

Lugar	Esc	Dorsal	Nome	Equipa	Escalão	Sexo	Tempo
1	1	592	Pedro FERREIRA	Sport Lisboa e Benfica	SENIOR MASC	M	00:31:10
2	2	541	Paulo FONTÃO	Núcleo de Atletismo das Taipas	SENIOR MASC	M	00:33:39
3	3	421	Paulino MOREIRA	Associação Cultural Sambrazense	SENIOR MASC	M	00:33:42
4	4	436	Tiago FREITAS	FIGUEIREDOS RUNNERS & FRIENDS	SENIOR MASC	M	00:33:45
5	1	625	Amadeu ROCHA	GRUPO DRAMATICO E RECREATIVO DA RETORTA	VET I MASC	M	00:34:04
6	5	310	Paulo ROCHA	RunRiver - Escola Atletismo de Rio Tinto	SENIOR MASC	M	00:34:13
7	6	477	José SÁ	Individual	SENIOR MASC	M	00:34:31
8	7	33	Hélder MONTEIRO	Individual	SENIOR MASC	M	00:34:40
9	2	627	Miguel MENDES	GRUPO DRAMATICO E RECREATIVO DA RETORTA	VET I MASC	M	00:35:24
10	8	21	Ricardo AREIAS	Individual	SENIOR MASC	M	00:35:33
11	1	613	António JESUS	Nascidos para correr	VET II MASC	M	00:36:07
12	9	185	Pedro SOUSA	ESCMOV	SENIOR MASC	M	00:36:16
13	3	380	Joaquim ABRAÇOS	Areias de São João	VET I MASC	M	00:36:28
14	1	414	Mariana CASTANHEIRA	SPORTING CLUBE PORTUGAL	SENIOR FEM	F	00:36:31
15	2	560	Andreia SANTOS	Run Tejo	SENIOR FEM	F	00:36:35
16	4	50	Rui ALVES	Individual	VET I MASC	M	00:36:38
17	5	36	Alcino SILVA	Clube Independente de Atletismo de Alpendorada	VET I MASC	M	00:36:41
18	2	624	Joaquim ALVES	Nascidos para correr	VET II MASC	M	00:36:50
19	10	444	Luís SILVA	Aliança de Gandra	SENIOR MASC	M	00:36:54
20	11	445	José GASPAS	Aliança de Gandra	SENIOR MASC	M	00:36:54
21	12	243	Rúben BORGES	AFIPRE TEAM / CHRONO.PT	SENIOR MASC	M	00:37:03
22	6	262	Henrique BARBOSA	Individual	VET I MASC	M	00:37:11
23	7	620	Francelino RESENDE	Nascidos para correr	VET I MASC	M	00:37:30
24	8	626	Adelino SILVA	GRUPO DRAMATICO E RECREATIVO DA RETORTA	VET I MASC	M	00:37:36
25	13	48	Armando PEREIRA	Nascidos para correr	SENIOR MASC	M	00:37:41
26	9	373	Eurico MOURA	GRUPO DRAMATICO E RECREATIVO DA RETORTA	VET I MASC	M	00:37:46
27	10	426	Vitor PINTO	Individual	VET I MASC	M	00:37:48
28	11	244	Marco ANDRADE	AFIPRE TEAM / CHRONO.PT	VET I MASC	M	00:38:03
29	12	407	Fernando TABORDA	Valongo	VET I MASC	M	00:38:08
30	3	309	Liliana ROCHA	RunRiver - Escola Atletismo de Rio Tinto	SENIOR FEM	F	00:38:12
31	14	479	Celso MOREIRA	Recreio Desportivo de Águeda	SENIOR MASC	M	00:38:12
32	3	118	Carlos DIAS	MAIA ATLETICO CLUBE	VET II MASC	M	00:38:13
33	1	218	Alberta GONÇALVES	Grupo Desportivo dos Ferroviários de Campanhã	VET II FEM	F	00:38:24
34	13	443	José NEVES	Aliança de Gandra	VET I MASC	M	00:38:25
35	14	242	Hélder BORGES	AFIPRE TEAM / CHRONO.PT	VET I MASC	M	00:38:27
36	15	552	Tiago LIMA	Elite 36	SENIOR MASC	M	00:38:45
37	16	551	Rui SOUSA	Elite 36	SENIOR MASC	M	00:39:00
38	15	628	Antonio DIAS	GRUPO DRAMATICO E RECREATIVO DA RETORTA	VET I MASC	M	00:39:04
39	17	652	Leandro MIRANDA	Individual	SENIOR MASC	M	00:39:13
40	18	550	Marco LIMA	Elite 36	SENIOR MASC	M	00:39:19
41	16	548	José ROCHA	Individual	VET I MASC	M	00:39:20
42	17	633	Paulo NASCIMENTO	Nascidos para correr	VET I MASC	M	00:39:20
43	18	53	Paulo ALVES	Gondomar Futsal Clube	VET I MASC	M	00:39:27
44	4	463	Vasco FIGUEIREDO	UrbanFit Ermesinde	VET II MASC	M	00:39:31

Lugar	Esc	Dorsal	Nome	Equipa	Escalão	Sexo	Tempo
45	19	452	Hugo SOUSA	UrbanFit Ermesinde	SENIOR MASC	M	00:39:37
46	20	151	Ricardo SOUSA	Kandimba Runners	SENIOR MASC	M	00:39:39
47	19	629	José GRAÇA	Nascidos para correr	VET I MASC	M	00:39:42
48	21	540	Hugo LOUREIRO	Individual	SENIOR MASC	M	00:39:43
49	20	200	Jorge BASTOS	Pernetas	VET I MASC	M	00:39:59
50	22	438	Bruno ESTEVES	Individual	SENIOR MASC	M	00:39:59
51	5	103	Vitor SOUSA	Centro Ciclista de Gondomar	VET II MASC	M	00:40:06
52	21	660	Salomão ABREU	Individual	VET I MASC	M	00:40:06
53	23	524	Nelson PEREIRA	Megasa Maia	SENIOR MASC	M	00:40:14
54	24	276	Henrique CARDOSO	Individual	SENIOR MASC	M	00:40:15
55	22	245	António CARVALHO	AFIPRE TEAM / CHRONO.PT	VET I MASC	M	00:40:16
56	6	644	Cristiano PEREIRA	Individual	VET II MASC	M	00:40:24
57	7	39	Joaquim SANTOS	Individual	VET II MASC	M	00:40:24
58	25	617	Domingos SILVA	Nascidos para correr	SENIOR MASC	M	00:40:28
59	23	139	Rogério MOREIRA	Individual	VET I MASC	M	00:40:30
60	24	181	Pedro PIMENTEL	Tugas na Estrada	VET I MASC	M	00:40:37
61	26	177	Vasco SOARES	Pedalbike / Rolub / AFR	SENIOR MASC	M	00:40:39
62	25	503	Laurindo OSORIO	K Medo Team	VET I MASC	M	00:40:47
63	26	514	Jose FERREIRA	Salgueiros Running	VET I MASC	M	00:40:55
64	27	481	Vitor LOPES	Run4Two	SENIOR MASC	M	00:40:55
65	28	253	José SÁ	LION RUNNERS - G.D. LEÕES DA GUARDA	SENIOR MASC	M	00:40:59
66	27	264	Paulo GOMES	No Tomorrow Running Team	VET I MASC	M	00:41:02
67	28	227	Rui FELGUEIRAS	Clube Millennium Bcp	VET I MASC	M	00:41:11
68	29	75	Carlos ARAUJO	Individual	VET I MASC	M	00:41:12
69	30	93	Helder VIEIRA	Invicta Runners Team	VET I MASC	M	00:41:18
70	31	664	Paulo SILVA	RETORTA	VET I MASC	M	00:41:19
71	32	497	Fernando GOMES	K Medo Team	VET I MASC	M	00:41:23
72	33	184	Rui SILVA	CCD INTERMARCHÉ LAGOS TRIATLO	VET I MASC	M	00:41:32
73	29	543	Paulo MAGALHÃES	postcrossing.com	SENIOR MASC	M	00:41:36
74	30	501	Joaquim SANTOS	K Medo Team	SENIOR MASC	M	00:41:39
75	8	246	Heitor COSTA	AFIPRE TEAM / CHRONO.PT	VET II MASC	M	00:41:42
76	34	482	Sílvio GUIMARÃES	Run4Two	VET I MASC	M	00:41:43
77	31	385	Pedro SEABRA	Moreira da Maia	SENIOR MASC	M	00:41:48
78	32	313	Andre COSTA	Individual	SENIOR MASC	M	00:41:50
79	33	150	Samuel SALCEDO	Individual	SENIOR MASC	M	00:41:52
80	35	247	Paulo ABREU	AFIPRE TEAM / CHRONO.PT	VET I MASC	M	00:41:55
81	34	599	Ivo NASCIMENTO	EQUIPA BOOT	SENIOR MASC	M	00:41:56
82	36	267	Jose MARTINS	Individual	VET I MASC	M	00:41:59
83	35	534	Filipe MENDES	Megasa Maia	SENIOR MASC	M	00:42:12
84	36	261	João ASCENÇÃO	Individual	SENIOR MASC	M	00:42:14
85	37	330	André TEIXEIRA	Individual	SENIOR MASC	M	00:42:15
86	38	98	Mário SARAIVA	Individual	SENIOR MASC	M	00:42:22
87	39	210	Tiago SOUSA	Senhora da Hora	SENIOR MASC	M	00:42:22
88	40	204	Miguel BARROS	Pernetas	SENIOR MASC	M	00:42:22

Lugar	Esc	Dorsal	Nome	Equipa	Escalão	Sexo	Tempo
89	37	499	Jose AUGUSTO	K Medo Team	VET I MASC	M	00:42:24
90	41	461	Nicolas LOPES	UrbanFit Ermesinde	SENIOR MASC	M	00:42:25
91	38	331	Luis ALMEIDA	Individual	VET I MASC	M	00:42:30
92	4	319	Inês PINTO	domingosmartins.pt	SENIOR FEM	F	00:42:31
93	42	318	Domingos MARTINS	domingosmartins.pt	SENIOR MASC	M	00:42:32
94	43	360	Guilherme GOMES	Individual	SENIOR MASC	M	00:42:35
95	44	554	Fernando VALENTE	Elite 36	SENIOR MASC	M	00:42:38
96	39	632	Marco ALMEIDA	Nascidos para correr	VET I MASC	M	00:42:39
97	45	539	Jorge PINHEIRO	Megasa Maia	SENIOR MASC	M	00:42:40
98	40	2	Carlos OLIVEIRA	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	VET I MASC	M	00:42:42
99	41	45	Paulo CERQUEIRA	Individual	VET I MASC	M	00:42:43
100	46	299	Ricardo PINTO	éjáli...clube de amigos trailrunners	SENIOR MASC	M	00:42:50
101	42	425	Rui CUNHA	Acm	VET I MASC	M	00:42:51
102	43	78	Zé MANEL	Maia A.C.	VET I MASC	M	00:42:51
103	9	542	Edson NASCIMENTO	Individual	VET II MASC	M	00:42:52
104	47	194	António POUCA	Individual	SENIOR MASC	M	00:43:08
105	44	472	Sergio CRISTA	GDR Juventude Ribeiras	VET I MASC	M	00:43:14
106	48	87	Jil COELHO	C.D.C. Paradela	SENIOR MASC	M	00:43:16
107	49	567	Vitor MIRANDA	Pedalbike / Rolub / AFR	SENIOR MASC	M	00:43:17
108	50	281	Eduardo CARVALHO	C+ RUNNERS	SENIOR MASC	M	00:43:18
109	45	29	João PEREIRA	Individual	VET I MASC	M	00:43:27
110	10	86	Hendrik WIELINGA	Budeguita Runners	VET II MASC	M	00:43:27
111	51	470	Nuno LEITE	UrbanFit Ermesinde	SENIOR MASC	M	00:43:31
112	5	254	Sofia PIMENTA	LION RUNNERS - G.D. LEÕES DA GUARDA	SENIOR FEM	F	00:43:32
113	46	476	Bernardino ANDRADE	Maia Runners	VET I MASC	M	00:43:35
114	52	631	Leonel VIDEIRA	Nascidos para correr	SENIOR MASC	M	00:43:37
115	11	653	Paulo MOREIRA	Individual	VET II MASC	M	00:43:41
116	47	403	Vitor SANTOS	Individual	VET I MASC	M	00:43:42
117	6	662	Ana MOREIRA	Individual	SENIOR FEM	F	00:43:46
118	48	32	Miguel DIAS	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	VET I MASC	M	00:43:49
119	49	650	António BORGES	Individual	VET I MASC	M	00:43:49
120	53	355	Jorge BELIAGO	GANSOS	SENIOR MASC	M	00:43:53
121	12	186	Carlos SILVA	Pernas Inertes	VET II MASC	M	00:43:56
122	50	237	Jose MARINHO	NORTIGAIA-AMIGOS DA PÍCUA	VET I MASC	M	00:43:59
123	13	165	Serafim RAMOS	LION RUNNERS - G.D. LEÕES DA GUARDA	VET II MASC	M	00:44:06
124	14	648	Henrique BORGES	Individual	VET II MASC	M	00:44:23
125	51	420	Fernando SOARES	Individual	VET I MASC	M	00:44:28
126	1	327	Paula GUEDES	Gemunde	VET I FEM	F	00:44:30
127	15	74	Manuel OLIVEIRA	WHITE Running Team	VET II MASC	M	00:44:30
128	16	148	Marcelo FERNANDES	Individual	VET II MASC	M	00:44:37
129	52	234	Jorge DURÃES	Kandimba Runners	VET I MASC	M	00:44:38
130	53	55	Mário FERREIRA	Terças Feiras Bravas	VET I MASC	M	00:44:38
131	54	171	Pedro OLIVEIRA	LION RUNNERS - G.D. LEÕES DA GUARDA	VET I MASC	M	00:44:38
132	55	428	Joel ROCHA	HERBANUT Running Team	VET I MASC	M	00:44:42

Lugar	Esc	Dorsal	Nome	Equipa	Escalão	Sexo	Tempo
133	17	535	Fernando CAMELO	Megasa Maia	VET II MASC	M	00:44:44
134	54	553	Sérgio SOUSA	Elite 36	SENIOR MASC	M	00:44:48
135	56	290	Luciano FERREIRA	Individual	VET I MASC	M	00:44:52
136	7	369	Daniela SOARES	Unidos à Fresca	SENIOR FEM	F	00:44:53
137	57	370	Artur FERREIRA	Unidos à Fresca	VET I MASC	M	00:44:54
138	18	179	Carlos TAVARES	RunRiver - Escola Atletismo de Rio Tinto	VET II MASC	M	00:44:58
139	55	437	Joao CARVALHO	FIGUEIREDOS RUNNERS & FRIENDS	SENIOR MASC	M	00:45:01
140	58	20	Luís PEREIRA	Individual	VET I MASC	M	00:45:04
141	2	265	Raquel VASCONCELOS	No Tomorrow Running Team	VET I FEM	F	00:45:05
142	56	266	Tiago SOARES	Pedalbike / Rolub / AFR	SENIOR MASC	M	00:45:11
143	57	406	Olavo BARROS	Os Iniciantes	SENIOR MASC	M	00:45:11
144	59	268	Helder COSTA	100 clube	VET I MASC	M	00:45:11
145	58	561	Joaquim ALVES	Megasa Maia	SENIOR MASC	M	00:45:11
146	19	605	António AZEVEDO	Nascidos para correr	VET II MASC	M	00:45:13
147	3	580	Susana PINTO	Nascidos para correr	VET I FEM	F	00:45:14
148	60	102	Rui BARBOSA	Porto	VET I MASC	M	00:45:19
149	61	37	Manuel GUEDES	Clube Independente de Atletismo de Alpendorada	VET I MASC	M	00:45:22
150	59	329	Daniel SOARES	Pedalbike / Rolub / AFR	SENIOR MASC	M	00:45:24
151	62	531	José SAMPAIO	Megasa Maia	VET I MASC	M	00:45:28
152	20	320	Vitor COELHO	Individual	VET II MASC	M	00:45:29
153	63	275	Hugo FERREIRA	Kandimba Runners	VET I MASC	M	00:45:29
154	60	145	Pedro GOMES	éjáli...clube de amigos trailrunners	SENIOR MASC	M	00:45:30
155	61	283	Manuel MAGALHÃES	Urbanatletas	SENIOR MASC	M	00:45:30
156	62	315	Rui COELHO	Werun4food	SENIOR MASC	M	00:45:30
157	21	614	Armando PINTO	Nascidos para correr	VET II MASC	M	00:45:31
158	8	645	Sara FERREIRA	Nascidos para correr	SENIOR FEM	F	00:45:33
159	63	423	Jorge MAIA	Budeguita Runners	SENIOR MASC	M	00:45:34
160	22	618	Emanuel MADUREIRA	Nascidos para correr	VET II MASC	M	00:45:42
161	2	579	Etelvina ROCHA	Nascidos para correr	VET II FEM	F	00:45:42
162	64	491	Jose PINTO	K Medo Team	VET I MASC	M	00:45:43
163	64	67	Bruno ALEXANDRE	Individual	SENIOR MASC	M	00:45:44
164	65	147	Nuno VIEIRA	Individual	VET I MASC	M	00:45:45
165	65	249	Bruno DUARTE	AFIPRE TEAM / CHRONO.PT	SENIOR MASC	M	00:45:46
166	66	59	Eduardo FERREIRA	Individual	VET I MASC	M	00:45:47
167	9	502	Kosta KARAS	Aliança de Gandra	SENIOR FEM	F	00:45:47
168	67	488	Helder GOMES	K Medo Team	VET I MASC	M	00:45:48
169	68	490	Luis SILVA	K Medo team	VET I MASC	M	00:45:48
170	10	418	Catarina RUSSO	Dr. Runners Team	SENIOR FEM	F	00:45:48
171	66	451	Isaías VIEIRA	Urbanfit Ermesinde	SENIOR MASC	M	00:45:52
172	23	547	Jorge FERREIRA	Individual	VET II MASC	M	00:45:53
173	67	602	João AIROSA	Individual	SENIOR MASC	M	00:45:53
174	69	271	Paulo RODRIGUES	Pedalbike / Rolub / AFR	VET I MASC	M	00:45:55
175	68	558	Nuno DIAS	Elite 36	SENIOR MASC	M	00:45:57
176	24	257	Manuel SANTOS	Individual	VET II MASC	M	00:46:00

Lugar	Esc	Dorsal	Nome	Equipa	Escalão	Sexo	Tempo
177	25	604	Adão DIAS	Nascidos para correr	VET II MASC	M	00:46:03
178	69	89	Paulo CARDOSO	Elite 36	SENIOR MASC	M	00:46:04
179	70	137	Helder PARRACHO	Individual	SENIOR MASC	M	00:46:06
180	3	583	Rosa PINTO	Nascidos para correr	VET II FEM	F	00:46:07
181	26	616	Domingos PRESAS	Nascidos para correr	VET II MASC	M	00:46:07
182	70	134	Nuno VIEIRA	Urbanatletas	VET I MASC	M	00:46:13
183	27	465	Fernando AREIAS	UrbanFit Ermesinde	VET II MASC	M	00:46:15
184	71	328	Fernando SANTOS	Maia A.C.	VET I MASC	M	00:46:19
185	72	258	Adriano FARIA	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	VET I MASC	M	00:46:24
186	28	71	Silvério PINTO	Terror de Ermesinde	VET II MASC	M	00:46:28
187	71	441	Manuel RIBEIRO	Patanisca	SENIOR MASC	M	00:46:29
188	73	447	Hélder BORGES	Aliança de Gandra	VET I MASC	M	00:46:31
189	4	413	Amílcar VINAGRE	Recreio Desportivo de Águeda	VET I FEM	F	00:46:31
190	74	659	José CARVALHO	Individual	VET I MASC	M	00:46:33
191	29	238	António PEREIRA	NORTIGAIA-AMIGOS DA PÍCUA	VET II MASC	M	00:46:34
192	5	379	Sara NUNES	AFIS/OVAR	VET I FEM	F	00:46:35
193	72	378	Paulo CONDE	AFIS/OVAR	SENIOR MASC	M	00:46:35
194	73	512	Nuno MAIO	Salgueiros Running	SENIOR MASC	M	00:46:42
195	75	667	Luís MONTEIRO	Individual	VET I MASC	M	00:46:43
196	76	13	José SECA	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	VET I MASC	M	00:46:44
197	77	341	Alcino TAVARES	GANSOS	VET I MASC	M	00:46:44
198	74	537	Nuno CAMPOS	Megasa Maia	SENIOR MASC	M	00:46:46
199	30	288	Paulo BARBOSA	Individual	VET II MASC	M	00:47:06
200	31	236	Sérgio FERREIRA	NORTIGAIA-AMIGOS DA PÍCUA	VET II MASC	M	00:47:10
201	78	197	Serafim COSTA	Individual	VET I MASC	M	00:47:11
202	79	526	Staniscav SHEKHOVTSOV	Megasa Maia	VET I MASC	M	00:47:14
203	6	473	Cláudia PIMPAREL	Porto	VET I FEM	F	00:47:22
204	32	155	Ernesto MARTINS	LION RUNNERS - G.D. LEÕES DA GUARDA	VET II MASC	M	00:47:23
205	80	3	Gonçalo OLIVEIRA	Invicta Runners Team	VET I MASC	M	00:47:24
206	75	405	Domingos SANTOS	Individual	SENIOR MASC	M	00:47:26
207	81	314	Francisco VIEIRA	Individual	VET I MASC	M	00:47:32
208	76	130	Marco GUIMARÃES	Individual	SENIOR MASC	M	00:47:44
209	77	496	Diogo PASTOR	K Medo Team	SENIOR MASC	M	00:47:47
210	33	399	Jose MOURA	Estrelas Susanenses	VET II MASC	M	00:47:47
211	78	559	Diogo RIBEIRO	Elite 36	SENIOR MASC	M	00:47:55
212	79	528	Helder VIEIRA	Megasa Maia	SENIOR MASC	M	00:47:57
213	34	498	Luis GOMES	K Medo Team	VET II MASC	M	00:47:57
214	80	392	Tiago TEIXEIRA	Individual	SENIOR MASC	M	00:47:58
215	81	323	Luís SEABRA	Individual	SENIOR MASC	M	00:48:00
216	35	44	Gonçalo GUERRA	Individual	VET II MASC	M	00:48:02
217	82	317	André SOUSA	MAGRIÇOS DE ERMESINDE	SENIOR MASC	M	00:48:03
218	82	466	Mário PINTO	UrbanFit Ermesinde	VET I MASC	M	00:48:08
219	36	248	António RODRIGUES	AFIPRE TEAM / CHRONO.PT	VET II MASC	M	00:48:09
220	37	621	Gabriel SANTOS	Nascidos para correr	VET II MASC	M	00:48:12

Lugar	Esc	Dorsal	Nome	Equipa	Escalão	Sexo	Tempo
221	38	623	Isaque PINTO	Nascidos para correr	VET II MASC	M	00:48:12
222	39	35	Modesto MONTEIRO	Clube Independente de Atletismo de Alpendorada	VET II MASC	M	00:48:14
223	83	401	Leandro ARAUJO	C+ RUNNERS	SENIOR MASC	M	00:48:16
224	83	239	Jose COUTINHO	NORTIGAIA-AMIGOS DA PÍCUA	VET I MASC	M	00:48:17
225	7	12	Ross CAMPANHÃ	Aguas Santas	VET I FEM	F	00:48:25
226	11	643	Ana COSTA	Individual	SENIOR FEM	F	00:48:26
227	84	296	David TEIXEIRA	Árvore VCD	SENIOR MASC	M	00:48:28
228	85	384	José AMORIM	BVART RUNNERS	SENIOR MASC	M	00:48:33
229	8	658	Rosa CATARINO	Individual	VET I FEM	F	00:48:33
230	84	175	Jorge ROCHA	LION RUNNERS - G.D. LEÕES DA GUARDA	VET I MASC	M	00:48:34
231	12	260	Joana CÂNDIDO	Individual	SENIOR FEM	F	00:48:36
232	40	453	José SILVA	UrbanFit Ermesinde	VET II MASC	M	00:48:38
233	86	270	Sergio SOUSA	Individual	SENIOR MASC	M	00:48:43
234	85	657	Paulo MOREIRA	Individual	VET I MASC	M	00:48:46
235	87	432	João TEIXEIRA	Individual	SENIOR MASC	M	00:48:49
236	9	187	Maria SILVA	Pernas Inertes	VET I FEM	F	00:48:49
237	88	516	Filipe SOUSA	Megasa Maia	SENIOR MASC	M	00:48:51
238	13	361	Solange SOUSA	Individual	SENIOR FEM	F	00:48:51
239	89	383	Pedro LAJAS	Individual	SENIOR MASC	M	00:48:59
240	41	630	José SOUSA	Nascidos para correr	VET II MASC	M	00:49:02
241	42	259	Domingos MELO	MAGRIÇOS DE ERMESINDE	VET II MASC	M	00:49:06
242	14	191	Eliana LOPES	Individual	SENIOR FEM	F	00:49:08
243	10	487	Laura MENDES	K Medo Team	VET I FEM	F	00:49:08
244	90	556	João SILVA	Elite 36	SENIOR MASC	M	00:49:11
245	91	88	Bruno GUEDES	Porto Sentido Runners	SENIOR MASC	M	00:49:11
246	92	144	Pedro TEIXEIRA	Individual	SENIOR MASC	M	00:49:13
247	93	517	João CAROLO	Megasa Maia	SENIOR MASC	M	00:49:15
248	4	646	Fátima PAIS	Fiães SC	VET II FEM	F	00:49:22
249	86	442	Pedro SILVA	Aliança de Gandra	VET I MASC	M	00:49:22
250	94	7	Pedro CHAMUSCA	Individual	SENIOR MASC	M	00:49:23
251	87	207	Luis RODRIGUES	Pegasus Team	VET I MASC	M	00:49:24
252	43	359	Jorge SILVA	Maia A.C.	VET II MASC	M	00:49:25
253	15	485	Jennifer LEAL	K Medo Team	SENIOR FEM	F	00:49:25
254	88	529	Fernando CARNEIRO	Megasa Maia	VET I MASC	M	00:49:29
255	95	372	João MAURÍCIO	Individual	SENIOR MASC	M	00:49:35
256	89	634	Rui SANTOS	Nascidos para correr	VET I MASC	M	00:49:36
257	5	226	Paula ANDRADE	Grupo Desportivo dos Ferroviários de Campanhã	VET II FEM	F	00:49:43
258	6	277	Esmeralda SILVA	Individual	VET II FEM	F	00:49:43
259	90	293	Nuno TEIXEIRA	Individual	VET I MASC	M	00:49:43
260	91	60	Henrique BARROS	Individual	VET I MASC	M	00:49:45
261	92	280	Paulo PRÓSPERO	Individual	VET I MASC	M	00:49:47
262	93	656	Miguel BARBOSA	Individual	VET I MASC	M	00:49:51
263	94	469	Nuno TORRES	UrbanFit Ermesinde	VET I MASC	M	00:49:52
264	44	219	Fernando ANDRADE	Grupo Desportivo dos Ferroviários de Campanhã	VET II MASC	M	00:49:53

Lugar	Esc	Dorsal	Nome	Equipa	Escalão	Sexo	Tempo
265	95	192	Ricardo OLIVEIRA	No Tomorrow Running Team	VET I MASC	M	00:50:04
266	11	209	Teresa RAPOSO	Individual	VET I FEM	F	00:50:04
267	45	202	Paulo SOUSA	Individual	VET II MASC	M	00:50:05
268	96	159	Miguel MENDES	LION RUNNERS - G.D. LEÕES DA GUARDA	SENIOR MASC	M	00:50:11
269	16	94	Ana ÁGUAS	Individual	SENIOR FEM	F	00:50:12
270	17	174	Claudia CARCAU	LION RUNNERS - G.D. LEÕES DA GUARDA	SENIOR FEM	F	00:50:15
271	96	647	Rui MELO	MAGRIÇOS DE ERMESINDE	VET I MASC	M	00:50:16
272	46	217	Emílio GONÇALVES	Grupo Desportivo dos Ferroviários de Campanhã	VET II MASC	M	00:50:21
273	97	109	Tiago MOREIRA	Individual	SENIOR MASC	M	00:50:23
274	97	308	Luis RIBEIRO	Individual	VET I MASC	M	00:50:24
275	98	180	Maurício ALVES	RunRiver - Escola Atletismo de Rio Tinto	VET I MASC	M	00:50:28
276	98	377	Paulo LIMA	K Medo Team	SENIOR MASC	M	00:50:28
277	47	394	Antonio SILVA	Individual	VET II MASC	M	00:50:33
278	99	46	Marc DEMUTH	Individual	VET I MASC	M	00:50:34
279	99	455	Vítor TEIXEIRA	UrbanFit Ermesinde	SENIOR MASC	M	00:50:42
280	7	578	Armanda PINTO	Nascidos para correr	VET II FEM	F	00:50:42
281	18	434	Teresa OLIVEIRA	No Tomorrow Running Team	SENIOR FEM	F	00:50:47
282	100	303	José MOITA	RollingAventura	VET I MASC	M	00:50:51
283	19	456	Magda ESTEVES	UrbanFit Ermesinde	SENIOR FEM	F	00:50:51
284	100	458	Serafim MONTEIRO	UrbanFit Ermesinde	SENIOR MASC	M	00:50:52
285	101	312	Joaquim MOREIRA	AFIS/OVAR	VET I MASC	M	00:50:53
286	48	460	José FERREIRA	UrbanFit Ermesinde	VET II MASC	M	00:50:54
287	8	464	Soledade SOUSA	UrbanFit Ermesinde	VET II FEM	F	00:50:54
288	20	459	Sofia DELGADO	UrbanFit Ermesinde	SENIOR FEM	F	00:50:57
289	101	115	Ricardo ALMEIDA	HORA DO LOBO	SENIOR MASC	M	00:50:58
290	12	124	Manuela MONTEIRO	Bicademia Runners	VET I FEM	F	00:51:00
291	102	42	Paulo JORGE	Salgueiros Running	VET I MASC	M	00:51:03
292	103	340	Jorge CALDAS	GANSOS	VET I MASC	M	00:51:04
293	104	492	Jose PEREIRA	K Medo Team	VET I MASC	M	00:51:10
294	105	15	Paulo PINTO	Equipa Dinamite	VET I MASC	M	00:51:13
295	106	95	Paulo ALMEIDA	RunRiver - Escola Atletismo de Rio Tinto	VET I MASC	M	00:51:14
296	49	400	Jose NEVES	Valongo	VET II MASC	M	00:51:19
297	102	127	Nuno SILVA	Bicademia Runners	SENIOR MASC	M	00:51:29
298	21	387	Sofia MIGUEL	Individual	SENIOR FEM	F	00:51:31
299	103	135	Carlos NOVAIS	Bicademia Runners	SENIOR MASC	M	00:51:36
300	13	129	Manuela SILVA	Bicademia Runners	VET I FEM	F	00:51:37
301	104	661	Nelson MOREIRA	Individual	SENIOR MASC	M	00:51:38
302	14	484	Sara RAFAEL	K Medo Team	VET I FEM	F	00:51:46
303	105	408	Hugo SANTOS	Individual	SENIOR MASC	M	00:51:48
304	50	609	Manuel GONÇALVES	escola do movimento	VET II MASC	M	00:51:51
305	15	571	Fatima HERDEIRO	Individual	VET I FEM	F	00:51:53
306	106	388	Daniel REIS	LUSOS XXI	SENIOR MASC	M	00:51:55
307	107	16	Paulo FERREIRA	Individual	VET I MASC	M	00:51:57
308	108	40	Carlos VIEIRA	Individual	VET I MASC	M	00:51:57

Lugar	Esc	Dorsal	Nome	Equipa	Escalão	Sexo	Tempo
309	109	41	Renato ALMEIDA	Individual	VET I MASC	M	00:51:59
310	110	300	Paulo GUEDES	Alfena	VET I MASC	M	00:52:02
311	107	522	Paulo MANDIM	Megasa Maia	SENIOR MASC	M	00:52:03
312	108	146	Bruno BRITO	Individual	SENIOR MASC	M	00:52:03
313	109	448	Fernando PEDRO	Individual	SENIOR MASC	M	00:52:05
314	111	47	Miguel RIBEIRO	Individual	VET I MASC	M	00:52:11
315	16	193	Paula LOPES	No Tomorrow Running Team	VET I FEM	F	00:52:13
316	110	96	André RAPOSO	AF104	SENIOR MASC	M	00:52:23
317	22	507	Lucia NUNES	K Medo team	SENIOR FEM	F	00:52:26
318	112	263	José ALVES	Individual	VET I MASC	M	00:52:30
319	111	138	Pedro SOARES	Individual	SENIOR MASC	M	00:52:37
320	112	427	Mario SANTOS	Individual	SENIOR MASC	M	00:52:41
321	113	23	Helder MARQUES	Caldas São Jorge Sport Club	SENIOR MASC	M	00:52:44
322	23	513	Patricia MAIO	Salgueiros Running	SENIOR FEM	F	00:52:44
323	113	651	Miguel AZEVEDO	Individual	VET I MASC	M	00:52:48
324	114	149	Leandro FERNANDES	Gang da Corrida	SENIOR MASC	M	00:52:48
325	24	462	Ana PIMENTEL	UrbanFit Ermesinde	SENIOR FEM	F	00:52:51
326	115	345	Rui SOUSA	GANSOS	SENIOR MASC	M	00:52:54
327	17	353	Cristina NETO	GANSOS	VET I FEM	F	00:52:56
328	114	527	Nuno MELO	Megasa Maia	VET I MASC	M	00:52:57
329	116	475	Marco SILVA	Individual	SENIOR MASC	M	00:52:58
330	115	356	Miguel COSTA	GANSOS	VET I MASC	M	00:52:58
331	18	66	Sonia CÂNDIDO	ainos	VET I FEM	F	00:53:02
332	116	231	Vitor FREIRE	Individual	VET I MASC	M	00:53:04
333	117	81	António FREIRE	Individual	VET I MASC	M	00:53:05
334	51	278	Fernando SILVA	Individual	VET II MASC	M	00:53:05
335	118	433	Pedro MOREIRA	No Tomorrow Running Team	VET I MASC	M	00:53:08
336	117	321	Abel CARDOSO	Individual	SENIOR MASC	M	00:53:13
337	9	172	Lucinda GOMES	LION RUNNERS - G.D. LEÕES DA GUARDA	VET II FEM	F	00:53:13
338	118	642	Paulo GRAÇA	UrbanFit Ermesinde	SENIOR MASC	M	00:53:15
339	25	454	Rute PINTO	UrbanFit Ermesinde	SENIOR FEM	F	00:53:15
340	119	125	Emanuel GONÇALVES	Bicademia Runners	SENIOR MASC	M	00:53:18
341	119	213	Nuno CAVALEIRO	Individual	VET I MASC	M	00:53:19
342	120	322	Sérgio RIBEIRO	Individual	SENIOR MASC	M	00:53:20
343	26	79	Ana COTA	Urbanatletas	SENIOR FEM	F	00:53:20
344	121	114	André BARROS	HORA DO LOBO	SENIOR MASC	M	00:53:21
345	120	84	João RESENDE	Invicta Runners Team	VET I MASC	M	00:53:22
346	121	28	Ricardo CACHADINHA	ACTEAM Alexandra Carvalho Team	VET I MASC	M	00:53:33
347	122	358	Ricardo HENRIQUES	Individual	SENIOR MASC	M	00:53:35
348	122	85	Ivone PARDAL	Invicta Runners Team	VET I MASC	M	00:53:36
349	27	504	Liliana VIEIRA	K Medo Team	SENIOR FEM	F	00:53:36
350	123	190	Jean FERNANDES	Individual	SENIOR MASC	M	00:53:39
351	123	251	Alfredo MAGALHÃES	MAGRIÇOS DE ERMESINDE	VET I MASC	M	00:53:40
352	124	386	Francisco FRUTUOSO	Moreira da Maia	SENIOR MASC	M	00:53:52

Lugar	Esc	Dorsal	Nome	Equipa	Escalão	Sexo	Tempo
353	125	417	Silas CERQUEIRA	Individual	SENIOR MASC	M	00:54:01
354	126	446	Jorge SILVA	Aliança de Gandra	SENIOR MASC	M	00:54:04
355	127	169	Celso OLIVEIRA	LION RUNNERS - G.D. LEÕES DA GUARDA	SENIOR MASC	M	00:54:07
356	19	170	Isabel PINTO	LION RUNNERS - G.D. LEÕES DA GUARDA	VET I FEM	F	00:54:07
357	124	222	Manuel AZEVEDO	MAGRIÇOS DE ERMESINDE	VET I MASC	M	00:54:07
358	125	344	Paulo RIBEIRO	GANSOS	VET I MASC	M	00:54:08
359	28	549	Maria GAMBOA	Elite 36	SENIOR FEM	F	00:54:17
360	52	457	Pedro FERNANDES	UrbanFit Ermesinde	VET II MASC	M	00:54:17
361	126	252	Carlos CARVALHO	MAGRIÇOS DE ERMESINDE	VET I MASC	M	00:54:18
362	127	343	Cristina FONSECA	GANSOS	VET I MASC	M	00:54:20
363	20	119	Paula DIAS	C+ RUNNERS	VET I FEM	F	00:54:21
364	128	347	Álvaro ALMEIDA	GANSOS	VET I MASC	M	00:54:22
365	21	342	Florinda CARVALHO	GANSOS	VET I FEM	F	00:54:22
366	29	92	Claudia NUNES	Individual	SENIOR FEM	F	00:54:23
367	129	381	Alexandre MATOS	Monte Córdova/Santo Tirso	VET I MASC	M	00:54:28
368	130	545	Armando PINTO	Ermesinde	VET I MASC	M	00:54:33
369	131	108	Hélder FERREIRA	STCP Runners-CCDT/STCP Atletismo	VET I MASC	M	00:54:33
370	128	493	Carlos LEAL	K Medo Team	SENIOR MASC	M	00:54:34
371	30	505	Rita LEAL	K Medo Team	SENIOR FEM	F	00:54:34
372	132	30	Cesar LEITE	ESTORNINHO	VET I MASC	M	00:54:37
373	129	199	Nuno LOUREIRO	Cidade da Maia, Porto	SENIOR MASC	M	00:54:38
374	53	9	Luis LOUREIRO	TFB	VET II MASC	M	00:54:38
375	54	615	Diogo COUCEIRO	Nascidos para correr	VET II MASC	M	00:54:40
376	130	404	Vitor LOPES	Individual	SENIOR MASC	M	00:54:44
377	133	5	Angelo JACOB	Individual	VET I MASC	M	00:54:48
378	134	366	Gabriel MOREIRA	Individual	VET I MASC	M	00:54:52
379	22	221	Ema AZEVEDO	MAGRIÇOS DE ERMESINDE	VET I FEM	F	00:54:56
380	135	649	Rui TEIXEIRA	Individual	VET I MASC	M	00:54:57
381	55	544	Pedro MIEIRO	Nast	VET II MASC	M	00:54:57
382	23	397	Sandra CORREIA	Team Bichos	VET I FEM	F	00:55:03
383	31	64	Claudia MOURA	Terças Feiras Bravas	SENIOR FEM	F	00:55:04
384	56	110	Manuel RODRIGUES	Individual	VET II MASC	M	00:55:05
385	136	99	João LOURENÇO	C+ RUNNERS	VET I MASC	M	00:55:10
386	24	117	Sandra NEVES	MAGRIÇOS DE ERMESINDE	VET I FEM	F	00:55:13
387	137	116	Victor SILVA	MAGRIÇOS DE ERMESINDE	VET I MASC	M	00:55:14
388	131	337	João CARVALHO	LUSOS XXI	SENIOR MASC	M	00:55:22
389	25	471	Emília TEIXEIRA	UrbanFit Ermesinde	VET I FEM	F	00:55:31
390	132	306	Lemos PAULO	Individual	SENIOR MASC	M	00:55:32
391	133	357	Roberto CABRAL	Individual	SENIOR MASC	M	00:55:33
392	134	56	Filipe BARBOSA	TrailWay Adventure	SENIOR MASC	M	00:55:34
393	57	663	José RAMOS	Individual	VET II MASC	M	00:55:34
394	32	468	Lurdes FERREIRA	UrbanFit Ermesinde	SENIOR FEM	F	00:55:37
395	138	419	Valter MENDONÇA	Individual	VET I MASC	M	00:55:43
396	139	439	Milton RODRIGUES	Individual	VET I MASC	M	00:55:43

Lugar	Esc	Dorsal	Nome	Equipa	Escalão	Sexo	Tempo
397	135	398	José EPIFÂNIO	Individual	SENIOR MASC	M	00:55:43
398	136	51	André TEIXEIRA	Individual	SENIOR MASC	M	00:55:44
399	137	11	Samuel GONÇALVES	Individual	SENIOR MASC	M	00:55:50
400	33	136	Zita NOVAIS	Bicademia Runners	SENIOR FEM	F	00:55:51
401	138	555	Bruno GONÇALVES	Elite 36	SENIOR MASC	M	00:55:52
402	139	566	Saul MOTA	Individual	SENIOR MASC	M	00:55:55
403	26	508	Sandra MARTINS	K Medo Team	VET I FEM	F	00:56:01
404	140	371	Joao SOARES	Individual	SENIOR MASC	M	00:56:18
405	140	325	Jorge COUTO	Ermesinde Portugal	VET I MASC	M	00:56:21
406	141	367	Miguel SOUSA	Individual	SENIOR MASC	M	00:56:24
407	142	565	Filipe PEREIRA	Individual	SENIOR MASC	M	00:56:29
408	58	563	Alvaro SILVA	Mss contabilidade trail team	VET II MASC	M	00:56:30
409	34	474	Ana BRITO	Salgueiros Running	SENIOR FEM	F	00:56:30
410	143	332	Tiago OLIVEIRA	Individual	SENIOR MASC	M	00:56:31
411	59	510	Lenio MARINHO	Salgueiros Running	VET II MASC	M	00:56:31
412	27	511	Carla MAGALHAES	Salgueiros Running	VET I FEM	F	00:56:31
413	28	564	Paula MIRANDA	Individual	VET I FEM	F	00:56:32
414	29	467	Paula PAIVA	UrbanFit Ermesinde	VET I FEM	F	00:56:34
415	144	282	Hugo PEREIRA	éjáli...clube de amigos trailrunners	SENIOR MASC	M	00:56:36
416	141	415	Luis MASCARENHAS	Individual	VET I MASC	M	00:56:38
417	30	69	Dulce RIBEIRO	Os TurboMula	VET I FEM	F	00:56:43
418	142	68	Nuno MARQUES	Os TurboMula	VET I MASC	M	00:56:45
419	31	111	Sandra CUNHA	Terças Feiras Bravas	VET I FEM	F	00:56:50
420	145	410	Hugo SANTOS	Individual	SENIOR MASC	M	00:56:59
421	32	449	Claudia OLIVEIRA	RollingAventura	VET I FEM	F	00:57:02
422	35	368	Karina BRAGA	Individual	SENIOR FEM	F	00:57:11
423	146	489	Filipe SOUSA	K Medo Team	SENIOR MASC	M	00:57:13
424	36	402	Joana AZEVEDO	Pedrouços maia	SENIOR FEM	F	00:57:23
425	143	123	Jorge MONTEIRO	Bicademia Runners	VET I MASC	M	00:57:43
426	144	333	José JESUS	Individual	VET I MASC	M	00:57:43
427	147	212	Bruno TEIXEIRA	Malta comilona	SENIOR MASC	M	00:57:43
428	145	211	Ivo FERREIRA	Individual	VET I MASC	M	00:57:43
429	146	206	Carlos MARTINS	Individual	VET I MASC	M	00:57:44
430	37	195	Marlene PEREIRA	Individual	SENIOR FEM	F	00:57:45
431	148	431	Miguel RIBEIRO	Individual	SENIOR MASC	M	00:57:46
432	147	430	Leandro ANDRADE	Individual	VET I MASC	M	00:57:46
433	38	201	Liliana SANTIAGO	Individual	SENIOR FEM	F	00:57:46
434	149	412	André PINTO	Individual	SENIOR MASC	M	00:57:47
435	150	286	Hugo LOPES	Individual	SENIOR MASC	M	00:57:56
436	148	294	Jorge PINHEIRO	Individual	VET I MASC	M	00:58:06
437	33	128	Sónia SILVA	Bicademia Runners	VET I FEM	F	00:58:11
438	149	58	Alex PEREIRA	Individual	VET I MASC	M	00:58:12
439	39	572	Susana SANTOS	BVART RUNNERS	SENIOR FEM	F	00:58:13
440	150	250	Hugo ALVES	ADSL, Escola de Ciclismo	VET I MASC	M	00:58:16

Lugar	Esc	Dorsal	Nome	Equipa	Escalão	Sexo	Tempo
441	34	483	Monica FONSECA	K Medo Team	VET I FEM	F	00:58:17
442	35	486	Anabela GOMES	K Medo Team	VET I FEM	F	00:58:17
443	10	577	Paulina SOARES	Individual	VET II FEM	F	00:58:41
444	151	523	Rogério DUARTE	Megasa Maia	SENIOR MASC	M	00:58:53
445	60	140	Armando TEIXEIRA	Individual	VET II MASC	M	00:58:57
446	36	141	Carolina RODRIGUEZ	Individual	VET I FEM	F	00:58:57
447	151	31	Rui SILVA	Individual	VET I MASC	M	00:59:08
448	152	298	Paulo MONTEIRO	Kandimba Runners	VET I MASC	M	00:59:08
449	153	274	Alexandre SOUSA	Kandimba Runners	VET I MASC	M	00:59:09
450	61	72	Horácio TEIXEIRA	Terror de Ermesinde	VET II MASC	M	00:59:14
451	152	18	Paulo SERRA	Individual	SENIOR MASC	M	00:59:25
452	40	655	Ivania ESTEVES	Individual	SENIOR FEM	F	00:59:26
453	62	121	Rui PEIXOTO	Bicademia Runners	VET II MASC	M	00:59:32
454	41	391	Ana COSTA	Individual	SENIOR FEM	F	00:59:35
455	42	196	Fátima COSTA	Individual	SENIOR FEM	F	00:59:45
456	37	198	Glória COSTA	Individual	VET I FEM	F	00:59:46
457	154	142	Jose PEREIRA	Bicademia Runners	VET I MASC	M	00:59:55
458	153	530	Andre MATOS	Megasa Maia	SENIOR MASC	M	00:59:58
459	154	24	Vitor CHAMUSCA	Individual	SENIOR MASC	M	01:00:08
460	155	163	Miguel FONSECA	LION RUNNERS - G.D. LEÕES DA GUARDA	VET I MASC	M	01:00:14
461	43	506	Raquel SANTOS	K Medo Team	SENIOR FEM	F	01:00:17
462	156	255	Eliseo MARTÍNEZ	Waldos Team	VET I MASC	M	01:00:26
463	38	256	Dolores VÁZQUEZ	Waldos Team	VET I FEM	F	01:00:26
464	44	224	Sara PELEIAS	Individual	SENIOR FEM	F	01:00:35
465	155	223	Pedro MARTINS	Individual	SENIOR MASC	M	01:00:35
466	45	76	Beatriz LOUREIRO	Pernetas	SENIOR FEM	F	01:00:49
467	39	162	Susana LUIS	LION RUNNERS - G.D. LEÕES DA GUARDA	VET I FEM	F	01:00:50
468	46	569	Celeste COSTA	Individual	SENIOR FEM	F	01:00:53
469	11	570	Maria MELO	Individual	VET II FEM	F	01:00:53
470	63	301	Armando TEIXEIRA	Malta comilona	VET II MASC	M	01:00:53
471	156	326	Rui COUTO	Ermesinde Portugal	SENIOR MASC	M	01:00:56
472	47	324	Ana COUTO	Ermesinde Portugal	SENIOR FEM	F	01:00:57
473	48	158	Daniela SILVA	LION RUNNERS - G.D. LEÕES DA GUARDA	SENIOR FEM	F	01:01:03
474	49	203	Diana TEIXEIRA	Individual	SENIOR FEM	F	01:01:07
475	64	304	Fernando ALVES	Individual	VET II MASC	M	01:01:19
476	65	305	Antonio PIRES	Individual	VET II MASC	M	01:01:19
477	157	157	Licínio SOUSA	LION RUNNERS - G.D. LEÕES DA GUARDA	SENIOR MASC	M	01:01:26
478	50	284	Cristiana CORREIA	Individual	SENIOR FEM	F	01:01:26
479	158	285	Pedro MENDO	Individual	SENIOR MASC	M	01:01:27
480	40	350	Helena ALVARENGA	GANSOS	VET I FEM	F	01:01:31
481	157	354	António NETO	GANSOS	VET I MASC	M	01:01:32
482	158	532	Antonio COSTA	Megasa Maia	VET I MASC	M	01:02:14
483	66	133	José RODRIGUES	Prestígio - Imobiliária Maia	VET II MASC	M	01:02:17
484	12	132	Ermesinda CARVALHO	Prestígio - Imobiliária Maia	VET II FEM	F	01:02:21

Lugar	Esc	Dorsal	Nome	Equipa	Escalão	Sexo	Tempo
485	41	230	Elisabete DIEGUES	Clube Portugal Telecom Zona Norte	VET I FEM	F	01:02:23
486	67	229	José ALVES	Clube Portugal Telecom Zona Norte	VET II MASC	M	01:02:23
487	68	364	José LIMA	Pernas Inertes	VET II MASC	M	01:02:42
488	51	120	Patricia REBELO	Individual	SENIOR FEM	F	01:02:58
489	159	363	Mario ROCHA	Ermesinde	SENIOR MASC	M	01:03:02
490	52	365	Ana MAIA	Ermesinde	SENIOR FEM	F	01:03:02
491	13	22	Izabel CORREIA	Team Shark	VET II FEM	F	01:03:10
492	42	43	Rute FONSECA	Individual	VET I FEM	F	01:03:12
493	159	590	Alcides FREIRE	Os TurboMula	VET I MASC	M	01:03:13
494	69	106	Nuno ROCHA	Individual	VET II MASC	M	01:03:16
495	160	289	Rui COUTO	Ermesinde Portugal	VET I MASC	M	01:03:19
496	161	287	Julio SANTOS	Individual	VET I MASC	M	01:03:19
497	43	375	Isabel QUEIRÓS	Os Passadiços	VET I FEM	F	01:04:10
498	162	374	João MOUTA	Os Passadiços	VET I MASC	M	01:04:10
499	53	143	Carla AZEVEDO	Bicademia Runners	SENIOR FEM	F	01:04:17
500	160	536	Bruno SANTOS	Megasa Maia	SENIOR MASC	M	01:04:18
501	44	54	Helena CARDOSO	Exercise For You	VET I FEM	F	01:04:21
502	45	509	Sandra LOPES	K Medo Team	VET I FEM	F	01:04:22
503	163	240	Carlos CABOUCO	Individual	VET I MASC	M	01:04:45
504	164	307	Coelho PAULO	Individual	VET I MASC	M	01:05:34
505	161	216	Jorge BESSA	Individual	SENIOR MASC	M	01:05:34
506	46	279	Monica MATOS	Team Shark	VET I FEM	F	01:05:52
507	54	589	Rosana MADUREIRA	Individual	SENIOR FEM	F	01:05:52
508	162	389	Rui MONTEIRO	Individual	SENIOR MASC	M	01:05:53
509	55	440	Carmen SOBRINHO	Patanisca	SENIOR FEM	F	01:05:59
510	47	122	Julia PEIXOTO	Bicademia Runners	VET I FEM	F	01:06:09
511	163	538	Rui MAIA	Megasa Maia	SENIOR MASC	M	01:06:21
512	56	334	Tania GASPAS	Individual	SENIOR FEM	F	01:06:31
513	165	91	Ricardo ALMEIDA	CORRER LEÇA	VET I MASC	M	01:06:32
514	48	90	Daniela FERREIRA	CORRER LEÇA	VET I FEM	F	01:06:32
515	57	362	Rafaela SILVA	Individual	SENIOR FEM	F	01:06:40
516	164	640	Pedro RAMALHO	UrbanFit Ermesinde	SENIOR MASC	M	01:06:42
517	165	636	Flávio BERNARDES	Individual	SENIOR MASC	M	01:06:43
518	166	639	Ruben FONSECA	Individual	SENIOR MASC	M	01:06:43
519	167	546	Hugo LEAL	Individual	SENIOR MASC	M	01:06:43
520	58	126	Cátia SOFIA	Bicademia Runners	SENIOR FEM	F	01:06:58
521	59	105	Marta PEREIRA	Individual	SENIOR FEM	F	01:06:59
522	166	112	João ESTEVES	Individual	VET I MASC	M	01:06:59
523	60	107	Cátia TEIXEIRA	Individual	SENIOR FEM	F	01:06:59
524	61	269	Natália BESSA	100 clube	SENIOR FEM	F	01:07:23
525	168	57	Joao NAMORADO	Paredes	SENIOR MASC	M	01:07:37
526	49	292	Felicidade CARNEIRO	Individual	VET I FEM	F	01:07:52
527	14	176	Anabela CUNHA	LION RUNNERS - G.D. LEÕES DA GUARDA	VET II FEM	F	01:08:26
528	167	167	Luis SÁ	LION RUNNERS - G.D. LEÕES DA GUARDA	VET I MASC	M	01:08:27

Lugar	Esc	Dorsal	Nome	Equipa	Escalão	Sexo	Tempo
529	50	166	Elvira LIMA	LION RUNNERS - G.D. LEÕES DA GUARDA	VET I FEM	F	01:08:27
530	51	160	Joana MARTINS	LION RUNNERS - G.D. LEÕES DA GUARDA	VET I FEM	F	01:08:27
531	70	161	Luis ALMEIDA	LION RUNNERS - G.D. LEÕES DA GUARDA	VET II MASC	M	01:08:27
532	52	164	Cristina GONÇALVES	LION RUNNERS - G.D. LEÕES DA GUARDA	VET I FEM	F	01:08:28
533	62	168	Raquel SANTOS	LION RUNNERS - G.D. LEÕES DA GUARDA	SENIOR FEM	F	01:08:28
534	53	654	Amilcar TEIXEIRA	100meta	VET I FEM	F	01:08:28
535	71	27	Jose QUINTANILHA	Individual	VET II MASC	M	01:08:56
536	54	220	Olga MAIA	pernetas em ermesinde	VET I FEM	F	01:09:13
537	168	70	Paulo MOTA	pernetas em ermesinde	VET I MASC	M	01:09:13
538	55	4	Maria MAIA	Individual	VET I FEM	F	01:09:13
539	15	411	Anokas PATRÍCIO	Individual	VET II FEM	F	01:09:13
540	16	156	Isabel LOPES	LION RUNNERS - G.D. LEÕES DA GUARDA	VET II FEM	F	01:09:13
541	169	429	Raul ANDRADE	Individual	SENIOR MASC	M	01:10:05
542	170	435	Pedro ALVES	Individual	SENIOR MASC	M	01:10:18
543	56	182	Sonia DIAS	Tugas na Estrada	VET I FEM	F	01:10:25
544	171	393	Marcelo RODRIGUES	Fast and furious	SENIOR MASC	M	01:10:26
545	169	215	Paulo SOARES	Vila Nova de Gaia	VET I MASC	M	01:10:27
546	63	424	Tânia MARTINS	Individual	SENIOR FEM	F	01:10:27
547	64	273	Liliana COELHO	Kandimba Runners	SENIOR FEM	F	01:10:28
548	57	352	Silvia BARBOSA	GANSOS	VET I FEM	F	01:10:29
549	65	346	Joana RIBEIRO	GANSOS	SENIOR FEM	F	01:10:29
550	58	348	Paula ANJOS	GANSOS	VET I FEM	F	01:10:29
551	72	34	Manuel BARBOSA	Clube Independente de Atletismo de Alpendorada	VET II MASC	M	01:10:32
552	17	450	Carmen CARVALHO	Jerónimo	VET II FEM	F	01:10:49
553	18	131	Maria GUIMARÃES	Invicta Runners Team	VET II FEM	F	01:10:50
554	172	666	Miguel CARDOSO	Individual	SENIOR MASC	M	01:11:22
555	170	665	Ricardo DIAS	Individual	VET I MASC	M	01:11:23
556	59	478	Ana ARAÚJO	Individual	VET I FEM	F	01:11:41
557	73	302	José FREITAS	RollingAventura	VET II MASC	M	01:11:47
558	66	233	Arlete TEIXEIRA	DENIROVIP	SENIOR FEM	F	01:12:01
559	173	232	Ricardo FERNANDES	DENIROVIP	SENIOR MASC	M	01:12:01
560	60	272	Sonia RODRIGUES	Maia A.C.	VET I FEM	F	01:12:26
561	74	349	José MORAIS	GANSOS	VET II MASC	M	01:13:00
562	174	376	Hugo FERREIRA	Os Passadiços	SENIOR MASC	M	01:13:41
563	61	338	Sofia CUNHA	Individual	VET I FEM	F	01:14:12
564	19	208	Rosa BISPO	Pernas Inertes	VET II FEM	F	01:15:27
565	62	65	Sonia CÂNDIDO	ainos	VET I FEM	F	01:16:09
566	67	178	Rosa POÇAS	Pedalbike / Rolub / AFR	SENIOR FEM	F	01:16:10
567	175	336	Filipe LARANJEIRA	Individual	SENIOR MASC	M	01:17:15
568	68	382	Eugénia LARANJEIRA	Individual	SENIOR FEM	F	01:17:15
569	63	416	Lidiane MASCARENHAS	Individual	VET I FEM	F	01:18:55
570	176	235	Filipe PINTO	Kandimba Runners	SENIOR MASC	M	01:19:13
571	171	100	Pedro COUTO	Individual	VET I MASC	M	01:19:36
572	64	101	Mónica COUTO	Individual	VET I FEM	F	01:19:36

Lugar	Esc	Dorsal	Nome	Equipa	Escalão	Sexo	Tempo
573	65	396	Silvia ARNELAS	Individual	VET I FEM	F	01:20:21
574	177	515	Helder MOREIRA	Megasa Maia	SENIOR MASC	M	01:20:22
575	69	495	Ana FERREIRA	Individual	SENIOR FEM	F	01:20:25
576	66	152	Mónica PEREIRA	Kandimba Runners	VET I FEM	F	01:20:28
577	67	351	Fátima MORAIS	GANSOS	VET I FEM	F	01:21:51
578	70	339	Elsa MARQUES	GANSOS	SENIOR FEM	F	01:21:57
579	75	311	Romulo MENEZES	Individual	VET II MASC	M	01:22:59
580	178	25	Gustavo SOUSA	Individual	SENIOR MASC	M	01:27:29
581	71	26	Lina CAMPOS	Individual	SENIOR FEM	F	01:27:30