



Resultados - Geral (10 km)

Posição	Dorsal	Nome	Clube	Tempo	Doado
1	691	Cristiano Nogueira	>35	01:08:00	1€
2	889	Nuno Almeida	CCDFPJP	01:44:16	1€
3	611	MÃ´nica Carvalhais	Individual	01:45:35	1€
4	897	Ricardo Neto	Andatrilhos Freamunde	01:51:32	1€
5	871	Nuno Nascimento	Porto Cargo	01:53:11	1€
6	939	Pedro Sousa	Gondomar Futsal Clube	01:59:07	1€
7	937	VÃ¡tor Ferreira	Farroncos Papa Km	02:02:17	1€
8	628	Isabel Silva	FamÃ¡lia Silva	02:08:44	1€
9	627	Rui Silva	FamÃ¡lia Silva	02:08:48	1€
10	433	JosÃ© Gomes	Sai ao pai	02:10:27	2€

11	742	Cindy Pedrosa	Fama Runners	02:11:27	1€
12	770	Marlene Soares	Ninja Team	02:14:13	1€
13	777	Jorge Silva	Ninja Team	02:14:16	1€
14	741	C�ndida Pedrosa	Fama Runners	02:15:19	1€
15	686	Pedro Anjos	B78	02:16:18	1€
16	604	Pedro Brizado	PIPB	02:19:29	1€
17	655	Gabriel Bem	Individual	02:20:31	1€
18	720	Ricardo Afonso	BYL - Beat Your Limit!	02:20:44	1€
19	687	Sara Soares	B78	02:21:31	1€
20	733	Tiago Reitor	BYL - Beat Your Limit!	02:25:45	1€
21	731	Diana Gon�salves	BYL - Beat Your Limit!	02:29:02	1€
22	735	Andreia Maio	BYL - Beat Your Limit!	02:29:06	1€
23	736	Elvira Lima	BYL - Beat Your Limit!	02:30:41	1€
24	725	Nuno Santos	BYL - Beat Your Limit!	02:30:45	1€
25	724	Susana Cambey	BYL - Beat Your Limit!	02:30:46	1€
26	719	Cristina Jesus	BYL - Beat Your Limit!	02:30:50	1€
27	734	Sofia Coelho	BYL - Beat Your Limit!	02:30:51	1€
28	718	Carlos Jesus	BYL - Beat Your Limit!	02:30:56	1€
29	728	Jos� Carlos	BYL - Beat Your Limit!	02:30:58	1€

30	729	Niki Marie	BYL - Beat Your Limit!	02:31:02	1€
31	723	Gil Castro	BYL - Beat Your Limit!	02:31:04	1€
32	740	Katia Pedrosa	Fama Runners	02:31:07	1€
33	601	Jorge Marialva	Marialvas	02:32:03	1€
34	387	Paulo Ribeiro	Lion Runners - G. D. LeÃµes da Guarda	02:34:06	1,50€
35	713	Isabel Lopes	Lion Runners - G. D. LeÃµes da Guarda	02:34:18	1€
36	649	Paulo Sampaio	Corre e cala-te!	02:34:30	1€
37	689	Marta Amaro	>35	02:35:07	1€
38	726	Tania Rebelo	BYL - Beat Your Limit!	02:36:09	1€
39	722	Hugo Azevedo	BYL - Beat Your Limit!	02:36:13	1€
40	607	IsÃ¡dro Silva	PIPB	02:36:42	1€
41	639	SÃ¡rgio Cunha	RÃ¡pidos	02:38:55	1€
42	619	Daria Teixeira	Indomaveis	02:39:02	1€
43	631	Alexandre Teles	Patas Negras	02:39:13	1€
44	640	Ana Silva	RÃ¡pidos	02:39:16	1€
45	829	Henrique Peixoto	Equipa JoÃ£o Ferreira	02:40:44	1€
46	830	Adelia Peixoto	Equipa JoÃ£o Ferreira	02:40:47	1€
47	845	Ana Moreira	Budeguita Runners	02:43:02	1€
48	910	Susana Recarei	VKT	02:43:08	1€

49	756	Edgar Saraiva	Solmaia Runners	02:43:11	1€
50	874	Paula Guedes	Individual	02:43:14	1€
51	875	Sandra Amorim	Individual	02:43:22	1€
52	809	C�elia Aroso	Equipa Jo�o Ferreira	02:43:39	1€
53	665	Maria Marcelo	Individual	02:43:44	1€
54	712	Susana Mateus	Lion Runners - G. D. Le�mes da Guarda	02:43:47	1€
55	620	Ricardo Olivera	Leix�mes	02:44:03	1€
56	757	Helena Dias	Solmaia Runners	02:44:19	1€
57	748	M�nica Areias	Solmaia Runners	02:44:20	1€
58	753	Susana Coelho	Solmaia Runners	02:44:22	1€
59	755	Marisa Pinto	Solmaia Runners	02:44:25	1€
60	752	Miguel Moreira	Solmaia Runners	02:44:28	1€
61	754	Jo�o Carvalho	Solmaia Runners	02:44:31	1€
62	912	Teresa Montenegro	VKT	02:44:46	1€
63	913	Cristina Almeida	VKT	02:44:50	1€
64	850	Susana Martins	Fitspot - Parque Nascente	02:45:26	1€
65	854	Joana Sousa	Fitspot - Parque Nascente	02:46:12	1€
66	786	Am�rico Almeida	Monte dos Amigos	02:46:16	1€

67	625	Pedro Carvalho	Pedra no Sapato	02:47:49	1€
68	882	Nuno Moreira	Cavaleiros do Fino Perdido	02:48:06	1€
69	883	JosÃ© Ribeiro	Cavaleiros do Fino Perdido	02:48:08	1€
70	800	SÃ³nia Silva	Monte dos Amigos	02:48:14	1€
71	782	SÃlvia Maciel	Ninja Team	02:48:18	1€
72	739	Mike Pedrosa	Fama Runners	02:49:57	1€
73	843	Ricardo Martins	Budeguita Runners	02:50:28	1€
74	629	Albino Teixeira	Individual	02:50:32	1€
75	630	Ana Bomtempo	Individual	02:50:37	1€
76	745	Nuno Campos	Solmaia Runners	02:51:07	1€
77	744	Manuel Mota	Solmaia Runners	02:51:09	1€
78	761	Magda Santos	Solmaia Runners	02:51:16	1€
79	747	Maria Oliveira	Solmaia Runners	02:51:20	1€
80	749	Joana Zenha	Solmaia Runners	02:51:23	1€
81	746	Vitor Zenha	Solmaia Runners	02:51:27	1€
82	762	Rui Salgado	Solmaia Runners	02:51:31	1€
83	936	Paulo Tavares	Farroncos Papa Km	02:51:41	1€
84	772	Lurdes Marques	Ninja Team	02:51:50	1€
85	759	MÃrio AraÃjo	Solmaia Runners	02:52:15	1€

86	606	Maria Silva	PIPB	02:52:19	1€
87	605	Sandra Nova	PIPB	02:52:23	1€
88	856	Susana Faria	Terroros do Asfalto	02:52:27	1€
89	651	Patr�cia Santos	Factor X	02:52:40	1€
90	666	Beatriz Silva	Individual	02:52:42	1€
91	821	Luis Barrigas	Equipa Jo�o Ferreira	02:52:45	1€
92	839	Marta Ventura	Grupo Desportivo Cepsa	02:52:54	1€
93	838	Luis Mendon�a	Grupo Desportivo Cepsa	02:52:57	1€
94	778	Sandra Vale	Ninja Team	02:53:03	1€
95	769	Hern�ni Pacheco	Ninja Team	02:53:17	1€
96	776	Diogo Gon�alves	Ninja Team	02:53:19	1€
97	774	M�rio Logarinho	Ninja Team	02:53:21	1€
98	785	Marlene Pereira	Ninja Team	02:53:26	1€
99	768	Eliana Sousa	Ninja Team	02:53:28	1€
100	671	Manuel Alvarino	Uma vez perdi-me no monte	02:53:30	1€
101	784	Daniel Leite	Ninja Team	02:53:36	1€
102	773	Cosme Fula	Ninja Team	02:53:39	1€
103	602	Manuel Cruz	Em For�a - corremos com a Esclerose M�ltipla	02:53:42	1€

104	934	RosÁrio Santos	Farroncos Papa Km	02:53:45	1€
105	933	PatrÁcia Santos	Farroncos Papa Km	02:53:47	1€
106	688	Carla Varanda	Centro de Marcha e Corrida de GuifÃµes	02:53:50	1€
107	842	Sandra Soares	Budeguita Runners	02:53:54	1€
108	841	Luis Rosende	Budeguita Runners	02:53:56	1€
109	779	Mike Silva	Ninja Team	02:54:00	1€
110	698	Filomena Rocha	As Renas	02:54:07	1€
111	810	Florbela Ferreirinha	Equipa JoÃ£o Ferreira	02:54:14	1€
112	811	Maria Marinho	Equipa JoÃ£o Ferreira	02:54:16	1€
113	696	Francisco Rebelo	Beat Your Limit	02:54:20	1€
114	645	MÃrio LanÃa	1	02:54:23	1€
115	646	Carla Silva	1	02:54:28	1€
116	921	Carla Campos	Individual	02:54:30	1€
117	732	Mariana Marta	BYL - Beat Your Limit!	02:54:34	1€
118	18	SÃ³nia Carvalho	Individual	02:55:11	1,25€
119	899	Nuno Mendes	Andatrilhos Freamunde	02:55:51	1€
120	667	Marlene Silva	Santi Xmas	02:55:54	1€
121	792	Eva Ribeiro	Monte dos Amigos	02:56:23	1€
122	716	LÃ©nio Marinho	Lion Runners - G. D. LeÃµes da Guarda	02:56:26	1€

123	714	Sandra Pereira	Lion Runners - G. D. LeÃmes da Guarda	02:57:18	1€
124	794	JosÃ© Moura	Monte dos Amigos	02:57:22	1€
125	786	AmÃ©rico Almeida	Monte dos Amigos	02:57:35	1€
126	793	ConceiÃ§Ã£o Ribeiro	Monte dos Amigos	02:57:45	1€
127	650	Leonor Tato	Individual	02:58:09	1€
128	837	Teresa Ventura	Grupo Desportivo Cepssa	02:58:25	1€
129	836	Francisco Soares	Grupo Desportivo Cepssa	02:58:30	1€
130	706	Nataliya Bytyak	Clube do Pessoal EDP - Porto	02:58:47	1€
131	705	Armando Peneda	Clube do Pessoal EDP - Porto	02:58:50	1€
132	844	Ana Martins	Budeguita Runners	02:59:03	1€
133	801	Sandra Rodrigues	Budeguita Runners	02:59:11	1€
134	840	CÃ¡tia Carvalho	Budeguita Runners	02:59:14	1€
135	644	Ana Oliveira	Adios Suckers	02:59:17	1€
136	643	Pedro Bernardes	Adios Suckers	02:59:20	1€
137	872	AndrÃ© Nascimento	Porto Cargo	02:59:31	1€
138	780	MÃ¡rcia Santos	Ninja Team	02:59:34	1€
139	781	Fernando Nascimento	Ninja Team	02:59:37	1€
140	702	Carla Novais	Jingle Team	02:59:46	1€
141	703	Jorge Oliveira	Jingle Team	02:59:49	1€

142	877	Victor Ferreira	Cavaleiros do Fino Perdido	02:59:52	1€
143	881	Paulo Cerqueira	Cavaleiros do Fino Perdido	02:59:54	1€
144	884	Hugo SÃ¡	Cavaleiros do Fino Perdido	02:59:57	1€
145	878	Marco OsÃ³rio	Cavaleiros do Fino Perdido	02:59:59	1€
146	880	RogÃ©rio Silva	Cavaleiros do Fino Perdido	03:00:02	1€
147	879	Rui Azevedo	Cavaleiros do Fino Perdido	03:00:05	1€
148	853	Almerindo Freitas	Fitspot - Parque Nascente	03:00:08	1€
149	819	Rute Fonseca	Equipa JoÃ£o Ferreira	03:00:12	1€
150	820	Andreia Muxagato	Equipa JoÃ£o Ferreira	03:00:15	1€
151	738	Diana Castro	Fama Runners	03:00:29	1€
152	715	Luciana Silva	Lion Runners - G. D. LeÃµes da Guarda	03:00:45	1€
153	730	JoÃ£o Laranjeira	BYL - Beat Your Limit!	03:01:02	1€
154	684	RosÃ¡rio Lamoso	Centro Marcha Corrida UniÃ£o de Freguesias	03:01:04	1€
155	700	Paula Sousa	As Renas	03:01:10	1€
156	701	Angela Ferreira	As Renas	03:01:12	1€
157	795	Angelo Faustino	Monte dos Amigos	03:01:15	1€
158	849~	Susana Oliveira	Fitspot - Parque Nascente	03:01:20	1€
159	849	Susana Oliveira	Fitspot - Parque Nascente	03:01:23	1€

160	670	Adriana Almeida	Uma vez perdi-me no monte	03:01:41	1€
161	846	S�3nia Forte	Budeguita Runners	03:01:45	1€
162	797	Paula Coutinho	Monte dos Amigos	03:01:51	1€
163	798	Fernando Monteiro	Monte dos Amigos	03:01:55	1€
164	848	Sofia Martins	Fitspot - Parque Nascente	03:01:59	1€
165	661	Raquel Tavares	Contacto Running	03:02:00	1€
166	659	Ana S�3nia	Contacto Running	03:02:04	1€
167	659	Ana S�3nia	Contacto Running	03:02:09	1€
168	789	Angela Gra�sa	Monte dos Amigos	03:02:11	1€
169	791	Helena Roxo	Monte dos Amigos	03:02:14	1€
170	873	Filipe Moreira	Porto Cargo	03:02:25	1€
171	637	M. Salgueiro	Sawadee	03:02:39	1€
172	806	Susete Reis	Befitness Runners	03:02:44	1€
173	894	Lu�s Pedro Ribeiro	Andatrilhos Freamunde	03:03:47	1€
174	896	Marco Mendes	Andatrilhos Freamunde	03:03:51	1€
175	652	Sandra Oliveira	As de Copas	03:04:05	1€
176	876	Bruno Rodrigues	O Jogo	03:04:07	1€
177	653	Anabela Barata	As de Copas	03:04:12	1€
178	685	Gilberto Lamoso	Centro Marcha Corrida Uni�o de Freguesias	03:04:14	1€

179	641	LuÃsa Nogueira	Profiforma	03:05:13	1€
180	436	Sara BrandÃ£o	Individual	03:05:23	1€
181	902	AndrÃ© Barbosa	Porto Cargo	03:05:47	1€
182	610	SÃlvia Maia	Trepa Paredes	03:05:52	1€
183	909	Paulo Barbosa	Porto Cargo	03:06:23	1€
184	673	Susana Lopes	Termas CS	03:06:27	1€
185	674	Amenilde Capela	Termas CS	03:06:35	1€
186	790	Patricia Ferraz	Monte dos Amigos	03:07:11	1€
187	799	Paula Almeida	Monte dos Amigos	03:07:13	1€
188	903	Beatriz Faria	Porto Cargo	03:07:17	1€
189	870	PatrÃcia Costa	Porto Cargo	03:07:19	1€
190	647	Sara Moreira	Fisio finalistas sem Stress	03:07:34	1€
191	648	MÃrcia Dias	Fisio finalistas sem Stress	03:07:37	1€
192	654	Filipe Pereira	Cris Rocha	03:07:39	1€
193	916	Cristina Rocha	Xmile Cycle Team	03:07:42	1€
194	917	Ana Neves	Escola Ciclismo ADSL	03:07:44	1€
195	847	SÃ³nia Moreira	Fitspot - Parque Nascente	03:07:47	1€
196	796	Maria Lopes	Monte dos Amigos	03:08:08	1€

197	914	Nuno Oliveira	VKT	03:08:29	1€
198	767	Carla Caria	Moreira Relax Runners	03:08:38	1€
199	915	SÃ³nia Cardoso	VKT	03:08:41	1€
200	891	Daniel Neto	Andatrilhos Freamunde	03:08:43	1€
201	892	Cristina Machado	Andatrilhos Freamunde	03:08:45	1€
202	618	Gisela Pinto	Ciclistas CÃ³smicos - GislÃ³tica	03:08:52	1€
203	693	Dulce Moreda	Clube Zupper	03:09:14	1€
204	692	SÃ©rgio Silva	SS	03:09:53	1€
205	656	Anabela Barbosa	Ab	03:10:10	1€
206	886	Gabriela Fonseca	Varzim Lazer Team	03:10:14	1€
207	887	Cristina Videira	Varzim Lazer Team	03:10:18	1€
208	697	LuÃs Monteiro	Amazing	03:10:22	1€
209	808	Andreia Pelicano	Befitness Runners	03:10:26	1€
210	807	Vitor Mendes	Befitness Runners	03:10:35	1€
211	812	Ana Morgado	Equipa JoÃ£o Ferreira	03:10:37	1€
212	818	ConceiÃ§Ã£o Martins	Equipa JoÃ£o Ferreira	03:10:42	1€
213	816	Sandra Santos	Equipa JoÃ£o Ferreira	03:10:44	1€
214	600	ClÃ¡udia Gomes	Individual	03:12:03	1€
215	669	TÃ¢nia Santos	Uma vez perdi-me no monte	03:12:10	1€

216	624	Ivana Rufino	Rufinus	03:12:35	1€
217	658	Ana Amado	As XonÃ©s Go Trailing!	03:12:43	1€
218	713	Isabel Lopes	Lion Runners - G. D. LeÃµes da Guarda	03:12:50	1€
219	657	Vanessa Sousa	As XonÃ©s Go Trailing!	03:13:06	1€
220	814	Pedro Gomes	Equipa JoÃ£o Ferreira	03:13:23	1€
221	817	Alexandra Marques	Equipa JoÃ£o Ferreira	03:13:59	1€
222	869	Teresa Cortez	Legion Combat	03:14:18	1€
223	612	Cristina Pinheiro	Pinheiro	03:14:23	1€
224	613	Mafalda Pinheiro	Pinheiro	03:14:26	1€
225	813	Diana Pereira	Equipa JoÃ£o Ferreira	03:14:34	1€
226	815	Rute Amaral	Equipa JoÃ£o Ferreira	03:14:37	1€
227	858	Alice Miranda	Legion Combat	03:14:40	1€
228	788	Andreia Coelho	Monte dos Amigos	03:14:46	1€
229	623	Miguel Rufino	Rufinus	03:15:53	1€
230	681	Ivo Araujo	Os Amigos do Natal	03:16:49	1€
231	710	SÃ©rgio Lopes	Lion Runners - G. D. LeÃµes da Guarda	03:16:56	1€
232	737	Paulo Lima	BYL - Beat Your Limit!	03:18:33	1€
233	906	Laura Vieira	Porto Cargo	03:18:55	1€
234	695	Ruben Soares	Tartarugas do Monte	03:19:35	1€

235	908	Manuel Pereira	Porto Cargo	03:20:35	1€
236	711	Lucinda Costa	Lion Runners - G. D. LeÃmes da Guarda	03:20:53	1€
237	765	EmÃlia Araujo	Moreira Relax Runners	03:21:14	1€
238	857	Isabel Cortez	Legion Combat	03:21:17	1€
239	763	Joana Alves	Moreira Relax Runners	03:21:20	1€
240	859	Sofia Alves	Legion Combat	03:21:23	1€
241	694	Joana Soares	Tartarugas do Monte	03:21:28	1€
242	764	FÃtima Santiago	Moreira Relax Runners	03:22:02	1€
243	683	Luis Moura	Os Amigos do Natal	03:22:43	1€
244	679	Joana Moura	Os Amigos do Natal	03:22:47	1€
245	682	Maria Pereira	Os Amigos do Natal	03:22:58	1€
246	678	Ana Moura	Os Amigos do Natal	03:23:02	1€
247	863	JosÃ© Nelo	Legion Combat	03:23:06	1€
248	864	Susana Lopes	Legion Combat	03:23:09	1€
249	861	Ricardo Hugo	Legion Combat	03:23:15	1€
250	905	Isabel Vieira	Porto Cargo	03:23:21	1€
251	901	Ana Martins	Porto Cargo	03:23:58	1€
252	805	CÃndida Fontes	Invicta Runners Team	03:24:06	1€
253	932	Helena Lima	Lion Runners - G. D. LeÃmes da Guarda	03:24:09	1€

254	907	Manuel Almeida	Porto Cargo	03:25:33	1€
255	904	Emanuel Neves	Porto Cargo	03:25:36	1€
256	868	Maria Santos	Legion Combat	03:25:53	1€
257	867	Francisco Lapa	Legion Combat	03:27:01	1€
258	867	Francisco Lapa	Legion Combat	03:27:10	1€
259	865	Carlos Lapa	Legion Combat	03:27:13	1€
260	866	Sofia Figueiredo	Legion Combat	03:27:20	1€
261	675	Teresa America	NÃ³s	03:27:23	1€
262	676	Pedro Carvalho	NÃ³s	03:27:26	1€
263	920	Carla Soares	LÃ¡ vamos nÃ³s! chegamos ao fim	03:27:39	1€
264	885	Marisa Carvalho	Varzim Lazer Team	03:30:58	1€
265	831	Ana Silva	Grupo Desportivo Cepsa	03:41:20	1€
266	888	VÃ¡nia Marques	Varzim Lazer Team	03:42:45	1€
267	608	Andreia Marques	>35	03:44:46	1€
268	615	Adriano Reis	>35	03:44:56	1€
269	609	PatrÃ¡cia Teixeira	>35	03:45:00	1€
270	930	Ana Nunes	Individual	03:46:41	1€
271	929	Marta Lopes	Individual	03:46:48	1€

272	931	Vera Nunes	Individual	03:46:53	1€
273	833	Sandra Morgado	Grupo Desportivo Cepsa	03:51:12	1€
274	832	Marisa Silva	Grupo Desportivo Cepsa	03:51:19	1€
275	835	Manuel Morgado	Grupo Desportivo Cepsa	03:51:26	1€
276	834	An�lia Morgado	Grupo Desportivo Cepsa	03:51:33	1€
277	928	Carlos Azevedo	Tamagoxi	03:54:51	1€
278	927	B�rbara Castro	Tamagoxi	03:54:56	1€
279	926	Catarina Cardoso	Tamagoxi	03:55:00	1€