

Class. Geral	Class. Esc.	Nome	Dorsal	Equipa	Escalão	Sexo	Tempo Oficial	Tempo Chip	Tempo 21Km	Tempo 30Km
1	1	João Ginja	409	Sport Life	M45	Masculino	03:37:33	03:37:31	01:44:22	02:36:35
2	2	Carlos Mendes	405	Individual	M45	Masculino	03:37:33	03:37:30	01:44:22	02:36:37
3	1	Hugo Monteiro	311	A.D.C.R. PJ	SEN	Masculino	03:56:30	03:56:27	01:47:53	02:44:07
4	1	António Moreira	180	Núcleo Sportinguista Leões da Fronteira	M40	Masculino	04:01:38	04:01:35	01:47:01	02:44:11
5	2	Sérgio Bastinho	280	Individual	SEN	Masculino	04:03:52	04:03:50	01:48:16	02:45:48
6	2	António Rebelo	333	Individual	M40	Masculino	04:05:12	04:05:06	01:49:29	02:47:16
7	3	David Faustino	197	SS CGD	M45	Masculino	04:05:14	04:05:10	01:48:09	02:47:15
8	1	Amélia Costa	267	proAventuras	F40	Feminino	04:07:00	04:06:59	01:50:44	02:51:03
9	3	Didier Valente	331	Monsanto Team Running	M40	Masculino	04:07:06	04:07:01	01:54:12	02:54:47
10	3	Paulo Picão	305	CUP Team	SEN	Masculino	04:07:23	04:07:18	01:54:12	02:54:48
11	2	Isabel Moleiro	198	SS CGD	F40	Feminino	04:07:24	04:07:20	01:54:30	02:55:42
12	4	Pedro Sousa	222	Clube Sosi	M45	Masculino	04:09:16	04:08:59	01:50:30	02:48:23
13	1	João Marques	270	proAventuras	M50	Masculino	04:10:54	04:10:51	01:50:44	02:51:00
14	4	Vasco Fernandes	173	Pump - Blast Run	SEN	Masculino	04:19:48	04:19:44	01:46:26	02:49:13
15	5	Rui Julião	61	Georunners	M45	Masculino	04:19:57	04:19:41	01:53:09	02:59:41
16	5	Bruno Rodrigues	264	Individual	SEN	Masculino	04:22:43	04:22:39	01:56:19	02:55:21
17	6	Rodolfo Pinto	24	Individual	SEN	Masculino	04:24:45	04:24:30	01:58:37	03:04:36
18	7	Tomás Pereira	256	Individual	SEN	Masculino	04:29:42	04:29:39	01:48:45	02:52:07
19	1	José Ribeiro	55	CLUVE	M60	Masculino	04:31:05	04:30:38	01:54:45	03:00:06
20	4	Luis Barata	219	Individual	M40	Masculino	04:31:43	04:31:38	01:55:30	02:54:49
21	8	Nelson Diogo	229	Individual	SEN	Masculino	04:31:43	04:31:32	02:04:00	03:03:53
22	9	Rui Candeias	332	Os Foguetes	SEN	Masculino	04:33:13	04:32:52	02:00:56	03:04:32
23	5	Pedro Pinheiro	408	Individual	M40	Masculino	04:33:24	04:33:17	01:55:50	03:04:16
24	6	Pedro Reis	40	Portugal Running	M40	Masculino	04:33:34	04:33:17	01:59:02	03:07:18
25	10	Paulo Lima	272	Porto Runners - Clube de Corrida	SEN	Masculino	04:34:07	04:33:58	02:02:02	03:07:54
26	11	Miguel Pereira	297	Rail Runners	SEN	Masculino	04:35:25	04:35:12	01:54:12	02:55:37
27	7	Pedro Tarouca	191	Individual	M40	Masculino	04:35:40	04:35:34	01:55:09	03:00:08
28	12	António Cumbre	88	Pernas de Gafanhoto	SEN	Masculino	04:37:17	04:37:05	02:09:49	03:16:59
29	8	José Pereira	35	Associação de Atletismo Lebres do Sado	M40	Masculino	04:39:26	04:39:19	02:00:20	03:04:35
30	13	Nuno Fabião	128	Individual	SEN	Masculino	04:39:47	04:39:37	02:02:44	03:07:20
31	9	Rui Aranha	281	Individual	M40	Masculino	04:40:59	04:40:53	01:58:25	03:07:16

Class. Geral	Class. Esc.	Nome	Dorsal	Equipa	Escalão	Sexo	Tempo Oficial	Tempo Chip	Tempo 21Km	Tempo 30Km
32	14	Filipe Fidalgo	228	C.A. Amigos Parque da Paz	SEN	Masculino	04:41:57	04:41:51	02:00:52	03:08:25
33	15	Antonio Mouzo	255	Individual	SEN	Masculino	04:42:39	04:42:28	01:56:59	03:06:48
34	16	Carlos Oliver	250	Individual	SEN	Masculino	04:42:39	04:42:28	01:56:59	03:06:49
35	17	álvaro Castro	252	Individual	SEN	Masculino	04:42:39	04:42:28	01:56:57	03:06:50
36	10	Melchor Benito	251	Individual	M40	Masculino	04:42:39	04:42:29	01:56:57	03:06:48
37	2	José Cardoso	278	Individual	M50	Masculino	04:42:55	04:42:53	02:01:42	03:09:28
38	11	António Frances	199	Individual	M40	Masculino	04:43:01	04:42:52	02:12:57	03:28:56
39	2	Carlos Rangel	221	Individual	M60	Masculino	04:43:14	04:42:56	02:05:21	03:15:25
40	18	Paulo Mota	126	Individual	SEN	Masculino	04:44:36	04:44:22	02:01:43	03:09:29
41	19	Gonçalo Figueira	182	Individual	SEN	Masculino	04:44:37	04:44:23	01:54:12	03:08:21
42	20	Pedro Ferreira	147	Individual	SEN	Masculino	04:44:37	04:44:24	02:07:15	03:15:27
43	1	Pedro Amorim	53	Porto Runners - Clube de Corrida	M55	Masculino	04:48:34	04:48:20	02:09:50	03:20:29
44	3	José Melo	176	Run 4 Fun	M50	Masculino	04:48:34	04:48:24	02:14:35	03:24:54
45	21	João Capa	150	Individual	SEN	Masculino	04:50:42	04:50:14	02:13:06	03:24:10
46	12	João Capa	151	Individual	M40	Masculino	04:50:42	04:50:15	02:13:07	03:24:12
47	13	Pedro Cabrito	183	Individual	M40	Masculino	04:50:53	04:50:48	02:02:55	03:09:30
48	6	Mario Amaro	193	Individual	M45	Masculino	04:51:37	04:51:30	02:08:50	03:21:28
49	22	Ricardo Chung	127	Chunguitos	SEN	Masculino	04:51:42	04:51:33	02:12:57	03:28:56
50	23	Joao Serras	269	Individual	SEN	Masculino	04:53:18	04:53:09	01:58:41	03:14:06
51	24	Pedro Freire	275	Pump - Blast Run	SEN	Masculino	04:53:37	04:53:34	02:02:56	03:14:07
52	25	Vasco Romãozinho	303	proAventuras	SEN	Masculino	04:54:19	04:54:05	02:17:04	03:26:57
53	7	Pedro Nunes	43	CLUBE DO STRESS	M45	Masculino	04:54:19	04:54:08	01:59:10	03:08:00
54	4	Carlos Fonseca	148	Açoreana Clube Banif	M50	Masculino	04:54:26	04:54:25	02:12:00	03:22:15
55	26	Joao Mangana	298	Individual	SEN	Masculino	04:54:28	04:54:21	01:58:32	03:15:26
56	1	Filipa Curralo	277	Pump - Blast Run	SEN	Feminino	04:55:50	04:55:47	02:10:06	03:23:39
57	27	João Lopes	501	Pump - Blast Run	SEN	Masculino	04:56:05	04:56:01	02:10:07	03:23:38
58	28	Armando Teixeira	412	Individual	SEN	Masculino	04:57:49	04:57:41	02:05:24	03:18:13
59	14	José Sousa	49	Lebres doSado	M40	Masculino	04:59:00	04:58:58	02:06:31	03:22:12
60	15	Francisco Dias	68	Individual	M40	Masculino	04:59:26	04:59:11	02:06:00	03:14:03
61	16	Ricardo Coelho	196	SS CGD	M40	Masculino	04:59:34	04:59:26	02:17:06	03:24:11
62	5	Miguel Payo	130	Run 4 Fun	M50	Masculino	04:59:36	04:59:22	02:17:38	03:26:00

Class. Geral	Class. Esc.	Nome	Dorsal	Equipa	Escalão	Sexo	Tempo Oficial	Tempo Chip	Tempo 21Km	Tempo 30Km
63	3	Ana Duarte	133	Falcões Selvagens	F40	Feminino	04:59:36	04:59:26	02:17:51	03:29:45
64	17	João Figueiredo	120	Individual	M40	Masculino	05:01:42	05:01:20	02:08:05	03:18:11
65	8	David Freitas	290	A.D.C.R. PJ	M45	Masculino	05:02:12	05:02:09	02:06:59	03:16:14
66	9	Luis Bastos	190	Individual	M45	Masculino	05:03:22	05:03:08	02:14:38	03:29:07
67	10	Luis Sousa	100	Individual	M45	Masculino	05:06:22	05:05:56	02:22:59	03:35:23
68	29	Nuno Espanha	129	Individual	SEN	Masculino	05:08:45	05:08:31	02:21:20	03:38:28
69	18	Fernando Pereira	188	Individual	M40	Masculino	05:08:58	05:08:37	02:12:08	03:24:08
70	30	Ricardo Ganhao	315	Individual	SEN	Masculino	05:08:59	05:08:39	02:11:40	03:28:30
71	19	Alexandre Kellen	220	Individual	M40	Masculino	05:08:59	05:08:38	02:11:41	03:28:31
72	6	Filipe Fraga	109	Individual	M50	Masculino	05:11:54	05:11:38	02:08:54	03:24:09
73	20	Joao Paiva	410	Individual	M40	Masculino	05:11:59	05:11:51	02:11:25	03:22:16
74	31	Rui Sequeira	137	Individual	SEN	Masculino	05:12:17	05:12:03	02:14:37	03:28:36
75	32	António Monteiro	288	Individual	SEN	Masculino	05:13:09	05:12:56	02:13:27	03:26:10
76	33	Rui Gomes	142	Grupo Desportivo "Os Ribeirinhos"	SEN	Masculino	05:13:49	05:13:43	01:56:35	03:09:38
77	21	Nelson Mota	94	Eq Treino Atletico Recreatico	M40	Masculino	05:14:07	05:13:49	02:16:54	03:28:29
78	34	Marco Costa	248	Individual	SEN	Masculino	05:14:23	05:14:15	02:18:03	03:31:46
79	22	António Vilela	115	Individual	M40	Masculino	05:15:43	05:15:35	02:07:36	03:41:11
80	2	álvaro Pinto	313	Associação Desportiva Real Academia	M55	Masculino	05:15:43	05:15:36	02:07:36	03:41:13
81	23	Heitor Gomes	72	Georunners	M40	Masculino	05:16:45	05:16:28	02:16:29	03:26:08
82	7	Eduardo Rodrigues	211	BCP Millennium	M50	Masculino	05:18:08	05:17:44	02:08:05	03:20:31
83	35	Gonçalo Esteves	33	Individual	SEN	Masculino	05:18:08	05:17:52	02:14:25	03:34:01
84	24	Fernando Gil	152	CLUBE DO STRESS	M40	Masculino	05:18:26	05:18:23	02:04:25	03:25:02
85	36	Eduardo Ribeiro	308	Individual	SEN	Masculino	05:18:26	05:18:25	02:01:34	03:22:38
86	2	Sónia Dionísio	274	PORTUGAL RUNNING	SEN	Feminino	05:20:02	05:19:44	02:12:27	03:29:22
87	37	Ricardo Oliveira	121	Individual	SEN	Masculino	05:20:02	05:19:42	02:12:22	03:29:27
88	25	Paulo Reis	293	Run Baby Run	M40	Masculino	05:21:25	05:21:19	02:26:39	03:46:41
89	26	Armando Parreira	93	Açoreana Clube Banif	M40	Masculino	05:21:42	05:21:24	02:16:55	03:28:35
90	3	Roque Antunes	1	Individual	M55	Masculino	05:21:43	05:21:28	02:16:12	03:30:14
91	27	Pedro Pestana	136	Individual	M40	Masculino	05:21:43	05:21:28	02:13:25	03:33:59
92	38	Carlos Preciso	84	C A Amigos de Belém	SEN	Masculino	05:21:44	05:21:29	02:13:25	03:33:57
93	11	Rui Pires	58	Georunners	M45	Masculino	05:23:16	05:23:00	02:13:59	03:39:07

Class. Geral	Class. Esc.	Nome	Dorsal	Equipa	Escalão	Sexo	Tempo Oficial	Tempo Chip	Tempo 21Km	Tempo 30Km
94	8	Manuel Pereira	212	BCP Millennium	M50	Masculino	05:25:06	05:24:56	02:22:57	03:40:58
95	39	Carlos Semide	232	Individual	SEN	Masculino	05:25:25	05:25:19	02:20:26	03:43:23
96	12	Pedro Afonso	247	Individual	M45	Masculino	05:26:04	05:25:47	02:07:41	03:36:56
97	4	António Simões	149	Os Patrícios	M55	Masculino	05:27:20	05:26:58	02:17:11	03:32:43
98	40	João Dias	276	Individual	SEN	Masculino	05:27:40	05:27:23	02:22:05	03:39:04
99	3	Mafalda Faria	287	Individual	SEN	Feminino	05:28:12	05:27:58	02:29:34	03:46:39
100	4	Célia Azenha	294	Associação de Atletismo Lebres do Sado	F40	Feminino	05:29:27	05:29:22	02:28:03	03:46:47
101	5	Carla Morgado	206	Individual	F40	Feminino	05:32:35	05:32:23	02:22:29	03:45:56
102	41	Miguel Correia	131	Individual	SEN	Masculino	05:32:38	05:32:29	02:13:03	03:30:21
103	42	Andrey Rodrigues	402	Individual	SEN	Masculino	05:35:05	05:34:57	02:22:20	03:43:25
104	13	Henrique Filipe	238	Individual	M45	Masculino	05:36:04	25:07:57	02:12:20	03:38:33
105	1	Maria Conchinha	57	CLUBE DO STRESS	F50	Feminino	05:36:37	05:36:25	02:25:09	03:46:44
106	14	Gilberto Silva	164	Individual	M45	Masculino	05:36:55	05:36:31	02:28:10	03:46:59
107	15	Fernando Cândido	192	Individual	M45	Masculino	05:41:36	05:41:26	02:15:07	03:33:21
108	43	João Lobato	259	Road Runners	SEN	Masculino	05:43:36	05:43:32	02:12:55	03:58:39
109	28	Miguel Gomes	334	Individual	M40	Masculino	05:44:02	05:43:45	02:28:53	03:56:14
110	44	Luís Boleto	106	Monsanto Team Running	SEN	Masculino	05:46:10	05:45:57	02:10:06	03:32:39
111	45	José Pinto-coelho	96	Pernas de Gafanhoto	SEN	Masculino	05:46:10	05:45:56	02:10:00	03:32:42
112	29	Rodolfo Rapaz	153	Omundodacorrída.com	M40	Masculino	05:46:47	05:46:33	02:28:03	03:47:03
113	46	Luís Miranda	304	Individual	SEN	Masculino	05:46:47	05:46:26	02:11:26	03:22:59
114	47	Bruno Afonso	407	CUP Team	SEN	Masculino	05:48:02	05:47:56	02:38:50	04:05:43
115	30	Eduardo Bernardo	160	Individual	M40	Masculino	05:51:24	05:51:18	02:29:58	03:56:46
116	31	Carlos Freire	289	A.D.C.R. PJ	M40	Masculino	05:51:55	05:51:36	02:25:51	03:45:42
117	32	Nuno Coelho	170	Individual	M40	Masculino	05:51:55	05:51:37	02:18:15	03:45:40
118	33	Vasco Ventura	184	Os Foguetes	M40	Masculino	05:52:44	05:52:22	02:22:04	03:56:12
119	9	Carlos Teixeira	261	Lebres e Tartarugas	M50	Masculino	05:53:27	05:53:16	02:17:24	03:47:57
120	16	Rui Magalhães	207	BCP Millennium	M45	Masculino	05:56:32	05:56:21	02:29:11	03:58:36
121	48	Gonçalo Lopes	175	Individual	SEN	Masculino	05:57:14	05:57:07	02:26:39	03:56:41
122	10	Mario Marcelino	213	BCP Millennium	M50	Masculino	05:59:03	05:58:52	02:36:06	04:10:09
123	4	Joana Peralta	112	Run 4 Fun	SEN	Feminino	06:02:21	06:02:06	02:33:33	03:57:02
124	34	Nuno Tempera	116	Run 4 Fun	M40	Masculino	06:02:21	06:02:06	02:33:33	03:56:56

Class. Geral	Class. Esc.	Nome	Dorsal	Equipa	Escalão	Sexo	Tempo Oficial	Tempo Chip	Tempo 21Km	Tempo 30Km
125	35	Nuno Paulo	167	SS CGD	M40	Masculino	06:05:54	06:05:45	02:32:15	03:56:38
126	5	Cláudia Pernencar	286	Portugal Running	SEN	Feminino	06:10:56	06:10:38	02:44:30	04:13:00
127	36	Diogo Pereira	215	Individual	M40	Masculino	06:11:01	06:10:37	02:22:31	03:47:09
128	6	Sarah Murray	291	Individual	F40	Feminino	06:11:48	06:11:28	02:23:38	04:06:09
129	37	Paulo Caetano	208	BCP Millennium	M40	Masculino	06:12:55	06:12:30	02:37:10	04:10:35
130	11	Pedro Santos	202	Individual	M50	Masculino	06:18:48	06:18:32	02:29:18	04:15:47
131	12	Antonio Hortega	404	Individual	M50	Masculino	06:18:48	06:18:22	02:29:07	04:13:53
132	49	Miguel Costa	309	Individual	SEN	Masculino	06:18:48	06:18:41	02:33:34	04:13:57
133	13	Ricardo Aguiar	162	Individual	M50	Masculino	06:25:13	06:25:05	02:32:06	04:10:49
134	50	Pedro Lizardo	310	CUP Team	SEN	Masculino	06:28:23	06:28:18	02:28:00	03:45:12
135	6	Pronina Julia	312	Individual	SEN	Feminino	06:28:27	06:28:10	03:05:09	04:34:24
136	51	João Cardoso	186	Individual	SEN	Masculino	06:31:22	06:31:00	02:41:08	04:15:16
137	38	Jorge Correia	174	Individual	M40	Masculino	06:31:24	06:31:03	02:34:46	04:15:14
138	7	Estefania Surreira	87	Individual	F40	Feminino	06:32:56	06:32:35	02:34:26	04:22:11
139	8	Carla Silva	242	Individual	F40	Feminino	06:32:56	06:32:37	02:34:26	04:22:12
140	39	Nuno Andrade	246	Individual	M40	Masculino	06:33:03	06:32:43	02:46:38	04:22:09
141	5	Joaquim Santos	5231	Individual	M55	Masculino	06:36:55	06:36:45	02:28:42	04:04:53
142	14	João Pinto	168	GA Monsanto/Gascan	M50	Masculino	06:37:03	06:36:41	02:45:34	04:22:14
143	6	José Gabriel	336	Individual	M55	Masculino	06:37:03	06:36:40	02:35:30	04:28:11
144	7	Joaquim Leomaro	413	Individual	M55	Masculino	06:41:17	06:40:57	02:48:07	04:30:16
145	3	José Conchinha	56	CLUBE DO STRESS	M60	Masculino	06:42:16	06:42:04	02:43:08	04:34:39
146	52	Nuno Pangaio	231	Individual	SEN	Masculino	06:49:26	06:49:06	02:57:15	04:51:07
147	7	Susana Esteves	21	Individual	SEN	Feminino	06:49:26	06:49:06	02:57:23	04:42:49
148	17	Frederico Sousa	262	Lebres e Tartarugas	M45	Masculino	06:52:16	06:52:04	02:59:12	04:34:01
149	9	Deborah Lazerson	268	Individual	F40	Feminino	07:08:51	07:08:27	03:11:30	04:58:03
150	40	Richard Jones	263	Individual	M40	Masculino	07:08:51	07:08:28	03:11:30	04:58:02
151	53	Daniel Sousa	73	Individual	SEN	Masculino	07:18:52	07:18:33	03:11:31	04:58:05