

Geral	Dorsal	Nome	Equipa	Sexo	Esc.	Chip	Ritmo	Tempo	
1.	60	FÁBIO CORREIA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	1	SEN M	1	46:00:00	03:37	46:00:00
2.	289	HÉLDER PIRES	CLUBE ATLETISMO OVAR	2	SEN M	2	46:00:00	03:37	46:00:00
3.	279	ANTÓNIO SOUSA	RIPOLINS GRJÓ A CORRER	3	VET M45	1	46:06:00	03:37	46:06:00
4.	177	PAULO COSTA	VIRIATHVS RUNNERS VISEU	4	VET M50	1	46:50:00	03:41	46:50:00
5.	170	JOAQUIM SILVA	N.A.CUCUJAES	5	VET M45	2	47:09:00	03:42	47:09:00
6.	34	RUI SANTOS	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	6	VET M45	3	47:10:00	03:42	47:11:00
7.	168	JOÃO MOREIRA	G.D.RONDA	7	VET M40	1	47:15:00	03:43	47:15:00
8.	76	RICARDO PEREIRA	INDIVIDUAL	8	VET M35	1	47:54:00	03:46	47:54:00
9.	59	AUGUSTO ALUAI	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	9	VET M50	2	47:56:00	03:46	47:56:00
10.	183	JOSÉ SANTOS	INDIVIDUAL	10	VET M35	2	48:26:00	03:48	48:26:00
11.	134	JOÃO BARBOSA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	11	VET M45	4	48:38:00	03:49	48:38:00
12.	310	PAULO FIGUEIREDO	AFIS/OVAR	12	VET M40	2	48:39:00	03:49	48:39:00
13.	307	JOSÉ LOURENÇO	REMAX SPIRIT-MARKET	13	VET M40	3	48:43:00	03:50	48:44:00
14.	296	ALCINDO DIAS	GD SÃO PAIO DE OLEIROS	14	VET M40	4	48:50:00	03:50	48:50:00
15.	203	JOEL RAMALHOTO	VIRIATHVS RUNNERS VISEU	15	SEN M	3	49:03:00	03:51	49:03:00
16.	158	PAULO MAIA	GRUPO OSCACER	16	VET M45	5	49:15:00	03:52	49:16:00
17.	286	SÉRGIO MOTA	SCE TRIATLO	17	VET M35	3	49:23:00	03:53	49:23:00
18.	210	VITOR RITO	RUNNING ESPINHO	18	SEN M	4	49:29:00	03:53	49:29:00
19.	35	CARLOS FERREIRA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	19	VET M40	5	49:34:00	03:54	49:34:00
20.	23	VITOR DIAS	INDIVIDUAL	20	SEN M	5	49:38:00	03:54	49:38:00
21.	214	JOSÉ CARLOS GOMES	RUNNING ESPINHO	21	VET M45	6	50:38:00	03:59	50:38:00
22.	131	JOSÉ FIGUEIREDO	AFIS/OVAR	22	VET M50	3	53:12:00	04:11	53:12:00
23.	275	FILIPE MARQUES	ECOMOBILE	23	VET M40	6	53:11:00	04:11	53:12:00
24.	133	MANUEL FONSECA	AFIS/OVAR	24	VET M55	1	53:12:00	04:11	53:13:00
25.	172	JOAO OLIVEIRA	JUVENTUDE CORTEGACENSE	25	VET M40	7	53:26:00	04:12	53:29:00
26.	54	MILTON ALMEIDA	INDIVIDUAL	26	SEN M	6	53:27:00	04:12	53:29:00
27.	112	HENRIQUE NEVES	DA CASA	27	VET M45	7	53:27:00	04:12	53:30:00
28.	64	MANUEL FERREIRA	INDIVIDUAL	28	VET M45	8	53:54:00	04:14	53:56:00
29.	129	FERNANDO MORAIS	INDIVIDUAL	29	VET M55	2	53:58:00	04:14	53:58:00
30.	14	MANUEL GRILO	HELIFLEX	30	VET M50	4	54:01:00	04:15	54:02:00
31.	243	FERNANDO MENDES	INDIVIDUAL	31	JUN M	1	54:23:00	04:16	54:24:00
32.	167	CARLOS FAZENDEIRO	G.D.RONDA	32	VET M55	3	54:31:00	04:17	54:31:00
33.	284	JOSÉ REIS	RIPOLINS GRIJÓ A CORRER	33	VET M55	4	54:31:00	04:17	54:32:00
34.	156	JORGE SOARES	GRUPO OSCACER	34	VET M35	4	54:34:00	04:17	54:36:00
35.	20	FILIPE COSTA	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	35	JUN M	2	54:31:00	04:17	54:37:00
36.	242	FERNANDO MENDES	INDIVIDUAL	36	VET M45	9	54:46:00	04:18	54:47:00
37.	276	RUI SANTOS	INDIVIDUAL	37	VET M35	5	54:53:00	04:19	54:53:00
38.	252	RUI MIGUEL SILVA	INDIVIDUAL	38	VET M35	6	55:10:00	04:20	55:21:00
39.	135	AGOSTINHO MARQUES	INDIVIDUAL	39	VET M45	10	55:31:00	04:22	55:32:00
40.	37	MANUEL SILVA	FALTA D ÂR	40	VET M45	11	55:36:00	04:22	55:39:00
41.	142	ANDRÉ RODRIGUES	INDIVIDUAL	41	JUN M	3	55:44:00	04:23	55:44:00
42.	269	PEDRO RESENDE	INDIVIDUAL	42	VET M40	8	55:39:00	04:22	55:48:00
43.	102	ANTÓNIO PEREIRA	INDIVIDUAL	43	SEN M	7	55:39:00	04:22	55:50:00
44.	217	NOEL VALADÃO	RUNNING ESPINHO	44	VET M35	7	56:01:00	04:24	56:03:00

Geral	Dorsal	Nome	Equipa	Sexo	Esc.	Chip	Ritmo	Tempo	
45.	223	MIGUEL PINTO	RUNNING ESPINHO	45	SEN M	8	56:12:00	04:25	56:16:00
46.	19	DANIEL SILVA	GRUPO DESPORTIVO BANCO DE PORTUGAL	46	VET M35	8	56:19:00	04:26	56:20:00
47.	191	PAULO REIS	RUNNING ESMORIZ	47	VET M35	9	56:33:00	04:27	56:35:00
48.	30	ABELARDO GOMES	INDIVIDUAL	48	VET M50	5	56:36:00	04:27	56:37:00
49.	308	JOAQUIM FERREIRA	REMAX SPIRIT-MARKET	49	VET M35	10	56:28:00	04:26	56:38:00
50.	130	PEDRO NECHO	AFIS/OVAR	50	VET M40	9	56:40:00	04:27	56:41:00
51.	163	TIAGO MANARTE	JUVENTUDE CORTEGACENSE	51	SEN M	9	56:37:00	04:27	56:42:00
52.	213	CRISTINA PASSOS	RUNNING ESPINHO	1	VET F40	1	56:43:00	04:27	56:47:00
53.	29	CARLOS SANTOS	INDIVIDUAL	52	VET M40	10	56:44:00	04:28	56:50:00
54.	226	MÁRIO ALVES	RUNNING ESPINHO	53	VET M50	6	56:55:00	04:28	56:56:00
55.	246	MARTA MARQUES	MAIA RUNNERS	2	SEN F	1	56:56:00	04:29	56:57:00
56.	245	FILIPE ROCHA	MAIA RUNNERS	54	VET M35	11	56:58:00	04:29	56:58:00
57.	98	VITOR SALGADO	C.M.M.C. VALE DE CAMBRA	55	VET M40	11	56:28:00	04:26	57:02:00
58.	176	JOÃO BARRADAS	ADCP	56	SEN M	10	57:03:00	04:29	57:04:00
59.	277	GABRIEL MARQUES	INDIVIDUAL	57	JUN M	4	57:15:00	04:30	57:26:00
60.	235	JORGE V SOUSA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	58	VET M45	12	57:34:00	04:32	57:03:00
61.	95	MANUEL OLIVEIRA	C.M.M.C. VALE DE CAMBRA	59	VET M50	7	58:00:00	04:34	58:04:00
62.	305	LUCIA COSTA	JUVENTUDE CORTEGACENSE	3	VET F40	2	58:07:00	04:34	58:10:00
63.	146	CLÁUDIO TAVARES	INDIVIDUAL	60	SEN M	11	58:12:00	04:35	58:15:00
64.	127	ANDRÉ REBELO	EDUART COMPONENTES CALÇADO	61	SEN M	12	58:19:00	04:35	58:19:00
65.	108	RENATO SÁ	INDIVIDUAL	62	VET M40	12	58:27:00	04:36	58:33:00
66.	306	ANDRÉ SILVA	REMAX SPIRIT-MARKET	63	VET M35	12	58:30:00	04:36	58:42:00
67.	179	MANUEL SILVA	INDIVIDUAL	64	VET M50	8	58:57:00	04:38	58:57:00
68.	309	GUSTAVO MARQUES	REMAX SPIRIT-MARKET	65	VET M40	13	59:00:00	04:38	59:01:00
69.	50	RICARDO PINHO	INDIVIDUAL	66	VET M35	13	58:51:00	04:38	59:06:00
70.	212	MANUEL ABREU	RUNNING ESPINHO	67	VET M40	14	59:05:00	04:39	59:08:00
71.	266	NUNO CARDOSO	INDIVIDUAL	68	VET M40	15	59:04:00	04:39	59:12:00
72.	157	LÁZARO TEIXEIRA	GRUPO OSCACER	69	VET M35	14	59:16:00	04:40	59:17:00
73.	239	ANTÓNIO CONSTANTINO	INDIVIDUAL	70	VET M35	15	59:16:00	04:40	59:17:00
74.	278	SUSANA ANDRADE	SCE TRIATLO	4	VET F40	3	59:15:00	04:39	59:18:00
75.	159	ÓSCAR BRANDÃO	GRUPO OSCACER	71	VET M45	13	59:36:00	04:41	59:38:00
76.	232	MIGUEL PENA	NASCIDOS PARA CORRER	72	VET M40	16	59:36:00	04:41	59:40:00
77.	233	VITOR COSTA	NASCIDOS PARA CORRER	73	VET M40	17	59:37:00	04:41	59:40:00
78.	63	MARTA REIS	JUVENTUDE CORTEGACENSE	5	VET F35	1	59:43:00	04:42	59:45:00
79.	285	FRANCISCO CALDAS	SCE TRIATLO	74	VET M35	16	59:36:00	04:41	59:46:00
80.	189	ANTÓNIO PORRÃO	RUNNING ESMORIZ	75	VET M55	5	59:59:00	04:43	01:00:01
81.	36	ABILIO SANTOS	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	76	VET M55	6	01:00:03	04:43	01:00:03
82.	299	RODRIGO AMARAL	CASA DA PRAIA	77	JUN M	5	59:22:00	04:40	01:00:03
83.	274	JORGE GUERRA	ECOMOBILE	78	VET M40	18	01:00:05	04:43	01:00:07
84.	137	MARCO CANDEIAS	INDIVIDUAL	79	SEN M	13	59:59:00	04:43	01:00:10
85.	96	ARLINDO RODRIGUES	C.M.M.C. VALE DE CAMBRA	80	VET M55	7	01:00:04	04:43	01:00:11
86.	282	LUIS COSTA	RIPOLINS GRJÓ A CORRER	81	VET M40	19	01:00:09	04:44	01:00:12
87.	124	ANTONIO BARBOSA	CLUBE ZUPPER	82	VET M55	8	01:00:15	04:44	01:00:15
88.	140	FILIPE COSTA	INDIVIDUAL	83	SEN M	14	01:00:16	04:44	01:00:16

Geral	Dorsal	Nome	Equipa	Sexo	Esc.	Chip	Ritmo	Tempo	
89.	143	CONSTANTINO MOTA	INDIVIDUAL	84	VET M45	14	01:00:24	04:45	01:00:31
90.	85	RICARDINO DOS SANTOS	GOODSHAPE	85	VET M40	20	01:00:31	04:45	01:00:32
91.	175	FRED JOSÉ	ADCP	86	VET M40	21	01:00:35	04:46	01:00:36
92.	281	BRUNO ANDRADE	RIPOLINS GRJÓ A CORRER	87	SEN M	15	01:00:37	04:46	01:00:38
93.	258	JOSÉ DUARTE	RUNNING ESPINHO	88	VET M45	15	01:00:33	04:46	01:00:39
94.	58	PAULO FERREIRA	INDIVIDUAL	89	VET M50	9	01:00:39	04:46	01:00:41
95.	165	PAULO MOTA	G.D.RONDA	90	VET M45	16	01:00:41	04:46	01:00:44
96.	171	CELSO SILVA	G.D.RONDA	91	VET M35	17	01:00:41	04:46	01:00:44
97.	65	HELDER ROCHA	JUVENTUDE CORTEGACENSE	92	VET M40	22	01:00:43	04:46	01:00:46
98.	267	CARLOS VIOLAS	INDIVIDUAL	93	VET M35	18	01:00:47	04:47	01:00:54
99.	204	DINIS BAPTISTA	BIZINHOS ATHLETIC CLUB	94	VET M40	23	01:00:51	04:47	01:00:56
100.	83	MARIANA MONTEIRO	GOODSHAPE	6	VET F35	2	01:00:55	04:47	01:00:56
101.	202	PAULO OLIVEIRA	INDIVIDUAL	95	VET M40	24	01:00:50	04:47	01:01:02
102.	195	MÁRIO FONSECA	RUNNING ESMORIZ	96	SEN M	16	01:01:00	04:48	01:01:04
103.	107	NUNO SANTOS	HELIFLEX	97	VET M35	19	01:00:59	04:48	01:01:04
104.	264	ANGELINA FERREIRA	INDIVIDUAL	7	VET F50	1	01:01:10	04:49	01:01:11
105.	236	PEDRO LOPES	INDIVIDUAL	98	SEN M	17	01:01:17	04:49	01:01:25
106.	136	NELSON MARTINS	INDIVIDUAL	99	VET M35	20	01:01:21	04:49	01:01:30
107.	263	ROSA FERREIRA	INDIVIDUAL	8	VET F50	2	01:01:45	04:51	01:01:45
108.	173	PAULO DIAS	OS ADAMASTORES	100	SEN M	18	01:01:55	04:52	01:01:56
109.	244	PAULO CAMBOA	INDIVIDUAL	101	SEN M	19	01:01:50	04:52	01:02:04
110.	178	NATASHA POPOVA	INDIVIDUAL	9	SEN F	2	01:02:03	04:53	01:02:06
111.	262	ARMANDO ROCHA	INDIVIDUAL	102	VET M40	25	01:02:03	04:53	01:02:07
112.	317	ALBERTO ESPINHEIRA	INDIVIDUAL	103	VET M55	9	01:02:04	04:53	01:02:08
113.	248	PAULO SILVA	INDIVIDUAL	104	VET M50	10	01:02:03	04:53	01:02:08
114.	94	PAULO MARTINS	C.M.M.C. VALE DE CAMBRA	105	VET M50	11	01:02:12	04:53	01:02:21
115.	53	CELSO TEIXEIRA	INDIVIDUAL	106	VET M50	12	01:02:20	04:54	01:02:28
116.	12	LÍGIA CASIMIRO	CIRES RUNNING TEAM	10	VET F40	4	01:02:41	04:56	01:02:43
117.	199	RUI SILVA	RUNNING ESMORIZ	107	VET M35	21	01:02:49	04:56	01:02:52
118.	200	ANDRÉ SILVA	RUNNING ESMORIZ	108	SEN M	20	01:02:49	04:56	01:02:53
119.	187	MAFALDA OLIVEIRA	ATLETICO DA MADALENA	11	SEN F	3	01:02:42	04:56	01:02:55
120.	86	SUSANA BRANDÃO	C.M.M.C. VALE DE CAMBRA	12	VET F40	5	01:03:07	04:58	01:03:09
121.	238	SÉRGIO GUEDES	INDIVIDUAL	109	VET M45	17	01:03:04	04:57	01:03:11
122.	194	ISABEL ROSAS	RUNNING ESMORIZ	13	VET F40	6	01:03:10	04:58	01:03:13
123.	141	VALTER RODRIGUES	JUVENTUDE CORTEGACENSE	110	SEN M	21	01:03:01	04:57	01:03:13
124.	237	EDIVALDO MACIEL	GRECAS	111	VET M35	22	01:03:24	04:59	01:03:24
125.	49	NUNO TEIXEIRA	INDIVIDUAL	112	VET M35	23	01:03:29	04:59	01:03:33
126.	234	BELMIRO MAGALHÃES	INDIVIDUAL	113	VET M35	24	01:03:30	05:00	01:03:37
127.	33	NUNO VIEIRA	URBANATLETAS	114	VET M40	26	01:03:38	05:00	01:03:42
128.	55	FERNANDO PINHO	INVICTA RUNNERS TEAM	115	VET M55	10	01:03:40	05:00	01:03:46
129.	110	DANIEL BARROS	JUVENTUDE CORTEGACENSE	116	VET M35	25	01:03:40	05:00	01:03:51
130.	115	LUIS MAGALHÃES	C.M.M.C. VALE DE CAMBRA	117	SEN M	22	01:03:42	05:00	01:03:51
131.	99	CARLOS RODRIGUES	C.M.M.C. VALE DE CAMBRA	118	VET M45	18	01:03:46	05:01	01:03:54
132.	93	FERNANDO LEITE	C.M.M.C. VALE DE CAMBRA	119	VET M45	19	01:03:53	05:01	01:03:55

Geral	Dorsal	Nome	Equipa	Sexo	Esc.	Chip	Ritmo	Tempo	
133.	273	JOAQUIM GUERRA	INDIVIDUAL	120	VET M45	20	01:03:54	05:01	01:03:56
134.	118	ANTÓNIO GOMES	C.M.M.C. VALE DE CAMBRA	121	VET M50	13	01:03:48	05:01	01:03:58
135.	128	LUÍS FILIPE SOARES	EDUART COMPONENTES CALÇADO	122	VET M50	14	01:03:58	05:02	01:03:59
136.	24	OLGA GOMES	INDIVIDUAL	14	VET F45	1	01:04:11	05:03	01:04:11
137.	303	RUI TAVARES	INDIVIDUAL	123	SEN M	23	01:04:07	05:02	01:04:21
138.	123	MANUEL MARTINS	UMA QUESTÃO DE ATITUDE	124	VET M40	27	01:04:21	05:04	01:04:21
139.	21	JOSÉ VALENTE	INDIVIDUAL	125	SEN M	24	01:04:09	05:03	01:04:22
140.	13	VITOR NETO	HELIFLEX	126	VET M45	21	01:04:15	05:03	01:04:25
141.	184	JOSE PEREIRA	NIGHTS TEAM	127	VET M35	26	01:04:22	05:04	01:04:26
142.	87	FILOMENA SANTOS	C.M.M.C. VALE DE CAMBRA	15	VET F45	2	01:04:26	05:04	01:04:27
143.	92	JOAQUIM OLIVEIRA	C.M.M.C. VALE DE CAMBRA	128	VET M55	11	01:04:26	05:04	01:04:27
144.	88	REGINA ALMEIDA	C.M.M.C. VALE DE CAMBRA	16	VET F45	3	01:04:25	05:04	01:04:28
145.	139	ANTÓNIO GONÇALVES	NEED FOR SPEED	129	SUB 23 M	1	01:04:20	05:03	01:04:28
146.	138	RUI GONÇALVES	NEED FOR SPEED	130	SUB 23 M	2	01:04:22	05:04	01:04:28
147.	82	CIDALIA ANDRÉ	INDIVIDUAL	17	VET F40	7	01:04:29	05:04	01:04:31
148.	222	MAFALDA RESENDE	RUNNING ESPINHO	18	VET F35	3	01:04:24	05:04	01:04:31
149.	240	NÁDIA SANTOS	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	19	SEN F	4	01:04:30	05:04	01:04:33
150.	61	SÓNIA SANTOS	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	20	SEN F	5	01:04:30	05:04	01:04:33
151.	75	FERNANDO SILVA	GRUPO CORRIDA DE ARGONCILHE	131	VET M60	1	01:04:32	05:04	01:04:36
152.	16	ALVARO SOUSA	HELIFLEX	132	VET M50	15	01:04:27	05:04	01:04:36
153.	197	NUNO ALVIM	RUNNING ESMORIZ	133	SEN M	25	01:04:40	05:05	01:04:42
154.	25	NELSON FRANCO	INDIVIDUAL	134	VET M40	28	01:04:31	05:04	01:04:44
155.	73	FERNANDO PAIS	GRUPO CORRIDA DE ARGONCILHE	135	VET M50	16	01:04:52	05:06	01:04:54
156.	201	HÉLDER AMORIM	SAL RUNNERS	136	VET M35	27	01:04:54	05:06	01:04:54
157.	261	NUNO MOREIRA	RUNNING ESPINHO	137	VET M35	28	01:04:56	05:06	01:05:01
158.	211	RUI SOARES	RUNNING ESPINHO	138	VET M40	29	01:04:58	05:06	01:05:02
159.	77	DEOLINDA FERREIRA	PERALTAFIL	21	VET F45	4	01:05:05	05:07	01:05:06
160.	292	RAFAEL SILVA	INDIVIDUAL	139	SUB 23 M	3	01:05:00	05:07	01:05:13
161.	319	RUI TEIXEIRA		140	VET M45	22	01:05:37	05:10	01:05:41
162.	97	DOMINGOS SILVA	C.M.M.C. VALE DE CAMBRA	141	VET M60	2	01:05:42	05:10	01:05:47
163.	190	JOSÉ RIBA	RUNNING ESMORIZ	142	VET M50	17	01:05:46	05:10	01:05:48
164.	227	CRISTINA COUTO	RUNNING ESPINHO	22	VET F45	5	01:05:48	05:10	01:05:48
165.	198	JOSÉ MENDES	RUNNING ESMORIZ	143	VET M45	23	01:05:52	05:11	01:05:53
166.	192	MARIBEL OLIVEIRA	RUNNING ESMORIZ	23	VET F45	6	01:05:53	05:11	01:05:54
167.	48	VÍTOR LEMOS	PUPILOS DO ZÉ TÓ	144	VET M35	29	01:06:06	05:12	01:06:13
168.	169	SANDRA CANELHA	G.D.RONDA	24	VET F40	8	01:06:12	05:12	01:06:18
169.	166	ANTONIO FERREIRA	G.D.RONDA	145	VET M55	12	01:06:14	05:12	01:06:19
170.	126	EDUARDO REBELO	EDUART COMPONENTES CALÇADO	146	VET M55	13	01:06:30	05:14	01:06:31
171.	208	PAULO VALENTE	INDIVIDUAL	147	VET M35	30	01:06:26	05:13	01:06:36
172.	185	PEDRO FERREIRA	OFRUNNING	148	VET M35	31	01:06:26	05:13	01:06:36
173.	295	RICARDO OLIVEIRA	OFRUNNING	149	VET M35	32	01:06:29	05:14	01:06:36
174.	38	RUI MONTEIRO	INDIVIDUAL	150	SEN M	26	01:07:15	05:17	01:07:19
175.	81	VICTOR COSTA	INDIVIDUAL	151	VET M45	24	01:07:20	05:18	01:07:20
176.	215	RUI SILVA	RUNNING ESPINHO	152	VET M40	30	01:08:50	05:25	01:08:57

Geral	Dorsal	Nome	Equipa	Sexo	Esc.	Chip	Ritmo	Tempo	
177.	71	RUI BRANDÃO	FADAS VERDES	153	SEN M	27	01:08:50	05:25	01:09:03
178.	225	ROSA RODRIGUES	RUNNING ESPINHO	25	VET F35	4	01:09:04	05:26	01:09:04
179.	122	NUNO BASTOS	C.M.M.C. VALE DE CAMBRA	154	VET M35	33	01:09:10	05:26	01:09:19
180.	121	SANDRA AZEVEDO	C.M.M.C. VALE DE CAMBRA	26	VET F35	5	01:09:12	05:26	01:09:20
181.	257	HELDER ALMEIDA	RUNNING ESPINHO	155	VET M40	31	01:08:24	05:23	01:09:26
182.	256	DIOGO OLIVEIRA	RUNNING ESPINHO	156	VET M40	32	01:08:26	05:23	01:09:28
183.	109	MARLENE FERREIRA	JUVENTUDE CORTEGACENSE	27	SEN F	6	01:09:28	05:28	01:09:38
184.	249	ALBERTO MENDES	INDIVIDUAL	157	SEN M	28	01:09:26	05:28	01:09:39
185.	101	VASCO RIBEIRO	INDIVIDUAL	158	VET M45	25	01:10:00	05:30	01:10:02
186.	72	RUI OLIVEIRA	GRUPO CORRIDA DE ARGONCILHE	159	VET M60	3	01:10:05	05:31	01:10:06
187.	22	CARLOS BARROSO	BIO TEAM RUN	160	VET M50	18	01:10:11	05:31	01:10:14
188.	100	CARLOS SILVA	C.M.M.C. VALE DE CAMBRA	161	VET M40	33	01:10:11	05:31	01:10:19
189.	147	AUGUSTO SILVA	INDIVIDUAL	162	VET M50	19	01:10:21	05:32	01:10:31
190.	255	RUI SANTOS	RUNNING ESPINHO	163	VET M40	34	01:10:28	05:32	01:10:35
191.	51	ANA CASTRO	CAL-CLUBE ATLETISMO LAMAS	28	VET F45	7	01:10:25	05:32	01:10:35
192.	161	ALEXANDRA LOPES	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	29	VET F40	9	01:10:37	05:33	01:10:39
193.	78	MARIA OLIVEIRA	JUVENTUDE CORTEGACENSE	30	VET F40	10	01:10:31	05:33	01:10:42
194.	316	DAWN GIBSON	INDIVIDUAL	31	SEN F	7	01:10:49	05:34	01:11:01
195.	132	PAULO ALMEIDA	AFIS/OVAR	164	VET M45	26	01:11:04	05:35	01:11:04
196.	91	ELSA FERREIRA	C.M.M.C. VALE DE CAMBRA	32	VET F45	8	01:11:13	05:36	01:11:20
197.	193	GABRIEL SILVA	RUNNING ESMORIZ	165	JUN M	6	01:11:24	05:37	01:11:27
198.	219	ANTONIO PEREIRA	RUNNING ESPINHO	166	VET M50	20	01:11:16	05:36	01:11:28
199.	247	JOAQUIM MARQUES	MAIA RUNNERS	167	VET M55	14	01:11:27	05:37	01:11:28
200.	162	HELDER TEIXEIRA	INDIVIDUAL	168	VET M35	34	01:11:34	05:38	01:11:39
201.	196	VIRGÍNIA COSTA	RUNNING ESMORIZ	33	VET F40	11	01:11:40	05:38	01:11:41
202.	117	ANTÓNIO ALMEIDA	C.M.M.C. VALE DE CAMBRA	169	VET M45	27	01:12:05	05:40	01:12:08
203.	62	PEDRO SOUSA	FADAS VERDES	170	VET M35	35	01:12:00	05:40	01:12:13
204.	56	FERNANDO CONCEIÇÃO	INVICTA RUNNERS TEAM	171	VET M50	21	01:12:42	05:43	01:12:48
205.	186	VITOR CARDOSO	ATLETICO DA MADALENA	172	VET M50	22	01:12:37	05:43	01:12:51
206.	164	LEANDRO ROCHA	JUVENTUDE CORTEGACENSE	173	SEN M	29	01:12:47	05:43	01:12:52
207.	150	SILVANA ROCHA	JUVENTUDE CORTEGACENSE	34	SEN F	8	01:12:49	05:44	01:12:53
208.	220	SANDRA FERREIRA	RUNNING ESPINHO	35	VET F45	9	01:12:49	05:44	01:12:54
209.	283	MANUEL COUTO	RIPOLINS GRIJÓ A CORRER	174	VET M70	1	01:12:52	05:44	01:12:55
210.	32	SALOMÉ BARBOSA	URBANATLETAS	36	SEN F	9	01:12:59	05:44	01:13:01
211.	31	MANUEL MAGALHÃES	URBANATLETAS	175	VET M35	36	01:12:59	05:44	01:13:02
212.	144	MOISÉS CRUZ	OS ADAMASTORES	176	SEN M	30	01:12:54	05:44	01:13:02
213.	293	TIAGO COSTA	OS ADAMASTORES	177	SEN M	31	01:12:59	05:44	01:13:07
214.	42	MARGARIDA MOREIRA	INDIVIDUAL	37	SEN F	10	01:13:04	05:45	01:13:15
215.	119	ELISIO GOMES	C.M.M.C. VALE DE CAMBRA	178	VET M55	15	01:13:09	05:45	01:13:17
216.	52	PEDRO LEITE	INDIVIDUAL	179	SEN M	32	01:13:10	05:45	01:13:22
217.	288	JORGE MOTA	INDIVIDUAL	180	VET M45	28	01:13:16	05:46	01:13:29
218.	68	VICTOR MONTEIRO	CARACÓIS DE CORRIDA	181	VET M40	35	01:13:24	05:46	01:13:32
219.	290	ANTÓNIO BRANCO	CLUBE ATLETISMO OVAR	182	VET M60	4	01:13:33	05:47	01:13:33
220.	287	FILIPA RIBEIRO	INDIVIDUAL	38	VET F40	12	01:13:21	05:46	01:13:34

Geral	Dorsal	Nome	Equipa	Sexo	Esc.	Chip	Ritmo	Tempo	
221.	153	ERSILIO TOMAZ	TAINADAS	183	VET M35	37	01:13:31	05:47	01:13:42
222.	291	PAULA FERREIRA	INDIVIDUAL	39	VET F35	6	01:14:04	05:49	01:14:10
223.	90	TATIANA SILVA	C.M.M.C. VALE DE CAMBRA	40	SEN F	11	01:14:03	05:49	01:14:11
224.	114	CATIA COIMBRA	C.M.M.C. VALE DE CAMBRA	41	SEN F	12	01:14:04	05:49	01:14:12
225.	103	NUNO FERNANDES	OPRATICANTE.PT	184	SEN M	33	01:14:04	05:49	01:14:12
226.	44	ANTÓNIO BARBOSA	INDIVIDUAL	185	VET M45	29	01:14:04	05:49	01:14:16
227.	174	CHRISTOPHER GUIMARAENS	INDIVIDUAL	186	VET M45	30	01:14:04	05:49	01:14:18
228.	253	RUI GOMES	RUNNING ESPINHO	187	VET M35	38	01:14:13	05:50	01:14:24
229.	27	HUGO VALENTE	HS	188	SEN M	34	01:14:24	05:51	01:14:25
230.	259	JOANA ABREU	RUNNING ESPINHO	42	VET F35	7	01:14:18	05:51	01:14:26
231.	270	JOÃO LEMOS	INDIVIDUAL	189	VET M35	39	01:14:24	05:51	01:14:34
232.	294	HELDER PEREIRA	INDIVIDUAL	190	VET M35	40	01:14:25	05:51	01:14:37
233.	318	LEANDRO CAVADAS	INDIVIDUAL	191	VET M40	36	01:14:24	05:51	01:14:38
234.	57	ANA CAMPOS	FADAS VERDES	43	VET F35	8	01:14:30	05:52	01:14:43
235.	47	NAIR BESSA	INDIVIDUAL	44	SEN F	13	01:14:35	05:52	01:14:46
236.	46	PEDRO CARVALHO	INDIVIDUAL	192	VET M35	41	01:14:36	05:52	01:14:46
237.	89	DIANA GONÇALVES	C.M.M.C. VALE DE CAMBRA	45	SEN F	14	01:14:42	05:52	01:14:47
238.	298	ANDRÉ COUTO	CASA DA PRAIA	193	JUN M	7	01:14:43	05:53	01:14:53
239.	26	ANA FRANÇA	INDIVIDUAL	46	VET F40	13	01:14:39	05:52	01:14:54
240.	74	ROSALINA FONTES	GRUPO CORRIDA DE ARGONCILHE	47	VET F45	10	01:14:53	05:53	01:14:56
241.	302	SANDRA MARTINS	RUNNING ESPINHO	48	VET F45	11	01:14:51	05:53	01:14:56
242.	41	AMANDIO MENDES	INDIVIDUAL	194	VET M45	31	01:15:05	05:54	01:15:18
243.	304	ASTEMIR TAOV	KEIKI	195	SEN M	35	01:15:24	05:56	01:15:32
244.	113	FERNANDA ALMEIDA	C.M.M.C. VALE DE CAMBRA	49	VET F60	1	01:15:25	05:56	01:15:35
245.	228	RÚBEN FERREIRA	INDIVIDUAL	196	SEN M	36	01:16:12	06:00	01:16:21
246.	230	PAULO FERREIRA	INDIVIDUAL	197	VET M40	37	01:16:12	06:00	01:16:21
247.	229	NELSON SILVA	INDIVIDUAL	198	VET M45	32	01:16:12	06:00	01:16:22
248.	79	JOSÉ TEIXEIRA	INDIVIDUAL	199	VET M40	38	01:16:24	06:00	01:16:33
249.	254	HELIA LIMA	RUNNING ESPINHO	50	SEN F	15	01:16:36	06:01	01:16:41
250.	43	CARLA SILVA	INDIVIDUAL	51	VET F35	9	01:16:30	06:01	01:16:42
251.	180	ALBANO LOUREIRO	INDIVIDUAL	200	VET M45	33	01:16:32	06:01	01:16:47
252.	300	HELENA SILVA	CASA DA PRAIA	52	VET F45	12	01:16:47	06:02	01:16:56
253.	28	SUSANA ALMEIDA	HS	53	SEN F	16	01:16:56	06:03	01:16:58
254.	260	ALEXANDRA SOARES	RUNNING ESPINHO	54	VET F45	13	01:16:56	06:03	01:17:02
255.	182	LILIANA BRANDÃO	BRANDÃO PINHO	55	VET F40	14	01:16:58	06:03	01:17:03
256.	181	ARMANDO PINHO	BRANDÃO PINHO	201	VET M40	39	01:16:59	06:03	01:17:03
257.	145	VITOR OLIVEIRA	RUNNING ESMORIZ	202	VET M45	34	01:17:16	06:05	01:17:23
258.	152	GABRIEL SOUSA	TAINADAS	203	VET M35	42	01:17:30	06:06	01:17:41
259.	209	PEDRO ABELHA	INDIVIDUAL	204	VET M45	35	01:17:40	06:06	01:17:47
260.	188	HELIANA SÁ	RUNNING ESMORIZ	56	SEN F	17	01:17:41	06:07	01:17:47
261.	250	PEDRO BRANDÃO	RUNNING ESMORIZ	205	JUN M	8	01:17:49	06:07	01:17:50
262.	111	CARINA PEREIRA	INDIVIDUAL	57	VET F40	15	01:18:33	06:11	01:18:42
263.	224	JAIME CASTRO	RUNNING ESPINHO	206	VET M45	36	01:18:35	06:11	01:18:42
264.	221	HUGO BRANCO	RUNNING ESPINHO	207	VET M40	40	01:19:17	06:14	01:19:25

Geral	Dorsal	Nome	Equipa	Sexo	Esc.	Chip	Ritmo	Tempo	
265.	297	RUI SANTOS	CASA DA PRAIA	208	VET M40	41	01:20:00	06:17	01:20:09
266.	216	CLARA OLIVEIRA	RUNNING ESPINHO	58	VET F45	14	01:21:10	06:23	01:21:17
267.	105	SUSANA RODRIGUES	OPRATICANTE.PT	59	VET F40	16	01:21:21	06:24	01:21:21
268.	106	JOSÉ MARTINS	OPRATICANTE.PT	209	VET M35	43	01:21:21	06:24	01:21:21
269.	104	PATRÍCIA SILVA	OPRATICANTE.PT	60	VET F35	10	01:21:22	06:24	01:21:22
270.	231	LUCIA ALEIXO	RUNNING ESPINHO	61	VET F45	15	01:21:44	06:26	01:21:51
271.	125	CATARINA RESENDE	INDIVIDUAL	62	JUN F	1	01:21:47	06:26	01:21:54
272.	301	JOÃO COSTA	CASA DA PRAIA	210	VET M45	37	01:22:14	06:28	01:22:23
273.	207	DANIELA AMORIM	BIZINHOS ATHLETIC CLUB	63	VET F40	17	01:22:20	06:29	01:22:26
274.	206	SARA REIS	BIZINHOS ATHLETIC CLUB	64	VET F40	18	01:22:21	06:29	01:22:27
275.	205	ANA MOURA	BIZINHOS ATHLETIC CLUB	65	VET F40	19	01:22:21	06:29	01:22:27
276.	66	MARINA ROMANO	CARACÓIS DE CORRIDA	66	VET F40	20	01:23:01	06:32	01:23:08
277.	67	CÉLIA MELO	CARACÓIS DE CORRIDA	67	VET F45	16	01:23:01	06:32	01:23:09
278.	70	PATRÍCIA OLIVEIRA	CARACÓIS DE CORRIDA	68	SEN F	18	01:23:01	06:32	01:23:10
279.	69	TERESA OLIVEIRA	CARACÓIS DE CORRIDA	69	SEN F	19	01:23:02	06:32	01:23:10
280.	39	LEANDRO PINTO	INDIVIDUAL	211	SEN M	37	01:23:04	06:32	01:23:14
281.	268	MANUEL SANTOS	INDIVIDUAL	212	SEN M	38	01:23:13	06:33	01:23:15
282.	84	ANDREIA MONTEIRO	GOODSHAPE	70	VET F35	11	01:23:43	06:35	01:23:44
283.	40	RITA FRAGA	INDIVIDUAL	71	SEN F	20	01:24:08	06:37	01:24:18
284.	218	RENATA CRUZ	RUNNING ESPINHO	72	SEN F	21	01:26:24	06:48	01:26:28
285.	116	SÓNIA SILVA	C.M.M.C. VALE DE CAMBRA	73	SEN F	22	01:30:38	07:08	01:30:47
286.	241	RUBEN RAIMUNDO	INDIVIDUAL	213	SEN M	39	01:32:02	07:14	01:32:14
287.	149	RITA SALGADO	BORABORA VAMOS LÁ	74	SEN F	23	01:39:18	07:49	01:39:30
288.	148	REGINA MARVÃO	BORABORA VAMOS LÁ	75	VET F35	12	01:39:18	07:49	01:39:30