

Pos.	Escalão	Pos. Esc.	Dorsal	Nome	Sexo	Clube/equipa	Tempo Oficial
1	M35	1	16	Licínio Pimentel	M	S.L. Benfica	00:30:28
2	M20	1	14	Daniel Pinheiro	M	Maia Ac	00:30:29
3	M20	2	3	Nuno Costa	M	Individual	00:30:36
4	M20	3	15	Helder Santos	M	Maia Ac	00:30:54
5	M35	2	12	Ricardo Ribas	M	Sport Lisboa E Benfica	00:31:15
6	M20	4	488	Pedro Cruz	M	G.D.J. Cruz & Irmãos	00:31:24
7	M20	5	6	Luis Mendes	M	Sra Desterro	00:31:38
8	M40	1	52	Vitor Almeida	M	Ferreiralux Barcelos	00:32:05
9	M35	3	53	Vitor Ribeiro	M	Olimpico Vianense	00:32:09
10	M20	6	38	Heitor Oliveira	M	Cyclones Sanitop	00:32:17
11	M20	7	13	Fabio Costa	M	Fisioveralemos	00:32:33
12	M20	8	5	Jorge Santa Cruz	M	Individual	00:32:58
13	M35	4	641	Fernando Grilo	M	Sira-Soc. Instrução e Recreio Aldreense	00:33:05
14	M40	2	1004	Vitor Gomes	M	C D Povoa	00:34:42
15	M35	5	729	Paulo Jesus	M	G.R.Estrela Do Bonfim	00:34:45
16	M45	1	897	Joaquim Rodrigues	M	Ferreirolux	00:34:59
17	M45	2	712	Mario Carreira	M	Portorunners	00:35:03
18	M35	6	10	Nuno Marques	M	Individual	00:35:09
19	M50	1	880	Herminio Martins	M	Individual	00:35:12
20	F20	1	17	Sara Carvalho	F	Adercus	00:35:14
21	F20	2	1026	Cristiana Valente	F	Grecas	00:35:21
22	M35	7	1027	Josue Oliveira	M	Grecas	00:35:23
23	M20	9	506	Ismael Queiros	M	Individual	00:35:27
24	M35	8	51	Nuno Miranda	M	Sira Barcelos	00:35:31
25	M20	10	1063	Luis Miguel Tinoco	M	Individual	00:35:54
26	F20	3	19	Elisabete Azevedo	F	Adercus	00:36:30
27	M20	11	557	José Rodrigo Araújo	M	Individual	00:36:55
28	M45	3	642	José Martins	M	Sira-Soc. Instrução e Recreio Aldreense	00:36:59
29	M45	4	396	Victor Carvalho	M	Portorunners	00:37:10
30	M20	12	654	Eduardo Batista	M	Individual	00:37:21
31	M45	5	336	Alexandre Matos	M	Running Parque Paços	00:37:21
32	M20	13	608	Alcindo Freitas	M	Individual	00:37:27
33	M45	6	657	Carlos Cruz	M	Os Incansáveis	00:37:40
34	M35	9	549	Rogério Marques	M	Individual	00:37:54
35	F20	4	7	Eunice Tavares	F	Sra Desterro	00:38:04
36	M50	2	883	Joaquim Rodrigues	M	A C R Roriz	00:38:04
37	M45	7	623	Jose Almeida	M	Individual	00:38:08
38	M45	8	616	Carlos Fernandes	M	Individual	00:38:16
39	M20	14	588	Sergio Maia	M	Cctrofa	00:38:18
40	M20	15	674	Antonio Dias	M	Individual	00:38:24
41	M45	9	686	Fernando Maia	M	G.C.R Alvarelhos	00:38:29
42	M45	10	894	Isidro Gomes	M	Ferreirolux	00:38:41
43	M20	16	576	António Pires	M	Individual	00:38:41
44	M40	3	690	Paulo Oliveira	M	G.C.R Alvarelhos	00:38:45
45	M20	17	335	Emílio Vilarinho	M	Cave - Esposende	00:38:46
46	M50	3	1042	Isidro Miranda	M	C D C Navais	00:38:52
47	M40	4	455	António Vale	M	Individual	00:38:52
48	F40	1	2	Fatima Silva	F	C D Povoa	00:38:55
49	M40	5	806	Manuel Tavares	M	Açoreana Clube Banif	00:38:57
50	M20	18	823	André Cabreira	M	Clube De Atletismo Da Póvoa De Varzim	00:39:04
51	M20	19	695	Filipe Fidalgo	M	Individual	00:39:18

Pos.	Escalão	Pos. Esc.	Dorsal	Nome	Sexo	Clube/equipa	Tempo Oficial
52	M40	6	548	Jose Tavares	M	Individual	00:39:23
53	M20	20	796	Rui Leite	M	Bragactivecabalus	00:39:26
54	M55	1	513	Cândido Silva	M	Individual	00:39:34
55	M20	21	374	André Sarmento	M	Individual	00:39:36
56	M17	1	371	Carlos Ferreira	M	Individual	00:39:40
57	M50	4	689	Manuel Carneiro	M	G.C.R Alvarelhos	00:39:43
58	M50	5	436	Fernando Vilela	M	Individual	00:39:50
59	M18	1	709	João Teixeira	M	Os Amaranthinos	00:39:58
60	M20	22	564	Paulo Silva	M	Porto Runners	00:39:58
61	M45	11	1043	Fernando Silva	M	C D C Navais	00:40:03
62	M20	23	343	Carlos Rolo	M	Individual	00:40:09
63	M40	7	658	João Oliveira	M	Os Incansáveis	00:40:18
64	M35	10	313	Luis Patrão	M	Gin Team	00:40:34
65	M45	12	684	Amaro Silva	M	G.C.R Alvarelhos	00:40:43
66	M50	6	1094	Antonio Silva	M	Individual	00:40:49
67	M55	2	1022	Augusto Dourado	M	Ginasio Vilacondense	00:40:53
68	M20	24	18	Vitor Rodrigues	M	C D Povia	00:40:53
69	M20	25	702	José Barbosa	M	Suicidas Brácaros	00:40:56
70	M50	7	688	Luciano Vieira	M	G.C.R Alvarelhos	00:40:59
71	F20	5	805	Lucia Oliveira	F	Açoreana Clube Banif	00:41:00
72	M20	26	774	Pedro Teixeira	M	Individual	00:41:05
73	M40	8	11	Fernando Gomes	M	Individual	00:41:10
74	M20	27	719	Tiago Moreira	M	Individual	00:41:15
75	M20	28	659	Pedro Ezequiel	M	Javip	00:41:18
76	M40	9	707	Carlos Ribeiro	M	Os Amaranthinos	00:41:19
77	M45	13	1082	Mario Alves	M	Cave Esposende	00:41:29
78	M35	11	93	Rui Leitao	M	Liberty Seguros	00:41:30
79	M45	14	20	Jose Azevedo	M	Individual	00:41:40
80	M20	29	408	Filipe Carneiro	M	Asphalt Assault Team	00:41:58
81	F35	1	1028	Ines Lopes Lima Sapage	F	Atletas.Net	00:41:59
82	M20	30	678	Tiago Oliveira	M	Runners High	00:41:59
83	M40	10	145	Jorge Matos	M	Unicer - Vitalis	00:41:59
84	M35	12	501	Joaquim Fernandes	M	Individual	00:42:00
85	M40	11	1044	Jose Eusebio	M	C D C Navais	00:42:06
86	M20	31	1048	Vitor Correia	M	C D C Navais	00:42:07
87	M55	3	412	Teixeira Reais	M	Zé Nando Runners	00:42:09
88	M20	32	644	Paulo Costa	M	Sira-Soc. Instrução e Recreio Aldreense	00:42:12
89	M40	12	579	Severino Araujo	M	Individual	00:42:14
90	M45	15	327	José Silva	M	Individual	00:42:15
91	M20	33	735	Filipe Marinho	M	Falta Muito?	00:42:18
92	M50	8	893	Carlos Brito	M	Ferreirolux	00:42:20
93	M20	34	786	João Correia	M	Triatlomania	00:42:24
94	M35	13	421	Pedro Couto Almeida	M	Individual	00:42:30
95	M45	16	507	Jose Luis Boavista	M	Individual	00:42:36
96	M40	13	368	Filipe Mota	M	Individual	00:42:40
97	M45	17	315	Tiago Mendes	M	Individual	00:42:46
98	M20	35	886	Luis Maciel	M	Individual	00:42:47
99	M35	14	42	Domingos Morais	M	Cyclones Sanitop	00:42:48
100	M20	36	1083	Helder Lopes	M	Individual	00:42:50
101	M20	37	493	Jorge Costa	M	Individual	00:42:53
102	M35	15	401	Francisco Freitas	M	Individual	00:42:56

Pos.	Escalão	Pos. Esc.	Dorsal	Nome	Sexo	Clube/equipa	Tempo Oficial
103	M40	14	550	Joao Faria	M	Veteranos Do Berço	00:43:02
104	M50	9	781	Alberto Meireles	M	Individual	00:43:04
105	M20	38	431	Marco Couto	M	Vespa Runners	00:43:04
106	M20	39	611	Helder Silva	M	Individual	00:43:06
107	M50	10	731	Jose Valverde	M	Individual	00:43:08
108	M20	40	869	Angelo Aguas	M	Individual	00:43:11
109	F20	6	1049	Filipa Costa	F	C D C Navais	00:43:14
110	M35	16	95	Jose Martins	M	Liberty Seguros	00:43:15
111	M20	41	503	Tiago Montanha	M	Individual	00:43:15
112	M35	17	96	Rui Oliveira	M	Liberty Seguros	00:43:18
113	M35	18	434	Rui Barbosa	M	Deuses Das Montanhas	00:43:22
114	M20	42	1015	Rafael Campos Santos	M	Individual	00:43:26
115	M50	11	895	Jaime Lima	M	Ferreirolux	00:43:27
116	M50	12	474	Bernardino Faria	M	Individual	00:43:30
117	M20	43	448	Diogo Aguiar	M	Individual	00:43:32
118	M60	1	108	Artur Freitas	M	Liberty Seguros	00:43:32
119	M35	19	410	Daniel Cerqueira	M	Individual	00:43:33
120	M20	44	509	Hugo Ferreira	M	H-Raki Team	00:43:36
121	M20	45	750	Mauro Fernandes	M	Individual Braga	00:43:37
122	M20	46	784	Jose Carlos Machado	M	Individual	00:43:37
123	M20	47	606	Pedro Trindade	M	Individual	00:43:38
124	M35	20	765	Simao Costa	M	Individual	00:43:42
125	M20	48	728	Bruno Sousa	M	Poteeentes	00:43:43
126	M20	49	767	Leonardo Maia	M	Individual	00:43:45
127	M50	13	414	Manuel Braga	M	Individual	00:43:48
128	M20	50	741	Pedro Teixeira	M	Ideal Korpus	00:43:50
129	M20	51	515	Rafael Águas	M	Individual	00:43:51
130	M45	18	797	Luís Serra	M	Porto Runners	00:43:54
131	M20	52	504	Manuel Pereira	M	Individual	00:43:55
132	M40	15	685	Carlos Canito	M	G.C.R Alvarelhos	00:43:57
133	M35	21	44	Orlando Santos	M	Cyclones Sanitop	00:43:59
134	M20	53	320	Hugo Carmo	M	Individual	00:44:00
135	M35	22	889	Jose Carlos Lopes	M	Individual	00:44:04
136	M50	14	518	Carlos Ferreira	M	Individual	00:44:04
137	M20	54	418	Rui Paralvas	M	Individual	00:44:05
138	M35	23	591	Rui Almeida	M	Poteeentes	00:44:06
139	M50	15	555	Victor Santos	M	Individual	00:44:06
140	M35	24	394	Juvenal Ferreira	M	Individual	00:44:09
141	M20	55	1060	Luis Filipe Vilarinho	M	Individual	00:44:11
142	M40	16	49	Paulo Pinto	M	Cyclones Sanitop	00:44:12
143	M55	4	652	Luiz Xavier	M	Individual	00:44:13
144	M50	16	810	Sergio Silva	M	Turbolentos	00:44:15
145	M40	17	545	Orlando Silva	M	Os Poveiros	00:44:15
146	M45	19	766	Joaquim Marques	M	Grupo Cultural Recreativo Alvarelhos	00:44:24
147	M45	20	415	Rui Russo Dos Santos	M	Porto Runners	00:44:24
148	F40	2	466	Clara Freire	F	Cave Esposende	00:44:26
149	M45	21	645	Silvério Miranda	M	Sira-Soc. Instrução e Recreio Aldreense	00:44:26
150	M50	17	519	José Martins	M	Individual	00:44:29
151	M35	25	47	Paulo Matos	M	Cyclones Sanitop	00:44:31
152	M40	18	778	Rui Gomes	M	Individual	00:44:32
153	M45	22	395	Paulo Sequeira	M	Individual	00:44:38

Pos.	Escalão	Pos. Esc.	Dorsal	Nome	Sexo	Clube/equipa	Tempo Oficial
154	M45	23	687	Jaime Moreira	M	G.C.R Alvarelhos	00:44:40
155	M60	2	465	Torcato Moreira	M	Cave Esposende	00:44:49
156	M20	56	821	Simao Couto	M	Vespa Runners	00:44:51
157	M40	19	348	Joao Bandeira	M	Individual	00:44:54
158	M40	20	898	Jose Amaral	M	Ferreirolux	00:44:57
159	M40	21	147	Miguel Dias	M	Unicer - Vitalis	00:45:01
160	M40	22	790	Daniel Oliveira	M	Poteeentes	00:45:02
161	M40	23	303	Pedro Guimaraes	M	Bai K Andas Team	00:45:06
162	M20	57	546	Pedro Maia	M	Os Poveiros	00:45:08
163	M35	26	445	Benedito Pereira	M	Individual	00:45:08
164	M55	5	1030	Serafim Ramos	M	Clube Pessoal Edp - Porto	00:45:13
165	M45	24	138	Mario Adelino Pereira	M	Soc. Com. C. Santos	00:45:18
166	M35	27	355	João Carvalhal	M	Individual	00:45:24
167	M35	28	599	Daniel Martins	M	Lixaplace	00:45:26
168	M50	18	762	Álvaro Araújo	M	Vitoria Sport Club	00:45:28
169	M35	29	751	Nelson Ferreira	M	Individual	00:45:31
170	M20	58	1086	Antonio Rocha	M	Individual	00:45:32
171	M40	24	8	Damiao Pacheco	M	Individual	00:45:32
172	M20	59	570	Nuno Afonso	M	Individual	00:45:33
173	M20	60	1059	Marco Neiva	M	Individual	00:45:37
174	M20	61	137	Bruno Batista	M	Soc. Com. C. Santos	00:45:38
175	M40	25	405	Pedro Correia	M	Individual	00:45:41
176	M40	26	708	Casimiro Oliveira	M	Os Amaraninos	00:45:41
177	M45	25	572	Carlos Osório	M	Individual	00:45:42
178	M35	30	807	Rui Ribeiro	M	Açoreana Clube Banif	00:45:44
179	M40	27	425	Rui Cavalheiro	M	Individual	00:45:48
180	M20	62	489	Luís Regada	M	Individual	00:45:49
181	F18	1	1041	Ilda Morim	F	C D C Navais	00:45:53
182	M55	6	881	Oswaldo Teixeira	M	A D Amarante	00:45:53
183	M35	31	92	Artur Matias	M	Liberty Seguros	00:45:55
184	M20	63	55	Renato Benjamim Lopes Tavares	M	Cgd Monte Dos Burgos	00:45:56
185	M40	28	330	Paulo Jorge Gonçalves Soares	M	Cosmicos	00:45:57
186	M40	29	451	Eduardo Atraca	M	Four Runners Team	00:46:03
187	M50	19	525	Celso Coelho	M	Besjoging	00:46:04
188	M40	30	734	Eugénio Machado	M	Falta Muito?	00:46:05
189	M20	64	1089	Ricardo Boucinha	M	Individual	00:46:07
190	M35	32	1035	Pedro Leite	M	One More Mile	00:46:12
191	M20	65	547	Helder Moreira	M	Individual	00:46:13
192	M50	20	433	António Gomes	M	Individual	00:46:13
193	M20	66	342	Pedro Pacheco	M	Individual	00:46:13
194	M20	67	610	João Carlos Rocha	M	Individual	00:46:14
195	M20	68	387	Luís Miguel Novaes Machado	M	Runner´S High	00:46:17
196	M20	69	494	Jorge Moreira	M	Individual	00:46:26
197	M35	33	795	Tiago Pratas	M	Individual	00:46:30
198	M50	21	603	Rui Brochado	M	Lixaplace	00:46:36
199	M35	34	468	Paulo Jorge Vale	M	4 Runners Team	00:46:37
200	M55	7	704	Natalino Pereira	M	Portorunners	00:46:38
201	M40	31	1011	Francisco Cortinhas	M	Individual	00:46:40
202	M35	35	646	Eduardo Silva	M	Individual	00:46:41
203	M55	8	98	Alberto Soutelo	M	Liberty Seguros	00:46:42
204	M20	70	459	Emanuel Ribeiro	M	Individual	00:46:43

Pos.	Escalão	Pos. Esc.	Dorsal	Nome	Sexo	Clube/equipa	Tempo Oficial
205	M20	71	362	Tiago Vilaça	M	Individual	00:46:44
206	M45	26	899	Manuel Fernandes	M	Ferreirolux	00:46:45
207	M20	72	367	Tiago Ornelas	M	Individual	00:46:48
208	F20	7	82	Raquel Lapa	F	Yupiirun	00:46:49
209	M35	36	79	Jose Pereira	M	Yupiirun	00:46:50
210	M45	27	814	Fernando Fernandes	M	Turbuloentos	00:46:50
211	M60	3	1013	Benjamim Kimbuelas	M	Leoes Do Veneza	00:46:54
212	M40	32	819	Afonso Pereira	M	Individual	00:46:54
213	M20	73	629	Rui Dias	M	Sopsec Running Team	00:46:54
214	M35	37	442	Jorge Monteiro	M	Individual	00:46:56
215	F20	8	791	Sónia Machado	F	Individual	00:47:00
216	M35	38	879	Jorge Torres	M	Individual	00:47:00
217	M55	9	612	Fernando Azevedo	M	Individual	00:47:01
218	M20	74	469	Adelio Maranhão	M	Individual	00:47:02
219	M20	75	432	Roberto Varajão	M	Individual	00:47:02
220	M35	39	808	Rui Couto	M	Individual	00:47:03
221	M45	28	732	Carlos Pereira	M	Falta Muito?	00:47:05
222	M45	29	605	Roque Martins	M	Lixaplace	00:47:05
223	M35	40	423	André Bandeira	M	Individual	00:47:08
224	M20	76	561	Hélder Manuel Ferreira	M	Os Imparaveis	00:47:10
225	M20	77	779	André Coelho	M	Individual	00:47:17
226	M35	41	45	Jorge Ribeiro	M	Cyclones Sanitop	00:47:20
227	M40	33	508	Eduardo Torres	M	Sopsec	00:47:20
228	M45	30	900	Joao Arantes	M	Ferreirolux	00:47:26
229	M35	42	596	Nuno Silva	M	Os Maias	00:47:27
230	M45	31	624	Paulo Jorge Loureiro	M	Individual	00:47:30
231	M40	34	334	Gaspar Sousa	M	No Tomorrow Running Team	00:47:30
232	F20	9	738	Flávia Bessa	F	Ideal Korpus	00:47:31
233	M20	78	669	João Macedo	M	Run Me...Im Famous	00:47:34
234	M45	32	319	Jose Miguel Pinto	M	Ciclistascosmicos	00:47:35
235	M50	22	318	Luis Oliveira	M	Individual	00:47:37
236	M45	33	452	Rui Santos	M	Turbulentos	00:47:39
237	M20	79	884	Helder Gonçalves	M	Individual	00:47:43
238	M20	80	700	Joao Carvalho	M	Individual	00:47:43
239	F20	10	775	Silvia Gomes	F	Poteeentes	00:47:44
240	M40	35	392	José Dias	M	Individual	00:47:45
241	F20	11	514	Sandra Costa	F	Caetano Runners	00:47:46
242	M45	34	399	Antonio Cunha	M	Porto Runners	00:47:46
243	M55	10	109	Carlos Carneiro	M	Liberty Seguros	00:47:49
244	M20	81	736	Simão Moreira	M	Falta Muito?	00:47:49
245	M45	35	404	Moises Fernandes	M	Individual	00:47:53
246	M20	82	422	Rui Sousa	M	Individual	00:47:55
247	M20	83	812	Miguel Faria	M	Individual	00:48:02
248	M20	84	87	Pedro Machado	M	Liberty Seguros	00:48:03
249	M35	43	56	Mario Luis Duarte	M	Unicer - Vitalis	00:48:03
250	M40	36	393	Paulo Pereira	M	Wellrunners	00:48:04
251	M45	36	725	Joaquim Martins	M	Fogaças	00:48:07
252	M20	85	618	Armando Pinto	M	Potentes	00:48:07
253	M20	86	88	Telmo Santos	M	Liberty Seguros	00:48:14
254	M40	37	344	Paulo Jorge Vieira	M	Individual	00:48:16
255	M40	38	338	Joaquim Senra	M	Individual	00:48:16

Pos.	Escalão	Pos. Esc.	Dorsal	Nome	Sexo	Clube/equipa	Tempo Oficial
256	M35	44	754	Carlos Amorim	M	Os Corredores Do Apocalipse !!!!	00:48:17
257	M20	87	693	Luis Boaventura	M	Individual	00:48:19
258	F45	1	537	Margarida Magalhaes	F	Individual	00:48:24
259	M60	4	463	Eduardo Loureiro	M	Cave Esposende	00:48:27
260	F20	12	710	Maria Teixeira	F	Individual	00:48:28
261	M35	45	400	Miguel Azevedo	M	Individual	00:48:29
262	F40	3	578	Sara Campos	F	Individual	00:48:29
263	M40	39	653	João Amaral	M	Individual	00:48:30
264	M45	37	634	Albino Santos	M	100team	00:48:33
265	M20	88	635	Joao Garrido	M	100team	00:48:33
266	M35	46	680	Mário Calejo	M	Sopsec Running Team	00:48:33
267	F18	2	820	Telma Oliveira	F	Poteentes	00:48:35
268	M20	89	382	Jorge Roças	M	Individual	00:48:37
269	M20	90	705	Miguel Pereira	M	Viana Runners	00:48:41
270	M35	47	875	Jose Mota	M	Individual	00:48:41
271	M60	5	523	Custodio Neto	M	Individual	00:48:45
272	M20	91	492	Alex Marques	M	Individual	00:48:45
273	M20	92	1058	Carlos Barbosa	M	Gdva	00:48:46
274	M20	93	373	João Couto	M	Individual	00:48:48
275	M40	40	333	Pedro Brizido	M	Individual	00:48:51
276	F20	13	745	Adriana Gomes	F	Familia Gomes	00:48:53
277	M35	48	601	João Ferreira	M	Lixaplace	00:48:55
278	M20	94	544	Fernando Sampaio	M	Os Poveiros	00:48:57
279	M40	41	1032	Jorge Silva	M	Maratonices	00:48:57
280	M40	42	1064	Jorge Miguel Soares	M	Individual	00:48:58
281	M45	38	430	Nuno Veiga	M	Nuno Veiga	00:49:00
282	M40	43	568	Ricardo Pinto	M	Individual	00:49:03
283	M35	49	785	Pedro Pereira	M	Individual	00:49:03
284	M20	95	701	Pedro Marques	M	Individual	00:49:08
285	M20	96	668	Filpe Gonçalves	M	Run Me...Im Famous	00:49:09
286	M17	2	773	Gustavo Torres	M	Individual	00:49:10
287	M35	50	798	Vicente Gonçalves	M	Individual	00:49:11
288	F20	14	675	Sandra Silva	F	Viana Runners	00:49:11
289	M55	11	891	Manuel Brito	M	Individual	00:49:12
290	M45	39	321	Jorge Manuel Freitas	M	Individual	00:49:13
291	M45	40	574	Nuno Aguilar	M	Individual	00:49:14
292	M20	97	1047	Ricardo Faria	M	C D C Navais	00:49:18
293	M35	51	511	Hugo Guerra	M	Papa-Milhas	00:49:21
294	F40	4	630	Maria Vieira	F	Individual	00:49:29
295	M20	98	541	Ricardo Martins	M	Individual	00:49:32
296	M45	41	1021	Paulo Dias	M	Individual	00:49:34
297	M35	52	874	Alvaro Miranda	M	Individual	00:49:36
298	M55	12	742	Ribeiro Soares	M	Ideal Korpus	00:49:38
299	M20	99	1056	Nuno Carvalho	M	Gdva	00:49:48
300	F35	2	1024	Helena Mendes Oliveira	F	Turbulentos	00:49:48
301	M35	53	673	Miguel Eiras	M	Individual	00:49:50
302	M50	23	746	Joaquim Gomes	M	Familia Gomes	00:49:51
303	M20	100	328	João Mota	M	Individual	00:49:52
304	M40	44	510	Paulo Vilarinho	M	Individual	00:49:54
305	M20	101	711	Pedro Matos	M	Individual	00:49:57
306	M40	45	101	Antonio Matos	M	Liberty Seguros	00:49:57

Pos.	Escalão	Pos. Esc.	Dorsal	Nome	Sexo	Clube/equipa	Tempo Oficial
307	M40	46	803	Anibal Paiva	M	Açoreana Clube Banif	00:49:59
308	M20	102	353	Sérgio Lima	M	Individual	00:49:59
309	M50	24	1029	Altino Silva	M	Clube Pessoal Edp - Porto	00:50:00
310	M40	47	417	Daniel Mota	M	Individual	00:50:01
311	M35	54	676	Filipe Santos	M	Individual	00:50:08
312	M20	103	1053	Nuno Cardoso	M	Gdva	00:50:10
313	M20	104	375	Nuno Oliveira	M	Individual	00:50:10
314	M35	55	706	Manuel Joaquim Ferreira Da Costa	M	Individual	00:50:12
315	M20	105	456	Paulo Sampaio	M	Individual	00:50:13
316	M20	106	390	Hugo Silva	M	Sopsec Running Team	00:50:19
317	M20	107	540	Pedro Matos	M	Individual	00:50:19
318	F40	5	140	Manuela Pinheiro	F	Soc. Com. C. Santos	00:50:19
319	M20	108	22	Hernani Ribeiro	M	Camara Municipal Da Maia	00:50:20
320	M20	109	360	Rogério Félix	M	Individual	00:50:21
321	F20	15	586	Diana Santos	F	Individual	00:50:21
322	M20	110	411	Daniel Reais	M	Zé Nando Runners	00:50:27
323	M20	111	536	Miguel Queirós	M	A.D. Amarante	00:50:28
324	M45	42	444	Jorge Ramos	M	Individual	00:50:32
325	M20	112	67	Ricardo Gama	M	N A Cucujaes	00:50:36
326	M20	113	871	Rafael Correia	M	Individual	00:50:41
327	M35	56	345	Carlos Vicente	M	Individual	00:50:42
328	M35	57	585	Andre Antunes	M	S. S. Montepio	00:50:43
329	M35	58	359	David Sora	M	Individual	00:50:44
330	M20	114	381	Francisco Lemos	M	Individual	00:50:53
331	F20	16	473	Maria Pereira	F	Individual	00:50:53
332	M40	48	615	Joaquim Rodrigues	M	Individual	00:50:56
333	M40	49	102	Luis Silva	M	Liberty Seguros	00:50:57
334	F20	17	311	Sara Sá	F	Individual	00:50:59
335	M20	115	312	Helder Miranda	M	Individual	00:50:59
336	M45	43	776	Rui Santos	M	Individual	00:51:03
337	M45	44	740	Luis Moreira	M	Ideal Korpus	00:51:10
338	M20	116	667	Emanuel Moreira	M	Run Me...Im Famous	00:51:12
339	M20	117	350	Pedro Silva	M	Duros	00:51:14
340	M20	118	726	Marcio Correia	M	Fogaças	00:51:16
341	M20	119	799	Nuno Maia	M	Individual	00:51:19
342	M20	120	59	Nuno Silva	M	Unicer - Vitalis	00:51:22
343	M20	121	566	Nuno Oliveira	M	Estarolas	00:51:22
344	M20	122	1033	Helder Magalhaes	M	One More Mile	00:51:26
345	M20	123	582	Jorge Loureiro	M	Individual	00:51:33
346	M40	50	730	Carlos Sá	M	Individual	00:51:35
347	M50	25	761	Rui Calejo	M	Sopsec Running Team	00:51:35
348	M20	124	57	Rodolfo Carvalho	M	Unicer - Vitalis	00:51:42
349	M45	45	339	Fernando Oliveira	M	Individual	00:51:44
350	M20	125	727	Pedro Silva	M	Fogaças	00:51:46
351	F35	3	758	Catarina Talina	F	Individual	00:51:48
352	M40	51	305	Luis Mancelos Veloso	M	Individual	00:51:49
353	M35	59	378	Hugo Domingues	M	Midnight Runners	00:51:52
354	M20	126	1050	Tiago Palheira	M	C D C Navais	00:51:52
355	F40	6	569	Maria Frasco	F	Capv	00:51:54
356	M45	46	584	Salvador Lima	M	Individual	00:52:00
357	M20	127	461	Filipe Lopes	M	Individual	00:52:02

Pos.	Escalão	Pos. Esc.	Dorsal	Nome	Sexo	Clube/equipa	Tempo Oficial
358	F45	2	420	Carmo Marinho	F	Valedagua	00:52:05
359	M40	52	534	Davide Pinheiro	M	A.D. Amarante	00:52:05
360	F35	4	535	Elisabete Ribeiro	F	A.D. Amarante	00:52:05
361	M35	60	472	Francisco Bartolomeu	M	Individual	00:52:07
362	M20	128	587	Hugo Pereira	M	Individual	00:52:11
363	M35	61	1018	Jorge Azevedo	M	Individual	00:52:15
364	F35	5	677	Paula Silva	F	Individual	00:52:23
365	M20	129	697	Pedro Correia	M	Individual	00:52:25
366	M20	130	755	Ricardo Ferreira	M	Os Corredores Do Apocalipse !!!!	00:52:29
367	M45	47	768	Rui Coelho	M	Casa Pessoal Rtp	00:52:30
368	M35	62	878	Ricardo Datas	M	Individual	00:52:36
369	M35	63	811	Bruno Fernandes	M	Viana Runners	00:52:39
370	M40	53	424	Paulo Pereira	M	Individual	00:52:41
371	M50	26	718	José Augusto Amaro	M	Individual	00:52:43
372	M20	131	479	Abílio Casanova	M	Gin Atómico	00:52:45
373	M35	64	450	Carlos Ferreira	M	Individual	00:52:51
374	M40	54	141	Vitor Reis	M	Liberty Seguros	00:53:03
375	F20	18	48	Cidalia Araujo	F	Cyclones Sanitop	00:53:09
376	F40	7	148	Maria Cunha	F	Yupiiirun	00:53:13
377	M20	132	384	Ricardo Costa	M	Bai K Rodas Team	00:53:15
378	F35	6	72	Ana Granja	F	Yupiiirun	00:53:17
379	F40	8	310	Rosa Silva	F	Individual	00:53:21
380	F20	19	648	Daniela Machado	F	Correr Por Prazer	00:53:24
381	M45	48	1025	Giuseppe Baldassarre	M	Turbulentos	00:53:25
382	M60	6	512	Arnaldo Pinto	M	Arpirel	00:53:25
383	M20	133	304	Pedro Loureiro	M	Individual	00:53:28
384	M20	134	887	Sergio Vieira	M	Individual	00:53:28
385	M40	55	1079	Hugo Correia	M	Individual	00:53:30
386	F20	20	1005	Sonia Eusebio	F	C D Povoa	00:53:33
387	F20	21	717	Helena Lobão	F	No Tomorrow Running Team	00:53:34
388	M20	135	419	Francisco Melo	M	Sporting Clube De Portugal	00:53:44
389	M35	65	90	Mario Gabriel Canha	M	Liberty Seguros	00:53:48
390	M40	56	91	Mario Jorge Nunes	M	Liberty Seguros	00:53:49
391	M35	66	600	Filipe Moura	M	Lixaplace	00:53:52
392	M40	57	341	Francisco Pacheco	M	Pezinhos De Lã	00:53:53
393	M40	58	671	Joaquim Fernandes	M	Smd	00:53:53
394	M35	67	818	Ricardo Gouveia E Silva	M	Sofas Zone	00:53:55
395	M20	136	885	Evandro Saraiva	M	Individual	00:53:55
396	M20	137	1070	Luis Morais	M	Passatempo Yupiiirun	00:53:56
397	M50	27	502	Carlos Montanha	M	Individual	00:53:59
398	F45	3	783	Marinha Fernandes	F	Individual	00:54:00
399	F35	7	571	Ana Leonor	F	Individual	00:54:03
400	M20	138	301	Nuno Macedo	M	Miradouro	00:54:07
401	M40	59	1078	Rui Manuel Barros	M	Individual	00:54:08
402	F20	22	485	Sandra Almeida	F	Individual	00:54:16
403	F20	23	71	Ana Araujo	F	Yupiiirun	00:54:17
404	M20	139	407	Fábio Pinto	M	Individual	00:54:20
405	M35	68	398	Rogério Ferreira	M	Individual	00:54:20
406	F20	24	484	Ana Monteiro	F	Individual	00:54:27
407	F35	8	804	Iva Viana	F	Açoreana Clube Banif	00:54:28
408	F20	25	558	Marisa Xavier	F	Capv	00:54:28

Pos.	Escalão	Pos. Esc.	Dorsal	Nome	Sexo	Clube/equipa	Tempo Oficial
409	F20	26	480	Sandra Veloso	F	Capv(Clube Atletismo Póvoa Varzim)	00:54:28
410	F20	27	379	Raquel Neiva	F	Individual	00:54:36
411	M45	49	793	José Moreira	M	Individual	00:54:39
412	M40	60	542	Jorge Costa	M	Caetano Runners	00:54:42
413	F20	28	1040	Maria Goreti Junqueira	F	C D C Navais	00:54:52
414	M20	140	471	Paulo Fernandes	M	Individual	00:54:52
415	F20	29	753	Joana Marques Dos Santos	F	Poteentes	00:54:53
416	M45	50	661	João Almeida	M	Sem Ar Para Correr	00:54:58
417	M40	61	662	Raul Novais	M	Sem Ar Para Correr	00:54:58
418	M40	62	68	Jose Costa	M	N A Cucujaes	00:54:59
419	F20	30	470	Susana Dantas	F	Individual	00:55:01
420	M60	7	464	Paulo Guimarães	M	Cave Esposende	00:55:04
421	F20	31	792	Joana Pereira	F	Os Corredores Do Apocalipse !!!!	00:55:05
422	M40	63	626	Tiago Ribeiro	M	Individual	00:55:08
423	M35	69	1023	Jose Manuel Ribeiro	M	Individual	00:55:14
424	M20	141	559	Ricardo Costa	M	Individual	00:55:15
425	F40	9	440	Maria Vilela	F	Individual	00:55:20
426	M35	70	377	Helder Ferreira	M	Midnight Runners	00:55:22
427	M20	142	496	Bruno Mêda	M	Run For Fun	00:55:46
428	F35	9	143	Patricia Sampaio	F	Unicer - Vitalis	00:55:49
429	F35	10	144	Ana Cerqueira	F	Unicer - Vitalis	00:55:49
430	M40	64	142	Jorge Basto	M	Unicer - Vitalis	00:55:49
431	M45	51	146	Tiago Trigo	M	Unicer - Vitalis	00:55:50
432	M20	143	426	Rogério Martins Ribeiro	M	Individual	00:55:54
433	F40	10	533	Catarina Fernandes	F	Individual	00:55:57
434	M45	52	314	Francisco Santos	M	Miradouro	00:56:00
435	M40	65	543	Armindo Silva	M	Os Poveiros	00:56:03
436	M35	71	347	António Santos	M	Individual	00:56:04
437	M50	28	427	Rogério Costa Ribeiro	M	Individual	00:56:09
438	M35	72	672	Helder Teixeira	M	Individual	00:56:10
439	M20	144	581	Nuno Ribeiro	M	Porto Runners	00:56:11
440	M20	145	631	Diogo Lopes	M	Individual	00:56:12
441	M35	73	1062	Manuel Teixeira	M	Individual	00:56:14
442	F20	32	388	Ana Maria Xavier Dias Coelho	F	Runner´S High	00:56:21
443	M20	146	325	Bruno Craveiro	M	Individual	00:56:35
444	F35	11	70	Sonia Ferreira	F	N A Cucujaes	00:56:48
445	F20	33	1034	Monica Araujo	F	One More Mile	00:56:49
446	M60	8	595	Fernando Jesus	M	Os Maias	00:56:49
447	F20	34	1071	Dina Lopes	F	Passatempo Yupiirun	00:56:50
448	M20	147	614	Eurico Silva	M	Individual	00:56:53
449	M35	74	340	Paulo Gomes	M	Sopsec Running Team	00:56:55
450	F20	35	583	Joana Lopes	F	Poteentes	00:56:55
451	F20	36	491	Isabel Silva	F	Asphalt Assault Team	00:56:57
452	M20	148	97	Rui Soutelo	M	Liberty Seguros	00:56:58
453	M20	149	679	Nuno Couto	M	Individual	00:57:03
454	F35	12	597	Angela Pacheco	F	Lixaplace	00:57:04
455	M45	53	598	Carlos Miranda	M	Lixaplace	00:57:04
456	M50	29	302	Luís Miguel Rodrigues	M	No Tomorrow Running Team	00:57:06
457	F35	13	380	Mónica Elisabete Teixeira Neves	F	Viana Trail	00:57:08
458	F20	37	397	Patrícia Borlido	F	Viana Trail	00:57:08
459	M45	54	307	Jorge Vieira	M	Oporto Squash & Running	00:57:14

Pos.	Escalão	Pos. Esc.	Dorsal	Nome	Sexo	Clube/equipa	Tempo Oficial
460	M20	150	482	Rui Ferreira	M	Individual	00:57:15
461	M35	75	516	Sérgio Guimarães	M	Via Maia	00:57:19
462	M35	76	337	Jorge Mota	M	Individual	00:57:22
463	M20	151	83	Hugo Bacelar	M	Yupiirun	00:57:30
464	F20	38	75	Carla Monteiro	F	Yupiirun	00:57:30
465	F35	14	383	Dolores Vazquez	F	Individual	00:57:32
466	M35	77	577	Filipe Sa	M	Individual	00:57:32
467	F20	39	372	Carmen Sousa	F	Individual	00:57:32
468	M20	152	499	Jose Cruz	M	Run For Fun	00:57:35
469	F20	40	500	Rosa Cunha	F	Run For Fun	00:57:35
470	F20	41	1074	Neuza Catarina Caridade	F	Run To Be Alive	00:57:41
471	M45	55	406	Jorge Pinto	M	Pezinhos De Lã	00:57:42
472	M35	78	443	Paulo Vale	M	Individual	00:57:53
473	M20	153	73	Andre Osorio	M	Yupiirun	00:57:53
474	F45	4	76	Conceicao Pereira	F	Yupiirun	00:57:53
475	F20	42	389	Diana Santos	F	Sopsec Running Team	00:58:06
476	M20	154	866	Andre Fino	M	Individual	00:58:17
477	F20	43	554	Vera Delgado	F	Individual	00:58:18
478	F20	44	1052	Patricia Faustino	F	Individual	00:58:18
479	M20	155	651	Paulo Cruz	M	Correr Por Prazer	00:58:19
480	F20	45	647	Ana Dias	F	Correr Por Prazer	00:58:20
481	M55	13	402	José Espírito Santo	M	Maia Ac	00:58:24
482	F35	15	136	Andrea Moreira	F	Soc. Com. C. Santos	00:58:31
483	M35	79	575	Miguel Cabugueira	M	Individual	00:58:37
484	F35	16	551	Maria Rabaldo	F	Individual	00:58:42
485	M60	9	749	Gil Lopes	M	Individual	00:58:45
486	M20	156	329	Bruno Sousa	M	Individual	00:58:45
487	F20	46	435	Tania Maia	F	Agraclub	00:58:48
488	F35	17	769	Susana Gomes	F	Individual	00:58:48
489	M20	157	663	Ricardo Pinto	M	Individual	00:59:02
490	F45	5	526	Ofélia Augusto	F	Besjoging	00:59:02
491	M50	30	437	Paulo Torres	M	Turbulentos	00:59:06
492	M40	66	457	Agostinho Dias	M	Individual	00:59:24
493	F35	18	655	Manuela Batista	F	Individual	00:59:29
494	F20	47	877	Ondina Salgado	F	Navais	00:59:32
495	F20	48	619	Catarina Martins	F	Potentes	00:59:37
496	M20	158	1046	Rui Silva	M	C D C Navais	00:59:45
497	M40	67	60	Paulo Silva	M	Unicer - Vitalis	00:59:57
498	M20	159	61	Mauricio Cerqueira	M	Unicer - Vitalis	00:59:58
499	M20	160	865	Ricardo Bedulho	M	Individual	01:00:01
500	F17	1	490	Deolinda Silva	F	Individual	01:00:04
501	M20	161	326	Rui Miguel Fernandes	M	Individual	01:00:08
502	F45	6	802	Manuela Ribeiro	F	Individual	01:00:26
503	F40	11	777	Carla Rodrigues	F	Virgin Active	01:00:36
504	F40	12	873	Eliane Campos	F	Individual	01:00:45
505	F20	49	486	Marta Campos	F	Individual	01:00:54
506	M45	56	1099	Luis Campos	M	Individual	01:00:55
507	M50	31	643	Luís Gonçalves	M	Sira-Soc. Instrução e Recreio Aldreense	01:00:58
508	M60	10	1014	Jose Pedro Gomes	M	Aae Bnu	01:01:04
509	M18	2	428	David Junqueira	M	Individual	01:01:05
510	F20	50	462	Cláudia Angeira	F	Individual	01:01:23

Pos.	Escalão	Pos. Esc.	Dorsal	Nome	Sexo	Clube/equipa	Tempo Oficial
511	M40	68	365	Paulo Soares	M	Individual	01:01:36
512	F20	51	366	Ana Luísa Xavier	F	Individual	01:01:39
513	F20	52	376	Vera Pires	F	Individual	01:01:52
514	F20	53	563	Sofia Andreia Correia	F	Os Imparaveis	01:02:09
515	F35	19	592	Luísa Rodrigues	F	Individual	01:02:09
516	F20	54	683	Sónia Moreira	F	Individual	01:02:10
517	F20	55	346	Ana Lopes	F	Individual	01:02:39
518	F20	56	524	Cátia Coelho	F	Besjoging	01:02:41
519	F20	57	1051	Maria Joao Sousa	F	Individual	01:03:02
520	M18	3	638	Ricardo Garrido	M	100team	01:03:04
521	M60	11	633	Adelino Santos	M	100team	01:03:05
522	M20	162	759	Pedro Cruz	M	Individual	01:03:13
523	F20	58	760	Luisa Faria	F	Individual	01:03:13
524	M20	163	527	Daniel Oliveira	M	Individual	01:03:18
525	M40	69	460	Jose Goncalves	M	Individual	01:03:19
526	F20	59	699	Daniela Matos	F	Individual	01:03:21
527	F35	20	656	Rita Moutinho	F	Individual	01:03:26
528	F35	21	521	Tânia Ribeiro Cunha	F	Individual	01:03:27
529	M35	80	637	Jorge Garrido	M	100team	01:03:40
530	M40	70	636	João Santos	M	100team	01:03:40
531	F35	22	1065	Alda Azevedo	F	Individual	01:03:41
532	M45	57	478	Sérgio Anunciaçao	M	Saap	01:03:53
533	F45	7	477	Ana Oliveira	F	Saap	01:03:53
534	F35	23	1068	Silvia De Barros	F	Passatempo Yupiirun	01:04:07
535	F35	24	1069	Catarina De Barros	F	Passatempo Yupiirun	01:04:07
536	F40	13	714	Paula Dias	F	Tokaandar	01:04:31
537	F35	25	498	Gloria Vilas Boas	F	Run For Fun	01:04:43
538	F20	60	1090	Juliana Pinheiral	F	Individual	01:04:45
539	F20	61	747	Joana Pereira	F	For Ever	01:04:47
540	F45	8	81	Maria Maduro	F	Yupiirun	01:04:55
541	M50	32	743	Joaquim Silva	M	Solrungaia	01:04:59
542	F45	9	744	Ana Silva	F	Individual	01:04:59
543	F20	62	650	Marlene Melaia	F	Correr Por Prazer	01:05:21
544	F20	63	1036	Rita Gueiral	F	Individual	01:05:42
545	M35	81	1037	Rui Lima	M	Individual	01:05:42
546	F35	26	713	Cristina Barroca	F	Tokaandar	01:05:43
547	M50	33	721	Carlos Freitas	M	Individual	01:06:05
548	M20	164	723	Fernando Mendonça	M	Individual	01:06:15
549	F20	64	722	Cátia Moreira	F	Sda - Centro Vegetariano	01:06:15
550	F20	65	660	Helena Ribeiro	F	Cateano Runners	01:06:30
551	M40	71	65	Alberto Rodrigues	M	N A Cucujaes	01:06:37
552	F35	27	752	Ana Curralo	F	Individual	01:06:53
553	F45	10	80	Magda Noronha	F	Yupiirun	01:07:01
554	F40	14	716	Maria Moreira	F	Spagheti Sauce	01:07:17
555	F40	15	890	Helena Costa	F	Individual	01:07:17
556	M17	3	34	Miguel Matos	M	Sociveda	01:07:51
557	F20	66	441	Carla Costa	F	Individual	01:08:14
558	M40	72	627	Rui Magalhães	M	Individual	01:09:21
559	M40	73	483	Francisco Lima	M	Individual	01:09:23
560	F45	11	403	Ana Elisa Fernandes	F	Individual	01:09:52
561	F45	12	562	Maria Helena Correia	F	Os Imparaveis	01:10:04

Pos.	Escalão	Pos. Esc.	Dorsal	Nome	Sexo	Clube/equipa	Tempo Oficial
562	M18	4	1097	Manuel Pereira	M	Individual	01:10:13
563	M40	74	771	Paulo Gomes	M	Individual	01:10:22
564	F40	16	1080	Rosa Calheiro	F	Individual	01:11:01
565	F35	28	888	Andrea Raquel	F	Individual	01:11:01
566	F40	17	1081	Paula Sousa	F	Individual	01:11:01
567	F20	67	698	Rita Capitaio	F	Individual	01:11:04
568	F20	68	640	Diana Melo	F	Individual	01:11:07
569	F20	69	135	Sara Sobral	F	Soc. Com. C. Santos	01:11:24
570	F40	18	617	Helena Silva	F	Individual	01:12:31
571	F45	13	1038	Gabriela Leite	F	Atacadores	01:13:01
572	M40	75	813	Antonio Lopes	M	Atacadores	01:13:01
573	F45	14	429	Maria Helena Brito	F	Nuno Veiga	01:14:01
574	F40	19	1066	Marieta Santos	F	Individual	01:14:32
575	F45	15	520	Laura Martins	F	Individual	01:14:40
576	F20	70	782	Isabel Costa	F	Individual	01:15:03
577	F20	71	86	Ana Raquel Teixeira	F	Liberty Seguros	01:15:46
578	F20	72	1091	Margarida Rosa	F	Individual	01:17:55
579	F20	73	1092	Ana Cruz	F	Individual	01:17:55
580	F20	74	361	Cândida Santos	F	Individual	01:18:14
581	F20	75	560	Ana Isabel Correia	F	Os Imparaveis	01:18:28
582	F35	29	449	Paula Sousa	F	Individual	01:18:32
583	F40	20	733	Dorabela Gamboa	F	Falta Muito?	01:18:43
584	F20	76	589	Joana Sousa Fernandes	F	Individual	01:19:26
585	M20	165	1085	Nuno Ferreira	M	Individual	01:20:03
586	M17	4	625	Italo Francisco	M	Individual	01:20:21
587	M40	76	363	Luiz Francisco	M	Individual	01:20:21
588	F17	2	621	Margarida Paiva	F	Os Tokenó	01:20:28
589	M35	82	622	Ricardo Paiva	M	Os Tokenó	01:20:28
590	F35	30	620	Isabel Monteiro	F	Os Tokenó	01:20:29
591	F20	77	1017	Raquel Matias	F	C D Povia	01:21:04
592	F35	31	664	Elsa Carvalho	F	Individual	01:23:34
593	F20	78	748	Yvonne Kaps	F	For Ever	01:23:34
594	M40	77	531	Eduardo Sobral	M	Individual	01:23:53
595	F35	32	552	Luciana Sousa	F	Individual	01:24:24
596	F35	33	553	Susana Monteiro	F	Individual	01:24:24
597	M35	83	476	José Igreja	M	Individual	01:25:42
598	F20	79	475	Paula Lopes	F	Individual	01:25:42
599	M40	78	37	Fernando Matos	M	Sociveda	01:26:13
600	F20	80	780	Ariana Santos	F	Individual	01:26:45
601	F20	81	538	Sandra Vilaça	F	Individual	01:26:46
602	F45	16	613	Filomena Azevedo	F	Individual	01:27:16
603	F45	17	882	Maria Gloria Gomes	F	Individual	01:27:16
604	F35	34	628	Marta Vergueiro	F	Individual	01:28:04
605	F20	82	528	Isabel Oliveira	F	Individual	01:28:49
606	F20	83	772	Raquel Oliveira	F	Individual	01:29:38
607	F35	35	770	Sónia Gomes	F	Individual	01:29:38
608	F35	36	364	Rosangela Francisco	F	Individual	01:29:42
609	M50	34	868	Arlindo Areias	M	Individual	01:29:56
610	M35	84	665	Nuno Camara	M	Individual	01:31:29
611	F45	18	1055	Conceicao Cardoso	F	Gdva	01:33:02
612	F20	84	1054	Filipa Carneiro	F	Gdva	01:33:04

Pos.	Escalão	Pos. Esc.	Dorsal	Nome	Sexo	Clube/equipa	Tempo Oficial
613	F20	85	495	Sofia Aguiar	F	Individual	01:33:28
614	F20	86	794	Sara Ribeiro	F	Individual	01:33:28
615	F20	87	800	Inês Zão	F	Individual	01:35:21
616	F20	88	870	Silvia Alves	F	Individual	01:35:21
617	M55	14	715	Alvaro Costa	M	Spaghetti Sauce	01:36:16
618	F20	89	1088	Sandra Rocha	F	Individual	01:36:20
619	F20	90	1087	Vania Maia	F	Individual	01:36:22
620	F20	91	1084	Patricia Pereira	F	Individual	01:36:32
621	F40	21	556	Sandra Carvalho	F	Individual	01:36:45
622	F20	92	529	Alexandra Jácome	F	Individual	01:37:06
623	M20	166	532	Luís Costa	M	Individual	01:37:08
624	F35	37	815	Joana Sousa	F	Sousas	01:37:38
625	M35	85	817	Luís Lopes	M	Sousas	01:37:40
626	M60	12	816	João Sousa	M	Sousas	01:37:40
627	M40	79	694	Nuno Carvalho	M	Individual	01:38:24
628	F35	38	573	Daniela Patrícia Barbosa	F	F.C. Porto	01:38:24
629	F40	22	696	Carla Barbosa	F	Individual	01:38:25
630	M40	80	1075	Joao Artur Moura	M	Individual	01:38:43
631	F40	23	1076	Isabel Bastos	F	Individual	01:38:43
632	F20	93	1077	Manuela Sa Pereira	F	Individual	01:38:43
633	F40	24	822	Rosa Sousa	F	Individual	01:40:12
634	F40	25	872	Manuela Rocha	F	Individual	01:40:12
635	F40	26	309	Sandra Amorim	F	Individual	01:41:22
636	M60	13	85	Abilio Araujo	M	Yupiirun	01:45:16
637	M40	81	1073	Miguel Barbosa	M	Passatempo Yupiirun	01:45:26
638	F45	19	84	Isabel Araujo	F	Yupiirun	01:45:34
639	F40	27	1072	Susana Baptista	F	Passatempo Yupiirun	01:45:34
640	M40	82	74	Bruno Almeida	M	Yupiirun	01:45:34