

CORRIDA 10KM

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	1/KM
43	131	João Paulo Pereira	fit&fun	Veterano M45	38:51	38:42	03:53
44	125	João Afonso	fit&fun	Senior Masculino	38:54	38:46	03:53
45	265	Pedro Pereira	individual	Senior Masculino	38:57	38:36	03:54
46	358	CARLOS ARIEIRO	individual	Veterano M35	38:59	38:52	03:54
47	178	Alexandre Marques	individual	Senior Masculino	39:05	38:55	03:55
48	266	pedro teodosio	individual	Senior Masculino	39:07	39:04	03:55
49	16	Álvaro Coelho	académica	Veterano M60	39:23	39:21	03:56
50	9	Diana Ribeiro	dragões do vale de vizela	Senior Feminino	39:34	39:32	03:57
51	110	Miguel Gonçalves	eagles & leon	Veterano M35	39:36	39:23	03:58
52	133	Paulo Figueira	girassol ramos catarino	Veterano M40	39:56	39:52	04:00
53	485	Ricardo Filipe Lapa da Silva	vila seca run team	Senior Masculino	39:56	39:53	04:00
54	252	Nuno Hélder Silva	individual	Senior Masculino	39:58	39:39	04:00
55	52	Joaquim Duarte Pires Pocinho	aac atletismo	Veterano M50	40:08	40:03	04:01
56	406	Jorge Alves	individual	Veterano M45	40:10	39:57	04:01
57	337	Nuno Pinho	individual	Veterano M35	40:17	40:13	04:02
58	128	Ricardo Deus	fit&fun	Senior Masculino	40:33	40:25	04:03
59	193	carlos nobre	individual	Senior Masculino	40:42	40:37	04:04
60	389	Telmo Almeida	individual	Veterano M40	40:42	40:37	04:04
61	62	Rui António Ferreira da Silva Figueiredo	arism - associação recreativa de s. miguel	Veterano M35	40:58	40:53	04:06
62	111	Nuno Rosa	eagles & leon	Veterano M35	41:00	40:45	04:06
63	272	Rui Daniel Dinis de Melo	individual	Senior Masculino	41:04	40:58	04:06
64	104	Ricardo Abreu	cluve	Senior Masculino	41:12	40:59	04:07
65	324	João Fonseca	individual	Veterano M35	41:19	41:16	04:08
66	386	Pedro Miguel Martinho Varela	individual	Veterano M40	41:26	41:23	04:09
67	201	DANIEL CORREIA	individual	Senior Masculino	41:27	41:21	04:09
68	278	Tiago Emanuel Roxo Moreno	individual	Senior Masculino	41:31	41:07	04:09
69	316	Francisco José Almeida Fernandes	individual	Veterano M35	41:32	41:24	04:09
70	348	Ricardo Nuno de Sousa Santos	individual	Veterano M35	41:34	41:15	04:09
71	203	Daniel Gomes Ramalho	individual	Senior Masculino	41:39	41:18	04:10
72	237	José Miradouro	individual	Senior Masculino	41:42	41:30	04:10
73	226	Joan López Vázquez	individual	Senior Masculino	41:45	41:43	04:11
74	236	Jorge Sousa	individual	Senior Masculino	41:51	41:40	04:11
75	255	Nuno Oliveira	individual	Senior Masculino	41:55	41:48	04:12
76	202	Daniel Filipe Cunha Fernandes	individual	Senior Masculino	41:56	41:46	04:12
77	429	Joaquim Pessoa	individual	Veterano M55	42:03	41:59	04:12
78	109	Joana Ramalho	correparaserfeliz	Senior Feminino	42:09	42:04	04:13
79	269	Romão Pedroso	individual	Senior Masculino	42:12	42:07	04:13
80	327	João Pedro Mendes	individual	Veterano M35	42:15	41:55	04:14
81	366	Gustavo Roxo	individual	Veterano M40	42:21	41:58	04:14
82	400	Fernando Nogueira	individual	Veterano M45	42:28	42:21	04:15
83	335	Marco Bruno de Almeida Garcia	individual	Veterano M35	42:31	42:25	04:15
84	360	Carlos Manuel Morgado Braz	individual	Veterano M40	42:31	42:02	04:15
85	207	David Perdigoto	individual	Senior Masculino	42:32	42:27	04:15
86	112	Rui Moreira	eagles & leon	Veterano M40	42:34	42:18	04:15
87	51	Rui Andrade	2 run 4 guide dogs	Veterano M50	42:36	42:32	04:16

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	1/KM
214	497	Pedro Silva	individual	Veterano M40	50:12	50:00	05:01
215	396	Antonio Miguel Marques	individual	Veterano M45	50:19	50:08	05:02
216	61	Sérgio Santos	aíestãoelas	Veterano M35	50:19	50:05	05:02
217	342	Pedro Miguel Madaleno Cardoso	individual	Veterano M35	50:21	50:08	05:02
218	281	Vitor Fonseca	individual	Senior Masculino	50:22	50:05	05:02
219	189	Bruno Jesus	individual	Senior Masculino	50:23	50:11	05:02
220	472	Paulo Ferreira	portuguese united training association	Veterano M35	50:28	50:06	05:03
221	146	Carolina dos Santos Vertis	individual	Senior Feminino	50:33	50:02	05:03
222	493	Luis Barbosa	individual	Senior Masculino	50:33	50:27	05:03
223	263	Pedro Miguel Pinheiro	individual	Senior Masculino	50:34	50:06	05:03
224	464	George Martins	perna de pau runnig team	Veterano M35	50:36	50:09	05:04
225	495	João Marcelo Figueira Veríssimo	sanfil	Senior Masculino	50:44	50:23	05:04
226	369	José Carlos Lopes	individual	Veterano M40	50:45	50:37	05:05
227	124	Frederico Fonseca	fit&fun	Senior Masculino	50:48	50:08	05:05
228	373	Luis Miguel Castanheira Rodrigues	individual	Veterano M40	50:49	50:36	05:05
229	333	Luís Gonçalves	individual	Veterano M35	50:49	50:41	05:05
230	276	telmo martins	individual	Senior Masculino	50:57	50:31	05:06
231	465	Rui Almeida	portuguese united training association	Senior Masculino	51:02	50:44	05:06
232	187	BRUNO BOTELHO	individual	Senior Masculino	51:04	50:39	05:06
233	339	Paulo Guimaraes	individual	Veterano M35	51:09	50:52	05:07
234	130	Rui Martins	fit&fun	Veterano M35	51:10	50:59	05:07
235	126	Nuno Dias	fit&fun	Senior Masculino	51:10	51:00	05:07
236	182	António Loureiro	individual	Senior Masculino	51:12	50:47	05:07
237	436	José Manuel Oliveira Madeira	individual	Veterano M60	51:13	50:59	05:07
238	317	Francisco José Rodrigues	individual	Veterano M35	51:15	50:58	05:08
239	414	RICARDO BAPTISTA	individual	Veterano M45	51:16	51:00	05:08
240	289	Eva Gomes	individual	Veterana F35	51:20	50:51	05:08
241	439	Marcos António Fernandes Carvalho	instituto da mão - sanfil	Senior Masculino	51:21	50:48	05:08
242	480	Filipe Santos	thunderrunners	Veterano M40	51:23	51:00	05:08
243	457	Luis Carvalho	montes runners	Senior Masculino	51:24	51:01	05:08
244	68	Gina Domingues	as corridas do marquês	Veterana F35	51:25	51:17	05:09
245	105	Filipa de Sá	coimbra trailrunning	Senior Feminino	51:29	51:25	05:09
246	479	Rodrigo Santos	thunderrunners	Senior Masculino	51:29	51:06	05:09
247	450	Nuno Lemos	mondegopeças	Senior Masculino	51:33	51:07	05:09
248	456	Carlos Ribeiro	montes runners	Senior Masculino	51:35	51:14	05:10
249	390	Victor Manuel Mendes Francisco	individual	Veterano M40	51:38	51:14	05:10
250	55	Sérgio Delfino Afonso Leal	aac/remo - the black turbines	Senior Masculino	51:38	50:21	05:10
251	440	Pedro Tiago Costa de Matos	instituto da mão - sanfil	Veterano M35	51:42	51:17	05:10
252	300	SARA MARTINS	individual	Veterana F35	51:53	51:26	05:11
253	99	Carlos lopes	clube de veteranos de atletismo de coimbra	Veterano M55	51:54	51:50	05:11
254	260	Pedro Leite	individual	Veterano M35	51:56	51:21	05:12
255	411	Nuno Batista	individual	Veterano M40	52:01	51:33	05:12
256	410	Miguel Evangelista	individual	Veterano M45	52:01	51:33	05:12
257	477	Ricardo Pais	sanfil	Veterano M35	52:05	51:28	05:13
258	87	Daniel Antunes	casa benfica da figueira da foz	Veterano M40	52:17	52:04	05:14

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	1/KM
303	119	Pedro Oliveira	farmácia luciano e matos	Veterano M45	55:12	54:42	05:31
304	163	Marta Loureiro	individual	Senior Feminino	55:13	54:49	05:31
305	164	MARTA NASCIMENTO COSTA	individual	Veterana F35	55:16	55:03	05:32
306	432	Maria Rosário Quinta Ferreira Ramos	individual	Veterana F45	55:17	54:46	05:32
307	451	Sónia Neto	mondegopeças	Veterana F35	55:50	55:26	05:35
308	435	JORGE ALVES OLIVEIRA	individual	Veterano M60	55:53	55:50	05:35
309	312	bruno ferreira	individual	Veterano M35	55:55	55:46	05:36
310	166	Milene Batista Almeida Canas	individual	Senior Feminino	55:59	55:53	05:36
311	249	Michael Brett	individual	Senior Masculino	56:08	55:52	05:37
312	404	João Paulo Mouta Dias	individual	Veterano M45	56:10	56:00	05:37
313	77	Luis Coelho	atletas e amigos da secção de andebol da aac	Senior Masculino	56:16	56:03	05:38
314	69	Hélia Pimente	as corridas do marquês	Veterana F35	56:16	56:06	05:38
315	174	Sofia Beatriz Pessoa Tavares Dinis Mendes	individual	Senior Feminino	56:21	56:07	05:38
316	279	Tiago Jorge Martins Branco	individual	Senior Masculino	56:31	56:08	05:39
317	22	Afonso Athayde	sanfil	Senior Masculino	56:37	56:13	05:40
318	462	Marco Santos	perna de pau runnig team	Senior Masculino	56:42	56:15	05:40
319	70	Natália Mendes	as corridas do marquês	Veterana F45	56:42	56:34	05:40
320	58	Vítor Agostinho de Magalhães Ribeiro	aac/remo - the black turbines	Veterano M40	56:45	56:09	05:41
321	54	Rui Miguel Martins Dias	aac/remo - the black turbines	Senior Masculino	56:45	56:04	05:41
322	53	Bruno José da Costa Barbosa	aac/remo - the black turbines	Senior Masculino	56:45	56:09	05:41
323	57	Alexandre Nuno Mendes Silva	aac/remo - the black turbines	Veterano M40	56:45	56:09	05:41
324	25	João Filipe Silva	sanfil	Senior Masculino	56:46	56:28	05:41
325	24	Maria Silva	sanfil	Senior Feminino	56:46	56:28	05:41
326	256	Nuno Reis	individual	Senior Masculino	56:46	56:21	05:41
327	470	Miguel Fonseca	portuguese united training association	Veterano M35	56:46	56:26	05:41
328	331	Karl Smyth	individual	Veterano M35	56:49	56:31	05:41
329	73	Marta Coelho	atletas e amigos da secção de andebol da aac	Senior Feminino	56:52	56:38	05:41
330	483	ILIDIO CORDEIRO	trilhos de sicó	Veterano M50	56:54	56:34	05:41
331	159	Maria João Carapinha	individual	Senior Feminino	56:58	56:53	05:42
332	139	ANA RITA ARTUR	individual	Senior Feminino	56:58	56:30	05:42
333	120	Jose Luis Carvalho da Cruz	farmácia luciano e matos	Veterano M60	57:01	56:29	05:42
334	135	Alexandra Almeida galo	individual	Senior Feminino	57:22	57:07	05:44
335	127	Nuno Pires	fit&fun	Senior Masculino	57:27	57:17	05:45
336	298	Patrícia Susana Duarte Freire	individual	Veterana F35	57:37	57:28	05:46
337	167	Nieves Maria del Carmen Talavera Prieto	individual	Senior Feminino	57:45	57:26	05:47
338	453	Luís Pedro Reis	mondegopeças	Veterano M35	57:54	57:27	05:47
339	144	Carla Cotas	individual	Senior Feminino	57:57	57:37	05:48
340	398	CRISTINA GOMES	individual	Veterana F45	57:58	57:27	05:48
341	106	Henrique Cabo	coimbra trailrunning	Senior Masculino	58:00	57:28	05:48
342	346	Ricardo Manuel Ferreira da Silva Guimarães	individual	Veterano M35	58:07	57:49	05:49
343	208	Dinis Daniel dos Santos	individual	Senior Masculino	58:18	57:49	05:50

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	1/KM
344	137	Ana Carlos	individual	Senior Feminino	58:20	58:11	05:50
345	223	Gonçalo Gonçalves	individual	Senior Masculino	58:26	58:18	05:51
346	438	Vitor Martins	individual	Veterano M60	58:32	58:22	05:51
347	98	Fátima Batista Santos	clube de pessoal edp porto	Senior Feminino	58:33	58:20	05:51
348	171	Sandra Cristina Marques Matias	individual	Veterana F35	58:33	58:21	05:51
349	291	Isabel Pego	individual	Veterana F35	58:35	58:22	05:52
350	502	Lino Freitas	individual	Veterano M50	58:44	58:36	05:52
351	176	Telma Alexandra Jesus Matias	individual	Senior Feminino	58:47	58:27	05:53
352	478	Armando Rodrigues	sanfil	Veterano M45	58:47	58:10	05:53
353	297	Maria Leonor Cerqueira Gomes	individual	Veterana F35	58:56	58:41	05:54
354	288	Elisabete Baptista	individual	Veterana F35	58:58	58:48	05:54
355	351	Rita Catarina Feliciano Jorge	individual	Veterana F35	58:58	58:42	05:54
356	484	JOSÉ MOÇO	trilhos de sicó	Veterano M50	58:58	58:38	05:54
357	476	Pedro Nascimento	portuguese united training association	Veterano M40	59:10	58:51	05:55
358	328	Jorge Costa Henriques	individual	Veterano M35	59:11	58:33	05:55
359	379	Olivier Jean Agostinho Wasterlain	individual	Veterano M40	59:17	58:49	05:56
360	248	Marco Pira Alves	individual	Senior Masculino	59:32	59:10	05:57
361	154	Joana Raquel Miranda Pinto	individual	Senior Feminino	59:43	59:17	05:58
362	455	Joaquim Amado	mondegopeças	Veterano M45	59:47	59:22	05:59
363	326	João Pais	individual	Veterano M35	59:48	59:27	05:59
364	116	Tiago Madeira	farmácia luciano e matos	Senior Masculino	59:56	59:50	06:00
365	330	Jorge Gomes	individual	Veterano M35	59:57	59:32	06:00
366	308	Maria Monica Vasconcelos Mota Antunes da Cunha	individual	Veterana F45	01:00:02	59:44	06:00
367	295	MARIA ADELAIDE SILVA DUARTE	individual	Senior Feminino	01:00:02	59:56	06:00
368	232	João Filipe Santos Bessa Martins	individual	Senior Masculino	01:00:08	59:56	06:01
369	118	Maria Helena Amado	farmácia luciano e matos	Veterana F45	01:00:14	59:44	06:01
370	418	Elias Ramires Monteiro	individual	Veterano M50	01:00:40	01:00:06	06:04
371	122	Pedro Moreira	fisiopatelar	Veterano M35	01:00:55	01:00:24	06:06
372	71	Cristóvão Gonçalves	as corridas do marquês	Veterano M35	01:01:02	01:00:54	06:06
373	309	André Luz Silva	individual	Veterano M35	01:01:05	01:00:40	06:07
374	175	Tatiana Oliveira Peralta	individual	Senior Feminino	01:01:06	01:00:43	06:07
375	113	Mélanie Duarte	farmácia luciano e matos	Senior Feminino	01:01:11	01:00:40	06:07
376	466	Maria Lucília Bicas	portuguese united training association	Veterana F35	01:01:30	01:01:06	06:09
377	473	Pedro VilaNova	portuguese united training association	Veterano M35	01:01:40	01:01:19	06:10
378	78	Luis Januário	atletas e amigos da secção de andebol da aac	Senior Masculino	01:02:00	01:01:45	06:12
379	67	Ana Duarte	as corridas do marquês	Veterana F35	01:02:01	01:01:52	06:12
380	320	Hélder Loio	individual	Veterano M35	01:02:26	01:01:48	06:15
381	82	Rui Cecílio	atletas e amigos da secção de andebol da aac	Veterano M40	01:03:10	01:02:04	06:19
382	357	Carla Sabntos	individual	Veterana F35	01:03:21	01:02:59	06:20
383	233	João Pedro Ferreira Vilas	individual	Senior Masculino	01:03:21	01:03:01	06:20
384	314	Elisabete Fernandes Vitorino	individual	Senior Feminino	01:03:24	01:03:09	06:20
385	117	Rosa Cunha	farmácia luciano e matos	Veterana F35	01:03:30	01:03:00	06:21
386	303	Susana Madeira	individual	Veterana F35	01:03:32	01:03:03	06:21
387	286	Anne Roque	individual	Senior Feminino	01:03:32	01:03:03	06:21

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35	203	Daniel Gomes Ramalho	Individual	Senior Masculino	41:39	+12:22	04:10
36	237	José Miradouro	Individual	Senior Masculino	41:42	+12:25	04:10
37	226	Joan López Vázquez	Individual	Senior Masculino	41:45	+12:28	04:11
38	236	Jorge Sousa	Individual	Senior Masculino	41:51	+12:34	04:11
39	255	Nuno Oliveira	Individual	Senior Masculino	41:55	+12:38	04:12
40	202	Daniel Filipe Cunha Fernandes	Individual	Senior Masculino	41:56	+12:39	04:12
41	269	Romão Pedroso	Individual	Senior Masculino	42:12	+12:55	04:13
42	207	David Perdigoto	Individual	Senior Masculino	42:32	+13:15	04:15
43	273	Rui Miguel Lopes Ribeiro Ferreira Barbosa	Individual	Senior Masculino	43:08	+13:51	04:19
44	446	Sérgio Louros	Maquinas	Senior Masculino	43:09	+13:52	04:19
45	241	Luis Carlos Dos Santos Rodrigues	Individual	Senior Masculino	43:11	+13:54	04:19
46	114	Gonçalo Daniel Nunes Relvão Lourenço	Farmácia Luciano e Matos	Senior Masculino	43:17	+14:00	04:20
47	194	Carlos Simões Pereira	Individual	Senior Masculino	43:45	+14:28	04:23
48	192	Bruno Ponte	Individual	Senior Masculino	43:50	+14:33	04:23
49	215	Ernesto José Martins Henriques dos Santos	Individual	Senior Masculino	43:52	+14:35	04:23
50	65	Renato Osório	As Corridas do Marquês	Senior Masculino	43:55	+14:38	04:24
51	494	Miguel Lima	SANFIL	Senior Masculino	44:05	+14:48	04:25
52	425	Victor Cruz Santos	Individual	Senior Masculino	44:09	+14:52	04:25
53	277	Telmo Pinho	Individual	Senior Masculino	44:20	+15:03	04:26
54	491	Eduardo ferreira	Individual	Senior Masculino	44:26	+15:09	04:27
55	247	Marco Jordão	Individual	Senior Masculino	44:33	+15:16	04:27
56	229	João Apolinário	Individual	Senior Masculino	44:40	+15:23	04:28
57	481	Joel Oliveira	Torpedos Team	Senior Masculino	44:57	+15:40	04:30
58	250	Miguel Oliva	Individual	Senior Masculino	45:02	+15:45	04:30
59	206	David Manuel Dias de Jesus	Individual	Senior Masculino	45:16	+15:59	04:32
60	459	Jorge Lestro	O Mundo da Corrida	Senior Masculino	45:32	+16:15	04:33
61	267	Renato João Simões Rodrigues	Individual	Senior Masculino	45:34	+16:17	04:33
62	75	David Gomes	Atletas e Amigos da Secção de Andebol da AAC	Senior Masculino	45:36	+16:19	04:34
63	445	Michael Gouveia	Maquinas	Senior Masculino	45:36	+16:19	04:34
64	230	João Carlos das Neves Alves	Individual	Senior Masculino	45:43	+16:26	04:34
65	253	Nuno Jorge Pereira Esteves Traveira	Individual	Senior Masculino	45:48	+16:31	04:35
66	66	Vitor Pimenta	As Corridas do Marquês	Senior Masculino	45:51	+16:34	04:35
67	12	Nuno Cabral	Individual	Senior Masculino	45:52	+16:35	04:35
68	205	David João Martins Fernandes	Individual	Senior Masculino	46:05	+16:48	04:37
69	246	Marcel de Brito van Velze	Individual	Senior Masculino	46:06	+16:49	04:37
70	449	Armando Gandarinho	MONDEGOPEÇAS	Senior Masculino	46:14	+16:57	04:37
71	188	Bruno Gil	Individual	Senior Masculino	46:25	+17:08	04:39
72	227	João António da Costa Monteiro	Individual	Senior Masculino	46:28	+17:11	04:39
73	225	Ivo Guerra	Individual	Senior Masculino	46:39	+17:22	04:40
74	238	Jose Pinho	Individual	Senior Masculino	46:51	+17:34	04:41
75	210	Diogo Loureiro	Individual	Senior Masculino	46:51	+17:34	04:41
76	121	Pedro Barbosa Ribeiro	Fisiopatelar	Senior Masculino	46:54	+17:37	04:41
77	198	Cláudio Amaral	Individual	Senior Masculino	46:56	+17:39	04:42
78	244	Luis Ramos	Individual	Senior Masculino	46:58	+17:41	04:42

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79	177	Alexandre Dias	Individual	Senior Masculino	47:09	+17:52	04:43
80	85	Jorge Delgado	Casa Benfca da Figueira da Foz	Senior Masculino	47:14	+17:57	04:43
81	259	Pedro Falcão	Individual	Senior Masculino	47:23	+18:06	04:44
82	197	CHEONG WAI HONG	Individual	Senior Masculino	47:40	+18:23	04:46
83	200	Daniel André Vaz	Individual	Senior Masculino	48:00	+18:43	04:48
84	123	Daniel Moreira	Fit&Fun	Senior Masculino	48:04	+18:47	04:48
85	235	Joel Almeida Martinho	Individual	Senior Masculino	48:14	+18:57	04:49
86	190	BRUNO MIGUEL FERNANDES DE CARVALHO	Individual	Senior Masculino	48:28	+19:11	04:51
87	185	António Sérgio Cortesão Ferreira	Individual	Senior Masculino	48:30	+19:13	04:51
88	74	Alfredo Gomes	Atletas e Amigos da Secção de Andebol da AAC	Senior Masculino	48:46	+19:29	04:53
89	228	João António Santos Pacheco	Individual	Senior Masculino	48:56	+19:39	04:54
90	270	Ruben Ferreira	Individual	Senior Masculino	49:07	+19:50	04:55
91	505	José Miguel Nunes	Individual	Senior Masculino	49:07	+19:50	04:55
92	240	LUIS ANSELMO DOS SANTOS FERNANDES	Individual	Senior Masculino	49:11	+19:54	04:55
93	224	Gonçalo Nuno Figueiredo Narciso	Individual	Senior Masculino	49:22	+20:05	04:56
94	217	Filipe Manuel da Fonseca Pinheiro	Individual	Senior Masculino	49:23	+20:06	04:56
95	258	Paulo José Teixeira Abrantes	Individual	Senior Masculino	49:27	+20:10	04:57
96	115	Jose Carlos Lopes da Costa	Farmácia Luciano e Matos	Senior Masculino	49:47	+20:30	04:59
97	448	André Pereira	MONDEGOPEÇAS	Senior Masculino	49:59	+20:42	05:00
98	281	Vitor Fonseca	Individual	Senior Masculino	50:22	+21:05	05:02
99	189	Bruno Jesus	Individual	Senior Masculino	50:23	+21:06	05:02
100	493	Luis Barbosa	Individual	Senior Masculino	50:33	+21:16	05:03
101	263	Pedro Miguel Pinheiro	Individual	Senior Masculino	50:34	+21:17	05:03
102	495	João Marcelo Figueira Veríssimo	SANFIL	Senior Masculino	50:44	+21:27	05:04
103	124	Frederico Fonseca	Fit&Fun	Senior Masculino	50:48	+21:31	05:05
104	276	telmo martins	Individual	Senior Masculino	50:57	+21:40	05:06
105	465	Rui Almeida	Portuguese United Training Association	Senior Masculino	51:02	+21:45	05:06
106	187	BRUNO BOTELHO	Individual	Senior Masculino	51:04	+21:47	05:06
107	126	Nuno Dias	Fit&Fun	Senior Masculino	51:10	+21:53	05:07
108	182	António Loureiro	Individual	Senior Masculino	51:12	+21:55	05:07
109	439	Marcos António Fernandes Carvalho	INSTITUTO DA MÃO - SANFIL	Senior Masculino	51:21	+22:04	05:08
110	457	Luis Carvalho	Montes Runners	Senior Masculino	51:24	+22:07	05:08
111	479	Rodrigo Santos	ThunderRunners	Senior Masculino	51:29	+22:12	05:09
112	450	Nuno Lemos	MONDEGOPEÇAS	Senior Masculino	51:33	+22:16	05:09
113	456	Carlos Ribeiro	Montes Runners	Senior Masculino	51:35	+22:18	05:10
114	55	Sérgio Delfino Afonso Leal	AAC/Remo - The Black Turbines	Senior Masculino	51:38	+22:21	05:10
115	283	Vitor Manuel Seixas da Fonseca	Individual	Senior Masculino	52:19	+23:02	05:14
116	199	Crispim Alberto Caldeira Tribuna	Individual	Senior Masculino	52:19	+23:02	05:14
117	186	Bernardo Pedro Baptista	Individual	Senior Masculino	52:38	+23:21	05:16
118	242	Luís David	Individual	Senior Masculino	52:41	+23:24	05:16
119	212	Durval Nuno Simões Pires	Individual	Senior Masculino	52:44	+23:27	05:16
120	191	Bruno Miguel Oliveira Marques	Individual	Senior Masculino	52:46	+23:29	05:17
121	220	Frederico Martins	Individual	Senior Masculino	53:05	+23:48	05:19
122	427	fausto carvalho	Individual	Senior Masculino	53:12	+23:55	05:19

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123	209	Diogo Costa	Individual	Senior Masculino	53:25	+24:08	05:21
124	443	Miguel Cunha	LOUSADA RUNNERS	Senior Masculino	53:52	+24:35	05:23
125	353	TIAGO TRINDADE	Individual	Senior Masculino	54:19	+25:02	05:26
126	310	ANDRÉ RAFAEL COSTA LOPES	Individual	Senior Masculino	54:48	+25:31	05:29
127	129	Tiago Rocha	Fit&Fun	Senior Masculino	54:59	+25:42	05:30
128	195	Celso Gaspar Vieira Simões	Individual	Senior Masculino	55:05	+25:48	05:31
129	249	Michael Brett	Individual	Senior Masculino	56:08	+26:51	05:37
130	77	Luis Coelho	Atletas e Amigos da Secção de Andebol da AAC	Senior Masculino	56:16	+26:59	05:38
131	279	Tiago Jorge Martins Branco	Individual	Senior Masculino	56:31	+27:14	05:39
132	22	Afonso Athayde	Sanfil	Senior Masculino	56:37	+27:20	05:40
133	462	Marco Santos	Perna de Pau Runnig Team	Senior Masculino	56:42	+27:25	05:40
134	54	Rui Miguel Martins Dias	AAC/Remo - The Black Turbines	Senior Masculino	56:45	+27:28	05:41
135	53	Bruno José da Costa Barbosa	AAC/Remo - The Black Turbines	Senior Masculino	56:45	+27:28	05:41
136	25	João Filipe Silva	Sanfil	Senior Masculino	56:46	+27:29	05:41
137	256	Nuno Reis	Individual	Senior Masculino	56:46	+27:29	05:41
138	127	Nuno Pires	Fit&Fun	Senior Masculino	57:27	+28:10	05:45
139	106	Henrique Cabo	Coimbra TrailRunning	Senior Masculino	58:00	+28:43	05:48
140	208	Dinis Daniel dos Santos	Individual	Senior Masculino	58:18	+29:01	05:50
141	223	Gonçalo Gonçalves	Individual	Senior Masculino	58:26	+29:09	05:51
142	248	Marco Pira Alves	Individual	Senior Masculino	59:32	+30:15	05:57
143	116	Tiago Madeira	Farmácia Luciano e Matos	Senior Masculino	59:56	+30:39	06:00
144	232	João Filipe Santos Bessa Martins	Individual	Senior Masculino	01:00:08	+30:51	06:01
145	78	Luis Januário	Atletas e Amigos da Secção de Andebol da AAC	Senior Masculino	01:02:00	+32:43	06:12
146	233	João Pedro Ferreira Vilas	Individual	Senior Masculino	01:03:21	+34:04	06:20
147	222	Gonçalo Carvalheiro	Individual	Senior Masculino	01:05:17	+36:00	06:32
148	76	João Cecílio	Atletas e Amigos da Secção de Andebol da AAC	Senior Masculino	01:06:01	+36:44	06:36
149	196	César Augusto Sales de Oliveira	Individual	Senior Masculino	01:08:13	+38:56	06:49
150	274	Rui Miguel Santos Pais	Individual	Senior Masculino	01:12:52	+43:35	07:17
151	231	João Emanuel Batista Bento	Individual	Senior Masculino	01:13:51	+44:34	07:23

Veterana F35

1	304	VERÓNICA SCUTARU	Individual	Veterana F35	38:28	+09:11	03:51
2	284	Ana Gabriela Madeira Frota Antunes	Individual	Veterana F35	49:07	+19:50	04:55
3	289	Eva Gomes	Individual	Veterana F35	51:20	+22:03	05:08
4	68	Gina Domingues	As Corridas do Marquês	Veterana F35	51:25	+22:08	05:09
5	300	SARA MARTINS	Individual	Veterana F35	51:53	+22:36	05:11
6	302	Susana Gomes	Individual	Veterana F35	52:50	+23:33	05:17
7	168	Patricia Henriques	Individual	Veterana F35	53:54	+24:37	05:23
8	301	susan rowling	Individual	Veterana F35	54:17	+25:00	05:26
9	363	Fernanda Pires Carvalho Coimbra	Individual	Veterana F35	54:31	+25:14	05:27
10	164	MARTA NASCIMENTO COSTA	Individual	Veterana F35	55:16	+25:59	05:32
11	451	Sónia Neto	MONDEGOPEÇAS	Veterana F35	55:50	+26:33	05:35
12	69	Hélia Pimente	As Corridas do Marquês	Veterana F35	56:16	+26:59	05:38

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13	298	Patrícia Susana Duarte Freire	Individual	Veterana F35	57:37	+28:20	05:46
14	171	Sandra Cristina Marques Matias	Individual	Veterana F35	58:33	+29:16	05:51
15	291	Isabel Pego	Individual	Veterana F35	58:35	+29:18	05:52
16	297	Maria Leonor Cerqueira Gomes	Individual	Veterana F35	58:56	+29:39	05:54
17	288	Elisabete Baptista	Individual	Veterana F35	58:58	+29:41	05:54
18	351	Rita Catarina Feliciano Jorge	Individual	Veterana F35	58:58	+29:41	05:54
19	466	Maria Lucília Bicas	Portuguese United Training Association	Veterana F35	01:01:30	+32:13	06:09
20	67	Ana Duarte	As Corridas do Marquês	Veterana F35	01:02:01	+32:44	06:12
21	357	Carla Sabntos	Individual	Veterana F35	01:03:21	+34:04	06:20
22	117	Rosa Cunha	Farmácia Luciano e Matos	Veterana F35	01:03:30	+34:13	06:21
23	303	Susana Madeira	Individual	Veterana F35	01:03:32	+34:15	06:21
24	296	Maria de Fátima Loureiro Ferreira	Individual	Veterana F35	01:05:10	+35:53	06:31
25	79	Ana Amaral	Atletas e Amigos da Secção de Andebol da AAC	Veterana F35	01:06:01	+36:44	06:36
26	287	cristina isabel ribeiro duarte	Individual	Veterana F35	01:07:30	+38:13	06:45
27	80	Augusta Januário	Atletas e Amigos da Secção de Andebol da AAC	Veterana F35	01:14:36	+45:19	07:28
28	294	Margarida Isabel Tavares Madeira da Fonseca	Individual	Veterana F35	01:16:46	+47:29	07:41

Veterana F45

1	160	Maria José Pessoa Tavares dos Santos	Individual	Veterana F45	53:25	+24:08	05:21
2	432	Maria Rosário Quinta Ferreira Ramos	Individual	Veterana F45	55:17	+26:00	05:32
3	70	Natália Mendes	As Corridas do Marquês	Veterana F45	56:42	+27:25	05:40
4	398	CRISTINA GOMES	Individual	Veterana F45	57:58	+28:41	05:48
5	308	Maria Monica Vasconcelos Mota Antunes da Cunha	Individual	Veterana F45	01:00:02	+30:45	06:00
6	118	Maria Helena Amado	Farmácia Luciano e Matos	Veterana F45	01:00:14	+30:57	06:01
7	305	Cecilia Jaime Geraldes	Individual	Veterana F45	01:03:44	+34:27	06:22
8	307	maria dulce cabecinha martins	Individual	Veterana F45	01:07:30	+38:13	06:45
9	306	Maria Conceição Fernandes Tavares	Individual	Veterana F45	01:09:19	+40:02	06:56

Veterano M35

1	93	Rui Rodrigues	CDCR dos CTT de Coimbra	Veterano M35	33:30	+04:13	03:21
2	92	Rui Lopes	CDCR dos CTT de Coimbra	Veterano M35	34:00	+04:43	03:24
3	345	Ricardo Costa	Individual	Veterano M35	36:07	+06:50	03:37
4	91	Fernando Carvalho	CDCR dos CTT de Coimbra	Veterano M35	36:11	+06:54	03:37
5	311	Armindo Antunes	Individual	Veterano M35	38:22	+09:05	03:50
6	86	Nelio Oliveira	Casa Benfica da Figueira da Foz	Veterano M35	38:26	+09:09	03:51
7	358	CARLOS ARIEIRO	Individual	Veterano M35	38:59	+09:42	03:54
8	110	Miguel Gonçalves	Eagles & Leon	Veterano M35	39:36	+10:19	03:58
9	337	Nuno Pinho	Individual	Veterano M35	40:17	+11:00	04:02
10	62	Rui António Ferreira da Silva Figueiredo	ARSM - Associação Recreativa de S. Miguel	Veterano M35	40:58	+11:41	04:06

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11	111	Nuno Rosa	Eagles & Leon	Veterano M35	41:00	+11:43	04:06
12	324	João Fonseca	Individual	Veterano M35	41:19	+12:02	04:08
13	316	Francisco José Almeida Fernandes	Individual	Veterano M35	41:32	+12:15	04:09
14	348	Ricardo Nuno de Sousa Santos	Individual	Veterano M35	41:34	+12:17	04:09
15	327	João Pedro Mendes	Individual	Veterano M35	42:15	+12:58	04:14
16	335	Marco Bruno de Almeida Garcia	Individual	Veterano M35	42:31	+13:14	04:15
17	243	Luis Filipe de Jesus Miguel	Cluve	Veterano M35	43:39	+14:22	04:22
18	461	Salomao Rocha	Orisclinic	Veterano M35	43:42	+14:25	04:22
19	350	Ricardo Teixeira	Individual	Veterano M35	44:08	+14:51	04:25
20	352	Rui Silva Rui Alexandre Domingues Silva	Individual	Veterano M35	44:28	+15:11	04:27
21	344	Renato Carvalho	Individual	Veterano M35	44:38	+15:21	04:28
22	334	Luís Sérgio Ferreira Pratas	Individual	Veterano M35	45:02	+15:45	04:30
23	216	Fernando Nobre	Individual	Veterano M35	45:25	+16:08	04:33
24	454	Pedro Ferreira	MONDEGOPEÇAS	Veterano M35	45:33	+16:16	04:33
25	181	António Calheiros	Individual	Veterano M35	45:40	+16:23	04:34
26	262	Pedro Miguel Correia de Oliveira	Individual	Veterano M35	45:53	+16:36	04:35
27	347	Ricardo Manuel Santos Gonçalves	Individual	Veterano M35	46:01	+16:44	04:36
28	452	Jorge Lopes	MONDEGOPEÇAS	Veterano M35	46:31	+17:14	04:39
29	463	Aurélio Saúde	Perna de Pau Runnig Team	Veterano M35	46:36	+17:19	04:40
30	318	Gil António Figueiredo da Costa Santos	Individual	Veterano M35	46:54	+17:37	04:41
31	468	José Teixeira	Portuguese United Training Association	Veterano M35	47:17	+18:00	04:44
32	313	Carlos Miguel Campos	Individual	Veterano M35	48:02	+18:45	04:48
33	340	Pedro Boia	Individual	Veterano M35	48:10	+18:53	04:49
34	280	Tiago Melo	Individual	Veterano M35	48:14	+18:57	04:49
35	332	Leonel Mendes Francisco	Individual	Veterano M35	48:15	+18:58	04:50
36	323	João Brito	Individual	Veterano M35	49:34	+20:17	04:57
37	322	Hugo Jorge Pires Ferreira	Individual	Veterano M35	49:35	+20:18	04:58
38	492	Jose Eduardo Gonçalves Rodrigues	Individual	Veterano M35	49:39	+20:22	04:58
39	349	RICARDO RODRIGUES	Individual	Veterano M35	49:57	+20:40	05:00
40	490	Diogo Pires	Individual	Veterano M35	50:06	+20:49	05:01
41	471	Olinto Vieira	Portuguese United Training Association	Veterano M35	50:11	+20:54	05:01
42	61	Sérgio Santos	Aiestãoelas	Veterano M35	50:19	+21:02	05:02
43	342	Pedro Miguel Madaleno Cardoso	Individual	Veterano M35	50:21	+21:04	05:02
44	472	Paulo Ferreira	Portuguese United Training Association	Veterano M35	50:28	+21:11	05:03
45	464	George Martins	Perna de Pau Runnig Team	Veterano M35	50:36	+21:19	05:04
46	333	Luís Gonçalves	Individual	Veterano M35	50:49	+21:32	05:05
47	339	Paulo Guimaraes	Individual	Veterano M35	51:09	+21:52	05:07
48	130	Rui Martins	Fit&Fun	Veterano M35	51:10	+21:53	05:07
49	317	Francisco José Rodrigues	Individual	Veterano M35	51:15	+21:58	05:08
50	440	Pedro Tiago Costa de Matos	INSTITUTO DA MÃO - SANFIL	Veterano M35	51:42	+22:25	05:10
51	260	Pedro Leite	Individual	Veterano M35	51:56	+22:39	05:12
52	477	Ricardo Pais	Sanfil	Veterano M35	52:05	+22:48	05:13
53	219	Francisco José da Silva e Sousa	Individual	Veterano M35	52:27	+23:10	05:15
54	315	Fernando Pereira	Individual	Veterano M35	52:39	+23:22	05:16

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55	469	Joselito Lucas	Portuguese United Training Association	Veterano M35	53:07	+23:50	05:19
56	319	Goncalo Martins	Individual	Veterano M35	53:33	+24:16	05:21
57	338	Nuno Rafael Dinis	Individual	Veterano M35	53:34	+24:17	05:21
58	329	Jorge Ferreira	Individual	Veterano M35	53:36	+24:19	05:22
59	467	Jorge Almeida	Portuguese United Training Association	Veterano M35	55:09	+25:52	05:31
60	312	bruno ferreira	Individual	Veterano M35	55:55	+26:38	05:36
61	470	Miguel Fonseca	Portuguese United Training Association	Veterano M35	56:46	+27:29	05:41
62	331	Karl Smyth	Individual	Veterano M35	56:49	+27:32	05:41
63	453	Luís Pedro Reis	MONDEGOPEÇAS	Veterano M35	57:54	+28:37	05:47
64	346	Ricardo Manuel Ferreira da Silva Guimarães	Individual	Veterano M35	58:07	+28:50	05:49
65	328	Jorge Costa Henriques	Individual	Veterano M35	59:11	+29:54	05:55
66	326	João Pais	Individual	Veterano M35	59:48	+30:31	05:59
67	330	Jorge Gomes	Individual	Veterano M35	59:57	+30:40	06:00
68	122	Pedro Moreira	FisiopateLAR	Veterano M35	01:00:55	+31:38	06:06
69	71	Cristóvão Gonçalves	As Corridas do Marquês	Veterano M35	01:01:02	+31:45	06:06
70	309	André Luz Silva	Individual	Veterano M35	01:01:05	+31:48	06:07
71	473	Pedro VilaNova	Portuguese United Training Association	Veterano M35	01:01:40	+32:23	06:10
72	320	Hélder Loio	Individual	Veterano M35	01:02:26	+33:09	06:15
73	343	Pedro Reis	Individual	Veterano M35	01:05:57	+36:40	06:36

Veterano M40

1	356	ALEXEI SCUTARU	Individual	Veterano M40	31:45	+02:28	03:11
2	94	Paulo Antunes	CDCR dos CTT de Coimbra	Veterano M40	35:58	+06:41	03:36
3	18	Augusto Figueiredo	Individual	Veterano M40	37:01	+07:44	03:42
4	354	Fernando silva	Individual	Veterano M40	37:15	+07:58	03:44
5	133	Paulo Figueira	Girassol Ramos Catarino	Veterano M40	39:56	+10:39	04:00
6	389	Telmo Almeida	Individual	Veterano M40	40:42	+11:25	04:04
7	386	Pedro Miguel Martinho Varela	Individual	Veterano M40	41:26	+12:09	04:09
8	366	Gustavo Roxo	Individual	Veterano M40	42:21	+13:04	04:14
9	360	Carlos Manuel Morgado Braz	Individual	Veterano M40	42:31	+13:14	04:15
10	112	Rui Moreira	Eagles & Leon	Veterano M40	42:34	+13:17	04:15
11	374	MARCELO COUTINHO	Individual	Veterano M40	43:19	+14:02	04:20
12	486	Mário Martins	Vila Seca Run Team	Veterano M40	43:51	+14:34	04:23
13	261	Pedro Manuel Escudeiro Jacinto	Individual	Veterano M40	44:13	+14:56	04:25
14	475	Paulo Albuquerque	Portuguese United Training Association	Veterano M40	44:30	+15:13	04:27
15	482	Pedro Craveiro	Torpedos Team	Veterano M40	44:57	+15:40	04:30
16	364	Filipe Baptista	Individual	Veterano M40	45:45	+16:28	04:35
17	376	Miguel José Vaz Lourenço Piçarra Mourão	Individual	Veterano M40	46:20	+17:03	04:38
18	370	José Cavaco	Individual	Veterano M40	46:26	+17:09	04:39
19	384	Pedro Cruz	Individual	Veterano M40	46:27	+17:10	04:39

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20	362	Fausto Pimentel	Individual	Veterano M40	46:42	+17:25	04:40
21	391	vítor josé rainho dinis	Individual	Veterano M40	47:21	+18:04	04:44
22	21	Pedro Marques	Sanfil	Veterano M40	47:35	+18:18	04:46
23	183	Antonio Manuel Lourenço Guedes	Individual	Veterano M40	47:41	+18:24	04:46
24	489	Vasco Borges	VOAR BAIXINHO - A. D. D. e Cultural Gatões.	Veterano M40	47:46	+18:29	04:47
25	375	Miguel Guimaraes	Individual	Veterano M40	47:58	+18:41	04:48
26	497	Pedro Silva	Individual	Veterano M40	50:12	+20:55	05:01
27	369	José Carlos Lopes	Individual	Veterano M40	50:45	+21:28	05:05
28	373	Luis Miguel Castanheira Rodrigues	Individual	Veterano M40	50:49	+21:32	05:05
29	480	Filipe Santos	ThunderRunners	Veterano M40	51:23	+22:06	05:08
30	390	Victor Manuel Mendes Francisco	Individual	Veterano M40	51:38	+22:21	05:10
31	411	Nuno Batista	Individual	Veterano M40	52:01	+22:44	05:12
32	87	Daniel Antunes	Casa Benfica da Figueira da Foz	Veterano M40	52:17	+23:00	05:14
33	365	FILIPE MANUEL CARREIRA SIMÕES	Individual	Veterano M40	52:35	+23:18	05:16
34	387	Ricardo Pinho	Individual	Veterano M40	53:36	+24:19	05:22
35	359	Carlos Barroso	Individual	Veterano M40	53:36	+24:19	05:22
36	355	Alberto Valejo	Individual	Veterano M40	54:10	+24:53	05:25
37	58	Vítor Agostinho de Magalhães Ribeiro	AAC/Remo - The Black Turbines	Veterano M40	56:45	+27:28	05:41
38	57	Alexandre Nuno Mendes Silva	AAC/Remo - The Black Turbines	Veterano M40	56:45	+27:28	05:41
39	476	Pedro Nascimento	Portuguese United Training Association	Veterano M40	59:10	+29:53	05:55
40	379	Olivier Jean Agostinho Wasterlain	Individual	Veterano M40	59:17	+30:00	05:56
41	82	Rui Cecílio	Atletas e Amigos da Secção de Andebol da AAC	Veterano M40	01:03:10	+33:53	06:19
42	385	Pedro Miguel Amaral Brites	Individual	Veterano M40	01:05:48	+36:31	06:35
43	377	Nuno Costa	Individual	Veterano M40	01:06:15	+36:58	06:38
44	378	Nuno Pinho	Individual	Veterano M40	01:06:15	+36:58	06:38
45	367	João António Almeida Pereira Durães	Individual	Veterano M40	01:16:47	+47:30	07:41

Veterano M45

1	402	Gary Blesson	Individual	Veterano M45	35:52	+06:35	03:35
2	424	Ricardo Antonio Simões Ferreira	Individual	Veterano M45	36:14	+06:57	03:37
3	393	António Ferreira	Individual	Veterano M45	36:46	+07:29	03:41
4	95	Paulo Pereira	CDCR dos CTT de Coimbra	Veterano M45	37:17	+08:00	03:44
5	131	João Paulo Pereira	Fit&Fun	Veterano M45	38:51	+09:34	03:53
6	406	Jorge Alves	Individual	Veterano M45	40:10	+10:53	04:01
7	400	Fernando Nogueira	Individual	Veterano M45	42:28	+13:11	04:15
8	401	Fernando Santos	Individual	Veterano M45	44:34	+15:17	04:27
9	395	antonio marques	Individual	Veterano M45	44:39	+15:22	04:28
10	415	Salvador Mascarenhas	Individual	Veterano M45	44:49	+15:32	04:29
11	412	Óscar Pinto	Individual	Veterano M45	46:20	+17:03	04:38
12	407	Jorge Costa	Individual	Veterano M45	46:51	+17:34	04:41
13	392	Alexandre Rodrigues	Individual	Veterano M45	47:20	+18:03	04:44
14	388	RUI MONTEIRO	Individual	Veterano M45	47:37	+18:20	04:46
15	417	Vitor Paulo Borges da Cruz Pereira	Individual	Veterano M45	47:46	+18:29	04:47

Corrida 10KM

10 KM



OFFICIAL RESULT

16	488	Luis Fernandes	VOAR BAIXINHO - A. D. D. e Cultural Gatões.	Veterano M45	47:46	+18:29	04:47
17	413	Paulo Guilherme Tavares Martins	Individual	Veterano M45	47:52	+18:35	04:47
18	383	Pedro Alexandre do Carmo Martins Fernando	Individual	Veterano M45	47:55	+18:38	04:48
19	396	Antonio Miguel Marques	Individual	Veterano M45	50:19	+21:02	05:02
20	414	RICARDO BAPTISTA	Individual	Veterano M45	51:16	+21:59	05:08
21	410	Miguel Evangelista	Individual	Veterano M45	52:01	+22:44	05:12
22	405	Joaquim Carlos Vieira Costa	Individual	Veterano M45	52:37	+23:20	05:16
23	408	JOSE ANTONIO SIMOES SILVA	Individual	Veterano M45	53:13	+23:56	05:19
24	442	João Fonseca	JoLi	Veterano M45	53:18	+24:01	05:20
25	416	Vitor Gonçalves	Individual	Veterano M45	53:46	+24:29	05:23
26	399	Fernando Cadete	Individual	Veterano M45	53:47	+24:30	05:23
27	119	Pedro Oliveira	Farmácia Luciano e Matos	Veterano M45	55:12	+25:55	05:31
28	404	João Paulo Mouta Dias	Individual	Veterano M45	56:10	+26:53	05:37
29	478	Armando Rodrigues	Sanfil	Veterano M45	58:47	+29:30	05:53
30	455	Joaquim Amado	MONDEGOPEÇAS	Veterano M45	59:47	+30:30	05:59
31	409	Luis Miguel Guedes Pinto Antunes da Cunha	Individual	Veterano M45	01:03:56	+34:39	06:24
32	397	Carlos Manuel Rodrigues Galamba	Individual	Veterano M45	01:05:11	+35:54	06:31
33	394	António José de Figueiredo Bento	Individual	Veterano M45	01:13:40	+44:23	07:22

Veterano M50

1	420	Fernando Chaves	Individual	Veterano M50	38:30	+09:13	03:51
2	52	Joaquim Duarte Pires Pocinho	AAC atletismo	Veterano M50	40:08	+10:51	04:01
3	51	Rui Andrade	2 RUN 4 Guide Dogs	Veterano M50	42:36	+13:19	04:16
4	421	FERNANDO MANUEL MACHADO ALHAU	Individual	Veterano M50	42:44	+13:27	04:16
5	15	Pedro Monteiro	Individual	Veterano M50	42:55	+13:38	04:18
6	423	Paulo Pinto	Individual	Veterano M50	44:39	+15:22	04:28
7	419	Fernando Agante	Individual	Veterano M50	45:41	+16:24	04:34
8	422	jorge manuel campos	Individual	Veterano M50	50:01	+20:44	05:00
9	83	ANTONIO FREITAS NEVES	ATLETICO CLUBE VERMOIL	Veterano M50	53:48	+24:31	05:23
10	184	António Paulino	Individual	Veterano M50	54:47	+25:30	05:29
11	483	ILIDIO CORDEIRO	TRILHOS DE SICÓ	Veterano M50	56:54	+27:37	05:41
12	502	Lino Freitas	Individual	Veterano M50	58:44	+29:27	05:52
13	484	JOSÉ MOÇO	TRILHOS DE SICÓ	Veterano M50	58:58	+29:41	05:54
14	418	Elias Ramires Monteiro	Individual	Veterano M50	01:00:40	+31:23	06:04

Veterano M55

1	429	Joaquim Pessoa	Individual	Veterano M55	42:03	+12:46	04:12
2	428	Helder José Ferreira	Individual	Veterano M55	46:06	+16:49	04:37
3	89	Armando Delgado	Casa Benfica da Figueira da Foz	Veterano M55	47:14	+17:57	04:43
4	431	Manuel Freitas Marçal	Individual	Veterano M55	48:47	+19:30	04:53

