

Pos.	Escalão	Pos.	Dorsal	Atleta	Sexo	País	Clube	Tempo
1	M20	1	4	Tiago Costa	M	PT	S L Benfica	00:21:25
2	M20	2	7	Daniel Pinheiro	M	PT	Maia A. C.-Gosaude	00:21:32
3	M40	1	3	Paulo Gomes	M	PT	Cua Benaventense	00:21:38
4	M20	3	15	Joao Ferreira	M	PT	S C Braga	00:23:28
5	M40	2	43	Baltazar Sousa	M	PT	Ginasio Vilacondense	00:23:49
6	M45	1	10	Adelino Fernandes	M	PT	Cyclones Sanitop	00:23:59
7	M20	4	48	Ismael Queiros	M	PT	Amarante	00:24:06
8	M35	1	19	Paulo Pereira	M	PT	N A Cucujaes	00:24:14
9	F20	1	8	Doroteia Peixoto	F	PT	Maratona C P	00:24:29
10	M45	2	371	Jorge Brito	M	PT	Montepio Geral	00:24:52
11	M20	5	586	Diogo Felisberto	M	PT	Kaizen	00:25:07
12	M35	2	4012	Jose Faria Ferreira	M	PT	Individual	00:25:20
13	M20	6	4014	Luis Beato Pereira	M	PT	Leoes Da Fronteira	00:25:57
14	M50	1	720	Alexandre Matos	M	PT	Individual	00:26:11
15	F35	1	5	Analía Rosa	F	PT	Maratona C P	00:26:20
16	M45	3	4090	Jose Almeida	M	PT	Individual	00:26:26
17	M40	3	369	Alain Couto	M	PT	Montepio Geral	00:26:37
18	M45	4	4128	Jose Costa	M	PT	G D Limpeza Urbana - Cmp	00:26:43
19	M35	3	596	Rui Almeida	M	PT	N. A. Cucujaes	00:26:46
20	M60	1	591	Fernando Carvalho	M	PT	Clube Galpenergia Norte	00:26:47
21	M50	2	4070	Duarte Barbosa	M	PT	Ccdtc.M. Gondomar	00:26:48
22	M45	5	646	Paulo De Jesus Oliveira	M	PT	Am Lomba	00:26:49
23	F20	2	9	Vanessa Carvalho	F	PT	Cyclones Sanitop	00:26:52
24	M20	7	880	Carlos Fonseca	M	PT	Individual	00:27:03
25	M35	4	4024	Diogo Santos Serra	M	PT	Individual	00:27:07
26	M40	4	384	Rogério Oliveira	M	PT	Sport Zone	00:27:18
27	M35	5	328	Angelo Cabral	M	PT	Individual	00:27:19
28	M40	5	321	Pedro Silva Pereira	M	PT	Liberty Seguros	00:27:20
29	M20	8	783	Fábio Gabriel Teles	M	PT	Runners Lampassa	00:27:24
30	M50	3	724	Amândio Silva	M	PT	Grupo Desportivo Aldeia Nova	00:27:29
31	M45	6	4013	Victor Carvalho	M	PT	Individual	00:27:36
32	M20	9	4183	Adelio Marques	M	PT	Individual	00:27:39
33	M50	4	869	Francisco Costa	M	PT	Individual	00:27:40
34	M35	6	572	Americo Silva	M	PT		00:27:42
35	M35	7	4085	Hugo Costa	M	PT	Ss Montepio	00:27:55
36	M20	10	715	Eduardo Camilo	M	PT		00:28:04
37	M40	6	324	Pedro Sanches	M	PT	Liberty Seguros	00:28:06
38	M35	8	813	Nuno Pinho	M	PT		00:28:16
39	M20	11	784	Filipe Teles	M	PT	Runners Lampassa	00:28:16
40	M40	7	885	José Ferreira	M	PT	Individual	00:28:21
41	M55	1	733	José Cabral	M	PT		00:28:26
42	M50	5	845	Joao Gomes	M	PT		00:28:31
43	M35	9	342	Claudio Araujo	M	PT	Charon	00:28:34
44	M40	8	4068	Miguel Pereira	M	PT	Ccdtc.M. Gondomar	00:28:35
45	M50	6	12	Armindo Almeida	M	PT	Cyclones Sanitop	00:28:36
46	M50	7	762	Vítor Figueiredo	M	PT	Boteko Star	00:28:40
47	M17	1	343	Paulo Ribeiro	M	PT	Charon	00:28:42
48	M50	8	4069	Americo Pinto	M	PT	Ccdtc.M. Gondomar	00:28:43
49	M40	9	347	Paulo Ribeiro	M	PT	Charon	00:28:44
50	M40	10	520	Rui Barbosa	M	PT		00:28:44
51	M55	2	4071	Augusto Pereira	M	PT	Ccdtc.M. Gondomar	00:28:47
52	M40	11	810	Luis Mota	M	PT	Airorun	00:28:55
53	M35	10	363	Pedro Silva	M	PT	Charon	00:28:58
54	M55	3	844	Orlando Oliveira	M	PT		00:29:02
55	M40	12	601	Albertino Alves	M	PT		00:29:05
56	M20	12	47	Nelson Pires	M	PT	Individual	00:29:05
57	M35	11	584	Nuno Morais	M	PT	4 Runners	00:29:05
58	M40	13	697	Jose Eusebio	M	PT	C.D.C.Navais	00:29:05
59	M45	7	387	Fernando Filipe	M	PT	Montepio Geral	00:29:07
60	M50	9	4098	Antonio Silva	M	PT	Individual	00:29:08
61	M20	13	4182	Julio Torres	M	PT	Individual	00:29:10
62	M40	14	623	Pedro Dias	M	PT		00:29:15
63	M35	12	698	Jorge Tavares	M	PT		00:29:16
64	M20	14	674	Antonio Rocha	M	PT	A Tripla	00:29:19
65	M40	15	722	Fernando Almeida	M	PT	Individual	00:29:20
66	M40	16	661	Antonio Manuel Almeida	M	PT	Cdcr Ctt	00:29:23

Pos.	Escalão	Pos.	Dorsal	Atleta	Sexo	País	Clube	Tempo
67	M45	8	4066	Eduardo Teixeira	M	PT	Soc. Com. C. Santos	00:29:23
68	M45	9	4057	Joaquim Borges	M	PT	Individual	00:29:26
69	M50	10	641	José Martins	M	PT		00:29:34
70	M45	10	4027	Antonio Neves	M	PT	Individual	00:29:37
71	M35	13	614	Jorge Cabouco	M	PT		00:29:39
72	M20	15	887	José Santos	M	PT	Individual	00:29:45
73	M35	14	721	Daniel Pinheiro	M	PT	Hidma S.A	00:29:46
74	M20	16	670	Markus Renn	M	DE		00:29:47
75	M40	17	513	João Silva	M	PT		00:29:50
76	M40	18	771	Joaquim Fernandes	M	PT	Mchn Runners & Walkers	00:29:51
77	M35	15	587	Antonio Mendes	M	PT		00:29:51
78	M20	17	710	Ricardo Coroa	M	PT		00:29:54
79	M20	18	870	Tomás Fernandes	M	PT	Individual	00:29:55
80	M35	16	312	Francisco Freitas	M	PT	Liberty Seguros	00:29:57
81	M50	11	4048	Antonio Dias	M	PT	Individual	00:29:59
82	M20	19	779	Márcio Silva	M	PT		00:30:00
83	M45	11	838	Rui Amorim	M	PT	Invicta Runners Team	00:30:00
84	M50	12	881	Sergio Silva	M	PT	Individual	00:30:01
85	M20	20	713	Bruno Silva	M	PT		00:30:03
86	M40	19	519	Nelson Santos	M	PT		00:30:03
87	M45	12	657	Lieven Verraest	M	BE		00:30:04
88	M35	17	4009	Rui Teixeira	M	PT	Individual	00:30:05
89	M35	18	4185	Joao Pocas	M	PT	Individual	00:30:09
90	M20	21	814	António Coimbra	M	PT		00:30:10
91	M20	22	515	Nelson Braga	M	PT		00:30:11
92	M40	20	531	Juvenal Ferreira	M	PT		00:30:11
93	M35	19	502	Rui Leite	M	PT		00:30:12
94	M50	13	820	Angelo Ramalho	M	PT		00:30:14
95	M50	14	4026	Jose Teixeira	M	PT	Individual	00:30:17
96	M40	21	543	Artur Carvalho	M	PT	Ss Montepio	00:30:18
97	M35	20	344	Ricardo Meira	M	PT	Charon	00:30:19
98	M20	23	727	Helder Fonseca	M	PT	Grupo Desportivo Aldeia Nova	00:30:24
99	M20	24	812	Carlos Lopes	M	PT		00:30:26
100	M45	13	624	Luis Araujo	M	PT		00:30:26
101	M35	21	761	Oscar Rocha	M	PT		00:30:29
102	M40	22	20	Joao Pereira	M	PT	N A Cucujaes	00:30:29
103	M35	22	4154	Ricardo Moreira	M	PT	Individual	00:30:30
104	M45	14	506	Alexandre Ferreira	M	PT		00:30:31
105	M60	2	40	Oscar Loureiro	M	PT	Individual	00:30:32
106	M35	23	4194	Luís Azevedo	M	PT	Montepio Geral	00:30:40
107	M20	25	4010	Tiago Moleirinho	M	PT	Individual	00:30:44
108	M20	26	501	Ricardo Parada	M	PT	Individual	00:30:47
109	M35	24	386	Antonio Pedro Machado	M	PT	Montepio Geral	00:30:47
110	F40	1	832	Evelina Shamarova	F	PT	Porto Runners	00:30:58
111	M40	23	789	Rui Azevedo	M	PT		00:30:58
112	M20	27	594	Raul Coelho	M	PT		00:31:03
113	M20	28	580	Tiago Seixas	M	PT		00:31:04
114	M20	29	4045	Jorge Goncalves	M	PT	F C Porto	00:31:06
115	M20	30	860	Pedro Miranda	M	PT	Individual	00:31:07
116	M45	15	345	Manuel Almeida	M	PT	Charon	00:31:10
117	M40	24	767	António Leite	M	PT	Mchn Runners & Walkers	00:31:12
118	M40	25	693	Joao Bandeira	M	PT		00:31:14
119	M45	16	794	Tiago Mendes	M	PT	Individual	00:31:14
120	F20	3	888	Isa Silva	F	PT	Individual	00:31:15
121	M35	25	889	Carlos Vieira	M	PT	Montepio Geral	00:31:15
122	M20	31	4172	Andre Fangueiro	M	PT	Clube Run Fitspot Povia	00:31:16
123	M40	26	730	Vitor Melo	M	PT	Grupo Desportivo Aldeia Nova	00:31:19
124	M40	27	372	Jose Soares	M	PT	Montepio Geral	00:31:22
125	M40	28	370	Paulo Silva	M	PT	Montepio Geral	00:31:22
126	M20	32	4131	Emanuel Xavier	M	PT	Inspire	00:31:25
127	M45	17	4099	Alcino Gloria	M	PT	Individual	00:31:26
128	M45	18	4151	Joao Jorge Oliveira	M	PT	Individual	00:31:27
129	M55	4	716	Carlos Alves	M	PT		00:31:30
130	M40	29	595	Vitor Costa	M	PT	Associação Cultural De Vermoim	00:31:31
131	M45	19	593	Manuel Ramos	M	PT	Clube Galpenergia Norte	00:31:32
132	M20	33	606	Ricardo Torres	M	PT		00:31:34

Pos.	Escalão	Pos.	Dorsal	Atleta	Sexo	País	Clube	Tempo
133	M50	15	797	Carlos Lourenço	M	PT	Vitalis	00:31:34
134	M45	20	4091	Jorge Manuel Freitas	M	PT	Individual	00:31:35
135	M20	34	4184	Tome Cepa	M	PT	Individual	00:31:36
136	M20	35	683	Ricardo Costa	M	PT		00:31:36
137	M40	30	518	Manuel Duarte	M	PT		00:31:40
138	M17	2	4113	Ricardo Carrico	M	PT	Individual	00:31:43
139	M35	26	848	Carlos Cacheira	M	PT		00:31:43
140	F17	1	4119	Veronica Dias	F	PT	Casa Do Benfica	00:31:47
141	M40	31	604	Luis Miguel Dias	M	PT	F&Se	00:31:49
142	M50	16	11	Carlos Osorio	M	PT	Cyclones Sanitop	00:31:52
143	M55	5	4088	Vitor Rachao	M	PT	Individual	00:31:54
144	M55	6	573	Joaquim Rachao	M	PT		00:31:54
145	M20	36	4109	Paulo Sousa	M	PT	Individual	00:31:54
146	M20	37	514	Pedro Sousa	M	PT	Magna Porto	00:31:55
147	M20	38	750	Carlos Moreira	M	PT		00:31:56
148	M20	39	609	Alexandre Dias	M	PT		00:32:01
149	M20	40	4101	Miguel Pereira	M	PT	Inspire	00:32:02
150	M45	21	4138	Jose Andrade	M	PT	Individual	00:32:02
151	M20	41	676	Ricardo Boucinha	M	PT	A Tripla	00:32:04
152	M20	42	603	Rui Silva	M	PT	C.D.C. Navais	00:32:04
153	M45	22	842	Virgílio Barbosa	M	PT	C.D.C. Navais	00:32:04
154	M50	17	4008	Antonio Oliveira	M	PT	Individual	00:32:08
155	M45	23	809	Jose Pereira	M	PT	Airorun	00:32:17
156	M20	43	811	Nuno Mota	M	PT	Airorun	00:32:25
157	M20	44	4121	Pedro Mar	M	PT	Individual	00:32:29
158	F35	2	4150	Sandra Lage	F	PT	Individual	00:32:31
159	M20	45	694	Pedro Reina	M	PT		00:32:31
160	M45	24	703	Carlos Campos	M	PT	Afisovar	00:32:35
161	M35	27	792	Carlos Moço	M	PT		00:32:36
162	M20	46	711	Luis Ramos	M	PT		00:32:38
163	M20	47	679	Miguel Cunha	M	PT		00:32:39
164	M20	48	4153	Helder Ribeiro	M	PT	Individual	00:32:41
165	M20	49	517	Bruno Crisóstomo	M	PT	Bilbos	00:32:42
166	M20	50	4046	Filipe Coelho	M	PT	Individual	00:32:42
167	M20	51	4047	Raul Pereira	M	PT	Individual	00:32:42
168	M20	52	4115	Henrique Fogacas	M	PT	Individual	00:32:44
169	M20	53	558	Joao Silva	M	PT		00:32:45
170	M35	28	313	Pedro Ferreira	M	PT	Liberty Seguros	00:32:47
171	M20	54	4163	José Nuno Costa	M	PT	Montepio Geral	00:32:49
172	M55	7	600	Vitor Marcachita	M	PT		00:32:54
173	M45	25	773	José Trindade	M	PT	Mchn Runners & Walkers	00:32:58
174	M35	29	4063	Jorge Sousa	M	PT	Individual	00:32:59
175	M50	18	712	Jose Fonseca	M	PT	Individual	00:33:02
176	M20	55	821	João Ramalho	M	PT		00:33:03
177	M40	32	4100	Mario Correia	M	PT	Individual	00:33:04
178	F20	4	857	Daniela Falcão	F	PT	Individual	00:33:05
179	M35	30	717	Sergio Silva	M	PT		00:33:05
180	M50	19	346	Carlos Simoes	M	PT	Charon	00:33:06
181	M35	31	855	Filipe Vaz	M	PT	Individual	00:33:09
182	M60	3	4064	Belmiro Azevedo	M	PT	Individual	00:33:11
183	M45	26	13	Hilario Martins	M	PT	Cyclones Sanitop	00:33:15
184	M45	27	608	João Moura	M	PT		00:33:16
185	M20	56	563	Claudio Carneiro	M	PT		00:33:26
186	M50	20	725	António Simões	M	PT	Grupo Desportivo Aldeia Nova	00:33:26
187	M60	4	704	Mario Conde	M	PT	Afisovar	00:33:30
188	M60	5	4072	Avelino Pereira	M	PT	Ccdtc.M. Gondomar	00:33:30
189	M20	57	4199	Paulo Pereira	M	PT	Montepio Geral	00:33:36
190	M35	32	702	André Bandeira	M	PT		00:33:37
191	M50	21	788	Orlando Ferreira	M	PT		00:33:37
192	M45	28	607	Paulo Moreira	M	PT	Ccd Apdl	00:33:38
193	M35	33	628	Emanuel Costa	M	PT	Ss Montepio	00:33:38
194	M20	58	778	José Cunha	M	PT		00:33:38
195	M20	59	4192	Francisco Macedo	M	PT	Individual	00:33:39
196	M20	60	516	Diogo Fraga	M	PT		00:33:39
197	M45	29	4061	Rui Paulo Amaral	M	PT	Individual	00:33:40
198	M20	61	4123	Renato Castro	M	PT	Individual	00:33:41

Pos.	Escalão	Pos.	Dorsal	Atleta	Sexo	País	Clube	Tempo
199	M35	34	874	Ricardo Regadas	M	PT	Individual	00:33:41
200	M40	33	564	Vegard Markhus	M	NO		00:33:44
201	M45	30	799	António Cabral	M	PT	Invicta Runners Team	00:33:46
202	M50	22	4073	Oscar Leite	M	PT	C V Porto	00:33:46
203	M50	23	4078	Paulo Ribeiro	M	PT	C V Porto	00:33:47
204	M20	62	4170	Marcos Matos	M	PT	Clube Run Fitspot Povia	00:33:51
205	M35	35	4114	Pedro Fogacas	M	PT	Individual	00:33:54
206	M40	34	4042	Luis Pinto	M	PT	Individual	00:33:55
207	F20	5	839	Sandra Silva	F	PT		00:33:55
208	M35	36	616	Carlos Neves	M	PT		00:33:55
209	M17	3	4111	Joao Franca	M	PT	Individual	00:33:57
210	M20	63	753	João Barbosa	M	PT		00:33:58
211	M35	37	4116	Marcio Fogacas	M	PT	Individual	00:33:58
212	F45	1	687	Paula Machado	F	PT	Individual	00:34:00
213	M40	35	4179	Jose Carrico	M	PT	Individual	00:34:00
214	M35	38	649	David Olmo	M	ES		00:34:00
215	M20	64	575	Domingos Oliveira	M	PT		00:34:01
216	M20	65	866	João La Fuente	M	PT	Individual	00:34:08
217	M35	39	562	Luis Pereira	M	PT		00:34:09
218	F40	2	42	Albina Gavina	F	PT	Ginasio Vilacondense	00:34:10
219	F40	3	804	Leonor Jesus	F	PT	New Runners	00:34:11
220	M45	31	37	Miguel Santos	M	PT	Individual	00:34:12
221	M20	66	754	Alexandre Santos	M	PT		00:34:15
222	M35	40	639	André Andrade	M	PT		00:34:16
223	M50	24	840	Valdemar Almeida	M	PT		00:34:17
224	M20	67	555	Fernando Peixoto	M	PT	Gasolina Sem Chumbo	00:34:21
225	M55	8	554	Carlos Cardoso	M	PT		00:34:22
226	M20	68	4125	Telmo Silva	M	PT	Godesign	00:34:23
227	M20	69	873	João Cardoso	M	PT	Montepio Geral	00:34:26
228	M35	41	806	Alberto Ferreira	M	PT		00:34:28
229	M55	9	323	Victor Carvalho	M	PT	Liberty Seguros	00:34:29
230	M35	42	4059	Jorge Ferreira	M	PT	Individual	00:34:29
231	M35	43	380	Ricardo Rocha	M	PT	Sport Zone	00:34:30
232	M20	70	858	António Borges	M	PT	Montepio Geral	00:34:30
233	M55	10	4124	Francisco Oliveira	M	PT	A A Gondomar	00:34:30
234	M40	36	673	Paulo Martins	M	PT		00:34:40
235	M20	71	590	Rui Almeida	M	PT	Os Cavalos	00:34:41
236	M40	37	700	Carlos Barbosa	M	PT		00:34:42
237	M35	44	4174	Helder Lopes	M	PT	Individual	00:34:42
238	M45	32	556	Vitor Portela	M	PT	Gasolina Sem Chumbo	00:34:43
239	M40	38	886	Damiao Pacheco	M	PT	Poteeentes	00:34:43
240	M20	72	862	Jorge Sousa	M	PT	Individual	00:34:45
241	M20	73	723	José Gomes	M	PT	Academia Best Club	00:34:46
242	M20	74	701	Nuno Oliveira	M	PT		00:34:48
243	M35	45	532	Matthijs Van Reij	M	NL		00:34:49
244	M35	46	4132	Luis Rocha	M	PT	Inspire	00:34:49
245	M40	39	732	Paulo Vilarinho	M	PT		00:34:50
246	M40	40	504	Pedro Duarte Silva	M	PT	Never Give Up	00:34:51
247	M20	75	4178	Ivo Fortuna	M	PT	Individual	00:34:53
248	M40	41	680	Carlos Sá	M	PT		00:34:54
249	M35	47	4195	Filipe Nogueira	M	PT	Individual	00:34:55
250	M17	4	726	Edgar Fonseca	M	PT	Grupo Desportivo Aldeia Nova	00:34:58
251	M35	48	850	Vicente Gonçalves	M	PT	Vigonorte	00:35:03
252	M35	49	759	Pedro Paixao	M	PT		00:35:04
253	M20	76	382	Ricardo Lopes	M	PT	Sport Zone	00:35:06
254	M17	5	871	Gonçalo Fernandes	M	PT	Individual	00:35:08
255	M45	33	772	José Teixeira	M	PT	Mchn Runners & Walkers	00:35:08
256	M35	50	834	Gilberto Ferreira	M	PT		00:35:08
257	M35	51	4122	Andre Tavares	M	PT	Individual	00:35:18
258	M20	77	4028	Pedro Teixeira	M	PT	Individual	00:35:23
259	M20	78	882	José Dias	M	PT	Individual	00:35:25
260	F20	6	745	Sara Andrade	F	PT		00:35:28
261	M20	79	807	Marcos Andrade	M	PT		00:35:28
262	M20	80	4103	Pedro Teixeira	M	PT	Idealkorpus Club Running	00:35:30
263	M45	34	684	Paulo Ferreira	M	PT		00:35:31
264	M35	52	4167	Francisco Gomes	M	PT	Montepio Geral	00:35:32

Pos.	Escalão	Pos.	Dorsal	Atleta	Sexo	País	Clube	Tempo
265	M20	81	4112	Aniceto Pinto	M	PT	Individual	00:35:33
266	F20	7	4142	Ana Andrade	F	PT	Individual	00:35:34
267	M20	82	4089	Pedro Sousa	M	PT	Individual	00:35:35
268	M20	83	709	João Monteiro	M	PT		00:35:35
269	F20	8	708	Ines Branco	F	PT		00:35:35
270	M20	84	45	Pedro Caldas	M	PT	Elite	00:35:37
271	M20	85	44	Bruno Soares	M	PT	Elite	00:35:37
272	M40	42	4092	Miguel Resende	M	PT	Individual	00:35:38
273	M55	11	4075	Augusto Pinto	M	PT	C V Porto	00:35:40
274	F20	9	765	Patricia Silva	F	PT		00:35:40
275	M17	6	864	Ruben Coelho	M	PT	Individual	00:35:41
276	M17	7	775	Josué Amaral	M	PT	Individual	00:35:41
277	M20	86	865	Paulo Pinho	M	PT	Individual	00:35:42
278	M40	43	561	José Carlos Fonseca	M	PT		00:35:43
279	M50	25	4018	Joaquim Luis	M	PT	Individual	00:35:44
280	M35	53	4049	Ricardo Pacheco	M	PT	Individual	00:35:46
281	M20	87	4051	Avelino Machado	M	PT	Individual	00:35:47
282	M40	44	4040	Domingos Leal	M	PT	Individual	00:35:50
283	F20	10	327	Teresa Oliveira	F	PT	Liberty Seguros	00:35:50
284	M20	88	308	Nuno Damas	M	PT	Liberty Seguros	00:35:53
285	M20	89	4001	Carlos Silva	M	PT	Individual	00:35:54
286	M50	26	819	Alexandre Santana	M	PT		00:35:55
287	F40	4	729	Maria Fernanda Silva	F	PT	Grupo Desportivo Aldeia Nova	00:35:55
288	M20	90	818	Alexandre Santana	M	PT		00:36:00
289	M55	12	4196	Mário Soares	M	PT	Individual	00:36:01
290	M45	35	362	Miguel Moreira	M	PT	Liberty Seguros	00:36:05
291	M40	45	542	Alfredo Abreu	M	PT	Ss Montepio	00:36:06
292	M55	13	4006	Jose Raimundo	M	PT	Individual	00:36:08
293	F20	11	50	Daniela Pereira	F	PT	Individual	00:36:12
294	M40	46	707	David Ribeiro	M	PT		00:36:12
295	M20	91	49	Bruno Neves	M	PT	Individual	00:36:15
296	M20	92	777	Ivo Martins	M	PT		00:36:17
297	F35	3	4043	Marisa Pinto	F	PT	Individual	00:36:18
298	M20	93	4169	Bruno Vieira	M	PT	Individual	00:36:29
299	F20	12	598	Catarina Azevedo	F	PT		00:36:30
300	M35	54	4084	Julio Santos	M	PT	Ss Montepio	00:36:36
301	M20	94	4159	José Barbosa	M	PT	Montepio Geral	00:36:37
302	F20	13	602	Tania Bateira	F	PT		00:36:38
303	M35	55	651	Ricardo Meireles	M	PT		00:36:44
304	M35	56	640	Rui Almeida	M	PT		00:36:44
305	M40	47	714	Filipe Soares Vieira	M	PT		00:36:45
306	M45	36	610	Florindo Ramos	M	PT		00:36:45
307	M50	27	4127	Bartolomeu Mota	M	PT	G D Limpeza Urbana - Cmp	00:36:47
308	M45	37	849	José Guilherme Moreira	M	PT		00:36:48
309	M35	57	781	Nuno Sousa	M	PT	Corredores Nocturnos De Paredes	00:36:49
310	F35	4	780	Paula Barbosa	F	PT		00:36:49
311	M35	58	800	Vitor Santos	M	PT		00:36:50
312	M20	95	4086	Jose Pedro Teixeira	M	PT	Individual	00:36:51
313	M40	48	357	Augusto Rocha	M	PT	Liberty Seguros	00:36:52
314	F40	5	356	Ines Pereira	F	PT	Liberty Seguros	00:36:52
315	M35	59	592	João Gouveia	M	PT	Clube Galpenergia Norte	00:36:55
316	M20	96	4087	Jose Luis Sampaio	M	PT	Individual	00:36:59
317	M35	60	301	Sergio Ribeiro	M	PT	Liberty Seguros	00:36:59
318	M35	61	4160	Hugo Costa	M	PT	Montepio Geral	00:37:01
319	M35	62	747	Paulo Ribeiro	M	PT		00:37:01
320	M20	97	553	Joaquim Alves	M	PT		00:37:02
321	F45	2	770	Isabel Silva	F	PT	Mchn Runners & Walkers	00:37:04
322	M50	28	774	Rui Mendonça	M	PT	Mchn Runners & Walkers	00:37:04
323	F35	5	883	Magda Dias	F	PT	Individual	00:37:07
324	M20	98	579	José Pedro Cardoso	M	PT		00:37:07
325	M40	49	329	Jorge Guimaraes	M	PT	Soc. Com. C. Santos	00:37:10
326	M35	63	373	Ricardo Fernandes	M	PT	Sport Zone	00:37:14
327	F45	3	4016	Ana Maria Barbosa	F	PT	Individual	00:37:15
328	M40	50	682	Nelson Alves	M	PT		00:37:15
329	M40	51	612	Artur Cardoso	M	PT		00:37:17
330	M35	64	718	Nuno Tavares	M	PT		00:37:21

Pos.	Escalão	Pos.	Dorsal	Atleta	Sexo	País	Clube	Tempo
331	M40	52	877	Francisco Moreira	M	PT	Individual	00:37:23
332	M20	99	4038	Jorge Sousa	M	PT	Individual	00:37:25
333	M60	6	622	Domingos Azevedo	M	PT		00:37:27
334	M40	53	341	Vitor Santos	M	PT	Charon	00:37:27
335	M35	65	545	Marco Ferreira	M	PT	Ss Montepio	00:37:28
336	M35	66	597	Pedro Cerqueira	M	PT		00:37:34
337	M35	67	728	José Carlos Silva	M	PT	Grupo Desportivo Aldeia Nova	00:37:34
338	F20	14	4108	Mariana Ferreira	F	PT	Individual	00:37:34
339	M20	100	339	Nuno Silva	M	PT	Charon	00:37:35
340	F40	6	365	Carla Guimaraes	F	PT	Liberty Seguros	00:37:36
341	M40	54	611	Ilidio Pires	M	PT	Família Pires	00:37:36
342	M45	38	338	Adalberto Silva	M	PT	Charon	00:37:37
343	M60	7	4118	Jorge Coutinho	M	PT	Individual	00:37:37
344	M20	101	533	Carlos Viana	M	PT	Caetano Runners	00:37:41
345	M20	102	605	João Paulo Fernandes	M	PT		00:37:41
346	M20	103	643	Tiago França	M	PT		00:37:42
347	M40	55	896	Emilio Figueiras	M	PT	Individual	00:37:45
348	M40	56	4015	Andre Guedes	M	PT	Individual	00:37:46
349	M40	57	4120	Ricardo Monteiro	M	PT	Individual	00:37:46
350	F35	6	4022	Rita Teixeira	F	PT	Individual	00:37:48
351	M20	104	4017	Pedro Miguel Oliveira	M	PT	Individual	00:37:49
352	M20	105	824	Álvaro Leite	M	PT	Corredores De Mesa	00:37:55
353	M55	14	552	Joaquim Armando	M	PT	Individual	00:37:56
354	M35	68	677	Rui Moura Da Silva	M	PT		00:37:56
355	F45	4	536	Teresa Maia	F	PT	Happyrun	00:37:56
356	M55	15	535	Fernando Maia	M	PT	Happyrun	00:37:56
357	M20	106	825	Daniel Lucas	M	PT	Corredores De Mesa	00:37:59
358	M20	107	4162	Ricardo Falcão	M	PT	Montepio Geral	00:38:01
359	M35	69	4180	Vitor Carrico	M	PT	Individual	00:38:02
360	F20	15	4025	Silvia Pacheco	F	PT	Individual	00:38:03
361	M35	70	4037	Rui Cruz	M	PT	Individual	00:38:05
362	M60	8	625	Adao Dias	M	PT		00:38:06
363	F35	7	843	Cláudia Marques	F	PT		00:38:08
364	M40	58	875	Paulo Ribeiro	M	PT	Individual	00:38:09
365	F35	8	638	Mónica Santos	F	PT	Df	00:38:09
366	M35	71	731	Tiago Machado	M	PT	Slmdesign	00:38:14
367	M60	9	566	Abilio Soares	M	PT		00:38:16
368	M35	72	801	José Oliveira	M	PT		00:38:17
369	M35	73	588	Hugo Anjos	M	PT	Os Cavalos	00:38:18
370	M35	74	868	João Pereira	M	PT	Individual	00:38:18
371	M20	108	4186	Antonio Teixeira	M	PT	Individual	00:38:18
372	M20	109	364	Tiago Monteiro	M	PT	Charon	00:38:19
373	M20	110	4023	Luis Miguel Gomes	M	PT	Individual	00:38:21
374	M60	10	4039	Eduardo Pinho	M	PT	Individual	00:38:25
375	F20	16	861	Mariana Reis	F	PT	Individual	00:38:26
376	F20	17	695	Ana Leonardo	F	PT		00:38:27
377	M45	39	790	Marc Sachs	M	FR	Vitalis	00:38:31
378	M40	59	795	Jose Aleixo	M	PT	Vitalis	00:38:31
379	F20	18	613	Ana Costa	F	PT		00:38:31
380	M35	75	530	Luís Lemos	M	PT		00:38:35
381	M20	111	529	Nuno Jose	M	PT	Slbcampeão	00:38:35
382	M45	40	567	Luis Espassandim	M	PT		00:38:36
383	M55	16	361	Sergio Moreira	M	PT	Liberty Seguros	00:38:42
384	M20	112	782	André Noronha	M	PT	Vitalis	00:38:45
385	M20	113	776	Bruno Costa	M	PT	Vitalis	00:38:45
386	M50	29	565	Eduardo Bianchi De Aguiar	M	PT		00:38:47
387	M20	114	322	Antonio Costa	M	PT	Liberty Seguros	00:38:49
388	M45	41	654	Vitor Estrela	M	PT	Edv-Vianatrail	00:38:53
389	F20	19	653	Neuza Caridade	F	PT	Edv-Vianatrail	00:38:53
390	M35	76	681	Michael Campos	M	PT		00:38:53
391	F45	5	4005	Cristina Cortez	F	PT	Individual	00:38:59
392	M35	77	835	Filipe Moura	M	PT	Amigos Das Sapatilhas	00:39:01
393	F40	7	802	Ana Castro	F	PT	New Runners	00:39:04
394	M40	60	688	Carlos Guedes	M	PT		00:39:06
395	M40	61	663	Eduardo Falcão	M	PT		00:39:07
396	M35	78	507	Nuno Malafaya	M	PT		00:39:07

Pos.	Escalão	Pos.	Dorsal	Atleta	Sexo	País	Clube	Tempo
397	M40	62	4097	Rui Freitas	M	PT	Individual	00:39:12
398	F20	20	631	Patricia Abreu	F	PT	Ss Montepio	00:39:21
399	M40	63	544	Francisco Moreira	M	PT	Ss Montepio	00:39:22
400	M50	30	4165	Fernando Figueiredo	M	PT	Boteko Star	00:39:27
401	M35	79	4050	Marco Cunha	M	PT	Individual	00:39:27
402	F35	9	636	Cristina Ribeiro	F	PT	Barbosa Team	00:39:29
403	F20	21	637	Rita Barbosa	F	PT	Barbosa Team	00:39:30
404	M40	64	831	Paulo Neves	M	PT		00:39:32
405	M20	115	4168	Pedro Cabral	M	PT	Individual	00:39:38
406	M35	80	4145	Miguel Cavadas	M	PT	Individual	00:39:41
407	M40	65	599	Orlando Rebelo	M	PT		00:39:45
408	M45	42	895	João Carneiro	M	PT	Montepio Geral	00:39:47
409	M17	8	354	Joao Figueiredo	M	PT	Liberty Seguros	00:39:48
410	M20	116	826	Helder Maia	M	PT	Corredores De Mesa	00:39:50
411	F40	8	751	Isabel Mariani	F	PT	Locomotiva De Paranhos	00:39:53
412	F35	10	4020	Claudia Motta	F	PT	Altis Clube De Prd	00:40:00
413	M35	81	655	Paulo Medinas	M	PT	Gondomar Power	00:40:01
414	M45	43	4164	Manuel Figueiredo	M	PT	Boteko Star	00:40:07
415	M20	117	836	Júlio Ferreira	M	PT	Amigos Das Sapatilhas	00:40:10
416	M20	118	647	Jose Lopes	M	PT		00:40:15
417	F45	6	752	Paula Fidalgo	F	PT	Locomotiva De Paranhos	00:40:18
418	M40	66	689	Paulo Sena	M	PT		00:40:24
419	M35	82	4140	Rui Pinto	M	PT	Individual	00:40:25
420	M40	67	4044	Vitor Alves	M	PT	Individual	00:40:25
421	M50	31	4143	Jose Resende	M	PT	Individual	00:40:26
422	M40	68	734	Pedro Justo	M	PT	Vitalis	00:40:28
423	M40	69	756	Mario Lima	M	PT	Gd Bpi	00:40:30
424	M20	119	758	Nuno André Silva	M	PT	Gd Bpi	00:40:34
425	M35	83	793	Rui Silva	M	PT		00:40:35
426	M40	70	833	Antonio Falcão	M	PT		00:40:35
427	F20	22	642	Joana Costa	F	PT		00:40:37
428	M20	120	827	Ricardo Carvalho	M	PT		00:40:40
429	F40	9	851	Alda Azevedo	F	PT		00:40:47
430	M35	84	4156	Jose Moura	M	PT	Invicta Runners Team	00:40:50
431	M20	121	4036	Eduardo Pinto	M	PT	Individual	00:40:51
432	M35	85	548	Rui Carvalho	M	PT	Ss Montepio	00:40:59
433	F20	23	534	Zélia Viana	F	PT	Caetano Runners	00:41:07
434	M35	86	549	Rui Vasques	M	PT	Ss Montepio	00:41:11
435	M50	32	570	Manuel Maia	M	PT	Surfaventura	00:41:16
436	M40	71	696	Miguel Moraes	M	PT		00:41:17
437	F40	10	668	Filipa Falcão	F	PT		00:41:17
438	F35	11	18	Carla Sousa	F	PT	Cua Benaventense	00:41:19
439	M20	122	891	Quirino Pereira	M	PT	Individual	00:41:34
440	M50	33	331	Armindo Ferreira	M	PT	Soc. Com. C. Santos	00:41:37
441	M40	72	736	Jorge Moutinho	M	PT	Vitalis	00:41:44
442	M20	123	305	Ruben Portilho	M	PT	Liberty Seguros	00:41:45
443	M20	124	306	Joel Portilho	M	PT	Liberty Seguros	00:41:46
444	M35	87	692	Hugo Queiroz	M	PT		00:42:03
445	M20	125	326	Sergio Brochado	M	PT	Liberty Seguros	00:42:08
446	M17	9	4148	Joao Barros	M	PT	Individual	00:42:11
447	M40	73	4149	Pedro Barros	M	PT	Individual	00:42:11
448	M45	44	4144	Manuel Mota Ferreira	M	PT	Individual	00:42:11
449	M20	126	822	Nuno Vasconcelos	M	PT		00:42:11
450	M20	127	893	Sergio Santiago	M	PT	Individual	00:42:13
451	M40	74	528	Cláudio Oliveira	M	PT		00:42:13
452	F20	24	4062	Marlene Pereira	F	PT	Individual	00:42:16
453	F20	25	829	Magda Dias Neiva	F	PT	Topteam	00:42:17
454	F35	12	828	Ana Carvalho	F	PT	Topteam	00:42:17
455	F20	26	4034	Andreia Martins	F	PT	Individual	00:42:19
456	F20	27	678	Marília Rocha	F	PT		00:42:21
457	M35	88	582	Pedro Coelho	M	PT	Pedro & Marco	00:42:22
458	M20	128	581	Marco Ribeiro	M	PT	Pedro & Marco	00:42:22
459	F20	28	4130	Claudia Pereira	F	PT	Inspire	00:42:25
460	F20	29	808	Carina Cunha	F	PT		00:42:26
461	F45	7	4171	Maria Antonia Mateus	F	PT	Clube Run Fitspot Povia	00:42:26
462	M45	45	337	Sergio Cardoso	M	PT	Charon	00:42:28

Pos.	Escalão	Pos.	Dorsal	Atleta	Sexo	País	Clube	Tempo
463	M20	129	740	Mauricio Cerqueira	M	PT	Vitalis	00:42:34
464	M35	89	620	Pedro Loureiro	M	PT		00:42:35
465	F40	11	617	Maria João Pinto Simões	F	PT		00:42:38
466	M20	130	4029	Tiago Gomes Matos	M	PT	Individual	00:42:38
467	F45	8	4106	Maria Celeste Franco	F	PT	Idealkorpus Club Running	00:42:39
468	M40	75	311	Alvaro Rodrigues	M	PT	Liberty Seguros	00:42:42
469	F45	9	650	Joana Palha	F	PT		00:42:49
470	M20	131	508	Ricardo Neves	M	PT		00:42:51
471	M35	90	526	Pedro Neves	M	PT		00:42:51
472	F45	10	4007	Lucia Oliveira	F	PT	Individual	00:42:52
473	F20	30	4003	Joana Carvalho	F	PT	Ana Porto	00:42:57
474	M35	91	4004	Nuno Silva	M	PT	Ana Porto	00:42:57
475	M35	92	4067	Antonio Aguas	M	PT	Soc. Com. C. Santos	00:42:59
476	F20	31	340	Sofia Roque	F	PT	Charon	00:43:02
477	M20	132	589	Renato Pereira	M	PT	Os Cavalos	00:43:11
478	F20	32	856	Susana Ribeiro	F	PT	Individual	00:43:12
479	M20	133	560	Valter Fernandes	M	PT		00:43:12
480	F20	33	830	Catarina Oliveira	F	PT		00:43:17
481	M50	34	872	João Fernandes	M	PT	Individual	00:43:17
482	M50	35	4126	Jose Oliveira	M	PT	Individual	00:43:17
483	M55	17	791	José Clemente	M	PT	Centro De Marcha E Corrida Do Porto	00:43:19
484	M45	46	876	António Cunha	M	PT	Individual	00:43:19
485	M35	93	879	Francisco Carvalho	M	PT	Individual	00:43:21
486	F20	34	699	Carla Leal	F	PT	Uh Lá Lá	00:43:26
487	M45	47	4191	Paulo Trindade	M	PT	Montepio Geral	00:43:27
488	M40	76	619	Carlos Lima	M	PT	Pésnuku	00:43:30
489	F35	13	757	Mónica Alexandra Mendes	F	PT	Gd Bpi	00:43:30
490	M45	48	755	Cesar Pinto	M	PT	Gd Bpi	00:43:31
491	F20	35	307	Marina Alcazar	F	PT	Liberty Seguros	00:43:47
492	M45	49	739	Jorge Pires	M	PT	Vitalis	00:43:47
493	M55	18	635	António Vieira	M	PT		00:43:53
494	M45	50	841	Joaquim Ribeiro	M	PT		00:43:54
495	M60	11	332	Fernando Pires	M	PT	Liberty Seguros	00:44:05
496	M20	134	316	Nuno Pedra	M	PT	Liberty Seguros	00:44:06
497	F20	36	315	Susana Pereira	F	PT	Liberty Seguros	00:44:06
498	M40	77	760	Paulo Silva	M	PT	Vitalis	00:44:07
499	M45	51	863	Artur Moreira	M	PT	Individual	00:44:08
500	M40	78	4137	Americo Martins	M	PT	Individual	00:44:14
501	M60	12	630	Manuel Pereira	M	PT	Ss Montepio	00:44:15
502	F20	37	859	Celia Magalhães	F	PT	Montepio Geral	00:44:21
503	F20	38	749	Rita Silva	F	PT	Vitalis	00:44:22
504	F40	12	546	Maria Fernanda Martins	F	PT	Ss Montepio	00:44:24
505	M40	79	669	Paulo Bourbon	M	PT	"Sair Da Zona De Conforto" Runners	00:44:27
506	F20	39	4054	Joana Valente	F	PT	Individual	00:44:38
507	F40	13	4053	Claudia Cunha	F	PT	Individual	00:44:38
508	F20	40	4104	Patricia Teixeira	F	PT	Idealkorpus Club Running	00:44:46
509	M20	135	4105	Tiago Regala	M	PT	Idealkorpus Club Running	00:44:46
510	F45	11	4096	Beatriz Calejo	F	PT	Individual	00:44:54
511	F40	14	686	Ana Moreira	F	PT		00:44:55
512	M20	136	764	Bruno Teixeira	M	PT	Vitalis	00:45:01
513	F35	14	787	Anabela Martins	F	PT	Vitalis	00:45:02
514	F20	41	847	Andreia Ribeiro	F	PT		00:45:05
515	F20	42	578	Marta Cordeiro	F	PT		00:45:08
516	F35	15	867	Dalila Dias	F	PT	Individual	00:45:16
517	M35	94	4110	Rui Pinto	M	PT	Individual	00:45:16
518	F40	15	823	Fatima Mesquita	F	PT		00:45:19
519	F20	43	585	Filipa Marinho	F	PT		00:45:19
520	M45	52	685	Roberto Nakamura	M	PT	Nakasport	00:45:28
521	F40	16	633	Mafalda Ferreira	F	PT		00:45:37
522	F45	12	664	Alexandra R. Costa	F	PT		00:45:39
523	F20	44	648	Bárbara Lima	F	PT	Kangaroo Runners	00:45:40
524	M35	95	743	Paulo Meira	M	PT	Kangaru	00:45:40
525	M35	96	4056	Ivo Carvalho	M	PT	Individual	00:45:43
526	F35	16	4041	Maria Praca	F	PT	Individual	00:45:45
527	M45	53	644	Manuel Reis	M	PT		00:45:46
528	F20	45	786	Ana Tato	F	PT		00:45:59

Pos.	Escalão	Pos.	Dorsal	Atleta	Sexo	País	Clube	Tempo
529	F20	46	768	Elisabete Nicolau	F	PT	Mchn Runners & Walkers	00:46:05
530	F35	17	4060	Isabel Dias	F	PT	Individual	00:46:18
531	F20	47	665	Inês Neves	F	PT		00:46:24
532	M60	13	618	Jose Esperança	M	PT	Pésnuku	00:46:32
533	F35	18	742	Sandra Rodrigues	F	PT		00:46:37
534	M20	137	892	Manuel Almeida	M	PT	Individual	00:46:39
535	M20	138	333	Bruno Pires	M	PT	Liberty Seguros	00:47:01
536	M55	19	36	Antonio Seabra	M	PT	Individual	00:47:02
537	F35	19	4032	Carla Ribeiro	F	PT	Individual	00:47:04
538	M35	97	4021	Pedro Esperança	M	PT	Individual	00:47:04
539	M20	139	4033	Cesar Simoes	M	PT	Individual	00:47:04
540	F40	17	4030	Ana Garcia	F	PT	Individual	00:47:10
541	F35	20	314	Sandra Ferreira	F	PT	Liberty Seguros	00:47:14
542	M20	140	837	Silvério Fernandes	M	PT	Amigos Das Sapatilhas	00:47:17
543	F20	48	660	Sofia Silva	F	PT		00:47:32
544	F35	21	4107	Fernanda Alves	F	PT	Idealkorpus Club Running	00:47:38
545	M40	80	805	Miguel Soares	M	PT	New Runners	00:47:49
546	F20	49	803	Catarina Martins	F	PT	New Runners	00:48:05
547	F20	50	4197	Eunice Mendes	F	PT	Individual	00:48:07
548	M35	98	846	Pedro Barros	M	PT		00:48:14
549	M20	141	335	Hugo Queiros	M	PT	Club-Tour	00:48:25
550	M45	54	334	Jose Manuel Queiros	M	PT	Club-Tour	00:48:25
551	M35	99	629	Filipe Ribeiro	M	PT	Ss Montepio	00:48:38
552	F45	13	309	Gabriela Leite	F	PT	Liberty Seguros	00:48:40
553	F35	22	527	Raquel Santos	F	PT		00:48:44
554	M20	142	690	Daniel Ribeiro	M	PT	Colégio Júlio Dinis	00:48:47
555	F45	14	353	Paula Figueiredo	F	PT	Liberty Seguros	00:49:00
556	M45	55	352	Luiz Figueiredo	M	PT	Liberty Seguros	00:49:00
557	M35	100	4193	Rui Silva	M	PT	Montepio Geral	00:49:01
558	F20	51	615	Daniela Silva	F	PT		00:49:16
559	F35	23	634	Luísa Nogueira	F	PT		00:49:27
560	M40	81	769	Helder Costa	M	PT	Mchn Runners & Walkers	00:49:51
561	M45	56	766	Antonio Cruz	M	PT	Mchn Runners & Walkers	00:49:52
562	F20	52	899	Paula Branco	F	PT	Montepio Geral	00:50:19
563	M40	82	900	Renato Pinto Da Costa	M	PT	Montepio Geral	00:50:19
564	M55	20	796	Valentim Costa	M	PT	Vitalis	00:50:29
565	M40	83	632	Pedro Fraga	M	PT		00:50:55
566	F20	53	852	Ana Azevedo	F	PT	Individual	00:51:18
567	M20	143	4011	Nelson Silva	M	PT	Individual	00:51:37
568	M20	144	626	Licínio Sousa	M	PT		00:51:38
569	M20	145	737	Rui Ramos	M	PT	Vitalis	00:52:13
570	F20	54	746	Ana Mendes	F	PT	Vitalis	00:52:13
571	M35	101	4146	Luis Ribeiro	M	PT	Individual	00:52:40
572	M35	102	510	Jose Matos	M	PT		00:52:43
573	F45	15	538	Isabel Machado	F	PT		00:53:13
574	F45	16	539	Emilia Sousa	F	PT		00:53:13
575	F40	18	522	Gabriela Amorim	F	PT	Caetano Runners	00:53:24
576	M35	103	523	Manuel Alves	M	PT	Caetano Runners	00:53:24
577	F20	55	525	Helena Amorim	F	PT	Caetano Runners	00:53:25
578	F35	24	559	Ana Pereira	F	PT	Caetano Runners	00:53:25
579	F35	25	627	Ana Samões	F	PT	Ss Montepio	00:55:35
580	F45	17	349	Anabela Silva	F	PT	Liberty Seguros	00:55:40
581	M45	57	348	Joaquim Silva	M	PT	Liberty Seguros	00:55:40
582	F20	56	621	Ana Duarte	F	PT		00:56:00
583	F40	19	4173	Elsa Moreira	F	PT	Caetano Runners	00:56:06
584	F20	57	547	Olga Cristina Neto	F	PT	Ss Montepio	00:56:15
585	F20	58	377	Elisa Torres	F	PT	Sport Zone	00:56:19
586	F45	18	511	Maria Do Céu Ribeiro	F	PT		00:56:45
587	F35	26	719	Susana Moreira	F	PT	Ss Montepio	00:59:01
588	F17	2	336	Ana Catarina Guimaraes	F	PT	Soc. Com. C. Santos	01:00:46
589	F40	20	330	Cristina Guimaraes	F	PT	Soc. Com. C. Santos	01:00:58
590	F40	21	785	Alexandra Vieira	F	PT	Vitalis	01:02:50
591	M60	14	39	Afonso Silva	M	PT	Radio Novaera	01:03:18
592	M55	21	38	Joaquim Pocas	M	PT	Radio Novaera	01:03:19
593	F20	59	4198	Diana Babo	F	PT	Montepio Geral	01:05:10
594	F40	22	4002	Ana Paula Teixeira	F	PT	Individual	01:07:12

Pos.	Escalão	Pos.	Dorsal	Atleta	Sexo	País	Clube	Tempo
595	F17	3	4080	Beatriz Couto	F	PT	Vitalis	01:07:13
596	M45	58	4079	Paulo Couto	M	PT	Vitalis	01:07:14
597	F20	60	4095	Andresa Baptista	F	PT	Individual	01:09:47
598	M35	104	4094	Nuno Guedes	M	PT	Individual	01:09:47
599	F35	27	4093	Salome Baptista	F	PT	Individual	01:12:46
600	F40	23	4082	Elsa Couto	F	PT	Vitalis	01:12:59
601	F17	4	4081	Francisca Couto	F	PT	Vitalis	01:13:00
602	F45	19	4152	Fernanda Sa E Mota	F	PT	Individual	01:13:15
603	F20	61	350	Isa Silva	F	PT	Liberty Seguros	01:27:03
604	M40	84	351	Mario Gouveia	M	PT	Liberty Seguros	01:27:04
605	F20	62	4190	Rosa Oliveira	F	PT	Individual	01:29:21
606	M20	146	4189	Vitor Pimenta	M	PT	Individual	01:29:22
607	F20	63	4188	Vanda Figueiredo	F	PT	Individual	01:29:22
608	F20	64	4187	Susana Teixeira	F	PT	Individual	01:29:23