

Pl	tno	Name	B Club			Cl.	Time
			1000,0 km	122 m	0 C		
M (31)							
1	79	João Ferreira		Xalleng Runners		Sen M	4:18
2	76	Marko Santos		Fisiojoane		Sen M	4:17
3	80	André Loureiro		VFS		Sen M	4:23
4	71	André Machado	91	Fisiojoane		Sen M	4:32
5	5	TIAGO CONCEIÇÃO	88	Individual		Sen M	4:34
6	28	JOÃO MARQUES	99	Individual		Sen M	4:43
7	11	JOSE FINS	69	Braguinhas Runners		Vt40 M	4:45
8	75	Bruno Esteves	81	Individual		Sen M	4:48
9	42	RAFAEL FERREIRA	01	Braguinhas Runners		Sen M	4:54
10	66	Alvaro Ruca	83	ADE Trail Running		Sen M	4:56
11	4	RICARDO FERNANDES	80	Companhia de Bombeiros Sapador		Sen M	5:12
12	20	PAULO ROCHA	97	Socialite Bracarense		Sen M	5:15
13	27	MARCO COSTA	95	Individual		Sen M	5:29
14	22	JOEL ANTUNES	93	Socialite Bracarense		Sen M	5:32
15	65	João Laranjeira	80	ADE Trail Running		Sen M	5:34
16	69	Augusto Lopes	77	Individual		Vt40 M	5:35
17	2	JOSÉ SOUSA	72	A. A. Lebres Do Sado		Vt40 M	5:36
18	70	João Nascimento	66	Individual		Vt50 M	5:41
18	24	ARMANDO OLIVEIRA	73	Magic friends runners		Vt40 M	5:41
20	81	José Carlos Saldanha		EDV Viana Trail		Vt50 M	5:44
21	37	CARLOS ALVES	65	Xalleng Runners		Vt50 M	5:46
22	73	José Fernandes		Individual		Sen M	6:03
23	34	BRUNO SILVA	88	Individual		Sen M	6:19
24	7	MIGUEL BARBOSA	77	Individual		Vt40 M	6:37
25	19	RUI VILAÇA	82	Socialite Bracarense		Sen M	6:41
26	82	Jonas Dantas		BTM		Cr12 M	6:57
27	64	Paulo Angelo	89	Braga a Correr		Sen M	7:04
28	68	João Costa	70	Turbulentos		Vt40 M	7:17
29	6	DANIEL GOMES	70	Individual		Vt40 M	7:34
30	67	Tiago Costa	09	Turbulentos		Cr12 M	7:40
31	74	Hilário Ramos	74	Braguinhas Runners		Vt40 M	8:34

F (11)							
			1000000,0 km 64 m 0 C				
1	78	Laura Silva		Águias de Avelos		Sen F	5:17
2	50	TANIA COSTA	78	Com		Vt40 F	5:56
3	77	Sandra Araújo		Team Corpos 3		Sen F	6:01
4	61	Maria Oliveira	67	Braguinhas Runners		Vt50 F	6:53
5	1	Eduarda Angelo	08	Braga a Correr		Cr12F	7:08
6	25	NILDA MAGALHÃES	65	Magic friends runners		Vt50 F	7:20
7	83	Leonor Moreira		BTM		Cr12F	7:24
8	35	SONIA MATA	88	Individual		Sen F	7:30
9	14	CELESTE MOREIRA	68	Individual		Vt50 F	7:41
10	36	ANA DURO	88	Individual		Sen F	7:42
11	55	MARIA ALMEIDA	66	Individual		Vt50 F	7:43

Pl	Stno	Name	B	Club	Time
Cr12Fem (2)			000000,0 km	64 m	0 C
1	1	Eduarda Ângelo	08	Braga a Correr	7:08
2	83	Leonor Moreira		BTM	7:24
Vet40 Mas (8)			1000,0 km	122 m	0 C
1	11	JOSÉ FINS	69	Braguinhas Runners	4:45
2	69	Augusto Lopes	77	Individual	5:35
3	2	JOSE SOUSA	72	A. A. Lebres Do Sado	5:38
4	24	ARMANDO OLIVEIRA	73	Magic friends runners	5:41
5	7	MIGUEL BARBOSA	77	Individual	6:37
6	68	João Costa	70	Turbulentos	7:17
7	6	DANIEL GOMES	70	Individual	7:34
8	74	Hilário Ramos	74	Braguinhas Runners	8:34
Sen Mas (18)			1000,0 km	122 m	0 C
1	79	João Ferreira		Xalleng Runners	4:16
2	76	Marko Santos		Fisiojoane	4:17
3	80	André Loureiro		VFS	4:23
4	71	André Machado	91	Fisiojoane	4:32
5	5	TIAGO CONCEIÇÃO	88	Individual	4:34
6	28	JOÃO MARQUES	99	Individual	4:43
7	75	Bruno Esteves	81	Individual	4:48
8	42	RAFAEL FERREIRA	01	Braguinhas Runners	4:54
9	66	Alvaro Ruca	83	ADE Trail Running	4:56
10	4	RICARDO FERNANDES	80	Companhia de Bombeiros Sap	5:12
11	20	PAULO ROCHA	97	Socialite Bracarense	5:15
12	27	MARCO COSTA	95	Individual	5:29
13	22	JOEL ANTUNES	93	Socialite Bracarense	5:32
14	65	João Laranjeira	80	ADE Trail Running	5:34
15	73	José Fernandes		Individual	6:03
16	34	BRUNO SILVA	88	Individual	6:19
17	19	RUI VILAÇA	82	Socialite Bracarense	6:41
18	64	Paulo Ângelo	89	Braga a Correr	7:04
Vet40 Fem (1)			000000,0 km	64 m	0 C
1	50	TÂNIA COSTA	78	.Com	5:56
Vet50 Mas (3)			1000,0 km	122 m	0 C
1	70	João Nascimento	66	Individual	5:41
2	81	José Carlos Saldanha		EDV Viana Trail	5:44
3	37	CARLOS ALVES	65	Xalleng Runners	5:46
Vet50 Fem (4)			000000,0 km	64 m	0 C
1	61	Maria Oliveira	67	Braguinhas Runners	6:53
2	25	NILDA MAGALHÃES	65	Magic friends runners	7:20
3	14	CELESTE MOREIRA	68	Individual	7:41
4	55	MARIA ALMEIDA	66	Individual	7:43

Pl	Stno	Name	B Club	Time
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Sen Fem (4)

000000,0 km 64 m 0 C

1	78	Laura Silva	Águias de Alvelos	5:17
2	77	Sandra Araújo	Team Corpus 3	6:01
3	35	SÓNIA MATA	88 Individual	7:30
4	36	ANA DURO	88 Individual	7:42

Cr12 Mas (2)

1000,0 km 122 m 0 C

1	82	Jonas Dantas	BTM	6:57
2	67	Tiago Costa	09 Turbulentos	7:40

Est Mista (9)

1	226	Pedro Moreira+ Paula Ferreira	BTM	4:28
2	224	André Loureiro+ Joana Miranda	VFS	4:49
3	222	Carla Miguela+ Marko Santos	Fisiojoane	4:50
4	203	Sérgio Monteiro+ Sandra Araújo	Team Corpus 3	4:55
5	218	Álvaro Ruca+ Ana Pereira	ADE Trail Running	4:57
6	204	Vitor Mansilhas+ Mafalda Reis	Team Corpus 3	5:02
7	225	Raquel Cardoso+ André Loureiro	VFS	5:05
8	205	Armando Oliveira Élia Oliveira	Magic friends runners	5:32
9	220	Joao Laramjeira+ Salete Oliveira	ADE Trail Running	5:45

Est Fem (3)

1	210	Sandra Araújo+ Mafalda Reis	Team Corpus 3	5:33
2	219	Salete Oliveira+ Ana Pereira	ADE Trail Running	6:22
3	207	Élia Oliveira+ Nilda Magalhães	Magic friends runners	6:27

Est Mas (4)

1	221	Marko Santos+ Paulo Gomes	Team Corpus 3	3:58
2	217	Álvaro Ruca+ Joao Laramjeira	ADE Trail Running	4:00
3	223	Samuel+ Sérgio Figueiredo	VFS	4:34
4	211	Sérgio+ Vitor	Team Corpus 3	4:40