

Lugar	Dorsal	Atleta	Escalão	Sexo	Equipa	Tempo
1	5600	José Azevedo	SenioresM	M	MONTAKIT	00:29:53
2	5522	Paulo Mendes	SenioresM	M	Individual	00:34:02
3	5614	José Araújo	SenioresM	M	N.A.Taipas	00:35:39
4	5598	Joaquim Rodrigues	SenioresM	M	Individual	00:36:08
5	5599	João Ferreira	JunioresM	M	ACSDR	00:38:14
6	5310	Jorge Cunha	M35	M	Individual	00:39:01
7	5423	Andre Martins	SenioresM	M	Individual	00:39:45
8	5241	Agostinho Costa	M45	M	Individual	00:39:49
9	5146	Adao Mendes	M40	M	Clube de Atletismo da Povia de Varzim	00:40:33
10	5380	José Fraga	SenioresM	M	Individual	00:40:47
11	5314	Pedro Sousa	SenioresM	M	Individual	00:42:57
12	5487	Marco Santos	M35	M	ZIM	00:43:06
13	5128	Manuel Alves	M55	M	Individual	00:43:10
14	5229	Jose Ribeiro	SenioresM	M	Individual	00:43:12
15	5126	Octavio Oliveira	M35	M	Tsunami Team	00:43:14
16	5613	José Guimarães	M50	M	N.A.Taipas	00:43:16
17	5559	Carmen Toro	F35	F	Individual	00:43:17
18	5623	Rosa Soares	SenioresF	F	União Desportiva de Várzea	00:43:24
19	5122	José Santos	M45	M	Tsunami Team	00:43:24
20	5410	Rogério Campos	M45	M	GRANORTE	00:43:32
21	5378	Ramiro Ribeiro	M35	M	Individual	00:43:40
22	5596	Filipe Fernandes	M35	M	Individual	00:43:41
23	5329	Bruno Pereira	SenioresM	M	super team	00:43:42
24	5195	Eugénio Fernandes	SenioresM	M	Primos	00:43:44
25	5228	Joao Antunes	M40	M	Individual	00:43:46
26	5194	Daniel Torres	SenioresM	M	Primos	00:44:08
27	5284	Helder Soares	SenioresM	M	Individual	00:44:15
28	5121	José Sotelo	M40	M	Tsunami Team	00:44:18
29	5125	Nelson Almeida	SenioresM	M	Tsunami Team	00:44:27
30	5272	Ramiro Pinheiro	M40	M	Vitoria Sport Clube	00:44:59
31	5526	Nelson Costa	SenioresM	M	Individual	00:45:03
32	5123	Liborio Vilela	M35	M	Tsunami Team	00:45:24
33	5617	Paulo Regueiras	SenioresM	M	N.A.Taipas	00:45:37
34	2130	Joaquim Faria	M50	M	Vitoria Sport Clube	00:45:40
35	5371	Anselmo Leite	M40	M	Individual	00:45:44
36	5136	Rui Almeida	M35	M	Individual	00:45:53
37	5268	Florbela Costa	F35	F	Vitoria Sport Clube	00:45:59
38	5197	Paulo Brás	SenioresM	M	Individual	00:46:13
39	5208	Cristiano Castro	SenioresM	M	Individual	00:46:43
40	5117	Nuno Velho	SenioresM	M	2slow4run	00:47:44
41	5394	Adriano Cunha	SenioresM	M	RIOFIT	00:47:47
42	5594	André Oliveira	SenioresM	M	Individual	00:47:53
43	5157	Lucas Afonso	SenioresM	M	MIEGSI	00:48:02
44	5446	Tiago Monteiro	SenioresM	M	Score	00:48:02
45	5022	Sofia Araújo	SenioresF	F	Individual	00:48:09
46	1812	Alberto Moreira	M40	M	Individual	00:48:13
47	5008	Célia Pereira	SenioresF	F	Individual	00:48:20
48	5074	Alberto Pereira	M45	M	Individual	00:48:34
49	5073	Rodrigo Barros	M35	M	Individual	00:48:34
50	5277	Germano Figueira	SenioresM	M	Individual	00:48:41
51	5227	Antonio Faria	M40	M	Individual	00:48:49
52	5408	Francisco Reis	M40	M	GRANORTE	00:48:50
53	5504	Pedro Gonçalves	M35	M	Individual	00:48:52
54	5267	Alberto Mendes	M45	M	Vitoria Sport Clube	00:48:59
55	5063	Vitor Lopes	SenioresM	M	Individual	00:49:03
56	5311	Paulo Ferreira	M40	M	Individual	00:49:12
57	5124	Manuel Correia	M45	M	Tsunami Team	00:49:14
58	5461	Ricardo Fernandes	SenioresM	M	Individual	00:49:21
59	5291	António Costa	M45	M	Individual	00:49:23
60	5420	Paulo Ângelo	M45	M	Individual	00:49:59
61	5421	Jose Silveira	M50	M	Individual	00:49:59
62	5223	José Ferreira	SenioresM	M	Ginásio Biba Mais	00:50:00
63	5538	Filipe Sousa	SenioresM	M	Individual	00:50:01
64	5269	Jose Machado	M55	M	Vitoria Sport Clube	00:50:06
65	5259	Rui Martins	SenioresM	M	os primos2	00:50:16
66	5618	Rosa Fontão	F40	F	N.A.Taipas	00:50:22

Lugar	Dorsal	Atleta	Escalão	Sexo	Equipa	Tempo
67	5630	Filipe Nogueira	SenioresM	M	Individual	00:50:38
68	5364	João Campos	M55	M	Individual	00:50:53
69	5147	Helena Mendes	F40	F	Clube de Atletismo da Povia de Varzim	00:50:59
70	5297	Joaquim Castro	M50	M	Individual	00:51:03
71	5321	Dinis Afonso	SenioresM	M	Individual	00:51:04
72	1876	Mário Faria	SenioresM	M	Individual	00:51:05
73	5466	Paulo Neves	SenioresM	M	Fitness UP	00:51:18
74	5330	Domingos Ribeiro	SenioresM	M	super team	00:51:21
75	5568	Vítor Mendes	SenioresM	M	Individual	00:51:22
76	5424	Paulo Guimaraes	M40	M	Fafe Runners	00:51:26
77	5141	Mario Mata	SenioresM	M	Individual	00:51:27
78	5011	Joao Vale	SenioresM	M	Individual	00:51:50
79	5145	Jorge Ribeiro	SenioresM	M	Tomatinos	00:52:06
80	5567	José Cruz	M40	M	Individual	00:52:10
81	5023	Delfim Oliveira	M40	M	Individual	00:52:10
82	5523	Jorge Martins	JunioresM	M	Individual	00:52:12
83	5587	Miguel Gomes	M35	M	Fitness UP	00:52:13
84	5470	Ana Ramos	SenioresF	F	AMA-Associação Mondim Atletismo	00:52:17
85	5381	Paula Machado	SenioresF	F	Individual	00:52:17
86	5436	André Fernandes	SenioresM	M	Individual	00:52:20
87	5383	Angelo Fernandes	SenioresM	M	Guimarães Corre Corre	00:52:23
88	5224	Pedro Felgueiras	SenioresM	M	Ginásio Biba Mais	00:52:24
89	5029	Mauro Queirós	SenioresM	M	Individual	00:52:32
90	5324	Carlos Oliveira	JunioresM	M	Individual	00:52:34
91	5610	Conceição Silva	F50	F	N.A.Taipas	00:52:37
92	5612	João Sousa	M45	M	N.A.Taipas	00:52:38
93	5360	José Dias	M35	M	Individual	00:52:40
94	5416	Carlos Campos	M45	M	Afis	00:52:49
95	5046	Raul Macedo	M50	M	Individual	00:52:50
96	5144	João Dias	SenioresM	M	Tomatinos	00:52:55
97	5129	Domingos Raimundo	M40	M	Individual	00:52:57
98	5530	Alexandre Silva	M35	M	Individual	00:53:01
99	5219	Serafim Moreira	M40	M	Individual	00:53:06
100	5484	Luis Barros	M35	M	ZIM	00:53:11
101	5323	Carlos Bessa	M40	M	Individual	00:53:19
102	5556	Tania Ribeiro	SenioresF	F	Individual	00:53:21
103	5207	Antonio Caldas	M40	M	Individual	00:53:22
104	5558	Diogo Cunha	SenioresM	M	Individual	00:53:22
105	5557	Ana Ribeiro	SenioresF	F	Individual	00:53:22
106	5116	Pedro Silva	SenioresM	M	tropa de elite	00:53:25
107	5113	José Mota	SenioresM	M	tropa de elite	00:53:26
108	5159	Carla Castro	F40	F	Individual	00:53:29
109	5625	Pedro Cunha	SenioresM	M	Individual	00:53:30
110	5524	Rui Freitas	M45	M	Individual	00:53:43
111	5212	Carina Almeida	SenioresF	F	Individual	00:53:44
112	5007	Vitor Esteves	M40	M	Individual	00:53:53
113	5448	Carlos Silva	SenioresM	M	Score	00:53:58
114	5442	José Araújo	SenioresM	M	Score	00:53:58
115	5222	Armindo Magalhães	M35	M	Ginásio Biba Mais	00:54:07
116	5226	Sónia Mendes	SenioresF	F	Ginásio Biba Mais	00:54:07
117	5395	Ângela Freitas	SenioresF	F	RIOFIT	00:54:15
118	5513	Lino Vinhas	SenioresM	M	Individual	00:54:20
119	5459	Mauro Vaz	SenioresM	M	Individual	00:54:31
120	5462	Rui Ferreira	SenioresM	M	Individual	00:54:31
121	5260	Antonio Silva	M50	M	Individual	00:54:32
122	5247	Gentil Mendes	M35	M	Individual	00:54:32
123	5363	Clive Evans	M60	M	Individual	00:54:38
124	5563	Pedro Santos	JunioresM	M	Individual	00:54:44
125	5331	Paulo Lopes	SenioresM	M	super team	00:54:48
126	5100	Pedro Soares	M40	M	SS MONTEPIO	00:54:48
127	5336	Pedro Silva	SenioresM	M	Individual	00:54:59
128	5106	Fernando Sá	SenioresM	M	Nana Runners	00:55:00
129	5271	Paulo Sampaio	SenioresM	M	Vitoria Sport Clube	00:55:01
130	5543	Batista X	M40	M	Individual	00:55:01
131	2319	Francisco Teixeira	M45	M	AMA-Associação Mondim Atletismo	00:55:02
132	5161	Wellington Alves	SenioresM	M	Individual	00:55:03

Lugar	Dorsal	Atleta	Escalão	Sexo	Equipa	Tempo
133	5015	Joao Ramos	M40	M	Friday Lovers	00:55:05
134	5339	Rolf Kullmann	M45	M	Individual	00:55:08
135	5638	Emanuel Correia	SenioresM	M	Individual	00:55:12
136	5341	Hugo Ribeiro	SenioresM	M	Corridas de Pernas Pro Ar	00:55:15
137	5300	José Santos	M35	M	Individual	00:55:15
138	5313	Jose Neves	M35	M	Individual	00:55:15
139	5279	Jorge Silva	M55	M	Individual	00:55:18
140	5099	Márcio Silva	M35	M	SS MONTEPIO	00:55:21
141	5573	Custódio Lobo	M40	M	Individual	00:55:21
142	5369	José Silva	M45	M	Ginásio Biba Mais	00:55:23
143	5349	João Lopes	SenioresM	M	Individual	00:55:24
144	5626	Manuel Silva	M60	M	Individual	00:55:29
145	5384	Filipe Teixeira	SenioresM	M	Guimarães Corre Corre	00:55:29
146	5230	Miguel Silva	SenioresM	M	Individual	00:55:35
147	5035	Ricardo Pizarro	SenioresM	M	REGADAS PIZARRO	00:55:37
148	5415	Abilio Antunes	M50	M	Afis	00:55:40
149	5641	José Araújo	SenioresM	M	Individual	00:55:41
150	5013	Gonçalo Almeida	M35	M	Friday Lovers	00:55:46
151	5180	Paulo Portugal	M35	M	Individual	00:55:46
152	5437	António Mendes	M50	M	Score	00:56:00
153	5463	Casimiro Abreu	F60	F	Individual	00:56:04
154	5103	Rui Faria	M35	M	Individual	00:56:05
155	5239	Eunice Salgado	F35	F	Os Sapatilhas	00:56:08
156	5287	Georgina Teixeira	F35	F	RED LINE	00:56:08
157	5276	Jose Matos	SenioresM	M	Individual	00:56:09
158	5273	Armindo Rocha	M35	M	Preh Runners	00:56:10
159	5601	Albino Rocha	M55	M	Individual	00:56:13
160	5455	Benicio Pereira	SenioresM	M	Score	00:56:14
161	5382	Diogo Guimarães	SenioresM	M	Individual	00:56:16
162	5392	André Ribeiro	SenioresM	M	Individual	00:56:25
163	5211	Jose Fernandes	M50	M	Individual	00:56:26
164	5080	Nuno Bessa	SenioresM	M	Servigrupo	00:56:30
165	5082	Ricardo Teixeira	SenioresM	M	Servigrupo	00:56:30
166	5579	Rui Fernandes	SenioresM	M	Individual	00:56:38
167	5368	João Almeida	M35	M	Ginásio Biba Mais	00:56:39
168	5578	Diogo Pereira	JunioresM	M	Individual	00:56:39
169	5375	Luis Silva	SenioresM	M	Individual	00:56:40
170	5523	Jorge Martins	JunioresM	M	Individual	00:56:41
171	5376	Helder Baião	SenioresM	M	Individual	00:56:42
172	5152	Filipe Cunha	JunioresM	M	Individual	00:56:42
173	5337	Manuel Carvalho	M60	M	Individual	00:56:43
174	5309	Paulo Leite	M40	M	Individual	00:56:43
175	5274	Nuno Pacheco	M35	M	Preh Runners	00:56:44
176	5608	Alberto Guimarães	M60	M	N.A.Taipas	00:56:44
177	5130	Bé Loureiro	F45	F	Bolt	00:56:48
178	5101	Sérgio Oliveira	M35	M	SS MONTEPIO	00:56:49
179	5320	Sandra Veloso	F35	F	Individual	00:56:57
180	5319	Mara Sampaio	F35	F	Individual	00:56:57
181	5293	Celso Carrilho	M50	M	Individual	00:57:05
182	5496	Paulo Marques	M40	M	Individual	00:57:23
183	5439	Filipe Magalhães	SenioresM	M	Score	00:57:25
184	5552	Marcel Rodrigues	SenioresM	M	Individual	00:57:25
185	5386	Luis Fernandes	SenioresM	M	Guimarães Corre Corre	00:57:26
186	5490	Ricardo Cunha	M35	M	ZIM	00:57:28
187	5426	Filipe Salgado	SenioresM	M	Individual	00:57:30
188	5583	Sofia Vaz	F40	F	Individual	00:57:31
189	5069	Armando Pereira	SenioresM	M	Rexemingas Team	00:57:31
190	5418	Paulo Conde	M35	M	Afis	00:57:38
191	5225	Rui Lopes	SenioresM	M	Ginásio Biba Mais	00:57:39
192	5048	Carlos Machado	SenioresM	M	JUST DO IT	00:57:43
193	5049	Rogério Ferreira	SenioresM	M	JUST DO IT	00:57:44
194	5047	Carlos Machado	M40	M	JUST DO IT	00:57:44
195	5564	Luis Sousa	JunioresM	M	Individual	00:57:52
196	5114	Luis Gonçalves	SenioresM	M	tropa de elite	00:58:00
197	5645	João Fernandes	SenioresM	M	Individual	00:58:03
198	5634	Manuel Magalhães	SenioresM	M	Individual	00:58:04

Lugar	Dorsal	Atleta	Escalão	Sexo	Equipa	Tempo
199	5624	Genoveva Teixeira	SenioresF	F	Individual	00:58:04
200	5458	Rui Macedo	SenioresM	M	Score	00:58:07
201	5088	Catarina Almeida	SenioresF	F	Individual	00:58:26
202	5631	Maria Carvalho	F40	F	N.A.Taipas	00:58:30
203	5070	Bruno Silva	SenioresM	M	Rexemingas Team	00:58:33
204	5301	Marco Ribeiro	M35	M	Individual	00:58:33
205	5447	Adriana Carvalho	SenioresF	F	Score	00:58:49
206	5430	Bruno Marinho	SenioresM	M	Individual	00:58:50
207	5066	Silvino Cunha	M55	M	Runners Coimbra	00:58:52
208	5209	José Reis	SenioresM	M	Individual	00:58:56
209	5112	João Cunha	SenioresM	M	tropa de elite	00:58:57
210	5342	Raquel Paiva	SenioresF	F	Corridas de Pernas Pro Ar	00:58:57
211	5220	Juliana Teixeira	F35	F	Individual	00:59:03
212	5427	Ricardo Santos	M35	M	Individual	00:59:15
213	5170	Fernando Freitas	M40	M	RIOFIT	00:59:17
214	5033	Marcia Gomes	F35	F	REGADAS PIZARRO	00:59:18
215	5034	Nelson Monteiro	M35	M	REGADAS PIZARRO	00:59:18
216	5354	Daniel Almeida	M35	M	Guimarães Corre Corre	00:59:32
217	5372	Marco Couto	SenioresM	M	Individual	00:59:33
218	5611	Francisco Marques	M50	M	N.A.Taipas	00:59:34
219	5142	Carlos Batista	M40	M	Individual	00:59:34
220	5334	Rodrigo Almeida	SenioresM	M	Individual	00:59:37
221	5485	Manuela Mendes	SenioresF	F	ZIM	00:59:38
222	5417	Manuel Rilho	M60	M	Afis	00:59:51
223	5295	Ana Duarte	F35	F	Individual	00:59:51
224	5489	Paulo Pereira	SenioresM	M	ZIM	00:59:53
225	5492	Rui Barroso	M35	M	ZIM	00:59:55
226	5511	José Gonçalves	M35	M	HENDO	00:59:56
227	5460	Filipe Feliz	SenioresM	M	Individual	00:59:56
228	5553	Jorge Duarte	M35	M	Individual	00:59:56
229	5285	Ismael Ferreira	SenioresM	M	Individual	00:59:59
230	5244	Berta Augusto	F40	F	Individual	01:00:02
231	5508	Francisco Pinto	SenioresM	M	Individual	01:00:03
232	5644	Vânia Fernandes	SenioresF	F	Individual	01:00:04
233	5580	Jorge Mendes	SenioresM	M	Individual	01:00:04
234	5052	Tânia Cardoso	SenioresF	F	RC Team	01:00:05
235	5051	Bruno Maia	SenioresM	M	RC Team	01:00:05
236	5213	Jose Moraes	M45	M	trioodemira	01:00:06
237	5176	Sónia Cabaça	SenioresF	F	RIOFIT	01:00:16
238	5127	Sandra Lopes	F35	F	TAI RUNNERS	01:00:20
239	5403	Nelson Silva	SenioresM	M	Grupo 55	01:00:23
240	5541	Rui Oliveira	SenioresM	M	Individual	01:00:24
241	5540	Luisa Rodrigues	SenioresF	F	Individual	01:00:25
242	5092	Mário Gonçalves	M50	M	Individual	01:00:27
243	5412	José Ferreira	SenioresM	M	Individual	01:00:31
244	5498	Daniela Leite	F35	F	Individual	01:00:35
245	5425	Rita Magalhaes	F35	F	Fafe Runners	01:00:40
246	1129	Anabela Portilha	F45	F	Individual	01:00:41
247	1128	Amadeu Portilha	M45	M	Individual	01:00:41
248	5143	Daniela Martins	SenioresF	F	Tomatinos	01:00:48
249	5506	Rui Novais	M35	M	Individual	01:00:49
250	5440	João Meireles	SenioresM	M	Score	01:00:53
251	5193	Patrícia Martins	SenioresF	F	Individual	01:00:56
252	5204	Maria Silva	F60	F	Individual	01:00:56
253	5388	Pedro Silva	SenioresM	M	Guimarães Corre Corre	01:00:59
254	5270	Marta Teixeira	F35	F	Vitoria Sport Clube	01:01:03
255	5419	Luisa Almeida	F45	F	Individual	01:01:11
256	5422	Vasco Melo	M45	M	Individual	01:01:11
257	5187	Bruno Silva	M35	M	Individual	01:01:14
258	5581	João Correia	M40	M	Individual	01:01:14
259	5024	Simão Guimarães	SenioresM	M	Individual	01:01:14
260	5184	Sílvia Rafael	F35	F	Individual	01:01:17
261	5173	Mário Castro	M35	M	RIOFIT	01:01:21
262	5590	José Ferreira	M45	M	Individual	01:01:31
263	5367	Isabel Oliveira	SenioresF	F	Ginásio Biba Mais	01:01:32
264	5413	José Ferreira	JunioresM	M	Individual	01:01:41

Lugar	Dorsal	Atleta	Escalão	Sexo	Equipa	Tempo
265	5351	Romeu Rodrigues	M40	M	Individual	01:01:41
266	5643	Luis Vides	SenioresM	M	Individual	01:01:42
267	5185	Luis Carvalho	M45	M	DA SILVA	01:01:51
268	5115	Martinho Lima	M35	M	tropa de elite	01:01:56
269	5584	Vitor Azevedo	SenioresM	M	Individual	01:01:59
270	5497	Carla Ribeiro	SenioresF	F	Individual	01:02:05
271	5021	Rui Resende	M35	M	família resende	01:02:10
272	5096	João Lopes	M55	M	Desportivo Ases S. Jorge Fafe	01:02:19
273	5191	Fernando Merino	M50	M	Individual	01:02:22
274	5629	Gracinda Cunha	F40	F	Individual	01:02:22
275	5056	Rui Tomás	SenioresM	M	Os lentinhos	01:02:41
276	5370	José Bastos	M40	M	Individual	01:02:42
277	5282	António Cunha	SenioresM	M	Individual	01:02:44
278	5071	Pedro Pereira	SenioresM	M	Rexemingas Team	01:02:50
279	5576	Pedro Pontes	M45	M	Individual	01:02:51
280	5642	Gisela Almeida	SenioresF	F	Individual	01:02:55
281	5481	Jose Silva	M50	M	ZIM	01:03:04
282	5472	Adriano Carvalho	M35	M	ZIM	01:03:04
283	5148	Sergio Fernandes	M40	M	Individual	01:03:09
284	5550	André Dias	JunioresM	M	Individual	01:03:14
285	5171	Joana Martins	SenioresF	F	RIOFIT	01:03:14
286	5164	Andreia Silva	F35	F	RIOFIT	01:03:15
287	5547	Rui Dias	M40	M	Individual	01:03:15
288	5283	João Abreu	SenioresM	M	Individual	01:03:19
289	5387	Maria Abreu	F45	F	Guimarães Corre Corre	01:03:22
290	5257	Pedro Loureiro	SenioresM	M	Ginásio Biba Mais	01:03:22
291	5186	Paula Carvalho	F45	F	DA SILVA	01:03:25
292	5031	Helena Silva	F45	F	DA SILVA	01:03:25
293	5097	Soraia Sousa	SenioresF	F	MS TEAM	01:03:27
294	5400	Marco Silva	SenioresM	M	RIOFIT	01:03:28
295	5628	Sandra Gonçalves	SenioresF	F	Individual	01:03:28
296	5434	Marco Cunha	M35	M	Individual	01:03:29
297	5433	José Cunha	M35	M	Individual	01:03:29
298	5390	João Queirós	SenioresM	M	Individual	01:03:32
299	5105	Ana Pereira	SenioresF	F	Nana Runners	01:03:34
300	5545	Simão Teixeira	M35	M	Individual	01:03:42
301	5064	António Botelho	M50	M	Individual	01:03:53
302	5607	Sofia Soares	F35	F	Individual	01:04:02
303	5606	Rosa Abreu	SenioresF	F	Individual	01:04:02
304	5263	Judite Magalhães	F35	F	Os Rotos	01:04:08
305	5111	Anabela Silva	F35	F	MCHN Runners & Walkers	01:04:13
306	5093	Carla Azevedo	SenioresF	F	PBS-MM3	01:04:13
307	5396	Eduardo Gomes	SenioresM	M	RIOFIT	01:04:14
308	5032	Orlando Silva	M45	M	DA SILVA	01:04:20
309	5109	Fernando Teixeira	SenioresM	M	Os mariachis	01:04:22
310	5348	Celso Correia	SenioresM	M	Individual	01:04:22
311	5294	Jorge Nogueira	M45	M	Individual	01:04:23
312	5108	Elvis Castro	SenioresM	M	Os mariachis	01:04:23
313	5317	Pedro Rodrigues	M40	M	Individual	01:04:25
314	5602	Rui Teixeira	M35	M	Individual	01:04:28
315	5627	Eduarda Gonçalves	SenioresF	F	Individual	01:04:29
316	5258	Cláudia Ribeiro	SenioresF	F	os primos2	01:04:31
317	5133	Maria Laroca	JunioresF	F	Bolt	01:04:31
318	5356	António Batista	M60	M	Guimarães Corre Corre	01:04:32
319	5196	Vasco Araújo	M35	M	Individual	01:04:37
320	5174	Ricardo Ferreira	M35	M	RIOFIT	01:04:44
321	5200	João Pereira	M50	M	Individual	01:04:50
322	5028	Pedro Ferreira	M40	M	Individual	01:04:51
323	5340	Carla Pereira	F35	F	Corridas de Pernas Pro Ar	01:04:54
324	5515	Filipa Martins	SenioresF	F	Individual	01:04:55
325	5512	Tiago Portilha	SenioresM	M	Individual	01:04:55
326	5206	Filipa Almeida	SenioresF	F	amigos atletismo povoense	01:04:57
327	5248	Sónia Pinto	SenioresF	F	Individual	01:04:57
328	5343	Simone Paiva	SenioresF	F	Corridas de Pernas Pro Ar	01:05:02
329	5189	Maria Pinto	F40	F	TEAM DÓRÉMi	01:05:05
330	5188	Francisco Fonseca	M35	M	TEAM DÓRÉMi	01:05:05

Lugar	Dorsal	Atleta	Escalão	Sexo	Equipa	Tempo
331	5299	Rui Araujo	M35	M	Individual	01:05:07
332	5464	José Teixeira	SenioresM	M	Individual	01:05:08
333	5646	Joaquim Sousa	SenioresM	M	Individual	01:05:09
334	5322	Sara Peixoto	SenioresF	F	Individual	01:05:15
335	5296	Rúben Sequeira	SenioresM	M	Individual	01:05:17
336	5045	Antonio Guimaraes	M50	M	Individual	01:05:17
337	5308	Pedro Oliveira	SenioresM	M	CDT	01:05:18
338	5405	Carla Barbosa	F35	F	TAI RUNNERS	01:05:27
339	5076	Cecília Martins	F35	F	Servigrupo	01:05:33
340	5118	Leonel Videira	SenioresM	M	Individual	01:05:34
341	5043	Maria Mendes	F40	F	Individual	01:05:35
342	5062	Elsa Costa	SenioresF	F	Individual	01:05:35
343	5098	Manuel Guedes	M40	M	SS MONTEPIO	01:05:38
344	5278	Margarida Oliveira	F40	F	Individual	01:05:39
345	5450	Diana Lopes	SenioresF	F	Score	01:05:46
346	5637	Eulália Costa	F45	F	Individual	01:05:47
347	5451	Hugo Ferreira	SenioresM	M	Score	01:05:48
348	5003	Anabela Tavares	SenioresF	F	Individual	01:05:50
349	5004	Cedric Silva	M35	M	Individual	01:05:50
350	5044	Manuel Cordeiro	M60	M	Individual	01:05:59
351	5636	Domingos Cunha	M50	M	Individual	01:06:00
352	5332	Eugénio Morgado	M60	M	Individual	01:06:05
353	5203	Ana Saldanha	F40	F	Individual	01:06:05
354	5635	Fernando Miranda	M45	M	Individual	01:06:07
355	5431	José Ferreira	M40	M	Individual	01:06:15
356	5338	Filipe Félix	M35	M	Individual	01:06:15
357	5588	António Manuel	SenioresM	M	Individual	01:06:21
358	5575	Jose Mendes	M60	M	Individual	01:06:25
359	5149	Francisco Mota	SenioresM	M	MIEGSI	01:06:36
360	5527	Miguel Soares	SenioresM	M	Individual	01:06:44
361	5529	Ana Barroso	SenioresF	F	Individual	01:06:44
362	5266	Madalena Sousa	JunioresF	F	Individual	01:06:52
363	5501	Vítor Fernandes	JunioresM	M	Individual	01:06:52
364	5262	João Machado	M35	M	Individual	01:06:55
365	5289	Teresa Silva	F35	F	Individual	01:06:56
366	5132	Lucia Ferreira	F40	F	Bolt	01:07:03
367	5089	Miguel Freitas	SenioresM	M	Individual	01:07:03
368	5110	Nicolas Leite	SenioresM	M	Os mariachis	01:07:04
369	5255	Jacinta Correia	F35	F	Individual	01:07:06
370	5312	Filipe Rodrigues	M35	M	Individual	01:07:14
371	5532	Anabela Magalhães	SenioresF	F	Individual	01:07:20
372	5542	Ana Magalhães	SenioresF	F	Individual	01:07:20
373	5210	Andreia Martina	SenioresF	F	Individual	01:07:21
374	5445	Sandra Machado	F35	F	Score	01:07:29
375	5471	Manuel Machado	M60	M	AMA-Associação Mondim Atletismo	01:07:40
376	5153	Isália Pereira	F45	F	Individual	01:07:47
377	5264	Silvia Sousa	SenioresF	F	Individual	01:07:54
378	5632	João Alves	M35	M	Individual	01:07:56
379	5350	Frédéric Magalhães	SenioresM	M	Individual	01:08:03
380	5094	Ricardo Vieira	SenioresM	M	PBS-MM3	01:08:09
381	5457	Nelson Martins	SenioresM	M	Score	01:08:13
382	5521	Natacha Carvalho	SenioresF	F	HENDO	01:08:15
383	5054	Luis Moura	M55	M	Os lentinhos	01:08:19
384	5443	Matilde Simões	SenioresF	F	Score	01:08:23
385	5456	Joana Loureiro	SenioresF	F	Score	01:08:33
386	5355	Anabela Lobo	SenioresF	F	Guimarães Corre Corre	01:08:33
387	5494	Susana Carvalho	F35	F	ZIM	01:08:36
388	5358	Maria Barroso	F50	F	Individual	01:08:38
389	5347	Jorge Cristino	M35	M	Individual	01:08:46
390	5589	Paula Freitas	F40	F	Individual	01:08:51
391	5525	Emília Araújo	F40	F	Individual	01:08:53
392	5357	Alexandra Ribeiro	F35	F	Individual	01:08:53
393	5609	Carlos Silva	M60	M	N.A.Taipas	01:08:57
394	5335	Daniela Rudenko	SenioresF	F	Individual	01:08:57
395	5131	Gui Rolo	JunioresM	M	Bolt	01:09:00
396	5091	Ricardo Freitas	SenioresM	M	Individual	01:09:03

Lugar	Dorsal	Atleta	Escalão	Sexo	Equipa	Tempo
397	5038	Catarina Silva	SenioresF	F	Individual	01:09:18
398	5429	Fernanda Silva	F40	F	Individual	01:09:21
399	5059	Filipa Gonçalves	SenioresF	F	swat	01:09:22
400	5326	Isabel Pizarro	F40	F	REGADAS PIZARRO	01:09:23
401	5036	Sonia Gomes	SenioresF	F	REGADAS PIZARRO	01:09:23
402	5453	Marta Peixoto	SenioresF	F	Score	01:09:24
403	5169	Fernando Machado	M40	M	RIOFIT	01:09:40
404	5399	José Ferreira	M40	M	RIOFIT	01:09:40
405	5454	Sandrine Freitas	SenioresF	F	Score	01:09:41
406	5237	Nuno Lameirinhas	M35	M	Individual	01:09:50
407	5531	Catarina Rodrigues	SenioresF	F	Individual	01:09:50
408	5172	Mariana Ribeiro	SenioresF	F	RIOFIT	01:09:54
409	5167	Daniel Martinho	SenioresM	M	RIOFIT	01:09:54
410	5256	Cláudia Marques	SenioresF	F	Ginásio Biba Mais	01:09:55
411	5178	Tiago Silva	SenioresM	M	RIOFIT	01:09:55
412	5401	Sofia Braga	SenioresF	F	RIOFIT	01:09:55
413	5231	Lúcia Mendonça	SenioresF	F	Individual	01:10:14
414	5373	Adelino Videira	M35	M	Individual	01:10:15
415	5081	Rafael Vilela	SenioresM	M	Servigrupo	01:10:17
416	5304	Bruno Salgado	M35	M	CDT	01:10:20
417	5385	Ligia Bragança	F40	F	Guimarães Corre Corre	01:10:21
418	5561	Daniela Almeida	F35	F	Individual	01:10:25
419	5491	Rita Freitas	SenioresF	F	ZIM	01:10:29
420	5168	Esmeralda Meira	SenioresF	F	RIOFIT	01:10:30
421	5175	Rui Ribeiro	M35	M	RIOFIT	01:10:31
422	5026	Diogo Francisco	SenioresM	M	Team Jebus	01:10:35
423	5027	Rita Barbosa	SenioresF	F	Team Jebus	01:10:36
424	5095	Tânia Fernandes	SenioresF	F	Individual	01:10:42
425	5562	João Almeida	M35	M	Individual	01:11:00
426	5479	Carla Lopes	F40	F	ZIM	01:11:01
427	5478	Carina Ferreira	F35	F	ZIM	01:11:03
428	5493	Sandra Madureira	F35	F	ZIM	01:11:03
429	5019	Eva Gomes	SenioresF	F	Individual	01:11:04
430	5018	Bernardo Lopes	SenioresM	M	Individual	01:11:04
431	5316	Carlos Carvalho	M35	M	Individual	01:11:05
432	5265	Sandy Silva	SenioresF	F	Individual	01:11:12
433	5374	Joao Cunha	M40	M	Individual	01:11:38
434	5544	Ivone Castro	F35	F	Individual	01:11:41
435	5500	Isabel Teixeira	F35	F	ZIM	01:11:48
436	5166	César Castro	M35	M	RIOFIT	01:11:49
437	5165	Cátia Carvalho	SenioresF	F	RIOFIT	01:11:49
438	5519	Sara Mendes	F35	F	HENDO	01:11:53
439	5469	Carla Ribeiro	F40	F	HENDO	01:11:55
440	5517	Margarida Ribeiro	SenioresF	F	Individual	01:12:00
441	5477	Barbara Garcia	SenioresF	F	ZIM	01:12:00
442	5012	Celia Edwards	F45	F	Individual	01:12:05
443	5389	Joao Duarte	SenioresM	M	Amigos do Iron Man	01:12:34
444	5391	Ana Faria	SenioresF	F	Individual	01:12:53
445	5359	Dorotea Silva	F40	F	Individual	01:13:02
446	5449	Catarina Macedo	SenioresF	F	Score	01:13:04
447	5120	Mónica Machado	F35	F	Turbolentos	01:13:04
448	5465	Vitor Carvalho	M35	M	Individual	01:13:07
449	5595	Carina Almeida	SenioresF	F	Individual	01:13:07
450	5055	Maria Pereira	F50	F	Os lentinhos	01:13:11
451	5053	Joana Moura	SenioresF	F	Os lentinhos	01:13:11
452	5040	Ricardo Teixeira	M35	M	Individual	01:13:14
453	5290	Rosa Duarte	F45	F	Individual	01:13:29
454	5535	Vânia Costa	SenioresF	F	Individual	01:13:33
455	5640	Maria Alves	F45	F	Individual	01:13:34
456	5571	Fabia Soares	SenioresF	F	Individual	01:13:35
457	5554	Sandra Freitas	F35	F	Guimarães Corre Corre	01:13:37
458	5090	Raquel Pereira	SenioresF	F	Individual	01:13:46
459	5010	Juliana Regadas	F35	F	Individual	01:13:48
460	5486	Manuela Rodrigues	SenioresF	F	ZIM	01:13:51
461	5205	Vladyslav Saldul	JunioresM	M	Individual	01:14:07
462	5570	Cristina Ribeiro	F45	F	Individual	01:14:10

Lugar	Dorsal	Atleta	Escalão	Sexo	Equipa	Tempo
463	5061	Dina Martins	F45	F	Individual	01:14:11
464	5514	Ana Machado	SenioresF	F	Individual	01:14:23
465	5507	Abilio Freitas	M40	M	Individual	01:14:25
466	5163	Ana Silva	SenioresF	F	RIOFIT	01:14:30
467	5192	Sara Duarte	SenioresF	F	Individual	01:14:30
468	5333	Julia Lima	SenioresF	F	Individual	01:14:30
469	5520	Ana Santos	SenioresF	F	HENDO	01:14:47
470	5604	Ana Almeida	SenioresF	F	Individual	01:14:48
471	5577	Fernanda Pizarro	F35	F	Individual	01:14:58
472	5502	Carla Rebelo	F40	F	Individual	01:14:59
473	5495	Zizina Moreira	F35	F	ZIM	01:15:20
474	5488	Paulo Mateus	M45	M	ZIM	01:15:20
475	5473	Amália Silva	SenioresF	F	ZIM	01:15:24
476	5476	Ana Machado	F35	F	ZIM	01:15:26
477	5615	Manuel Ferreira	M40	M	N.A.Taipas	01:15:27
478	5452	Joana Dias	F35	F	Score	01:15:35
479	5516	Hélder Marques	SenioresM	M	Individual	01:15:43
480	5411	Alvaro Araujo	SenioresM	M	Individual	01:15:45
481	5593	Joaquim Faria	SenioresM	M	Individual	01:15:55
482	5218	Tania Martins	SenioresF	F	Individual	01:16:05
483	5633	Ana Oliveira	SenioresF	F	Individual	01:16:14
484	5565	Ana Magalhães	SenioresF	F	Individual	01:16:44
485	5002	Raquel Santos	F35	F	Individual	01:16:53
486	5078	Joel Veiga	SenioresM	M	Servigrupo	01:17:21
487	5305	Carla Costa	SenioresF	F	CDT	01:17:35
488	5041	Joaquina Fernandes	F60	F	Individual	01:18:36
489	5085	Patricia Freitas	SenioresF	F	Individual	01:19:30
490	5216	Christopher Arroyo	SenioresM	M	Individual	01:19:30
491	5480	Isabel Pereira	SenioresF	F	ZIM	01:19:49
492	5482	Lucia Salvador	SenioresF	F	ZIM	01:19:49
493	5475	Ana Paula	F35	F	ZIM	01:19:49
494	5467	Sara Mendes	F35	F	Fitness UP	01:20:10
495	5075	Celsa Freitas	F40	F	Individual	01:20:12
496	5254	Sofia Sousa	SenioresF	F	Individual	01:20:12
497	5352	Vanessa Pinho	SenioresF	F	Individual	01:20:13
498	5509	Elisabete Baião	F40	F	HENDO	01:21:00
499	5084	Sara Machado	JunioresF	F	Servigrupo	01:21:00
500	5009	Cristina Onofre	F35	F	Individual	01:21:03
501	5288	Ana Rocha	F35	F	Individual	01:21:13
502	5067	André Almeida	SenioresM	M	CAT & DOG Clínica Veterinária	01:21:18
503	5068	Cátia Santos	SenioresF	F	CAT & DOG Clínica Veterinária	01:21:18
504	5306	Catarina Oliveira	SenioresF	F	CDT	01:21:22
505	5307	Nuno Queiroz	SenioresM	M	CDT	01:21:22
506	5017	Rui Martins	M40	M	Friday Lovers	01:21:25
507	5134	Vitor Guedes	SenioresM	M	Individual	01:21:49
508	5135	Liliana Fernandes	SenioresF	F	Individual	01:21:49
509	5160	Ana Paulo	SenioresF	F	TAI RUNNERS	01:23:06
510	5104	Marta Jorge	F40	F	TAI RUNNERS	01:23:06
511	5182	Vânia Gomes	SenioresF	F	123	01:24:38
512	5181	Tiago Máximo	SenioresM	M	123	01:24:38
513	5249	Diogo Pereira	SenioresM	M	CMG - Tempo Livre	01:26:15
514	5251	Margarida Resende	SenioresF	F	Individual	01:26:30
515	5202	Marcos Ribeiro	M40	M	Individual	01:26:32
516	5201	Cidalia Babo	SenioresF	F	Individual	01:26:33
517	5107	Antónia Mendes	F40	F	Os mariachis	01:26:38
518	5404	Sandra Silva	SenioresF	F	Grupo 55	01:26:39
519	5402	Cristiana Rodrigues	SenioresF	F	Grupo 55	01:26:39
520	5582	Lara Batista	SenioresF	F	Grupo 55	01:26:39
521	5058	Filipa Machado	SenioresF	F	Individual	01:29:18
522	5483	Luis Pereira	M40	M	ZIM	01:29:28
523	5298	Orlando Silva	M45	M	Individual	01:29:29
524	5318	Joana Araújo	F35	F	Individual	01:29:37
525	5474	Ana Martins	F40	F	ZIM	01:30:02
526	5236	Liliana Azevedo	SenioresF	F	Individual	01:30:08
527	5238	Marco Leitão	SenioresM	M	Individual	01:30:10
528	5020	Ana Rosado	F35	F	Individual	01:30:16

Lugar	Dorsal	Atleta	Escalão	Sexo	Equipa	Tempo
529	5619	Luis Carvalho	M40	M	Individual	01:30:18
530	5621	Miguel Oliveira	M35	M	Individual	01:30:19
531	5072	Luís Vilela	M50	M	Sociedade Recreio Cepanense	01:33:23
532	5438	Cláudia Mendes	SenioresF	F	Score	01:33:58
533	5503	Daniel Oliveira	M40	M	Individual	01:44:16
534	5190	Arnaldo Teixeira	SenioresM	M	vitoria sempre	01:55:49
535	5572	António Ribeiro	M35	M	Individual	02:08:57