1185	853	Beatriz Miranda	Parceiras Dos Shots	01:00:31.513	00:30:36.373
1186	503	Fatima Marinho	Sem Medo	01:00:35.780	00:30:40.640
1187	606	Maria Maia	Happyrun	01:00:38.773	00:30:43.633
1188	89	Ângela Dias	Werunbue	01:00:44.123	00:30:48.983
1189	112	Joana Dias	Amigos Do Cads	01:00:44.127	00:30:48.987
1190	771	Patrícia Mata	Individual	01:00:44.990	00:30:49.850
1191	250	Clara Lima	Caça Raposas	01:00:46.767	00:30:51.627
1192	507	Rosa Pereira	Individual	01:00:48.513	00:30:53.373
1193	350	Ana Costinha	Individual	01:00:48.783	00:30:53.643
1194	1427	Isabel Manadas	All About	01:00:49.247	00:30:54.107
1195	442	Miguel Pinto	Incrível, É Saudável!	01:00:52.627	00:30:57.487
1196	73	Ernesto Sampaio	Individual	01:00:53.010	00:30:57.870
1197	634	Ana Dias	Individual	01:00:56.007	00:31:00.867
1198	1420	Carla Cabreira	Individual	01:01:07.017	00:31:11.877
1199	1441	Eva Rosendo	Individual	01:01:18.177	00:31:23.037
1200	1165	Soraia Moura	Individual	01:01:23.507	00:31:28.367
1201	1252	Manuel Nené	Núcleo Atletismo Taipas	01:01:24.517	00:31:29.377
1202	1253	José Henrique	Núcleo Atletismo Taipas	01:01:24.517	00:31:29.377
1203	871	Carla Fernandes	Nabolina	01:01:27.263	00:31:32.123
1204	1129	José Alves	Raminho De Salsa	01:01:29.513	00:31:34.373
1205	1390	Antonio Mimoso	Individual	01:01:31.763	00:31:36.623
1206	1063	Maria Barroso	Individual	01:01:40.503	00:31:45.363
1207	157	Patrícia Matos	Individual	01:01:40.503	00:31:45.363
1208	1013	Inês Amorim	Igor Boxing Club	01:01:40.760	00:31:45.620
1209	1363	Tiago Peniche	Grupo Desportivo De Tougues	01:01:45.503	00:31:50.363
1210	1131	José Alves	Raminho De Salsa	01:01:52.230	00:31:57.090
1211	611	António Ferreira	Grupo Desportivo Banco De Portugal	01:01:54.763	00:31:59.623
1212	1122	Fernando Silva	Maiagym	01:01:55.260	00:32:00.120
1213	656	Adelaide Morim	Clube Atletismo Da Póvoa De Varzim	01:02:00.753	00:32:05.613
1214	443	Paula Pinto	Incrível, É Saudável!	01:02:03.007	00:32:07.867
1215	229	Jaime Amorim	Príncipe A Correr	01:02:04.760	00:32:09.620
1216	884	Anabela Mota	Travassós Running Fafe	01:02:06.497	00:32:11.357

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
1217	1384	Esmeralda Pinto	Travassós Running Fafe	01:02:06.497	00:32:11.357
1218	297	Armando Castro	Individual	01:02:07.750	00:32:12.610
1219	165	Alfredo Peniche	Rm Informatica	01:02:09.320	00:32:14.180
1220	296	Tânia Castro	Individual	01:02:10.760	00:32:15.620
1221	416	Jose Fernandes	Amigos Atletismo Povoense	01:02:11.257	00:32:16.117
1222	417	Jacinta Silva	Amigos Atletismo Povoense	01:02:11.500	00:32:16.360
1223	203	Laura Grande	Individual	01:02:12.993	00:32:17.853
1224	204	Hélder Melo	Individual	01:02:13.000	00:32:17.860
1225	1348	Mónica Tavares	Individual	01:02:14.740	00:32:19.600
1226	637	Adriano Pereira	Individual	01:02:17.807	00:32:22.667
1227	948	Paulo Santos	Corrida Pra Mesa	01:02:29.997	00:32:34.857
1228	136	Christopher Guimaraens	Individual	01:02:32.497	00:32:37.357
1229	713	Maria Cristina	Individual	01:02:34.857	00:32:39.717
1230	1500	Olga Samões	Individual	01:02:34.873	00:32:39.733
1231	1478	Tina Pinto	Individual	01:02:34.997	00:32:39.857
1232	1403	Hugo Oliveiras	Maiagym	01:02:35.997	00:32:40.857
1233	63	Isabel Batista	Individual	01:02:36.743	00:32:41.603
1234	486	Eduardo Faria	Individual	01:02:38.757	00:32:43.617
1235	522	Sara Machado	Figueiredos Runners And Friends	01:02:45.497	00:32:50.357
1236	523	Rui Ferreira	Figueiredos Runners And Friends	01:02:46.243	00:32:51.103
1237	904	Susana Fernandez	Pato Blanco Celanova	01:02:49.753	00:32:54.613
1238	905	Fabio Alvarez	Individual	01:02:49.753	00:32:54.613
1239	236	Maria Novais	Turbulentos	01:02:53.003	00:32:57.863
1240	225	Cláudio Costa	Individual	01:02:53.753	00:32:58.613
1241	942	Anabela Oliveira	Hpcon Runners	01:02:57.253	00:33:02.113
1242	632	Isabel Dias	Individual	01:03:00.407	00:33:05.267
1243	1248	Carlos Justo	Núcleo Atletismo Taipas	01:03:01.993	00:33:06.853
1244	1231	Conceição Machado	Núcleo Atletismo Taipas	01:03:01.993	00:33:06.853
1245	1261	Gustavo Rego	Individual	01:03:08.910	00:33:13.770
1246	1166	Sara Capilupi	Clube De Atletismo Da Póvoa De Varzim	01:03:08.927	00:33:13.787
1247	594	Teresa Caldeira	Individual	01:03:08.927	00:33:13.787
1248	618	Angela Sousa	Individual	01:03:10.990	00:33:15.850
1249	617	Lia Costa	Individual	01:03:10.993	00:33:15.853
1250	1081	Alfredo Quinteiro	Rumo Aos 42	01:03:11.493	00:33:16.353
1251	591	Margarida Caldeira	Individual	01:03:13.990	00:33:18.850
1252	1073	Abílio Costa	20 Ver Correr	01:03:15.243	00:33:20.103
1253	1074	Emiliana Rei	20 Ver Correr	01:03:15.257	00:33:20.117
1254	1418	Enrico Galli	Individual	01:03:17.437	00:33:22.297
1255	1222	Elisabete Araújo	Individual	01:03:18.490	00:33:23.350
1256	867	Nuno Ribeiro	Individual	01:03:18.490	00:33:23.350
1257	1184	Márcia Alexandra	Viriathvs Runners Viseu	01:03:28.747	00:33:33.607
1258	669	Sara Fernandes	C.D.C. Navais	01:03:39.987	00:33:44.847
1259	547	Teresa Silva	Individual	01:03:49.957	00:33:54.817
1260	1067	Carla Teixeira	Individual	01:03:56.493	00:34:01.353
1261	520	Bruno Rocha	Individual	01:04:05.277	00:34:10.137
1262	797	Filipe Fernandes	Individual	01:04:09.240	00:34:14.100
1263	1368	Francisco Velasco	Individual	01:04:11.743	00:34:16.603
1264	849	Paulo Vaz	Esposende	01:04:12.980	00:34:17.840
1265	724	Tatiana Andrade	Las Manquitas E Os Atletas	01:04:14.997	00:34:19.857
1266	1178	Bruna Costa	Igor Boxing Club	01:04:22.983	00:34:27.843
1267	1502	Nuno Leitão	Individual	01:04:25.623	00:34:30.483
1268	662	Ana Couto	Capv	01:04:25.630	00:34:30.490
1269	106	Claudia Gomes	Individual	01:04:25.633	00:34:30.493
1270	577	Conceição Caridade	Individual	01:04:30.743	00:34:35.603
1271	1429	Elisa Vieira	Individual	01:04:30.743	00:34:35.603
1272	1430	Pedro Costa	Individual	01:04:30.753	00:34:35.613
1273	842	João Rocha	Hispaniacs	01:04:34.160	00:34:39.020
1274	955	Izabel Correia	Team Shark	01:04:36.243	00:34:41.103
1275	395	Manuel Sousa	Kilosmoda	01:04:37.480	00:34:42.340
1276	423	Pedro Cachorreiro	Individual	01:04:44.737	00:34:49.597
1277	595	Tomás Caldeira	Individual	01:04:47.997	00:34:52.857
1278	949	José Luís	Corrida Pra Mesa	01:04:48.740	00:34:53.600
1279	1047	Marcio Torres	Individual	01:04:51.197	00:34:56.057
1280	561	Rui Costa	Individual	01:04:53.977	00:34:58.837

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
1281	870	Liliana Ribeiro	Nabolina	01:04:55.750	00:35:00.610
1282	431	Baltazar Matos	Individual	01:04:56.977	00:35:01.837
1283	848	Joana Matos	Esposende	01:04:57.247	00:35:02.107
1284	1167	Manuela Ferreira	Capv	01:04:59.697	00:35:04.557
1285	1393	Tânia Luis	Individual	01:05:05.737	00:35:10.597
1286	1475	Adriana Oliveira	Individual	01:05:05.747	00:35:10.607
1287	178	Júlia Magalhães	Braguinhas Runners	01:05:08.220	00:35:13.080
1288	327	José Pereira	Braguinhas Runners	01:05:08.327	00:35:13.187
1289	179	Filomena Magalhães	Braguinhas Runners	01:05:08.477	00:35:13.337
1290	177	Sara Vieira	Braguinhas Runners	01:05:08.477	00:35:13.337
1291	1201	Armanda Pinto	Nascidos Para Correr - Associação Desportiva	01:05:34.730	00:35:39.590
1292	266	Francisco Freitas	Os Guardiões	01:05:42.750	00:35:47.610
1293	267	Alice Castro	Os Guardiões	01:05:42.973	00:35:47.833
1294	494	Jorge Cardoso	Individual	01:05:53.230	00:35:58.090
1295	1510	Filomena Rodrigues	Joana Corre Corre	01:06:05.477	00:36:10.337
1296	1509	Marília Macieira	Individual	01:06:06.353	00:36:11.213
1297	1080	Filipe Carvalho	Rumo Aos 42	01:06:16.397	00:36:21.257
1298	569	Alexandra Carreira	Individual	01:06:22.750	00:36:27.610
1299	703	Rui Melo	Kiss, Peace And Love	01:06:24.940	00:36:29.800
1300	704	Catarina Guedes	Kiss, Peace And Love	01:06:24.943	00:36:29.803
1301	1488	Diogo Figueiredo	Individual	01:06:36.223	00:36:41.083
1302	1489	Sofia Coutinho	Individual	01:06:36.500	00:36:41.360
1303	444	Marta Rocha	Caça Raposas	01:07:06.010	00:37:10.870
1304	500	Isabel Magalhaes	Individual	01:07:09.720	00:37:14.580
1305	499	José Bastos	Individual	01:07:10.000	00:37:14.860
1306	1186	Nuno Cardoso	Individual	01:07:16.717	00:37:21.577
1307	1185	Ana Ferreira	Individual	01:07:16.753	00:37:21.613
1308	966	José Freitas	Individual	01:07:21.960	00:37:26.820
1309	1485	César Freitas	Individual	01:07:27.743	00:37:32.603
1310	479	Paula Cunha	X	01:07:33.097	00:37:37.957
1311	707	Paula Maia	Individual	01:07:41.637	00:37:46.497
1312	670	Marlene Silva	C.D.C. Navais	01:07:42.453	00:37:47.313
1313	532	Jose Rodriguez	Ego	01:07:44.003	00:37:48.863
1314	1258	Susana Leite	Individual	01:08:07.160	00:38:12.020
1315	376	José Silva	Caça Raposas	01:08:10.257	00:38:15.117
1316	997	Manuel Leonardo	Individual	01:08:11.710	00:38:16.570
1317	723	Célia Andrade	Las Manquitas E Os Atletas	01:08:21.003	00:38:25.863
1318	745	Maria Gomes	C.D.C. Navais	01:08:21.707	00:38:26.567
1319	1382	Helena Santos	Opraticante.Pt	01:08:30.207	00:38:35.067
1320	1380	Nuno Fernandes	Opraticante.Pt	01:08:30.507	00:38:35.367
1321	1323	Paula Simoes	Individual	01:08:33.947	00:38:38.807
1322	1103	Sérgio Furtado	Corrida Pra Mesa	01:08:34.450	00:38:39.310
1323	1355	Jean Costa	Individual	01:08:45.703	00:38:50.563
1324	1356	Carlos Mendes	Individual	01:08:46.507	00:38:51.367
1325	1452	Maria Praça	Individual	01:09:01.717	00:39:06.577
1326	1407	Fátima Silva	Individual	01:09:07.713	00:39:12.573
1327	1095	Carla Moreira	Individual	01:09:08.007	00:39:12.867
1328	1302	Virgínia Regufe	Individual	01:09:19.200	00:39:24.060
1329	551	Miguel Castro	Individual	01:09:35.937	00:39:40.797
1330	449	Maria Barbosa	Brg Team	01:09:37.507	00:39:42.367
1331	824	Assunção Ribeiro	A.C. Vermoim	01:09:41.507	00:39:46.367
1332	518	Tiago Correia	Individual	01:09:58.697	00:40:03.557
1333	516	Albertina Correia	Individual	01:09:58.933	00:40:03.793
1334	509	Fernanda Barbosa	Individual	01:09:59.007	00:40:03.867
1335	320	Fátima Lopes	Trofa Runners	01:10:00.197	00:40:05.057
1336	1116	Ana Graça	Maiagym	01:10:02.193	00:40:07.053
1337	899	Juvenal Marques	Povoa De Lanhoso	01:10:37.693	00:40:42.553
1338	175	José Rodrigues	Individual	01:10:37.693	00:40:42.553
1339	900	Eduarda Ramos	Braga	01:10:38.210	00:40:43.070
1340	69	Abilio Brandao	Individual	01:11:06.260	00:41:11.120
1341	592	Eliana Pinho	Individual	01:11:45.930	00:41:50.790
1342	817	Nuno Ramos	Chefe Training	01:12:39.593	00:42:44.453
1343	35	Tânia Silva	Chefe-Training	01:12:39.597	00:42:44.457
1344	504	Liborio Vilela	Sem Medo	01:12:58.013	00:43:02.873

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
1345	505	Carla Sampaio	Sem Medo	01:12:58.410	00:43:03.270
1346	652	Ruben Vasques	Capv	01:13:25.767	00:43:30.627
1347	650	Filipa Rabaldo	Capv	01:13:26.517	00:43:31.377
1348	284	Rosa Costa	Individual	01:14:59.893	00:45:04.753
1349	383	Joana Sa	Individual	01:15:00.153	00:45:05.013
1350	199	Paulo Morais	Caça Raposas	01:15:04.277	00:45:09.137
1351	271	Ricardo Novais	Os Guardiões	01:15:26.020	00:45:30.880
1352	270	Liliana Ferreira	Os Guardiões	01:15:26.150	00:45:31.010
1353	872	Claudia Ribeiro	Nabolina	01:15:36.810	00:45:41.670
1354	1196	Joana Araújo	Macieira De Rates, Barcelos	01:16:43.523	00:46:48.383
1355	1158	Paulo Novais	Individual	01:16:43.523	00:46:48.383
1356	1404	Amélia Coutinho	Individual	01:17:06.640	00:47:11.500