

Posição	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
1	175	Muga, Rui	Clube Académico de Mogadouro	SENM	1	32:41.91	03:16	
2	519	Barbosa, Paulo	Maia AC	SENM	2	32:52.88	03:17	00:00:11
3	520	Costa, Nuno	GD São Salvador do Campo	SENM	3	32:56.40	03:18	00:00:14
4	145	Pereira, Tiago	fcpenafiel	SENM	4	33:00.77	03:18	00:00:19
5	230	Costa, Carlos	GD São Salvador do Campo	SENM	5	33:11.60	03:19	00:00:30
6	440	., Oscar	Aguias de alvelos	SENM	6	33:14.63	03:19	00:00:33
7	471	Ribeiro, Gabriel	União Desportiva de Várzea	SENM	7	33:16.89	03:20	00:00:35
8	289	Costa, Henrique	Núcleo de Atletismo das Taipas	SENM	8	33:40.19	03:22	00:00:58
9	149	Amorim, Joao	fcpenafiel	M40	1	33:57.04	03:24	00:01:15
10	417	Ferreira, Vasco	F.C. Vizela	SENM	9	33:59.86	03:24	00:01:18
11	296	Ferreira, Marco	União Desportiva de Várzea	M40	2	34:14.10	03:25	00:01:32
12	376	Magalhães, Nelson	União Desportiva de Várzea	M40	3	34:24.93	03:26	00:01:43
13	484	Neto, Gilberto	GD São Salvador do Campo	SENM	10	34:52.10	03:29	00:02:10
14	521	Fonseca, Mário		SENM	11	34:56.12	03:30	00:02:14
15	478	Sampaio, Ricardo	União Desportiva de Várzea	SENM	12	35:23.39	03:32	00:02:41
16	488	Monteiro, Carlos	Vizela Corre	M45	1	35:29.37	03:33	00:02:47
17	362	Barbosa, Marco	Boavista F.C.	SENM	13	35:31.00	03:33	00:02:49
18	404	Faria, Marco	Vizela Corre	M40	4	35:47.46	03:35	00:03:05
19	420	Correia, Marco	F.C. Vizela	SENM	14	35:54.08	03:35	00:03:12
20	472	Cunha, Jorge	União Desportiva de Várzea	M40	5	36:06.85	03:37	00:03:25
21	208	Mesquita, António	ARD Macieira Atletismo	SENM	15	36:13.41	03:37	00:03:31
22	210	Ribeiro, Paulo	ARD Macieira Atletismo	M45	2	36:29.02	03:39	00:03:47
23	151	Macedo, Mark	fcpenafiel	SENM	16	36:43.54	03:40	00:04:02
24	148	Vieira, Joaquim	fcpenafiel	SENM	17	36:46.58	03:41	00:04:05
25	418	Bessa, Carlos	F.C. Vizela	SENM	18	36:54.33	03:41	00:04:12
26	256	Lopes, Luis	L. Costa & Silva	M45	3	37:05.53	03:43	00:04:24
27	206	Santos, Jorge	SIRA	SENM	19	37:05.62	03:43	00:04:24
28	122	Neto, Miguel	Royal Wellness Center	SENM	20	37:33.49	03:45	00:04:51
29	219	Ferreira, Bruno		SENM	21	37:38.75	03:46	00:04:57
30	147	Vieira, Jose	fcpenafiel	M50	1	37:44.00	03:46	00:05:02
31	491	Cunha, Daniela		SENF	1	37:49.48	03:47	00:05:07
32	207	Magalhães, Pedro	ARD Macieira Atletismo	SENM	22	37:56.18	03:48	00:05:14
33	329	Coelho, Miguel	Associação Desportiva de Lustosa	SENM	23	37:59.19	03:48	00:05:17
34	188	Carminé, Helder	A Natureza ensina	M40	6	37:59.51	03:48	00:05:18
35	278	Antunes, Augusto	ARPO-Associação Recreativa Pousadense	M55	1	37:59.76	03:48	00:05:18
36	347	Madureira, Rosa	AD Marco 09	F40	1	38:04.16	03:48	00:05:22
37	473	Costa, Carlos	União Desportiva de Várzea	M45	4	38:13.60	03:49	00:05:32
38	475	Alves, Helena	União Desportiva de Várzea	SENF	2	38:15.45	03:50	00:05:33
39	479	Antunes, Tiago	União Desportiva de Várzea	SENM	24	38:15.64	03:50	00:05:34
40	262	Rocha, Joaquim	União Desportiva de Várzea	M50	2	38:17.21	03:50	00:05:35
41	264	Machado, Nuno	Lousada Runners	SENM	25	38:18.35	03:50	00:05:36
42	211	Pereira, Fernando	Associação Desportiva de Lustosa	M50	3	38:26.09	03:51	00:05:44
43	177	Azevedo, Rui	Fridão sem Limites	M40	7	38:27.23	03:51	00:05:45
44	464	Carvalho, Nuno	Vizela Corre	SENM	26	38:36.72	03:52	00:05:55

Posição	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
45	489	Natario, André	Vizela Corre	SENM	27	38:48.40	03:53	00:06:06
46	502	Pinto, Miguel	União Desportiva de Várzea	SENM	28	38:55.15	03:54	00:06:13
47	334	Pinto, Marco	Brabus Runners	SENM	29	38:56.35	03:54	00:06:14
48	490	Magalhães, Marco	Vizela Corre	SENM	30	38:56.97	03:54	00:06:15
49	153	Valente, Orlando	fcpenafiel	M50	4	39:01.28	03:54	00:06:19
50	310	Pereira, Filipe	Lousada Runners	SENM	31	39:12.17	03:55	00:06:30
51	455	Martins, Paulo	Vizela Corre	SENM	32	39:16.40	03:56	00:06:34
52	474	Melo, Estela	União Desportiva de Várzea	F40	2	39:18.52	03:56	00:06:37
53	387	Sousa, Carlos	ADCC J CLARK de Castelo de Paiva	SENM	33	39:22.80	03:56	00:06:41
54	330	Costa, Manuel	Associação Desportiva de Lustosa	M55	2	39:28.68	03:57	00:06:47
55	302	Pacheco, Bruno	Lousada Runners	SENM	34	39:32.46	03:57	00:06:50
56	363	Sousa, Pedro	A. D. R. AVELEDA	SENM	35	39:34.08	03:57	00:06:52
57	235	Magalhaes, Luis		SENM	36	39:37.61	03:58	00:06:56
58	369	Jesus, António	A. D. R. AVELEDA	M45	5	39:39.29	03:58	00:06:57
59	364	Moreira, Fernando	A. D. R. AVELEDA	SENM	37	39:42.08	03:58	00:07:00
60	405	Silva, Ilídio		M40	8	39:42.68	03:58	00:07:01
61	333	Cardoso, Telmo	Associação Desportiva de Lustosa	M40	9	39:43.91	03:58	00:07:02
62	292	Almeida, Fernando	RunPenafiel	M50	5	39:46.44	03:59	00:07:04
63	476	Teixeira, Sofia	União Desportiva de Várzea	SENF	3	39:50.28	03:59	00:07:08
64	359	Azevedo, Bruno	Fridão sem Limites	SENM	38	40:00.90	04:00	00:07:19
65	456	Machado, Filipe	Vizela Corre	SENM	39	40:06.25	04:01	00:07:24
66	218	., Susana	ADC São João da serra	SENF	4	40:08.11	04:01	00:07:26
67	325	Fonseca, Jacinto	OPRATICANTE.PT-AFIPRE TEAM	M45	6	40:08.15	04:01	00:07:26
68	182	Monteiro, Jose	Bairro de Carcavelos Caravela Seguros	M60	1	40:12.22	04:01	00:07:30
69	374	Silva, Hélder		M40	10	40:19.61	04:02	00:07:38
70	401	Pinto, Lino	btt alegria	M40	11	40:21.38	04:02	00:07:39
71	399	Silva, Telmo	A.D.AMARANTE	M40	12	40:24.26	04:02	00:07:42
72	316	Borges, Hélder	OPRATICANTE.PT-AFIPRE TEAM	M40	13	40:24.39	04:02	00:07:42
73	328	Nunes, Carla	Associação Desportiva de Lustosa	SENF	5	40:24.52	04:02	00:07:43
74	391	Teixeira, Agostinho	nba barrosas	M50	6	40:36.50	04:04	00:07:55
75	320	Borges, Rúben	OPRATICANTE.PT-AFIPRE TEAM	SENM	40	40:40.24	04:04	00:07:58
76	189	Barbosa, José		SENM	41	40:50.33	04:05	00:08:08
77	409	Sousa, Elisabete	ADC São João da serra	F40	3	40:59.50	04:06	00:08:18
78	327	Nunes, Ana	Associação Desportiva de Lustosa	SENF	6	40:59.63	04:06	00:08:18
79	196	Cunha, Eugenio	Amigos das Sapatilhas	M45	7	41:00.32	04:06	00:08:18
80	212	Gaspar, Antonio		M50	7	41:01.92	04:06	00:08:20
81	371	Dias, Flávio	A. D. R. AVELEDA	SENM	42	41:03.87	04:06	00:08:22
82	132	Regadas, Adão	Lousada Runners	M55	3	41:09.34	04:07	00:08:27
83	242	Silva, Carlos	Clube Trilheiros & Amigos	M50	8	41:23.99	04:08	00:08:42
84	483	Pinto, Néilson	GD São Salvador do Campo	M40	14	41:33.46	04:09	00:08:51
85	158	Ferreira, Pedro		SENM	43	41:42.55	04:10	00:09:01
86	318	Carvalho, António	OPRATICANTE.PT-AFIPRE TEAM	M45	8	41:50.06	04:11	00:09:08
87	477	Costa, Tatiana	União Desportiva de Várzea	SENF	7	41:50.12	04:11	00:09:08
88	317	Mota, Vitor	OPRATICANTE.PT-AFIPRE TEAM	M45	9	41:56.03	04:12	00:09:14

Posição	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
89	131	Moreira, Bruno	AD Marco 09	SENM	44	41:57.91	04:12	00:09:16
90	424	Alves, Manuel	GD São Salvador do Campo	M60	2	41:58.69	04:12	00:09:17
91	402	Alves, Fernando		SENM	45	42:04.30	04:12	00:09:22
92	224	Neto, Jaime	BITRUNNERS	SENM	46	42:08.02	04:13	00:09:26
93	125	Costa, Nuno	Amigos das Sapatilhas	SENM	47	42:14.01	04:13	00:09:32
94	245	Ribeiro, Patricia	Casa do Benfica em Paredes	SENF	8	42:16.07	04:14	00:09:34
95	128	Martins, Sérgio	A r negrelos	M50	9	42:21.23	04:14	00:09:39
96	377	Pereira, José	Tarrío team	SENM	48	42:27.80	04:15	00:09:46
97	496	Gonçalves, César	Lousada Hotwheels Runners	SENM	49	42:40.64	04:16	00:09:59
98	237	Cerqueira, Duarte		SENM	50	42:45.01	04:17	00:10:03
99	379	Ribeiro, José	Tarrío team	M45	10	42:46.36	04:17	00:10:04
100	454	Cunha, Pedro	Vizela Corre	SENM	51	42:47.17	04:17	00:10:05
101	500	Lopes, Tiago	OPRATICANTE.PT	SENM	52	42:48.69	04:17	00:10:07
102	332	Ferreira, José	Associação Desportiva de Lustosa	M55	4	42:58.43	04:18	00:10:16
103	419	Sampaio, Paulo	ARD Macieira Atletismo	M40	15	43:05.20	04:19	00:10:23
104	180	Mendes, Helder	Lousada BTT	SENM	53	43:07.75	04:19	00:10:26
105	282	Barbosa, Alexandre	Paredes Aventura	M45	11	43:11.59	04:19	00:10:30
106	135	Alexandre, Nuno	Nocturnos de Paredes	M40	16	43:15.66	04:20	00:10:34
107	498	Ferreira, Marco	OPRATICANTE.PT	SENM	54	43:21.77	04:20	00:10:40
108	209	Bessa, Luís	ARD Macieira Atletismo	SENM	55	43:29.87	04:21	00:10:48
109	314	Silva, José	Clube Trilheiros & Amigos	M50	10	43:39.01	04:22	00:10:57
110	322	Pena, Luciano	OPRATICANTE.PT-AFIPRE TEAM	SENM	56	43:42.52	04:22	00:11:01
111	365	Ferreira, Bernardino	A. D. R. AVELEDA	M55	5	43:45.02	04:23	00:11:03
112	389	Martins, Rui	ADCC J CLARK de Castelo de Paiva	M45	12	43:50.15	04:23	00:11:08
113	485	Mendes, Viriato	GD São Salvador do Campo	SENM	57	43:53.03	04:23	00:11:11
114	102	Ferreira, Bruno	Turbo Kings 2.0 / A.D. Ancede	SENM	58	43:54.79	04:23	00:11:13
115	529	da Silva, Mário	WOLVES	SENM	59	43:59.02	04:24	00:11:17
116	155	Teixeira, Bruno	bruno teixeira	M40	17	44:05.27	04:25	00:11:23
117	170	Neves, Humberto	Clube atletismo independentemente Ilha azul	M40	18	44:06.29	04:25	00:11:24
118	480	Midão, Joana	União Desportiva de Várzea	SENF	9	44:12.34	04:25	00:11:30
119	137	Carneiro, Vítor		SENM	60	44:15.11	04:26	00:11:33
120	386	Tavares, Adélia	ADCC J CLARK de Castelo de Paiva	F50	1	44:17.76	04:26	00:11:36
121	390	Rodrigues, Armindo	ADCC J CLARK de Castelo de Paiva	M45	13	44:18.66	04:26	00:11:37
122	348	Gomes, José	Nocturnos de Paredes	M50	11	44:20.74	04:26	00:11:39
123	384	Sousa, Marta	ADCC J CLARK de Castelo de Paiva	SENF	10	44:21.51	04:26	00:11:40
124	272	Queirós, David	Lousada Runners	SENM	61	44:24.20	04:26	00:11:42
125	227	Brandão, Miguel		SENM	62	44:27.18	04:27	00:11:45
126	370	Marques, Abilio	A. D. R. AVELEDA	M55	6	44:27.76	04:27	00:11:46
127	152	Conceição, Julia	fcpenafiel	F50	2	44:31.57	04:27	00:11:50
128	232	Vieira, Aurelio	Casa do Povo de Soalhães	M45	14	44:31.58	04:27	00:11:50
129	186	Silva, Paulo		M40	19	44:39.67	04:28	00:11:58
130	143	Rodrigues, Pedro		M40	20	44:40.66	04:28	00:11:59
131	486	Carvalho, Filipe	Lousada Runners	M40	21	44:44.12	04:28	00:12:02
132	291	Neves, Luis		SENM	63	44:46.18	04:29	00:12:04

Posição	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
133	388	Sousa, Nuno	ADCC J CLARK de Castelo de Paiva	SENM	64	44:52.23	04:29	00:12:10
134	176	Deveza, Hélder	Clube Académico de Mogadouro	M45	15	44:57.52	04:30	00:12:16
135	167	R., Pedro	Caça Raposas	M45	16	45:00.49	04:30	00:12:18
136	115	Cabral, Filipe		SENM	65	45:01.98	04:30	00:12:20
137	236	Coelho, Raul	ParJovem	SENM	66	45:02.05	04:30	00:12:20
138	443	Silva, Manuel	Travanca Runners	M40	22	45:08.34	04:31	00:12:26
139	413	Ferreira, Nuno	Royal Wellness Center	SENM	67	45:13.17	04:31	00:12:31
140	221	Pereira, Bruno	Nós Acreditamos Run Team	SENM	68	45:13.27	04:31	00:12:31
141	323	Ortiga, Heitor	OPRATICANTE.PT-AFIPRE TEAM	M55	7	45:18.59	04:32	00:12:37
142	193	Osório, Nuno		SENM	69	45:21.16	04:32	00:12:39
143	416	Cunha, Fábio		SENM	70	45:24.28	04:32	00:12:42
144	423	Mariani, Miguel	F.C. Vizela	SENM	71	45:24.33	04:32	00:12:42
145	331	Guimarães, João	Associação Desportiva de Lustosa	M50	12	45:27.55	04:33	00:12:46
146	312	Couto, Renato		SENM	72	45:34.68	04:33	00:12:53
147	226	Silva, Rogério	Paços Runners	M55	8	45:48.61	04:35	00:13:07
148	431	Costa, Manuel	núcleo do Sporting clube de portugal de v n de Fam	M60	3	45:49.88	04:35	00:13:08
149	290	Pereira, Rui	Vizela Corre	SENM	73	45:55.40	04:36	00:13:13
150	156	Neto, Hugo	Nocturnos de Paredes	SENM	74	46:12.28	04:37	00:13:30
151	253	Dias, Ricardo	Condomínio Ideal II	SENM	75	46:21.64	04:38	00:13:40
152	283	Alexandre, Jose	Amigos das Sapatilhas	M40	23	46:30.38	04:39	00:13:48
153	352	Fontes, Rui	Amigos das Sapatilhas	M50	13	46:30.96	04:39	00:13:49
154	243	Ferreira, Paulo	Team Aguenta aí	SENM	76	46:42.90	04:40	00:14:01
155	140	Ribeiro, Luís	Lousada Runners	SENM	77	46:45.36	04:41	00:14:03
156	141	Maia, Miguel	Empenasolas	SENM	78	46:46.97	04:41	00:14:05
157	234	Vieira, Modesto	Casa do Povo de Soalhães	M55	9	46:49.37	04:41	00:14:07
158	481	Freitas, Paulo	F.C. Vizela	M40	24	46:51.08	04:41	00:14:09
159	346	Pereira, Alberto		M40	25	46:53.07	04:41	00:14:11
160	265	Bessa, Luís	Os Incríveis	SENM	79	46:53.30	04:41	00:14:11
161	259	Bernardo, Bernardo		SENM	80	46:55.67	04:42	00:14:14
162	354	Rocha, Hugo	shoto	M40	26	47:00.96	04:42	00:14:19
163	396	Almeida, Anabela	Amigos das Sapatilhas	F40	4	47:03.58	04:42	00:14:22
164	411	Teixeira, Rui	Amigos das Sapatilhas	SENM	81	47:03.59	04:42	00:14:22
165	222	Teixeira, Paulo	Amigos das Sapatilhas	M45	17	47:05.53	04:43	00:14:24
166	340	Silva, Fernando	Nós Acreditamos Run Team	M50	14	47:07.71	04:43	00:14:26
167	144	Sousa, Rui		SENM	82	47:15.55	04:44	00:14:34
168	366	Bessa, Antónia	A. D. R. AVELEDA	F50	3	47:17.16	04:44	00:14:35
169	134	Rocha, Diogo		SENM	83	47:21.25	04:44	00:14:39
170	528	Correia, João		M50	15	47:24.41	04:44	00:14:42
171	304	Torcato, Torcato	F.C. Vizela	M45	18	47:24.90	04:44	00:14:43
172	174	Moreira, Paulo	Caça Raposas	M55	10	47:27.52	04:45	00:14:46
173	172	Pinto, Sérgio	Caça Raposas	M40	27	47:27.69	04:45	00:14:46
174	266	Silva, Rui	Os Incríveis	SENM	84	47:29.02	04:45	00:14:47
175	228	Sampaio, Davide	TodeiaRunners	SENM	85	47:32.49	04:45	00:14:50
176	321	Duarte, Bruno	OPRATICANTE.PT-AFIPRE TEAM	M40	28	47:35.01	04:46	00:14:53

Posição	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
177	524	Silva, José		SENM	86	47:39.32	04:46	00:14:57
178	319	Rodrigues, António	OPRATICANTE.PT-AFIPRE TEAM	M60	4	47:40.79	04:46	00:14:59
179	353	Sousa, Luís	shoto	M40	29	47:47.77	04:47	00:15:06
180	159	Santos, Rui	Porto Runners	M50	16	47:58.73	04:48	00:15:17
181	213	Sousa, António	Lousada Runners	M60	5	48:06.07	04:49	00:15:24
182	220	Miranda, Luís		M40	30	48:10.52	04:49	00:15:29
183	238	Gomes, Helena	WOLVES	F40	5	48:11.48	04:49	00:15:29
184	204	Castro, Pedro	Gaspares	SENM	87	48:27.85	04:51	00:15:46
185	154	Oliveira, Ricardo		SENM	88	48:32.75	04:51	00:15:51
186	280	Barros, Humberto	Kaninos	SENM	89	48:38.13	04:52	00:15:56
187	432	Ribeiro, Pedro	B.V. Lousada	SENM	90	48:40.93	04:52	00:15:59
188	447	Caetano, Jorge		SENM	91	48:41.15	04:52	00:15:59
189	324	Abreu, Paulo	OPRATICANTE.PT-AFIPRE TEAM	M45	19	48:45.71	04:53	00:16:04
190	284	Fonseca, Antonio	Amigos das Sapatilhas	M50	17	48:49.07	04:53	00:16:07
191	297	Leite, Paulo	F.C. Vizela	M45	20	48:52.43	04:53	00:16:10
192	522	Ribeiro, José		SENM	92	48:52.78	04:53	00:16:11
193	408	Couto, Joao	Paços Runners	M50	18	48:53.89	04:53	00:16:12
194	273	Machado, Sérgio		M50	19	48:56.03	04:54	00:16:14
195	470	Martins, Luís		SENM	93	49:05.28	04:55	00:16:23
196	368	Oliveira, Nuno	A. D. R. AVELEDA	M40	31	49:09.17	04:55	00:16:27
197	425	Oliveira, Armando	Lousada Runners	M60	6	49:16.54	04:56	00:16:35
198	453	Carneiro, Vitor		M40	32	49:20.76	04:56	00:16:39
199	279	Araújo, Rosa	ARPO-Associação Recreativa Pousadense	F50	4	49:22.05	04:56	00:16:40
200	298	Pinto, Miguel	ARD Macieira Atletismo	SENM	94	49:23.02	04:56	00:16:41
201	171	Pinheiro, Filipe	Fridão sem Limites	M40	33	49:23.10	04:56	00:16:41
202	300	Carlos, Jose	ARD Macieira Atletismo	M40	34	49:23.77	04:56	00:16:42
203	162	Moreira, Cláudia	A.D.AMARANTE	SENF	11	49:32.03	04:57	00:16:50
204	281	Couto, Joel		SENM	95	49:40.83	04:58	00:16:59
205	136	Ferreira, Leonel		SENM	96	49:52.63	04:59	00:17:11
206	435	Moreira, Paulo	B.V. Lousada	M50	20	49:57.17	05:00	00:17:15
207	530	França, Ricardo	WOLVES	SENM	97	50:03.84	05:00	00:17:22
208	110	Silva, António	Lousada Runners	M55	11	50:06.31	05:01	00:17:24
209	482	Lemos, Eduardo		SENM	98	50:06.42	05:01	00:17:24
210	342	Coelho, Ana	A caminho de ser fit	SENF	12	50:14.68	05:01	00:17:33
211	392	Moreira, Marco		SENM	99	50:17.52	05:02	00:17:36
212	142	Brandao, Paulo		SENM	100	50:18.73	05:02	00:17:37
213	308	Maia, Bruno	Travanca Runners	SENM	101	50:20.76	05:02	00:17:39
214	252	Pacheco, Micael		SENM	102	50:26.13	05:03	00:17:44
215	403	Rodrigues, Mónica		F40	6	50:26.56	05:03	00:17:45
216	101	Coelho, Fernando	Lousada Runners	M50	21	50:26.96	05:03	00:17:45
217	414	Taipa, Armando	Brothers Taipa	M40	35	50:30.09	05:03	00:17:48
218	311	Sá, Paulo	Lousada Hotwheels Runners	SENM	103	50:39.02	05:04	00:17:57
219	467	Sousa, Rui	WOLVES	M45	21	50:43.24	05:04	00:18:01
220	179	Oliveira, António	Lousada Runners	M60	7	50:43.40	05:04	00:18:01

Posição	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
221	109	Ribeiro, Filipe	MS	SENM	104	50:44.81	05:04	00:18:03
222	108	Couto, Carla	Empenabike	SENF	13	50:45.57	05:05	00:18:04
223	123	Costa, Anita	Royal Wellness Center	SENF	14	51:01.07	05:06	00:18:19
224	326	Beça, Kiko		SENM	105	51:02.03	05:06	00:18:20
225	257	Fernandes, Sérgio	ARD Macieira Atletismo	SENM	106	51:04.17	05:06	00:18:22
226	433	Duarte, José	B.V. Lousada	SENM	107	51:07.49	05:07	00:18:25
227	261	Pedroso, Marcos		SENM	108	51:19.84	05:08	00:18:38
228	117	Sousa, Sérgio	Lousada Runners	M40	36	51:20.93	05:08	00:18:39
229	295	Ribeiro, Miguel		SENM	109	51:21.62	05:08	00:18:40
230	197	Moreira, Pedro	Firefighters on fire	SENM	110	51:27.33	05:09	00:18:45
231	398	Moreira, Arnaldo	Lousada Runners	M50	22	51:28.26	05:09	00:18:46
232	293	Moreira, Jorge	Prosel TEAM	SENM	111	51:36.05	05:10	00:18:54
233	356	Pereira, Artur	ARJ	M40	37	51:45.73	05:11	00:19:04
234	254	Pires, Mariana	Condomínio Ideal II	SENF	15	51:46.70	05:11	00:19:05
235	104	Coelho, Pedro		SENM	112	51:49.38	05:11	00:19:07
236	412	Pinto, Nuno		SENM	113	51:49.57	05:11	00:19:08
237	434	Silva, João	B.V. Lousada	SENM	114	51:54.52	05:11	00:19:13
238	400	Teixeira, Andreia	Grupo Recreativo Eirense - Academia de Atletismo	SENF	16	51:59.63	05:12	00:19:18
239	313	Coutinho, Valéria	Caça Raposas	F40	7	52:33.19	05:15	00:19:51
240	113	Barbosa, Rui		SENM	115	52:34.15	05:15	00:19:52
241	190	Barbosa, Paulo		M40	38	52:37.38	05:16	00:19:55
242	525	Barbosa, Paulo		SENM	116	52:39.35	05:16	00:19:57
243	360	Costa, Jose	Lousada Runners	SENM	117	52:41.83	05:16	00:20:00
244	361	Costa, Catarina	Lousada Runners	SENF	17	52:43.32	05:16	00:20:01
245	381	Martins, Filipa	ADCC J CLARK de Castelo de Paiva	SENF	18	52:43.92	05:16	00:20:02
246	345	Ribeiro, Vitor	A caminho de ser fit	SENM	118	52:54.63	05:17	00:20:13
247	285	Silva, Diogo		SENM	119	53:01.64	05:18	00:20:20
248	103	Faria, Bruno		M45	22	53:15.31	05:20	00:20:33
249	422	Mota, Cristiana	F.C. Vizela	SENF	19	53:18.34	05:20	00:20:36
250	341	Magalhães, Martinha	Nós Acreditamos Run Team	F50	5	53:21.03	05:20	00:20:39
251	445	Andrade, Diogo		SENM	120	53:31.13	05:21	00:20:49
252	229	Teixeira, Nelson	TodeiaRunners	SENM	121	53:31.71	05:21	00:20:50
253	303	Soares, Daniela	Lousada Runners	SENF	20	53:34.39	05:21	00:20:52
254	271	Carneiro, Sérgio		SENM	122	53:51.81	05:23	00:21:10
255	165	Moreira, Jota	Subaru Race	SENM	123	53:57.32	05:24	00:21:15
256	248	Ventuzelos, José	Lousada Runners	M50	23	54:13.88	05:25	00:21:32
257	166	Dias, Maria	Caça Raposas	F40	8	54:14.32	05:25	00:21:32
258	446	Sousa, José	Lousada Hotwheels Runners	M50	24	54:22.07	05:26	00:21:40
259	216	Mendonca, Angelo		M40	39	54:26.31	05:27	00:21:44
260	438	Pacheco, Vasco	Lousada Hotwheels Runners	M45	23	54:33.86	05:27	00:21:52
261	367	Sousa, Manuela	A. D. R. AVELEDA	F40	9	54:33.95	05:27	00:21:52
262	169	Lima, Clara	Caça Raposas	F50	6	54:34.48	05:27	00:21:52
263	410	Freire, Luís		SENM	124	54:34.63	05:27	00:21:53
264	309	Silva, Sónia	Amigos das Sapatilhas	F40	10	54:41.86	05:28	00:22:00

Posição	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
265	428	Sousa, Paulo		M50	25	54:48.53	05:29	00:22:07
266	497	Meireles, João		SENM	125	54:51.06	05:29	00:22:09
267	383	Rodrigues, Helena	ADCC J CLARK de Castelo de Paiva	SENF	21	55:20.58	05:32	00:22:39
268	449	Ferreira, Cesar	Vai-te quilhar	SENM	126	55:34.72	05:33	00:22:53
269	385	Rodrigues, Manuela	ADCC J CLARK de Castelo de Paiva	F40	11	55:37.91	05:34	00:22:56
270	415	Matos, Eduardo	Rodas Tortas Cycling Team	M60	8	55:52.36	05:35	00:23:10
271	448	Ferreira, Tatiana		SENF	22	55:52.86	05:35	00:23:11
272	437	Silva, Nuno	GA	M40	40	55:53.05	05:35	00:23:11
273	494	Ribeiro, Rui	Lousada Hotwheels Runners	M45	24	56:04.31	05:36	00:23:22
274	339	Melo, Joana	M&Ms team	SENF	23	56:06.35	05:37	00:23:24
275	139	Sousa, André		SENM	127	56:06.35	05:37	00:23:24
276	338	Tomás, Eduardo	M&Ms team	SENM	128	56:08.56	05:37	00:23:27
277	523	Leite, António		SENM	129	56:09.04	05:37	00:23:27
278	286	Guimarães, Hugo		SENM	130	56:30.28	05:39	00:23:48
279	217	Sousa, João		M45	25	56:52.83	05:41	00:24:11
280	233	Pereira, Fátima	Casa do Povo de Soalhães	F40	12	57:05.85	05:43	00:24:24
281	100	Reis, Paula	Lousada Runners	F40	13	57:16.31	05:44	00:24:34
282	501	Fernandes, Nuno	OPRATICANTE.PT-AFIPRE TEAM	SENM	131	57:23.60	05:44	00:24:42
283	343	Vieira, Débora	A caminho de ser fit	SENF	24	57:26.97	05:45	00:24:45
284	335	Lima, Natália	Brabus Runners	SENF	25	57:28.54	05:45	00:24:47
285	240	Carvalho, Isabel	WOLVES	F40	14	57:42.94	05:46	00:25:01
286	270	Ventuzelos, Joao	Lousada Runners	SENM	132	57:56.90	05:48	00:25:15
287	214	Silva, José	Caça Raposas	M40	41	57:57.29	05:48	00:25:15
288	397	Maia, Pedro		SENM	133	58:42.53	05:52	00:26:01
289	357	Lemos, Ricardo		M40	42	58:43.11	05:52	00:26:01
290	239	Bonifacio, Ana	WOLVES	F40	15	58:44.91	05:52	00:26:03
291	201	Machado, Fernando		M50	26	58:45.36	05:53	00:26:03
292	124	Pinto, Nuno		SENM	134	59:15.41	05:56	00:26:33
293	173	Martins, Marília	Caça Raposas	F40	16	59:26.76	05:57	00:26:45
294	200	Santos, Carlos	Firefighters on fire	SENM	135	59:35.52	05:58	00:26:54
295	198	Couto, Fernando	Firefighters on fire	SENM	136	59:36.24	05:58	00:26:54
296	306	Machado, Daniel		SENM	137	59:36.48	05:58	00:26:54
297	199	Ferreira, José	Firefighters on fire	SENM	138	59:36.61	05:58	00:26:55
298	430	Silvestre, Leandro		SENM	139	59:38.74	05:58	00:26:57
299	495	Antunes, Diogo		SENM	140	59:50.48	05:59	00:27:08
300	294	Ribeiro, Sandra		SENF	26	59:58.87	06:00	00:27:17
301	183	Barbosa, Daniel		SENM	141	59:59.01	06:00	00:27:17
302	184	Sousa, Domingos		SENM	142	1:00:01.87	06:00	00:27:20
303	157	Pereira, Cristiana		SENF	27	1:00:18.81	06:02	00:27:37
304	194	Coelho, Cláudia	Generosos Runners	SENF	28	1:00:33.44	06:03	00:27:51
305	195	Alberto, Carlos	Generosos Runners	M40	43	1:00:34.18	06:03	00:27:52
306	127	Nunes, Isilda	Amigas	SENF	29	1:00:34.37	06:03	00:27:52
307	126	Ribeiro, Márcia	Amigas	F40	17	1:00:34.81	06:03	00:27:53
308	168	Romano, Hugo	Caça Raposas	M45	26	1:00:42.42	06:04	00:28:00

Posição	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
309	250	Ventuzelos, Filipa	Lousada Runners	F40	18	1:00:42.97	06:04	00:28:01
310	191	Santos, Vanessa		SENF	30	1:00:54.17	06:05	00:28:12
311	192	Gonçalves, Elisabete		F40	19	1:00:54.51	06:05	00:28:13
312	288	Sousa, Maria		F50	7	1:01:05.22	06:07	00:28:23
313	450	Sousa, Diana	Vai-te quilhar	SENF	31	1:01:31.79	06:09	00:28:50
314	111	Costa, André	ANDRÉ COSTA	SENM	143	1:01:34.86	06:09	00:28:53
315	426	Ribeiro, Eduardo		M45	27	1:01:59.22	06:12	00:29:17
316	350	Ventura, Teresa	QualquerCoisa	SENF	32	1:02:00.59	06:12	00:29:19
317	349	Ventura, Mónica	QualquerCoisa	SENF	33	1:02:12.45	06:13	00:29:30
318	276	Correia, Ricardo		SENM	144	1:03:01.30	06:18	00:30:19
319	444	Magalhaes, Elisabete	Elisabete Magalhaes	SENF	34	1:03:01.51	06:18	00:30:20
320	421	Azevedo, Ana	AMVE	SENF	35	1:03:02.51	06:18	00:30:21
321	407	Ferreira, Hélder	Gacer-Os come terra	M40	44	1:03:04.76	06:18	00:30:23
322	275	Sousa, Joao		SENM	145	1:03:06.12	06:19	00:30:24
323	458	Carvalho, Mariana	OPTICALIA LOUSADA - #DREAMTEAM	SENF	36	1:03:09.36	06:19	00:30:27
324	461	Matos, António	OPTICALIA LOUSADA - #DREAMTEAM	SENM	146	1:03:10.56	06:19	00:30:29
325	457	Ferreira, Ana	OPTICALIA LOUSADA - #DREAMTEAM	SENF	37	1:03:11.15	06:19	00:30:29
326	106	Silva, Miguel		SENM	147	1:03:36.59	06:22	00:30:55
327	105	Bragança, Jorge		SENM	148	1:03:37.08	06:22	00:30:55
328	372	Gomes, Rosa	Lousada Runners	F40	20	1:03:41.02	06:22	00:30:59
329	336	Sousa, Maria	Brabus Runners	F50	8	1:04:00.14	06:24	00:31:18
330	277	Ribeiro, Inês		SENF	38	1:04:08.47	06:25	00:31:26
331	255	Silva, Paulo		M45	28	1:04:09.14	06:25	00:31:27
332	351	Ventura, Joaquim	QualquerCoisa	M60	9	1:04:14.06	06:25	00:31:32
333	251	Brito, Sara		SENF	39	1:05:18.60	06:32	00:32:37
334	487	Alves, Cristiano	Trail team 1328	SENM	149	1:05:19.02	06:32	00:32:37
335	215	Silva, Hugo	Hugo	M40	45	1:05:19.62	06:32	00:32:38
336	315	Silva, Vera		SENF	40	1:05:19.93	06:32	00:32:38
337	344	Ribeiro, Anabela	A caminho de ser fit	F40	21	1:06:01.21	06:36	00:33:19
338	107	Barbosa, José	Empenabike	SENM	150	1:07:45.17	06:47	00:35:03
339	203	Castro, Pedro	Gaspare	M40	46	1:08:05.72	06:49	00:35:24
340	202	Gaspar, Iolanda	Gaspare	F40	22	1:08:25.44	06:51	00:35:43
341	187	Teixeira, Eliana	Fridão sem Limites	SENF	41	1:08:49.06	06:53	00:36:07
342	178	Teixeira, Carla	Fridão sem Limites	SENF	42	1:08:49.11	06:53	00:36:07
343	2	Moreira, Cristina		F50	9	1:09:17.26	06:56	00:36:35
344	439	Ribeiro, Patrícia		SENF	43	1:09:18.80	06:56	00:36:37
345	119	Lousada, João	Colheita de 84	SENM	151	1:09:30.30	06:57	00:36:48
346	118	Moura, André	Colheita de 84	SENM	152	1:09:30.46	06:57	00:36:48
347	452	Taipa, Renato	Brothers Taipa	SENM	153	1:09:30.86	06:57	00:36:49
348	112	Carvalho, João		SENM	154	1:09:31.01	06:57	00:36:49
349	120	Nunes, Nuno	Colheita de 84	SENM	155	1:09:32.13	06:57	00:36:50
350	274	Silva, Joana		SENF	44	1:09:59.06	07:00	00:37:17
351	441	Couto, Daniela		SENF	45	1:10:12.23	07:01	00:37:30
352	382	Silva, Ângela	ADCC J CLARK de Castelo de Paiva	SENF	46	1:10:33.58	07:03	00:37:52



Posição	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
353	241	Coelho, Cristina	WOLVES	F40	23	1:11:04.01	07:06	00:38:22
354	468	Santos, Manuela	WOLVES	F50	10	1:11:04.69	07:06	00:38:23
355	465	Santos, Sara	WOLVES	SENF	47	1:11:05.83	07:07	00:38:24
356	466	Santos, Luísa	WOLVES	SENF	48	1:11:06.72	07:07	00:38:25
357	258	Teixeira, Filipe		M45	29	1:12:21.97	07:14	00:39:40
358	164	Santos, Ana	Subaru Race	SENF	49	1:14:05.55	07:25	00:41:24