

1	72	João Antunes	Individual	Sen M	3:46	0:00
2	33	Paulo Pereira	76 Guilhovai	Vt40 M	3:48	0:02
3	45	João Magalhães	98 .COM	Sen M	4:12	0:26
4	14	Francisco Fernandes	87 B.T.M.	Sen M	4:18	0:32
5	27	Pedro Martins	84 Individual	Sen M	4:19	0:33
6	71	André Silva	Individual	Sen M	4:21	0:35
7	65	Hélder Rodrigues	79 Central Runners	Sen M	4:23	0:37
8	12	André Loureiro	97 B.T.M.	Sen M	4:35	0:49
9	44	João Novo	97 .COM	Sen M	4:36	0:50
10	23	Pedro Moreira	77 B.T.M.	Sen M	4:42	0:56
11	1	Bruno Esteves	81 Individual	Sen M	4:48	1:02
12	29	Paulo Rocha	80 Individual	Sen M	4:58	1:12
12	77	Vitor Faria	Individual	Vt40 M	4:58	1:12
14	42	José Fins	69 Braquinhas Runners	Vt40 M	5:01	1:15
15	70	João Barbosa	Individual	Vt40 M	5:04	1:18
16	57	Ricardo Fernandes	80 Bombeiros Sap Braga	Sen M	5:06	1:20
17	62	Joaquim Costa	59 Central Runners	Vt50 M	5:13	1:27
18	22	Fábio Pinto	85 B.T.M.	Sen M	5:17	1:31
18	24	Vitor Coelho	73 Team Lantemil	Vt40 M	5:17	1:31
20	13	Joaquim Faria	91 B.T.M.	Sen M	5:21	1:35
21	34	João Pereira	74 Sporting de Espinho	Vt40 M	5:24	1:38
22	54	Leandro Gonçalves	05 Individual	Cr12 M	5:25	1:39
23	16	Joel Antunes	93 Individual	Sen M	5:35	1:49
24	64	Luís Lopes	71 Central Runners	Vt40 M	5:39	1:53
25	73	Fernando Soares	Braga Runners	Vt40 M	5:44	1:58
25	76	Tomas Cunha	Braga Runners	Sen M	5:44	1:58
27	66	José Sousa	72 AA Lebres Sado	Sen M	5:45	1:59
28	56	Tiago Ribeiro	92 Individual	Sen M	5:47	2:01
29	8	Armando Oliveira	73 BTT - Cabequense	Vt40 M	5:58	2:12
30	55	João Vaz	89 Individual	Sen M	6:02	2:16
31	80	José Carlos Ramalho	.COM	Vt40 M	6:08	2:22
32	51	Humberto Carvalho	75 Individual	Vt40 M	6:14	2:28
33	32	João Silva	66 Individual	Vt50 M	6:15	2:29
34	37	José Ribeiro	75 Individual	Vt40 M	6:32	2:46
35	63	Miguel Martins	77 Central Runners	Sen M	6:39	2:53
36	35	Tozé	77 Individual	Sen M	6:47	3:01
37	7	Carlos Graça	58 Reclatempo/Toldotempo	Vt50 M	6:55	3:09
38	67	José Fonseca	59 Braquinhas Runners	Vt50 M	6:57	3:11
39	68	Joaquim Gomes	60 Individual	Vt50 M	7:07	3:21
40	52	Alvaro Oliveira	47 Individual	Vt50 M	7:09	3:23
41	49	Diamantino Ribeiro	66 Individual	Vt50 M	7:11	3:25
42	11	Daniel Gomes	70 Individual	Vt40 M	7:46	4:00
43	75	Constantino Gomes	Braga Runners	Vt40 M	8:04	4:18
44	15	Vitor Costa	71 Braquinhas Runners	Vt40 M	8:09	4:23
45	69	Natalino Pereira	Central Runners	Vt50 M	8:13	4:27
46	61	Filipe Silva	77 Central Runners	Sen M	8:41	4:55

Geral Fem (31 Preliminary results 12:11

1	58 Cláudia Pereira	76 Central Runners	Vt40 F	5:22	0:00
2	19 Sónia Ferreira	79 Individual	Sen F	5:23	0:01
3	43 Adriana Gomes	84 Minho Aventura	Sen F	5:27	0:05
4	28 Laura Silva	84 Individual	Sen F	5:28	0:06
5	25 Elisabete Santos	74 Team Lantemil	Vt40 F	5:39	0:17
6	4 Ana Pacheco	03 .COM	Sen F	6:03	0:41
7	18 Susana Rodrigues	85 Clube Atletismo Fafe	Sen F	6:08	0:46
8	81 Daniela Araujo	Team Lantemil	Sen F	6:23	1:01
9	30 Beatriz Rocha	05 Individual	Cr12 F	6:30	1:08
10	39 Maria Oliveira	67 Braguinhas Runners	Vt40 F	6:39	1:17
11	21 Carla Gonçalves	70 Individual	Vt40 F	6:42	1:20
12	3 Eduarda Ângelo	08 Braga a Correr	Cr12 F	7:22	2:00
13	26 Catarina Costa	79 Individual	Sen F	7:34	2:12
14	53 Ana Ribeiro	72 Individual	Vt40 F	7:37	2:15
15	82 Guilhermina Ferreira	Individual	Vt40 F	7:40	2:18
16	31 Liliana Vilaça	79 Individual	Sen F	7:50	2:28
17	6 Elisabete Ortiz	70 Braga a Correr	Vt40 F	7:52	2:30
18	83 Sofia Naldinho	Individual	Sen F	7:54	2:32
19	36 Liliana Santos	82 Individual	Sen F	7:55	2:33
20	41 Ana Martins	72 Team Lantemil	Vt40 F	8:01	2:39
21	50 Zulmira Ribeiro	74 Individual	Vt40 F	8:04	2:42
22	40 Cristiana Martins	80 Team Lantemil	Sen F	8:25	3:03
23	9 Hélia Oliveira	70 Individual	Vt40 F	8:31	3:09
24	48 Ana Queirós	74 Braga a Correr	Vt40 F	8:35	3:13
25	60 Nídia Marques	07 Central Runners	Cr12 F	8:46	3:24
26	5 Isabel Veloso	66 Braga a Correr	Vt50 F	8:47	3:25
27	78 Lara Gonçalves	Individual	Cr12 F	9:08	3:46
28	10 Elisabete Osório	75 Individual	Vt40 F	9:29	4:07
29	59 Paula Azevedo	68 Central Runners	Vt40 F	10:29	5:07
30	79 Manuela Ferreira	Individual	Vt40 F	15:36	10:14
31	2 Ana Ângelo	65 Braga a Correr	Vt50 F	15:46	10:24

Geral Estafeta Preliminary results 12:11

1	192 João Novo+ João Magalhães	.COM	Est M	3:44	0:00
2	175 Nuno Dantas+ Edgar Costa	B.T.M.	Est M	4:16	0:32
3	188 Pedro Martins+ Laura Silva	Individual	Est Mi	4:24	0:40
4	190 Andreia Cunha+ Miguel Figu	Figueiredo Runner's Friends	Est Mi	4:39	0:55
5	191 Ana Pacheco+ Eduardo Dias	.COM	Est Mi	4:53	1:09
5	193 André SC+ Eduardo Dias	.COM	Est M	4:53	1:09
7	181 Cristina Gomes+ Carlos Mat	Braga Runners	Est Mi	5:37	1:53
8	176 Celina Silva+ João Carvalh	Figueiredo Runner's Friends	Est Mi	5:44	2:00
9	194 Paula SC+ Rita Fernandes	.COM	Est F	5:46	2:02
10	196 Isabel+ Raquel	Braga Runners	Est F	5:51	2:07
11	184 Raquel da Costa+ Pedro Mat	Braga Runners	Est Mi	5:54	2:10
12	178 Susana Oliveira+ José Silv	Braga Runners	Est Mi	6:10	2:26
13	185 Elsa da Cunha+ Sebastião G	Braga Runners	Est Mi	6:27	2:43
14	177 Carlos Carvalho+ Marta Lop	Braga Runners	Est Mi	6:34	2:50
15	183 João da Cunha+ Edite da Cr	Braga Runners	Est Mi	6:46	3:02
16	179 Maria Fernandes+ Zacarias	Braga Runners	Est Mi	7:06	3:22
16	195 Liliana+ João	Braga Runners	Est Mi	7:06	3:22
18	182 Isabel Mendes+ Alberto Men	Braga Runners	Est Mi	7:30	3:46