

Pos	Num	Nome	Equipa	Cat	Tempo	Chip	Média	Cat.
1.	301	Antonio BRAZIELA	Quinta das Arcas	Senior Masc	0:31:43.890	0:31:40.880	03:10	1
2.	448	José SÁ		Senior Masc	0:31:48.850	0:31:44.860	03:11	2
3.	345	João FONTÃO	Núcleo Atletismo das Taipas	Senior Masc	0:32:39.990	0:32:36.730	03:16	3
4.	193	Helder PIRES	CLUBE DE ATLETISMO DE OVAR	Senior Masc	0:33:25.280	0:33:21.450	03:20	4
5.	454	Pedro FERREIRA	ACD Sao Joao da Serra	Veterano I Masc	0:33:48.960	0:33:48.960	03:23	1
6.	467	Paulo ROCHA	RunRiver - Escola Atletismo de Rio Tinto	Senior Masc	0:34:19.480	0:34:18.880	03:26	5
7.	406	Tiago LISBOA	Retorta - Quinta das Arcas	Veterano I Masc	0:34:25.970	0:34:23.600	03:26	2
8.	211	Rui TABORDA	ACD Sao Joao da Serra	Veterano I Masc	0:34:57.610	0:34:57.120	03:30	3
9.	357	Miguel NEVES	RunRiver - Escola Atletismo de Rio Tinto	Senior Masc	0:35:12.070	0:35:09.640	03:31	6
10.	486	Renato COELHO	FC Penafiel	Senior Masc	0:35:35.340	0:35:31.130	03:34	7
11.	450	José GASPAS	Aliança de Gandra	Senior Masc	0:35:48.800	0:35:43.040	03:35	8
12.	330	Nelson PEREIRA	SN MAIA	Senior Masc	0:36:00.910	0:35:49.930	03:36	9
13.	452	Luis SILVA	Aliança de Gandra	Senior Masc	0:36:03.300	0:35:58.170	03:36	10
14.	295	Jose ROCHA	S.C.Salgueiros	Senior Masc	0:36:05.530	0:36:01.870	03:37	11
15.	300	João NOGUEIRA	Quinta das Arcas	Senior Masc	0:36:07.520	0:36:03.110	03:37	12
16.	365	Diana SOUSA	RunTejo - CM Socks	Senior Fem	0:36:11.240	0:36:07.900	03:37	1
17.	378	Rui ALVES	Clube Zupper	Veterano I Masc	0:36:49.430	0:36:43.640	03:41	4
18.	83	Henrique BARBOSA	Magicbarber Trail Team	Veterano I Masc	0:36:52.730	0:36:43.200	03:41	5
19.	405	Eurico MOURA	Retorta - Quinta das Arcas	Veterano I Masc	0:36:58.150	0:36:52.810	03:42	6
20.	373	Nuno ABREU	Clube Zupper	Veterano I Masc	0:37:10.010	0:36:51.610	03:43	7
21.	387	Francisco CARVALHO		Senior Masc	0:37:12.280	0:37:12.280	03:43	13
22.	252	Mario FRANCO	S.C.Salgueiros	Senior Masc	0:37:13.400	0:37:08.070	03:43	14
23.	455	Justyna WOJCIK	ACD Sao Joao da Serra	Senior Fem	0:37:14.300	0:37:10.550	03:43	2
24.	198	Joaquim ALVES	Nascidos Para Correr	Veterano II Masc	0:37:25.640	0:37:22.260	03:44	1
25.	487	Daniel SILVA	FC Penafiel	Senior Masc	0:37:50.780	0:37:47.750	03:47	15
26.	270	Manuel CARDOSO	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano I Masc	0:37:59.940	0:37:57.890	03:48	8
27.	157	Paulo MARTINS	Nascidos Para Correr	Veterano I Masc	0:38:26.190	0:38:24.620	03:50	9
28.	287	Carlos DIAS	MAIA ATLETICO CLUBE	Veterano II Masc	0:38:26.340	0:38:19.810	03:50	2
29.	468	Liliana ROCHA	RunRiver - Escola Atletismo de Rio Tinto	Veterano I Fem	0:38:30.990	0:38:27.090	03:51	1
30.	312	Hugo LOUREIRO	Aliança de Gandra	Senior Masc	0:38:35.560	0:38:30.460	03:52	16
31.	257	André NEVES		Veterano I Masc	0:38:36.870	0:38:30.870	03:52	10
32.	451	José NEVES	Aliança de Gandra	Veterano I Masc	0:38:38.680	0:38:33.430	03:52	11
33.	32	Carlos CAMPOS	Atlético Clube Alfenense	Veterano I Masc	0:38:46.660	0:38:40.570	03:53	12
34.	412	Óscar RODRIGUES		Veterano I Masc	0:39:00.640	0:38:55.770	03:54	13
35.	33	Arlindo SOUSA	Atlético Clube Alfenense	Veterano II Masc	0:39:01.220	0:38:56.070	03:54	3
36.	293	Nicolas LOPES	Clube Zupper	Senior Masc	0:39:02.890	0:38:57.560	03:54	17
37.	200	David VILLAFUERTE		Senior Masc	0:39:05.030	0:38:57.610	03:55	18
38.	429	Bruno ESTEVES	Desnível Positivo	Senior Masc	0:39:13.230	0:38:58.310	03:55	19
39.	440	Pedro CASTRO	Clube EFACEC	Senior Masc	0:39:25.150	0:39:05.810	03:56	20
40.	384	Paulo SILVA	Clube Zupper	Senior Masc	0:39:26.180	0:39:20.450	03:56	21
41.	73	Paulo FERNANDES	Salgueiros Running	Veterano I Masc	0:39:26.900	0:39:22.440	03:56	14
42.	408	Orlando BARBOSA	Retorta - Quinta das Arcas	Veterano I Masc	0:39:29.820	0:39:24.390	03:57	15
43.	465	Miguel BARROS	Pernetas	Senior Masc	0:39:31.540	0:39:20.160	03:57	22
44.	460	Fernando GOMES		Veterano I Masc	0:39:36.620	0:39:27.730	03:58	16

Pos	Num	Nome	Equipa	Cat	Tempo	Chip	Média	Cat.
45.	418	António FRANCISCO		Veterano I Masc	0:39:37.640	0:39:23.810	03:58	17
46.	226	Nuno JAIME	Matosinhos Futsal Clube	Veterano I Masc	0:39:39.330	0:39:32.340	03:58	18
47.	87	Vasco FIGUEIREDO	Hoje Há Treino!	Veterano II Masc	0:39:41.710	0:39:37.460	03:58	4
48.	163	António AZEVEDO	Nascidos Para Correr	Veterano II Masc	0:39:50.790	0:39:46.360	03:59	5
49.	479	Miguel ANDRADE	BOAVISTA FUTEBOL CLUBE	Senior Masc	0:39:56.640	0:39:46.450	03:59	23
50.	409	Amadeu ROCHA	Retorta - Quinta das Arcas	Veterano I Masc	0:39:59.880	0:39:54.920	04:00	19
51.	390	Jorge FERNANDES	2SLOW2RUN	Veterano I Masc	0:40:04.120	0:39:53.480	04:01	20
52.	394	António CARVALHO		Veterano II Masc	0:40:10.650	0:40:06.730	04:01	6
53.	306	Carlos MOREIRA	Correr Lisboa	Veterano II Masc	0:40:12.010	0:40:07.510	04:01	7
54.	383	João RAMOS	Clube Zupper	Senior Masc	0:40:13.080	0:40:07.480	04:01	24
55.	192	Celso LEITE	CLUBE DE ATLETISMO DE OVAR	Senior Masc	0:40:27.570	0:40:24.220	04:02	25
56.	446	Cristiano PEREIRA	BodyStation	Senior Masc	0:40:28.160	0:40:21.780	04:03	26
57.	103	António MAGALHÃES		Veterano I Masc	0:40:33.370	0:40:28.970	04:04	21
58.	165	Fernando FERREIRA	Atlético Clube Alfenense	Veterano I Masc	0:40:33.850	0:40:14.440	04:04	22
59.	327	Jorge PINHEIRO	SN MAIA	Veterano I Masc	0:40:35.860	0:40:25.790	04:04	23
60.	322	Helder MOREIRA	SN MAIA	Senior Masc	0:40:51.060	0:40:38.680	04:05	27
61.	366	Vitor SOUSA	KFC PORTUGAL	Veterano II Masc	0:40:55.540	0:40:41.040	04:05	8
62.	99	Vasco SOARES		Veterano I Masc	0:40:58.980	0:40:54.400	04:06	24
63.	140	Carlos MARTINS	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano I Masc	0:41:01.930	0:40:37.810	04:06	25
64.	215	Rogério MOREIRA	Estores Moreira	Veterano I Masc	0:41:02.760	0:40:55.630	04:06	26
65.	393	José SÁ		Veterano I Masc	0:41:07.860	0:40:54.860	04:07	27
66.	126	Belmiro FERREIRA	G. D. Leões da Guarda	Veterano II Masc	0:41:09.420	0:41:01.920	04:07	9
67.	414	Francisco MATEUS	Atlético Clube Alfenense	Veterano II Masc	0:41:13.730	0:40:54.150	04:07	10
68.	386	Pedro MEIXEDO	Clube Zupper	Senior Masc	0:41:20.530	0:41:01.990	04:08	28
69.	344	Delfim NUNES	KeMedo Team	Veterano I Masc	0:41:25.270	0:41:22.840	04:08	28
70.	399	Ricardo SILVA	Tugas na Estrada	Veterano I Masc	0:41:28.720	0:41:21.540	04:09	29
71.	92	Paulo TAVARES	Transmontanos	Veterano I Masc	0:41:29.350	0:41:12.290	04:09	30
72.	45	Hendrik WIELINGA	Budeguita Runners	Veterano II Masc	0:41:34.680	0:41:24.700	04:10	11
73.	60	Pedro VIEIRA	A.D.Amarante Trail Running	Veterano I Masc	0:41:44.920	0:41:39.910	04:10	31
74.	469	João BANDEIRA		Veterano I Masc	0:41:50.900	0:41:43.120	04:11	32
75.	391	David POLIDO		Veterano I Masc	0:41:55.730	0:41:50.730	04:11	33
76.	236	Daniel SOARES	Empilhadores do Norte Ida	Senior Masc	0:41:56.000	0:41:49.330	04:11	29
77.	77	Gabriel COUTINHO	Clube EFACEC	Veterano I Masc	0:42:03.960	0:41:44.930	04:12	34
78.	325	Joaquim ALVES	SN MAIA	Senior Masc	0:42:12.740	0:41:56.670	04:13	30
79.	374	Marco VIEIRA	Clube Zupper	Veterano I Masc	0:42:12.850	0:42:06.860	04:13	35
80.	282	Rui PINTO		Veterano I Masc	0:42:16.030	0:42:06.860	04:14	36
81.	98	Abilio OLIVEIRA	Majorfe	Veterano I Masc	0:42:22.080	0:42:04.840	04:14	37
82.	329	Luis FILIPE	SN MAIA	Senior Masc	0:42:32.800	0:42:19.470	04:15	31
83.	28	Helder MENDES	Clube Zupper	Senior Masc	0:42:34.160	0:42:19.630	04:16	32
84.	107	Eduardo NEVES	OFRUNNING	Senior Masc	0:42:37.330	0:42:21.990	04:16	33
85.	104	Henrique VICÊNCIO	Atlético Clube Alfenense	Veterano I Masc	0:42:43.740	0:42:33.560	04:16	38
86.	426	Erasmus ALVES	TAYLORS	Veterano I Masc	0:42:43.930	0:42:37.100	04:16	39
87.	281	Carlos FUNDO	VCP Atletismo	Veterano I Masc	0:42:44.340	0:42:36.220	04:16	40
88.	52	Pedro MEIXEDO		Senior Masc	0:42:49.870	0:42:31.230	04:17	34

Pos	Num	Nome	Equipa	Cat	Tempo	Chip	Média	Cat.
89.	284	Manuel OLIVEIRA		Veterano II Masc	0:42:49.910	0:42:37.860	04:17	12
90.	461	André FERNANDES		Senior Masc	0:42:53.130	0:42:41.910	04:17	35
91.	485	Paulo SANTOS	Vidraria Armando	Veterano II Masc	0:42:54.060	0:42:26.250	04:17	13
92.	16	Nuno SILVA	Casa do Benfica no Porto	Veterano I Masc	0:42:55.510	0:42:31.550	04:17	41
93.	370	João CAROLO	Clube Zupper	Senior Masc	0:42:58.720	0:42:46.650	04:18	36
94.	224	Paulo REIS	Running Esmoriz	Veterano I Masc	0:42:59.460	0:42:27.170	04:18	42
95.	50	Rodolfo MONTEIRO		Senior Masc	0:43:01.050	0:42:57.190	04:18	37
96.	343	Leandro ARAUJO	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Senior Masc	0:43:08.600	0:42:36.260	04:19	38
97.	243	Susana PINTO	Nascidos Para Correr	Veterano I Fem	0:43:08.830	0:43:04.460	04:19	2
98.	26	Victor SANTOS	Academia Fernanda Ribeiro	Veterano I Masc	0:43:23.460	0:43:17.580	04:20	43
99.	195	Pedro GOMES	Éjáli...clube de amigos trailrunners	Senior Masc	0:43:26.420	0:43:22.610	04:20	39
100.	212	Frederico LEITE		Senior Masc	0:43:33.600	0:43:16.540	04:21	40
101.	280	José SANTIAGO	VCP Atletismo	Senior Masc	0:43:33.930	0:43:25.910	04:21	41
102.	398	Rafael VASCONCELOS	Leitinhos	Senior Masc	0:43:34.460	0:43:00.940	04:22	42
103.	210	Paulo PINTO		Veterano II Masc	0:43:36.070	0:43:19.730	04:22	14
104.	48	Eduardo CARVALHO	C+ RUNNERS	Senior Masc	0:43:37.870	0:43:07.500	04:22	43
105.	108	Vitor SANTOS	cin running team	Veterano I Masc	0:43:39.410	0:43:35.620	04:22	44
106.	422	Luis ALMEIDA	Amigos do Parque	Veterano I Masc	0:43:40.610	0:43:15.860	04:22	45
107.	241	Paulo GOMES	No Tomorrow Running Team	Veterano I Masc	0:43:43.080	0:43:29.100	04:22	46
108.	17	Silvério PINTO		Veterano II Masc	0:43:52.040	0:43:36.590	04:23	15
109.	272	Fernando SOARES		Veterano I Masc	0:43:56.020	0:43:46.100	04:23	47
110.	419	João PEREIRA	Clube Desportivo da Dinamarca	Veterano I Masc	0:43:58.770	0:43:45.020	04:24	48
111.	434	José GONÇALVES	CM VALONGO	Veterano I Masc	0:43:58.970	0:43:30.820	04:24	49
112.	453	Ze PEREIRA		Veterano I Masc	0:44:01.460	0:43:35.300	04:24	50
113.	111	Hélder COSTA	100 clube	Veterano I Masc	0:44:02.020	0:43:39.130	04:24	51
114.	381	Susana NETA	Clube Zupper	Veterano I Fem	0:44:02.190	0:43:57.360	04:24	3
115.	214	Pedro PIMENTEL		Veterano I Masc	0:44:02.390	0:43:38.520	04:24	52
116.	189	Manuel SANTOS	Vidraria Armando	Veterano II Masc	0:44:11.590	0:44:01.740	04:25	16
117.	388	Jorge DURÃES	Kandimba runners	Veterano I Masc	0:44:14.710	0:44:04.440	04:25	53
118.	1	Carlos OLIVEIRA	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano I Masc	0:44:16.140	0:43:56.980	04:26	54
119.	320	Fernando CAMELO	SN MAIA	Veterano II Masc	0:44:16.870	0:43:58.270	04:26	17
120.	156	Etelvina ROCHA	Nascidos Para Correr	Veterano II Fem	0:44:17.100	0:44:12.730	04:26	1
121.	483	João MOTA	Vidraria Armando	Senior Masc	0:44:20.740	0:43:51.820	04:26	44
122.	14	David CARVALHO		Senior Masc	0:44:25.290	0:44:20.730	04:26	45
123.	172	Joaquim GOMES	Modelos sempre	Veterano I Masc	0:44:25.370	0:44:14.260	04:26	55
124.	173	Márcio RODRIGUES	Modelos sempre	Senior Masc	0:44:27.610	0:44:14.520	04:26	46
125.	194	Tiago COELHO	OFRUNNING	Senior Masc	0:44:30.550	0:44:15.370	04:27	47
126.	308	João CARDOSO	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Senior Masc	0:44:33.510	0:44:07.030	04:28	48
127.	244	Tiago MOREIRA		Senior Masc	0:44:36.020	0:44:22.960	04:28	49
128.	202	Pedro PINTO	APERTA CORDOES	Senior Masc	0:44:45.840	0:44:18.720	04:28	50
129.	187	Ernesto GONÇALVES		Veterano II Masc	0:44:53.430	0:44:37.970	04:29	18
130.	279	Victor PEREIRA	VCP Atletismo	Veterano II Masc	0:44:56.120	0:44:52.920	04:29	19
131.	129	Jose ALMEIDA		Veterano I Masc	0:44:56.950	0:44:10.950	04:29	56
132.	127	Marco SILVA		Veterano I Masc	0:44:57.150	0:44:10.870	04:30	57

Pos	Num	Nome	Equipa	Cat	Tempo	Chip	Média	Cat.
133.	278	Paulo FERNANDES	VCP Atletismo	Veterano I Masc	0:44:58.590	0:44:50.540	04:30	58
134.	222	António ROCHA	RunRiver - Escola Atletismo de Rio Tinto	Veterano I Masc	0:44:59.640	0:44:42.990	04:30	59
135.	137	Miguel DIAS	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano I Masc	0:45:01.790	0:44:42.660	04:30	60
136.	82	João CARVALHAL	Budeguita Runners	Veterano I Masc	0:45:03.810	0:44:53.900	04:30	61
137.	316	Paulo MOREIRA	Hoje Há Treino!	Veterano I Masc	0:45:04.950	0:44:53.510	04:31	62
138.	298	Ana SOUSA	Budeguita Runners	Senior Fem	0:45:17.190	0:45:07.740	04:32	3
139.	277	Fernando PEDROSO		Senior Masc	0:45:19.450	0:45:05.440	04:32	51
140.	15	Eduardo FERREIRA		Veterano I Masc	0:45:20.360	0:44:58.190	04:32	63
141.	353	Paulo MACHADO		Veterano I Masc	0:45:23.510	0:45:17.390	04:32	64
142.	170	Bruno RAMIRO	Atlético Clube Alfenense	Senior Masc	0:45:27.140	0:45:04.850	04:32	52
143.	61	Rafael SOUSA	Clube Zupper	Senior Masc	0:45:30.300	0:45:16.700	04:33	53
144.	371	Pedro RODRIGUES	Clube Zupper	Veterano I Masc	0:45:34.890	0:45:13.660	04:34	65
145.	208	Hugo FERREIRA	Kandimba runners	Veterano I Masc	0:45:38.170	0:45:11.260	04:34	66
146.	255	Tiago REGALA		Senior Masc	0:45:40.170	0:45:20.780	04:34	54
147.	363	Jorge BELIAGO	KFC PORTUGAL	Senior Masc	0:45:48.170	0:45:20.700	04:35	55
148.	436	Jose CARVALHO	CM VALONGO	Veterano I Masc	0:45:48.230	0:45:19.350	04:35	67
149.	10	Pedro SILVA		Senior Masc	0:45:51.710	0:45:37.110	04:35	56
150.	4	Ana ÁGUAS	MAG	Senior Fem	0:45:51.960	0:45:47.410	04:35	4
151.	184	Rogério FERNANDES	F C Estrelas Susanenses	Veterano I Masc	0:45:52.660	0:45:24.060	04:35	68
152.	138	Paulo CERQUEIRA	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano I Masc	0:45:54.780	0:45:43.980	04:35	69
153.	439	Luciano FERREIRA		Veterano II Masc	0:45:55.590	0:45:45.350	04:35	20
154.	431	Paulo JORGE	A.N.A.	Veterano II Masc	0:45:56.780	0:45:47.120	04:35	21
155.	352	Sara NUNES	Afis/Ovar	Veterano I Fem	0:45:57.650	0:45:50.260	04:36	4
156.	350	Paulo CONDE	Afis/Ovar	Veterano I Masc	0:45:59.190	0:45:50.590	04:36	70
157.	6	Luís PEREIRA	Gang das Corridas	Veterano I Masc	0:46:01.460	0:45:22.940	04:36	71
158.	261	Albino VICENTE		Veterano II Masc	0:46:11.550	0:46:02.600	04:37	22
159.	21	José PEREIRA	Magriços de Ermesinde	Senior Masc	0:46:12.020	0:46:01.800	04:37	57
160.	403	Joao DIAS	OFRUNNING	Veterano II Masc	0:46:16.940	0:46:02.080	04:38	23
161.	346	Carlos TAVARES	RunRiver - Escola Atletismo de Rio Tinto	Veterano II Masc	0:46:23.400	0:46:07.670	04:38	24
162.	296	Aida PRESA	Clube EFACEC	Veterano I Fem	0:46:24.250	0:46:05.530	04:38	5
163.	309	Pedro CRUZ	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano I Masc	0:46:24.420	0:46:04.510	04:38	72
164.	314	Ricardo MOUTINHO	100 meta	Senior Masc	0:46:25.830	0:45:45.390	04:38	58
165.	420	Jorge PINTO	KeMedo Team	Veterano I Masc	0:46:30.830	0:46:25.370	04:39	73
166.	463	Jorge MOREIRA		Veterano II Masc	0:46:32.230	0:46:19.040	04:39	25
167.	59	Rui SANTOS	Núcleo Sporting clube de Portugal Vila Nova Famalicão	Veterano I Masc	0:46:34.880	0:46:19.100	04:40	74
168.	478	Elsa ROCHA	BOAVISTA FUTEBOL CLUBE	Senior Fem	0:46:36.330	0:46:27.210	04:40	5
169.	477	Rui CARDOSO	BOAVISTA FUTEBOL CLUBE	Veterano II Masc	0:46:36.830	0:46:27.330	04:40	26
170.	476	José DIOGO		Senior Masc	0:46:38.140	0:46:32.510	04:40	59
171.	484	Eduardo NUNES	Vidraria Armando	Veterano II Masc	0:46:40.710	0:46:13.290	04:40	27
172.	84	Jose ROCHA	CENTRO ATLETISMO ERMESINDE	Veterano II Masc	0:46:41.240	0:46:32.590	04:40	28
173.	459	Miguel FONSECA	Budeguita Runners	Veterano I Masc	0:46:50.090	0:46:41.370	04:41	75
174.	123	Ana ANDRADE	GRUPO DESPORTIVO DOS FERROVIÁRIOS DE CAMPANHÃ	Veterano II Fem	0:46:52.300	0:46:39.130	04:41	2
175.	110	Ricardo FERREIRA	Running Espinho	Senior Masc	0:47:04.260	0:46:33.370	04:43	60
176.	457	Sergio CRISTA	GDR Juventude das Ribeiras	Veterano I Masc	0:47:06.350	0:46:47.930	04:43	76

Pos	Num	Nome	Equipa	Cat	Tempo	Chip	Média	Cat.
177.	118	Paulo BARBOSA		Veterano I Masc	0:47:06.580	0:46:26.200	04:43	77
178.	348	Paulo GONÇALVES	Paulogonçalvesvet	Veterano I Masc	0:47:06.600	0:46:36.400	04:43	78
179.	197	Pedro ALVES		Senior Masc	0:47:07.480	0:46:37.390	04:43	61
180.	456	Lino MOREIRA	Os TurboMula	Veterano II Masc	0:47:09.670	0:47:00.750	04:43	29
181.	337	Stanislav STANISLAV	SN MAIA	Veterano I Masc	0:47:10.740	0:47:04.410	04:43	79
182.	152	Paulo CARDOSO		Senior Masc	0:47:10.880	0:46:34.400	04:43	62
183.	128	Miguel BARBOSA	FC Penafiel	Senior Masc	0:47:11.670	0:46:28.910	04:43	63
184.	328	Jose MARTINS	SN MAIA	Senior Masc	0:47:12.300	0:46:39.920	04:43	64
185.	131	António FREIRE	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano I Masc	0:47:13.700	0:46:55.190	04:43	80
186.	263	José SECA	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano I Masc	0:47:13.750	0:46:55.590	04:43	81
187.	368	Márcio MENDES		Senior Masc	0:47:16.960	0:47:03.470	04:44	65
188.	5	Cláudio CORREIA		Senior Masc	0:47:19.950	0:47:01.770	04:44	66
189.	427	Jorge FERREIRA		Veterano II Masc	0:47:24.280	0:47:13.250	04:44	30
190.	80	Filipe FONSECA		Senior Masc	0:47:30.700	0:47:14.160	04:45	67
191.	376	Armando MOREIRA	Clube Zupper	Veterano II Masc	0:47:34.610	0:47:23.140	04:46	31
192.	415	Auroliana POLÓNIA	Atlético Clube Alfenense	Veterano I Fem	0:47:40.390	0:47:24.760	04:46	6
193.	292	José COSTA	KeMedo Team	Veterano I Masc	0:47:40.570	0:47:22.670	04:46	82
194.	168	Pedro POLICIANO	Atlético Clube Alfenense	Veterano I Masc	0:47:44.990	0:47:29.070	04:46	83
195.	155	Ricardo FERNANDES	DENIROVIP	Veterano I Masc	0:47:46.000	0:47:11.850	04:47	84
196.	124	Fernando ANDRADE	GRUPO DESPORTIVO DOS FERROVIÁRIOS DE CAMPANHÃ	Veterano II Masc	0:47:46.550	0:47:33.330	04:47	32
197.	125	Paulo ROCHA	GRUPO DESPORTIVO DOS FERROVIÁRIOS DE CAMPANHÃ	Veterano II Masc	0:47:46.940	0:47:32.970	04:47	33
198.	35	André BARROS	Hora do Lobo Trail CF Perosinho	Senior Masc	0:47:47.740	0:47:26.050	04:47	68
199.	176	Bruno COUTO		Senior Masc	0:47:48.340	0:47:13.680	04:47	69
200.	20	Carlos SALVADOR		Senior Masc	0:47:53.810	0:47:25.620	04:47	70
201.	18	Nuno BRITO	Salgueiros Running	Veterano I Masc	0:47:54.360	0:47:27.310	04:47	85
202.	183	Ivo CARNEIRO	Clube Galp Energia Norte	Senior Masc	0:48:05.440	0:47:26.890	04:49	71
203.	102	Hugo SOUSA		Senior Masc	0:48:06.480	0:47:26.930	04:49	72
204.	209	João BRONZE		Veterano II Masc	0:48:08.820	0:47:53.980	04:49	34
205.	237	André PINHO		Veterano I Masc	0:48:17.560	0:47:51.540	04:50	86
206.	37	Marco GUIMARÃES		Senior Masc	0:48:21.330	0:47:46.560	04:50	73
207.	218	Bruno TEIXEIRA	Elite 36	Senior Masc	0:48:21.430	0:48:11.620	04:50	74
208.	402	Nelson TEIXEIRA		Senior Masc	0:48:22.420	0:48:12.520	04:50	75
209.	30	Dinis CARVALHO		Senior Masc	0:48:31.000	0:47:53.440	04:51	76
210.	289	Isac PINTO		Veterano II Masc	0:48:31.940	0:48:31.290	04:51	35
211.	29	António CARVALHO		Veterano II Masc	0:48:32.750	0:47:54.680	04:51	36
212.	148	Paulo CARDOSO	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano II Masc	0:48:34.990	0:48:21.090	04:52	37
213.	367	Mario ARAUJO	KFC PORTUGAL	Veterano I Masc	0:48:36.930	0:48:25.020	04:52	87
214.	46	Miguel MOURA	TAYLORS	Veterano I Masc	0:48:44.130	0:48:28.360	04:52	88
215.	62	Nuno MAIO	S.C.Salgueiros	Senior Masc	0:48:48.300	0:48:20.190	04:53	77
216.	369	Vitor VIANA	Clube Zupper	Veterano I Masc	0:48:52.310	0:48:26.390	04:53	89
217.	382	Tiago DIAS	Clube Zupper	Senior Masc	0:48:54.960	0:48:36.490	04:53	78
218.	9	Helder MARQUES	Hora do Lobo Trail CF Perosinho	Senior Masc	0:49:03.220	0:48:47.460	04:54	79
219.	464	António SILVA		Veterano II Masc	0:49:05.760	0:48:56.770	04:55	38
220.	95	Nuno TEIXEIRA		Veterano I Masc	0:49:07.090	0:48:31.520	04:55	90

Pos	Num	Nome	Equipa	Cat	Tempo	Chip	Média	Cat.
221.	433	Cristina MADUREIRA	CM VALONGO	Veterano I Fem	0:49:11.140	0:48:42.470	04:55	7
222.	89	Vitor FERREIRA	F C Estrelas Susanenses	Veterano I Masc	0:49:11.150	0:48:42.890	04:55	91
223.	76	Vasco VIEIRA		Senior Masc	0:49:18.150	0:49:08.510	04:56	80
224.	361	Sérgio COUTO	Budeguita Runners	Veterano I Masc	0:49:19.260	0:49:00.860	04:56	92
225.	56	Jorge MAIA	Budeguita Runners	Senior Masc	0:49:19.550	0:49:09.390	04:56	81
226.	158	Filipe CUNHA	Arco4run	Senior Masc	0:49:20.470	0:49:03.610	04:56	82
227.	122	Emílio GONÇALVES	GRUPO DESPORTIVO DOS FERROVIÁRIOS DE CAMPANHÃ	Veterano II Masc	0:49:21.780	0:49:08.520	04:56	39
228.	41	Ricardo OLIVEIRA	No Tomorrow Running Team	Veterano I Masc	0:49:21.860	0:49:07.710	04:56	93
229.	230	Tiago MOTA		Senior Masc	0:49:22.210	0:49:03.610	04:56	83
230.	274	Esmeralda SILVA		Veterano II Fem	0:49:23.560	0:49:08.170	04:56	3
231.	271	Manuel TEIXEIRA		Veterano II Masc	0:49:24.100	0:49:07.380	04:56	40
232.	351	Joaquim MOREIRA	Afis/Ovar	Veterano II Masc	0:49:25.560	0:49:17.330	04:56	41
233.	358	Ricardo PINTO	Mocidade invicta F.C Running	Senior Masc	0:49:38.740	0:49:12.080	04:58	84
234.	249	Miguel SILVA		Veterano I Masc	0:49:39.600	0:49:12.400	04:58	94
235.	347	Maurício ALVES	RunRiver - Escola Atletismo de Rio Tinto	Veterano I Masc	0:49:40.790	0:49:25.860	04:58	95
236.	25	Belmiro MAGALHÃES	Abril	Senior Masc	0:49:41.380	0:49:04.650	04:58	85
237.	286	Tiago SOEIRO	BETTER TOGETHER	Veterano I Masc	0:50:02.860	0:49:39.110	05:00	96
238.	24	Guilherme MACHADO		Veterano I Masc	0:50:06.040	0:49:54.110	05:01	97
239.	204	Vitor SILVA	APERTA CORDOES	Senior Masc	0:50:10.120	0:49:34.560	05:01	86
240.	229	Sérgio GERALDES	Clube Zupper	Veterano I Masc	0:50:11.980	0:49:51.060	05:01	98
241.	105	José SOUSA	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	Veterano I Masc	0:50:15.940	0:50:00.950	05:02	99
242.	253	Susana MENDES	Nascidos Para Correr	Veterano I Fem	0:50:16.740	0:50:01.990	05:02	8
243.	23	Pedro TEIXEIRA		Senior Masc	0:50:31.610	0:50:25.880	05:03	87
244.	160	Nuno TEIXEIRA	Arco4run	Veterano I Masc	0:50:33.520	0:50:19.060	05:04	100
245.	159	Miguel TEIXEIRA	Arco4run	Senior Masc	0:50:33.950	0:50:18.380	05:04	88
246.	39	João MAURÍCIO		Senior Masc	0:50:38.030	0:50:25.410	05:04	89
247.	191	Manuel SANTOS	Vidraria Armando	Veterano II Masc	0:50:41.060	0:50:25.120	05:04	42
248.	40	Paula LOPES	No Tomorrow Running Team	Veterano I Fem	0:50:41.210	0:50:27.610	05:04	9
249.	428	Marisa LEMOS		Senior Fem	0:50:41.240	0:50:30.570	05:04	6
250.	303	Tiago SILVA		Senior Masc	0:50:41.290	0:50:23.140	05:04	90
251.	227	Sónia PEREIRA		Veterano I Fem	0:50:43.780	0:50:38.180	05:04	10
252.	190	Manuel SANTOS	Vidraria Armando	Veterano II Masc	0:50:53.850	0:50:25.200	05:05	43
253.	297	José SOUSA	OS BARRIGUITAS	Veterano II Masc	0:50:56.970	0:50:33.790	05:05	44
254.	225	Maribel CARDOSO	Running Esmoriz	Veterano II Fem	0:50:59.500	0:50:27.100	05:06	4
255.	166	Fábio AGUIAR	Atlético Clube Alfenense	Senior Masc	0:51:09.060	0:50:58.380	05:07	91
256.	223	Mário FONSECA	Running Esmoriz	Senior Masc	0:51:11.160	0:50:38.680	05:07	92
257.	246	José MOITA	RollingAventura	Veterano I Masc	0:51:11.750	0:50:48.230	05:07	101
258.	291	Henrique CARDOSO	Clube Zupper	Senior Masc	0:51:15.330	0:51:04.970	05:07	93
259.	72	Fausto AIRES	Salgueiros Running	Veterano I Masc	0:51:21.440	0:51:07.180	05:08	102
260.	91	Jorge RIBEIRO	Transmontanos	Veterano II Masc	0:51:23.840	0:51:04.600	05:08	45
261.	334	Ricardo CAMPOS	SN MAIA	Senior Masc	0:51:24.520	0:51:08.220	05:08	94
262.	31	Diogo SOARES	Correr Leça	Senior Masc	0:51:26.630	0:50:59.880	05:08	95
263.	336	Rogério TEIXEIRA	SN MAIA	Veterano I Masc	0:51:29.950	0:50:56.170	05:09	103
264.	120	Hugo SANTOS		Senior Masc	0:51:31.160	0:50:57.500	05:09	96

Pos	Num	Nome	Equipa	Cat	Tempo	Chip	Média	Cat.
265.	49	Victor COELHO		Veterano II Masc	0:51:35.070	0:51:09.860	05:10	46
266.	245	Filipe FERNANDES		Senior Masc	0:51:37.010	0:50:53.950	05:10	97
267.	186	Vítor CARDOSO	Atlético da Madalena	Veterano II Masc	0:51:40.590	0:51:18.060	05:10	47
268.	481	Helder MOREIRA		Veterano I Masc	0:51:40.810	0:51:18.040	05:10	104
269.	88	Jose MOURA	F C Estrelas Susanenses	Veterano II Masc	0:51:45.970	0:51:17.560	05:11	48
270.	90	Vanessa BASTOS	F C Estrelas Susanenses	Senior Fem	0:51:46.910	0:51:15.970	05:11	7
271.	385	André CAVADAS	Clube Zupper	Senior Masc	0:51:54.750	0:51:45.000	05:11	98
272.	372	Nelson MOREIRA	Clube Zupper	Senior Masc	0:51:54.960	0:51:48.340	05:11	99
273.	331	Nuno CAMPOS	SN MAIA	Senior Masc	0:51:55.830	0:51:30.360	05:11	100
274.	354	José AIRES	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano I Masc	0:52:04.310	0:51:40.190	05:13	105
275.	207	Alexandre SOUSA	Kandimba runners	Veterano I Masc	0:52:23.560	0:51:57.070	05:14	106
276.	380	Daniela ALVES	Clube Zupper	Senior Fem	0:52:24.420	0:52:00.620	05:14	8
277.	55	Maria RIBEIRO	Clube Zupper	Veterano II Fem	0:52:32.140	0:52:26.140	05:15	5
278.	332	Nuno MELO	SN MAIA	Veterano I Masc	0:52:32.520	0:51:45.540	05:15	107
279.	96	André TEIXEIRA		Senior Masc	0:52:42.530	0:52:13.210	05:16	101
280.	416	Manuela DAMAS		Veterano I Fem	0:52:42.830	0:52:08.900	05:16	11
281.	417	João COSTA		Veterano I Masc	0:52:42.980	0:52:10.360	05:16	108
282.	113	Filipe PIRES		Senior Masc	0:52:57.610	0:52:15.780	05:18	102
283.	342	Andreia CARVALHO	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Senior Fem	0:53:03.970	0:52:30.940	05:18	9
284.	311	Paulo SOUSA	Raminho de Salsa	Veterano II Masc	0:53:05.820	0:52:26.310	05:19	49
285.	310	José ALVES	Raminho de Salsa	Veterano II Masc	0:53:06.730	0:52:28.500	05:19	50
286.	472	Adão SILVA		Veterano II Masc	0:53:06.830	0:52:33.770	05:19	51
287.	94	José SANTOS		Veterano II Masc	0:53:08.530	0:52:35.180	05:19	52
288.	360	Joaquim RIBEIRO		Senior Masc	0:53:09.930	0:52:33.650	05:19	103
289.	130	Fernando ALVES		Veterano II Masc	0:53:10.020	0:52:28.910	05:19	53
290.	70	Ivo FERREIRA		Senior Masc	0:53:10.700	0:52:31.970	05:19	104
291.	471	Paulo BRANCO	VCP Atletismo	Veterano I Masc	0:53:13.090	0:53:05.520	05:19	109
292.	258	Sérgio RIBEIRO		Senior Masc	0:53:15.830	0:52:56.460	05:19	105
293.	447	Liliana VIEIRA	KeMedo Team	Senior Fem	0:53:17.230	0:52:58.690	05:20	10
294.	7	Hugo FALCÃO	OZ Running Team	Veterano I Masc	0:53:20.920	0:52:54.690	05:20	110
295.	109	Rui MIRANDA		Veterano I Masc	0:53:23.100	0:52:47.990	05:20	111
296.	57	Patrícia MAIO	Salgueiros Running	Senior Fem	0:53:27.220	0:52:58.720	05:21	11
297.	2	Luis LOUREIRO	TFB®	Veterano II Masc	0:53:40.480	0:53:25.050	05:22	54
298.	315	Jorge MANUEL		Veterano II Masc	0:53:52.870	0:53:41.190	05:23	55
299.	299	Joaquim OLIVEIRA		Veterano II Masc	0:53:53.260	0:53:40.930	05:23	56
300.	323	Ivo SANTOS	SN MAIA	Senior Masc	0:53:54.110	0:53:40.170	05:23	106
301.	480	Rui TEIXEIRA	Porto Sentido runners	Veterano I Masc	0:53:54.300	0:53:17.630	05:23	112
302.	356	Fernanda LOPES	Porto Sentido runners	Veterano II Fem	0:53:54.510	0:53:17.780	05:23	6
303.	174	Sandra FERREIRA		Senior Fem	0:53:59.530	0:53:34.730	05:24	12
304.	205	Nuno CAVALEIRO	Gang das Corridas	Veterano I Masc	0:53:59.760	0:53:20.850	05:24	113
305.	78	Nuno VIEIRA	Gang das Corridas	Veterano I Masc	0:54:00.260	0:53:21.460	05:24	114
306.	201	Marta REGUENGO		Senior Fem	0:54:00.520	0:53:36.140	05:24	13
307.	441	Sónia TEIXEIRA	Sónia Teixeira	Veterano I Fem	0:54:01.170	0:53:43.920	05:24	12
308.	305	Francisco TEIXEIRA	F Teixeira	Senior Masc	0:54:01.600	0:53:45.340	05:24	107

Pos	Num	Nome	Equipa	Cat	Tempo	Chip	Média	Cat.
309.	217	Paulo PINTO	Equipa Dinamite	Veterano I Masc	0:54:10.210	0:53:44.900	05:25	115
310.	119	Nuno MIGUEL		Senior Masc	0:54:19.340	0:53:38.510	05:26	108
311.	11	Pedro CHAMUSCA	Team Chamusca	Senior Masc	0:54:23.390	0:54:18.370	05:26	109
312.	254	Filipe BARBOSA		Veterano I Masc	0:54:35.650	0:54:06.270	05:28	116
313.	395	Ana CAETANO	Leitinhos	Senior Fem	0:54:36.870	0:54:02.740	05:28	14
314.	397	Moisés SILVA	Leitinhos	Senior Masc	0:54:37.380	0:54:02.750	05:28	110
315.	396	Pedro DINIS	Leitinhos	Senior Masc	0:54:39.920	0:54:05.360	05:28	111
316.	121	Fernando SALGADO		Veterano I Masc	0:54:40.660	0:54:06.970	05:28	117
317.	139	Rui SILVA	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano I Masc	0:54:42.770	0:54:05.170	05:28	118
318.	85	Joaquim FERNANDO	CENTRO ATLETISMO ERMESINDE	Veterano II Masc	0:54:46.660	0:54:22.970	05:29	57
319.	188	José QUINTANILHA		Veterano II Masc	0:54:51.190	0:54:36.130	05:29	58
320.	44	Luis NATÁLIO		Veterano II Masc	0:54:51.420	0:54:35.100	05:29	59
321.	389	Teresa OLIVEIRA	No Tomorrow Running Team	Veterano I Fem	0:54:53.000	0:54:39.820	05:29	13
322.	275	Fernando SILVA		Veterano II Masc	0:54:57.110	0:54:41.610	05:30	60
323.	401	Filipa LOPES	Casa do Benfica em Abrantes	Veterano I Fem	0:54:57.280	0:54:22.470	05:30	14
324.	445	Aureliano VALENTE		Senior Masc	0:54:57.710	0:54:23.970	05:30	112
325.	400	Adelino OLIVEIRA	Casa do Benfica em Abrantes	Veterano II Masc	0:54:58.820	0:54:23.180	05:30	61
326.	171	Lurdes FERREIRA	Atlético Clube Alfenense	Senior Fem	0:54:59.120	0:54:41.140	05:30	15
327.	185	Sandra MARTINS	KeMedo Team	Veterano I Fem	0:54:59.340	0:54:40.060	05:30	15
328.	290	Daniela MACHADO		Veterano I Fem	0:55:01.180	0:54:40.350	05:30	16
329.	359	Artur FONSECA	Ruptura Total	Veterano I Masc	0:55:05.890	0:54:37.770	05:31	119
330.	54	Paulina SOARES	Tog	Veterano II Fem	0:55:13.830	0:54:48.310	05:31	7
331.	8	Ricardo CACHADINHA	Gang das Corridas	Veterano I Masc	0:55:23.800	0:54:47.900	05:32	120
332.	304	Francisco POLIDO	ACCOA	Veterano I Masc	0:55:33.450	0:55:09.810	05:34	121
333.	178	Joao NEVES		Senior Masc	0:55:35.360	0:55:23.850	05:34	113
334.	179	Ivo BRAS		Senior Masc	0:55:37.750	0:55:25.170	05:34	114
335.	206	Rute PINTO		Senior Fem	0:56:12.340	0:55:30.020	05:37	16
336.	81	Celia AZENHA		Veterano II Fem	0:56:15.240	0:56:04.480	05:37	8
337.	251	José RAMOS		Veterano II Masc	0:56:27.950	0:55:58.110	05:38	62
338.	167	Emilia TEIXEIRA	Atlético Clube Alfenense	Veterano I Fem	0:57:00.120	0:56:40.700	05:42	17
339.	318	Cristiano MOREIRA	SN MAIA	Veterano I Masc	0:57:03.240	0:56:30.800	05:42	122
340.	362	Carlos CABOUÇO		Veterano II Masc	0:57:06.160	0:56:54.610	05:43	63
341.	164	Maria ALMEIDA	Atlético Clube Alfenense	Veterano I Fem	0:57:07.170	0:56:32.840	05:43	18
342.	294	Susana VASCONCELOS	S.C.Salgueiros	Veterano I Fem	0:57:12.040	0:57:03.310	05:43	19
343.	136	Silvina PAIS	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano II Fem	0:57:40.870	0:57:12.250	05:46	9
344.	149	Filipe SILVA	Dupla de Campelo	Senior Masc	0:57:41.260	0:56:59.040	05:46	115
345.	442	Vitor TEIXEIRA		Senior Masc	0:57:47.590	0:57:10.800	05:47	116
346.	462	António MOREIRA		Veterano II Masc	0:58:02.430	0:57:50.180	05:48	64
347.	27	Samuel GONÇALVES		Veterano I Masc	0:58:09.190	0:57:39.450	05:49	123
348.	150	Gonçalo SILVA	Dupla de Campelo	Senior Masc	0:58:11.980	0:57:28.550	05:49	117
349.	19	Adriano PEREIRA		Veterano II Masc	0:58:15.430	0:57:31.090	05:49	65
350.	268	Helder COSTA	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Senior Masc	0:58:32.190	0:58:08.460	05:51	118
351.	141	Liliana SANTIAGO	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Senior Fem	0:58:32.230	0:58:08.840	05:51	17
352.	438	Joissy BORGES		Senior Fem	0:58:33.570	0:58:05.070	05:52	18



Pos	Num	Nome	Equipa	Cat	Tempo	Chip	Média	Cat.
353.	42	Mária PALHARES	Stcp runners	Senior Fem	0:58:34.620	0:58:30.280	05:52	19
354.	151	Hélder FERREIRA	Centro Cultural da STCP	Veterano I Masc	0:58:39.620	0:58:14.750	05:52	124
355.	432	Joana GONÇALVES	CM VALONGO	Veterano I Fem	0:58:46.160	0:58:17.900	05:53	20
356.	319	Eduardo COSTA	SN MAIA	Veterano I Masc	0:58:57.840	0:58:31.770	05:54	125
357.	307	Nuno ROCHA	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Senior Masc	0:59:01.930	0:58:41.980	05:54	119
358.	75	Sofia COSTA		Senior Fem	0:59:05.570	0:58:54.420	05:55	20
359.	66	Patrícia VIEIRA		Senior Fem	0:59:09.280	0:58:27.540	05:55	21
360.	67	Alda VIEIRA		Veterano I Fem	0:59:09.370	0:58:28.450	05:55	21
361.	430	Manuel CARVALHO		Veterano I Masc	0:59:14.100	0:58:58.730	05:55	126
362.	273	Joaquim FERREIRA	I-Run	Veterano I Masc	0:59:14.490	0:59:00.050	05:55	127
363.	93	Fátima ALMEIDA	Transmontanos	Veterano I Fem	0:59:25.330	0:59:09.280	05:56	22
364.	36	Jorge PEREIRA		Veterano I Masc	0:59:45.470	0:59:26.190	05:59	128
365.	240	Ana COTA		Senior Fem	0:59:45.550	0:59:28.820	05:59	22
366.	364	Tiago LOPES	KFC PORTUGAL	Senior Masc	0:59:46.510	0:59:31.530	05:59	120
367.	482	Ana BRITO	Salgueiros Running	Senior Fem	0:59:48.540	0:59:33.390	05:59	23
368.	313	Boni BONAS		Veterano I Masc	0:59:58.140	0:59:23.670	06:00	129
369.	114	Antonio PIRES		Veterano II Masc	0:59:58.770	0:59:16.660	06:00	66
370.	106	Jorge BESSA		Senior Masc	1:00:00.150	0:59:28.740	06:00	121
371.	97	Henrique BARROS	Salgueiros Running	Veterano I Masc	1:00:18.830	0:59:43.180	06:02	130
372.	269	Herculano CARDOSO	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano II Masc	1:00:18.890	0:59:51.650	06:02	67
373.	132	Miguel RIBEIRO	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano I Masc	1:00:20.890	1:00:02.550	06:02	131
374.	234	Rute PEREIRA	AFIPRETEAM	Veterano I Fem	1:00:28.120	0:59:46.810	06:03	23
375.	232	Eugenia FERREIRA	AFIPRETEAM	Veterano II Fem	1:00:28.770	0:59:48.900	06:03	10
376.	231	Paulo FERREIRA	AFIPRETEAM	Veterano I Masc	1:00:28.950	0:59:48.360	06:03	132
377.	233	Pedro PEREIRA	AFIPRETEAM	Veterano I Masc	1:00:29.070	0:59:47.080	06:03	133
378.	219	Armando TEIXEIRA	Elite 36	Veterano II Masc	1:00:46.440	1:00:37.100	06:05	68
379.	228	Patricia DIAS	RPL	Veterano I Fem	1:01:03.960	1:00:49.110	06:06	24
380.	161	Miguel CARDOSO		Senior Masc	1:01:28.420	1:00:45.890	06:09	122
381.	162	Ricardo DIAS		Veterano I Masc	1:01:29.630	1:00:47.710	06:09	134
382.	466	Beatriz LOUREIRO	Pernetas	Senior Fem	1:01:31.400	1:01:19.570	06:09	24
383.	47	João LOURENÇO	C+ RUNNERS	Veterano I Masc	1:01:31.850	1:01:01.170	06:09	135
384.	169	Sónia MONTEIRO	Atlético Clube Alfenense	Senior Fem	1:01:33.320	1:00:59.270	06:09	25
385.	182	Ernesto SANTOS		Veterano II Masc	1:01:37.310	1:01:21.260	06:10	69
386.	181	Hermínia OLIVEIRA	Os Pressinhas	Veterano II Fem	1:01:38.130	1:01:22.600	06:10	11
387.	116	Hugo LOPES		Senior Masc	1:01:44.100	1:01:03.220	06:10	123
388.	117	Julio SANTOS		Veterano I Masc	1:01:44.150	1:01:03.410	06:10	136
389.	221	Joao RODRIGUES		Senior Masc	1:01:47.090	1:01:20.810	06:11	124
390.	377	António SILVA	Clube Zupper	Veterano I Masc	1:01:49.000	1:01:23.350	06:11	137
391.	12	Angelo JACOB	Jacob	Veterano I Masc	1:01:59.680	1:01:16.000	06:12	138
392.	285	Sónia PEREIRA	BETTER TOGETHER	Veterano I Fem	1:02:10.120	1:01:46.210	06:13	25
393.	404	Diná GONÇALVES		Veterano I Fem	1:03:03.730	1:02:23.830	06:18	26
394.	71	Fátima SILVA	Salgueiros Running	Veterano I Fem	1:03:11.220	1:03:01.130	06:19	27
395.	283	Alberto NETO	Os Pressinhas	Veterano II Masc	1:03:12.730	1:03:01.600	06:19	70
396.	134	Adriano FARIA	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano I Masc	1:03:26.430	1:02:49.220	06:20	139

Pos	Num	Nome	Equipa	Cat	Tempo	Chip	Média	Cat.
397.	43	Alexandre SANTOS	Stcp runners	Senior Masc	1:03:48.540	1:03:48.360	06:23	125
398.	64	Jorge CALDAS	Gansos	Veterano I Masc	1:04:08.260	1:03:39.410	06:25	140
399.	63	Elsa MARQUES	Gansos	Senior Fem	1:04:09.800	1:03:41.190	06:25	26
400.	203	Nuno LEÃO	APERTA CORDOES	Veterano I Masc	1:04:55.350	1:04:31.370	06:29	141
401.	449	Ana SOUSA	boavista trail	Veterano II Fem	1:04:56.190	1:04:49.580	06:29	12
402.	239	Ines CARVALHO		Senior Fem	1:05:12.010	1:04:56.910	06:31	27
403.	238	Pedro LAJAS		Senior Masc	1:05:12.600	1:04:57.850	06:31	126
404.	264	Rute FONSECA	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano I Fem	1:05:23.680	1:04:51.180	06:32	28
405.	142	Alcides FREIRE	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano I Masc	1:05:24.350	1:04:54.530	06:32	142
406.	13	Vitor CHAMUSCA	Team Chamusca	Senior Masc	1:05:34.810	1:05:32.570	06:34	127
407.	216	Carina MONTEIRO		Senior Fem	1:06:05.930	1:05:44.200	06:37	28
408.	267	David SILVA	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano I Masc	1:06:30.420	1:05:56.610	06:39	143
409.	51	Jorge PINHEIRO		Veterano I Masc	1:06:33.190	1:02:17.040	06:39	144
410.	265	Nuno CORREIA	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano I Masc	1:07:49.650	1:07:18.500	06:47	145
411.	266	Rui ROCHA	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano I Masc	1:07:50.050	1:07:19.200	06:47	146
412.	340	Elisabete CARVALHO	SN MAIA	Veterano I Fem	1:09:52.440	1:09:32.180	06:59	29
413.	339	Silvia ARNELAS	SN MAIA	Veterano I Fem	1:09:53.030	1:09:32.370	06:59	30
414.	425	Márcio OLIVEIRA		Senior Masc	1:09:54.320	1:09:16.160	06:59	128
415.	144	Ana TEIXEIRA	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Senior Fem	1:09:56.550	1:09:27.260	06:59	29
416.	145	Pedro TATO	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Senior Masc	1:09:57.030	1:09:27.860	07:00	129
417.	135	Ana ALMEIDA	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano I Fem	1:09:57.640	1:09:42.170	07:00	31
418.	458	Maria MELO		Veterano II Fem	1:10:25.180	1:10:00.860	07:02	13
419.	74	Luisa FERNANDES	Salgueiros Running	Veterano I Fem	1:10:39.020	1:10:14.820	07:04	32
420.	470	Barbara BRITO		Veterano I Fem	1:10:39.340	1:10:14.500	07:04	33
421.	473	Daniel MONTEIRO		Senior Masc	1:11:10.690	1:10:28.380	07:07	130
422.	112	Maria BESSA	100 clube	Senior Fem	1:11:21.150	1:10:44.520	07:08	30
423.	100	Rosa POÇAS		Senior Fem	1:11:21.380	1:10:44.200	07:08	31
424.	38	Maria GUIMARÃES	INVICTA RUNNERS TEEM	Veterano II Fem	1:11:47.590	1:11:15.170	07:11	14
425.	260	Rita BARROCAS	BETTER TOGETHER	Veterano I Fem	1:13:10.570	1:12:54.780	07:19	34
426.	349	Pedro DORIA	BETTER TOGETHER	Veterano I Masc	1:13:11.060	1:12:53.040	07:19	147
427.	250	Carla CAETANO		Veterano I Fem	1:13:20.860	1:13:09.290	07:20	35
428.	247	Tânia MARTINS		Senior Fem	1:13:21.920	1:13:10.130	07:20	32
429.	213	Sónia DIAS		Veterano I Fem	1:14:45.240	1:14:09.770	07:29	36
430.	196	Sofia FERREIRA		Veterano I Fem	1:16:04.240	1:15:24.080	07:37	37
431.	475	Raquel TOMÉ		Veterano I Fem	1:16:05.030	1:15:24.400	07:37	38
432.	424	Joana GOMES		Senior Fem	1:17:46.200	1:17:07.700	07:47	33
433.	423	Liliana RIBEIRO		Senior Fem	1:17:46.530	1:17:07.980	07:47	34
434.	146	Filipe PINTO	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano I Masc	1:17:56.820	1:17:15.480	07:47	148
435.	262	Marta OLIVEIRA	BETTER TOGETHER	Senior Fem	1:18:22.580	1:18:03.190	07:50	35
436.	288	Paula GOMES	BETTER TOGETHER	Veterano I Fem	1:18:42.250	1:18:23.520	07:52	39
437.	474	Carla TOMÉ		Senior Fem	1:20:28.250	1:19:47.440	08:03	36
438.	53	Marlene MOREIRA	100 meta	Veterano I Fem	1:20:29.980	1:19:49.760	08:03	40
439.	79	Gonçalo MOREIRA		Senior Masc	1:20:43.680	1:20:19.610	08:04	131
-	435	Francisco PINTO	CM VALONGO	Veterano I Masc				

Pos	Num	Nome	Equipa	Cat	Tempo	Chip	Média	Cat.
-	421	Mónica DIAS		Veterano I Fem	Desclassificado			
-	324	João ROCHA	SN MAIA	Senior Masc	Desclassificado			