

Dorsal	Lugar	Atleta	Sexo	Escalão	Equipa	Tempo	Chip
2038	1	Tiago Costa	M	SenioresM	SL BENFICA	01:08:04,5	01:08:04,5
2082	2	Rui Teixeira	M	SenioresM	Sporting C.P.	01:09:21,7	01:09:21,7
2037	3	Ricardo Ribas	M	M35	SL BENFICA	01:11:37,5	01:11:37,5
1829	4	Davide Figueiredo	M	M45	Individual	01:13:42,0	01:13:42,0
5015	5	José Azevedo	M	SenioresM	Individual	01:13:42,2	01:13:42,2
1610	6	Luis Silva	M	M40	Individual	01:13:50,7	01:13:49,8
5018	7	Abílio Pereira	M	M40	N.A.Taipas	01:14:20,5	01:14:20,4
2149	8	Abílio Costa	M	M50	C. D. S. Salvador do Campo	01:15:36,0	01:15:34,6
2054	9	Marco Ferreira	M	M40	Red line	01:16:37,7	01:16:35,6
2143	10	Carlos Costa	M	SenioresM	C. D. S. Salvador do Campo	01:16:44,5	01:16:43,9
2141	11	Marisa Barros	F	F35	S.C.SALGUEIROS	01:16:59,5	01:16:59,5
2001	12	Henrique Dias	M	M50	Individual	01:17:04,0	01:16:58,6
5008	13	Adelino Fernandes	M	M40	Individual	01:17:19,7	01:17:19,7
1974	14	Joaquim Rocha	M	M50	GRUPO DRAMATICO E RECREATIVO DA RETORTA	01:18:17,7	01:18:14,1
2339	15	Filipe Rocha	M	SenioresM	Individual	01:18:57,0	01:18:56,9
1920	16	Manuel Sousa	M	M40	Individual	01:19:04,0	01:19:04,0
1945	17	Carla Martinho	F	F35	Individual	01:19:06,2	01:19:05,1
1998	18	Amadeu Rocha	M	M40	Individual	01:19:54,2	01:19:52,1
2000	19	Tiago Lisboa	M	M35	Individual	01:20:35,7	01:20:30,4
1999	20	Adelino Silva	M	M40	Individual	01:21:20,0	01:21:14,9
1604	21	José Silva	M	M45	NA Cucujães	01:21:32,7	01:21:25,1
1925	22	Diogo Azevedo	M	M35	VFC	01:21:45,0	01:21:42,4
2336	23	Filomena Costa	F	SenioresF	Individual	01:22:02,0	01:22:00,9
2065	24	João Ferreira	M	SenioresM	Individual	01:22:02,5	01:22:02,5
1	25	Dulce Félix	F	SenioresF	Individual	01:22:02,7	01:22:02,6
2183	26	Joaquim Silva	M	M40	Individual	01:22:08,0	01:22:04,3
2035	27	António Campos	M	M40	CTM Vila Pouca de Aguiar	01:22:29,0	01:22:25,9
1815	28	Manuel Costa	M	M50	ASSOCIAÇÃO DESPORTIVA DE LUSTOSA	01:22:33,2	01:22:28,6
2151	29	Rui Veloso	M	M40	C. D. S. Salvador do Campo	01:22:54,0	01:22:52,1
1131	30	Rui Rodrigues	M	SenioresM	Individual	01:22:59,0	01:22:45,4
2150	31	Mário Contreiras	M	M45	C. D. S. Salvador do Campo	01:22:59,7	01:22:32,6
2243	32	Paulo Silva	M	M40	Individual	01:23:02,0	01:22:56,4
2208	33	Alfredo Pinheiro	M	M50	Individual	01:23:02,7	01:23:01,1
1901	34	Alex Tondela	M	M40	Sport Clube Beira-Mar	01:23:05,2	01:22:58,4
2226	35	Carla Machado	F	F45	Individual	01:23:40,0	01:23:39,4
1956	36	Marlene Lopes	F	SenioresF	Individual	01:23:41,5	01:23:39,4
2174	37	Adelino Fernandes	M	M50	Cyclones Santitop	01:23:58,2	01:23:52,6
1263	38	Carlos Barbara	M	SenioresM	Individual	01:24:04,0	01:23:40,9
1577	39	Pedro Freitas	M	SenioresM	Individual	01:24:21,0	01:24:16,4
1448	40	Jose Monteiro	M	M55	Individual	01:24:21,5	01:24:17,9
2084	41	Angelo Freitas	M	M50	Individual	01:24:32,0	01:24:25,4
2206	42	Eduardo Lemos	M	M40	Individual	01:24:34,2	01:24:33,1
1938	43	Adriano Sá	M	M45	ÁGUIAS DE ALVELOS	01:24:37,7	01:24:37,1
1562	44	Paulo Matos	M	M45	Gulbnkian	01:24:49,7	01:24:27,6

Dorsal	Lugar	Atleta	Sexo	Escalão	Equipa	Tempo	Chip
1687	45	Manuel Machado	M	M45	Sociedade Recreio Capanense	01:26:40,0	01:26:33,9
1640	46	João Silva	M	M40	VITÓRIA SPORT CLUBE	01:26:44,0	01:26:39,9
1509	47	Francisco Teixeira	M	M45	A. R. LUZ E VIDA GONDOMARENSE	01:27:04,7	01:26:55,4
1197	48	Rolando Ribeiro	M	M40	Individual	01:27:22,5	01:27:13,4
1510	49	Manuel Sousa	M	M55	A. R. LUZ E VIDA GONDOMARENSE	01:27:28,2	01:27:19,9
1708	50	Abílio Teixeira	M	SenioresM	Sociedade Recreio Capanense	01:27:36,0	01:27:32,1
2121	51	David Pereira	M	SenioresM	RIOFIT	01:27:37,5	01:27:05,6
1905	52	Albert Bakker	M	M35	Individual	01:27:51,0	01:27:22,2
1506	53	Carlos Barroso	M	M45	C. A. GAIENSES/TOYOTA	01:27:51,7	01:27:42,4
2094	54	António Silva	M	M45	N.A.Taipas	01:27:52,0	01:27:35,4
1944	55	Miguel Figueiredo	M	M40	Individual	01:28:03,2	01:27:36,4
1691	56	Sérgio Salgueiro	M	SenioresM	Salgueiral	01:28:10,2	01:26:37,1
1964	57	Hernani Furtado	M	M35	Individual	01:28:19,0	01:28:13,6
1996	58	João Oliveira	M	M55	Individual	01:28:19,7	01:28:03,6
1952	59	Miguel Sousa	M	M35	Individual	01:28:23,5	01:28:21,6
2115	60	Ricardo Salgado	M	M35	N.A.Taipas	01:28:23,7	01:28:16,9
1817	61	José Ferreira	M	M50	ASSOCIAÇÃO DESPORTIVA DE LUSTOSA	01:28:34,7	01:28:17,6
1690	62	Jorge Silva	M	SenioresM	Sociedade Recreio Capanense	01:28:42,7	01:28:25,1
1522	63	Filipe Freitas	M	M35	RIOFIT	01:28:49,5	01:28:18,6
1486	64	Vitor Rodrigues	M	SenioresM	Individual	01:28:51,2	01:28:20,4
1183	65	Jorge Vale	M	M45	Sociedade Recreio Capanense	01:28:58,2	01:28:54,6
1664	66	Ricardo Lopes	M	SenioresM	Individual	01:28:59,7	01:28:56,4
1878	67	Márcio Lopes	M	SenioresM	Individual	01:29:00,7	01:28:46,4
1921	68	Bruno Felicio	M	M35	Individual	01:29:21,2	01:29:12,6
1709	69	Fernando Pinto	M	M45	Sociedade Recreio Capanense	01:29:25,7	01:29:08,4
1831	70	Flávio Fernandes	M	M45	N B A Barrosas	01:29:35,2	01:29:12,9
1657	71	Mario Monteiro	M	M35	Individual	01:29:40,7	01:29:38,4
1699	72	André Cunha	M	SenioresM	Fontes team	01:29:42,5	01:28:50,4
1895	73	Sergio Vale	M	M35	amigos atletismo povoense	01:29:52,2	01:29:24,1
2081	74	Rui Melo	M	SenioresM	Sport Clube Beira-Mar	01:30:10,8	01:30:10,2
2059	75	António Pinto	M	M50	Individual	01:30:12,2	01:29:59,6
2290	76	Fernando Maia	M	M50	Individual	01:30:16,2	01:30:10,6
1580	77	Gualter Freitas	M	M45	Individual	01:30:18,5	01:30:13,1
1224	78	João Almeida	M	M45	Individual	01:30:23,0	01:30:15,9
1833	79	Bruno Ribeiro	M	SenioresM	N B A Barrosas	01:30:25,7	01:30:02,6
1333	80	José Martins	M	M55	Centro Municipal de Marcha e Corrida Agueda	01:30:29,0	01:30:22,1
1507	81	António Rocha	M	M55	C. A. GAIENSES/TOYOTA	01:30:33,5	01:30:24,9
2061	82	José Capela	M	M50	Individual	01:30:34,2	01:30:32,1
1597	83	David Rodrigues	M	M50	Os Rompe Solas	01:30:37,5	01:30:28,4
1508	84	Miguel Oliveira	M	M40	C. A. GAIENSES/TOYOTA	01:30:38,5	01:30:29,6
1563	85	José Marques	M	M35	Gulbnkian	01:30:40,5	01:29:50,1
1755	86	Miguel Rodrigues	M	SenioresM	Individual	01:30:48,2	01:30:31,1
1615	87	Manuel Ribeiro	M	M50	Individual	01:30:51,7	01:30:11,6
1446	88	Alvaro Sousa	M	M45	Os Santa Apolonia	01:31:06,5	01:30:56,1

Dorsal	Lugar	Atleta	Sexo	Escalão	Equipa	Tempo	Chip
2017	89	Fernando Gomes	M	M40	Individual	01:31:17,0	01:31:04,7
1153	90	Sérgio Fernandes	M	M40	Sociedade Recreio Capanense	01:31:18,5	01:31:12,7
1635	91	Francisco Novais	M	M50	VITÓRIA SPORT CLUBE	01:31:20,3	01:31:14,4
1871	92	Estêvão Gonçalves	M	M35	Operscut	01:31:28,7	01:31:25,9
2031	93	Guilhermino Meireles	M	M35	CTM Vila Pouca de Aguiar	01:31:37,0	01:31:28,9
1400	94	Paulo Oliveira	M	M45	Individual	01:31:42,8	01:31:38,7
1520	95	José Dias	M	M40	Individual	01:31:54,0	01:31:36,6
2136	96	Ezequiel Fernandes	M	M45	Individual	01:31:56,5	01:31:52,2
1900	97	Jose Luis	M	M40	A.D LIMIACTIVA (OURENSE)	01:32:05,2	01:30:20,4
2004	98	Rodrigo Silva	M	M50	adercus	01:32:05,5	01:31:58,1
2013	99	Antonio Cristovão	M	M35	GRUPO DESPORTIVO GUILHOVAI	01:32:05,7	01:31:59,1
1915	100	Norberto Costa	M	M55	Chaves Running Team	01:32:20,7	01:32:11,6
2267	101	Joaquim Pereira	M	M40	Individual	01:32:35,2	01:32:17,9
1464	102	José Ferreira	M	SenioresM	Individual	01:32:39,0	01:32:26,9
1701	103	Helder Barbosa	M	M35	Individual	01:32:52,2	01:32:03,6
1877	104	Paulo Viegas	M	SenioresM	Individual	01:33:10,0	01:32:50,9
2264	105	Noberto Loreiro	M	SenioresM	Individual	01:33:12,5	01:33:07,1
2018	106	Helder Ferreira	M	M35	Kilosmoda	01:33:22,3	01:33:16,2
1881	107	Rodrigo Tibério	M	SenioresM	Individual	01:33:32,0	01:33:18,6
2207	108	Arlindo Sousa	M	M50	Individual	01:33:32,2	01:33:04,4
2067	109	Vitor Correia	M	SenioresM	Individual	01:33:38,2	01:33:15,4
1402	110	Claudio Araujo	M	M35	Individual	01:33:50,7	01:33:41,1
1543	111	Nelson Neves	M	SenioresM	Individual	01:33:53,5	01:33:48,3
1880	112	Radu Duca	M	SenioresM	Individual	01:33:56,5	01:33:35,9
1596	113	Helder Silva	M	M40	Os Rompe Solas	01:33:58,5	01:33:53,4
1955	114	Júlio Santos	M	M55	Os Rompe Solas	01:34:01,0	01:33:54,6
1780	115	António Ferreira	M	M60	CAMIR	01:34:03,5	01:33:59,8
2335	116	Alberto Machado	M	M50	Individual	01:34:10,5	01:33:52,6
1501	117	Oscar Silva	M	M35	Os Rôtos	01:34:21,5	01:34:08,1
1637	118	Hélder Vieira	M	M40	VITÓRIA SPORT CLUBE	01:34:23,3	01:33:04,7
2189	119	Pedro Amaro	M	SenioresM	Individual	01:34:25,0	01:33:22,1
1404	120	José Gomes	M	M55	Individual	01:34:27,5	01:33:33,9
2041	121	Nuno Oliveira	M	M35	ADR AVELEDA	01:34:30,5	01:34:26,1
1887	122	Jose Lopes	M	M45	Individual	01:34:50,3	01:34:12,4
1147	123	João Malheiro	M	SenioresM	Individual	01:34:54,2	01:34:40,6
1440	124	Luis Santos	M	SenioresM	Individual	01:34:55,0	01:34:02,6
2291	125	Fernando Gomes	M	M45	NAMADORES	01:35:03,0	01:34:29,1
1282	126	David Felizardo	M	SenioresM	Centro Municipal de Marcha e Corrida Agueda	01:35:04,2	01:34:25,6
2258	127	Manuel Rodrigues	M	M60	Individual	01:35:09,5	01:34:59,9
1259	128	Aurélio Vieira	M	M40	Individual	01:35:10,7	01:34:53,6
1260	129	Modesto Vieira	M	M50	Individual	01:35:11,2	01:34:53,9
1221	130	José Pinto	M	SenioresM	Individual	01:35:14,7	01:35:05,7
1301	131	Jose Teixeira	M	M35	Individual	01:35:24,0	01:35:08,6
2009	132	Madalena Silva	F	F40	Individual	01:35:30,5	01:35:28,4

Dorsal	Lugar	Atleta	Sexo	Escalão	Equipa	Tempo	Chip
1914	133	José Ferreira	M	M40	Individual	01:35:30,5	01:35:27,4
1519	134	Vitor Ferreira	M	M35	Individual	01:35:43,7	01:34:41,4
1581	135	Manuel Gomes	M	M40	Individual	01:35:46,0	01:35:28,9
2219	136	Miguel Martins	M	M35	Individual	01:35:52,0	01:34:55,1
2020	137	Pedro Silva	M	M40	Kilosmoda	01:35:53,0	01:35:47,7
1773	138	Filipe Ribeiro	M	M35	Individual	01:35:55,5	01:35:46,7
1753	139	Diogo Oliveira	M	M40	Individual	01:35:57,7	01:33:27,9
1934	140	Eduardo Teixeira	M	M45	Individual	01:36:08,5	01:36:06,6
1505	141	Vitor Lemos	M	M40	Os Rôtos	01:36:11,5	01:35:55,6
1344	142	Francisco Barreto	M	SenioresM	Castêlo	01:36:11,7	01:35:37,6
1862	143	Pedro Azevedo	M	SenioresM	Individual	01:36:40,5	01:35:51,4
1675	144	José Fernandes	M	M35	Individual	01:36:45,2	01:34:46,4
2255	145	Nelson Costa	M	SenioresM	ÁGUIAS DE ALVELOS	01:36:50,2	01:36:26,9
2289	146	Paulo Oliveira	M	M45	Individual	01:36:56,0	01:36:48,9
1745	147	Joaquim Duarte	M	SenioresM	paços running	01:37:02,2	01:35:11,9
1429	148	Tiago Abreu	M	SenioresM	Individual	01:37:02,7	01:36:17,6
1203	149	Marco Campos	M	SenioresM	Alto Trilho (Javalis)	01:37:05,2	01:36:59,4
1345	150	Nelson Pinto	M	M35	Castêlo	01:37:05,5	01:36:31,2
2273	151	Rui Ribeiro	M	SenioresM	Individual	01:37:07,0	01:35:49,6
1327	152	João Domingues	M	M40	Centro Municipal de Marcha e Corrida Agueda	01:37:12,5	01:37:05,2
2293	153	Ricardo Silva	M	SenioresM	Individual	01:37:15,0	01:36:38,6
1816	154	Telmo Cardoso	M	M40	ASSOCIAÇÃO DESPORTIVA DE LUSTOSA	01:37:16,7	01:37:00,4
1746	155	Joaquim Leal	M	M35	paços running	01:37:18,0	01:35:27,1
1558	156	Sérgio Mota	M	SenioresM	Individual	01:37:28,2	01:36:30,9
1165	157	Jorge Fonseca	M	M50	Individual	01:37:30,5	01:37:20,1
1532	158	João Machado	M	SenioresM	Individual	01:37:41,2	01:36:49,9
2288	159	Bruno Teixeira	M	M35	Individual	01:37:50,7	01:37:37,4
2080	160	Luciano Vieira	M	M55	Individual	01:37:51,7	01:37:45,1
1271	161	Ricardo Azevedo	M	M35	Individual	01:37:54,5	01:37:34,4
1218	162	Andre Baptista	M	SenioresM	Individual	01:37:55,7	01:36:25,9
1985	163	Luís Guise	M	M45	Individual	01:37:57,2	01:37:29,1
1445	164	David Queiros	M	SenioresM	Individual	01:38:00,0	01:37:14,7
2325	165	Ricardo Lobo	M	M35	ZIM	01:38:08,2	01:37:09,6
1749	166	Agostinho Costa	M	M35	paços running	01:38:13,0	01:36:21,1
1469	167	Rodolfo Andrade	M	SenioresM	Individual	01:38:16,5	01:37:14,6
2263	168	Paulo Pereira	M	SenioresM	Individual	01:38:18,7	01:37:57,9
1981	169	Rui Cardoso	M	M40	Individual	01:38:21,7	01:38:08,4
2019	170	Alberto Santos	M	M40	Kilosmoda	01:38:23,7	01:38:14,6
1321	171	Hélio Silva	M	M40	Individual	01:38:26,2	01:36:38,9
1782	172	Carlos Machado	M	M50	Individual	01:38:28,2	01:36:47,1
1644	173	Manuel Novais	M	M55	VITÓRIA SPORT CLUBE	01:38:28,7	01:37:40,9
1305	174	Sérgio Silva	M	SenioresM	Individual	01:38:32,7	01:37:50,4
2224	175	Carlos Dias	M	SenioresM	HABITUS GYM	01:38:32,7	01:37:52,6
1953	176	Afonso Pereira	M	M40	Individual	01:38:34,5	01:38:10,4

Dorsal	Lugar	Atleta	Sexo	Escalão	Equipa	Tempo	Chip
1515	177	José Pereira	M	M55	Individual	01:38:40,7	01:38:29,1
2331	178	Jorge Coelho	M	M50	Individual	01:38:47,0	01:38:31,4
2057	179	Nuno Machado	M	M35	Individual	01:38:52,5	01:37:53,9
1552	180	João Loureiro	M	SenioresM	Individual	01:38:53,0	01:37:18,6
2214	181	Paulo Cópio	M	M45	Individual	01:38:59,2	01:38:28,6
1296	182	António Lourenço	M	M40	Individual	01:39:05,0	01:39:01,4
1452	183	Geraldo Campos	M	M55	Individual	01:39:06,0	01:38:59,9
2074	184	Carlos Fenandes	M	SenioresM	Individual	01:39:06,0	01:38:47,6
1916	185	Diogo Machado	M	SenioresM	Chaves Running Team	01:39:07,7	01:38:53,1
1284	186	Rui Sousa	M	M40	qbv.com	01:39:11,2	01:38:35,4
1156	187	Pedro Castro	M	SenioresM	Individual	01:39:11,7	01:37:04,1
1774	188	Pedro Sousa	M	SenioresM	Individual	01:39:17,5	01:39:05,4
1796	189	Mário Nóbrega	M	M45	Individual	01:39:21,0	01:39:18,4
2052	190	Rui Fernandes	M	M35	Individual	01:39:24,7	01:39:18,4
1281	191	Paulo Sousa	M	M45	Centro Municipal de Marcha e Corrida Agueda	01:39:25,5	01:39:14,4
1700	192	Ricardo Miguelote	M	SenioresM	Fontes team	01:39:29,2	01:38:37,6
1319	193	Ricardo Gonçalves	M	M35	Individual	01:39:34,5	01:39:24,9
1935	194	Bic Monteiro	M	SenioresM	Individual	01:39:37,0	01:36:49,4
1487	195	José Fernandes	M	M35	Fernandes run	01:39:46,2	01:38:20,4
2069	196	Henrique Neves	M	M40	Individual	01:39:46,5	01:38:49,4
1890	197	Rafael Gil	M	SenioresM	Individual	01:39:55,0	01:39:28,4
1757	198	Andre Dinis	M	SenioresM	Individual	01:39:57,5	01:39:39,1
2281	199	Carlos Cruz	M	M50	Individual	01:40:06,5	01:40:01,1
1540	200	João Amândio	M	SenioresM	Individual	01:40:09,5	01:39:33,6
2075	201	Amaro Silva	M	M45	Individual	01:40:19,7	
1600	202	Rui Guimaraes	M	M45	Individual	01:40:24,5	01:40:12,1
1187	203	Joaquim Dinis	M	M45	Os Santa Apolonia	01:40:32,0	01:40:22,9
1309	204	Eugénio Cunha	M	M40	Individual	01:40:39,2	01:40:19,1
1677	205	Ernesto Sousa	M	M40	Sociedade Recreio Capanense	01:40:47,2	01:40:27,6
1689	206	José Sousa	M	M50	Sociedade Recreio Capanense	01:40:51,2	01:40:32,6
2125	207	João Meira	M	M40	RIOFIT	01:40:52,0	01:38:39,9
1329	208	Manuel Silva	M	SenioresM	Centro Municipal de Marcha e Corrida Agueda	01:40:59,0	01:39:48,6
1340	209	Rui Oliveira	M	M40	Centro Municipal de Marcha e Corrida Agueda	01:41:09,5	01:40:00,6
1910	210	Álvaro Costa	M	M45	Individual	01:41:12,0	01:39:43,9
1453	211	Emanuel Costa	M	M40	Individual	01:41:15,0	01:40:16,6
1291	212	Christophe Fernandes	M	SenioresM	Individual	01:41:16,5	01:40:46,7
1769	213	Armando Fonseca	M	M40	Sociedade Recreio Capanense	01:41:16,7	01:40:54,9
1504	214	António Cunha	M	M35	Os Rôtos	01:41:26,5	01:40:58,2
2259	215	Humberto Silva	M	M40	Individual	01:41:27,0	01:39:58,9
1618	216	Alberto Leite	M	M60	Individual	01:41:27,2	01:39:59,1
1204	217	Bruno Raposeira	M	SenioresM	"C.D. "Os Aguias"" de Alpiarça Trail/Running"	01:41:28,2	01:39:36,9
2262	218	Ana Correia	F	F40	Individual	01:41:29,7	01:41:23,1
1406	219	Nuno Torcato	M	M35	Titi	01:41:32,0	01:41:01,1
1297	220	António Gomes	M	M50	GCST	01:41:33,7	01:40:50,9

Dorsal	Lugar	Atleta	Sexo	Escalão	Equipa	Tempo	Chip
2242	221	João Pereira	M	SenioresM	Individual	01:41:39,7	01:39:56,7
1388	222	Tiago Osório	M	SenioresM	Individual	01:41:41,5	01:41:00,9
1958	223	Vitor Martins	M	SenioresM	Individual	01:41:43,2	01:40:28,1
2217	224	Carlos Fernandes	M	SenioresM	Individual	01:41:47,0	01:39:23,9
2311	225	Ricardo Pereira	M	SenioresM	Individual	01:41:48,0	01:40:49,1
1605	226	Luis Ferreira	M	M50	Individual	01:41:50,2	01:40:59,1
1551	227	Inês Brito	F	F40	Individual	01:41:50,5	01:41:43,1
2117	228	Rui Fonseca	M	SenioresM	N.A.Taipas	01:41:54,5	01:41:04,6
1924	229	Paulo Barreira	M	SenioresM	Individual	01:41:57,0	01:40:47,7
1545	230	António Costa	M	M50	Individual	01:41:57,7	01:40:59,1
2312	231	Nuno Sampaio	M	M40	Individual	01:41:57,7	01:41:34,6
1665	232	Alexandre Ferreira	M	M50	Individual	01:41:58,5	01:41:43,6
1483	233	Cátia Falhas	F	SenioresF	Individual	01:42:00,2	01:41:38,1
2029	234	Cláudia Pacheco	F	F40	Individual	01:42:02,5	01:40:30,1
1788	235	Tiago Costa	M	SenioresM	Chaves Running Team/Aquae Flaviae Night Running	01:42:07,7	01:41:42,4
1365	236	Tiago Mendes	M	M45	Individual	01:42:12,2	01:42:01,9
1523	237	Manuel Lopes	M	M45	RIOFIT	01:42:16,0	01:40:40,6
1725	238	Luís Sá	M	SenioresM	Individual	01:42:17,0	01:41:51,9
1347	239	Afernando Pereira	M	M45	ad lustosa	01:42:19,2	01:42:01,9
1641	240	Joao Oliveira	M	M50	VITÓRIA SPORT CLUBE	01:42:20,7	01:41:32,9
2332	241	José Oliveira	M	M40	Individual	01:42:22,0	01:41:13,9
1548	242	João Machado	M	M40	Individual	01:42:22,0	01:42:05,9
1419	243	Raúl Silva	M	M40	Individual	01:42:28,2	01:41:56,6
1283	244	Sérgio Correia	M	SenioresM	Centro Municipal de Marcha e Corrida Agueda	01:42:31,0	01:41:51,6
1965	245	Alexandra Fernandes	F	SenioresF	Individual	01:42:31,2	01:42:17,6
2003	246	Edivaldo Maciel	M	SenioresM	Individual	01:42:32,0	01:42:23,6
2021	247	José Alves	M	M45	Kilosmoda	01:42:35,2	01:42:30,9
2022	248	João Ferreira	M	SenioresM	Kilosmoda	01:42:35,2	01:42:28,9
1398	249	Hélder Marques	M	SenioresM	Individual	01:42:39,5	01:41:16,9
1929	250	Hélder Ferreira	M	M35	Individual	01:42:42,7	01:41:56,6
1710	251	Rui Silva	M	M45	Sociedade Recreio Capanense	01:42:43,2	01:41:31,4
1711	252	Osvaldo Soares	M	M45	Sociedade Recreio Capanense	01:42:43,2	01:41:31,1
1300	253	Carlos Costa	M	M60	GCST	01:42:44,2	01:40:38,9
1292	254	Cesar Teixeira	M	SenioresM	Individual	01:42:45,0	01:42:27,6
1257	255	Bruno Rodrigues	M	SenioresM	Individual	01:42:48,7	01:41:40,9
1827	256	José Soares	M	M40	Individual	01:42:51,5	01:40:53,4
1418	257	Carlos Junco	M	SenioresM	S.Paio Team	01:42:52,7	01:41:58,7
1658	258	Rui Pinto	M	M40	Individual	01:42:56,3	01:41:59,4
1837	259	José Faro	M	M40	Viriathvs Runners Viseu	01:42:56,5	01:41:46,9
1368	260	Rui Lourenço	M	M40	Individual	01:43:00,0	01:42:45,7
1697	261	Francisco Teixeira	M	SenioresM	Individual	01:43:00,2	01:42:35,9
1458	262	Celestino Silva	M	M50	Amigos Ponto Final	01:43:00,5	01:42:18,1
2129	263	Ricardo Freitas	M	SenioresM	RIOFIT	01:43:03,2	01:41:02,4
2127	264	José Oliveira	M	M40	RIOFIT	01:43:04,0	01:41:02,6

Dorsal	Lugar	Atleta	Sexo	Escalão	Equipa	Tempo	Chip
1330	265	Hugo Sousa	M	SenioresM	RunningUrbanfit	01:43:08,5	01:40:21,4
2137	266	Artur Matias	M	M35	Individual	01:43:11,5	01:42:28,6
2261	267	Vitor Lopes	M	SenioresM	Individual	01:43:13,0	01:42:21,2
1726	268	André Brochado	M	SenioresM	Individual	01:43:16,5	01:42:38,2
1208	269	Michael Granadeiro	M	SenioresM	"C.D." "Os Aguias" de Alpiarça Trail/Running"	01:43:17,0	01:41:26,1
2185	270	Salvador Pereira	M	M35	Viriathvs Runners Viseu	01:43:18,0	01:42:49,1
1373	271	José Vieira	M	M50	Individual	01:43:19,5	01:43:09,4
2034	272	Carlos Sousa	M	M45	CTM Vila Pouca de Aguiar	01:43:23,7	01:42:32,6
1984	273	Rui Santos	M	M50	Porto Runners	01:43:32,5	01:43:13,9
1328	274	Catarina Martins	F	F35	Centro Municipal de Marcha e Corrida Agueda	01:43:33,2	01:43:24,9
1531	275	Nuno Sousa	M	SenioresM	Fernandes run	01:43:37,7	01:42:06,9
1205	276	Tó Serrão	M	M35	"C.D." "Os Aguias" de Alpiarça Trail/Running"	01:43:40,5	01:41:51,9
1786	277	Marcelino Cunha	M	M40	Individual	01:43:42,5	01:43:13,9
1695	278	Nuno Araújo	M	M40	BRGTEAM	01:43:44,0	01:41:56,6
1380	279	Antonio Corucho	M	M50	Individual	01:43:44,7	01:42:46,6
1339	280	Ana Almeida	F	F35	Centro Municipal de Marcha e Corrida Agueda	01:43:45,2	01:42:36,6
1314	281	Marcos Batista	M	JunioresM	Centro Municipal de Marcha e Corrida Agueda	01:43:45,8	01:43:07,9
1616	282	Abel Santos	M	M60	Caldas Sao Jorge Sport Club	01:43:47,7	01:43:32,1
1686	283	Carlos Sousa	M	M40	Sociedade Recreio Capanense	01:43:51,0	01:42:07,6
1696	284	Miguel Ferreira	M	SenioresM	Individual	01:43:52,2	01:42:33,6
1436	285	Bruno Moura	M	SenioresM	Individual	01:43:53,2	01:43:37,6
1435	286	Raquel Andrade	F	SenioresF	Individual	01:43:53,5	01:43:38,6
1748	287	Jose Ferreira	M	M40	paços running	01:43:53,5	01:43:26,1
2058	288	Antonio Machado	M	M45	Individual	01:43:54,5	01:42:55,4
1943	289	Ricardo Lopes	M	M45	Individual	01:44:04,0	01:43:40,4
1850	290	António Matos	M	M35	HALP	01:44:10,0	01:43:38,9
1513	291	Rui Botelho	M	SenioresM	Eira Botelho	01:44:13,5	01:43:36,9
2201	292	Bruno Oliveira	M	SenioresM	+Activo RUN FIT	01:44:15,2	01:42:39,9
1521	293	Sérgio Gonçalves	M	M45	Individual	01:44:16,5	01:42:57,1
1298	294	José Leite	M	M55	GCST	01:44:21,5	01:43:38,6
1170	295	Tiago Moleirinho	M	SenioresM	Individual	01:44:23,7	01:41:38,4
2240	296	Rui Oliveira	M	M35	Individual	01:44:25,5	01:43:47,6
1177	297	Ricardo Mota	M	M40	Individual	01:44:35,3	01:44:06,7
2277	298	Telmo Aires	M	M40	Individual	01:44:36,5	01:44:08,1
1525	299	Diogo Abreu	M	SenioresM	RIOFIT	01:44:42,2	01:42:40,4
2124	300	Francisco Ferreira	M	SenioresM	RIOFIT	01:44:42,5	01:43:59,9
2309	301	Jose Fernandes	M	M60	Individual	01:44:45,7	01:44:19,9
1190	302	Luis Ramos	M	M35	Individual	01:44:47,2	01:44:35,9
1972	303	Vitor Pontes	M	SenioresM	Individual	01:44:51,2	01:44:16,6
1608	304	Aníbal Carralas	M	M35	Individual	01:44:55,5	01:44:38,4
1449	305	Ricardo Machado	M	M40	Individual	01:44:59,0	01:43:50,6
1255	306	Carlota Araújo	F	F35	Individual	01:45:00,0	01:44:47,6
2238	307	João Marques	M	SenioresM	No Tomorrow Running Team	01:45:05,7	01:44:08,6
1879	308	Francisco Rodrigues	M	SenioresM	Individual	01:45:07,2	01:44:51,7

Dorsal	Lugar	Atleta	Sexo	Escalão	Equipa	Tempo	Chip
2112	309	Paulo Regueiras	M	SenioresM	N.A.Taipas	01:45:07,5	01:44:18,1
1242	310	Marco Gonçalves	M	M35	SOFTEAM	01:45:09,5	01:42:57,4
1159	311	António Neto	M	M60	TRIFITROFA	01:45:16,2	01:45:09,9
1172	312	Luís Carvalho	M	M35	Individual	01:45:20,0	01:45:07,1
1918	313	Tiago Pereira	M	SenioresM	Chaves Running Team	01:45:20,2	01:45:05,9
1143	314	Rui Vergueiro	M	M40	Individual	01:45:21,5	01:45:12,1
1902	315	Ricardo Costa	M	M35	Individual	01:45:23,5	01:43:53,6
2105	316	José Mota	M	M50	N.A.Taipas	01:45:26,5	01:44:36,9
1191	317	Luis Silva	M	M40	Individual	01:45:26,8	01:45:07,9
1536	318	Paulo Casais	M	M35	Alto Trilho (Javalis)	01:45:28,0	01:45:18,1
2173	319	Rui Tinoco	M	M45	Individual	01:45:31,0	01:45:19,9
1502	320	Ricardo Machado	M	M35	Os Rôtos	01:45:31,2	01:44:12,4
1384	321	José Sousa	M	M45	Individual	01:45:33,0	
1759	322	Ricardo Lemos	M	M40	OS FELINOS	01:45:34,5	01:44:08,4
1765	323	Nuno Felgueiras	M	SenioresM	OS FELINOS	01:45:34,5	01:44:08,6
1764	324	Jorge Pereira	M	M35	OS FELINOS	01:45:34,5	01:44:08,1
1189	325	Paulo Freitas	M	M35	Individual	01:45:39,7	01:45:25,2
1779	326	Tiago Ferreira	M	SenioresM	CAMIR	01:45:48,2	01:45:32,9
1917	327	Hélio Dias	M	SenioresM	Chaves Running Team	01:45:48,2	01:45:31,4
1560	328	Jose Rodrigues	M	M45	Individual	01:45:55,0	01:44:15,4
1589	329	José Simão	M	M40	Individual	01:45:56,2	01:43:10,4
1783	330	Diogo Ferreira	M	SenioresM	Individual	01:45:57,0	01:45:10,1
1591	331	Paulo Lopes	M	SenioresM	Individual	01:45:57,2	01:45:53,9
2088	332	André Ferreira	M	SenioresM	Individual	01:45:59,0	01:44:55,4
1913	333	Miguel Almeida	M	M40	Chaves Running Team	01:46:00,0	01:45:48,9
1559	334	Cristina Machado	F	F35	Individual	01:46:02,5	01:45:44,9
1727	335	Paulo Nóvoa	M	M50	Individual	01:46:02,7	01:45:26,9
1433	336	Francisco Cunha	M	M40	Sociedade Recreio Capanense	01:46:10,5	01:44:58,1
2147	337	Angelo Gaetani	M	SenioresM	Barbudos	01:46:12,7	01:44:47,6
1823	338	Mirko Citterio	M	M40	Individual	01:46:18,7	01:45:37,6
1572	339	Pedro Ferreira	M	SenioresM	Individual	01:46:28,2	01:43:59,6
1396	340	Jose Costa	M	M45	Individual	01:46:28,5	01:46:12,9
1232	341	Sergio Guimaraes	M	M35	Individual	01:46:32,2	01:45:12,6
2159	342	Vasco Danimar	M	M40	Individual	01:46:32,5	01:45:10,9
1214	343	Bruno Carvalho	M	SenioresM	Individual	01:46:37,5	
1202	344	André Cardão	M	SenioresM	Individual	01:46:38,0	01:43:49,9
2314	345	Carlos Rocha	M	M40	Sai da Frente	01:46:41,5	01:46:20,1
1171	346	Jorge Rocha	M	M35	Individual	01:46:43,5	01:46:35,6
1997	347	Vitor Silva	M	SenioresM	Individual	01:46:50,0	01:46:17,9
1804	348	Pedro Coelho	M	M40	Vimaranes Running Team	01:46:53,0	01:44:48,7
1456	349	Jose Silva	M	M45	Individual	01:46:55,5	01:46:29,4
1225	350	Pedro Loureiro	M	M35	Individual	01:46:57,7	01:46:50,9
1253	351	João Vilaça	M	SenioresM	Individual	01:47:00,7	01:46:26,9
2132	352	Jorge Carvalho	M	SenioresM	LittleBierds	01:47:01,3	01:44:12,2

Dorsal	Lugar	Atleta	Sexo	Escalão	Equipa	Tempo	Chip
1337	353	Oscar Ramalho	M	M45	Centro Municipal de Marcha e Corrida Agueda	01:47:02,2	01:45:41,4
1991	354	Filipe Teixeira	M	M35	Individual	01:47:12,2	01:46:51,6
1594	355	Paulo Monteiro	M	M40	Individual	01:47:13,2	01:46:39,6
1585	356	Paulo Vieira	M	M45	Individual	01:47:13,5	01:46:39,6
1470	357	Vitor Esteves	M	M40	Individual	01:47:20,0	01:46:44,9
1680	358	Luis Magalhaes	M	SenioresM	Individual	01:47:20,7	01:46:07,6
1847	359	Luís Félix	M	SenioresM	Individual	01:47:22,2	01:45:33,7
1885	360	Ricardo Pliteiro	M	SenioresM	Individual	01:47:24,2	01:45:49,1
1593	361	Raul Macedo	M	M50	Individual	01:47:29,0	01:46:53,9
2071	362	Luis Costa	M	M45	ama associação mondim atletismo	01:47:29,2	01:47:07,6
1743	363	João Couto	M	M45	paços running	01:47:38,3	01:45:49,2
1299	364	Alberto Carneiro	M	M40	GCST	01:47:39,0	01:46:55,4
2329	365	Rui Pinheiro	M	M45	Individual	01:47:40,5	01:45:07,4
1427	366	Arsénio Santos	M	M45	Individual	01:47:42,7	01:47:21,9
1500	367	José Vieira	M	M50	Os Rôtos	01:47:43,5	01:46:24,4
1530	368	Maria Praça	F	F40	Individual	01:47:44,0	01:47:37,1
1219	369	Paulo Seabra	M	M40	Individual	01:47:47,5	01:47:30,7
2101	370	João Silva	M	M50	N.A.Taipas	01:47:51,0	01:47:43,2
2286	371	Kiko Bento	M	M35	Individual	01:48:07,2	01:47:52,1
1417	372	Paulo Antunes	M	M40	S.Paio Team	01:48:07,7	01:47:12,4
1290	373	Luís Lima	M	SenioresM	Trofa Runners	01:48:12,2	01:47:58,7
1188	374	Carla Oliveira	F	SenioresF	Os Santa Apolonia	01:48:12,3	01:48:03,2
2294	375	Jose Carmo	M	M50	Individual	01:48:13,0	01:47:36,1
1957	376	Pedro Lopes	M	SenioresM	LBR TEAM	01:48:13,7	01:46:07,4
1851	377	Henrique Matos	M	SenioresM	HALP	01:48:15,2	01:47:44,6
1389	378	Augusto Rodrigues	M	M45	Individual	01:48:29,3	01:46:43,4
2030	379	Ângelo Costa	M	SenioresM	CTM Vila Pouca de Aguiar	01:48:37,5	01:47:44,1
1137	380	Angel Ballesteros	M	M50	Individual	01:48:38,0	01:47:12,1
1949	381	Diogo Ribeiro	M	M35	vitoria sempre	01:48:40,7	01:48:15,9
1973	382	Antonio Mendes	M	M50	Individual	01:48:41,2	01:47:57,6
2056	383	André Silva	M	SenioresM	Individual	01:48:43,2	01:46:35,6
2211	384	Nuno Santos	M	M35	4any1	01:48:48,5	01:48:35,4
2087	385	Nuno Castro	M	M45	Individual	01:48:51,2	01:48:14,1
1645	386	Miguel Mendes	M	M35	VITÓRIA SPORT CLUBE	01:48:51,7	01:48:05,9
2326	387	Carlos Gonçalves	M	M50	VITÓRIA SPORT CLUBE	01:48:51,7	01:48:03,9
1643	388	Luis Mendes	M	SenioresM	VITÓRIA SPORT CLUBE	01:48:51,7	01:48:03,4
1763	389	Diogo Matos	M	SenioresM	Individual	01:48:52,5	01:46:50,1
1472	390	Paulo Brás	M	SenioresM	Equipa Maria Clara	01:48:52,5	01:46:13,2
1928	391	Nuno Ribeiro	M	SenioresM	Individual	01:48:53,0	01:46:50,6
2023	392	Joaquim Vaz	M	M40	Individual	01:48:53,0	01:48:03,6
1631	393	Avelino Freitas	M	M60	VITÓRIA SPORT CLUBE	01:48:53,2	01:48:05,1
1639	394	Joao Freitas	M	M50	VITÓRIA SPORT CLUBE	01:48:53,2	01:48:05,2
1444	395	António Oliveira	M	M45	Individual	01:48:53,5	01:47:44,6
1628	396	Alvaro Araújo	M	M55	VITÓRIA SPORT CLUBE	01:48:57,0	01:48:08,2

Dorsal	Lugar	Atleta	Sexo	Escalão	Equipa	Tempo	Chip
1633	397	Carlos Ribeiro	M	M55	VITÓRIA SPORT CLUBE	01:49:00,5	01:48:14,9
1489	398	Jorge Soares	M	M40	Individual	01:49:08,2	01:46:35,6
1561	399	Bruno Lemos	M	SenioresM	Individual	01:49:11,0	01:48:15,9
1646	400	Paulo Abreu	M	M40	VITÓRIA SPORT CLUBE	01:49:12,7	01:48:25,4
2092	401	Adão Gonçalves	M	M45	N.A.Taipas	01:49:14,2	01:46:46,4
2099	402	Francisco Marques	M	M55	N.A.Taipas	01:49:14,7	01:46:47,4
2098	403	Davide Silva	M	M45	N.A.Taipas	01:49:16,2	01:46:49,1
2107	404	José Freitas	M	M40	N.A.Taipas	01:49:16,2	01:46:48,4
2111	405	Paulo Rodrigues	M	M40	N.A.Taipas	01:49:18,7	01:46:50,1
2102	406	João Barbosa	M	M50	N.A.Taipas	01:49:19,0	01:46:51,1
2012	407	Sergio Fernandes	M	M45	Individual	01:49:19,5	01:48:56,9
2109	408	Manuel Mota	M	M50	N.A.Taipas	01:49:19,7	01:46:53,4
1437	409	Sérgio Borges	M	SenioresM	Individual	01:49:20,0	01:48:41,1
2114	410	Pedro Regueiras	M	M35	N.A.Taipas	01:49:21,0	01:46:53,9
1270	411	Miguel Carneiro	M	M45	Individual	01:49:26,5	01:49:10,1
2307	412	Nuno Sampaio	M	SenioresM	Individual	01:49:31,5	01:49:28,7
2247	413	Carlos Amorim	M	M35	Individual	01:49:35,2	01:49:31,1
2063	414	Antonio Ponte	M	M45	Individual	01:49:35,5	01:49:31,9
2244	415	Francisco Branco	M	M40	Individual	01:49:35,5	01:49:30,9
1784	416	João Martins	M	SenioresM	Individual	01:49:36,5	01:49:27,6
1494	417	Nuno Fernandes	M	SenioresM	Individual	01:49:39,7	01:49:02,4
2305	418	Hélder Silva	M	M35	Individual	01:49:39,7	01:48:36,4
2304	419	Ana Campos	F	F35	Individual	01:49:42,0	01:49:39,1
1401	420	Fernando Pereira	M	M45	Individual	01:49:42,2	01:49:03,4
1499	421	José Pereira	M	M45	Os Rôtos	01:49:42,2	01:48:22,4
1661	422	João Salgado	M	M45	Individual	01:49:42,5	01:48:36,4
1930	423	Bruno Oliveira	M	M35	Individual	01:49:43,2	01:48:43,4
1166	424	Jorge Mota	M	M40	Individual	01:49:46,3	01:48:48,7
2315	425	Marco Machado	M	M35	AfrikanRunners	01:49:46,7	01:48:31,1
1903	426	Agostinho Matias	M	M40	Individual	01:49:56,7	01:49:53,6
1694	427	Sérgio Araújo	M	M40	BRGTEAM	01:49:57,2	01:48:08,9
2046	428	Luis Bessa	M	M60	Nucleo de karate e Atletismo de Roriz	01:50:05,5	01:49:58,4
1244	429	Rafael Santos	M	SenioresM	Individual	01:50:06,2	01:49:10,9
1792	430	Sérgio Branquinho	M	SenioresM	OLIVEIRA RUNNERS	01:50:06,5	01:48:30,7
1791	431	Pedro Loureiro	M	M35	OLIVEIRA RUNNERS	01:50:06,7	01:48:29,9
1266	432	Miguel Lima	M	SenioresM	Individual	01:50:07,0	01:48:32,4
1423	433	Leandro Rodrigues	M	SenioresM	Individual	01:50:07,7	01:49:42,4
1698	434	Mafalda Martinho	F	SenioresF	Individual	01:50:09,0	01:49:44,1
1592	435	Álvaro Marques	M	M50	GCST	01:50:11,7	01:48:15,1
1659	436	Márcio Machado	M	M35	Individual	01:50:11,7	01:48:50,9
1820	437	Ivo Martins	M	SenioresM	Individual	01:50:12,5	01:49:09,1
1961	438	António Loureiro	M	M45	Individual	01:50:13,5	01:49:19,4
1882	439	José Dias	M	SenioresM	Individual	01:50:13,7	01:48:24,4
1986	440	João Lopes	M	M35	Individual	01:50:20,2	01:49:18,6

Dorsal	Lugar	Atleta	Sexo	Escalão	Equipa	Tempo	Chip
2222	441	Nuno Marques	M	M35	Individual	01:50:22,0	01:50:03,4
1951	442	Miguel Cancela	M	M40	Individual	01:50:24,0	01:49:35,6
1650	443	Vitor Alves	M	SenioresM	Individual	01:50:24,5	01:49:43,4
1539	444	Vítor Ribeiro	M	SenioresM	Individual	01:50:27,2	01:49:16,4
1813	445	Miguel Cunha	M	M35	Individual	01:50:27,2	01:49:23,4
2104	446	José Cruz	M	M60	N.A.Taipas	01:50:30,0	01:49:55,4
1233	447	David Rodrigues	M	M55	Individual	01:50:30,7	01:50:00,6
1542	448	José Mendes	M	M50	Individual	01:50:32,2	01:49:42,9
1884	449	Rubem Nogueira	M	SenioresM	Individual	01:50:35,7	01:48:44,4
1946	450	Joel Silva	M	SenioresM	vitoria sempre	01:50:36,0	01:50:12,9
1265	451	António Almeida	M	SenioresM	Individual	01:50:37,5	01:49:14,1
1557	452	Tiago Correia	M	M40	Individual	01:50:39,0	01:49:25,6
1947	453	Arnaldo Teixeira	M	M35	vitoria sempre	01:50:39,5	01:50:17,1
1983	454	Manuel Pereira	M	M45	Individual	01:50:40,5	01:50:16,9
1414	455	José Fonseca	M	M45	Individual	01:50:42,5	01:50:34,4
1948	456	Bernardino Machado	M	SenioresM	vitoria sempre	01:50:44,0	01:50:20,4
1950	457	Miguel Azevedo	M	M35	vitoria sempre	01:50:44,0	01:50:19,6
1264	458	Helder Lemos	M	SenioresM	Amigos do Iron Man	01:50:45,0	01:48:33,2
1413	459	Rui Paralvas	M	M35	Individual	01:50:45,5	01:48:56,9
1220	460	Carlos Barreto	M	M40	#i2SOnTheRun	01:50:50,2	01:50:15,6
1239	461	Nelson Lopes	M	M40	Individual	01:50:53,2	01:50:32,1
2165	462	Mário Vinhas	M	M45	Individual	01:50:57,0	01:49:09,1
1649	463	Luis Pereira	M	M40	Mocidade Sangemil A.C	01:50:57,2	01:49:10,1
1648	464	Bruno Alves	M	M35	Mocidade Sangemil A.C	01:50:57,5	01:49:11,4
1693	465	Ricardo Pinto	M	M40	BRGTEAM	01:50:58,2	01:49:09,1
1832	466	Marco Vaz	M	M35	N B A Barrosas	01:51:00,2	01:50:38,4
1272	467	Bruno Gonçalves	M	SenioresM	megaTucho	01:51:01,2	01:49:01,9
1747	468	Ricardo Castro	M	M40	Individual	01:51:01,5	01:50:21,4
2172	469	Luis Santos	M	M35	Individual	01:51:02,8	01:49:15,2
1906	470	Celso Soares	M	M35	Individual	01:51:07,5	01:50:18,9
2218	471	Rui Pereira	M	M35	Individual	01:51:13,0	01:50:37,9
1495	472	Hugo Moura	M	SenioresM	Individual	01:51:18,5	01:50:17,2
2328	473	Adriana Sousa	F	SenioresF	Individual	01:51:24,5	01:48:51,9
1888	474	Paulo Sá	M	M45	Individual	01:51:26,7	01:50:37,4
2209	475	Rui Alves	M	M35	Individual	01:51:36,2	01:50:23,9
1236	476	Lino Maia	M	SenioresM	Covelas	01:51:36,8	01:48:53,2
1209	477	Jorge Almeida	M	SenioresM	Individual	01:51:38,5	01:51:24,1
1395	478	Heber Pires	M	SenioresM	Individual	01:51:39,5	01:51:18,6
2116	479	Rosa Fontão	F	F40	N.A.Taipas	01:51:47,0	01:50:18,4
2195	480	António Ribeiro	M	SenioresM	HABITUS GYM	01:51:48,0	01:51:07,2
2153	481	Sílvia Mendes	F	SenioresF	HABITUS GYM	01:51:48,2	01:51:07,6
2152	482	Cristiano Silva	M	SenioresM	HABITUS GYM	01:51:48,2	01:51:07,4
1544	483	António Cnovas	M	M35	Individual	01:51:53,5	01:50:29,9
1730	484	João Mesquita	M	M45	Individual	01:51:53,7	01:50:30,6

Dorsal	Lugar	Atleta	Sexo	Escalão	Equipa	Tempo	Chip
1875	485	Gonçalo Matos	M	M35	Electrex	01:51:57,7	01:49:53,4
1714	486	João Oliveira	M	M35	Sociedade Recreio Cepanense	01:52:01,0	01:50:48,9
1819	487	João Guimarães	M	M45	ASSOCIAÇÃO DESPORTIVA DE LUSTOSA	01:52:02,2	01:51:41,1
1798	488	Humberto Silva	M	M45	Individual	01:52:03,0	01:51:52,6
2254	489	André Moreira	M	SenioresM	Individual	01:52:03,2	01:50:23,1
1549	490	Jose Morais	M	M45	Individual	01:52:03,5	01:51:19,6
1179	491	Ernesto Ribeiro	M	M45	Individual	01:52:04,0	01:49:16,4
1169	492	José Duarte	M	M35	Individual	01:52:05,2	01:50:47,6
1613	493	Jorge Pinheiro	M	SenioresM	Individual	01:52:06,5	01:49:54,6
2068	494	Elisio Silva	M	M45	Individual	01:52:09,2	01:51:32,6
1243	495	Aníbal Silva	M	M40	Individual	01:52:18,5	01:50:35,6
1789	496	Sérgio Pereira	M	M35	OLIVEIRA RUNNERS	01:52:20,0	01:50:45,4
2070	497	Daniel Rodrigues	M	M35	ama associação mondim atletismo	01:52:20,2	01:52:01,1
2053	498	António Sousa	M	M45	Individual	01:52:23,0	01:50:44,6
1374	499	Carlos Borges	M	M40	Vimarunners	01:52:25,0	01:51:51,4
1246	500	Mário Rosas	M	M40	Individual	01:52:33,0	01:51:27,6
1614	501	Francisco Morais	M	M35	Individual	01:52:35,7	01:51:50,4
2089	502	Filipe Pereira	M	M35	Individual	01:52:35,7	01:51:09,2
1555	503	Sofia Lobo	F	SenioresF	Up ATITUDE	01:52:36,2	01:50:27,6
1556	504	Diogo Azevedo	M	SenioresM	Up ATITUDE	01:52:36,2	01:50:26,9
1904	505	Alexandra Matias	F	F40	Individual	01:52:42,2	01:52:38,6
2327	506	Luís Cunha	M	M40	Individual	01:52:49,0	01:52:45,6
1828	507	Jose Martins	M	M40	Individual	01:52:52,5	01:52:04,9
1426	508	Luis Machado	M	SenioresM	Individual	01:52:58,2	01:51:30,6
1476	509	José Fernandes	M	SenioresM	Individual	01:53:01,5	01:51:11,4
1574	510	Rui Pereira	M	M35	Individual	01:53:06,0	01:51:58,6
1821	511	Alexandre Silva	M	M35	Individual	01:53:07,7	01:52:23,6
1810	512	Philip Soares	M	M35	ZOMBIE RUNNERS FAFE	01:53:07,7	01:50:18,1
1776	513	Joaquim Silva	M	M45	Individual	01:53:09,0	01:51:49,6
1899	514	Rui Duarte	M	SenioresM	Individual	01:53:09,5	01:52:33,4
1491	515	Luis Cruz	M	SenioresM	Individual	01:53:09,5	01:52:32,4
1245	516	Carla Costa	F	SenioresF	Individual	01:53:13,0	01:50:26,6
2271	517	Luís Marques	M	SenioresM	Individual	01:53:17,3	01:51:43,2
2203	518	Vasco Duarte	M	M35	+Activo RUN FIT	01:53:20,3	01:51:44,9
2119	519	Ângela Freitas	F	F35	RIOFIT	01:53:25,0	01:51:04,9
1353	520	Manuel Paiva	M	M60	Venda Nova OAZ	01:53:25,5	01:53:09,1
1352	521	Pedro Paiva	M	M40	Venda Nova OAZ	01:53:25,7	01:53:09,6
2002	522	Tiago Barbosa	M	SenioresM	Individual	01:53:29,2	01:52:34,7
2338	523	Maria Bessa	F	F45	Individual	01:53:29,5	01:52:36,1
2138	524	Rui Tavares	M	M40	Individual	01:53:34,2	01:52:52,9
1718	525	Joao Passeiro	M	M50	Individual	01:53:40,0	01:52:25,6
2179	526	Clemente Teixeira	M	M45	Individual	01:53:49,2	01:51:50,6
1247	527	Paulo Gonçalves	M	M40	BeSmart	01:53:50,2	01:53:02,2
1855	528	Sandra Pereira	F	F35	Individual	01:53:51,0	01:53:34,0

Dorsal	Lugar	Atleta	Sexo	Escalão	Equipa	Tempo	Chip
1993	529	Agostinho Rocha	M	M45	ROCHA DE ALMEIDA	01:53:59,5	01:52:23,6
2275	530	Artur Teixeira	M	M40	Individual	01:54:00,7	01:51:10,4
2025	531	Nuno Rodrigues	M	M40	Individual	01:54:04,2	01:53:28,9
2251	532	Ricardo Dias	M	M35	Individual	01:54:09,5	01:52:28,8
1391	533	Diogo Pinto	M	SenioresM	Individual	01:54:11,0	01:53:12,0
1602	534	Carlos Pereira	M	SenioresM	Individual	01:54:22,0	01:52:16,6
1642	535	Joaquim Faria	M	M50	VITÓRIA SPORT CLUBE	01:54:27,0	01:53:36,7
1611	536	Celia Marques	F	F40	Individual	01:54:35,0	01:52:48,4
1621	537	Ricardo Pizarro	M	M35	Running Team	01:54:35,0	01:53:28,4
2170	538	Bruno Rodrigues	M	SenioresM	Individual	01:54:40,0	01:52:44,9
1979	539	Manuel Ribeiro	M	M40	Individual	01:54:44,2	01:53:03,4
1468	540	Jorge Silva	M	M45	Individual	01:54:44,2	01:53:04,1
1358	541	Luis Santos	M	M35	Individual	01:54:45,2	01:54:09,2
1451	542	Carlos Cardoso	M	M45	Red Street Team	01:54:47,7	01:54:11,4
1739	543	Joaquim Vieira	M	M50	Os Cachos	01:54:50,0	01:52:51,6
2212	544	Paulo Fernandes	M	M40	AJV	01:54:51,0	01:53:09,1
1807	545	Rafael Galvão	M	M40	Vimaranes Running Team	01:54:53,2	01:52:48,1
1377	546	Pedro Pereira	M	SenioresM	Individual	01:54:55,0	01:52:32,1
5016	547	José Cruz	M	M40	Individual	01:54:55,2	01:54:29,1
2202	548	Tiago Gomes	M	SenioresM	+Activo RUN FIT	01:54:55,5	01:53:20,1
1931	549	Carlos Costa	M	M45	Atletas do Prato	01:55:10,7	01:54:08,1
1932	550	Filipe Silva	M	M40	Atletas do Prato	01:55:11,0	01:54:07,4
1354	551	Angela Lima	F	SenioresF	Individual	01:55:11,7	01:53:02,9
1258	552	Álvaro Mendes	M	M35	Individual	01:55:12,0	01:53:03,4
1351	553	José Serrano	M	M45	Individual	01:55:13,5	01:54:57,1
1357	554	Rui Duarte	M	M50	Karrapateira 1919	01:55:17,0	01:54:35,4
1355	555	Alberto Magalhães	M	M35	Individual	01:55:19,0	01:53:04,4
1363	556	Jorge Gonçalves	M	M45	Individual	01:55:23,0	01:54:30,9
1570	557	Luis Carvalho	M	M40	Individual	01:55:23,0	01:55:06,6
1797	558	Ricardo Barroso	M	M35	Individual	01:55:28,5	01:54:42,6
1630	559	Antonio Teixeira	M	M55	VITÓRIA SPORT CLUBE	01:55:30,5	01:54:59,6
1194	560	Emanuel Ferreira	M	SenioresM	Individual	01:55:39,2	01:54:26,2
1654	561	Pedro Silva	M	M35	Individual	01:55:39,7	01:54:27,6
1653	562	Filipe Abreu	M	M35	Individual	01:55:40,2	01:54:28,4
1770	563	Henrique Borges	M	M45	Individual	01:55:45,5	01:55:19,4
1836	564	Rui Pires	M	M40	Viriathvs Runners Viseu	01:55:45,7	01:55:18,8
1588	565	Vitor Pinto	M	M40	Individual	01:55:54,2	01:54:38,9
1609	566	Jorge Baptista	M	M35	Individual	01:56:02,2	01:54:15,4
1911	567	Rui Moura	M	M35	BAI K ANDAS TEAM	01:56:08,2	01:54:50,1
1912	568	Renato Garrido	M	M40	BAI K ANDAS TEAM	01:56:08,7	01:54:49,9
1192	569	João Cavadas	M	M50	DCI/CCDRP-Mealhada	01:56:08,7	01:54:24,1
2301	570	José Oliveira	M	SenioresM	Individual	01:56:08,7	01:53:15,1
2040	571	Luis Faria	M	M40	Individual	01:56:09,5	01:55:03,9
1390	572	Márcia Almeida	F	SenioresF	Individual	01:56:10,7	01:55:11,1

Dorsal	Lugar	Atleta	Sexo	Escalão	Equipa	Tempo	Chip
2095	573	António Rodrigues	M	M50	N.A.Taipas	01:56:11,2	01:53:43,9
2292	574	Helder Pereira	M	M45	NAMADORES	01:56:12,5	01:55:39,4
1666	575	Herculano Marques	M	M55	Individual	01:56:15,2	01:54:54,2
1758	576	Arménio Antunes	M	SenioresM	Individual	01:56:18,5	01:56:06,1
1975	577	Paulo Silva	M	M40	GRUPO DRAMATICO E RECREATIVO DA RETORTA	01:56:21,0	01:56:11,1
1511	578	Eloy Criado	M	M60	Individual	01:56:27,7	01:54:25,2
2133	579	Duarte Oliveira	M	SenioresM	LAURA	01:56:27,7	01:55:04,6
1738	580	Nuno Bastos	M	M35	Individual	01:56:28,0	01:55:05,9
1870	581	Isabel Magalhães	F	SenioresF	Individual	01:56:31,0	01:56:08,6
2296	582	Manuel Ribeiro	M	M55	T-REX	01:56:31,2	01:55:15,9
1583	583	Eduardo Braz	M	M40		710806 01:56:38,0	01:54:45,4
1805	584	José Jordão	M	M40	Vimaranes Running Team	01:56:39,7	01:54:35,1
1801	585	Luis Guimarães	M	M40	Vimaranes Running Team	01:56:40,2	01:54:32,9
2175	586	José Monteiro	M	M50	Individual	01:56:41,0	01:56:30,9
1803	587	Pedro Faria	M	SenioresM	Vimaranes Running Team	01:56:45,5	01:54:39,1
1809	588	Ricardo Viseu	M	M40	Individual	01:56:46,2	01:56:32,4
2066	589	Nuno Moreira	M	M35	Individual	01:56:50,1	01:56:15,7
2024	590	José Costa	M	M40	Individual	01:56:58,2	01:55:57,4
2048	591	Vitor Pinheiro	M	M35	Individual	01:56:58,2	01:55:57,6
1201	592	João Duarte	M	M50	Individual	01:57:01,5	01:55:58,1
1415	593	Clarisse Ribeiro	F	F40	S.Paio Team	01:57:02,2	01:56:08,1
2239	594	João Pinto	M	SenioresM	No Tomorrow Running Team	01:57:10,0	01:56:12,6
1840	595	Helio Silva	M	SenioresM	5.7 Crossfit Guimarães	01:57:13,2	01:54:55,4
1485	596	Helena Barbosa	F	F40	Individual	01:57:20,2	01:54:33,4
2128	597	Nuno Novais	M	M35	RIOFIT	01:57:22,0	01:55:12,6
2010	598	Simao Felix	F	F40	Individual	01:57:25,5	01:55:41,6
2134	599	Vitor Fernandes	M	SenioresM	LAURA	01:57:27,0	01:56:04,4
1737	600	Licínio Vieira	M	SenioresM	Individual	01:57:27,5	01:56:05,1
2158	601	Carlos Moreira	M	M35	Individual	01:57:28,2	01:57:03,1
1269	602	António Lopes	M	M40	Individual	01:57:28,3	01:55:44,5
1369	603	José Neves	M	M40	Individual	01:57:29,2	01:54:36,4
1424	604	Paulo Cunha	M	M45	Individual	01:57:29,7	01:57:25,4
1926	605	Hermínia Pereira	F	F50	Individual	01:57:31,5	01:57:24,4
1378	606	Diana Faria	F	SenioresF	Individual	01:57:34,0	01:56:29,9
1387	607	Alberto Cerqueira	M	M40	Individual	01:57:49,7	01:56:09,6
2146	608	Ricardo Oliveira	M	SenioresM	Individual	01:57:50,0	01:56:37,4
1381	609	Filipe Ferreira	M	SenioresM	Individual	01:57:54,0	01:56:49,9
1535	610	Edgar Queirós	M	SenioresM	Individual	01:57:56,7	01:56:55,4
1898	611	Jorge Nunes	M	M50	Individual	01:57:59,5	01:57:08,4
2337	612	Gustavo Azevedo	M	M35	Individual	01:58:11,2	01:57:20,9
1612	613	Daniela Pinho	F	SenioresF	Individual	01:58:14,2	01:56:03,1
2072	614	Pedro Magalhães	M	SenioresM	ama associação mondim atletismo	01:58:18,7	01:58:00,1
1990	615	Pedro Lobo	M	SenioresM	Só Para a Camisola	01:58:21,0	01:56:03,9
1897	616	Julio Silva	M	M35	Individual	01:58:28,5	01:55:52,4

Dorsal	Lugar	Atleta	Sexo	Escalão	Equipa	Tempo	Chip
1534	617	Antonio Almeida	M	M40	Individual	01:58:31,5	01:57:39,9
2118	618	Alberto Marques	M	M40	RIOFIT	01:58:31,7	01:56:11,9
1676	619	Mariana Martins	F	SenioresF	Individual	01:58:32,5	01:56:24,6
1744	620	Manuel Matos	M	M50	paços running	01:58:40,5	01:56:48,9
1526	621	Jorge Fernandes	M	SenioresM	Individual	01:58:46,7	01:58:09,6
1936	622	Pedro Leite	M	SenioresM	Individual	01:58:54,2	01:56:05,6
2097	623	Conceição Silva	F	F50	N.A.Taipas	01:58:54,7	01:57:41,9
1723	624	Antonio Azevedo	M	M50	Individual	01:58:57,5	01:58:06,6
1383	625	Paulo Abrantes	M	SenioresM	Centro Municipal de Marcha e Corrida Agueda	01:58:59,2	01:57:38,4
2086	626	Naike Nogueira	F	SenioresF	Individual	01:58:59,5	01:58:17,2
1541	627	Letícia Mendes	F	SenioresF	Individual	01:59:01,5	01:58:12,9
1980	628	João Silva	M	M45	Individual	01:59:02,2	01:58:26,4
1778	629	Daniela Ferreira	F	SenioresF	Individual	01:59:15,7	01:58:36,6
1683	630	Celso Gonçalves	M	M35	Sociedade Recreio Capanense	01:59:19,2	01:55:46,4
1684	631	Vania Santos	F	SenioresF	Sociedade Recreio Capanense	01:59:19,5	01:55:47,4
1370	632	Marçal Salazar	M	SenioresM	Individual	01:59:28,2	01:57:46,9
1222	633	Pedro Baptista	M	SenioresM	UMRunners	01:59:32,7	01:57:59,9
1790	634	André Loureiro	M	SenioresM	OLIVEIRA RUNNERS	01:59:42,7	01:58:08,1
1722	635	Daniel Carneiro	M	M35	Individual	01:59:53,5	01:59:05,4
1623	636	Osvaldo Ferreira	M	M35	Individual	01:59:54,2	01:57:18,4
1959	637	Victor Guerreiro	M	M40	Individual	01:59:56,2	01:59:09,6
1812	638	André Ribeiro	M	SenioresM	Individual	02:00:01,0	01:57:25,6
1781	639	Joaquim Novais	M	M50	Individual	02:00:02,0	01:59:49,6
1547	640	Rodrigo Gomes	M	M50	Individual	02:00:10,7	01:57:37,1
2310	641	Mário Silva	M	M60	Individual	02:00:12,7	01:59:56,9
1883	642	Daniel Fernandes	M	SenioresM	Individual	02:00:14,7	01:58:23,4
1481	643	Ricardo Ferreira	M	SenioresM	Individual	02:00:18,2	01:57:48,4
2032	644	Lúcia Lemos	F	F45	CTM Vila Pouca de Aguiar	02:00:20,0	01:59:14,9
1467	645	Carlos Alves	M	M55	Individual	02:00:21,0	01:59:53,1
1516	646	Carmo Sousa	F	F55	Individual	02:00:23,7	01:58:04,6
2120	647	Daniel Martinho	M	SenioresM	RIOFIT	02:00:25,5	01:58:04,4
1517	648	Helena Carvalho	F	F40	Individual	02:00:25,7	01:57:53,6
1518	649	Tomás Pereira	M	M50	Individual	02:00:26,0	01:57:53,6
1230	650	Hélder Ribeiro	M	SenioresM	Individual	02:00:27,0	01:57:58,6
2103	651	Joaquim Silva	M	M45	N.A.Taipas	02:00:29,0	01:57:58,4
1671	652	Georgina Teixeira	F	F35	Red line	02:00:36,5	01:58:52,4
1670	653	Hugo Pereira	M	SenioresM	Red line	02:00:36,7	01:58:53,1
1450	654	Jose Ferreira	M	SenioresM	Individual	02:00:37,7	01:58:04,4
1278	655	Bernardim Correia	M	M60	Centro Municipal de Marcha e Corrida Agueda	02:00:38,5	02:00:06,6
1277	656	Dina Sousa	F	F40	Centro Municipal de Marcha e Corrida Agueda	02:00:38,7	02:00:06,9
1420	657	Carlos Costa	M	M35	Individual	02:00:42,5	02:00:31,4
1733	658	Miguel Macedo	M	SenioresM	Individual	02:00:43,8	01:58:10,5
1976	659	Tiago Coutinho	M	M40	Individual	02:00:49,7	01:58:59,6
1528	660	Celso Carrilho	M	M50	Individual	02:00:50,5	02:00:07,2

Dorsal	Lugar	Atleta	Sexo	Escalão	Equipa	Tempo	Chip
1712	661	João Doellinger	M	M40	Sociedade Recreio Capanense	02:00:51,2	01:59:11,9
1422	662	Dário Rebelo	M	M35	Individual	02:00:52,7	01:58:50,9
1146	663	Ricardo Ribeiro	M	M45	Individual	02:00:52,7	01:59:03,4
2221	664	Aristides Carvalho	M	M35	Individual	02:00:54,0	01:59:51,9
1660	665	Roberto Silva	M	SenioresM	Individual	02:00:55,2	01:59:13,9
1740	666	Carlos Vieira	M	M45	Os Cachos	02:01:02,0	01:59:04,9
5014	667	Carlos Alves	M	M55	Individual	02:01:04,5	02:00:06,6
1752	668	Edgar Barbosa	M	M50	Individual	02:01:05,0	02:00:49,6
1211	669	Rui Novais	M	M35	Cercigui	02:01:06,8	02:00:35,7
1860	670	Américo Machado	M	M50	Individual	02:01:10,7	02:00:41,4
2093	671	Alfredo Oliveira	M	M50	N.A.Taipas	02:01:10,7	02:00:41,1
2108	672	Luís Matos	M	M55	N.A.Taipas	02:01:11,0	02:00:41,4
1962	673	Bruno Silva	M	M35	Individual	02:01:13,7	01:59:35,6
2008	674	Nuno Carneiro	M	M40	Individual	02:01:14,2	01:59:47,9
1849	675	Sérgio Pereira	M	SenioresM	Individual	02:01:14,5	01:59:47,1
2085	676	Carlos Ferreira	M	M45	Individual	02:01:14,5	01:59:46,9
1587	677	Bruno Oliveira	M	SenioresM	Individual	02:01:14,5	01:59:48,1
1768	678	Alvaro Ferreira	M	M60	Individual	02:01:15,0	01:59:58,1
1193	679	Jorge Oliveira	M	SenioresM	Individual	02:01:16,0	01:58:46,9
1839	680	Francisco Freitas	M	M40	Individual	02:01:17,0	01:59:39,4
1706	681	Sandrina Carneiro	F	F35	Sociedade Recreio Capanense	02:01:17,0	02:00:02,6
1787	682	João Almeida	M	M35	Individual	02:01:29,7	02:00:28,1
1379	683	Fernando Pinheiro	M	M35	Individual	02:01:33,7	01:58:56,6
2027	684	Alcides Barros	M	M40	Individual	02:01:42,5	01:59:01,9
2026	685	Luís Barros	M	M35	Individual	02:01:42,7	01:59:02,4
1403	686	Stephanie Fernandes	F	SenioresF	Individual	02:01:49,2	02:01:13,9
1416	687	Joao Subida	M	M40	Individual	02:01:53,6	02:00:05,0
1777	688	André Martins	M	M35	Individual	02:01:53,7	02:00:30,4
1254	689	Albino Neves	M	M50	Individual	02:01:56,5	02:01:51,1
1772	690	Miguel Raposo	M	M35	"C.D. ""Os Aguias"" de Alpiarça Trail/Running"	02:01:59,0	01:59:54,3
2122	691	Eduardo Ferreira	M	SenioresM	RIOFIT	02:02:00,2	01:59:38,6
1830	692	Pedro Fernandes	M	M40	Individual	02:02:07,0	02:00:11,4
1954	693	Eduardo Madureira	M	SenioresM	TheTree - Team Runners	02:02:12,0	02:00:33,9
1412	694	Manuel Almeida	M	M50	Individual	02:02:16,2	02:01:57,4
1841	695	Luis Paulo	M	M40	Individual	02:02:16,2	02:00:38,4
1822	696	Rui Lopes	M	M40	Individual	02:02:18,0	02:01:48,9
1567	697	Ricardo Silva	M	M40	Individual	02:02:18,5	02:01:20,1
1703	698	Sérgio Mendes	M	M35	Sociedade Recreio Capanense	02:02:19,7	02:01:07,4
1704	699	António Mendes	M	M50	Sociedade Recreio Capanense	02:02:19,7	02:00:59,9
1705	700	Isabel Freitas	F	F40	Sociedade Recreio Capanense	02:02:20,0	02:01:06,1
1636	701	Luís Monteiro	M	M45	Viriathvs Runners Viseu	02:02:23,0	02:01:55,9
1800	702	Luís Fontes	M	SenioresM	TheTree - Team Runners	02:02:49,2	02:01:12,4
1578	703	Carlos Augusto	M	M60	Individual	02:02:54,3	02:02:03,7
2270	704	Filipe Martins	M	M40	Individual	02:03:06,5	02:01:52,6

Dorsal	Lugar	Atleta	Sexo	Escalão	Equipa	Tempo	Chip
1799	705	Filipe Gonçalves	M	M35	Individual	02:03:19,2	02:00:27,4
2045	706	Rui Silva	M	M35	Individual	02:03:22,0	02:01:51,1
1713	707	Aurélie Freitas	F	SenioresF	Sociedade Recreio Capanense	02:03:23,7	02:02:10,9
1719	708	Carlos Silva	M	M40	Individual	02:03:25,5	02:03:17,1
1553	709	Lurdes Gonçalves	F	F45	Individual	02:03:26,2	02:03:17,1
1231	710	Sérgio Simões	M	M35	Individual	02:03:35,7	02:03:13,1
1141	711	Bruno Fernandes	M	SenioresM	Individual	02:03:57,0	02:03:18,9
1629	712	Amelia Vieira	F	F55	VITÓRIA SPORT CLUBE	02:03:59,7	02:03:31,6
1316	713	Henrique Miguel	M	SenioresM	Centro Municipal de Marcha e Corrida Agueda	02:04:05,1	
1163	714	Alberto Martinho	M	SenioresM	Individual	02:04:15,5	02:01:26,9
2282	715	Joao Souto	M	JunioresM	Individual	02:04:16,5	02:02:36,9
1382	716	Pedro Ribeiro	M	SenioresM	Individual	02:04:21,5	02:02:46,1
1474	717	Mário Lima	M	M35	Fantastic5	02:04:27,7	02:03:14,6
1482	718	Cristian Fernandez	M	SenioresM	família resende	02:04:48,1	02:03:00,5
1252	719	João Vale	M	SenioresM	UMRunners	02:04:50,7	02:03:18,6
2256	720	Jose Ferreira	M	M45	Individual	02:04:53,5	02:02:44,1
1226	721	Samuel Fonseca	M	SenioresM	Individual	02:04:59,0	02:04:34,9
1844	722	Manuela Bento	F	F50	Sociedade Recreio Capanense	02:05:01,2	02:03:47,6
1760	723	José Sampaio	M	M60	OS FELINOS	02:05:02,0	02:03:37,6
1761	724	Teresa Faria	F	F40	OS FELINOS	02:05:02,2	02:03:37,6
1960	725	Isabel Loureiro	F	F40	Individual	02:05:10,0	02:04:16,1
1210	726	Cláudio Castro	M	M40	Individual	02:05:12,0	02:03:04,6
1775	727	Filipe Truta	M	M35	Individual	02:05:12,0	02:03:05,1
2113	728	Pedro Pinheiro	M	M50	N.A.Taipas	02:05:17,2	02:02:56,1
1475	729	Carlos Machado	M	M40	Individual	02:05:18,2	02:03:23,4
1307	730	Rogério Ferreira	M	SenioresM	Individual	02:05:18,7	02:03:23,1
1323	731	Mario Mata	M	SenioresM	Individual	02:05:19,5	02:03:06,4
1324	732	Simao Boas	M	SenioresM	Individual	02:05:19,7	02:03:05,4
2205	733	Marília Macieira	F	F35	Individual	02:05:21,5	02:03:38,4
1751	734	Miguel Ribeiro	M	M35	Individual	02:05:24,7	02:04:07,9
1465	735	Joao Teixeira	M	SenioresM	Individual	02:05:27,2	02:02:47,1
1889	736	Antonio Moreira	M	M40	Individual	02:05:27,2	02:04:37,9
1942	737	Paulo Vale	M	M40	Individual	02:05:27,2	02:03:50,6
1601	738	Manuel Peixoto	M	M50	Individual	02:05:36,2	02:04:45,9
2279	739	Bruno Rodrigues	M	M40	Individual	02:05:38,5	02:03:40,1
1128	740	Amadeu Portilha	M	M50	Individual	02:05:40,0	02:05:38,4
1576	741	Luís Carita	M	M45	Individual	02:05:49,8	02:05:05,9
1734	742	Sara Machado	F	SenioresF	Individual	02:05:52,5	02:05:37,6
1527	743	Susana Araújo	F	SenioresF	Individual	02:05:53,6	02:05:16,2
2308	744	Fernando Correia	M	M45	Individual	02:06:04,0	02:05:20,4
1834	745	Cláudia Nunes	F	SenioresF	Viriathvs Runners Viseu	02:06:07,5	02:04:56,6
1838	746	Estrela Faro	F	F40	Viriathvs Runners Viseu	02:06:07,7	02:04:57,4
2139	747	Deolinda Faria	F	F40	Individual	02:06:09,2	02:05:27,1
1273	748	Nelson Gonçalves	M	SenioresM	megaTucho	02:06:12,0	02:04:13,4

Dorsal	Lugar	Atleta	Sexo	Escalão	Equipa	Tempo	Chip
2131	749	Pedro Gonçalves	M	M35	Individual	02:06:12,5	02:04:05,1
2213	750	António Duarte	M	M40	Individual	02:06:18,7	02:05:55,9
1268	751	Miguel Bermonte	M	M40	BeSmart	02:06:20,3	02:05:33,0
1149	752	Maria Pinto	F	F40	Individual	02:06:21,2	02:03:58,7
1667	753	Joel Ribeiro	M	M35	Individual	02:06:46,0	02:05:04,9
1546	754	Jose Maria	M	M45	Individual	02:06:53,7	02:06:01,9
1229	755	Pedro Borges	M	SenioresM	Individual	02:06:59,0	02:06:41,4
2044	756	Serafim Monteiro	M	M35	Individual	02:07:05,2	02:04:18,6
1603	757	Pedro Ferreira	M	SenioresM	Individual	02:07:12,0	02:05:06,1
1678	758	Vitor Lopes	M	SenioresM	Sociedade Recreio Capanense	02:07:20,5	02:05:24,2
1679	759	Liliana Salgado	F	SenioresF	Sociedade Recreio Capanense	02:07:24,7	02:05:28,6
1685	760	Decio Castro	M	SenioresM	Sociedade Recreio Capanense	02:07:25,0	02:05:28,1
2171	761	Orlando Leal	M	M40	Individual	02:07:35,2	02:06:47,4
1251	762	Ricardo Santos	M	M35	2x1	02:07:47,7	02:05:29,4
1808	763	Rui Guimarães	M	M40	Vimaranes Running Team	02:07:57,3	02:05:46,0
1874	764	Joao Matos	M	M40	Electrex	02:07:59,0	02:05:53,9
1853	765	Pedro Marques	M	SenioresM	HALP	02:08:37,2	02:08:04,6
1852	766	Liliana Neto	F	SenioresF	HALP	02:08:37,7	02:08:07,6
1569	767	Francesca Ferrari	F	F35	Individual	02:08:43,2	02:08:21,9
2321	768	Jorge Caetano	M	M35	Individual	02:08:50,5	02:08:32,4
1336	769	Cátia Fernandes	F	SenioresF	Centro Municipal de Marcha e Corrida Agueda	02:08:57,2	02:07:28,1
1477	770	Rui Dinis	M	SenioresM	Slow Motion	02:08:58,0	02:06:19,4
2123	771	Fernando Silva	M	SenioresM	RIOFIT	02:09:04,0	02:06:50,6
2204	772	Miguel Redmont	M	M45	Individual	02:09:05,7	02:07:26,4
1409	773	Rui Vaz	M	M35	Individual	02:09:08,7	02:08:08,4
1741	774	Manuel Carneiro	M	M50	Os Cachos	02:09:12,7	02:07:13,9
1893	775	Antonio Lourenço	M	M50	amigos atletismo povoense	02:09:12,7	02:08:37,4
1963	776	Paula Dias	F	F45	Barcadouro Team	02:09:12,7	02:08:23,1
2210	777	Miguel Antunes	M	M35	Individual	02:09:13,0	02:08:35,1
2269	778	António Mendes	M	M35	Individual	02:09:20,7	02:08:43,6
1582	779	Luis Fernandes	M	M45		710806 02:09:27,7	02:07:35,1
1320	780	Filipe Cunha	M	SenioresM	Individual	02:09:29,7	02:08:45,9
1987	781	Fernando Fonseca	M	M50	Individual	02:09:35,0	02:07:33,6
1455	782	Manuel Carvalho	M	M60	Individual	02:09:40,7	02:07:16,9
2049	783	Telmo Fernandes	M	SenioresM	Individual	02:09:53,2	02:07:58,4
2016	784	Alvaro Nunes	M	M40	Individual	02:10:06,5	02:08:30,1
1295	785	José Ribeiro	M	M50	Individual	02:10:10,5	02:09:13,6
1154	786	Lino Silva	M	M40	Alverca Urban Runners	02:10:13,5	02:08:12,1
1566	787	Pedro Ribeiro	M	M40	Alverca Urban Runners	02:10:13,7	02:08:10,4
1795	788	Alexandre Silva	M	JunioresM	Alverca Urban Runners	02:10:17,1	02:08:16,2
1152	789	Rui Ferreira	M	M45	Individual	02:10:18,2	02:09:00,9
1158	790	Jorge Neto	M	M50	Individual	02:10:20,7	02:08:59,7
1707	791	Rita Ramos	F	SenioresF	Sociedade Recreio Capanense	02:10:23,5	02:09:09,6
2015	792	Armindo Silva	M	SenioresM	RUINEL	02:10:35,7	02:08:20,4

Dorsal	Lugar	Atleta	Sexo	Escalão	Equipa	Tempo	Chip
1533	793	Artur Vieira	M	SenioresM	Individual	02:10:36,7	02:08:30,6
2014	794	Rui Lopes	M	SenioresM	RUINEL	02:10:36,7	02:08:20,4
2295	795	Paulo Almeida	M	M45	Individual	02:10:41,5	02:10:21,6
1275	796	Tiago Bernardo	M	M40	malice13	02:10:47,2	02:10:35,4
2148	797	Leonardo Rodrigues	M	SenioresM	Barbudos	02:11:05,7	02:09:40,4
1454	798	Maria Barros	F	F50	Individual	02:11:08,2	02:10:23,6
1223	799	Hugo Cavacas	M	M35	Individual	02:11:11,5	02:10:28,4
1554	800	Rozires Ferreira	F	SenioresF	Individual	02:11:26,1	02:11:18,2
1843	801	Sandrina Ribeiro	F	SenioresF	Individual	02:11:35,7	02:09:00,4
1488	802	Luís Ferreira	M	JunioresM	Fernandes run	02:11:53,0	02:10:26,9
2190	803	Teresa Silva	F	F35	Individual	02:11:55,2	02:10:53,6
1731	804	Cristiano Sousa	M	M45	Individual	02:12:00,0	02:11:28,9
1656	805	Fernanda Leão	F	F45	Individual	02:12:02,7	02:10:23,1
1647	806	Luis Santos	M	M55	Individual	02:12:03,2	02:10:19,1
2177	807	Rui Henriques	M	SenioresM	Individual	02:12:03,7	02:10:55,6
1343	808	José Lopes	M	SenioresM	Individual	02:12:04,0	02:11:39,9
1715	809	Augusto Cunha	M	M60	Sociedade Recreio Capanense	02:12:26,7	02:10:47,4
1669	810	Isabel Nogueira	F	SenioresF	Individual	02:12:26,7	02:10:46,7
1771	811	Pedro Piairo	M	SenioresM	Individual	02:12:30,0	02:10:53,1
1573	812	Hugo Verdial	M	SenioresM	Individual	02:12:36,2	02:11:45,9
1995	813	Luis Gomes	M	SenioresM	Individual	02:12:46,2	02:12:24,9
2161	814	José Rodrigues	M	M50	Individual	02:13:05,5	02:11:11,6
1651	815	Filipe Macedo	M	M45	Individual	02:13:16,3	02:11:14,9
1262	816	Armindo Maia	M	M35	Covelas	02:13:31,0	02:10:48,4
1392	817	Rui Costa	M	SenioresM	Individual	02:13:36,5	02:11:21,6
1496	818	Carla Antunes	F	F40	Individual	02:13:40,0	02:12:43,6
1909	819	Fernando Miranda	M	M45	EM Força (SPEM)	02:13:41,5	02:13:08,4
2055	820	Filipa Martins	F	SenioresF	Família Silva	02:13:44,2	02:13:41,4
1129	821	Anabela Portilha	F	F45	Individual	02:13:44,5	02:13:41,4
1720	822	Jorge Dias	M	M40	Individual	02:14:02,2	02:11:45,9
2036	823	Maria Ferreira	F	F50	Individual	02:14:02,2	02:12:34,1
2317	824	Roderic Pradel	M	SenioresM	Individual	02:14:03,5	02:13:59,9
2318	825	Flore Dussen	F	F35	Individual	02:14:03,5	02:14:00,1
1431	826	Irene Oliveira	F	SenioresF	Individual	02:14:04,0	02:12:02,4
1626	827	José Osório	M	M45	Individual	02:14:17,2	02:12:56,4
1173	828	João Catela	M	M40	Individual	02:14:22,5	02:14:15,1
1571	829	Sílvia Martins	F	SenioresF	Individual	02:14:29,0	02:11:48,4
2249	830	Eduardo Almeida	M	M50	Individual	02:14:29,5	02:13:58,6
1992	831	Daniel Almeida	M	SenioresM	ROCHA DE ALMEIDA	02:14:50,0	02:13:04,1
1237	832	Nuno Mendonça	M	SenioresM	Lisbon South Bay Atlético Clube	02:14:53,7	02:12:25,1
2090	833	Mauricio Vaz	M	SenioresM	Individual	02:14:59,7	02:12:41,6
2198	834	Carlos Moreira	M	SenioresM	Individual	02:15:00,0	02:12:42,6
1432	835	Cristina Cunha	F	F40	Sociedade Recreio Capanense	02:15:32,7	02:14:18,9
2126	836	Joaquim Oliveira	M	M45	RIOFIT	02:15:36,0	02:13:12,9

Dorsal	Lugar	Atleta	Sexo	Escalão	Equipa	Tempo	Chip
1598	837	José Coelho	M	M50	Individual	02:15:36,0	02:14:51,6
2191	838	Fernando Silva	M	M50	EDP Runners - Porto	02:15:39,5	02:15:26,9
1480	839	Liliana Ferreira	F	SenioresF	Individual	02:15:56,2	02:13:27,1
1478	840	Pedro Loureiro	M	SenioresM	Individual	02:16:21,7	02:14:08,9
1133	841	Mara Silva	F	SenioresF	A Vida é Bela	02:16:36,0	02:15:19,6
1132	842	Pedro Carneiro	M	SenioresM	A Vida é Bela	02:16:36,0	02:15:18,4
2140	843	Carlos Magalhaes	M	M45	Vimaranes Running Team	02:16:49,7	02:14:44,1
1802	844	Guilherme Fernandes	M	M45	Vimaranes Running Team	02:16:52,8	02:14:47,0
1181	845	Luís Fernandes	M	SenioresM	Individual	02:16:57,7	02:10:48,9
1977	846	Joel Sousa	M	SenioresM	Individual	02:17:11,7	02:14:20,6
1891	847	Francisco Musiello	M	M50	Individual	02:17:38,2	02:07:59,1
2060	848	Ricardo Lemos	M	M35	Individual	02:17:56,5	02:17:21,4
1825	849	Eugénia Cid	F	F40	Individual	02:17:57,7	02:15:43,6
1430	850	Hugo Venâncio	M	M35	Individual	02:18:31,8	02:17:39,2
1376	851	Maria Rodrigues	F	F35	Individual	02:18:34,0	02:17:12,4
1988	852	Vera Ventura	F	SenioresF	Só Para a Camisola	02:18:59,0	02:16:40,9
1869	853	João Maia	M	SenioresM	Individual	02:19:18,2	02:16:44,4
1867	854	Cláudia Couto	F	SenioresF	Individual	02:19:18,2	02:16:43,6
1274	855	Max Vale	M	M35	Tema Corleone	02:19:25,5	02:18:07,4
1846	856	Rui Moreira	M	SenioresM	Referees Team	02:19:40,5	02:18:22,4
1989	857	João Crespo	M	M35	Só Para a Camisola	02:19:41,5	02:17:23,1
1425	858	Paula Amaral	F	F55	Individual	02:19:44,2	02:18:34,8
1228	859	Aurora Godinho	F	F35	SOFTEAM	02:19:54,2	02:17:42,1
1326	860	Ana Saldanha	F	F40	Sagres United	02:20:06,2	02:19:47,6
1325	861	Joao Saldanha	M	M40	Sagres United	02:20:06,7	02:19:48,6
1937	862	Andreia Martins	F	SenioresF	Individual	02:20:09,5	02:17:19,1
2250	863	Pedro Vasconcelos	M	M40	Individual	02:20:15,5	02:17:28,6
1306	864	Sofia Peixoto	F	SenioresF	Individual	02:20:17,2	02:19:35,9
1663	865	Sandra Sousa	F	SenioresF	Individual	02:20:39,7	02:20:29,9
1227	866	Theresa Flora	F	F50	Individual	02:20:43,5	02:19:21,1
1550	867	Alexandra Agins	F	SenioresF	Individual	02:20:43,7	02:19:21,4
2130	868	Luísa Rodrigues	F	F35	Individual	02:20:46,0	02:19:08,1
1896	869	Nuno Fernandes	M	M35	Individual	02:20:47,5	02:20:25,4
1408	870	Sandra Abreu	F	F35	Individual	02:20:49,7	02:19:39,1
1866	871	Márcio Ribeiro	M	SenioresM	Individual	02:21:30,2	02:18:56,4
1868	872	Diogo Silva	M	SenioresM	Individual	02:21:30,5	02:18:56,9
1568	873	Stefano Menabue	M	M50	Individual	02:22:10,5	02:21:49,1
1575	874	António Vital	M	M60	Individual	02:22:19,0	02:22:11,6
1859	875	Mário Macedo	M	M50	Individual	02:22:27,7	02:21:22,6
1410	876	Paulo Lopes	M	M45	Individual	02:22:50,5	02:21:04,9
1411	877	Lidia Almeida	F	F40	Individual	02:22:50,5	02:21:05,1
1922	878	Carlos Pires	M	M45	Chaves Running Team	02:23:00,7	02:22:51,9
2100	879	Irene Miranda	F	F40	N.A.Taipas	02:23:25,5	02:22:09,4
1360	880	Daniel Geada	M	M45	Individual	02:23:26,0	02:21:27,6

Dorsal	Lugar	Atleta	Sexo	Escalão	Equipa	Tempo	Chip
1175	881	Maria Gelpi	F	SenioresF	Individual	02:23:55,7	02:22:37,4
1176	882	Aleix Simarro	M	M35	Individual	02:23:55,7	02:22:37,1
1537	883	Francisco Correia	M	SenioresM	Individual	02:24:08,7	02:22:18,6
1982	884	Céu Santos	F	F50	Individual	02:24:38,2	02:22:37,4
2157	885	Luis V	M	M40	Individual	02:25:11,7	02:23:33,1
1865	886	Armando Costa	M	M45	TheTree - Team Runners	02:25:19,7	02:23:42,4
1372	887	Miguel Teixeira	M	SenioresM	Individual	02:26:25,5	02:23:49,6
1184	888	Ivo Pinto	M	SenioresM	Individual	02:27:04,0	02:24:09,9
1185	889	Susana Magalhães	F	SenioresF	Individual	02:27:04,0	02:24:09,6
1349	890	Raquel Neves	F	SenioresF	Individual	02:27:28,0	02:27:23,1
1927	891	Renato Ipiranga	M	M45	Individual	02:27:34,0	02:26:47,1
2324	892	Filipe Félix	M	M35	ZIM	02:27:55,5	02:27:53,3
1941	893	Jorge Cristino	M	M35	Individual	02:27:56,5	02:27:54,9
1215	894	Pedro Silva	M	M35	Lisbon South Bay Atlético Clube	02:28:11,0	02:25:42,6
1514	895	Emílio Gonçalves	M	M45	Individual	02:28:16,0	02:26:29,6
1702	896	Paulo Abreu	M	SenioresM	Rexemingas Team	02:28:18,5	02:27:35,6
1785	897	Pedro Pereira	M	SenioresM	Individual	02:28:24,8	02:26:34,7
1814	898	Natalino Pereira	M	M60	Individual	02:29:51,2	02:29:09,1
1824	899	Joao Ferreira	M	SenioresM	Individual	02:30:19,0	02:29:41,9
1842	900	Sara Oliveira	F	F40	5.7 Crossfit Guimarães	02:30:39,2	02:27:49,4
1969	901	António Pereira	M	M40	Individual	02:30:54,0	02:28:36,9
1811	902	Vasco Neves	M	SenioresM	ZOMBIE RUNNERS FAFE	02:30:57,7	02:28:04,1
1861	903	José Cunha	M	SenioresM	ZOMBIE RUNNERS FAFE	02:30:58,0	02:28:04,9
2334	904	Beatriz Pereira	F	SenioresF	Individual	02:31:11,7	02:29:20,4
1968	905	Pedro Machado	M	SenioresM	Individual	02:32:05,2	02:30:15,4
1794	906	Luis Martins	M	M55	Individual	02:32:14,0	02:32:07,4
2076	907	Ana Silva	F	F35	Individual	02:32:33,0	02:27:00,4
1672	908	Miguel Silva	M	SenioresM	Individual	02:33:22,5	02:32:35,9
1607	909	Sónia Moreira	F	SenioresF	Individual	02:33:30,3	02:31:44,2
1407	910	Paulo Silva	M	M40	Individual	02:37:59,5	02:35:35,6
2164	911	Andre Principe	M	M40	Individual	02:38:10,7	02:35:20,6
1479	912	João Mata	M	JunioresM	Individual	02:39:21,7	02:37:07,9
1276	913	Telmo Santos	M	SenioresM	Tema Corleone	02:39:34,5	02:38:15,9
1359	914	Alexandra Rodrigues	F	SenioresF	Individual	02:39:43,7	02:37:45,1
1864	915	Inês Amado	F	SenioresF	Individual	02:40:22,0	02:37:59,9
1250	916	Vanda Covas	F	SenioresF	2x1	02:40:24,6	02:38:02,5
1248	917	Manya Afonso	M	SenioresM	Individual	02:43:17,0	02:41:53,4
1845	918	Mário Cunha	M	SenioresM	Referees Team	02:44:51,0	02:43:32,1
1682	919	Nelson Almeida	M	M35	Sociedade Recreio Capanense	02:47:23,0	02:44:44,1
1688	920	Abílio Valente	M	M40	Sociedade Recreio Capanense	02:47:23,0	02:44:44,1