

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
1	1	Ricardo Ribas	M-V35	S.L.Benfica	01:07:12.850	01:07:12.850
2227	2	Tiago Costa	M-Seniores	S.L.Benfica	01:07:13.110	01:07:11.190
7020	3	José Moreira	M-V35	Sporting C.P.	01:07:13.830	01:07:12.830
7004	4	Rui Teixeira	M-V35	Sporting C.P.	01:07:27.340	01:07:25.887
7050	5	Licínio Pimentel	M-V40	Sporting C.P.	01:08:29.940	01:08:29.940
7003	6	Carlos Silva	M-Seniores	G.D.R. da Reboleira	01:11:08.073	01:11:06.043
7001	7	Carlos Costa	M-Seniores	C. D. S. Salvador Do Campo	01:11:43.590	01:11:42.003
2097	8	Abílio Pereira	M-V40	N.A.Taipas	01:14:01.103	01:14:01.103
7009	9	Abílio Costa	M-V50	C. D. S. Salvador Do Campo	01:16:24.600	01:16:22.127
1551	10	Carlos Sousa	M-V40	Individual	01:16:25.100	01:16:25.100
1611	11	Augusto Costa	M-V45	Individual	01:16:59.523	01:16:57.343
1355	12	Joaquim Lopes	M-V50	Porto Runners	01:17:05.600	01:17:05.600
7005	13	Alfredo Pinheiro	M-V50	A.D. Amarante	01:17:08.857	01:17:08.857
1168	14	Nuno Pinho	M-V35	N.A.Cucujães	01:17:57.947	01:17:55.470
2075	15	Nuno Fernandes	M-V35	Individual	01:19:07.853	01:19:04.783
2070	16	Marisa Barros	F-V35	S.C.Salgueiros	01:19:13.007	01:19:10.670
1500	17	José Silva	M-V45	N.A.Cucujães	01:19:23.873	01:19:21.226
1809	18	João Pereira	M-V55	Individual	01:19:33.863	01:19:31.240
2298	19	Pedro Reis	M-V35	Individual	01:19:55.363	01:19:45.043
1710	20	António Campos	M-V40	Ctm Vila Pouca De Aguiar	01:21:21.747	01:21:13.417
1572	21	Pedro Freitas	M-Seniores	Individual	01:21:31.357	01:21:21.927
2297	22	Hermínio Martins	M-V55	Individual	01:22:05.610	01:22:01.653
1692	23	Rui Rodrigues	M-Seniores	Individual	01:22:10.117	01:21:38.807
2054	24	Telmo Ferreira	M-V35	Individual	01:22:13.110	01:21:56.893
1486	25	Rui Veloso	M-V40	C. D. S. Salvador Do Campo	01:22:15.860	01:22:13.307
1796	26	Sérgio Salgueiro	M-Seniores	Vitória Sport Clube	01:22:19.870	01:22:07.820
1983	27	João Leandro	M-V40	Chrimel- Produtos Apícolas Vila Real	01:22:20.610	01:22:18.360
1804	28	Bruno Sousa	M-V35	Individual	01:22:21.363	01:22:13.246
2202	29	Cláudia Pereira	F-V40	Gfd Running	01:22:22.860	01:22:22.860
1221	30	Jose Monteiro	M-V55	Bairro De Carcavelos Synergie	01:22:33.727	01:22:29.967
1367	31	José Viana	M-V55	Individual	01:23:10.363	01:23:05.803
1537	32	Mário Monteiro	M-V35	Individual	01:23:34.113	01:23:29.903
1791	33	Jose Ferreira	M-V50	Vitória Sport Clube	01:24:10.297	01:23:58.220
1582	34	Márcio Ferreira	M-Seniores	Bio Team Run	01:24:12.237	01:24:08.320
1440	35	Jose Grijo	M-V35	Individual	01:24:51.707	01:24:48.020
1541	36	José Oliveira	M-V50	Pepy Family	01:24:51.867	01:24:43.690
1917	37	Carlos Santos	M-Seniores	Individual	01:24:58.617	01:24:10.967
1573	38	Eduardo Lemos	M-V45	Fisioveralemos	01:25:02.967	01:24:59.480
1526	39	Pedro Pereira	M-V40	Fapomed Sa	01:25:07.873	01:25:04.000
1462	40	Pedro Oliveira	M-Seniores	Individual	01:25:11.367	01:25:01.597
1494	41	Tomás Barroso	M-V50	Individual	01:25:23.870	01:25:16.290
7021	42	Adriano Sá	M-V45	Águias De Alvelos	01:25:27.143	01:25:24.120
1858	43	Abílio Teixeira	M-V50	Sociedade Recreio Capanense	01:25:49.867	01:25:47.094
2325	44	Adelino Soutinho	M-V35	Acolhimento Senior	01:26:02.617	01:25:19.764
1575	45	Gualter Freitas	M-V45	Individual	01:26:08.370	01:26:05.490

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
2309	46	Nuno Vieira	M-V40	Individual	01:26:10.620	01:25:59.497
1888	47	Sergio Mota	M-Seniores	Individual	01:26:11.867	01:26:06.764
2341	48	Nuno Gonçalves	M-Seniores	Individual	01:26:22.257	01:26:18.980
1889	49	Fernando Maia	M-V50	Individual	01:26:32.870	01:26:28.243
1432	50	António Santos	M-Seniores	Individual	01:26:54.117	01:26:45.170
2232	51	Ricardo Vieira	M-V35	Individual	01:27:02.870	01:26:48.407
1201	52	André Manita	M-Seniores	Individual	01:27:09.620	01:26:58.597
1172	53	Joao Oliveira	M-V55	Individual	01:27:14.067	01:27:03.507
1688	54	Frederico Fernandes	M-V35	Individual	01:27:23.620	01:27:08.650
1307	55	Floriano Silva	M-V35	Individual	01:27:30.370	01:27:27.147
1785	56	Francisco Novais	M-V50	Vitória Sport Clube	01:27:38.830	01:27:34.220
1730	57	Gonçalo Morais	M-V40	Chaves Running Team	01:27:43.740	
2238	58	David Pereira	M-Seniores	Riofit	01:27:46.873	01:26:30.893
1866	59	Fernando Pinto	M-V45	Sociedade Recreio Capanense	01:28:02.120	01:27:58.313
1527	60	André Cunha	M-Seniores	Familia Cunha	01:28:11.880	01:27:55.297
2052	61	Lídia Pereira	F-V50	GDR da GRANJA - TRUTAS DO MAU	01:28:12.123	01:28:12.123
1818	62	Nelson Marques	M-V35	Individual	01:28:22.690	01:28:03.643
1617	63	Paulo Moreira	M-Seniores	Individual	01:28:26.123	01:28:03.783
1555	64	Adriano Mendes	M-V35	Individual	01:28:29.873	01:28:15.190
1291	65	Jose Teixeira	M-V35	Individual	01:28:34.123	01:28:30.733
1695	66	Carlos Campos	M-V40	Atlético Clube Alfenense	01:28:37.680	01:28:28.790
1405	67	Flávio Fernandes	M-V45	Individual	01:28:40.123	01:28:03.010
1546	68	Miguel Rodrigues	M-Seniores	Individual	01:28:52.623	01:28:42.100
1254	69	Pedro Alonso	M-V45	Individual	01:29:16.380	01:29:07.793
2354	70	Filipe Pereira	M-V35	Individual	01:29:20.880	01:29:16.900
2355	71	Joaquim Pereira	M-V40	Individual	01:29:21.623	01:29:19.430
2171	72	Fábio Jesus	M-Seniores	Individual	01:29:25.127	01:29:20.604
1399	73	Tiago Lima	M-Seniores	Aves Runners	01:29:29.623	01:29:17.770
2212	74	Vitor Leite	M-V45	Individual	01:29:30.623	
1619	75	Segundo Rodrigues	M-V60	Individual	01:29:31.877	01:29:10.950
1822	76	Vitor Ferreira	M-V35	Individual	01:29:39.383	01:29:28.106
1817	77	Helder Silva	M-V35	Individual	01:29:42.417	01:29:29.400
1160	78	Sérgio Silva	M-V35	Individual	01:29:43.127	01:29:26.057
1544	79	Bruno Castro	M-Seniores	Individual	01:29:46.137	01:29:32.170
1698	80	Zeze Mati	M-V40	Navr	01:29:48.377	01:29:46.534
1495	81	Sérgio Mesquita	M-V35	Individual	01:29:48.627	01:29:33.147
1850	82	Alberto Machado	M-V50	Individual	01:29:51.877	01:29:30.467
1714	83	Guilhermino Meireles	M-V40	Ctm Vila Pouca De Aguiar	01:30:00.133	01:29:43.816
1459	84	João Almeida	M-V50	Individual	01:30:18.877	01:30:01.654
1968	85	Jorge Oliveira	M-V35	Individual	01:30:22.383	01:28:52.063
1289	86	Pedro Serra	M-Seniores	R/R Online	01:30:23.633	01:30:04.540
1282	87	José Ribeiro	M-V45	Individual	01:30:40.887	01:29:37.744
1226	88	Hugo Borges	M-Seniores	Individual	01:30:42.627	01:30:22.184
2364	89	Jorge Sousa	M-Seniores	Individual	01:30:44.127	
1942	90	João Amândio	M-Seniores	Individual	01:30:44.407	01:30:25.454

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
2179	91	Carlos Reis	M-V35	Individual	01:30:45.627	01:30:29.134
2183	92	Joaquim Duarte	M-Seniores	Paços Running	01:30:51.160	01:28:59.110
1471	93	Manuel Alves	M-V55	Individual	01:30:51.887	01:30:29.590
1591	94	José Rodrigues	M-V40	Individual	01:30:53.127	01:30:32.097
2182	95	Joaqim Leal	M-V35	Paços Running	01:30:54.633	01:29:03.250
1288	96	Luis Santos	M-Seniores	Individual	01:31:03.877	01:30:46.194
2228	97	Paulo Mendes	M-V40	Individual	01:31:04.387	01:30:54.960
1885	98	Mário Silva	M-V50	Individual	01:31:05.637	01:31:00.537
2019	99	Manuel Oliveira	M-V45	Individual	01:31:07.133	01:30:54.743
2272	100	Tiago Almeida	M-Seniores	Individual	01:31:14.627	
2343	101	Fernando Sousa	M-V50	Individual	01:31:23.127	01:31:16.277
1146	102	José Pinto	M-V35	Individual	01:31:24.880	01:31:19.457
1531	103	Carlos Coelho	M-Seniores	Individual	01:31:29.130	01:30:37.080
1731	104	Luis Rodrigues	M-V40	Chaves Running Team	01:31:29.130	01:31:22.993
2365	105	Antonio Ratola	M-Seniores	Individual	01:31:29.880	01:30:52.533
1554	106	Rogério Vieira	M-V50	Individual	01:31:34.887	01:31:32.514
1923	107	César Gonçalves	M-V40	Individual	01:31:36.403	01:31:24.416
1156	108	António Lourenço	M-V45	Individual	01:31:38.137	01:31:31.720
1493	109	Nuno Costa	M-Seniores	Individual	01:31:39.497	01:31:33.810
2213	110	Joaquim Silva	M-V45	Individual	01:31:41.380	01:31:36.817
1648	111	Rui Cardoso	M-V40	Individual	01:31:41.387	01:31:38.030
1550	112	Corta Fios	M-V40	Individual	01:31:41.637	01:31:38.717
7012	113	Madalena Silva	F-V40	Individual	01:31:48.900	01:31:45.983
2257	114	Luis Nobre	M-V45	Nobre Brindes	01:31:52.380	01:31:20.360
1503	115	Luis Boavista	M-V45	Individual	01:31:53.407	01:31:41.014
2199	116	Filipe Ribeiro	M-V40	Individual	01:32:16.880	01:32:14.003
1634	117	Paulo Sousa	M-V40	Individual	01:32:19.883	01:32:12.060
2345	118	Ana Gonçalves	F-V35	Individual	01:32:20.397	01:32:04.180
2267	119	Vitor Pontes	M-Seniores	Cds Salvador Do Campo	01:32:27.387	01:31:51.530
1826	120	Jose Mendes	M-V35	Individual	01:32:37.900	01:32:09.673
1772	121	Ricardo Lobo	M-V35	Individual	01:32:39.393	01:32:30.896
2037	122	Antonio Correia	M-V55	Individual	01:32:40.380	01:32:34.660
1435	123	Jorge Faria	M-V35	Individual	01:32:44.630	01:32:35.307
2148	124	Fernando Oliveira	M-V40	Individual	01:32:51.130	01:32:29.580
2263	125	Bruno Cunha	M-Seniores	Individual	01:32:51.880	01:32:26.077
1571	126	Ricardo Sampaio	M-V35	Individual	01:32:53.630	01:32:38.980
1918	127	Agostinho Carneiro	M-V50	Individual	01:32:55.380	01:32:38.983
1411	128	Diogo Silva	M-Seniores	2Slow4run	01:33:10.633	01:32:50.623
1932	129	Ricardo Gonçalves	M-V35	Papa Milhas	01:33:18.387	01:33:07.497
1950	130	António Ferreira	M-V35	Individual	01:33:19.897	01:32:14.044
2064	131	Alberto Santos	M-V40	Kilosmoda	01:33:21.633	01:33:13.193
1740	132	Helder Ribeiro	M-V35	Individual	01:33:27.133	01:33:21.863
1878	133	Sérgio Fernandes	M-V40	Sociedade Recreio Capanense	01:33:31.147	01:33:21.984
1877	134	Rui Silva	M-V45	Sociedade Recreio Capanense	01:33:31.383	01:33:24.380
1860	135	António Pereira	M-V40	Sociedade Recreio Capanense	01:33:31.383	01:33:24.706

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
2094	136	Nuno Sousa	M-V40	Individual	01:33:42.133	01:33:32.156
1708	137	Jose Lopes	M-V45	Individual	01:33:46.887	01:32:23.440
2214	138	José Nunes	M-V45	Individual	01:33:47.137	01:33:26.847
1540	139	Gonçalo Pinheiro	M-V40	Individual	01:33:52.883	01:33:36.376
1287	140	Paulo Pereira	M-V45	Individual	01:33:55.640	01:33:16.313
1286	141	Jose Ferreira	M-V50	Individual	01:33:59.133	01:33:40.036
1893	142	Jose Lopes	M-V40	Individual	01:34:17.887	01:34:03.830
1374	143	Rui Fontes	M-V45	Amigos Das Sapatilhas	01:34:23.140	01:34:11.787
1864	144	Carlos Lopes	M-V40	Sociedade Recreio Capanense	01:34:27.137	01:34:21.920
2092	145	Eusébio Fernandes	M-V40	Individual	01:34:30.133	01:34:19.443
1271	146	Pedro Santos	M-V40	Individual	01:34:37.890	01:33:32.567
1812	147	Vitor Figueiredo	M-V50	Figueiredo'S Runner'S And Friends	01:34:41.387	01:34:28.557
1276	148	José Pereira	M-V50	Amigos Ponto Final	01:34:41.893	01:34:34.646
1886	149	Carlos Canito	M-V45	Individual	01:34:43.643	01:34:38.606
1185	150	Aurélio Vieira	M-V40	Individual	01:34:50.397	01:34:43.940
1187	151	Joaquim Pinheiro	M-V45	Individual	01:34:50.633	01:34:36.740
1867	152	Francisco Cunha	M-V40	Sociedade Recreio Capanense	01:34:52.393	01:34:44.846
1213	153	Cátia Falhas	F-Seniores	Individual	01:34:55.123	01:34:42.760
1815	154	João Barbado	M-V45	Individual	01:35:01.123	01:34:45.106
1615	155	Fábio Gomes	M-Seniores	Individual	01:35:03.387	01:34:25.904
1694	156	Norberto Costa	M-V60	Chaves Running Team	01:35:07.143	01:34:45.296
1209	157	Heber Pires	M-Seniores	Individual	01:35:21.137	01:35:05.434
2066	158	José Alves	M-V45	Kilosmoda	01:35:28.637	01:35:17.014
2068	159	Sérgio Gonçalves	M-V35	Kilosmoda	01:35:30.620	01:35:13.590
2067	160	Pedro Silva	M-V40	Kilosmoda	01:35:31.887	01:35:18.974
1949	161	Sérgio Fonseca	M-V45	Individual	01:35:33.140	01:34:59.533
2165	162	Gentil Mendes	M-V40	Guimarunning Moscada	01:35:33.893	01:35:23.206
2168	163	Filipe Braga	M-V35	Individual	01:35:47.887	01:35:38.944
1237	164	André Cid	M-V40	Individual	01:35:54.617	01:35:43.487
1329	165	Paulo Lemos	M-V40	Arpo	01:35:55.873	01:35:40.723
2281	166	José Gomes	M-V40	Vila Ativa - S. Torcato	01:35:55.893	01:35:21.970
2296	167	Alexandre Ferreira	M-V35	Individual	01:35:57.887	01:35:43.660
1586	168	Paulo Teixeira	M-V40	Individual	01:35:59.150	01:34:56.600
1306	169	Domingos Freitas	M-V60	Individual	01:36:06.113	01:35:50.936
2225	170	Diogo Oliveira	M-V40	Individual	01:36:15.887	01:34:18.947
1406	171	Marco Vaz	M-V35	Individual	01:36:16.887	01:35:40.630
7010	172	João Silva	M-V55	Individual	01:36:22.637	01:36:19.204
1468	173	Joaquim Pereira	M-V60	Individual	01:36:22.890	01:36:02.223
2243	174	Filipe Freitas	M-V40	Riofit	01:36:26.640	01:35:10.060
1490	175	Vitor Rodrigues	M-Seniores	Individual	01:36:26.890	01:34:47.587
1969	176	Bruno Abreu	M-Seniores	Individual	01:36:27.137	01:35:09.930
2323	177	André Figueiredo	M-V40	Individual	01:36:27.137	01:35:01.924
2244	178	João Meira	M-V40	Riofit	01:36:27.403	01:35:12.213
1137	179	Nelson Moura	M-V35	Individual	01:36:27.640	01:36:00.667
1390	180	Antonio Soares	M-V35	Individual	01:36:28.137	01:35:24.287

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
1597	181	Júlio Sanches	M-Seniores	Individual	01:36:32.613	01:34:16.743
1434	182	Luis Gomes	M-Seniores	Individual	01:36:34.140	01:36:26.313
2160	183	Jorge Nunes	M-V50	Individual	01:36:35.887	01:36:07.337
1875	184	Osvaldo Soares	M-V45	Sociedade Recreio Capanense	01:36:36.137	01:36:21.104
1830	185	Luis Silva	M-V35	Ajvermil	01:36:42.483	01:36:13.146
1859	186	Adelino Silva	M-V60	Sociedade Recreio Capanense	01:36:45.640	01:36:39.820
1407	187	Nelson Almeida	M-V35	Individual	01:36:46.637	01:36:03.010
1404	188	Bruno Ribeiro	M-Seniores	Individual	01:36:47.640	01:36:03.713
1724	189	António Ribeiro	M-V35	Individual	01:36:51.137	01:36:22.324
1132	190	Nuno Lomba	M-Seniores	Individual	01:36:56.647	01:36:35.814
1216	191	Tiago Osório	M-Seniores	Individual	01:36:59.387	01:35:58.940
1712	192	Carlos Sousa	M-V45	Ctm Vila Pouca De Aguiar	01:37:05.890	01:36:48.207
1895	193	Joaquim Morais	M-V45	Individual	01:37:11.397	01:35:29.367
2332	194	Sérgio Fernandes	M-V35	Individual	01:37:11.637	01:37:06.370
1865	195	Ernesto Sousa	M-V40	Sociedade Recreio Capanense	01:37:12.387	01:37:01.100
1524	196	Cesário Leite	M-Seniores	Fapomed Sa	01:37:14.067	01:36:53.020
1451	197	Alexandre Ferreira	M-V50	Individual	01:37:18.890	01:36:32.243
1454	198	João Martins	M-Seniores	Individual	01:37:19.640	01:37:13.260
1814	199	Francisco Rodrigues	M-V55	Individual	01:37:24.640	01:36:39.767
1396	200	Antonio Caldas	M-V45	Individual	01:37:24.890	01:36:36.003
2028	201	Ana Azevedo	F-Juniores	Individual	01:37:28.147	01:37:15.700
1186	202	Tiago Fidalgo	M-V35	Individual	01:37:30.147	01:36:19.377
1793	203	Manuel Novais	M-V55	Vitória Sport Clube	01:37:40.427	01:37:20.754
1270	204	Davide Pereira	M-Seniores	Individual	01:37:43.147	01:37:16.084
1997	205	Ricardo Pereira	M-V35	Individual	01:37:48.140	01:37:27.997
1977	206	José Ponte	M-V60	Edv Viana Trail	01:37:59.143	01:37:51.660
1699	207	Fábio Mourão	M-Seniores	Individual	01:38:02.147	01:37:05.340
2337	208	João Fernandes	M-Seniores	Individual	01:38:07.390	01:37:54.007
1970	209	Jorge Coelho	M-V50	Individual	01:38:11.397	01:38:02.504
1489	210	Tiago Mendes	M-V45	Individual	01:38:27.640	
1603	211	Nuno Gomes	M-Seniores	Tarmac Team	01:38:35.890	01:37:46.483
1666	212	Carlos Vitorino	M-V45	Clube Ferroviário De Portugal	01:38:36.643	01:38:19.140
1856	213	Joao Goncalves	M-V50	Maisfit Runners	01:38:40.400	01:38:26.383
1948	214	José Lemos	M-Seniores	Individual	01:38:49.897	01:38:16.710
1298	215	Pedro Cruz	M-V35	Individual	01:38:52.143	01:38:48.380
1588	216	Arnaldo Rolo	M-V50	Runners Da Frpsi	01:38:52.390	01:38:23.400
1388	217	Ricardo Fernandes	M-Seniores	Rc3	01:38:52.893	01:38:28.316
1492	218	Sérgio Sorte	M-Seniores	Individual	01:38:55.143	01:38:22.146
1810	219	Paulo Pereira	M-Seniores	Individual	01:38:58.643	01:38:39.840
2222	220	Miguel Machado	M-Seniores	Santa Eulália Runners	01:39:01.143	01:37:47.936
2008	221	Graça Costa	F-V50	Individual	01:39:06.900	01:38:50.407
1218	222	Tiago Mourão	M-Seniores	Individual	01:39:12.900	01:39:01.980
1491	223	João Girão	M-Seniores	Individual	01:39:13.643	01:38:09.120
1697	224	Rui Veloso	M-Seniores	Individual	01:39:14.150	01:38:50.083
1926	225	Afonso Pereira	M-V40	Individual	01:39:19.393	01:38:49.246

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
2065	226	João Ferreira	M-Seniores	Kilosmoda	01:39:24.643	01:39:10.220
1292	227	André Moreira	M-Seniores	Individual	01:39:27.400	01:38:29.230
2009	228	Carlos Traquino	M-V35	Individual	01:39:29.643	01:39:06.726
1690	229	Moisés Ferreira	M-V40	Individual	01:39:33.893	01:39:20.210
1693	230	Miguel Almeida	M-V40	Chaves Running Team	01:39:35.087	
1991	231	Nuno Machado	M-V35	Individual	01:39:37.893	01:39:07.140
1616	232	Manuel Mendes	M-V55	Individual	01:39:44.147	01:39:41.860
2276	233	José Pinto	M-V45	Individual	01:39:46.643	01:39:23.160
1916	234	André Dinis	M-Seniores	Individual	01:39:48.650	01:39:11.253
1262	235	Ricardo Santos	M-V35	Individual	01:39:49.397	01:39:02.014
1204	236	André Cardão	M-Seniores	Individual	01:39:51.643	01:38:05.286
2118	237	Ricardo Silva	M-Seniores	N.A.Taipas	01:39:53.147	
1663	238	Nuno Carvalho	M-Seniores	Individual	01:39:53.337	01:39:48.604
1748	239	A.Silva Silva	M-V40	Individual	01:39:53.897	01:39:01.210
1863	240	Carlos Lemos	M-V55	Sociedade Recreio Capanense	01:39:57.143	01:39:51.660
1223	241	Carlota Araújo	F-V35	Individual	01:40:04.073	01:40:00.426
1831	242	Paulo Fernandes	M-V40	Ajvermil	01:40:04.650	01:39:35.070
1506	243	Paulo Pinheiro	M-V50	Individual	01:40:08.147	01:39:05.154
1293	244	Sergio Crista	M-V35	Persistentes	01:40:26.393	01:39:24.640
2245	245	José Oliveira	M-V40	Riofit	01:40:30.653	01:39:13.290
1761	246	Jose Costa	M-V45	Ss Montepio	01:40:30.930	01:38:38.480
1762	247	Julio Santos	M-V40	Ss Montepio	01:40:31.397	01:38:38.957
2249	248	Ricardo Freitas	M-Seniores	Riofit	01:40:33.577	01:39:16.634
1861	249	António Mendes	M-V50	Sociedade Recreio Capanense	01:40:41.653	01:40:36.166
1870	250	Jorge Ferreira	M-V40	Sociedade Recreio Capanense	01:40:43.327	01:40:37.350
1964	251	Cláudia Carvalho	F-V35	Sociedade Recreio Capanense	01:40:43.583	01:40:38.466
1827	252	Eduardo Ribeiro	M-V40	Opraticante.Pt / A. D. Amarante Atletismo	01:40:45.403	01:40:26.016
1927	253	Luis Guise	M-V45	Individual	01:40:46.897	01:40:29.580
1343	254	Jose Sa	M-V55	Individual	01:40:50.897	01:40:35.810
2329	255	José Batista	M-Seniores	Bolama	01:40:53.897	01:38:44.210
1324	256	Geraldo Campos	M-V55	Individual	01:40:57.153	01:39:25.703
1633	257	Manuel Sousa	M-V60	Individual	01:41:03.147	01:40:48.984
1412	258	Vitor Pinto	M-Seniores	2Slow4run	01:41:03.397	01:40:42.090
1534	259	Silverio Rocha	M-V55	Individual	01:41:04.147	01:40:43.810
1346	260	Alberto Leite	M-V60	Correr Com C´Alma	01:41:06.397	01:40:43.287
1787	261	J Peixe	M-V40	Vitória Sport Clube	01:41:19.647	01:41:02.194
2320	262	Ludovico Monteiro	M-Seniores	Individual	01:41:20.397	01:39:35.757
2153	263	Manuel Faria	M-V55	Individual	01:41:21.397	01:41:01.104
1905	264	Filipe Teixeira	M-V40	Individual	01:41:22.647	01:40:51.347
2246	265	Manuel Lopes	M-V45	Riofit	01:41:22.903	01:40:08.063
2235	266	Abílio Oliveira	M-V40	Riofit	01:41:23.150	01:40:08.363
1398	267	Rafael Galvão	M-V40	Individual	01:41:25.397	01:40:57.950
1763	268	Rui Carvalho	M-V35	Ss Montepio	01:41:26.830	01:41:01.703
1890	269	Paulo Oliveira	M-V45	Individual	01:41:27.647	01:41:23.364
1536	270	Rui Freitas	M-V35	Save Tibet / Esgalhada Trail Team	01:41:29.897	01:41:20.950

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
2012	271	Gonçalo Martins	M-Seniores	Individual	01:41:36.653	01:40:50.850
1450	272	António Oliveira	M-V45	Individual	01:41:37.147	01:40:33.254
1386	273	Joaquim Vieira	M-V50	Individual	01:41:37.397	01:40:38.214
1395	274	Luís Ribeiro	M-Seniores	Individual	01:41:39.153	01:41:26.236
2173	275	Álvaro Costa	M-V45	Individual	01:41:39.153	01:40:40.096
2280	276	José Silva	M-Seniores	Vila Ativa - S. Torcato	01:41:39.900	01:41:05.723
1764	277	Vasco Silva	M-V40	Ss Montepio	01:41:39.907	01:41:05.894
1775	278	Francisco Branco	M-V40	Individual	01:41:40.150	01:40:50.427
2178	279	Júlio Lourenço	M-V35	Individual	01:41:40.900	01:40:09.730
1645	280	Tomás Pereira	M-V50	Individual	01:41:41.147	01:41:23.267
1660	281	Sérgio Lopes	M-V45	Individual	01:41:41.150	01:41:37.667
1623	282	Adriana Sousa	F-Seniores	Individual	01:41:41.653	01:41:23.523
1402	283	Pedro Rodrigues	M-V35	Individual	01:41:41.897	01:40:04.350
1996	284	Luís Teixeira	M-V40	Individual	01:41:43.150	01:40:59.643
1517	285	Carlos Palmeiro	M-V35	Individual	01:41:47.400	01:41:16.247
1876	286	Patrício Rodrigues	M-V35	Sociedade Recreio Capanense	01:41:49.647	01:41:42.004
1981	287	Francisco Morais	M-V40	Adeca Beat	01:41:51.400	01:41:35.760
1980	288	Abílio Faria	M-V45	Adeca Beat	01:41:53.567	01:41:38.857
2061	289	Ruca Santos	M-V40	Individual	01:41:57.903	01:40:57.646
2239	290	Diogo Abreu	M-Seniores	Riofit	01:41:59.150	01:40:41.793
1773	291	Vitor Amorim	M-V35	Individual	01:42:03.897	
1686	292	Augusto Almeida	M-V45	Individual	01:42:06.897	01:41:17.630
1488	293	António Macedo	M-V40	Individual	01:42:07.647	01:41:28.714
2360	294	Pedro Coelho	M-V45	Individual	01:42:10.657	01:41:42.204
1593	295	André Carvalho	M-Seniores	Individual	01:42:10.903	01:41:36.293
1260	296	Pedro Magalhaes	M-Seniores	Arco4run	01:42:11.653	01:41:07.036
1733	297	Bruno Silva	M-V35	Individual	01:42:12.900	01:41:10.443
1414	298	Manuel Costa	M-V55	Individual	01:42:18.407	01:41:20.360
1169	299	Pedro Henriques	M-Seniores	N.A.Cucujães	01:42:20.653	01:41:42.526
2195	300	Carlos Leal	M-V35	Kemedo Team	01:42:21.147	01:41:43.064
2333	301	Paulo Mesquita	M-Seniores	Individual	01:42:22.147	01:41:58.854
2109	302	Joaquim Silva	M-V55	N.A.Taipas	01:42:23.650	01:41:56.717
1273	303	Alexandre Ferreira	M-V50	Amigos Ponto Final	01:42:24.897	01:42:11.517
1274	304	Celestino Silva	M-V50	Amigos Ponto Final	01:42:25.153	01:42:06.433
1721	305	Serafim Ramos	M-V55	Individual	01:42:30.150	01:41:43.747
1472	306	Bruno Rodrigues	M-V35	Individual	01:42:32.157	01:40:43.684
1245	307	Luís Félix	M-Seniores	Individual	01:42:42.147	01:40:35.980
2123	308	Toni Neto	M-V35	Aves Runners	01:42:47.400	01:41:58.853
1652	309	António Ponte	M-V45	Individual	01:42:53.650	01:42:49.670
1924	310	Tiago Meneses	M-Seniores	Individual	01:42:59.307	01:42:46.797
1380	311	Luis Faria	M-V45	Individual	01:43:01.400	01:42:27.977
1421	312	António Costa	M-V50	Individual	01:43:01.903	01:42:33.800
1211	313	Arsénio Santos	M-V50	Individual	01:43:06.650	01:42:50.867
1618	314	Jose Fernandes	M-V60	Individual	01:43:07.907	01:42:55.410
1511	315	Raul Macedo	M-V50	Individual	01:43:08.657	01:42:34.377

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
1625	316	Abílio Cruz	M-V40	Individual	01:43:14.157	01:42:00.824
2098	317	Adão Gonçalves	M-V45	N.A.Taipas	01:43:18.150	01:41:21.343
2366	318	Pedro Ratola	M-V50	Individual	01:43:18.650	01:42:41.253
1853	319	Pedro Machado	M-V45	Individual	01:43:21.150	01:42:37.590
2218	320	Amândio Fonseca	M-V55	Individual	01:43:23.900	01:41:46.320
1214	321	Nuno Ferreira	M-Seniores	Individual	01:43:24.150	01:42:10.900
1749	322	João Pereira	M-V40	Individual	01:43:31.150	01:42:58.880
2307	323	João Silva	M-V50	Individual	01:43:31.650	01:42:20.127
1463	324	Paulo Lopes	M-Seniores	Individual	01:43:33.657	01:43:27.940
1678	325	Rui Tinoco	M-V45	Individual	01:43:38.400	01:43:27.977
1232	326	Jeronimo Silva	M-V40	Individual	01:43:38.900	01:43:12.273
1732	327	António Marques	M-V50	Individual	01:43:40.650	01:43:25.770
1420	328	Paulo Antunes	M-V40	Individual	01:43:43.900	01:42:46.780
2306	329	Ricardo Lopes	M-V45	Individual	01:43:45.650	01:42:34.640
1596	330	Jose Ferreira	M-Seniores	Individual	01:43:46.650	01:42:49.923
1200	331	José Sousa	M-V50	Individual	01:43:48.900	01:43:32.973
2137	332	Sérgio Bastos	M-V40	Individual	01:43:49.650	01:42:48.587
2270	333	Olga Branquinho	F-V45	Maisfit Runners	01:43:50.900	01:43:37.260
1530	334	Aníbal Carralas	M-V40	Individual	01:43:53.657	01:43:45.330
2266	335	José Faria	M-V40	Individual	01:43:55.400	01:42:17.910
1673	336	Raquel Andrade	F-V35	Individual	01:43:55.903	01:43:30.600
1674	337	Bruno Moura	M-V35	Individual	01:43:56.160	01:43:31.127
1191	338	João Gil	M-V60	Aventureiros	01:43:57.150	01:43:26.283
1393	339	Jose Leite	M-V55	Ginasio Clube Santo Tirso	01:43:59.150	01:43:53.930
1522	340	Jorge Pouso	M-Seniores	Individual	01:44:00.650	01:42:53.163
1862	341	António Cunha	M-V40	Sociedade Recreio Capanense	01:44:04.903	01:43:46.573
1937	342	João Trigo	M-Seniores	Individual	01:44:07.650	01:43:02.143
2047	343	Jorge Silva	M-V40	Individual	01:44:10.660	01:43:39.640
1979	344	Pedro Lopes	M-Seniores	Individual	01:44:10.903	01:42:06.636
2256	345	José Sousa	M-Seniores	Individual	01:44:13.403	01:43:38.593
2231	346	Carlos Alves	M-V35	Individual	01:44:16.457	
1994	347	Hélder Silva	M-V40	Individual	01:44:20.403	01:43:42.183
1797	348	Vitor Lemos	M-V45	Vitória Sport Clube	01:44:20.410	01:44:02.133
1782	349	Carlos Gonçalves	M-V50	Vitória Sport Clube	01:44:20.410	01:44:02.180
1794	350	Miguel Mendes	M-V35	Vitória Sport Clube	01:44:20.903	01:44:02.383
1150	351	José Duarte	M-V35	Individual	01:44:22.150	01:43:23.883
1786	352	Hélder Vieira	M-V40	Vitória Sport Clube	01:44:22.797	01:44:05.540
1157	353	José Simões	M-V45	Individual	01:44:23.650	01:43:12.887
1448	354	Nuno Monteiro	M-V35	Individual	01:44:25.900	01:42:44.847
1835	355	Júlio Cunha	M-V40	Fdp Dream Team	01:44:25.900	01:43:13.223
1133	356	Carlos Oliveira	M-V45	Individual	01:44:32.293	01:43:32.786
1832	357	Sérgio Costa	M-Seniores	Individual	01:44:32.403	01:43:05.830
1179	358	David Rodrigues	M-V55	Individual	01:44:37.670	01:44:06.453
1217	359	Luis Ramos	M-V35	Individual	01:44:40.650	01:44:28.560
2356	360	Adelino Faria	M-V45	Individual	01:44:45.653	01:44:10.786

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
1925	361	Olegário Oliveira	M-V45	Individual	01:44:46.903	01:44:18.636
1445	362	Filipe Lobo	M-V35	Individual	01:44:48.903	01:43:01.903
1538	363	Vitor Oliveira	M-Seniores	Individual	01:44:49.153	01:42:50.110
1576	364	Diogo Machado	M-Seniores	Individual	01:44:49.903	01:42:51.963
1297	365	Paulo Santos	M-V50	Lourdete Perfumarias	01:44:51.043	01:44:44.630
2027	366	José Silva	M-V55	Conquistadores	01:44:51.903	01:44:26.103
1326	367	Ricardo Ribeiro	M-V45	Individual	01:44:52.153	01:43:53.663
1266	368	Paulo Cunha	M-V45	Individual	01:44:54.900	01:44:46.010
1512	369	Claudio Carneiro	M-Seniores	Individual	01:44:55.653	01:43:54.330
2005	370	José Bonjardim	M-V45	Ss Cgd	01:44:56.910	01:44:34.263
1842	371	João Silva	M-V35	Individual	01:44:58.903	01:44:28.326
2114	372	Manuel Mota	M-V50	N.A.Taipas	01:45:01.153	01:43:04.916
2288	373	Belmiro Parada	M-V45	Individual	01:45:01.153	01:44:35.680
1676	374	Oscar Silva	M-V50	Individual	01:45:02.657	01:43:12.000
2207	375	João Costa	M-V35	Individual	01:45:02.910	01:43:59.607
1675	376	Manuel Barbosa	M-V50	Individual	01:45:03.903	01:44:16.400
1427	377	Roberto Silva	M-Seniores	Individual	01:45:06.907	01:44:37.747
2060	378	Helder Faria	M-V35	Individual	01:45:08.653	01:44:30.126
1366	379	Ricardo Machado	M-V40	Individual	01:45:10.410	01:44:14.223
1709	380	Ângelo Costa	M-Seniores	Ctm Vila Pouca De Aguiar	01:45:11.410	01:44:23.330
2206	381	Manuel Maia	M-Seniores	Individual	01:45:14.410	01:44:48.727
1345	382	Pedro Pereira	M-V35	Individual	01:45:19.160	01:44:22.977
1672	383	Vitor Esteves	M-V40	Individual	01:45:20.660	01:44:44.033
1180	384	Rui Paralvas	M-V35	Individual	01:45:22.403	01:43:31.086
1605	385	Fernando Silva	M-V55	Individual	01:45:30.907	01:45:01.574
1358	386	Vitor Silva	M-V50	Individual	01:45:31.410	01:44:09.547
1743	387	António Mendes	M-V50	Individual	01:45:35.657	01:44:31.764
1946	388	Cristiano Ferreira	M-V35	Individual	01:45:41.907	01:45:08.360
1947	389	José Maias	M-V45	Individual	01:45:41.907	01:45:08.407
1391	390	David Queirós	M-Seniores	Individual	01:45:47.040	01:44:41.520
1311	391	Antonio Costa	M-V35	Individual	01:45:48.153	01:45:38.486
1247	392	Silvério Pinto	M-V50	Individual	01:45:52.153	01:45:30.490
1533	393	Victor Suarez	M-Seniores	Individual	01:45:54.653	01:44:46.663
2084	394	Pedro Reis	M-Seniores	Individual	01:45:57.653	01:44:56.326
1521	395	Javi Bonano	M-Seniores	Individual	01:45:59.153	01:44:51.220
1976	396	Diogo Pinto	M-Seniores	Individual	01:45:59.157	01:45:50.514
1409	397	Luís Alves	M-Seniores	Individual	01:46:00.283	01:44:34.000
1874	398	Luís Gomes	M-V50	Sociedade Recreio Capanense	01:46:12.257	01:45:27.457
1436	399	Fernando Pereira	M-V45	Individual	01:46:16.920	01:45:36.643
1240	400	Filipe Monteiro	M-Seniores	Molinhos Team	01:46:17.157	01:45:40.280
1765	401	Vitor Barros	M-V45	Individual	01:46:17.413	01:44:34.983
1683	402	Miguel Ribeiro	M-Seniores	Ribeiros	01:46:17.917	01:45:26.740
2132	403	Nelson Teixeira	M-V40	True Evolution	01:46:17.917	01:44:59.494
1382	404	Nélson Fernandes	M-Seniores	Individual	01:46:19.413	01:45:37.896
1502	405	Jorge Maciel	M-Seniores	Individual	01:46:19.657	01:45:37.634

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
1909	406	Henrique Matos	M-Seniores	Individual	01:46:24.663	01:45:13.720
1552	407	Rui Cardoso	M-V40	Individual	01:46:27.407	01:46:24.854
2127	408	Jorge Ferreira	M-V40	Individual	01:46:27.657	01:44:29.264
1183	409	Emanuel Ferreira	M-Seniores	Individual	01:46:29.660	01:45:21.383
2211	410	Mário Oliveira	M-V40	Individual	01:46:33.653	01:46:29.090
1944	411	Adriana Dias	F-V35	Individual	01:46:34.913	01:46:01.123
1528	412	Ricardo Miguelote	M-Seniores	Familia Cunha	01:46:42.157	01:46:23.640
1742	413	Júlio Silva	M-V35	Individual	01:46:42.907	01:44:56.174
2124	414	Luís Ferreira	M-V40	Individual	01:46:42.917	01:46:00.720
2145	415	Pedro Vidal	M-V40	Individual	01:46:43.157	01:46:02.800
1340	416	Sérgio Borges	M-Seniores	Individual	01:46:44.667	01:46:09.210
1903	417	António Boavista	M-V55	Individual	01:46:44.667	01:46:31.544
1915	418	Tânia Salgado	F-V35	Individual	01:46:47.663	01:46:34.643
1283	419	Rogério Soares	M-Seniores	Individual	01:46:51.657	01:46:32.404
1954	420	Nuno Santos	M-V35	Individual	01:46:53.153	01:46:16.593
2143	421	Rui Freitas	M-Seniores	Individual	01:46:55.773	01:45:59.253
1857	422	Miguel Gomes	M-V40	Individual	01:46:58.407	01:45:29.404
1640	423	Pedro Costa	M-V40	Individual	01:46:59.160	01:46:10.900
1851	424	Luis Cunha	M-V45	Individual	01:47:00.907	01:46:16.580
1880	425	José Pereira	M-V40	Sociedade Recreio Capanense	01:47:01.023	01:46:36.196
1852	426	Ernesto Fernandes	M-V50	Individual	01:47:01.407	01:46:16.024
1272	427	Américo Coelho	M-V55	Individual	01:47:06.657	01:46:37.764
1993	428	Ana Campos	F-V35	Individual	01:47:07.157	01:46:17.510
1703	429	Sergio Branquinho	M-Seniores	Oliveira Runners	01:47:08.907	01:46:05.977
2042	430	Jose Fernandes	M-V40	Individual	01:47:09.157	01:45:43.784
1919	431	Marco Pereira	M-V45	Individual	01:47:11.657	01:46:14.767
1397	432	José Costa	M-V50	Individual	01:47:13.407	01:46:59.480
1241	433	Rafael Alves	M-V50	Molinhãs Team	01:47:18.157	01:46:40.917
1624	434	João Simões	M-V35	Dci / Ccdrpedrulha - Mealhada	01:47:22.907	01:45:25.810
1142	435	Luis Lobo	M-Seniores	Individual	01:47:29.157	01:47:19.684
1202	436	Jorge Lobo	M-V45	Individual	01:47:31.277	01:47:22.170
2021	437	Angela Costa	F-V45	Guimarunning Moscada	01:47:31.913	01:47:19.470
1897	438	Marco Pinto	M-Seniores	M&N	01:47:33.410	
1784	439	Filipe Oliveira	M-V45	Vitória Sport Clube	01:47:34.660	01:47:16.143
1783	440	Carlos Ribeiro	M-V55	Vitória Sport Clube	01:47:35.660	01:47:18.340
1347	441	Rodrigo Gomes	M-V50	Individual	01:47:36.167	01:47:25.794
1788	442	Joao Faria	M-V45	Vitória Sport Clube	01:47:36.407	01:47:19.387
1789	443	Joao Freitas	M-V50	Vitória Sport Clube	01:47:36.657	01:47:18.604
1790	444	Jose Freitas	M-V45	Vitória Sport Clube	01:47:36.907	01:47:19.070
1792	445	Luis Mendes	M-V35	Vitória Sport Clube	01:47:38.407	01:47:20.947
1921	446	Daniel Macedo	M-Seniores	Individual	01:47:38.907	01:46:49.177
1795	447	Paulo Abreu	M-V40	Vitória Sport Clube	01:47:40.913	01:47:21.956
1696	448	Diogo Machado	M-Seniores	Individual	01:47:43.163	01:47:03.703
1579	449	Diogo Pinheiro	M-V40	Individual	01:47:45.673	01:47:16.433
1509	450	Vitor Lopes	M-Seniores	Teamwrtpd	01:47:48.657	01:45:57.284

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
1722	451	Luis Cunha	M-V45	Individual	01:47:51.907	01:47:22.537
1750	452	Pedro Maia	M-Seniores	Individual	01:47:54.913	01:46:48.156
1751	453	Bruno Rocha	M-Seniores	Individual	01:47:55.160	01:46:48.407
2255	454	Hugo Pereira	M-Seniores	Individual	01:47:56.660	01:47:22.047
1630	455	Gabriel Carneiro	M-Seniores	Aves Runners	01:47:57.160	01:47:07.370
1760	456	João Mesquita	M-V45	Ss Montepio	01:47:57.660	01:47:34.707
1523	457	Gaspar Pais	M-V45	Individual	01:48:06.167	01:46:47.060
1535	458	António Almeida	M-Seniores	Individual	01:48:06.910	01:47:27.317
1801	459	Jose Fontes	M-V45	Individual	01:48:12.197	01:47:41.554
1140	460	Joaquim Novais	M-V50	Individual	01:48:15.407	01:47:59.090
2271	461	Joao Lima	M-Seniores	Individual	01:48:19.660	01:47:43.743
2022	462	Romeu Gomes	M-V35	Guimarunning Moscada	01:48:19.763	
1344	463	Pedro Faria	M-Seniores	Individual	01:48:21.910	01:47:53.690
2285	464	Ricardo Fernandes	M-V40	Individual	01:48:24.917	01:48:15.857
1987	465	Vitor Oliveira	M-V45	Individual	01:48:31.770	01:47:52.987
1684	466	Albino Carvalho	M-V40	Individual	01:48:33.160	01:47:45.010
1687	467	Marco Almeida	M-V40	Individual	01:48:33.417	01:47:44.947
1422	468	Jacinto Mendes	M-V45	Individual	01:48:36.907	01:47:23.090
1369	469	Jan-Hendrik Mohr	M-Seniores	Individual	01:48:41.660	01:48:06.513
1725	470	José Almeida	M-V55	Conquistadores	01:48:44.160	01:47:13.090
1251	471	Nelson Lopes	M-V40	Individual	01:48:45.160	01:48:16.083
2331	472	Sergio Teixeira	M-V45	Os Coxos	01:48:48.910	01:48:01.637
1701	473	José Henriques	M-V40	Oliveira Runners	01:48:50.657	01:47:46.597
1828	474	Silvio Pinto	M-V35	Opraticante.Pt / A. D. Amarante Atletismo	01:48:52.510	01:48:34.327
1385	475	Carlos Vieira	M-V45	Individual	01:48:54.917	01:47:55.740
1278	476	Paulo Marques	M-V45	Amigos Ponto Final	01:48:55.413	01:48:42.823
2087	477	Jose Morais	M-V45	Individual	01:49:03.660	01:48:05.680
1757	478	Fernando Carvalho	M-V50	Ss Montepio	01:49:04.910	01:48:40.193
1558	479	Agostinho Sousa	M-V40	Individual	01:49:06.667	01:48:44.694
1737	480	Armindo Gomes	M-V40	Teamwrtpd	01:49:12.660	01:47:19.620
2146	481	Priscila Nantua	F-Seniores	Guimarunning Moscada	01:49:15.410	01:49:01.523
2104	482	António Rodrigues	M-V50	N.A.Taipas	01:49:17.910	01:48:25.127
1906	483	Rui Faria	M-V35	Individual	01:49:18.910	01:48:51.087
1854	484	Alvaro Araújo	M-V55	Individual	01:49:24.660	01:49:04.513
2362	485	Maximino Silva	M-V40	Individual	01:49:25.410	01:49:01.233
1194	486	Vitor Pinto	M-V40	Individual	01:49:26.163	01:47:27.073
2157	487	José Costa	M-V40	Individual	01:49:33.160	01:48:06.737
2158	488	José Oliveira	M-V45	Individual	01:49:33.660	01:48:07.140
1689	489	Carlos Sousa	M-V40	Individual	01:49:34.910	01:48:33.110
1774	490	Carlos Leal	M-V40	Individual	01:49:39.660	01:48:48.423
1457	491	André Loureiro	M-Seniores	Individual	01:49:40.697	01:48:34.244
1920	492	Carlos Ferreira	M-V45	Individual	01:49:42.913	01:48:45.586
1379	493	David Silva	M-V35	Individual	01:49:47.160	01:49:01.980
2330	494	Nuno Martins	M-Seniores	Bolama	01:49:50.410	01:47:39.433
2001	495	Nuno Sampaio	M-V40	Individual	01:49:50.667	01:49:00.484

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
1879	496	João Martins	M-Seniores	Sociedade Recreio Capanense	01:49:53.187	01:49:21.717
1855	497	Arlindo Jesus	M-V45	Bio Team Run	01:49:54.660	01:49:34.703
1952	498	José Sistelo	M-V35	Individual	01:49:54.913	01:49:14.030
1824	499	Manuel Teixeira	M-V50	Individual	01:49:57.170	01:48:13.633
2315	500	Eurides Gonçalves	M-Seniores	Individual	01:49:57.177	01:48:57.797
2131	501	João Teixeira	M-Seniores	True Evolution	01:49:57.413	01:48:38.270
2117	502	Pedro Regueiras	M-V35	N.A.Taipas	01:50:00.677	01:49:22.777
2103	503	António Silva	M-V45	N.A.Taipas	01:50:00.680	01:49:21.900
7007	504	José Capela	M-V55	Individual	01:50:00.680	01:49:24.527
1759	505	João Cardoso	M-V50	Ss Montepio	01:50:10.260	01:49:46.350
2174	506	Dinis Silva	M-Seniores	Habitus Gym	01:50:13.660	01:48:09.127
1413	507	Paulo Brás	M-Seniores	Equipa Maria Clara	01:50:18.500	01:48:48.777
2328	508	Pedro Regueiras	M-V35	Bolama	01:50:18.913	01:49:25.723
1960	509	Rui Lourenço	M-V45	Individual	01:50:20.670	01:49:28.077
2289	510	Bruno Pereira	M-V35	Individual	01:50:24.660	01:49:43.960
2299	511	Filipe Barbosa	M-Seniores	Individual	01:50:25.920	01:50:00.237
2007	512	João Regueiras	M-V35	Individual	01:50:26.413	01:49:00.733
1129	513	Alberto Martinho	M-Seniores	Individual	01:50:29.913	01:49:07.166
1755	514	Rosa Ferreira	F-V50	Maisfit Runners	01:50:33.163	01:50:18.733
1277	515	Manuel Silva	M-V45	Amigos Ponto Final	01:50:33.250	01:50:12.997
1336	516	João Teixeira	M-V35	Individual	01:50:43.410	01:49:12.900
2237	517	Daniel Martinho	M-Seniores	Riofit	01:50:44.913	01:49:26.930
1727	518	Agostinho Bizarro	M-V40	Individual	01:50:46.417	01:49:07.954
1681	519	Carlos Cardoso	M-V45	Individual	01:50:48.413	01:50:02.793
1322	520	Daniel Pimenta	M-V45	Supremo Gosto	01:50:49.670	01:48:27.297
2229	521	Gloria Souto	F-V40	Individual	01:50:51.167	
2185	522	Ricardo Coelho	M-Seniores	Individual	01:50:52.663	01:49:43.626
1410	523	Magda Esteves	F-V35	Individual	01:50:53.163	01:49:20.706
1562	524	Ricardo Santos	M-V35	Bio Team Run	01:50:56.913	01:50:39.986
1719	525	Sérgio Vilela	M-V35	Ctm Vila Pouca De Aguiar	01:50:59.413	01:49:47.400
1713	526	César Sousa	M-V35	Ctm Vila Pouca De Aguiar	01:51:01.240	01:49:43.093
2278	527	Diogo Monteiro	M-Seniores	Melom Nirvar	01:51:02.413	01:49:50.726
1299	528	Jorge Baptista	M-V40	Arco4run	01:51:15.237	01:50:16.284
1734	529	Pedro Pinto	M-V35	Guardarunners	01:51:28.237	01:50:18.100
2069	530	Carlos Alves	M-V55	Edp Runners	01:51:41.443	01:51:34.053
1519	531	Ismael Alves	M-V40	Individual	01:51:42.417	
1707	532	Nuno Ribeiro	M-V35	Individual	01:51:44.167	01:50:44.087
1280	533	João Freitas	M-V45	Individual	01:51:44.417	01:50:44.767
1869	534	João Oliveira	M-V40	Sociedade Recreio Capanense	01:51:45.240	01:50:58.960
1682	535	André Ribeiro	M-Seniores	Ribeiros	01:51:46.917	01:50:54.140
1819	536	Amadeu Fernandes	M-V50	Os Coxos	01:51:47.413	01:51:01.413
2154	537	Sergio Rocha	M-V45	Individual	01:51:51.917	01:51:38.847
1872	538	José Silva	M-V60	Sociedade Recreio Capanense	01:51:56.413	01:51:37.323
1335	539	Filipe Oliveira	M-V40	Amigos Das Sapatilhas	01:51:57.413	01:51:47.256
1496	540	Ricardo Carneiro	M-V40	Individual	01:52:00.917	01:50:34.574

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
1177	541	Joao Subida	M-V40	Individual	01:52:08.620	01:50:08.057
1444	542	João Ribeiro	M-V40	Molinhos Team	01:52:10.667	01:51:32.174
2236	543	Alberto Marques	M-V40	Riofit	01:52:20.417	01:51:03.630
1376	544	Daniel Rocha	M-Seniores	Individual	01:52:22.917	01:51:20.610
1594	545	Sérgio Oliveira	M-V35	Individual	01:52:24.167	01:51:36.170
1834	546	Sérgio Pereira	M-V35	Individual	01:52:27.427	
1780	547	Antonio Teixeira	M-V55	Vitória Sport Clube	01:52:32.753	01:52:15.683
1458	548	Pedro Loureiro	M-V35	Individual	01:52:33.667	01:51:30.734
1986	549	António Matos	M-V35	Individual	01:52:33.923	01:51:28.553
1628	550	Hélder Silva	M-Seniores	Individual	01:52:33.923	01:51:24.460
1473	551	Rui Novais	M-V35	Individual	01:52:34.423	01:51:50.176
2107	552	Hermínia Rodrigues	F-V50	N.A.Taipas	01:52:47.173	01:52:43.076
1729	553	Isidro Coelho	M-V50	Individual	01:52:51.723	01:52:11.126
1153	554	José Lopes	M-Seniores	Individual	01:52:56.667	
2291	555	Helder Castro	M-V45	Individual	01:53:04.417	01:52:10.230
1159	556	Sofia Peixoto	F-Seniores	Individual	01:53:07.673	01:52:50.443
1706	557	Ricardo Castro	M-V40	Individual	01:53:08.667	01:52:24.280
2234	558	Jorge Soares	M-V40	Individual	01:53:11.917	01:51:13.180
1638	559	José Santana	M-V50	Individual	01:53:14.917	
1973	560	Pedro Lobo	M-V35	Só Para A Camisola	01:53:16.667	01:52:21.720
2313	561	Celso Soares	M-V35	Individual	01:53:20.667	01:51:55.847
2057	562	Rufino Freitas	M-V35	Individual	01:53:22.167	01:53:07.067
1235	563	Pedro Nunes	M-V35	Individual	01:53:22.917	01:52:34.880
1365	564	José Mendes	M-V50	Individual	01:53:27.167	01:52:41.507
1507	565	Márcio Machado	M-V35	Individual	01:53:27.927	01:52:30.474
1248	566	Daniel Carneiro	M-V35	Individual	01:53:29.420	01:52:51.023
1803	567	Fernando Alves	M-Seniores	Conquistadores	01:53:29.700	01:51:59.653
1246	568	Sérgio Ferreira	M-Seniores	Individual	01:53:31.667	01:52:50.834
1567	569	Pedro Ferreira	M-Seniores	Individual	01:53:33.167	01:52:20.940
1781	570	Avelino Freitas	M-V60	Vitória Sport Clube	01:53:35.167	01:53:17.544
1151	571	Eduardo Braz	M-V45		710806 01:53:36.420	01:51:50.167
2088	572	Agostinho Sequeira	M-V40	Individual	01:53:36.427	01:52:40.240
1587	573	Adelaide Pereira	F-V45	Runners Da Frpsi	01:53:37.670	01:53:06.233
1505	574	Fernando Pinheiro	M-V35	Individual	01:53:46.167	01:52:44.414
1408	575	Pedro Bras	M-Seniores	Individual	01:53:46.670	01:52:11.337
1800	576	André Andrade	M-Seniores	A Bé E O Zé	01:53:48.177	01:53:04.897
1144	577	Paulo Freire	M-V50	Individual	01:53:48.177	01:53:40.540
1419	578	Clarisse Ribeiro	F-V40	Individual	01:53:48.477	01:52:51.327
1429	579	Ulisses Lopes	M-V40	Individual	01:53:49.957	
1265	580	Fernando Ferreira	M-Seniores	Individual	01:53:51.667	
1752	581	Mariana Rocha	F-Seniores	Individual	01:54:05.953	01:52:59.196
1373	582	Rui Pereira	M-Seniores	Individual	01:54:06.173	01:52:54.656
1978	583	Hugo Teixeira	M-Seniores	Individual	01:54:06.667	01:52:43.504
2334	584	Carlos Teixeira	M-V45	Individual	01:54:10.917	01:53:50.667
2180	585	Manuel Ferreira	M-V60	Ctm Vila Pouca De Aguiar	01:54:17.420	01:53:33.803

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
1563	586	António Soares	M-Seniores	Individual	01:54:19.420	01:53:34.927
2108	587	João Silva	M-V55	N.A.Taipas	01:54:19.717	01:52:22.144
1662	588	Luís Paulo	M-V45	Individual	01:54:19.727	01:52:49.110
1705	589	Philip Soares	M-V35	Individual	01:54:19.730	01:53:34.843
1560	590	Paula Nunes	F-V35	Individual	01:54:19.923	01:53:35.850
1661	591	Francisco Freitas	M-V40	Individual	01:54:19.923	01:52:42.926
2350	592	Leonel Silva	M-V40	Individual	01:54:22.677	01:53:08.560
1849	593	Diogo Silva	M-Seniores	Individual	01:54:25.947	01:53:47.724
1428	594	Miguel Lopes	M-V40	Individual	01:54:34.210	01:53:42.503
1350	595	Armando Parreira	M-V45	Tac - Tranquilidade Açoreana Clube	01:54:36.917	01:53:31.724
2210	596	Naike Nogueira	F-Seniores	Individual	01:54:38.170	01:54:17.570
1882	597	Paula Matias	F-V35	Individual	01:54:42.427	01:54:09.394
1549	598	Sampaio José	M-V60	Individual	01:54:47.950	01:54:21.123
1568	599	Helder Monteiro	M-V40	Individual	01:54:49.920	01:52:58.510
2248	600	Pedro Oliveira	M-Seniores	Riofit	01:54:51.420	01:53:33.040
1430	601	Alexandre Silva	M-V35	Individual	01:54:52.670	01:53:45.280
1416	602	Delfim Mata	M-V50	Individual	01:54:57.927	01:53:25.837
1258	603	Paulo Caldeira	M-V35	Individual	01:55:02.427	01:54:11.817
2013	604	Milton Magalhães	M-V35	Individual	01:55:03.920	01:53:19.640
2353	605	Vitor Ribeiro	M-V40	Individual	01:55:04.217	01:53:39.740
1482	606	Diogo Silva	M-Seniores	Magnussens	01:55:05.920	01:53:24.823
2277	607	Alberto Teixeira	M-V45	Team Shark	01:55:05.930	01:54:24.890
1771	608	Georgina Teixeira	F-V35	Individual	01:55:06.923	01:54:33.866
1321	609	José Fernández	M-V60	Individual	01:55:08.170	01:54:02.803
1651	610	Gelson Silva	M-Seniores	Individual	01:55:11.920	01:53:53.933
2359	611	Márcia Rodrigues	F-Seniores	Individual	01:55:18.203	01:54:14.836
2083	612	Luís Machado	M-Seniores	Individual	01:55:21.943	01:54:23.860
1504	613	Luis Pereira	M-V40	Individual	01:55:22.170	01:54:21.630
1170	614	Francisco Fonseca	M-V35	S.U.A.R.	01:55:23.420	01:54:26.353
1257	615	Jorge Neto	M-V50	Individual	01:55:26.923	01:54:48.323
1334	616	Hélder Marques	M-Seniores	Individual	01:55:30.423	01:54:49.536
1520	617	Márcia Santos	F-V35	Individual	01:55:32.427	01:54:04.527
2169	618	Arménio Antunes	M-Seniores	Individual	01:55:33.420	01:55:23.203
1253	619	Pedro Paiva	M-V40	Venda Nova	01:55:33.680	01:55:16.150
1252	620	Manuel Paiva	M-V60	Venda Nova	01:55:33.927	01:55:17.174
1943	621	Helio Silva	M-Seniores	Individual	01:55:35.173	01:54:46.913
1233	622	José Costa	M-V50	Molinhas Team	01:55:36.423	01:54:57.773
1317	623	José Pereira	M-V60	Individual	01:55:38.700	01:54:53.517
1736	624	Ricardo Amorim	M-Seniores	Individual	01:55:39.420	01:55:11.060
1256	625	José Macedo	M-Seniores	Individual	01:55:43.170	01:54:41.020
1735	626	Pedro Lopes	M-V35	Ss Cgd	01:55:43.430	01:55:15.290
1308	627	Viriato Mendes	M-V35	Individual	01:55:44.177	01:54:35.400
1644	628	Ricardo Ceia	M-V45	Boralácorrer	01:55:44.670	01:53:53.010
1649	629	Xangai P.	M-Seniores	Individual	01:55:46.670	01:54:33.210
1309	630	Filipe Silva	M-V40	Individual	01:55:47.920	01:53:54.103

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
1985	631	José Alves	M-V50	Individual	01:55:53.177	01:55:21.047
2247	632	Nuno Novais	M-V35	Riofit	01:55:53.180	01:54:36.353
2268	633	Jorge Azevedo	M-V45	Individual	01:55:55.930	01:54:18.010
1477	634	Jose Miguel	M-V40	Individual	01:55:57.173	01:54:35.886
1387	635	Carina Bernardo	F-Seniores	Rc3	01:56:04.170	01:55:39.893
2346	636	Joni Ferreira	M-Seniores	Individual	01:56:08.170	01:54:59.280
1176	637	Rogério Rocha	M-V45	Individual	01:56:16.173	01:55:08.120
2011	638	Bruno Oliveira	M-V35	Individual	01:56:20.467	01:54:37.107
1508	639	Silvio Guimarães	F-V40	Teamwrtpd	01:56:26.173	01:54:33.773
2126	640	Antonio Ferreira	M-V50	Individual	01:56:27.930	01:54:21.850
1592	641	Paulo Conde	M-V35	Individual	01:56:28.433	01:55:20.603
1378	642	Vasco Pimenta	M-V35	Individual	01:56:28.443	01:55:18.873
1636	643	Sara Nunes	F-V35	Individual	01:56:28.673	01:55:21.183
1357	644	Paulo Silva	M-V35	Individual	01:56:32.673	01:55:51.160
1548	645	Manuel Cunha	M-V50	Individual	01:56:37.437	01:55:05.930
1738	646	Alvaro Mendes	M-V35	Individual	01:56:38.423	01:55:29.536
1739	647	Angela Lima	F-Seniores	Individual	01:56:39.673	01:55:30.463
1158	648	Jorge Oliveira	M-Seniores	Individual	01:56:42.923	01:54:30.033
2166	649	Tiago Oliveira	M-Seniores	Individual	01:56:43.923	01:54:45.586
2162	650	Nuno Rodrigues	M-V40	Individual	01:56:58.423	01:55:13.223
2150	651	Joao Leal	M-Seniores	Individual	01:56:58.923	01:55:14.283
1497	652	Maria Pinto	F-Seniores	Individual	01:56:59.177	01:56:16.880
2036	653	Joao Dias	M-V45	Individual	01:56:59.183	01:55:13.806
2190	654	Paulo Pontes	M-V40	Individual	01:56:59.423	01:56:06.156
2015	655	Bruno Ribeiro	M-Seniores	Individual	01:56:59.927	01:55:15.644
1361	656	José Ribeiro	M-V35	Individual	01:57:02.427	01:56:09.880
2314	657	Íris Soares	F-Seniores	Individual	01:57:03.440	01:55:43.540
1717	658	Lúcia Lemos	F-V50	Ctm Vila Pouca De Aguiar	01:57:04.423	01:55:54.116
1607	659	José Mesquita	M-Seniores	Tartarugas Ninja	01:57:05.170	01:55:00.037
2018	660	José Ferreira	M-V35	Individual	01:57:21.673	01:55:43.053
1899	661	Aristides Carvalho	M-V40	Individual	01:57:22.673	01:57:03.343
1250	662	Ilidio Carneiro	M-V45	Individual	01:57:34.423	01:56:41.516
2116	663	Manuel Coutinho	M-V50	N.A.Taipas	01:57:42.173	01:55:58.853
1928	664	Domingos Couto	M-V35	Individual	01:57:45.683	01:55:54.403
1643	665	Goreti Couto	F-V35	Individual	01:57:45.690	01:55:53.870
1984	666	Francisco Pacheco	M-V35	Individual	01:57:45.933	01:55:53.323
1805	667	Nuno Fontes	M-Seniores	Individual	01:57:47.930	01:56:17.770
2240	668	Eduardo Gomes	M-Seniores	Riofit	01:57:49.173	01:56:31.610
7013	669	Simao Felix	M-V40	Individual	01:57:53.430	01:57:48.447
1475	670	Jose Rodrigues	M-V50	Individual	01:58:00.430	01:57:00.607
2339	671	Nuno Sampaio	M-Seniores	Individual	01:58:11.933	01:56:46.613
2010	672	Pedro Almeida	M-V35	Individual	01:58:12.187	01:56:47.247
1370	673	Christos Sakizlis	M-V35	Individual	01:58:14.927	01:56:02.797
1294	674	Jon O´Kane	M-Seniores	Individual	01:58:15.430	01:57:00.347
1377	675	Sofia Torres	F-Seniores	Individual	01:58:16.677	01:57:06.367

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
2110	676	José Mota	M-V55	N.A.Taipas	01:58:19.427	01:57:51.410
2363	677	Domingos Azevedo	M-V60	Individual	01:58:21.423	01:57:50.196
1470	678	Carlos Leite	M-Seniores	Individual	01:58:21.673	01:57:38.300
1268	679	Ricardo Pato	M-V35	Individual	01:58:26.927	01:57:03.214
1460	680	Manuel Mendes	M-Seniores	Individual	01:58:26.937	01:57:44.164
1452	681	Sandra Monteiro	F-V40	Individual	01:58:29.423	01:57:52.550
1453	682	Nuno Barreto	M-V40	Individual	01:58:29.927	01:57:53.207
1364	683	Leticia Mendes	F-Seniores	Individual	01:58:32.177	01:57:53.904
1362	684	Nuno Pereira	M-V35	Tartarugas Velozes	01:58:39.427	01:56:41.550
2242	685	Fernando Ferreira	M-Seniores	Riofit	01:58:39.677	
2241	686	Eduardo Ferreira	M-Seniores	Riofit	01:58:40.677	01:57:22.500
1403	687	Luis Mateus	M-V40	Individual	01:58:42.683	01:57:44.236
1930	688	Luis Rocha	M-V45	Individual	01:58:44.933	01:57:41.780
2233	689	Filipe Oliveira	M-V35	Individual	01:58:46.927	01:56:52.227
1939	690	José Oliveira	M-V50	Individual	01:59:02.177	01:58:38.277
1189	691	Rui Dinis	M-V35	Individual	01:59:06.677	01:57:46.117
1302	692	Antonio Almeida	M-V40	Individual	01:59:06.677	01:57:52.644
1622	693	Susana Duarte	F-Seniores	Individual	01:59:07.930	01:58:16.993
1679	694	José Matos	M-Seniores	Individual	01:59:32.683	01:59:04.820
1680	695	Nuno Figueiredo	M-V35	Individual	01:59:34.177	01:59:25.734
1600	696	Vitor Oliveira	M-Seniores	Individual	01:59:34.437	01:58:43.057
1332	697	Belmiro Magalhães	M-Seniores	Individual	01:59:43.467	01:57:27.974
2119	698	Rosa Ferreira	F-V50	N.A.Taipas	01:59:44.427	01:59:40.020
1839	699	Luis Fontes	M-V35	A.C.U.R.A.4Trail	01:59:48.427	01:59:12.970
1383	700	Rui Fernandes	M-V40	Individual	01:59:48.687	01:57:32.390
1840	701	Nuno Fontes	M-Seniores	A.C.U.R.A.4Trail	01:59:49.180	01:59:13.070
2344	702	Joaquim Pinto	M-V50	Individual	01:59:49.430	01:58:44.623
1438	703	Fatima Costa	F-Seniores	Individual	01:59:52.687	01:58:55.997
1650	704	Pedro Pereira	M-V45	Individual	02:00:04.677	01:59:17.620
1868	705	Isabel Freitas	F-V40	Sociedade Recreio Capanense	02:00:06.680	01:59:41.067
2128	706	Cíntia Costa	F-Seniores	Individual	02:00:06.930	01:59:40.903
2189	707	Osvaldo Ferreira	M-V35	Individual	02:00:07.180	01:58:06.440
1300	708	Sara Petellier	F-Seniores	Individual	02:00:09.430	01:58:53.137
1301	709	Frédéric Lamontagne	M-Seniores	Individual	02:00:09.693	01:58:53.266
1601	710	Nelson Ferreira	M-Seniores	Domoweb	02:00:10.693	01:58:58.383
1577	711	Luis Barreiro	M-Seniores	Domoweb	02:00:10.930	01:58:58.443
1668	712	André Reis	M-Seniores	Domoweb	02:00:10.937	01:58:58.860
7006	713	José Massuça	M-V45	Individual	02:00:24.687	01:58:58.670
1418	714	Jaime Rocha	M-V45	Individual	02:00:26.427	01:59:39.490
1564	715	Lurdes Barbedo	F-V45	Individual	02:00:26.937	01:58:37.220
1561	716	Henrique Barbedo	M-V45	Individual	02:00:27.430	01:58:37.697
1559	717	Sérgio Cunha	M-V40	Individual	02:00:28.930	01:58:38.403
1557	718	Ricardo Maia	M-V40	Individual	02:00:29.187	01:58:38.640
1525	719	Hugo Costa	M-Seniores	Fapomed Sa	02:00:32.927	01:59:33.380
1423	720	Armando Oliveira	M-V40	Individual	02:00:39.227	

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
1501	721	Rui Dias	M-Seniores	Individual	02:00:41.437	01:59:18.324
1371	722	Raquel Silva	F-V35	Individual	02:00:50.430	02:00:04.917
1476	723	Natalino Pereira	M-V60	Individual	02:00:53.680	02:00:11.093
2135	724	Paula Lopes	F-V40	Individual	02:00:56.430	01:59:20.273
1940	725	Jose Magalhaes	M-V55	Individual	02:01:02.927	01:59:59.040
2308	726	Isaque Dias	M-V35	Acolhimento Senior	02:01:18.930	02:00:35.847
1360	727	Álvaro Cardoso	M-V50	Individual	02:01:27.183	02:01:19.210
2029	728	Eduardo Ribeiro	M-V35	Individual	02:01:28.680	02:00:51.277
2106	729	Francisco Cunha	M-V45	N.A.Taipas	02:01:29.180	02:00:04.447
1990	730	Alice Vilaça	F-V35	Individual	02:01:29.430	02:00:04.953
1238	731	Eugénia Cid	F-V45	Individual	02:02:01.183	02:01:49.253
2112	732	José Cruz	M-V60	N.A.Taipas	02:02:01.690	
1829	733	Pedro Baptista	M-Seniores	Individual	02:02:03.687	02:00:48.284
1995	734	Mário Silva	M-V60	Individual	02:02:26.183	02:01:43.126
2260	735	Rui Tavares	M-V40	Individual	02:02:32.937	02:00:44.027
1813	736	José Maria	M-V45	Individual	02:02:40.930	02:01:47.003
1553	737	Carlos Silva	M-V35	Individual	02:02:45.180	02:01:45.463
1439	738	Ângelo Magalhães	M-V35	Individual	02:02:46.433	02:01:50.113
2208	739	Telmo Fernandes	M-Seniores	Individual	02:02:52.927	
2002	740	Jorge Cristino	M-V35	Zim	02:02:52.930	02:01:29.817
1455	741	Antonio Matos	M-V40	Individual	02:02:56.690	
1239	742	Rui Lopes	M-V45	Individual	02:02:59.183	02:02:43.386
1171	743	Jesus Pinto	F-V40	S.U.A.R.	02:03:05.183	02:02:07.990
1620	744	Nelson Sousa	M-V35	Individual	02:03:21.690	02:01:05.303
1728	745	Solange Sousa	F-V35	Individual	02:03:21.937	02:01:05.367
2059	746	Conceição Rodrigues	F-V35	Individual	02:03:31.187	02:01:55.810
1443	747	Marta Peixoto	F-Seniores	Individual	02:03:34.690	02:02:08.867
1532	748	Carlos Rodrigues	M-V35	Individual	02:03:35.687	02:01:24.534
2275	749	Rui Almeida	M-V55	Team Shark	02:03:39.187	02:02:57.794
2304	750	Juliana Fernandes	F-V35	Individual	02:03:41.933	02:01:47.263
1269	751	Nuno Henriques	M-V40	Individual	02:03:49.440	02:02:22.463
2046	752	Ricardo Oliveira	M-V40	Individual	02:03:51.933	02:02:14.623
1164	753	Marco Aparício	M-V40	Run & Bota-Abaixo	02:03:53.443	02:02:30.796
1589	754	Nuno Correia	M-V35	Runners Da Frpsi	02:04:19.687	02:03:50.074
1359	755	Daniel Garcia	M-V35	Individual	02:04:22.187	02:03:26.540
1483	756	João Maia	M-Seniores	Magnussens	02:04:23.940	02:02:43.253
2221	757	António Mendes	M-V35	Individual	02:04:44.937	02:03:01.740
1328	758	Fernando Azevedo	M-Seniores	Arpo	02:04:52.437	02:04:33.287
2188	759	Nuno Fernandes	M-V35	Individual	02:04:54.693	
2152	760	Raquel Paiva	F-Seniores	Individual	02:04:55.437	02:03:56.727
1910	761	Simone Paiva	F-Seniores	Individual	02:04:55.940	02:03:56.667
1244	762	Armenio Sousa	M-V55	Individual	02:05:00.193	02:04:17.503
1243	763	Isabel Pereira	F-V55	Individual	02:05:00.437	02:04:18.920
2149	764	Célia Alves	F-V40	Individual	02:05:00.937	02:03:27.970
1838	765	Carlos Machado	M-V40	Individual	02:05:01.687	02:03:46.900

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
2303	766	Manuel Fernandes	M-V60	Individual	02:05:03.687	02:03:08.697
2262	767	Teresa Oliveira	F-V35	Individual	02:05:09.947	02:03:35.894
2254	768	Ecthelion Da	M-V40	Individual	02:05:10.187	02:03:32.840
2293	769	Tiago Barbosa	M-Seniores	Individual	02:05:11.943	02:04:18.110
1480	770	André Castro	M-Seniores	Magnussens	02:05:14.937	02:03:33.657
2017	771	João Luis	M-V40	Individual	02:05:18.687	02:04:06.730
1935	772	Artur Teixeira	M-V40	Individual	02:05:26.717	02:03:28.987
1685	773	António Pereira	M-V45	Individual	02:05:33.440	02:04:44.143
1389	774	Rui Lopes	M-Seniores	Individual	02:05:35.857	02:04:14.947
1677	775	Marília Macieira	F-V35	Individual	02:05:41.187	02:04:13.760
2220	776	Humberto Ribeiro	M-V35	Individual	02:05:45.690	02:03:52.013
1581	777	Orlando Leal	M-V40	Individual	02:05:51.187	02:03:55.757
1437	778	Paulo Dias	M-V50	Individual	02:05:51.710	02:04:51.213
1585	779	Armando Lacerda	M-V60	Individual	02:05:58.113	02:04:44.493
1779	780	Amélia Vieira	F-V55	Vitória Sport Clube	02:06:03.460	02:05:48.487
2141	781	Marília Azevedo	F-Seniores	Individual	02:06:08.187	02:04:35.597
1529	782	João Silva	M-V45	Individual	02:06:13.187	02:05:15.850
2368	783	Rui Pinheiro	M-V45	Individual	02:06:17.687	
2161	784	Marco Ferreira	M-Seniores	Individual	02:06:32.687	02:05:32.517
2367	785	Eduardo Coutinho	M-V40	Individual	02:06:34.190	02:04:52.217
1599	786	Horácio Ferreira	M-V35	Individual	02:06:36.940	02:05:44.817
2205	787	Pedro Silva	M-Seniores	Individual	02:06:45.850	02:05:50.573
2003	788	Isabel Freitas	F-V45	Zim	02:07:08.190	02:05:46.260
1841	789	Rui Fontes	M-V35	A.C.U.R.A.4Trail	02:07:08.440	
1539	790	Miguel Redmont	M-V45	Individual	02:07:21.690	02:05:53.980
1974	791	Vera Ventura	F-Seniores	Só Para A Camisola	02:07:28.690	02:06:28.087
1972	792	João Crespo	M-V35	Só Para A Camisola	02:07:29.190	02:06:34.440
1653	793	António Lopes	M-V45	Individual	02:07:32.440	02:06:04.753
2134	794	Ana Barroso	F-V40	Individual	02:07:45.440	02:06:07.897
2101	795	Américo Coutinho	M-V50	N.A.Taipas	02:07:48.440	02:06:02.427
2113	796	Luís Matos	M-V55	N.A.Taipas	02:07:50.447	02:06:04.394
2100	797	Alfredo Oliveira	M-V55	N.A.Taipas	02:07:50.713	02:06:04.490
1929	798	Paulo Marques	M-V45	Individual	02:08:12.200	02:07:04.530
1896	799	Vitor Meneses	M-V50	Individual	02:08:12.440	02:07:03.847
2176	800	Jose Frederico	M-V45	Individual	02:08:18.690	02:07:12.023
1606	801	Ana Durães	F-Seniores	Tartarugas Ninja	02:08:20.690	02:06:15.213
1449	802	Jorge Cunha	M-V45	Qc-15	02:08:35.943	02:03:27.020
2361	803	Carlos Silva	M-V35	Individual	02:08:36.690	02:07:35.427
1911	804	Pedro Marques	M-Seniores	Individual	02:08:45.690	02:07:41.543
1912	805	Liliana Neto	F-V35	Individual	02:08:46.940	02:07:41.743
2351	806	Palmira Oliveira	F-V40	Individual	02:09:01.693	02:07:47.203
1881	807	Luís Santos	M-V55	Individual	02:09:02.193	02:07:57.763
1354	808	Mónica Oliveira	F-V40	Mcdb	02:09:03.693	02:07:44.313
1167	809	Tânia Lages	F-V35	Run & Bota-Abaixo	02:09:13.693	02:07:51.480
1627	810	Joana Correia	F-Seniores	Individual	02:09:26.950	02:07:27.157

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
1425	811	Manuel Carvalho	M-V60	Individual	02:09:35.583	02:07:37.476
1234	812	Filomena Santos	F-V55	Molinhos Team	02:09:37.443	02:08:59.140
1758	813	Francisco Moreira	M-V45	Ss Montepio	02:09:45.947	02:09:20.800
1337	814	Hugo Castro	M-Seniores	Individual	02:10:02.950	02:08:01.880
2209	815	Mário Barradas	M-V50	Individual	02:10:06.443	02:07:48.856
1741	816	Sara Marinho	F-V35	Individual	02:10:26.450	02:09:52.820
1255	817	Leandro Costa	M-Seniores	Individual	02:11:01.447	02:09:05.467
1484	818	Márcio Ribeiro	M-Seniores	Magnussens	02:11:17.323	02:09:34.280
1481	819	Cláudia Couto	F-Seniores	Magnussens	02:11:17.567	02:09:35.340
1756	820	Carlos Magalhaes	M-V45	Ss Montepio	02:11:22.450	02:09:32.100
1975	821	Fábio Cruz	M-V45	Individual	02:11:35.807	02:10:05.650
1149	822	Paula Teixeira	F-V50	Individual	02:11:39.957	02:10:23.974
1192	823	Sónia Brás	F-V35	Aventureiros	02:12:00.697	02:11:29.070
1478	824	Ana Granja	F-V40	Individual	02:12:04.447	02:10:45.690
2186	825	Anabela Pinto	F-V40	4 ´ As	02:12:23.697	02:11:48.134
1723	826	João Pereira	M-V45	Hipocampos De Corrida	02:12:25.617	02:10:13.727
2187	827	Armando Pinto	M-V45	4 ´ As	02:12:28.817	02:11:53.947
1479	828	Frédéric Magalhães	M-Seniores	Individual	02:12:29.947	02:10:29.730
1320	829	Nelson Santos	M-V40	Individual	02:12:55.957	02:11:57.727
1210	830	Tiago Martins	M-Seniores	Individual	02:13:09.947	02:10:54.467
1305	831	Domingos Teixeira	M-V35	Individual	02:13:10.457	02:12:04.984
1499	832	António Vital	M-V60	Individual	02:13:34.700	02:12:25.123
1296	833	Isabel Santos	F-V45	Lourdete Perfumarias	02:13:39.457	02:13:33.480
1833	834	Luis Vaz	M-Seniores	Individual	02:14:19.950	02:13:02.390
1510	835	Francisco Correia	M-Seniores	Individual	02:14:47.950	02:14:35.360
1368	836	Isabelle Skibbe	F-Seniores	Individual	02:14:56.207	02:13:28.567
1613	837	Paulo Gordo	M-V50	Individual	02:14:59.450	02:13:10.930
1152	838	Luis Fernandes	M-V45	710806	02:15:23.200	02:13:28.337
1642	839	Cila Penteadado	F-V35	Individual	02:15:25.703	02:15:11.776
1938	840	Joao Santos	M-V50	Individual	02:15:50.703	02:13:32.056
1962	841	Neuza Henriques	F-Seniores	Individual	02:16:37.957	02:14:37.954
1342	842	Fábio Martins	M-Seniores	Individual	02:16:41.453	02:15:35.560
1341	843	Susana Costa	F-Seniores	Individual	02:16:41.703	02:15:35.403
2324	844	Adelino Teixeira	M-V40	Acolhimento Senior	02:16:57.703	02:16:14.576
1417	845	António Teixeira	M-V45	Individual	02:17:37.463	02:15:53.070
1825	846	Pedro Teixeira	M-Seniores	Individual	02:17:41.757	02:15:57.424
1514	847	Luis Pereira	M-Seniores	#Agoraéasérioteam	02:18:13.707	
1515	848	Sónia Mamede	F-Seniores	#Agoraéasérioteam	02:18:14.457	02:17:52.034
1595	849	Luis Ferreira	M-V50	Nocturnos De Paredes	02:18:32.957	02:17:00.497
1884	850	Sérgio Neto	M-V35	Run & Bota-Abaixo	02:18:53.717	02:17:30.267
1175	851	Francisco Barros	M-V35	Individual	02:18:58.207	02:17:50.947
1323	852	Maria Silva	F-V40	Individual	02:19:07.457	02:18:27.124
1236	853	Henrique Vilhena	M-V60	Correr Queluz	02:19:32.207	02:17:43.657
1249	854	Chiel Roode	M-V60	Individual	02:19:45.957	02:15:11.940
1222	855	Eduardo Amorim	M-V45	Individual	02:19:50.210	02:18:15.107

Dorsal	Lugar	Nome	Escalão	Equipa	Tempo	Chip
1498	856	Luís Monteiro	M-V45	Individual	02:19:52.207	02:18:20.604
1352	857	João Melo	M-Seniores	Tac - Tranquilidade Açoreana Clube	02:19:54.460	02:18:48.113
1351	858	Cláudia Tam	F-V35	Tac - Tranquilidade Açoreana Clube	02:19:54.467	02:18:49.237
1467	859	Pedro Machado	M-Seniores	Machado E Oliveira	02:20:08.957	02:18:59.384
1363	860	Dianelys Caballero	F-V35	Nascidos Para Correr	02:21:03.460	02:19:49.210
2051	861	Carlos Gomes	M-V40	Individual	02:21:06.460	02:20:03.307
1205	862	Nuno Oliveira	M-V45	Luso-Atlântica Corretor De Seguros, Sa	02:21:20.960	02:20:57.853
1518	863	Pedro Morgado	M-Seniores	Individual	02:21:26.710	02:21:18.560
1295	864	Ana Macedo	F-Seniores	Individual	02:22:06.057	02:21:03.904
1753	865	Ana Guerra	F-V35	Individual	02:22:08.710	02:20:46.990
1338	866	Mario Silva	M-V45		710806 02:22:55.463	02:21:06.556
1545	867	Davide Patricio	M-V55	Leisure Launch Group	02:23:11.963	02:21:43.480
1802	868	Luis Gomes	M-Seniores	Individual	02:24:02.717	02:18:08.130
1327	869	Raluca Poenar	F-Seniores	Individual	02:25:02.223	02:22:48.030
2122	870	João Vilhena	M-V35	Individual	02:30:10.473	02:28:11.976
1456	871	Margaret Mcpartland	F-V50	Individual	02:30:12.227	02:27:52.124
1654	872	Gabriela Leite	F-V50	Individual	02:31:10.227	02:29:40.880
1584	873	Helena Lacerda	F-V50	Individual	02:32:21.477	02:31:12.840
1228	874	Helder Dinis	M-Seniores	Individual	02:34:33.230	02:33:50.257
1871	875	Jorge Valente	M-V40	Sociedade Recreio Capanense	02:35:16.240	02:33:12.213
1702	876	Luis Valente	M-V40	Oliveira Runners	02:36:12.233	02:35:04.346
1208	877	David Martins	M-Seniores	Individual	02:36:20.483	02:34:11.730
1207	878	Ana Lage	F-Seniores	Individual	02:36:20.737	02:34:11.567
2091	879	Joana Soares	F-V35	Individual	02:37:25.250	02:36:07.613
2086	880	Pedro Silva	M-V40	Individual	02:37:25.250	02:36:07.617
1639	881	Pedro Fraga	M-V45	Individual	02:37:37.987	02:36:00.137
1304	882	Pedro Costa	M-Seniores	Clínica Veterinária De Ronfe	02:38:16.987	02:37:15.030
1303	883	Ana Salazar	F-Seniores	Clínica Veterinária De Ronfe	02:38:17.987	02:37:14.777
2020	884	Eduarda Alves	F-V45	Individual	02:38:50.987	02:38:39.100
1349	885	Miguel Silva	M-Seniores	Individual	02:42:54.743	02:41:01.853
2196	886	Fenando Silva	M-V45	Individual	02:45:05.247	02:42:46.347
1659	887	Marusa Savsek	F-Seniores	Individual	02:48:24.500	02:46:51.743
1431	888	Reinaldo Martins	M-V60	Individual	02:54:18.010	02:52:47.683
1626	889	Cláudia Afonso	F-V35	Individual	02:57:08.017	02:55:10.364
1145	890	Andrea Goga	F-V45	Individual	02:59:30.770	02:57:38.003