

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Lugar Escalão	Tempo Retorno	Tempo Final	Equipa
1	1	HERMANO FERREIRA	M	28	M1939	1	00:24:18	00:49:04	GDR CONFORLIMPA
2	3	ALBERTO CHAIÇA	M	37	M1939	2	00:24:33	00:49:36	GDR CONFORLIMPA
3	20	ANTONIO TRAVASSOS	M	30	M1939	3	00:24:18	00:50:09	CUA BENAVENTE
4	8	BRUNO FRAGA	M	33	M1939	4	00:25:27	00:52:02	GDR REBOLEIRA
5	159	GONÇALO BORGES	M	26	M1939	5	00:25:28	00:52:04	GD 3 SANTOS POPULARES
6	13	LINO BARRUNCHO	M	34	M1939	6	00:25:28	00:52:47	AM ATIBÁ
7	17	RIAD MOHAMED	M	38	M1939	7	00:26:14	00:53:19	SL BENFICA
8	407	BRUNO SOARES	M	31	M1939	8	00:26:15	00:53:39	FC PENAFIEL
9	19	HAMID HAKIM	M	28	M1939	9	00:26:14	00:53:52	CP ALCANENA
10	289	JOAO VAZ	M	42	M4044	1	00:27:01	00:54:53	A VALE SILENCIO
11	372	GILBERTO FERNANDES	M	49	M4549	1	00:27:01	00:55:31	ACR FRADE CIMA
12	11	JOSE MOREIRA	M	35	M1939	10	00:27:22	00:55:38	GDR REBOLEIRA
13	10	JOSE ANTUNES	M	44	M4044	2	00:27:22	00:55:44	GDR REBOLEIRA
14	249	RICARDO PEREIRA	M	33	M1939	11	00:27:32	00:56:01	CR LEOES P SALVO
15	172	JORGE CORREA	M	40	M4044	3	00:27:34	00:56:02	CA BARREIRA
16	433	MARCO FRANCISCO	M	28	M1939	12	00:28:01	00:56:32	CP ALCANENA
17	156	BRUNO GASPAR	M	28	M1939	13	00:27:50	00:56:49	AA POMBAL
18	63	MARIO PEDRO	M	35	M1939	14	00:27:54	00:57:10	GD MACEDO OCULISTA
19	288	JOAO INOCENCIO	M	40	M4044	4	00:28:01	00:57:22	A VALE SILENCIO
20	166	CASIMIRO GOMES	M	33	M1939	15	00:28:01	00:57:35	CA BARREIRA
21	58	JOAO GINJA	M	44	M4044	5	00:28:33	00:57:40	GD MACEDO OCULISTA
22	151	LUIS MOTA	M	40	M4044	6	00:28:01	00:57:44	ADR AGUAS BELAS
23	164	ANTONIO SILVINO	M	47	M4549	2	00:28:10	00:57:51	CA BARREIRA
24	248	MANUEL VILELA	M	47	M4549	3	00:28:10	00:57:57	ACLIS LIBERTY
25	56	JORGE REIS	M	52	M5054	1	00:28:33	00:58:10	GD MACEDO OCULISTA
26	86	LUIS GOMES	M	29	M1939	16	00:29:10	00:58:11	C VETERANOS LIS
27	387	ALEXANDRE MONTEIRO	M	44	M4044	7	00:29:00	00:58:15	CRD ARRUDENSE
28	300	JOSE AUGUSTO	M	48	M4549	4	00:28:22	00:58:21	GDR FIGUEIRAS
29	178	SERGIO FERRINHO	M	44	M4044	8	00:28:26	00:58:32	CA BARREIRA
30	232	DESIDERIO PIRES	M	38	M1939	17	00:28:34	00:58:35	C BENFICA ALCOBAÇA
31	9	PEDRO GIL	M	38	M1939	18	00:28:33	00:59:03	GDR REBOLEIRA
32	375	JOSE FIGUEIRA	M	40	M4044	9	00:28:34	00:59:11	ID VIEIRENSE
33	97	GABRIEL RODRIGUES	M	46	M4549	5	00:28:36	00:59:22	ADCR PAINHO
34	382	AQUILINO FERREIRA	M	51	M5054	2	00:29:05	00:59:25	AC VERMOIL
35	388	AMBROSIO PEREIRA	M	36	M1939	19	00:28:59	00:59:37	CRD ARRUDENSE
36	150	MARCO FRANCO	M	30	M1939	20	00:29:00	00:59:45	ADR AGUAS BELAS
37	397	ANTONIO POEIRAS	M	50	M5054	3	00:29:13	00:59:51	ACR SOUTOS
38	55	FILIPE SILVA	M	57	M5559	1	00:29:02	00:59:58	GD MACEDO OCULISTA
39	112	CARLOS VIEGAS	M	42	M4044	10	00:29:15	01:00:03	SR CAMARNAL
40	120	CARLOS CARAPETO	M	47	M4549	6	00:29:47	01:00:11	CCD O ALVITEJO
41	118	JORGE PEDRO	M	44	M4044	11	00:29:47	01:00:17	CCD O ALVITEJO
42	18	VITOR DINIS	M	38	M1939	21	00:29:48	01:00:26	ID VIEIRENSE
43	347	TIAGO CORDEIRO	M	26	M1939	22	00:29:13	01:00:29	GD PEDREIRAS
44	14	MADALENA CARRIÇO	F	31	F1939	1	00:29:22	01:00:40	CS MARITIMO
45	117	ANTONIO PAIS	M	40	M4044	12	00:29:19	01:00:41	CCD O ALVITEJO
46	272	ANDRE FERREIRA	M	21	M1939	23	00:29:28	01:00:41	UFCI TOMAR

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Lugar Escalão	Tempo Retorno	Tempo Final	Equipa
47	330	NUNO ROCHA	M	33	M1939	24	00:29:22	01:00:41	GRCD LEIAO
48	343	JOAO DOMINGOS	M	39	M1939	25	00:29:37	01:00:45	GD PEDREIRAS
49	409	LICINIO PEREIRA	M	54	M5054	4	00:29:51	01:00:54	ID VIEIRENSE
50	377	ARTUR LOPES	M	44	M4044	13	00:29:51	01:00:55	ID VIEIRENSE
51	15	OSVALDO NASCIMENTO	M	47	M4549	7	00:29:29	01:01:04	GD MACEDO OCULISTA
52	334	NELIO ALMEIDA	M	21	M1939	26	00:30:00	01:01:12	C VETERANOS S DAIRE
53	169	HELDER CARREIRA	M	34	M1939	27	00:30:00	01:01:14	CA BARREIRA
54	422	BETARIZ CUNHA	F	37	F1939	2	00:30:16	01:01:41	CA PATAMEIRAS
55	463	NUNO SILVA	M	26	M1939	28	00:30:24	01:02:03	INDIVIDUAL
56	296	ANTONIO SALCEDAS	M	39	M1939	29	00:30:35	01:02:09	GDR FIGUEIRAS
57	7	VERA NUNES	F	30	F1939	3	00:30:37	01:02:13	SL BENFICA
58	390	CARLOS LOPES	M	36	M1939	30	00:30:36	01:02:13	CRD ARRUDENSE
59	181	SAMUEL LOPES	M	29	M1939	31	00:31:16	01:02:18	CA BARREIRA
60	101	JORGE SILVA	M	43	M4044	14	00:30:26	01:02:24	GAU BAJOUCA
61	441	MIGUEL GOMES	M	28	M1939	32	00:31:13	01:02:24	INDIVIDUAL
62	373	JULIO MOITA	M	53	M5054	5	00:30:00	01:02:27	ACR FRADE CIMA
63	392	PAULO ALBINO	M	33	M1939	33	00:30:17	01:02:29	CRD ARRUDENSE
64	88	HUGO MIGUEL	M	25	M1939	34	00:30:19	01:02:34	C VETERANOS LIS
65	376	CARLOS PINTO	M	42	M4044	15	00:30:38	01:02:35	ID VIEIRENSE
66	12	PAULO MOREIRA	M	41	M4044	16	00:30:37	01:02:39	GDR REBOLEIRA
67	299	SERGIO E SANTO	M	43	M4044	17	00:31:13	01:02:41	GDR FIGUEIRAS
68	43	ORLANDO SILVA	M	48	M4549	8	00:30:28	01:02:52	CCDT METRO POLITANO
69	81	VITOR LOPES	M	42	M4044	18	00:30:38	01:02:53	C VETERANOS LIS
70	136	HERALDO PEIXE	M	31	M1939	35	00:30:37	01:02:55	CA NAZARE
71	73	JOAQUIM MORAIS	M	51	M5054	6	00:30:39	01:03:05	C VETERANOS LIS
72	102	PEDRO CAPELA	M	30	M1939	36	00:30:25	01:03:09	GAU BAJOUCA
73	174	DAVID MARQUES	M	40	M4044	19	00:31:29	01:03:18	CA BARREIRA
74	29	EMANUEL GOMES	M	41	M4044	20	00:31:15	01:03:26	CCDT METRO POLITANO
75	153	MARINA AGOSTINHO	F	28	F1939	4	00:30:27	01:03:28	AA POMBAL
76	158	RUI AGUIAR	M	37	M1939	37	00:30:40	01:03:30	ARSC TOLEDO
77	355	DIAMANTINO LOPES	M	42	M4044	21	00:32:20	01:03:32	GA CARANGUEJEIRA
78	298	PAULO SIMAO	M	41	M4044	22	00:30:39	01:03:34	GDR FIGUEIRAS
79	404	FERNANDO HOMEM	M	32	M1939	38	00:31:16	01:03:35	ABUTRES R TEAM
80	395	MANUEL FERNANDES	M	56	M5559	2	00:31:09	01:03:42	ACR SOUTOS
81	45	PAULO ALFAR	M	45	M4549	9	00:31:16	01:03:43	CCDT METRO POLITANO
82	361	ANTONIO FRANCISCO	M	46	M4549	10	00:32:26	01:03:43	GA CARANGUEJEIRA
83	459	CARLOS CRUZ	M	50	M5054	7	00:31:14	01:03:46	INDIVIDUAL
84	487	PAULO S P PINTO	M	34	M1939	39	00:31:29	01:03:55	INDIVIDUAL
85	154	ANTONIO SIMOES	M	50	M5054	8	00:31:16	01:03:58	AA POMBAL
86	160	LUIS DUARTE	M	22	M1939	40	00:31:46	01:04:20	CA BARREIRA
87	176	JOSE TEIXEIRA	M	47	M4549	11	00:31:45	01:04:20	CA BARREIRA
88	374	NUNO LORVAO	M	40	M4044	23	00:31:23	01:04:23	ID VIEIRENSE
89	364	JORGE RODRIGUES	M	44	M4044	24	00:31:23	01:04:26	NS SAO MIGUEL
90	171	JOAO PROSPERO	M	58	M5559	3	00:31:09	01:04:27	CA BARREIRA
91	320	LUIS PAULO	M	44	M4044	25	00:31:49	01:04:31	BAHIA
92	515	JOSE SILVA	M	36	M1939	41	00:32:13	01:04:36	INDIVIDUAL

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Lugar Escalão	Tempo Retorno	Tempo Final	Equipa
93	345	FILIFE ALMEIDA	M	29	M1939	42	00:31:57	01:04:40	GD PEDREIRAS
94	119	ANTONIO AZEDO	M	45	M4549	12	00:31:53	01:04:49	CCD O ALVITEJO
95	385	JOAQUIM REBOLA	M	36	M1939	43	00:31:24	01:04:51	AC VERMOIL
96	507	LUIS R PEREIRA	M	56	M5559	4	00:32:12	01:04:51	INDIVIDUAL
97	185	JOSE AA OLIVEIRA	M	48	M4549	13	00:31:25	01:04:54	CA BARREIRA
98	368	JOAO SOARES	M	57	M5559	5	00:31:50	01:04:57	NS SAO MIGUEL
99	123	ANTONIO DUARTE	M	52	M5054	9	00:32:00	01:05:00	CCD O ALVITEJO
100	509	INACIO SERRAZINA	M	51	M5054	10	00:31:18	01:05:05	INDIVIDUAL
101	402	JOAO JACINTO	M	53	M5054	11	00:31:59	01:05:06	CCD O ALVITEJO
102	103	OTELO PEREIRA	M	35	M1939	44	00:32:11	01:05:13	GAU BAJOUCA
103	467	JORGE SERRAZINA	M	54	M5054	12	00:31:24	01:05:21	INDIVIDUAL
104	278	PAULO CORREIA	M	45	M4549	14	00:31:59	01:05:23	OS SANTARENOS
105	514	ANIBAL LOPES	M	45	M4549	15	00:32:37	01:05:29	INDIVIDUAL
106	427	JOAO BENTO	M	42	M4044	26	00:32:30	01:05:35	ARSC TOLEDO
107	216	ANIBAL GODINHO	M	46	M4549	16	00:32:29	01:05:36	C M TORRES NOVAS
108	468	JOSE SEQUEIRA	M	60	M6064	1	00:30:42	01:05:36	INDIVIDUAL
109	391	JOSE BORGES	M	34	M1939	45	00:31:56	01:05:41	CRD ARRUDENSE
110	393	PAULO SANTOS	M	38	M1939	46	00:31:30	01:05:41	CRD ARRUDENSE
111	61	JOSE INOCENCIO	M	58	M5559	6	00:32:11	01:05:45	GD MACEDO OCULISTA
112	370	ACACIO CAMPOS	M	52	M5054	13	00:32:29	01:05:52	GA FREG VIDAIS
113	36	JOAO MIRANDA	M	50	M5054	14	00:32:11	01:05:54	CCDT METRO POLITANO
114	138	LUIS ESTRELINHA	M	47	M4549	17	00:32:24	01:05:54	CA NAZARE
115	70	FERNANDO NEVES	M	38	M1939	47	00:33:56	01:06:01	GDC EIRAPEDRENSE
116	275	FERNANDO SOUSA	M	52	M5054	15	00:31:34	01:06:03	GRD RIBEIRA LAGE
117	291	RICARDO OLIVEIRA	M	35	M1939	48	00:32:58	01:06:04	GDR FIGUEIRAS
118	133	LUIS PREGO	M	53	M5054	16	00:31:51	01:06:09	CCRD ARRIMAL
119	196	MANUEL GOMES	M	45	M4549	18	00:32:43	01:06:09	OS FLECHINHAS
120	206	JOSE BRITO	M	41	M4044	27	00:32:30	01:06:17	CLAC ENTRONCAMENTO
121	356	ANDRE BARBOSA	M	24	M1939	49	00:33:43	01:06:19	GA CARANGUEJEIRA
122	168	GERMANO CAPELA	M	43	M4044	28	00:31:25	01:06:22	CA BARREIRA
123	177	DANIEL BATISTA	M	27	M1939	50	00:31:24	01:06:23	CA BARREIRA
124	398	CARLOS JACINTO	M	38	M1939	51	00:31:50	01:06:25	ACR SOUTOS
125	109	JOSUE FRANCISCO	M	42	M4044	29	00:31:32	01:06:26	SR CAMARNAL
126	142	LUIS VIDINHA	M	41	M4044	30	00:32:11	01:06:28	CA NAZARE
127	357	JAIME SANTOS	M	56	M5559	7	00:33:43	01:06:29	GA CARANGUEJEIRA
128	54	FABIO FERREIRA	M	21	M1939	52	00:32:23	01:06:31	GD MACEDO OCULISTA
129	366	PAULO NEVES	M	45	M4549	19	00:32:39	01:06:31	NS SAO MIGUEL
130	155	VIRGILIO OLIVEIRA	M	46	M4549	20	00:32:14	01:06:33	AA POMBAL
131	359	VASCO MICAEL	M	63	M6064	2	00:32:44	01:06:34	GA CARANGUEJEIRA
132	126	JOAQUIM ALVES	M	58	M5559	8	00:31:59	01:06:39	CCD O ALVITEJO
133	344	MIGUEL GINETO	M	35	M1939	53	00:31:51	01:06:44	GD PEDREIRAS
134	500	ANTONIO RUELA	M	49	M4549	21	00:33:21	01:06:46	INDIVIDUAL
135	358	MANUEL FONSECA	M	55	M5559	9	00:31:49	01:06:51	GA CARANGUEJEIRA
136	341	HELDER COSTA	M	30	M1939	54	00:32:20	01:06:52	GD PEDREIRAS
137	381	LEANDRO SANTOS	M	53	M5054	17	00:32:26	01:06:52	AC VERMOIL
138	111	RICARDO VICENTE	M	32	M1939	55	00:32:04	01:06:55	SR CAMARNAL

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Lugar Escalão	Tempo Retorno	Tempo Final	Equipa
139	242	JOSE M DIAS	M	50	M5054	18	00:32:32	01:06:57	CP EDP PORTO
140	231	SERGIO JERONIMO	M	35	M1939	56	00:32:26	01:07:07	CCR MOLEANENSE
141	82	JOSE GABRIEL	M	61	M6064	3	00:32:44	01:07:09	C VETERANOS LIS
142	292	PAULO MORENO	M	33	M1939	57	00:32:25	01:07:11	GDR FIGUEIRAS
143	346	GONALO ANDRE	M	23	M1939	58	00:32:19	01:07:17	GD PEDREIRAS
144	28	DAVID GANO	M	27	M1939	59	00:32:52	01:07:20	CCDT METR0 POLITANO
145	250	ALEX SCUTARU	M	38	M1939	60	00:32:51	01:07:21	CR LEOES P SALVO
146	251	VERONICA SCUTARU	F	34	F1939	5	00:32:52	01:07:21	CR LEOES P SALVO
147	260	JOSE TEODORIO	M	45	M4549	22	00:32:39	01:07:25	LA VAO ALMEIRIM
148	414	SAMUEL SANTOS	M	30	M1939	61	00:32:45	01:07:27	C BENFICA ALCOBAA
149	380	NELSON FERREIRA	M	31	M1939	62	00:32:25	01:07:31	AC VERMOIL
150	173	JOSE AGOSTINHO	M	54	M5054	19	00:32:53	01:07:32	CA BARREIRA
151	184	RUI PEREIRA	M	53	M5054	20	00:32:35	01:07:38	CA BARREIRA
152	183	PAULO FERREIRA	M	44	M4044	31	00:32:43	01:07:42	CA BARREIRA
153	195	DUARTE SILVA	M	37	M1939	63	00:32:43	01:07:46	OS FLECHINHAS
154	25	BARROS COSTA	M	54	M5054	21	00:32:52	01:07:48	CCDT METR0 POLITANO
155	42	NUNO PITA	M	35	M1939	64	00:33:47	01:07:58	CCDT METR0 POLITANO
156	503	CRISTINA SANCHES	F	40	F4099	1	00:32:42	01:08:02	INDIVIDUAL
157	386	ANTONIO SANTOS	M	42	M4044	32	00:32:42	01:08:07	AC VERMOIL
158	454	NUNO DIAS	M	32	M1939	65	00:33:26	01:08:10	INDIVIDUAL
159	218	EDGAR FRANCISCO	M	45	M4549	23	00:33:13	01:08:15	URD ARRANHO
160	212	JOSE SILVA	M	49	M4549	24	00:33:25	01:08:21	CLAC ENTRONCAMENTO
161	254	LUIS FARELO	M	45	M4549	25	00:33:10	01:08:26	NAXIDIETE
162	349	DAVID FAUSTINO	M	45	M4549	26	00:32:57	01:08:28	SS CGD
163	175	JOSE MARTINS	M	58	M5559	10	00:32:48	01:08:35	CA BARREIRA
164	252	TIAGO BASTOS	M	33	M1939	66	00:33:10	01:08:37	NAXIDIETE
165	84	VASCO MARQUES	M	39	M1939	67	00:33:40	01:08:39	C VETERANOS LIS
166	235	PAULO QUARESMA	M	55	M5559	11	00:33:45	01:08:40	MULTIFLOW
167	110	HELDER MARQUES	M	45	M4549	27	00:33:19	01:08:41	SR CAMARNAL
168	470	JOSE C G FERNANDES	M	41	M4044	33	00:33:35	01:08:43	INDIVIDUAL
169	106	FILIPE CARVALHEIRO	M	47	M4549	28	00:33:44	01:08:44	GAU BAJOUCA
170	310	JOSE CUNHA	M	46	M4549	29	00:34:11	01:08:44	OS ZATOPEQUES
171	24	ANTONIO PEREIRA	M	46	M4549	30	00:33:47	01:08:48	CCDT METR0 POLITANO
172	78	CARLOS RIBEIRO	M	48	M4549	31	00:33:47	01:08:50	C VETERANOS LIS
173	75	MANUEL CARREIRA	M	57	M5559	12	00:33:13	01:08:58	C VETERANOS LIS
174	475	PAULO CORREIA	M	36	M1939	68	00:33:44	01:09:00	INDIVIDUAL
175	98	MANUEL FERREIRA	M	42	M4044	34	00:32:51	01:09:01	ADCR PAINHO
176	191	LUIS MARTINS	M	48	M4549	32	00:32:43	01:09:02	OS FLECHINHAS
177	263	VICTOR HIPOLITO	M	42	M4044	35	00:33:49	01:09:09	CP GRADIL
178	294	NELSON MONTEIRO	M	27	M1939	69	00:35:05	01:09:17	GDR FIGUEIRAS
179	295	FRANCISCO MORENO	M	36	M1939	70	00:34:17	01:09:22	GDR FIGUEIRAS
180	287	DANIEL PINTO	M	26	M1939	71	00:34:08	01:09:26	A VALE SILENCIO
181	401	JORGE POLIDORIO	M	43	M4044	36	00:34:54	01:09:32	A 20 KM ALMEIRIM
182	418	JOAQUIM GOMES	M	60	M6064	4	00:33:42	01:09:32	A DO BARBAS
183	257	MANUEL ALMEIDA	M	52	M5054	22	00:34:05	01:09:33	LA VAO ALMEIRIM
184	464	ANTONIO LOPES	M	44	M4044	37	00:34:05	01:09:33	INDIVIDUAL

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Lugar Escalão	Tempo Retorno	Tempo Final	Equipa
185	512	SERGIO FERREIRA	M	27	M1939	72	00:34:05	01:09:35	INDIVIDUAL
186	141	MIGUEL SILVA	M	42	M4044	38	00:34:29	01:09:38	CA NAZARE
187	39	JOSE SILVA	M	54	M5054	23	00:33:50	01:09:49	CCDT METRO POLITANO
188	253	JOSE OLIVEIRA	M	39	M1939	73	00:33:45	01:09:50	NAXIDIETE
189	246	ADERITO TEIXEIRA	M	50	M5054	24	00:34:50	01:09:54	CP EDP PORTO
190	273	ALBERTO GRAÇA	M	56	M5559	13	00:33:49	01:09:54	UFCI TOMAR
191	394	FERNANDO JACINTO	M	43	M4044	39	00:33:27	01:10:00	ACR SOUTOS
192	30	EDUARDO LAGOA	M	43	M4044	40	00:34:06	01:10:04	CCDT METRO POLITANO
193	421	TIAGO VELOSO	M	19	M1939	74	00:33:18	01:10:06	CCD O ALVITEJO
194	301	FERNANDO SANTOS	M	50	M5054	25	00:33:44	01:10:13	GDR FIGUEIRAS
195	229	JOAO SANTOS	M	29	M1939	75	00:33:49	01:10:18	CCR MOLEANENSE
196	230	PEDRO PERALTA	M	40	M4044	41	00:34:21	01:10:19	CCR MOLEANENSE
197	219	LUIS FERREIRA	M	43	M4044	42	00:33:49	01:10:22	URD ARRANHO
198	465	CRISTOVAO S S SANTOS	M	25	M1939	76	00:35:09	01:10:23	INDIVIDUAL
199	187	PAULO FERNANDES	M	36	M1939	77	00:33:44	01:10:36	UNIDOS BRANDOA
200	452	RUI P LIMA	M	35	M1939	78	00:34:28	01:10:37	INDIVIDUAL
201	416	LUIS GROSSO	M	20	M1939	79	00:33:48	01:10:38	A DO BARBAS
202	466	LUIS ABADÉ	M	41	M4044	43	00:33:46	01:10:42	INDIVIDUAL
203	302	LEONEL RODRIGUES	M	56	M5559	14	00:35:28	01:10:44	GDR FIGUEIRAS
204	420	NUNO JORGE	M	35	M1939	80	00:34:40	01:10:46	A DO BARBAS
205	157	EDGAR RICARDO	M	28	M1939	81	00:34:40	01:10:49	ARSC TOLEDO
206	348	KUIS VASAO	M	36	M1939	82	00:34:10	01:10:54	GD PEDREIRAS
207	281	MARIO NETO	M	34	M1939	83	00:34:11	01:10:56	OS SANTARENOS
208	114	ANA VIEIRA	F	42	F4099	2	00:34:47	01:11:00	CCD O ALVITEJO
209	474	JOAO FARINHA	M	51	M5054	26	00:34:40	01:11:04	INDIVIDUAL
210	226	PAULO TOMAS	M	38	M1939	84	00:34:37	01:11:07	URD ARRANHO
211	367	JOAO SANTOS	M	52	M5054	27	00:34:37	01:11:12	NS SAO MIGUEL
212	170	MAURO PIMENTA	M	34	M1939	85	00:36:27	01:11:14	GAA VILA FRANCA XIRA
213	497	ARMENIO COELHO	M	34	M1939	86	00:34:20	01:11:22	INDIVIDUAL
214	485	PAULO FONSECA	M	46	M4549	33	00:35:35	01:11:26	INDIVIDUAL
215	340	ANTONIO LEAL	M	37	M1939	87	00:34:43	01:11:27	MARINHAI AC
216	411	HENRIQUE LOPES	M	32	M1939	88	00:34:55	01:11:29	HERE FOR THE BEER
217	203	HENRIQUE NARCISO	M	44	M4044	44	00:34:58	01:11:30	CLAC ENTRONCAMENTO
218	165	CARINA MATIAS	F	26	F1939	6	00:34:47	01:11:37	CA BARREIRA
219	208	ABREU MOURA	M	55	M5559	15	00:35:34	01:11:43	CLAC ENTRONCAMENTO
220	280	JOAO CARVALHO	M	41	M4044	45	00:35:35	01:11:51	OS SANTARENOS
221	308	PAULO BASILIO	M	42	M4044	46	00:35:50	01:11:55	OS ZATOPÉQUES
222	486	GONÇALO ROQUE	M	37	M1939	89	00:36:23	01:12:00	INDIVIDUAL
223	201	VENTURA PIRES	M	54	M5054	28	00:38:39	01:12:01	AM AMOREIRA
224	198	LUCIO SERRA	M	51	M5054	29	00:35:35	01:12:04	AM AMOREIRA
225	132	NARCISO CORDEIRO	M	47	M4549	34	00:35:16	01:12:05	CCRD ARRIMAL
226	127	MANUEL VITORINO	M	61	M6064	5	00:35:08	01:12:08	CCD O ALVITEJO
227	501	JOSE FAUSTINO	M	57	M5559	16	00:35:08	01:12:27	INDIVIDUAL
228	241	JOSE BOURA	M	19	M1939	90	00:35:37	01:12:33	CCD QUARTEIRA
229	333	DAVID SANTOS	M	47	M4549	35	00:37:10	01:12:35	UDCA
230	71	AMERICO SANTOS	M	57	M5559	17	00:35:20	01:12:41	C VETERANOS LIS

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Lugar Escalão	Tempo Retorno	Tempo Final	Equipa
231	351	BERNARDINO PEREIRA	M	74	M6599	1	00:35:07	01:12:41	SS CGD
232	352	PAULO PIRES	M	45	M4549	36	00:35:07	01:12:41	SS CGD
233	303	EVANGELINO CARDEIRA	M	55	M5559	18	00:35:59	01:12:51	GDR FIGUEIRAS
234	328	PAULO BARREIRA	M	37	M1939	91	00:37:28	01:12:53	GRCD LEIAO
235	311	JOSE MORAIS	M	48	M4549	37	00:37:05	01:13:01	OS ZATOPEQUES
236	68	JORGE GOMES	M	46	M4549	38	00:36:46	01:13:13	GDC EIRAPEDRENSE
237	74	VITOR ANTUNES	M	55	M5559	19	00:34:24	01:13:17	C VETERANOS LIS
238	293	NELSON BENTO	M	37	M1939	92	00:35:54	01:13:22	GDR FIGUEIRAS
239	396	MANUEL BRITES	M	54	M5054	30	00:35:42	01:13:24	ACR SOUTOS
240	383	ALFREDO SANTOS	M	55	M5559	20	00:36:10	01:13:33	AC VERMOIL
241	238	JULIO RAMOS	M	43	M4044	47	00:36:18	01:13:37	MULTIFLOW
242	237	JOSE DIONISIO	M	48	M4549	39	00:36:22	01:13:38	MULTIFLOW
243	369	JOAQUIM NEIVA	M	67	M6599	2	00:36:45	01:13:53	NS SAO MIGUEL
244	239	CARLOS CORREIA	M	46	M4549	40	00:36:58	01:13:57	CCD QUARTEIRA
245	104	RAMIRO ALFAIATE	M	39	M1939	93	00:35:16	01:13:58	GAU BAJOUCA
246	439	CESAR COELHO	M	34	M1939	94	00:36:06	01:14:00	INDIVIDUAL
247	440	HELDER LOURENÇO	M	32	M1939	95	00:36:06	01:14:00	INDIVIDUAL
248	194	JOAQUIM FERREIRA	M	56	M5559	21	00:36:09	01:14:02	OS FLECHINHAS
249	437	MANUEL VIERA	M	52	M5054	31	00:35:10	01:14:08	INDIVIDUAL
250	152	JOSE F SILVA	M	49	M4549	41	00:34:22	01:14:12	ADR AGUAS BELAS
251	379	EUGENIO MENDES	M	49	M4549	42	00:36:55	01:14:13	AC VERMOIL
252	77	JACINTO FERREIRA	M	53	M5054	32	00:36:49	01:14:14	C VETERANOS LIS
253	131	JAOQUIM ALVES	M	41	M4044	48	00:35:59	01:14:15	CCRD ARRIMAL
254	405	FERNANDO CORREIA	M	45	M4549	43	00:35:40	01:14:18	GRD RIBEIRA LAGE
255	384	JULIO CUNHA	M	50	M5054	33	00:36:47	01:14:20	AC VERMOIL
256	26	CARLOS MOREIRA	M	57	M5559	22	00:36:43	01:14:22	CCDT METRO POLITANO
257	274	CAROLINA FELIZ	F	51	F4099	3	00:35:42	01:14:25	UFCI TOMAR
258	495	SILVINO MORINGA	M	55	M5559	23	00:35:46	01:14:27	INDIVIDUAL
259	504	FRANCISCO SANCHES	M	68	M6599	3	00:36:24	01:14:28	INDIVIDUAL
260	121	FRANCISCO CALÇADA	M	46	M4549	44	00:35:48	01:14:29	CCD O ALVITEJO
261	113	BRANCA DIAS	F	36	F1939	7	00:36:32	01:14:37	CCD O ALVITEJO
262	492	MANUEL CARLOS	M	52	M5054	34	00:36:26	01:14:39	INDIVIDUAL
263	167	DANIEL LOURENÇO	M	36	M1939	96	00:35:38	01:14:43	CA BARREIRA
264	130	JOSE VENDEIRO	M	40	M4044	49	00:35:49	01:14:57	CCRD ARRIMAL
265	338	LUIS NEVES	M	32	M1939	97	00:35:31	01:14:57	MARINHAI AC
266	265	HERCULANO ALVES	M	46	M4549	45	00:35:39	01:14:58	CP GRADIL
267	297	VITOR CARDEIRA	M	44	M4044	50	00:36:00	01:14:59	GDR FIGUEIRAS
268	410	VITOR SIMOES	M	44	M4044	51	00:36:03	01:15:05	HERE FOR THE BEER
269	115	CARLA CALÇADA	F	41	F4099	4	00:36:19	01:15:06	CCD O ALVITEJO
270	135	ANTONIO ALEXANDRE	M	51	M5054	35	00:35:16	01:15:09	CA NAZARE
271	423	ALCINDO COUTINHO	M	54	M5054	36	00:36:02	01:15:11	CP UNIV COIMBRA
272	399	RUI CARREIRA	M	47	M4549	46	00:36:12	01:15:13	ACR SOUTOS
273	350	ISABEL MOLEIRO	F	42	F4099	5	00:36:45	01:15:15	SS CGD
274	438	HUGO PIRES	M	31	M1939	98	00:35:59	01:15:24	INDIVIDUAL
275	432	PAULO TRINDADE	M	36	M1939	99	00:36:11	01:15:28	HERE FOR THE BEER
276	107	CARLOS FIGUEIREDO	M	58	M5559	24	00:36:49	01:15:39	GAU BAJOUCA

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Lugar Escalão	Tempo Retorno	Tempo Final	Equipa
277	108	BRUNO PEDROSA	M	33	M1939	100	00:36:48	01:15:39	GAU BAJOUCA
278	217	CARLOS SOUSA	M	45	M4549	47	00:36:38	01:15:42	C M TORRES NOVAS
279	425	CARLOS CORINO	M	65	M6599	4	00:36:43	01:15:46	CP UNIV COIMBRA
280	417	LUIS FERNANDES	M	31	M1939	101	00:35:43	01:15:52	A DO BARBAS
281	491	ANTONIO V OLIVEIRA	M	52	M5054	37	00:37:09	01:15:53	INDIVIDUAL
282	223	JOSE TOMAS	M	29	M1939	102	00:36:09	01:15:58	URD ARRANHO
283	67	JOSE MATIAS	M	55	M5559	25	00:36:47	01:16:00	GDC EIRAPEDRENSE
284	116	ANA MARGARIDA	F	43	F4099	6	00:36:33	01:16:05	CCD O ALVITEJO
285	339	JOSE LEAL	M	34	M1939	103	00:36:33	01:16:06	MARINHAI AC
286	365	JOAO SANCHES	M	44	M4044	52	00:37:47	01:16:08	NS SAO MIGUEL
287	180	MIGUEL SARAIVA	M	42	M4044	53	00:37:11	01:16:11	CA BARREIRA
288	122	JOAQUIM MARTINS	M	50	M5054	38	00:35:52	01:16:34	CCD O ALVITEJO
289	502	JOSE VALERIO	M	65	M6599	5	00:37:18	01:16:39	INDIVIDUAL
290	321	JOSE C SOUSA	M	38	M1939	104	00:36:47	01:16:41	AA LEBRES SADO
291	324	ARTUR GONÇALVES	M	35	M1939	105	00:36:49	01:16:41	AA LEBRES SADO
292	199	LUIS SERRA	M	53	M5054	39	00:38:33	01:16:46	AM AMOREIRA
293	211	JOSE GARRAFAO	M	49	M4549	48	00:37:53	01:16:46	CLAC ENTRONCAMENTO
294	267	AMERICO SABINO	M	45	M4549	49	00:36:34	01:16:46	CP GRADIL
295	286	LUIS CONCEIÇÃO	M	50	M5054	40	00:38:26	01:16:58	CCRD BURINHOSA
296	222	FERNANDO RODRIGUES	M	43	M4044	54	00:37:34	01:17:00	URD ARRANHO
297	16	HERNANI MONTEIRO	M	50	M5054	41	00:37:57	01:17:05	A VALE SILENCIO
298	96	JOSE VENTURA	M	53	M5054	42	00:38:35	01:17:11	ADCR PAINHO
299	309	JORGE LEITAO	M	45	M4549	50	00:37:44	01:17:20	OS ZATOPEQUES
300	305	ANTONIO GONÇALVES	M	49	M4549	51	00:37:47	01:17:22	OS TUGAS
301	60	JOAQUIM MACEDO	M	56	M5559	26	00:38:39	01:17:39	GD MACEDO OCULISTA
302	146	ANTONIO ESPERANÇA	M	35	M1939	106	00:40:39	01:17:41	CA NAZARE
303	192	ANTONIO COUTINHO	M	61	M6064	6	00:37:38	01:17:43	OS FLECHINHAS
304	38	JOSE PINHEIRO	M	47	M4549	52	00:37:49	01:17:45	CCDT METR0 POLITANO
305	329	JORGE BARREIRA	M	66	M6599	6	00:37:29	01:17:45	GRCD LEIAO
306	161	ANA PAULA	F	48	F4099	7	00:38:39	01:17:46	CA BARREIRA
307	332	JOAQUIM CRISPIM	M	54	M5054	43	00:38:33	01:17:46	UDCA
308	50	RUI ARAUJO	M	52	M5054	44	00:37:50	01:17:47	CCDT METR0 POLITANO
309	87	RICARDO MIGUEL	M	34	M1939	107	00:36:08	01:17:54	C VETERANOS LIS
310	85	JULIO LOPES	M	36	M1939	108	00:37:34	01:17:59	C VETERANOS LIS
311	378	SERGIO SILVA	M	36	M1939	109	00:36:56	01:18:04	AC VERMOIL
312	134	JOAO CONSTANTINO	M	35	M1939	110	00:38:03	01:18:05	CA NAZARE
313	240	JORGE BRITO	M	40	M4044	55	00:37:15	01:18:05	CCD QUARTEIRA
314	415	JOSE GERARDO	M	48	M4549	53	00:38:03	01:18:06	C BENFICA ALCOBAÇA
315	47	PEDRO CUNHA	M	47	M4549	54	00:38:08	01:18:20	CCDT METR0 POLITANO
316	469	JOSE BELCHIOR	M	58	M5559	27	00:38:07	01:18:23	INDIVIDUAL
317	479	CARLOS SOUSA	M	53	M5054	45	00:38:04	01:18:23	INDIVIDUAL
318	436	SAMUEL GALVEIA	M	29	M1939	111	00:37:35	01:18:37	CADT PORTUCEL
319	434	LUIS NETO	M	43	M4044	56	00:38:25	01:18:55	INDIVIDUAL
320	234	MANUEL AZEVEDO	M	53	M5054	46	00:40:07	01:19:02	MULTIFLOW
321	261	RICARDO VINAGRE	M	30	M1939	112	00:39:46	01:19:05	LA VAO ALMEIRIM
322	72	JOSE MARIO	M	55	M5559	28	00:38:01	01:19:12	C VETERANOS LIS

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Lugar Escalão	Tempo Retorno	Tempo Final	Equipa
323	511	JOSE M NASCIMENTO	M	46	M4549	55	00:39:17	01:19:13	INDIVIDUAL
324	508	LUIS ALVARO	M	43	M4044	57	00:40:41	01:19:16	INDIVIDUAL
325	209	JOSE FELICIO	M	39	M1939	113	00:38:40	01:19:21	CLAC ENTRONCAMENTO
326	430	JOAO GAUDÊNCIO	M	53	M5054	47	00:38:40	01:19:21	CCD O ALVITEJO
327	481	AMILCAR SANTANA	M	64	M6064	7	00:38:40	01:19:21	CCD O ALVITEJO
328	400	JOSE LUCAS	M	62	M6064	8	00:38:31	01:19:30	ACR SOUTOS
329	412	NUNO LOPES	M	34	M1939	114	00:38:21	01:19:34	HERE FOR THE BEER
330	128	JOSE GRILATE	M	65	M6599	7	00:38:37	01:19:38	CCD O ALVITEJO
331	95	ANTONIO RODRIGUES	M	56	M5559	29	00:38:34	01:19:40	ADCR PAINHO
332	285	OCTAVIO MARIANO	M	39	M1939	115	00:38:16	01:19:45	CCRD BURINHOSA
333	304	GRAÇA ROLDAO	F	46	F4099	8	00:39:03	01:19:58	OS TUGAS
334	163	ANTONIO REIS	M	67	M6599	8	00:38:21	01:20:04	CA BARREIRA
335	225	RAFAEL FREITAS	M	26	M1939	116	00:38:35	01:20:04	URD ARRANHO
336	312	CARLOS MONTEIRO	M	50	M5054	48	00:40:38	01:20:14	OS ZATOPEQUES
337	477	RICARDO LOURENÇO	M	55	M5559	30	00:38:46	01:20:24	INDIVIDUAL
338	79	MANUEL PEREIRA	M	64	M6064	9	00:39:06	01:20:27	C VETERANOS LIS
339	428	ANTONIO NETO	M	39	M1939	117	00:39:20	01:20:31	AÇOREANA C BANIF
340	255	JOSE C MELO	M	48	M4549	56	00:39:16	01:20:32	R 4 F
341	100	PEDRO CABECINHAS	M	32	M1939	118	00:40:15	01:20:38	GAU BAJOUCA
342	64	RUBEM FERREIRA	M	19	M1939	119	00:38:45	01:20:47	GD MACEDO OCULISTA
343	335	DANIELA MARINHEIRO	F	33	F1939	8	00:39:40	01:20:47	CAA BELEM
344	336	LUIS BERNARDINO	M	37	M1939	120	00:39:40	01:20:47	CAA BELEM
345	413	GONÇALO EZEQUIEL	M	33	M1939	121	00:37:54	01:21:01	HERE FOR THE BEER
346	91	LUIS MENINO	M	38	M1939	122	00:38:43	01:21:07	OS 4 E MEIA
347	143	JOAQUIM MACATRAO	M	68	M6599	9	00:40:38	01:21:09	CA NAZARE
348	426	MANUEL CARTAXO	M	71	M6599	10	00:40:31	01:21:24	CP UNIV COIMBRA
349	186	FERNANDO SANTOS	M	43	M4044	58	00:40:07	01:21:29	UNIDOS BRANDOA
350	49	RICARDO DIAS	M	32	M1939	123	00:39:56	01:21:37	CCDT METR0 POLITANO
351	243	ARMANDO PENEDA	M	55	M5559	31	00:00:00	01:21:38	CP EDP PORTO
352	247	AMANDIO SILVA	M	45	M4549	57	00:39:23	01:21:43	CP EDP PORTO
353	220	HENRIQUE FERREIRA	M	39	M1939	124	00:39:24	01:21:47	URD ARRANHO
354	429	PAULO COSTA	M	41	M4044	59	00:40:11	01:21:54	INDIVIDUAL
355	92	MARIO VIEIRA	M	38	M1939	125	00:38:43	01:22:24	OS 4 E MEIA
356	284	JOAO LOURENÇO	M	45	M4549	58	00:40:43	01:22:25	OS SANTARENOS
357	424	JORGE DELGADO	M	54	M5054	49	00:38:38	01:22:26	CP UNIV COIMBRA
358	22	ANTONIO EDUARDO	M	56	M5559	32	00:40:35	01:22:28	CCDT METR0 POLITANO
359	323	MANUEL SEQUEIRA	M	60	M6064	10	00:40:37	01:22:33	AA LEBRES SADO
360	457	MARIO CARVALHO	M	38	M1939	126	00:40:00	01:22:36	INDIVIDUAL
361	207	OTILIA LEAL	F	41	F4099	9	00:40:12	01:22:39	CLAC ENTRONCAMENTO
362	488	AMARILDO SETAS	M	38	M1939	127	00:43:52	01:22:43	INDIVIDUAL
363	431	ADRIANO CUNHA	M	56	M5559	33	00:41:30	01:22:50	INDIVIDUAL
364	179	MANUEL BRITO	M	52	M5054	50	00:40:18	01:22:52	CA BARREIRA
365	264	PAULO GOUVEIA	M	31	M1939	128	00:38:48	01:22:54	CP GRADIL
366	478	NAIR LOPES	F	25	F1939	9	00:40:14	01:22:55	INDIVIDUAL
367	362	ISABEL CABRAL	F	52	F4099	10	00:40:18	01:23:04	NS SAO MIGUEL
368	342	JOSE GINETO	M	57	M5559	34	00:40:42	01:23:10	GD PEDREIRAS

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Lugar Escalão	Tempo Retorno	Tempo Final	Equipa
369	363	Mª CEU ANTUNES	F	52	F4099	11	00:41:00	01:23:23	NS SAO MIGUEL
370	105	ANTONIO MARQUES	M	50	M5054	51	00:40:32	01:23:24	GAU BAJOUCA
371	408	JOAO MARQUES	M	40	M4044	60	00:40:33	01:23:24	GAU BAJOUCA
372	259	CARLOS GARCIA	M	50	M5054	52	00:41:21	01:23:29	LA VAO ALMEIRIM
373	360	IVO DINIS	M	41	M4044	61	00:00:00	01:23:30	GA CARANGUEJEIRA
374	461	HORACIO VIEIRA	M	60	M6064	11	00:40:34	01:23:37	INDIVIDUAL
375	48	RAFAEL SANTOS	M	43	M4044	62	00:41:43	01:24:02	CCDT METR0 POLITANO
376	371	PATRICIA MARQUES	F	29	F1939	10	00:41:47	01:24:09	ACR FRADE CIMA
377	205	VITOR MESSIAS	M	52	M5054	53	00:41:32	01:24:14	CLAC ENTRONCAMENTO
378	282	JOAO RAMOS	M	49	M4549	59	00:40:37	01:24:19	OS SANTARENOS
379	76	JOSE CORDEIRO	M	56	M5559	35	00:40:41	01:24:21	C VETERANOS LIS
380	435	JOSE GALVEIA	M	58	M5559	36	00:40:52	01:24:26	CADT PORTUCEL
381	516	GLORIA SERRAZINA	F	52	F4099	12	00:40:36	01:24:29	INDIVIDUAL
382	314	ORLANDO SILVA	M	54	M5054	54	00:40:38	01:24:43	OS ZATOPEQUES
383	227	AUGUSTO TELHADO	M	60	M6064	12	00:41:47	01:24:51	ARRAS KINHA
384	406	ANTONIO SANTOS	M	66	M6599	11	00:40:40	01:25:07	GRD RIBEIRA LAGE
385	69	FERNANDO SANTOS	M	49	M4549	60	00:41:49	01:25:35	GDC EIRAPEDRENSE
386	331	ELISABETE BARREIRA	F	35	F1939	11	00:41:38	01:25:35	GRCD LEIAO
387	80	DANIEL MARTINS	M	70	M6599	12	00:40:08	01:25:42	C VETERANOS LIS
388	66	MANUEL PEREIRA	M	57	M5559	37	00:41:48	01:25:51	GDC EIRAPEDRENSE
389	31	FERNANDO CARDOSO	M	58	M5559	38	00:41:34	01:25:55	CCDT METR0 POLITANO
390	325	ESTELA GONÇALVES	F	33	F1939	12	00:41:02	01:25:59	AA LEBRES SADO
391	327	URBANO SALGUEIRO	M	36	M1939	129	00:40:59	01:25:59	O MUNDO CORRIDA
392	40	MANUEL DANTAS	M	64	M6064	13	00:41:53	01:26:13	CCDT METR0 POLITANO
393	21	ALBERTO MARTINHO	M	47	M4549	61	00:41:12	01:26:21	CCDT METR0 POLITANO
394	510	ALBERTO SOARES	M	48	M4549	62	00:41:12	01:26:26	INDIVIDUAL
395	27	CRUZ MARQUES	M	59	M5559	39	00:42:01	01:26:33	CCDT METR0 POLITANO
396	483	PEDRO CATARINO	M	29	M1939	130	00:43:38	01:26:47	INDIVIDUAL
397	245	ALTINO SILVA	M	45	M4549	63	00:41:55	01:26:53	CP EDP PORTO
398	270	CARLOS ALFAIATE	M	57	M5559	40	00:41:52	01:27:18	C BENFICA ABRANTES
399	90	TELMA CATARINA	F	27	F1939	13	00:42:19	01:27:44	C VETERANOS LIS
400	147	JOAQUIM HIPOLITO	M	55	M5559	41	00:42:14	01:27:45	CA NAZARE
401	148	PATRICIA FERREIRA	F	27	F1939	14	00:41:36	01:27:48	ADR AGUAS BELAS
402	236	JOAO SANTOS	M	61	M6064	14	00:42:48	01:28:19	MULTIFLOW
403	453	JOAO P S LIMA	M	50	M5054	55	00:43:32	01:28:20	INDIVIDUAL
404	482	CARLOS COELHO	M	49	M4549	64	00:42:49	01:28:20	INDIVIDUAL
405	202	LUIS REI	M	59	M5559	42	00:34:42	01:28:42	CLAC ENTRONCAMENTO
406	204	JOANA CACHUCHO	F	45	F4099	13	00:41:32	01:28:43	CLAC ENTRONCAMENTO
407	496	JOAO LANDEIRO	M	64	M6064	15	00:42:47	01:28:45	INDIVIDUAL
408	89	NATERCIA CARVALHO	F	30	F1939	15	00:42:35	01:28:51	C VETERANOS LIS
409	256	ANTONIO JESUS	M	67	M6599	13	00:43:56	01:28:51	LA VAO ALMEIRIM
410	271	HELIO GODINHO	M	30	M1939	131	00:42:18	01:28:51	C BENFICA ABRANTES
411	210	JOSE SAPATEIRO	M	65	M6599	14	00:43:26	01:29:09	CLAC ENTRONCAMENTO
412	306	FATIMA GONÇALVES	F	43	F4099	14	00:42:38	01:29:09	OS TUGAS
413	462	ORLANDO G S FERREIRA	M	53	M5054	56	00:42:14	01:29:16	INDIVIDUAL
414	59	JOAO VEIGA	M	60	M6064	16	00:42:48	01:29:31	GD MACEDO OCULISTA

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Lugar Escalão	Tempo Retorno	Tempo Final	Equipa
415	65	VITOR SILVA	M	58	M5559	43	00:43:23	01:29:36	GD MACEDO OCULISTA
416	83	JOSE CARREIRA	M	64	M6064	17	00:43:59	01:29:55	C VETERANOS LIS
417	228	ANTONIO MOÇO	M	54	M5054	57	00:43:28	01:29:58	GDP CIMPOR
418	403	PAULO FERNANDES	M	38	M1939	132	00:44:38	01:30:24	AA LEBRES SADO
419	189	JORGE SILVA	M	60	M6064	18	00:43:45	01:30:25	CA OS PESADOS
420	37	JOSE PIRES	M	74	M6599	15	00:44:10	01:30:44	CCDT METR0 POLITANO
421	215	HERMINIO PINHEIRO	M	63	M6064	19	00:43:45	01:32:44	C VETERANOS ESTRELA
422	460	VITOR M M FERNANDES	M	60	M6064	20	00:45:13	01:32:56	INDIVIDUAL
423	505	PAULO SANTOS	M	45	M4549	65	00:44:46	01:33:09	INDIVIDUAL
424	34	JOAO CONSTANCIO	M	64	M6064	21	00:45:09	01:33:40	CCDT METR0 POLITANO
425	419	CARLA GUERRA	F	26	F1939	16	00:43:46	01:33:40	A DO BARBAS
426	455	PAULO CRUZ	M	50	M5054	58	00:43:44	01:34:09	INDIVIDUAL
427	307	GONÇALO SEABRA	M	33	M1939	133	00:46:10	01:34:22	OS ZATOPEQUES
428	317	RUI ALBERTO	M	60	M6064	22	00:46:18	01:34:41	OS ZATOPEQUES
429	353	AURELIO CALADO	M	61	M6064	23	00:46:09	01:34:43	SS CGD
430	354	ALVARO FURTADO	M	51	M5054	59	00:46:07	01:34:44	SS CGD
431	233	DOMINGOS SANTOS	M	52	M5054	60	00:40:20	01:34:49	AA PONTINHA
432	315	JOSE ALEXANDRE	M	50	M5054	61	00:45:29	01:34:51	OS ZATOPEQUES
433	44	ORLANDO SOUSA	M	48	M4549	66	00:46:09	01:35:02	CCDT METR0 POLITANO
434	137	VITOR LOURENÇO	M	64	M6064	24	00:46:08	01:35:03	CA NAZARE
435	149	SUSAN MOTA	F	39	F1939	17	00:43:59	01:35:26	ADR AGUAS BELAS
436	290	JOAQUIM ADELINO	M	62	M6064	25	00:43:57	01:35:26	A VALE SILENCIO
437	326	ANTONIO PINHO	M	58	M5559	44	00:43:57	01:35:26	O MUNDO CORRIDA
438	51	ANTONIO FERREIRA	M	46	M4549	67	00:46:09	01:35:34	GD MACEDO OCULISTA
439	498	CARLOS CRESPO	M	48	M4549	68	00:46:09	01:35:35	INDIVIDUAL
440	499	FERNANDO ALLEN	M	61	M6064	26	00:48:19	01:36:37	INDIVIDUAL
441	316	ANTONIETA BARAO	F	55	F4099	15	00:46:12	01:37:04	OS ZATOPEQUES
442	35	JOAO CUNHA	M	49	M4549	69	00:47:10	01:37:10	CCDT METR0 POLITANO
443	32	FERNANDO FERNANDES	M	58	M5559	45	00:47:10	01:37:18	CCDT METR0 POLITANO
444	490	Mª FATIMA OLIVEIRA	F	49	F4099	16	00:48:01	01:37:43	INDIVIDUAL
445	214	JOSE ABREU	M	59	M5559	46	00:45:36	01:38:01	C VETERANOS ESTRELA
446	473	HORACIO V C CAETANO	M	52	M5054	62	00:47:11	01:41:30	INDIVIDUAL
447	268	JOAO FERREIRA	M	56	M5559	47	00:52:15	01:43:14	CP GRADIL
448	269	JOEL FERREIRA	M	26	M1939	134	00:52:14	01:44:56	CP GRADIL
449	190	ANTONIO SECA	M	65	M6599	16	00:00:00	01:46:27	CA OS PESADOS
450	458	JOSE C C JORGE	M	61	M6064	27	00:37:30	01:46:27	CA OS PESADOS
451	99	ROSA RODRIGUES	F	53	F4099	17	00:52:38	01:48:31	ADCR PAINHO
452	213	JOAQUIM MAJOR	M	39	M1939	135	00:46:21	01:50:18	CSC COVAO COELHO
453	129	FERNANDO CARDOSO	M	76	M6599	17	00:55:20	01:58:13	CCD O ALVITEJO
454	33	GUALDINO FREIRE	M	64	M6064	28	00:56:54	01:59:25	CCDT METR0 POLITANO