

SPORT ZONE 14ª S. SILVESTRE DO PORTO

Patrocínio: SPORT ZONE

Apoio: C. M. PORTO

Data: 30/12/2007

Classif.: Relatório Geral Masculino e Feminino

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
1	4	RUI SILVA	27	M1939	1	M		SPORTING C P	00:29:48	00:29:48
2	2	PAULO GOMES	27	M1939	2	M		CONFORLIMPA	00:29:51	00:29:51
3	5	RUI PEDRO SILVA	27	M1939	3	M		MARATONA C P	00:30:34	00:30:32
4	9	PEDRO ORO	27	M1939	4	M	1	ESPANHA	00:30:44	00:30:44
5	10	PAVEL NAUMOV	27	M1939	5	M	1	RUSSIA	00:31:25	00:31:25
6	57	MANUEL MAGALHAES	27	M1939	6	M		COMFORLIMPA	00:31:27	00:31:26
7	7	JOSE MOREIRA	27	M1939	7	M		CYCLONES SANITOP	00:31:32	00:31:32
8	61	ARTUR RODRIGUES	32	M1939	8	M		NA CUCUJAES	00:31:37	00:31:36
9	35	MANUEL FERREIRA	40	M4044	1	M		J U FORNOS	00:32:06	00:32:06
10	18	VASCO FERREIRA	27	M1939	9	M		MAIA A C	00:32:21	00:32:18
11	53	SERGIO DIAS	22	M1939	10	M		C C D RIBEIRAO	00:32:40	00:32:38
12	37	HEITOR OLIVEIRA	25	M1939	11	M		CYCLONES SANITOP	00:32:53	00:32:51
13	13	FABIO PAIVA	27	M1939	12	M		VILLA-CESARI	00:33:03	00:33:03
14	1313	MANUEL GOMES	42	M4044	2	M		C P FERMENTOES	00:33:06	00:33:06
15	38	MIGUEL RIBEIRO	20	M1939	13	M		CYCLONES SANITOP	00:33:15	00:33:14
16	102	JESSICA AUGUSTO	27	F2034	1	F		MARATONA C P	00:33:20	00:33:20
17	34	MANUEL URBANO	39	M1939	14	M		A C R D ESCAPAES	00:33:21	00:33:19
18	40	LEONEL FERNANDES	20	M1939	15	M		CYCLONES SANITOP	00:33:21	00:33:21
19	8	BALTAZAR SOUSA	27	M1939	16	M		AÇOREANA	00:33:36	00:33:35
20	16	CANDIDO MAIA	27	M1939	17	M		MAIA A C	00:33:52	00:33:52
21	1648	RICARDO SILVA	27	M1939	18	M		Individual	00:33:58	00:33:58
22	54	RICARDO DIAS	22	M1939	19	M		C C D RIBEIRAO	00:34:04	00:34:01
23	100	FERNANDA RIBEIRO	27	F2034	2	F		VALENCIA	00:34:17	00:34:16
24	33	PEDRO CARRASCO	27	M1939	20	M		RIBEIRAO	00:34:18	00:34:16
25	101	VANESSA FERNANDES	27	F2034	3	F		S L BENFICA	00:34:46	00:34:45
26	1753	PEDRO BARBOSA	28	M1939	21	M		INDIVIDUAL	00:34:47	00:34:47
27	513	PEDRO COSTA	42	M4044	3	M		C V PAÇOS	00:34:52	00:34:52
28	103	MARISA BARROS	27	F2034	4	F		AÇOREANA	00:34:56	00:34:54
29	860	JOSE BRITO	47	M4549	1	M		C C D GONDOMAR	00:34:58	00:34:58
30	39	HELDER SANTOS	24	M1939	22	M		CYCLONES SANITOP	00:35:01	00:35:00
31	1649	ALBERTO LARIO	21	M1939	23	M		Individual	00:35:05	00:35:03
32	631	JOAO AMORIM	32	M1939	24	M		CRUZ VERM P N	00:35:13	00:34:55
33	758	CARMINDO SOARES	39	M1939	25	M		CYCLONES SANITOP	00:35:16	00:35:14
34	1339	JOSE REIS	45	M4549	2	M		J A M	00:35:24	00:35:22
35	317	JOAO TEIXEIRA	45	M4549	3	M		AAA DOURO	00:35:32	00:35:32
36	1647	ANIVAL OLIVEIRA	31	M1939	26	M		Individual	00:35:43	00:35:42

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37	55	FERNANDO BARROS	32	M1939	27	M		C C D CODESSOS	00:35:47	00:35:46
38	1123	VICTOR MANUEL AMORIM	20	M1939	28	M		INDIVIDUAL	00:35:57	00:35:55
39	1156	CARLOS BAPTISTA	44	M4044	4	M		MOZELENSE	00:36:01	00:36:01
40	741	NUNO SILVA	30	M1939	29	M		C F UNIAO LAMAS	00:36:07	00:36:05
41	771	PEDRO MAGALHAES	31	M1939	30	M		LEOES DA GUARDA	00:36:09	00:35:57
42	977	HUGO DANIEL	19	M1939	31	M		LIBERDADE FC	00:36:14	00:36:11
43	713	PEDRO PINHO	30	M1939	32	M		CALDAS S.JORGE SC	00:36:33	00:36:33
44	46	FILIFE PEDROSO	31	M1939	33	M		A D R PASTELEIRA	00:36:35	00:36:32
45	1472	MARCELINO NASCIMENTO	19	M1939	34	M		F C PENAFIEL	00:36:36	00:36:18
46	1646	FABIO COELHO	21	M1939	35	M		Individual	00:36:37	00:36:34
47	108	YESENIA SOSA	27	F2034	5	F	1	ESPANHA	00:36:38	00:36:37
48	1125	CARLOS SILVA	35	M1939	36	M		A A AVANCA	00:36:44	00:36:34
49	720	CARLOS RIBEIRO	42	M4044	5	M		CALDAS S.JORGE SC	00:36:47	00:36:40
50	1241	RUI COSTA	31	M1939	37	M		PORTO RUNNERS	00:36:58	00:36:57
51	1370	GUILHERME ROMANO	44	M4044	6	M		INDIVIDUAL	00:37:00	00:36:56
52	1430	LUIS PEREIRA	34	M1939	38	M		C D R C B U Balsa	00:37:06	00:36:54
53	1197	SERGIO REIGOTA	33	M1939	39	M		GRECAS	00:37:07	00:36:36
54	1614	PAULO MIGUEL	43	M4044	7	M		Individual	00:37:08	00:37:04
55	1237	PAULO RODRIGUES	29	M1939	40	M		PORTO RUNNERS	00:37:12	00:37:04
56	913	ANTONIO MENESES	49	M4549	4	M		C TRAB SMAS	00:37:13	00:37:09
57	1277	JOAO MAGUETA	44	M4044	8	M		CENAP	00:37:14	00:37:12
58	1040	ORLANDO VALENTE	40	M4044	9	M		G D S.PAIO OLEIROS	00:37:19	00:37:00
59	43	GIL MAIA	27	M1939	41	M		C TRIATLO	00:37:20	00:37:13
60	814	JOSE MESQUITA	55	M5559	1	M		INDIVIDUAL	00:37:25	00:37:18
61	675	MANUEL FERREIRA	42	M4044	10	M		A C R D ESCAPAES	00:37:26	00:37:23
62	1045	ALBINO MAGALHAES	24	M1939	42	M		G C SANTO TIRSO	00:37:31	00:37:22
63	1650	JOSE AZEVEDO	21	M1939	43	M		Individual	00:37:36	00:37:34
64	1546	ARTURO VARELA COMESAÑA	29	M1939	44	M		ESPANHA	00:37:38	00:37:31
65	1133	JAMIE GOMES	34	M1939	45	M		CIRAC	00:37:41	00:37:39
66	116	DOROTEIA PEIXOTO	24	F2034	6	F		AÇOREANA	00:37:42	00:37:41
67	704	EMANUEL ALMEIDA	24	M1939	46	M		G D OS RIBEIRINHOS	00:37:43	00:37:43
68	1338	MANUEL GOMES	49	M4549	5	M		J A M	00:37:43	00:37:39
69	45	DAVID SILVA	50	M5054	1	M		A D R PASTELEIRA	00:37:44	00:37:41
70	1344	ARTUR CEPEDA	48	M4549	6	M		C P TRAB B	00:37:53	00:37:48
71	794	JOAQUIM RODRIGUES	44	M4044	11	M		AMIGOS FARIA	00:37:57	00:37:48
72	1462	ALAN COUTO	27	M1939	47	M		A D RIO LARGO	00:38:02	00:37:49
73	719	ANGELO RAMOS	43	M4044	12	M		CALDAS S.JORGE SC	00:38:04	00:38:04
74	1275	JOAQUIM PEREIRA	37	M1939	48	M		CENAP	00:38:07	00:38:07
75	620	ALCINO GOMES	34	M1939	49	M		C IND A	00:38:09	00:38:03
76	1342	JOAQUIM FERREIRA	52	M5054	2	M		C P TRAB B	00:38:10	00:38:07
77	760	JOAQUIM FERREIRA	37	M1939	50	M		CYCLONES SANITOP	00:38:11	00:38:11
78	1302	ANTONIO FERNANDES	46	M4549	7	M		N A CUCUJAES	00:38:11	00:38:07

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79	1314	ALBERTO SOARES	42	M4044	13	M		C R P S.TIAGO	00:38:14	00:38:14
80	1036	MARCO PINTO	25	M1939	51	M		G D S.PAIO OLEIROS	00:38:18	00:38:07
81	1124	PEDRO MIGUEL AMORIM	20	M1939	52	M		INDIVIDUAL	00:38:19	00:38:17
82	793	EUSEBIO JESUS	38	M1939	53	M		AMIGOS FARIA	00:38:22	00:38:12
83	1113	AQUILINO FERREIRA	47	M4549	8	M		A C VERMOIL	00:38:25	00:38:16
84	1468	CARLOS XAVIER	42	M4044	14	M		A D RIO LARGO	00:38:28	00:38:17
85	691	MANUEL FERREIRA	40	M4044	15	M		G D AIRAO	00:38:29	00:38:29
86	1298	MANUEL CRUZ	42	M4044	16	M		A D AFIFENSE	00:38:29	00:38:29
87	1373	ABEL FERREIRA	34	M1939	54	M		U D BEIRIZ	00:38:31	00:38:31
88	927	ORLANDO NEVES	37	M1939	55	M		A R B V	00:38:35	00:38:20
89	1135	AMERICO COELHO	42	M4044	17	M		CIRAC	00:38:37	00:38:37
90	205	MIGUEL BARBOSA	40	M4044	18	M		LOURCOOP	00:38:38	00:38:35
91	318	PAULO PEREIRA	35	M1939	56	M		AAA DOURO	00:38:38	00:38:36
92	1102	JULIO PEREIRA	54	M5054	3	M		N A MATOSINHOS	00:38:41	00:38:38
93	1527	RUBÉN FRAGA COSTA	27	M1939	57	M		ESPANHA	00:38:43	00:38:33
94	1529	LUIS PIÑA REFOJOS	35	M1939	58	M		ESPANHA	00:38:52	00:38:52
95	692	MAURICIO TORRINHA	45	M4549	9	M		G D AIRAO	00:38:55	00:38:51
96	757	HELDER PEREIRA	19	M1939	59	M		CYCLONES SANITOP	00:39:02	00:39:01
97	978	ANTONIO RUELA	46	M4549	10	M		INDIVIDUAL	00:39:03	00:38:57
98	1352	PEDRO PEREIRA	27	M1939	60	M		ACADEMICA	00:39:09	00:39:04
99	1318	SILVERIO GUEDES	49	M4549	11	M		C R P S.TIAGO	00:39:12	00:39:10
100	829	JOAO CASAL	40	M4044	19	M		ORI ESTARREJA	00:39:14	00:39:10
101	1249	DANIEL JORGE	23	M1939	61	M		INDIVIDUAL	00:39:15	00:39:13
102	338	LUIS VIEIRA	37	M1939	62	M		C A VILA BOA DO	00:39:17	00:39:13
103	1085	JOSE BORGES	57	M5559	2	M		A R ESTRLA DO SUL	00:39:18	00:39:02
104	1341	JACINTO OLIVEIRA	50	M5054	4	M		C P TRAB B	00:39:19	00:39:16
105	493	PAULO PINTO	31	M1939	63	M		APPC	00:39:21	00:39:08
106	1034	MANUEL BELINHA	30	M1939	64	M		G D S.PAIO OLEIROS	00:39:22	00:39:11
107	1668	RAFAEL NOGUEIRA	46	M4549	12	M		Cabo Verde	00:39:23	00:39:23
108	1494	JOSE SERRAZINA	51	M5054	5	M		C A OBIDOS	00:39:25	00:39:25
109	1683	CARLOS RITO	35	M1939	65	M		ACADEMICA	00:39:27	00:39:11
110	1575	JOSE RAMON BLANCO SOTELO	41	M4044	20	M		ESPANHA	00:39:31	00:39:27
111	693	JORGE FERREIRA	31	M1939	66	M		G D AIRAO	00:39:32	00:39:32
112	483	SERGIO MARTINS	38	M1939	67	M		C D AVES	00:39:36	00:39:33
113	42	TIAGO SILVA	27	M1939	68	M		C TRIATLO	00:39:38	00:39:33
114	428	JOSE MOTA	45	M4549	13	M		CDCR CTT	00:39:41	00:39:36
115	1279	ANTONIO VALENTE	40	M4044	21	M		CENAP	00:39:43	00:39:28
116	1545	JORGE UBEIRA FERNANDEZ	33	M1939	69	M		ESPANHA	00:39:45	00:39:37
117	1282	FIRMINO PEREIRA	33	M1939	70	M		A A ESPOSENDE	00:39:50	00:39:04
118	1557	JOSE LUIS LOU	38	M1939	71	M		ESPANHA	00:39:50	00:39:50
119	602	JOSE CORREIA	47	M4549	14	M		VILLA CESARI	00:39:52	00:39:52
120	1346	JOSE AFONSO	47	M4549	15	M		BELENENSES	00:39:53	00:39:49

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121	1653	JOAQUIM ABRAÇOS	29	M1939	72	M		Individual	00:39:55	00:39:50
122	1154	VICTOR FERNANDES	45	M4549	16	M		LOUROCOOP	00:39:56	00:39:50
123	1464	ANTONIO CANECA	42	M4044	22	M		A D RIO LARGO	00:39:57	00:39:57
124	618	VITOR TEIXEIRA	46	M4549	17	M		C A MATOSINHOS	00:39:58	00:39:42
125	633	ANTONIO MARTINS	38	M1939	73	M		CRUZ VERM P N	00:39:59	00:39:51
126	863	AGOSTINHO PROENÇA	43	M4044	23	M		INDIVIDUAL	00:39:59	00:39:55
127	1035	AVELINO FREITAS	33	M1939	74	M		G D S.PAIO OLEIROS	00:40:00	00:39:29
128	1362	LUIS VILELA	47	M4549	18	M		C P TRAB B	00:40:01	00:40:01
129	632	JOSE COELHO	41	M4044	24	M		CRUZ VERM P N	00:40:06	00:40:04
130	634	CESAR NETO	22	M1939	75	M		CRUZ VERM P N	00:40:06	00:40:04
131	768	PEDRO MARQUES	22	M1939	76	M		INDIVIDUAL	00:40:07	00:39:57
132	1530	MARTIN PAZÓ PAZÓ	34	M1939	77	M		ESPANHA	00:40:08	00:40:03
133	791	HELDER FARIA	22	M1939	78	M		AMIGOS FARIA	00:40:12	00:40:02
134	1440	MANUEL RIBEIRO	42	M4044	25	M		N C L	00:40:14	00:40:06
135	1141	SERAFIM SILVA	49	M4549	19	M		CIRAC	00:40:15	00:40:10
136	334	RUI CADILHA	21	M1939	79	M		INDIVIDUAL	00:40:20	00:40:14
137	1047	ANTONIO GOMES	41	M4044	26	M		G C SANTO TIRSO	00:40:20	00:39:58
138	800	PEDRO RESENDE	34	M1939	80	M		CCDPJ-PORTO	00:40:21	00:40:14
139	870	JOSE SILVA	44	M4044	27	M		PISCINA ROTA	00:40:23	00:40:20
140	667	JOSE FERREIRA	54	M5054	6	M		OS AMIGOS PQ	00:40:24	00:39:53
141	1465	LUIS RODRIGUES	42	M4044	28	M		A D RIO LARGO	00:40:25	00:40:12
142	764	JOSE MACHADO	44	M4044	29	M		CYCLONES SANITOP	00:40:27	00:40:26
143	987	JOSE ESMERIZ	35	M1939	81	M		INDIVIDUAL	00:40:28	00:40:20
144	729	MANUEL VIEIRA	44	M4044	30	M		CALDAS S.JORGE SC	00:40:31	00:40:31
145	802	EDGAR RESENDE	34	M1939	82	M		INDIVIDUAL	00:40:33	00:40:24
146	1110	JOAO FONTES	35	M1939	83	M		INDIVIDUAL	00:40:34	00:40:24
147	1463	JOSE SA	42	M4044	31	M		A D RIO LARGO	00:40:35	00:40:29
148	107	AURELIANA POLONIA	42	F3599	1	F		AÇOREANA	00:40:37	00:40:37
149	1375	ANTONIO PEREIRA	39	M1939	84	M		U D BEIRIZ	00:40:37	00:40:37
150	1383	VITOR NOGUEIRA	51	M5054	7	M		U D BEIRIZ	00:40:37	00:40:30
151	1002	JOAQUIM MENDES	30	M1939	85	M		INDIVIDUAL	00:40:38	00:40:36
152	1064	RUI OLIVEIRA	43	M4044	32	M		INDIVIDUAL	00:40:38	00:40:34
153	1053	EDUARDO RIBEIRO	55	M5559	3	M		G C SANTO TIRSO	00:40:40	00:40:28
154	1054	EDUARDO MALHAEIRO	61	M6099	1	M		G C SANTO TIRSO	00:40:40	00:40:27
155	1049	BRUNO SILVA	30	M1939	86	M		G C SANTO TIRSO	00:40:42	00:40:29
156	1709	ANTONIO SILVA	47	M4549	20	M		INDIVIDUAL	00:40:42	00:40:39
157	1723	FERNANDO SANTOS	43	M4044	33	M		INDIVIDUAL	00:40:44	00:40:44
158	1394	CLAUDIO MATOS	28	M1939	87	M		A D AMARANTE	00:40:45	00:40:30
159	374	MANUEL FERNANDO	42	M4044	34	M		OS ROMPE SOLAS	00:40:48	00:40:39
160	1492	PEDRO GOMES	49	M4549	21	M		LINDA A PASTORA	00:40:49	00:40:49
161	1354	EMANUEL MARQUES	43	M4044	35	M		ACADEMICA	00:40:50	00:40:32
162	153	LINDOMAR NASCIMENTO	33	M1939	88	M		INDIVIDUAL	00:40:53	00:40:50

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163	1101	FERNANDO SANTOS	47	M4549	22	M		N A MATOSINHOS	00:40:53	00:40:53
164	344	ANTONIO CORREIA	49	M4549	23	M		C A VILA BOA DO	00:40:55	00:40:53
165	1652	MANUEL MARQUES	39	M1939	89	M		França	00:41:00	00:40:54
166	1460	VICTOR RODRIGUES	35	M1939	90	M		G D OS RIBEIRINHOS	00:41:01	00:40:47
167	717	RUI MOREIRA	32	M1939	91	M		CALDAS S.JORGE SC	00:41:02	00:40:48
168	615	JOSE ZANANAR	43	M4044	36	M		QUINTA DA LAGOA	00:41:03	00:41:03
169	1115	VIRGILIO OLIVEIRA	42	M4044	37	M		A C VERMOIL	00:41:03	00:40:52
170	1218	JOAO OLIVEIRA	30	M1939	92	M		PORTO RUNNERS	00:41:03	00:40:49
171	697	RODRIGO NUNES	45	M4549	24	M		A C D LAVANDEIRA	00:41:08	00:41:02
172	485	MANUEL GOMES	42	M4044	38	M		C D AVES	00:41:09	00:40:54
173	1450	MIGUEL CORDEIRO	33	M1939	93	M		GRECAS	00:41:13	00:40:51
174	464	RUI GONÇALVES	52	M5054	8	M		INDIVIDUAL	00:41:14	00:41:05
175	1166	FLAVIO NOGUEIRA	21	M1939	94	M		G J P DA BEMPOSTA	00:41:16	00:41:04
176	206	RUI COSTA	24	M1939	95	M		INDIVIDUAL	00:41:19	00:41:08
177	288	SERGIO MONTEIRO	23	M1939	96	M		INDIVIDUAL	00:41:19	00:41:14
178	199	RAFAEL GOMES	38	M1939	97	M		INDIVIDUAL	00:41:21	00:41:17
179	1026	JOSE FERREIRA	34	M1939	98	M		C PT ZONA NORTE	00:41:22	00:41:18
180	1165	DIOGO NOGUEIRA	20	M1939	99	M		G J P DA BEMPOSTA	00:41:23	00:41:10
181	1070	RICARDO OLIVEIRA	19	M1939	100	M		BV OLIVEIRA	00:41:24	00:40:20
182	765	FRANCISCO NOVAIS	43	M4044	39	M		CYCLONES SANITOP	00:41:28	00:41:26
183	1084	BENJAMIM PINHO	62	M6099	2	M		A R ESTRLA DO SUL	00:41:34	00:41:32
184	827	ANTONIO AMADOR	39	M1939	101	M		ORI ESTARREJA	00:41:35	00:41:35
185	1351	MARIO GUEDES	35	M1939	102	M		ACADEMICA	00:41:35	00:41:20
186	440	JOSE FERNANDEZ	27	M1939	103	M		ESPANHA	00:41:36	00:41:33
187	714	HELDER PINTO	36	M1939	104	M		CALDAS S.JORGE SC	00:41:39	00:41:25
188	701	PAULO GOMES	36	M1939	105	M		A C D LAVANDEIRA	00:41:40	00:41:40
189	708	ANTONIO FERNANDES	50	M5054	9	M		A D R OUTEIRENSE	00:41:41	00:41:35
190	709	BERNARDINO GUIMARAES	42	M4044	40	M		A D R OUTEIRENSE	00:41:41	00:41:35
191	715	IVAN SILVA	28	M1939	106	M		CALDAS S.JORGE SC	00:41:42	00:41:34
192	280	ANTONIO DIAS	44	M4044	41	M		PROMOFITNESS.CO	00:41:43	00:41:36
193	549	CARLOS TAVARES	39	M1939	107	M		OS AMIGOS QTA	00:41:45	00:41:34
194	565	RUI MOREIRA	31	M1939	108	M		INDIVIDUAL	00:41:46	00:40:53
195	1184	CARLOS SILVA	46	M4549	25	M		JAVIP	00:41:47	00:41:47
196	1620	JOSE BARRIENTOS MARTINEZ	36	M1939	109	M		ESPANHA	00:41:48	00:41:37
197	1162	ANTONIO MOITA	32	M1939	110	M		SALAO MESQUITA	00:41:49	00:41:38
198	975	RUBEN COSTA	19	M1939	111	M		LIBERDADE FC	00:41:50	00:41:46
199	486	LUIS MARTINS	45	M4549	26	M		C D AVES	00:41:52	00:41:49
200	759	JOAO DIAS	20	M1939	112	M		CYCLONES SANITOP	00:41:52	00:41:38
201	573	JOAQUIM MENESES	52	M5054	10	M		C V PORTO	00:41:53	00:41:29
202	1057	JOSE LEITE	49	M4549	27	M		G C SANTO TIRSO	00:41:53	00:41:30
203	604	CARLOS SOUSA	44	M4044	42	M		TUTILAR CLASS	00:41:58	00:41:43
204	1196	HELDER REIGOTA	26	M1939	113	M		GRECAS	00:41:58	00:41:19

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
205	710	ADAO MENDES	33	M1939	114	M		A D R OUTEIRENSE	00:42:01	00:42:01
206	1315	LOURENÇO CUNHA	42	M4044	43	M		C R P S.TIAGO	00:42:01	00:41:53
207	15	BRUNO SILVA	27	M1939	115	M		MAIA A C	00:42:02	00:41:34
208	287	ABILIO MONTEIRO	32	M1939	116	M		INDIVIDUAL	00:42:02	00:41:57
209	902	ARNALDO MARINHO	48	M4549	28	M		C C D MISERICORDIA	00:42:02	00:42:02
210	984	JOSE PAIVA	41	M4044	44	M		AS 11 NO FAROL	00:42:02	00:41:56
211	677	NORBERTO OLIVEIRA	48	M4549	29	M		A C R D ESCAPAES	00:42:03	00:41:55
212	345	JOAO RIBEIRO	50	M5054	11	M		C A VILA BOA DO	00:42:04	00:41:30
213	1285	TORCATO MOREIRA	57	M5559	4	M		A A ESPOSENDE	00:42:05	00:41:58
214	489	ANTONIO COUTINHO	58	M5559	5	M		C D AVES	00:42:07	00:42:07
215	617	ANTONIO VIEIRA	37	M1939	117	M		ARVOR	00:42:07	00:41:23
216	1340	ANGELO MENESES	40	M4044	45	M		C P TRAB B	00:42:08	00:41:16
217	1422	MARCO COUTINHO	30	M1939	118	M		INDIVIDUAL	00:42:09	00:42:01
218	1555	RAFAEL DE OLIVEIRA	22	M1939	119	M		VENEZUELA	00:42:10	00:42:00
219	917	MANUEL FERREIRA	49	M4549	30	M		C TRAB SMAS	00:42:11	00:42:11
220	669	VICTOR MOTA	34	M1939	120	M		INDIVIDUAL	00:42:13	00:41:54
221	934	FIRMINO NOGUEIRA	42	M4044	46	M		MILLENNIUM BCP	00:42:13	00:42:07
222	1336	ALVARO GOMES	40	M4044	47	M		OS TURBULENTOS	00:42:13	00:42:13
223	1205	BRUNO MARTINS	31	M1939	121	M		PORTO RUNNERS	00:42:15	00:41:38
224	337	PEDRO TEIXEIRA	35	M1939	122	M		C A VILA BOA DO	00:42:16	00:42:16
225	730	CARLOS FERREIRA	47	M4549	31	M		CALDAS S.JORGE SC	00:42:16	00:42:08
226	635	JORGE VIEIRA	33	M1939	123	M		LAMEIRO TRANS	00:42:17	00:41:36
227	673	ARLINDO NEVES	39	M1939	124	M		A C R D ESCAPAES	00:42:18	00:42:18
228	1051	CARLOS VALE	45	M4549	32	M		G C SANTO TIRSO	00:42:20	00:42:07
229	537	JOSE SA	36	M1939	125	M		INDIVIDUAL	00:42:21	00:41:59
230	699	ALCIDES MENDES	40	M4044	48	M		A C D LAVANDEIRA	00:42:23	00:42:23
231	605	MANUEL NUNES	42	M4044	49	M		TUTILAR CLASS	00:42:24	00:42:24
232	1078	ANTONIO FERNANDES	30	M1939	126	M		BV OLIVEIRA	00:42:25	00:42:11
233	724	JOAO FONTES	41	M4044	50	M		CALDAS S.JORGE SC	00:42:27	00:41:21
234	916	ALEXANDRE SILVA	48	M4549	33	M		C TRAB SMAS	00:42:27	00:42:11
235	727	MANUEL SILVA	48	M4549	34	M		CALDAS S.JORGE SC	00:42:28	00:41:23
236	705	FERNANDO CHAVES	47	M4549	35	M		G D OS RIBEIRINHOS	00:42:31	00:42:19
237	1086	FILIPÉ DIAS	27	M1939	127	M		A NOGUEIRENSE C D	00:42:33	00:41:40
238	1742	JOSE GOMES	43	M4044	51	M		INDIVIDUAL	00:42:34	00:42:08
239	1517	JOSE FIGUEIREDO	28	M1939	128	M		Individual	00:42:35	00:42:04
240	437	ANTONIO ALMEIDA	47	M4549	36	M		REDBULS	00:42:39	00:42:39
241	163	MANUEL DIAS	51	M5054	12	M		INDIVIDUAL	00:42:40	00:42:07
242	1099	PAULO LOURENÇO	37	M1939	129	M		DINAMO C EST	00:42:42	00:42:33
243	558	PAULO VIEIRA	38	M1939	130	M		DRAGOES DE	00:42:44	00:42:31
244	1009	EDUARDO OLIVEIRA	34	M1939	131	M		ADEFACEC	00:42:44	00:42:24
245	711	LUIS RIBEIRO	31	M1939	132	M		A D R OUTEIRENSE	00:42:45	00:42:45
246	1379	MANUEL PEIXOTO	39	M1939	133	M		U D BEIRIZ	00:42:45	00:42:18

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
247	1098	OCTAVIO ANDRADE	36	M1939	134	M		DINAMO C EST	00:42:47	00:42:39
248	1164	JOAO OLIVEIRA	48	M4549	37	M		G J P DA BEMPOSTA	00:42:48	00:42:36
249	1533	PABLO CASAL	39	M1939	135	M		ESPANHA	00:42:49	00:42:49
250	1171	PAULO ALEXANDRE	40	M4044	52	M		AFIS OVAR	00:42:52	00:42:40
251	756	JOAO FREITAS	31	M1939	136	M		INDIVIDUAL	00:42:53	00:42:19
252	1208	CARLOS ROCHA	41	M4044	53	M		PORTO RUNNERS	00:42:54	00:42:54
253	1618	PEDRO COSTA	34	M1939	137	M		Individual	00:42:54	00:41:49
254	619	PEDRO VIEIRA	28	M1939	138	M		C IND A	00:42:55	00:42:49
255	1052	CARLOS NOBREGA	51	M5054	13	M		G C SANTO TIRSO	00:42:55	00:42:08
256	527	LAURESTIM QUEIROS	33	M1939	139	M		B S BOMBEIROS	00:42:56	00:42:19
257	530	RUI ARAUJO	33	M1939	140	M		B S BOMBEIROS	00:42:56	00:42:19
258	235	MANUEL DIAS	47	M4549	38	M		INDIVIDUAL	00:42:58	00:42:39
259	1319	JOSE MORAIS	39	M1939	141	M		C R P S.TIAGO	00:42:58	00:42:54
260	999	FRANCISCO GUIMARAES	19	M1939	142	M		PROMOFITNESS.CO	00:42:59	00:42:53
261	1729	ANTONIO SILVA	44	M4044	54	M		PES DORIDOS	00:42:59	00:42:30
262	463	LUIS SOUSA	47	M4549	39	M		INDIVIDUAL	00:43:00	00:42:51
263	1091	LUIS RODRIGUES	45	M4549	40	M		G C PES AO	00:43:00	00:42:15
264	1112	MANUEL MOREIRA	22	M1939	143	M		INDIVIDUAL	00:43:01	00:43:01
265	1378	PAULO RIBEIRO	36	M1939	144	M		U D BEIRIZ	00:43:01	00:43:01
266	232	DUARTE BARBOSA	35	M1939	145	M		INDIVIDUAL	00:43:02	00:42:54
267	753	APRIGIO CHAVES	46	M4549	41	M		OS MADRUGAS	00:43:02	00:43:02
268	626	JOAO CAPA	32	M1939	146	M		INDIVIDUAL	00:43:03	00:42:44
269	1204	ARMINDO GONÇALVES	47	M4549	42	M		PORTO RUNNERS	00:43:03	00:42:09
270	25	ANTONIO MOUTINHO	42	M4044	55	M		MAIA A C	00:43:05	00:43:04
271	627	JOAO CAPA	38	M1939	147	M		INDIVIDUAL	00:43:05	00:42:47
272	511	JOAQUIM SOUSA	47	M4549	43	M		C V PAÇOS	00:43:07	00:42:52
273	402	PAULO RIBEIRO	42	M4044	56	M		VILLA-CESARI	00:43:08	00:43:08
274	1134	JOSE ANTONIO	37	M1939	148	M		CIRAC	00:43:08	00:42:46
275	1278	MANUEL VARELA	35	M1939	149	M		CENAP	00:43:09	00:42:56
276	774	DAVID SOUSA	40	M4044	57	M		STRESS ATTACK	00:43:10	00:42:54
277	1280	JOAQUIM RAMOS	49	M4549	44	M		CENAP	00:43:10	00:42:56
278	1343	MANUEL CARDOSO	54	M5054	14	M		C P TRAB B	00:43:14	00:43:14
279	340	FERNANDO SOUSA	40	M4044	58	M		C A VILA BOA DO	00:43:15	00:43:08
280	1757	LUIS PINHO	42	M4044	59	M		ADEC	00:43:17	00:42:37
281	1762	FILIFE SOUSA	26	M1939	150	M		AÇOREANA	00:43:18	00:43:18
282	1602	VICTOR DELGADO	40	M4044	60	M		Individual	00:43:22	00:42:43
283	952	FERNANDO SANTIAGO	46	M4549	45	M		INDIVIDUAL	00:43:23	00:43:19
284	1612	PAULO FONSECA	39	M1939	151	M		Individual	00:43:23	00:43:00
285	494	MARCO SILVA	27	M1939	152	M		INDIVIDUAL	00:43:24	00:42:42
286	1566	LUIS LEITE	31	M1939	153	M		Individual	00:43:24	00:42:59
287	830	FERNANDO MENDES	37	M1939	154	M		ORI ESTARREJA	00:43:25	00:43:05
288	1569	JORGE MARQUES	34	M1939	155	M		Individual	00:43:25	00:43:01

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C.	SC	Clube	Tempo	Líquido
289	698	ANTONIO PINTO	46	M4549	46	M			A C D LAVANDEIRA	00:43:26	00:43:11
290	1513	MÓNICA INCERA FILGUEIRA	34	F2034	7	F	1		ESPANHA	00:43:26	00:43:16
291	209	JOSE CHEU	32	M1939	156	M			INDIVIDUAL	00:43:27	00:39:47
292	17	FERNANDO ALMEIDA	32	M1939	157	M			INDIVIDUAL	00:43:28	00:42:44
293	373	MARLENE MONTEIRO	23	F2034	8	F			OS ROMPE SOLAS	00:43:29	00:43:22
294	1158	MATILDE BATISTA	41	F3599	2	F			MOZELENSE	00:43:29	00:43:23
295	1276	ANTONIO OLIVEIRA	40	M4044	61	M			CENAP	00:43:29	00:43:13
296	208	JOAO GONÇALVES	32	M1939	158	M			INDIVIDUAL	00:43:30	00:42:46
297	387	CARLOS RODRIGUES	43	M4044	62	M			INDIVIDUAL	00:43:30	00:43:09
298	795	JOSE SILVA	46	M4549	47	M			INDIVIDUAL	00:43:31	00:43:15
299	278	ALBERTO TEIXEIRA	47	M4549	48	M			PROMOFITNESS.CO	00:43:32	00:43:24
300	762	JOSE PARENTE	35	M1939	159	M			CYCLONES SANITOP	00:43:32	00:43:22
301	1157	AUGUSTO BAPTISTA	48	M4549	49	M			MOZELENSE	00:43:32	00:43:25
302	281	HENRIQUE MARTINS	46	M4549	50	M			PROMOFITNESS.CO	00:43:33	00:43:24
303	1420	JOSE ARAUJO	39	M1939	160	M			INDIVIDUAL	00:43:33	00:43:04
304	1337	JOAQUIM OLIVEIRA	35	M1939	161	M			OS TURBULENTOS	00:43:34	00:43:19
305	431	RUI COSTA	41	M4044	63	M			INDIVIDUAL	00:43:36	00:43:18
306	1111	VITOR CARVALHO	29	M1939	162	M			INDIVIDUAL	00:43:36	00:43:36
307	62	JORGE CORTEZ	33	M1939	163	M			INDIVIDUAL	00:43:37	00:43:37
308	1116	ALFREDO SANTOS	52	M5054	15	M			A C VERMOIL	00:43:37	00:43:28
309	363	ANA CLAUDIA	33	F2034	9	F			OS ROMPE SOLAS	00:43:38	00:43:32
310	185	HELENA CARDOSO	36	F3599	3	F			INDIVIDUAL	00:43:38	00:43:03
311	1691	RUI LIMA	19	M1939	164	M			INDIVIDUAL	00:43:38	00:42:59
312	423	LUIS PEREIRA	33	M1939	165	M			CDCR CTT	00:43:39	00:43:19
313	721	VITOR ALMEIDA	40	M4044	64	M			CALDAS S.JORGE SC	00:43:40	00:43:35
314	857	ALEXANDRE CARAMAZ	33	M1939	166	M			INDIVIDUAL	00:43:41	00:43:41
315	1667	JOAO CARLOS MIRÓN	44	M4044	65	M			Cabo Verde	00:43:42	00:42:59
316	657	JOAQUIM COSTA	39	M1939	167	M			A D AMARANTE	00:43:43	00:43:19
317	1323	PAULO BERNARDO	41	M4044	66	M			C R D C SANTIAGO	00:43:43	00:43:26
318	1686	CARLOS BRITO	42	M4044	67	M			C S BONITOS	00:43:43	00:43:43
319	1059	LUCIANO GOMES	38	M1939	168	M			G C SANTO TIRSO	00:43:46	00:43:39
320	670	PAULO CORREIA	33	M1939	169	M			INDIVIDUAL	00:43:47	00:43:22
321	519	FERDINAND SCHNETTLER	56	M5559	6	M			ALEMANHA	00:43:48	00:43:44
322	587	PAULO RIBEIRO	44	M4044	68	M			C V PORTO	00:43:49	00:43:44
323	1662	ANTÓNIO SANTOS	32	M1939	170	M			Individual	00:43:50	00:43:44
324	524	JOAQUIM PEREIRA	49	M4549	51	M			B S BOMBEIROS	00:43:51	00:43:16
325	526	JOAQUIM NUNES	44	M4044	69	M			B S BOMBEIROS	00:43:52	00:43:17
326	1371	MOISES ALVES	36	M1939	171	M			U D BEIRIZ	00:43:52	00:43:45
327	1645	ALFREDO AZEVEDO	39	M1939	172	M			Individual	00:43:52	00:43:52
328	654	JAIME PEREIRA	53	M5054	16	M			A D AMARANTE	00:43:54	00:43:28
329	451	JORGE VILELA	41	M4044	70	M			N A VILA REAL	00:43:56	00:43:56
330	1001	JOAO PINHEIRO	30	M1939	173	M			INDIVIDUAL	00:43:56	00:43:01

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
331	1628	CONSTANTINO ARES DURRUTI	52	M5054	17	M		ESPANHA	00:43:57	00:43:57
332	509	HORACIO TEIXEIRA	52	M5054	18	M		C V PAÇOS	00:43:58	00:43:37
333	1006	LUIS ALMEIDA	27	M1939	174	M		DINAMO C EST	00:43:58	00:43:58
334	1697	TIAGO LOUREIRO	22	M1939	175	M		CAFE PONTO FINAL	00:44:01	00:43:42
335	550	ANTONIO PEREIRA	49	M4549	52	M		OS AMIGOS QTA	00:44:02	00:43:51
336	335	RENATO CADILHA	26	M1939	176	M		INDIVIDUAL	00:44:03	00:43:57
337	28	DOMINGOS SAAVEDRA	42	M4044	71	M		MAIA A C	00:44:04	00:44:03
338	1139	MANUEL OLIVEIRA	47	M4549	53	M		CIRAC	00:44:04	00:43:59
339	660	FERNANDO MARQUES	39	M1939	177	M		INDIVIDUAL	00:44:05	00:43:45
340	1145	EUGENIO CORDEIRO	55	M5559	7	M		CIRAC	00:44:07	00:44:03
341	325	EUSEBIO FERREIRA	43	M4044	72	M		INDIVIDUAL	00:44:08	00:44:05
342	1137	JOSE SILVA	44	M4044	73	M		CIRAC	00:44:08	00:44:08
343	838	LAURINDO SILVA	46	M4549	54	M		INDIVIDUAL	00:44:11	00:44:08
344	450	CELESTINO GARCIA	38	M1939	178	M		INDIVIDUAL	00:44:12	00:44:03
345	300	JAIME SEOANE	41	M4044	74	M		INDIVIDUAL	00:44:13	00:44:04
346	484	DUARTE SILVA	35	M1939	179	M		C D AVES	00:44:14	00:43:21
347	1309	JOSE SILVA	49	M4549	55	M		J A MOZELENSE	00:44:17	00:44:17
348	1126	JOSE MOUTELA	55	M5559	8	M		A A AVANCA	00:44:18	00:44:04
349	1306	JOAQUIM FERNANDES	36	M1939	180	M		INDIVIDUAL	00:44:18	00:43:50
350	672	ALVARO MACHADO	39	M1939	181	M		GCDT-GBES-DEL	00:44:21	00:44:04
351	539	JOAQUIM NOGUEIRA	47	M4549	56	M		INDIVIDUAL	00:44:22	00:44:03
352	1326	JOSE VIEIRA	38	M1939	182	M		OS FALTA D AR	00:44:23	00:43:44
353	170	MARK MACEDO	26	M1939	183	M		INDIVIDUAL	00:44:25	00:44:25
354	1676	FILIPE PEREIRA	30	M1939	184	M		INDIVIDUAL	00:44:25	00:44:25
355	593	ANTONIO PEREIRA	54	M5054	19	M		INDIVIDUAL	00:44:26	00:44:22
356	1572	MARTINS AMORIM MANUEL	44	M4044	75	M		Individual	00:44:26	00:44:22
357	1160	ANTONIO OLIVEIRA	48	M4549	57	M		ESMOJAES J A	00:44:27	00:43:43
358	1234	NUNO RIBEIRO	25	M1939	185	M		PORTO RUNNERS	00:44:31	00:43:55
359	1703	CELESTINO SILVA	42	M4044	76	M		CAFE PONTO FINAL	00:44:32	00:44:11
360	659	JORGE AUGUSTO	32	M1939	186	M		A D AMARANTE	00:44:34	00:44:13
361	803	PAULO PEIXOTO	44	M4044	77	M		CCDPJ-PORTO	00:44:36	00:44:29
362	1109	ARMANDO OLIVEIRA	50	M5054	20	M		CASA BENFICA	00:44:36	00:43:53
363	656	CANDIDO MONTEIRO	47	M4549	58	M		A D AMARANTE	00:44:37	00:44:11
364	1038	MANUEL FREITAS	36	M1939	187	M		G D S.PAIO OLEIROS	00:44:39	00:44:07
365	315	SILVERIO PINTO	42	M4044	78	M		INDIVIDUAL	00:44:40	00:44:36
366	500	ALFREDO FRAGA	48	M4549	59	M		ARRASTASSOLAS	00:44:40	00:44:09
367	731	ANTONIO DIAS	50	M5054	21	M		CALDAS S.JORGE SC	00:44:40	00:44:11
368	932	PEDRO FRANCO	59	M5559	9	M		MILLENNIUM BCP	00:44:41	00:44:24
369	413	PEDRO FIGUEIREDO	33	M1939	188	M		TERRORES DO	00:44:42	00:43:52
370	188	NUNO COUTINHO	31	M1939	189	M		INDIVIDUAL	00:44:43	00:44:33
371	1150	PAULO RODRIGUES	45	M4549	60	M		INDIVIDUAL	00:44:43	00:43:58
372	1242	RUI CUNHA	35	M1939	190	M		PORTO RUNNERS	00:44:43	00:44:43

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
373	292	ALFREDO CUNHA	51	M5054	22	M		INDIVIDUAL	00:44:44	00:44:34
374	1107	ANA GOMES	28	F2034	10	F		N A MATOSINHOS	00:44:44	00:44:23
375	316	ANTONIO PARADA	54	M5054	23	M		INDIVIDUAL	00:44:45	00:44:45
376	676	JOSE SILVA	44	M4044	79	M		A C R D ESCAPAES	00:44:45	00:44:19
377	434	CARLOS GUERRA	39	M1939	191	M		REDBULS	00:44:46	00:44:08
378	1103	MANUEL TEIXEIRA	36	M1939	192	M		N A MATOSINHOS	00:44:46	00:44:28
379	1324	EDNA NEVES	24	F2034	11	F		OS ILHAVOS	00:44:47	00:44:44
380	27	ANTONIO COSTA	42	M4044	80	M		MAIA A C	00:44:48	00:44:48
381	1151	MANUEL MONTEIRO	52	M5054	24	M		INDIVIDUAL	00:44:48	00:44:32
382	1606	JULIO ÁLVAREZ ESTÉVEZ	38	M1939	193	M		ESPANHA	00:44:48	00:44:39
383	1	JOAO HEBIL	47	M4549	61	M		ATLAS COOPCO	00:44:49	00:44:47
384	642	ARMANDINO RODRIGUES	52	M5054	25	M		G D SANTANDER	00:44:50	00:44:40
385	687	JOSE SILVA	34	M1939	194	M		OS PAPA LEGUAS	00:44:52	00:44:42
386	915	FRANCISCO ROCHA	65	M6099	3	M		C TRAB SMAS	00:44:52	00:44:35
387	1122	FERNANDO CARAPELHO	27	M1939	195	M		A C D OS ILHAVOS	00:44:52	00:44:38
388	608	FRANCISCO NETO	43	M4044	81	M		TUTILAR CLASS	00:44:53	00:44:17
389	1281	GERALDO NEVES	27	M1939	196	M		CENAP	00:44:53	00:44:53
390	1640	DAVID PINTO	40	M4044	82	M		Individual	00:44:54	00:44:54
391	636	CARLOS VIEIRA	35	M1939	197	M		LAMEIRO TRANS	00:44:55	00:44:12
392	813	JOAO SILVA	33	M1939	198	M		INDIVIDUAL	00:44:56	00:44:50
393	1076	JOSE PEREIRA	57	M5559	10	M		AA PRQ INFANTE	00:44:56	00:43:58
394	1189	CANDIDO SOUSA	54	M5054	26	M		JAVIP	00:44:57	00:44:20
395	1684	MARGARIDA SOARES	45	F3599	4	F		ACADEMICA	00:44:57	00:44:39
396	467	JOAO FIGUEIREDO	42	M4044	83	M		INDIVIDUAL	00:44:58	00:44:58
397	1322	FERNANDO PINTO	58	M5559	11	M		C R D C SANTIAGO	00:44:58	00:44:54
398	1541	PEPELUIS ARMADA	47	M4549	62	M		ESPANHA	00:44:58	00:44:50
399	1392	JOAO FERNANDES	30	M1939	199	M		INDIVIDUAL	00:44:59	00:44:39
400	1538	ANTÓNIO CARDOSO	33	M1939	200	M		Individual	00:44:59	00:44:27
401	189	LUIS CASTRO	48	M4549	63	M		INDIVIDUAL	00:45:00	00:44:56
402	651	OSVALDO TEIXEIRA	53	M5054	27	M		A D AMARANTE	00:45:00	00:44:35
403	856	PAULO VIEIRA	28	M1939	201	M		DYNAMIC LIFE	00:45:01	00:43:57
404	1287	MANUEL MENDES	40	M4044	84	M		TEAM U M	00:45:04	00:45:04
405	1290	ALBERTO MENDES	36	M1939	202	M		TEAM U M	00:45:04	00:44:31
406	41	MARIO CONTREIRAS	40	M4044	85	M		GRECAS	00:45:05	00:44:50
407	883	FERNANDO SANTOS	48	M4549	64	M		TURBOLENTOS MAIA	00:45:05	00:44:33
408	1495	JOSE MAGALHAES	53	M5054	28	M		ALFENENSE	00:45:05	00:44:49
409	773	ANTONIO CRUZ	53	M5054	29	M		STRESS ATTACK	00:45:07	00:44:59
410	1155	JOSE PINTO	38	M1939	203	M		MOZELENSE	00:45:08	00:44:57
411	930	FERNANDO TRINDADE	42	M4044	86	M		MILLENNIUM BCP	00:45:10	00:44:59
412	507	FERNANDO SANTOS	47	M4549	65	M		C V PAÇOS	00:45:11	00:45:11
413	505	ADAO FRANÇA	62	M6099	4	M		C V PAÇOS	00:45:13	00:44:57
414	884	JOSE SILVA	43	M4044	87	M		TURBOLENTOS MAIA	00:45:13	00:44:48

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
415	1136	JOSE SANTOS	43	M4044	88	M		CIRAC	00:45:13	00:45:10
416	1010	ARMANDO TEIXEIRA	32	M1939	204	M		ADEFACEC	00:45:15	00:45:15
417	868	SERGIO ALVES	27	M1939	205	M		PISCINA ROTA	00:45:16	00:45:02
418	1190	JORGE FONSECA	45	M4549	66	M		INDIVIDUAL	00:45:16	00:45:14
419	465	PEDRO MESQUITA	39	M1939	206	M		ESP APLL	00:45:17	00:45:00
420	1750	CRUZ PAIVA	43	M4044	89	M		INDIVIDUAL	00:45:18	00:45:13
421	1195	JOSE GOMES	41	M4044	90	M		OS AMIGOS DE GAIA	00:45:19	00:44:45
422	1273	JERONIMO CARDOSO	46	M4549	67	M		OS KAGADOS	00:45:19	00:45:07
423	1291	JOAO OLIVEIRA	43	M4044	91	M		TEAM U M	00:45:19	00:44:48
424	12	FERNANDO ANDRADE	52	M5054	30	M		AÇOREANA	00:45:20	00:45:19
425	190	MARIO SAMPAIO	54	M5054	31	M		INDIVIDUAL	00:45:21	00:45:21
426	1217	FRANCISCO LOBO	45	M4549	68	M		PORTO RUNNERS	00:45:23	00:44:48
427	455	FILIPE RIBEIRO	34	M1939	207	M		INDIVIDUAL	00:45:26	00:44:45
428	743	FRANCISCO COSTA	48	M4549	69	M		C F UNIAO LAMAS	00:45:26	00:45:26
429	971	JOAQUIM BATISTA	35	M1939	208	M		INDIVIDUAL	00:45:28	00:44:34
430	1144	ROGERIO SILVA	51	M5054	32	M		CIRAC	00:45:29	00:45:26
431	1401	BRUNO ALBUQUERQUE	31	M1939	209	M		INDIVIDUAL	00:45:29	00:44:56
432	1453	JOSE FALCAO	57	M5559	12	M		A D RIO LARGO	00:45:30	00:45:30
433	47	CARLOS BRANCO	33	M1939	210	M		A D R PASTELEIRA	00:45:31	00:45:27
434	766	MANUEL LEITAO	57	M5559	13	M		CYCLONES SANITOP	00:45:32	00:45:30
435	962	MARINHO BATISTA	30	M1939	211	M		INDIVIDUAL	00:45:32	00:44:37
436	1300	JOSE SILVA	50	M5054	33	M		A D AFIFENSE	00:45:32	00:45:32
437	1014	RAMIRO COSTA	36	M1939	212	M		ADEFACEC	00:45:33	00:45:24
438	1020	JOAQUIM VIEIRA	42	M4044	92	M		INDIVIDUAL	00:45:34	00:45:09
439	360	RUI AFONSO	31	M1939	213	M		OS ROMPE SOLAS	00:45:35	00:45:14
440	755	GONÇALO AMADO	32	M1939	214	M		INDIVIDUAL	00:45:36	00:45:06
441	1749	FERNANDO FONSECA	44	M4044	93	M		INDIVIDUAL	00:45:37	00:45:04
442	694	ANGELO FERREIRA	29	M1939	215	M		G D AIRAO	00:45:38	00:45:31
443	1021	CARLOS VIEIRA	39	M1939	216	M		INDIVIDUAL	00:45:38	00:45:14
444	1072	ANTONIO MENDES	48	M4549	70	M		AA PRQ INFANTE	00:45:39	00:44:44
445	1491	VICENTE JUNIOR	19	M1939	217	M		GRECAS	00:45:39	00:45:27
446	929	JOSE PIRES	41	M4044	94	M		MILLENNIUM BCP	00:45:40	00:45:22
447	1442	VITOR FREITAS	35	M1939	218	M		INDIVIDUAL	00:45:41	00:45:30
448	353	JOSE FELIX	55	M5559	14	M		OS ROMPE SOLAS	00:45:43	00:45:23
449	551	DOMINGOS SOARES	48	M4549	71	M		OS AMIGOS QTA	00:45:43	00:45:31
450	996	JAVI SOLLA	37	M1939	219	M		ESPANHA	00:45:44	00:45:44
451	1182	ARTUR RAMOS	39	M1939	220	M		JAVIP	00:45:44	00:45:06
452	1100	PEDRO CUNHA	31	M1939	221	M		DINAMO C EST	00:45:46	00:45:35
453	959	RUBEN DOMINGUEZ	37	M1939	222	M		INDIVIDUAL	00:45:48	00:45:33
454	1334	AUGUSTO BARROS	52	M5054	34	M		OS TURBULENTOS	00:45:51	00:45:28
455	1288	SIMAO PEREIRA	58	M5559	15	M		TEAM U M	00:45:53	00:45:21
456	198	JAIME PEREIRA	38	M1939	223	M		INDIVIDUAL	00:45:54	00:45:48

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
457	268	CLAUDINO AMADO	57	M5559	16	M		INDIVIDUAL	00:45:54	00:45:49
458	603	PORFIRIO SILVA	48	M4549	72	M		TUTILAR CLASS	00:45:54	00:45:28
459	1299	CESAR LOMBA	43	M4044	95	M		A D AFIFENSE	00:45:57	00:45:50
460	541	JOAO SILVA	27	M1939	224	M		AA AZEMEIS	00:45:58	00:45:20
461	528	ANTONIO COELHO	33	M1939	225	M		B S BOMBEIROS	00:45:59	00:45:24
462	700	JORGE SILVA	38	M1939	226	M		A C D LAVANDEIRA	00:46:01	00:45:38
463	1005	NUNO PEIXOTO	41	M4044	96	M		NUMO	00:46:01	00:45:18
464	943	NUNO MENDES	32	M1939	227	M		INDIVIDUAL	00:46:02	00:45:46
465	1345	JOSE FERNANDES	34	M1939	228	M		BELENENSES	00:46:03	00:45:58
466	1503	JOSE QUARESMA	20	M1939	229	M		Individual	00:46:03	00:45:36
467	956	JOAQUIM NOGUEIRA	54	M5054	35	M		IRIVO	00:46:04	00:45:25
468	1582	ANDRÉ ALVES	31	M1939	230	M		Individual	00:46:04	00:45:42
469	1590	MANUEL TAVARES	43	M4044	97	M		Individual	00:46:06	00:46:01
470	833	MANUEL CARNEIRO	45	M4549	73	M		INDIVIDUAL	00:46:09	00:46:07
471	834	JOSE OLIVEIRA	37	M1939	231	M		INDIVIDUAL	00:46:09	00:46:08
472	1011	RUI MANUEL	36	M1939	232	M		ADEFACEC	00:46:10	00:45:51
473	333	DIOGO CEREJEIRA	20	M1939	233	M		INDIVIDUAL	00:46:11	00:46:11
474	1469	MANUEL AMORIM	47	M4549	74	M		A D RIO LARGO	00:46:13	00:45:50
475	1644	RUI MAIA	42	M4044	98	M		Individual	00:46:13	00:45:51
476	1661	JORGE FERREIRA	32	M1939	234	M		Individual	00:46:13	00:46:06
477	707	JOAQUIM COSTA	52	M5054	36	M		AGRACLUB	00:46:14	00:46:02
478	1089	JOAQUIM FREITAS	27	M1939	235	M		A NOGUEIRENSE C D	00:46:14	00:46:08
479	1328	CONSTANTINO VIEIRA	55	M5559	17	M		OS FALTA D AR	00:46:15	00:45:47
480	621	LUCIANO SILVA	36	M1939	236	M		C IND A	00:46:17	00:46:07
481	197	RUBEN GONZALES	30	M1939	237	M		INDIVIDUAL	00:46:19	00:46:14
482	291	JOAO LELIS	33	M1939	238	M		INDIVIDUAL	00:46:20	00:46:20
483	1744	VITOR PEREIRA	24	M1939	239	M		INDIVIDUAL	00:46:20	00:46:04
484	36	LUIS ARAUJO	33	M1939	240	M		CYCLONES SANITOP	00:46:21	00:46:07
485	1631	URSUA CUL	34	M1939	241	M		ESPANHA	00:46:21	00:46:13
486	837	ANTONIO SILVA	22	M1939	242	M		INDIVIDUAL	00:46:22	00:46:18
487	1046	ALVARO MARQUES	44	M4044	99	M		G C SANTO TIRSO	00:46:23	00:46:14
488	21	ARTUR FREITAS	42	M4044	100	M		MAIA A C	00:46:24	00:46:21
489	1015	RICARDO NETO	50	M5054	37	M		INDIVIDUAL	00:46:24	00:45:42
490	1382	VICTOR CARVALHO	27	M1939	243	M		U D BEIRIZ	00:46:25	00:46:17
491	233	LUIS LIMA	49	M4549	75	M		TRANSPORTES LIMA	00:46:26	00:45:58
492	474	LUIS REIS	35	M1939	244	M		INDIVIDUAL	00:46:26	00:46:26
493	1390	MARCO LOPES	28	M1939	245	M		INDIVIDUAL	00:46:28	00:46:28
494	1121	PEDRO ALVES	36	M1939	246	M		INDIVIDUAL	00:46:29	00:45:58
495	1305	EDUARDO SILVA	35	M1939	247	M		INDIVIDUAL	00:46:29	00:46:00
496	1731	RAFAEL NUNANA	35	M1939	248	M		INDIVIDUAL	00:46:30	00:46:10
497	1770	ANTONIO TEIXEIRA	44	M4044	101	M		INDIVIDUAL	00:46:30	00:45:39
498	1043	ALBERTO RODRIGUES	24	M1939	249	M		G D S.PAIO OLEIROS	00:46:31	00:45:51

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
499	1728	MANUEL SILVA	27	M1939	250	M		PES DORIDOS	00:46:32	00:45:28
500	1128	JOAQUIM FREITAS	62	M6099	5	M		A S H MONTE	00:46:33	00:46:01
501	1745	JOSE CORREIA	60	M6099	6	M		INDIVIDUAL	00:46:34	00:46:21
502	695	SERAFIM RODRIGUES	51	M5054	38	M		A C D LAVANDEIRA	00:46:36	00:46:10
503	1687	JOAO RAMOS	27	M1939	251	M		C S BONITOS	00:46:37	00:45:39
504	918	MANUEL CARDOSO	47	M4549	76	M		INDIVIDUAL	00:46:38	00:45:42
505	294	FERNANDO QUEIROS	36	M1939	252	M		INDIVIDUAL	00:46:39	00:45:42
506	1445	CARLOS BARBOSA	30	M1939	253	M		CRUZ VERM P N	00:46:39	00:46:29
507	716	MANUEL ALMEIDA	32	M1939	254	M		CALDAS S.JORGE SC	00:46:40	00:46:12
508	812	PEDRO PIRES	32	M1939	255	M		INDIVIDUAL	00:46:40	00:46:33
509	1068	FERNANDO LOPES	57	M5559	18	M		GDCT E. NAVAIS	00:46:40	00:46:18
510	302	HELDER ALBUQUERQUE	29	M1939	256	M		INDIVIDUAL	00:46:41	00:46:35
511	1161	JOSE MONTEIRO	46	M4549	77	M		ESMOJAES J A	00:46:41	00:45:57
512	295	PEDRO SILVA	31	M1939	257	M		INDIVIDUAL	00:46:42	00:46:26
513	1235	PAULO LIMA	32	M1939	258	M		PORTO RUNNERS	00:46:42	00:46:16
514	173	HERNANI COUTINHO	35	M1939	259	M		INDIVIDUAL	00:46:43	00:46:33
515	1713	PAULO FREITAS	42	M4044	102	M		INDIVIDUAL	00:46:43	00:46:38
516	214	ANTONIO SANTOS	54	M5054	39	M		LEOES VALBOENSES	00:46:44	00:45:55
517	690	JOSE FERREIRA	45	M4549	78	M		OS PAPA LEGUAS	00:46:44	00:46:39
518	735	AMILCAR COSTA	32	M1939	260	M		ESTORNORTE	00:46:44	00:45:50
519	737	FERNANDO COELHO	39	M1939	261	M		ESTORNORTE	00:46:45	00:45:51
520	282	ANTONIO MARTINS	43	M4044	103	M		PROMOFITNESS.CO	00:46:46	00:46:38
521	399	CARMINDO PINHO	57	M5559	19	M		VILLA-CESARI	00:46:46	00:46:24
522	893	FRANCISCO MARTINS	46	M4549	79	M		INDIVIDUAL	00:46:46	00:46:02
523	606	SERGIO PALMA	37	M1939	262	M		TUTILAR CLASS	00:46:47	00:46:11
524	641	ANTONIO SILVA	40	M4044	104	M		INDIVIDUAL	00:46:47	00:46:43
525	286	AMANDIO FONSECA	48	M4549	80	M		INDIVIDUAL	00:46:49	00:46:10
526	400	JULIO NUNES	47	M4549	81	M		VILLA-CESARI	00:46:49	00:46:22
527	1069	TIAGO BARBOSA	19	M1939	263	M		BV OLIVEIRA	00:46:49	00:45:44
528	331	ANDRE CEREJEIRA	20	M1939	264	M		INDIVIDUAL	00:46:50	00:46:50
529	969	NELSON NOGUEIRA	27	M1939	265	M		INDIVIDUAL	00:46:50	00:45:47
530	436	JOSE SANTOS	45	M4549	82	M		REDBULS	00:46:51	00:46:15
531	473	LUIS CRUZ	34	M1939	266	M		INDIVIDUAL	00:46:51	00:46:51
532	1325	VICTOR LOUREIRO	33	M1939	267	M		OS FALTA D AR	00:46:51	00:46:23
533	441	VITOR PIAS	56	M5559	20	M		INDIVIDUAL	00:46:52	00:46:11
534	748	FRANCO RODRIGUES	57	M5559	21	M		C F UNIAO LAMAS	00:46:53	00:46:21
535	1427	RAFAEL DELGADO	19	M1939	268	M		INDIVIDUAL	00:46:53	00:46:37
536	907	CARLOS PINTO	23	M1939	269	M		INDIVIDUAL	00:46:55	00:46:37
537	1414	JOAO CARVALHO	21	M1939	270	M		INDIVIDUAL	00:46:55	00:46:55
538	165	LUIS SIMOES	46	M4549	83	M		MEPECA	00:46:56	00:46:43
539	166	MANUEL FONSACA	66	M6099	7	M		MEPECA	00:46:56	00:46:56
540	607	JOAQUIM ANDRADE	44	M4044	105	M		TUTILAR CLASS	00:46:58	00:46:58

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
541	1488	PEDRO SOUSA	31	M1939	271	M		INDIVIDUAL	00:46:58	00:46:48
542	366	ANTONIO MOTA	54	M5054	40	M		OS ROMPE SOLAS	00:46:59	00:46:59
543	352	ANTONIO SEABRA	50	M5054	41	M		OS ROMPE SOLAS	00:47:00	00:46:57
544	1213	FERNANDO ROCHA	48	M4549	84	M		PORTO RUNNERS	00:47:01	00:46:14
545	1055	JOAO SILVA	50	M5054	42	M		G C SANTO TIRSO	00:47:02	00:47:02
546	1220	JORGE GONÇALVES	51	M5054	43	M		PORTO RUNNERS	00:47:02	00:46:39
547	1737	MARCO VIGARIO	29	M1939	272	M		PINHEIRENSE	00:47:03	00:46:54
548	1172	MANUEL MENDONÇA	49	M4549	85	M		AFIS OVAR	00:47:04	00:46:15
549	1066	CANDIDO PITTA	48	M4549	86	M		GDCT E. NAVAIS	00:47:05	00:46:29
550	1173	FAUSTO CUNHA	59	M5559	22	M		AFIS OVAR	00:47:05	00:46:16
551	874	PAULO EUSEBIO	27	M1939	273	M		PISCINA ROTA	00:47:06	00:46:06
552	279	FERNANDO FERREIRA	39	M1939	274	M		PROMOFITNESS.CO	00:47:08	00:47:01
553	1485	JOSE MOREIRA	35	M1939	275	M		INDIVIDUAL	00:47:09	00:47:01
554	1168	FERNANDO SANTOS	64	M6099	8	M		AFIS OVAR	00:47:10	00:46:52
555	1179	MARIO CRUZ	27	M1939	276	M		JAVIP	00:47:10	00:46:33
556	1568	ANTÓNIO MARCOLINO	47	M4549	87	M		Individual	00:47:10	00:46:46
557	696	VALDEMAR ALVES	45	M4549	88	M		A C D LAVANDEIRA	00:47:11	00:46:47
558	1060	MANUEL CARVALHO	56	M5559	23	M		G C SANTO TIRSO	00:47:11	00:46:54
559	750	LUIS CHAVES	41	M4044	106	M		OS MADRUGAS	00:47:12	00:46:38
560	289	HENRIQUE FERREIRA	44	M4044	107	M		INDIVIDUAL	00:47:13	00:46:44
561	1286	JORGE LOUREIRO	58	M5559	24	M		A A ESPOSENDE	00:47:13	00:46:51
562	1765	ANTONIO VASCONCELOS	58	M5559	25	M		C DENTARIA GAIA	00:47:13	00:46:12
563	1147	FRANCISCO RIBEIRO	56	M5559	26	M		CIRAC	00:47:14	00:46:44
564	1470	MANUEL ANDRADE	47	M4549	89	M		A D RIO LARGO	00:47:14	00:47:14
565	688	BRUNO COSTA	24	M1939	277	M		OS PAPA LEGUAS	00:47:15	00:47:04
566	588	PEDRO CARDOSO	43	M4044	108	M		C V PORTO	00:47:17	00:47:17
567	722	ARTUR RODRIGUES	38	M1939	278	M		CALDAS S.JORGE SC	00:47:17	00:46:56
568	252	ARTUR COSTA	30	M1939	279	M		COMPANHIA	00:47:18	00:46:46
569	1639	JOAO ARAUJO	40	M4044	109	M		Individual	00:47:18	00:47:08
570	925	DOMINGOS PINTO	48	M4549	90	M		C A AVINTES	00:47:20	00:47:01
571	1603	MANUEL DELGADO	46	M4549	91	M		Individual	00:47:23	00:46:42
572	1727	ANTONIO FERNANDES	27	M1939	280	M		INDIVIDUAL	00:47:23	00:47:08
573	875	FILIPE PACHECO	30	M1939	281	M		PISCINA ROTA	00:47:24	00:46:23
574	339	JOSE PESSOA	40	M4044	110	M		C A VILA BOA DO	00:47:25	00:47:01
575	1063	LUIS MOREIRA	37	M1939	282	M		INDIVIDUAL	00:47:25	00:47:25
576	442	MIGUEL PAIVA	36	M1939	283	M		TERRAS DO AVE	00:47:26	00:46:55
577	454	FRANCISCO MIRANDA	35	M1939	284	M		INDIVIDUAL	00:47:26	00:46:48
578	327	TIAGO FERREIRA	22	M1939	285	M		INDIVIDUAL	00:47:27	00:46:23
579	1721	MANUEL SOUSA	36	M1939	286	M		PREMIER RUN CLUB	00:47:27	00:46:49
580	313	HELDER GARRIDO	31	M1939	287	M		DYNAMIC LIFE	00:47:28	00:46:24
581	890	CARLOS MARTINS	30	M1939	288	M		INDIVIDUAL	00:47:28	00:46:53
582	980	JOSE TEIXEIRA	39	M1939	289	M		AS 11 NO FAROL	00:47:29	00:47:24

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
583	1743	ALVARO PEREIRA	39	M1939	290	M		INDIVIDUAL	00:47:30	00:47:30
584	222	FLORIMUNDO NOGUEIRA	44	M4044	111	M		INDIVIDUAL	00:47:31	00:47:17
585	453	JOSE MIRANDA	53	M5054	44	M		INDIVIDUAL	00:47:31	00:47:29
586	229	VALENTIM FERREIRA	45	M4549	92	M		INDIVIDUAL	00:47:32	00:47:11
587	506	CASIMIRO SAMPAIO	62	M6099	9	M		C V PAÇOS	00:47:32	00:47:14
588	1185	PRUDENCIO PEREIRA	48	M4549	93	M		JAVIP	00:47:32	00:47:29
589	1554	ANTONIO CARVALHO	53	M5054	45	M		Individual	00:47:32	00:47:13
590	652	CARLOS MACEDO	53	M5054	46	M		A D AMARANTE	00:47:33	00:47:08
591	1763	FERNANDO PEREIRA	47	M4549	94	M		C DENTARIA GAIA	00:47:33	00:47:16
592	301	ORLANDO BRITO	25	M1939	291	M		INDIVIDUAL	00:47:34	00:47:10
593	1688	NUNO SOARES	29	M1939	292	M		C S BONITOS	00:47:34	00:47:12
594	1752	DRAPIER MANUEL	36	M1939	293	M		S M MONTROUGE	00:47:35	00:47:35
595	747	JOAQUIM PAULINO	57	M5559	27	M		C F UNIAO LAMAS	00:47:37	00:47:03
596	296	JOAQUIM ARMANDO	49	M4549	95	M		INDIVIDUAL	00:47:38	00:46:59
597	674	ANTONIO TEIXEIRA	32	M1939	294	M		INDIVIDUAL	00:47:39	00:47:13
598	258	RUI MACHADO	24	M1939	295	M		INDIVIDUAL	00:47:40	00:46:37
599	1500	FERNANDO OLIVEIRA	30	M1939	296	M		Individual	00:47:41	00:47:12
600	1553	ELIZABETH DERSTINE	22	F2034	12	F	1	EUA	00:47:41	00:47:35
601	1283	ANTONIO FARIA	51	M5054	47	M		A A ESPOSENDE	00:47:42	00:47:29
602	1104	PAULO ANDRADE	35	M1939	297	M		N A MATOSINHOS	00:47:43	00:47:16
603	218	FILIPE CUNHA	27	M1939	298	M		INDIVIDUAL	00:47:44	00:47:36
604	941	ABILIO SOUSA	55	M5559	28	M		MILLENNIUM BCP	00:47:45	00:47:05
605	1467	RUI SILVA	42	M4044	112	M		A D RIO LARGO	00:47:46	00:46:58
606	1615	FRANCISCO COSTA	43	M4044	113	M		Individual	00:47:48	00:47:32
607	555	ALBINO PINTO	57	M5559	29	M		CA ARCADA	00:47:52	00:47:52
608	811	ANTONIO OLIVEIRA	49	M4549	96	M		CASA BENFICA	00:47:54	00:47:37
609	861	ANTONIO FERNANDES	51	M5054	48	M		INDIVIDUAL	00:47:55	00:47:16
610	1678	CARLOS TEIXEIRA	19	M1939	299	M		INDIVIDUAL	00:47:55	00:47:55
611	1152	ALBERTO MELO	63	M6099	10	M		INDIVIDUAL	00:47:56	00:47:49
612	1658	ADELINO GOUVEIA	33	M1939	300	M		Angola	00:47:56	00:47:49
613	457	JOAQUIM REIS	20	M1939	301	M		INDIVIDUAL	00:47:57	00:47:22
614	117	CLARA FREIRE	34	F2034	13	F		AÇOREANA	00:47:58	00:47:58
615	706	VITOR SA	34	M1939	302	M		AGRACLUB	00:47:59	00:47:59
616	1335	ALBERTO SA	55	M5559	30	M		OS TURBULENTOS	00:47:59	00:47:32
617	1733	LUIS SOARES	37	M1939	303	M		INDIVIDUAL	00:48:00	00:47:23
618	475	CARLOS COELHO	31	M1939	304	M		INDIVIDUAL	00:48:02	00:47:35
619	1458	FILIPE CARDOSO	31	M1939	305	M		A D E C MS	00:48:03	00:47:27
620	556	ALBANO BRANCO	53	M5054	49	M		CA ARCADA	00:48:04	00:47:42
621	772	JOAO CARMO	48	M4549	97	M		STRESS ATTACK	00:48:05	00:47:51
622	612	DAVID SANTOS	59	M5559	31	M		QUINTA DA LAGOA	00:48:06	00:47:49
623	611	MANUEL MANSO	61	M6099	11	M		QUINTA DA LAGOA	00:48:07	00:47:51
624	1027	AFONSO MOURA	52	M5054	50	M		C PT ZONA NORTE	00:48:07	00:48:07

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
625	1758	NATALIA CARRASCAL	40	F3599	5	F		ACREFA	00:48:08	00:47:35
626	560	AUGUSTO MOURAO	35	M1939	306	M		INDIVIDUAL	00:48:10	00:47:24
627	723	FERNANDO HENRIQUES	46	M4549	98	M		CALDAS S.JORGE SC	00:48:10	00:47:21
628	1690	HELDER VIEIRA	35	M1939	307	M		INDIVIDUAL	00:48:10	00:47:42
629	306	JOSE COSTA	35	M1939	308	M		INDIVIDUAL	00:48:11	00:47:30
630	662	FILIFE SOUSA	21	M1939	309	M		INDIVIDUAL	00:48:11	00:48:05
631	689	ANTONIO PINHEIRO	57	M5559	32	M		OS PAPA LEGUAS	00:48:12	00:48:12
632	1333	FERNANDO MARINHO	56	M5559	33	M		OS TURBULENTOS	00:48:12	00:47:30
633	761	ANTONIO PARENTE	41	M4044	114	M		CYCLONES SANITOP	00:48:14	00:47:43
634	1289	JOAQUIM FARIA	43	M4044	115	M		TEAM U M	00:48:14	00:47:13
635	251	FILIFE NASCIMENTO	30	M1939	310	M		COMPANHIA	00:48:15	00:47:44
636	613	FERNANDO NOGUEIRA	57	M5559	34	M		QUINTA DA LAGOA	00:48:16	00:47:25
637	304	CARLOS REIS	60	M6099	12	M		BV LEIXOS	00:48:17	00:48:15
638	456	JOAO PIRES	35	M1939	311	M		INDIVIDUAL	00:48:17	00:48:10
639	426	ALBERTO CASTRO	63	M6099	13	M		CDCR CTT	00:48:18	00:47:15
640	1140	FERNANDO SILVA	48	M4549	99	M		CIRAC	00:48:19	00:47:27
641	478	JOSE SILVA	47	M4549	100	M		G D LIMPEZA	00:48:20	00:47:33
642	665	DAMIAO SANTOS	39	M1939	312	M		OS AMIGOS PQ	00:48:20	00:48:20
643	1638	ANTONIO SOARES	27	M1939	313	M		Individual	00:48:20	00:47:39
644	285	LUIS RIBEIRO	33	M1939	314	M		INDIVIDUAL	00:48:21	00:47:45
645	749	LUCIDIO DIAS	59	M5559	35	M		C F UNIAO LAMAS	00:48:21	00:48:21
646	272	FRANCISCO TEIXEIRA	41	M4044	116	M		INDIVIDUAL	00:48:22	00:47:38
647	429	HELENA FERREIRA	47	F3599	6	F		CDCR CTT	00:48:22	00:48:22
648	718	MANUEL NEVES	35	M1939	315	M		CALDAS S.JORGE SC	00:48:22	00:47:53
649	776	JOSE SILVA	43	M4044	117	M		STRESS ATTACK	00:48:22	00:48:06
650	1738	MIGUEL PEREZ	39	M1939	316	M		INDIVIDUAL	00:48:22	00:47:30
651	1377	JORGE MACHADO	44	M4044	118	M		U D BEIRIZ	00:48:23	00:47:48
652	1380	JOAQUIM MACHADO	43	M4044	119	M		U D BEIRIZ	00:48:23	00:47:53
653	1071	CANDIDO LEODOSO	51	M5054	51	M		INDIVIDUAL	00:48:24	00:48:24
654	384	RUI CASTRO	30	M1939	317	M		INDIVIDUAL	00:48:25	00:47:26
655	1384	JOAO MARTINS	19	M1939	318	M		U D BEIRIZ	00:48:26	00:48:17
656	1203	ANTONIO OLIVEIRA	54	M5054	52	M		PORTO RUNNERS	00:48:27	00:47:42
657	1222	JOSE COSTA	48	M4549	101	M		PORTO RUNNERS	00:48:27	00:47:46
658	1227	LUIS PIRES	51	M5054	53	M		PORTO RUNNERS	00:48:27	00:47:47
659	614	ANTONIO NETO	56	M5559	36	M		QUINTA DA LAGOA	00:48:28	00:47:37
660	862	JOAQUIM SILVA	44	M4044	120	M		INDIVIDUAL	00:48:29	00:47:57
661	702	CESAR ALVES	35	M1939	319	M		A C D LAVANDEIRA	00:48:31	00:48:31
662	538	CARLOS BANDEIRA	39	M1939	320	M		INDIVIDUAL	00:48:32	00:48:06
663	911	ANTONIO SOUTO	49	M4549	102	M		C TRAB SMAS	00:48:32	00:48:03
664	213	RODOLFO ALMEIDA	55	M5559	37	M		INDIVIDUAL	00:48:34	00:48:25
665	1075	JOAO SOL	32	M1939	321	M		AA PRQ INFANTE	00:48:34	00:48:02
666	881	DAVID PINTO	40	M4044	121	M		DYNAMIC LIFE	00:48:35	00:47:32

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
667	1146	JOSE RIBEIRO	55	M5559	38	M		CIRAC	00:48:35	00:47:59
668	681	JOSE SILVEIRA	43	M4044	122	M		ABC PORTO	00:48:37	00:47:42
669	1187	ANTONIO FERNANDES	52	M5054	54	M		JAVIP	00:48:37	00:48:35
670	1573	RUI AMANDI	33	M1939	322	M		Individual	00:48:37	00:47:54
671	341	MANUEL PINTO	43	M4044	123	M		C A VILA BOA DO	00:48:39	00:48:28
672	548	AMARO ROCHA	45	M4549	103	M		INDIVIDUAL	00:48:39	00:47:48
673	1766	JOAQUIM ROCHA	45	M4549	104	M		C DENTARIA GAIA	00:48:39	00:48:39
674	1523	ISAÍAS SÁ	26	M1939	323	M		Individual	00:48:40	00:48:00
675	1221	JORGE LANDAU	41	M4044	124	M		PORTO RUNNERS	00:48:41	00:47:43
676	1707	JOAQUIM FERREIRA	36	M1939	324	M		INDIVIDUAL	00:48:41	00:48:26
677	637	CRISTINA NETO	40	F3599	7	F		LAMEIRO TRANS	00:48:43	00:48:43
678	869	JOAO FERREIRA	42	M4044	125	M		PISCINA ROTA	00:48:43	00:47:42
679	1202	ANTONIO MESQUITA	61	M6099	14	M		PORTO RUNNERS	00:48:44	00:48:44
680	1544	PEDRO REIS E SA	29	M1939	325	M		Individual	00:48:46	00:48:10
681	515	VITOR MOREIRA	33	M1939	326	M		BV MOREIRA MAIA	00:48:47	00:48:29
682	734	SERGIO RIBEIRO	32	M1939	327	M		OS ASES	00:48:48	00:48:48
683	1293	JOAO FREITAS	42	M4044	126	M		TEAM U M	00:48:49	00:47:47
684	1417	JOSE FREITAS	19	M1939	328	M		INDIVIDUAL	00:48:50	00:48:31
685	379	MANUEL PALHARES	44	M4044	127	M		OS PAPA LEGUAS CA	00:48:51	00:48:28
686	892	JOSE MARTINS	34	M1939	329	M		INDIVIDUAL	00:48:51	00:48:36
687	1466	JOSE MANUEL	42	M4044	128	M		A D RIO LARGO	00:48:51	00:48:35
688	1138	ADAO PINTO	47	M4549	105	M		CIRAC	00:48:53	00:48:17
689	176	RUI SILVA	38	M1939	330	M		INDIVIDUAL	00:48:54	00:48:48
690	514	MARCIO OLIVEIRA	24	M1939	331	M		INDIVIDUAL	00:48:54	00:48:28
691	678	GERMANO PAIVA	53	M5054	55	M		A C R D ESCAPAES	00:48:54	00:48:54
692	1452	JOAQUIM GOMES	52	M5054	56	M		A D RIO LARGO	00:48:55	00:48:26
693	1131	JOSSE BESSA	54	M5054	57	M		LORMIDESPOT	00:48:56	00:48:16
694	1186	JORGE CARVALHO	50	M5054	58	M		JAVIP	00:48:58	00:48:13
695	777	HELDER GOMES	37	M1939	332	M		STRESS ATTACK	00:48:59	00:48:46
696	826	PATRICIO PESTANA	38	M1939	333	M		GRAVES	00:49:00	00:48:09
697	859	VITOR PINTO	48	M4549	106	M		INDIVIDUAL	00:49:02	00:48:13
698	1132	ARMINDO TORRES	48	M4549	107	M		LORMIDESPOT	00:49:06	00:48:25
699	1350	FERNANDO PEREIRA	49	M4549	108	M		INDIVIDUAL	00:49:06	00:48:12
700	297	ANTONIO FRANCO	35	M1939	334	M		INDIVIDUAL	00:49:07	00:49:03
701	418	RUI LEBREIRO	33	M1939	335	M		TERRORES DO	00:49:07	00:48:17
702	1436	NUNO SILVA	32	M1939	336	M		INDIVIDUAL	00:49:08	00:48:15
703	877	NUNO FERREIRA	22	M1939	337	M		PISCINA ROTA	00:49:09	00:48:09
704	744	LUIS MOREIRA	53	M5054	59	M		C F UNIAO LAMAS	00:49:11	00:48:26
705	240	JOAO PINHEIRO	39	M1939	338	M		INDIVIDUAL	00:49:12	00:49:00
706	1120	PAULO PEREIRA	37	M1939	339	M		INDIVIDUAL	00:49:12	00:46:53
707	1698	PAULO MARQUES	39	M1939	340	M		CAFE PONTO FINAL	00:49:12	00:48:51
708	1238	PEDRO AMORIM	51	M5054	60	M		PORTO RUNNERS	00:49:13	00:49:13

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
709	1295	AMADEU TEIXEIRA	43	M4044	129	M		TEAM U M	00:49:13	00:49:13
710	1361	PEDRO CARDOSO	29	M1939	341	M		G D C BANCO	00:49:15	00:48:47
711	1153	JOSE RODRIGUES	43	M4044	130	M		INDIVIDUAL	00:49:16	00:48:26
712	575	JOSE MELO	47	M4549	109	M		C V PORTO	00:49:18	00:48:33
713	728	JOAO OLIVEIRA	50	M5054	61	M		CALDAS S.JORGE SC	00:49:18	00:49:18
714	1609	SÉRGIO ALMEIDA	32	M1939	342	M		Individual	00:49:20	00:48:10
715	459	ALMERINDO GOMES	39	M1939	343	M		INDIVIDUAL	00:49:21	00:48:35
716	1037	RUI MIGUEL	27	M1939	344	M		G D S.PAIO OLEIROS	00:49:23	00:48:42
717	1760	LUCIO AIRES	19	M1939	345	M		ACREFA	00:49:24	00:48:52
718	1170	MANUEL RILHO	62	M6099	15	M		AFIS OVAR	00:49:26	00:49:16
719	1759	GRAÇA LEITE	48	F3599	8	F		ACREFA	00:49:26	00:48:53
720	1329	ANTONIO FREITAS	59	M5559	39	M		OS FALTA D AR	00:49:27	00:49:27
721	561	JORGE MENDES	41	M4044	131	M		INDIVIDUAL	00:49:28	00:48:51
722	1256	ARMINDO SILVA	45	M4549	110	M		OS KAGADOS	00:49:28	00:48:29
723	19	ANDRE GUIMARAES	27	M1939	346	M		MAIA A C	00:49:29	00:49:29
724	488	JOAQUIM FERREIRA	53	M5054	62	M		C D AVES	00:49:29	00:48:37
725	361	JULIO SANTOS	46	M4549	111	M		OS ROMPE SOLAS	00:49:30	00:49:30
726	365	MANUEL MAGALHAES	61	M6099	16	M		OS ROMPE SOLAS	00:49:30	00:49:25
727	404	VITOR SA	27	M1939	347	M		VILLA-CESARI	00:49:30	00:49:06
728	1387	BRUNO SANTOS	19	M1939	348	M		U D BEIRIZ	00:49:31	00:49:23
729	1253	ALBERTO BASTOS	52	M5054	63	M		OS KAGADOS	00:49:34	00:49:11
730	1672	HUGO PAULO	23	M1939	349	M		Individual	00:49:34	00:49:29
731	435	AMILCAR HENRIQUES	41	M4044	132	M		REDBULS	00:49:35	00:48:58
732	389	PAULO SILVA	39	M1939	350	M		INDIVIDUAL	00:49:36	00:48:32
733	1316	JOSE MORAIS	44	M4044	133	M		C R P S.TIAGO	00:49:36	00:49:36
734	1493	RUI ABRANTES	40	M4044	134	M		INDIVIDUAL	00:49:37	00:48:34
735	425	ARMENIO FERREIRA	52	M5054	64	M		CDCR CTT	00:49:38	00:49:38
736	512	EDUARDO MATOS	62	M6099	17	M		C V PAÇOS	00:49:38	00:49:09
737	1497	VASCO SOUSA	29	M1939	351	M		INDIVIDUAL	00:49:38	00:49:08
738	1584	MARGARIDA CRUZ	26	F2034	14	F		Individual	00:49:38	00:49:08
739	1231	MANUEL VELOSO	62	M6099	18	M		PORTO RUNNERS	00:49:39	00:49:03
740	658	ALVARO CERQUEIRA	45	M4549	112	M		A D AMARANTE	00:49:40	00:49:21
741	1212	FERNANDO LEITE	48	M4549	113	M		PORTO RUNNERS	00:49:40	00:48:44
742	1200	ALVARO ALMEIDA	49	M4549	114	M		PORTO RUNNERS	00:49:41	00:48:42
743	1274	MANUEL BRANDAO	48	M4549	115	M		OS KAGADOS	00:49:41	00:49:41
744	1201	ANA CHEU	32	F2034	15	F		PORTO RUNNERS	00:49:44	00:49:44
745	307	JOSE PEREIRA	48	M4549	116	M		CGD	00:49:46	00:49:26
746	1510	PAULO SILVA	44	M4044	135	M		Individual	00:49:46	00:49:13
747	392	CARLOS ALVES	50	M5054	65	M		INDIVIDUAL	00:49:48	00:49:25
748	574	JOSE MACEDO	50	M5054	66	M		C V PORTO	00:49:48	00:49:48
749	1534	MARCO FONTES	27	M1939	352	M		Individual	00:49:48	00:49:14
750	1082	JOAO PAULO	45	M4549	117	M		OS AMIGOS	00:49:49	00:49:27

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751	487	JOAQUIM FARIA	53	M5054	67	M		C D AVES	00:49:50	00:49:08
752	534	ANTONIO MARTINS	26	M1939	353	M		B S BOMBEIROS	00:49:50	00:49:13
753	1199	ADÉRITO TEIXEIRA	49	M4549	118	M		PORTO RUNNERS	00:49:50	00:49:08
754	260	PEDRO GUIMARAES	32	M1939	354	M		ISEP	00:49:51	00:49:04
755	1518	JOSE ROMÃO	30	M1939	355	M		Individual	00:49:51	00:49:51
756	600	JOAO FERREIRA	41	M4044	136	M		TERRAS DO AVE	00:49:52	00:49:22
757	1095	JOAQUIM SOUSA	34	M1939	356	M		G C PES AO	00:49:52	00:49:09
758	377	PEDRO PEREIRA	35	M1939	357	M		INDIVIDUAL	00:49:54	00:49:28
759	1067	MANUEL PEREIRA	50	M5054	68	M		GDCT E. NAVAIS	00:49:54	00:49:13
760	1270	BELMIRO AGUIAR	63	M6099	19	M		OS KAGADOS	00:49:54	00:49:54
761	569	CARLOS FREIRE	47	M4549	119	M		C V PORTO	00:49:56	00:49:05
762	1127	JOAO MENDES	52	M5054	69	M		A A AVANCA	00:49:57	00:49:44
763	1747	VENTURA ANSELMO	49	M4549	120	M		INDIVIDUAL	00:49:57	00:49:37
764	186	PAULO ALVES	33	M1939	358	M		INDIVIDUAL	00:49:58	00:49:31
765	1269	ANTONIO PEREIRA	60	M6099	20	M		OS KAGADOS	00:49:58	00:49:08
766	616	LAUREANO COSTA	52	M5054	70	M		ARVOR	00:50:00	00:49:31
767	849	JORGE ROCHA	35	M1939	359	M		INDIVIDUAL	00:50:02	00:49:29
768	547	NELSON LOPES	35	M1939	360	M		INDIVIDUAL	00:50:04	00:49:14
769	1457	ANTONIO SILVA	54	M5054	71	M		LAMEIRO TRANS	00:50:04	00:49:08
770	1559	HELDER FERREIRA	32	M1939	361	M		Individual	00:50:04	00:48:52
771	447	ABILIO BRANDÃO	67	M6099	21	M		INDIVIDUAL	00:50:05	00:49:19
772	1016	LINO SA	48	M4549	121	M		A A VISEU	00:50:05	00:49:11
773	1712	PEDRO BARROS	48	M4549	122	M		INDIVIDUAL	00:50:05	00:49:56
774	1272	JOSE NOGUEIRA	43	M4044	137	M		OS KAGADOS	00:50:07	00:49:32
775	1441	MANUEL MOURA	43	M4044	138	M		INDIVIDUAL	00:50:08	00:49:48
776	597	HENRIQUE MATOS	37	M1939	362	M		SRA DA SAUDE	00:50:09	00:49:16
777	443	JORGE MATOS	54	M5054	72	M		INDIVIDUAL	00:50:10	00:49:50
778	518	JOSE ALMEIDA	31	M1939	363	M		INDIVIDUAL	00:50:10	00:49:39
779	976	MARIO BARBOSA	37	M1939	364	M		LIBERDADE FC	00:50:10	00:49:51
780	414	JOSÉ FERREIRA	28	M1939	365	M		TERRORES DO	00:50:11	00:49:22
781	963	RUI ALVES	34	M1939	366	M		INDIVIDUAL	00:50:13	00:49:03
782	1042	JOSE CASTRO	59	M5559	40	M		G D S.PAIO OLEIROS	00:50:14	00:50:02
783	1666	XAVIER BANHOS	44	M4044	139	M		ESPANHA	00:50:14	00:49:31
784	960	FRANCISCO FERNANDEZ	37	M1939	367	M		ESPANHA	00:50:15	00:49:56
785	219	LUIS MOTA	42	M4044	140	M		INDIVIDUAL	00:50:16	00:49:49
786	850	RUI SILVA	27	M1939	368	M		INDIVIDUAL	00:50:16	00:49:13
787	1508	JOAO MORAIS	34	M1939	369	M		Individual	00:50:16	00:50:01
788	1524	ANTÓNIO FERNANDES	35	M1939	370	M		Individual	00:50:16	00:49:45
789	395	JOSE NUNES	35	M1939	371	M		FEMAB	00:50:17	00:49:39
790	1705	NUNO BATISTA	27	M1939	372	M		INDIVIDUAL	00:50:19	00:50:19
791	367	RUI EUSÉBIO	39	M1939	373	M		OS ROMPE SOLAS	00:50:20	00:49:53
792	181	TIAGO TEIXEIRA	19	M1939	374	M		DYNAMIC LIFE	00:50:22	00:49:23

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
793	1437	MARIO AMADO	36	M1939	375	M		INDIVIDUAL	00:50:23	00:50:08
794	1531	JOSE GONCALVES	42	M4044	141	M		Individual	00:50:24	00:50:24
795	545	PEDRO PINTO	33	M1939	376	M		AA GONDOMAR	00:50:25	00:50:07
796	543	FRANCISCO OLIVEIRA	48	M4549	123	M		AA GONDOMAR	00:50:26	00:50:08
797	1754	JOSE PINTO MAIA	55	M5559	41	M		ALFENENSE	00:50:27	00:50:12
798	668	JOSE NUNES	36	M1939	377	M		OS AMIGOS PQ	00:50:28	00:50:02
799	848	JORGE BORGES	47	M4549	124	M		INDIVIDUAL	00:50:29	00:50:08
800	655	ANTONIO PEREIRA	58	M5559	42	M		A D AMARANTE	00:50:30	00:50:12
801	236	JORGE COUTO	31	M1939	378	M		INDIVIDUAL	00:50:31	00:50:13
802	305	MIGUEL PINTO	30	M1939	379	M		INDIVIDUAL	00:50:31	00:50:04
803	1284	ANTONIO LOPES	52	M5054	73	M		A A ESPOSENDE	00:50:31	00:50:07
804	663	ANTONIO GOMES	50	M5054	74	M		OS AMIGOS PQ	00:50:32	00:50:04
805	745	ERNESTO CARVALHO	56	M5559	43	M		C F UNIAO LAMAS	00:50:35	00:49:49
806	994	HELDER MOURA	43	M4044	142	M		INDIVIDUAL	00:50:37	00:50:06
807	1090	HENRIQUE PEIXOTO	35	M1939	380	M		A NOGUEIRENSE C D	00:50:37	00:50:02
808	1163	AVELINO FERNANDES	34	M1939	381	M		INDIVIDUAL	00:50:37	00:49:43
809	726	ANTONIO SILVA	48	M4549	125	M		CALDAS S.JORGE SC	00:50:38	00:49:53
810	1359	MANUEL CRUZ	53	M5054	75	M		G D C BANCO	00:50:38	00:50:08
811	44	VENCESLAU FERNANDES	62	M6099	22	M		C TRIATLO	00:50:39	00:50:38
812	510	ANTONIO SANTOS	47	M4549	126	M		C V PAÇOS	00:50:39	00:50:21
813	582	MANUEL FERNANDO	58	M5559	44	M		C V PORTO	00:50:41	00:49:50
814	1735	JOSE VIERA	53	M5054	76	M		INDIVIDUAL	00:50:42	00:49:56
815	542	ANTONIO RUELA	47	M4549	127	M		AA AZEMEIS	00:50:43	00:50:06
816	1079	ANTERO OLIVEIRA	37	M1939	382	M		BV OLIVEIRA	00:50:43	00:50:35
817	783	ANTONIO MADUREIRA	44	M4044	143	M		INDIVIDUAL	00:50:44	00:50:28
818	1574	MODESTO MARTINEZ ZUÑIGA	37	M1939	383	M		ESPANHA	00:50:44	00:49:49
819	191	PETER GOTHEN	40	M4044	144	M		INDIVIDUAL	00:50:45	00:50:24
820	1578	ALBERTO VIDAL RUIBAL	39	M1939	384	M		ESPANHA	00:50:45	00:49:52
821	346	JOSE AIRES	50	M5054	77	M		INDIVIDUAL	00:50:46	00:50:28
822	564	FRANCISCO LIMA	55	M5559	45	M		INDIVIDUAL	00:50:47	00:49:59
823	492	ARMANDO BARROS	42	M4044	145	M		INDIVIDUAL	00:50:48	00:50:11
824	525	JOSE LEAO	45	M4549	128	M		B S BOMBEIROS	00:50:49	00:50:48
825	622	JOSE MAGALHAES	59	M5559	46	M		C IND A	00:50:49	00:50:43
826	175	MARIO CARVALHO	37	M1939	385	M		INDIVIDUAL	00:50:50	00:49:43
827	623	JOSE SOUSA	62	M6099	23	M		C IND A	00:50:50	00:50:44
828	733	FERNANDO RIBEIRO	55	M5559	47	M		OS ASES	00:50:50	00:50:50
829	1695	AMANDIO SILVA	46	M4549	129	M		PORTO RUNNERS	00:50:51	00:49:55
830	368	CARLOS MANUEL	37	M1939	386	M		OS ROMPE SOLAS	00:50:52	00:50:09
831	308	ARTUR BASTOS	49	M4549	130	M		INDIVIDUAL	00:50:53	00:50:25
832	1198	ABEL CARDOSO	45	M4549	131	M		PORTO RUNNERS	00:50:53	00:49:56
833	421	PEDRO PINTO	29	M1939	387	M		TERRORES DO	00:50:54	00:50:08
834	1502	NUNO SILVA	43	M4044	146	M		Individual	00:50:54	00:50:31

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
835	201	MARIO CURADO	53	M5054	78	M		INDIVIDUAL	00:50:55	00:50:13
836	348	MIGUEL PINHAL	40	M4044	147	M		INDIVIDUAL	00:50:55	00:50:38
837	415	TELMO MAGALHAES	27	M1939	388	M		TERRORES DO	00:50:55	00:50:07
838	966	ARMANDO REIS	36	M1939	389	M		INDIVIDUAL	00:50:55	00:50:06
839	230	RAFAEL SILVA	20	M1939	390	M		INDIVIDUAL	00:50:56	00:49:57
840	589	PEDRO CRAVEIRO	43	M4044	148	M		C V PORTO	00:50:57	00:50:07
841	408	DONZILIA SILVA	38	F3599	9	F		TERRORES DO	00:50:58	00:50:10
842	997	MARIO DUARTE	42	M4044	149	M		INDIVIDUAL	00:50:59	00:50:28
843	1096	VICTOR OLIVEIRA	38	M1939	391	M		G C PES AO	00:50:59	00:50:20
844	1589	JANUÁRIO TAVARES	39	M1939	392	M		Individual	00:50:59	00:50:54
845	164	CLAUDIO SANTOS	30	M1939	393	M		DYNAMIC LIFE	00:51:00	00:49:56
846	310	RUI CONCEIÇÃO	28	M1939	394	M		DYNAMIC LIFE	00:51:00	00:49:55
847	914	JOAO CUNHA	50	M5054	79	M		C TRAB SMAS	00:51:00	00:50:10
848	878	ELEUTERIO GOMES	38	M1939	395	M		INDIVIDUAL	00:51:01	00:49:54
849	1301	ANTONIO SANTOS	46	M4549	132	M		N A CUCUJAES	00:51:01	00:50:10
850	535	VITOR MOREIRA	42	M4044	150	M		INDIVIDUAL	00:51:03	00:50:36
851	184	ARMANDO CERQUEIRA	48	M4549	133	M		INDIVIDUAL	00:51:04	00:50:59
852	1635	EDUARDO NEVES	35	M1939	396	M		Individual	00:51:04	00:50:51
853	177	MANUEL BRAGA	45	M4549	134	M		INDIVIDUAL	00:51:05	00:50:30
854	212	PEDRO MAGALHAES	19	M1939	397	M		INDIVIDUAL	00:51:07	00:50:58
855	896	ANDRE MAGALHAES	24	M1939	398	M		INDIVIDUAL	00:51:07	00:50:42
856	329	RUI MORAIS	35	M1939	399	M		INDIVIDUAL	00:51:09	00:50:26
857	183	JOSE NEVES	41	M4044	151	M		INDIVIDUAL	00:51:11	00:50:38
858	1706	RUI MIRANDA	41	M4044	152	M		INDIVIDUAL	00:51:11	00:50:52
859	988	IVO NUNES	27	M1939	400	M		INDIVIDUAL	00:51:12	00:51:03
860	1505	PAULO ROCHA	48	M4549	135	M		Individual	00:51:12	00:50:22
861	225	ELISIO PEREIRA	58	M5559	48	M		INDIVIDUAL	00:51:14	00:51:01
862	182	IVENS KUCHARSKI	32	M1939	401	M		DYNAMIC LIFE	00:51:15	00:50:10
863	682	FERNANDO LOPES	45	M4549	136	M		ABC PORTO	00:51:15	00:50:22
864	1039	JORGE SILVA	37	M1939	402	M		G D S.PAIO OLEIROS	00:51:16	00:50:36
865	1525	MANUEL OLIVEIRA	41	M4044	153	M		Individual	00:51:16	00:51:11
866	250	FERNANDO ANTONIO	37	M1939	403	M		COMPANHIA	00:51:17	00:50:48
867	461	RUI TINOCO	39	M1939	404	M		INDIVIDUAL	00:51:18	00:51:03
868	452	MANUEL FERREIRA	43	M4044	154	M		INDIVIDUAL	00:51:19	00:51:03
869	1056	JOAQUIM FERREIRA	55	M5559	49	M		G C SANTO TIRSO	00:51:19	00:50:41
870	1471	VITOR BARBOSA	24	M1939	405	M		ISCAP	00:51:19	00:50:20
871	211	PEDRO MENDONÇA	41	M4044	155	M		INDIVIDUAL	00:51:21	00:50:32
872	1487	CARLOS COSTA	43	M4044	156	M		INDIVIDUAL	00:51:23	00:51:23
873	1142	SIMAO MENDES	51	M5054	80	M		CIRAC	00:51:24	00:50:48
874	1148	JOAQUIM SILVA	57	M5559	50	M		CIRAC	00:51:25	00:51:04
875	227	JORGE SÁ	48	M4549	137	M		INDIVIDUAL	00:51:26	00:51:18
876	1581	JORGE PINTO	40	M4044	157	M		Individual	00:51:27	00:51:16

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
877	476	JOSE LEITE	49	M4549	138	M		G D LIMPEZA	00:51:28	00:51:28
878	1547	CARLOS FERNANDES	42	M4044	158	M		Individual	00:51:28	00:51:28
879	1296	GASPAR COSTA	53	M5054	81	M		TEAM U M	00:51:29	00:50:57
880	1696	SERGIO MOREIRA	19	M1939	406	M		AMIGOS DE	00:51:31	00:51:21
881	1114	ANTONIO NEVES	42	M4044	159	M		A C VERMOIL	00:51:32	00:51:24
882	1558	ISABEL LIMA	31	F2034	16	F		Individual	00:51:32	00:50:21
883	422	ANTONIO TEIXEIRA	48	M4549	139	M		CDCR CTT	00:51:33	00:51:07
884	787	JAIME CARMO	56	M5559	51	M		INDIVIDUAL	00:51:35	00:51:35
885	1230	MANUEL RIBOIRA	64	M6099	24	M		PORTO RUNNERS	00:51:36	00:51:03
886	1435	ANTONIO VERDETE	40	M4044	160	M		INDIVIDUAL	00:51:36	00:51:36
887	31	CARLOS CARNEIRO	42	M4044	161	M		MAIA A C	00:51:37	00:51:34
888	242	RAQUEL SOUTO	28	F2034	17	F		INDIVIDUAL	00:51:37	00:51:15
889	751	APRIGIO CHAVES	19	M1939	407	M		OS MADRUGAS	00:51:37	00:50:56
890	752	JOAO SILVA	19	M1939	408	M		OS MADRUGAS	00:51:37	00:50:57
891	523	PAULO ARAUJO	32	M1939	409	M		INDIVIDUAL	00:51:38	00:51:00
892	769	MIGUEL CAMPOS	52	M5054	82	M		INDIVIDUAL	00:51:39	00:51:04
893	993	ANTONIO TAVARES	43	M4044	162	M		INDIVIDUAL	00:51:39	00:50:52
894	1083	JOAO FONSECA	27	M1939	410	M		OS AMIGOS	00:51:39	00:51:32
895	262	PAULO TEIXEIRA	29	M1939	411	M		INDIVIDUAL	00:51:40	00:51:06
896	684	ANTONIO CARVALHO	53	M5054	83	M		OS PAPA LEGUAS	00:51:40	00:50:43
897	1000	CARLOS SOUSA	32	M1939	412	M		INDIVIDUAL	00:51:41	00:51:41
898	1149	MANUEL NEIVA	58	M5559	52	M		CIRAC	00:51:41	00:51:05
899	1405	DUARTE FERREIRA	23	M1939	413	M		INDIVIDUAL	00:51:41	00:51:28
900	1586	LINO MAIA	25	M1939	414	M		Individual	00:51:41	00:51:11
901	1656	MIGUEL FONSECA	27	M1939	415	M		Individual	00:51:41	00:50:51
902	972	ARMANDO SILVA	57	M5559	53	M		INDIVIDUAL	00:51:44	00:51:35
903	1194	PAULO LEITAO	36	M1939	416	M		OS AMIGOS DE GAIA	00:51:44	00:51:23
904	1304	MANUEL SOARES	52	M5054	84	M		INDIVIDUAL	00:51:46	00:51:07
905	298	ANTONIO SANTOS	53	M5054	85	M		INDIVIDUAL	00:51:47	00:51:00
906	1022	MANUEL CARNEIRO	42	M4044	163	M		INDIVIDUAL	00:51:48	00:51:20
907	482	JOSE RIBEIRO	46	M4549	140	M		G D LIMPEZA	00:51:50	00:50:54
908	1434	ARI COELHO	35	M1939	417	M		INDIVIDUAL	00:51:52	00:51:46
909	1669	ÁLVARO PLASENCIA	43	M4044	164	M		ESPANHA	00:51:52	00:51:52
910	546	ERNESTO MARTINS	45	M4549	141	M		AS CANSADAS	00:51:53	00:51:22
911	790	JOSE ANTUNES	46	M4549	142	M		INDIVIDUAL	00:51:53	00:51:28
912	586	PAULO CRAVEIRO	47	M4549	143	M		C V PORTO	00:51:54	00:51:03
913	778	MANUEL EMIDIO	56	M5559	54	M		INDIVIDUAL	00:51:54	00:51:07
914	1439	ANTONIO PRATA	56	M5559	55	M		INDIVIDUAL	00:51:55	00:51:54
915	187	PAULO QUEIROS	37	M1939	418	M		INDIVIDUAL	00:51:56	00:51:26
916	264	RUI RODRIGUES	40	M4044	165	M		INDIVIDUAL	00:51:56	00:51:18
917	471	CARLOS BARREIRA	47	M4549	144	M		INDIVIDUAL	00:51:58	00:51:31
918	738	AGOSTINHO PIMENTA	43	M4044	166	M		ESTORNORTE	00:52:00	00:51:28

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
919	1461	BRUNO DIAS	27	M1939	419	M		A D RIO LARGO	00:52:00	00:51:48
920	1169	JORGE PINTO	64	M6099	25	M		AFIS OVAR	00:52:01	00:51:50
921	1642	NUNO BARROS	36	M1939	420	M		Individual	00:52:02	00:52:02
922	439	REINALDO PINTO	61	M6099	26	M		INDIVIDUAL	00:52:04	00:51:39
923	24	ABILIO ALVES	42	M4044	167	M		MAIA A C	00:52:05	00:52:03
924	115	LUCINDA ALVES	42	F3599	10	F		MAIA A C	00:52:05	00:52:05
925	378	MANUEL GOMES	46	M4549	145	M		OS PAPA LEGUAS CA	00:52:08	00:51:19
926	433	FILIPE ALMEIDA	35	M1939	421	M		REDBULS	00:52:09	00:51:33
927	393	JORGE RIAL	27	M1939	422	M		INDIVIDUAL	00:52:10	00:51:18
928	432	TIAGO JESUS	21	M1939	423	M		REDBULS	00:52:10	00:51:33
929	653	JORGE CERQUEIRA	50	M5054	86	M		A D AMARANTE	00:52:11	00:52:11
930	1564	LUIS MARRANA	46	M4549	146	M		Individual	00:52:12	00:51:41
931	901	JOAO COELHO	22	M1939	424	M		INDIVIDUAL	00:52:13	00:51:21
932	151	JOSE SANTOS	41	M4044	168	M		TURBOLENTOS MAIA	00:52:14	00:51:59
933	1297	RICARDO CUSTODIO	38	M1939	425	M		TEAM U M	00:52:15	00:51:37
934	1292	JOSE FERNANDES	44	M4044	169	M		TEAM U M	00:52:16	00:51:57
935	739	ANTONIO PINTO	46	M4549	147	M		ESTORNORTE	00:52:17	00:51:22
936	1455	PAULO DIAS	44	M4044	170	M		INDIVIDUAL	00:52:17	00:51:21
937	1560	DIOGO FIGUEIREDO	32	M1939	426	M		Individual	00:52:17	00:52:17
938	216	HELDER PEREIRA	40	M4044	171	M		N AMADORES	00:52:18	00:52:18
939	900	JOSE MARTINS	32	M1939	427	M		INDIVIDUAL	00:52:20	00:51:27
940	299	RUI SANTOS	27	M1939	428	M		INDIVIDUAL	00:52:21	00:51:22
941	797	CARLOS PEREIRA	39	M1939	429	M		INDIVIDUAL	00:52:21	00:52:21
942	1710	RICARDO LEAO	41	M4044	172	M		INDIVIDUAL	00:52:22	00:52:09
943	1482	TANIA COSTA	29	F2034	18	F		INDIVIDUAL	00:52:23	00:51:57
944	1444	OCTAVIO ANDRADE	39	M1939	430	M		G D 4 CAMINHOS	00:52:24	00:51:59
945	215	VASCO GRANJA	44	M4044	173	M		N AMADORES	00:52:25	00:52:15
946	1240	RUI CAMPOS	41	M4044	174	M		PORTO RUNNERS	00:52:28	00:51:54
947	388	ARACELIO MENDES	72	M6099	27	M		A R M AMIAL	00:52:29	00:52:02
948	552	ALBINO BARBOSA	40	M4044	175	M		INDIVIDUAL	00:52:30	00:52:01
949	596	CARLOS CORREIA	25	M1939	431	M		SRA DA SAUDE	00:52:31	00:51:34
950	666	CARLOS MONTEIRO	47	M4549	148	M		OS AMIGOS PQ	00:52:31	00:51:59
951	1207	CARLA MENDES	36	F3599	11	F		PORTO RUNNERS	00:52:31	00:51:49
952	964	JOSE ALVES	32	M1939	432	M		INDIVIDUAL	00:52:33	00:51:23
953	594	FERNANDO CORREIA	33	M1939	433	M		SRA DA SAUDE	00:52:34	00:51:38
954	577	JOSE PEREIRA	43	M4044	176	M		C V PORTO	00:52:35	00:52:13
955	1454	FERNANDO RIBEIRO	51	M5054	87	M		CLUVE COIMBRA	00:52:36	00:51:41
956	1718	FREDERICO FELDER	33	M1939	434	M		INDIVIDUAL	00:52:36	00:52:19
957	1641	ANTONIO CONDE	44	M4044	177	M		Individual	00:52:37	00:51:54
958	888	MANUEL GASPAR	60	M6099	28	M		INDIVIDUAL	00:52:38	00:52:05
959	1413	JOAO BARRADAS	29	M1939	435	M		INDIVIDUAL	00:52:38	00:52:09
960	905	DAVID FREITAS	32	M1939	436	M		MAGICKNIGHTS	00:52:39	00:52:39

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
961	263	CARLOS ALVES	49	M4549	149	M		INDIVIDUAL	00:52:40	00:52:20
962	540	AUGUSTO MACHADO	52	M5054	88	M		INDIVIDUAL	00:52:43	00:52:01
963	1332	JOSE CARNEIRO	56	M5559	56	M		OS TURBULENTOS	00:52:44	00:51:50
964	349	DARCILIO CALÇADA	26	M1939	437	M		OS ROMPE SOLAS	00:52:45	00:52:03
965	1050	CARLOS COSTA	52	M5054	89	M		G C SANTO TIRSO	00:52:45	00:52:02
966	1655	PAULO ROCHA	31	M1939	438	M		Individual	00:52:45	00:52:35
967	247	MANUEL AZEVEDO	54	M5054	90	M		INDIVIDUAL	00:52:48	00:52:23
968	1130	ABEL CARNEIRO	45	M4549	150	M		A S H MONTE	00:52:48	00:52:48
969	220	ANTERO IGLESIAS	41	M4044	178	M		INDIVIDUAL	00:52:49	00:51:59
970	370	ANTONIO PAULO	56	M5559	57	M		OS ROMPE SOLAS	00:52:50	00:52:32
971	324	MANUEL PEREIRA	23	M1939	439	M		INDIVIDUAL	00:52:55	00:52:28
972	375	JOSE CALÇADA	27	M1939	440	M		OS ROMPE SOLAS	00:52:56	00:52:14
973	1610	PAULO VASCONCELOS	30	M1939	441	M		Individual	00:52:56	00:52:56
974	1625	JOÃO VASCONCELOS	25	M1939	442	M		Individual	00:52:56	00:52:11
975	1542	CARLOS COELHO	33	M1939	443	M		Individual	00:52:57	00:52:13
976	491	DELFIN SANTOS	57	M5559	58	M		INDIVIDUAL	00:52:58	00:52:31
977	1183	VITOR GONÇALVES	44	M4044	179	M		JAVIP	00:53:00	00:52:49
978	957	MACARIO GUEDES	35	M1939	444	M		INDIVIDUAL	00:53:01	00:52:18
979	1180	VITOR GONÇALVES	21	M1939	445	M		JAVIP	00:53:01	00:52:52
980	462	JOSE FIGUEIREDO	30	M1939	446	M		INDIVIDUAL	00:53:02	00:53:02
981	391	MARIO ALBUQUERQUE	24	M1939	447	M		INDIVIDUAL	00:53:03	00:52:34
982	580	LUIS MIRANDA	55	M5559	59	M		C V PORTO	00:53:03	00:52:07
983	965	ALBINO SILVA	34	M1939	448	M		INDIVIDUAL	00:53:03	00:53:03
984	1081	MARCO SANTOS	25	M1939	449	M		BV OLIVEIRA	00:53:04	00:52:16
985	554	EDUARDO BARBOSA	72	M6099	29	M		CA ARCADA	00:53:05	00:52:18
986	369	ARMINDO RODRIGUES	49	M4549	151	M		OS ROMPE SOLAS	00:53:07	00:52:26
987	858	ALBERTO LIZARDO	59	M5559	60	M		INDIVIDUAL	00:53:07	00:52:57
988	1551	CARLOS PIMENTA	59	M5559	61	M		Individual	00:53:07	00:52:19
989	155	MANUEL PINTO	27	M1939	450	M		INDIVIDUAL	00:53:08	00:53:08
990	416	JORGE VIEIRA	43	M4044	180	M		TERRORES DO	00:53:08	00:52:15
991	1080	FERNANDO COSTA	34	M1939	451	M		BV OLIVEIRA	00:53:08	00:52:18
992	228	RICARDO SÁ	20	M1939	452	M		INDIVIDUAL	00:53:10	00:53:03
993	746	JOSE TAVARES	56	M5559	62	M		C F UNIAO LAMAS	00:53:11	00:53:11
994	226	NUNO SOUSA	31	M1939	453	M		INDIVIDUAL	00:53:12	00:52:15
995	245	ARMANDO NEVES	36	M1939	454	M		5 A HORA	00:53:12	00:52:41
996	1548	MIGUEL LIMA FERNANDES	37	M1939	455	M		Individual	00:53:12	00:53:06
997	1178	PEDRO EZEQUIEL	29	M1939	456	M		JAVIP	00:53:13	00:52:35
998	231	ULISSES LOPES	33	M1939	457	M		INDIVIDUAL	00:53:14	00:52:16
999	178	ANTONIO SOUSA	56	M5559	63	M		INDIVIDUAL	00:53:16	00:52:51
1000	912	ANTONIO BARBOSA	50	M5054	91	M		C TRAB SMAS	00:53:17	00:53:00
1001	1594	MIGUEL TORRES	26	M1939	458	M		Individual	00:53:17	00:52:45
1002	246	OSVALDO OLIVEIRA	37	M1939	459	M		INDIVIDUAL	00:53:18	00:53:13

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
1003	529	JOAO BARROS	38	M1939	460	M		B S BOMBEIROS	00:53:25	00:52:47
1004	736	MARINHO PEREIRA	39	M1939	461	M		ESTORNORTE	00:53:25	00:52:53
1005	1621	GONÇALO AMORIM	29	M1939	462	M		Individual	00:53:27	00:52:29
1006	1624	ANTONIO PEREIRA	30	M1939	463	M		Individual	00:53:27	00:52:29
1007	1622	JOAO TROCA	29	M1939	464	M		Individual	00:53:29	00:52:32
1008	1623	PEDRO VAZ SILVA	29	M1939	465	M		Individual	00:53:29	00:52:30
1009	935	TIAGO FERNANDES	19	M1939	466	M		MILLENNIUM BCP	00:53:30	00:53:18
1010	1008	GABRIEL COUTINHO	29	M1939	467	M		ADEFACEC	00:53:30	00:52:45
1011	1243	RUI LEMOS	36	M1939	468	M		PORTO RUNNERS	00:53:30	00:52:50
1012	217	ANTONIO FREITAS	47	M4549	152	M		INDIVIDUAL	00:53:31	00:53:06
1013	1307	MARIO MOREIRA	30	M1939	469	M		INDIVIDUAL	00:53:32	00:52:52
1014	1507	LUIS ALBERTO	59	M5559	64	M		Individual	00:53:33	00:53:07
1015	241	RAUL CARVALHO	49	M4549	153	M		INDIVIDUAL	00:53:34	00:53:34
1016	319	MAURICIO SILVA	31	M1939	470	M		INDIVIDUAL	00:53:34	00:53:28
1017	517	ANTONIO ROCHA	50	M5054	92	M		INDIVIDUAL	00:53:34	00:53:01
1018	1543	JOSE ROSA	51	M5054	93	M		Individual	00:53:34	00:53:11
1019	1756	PAULO TEIXEIRA	29	M1939	471	M		INDIVIDUAL	00:53:35	00:53:35
1020	1397	ANDRE COSTA	38	M1939	472	M		INDIVIDUAL	00:53:36	00:53:20
1021	1693	CONCEIÇÃO GRARE	54	F3599	12	F		PORTO RUNNERS	00:53:36	00:52:38
1022	664	AUGUSTO FONSECA	41	M4044	181	M		OS AMIGOS PQ	00:53:37	00:53:06
1023	536	DUARTE LOPES	36	M1939	473	M		INDIVIDUAL	00:53:38	00:53:09
1024	1483	JOSE GOUVEIA	32	M1939	474	M		INDIVIDUAL	00:53:38	00:53:11
1025	312	ANTONIO CARVALHO	33	M1939	475	M		DYNAMIC LIFE	00:53:39	00:52:34
1026	1702	JOAQUIM PINHEIRO	37	M1939	476	M		CAFE PONTO FINAL	00:53:39	00:53:39
1027	1751	VASCO VILAR	45	M4549	154	M		INDIVIDUAL	00:53:40	00:53:20
1028	259	PAOLO SENESI	50	M5054	94	M		INDIVIDUAL	00:53:41	00:53:12
1029	624	MANUEL BARBOSA	64	M6099	30	M		C IND A	00:53:41	00:53:37
1030	782	ADRIANO BARBOSA	52	M5054	95	M		INDIVIDUAL	00:53:41	00:53:23
1031	1223	JOSE LOPES	44	M4044	182	M		PORTO RUNNERS	00:53:42	00:52:47
1032	579	LIDIO FREITAS	64	M6099	31	M		C V PORTO	00:53:43	00:53:23
1033	798	JOSE FRANCISCO	51	M5054	96	M		INDIVIDUAL	00:53:43	00:53:35
1034	872	SALOME GOMES	29	M1939	477	M		PISCINA ROTA	00:53:43	00:52:56
1035	948	VITOR SILVA	40	M4044	183	M		INDIVIDUAL	00:53:44	00:52:50
1036	832	AMARO SILVA	41	M4044	184	M		INDIVIDUAL	00:53:46	00:53:07
1037	154	JOSE RAMOS	50	M5054	97	M		INDIVIDUAL	00:53:47	00:53:28
1038	266	PEDRO VALENCA	35	M1939	478	M		INDIVIDUAL	00:53:48	00:53:20
1039	1556	FRANCISCO COSTALOBO	33	M1939	479	M		Individual	00:53:49	00:53:36
1040	1092	JOSE SEIA	45	M4549	155	M		G C PES AO	00:53:50	00:53:04
1041	1748	MARIA SANTOS	44	F3599	13	F		INDIVIDUAL	00:53:50	00:53:16
1042	1722	ALVARO COSTA	33	M1939	480	M		PREMIER RUN CLUB	00:53:52	00:53:15
1043	194	MARIO SANTOS	59	M5559	65	M		INDIVIDUAL	00:53:53	00:53:40
1044	1320	DANIEL ALMEIDA	27	M1939	481	M		INDIVIDUAL	00:53:53	00:53:29

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
1045	1619	SANDRA SANTODOMINGO	38	F3599	14	F		ESPANHA	00:53:55	00:53:41
1046	1701	JOSE MOREIRA	46	M4549	156	M		CAFE PONTO FINAL	00:53:56	00:53:37
1047	30	ALBERTO SILVA	42	M4044	185	M		MAIA A C	00:53:57	00:53:52
1048	249	SERGIO LEITE	31	M1939	482	M		INDIVIDUAL	00:53:58	00:52:48
1049	928	JOAO CASTRO	61	M6099	32	M		INDIVIDUAL	00:53:59	00:53:59
1050	1215	FILIPE LEMOS	44	M4044	186	M		PORTO RUNNERS	00:53:59	00:53:01
1051	1219	JOAO CRAVEIRO	35	M1939	483	M		PORTO RUNNERS	00:53:59	00:53:01
1052	470	FERNANDO PEREIRA	52	M5054	98	M		INDIVIDUAL	00:54:00	00:53:26
1053	203	JOSE PEREIRA	56	M5559	66	M		INDIVIDUAL	00:54:01	00:53:57
1054	479	BARTOLO MOTA	46	M4549	157	M		G D LIMPEZA	00:54:01	00:53:16
1055	920	CARLOS MORAIS	53	M5054	99	M		INDIVIDUAL	00:54:02	00:53:48
1056	1724	JOSE GUEDES	45	M4549	158	M		INDIVIDUAL	00:54:02	00:53:33
1057	1412	JOAO FONSECA	35	M1939	484	M		INDIVIDUAL	00:54:03	00:53:19
1058	1692	SIMAO OLIVEIRA	27	M1939	485	M		INDIVIDUAL	00:54:08	00:53:28
1059	1023	ALTAMIRO TEIXEIRA	48	M4549	159	M		INDIVIDUAL	00:54:11	00:53:43
1060	257	ANTONIO GOMES	44	M4044	187	M		INDIVIDUAL	00:54:12	00:53:50
1061	1032	MANUEL CARNEIRO	64	M6099	33	M		C PT ZONA NORTE	00:54:13	00:53:52
1062	1716	LUIS SILVA	40	M4044	188	M		INDIVIDUAL	00:54:14	00:53:03
1063	1565	ANA ALMEIDA	52	F3599	15	F		Individual	00:54:15	00:53:32
1064	796	ANTONIO SILVA	54	M5054	100	M		INDIVIDUAL	00:54:16	00:54:08
1065	1024	SERGIO VIEIRA	34	M1939	486	M		INDIVIDUAL	00:54:20	00:53:52
1066	1715	ALCINO OLIVEIRA	32	M1939	487	M		INDIVIDUAL	00:54:21	00:53:09
1067	469	MANUEL COSTA	50	M5054	101	M		INDIVIDUAL	00:54:23	00:53:55
1068	1536	DANIEL FONTES	56	M5559	67	M		Individual	00:54:23	00:53:49
1069	271	CESAR SILVA	27	M1939	488	M		INDIVIDUAL	00:54:25	00:54:03
1070	328	ALVARO GONÇALVES	53	M5054	102	M		INDIVIDUAL	00:54:26	00:53:52
1071	671	MARIO BESSA	54	M5054	103	M		GCDT-GBES-DEL	00:54:27	00:54:01
1072	953	ANTONIO GONÇALVES	67	M6099	34	M		INDIVIDUAL	00:54:29	00:54:12
1073	992	MANUEL BATISTA	39	M1939	489	M		INDIVIDUAL	00:54:29	00:53:38
1074	394	PEDRO FERRAZ	43	M4044	189	M		FEMAB	00:54:30	00:53:46
1075	234	CARLOS CARVALHO	55	M5559	68	M		INDIVIDUAL	00:54:33	00:53:51
1076	1065	FERNANDO PEREIRA	45	M4549	160	M		GDCT E. NAVAIS	00:54:33	00:53:52
1077	110	ZELIA BORGES	27	F2034	19	F		MAIA A C	00:54:34	00:54:21
1078	111	ISA GUIMARAES	27	F2034	20	F		MAIA A C	00:54:34	00:54:29
1079	114	ANA CARVALHO	42	F3599	16	F		MAIA A C	00:54:34	00:54:20
1080	825	RENATO CARDOSO	33	M1939	490	M		INDIVIDUAL	00:54:35	00:53:56
1081	954	CHRISTOPH SERMERSHEIN	50	M5054	104	M		ACADEMICA	00:54:35	00:53:46
1082	572	HENRIQUE GONÇALVES	53	M5054	105	M		C V PORTO	00:54:36	00:53:51
1083	581	MANUEL DIAS	53	M5054	106	M		C V PORTO	00:54:36	00:53:53
1084	951	JOÃO PINTO	38	M1939	491	M		INDIVIDUAL	00:54:36	00:54:20
1085	1567	CÉU COSTA	36	F3599	17	F		Individual	00:54:36	00:54:12
1086	275	MANUEL MARQUES	39	M1939	492	M		INDIVIDUAL	00:54:39	00:54:02

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
1087	598	DUARTE SA	55	M5559	69	M		INDIVIDUAL	00:54:40	00:54:18
1088	1438	AMANDIO SILVA	50	M5054	107	M		INDIVIDUAL	00:54:40	00:53:57
1089	923	JOSE LOUSA	64	M6099	35	M		INDIVIDUAL	00:54:42	00:54:14
1090	1746	HELDER NORA	45	M4549	161	M		INDIVIDUAL	00:54:42	00:53:57
1091	237	NUNO BARBOSA	27	M1939	493	M		INDIVIDUAL	00:54:43	00:53:48
1092	112	CARLA MONTEIRO	27	F2034	21	F		MAIA A C	00:54:44	00:54:42
1093	1254	ARLINDO PINHEIRO	62	M6099	36	M		OS KAGADOS	00:54:44	00:54:11
1094	1481	JORGE FERREIRA	27	M1939	494	M		INDIVIDUAL	00:54:44	00:53:37
1095	1044	ALBERTO COSTA	54	M5054	108	M		G C SANTO TIRSO	00:54:45	00:54:06
1096	703	JOAO ANTUNES	38	M1939	495	M		INDIVIDUAL	00:54:46	00:53:41
1097	1528	DUARTE BRAGA	31	M1939	496	M		Individual	00:54:46	00:54:46
1098	1657	LUIS FONSECA	22	M1939	497	M		Individual	00:54:46	00:54:01
1099	1755	JULIO RODRIGUES	45	M4549	162	M		INDIVIDUAL	00:54:46	00:54:05
1100	449	FERNANDO GONÇALVES	43	M4044	190	M		INDIVIDUAL	00:54:47	00:54:01
1101	1061	MANUEL CUNHA	46	M4549	163	M		G C SANTO TIRSO	00:54:47	00:54:10
1102	1118	JOAQUIM CAMARINHA	48	M4549	164	M		LA GUAIRA	00:54:47	00:53:56
1103	1119	HUGO FILIPE	19	M1939	498	M		LA GUAIRA	00:54:47	00:53:56
1104	1496	RUI COELHO	43	M4044	191	M		INDIVIDUAL	00:54:48	00:54:25
1105	371	ANTONIO SANTOS	52	M5054	109	M		OS ROMPE SOLAS	00:54:49	00:54:31
1106	810	DAVID MOREIRA	40	M4044	192	M		AMIGOS DE	00:54:49	00:54:41
1107	865	MARIANA SOUSA	25	F2034	22	F		PISCINA ROTA	00:54:49	00:54:21
1108	504	JOSE LULA	62	M6099	37	M		C V PAÇOS	00:54:51	00:54:40
1109	508	JOSE RODRIGUES	47	M4549	165	M		C V PAÇOS	00:54:51	00:54:37
1110	1478	RICARDO GUIMARAES	42	M4044	193	M		INDIVIDUAL	00:54:51	00:53:48
1111	1348	JOSE DIAS	43	M4044	194	M		INDIVIDUAL	00:54:52	00:54:22
1112	680	VASCO MELO	41	M4044	195	M		ABC PORTO	00:54:53	00:54:01
1113	909	VICTOR LOURENÇO	43	M4044	196	M		INDIVIDUAL	00:54:53	00:54:06
1114	740	MIGUEL MATOS	30	M1939	499	M		C F UNIAO LAMAS	00:54:54	00:54:05
1115	210	LUIS COSME	43	M4044	197	M		INDIVIDUAL	00:54:55	00:54:04
1116	1588	ANDRÉ GUIMARAES	32	F2034	23	F		Individual	00:54:55	00:53:48
1117	1143	JOAQUIM OLIVEIRA	51	M5054	110	M		CIRAC	00:54:56	00:54:18
1118	979	JOAO SAMEIRO	35	M1939	500	M		INDIVIDUAL	00:54:57	00:54:00
1119	1245	VITOR CARDOSO	59	M5559	70	M		PORTO RUNNERS	00:54:57	00:54:02
1120	1105	RAUL MARQUES	35	M1939	501	M		N A MATOSINHOS	00:54:58	00:54:31
1121	1228	MANUEL CERQUEIRA	40	M4044	198	M		PORTO RUNNERS	00:54:58	00:54:01
1122	195	FERNANDO PEREIRA	40	M4044	199	M		INDIVIDUAL	00:55:01	00:55:01
1123	309	MARLENE SANTOS	27	F2034	24	F		DYNAMIC LIFE	00:55:02	00:54:00
1124	424	AMILCAR POVOA	61	M6099	38	M		CDCR CTT	00:55:02	00:54:57
1125	808	MIGUEL MOREIRA	42	M4044	200	M		AMIGOS DE	00:55:03	00:54:54
1126	831	LUIS MONTEIRO	36	M1939	502	M		ORI ESTARREJA	00:55:06	00:54:31
1127	152	SERGIO LOURO	37	M1939	503	M		TURBOLENTOS MAIA	00:55:07	00:54:52
1128	200	EDEMUNDO SILVA	59	M5559	71	M		INDIVIDUAL	00:55:08	00:54:16

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
1129	1347	PAULO GOMES	39	M1939	504	M		INDIVIDUAL	00:55:09	00:54:33
1130	290	JORGE PINTO	33	M1939	505	M		INDIVIDUAL	00:55:11	00:54:18
1131	350	VITOR MOTA	57	M5559	72	M		OS ROMPE SOLAS	00:55:11	00:54:38
1132	1393	VIRGILIO FRANÇA	47	M4549	166	M		INDIVIDUAL	00:55:11	00:55:02
1133	351	LILIANA RAMOS	26	F2034	25	F		OS ROMPE SOLAS	00:55:12	00:55:10
1134	732	MANUEL COUTO	53	M5054	111	M		CALDAS S.JORGE SC	00:55:12	00:54:38
1135	1761	RAUL ROSA	46	M4549	167	M		INDIVIDUAL	00:55:12	00:55:12
1136	372	ALFREDO SANTOS	53	M5054	112	M		OS ROMPE SOLAS	00:55:13	00:54:48
1137	417	RUI ALMEIDA	39	M1939	506	M		TERRORES DO	00:55:14	00:55:14
1138	568	ARTUR CAMPOS	71	M6099	39	M		C V PORTO	00:55:21	00:54:33
1139	970	ANTONIO GONÇALVES	35	M1939	507	M		INDIVIDUAL	00:55:21	00:54:12
1140	1596	RUI CANCELAS	32	M1939	508	M		Individual	00:55:23	00:54:24
1141	1598	ANDRE SOARES	22	M1939	509	M		Individual	00:55:23	00:54:23
1142	438	ROSA ALMEIDA	45	F3599	18	F		REDBULS	00:55:24	00:53:37
1143	347	ANTONIO REYES	53	M5054	113	M		INDIVIDUAL	00:55:25	00:55:05
1144	1571	CARLOS BORGES	42	M4044	201	M		Individual	00:55:26	00:55:26
1145	1252	ADELINO SILVA	60	M6099	40	M		OS KAGADOS	00:55:30	00:54:39
1146	846	ROSARIO MARTINS	39	F3599	19	F		DYNAMIC LIFE	00:55:31	00:54:30
1147	238	PEDRO MELO	41	M4044	202	M		INDIVIDUAL	00:55:32	00:54:38
1148	974	ANGELO OROSA	49	M4549	168	M		INDIVIDUAL	00:55:33	00:54:46
1149	1310	ANTONIETA SANTOS	39	F3599	20	F		J A MOZELENSE	00:55:33	00:55:28
1150	354	ANTONIO COSTA	39	M1939	510	M		OS ROMPE SOLAS	00:55:34	00:55:10
1151	1689	EMILIA MARQUES	32	M1939	511	M		C S BONITOS	00:55:34	00:55:12
1152	679	PAULO LIMA	40	M4044	203	M		ABC PORTO	00:55:35	00:54:41
1153	1767	JOSE MOUTINHO	41	M4044	204	M		INDIVIDUAL	00:55:36	00:55:36
1154	160	CARLOS RAMOS	50	M5054	114	M		INDIVIDUAL	00:55:37	00:55:21
1155	336	ZULMIRA LIMA	47	F3599	21	F		INDIVIDUAL	00:55:38	00:54:55
1156	253	RICARDO OLIVEIRA	35	M1939	512	M		COMPANHIA	00:55:42	00:55:12
1157	174	JOSE RAMOS	33	M1939	513	M		INDIVIDUAL	00:55:45	00:54:39
1158	207	EURICO CAETANO	44	M4044	205	M		REI D GAIA	00:55:45	00:55:19
1159	801	GIL CARVALHO	48	M4549	169	M		CCDPJ-PORTO	00:55:46	00:54:38
1160	936	FERNANDO BASTOS	42	M4044	206	M		MILLENNIUM BCP	00:55:46	00:55:32
1161	1062	MANUEL TORRES	52	M5054	115	M		G C SANTO TIRSO	00:55:53	00:55:27
1162	1129	ARTUR MONTEIRO	59	M5559	73	M		A S H MONTE	00:55:53	00:55:22
1163	967	PEDRO MARQUES	34	M1939	514	M		INDIVIDUAL	00:55:54	00:55:05
1164	1673	RUI SILVA	40	M4044	207	M		Individual	00:55:55	00:55:06
1165	1410	HENRIQUE DIAS	27	M1939	515	M		INDIVIDUAL	00:55:56	00:55:39
1166	1446	JOSE FERNANDES	42	M4044	208	M		INDIVIDUAL	00:55:58	00:55:46
1167	533	RUI FERREIRA	28	M1939	516	M		B S BOMBEIROS	00:56:00	00:55:00
1168	897	MARISA BORGES	26	F2034	26	F		INDIVIDUAL	00:56:00	00:55:00
1169	157	JOSE VELOSO	57	M5559	74	M		INDIVIDUAL	00:56:01	00:56:01
1170	851	SERGIO MONTEIRO	29	M1939	517	M		DYNAMIC LIFE	00:56:01	00:54:54

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
1171	983	FILIFE SILVA	46	M4549	170	M		AS 11 NO FAROL	00:56:01	00:55:12
1172	1679	PATRICIA OLIVEIRA	26	F2034	27	F		INDIVIDUAL	00:56:01	00:55:03
1173	592	JOAQUIM CRUZ	40	M4044	209	M		INDIVIDUAL	00:56:02	00:55:51
1174	171	PEDRO MOUTINHO	44	M4044	210	M		INDIVIDUAL	00:56:10	00:55:07
1175	938	ANTÓNIO FERNANDES	50	M5054	116	M		MILLENNIUM BCP	00:56:11	00:55:59
1176	192	MOISES PEIXOTO	52	M5054	117	M		INDIVIDUAL	00:56:12	00:56:12
1177	629	CARLOS LIMA	36	M1939	518	M		INDIVIDUAL	00:56:12	00:55:52
1178	1193	PAULO LAMEIRINHAS	35	M1939	519	M		OS AMIGOS DE GAIA	00:56:14	00:55:57
1179	1732	PEDRO NEVES	34	M1939	520	M		INDIVIDUAL	00:56:15	00:55:24
1180	385	ANA BARBARROXA	32	F2034	28	F		INDIVIDUAL	00:56:17	00:55:27
1181	1764	ALEXANDRE BARBOSA	67	M6099	41	M		C DENTARIA GAIA	00:56:18	00:55:31
1182	364	VITOR MOREIRA	43	M4044	211	M		OS ROMPE SOLAS	00:56:20	00:55:58
1183	256	ANDRE MEDADE	30	M1939	521	M		COMPANHIA	00:56:22	00:55:50
1184	1117	BATISTA MANUEL	58	M5559	75	M		LA GUAIRA	00:56:22	00:55:55
1185	1740	MIGUEL PIMENTA	27	M1939	522	M		INDIVIDUAL	00:56:23	00:56:07
1186	1411	HERLANDER MARQUES	48	M4549	171	M		INDIVIDUAL	00:56:24	00:56:07
1187	775	MIGUEL SOUSA	47	M4549	172	M		STRESS ATTACK	00:56:26	00:56:13
1188	818	PEDRO FERREIRA	33	M1939	523	M		INDIVIDUAL	00:56:26	00:56:05
1189	1191	JOSE FERREIRA	38	M1939	524	M		OS AMIGOS DE GAIA	00:56:32	00:56:32
1190	873	PAULA OLIVEIRA	34	F2034	29	F		PISCINA ROTA	00:56:35	00:55:50
1191	1448	MARCO SOUSA	27	M1939	525	M		INDIVIDUAL	00:56:35	00:55:34
1192	1396	ANA GOMES	41	F3599	22	F		INDIVIDUAL	00:56:36	00:56:21
1193	1029	SERAFIM MARTINS	56	M5559	76	M		C PT ZONA NORTE	00:56:37	00:55:45
1194	332	LEONARDO CEREJEIRA	51	M5054	118	M		INDIVIDUAL	00:56:38	00:56:17
1195	330	JOAO CEREJEIRA	23	M1939	526	M		INDIVIDUAL	00:56:41	00:56:21
1196	553	MARGARIDA QUARESMA	53	F3599	23	F		CA ARCADEA	00:56:42	00:55:56
1197	168	VITOR MARTINS	27	M1939	527	M		INDIVIDUAL	00:56:45	00:56:41
1198	958	JOSE VIEIRA	44	M4044	212	M		INDIVIDUAL	00:56:45	00:56:27
1199	22	FLORENTINO GOMES	42	M4044	213	M		MAIA A C	00:56:46	00:56:43
1200	23	AGOSTINHO SANTOS	42	M4044	214	M		MAIA A C	00:56:46	00:56:42
1201	1726	MANUEL ROCHA	40	M4044	215	M		INDIVIDUAL	00:56:48	00:56:48
1202	412	JOAO REBELO	50	M5054	119	M		TERRORES DO	00:56:49	00:56:02
1203	420	MANUEL NUNES	38	M1939	528	M		TERRORES DO	00:56:49	00:56:03
1204	1522	RICARDO CARVALHO	32	M1939	529	M		Individual	00:56:49	00:56:00
1205	919	JOAO MATOS	60	M6099	42	M		INDIVIDUAL	00:56:51	00:56:37
1206	1501	CARLOS BECO	38	M1939	530	M		Individual	00:56:53	00:55:45
1207	1181	JOSE MOREIRA	37	M1939	531	M		JAVIP	00:56:54	00:56:32
1208	982	CARLOS RODRIGUES	47	M4549	173	M		AS 11 NO FAROL	00:56:56	00:55:09
1209	842	JAIME SILVA	50	M5054	120	M		INDIVIDUAL	00:56:57	00:56:56
1210	243	NUNO TEIXEIRA	30	M1939	532	M		INDIVIDUAL	00:56:58	00:55:59
1211	1266	MANUEL COUTO	53	M5054	121	M		OS KAGADOS	00:57:01	00:56:32
1212	1353	SILVIA PEDROSO	35	M1939	533	M		ACADEMICA	00:57:04	00:56:44

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
1213	922	FERNANDO CORREIA	50	M5054	122	M		INDIVIDUAL	00:57:05	00:56:08
1214	973	JOAO MEIXEDO	40	M4044	216	M		ISEP	00:57:06	00:56:20
1215	1504	ARMANDO ARMÃO FERREIRA	34	M1939	534	M		Individual	00:57:10	00:56:52
1216	1595	RUI CAMPOS	30	M1939	535	M		Individual	00:57:10	00:56:46
1217	1734	JOSE PEREIRA	37	M1939	536	M		INDIVIDUAL	00:57:11	00:57:11
1218	784	MIGUEL SILVA	19	M1939	537	M		INDIVIDUAL	00:57:14	00:56:27
1219	785	JOAQUIM SILVA	51	M5054	123	M		INDIVIDUAL	00:57:14	00:56:29
1220	898	LUIS FLORES	32	M1939	538	M		INDIVIDUAL	00:57:17	00:56:43
1221	458	ANGELO SILVA	60	M6099	43	M		INDIVIDUAL	00:57:18	00:56:29
1222	885	PAULO SILVA	32	M1939	539	M		INDIVIDUAL	00:57:21	00:57:21
1223	937	CARLOS RODRIGUES	47	M4549	174	M		MILLENNIUM BCP	00:57:21	00:56:32
1224	981	ALBERTO SABINO	45	M4549	175	M		AS 11 NO FAROL	00:57:22	00:56:33
1225	1048	ARTUR SILVA	58	M5559	77	M		G C SANTO TIRSO	00:57:25	00:56:46
1226	1058	JULIO OLIVEIRA	58	M5559	78	M		G C SANTO TIRSO	00:57:26	00:56:59
1227	985	CARLOS QUEIROS	43	M4044	217	M		N AMADORES	00:57:30	00:57:18
1228	921	PAULO BRITO	46	M4549	176	M		INDIVIDUAL	00:57:34	00:56:38
1229	1330	MANUEL PINTO	63	M6099	44	M		OS FALTA D AR	00:57:36	00:56:38
1230	852	MIGUEL MIRANDA	27	M1939	540	M		INDIVIDUAL	00:57:38	00:57:28
1231	1699	MIGUEL RODRIGUES	32	M1939	541	M		CAFE PONTO FINAL	00:57:43	00:57:21
1232	1708	MANUEL CARVALHO	36	M1939	542	M		INDIVIDUAL	00:57:43	00:57:25
1233	503	VITOR SILVA	55	M5559	79	M		G D MACEDO	00:57:44	00:57:41
1234	1700	MANUEL SILVA	39	M1939	543	M		CAFE PONTO FINAL	00:57:44	00:57:21
1235	342	JOSE PINTO	48	M4549	177	M		C A VILA BOA DO	00:57:45	00:57:21
1236	725	MARIO SOUSA	47	M4549	178	M		CALDAS S.JORGE SC	00:57:47	00:57:13
1237	1670	LUDOVINO PIMENTA	28	M1939	544	M		Individual	00:57:47	00:56:52
1238	396	GISELDA COUTO	39	F3599	24	F		FEMAB	00:57:48	00:57:07
1239	824	CARLOS PEDROSO	34	M1939	545	M		INDIVIDUAL	00:57:50	00:57:15
1240	595	HEITOR SILVA	38	M1939	546	M		SRA DA SAUDE	00:57:52	00:56:56
1241	193	BRUNO SANTOS	27	M1939	547	M		INDIVIDUAL	00:57:53	00:57:40
1242	781	ANTONIO ROCHA	60	M6099	45	M		INDIVIDUAL	00:57:54	00:57:33
1243	584	MANUEL PEREIRA	64	M6099	46	M		C V PORTO	00:57:58	00:57:01
1244	1730	MANUEL CONDE	27	M1939	548	M		SINAPSA	00:57:58	00:57:30
1245	789	MARIO SERGIO	53	M5054	124	M		INDIVIDUAL	00:57:59	00:57:40
1246	1634	JOSÉ CARLOS FIGUEIREDO	60	M6099	47	M		Individual	00:58:02	00:57:49
1247	1388	MIGUEL EUSEBIO	36	M1939	549	M		INDIVIDUAL	00:58:04	00:57:45
1248	1389	MARIA RIGOR	38	F3599	25	F		INDIVIDUAL	00:58:04	00:57:43
1249	265	ALBANO RODRIGUES	42	M4044	218	M		INDIVIDUAL	00:58:07	00:57:14
1250	376	ANTONIO VILACOVA	50	M5054	125	M		OS PAPA LEGUAS CA	00:58:07	00:58:07
1251	807	VALDEMAR VINHAS	52	M5054	126	M		AMIGOS DE	00:58:07	00:57:18
1252	1358	COELHO FERREIRA	66	M6099	48	M		G D C BANCO	00:58:12	00:57:24
1253	1395	AFONSO FIGUEIREDO	35	M1939	550	M		INDIVIDUAL	00:58:19	00:57:38
1254	1257	MAGARIDA MATEUS	43	F3599	26	F		OS KAGADOS	00:58:21	00:57:53

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
1255	1268	PAULO ALMEIDA	51	M5054	127	M		OS KAGADOS	00:58:21	00:57:56
1256	358	BRUNO DELCA	31	M1939	551	M		OS ROMPE SOLAS	00:58:26	00:58:05
1257	460	CLARINDO CARVALHO	51	M5054	128	M		INDIVIDUAL	00:58:26	00:57:20
1258	1725	RODRIGO SILVEIRA	34	M1939	552	M		INDIVIDUAL	00:58:27	00:57:39
1259	1167	JOAQUIM MARGARIDO	46	M4549	179	M		AFIS OVAR	00:58:30	00:57:28
1260	1535	JORGE FONTES	30	M1939	553	M		Individual	00:58:34	00:58:00
1261	405	VITOR TEIXEIRA	29	M1939	554	M		INDIVIDUAL	00:58:35	00:57:43
1262	1251	JORGE MARTINS	52	M5054	129	M		INDIVIDUAL	00:58:35	00:58:27
1263	224	PEDRO ROQUE	36	M1939	555	M		N AMADORES	00:58:38	00:58:29
1264	583	MANUEL PASSARO	59	M5559	80	M		C V PORTO	00:58:39	00:57:53
1265	854	JOSE TENREIRO	45	M4549	180	M		INDIVIDUAL	00:58:42	00:58:08
1266	162	JOSE SANTOS	42	M4044	219	M		INDIVIDUAL	00:58:45	00:57:39
1267	1303	GRAÇA PINTO	30	F2034	30	F		INDIVIDUAL	00:58:45	00:58:08
1268	1308	LUIS MOREIRA	43	M4044	220	M		INDIVIDUAL	00:58:45	00:58:07
1269	1349	CASIMIRO SEIXAS	37	M1939	556	M		INDIVIDUAL	00:58:46	00:58:19
1270	1447	MARIA FERNANDES	27	F2034	31	F		INDIVIDUAL	00:58:49	00:58:35
1271	1255	AUGUSTO PINTO	62	M6099	49	M		OS KAGADOS	00:58:51	00:58:23
1272	567	ALIPIO CARMO	57	M5559	81	M		C V PORTO	00:58:58	00:58:06
1273	1490	CUSTODIO NETO	59	M5559	82	M		INDIVIDUAL	00:58:59	00:58:47
1274	1717	JOSE TRINDADE	35	M1939	557	M		INDIVIDUAL	00:58:59	00:57:49
1275	853	JOSE ARAUJO	51	M5054	130	M		INDIVIDUAL	00:59:00	00:58:49
1276	1206	CARLA CARDOSO	26	F2034	32	F		PORTO RUNNERS	00:59:00	00:58:00
1277	661	LUCINDA NUNES	31	F2034	33	F		FEMAB	00:59:01	00:58:21
1278	1741	JOSE SILVA	37	M1939	558	M		INDIVIDUAL	00:59:01	00:58:34
1279	410	RITA REBELO	24	F2034	34	F		TERRORES DO	00:59:02	00:58:28
1280	419	MARIO SANTOS	24	M1939	559	M		TERRORES DO	00:59:02	00:58:26
1281	1294	JOAO SILVA	49	M4549	181	M		TEAM U M	00:59:05	00:58:06
1282	60	PEDRO CALDAS	27	M1939	560	M		INDIVIDUAL	00:59:10	00:58:33
1283	179	ARTUR FERREIRA	37	M1939	561	M		INDIVIDUAL	00:59:11	00:58:36
1284	1704	LEOMAR TIRADENTES	40	M4044	221	M		U F VICOSA	00:59:12	00:59:00
1285	754	PAULA CHAVES	41	F3599	27	F		OS MADRUGAS	00:59:13	00:58:32
1286	949	ARMANDO PENEDA	53	M5054	131	M		EDP PORTO	00:59:13	00:59:13
1287	947	NUNO ANJO	37	M1939	562	M		INDIVIDUAL	00:59:21	00:58:39
1288	1456	JOAQUIM CUNHA	53	M5054	132	M		INDIVIDUAL	00:59:24	00:58:29
1289	430	LUISA SANTOS	45	F3599	28	F		INDIVIDUAL	00:59:32	00:58:48
1290	1597	JORGE CRUZ	33	M1939	563	M		Individual	00:59:34	00:59:34
1291	326	CELESTINO RIOS	41	M4044	222	M		INDIVIDUAL	00:59:38	00:59:12
1292	1321	MANUEL NUNES	50	M5054	133	M		INDIVIDUAL	00:59:38	00:59:00
1293	1591	MANUEL NEVES	33	M1939	564	M		Individual	00:59:42	00:58:57
1294	269	PAULO RODRIGUES	27	M1939	565	M		INDIVIDUAL	00:59:43	00:58:55
1295	628	JOSÉ ESPERANÇA	65	M6099	50	M		INDIVIDUAL	00:59:44	00:59:24
1296	1605	MARIA GONÇALVES	29	F2034	35	F		Individual	00:59:45	00:59:02

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
1297	270	MARIA RODRIGUES	41	F3599	29	F		INDIVIDUAL	00:59:46	00:58:58
1298	1209	CRISTINA GOMES	31	F2034	36	F		PORTO RUNNERS	00:59:47	00:59:23
1299	1236	PAULO GOMES	37	M1939	566	M		PORTO RUNNERS	00:59:47	00:59:24
1300	496	ALEXANDRE SILVA	37	M1939	567	M		INDIVIDUAL	00:59:48	00:59:06
1301	1211	FATIMA FERREIRA	34	F2034	37	F		PORTO RUNNERS	00:59:50	00:58:52
1302	1239	RICARDO RAMALHO	31	M1939	568	M		PORTO RUNNERS	00:59:54	00:59:17
1303	1499	LILIANA CAMPOS	24	F2034	38	F		INDIVIDUAL	00:59:54	00:59:35
1304	1675	ANDRE LOPES	24	M1939	569	M		INDIVIDUAL	00:59:55	00:59:24
1305	1224	JOSE MEIRELES	47	M4549	182	M		PORTO RUNNERS	00:59:56	00:59:17
1306	1225	LAURA MATOS	32	F2034	39	F		PORTO RUNNERS	00:59:56	00:59:21
1307	1216	FRANCISCO COSTA	44	M4044	223	M		PORTO RUNNERS	00:59:57	00:59:18
1308	1473	MANUEL OLIVEIRA	38	M1939	570	M		INDIVIDUAL	00:59:58	00:56:42
1309	767	JOSE SILVA	64	M6099	51	M		INDIVIDUAL	00:59:59	00:58:52
1310	1677	MARIA GONÇALVES	50	F3599	30	F		INDIVIDUAL	01:00:00	00:59:04
1311	1248	CELIO FERNANDES	25	M1939	571	M		INDIVIDUAL	01:00:08	00:59:28
1312	1402	CLAUDIO PINTO	19	M1939	572	M		INDIVIDUAL	01:00:16	01:00:02
1313	1424	PAULO PINTO	39	M1939	573	M		INDIVIDUAL	01:00:16	00:59:59
1314	908	MANUEL LACERDA	43	M4044	224	M		INDIVIDUAL	01:00:20	00:59:32
1315	1682	EURICO COELHO	33	M1939	574	M		ACADEMICA	01:00:22	00:59:32
1316	1632	JOSÉ MARIA PEREIRA	44	M4044	225	M		Individual	01:00:25	01:00:12
1317	1633	JOSÉ CAPELO	45	M4549	183	M		Individual	01:00:25	01:00:12
1318	1421	LUIS CARVALHO	35	M1939	575	M		INDIVIDUAL	01:00:35	01:00:35
1319	1515	RICARDO FERREIRA	32	M1939	576	M		Individual	01:00:36	00:59:25
1320	903	PEDRO OLIVEIRA	26	M1939	577	M		INDIVIDUAL	01:00:39	01:00:17
1321	390	VITOR SILVA	27	M1939	578	M		INDIVIDUAL	01:00:41	01:00:18
1322	891	RUI COUTO	33	M1939	579	M		INDIVIDUAL	01:00:43	01:00:43
1323	267	JOSE CASTELO	54	M5054	134	M		INDIVIDUAL	01:00:45	01:00:04
1324	1526	FILIPA VASCONCELOS	32	F2034	40	F		Individual	01:00:45	00:59:36
1325	255	ANTONIO VERDELHO	40	M4044	226	M		COMPANHIA	01:00:47	01:00:17
1326	1714	INES MONTEIRO	20	F2034	41	F		INDIVIDUAL	01:00:50	01:00:50
1327	204	IVO MONTEIRO	47	M4549	184	M		INDIVIDUAL	01:00:51	01:00:44
1328	1768	DANIEL MAGALHAES	25	M1939	580	M		INDIVIDUAL	01:00:52	01:00:16
1329	1769	JOSE DIAS	57	M5559	83	M		INDIVIDUAL	01:00:54	01:00:30
1330	1159	FERNANDO BARBEDO	37	M1939	581	M		INDIVIDUAL	01:00:56	01:00:51
1331	1093	ADRIANO SA	45	M4549	185	M		G C PES AO	01:01:00	01:00:17
1332	244	JOAO SILVA	26	M1939	582	M		INDIVIDUAL	01:01:09	01:00:52
1333	1429	VITOR SOUSA	56	M5559	84	M		INDIVIDUAL	01:01:09	01:00:35
1334	314	PAULO SIMOES	33	M1939	583	M		INDIVIDUAL	01:01:24	01:01:22
1335	1484	JORGE ROCHA	43	M4044	227	M		INDIVIDUAL	01:01:27	01:01:17
1336	995	RUI RESENDE	42	M4044	228	M		INDIVIDUAL	01:01:28	01:00:38
1337	1630	RUI SILVA	37	M1939	584	M		Individual	01:01:28	01:00:47
1338	1425	PEDRO TAVARES	31	M1939	585	M		INDIVIDUAL	01:01:30	01:00:57

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
1339	321	FERNANDO SANTOS	41	M4044	229	M		INDIVIDUAL	01:01:36	01:01:22
1340	1459	RUI SOUSA	45	M4549	186	M		INDIVIDUAL	01:01:38	01:00:56
1341	498	JOAQUIM SILVA	34	M1939	586	M		ARRASTASSOLAS	01:01:41	01:00:40
1342	502	PEDRO MAGALHAES	31	M1939	587	M		ARRASTASSOLAS	01:01:41	01:00:41
1343	1671	CARLOS PEREIRA	41	M4044	230	M		Individual	01:01:51	01:01:51
1344	1368	NUNO AMARAL	23	M1939	588	M		GRUNIL	01:01:54	01:01:09
1345	172	ALEXANDRE CASTRO	55	M5559	85	M		INDIVIDUAL	01:01:55	01:00:51
1346	1367	ARTUR COSTA	36	M1939	589	M		GRUNIL	01:01:55	01:01:10
1347	1366	EDUARDO FERREIRA	38	M1939	590	M		GRUNIL	01:01:56	01:01:11
1348	609	CARLOS ALCAIDE	69	M6099	52	M		QUINTA DA LAGOA	01:01:57	01:01:56
1349	1188	ANTONIO SILVA	52	M5054	135	M		JAVIP	01:01:58	01:01:35
1350	786	OLIVIA CARMO	47	F3599	31	F		INDIVIDUAL	01:02:00	01:01:15
1351	788	NUNO CARMO	24	M1939	591	M		INDIVIDUAL	01:02:00	01:01:15
1352	386	FERNANDA BRANDAO	30	F2034	42	F		INDIVIDUAL	01:02:01	01:01:01
1353	1694	ANA PEREZ	47	F3599	32	F		PORTO RUNNERS	01:02:01	01:01:00
1354	895	MARLENE AMORIM	33	F2034	43	F		INDIVIDUAL	01:02:03	01:01:21
1355	1246	MARIO PINTO	24	M1939	592	M		INDIVIDUAL	01:02:06	01:01:25
1356	1626	CARLOS LOPES	37	M1939	593	M		Individual	01:02:14	01:01:52
1357	1664	JOSÉ CALDEIRA	39	M1939	594	M		Brasil	01:02:14	01:01:53
1358	1423	NUNO ANTUNES	35	M1939	595	M		INDIVIDUAL	01:02:20	01:01:35
1359	991	LUIS SILVA	30	M1939	596	M		INDIVIDUAL	01:02:25	01:01:27
1360	1418	JOSE RODRIGUES	28	M1939	597	M		INDIVIDUAL	01:02:31	01:02:13
1361	1629	ANDRE VILAS-BOAS	35	M1939	598	M		Individual	01:02:32	01:01:24
1362	820	LUIS VALENTE	38	M1939	599	M		INDIVIDUAL	01:02:41	01:02:21
1363	1229	MANUEL RIBEIRO	53	M5054	136	M		PORTO RUNNERS	01:02:42	01:02:14
1364	1247	ANA MOURA	25	F2034	44	F		INDIVIDUAL	01:02:46	01:02:00
1365	1419	JOSE NEVES	29	M1939	600	M		INDIVIDUAL	01:02:53	01:02:53
1366	845	MARIO SILVA	26	M1939	601	M		DYNAMIC LIFE	01:02:54	01:01:48
1367	159	SANDRA SANTOS	22	F2034	45	F		INDIVIDUAL	01:02:55	01:01:52
1368	882	CATIA NEVES	25	F2034	46	F		DYNAMIC LIFE	01:02:55	01:01:53
1369	311	PAULO REIS	33	M1939	602	M		DYNAMIC LIFE	01:02:57	01:01:48
1370	169	ANTONIO GOMES	57	M5559	86	M		INDIVIDUAL	01:02:59	01:02:55
1371	683	ALEXANDRE MAGALHAES	68	M6099	53	M		OS PAPA LEGUAS	01:03:12	01:02:49
1372	887	AMERICO EUSEBIO	49	M4549	187	M		INDIVIDUAL	01:03:17	01:02:47
1373	886	FRANCLIN ALMEIDA	52	M5054	137	M		INDIVIDUAL	01:03:18	01:02:47
1374	1097	RUI SILVA	40	M4044	231	M		G C PES AO	01:03:31	01:02:53
1375	1271	JOSE FURTADO	58	M5559	87	M		OS KAGADOS	01:03:32	01:02:52
1376	566	ABILIO MACHADO	60	M6099	54	M		C V PORTO	01:03:35	01:03:17
1377	322	BRUNO SANTOS	23	M1939	603	M		INDIVIDUAL	01:03:36	01:03:23
1378	899	ANIBAL CHEU	68	M6099	55	M		INDIVIDUAL	01:03:43	01:03:10
1379	1017	MARIO COSTA	37	M1939	604	M		INDIVIDUAL	01:03:50	01:03:50
1380	468	RUI SILVA	35	M1939	605	M		INDIVIDUAL	01:04:17	01:03:46

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
1381	472	RUI SANTOS	31	M1939	606	M		INDIVIDUAL	01:04:17	01:04:17
1382	1511	SONIA MENDES	33	F2034	47	F		Individual	01:04:24	01:03:22
1383	323	MANUEL PEREIRA	61	M6099	56	M		INDIVIDUAL	01:04:29	01:04:21
1384	1552	DIOGO RIBEIRO	30	M1939	607	M		Individual	01:04:29	01:04:29
1385	1094	JOSE RESENDE	53	M5054	138	M		G C PES AO	01:04:40	01:04:01
1386	1563	RICARDO PAES	32	M1939	608	M		Individual	01:04:40	01:03:47
1387	1577	MÁRCIA MENDES	33	F2034	48	F		Angola	01:04:41	01:03:45
1388	380	RAUL ROLAO	45	M4549	188	M		TEJAVISTA	01:04:47	01:04:26
1389	382	PEDRO SAMPAIO	53	M5054	139	M		TEJAVISTA	01:04:47	01:04:47
1390	1428	SOFIA MARQUES	21	F2034	49	F		INDIVIDUAL	01:05:09	01:04:49
1391	202	JOSE MOUTINHO	41	M4044	232	M		INDIVIDUAL	01:05:14	01:04:32
1392	1077	LUIS PAULO	47	M4549	189	M		AA PRQ INFANTE	01:05:15	01:04:42
1393	1073	BEATRIZ GOMES	44	F3599	33	F		AA PRQ INFANTE	01:05:16	01:04:46
1394	1357	JOAO COSTA	55	M5559	88	M		G D C BANCO	01:05:16	01:04:44
1395	1074	FERNANDO JESUS	42	M4044	233	M		AA PRQ INFANTE	01:05:19	01:04:49
1396	1369	LAURA MARTINS	25	F2034	50	F		GRUNIL	01:05:46	01:05:03
1397	1364	JOAO MARTINS	54	M5054	140	M		GRUNIL	01:05:47	01:05:47
1398	1365	ISABEL MARTINS	47	F3599	34	F		GRUNIL	01:05:47	01:05:04
1399	809	MARIO LIMA	54	M5054	141	M		AMIGOS DE	01:05:52	01:05:05
1400	844	CARLOS SOARES	32	M1939	609	M		INDIVIDUAL	01:05:56	01:05:49
1401	945	GABIEL ALVES	25	M1939	610	M		INDIVIDUAL	01:06:08	01:06:00
1402	906	JOAO MOURA	27	M1939	611	M		MAGICKNIGHTS	01:06:11	01:05:18
1403	904	FILIFE SANTOS	26	M1939	612	M		MAGICKNIGHTS	01:06:13	01:05:21
1404	1244	SANDRA FREITAS	32	F2034	51	F		PORTO RUNNERS	01:06:15	01:06:15
1405	1233	NELSON SOUSA	28	M1939	613	M		PORTO RUNNERS	01:06:16	01:05:27
1406	1214	FILIFE CARVALHO	26	M1939	614	M		PORTO RUNNERS	01:06:17	01:05:29
1407	836	JOSE GONÇALVES	37	M1939	615	M		INDIVIDUAL	01:06:36	01:05:54
1408	1580	ANTONIO TAVARES	37	M1939	616	M		Individual	01:06:39	01:05:59
1409	557	LUIS LIMA	43	M4044	234	M		CA ARCADA	01:06:40	01:05:36
1410	1570	ANTÓNIO FIGUEIRAS	79	M6099	57	M		Individual	01:06:41	01:06:05
1411	1576	ANTÓNIO MENDES	33	M1939	617	M		Individual	01:06:41	01:05:48
1412	1443	MANUEL OROSO	56	M5559	89	M		INDIVIDUAL	01:06:42	01:05:53
1413	383	FELIX DIAS	72	M6099	58	M		INDIVIDUAL	01:06:54	01:06:03
1414	356	OLINDA CARQUEJA	44	F3599	35	F		OS ROMPE SOLAS	01:06:56	01:06:36
1415	357	FERNANDA ORFAO	45	F3599	36	F		OS ROMPE SOLAS	01:06:56	01:06:37
1416	1651	ANTONIO CABRAL	46	M4549	190	M		Individual	01:07:01	01:06:04
1417	1663	CARLOS SILVA	42	M4044	235	M		Individual	01:07:14	01:07:14
1418	1498	MARCIO AFONSO	33	M1939	618	M		INDIVIDUAL	01:07:55	01:07:22
1419	1719	MARIO BAPTISTA	38	M1939	619	M		INDIVIDUAL	01:07:57	01:06:43
1420	1192	JOAQUIM LAMEIRINHAS	41	M4044	236	M		OS AMIGOS DE GAIA	01:08:12	01:07:54
1421	1685	MARIA BELEM	27	F2034	52	F		INDIVIDUAL	01:08:12	01:07:09
1422	1426	PEDRO ROCHA	35	M1939	620	M		INDIVIDUAL	01:08:33	01:07:45

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.E.E.	Sx.	C. SC	Clube	Tempo	Líquido
1423	1232	MARIA CARRAPATO	36	F3599	37	F		PORTO RUNNERS	01:08:38	01:07:56
1424	562	CARMEN LIMA	31	F2034	53	F		INDIVIDUAL	01:08:41	01:07:49
1425	563	ANTONIO MORAIS	35	M1939	621	M		INDIVIDUAL	01:08:42	01:07:46
1426	780	JOSE SOUSA	52	M5054	142	M		INDIVIDUAL	01:08:44	01:08:25
1427	879	ELISABETE VIEIRA	35	F3599	38	F		DYNAMIC LIFE	01:08:55	01:07:52
1428	880	NUNO BARRA	40	M4044	237	M		DYNAMIC LIFE	01:08:55	01:08:55
1429	1592	ABEL ESPINHEIRINHA	44	M4044	238	M		Individual	01:08:57	01:08:52
1430	359	PATRICIA DELCA	33	F2034	54	F		OS ROMPE SOLAS	01:09:17	01:08:49
1431	1259	ADELAIDE COELHO	41	F3599	39	F		OS KAGADOS	01:09:17	01:08:26
1432	1521	TRACEY SCHWARTZ	31	F2034	55	F		EUA	01:09:28	01:08:38
1433	1611	PEDRO MOUTINHO	35	M1939	622	M		Individual	01:09:54	01:08:48
1434	1627	PEDRO TENREIRO	36	M1939	623	M		Individual	01:09:54	01:08:49
1435	1711	ANTONIO GONÇALVES	50	M5054	143	M		INDIVIDUAL	01:10:03	01:09:01
1436	495	EDUARDO CARIDADE	40	M4044	239	M		INDIVIDUAL	01:10:07	01:09:30
1437	1519	RUI VIEIRA	32	M1939	624	M		Individual	01:10:12	01:09:02
1438	1516	FERNANDO VIEIRA	29	M1939	625	M		Individual	01:10:14	01:09:04
1439	1604	DANIEL REBELO	29	M1939	626	M		Individual	01:10:21	01:09:37
1440	1404	DAVID FERREIRA	21	M1939	627	M		INDIVIDUAL	01:10:36	01:10:23
1441	1409	HELDER RAMOS	28	M1939	628	M		INDIVIDUAL	01:10:36	01:10:22
1442	1356	JOSE GOMES	50	M5054	144	M		G D C BANCO	01:11:00	01:10:13
1443	1579	BRUNO REIS	35	M1939	629	M		Individual	01:11:11	01:10:05
1444	1408	FRANCISCO LUPI	32	M1939	630	M		INDIVIDUAL	01:11:13	01:10:53
1445	1520	FLAVIA ALIBERTI	31	F2034	56	F		Brasil	01:11:25	01:10:36
1446	283	SONIA MELO	30	F2034	57	F		INDIVIDUAL	01:11:37	01:10:57
1447	284	VITOR CUNHA	31	M1939	631	M		INDIVIDUAL	01:11:39	01:10:59
1448	1406	EDUARDO GOMES	42	M4044	240	M		INDIVIDUAL	01:11:42	01:11:42
1449	446	SONIA MOREIRA	23	F2034	58	F		INDIVIDUAL	01:11:45	01:10:19
1450	1537	ALBERTO BALDAQUE	33	M1939	632	M		Individual	01:11:52	01:10:41
1451	1585	SUSANA GARCIA CAMACHO	40	F3599	40	F		ESPANHA	01:11:56	01:11:02
1452	942	AMERICO FONSECA	59	M5559	90	M		INDIVIDUAL	01:12:13	01:11:45
1453	1720	ALEXANDRE SA	49	M4549	191	M		INDIVIDUAL	01:12:43	01:11:29
1454	1004	HUGO PEIXOTO	31	M1939	633	M		NUMO	01:18:38	01:18:38
1455	427	LEOPOLDO FERNANDES	52	M5054	145	M		CDCR CTT	01:18:39	01:18:39