

EDP 7ª Meia Maratona Douro Vinhateiro

Classificação Geral (com tempo chip e ritmo ao Km)

Lugar	DORSAL	NOME	Categoria	SEXO	CLUBE	Ritmo(min/km)	T FINAL	T FINAL CH
1	6513	Rui Pedro Silva	Senior	M		00:03:07	01:05:14	01:05:14
2	6509	Paulo Gomes	Senior	M	IND	00:03:09	01:05:49	01:05:49
3	6503	Daniel Pinheiro	Senior	M	Maia AC	00:03:12	01:07:11	01:07:09
4	9174	Vasco Azevedo	Senior	M		00:03:17	01:08:45	01:08:44
5	6514	Luís Mendes	Senior	M	Cyclones Sanitop	00:03:17	01:08:49	01:08:47
6	9035	Jorge Pinto	M40	M		00:03:17	01:08:53	01:08:53
7	6541	Pedro Cruz	Senior	M	Grupo desportivo j.Cruz & Irmãos Lda	00:03:18	01:09:09	01:09:06
8	6523	Manuel Ferreira	M40	M	Arada Atletico Club	00:03:19	01:09:35	01:09:34
9	8079	António Fernandes	M40	M		00:03:19	01:09:36	01:09:34
10	6554	Heitor Oliveira	Senior	M	Cyclones Sanitop	00:03:21	01:10:03	
11	6504	Óscar Mendes	Senior	M	Liberdade Futebol Clube	00:03:21	01:10:21	01:10:20
12	8737	augusto figueiredo agosto	M40	M		00:03:23	01:10:51	01:10:51
13	6508	Sara Moreira	Senior	F	MCP	00:03:23	01:10:55	01:10:55
14	9185	Pedro Ribeiro	Senior	M		00:03:23	01:10:55	01:10:54
15	8008	João Menezes Vaz	M40	M		00:03:25	01:11:41	01:11:41
16	6537	Joaquim Silva	M50	M	Associação Recreativa Estrelas do Sul	00:03:27	01:12:08	01:12:05
17	7956	Vitor Ribeiro	Senior	M		00:03:27	01:12:11	01:12:11
18	8684	Rui Coimbra	Senior	M		00:03:27	01:12:14	01:12:14
19	7320	Carlos Martins	Senior	M	Corre Connosco Felgueiras	00:03:27	01:12:20	01:12:18
20	6538	Delfim Conceição	M40	M	Associação Recreativa Estrelas do Sul	00:03:28	01:12:34	01:12:32
21	7361	Manuel Urbano	M40	M		00:03:30	01:13:13	01:12:57
22	7321	António Costa	M40	M	Corre Connosco Felgueiras	00:03:30	01:13:30	01:13:29
23	6542	António Ferreira	Senior	M	Grupo desportivo j.Cruz & Irmãos Lda	00:03:31	01:13:31	01:13:29
24	8647	Carlos Lopes	Senior	M		00:03:32	01:13:54	01:13:52
25	8234	Paulo Pereira	Senior	M		00:03:33	01:14:26	01:14:26
26	7957	Domingos Barros	M40	M		00:03:33	01:14:30	01:14:17
27	7373	Daniel Flório	Senior	M		00:03:33	01:14:33	01:14:32
28	6502	Alexandre Caramez	Senior	M	Porto Runners	00:03:33	01:14:33	01:14:31
29	8386	Fernando Santos	Senior	M		00:03:34	01:14:36	01:14:04
30	8505	Mónica Silva	Senior	F		00:03:34	01:14:47	01:14:46
31	8547	Jorge Manuel Correia Pádua	M45	M		00:03:35	01:15:15	01:15:14
32	6543	António Ramalho	M45	M	Grupo Desportivo Leões da Guarda	00:03:37	01:15:53	01:15:51
33	6544	Joaquim Pinto	M45	M	Grupo Desportivo Leões da Guarda	00:03:38	01:16:02	01:16:00
34	6545	Belmiro Ferreira	M45	M	Grupo Desportivo Leões da Guarda	00:03:38	01:16:12	01:16:10
35	7785	António José Campos Correia	Senior	M		00:03:38	01:16:15	01:16:04
36	8329	Bruno Jesus	Senior	M		00:03:38	01:16:16	01:16:15
37	8237	João Teixeira	M50	M		00:03:39	01:16:26	01:16:23
38	8645	Rui Silva Belga	Senior	M		00:03:40	01:16:41	01:16:30
39	6500	Filomena Costa	Senior	F		00:03:40	01:16:44	01:16:40
40	8643	Marco Filipe	Senior	M		00:03:40	01:16:45	01:16:40
41	7566	Cesário Simões	M40	M		00:03:41	01:17:03	01:17:01
42	6522	Catarina Lima	Senior	F	União Desportiva Varzea	00:03:42	01:17:30	01:17:28
43	8679	Augusto Antunes	M45	M		00:03:43	01:17:51	01:17:37
44	8642	Pedro Nunes	Senior	M		00:03:44	01:18:07	01:18:04
45	8646	João Leandro	Senior	M		00:03:44	01:18:07	01:18:03
46	8446	Carlos Manuel Azevedo Magalhães	M45	M		00:03:44	01:18:13	01:18:05
47	7848	António Silva	M40	M		00:03:44	01:18:20	01:18:14
48	9202	Nuno Valente	Senior	M		00:03:45	01:18:25	01:18:08
49	6507	Rafaela Almeida	Senior	F	Sport Lisboa e Benfica	00:03:45	01:18:27	01:18:26

50	8502	Hermínio Martins	M50	M		00:03:45	01:18:35	01:18:32
51	7439	Manuel Gomes	M45	M		00:03:45	01:18:41	01:17:41
52	8574	Ernesto Almeida	M50	M		00:03:46	01:18:46	01:18:32
53	9106	Bruno Rafael Medeiros Tavares	Senior	M		00:03:46	01:18:47	01:17:52
54	8259	Manuel Palmeiro	M45	M		00:03:46	01:18:55	01:18:36
55	7883	Alcino Silva	Senior	M		00:03:46	01:19:00	01:18:44
56	8294	Fernanda Miranda	M40	F		00:03:46	01:19:04	01:19:02
57	8100	Pedro Barros	Senior	M		00:03:46	01:19:05	01:18:56
58	7651	Davide Figueiredo	M40	M		00:03:47	01:19:14	01:19:13
59	7892	ULISSES MANUEL CARNEIRO LOPES	M45	M		00:03:47	01:19:19	01:19:00
60	7282	Miguel Oliveira	M40	M	Grupo Desportivo Luz Verde	00:03:47	01:19:27	01:19:19
61	8095	Manuel Cardoso	M45	M		00:03:48	01:19:29	01:19:25
62	6521	Carla Machado	M40	F	União Desportiva Varzea	00:03:48	01:19:29	01:19:28
63	6534	Manuel Dourado	M55	M	Associação Recreativa Estrelas do Sul	00:03:48	01:19:42	01:19:38
64	8107	Valter Pereira	Senior	M		00:03:49	01:19:56	01:19:53
65	6526	André Nadais	Senior	M	Arada Atletico Club	00:03:49	01:19:56	01:19:54
66	7737	Joaquim Manuel Jesus Lopes	M45	M		00:03:49	01:19:59	01:19:51
67	8212	Bruno Gaspar	Senior	M		00:03:49	01:20:05	01:19:59
68	7955	Nuno Miranda	Senior	M		00:03:49	01:20:08	01:19:20
69	8034	António Rocha	M50	M		00:03:49	01:20:09	01:20:07
70	8101	José Rodrigues	Senior	M		00:03:50	01:20:21	01:20:14
71	7236	Mário Carvalho	M45	M	Os 5 à hora	00:03:51	01:20:40	01:20:31
72	8382	Michael Michalk	M40	M		00:03:52	01:20:53	01:20:48
73	8570	Paulo Manuel freitas Reis Paulo Reis	M40	M		00:03:52	01:20:54	01:20:00
74	7329	Eugénio Moreira	Senior	M		00:03:52	01:21:04	01:21:01
75	8654	Henrique Machado	M45	M		00:03:52	01:21:08	01:20:58
76	6533	Pedro Soares	M50	M	Associação Recreativa Estrelas do Sul	00:03:52	01:21:11	01:21:09
77	8983	Manuel Pinto	M65	M		00:03:53	01:21:14	01:19:28
78	7682	Paulo Avelino Rebelo Pereira	M40	M		00:03:53	01:21:33	01:21:31
79	8907	António Dias	M50	M		00:03:54	01:21:50	01:21:17
80	6556	David Fernandes	M55	M	Arada Atletico Club	00:03:54	01:21:54	01:21:53
81	7519	Pedro Teixeira	Senior	M		00:03:55	01:22:02	01:22:00
82	8689	Guillermo Pedrero Lopez	Senior	M		00:03:56	01:22:22	01:21:43
83	7954	Pedro Quaresma Almeida	Senior	M		00:03:56	01:22:22	01:21:15
84	7810	Mark Macedo	Senior	M		00:03:56	01:22:33	01:22:18
85	8247	Manuel Mendes	M40	M		00:03:57	01:22:40	01:22:33
86	7877	André Cabreira	Senior	M		00:03:57	01:22:40	01:22:02
87	8087	António Francisco	M45	M		00:03:57	01:22:43	01:22:07
88	7778	Victor Serafim Dos Santos Ferreira	Senior	M		00:03:57	01:22:52	01:22:44
89	7898	Jaime Ribeiro	M40	M		00:03:57	01:22:53	01:22:24
90	8359	Christina Faria	Senior	F		00:03:58	01:23:00	01:22:58
91	8123	Segio Santos	M45	M		00:03:58	01:23:02	01:22:48
92	8749	Pedro Regueiras	Senior	M		00:03:58	01:23:11	01:22:52
93	8758	Adélio Marques	Senior	M		00:03:58	01:23:15	01:22:57
94	6536	Casimiro Galhardo	M55	M	Associação Recreativa Estrelas do Sul	00:03:59	01:23:27	01:23:24
95	8651	Rui Ferreira	M45	M		00:03:59	01:23:37	01:23:29
96	8513	nuno marques	Senior	M		00:03:59	01:23:39	01:23:08
97	7750	Mário Paulo Amaral Carreira	M40	M		00:04:00	01:23:42	01:23:34
98	8109	Paulo Ferreira	M40	M		00:04:00	01:23:43	01:23:35
99	8711	Joaquim Sá	M60	M		00:04:00	01:23:51	01:23:49
100	8231	Francisco Carvalho	M50	M		00:04:00	01:23:54	01:23:54
101	7843	Manuel Cardoso	M40	M		00:04:00	01:23:56	01:23:52
102	7910	Lidia Pereira	M45	F		00:04:00	01:23:56	01:23:44
103	7131	André Martins	Senior	M		00:04:00	01:23:59	01:23:16

104	8763	António Silva	M40	M		00:04:01	01:24:08	01:23:59
105	7362	António Cristovão	Senior	M		00:04:01	01:24:08	01:24:07
106	6551	Fátima Silva	M40	F	Clube Desportivo da Póvoa	00:04:01	01:24:19	01:24:18
107	7899	José Morais	M45	M		00:04:01	01:24:20	01:23:42
108	7205	Nascimento Pires	M50	M	Amigos Quinta das Freiras	00:04:02	01:24:22	01:24:02
109	8258	José Bragada	M45	M		00:04:02	01:24:23	01:23:45
110	7215	António Correia	M50	M	Clube Atletismo de Vila Boa do Bispo	00:04:02	01:24:27	01:24:26
111	8360	Jean Luc Bernard	M45	M		00:04:02	01:24:33	01:24:31
112	8084	Antonio Rodrigues Henriques	Senior	M		00:04:02	01:24:34	01:24:21
113	7136	Paulo Oliveira	M40	M		00:04:02	01:24:39	01:24:03
114	6505	Rosa Soares	Senior	F		00:04:03	01:24:47	01:24:45
115	7209	Luis Vieira	M40	M	Clube Atletismo de Vila Boa do Bispo	00:04:03	01:24:47	01:24:47
116	7958	José Martins	M45	M		00:04:03	01:24:52	01:24:11
117	8230	Carlos Pinto	M50	M		00:04:03	01:24:58	01:24:09
118	6527	Fernando Fernandes	M50	M	Arada Atletico Club	00:04:03	01:25:01	01:24:59
119	7649	Miguel Figueiredo	Senior	M		00:04:04	01:25:05	01:24:57
120	6550	António Magalhães	M40	M	Grupo Desportivo Leões da Guarda	00:04:04	01:25:09	01:25:07
121	7565	Jacinto Correia	M45	M		00:04:04	01:25:14	01:25:00
122	7038	Rogério de Almeida	M40	M	Louis	00:04:04	01:25:17	01:25:16
123	7541	João Dias	Senior	M		00:04:04	01:25:20	01:24:56
124	7634	António Maltez	M55	M		00:04:05	01:25:34	01:25:19
125	9045	João Sousa	Senior	M		00:04:05	01:25:36	01:25:24
126	7213	Modesto Vieira	M45	M	Clube Atletismo de Vila Boa do Bispo	00:04:05	01:25:38	01:25:16
127	8815	Abilio Marques	M50	M		00:04:05	01:25:38	01:25:14
128	9138	Roberto Leal	M40	M		00:04:05	01:25:38	01:25:32
129	8086	Diamantino Lopes	M40	M		00:04:05	01:25:41	01:25:05
130	8561	Luis Carlos Morgado	Senior	M		00:04:05	01:25:44	01:24:37
131	8767	José Mota	M45	M		00:04:05	01:25:45	01:25:40
132	7901	Mário Monteiro	Senior	M		00:04:06	01:25:54	01:25:36
133	8750	José Silva	M40	M		00:04:06	01:25:54	01:25:44
134	8751	Ricardo Salgado	Senior	M		00:04:06	01:25:58	01:23:26
135	7558	Henrique Araújo	Senior	M		00:04:06	01:26:04	01:24:46
136	7655	Rodrigo Costa	M45	M		00:04:06	01:26:06	01:25:58
137	9128	João Carlos Lima Covas	M50	M		00:04:07	01:26:08	01:26:07
138	7871	José Perdigão	M45	M		00:04:07	01:26:14	01:25:54
139	7346	Filipe Vilhena	Senior	M		00:04:08	01:26:38	01:25:18
140	8975	Ricardo Coelho	Senior	M		00:04:08	01:26:39	01:25:29
141	8046	António Joaquim Gomes	M45	M		00:04:08	01:26:40	01:26:28
142	7746	Manuel De Queirós Ribeiro	M55	M		00:04:08	01:26:46	01:25:16
143	8462	Marco Arlindo Mendes JORGE	Senior	M		00:04:09	01:27:00	01:26:28
144	7648	José Francisco Magalhães Tomás Costa	M40	M		00:04:09	01:27:06	01:26:45
145	7097	José Barrinha	M40	M		00:04:09	01:27:08	01:26:57
146	7283	Fernado Santos	M40	M	Grupo Desportivo Luz Verde	00:04:10	01:27:14	01:27:06
147	8172	Raul Juan Ramos Aina	Senior	M		00:04:10	01:27:14	01:26:37
148	7368	James Hobbs	Senior	M		00:04:10	01:27:19	01:26:53
149	6525	Joaquim Ferreira	M40	M	Arada Atletico Club	00:04:10	01:27:22	01:27:21
150	8435	António Jorge Castro Rodrigues Vale	M40	M		00:04:10	01:27:23	01:27:08
151	7334	João Fernandes Gonçalves	M45	M		00:04:10	01:27:29	01:27:26
152	8007	Ana Margarida Duarte	M45	F		00:04:11	01:27:32	01:27:29
153	8494	Fábio Pereira	Senior	M		00:04:11	01:27:33	01:27:07
154	7545	António Justino	Senior	M		00:04:11	01:27:33	01:27:20
155	7195	Avelino Neves	Senior	M	Amigos Quinta das Freiras	00:04:11	01:27:34	01:27:12
156	8676	António Meira	M45	M		00:04:11	01:27:34	01:27:31
157	8578	Hugo Romano Romano	M40	M		00:04:11	01:27:39	01:27:21

158	7216	João Ribeiro	M55	M	Clube Atletismo de Vila Boa do Bispo	00:04:11	01:27:44	01:27:04
159	7322	Fernando Coelho	Senior	M	Corre Connosco Felgueiras	00:04:11	01:27:48	01:27:42
160	7324	Carlos Cunha	M40	M	Corre Connosco Felgueiras	00:04:11	01:27:48	01:27:42
161	7281	Francisco Teixeira	M40	M	Grupo Desportivo Luz Verde	00:04:11	01:27:51	01:27:41
162	7974	Fernando Sacramento	M45	M		00:04:12	01:27:54	01:26:26
163	7280	Carlos Barroso	M40	M	Grupo Desportivo Luz Verde	00:04:12	01:27:55	01:27:49
164	8390	Raúl Iglesias Duro	Senior	M		00:04:12	01:27:58	01:27:37
165	7762	Paulo Luís Magalhães Nunes	M40	M		00:04:12	01:28:00	01:27:49
166	7425	Manuel Jorge Sousa Festas	Senior	M		00:04:12	01:28:05	01:27:00
167	8999	Domingos Presas	M45	M		00:04:13	01:28:18	01:27:59
168	7764	Pedro Manuel Parati Sousa Monteiro	M40	M		00:04:13	01:28:20	01:28:11
169	8614	José Barros	Senior	M		00:04:13	01:28:23	01:28:10
170	7323	Fernando Oliveira	M55	M	Corre Connosco Felgueiras	00:04:13	01:28:24	01:28:21
171	8610	Rui Brilhante Sobral	M40	M		00:04:14	01:28:35	01:28:24
172	8238	António Osório	M50	M		00:04:14	01:28:36	01:28:31
173	8609	Albano Seca	M40	M		00:04:14	01:28:41	01:28:26
174	8140	Ismael Matos	Senior	M		00:04:14	01:28:42	01:27:04
175	8128	Maciel Lopes	Senior	M		00:04:14	01:28:42	01:28:06
176	7880	Paulo Moreira	M40	M		00:04:14	01:28:42	01:28:13
177	8909	Joaquim Fangueiro	M55	M		00:04:14	01:28:44	01:27:59
178	8167	Pedro Gonçalves	Senior	M		00:04:14	01:28:44	01:27:25
179	8729	Sergio Ribeiro	Senior	M		00:04:14	01:28:45	01:28:19
180	9121	Severo António Marques Monteiro	Senior	M		00:04:14	01:28:46	01:28:03
181	6520	Armando Fernandes	M45	M	Luanda Runners	00:04:14	01:28:49	01:28:47
182	8756	João Barbosa	M45	M		00:04:14	01:28:50	01:28:31
183	8753	Manuel Mota	M45	M		00:04:14	01:28:50	01:28:39
184	7030	Tiago Miguel Rodrigues Santos Costa	Senior	M		00:04:14	01:28:51	01:28:32
185	9172	António Ferreira	M55	M		00:04:14	01:28:52	01:28:50
186	8472	Joaquim Fernandes	M40	M		00:04:14	01:28:52	01:28:37
187	8104	Artur Matos	M40	M		00:04:15	01:28:56	01:27:43
188	8529	Pedro Matias	M45	M		00:04:15	01:28:57	01:28:52
189	8175	Vitor Andrade	Senior	M		00:04:15	01:28:58	01:28:48
190	7745	Manuel Antunes Martins	M50	M		00:04:15	01:28:58	01:28:51
191	8239	António Puinhas	M50	M		00:04:15	01:28:59	01:28:53
192	6548	Leopoldo Fernandes	M55	M	Grupo Desportivo Leões da Guarda	00:04:15	01:29:02	
193	8922	José Ferreira da Silva	M45	M		00:04:15	01:29:03	01:28:02
194	7210	Aurélio Vieira	Senior	M	Clube Atletismo de Vila Boa do Bispo	00:04:15	01:29:04	01:28:46
195	7053	Nuno Vieira	Senior	M		00:04:15	01:29:07	01:28:05
196	8388	Claudio Queiroga	M40	M		00:04:15	01:29:09	01:28:54
197	9146	Hugo Bastos	Senior	M		00:04:15	01:29:14	01:29:09
198	7819	Manuel Tavares	M40	M		00:04:16	01:29:19	01:29:12
199	8262	Ricardo Pereira	Senior	M		00:04:16	01:29:20	01:28:27
200	7517	Filipe Pedroso	Senior	M		00:04:16	01:29:20	01:28:03
201	7198	Fernando Santos	M45	M	Amigos Quinta das Freiras	00:04:16	01:29:26	01:28:50
202	7145	Rogério Dinis Fernandes Vicente	Senior	M		00:04:16	01:29:31	01:28:54
203	8820	José da Cunha Fernandes	M65	M		00:04:16	01:29:31	01:28:53
204	7964	Manuel da Silva	Senior	M		00:04:16	01:29:32	01:29:28
205	7820	Paulo Moradias	M45	M		00:04:16	01:29:33	01:29:20
206	7966	Augusto Manuel Figueiredo	M40	M		00:04:16	01:29:36	01:28:20
207	8042	Paulo Amaral	Senior	M		00:04:17	01:29:50	01:29:21
208	8652	Luís Fontinha	M45	M		00:04:18	01:29:59	01:29:46
209	8829	Fernando Rocha	M45	M		00:04:18	01:30:05	01:29:44
210	8277	Silvino Antunes	M60	M		00:04:18	01:30:13	01:29:36
211	8717	Manuel Carneiro	M50	M		00:04:19	01:30:25	01:29:48

212	7961	Frederico Barros Lopes	Senior	M		00:04:19	01:30:33	01:30:18
213	8681	António Patrício	M45	M		00:04:19	01:30:36	01:29:28
214	7685	José Abílio Nunes	M45	M		00:04:19	01:30:39	01:30:17
215	7979	Jorge Teixeira	M40	M		00:04:20	01:30:43	01:30:23
216	7534	Igor Kornienko	Senior	M		00:04:20	01:30:43	01:30:30
217	8393	Ricardo Costa	Senior	M		00:04:20	01:30:44	01:29:46
218	7438	Luis Martins	M45	M		00:04:20	01:30:49	01:30:27
219	9154	Carlos Alberto Pinheiro Machado	M45	M		00:04:20	01:30:56	01:30:30
220	8752	Joaquim Silva	M40	M		00:04:21	01:31:01	01:30:42
221	7432	Jacinto Ribeiro	M40	M		00:04:21	01:31:03	01:30:58
222	8626	António José Coimbra Dias Franco	M40	M		00:04:21	01:31:05	01:30:58
223	9006	Nuno Alves	Senior	M		00:04:21	01:31:07	01:29:59
224	7560	Rui Pedro Reis Duarte	Senior	M		00:04:21	01:31:17	01:30:09
225	8272	Tiago Haddad	Senior	M		00:04:21	01:31:17	01:30:58
226	8271	Ricardo Silva Gonçalves	Senior	M		00:04:21	01:31:18	01:31:00
227	8280	André Bastos	Senior	M		00:04:21	01:31:20	01:30:43
228	7539	Paulo Soares	Senior	M		00:04:22	01:31:23	01:30:16
229	8031	Rodrigo Ferreira	M40	M		00:04:22	01:31:24	01:31:08
230	7633	Fernando Francisco Oliveira Pereira	M55	M		00:04:22	01:31:27	01:31:17
231	7841	Diogo Ribeiro	Senior	M		00:04:22	01:31:29	01:31:05
232	7638	Filipe Lima	Senior	M		00:04:22	01:31:29	01:30:46
233	7723	Eduardo Quirino De Sousa Brandão	Senior	M		00:04:22	01:31:30	01:31:18
234	8184	Vitor Manuel Alegre Chaves	M50	M		00:04:22	01:31:39	01:31:27
235	8629	Marco André da Silva Almeida	Senior	M		00:04:22	01:31:40	01:31:12
236	6535	Joaquim Santos	M50	M	Associação Recreativa Estrelas do Sul	00:04:23	01:31:45	01:31:42
237	7501	António Nascimento	M45	M		00:04:23	01:31:48	01:31:09
238	8418	Gabor Kis	M40	M		00:04:23	01:31:49	01:28:39
239	7234	António Paulo Santos Teles	Senior	M	Leonel	00:04:23	01:31:54	01:31:21
240	7879	Justino Pereira	M45	M		00:04:23	01:31:54	
241	7036	José Augusto	M50	M	Louis	00:04:23	01:31:57	01:31:52
242	8757	António Afonso	M45	M		00:04:23	01:32:03	01:31:53
243	9152	Bruno Nascimento	Senior	M		00:04:24	01:32:05	01:31:55
244	7202	Rui Alves	Senior	M	Amigos Quinta das Freiras	00:04:24	01:32:07	01:31:45
245	7609	João Espiguinha	Senior	M		00:04:24	01:32:08	01:30:56
246	7635	Pedro Miguel Tavares Camacho	Senior	M		00:04:24	01:32:11	01:32:04
247	6506	Vítor Costa	M40	M	IND	00:04:24	01:32:11	01:32:07
248	7360	Fernando António Ferreira Santiago	M50	M		00:04:24	01:32:13	01:32:01
249	8227	Joaquim Gomes	M55	M		00:04:24	01:32:14	01:32:04
250	8188	Ricardo Garim Dias	Senior	M		00:04:24	01:32:15	01:30:55
251	8038	João Paulo Martins Correia	M45	M		00:04:24	01:32:15	01:31:56
252	9054	Tiago Teixeira	Senior	M		00:04:24	01:32:17	01:32:03
253	8553	André Matos Matos	Senior	M		00:04:24	01:32:18	01:32:05
254	7647	Alberto Manuel Pinto Marques	Senior	M		00:04:24	01:32:19	01:31:57
255	7511	Oscar Loureiro	M65	M		00:04:24	01:32:22	01:32:19
256	7607	Nuno Gabriel Lima	M45	M		00:04:24	01:32:23	01:32:17
257	7193	António Pereira	M50	M	Amigos Quinta das Freiras	00:04:25	01:32:25	01:31:53
258	7319	Francisco Lemos	M50	M	Corre Connosco Felgueiras	00:04:25	01:32:28	01:32:21
259	8145	Manuel Ribeiro	M55	M		00:04:25	01:32:28	01:30:57
260	7201	Victor Lima	M45	M	Amigos Quinta das Freiras	00:04:25	01:32:33	01:31:57
261	7546	Joaquim Pinhel	M60	M		00:04:25	01:32:33	01:32:22
262	8710	António Faria	M55	M		00:04:25	01:32:34	01:31:52
263	8235	Paulo Machado	M40	M		00:04:25	01:32:35	01:32:08
264	8719	Amaro Silva	M45	M		00:04:25	01:32:39	01:31:53
265	8648	Joaquim Vaz	Senior	M		00:04:25	01:32:40	01:32:18

266	6553	Domingos Morais	Senior	M	cyclones atletico club	00:04:25	01:32:41	01:31:19
267	8690	Filipe Almeida	Senior	M		00:04:25	01:32:42	01:32:30
268	8707	Aurélio Marques	M45	M		00:04:25	01:32:43	01:32:00
269	8625	Fernando Manuel Loureiro Pereira Pinto	M45	M		00:04:25	01:32:44	01:32:11
270	7229	Luis Fernandes	M55	M	Grupo Desportivo Leões da Guarda	00:04:26	01:32:47	01:32:35
271	7480	Susana Maria Correia	Senior	F		00:04:26	01:32:48	01:32:44
272	8181	Abílio Moreira	M40	M		00:04:26	01:32:49	01:31:30
273	8579	Paulo Cerdeiral	Senior	M		00:04:26	01:32:50	01:32:31
274	8112	Joaquim Manuel Pinto Vieira	M45	M		00:04:26	01:32:55	01:31:57
275	9075	Paulo Jorge Pereira	Senior	M		00:04:26	01:32:56	01:32:43
276	7900	Jorge Morgado	M45	M		00:04:26	01:32:58	01:32:38
277	7250	Paulo Jorge Sequeira Teixeira	Senior	M		00:04:26	01:32:59	01:31:48
278	9048	Nuno Barra	M45	M		00:04:26	01:32:59	01:32:46
279	9053	José Paulo Ribeiro	Senior	M		00:04:26	01:32:59	01:32:45
280	9110	Luis Azevedo	Senior	M		00:04:26	01:33:00	01:32:35
281	7797	Rodrigo Nunes silva	M50	M		00:04:26	01:33:00	01:31:36
282	9109	Nuno Morais	M40	M		00:04:26	01:33:01	01:32:56
283	8712	Orlando Vieira	M60	M		00:04:26	01:33:06	01:32:25
284	7616	José Neves Rocha	Senior	M		00:04:27	01:33:07	01:32:57
285	7423	Ernestino Azevedo	M40	M		00:04:27	01:33:08	01:32:13
286	8135	José Carvalho	Senior	M		00:04:27	01:33:10	01:32:57
287	7608	Salvador Ferreira Silva	M40	M		00:04:27	01:33:10	01:32:57
288	8548	José Luis Marques da Silva Pires	M40	M		00:04:27	01:33:15	01:32:46
289	8020	Ricardo Ribeiro	Senior	M		00:04:27	01:33:16	01:32:42
290	7203	Armando Macedo	M65	M	Amigos Quinta das Freiras	00:04:27	01:33:20	01:32:59
291	8657	Alipio Moreira	M40	M		00:04:27	01:33:20	01:32:42
292	8656	Filipe Carvalhais	M45	M		00:04:27	01:33:21	01:32:43
293	8004	José António Carreira Alves	M45	M		00:04:27	01:33:21	01:32:43
294	8036	Armando Cunha Oliveira	M50	M		00:04:27	01:33:22	01:33:03
295	7107	Joaquim Gabriel Cunha dos Santos	M40	M		00:04:27	01:33:25	01:33:14
296	7231	Virgílio Oliveira	M45	M		00:04:27	01:33:27	01:32:35
297	8523	Fernando Monteiro	M40	M		00:04:28	01:33:29	01:31:48
298	8524	João Labrincha	M50	M		00:04:28	01:33:29	01:31:30
299	7347	Armando Gomes	M40	M		00:04:28	01:33:31	01:33:26
300	8276	Fábio Gil Dias Pinhel	Senior	M		00:04:28	01:33:32	01:31:57
301	7529	João Ribeiro da silva	M40	M		00:04:28	01:33:34	01:33:26
302	7936	Luis Carvalho	M45	M		00:04:28	01:33:35	01:32:19
303	7335	Jorge Manuel Sousa Pinto Vilela	M45	M		00:04:28	01:33:37	01:33:33
304	8019	Sergio Manuel Alexandre jorge	M40	M		00:04:28	01:33:43	01:33:14
305	7207	António Pereira	M40	M	Clube Atletismo de Vila Boa do Bispo	00:04:28	01:33:47	01:33:25
306	8541	Joao Paixao	M40	M		00:04:29	01:33:51	01:33:33
307	8587	Pedro Rúben Gil da Silva	Senior	M		00:04:29	01:33:54	01:32:10
308	7521	Nelson Filipe Machado	Senior	M		00:04:29	01:33:55	01:32:43
309	8998	Eduardo Marques	M40	M		00:04:29	01:33:58	01:33:24
310	7650	Celestino Silva	M45	M		00:04:29	01:33:58	01:33:36
311	7684	Luis Aguiar	Senior	M		00:04:29	01:33:59	01:33:22
312	7686	Bruno José de Azevedo Soares Bino	Senior	M		00:04:29	01:33:59	01:33:23
313	7442	António Rui Baptista Da Silva	M40	M		00:04:29	01:34:05	01:33:29
314	7108	Nuno Ribeiro	Senior	M		00:04:30	01:34:10	01:34:01
315	8248	João Oliveira	M45	M		00:04:30	01:34:10	01:33:52
316	8451	Augusto Duarte Barbosa Granja	M60	M		00:04:30	01:34:12	01:33:18
317	7601	Miguel Pinto	Senior	M		00:04:30	01:34:13	01:32:20
318	8832	Celso Torres	M50	M		00:04:30	01:34:19	01:33:20
319	8221	Francisco Lobo	M50	M		00:04:30	01:34:23	01:34:09

320	7881	Rui Lima	M50	M		00:04:30	01:34:24	01:33:54
321	9068	Antonio Manuel Fonseca Batista	Senior	M		00:04:30	01:34:25	01:34:02
322	8673	Ricardo Osório	M55	M		00:04:30	01:34:25	01:32:53
323	7812	Araujo Francisco	M40	M		00:04:30	01:34:29	01:34:27
324	7876	Joana Lima	Senior	F		00:04:30	01:34:30	01:33:52
325	9076	Ricardo Emanuel Fernandes	Senior	M		00:04:31	01:34:33	01:34:21
326	7724	Fernando José Soares Pinto	M50	M		00:04:31	01:34:34	01:34:06
327	8001	Eurico Moura	Senior	M		00:04:31	01:34:37	01:33:03
328	8755	João Silva	M50	M		00:04:31	01:34:40	01:34:35
329	8458	Antonio Oliveira	M55	M		00:04:31	01:34:42	01:33:49
330	9041	Joao Carlos Morgado	Senior	M		00:04:31	01:34:43	01:34:33
331	8375	Nicolas Teisseire	M50	M		00:04:31	01:34:44	01:33:51
332	7129	João Carlos Oliveira	M40	M		00:04:31	01:34:45	01:33:22
333	7832	Arsénio Monteiro dos Reis	M40	M		00:04:31	01:34:45	01:34:09
334	8103	Lauro Araújo	Senior	M		00:04:32	01:34:55	01:34:19
335	7485	Francisco José Almeida Fernandes	Senior	M		00:04:32	01:34:56	01:34:35
336	7487	Nuno Miguel Herdeiro Loureiro da Silva	Senior	M		00:04:32	01:34:57	01:33:28
337	7959	Silvério Miranda	M40	M		00:04:32	01:34:58	01:34:27
338	7416	J. Carlos Garro	M45	M		00:04:32	01:35:04	01:34:21
339	7339	Carlos Mata	M40	M		00:04:32	01:35:06	01:34:04
340	8030	Nuno Valente	Senior	M		00:04:32	01:35:08	01:34:51
341	7924	Luís Reis	Senior	F		00:04:32	01:35:10	01:33:55
342	8620	Ricardo Ribeiro	Senior	M		00:04:33	01:35:13	01:33:43
343	9020	Luis Pinho	Senior	M		00:04:33	01:35:16	01:33:48
344	8611	Nelson Ricardo Silva Ribeiro	Senior	M		00:04:33	01:35:17	01:35:00
345	8601	Normando Carvalho	Senior	M		00:04:33	01:35:19	01:34:07
346	8522	Arlindo Bastos	M60	M		00:04:33	01:35:20	
347	7603	Alvaro Fernando Machado	M40	M		00:04:33	01:35:20	01:35:11
348	8672	Jose Paz Araujo	M45	M		00:04:33	01:35:21	01:33:42
349	8759	José Lopes	M45	M		00:04:33	01:35:24	01:35:02
350	7214	Geraldo Gomes	M45	M	Clube Atletismo de Vila Boa do Bispo	00:04:33	01:35:27	01:34:53
351	7780	José Augusto de Almeida de Matos	Senior	M		00:04:33	01:35:28	01:34:25
352	8118	Pedro Passas Cunha	Senior	M		00:04:33	01:35:28	01:35:09
353	9084	ALICE LOPES	Senior	F		00:04:33	01:35:32	01:33:58
354	8723	Jaime Moreira	M45	M		00:04:33	01:35:32	01:34:52
355	7722	Gabriel Fernando Oliveira Marante	Senior	M		00:04:34	01:35:36	01:34:56
356	7289	Artur Ferraz	M50	M	A Karaté Felgueiras	00:04:34	01:35:40	01:35:01
357	7252	Rui Eisébio	M40	M	Os Rompe Solas	00:04:34	01:35:40	01:35:28
358	8540	Luis Mendes	Senior	M		00:04:34	01:35:41	01:35:28
359	7230	Vítor Paiva	Senior	M	Hospital -HPP	00:04:34	01:35:42	01:35:39
360	9151	Daniel Felix de Lima	M45	M		00:04:34	01:35:46	01:35:01
361	7667	João Teixeira	Senior	M		00:04:34	01:35:47	01:34:59
362	8089	Bruno Mota	Senior	M		00:04:34	01:35:47	01:35:43
363	7915	Jorge Manuel Rodrigues Tiago	M40	M		00:04:34	01:35:47	01:35:43
364	7327	Luis Ventura	M40	M		00:04:34	01:35:48	01:35:39
365	8108	Valter Passos	Senior	M		00:04:34	01:35:48	01:34:00
366	7025	Fernando Remelgado	Senior	M		00:04:34	01:35:53	01:35:26
367	8607	Bruno Emanuel Nogueira Figueira	Senior	M		00:04:34	01:35:54	01:35:49
368	8061	Mário Barbosa	M40	M		00:04:34	01:35:54	
369	8270	Hugo Landolt	Senior	M		00:04:35	01:35:56	01:35:48
370	8062	João Pinto	M40	M		00:04:35	01:35:57	01:35:51
371	7584	Raul Oliveira	M45	M		00:04:35	01:35:57	01:35:24
372	6510	Gustavo Rodrigues	Senior	M	Brasil	00:04:35	01:35:58	01:35:56
373	8602	Sérgio Bruno Ribeiro	Senior	M		00:04:35	01:35:59	01:35:03

374	8655	José Manuel Carvalhais	M45	M		00:04:35	01:36:00	01:35:23
375	8718	José Carlos Oliveira	M40	M		00:04:35	01:36:04	
376	8150	Alberto Veiga Meireles	M50	M		00:04:35	01:36:07	01:35:33
377	8229	Helena Mourão	M40	F		00:04:35	01:36:07	01:35:19
378	8137	Manuel Rocha	M50	M		00:04:35	01:36:10	01:35:44
379	8138	Manuel Oliveira	M60	M		00:04:35	01:36:10	01:35:59
380	7559	Arnaldo João da Cruz	M45	M		00:04:35	01:36:13	01:34:56
381	7394	Carlos Lopes	Senior	M		00:04:35	01:36:15	01:35:36
382	7073	Hugo Duarte	Senior	M		00:04:36	01:36:16	01:35:36
383	7542	Carlos Cepeda	Senior	M		00:04:36	01:36:18	01:35:54
384	7156	Franclim Guimarães	Senior	M	Rui	00:04:36	01:36:19	01:35:23
385	8372	Tomasz Nowakowski	Senior	M		00:04:36	01:36:20	01:35:41
386	8740	ANTÓNIO LUÍS QUEIRÓS LÍRIO	M40	M		00:04:36	01:36:23	01:34:49
387	7897	Sérgio Valbom	Senior	M		00:04:36	01:36:23	01:35:09
388	8290	António Carlos Bento de Almeida	M55	M		00:04:36	01:36:23	01:35:57
389	6547	António Teixeira	M50	M	Grupo Desportivo Leões da Guarda	00:04:36	01:36:24	01:36:03
390	8455	José Coelho Silva	M55	M		00:04:36	01:36:26	01:36:08
391	8906	Júlio Santos	M50	M		00:04:36	01:36:28	01:35:56
392	8177	Laurinda Ferreira	M40	F		00:04:36	01:36:29	01:36:19
393	7057	Joaquim Coelho	Senior	M		00:04:36	01:36:31	01:35:54
394	7206	Bruno Caetano	Senior	M	Clube Atletismo de Vila Boa do Bispo	00:04:36	01:36:33	01:36:31
395	9034	Artur Freitas	M60	M		00:04:36	01:36:36	01:36:21
396	7337	Paulo Jorge Machado	Senior	M		00:04:37	01:36:41	01:35:42
397	8096	Candido Monteiro	M45	M		00:04:37	01:36:47	01:35:32
398	8147	César Raimundo Teixeira Gonçalves	Senior	M		00:04:37	01:36:48	01:36:25
399	9169	José Amorim	Senior	M		00:04:37	01:36:50	01:36:44
400	8911	Abel Ferreira	M40	M		00:04:37	01:36:52	01:36:09
401	7173	Marco Gomes	Senior	M		00:04:37	01:36:53	01:36:40
402	7618	André Sousa	Senior	M		00:04:38	01:36:59	01:35:44
403	7128	Edgar Silva	Senior	M		00:04:38	01:37:00	01:36:35
404	7365	Paulo Santos	M40	M	A C R D Escapães	00:04:38	01:37:04	01:36:03
405	8560	Albino Silva	M45	M		00:04:38	01:37:05	01:35:39
406	8747	BRUNO DANIEL PINTO DA SILVA VINHOS	Senior	M		00:04:38	01:37:06	01:35:31
407	8394	Ernesto Fernandes	M45	M		00:04:38	01:37:08	01:36:54
408	7196	Agostinho Costa	M50	M	Amigos Quinta das Freiras	00:04:38	01:37:08	01:36:33
409	8120	José Cabral	M55	M		00:04:38	01:37:10	01:36:54
410	7951	Raúl Norberto Taveira Fernandes	Senior	M		00:04:38	01:37:11	01:35:22
411	8863	Silvério Pinto	M40	M		00:04:38	01:37:14	01:35:41
412	7543	Tiago Pereira	Senior	M		00:04:38	01:37:14	01:36:49
413	7971	Oscar Leite	M45	M		00:04:38	01:37:16	01:36:53
414	7348	Pedro Ribeiro	Senior	M		00:04:38	01:37:18	01:37:14
415	8037	Antonio Augusto Reis Silva	M45	M		00:04:39	01:37:20	01:37:00
416	9139	João Soares	M65	M		00:04:39	01:37:23	01:37:01
417	8332	João Correia	Senior	M		00:04:39	01:37:24	01:35:36
418	7197	Albérto Marques	Senior	M	Amigos Quinta das Freiras	00:04:39	01:37:24	01:36:48
419	8489	João De Jesus Reis	M40	M		00:04:39	01:37:26	01:37:14
420	7640	João Oliveira	M45	M		00:04:39	01:37:29	01:37:00
421	8914	João Paulo Duarte Marques	M45	M		00:04:39	01:37:29	01:35:35
422	7742	Luis Carlos Cunha de Azeida	M40	M		00:04:39	01:37:33	01:37:04
423	7862	Rita Rebelo	Senior	F		00:04:39	01:37:36	01:36:51
424	8542	Antonio Rico	Senior	M		00:04:39	01:37:38	01:37:22
425	8291	João Carlos Ferreira Marques	M50	M		00:04:40	01:37:41	01:37:12
426	9119	João Luis Monteiro	Senior	M		00:04:40	01:37:42	01:37:00
427	8369	Peter Syeinhausen	M60	M		00:04:40	01:37:45	01:37:28

428	7435	Amadeu	M55	M		00:04:40	01:37:47	01:37:39
429	8597	Miguel Ferreira	Senior	M		00:04:40	01:37:47	01:36:35
430	7527	Sergio Jacinto	Senior	M		00:04:40	01:37:50	01:37:17
431	7972	Fernando Gonçalves	M45	M		00:04:40	01:37:50	01:37:25
432	8039	Júlio Magalhães	Senior	M		00:04:40	01:37:50	01:37:31
433	8035	Manuel Fernando Teixeira	M50	M		00:04:40	01:37:51	01:37:32
434	9108	Rui Oliveira	Senior	M		00:04:40	01:37:53	01:37:46
435	8491	Alvaro Teixeira Moreira	M50	M		00:04:40	01:37:54	01:37:09
436	7878	Manuel Silva	M40	M		00:04:40	01:37:54	01:37:24
437	7882	Augusto Lima	Senior	M		00:04:40	01:37:54	01:37:23
438	9136	José Figueiredo	M40	M		00:04:40	01:37:56	01:37:40
439	7917	Rafael Chacón	Senior	M		00:04:40	01:37:57	01:35:59
440	8608	Luis Vilela	M40	M		00:04:40	01:37:57	01:36:57
441	8727	Miguel Ángel Jimeno Enrique	M50	M		00:04:40	01:37:59	01:37:33
442	8728	Mª del Pilar López Graña	Senior	F		00:04:40	01:37:59	01:37:34
443	8765	José Cruz	M60	M		00:04:40	01:38:00	01:37:52
444	8754	Guilherme Romano	M45	M		00:04:41	01:38:01	01:35:28
445	8814	Fernando Santos	M50	M		00:04:41	01:38:02	
446	7293	David Sousa	Senior	M	A Karaté Felgueiras	00:04:41	01:38:07	01:36:12
447	8490	Francisco José Ribeiro Guedes	M45	M		00:04:41	01:38:11	01:37:57
448	7795	Nuno Rodrigues	M45	M		00:04:41	01:38:11	01:37:35
449	7641	João Rodrigues	Senior	M		00:04:41	01:38:13	01:37:44
450	7855	Eduardo Luís	Senior	M		00:04:41	01:38:16	01:37:27
451	7707	Miguel Angelo Rodrigues Lacerda	Senior	M		00:04:41	01:38:18	01:37:33
452	8613	Simão Seça	Senior	M		00:04:41	01:38:18	01:38:02
453	7768	Ricardo Luís Martins Dias Ferreira	Senior	M		00:04:41	01:38:20	01:37:58
454	7271	Paulo Noormahomed	Senior	M		00:04:41	01:38:20	01:35:19
455	9021	Martinho Vieira Pacheco	M55	M		00:04:42	01:38:25	01:37:59
456	8499	Estefânio Martins Meirinho	Senior	M		00:04:42	01:38:26	01:37:11
457	7849	Victor Pinto	M45	M		00:04:42	01:38:27	01:37:39
458	8730	Domingos Ribeiro	Senior	M		00:04:42	01:38:29	01:38:12
459	8338	Andrew Laming	M40	M		00:04:42	01:38:30	01:36:52
460	8471	António Gilberto Santos Jesus	M40	M		00:04:42	01:38:33	01:38:21
461	8912	Virgílio Palmeiro	M55	M		00:04:42	01:38:34	01:38:04
462	8296	José Santos Correia	M50	M		00:04:42	01:38:36	01:37:30
463	7516	Antonio Serafim Pessoa Pereira	M45	M		00:04:42	01:38:37	01:38:07
464	7325	Fernando Alves	M45	M	Corre Connosco Felgueiras	00:04:42	01:38:38	01:37:56
465	6532	Jorge Mota	M45	M	Associação Recreativa Estrelas do Sul	00:04:42	01:38:42	01:38:38
466	8024	José Leiróz	M40	M		00:04:43	01:38:44	01:37:24
467	7308	José Manuel Abreu Carvalho	Senior	M		00:04:43	01:38:46	01:38:25
468	7528	Miguel João Todo Bom Rebelo	M40	M		00:04:43	01:38:47	01:38:14
469	8536	Donzília Silva	M40	F		00:04:43	01:38:48	01:37:28
470	8078	Fernando Carvalho	M55	M		00:04:43	01:38:48	01:37:30
471	8746	EDUARDO JORGE MARINHO DOS SANTOS	Senior	M		00:04:43	01:38:48	01:37:10
472	8043	Rui Tedim	Senior	M		00:04:43	01:38:48	01:37:26
473	7569	Rui Sampaio	Senior	M		00:04:43	01:38:48	01:38:17
474	8396	Sérgio Amaro F. C. Bastos	Senior	M		00:04:43	01:38:52	01:37:49
475	7814	João José Almeida	M45	M		00:04:43	01:38:59	01:37:40
476	7081	Nuno Miguel Santos Costa	Senior	M		00:04:43	01:39:00	01:37:45
477	9091	Paulo José Chibante Sequeira	M40	M		00:04:43	01:39:00	01:37:08
478	8349	Daniel Lima	Senior	M		00:04:43	01:39:01	01:38:58
479	8526	José Figueiredo	M55	M		00:04:43	01:39:01	
480	8528	José Perira	M60	M		00:04:43	01:39:01	
481	7084	José Costa	M40	M		00:04:43	01:39:02	01:38:53

482	8964	Fernando Faustino	M45	M		00:04:44	01:39:04	01:37:50
483	8052	Rogério Oliveira	Senior	M		00:04:44	01:39:04	01:37:44
484	7889	Pedro Ezequiel	Senior	M		00:04:44	01:39:04	01:38:52
485	8064	António Matos	M60	M		00:04:44	01:39:05	01:38:46
486	8293	Luís Oliveira	M40	M		00:04:44	01:39:06	01:37:17
487	7090	Manuel Neves	M50	M		00:04:44	01:39:08	01:38:23
488	7636	António Costa	M45	M		00:04:44	01:39:08	01:38:43
489	8913	António Canelhas	M50	M		00:04:44	01:39:09	01:38:35
490	8113	Carlos Manuel Pinto Vieira	M40	M		00:04:44	01:39:10	01:38:13
491	7492	António Jorge Tavares Lemos	M40	M		00:04:44	01:39:11	01:38:39
492	7525	Vitor Manuel da Silva Pereira	Senior	M		00:04:44	01:39:13	01:37:26
493	7316	José Lima	Senior	M		00:04:44	01:39:13	01:36:16
494	8193	Paulo Silvano	M40	M		00:04:44	01:39:15	01:37:38
495	8185	Pedro Miguel Soares Ferreira	Senior	M		00:04:44	01:39:15	01:38:46
496	7453	Fernando Lopes	M40	M		00:04:44	01:39:15	01:37:30
497	8131	José Pedro Lima	M40	M		00:04:44	01:39:15	01:38:26
498	7016	Manuel Batista	M45	M	Batistas	00:04:44	01:39:16	01:38:43
499	7366	José Silva	M45	M	A C R D Escapães	00:04:44	01:39:16	01:37:52
500	8117	Silvério Manuel Gomes de Carvalho	Senior	M		00:04:44	01:39:19	01:37:30
501	9133	Jorge Soto	M45	M		00:04:44	01:39:19	01:38:51
502	7679	Celestino Garcia	M40	M		00:04:44	01:39:20	01:38:51
503	7826	Rui Rodrigues	Senior	M		00:04:44	01:39:22	01:38:39
504	7896	Alberto Castro	M65	M		00:04:45	01:39:29	01:38:30
505	7200	Rui Correia	M45	M	Amigos Quinta das Freiras	00:04:45	01:39:33	01:39:10
506	8460	Marco Pedna	Senior	M		00:04:45	01:39:34	01:38:25
507	8525	Joaquim Sacramento	M50	M		00:04:45	01:39:35	01:37:48
508	7522	Jorge Andre Pires	Senior	M		00:04:45	01:39:35	01:39:12
509	8593	Arnaldo Santos	M45	M		00:04:45	01:39:36	01:39:12
510	7713	Sérgio António Marinho da Silva	Senior	M		00:04:45	01:39:40	01:39:14
511	7364	Noberto Oliveira	M50	M		00:04:45	01:39:41	01:38:40
512	8498	Leonel Martins Meirinho	Senior	M		00:04:45	01:39:42	01:38:27
513	8511	Jose Luis Godinho dos Santos Campino	M55	M		00:04:45	01:39:43	01:38:24
514	7288	Rui Brochado	M45	M	A Karaté Felgueiras	00:04:45	01:39:44	01:39:04
515	7805	Miguel Oliveira	Senior	M		00:04:46	01:39:49	01:38:27
516	7846	Manuel Costa	M55	M		00:04:46	01:39:49	01:39:31
517	8085	Manuel Fernandes	M40	M		00:04:46	01:39:49	01:39:40
518	7426	Rui Manuel Rosa de Araújo	M50	M		00:04:46	01:39:56	01:38:35
519	8768	Francisco Marques	M50	M		00:04:46	01:39:56	01:37:23
520	7702	Fernando Grenha Pinheiro	Senior	M		00:04:46	01:39:57	01:39:04
521	7154	Jorge Dias	Senior	M	Amigos Atletismo Povoense	00:04:46	01:39:57	01:38:36
522	8562	Artur Tomaz	M40	M		00:04:46	01:39:57	01:38:29
523	7790	Nuno Rosas	M40	M		00:04:46	01:39:58	01:38:08
524	8236	Paulo Bernardo	M45	M		00:04:46	01:39:59	01:39:48
525	7734	João Perira	Senior	M		00:04:46	01:40:01	01:39:37
526	7793	Carlos Arsénio Salvaterra dos Santos	Senior	M		00:04:46	01:40:03	01:39:58
527	9093	Marco Cesar Dias Pereira	M40	M		00:04:46	01:40:05	01:39:48
528	7803	Orlando Santos	Senior	M		00:04:47	01:40:07	01:38:45
529	7175	Carlos Branco	Senior	M	Carlos	00:04:47	01:40:11	01:38:56
530	8477	Paula Santos	M40	F		00:04:47	01:40:11	01:38:54
531	7451	Jacinto Sanchez Casas	M50	M		00:04:47	01:40:13	01:38:54
532	8032	Carlos Miguel de Freitas Morais	Senior	M		00:04:47	01:40:16	01:38:50
533	8106	Paulo Coelho	Senior	M		00:04:47	01:40:19	01:40:10
534	8018	António Oliveira	M40	M		00:04:47	01:40:21	01:39:04
535	8486	Fernando Santos	M65	M		00:04:47	01:40:22	01:39:59

536	7654	Paulo Marques	M40	M		00:04:47	01:40:23	01:40:09
537	7311	Júlio Santos	Senior	M		00:04:47	01:40:23	01:39:43
538	8409	Carlos Rodriguez	M40	M		00:04:47	01:40:23	01:39:45
539	9001	Paulo	Senior	M		00:04:47	01:40:24	01:39:14
540	8410	Juan Miguel Del Amo Tova	Senior	M		00:04:47	01:40:24	01:39:46
541	7600	Abilio Monteiro	M60	M		00:04:47	01:40:24	01:39:45
542	7166	Rui Celso Sousa Ribeiro	Senior	M		00:04:47	01:40:25	01:39:12
543	7021	Luiz Carlos Grainert Diz	M45	M		00:04:48	01:40:29	01:40:00
544	8246	José Freitas	M40	M		00:04:48	01:40:30	01:40:11
545	7578	João Mata	Senior	M		00:04:48	01:40:32	01:40:11
546	8670	Rodrigo Durão	Senior	M		00:04:48	01:40:32	01:40:11
547	8132	Miguel Rodrigues	M45	M		00:04:48	01:40:32	01:40:06
548	7715	António Manuel De Santos Nogueira de Sousa	M45	M		00:04:48	01:40:32	01:40:05
549	8738	PAULO ALEXANDRE BOTELHO	M45	M		00:04:48	01:40:33	01:38:59
550	7163	Paulo Costa	Senior	M		00:04:48	01:40:33	01:39:02
551	7991	Rui Araújo	Senior	M		00:04:48	01:40:37	01:38:07
552	7612	João Machado	Senior	M		00:04:48	01:40:39	01:39:57
553	8180	Joaquim Artur Rodrigues Vieira	M40	M		00:04:48	01:40:41	01:39:09
554	7172	Vítor Manuel Gonçalves Sousa	M40	M		00:04:48	01:40:42	01:40:01
555	8605	Artur Costa	Senior	M		00:04:48	01:40:43	01:39:06
556	8099	Lucia Costa	M40	F		00:04:48	01:40:45	01:39:26
557	8244	Simão Pereira	M60	M		00:04:48	01:40:46	01:40:21
558	8209	Pedro Mansilha Branco	M40	M		00:04:49	01:40:49	01:39:50
559	8241	Miguel Sá	Senior	M		00:04:49	01:40:49	01:39:51
560	7486	Pedro Machado	Senior	M		00:04:49	01:40:51	01:40:00
561	7132	Pedro Oliveira	Senior	M		00:04:49	01:40:51	01:39:18
562	8077	Ivo Cruz	Senior	M		00:04:49	01:40:52	01:40:28
563	7743	Luís Carlos Sousa Freitas Madureira Serra	M45	M		00:04:49	01:40:55	01:40:00
564	8721	Fernando Vitor Silva	M45	M		00:04:49	01:40:56	01:40:09
565	7019	Cristina Maria Ferreira de Moura Saraiva	M45	F		00:04:49	01:40:58	01:40:14
566	9140	Henrique Conceição	M60	M		00:04:49	01:40:59	01:40:41
567	9137	Pedro Amaro	M40	M		00:04:49	01:40:59	01:40:47
568	8156	Frederico Silva	Senior	M		00:04:49	01:40:59	01:39:03
569	8770	Custódia Rodrigues	M40	F		00:04:49	01:41:01	01:40:51
570	8269	Ana Groznik	M40	F		00:04:49	01:41:02	01:40:00
571	7990	Serge Fernandes	Senior	M		00:04:49	01:41:03	01:38:32
572	7326	Manuel Sampaio	M45	M	Corre Connosco Felgueiras	00:04:49	01:41:03	01:40:57
573	7165	Vasco Carvalho	Senior	M		00:04:49	01:41:03	01:39:50
574	7474	Oscar Marini	M45	M		00:04:49	01:41:04	01:39:58
575	7065	Tiago Carvalho	Senior	M		00:04:49	01:41:07	01:40:33
576	8741	JOSÉ ANTÓNIO FERREIRA TEIXEIRA	M40	M		00:04:49	01:41:08	01:39:33
577	9077	António Teixeira Morais	M40	M		00:04:49	01:41:09	01:40:44
578	7674	Adriano Paulo Ferreira Oliveira	M40	M		00:04:49	01:41:09	01:40:25
579	7828	Hugo Fernando Barros Nunes	M45	M		00:04:49	01:41:09	01:40:49
580	8571	manuel mendes	M45	M		00:04:50	01:41:10	01:40:41
581	8449	Adérito Augusto Pinto Teixeira	M50	M		00:04:50	01:41:10	01:40:25
582	7572	Miguel Sá	M40	M		00:04:50	01:41:10	01:39:52
583	7497	Bruno Pires de Lima Araujo Rodrigues	M40	M		00:04:50	01:41:11	01:40:40
584	7904	Nuno Martins	Senior	M		00:04:50	01:41:12	01:41:07
585	8146	António Martins Teixeira	M50	M		00:04:50	01:41:13	01:39:35
586	8094	Carlos Macedo	M55	M		00:04:50	01:41:15	01:40:15
587	7943	Leandro Fonseca	Senior	M		00:04:50	01:41:15	01:40:06
588	8569	Tiago Canto	Senior	M		00:04:50	01:41:17	01:40:59
589	8581	Frederico Xavier Amaro	Senior	M		00:04:50	01:41:19	01:39:56

590	7872	Luis Afonso	Senior	M		00:04:50	01:41:21	01:39:47
591	7730	João Carlos Vilaça de Faria Lélis	Senior	M		00:04:50	01:41:22	01:41:12
592	7751	Marlene Fonseca	Senior	F		00:04:50	01:41:23	01:41:17
593	8527	José Oliveira	Senior	M		00:04:50	01:41:23	
594	7931	Lius Leite	M45	M		00:04:50	01:41:25	01:39:20
595	8961	Armino Bastos	Senior	M		00:04:50	01:41:26	01:40:50
596	7164	Diogo Soares da Costa Almeida	Senior	M		00:04:50	01:41:27	01:41:15
597	7013	Vitor André Silva Cardoso	Senior	M		00:04:51	01:41:33	01:39:49
598	8631	Carlos Sá	Senior	M		00:04:51	01:41:33	01:41:26
599	8187	João Pedro Paiva Martins	Senior	M		00:04:51	01:41:36	01:41:02
600	7838	José Sousa	M45	M		00:04:51	01:41:39	01:41:00
601	8733	José Mário Sousa	M40	M		00:04:51	01:41:39	01:40:33
602	8267	António Cardona	Senior	M		00:04:51	01:41:47	01:40:27
603	7639	Diogo Giraldes	Senior	M		00:04:51	01:41:48	01:39:58
604	8722	Paulo Manuel Oliveira	M40	M		00:04:51	01:41:51	01:41:05
605	8674	João Bustorff Ferreira	Senior	M		00:04:52	01:41:55	01:41:12
606	7973	Joaquim Meneses	M55	M		00:04:52	01:41:57	01:40:57
607	7574	Augusto Almeida	M45	M		00:04:52	01:41:57	01:41:24
608	7886	Daniel Oliveira	Senior	M		00:04:52	01:42:00	01:40:14
609	7699	Rui Jorge Moreira Freitas	Senior	M		00:04:52	01:42:02	01:41:34
610	7683	Emidio Jorge Dinis Quinteira	Senior	M		00:04:52	01:42:03	01:41:35
611	9042	Marco Pitt	Senior	M		00:04:52	01:42:03	01:41:44
612	8653	Fernando Silva	M55	M		00:04:52	01:42:05	01:41:27
613	9043	Carlos Carneiro	M50	M		00:04:52	01:42:07	01:41:27
614	7317	João Paulo Nogueira	M40	M		00:04:52	01:42:08	01:39:11
615	8098	Aires Rocha	Senior	M		00:04:52	01:42:08	01:40:20
616	7056	Ricardo Ribeiro	Senior	M		00:04:52	01:42:12	01:42:09
617	8308	Jose Santos	M55	M		00:04:53	01:42:13	01:41:48
618	8402	Marc Petit	M60	M		00:04:53	01:42:16	01:41:23
619	7149	Alberto Moreira	M40	M	Amigos Atletismo Povoense	00:04:53	01:42:16	01:40:52
620	9044	António Costa	M55	M		00:04:53	01:42:16	01:42:05
621	9149	Rosário Martins	M40	F		00:04:53	01:42:16	01:42:03
622	7382	Carlos Alves	M40	M		00:04:53	01:42:23	01:41:28
623	7381	Hélder Barros	Senior	M		00:04:53	01:42:24	01:41:30
624	7776	Thierry Dussaubat	M45	M		00:04:53	01:42:24	01:42:01
625	7993	Martinho Monteiro	Senior	M		00:04:53	01:42:26	01:39:54
626	8005	César Ribeiro	Senior	M		00:04:53	01:42:30	01:41:36
627	7332	Paulo Freitas	Senior	M		00:04:53	01:42:31	01:41:15
628	7378	Pedro Conde	M40	M		00:04:53	01:42:31	01:42:24
629	7815	Luis Trigo	Senior	M		00:04:53	01:42:32	01:42:08
630	8600	MIGUEL ALVES	Senior	M		00:04:54	01:42:34	01:41:13
631	7752	Miguel Alexandre Gonçalves dos Santos Dias	M40	M		00:04:54	01:42:37	01:42:19
632	7911	Filomena Oliveira	M45	F		00:04:54	01:42:38	01:41:31
633	7625	Nuno Silva	Senior	M		00:04:54	01:42:39	01:41:44
634	7758	Nuno Paulo Fernandes de Oliveira	M50	M		00:04:54	01:42:41	01:42:14
635	7914	Raul Santos Rodrigues	Senior	M		00:04:54	01:42:44	01:42:37
636	7813	Tiago Borges	Senior	M		00:04:54	01:42:44	01:42:21
637	8155	Carlos Moreira	Senior	M		00:04:54	01:42:44	01:40:46
638	7461	Anibal Carvalho	M45	M		00:04:54	01:42:48	01:42:13
639	7725	José Alberto Pereira Pinto	M50	M		00:04:54	01:42:48	01:42:14
640	7941	José Luis Correia Freitas	M45	M		00:04:54	01:42:48	01:40:57
641	8962	Edgar Queiros	Senior	M		00:04:54	01:42:51	01:41:00
642	9071	Francisco José Santos Lima	M60	M		00:04:54	01:42:52	01:42:43
643	8742	JOAQUIM MANUEL CARVALHO SILVA	M40	M		00:04:54	01:42:53	01:41:17

644	8772	Rogério Proença	Senior	M		00:04:54	01:42:54	01:42:45
645	8088	Cristovão Ferreira	Senior	M		00:04:55	01:42:55	01:42:53
646	7264	Tiago Pinto	Senior	M		00:04:55	01:42:56	01:41:18
647	9173	João Cortês	M50	M		00:04:55	01:42:56	01:42:24
648	8708	Torcato Moreira	M60	M		00:04:55	01:42:59	01:42:43
649	8762	Elias Castro	M45	M		00:04:55	01:43:00	01:41:42
650	7827	Tiago Guerra Marques	Senior	M		00:04:55	01:43:00	01:41:57
651	8206	Pedro Silva	Senior	M		00:04:55	01:43:03	01:41:23
652	7720	Carlos Manuel Fernandes Salgado	M45	M		00:04:55	01:43:04	01:42:38
653	7072	João Gonçalo Fontes de Melo	M45	M		00:04:55	01:43:09	01:42:16
654	7830	Pedro Necho	Senior	M		00:04:55	01:43:10	01:42:32
655	7377	Eloy Prieto Criado	M55	M		00:04:55	01:43:12	01:42:07
656	7194	Carlos Tavares	M40	M	Amigos Quinta das Freiras	00:04:55	01:43:13	01:42:48
657	8968	João Ferreira	Senior	M		00:04:56	01:43:17	01:42:03
658	7023	Luiz Henrique Mendes	M50	M		00:04:56	01:43:21	01:42:48
659	8233	Jorge Pereira	Senior	M		00:04:56	01:43:24	01:42:35
660	7008	Paulo Valente	M50	M		00:04:56	01:43:25	01:42:55
661	7996	Luis Verdelho Costa	M55	M		00:04:56	01:43:28	01:42:57
662	7676	Nélio Paulo	M40	M		00:04:56	01:43:29	01:42:20
663	8278	Francisco Gonçalves	Senior	M		00:04:56	01:43:31	01:42:49
664	9094	Tiago Filipe Rodrigues da Silva Freire	Senior	M		00:04:56	01:43:34	01:43:16
665	7409	Paulo Neta	Senior	M		00:04:57	01:43:39	01:42:06
666	8976	Rui Pereira	M40	M		00:04:57	01:43:40	01:42:14
667	8806	Pedro Lago	M45	M		00:04:57	01:43:43	01:42:44
668	7303	Jorge Nogueira Magalhães	M40	M		00:04:57	01:43:45	01:43:24
669	8716	Joaquim Marques	M45	M		00:04:57	01:43:45	01:42:56
670	9158	Tadeu Natálio	M55	M		00:04:57	01:43:48	01:43:44
671	7771	Rogério Manuel Lopes Calvo	M40	M		00:04:57	01:43:53	01:43:28
672	7888	Luis Sergio Santos Ferreira	Senior	M		00:04:57	01:43:55	01:43:25
673	8564	José Mota	Senior	M		00:04:58	01:43:59	01:43:56
674	7134	João Gil da Costa	M50	M		00:04:58	01:44:01	01:43:51
675	8151	Paulo Alexandre Silva	Senior	M		00:04:58	01:44:02	01:43:08
676	8432	João Figueiredo	M40	M		00:04:58	01:44:10	01:43:13
677	7696	Ricardo Pereira	M40	M		00:04:58	01:44:14	01:42:23
678	7980	Paulo Rorigues	M40	M		00:04:58	01:44:15	01:43:29
679	8986	José Oliveira	M45	M		00:04:58	01:44:18	01:43:23
680	7615	António Paulo Sousa Almeida Ferreira	Senior	M		00:04:59	01:44:20	01:43:16
681	8377	Jacopo Panizza	Senior	M		00:04:59	01:44:20	01:43:48
682	7404	Juvenal Amancio De Oliveira	M50	M		00:04:59	01:44:20	01:43:56
683	7754	Natalino Eugénio Martins Pereira	M55	M		00:04:59	01:44:28	01:44:01
684	7708	Abel Cardoso	M50	M		00:04:59	01:44:28	01:44:05
685	8266	Rui Moreira	Senior	M		00:04:59	01:44:31	01:42:55
686	9143	Nuno Teixeira	Senior	M		00:04:59	01:44:32	01:44:16
687	6529	Luis Miguel Rodrigues Sá	M40	M	Associação EDP GÁS	00:04:59	01:44:32	01:44:29
688	6528	Nuno Filipe Moreira Ribeiro	Senior	M	Associação EDP GÁS	00:04:59	01:44:34	01:44:29
689	8677	Fernando Ribeiro	M60	M		00:04:59	01:44:36	01:44:07
690	8014	Joao Idalecio Faria	M40	M		00:04:59	01:44:37	01:43:26
691	8051	Daciano Moreira	Senior	M		00:05:00	01:44:40	01:43:26
692	8695	Luis Torres	Senior	M		00:05:00	01:44:41	01:43:26
693	8621	Hugo Miguel Melo Rodrigues	Senior	M		00:05:00	01:44:42	01:43:00
694	8594	Antonio Manuel Freire Vitorino	M40	M		00:05:00	01:44:42	01:42:58
695	7499	Rui Vieira	M40	M		00:05:00	01:44:43	01:41:09
696	7495	Paulo Oliveira	M40	M		00:05:00	01:44:48	01:44:21
697	7414	João F Coelho	M40	M		00:05:00	01:44:48	01:44:22

698	6518	Joaquim José Vieira Peres	M50	M	Porto Runners	00:05:00	01:44:56	01:44:43
699	7960	Eduardo Trigo	Senior	M		00:05:00	01:44:56	01:43:48
700	7675	Ricardo Soares	Senior	M		00:05:00	01:44:57	01:43:17
701	7632	Octávio Barbosa	Senior	M		00:05:00	01:45:00	01:44:55
702	7978	Luís Miguel Costa Rodrigue	Senior	M		00:05:01	01:45:01	01:43:33
703	8009	Avelino Freitas	M55	M		00:05:01	01:45:02	01:43:52
704	8543	Celia Cecílio	Senior	F		00:05:01	01:45:04	01:44:50
705	7336	Pedro Manuel Sarmento Costa	Senior	M		00:05:01	01:45:05	01:44:01
706	7538	Sonia Sofia Lopes Mendes Ferreira Silva	Senior	F		00:05:01	01:45:09	01:43:22
707	7047	João Günther Amaral	M40	M		00:05:01	01:45:10	01:44:37
708	7731	João Miguel Abreu Amorim Pinheiro Vieira	M40	M		00:05:01	01:45:15	01:43:44
709	7729	João Carlos Vieira de Sá da Mota Freitas	Senior	M		00:05:01	01:45:15	01:43:45
710	7304	Hugo Cura	Senior	M		00:05:01	01:45:15	01:44:51
711	7068	José Alberto Neves Mourato Martins Ferreira	M40	M		00:05:01	01:45:16	01:43:42
712	8333	Tiago Adrega	Senior	M		00:05:01	01:45:17	01:43:45
713	8334	Germano Adrega	Senior	M		00:05:01	01:45:17	01:43:45
714	8769	Augusto Rodrigues	M45	M		00:05:01	01:45:20	01:44:33
715	9144	João Costa	Senior	M		00:05:02	01:45:24	01:45:08
716	8823	Jorge Moreira	M45	M		00:05:02	01:45:24	01:44:16
717	7944	João Ribeiro da Silva	M40	M		00:05:02	01:45:24	01:44:19
718	7110	Custódio Neto	M60	M		00:05:02	01:45:26	01:45:11
719	8048	José Maria Leite	M50	M		00:05:02	01:45:28	01:44:11
720	8250	Miguel Francisco	Senior	M		00:05:02	01:45:29	01:44:14
721	7261	Heitor Surrador	M40	M	Agrupamento de Escolas da Gafanha da Encarna	00:05:02	01:45:29	01:44:38
722	7262	Paulo Pinhal	M45	M	Agrupamento de Escolas da Gafanha da Encarna	00:05:02	01:45:30	01:44:36
723	7367	Rui Cardoso	Senior	M		00:05:02	01:45:30	01:45:23
724	8669	Rui Pedro Silva Esposeiro	Senior	M		00:05:02	01:45:30	01:44:52
725	7126	Ricardo Silva	Senior	M		00:05:02	01:45:30	01:45:29
726	8251	Rodrigo Sergio	Senior	M		00:05:02	01:45:31	01:44:52
727	9179	Paulo Alexandre Oliveira Vaz	Senior	M		00:05:02	01:45:32	01:44:22
728	7902	Joaquim Ferreira Dos Santos	M45	M		00:05:02	01:45:32	
729	8327	Jorge Pedroso	Senior	M		00:05:02	01:45:33	01:45:20
730	8158	Carlos Silva	Senior	M		00:05:02	01:45:33	01:43:35
731	8520	Alfredo Nascimento	M55	M		00:05:02	01:45:33	01:43:53
732	9008	Tony Lemos	Senior	M		00:05:02	01:45:34	01:44:11
733	7757	Nuno Paulo Da Silva Araújo Malheiro	M45	M		00:05:02	01:45:34	01:44:07
734	7995	Antonio Jorge Teixeira	M50	M		00:05:02	01:45:34	01:44:22
735	8010	Jose Carlos Coelho	M55	M		00:05:02	01:45:40	01:44:27
736	7784	José Alberto Santos	Senior	M		00:05:02	01:45:40	01:45:03
737	7152	João Oliveira	M45	M	Amigos Atletismo Povoense	00:05:03	01:45:43	01:44:17
738	8351	Stephane Cottin	M45	M		00:05:03	01:45:43	01:45:25
739	8257	Pedro Magalhães	Senior	M		00:05:03	01:45:45	01:44:24
740	7512	Miguel Nuno Meireles	Senior	M		00:05:03	01:45:49	01:44:09
741	8141	José Luis	Senior	M		00:05:03	01:45:52	01:43:59
742	8307	Jorge Basto	M40	M		00:05:03	01:45:52	01:45:01
743	9104	Pedro Silva Pereira	Senior	M		00:05:03	01:45:53	01:44:17
744	8644	Jorge Augusto	Senior	M		00:05:03	01:45:54	01:45:43
745	8033	Aristides Emanuel Teixeira Vidazinha	M40	M		00:05:03	01:45:54	01:45:43
746	9055	Nelson Alves	Senior	M		00:05:03	01:45:54	01:45:36
747	8097	Paulo Vasconcelos	M40	M		00:05:03	01:45:55	01:44:51
748	7380	José Miguel Araújo	Senior	M		00:05:03	01:45:55	01:45:45
749	7598	Manuel António Ramos da Silva	Senior	M		00:05:03	01:45:57	01:45:44
750	7842	Cândido Guerreiro	Senior	M		00:05:03	01:45:57	01:45:41
751	9012	Luís Archer	M50	M		00:05:03	01:46:02	01:44:33

752	7930	Vasco Pires	M55	M		00:05:04	01:46:04	01:43:59
753	7071	Ricardo Dantas	Senior	M		00:05:04	01:46:09	01:45:27
754	7652	Joaquim Pinheiro	M40	M		00:05:04	01:46:09	01:45:27
755	7631	Marco Filipe Gonçalves	Senior	M		00:05:04	01:46:10	01:44:34
756	8025	Carlos Alberto Cabral Monteiro	M50	M		00:05:04	01:46:11	01:45:33
757	8492	José Miguel Almeida	Senior	M		00:05:04	01:46:13	01:45:34
758	8659	Micael Neves Duarte	Senior	M		00:05:04	01:46:14	01:44:22
759	8510	Luís Cunha	M40	M		00:05:04	01:46:15	01:46:02
760	7279	Rui Russo dos Santos	M45	M		00:05:04	01:46:15	01:44:04
761	8680	João Cruz Campos	Senior	M		00:05:04	01:46:15	01:46:02
762	8495	Fernando Manuel Marques Ribeiro	Senior	M		00:05:04	01:46:16	01:46:05
763	8592	Lucia Moreira	Senior	F		00:05:04	01:46:16	01:45:52
764	7054	Daniel Nogueira	Senior	M	Nuno	00:05:04	01:46:17	01:45:14
765	8703	Nuno Miguel Valente Almeida Azevedo	Senior	M		00:05:04	01:46:17	01:46:07
766	7859	Miguel Barbosa	Senior	M		00:05:04	01:46:21	01:45:32
767	7106	Filipe Pacheco	Senior	M		00:05:04	01:46:23	01:45:01
768	9004	João Carlos Lourenço	M50	M		00:05:04	01:46:23	01:45:14
769	7314	Carla Cristina Azevedo Moreira	Senior	F		00:05:04	01:46:24	01:45:06
770	8936	nelson silvestre santos	M40	M		00:05:04	01:46:24	01:45:08
771	8182	José Costa Pereira	Senior	M		00:05:05	01:46:28	01:45:18
772	8162	Fernando Junior	Senior	M		00:05:05	01:46:31	01:44:34
773	6539	Paula Quintela	Senior	F	Escola Atletismo Rosa Oliveira	00:05:05	01:46:32	01:46:30
774	7301	António Seabra	M50	M		00:05:05	01:46:33	01:46:29
775	7265	Gonçalo Teixeira	M45	M	Sunset Runners	00:05:05	01:46:36	01:45:13
776	9116	Ricardo Jorge Durão Carvalho	Senior	M		00:05:05	01:46:36	01:44:44
777	7939	Helena Andrade	Senior	F		00:05:05	01:46:37	01:44:33
778	7662	José Machado	M60	M		00:05:05	01:46:39	01:45:58
779	7295	Filipe Marinho	Senior	M	A Karaté Felgueiras	00:05:05	01:46:41	01:46:00
780	8424	Vasco Ferreira dos Santos	Senior	M		00:05:05	01:46:43	01:45:30
781	7113	Jorge Farinha	Senior	M		00:05:06	01:46:46	01:46:10
782	7244	Carlos Manuel Silva	M50	M		00:05:06	01:46:50	01:45:46
783	7465	Nuno Pedro Santos	M40	M		00:05:06	01:46:52	01:46:23
784	7579	António Augusto Correia	M55	M		00:05:06	01:46:57	01:45:23
785	8485	Francisco Fernandes Cortinhas	Senior	M		00:05:06	01:46:58	01:46:45
786	7278	José Carlos Dos Santos Mendes	Senior	M	Patrício	00:05:06	01:46:58	01:44:57
787	7427	António Manuel Nifo Viana de Lemos	M55	M		00:05:06	01:47:01	01:45:57
788	8438	Cristiano De Martin	M40	M		00:05:06	01:47:02	01:45:53
789	7863	Joana Rebelo	Senior	F		00:05:06	01:47:02	01:46:16
790	9070	Tiago Daniel Roque Magalhães	Senior	M		00:05:06	01:47:04	01:46:04
791	8442	Jose Joaquim Oliveira Ferreira	M45	M		00:05:06	01:47:05	01:45:38
792	9100	Pedro Miguel Rodrigues	Senior	M		00:05:06	01:47:06	01:45:18
793	8122	Luis Gonçalves	M50	M		00:05:07	01:47:08	01:46:53
794	7719	Cândido Silva	M40	M		00:05:07	01:47:08	01:44:00
795	7391	Pedro Catarino	Senior	M		00:05:07	01:47:09	01:46:35
796	7946	Carlos Freire	M40	M		00:05:07	01:47:11	01:46:26
797	8260	Luís Canotilho	M50	M		00:05:07	01:47:13	
798	7235	Filipe Cunha	Senior	M	Os 5 à hora	00:05:07	01:47:19	01:46:18
799	7798	João Correia	Senior	M		00:05:07	01:47:21	01:46:22
800	7627	Luis Moura	Senior	M		00:05:07	01:47:21	01:46:09
801	8508	José Peixoto	Senior	M		00:05:07	01:47:21	01:47:08
802	8584	Joaquim Cosra Almeida	M50	M		00:05:07	01:47:22	01:47:14
803	8453	Serafim António Moreira Ramos	M50	M		00:05:07	01:47:24	01:46:27
804	7352	Fernando Martins Gonçalves	M45	M		00:05:07	01:47:24	01:46:21
805	7550	José Carlos Pereira	Senior	M		00:05:07	01:47:27	01:46:54

806	8517	Luís Jorge Jorge	Senior	M		00:05:07	01:47:27	01:46:46
807	7058	João Pereira	M45	M		00:05:08	01:47:28	01:46:46
808	7309	Valter Guedes	Senior	M		00:05:08	01:47:28	01:46:06
809	7050	Ivo Morais	Senior	M		00:05:08	01:47:29	01:46:08
810	7051	Luis Ferreira	Senior	M		00:05:08	01:47:29	01:46:07
811	9058	Joana Almeida	Senior	F		00:05:08	01:47:29	01:47:14
812	9147	Marta Moreira	M45	F		00:05:08	01:47:29	01:47:13
813	7735	João Ramalhão	Senior	M		00:05:08	01:47:30	01:47:04
814	8080	José Miguel Queiroga Soares Correia	Senior	M		00:05:08	01:47:32	01:47:22
815	7927	José Gomes	M55	M		00:05:08	01:47:35	01:46:44
816	7318	Pedro Miguel Cruz Cavaco Matos	Senior	M		00:05:08	01:47:38	01:46:59
817	8015	José Nuno Sousa Pinto	Senior	M		00:05:08	01:47:39	01:46:44
818	8011	Luis Filipe Sousa Gomes	Senior	M		00:05:08	01:47:40	01:45:50
819	7614	José Duarte	M50	M		00:05:08	01:47:42	01:47:01
820	7989	Alexandre Ferreira	Senior	M		00:05:08	01:47:48	01:45:18
821	8572	Paulo Costa	M40	M		00:05:08	01:47:48	01:46:42
822	8225	Daniel Barbosa	Senior	M		00:05:09	01:47:49	01:46:45
823	8478	Nuno Vitor Franco	Senior	M		00:05:09	01:47:53	01:47:05
824	9066	Filipa Machado	Senior	F		00:05:09	01:47:53	01:46:40
825	7992	Joaquim Nunes	M45	M		00:05:09	01:47:54	01:46:37
826	8957	André Pereira	Senior	M		00:05:09	01:47:54	01:46:14
827	8186	Albino Oliveira	M60	M		00:05:09	01:47:54	01:47:27
828	8589	Luis Viana	M40	M		00:05:09	01:47:57	01:47:26
829	7204	Alexandre Caetano	Senior	M	Amigos Quinta das Freiras	00:05:09	01:47:57	01:47:21
830	8160	Miguel Brochado	Senior	M		00:05:09	01:48:00	01:46:03
831	7379	João Florido	M60	M		00:05:09	01:48:03	01:47:38
832	7410	Susana Neta	Senior	F		00:05:09	01:48:03	01:46:34
833	8321	António Miguel Gonçalves da Silva Torres	Senior	M		00:05:09	01:48:04	01:45:13
834	7155	Rui Sousa	Senior	M		00:05:09	01:48:04	01:47:08
835	7788	Rui Manuel Da Silva Nóbrega	Senior	M		00:05:09	01:48:09	01:46:19
836	9129	António Jorge Trindade de Moura	Senior	M		00:05:10	01:48:16	01:48:12
837	7340	Daniel Ricardo Mota Oliveira	Senior	M		00:05:10	01:48:17	01:46:27
838	8450	Amândio José Espírito Santo Silva	M50	M		00:05:10	01:48:24	01:47:35
839	8556	João Cacheira Cacheira	Senior	M		00:05:10	01:48:27	01:46:43
840	7390	João Vaz	Senior	M		00:05:10	01:48:29	01:47:25
841	7101	Heliodoro Manuel	Senior	M		00:05:11	01:48:36	01:47:55
842	8093	Jaime Pereira	M55	M		00:05:11	01:48:42	01:47:38
843	7032	Richard Paixão	M50	M	Louis	00:05:11	01:48:44	01:47:50
844	7617	Agostinho Sousa	Senior	M		00:05:11	01:48:45	01:48:33
845	8789	Mário Nóbrega	M40	M		00:05:11	01:48:47	01:47:16
846	8706	António Augusto Pereira	M55	M		00:05:11	01:48:50	01:47:48
847	7140	Paulo Gomes	M40	M		00:05:11	01:48:50	01:47:15
848	8198	Filipe Leitão	Senior	M		00:05:12	01:48:53	01:48:37
849	7969	Diana Maia	Senior	F		00:05:12	01:48:53	01:48:22
850	8466	Jorge Pópulo	M40	M		00:05:12	01:48:54	01:47:47
851	7274	João Pedro Couto	Senior	M		00:05:12	01:48:55	01:48:06
852	7147	José Rui Moreira	Senior	M	Amigos Atletismo Povoense	00:05:12	01:48:56	01:47:28
853	7133	Duarte Alves	M40	M		00:05:12	01:48:58	01:47:40
854	8315	David Iguaz Hermoso Mendonza	M40	M		00:05:12	01:48:58	01:47:42
855	7518	Luis Pinto Monteiro	Senior	M		00:05:12	01:49:00	01:48:39
856	8139	Joaquim Lopes	M55	M		00:05:12	01:49:02	01:47:08
857	8143	Pedro Ventura	M50	M		00:05:12	01:49:02	01:47:56
858	8144	Paulo Santos	M45	M		00:05:12	01:49:02	01:47:56
859	7783	Luis Sousa	M45	M		00:05:12	01:49:04	01:47:29

860	8214	Francisco António Torres de Sousa	M50	M	00:05:12	01:49:04	01:47:49
861	8568	Pedro Nogueira	Senior	M	00:05:12	01:49:05	01:48:45
862	7085	Sara Campos	Senior	F	00:05:12	01:49:05	01:48:54
863	7646	Sérgio Freire	Senior	M	00:05:12	01:49:06	01:48:52
864	9089	Mario Filipe Fonseca	Senior	M	00:05:12	01:49:08	01:48:26
865	7999	Carlos Barros Matos	Senior	M	00:05:12	01:49:09	01:48:56
866	7401	Francisco Ernesto Da Silva Primo	M45	M	00:05:13	01:49:14	01:48:47
867	7449	Nuno Martins	Senior	M	00:05:13	01:49:15	01:49:07
868	7808	Filipe Jorge Afonso	Senior	M	00:05:13	01:49:18	01:48:25
869	8069	Luís Paulo Coelho	M40	M	00:05:13	01:49:18	01:48:09
870	7660	José Catita	M50	M	00:05:13	01:49:18	01:48:17
871	7765	Pedro Miguel Cavaco Pinto	Senior	M	00:05:13	01:49:24	01:47:13
872	7371	Ricardo Moas	M40	M	00:05:13	01:49:25	01:48:47
873	7370	João Damas	M50	M	00:05:13	01:49:25	01:48:48
874	8295	Luís Sá	Senior	M	00:05:13	01:49:26	01:48:36
875	9032	Paulo Silva	M40	M	00:05:13	01:49:29	
876	8557	José Aires	M55	M	00:05:13	01:49:30	01:48:12
877	8356	Maurice Jong	M40	M	00:05:13	01:49:30	01:48:24
878	8176	Jorge Matos Pereira	M40	M	00:05:13	01:49:31	01:46:35
879	8044	Miguel Angêlo Gomes Lima	M40	M	00:05:13	01:49:31	01:46:35
880	7811	Maria Júlia Alves Conceição	M40	F	00:05:14	01:49:37	01:49:18
881	7505	Jorge Perea	M45	M	00:05:14	01:49:37	01:48:28
882	8170	Hugo Tedim	Senior	M	00:05:14	01:49:38	01:47:52
883	7490	Pedro Marques	Senior	M	00:05:14	01:49:39	01:48:24
884	7285	Renato Viana	Senior	M	00:05:14	01:49:39	01:48:41
885	8744	URBANO FILIPE ABREU VITORINO RIBEIRO	Senior	M	00:05:14	01:49:41	01:48:03
886	8845	Miguel Crisóstomo	Senior	M	00:05:14	01:49:41	01:47:58
887	8668	Paulo André Rocha Almeida	Senior	M	00:05:14	01:49:41	01:47:58
888	8537	Angelina Pinho	Senior	F	00:05:14	01:49:43	01:48:25
889	9101	Daniel Filipe Pereira Lacerda	Senior	M	00:05:14	01:49:43	01:48:11
890	8169	Paulo Vilas Boas	Senior	M	00:05:14	01:49:43	01:48:06
891	8254	Manuel Alves	Senior	M	00:05:14	01:49:44	01:48:07
892	7093	Pedro Miranda	Senior	M	00:05:14	01:49:47	01:49:16
893	8606	José António Pinto Leite	Senior	M	00:05:14	01:49:49	01:49:12
894	7482	Edgar Manuel Amorim Alves Botelho Moniz	Senior	M	00:05:14	01:49:49	01:48:07
895	7977	Miguel Luciano Jeri Correia de Sá	Senior	M	00:05:14	01:49:53	01:48:24
896	7905	Rui Freitas	M40	M	00:05:15	01:49:56	01:49:49
897	8550	João da Silva Loureiro Gonçalves	Senior	M	00:05:15	01:49:57	01:49:27
898	7831	André Sousa	Senior	M	00:05:15	01:49:57	01:49:01
899	8322	Carlos Manuel da Silva Leal	Senior	M	00:05:15	01:49:57	01:47:06
900	8500	Fernando Manuel Sales Gomes	M40	M	00:05:15	01:49:59	01:48:06
901	8761	Augusto Marques	M45	M	00:05:15	01:50:00	01:47:47
902	7834	Hugo Alexandre Paredes G. Silva	Senior	M	00:05:15	01:50:02	01:49:06
903	7968	Pedro Leite Antunes	Senior	M	00:05:15	01:50:03	01:49:33
904	7544	Rafael Veloso	Senior	M	00:05:15	01:50:05	01:49:28
905	7457	Alfredo Solteiro	M40	M	00:05:15	01:50:07	01:48:18
906	7665	Mário Ferreira dos Santos	M40	M	00:05:15	01:50:12	01:50:03
907	8190	Nuno Miguel Gomes Barbosa	Senior	M	00:05:15	01:50:14	01:48:27
908	7232	Leonel Mendes Freitas	Senior	M	00:05:16	01:50:17	01:49:44
909	7621	Rogério Soares	M45	M	00:05:16	01:50:18	01:48:18
910	9150	Gilberto Melo	Senior	M	00:05:16	01:50:18	01:50:02
911	8245	Fernando Costa	M40	M	00:05:16	01:50:18	01:49:52
912	7903	Manuel Alexandre Ferraz	Senior	M	00:05:16	01:50:20	01:49:28
913	8348	Patrick Nolan	M40	M	00:05:16	01:50:21	01:50:17

914	7852	Rafael Fernandes	Senior	M		00:05:16	01:50:24	01:49:37
915	7933	Lius Tão	M45	M		00:05:16	01:50:25	01:48:33
916	7929	Rui Rebelo	Senior	M		00:05:16	01:50:25	01:49:08
917	8628	Pedro Miguel Fernandes Oliveira	Senior	M		00:05:16	01:50:26	01:48:51
918	8070	Agostinho Lourenço Marques	M50	M		00:05:16	01:50:27	01:49:00
919	7597	Paulo Limbado	M45	M		00:05:16	01:50:27	01:50:14
920	8343	Paulo Osório	Senior	M		00:05:16	01:50:29	01:48:53
921	7726	Fernando Melo	M60	M		00:05:16	01:50:32	01:50:00
922	8165	Nuno Martins	Senior	M		00:05:16	01:50:32	01:48:42
923	7148	Manuel Luis Moreira	M45	M	Amigos Atletismo Povoense	00:05:16	01:50:33	01:49:08
924	7153	António Pereira	M45	M	Amigos Atletismo Povoense	00:05:16	01:50:33	01:49:06
925	8691	Lucia Lago Blanco	Senior	F		00:05:17	01:50:37	01:49:33
926	7082	Carlos Manuel Rocha	Senior	M		00:05:17	01:50:47	01:49:12
927	7932	Francisco Azevedo	M50	M		00:05:17	01:50:47	01:49:33
928	7789	Duarte Faria	Senior	M		00:05:17	01:50:50	01:49:38
929	9050	Elias Pereira	M55	M		00:05:17	01:50:50	01:50:33
930	9059	Olga Mota	Senior	F		00:05:17	01:50:50	01:50:36
931	8261	Raul Pereira	M50	M		00:05:17	01:50:51	01:50:47
932	8497	Helio Lopes	Senior	M		00:05:17	01:50:56	01:49:57
933	8320	Carlos Vitor Oliveira Sousa Amorim	Senior	M		00:05:17	01:50:56	01:48:04
934	7292	Pedro Goucho	Senior	M	A Karaté Felgueiras	00:05:18	01:50:58	01:50:22
935	7297	Roque Martins	M45	M	A Karaté Felgueiras	00:05:18	01:50:58	01:50:17
936	7268	Vitór Sousa	Senior	M	Sunset Runners	00:05:18	01:50:59	01:49:32
937	7291	Alberto Lucas	Senior	M	A Karaté Felgueiras	00:05:18	01:50:59	01:50:23
938	8179	Roberto Martins	Senior	M		00:05:18	01:51:00	01:50:39
939	8275	João Vidal Carvalho	M45	M		00:05:18	01:51:00	01:49:41
940	8325	Jorge Paulo Martins Fernandes	Senior	M		00:05:18	01:51:01	01:48:08
941	7144	Ricardo Ferraz	Senior	M		00:05:18	01:51:04	01:50:48
942	8316	Carlos Alberto Pereira Novais Gandra	M45	M		00:05:18	01:51:06	01:48:14
943	7580	Virgilio Augusto Gonçalves	M50	M		00:05:18	01:51:08	01:49:32
944	7160	João Conde	Senior	M		00:05:18	01:51:09	01:51:03
945	7161	Cristina Coutinho	Senior	F	João	00:05:18	01:51:09	01:51:02
946	8288	José Pedro Vaz	Senior	M		00:05:18	01:51:11	01:50:02
947	8200	Abílio Casanova	Senior	M		00:05:18	01:51:18	01:49:30
948	8764	Francisco Xavier	M50	M		00:05:19	01:51:19	01:51:03
949	9033	Jorge Moreira	M45	M		00:05:19	01:51:19	01:49:24
950	7865	Jose Chaves	M45	M		00:05:19	01:51:25	01:50:34
951	7138	Patrick Lourenço Mendonça	Senior	M		00:05:19	01:51:29	01:49:58
952	7238	Maria Costa	M40	F	Os 5 à hora	00:05:19	01:51:30	01:50:27
953	7693	Rui Bi Madeira	M40	M		00:05:19	01:51:30	01:50:56
954	8134	Carlos Placido	M40	M		00:05:19	01:51:30	01:50:33
955	8493	João Gil	Senior	M		00:05:19	01:51:34	01:50:53
956	7844	Fausto José Pereira Neves	Senior	F		00:05:19	01:51:35	01:50:41
957	7174	Carlos Queirós	M40	M		00:05:19	01:51:37	01:49:55
958	7162	Vitor Lessa	Senior	M		00:05:19	01:51:37	01:50:07
959	7913	Emanuel José Alago RODrigues	Senior	M		00:05:19	01:51:37	01:50:09
960	8532	Teresa Palma	M50	F		00:05:20	01:51:42	01:51:08
961	8318	Francisco Mason Freitas Branco	Senior	M		00:05:20	01:51:45	01:48:52
962	7530	Vítor Fernandes	M40	M		00:05:20	01:51:45	01:51:02
963	7893	António José Da Silva	Senior	M		00:05:20	01:51:46	01:50:51
964	8111	Rui Lopes	Senior	M		00:05:20	01:51:46	01:51:40
965	7333	Rui Loureiro	M45	M		00:05:20	01:51:47	01:50:27
966	8274	Miguel Ricou	M40	M		00:05:20	01:51:47	01:49:44
967	7861	Pedro Ferreira	Senior	M		00:05:20	01:51:48	01:50:56

968	7850	Carla Santos	Senior	F		00:05:20	01:51:49	01:51:00
969	7697	Patricia Melo	Senior	F		00:05:20	01:51:50	01:50:56
970	8091	Alvaro Cerqueira	M45	M		00:05:20	01:51:50	01:50:46
971	7875	Henrique Manuel Hortelão Trindade	M45	M		00:05:20	01:51:54	01:50:50
972	7669	Manuel Oliveira	Senior	M		00:05:20	01:51:55	01:51:47
973	8531	António Manuel Freitas	M55	M		00:05:20	01:51:57	01:51:02
974	8298	Pedro Nuno Rodrigues de Carvalho Moreira Vidal	M40	M		00:05:20	01:51:58	01:50:40
975	7454	João Paulo Ramos	M40	M		00:05:20	01:52:00	01:50:14
976	8408	Raivis Kalejs	Senior	M		00:05:21	01:52:04	01:51:22
977	8425	Hugo Ribeiro Dias Guimarães	Senior	F		00:05:21	01:52:07	01:51:36
978	7420	Vasco Fonseca	M65	M		00:05:21	01:52:09	01:51:14
979	8242	André Vaz	Senior	M		00:05:21	01:52:11	01:51:01
980	7851	Jorge Domingos	Senior	M		00:05:21	01:52:11	01:51:25
981	8319	Helder Fernando Natario Meira	Senior	M		00:05:21	01:52:12	01:49:19
982	7622	Ricardo Seara	Senior	M		00:05:21	01:52:15	01:51:38
983	7531	José Lopes	M40	M		00:05:21	01:52:19	01:51:35
984	8666	Ivo Manso	Senior	M		00:05:22	01:52:22	01:49:02
985	8663	jaime pedro ferreira almeida	Senior	M		00:05:22	01:52:22	01:49:03
986	9096	nuno jose fonseca freitas	Senior	M		00:05:22	01:52:22	01:49:02
987	8665	Luis Oliveira	Senior	M		00:05:22	01:52:22	01:49:03
988	7672	Jorge Manuel Ribeiro Santos	Senior	M		00:05:22	01:52:24	01:50:25
989	7212	José Pessoa	M45	M	Clube Atletismo de Vila Boa do Bispo	00:05:22	01:52:24	01:51:08
990	8116	José Manuel Gonçalves	M50	M		00:05:22	01:52:26	01:51:19
991	7748	Manuel Riboira	M65	M		00:05:22	01:52:27	01:52:15
992	8183	Rui Pedro Pintão	M45	M		00:05:22	01:52:28	01:50:16
993	7779	Vitor Pereira	M40	M		00:05:22	01:52:32	01:51:46
994	7498	Patricia Martins Gonçalves Gilde	M40	F		00:05:22	01:52:32	01:52:02
995	7233	César Filipe Costa Vidal	Senior	M	Leonel	00:05:22	01:52:32	01:51:59
996	8773	Rui Vicente	Senior	M		00:05:22	01:52:33	01:52:23
997	7802	Vitor Afonso	Senior	M		00:05:22	01:52:34	01:51:11
998	7804	Jorge Ribeiro	Senior	M		00:05:22	01:52:34	01:51:12
999	7687	Jorge Henrique Silva Quinteira	Senior	M		00:05:22	01:52:34	01:52:06
1000	8412	Raffaele De Bona	M65	M		00:05:22	01:52:34	01:51:22
1001	8514	Filipe Silva	Senior	M		00:05:22	01:52:35	01:51:38
1002	8959	Carlos Ferreira	M40	M		00:05:22	01:52:42	01:51:28
1003	7533	José Rodrigues	M45	M		00:05:23	01:52:43	01:51:57
1004	8154	Rok Kocen	Senior	M		00:05:23	01:52:46	01:50:56
1005	7624	Rita Ascenso	Senior	F		00:05:23	01:52:47	01:51:22
1006	7540	Fernando Silva Venda	M50	M		00:05:23	01:52:47	01:51:30
1007	7086	Joel Marques	Senior	M		00:05:23	01:52:48	01:52:18
1008	8563	Isabel Leal	M45	F		00:05:23	01:52:48	01:51:23
1009	7732	João Miguel Graça Mangericão	Senior	M		00:05:23	01:52:48	01:52:19
1010	7218	Bruno Santos	Senior	M		00:05:23	01:52:49	01:51:30
1011	9014	Ruben Machado	Senior	M		00:05:23	01:52:49	01:51:49
1012	7575	Miguel Madureira	M40	M		00:05:23	01:52:50	01:51:25
1013	7045	Sandro Castro	Senior	M		00:05:23	01:52:53	01:52:27
1014	7260	Nuno Vicente	Senior	M		00:05:23	01:52:57	01:51:19
1015	9016	Nuno Santos	Senior	M		00:05:24	01:53:08	01:52:06
1016	7277	Patrício Rodrigues	Senior	M		00:05:24	01:53:09	01:51:08
1017	9103	Carlos Tadeia	M45	M		00:05:24	01:53:14	01:51:33
1018	7089	Rudolfo Martins	M40	M		00:05:24	01:53:14	01:51:34
1019	7388	Sérgio Santos	Senior	M		00:05:24	01:53:18	01:52:10
1020	8411	Evija Reine	Senior	F		00:05:24	01:53:22	01:52:40
1021	8153	Rui Ivo Lopes	Senior	M		00:05:24	01:53:22	01:53:16

1022	9156	António Barbosa	M50	M		00:05:24	01:53:24	01:53:17
1023	7104	Nuno Azevedo Oliveira	Senior	M		00:05:25	01:53:27	01:50:25
1024	7270	José Silva	M45	M	Sunset Runners	00:05:25	01:53:29	01:52:07
1025	9000	João Nuno Araújo	Senior	M		00:05:25	01:53:29	01:52:21
1026	8512	Pedro Santos	Senior	M		00:05:25	01:53:31	01:52:33
1027	7493	Laertes Pereira	M65	M		00:05:25	01:53:33	01:52:53
1028	8427	Taynan Henriques Tupinambás	Senior	M		00:05:25	01:53:40	01:53:18
1029	8575	Rui Costa	Senior	M		00:05:25	01:53:40	01:52:41
1030	8040	Jorge Manuel Ferraz Freitas Neto	M55	M		00:05:25	01:53:40	01:52:39
1031	9073	Luis Costa	Senior	M		00:05:25	01:53:40	01:52:40
1032	7867	Rodrigo Lopes	Senior	M		00:05:25	01:53:43	01:53:04
1033	7962	Manuel António Paiva	M40	M		00:05:26	01:53:46	01:52:55
1034	9060	Marta Guimarães	Senior	F		00:05:26	01:53:46	01:52:56
1035	9052	Luis Mota	Senior	M		00:05:26	01:53:46	01:52:56
1036	7441	António Cândido Gomes Nogueira	M40	M		00:05:26	01:53:47	01:53:11
1037	7397	António Teixeira	M60	M		00:05:26	01:53:50	01:53:43
1038	7094	Rui Barbosa	Senior	M		00:05:26	01:53:50	01:53:20
1039	8452	Armando Diamantino Cardoso Peneda	M55	M		00:05:26	01:53:54	01:51:41
1040	8617	pedro brizado	Senior	M		00:05:26	01:53:54	01:52:33
1041	7657	Miguel Loureiro	Senior	M		00:05:26	01:53:55	01:52:53
1042	8191	Luís Pedro Azevedo Machado	Senior	M		00:05:26	01:53:55	01:52:07
1043	8130	Hugo Caixa	Senior	M		00:05:26	01:53:56	01:53:12
1044	7067	Ricardo Carneiro	Senior	M		00:05:26	01:53:56	01:52:36
1045	7945	Pedro Barbosa	Senior	M		00:05:26	01:53:58	01:52:48
1046	7020	Margarida Maria Ribeiro Neves	M45	F		00:05:26	01:54:00	01:53:19
1047	8683	Luis Filipe Pinheiro Alves	M40	M		00:05:26	01:54:06	01:52:15
1048	8428	Isabel Cristina Cunha Ribeiro	M40	F		00:05:27	01:54:07	01:53:57
1049	7829	Cristina Nunes	Senior	F		00:05:27	01:54:08	01:52:23
1050	7239	Fernanda Costa	M45	F	Os 5 à hora	00:05:27	01:54:09	01:53:08
1051	7237	Cipriano Sousa	Senior	M	Os 5 à hora	00:05:27	01:54:09	01:53:08
1052	7415	José Luís Oliveira Eusébio	M40	M		00:05:27	01:54:11	01:53:47
1053	7033	Lucas Bernard	M55	M	Louis	00:05:27	01:54:11	01:53:09
1054	7458	Rui Manuel Magalhães	M40	M		00:05:27	01:54:14	01:52:16
1055	7637	Jorge Barbosa	Senior	M		00:05:27	01:54:16	01:52:31
1056	8380	Enrique Da Silva	Senior	M		00:05:27	01:54:17	01:53:51
1057	8379	Anne Galliot	M40	F		00:05:27	01:54:17	01:53:51
1058	7824	Rui Ribeiro	Senior	M		00:05:27	01:54:19	01:52:52
1059	8114	Manuel Fernando Martins Carneiro	M45	M		00:05:27	01:54:19	01:53:45
1060	7984	André Leal Alves	Senior	M		00:05:27	01:54:20	01:52:27
1061	8858	Vitor Lopes	Senior	M		00:05:27	01:54:21	01:54:12
1062	7940	Ana Paula Ferreira	Senior	F		00:05:27	01:54:21	01:52:17
1063	7146	Luís Manuel Coelho Fernandes	Senior	M		00:05:27	01:54:27	01:53:43
1064	7502	José Mário Sousa	M40	M		00:05:28	01:54:29	01:53:06
1065	8709	Eduardo Loureiro	M60	M		00:05:28	01:54:32	01:53:51
1066	8692	Pedro Barrias	Senior	M		00:05:28	01:54:32	01:52:50
1067	7688	Joaquim Alberto Sousa	Senior	M		00:05:28	01:54:33	01:52:37
1068	7547	João Lopes Fernandes	Senior	M		00:05:28	01:54:35	01:54:00
1069	7477	Giuseppe Taccari	M45	M		00:05:28	01:54:36	01:53:32
1070	9099	Bernardete Coelho	Senior	F		00:05:28	01:54:37	01:54:09
1071	7822	Rui Chamusca	Senior	M		00:05:28	01:54:39	01:53:13
1072	7620	José Manuel Teixeira Caldas Ferreira	Senior	M		00:05:28	01:54:39	01:53:03
1073	9135	Valeriano Figueiredo	M45	M		00:05:28	01:54:41	01:54:26
1074	6519	Rui Vilar	M50	M	Porto Runners	00:05:28	01:54:44	01:54:29
1075	7246	Agostinho Fontes	M50	M		00:05:28	01:54:44	01:53:21

1076	7823	Rui Queirós	M40	M		00:05:28	01:54:48	01:53:22
1077	8554	Fernanda Pinho Pinho	M40	F		00:05:29	01:54:51	01:53:10
1078	8555	Joana Sousa Sousa	M45	F		00:05:29	01:54:51	01:53:08
1079	7681	Susana Brás Santos	Senior	F		00:05:29	01:54:55	01:54:09
1080	8395	Pedro Rola	M40	M		00:05:29	01:55:00	01:53:40
1081	8016	Armando José Lemos Cardoso	M45	M		00:05:29	01:55:05	01:53:14
1082	8163	Francisco Figueiredo	Senior	M		00:05:29	01:55:05	01:54:15
1083	8336	Vitor Tomé Tavares Rolim Rolim	Senior	M		00:05:29	01:55:08	01:53:20
1084	7965	Helena Silva	M45	F		00:05:30	01:55:10	01:53:54
1085	7975	Gil Ferreira	Senior	M		00:05:30	01:55:11	01:53:20
1086	7035	João Manuel Nascimento	M45	M	Louis	00:05:30	01:55:11	01:54:16
1087	9111	José Viana	M60	M		00:05:30	01:55:12	01:54:51
1088	8985	José Azevedo	M45	M		00:05:30	01:55:12	01:54:55
1089	7040	Reine Germain	M40	F	Louis	00:05:30	01:55:14	01:54:20
1090	8416	Juan Cedeño	Senior	M		00:05:30	01:55:16	01:54:37
1091	7653	Manuel Silva	M40	M		00:05:30	01:55:17	01:54:38
1092	7383	João Carvalhal	Senior	M		00:05:30	01:55:18	01:54:17
1093	7695	Filipe Vieira	M40	M		00:05:30	01:55:19	01:53:27
1094	8724	Nuno Sampaio	M40	M		00:05:30	01:55:19	01:54:42
1095	7753	Miguel Nelson Soares dos Santos	M40	M		00:05:30	01:55:19	01:54:51
1096	7691	Helder Manuel Jorge Ferreira	M40	M		00:05:30	01:55:20	01:54:52
1097	6516	Fernando Leite	M50	M	Porto Runners	00:05:30	01:55:20	01:54:52
1098	7450	Pedro Campos Costa	Senior	M		00:05:30	01:55:20	01:55:11
1099	7585	Miguel Ramalhão	M40	M		00:05:30	01:55:20	01:55:12
1100	6517	Domingos Paciência	M40	M	Porto Runners	00:05:30	01:55:20	01:54:52
1101	6515	António Alberto Da Costa Morais	M50	M	Porto Runners	00:05:30	01:55:20	01:54:52
1102	8413	Rita Maria Rodrigues Silvério Marques	Senior	F		00:05:30	01:55:20	01:54:25
1103	7759	Paulo Alexandre Abreu da Costa	Senior	M		00:05:30	01:55:20	01:54:35
1104	7710	Alvaro Almeida	M50	M		00:05:30	01:55:20	01:54:55
1105	7740	José António	M45	M		00:05:30	01:55:21	01:54:58
1106	7714	António Fernando Castro Ribeiro	M45	M		00:05:30	01:55:21	01:53:11
1107	8865	Flávio Carvalho	Senior	M		00:05:30	01:55:21	01:53:24
1108	8862	Alvaro Vaz	M55	M		00:05:30	01:55:22	01:53:25
1109	7761	Paulo Jorge Carvalho Marques de Faria	M45	M		00:05:30	01:55:22	01:53:10
1110	8440	Jenny Covey	M50	F		00:05:30	01:55:22	01:54:22
1111	7005	Luis Miguel Ferreira Leite de Novaes Machado	Senior	M		00:05:30	01:55:23	01:55:07
1112	8000	Hernâni Gonçalves Ribeiro	Senior	M		00:05:30	01:55:23	01:55:02
1113	7586	Helder Rocha	M40	M		00:05:30	01:55:24	01:54:54
1114	8437	Carlos Silva	Senior	M		00:05:30	01:55:24	01:52:17
1115	8142	Adelino Silva	M60	M		00:05:30	01:55:28	01:54:10
1116	8445	João Alberto Amorim Nunes	Senior	M		00:05:30	01:55:30	01:54:56
1117	7766	Pedro Miguel Maia Ferreira ferreira da Siva	Senior	M		00:05:31	01:55:33	01:54:05
1118	7359	Maria Iracema Costa	M40	F		00:05:31	01:55:36	01:54:33
1119	7464	José Silva	Senior	M		00:05:31	01:55:39	01:55:30
1120	7839	Ricardo Miguel Gonçalves Carneiro	Senior	M		00:05:31	01:55:41	01:54:43
1121	7049	Hugo Teixeira	Senior	M		00:05:31	01:55:41	01:55:34
1122	7856	Allan Almeida	Senior	M		00:05:31	01:55:42	01:54:58
1123	8530	Luís Miguel Duarte Carvalho	M40	M		00:05:31	01:55:44	01:55:01
1124	7661	Maria José Rodrigues	M40	F		00:05:31	01:55:44	01:54:59
1125	7595	Nuno Troia	Senior	M		00:05:31	01:55:44	01:55:01
1126	7994	Ricardo Coelho	Senior	M		00:05:31	01:55:46	01:53:16
1127	7462	Jeremias Ribeiro	M65	M		00:05:31	01:55:46	01:54:17
1128	7602	Alberto Carlos S. Lizardo	M60	M		00:05:31	01:55:48	01:55:01
1129	8671	Miguel Matias	Senior	M		00:05:32	01:55:53	01:55:01

1130	8292	Luís Pedro Bento de Almeida	Senior	M	00:05:32	01:55:55	01:55:29
1131	8398	Lus Noronha e Távora	Senior	M	00:05:32	01:55:56	01:55:20
1132	8226	Alfredo Santos	M55	M	00:05:32	01:56:01	01:54:57
1133	7593	Maria João Tavares	Senior	F	00:05:32	01:56:02	01:54:39
1134	7331	António José Medeiros	M45	M	00:05:32	01:56:03	01:54:32
1135	8401	Lola Parra	M45	F	00:05:32	01:56:04	01:54:21
1136	8392	António Sanchez	M45	M	00:05:32	01:56:05	01:54:22
1137	8119	Armando Gonçalves	M55	M	00:05:32	01:56:05	01:55:22
1138	7240	Rute Pinto	Senior	F	00:05:32	01:56:08	01:54:30
1139	7354	Hugo Neves	Senior	M	00:05:32	01:56:09	01:54:32
1140	7526	Teresa Sofia Almeida Alves	Senior	F	00:05:32	01:56:10	01:54:21
1141	8448	Altino Ramos Silva	M50	M	00:05:32	01:56:12	01:55:17
1142	7159	Martino Gioia	M40	M	00:05:32	01:56:12	01:56:02
1143	7100	José Folha	Senior	M	00:05:33	01:56:13	01:56:02
1144	8090	João Cruz	Senior	M	00:05:33	01:56:15	01:55:54
1145	8627	Andreia Costa	Senior	F	00:05:33	01:56:16	01:56:10
1146	7466	Bruno Pereira	Senior	M	00:05:33	01:56:17	01:55:21
1147	7711	Alvaro Silva	M60	M	00:05:33	01:56:22	01:55:43
1148	7997	Artur Marona Beja	M40	M	00:05:33	01:56:27	01:55:03
1149	8058	Beltrão Lopes Silva	M60	M	00:05:33	01:56:28	01:55:05
1150	7727	Gil Alberto Ribeiro Rodrigues de Carvalho	M50	M	00:05:33	01:56:29	01:56:25
1151	7894	Daniel Portela	Senior	M	00:05:33	01:56:31	01:55:37
1152	9134	Fernando José Aires Lebres	Senior	M	00:05:33	01:56:33	01:56:15
1153	8324	Rui Pedro Oliveira Leite Santos	Senior	M	00:05:34	01:56:34	01:53:43
1154	8223	Alberto Freitas Silva	M50	M	00:05:34	01:56:36	01:54:42
1155	7747	Manuel José Puerta da Costa	M45	M	00:05:34	01:56:36	01:56:09
1156	8616	Vitor Santos	M40	M	00:05:34	01:56:39	01:56:30
1157	8591	José Jesus	Senior	M	00:05:34	01:56:39	01:55:47
1158	8965	Helder Cruz	Senior	M	00:05:34	01:56:40	01:54:51
1159	7799	Nelson Pires	Senior	M	00:05:34	01:56:43	01:55:58
1160	7419	Mário Vilarinho	M60	M	00:05:34	01:56:44	01:55:29
1161	8074	Mário José Marques Teixeira	M40	M	00:05:34	01:56:46	01:55:29
1162	7256	Pedro Manuel Gonçalves Almeida Fonseca	Senior	M	00:05:34	01:56:46	01:55:30
1163	8419	Tereza Hubácková	Senior	F	00:05:35	01:56:57	01:55:59
1164	8213	João Costa Leite	Senior	M	00:05:35	01:56:58	01:55:47
1165	8984	Casimiro Fernandes	M55	M	00:05:35	01:56:59	01:56:44
1166	7080	Rui Teixeira	M45	M	00:05:35	01:57:04	01:55:22
1167	8565	Ricardo André Costa	Senior	M	00:05:35	01:57:09	01:55:56
1168	8693	Roberto Pinto	Senior	M	00:05:35	01:57:09	01:55:58
1169	7864	Isabel Henriques	Senior	F	00:05:35	01:57:15	01:56:28
1170	7610	João Melo Bandeira	M40	M	00:05:36	01:57:17	01:55:23
1171	8516	Carlos Matos	Senior	M	00:05:36	01:57:20	01:55:32
1172	9017	Marco Teixeira	Senior	M	00:05:36	01:57:20	01:56:22
1173	8346	Irina Ramos	Senior	F	00:05:36	01:57:21	01:56:46
1174	8300	Miguel Silva	M40	M	00:05:36	01:57:27	01:56:34
1175	8129	Ana Reis	Senior	F	00:05:36	01:57:30	01:56:59
1176	8126	Vasco Taborda	M50	M	00:05:36	01:57:31	01:56:08
1177	7988	Sónia Mota	Senior	F	00:05:37	01:57:39	01:57:04
1178	7452	Maria Isabel Martins	M40	F	00:05:37	01:57:39	01:57:07
1179	8771	Pedro Maia	M40	M	00:05:37	01:57:39	01:57:07
1180	7353	Pedro Cardoso	Senior	M	00:05:37	01:57:44	01:55:50
1181	7818	Jorge Pereira	M40	M	00:05:37	01:57:45	01:56:19
1182	7821	Raúl Pereira	M40	M	00:05:37	01:57:45	01:56:19
1183	7520	Sandra Raposinho	Senior	F	00:05:37	01:57:46	01:56:12

1184	7736	Virgilio Gomes Lopes Pinhel	M40	M		00:05:37	01:57:47	01:56:06
1185	7712	Ana Cesária M.Costa Pascoal Mota Freitas	Senior	F		00:05:37	01:57:48	01:56:17
1186	7749	Maria Jorge Vieira	M40	F		00:05:37	01:57:48	01:56:17
1187	7513	Ana Nogueira	M40	F		00:05:37	01:57:52	01:56:47
1188	7703	Elsa Vaz Direito	Senior	F		00:05:37	01:57:52	01:56:59
1189	7079	Pedro Silva	Senior	M		00:05:37	01:57:52	01:56:03
1190	7406	Paulo Serra	Senior	M		00:05:37	01:57:55	01:57:10
1191	8045	José Romeu Pereira Carvalho	Senior	M		00:05:38	01:57:59	01:56:11
1192	8203	Hugo Homem Rocha	Senior	M		00:05:38	01:58:02	01:57:52
1193	7950	Fátima Cabral	M40	F		00:05:38	01:58:06	01:56:45
1194	7760	Paulo Brandão	M40	M		00:05:38	01:58:07	01:56:18
1195	9148	Fernanda Costa	M50	F		00:05:38	01:58:09	01:57:52
1196	7976	Manuel Santos	Senior	M		00:05:38	01:58:17	01:56:10
1197	7298	Fernando José Andrade Dinis Almeida	M40	M		00:05:39	01:58:21	01:56:44
1198	7344	Emílio José Alberto Trigueira Gonçalves	M50	M		00:05:39	01:58:22	01:56:44
1199	7267	Joaquim Cruz	M40	M	Sunset Runners	00:05:39	01:58:22	01:56:54
1200	9003	Victor Leite	M45	M		00:05:39	01:58:25	01:56:54
1201	7908	Ricardo Jorge Fernandes De Castro	Senior	M		00:05:39	01:58:27	01:57:48
1202	7192	Sónia Maria Borges Moreira	Senior	F		00:05:39	01:58:28	01:57:23
1203	7254	Ricardo Jorge Pereira e Silva Dias Sarmento	Senior	M		00:05:39	01:58:30	01:57:07
1204	7273	Artur Jorge Silva	Senior	M		00:05:39	01:58:35	01:57:23
1205	7151	António Lourenço	M45	M	Amigos Atletismo Povoense	00:05:39	01:58:36	01:57:13
1206	7150	Manuel Joaquim Moreira	M45	M	Amigos Atletismo Povoense	00:05:39	01:58:36	01:57:06
1207	8545	Silvia Margarida Quental Vilar	Senior	F		00:05:39	01:58:38	01:56:59
1208	7555	Jorge Pais	M40	M		00:05:39	01:58:39	01:57:08
1209	7952	Paulo Raposo	Senior	M		00:05:40	01:58:40	01:57:02
1210	8243	António Espinha Monteiro	M40	M		00:05:40	01:58:42	01:56:58
1211	7018	Eugénio Pacelli Mourao Fernandes	M50	M		00:05:40	01:58:45	01:57:57
1212	9029	José Tavares	Senior	M		00:05:40	01:58:47	01:58:32
1213	9011	Joana Reina	Senior	F		00:05:40	01:58:47	01:57:16
1214	8047	João Carlos Silva	M55	M		00:05:40	01:58:47	01:57:26
1215	9049	António Carvalho	Senior	M		00:05:40	01:58:47	01:58:33
1216	9007	Pedro Oliveira	M40	M		00:05:40	01:58:48	01:57:15
1217	7629	Alexandre Neves	Senior	M		00:05:40	01:58:50	01:58:35
1218	7286	Carlos Pereira	M45	M	A Karaté Felgueiras	00:05:40	01:58:53	01:58:18
1219	7429	Miguel Martins da Silva	M40	M		00:05:40	01:58:53	01:58:18
1220	8533	jose carlos soares	M40	M		00:05:40	01:58:54	01:58:48
1221	9117	Rui Filipe Correia Leite	Senior	M		00:05:40	01:58:57	01:57:05
1222	8202	Joaquim João Mendonça Pereira	M40	M		00:05:40	01:58:59	01:58:27
1223	8049	Helder Moura	Senior	M		00:05:40	01:59:00	01:56:29
1224	9013	Muhamed Beje Mudnib	M40	M		00:05:41	01:59:03	01:57:31
1225	7211	Manuel Pinto	M45	M	Clube Atletismo de Vila Boa do Bispo	00:05:41	01:59:06	01:58:17
1226	8363	Ourida Mahmoudi	M40	F		00:05:41	01:59:06	01:58:33
1227	7874	Jean- Marc Charmier	M50	M		00:05:41	01:59:10	01:58:08
1228	7873	Maria Adília Charmier	M50	F		00:05:41	01:59:10	01:58:11
1229	7590	Marco Paulo Pires Fernandes	Senior	M		00:05:41	01:59:11	01:58:22
1230	8253	João Machete Pereira	M40	M		00:05:41	01:59:13	01:58:34
1231	7928	Joana Gomes	Senior	F		00:05:41	01:59:14	01:58:25
1232	7680	Sandra Maria Ribeiro Silva	Senior	F		00:05:41	01:59:14	01:57:54
1233	8323	Reinaldo Manuel Rodrigues Lopes	M45	M		00:05:41	01:59:15	01:56:22
1234	8622	Manuel Pereira	M55	M		00:05:41	01:59:15	01:57:33
1235	7981	Joana Vaz	Senior	F		00:05:41	01:59:15	01:57:30
1236	8694	Paulo Martins	M45	M		00:05:41	01:59:15	01:57:58
1237	8463	Carlos José Gomes Costa Amaral Monteiro	M50	M		00:05:41	01:59:17	01:58:23

1238	8464	Carla Maria Faria Lemos Silva	M40	F		00:05:41	01:59:18	01:58:20
1239	8204	Pedro Miguel Silva	Senior	M		00:05:42	01:59:25	01:59:15
1240	7605	José Jaime Teixeira	M40	M		00:05:42	01:59:26	01:58:41
1241	9113	Francisco Montenegro	M40	M		00:05:42	01:59:27	01:57:42
1242	8299	Pedro Reis	M40	M		00:05:42	01:59:27	01:57:53
1243	8273	Filipe França	Senior	M		00:05:42	01:59:27	01:57:53
1244	8013	Maria Monteiro	Senior	F		00:05:42	01:59:28	01:57:38
1245	8618	Ricardo Gomes Pereira	M40	M		00:05:42	01:59:28	01:58:14
1246	8971	José Vinhas	M40	M		00:05:42	01:59:29	01:58:14
1247	8619	José Carlos Machado Vilela	M45	M		00:05:42	01:59:31	01:59:13
1248	7717	António Sá Cunha	M40	M		00:05:42	01:59:33	01:59:18
1249	8573	Miguel Pires	Senior	M		00:05:42	01:59:35	01:57:46
1250	7266	João Carmo	M50	M	Sunset Runners	00:05:42	01:59:35	01:58:07
1251	7034	José Miguel Nascimento	M55	M	Louis	00:05:42	01:59:36	01:58:41
1252	8595	Vera Duarte	Senior	F		00:05:42	01:59:36	01:58:26
1253	8664	Pedro Cordeiro	Senior	M		00:05:42	01:59:37	01:58:25
1254	7124	Nuno Miguel Vieira Pinto e Silva	Senior	M	Maria Rita	00:05:42	01:59:42	01:58:09
1255	7123	Maria Rita Barros Pimenta Fernandes	Senior	F		00:05:42	01:59:42	01:58:11
1256	7407	Cláudia Oliveira	Senior	F		00:05:42	01:59:42	01:58:04
1257	7181	Paulo Graça	Senior	M		00:05:43	01:59:43	01:58:06
1258	8222	Rui Martins	Senior	M		00:05:43	01:59:44	01:59:17
1259	7599	Paulo Trigo	Senior	M		00:05:43	01:59:44	01:59:15
1260	8065	Alzira Silva Cesar Sobral	M50	F		00:05:43	01:59:46	01:58:18
1261	8567	Carlos Ferreira	M45	M		00:05:43	01:59:48	01:59:06
1262	7554	Ricardo João Ferreira de Almeida	Senior	M		00:05:43	01:59:55	01:59:49
1263	8289	Luís Ramos	Senior	M		00:05:43	01:59:55	01:59:15
1264	7592	Paulo Luis Sousa	M40	M		00:05:43	02:00:01	01:59:00
1265	8199	Jose Pedro Tavares	M40	M		00:05:44	02:00:05	01:58:21
1266	9120	Pedro Marta	Senior	M		00:05:44	02:00:06	01:59:23
1267	8552	Isabel Ribeiro Ribeiro	Senior	F		00:05:44	02:00:07	01:58:23
1268	8347	Pedro Ferreira	Senior	M		00:05:44	02:00:09	01:59:41
1269	7582	Dorotea Silva	Senior	F		00:05:44	02:00:11	01:58:53
1270	7471	Detlev Jeske	M45	M		00:05:44	02:00:19	01:59:15
1271	7806	Nuno Gonçalves	Senior	M		00:05:44	02:00:22	01:58:36
1272	7488	Marta Vale Anjos	Senior	F		00:05:44	02:00:22	01:59:50
1273	7985	Lino Alves	M60	M		00:05:44	02:00:22	01:58:27
1274	7562	António Maria Coutinho Monteiro	M50	M		00:05:44	02:00:24	01:57:32
1275	7670	José Manuel Peixoto Gomes	M50	M		00:05:44	02:00:24	01:57:31
1276	8197	Rafael Valente	Senior	M		00:05:45	02:00:25	01:59:54
1277	7643	Adelaide Mendes	M50	F		00:05:45	02:00:26	01:58:06
1278	8301	Joaquim Gonçalves	M50	M		00:05:45	02:00:32	01:59:38
1279	8012	Ana Luis Reis	Senior	F		00:05:45	02:00:34	01:58:44
1280	7398	Joaquim Carronha	M60	M		00:05:45	02:00:35	02:00:27
1281	8457	norberto costa	M55	M		00:05:45	02:00:41	02:00:21
1282	7169	Juscelino Pereira	Senior	M	Totemic Running Club	00:05:45	02:00:43	01:59:06
1283	8255	José Maria Otero	M40	M		00:05:46	02:00:57	01:59:01
1284	9118	César Alexandre Ferreira	Senior	M		00:05:46	02:00:58	01:59:06
1285	9002	José Afonso	M60	M		00:05:46	02:01:00	01:59:39
1286	8076	António Lamas Sobral	M50	M		00:05:46	02:01:05	01:59:37
1287	8072	Henrique José Brandão	M50	M		00:05:46	02:01:06	01:59:25
1288	8073	Maria Teresa Brandão	M40	F		00:05:46	02:01:06	01:59:26
1289	8977	Tanja Schneider	Senior	F		00:05:47	02:01:09	01:59:19
1290	7456	Rui Santos	M45	M		00:05:47	02:01:13	01:59:17
1291	7628	João Silva	Senior	M		00:05:47	02:01:19	01:59:31

1292	8414	Fernando Miguel Rangel salgado	Senior	M		00:05:47	02:01:21	02:00:27
1293	7393	José Miguel Azevedo	Senior	M		00:05:47	02:01:23	02:01:17
1294	7587	Pedro Serra	M40	M		00:05:47	02:01:25	02:00:54
1295	7817	Anibal Paiva	M40	M		00:05:48	02:01:33	01:59:47
1296	9122	Alfredo Teixeira	M65	M		00:05:48	02:01:36	01:59:16
1297	7700	Bruno Miguel Vieira Portelada	Senior	M		00:05:48	02:01:39	02:01:16
1298	7925	Carlos Correia	M40	M		00:05:48	02:01:40	02:00:55
1299	7168	Ricardo Romero	Senior	M	Totemic Running Club	00:05:48	02:01:43	01:59:15
1300	8264	Raphael Castro	Senior	M		00:05:48	02:01:43	02:00:36
1301	7109	Nuno Martins	M40	M		00:05:49	02:01:52	01:58:45
1302	9105	Audrey Pais	Senior	F		00:05:49	02:01:55	02:00:20
1303	7102	Vera Luís	Senior	F	Heliodoro	00:05:49	02:01:56	02:01:16
1304	7503	Sérgio Bruno Pedro	Senior	M		00:05:49	02:02:00	02:01:09
1305	8168	Sérgio Livraghi	Senior	M		00:05:50	02:02:11	02:01:11
1306	7791	Artur Ferreira	Senior	M		00:05:50	02:02:16	02:02:09
1307	7479	Ann Marini	M40	F		00:05:50	02:02:18	02:01:12
1308	8714	Carla Tavares	Senior	F		00:05:50	02:02:19	02:00:33
1309	7243	Paulo Ricardo Pereira Fernandes	Senior	M		00:05:50	02:02:20	01:59:51
1310	8969	Joaquim Henriques	M55	M		00:05:50	02:02:21	02:01:06
1311	7135	Carmo Marinho	M45	F		00:05:50	02:02:25	02:01:19
1312	8480	José Pinto	M45	M		00:05:50	02:02:26	02:00:21
1313	8521	Antónia Oliveira	M55	F		00:05:50	02:02:26	02:00:42
1314	8739	VÂNIA ALEXANDRA MENDES SERAFIM	Senior	F		00:05:50	02:02:30	02:00:55
1315	8207	Filipe Souto	M40	M		00:05:51	02:02:38	02:01:53
1316	8518	Paulo Pinto	M45	M		00:05:51	02:02:43	02:00:38
1317	7012	Rui Figueiredo	Senior	M		00:05:51	02:02:44	02:01:24
1318	8263	Paulo Jorge Jesus Varela	M40	M		00:05:51	02:02:46	02:02:16
1319	7947	Isabel Miguel	Senior	F		00:05:51	02:02:49	02:00:54
1320	8535	Jorge Miguel Barreira de Macedo	Senior	M		00:05:51	02:02:51	02:00:56
1321	9124	Rui Pedro Martins de Freitas	Senior	M		00:05:52	02:02:52	02:00:32
1322	8092	Fernando Cerqueira	M45	M		00:05:52	02:02:56	
1323	9079	Carmen Cristina Santos Lima	Senior	F		00:05:52	02:02:59	02:02:50
1324	8596	Ricardo Tavares	Senior	M		00:05:52	02:02:59	02:01:48
1325	8068	Juan Carlos Rodriguez	M40	M		00:05:52	02:03:01	02:01:36
1326	7884	Jorge Dias	M40	M		00:05:52	02:03:04	02:02:46
1327	7066	José Fernandes Ferreira	M45	M		00:05:52	02:03:06	02:01:36
1328	8987	José Vilela	M50	M		00:05:52	02:03:10	02:02:27
1329	7772	Rui Amaral Mendes	Senior	M		00:05:53	02:03:18	02:03:10
1330	7509	Sónia Carvalho	Senior	F		00:05:53	02:03:18	02:01:37
1331	7395	Isabel Cavadas	Senior	F		00:05:53	02:03:18	02:02:39
1332	8374	Kam Sidhu	Senior	F		00:05:53	02:03:22	02:02:10
1333	8967	João Paulo Oliveira	M45	M		00:05:53	02:03:25	02:02:00
1334	9030	Joaquim Silva	M40	M		00:05:53	02:03:26	02:01:30
1335	7287	Maria Magalhães	M45	F	A Karaté Felgueiras	00:05:53	02:03:32	02:02:57
1336	7694	Márcia Bi Madeira	M40	F		00:05:54	02:03:34	02:03:05
1337	9010	João Campos	Senior	M		00:05:54	02:03:36	02:02:13
1338	8660	João Filipe Sousa Rainho	Senior	M		00:05:54	02:03:39	02:01:46
1339	8870	Cristiano Dias	Senior	M		00:05:54	02:03:40	02:03:12
1340	7705	João Paulo Costa da Silva Alves	Senior	M		00:05:54	02:03:42	02:02:37
1341	8776	Custódio Alves	Senior	M		00:05:54	02:03:42	02:03:31
1342	7630	Filipe Peixe	Senior	M		00:05:54	02:03:44	02:02:13
1343	8558	Helena Gomes	Senior	F		00:05:54	02:03:49	02:02:49
1344	9069	Emanuel Santos	Senior	M		00:05:54	02:03:53	02:03:34
1345	7912	Joaquim Coelho Santos	M60	M		00:05:55	02:03:57	02:03:06

1346	7060	Diogo Pereira Dias	M45	M		00:05:55	02:03:59	02:02:18
1347	7127	António Silva	M55	M	Ricardo	00:05:55	02:04:04	02:03:43
1348	8195	Sérgio Leite	Senior	M		00:05:55	02:04:07	02:02:22
1349	9057	Elizabete Vieira	M40	F		00:05:55	02:04:08	02:03:51
1350	9061	Isabel Santos	Senior	F		00:05:55	02:04:08	02:03:56
1351	7463	Pedro Macedo	Senior	M		00:05:55	02:04:10	02:02:10
1352	7245	Maria Deolinda Costa Pinto	M55	F	Carlos Manuel	00:05:56	02:04:17	02:04:13
1353	7300	Frederico Esteves	M45	M		00:05:56	02:04:18	02:03:04
1354	8566	Gonçalo Albuquerque	M40	M		00:05:56	02:04:18	02:03:34
1355	7083	John Olsen	Senior	M		00:05:56	02:04:24	02:01:07
1356	8496	Manuel Paulo Dos Santos Gomes	M40	M		00:05:56	02:04:24	02:04:19
1357	7716	António Mendes da Silva	M45	M		00:05:56	02:04:31	02:04:12
1358	8127	Ana Pereira	M40	F		00:05:57	02:04:38	02:03:33
1359	8649	Paulo Fernandes	Senior	M		00:05:57	02:04:42	02:03:26
1360	9080	vitlor silveira	M40	M		00:05:57	02:04:45	02:03:44
1361	9081	RUI SILVA	Senior	M		00:05:57	02:04:45	02:03:43
1362	8358	Ben Stephens	M45	M		00:05:57	02:04:48	02:03:35
1363	7302	Érica Reis	Senior	F		00:05:57	02:04:53	02:03:16
1364	8979	Nelson Tavares	M40	M		00:05:57	02:04:53	02:03:42
1365	8966	João Carvalho	Senior	M		00:05:57	02:04:53	02:04:07
1366	7508	Pedro Alexandre Domingos Branco da Silva	Senior	M		00:05:58	02:05:04	02:03:22
1367	8459	Rui Duarte	Senior	M		00:05:58	02:05:04	02:03:21
1368	8868	Firmino António Alves Carvalho	Senior	M		00:05:58	02:05:04	02:03:21
1369	8252	Pedro Ribeiro	Senior	M		00:05:58	02:05:16	02:03:42
1370	8021	Julien Schmidt Sartori	Senior	F		00:05:58	02:05:18	02:04:27
1371	9031	José Carlos	M40	M		00:05:59	02:05:19	02:03:25
1372	7581	Vasco Pimenta	Senior	M		00:05:59	02:05:20	02:04:24
1373	8081	Clarice Martins	Senior	F		00:05:59	02:05:21	02:04:28
1374	8082	Luis Lemos	Senior	M		00:05:59	02:05:21	02:04:30
1375	7167	Melanie Rose	Senior	F	Totemic Running Club	00:05:59	02:05:25	02:02:56
1376	8283	Sara Girtinhas	Senior	F		00:05:59	02:05:31	02:04:53
1377	8583	José Carlos Pereira	M40	M		00:05:59	02:05:31	02:05:10
1378	7887	João Silva	Senior	M		00:05:59	02:05:39	02:04:57
1379	8420	Dario Petri	Senior	M		00:06:00	02:05:42	02:05:06
1380	8883	Claudio Martins	Senior	M		00:06:00	02:05:47	02:03:50
1381	7577	Nuno Borges	Senior	M		00:06:00	02:05:53	02:05:17
1382	9145	Carlos Soares	M50	M		00:06:00	02:05:55	02:03:58
1383	7809	Manuel António Araújo da Silva	M50	M		00:06:00	02:05:56	02:04:13
1384	7070	Luis Diogo Melo	M40	M		00:06:01	02:06:04	02:05:11
1385	8228	Gustávo Coelho	Senior	M		00:06:01	02:06:05	02:05:08
1386	8559	Amandine Monteiro Esteves	Senior	F		00:06:01	02:06:06	02:05:06
1387	7953	Nuno Simão	Senior	M		00:06:01	02:06:10	02:04:33
1388	7532	Paulo Pires	Senior	M		00:06:01	02:06:11	02:05:27
1389	9005	António Castro	Senior	M		00:06:02	02:06:22	02:05:10
1390	8956	André Ferreira	Senior	M		00:06:02	02:06:25	02:04:33
1391	7481	Jorge Sousa	Senior	M		00:06:02	02:06:35	02:05:49
1392	7103	Fernando Jorge Vinhas Pereira	Senior	M		00:06:02	02:06:38	02:04:48
1393	7290	Simão Moreira	Senior	M	A Karaté Felgueiras	00:06:02	02:06:40	02:06:05
1394	7891	Fernando Novais	Senior	M		00:06:03	02:06:43	02:05:27
1395	8286	Joaquim Dias	Senior	M		00:06:03	02:06:44	02:05:04
1396	8586	Gilberto Pires Silva	M45	M		00:06:03	02:06:45	02:06:23
1397	8121	Joaquim Machado	M60	M		00:06:03	02:06:47	02:06:20
1398	7006	Aviz Quadrado Júnior	M50	M		00:06:03	02:06:49	02:06:18
1399	7176	Sergio Fernandez	Senior	M	Carlos	00:06:03	02:06:57	02:05:15

1400	8399	Alcino Dias	M40	M	00:06:03	02:07:00	02:05:21
1401	7475	Joost Molewater De La Rive Box	Senior	M	00:06:04	02:07:05	02:05:58
1402	7800	André Carço	Senior	M	00:06:04	02:07:05	02:06:01
1403	8667	Eduardo Passos	M55	M	00:06:04	02:07:06	02:05:16
1404	7626	Rosário Guerra	M40	F	00:06:04	02:07:09	02:05:38
1405	8704	Luis Carlos Valente Almeida Azevedo	Senior	M	00:06:04	02:07:10	02:06:39
1406	7430	Manuel de Matos	M60	M	00:06:04	02:07:14	02:05:37
1407	7942	Licínio Domingos Gomes	M60	M	00:06:04	02:07:14	02:05:05
1408	8057	Serafim Monteiro	Senior	M	00:06:04	02:07:14	02:05:23
1409	7387	Eduardo Barros	Senior	M	00:06:04	02:07:16	02:05:16
1410	7190	António Henrique Gomes	Senior	M	00:06:04	02:07:18	02:06:53
1411	8484	Ricardo Carvalho	Senior	M	00:06:04	02:07:21	02:05:18
1412	8482	Tiago Duarte	M40	M	00:06:05	02:07:25	02:05:23
1413	7459	Alberto pinto	M45	M	00:06:05	02:07:27	02:06:08
1414	8216	Rui Manuel Tomada Marques	Senior	M	00:06:05	02:07:33	02:06:34
1415	8365	Sarah Julie Weber	Senior	F	00:06:05	02:07:35	02:07:02
1416	7095	Carlos Barbosa	Senior	M	00:06:05	02:07:38	02:07:04
1417	7096	Miguel Morais	Senior	M	00:06:05	02:07:38	02:07:04
1418	7935	João Viamonte	M40	M	00:06:05	02:07:40	02:05:34
1419	8211	Vasco Balixa	Senior	M	00:06:05	02:07:41	02:06:32
1420	8115	António Manuel Oliveira Lopes	M45	M	00:06:05	02:07:42	02:06:47
1421	7524	Ivete Carneiro	M40	F	00:06:06	02:07:46	02:06:15
1422	8256	Reinaldo Batista Carneiro Pinto	M65	M	00:06:06	02:07:47	02:07:06
1423	8205	Marcio Correia	Senior	M	00:06:06	02:07:50	02:07:39
1424	7866	João Rebelo	M55	M	00:06:06	02:07:51	02:07:00
1425	7349	Rui Costa	M50	M	00:06:06	02:07:53	02:06:48
1426	8685	Paula Rios Marques	Senior	F	00:06:06	02:07:53	02:07:24
1427	7186	Hermínio Silva	M55	M	00:06:06	02:07:58	02:06:18
1428	8612	luis pereira	Senior	M	00:06:06	02:07:59	02:07:47
1429	7191	António José Almeida	M55	M	00:06:06	02:07:59	02:06:21
1430	7835	Hugo Ricardo Morais Fernandes	Senior	M	00:06:06	02:08:01	02:07:04
1431	8731	Luis Lopes Costa	Senior	M	00:06:07	02:08:14	02:07:05
1432	7417	Miguel Vilela	M40	M	00:06:07	02:08:14	02:07:05
1433	7786	Carlos Canhota	M55	M	00:06:08	02:08:28	02:07:17
1434	7666	Vanda Frederico	Senior	F	00:06:08	02:08:28	02:07:38
1435	7664	Luis Miguel Pereira	M40	M	00:06:08	02:08:29	02:07:38
1436	7854	Carlos Pombeiro	Senior	M	00:06:08	02:08:39	02:07:50
1437	7692	João Paulo Vaz Bravo Da Cunha	Senior	M	00:06:08	02:08:41	02:08:15
1438	7460	Laura Carvalho	M50	F	00:06:09	02:08:50	02:08:16
1439	8615	J. Carlos Ferraz Miranda	M45	M	00:06:09	02:08:50	02:07:43
1440	8774	João Pedro Carvalho	Senior	M	00:06:10	02:09:11	02:09:01
1441	8053	Rui Pedro Ferreira	Senior	M	00:06:11	02:09:37	02:08:23
1442	8220	Bruno Araujo Teixeira	Senior	M	00:06:11	02:09:44	02:07:56
1443	7571	Paulo Moreira	M45	M	00:06:11	02:09:46	02:08:58
1444	8864	Carlos Azevedo	Senior	M	00:06:12	02:09:52	02:08:16
1445	7307	João Miranda de Azevedo	Senior	M	00:06:12	02:10:00	02:09:02
1446	8487	Pedro Miguel Afonso dos Reis	Senior	M	00:06:12	02:10:08	02:10:02
1447	7916	Jorge Manuel Varandas Soares	Senior	M	00:06:13	02:10:16	02:10:10
1448	7948	Goreti Couto	Senior	F	00:06:13	02:10:21	02:08:26
1449	7949	Elisabete Mota	Senior	F	00:06:13	02:10:21	02:08:26
1450	8240	Inês Oliveira	Senior	F	00:06:13	02:10:27	02:09:28
1451	8871	Elisio Silva Pereira	M60	M	00:06:13	02:10:31	02:08:40
1452	8735	Pedro Silva	Senior	M	00:06:14	02:10:42	02:08:47
1453	7833	Filipe Gonçalves Fernandes	Senior	M	00:06:14	02:10:44	02:09:48

1454	7611	André Bandeira	Senior	M		00:06:14	02:10:45	02:08:53
1455	7756	Nuno Marques	M40	M		00:06:14	02:10:48	02:09:03
1456	7775	Sofia Mota	M40	F		00:06:14	02:10:48	02:09:04
1457	7801	Pedro Moreira	M45	M		00:06:15	02:11:05	02:11:01
1458	7926	Manuela Bustorff	M55	F		00:06:15	02:11:07	02:10:18
1459	7400	Eliane Da Silva Barros	M45	F		00:06:15	02:11:07	02:10:42
1460	8178	Manuel Cabral	M50	M		00:06:15	02:11:10	02:09:45
1461	7825	Nuno Brás	Senior	M		00:06:15	02:11:13	02:10:50
1462	8287	Sandra Rios	Senior	F		00:06:16	02:11:18	02:11:09
1463	8599	Carlos Nóbrega	M55	M		00:06:16	02:11:25	02:09:52
1464	8368	Ivone Sá	Senior	F		00:06:16	02:11:25	02:10:25
1465	9046	Helder Carneiro	Senior	M		00:06:17	02:11:38	02:09:41
1466	8282	Filipa Matias	Senior	F		00:06:17	02:11:43	02:11:05
1467	8507	António Manuel Medalhas Ferreira Medalhas Ferreira	M60	M		00:06:17	02:11:45	02:09:46
1468	8970	José Moreira	Senior	M		00:06:17	02:11:51	02:10:01
1469	7983	Pedro Sampaio	M55	M		00:06:17	02:11:51	02:11:02
1470	7537	Ricardo José Costa Oliveira	Senior	M		00:06:17	02:11:56	02:10:09
1471	7782	Maria Alcina Da Costa Correia	M55	F		00:06:18	02:12:04	02:10:57
1472	9168	Phaedra Miller	Senior	F		00:06:18	02:12:06	02:11:03
1473	7500	Pedro Pinheiro	Senior	M		00:06:19	02:12:31	02:10:30
1474	7189	Maria Alberta Dias Moreira Gonçalves	M55	F		00:06:20	02:12:45	02:11:05
1475	8963	Emanuel Fontes	M40	M		00:06:20	02:12:46	02:11:35
1476	8265	Joana Carvalho	Senior	F		00:06:20	02:12:47	02:11:05
1477	9009	Angelo Barros	M40	M		00:06:20	02:12:49	02:11:26
1478	8534	Maria Manuela Cardoso Lemos	Senior	F		00:06:20	02:12:51	02:10:56
1479	7396	Jorge Gonçalves	M45	M		00:06:20	02:13:00	02:11:24
1480	8194	Júlia Alves	M45	F		00:06:21	02:13:04	02:11:51
1481	8476	Maria Peneda	Senior	F		00:06:21	02:13:04	02:12:12
1482	7076	João Peneda	M40	M	TIZ	00:06:21	02:13:05	02:12:10
1483	7115	Susana Beck da Silva Marcondes	M50	F	Pedro Ricardo	00:06:21	02:13:05	02:11:31
1484	7114	Pedro Ricardo Teixeira Marcondes	M55	M		00:06:21	02:13:05	02:11:31
1485	8441	Bruno Rodrigues	Senior	M		00:06:21	02:13:08	02:11:39
1486	8515	Ana Jacinto	Senior	F		00:06:21	02:13:09	02:12:08
1487	7678	Pedro Brandão	Senior	M		00:06:21	02:13:13	02:11:57
1488	7188	Miguel Amado	Senior	M		00:06:21	02:13:13	02:12:19
1489	8201	João Joaquim Mendonça Pereira	M40	M		00:06:22	02:13:31	02:12:59
1490	7787	Luis Miguel Pinto	M40	M		00:06:22	02:13:40	02:11:47
1491	7701	Nelson Ruão	M40	M		00:06:22	02:13:40	02:11:47
1492	7039	Maria Nascimento	M50	F	Louis	00:06:22	02:13:41	02:12:46
1493	8973	Manuel Melo	Senior	M		00:06:22	02:13:42	02:11:51
1494	8960	António Lopes	M40	M		00:06:23	02:13:59	02:12:19
1495	7069	Sérgio Andrade	M40	M		00:06:26	02:15:00	02:13:36
1496	8023	Nuno Vieira	Senior	M		00:06:26	02:15:03	02:14:16
1497	8743	ÓSCAR UMBERTO PINTO DA COSTA	Senior	M		00:06:26	02:15:05	02:13:26
1498	8215	Fernanda Alves	M40	F		00:06:26	02:15:05	02:14:43
1499	8715	Ana Rita Pereira	Senior	F		00:06:26	02:15:06	02:13:13
1500	8598	Jorge Coutinho	M55	M		00:06:27	02:15:11	02:13:37
1501	7183	Paula Lopes	Senior	F	Ricardo	00:06:27	02:15:19	02:13:42
1502	7663	Albérto Sousa	Senior	M		00:06:27	02:15:19	02:14:44
1503	8125	Maria Luzia de Lima	M45	F		00:06:28	02:15:40	02:14:43
1504	8588	Edgar António Carvalho Cardoso	Senior	M		00:06:28	02:15:47	02:14:05
1505	7004	Ana Maria Xavier Dias Coelho	Senior	F	Luis Miguel	00:06:29	02:16:04	02:15:43
1506	8745	SIMÃO PEDRO VIEIRA CERQUEIRA MAGALHÃES	Senior	M		00:06:29	02:16:04	02:14:27
1507	8003	José Alexandre Carneiro	Senior	M		00:06:29	02:16:08	02:15:17

1508	7836	Jorge Borges	M40	M		00:06:30	02:16:10	02:15:12
1509	7840	Vitor Manuel P. Duarte dos Santos	M40	M		00:06:30	02:16:12	02:15:14
1510	7402	José Ivo Barbosa	M55	M		00:06:30	02:16:13	02:15:49
1511	8972	Leonel Monteiro	M40	M		00:06:30	02:16:15	02:14:34
1512	8357	Lucy Stephens	M45	F		00:06:31	02:16:39	02:15:25
1513	8686	Carlos Leão	Senior	M		00:06:31	02:16:39	02:16:23
1514	8549	Ana Caroºo	M50	F		00:06:32	02:16:54	02:16:07
1515	7061	Henrique dos Santos Vilhena	M55	M		00:06:32	02:17:02	02:15:07
1516	7117	José Marconi Marinho Rodrigues	M50	M	Tânia Socorro	00:06:32	02:17:10	02:15:51
1517	7116	Tânia Socorro Amorim Soares	M45	F		00:06:32	02:17:11	02:15:53
1518	7063	Vitor Silva	Senior	M		00:06:33	02:17:16	02:16:49
1519	7445	Luís Guimarães	Senior	M		00:06:33	02:17:26	02:16:21
1520	7247	Nuno Martins	Senior	M		00:06:34	02:17:49	02:17:01
1521	7698	Tomas Pedro Moreira da Costa	Senior	M		00:06:34	02:17:52	02:16:52
1522	8075	Mitesh Parekh	Senior	M		00:06:35	02:17:55	02:15:57
1523	7589	José Soares	Senior	M		00:06:35	02:17:55	02:17:24
1524	7816	Paulo Soares	Senior	M		00:06:35	02:18:09	02:17:19
1525	7355	Teresa Vieira	Senior	F		00:06:36	02:18:18	02:16:41
1526	8224	Pedro Fernandes	M45	M		00:06:36	02:18:23	02:16:32
1527	8469	Márcia Rebelo	Senior	F		00:06:36	02:18:24	02:16:43
1528	8468	Sílvio Silva	Senior	M		00:06:36	02:18:24	02:16:44
1529	7469	Aline Burelier	Senior	F		00:06:36	02:18:28	02:17:25
1530	7470	Kevin Fawell	Senior	M		00:06:36	02:18:29	02:17:26
1531	8687	Ricardo Jorge Outor Pimentel	Senior	M		00:06:36	02:18:35	02:17:10
1532	7436	Nuno Cochicho	Senior	M		00:06:38	02:19:03	02:18:13
1533	9051	Tiago Oliveira	Senior	M		00:06:38	02:19:09	02:18:54
1534	9159	Leonardo Almeida	Senior	M		00:06:39	02:19:28	02:17:55
1535	7375	Leonor Amaro	M45	F		00:06:40	02:19:46	02:18:02
1536	7794	Inês Mira	Senior	F		00:06:40	02:19:59	02:18:14
1537	7257	Tâmara Silva	Senior	F		00:06:41	02:20:02	02:18:18
1538	8400	Luisa Faria	Senior	F		00:06:41	02:20:03	02:18:50
1539	8590	MONICA MONTENEGRO DA SILVA	M40	F		00:06:41	02:20:12	02:18:32
1540	7241	Angela Lopes	M45	F		00:06:41	02:20:13	02:18:24
1541	8284	Ramona Volpi	M40	F		00:06:41	02:20:16	02:18:30
1542	7182	Ricardo Oliveira	Senior	M		00:06:42	02:20:23	02:18:47
1543	7272	Gonçalo Rodrigues	Senior	M		00:06:43	02:21:01	02:20:26
1544	8054	João Rodrigues	M50	M		00:06:44	02:21:09	02:19:41
1545	7591	Maria Jesus	Senior	F		00:06:44	02:21:24	02:19:53
1546	8083	Fernando Souto	M45	M		00:06:45	02:21:44	02:20:25
1547	7781	António João De Oliveira Correia	M60	M		00:06:45	02:21:44	02:20:38
1548	8171	Carlos Fernandes Silva	Senior	M		00:06:46	02:21:59	02:20:12
1549	8623	Nuno Mota Silva	Senior	M		00:06:46	02:21:59	02:18:55
1550	7446	Miguel Teixeira	Senior	M		00:06:46	02:22:02	02:20:55
1551	9098	Pedro Falcão	Senior	M		00:06:47	02:22:10	02:21:41
1552	7022	Rosangela Maria Kraviski Grainert Diz	M45	F		00:06:47	02:22:13	02:21:43
1553	8775	Ricardo Macedo	Senior	M		00:06:47	02:22:21	02:22:11
1554	7007	Susana Martins	Senior	F		00:06:47	02:22:22	02:22:04
1555	7548	Nuno España	Senior	M		00:06:48	02:22:35	02:22:01
1556	7418	Dulce Lessa	Senior	F		00:06:49	02:22:55	02:21:24
1557	8546	Elizabeth Preto	Senior	F		00:06:49	02:22:55	02:21:24
1558	8988	Gerhard Kanne	M45	M		00:06:49	02:22:58	02:21:09
1559	7885	Gonçalo Franco	Senior	M		00:06:51	02:23:33	02:21:47
1560	8366	Alexander Manthey	M55	M		00:06:52	02:24:03	02:23:58
1561	8439	Mojca Planinsek	M40	F		00:06:52	02:24:11	02:23:30

1562	7858	Cristiana Isabel Maia Ramos	Senior	F		00:06:54	02:24:50	02:22:59
1563	8317	António Rodrigues Luis	M55	M		00:06:57	02:25:37	02:22:43
1564	7180	Marco Filipe Vínhas Pereira	Senior	M		00:06:57	02:25:43	02:23:47
1565	7399	Ana Paula Da Conceição Paranhos	M40	F		00:06:57	02:25:54	02:25:28
1566	8391	Roberta Everson	M40	F		00:06:57	02:25:56	02:24:56
1567	7118	João Pinto	Senior	M		00:06:59	02:26:33	02:24:58
1568	7658	Ricardo Costa	Senior	M		00:07:00	02:26:40	02:24:54
1569	7659	Rita Vilaça	Senior	F		00:07:00	02:26:40	02:24:55
1570	8353	Joanne Kay Heathcote	M50	F		00:07:00	02:26:41	02:26:38
1571	8367	Anna Cherry	Senior	F		00:07:00	02:26:43	02:23:14
1572	8002	Ricardo Flaminio	M40	M		00:07:00	02:26:59	02:24:50
1573	7792	David Ottewill	M50	M		00:07:01	02:27:06	02:27:02
1574	8152	Filipa Batista	Senior	F		00:07:01	02:27:18	02:27:11
1575	7467	Francisco Torres	M55	M		00:07:02	02:27:30	02:25:34
1576	7048	Rui Nobre Ferreira	Senior	M		00:07:02	02:27:42	02:27:35
1577	7690	Albino Silva	Senior	M		00:07:04	02:28:10	02:26:17
1578	6530	Duarte Emanuel Ferraz Delgado	Senior	M	Associação EDP GÁS	00:07:07	02:29:18	02:29:13
1579	8481	José Aleixo	M40	M		00:07:10	02:30:21	02:28:15
1580	8483	Marc Sachs	M45	M		00:07:10	02:30:21	02:28:15
1581	8217	Ricardo Jorge Pereira Felisberto	Senior	M		00:07:10	02:30:25	02:28:50
1582	7141	Mónica Ferreira Costa	Senior	F		00:07:12	02:31:12	02:29:14
1583	8189	Cristiana Rodrigues	M50	F		00:07:13	02:31:16	02:30:03
1584	7369	Joan Marsans Prat	M50	M		00:07:13	02:31:25	02:29:32
1585	8732	Caitelin Williams		F		00:07:14	02:31:40	02:28:11
1586	8335	Guilherme Araújo	M40	M		00:07:19	02:33:29	02:32:20
1587	8337	Cristina Silva	Senior	F		00:07:19	02:33:30	02:32:20
1588	7343	Damaris Freixeda	M50	F		00:07:20	02:33:41	02:31:58
1589	7310	Dania Teixeira	Senior	F		00:07:22	02:34:24	02:33:30
1590	7376	Nuno Silva	Senior	M		00:07:22	02:34:24	02:33:30
1591	8279	Rui Borges	Senior	M		00:07:28	02:36:45	02:36:08
1592	7313	Dária Cristina Viegas Madeira	Senior	F		00:07:31	02:37:38	02:36:24
1593	7312	Diane Currito Romão Valentim	Senior	F	Alturense	00:07:31	02:37:38	02:36:26
1594	7489	António Miguel Fernandes Pereira	Senior	M		00:07:33	02:38:29	02:37:56
1595	8124	Nelson Azeredo Coutinho	M55	M		00:07:35	02:39:09	02:38:09
1596	7895	João Ribeiro	Senior	M		00:07:36	02:39:34	02:38:40
1597	8404	Monique Petit-Brazili	M55	F		00:07:39	02:40:30	02:39:40
1598	8403	Denise Harrison	M60	F		00:07:39	02:40:30	02:39:40
1599	7171	Nicholas Nunez Diaz	Senior	M	Totemic Running Club	00:07:40	02:40:48	02:38:18
1600	8378	Lucia Sebastiani	Senior	F		00:07:41	02:41:02	02:40:31
1601	7075	Carlos José Ventura	M65	M		00:07:43	02:41:49	02:40:28
1602	8056	Sergio Miguel Cavadas	Senior	M		00:07:44	02:42:12	02:40:43
1603	8055	Daniel Martins	Senior	M		00:07:44	02:42:12	02:40:46
1604	7403	Esvalter Rodrigues Guimarães	M65	M		00:07:47	02:43:19	02:42:52
1605	7341	Sandra Claro	Senior	F		00:07:48	02:43:37	02:41:38
1606	7259	Manuel Antunes	Senior	M		00:07:49	02:44:02	02:43:26
1607	8415	Paula Haito	Senior	F		00:08:04	02:49:15	02:48:36
1608	8434	Brian Bracey	M65	M		00:08:19	02:54:19	02:52:18
1609	8940	Fernando José Moutinho Ribeiro	Senior	M		00:08:19	02:54:19	02:52:31
1610	8884	Antonio Cardoso	M40	M		00:08:19	02:54:19	
1611	8939	Anna Sophia Piacenza Moraes	Senior	F		00:08:19	02:54:19	02:52:32

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