

#	Nome	Equipa	Dorsal	Tempo	Diferença
MASCULINO					
1	Ricardo Gomes	Escola de atletismo de Coimbra	70	00:33:16.275	----
2	Paulo Ferreira	Recreio Desportivo de Águeda	73	00:34:57.539	00:01:41.264
3	Alberto Fonte	ADREP	81	00:36:28.820	00:03:12.545
4	José Madeira	Maratona Clube Vila cha	79	00:37:12.039	00:03:55.764
5	Nuno Silva	CAOB	40	00:37:41.105	00:04:24.830
6	Roberto Silva	RPM	75	00:37:50.784	00:04:34.509
7	Tony Graça	DCI/Trilhos Lusio Buçaco	83	00:38:21.517	00:05:05.242
8	Filipe Afonso	ACPortalegre/UTSM	61	00:39:06.100	00:05:49.825
9	David Felizardo	DAR-Recardaes	44	00:39:32.816	00:06:16.541
10	Manuel António Roseiro Ferreira	ADABEM Running Team	8	00:39:44.289	00:06:28.014
11	Fernando Freire	GRECAS	59	00:39:48.488	00:06:32.213
12	Pedro Barbosa	Individual	84	00:40:02.341	00:06:46.066
13	Vítor Alexis Ferreira Martins	----	76	00:40:11.346	00:06:55.071
14	Hélder Melo	ACPortalegre/UTSM	56	00:40:33.492	00:07:17.217
15	RICARDO BRANQUINHO	NAR - Núcleo de Atletismo de Requeixo	3	00:40:43.697	00:07:27.422
16	fernando morais	saca trilhos anadia	24	00:41:24.498	00:08:08.223
17	Rui Pedro Sousa Figueiredo	ADF Bike Riders	78	00:41:24.675	00:08:08.400
18	João Miguel Carvalho Cardoso Neiva Sequeira	----	11	00:41:25.110	00:08:08.835
19	Rúben Neves	----	28	00:41:39.222	00:08:22.947
20	Carlos Moreto Duarte	ADF - Bike Riders	63	00:41:50.278	00:08:34.003
21	Luis Dias	A.D.F./Bike Riders	57	00:41:52.133	00:08:35.858
22	Sergio Silva	Sosense btt	71	00:42:01.209	00:08:44.934
23	Leandro Tavares Santos	ACD os Ílhavos	36	00:42:21.794	00:09:05.519
24	Mário Pires	----	55	00:42:31.707	00:09:15.432
25	Hélder Figueiredo Duarte	Atletismo Clube da Tocha	7	00:42:39.917	00:09:23.642
26	Marco	ADF Bike Riders	30	00:43:05.013	00:09:48.738
27	Américo Martins	CORREIO DE ALBERGARIA TRAIL RUNNING	72	00:43:23.742	00:10:07.467
28	Miguel Pimentel	----	31	00:45:05.097	00:11:48.822
29	Jorge Fernandes	----	52	00:45:25.288	00:12:09.013
30	Marco Marques	ADABEM Running Team	25	00:45:54.728	00:12:38.453
31	Vasco Micaelo	DAR-Recardaes	68	00:46:03.624	00:12:47.349
32	Avelino Silva	----	23	00:46:06.513	00:12:50.238
33	José Teixeira	Mexe mexe em excelente companhia	18	00:46:27.664	00:13:11.389
34	Rafael Marques	RPM	60	00:47:09.003	00:13:52.728
35	Amilcar Dias Vinagre Simões	A .D.F.Bike Riders	77	00:47:14.445	00:13:58.170
36	Pedro Gomes	DAR-Recardaes	46	00:47:26.965	00:14:10.690
37	Paulo Alexandre Simões da Costa	Tainadasrun Team	82	00:47:43.268	00:14:26.993
38	Paulo Sérgio Pires de Almeida	----	12	00:48:21.750	00:15:05.475
39	Elisio Pais	----	6	00:48:57.106	00:15:40.831
40	Gilberto Martinho	DAR - Desportivo Atlético de Recardães	43	00:49:06.885	00:15:50.610
41	Daniel Rocha	xx	80	00:49:09.526	00:15:53.251
42	Bruno Rocha	R5 Runners	66	00:49:11.953	00:15:55.678
43	Gonçalo Mota Oliveira Neto	Mexe mexe em excelente companhia	39	00:49:18.545	00:16:02.270

#	Nome	Equipa	Dorsal	Tempo	Diferença
44	Mário Félix	----	19	00:50:12.421	00:16:56.146
45	Daniel Ferreira Pinhal	----	58	00:50:12.543	00:16:56.268
46	Claudio Almeida	----	38	00:50:21.036	00:17:04.761
47	Edgar Filipe Santos Oliveira Moreto	----	21	00:50:42.439	00:17:26.164
48	José Alexandre Ferreira da Silva	----	37	00:50:42.680	00:17:26.405
49	Vitor Figueiredo	DAR-Recardaes	45	00:51:35.672	00:18:19.397
50	Arlindo Santos	DAR-Recardaes	47	00:51:36.232	00:18:19.957
51	José Pedro Dias	----	10	00:52:02.954	00:18:46.679
52	PAULO RAMOS	GRUPO JUVENIL PINHEIRO DA BEMPOSTA-O. AZEMÉIS	29	00:52:55.431	00:19:39.156
53	Artur Jorge Pinto da Silva	----	22	00:53:29.712	00:20:13.437
54	Joao Silva	RPM	74	00:54:20.429	00:21:04.154
55	Pedro Tavares	DAR-Recardaes	50	00:54:43.112	00:21:26.837
56	Victor Campos	DAR-Recardaes	67	00:54:44.710	00:21:28.435
57	Tiago Nolasco	----	62	00:59:22.862	00:26:06.587
58	Ricardo Lourenço	Mexe mexe em excelente companhia	16	01:03:34.325	00:30:18.050
59	Fábio Marques	Mexe mexe em excelente companhia	14	01:03:39.803	00:30:23.528
FEMININO					
1	Solange Jesus	Sporting Clube de Portugal	1	00:39:33.231	----
2	Marisa Joao	----	65	00:43:59.518	00:04:26.287
3	Ana Patricia Silva	DAR-Recardaes	49	00:46:14.036	00:06:40.805
4	Maria Isoleta Neves Simões	bike riders	64	00:46:17.710	00:06:44.479
5	Márcia Sampaio	----	5	00:48:18.516	00:08:45.285
6	Marta Filipa Pereira Senos	ACD os Ílhavos	33	00:48:56.769	00:09:23.538
7	Patrícia Santos	DCI/TRILHOS LUSO BUSSACO	4	00:49:23.369	00:09:50.138
8	Maria Melo	----	51	00:51:46.641	00:12:13.410
9	Anabela Amorim Leite	ACD os Ílhavos	34	00:55:11.308	00:15:38.077
10	Vania Baptista	DAR-Recardaes	48	00:55:11.770	00:15:38.539
11	Maria Filomena Trindade Santos	ACD os Ílhavos	35	00:55:11.809	00:15:38.578
12	Manuela Marques	OzXtreme	27	00:57:28.526	00:17:55.295
13	Herminia Gomes	OZXTREME	26	00:57:52.071	00:18:18.840
14	CARLA RODRIGUES	----	53	00:58:40.266	00:19:07.035
15	Telma Oliveira Real	----	69	00:59:42.718	00:20:09.487
16	Neide Dias	Mexe mexe em excelente companhia	15	01:03:04.978	00:23:31.747
17	Eliana Rodrigues	Mexe mexe em excelente companhia	17	01:03:05.579	00:23:32.348
18	Filipa Alves	Mexe mexe em excelente companhia	20	01:03:37.654	00:24:04.423
19	CÁTIA AGOSTINHO	----	54	01:03:42.866	00:24:09.635