

13km - Masculinos

#	Nome	Equipa	Dorsal	Tempo	Diferença
1	Paulo Vides	TriBraga McDonald's	131	00:56:54.689	----
2	Albino Magalhães	DrMerino/4moove	93	00:56:59.969	+ 00:00:05.280
3	Domingos Freitas	Dr.Merino/4moove	220	00:58:03.269	+ 00:01:08.580
4	Rafael Campos dos Santos	Individual	1	01:03:17.827	+ 00:06:23.138
5	Ramiro Ribeiro	Nba barrosas	97	01:03:39.638	+ 00:06:44.949
6	Tiago Lima	Aves Runners	91	01:04:25.652	+ 00:07:30.963
7	Miguel Ribeiro	Miguel Ribeiro	230	01:05:14.556	+ 00:08:19.867
8	Ricardo Silva	Clube Trilheiros&Amigos	28	01:05:17.011	+ 00:08:22.322
9	André Neves	Individual	138	01:05:22.238	+ 00:08:27.549
10	Afonso Torres	Aves Runners	136	01:05:25.939	+ 00:08:31.250
11	Carlos Alberto Gomes da Silva	Clube Trilheiros e Amigos	41	01:05:29.354	+ 00:08:34.665
12	Nuno Ribeiro	Só pela Natureza	105	01:07:31.835	+ 00:10:37.146
13	Telmo Cardoso	Clube Trilheiros e Amigos	72	01:07:36.824	+ 00:10:42.135
14	António Gomes	Trilheiros e Amigos	141	01:07:41.184	+ 00:10:46.495
15	Alcino Sampaio	Aves Runners	183	01:07:43.080	+ 00:10:48.391
16	Joaquim Carneiro	IronMen	88	01:07:51.490	+ 00:10:56.801
17	Filipe Pinto	BTT Alegria//Tubani	264	01:07:53.309	+ 00:10:58.620
18	Fernando Nunes	Lousada btt	87	01:07:54.835	+ 00:11:00.146
19	Antonio Joaquim Dias Teles	Individual	111	01:07:57.248	+ 00:11:02.559
20	RICARDO RODRIGUES	TESCO TEAM RUNNING	129	01:08:04.836	+ 00:11:10.147
21	Jose Virgilio Fernandes Machado	Individual	107	01:08:09.163	+ 00:11:14.474
22	ANDRÉ MARTINS	TESCO TEAM RUNNING	146	01:08:59.344	+ 00:12:04.655
23	Nélio Martins Guimarães	Individual	238	01:09:45.017	+ 00:12:50.328
24	Renato	Individual	273	01:10:11.265	+ 00:13:16.576
25	Jose pedro salgado silva ferreira	IronMen	85	01:11:46.314	+ 00:14:51.625
26	Joaquim Pinto	Clube Trilheiros e Amigos	81	01:14:02.581	+ 00:17:07.892
27	Samuel Cristiano Ferreira de Bessa	Individual	182	01:14:27.522	+ 00:17:32.833
28	Marcelo Pereira	TF TEAM	16	01:15:02.213	+ 00:18:07.524
29	Álvaro Pereira	Aves Runners	96	01:15:09.414	+ 00:18:14.725
30	Nuno Rafael da Silva Morais	Individual	190	01:15:53.892	+ 00:18:59.203
31	Herberto Simão Fernandes Coelho 21	2 á Rasca	130	01:16:15.618	+ 00:19:20.929
32	Paulo Mesquita	Individual	101	01:16:25.979	+ 00:19:31.290
33	Pedro Ferreira	Rorizaventura	212	01:16:45.926	+ 00:19:51.237
34	Ricardo Mota	TESCO Team running	231	01:17:57.782	+ 00:21:03.093
35	Hélder Costa	Aves Runners	92	01:18:12.081	+ 00:21:17.392
36	Filipe Pedrosa	Aves Runners	90	01:18:14.125	+ 00:21:19.436
37	Gabriel Carneiro	Aves Runners	143	01:18:17.736	+ 00:21:23.047
38	Jorge Costa	Aves Runners	106	01:18:42.240	+ 00:21:47.551

39	Ricardo Maia	Individual	132	01:18:55.116	+ 00:22:00.427
40	Daniel Vieira	Fama Runners	202	01:19:58.440	+ 00:23:03.751
41	Pedro brizado	Pipb	166	01:20:02.208	+ 00:23:07.519
42	André Monteiro	Individual	7	01:20:22.634	+ 00:23:27.945
43	João Guimarães	A. D. Lustosa	109	01:20:29.348	+ 00:23:34.659
44	José Fernandes	Aves Runners	95	01:20:34.545	+ 00:23:39.856
45	Filipe M.M. Carneiro	BTTOKS	197	01:20:37.393	+ 00:23:42.704
46	Nuno Neto	Individual	84	01:20:46.970	+ 00:23:52.281
47	Hernani Barbosa da Cunha Costa	Individual	110	01:21:00.309	+ 00:24:05.620
48	Dinis Soares	Aves Runners	102	01:21:34.157	+ 00:24:39.468
49	Bruno Ferreira	Rorizaventura	17	01:23:19.379	+ 00:26:24.690
50	Pedro Oliveira	Fama Runners	203	01:23:38.018	+ 00:26:43.329
51	Lino Moreira	Os TurboMula	163	01:23:40.700	+ 00:26:46.011
52	Manuel Mendes Peixoto	individual	4	01:23:44.089	+ 00:26:49.400
53	Sergio Albino Sousa Carvalho	individual	49	01:24:05.735	+ 00:27:11.046
54	António Gomes da Silva	Clube Trilheiros & Amigos	77	01:24:45.345	+ 00:27:50.656
55	Vítor Hugo Ferreira Dias	Clube trilheiros & amigos	120	01:24:48.974	+ 00:27:54.285
56	Daniel Gonçalves	TF TEAM	15	01:25:34.833	+ 00:28:40.144
57	Nuno Ferreira	Individual	266	01:26:28.186	+ 00:29:33.497
58	Mário Estêvão	BTT Alegria // TUBANI	155	01:26:39.563	+ 00:29:44.874
59	Nuno Ribeiro	Silva	185	01:26:51.319	+ 00:29:56.630
60	Manuel Freire	Clube Trilheiros e Amigos	2	01:27:27.471	+ 00:30:32.782
61	Vítor Andrade	clube trilheiros & amigos	33	01:27:39.139	+ 00:30:44.450
62	Rafael Costa	Fama Runners	200	01:28:09.212	+ 00:31:14.523
63	Mario lima	Aves Runners	214	01:28:40.910	+ 00:31:46.221
64	António Ribeiro	Lusitanus team	42	01:28:56.862	+ 00:32:02.173
65	Paulo Pereira	Aves Runners	234	01:29:18.823	+ 00:32:24.134
66	Vitor Martins	Runordie	64	01:29:45.073	+ 00:32:50.384
67	Filipe Leão	Runordie	63	01:29:49.163	+ 00:32:54.474
68	Vítor Hugo Fernandes	Aves Runners	9	01:29:53.609	+ 00:32:58.920
69	José Miguel Martins	Run100saida	79	01:31:31.428	+ 00:34:36.739
70	Rui Costa	Os2horas	89	01:31:53.788	+ 00:34:59.099
71	Luís Sérgio	IronMen	44	01:32:05.218	+ 00:35:10.529
72	Heitor Neto	Os2horas	116	01:32:13.701	+ 00:35:19.012
73	Carlos Diogo Ramos da Silva	BTT 100 Saída	73	01:32:19.238	+ 00:35:24.549
74	Arlindo Cunha	Clube trilheiros e amigos	65	01:32:26.799	+ 00:35:32.110
75	Sérgio Ferreira	Afrikanrunners	174	01:33:34.775	+ 00:36:40.086
76	Pedro Gonçalves	Individual	268	01:33:47.116	+ 00:36:52.427
77	Rafael Silva	Amigos para Correr	26	01:33:51.147	+ 00:36:56.458
78	Pedro Moreira	Amigos para correr	32	01:33:52.206	+ 00:36:57.517
79	José Miguel Sousa	Individual	37	01:33:55.210	+ 00:37:00.521
80	Sergio Coelho	BTT Alegria // TUBANI	162	01:34:06.094	+ 00:37:11.405

81	Carlos Gonçalves	Ironmen	177	01:35:05.254	+ 00:38:10.565
82	Paulo Hernani	Não tenho	148	01:35:48.562	+ 00:38:53.873
83	Gabriel Freitas	Aves Runners	180	01:37:45.767	+ 00:40:51.078
84	Tiago Mendonça	IronMen	51	01:37:50.905	+ 00:40:56.216
85	Francisco Xavier Carvalho da Silva Campos	Nkaroriz	196	01:38:02.419	+ 00:41:07.730
86	Basílio Magno de Sousa Andrade	Individual	34	01:38:05.911	+ 00:41:11.222
87	Manuel António Sousa	individual	134	01:41:20.624	+ 00:44:25.935
88	Emanuel Esteves	RorizAventura	269	01:42:03.847	+ 00:45:09.158
89	Armando Ferreira	Clube trilheiros e amigos	71	01:43:06.666	+ 00:46:11.977
90	Pedro Nunes	Clube trilheiros e amigos	68	01:43:08.235	+ 00:46:13.546
91	Luís Miguel Gomes	Clube trilheiros e amigos	70	01:43:09.978	+ 00:46:15.289
92	Jose Leão	Roriz Aventura	82	01:43:14.329	+ 00:46:19.640
93	Tiago Costa	TSF	206	01:43:18.299	+ 00:46:23.610
94	Fernando Ribeiro	TSF	59	01:43:20.514	+ 00:46:25.825
95	Toni Alves	Individual	236	01:45:50.458	+ 00:48:55.769
96	Joaquim Cunha	Individual	237	01:45:53.981	+ 00:48:59.292
97	José pinto	Clube Trilheiros e Amigos	40	01:46:31.933	+ 00:49:37.244
98	Bruno Filipe Nogueira Mota Oliveira	Mota	133	01:48:05.601	+ 00:51:10.912
99	Pedro André Gonçalves Morais	Choco Team	112	01:48:51.298	+ 00:51:56.609
100	Diogo Fontes Barroso	Gazelas	193	01:49:10.174	+ 00:52:15.485
101	Antonio Coutinho	ARN	267	01:49:31.370	+ 00:52:36.681
102	José Mário Machado Coelho	Abram Alas BTT	191	01:51:09.920	+ 00:54:15.231
103	Isidro silva	Pipb	165	01:55:25.965	+ 00:58:31.276
104	Marco Machado	Afrikanrunners	170	01:59:34.022	+ 01:02:39.333
105	Joaquim da Silva Coelho	Elloyyy	223	01:59:40.434	+01:02:45.745
106	Floriano Gonçalves	Aves Runners	122	02:03:00.333	+ 01:06:05.644
107	Rui Gonçalves	Bifanas BTT	211	02:03:18.279	+ 01:06:23.590
108	Manuel Martinho Ferreira Monteiro	Monteiro	127	02:07:46.229	+ 01:10:51.540
109	Fábio Miguel Melo Torres	RorizAventura	228	02:07:54.542	+ 01:10:59.853
110	Carlos Alberto Martins da Silva	X	140	02:08:32.231	+ 01:11:37.542
111	Helder Peixoto	BP	243	02:22:41.15	+ 01:25:46.468
112	Artur Joaquim Neto Barroso	Gazelas	195	02:22:47.126	+ 01:25:52.437
113	Manuel Barroso	B.B	145	02:34:26.153	+ 01:37:31.464
114	Pedro Cristiano Ferreira	BF	241	02:34:29.162	+ 01:37:34.473
115	Honorato	Individual	274	02:42:34.968	+ 01:45:40.279
116	Julio Braga	Nast	209	02:49:06.644	+ 01:52:11.955

13km - Femininos

#	Nome	Equipa	Dorsal	Tempo	Diferença
1	Gilberta Barbosa	Tesco Team Running	53	01:18:31.648	----
2	Andreia Carina Coelho Ferreira	Cajo	114	01:19:44.974	+ 00:01:13.326
3	Sandra Veloso	Aves Runners	181	01:23:51.713	+ 00:05:20.065
4	Elisabete Gonçalves	Clube trilheiros & amigos	60	01:24:46.770	+ 00:06:15.122
5	Nuria Martins Ferreira	NAST	221	01:27:10.220	+ 00:08:38.572
6	Ana Monteiro	Lusitanus team	36	01:28:54.528	+ 00:10:22.880
7	Liliana de Andrade de Barros	Alive Runners	229	01:30:34.663	+ 00:12:03.015
8	Liliana Alves	Alive Runners	139	01:30:47.163	+ 00:12:15.515
9	Lúcia Andrade	Clube trilheiros e amigos	69	01:32:24.121	+ 00:13:52.473
10	Dulce Maria Oliveira Ribeiro	Individual	126	01:33:21.507	+00:14:49:859
11	Silvia Maria Fernandes Ferreira	Individual	31	01:33:58.646	+ 00:15:26.998
12	Sofia Ferreira	BTT Alegria // TUBANI	154	01:34:07.730	+ 00:15:36.082
13	Ana Carolina Lopes Ferreira	NAST	52	01:35:51.842	+ 00:17:20.194
14	Delfina Rompante	Aves Runners	184	01:37:58.228	+ 00:19:26.580
15	Tânia Meireles	Clube Trilheiros e Amigos	125	01:42:58.951	+ 00:24:27.303
16	Susana Fernanda Da Costa Monteiro	Nkaroriz	205	01:43:31.134	+ 00:24:59.486
17	Cristiana Ferreira	Nkaroriz	204	01:43:34.773	+ 00:25:03.125
18	Isabel Ferreira	Alive Runners	104	01:43:38.248	+ 00:25:06.600
19	Sílvia Marta Soares do Rêgo	NAST	54	01:44:23.132	+ 00:25:51.484
20	Carla Neto	INDIVIDUAL	113	01:44:52.312	+ 00:26:20.664
21	Ana Carvalho	Individual	179	01:45:33.424	+ 00:27:01.776
22	Susana Cunha	Clube trilheiros e amigos	67	01:46:15.219	+ 00:27:43.571
23	Roberta Ferreira	Clube trilheiros e amigos	66	01:46:30.628	+ 00:27:58.980
24	Paula Pereira	IronLadies	43	01:46:37.203	+ 00:28:05.555
25	Paula Alexandra Carneiro Silva	Individual	137	01:47:00.298	+ 00:28:28.650
26	Joana Meneses	Choco Team	103	01:48:49.223	+ 00:30:17.575
27	Miguela Monteiro	Afrikanrunners	188	01:50:26.724	+ 00:31:55.076
28	Ana Rita Machado	Individual	123	01:50:35.243	+ 00:32:03.595
29	Ana Luísa Machado de Carvalho	#triodopiorio	98	01:50:36.742	+ 00:32:05.094
30	Sandra Silva	#triodopiorio	22	01:50:40.076	+ 00:32:08.428
31	joana silva	sem equipa	10	01:50:43.801	+ 00:32:12.153
32	Bernardete Martins Esteves	Elloyyyy	226	01:52:20.023	+ 00:33:48.375
33	Maria Goretti Caldas Martins	Elloyyy	224	01:52:24.370	+ 00:33:52.722
34	Renata Esteves Fernandes	Elloyyy	219	01:52:27.016	+ 00:33:55.368
35	Mariana Gomes	RorizAventura	45	01:54:27.742	+ 00:35:56.094
36	Joselina Maria Machado Sousa	Individual	30	01:54:31.991	+ 00:36:00.343
37	Carla Adília Fernandes Ferreira	Individual	29	01:54:34.363	+ 00:36:02.715
38	Martina Machado	Individual	135	01:55:32.67	+ 00:37:01.025
39	Ariana Pereira	AvesRunners	142	01:58:03.088	+ 00:40:58.380

40	Paula Machado	Afrikanrunners	168	01:59:27.114	+ 00:41:08.786
41	Sandra Freitas	Afrikanrunners	217	01:59:30.028	+ 00:40:580.38
42	Juliana Veloso	Aves Runners	121	02:02:59.027	+ 00:44:27.379
43	Ana Rita	IronLadies	25	02:03:02.744	+ 00:44:31.096
44	Olga Coelho	IronLadies	50	02:03:15.045	+ 00:44:43.397
45	Magda Rodrigues	Individual	173	02:03:38.726	+ 00:45:07.078
46	Teresa Ribeiro	Individual	178	02:03:52.709	+ 00:45:21.061
47	Maria José Ribeiro Granjo	Individual	213	02:04:00.005	+ 00:45:28.357
48	Ana Sousa	Fama Runners	201	02:04:16.406	+ 00:45:44.758
49	Cristina Cruz	Fama runners	244	02:04:21.974	+ 00:45:50.326
50	Daniela Marques	Fama Runners	198	02:04:28.326	+ 00:45:56.678
51	Anabela da F Ferreira	rorizaventura	233	02:07:50.576	+ 00:49:18.928
52	Ana Maria Leal Pereira Nunes	rorizaventura	232	02:07:57.735	+ 00:49:26.087
53	Manuela Moreira	Individual	172	02:14:35.207	+ 00:56:03.559
54	Ana Moreira	Osturba Mula	164	02:16:55.875	+00:58:24.227
55	Maria Cristina Pereira de Oliveira	Trio Odmira	194	02:19:30.996	+ 01:00:59.348
56	Claudia Goreti Pereira Campos	Trio Odmira	227	02:19:33.211	+ 01:01:01.563
57	Magali Soares do Amaral	Magali Amaral	80	02:24:25.100	+ 01:05:53.452
58	Rita Silva	Individual	275	02:42:32.157	+ 01:24:00.509
59	Maria alexandra pereira paiva	Culpa team	152	02:47:34.619	+ 01:29:02.971
60	Cristina Ribeiro	Culpa Team	150	02:47:37.158	+ 01:29:05.510
61	Ana Cátia Correia de Sá e Alves Vieira	Culpa Team	153	02:47:38.730	+ 01:29:07.082
62	Marieta Viana	Nast	210	02:49:09.807	+ 01:30:38.159
63	Sílvia Coelho	Roriz aventura	11	02:49:18.653	+ 01:30:47.005
64	FANNY ASSUNÇÃO DINIS SILVA	.	119	02:49:20.518	+ 01:30:48.861
65	Cátia Coelho	N/A	215	02:49:22.820	+ 01:30:51.172
66	Andrea de Fátima Monteiro Dias	fourfun	56	02:53:25.232	+ 01:34:53.584
67	Elisabete Fereira	Fourfun	128	02:53:29.056	+ 01:34:57.408
68	Matilde Pacheco Pedroso Ferreira	Fourfun	55	02:53:30.471	+ 01:34:58.823
69	Marta Barroso	BF	242	03:08:59.083	+ 01:50:27.435
70	Ivone Monteiro	Gazela	187	03:09:06.401	+ 01:50:34.753
71	Andreia Manuela Costa Fontes	Gazelas	192	03:09:08.184	+ 01:50:36.536
72	vera Andreia Martins da Silva	Trio Odmira	218	03:09:09.732	+ 01:50:38.084
73	Diana Portas	Caminheiros da Sede	48	03:09:10.771	+ 01:50:39.123
74	Ana Ribeiro	culpa team	149	03:09:14.688	+ 01:50:43.040
75	Sidonia Fernanda Martins Caldas	Gazelas	208	03:09:17.254	+ 01:50:45.606
76	Anabela Margarida Ferreria	Gazelas	235	03:09:21.210	+ 01:50:49.562
77	Susana Santos	Elloyyy	225	03:10:42.358	+ 01:52:10.710
78	Sónia Monteiro Fernandes	Keimabanha	117	03:10:52.707	+ 01:52:21.059
79	Marcia Aparecida Oliveira	Elloyyy	239	03:14:11.774	+ 01:55:40.126
80	Paula Cristina morreira	Pessoal	186	03:37:16.143	+ 02:18:44.495
81	Estela Lopes	Individual	271	03:37:18.392	+ 02:18:46.744
82	Claudia Micaela Pereira Monteiro	individual	5	03:37:23.892	+ 02:18:52.244
83	Cidália Silva	RorizAventura	6	03:37:25.202	+ 02:18:53.554