

| Lugar | Dorsal | Atleta                                         | Escalão | Sexo | Clube                      | Tempo    | Chip     |
|-------|--------|------------------------------------------------|---------|------|----------------------------|----------|----------|
| 1     | 2149   | Rui Lopes                                      | Senior  | M    | A.ACADÉMICA C <sup>a</sup> | 00:33:07 | 00:33:07 |
| 2     | 2246   | Fábio André Abrantes Abrantes                  | Senior  | M    | Individual                 | 00:34:57 | 00:34:57 |
| 3     | 2046   | Orlando Manuel Aveiro Pires                    | Senior  | M    | Individual                 | 00:36:46 | 00:36:46 |
| 4     | 2466   | Marco Martins                                  | Senior  | M    | Individual                 | 00:36:51 | 00:36:51 |
| 5     | 2457   | Jorge Delgado                                  | Senior  | M    | Individual                 | 00:36:55 | 00:36:55 |
| 6     | 2440   | Pedro Gerardo                                  | M50     | M    | CLUVE                      | 00:37:15 | 00:37:15 |
| 7     | 2403   | antonio oliveira                               | M45     | M    | CPT sobral ceira           | 00:37:39 | 00:37:39 |
| 8     | 2276   | Vitor Gonçalves                                | Senior  | M    | Individual                 | 00:38:09 | 00:38:09 |
| 9     | 2369   | Carlos Ribeiro                                 | M45     | M    | CLUVE                      | 00:40:16 | 00:40:16 |
| 10    | 2129   | Bernardo Ferreira                              | Senior  | M    | Individual                 | 00:40:39 | 00:40:39 |
| 11    | 2207   | Ricardo José Costa Monteiro                    | Senior  | M    | Individual                 | 00:40:55 | 00:40:28 |
| 12    | 2267   | jose oliveira                                  | Senior  | M    | Individual                 | 00:41:18 | 00:41:10 |
| 13    | 2328   | Pedro Monteiro                                 | M50     | M    | Individual                 | 00:41:22 | 00:41:22 |
| 14    | 2345   | Adérito Curto                                  | M50     | M    | Atletismo GiraSOI          | 00:41:24 | 00:41:24 |
| 15    | 2315   | Diogo Casaca                                   | Senior  | M    | Individual                 | 00:41:49 | 00:41:49 |
| 16    | 2021   | Michele Curcio                                 | Senior  | M    | Individual                 | 00:41:51 | 00:40:57 |
| 17    | 2460   | Rui Faria                                      | M45     | M    | Individual                 | 00:41:52 | 00:41:52 |
| 18    | 2346   | Pedro Silva                                    | M40     | M    | Atletismo GiraSOI          | 00:42:05 | 00:42:05 |
| 19    | 2220   | Vitor César Arantes Pinheiro                   | Senior  | M    | Individual                 | 00:42:19 | 00:41:24 |
| 20    | 2173   | João Alves                                     | Senior  | M    | Individual                 | 00:42:26 | 00:42:26 |
| 21    | 2273   | Cristian Gómez Bitar                           | Senior  | M    | Individual                 | 00:42:34 | 00:42:34 |
| 22    | 2003   | António Joaquim Henriques de Oliveira Oliveira | Senior  | M    | Individual                 | 00:42:40 | 00:42:07 |
| 23    | 2119   | Francisco Martins                              | Senior  | M    | Individual                 | 00:42:42 | 00:42:42 |
| 24    | 2475   | pedro vieira                                   | Senior  | M    | Individual                 | 00:42:51 | 00:42:51 |
| 25    | 2441   | António Alves Gomes                            | M55     | M    | Individual                 | 00:42:55 | 00:42:55 |
| 26    | 2136   | Pierre Marie                                   | Senior  | M    | Individual                 | 00:43:02 | 00:42:33 |
| 27    | 2464   | Carlos Oliveira                                | M55     | M    | Individual                 | 00:43:38 | 00:43:38 |
| 28    | 2071   | Tiago Trindade                                 | Senior  | M    | M1 Runners                 | 00:43:52 | 00:42:55 |
| 29    | 2326   | Luís Costa                                     | Senior  | M    | Individual                 | 00:44:10 | 00:43:21 |
| 30    | 2396   | Bruno Bernardes                                | Senior  | M    | Individual                 | 00:44:10 | 00:43:21 |
| 31    | 2012   | César Castela                                  | Senior  | M    | Individual                 | 00:44:17 | 00:44:03 |
| 32    | 2425   | Fernando Vilela                                | M40     | M    | Individual                 | 00:44:33 | 00:44:15 |
| 33    | 2473   | paulo vilela                                   | Senior  | M    | Individual                 | 00:44:36 | 00:44:36 |
| 34    | 2465   | Aurélio Silva                                  | Senior  | M    | Individual                 | 00:44:45 | 00:44:45 |
| 35    | 2438   | João Amaro                                     | Senior  | M    | Individual                 | 00:44:49 | 00:44:12 |
| 36    | 2284   | Berto Miguel Cruz Almeida                      | Senior  | M    | Individual                 | 00:45:02 | 00:45:02 |
| 37    | 2065   | Licínio Sequeira                               | M40     | M    | Individual                 | 00:45:04 | 00:44:40 |
| 38    | 2449   | Carlos Daniel de Castro Coelho                 | Senior  | M    | Correr Viseu               | 00:45:09 | 00:45:09 |
| 39    | 2017   | BALTAZAR JOAQUIM DE JESUS FERREIRA             | M45     | M    | Individual                 | 00:45:09 | 00:45:09 |
| 40    | 2296   | Gonçalo Santos Duarte                          | Senior  | M    | Dreamers                   | 00:45:10 | 00:44:31 |
| 41    | 2456   | Daniel Antunes                                 | M40     | M    | Individual                 | 00:45:16 | 00:45:16 |
| 42    | 2283   | Nuno Filipe Cruz Oliveira                      | Senior  | M    | Individual                 | 00:45:16 | 00:45:16 |
| 43    | 2433   | Joel Oliveira                                  | Senior  | M    | Torpedos Team              | 00:45:21 | 00:44:47 |
| 44    | 2480   | Pedro Craveiro                                 | M40     | M    | Torpedos Team              | 00:45:21 | 00:45:21 |
| 45    | 2327   | Henrique Marques                               | Senior  | M    | Individual                 | 00:45:26 | 00:44:30 |

| Lugar | Dorsal | Atleta                                | Escalão | Sexo | Clube            | Tempo    | Chip     |
|-------|--------|---------------------------------------|---------|------|------------------|----------|----------|
| 46    | 2142   | luis neves                            | M50     | M    | Individual       | 00:45:27 | 00:45:23 |
| 47    | 2208   | Tiago Miguel Costa Monteiro           | Senior  | M    | Individual       | 00:45:27 | 00:45:04 |
| 48    | 2317   | António Carvalho                      | Senior  | M    | Individual       | 00:45:28 | 00:44:22 |
| 49    | 2470   | alvaro lopes                          | Senior  | M    | Individual       | 00:45:28 | 00:45:28 |
| 50    | 2365   | Paulo Veiga                           | M50     | M    | Individual       | 00:45:29 | 00:44:45 |
| 51    | 2174   | Bruno Almeida                         | Senior  | M    | Individual       | 00:45:32 | 00:45:11 |
| 52    | 2436   | José Fonseca Teixeira                 | M60     | M    | Individual       | 00:45:35 | 00:45:01 |
| 53    | 2313   | nuno santos                           | Senior  | M    | Individual       | 00:45:46 | 00:45:42 |
| 54    | 2210   | José Miguel Nunes                     | Senior  | M    | Individual       | 00:45:51 | 00:45:50 |
| 55    | 2332   | Igor Rodrigues                        | Senior  | M    | Individual       | 00:45:58 | 00:45:06 |
| 56    | 2047   | Virgínia Pais                         | Senior  | F    | Individual       | 00:45:58 | 00:45:58 |
| 57    | 2424   | Nuno Filipe Afonso                    | Senior  | M    | Individual       | 00:46:04 | 00:45:38 |
| 58    | 2362   | Rafael José Silva                     | Senior  | M    | Individual       | 00:46:13 | 00:46:02 |
| 59    | 2155   | João Figueiredo                       | Senior  | M    | Carina Lourenço  | 00:46:26 | 00:45:56 |
| 60    | 1423   | Hélder Paixão                         | Senior  | M    | CROSSFIT COIMBRA | 00:46:28 | 00:46:28 |
| 61    | 2410   | MIGUEL RIBEIRO                        | Senior  | M    | Individual       | 00:46:29 | 00:46:28 |
| 62    | 2325   | Ricardo Pinto                         | Senior  | M    | Follow Runs      | 00:46:35 | 00:46:35 |
| 63    | 2224   | Hugo Alexandre Nascimento Bera        | Senior  | M    | Individual       | 00:46:40 | 00:45:58 |
| 64    | 2194   | Taís Rieping                          | Senior  | F    | Individual       | 00:46:46 | 00:45:48 |
| 65    | 2151   | Francisco Silveira                    | Senior  | M    | Individual       | 00:46:47 | 00:46:02 |
| 66    | 2367   | LUIS LOPES                            | M40     | M    | Run@Figueira     | 00:46:47 | 00:46:38 |
| 67    | 2474   | alexandre lourenço                    | Senior  | M    | Individual       | 00:46:53 | 00:46:53 |
| 68    | 2128   | José Vitor Vieira                     | Senior  | M    | Individual       | 00:46:55 | 00:46:48 |
| 69    | 2458   | Armando Delgado                       | M55     | M    | Individual       | 00:46:57 | 00:46:57 |
| 70    | 2414   | José Costa                            | M40     | M    | Individual       | 00:47:01 | 00:46:02 |
| 71    | 2244   | Mário Rui Ferreira Vaz                | Senior  | M    | Individual       | 00:47:17 | 00:46:22 |
| 72    | 2268   | Ricardo José Cerveira de Melo         | Senior  | M    | Individual       | 00:47:18 | 00:46:44 |
| 73    | 2191   | Andre Oliveira                        | Senior  | M    | Individual       | 00:47:23 | 00:47:12 |
| 74    | 2103   | Marco Cardoso                         | Senior  | M    | Individual       | 00:47:26 | 00:47:08 |
| 75    | 2135   | João Miguel Branco Costa              | Senior  | M    | Individual       | 00:47:27 | 00:47:16 |
| 76    | 2042   | Eduardo Cardoso                       | Senior  | M    | Individual       | 00:47:32 | 00:47:14 |
| 77    | 2277   | Francisco Duarte                      | Senior  | M    | Individual       | 00:47:32 | 00:47:32 |
| 78    | 2156   | Nuno Cortesão                         | Senior  | M    | Individual       | 00:47:40 | 00:46:44 |
| 79    | 2422   | Fernando Alberto Santos Silva         | M50     | M    | Individual       | 00:47:40 | 00:46:59 |
| 80    | 2058   | Diogo Ferreira                        | Senior  | M    | Individual       | 00:47:40 | 00:47:06 |
| 81    | 2078   | Zachariah Mullen                      | Senior  | M    | Individual       | 00:47:41 | 00:47:03 |
| 82    | 2290   | Rui Manuel Lima Gomes                 | M55     | M    | Individual       | 00:47:43 | 00:47:43 |
| 83    | 2247   | Filipe Ricardo Ribeiro Pereira        | Senior  | M    | Individual       | 00:47:51 | 00:46:51 |
| 84    | 2279   | Luis Oliveira                         | Senior  | M    | Individual       | 00:48:01 | 00:47:07 |
| 85    | 2169   | Cláudio Martins                       | Senior  | M    | Individual       | 00:48:01 | 00:47:44 |
| 86    | 2115   | ANTONIO GILBERTO COSTA MENDES SARAIVA | M40     | M    | Individual       | 00:48:05 | 00:47:34 |
| 87    | 2413   | Ricardo Carvalho                      | Senior  | M    | Individual       | 00:48:06 | 00:47:54 |
| 88    | 2064   | Alexandre Oliveira                    | Senior  | M    | Individual       | 00:48:12 | 00:47:21 |
| 89    | 2217   | Carlos Corino                         | M65     | M    | Individual       | 00:48:21 | 00:48:21 |
| 90    | 2219   | Ricardo Filipe Gasparinho Pereira     | Senior  | M    | Individual       | 00:48:26 | 00:47:29 |

| Lugar | Dorsal | Atleta                            | Escalão | Sexo | Clube                  | Tempo    | Chip     |
|-------|--------|-----------------------------------|---------|------|------------------------|----------|----------|
| 91    | 2183   | Francisco Sousa                   | Senior  | M    | Individual             | 00:48:51 | 00:48:10 |
| 92    | 2405   | George Grangeia                   | Senior  | M    | Holmes Place           | 00:48:52 | 00:48:29 |
| 93    | 2168   | André Dias                        | M45     | M    | Individual             | 00:48:55 | 00:48:19 |
| 94    | 2211   | Lucia pedrosa                     | Senior  | F    | Individual             | 00:48:58 | 00:48:53 |
| 95    | 2152   | Gonçalo Valério                   | Senior  | M    | Individual             | 00:49:00 | 00:48:19 |
| 96    | 2057   | Carlos Lopes                      | M60     | M    | cluve                  | 00:49:04 | 00:49:04 |
| 97    | 2080   | Patrício Cruz                     | Senior  | M    | Individual             | 00:49:06 | 00:48:24 |
| 98    | 2204   | Miguel Tavares                    | Senior  | M    | Individual             | 00:49:08 | 00:48:26 |
| 99    | 2099   | Juan Carlos Casan                 | Senior  | M    | Individual             | 00:49:12 | 00:48:20 |
| 100   | 2394   | Luís Gonçalves                    | Senior  | M    | Individual             | 00:49:16 | 00:48:44 |
| 101   | 2200   | HUGO FERREIRA                     | Senior  | M    | Individual             | 00:49:17 | 00:49:11 |
| 102   | 2361   | Carlos Santos                     | Senior  | M    | Individual             | 00:49:21 | 00:49:10 |
| 103   | 2153   | Carlos Bamdeira Duarte            | M45     | M    | Individual             | 00:49:28 | 00:48:37 |
| 104   | 1735   | Nuno Filipe Barbosa Varandas      | Senior  | M    | Individual             | 00:49:32 | 00:49:16 |
| 105   | 2314   | Francisco Tolentino               | Senior  | M    | Individual             | 00:49:33 | 00:48:25 |
| 106   | 2378   | Andreia Patricia Pinto Fernandes  | Senior  | F    | Individual             | 00:49:36 | 00:48:59 |
| 107   | 2316   | João Fagulha                      | Senior  | M    | Individual             | 00:49:37 | 00:48:28 |
| 108   | 2399   | Carlos Santos                     | M55     | M    | Atletismo Sobral Ceira | 00:49:37 | 00:49:32 |
| 109   | 2245   | Carlos Conceição Lobo             | M50     | M    | Individual             | 00:49:38 | 00:49:13 |
| 110   | 2300   | Bruno Pimenta                     | Senior  | M    | Individual             | 00:49:39 | 00:49:09 |
| 111   | 2251   | LUIS MONTEIRO                     | M40     | M    | Individual             | 00:49:39 | 00:49:34 |
| 112   | 2175   | Enrique Manuel Leitao Ferreira    | M40     | M    | Individual             | 00:49:45 | 00:49:05 |
| 113   | 2448   | Hugo Pedro                        | Senior  | M    | Individual             | 00:49:57 | 00:49:09 |
| 114   | 2446   | Vítor Dias                        | Senior  | M    | Individual             | 00:49:57 | 00:49:09 |
| 115   | 2255   | Eduardo Bento                     | Senior  | M    | Grupo do Choupal       | 00:50:07 | 00:49:31 |
| 116   | 2402   | António Cunha                     | Senior  | M    | Atletismo Sobral Ceira | 00:50:07 | 00:50:06 |
| 117   | 1038   | Carlos Morgado Braz               | Senior  | M    | Individual             | 00:50:15 | 00:49:21 |
| 118   | 2302   | Ana Direito                       | F50     | F    | Individual             | 00:50:19 | 00:49:36 |
| 119   | 2127   | Carlos Daniel Bessa               | M40     | M    | Individual             | 00:50:22 | 00:49:54 |
| 120   | 1349   | André Sampaio                     | Senior  | M    | Individual             | 00:50:23 | 00:50:10 |
| 121   | 2269   | Pedro Xavier Pinto de Figueiredo  | Senior  | M    | Individual             | 00:50:29 | 00:49:31 |
| 122   | 1424   | Diana Sousa                       | Senior  | F    | CROSSFIT COIMBRA       | 00:50:32 | 00:50:32 |
| 123   | 2159   | Michael Gerecke                   | Senior  | M    | Individual             | 00:50:39 | 00:49:38 |
| 124   | 2123   | Filipe Simões                     | Senior  | M    | Individual             | 00:50:42 | 00:50:42 |
| 125   | 2209   | Miguel Angelo Rosa Coimbra        | M45     | M    | Individual             | 00:50:45 | 00:49:46 |
| 126   | 2335   | Nuno Mendonça                     | Senior  | M    | Phive                  | 00:50:50 | 00:50:50 |
| 127   | 2401   | Nuno Rafael Dinis                 | M40     | M    | Individual             | 00:50:52 | 00:50:33 |
| 128   | 2223   | José Carlos Lopes                 | Senior  | M    | Individual             | 00:50:57 | 00:50:35 |
| 129   | 2180   | LUIS BELO                         | M45     | M    | Individual             | 00:50:58 | 00:50:22 |
| 130   | 2381   | José António Almeida Quadrado     | M40     | M    | Individual             | 00:51:00 | 00:50:22 |
| 131   | 1502   | Filipe Santos de Carvalho         | M45     | M    | Individual             | 00:51:09 | 00:51:05 |
| 132   | 1503   | Carla Alexandra Gonçalves Correia | F40     | F    | Individual             | 00:51:10 | 00:51:10 |
| 133   | 2459   | Vitor Martins                     | M60     | M    | Individual             | 00:51:11 | 00:51:11 |
| 134   | 2067   | Paulo Lopes                       | M40     | M    | Individual             | 00:51:13 | 00:50:41 |
| 135   | 2437   | José Luis Ferreira                | M40     | M    | Individual             | 00:51:13 | 00:50:45 |

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|-------|--------|--------------------------------------------|---------|------|--------------------------|----------|----------|
| 136   | 2068   | Carlos Costa                               | M45     | M    | Individual               | 00:51:19 | 00:51:19 |
| 137   | 2008   | José Baptista                              | M50     | M    | Individual               | 00:51:23 | 00:50:55 |
| 138   | 2288   | Paulo Soares                               | Senior  | M    | Individual               | 00:51:29 | 00:50:56 |
| 139   | 2229   | Luis Fonseca                               | M40     | M    | Barracuda Runners        | 00:51:29 | 00:51:07 |
| 140   | 2230   | Nuno Costa                                 | M40     | M    | Barracuda Runners        | 00:51:29 | 00:51:07 |
| 141   | 2193   | ILIDIO CORDEIRO                            | M50     | M    | TRILHOS DE SICÓ          | 00:51:32 | 00:51:14 |
| 142   | 2041   | Jorge Ferreira                             | Senior  | M    | Individual               | 00:51:33 | 00:51:22 |
| 143   | 2351   | Carlos Barroso                             | M45     | M    | Individual               | 00:51:37 | 00:50:53 |
| 144   | 2435   | Rodolfo Silva                              | Senior  | M    | Individual               | 00:51:45 | 00:51:08 |
| 145   | 2393   | Cacková Jaroslava                          | Senior  | F    | Individual               | 00:51:46 | 00:51:34 |
| 146   | 2263   | Joaquim Oliveira                           | M55     | M    | Individual               | 00:51:49 | 00:51:11 |
| 147   | 2076   | NUNO SANTOS                                | Senior  | M    | Individual               | 00:51:50 | 00:50:49 |
| 148   | 2020   | Luís Martins                               | Senior  | M    | Individual               | 00:52:02 | 00:51:11 |
| 149   | 2297   | Vitor Bruno Nunes dos Santos               | Senior  | M    | Dreamers                 | 00:52:02 | 00:51:22 |
| 150   | 2275   | Mário Jorge Louro Medeiros                 | M45     | M    | Individual               | 00:52:06 | 00:51:04 |
| 151   | 2428   | FÁTIMA VIDEIRA                             | Senior  | F    | Crossfit Coimbra         | 00:52:10 | 00:52:08 |
| 152   | 2442   | Manuel António Martins Antunes             | Senior  | M    | Individual               | 00:52:14 | 00:52:14 |
| 153   | 2476   | Miguel Mourão                              | Senior  | M    | Individual               | 00:52:14 | 00:52:14 |
| 154   | 2371   | JOAO QUINTAS                               | M40     | M    | Run@Figueira             | 00:52:15 | 00:51:59 |
| 155   | 2189   | Fatima Machado                             | F50     | F    | Individual               | 00:52:16 | 00:52:07 |
| 156   | 2417   | Diego Balbino                              | Senior  | M    | Individual               | 00:52:18 | 00:51:16 |
| 157   | 2379   | Edgar Avelino Figueira Pires               | Senior  | M    | Individual               | 00:52:20 | 00:51:44 |
| 158   | 2178   | Paulino Oliveira                           | Senior  | M    | Individual               | 00:52:21 | 00:52:07 |
| 159   | 2324   | Sónia Lima                                 | Senior  | F    | Individual               | 00:52:24 | 00:51:36 |
| 160   | 2105   | Laurindo Pereira                           | M55     | M    | Individual               | 00:52:24 | 00:51:55 |
| 161   | 2258   | José Luís Gaspar                           | M60     | M    | Grupo do Choupal         | 00:52:25 | 00:51:51 |
| 162   | 2385   | Rafael Ferreira                            | Senior  | M    | Individual               | 00:52:28 | 00:51:47 |
| 163   | 2195   | António Pedro Oliveira                     | M45     | M    | Farmácia Luciano e Matos | 00:52:41 | 00:51:52 |
| 164   | 2479   | Eduardo Mateus                             | M45     | M    | Individual               | 00:52:49 | 00:52:49 |
| 165   | 2221   | Sara Pinheiro                              | Senior  | F    | Individual               | 00:52:51 | 00:51:56 |
| 166   | 2100   | Rita Prata                                 | Senior  | F    | Individual               | 00:52:52 | 00:51:53 |
| 167   | 2260   | José Recacho                               | M65     | M    | Grupo do Choupal         | 00:52:55 | 00:52:45 |
| 168   | 2461   | Paulo Ferreira                             | Senior  | M    | Rebeta Estacas           | 00:52:57 | 00:52:57 |
| 169   | 2113   | João Rui Gonçalves Ribeiro de Sousa        | Senior  | M    | Individual               | 00:53:00 | 00:52:30 |
| 170   | 2164   | José António Ferreira                      | Senior  | M    | Individual               | 00:53:01 | 00:52:40 |
| 171   | 2166   | Tiago Figo                                 | Senior  | M    | Individual               | 00:53:01 | 00:51:53 |
| 172   | 2084   | TIAGO TRINDADE                             | Senior  | M    | Individual               | 00:53:04 | 00:52:45 |
| 173   | 2238   | Tiago Alexandre Borges Santos Cunha Leitão | Senior  | M    | Individual               | 00:53:08 | 00:52:24 |
| 174   | 2051   | Luís Gomes                                 | Senior  | M    | Individual               | 00:53:14 | 00:52:39 |
| 175   | 2429   | Barbara Heitner                            | Senior  | F    | Individual               | 00:53:14 | 00:52:16 |
| 176   | 1670   | Anibal Batista                             | Senior  | M    | Individual               | 00:53:24 | 00:52:35 |
| 177   | 2134   | Iuri Gabriel Bastos Fonseca                | Senior  | M    | Individual               | 00:53:26 | 00:52:31 |
| 178   | 2337   | Liliana Pragana                            | Senior  | F    | Individual               | 00:53:27 | 00:53:03 |
| 179   | 2407   | MARTA VICENTE                              | Senior  | F    | Individual               | 00:53:35 | 00:52:32 |
| 180   | 2040   | DIOGO SOUSA                                | Senior  | M    | Individual               | 00:53:35 | 00:52:32 |

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|-------|--------|---------------------------------------|---------|------|--------------------------------|----------|----------|
| 181   | 2018   | ISABEL MARIA OLIVEIRA PAIVA           | F40     | F    | Individual                     | 00:53:36 | 00:53:36 |
| 182   | 2203   | Luís Rodrigues                        | Senior  | M    | Individual                     | 00:53:42 | 00:53:11 |
| 183   | 2453   | Filipe Santos                         | M40     | M    | Individual                     | 00:53:45 | 00:52:55 |
| 184   | 2357   | Ana Filipa Ferreira                   | Senior  | F    | Individual                     | 00:53:46 | 00:53:44 |
| 185   | 2106   | Paulo Pereira                         | Senior  | M    | Pereiras                       | 00:53:48 | 00:53:42 |
| 186   | 2097   | Rui Lopes                             | Senior  | M    | Individual                     | 00:53:48 | 00:53:06 |
| 187   | 2439   | Pedro Amaro                           | M50     | M    | Individual                     | 00:53:53 | 00:53:17 |
| 188   | 2198   | Toni Amado Amado                      | Senior  | M    | Individual                     | 00:54:02 | 00:53:34 |
| 189   | 2157   | Sandra Mateus                         | Senior  | F    | Individual                     | 00:54:03 | 00:53:37 |
| 190   | 2096   | JOAO PAULO FRANCISCO                  | M40     | M    | Individual                     | 00:54:06 | 00:52:59 |
| 191   | 2333   | Marco Santos                          | Senior  | M    | Individual                     | 00:54:07 | 00:53:15 |
| 192   | 2014   | Rute Libania Santos                   | Senior  | F    | Individual                     | 00:54:07 | 00:53:55 |
| 193   | 2091   | Ricardo Teixeira                      | Senior  | M    | Individual                     | 00:54:07 | 00:53:00 |
| 194   | 2359   | Pedro Ferreira                        | Senior  | M    | Individual                     | 00:54:08 | 00:54:06 |
| 195   | 2120   | ANA MARGARIDA MOREIRA                 | F40     | F    | GIN TEAM                       | 00:54:09 | 00:53:28 |
| 196   | 2434   | João Paulo Mouta Dias                 | M45     | M    | Individual                     | 00:54:16 | 00:54:00 |
| 197   | 2419   | Guillermo Ivan de Loureiro Pereira    | Senior  | M    | Individual                     | 00:54:20 | 00:53:07 |
| 198   | 2035   | Manuela Gonçalves                     | F40     | F    | Os Amigos do Atletismo de Aviz | 00:54:21 | 00:54:17 |
| 199   | 2450   | Elsio Cardoso                         | Senior  | M    | Individual                     | 00:54:22 | 00:53:25 |
| 200   | 2322   | João Pedro                            | Senior  | M    | Individual                     | 00:54:24 | 00:53:19 |
| 201   | 2090   | Aaron Lackinger                       | Senior  | M    | Individual                     | 00:54:56 | 00:53:49 |
| 202   | 2171   | Carlos Miguel Campos Pinto Borges     | M45     | M    | Individual                     | 00:55:07 | 00:54:18 |
| 203   | 2376   | Rosa de Jesus Biscaia Macedo          | Senior  | F    | Individual                     | 00:55:07 | 00:54:29 |
| 204   | 2181   | António Figueiredo                    | Senior  | M    | Individual                     | 00:55:09 | 00:54:04 |
| 205   | 2323   | Dina Barroca                          | F40     | F    | Individual                     | 00:55:10 | 00:54:23 |
| 206   | 2062   | bruno sardinha                        | Senior  | M    | Individual                     | 00:55:11 | 00:55:01 |
| 207   | 2416   | Emanuel Vitor                         | Senior  | M    | Individual                     | 00:55:11 | 00:54:25 |
| 208   | 2415   | Paulo André Vieira Simões             | Senior  | M    | Individual                     | 00:55:11 | 00:54:25 |
| 209   | 2445   | Preciosa Gomes de Andrade Romão Romão | F50     | F    | Individual                     | 00:55:16 | 00:54:44 |
| 210   | 2190   | Clara Machado                         | F50     | F    | Individual                     | 00:55:25 | 00:55:13 |
| 211   | 2377   | Ana Catarina Fonseca Ramos            | Senior  | F    | Individual                     | 00:55:37 | 00:55:01 |
| 212   | 2478   | Vitor Fernandes                       | Senior  | M    | Individual                     | 00:55:40 | 00:55:40 |
| 213   | 2307   | Isabel Pego                           | F40     | F    | Individual                     | 00:55:42 | 00:55:25 |
| 214   | 2101   | SAMUEL PAULO                          | Senior  | M    | Individual                     | 00:55:48 | 00:55:11 |
| 215   | 2368   | Sara Martins                          | Senior  | F    | CLUVE                          | 00:55:50 | 00:55:33 |
| 216   | 2400   | Anastácio Mesquita                    | M65     | M    | Atletismo Sobral Ceira         | 00:55:54 | 00:55:54 |
| 217   | 2206   | Nuno José Graça Pessoa                | Senior  | M    | Individual                     | 00:55:58 | 00:55:58 |
| 218   | 2256   | Carlos Bento                          | M60     | M    | Grupo do Choupal               | 00:55:58 | 00:55:24 |
| 219   | 2383   | José Granja Bento                     | M55     | M    | Individual                     | 00:55:58 | 00:55:20 |
| 220   | 2257   | António Cotrim                        | M65     | M    | Grupo do Choupal               | 00:55:58 | 00:55:24 |
| 221   | 2308   | Joselito Lucas                        | M40     | M    | Individual                     | 00:56:00 | 00:55:10 |
| 222   | 2382   | Sara Martins                          | F40     | F    | Vitalis                        | 00:56:02 | 00:56:01 |
| 223   | 2347   | Manuel Balhau Jorge                   | M60     | M    | Individual                     | 00:56:07 | 00:55:19 |
| 224   | 2117   | Pedro Ferrão                          | Senior  | M    | Individual                     | 00:56:09 | 00:55:57 |
| 225   | 2116   | Pedro Filipe Providência              | M40     | M    | Individual                     | 00:56:09 | 00:55:56 |

| Lugar | Dorsal | Atleta                                             | Escalão | Sexo | Clube              | Tempo    | Chip     |
|-------|--------|----------------------------------------------------|---------|------|--------------------|----------|----------|
| 226   | 2087   | João Ventura                                       | Senior  | M    | Individual         | 00:56:16 | 00:55:11 |
| 227   | 2309   | Ricardo Romano                                     | Senior  | M    | Individual         | 00:56:23 | 00:55:20 |
| 228   | 2124   | Nuno Miguel Ferreira Pacheco                       | Senior  | M    | Individual         | 00:56:23 | 00:56:00 |
| 229   | 2236   | Pedro Sousa                                        | M40     | M    | Cavalinhos Runners | 00:56:30 | 00:56:12 |
| 230   | 2234   | Helder Craveiro                                    | M45     | M    | Individual         | 00:56:34 | 00:56:05 |
| 231   | 2463   | Diogo Cruz                                         | Senior  | M    | Rebeta Estacas     | 00:56:42 | 00:56:42 |
| 232   | 2179   | Sara costa                                         | F40     | F    | Individual         | 00:56:42 | 00:56:42 |
| 233   | 2006   | Pedro Lopes                                        | Senior  | M    | Individual         | 00:56:43 | 00:56:21 |
| 234   | 2039   | pedro simões                                       | Senior  | M    | Individual         | 00:56:43 | 00:56:00 |
| 235   | 2037   | Ana Grácio                                         | Senior  | F    | Individual         | 00:56:53 | 00:56:23 |
| 236   | 2038   | Pedro Gameiro                                      | Senior  | M    | Individual         | 00:56:53 | 00:56:23 |
| 237   | 2278   | Maria Alexandra Santos Lopes                       | Senior  | F    | Individual         | 00:56:55 | 00:56:55 |
| 238   | 2468   | Marco Oliveira                                     | Senior  | M    | Individual         | 00:56:56 | 00:56:56 |
| 239   | 2340   | Luis Reis                                          | Senior  | M    | Phive              | 00:57:00 | 00:56:20 |
| 240   | 2092   | Sónia Neto                                         | F40     | F    | Individual         | 00:57:00 | 00:56:23 |
| 241   | 2059   | Francisco Taborda                                  | Senior  | M    | Individual         | 00:57:07 | 00:56:08 |
| 242   | 2052   | Tania Pereira                                      | Senior  | F    | Individual         | 00:57:07 | 00:56:11 |
| 243   | 2370   | SANDRA MATIAS                                      | Senior  | F    | Run@Figueira       | 00:57:08 | 00:56:49 |
| 244   | 2141   | Antonio Guilherme Gaspar Machado da Costa Ferreira | Senior  | M    | Individual         | 00:57:08 | 00:56:27 |
| 245   | 2140   | Elisa Prin                                         | Senior  | F    | Individual         | 00:57:09 | 00:56:10 |
| 246   | 2026   | Lurdes Manuela Soares Dias Santos                  | Senior  | F    | The Beginners      | 00:57:11 | 00:54:58 |
| 247   | 2477   | Nuno Moura                                         | Senior  | M    | Individual         | 00:57:13 | 00:57:13 |
| 248   | 2121   | PEDRO FARO                                         | M45     | M    | GIN TEAM           | 00:57:23 | 00:56:41 |
| 249   | 2160   | Susana Madeira                                     | F40     | F    | Individual         | 00:57:31 | 00:56:54 |
| 250   | 2161   | Raquel Figueredo                                   | Senior  | F    | Individual         | 00:57:31 | 00:56:55 |
| 251   | 2162   | Miguel Evangelista                                 | M45     | M    | Individual         | 00:57:31 | 00:56:54 |
| 252   | 2163   | Ricardo Simões                                     | Senior  | M    | Individual         | 00:57:34 | 00:57:08 |
| 253   | 2005   | Rogério Gonçalves                                  | M40     | M    | Individual         | 00:57:54 | 00:57:27 |
| 254   | 2074   | João Rainho                                        | Senior  | M    | Individual         | 00:57:55 | 00:57:02 |
| 255   | 2109   | Luís Silva                                         | Senior  | M    | Individual         | 00:58:03 | 00:57:05 |
| 256   | 1452   | Paulo Machado                                      | M35     | M    | Individual         | 00:58:04 | 00:57:43 |
| 257   | 1759   | Francisco Delille                                  | M45     | M    | Individual         | 00:58:04 | 00:56:54 |
| 258   | 2330   | António Miguel Cordeiro Da Veiga                   | M45     | M    | Individual         | 00:58:05 | 00:57:01 |
| 259   | 2364   | João Veiga                                         | Senior  | M    | Individual         | 00:58:05 | 00:57:02 |
| 260   | 2295   | MARIANA FONSECA                                    | Senior  | F    | OMUNDODACORRIDA    | 00:58:07 | 00:57:32 |
| 261   | 2452   | Miguel Oliveira                                    | Senior  | M    | Individual         | 00:58:09 | 00:57:47 |
| 262   | 2447   | Pinaut Flora                                       | Senior  | F    | Individual         | 00:58:09 | 00:57:58 |
| 263   | 2227   | Márcio Silva                                       | Senior  | M    | Individual         | 00:58:09 | 00:57:12 |
| 264   | 2271   | Miguel Santos                                      | Senior  | M    | Individual         | 00:58:10 | 00:57:49 |
| 265   | 2270   | Pedro Almeida Lourenço                             | Senior  | M    | Individual         | 00:58:10 | 00:57:52 |
| 266   | 2185   | Daniel Teixeira                                    | Senior  | M    | Individual         | 00:58:11 | 00:57:23 |
| 267   | 2131   | Guilherme Roque                                    | Senior  | M    | Los Muchachos      | 00:58:11 | 00:57:38 |
| 268   | 2130   | Diogo Abreu                                        | Senior  | M    | Los Muchachos      | 00:58:12 | 00:57:38 |
| 269   | 2112   | João Alexandre Campos                              | Senior  | M    | Individual         | 00:58:17 | 00:57:48 |
| 270   | 2110   | Nuno Filipe Campos                                 | Senior  | M    | Individual         | 00:58:17 | 00:57:48 |

| Lugar | Dorsal | Atleta                        | Escalão | Sexo | Clube                          | Tempo    | Chip     |
|-------|--------|-------------------------------|---------|------|--------------------------------|----------|----------|
| 271   | 2036   | joana Pedro                   | Senior  | F    | Individual                     | 00:58:22 | 00:57:28 |
| 272   | 2320   | João Salustiano               | M40     | M    | Individual                     | 00:58:25 | 00:58:25 |
| 273   | 2321   | Maria Oliveira                | F40     | F    | Individual                     | 00:58:26 | 00:58:26 |
| 274   | 2102   | Inês Nunes                    | Senior  | F    | Individual                     | 00:58:26 | 00:57:28 |
| 275   | 2366   | MARIA ABREU                   | F40     | F    | Run@Figueira                   | 00:58:38 | 00:58:19 |
| 276   | 2085   | Bruno Pereira                 | Senior  | M    | Individual                     | 00:58:39 | 00:57:32 |
| 277   | 1064   | Diana Ferreira                | Senior  | F    | Individual                     | 00:58:47 | 00:57:41 |
| 278   | 2133   | Paulo Jesus                   | Senior  | M    | Individual                     | 00:58:48 | 00:58:48 |
| 279   | 2172   | Maria João Correia            | Senior  | F    | Individual                     | 00:58:57 | 00:58:38 |
| 280   | 2412   | Pedro Vila Nova               | Senior  | M    | Individual                     | 00:58:58 | 00:58:10 |
| 281   | 1012   | Carlos Sepulveda              | M40     | M    | Individual                     | 00:58:59 | 00:58:06 |
| 282   | 2002   | LUIS RAPOSO                   | M40     | M    | Individual                     | 00:58:59 | 00:58:06 |
| 283   | 2411   | Humberto Matos                | M50     | M    | Individual                     | 00:59:01 | 00:58:49 |
| 284   | 2329   | Luisa Matos                   | Senior  | F    | Individual                     | 00:59:01 | 00:58:50 |
| 285   | 2139   | Natasa Valtrova               | F50     | F    | Individual                     | 00:59:10 | 00:58:17 |
| 286   | 2235   | João Nunes                    | Senior  | M    | Individual                     | 00:59:16 | 00:59:02 |
| 287   | 2001   | Margarida Oliveira            | Senior  | F    | Individual                     | 00:59:16 | 00:58:48 |
| 288   | 1550   | Fernando Machado              | M50     | M    | Individual                     | 00:59:20 | 00:59:07 |
| 289   | 2192   | Jorge Apostolo                | M55     | M    | Individual                     | 00:59:21 | 00:59:08 |
| 290   | 2356   | Cristina Gomes                | F40     | F    | Individual                     | 00:59:24 | 00:58:40 |
| 291   | 2187   | Susana Leão Machado           | F40     | F    | Individual                     | 00:59:25 | 00:59:25 |
| 292   | 2055   | MARGARIDA CARVALHO            | F40     | F    | Individual                     | 00:59:27 | 00:58:47 |
| 293   | 2254   | Diana Silva                   | Senior  | F    | Individual                     | 00:59:34 | 00:59:00 |
| 294   | 2111   | Daniela Pereira               | Senior  | F    | Individual                     | 00:59:39 | 00:58:38 |
| 295   | 2391   | Tania Matos                   | Senior  | F    | Individual                     | 00:59:40 | 00:59:03 |
| 296   | 2338   | Jose Cruz                     | M60     | M    | Phive                          | 00:59:42 | 00:58:57 |
| 297   | 1757   | elias soukiazis               | M55     | M    | centro ativo quinta da romeira | 00:59:45 | 00:59:03 |
| 298   | 2233   | Tatiana Peralta               | Senior  | F    | Individual                     | 00:59:52 | 00:58:59 |
| 299   | 1169   | Nelson Tavares                | M40     | M    | Individual                     | 01:00:17 | 00:59:48 |
| 300   | 2158   | Helena Isabel Prata Domingues | Senior  | F    | Individual                     | 01:00:18 | 01:00:03 |
| 301   | 2237   | Sonia Batista                 | Senior  | F    | Cavalinhos Runners             | 01:00:19 | 01:00:02 |
| 302   | 2222   | Andreia Costa                 | Senior  | F    | Individual                     | 01:00:21 | 00:59:31 |
| 303   | 2454   | Rodrigo Santos                | Senior  | M    | Individual                     | 01:00:24 | 00:59:34 |
| 304   | 2070   | João Sousa                    | Senior  | M    | M1 Runners                     | 01:00:41 | 00:59:43 |
| 305   | 2363   | alice maria ventura           | F40     | F    | Individual                     | 01:00:48 | 01:00:01 |
| 306   | 2089   | Pilar Olivera                 | Senior  | F    | Individual                     | 01:00:48 | 00:59:42 |
| 307   | 2088   | Ana Fraga                     | Senior  | F    | Individual                     | 01:00:48 | 00:59:41 |
| 308   | 2303   | Luís Silva                    | Senior  | M    | Individual                     | 01:00:55 | 01:00:00 |
| 309   | 2143   | José Manuel Rodrigues         | M40     | M    | Individual                     | 01:01:02 | 01:00:12 |
| 310   | 2072   | Marco Tinoco                  | Senior  | M    | M1 Runners                     | 01:01:04 | 01:00:06 |
| 311   | 2350   | Maria José Macedo             | F40     | F    | Individual                     | 01:01:07 | 01:00:23 |
| 312   | 2061   | Filipe Fernandes              | Senior  | M    | Individual                     | 01:01:08 | 01:00:40 |
| 313   | 2079   | Vera Cardoso                  | Senior  | F    | Individual                     | 01:01:09 | 01:00:41 |
| 314   | 2150   | Maria Rodrigues               | F40     | F    | Individual                     | 01:01:15 | 01:00:24 |
| 315   | 2043   | Beatriz Nunes Vicente         | Senior  | F    | Individual                     | 01:01:18 | 01:00:15 |

| Lugar | Dorsal | Atleta                                         | Escalão | Sexo | Clube                  | Tempo    | Chip     |
|-------|--------|------------------------------------------------|---------|------|------------------------|----------|----------|
| 316   | 2098   | Maija Pole                                     | Senior  | F    | Individual             | 01:01:22 | 01:00:39 |
| 317   | 2184   | Miguel Ribeiro                                 | M40     | M    | Individual             | 01:01:26 | 01:00:21 |
| 318   | 2280   | Maria Elisabete Jacinto                        | F40     | F    | Individual             | 01:01:29 | 01:00:38 |
| 319   | 2285   | Maria Isabel Machado                           | F40     | F    | Individual             | 01:01:39 | 01:01:21 |
| 320   | 2286   | Alexandra Maria Rebelo Pereira                 | Senior  | F    | Individual             | 01:01:39 | 01:01:25 |
| 321   | 2287   | João Carlos Machado                            | Senior  | M    | Individual             | 01:01:39 | 01:01:26 |
| 322   | 2265   | Nuno Rafael Silva Pratas Correia               | Senior  | M    | Individual             | 01:01:57 | 01:01:09 |
| 323   | 2138   | Clotilde Lérias                                | F40     | F    | Individual             | 01:02:01 | 01:01:32 |
| 324   | 2050   | Elza Cordeiro                                  | F40     | F    | Individual             | 01:02:05 | 01:01:30 |
| 325   | 2291   | Susane Calagari                                | Senior  | F    | Individual             | 01:02:26 | 01:01:15 |
| 326   | 2292   | Ubiratã José Furtado                           | Senior  | M    | Individual             | 01:02:26 | 01:01:15 |
| 327   | 2374   | Rita Simões                                    | Senior  | F    | Individual             | 01:02:31 | 01:01:42 |
| 328   | 2081   | Ana Raimundo                                   | Senior  | F    | Individual             | 01:02:31 | 01:02:31 |
| 329   | 2182   | Anabela Figueiredo                             | Senior  | F    | Individual             | 01:02:47 | 01:01:44 |
| 330   | 2397   | Sandra Gonçalves                               | Senior  | F    | Atletismo Sobral Ceira | 01:02:50 | 01:02:49 |
| 331   | 2274   | Rita Simões                                    | Senior  | F    | Individual             | 01:02:51 | 01:02:08 |
| 332   | 2216   | Maria Monica Vasconcelos Mota Antunes da Cunha | Senior  | F    | Individual             | 01:03:05 | 01:02:20 |
| 333   | 2215   | Luis Miguel Guedes Pinto Antunes da Cunha      | M50     | M    | Individual             | 01:03:06 | 01:02:20 |
| 334   | 2083   | Alexandre Saraiva                              | Senior  | M    | Individual             | 01:03:07 | 01:02:48 |
| 335   | 2471   | Carla Varela                                   | Senior  | F    | É só moscas!           | 01:03:18 | 01:03:18 |
| 336   | 2349   | Sofia Soares                                   | Senior  | F    | Individual             | 01:03:20 | 01:03:16 |
| 337   | 2353   | Duarte Afonso                                  | Senior  | M    | Individual             | 01:03:20 | 01:03:15 |
| 338   | 2354   | Sergio Santos                                  | Senior  | M    | Individual             | 01:03:21 | 01:02:17 |
| 339   | 2264   | Ana Isabel Vaz Pires                           | Senior  | F    | Individual             | 01:03:27 | 01:02:40 |
| 340   | 2049   | LAURA SECO                                     | Senior  | F    | Individual             | 01:03:36 | 01:03:05 |
| 341   | 2048   | VERONIQUE SECO                                 | Senior  | F    | Individual             | 01:03:36 | 01:03:04 |
| 342   | 2016   | Sandra Prata                                   | F40     | F    | Individual             | 01:03:37 | 01:03:33 |
| 343   | 2176   | Marisa Lopes                                   | Senior  | F    | Individual             | 01:03:39 | 01:02:38 |
| 344   | 2205   | Edson Ricardo Duarte Pereira                   | Senior  | M    | Individual             | 01:03:40 | 01:03:14 |
| 345   | 2137   | João José Pedro                                | Senior  | M    | Individual             | 01:03:52 | 01:03:02 |
| 346   | 2126   | Catarina Almeida                               | Senior  | F    | Individual             | 01:04:05 | 01:02:59 |
| 347   | 2380   | Cristina Duarte                                | Senior  | F    | Individual             | 01:04:16 | 01:03:35 |
| 348   | 2430   | Fabio Rocha                                    | Senior  | M    | Individual             | 01:04:28 | 01:03:32 |
| 349   | 2075   | JOANA LOPES                                    | Senior  | F    | Individual             | 01:04:31 | 01:03:31 |
| 350   | 2431   | Slobodanka Jovasevic                           | Senior  | F    | Individual             | 01:04:32 | 01:03:35 |
| 351   | 2432   | Poonam Moodambail                              | Senior  | F    | Individual             | 01:04:32 | 01:03:34 |
| 352   | 2281   | Hugo Caldeira                                  | Senior  | M    | Individual             | 01:04:35 | 01:03:39 |
| 353   | 2282   | Catia Dias                                     | Senior  | F    | Individual             | 01:04:36 | 01:03:40 |
| 354   | 2056   | Maria de Lurdes Silva                          | F40     | F    | Individual             | 01:04:42 | 01:03:36 |
| 355   | 2358   | António Raimundo Fernandes                     | M65     | M    | Individual             | 01:04:43 | 01:04:19 |
| 356   | 2427   | João Pinto                                     | Senior  | M    | Holmes Place           | 01:04:43 | 01:04:22 |
| 357   | 2341   | Ana Braz                                       | Senior  | F    | Phive                  | 01:04:45 | 01:03:41 |
| 358   | 2201   | Ana Almeida                                    | Senior  | F    | PHIVE COIMBRA          | 01:04:45 | 01:03:42 |
| 359   | 2225   | Emanuel Ponciano Mourisca Moreira Lopes        | M65     | M    | Individual             | 01:04:51 | 01:04:16 |
| 360   | 2199   | CATARINA HENRIQUES                             | Senior  | F    | Individual             | 01:05:06 | 01:04:59 |

| Lugar | Dorsal | Atleta                             | Escalão | Sexo | Clube                    | Tempo    | Chip     |
|-------|--------|------------------------------------|---------|------|--------------------------|----------|----------|
| 361   | 2196   | Rosa Aparecida Cunha               | F40     | F    | Farmácia Luciano e Matos | 01:05:19 | 01:04:26 |
| 362   | 2197   | Sofia Amaral Gomes                 | Senior  | F    | Farmácia Luciano e Matos | 01:05:31 | 01:04:38 |
| 363   | 2262   | Mariana Moura                      | Senior  | F    | Individual               | 01:05:32 | 01:04:40 |
| 364   | 2148   | Nuno Costa                         | Senior  | M    | Amigos das Sapatilhas    | 01:05:33 | 01:05:33 |
| 365   | 2025   | Maria Isabel de Castro Oliveira    | Senior  | F    | The Beginners            | 01:05:35 | 01:03:09 |
| 366   | 2395   | Juliana Pedroza                    | Senior  | F    | Individual               | 01:05:43 | 01:05:43 |
| 367   | 2019   | Manuel Gomes                       | M40     | M    | Individual               | 01:05:44 | 01:05:22 |
| 368   | 2409   | Pedro Miguel Mendes Santos         | Senior  | M    | Individual               | 01:05:48 | 01:05:28 |
| 369   | 2375   | Branca Margarida Aleixo Assunção   | F40     | F    | Individual               | 01:05:51 | 01:05:12 |
| 370   | 2444   | Nuno Osório                        | Senior  | M    | As corridas do Marquês   | 01:06:04 | 01:05:11 |
| 371   | 2467   | Carlos Regêncio                    | Senior  | M    | Individual               | 01:06:12 | 01:06:12 |
| 372   | 2469   | Adriano Oliveira                   | Senior  | M    | Individual               | 01:06:12 | 01:06:12 |
| 373   | 2360   | Francisco Almeida                  | Senior  | M    | Individual               | 01:06:14 | 01:05:58 |
| 374   | 2032   | Helena lopes                       | Senior  | F    | Individual               | 01:06:28 | 01:05:59 |
| 375   | 2144   | André Jorge Félix Pinto            | Senior  | M    | Individual               | 01:06:32 | 01:06:32 |
| 376   | 2455   | Andrea Hanusová                    | Senior  | F    | Individual               | 01:06:52 | 01:06:41 |
| 377   | 2426   | Teresa Mendonça                    | Senior  | F    | Individual               | 01:07:13 | 01:06:15 |
| 378   | 2462   | Cláudio Silva                      | Senior  | M    | Rebeta Estacas           | 01:07:13 | 01:07:13 |
| 379   | 2010   | Ariana Micaela Almeida Rocha       | Senior  | F    | Individual               | 01:07:23 | 01:07:08 |
| 380   | 2118   | Ana Lúcia Água                     | Senior  | F    | Individual               | 01:07:31 | 01:06:28 |
| 381   | 2132   | Raquel Margalho                    | Senior  | F    | Los Muchachos            | 01:08:09 | 01:07:36 |
| 382   | 2066   | Andreia Carreiro                   | Senior  | F    | Individual               | 01:08:17 | 01:07:03 |
| 383   | 2305   | Daniel Sequeira                    | Senior  | M    | Individual               | 01:08:20 | 01:07:41 |
| 384   | 2384   | Inês Sequeira                      | Senior  | F    | Individual               | 01:08:21 | 01:07:45 |
| 385   | 2094   | Susana Ferreira                    | Senior  | F    | Individual               | 01:08:24 | 01:07:49 |
| 386   | 2443   | Maria Miquelina Silva Dias Martins | F50     | F    | Individual               | 01:08:37 | 01:08:37 |
| 387   | 2388   | Ana Pio                            | Senior  | F    | Individual               | 01:08:49 | 01:08:17 |
| 388   | 2214   | João Emanuel Batista Bento         | Senior  | M    | Individual               | 01:08:56 | 01:08:23 |
| 389   | 1768   | Miguel Costa                       | M40     | M    | Individual               | 01:09:14 | 01:08:22 |
| 390   | 2114   | Raquel Santos                      | Senior  | F    | Individual               | 01:09:15 | 01:08:30 |
| 391   | 2241   | Renata Costa Pinto                 | Senior  | F    | Individual               | 01:09:18 | 01:07:38 |
| 392   | 2301   | Sónia Farias                       | F40     | F    | Individual               | 01:09:20 | 01:09:08 |
| 393   | 2186   | Nuno Silva                         | Senior  | M    | Individual               | 01:09:34 | 01:08:34 |
| 394   | 2261   | Ana Ferreira                       | Senior  | F    | Individual               | 01:09:42 | 01:09:42 |
| 395   | 2082   | Daniele Alcantara                  | Senior  | F    | Individual               | 01:09:46 | 01:09:16 |
| 396   | 2386   | Alice Conde                        | Senior  | F    | Holmes Place             | 01:09:58 | 01:09:58 |
| 397   | 2243   | Diana Carolina Nunes Gomes         | Senior  | F    | Individual               | 01:09:59 | 01:08:17 |
| 398   | 2389   | Sandra Salgado                     | Senior  | F    | Individual               | 01:10:06 | 01:09:29 |
| 399   | 2306   | Ana Febra                          | Senior  | F    | Individual               | 01:10:07 | 01:09:32 |
| 400   | 2339   | Margarida Fonseca                  | Senior  | F    | PHIVE COIMBRA            | 01:10:12 | 01:09:27 |
| 401   | 1133   | Margarida Marques                  | F40     | F    | LOUSADA RUNNERS          | 01:10:17 | 01:10:13 |
| 402   | 2240   | ISRAEL SOUZA                       | Senior  | M    | Individual               | 01:10:28 | 01:09:18 |
| 403   | 2239   | SILAINÉ DE OLIVEIRA                | Senior  | F    | Individual               | 01:10:29 | 01:09:18 |
| 404   | 2167   | Inês Gerales                       | Senior  | F    | Inseparáveis             | 01:10:55 | 01:10:27 |
| 405   | 2145   | Cecilia Gerales                    | Senior  | F    | Inseparáveis             | 01:10:56 | 01:10:28 |

| Lugar | Dorsal | Atleta                             | Escalão | Sexo | Clube                                  | Tempo    | Chip     |
|-------|--------|------------------------------------|---------|------|----------------------------------------|----------|----------|
| 406   | 2063   | cristina onofre                    | Senior  | F    | Individual                             | 01:11:22 | 01:11:08 |
| 407   | 2095   | Ana Silva                          | Senior  | F    | Individual                             | 01:11:22 | 01:09:39 |
| 408   | 2053   | Raquel Filipa Casaleiro Estrela    | Senior  | F    | Individual                             | 01:11:26 | 01:10:40 |
| 409   | 2054   | Alexandra Isabel Soares Mendes     | Senior  | F    | Individual                             | 01:11:27 | 01:10:41 |
| 410   | 2348   | Ricardo Rodrigues                  | Senior  | M    | Individual                             | 01:12:31 | 01:12:15 |
| 411   | 2069   | Cristina Coelho                    | Senior  | F    | M1 Runners                             | 01:12:33 | 01:11:34 |
| 412   | 2147   | Andreia Duarte                     | Senior  | F    | Inseparáveis                           | 01:12:45 | 01:12:17 |
| 413   | 2146   | Lidia José                         | Senior  | F    | Inseparáveis                           | 01:12:45 | 01:12:17 |
| 414   | 2253   | Francisco Sá                       | Senior  | M    | Individual                             | 01:13:00 | 01:12:25 |
| 415   | 1465   | Ana Sofia Ribeiro Leite Braga Cruz | Senior  | F    | RUN@FIGUEIRA                           | 01:13:14 | 01:12:55 |
| 416   | 2212   | Gabriela Reis                      | Senior  | F    | Individual                             | 01:13:14 | 01:13:12 |
| 417   | 1183   | antonio pedro cunha nunes          | Senior  | M    | korpus academia saude estetica         | 01:14:17 | 01:12:16 |
| 418   | 2022   | Miranda Mele                       | Senior  | F    | Individual                             | 01:15:09 | 01:14:14 |
| 419   | 2355   | Maria José Coelho                  | Senior  | F    | Individual                             | 01:16:00 | 01:15:17 |
| 420   | 2387   | Susana Marta                       | Senior  | F    | Individual                             | 01:16:13 | 01:15:36 |
| 421   | 2392   | Eduardo Matos                      | Senior  | M    | Individual                             | 01:16:14 | 01:15:41 |
| 422   | 2044   | Patrícia Castanheira               | Senior  | F    | Individual                             | 01:16:19 | 01:15:30 |
| 423   | 2045   | Rui Pinto                          | Senior  | M    | Individual                             | 01:16:20 | 01:15:31 |
| 424   | 2304   | Arnaldo Pimentel                   | M45     | M    | Individual                             | 01:16:24 | 01:15:48 |
| 425   | 2289   | Bruno Manuel Moreira Borges        | Senior  | M    | Individual                             | 01:17:27 | 01:17:01 |
| 426   | 2122   | joao damasceno                     | M45     | M    | GIN TEAM                               | 01:17:35 | 01:16:52 |
| 427   | 2250   | Rita Pereira                       | Senior  | F    | Pocariça Runners                       | 01:18:05 | 01:16:59 |
| 428   | 2249   | Nádia Faria                        | Senior  | F    | Pocariça Runners                       | 01:18:05 | 01:16:59 |
| 429   | 2107   | Gonçalo Pereira                    | Senior  | M    | Pereiras                               | 01:22:36 | 01:21:40 |
| 430   | 2232   | Isidro Caramelo                    | Senior  | M    | Individual                             | 01:24:00 | 01:23:40 |
| 431   | 2024   | Luís Camacho Carvalho              | Senior  | M    | Individual                             | 01:24:08 | 01:23:57 |
| 432   | 2023   | Patrícia Cordeiro                  | Senior  | F    | Individual                             | 01:24:08 | 01:23:57 |
| 433   | 2034   | Anabela Cardoso Oliveira           | F50     | F    | Lexvis-Assoc.Cult. e Desportiva Viseu  | 01:24:56 | 01:24:00 |
| 434   | 2011   | TERESA PRATES                      | M55     | M    | ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO | 01:30:40 | 01:30:32 |
| 435   | 2331   | Ricardo oliveira                   | Senior  | M    | Liberty                                | 02:10:19 | 02:10:19 |