

Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
1	Leonel Fernnades	3752	00:30:24	03:03	CAO	29	M	M SEN	1
2	Adrião Rodrigues	4046	00:30:52	03:06	US	27	M	M SEN	2
3	Adelino José Oliveira	3466	00:30:58	03:06	GiraSol	25	M	M SEN	3
4	Davide Silva	3803	00:31:06	03:07	Clube Campismo São João da Madeira	21	M	M SEN	4
5	Rogério Bessa	3260	00:31:43	03:11	JOBRA-Associação Jovens da Branca	31	M	M SEN	5
6	André Aniceto	3240	00:32:01	03:13	ACR Vale de Cambra	30	M	M SEN	6
7	Vitor Santos	4187	00:32:09	03:13	Fiães Sport Clube	39	M	M SEN	7
8	Bruno Freitas	3243	00:32:17	03:14	ACR Vale de Cambra	35	M	M SEN	8
9	Manuel Sousa	4047	00:32:21	03:15	US	52	M	M VET3	1
10	Tozé Castro	4181	00:32:25	03:15	Fiães Sport Clube	36	M	M SEN	9
11	Tiago Leal	4028	00:32:31	03:16	ACD S.João Da Serra	26	M	M SEN	10
12	Pedro Ferreira	4026	00:32:36	03:16	ACD S.João Da Serra	40	M	M VET1	1
13	Celso Leite	3743	00:32:36	03:16	CAO	23	M	M SEN	11
14	Paulo Pereira	3427	00:32:50	03:17	Grupo Desportivo e Cultural de Guilhovai	40	M	M VET1	2
15	Tiago Silva	3954	00:32:59	03:18	Núcleo de Atletismo de Cucujães	22	M	M SEN	12
16	Marco Costa	3840	00:33:02	03:19	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO	40	M	M VET1	3
17	Angelo Araujo	4122	00:33:14	03:20	Clube Campismo São da Madeira	40	M	M VET1	4
18	Sérgio Pereira	3248	00:33:20	03:20	Clube Spiridon de Gaia	19	M	M JUN	1
19	Helder Pires	3747	00:33:23	03:21	CAO	30	M	M SEN	13
20	Manuel Urbano	3408	00:33:24	03:21	Grupo Desportivo e Cultural de Guilhovai	48	M	M VET 2	1
21	Fernando Lima	3347	00:33:26	03:21	Núcleo de Atletismo de Cucujães	42	M	M VET1	5
22	Jorge Valente	3834	00:33:27	03:21	CLUBE ARVOR	52	M	M VET3	2
23	Dinis Gonçalves	4024	00:33:31	03:22	ACD S.João Da Serra	41	M	M VET1	6
24	Janik Lima	3541	00:33:37	03:22	Afis/Ovar	33	M	M SEN	14
25	Carlos Oliveira	3265	00:33:39	03:22	JOBRA-Associação Jovens da Branca	47	M	M VET 2	2
26	Sérgio Sousa	4027	00:33:50	03:23	ACD S.João Da Serra	44	M	M VET1	7
27	António Pires	3096	00:33:52	03:24	Escola do movimento	26	M	M SEN	15
28	Fernando Ferreira	3421	00:33:53	03:24	Grupo Desportivo e Cultural de Guilhovai	51	M	M VET3	3
29	António Sousa	1066	00:33:58	03:24	RIPOLINS GRIJÓ A CORRER	46	M	M VET 2	3
30	Norberto Silva	3895	00:33:59	03:24	Núcleo de Atletismo de Cucujães	42	M	M VET1	8
31	Jose Tojal	4176	00:34:10	03:25	3 Santos Populares	49	M	M VET 2	4
32	Diogo F. Sousa	3251	00:34:14	03:26	clube desportivo feirense	20	M	M SEN	16
33	MARIO CONTREIRAS	4165	00:34:18	03:26	US	49	M	M VET 2	5
34	Messias Dias	4175	00:34:40	03:28	3 Santos Populares	44	M	M VET1	9
35	ANTONIO JESUS	4164	00:34:41	03:29	Academia Fernanda Ribeiro	53	M	M VET3	4
36	António Silva	3361	00:34:42	03:29	Clube Independentemente de Argoncilhe	47	M	M VET 2	6
37	António Sousa	3263	00:34:42	03:29	JOBRA-Associação Jovens da Branca	45	M	M VET 2	7
38	Pedro Terra	4051	00:34:43	03:29	US	59	M	M VET4	1
39	Vasco Rogério Costa	3760	00:34:45	03:29	Indivíduar	32	M	M SEN	17
40	Renato Farraia	4113	00:34:47	03:29	CAO	18	M	M JUN	2
41	José Tavares	3770	00:34:49	03:29	CALDAS SÃO JORGE SPORT CLUB	51	M	M VET3	5
42	Miguel Jacinto Ferreira Moura	3855	00:34:51	03:30	Academia Fernanda Ribeiro	26	M	M SEN	18
43	Ricardo Carvalho	3674	00:34:52	03:30	Núcleo de Atletismo de Cucujães	45	M	M VET 2	8
44	Paulo Jesus	4130	00:34:53	03:30	Grupo Recreativo Estrela de Bonfim	40	M	M VET1	10
45	Daniel Oliveira	3619	00:34:53	03:30	LUX health Club	32	M	M SEN	19

Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
46	José Almeida	4185	00:34:58	03:30	Fiães Sport Clube	36	M	M SEN	20
47	HELDER ROBALINHO	4186	00:34:58	03:30	Fiães Sport Clube	30	M	M SEN	21
48	António Cristovão	3426	00:34:59	03:30	Grupo Desportivo e Cultural de Guilhovai	37	M	M SEN	22
49	Luís Silva	3753	00:35:07	03:31	CAO	41	M	M VET1	11
50	Rui Romão	3616	00:35:08	03:31	Clube Canoagem de Ovar	42	M	M VET1	12
51	Renato Sousa	4142	00:35:16	03:32	Rio Largo Clube De Espinho	26	M	M SEN	23
52	José Almeida	3868	00:35:18	03:32	Academia Fernanda Ribeiro	49	M	M VET 2	9
53	Alberto Fonte	3956	00:35:20	03:32	ADREP	43	M	M VET1	13
54	Renato Silva	3763	00:35:25	03:33	CALDAS SÃO JORGE SPORT CLUB	47	M	M VET 2	10
55	Francelino Resende	3314	00:35:26	03:33	Nascidos Para Correr	47	M	M VET 2	11
56	José Fernandes	4177	00:35:30	03:33	3 Santos Populares	52	M	M VET3	6
57	Bruno Cordeiro	3662	00:35:30	03:33	Núcleo de Atletismo de Cucujães	36	M	M SEN	24
58	Pedro Sousa	4112	00:35:31	03:34	Clube Spiridon de Gaia	20	M	M SEN	25
59	Alberto Valente	3737	00:35:34	03:34	CAO	41	M	M VET1	14
60	Carlos Sequeira	3742	00:35:37	03:34	CAO	37	M	M SEN	26
61	Carlos Ferreira	3359	00:35:39	03:34	Núcleo de Atletismo de Cucujães	42	M	M VET1	15
62	José Alvarado	3406	00:35:44	03:35	Grupo Desportivo e Cultural de Guilhovai	32	M	M SEN	27
63	Casimiro Galhardo	3363	00:35:45	03:35	Bairro de Carcavelos Synergie	61	M	M VET5	1
64	Justyna Wojcik	4167	00:35:51	03:36	SC Salgueiros	32	F	F SEN	1
65	Pedro Nadais	3134	00:35:51	03:36	Grupo Desportivo e Cultural de Guilhovai	18	M	M JUN	3
66	Mário Fernando Silva	4025	00:35:54	03:36	ACD S.João Da Serra	50	M	M VET3	7
67	Luis Camanho	4148	00:35:55	03:36	US	39	M	M SEN	28
68	Carlos Sousa	3679	00:35:56	03:36	ADCCJ Clark - Castelo de Paiva	34	M	M SEN	29
69	Manuel Valente	3798	00:35:57	03:36	CALDAS SÃO JORGE SPORT CLUB	54	M	M VET3	8
70	Claudio Costa	4183	00:35:58	03:36	Fiães Sport Clube	35	M	M SEN	30
71	Sara Pinho	3917	00:35:59	03:36	Sporting Clube de Portugal	35	F	F SEN	2
72	Rui Almeida	3142	00:35:59	03:36	Indivídual	38	M	M SEN	31
73	Camilo Guedes	4169	00:36:02	03:37	Águas de Gaia	47	M	M VET 2	12
74	António Pinto	3242	00:36:04	03:37	ACR Vale de Cambra	49	M	M VET 2	13
75	Ana Margarida Lopes	4149	00:36:13	03:38	US	25	F	F SEN	3
76	Lino Ferreira	3370	00:36:13	03:38	clube desportivo feirense	45	M	M VET 2	14
77	Rogério Campos	3156	00:36:14	03:38	clube desportivo feirense	48	M	M VET 2	15
78	Carlos Manuel Neves Teixeira	3849	00:36:16	03:38	Indivídual	33	M	M SEN	32
79	André Miguel Santos	3487	00:36:20	03:38	Indivídual	31	M	M SEN	33
80	Helder Rocha	4140	00:36:24	03:39	Rio Largo Clube De Espinho	31	M	M SEN	34
81	Cláudio Fonseca	3197	00:36:25	03:39	Vivalley Runners	40	M	M VET1	16
82	Tiago Faria	3675	00:36:27	03:39	Clube Spiridon de Gaia	22	M	M SEN	35
83	Bruno Costa	3650	00:36:33	03:40	Grupo Juvenil Pinheiro da Bemposta	31	M	M SEN	36
84	Rui Gomes	3133	00:36:37	03:40	individual	40	M	M VET1	17
85	Hernani Furtado	3005	00:36:38	03:40	SC ESPINHO ANTÓNIO LEITÃO	37	M	M SEN	37
86	Filipe José Martins Baptista	3039	00:36:43	03:41	Indivídual	22	M	M SEN	38
87	Igor Pinho	3614	00:36:45	03:41	Clube Canoagem de Ovar	19	M	M JUN	4
88	Fernando Soares	4048	00:36:48	03:41	US	42	M	M VET1	18
89	Jose Ferreira	3910	00:36:52	03:42	GDR Juventude das Ribeiras	42	M	M VET1	19
90	João Vinha	3254	00:36:53	03:42	JOBRA-Associação Jovens da Branca	53	M	M VET3	9

Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
91	Rui Costa	3400	00:36:55	03:42	CAO	40	M	M VET1	20
92	Ernesto Almeida	3360	00:36:56	03:42	Núcleo de Atletismo de Cucujães	55	M	M VET4	2
93	Marcelo Pinho Araújo	3931	00:36:57	03:42	ADCCJ Clark - Castelo de Paiva	27	M	M SEN	39
94	Jose Brito	3461	00:36:57	03:42	Individual	50	M	M VET3	10
95	Alain Couto	4132	00:36:58	03:42	Rio Largo Clube De Espinho	43	M	M VET1	21
96	Vítor Gonçalo	3404	00:36:58	03:42	CAO	52	M	M VET3	11
97	DANIELA SOUSA	4159	00:36:58	03:42	ESTREITO	23	F	F SEN	4
98	Alexandre Santos	3409	00:37:02	03:43	Grupo Desportivo e Cultural de Guilhovai	42	M	M VET1	22
99	Arlindo Santos	3319	00:37:06	03:43	CALDAS SÃO JORGE SPORT CLUB	51	M	M VET3	12
100	António Vieira	3570	00:37:11	03:44	Afis/Ovar	59	M	M VET4	3
101	João Barbosa	4182	00:37:16	03:44	Fiães Sport Clube	44	M	M VET1	23
102	José Adelino	4171	00:37:20	03:44	Águas de Gaia	55	M	M VET4	4
103	BRUNO MELO	4184	00:37:24	03:45	Fiães Sport Clube	32	M	M SEN	40
104	José Francisco Oliveira	3565	00:37:27	03:45	Afis/Ovar	49	M	M VET 2	16
105	Paulo Figueiredo	3567	00:37:28	03:45	Afis/Ovar	40	M	M VET1	24
106	Marco Andrade	1008	00:37:29	03:45	Casa Povo Mangualde	40	M	M VET1	25
107	Bruno Oliveira	3958	00:37:32	03:46	ADREP	22	M	M SEN	41
108	Nuno Fernandes	3236	00:37:33	03:46	ACR Vale de Cambra	18	M	M JUN	5
109	Marco Arlindo Mendes Jorge	3320	00:37:35	03:46	Cabritos da Montanha	39	M	M SEN	42
110	Bruno Miguel Oliveira Queirós	3574	00:37:44	03:47	Afis/Ovar	31	M	M SEN	43
111	Iven Pinho	3766	00:37:46	03:47	CALDAS SÃO JORGE SPORT CLUB	32	M	M SEN	44
112	Manuel Fragoso	3809	00:37:48	03:47	Os Garimpeiros	35	M	M SEN	45
113	Pedro Martins	3617	00:37:51	03:48	Clube Canoagem de Ovar	20	M	M SEN	46
114	Rui Cardoso	4086	00:37:52	03:48	US	41	M	M VET1	26
115	João Neves	3253	00:37:54	03:48	JOBRA-Associação Jovens da Branca	47	M	M VET 2	17
116	Márcia Martins	3366	00:37:55	03:48	Individual	33	F	F SEN	5
117	João Paulo Silva Rodrigues	3749	00:37:56	03:48	CAO	50	M	M VET3	13
118	José Oliveira	3568	00:37:58	03:48	Afis/Ovar	47	M	M VET 2	18
119	Fátima Pinho	3913	00:38:02	03:49	GRECAS	53	F	F VET	1
120	José Pereira	3075	00:38:02	03:49	Solar O Condado	34	M	M SEN	47
121	Mário Vaz	3392	00:38:04	03:49	CAO	52	M	M VET3	14
122	Alexandre Azevedo	4109	00:38:04	03:49	CLUBE ARVOR	18	M	M JUN	6
123	Paulo Costa	3839	00:38:04	03:49	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO	33	M	M SEN	48
124	Salvador Fardilha	3521	00:38:06	03:49	Afis/Ovar	50	M	M VET3	15
125	José Ferreira	3255	00:38:13	03:50	JOBRA-Associação Jovens da Branca	43	M	M VET1	27
126	Mauro Valente	3258	00:38:14	03:50	JOBRA-Associação Jovens da Branca	35	M	M SEN	49
127	Diogo Delgado	3963	00:38:16	03:50	Individual	19	M	M JUN	7
128	André Pina	3064	00:38:23	03:51	Individual	32	M	M SEN	50
129	Carlos Cardoso	3510	00:38:25	03:51	CAL - CLUBEATLETISMO DE LAMAS	44	M	M VET1	28
130	Fernando Oliveira	4049	00:38:27	03:51	US	49	M	M VET 2	19
131	Manuel Fonseca	3539	00:38:29	03:51	Afis/Ovar	55	M	M VET4	5
132	Adriano Paulo Rodrigues Pinho Fonseca	3192	00:38:29	03:51	Vivalley Runners	36	M	M SEN	51
133	Filipe Ramos	3626	00:38:29	03:51	X5 HEALTH CLUB	42	M	M VET1	29
134	José Sousa	3150	00:38:31	03:52	clube desportivo feirense	40	M	M VET1	30
135	Sérgio Monteiro	3068	00:38:31	03:52	CIA Alpendorada	32	M	M SEN	52

Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
136	João Mesquita Santos Carvalho	3748	00:38:33	03:52	CAO	19	M	M JUN	8
137	Ricardo Fonseca	3186	00:38:35	03:52	Vivalley Runners	43	M	M VET1	31
138	Carlos Coelho	4134	00:38:37	03:52	Rio Largo Clube De Espinho	40	M	M VET1	32
139	Alfredo Antonio	3245	00:38:40	03:52	Núcleo de Atletismo de Cucujães	44	M	M VET1	33
140	Paulo Campos	1043	00:38:45	03:53	Individual	34	M	M SEN	53
141	Domingos Pinto	1052	00:38:45	03:53	C.F. Oliveira do Douro	57	M	M VET4	6
142	Pedro Paiva	4072	00:38:47	03:53	Os Kágados	27	M	M SEN	54
143	Pedro Andrade	358	00:38:50	03:53	Individual	16	M	Male	137
144	Helena Sampaio	3535	00:38:53	03:54	Afis/Ovar	38	F	F SEN	6
145	Celso Paiva	3238	00:38:54	03:54	ACR Vale de Cambra	51	M	M VET3	16
146	Jorge Gonçalves	4030	00:38:58	03:54	ACD S.João Da Serra	31	M	M SEN	55
147	Viriato Dias	4068	00:39:00	03:54	US	43	M	M VET1	34
148	Adec.ms -	3930	00:39:01	03:55	ADEC-ms Ass. Desp. Cult. Macieira de Sarnes	51	M	M VET3	17
149	António Teixeira	3738	00:39:02	03:55	CAO	41	M	M VET1	35
150	Bruno Macedo	3694	00:39:07	03:55	Os Caga Tacos Runnig Team	37	M	M SEN	56
151	Fábio Oliveira	3872	00:39:10	03:55	Academia Fernanda Ribeiro	26	M	M SEN	57
152	Pedro Necho	3584	00:39:11	03:56	Afis/Ovar	40	M	M VET1	36
153	Pedro Henriques	3102	00:39:15	03:56	Individual	32	M	M SEN	58
154	Bruno Costa	3740	00:39:16	03:56	CAO	30	M	M SEN	59
155	Joaquim Costa	3750	00:39:18	03:56	CAO	60	M	M VET5	2
156	José Loureiro	3415	00:39:18	03:56	Remax Spirit OVAR	40	M	M VET1	37
157	Paulo Almeida	4153	00:39:21	03:57	Grupo Desportivo Gafanha	44	M	M VET1	38
158	Pedro Jorge Ferreira Borges Da Costa	3296	00:39:21	03:57	Escola Do Movimento	20	M	M SEN	60
159	António Castro	3144	00:39:23	03:57	clube desportivo feirense	50	M	M VET3	18
160	Eduardo Martins	3776	00:39:23	03:57	CALDAS SÃO JORGE SPORT CLUB	47	M	M VET 2	20
161	José Andrade	3714	00:39:24	03:57	X5 HEALTH CLUB	45	M	M VET 2	21
162	Henrique Silva	3764	00:39:28	03:57	CALDAS SÃO JORGE SPORT CLUB	43	M	M VET1	39
163	Marco Neves	3041	00:39:28	03:57	Individual	42	M	M VET1	40
164	Paulo Silva	4099	00:39:29	03:57	US	37	M	M SEN	61
165	Miguel Lacerda	3166	00:39:31	03:58	Lusitanos	43	M	M VET1	41
166	Paulo Mota	3953	00:39:31	03:58	PERALTAFIL RUNNING	44	M	M VET1	42
167	Jose Rodrigo	4138	00:39:32	03:58	Rio Largo Clube De Espinho	36	M	M SEN	62
168	Joao Pinto	3774	00:39:34	03:58	CALDAS SÃO JORGE SPORT CLUB	52	M	M VET3	19
169	Carlos Cunha	3141	00:39:34	03:58	individual	51	M	M VET3	20
170	Manuel Ferreira	4050	00:39:41	03:59	US	60	M	M VET5	3
171	Ricardo Marques	3607	00:39:43	03:59	X5 HEALTH CLUB	32	M	M SEN	63
172	Antonio Nunes	3173	00:39:44	03:59	Somos Porto	47	M	M VET 2	22
173	Regina Maria Gilvaz	3157	00:39:44	03:59	Núcleo de Atletismo de Cucujães	42	F	F VET	2
174	Jorge Soares	3815	00:39:45	03:59	GRUPO OSCACER	34	M	M SEN	64
175	António Godinho	3592	00:39:45	03:59	OS FALTA D'AR	53	M	M VET3	21
176	Francisco Tavares	3969	00:39:45	03:59	Individual	49	M	M VET 2	23
177	Tiago Carvalho	4155	00:39:46	03:59	AFIS Ovar	29	M	M SEN	65
178	José Pereira	3048	00:39:46	03:59	Individual	36	M	M SEN	66
179	Rui Assunção	3623	00:39:48	03:59	LUX health Club	39	M	M SEN	67
180	Manuel Grilo	3787	00:39:49	03:59	CALDAS SÃO JORGE SPORT CLUB	50	M	M VET3	22

Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
181	Victor Delgado	3964	00:39:50	03:59	GD4Caminhos	48	M	M VET 2	24
182	Jose Silva	3778	00:39:54	04:00	CALDAS SÃO JORGE SPORT CLUB	59	M	M VET4	7
183	Pedro Maia	3699	00:39:57	04:00	X5 HEALTH CLUB	32	M	M SEN	68
184	Ricardo Alexandre Leite Correia	3290	00:39:59	04:00	O Regresso dos que Nunca Foram	19	M	M JUN	9
185	João Reis	4080	00:39:59	04:00	Os Kágados	28	M	M SEN	69
186	Pedro Madrid	3864	00:39:59	04:00	Academia Fernanda Ribeiro	38	M	M SEN	70
187	César Sousa	3269	00:40:00	04:00	César	41	M	M VET1	43
188	Carlos Martins	4114	00:40:01	04:01	US	36	M	M SEN	71
189	Carlos Rocha	4023	00:40:05	04:01	US	20	M	M SEN	72
190	David Moço	3612	00:40:08	04:01	Clube Canoagem de Ovar	19	M	M JUN	10
191	Daniel Asensio	4076	00:40:09	04:01	Os Kágados	42	M	M VET1	44
192	Leandro Costa	3135	00:40:11	04:02	Individual	36	M	M SEN	73
193	João Fernandes	3334	00:40:13	04:02	Individual	40	M	M VET1	45
194	Jose Corval	3450	00:40:14	04:02	ccbtcarcavelos synergie	60	M	M VET5	4
195	Cesar Silva	3017	00:40:16	04:02	Grupo Juvenil Pinheiro da Bemposta	29	M	M SEN	74
196	Filipe Marques	3446	00:40:18	04:02	Ecomobile	39	M	M SEN	75
197	Daniel Silva	3611	00:40:19	04:02	Clube Canoagem de Ovar	35	M	M SEN	76
198	Eliana Marisa Alves Silva	3132	00:40:21	04:03	Individual	39	F	F SEN	7
199	Daniel Rodrigues	3016	00:40:21	04:03	Grupo Juvenil Pinheiro da Bemposta	34	M	M SEN	77
200	Carlos André Carvalho Pinto	3152	00:40:22	04:03	Individual	29	M	M SEN	78
200	Carlos Fazendeiro	3594	00:40:22	04:03	OS FALTA D'AR	55	M	M VET4	8
202	Amilcar Ferreira	4075	00:40:22	04:03	Os Kágados	53	M	M VET3	23
203	Silvia Santos	3402	00:40:25	04:03	CAO	36	F	F SEN	8
204	Tiago Alves	3462	00:40:26	04:03	Individual	29	M	M SEN	79
205	Carlos Oliveira	4166	00:40:26	04:03	Individual	63	M	M VET5	5
206	Luís Pedro Preto Vicente	3281	00:40:27	04:03	Individual	19	M	M JUN	11
207	Americo Valente	3842	00:40:27	04:03	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO	54	M	M VET3	24
208	Americo Oliveira E Silva	3463	00:40:30	04:03	Individual	41	M	M VET1	46
209	Rui Tavares Oliveira	4044	00:40:31	04:04	US	51	M	M VET3	25
210	JOSE MANUEL	4160	00:40:31	04:04	ADEC-ms Ass. Desp. Cult. Macieira de Sarnes	44	M	M VET1	47
211	David Braga	3480	00:40:33	04:04	Pupilos do Zé Tó	35	M	M SEN	80
212	Henrique Melo	3437	00:40:34	04:04	CIRAC	53	M	M VET3	26
213	António -	1017	00:40:36	04:04	C.F. Oliveira do Douro	53	M	M VET3	27
214	Paulo Santos	4014	00:40:42	04:05	ACRDE	15	M	Male	204
215	Daniel Rodrigues	3870	00:40:47	04:05	Academia Fernanda Ribeiro	35	M	M SEN	81
216	Nuno Miguel Vaz	3019	00:40:47	04:05	Grupo Juvenil Pinheiro da Bemposta	35	M	M SEN	82
217	Mario Costa	3797	00:40:49	04:05	CALDAS SÃO JORGE SPORT CLUB	45	M	M VET 2	25
218	Valdemar Alves	3423	00:40:49	04:05	CIRAC	53	M	M VET3	28
219	Filipe Pinho	3237	00:40:51	04:06	ACR Vale de Cambra	43	M	M VET1	48
220	Jorge Queirós	3125	00:40:53	04:06	Núcleo de Atletismo de Cucujães	44	M	M VET1	49
221	Jorge Ferreira	1022	00:40:54	04:06	Individual	40	M	M VET1	50
222	Norberto Oliveira	3411	00:40:54	04:06	Grupo Desportivo e Cultural de Guilhovai	57	M	M VET4	9
223	Susana Ribeiro	3352	00:40:55	04:06	Núcleo de Atletismo de Cucujães	21	F	F SEN	9
224	Mário Martins	4093	00:40:58	04:06	Os Kágados	49	M	M VET 2	26
225	Jorge Costa	3897	00:41:00	04:06	Individual	39	M	M SEN	83

Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
226	Luis Catarino	3189	00:41:00	04:06	Os Arrastões	37	M	M SEN	84
227	Paulo Alexandre Almeida Silva	1025	00:41:02	04:07	Indivídual	50	M	M VET3	29
228	Fábio Jesus	3534	00:41:03	04:07	Afis/Ovar	28	M	M SEN	85
229	Evelina Shamarova	3293	00:41:05	04:07	Indivídual	42	F	F VET	3
230	Vitor Oliveira	3094	00:41:05	04:07	Indivídual	23	M	M SEN	86
231	Rui Moreira	3784	00:41:06	04:07	CALDAS SÃO JORGE SPORT CLUB	41	M	M VET1	51
232	Manuel Silva	3308	00:41:07	04:07	Centro Atletico Povia Passense Cacia	43	M	M VET1	52
233	Jose Tavares	4073	00:41:07	04:07	Os Kágados	47	M	M VET 2	27
234	Rolando Costa	4172	00:41:08	04:07	Águas de Gaia	38	M	M SEN	87
235	Paulo Jorge Gil Da Cunha	3971	00:41:08	04:07	Academia Fernanda Ribeiro	33	M	M SEN	88
236	António Alves	3672	00:41:09	04:07	ENERGIA GINASIO	41	M	M VET1	53
237	Carlos Costa	3838	00:41:11	04:08	CLUBE ARVOR	54	M	M VET3	30
238	Miguel Santos	3410	00:41:12	04:08	Grupo Desportivo e Cultural de Guilhovai	40	M	M VET1	54
239	Marco Silva	3388	00:41:13	04:08	C. A. O.	36	M	M SEN	89
240	Joao Jose Oliveira Castro	3883	00:41:13	04:08	Indivídual	51	M	M VET3	31
241	Dulce Bastos	3342	00:41:14	04:08	Núcleo de Atletismo de Cucujães	43	F	F VET	4
242	Ricardo Pereira	3848	00:41:18	04:08	Indivídual	37	M	M SEN	90
243	José Manuel O. Teixeira	3059	00:41:20	04:08	Individual	36	M	M SEN	91
244	Rui Silva	4143	00:41:23	04:09	Rio Largo Clube De Espinho	49	M	M VET 2	28
245	Márcio José Gomes Oliveira	3850	00:41:26	04:09	Bombeiros Voluntários Ovar	36	M	M SEN	92
246	Jose Rodrigues	3573	00:41:26	04:09	Afis/Ovar	40	M	M VET1	55
247	Fernando Lopes	3035	00:41:26	04:09	CDC SMG	41	M	M VET1	56
248	Joaquim Ramos	3306	00:41:26	04:09	Centro Atletico Povia Passense Cacia	59	M	M VET4	10
249	Paulo Fidalgo	3107	00:41:27	04:09	Indivídual	36	M	M SEN	93
250	Paulo Silva	3726	00:41:29	04:09	Juventude Cortegacense	48	M	M VET 2	29
251	Marco Botelho	3597	00:41:32	04:10	OS FALTA D'AR	41	M	M VET1	57
252	Pedro Correia	4131	00:41:34	04:10	US	33	M	M SEN	94
253	Carlos Alberto Valente Ferreira	3884	00:41:34	04:10	Indivídual	51	M	M VET3	32
254	João Pereira	3106	00:41:35	04:10	Sporting de Espinho	42	M	M VET1	58
255	Cristiana Raquel De Sousa Ferreira	3151	00:41:38	04:10	Running Espinho	27	F	F SEN	10
256	Francisco Costa	3515	00:41:39	04:10	CAL - CLUBEATLETISMO DE LAMAS	57	M	M VET4	11
257	Filipe Amorim Sousa	3681	00:41:40	04:10	P AVANCA	36	M	M SEN	95
258	Rosa Trancoso	3851	00:41:41	04:11	Academia Fernanda Ribeiro	48	F	F VET	5
259	Nuno Pinho	4095	00:41:42	04:11	Os Kágados	31	M	M SEN	96
260	Rui Pena	4180	00:41:43	04:11	AASM	43	M	M VET1	59
261	João Santos	3414	00:41:47	04:11	Remax Spirit OVAR	39	M	M SEN	97
262	Adriano Queiroz	3651	00:41:47	04:11	C.F. Oliveira do Douro	64	M	M VET5	6
263	António Fernandes	3241	00:41:50	04:11	ACR Vale de Cambra	49	M	M VET 2	30
264	Antonio Marques	3018	00:41:50	04:11	Grupo Juvenil Pinheiro da Bemposta	41	M	M VET1	60
265	Manuel Silva	3836	00:41:52	04:12	CLUBE ARVOR	50	M	M VET3	33
266	José Leite	4189	00:41:54	04:12	Grupo Amizade	50	M	M VET3	34
267	Carlos Sousa	3058	00:41:56	04:12	CALDAS SÃO JORGE SPORT CLUB	44	M	M VET1	61
268	Bruno Santiago	3006	00:42:01	04:13	Grupo Juvenil Pinheiro da Bemposta	32	M	M SEN	98
269	Bruno Couto	3788	00:42:04	04:13	CALDAS SÃO JORGE SPORT CLUB	33	M	M SEN	99
270	José Luís Soares Correia	3226	00:42:06	04:13	Press Team	44	M	M VET1	62

Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
271	RUI .	4161	00:42:07	04:13	ADEC-ms Ass. Desp. Cult. Macieira de Sarnes	44	M	M VET1	63
272	ANTONIO FIGUEIREDO	4158	00:42:08	04:13	US	35	M	M SEN	100
273	Hélder Paiva	3528	00:42:09	04:13	Afis/Ovar	37	M	M SEN	101
274	Carolina Delgado	4029	00:42:11	04:14	ACD S.João Da Serra	21	F	F SEN	11
275	Rui Manuel Ramalho Almeida Oliveira	3728	00:42:12	04:14	Juventude Cortegacense	42	M	M VET1	64
276	Carlos Cardoso	4133	00:42:14	04:14	Rio Largo Clube De Espinho	49	M	M VET 2	31
277	Humberto Almeida	4066	00:42:18	04:14	US	42	M	M VET1	65
278	Rui Freire	3008	00:42:19	04:14	Grupo Juvenil Pinheiro da Bemposta	43	M	M VET1	66
279	Tiago Manuel Fonseca Viela	3074	00:42:20	04:14	Individual	28	M	M SEN	102
280	Vitor Manuel Moutinho Vieira	3890	00:42:31	04:16	Individual	50	M	M VET3	35
281	Americo Coelho	3435	00:42:31	04:16	CIRAC	51	M	M VET3	36
282	José Manuel	3445	00:42:31	04:16	CIRAC	53	M	M VET3	37
283	Ana Valente	3262	00:42:32	04:16	JOBRA-Associação Jovens da Branca	33	F	F SEN	12
284	Miguel Quinta	3280	00:42:33	04:16	Correio de Albergaria	33	M	M SEN	103
285	Ricardo Borges	3493	00:42:33	04:16	Gimnofange Health Club	30	M	M SEN	104
286	Luis Mota	4121	00:42:34	04:16	US	51	M	M VET3	38
287	André Marques	3231	00:42:36	04:16	Individual	34	M	M SEN	105
288	Joao Paulo Da Costa Oliveira	3727	00:42:37	04:16	Juventude Cortegacense	41	M	M VET1	67
289	Rui Oliveira	4012	00:42:38	04:16	Os Garimpeiros	30	M	M SEN	106
290	Filipe Pereira	3610	00:42:38	04:16	Clube Canoagem de Ovar	38	M	M SEN	107
291	Daniel Jose Batista Silva	3602	00:42:39	04:16	Juventude Cortegacense	30	M	M SEN	108
292	DUARTE SILVA	4188	00:42:41	04:17	US	32	M	M SEN	109
293	Rute Silva	3893	00:42:43	04:17	ACRD SENHORA DO DESTERRO	23	F	F SEN	13
294	Marco Peixoto	1084	00:42:47	04:17	Individual	29	M	M SEN	110
295	Thomas Vincent Faria	3276	00:42:50	04:17	Individual	18	M	M JUN	12
296	Pedro Azevedo	3833	00:42:52	04:18	CLUBE ARVOR	20	M	M SEN	111
297	António Santos	3422	00:42:54	04:18	Grupo Desportivo e Cultural de Guilhovai	50	M	M VET3	39
298	José Oliverio Cruz Mora	3230	00:42:56	04:18	Individual	51	M	M VET3	40
299	Samuel Pereira	3627	00:42:58	04:18	X5 HEALTH CLUB	31	M	M SEN	112
300	Marisa Tavares	4033	00:42:59	04:18	DCI / CCDRPEDRULHA - MEAL	40	F	F VET	6
301	Mafalda Oliveira	3804	00:43:04	04:19	Clube Campismo São da Madeira	34	F	F SEN	14
302	Bruno Barge	3037	00:43:06	04:19	CDC SMG	35	M	M SEN	113
303	Jorge Coelho	3731	00:43:07	04:19	Juventude Cortegacense	45	M	M VET 2	32
304	Adélia Tavares	3685	00:43:08	04:19	ADCCJ Clark - Castelo de Paiva	49	F	F VET	7
305	António Porrão	3698	00:43:10	04:19	X5 HEALTH CLUB	55	M	M VET4	12
306	Maria Do Ceu Coelho	3708	00:43:10	04:19	X5 HEALTH CLUB	32	F	F SEN	15
307	Dinarte Vieira	1045	00:43:11	04:20	Run4Fun	29	M	M SEN	114
308	Jorge Filipe	3066	00:43:12	04:20	Individual	35	M	M SEN	115
309	Paulino Pais	3790	00:43:13	04:20	CALDAS SÃO JORGE SPORT CLUB	46	M	M VET 2	33
310	João Valente	3927	00:43:13	04:20	Individual	27	M	M SEN	116
311	Miguel Dias	3826	00:43:18	04:20	Run2Eat	41	M	M VET1	68
312	Mário Novo	4011	00:43:18	04:20	Os Garimpeiros	33	M	M SEN	117
313	João Fernando Santos Ferreira	3550	00:43:22	04:21	Afis/Ovar	39	M	M SEN	118
314	Paulo Oliveira	3577	00:43:24	04:21	Afis/Ovar	49	M	M VET 2	34
315	Mónica Fernandes	3736	00:43:24	04:21	CAO	38	F	F SEN	16

Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
316	Bruno Machado	3002	00:43:25	04:21	Individual	36	M	M SEN	119
317	Jaime Santos	4037	00:43:27	04:21	US	44	M	M VET1	69
318	Alexandre Leite	3247	00:43:29	04:21	Marroquinos Runners	28	M	M SEN	120
319	Nuno Sousa	3786	00:43:32	04:22	CALDAS SÃO JORGE SPORT CLUB	38	M	M SEN	121
320	Miguel Loureiro	3418	00:43:35	04:22	Remax Spirit OVAR	41	M	M VET1	70
321	José Silva	4013	00:43:36	04:22	ACRDE	17	M	Male	298
322	Fernando Américo Cruz	3425	00:43:36	04:22	CIRAC	38	M	M SEN	122
323	Helder Guedes	3364	00:43:38	04:22	São João health club	40	M	M VET1	71
324	Luís Conceição	3340	00:43:43	04:23	Grupo Desportivo São Paio de Oleiros	49	M	M VET 2	35
325	Heitor De Oliveira Santos	3299	00:43:43	04:23	Aveiro night runners.	58	M	M VET4	13
326	José Resende	3307	00:43:43	04:23	Centro Atletico Povia Passense Cacia	46	M	M VET 2	36
327	Jorge Costa	3762	00:43:44	04:23	Individual	32	M	M SEN	123
328	Lúcio Aires	1078	00:43:45	04:23	Individual	28	M	M SEN	124
329	Arlindo Silva	3479	00:43:45	04:23	Pupilos do Zé Tó	43	M	M VET1	72
330	Ricardo Fernandes	3705	00:43:45	04:23	X5 HEALTH CLUB	42	M	M VET1	73
331	José Rodrigues	3085	00:43:46	04:23	Individual	45	M	M VET 2	37
332	Julio Paulo Soares Da Silva	3734	00:43:46	04:23	Juventude Cortegacense	45	M	M VET 2	38
333	Cristiano Tavares	4115	00:43:47	04:23	AFIS Ovar	27	M	M SEN	125
334	Marco Coelho	3908	00:43:48	04:23	Individual	39	M	M SEN	126
335	Nuno Milheiro	3866	00:43:49	04:23	Running Espinho	40	M	M VET1	74
336	Manuel Vieira	3555	00:43:51	04:24	Afis/Ovar	57	M	M VET4	14
337	Manuel Oliveira	3440	00:43:53	04:24	CIRAC	56	M	M VET4	15
338	Daniel Costa	3481	00:43:55	04:24	Pupilos do Zé Tó	36	M	M SEN	127
339	Antonio Lamas	3783	00:43:56	04:24	CALDAS SÃO JORGE SPORT CLUB	56	M	M VET4	16
340	Jorge Araújo	3108	00:43:57	04:24	Individual	51	M	M VET3	41
341	Vera Oliveira	3046	00:43:57	04:24	Run4Fun	34	F	F SEN	17
342	Antonio Azevedo	3789	00:43:58	04:24	CALDAS SÃO JORGE SPORT CLUB	59	M	M VET4	17
343	Dario Pereira	4053	00:43:58	04:24	US	58	M	M VET4	18
344	Rui Amorim	3891	00:43:59	04:24	Individual	33	M	M SEN	128
345	Marcelo Teixeira Da Mota	3546	00:44:02	04:25	Individual	36	M	M SEN	129
346	Matilde Baptista	3216	00:44:03	04:25	JAM	49	F	F VET	8
347	Jorge Saraiva Alves	3556	00:44:05	04:25	Afis/Ovar	41	M	M VET1	75
348	Arnaldo Pereira	4120	00:44:06	04:25	US	50	M	M VET3	42
349	Antonio Fonseca	4052	00:44:10	04:25	US	51	M	M VET3	43
350	Vitor Rente	3604	00:44:11	04:26	OS FALTA D'AR	43	M	M VET1	76
351	Raul Nora	1053	00:44:12	04:26	Individual	40	M	M VET1	77
352	Diogo Vaz	3025	00:44:15	04:26	São João health club	31	M	M SEN	130
353	João Rodrigues	3832	00:44:16	04:26	Individual	44	M	M VET1	78
354	Adelino Gomes	3508	00:44:17	04:26	CAL - CLUBEATLETISMO DE LAMAS	43	M	M VET1	79
355	Celso Coelho	3817	00:44:18	04:26	BESJOGING	56	M	M VET4	19
356	Luís Silva	3949	00:44:18	04:26	PERALTAFIL RUNNING	41	M	M VET1	80
357	Filipe Fontes	3673	00:44:21	04:27	ENERGIA GINASIO	41	M	M VET1	81
358	Pedro Leal	3398	00:44:23	04:27	CAO	50	M	M VET3	44
359	Jose Silva	4018	00:44:24	04:27	Clube de atletismo os Gaienses/Toyota	57	M	M VET4	20
360	Carlos Pinho	3741	00:44:27	04:27	CAO	46	M	M VET 2	39



Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
361	Américo Fonseca	3706	00:44:27	04:27	X5 HEALTH CLUB	46	M	M VET 2	40
362	Manuel Silva	3513	00:44:28	04:27	CAL - CLUBEATLETISMO DE LAMAS	46	M	M VET 2	41
363	Paulo Martins	4035	00:44:29	04:27	AFIS Ovar	46	M	M VET 2	42
364	Paulo Silva	3032	00:44:29	04:27	CDC SMG	43	M	M VET1	82
365	Carlos Leite	4104	00:44:34	04:28	US	72	M	M VET5	7
366	Sérgio Matos	3527	00:44:35	04:28	CAL - CLUBEATLETISMO DE LAMAS	38	M	M SEN	131
367	Celso Silva	3951	00:44:36	04:28	PERALTAFIL RUNNING	35	M	M SEN	132
368	Sergio Rodrigues	3526	00:44:37	04:28	Afis/Ovar	36	M	M SEN	133
369	Luís Guimarães	3948	00:44:38	04:28	PERALTAFIL RUNNING	33	M	M SEN	134
370	Marc Soares	3661	00:44:38	04:28	Individual	38	M	M SEN	135
371	Quintino Bacelo	3911	00:44:40	04:28	GDR Juventude das Ribeiras	57	M	M VET4	21
372	Joao Fontes	3200	00:44:40	04:28	CALDAS SÃO JORGE SPORT CLUB	44	M	M VET1	83
373	José Costa	3560	00:44:42	04:29	Afis/Ovar	44	M	M VET1	84
374	Paulo Sousa	3587	00:44:42	04:29	Afis/Ovar	44	M	M VET1	85
375	Rui Pedro Ramos	3464	00:44:43	04:29	Individual	41	M	M VET1	86
376	Eduardo Oliveira	3585	00:44:43	04:29	Afis/Ovar	40	M	M VET1	87
377	Vitor Carlos	4152	00:44:44	04:29	Grupo Desportivo Gafanha	42	M	M VET1	88
378	Serafim Rodriguez	3443	00:44:46	04:29	CIRAC	59	M	M VET4	22
379	Antonio Luis Oliveira	4146	00:44:47	04:29	US	43	M	M VET1	89
380	Pedro Miguel Oliveira Costa	3322	00:44:47	04:29	Individual	44	M	M VET1	90
381	Manuel Gomes	3545	00:44:48	04:29	Afis/Ovar	50	M	M VET3	45
382	Joaquim Gomes	4136	00:44:49	04:29	Rio Largo Clube De Espinho	62	M	M VET5	8
383	Pedro Costa	3618	00:44:49	04:29	Clube Canoagem de Ovar	20	M	M SEN	136
384	Pedro Rola	3735	00:44:51	04:30	Juventude Cortegacense	46	M	M VET 2	43
385	Flávio Manuel Gonçalves Silva	4008	00:44:52	04:30	Individual	28	M	M SEN	137
386	Antonio Julio Oliveira Moura	3628	00:44:53	04:30	Juventude Cortegacense	46	M	M VET 2	44
387	Vitor Hugo Leite	3605	00:44:55	04:30	OS FALTA D'AR	55	M	M VET4	23
388	Richard Ferreira	3279	00:44:55	04:30	Individual	35	M	M SEN	138
389	Carla Fontoura	3264	00:44:55	04:30	JOBRA-Associação Jovens da Branca	41	F	F VET	9
390	David Fernandes	4162	00:44:56	04:30	Grupo Desportivo e Cultural de Guilhovai	59	M	M VET4	24
391	Diogo Bastos	3220	00:44:57	04:30	Individual	27	M	M SEN	139
392	Bruno Bastos	3070	00:44:58	04:30	Individual	36	M	M SEN	140
393	Ricardo Ferrao	3771	00:44:58	04:30	CALDAS SÃO JORGE SPORT CLUB	37	M	M SEN	141
394	José Teixeira	3465	00:44:58	04:30	Individual	41	M	M VET1	91
395	Bruno Monteiro	3158	00:44:59	04:30	Individual	22	M	M SEN	142
396	Adolfo Lemos	3047	00:45:03	04:31	Dragões de Ovar	31	M	M SEN	143
397	José Amaro	3558	00:45:04	04:31	Afis/Ovar	57	M	M VET4	25
398	Joao Carlos	4111	00:45:04	04:31	CLUBE ARVOR	16	M	Male	372
399	Helder Rodrigues	3957	00:45:05	04:31	ADREP	64	M	M VET5	9
400	Silvério Santos	4174	00:45:06	04:31	Águas de Gaia	47	M	M VET 2	45
401	Edmundo Guedes	3482	00:45:08	04:31	Pupilos do Zé Tó	59	M	M VET4	26
402	Miguel Cunha	3934	00:45:09	04:31	Sport Clube Beira-Mar	34	M	M SEN	144
403	Sergio Silva	3869	00:45:09	04:31	Academia Fernanda Ribeiro	39	M	M SEN	145
404	Luis Cunha	3315	00:45:10	04:31	Associação Amigos do Seixo-Branco	41	M	M VET1	92
405	Carlos Tavares	3438	00:45:10	04:31	CIRAC	53	M	M VET3	46

Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
406	Sergio Silva	3529	00:45:11	04:32	Afis/Ovar	42	M	M VET1	93
407	Lucas Sabença Leitão	3291	00:45:11	04:32	O Regresso dos que Nunca Foram	19	M	M JUN	13
408	Filipe Tiago Ferreira Marques Tavares	3886	00:45:12	04:32	Cabritos da Montanha	38	M	M SEN	146
409	Maria Costa	3844	00:45:14	04:32	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO	54	F	F VET	10
410	Rui Martins	3690	00:45:14	04:32	ADCCJ Clark - Castelo de Paiva	43	M	M VET1	94
411	Jorge Augusto Oliveira Guerra	3596	00:45:14	04:32	OS FALTA D'AR	43	M	M VET1	95
412	Romeu Rocha	3609	00:45:15	04:32	OS FALTA D'AR	36	M	M SEN	147
413	Vitor Ferreira	3030	00:45:15	04:32	REMAX SPIRIT OVAR	41	M	M VET1	96
414	Américo Oliveira	3562	00:45:17	04:32	Afis/Ovar	46	M	M VET 2	46
415	Antonio Neto	1054	00:45:18	04:32	Equipa,Trifitrofa	60	M	M VET5	10
416	Vitor Sá	3702	00:45:21	04:33	X5 HEALTH CLUB	43	M	M VET1	97
417	Rosa Ferreira	4064	00:45:22	04:33	X5 HEALTH CLUB	52	F	F VET	11
418	José Lourenço	3751	00:45:23	04:33	CAO	41	M	M VET1	98
419	José Rodrigues	3474	00:45:25	04:33	Pupilos do Zé Tó	46	M	M VET 2	47
420	Sandrine Sousa	3261	00:45:25	04:33	JOBRA-Associação Jovens da Branca	40	F	F VET	12
421	Emília Santos	3045	00:45:25	04:33	All Stars Runners	45	F	F VET	13
422	Gabriel Silva	3695	00:45:26	04:33	LUX health Club	49	M	M VET 2	48
423	Clemente Santos	3634	00:45:26	04:33	LUX health Club	38	M	M SEN	148
424	Luis Almeida	3146	00:45:29	04:33	clube desportivo feirense	30	M	M SEN	149
425	Edgar Costa	3744	00:45:31	04:34	CAO	46	M	M VET 2	49
426	Adriano Oliveira	3663	00:45:35	04:34	ENERGIA GINASIO	50	M	M VET3	47
427	Anselmo Moreira	3310	00:45:38	04:34	clube Futebol Oliveira Douro	62	M	M VET5	11
428	Hugo Oliveira	3537	00:45:39	04:34	Afis/Ovar	35	M	M SEN	150
429	Vitor Amaral	3916	00:45:39	04:34	Individual	58	M	M VET4	27
430	Nuno Brandao	3289	00:45:40	04:34	DCI / CCDRPEDRULHA - MEAL	30	M	M SEN	151
431	Rui Pinto	4123	00:45:40	04:34	US	37	M	M SEN	152
432	Sérgio Costa	3127	00:45:45	04:35	Dragões de Ovar	41	M	M VET1	99
433	Vasco Costa	3153	00:45:46	04:35	Wikaboo	32	M	M SEN	153
434	Dinis Baptista	1080	00:45:48	04:35	Bizinhos Athletic Club	43	M	M VET1	100
435	MARCO SOARES	4163	00:45:48	04:35	US	27	M	M SEN	154
436	Pedro Lopes	3692	00:45:49	04:35	Os Caga Tacos Runnig Team	31	M	M SEN	155
437	Abelardo Gomes	3318	00:45:50	04:35	Individual	50	M	M VET3	48
438	Francisco José De Oliveira Monteiro	3428	00:45:51	04:36	Individual	56	M	M VET4	28
439	Abel Santos	3768	00:45:52	04:36	CALDAS SÃO JORGE SPORT CLUB	70	M	M VET5	12
440	André Rocha	3250	00:45:52	04:36	Individual	24	M	M SEN	156
441	Ricardo Lopes	3664	00:45:53	04:36	ENERGIA GINASIO	39	M	M SEN	157
442	Antonio Santos	3666	00:45:54	04:36	ENERGIA GINASIO	51	M	M VET3	49
443	Paulo Pinheiro	3955	00:45:55	04:36	Individual	53	M	M VET3	50
444	Mario Godinho	4124	00:45:57	04:36	US	42	M	M VET1	101
445	André Manuel Sousa Santos Queirós	3095	00:45:58	04:36	Individual	37	M	M SEN	158
446	Nádia Margarida Reis Pinho Ferreira	3713	00:46:00	04:36	X5 HEALTH CLUB	40	F	F VET	14
447	João Paulo Cruz Oliveira	3495	00:46:00	04:36	Gimnofange Health Club	34	M	M SEN	159
448	Helder Ramos	4036	00:46:04	04:37	Grupo Desportivo Gafanha	49	M	M VET 2	50
449	Daniela Soares	3405	00:46:05	04:37	Individual	36	F	F SEN	18
450	Sandra Soares Pereira	3907	00:46:06	04:37	Nascidos para Correr	39	F	F SEN	19

Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
451	Ivo Almeida	4118	00:46:07	04:37	US	43	M	M VET1	102
452	Jose Oliveira Santos	3678	00:46:08	04:37	LUX health Club	36	M	M SEN	160
453	Antonio Fernandes	4010	00:46:10	04:37	US	50	M	M VET3	51
454	Gonçalo Oliveira	3881	00:46:10	04:37	Individual	40	M	M VET1	103
455	José Moreira	3523	00:46:11	04:38	CAL - CLUBEATLETISMO DE LAMAS	38	M	M SEN	161
456	Fernando Bernardino	3512	00:46:11	04:38	CAL - CLUBEATLETISMO DE LAMAS	44	M	M VET1	104
457	Arlindo Pinto	3739	00:46:13	04:38	CAO	59	M	M VET4	29
458	Severina Almeida	4067	00:46:16	04:38	US	48	F	F VET	15
459	Manuel Rebelo	3115	00:46:17	04:38	SÃO JOÃO HEALTH CLUB	42	M	M VET1	105
460	Rodrigo Pinho	3459	00:46:19	04:38	Individual	35	M	M SEN	162
461	Vitor Rafael Baptista	3460	00:46:20	04:38	Individual	32	M	M SEN	163
462	Jose Pedro Tavares	4116	00:46:21	04:39	LEÕES DA FRONTEIRA	48	M	M VET 2	51
463	Ricardo Oliveira	3932	00:46:21	04:39	Individual	38	M	M SEN	164
464	André Lima	3800	00:46:23	04:39	Individual	38	M	M SEN	165
465	Manuel Sousa	3552	00:46:24	04:39	Afis/Ovar	60	M	M VET5	13
466	Alberto Rodrigues	3154	00:46:25	04:39	clube desportivo feirense	35	M	M SEN	166
467	David Fragoso	3807	00:46:29	04:39	Os Garimpeiros	32	M	M SEN	167
468	Manuel Valente Fernandes	3719	00:46:29	04:39	Juventude Cortegacense	38	M	M SEN	168
469	Vitor Queiros	3671	00:46:31	04:40	ENERGIA GINASIO	39	M	M SEN	169
470	Fernando Faustino	1069	00:46:33	04:40	Individual	53	M	M VET3	52
471	Joaquim Silva Ferreira	3553	00:46:36	04:40	Afis/Ovar	52	M	M VET3	53
472	Fernando Carapelho	4151	00:46:38	04:40	Grupo Desportivo Gafanha	36	M	M SEN	170
473	Pedro Miguel Da Silva Almeida	3375	00:46:39	04:40	P AVANCA	31	M	M SEN	171
474	Ana Leite	3112	00:46:39	04:40	ACREFA	29	F	F SEN	20
475	Antonio Lourenço	3417	00:46:40	04:40	Remax Spirit OVAR	40	M	M VET1	106
476	Angelina Ferreira	4065	00:46:40	04:40	X5 HEALTH CLUB	50	F	F VET	16
477	Sofia Coelho	3697	00:46:41	04:41	X5 HEALTH CLUB	42	F	F VET	17
478	Eduardo Ramalhadeiro	3233	00:46:43	04:41	Os Arrastões	42	M	M VET1	107
479	Paulo Peixoto	3034	00:46:44	04:41	Amwayvar	45	M	M VET 2	52
480	Nuno Oliveira	1046	00:46:49	04:41	Run4Fun	23	M	M SEN	172
481	Tiago Bonifácio Almeida	1027	00:46:50	04:41	Tartarugas	40	M	M VET1	108
482	Ramiro Torres Silva	3655	00:46:51	04:42	CALDAS SÃO JORGE SPORT CLUB	49	M	M VET 2	53
483	Miguel Costa	1051	00:46:52	04:42	Individual	40	M	M VET1	109
484	Edmundo Rilho	3027	00:46:53	04:42	Individual	37	M	M SEN	173
485	Rúben Sá	1042	00:46:54	04:42	Individual	31	M	M SEN	174
486	José Paulo Couto	3447	00:46:58	04:42	Individual	22	M	M SEN	175
487	Jose Couto	3448	00:46:59	04:42	Individual	54	M	M VET3	54
488	Paulo Alexandre Silva	1062	00:46:59	04:42	Tou Tou Running	43	M	M VET1	110
489	José António Almeida	1011	00:47:00	04:42	Papa Pão de Ló	44	M	M VET1	111
490	Maria Salomé Oliveira	1023	00:47:00	04:42	Individual	53	F	F VET	18
491	André Alves	3717	00:47:04	04:43	X5 HEALTH CLUB	56	M	M VET4	30
492	João Reis	3711	00:47:04	04:43	X5 HEALTH CLUB	51	M	M VET3	55
493	Adriano Silva	3012	00:47:06	04:43	Grupo Juvenil Pinheiro da Bemposta	57	M	M VET4	31
494	Marinho Duarte	3168	00:47:09	04:43	GIMNOFANGE - HEALTH CLUB	28	M	M SEN	176
495	Fabio Oliveira	3088	00:47:11	04:44	Individual	31	M	M SEN	177

Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
496	Hugo Moutinho	3860	00:47:15	04:44	Running Espinho	33	M	M SEN	178
497	André Sousa Tavares	3947	00:47:16	04:44	PERALTAFIL RUNNING	38	M	M SEN	179
498	Sars Pinto	3234	00:47:16	04:44	Individual	28	F	F SEN	21
499	Leonel Silva	3950	00:47:16	04:44	PERALTAFIL RUNNING	52	M	M VET3	56
500	Manuel Ramos	3591	00:47:18	04:44	Afis/Ovar	74	M	M VET5	14
501	Isabel Almeida	4069	00:47:19	04:44	US	46	F	F VET	19
502	António Bernardo Mesquita	3295	00:47:21	04:45	Porto Runners	70	M	M VET5	15
503	João Brito	3703	00:47:27	04:45	X5 HEALTH CLUB	39	M	M SEN	180
504	José Armando Brandão Almeida	3285	00:47:27	04:45	Individual	44	M	M VET1	112
505	Rui Martins	3007	00:47:30	04:45	Grupo Juvenil Pinheiro da Bemposta	35	M	M SEN	181
506	Nuno Valente	3407	00:47:31	04:46	Grupo Desportivo e Cultural de Guilhovai	33	M	M SEN	182
507	Liliana Resende	3615	00:47:33	04:46	Clube Canoagem de Ovar	21	F	F SEN	22
508	Pedro Monteiro	3170	00:47:34	04:46	Individual	34	M	M SEN	183
509	José Manuel Rodrigues Quintinha	3204	00:47:34	04:46	Amadores&Basta	31	M	M SEN	184
510	Luís Garcia	1072	00:47:34	04:46	Pupilos do Zé Tó	33	M	M SEN	185
511	Marta Reis	3712	00:47:35	04:46	X5 HEALTH CLUB	35	F	F SEN	23
511	Helena Santos	1018	00:47:35	04:46	C.F. Oliveira do Douro	48	F	F VET	20
513	Antonio Osorio	3620	00:47:35	04:46	LUX health Club	30	M	M SEN	186
514	Luis Ramos	3084	00:47:36	04:46	Individual	43	M	M VET1	113
515	Mário Valinho Dias	1040	00:47:36	04:46	Individual	29	M	M SEN	187
516	António Silva	3283	00:47:36	04:46	Individual	46	M	M VET 2	54
517	Paulo Maia	3078	00:47:37	04:46	Individual	45	M	M VET 2	55
518	Andre Ferreira	3670	00:47:38	04:46	ENERGIA GINASIO	23	M	M SEN	188
519	Vasco Costa	3430	00:47:38	04:46	Vamygsport	33	M	M SEN	189
520	Martinho Santos	3775	00:47:39	04:46	CALDAS SÃO JORGE SPORT CLUB	49	M	M VET 2	56
521	Vítor Silva	3488	00:47:39	04:46	Vamygsport	33	M	M SEN	190
522	Andreia Teixeira	3687	00:47:39	04:46	ADCCJ Clark - Castelo de Paiva	24	F	F SEN	24
523	David Manuel Borges Nogueira	3043	00:47:39	04:46	P AVANCA	35	M	M SEN	191
524	Miguel Barqueiro	3054	00:47:45	04:47	Sunset Runers	42	M	M VET1	114
525	André Silva	3413	00:47:45	04:47	Remax Spirit OVAR	35	M	M SEN	192
526	Nelson Castro	3412	00:47:48	04:47	Remax Spirit OVAR	37	M	M SEN	193
527	Fernando Valente	3912	00:47:49	04:47	GDR Juventude das Ribeiras	55	M	M VET4	32
528	Jorge Loureiro	3660	00:47:51	04:48	Individual	38	M	M SEN	194
529	Alexandre Ferreira	3294	00:47:53	04:48	Individual	41	M	M VET1	115
530	Bernardo Almeida	3765	00:47:53	04:48	CALDAS SÃO JORGE SPORT CLUB	55	M	M VET4	33
531	Dinora Santos	1059	00:47:55	04:48	Individual	59	F	F VET	21
532	Paulo Pereira	4110	00:47:56	04:48	US	42	M	M VET1	116
533	Jorge Pereira	3160	00:47:57	04:48	Solar O Condado	27	M	M SEN	195
534	Jose J Coelho	3517	00:48:00	04:48	CAL - CLUBEATLETISMO DE LAMAS	38	M	M SEN	196
535	Andrew John Murphy	1061	00:48:00	04:48	Individual	49	M	M VET 2	57
536	Ricardo Ferreira	3885	00:48:03	04:49	Individual	39	M	M SEN	197
537	Filipe Cunha	3162	00:48:05	04:49	Os Muchachos	38	M	M SEN	198
538	Claudia Patricia Pinto Tavares Silva	3356	00:48:05	04:49	Núcleo de Atletismo de Cucujães	32	F	F SEN	25
539	Adelino Almeida	1070	00:48:05	04:49	Individual	45	M	M VET 2	58
540	Amilcar Vinagre	3896	00:48:09	04:49	Individual	43	M	M VET1	117

Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
541	Rui Manuel Da Silva Pereira	3022	00:48:09	04:49	Individual	36	M	M SEN	199
542	Ricardo Bastos	3478	00:48:13	04:50	Pupilos do Zé Tó	42	M	M VET1	118
543	Ricardo Portugal	3473	00:48:13	04:50	Pupilos do Zé Tó	41	M	M VET1	119
544	André Filipe Dos Santos Rebelo	3182	00:48:14	04:50	Individual	23	M	M SEN	200
545	Hélder Amorim	3707	00:48:17	04:50	X5 HEALTH CLUB	36	M	M SEN	201
546	Elisio Carrdoso Silva	3457	00:48:17	04:50	Individual	48	M	M VET 2	59
547	Alexandre Gonçalves	3069	00:48:20	04:50	Individual	36	M	M SEN	202
548	Francisco Manuel Silva Oliveira	1036	00:48:21	04:51	Individual	41	M	M VET1	120
549	Miguel Ferreira	3311	00:48:24	04:51	Btt trail sanguedo	42	M	M VET1	121
550	Carlos Marcelo Dias Marques	3933	00:48:24	04:51	Individual	38	M	M SEN	203
551	Miguel Coelho	3475	00:48:26	04:51	Pupilos do Zé Tó	46	M	M VET 2	60
552	Filipe Santos	3972	00:48:28	04:51	Individual	43	M	M VET1	122
553	António Jose Da Rocha Pinho	3469	00:48:29	04:51	ANMISE	34	M	M SEN	204
554	Miguel Nunes	3471	00:48:29	04:51	ANMISE	44	M	M VET1	123
555	Jose Luis Oliveira	4098	00:48:33	04:52	US	41	M	M VET1	124
556	Rosa Catarino	3098	00:48:34	04:52	K.M.A.	28	F	F SEN	26
557	Carlos Pina	3194	00:48:35	04:52	Individual	35	M	M SEN	205
558	Conceição Ferreira	3210	00:48:35	04:52	Press Team	50	F	F VET	22
559	Durbalino Ferreira	3214	00:48:36	04:52	Press Team	54	M	M VET3	57
560	José Alberto Moreira De Oliveira	3270	00:48:36	04:52	Individual	52	M	M VET3	58
561	Anabela Santos	3140	00:48:38	04:52	SSTMSJM	44	F	F VET	23
562	Paulo Nora	3193	00:48:41	04:53	Individual	47	M	M VET 2	61
563	Luís Filipe Martins Soares	3181	00:48:43	04:53	Individual	49	M	M VET 2	62
564	Joel Sequeira	3729	00:48:44	04:53	Juventude Cortegacense	38	M	M SEN	206
565	Antonio Cerqueira	4144	00:48:45	04:53	US	57	M	M VET4	34
566	Alexandre Santos	3081	00:48:47	04:53	FullSolid	30	M	M SEN	207
567	José Santos	3837	00:48:48	04:53	CLUBE ARVOR	60	M	M VET5	16
568	Miguel Silva	4119	00:48:49	04:53	US	38	M	M SEN	208
569	Helder Pinho	4019	00:48:50	04:53	US	32	M	M SEN	209
570	Vitor Lemos	3484	00:48:52	04:54	Pupilos do Zé Tó	43	M	M VET1	125
571	Diogo Santos	3282	00:48:53	04:54	Individual	30	M	M SEN	210
572	Américo Gomes	3644	00:48:53	04:54	LUX health Club	41	M	M VET1	126
573	César Saraiva Alves	3579	00:48:54	04:54	Afis/Ovar	39	M	M SEN	211
574	Luis Iácio	3935	00:48:54	04:54	Individual	38	M	M SEN	212
575	Toze Amorim	3779	00:48:55	04:54	CALDAS SÃO JORGE SPORT CLUB	43	M	M VET1	127
576	Fatima Pais	3757	00:48:59	04:54	Podi Zen - Salão manos Running	51	F	F VET	24
577	Paulo Osório	3622	00:49:03	04:55	LUX health Club	36	M	M SEN	213
578	Modesto Monteiro	3073	00:49:04	04:55	CIA Alpendorada	46	M	M VET 2	63
579	Eduardo Manuel Ribeiro Da Silva	3036	00:49:07	04:55	Amadores&Basta	24	M	M SEN	214
580	Paulo Almeida	3575	00:49:08	04:55	Afis/Ovar	48	M	M VET 2	64
581	José Graça	3244	00:49:09	04:55	ACR Vale de Cambra	54	M	M VET3	59
582	Francisco Silva	4059	00:49:13	04:56	SÃO JOÃO HEALTH CLUB	46	M	M VET 2	65
583	António Manuel Soares Amaral	3813	00:49:16	04:56	GRUPO OSCACER	39	M	M SEN	215
584	Rosa Pinto	3121	00:49:19	04:56	K.M.A.	55	F	F VET	25
585	Rui Amorim	3716	00:49:19	04:56	X5 HEALTH CLUB	32	M	M SEN	216

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586	Márcio Costa	3105	00:49:20	04:56	Dragões de Ovar	36	M	M SEN	217
587	Paulo -	3076	00:49:22	04:57	Indivídual	42	M	M VET1	128
588	Fernando Resende	1016	00:49:23	04:57	Indivídual	55	M	M VET4	35
589	Manuel Santiago	4168	00:49:24	04:57	Águas de Gaia	51	M	M VET3	60
590	Ana Bernardete De	3856	00:49:25	04:57	Academia Fernanda Ribeiro	34	F	F SEN	27
591	Ricardo Faria	3451	00:49:26	04:57	Falta Muito?	20	M	M SEN	218
592	José Carlos Gonçalves Moreira	3925	00:49:27	04:57	GRUPO C.D.C PARAISO - CASTELO DE PAIVA	39	M	M SEN	219
593	Marisa Lopes	3207	00:49:31	04:58	Marisa Lopes	37	F	F SEN	28
594	Sérgio Silva	3452	00:49:31	04:58	Falta Muito?	31	M	M SEN	220
595	Ricardo Ruivo	3301	00:49:31	04:58	individual	28	M	M SEN	221
596	Carlos Almeida	3185	00:49:33	04:58	ACR Vale de Cambra	39	M	M SEN	222
597	José Castro	3633	00:49:37	04:58	LUX health Club	38	M	M SEN	223
598	Sergio Guedes	3136	00:49:38	04:58	Indivídual	48	M	M VET 2	66
599	José Ilídio Sá	3861	00:49:40	04:58	Running Espinho	49	M	M VET 2	67
600	Sara Santos	3903	00:49:42	04:59	Indivídual	36	F	F SEN	29
601	Fernando Silva	3139	00:49:43	04:59	individual	41	M	M VET1	129
602	Margarida Melo	3317	00:49:44	04:59	CALDAS SÃO JORGE SPORT CLUB	45	F	F VET	26
603	André Filipe Silva Bastos	1000	00:49:47	04:59	100 Fôlego	30	M	M SEN	224
604	Justino Cavadas	3023	00:49:48	04:59	Indivídual	40	M	M VET1	130
605	António Matos	3468	00:49:49	04:59	Indivídual	68	M	M VET5	17
606	Paula Costa	3879	00:49:51	05:00	Indivídual	39	F	F SEN	30
607	Nuno Miguel Simões Leal Ribeiro	3026	00:49:52	05:00	Individual	31	M	M SEN	225
608	Sarah Correia	4089	00:49:52	05:00	Os Kágados	25	F	F SEN	31
609	Eduardo Tavares Rebelo	3060	00:49:55	05:00	Eduart Componentes Calçado	54	M	M VET3	61
610	Eduardo Sardo	4117	00:49:58	05:00	US	43	M	M VET1	131
611	Patrick Lourenço mendonça	3379	00:49:59	05:00	P AVANCA	33	M	M SEN	226
612	Márcia Peixoto	3754	00:50:01	05:01	CAO	39	F	F SEN	32
613	Manuel Dias	4082	00:50:04	05:01	Os Kágados	66	M	M VET5	18
614	Liliana Rangel	4178	00:50:05	05:01	3 Santos Populares	47	F	F VET	27
615	David Silva	3977	00:50:06	05:01	US	44	M	M VET1	132
616	Elisabete Silva	3104	00:50:06	05:01	Indivídual	40	F	F VET	28
617	António Pinheiro	3087	00:50:07	05:01	Indivídual	45	M	M VET 2	68
618	Tiago Almeida	3288	00:50:09	05:01	Indivídual	43	M	M VET1	133
619	Graça Leite	3111	00:50:13	05:02	ACREFA	57	F	F VET	29
620	Luís Iglésias	3902	00:50:19	05:02	Individual	39	M	M SEN	227
621	Paulo Daniel Rola	3723	00:50:20	05:02	Juventude Cortegacense	38	M	M SEN	228
622	João Plaza	4062	00:50:21	05:03	SÃO JOÃO HEALTH CLUB	28	M	M SEN	229
623	Paulo Sérgio Soares De Pinho Lima	1071	00:50:26	05:03	Fogaças com Malapos	42	M	M VET1	134
624	Manuel Jorge	3639	00:50:26	05:03	LUX health Club	38	M	M SEN	230
625	Nuno Faria	3688	00:50:27	05:03	ADCCJ Clark - Castelo de Paiva	36	M	M SEN	231
626	Susana Margarida Ferreira De Sousa	3683	00:50:27	05:03	ADCCJ Clark - Castelo de Paiva	31	F	F SEN	33
627	Rui Pascoal	1065	00:50:28	05:03	Fogaças com Malapos	43	M	M VET1	135
628	Manuel Teixeira	4071	00:50:28	05:03	US	55	M	M VET4	36
629	Susana Rey	3665	00:50:29	05:03	ENERGIA GINASIO	38	F	F SEN	34
630	António Moreira	3924	00:50:32	05:04	GRUPO C.D.C PARAISO - CASTELO DE PAIVA	33	M	M SEN	232

Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
631	Regina Almeida	3888	00:50:33	05:04	CENTRO MUNICIPAL DE MARCHA E CORRIDA DE VALE DE CAMBRA	44	F	F VET	30
632	Gaspar Cadete	4150	00:50:34	05:04	US	67	M	M VET5	19
633	Marcia Castro Costa	3722	00:50:35	05:04	Juventude Cortegacense	42	F	F VET	31
634	Domingos Fernando Oliveira Camboa	3720	00:50:35	05:04	Juventude Cortegacense	56	M	M VET4	37
635	António Jorge Borges	3020	00:50:36	05:04	Indivíduar	50	M	M VET3	62
636	José Pinto	3215	00:50:39	05:04	JAM	47	M	M VET 2	69
637	Francisco Reis	3369	00:50:40	05:04	Indivíduar	45	M	M VET 2	70
638	Rui Fernandes	3371	00:50:41	05:05	Indivíduar	45	M	M VET 2	71
639	João Correia	1050	00:50:41	05:05	Indivíduar	30	M	M SEN	233
640	Hélder Silva	3176	00:50:42	05:05	Indivíduar	56	M	M VET4	38
641	Fernanda Fernandes	3874	00:50:44	05:05	Academia Fernanda Ribeiro	33	F	F SEN	35
642	António Manuel Pinho Antunes	3491	00:50:44	05:05	Gimnofange Health Club	42	M	M VET1	136
643	Elisio Maia	3235	00:50:44	05:05	Indivíduar	44	M	M VET1	137
644	Sara Nunes	3524	00:50:47	05:05	Afis/Ovar	38	F	F SEN	36
645	Jorge Santos	4170	00:50:48	05:05	Águas de Gaia	52	M	M VET3	63
646	Goretti Silva	3772	00:50:48	05:05	CALDAS SÃO JORGE SPORT CLUB	52	F	F VET	32
647	Paulo Conde	3564	00:50:50	05:05	Afis/Ovar	37	M	M SEN	234
648	Clementina Andrade	4045	00:50:50	05:05	US	54	F	F VET	33
649	Rolando Ferreira	3286	00:50:51	05:06	Sprintolos	42	M	M VET1	138
650	Jorge Costa	3472	00:50:55	05:06	Pupilos do Zé Tó	43	M	M VET1	139
651	Andre Lima	3486	00:50:55	05:06	Pupilos do Zé Tó	43	M	M VET1	140
652	Filipa Martins	3588	00:50:58	05:06	ADCCJ Clark - Castelo de Paiva	18	F	F JUN	1
653	Marcio Jorge Pereira Silva	3810	00:51:00	05:06	Os Garimpeiros	40	M	M VET1	141
654	Domingos Soares Da Silva	3252	00:51:02	05:07	Indivíduar	61	M	M VET5	20
655	Bruno Gonçalves	3099	00:51:10	05:07	Indivíduar	34	M	M SEN	235
656	Sérgio Pinheiro	3101	00:51:12	05:08	Indivíduar	49	M	M VET 2	72
657	Joaquim Amieiro	3309	00:51:14	05:08	Centro Atletico Povia Passense Cacia	65	M	M VET5	21
658	Henrique Silva	4139	00:51:16	05:08	Rio Largo Clube De Espinho	56	M	M VET4	39
659	Joana Balona	3829	00:51:17	05:08	GRUPO OSCACER	41	F	F VET	34
660	José Riba	3696	00:51:20	05:08	X5 HEALTH CLUB	50	M	M VET3	64
661	José Pedro Gomes Almeida	1039	00:51:21	05:09	Indivíduar	38	M	M SEN	236
662	Jorge Gonçalves	4004	00:51:23	05:09	Indivíduar	26	M	M SEN	237
663	Joel Moreira	4005	00:51:23	05:09	Indivíduar	24	M	M SEN	238
664	Pedro Manuel Pereira Melo	3300	00:51:26	05:09	Indivíduar	50	M	M VET3	65
665	Paulo Duarte	3668	00:51:30	05:09	ENERGIA GINASIO	46	M	M VET 2	73
666	Sérgio Miguel Silva Reis	3298	00:51:30	05:09	Indivíduar	41	M	M VET1	142
667	Marcio Castro	4129	00:51:31	05:10	US	36	M	M SEN	239
668	Manuel Costa	3536	00:51:34	05:10	Afis/Ovar	58	M	M VET4	40
669	Filipa Alexandra Neta Angela	3937	00:51:36	05:10	KOLOSSUS	33	F	F SEN	37
670	Rui Neves	3232	00:51:36	05:10	Indivíduar	42	M	M VET1	143
671	Filipe Manuel Liberato Jesus Fonseca	3746	00:51:38	05:10	CAO	26	M	M SEN	240
672	Orlando Santos	3396	00:51:38	05:10	CAO	42	M	M VET1	144
673	Pedro Luis Ferrão Leal	3399	00:51:39	05:10	CAO	22	M	M SEN	241
674	Maria De Lurdes Bastos Pinto Resende	3304	00:51:40	05:10	Indivíduar	48	F	F VET	35
675	Paulo Cesar Oliveira Martins	3434	00:51:40	05:10	CIRAC	42	M	M VET1	145

Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
676	Vera Silva	3828	00:51:42	05:11	São João health club	36	F	F SEN	38
677	Paulo Jorge Ferreira Martins	3894	00:51:48	05:11	Individual	44	M	M VET1	146
678	Pedro Veiga	3821	00:51:53	05:12	GRUPO OSCACER	46	M	M VET 2	74
679	Marco Pinto	3049	00:51:55	05:12	Individual	38	M	M SEN	242
680	Enio Da Costa Pinho	3072	00:51:56	05:12	Individual	49	M	M VET 2	75
681	Carlos Martins	3138	00:52:02	05:13	APROCRED	51	M	M VET3	66
682	Mário Couto	3390	00:52:03	05:13	CAO	32	M	M SEN	243
683	Miguel Jeri	3061	00:52:03	05:13	Individual	30	M	M SEN	244
684	Fátima Aleixo	3745	00:52:04	05:13	CAO	44	F	F VET	36
685	Vitor Pereira	3029	00:52:04	05:13	Individual	61	M	M VET5	22
686	Francisco Costa	3458	00:52:04	05:13	Individual	61	M	M VET5	23
687	Marco António Da Silva Guimarães	3900	00:52:05	05:13	Individual	22	M	M SEN	245
688	Claudia Branco	3645	00:52:08	05:13	LUX health Club	45	F	F VET	37
689	Cláudio Maia	3701	00:52:10	05:13	X5 HEALTH CLUB	36	M	M SEN	246
690	Maria Valente	3792	00:52:12	05:14	CALDAS SÃO JORGE SPORT CLUB	43	F	F VET	38
691	Carla Ribeiro	3799	00:52:13	05:14	CALDAS SÃO JORGE SPORT CLUB	40	F	F VET	39
692	Rui Pedro Portugal	3485	00:52:13	05:14	Pupilos do Zé Tó	43	M	M VET1	147
693	Alberto Neves	3767	00:52:14	05:14	CALDAS SÃO JORGE SPORT CLUB	44	M	M VET1	148
694	Sergio Dias	3470	00:52:18	05:14	ANMISE	40	M	M VET1	149
695	Tiago Leite	3117	00:52:21	05:15	Individual	30	M	M SEN	247
696	Jorge Lopes Cunha	3065	00:52:22	05:15	Individual	31	M	M SEN	248
697	Carlos Alberto Alves Da Silva	3871	00:52:27	05:15	Running Espinho	52	M	M VET3	67
698	Augusto Silva	3159	00:52:27	05:15	Individual	53	M	M VET3	68
699	Fernando Luís Ferreira Sousa	1077	00:52:30	05:15	Individual	45	M	M VET 2	76
700	Suzana Duarte	3272	00:52:31	05:16	SSPCMSJM	45	F	F VET	40
701	Paulo Oliveira	3476	00:52:31	05:16	Pupilos do Zé Tó	35	M	M SEN	249
702	Alexandre Andrade	3191	00:52:33	05:16	Individual	46	M	M VET 2	77
703	Carla Pacheco	3945	00:52:33	05:16	PERALTAFIL RUNNING	27	F	F SEN	39
704	Marisa Gonçalves	3071	00:52:34	05:16	Rainha Club	34	F	F SEN	40
705	Fernando Santos	4007	00:52:36	05:16	AFIS Ovar	73	M	M VET5	24
706	Miguel Bruno	3676	00:52:36	05:16	Fisiomais	45	M	M VET 2	78
707	Armindo Aguiar	4079	00:52:36	05:16	Os Kágados	54	M	M VET3	69
708	Jorge Costa	3349	00:52:37	05:16	Bugs Team	36	M	M SEN	250
709	Óscar Brandão	3819	00:52:42	05:17	GRUPO OSCACER	46	M	M VET 2	79
710	Manuela Sousa	3812	00:52:43	05:17	Running Espinho	51	F	F VET	41
711	Nuno Pinho	4190	00:52:45	05:17	US	45	M	M VET 2	80
712	Moura Pinto	4070	00:52:46	05:17	US	57	M	M VET4	41
713	Manuel Silva	4107	00:52:48	05:17	US	45	M	M VET 2	81
714	Leandro Manuel Reis Leite	3292	00:52:52	05:18	O Regresso dos que Nunca Foram	32	M	M SEN	251
715	Ramiro Monteiro	3777	00:52:53	05:18	CALDAS SÃO JORGE SPORT CLUB	67	M	M VET5	25
716	Sarah Duarte	3643	00:52:54	05:18	LUX health Club	24	F	F SEN	41
717	Vasco Macieira	4096	00:52:55	05:18	Os Kágados	38	M	M SEN	252
718	Helder Castro Costa	3724	00:52:55	05:18	Juventude Cortegacense	41	M	M VET1	150
719	Ana Sofia Brito	4063	00:52:56	05:18	SÃO JOÃO HEALTH CLUB	27	F	F SEN	42
720	Liliana Reis	3636	00:52:57	05:18	LUX health Club	31	F	F SEN	43



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721	Sandra Cristina Alves Pereira	1021	00:52:57	05:18	Indivídual	39	F	F SEN	44
722	Arlete Santos	3769	00:52:58	05:18	CALDAS SÃO JORGE SPORT CLUB	38	F	F SEN	45
723	Ana Paula Pinto	3686	00:53:00	05:18	ADCCJ Clark - Castelo de Paiva	21	F	F SEN	46
724	Jorge Faria	3453	00:53:01	05:19	Falta Muito?	44	M	M VET1	151
725	Camilo Duarte	4034	00:53:01	05:19	US	70	M	M VET5	26
726	Ana Luzia	3755	00:53:02	05:19	X5 HEALTH CLUB	43	F	F VET	42
727	Helder -	3936	00:53:03	05:19	Indivídual	38	M	M SEN	253
728	Cristina Magalhães	3853	00:53:03	05:19	Academia Fernanda Ribeiro	49	F	F VET	43
729	Leandro Pinto	3097	00:53:05	05:19	Individual	40	M	M VET1	152
730	Marinha Baptista	3218	00:53:08	05:19	JAM	51	F	F VET	44
731	Lara Silva	3038	00:53:09	05:19	Gimnofange- health club	32	F	F SEN	47
732	Clotilde Santos	3653	00:53:09	05:19	Gimnofange- health club	43	F	F VET	45
733	Daniel Lopes	4141	00:53:12	05:20	Rio Largo Clube De Espinho	29	M	M SEN	254
734	Maria Carvalho Teixeira	3079	00:53:12	05:20	Indivídual	43	F	F VET	46
735	Nuno Leite	3147	00:53:13	05:20	Individual	40	M	M VET1	153
736	Augusto Granja	3148	00:53:13	05:20	Grupo desportivo leões da guarda	64	M	M VET5	27
737	Natalia Moreira	3305	00:53:14	05:20	Indivídual	49	M	M VET 2	82
738	Miguel Martins	3275	00:53:14	05:20	Indivídual	32	M	M SEN	255
739	Americo Manuel Oliveira	3875	00:53:15	05:20	Indivídual	40	M	M VET1	154
740	Carlos Pereira	3287	00:53:16	05:20	Indivídual	48	M	M VET 2	83
741	António Branco	3846	00:53:16	05:20	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO	62	M	M VET5	28
742	Matilde Leal	3393	00:53:16	05:20	CAO	51	F	F VET	47
743	Antonio Costa	4043	00:53:18	05:20	US	50	M	M VET3	70
744	António Brandão	1004	00:53:18	05:20	CGD-Ovar	58	M	M VET4	42
745	Marta Sofia Reis	4058	00:53:28	05:21	SÃO JOÃO HEALTH CLUB	26	F	F SEN	48
746	Paulo Ramos	3887	00:53:32	05:22	Grupo Juvenil Pinheiro da Bemposta	44	M	M VET1	155
747	Diamantino Teixeira	4179	00:53:32	05:22	US	50	M	M VET3	71
748	Lindolfo Sol	3082	00:53:33	05:22	Indivídual	40	M	M VET1	156
749	Orlando Ribeiro	3598	00:53:37	05:22	OS FALTA D'AR	58	M	M VET4	43
750	Nuno Alves Santos	3503	00:53:42	05:23	Gimnofange Health Club	33	M	M SEN	256
751	Luís Alberto Mota Soares	3384	00:53:43	05:23	P AVANCA	36	M	M SEN	257
752	Armando Jorge Oliveira Dias	3383	00:53:43	05:23	P AVANCA	37	M	M SEN	258
753	Augusto Barros	1063	00:53:43	05:23	Indivídual	53	M	M VET3	72
754	Joao Pedro Aires	3831	00:53:45	05:23	Indivídual	35	M	M SEN	259
755	José Rocha	3273	00:53:47	05:23	Indivídual	43	M	M VET1	157
756	A Miguel Tavares	3467	00:53:48	05:23	Indivídual	32	M	M SEN	260
757	Emanuel Ferreira Da Silva	3212	00:53:50	05:23	Os Arrastões	37	M	M SEN	261
758	Celeste Fernandes	3756	00:53:52	05:24	Podi Zen - Salão manos Running	39	F	F SEN	49
759	Antonio Manuel Da Costa Ferreira	1009	00:53:53	05:24	Indivídual	56	M	M VET4	44
760	Paula Ferreira	3758	00:53:55	05:24	Podi Zen - Salão manos Running	37	F	F SEN	50
761	Fernando Portugal	3184	00:53:55	05:24	ACR Vale de Cambra	44	M	M VET1	158
762	Sandro Rilho	1014	00:53:56	05:24	Rilho	44	M	M VET1	159
763	Leandro Resende	3632	00:53:56	05:24	LUX health Club	37	M	M SEN	262
764	Beta Assunção	3583	00:53:57	05:24	Afis/Ovar	35	F	F SEN	51
765	Cristiana Mendes	3624	00:53:59	05:24	LUX health Club	22	F	F SEN	52

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766	Tiago Cruz	3083	00:54:02	05:25	ADC São Jacinto	34	M	M SEN	263
767	Paula Marina Rodrigues	3021	00:54:19	05:26	Individual	43	F	F VET	48
768	Maria Marinho	4002	00:54:22	05:27	US	31	F	F SEN	53
769	António Macedo	3691	00:54:23	05:27	Os Caga Tacos Runnig Team	61	M	M VET5	29
770	José Amaral	3203	00:54:23	05:27	Os Arrastões	39	M	M SEN	264
771	Antero Silva	4145	00:54:27	05:27	US	32	M	M SEN	265
772	Manuel Brandão	3249	00:54:28	05:27	Individual	51	M	M VET3	73
773	Juan Ferreira	3904	00:54:35	05:28	Individual	42	M	M VET1	160
774	Filipe Santos	3667	00:54:36	05:28	ENERGIA GINASIO	27	M	M SEN	266
775	Hugo Fernandes	3044	00:54:37	05:28	Dragões de Ovar	38	M	M SEN	267
776	Joaquim Valente	3811	00:54:37	05:28	Os Garimpeiros	45	M	M VET 2	84
777	Patrícia Porto	3854	00:54:51	05:30	Academia Fernanda Ribeiro	41	F	F VET	49
778	Albino -	3652	00:55:00	05:30	Individual	64	M	M VET5	30
779	Pedro Oliveira	3103	00:55:07	05:31	Os Descalços	36	M	M SEN	268
780	Juliana De Pinho Araújo	3227	00:55:08	05:31	Os Descalços	27	F	F SEN	54
781	Rui Brandão	4101	00:55:09	05:31	US	34	M	M SEN	269
782	Joana Alçada	3547	00:55:09	05:31	Afis/Ovar	38	F	F SEN	55
783	Hugo Lopes	4157	00:55:09	05:31	Os Kágados	35	M	M SEN	270
784	Filipe Moreira	3514	00:55:19	05:32	CAL - CLUBEATLETISMO DE LAMAS	36	M	M SEN	271
785	Antonio Conceição	3773	00:55:26	05:33	CALDAS SÃO JORGE SPORT CLUB	47	M	M VET 2	85
786	Lidia Ferreira	3796	00:55:27	05:33	CALDAS SÃO JORGE SPORT CLUB	31	F	F SEN	56
787	Mario Silva	3274	00:55:28	05:33	Individual	60	M	M VET5	31
788	Ricardo Eugenio Costa Jerónimo	3589	00:55:29	05:33	Individual	42	M	M VET1	161
789	António Manuel Bessa C. Leite	3477	00:55:29	05:33	Pupilos do Zé Tó	47	M	M VET 2	86
790	Joao Carvalho	3483	00:55:30	05:33	Pupilos do Zé Tó	46	M	M VET 2	87
791	Daniel Filipe Costa	3067	00:55:30	05:33	Individual	30	M	M SEN	272
792	Bernardo Camboa	345	00:55:31	05:34	Juventude Cortegacense	13	M	Male	686
793	Susana Pinto	3167	00:55:31	05:34	Nortada	41	F	F VET	50
794	António Pereira	3010	00:55:32	05:34	Grupo Juvenil Pinheiro da Bemposta	61	M	M VET5	32
795	Rui Barros	3920	00:55:33	05:34	Caetano Auto - Espinho	20	M	M SEN	273
796	Frederico Ascensão	3077	00:55:38	05:34	Individual	41	M	M VET1	162
797	CLAUDIA MEDEIROS LUCAS	4156	00:55:55	05:36	US	45	F	F VET	51
798	Maria Clementina Santos	3970	00:56:00	05:36	Individual	33	F	F SEN	57
799	Vania Patricia Borges	3506	00:56:01	05:37	Gimnofange Health Club	30	F	F SEN	58
800	Diana Carolina Almeida Gonçalves	4039	00:56:01	05:37	CENTRO MUNICIPAL DE MARCHA E CORRIDA DE VALE DE CA	26	F	F SEN	59
801	Ana Castro	3509	00:56:02	05:37	CAL - CLUBEATLETISMO DE LAMAS	47	F	F VET	52
802	Camélia Afreixo	3090	00:56:03	05:37	Individual	32	F	F SEN	60
803	Vitor Resende	4147	00:56:03	05:37	US	43	M	M VET1	163
804	Ana Almeida	1003	00:56:04	05:37	Individual	39	F	F SEN	61
805	Linda Rodrigues De Pinho Costa	3858	00:56:05	05:37	Individual	35	F	F SEN	62
806	Elizabete Pataco	3268	00:56:16	05:38	Individual	43	F	F VET	53
807	Manuel Couto	3795	00:56:20	05:38	CALDAS SÃO JORGE SPORT CLUB	62	M	M VET5	33
808	Albano Miranda	3794	00:56:20	05:38	CALDAS SÃO JORGE SPORT CLUB	75	M	M VET5	34
809	António Oliveira	3806	00:56:24	05:39	Individual	29	M	M SEN	274
810	Inês Fernandes	1075	00:56:31	05:40	Famelga	26	F	F SEN	63

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811	Bruno Miguel Batista	4125	00:56:33	05:40	US	41	M	M VET1	164
812	Rita Fernandes	1076	00:56:35	05:40	Famelga	24	F	F SEN	64
813	Paulo Castelo	3599	00:56:42	05:41	Juventude Cortegacense	49	M	M VET 2	88
814	Anabela Dos Santos Marques	3625	00:56:44	05:41	Juventude Cortegacense	44	F	F VET	54
815	Diogo Oliveira	3865	00:56:46	05:41	Running Espinho	41	M	M VET1	165
816	António Alegre	3566	00:56:47	05:41	Afis/Ovar	41	M	M VET1	166
817	Elizabete Duarte	1073	00:56:58	05:42	Famelga	53	F	F VET	55
818	Américo Oliveira	1074	00:57:00	05:42	Famelga	58	M	M VET4	45
819	Jose Lucio Pereira Nunes	3782	00:57:01	05:43	Individual	51	M	M VET3	74
820	Paula Regalado	3559	00:57:02	05:43	Afis/Ovar	49	F	F VET	56
821	Rita Duarte	3580	00:57:03	05:43	Afis/Ovar	34	F	F SEN	65
822	Ricardo Silva	4055	00:57:05	05:43	SÃO JOÃO HEALTH CLUB	28	M	M SEN	275
823	Elisabete Silva	3582	00:57:06	05:43	Afis/Ovar	51	F	F VET	57
824	Carla Patrícia Sousa	3149	00:57:07	05:43	Individual	38	F	F SEN	66
825	Augusto Santos Silva	3733	00:57:09	05:43	Juventude Cortegacense	45	M	M VET 2	89
826	Andreia Valente	3693	00:57:14	05:44	Os Caga Tacos Runnig Team	34	F	F SEN	67
827	Rafaela Cunha	3128	00:57:19	05:44	individual	35	F	F SEN	68
828	Manuel Rilho	3548	00:57:24	05:45	Afis/Ovar	71	M	M VET5	35
829	Amadeu Oliveira	3436	00:57:26	05:45	CIRAC	52	M	M VET3	75
830	Tânia Raquel Carreiro Soares	1079	00:57:29	05:45	Individual	28	F	F SEN	69
831	Daniela Estanqueiro	4017	00:57:33	05:46	US	33	F	F SEN	70
832	Mafalda Martins	3092	00:57:34	05:46	WIKABOO	29	F	F SEN	71
833	Manuel Soares	3939	00:57:40	05:46	KOLOSSUS	59	M	M VET4	46
834	Ricardo Manuel Almeida Santos	3190	00:57:40	05:46	Cabritos da Montanha	35	M	M SEN	276
835	André Matias	3011	00:57:43	05:47	Individual	37	M	M SEN	277
836	Mario Conde	3557	00:57:53	05:48	Afis/Ovar	62	M	M VET5	36
837	Helder Silva	4022	00:57:54	05:48	US	36	M	M SEN	278
838	Ana Cláudia Ferreira	3378	00:57:56	05:48	Rainha Clube	28	F	F SEN	72
839	Alfredo Santos	4135	00:57:57	05:48	Rio Largo Clube De Espinho	62	M	M VET5	37
840	Aderito Jorge Lagarelhos videira	3382	00:57:59	05:48	P AVANCA	47	M	M VET 2	90
841	Ricardo Pinto	3179	00:58:04	05:49	Individual	41	M	M VET1	167
842	Ofélia Augusto	3820	00:58:05	05:49	BESJOGING	58	F	F VET	58
843	Vitor Ramos	4038	00:58:05	05:49	US	49	M	M VET 2	91
844	Heliana Riba	3700	00:58:16	05:50	X5 HEALTH CLUB	24	F	F SEN	73
845	Luis Quintino	3490	00:58:17	05:50	Afis/Ovar	66	M	M VET5	38
846	Bruno Pinto	3823	00:58:17	05:50	GRUPO OSCACER	29	M	M SEN	279
847	Rositsa Preperieva	3822	00:58:23	05:51	GRUPO OSCACER	29	F	F SEN	74
848	Belmiro Aguiar	4077	00:58:33	05:52	Os Kágados	72	M	M VET5	39
849	Rui Santos	3051	00:58:35	05:52	Pinovai & Padrela	40	M	M VET1	168
850	Katia Barros	3052	00:58:35	05:52	Pinovai & Padrela	41	F	F VET	59
851	Tiago Martins	3126	00:58:38	05:52	Dragões de Ovar	37	M	M SEN	280
852	Tiago Ferreira	1081	00:58:41	05:53	Bizinhos Athletic Club	40	M	M VET1	169
853	Isabel De Resende Ribeiro	3496	00:58:42	05:53	Gimnofange Health Club	24	M	M SEN	281
854	César Nunes	3004	00:58:48	05:53	RunForBeer	29	M	M SEN	282
855	Marco Correia	3003	00:58:48	05:53	RunForBeer	30	M	M SEN	283

Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
856	Ana Isabel Tavares Figueiredo	3129	00:58:48	05:53	Indivídual	23	F	F SEN	75
857	Miguel António Fonseca Correia	3297	00:58:48	05:53	RunForBeer	32	M	M SEN	284
858	Paula Cristina Sousa Miguel	3876	00:59:00	05:54	Indivídual	34	F	F SEN	76
859	António Manuel Gonçalves	3938	00:59:05	05:55	KOLOSSUS	43	M	M VET1	170
860	António Fernandes	3919	00:59:06	05:55	Caetano Auto - Espinho	48	M	M VET 2	92
861	Susana Sofia Rocha	3429	00:59:11	05:56	CIRAC	41	F	F VET	60
862	Jose Valentim Oliveira	3442	00:59:12	05:56	CIRAC	57	M	M VET4	47
863	Susana Vieira	3362	00:59:13	05:56	Indivídual	38	F	F SEN	77
864	Paula Oliveira	3946	00:59:19	05:56	PERALTAFIL RUNNING	36	F	F SEN	78
865	Ana Sofia Silva Pinto	4009	00:59:21	05:57	Indivídual	27	F	F SEN	79
866	Celso Orlando Oliveira Camboa	3640	00:59:22	05:57	Juventude Cortegacense	43	M	M VET1	171
867	Nadia Valente	3028	00:59:23	05:57	Indivídual	26	F	F SEN	80
868	Vanessa Sofia Resende Gaspar	3497	00:59:23	05:57	Gimnofange Health Club	27	F	F SEN	81
869	Maria Cristina Araujo Silva	1010	00:59:28	05:57	Indivídual	49	F	F VET	61
870	Francisco Clara Santos	3973	00:59:32	05:58	Indivídual	43	M	M VET1	172
871	Vera Nogueira	3165	00:59:32	05:58	Pupilos do Zé Tó	33	F	F SEN	82
872	Cátia Coelho	3316	00:59:44	05:59	BESJOGING	27	F	F SEN	83
873	Ana Isabel Santos Bandeira	3367	00:59:45	05:59	Indivídual	39	F	F SEN	84
874	Dalila Lopes	4061	00:59:46	05:59	SÃO JOÃO HEALTH CLUB	41	F	F VET	62
875	Manuel Silva	4054	00:59:46	05:59	SÃO JOÃO HEALTH CLUB	41	M	M VET1	173
876	Mariana Lamarão	3892	00:59:47	05:59	Indivídual	35	F	F SEN	85
877	Renata Aleixo Beça	3100	00:59:49	05:59	Indivídual	34	F	F SEN	86
878	Liliana Cristina Silva Pinheiro	3499	00:59:52	06:00	Gimnofange Health Club	23	F	F SEN	87
879	Zélia Pinto	3649	00:59:58	06:00	Indivídual	44	F	F VET	63
880	Graça Rodrigues	3177	01:00:38	06:04	Indivídual	47	F	F VET	64
881	Eduardo Amaral	4092	01:00:41	06:05	Os Kágados	66	M	M VET5	40
882	José Luis Nunes Mendes	3898	01:00:52	06:06	Indivídual	32	M	M SEN	285
883	Sara Sá	3648	01:00:57	06:06	Indivídual	40	F	F VET	65
884	Fernanda Sousa	3055	01:00:58	06:06	Sunset Runers	46	F	F VET	66
885	Carla Cidália Leite Ferreira	3284	01:00:59	06:06	Indivídual	43	F	F VET	67
886	José M A Silva	3056	01:01:00	06:06	Sunset Runers	52	M	M VET3	76
887	Nuno Manarte	1083	01:01:03	06:07	Bizinhos Athletic Club	41	M	M VET1	174
888	Sara Lourenço Reis	1082	01:01:04	06:07	Bizinhos Athletic Club	39	F	F SEN	88
889	Renato Silva	3905	01:01:05	06:07	Indivídual	31	M	M SEN	286
890	Patricia Isabel Ferreira Dos Santos	3302	01:01:09	06:07	Hss runners	29	F	F SEN	89
891	Luis Miguel Marques	1012	01:01:14	06:08	Marques	33	M	M SEN	287
892	Anabela Almeida Bastos	3454	01:02:06	06:13	CALDAS SÃO JORGE SPORT CLUB	44	F	F VET	68
893	Filipe Manta	3967	01:02:44	06:17	Indivídual	33	M	M SEN	288
894	Maria Horta	3962	01:02:47	06:17	Trio Maravilha	59	F	F VET	69
895	Maria De Fátima Murphy	1060	01:02:55	06:18	Indivídual	48	F	F VET	70
896	Marta Soares	3024	01:03:03	06:19	Indivídual	36	F	F SEN	90
897	Vera Oliveira	1044	01:03:20	06:20	Run4Fun	34	F	F SEN	91
898	Maria Alice Guimarães	3901	01:03:21	06:21	Trio Maravilha	55	F	F VET	71
899	Ricardo Lopes	3042	01:03:27	06:21	Individual	31	M	M SEN	289
900	Julio Paulo Costa	3373	01:03:27	06:21	Dragões de Ovar	59	M	M VET4	48

Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
901	Francisca Maria Alves Pereira19	1064	01:03:28	06:21	Indivídual	45	F	F VET	72
902	Catarina Ferreira	3637	01:03:34	06:22	Juventude Cortegacense	33	F	F SEN	92
903	Maria Isabel Cardoso Silva	3455	01:03:39	06:22	CALDAS SÃO JORGE SPORT CLUB	56	F	F VET	73
904	Joaquim Ferreira Ribeiro	3456	01:03:39	06:22	CALDAS SÃO JORGE SPORT CLUB	64	M	M VET5	41
905	António Silva	4084	01:03:53	06:24	Os Kágados	75	M	M VET5	42
906	Henrique Pereira	3062	01:04:00	06:24	Indivídual	30	M	M SEN	290
907	António Pereira	3063	01:04:01	06:25	Individual	29	M	M SEN	291
908	Gina Fernandes	1032	01:04:02	06:25	Tartarugas	41	F	F VET	74
909	Rita Domingues	3277	01:04:05	06:25	Bosch Ovar	26	F	F SEN	93
910	Cila Belo	1033	01:04:06	06:25	Tartarugas	44	F	F VET	75
911	Isabel Costa	3246	01:04:08	06:25	Bosch Ovar	28	F	F SEN	94
912	Ana Santos	1047	01:04:11	06:26	Tartarugas	37	F	F SEN	95
913	António Valente	1041	01:04:12	06:26	Tartarugas	43	M	M VET1	175
914	Ana Carolina Silva	4056	01:04:12	06:26	SÃO JOÃO HEALTH CLUB	28	F	F SEN	96
915	Eugenia Vieira	4057	01:04:13	06:26	SÃO JOÃO HEALTH CLUB	29	F	F SEN	97
916	Claudia Figueiredo	3053	01:04:15	06:26	Pinovai & Padrela	41	F	F VET	76
917	Emília Belinha	3704	01:04:16	06:26	X5 HEALTH CLUB	30	F	F SEN	98
918	Elisabete Figueiredo	3050	01:04:18	06:26	Pinovai & Padrela	36	F	F SEN	99
919	Maria Mendonça	3124	01:04:36	06:28	Dragões de Ovar	53	F	F VET	77
920	Tiago Cardoso	3677	01:04:50	06:29	Ratos Do Asfalto	25	M	M SEN	292
921	Maria Brandão	4031	01:04:50	06:29	Ratos do Asfalto	26	F	F SEN	100
922	Paula Silva	3033	01:04:52	06:30	Amwayvar	40	F	F VET	78
923	Adelaide Coelho	4091	01:04:55	06:30	Os Kágados	50	F	F VET	79
924	Daniel Resende	1001	01:04:57	06:30	Indivídual	35	M	M SEN	293
925	Ana Beatriz Almeida Nunes	3178	01:05:09	06:31	Amadores&Basta	21	F	F SEN	101
926	Ana Maria Castro Godinho	3196	01:05:16	06:32	Amadores&Basta	25	M	M SEN	294
927	Luisa Fernandes	1048	01:05:55	06:36	Indivídual	39	F	F SEN	102
928	Carlos Manuel Da Silva Veiros	1038	01:05:55	06:36	Indivídual	42	M	M VET1	176
929	Paulo Pinho	4078	01:06:04	06:37	Os Kágados	52	M	M VET3	77
930	Lilina Patricia	4090	01:06:04	06:37	Os Kágados	31	F	F SEN	103
931	Geny Seixas	3975	01:06:04	06:37	Tartarugas	43	F	F VET	80
932	Júlio Muge	1056	01:06:09	06:37	Indivídual	30	M	M SEN	295
933	Tânia Costa	1055	01:06:10	06:37	Indivídual	33	F	F SEN	104
934	Jorge Catarino	3119	01:06:12	06:38	K.M.A.	19	M	M JUN	14
935	Isabel Catarino	3116	01:06:12	06:38	K.M.A.	30	F	F SEN	105
936	José Soares	1035	01:06:16	06:38	Tou tou running	42	M	M VET1	177
937	Carla Correia	1034	01:06:16	06:38	Indivídual	37	M	M SEN	296
938	José Leitão	3122	01:06:31	06:40	Indivídual	51	M	M VET3	78
939	Fernando Oliveira	3827	01:06:32	06:40	GRUPO OSCACER	29	M	M SEN	297
940	Florinda -	3630	01:06:41	06:41	LUX health Club	33	F	F SEN	106
941	Catarina Silva Santos	3785	01:06:50	06:42	Indivídual	32	F	F SEN	107
942	Susana Cristina Silva Batista	3899	01:06:52	06:42	Indivídual	32	F	F SEN	108
943	Pedro Resende	3600	01:07:39	06:46	X5 HEALTH CLUB	43	M	M VET1	178
944	Maria João Resende	3603	01:07:40	06:46	X5 HEALTH CLUB	18	F	F JUN	2
945	Rui Pedro Marques	1013	01:07:58	06:48	Marques	26	M	M SEN	298

Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
946	Carlos Brandrão	4103	01:07:59	06:48	US	55	M	M VET4	49
947	Maria Ines Brandao	4102	01:07:59	06:48	US	26	F	F SEN	109
948	Florbela Araújo	3222	01:08:01	06:49	Os Descalços	30	F	F SEN	110
949	Luis Novo	3224	01:08:03	06:49	Os Descalços	30	M	M SEN	299
950	Gabriela Rola França	3759	01:10:27	07:03	Juventude Cortegacense	46	F	F VET	81
951	Ana Santos	4041	01:11:05	07:07	US	37	F	F SEN	111
952	Pedro Bastos	4042	01:11:06	07:07	US	41	M	M VET1	179
953	Joaquim Lopes	4085	01:11:15	07:08	Os Kágados	60	M	M VET5	43
954	Ana Silva	4094	01:11:15	07:08	Os Kágados	24	F	F SEN	112
955	Marta Portugal	4087	01:11:17	07:08	Os Kágados	32	F	F SEN	113
956	Filipe Gonçalves	3180	01:11:20	07:08	Individual	33	M	M SEN	300
957	Sofia Slimani	4105	01:11:46	07:11	US	42	F	F VET	82
958	Adelaide Marques	4021	01:12:23	07:15	US	31	F	F SEN	114
959	Hélder Almeida	3873	01:12:34	07:16	Running Espinho	42	M	M VET1	180
960	Nuno Oliveira	3131	01:12:35	07:16	Individual	41	M	M VET1	181
961	Patrícia Formigal	1002	01:12:38	07:16	Individual	35	F	F SEN	115
962	João Vinagre	4127	01:12:59	07:18	US	35	M	M SEN	301
963	Ana Catarina Pereira	4128	01:13:02	07:19	US	30	F	F SEN	116
964	Alexandrina Pinto	3906	01:13:42	07:23	Individual	38	F	F SEN	117
965	Susana Amaral	3914	01:13:42	07:23	Individual	35	F	F SEN	118
966	Sérgio Pinho	3915	01:14:09	07:25	Individual	37	M	M SEN	302
967	Gracinda Sousa	3863	01:14:53	07:30	Running Espinho	41	F	F VET	83
968	Carla Monteiro	3654	01:15:01	07:31	LUX health Club	29	F	F SEN	119
969	Ana Reis	3646	01:15:02	07:31	LUX health Club	29	F	F SEN	120
970	Joaquin Alves	3130	01:15:11	07:32	Individual	50	M	M VET3	79
971	Helena Mendes	3086	01:15:12	07:32	Individual	45	F	F VET	84
972	Marta Manuela De Andrade Araujo	3501	01:15:52	07:36	Gimnofange Health Club	28	F	F SEN	121
973	Susana Da Silva Santos	3882	01:15:54	07:36	Individual	36	F	F SEN	122
974	Tiago Miguel Cardoso	3502	01:15:56	07:36	Gimnofange Health Club	28	M	M SEN	303
975	Maria Bonifácio	1037	01:16:24	07:39	Tartarugas	34	F	F SEN	123
976	Daniela Pinto	1030	01:16:25	07:39	Tartarugas	38	F	F SEN	124
977	Viviana Peralta	1028	01:16:25	07:39	Tartarugas	39	F	F SEN	125
978	Jorge Machado	1031	01:16:28	07:39	Tartarugas	53	M	M VET3	80

### JUVENIS

Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
1	Pedro Miguel Lopes Pereira	323	00:03:37	01:49	Associação Amigos do Seixo-Branco	16	M	Male	1
2	João Pedro Alves Ribeiro	306	00:03:47	01:54	Individual	17	M	Male	2
3	Ana Filipa Carneiro Sousa	305	00:03:48	01:54	Individual	17	F	Female	1

### BENJAMINS

Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
1	Carlos Miguel	357	00:01:31	03:01	CAO	10	M	Male	1

Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
2	Diogo Teixeira	354	00:01:36	03:12	CAO	9	M	Male	2
3	Marco António Silva Antunes	335	00:01:39	03:17	Indivídual	8	M	Male	3
4	Hugo Joaquim Silva Andrade	359	00:01:44	03:27	Moreira Congelados	9	M	Male	4
5	Rodrigo Castro Fernandes	300	00:01:47	03:34	Indivídual	9	M	Male	5
6	Rodrigo Fernandes	334	00:01:53	03:46	Indivídual	7	M	Male	6
7	José Miguel Cunha	310	00:01:53	03:47	Associação Amigos do Seixo-Branco	9	M	Male	7
8	Ana Rita Ramos	361	00:01:54	03:48	Grupo Desportivo Gafanha	15	F	Female	1
9	Ana Sofia Ramalhadeiro	302	00:01:57	03:54	Os Arrastões	10	F	Female	2
10	Sofia Teixeira	338	00:01:59	03:58	CAO	8	F	Female	3
11	Lara Costa Neves	330	00:02:07	04:13	Individual	8	F	Female	4
12	Diogo Pinho	337	00:02:14	04:27	CAO	8	M	Male	8
13	João Sousa	332	00:02:14	04:28	Indivídual	7	M	Male	9
14	Joana Sousa	331	00:02:23	04:45	Indivídual	7	F	Female	5

### INICIADOS

Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
1	Diogo Couto Ferreira	317	00:03:13	02:09	Associação Amigos do Seixo-Branco	15	M	Male	1
2	Renato Valente	343	00:03:23	02:15	CLUBE ARVOR	15	M	Male	2
3	João André Vitoriano Soares	322	00:03:28	02:19	Associação Amigos do Seixo-Branco	15	M	Male	3
4	Filipe Simões Lopes	308	00:03:47	02:31	Associação Amigos do Seixo-Branco	15	M	Male	4
5	Francisco Lopes Couto	320	00:03:51	02:34	Associação Amigos do Seixo-Branco	14	M	Male	5
6	Salviano José Sousa Gomes Da Silva	325	00:04:03	02:42	Associação Amigos do Seixo-Branco	14	M	Male	6
7	Rita Costa	349	00:04:06	02:44	CAO	13	F	Female	1
8	Mariana Gomes	353	00:04:07	02:45	CAO	14	F	Female	2
9	Sara Costa	350	00:04:11	02:48	CAO	13	F	Female	3
10	Ana Carolina Leite Borges	312	00:04:33	03:02	Associação Amigos do Seixo-Branco	15	F	Female	4
11	Diana Patrícia Henriques Da Silva	316	00:04:35	03:03	Associação Amigos do Seixo-Branco	15	F	Female	5
12	Ana Sofia Da Silva Rodrigues	314	00:04:38	03:05	Associação Amigos do Seixo-Branco	14	F	Female	6

### INFANTIS

Rank	Name	Bib	Time	Pace	Hometown	Age	Gender	Division	Div Rank
1	FILIFE NUNES RODRIGUES	366	00:02:47	02:47	US	15	M	Male	1
2	Hugo Dias	362	00:03:02	03:02	Os Kágados	15	M	Male	2
3	Rodrigo Valente	355	00:03:12	03:12	CAO	10	M	Male	3
4	Tomás Pereira Almeida	301	00:03:14	03:14	Indivídual	13	M	Male	4