

Rank	Name	Bib	Time	Pace	Hometown	Division	Div Rank
1	Hugo ALMEIDA	792	00:29:43	04:47	C.C. São João da Madeira, --	Senior M	1
2	Helder SANTOS	1305	00:29:47	04:48	Maia AC, --	Senior M	2
3	Daniel PINHEIRO	10	00:29:49	04:48	Maia AC, --	Senior M	3
4	Vitor OLIVEIRA	7	00:29:53	04:49	Maia AC, --	Senior M	4
5	Pedro CRUZ	365	00:30:31	04:55	G.D. J. Cruz & Irmãos, --	Senior M	5
6	Artur RODRIGUES	1302	00:30:37	04:56	N Atletismo Cucujães, --	Senior M	6
7	Pedro PALMA	1167	00:30:40	04:57	Clube dos Galitos, --	Senior M	7
8	Joanh CALDEIRA	1556	00:30:59	05:00	C.C São João da Madeira, --	Senior M	8
9	António FERNANDES	782	00:31:02	05:00	ACR VALE DE CAMBRA, --	Veterano 2	1
10	André ANICETO	779	00:31:11	05:02	ACR VALE DE CAMBRA, --	Senior M	9
11	Jorge PINTO	1304	00:31:16	05:02	S S M S J Madeira, --	Veterano 1	1
12	Filipe FERREIRA	780	00:31:25	05:04	ACR VALE DE CAMBRA, --	Senior M	10
13	Tiago PINHO	781	00:31:49	05:08	ACR VALE DE CAMBRA, --	Senior M	11
14	David SILVA	790	00:31:54	05:08	C.C. São João da Madeira, --	Junior M	1
15	Paulo PEREIRA	6	00:31:56	05:09	Guilhovai, --	Senior M	12
16	Manuel FERREIRA	4	00:32:03	05:10	Guilhovai, --	Veterano 2	2
17	Delfim CONCEIÇÃO	1301	00:32:13	05:11	ACD S J Serra, --	Veterano 1	2
18	Tiago MADUREIRA	1334	00:32:17	05:12	GDCGuilhovai, --	Senior M	13
19	Rafael OLIVEIRA	526	00:32:20	05:13	individual, --	Senior M	14
20	Manuel SOUSA	1260	00:32:23	05:13	C. I. Argoncilhe, --	Veterano 1	3
21	Gil FERREIRA	1426	00:32:31	05:14	ADERCUS, --	Veterano 1	4
22	Tiago SILVA	927	00:32:39	05:16	N A CUCUJÃES, --	Senior M	15
23	Fernando SANTOS	242	00:32:41	05:16	Casa do Povo de Mangualde, --	Veterano 1	5
24	Carlos OLIVEIRA	1034	00:32:45	05:17	JOBRA-ASSOCIAÇÃO JOVENS, --	Veterano 2	3
25	Angelo ARAUJO	923	00:32:48	05:17	N A CUCUJÃES, --	Senior M	16
26	Janik LIMA	1208	00:32:50	05:17	AFIS, --	Senior M	17
27	Antonio SILVA	508	00:32:57	05:19	c. i. argoncilhe, --	Veterano 2	4
28	Bruno FREITAS	778	00:33:02	05:19	ACR VALE DE CAMBRA, --	Senior M	18
29	Joaquim SILVA	375	00:33:17	05:22	individual, --	Veterano 3	1
30	Mario CARREIRA	749	00:33:25	05:23	Porto Runners, --	Veterano 2	5
31	Mário SILVA	1333	00:33:26	05:23	GDCGuilhovai, --	Veterano 3	2
32	Leonor CARNEIRO	1338	00:33:36	05:25	Sporting Clube Portugal, --	Senior F	1
33	Messias DIAS	772	00:33:41	05:26	g d 3 santos populares, --	Veterano 1	6
34	Joaquim LOPES	581	00:33:53	05:28	PORTO RUNNERS, --	Veterano 3	3
35	Jose TOJAL	774	00:33:54	05:28	g d 3 santos populares, --	Veterano 2	6
36	Casimiro GALHARDO	1168	00:33:57	05:28	C P T Bairro Carcavelos, --	Veterano 4	1
37	Joao PEREIRA	1209	00:34:00	05:29	AFIS, --	Veterano 3	4
38	Paulo LOPES	795	00:34:02	05:29	C.C. São João da Madeira, --	Senior M	19
39	Fernando LIMA	919	00:34:05	05:29	N A CUCUJÃES, --	Veterano 1	7
40	Celso LEITE	808	00:34:06	05:30	CLUBE ATLETISMO OVAR, --	Senior M	20
41	Antonio CANECO	876	00:34:08	05:30	A.D.RIO LARGO C.E., --	Veterano 1	8
42	Pedro TERRA	802	00:34:08	05:30	C.C. São João da Madeira, --	Veterano 4	2
43	André FERREIRA	576	00:34:09	05:30	GJ Pinheiro da Bemposta, --	Veterano 1	9
44	Alexandre CARAMAZ	1575	00:34:13	05:31	individual, --	Veterano 1	10
45	Marisa BARROS	1572	00:34:15	05:31	individual, --	Senior F	2
46	Fernando SILVA	240	00:34:17	05:31	Casa do Povo de Mangualde, --	Veterano 2	7
47	Helder PIRES	810	00:34:21	05:32	CLUBE ATLETISMO OVAR, --	Senior M	21
48	Francelino RESENDE	1329	00:34:27	05:33	Boavista FC, --	Veterano 2	8
49	Lino FERREIRA	271	00:34:37	05:35	Clube Despor. Feirense, --	Veterano 1	11
50	Carlos NUNES	237	00:34:39	05:35	Casa do Povo de Mangualde, --	Senior M	22
51	Jose FERNANDES	775	00:34:41	05:35	g d 3 santos populares, --	Veterano 3	5
52	Ercília MACHADO	1280	00:34:44	05:36	Sporting C P	Senior F	3
53	Jorge PÁDUA	241	00:34:47	05:36	Casa do Povo de Mangualde, --	Veterano 2	9
54	Nuno MARQUES	296	00:34:54	05:37	Poteentes, --	Senior M	23
55	Antonio CRISTOVAO	1243	00:34:55	05:38	individual, --	Senior M	24

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56	David LEITE	427	00:35:14	05:41	CALDAS DE S. JORGE S.C., --	Veterano 2	10
57	Geraldo SANTOS	209	00:35:16	05:41	individual, --	Senior M	25
58	Ernesto ALMEIDA	916	00:35:19	05:41	N A CUCUJÃES, --	Veterano 3	6
59	Hugo GOMES	811	00:35:19	05:41	CLUBE ATLETISMO OVAR, --	Senior M	26
60	Marco COSTA	706	00:35:20	05:42	S.Sociais C.M.Ovar, --	Senior M	27
61	Mário BARBOSA	501	00:35:24	05:42	Tartarugas do Asfalto, --	Veterano 1	12
62	Henrique COSTA	1309	00:35:25	05:42	individual, --	Senior M	28
63	Jorge LUZ	1158	00:35:29	05:43	Boavista FC	Veterano 3	7
64	Manuel FERREIRA	1038	00:35:33	05:44	JOBRA-ASSOCIAÇÃO JOVENS, --	Veterano 3	8
65	Antonio SOUSA	1033	00:35:34	05:44	JOBRA-ASSOCIAÇÃO JOVENS, --	Veterano 1	13
66	Marco PAIVA	555	00:35:36	05:44	Villa Cesari - A.C.D., --	Senior M	29
67	Rui RODRIGUES	238	00:35:37	05:44	Casa do Povo de Mangualde, --	Senior M	30
68	Rui ALMEIDA	915	00:35:40	05:45	N A CUCUJÃES, --	Senior M	31
69	Rui COSTA	814	00:35:41	05:45	CLUBE ATLETISMO OVAR, --	Senior M	32
70	Carlos COELHO	875	00:35:48	05:46	A.D.RIO LARGO C.E., --	Senior M	33
71	Edgar RESENDE	1387	00:35:49	05:46	individual, --	Senior M	34
72	Anibal OLIVEIRA	1548	00:35:51	05:47	ADEC-MS-MAC. DE SARNES, --	Veterano 1	14
73	Miguel JACINTO	921	00:35:52	05:47	N A CUCUJÃES, --	Senior M	35
74	Luis SILVA	913	00:35:58	05:48	N A CUCUJÃES, --	Senior M	36
75	Américo VALENTE	708	00:36:03	05:48	S.Sociais C.M.Ovar, --	Veterano 3	9
76	Fábio CASTRO	169	00:36:03	05:49	Clube Desp. Feirense, --	Junior M	2
77	Filipe LEITE	1207	00:36:05	05:49	AFIS, --	Junior M	3
78	Adriao RODRIGUES	1153	00:36:11	05:50	NAC, --	Senior M	37
79	Jose MONTEIRO	191	00:36:11	05:50	individual, --	Veterano 4	3
80	Carlos FERREIRA	920	00:36:13	05:50	N A CUCUJÃES, --	Veterano 1	15
81	Luís PEREIRA	1536	00:36:14	05:50	Leões da Fronteira, --	Senior M	38
82	Ricardo FERREIRA	1248	00:36:15	05:50	individual, --	Senior M	39
83	Duarte BARBOSA	461	00:36:15	05:51	CCDTC.M.Gondomar, --	Veterano 3	10
84	Fernando ADRIÃO	918	00:36:16	05:51	N A CUCUJÃES, --	Veterano 2	11
85	José SOUSA	444	00:36:16	05:51	Clube Desp. Feirense, --	Senior M	40
86	João BARBOSA	925	00:36:17	05:51	N A CUCUJÃES, --	Veterano 1	16
87	Antonio VIEIRA	1202	00:36:20	05:51	AFIS, --	Veterano 4	4
88	Toze AMORIM	414	00:36:21	05:51	CALDAS DE S.JORGE S.C., --	Veterano 1	17
89	Andre GUIMARÃES	884	00:36:22	05:52	A.D.RIO LARGO C.E., --	Senior M	41
90	Manuel PINTO	195	00:36:26	05:52	Os Falta d'Ar, --	Veterano 1	18
91	Jaime GOMES	274	00:36:26	05:52	Clube Despor. Feirense, --	Veterano 1	19
92	Victor GONÇALVES	285	00:36:26	05:52	Factor X, --	Senior M	42
93	Rogério CAMPOS	272	00:36:27	05:52	Clube Despor. Feirense, --	Veterano 2	12
94	Paulo MONTEIRO	167	00:36:28	05:53	C.I.Argoncilhe, --	Veterano 1	20
95	Manuel GOMES	735	00:36:29	05:53	C.I.Argoncilhe, --	Veterano 4	5
96	Nuno SILVA	482	00:36:33	05:53	CLUBE ATLE. DE LAMAS, --	Senior M	43
97	José ALVARADO	1265	00:36:36	05:54	Guilhovai, --	Senior M	44
98	Pedro SÁ	1072	00:36:39	05:54	individual, --	Senior M	45
99	João FARIA	138	00:36:51	05:56	Corre+, --	Veterano 1	21
100	Pedro LEAL	813	00:36:58	05:57	CLUBE ATLETISMO OVAR, --	Veterano 2	13
101	Sergio MARTINS	793	00:36:59	03:42	C.C. São João da Madeira, --	Senior M	46
102	António PINTO	784	00:37:02	03:43	ACR VALE DE CAMBRA, --	Veterano 2	14
103	Sergio SOUSA	1493	00:37:05	03:43	X5 HEALTH CLUB, --	Senior M	47
104	Paulo PINTO	1021	00:37:06	03:43	ENERGIA GINASIO, --	Senior M	48
105	Filipe BAPTISTA	1553	00:37:06	03:43	CTPerosinho, --	Senior M	49
106	João MAGUETA	1062	00:37:07	03:43	Grupo Desp. da Gafanha, --	Veterano 3	11
107	Paulo ALMEIDA	1064	00:37:07	03:43	Grupo Desp. da Gafanha, --	Veterano 1	22
108	Marcio SERRADO	1277	00:37:08	03:43	CLUBE DE ATLETISMO OVAR, --	Senior M	50
109	Antonio AMORIM	553	00:37:09	03:43	individual, --	Veterano 4	6
110	Nuno SILVA	1004	00:37:09	03:43	individual, --	Senior M	51

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111	Paulo SILVA	1113	00:37:10	03:43	Porto Runners, --	Senior M	52
112	Bruno SANTOS	349	00:37:13	03:44	c. i. argoncilhe, --	Senior M	53
113	Carlos RAMOS	1510	00:37:20	03:44	X5 HEALTH CLUB, --	Senior M	54
114	Carlos OLIVEIRA	1331	00:37:25	03:45	GDCGuilhovai, --	Veterano 5	1
115	Arlindo SANTOS	423	00:37:26	03:45	CALDAS DE S. JORGE S.C., --	Veterano 2	15
116	Antonio VIEIRA	890	00:37:27	03:45	individual, --	Veterano 1	23
117	Daniel ALMEIDA	791	00:37:28	03:45	C.C. São João da Madeira, --	Junior M	4
118	Jorge RAMOS	2001	00:37:28	03:45	individual, --	Senior M	55
119	David DUARTE	1018	00:37:28	03:45	ENERGIA GINASIO, --	Junior M	5
120	José SILVA	922	00:37:31	03:46	N A CUCUJÃES, --	Veterano 2	16
121	António FERNANDES	914	00:37:32	03:46	N A CUCUJÃES, --	Veterano 3	12
122	Helder 160/01	1498	00:37:33	03:46	X5 HEALTH CLUB, --	Senior M	56
123	Luis MAGALHÃES	1037	00:37:34	03:46	JOBRA-ASSOCIAÇÃO JOVENS, --	Veterano 2	17
124	João NEVES	1035	00:37:35	03:46	JOBRA-ASSOCIAÇÃO JOVENS, --	Veterano 2	18
125	Paulo RESENDE	278	00:37:36	03:46	individual, --	Veterano 1	24
126	Carlos ALMEIDA	239	00:37:36	03:46	Casa do Povo de Mangualde, --	Veterano 3	13
127	Jose CARVALHO	411	00:37:37	03:46	CALDAS DE S.JORGE S.C., --	Veterano 1	25
128	Ismael MATOS	852	00:37:38	03:46	OS KÁGADOS, --	Senior M	57
129	Rui CARDOSO	794	00:37:39	03:46	C.C. São João da Madeira, --	Senior M	58
130	Bruno MACEDO	358	00:37:42	03:47	Caga Tacos Running Team, --	Senior M	59
131	Márcia MARTINS	396	00:37:45	03:47	CD Campinho, --	Senior F	4
132	Nuno PINHO	325	00:37:48	03:47	individual, --	Senior M	60
133	Fernando SOARES	796	00:37:52	03:48	C.C. São João da Madeira, --	Veterano 1	26
134	Francisco CUNHA	106	00:37:54	03:48	individual, --	Junior M	6
135	Isaías SÁ	192	00:37:54	03:48	Grupo Amizade, --	Senior M	61
136	Alfredo SOUSA	1232	00:37:55	03:48	Gdp, --	Veterano 1	27
137	Joaquim GODINHO	773	00:37:57	03:48	g d 3 santos populares, --	Veterano 5	2
138	Mário DIAS	446	00:37:58	03:48	individual, --	Senior M	62
139	Paulo FIGUEIREDO	117	00:38:01	03:49	individual, --	Senior M	63
140	Vitor PINHO	824	00:38:02	03:49	CLUBE ATLETISMO OVAR, --	Veterano 1	28
141	Celso PAIVA	785	00:38:02	03:49	ACR VALE DE CAMBRA, --	Veterano 2	19
142	Humberto LOPES	1246	00:38:05	03:49	individual, --	Veterano 2	20
143	Fátima PINHO	1573	00:38:06	03:49	individual, --	Veterana	1
144	Vitor OLIVEIRA	1330	00:38:06	03:49	GDCGuilhovai, --	Senior M	64
145	Armando CORREIA	1063	00:38:08	03:49	Grupo Desp. da Gafanha, --	Veterano 1	29
146	Alcindo PAIVA	77	00:38:09	03:49	individual, --	Veterano 1	30
147	Manuel OLIVEIRA	798	00:38:16	03:50	C.C. São João da Madeira, --	Veterano 2	21
148	António CASTRO	168	00:38:16	03:50	Clube Desp. Feirense, --	Veterano 2	22
149	João VINHA	1036	00:38:16	03:50	JOBRA-ASSOCIAÇÃO JOVENS, --	Veterano 3	14
150	Vasco LADEIRO	1066	00:38:20	03:50	Grupo Desp. da Gafanha, --	Veterano 3	15
151	Fernando BERNARDINO	1188	00:38:21	03:51	individual, --	Senior M	65
152	Juvenal RIBEIRO	1093	00:38:23	03:51	S. Comercio e Salgueiros, --	Veterano 3	16
153	Lídia PEREIRA	243	00:38:25	03:51	Casa do Povo de Mangualde, --	Veterana	2
154	Paulo COSTA	704	00:38:26	03:51	S.Sociais C.M.Ovar, --	Senior M	66
155	Ricardo OLIVEIRA	399	00:38:26	03:51	CD Campinho, --	Junior M	7
156	Fernando SACRAMENTO	1390	00:38:27	03:51	individual, --	Veterano 3	17
157	Joaquim COSTA	812	00:38:28	03:51	CLUBE ATLETISMO OVAR, --	Veterano 4	7
158	Hugo FARDILHA	88	00:38:30	03:51	Grupo Amizade, --	Senior M	67
159	Valdemar VAZ	164	00:38:36	03:52	individual, --	Senior M	68
160	Carlos VIEIRA	1011	00:38:44	03:53	ENERGIA GINASIO, --	Senior M	69
161	Antonio NUNES	718	00:38:50	03:53	individual, --	Senior M	70
162	Joaquim FERREIRA	1173	00:38:50	03:53	G.D.C.GUILHOVAI, --	Veterano 2	23
163	Ricardo MARQUES	1360	00:38:51	03:54	individual, --	Junior M	8
164	Angelo RAMOS	418	00:38:52	03:54	CALDAS DE S.JORGE S.C., --	Veterano 2	24
165	Rui GOMES-MIKE	1552	00:38:54	03:54	Conçalho Team, --	Senior M	71

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166	Carlos SEQUEIRA	831	00:38:54	03:54	CLUBE ATLETISMO OVAR C, --	Senior M	72
167	Leonel FERNANDES	1379	00:38:55	03:54	CLUBE ATLETISMO OVAR, --	Senior M	73
168	Nelson BASTOS	597	00:38:57	03:54	Marcha e Corrida VLC, --	Senior M	74
169	Jose FIGUEIREDO	1129	00:39:00	03:54	individual, --	Senior M	75
170	Gilberto PEREIRA	1065	00:39:01	03:55	Grupo Desp. da Gafanha, --	Senior M	76
171	Americo SILVA	976	00:39:03	03:55	individual, --	Senior M	77
172	Ivan SILVA	415	00:39:07	03:55	CALDAS DE S.JORGE S.C., --	Senior M	78
173	Manuel NEVES	420	00:39:07	03:55	CALDAS DE S. JORGE S.C., --	Veterano 1	31
174	Joaquim MENDES	380	00:39:09	03:55	CIRAC, --	Veterano 4	8
175	António MORAIS	668	00:39:11	03:56	individual, --	Senior M	79
176	Toni SOARES	1152	00:39:14	03:56	individual, --	Senior M	80
177	Armando INACIO	1264	00:39:15	03:56	individual, --	Junior M	9
178	Miguel PEREIRA	457	00:39:16	03:56	CCDTC.M.Gondomar, --	Veterano 1	32
179	Pedro SILVA	862	00:39:20	03:56	individual, --	Senior M	81
180	Rui FREIRE	584	00:39:21	03:57	GJ Pinheiro da Bemposta, --	Veterano 1	33
181	Fernando LOPES	256	00:39:23	03:57	Run4Fun, --	Senior M	82
182	Jose PEREIRA	881	00:39:30	03:57	A.D.RIO LARGO C.E., --	Senior M	83
183	Jose LOURENÇO	1275	00:39:35	03:58	CLUBE DE ATLETISMO OVAR, --	Senior M	84
184	António TEIXEIRA	815	00:39:35	03:58	CLUBE ATLETISMO OVAR, --	Senior M	85
185	João SIMÕES	1312	00:39:39	03:58	Piscinas Mun. St Maria Fe, --	Senior M	86
186	Filipe RIBEIRO	1482	00:39:41	03:59	X5 HEALTH CLUB, --	Senior M	87
187	Marco JORGE	1268	00:39:41	03:59	Cabritos da Montanha, --	Senior M	88
188	Rui OLIVEIRA	39	00:39:42	03:59	Centro Rec. Estarreja, --	Veterano 2	25
189	Jose SILVA	1105	00:39:42	03:59	individual, --	Senior M	89
190	António SÁ	807	00:39:45	03:59	CLUBE ATLETISMO OVAR, --	Veterano 5	3
191	Hugo GAUDENCIO	303	00:39:46	03:59	GIN. CLUBE DE BRAGANÇA, --	Senior M	90
192	Rui MARTINS	748	00:39:48	03:59	individual, --	Senior M	91
193	Ruca Ruca	1495	00:39:51	04:00	X5 HEALTH CLUB, --	Senior M	92
194	Miguel VALENTE	674	00:39:52	04:00	individual, --	Senior M	93
195	Rui CORREIA	486	00:39:54	04:00	CLUBE ATLE. DE LAMAS, --	Veterano 1	34
196	Williams RODRIGUEZ	502	00:39:54	04:00	individual, --	Senior M	94
197	Manuel FRAGOSO	640	00:39:57	04:00	Lux Health Club, --	Senior M	95
198	António COSTA	577	00:39:59	04:00	GJ Pinheiro da Bemposta, --	Veterano 2	26
199	Jo?o CUNHA	105	00:40:00	04:00	individual, --	Senior M	96
200	Diogo PINTO	1518	00:40:01	04:01	X5 HEALTH CLUB, --	Senior M	97
201	Marco SILVA	816	00:40:02	04:01	CLUBE ATLETISMO OVAR, --	Senior M	98
202	Samuel VALENTE	1528	00:40:02	04:01	X5 HEALTH CLUB, --	Junior M	10
203	Mauro VALENTE	1043	00:40:05	04:01	JOBRA-ASSOCIAÇÃO JOVENS, --	Senior M	99
204	Dinis TAVARES	1389	00:40:06	04:01	individual, --	Veterano 3	18
205	Mário OLIVEIRA	512	00:40:06	04:01	CCDR FUNDO DE VILA, --	Veterano 3	19
206	Ismael SILVA	511	00:40:07	04:01	CCDR FUNDO DE VILA, --	Veterano 4	9
207	Jose BRITO	1349	00:40:10	04:01	individual, --	Veterano 2	27
208	José FERREIRA	1042	00:40:12	04:02	JOBRA-ASSOCIAÇÃO JOVENS, --	Veterano 1	35
209	Rui SILVA	500	00:40:13	04:02	Tartarugas do Asfalto, --	Veterano 2	28
210	Alexandre SARAIVA	1250	00:40:14	04:02	individual, --	Senior M	100
211	Valter CERQUEIRA	720	00:40:17	04:02	individual, --	Senior M	101
212	Abelardo GOMES	445	00:40:17	04:02	Clube Desp. Feirense, --	Veterano 2	29
213	Vítor RAMOS	1068	00:40:18	04:02	Grupo Desp. da Gafanha, --	Veterano 2	30
214	Norberto OLIVEIRA	1332	00:40:19	04:02	GDCGuilhovai, --	Veterano 4	10
215	Mario COSTA	403	00:40:20	04:02	CALDAS DE S.JORGE S.C., --	Veterano 1	36
216	Pedro SILVA	1434	00:40:21	04:03	individual, --	Senior M	102
217	Mário NOVO	249	00:40:21	04:03	Tiki-Taka, --	Senior M	103
218	Vitor SILVA	410	00:40:21	04:03	CALDAS DE S.JORGE S.C., --	Veterano 2	31
219	Carlos FERREIRA	883	00:40:22	04:03	A.D.RIO LARGO C.E., --	Senior M	104
220	Carlos COSTA	825	00:40:22	04:03	CLUBE ATLETISMO OVAR	Veterano 3	20

Rank	Name	Bib	Time	Pace	Hometown	Division	Div Rank
221	Luís SIMÕES	519	00:40:23	04:03	individual, --	Veterano 3	21
222	Manuel FERREIRA	800	00:40:24	04:03	C.C. São João da Madeira, --	Veterano 4	11
223	José NUNES	940	00:40:27	04:03	individual, --	Senior M	105
224	Augusto SILVA	882	00:40:27	04:03	A.D.RIO LARGO C.E., --	Veterano 5	4
225	Manuel SILVA	936	00:40:28	04:03	individual, --	Veterano 1	37
226	Luis CATARINO	434	00:40:28	04:03	Os Arrastões, --	Senior M	106
227	Adão REIS	469	00:40:29	04:03	individual, --	Veterano 5	5
228	Roberto MOREIRA	558	00:40:30	04:03	Villa Cesari - A.C.D., --	Senior M	107
229	Filipe SILVA	1008	00:40:31	04:04	ENERGIA GINASIO, --	Senior M	108
230	Luís CONCEIÇÃO	587	00:40:36	04:04	G.D S. Paio de Oleiros, --	Veterano 2	32
231	Albano BRAGA	1403	00:40:37	04:04	individual, --	Veterano 4	12
232	Carlos MARINHEIRO	1506	00:40:37	04:04	X5 HEALTH CLUB, --	Senior M	109
233	Nuno ROCHA	1590	00:40:38	04:04	Liberty Seguros, --	Senior M	110
234	Paulo CAMPOS	835	00:40:39	04:04	individual, --	Senior M	111
235	Manuel SILVA	193	00:40:41	04:05	Os Falta d'Ar, --	Veterano 1	38
236	Alberto VALENTE	822	00:40:42	04:05	CLUBE ATLETISMO OVAR, --	Senior M	112
237	Miguel OLIVEIRA	702	00:40:46	04:05	Mocidade Sangemil AC, --	Senior M	113
238	Antonio V.SILVA	731	00:40:49	04:05	individual, --	Veterano 3	22
239	João PEREIRA	1303	00:40:52	04:06	Guilhovai, --	Veterano 4	13
240	José LUÍS	853	00:40:55	04:06	OS KÁGADOS, --	Veterano 1	39
241	Carlos FERRREIRA	1174	00:40:56	04:06	G.D.C.GUILHOVAI, --	Veterano 2	33
242	Marco NEVES	732	00:40:57	04:06	individual, --	Veterano 1	40
243	Gabriel OLIVEIRA	730	00:40:58	04:06	individual, --	Senior M	114
244	Antonio OLIVEIRA	1369	00:41:05	04:07	individual, --	Senior M	115
245	Bruno SANTIAGO	454	00:41:06	04:07	GJ Pinheiro da Bemposta, --	Senior M	116
246	Ana REIS	1247	00:41:08	04:07	individual, --	Senior F	5
247	Marcio QUINTAS	1276	00:41:11	04:08	CLUBE DE ATLETISMO OVAR, --	Senior M	117
248	João RIBEIRO	450	00:41:12	04:08	Bando Trilhos e Tralhos, --	Senior M	118
249	Diogo AMARAL	52	00:41:13	04:08	individual, --	Senior M	119
250	Carlos MOREIRA	148	00:41:13	04:08	Frederico Silva R. Team, --	Senior M	120
251	Luis CARDOSO	1320	00:41:15	04:08	Piscinas Mun. St Maria Fe, --	Senior M	121
252	José ROCHA	56	00:41:16	04:08	individual, --	Veterano 1	41
253	Victor COSTA	44	00:41:19	04:08	A.D. AMARANTE, --	Veterano 2	34
254	Rui SILVA	347	00:41:22	04:09	individual, --	Senior M	122
255	Manuel LUIS	1346	00:41:23	04:09	NA CUCUJAES, --	Veterano 3	23
256	Jose SANTOS	1070	00:41:23	04:09	individual, --	Veterano 3	24
257	Sarah COSTEIRA	183	00:41:24	04:09	individual, --	Senior F	6
258	Ricardo TEIXEIRA	1141	00:41:25	04:09	Feirense, --	Senior M	123
259	Andre SANTOS	683	00:41:26	04:09	Rainha Club, --	Senior M	124
260	Laurinda FERREIRA	244	00:41:27	04:09	Casa do Povo de Mangualde, --	Veterana	3
261	Manuel SOUSA	510	00:41:29	04:09	CCDR FUNDO DE VILA, --	Veterano 4	14
262	Daniel SILVA	996	00:41:29	04:09	CCO, --	Senior M	125
263	Pedro GUIMARAES	13	00:41:31	04:10	individual, --	Veterano 2	35
264	Isa Isa	928	00:41:34	04:10	N A CUCUJÃES, --	Senior F	7
265	Ricardo SILVA	360	00:41:37	04:10	individual, --	Senior M	126
266	Vitor MARQUES	417	00:41:42	04:11	CALDAS DE S.JORGE S.C., --	Senior M	127
267	Vitor MOREIRA	416	00:41:42	04:11	CALDAS DE S.JORGE S.C., --	Senior M	128
268	Vasco MACIEIRA	854	00:41:46	04:11	OS KÁGADOS, --	Senior M	129
269	Pedro OLIVEIRA	179	00:41:47	04:11	individual, --	Senior M	130
270	Mario GONCALVES	1220	00:41:49	04:11	AFIS, --	Veterano 1	42
271	João CAPA	284	00:41:50	04:11	Leões de Moledo, --	Veterano 1	43
272	Silvio FERREIRA	699	00:41:51	04:12	Mocidade Sangemil AC, --	Senior M	131
273	Manuel FREITAS	594	00:41:53	04:12	individual, --	Veterano 1	44
274	José PEREIRA	98	00:41:54	04:12	individual, --	Senior M	132
275	Jose GRAÇA	783	00:41:54	04:12	ACR VALE DE CAMBRA, --	Veterano 3	25

Rank	Name	Bib	Time	Pace	Hometown	Division	Div Rank
276	Antonio NUNES	828	00:41:57	04:12	Fans do Run, --	Veterano 2	36
277	Paulo AMADEU	557	00:41:59	04:12	Villa Cesari - A.C.D., --	Veterano 2	37
278	Mário MARTINS	340	00:42:01	04:13	individual, --	Veterano 2	38
279	Carla BARBOSA	926	00:42:03	04:13	N A CUCUJÃES, --	Veterana	4
280	Miguel MAGALHÃES	1134	00:42:05	04:13	individual, --	Senior M	133
281	Manuel OLIVEIRA	1354	00:42:07	04:13	individual, --	Veterano 2	39
282	Filipe FONTES	477	00:42:09	04:13	CLUBE ATLE. DE LAMAS, --	Veterano 1	45
283	Clemente PINTO	1114	00:42:10	04:13	G.D. "Os Ribeirinhos", --	Senior M	134
284	Leandro CAETANO	766	00:42:11	04:14	Restaurant Caetano Porto, --	Senior M	135
285	António OLIVEIRA	1557	00:42:12	04:14	individual, --	Veterano 3	26
286	Anibal ALMEIDA	229	00:42:15	04:14	Ultimo Km, --	Veterano 2	40
287	Fernando MORAIS	1085	00:42:16	04:14	individual, --	Veterano 3	27
288	Ricardo TRIGO	1393	00:42:18	04:14	STEP BY STEP, --	Senior M	136
289	Tiago VIELA	447	00:42:25	04:15	individual, --	Senior M	137
290	Bruno COSTA	817	00:42:27	04:15	CLUBE ATLETISMO OVAR, --	Senior M	138
291	Rui SOLVA	743	00:42:30	04:15	individual, --	Senior M	139
292	Mario COSTA	1219	00:42:31	04:16	AFIS, --	Veterano 2	41
293	Fabio FERREIRA	1517	00:42:32	04:16	X5 HEALTH CLUB, --	Senior M	140
294	Nuno ALMEIDA	1255	00:42:32	04:16	individual, --	Senior M	141
295	João RODRIGUES	102	00:42:32	04:16	individual, --	Veterano 2	42
296	Rui COSTA	157	00:42:36	04:16	individual, --	Veterano 2	43
297	Jose OLIVEIRA	1163	00:42:37	04:16	individual, --	Veterano 2	44
298	Ricardo BASTOS	162	00:42:39	04:16	individual, --	Senior M	142
299	Paulo SANTOS	146	00:42:39	04:16	ACRDE, --	Veterano 1	46
300	Dario PEREIRA	801	00:42:39	04:16	C.C. São João da Madeira, --	Veterano 4	15
301	Ricardo TEIXEIRA	1367	00:42:40	04:16	individual, --	Senior M	143
302	Fernando FERNANDES	330	00:42:40	04:16	individual, --	Veterano 3	28
303	Pedro MATOS	1238	00:42:41	04:17	individual, --	Senior M	144
304	Jose SANTOS	197	00:42:42	04:17	VITORBIKES.COM, --	Veterano 3	29
305	José SOARES	1130	00:42:44	04:17	individual, --	Veterano 1	47
306	Luís MOTA	47	00:42:45	04:17	individual, --	Veterano 2	45
307	Alcides SALES	377	00:42:45	04:17	CIRAC, --	Veterano 3	30
308	Silverio PINTO	715	00:42:45	04:17	individual, --	Veterano 2	46
309	Francisco LOBO	1420	00:42:45	04:17	individual, --	Veterano 3	31
310	Pedro COSTA	823	00:42:46	04:17	CLUBE ATLETISMO OVAR, --	Veterano 1	48
311	Rui SANTOS	742	00:42:48	04:17	individual, --	Senior M	145
312	Adriano QUEIROZ	873	00:42:49	04:17	A.D.RIO LARGO C.E., --	Veterano 5	6
313	Filipe CARNEIRO	1078	00:42:52	04:18	ASPHALT ASSAULT TEAM, --	Senior M	146
314	Romeu ROCHA	180	00:42:52	04:18	PRT /AD QUINTA, --	Senior M	147
315	Vasco AZEVEDO	1589	00:42:53	04:18	Liberty Seguros, --	Senior M	148
316	Amílcar FERREIRA	838	00:42:54	04:18	OS KÁGADOS, --	Veterano 2	47
317	António VELA	1079	00:42:55	04:18	ASPHALT ASSAULT TEAM, --	Senior M	149
318	Rui GASPAR	290	00:42:58	04:18	individual, --	Veterano 1	49
319	José MORA	198	00:42:58	04:18	individual, --	Veterano 2	48
320	Manuel SANTOS	351	00:42:58	04:18	c. i. argoncilhe, --	Veterano 5	7
321	Cidália Cidália	1488	00:43:00	04:18	X5 HEALTH CLUB, --	Veterana	5
321	Ricardo ALMEIDA	1490	00:43:00	04:18	X5 HEALTH CLUB, --	Senior M	150
323	Matilde BAPTISTA	1111	00:43:00	04:18	individual, --	Veterana	6
324	Bruno GUROSAN	962	00:43:01	04:19	GC Pindéricus+Matachibas, --	Senior M	151
325	Nuno MAGALHÃES	15	00:43:03	04:19	Tartarugas do Asfalto, --	Veterano 2	49
326	Henrique COELHO	84	00:43:03	04:19	individual, --	Veterano 1	50
327	Paulo FARIA	71	00:43:04	04:19	Senhora da Hora Running, --	Veterano 2	50
328	Bruno COUTO	1086	00:43:04	04:19	individual, --	Senior M	152
329	Claudio ALMEIDA	1103	00:43:05	04:19	PUREFIT, --	Senior M	153
330	José PEREIRA	50	00:43:07	04:19	individual, --	Senior M	154

Rank	Name	Bib	Time	Pace	Hometown	Division	Div Rank
331	Miguel CUNHA	1396	00:43:09	04:19	Lousada Runners, --	Senior M	155
332	Filipe MONTENEGRO	964	00:43:10	04:19	individual, --	Veterano 1	51
333	José COELHO	480	00:43:12	04:20	CLUBE ATLE. DE LAMAS, --	Senior M	156
334	Tiago BERNARDES	995	00:43:12	04:20	individual, --	Senior M	157
335	Eduardo MARTINS	170	00:43:13	04:20	individual, --	Veterano 2	51
336	Adelino PINHO	789	00:43:14	04:20	individual, --	Senior M	158
337	Joana MOURA	297	00:43:14	04:20	Poteeentes, --	Senior F	8
338	Henrique MELO	379	00:43:14	04:20	CIRAC, --	Veterano 3	32
339	Ceu COELHO	1496	00:43:15	04:20	X5 HEALTH CLUB, --	Senior F	9
340	Jorge SANTOS	637	00:43:16	04:20	Lux Health Club, --	Senior M	159
341	Mário PINHO	1263	00:43:17	04:20	S.S.P,M.S.J.da Madeira, --	Veterano 5	8
342	Pedro PAIVA	855	00:43:19	04:20	OS KÁGADOS, --	Senior M	160
343	Helena MOURÃO	87	00:43:19	04:20	G d c Castelo de Paiva, --	Veterana	7
344	João SANTOS	173	00:43:21	04:21	individual, --	Senior M	161
345	Alcino GOUVEIA	947	00:43:24	04:21	Ascários de Escariz, --	Veterano 1	52
346	Jorge QUEIROS	223	00:43:25	04:21	individual, --	Veterano 1	53
347	Liliana BASTOS	397	00:43:26	04:21	CD Campinho, --	Junior F	1
348	Nuno VELHO	986	00:43:30	04:21	individual, --	Senior M	162
349	Márcio SILVA	1189	00:43:31	04:22	individual, --	Senior M	163
350	Vítor CARLOS	1061	00:43:32	04:22	Grupo Desp. da Gafanha, --	Veterano 1	54
351	José SILVA	147	00:43:33	04:22	ACRDE, --	Veterano 3	33
352	Virgulino BASTOS	453	00:43:33	04:22	GJ Pinheiro da Bemposta, --	Veterano 3	34
353	Daniel ASENSIO	1157	00:43:33	04:22	individual, --	Veterano 1	55
354	Ricardo SANTOS	1313	00:43:37	04:22	Piscinas Mun. St Maria Fe, --	Senior M	164
355	João OLIVEIRA	1336	00:43:37	04:22	individual, --	Senior M	165
356	José OLIVEIRA	946	00:43:39	04:22	Ascários de Escariz, --	Veterano 1	56
357	João FERNANDES	827	00:43:41	04:23	individual, --	Senior M	166
358	Paulo OLIVEIRA	1224	00:43:42	04:23	AFIS, --	Veterano 2	52
359	Celso COELHO	1164	00:43:44	04:23	BESJOGING, --	Veterano 3	35
360	Antonio CONCEIÇÃO	404	00:43:46	04:23	CALDAS DE S.JORGE S.C., --	Veterano 2	53
361	Paulo SILVA	95	00:43:56	04:24	individual, --	Veterano 1	57
362	Jorge FERREIRA	203	00:43:56	04:24	individual, --	Senior M	167
363	Paulo NEVES	485	00:43:58	04:24	CLUBE ATLE. DE LAMAS, --	Veterano 2	54
364	Paulo PINTO	483	00:43:58	04:24	CLUBE ATLE. DE LAMAS, --	Veterano 1	58
365	Alice COUTO	1288	00:44:00	04:24	ACD S João Serra, --	Veterana	8
366	Edmundo GUEDES	911	00:44:01	04:25	N A CUCUJÃES, --	Veterano 4	16
367	António SILVA	2005	00:44:02	04:25	individual, --	Veterano 1	59
368	Carlos FERREIRA	431	00:44:02	04:25	CALDAS DE S. JORGE S.C., --	Veterano 3	36
369	Gabriel GOMES	634	00:44:05	04:25	Lux Health Club, --	Veterano 2	55
370	Mário FONSECA	361	00:44:06	04:25	individual, --	Veterano 1	60
371	Marco CARVALHO	1591	00:44:09	04:25	Liberty Seguros, --	Senior M	168
372	Francisco REIS	276	00:44:10	04:25	Clube Despor. Feirense, --	Veterano 1	61
373	Agostinho PINTO	620	00:44:11	04:26	Lux Health Club, --	Senior M	169
374	Edgar COSTA	809	00:44:12	04:26	CLUBE ATLETISMO OVAR, --	Veterano 1	62
375	Paulo FERNANDES	1223	00:44:14	04:26	AFIS, --	Veterano 2	56
376	Manuel VIEIRA	1216	00:44:15	04:26	AFIS, --	Veterano 4	17
377	Armando CERQUEIRA	205	00:44:15	04:26	individual, --	Veterano 4	18
378	Luis RODRIGUES	969	00:44:15	04:26	individual, --	Senior M	170
379	Andre TERESINHO	1507	00:44:16	04:26	X5 HEALTH CLUB, --	Senior M	171
380	Paulo COSTA	1470	00:44:17	04:26	X5 HEALTH CLUB, --	Senior M	172
381	Rui SOARES	151	00:44:18	04:26	Frederico Silva R. Team, --	Senior M	173
382	Luis ALMEIDA	752	00:44:21	04:27	MC, --	Veterano 1	63
383	Susana ANDRADE	1041	00:44:21	04:27	JOBRA-ASSOCIAÇÃO JOVENS, --	Senior F	10
384	Eduardo RAMALHADEIRO	433	00:44:23	04:27	Os Arrastões, --	Veterano 1	64
385	Joaquim PEREIRA	1324	00:44:23	04:27	Piscinas Mun. St Maria Fe, --	Veterano 2	57

Rank	Name	Bib	Time	Pace	Hometown	Division	Div Rank
386	Manuel OLIVEIRA	384	00:44:26	04:27	CIRAC, --	Veterano 3	37
387	Marco PINHO	28	00:44:26	04:27	PORTO RUNNERS, --	Veterano 2	58
388	Rufino MOREIRA	1258	00:44:29	04:27	Grupo Amizade, --	Veterano 1	65
389	João MOREIRA	342	00:44:30	04:27	individual, --	Senior M	174
390	Abel SANTOS	408	00:44:31	04:28	CALDAS DE S.JORGE S.C., --	Veterano 5	9
391	Alexandre SILVA	277	00:44:31	04:28	individual, --	Senior M	175
392	Sérgio MATOS	1372	00:44:31	04:28	Roladores, --	Senior M	176
393	Rui PENA	34	00:44:32	04:28	individual, --	Veterano 1	66
394	Paulo ALMEIDA	1459	00:44:32	04:28	X5 HEALTH CLUB, --	Veterano 2	59
395	Ricardo FERRAO	1104	00:44:33	04:28	individual, --	Senior M	177
396	Nelson RAMOS	245	00:44:35	04:28	individual, --	Veterano 2	60
397	Joao BAPTISTA	1015	00:44:36	04:28	ENERGIA GINASIO, --	Senior M	178
398	Manuel SANTOS	175	00:44:37	04:28	individual, --	Senior M	179
399	Ana OLIVEIRA	1052	00:44:38	04:28	individual, --	Senior F	11
400	Arlindo SILVA	836	00:44:38	04:28	OS KÁGADOS, --	Veterano 1	67
401	António BASTOS	579	00:44:38	04:28	GJ Pinheiro da Bemposta, --	Veterano 3	38
402	Jose AMARO	1210	00:44:40	04:28	AFIS, --	Veterano 4	19
403	Marco PEIXOTO	1244	00:44:40	04:28	individual, --	Senior M	180
404	Jorge COSTA	1491	00:44:41	04:29	X5 HEALTH CLUB, --	Veterano 2	61
405	Jose SOUSA	1213	00:44:43	04:29	AFIS, --	Veterano 4	20
406	Paulino PAIS	426	00:44:44	04:29	CALDAS DE S. JORGE S.C., --	Veterano 1	68
407	Joao FONTES	1087	00:44:44	04:29	individual, --	Veterano 1	69
408	Marco BOTELHO	833	00:44:45	04:29	individual, --	Senior M	181
409	Antonio LAMAS	428	00:44:45	04:29	CALDAS DE S. JORGE S.C., --	Veterano 3	39
410	Rui MOREIRA	409	00:44:46	04:29	CALDAS DE S.JORGE S.C., --	Senior M	182
411	Nuno SOUSA	1142	00:44:46	04:29	individual, --	Senior M	183
412	Vitor SÁ	556	00:44:48	04:29	Villa Cesari - A.C.D., --	Veterano 1	70
413	Francisco MONTEIRO	528	00:44:48	04:29	individual, --	Veterano 3	40
414	Arménio DIAS	1391	00:44:49	04:29	individual, --	Senior M	184
415	Hélder RAMOS	1067	00:44:51	04:30	Grupo Desp. da Gafanha, --	Veterano 2	62
416	Marisa Jo	1609	00:44:51	04:30	individual, --	Senior M	185
417	José RESENDE	935	00:44:51	04:30	individual, --	Veterano 1	71
418	António PEREIRA	449	00:44:52	04:30	individual, --	Veterano 5	10
419	Paulo OLIVEIRA	184	00:44:53	04:30	individual, --	Veterano 1	72
420	Ricardo SOUSA	950	00:44:53	04:30	individual, --	Senior M	186
421	Carlos PINHEIRO	930	00:44:53	04:30	individual, --	Senior M	187
422	Rita SOARES	1271	00:44:54	04:30	individual, --	Senior F	12
423	Anibal ANTONIO	1154	00:44:54	04:30	NAC, --	Veterano 4	21
424	Jorge CATARINO	495	00:44:55	04:30	K.M.A, --	Junior M	11
425	Nuno SANTOS	306	00:44:56	04:30	individual, --	Senior M	188
426	Sergio SILVA	1227	00:44:56	04:30	AFIS, --	Veterano 1	73
427	Nuno PINHO	755	00:44:58	04:30	MC, --	Senior M	189
428	Pedro ELIAS	109	00:44:59	04:30	Xandi Team, --	Veterano 1	74
429	António FERREIRA	1340	00:44:59	04:30	NA CUCUJAES, --	Veterano 1	75
430	Rui VALENTE	1109	00:45:01	04:31	MC, --	Senior M	190
431	Orlando DUARTE	390	00:45:01	04:31	individual, --	Veterano 4	22
432	Jose AUGUSTO	880	00:45:01	04:31	A.D.RIO LARGO C.E., --	Veterano 2	63
433	Paulo FERREIRA	46	00:45:02	04:31	Ponto Zen, --	Senior M	191
434	Jose FERNANDES	1119	00:45:02	04:31	individual, --	Veterano 3	41
435	Isabel CATARINO	496	00:45:03	04:31	K.M.A, --	Senior F	13
436	Daniel BELEZA	756	00:45:06	04:31	MC, --	Senior M	192
437	Manuel CONCEIÇÃO	559	00:45:06	04:31	Villa Cesari - A.C.D., --	Veterano 1	76
438	Hélder COSTA	299	00:45:08	04:31	individual, --	Senior M	193
439	Orlando SANTOS	695	00:45:08	04:31	Mocidade Sangemil AC, --	Veterano 1	77
440	Antonio NEVES	421	00:45:10	04:31	CALDAS DE S. JORGE S.C., --	Senior M	194

Rank	Name	Bib	Time	Pace	Hometown	Division	Div Rank
441	Armenio RODRIGUES	1392	00:45:14	04:32	individual, --	Veterano 1	78
442	Joaquim AMIEIRO	933	00:45:17	04:32	individual, --	Veterano 5	11
443	Arlindo PINTO	820	00:45:18	04:32	CLUBE ATLETISMO OVAR, --	Veterano 4	23
444	Paulo ALVES	208	00:45:19	04:32	individual, --	Veterano 1	79
445	Mário COUTO	818	00:45:19	04:32	CLUBE ATLETISMO OVAR, --	Senior M	195
446	António SANTOS	378	00:45:19	04:32	CIRAC, --	Veterano 4	24
447	Adriano SILVA	575	00:45:20	04:32	GJ Pinheiro da Bemposta, --	Veterano 4	25
448	Mafalda OLIVEIRA	1284	00:45:20	04:32	individual, --	Senior F	14
449	Moreira SILVA	1222	00:45:20	04:32	AFIS, --	Veterano 5	12
450	Domingos SILVA	604	00:45:25	04:33	C A LAMAS, --	Veterano 4	26
451	Nuno PINHO	847	00:45:26	04:33	OS KÁGADOS, --	Senior M	196
452	Marco CARNEIRO	717	00:45:27	04:33	individual, --	Veterano 1	80
453	Nuno SILVA	350	00:45:28	04:33	c. i. argoncilhe, --	Senior M	197
454	Paulo AFONSO	1182	00:45:29	04:33	individual, --	Veterano 1	81
455	Antonio ALVES	1014	00:45:29	04:33	ENERGIA GINASIO, --	Senior M	198
456	José TEIXEIRA	934	00:45:33	04:34	individual, --	Veterano 4	27
457	Marco COUTO	468	00:45:34	04:34	Frederico Silva R. Team, --	Senior M	199
458	Helena SAMPAIO	1230	00:45:37	04:34	C.F. Oliveira do Douro, --	Veterana	9
459	Lázaro TEIXEIRA	1427	00:45:37	04:34	Lux Health Club, --	Senior M	200
460	João BRITO	1357	00:45:39	04:34	individual, --	Senior M	201
461	António COSTA	300	00:45:41	04:35	ATLETAS DOURO, --	Veterano 2	64
462	Manuel DIAS	803	00:45:42	04:35	C.C. São João da Madeira, --	Veterano 5	13
463	Mario PIRES	987	00:45:42	04:35	individual, --	Senior M	202
464	Artur SOARES	948	00:45:43	04:35	Ascários de Escariz, --	Senior M	203
465	Vitor HUGO	517	00:45:45	04:35	OS FALTA D'AR, --	Veterano 3	42
466	Jorge COELHO	345	00:45:45	04:35	individual, --	Veterano 1	82
467	José OLIVEIRA	1046	00:45:45	04:35	ENERGIA GINASIO, --	Senior M	204
468	Paulo VIDINHA	430	00:45:48	04:35	CALDAS DE S. JORGE S.C., --	Senior M	205
469	Alexandre SANTOS	806	00:45:48	04:35	individual, --	Senior M	206
470	José TAVARES	839	00:45:50	04:35	OS KÁGADOS, --	Veterano 3	43
471	Ricardo MELINDRA	1377	00:45:51	04:36	individual, --	Senior M	207
472	Eduardo OLIVEIRA	17	00:45:54	04:36	individual, --	Senior M	208
473	Elísio PATRÍCIO	35	00:45:55	04:36	Tartarugas, --	Veterano 1	83
474	Diogo MARTINS	945	00:45:56	04:36	individual, --	Senior M	209
475	Renato CRUZ	437	00:45:58	04:36	Os Arrastões, --	Veterano 1	84
476	José AMARAL	436	00:45:58	04:36	Os Arrastões, --	Senior M	210
477	Américo GOMES	472	00:45:59	04:36	CLUBE ATLE. DE LAMAS, --	Veterano 1	85
478	Manuel SILVA	136	00:45:59	04:36	individual, --	Veterano 2	65
479	Jose COSTA	1211	00:46:00	04:36	AFIS, --	Veterano 1	86
480	Ricardo VIEIRA	1430	00:46:01	04:37	BAI K ANDAS TEAM, --	Senior M	211
481	Elisio SILVA	1436	00:46:02	04:37	Os Tocaviar, --	Veterano 2	66
482	Estela PIMENTA	348	00:46:04	04:37	individual, --	Senior F	15
483	Rodrigo SANTOS	891	00:46:04	04:37	individual, --	Senior M	212
484	Ana COELHO	214	00:46:05	04:37	Lighty Runners, --	Senior F	16
485	Rui RODRIGUES	213	00:46:07	04:37	Lighty Runners, --	Senior M	213
486	Artur SÁ	1023	00:46:08	04:37	ENERGIA GINASIO, --	Veterano 1	87
487	Antonio FERNANDES	201	00:46:11	04:38	individual, --	Veterano 2	67
488	David FRAGOSO	630	00:46:12	04:38	Lux Health Club, --	Senior M	214
489	Abel SILVA	1503	00:46:14	04:38	X5 HEALTH CLUB, --	Senior M	215
490	José VIANA	137	00:46:16	04:38	individual, --	Senior M	216
491	José SANTOS	676	00:46:17	04:38	Lux Health Club, --	Veterano 5	14
492	Fernando FERREIRA	1409	00:46:17	04:38	individual, --	Veterano 1	88
493	Ricardo SANTOS	684	00:46:18	04:38	Rainha Club, --	Senior M	217
494	Oscar MAGÔLO	385	00:46:19	04:38	CIRAC, --	Veterano 4	28
495	Jorge SILVA	381	00:46:19	04:38	CIRAC, --	Veterano 2	68

Rank	Name	Bib	Time	Pace	Hometown	Division	Div Rank
496	António MATOS	366	00:46:20	04:38	individual, --	Veterano 5	15
497	Tiago FERREIRA	1578	00:46:20	04:38	X5 HEALTH CLUB, --	Senior M	218
498	Àlvaro REIS	980	00:46:20	04:38	Atletas.Arcozelo, --	Veterano 3	44
499	Luis ALMEIDA	150	00:46:21	04:39	Frederico Silva R. Team, --	Senior M	219
500	Manuel SILVA	979	00:46:21	04:39	Atletas.Arcozelo, --	Veterano 2	69
501	Tiago LEAL	664	00:46:24	04:39	Lux Health Club, --	Veterano 1	89
502	Gonçalo COSTEIRA	569	00:46:24	04:39	Tartarugas do Asfalto, --	Senior M	220
503	Joao PINTO	1461	00:46:24	04:39	X5 HEALTH CLUB, --	Senior M	221
504	Vítor MOREIRA	23	00:46:25	04:39	B.V.Moreira da Maia, --	Veterano 1	90
505	Cristiano TAVARES	190	00:46:26	04:39	individual, --	Senior M	222
506	Jose VIEIRA	194	00:46:26	04:39	Os Falta d'Ar, --	Veterano 2	70
507	Mário SILVA	1315	00:46:26	04:39	Piscinas Mun. St Maria Fe, --	Senior M	223
508	Carlos RIBEIRO	696	00:46:27	04:39	Mocidade Sangemil AC, --	Senior M	224
509	Hugo COSTA	677	00:46:28	04:39	Rainha Club, --	Senior M	225
510	Luís IGLÉSIAS	435	00:46:28	04:39	Os Arrastões, --	Senior M	226
511	Gavin Gavin	1499	00:46:28	04:39	X5 HEALTH CLUB, --	Veterano 2	71
512	Porfirio PEREIRA	507	00:46:30	04:39	Faurecia Runners, --	Veterano 1	91
513	Jorge SARAIVA	438	00:46:30	04:39	Os Arrastões, --	Senior M	227
514	Pedro POÇAS	226	00:46:30	04:39	Atletas Douro, --	Junior M	12
515	Pedro LEAL	1225	00:46:31	04:40	AFIS, --	Senior M	228
516	Virgilio SOUSA	172	00:46:32	04:40	individual, --	Veterano 1	92
517	Tome SEABRA	1547	00:46:33	04:40	ADEC-MS-MAC. DE SARNES, --	Veterano 5	16
518	Pedro SILVA	425	00:46:34	04:40	CALDAS DE S. JORGE S.C., --	Veterano 1	93
518	Andre MACHADO	1487	00:46:34	04:40	X5 HEALTH CLUB, --	Senior M	229
520	Helder AMORIM	1323	00:46:34	04:40	Piscinas Mun. St Maria Fe, --	Senior M	230
521	Ricardo ALMEIDA	1151	00:46:35	04:40	individual, --	Senior M	231
522	João SILVA	1150	00:46:35	04:40	individual, --	Senior M	232
523	José FERREIRA	1580	00:46:35	04:40	X5 HEALTH CLUB, --	Veterano 4	29
524	Joaquim VELHO	984	00:46:36	04:40	individual, --	Senior M	233
525	Paulo FERREIRA	539	00:46:38	04:40	FUT PARK, --	Veterano 2	72
526	Carlos GUERRA	562	00:46:38	04:40	individual, --	Veterano 2	73
527	Ana VALENTE	1032	00:46:38	04:40	JOBRA-ASSOCIAÇÃO JOVENS, --	Senior F	17
528	Filipe ALMEIDA	567	00:46:38	04:40	individual, --	Veterano 1	94
529	Fabio SILVA	1483	00:46:41	04:41	X5 HEALTH CLUB, --	Senior M	234
530	Vasco REGADAS	144	00:46:43	04:41	individual, --	Senior M	235
530	Carlos FERNANDES	304	00:46:43	04:41	GIN. CLUBE DE BRAGANÇA, --	Veterano 3	45
532	Nelson PINHO	341	00:46:45	04:41	individual, --	Veterano 1	95
533	Jorge SILVA	291	00:46:45	04:41	Grupo Amizade, --	Senior M	236
534	Nuno RIBEIRO	971	00:46:46	04:41	individual, --	Senior M	237
535	José COSTA	707	00:46:47	04:41	S.Sociais C.M.Ovar, --	Veterano 3	46
536	Maria COSTA	710	00:46:47	04:41	S.Sociais C.M.Ovar, --	Veterana	10
537	Vitor PINTO	985	00:46:48	04:41	individual, --	Senior M	238
538	António BRANCO	829	00:46:49	04:41	CLUBE ATLETISMO OVAR C, --	Veterano 5	17
539	Joel SANTOS	1371	00:46:49	04:41	Roladores, --	Senior M	239
540	Filipe TAVARES	765	00:46:50	04:41	individual, --	Senior M	240
541	Carlos OLIVEIRA	712	00:46:50	04:41	Garagem Paciencia team, --	Veterano 1	96
542	Sandrine SOUSA	1040	00:46:51	04:42	JOBRA-ASSOCIAÇÃO JOVENS, --	Senior F	18
543	Francisco COSTA	1419	00:46:51	04:42	individual, --	Veterano 4	30
544	João SILVA	673	00:46:52	04:42	Garagem Paciência Team, --	Senior M	241
545	Ana ALMEIDA	1456	00:46:53	04:42	X5 HEALTH CLUB, --	Senior F	19
546	Martinho SANTOS	429	00:46:54	04:42	CALDAS DE S. JORGE S.C., --	Veterano 2	74
547	Filipe LEMOS	58	00:46:55	04:42	individual, --	Veterano 2	75
548	Mário GODINHO	315	00:46:56	04:42	BFOUR/CAÇAROLA, --	Veterano 1	97
549	Rui GUEDES	524	00:46:56	04:42	individual, --	Senior M	242
550	Elisabete SANTOS	149	00:46:58	04:42	Frederico Silva R. Team, --	Senior F	20

Rank	Name	Bib	Time	Pace	Hometown	Division	Div Rank
551	Sérgio GUIMBRA	534	00:46:59	04:42	individual, --	Senior M	243
552	Joaquim GOMES	288	00:47:00	04:42	Porto Runners, --	Veterano 2	76
553	Fernando SOUSA	442	00:47:00	04:42	individual, --	Veterano 3	47
554	Liliana RANGEL	776	00:47:01	04:43	g d 3 santos populares, --	Veterana	11
555	Carlos COELHO	949	00:47:02	04:43	TeamBigodes, --	Senior M	244
556	Rafael SOUSA	719	00:47:03	04:43	individual, --	Senior F	21
557	Antonio MOURA	540	00:47:05	04:43	FUT PARK, --	Veterano 1	98
558	Ludgero COUTO	1149	00:47:06	04:43	individual, --	Senior M	245
559	Verissimo MARQUES	666	00:47:07	04:43	Lux Health Club, --	Senior M	246
560	Aires ROCHA	1534	00:47:12	04:44	EDV-VianaTrail, --	Senior M	247
561	António PEREIRA	580	00:47:12	04:44	GJ Pinheiro da Bemposta, --	Veterano 4	31
562	Jorge BERNARDINO	1373	00:47:13	04:44	Roladores, --	Veterano 1	99
563	Lucídio DIAS	470	00:47:15	04:44	CLUBE ATLE. DE LAMAS, --	Veterano 5	18
564	Manuel PEREIRA	841	00:47:15	04:44	OS KÁGADOS, --	Veterano 3	48
565	Elísio CAMPOS	846	00:47:15	04:44	OS KÁGADOS, --	Veterano 3	49
566	Daniel SILVA	1577	00:47:18	04:44	X5 HEALTH CLUB, --	Senior M	248
567	Carlos LEITE	104	00:47:19	04:44	ACR Ribeira Ovar, --	Veterano 5	19
568	Claudia ROQUE	1100	00:47:20	04:44	individual, --	Veterana	12
569	Paulo SILVA	122	00:47:22	04:45	individual, --	Veterano 1	100
570	Vitor AMARAL	724	00:47:23	04:45	Multifracção, --	Veterano 4	32
571	Armanda BARROSO	1115	00:47:24	04:45	G.D. "Os Ribeirinhos", --	Senior F	22
572	Mannuel SILVA	97	00:47:24	04:45	individual, --	Veterano 1	101
573	Manuel JORGE	641	00:47:26	04:45	Lux Health Club, --	Senior M	249
574	Ana FERREIRA	932	00:47:26	04:45	Poteeentes, --	Senior F	23
574	Joana MARQUES	589	00:47:26	04:45	Poteeentes, --	Senior F	23
576	Luis RAMOS	967	00:47:26	04:45	individual, --	Veterano 1	102
577	José PEREIRA	1592	00:47:27	04:45	Liberty Seguros, --	Veterano 4	33
578	Edmundo RILHO	103	00:47:27	04:45	individual, --	Senior M	250
579	Marco LISBOA	1016	00:47:27	04:45	ENERGIA GINASIO, --	Senior M	251
580	Sandro TEIXEIRA	1543	00:47:30	04:45	ENERGIA GINASIO, --	Veterano 1	103
581	Júlio MOREIRA	554	00:47:31	04:46	Villa Cesari - A.C.D., --	Veterano 3	50
582	Luis CERQUEIRA	713	00:47:32	04:46	individual, --	Veterano 2	77
583	Angelina FERREIRA	1473	00:47:37	04:46	X5 HEALTH CLUB, --	Veterana	13
584	José LEITE	1028	00:47:37	04:46	individual, --	Veterano 2	78
585	Paulo FORTUNATO	484	00:47:37	04:46	CLUBE ATLE. DE LAMAS, --	Veterano 1	104
586	Victor SILV	871	00:47:37	04:46	rainha club, --	Veterano 1	105
587	Bruno FREITAS	1588	00:47:37	04:46	X5 HEALTH CLUB, --	Senior M	252
588	Daniel RAMALHO	543	00:47:39	04:46	FUT PARK, --	Senior M	253
589	César SOUSA	231	00:47:41	04:47	individual, --	Senior M	254
590	Margarida MARTINS	697	00:47:42	04:47	Mocidade Sangemil AC, --	Veterana	14
591	Samuel PEREIRA	398	00:47:42	04:47	CD Campinho, --	Junior M	13
592	Jorge SILVA	1229	00:47:46	04:47	individual, --	Senior M	255
593	Rui MARTINS	452	00:47:47	04:47	GJ Pinheiro da Bemposta, --	Senior M	256
594	Tiago CUNHA	663	00:47:47	04:47	Lux Health Club, --	Senior M	257
595	Miguel CARDOSO	83	00:47:49	04:47	individual, --	Veterano 1	106
596	Paulo PEIXOTO	64	00:47:49	04:47	individual, --	Veterano 1	107
597	João TOMÁS	1569	00:47:49	04:47	individual, --	Senior M	258
598	Carlos ESTIMA	1185	00:47:52	04:48	individual, --	Veterano 2	79
599	António VIEIRA	1080	00:47:54	04:48	ASPHALT ASSAULT TEAM, --	Veterano 1	108
600	Fatima ALEIXO	1205	00:47:55	04:48	AFIS, --	Veterana	15
601	Eduardo RESENDE	1204	00:47:56	04:48	AFIS, --	Veterano 5	20
602	Roberto DIAS	1233	00:47:56	04:48	individual, --	Senior M	259
603	Fabio COSTA	721	00:47:57	04:48	individual, --	Senior M	260
604	Pedro DIAS	1400	00:47:59	04:48	individual, --	Senior M	261
605	Valdemar SANTOS	692	00:47:59	04:48	Fans do Run, --	Veterano 2	80

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606	Marina SILVA	734	00:47:59	04:48	C.I.Argoncilhe, --	Senior F	25
607	Pedro BRANDÃO	1406	00:48:01	04:49	ACT - Arrebenta com tudo, --	Senior M	262
608	André BARGE	1321	00:48:01	04:49	Piscinas Mun. St Maria Fe, --	Senior M	263
609	António FLOR	1083	00:48:03	04:49	individual, --	Veterano 2	81
610	Karilin PINTO	1310	00:48:04	04:49	Piscinas Mun. St Maria Fe, --	Senior F	26
611	Orlando GONÇALVES	346	00:48:10	04:49	individual, --	Veterano 1	109
612	Marcia SILVA	1007	00:48:11	04:50	ENERGIA GINASIO, --	Senior F	27
613	António MARTINS	451	00:48:12	04:50	GJ Pinheiro da Bemposta, --	Senior M	264
614	João OLIVEIRA	574	00:48:12	04:50	GJ Pinheiro da Bemposta, --	Veterano 4	34
615	Luis CUNHA	1468	00:48:14	04:50	X5 HEALTH CLUB, --	Senior M	265
616	Rui LEBRE	16	00:48:14	04:50	TARTARUGAS DO ASFALTO, --	Veterano 2	82
617	Pedro NOGUEIRA	12	00:48:15	04:50	Tartarugas do Asfalto, --	Veterano 2	83
618	Juliana GOMES	439	00:48:17	04:50	individual, --	Senior F	28
619	Artur PIRES	830	00:48:21	04:51	CLUBE ATLETISMO OVAR C, --	Veterano 4	35
620	Filipe SOUSA	1422	00:48:24	04:51	individual, --	Senior M	266
621	Rodrigo RESENDE	1094	00:48:25	04:51	individual, --	Senior M	267
622	Rosa SILVA	1144	00:48:28	04:51	individual, --	Veterana	16
623	António OLIVEIRA	2006	00:48:31	04:52	individual, --	Veterano 1	110
624	Carla NUNES	123	00:48:31	04:52	individual, --	Senior F	29
625	João OLIVEIRA	537	00:48:32	04:52	FUT PARK, --	Senior M	268
626	Rui BARBOSA	153	00:48:34	04:52	individual, --	Veterano 1	111
627	Márcio OLIVEIRA	1584	00:48:34	04:52	X5 HEALTH CLUB, --	Senior M	269
628	Luís FERNANDES	118	00:48:36	04:52	individual, --	Veterano 1	112
629	Daniel VASCONCELOS	722	00:48:37	04:52	individual, --	Senior M	270
630	Francisco TEIXEIRA	714	00:48:37	04:52	individual, --	Veterano 2	84
631	Sergio SANTOS	1343	00:48:38	04:52	NA CUCUJAES, --	Veterano 1	113
632	Avelino PEREIRA	458	00:48:38	04:52	CCDTC.M.Gondomar, --	Veterano 5	21
633	Pedro PAIVA	1179	00:48:39	04:52	individual, --	Senior M	271
634	Davide PINHEIRO	43	00:48:39	04:52	A.D. AMARANTE, --	Veterano 1	114
635	Manuel PAIVA	1180	00:48:39	04:52	individual, --	Veterano 5	22
636	Nuno PINTO	953	00:48:40	04:52	GC Pindéricus+Matachibas, --	Senior M	272
637	Hugo OLIVEIRA	952	00:48:40	04:52	GC Pindéricus+Matachibas, --	Senior M	273
638	Carlos ANDRADE	842	00:48:46	04:53	OS KÁGADOS, --	Veterano 2	85
639	Bruno BARGE	255	00:48:46	04:53	Run4Fun, --	Senior M	274
640	Ivo ALMEIDA	1394	00:48:46	04:53	STEP BY STEP, --	Veterano 1	115
641	Pedro LEBRE	1181	00:48:50	04:53	Tartarugas do Asfalto, --	Senior M	275
642	Francisco COSTA	478	00:48:52	04:54	CLUBE ATLE. DE LAMAS, --	Veterano 4	36
643	Rosa AMELIA	1474	00:48:52	04:54	X5 HEALTH CLUB, --	Veterana	17
644	Antonio SANTOS	1201	00:48:53	04:54	AFIS, --	Veterano 4	37
645	Sérgio FIGUEIREDO	977	00:48:59	04:54	individual, --	Veterano 1	116
646	Antonio SILVA	312	00:49:01	04:55	quimifeiracorre/vcd, --	Veterano 1	117
647	Rui OLIVEIRA	393	00:49:01	04:55	PÉNOPEDAL, --	Veterano 1	118
648	Paulo LIMA	394	00:49:02	04:55	PÉNOPEDAL, --	Veterano 1	119
649	Leandro LEITE	1607	00:49:02	04:55	Dolce Vita, --	Senior M	276
650	Miguel JERI	981	00:49:04	04:55	individual, --	Senior M	277
651	Hilário COSTA	1574	00:49:04	04:55	Pisc. Mun. S. M. Feira, --	Veterano 2	86
652	Maria CARVALHO	152	00:49:04	04:55	Frederico Silva R. Team, --	Veterana	18
653	Carlos CAMPOS	1203	00:49:04	04:55	AFIS, --	Veterano 2	87
654	Carlos FAMILIAR	754	00:49:06	04:55	MC, --	Veterano 1	120
655	Sergio PINHO	1010	00:49:06	04:55	ENERGIA GINASIO, --	Veterano 1	121
656	Filipe PEREIRA	60	00:49:08	04:55	individual, --	Senior M	278
657	Miguel TAVARES	1513	00:49:09	04:55	X5 HEALTH CLUB, --	Senior M	279
658	Manuel COSTA	1215	00:49:10	04:55	AFIS, --	Veterano 4	38
659	Manuel SOARES	134	00:49:11	04:56	individual, --	Veterano 4	39
660	Francisco OLIVEIRA	264	00:49:12	04:56	individual, --	Veterano 4	40

Rank	Name	Bib	Time	Pace	Hometown	Division	Div Rank
661	Adriano OLIVEIRA	1019	00:49:13	04:56	ENERGIA GINASIO, --	Veterano 2	88
662	Henrique SILVA	874	00:49:13	04:56	A.D.RIO LARGO C.E., --	Veterano 3	51
663	Etelvina ROCHA	703	00:49:14	04:56	Mocidade Sangemil AC, --	Veterana	19
664	Ricardo BASTOS	968	00:49:14	04:56	individual, --	Veterano 1	122
665	Miguel MARTINS	465	00:49:15	04:56	individual, --	Senior M	280
666	Joaquim CARDOSO	178	00:49:17	04:56	individual, --	Veterano 2	89
667	A. FERNANDES	1370	00:49:17	04:56	BFOUR, --	Veterano 2	90
668	Diamantino TEIXEIRA	177	00:49:17	04:56	individual, --	Veterano 2	91
669	Jorge LOUREIRO	1378	00:49:17	04:56	individual, --	Senior M	281
670	Isaura LOPES	917	00:49:18	04:56	N A CUCUJÃES, --	Veterana	20
671	Paula MOUTINHO	464	00:49:22	04:57	individual, --	Senior F	30
672	Sara SANTOS	859	00:49:23	04:57	individual, --	Senior F	31
673	Tiago CAMBOA	1533	00:49:23	04:57	individual, --	Senior M	282
674	Eduardo SILVA	548	00:49:24	04:57	individual, --	Senior M	283
675	João ALVES	1541	00:49:25	04:57	individual, --	Senior M	284
676	Rogério SILVA	386	00:49:28	04:57	CIRAC, --	Veterano 4	41
677	Moreira SLIMANI	759	00:49:28	04:57	individual, --	Veterano 1	123
678	Vitorino PEREIRA	821	00:49:29	04:57	CLUBE ATLETISMO OVAR, --	Veterano 5	23
679	Pedro CORREIA	1453	00:49:29	04:57	X5 HEALTH CLUB, --	Senior M	285
680	Hélder SILVA	1098	00:49:29	04:57	C A LAMAS, --	Senior M	286
681	Fernando SANTOS	1206	00:49:31	04:58	AFIS, --	Veterano 5	24
682	Camilo Camilo	313	00:49:36	04:58	quimifeiracorre/vcd, --	Veterano 5	25
683	Jose SILVA	638	00:49:36	04:58	Lux Health Club, --	Veterano 1	124
684	Pedro PINHO	1466	00:49:38	04:58	X5 HEALTH CLUB, --	Junior M	14
685	Fabio SILVA	1327	00:49:38	04:58	Piscinas Mun. St Maria Fe, --	Senior M	287
686	Alexandre SANTOS	1602	00:49:39	04:58	Dolce Vita, --	Senior M	288
687	Constantino SANTOS	476	00:49:39	04:58	CLUBE ATLE. DE LAMAS, --	Veterano 5	26
688	Helder FONSECA	1522	00:49:40	04:58	X5 HEALTH CLUB, --	Senior M	289
689	Fábio FRAGOSO	1361	00:49:40	04:58	Lux Health Club, --	Senior M	290
690	Ricardo RESENDE	659	00:49:41	04:59	Lux Health Club, --	Senior M	291
691	João DUARTE	635	00:49:45	04:59	Lux Health Club, --	Senior M	292
692	Nuno SOARES	1359	00:49:45	04:59	individual, --	Senior M	293
693	Helder MADUREIRA	1523	00:49:48	04:59	X5 HEALTH CLUB, --	Senior M	294
694	Filipe TAVARES	1267	00:49:48	04:59	Cabritos da Montanha, --	Senior M	295
695	António SANTOS	912	00:49:49	04:59	N A CUCUJÃES, --	Veterano 3	52
696	José SANTOS	382	00:49:52	05:00	CIRAC, --	Veterano 3	53
697	Marco OLIVEIRA	247	00:49:53	05:00	individual, --	Senior M	296
698	Vitor QUEIROS	1020	00:49:53	05:00	ENERGIA GINASIO, --	Senior M	297
699	Ramiro MONTEIRO	422	00:49:54	05:00	CALDAS DE S. JORGE S.C., --	Veterano 5	27
700	Hugo PANÃO	963	00:49:55	05:00	individual, --	Senior M	298
701	Maria LEITE	401	00:49:55	05:00	CALDAS DE S.JORGE S.C., --	Veterana	21
702	Nuno SANTOS	270	00:49:57	05:00	Casa do Povo Mangualde, --	Senior M	299
703	Paulo CRUZ	269	00:49:58	05:00	Casa do Povo Mangualde, --	Senior M	300
704	Belmiro LOPES	474	00:49:59	05:00	CLUBE ATLE. DE LAMAS, --	Veterano 1	125
705	Germano SANTOS	1143	00:50:00	05:00	ACRDE, --	Veterano 3	54
706	Fernando PINRO	1407	00:50:00	05:00	individual, --	Senior M	301
707	Goretti SILVA	400	00:50:04	05:01	CALDAS DE S.JORGE S.C., --	Veterana	22
708	Manuel COUTO	412	00:50:05	05:01	CALDAS DE S.JORGE S.C., --	Veterano 5	28
709	José SANTOS	1352	00:50:06	05:01	individual, --	Veterano 3	55
710	Tiago ALMEIDA	72	00:50:07	05:01	individual, --	Senior M	302
711	Nelson ROSADO	1568	00:50:09	05:01	Bike Angels, --	Senior M	303
712	Hugo CARDOSO	738	00:50:10	05:01	individual, --	Veterano 1	126
713	Fernando SILVA	1435	00:50:14	05:02	individual, --	Senior M	304
714	Gabriel SANTOS	1136	00:50:19	05:02	Holmes Place Arrábida, --	Senior M	305
715	Tiago SILVA	965	00:50:22	05:03	individual, --	Senior M	306

Rank	Name	Bib	Time	Pace	Hometown	Division	Div Rank
716	Filipe SANTOS	440	00:50:23	05:03	individual, --	Veterano 1	127
717	Jorge COSTA	777	00:50:23	05:03	individual, --	Veterano 3	56
718	Marcia PEIXOTO	819	00:50:26	05:03	CLUBE ATLETISMO OVAR, --	Senior F	32
719	António PEREIRA	625	00:50:28	05:03	Lux Health Club, --	Veterano 1	128
720	Dinora SANTOS	70	00:50:28	05:03	individual, --	Veterana	23
721	Silvia SANTOS	69	00:50:30	05:03	individual, --	Senior F	33
722	João CRUZ	143	00:50:33	05:04	individual, --	Senior M	307
723	Jorge SOUSA	1091	00:50:34	05:04	individual, --	Veterano 1	129
724	José BARBOSA	522	00:50:35	05:04	Metralhas, --	Senior M	308
725	Carlos MARQUES	1281	00:50:37	05:04	Feel Free, --	Veterano 3	57
726	Juliano SILVA	865	00:50:37	05:04	Meias Sangrentas, --	Senior M	309
727	Marco SANTOS	353	00:50:37	05:04	individual, --	Senior M	310
728	André LEITE	140	00:50:38	05:04	individual, --	Senior M	311
729	Miguel AFREIXO	736	00:50:38	05:04	AFREIXO, --	Senior M	312
730	Miguel COSTA	220	00:50:42	05:05	individual, --	Senior M	313
731	Luis LAMAS	289	00:50:43	05:05	individual, --	Veterano 1	130
732	António SILVA	924	00:50:44	05:05	N A CUCUJÃES, --	Veterano 1	131
733	Carlos OLIVEIRA	1071	00:50:49	05:05	individual, --	Senior M	314
734	Armindo PINA	1595	00:50:54	05:06	individual, --	Veterano 2	92
735	Damião PACHECO	463	00:50:54	05:06	Poteentes, --	Veterano 1	132
736	José ROCHA	302	00:50:54	05:06	FOREVER, --	Veterano 2	93
737	Rui SANTOS	1480	00:50:55	05:06	X5 HEALTH CLUB, --	Veterano 2	94
737	Augusto BARROS	991	00:50:55	05:06	individual, --	Veterano 3	58
739	Ricardo FERREIRA	389	00:50:55	05:06	individual, --	Senior M	315
740	Ana SILVA	601	00:50:57	05:06	Marcha e Corrida VLC, --	Veterana	24
741	Jorge SILVA	521	00:50:57	05:06	Metralhas, --	Veterano 1	133
742	Silvia PERALTA	215	00:51:01	05:07	Lighty Runners, --	Senior F	34
743	Marcio JORGE	744	00:51:02	05:07	Fans do Run, --	Senior M	316
744	Rui VALENTE	693	00:51:02	05:07	Fans do Run, --	Senior M	317
745	Vitor FERREIRA	1563	00:51:02	05:07	Farroncos Papa Km, --	Senior M	318
746	Filipe ROLA	101	00:51:02	05:07	individual, --	Senior M	319
747	Marcos FREITAS	1242	00:51:04	05:07	individual, --	Senior M	320
748	Jorge MACIEL	1600	00:51:04	05:07	X5 Health Club, --	Senior M	321
749	Sandra SILVA	99	00:51:05	05:07	individual, --	Senior F	35
750	Tiago COSTA	1486	00:51:05	05:07	X5 HEALTH CLUB, --	Senior M	322
751	Jose MELO	1451	00:51:06	05:07	X5 HEALTH CLUB, --	Senior M	323
752	Raimundo DIAS	1514	00:51:06	05:07	X5 HEALTH CLUB, --	Senior M	324
753	Antonio RALHA	1200	00:51:06	05:07	AFIS, --	Veterano 3	59
754	Danilo Danilo	1504	00:51:06	05:07	X5 HEALTH CLUB, --	Senior M	325
755	Sofia COELHO	1478	00:51:08	05:07	X5 HEALTH CLUB, --	Veterana	25
756	Paulo QUINTANS	1566	00:51:09	05:07	Bike Angels, --	Veterano 1	134
757	Ricardo FERREIRA	578	00:51:12	05:08	GJ Pinheiro da Bemposta, --	Veterano 1	135
758	Levi FERNANDES	857	00:51:13	05:08	OS KÁGADOS, --	Senior M	326
759	Rosa PINTO	494	00:51:15	05:08	K.M.A, --	Veterana	26
760	António SEABRA	1056	00:51:16	05:08	individual, --	Veterano 4	42
761	Aldino CARVALHO	1123	00:51:16	05:08	RESFRIADOS, --	Veterano 2	95
762	Juan FERREIRA	860	00:51:19	05:08	individual, --	Veterano 1	136
763	José OLIVEIRA	588	00:51:19	05:08	individual, --	Senior M	327
764	Clementina ANDRADE	804	00:51:19	05:08	C.C. São João da Madeira, --	Veterana	27
765	Mario CONDE	1218	00:51:20	05:08	AFIS, --	Veterano 5	29
766	Paula DIAS	698	00:51:21	05:09	Mocidade Sangemil AC, --	Veterana	28
767	Paulo OLIVEIRA	279	00:51:21	05:09	ATLETAS DOURO, --	Senior M	328
768	Pedro SOARES	761	00:51:22	05:09	individual, --	Veterano 1	137
769	Ana CARVALHO	1132	00:51:22	05:09	GJ Pinheiro da Bemposta, --	Senior F	36
770	Hugo TEIXEIRA	287	00:51:22	05:09	Bertolazia, --	Senior M	329

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771	Matilde LEAL	1221	00:51:24	05:09	AFIS, --	Veterana	29
772	Carlos MARTINS	107	00:51:25	05:09	APROCRED, --	Veterano 2	96
773	Paulo ROLA	541	00:51:25	05:09	FUT PARK, --	Senior M	330
774	Manuel VALENTE	535	00:51:25	05:09	FUT PARK, --	Senior M	331
775	Victor OLIVEIRA	685	00:51:26	05:09	Rainha Club, --	Senior M	332
776	Vitor LEAL	741	00:51:27	05:09	Garagem Paciência Team, --	Veterano 2	97
777	Alfredo SANTOS	161	00:51:27	05:09	individual, --	Veterano 5	30
778	João BALDAIA	154	00:51:28	05:09	individual, --	Senior M	333
779	Liliana SILVA	680	00:51:29	05:09	Rainha Club, --	Senior F	37
780	Paulo PINTO	212	00:51:29	05:09	individual, --	Veterano 1	138
781	Jose COSTA	210	00:51:30	05:09	individual, --	Veterano 1	139
782	Rosario COSTA	1457	00:51:31	05:10	X5 HEALTH CLUB, --	Senior F	38
783	Jose MENDES	957	00:51:31	05:10	GC Pindéricus+Matachibas, --	Veterano 3	60
784	Nuno ANTUNES	211	00:51:32	05:10	individual, --	Veterano 1	140
785	Daniel MAIA	745	00:51:34	05:10	Eu e Tu, --	Junior M	15
786	Arlindo LEITE	832	00:51:35	05:10	individual, --	Senior M	334
787	José CUNHA	1171	00:51:36	05:10	individual, --	Senior M	335
788	António PEREIRA	232	00:51:37	05:10	individual, --	Senior M	336
789	Graça LEITE	591	00:51:38	05:10	ACREFA-LOUREIRO, --	Veterana	30
790	Domingos MARTINS	1025	00:51:43	05:11	ENERGIA GINASIO, --	Senior M	337
791	Rafaela SILVA	1364	00:51:44	05:11	Lux Health Club, --	Junior F	2
792	Diogo Diogo	1245	00:51:45	05:11	individual, --	Senior M	338
793	Elísio CARDOSO	1411	00:51:47	05:11	individual, --	Senior M	339
794	Serafim SILVA	387	00:51:49	05:11	CIRAC, --	Veterano 4	43
795	Marcia REIS	1454	00:51:50	05:11	X5 HEALTH CLUB, --	Senior F	39
796	Francisco LAMAS	1399	00:51:51	05:12	Kenianos Albinos, --	Senior M	340
797	Rui MONTEIRO	1505	00:51:52	05:12	X5 HEALTH CLUB, --	Veterano 1	141
798	Fábio MAIA	746	00:51:53	05:12	Eu e Tu, --	Senior M	341
799	Ivo CARVALHO	295	00:52:00	05:12	individual, --	Senior M	342
800	Elisabete CARVALHO	1535	00:52:01	05:13	EDV-VianaTrail, --	Veterana	31
801	Pedro PIRES	1384	00:52:01	05:13	individual, --	Senior M	343
802	Rita PAUPÉRIO	294	00:52:02	05:13	individual, --	Senior F	40
803	Luis SILVA	751	00:52:05	05:13	MC, --	Senior M	344
804	Antonio MATIAS	1408	00:52:06	05:13	individual, --	Veterano 2	98
805	Claudia SILVA	681	00:52:07	05:13	Rainha Club, --	Senior F	41
806	Silvia ROCHA	1502	00:52:08	05:13	X5 HEALTH CLUB, --	Senior F	42
807	Pedro HENRIQUES	682	00:52:08	05:13	Rainha Club, --	Senior M	345
808	Jose ANDRE	1366	00:52:12	05:14	individual, --	Veterano 4	44
809	Ricardo SEQUEIRA	1272	00:52:12	05:14	TARTARUGAS DO ASFALTO, --	Senior M	346
810	Domingos RESENDE	329	00:52:13	05:14	individual, --	Veterano 5	31
811	Pedro COSTA	1282	00:52:14	05:14	Feel Free, --	Senior M	347
812	Amadeu CRUZ	176	00:52:24	05:15	individual, --	Veterano 3	61
813	Pedro TAVARES	1398	00:52:26	05:15	Kenianos Albinos, --	Veterano 1	142
814	José QUINTINHA	549	00:52:30	05:15	individual, --	Senior M	348
815	Paulo GONÇALVES	544	00:52:33	05:16	FUT PARK, --	Senior M	349
816	Julio SILVA	545	00:52:33	05:16	FUT PARK, --	Veterano 1	143
817	Dulce ALMEIDA	1283	00:52:33	05:16	Feel Free	Senior F	43
818	Sandro BATISTA	1365	00:52:35	05:16	Garagem Paciência Team, --	Senior M	350
819	Sérgio OLIVEIRA	1081	00:52:36	05:16	individual, --	Senior M	351
820	Pedro ESTRELA	1345	00:52:38	05:16	NA CUCUJAES, --	Veterano 1	144
821	Vera FERREIRA	665	00:52:39	05:16	Lux Health Club, --	Senior F	44
822	Liliana COSTA	402	00:52:43	05:17	CALDAS DE S.JORGE S.C., --	Senior F	45
823	Julio COSTA	709	00:52:47	05:17	S.Sociais C.M.Ovar, --	Veterano 4	45
824	Flávio OLIVEIRA	514	00:52:47	05:17	individual, --	Senior M	352
825	Alberto LIZARDO	523	00:52:48	05:17	individual, --	Veterano 5	32

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826	Natalia MOREIRA	82	00:52:53	05:18	individual, --	Veterana	32
827	Lúcia OLIVEIRA	1347	00:52:54	05:18	individual, --	Veterana	33
828	Vitor SOUSA	1228	00:52:59	05:18	AFIS, --	Veterano 3	62
829	Manuel COUTO	30	00:53:00	05:18	individual, --	Veterano 5	33
830	Ivo SANTOS	1512	00:53:02	05:19	X5 HEALTH CLUB, --	Senior M	353
831	Daniel FRAN	629	00:53:03	05:19	Lux Health Club, --	Veterano 1	145
832	Filipe CUNHA	505	00:53:05	05:19	Faurecia Runners, --	Senior M	354
833	Gonçalo PEREIRA	305	00:53:07	05:19	individual, --	Senior M	355
834	José DUARTE	740	00:53:08	05:19	Garagem Paciência Team, --	Veterano 2	99
835	Valdemar SOUSA	850	00:53:09	05:19	OS KÁGADOS, --	Veterano 4	46
836	Rui MARQUES	41	00:53:11	05:20	individual, --	Senior M	356
837	António GODINHO	515	00:53:12	05:20	OS FALTA D'AR, --	Veterano 3	63
838	Manuel GUEDES	864	00:53:13	05:20	Meias Sangrentas, --	Veterano 1	146
839	Hélder GUERRA	1596	00:53:14	05:20	individual, --	Senior M	357
840	David SILVA	531	00:53:14	05:20	individual, --	Junior M	16
841	Vitor PEREIRA	1423	00:53:15	05:20	individual, --	Veterano 4	47
842	Filipe COVAL	1464	00:53:15	05:20	X5 HEALTH CLUB, --	Senior M	358
843	Paulo TELES	583	00:53:18	05:20	individual, --	Veterano 1	147
844	Gil VIEIRA	1462	00:53:19	05:20	X5 HEALTH CLUB, --	Senior M	359
845	Lurdes CUNHA	869	00:53:20	05:20	Meias Sangrentas, --	Veterana	34
846	José PINHEIRO	1074	00:53:21	05:21	individual, --	Junior M	17
847	Luis LEITE	20	00:53:21	05:21	individual, --	Senior M	360
848	António FIGUEIREDO	1429	00:53:21	05:21	individual, --	Senior M	361
849	Rafael ALVES	1586	00:53:21	05:21	X5 HEALTH CLUB, --	Senior M	362
850	Manuel GOMES	78	00:53:22	05:21	individual, --	Veterano 2	100
851	Paulo MARTINS	267	00:53:23	05:21	individual, --	Veterano 1	148
852	Paulo PINHO	849	00:53:24	05:21	OS KÁGADOS, --	Veterano 3	64
853	Sergio PINHEIRO	679	00:53:26	05:21	Rainha Club, --	Veterano 2	101
854	Francisco FERNANDES	466	00:53:26	05:21	individual, --	Senior M	363
855	Dulia REIS	723	00:53:27	05:21	individual, --	Senior F	46
856	Teresa MAIA	943	00:53:29	05:21	individual, --	Veterana	35
857	Fernando MAIA	942	00:53:30	05:21	individual, --	Veterano 4	48
858	Joaquim RIBEIRO	1438	00:53:30	05:21	Os Tocaviar, --	Veterano 5	34
859	Antonio RIBEIRO	1526	00:53:30	05:21	X5 HEALTH CLUB, --	Veterano 1	149
860	Patricia PINHO	85	00:53:31	05:22	individual, --	Senior F	47
861	João OLIVEIRA	1122	00:53:33	05:22	RESFRIADOS, --	Senior M	364
862	Ana MARTINS	283	00:53:33	05:22	Factor X, --	Veterana	36
863	Ricardo RÊGO	1404	00:53:34	05:22	ACT - Arrebenta com tudo, --	Senior M	365
864	Karina PEREIRA	1405	00:53:35	05:22	ACT - Arrebenta com tudo, --	Veterana	37
865	Ana SILVA	19	00:53:38	05:22	individual, --	Veterana	38
866	Mário COSTA	22	00:53:38	05:22	Tartarugas do Asfalto, --	Veterano 1	150
867	Tiago LEITE	18	00:53:38	05:22	individual, --	Senior M	366
868	Isabel SILVA	1439	00:53:39	05:22	Os Tocaviar, --	Veterana	39
869	Maria SILVA	603	00:53:40	05:22	Marcha e Corrida VLC, --	Senior F	48
870	Maria FERNANDES	362	00:53:45	05:23	LOUROCOOP, --	Veterana	40
871	Fernando POÇAS	225	00:53:45	05:23	Atletas Douro, --	Veterano 2	102
872	Eiana FERREIRA	550	00:53:45	05:23	individual, --	Senior F	49
873	José SILVA	250	00:53:46	05:23	Tiki-Taka, --	Senior M	367
874	José SILVA	547	00:53:46	05:23	individual, --	Senior M	368
875	Rui COSTA	248	00:53:47	05:23	Tiki-Taka, --	Senior M	369
876	Filipe FONSECA	75	00:53:48	05:23	Inês e Lipe, --	Senior M	370
877	Inês MATOS	74	00:53:48	05:23	Inês e Lipe, --	Senior F	50
878	Hugo ROCHA	252	00:53:53	05:24	Tiki-Taka, --	Senior M	371
879	António SALVADOR	280	00:53:53	05:24	individual, --	Senior M	372
880	Paulo RAMOS	585	00:53:57	05:24	GJ Pinheiro da Bemposta, --	Veterano 1	151

Rank	Name	Bib	Time	Pace	Hometown	Division	Div Rank
881	António ALMEIDA	598	00:54:00	05:24	Marcha e Corrida VLC, --	Veterano 3	65
882	Ana CASTRO	473	00:54:03	05:25	CLUBE ATLE. DE LAMAS, --	Veterana	41
883	Carlos SOUSA	690	00:54:03	05:25	individual, --	Veterano 3	66
884	Nuno MAIA	1537	00:54:04	05:25	Carapaus de Corrida, --	Senior M	373
885	Mónica FERNANDES	79	00:54:04	05:25	individual, --	Senior F	51
886	Antero SILVA	1538	00:54:05	05:25	Carapaus de Corrida, --	Senior M	374
887	Rui ASSUNÇÃO	661	00:54:05	05:25	Lux Health Club, --	Senior M	375
888	Tiago CARMONA	983	00:54:08	05:25	individual, --	Senior M	376
889	Carlos SILVA	1395	00:54:08	05:25	individual, --	Senior M	377
890	Paulo OSÓRIO	649	00:54:10	05:25	Lux Health Club, --	Senior M	378
891	Paulo OLIVEIRA	254	00:54:12	05:26	Tiki-Taka, --	Senior M	379
892	André BORGES	623	00:54:12	05:26	Lux Health Club, --	Senior M	380
893	Susana COSTA	257	00:54:15	05:26	Run4Fun, --	Senior F	52
894	Fátima VALENTE	1397	00:54:15	05:26	ACREFA, --	Veterana	42
895	Albino SANTOS	1581	00:54:15	05:26	X5 HEALTH CLUB, --	Veterano 1	152
896	Albano MIRANDA	405	00:54:16	05:26	CALDAS DE S.JORGE S.C., --	Veterano 5	35
897	Bruno NEVES	462	00:54:16	05:26	Bruno Neves, --	Senior M	381
898	Ana QUIRINO	1481	00:54:17	05:26	X5 HEALTH CLUB, --	Senior F	53
899	Jorge HENRIQUES	1121	00:54:20	05:26	RESFRIADOS, --	Veterano 2	103
900	Tiago FERREIRA	1176	00:54:23	05:27	Tiago, --	Senior M	382
901	José OLIVEIRA	1029	00:54:24	05:27	individual, --	Veterano 2	104
902	Casimiro FERNANDES	1027	00:54:24	05:27	individual, --	Veterano 4	49
903	Alcina FERNADES	1599	00:54:26	05:27	X5 Health Club, --	Veterana	43
904	Vitor PORTELA	126	00:54:27	05:27	individual, --	Veterano 2	105
905	Belmiro AGUIAR	840	00:54:28	05:27	OS KÁGADOS, --	Veterano 5	36
906	Daiane Daiane	1501	00:54:29	05:27	X5 HEALTH CLUB, --	Senior F	54
907	Rui BESSA	1413	00:54:30	05:27	individual, --	Senior M	383
908	Carlos ABELHA	326	00:54:32	05:28	individual, --	Veterano 1	153
909	Marcio OLIVEIRA	1431	00:54:32	05:28	individual, --	Senior M	384
910	Armando ALMEIDA	788	00:54:34	05:28	individual, --	Veterano 3	67
911	João COSTA	53	00:54:34	05:28	individual, --	Veterano 1	154
912	Rosa ROSARIO	1521	00:54:34	05:28	X5 HEALTH CLUB, --	Senior F	55
913	Bruno RODA	1348	00:54:34	05:28	individual, --	Senior M	385
914	Joana MOUTELA	1256	00:54:35	05:28	individual, --	Senior F	56
915	Claudia DUARTE	1479	00:54:35	05:28	X5 HEALTH CLUB, --	Veterana	44
916	Manuela DAMAS	54	00:54:35	05:28	individual, --	Senior F	57
917	Fernando RESENDE	160	00:54:36	05:28	individual, --	Veterano 3	68
918	Manuela ABELHA	327	00:54:36	05:28	individual, --	Veterana	45
919	Gabriel ALEGRE	954	00:54:37	05:28	GC Pindéricus+Matachibas, --	Senior M	386
920	Carmo MARINHO	1239	00:54:38	05:28	individual, --	Veterana	46
921	José ELVAS	127	00:54:39	05:28	individual, --	Veterano 5	37
922	Aurelio COSTA	235	00:54:40	05:28	individual, --	Veterano 2	106
923	Adelaide ALMEIDA	233	00:54:40	05:28	individual, --	Veterana	47
924	Sandro RILHO	29	00:54:41	05:29	individual, --	Veterano 1	155
925	Manuel RILHO	94	00:54:42	05:29	AFIS/OVAR, --	Veterano 5	38
926	Mário DIAS	834	00:54:43	05:29	individual, --	Senior M	387
927	Ricardo AUGUSTO	656	00:54:43	05:29	Lux Health Club, --	Veterano 1	156
928	Vitor ALVES	716	00:54:45	05:29	individual, --	Veterano 2	107
929	Valente OLIVEIRA	388	00:54:45	05:29	CIRAC, --	Veterano 4	50
930	Américo SANTOS	224	00:54:46	05:29	individual, --	Veterano 3	69
931	Hugo LIMA	395	00:54:48	05:29	PÉNOPEDAL, --	Senior M	388
932	Rui MOTA	941	00:54:50	05:29	individual, --	Senior M	389
933	Paulo COSTA	309	00:54:52	05:30	individual, --	Veterano 4	51
934	Ana AMORIM	1317	00:55:00	05:30	Piscinas Mun. St Maria Fe, --	Senior F	58
935	Hélder GABRIEL	1251	00:55:01	05:31	individual, --	Senior M	390

Rank	Name	Bib	Time	Pace	Hometown	Division	Div Rank
936	Jose MOURA	787	00:55:03	05:31	invicta runners team, --	Senior M	391
937	Aderito VIDEIRA	1291	00:55:05	05:31	BANDO DOS TRILHOS E TRAL, --	Veterano 2	108
938	Raul VALENTE	655	00:55:05	05:31	Lux Health Club, --	Senior M	392
939	Paulo CONDE	1374	00:55:06	05:31	individual, --	Senior M	393
940	José COSTA	158	00:55:06	05:31	individual, --	Senior M	394
941	Joana SILVA	1519	00:55:06	05:31	X5 HEALTH CLUB, --	Senior F	59
942	Manuel NEIVA	383	00:55:07	05:31	CIRAC, --	Veterano 5	39
943	Domingos CAMBOA	536	00:55:08	05:31	FUT PARK, --	Veterano 3	70
944	Susana COSTA	1469	00:55:09	05:31	X5 HEALTH CLUB, --	Senior F	60
945	Joaquim COSTA	843	00:55:10	05:31	OS KÁGADOS, --	Veterano 5	40
946	Sandra LEMOS	529	00:55:15	05:32	individual, --	Veterana	48
947	Rui VIEIRA	662	00:55:17	05:32	Lux Health Club, --	Senior M	395
948	Andreia VALENTE	357	00:55:18	05:32	Caga Tacos Running Team, --	Senior F	61
949	Rui PEIXOTO	530	00:55:18	05:32	individual, --	Veterano 2	109
950	Elisabete RIBEIRO	42	00:55:19	05:32	A.D. AMARANTE, --	Veterana	49
951	Paulo GOMES	982	00:55:19	05:32	individual, --	Veterano 2	110
952	Enio PINHO	786	00:55:21	05:33	ACR VALE DE CAMBRA, --	Veterano 2	111
953	Valter RODRIGUES	1237	00:55:25	05:33	individual, --	Senior M	396
954	Sonia MONTEIRO	1076	00:55:28	05:33	individual, --	Senior F	62
955	Patrícia SANTOS	939	00:55:29	05:33	Chewbacca, --	Senior F	63
956	José CLEMENTE	307	00:55:32	05:34	CLEMENTE, --	Veterano 4	52
957	Vera VIANA	675	00:55:40	05:34	individual, --	Senior F	64
958	André SERRALHEIRO	1355	00:55:41	05:35	individual, --	Senior M	397
959	Silvia HENRIQUES	1311	00:55:41	05:35	Piscinas Mun. St Maria Fe, --	Senior F	65
960	Ricardo LOPES	972	00:55:43	05:35	individual, --	Senior M	398
961	Claudio MAIA	1582	00:55:43	05:35	X5 HEALTH CLUB, --	Senior M	399
962	Daniel COSTA	1341	00:55:44	05:35	NA CUCUJAES, --	Veterano 1	157
963	Ana BORGES	878	00:55:45	05:35	A.D.RIO LARGO C.E., --	Veterana	50
964	António COSTA	260	00:55:47	05:35	Grupo de Carnaval Marados, --	Veterano 2	112
965	Ana ANDRADE	622	00:55:47	05:35	Lux Health Club, --	Senior F	66
966	Bruno BATISTA	261	00:55:47	05:35	Grupo de Carnaval Marados, --	Senior M	400
967	Jose FALCÃO	877	00:55:47	05:35	A.D.RIO LARGO C.E., --	Veterano 5	41
968	José COELHO	753	00:55:47	05:35	MC, --	Veterano 1	158
969	Ligia MARQUES	1214	00:55:48	05:35	AFIS, --	Senior F	67
970	Manuel AMORIM	879	00:55:49	05:35	A.D.RIO LARGO C.E., --	Veterano 3	71
971	José AMORIM	1139	00:55:49	05:35	individual, --	Veterano 5	42
972	António DOMINGUES	1279	00:55:51	05:36	individual, --	Veterano 1	159
973	José MORGADO	885	00:55:52	05:36	individual, --	Veterano 2	113
974	Nuno FERREIRA	1012	00:55:52	05:36	ENERGIA GINASIO, --	Senior M	401
975	Fernanda ALMEIDA	1234	00:55:53	05:36	individual, --	Veterana	51
976	Marisa GONÇALVES	764	00:55:53	05:36	Rainha Club, --	Senior F	68
977	Bruno ROCHA	563	00:55:57	05:36	Road2MM, --	Senior M	402
978	Paulo TAVARES	1562	00:55:57	05:36	Farroncos Papa Km, --	Senior M	403
979	Tiago Tiago	1351	00:55:59	05:36	individual, --	Senior M	404
980	Sónia FERREIRA	159	00:55:59	05:36	individual, --	Senior F	69
981	Paula CARVALHO	647	00:56:00	05:36	Lux Health Club, --	Senior F	70
982	Paulo SOUSA	651	00:56:00	05:36	Lux Health Club, --	Veterano 1	160
983	Rolando FERREIRA	733	00:56:04	05:37	individual, --	Veterano 1	161
984	Marisa LOPES	1044	00:56:08	05:37	individual, --	Senior F	71
985	João PINHO	1045	00:56:08	05:37	individual, --	Veterano 1	162
986	Pedro MENDONÇA	129	00:56:13	05:38	individual, --	Veterano 2	114
987	Cristiana RESENDE	86	00:56:16	05:38	individual, --	Senior F	72
988	João OLIVEIRA	1531	00:56:17	05:38	Banda do Piri-Lau, --	Senior M	405
989	Joana ALÇADA	55	00:56:18	05:38	individual, --	Senior F	73
990	Nuno PEREIRA	1054	00:56:20	05:38	individual, --	Senior M	406

Rank	Name	Bib	Time	Pace	Hometown	Division	Div Rank
991	Ricardo SILVA	1325	00:56:22	05:39	Piscinas Mun. St Maria Fe, --	Senior M	407
992	Helder ROCHA	1472	00:56:24	05:39	X5 HEALTH CLUB, --	Senior M	408
993	José RESENDE	858	00:56:24	05:39	OS KÁGADOS, --	Veterano 5	43
994	Florbela NEVES	1328	00:56:24	05:39	Piscinas Mun. St Maria Fe, --	Veterana	52
995	Maria ESPERANÇA	1003	00:56:28	05:39	individual, --	Veterana	53
996	Celso CAMBOA	538	00:56:28	05:39	FUT PARK, --	Veterano 1	163
997	Eva MENDES	564	00:56:28	05:39	Road2MM, --	Senior F	74
998	Valter SOARES	997	00:56:33	05:40	individual, --	Senior M	409
999	Jorge LOPES	1178	00:56:33	05:40	individual, --	Senior M	410
1000	Fábio GOUVEIA	1177	00:56:34	05:40	individual, --	Senior M	411
1001	Marinha BAPTISTA	1110	00:56:34	05:40	individual, --	Veterana	54
1002	Hélder SILVA	166	00:56:36	05:40	individual, --	Veterano 3	72
1003	Olivia BRANDÃO	33	00:56:36	05:40	CGD - Ovar, --	Veterana	55
1004	Manuel LONGO	672	00:56:36	05:40	individual, --	Senior M	412
1005	Luis QUINTINO	93	00:56:37	05:40	AFIS/OVAR, --	Veterano 5	44
1006	Adelaide DUARTE	323	00:56:38	05:40	individual, --	Senior F	75
1007	Liliana BARROCAS	185	00:56:40	05:40	individual, --	Senior F	76
1008	Marcia BASTOS	1235	00:56:43	05:41	individual, --	Senior F	77
1009	Rui FERREIRA	1236	00:56:43	05:41	individual, --	Veterano 1	164
1010	Cida SILVA	135	00:56:48	05:41	individual, --	Veterana	56
1011	José SOUSA	298	00:56:49	05:41	individual, --	Senior M	413
1012	José LASCASAS	263	00:56:49	05:41	individual, --	Veterano 2	115
1013	Salome OLIVEIRA	1544	00:57:05	05:43	ENERGIA GINASIO, --	Veterana	57
1014	Miguel MALAQUIAS	2002	00:57:06	05:43	individual, --	Senior M	414
1015	Nuno CASTRO	1269	00:57:07	05:43	individual, --	Senior M	415
1016	Sérgio ALMEIDA	1539	00:57:17	05:44	Carapaus de Corrida, --	Senior M	416
1017	Paulo PEREIRA	371	00:57:17	05:44	individual, --	Veterano 1	165
1018	Paulo MEDINAS	1410	00:57:18	05:44	individual, --	Senior M	417
1019	Frederico ASCENSÃO	1162	00:57:20	05:45	individual, --	Senior M	418
1020	Carlos GONÇALVES	856	00:57:21	05:45	OS KÁGADOS, --	Veterano 4	53
1021	Vitor RESENDE	750	00:57:21	05:45	individual, --	Veterano 1	166
1022	José LOUREIRO	687	00:57:21	05:45	individual, --	Senior M	419
1023	Antonio AZEVEDO	424	00:57:24	05:45	CALDAS DE S. JORGE S.C., --	Veterano 4	54
1024	Jose NOGUEIRA	1476	00:57:30	05:45	X5 HEALTH CLUB, --	Senior M	420
1025	Maria JOSE	1465	00:57:37	05:46	X5 HEALTH CLUB, --	Veterana	58
1026	Viviana SILVA	1322	00:57:40	05:46	Piscinas Mun. St Maria Fe, --	Senior F	78
1027	Rui TEIXEIRA	1342	00:57:40	05:46	NA CUCUJAES, --	Veterano 1	167
1028	Carlos COSTA	705	00:57:41	05:47	S.Sociais C.M.Ovar, --	Senior M	421
1029	Paula COSTA	711	00:57:41	05:47	individual, --	Senior F	79
1030	Cátia COELHO	1166	00:57:42	05:47	BESJOGING, --	Senior F	80
1031	Ofélia AUGUSTO	1165	00:57:43	05:47	BESJOGING, --	Veterana	59
1032	Miguel SILVA	1285	00:57:44	05:47	individual, --	Veterano 2	116
1033	Fernando LEÃO	1356	00:57:48	05:47	REMAX Spirit, --	Veterano 2	117
1034	Hélder FARIA	868	00:57:51	05:48	Meias Sangrentas, --	Senior M	422
1035	Tiago FERREIRA	1555	00:57:53	05:48	individual, --	Senior M	423
1036	Ana MOUTELA	1381	00:57:53	05:48	individual, --	Senior F	81
1037	Miguel GODINHO	960	00:57:57	05:48	GC Pindéricus+Matachibas, --	Senior M	424
1038	Luis PACHECO	961	00:57:57	05:48	GC Pindéricus+Matachibas, --	Senior M	425
1039	Bruno GONÇALVES	762	00:58:01	05:49	individual, --	Senior M	426
1040	Ricardo COSTA	1344	00:58:01	05:49	NA CUCUJAES, --	Senior M	427
1041	Cristiana AFREIXO	737	00:58:02	05:49	AFREIXO, --	Senior F	82
1042	Carlos PINHEIRO	1073	00:58:03	05:49	individual, --	Veterano 3	73
1043	Patrícia SANTOS	1558	00:58:04	05:49	Farroncos Papa Km, --	Senior F	83
1044	Ana MONTEZ	1383	00:58:08	05:49	individual, --	Senior F	84
1045	Daniel REIS	1006	00:58:10	05:49	individual, --	Senior M	428

Rank	Name	Bib	Time	Pace	Hometown	Division	Div Rank
1046	Raul REIS	1005	00:58:11	05:50	individual, --	Senior M	429
1047	Ana CORREIA	1467	00:58:15	05:50	X5 HEALTH CLUB, --	Veterana	60
1048	Sónia LINHARES	1583	00:58:15	05:50	X5 HEALTH CLUB, --	Senior F	85
1049	José DUARTE	929	00:58:16	05:50	N A CUCUJÃES, --	Veterano 5	45
1050	Sandra MAGÔLO	1026	00:58:18	05:50	individual, --	Senior F	86
1051	Júlio PEREIRA	200	00:58:18	05:50	individual, --	Veterano 2	118
1052	Carlos SILVA	667	00:58:18	05:50	individual, --	Veterano 3	74
1053	Isabel SOARES	1187	00:58:20	05:50	individual, --	Senior F	87
1054	Francisco RODRIGUES	1186	00:58:20	05:50	individual, --	Senior M	430
1055	William MAURÍCIO	689	00:58:32	05:52	individual, --	Senior M	431
1056	Marcio FILIPE	1051	00:58:40	05:52	individual, --	Senior M	432
1057	Anabela BASTOS	1437	00:58:41	05:53	Os Tocaviar, --	Veterana	61
1058	Augusto SILVA	1125	00:58:41	05:53	FUT PARK, --	Veterano 3	75
1059	Edmundo MARQUES	1485	00:58:42	05:53	X5 HEALTH CLUB, --	Senior M	433
1060	Américo OLIVEIRA	2003	00:58:42	05:53	individual, --	Senior M	434
1061	Ruben GUEDES	988	00:58:42	05:53	individual, --	Senior M	435
1062	Bruno GODINHO	951	00:58:42	05:53	guedes & filhos, --	Senior M	436
1063	Mario DIAS	643	00:58:43	05:53	Lux Health Club, --	Senior M	437
1064	Raquel Raquel	654	00:58:43	05:53	Lux Health Club, --	Veterana	62
1065	Ana VIEIRA	1402	00:58:45	05:53	individual, --	Senior F	88
1066	Paulo SANTOS	1117	00:58:50	05:53	individual, --	Senior M	438
1067	Diogo SANTOS	131	00:58:53	05:54	runrun, --	Senior M	439
1068	Albino COSTA	1550	00:58:56	05:54	ADEC-MS-MAC. DE SARNES, --	Veterano 5	46
1069	Miguel ALVES	1601	00:59:04	05:55	Dolce Vita, --	Senior M	440
1070	Bruno POLÓNIA	369	00:59:07	05:55	individual, --	Senior M	441
1071	Pedro SOUSA	372	00:59:08	05:55	individual, --	Junior M	18
1072	Antero BARBOSA	1576	00:59:08	05:55	X5 HEALTH CLUB, --	Senior M	442
1073	Catarina OLIVEIRA	1545	00:59:13	05:56	ENERGIA GINASIO, --	Senior F	89
1074	Fernando FONSECA	1337	00:59:13	05:56	individual, --	Senior M	443
1075	Celia CARVALHO	1492	00:59:13	05:56	X5 HEALTH CLUB, --	Senior F	90
1076	Paula PERALTA	1500	00:59:16	05:56	X5 HEALTH CLUB, --	Veterana	63
1077	Cláudia BRANCO	628	00:59:16	05:56	Lux Health Club, --	Veterana	64
1078	Américo GOMES	621	00:59:16	05:56	Lux Health Club, --	Senior M	444
1079	Claudia ROCHA	596	00:59:17	05:56	Marcha e Corrida VLC, --	Senior F	91
1080	Catarina LEITE	1606	00:59:19	05:56	Dolce Vita, --	Senior M	445
1081	Isabel ALMEIDA	230	00:59:24	05:57	Ultimo Km, --	Veterana	65
1082	Jorge MARTINS	367	00:59:27	05:57	Individual, --	Veterano 4	55
1083	Noélia CONCEIÇÃO	392	00:59:28	05:57	individual, --	Senior F	92
1084	Daniela ESTANQUEIRO	391	00:59:28	05:57	individual, --	Senior F	93
1085	Paula REGALADO	128	00:59:29	05:57	individual, --	Veterana	66
1086	Manuel OLIVEIRA	1101	00:59:30	05:57	individual, --	Veterano 3	76
1087	Marta SÁ	565	00:59:34	05:58	Road2MM, --	Senior F	94
1088	Ricardo SANTOS	566	00:59:35	05:58	Road2MM, --	Senior M	446
1089	Fábio VANDERBROM	671	00:59:35	05:58	individual, --	Junior M	19
1090	Susana RODRIGUES	669	00:59:36	05:58	individual, --	Senior F	95
1091	Andre GOMES	1509	00:59:42	05:59	X5 HEALTH CLUB, --	Senior M	447
1092	Bruno GOMES	691	00:59:43	05:59	individual, --	Senior M	448
1093	Rui LAMARÃO	1069	00:59:47	05:59	individual, --	Senior M	449
1094	Célia PEREIRA	1579	00:59:52	06:00	X5 HEALTH CLUB, --	Senior F	96
1095	Rafael AMORIM	1138	00:59:54	06:00	individual, --	Senior M	450
1096	Marta PEREZ	1463	00:59:55	06:00	X5 HEALTH CLUB, --	Senior F	97
1097	Mariana MARTINS	61	00:59:55	06:00	individual, --	Senior F	98
1098	Joana FREIRE	602	00:59:56	06:00	Marcha e Corrida VLC, --	Veterana	67
1099	Olinda LOPES	593	01:00:03	06:01	individual, --	Senior F	99
1100	António SILVA	848	01:00:05	06:01	OS KÁGADOS, --	Veterano 5	47

Rank	Name	Bib	Time	Pace	Hometown	Division	Div Rank
1101	Eduardo AMARAL	845	01:00:13	06:02	OS KÁGADOS, --	Veterano 5	48
1102	Maria PAIS	1261	01:00:13	06:02	individual, --	Veterana	68
1103	Bruna OLIVEIRA	1017	01:00:18	06:02	ENERGIA GINASIO, --	Senior F	100
1104	Pedro PINTO	1542	01:00:20	06:02	ENERGIA GINASIO, --	Senior M	451
1105	Davide BAPTISTA	768	01:00:22	06:03	Reumáticos, --	Senior M	452
1106	Andreia PENA	767	01:00:23	06:03	Reumáticos, --	Senior F	101
1107	Marta PEREIRA	1460	01:00:24	06:03	X5 HEALTH CLUB, --	Senior F	102
1108	Nuno MESQUITA	314	01:00:28	06:03	individual, --	Senior M	453
1109	Sérgio REIS	1401	01:00:29	06:03	individual, --	Senior M	454
1110	Lília SILVA	551	01:00:34	06:04	individual, --	Senior F	103
1111	Rui VELOSO	1380	01:00:34	06:04	individual, --	Veterano 1	168
1112	Aquiles SILVA	552	01:00:36	06:04	individual, --	Veterano 1	169
1113	Joana MARQUES	1118	01:00:37	06:04	individual, --	Senior F	104
1114	Clara ALVES	171	01:00:37	06:04	individual, --	Veterana	69
1115	Zeza SILVA	456	01:00:38	06:04	individual, --	Senior F	105
1116	Karina ALMEIDA	316	01:00:41	06:05	individual, --	Senior F	106
1117	José FREITAS	373	01:00:42	06:05	individual, --	Veterano 3	77
1118	Fabio OLIVEIRA	1053	01:00:43	06:05	individual, --	Junior M	20
1119	Eduardo FERREIRA	1570	01:00:48	06:05	individual, --	Veterano 3	78
1120	Paulo DUARTE	1075	01:00:52	06:06	individual, --	Junior M	21
1121	Suse OLIVEIRA	1540	01:00:57	06:06	Carapaus de Corrida, --	Senior M	455
1122	Ana PINTO	1102	01:01:00	06:06	individual, --	Senior F	107
1123	Sonia TAVARES	1089	01:01:01	06:07	individual, --	Senior F	108
1124	Hugo MARTINS	1084	01:01:01	06:07	Banda do Piri-lau, --	Senior M	456
1125	João MARTINS	1059	01:01:02	06:07	Banda do Piri-lau, --	Senior M	457
1126	Crisanta Crisanta	1525	01:01:05	06:07	X5 HEALTH CLUB, --	Veterana	70
1127	Rita DUARTE	96	01:01:06	06:07	individual, --	Senior F	109
1128	Vitor SOUSA	1452	01:01:09	06:07	X5 HEALTH CLUB, --	Senior M	458
1129	Fernanda ALVES	1160	01:01:13	06:08	individual, --	Veterana	71
1130	Pedro BORGES	216	01:01:21	06:09	Lighty Runners, --	Veterano 1	170
1131	Vitor OLIVEIRA	217	01:01:21	06:09	Lighty Runners, --	Veterano 3	79
1132	Ricardo SEQUEIRA	2004	01:01:25	06:09	individual, --	Senior M	459
1133	Ricardo SILVA	1585	01:01:29	06:09	X5 HEALTH CLUB, --	Senior M	460
1134	Sonia ALMEIDA	455	01:01:29	06:09	individual, --	Senior F	110
1135	Carolina SILVA	506	01:01:48	06:11	Faurecia Runners, --	Senior F	111
1136	Odete VALENTE	694	01:01:56	06:12	Fans do Run, --	Senior F	112
1137	Pedro MARTINS	374	01:01:58	06:12	Imparáveis, --	Senior M	461
1138	Maria FERREIRA	600	01:01:59	06:12	Marcha e Corrida VLC, --	Veterana	72
1139	José ALMEIDA	599	01:01:59	06:12	Marcha e Corrida VLC, --	Veterano 4	56
1140	Paulo BORGES	595	01:02:00	06:12	Marcha e Corrida VLC, --	Senior M	462
1141	Hugo LOPES	1135	01:02:00	06:12	individual, --	Senior M	463
1142	Adriano SÁ	861	01:02:01	06:13	individual, --	Senior M	464
1143	Monica PEREIRA	1471	01:02:06	06:13	X5 HEALTH CLUB, --	Senior F	113
1144	Rui BRANDÃO	262	01:02:10	06:13	Grupo de Carnaval Marados, --	Senior M	465
1145	Carlos BRANDÃO	259	01:02:13	06:14	Grupo de Carnaval Marados, --	Veterano 3	80
1146	Ana MIGUEL	1508	01:02:20	06:14	X5 HEALTH CLUB, --	Senior F	114
1147	Catarina AMORIM	1001	01:02:21	06:15	Garagem Paciência Team, --	Senior F	115
1148	Marta FARIA	281	01:02:23	06:15	individual, --	Senior F	116
1149	Jorge ALVES	419	01:02:23	06:15	individual, --	Veterano 1	171
1150	José FURTADO	363	01:02:23	06:15	individual, --	Veterano 5	49
1151	Isaura SOARES	970	01:02:27	06:15	individual, --	Veterana	73
1152	José ALMEIDA	1358	01:02:38	06:16	individual, --	Veterano 1	172
1153	António BRANDÃO	32	01:02:40	06:16	CGD - Ovar, --	Veterano 4	57
1154	Sara BRANDÃO	100	01:02:41	06:17	individual, --	Senior F	117
1155	Tatiana BARBOSA	769	01:02:43	06:17	TIT, --	Junior F	3

Rank	Name	Bib	Time	Pace	Hometown	Division	Div Rank
1156	Daniel PINHEL	770	01:02:44	06:17	TIT, --	Senior M	466
1157	Bruno MANARTE	959	01:02:44	06:17	GC Pindéricus+Matachibas, --	Senior M	467
1158	Augusto CRUZ	626	01:02:46	06:17	Lux Health Club, --	Veterano 5	50
1159	Laura VALENTE	1316	01:02:55	06:18	Piscinas Mun. St Maria Fe, --	Senior F	118
1160	Susete SOARES	999	01:02:55	06:18	individual, --	Senior F	119
1161	Soraia OLIVEIRA	998	01:03:00	06:18	individual, --	Senior F	120
1162	Sara GOMES	1425	01:03:04	06:19	Lux Health Club, --	Veterana	74
1163	Miguel VIDAL	1561	01:03:04	06:19	Farroncos Papa Km, --	Senior M	468
1164	Rosário SANTOS	1559	01:03:05	06:19	Farroncos Papa Km, --	Senior F	121
1165	Matilde GOMES	1424	01:03:06	06:19	Lux Health Club, --	Veterana	75
1166	Graça RODRIGUES	763	01:03:18	06:20	Rainha Club, --	Veterana	76
1167	Pedro PAIVA	1412	01:03:21	06:21	individual, --	Senior M	469
1168	Helder PINHO	1414	01:03:21	06:21	individual, --	Senior M	470
1169	Diogo FERREIRA	632	01:03:24	06:21	Lux Health Club, --	Senior M	471
1170	Miguel CORREIA	1146	01:03:25	06:21	individual, --	Senior M	472
1171	Márcio PEREIRA	355	01:03:30	06:21	individual, --	Senior M	473
1172	Catarina HENRIQUES	356	01:03:31	06:22	individual, --	Senior F	122
1173	Tania PEREIRA	1030	01:03:50	06:23	Pintarolas, --	Senior F	123
1174	Francisco TABORDA	1031	01:03:51	06:24	Pintarolas, --	Senior M	474
1175	Susana ALMEIDA	1270	01:04:11	06:26	individual, --	Senior F	124
1176	Rui GONZALEZ	727	01:04:14	06:26	Multifracção, --	Senior M	475
1177	Helder ALVES	975	01:04:18	06:26	individual, --	Senior M	476
1178	Sara MOREIRA	872	01:04:27	06:27	rainha club, --	Senior F	125
1179	Rui MARQUES	760	01:04:29	06:27	individual, --	Senior M	477
1180	Cristina GOMES	1417	01:04:30	06:27	individual, --	Senior F	126
1181	Hugo SANTOS	1418	01:04:30	06:27	individual, --	Senior M	478
1182	Silvana ROCHA	1597	01:04:34	06:28	X5 Health Club, --	Senior M	479
1183	Silvia SILVA	1530	01:04:34	06:28	X5 HEALTH CLUB, --	Senior F	127
1184	Isabel DIAS	202	01:04:54	06:30	individual, --	Senior F	128
1185	Bruno ROCHA	493	01:05:02	06:31	FULLRACING TEAM, --	Senior M	480
1186	Ruben PEREIRA	497	01:05:02	06:31	FULLRACING TEAM, --	Senior M	481
1187	Joana SILVA	492	01:05:02	06:31	individual, --	Senior F	129
1188	Marlene SANTOS	644	01:05:04	06:31	Lux Health Club, --	Senior F	130
1189	Claudia ALMEIDA	1088	01:05:07	06:31	individual, --	Veterana	77
1190	Maria PINTO	1217	01:05:11	06:32	AFIS, --	Junior F	4
1191	Paulo RUSSO	650	01:05:15	06:32	Lux Health Club, --	Senior M	482
1192	Berta NUNES	286	01:05:27	06:33	Bertolazia, --	Senior F	131
1193	Rúben FERREIRA	368	01:05:28	06:33	individual, --	Senior M	483
1194	Catarina SANTOS	370	01:05:29	06:33	individual, --	Senior M	484
1195	Ricardo FERREIRA	657	01:05:38	06:34	Lux Health Club, --	Senior M	485
1196	Daniel ROCHA	234	01:05:39	06:34	individual, --	Senior M	486
1197	Joaquim LOPES	837	01:05:42	06:35	OS KÁGADOS, --	Veterano 4	58
1198	Manuel CARVALHO	24	01:06:05	06:37	B.V.Moreira da Maia, --	Veterano 3	81
1199	Sandra OLIVEIRA	866	01:06:16	06:38	Meias Sangrentas, --	Senior F	132
1200	Marília PINTO	863	01:06:17	06:38	Meias Sangrentas, --	Senior F	133
1201	Luisa FERNANDES	1159	01:06:18	06:38	individual, --	Senior F	134
1202	Justino SOARES	62	01:06:27	06:39	individual, --	Senior M	487
1203	Marta SOARES	63	01:06:27	06:39	individual, --	Senior F	135
1204	Marisa PAULAS	1529	01:06:35	06:40	X5 HEALTH CLUB, --	Senior F	136
1205	Filipe GONÇALVES	955	01:07:04	06:43	GC Pindéricus+Matachibas, --	Senior M	488
1206	Filipe PINTO	956	01:07:04	06:43	GC Pindéricus+Matachibas, --	Senior M	489
1207	Ana ROCHA	301	01:07:11	06:44	FOREVER, --	Veterana	78
1208	Ivo CARVALHO	1368	01:07:25	06:45	NITROLESMAS, --	Senior M	490
1209	Maria MAIA	944	01:07:31	06:46	individual, --	Veterana	79
1210	Antonio MARTINS	624	01:07:33	06:46	Lux Health Club, --	Senior M	491

Rank	Name	Bib	Time	Pace	Hometown	Division	Div Rank
1211	Diana ZENHA	631	01:07:33	06:46	Lux Health Club, --	Senior F	137
1212	Maria BRANDÃO	642	01:07:48	06:47	Lux Health Club, --	Senior F	138
1213	Rui SILVA	432	01:07:57	06:48	individual, --	Senior M	492
1214	Tiago MENEZES	688	01:08:10	06:49	individual, --	Senior M	493
1215	Ana PATRICIA	1511	01:08:13	06:50	X5 HEALTH CLUB, --	Senior F	139
1216	Joao CONDEÇA	1515	01:08:24	06:51	X5 HEALTH CLUB, --	Senior M	494
1217	Pedro MOTA	653	01:08:27	06:51	Lux Health Club, --	Senior M	495
1218	Elisabete MENDONÇA	525	01:08:29	06:51	individual, --	Veterana	80
1219	Bebiana LOPES	1560	01:08:35	06:52	Farroncos Papa Km, --	Senior F	140
1220	Luís CARDOSO	1564	01:08:36	06:52	Farroncos Papa Km, --	Senior M	496
1221	Paulo COSTA	725	01:08:43	06:53	Multifracção, --	Veterano 2	119
1222	Isabel CABRAL	324	01:09:04	06:55	individual, --	Senior F	141
1223	Patricia OLIVEIRA	678	01:09:13	06:56	Rainha Club, --	Senior F	142
1224	Alexandre GONÇALVES	189	01:09:28	06:57	individual, --	Senior M	497
1225	Carla SÁ-COUTO	1415	01:09:52	07:00	Debra - www.debra.pt, --	Senior F	143
1226	Luis MOUTINHO	729	01:10:08	07:01	O Quinteto Fantastico, --	Veterano 1	173
1227	Susana OLIVEIRA	1475	01:10:19	07:02	X5 HEALTH CLUB, --	Senior F	144
1228	Ana BOMPASTOR	1450	01:10:26	07:03	X5 HEALTH CLUB, --	Senior F	145
1229	Paulo COSTA	503	01:10:39	07:04	individual, --	Veterano 1	174
1230	Isabel VIEIRA	504	01:10:40	07:04	individual, --	Veterana	81
1231	Ruben SOARES	660	01:10:42	07:05	Lux Health Club, --	Senior M	498
1232	Pedro CUNHA	652	01:10:43	07:05	Lux Health Club, --	Senior M	499
1233	Catarina SILVA	475	01:11:10	07:07	CLUBE ATLE. DE LAMAS, --	Senior F	146
1234	Cátia DIAS	1326	01:11:31	07:10	Piscinas Mun. St Maria Fe, --	Senior F	147
1235	Célia VALENTE	40	01:11:35	07:10	individual, --	Senior F	148
1236	Natalia LOUREIRO	645	01:11:45	07:11	Lux Health Club, --	Senior F	149
1237	Paula PEREIRA	648	01:11:53	07:12	Lux Health Club, --	Senior F	150
1238	Cláudia TORRES	826	01:12:07	07:13	individual, --	Veterana	82
1239	António COUTO	1432	01:12:31	07:16	individual, --	Veterano 2	120
1240	António VALENTE	851	01:13:08	07:19	OS KÁGADOS, --	Senior M	500
1241	Fernanda AMORIM	1049	01:13:19	07:20	TNT-Trilhos Natura Team, --	Veterana	83
1242	Fernando LEITE	1047	01:13:41	07:23	TNT-Trilhos Natura Team, --	Senior M	501
1243	Cristina PINTO	1497	01:13:48	07:23	X5 HEALTH CLUB, --	Senior F	151
1244	Denise FRANCISCO	1458	01:13:48	07:23	X5 HEALTH CLUB, --	Senior F	152
1245	Patricia SILVA	487	01:14:01	07:25	Andacá Ló qué's 1pão, --	Senior F	153
1246	Diana SOUSA	488	01:14:01	07:25	Andacá Ló qué's 1pão, --	Senior F	154
1247	Pedro SOUSA	491	01:14:02	07:25	Andacá Ló qué's 1pão, --	Senior M	502
1248	Marco SANTOS	1587	01:14:04	07:25	X5 HEALTH CLUB, --	Veterano 1	175
1249	Artur ROCHA	490	01:14:04	07:25	Andacá Ló qué's 1pão, --	Senior M	503
1250	Regina VIDINHA	489	01:14:05	07:25	Andacá Ló qué's 1pão, --	Senior F	155
1251	Carla MONTEIRO	627	01:14:07	07:25	Lux Health Club, --	Senior F	156
1252	Ricardo FERREIRA	658	01:14:09	07:25	Lux Health Club, --	Senior M	504
1253	Daniela COSTA	670	01:14:11	07:26	individual, --	Senior F	157
1254	Elsa ANTUNES	1048	01:14:12	07:26	TNT-Trilhos Natura Team, --	Senior F	158
1255	Vitor DIAS	1286	01:14:42	07:29	GR Retorta, --	Veterano 2	121
1256	Ana FREITAS	1287	01:14:43	07:29	CorrerpPrazer.com, --	Veterana	84
1257	Sofia OLIVEIRA	1057	01:14:54	07:30	LR Feira, --	Senior F	159
1258	Cláudia SOUSA	1055	01:14:55	07:30	individual, --	Senior F	160