

Classificação Geral	Equipa	10 Km.
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Pos.	Dor. Nome	Equipa	Tempo	T/Km.	Dif.
1	4 Ricardo Ribas, O		30:15.79	03:02	
2	2742 Jose Silva, O	ATLETICO POVOA VARZIM	31:34.04	03:09	0:01:18
3	14 Jose Azevedo, O	Individual	31:46.16	03:11	0:01:30
4	2055 Andr?filipe Marques Silva, O	?guias de Alvelos	31:59.79	03:12	0:01:44
5	6 Oscar Mendes, O		32:19.74	03:14	0:02:04
6	1519 Nuno Fernandes, O	escola atletismo rosa oliveira	32:59.55	03:18	0:02:44
7	1888 Ant?io Armindo Rocha Ferreira Da Silva, O	C. D. S. SALVADOR DO CAMPO	33:05.97	03:19	0:02:50
8	2936 Marco Ferreira, O		33:14.94	03:19	0:02:59
9	2631 Heitor Miranda, O		33:20.15	03:20	0:03:04
10	2906 Pedro Silva, O	IESFAFE	33:28.66	03:21	0:03:13
11	2938 Nelson Magalh?es, O		33:46.73	03:23	0:03:31
12	2096 ?ngelo Manuel Perliteiro Monteiro, O	AlfaBike	34:25.85	03:27	0:04:10
13	1520 Rui Fernandes, O	escola atletismo rosa oliveira	34:36.82	03:28	0:04:21
14	1522 Bruno Sampaio, O	escola atletismo rosa oliveira	34:38.93	03:28	0:04:23
15	2777 Andre Silva, O	LIBERDADE FUTEBOL CLUBE	34:44.86	03:28	0:04:29
16	2594 Anselmo Maia, O		34:47.91	03:29	0:04:32
17	2102 Joaquim Silva, O	Air? curvi?	34:51.16	03:29	0:04:35
18	78 Vitor Hugo Bragan?a De Bastos, O		34:56.49	03:30	0:04:40
19	80 Sergio Eduardo Afonso Ferreira, O		34:56.83	03:30	0:04:41
20	2265 Lino Pinto, O	ARPO	34:59.20	03:30	0:04:43
21	99 Ricardo Mendes, O		35:05.32	03:31	0:04:49
22	1275 Jos?ant?io Da Costa Teixeira, O	ADECA/BEAT	35:07.20	03:31	0:04:51
23	1737 Nuno Fernandes, O	Fafe Runners	35:07.81	03:31	0:04:52
24	2584 Roberto Carlos Carvalho Da Silva, O		35:09.98	03:31	0:04:54
25	2903 Filipe Cunha, O	?guias Alvelos	35:12.33	03:31	0:04:56
26	2 Doroteia Peixoto, A		35:12.47	03:31	0:04:56
27	5 Augusto Costa, O		35:13.19	03:31	0:04:57
28	1802 Helder Xavier Pereira Peixoto, O	C.D.S.Salvador do Campo	35:21.53	03:32	0:05:06
29	82 Sonia Alexandra Oliveira Pinto, A	SPORT COMERCIO SALGUEIROS	35:37.65	03:34	0:05:22
30	9 Telmo Ferreira, O	ALIVE FITNESS CLUB	35:43.93	03:34	0:05:28
31	2750 Marco Santos, O	INDIVIDUAL	35:47.26	03:35	0:05:31
32	1508 Rui Manuel Ara?o Silva, O	Irmandade da Bike	36:03.58	03:36	0:05:48
33	92 Telmo Dourado, O		36:06.06	03:37	0:05:50
34	1707 Jos?agostinho Amorim Ara?o, O	ADECA/BEAT	36:07.77	03:37	0:05:52
35	2834 Paulo Oliveira, O	VAMOS AJUDAR O AFONSO	36:09.33	03:37	0:05:53
36	1514 Helder Jose Azevedo Dias, O	Escola Atletismo da Trofa	36:10.19	03:37	0:05:54
37	1360 Pedro Jorge Da Silva Moreira, O	individual	36:12.89	03:37	0:05:57
38	1395 Helder Jos?neto Rodrigues, O	Individual	36:28.98	03:39	0:06:13
39	7 Manuel Mendes, O		36:31.28	03:39	0:06:15
40	1350 Fernando Maia Porto Igreja, O	C F Vilacondense	36:37.28	03:40	0:06:21
41	1759 Lu? Miguel Abreu Lopes, O	Centralrunners	36:38.45	03:40	0:06:22
42	2775 Tania Silva, A	LIBERDADE FUTEBOL CLUBE	36:48.43	03:41	0:06:32
43	79 Ricardo Ferreira, O		36:48.85	03:41	0:06:33
44	2773 Armindo Araujo, O	LIBERDADE FUTEBOL CLUBE	36:48.85	03:41	0:06:33
45	1521 Rafael Silva, O	escola atletismo rosa oliveira	36:49.47	03:41	0:06:33
46	1524 Jo? Silva, O	escola atletismo rosa oliveira	36:50.59	03:41	0:06:35
47	1417 Gil Freitas, O		36:56.44	03:42	0:06:40
48	2355 Ricardo Ferreira/ Carmindo Soares, O	Movimento de Juventude de Merelim	37:05.57	03:43	0:06:50
49	2490 Vitor Oliveira, O	SimbaTeam	37:07.21	03:43	0:06:51
50	38 Jos? Rodrigues, O		37:09.33	03:43	0:06:53
51	1227 V?or Manuel Lima Varela, O	oliveirinhas	37:15.31	03:44	0:06:59
52	1815 Carlos Jesus, O	Beat Your Limit!	37:17.07	03:44	0:07:01
53	1817 Jo? Laranjeira, O	Beat Your Limit!	37:18.12	03:44	0:07:02
54	2494 Andr?machado, O	Individual	37:23.86	03:44	0:07:08
55	36 Eduardo Lemos, O	INDIVIDUAL	37:26.21	03:45	0:07:10
56	1724 Nuno Figueiredo, O	GTT - Armaz? do Caff?	37:38.00	03:46	0:07:22
57	2821 Pedro Oliveira, O	FAMA RUNNERS	37:46.02	03:47	0:07:30
58	1550 Helder Silva, O	escola atletismo rosa oliveira	37:51.86	03:47	0:07:36
59	2379 Roberto Jorge Ferreira Machado, O	A. R. C. V. S. Cosme	37:55.07	03:48	0:07:39
60	2946 Carlos Barroso, O		37:57.40	03:48	0:07:41
61	2356 Paulo Le?, O	FIGUEIREDO'S RUNNER'S AND FRIENDS	37:59.35	03:48	0:07:43
62	1503 Carlos Coelho, O		38:01.03	03:48	0:07:45
63	1399 Marco Nuno Moreira Pereira, O	C F Vilacondense	38:08.55	03:49	0:07:53
64	2354 Tiago Daniel Gon?lves Freitas, O	FIGUEIREDO'S RUNNER'S AND FRIENDS	38:09.12	03:49	0:07:53
65	1347 Jos?carlos Machado De Castro, O	ADECA/BEAT	38:09.20	03:49	0:07:53
66	1525 Joaquim Coelho, O	escola atletismo rosa oliveira	38:10.93	03:49	0:07:55
67	1715 Ricardo Jos?azevedo Campos, O	A. R. C. V. S. COSME	38:12.67	03:49	0:07:57
68	1673 Liliana Escudeiro, A	Team Lantemil	38:13.88	03:49	0:07:58
69	1371 Sergio Martins, O	A.R.DE NEGRELOS	38:18.02	03:50	0:08:02
70	1554 Americo Oliveira, O	escola atletismo rosa oliveira	38:19.97	03:50	0:08:04
71	19 Jose Barquero Silva, O	GAVI?ES	38:24.63	03:50	0:08:09
72	2183 Duarte Silva, O	ViaSa?e - Fisioterapia	38:24.97	03:50	0:08:09
73	2901 Filipa Araujo, A	IESFAFE	38:28.44	03:51	0:08:12
74	1623 Humberto Carlos Ferreira Reis, O	Team Lantemil	38:32.24	03:51	0:08:16
75	1531 ?lvaro Sousa, O	Os Santa Apol?ia	38:33.34	03:51	0:08:17
76	1523 Antonio Sousa, O	escola atletismo rosa oliveira	38:35.31	03:52	0:08:19

77	2728 Sim? Carneiro, O	FAMA RUNNERS	38:37.77	03:52	0:08:22
78	2227 Nuno Manuel Azevedo Oliveira, O	Metal Advance Running	38:38.84	03:52	0:08:23
79	1770 Gualter Da Silva Freitas, O	-	38:44.76	03:52	0:08:29
80	2853 Eurico Moura, O	MEDIUM	38:45.03	03:53	0:08:29
81	1415 H?der Filipe Campos Ribeiro, O	Airoron	38:45.29	03:53	0:08:29
82	22 Paulo Moreira, O	GAVI?ES	38:50.75	03:53	0:08:35
83	1583 Carlos Manuel Silva Sousa, O	Varzim Sport Clube	38:52.14	03:53	0:08:36
84	2713 Nuno Alves, O	FAMA RUNNERS	38:53.10	03:53	0:08:37
85	1288 Rui Martins, O	Individual	38:55.72	03:54	0:08:40
86	1250 Jose Azevedo, O	cyclones	38:58.95	03:54	0:08:43
87	2917 Helena Miranda, A	Maia Atl?ico Clube	39:00.80	03:54	0:08:45
88	2812 Luis Miguel Fernandes, O	ALIVE FITNESS CLUB	39:01.95	03:54	0:08:46
89	2581 Luis Cardoso, O	Amigos ponto final	39:02.63	03:54	0:08:47
90	1971 Claudio Araujo, O	Os Santa Apolonia	39:04.37	03:54	0:08:48
91	1251 Vitor Paulo Azevedo Dias De Castro, O	Individual	39:05.98	03:55	0:08:50
92	1293 Andreia Sofia Moreira Da Cunha, A	Figueiredo's Runner's and Friends	39:06.79	03:55	0:08:51
93	1420 Jose Filipe Pereira Marinho, O		39:07.88	03:55	0:08:52
94	1512 M?cio Filipe Ara?o Amaro Carneiro, O	Cafeteria Conde Lousado	39:11.27	03:55	0:08:55
95	2430 M?io Sim?s, O	CF Jesu?as	39:15.69	03:56	0:09:00
96	2200 Joao Pedro Azevedo Silva, O	Team Lantemil	39:19.53	03:56	0:09:04
97	1887 Marco Paulo Gon?lves Rocha, O	Individual	39:26.71	03:57	0:09:11
98	1918 Jorge Machado, O	Os Santa Apol?ia	39:30.12	03:57	0:09:14
99	2586 Z? Dias, O	A D ESMERIZ RUNNING	39:37.24	03:58	0:09:21
100	1453 Jos?henrique Gomes Martins, O	Os Santa Apol?ia	39:38.42	03:58	0:09:22
101	1672 Pedro Oliveira, O	Team Lantemil	39:38.96	03:58	0:09:23
102	1252 Jose Fernandes, O	cyclones	39:39.82	03:58	0:09:24
103	1416 H?der Santos, O	Runtasticos	39:46.34	03:59	0:09:30
104	1577 Tiago Manuel Salgado Borges, O	AMIGOS PONTO FINAL	39:49.11	03:59	0:09:33
105	2670 Andr?oliveira, O	FAMA RUNNERS	39:50.73	03:59	0:09:35
106	2350 M?io Martins, O		39:51.37	03:59	0:09:35
107	2123 Rodrigo Alcino dinis Rodrigues Costa, O	Team Lantemil	39:51.98	03:59	0:09:36
108	1606 Abilio De Oliveira Faria, O	ADECA/BEAT	39:52.73	03:59	0:09:37
109	1369 Luis Martins, O	A.R.DE NEGRELOS	39:53.04	03:59	0:09:37
110	2525 Jessica Cristiana Machado Pontes, A	Liberdade FC	39:55.12	04:00	0:09:39
111	1688 Horacio Miguel Dias Ferreira, O	Individual	39:55.21	04:00	0:09:39
112	1442 Andr?ferreira Costa Carvalho, O	Individual	39:57.07	04:00	0:09:41
113	2290 Ricardo Azevedo, O	ARPO	39:59.62	04:00	0:09:44
114	1620 Nuno Miguel Carvalho Da Silva, O		40:00.41	04:00	0:09:44
115	2319 Jos?carlos Saldanha, O	Jer?imo	40:02.65	04:00	0:09:47
116	81 Carlos Gomes, O		40:04.31	04:00	0:09:48
117	29 Vasco Ricardo, O	GAVI?ES	40:05.61	04:01	0:09:50
118	1370 Manuel Gomes, O	A.R.DE NEGRELOS	40:08.61	04:01	0:09:53
119	2396 Marco A.silva, O	Afimdebt	40:09.88	04:01	0:09:54
120	1869 Luis Miguel Azevedo Freitas, O	Afimdebt	40:10.20	04:01	0:09:54
121	1938 Cl?dia Penas Querido Ricardo, A		40:10.25	04:01	0:09:54
122	1553 Mauricio Torrinha, O	escola atletismo rosa oliveira	40:19.49	04:02	0:10:03
123	1241 Pedro Miguel Pinheiro Silva, O	SUNDAY BTT - CASA VOGA	40:25.98	04:03	0:10:10
124	2558 Bruno Sousa, O		40:27.65	04:03	0:10:12
125	77 Jorge Paulo Oliveira, O	escola atletismo rosa oliveira	40:31.55	04:03	0:10:16
126	2725 Rui Mota, O	FAMA RUNNERS	40:31.65	04:03	0:10:16
127	1385 Delfim Maria Lima Monteiro, O	ADECA/BEAT	40:32.86	04:03	0:10:17
128	1657 Amaro Jos?faria Barbosa, O	Tartaruginhas	40:36.29	04:04	0:10:20
129	1907 Paulo Jeronimo Ribeiro Lopes, O		40:45.90	04:05	0:10:30
130	20 Justino Pereira, O	GAVI?ES	40:50.77	04:05	0:10:35
131	2029 Rodrigo Joaquim Oliveira Silva, O	Team Lantemil	40:52.61	04:05	0:10:37
132	1644 Jos?antonio Azevedo Faria, O	Team Lantemil	40:52.63	04:05	0:10:37
133	1651 Vitor Coelho, O	Team Lantemil	40:53.08	04:05	0:10:37
134	2741 Helder Fernando Ferreira, O		40:57.75	04:06	0:10:42
135	2817 Vitor Penetra, O	ALIVE FITNESS CLUB	40:58.39	04:06	0:10:42
136	2483 Rui Fernando Piedade Teixeira, O		41:02.31	04:06	0:10:46
137	2668 Alexandre Silva, O	FAMA RUNNERS	41:02.77	04:06	0:10:47
138	2434 Pedro Santos Barbosa, O	1046 - nine	41:05.18	04:07	0:10:49
139	2074 Fernando Amaro Da Silva Fernandes, O		41:06.80	04:07	0:10:51
140	2762 Vitor Carneiro, O	FAMA RUNNERS	41:09.58	04:07	0:10:54
141	2360 Vitor Costa, O	Movimento de Juventude de Merelim	41:14.58	04:07	0:10:59
142	1886 Bruno Antonio Gon?lves Carvalho, O	NOKINHA	41:15.21	04:08	0:10:59
143	2203 Nuno Filipe Cardoso Maia, O	Team Lantemil	41:15.69	04:08	0:11:00
144	1824 Ruben Cardoso, O		41:19.37	04:08	0:11:03
145	1990 H?der Jos?figueiredo Barbosa, O		41:20.43	04:08	0:11:04
146	1845 Nuno Almeida, O	GAIA RUNNING	41:24.26	04:08	0:11:08
147	1317 Antonio Lobo, O	micas	41:26.79	04:09	0:11:11
148	2703 Lu? Campos, O	FAMA RUNNERS	41:27.54	04:09	0:11:12
149	1238 Jorge Lopes, O	Team Brex	41:27.94	04:09	0:11:12
150	1614 Filipe Miguel Da Silva Antunes, O		41:29.09	04:09	0:11:13
151	2425 Rui Adriano Costa, O	Individual	41:36.79	04:10	0:11:21
152	2913 Ricardo Lemos, O	R/RONLINE	41:37.77	04:10	0:11:22
153	2387 Ricardo Seara, O	A. R. C. V. S. Cosme	41:39.08	04:10	0:11:23
154	97 Joana Vanessa Freitas Carvalho, A	SC BRAGA	41:43.72	04:10	0:11:28
155	1384 Bruno Dias Ribeiro, O	ADECA/BEAT	41:44.37	04:10	0:11:28
156	8 Ana Rocha, A	ALIVE FITNESS CLUB	41:49.95	04:11	0:11:34
157	2389 S?gio Silva, O	APT	41:50.01	04:11	0:11:34
158	1393 Paulo Manuel Silva Ara?o, O	Os Isabelinhas	41:50.46	04:11	0:11:34

159	1551 Emanuel Machado, O	escola atletismo rosa oliveira	41:53.73	04:11	0:11:38
160	2920 Luis Lopes, O	R/RONLINE	41:54.14	04:11	0:11:38
161	1386 Jo? Pedro Martins Cardoso, O	Individual	41:55.02	04:12	0:11:39
162	2422 Jo? Da Costa Ferreira, O	Masculina	41:55.94	04:12	0:11:40
163	2099 Jo? Pedro Vale Mendon?, O	Fama Runners	41:59.56	04:12	0:11:44
164	2739 Francico Sousa Moreira, O	FAMA RUNNERS	42:00.21	04:12	0:11:44
165	1254 Nuno Miguel Pinto Carvalho, O	ATIB FinaBraga Running	42:02.40	04:12	0:11:46
166	2945 Rui Leit?o, O		42:06.27	04:13	0:11:50
167	1511 Ricardo Oliveira, O	TOMATUBIKERS	42:08.36	04:13	0:11:52
168	2263 Paulo Lemos, O	ARPO	42:09.51	04:13	0:11:54
169	2272 Ricardo Filipe Figueiredo Ferreira, O		42:09.52	04:13	0:11:54
170	28 Fernando Rold?o, O	GAVI?ES	42:10.79	04:13	0:11:55
171	2576 Sergio Machado, O	Amigos ponto final	42:10.80	04:13	0:11:55
172	1822 Jorge Paulo Ferreira Faria, O	BRVOS	42:14.50	04:13	0:11:59
173	1877 Afonso Pereira, O	roda dos ventos	42:14.59	04:13	0:11:59
174	2705 Manuel Gomes, O	FAMA RUNNERS	42:15.45	04:14	0:11:59
175	2012 Cosme Machado, O	Na boa	42:16.32	04:14	0:12:00
176	1930 Jos?carlos Da Costa Almeida, O	Individual	42:17.26	04:14	0:12:01
177	1366 Daniel Filipe Dos Santos Castro, O	Clube Fluvial Vilacondense	42:17.61	04:14	0:12:02
178	1541 Ricardo Morais Costa Nogueira, O		42:17.94	04:14	0:12:02
179	1518 Raquel Oliveira, A		42:18.38	04:14	0:12:02
180	1546 Jos?araujo, O	escola atletismo rosa oliveira	42:19.34	04:14	0:12:03
181	2301 V?or Manuel Ferreira Da Silva, O	Bodyline Team	42:19.66	04:14	0:12:04
182	1560 Paulo Jorge Loureiro, O	FAMA RUNNERS	42:20.35	04:14	0:12:04
183	13 Francisco Silva Morais, O	ADECA/BEAT	42:21.27	04:14	0:12:05
184	1563 Edgar Costa, O	Bikermania Famalic?	42:23.62	04:14	0:12:08
185	1621 Jos?ant?io Ferreira Da Costa, O	arpo	42:26.79	04:15	0:12:11
186	1565 Romeu Carvalho, O	escola atletismo rosa oliveira	42:27.94	04:15	0:12:12
187	2437 Rui David Freitas, O		42:29.68	04:15	0:12:14
188	2152 Jo?o Oliveira, O		42:29.75	04:15	0:12:14
189	2366 Jos?fernandes, O	Movimento de Juventude de Merelim	42:32.31	04:15	0:12:16
190	2032 Jos?carlos Monteiro Ricardo, O		42:33.25	04:15	0:12:17
191	1835 Pedro Ferreira, O	Irm?s Ferreira	42:34.16	04:15	0:12:18
192	1654 Rui Pedro Campos Pinto, O	TEAM LANTEMIL	42:38.78	04:16	0:12:23
193	2184 Pedro Miguel Lima Leit?, O		42:40.65	04:16	0:12:25
194	1526 Carlos Fernandes, O	escola atletismo rosa oliveira	42:40.67	04:16	0:12:25
195	2161 Pedro Fernandes, O	Run4us	42:41.61	04:16	0:12:26
196	2944 Guilherme Vieira, O		42:41.64	04:16	0:12:26
197	2162 Manuel Costa, O	Run4us	42:42.34	04:16	0:12:26
198	2041 Cesar Filipe Gomes Ferreira, O		42:42.75	04:16	0:12:27
199	1698 Diogo Sim? Fonseca Fernandes, O		42:43.51	04:16	0:12:28
200	1536 Eurico Martins, O		42:44.71	04:16	0:12:29
201	76 Rosa Oliveira, A	escola atletismo rosa oliveira	42:48.31	04:17	0:12:32
202	1383 Agostinho Carneiro Barros, O	ADECA/BEAT	42:50.00	04:17	0:12:34
203	2517 Marco Vaz, O	NBA Barrosas	42:50.34	04:17	0:12:34
204	2442 Nuno S?gio Guimar?s, O		42:58.37	04:18	0:12:42
205	2748 Flavio Sousa, O	INDIVIDUAL	42:59.64	04:18	0:12:44
206	2070 Joana Rita Faria Ramalho, A	Sem equipa	43:03.69	04:18	0:12:48
207	1296 Lu? Alves Duarte, O	Sem equipa	43:05.02	04:19	0:12:49
208	1649 Pedro Andr?ferreira Coelho, O	Team Lantemil	43:15.51	04:20	0:13:00
209	2173 Francisco Castelo Branco, O		43:18.79	04:20	0:13:03
210	2310 Ricardo Jos?azevedo Rodrigues, O	Individual	43:19.05	04:20	0:13:03
211	1874 Carlos Lobo, O	roda dos ventos	43:20.14	04:20	0:13:04
212	1327 Paulo Manuel Azevedo Pinheiro, O	Biciatus	43:21.07	04:20	0:13:05
213	1468 Gon?lo Jos?silva Ara?o, O	Amigos do Pedal Famalic?	43:22.47	04:20	0:13:06
214	1612 Victor Manuel Da Silva Almeida, O	Almeida family	43:24.17	04:20	0:13:08
215	2542 Joao Silva, O	IND	43:26.20	04:21	0:13:10
216	21 Manuel Silva, O	GAVI?ES	43:27.83	04:21	0:13:12
217	2908 Paulo Silva, O	IESFAFE	43:29.19	04:21	0:13:13
218	1603 Miguel Jorge Ferreira Ara?o, O	Team Lantemil	43:29.40	04:21	0:13:13
219	1578 Jos?manuel Moreira Borges, O	AMIGOS PONTO FINAL	43:33.19	04:21	0:13:17
220	1290 Francisco Silva, O	individual	43:34.47	04:21	0:13:18
221	1557 Bruno Abreu, O	escola atletismo rosa oliveira	43:35.27	04:22	0:13:19
222	1661 Jos?pereira, O	Amigos Ponto Final	43:36.06	04:22	0:13:20
223	1324 S?gio Ara?o, O	AMIGOS DO PEDAL	43:37.29	04:22	0:13:21
224	1827 Braulio Miguel Marques Peliteiro, O	Aedar	43:39.03	04:22	0:13:23
225	1879 Francisco Rodrigues, O	roda dos ventos	43:40.81	04:22	0:13:25
226	1642 Ricardo Jorge Pinto Carvalho, O	ATIB Finabraga Running	43:43.24	04:22	0:13:27
227	1260 Nuno Jorge Sousa Martins, O	Amigos do pedal	43:47.39	04:23	0:13:31
228	1505 Eduardo Nuno Barbosa Bernardino, O	Devesa Runners	43:47.39	04:23	0:13:31
229	1 Paulo Cunha, O	GAVI?ES	43:47.93	04:23	0:13:32
230	1718 Pedro Carlos Abreu Ferreira, O		43:48.70	04:23	0:13:33
231	23 Ricardo Ferreira, O	GAVI?ES	43:49.61	04:23	0:13:34
232	18 Domingos Pereira, O	GAVI?ES	43:50.56	04:23	0:13:35
233	1714 ?lvvaro Manuel Moreira De Sousa, O	Individual federado - AABraga	43:51.39	04:23	0:13:35
234	1658 Alexandre Ferreira, O	Amigos Ponto Final	43:51.66	04:23	0:13:36
235	1659 Celestino Silva, O	Amigos Ponto Final	43:51.89	04:23	0:13:36
236	2416 Tiago Santos Pereira Ferreira Mour?, O		43:52.97	04:23	0:13:37
237	54 Rui Rodrigues, O		43:53.09	04:23	0:13:37
238	2110 Antonio Dinis, O		43:54.08	04:23	0:13:38
239	2278 Bruno Alberto Silva Freitas, O		43:54.83	04:23	0:13:39
240	2915 Edivaldo Maciel, O	R/RONLINE	43:58.27	04:24	0:13:42

241	1668 Carlos Sousa, O	9787899	43:58.69	04:24	0:13:43
242	2144 Eduardo Lemos Teixeira, O		43:58.69	04:24	0:13:43
243	1572 Pedro Felgueiras Abreu Castro, O	Rumo ?Aventura	44:01.06	04:24	0:13:45
244	85 S?rgio Almeida, O	BAZAR DESPORTIVO/ AFRIKANRUNNERS	44:01.11	04:24	0:13:45
245	2947 Alexandre Gomes Guimar?es, O		44:02.39	04:24	0:13:46
246	1362 Pedro Antonio Moreira Machado Costa, O	GTT - Armaz? do caff?	44:02.92	04:24	0:13:47
247	2531 Ana Ribeiro, A	NBA Barrosas	44:05.36	04:25	0:13:49
248	2519 Ramiro Ribeiro, O	NBA Barrosas	44:06.94	04:25	0:13:51
249	2516 Flavio Fernandes, O	NBA Barrosas	44:07.17	04:25	0:13:51
250	1576 Joao Manuel Santos Evangelista Pereira, O		44:09.05	04:25	0:13:53
251	2024 Rog?io Torres, O		44:10.14	04:25	0:13:54
252	1602 Carla Sofia Da Silva Marques De Ara?o, A	Team Lantemil	44:10.45	04:25	0:13:54
253	1596 Paulo Miguel Da Costa Pereira Loureiro, O	Team Lantemil	44:12.61	04:25	0:13:57
254	1628 Rui Miguel Costa Teixeira, O	Team Lantemil	44:14.15	04:25	0:13:58
255	1727 Joni Ant?io Salgado Ferreira, O	Conde Running	44:14.43	04:25	0:13:58
256	2075 Jose Lima, O	fama runneres	44:16.72	04:26	0:14:01
257	2420 Luis Filipe Freitas Da Silva, O	Lantemil	44:17.18	04:26	0:14:01
258	1693 Antonio Jorge Castro Rodrigues Vale, O	Fafe Runners	44:19.36	04:26	0:14:03
259	1931 Paulo Jorge Rocha Miranda, O	NAF Barcelos	44:19.37	04:26	0:14:03
260	2406 Rui Azevedo, O	individual	44:20.00	04:26	0:14:04
261	1269 Francisco Jos?gomes, O	ADECA/BEAT	44:21.91	04:26	0:14:06
262	1552 Ricardo Ribeiro, O	escola atletismo rosa oliveira	44:23.90	04:26	0:14:08
263	1392 Artur Matias, O	Individual	44:23.97	04:26	0:14:08
264	2806 Manuel Faria, O	ALIVE FITNESS CLUB	44:29.26	04:27	0:14:13
265	2780 Marco Silva, O	LIBERDADE FUTEBOL CLUBE	44:30.20	04:27	0:14:14
266	1653 Marco Paulo Silva, O	Alive Runner	44:30.74	04:27	0:14:15
267	1841 ?ngela Cristina Alves De Carvalho, A	Turbulentos	44:31.09	04:27	0:14:15
268	2931 Filipe Ribeiro, O	A. C. VERMOIM	44:33.32	04:27	0:14:17
269	1273 Eduardo Azevedo Da Costa, O	Individual	44:33.82	04:27	0:14:18
270	2719 Ricardo Gomes, O	FAMA RUNNERS	44:34.63	04:27	0:14:19
271	1798 Marcelino Ferreira Da Cunha, O	Indivual	44:36.26	04:28	0:14:20
272	2134 Jose Silva, O	Sunset Runners	44:42.03	04:28	0:14:26
273	2842 Cristina Coutinho, A		44:42.25	04:28	0:14:26
274	2402 Humberto C.f.moreira Silva, O	AFIMDEBTT	44:43.55	04:28	0:14:28
275	1873 Alberto Rodrigues, O	roda dos ventos	44:44.37	04:28	0:14:28
276	2404 Nuno Miguel Pereira Batista, O		44:45.92	04:29	0:14:30
277	30 Carlos Pontes, O	GAVI?ES	44:46.99	04:29	0:14:31
278	2544 H?der Filipe Silva Ferreira, O		44:47.20	04:29	0:14:31
279	1599 Fernando Manuel Pinto Ara?o, O	Rumo Aventura	44:50.63	04:29	0:14:35
280	1870 Pedro miguel Oliveira Costa, O	Solo	44:51.65	04:29	0:14:36
281	2658 Fernando Miranda, O		44:51.67	04:29	0:14:36
282	2458 Fernando Figueiredo, O	FIGUEIREDO?S RUNNER?S AND FRIENDS	44:53.32	04:29	0:14:37
283	2467 Jo? Gilberto Da Silva Lopes, O		44:53.78	04:29	0:14:38
284	2466 Jos?martinho Castro Carneiro, O		44:54.87	04:29	0:14:39
285	2359 Joao Paulo Carvalho, O	FIGUEIREDO?S RUNNER?S AND FRIENDS	44:55.24	04:30	0:14:39
286	1226 Vitor Manuel Silva Oliveira, O	oliveirinhas	44:55.84	04:30	0:14:40
287	2261 Jos? Magalh?es, O	ARPO	44:56.31	04:30	0:14:40
288	2232 Hugo Rafael Machado Da Silva Teixeira, O	AD Esmeriz Running	45:01.57	04:30	0:14:46
289	1248 Carlos Os?io, O	cyclones	45:02.22	04:30	0:14:46
290	1249 Hil?io Martins, O	cyclones	45:02.54	04:30	0:14:47
291	72 Carla Oliveira, A	Os Santa Apolonia	45:06.60	04:31	0:14:51
292	2006 Ana Catarina Barbosa Azevedo, A	Santa Apolonia	45:08.58	04:31	0:14:53
293	1922 Mariana Machado, A	Os Santa Apol?ia	45:09.17	04:31	0:14:53
294	2551 Carlos Jorge Ara?o Campos, O		45:10.69	04:31	0:14:55
295	2838 Rui Oliveira, O	VAMOS AJUDAR O AFONSO	45:11.41	04:31	0:14:55
296	2009 Carlos Cardoso, O	R4C	45:16.25	04:32	0:15:00
297	1656 Pedro Sim? Costa Freitas, O		45:16.58	04:32	0:15:01
298	2760 Filipe Teles, O	FAMA RUNNERS	45:18.52	04:32	0:15:03
299	2616 Duarte Ribeiro, O		45:23.47	04:32	0:15:07
300	2814 Paulo Martins, O	ALIVE FITNESS CLUB	45:23.88	04:32	0:15:08
301	2811 Duarte Ribeiro, O	ALIVE FITNESS CLUB	45:24.11	04:32	0:15:08
302	1315 Andre Adriano Machado Sousa, O	micas	45:27.09	04:33	0:15:11
303	1926 S?gio Madureira Da Silva Cabral, O	Acdar	45:28.52	04:33	0:15:13
304	91 Rufino Freitas, O	BAZAR DESPORTIVO/ AFRIKANRUNNERS	45:28.53	04:33	0:15:13
305	1413 Telmo Jos?ara?o Cupertino Da Cunha, O	Birkenstock	45:31.91	04:33	0:15:16
306	1889 Paulo Da Silva Carneiro, O	OGADD	45:33.35	04:33	0:15:17
307	1959 Marco Paulo Sousa Andrade, O	Individual	45:33.48	04:33	0:15:17
308	2776 Joaquim Silva, O	LIBERDADE FUTEBOL CLUBE	45:33.60	04:33	0:15:18
309	2779 Carlos Guimar?es, O	LIBERDADE FUTEBOL CLUBE	45:35.66	04:34	0:15:20
310	2805 Rui Sousa, O	ALIVE FITNESS CLUB	45:36.91	04:34	0:15:21
311	2684 Daniel Oliveira, O	FAMA RUNNERS	45:40.18	04:34	0:15:24
312	1314 Davide Jorge Ribeiro Azevedo Silva, O	Individual	45:42.07	04:34	0:15:26
313	2339 Carlos Ricardo Macedo Rebelo, O	Bttcarreira	45:42.24	04:34	0:15:26
314	2320 Jorge Ferreira, O	Jer?imo	45:42.92	04:34	0:15:27
315	2392 C?ia Castro, A	Jer?imo	45:43.12	04:34	0:15:27
316	2315 Casimiro Costa Silva, O	solo	45:43.24	04:34	0:15:27
317	1663 Paulo Marques, O	Amigos Ponto Final	45:44.36	04:34	0:15:28
318	2618 Marcio Oliveira, O		45:45.58	04:35	0:15:30
319	1973 Tiago Sousa, O	Team Lantemil	45:48.09	04:35	0:15:32
320	1261 Jo? Pedro Correia Da Silva, O	FisioPedro	45:48.10	04:35	0:15:32
321	1597 Sergio Matos, O	Individual	45:48.67	04:35	0:15:33
322	1726 Pedro Andr?faria, O	Vimaranes Running Team	45:49.48	04:35	0:15:33

323	1933 Rui Manuel Rodrigues Magalhães, O		45:49.95	04:35	0:15:34
324	2270 Jorge Miguel Esteves Fontes, O		45:50.67	04:35	0:15:35
325	2685 Daniel Vieira, O	FAMA RUNNERS	45:51.81	04:35	0:15:36
326	2341 Joao Pedro De Carvalho Paredes, O		45:53.55	04:35	0:15:38
327	2276 Emanuel Costa, O	GTT - Armazém do Caff?	45:56.28	04:36	0:15:40
328	1355 Carlos Araujo, O	individual	45:56.50	04:36	0:15:41
329	1495 Joao Luis Azevedo Magalhaes, O		45:57.85	04:36	0:15:42
330	1533 Filipe Andrade, O	Taloxinhas	46:03.11	04:36	0:15:47
331	2089 Francisco Machado, O	Team FAMABIKE	46:03.90	04:36	0:15:48
332	2088 Liberto Pacheco Silva, O		46:03.98	04:36	0:15:48
333	1447 António Paulo Ribeiro Ferreira, O		46:05.68	04:37	0:15:50
334	50 Cristina Raquel Campos Oliveira, A	OUT RUNNING	46:06.11	04:37	0:15:50
335	93 Lino Marques, O	OUT RUNNING	46:06.58	04:37	0:15:51
336	2840 Nuno Maia, O		46:06.67	04:37	0:15:51
337	1528 Pedro Daniel Pinto Azevedo, O		46:07.29	04:37	0:15:51
338	2195 Rafael Machado, O	Befitness runners	46:08.56	04:37	0:15:53
339	2758 Vasco Amadeu P Silva Gonçalves, O	AMIGOS MOUTADOS	46:10.39	04:37	0:15:54
340	2185 André Costa, O	befitness runners	46:10.42	04:37	0:15:54
341	2653 Joaquim Oliveira, O		46:10.80	04:37	0:15:55
342	2752 Carlos Alberto P. Sousa, O	AMIGOS MOUTADOS	46:11.23	04:37	0:15:55
343	2720 Rogério Costa, O	FAMA RUNNERS	46:13.82	04:37	0:15:58
344	1981 Rafal Galvão, O	Vimaranes Runners	46:15.97	04:38	0:16:00
345	2431 Ivo Fernandes, O	Famabike	46:17.43	04:38	0:16:01
346	2177 José Magalhães, O	A. C. VERMOIM	46:17.59	04:38	0:16:02
347	1538 João Francisco Da Silva Oliveira, O	BTT Calendário	46:19.26	04:38	0:16:03
348	2623 José Gomes, O		46:20.02	04:38	0:16:04
349	1225 Helder Ribeiro, O	ARCABTT AGROLEMENHE	46:20.09	04:38	0:16:04
350	1529 Vitor Manuel Ferreira Coelho, O	Team Lantemil	46:20.75	04:38	0:16:05
351	1773 Manuel Rui Costa Alves, O	Afimdebtt	46:20.84	04:38	0:16:05
352	2260 José Santana, O	ARPO	46:27.93	04:39	0:16:12
353	2256 Paulo Rodrigues, O	ARPO	46:28.11	04:39	0:16:12
354	1849 Ricardo Luís Nicolau Oliveira, O	AD Esmeriz Running	46:29.37	04:39	0:16:13
355	2363 Ricardo Manuel Neves Pinto, O		46:30.53	04:39	0:16:15
356	1527 Manuel Couto, O		46:34.26	04:39	0:16:18
357	2909 Jose Neves, O	IESFAFE	46:34.68	04:39	0:16:19
358	1856 Filipe Miguel Ferreira Araújo, O		46:35.34	04:40	0:16:19
359	1928 João Paulo Dias Couto, O	VESPA RUNNERS	46:37.21	04:40	0:16:21
360	11 Pedro Filipe De Sguimarães Marinho, O	Nexplore - R'cu Douro Ultra Trail	46:38.22	04:40	0:16:22
361	2169 José Costa, O	A. C. VERMOIM	46:38.65	04:40	0:16:23
362	1914 Simão Pedro Dias Couto, O	Vespa Runners	46:38.82	04:40	0:16:23
363	1605 Vítor Hugo Pereira Ribeiro, O		46:40.08	04:40	0:16:24
364	1358 Nuno Carlos Azevedo Costa, O	Nuno Costa	46:40.10	04:40	0:16:24
365	1446 António Manuel Correia Canelas, O	Individual	46:40.54	04:40	0:16:25
366	2730 Sofia Figueiredo, A	FAMA RUNNERS	46:40.95	04:40	0:16:25
367	2049 Sara Lima, A	Gavionas	46:43.87	04:40	0:16:28
368	1233 César Duarte Pereira Quintas, O	Individual	46:45.14	04:41	0:16:29
369	2566 Rui Pedro Vale Simões, O	Seramente na boa	46:45.79	04:41	0:16:30
370	1246 Duarte Silva, O	Duarte Silva	46:48.62	04:41	0:16:33
371	2136 Miguel Barqueiro, O	Sunset Runners	46:49.64	04:41	0:16:34
372	2509 Ricardo José Duarte De Sousa, O	Twisted temple	46:49.88	04:41	0:16:34
373	1975 Eduardo Barbosa, O	Bota & Siga	46:52.51	04:41	0:16:37
374	1897 Fabio Manuel Costa Ferreira, O	Tartaruguinhas	46:52.51	04:41	0:16:37
375	1680 Elisabete Santos, A	Team Lantemil	46:54.24	04:41	0:16:38
376	2100 José Alberto Costa Mendonça, O	Fama Runners	46:55.45	04:42	0:16:39
377	1617 Gabriel Miranda, O	rumo aventura	46:57.72	04:42	0:16:42
378	2289 Fernando Azevedo, O	ARPO	46:59.55	04:42	0:16:44
379	2025 Sérgio Lopes, O		46:59.78	04:42	0:16:44
380	2528 Florencio Abilio Silva Azevedo, O	TOMATUBIKERS/TOYOTA MACEDO & MACEDO	47:01.90	04:42	0:16:46
381	2827 Vasco Ferrão Mendes, O		47:04.42	04:42	0:16:48
382	2254 Miguel Ângelo Do Couto Almeida Barbosa, O		47:05.23	04:43	0:16:49
383	1294 Vitor Alexandre Almeida Moreira, O	N? tenho equipa	47:05.55	04:43	0:16:50
384	2766 Adriano Pinto, O	FAMA RUNNERS	47:06.42	04:43	0:16:50
385	2370 Rui Paulo Oliveira Martins, O	Barbatana team	47:06.69	04:43	0:16:51
386	2767 Jose Pires Costa, O	FAMA RUNNERS	47:07.30	04:43	0:16:51
387	1424 João Paulo Fernandes Ribeiro, O	Aldea	47:08.71	04:43	0:16:53
388	1351 Ricardo Maia, O	Individual	47:11.32	04:43	0:16:55
389	2192 Carina Oliveira, A	Befitness runners	47:13.25	04:43	0:16:57
390	2536 Nuno Miguel Meahdo Felgueiras, O	os felinos	47:14.32	04:43	0:16:58
391	2224 Marlene Azevedo Da Silva Santos, A		47:14.34	04:43	0:16:58
392	2399 Eduardo Rodrigues, O	30Over30.org	47:16.26	04:44	0:17:00
393	2535 João Carlos De Abreu Lemos, O	os felinos	47:17.27	04:44	0:17:01
394	2000 Antonio Almeida, O	Individual	47:17.97	04:44	0:17:02
395	2193 Sara Ferreira, A	Befitness runners	47:18.46	04:44	0:17:02
396	1738 André Martins, O	G R COVENSE	47:18.47	04:44	0:17:02
397	1301 Joaquim Paulo Novais Cardoso, O	INDIVIDUAL	47:21.39	04:44	0:17:05
398	1694 Luis Miguel Amaro Lopes, O	BC Seguran?	47:21.73	04:44	0:17:06
399	2388 Nuno Dias, O	A. R. C. V. S. Cosme	47:22.20	04:44	0:17:06
400	2283 Sara Isabel Da Silva Ribeiro, A	ADECA/BEAT	47:22.59	04:44	0:17:07
401	1422 Filipe Miranda, O		47:22.97	04:44	0:17:07
402	1239 Ivo Pinto, O	Team Brex	47:23.79	04:44	0:17:08
403	2940 Herminia, A		47:24.85	04:44	0:17:09
404	1976 Carlos Ribeiro, O	Bota & Siga	47:26.55	04:45	0:17:11

405	2479	Alberto Filipe Abreu Da Silva, O	Amigos do prato	47:33.26	04:45	0:17:17
406	1876	Joaquim Pereira, O	roda dos ventos	47:33.27	04:45	0:17:17
407	2340	Aires Da Costa Oliveira, O	Associa?o moinho de vermoim	47:36.17	04:46	0:17:20
408	1906	Artur Jorge Gomes Vieira, O		47:41.29	04:46	0:17:25
409	1616	Nuno Gon?lo Tavares Senra, O	NAFVNF	47:41.76	04:46	0:17:26
410	1613	Martim Tom? Sampaio De Almeida, O	Almeida family	47:42.30	04:46	0:17:26
411	1777	Paulo S?gio Cunha Azevedo, O		47:42.76	04:46	0:17:27
412	2092	Diogo Aguiar, O		47:44.50	04:46	0:17:29
413	1433	V?or Manuel Da Costa Martins, O	Trofa	47:47.68	04:47	0:17:32
414	1960	Jo? Rui Carvalho Da Silva Guimar?s, O	Teambifana	47:48.17	04:47	0:17:32
415	1805	Filomena Adriana Silva Ara?o Salazar, A	Os Isabelinhas	47:49.13	04:47	0:17:33
416	1807	Carlos Manuel Sousa Carri?, O	Os Isabelinhas	47:49.81	04:47	0:17:34
417	2365	Susana Santos, A		47:50.86	04:47	0:17:35
418	2714	Nuno Oliveira, O	FAMA RUNNERS	47:52.19	04:47	0:17:36
419	2804	Tiago Ferreira, O	ALIVE FITNESS CLUB	47:53.55	04:47	0:17:38
420	1905	Jos?paulo Gon?lves Jord?, O	Guimar?s Running Team	47:54.24	04:47	0:17:38
421	2135	Jose Manuel Teixeira Do Amaral, O	Domoweb	47:54.85	04:47	0:17:39
422	1891	Susana Silva Rodrigues, A	Fafe runners	47:55.04	04:48	0:17:39
423	2679	Carlos Faria, O	FAMA RUNNERS	47:55.29	04:48	0:17:39
424	1665	Isaque Silva, O		47:56.06	04:48	0:17:40
425	1498	Nuno Miguel Meneses, O	NineTeam	47:56.43	04:48	0:17:40
426	2723	Rui Carvalho, O	FAMA RUNNERS	47:56.64	04:48	0:17:41
427	2304	Nuno Monteiro, O		47:57.05	04:48	0:17:41
428	2914	Carlos Leite, O	R/RONLINE	48:00.29	04:48	0:17:44
429	1405	Marta Raquel Santos Rocha, A	Papakilometros	48:02.02	04:48	0:17:46
430	1543	Andreia Pereira Ferreira, A	Individual	48:03.23	04:48	0:17:47
431	1346	?ngela Maria Martins De Abreu, A	ADECA/BEAT	48:03.37	04:48	0:17:47
432	2666	Artur Monteiro, O		48:03.88	04:48	0:17:48
433	2167	Francisco Miranda, O	A. C. VERMOIM	48:04.61	04:48	0:17:49
434	1708	Jean Christophe Barbosa Ferreira, O		48:05.21	04:49	0:17:49
435	1342	Rog?io Filipe Ferreira Da Silva, O	estalecas	48:06.60	04:49	0:17:51
436	2502	Emanuel Jos?magalh?s Ferreira, O	Vimarunners	48:08.17	04:49	0:17:52
437	2251	Vitor Silva, O		48:09.08	04:49	0:17:53
438	1322	Alfredo Jos?silva Azevedo, O	Individual	48:09.32	04:49	0:17:53
439	2174	Manuel Costa, O	A. C. VERMOIM	48:09.43	04:49	0:17:53
440	2501	Marco Pereira, O	Ferment?s	48:10.83	04:49	0:17:55
441	61	Camilo Couto, O	OUTRUNNER	48:10.84	04:49	0:17:55
442	2503	Carlos Ferreira, O	Ferment?s	48:10.93	04:49	0:17:55
443	2793	Flora Carvalho, A	FAMA RUNNERS	48:11.48	04:49	0:17:55
444	2238	Alvarino Azevedo Sampaio, O		48:11.57	04:49	0:17:56
445	1808	Maria Manuela Silva Freitas, A	Os Isabelinhas	48:12.18	04:49	0:17:56
446	1308	Francisco Manuel Silva Sampaio, O	Fisiopedro	48:12.77	04:49	0:17:57
447	2147	Joao Manuel Costa Santos, O		48:17.51	04:50	0:18:02
448	55	Joaquim Sim?es, O	Team Eug?ios	48:18.86	04:50	0:18:03
449	1387	Filipe Neves, O	Peter Kaiser	48:21.05	04:50	0:18:05
450	71	Joaquim Dinis, O	Os Santa Apolonia	48:21.90	04:50	0:18:06
451	2662	Artur Couto, O		48:23.27	04:50	0:18:07
452	1765	Rosendo Alexandre Fernandes Da Silva, O		48:23.46	04:50	0:18:07
453	1434	Ant?io Lima Teixeira Santos, O	n? tem	48:25.29	04:51	0:18:09
454	1627	Fernando Jorge Oliveira Pereira, O	NAFVNF	48:27.69	04:51	0:18:12
455	1790	Pedro Oliveira, O		48:27.91	04:51	0:18:12
456	1660	Joaquim Pinheiro, O	Amigos Ponto Final	48:29.42	04:51	0:18:13
457	16	Augusto Lima, O	GAVI?ES	48:30.78	04:51	0:18:15
458	1662	Manuel Silva, O	Amigos Ponto Final	48:31.76	04:51	0:18:16
459	2190	Paulo Morais, O	Befitness runners	48:34.73	04:51	0:18:19
460	1286	Nuno Miguel Silva Moreira, O	Moreira	48:37.53	04:52	0:18:22
461	1323	Bruno Rocha Pereira, O	Individual	48:39.15	04:52	0:18:23
462	2559	Hugo Xavier Machado De Castro, O		48:40.17	04:52	0:18:24
463	2255	Michael Alves Pereira, O		48:40.45	04:52	0:18:24
464	1601	Celina Maria Ferreira Da Silva, A	Figueiredo?s Runner?s and Friends	48:41.20	04:52	0:18:25
465	2078	Helder Melo, O	Individual	48:41.35	04:52	0:18:25
466	24	Augusto Mendes, O	GAVI?ES	48:42.41	04:52	0:18:26
467	1851	Rui Couto, O	moinhos d' aventura	48:42.71	04:52	0:18:27
468	2166	Jos?manuel Moreira Dias, O	Tugas	48:43.98	04:52	0:18:28
469	2589	Emanuel Freitas, O		48:45.08	04:53	0:18:29
470	2338	Lola Pereira, A	Por Joane	48:50.21	04:53	0:18:34
471	2334	Xavier Oliveira, O	Por Joane	48:52.15	04:53	0:18:36
472	1377	Sandra Castro, A	todossantos	48:52.19	04:53	0:18:36
473	1934	Pedro Coelho, O	vimaranes running team	48:53.84	04:53	0:18:38
474	1569	Lu? Filipe Fernandes Costa Melo, O	Joane Corre Corre	48:55.12	04:54	0:18:39
475	2799	Nuno Miguel Monteiro Cardoso, O		48:58.78	04:54	0:18:43
476	1507	Carlos Manuel Silva Ara?o, O	Devesa Runners	49:00.14	04:54	0:18:44
477	2239	Marco Azevedo, O		49:03.54	04:54	0:18:48
478	2165	Luiz Miguel De S?amaral, O	tugas	49:06.79	04:55	0:18:51
479	1633	Ruben Ara?o, O		49:08.82	04:55	0:18:53
480	2608	Antonio Jose Oliveira Ferreira, O	FITNESSUP GUIMAR?ES	49:10.15	04:55	0:18:54
481	1641	Sim? Padr?, O	Venha a Pr?ima!	49:10.47	04:55	0:18:54
482	2602	Rui Filipe De Sousa Moura Alves, O	FITNESSUP GUIMAR?ES	49:11.37	04:55	0:18:55
483	2737	Vitor Jo? Pereira, O	FAMA RUNNERS	49:11.97	04:55	0:18:56
484	2188	S?gio Duarte, O	Befitness runners	49:14.86	04:55	0:18:59
485	2196	Ricardo Carvalho, O	Befitness runners	49:15.54	04:56	0:19:00
486	2017	Nelson Daniel Paiva Pascoal, O		49:18.35	04:56	0:19:02

487	1284 Jos?ribeiro, O	individual	49:21.48	04:56	0:19:05
488	2921 Marcelo Ferreira, O		49:22.10	04:56	0:19:06
489	1407 Ricardo Nuno Palminha Guimar?s, O	n? tem	49:22.76	04:56	0:19:07
490	1391 Carlos Manuel Faria Moreira, O	Individual	49:24.12	04:56	0:19:08
491	1494 Luis Artur Rocha De Mesquita, O	Team sindeq	49:24.22	04:56	0:19:08
492	1532 V?or S?, O	Pr?cipe ? Correr	49:25.29	04:57	0:19:09
493	1899 Joaquim Manuel Pereira Oliveira, O		49:25.36	04:57	0:19:09
494	2427 Paulo S?gio Ribeiro Gomes, O	BTTCABECUDENSE/team solidario	49:30.52	04:57	0:19:15
495	2057 Miguel Alexandre Leite Santos, O	All Stars Runners	49:31.47	04:57	0:19:15
496	2133 Nelson Joaquim De S?ferreira, O	Domoweb	49:32.85	04:57	0:19:17
497	2137 Luis Miguel Barbosa Barreiro, O	Domoweb	49:33.70	04:57	0:19:18
498	1793 Emanuel Jos?marques De Pinho Gomes, O	Individual	49:33.71	04:57	0:19:18
499	1695 Patr?ia Raquel Da Costa Grilo, A		49:34.04	04:57	0:19:18
500	2146 Andre Filipe Ferreira Reis, O	Domoweb	49:34.76	04:57	0:19:19
501	1232 Manuel Lu? Castelo Branco Mendes Carvalho, O	Santander Totta	49:36.08	04:58	0:19:20
502	1833 Luis Miguel Sousa Pedro, O	Individual	49:37.54	04:58	0:19:22
503	57 Marlene Barbosa, A	OUTRUNNER	49:39.59	04:58	0:19:24
504	2112 S?gio Avelino Lopes Monteiro, O	TeamGinasioCorpos3	49:39.84	04:58	0:19:24
505	1222 Fernando Jorge Costa Freitas Francisco Ribeiro, O	Grupo Desportivo Santander Totta	49:40.85	04:58	0:19:25
506	2537 Jose Ribeiro Dias Sampaio, O	os felinos	49:42.00	04:58	0:19:26
507	1895 Artur Jorge Barbosa De Carvalho, O	Individual	49:42.01	04:58	0:19:26
508	40 Gentil Martins, O	OUT RUNNING	49:43.50	04:58	0:19:28
509	1271 Luis Coelho, O	Luis Coelho	49:45.67	04:59	0:19:30
510	2275 ?lvoro Ant?io Brand? Reis Da Silva, O	Barbatanas trail team	49:46.05	04:59	0:19:30
511	2798 Jo?o Paulo Ara?jo, O		49:46.65	04:59	0:19:31
512	2445 Catarina Conde, A	CF Jesu?as	49:50.06	04:59	0:19:34
513	1977 Nuno Ricardo Soares De S?m, O	Sulfato de Pe?a	49:50.74	04:59	0:19:35
514	2208 Ana Rita Mesquita Guimar?s?, A	Go-Fama	49:52.18	04:59	0:19:36
515	2607 Luis Manuel Faria Dos Santos, O	FITNESSUP GUIMAR?ES	49:52.66	04:59	0:19:37
516	1681 Gon?lo Coelho, O	Team Lantemil	49:53.01	04:59	0:19:37
517	2191 Helder Martins, O	Befitness runners	49:53.67	04:59	0:19:38
518	2151 Alexandre Oliveira, O		49:53.95	04:59	0:19:38
519	2367 Ricardo Emanuel Costa Fernandes, O	PAPA KM	49:53.96	04:59	0:19:38
520	2738 Vitor Teixeira, O	FAMA RUNNERS	49:54.58	04:59	0:19:39
521	2716 Paulo Pereira, O	FAMA RUNNERS	49:54.99	04:59	0:19:39
522	1244 Carlos Duarte Ara?o Fernandes, O	Trevo do Sucesso	49:56.41	05:00	0:19:40
523	2073 Helder Manuel Morais Pereira, O		49:58.71	05:00	0:19:43
524	1745 Tiago Augusto Fonseca Rego, O		49:59.17	05:00	0:19:43
525	2678 Carlos Esp?ito Santos, O	FAMA RUNNERS	50:02.83	05:00	0:19:47
526	1871 S?gio Manuel Azevedo Fernandes, O	ASSOCIA??O BTT 9:15 LOURO	50:02.85	05:00	0:19:47
527	2765 Paulo Pinto, O	MEDIUM	50:03.12	05:00	0:19:47
528	1862 D?ora Vilas Boas, A		50:03.19	05:00	0:19:47
529	1806 Paula Cristina Miranda Carvalho, A	Os Isabelinhas	50:06.20	05:01	0:19:50
530	1811 Rui Manuel Dia Faria, O	Os Isabelinhas	50:06.47	05:01	0:19:50
531	2279 Jo? Gon?lo Cunha Santos, O		50:06.94	05:01	0:19:51
532	2321 Manuel C Silva, O	Jer?imo	50:07.96	05:01	0:19:52
533	65 Antero Moreira, O	OUTRUNNER	50:08.55	05:01	0:19:53
534	2168 Joaquim Ferreira, O	A. C. VERMOIM	50:09.90	05:01	0:19:54
535	2128 Sandra Liliana Moreira Gomes, A		50:10.04	05:01	0:19:54
536	2619 Edgar Moreira, O		50:12.14	05:01	0:19:56
537	2789 Virginia Martins Santos, A		50:12.14	05:01	0:19:56
538	1795 Sebasti?o Manuel Leit?o Pereira, O		50:12.53	05:01	0:19:57
539	1513 Ricardo Santos, O	Sebasti? come tudo	50:18.26	05:02	0:20:02
540	2460 Andr?filipe Do Amaral Fernandes Da Silva, O		50:20.01	05:02	0:20:04
541	2044 Sandra Silva, A	Befitness runners	50:23.16	05:02	0:20:07
542	1639 H?der Marinho, O	Amigos do Pedal	50:23.64	05:02	0:20:08
543	1598 Ricardo Moreira, O	Atalanta Runners	50:25.46	05:03	0:20:09
544	1716 Tiago Filipe Oliveira Ara?o, O	Team lantemil	50:27.44	05:03	0:20:11
545	1502 Jo? Augusto Da Silva Rodrigues, O		50:28.18	05:03	0:20:12
546	2635 Rui Ferreira, O		50:28.53	05:03	0:20:13
547	66 Rodrigo Silva, O	OUTRUNNER	50:29.28	05:03	0:20:13
548	2314 H?der Maximino Couto Barbosa, O		50:30.51	05:03	0:20:15
549	1313 Ivo Daniel Azevedo Sampaio, O	Individual	50:30.97	05:03	0:20:15
550	2582 Hugo Peixoto, O	Evolution Trail Team	50:30.97	05:03	0:20:15
551	1987 Fernando Carlos Moreira Ramos, O		50:31.32	05:03	0:20:15
552	1305 Pedro Ribeiro, O	Individual	50:31.35	05:03	0:20:15
553	1986 Ana Lu?a Ferreira Patricio, A		50:31.96	05:03	0:20:16
554	2816 Rui Fernandes Tavares, O	ALIVE FITNESS CLUB	50:31.97	05:03	0:20:16
555	2822 Diogo Vieira, O	FAMA RUNNERS	50:34.88	05:03	0:20:19
556	1779 Ricardo Filipe Magalh?s Azevedo, O		50:36.96	05:04	0:20:21
557	1240 Bruno Barbosa, O	NORCANA RUNNING	50:37.67	05:04	0:20:22
558	1719 Jose Manuel Meireles Vila Cova, O		50:39.76	05:04	0:20:24
559	1375 Paulo Jorge Costa Cardoso, O	ADCCA	50:41.79	05:04	0:20:26
560	2372 S?gio Leit? De Faria, O	Famabike	50:43.88	05:04	0:20:28
561	1348 Hugo Ricardo Alves Sampaio, O	Habcarpintaria	50:44.38	05:04	0:20:28
562	95 Daniel Grenha Fonseca, O	OUT RUNNING	50:45.44	05:05	0:20:29
563	2266 Lino M. Pinto, O	ARPO	50:48.84	05:05	0:20:33
564	2069 Ant?io Vale Lima, O	Bosch	50:49.03	05:05	0:20:33
565	2688 Eduardo F?ix, O	FAMA RUNNERS	50:49.82	05:05	0:20:34
566	1816 Joel Barbosa, O	casais a correr	50:51.90	05:05	0:20:36
567	1852 Franco Costa, O		50:53.43	05:05	0:20:37
568	2222 Alex Marques, O	Vespa Runners	50:57.62	05:06	0:20:42

569	1829 C?dido V?or Costa Machado, O	sem equipa	50:57.76	05:06	0:20:42
570	2343 Pedro Sousa, O	VEGA TEAM	50:58.24	05:06	0:20:42
571	1289 Jorge Miguel Silva Correia, O	Choco Team	50:58.62	05:06	0:20:43
572	1450 Ant?io Filipe Freitas Carvalho, O		51:00.42	05:06	0:20:44
573	1927 Luis Filipe Pacheco Fernandes Guimaraes, O	Vimaranes Running Team	51:01.18	05:06	0:20:45
574	1823 Vitor Silva, O		51:01.91	05:06	0:20:46
575	1497 Manuel Jos?antunes Victoriano, O	Sanday btt	51:02.10	05:06	0:20:46
576	1328 Jose Oliveira, O	individual	51:02.98	05:06	0:20:47
577	2108 Jorge Moreira, O		51:06.05	05:07	0:20:50
578	1501 Paulo Tinoco, O	individual	51:06.15	05:07	0:20:50
579	1629 Paula Cristina Veloso S?f, A	online team	51:06.44	05:07	0:20:50
580	53 Sim?o Dias, O	online team	51:06.53	05:07	0:20:51
581	2498 Vitor Daniel Martins Ferreira, O		51:09.19	05:07	0:20:53
582	2413 Jo? Carlos Pinheiro Rodrigues, O	Lun?icos	51:09.19	05:07	0:20:53
583	2505 Pedro Miguel Azevedo Sousa Melo, O	companhia bazofias	51:09.23	05:07	0:20:53
584	2543 Maria Silva, A	IND	51:09.60	05:07	0:20:54
585	2740 Miguel Ara?o, O	FAMA RUNNERS	51:11.06	05:07	0:20:55
586	2236 Ant?io Fonseca, O	individual	51:12.35	05:07	0:20:56
587	2401 Joaquim Filipe Soares, O		51:12.45	05:07	0:20:56
588	2826 Vasco Mendes, O		51:12.71	05:07	0:20:57
589	98 Tiago Moreira, O		51:14.31	05:07	0:20:58
590	1744 Ant?io Ferreira, O	A.C.Vermoim	51:14.33	05:07	0:20:58
591	1625 Sim? Pedro Silva Crespo, O		51:14.70	05:07	0:20:59
592	1277 Rui Emanuel Costa Azevedo, O		51:16.87	05:08	0:21:01
593	2729 Sofia Bernardo, A	FAMA RUNNERS	51:18.89	05:08	0:21:03
594	1939 Helena Maria Rodrigues Ferreira, A		51:20.34	05:08	0:21:04
595	1865 S?gio Pereira, O	Lentinhos	51:20.96	05:08	0:21:05
596	1591 Antonio Augusto Ara?o Gomes, O		51:21.51	05:08	0:21:06
597	2488 Artur Agostinho Freitas Mendes Oliveira, O	Individual	51:21.64	05:08	0:21:06
598	2476 Jose Pedro Malvar, O	FCPORTO	51:22.17	05:08	0:21:06
599	1421 Carlos Miguel Rocha Fernandes, O	C.R. Team	51:22.42	05:08	0:21:06
600	2474 Tiago Couto, O	FCPORTO	51:22.43	05:08	0:21:06
601	1435 Marina Raquel Barbosa Martins, A		51:22.84	05:08	0:21:07
602	2839 Gilberto Enes, O		51:23.50	05:08	0:21:08
603	1948 Helder Castro Cardoso Costa, O		51:24.41	05:08	0:21:08
604	2686 David Dewasmes, O	FAMA RUNNERS	51:25.68	05:09	0:21:10
605	2924 Jos?constantino Sousa, O		51:26.15	05:09	0:21:10
606	2046 Carlos Alberto Oliveira Da Silva, O	ACDAR ao Pedal	51:26.81	05:09	0:21:11
607	69 Cristina Simoes, A	FISIOJOANE	51:28.64	05:09	0:21:13
608	2004 Rui Russo Dos Santos, O	Porto Runners	51:29.23	05:09	0:21:13
609	2034 Alcides Rodrigues, O		51:29.76	05:09	0:21:14
610	2145 L?ia Isabel Teixeira Lemos, A	CTM Vila Pouca	51:30.21	05:09	0:21:14
611	2428 Cristina Miranda, A	CF Jesu?as	51:30.52	05:09	0:21:15
612	2771 Ricardo Os?rio, O	INDIVIDUAL	51:30.56	05:09	0:21:15
613	1608 Lu?a Azevedo, A	Team Lantemil	51:31.20	05:09	0:21:15
614	2348 Agostinho Pereira E Sousa, O		51:31.57	05:09	0:21:16
615	2093 Jos?manuel Faia Lima, O		51:31.60	05:09	0:21:16
616	1247 Bruno Moreira, O	nucleo arbitros famalicao	51:32.94	05:09	0:21:17
617	1820 Jose Carlos Gomes Tinoco, O	navn?f	51:33.75	05:09	0:21:18
618	2394 Alberto Manuel Nogueira C?ar, O		51:33.96	05:09	0:21:18
619	2905 Ze Miguel, O	IESFAFE	51:34.08	05:09	0:21:18
620	2819 Francisco Andr?ferreira Da Silva, O		51:34.47	05:09	0:21:18
621	1378 Francisco Jos?da Silva Santos, O	Casa do Porto de V. N. Famalicao	51:35.99	05:10	0:21:20
622	2700 Jos?pedro Ferreira, O	FAMA RUNNERS	51:36.07	05:10	0:21:20
623	1595 Andr?oliveira, O	Fordfamalicao	51:36.34	05:10	0:21:20
624	51 Catarina Cordeiro, A		51:37.52	05:10	0:21:22
625	2659 Paula Couto, A		51:38.52	05:10	0:21:23
626	1549 Paulo Reis, O	escola atletismo rosa oliveira	51:39.39	05:10	0:21:23
627	48 Ines Machado Ruivo, A	AMIGOS DO PEDAL	51:40.65	05:10	0:21:25
628	1901 Helder Filipe Barbosa Gon?lves, O		51:41.56	05:10	0:21:26
629	2493 Joaquim Carvalho, O	CELTIC CHALLENGE CREW	51:43.75	05:10	0:21:28
630	2080 Vitor Manuel Silva Marques, O	G D Banco BPI	51:44.79	05:10	0:21:29
631	1910 Nelson Il?io Ribeiro Vila?, O	Tartaruguinhas	51:44.97	05:10	0:21:29
632	2734 Vali Ribeiro, O	FAMA RUNNERS	51:45.72	05:11	0:21:30
633	1580 Armindo Manuel Lopes Fernandes, O	individual	51:48.33	05:11	0:21:32
634	1866 Adelino Lopes Fernandes, O		51:48.92	05:11	0:21:33
635	1746 Jo? De Oliveira Machado, O	Squadra Di Potenza	51:51.54	05:11	0:21:36
636	1473 Ricardo Lima, O		51:51.61	05:11	0:21:36
637	1677 Renato Alexandre Gomes Ferreira, O		51:52.29	05:11	0:21:36
638	2797 Rui Ribeiro, O	FAMA RUNNERS	51:52.43	05:11	0:21:36
639	2267 Hugo Fernando Rocha Ribeiro, O	Barbatana Trail Team	51:53.84	05:11	0:21:38
640	2958 Filipe Machado, O		51:54.07	05:11	0:21:38
641	1419 Pedro Miguel Pereira De Almeida, O		51:54.83	05:11	0:21:39
642	1762 Maria Elisa Moreira Borges Da Cruz, A	AMIGOS PONTO FINAL	51:58.08	05:12	0:21:42
643	1945 Jos?ant?io Peixoto, O	Guimarunning Moscada	52:00.31	05:12	0:21:44
644	1479 Jose Azevedo Carvalho, O	Rumo Aventura	52:00.47	05:12	0:21:44
645	1936 Gentil Mendes, O	Guimarunning Moscada	52:01.41	05:12	0:21:45
646	2704 Manuel Costa E S?m, O	FAMA RUNNERS	52:02.46	05:12	0:21:46
647	1826 Francisco Nuno Rodrigues Pereira, O	CalcandoPedal	52:02.79	05:12	0:21:47
648	2235 Miguel Augusto Barbosa Da Costa, O		52:02.83	05:12	0:21:47
649	2391 Pedro Miguel Rodrigues Sousa, O	farmacia marinho	52:03.95	05:12	0:21:48
650	1398 Helder Martinho Pereira Ferreira, O	Individual	52:04.60	05:12	0:21:49

651	1846	Marco A. Costa, O	Team Lantemil	52:04.62	05:12	0:21:49
652	2253	Rui Jorge Fontes Costa, O	A.Cu.R.A. 4 Trail	52:05.13	05:13	0:21:49
653	2013	Viriato Mendes, O	Conde Running	52:08.01	05:13	0:21:52
654	2060	V?ia Barbosa, A	Clube os 5 ?Hora	52:08.92	05:13	0:21:53
655	1562	Pedro Rocha, O	individual	52:10.00	05:13	0:21:54
656	2058	Filipe Cunha, O	Clube os 5 ?Hora	52:10.63	05:13	0:21:55
657	2043	Helena Castro, A	Befitness runners	52:16.28	05:14	0:22:00
658	1704	Aldina Alexandra Costa Da Silva, A	Fam?ia Silva	52:17.05	05:14	0:22:01
659	1706	Francisco Manuel Costa Silva, O	Fam?ia Silva	52:18.04	05:14	0:22:02
660	1703	Jos?azevedo Silva, O	Fam?ia Silva	52:18.53	05:14	0:22:03
661	2578	Pedro Manuel Ad? Martins, O		52:18.89	05:14	0:22:03
662	39	M?rcia Ivone Machado Junqueira, A	OUT RUNNING	52:18.90	05:14	0:22:03
663	2690	Filipe Oliveira, O	FAMA RUNNERS	52:19.51	05:14	0:22:04
664	2194	Mar?ia Pereira, A	Befitness runners	52:21.44	05:14	0:22:05
665	1720	Elisabete Costa, A	Online Team	52:21.51	05:14	0:22:06
666	1935	Lara Beatriz Azevedo Matos, A	Online Team	52:24.20	05:14	0:22:08
667	2801	Luis S?m, O	ALIVE FITNESS CLUB	52:25.18	05:15	0:22:09
668	2344	Jonathan Peliteiro, O	VEGA TEAM	52:27.17	05:15	0:22:11
669	47	Ana F. Machado Ruivo, A	AMIGOS DO PEDAL	52:28.11	05:15	0:22:12
670	68	Sandra Oliveira, A	FISIOJOANE	52:29.76	05:15	0:22:14
671	2408	Francisco Oliveira, O		52:30.87	05:15	0:22:15
672	2120	Antonio Gon?alves (toze), O		52:32.97	05:15	0:22:17
673	2098	Hugo Silva, O	Individual	52:36.62	05:16	0:22:21
674	2828	Ant?nio Ferr?o Mendes, O		52:38.22	05:16	0:22:22
675	1768	Pedro Fernandes, O	AGmassagens / Collux	52:38.59	05:16	0:22:23
676	1489	Andr?nuno Da Rocha Oliveira, O	AdP - Amigos do Pedal	52:39.33	05:16	0:22:23
677	1908	Rui Abilio Moreira Alves, O	Amigos do Pedal	52:39.53	05:16	0:22:24
678	1465	Rui Azevedo, O	Amigos do Pedal	52:41.77	05:16	0:22:26
679	1506	Teresa Mariana S?pinto Carneiro, A		52:42.03	05:16	0:22:26
680	2106	Jorge Filipe Faria Maia, O		52:43.27	05:16	0:22:27
681	2376	Nelson Rafael Barbosa De Ara?o, O	Bodyline Team	52:44.87	05:16	0:22:29
682	2215	Fernando Manuel Camacho Gon?lves, O		52:45.10	05:17	0:22:29
683	2345	Lino Manuel Serra Maia, O	SerraMaia	52:46.30	05:17	0:22:30
684	1584	Joaquim Ferreira, O	ESCALAFISCAL	52:49.09	05:17	0:22:33
685	2091	Lucas Vilela, O	Individual	52:49.72	05:17	0:22:34
686	1547	Silvia Oliveira, A	escola atletismo rosa oliveira	52:50.55	05:17	0:22:35
687	2059	Ricardo Oliveira, O	Clube os 5 ?Hora	52:51.14	05:17	0:22:35
688	1548	Luis Faria, O	escola atletismo rosa oliveira	52:52.35	05:17	0:22:36
689	1280	Ra? Oliveira, O	Bosch CM	52:53.21	05:17	0:22:37
690	2066	Jos?duarte Silva Faria, O		52:54.58	05:17	0:22:39
691	2539	Nelson Oliveira, O		52:56.07	05:18	0:22:40
692	1748	Ricardo Navio, O	TEAMUP	52:56.38	05:18	0:22:40
693	1230	Sara Filipa Fernandes Machado, A	Rio Running	52:56.81	05:18	0:22:41
694	1957	S?gio Lino Campos, O	EIDH Running	52:59.99	05:18	0:22:44
695	1974	David Silva Rebelo, O	Os Rebelos	53:02.16	05:18	0:22:46
696	2954	Vitor Fernandes, O		53:02.82	05:18	0:22:47
697	2016	Renato Seara Carneiro, O		53:05.41	05:19	0:22:49
698	1750	Cecilia Andreia Gon?lves Vieira, A	Bikemaniam Familic?	53:08.51	05:19	0:22:53
699	1956	Nuno Miguel Gon?lves Fernandes, O		53:08.60	05:19	0:22:53
700	1567	Filipa Moura, A	escola atletismo rosa oliveira	53:09.08	05:19	0:22:53
701	1272	Jorge Lu? Mendes Oliveira, O	Arca btt Agrolemenhe	53:11.13	05:19	0:22:55
702	2424	Diogo Manuel Abreu, O		53:11.77	05:19	0:22:56
703	2423	Maria Francisca Fernandes, A		53:12.80	05:19	0:22:57
704	2409	Lascasas j.c., A		53:16.04	05:20	0:23:00
705	2407	Nuno Fernando Soares Da Rocha, O		53:16.30	05:20	0:23:00
706	1484	Gon?lo Leite, O		53:17.10	05:20	0:23:01
707	1571	Marta Andreia Oliveira, A	Nineteam	53:19.16	05:20	0:23:03
708	1941	Paulo Manuel Silva Gon?lves, O		53:20.55	05:20	0:23:05
709	1781	M?io Arlindo, O	Individual	53:20.68	05:20	0:23:05
710	1760	David Oliveira, O		53:20.81	05:20	0:23:05
711	2005	Carla Filipa Da Silva Alves, A		53:20.83	05:20	0:23:05
712	1920	Carla Marina Vilas Boas, A	Individual	53:21.06	05:20	0:23:05
713	1755	Carlos Carvalho, O		53:23.09	05:20	0:23:07
714	2079	Carlos Pereira, O		53:25.36	05:21	0:23:09
715	2495	Joana Correia, A	SimbaTeam	53:26.16	05:21	0:23:10
716	1611	Filipe Moreira, O		53:27.30	05:21	0:23:11
717	2124	Alexandra Ferreira, A		53:27.85	05:21	0:23:12
718	2115	Marta Isabel Pereira Silva, A	TeamGinasioCorpos3	53:28.12	05:21	0:23:12
719	1818	Bruno Miguel Costa Marques, O		53:28.75	05:21	0:23:13
720	1854	Larissa Polak, A	Devesa Runners	53:29.12	05:21	0:23:13
721	1853	Bruno Leita?o, O	Devesa Runners	53:29.32	05:21	0:23:13
722	2452	Isabel Sofia De C. C. Meneses/ Carmen Santos Lima, A		53:30.19	05:21	0:23:14
723	2448	Miguel ?ngelo Trindade Loureiro, O		53:31.17	05:21	0:23:15
724	1321	Lu? Mateus Gomes Da Costa Faia, O	Nata?o Familic?	53:32.03	05:21	0:23:16
725	2300	Margarida Passos Cunha, A	Jer?imo	53:33.61	05:21	0:23:18
726	2709	Mar?ia Vieira, A	FAMA RUNNERS	53:34.81	05:21	0:23:19
727	2318	Miguel Mota Leite, O	Jer?imo	53:36.30	05:22	0:23:20
728	2577	Sergio Filipe Costa Oliveira, O		53:36.89	05:22	0:23:21
729	2823	Jose Carneiro, O	FAMA RUNNERS	53:36.93	05:22	0:23:21
730	1480	Diamantino Costa S?, O	Arrasta o P?	53:37.78	05:22	0:23:22
731	1924	Alda Cardoso Afonso, A		53:37.84	05:22	0:23:22
732	2710	Miguel Carneiro, O	FAMA RUNNERS	53:38.42	05:22	0:23:22

733	1884	Maria Alexandra Soares Catarino, A		53:39.19	05:22	0:23:23
734	1345	Miguel Angelo Moreira Mendes, O	Individual	53:40.09	05:22	0:23:24
735	2127	Jo? Manuel Das Neves Soares, O	BOSCH	53:40.81	05:22	0:23:25
736	1761	Luis Miguel Pereira Costa, O	n? tem	53:40.89	05:22	0:23:25
737	2480	Joaquim Leite, O	Amigos do prato	53:43.31	05:22	0:23:27
738	2530	Manuel Matos, O	NBA Barrosas	53:45.42	05:23	0:23:29
739	1902	Angela Rita Costa Salgado, A		53:45.65	05:23	0:23:30
740	2698	Jorge Vale, O	FAMA RUNNERS	53:45.87	05:23	0:23:30
741	2660	Sandra Santos, A		53:46.39	05:23	0:23:30
742	2532	T?ia Ribeiro, A	NBA Barrosas	53:46.40	05:23	0:23:30
743	2286	Renato Martins Carneiro, O		53:46.49	05:23	0:23:30
744	2661	Bruno Saldanha, O		53:46.92	05:23	0:23:31
745	2835	Noel Freitas, O	VAMOS AJUDAR O AFONSO	53:48.64	05:23	0:23:33
746	43	Nuno Ferreira, O	OUTRUNNER	53:49.06	05:23	0:23:33
747	1575	Jos?carlos Rebelo Vila?, O		53:49.96	05:23	0:23:34
748	2707	Manuel Veloso, O	FAMA RUNNERS	53:50.86	05:23	0:23:35
749	1643	Bruno Daniel Vicente Grilo, O		53:51.75	05:23	0:23:36
750	2221	Rui Oliveira, O		53:52.17	05:23	0:23:36
751	1427	Casimiro Carvalho Da Cunha, O		53:54.20	05:23	0:23:38
752	1932	Ana Patr?ia Moreira Ricardo, A		53:55.01	05:24	0:23:39
753	1794	Marta Sofia Lemos Da Fonseca, A		53:55.42	05:24	0:23:39
754	2248	Alexandre Rodrigues, O		53:55.45	05:24	0:23:39
755	2665	Vitor Gomes, O		53:57.13	05:24	0:23:41
756	2497	Miguel Machado, O		53:57.66	05:24	0:23:42
757	2362	Tiago Alexandre Costa Fernandes, O	Individual	53:58.09	05:24	0:23:42
758	2154	Pedro Monteiro, O	Amazingym	53:58.83	05:24	0:23:43
759	2240	Ant?io Sergio Moreira Costa, O		53:58.84	05:24	0:23:43
760	1904	Nuno Miguel Carvalho De Araujo, O		53:59.39	05:24	0:23:43
761	1857	Sergio Andrade, O		54:00.64	05:24	0:23:45
762	2482	Paulo Alexandre Rodrigues De Oliveira, O	Individual	54:01.85	05:24	0:23:46
763	1631	Fernando Fernandes Moreira, O	Clube BTT Famalic?	54:02.00	05:24	0:23:46
764	1686	Manuel Jose Silva Ferreira, O		54:05.52	05:25	0:23:50
765	2471	Sofia Ferreira, A		54:07.11	05:25	0:23:51
766	2295	Alice Maria Marques Vila?, A	Os Meias	54:07.35	05:25	0:23:51
767	1868	Lu? Miguel Teixeira Fernandes, O		54:08.15	05:25	0:23:52
768	1740	Sofia Lopes, A	B life Outdoor team	54:09.46	05:25	0:23:53
769	2064	Ricardo Manuel Marques Vila?, O	Os Meias	54:10.78	05:25	0:23:55
770	2569	Pedro Rafael Pinheiro Fernandes, O		54:12.59	05:25	0:23:57
771	2398	Luis Serra, O		54:12.59	05:25	0:23:57
772	2518	Rosa Sampaio, A	NBA Barrosas	54:12.60	05:25	0:23:57
773	2754	Helio Joaquim C. M. Machado, O	AMIGOS MOUTADOS	54:12.74	05:25	0:23:57
774	2327	Jos?moreira, O	Por Joane	54:14.75	05:25	0:23:59
775	1691	Nuno Fernandes, O	Rise and rise again	54:16.82	05:26	0:24:01
776	2328	S?gio Lopes, O	po	54:16.89	05:26	0:24:01
777	2038	Arlindo Jos?lima Barros, O		54:16.90	05:26	0:24:01
778	2326	Berto Machado, O	Por Joane	54:16.93	05:26	0:24:01
779	2332	T?machado, O	Por Joane	54:17.28	05:26	0:24:01
780	2336	Paulo Saldanha, O	Por Joane	54:17.66	05:26	0:24:02
781	2337	Helena Gomes, A	Por Joane	54:17.91	05:26	0:24:02
782	2786	Antonio Luis Guedes, O	POR JOANE	54:18.43	05:26	0:24:02
783	2330	N?machado, O	por	54:19.44	05:26	0:24:03
784	2722	Rosa Vilhena, A	FAMA RUNNERS	54:22.70	05:26	0:24:07
785	2316	Jose Luis Costa Moreira, O	loja staff	54:23.91	05:26	0:24:08
786	2160	Filipe Magalhaes, O	run4	54:24.80	05:26	0:24:09
787	2712	Nat?ia Santos, A	FAMA RUNNERS	54:31.01	05:27	0:24:15
788	2813	Manuel Martins, O	ALIVE FITNESS CLUB	54:31.34	05:27	0:24:15
789	2702	Leonilda Magalh?s, A	FAMA RUNNERS	54:33.41	05:27	0:24:17
790	1682	Jos?miguel Dinis Ferreira Silva, O	Minho Aventura	54:36.37	05:28	0:24:20
791	1903	Cesar Gomes, O	PM Bikers	54:38.05	05:28	0:24:22
792	10	Filipe Pereira, O		54:38.49	05:28	0:24:22
793	1683	Ana Helena Cardoso Carneiro, A	Minho Aventura	54:38.66	05:28	0:24:23
794	2927	Jo?o Ramalho, O		54:39.20	05:28	0:24:23
795	1455	Vasco Guimar?s, O	Casas da Li	54:40.57	05:28	0:24:25
796	1356	Helder Sim? Abreu Da Silva, O	SlowMotion	54:41.10	05:28	0:24:25
797	46	Paulo Machado Ruivo, O	AMIGOS DO PEDAL	54:42.91	05:28	0:24:27
798	1274	Jose Aramando Martins Alves, O	A.Cu.R.A BTT	54:44.17	05:28	0:24:28
799	1709	Jos?luis Caldas Ribeiro Ferreira Da Costa, O	Tomatubikers - Toyota Macedo & Macedo	54:44.64	05:28	0:24:29
800	2647	Joao Lima, O		54:44.65	05:28	0:24:29
801	1632	Pedro Miguel Carvalho Moreira, O	Agencia Moreira	54:45.27	05:29	0:24:29
802	2130	Jos?lu? Gomes De Sousa, O		54:45.38	05:29	0:24:29
803	2455	Fernando Lopes, O	Biclasfriends	54:46.17	05:29	0:24:30
804	2646	Helder Santos, O		54:46.23	05:29	0:24:30
805	1764	Samuel Jos?costa Marques, O	ARCA BTT	54:47.56	05:29	0:24:32
806	64	Francisco Silva, O	OUTRUNNER	54:47.86	05:29	0:24:32
807	2795	Rogério S?, O	FAMA RUNNERS	54:48.16	05:29	0:24:32
808	2654	Jose Brandao, O		54:48.17	05:29	0:24:32
809	1234	Luis Ramos, O	LR	54:48.53	05:29	0:24:33
810	1535	Fernando Jos?da Silva E Sa, O	BIKEMANIA	54:49.02	05:29	0:24:33
811	2450	Jos?pedro Ferreira, O	CF Jesu?as	54:49.21	05:29	0:24:33
812	1517	Anabela Silva, A	escola atletismo rosa oliveira	54:51.39	05:29	0:24:35
813	2421	Fernando Jorge Ferreira Barbosa, O	masculino	54:52.79	05:29	0:24:37
814	1689	Fernando Simoes, O	escola atletismo rosa oliveira	54:53.09	05:29	0:24:37

815	2418 Jorge Fernando Fontes Ferreira, O	masculino	54:53.43	05:29	0:24:37
816	1390 Maria Adelaide Sousa Alves, A	BikeMania	54:53.80	05:29	0:24:38
817	2378 Rui Sengo, O	Bomtempo Teixeira	54:53.83	05:29	0:24:38
818	2324 Carla Bernardo, A	FAMA RUNNERS	54:56.03	05:30	0:24:40
819	1339 ?ngelo Daniel Pinto Magalh?s, O	?	55:00.79	05:30	0:24:45
820	2056 Cristina Manuela Ara?jo Santos, A		55:00.94	05:30	0:24:45
821	1445 Filipa Alexandra Ferreira Mendes, A	Casa F. C. Porto de V. N. Famalicao	55:01.76	05:30	0:24:46
822	1381 Paulo Da Costa Gomes De Magalh?s, O	ADECA/BEAT	55:02.66	05:30	0:24:47
823	2833 Cesar Costa, O	VAMOS AJUDAR O AFONSO	55:03.18	05:30	0:24:47
824	2047 Ant?io Joaquim Carvalho Valinhas, O	ACDAR ao Pedal	55:03.23	05:30	0:24:47
825	1482 Ant?io Jos?da Silva Costa, O	Fitness	55:03.59	05:30	0:24:48
826	1483 Bruno Miguel Sousa Oliveira, O	fitness	55:04.21	05:30	0:24:48
827	2652 Susana Fernandes, A		55:07.46	05:31	0:24:51
828	1354 Pedro Miguel Martins Dinis, O	SlowMotion	55:11.03	05:31	0:24:55
829	2538 Teresa Macedo Faria, A	os felinos	55:12.29	05:31	0:24:56
830	2313 Jo? Da Cunha Santos, O		55:12.58	05:31	0:24:57
831	2002 Joaquim Vilas Boas, O		55:12.95	05:31	0:24:57
832	2400 Andr?rodrigues, O	30Over30.org	55:14.80	05:31	0:24:59
833	2843 Ana Margarida Monteiro, A	MEDIUM	55:17.64	05:32	0:25:02
834	2844 Miguel Marques, O	MEDIUM	55:17.65	05:32	0:25:02
835	2478 Daniel Alexandre Silva Ferreira, O		55:17.99	05:32	0:25:02
836	2342 Nuno Oliveira, O	VEGA TEAM	55:19.71	05:32	0:25:04
837	2485 Jo? Paulo Andrade Carvalho, O	LUSOS XXI	55:20.24	05:32	0:25:04
838	2717 Pedro Santos, O	FAMA RUNNERS	55:22.89	05:32	0:25:07
839	2030 Susana Alexandra Azevedo Pinheiro, A	Team Lantemil	55:23.51	05:32	0:25:08
840	2943 Luis Miguel Veloso, O		55:24.31	05:32	0:25:08
841	2358 Isabel Alves, A	Movimento de Juventude de Merelim	55:25.54	05:33	0:25:10
842	1844 Grace Kelly Pinto, A	Yoga Run	55:25.84	05:33	0:25:10
843	1929 Paulo Alexandre Freitas Jorge, O	MAIA A.C.	55:26.79	05:33	0:25:11
844	2919 Madalena Silva, A	R/ROLINE	55:27.14	05:33	0:25:11
845	2902 Joana Melo, A	IESFAFE	55:27.15	05:33	0:25:11
846	1743 Adriana Alves Barbosa Mirra, A		55:27.69	05:33	0:25:12
847	2918 Nicole Machado, A	R/ROLINE	55:28.45	05:33	0:25:12
848	2246 Jo? Pedro Oliveira Novais, O		55:29.17	05:33	0:25:13
849	1338 Maria De Fatima Da Silva Costa, A	?	55:29.64	05:33	0:25:14
850	2802 Ana Rocha Gon?lves, A	ALIVE FITNESS CLUB	55:34.04	05:33	0:25:18
851	2904 Jo?o Paulo, O	IESFAFE	55:34.59	05:33	0:25:19
852	2312 Jos?manuel Ara?o Soares, O		55:35.06	05:34	0:25:19
853	1979 Bernardo Carvalho, O	Amigos do Pedal	55:35.90	05:34	0:25:20
854	1788 Bruno Manuel Peixoto De S?m, O	Solo	55:36.55	05:34	0:25:21
855	1978 Francisco Carvalho, O	Amigos do Pedal	55:36.72	05:34	0:25:21
856	2697 Jo? Tiago Azevedo, O	FAMA RUNNERS	55:37.22	05:34	0:25:21
857	2699 Jos?figueiredo, O	FAMA RUNNERS	55:38.76	05:34	0:25:23
858	1838 Marco Andr?da Silva Carvalho, O		55:39.96	05:34	0:25:24
859	1813 Ricardo Gon?lves, O		55:43.63	05:34	0:25:28
860	2663 Jose Raul Tavares, O		55:44.53	05:34	0:25:29
861	2664 Cesar Mendes, O		55:46.27	05:35	0:25:30
862	2113 Pedro Manuel Silva, O		55:46.76	05:35	0:25:31
863	2956 Manuel Rui Costa Alves, O		55:48.23	05:35	0:25:32
864	2632 Gabriel Veloso, O		55:48.51	05:35	0:25:33
865	2019 Hugo Manuel Gomes Azevedo, O		55:48.62	05:35	0:25:33
866	2412 Ricardo Bruno Da Costa Oliveira, O	Lun?icos	55:48.80	05:35	0:25:33
867	1725 Filipa Adriana Carvalho, A	AD Esmeriz Running	55:49.56	05:35	0:25:34
868	2229 Joana Cristina Pereira Barbosa, A	AD Esmeriz Running	55:50.31	05:35	0:25:34
869	1283 Manuel Jo? Dos Santos Vinagre, O	A. D. Esmeriz Running	55:51.10	05:35	0:25:35
870	2565 Marisa F?ima Silva Pereira, A		55:52.76	05:35	0:25:37
871	1441 Paula Patricia Peixoto De S?, A	Casa F. C. Porto de V. N. Famalicao	55:54.27	05:35	0:25:38
872	2182 Paulo Carvalho, O		55:55.34	05:36	0:25:39
873	2848 Pedro Fernandes, O	MEDIUM	55:55.89	05:36	0:25:40
874	2617 Maria Ribeiro, A		55:56.92	05:36	0:25:41
875	2489 Angela Mariana Pimenta Da Silva, A		55:58.17	05:36	0:25:42
876	2761 Rui Oliveira, O	FAMA RUNNERS	55:59.49	05:36	0:25:43
877	2403 Il?io Renato Da Costa Oliveira, O	ContaOn	56:03.86	05:36	0:25:48
878	2715 Patr?ia Lopes, A	FAMA RUNNERS	56:05.05	05:37	0:25:49
879	1701 Rui Ferreira, O	casa da costura/fisicorpus	56:06.03	05:37	0:25:50
880	2676 Carla Santos, A	FAMA RUNNERS	56:06.36	05:37	0:25:50
881	1645 Isabel Alexandra Carvalho Martins, A	Team Lantemil	56:06.37	05:37	0:25:50
882	2825 Mar?lia Carvalho, A		56:06.63	05:37	0:25:51
883	2567 ?lvaro Daniel Sousa E Silva, O	Ribeiros Racing Team	56:06.96	05:37	0:25:51
884	1650 Monica Carla Machado Martins, A	Team Lantemil	56:07.26	05:37	0:25:51
885	2570 Dora Martins, A		56:07.77	05:37	0:25:52
886	2540 Pedro Daniel Martins Pereira, O		56:08.40	05:37	0:25:52
887	1499 Miguel ?ngelo Da Costa Barroso, O		56:08.55	05:37	0:25:53
888	2433 Sofia Ferreira, A	CF Jesu?as	56:10.15	05:37	0:25:54
889	1298 Tiago Edgar Carvalho Rodrigues, O	Refood VNF	56:10.66	05:37	0:25:55
890	2435 Ricardo Carneiro, O	CF Jesu?as	56:11.85	05:37	0:25:56
891	1772 Andr?lu? Mendes Lemos Soares, O	ContaOn Team	56:12.47	05:37	0:25:56
892	2751 Carlos Manuel Carneiro, O	REFOOD	56:12.50	05:37	0:25:57
893	2271 Carlos Alexandre Rosado Fonseca Oliveira, O	Bomtempo Teixeira	56:15.83	05:38	0:26:00
894	1380 Adelaide Brand?, A	Os avenses	56:16.30	05:38	0:26:00
895	1785 Bruno Jorge Ara?o Silva, O		56:18.63	05:38	0:26:03
896	2411 Martim Pinto Cunha, O	Jer?imo	56:21.69	05:38	0:26:06

897	2302	Paulo Alexandre Campos Carneiro, O	Bodyline Team	56:26.26	05:39	0:26:10
898	2507	Patricia Da Purificacao Marques Pereira, A	companhia bazofias	56:26.92	05:39	0:26:11
899	2397	Nuno Manuel Fontes Fonseca, O	Fontes	56:29.99	05:39	0:26:14
900	2333	Lu? Manuel Fontes Fonseca, O	Fontes	56:30.10	05:39	0:26:14
901	35	Bruno Carneiro, O	GAVI?ES	56:31.73	05:39	0:26:16
902	2732	Susana Vieira, A	FAMA RUNNERS	56:33.66	05:39	0:26:18
903	2381	Paula Rodrigues, A	Carolisses	56:35.17	05:40	0:26:19
904	2245	Carlos Manuel Pinto Font?, O	Clube btt Famalic?	56:35.58	05:40	0:26:20
905	2377	Catarina Cordeiro E Costa, A		56:36.12	05:40	0:26:20
906	2533	Mateus Frederico Guimaraes Da Silva, O		56:36.19	05:40	0:26:20
907	1669	Filipe Agra, O	Taloxinhas	56:37.54	05:40	0:26:22
908	2763	Marco Almeida, O	MEDIUM	56:38.66	05:40	0:26:23
909	2764	Hugo Sampaio, O	MEDIUM	56:39.00	05:40	0:26:23
910	1937	Priscilia Kristian Alves N?ntua, A		56:40.01	05:40	0:26:24
911	34	Joao Pedro Ferreira, O	GAVI?ES	56:40.17	05:40	0:26:24
912	41	Oscar Sousa, O	VilaverdeCorrer	56:41.01	05:40	0:26:25
913	2669	Ana Manuela Monteiro, A	FAMA RUNNERS	56:41.41	05:40	0:26:25
914	25	Jose Oliveira, O	GAVI?ES	56:42.86	05:40	0:26:27
915	32	Duarte Granja, O	GAVI?ES	56:43.08	05:40	0:26:27
916	27	Manuel Granja, O	GAVI?ES	56:45.50	05:41	0:26:30
917	1961	Antonio Paulino Sa Oliveira, O	Online Team	56:47.30	05:41	0:26:31
918	67	Manuela Oliveira, A	FISIOJOANE	56:48.14	05:41	0:26:32
919	2297	Paula Passos Rocha, A	Jer?imo	56:48.30	05:41	0:26:32
920	2655	Cosme Campinho, O		56:48.71	05:41	0:26:33
921	2223	Delfina Rompante, A	Individual	56:49.05	05:41	0:26:33
922	2296	Carlos Miguel Cunha, O	Jer?imo	56:49.48	05:41	0:26:33
923	1349	Nelson Claudio Gon?lves Marinho Pinto, O	Noturnos	56:51.52	05:41	0:26:36
924	2303	Maria Jos?marinho Seara, A	Bodyline Team	56:52.05	05:41	0:26:36
925	1228	Hor?io Manuel Vieira Ferreira, O	oliveirinhas	56:52.06	05:41	0:26:36
926	15	Antonio Ferreira, O	GAVI?ES	56:52.42	05:41	0:26:36
927	2648	Jose Carneiro, O		56:53.28	05:41	0:26:37
928	2757	Tiago Miguel Matos Cunha, O	AMIGOS MOUTADOS	56:53.46	05:41	0:26:37
929	2063	Armando Neves, O	Clube os 5 ?Hora	56:53.98	05:41	0:26:38
930	2499	Helena Areal, A		56:54.41	05:41	0:26:38
931	1609	Rui Oliveira, O	NAF Famalicao	56:54.88	05:41	0:26:39
932	31	Oscar Oliveira, O	GAVI?ES	56:56.38	05:42	0:26:40
933	2153	Rui Filipe Serra Maia, O		56:57.24	05:42	0:26:41
934	1404	Sara Isabel Santos Rocha, A	Papakilometros	57:01.91	05:42	0:26:46
935	2282	Fernanda Maria Abreu Pereira, A	Runtasticos	57:02.50	05:42	0:26:47
936	2564	Paulo Salgado, O		57:07.70	05:43	0:26:52
937	2122	Bruno Filipe Carneiro Ferreira, O		57:10.57	05:43	0:26:55
938	1949	Ana Margarida Coelho De Brito, A		57:10.74	05:43	0:26:55
939	1406	S?gio Manuel Correia Ribeiro Ferreira, O	n? tem	57:12.27	05:43	0:26:56
940	2292	Andr? Fonseca/carlos Ferreira, O	ARPO	57:12.97	05:43	0:26:57
941	1753	Jo? Soares, O		57:13.79	05:43	0:26:58
942	2683	Cristina Cruz, A	FAMA RUNNERS	57:15.62	05:44	0:27:00
943	2097	Armando Jose Serra Maia, O	SERRA	57:18.23	05:44	0:27:02
944	1812	Jos?augusto Crespo Dias Figueiredo, O	Os Isabelinhas	57:18.34	05:44	0:27:02
945	2414	Andr?marques Gir?, O		57:19.79	05:44	0:27:04
946	1652	Jorge Manuel Ferreira Da Silva Marques, O	Team Lantemil	57:19.99	05:44	0:27:04
947	1655	Raquel Da Silva Neiva, A	TEAM LANTEMIL	57:20.78	05:44	0:27:05
948	75	Marta Teixeira, A	OUTRUNNER	57:21.01	05:44	0:27:05
949	1268	Joaquim Silva Costa, O	C.R. Team	57:23.45	05:44	0:27:07
950	2759	Ana Teresa Oliveira, A	FAMA RUNNERS	57:24.33	05:44	0:27:08
951	2492	Raquel Carvalho, O	CELTIC CHALLENGE CREW	57:24.78	05:44	0:27:09
952	1585	?ngela Sofia Sampaio Teixeira Dos Santos, A	nenhuma	57:26.88	05:45	0:27:11
953	2226	Isabel Maria Alves Carneiro, A	Fama Runners	57:28.39	05:45	0:27:12
954	1412	Vitor Moreira, O	Fama Runners	57:31.24	05:45	0:27:15
955	2103	Deolinda Faria, A	Air? curvi?	57:32.03	05:45	0:27:16
956	2809	Igor Silva, O	ALIVE FITNESS CLUB	57:33.37	05:45	0:27:17
957	2417	H?der Filipe Barbosa Da Costa, O		57:36.08	05:46	0:27:20
958	1559	Rosa Sandra Ara?o Oliveira, A	Individual	57:37.60	05:46	0:27:22
959	2486	Bruno Tiago Barbosa Carvalho, O		57:38.14	05:46	0:27:22
960	1558	S?gio Manuel Figueiredo Carvalho, O	Individual	57:40.15	05:46	0:27:24
961	1466	Pedro Miguel Cardoso Neves, O	Eugenios	57:43.47	05:46	0:27:27
962	1476	Henrique Torres, O	Eug?ios	57:43.53	05:46	0:27:28
963	1509	Pedro Miguel Freitas Gon?lves, O	Eugenios	57:43.61	05:46	0:27:28
964	1542	Manuel Vale, O		57:47.86	05:47	0:27:32
965	2118	Ana Raquel Castro Moreira, A		57:49.56	05:47	0:27:34
966	1729	Ant?io Faria, O	Amigos Ponto Final	57:49.58	05:47	0:27:34
967	2119	Pedro Samuel De Oliveira Farinha, O		57:50.28	05:47	0:27:34
968	2087	Jorge Rui Azevedo Oliveira, O		57:53.28	05:47	0:27:37
969	2105	Lu? Miranda, O		57:55.62	05:48	0:27:40
970	2743	Ana Paula Sim?s, A	FAMA RUNNERS	58:01.14	05:48	0:27:45
971	1426	Nuno Feliciano Ribeiro Santos, O		58:01.57	05:48	0:27:46
972	2680	Carlos Silva, O	FAMA RUNNERS	58:05.42	05:49	0:27:49
973	2824	Jose Barbosa, O	FAMA RUNNERS	58:07.47	05:49	0:27:51
974	1622	Bas?io Magno De Sousa Andrade, O		58:09.40	05:49	0:27:53
975	2111	Hor?io Paulo Moreira Fernandes, O		58:09.58	05:49	0:27:54
976	1710	Lu? Manuel Teixeira Monteiro, O	Mafia Runners	58:11.29	05:49	0:27:55
977	94	Miguel Marques, O	OUT RUNNING	58:12.98	05:49	0:27:57
978	52	Marta Neto, O	OUT RUNNING	58:13.12	05:49	0:27:57

979	1491 Anabela De Freitas Teixeira, A	Run Free	58:13.13	05:49	0:27:57
980	1896 Sandrine Carole S?costa, A		58:17.49	05:50	0:28:01
981	2955 Bruno Gra? Dinarez, O		58:17.65	05:50	0:28:02
982	2541 Jo? Maia, O	SerraMaia	58:19.85	05:50	0:28:04
983	2808 Cristiana Lagoa, A	ALIVE FITNESS CLUB	58:24.63	05:50	0:28:09
984	2803 Liliانا Alves, A	ALIVE FITNESS CLUB	58:24.76	05:50	0:28:09
985	2807 C?ia Silva, A	ALIVE FITNESS CLUB	58:25.96	05:51	0:28:10
986	2687 Diana Gomes, A	FAMA RUNNERS	58:26.07	05:51	0:28:10
987	2733 Tiago Oliveira, O	FAMA RUNNERS	58:27.13	05:51	0:28:11
988	2753 Filipe Manuel Oliveira Costa, O	AMIGOS MOUTADOS	58:31.17	05:51	0:28:15
989	1809 Ant?io Ara?o Salazar, O	Os Isabelinhas	58:32.31	05:51	0:28:16
990	2172 V?or Costa, O	A. C. VERMOIM	58:34.37	05:51	0:28:18
991	2527 Celeste Ramos, A	TOMATUBIKERS/TOYOTA MACEDO & MACEDO	58:34.42	05:51	0:28:18
992	1330 Ana Filipa Simoes Mesquita, A	#semdesculpas	58:34.62	05:51	0:28:19
993	2217 Susana Cristina Soares Azevedo, A	Team Lantemil	58:34.62	05:51	0:28:19
994	2244 Paulo Adriano Bacelo Vieira, O		58:40.68	05:52	0:28:25
995	2045 Rui Pedro gomes Ferreira, O		58:42.02	05:52	0:28:26
996	1944 Ana Abreu, A		58:44.90	05:52	0:28:29
997	2317 Rui Costa, O	Jer?imo	58:55.46	05:54	0:28:39
998	2287 Janete Sequeira Silva, A		58:58.81	05:54	0:28:43
999	56 Raquel Cunha, A	Fisicorpus	59:05.27	05:55	0:28:49
1.000	1437 Jorge Malheiro, O	Casa da Costura Fisicorpus	59:05.84	05:55	0:28:50
1.001	2549 Hugo Henriques, O		59:07.03	05:55	0:28:51
1.002	42 Hugo Rodrigues, O		59:07.92	05:55	0:28:52
1.003	1861 Monica Vilas Boas, A		59:08.79	05:55	0:28:53
1.004	2323 Frederic Oliveira, O		59:09.06	05:55	0:28:53
1.005	2837 Natalino Pereira, O	VAMOS AJUDAR O AFONSO	59:09.64	05:55	0:28:54
1.006	1276 Pedro Andr?gon?lves Morais, O	Choco Team	59:10.29	05:55	0:28:54
1.007	2548 Pedro Costa, O		59:11.80	05:55	0:28:56
1.008	2930 Igor Silva, O	VAMOS AJUDAR O AFONSO	59:14.70	05:55	0:28:59
1.009	1776 Ricardo Ant?io Silva Azevedo, O		59:15.30	05:56	0:28:59
1.010	2744 Andr?ferreira, O	FAMA RUNNERS	59:18.54	05:56	0:29:03
1.011	2745 Ant?io Ferreira, O	FAMA RUNNERS	59:20.55	05:56	0:29:05
1.012	1448 Aur?io Manuel Dos Santos Queir?, O		59:20.63	05:56	0:29:05
1.013	84 Ricardo Fernandes, O	BAZAR DESPORTIVO/ AFRIKANRUNNERS	59:21.18	05:56	0:29:05
1.014	1316 Natercia Barbara Guimaraes Silva, A	micas	59:21.74	05:56	0:29:06
1.015	2062 Alberto Alves, O	Clube os 5 ?Hora	59:21.77	05:56	0:29:06
1.016	83 Patricia Machado, A	BAZAR DESPORTIVO/ AFRIKANRUNNERS	59:22.07	05:56	0:29:06
1.017	2023 Alfredo Machado, O	Casa F. C. Porto de V. N. Famalicao	59:25.91	05:57	0:29:10
1.018	2556 Eurico Peixoto, O	Peixoto	59:28.41	05:57	0:29:12
1.019	2553 S?via Alves, A	Peixoto	59:31.37	05:57	0:29:15
1.020	1850 Catarina Alexandra Azevedo Moreira, A	Studio21	59:33.85	05:57	0:29:18
1.021	1847 Micael De S?guimar?s, O	Studio21	59:34.11	05:57	0:29:18
1.022	70 Marta Peixoto, A	OUTRUNNER	59:34.73	05:57	0:29:19
1.023	1564 Ana Isabel Santos De Oliveira, A	LION RUNNERS - G.D. Le?s da Guarda	59:35.91	05:58	0:29:20
1.024	1566 Pedro Miguel Guedes Bernardes, O	LION RUNNERS - G.D. Le?s da Guarda	59:35.91	05:58	0:29:20
1.025	1783 Tiago Daniel Silva Campos, O		59:37.42	05:58	0:29:21
1.026	2836 Vitor Cunha, O	VAMOS AJUDAR O AFONSO	59:37.71	05:58	0:29:22
1.027	1545 Paula Quintela, A	escola atletismo rosa oliveira	59:38.86	05:58	0:29:23
1.028	1993 Paulo Br?, O		59:38.88	05:58	0:29:23
1.029	1991 Hugo Costa Reis, O		59:39.15	05:58	0:29:23
1.030	1634 Maria Lima Rodrigues, A	Casa F. C. Porto de V. N. Famalicao	59:40.34	05:58	0:29:24
1.031	1555 Henrique Paredes, O	escola atletismo rosa oliveira	59:40.74	05:58	0:29:25
1.032	1747 Carla Susana Silva Maia, A		59:42.40	05:58	0:29:26
1.033	1619 Eugenio Costa, O	PAPA LEGUAS FAMILICAO	59:43.31	05:58	0:29:27
1.034	1504 Francisco Manuel Lima Dinis, O		59:44.11	05:58	0:29:28
1.035	1684 Bernardino Andrade Gomes, O		59:46.65	05:59	0:29:31
1.036	1799 Miguel Ara?o Machado, O		59:48.86	05:59	0:29:33
1.037	2349 S?ia Cristina Carneiro Ferreira, A		59:51.45	05:59	0:29:35
1.038	2351 Bruno Filipe Dinis Morais, O		59:52.32	05:59	0:29:36
1.039	2158 Diana Costa, A	Run4us	59:52.85	05:59	0:29:37
1.040	2335 Paulo Sim?s, O		59:55.49	06:00	0:29:39
1.041	1359 Dinha Ferreira, A	Tomatubikers	59:57.12	06:00	0:29:41
1.042	58 Helder Oliveira, O	OUTRUNNER	59:57.28	06:00	0:29:41
1.043	59 Silvia Machado, A	OUTRUNNER	59:57.45	06:00	0:29:41
1.044	2219 Mafalda Ferreira, A		1:00:00.35	06:00	0:29:44
1.045	2250 C?lia Costa, A		1:00:00.70	06:00	0:29:45
1.046	2949 Antonio Manuel Vieira Da Silva, O		1:00:05.26	06:01	0:29:49
1.047	1671 Tiago Miguel Marques Veloso Braga, O		1:00:08.47	06:01	0:29:52
1.048	2504 Helder Manuel Teixeira Carvalho, O	Gavi?s BTT	1:00:10.52	06:01	0:29:55
1.049	2508 Aires Lopes Da Cunha, O	Gavi?s BTT	1:00:11.38	06:01	0:29:55
1.050	2595 Antonio Oliveira, O		1:00:13.79	06:01	0:29:58
1.051	1943 Jos?paiva, O	LOJA9	1:00:19.28	06:02	0:30:03
1.052	2204 Sandra Oliveira, A	Bosch	1:00:22.06	06:02	0:30:06
1.053	2205 Bernardo Soares, O	Bosch	1:00:24.32	06:02	0:30:08
1.054	1594 Diogo Jo? Da Costa Fernandes, O	Individual	1:00:25.01	06:03	0:30:09
1.055	2447 Rui Pedro Machado Nogueira, O	Tartaruginhas	1:00:30.40	06:03	0:30:14
1.056	1500 Maria Isabel Rodrigues Fernandes, A		1:00:30.46	06:03	0:30:14
1.057	2390 Hugo Manuel Couto Fernandes, O	Farm?ia Marinho	1:00:32.75	06:03	0:30:17
1.058	1968 Manuel Ara?o, O	Individual	1:00:40.89	06:04	0:30:25
1.059	2491 Marcos Barbosa, O	CELTIC CHALLENGE CREW	1:00:41.69	06:04	0:30:26
1.060	2642 Tiago Sousa, O		1:00:47.02	06:05	0:30:31

1.061	1962 Maria Alexandrina Lourosa Marques Silva, A	Online Team	1:00:47.03	06:05	0:30:31
1.062	2513 Francisco Ferreira, O		1:00:48.93	06:05	0:30:33
1.063	1365 Paulo Correia Ripas, O	Ripas	1:00:49.09	06:05	0:30:33
1.064	1618 Rog?io Filipe Dias Lopes, O	Team Lantermil	1:00:49.77	06:05	0:30:34
1.065	2691 Helena, A	FAMA RUNNERS	1:00:50.25	06:05	0:30:34
1.066	2708 Maria S?r, A	FAMA RUNNERS	1:00:53.07	06:05	0:30:37
1.067	2934 Carla Teixeira, A		1:00:54.01	06:05	0:30:38
1.068	2933 Abilio Pereira, O		1:00:54.32	06:05	0:30:38
1.069	2649 Maria Araujo, A		1:00:54.54	06:05	0:30:39
1.070	2641 Joao Pedro Oliveira, O		1:00:54.58	06:05	0:30:39
1.071	1581 S?ia Paiva, A		1:00:56.46	06:06	0:30:40
1.072	2643 Alfredo Azevedo, O		1:00:56.80	06:06	0:30:41
1.073	2575 Elisete Albuquerque Azevedo, A		1:00:58.16	06:06	0:30:42
1.074	2832 Nelson Ferreira, O		1:00:59.56	06:06	0:30:44
1.075	2132 Maria Do Ros?io Moreira Lemos Soares, A	BOSCH	1:00:59.77	06:06	0:30:44
1.076	2573 Franclim, O		1:01:00.63	06:06	0:30:45
1.077	2441 Andreia Raquel Torrinha Da Silva, A	Tartaruginhas	1:01:00.89	06:06	0:30:45
1.078	2374 Carla Alexandra Da Cruz Oliveira, A	Bodyline Team	1:01:00.89	06:06	0:30:45
1.079	1696 V?or Hugo Ferreira Gomes, O		1:01:02.53	06:06	0:30:47
1.080	2644 Paulo Maia, O		1:01:04.02	06:06	0:30:48
1.081	2615 Andre Vale, O		1:01:04.12	06:06	0:30:48
1.082	2657 Andre Oliveira, O		1:01:04.25	06:06	0:30:48
1.083	1837 Manuel Joaquim Moreira Azevedo, O	Liberdade FC	1:01:08.20	06:07	0:30:52
1.084	2347 Tiago Daniel Ribeiro Ferreira, O		1:01:08.56	06:07	0:30:53
1.085	2735 Vera Pires, A	FAMA RUNNERS	1:01:09.75	06:07	0:30:54
1.086	1590 Pascoal Silva Da Costa, O	Rumo a Aventura	1:01:16.73	06:08	0:31:01
1.087	1461 Patr?ia Miranda, A	Rumo Aventura	1:01:16.83	06:08	0:31:01
1.088	1462 Isaura Mesquita, A	Rumo Aventura	1:01:17.22	06:08	0:31:01
1.089	1376 Olga Isabel Serra Silva Couto, A	ADCCA	1:01:21.82	06:08	0:31:06
1.090	1763 Ana Catarina Vilaca Correia Da Silva, A		1:01:22.86	06:08	0:31:07
1.091	2035 Paula Cristina Barros Cunha, A	xx	1:01:23.84	06:08	0:31:08
1.092	2148 Pedro Sousa, O		1:01:24.10	06:08	0:31:08
1.093	2225 Silvia Claudia Machado Oliveira Barbosa, A		1:01:25.12	06:09	0:31:09
1.094	2149 Ant?io Jos?vilaca Barbosa, O		1:01:25.49	06:09	0:31:09
1.095	2138 Helena Isabel Sim?s Alves, A		1:01:27.78	06:09	0:31:12
1.096	2299 Cristiana Isabel Correia Da Costa, A		1:01:29.66	06:09	0:31:14
1.097	2051 Maria Alice Pontes, A	Gavionas	1:01:37.75	06:10	0:31:22
1.098	2050 Susana Forte, A	Gavionas	1:01:38.21	06:10	0:31:22
1.099	2052 S?ia Ferreira, A	Gavionas	1:01:39.05	06:10	0:31:23
1.100	2311 Joaquina Gon?lves, A	roda dos ventos	1:01:39.99	06:10	0:31:24
1.101	1278 S?gio Andr?odrigues Barbosa, O	.	1:01:40.21	06:10	0:31:24
1.102	1758 Marlene Araujo, A	Individual	1:01:40.91	06:10	0:31:25
1.103	2022 Fernanda Maria Da Costa Macedo, A	Online Team	1:01:41.73	06:10	0:31:26
1.104	1318 Susana Lobo, A	micas	1:01:45.27	06:11	0:31:29
1.105	2800 Carlos Guerreiro, O	ALIVE FITNESS CLUB	1:01:47.04	06:11	0:31:31
1.106	1685 Hugo Jorge Azevedo Morais, O	Individual	1:01:50.33	06:11	0:31:34
1.107	96 C?sar Costa, O	OUT RUNNING	1:01:50.40	06:11	0:31:34
1.108	1320 Pedro Filipe Andrade Faia, O	Nata?o Famalic?	1:01:53.22	06:11	0:31:37
1.109	2846 Ana Isabel Silva Oliveira, A	MEDIUM	1:01:53.69	06:11	0:31:38
1.110	1742 C?ar Cardoso, O		1:01:54.13	06:11	0:31:38
1.111	2845 Sergio Silva, O	MEDIUM	1:01:54.89	06:11	0:31:39
1.112	1872 Paula Rodrigues, A	roda dos ventos	1:01:54.98	06:11	0:31:39
1.113	1573 Jacinto Jos?barbosa Da Cruz Pinto Antunes, O		1:01:55.65	06:12	0:31:40
1.114	2726 Rui Sim?s Ferreira, O	FAMA RUNNERS	1:01:55.95	06:12	0:31:40
1.115	2696 Jo? Pinheiro, O	FAMA RUNNERS	1:01:55.96	06:12	0:31:40
1.116	2380 Sandra Silva, A	Carolisses	1:02:02.22	06:12	0:31:46
1.117	1243 Ant?io Filipe Silva Ferreira, O	PEDALAFUNDO	1:02:08.62	06:13	0:31:53
1.118	2794 Isabel Columbano, A	FAMA RUNNERS	1:02:09.02	06:13	0:31:53
1.119	74 Vitor Oliveira, O	OUTRUNNER	1:02:09.06	06:13	0:31:53
1.120	1224 Bruno Daniel Martins Oliveira, O	WeRunBue	1:02:10.39	06:13	0:31:54
1.121	1237 Pedro Jorge Silva Santos, O	Bikemanias Sport	1:02:11.02	06:13	0:31:55
1.122	1454 Cristina Maria Fontes Oliveira, A	Bikemanias Sport	1:02:11.39	06:13	0:31:55
1.123	2693 In? Lima, A	FAMA RUNNERS	1:02:14.16	06:13	0:31:58
1.124	2673 Ant?io Varela, O	FAMA RUNNERS	1:02:14.48	06:13	0:31:58
1.125	2785 C?lia Melo, A	POR JOANE	1:02:16.37	06:14	0:32:00
1.126	2067 Mar?ia Alierta De Oliveira Ferreira, A		1:02:17.65	06:14	0:32:02
1.127	2159 Helena Ferreira, A	Run4us	1:02:17.82	06:14	0:32:02
1.128	2331 Davide Melo, O	Por Joane	1:02:19.03	06:14	0:32:03
1.129	1734 Carina Madalena Martins Machado, A		1:02:19.17	06:14	0:32:03
1.130	2484 Rui Duarte Silva, O		1:02:19.64	06:14	0:32:04
1.131	2851 Susana Santos, A	AD ESMERIZ RUNNING	1:02:21.13	06:14	0:32:05
1.132	2852 Sonia Santos, A	AD ESMERIZ RUNNING	1:02:21.59	06:14	0:32:06
1.133	1890 Marisa Sofia Dias De Azevedo, A	Resistentes	1:02:24.89	06:14	0:32:09
1.134	1666 Jo? Silva, O	Amigos Ponto Final	1:02:26.77	06:15	0:32:11
1.135	1892 Sim? Pedro Matos Rodrigues, O	Resistentes	1:02:27.27	06:15	0:32:11
1.136	1728 Teresa Silva, O	Amigos Ponto Final	1:02:27.47	06:15	0:32:11
1.137	1839 Cristiana Sofia Machado Martins, A	Team Lantermil	1:02:28.88	06:15	0:32:13
1.138	2071 Jo? Silva Oliveira, O		1:02:30.00	06:15	0:32:14
1.139	2306 Lu? Filipe Silva, O	S?iamente na boa	1:02:31.13	06:15	0:32:15
1.140	1882 Cristov? Carvalho, O		1:02:31.92	06:15	0:32:16
1.141	1712 Patr?ia S?duarte, A	Os marotos	1:02:35.99	06:16	0:32:20
1.142	1638 Regina Manuela Ara?o Almeida, A	Individual	1:02:37.50	06:16	0:32:22

1.143	1679	Almerinda Concei?o Lima Oliveira, A	Individual	1:02:38.55	06:16	0:32:23
1.144	1900	Miguel Pedro Ramos Cunha, O		1:02:41.64	06:16	0:32:26
1.145	2526	Maria Jos?rego Da Cruz, A	TOMATUBIKERS/TOYOTA MACEDO & MACEDO	1:02:43.40	06:16	0:32:27
1.146	2671	?ngela Pereira, A	FAMA RUNNERS	1:02:54.58	06:17	0:32:39
1.147	2007	Marisa Ribeiro, A		1:02:55.68	06:18	0:32:40
1.148	2672	Ant?io Lima, O	FAMA RUNNERS	1:02:57.86	06:18	0:32:42
1.149	2922	Patricia Filipa Vieira Carvalho Oliveira, A		1:02:58.24	06:18	0:32:42
1.150	2724	Rui Lima, O	FAMA RUNNERS	1:02:58.41	06:18	0:32:42
1.151	2923	Oscar Migueis, O		1:02:59.58	06:18	0:32:44
1.152	33	Fernando Cunha, O	GAVI?ES	1:03:02.18	06:18	0:32:46
1.153	87	Jorge Nunes, O	BAZAR DESPORTIVO/ AFRIKANRUNNERS	1:03:07.77	06:19	0:32:52
1.154	1449	Antonio Manuel Moreira Alves, O	AMIGOS DO PEDAL	1:03:10.65	06:19	0:32:55
1.155	88	Miguel Monteiro, O	BAZAR DESPORTIVO/ AFRIKANRUNNERS	1:03:10.79	06:19	0:32:55
1.156	2329	Marlene Sampaio, A	Individual	1:03:11.88	06:19	0:32:56
1.157	2706	Manuel Martins, O	FAMA RUNNERS	1:03:14.69	06:19	0:32:59
1.158	2831	C?lia Cunha, A		1:03:23.02	06:20	0:33:07
1.159	2830	Bruno Miguel Ferreira De Sousa, O		1:03:23.03	06:20	0:33:07
1.160	1372	Conceicao Vilas boas, A	Individual	1:03:23.42	06:20	0:33:07
1.161	2829	Marta Alexanra Ferreira De Sousa, A		1:03:23.76	06:20	0:33:08
1.162	1800	Delfina Maria Silva Pinheiro, A		1:03:34.20	06:21	0:33:18
1.163	1374	Adelino Pereira Gon?lves, O	Individual	1:03:35.74	06:22	0:33:20
1.164	2068	Francisca Vale Lima, A		1:03:35.99	06:22	0:33:20
1.165	1721	Filipe Sampaio, O		1:03:36.00	06:22	0:33:20
1.166	2656	Jorge Fernandes, O		1:03:37.06	06:22	0:33:21
1.167	1430	Susana Silva, A	*****	1:03:40.53	06:22	0:33:25
1.168	1970	Carina Faria, A		1:03:50.03	06:23	0:33:34
1.169	1912	Fernando Ribeiro, O	Controleteam	1:03:50.25	06:23	0:33:34
1.170	1259	Bruno Miguel Alves Guimar?s, O	X	1:03:56.99	06:24	0:33:41
1.171	1258	Rui Carlos Andrade Carneiro Machado, O	---	1:03:57.00	06:24	0:33:41
1.172	2796	Ros?ria Ferreira, A	FAMA RUNNERS	1:03:58.51	06:24	0:33:43
1.173	2258	Fernando Matos, O	Individual	1:04:05.44	06:25	0:33:49
1.174	2788	Ricardo Miguel Leit?o Correia, O		1:04:07.43	06:25	0:33:51
1.175	2791	Patricia Alexandra Santos Silva, A		1:04:07.43	06:25	0:33:51
1.176	1997	Rui Filipe Moreira Fonseca, O		1:04:11.93	06:25	0:33:56
1.177	2473	Lu? Guedes, O		1:04:12.24	06:25	0:33:56
1.178	2210	Paulo Alexandre Carneiro Da Silva, O	Go-Fama	1:04:14.70	06:25	0:33:59
1.179	1867	Ezequiel Alberto Pinto Da Costa, O	Individual	1:04:28.22	06:27	0:34:12
1.180	1556	Jorge Santos, O	escola atletismo rosa oliveira	1:04:28.63	06:27	0:34:13
1.181	1736	Bruno Andr?miranda Silva, O	individual	1:04:32.03	06:27	0:34:16
1.182	2170	F?ima Azevedo, A	A. C. VERMOIM	1:04:33.95	06:27	0:34:18
1.183	2468	Antonio Ferreira Silva, O		1:04:40.60	06:28	0:34:25
1.184	2574	Rui Machado, O	Amigos ponto final	1:04:50.43	06:29	0:34:34
1.185	2385	V?ia Cristina Lobo Campos, A	Farm?ia Marinho	1:04:50.92	06:29	0:34:35
1.186	1797	Maria Gabriela Reis Silva Pelicano, A	Jorge e Gabriela	1:04:53.06	06:29	0:34:37
1.187	1664	Pedro Carvalho, O	Amigos Ponto Final	1:04:53.56	06:29	0:34:38
1.188	1796	Jorge Humberto Da Silva Costa, O	Jorge e Gabriela	1:04:54.94	06:29	0:34:39
1.189	1408	Ana Filipa Carvalhal Monteiro, A	Lusospa	1:04:55.95	06:30	0:34:40
1.190	1409	Carlos Eduardo Azevedo Lima, O	Lobos do monte	1:04:57.87	06:30	0:34:42
1.191	2640	Amelia Ferreira, A		1:05:00.30	06:30	0:34:44
1.192	2382	Jos?azevedo, O	Carolisses	1:05:02.24	06:30	0:34:46
1.193	2395	Sandra Moreira, A	*****	1:05:11.14	06:31	0:34:55
1.194	2384	Helena Pereira Machado Silva Andrade, A	Farm?ia Marinho	1:05:13.65	06:31	0:34:58
1.195	2101	Ana Maria Da Silva Miranda, A		1:05:14.02	06:31	0:34:58
1.196	2364	Celeste Cristina Alves Fonseca, A	CrossFit Famalic?	1:05:17.17	06:32	0:35:01
1.197	1600	Ana Paula Machado Martins, A	Team Lantemil	1:05:26.11	06:33	0:35:10
1.198	1292	Isabel Patricio, A	.	1:05:26.33	06:33	0:35:10
1.199	1592	Duarte Alexandre Campos Miranda, O	Rumo a Aventura	1:05:46.49	06:35	0:35:30
1.200	2353	Feliciano Costa, O		1:05:47.03	06:35	0:35:31
1.201	1589	Rui Ferreira Da Miranda, O	Rumo a Aventura	1:05:47.41	06:35	0:35:31
1.202	1463	Mariana Martins, A	Rumo Aventura	1:05:47.44	06:35	0:35:31
1.203	1436	Jose Nuno Costa, O		1:05:48.36	06:35	0:35:32
1.204	1586	Ana Margarida Ferreira De Miranda, A	Rumo a Aventura	1:05:51.80	06:35	0:35:36
1.205	2950	Carlos Pereira, O		1:05:53.40	06:35	0:35:37
1.206	2086	Carina Alexandra Silva Peixoto, A		1:06:03.69	06:36	0:35:48
1.207	1919	Carmo Machado, O	Os Santa Apol?ia	1:06:04.19	06:36	0:35:48
1.208	2116	Sandra Maria Ferreira Barbosa, A	TeamGinasioCorpos3	1:06:05.94	06:37	0:35:50
1.209	2175	Cristiana Campos, A		1:06:09.34	06:37	0:35:53
1.210	2178	Alexandra Lopes, A		1:06:09.88	06:37	0:35:54
1.211	2500	Vasco Aur?io Gomes Peixoto, O		1:06:11.39	06:37	0:35:55
1.212	2228	Nazareth Alvarez Puime, A	Metal Advance Running	1:06:14.83	06:37	0:35:59
1.213	2572	Olivia Lopes, A		1:06:15.12	06:38	0:35:59
1.214	2181	Diamantino Jos?louren? Monteiro, O		1:06:15.83	06:38	0:36:00
1.215	2784	Pedro Reina, O		1:06:16.07	06:38	0:36:00
1.216	2571	Susana Marinho, A		1:06:16.25	06:38	0:36:00
1.217	2772	Nat?lia Mota Leite, A	INDIVIDUAL	1:06:27.97	06:39	0:36:12
1.218	2077	Sara Costa, A	Individual	1:06:29.37	06:39	0:36:13
1.219	2076	Joao Freitas, O	Individual	1:06:32.37	06:39	0:36:16
1.220	1402	Filipa Rosa Rego Mendes Ribeiro, A	nao tenho equipa	1:06:38.26	06:40	0:36:22
1.221	2554	Isa Peixoto, A	Peixoto	1:06:38.27	06:40	0:36:22
1.222	2555	Ivo Carvalho, O	Peixoto	1:06:38.39	06:40	0:36:22
1.223	2651	Diana Dias, A		1:06:40.10	06:40	0:36:24
1.224	1410	Am?ia Carvalho, A	*****	1:06:41.64	06:40	0:36:26

1.225	2596 Filipa Granja, A	FIGUEIREDOS RUNNERS AND FRIENDS	1:06:43.12	06:40	0:36:27
1.226	1373 Ondina Araujo Pereira, A	Individual	1:06:44.65	06:40	0:36:29
1.227	2053 C?dida Silva, A	Gavionas	1:06:53.16	06:41	0:36:37
1.228	2048 Carla Alexandra Marques Seiceira, A	Gavionas	1:06:53.40	06:41	0:36:37
1.229	2419 Vitor Cunha, O		1:06:56.94	06:42	0:36:41
1.230	2237 Carlos Novais, O		1:07:00.77	06:42	0:36:45
1.231	1814 Jo? Moreira, O		1:07:01.18	06:42	0:36:45
1.232	1803 Rita Joana Dos Santos Rodrigues, A		1:07:01.19	06:42	0:36:45
1.233	1363 Susana Maria Da Costa Moreira, A	?	1:07:04.99	06:42	0:36:49
1.234	1646 Raquel Vieira De Castro, A	Vieira	1:07:05.47	06:43	0:36:49
1.235	2415 Tiago Andr?silva Crespo, O		1:07:08.04	06:43	0:36:52
1.236	1804 Ant?io Fonseca Ferreira, O	Os Isabelinhas	1:07:13.40	06:43	0:36:57
1.237	1810 Maria Am?ia Pereira Silva, A	Os Isabelinhas	1:07:14.94	06:43	0:36:59
1.238	1863 C?ia Maria Machado Areias E Cunha, A		1:07:17.37	06:44	0:37:01
1.239	2031 S?gia Paula Negr? Moreira Coelho, A		1:07:25.53	06:45	0:37:10
1.240	2469 Ana Ferreira, A		1:07:26.83	06:45	0:37:11
1.241	2187 Andreia Pelicano, A	Befitness runners	1:07:29.42	06:45	0:37:13
1.242	2197 Andre Quelhas, O	Befitness runners	1:07:30.40	06:45	0:37:14
1.243	2792 Paulo Carvalho, O		1:07:32.52	06:45	0:37:17
1.244	2624 Jos?granja, O		1:07:34.33	06:45	0:37:18
1.245	2625 Jo? Machado, O		1:07:35.07	06:46	0:37:19
1.246	2622 Pedro Vieira, O		1:07:35.10	06:46	0:37:19
1.247	2628 Lu? Costa, O		1:07:35.10	06:46	0:37:19
1.248	2629 Henrique Barquero, O		1:07:35.11	06:46	0:37:19
1.249	2900 Paulo Oliveira, O	FITNESSUP FAMILIC?O	1:07:35.62	06:46	0:37:20
1.250	2620 Daniel Alves, O		1:07:35.92	06:46	0:37:20
1.251	2626 Renato Couto, O		1:07:36.13	06:46	0:37:20
1.252	2621 Jos?costa, O		1:07:36.38	06:46	0:37:20
1.253	2249 Rui Pedro Costa Mesquita, O	Nenhuma	1:07:38.40	06:46	0:37:22
1.254	2085 Cristiana Gon?lves, A		1:07:39.91	06:46	0:37:24
1.255	2410 Ana Sofia Pinto Cunha, A	Jer?imo	1:07:42.65	06:46	0:37:27
1.256	2298 Afonso Passos Cunha, O	Jer?imo	1:07:42.75	06:46	0:37:27
1.257	2264 Isabel Maria Ferreira Martins, A		1:07:42.89	06:46	0:37:27
1.258	2206 Maria Goreti Sousa Oliveira Cunha, A	Go-Fama	1:07:45.88	06:47	0:37:30
1.259	1329 Joana Sofia Andrade Lemos, A	Trevo do Sucesso	1:07:45.88	06:47	0:37:30
1.260	2211 Mario Manuel Da Silva Cunha, O	Go-Fama	1:07:46.57	06:47	0:37:31
1.261	73 Manuela Azevedo, A	OUTRUNNER	1:07:56.51	06:48	0:37:41
1.262	2065 Elsa Maria Gomes Costa, A		1:07:58.22	06:48	0:37:42
1.263	1604 Carlos Paulo Costa, O	Team Lantemil	1:07:58.92	06:48	0:37:43
1.264	1780 Artur Filipe Machado Moreira, O		1:08:05.15	06:49	0:37:49
1.265	2294 Carmen Carvalho, A	Jer?imo	1:08:15.92	06:50	0:38:00
1.266	2171 Assun?o Ribeiro, A	A. C. VERMOIM	1:08:16.26	06:50	0:38:00
1.267	1923 Alcino Manuel Carvalho, O	Jer?imo	1:08:18.73	06:50	0:38:03
1.268	2199 S?ia Catarina Da Cunha Gon?lves, A	Calcandopedal	1:08:21.95	06:50	0:38:06
1.269	1732 Pedro Miguel Ferreira Moreira Da Silva, O	CALCANOPEDEAL	1:08:24.89	06:50	0:38:09
1.270	1326 Maria In? Pelao Macedo Costa, A	Trevo do Sucesso	1:08:35.74	06:52	0:38:20
1.271	1487 Miguel Machado, O	Amigos do Pedal	1:08:41.22	06:52	0:38:25
1.272	1486 Paulo Machado, O	Amigos do Pedal	1:08:41.77	06:52	0:38:26
1.273	2155 Cristina Gra?, A	Amazingym	1:08:52.69	06:53	0:38:37
1.274	2243 Albino Freitas Teixeira, O	Bomtempo Teixeira	1:08:58.11	06:54	0:38:42
1.275	2284 Jos?carlos Bomtempo Teixeira, O	Bomtempo Teixeira	1:09:02.65	06:54	0:38:47
1.276	1733 Jos?alberto Cancela Vieira, O	Individual	1:09:28.38	06:57	0:39:12
1.277	2293 Eduardo Luis Pereira Da Silva Cardoso, O	SERIAMENTE NA BOA	1:09:29.18	06:57	0:39:13
1.278	2787 Joao Marcos Costa Couto, O		1:09:31.70	06:57	0:39:16
1.279	2179 Od?ia Costa, A		1:09:32.50	06:57	0:39:17
1.280	1400 Orquidea Maria De Sousa Ferreira, A	individual	1:09:32.91	06:57	0:39:17
1.281	2932 Aurora Cardoso, A		1:09:32.99	06:57	0:39:17
1.282	2731 Sofia Magalh?s, A	FAMA RUNNERS	1:09:34.55	06:57	0:39:19
1.283	2456 Rosa Maria Teixeira Fernandes, A	Filipa & Romy	1:09:36.78	06:58	0:39:21
1.284	1257 Joana Da Silva Asevedo Salgado, A	Pr?cipe a correr	1:09:48.77	06:59	0:39:33
1.285	1245 Jaime Amorim, O	Pr?cipe ? Correr	1:09:52.04	06:59	0:39:36
1.286	2769 Cristina Tedim Fonseca, A	INDIVIDUAL	1:09:59.19	07:00	0:39:43
1.287	2234 Adriana Gabriela Pereira Fernandes, A		1:10:09.05	07:01	0:39:53
1.288	2207 Paula Cristina Azevedo Moreira, A	Go-Fama	1:10:12.15	07:01	0:39:56
1.289	44 Sandra Costa, A	OUTRUNNER	1:10:14.25	07:01	0:39:58
1.290	45 Sandra Ara?jo, A	OUTRUNNER	1:10:15.25	07:02	0:39:59
1.291	1343 Joana Sim?s Do Carmo, A	Individual	1:10:22.40	07:02	0:40:06
1.292	1340 Carla Filipa Send? Leal, A	Individual	1:10:24.79	07:02	0:40:09
1.293	1341 Clara Isabel Moreira Machado, A	Individual	1:10:28.26	07:03	0:40:12
1.294	2081 Daniela Regina Gon?lves, A		1:10:28.27	07:03	0:40:12
1.295	2020 Bel? Sampaio-marques, A		1:10:38.93	07:04	0:40:23
1.296	2361 Margarida Maria Silva Pereira, A	Go-Fama	1:10:40.90	07:04	0:40:25
1.297	1443 Andreia Sofia Tom?eusebio, A	Casa F. C. Porto de V. N. Famalicao	1:10:44.92	07:04	0:40:29
1.298	1444 Ana Beatriz Oliveira Areal, A	Casa F. C. Porto de V. N. Famalicao	1:10:44.93	07:04	0:40:29
1.299	2131 Susana Filipa Sousa Miranda, A		1:11:47.88	07:11	0:41:32
1.300	2083 Pedro Miguel Sousa Monteiro, O		1:12:00.80	07:12	0:41:45
1.301	2082 Daniela Cristina Oliveira Areiaa, A		1:12:01.10	07:12	0:41:45
1.302	2439 Helena Sofia Alonso, A		1:12:21.51	07:14	0:42:06
1.303	2446 Patr?ia Pereira Pinto, A		1:12:21.91	07:14	0:42:06
1.304	1574 Elsa Maria Alves Dias, A	Casa F. C. Porto de V. N. Famalicao	1:12:39.59	07:16	0:42:24
1.305	1842 Nuno Pina, O	Vamos l?equipa...	1:12:51.14	07:17	0:42:35
1.306	1843 Vera Couto, A	Vamos l?equipa...	1:12:51.85	07:17	0:42:36

1.307	2677 Carlos Ara?o, O	FAMA RUNNERS	1:13:17.73	07:20	0:43:02
1.308	2375 Carla Isabel Gomes Baceo, A	Bodyline Team	1:13:17.98	07:20	0:43:02
1.309	2694 Jairo Louren?, O	FAMA RUNNERS	1:13:18.29	07:20	0:43:02
1.310	2689 Eva Silva, A	FAMA RUNNERS	1:13:29.08	07:21	0:43:13
1.311	2125 Ana Jo? Lopes Moreira, A		1:13:37.15	07:22	0:43:21
1.312	1570 Alberto Silv?io, O		1:13:47.20	07:23	0:43:31
1.313	2104 Ana Lu?a Ara?o Dinis, A		1:13:47.21	07:23	0:43:31
1.314	1713 Catarina S?duarte, A	Os marotos	1:14:23.11	07:26	0:44:07
1.315	2645 Jose Miranda, O		1:14:27.09	07:27	0:44:11
1.316	2095 Liliana Rosa Faia Gomes, A		1:14:38.31	07:28	0:44:22
1.317	2613 Lina Pereira, A		1:14:39.19	07:28	0:44:23
1.318	2611 Manuel Paiva, O		1:14:39.64	07:28	0:44:24
1.319	2612 Mariana Paiva, A		1:14:41.50	07:28	0:44:26
1.320	2084 Rui M?guel Sousa Oliveira, O		1:15:25.39	07:33	0:45:09
1.321	2241 F?ima Maria Cardoso Rebelo, A		1:15:27.36	07:33	0:45:11
1.322	2126 Paula Cristina Ferreira Lopes, A		1:15:40.22	07:34	0:45:24
1.323	1582 Maria Alice Silva S?f, A	os marotos	1:15:53.43	07:35	0:45:37
1.324	1711 Jo? Paulo Lemos Vieira, O	Os marotos	1:15:56.06	07:36	0:45:40
1.325	2322 Eug?io Portela, O	Jer?imo	1:16:31.08	07:39	0:46:15
1.326	1429 Leticia Ferreira, A	*****	1:17:09.89	07:43	0:46:54
1.327	1481 Maria Celeste Matos Dias Antunes, A	cafetaria conde	1:17:11.01	07:43	0:46:55
1.328	1950 Ant?io S?oliveira Caridade, O	Team Lantemil	1:20:04.84	08:00	0:49:49
1.329	1952 Angela Maria Sousa Dias Oliveira Caridade, A	Team Lantemil	1:20:06.13	08:01	0:49:50
1.330	2352 Rosa Maria Matos Da Silva, A		1:21:23.99	08:08	0:51:08
1.331	2346 Ana Catarina Matos Da Silva Lopes, A		1:21:24.24	08:08	0:51:08
1.332	2820 In? Guimar?s Silva, A		1:21:24.67	08:08	0:51:09