

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
1.	5	PAULO DE PAULA	CF OS BELENENSES	1	VET M35	1	01:05:02	03:04	01:05:02
2.	7	YOUSSEF EL KALAI	SÃO SALVADOR DO CAMPO	2	VET M35	2	01:08:17	03:14	01:08:17
3.	559	JOSÉ SOUSA	UNIÃO CLUBE EIRENSE	3	SEN M	1	01:09:40	03:18	01:09:40
4.	9	ADILSON SPENCER	JOÃO SILVA CCR PRAIA MIRA	4	VET M35	3	01:09:54	03:18	01:09:54
5.	560	ROGÉRIO BESSA	JOBRA	5	SEN M	2	01:12:07	03:25	01:12:08
6.	741	OSVALDO BARROS	JOÃO SILVA CCR PRAIA MIRA	6	SEN M	3	01:12:40	03:26	01:12:40
7.	3	ARICSON GOMES	JOÃO SILVA CCR PRAIA MIRA	7	SEN M	4	01:12:46	03:26	01:12:46
8.	649	JOÃO PEREIRA	ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA	8	VET M40	1	01:14:43	03:32	01:14:43
9.	6	LUÍS FEITEIRA	SKECHERS PERFORMANCE	9	VET M40	2	01:15:23	03:34	01:15:23
10.	569	CARLOS COSTA	CPT SOBRAL DE CEIRA	10	SEN M	5	01:15:52	03:35	01:15:52
11.	2	CARLA MARTINHO	RECREIO DE ÁGUEDA	1	VET F40	1	01:16:03	03:36	01:16:05
12.	607	ANTÓNIO SOUSA	GFD RUNNING	11	VET M45	1	01:16:41	03:38	01:16:41
13.	631	VERA NUNES	SLBENFICA	2	VET F35	1	01:16:40	03:38	01:16:41
14.	690	NUNO PINHO	NA CUCUJÃES	12	VET M35	4	01:16:49	03:38	01:16:50
15.	437	MIGUEL PEIXE	VITÓRIA SPORT CLUBE	13	VET M40	3	01:17:06	03:39	01:17:06
16.	737	PEDRO MARQUES	CLUBE PEDRO PESSOA	14	VET M35	5	01:17:51	03:41	01:17:51
17.	718	ANDRÉ GUIMARÃES	ACD.SÃO JOAO DA SERRA	15	SEN M	6	01:18:04	03:42	01:18:06
18.	46	RUI PEREIRA	PENICHE A CORRER	16	VET M40	4	01:18:06	03:42	01:18:07
19.	749	ANTÓNIO SOUSA	JOBRA	17	VET M45	2	01:18:51	03:44	01:18:53
20.	409	PEDRO CRUZ	GFD RUNNING	18	SEN M	7	01:19:07	03:45	01:19:09
21.	406	ERNESTO FERREIRA	GFD RUNNING	19	VET M45	3	01:19:07	03:45	01:19:09
22.	526	BRUNO SILVA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	20	VET M35	6	01:19:23	03:45	01:19:23
23.	432	JOÃO SILVA	VITÓRIA SPORT CLUBE	21	VET M40	5	01:19:59	03:47	01:19:59
24.	405	ROBERTO LADEIRAS	GFD RUNNING	22	SEN M	8	01:20:27	03:48	01:20:29
25.	593	LUIS RODRIGUES	CPT SOBRAL DE CEIRA	23	VET M35	7	01:20:29	03:48	01:20:31
26.	596	ALEXANDRE MESTRE	ASCVALEIRINHA	24	VET M40	6	01:20:38	03:49	01:20:40
27.	102	ANDRE NOBRE	AVEIRO RUNNERS	25	VET M35	8	01:20:40	03:49	01:20:41
28.	429	FRANCISCO NOVAIS	VITÓRIA SPORT CLUBE	26	VET M50	1	01:20:47	03:49	01:20:47
29.	283	MILTON SANTOS	SPORT CLUBE BEIRA-MAR	27	SEN M	9	01:21:06	03:50	01:21:09
30.	670	JOAO HORA FAUSTINO	INDIVIDUAL	28	VET M40	7	01:20:49	03:49	01:21:13
31.	473	JOSÉ JARMELA	NAZ-ABOBODA	29	VET M50	2	01:21:11	03:50	01:21:13
32.	589	JOSÉ CABRAL	S.C.E. ANTÓNIO LEITÃO	30	VET M55	1	01:21:19	03:51	01:21:20
33.	620	MIRIAM MARTINS	INDIVIDUAL	3	SEN F	1	01:21:23	03:51	01:21:25
34.	245	CARLOS PIMENTA	LUSOTEAM	31	VET M40	8	01:21:28	03:51	01:21:29
35.	66	JOÃO SILVA	GRUPO DESPORTIVO DA GAFANHA	32	VET M35	9	01:22:04	03:53	01:22:05
36.	609	PEDRO AZENHA	CNCVG - TRIATLO	33	VET M40	9	01:22:22	03:54	01:22:24
37.	420	DAVIDE LOURENÇO	DÍNAMO CLUBE DA ESTAÇÃO	34	VET M45	4	01:22:25	03:54	01:22:27
38.	586	HÉLDER GONÇALVES	GTEAM	35	SEN M	10	01:22:23	03:54	01:22:29
39.	687	RICARDO AREIAS	BOAVISTA FUTEBOL CLUBE	36	SEN M	11	01:22:37	03:55	01:22:39
40.	615	ANDRÉS VICENTE	CLUB TRIATLÓN SALAMANCA	37	VET M35	10	01:22:43	03:55	01:22:50
41.	537	BRUNO OLIVEIRA	ADREP	38	SEN M	12	01:23:22	03:57	01:23:25
42.	701	JOÃO PAULO ALMEIDA	DCI/CCDRPEDRULHA-MEALHADA	39	VET M50	3	01:23:23	03:57	01:23:25
43.	616	TONY ALMEIDA	RB RUNNING	40	VET M35	11	01:23:27	03:57	01:23:29
44.	70	ARMANDO CORREIA	GRUPO DESPORTIVO GAFANHA	41	VET M45	5	01:23:34	03:57	01:23:34

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
45.	192	MIGUEL GONÇALVES	BACALHAUS - PÓLO AQUÁTICO	42	SEN M	13	01:24:06	03:59	01:24:11
46.	629	AUGUSTO FIGUEIREDO	ESCOLA ATLETISMO COIMBRA	43	VET M45	6	01:24:28	04:00	01:24:29
47.	158	VITOR OLIVEIRA	DCI/CCDRPEDRULHA-MEALHADA	44	VET M50	4	01:24:49	04:01	01:24:52
48.	673	JOÃO VINHA	JOBRA	45	VET M50	5	01:25:01	04:01	01:25:03
49.	436	JOSÉ FERREIRA	VITÓRIA SPORT CLUBE	46	VET M50	6	01:25:05	04:01	01:25:05
50.	263	BRUNO CASAL	INDIVIDUAL	47	SEN M	14	01:25:06	04:02	01:25:07
51.	672	JOÃO NEVES	JOBRA	48	VET M45	7	01:25:05	04:01	01:25:07
52.	306	ANTONIO PEREIRA	AD LUSTOSA	49	VET M50	7	01:25:14	04:02	01:25:16
53.	592	PAULO GOMES	INDIVIDUAL	50	VET M50	8	01:25:28	04:03	01:25:31
54.	152	JOSÉ TEIXEIRA	INDIVIDUAL	51	VET M35	12	01:25:33	04:03	01:25:34
55.	680	ISIDRO DUARTE	RB RUNNING	52	VET M50	9	01:25:59	04:04	01:26:02
56.	369	CARLOS VISEU	INDIVIDUAL	53	VET M45	8	01:26:43	04:06	01:26:45
57.	69	PAULO ALMEIDA	GRUPO DESPORTIVO GAFANHA	54	VET M45	9	01:26:46	04:06	01:26:46
58.	665	GONÇALO DURÃO	UNIÃO CLUBE EIRENSE	55	VET M45	10	01:26:52	04:07	01:27:03
59.	430	HÉLDER VIEIRA	VITÓRIA SPORT CLUBE	56	VET M40	10	01:27:02	04:07	01:27:04
60.	535	PAULO FIGUEIREDO	AFIS/OVAR	57	VET M40	11	01:27:07	04:07	01:27:09
61.	259	JOÃO FERNANDES	INDIVIDUAL	58	VET M40	12	01:27:14	04:08	01:27:16
62.	505	RAFAEL GUEDES	INDIVIDUAL	59	VET M40	13	01:27:21	04:08	01:27:23
63.	216	VÍTOR DIAS	INDIVIDUAL	60	SEN M	15	01:27:24	04:08	01:27:25
64.	666	PAULO RAMIREZ	OZXTREME	61	VET M40	14	01:27:16	04:08	01:27:25
65.	752	MIGUEL PATO VIEIRA	ROYAL SCHOOL OF LANGUAGES	62	VET M45	11	01:27:44	04:09	01:27:54
66.	636	AURÉLIO SAÚDE	JOGGING LOVERS COIMBRA	63	VET M40	15	01:28:01	04:10	01:28:07
67.	442	VITOR LEMOS	VITÓRIA SPORT CLUBE	64	VET M45	12	01:28:20	04:11	01:28:22
68.	653	LÍDIA PEREIRA	GDR GRANJA	4	VET F50	1	01:28:28	04:11	01:28:29
69.	725	PEDRO MARQUES	CONQUISTA	65	VET M50	10	01:28:21	04:11	01:28:31
70.	398	CELIO ANASTACIO	PENICHE A CORRER	66	VET M35	13	01:28:36	04:11	01:28:39
71.	221	PAULO SILVA	INDIVIDUAL	67	VET M35	14	01:28:44	04:12	01:28:47
72.	714	VITOR RITO	RUNNING ESPINHO	68	SEN M	16	01:28:30	04:11	01:28:51
73.	415	JOSE CUNHA	INDIVIDUAL	69	VET M45	13	01:28:47	04:12	01:28:52
74.	668	LUIS SANTOS	ADI-ILHAVO	70	VET M40	16	01:29:09	04:13	01:29:11
75.	293	NUNO HÉLDER SILVA	SPORT CLUBE BEIRA-MAR	71	SEN M	17	01:29:31	04:14	01:29:33
76.	151	HUGO SOUSA	FANTASMA RUNNERS	72	SEN M	18	01:29:28	04:14	01:29:42
77.	458	TELMO ALMEIDA	LÁGRIMAS TEAM	73	VET M40	17	01:29:46	04:15	01:29:47
78.	412	CARLOS MARTINS	INDIVIDUAL	74	VET M65	1	01:30:08	04:16	01:30:11
79.	274	ERNESTO ALVES	JUVENTUDE CORTEGACENSE	75	VET M45	14	01:30:07	04:16	01:30:11
80.	80	VÍTOR RIBAU	QUARTAS	76	VET M45	15	01:30:27	04:17	01:30:31
81.	284	JOAO OLIVEIRA	JUVENTUDE CORTEGACENSE	77	VET M40	18	01:30:31	04:17	01:30:35
82.	727	MANUEL PEREIRA	LOUSADA RUNNERS	78	VET M50	11	01:30:32	04:17	01:30:35
83.	553	FERNANDO CRUZ	CIRAC	79	VET M35	15	01:30:23	04:17	01:30:37
84.	195	DIOGO AMARAL	INDIVIDUAL	80	SEN M	19	01:30:40	04:17	01:30:42
85.	646	PAULO PEREIRA	S.C. VISTA-ALEGRE	81	VET M45	16	01:30:52	04:18	01:30:57
86.	18	PAULO FIDALGO	INDIVIDUAL	82	VET M35	16	01:31:15	04:19	01:31:17
87.	692	HENRIQUE NEVES	INDIVIDUAL	83	VET M45	17	01:31:10	04:19	01:31:19
88.	728	CARLA RIBEIRO	GFD RUNNING	5	VET F35	2	01:31:29	04:20	01:31:31

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
89.	419	DMYTRO OSTAPCHUK	INDIVIDUAL	84	JUN M	1	01:31:18	04:19	01:31:31
90.	323	TIAGO OLIVEIRA	INDIVIDUAL	85	SEN M	20	01:31:37	04:20	01:31:42
91.	661	JOSÉ LUÍS PIRES	INDIVIDUAL	86	VET M50	12	01:31:45	04:20	01:31:45
92.	467	JACINTO FERREIRA	PENICHE A CORRER	87	VET M45	18	01:31:44	04:20	01:31:48
93.	416	LUÍS DE ALMEIDA	INDIVIDUAL	88	VET M40	19	01:31:41	04:20	01:31:50
94.	17	CARLOS MORGADO	INDIVIDUAL	89	VET M40	20	01:31:41	04:20	01:31:51
95.	362	JOSÉ TEIXEIRA	GUARDA RUNNERS	90	VET M40	21	01:31:57	04:21	01:31:59
96.	271	CECILIO FERREIRA	JUVENTUDE CORTEGACENSE	91	VET M40	22	01:31:57	04:21	01:32:01
97.	746	BRUNO MACHADO	ECOMOBILE	92	VET M35	17	01:31:40	04:20	01:32:03
98.	685	ANDRE SOARES	INDIVIDUAL	93	VET M35	18	01:32:05	04:21	01:32:08
99.	185	JOEL OLIVEIRA	INDIVIDUAL	94	VET M35	19	01:31:58	04:21	01:32:09
100.	186	RUI MOURA	INDIVIDUAL	95	VET M35	20	01:31:57	04:21	01:32:10
101.	618	EDIVALDO MACIEL	ELCOMANDANTETEAM	96	VET M35	21	01:32:07	04:22	01:32:11
102.	512	MANUEL GRILO	HELIFLEX	97	VET M50	13	01:32:09	04:22	01:32:13
103.	509	ELISABETE SOUSA	INDIVIDUAL	6	VET F35	3	01:32:11	04:22	01:32:14
104.	191	ILÍDIO SILVA	C.S.R.D.C. SANTIAGO	98	VET M40	23	01:32:06	04:21	01:32:15
105.	38	JOSÉ CARLOS SANTOS	INDIVIDUAL	99	VET M50	14	01:32:29	04:23	01:32:32
106.	584	NUNO CACHULO	INDIVIDUAL	100	SEN M	21	01:32:25	04:22	01:32:32
107.	282	NELSON DUARTE	SPORT CLUBE BEIRA-MAR	101	VET M40	24	01:32:32	04:23	01:32:35
108.	612	TIAGO VAZ OSÓRIO	GRINDER BOYS	102	SEN M	22	01:32:34	04:23	01:32:44
109.	211	PEDRO MAIA	GRUPO FONTES RUNNING TEAM	103	SEN M	23	01:32:41	04:23	01:32:54
110.	628	NELSON SANTOS	ESCOLA ATLETISMO COIMBRA	104	VET M50	15	01:32:48	04:23	01:32:55
111.	599	LUIS PEREIRA	INDIVIDUAL	105	VET M35	22	01:32:37	04:23	01:32:57
112.	402	FILIPPE BUGALHO	GFD RUNNING	106	SEN M	24	01:32:54	04:24	01:32:58
113.	614	BRUNO DIAS	CLUB TRIATLÓN SALAMANCA	107	SEN M	25	01:33:02	04:24	01:33:09
114.	613	CARLOS CHOCARRO	CLUB TRIATLÓN SALAMANCA	108	SEN M	26	01:33:02	04:24	01:33:10
115.	317	FRANCISCO COSTA	INDIVIDUAL	109	VET M45	19	01:33:16	04:25	01:33:26
116.	218	JOAO VASCONCELOS	INDIVIDUAL	110	VET M35	23	01:33:30	04:25	01:33:35
117.	53	RENATO RIBEIRO	BUSTOS RUNNERS	111	VET M40	25	01:33:28	04:25	01:33:48
118.	112	MANUEL SILVA	CENAP - CACIA	112	VET M40	26	01:33:30	04:25	01:33:50
119.	367	PAULO SANTOS	INDIVIDUAL	113	VET M45	20	01:33:43	04:26	01:33:51
120.	411	HORTENSE TENDA	INDIVIDUAL	7	VET F35	4	01:33:52	04:26	01:33:53
121.	482	DÉLIO TEODORO	ASS. DIABÉTICOS AÇORIANOS	114	VET M35	24	01:33:47	04:26	01:33:55
122.	207	NUNO OLIVEIRA	INDIVIDUAL	115	SEN M	27	01:33:49	04:26	01:34:00
123.	305	MIGUEL FARIA	INDIVIDUAL	116	SUB 23 M	1	01:33:54	04:27	01:34:02
124.	577	SUSANA RIBEIRO	NA CUCUJÃES	8	SUB 23 F	1	01:34:11	04:27	01:34:15
125.	576	JOSÉ SILVA	NA CUCUJÃES	117	SEN M	28	01:34:15	04:28	01:34:19
126.	90	FERNANDO FREIRE	GRECAS	118	VET M40	27	01:34:23	04:28	01:34:25
127.	485	RODOLFO SILVA	INDIVIDUAL	119	SEN M	29	01:34:23	04:28	01:34:29
128.	493	JOÃO SANTANA	BOSCH TERMOTECNOLOGIA SA	120	VET M45	21	01:34:15	04:28	01:34:30
129.	608	JOÃO DÂMASO	GRUPO MARAVILHA	121	SEN M	30	01:34:16	04:28	01:34:33
130.	699	GONÇALO VIEIRA	ROYAL SCHOOL OF LANGUAGES	122	VET M35	25	01:34:25	04:28	01:34:35
131.	478	JOSÉ CARLOS GOMES	LIGEIRINHOS	123	VET M55	2	01:34:25	04:28	01:34:37
132.	378	RICARDO PINHEIRO	CLUBE PORTUGAL TELECOM ZONA NORTE	124	VET M40	28	01:34:24	04:28	01:34:39

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
133.	203	FILIFE ROCHA	MAIA RUNNERS	125	VET M35	26	01:34:37	04:29	01:34:40
134.	255	FRANCISCO MARQUES	INDIVIDUAL	126	SEN M	31	01:34:23	04:28	01:34:42
135.	89	PAULO JORGE SILVA	BUSTOS RUNNERS	127	VET M45	22	01:34:27	04:28	01:34:47
136.	39	HÉLDER GUEDES	INDIVIDUAL	128	VET M40	29	01:34:44	04:29	01:34:47
137.	682	DANIEL AGUIAR	INDIVIDUAL	129	VET M35	27	01:34:38	04:29	01:34:51
138.	183	LUIS BRANCO	FOGAÇAS COM MALAPOS	130	VET M35	28	01:34:46	04:29	01:34:56
139.	117	RICARDO FREITAS	INDIVIDUAL	131	SEN M	32	01:34:43	04:29	01:34:58
140.	124	JOÃO CARLOS RIBEIRO	MOLINHAS TEAM	132	VET M40	30	01:34:50	04:29	01:34:58
141.	58	JORGE CARDOSO	INDIVIDUAL	133	VET M40	31	01:34:44	04:29	01:34:59
142.	507	CARLOS MATOS	INDIVIDUAL	134	VET M40	32	01:34:26	04:28	01:35:00
143.	264	JOSÉ GOMES	INDIVIDUAL	135	VET M45	23	01:34:54	04:29	01:35:01
144.	702	JORGE COSTA	INDIVIDUAL	136	VET M40	33	01:34:41	04:29	01:35:03
145.	63	NUNO PESSOA	CCR PRAIA DE MIRA	137	VET M40	34	01:35:03	04:30	01:35:06
146.	621	ROGÉRIO CALVO	PORTO RUNNERS	138	VET M45	24	01:35:07	04:30	01:35:08
147.	729	JORGE CORREIA	INDIVIDUAL	139	VET M45	25	01:35:06	04:30	01:35:10
148.	54	MANUEL FERREIA	INDIVIDUAL	140	VET M45	26	01:35:03	04:30	01:35:10
149.	316	JOSÉ PIRATA	INDIVIDUAL	141	VET M40	35	01:34:54	04:29	01:35:13
150.	619	PEDRO FRIAS	KAMI BERDUA	142	VET M40	36	01:34:59	04:30	01:35:14
151.	295	ANTÓNIO RATOLA	SPORT CLUBE BEIRA-MAR	143	SEN M	33	01:35:01	04:30	01:35:18
152.	724	ADRIANO ARAÚJO	CONQUISTA	144	VET M40	37	01:35:12	04:30	01:35:22
153.	24	PAULO DUARTE	INDIVIDUAL	145	VET M40	38	01:35:14	04:30	01:35:23
154.	222	HENRIQUE FERNANDES	BIO TEAM RUN	146	VET M40	39	01:35:14	04:30	01:35:25
155.	558	FILIFE ROUXINOL	OS QUARTAS	147	VET M40	40	01:35:11	04:30	01:35:29
156.	49	LUÍS SERRA	PORTO RUNNERS	148	VET M50	16	01:35:30	04:31	01:35:39
157.	762	MARISA JOAO	RECREIO DE ÁGUEDA	9	VET F40	2	01:35:43	04:32	01:35:43
158.	394	OLIVÉRIO BAPTISTA	CENAP - CACIA	149	VET M35	29	01:35:23	04:31	01:35:43
159.	524	DANIEL SILVA	GD BANCO DE PORTUGAL	150	VET M35	30	01:35:40	04:32	01:35:48
160.	655	FILIFE PIRES	TARTARUGAS DO ASFALTO	151	VET M45	27	01:35:44	04:32	01:35:53
161.	395	AMÉRICO FONSECA	YAZAKI RUNNERS	152	VET M45	28	01:35:58	04:32	01:36:01
162.	712	JORGE VILELA	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	153	VET M45	29	01:36:06	04:33	01:36:20
163.	270	ABEL PINA	INDIVIDUAL	154	VET M50	17	01:36:23	04:34	01:36:26
164.	466	ANTONIO CRUZ	INDIVIDUAL	155	VET M60	1	01:36:25	04:34	01:36:29
165.	119	FILIFE LEMOS	INDIVIDUAL	156	VET M45	30	01:36:19	04:33	01:36:30
166.	484	JORGE LOPES	MAISFIT RUNNERS	157	VET M40	41	01:36:17	04:33	01:36:36
167.	403	JOSÉ MIRANDA	GFD RUNNING	158	VET M50	18	01:36:36	04:34	01:36:39
168.	28	DOMINGOS TAVARES	BUSTOS RUNNERS	159	VET M45	31	01:36:21	04:34	01:36:40
169.	678	JOAQUIM MANSO	INDIVIDUAL	160	VET M40	42	01:36:38	04:34	01:36:43
170.	269	JORGE MONTEIRO	INDIVIDUAL	161	JUN M	2	01:36:44	04:35	01:36:49
171.	580	ANTÓNIO PATRÍCIO	INDIVIDUAL	162	VET M50	19	01:36:36	04:34	01:36:50
172.	582	JOAO FERREIRA	AFIS/OVAR	163	VET M40	43	01:36:53	04:35	01:36:58
173.	116	MARISA RODRIGUES	A.D.A	10	SEN F	2	01:37:04	04:36	01:37:04
174.	389	PEDRO COSTA	RUNANDFUN	164	VET M35	31	01:36:59	04:35	01:37:04
175.	304	RUI MATOS	ELECTREX	165	VET M60	2	01:37:03	04:36	01:37:05
176.	462	NELSON GOMES	INDIVIDUAL	166	VET M35	32	01:36:51	04:35	01:37:05

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
177.	202	MARTA MARQUES	MAIA RUNNERS	11	SEN F	3	01:37:10	04:36	01:37:13
178.	30	HEITOR ARAÚJO	INDIVIDUAL	167	VET M50	20	01:37:10	04:36	01:37:14
179.	189	HENDRIK WIELINGA	BUDEGUITA RUNNERS	168	VET M50	21	01:37:07	04:36	01:37:15
180.	578	ARNALDO TOMÁS	CON_DORES DO CHOUPAL	169	VET M40	44	01:37:12	04:36	01:37:22
181.	322	LUÍS MARQUES	ACRD UNIDOS	170	SUB 23 M	2	01:37:03	04:36	01:37:27
182.	140	NUNO QUEIROZ	PLANOBODY	171	VET M40	45	01:37:15	04:36	01:37:27
183.	711	JOAO MARQUES	INDIVIDUAL	172	VET M35	33	01:37:18	04:36	01:37:28
184.	706	SANDRA SILVA	INDIVIDUAL	12	VET F40	3	01:37:20	04:36	01:37:28
185.	664	FERNANDO OLIVEIRA	ALIANÇA DE GANDRA	173	VET M45	32	01:37:26	04:37	01:37:30
186.	581	NUNO SILVA	CAOB	174	VET M35	34	01:37:21	04:36	01:37:31
187.	591	NUNO OLIVEIRA	INDIVIDUAL	175	VET M50	22	01:37:23	04:37	01:37:39
188.	454	JAIME CASTRO	YAZAKI RUNNERS	176	VET M45	33	01:37:41	04:37	01:37:45
189.	94	GONÇALO GOMES	SEM SEDE	177	SEN M	34	01:37:45	04:38	01:37:59
190.	289	LUIS RABAÇA	INDIVIDUAL	178	VET M40	46	01:38:07	04:39	01:38:13
191.	290	LUIS RAMOS	INDIVIDUAL	179	VET M40	47	01:38:08	04:39	01:38:13
192.	659	JOÃO TERESO	TARTARUGAS DO ASFALTO	180	VET M35	35	01:38:10	04:39	01:38:19
193.	681	ANTÓNIO NETO	TRIFITROFA	181	VET M60	3	01:38:21	04:39	01:38:24
194.	280	SECUNDINO OLIVEIRA	INDIVIDUAL	182	VET M40	48	01:38:11	04:39	01:38:31
195.	669	MANUEL ROCHA	INDIVIDUAL	183	VET M50	23	01:38:22	04:39	01:38:45
196.	174	HUGO LIMA	FOGAÇAS COM MALAPOS	184	VET M35	36	01:38:38	04:40	01:38:49
197.	539	TELMO LAGES	INDIVIDUAL	185	VET M35	37	01:38:48	04:41	01:38:52
198.	396	LUIS FONSECA	ESCOLA ATLETISMO COIMBRA	186	VET M40	49	01:38:52	04:41	01:39:03
199.	242	AGOSTINHO SOUSA	ALIANÇA DE GANDRA	187	VET M40	50	01:39:05	04:41	01:39:08
200.	693	JOSÉ ORGANISTA	NÓS CONSEGUIMOS	188	VET M40	51	01:39:06	04:41	01:39:11
201.	134	JOSÉ SERENO	INDIVIDUAL	189	SEN M	35	01:39:14	04:42	01:39:20
202.	31	LUIS MESQUITA	BUSTOS RUNNERS	190	VET M40	52	01:39:09	04:41	01:39:27
203.	26	LUIS DUARTE	BUSTOS RUNNERS	191	VET M45	34	01:39:09	04:41	01:39:27
204.	75	JOÃO SIMÕES	DECATHLON AVEIRO	192	SEN M	36	01:39:06	04:41	01:39:28
205.	326	ADÉRITO CURTO	GIRA SOL	193	VET M55	3	01:39:33	04:43	01:39:35
206.	372	RICARDO VIDAL	LION RUNNERS-LEÕES GUARDA	194	VET M40	53	01:39:20	04:42	01:39:37
207.	624	NUNO CÁCERES	PORTORUNNERS	195	VET M45	35	01:39:16	04:42	01:39:38
208.	637	JORGE SANTOS	PORTO RUNNERS	196	VET M45	36	01:39:17	04:42	01:39:38
209.	694	MANUEL SANTOS	INDIVIDUAL	197	VET M50	24	01:39:30	04:42	01:39:40
210.	22	NUNO RAMOS	CANUS	198	VET M40	54	01:39:24	04:42	01:39:41
211.	21	PEDRO MADAIL	CANUS	199	VET M45	37	01:39:24	04:42	01:39:41
212.	11	RUI SANTOS	PORTO RUNNERS	200	VET M50	25	01:39:42	04:43	01:39:44
213.	529	TIAGO COSTA	HOLMES PLACE COIMBRA	201	SEN M	37	01:39:38	04:43	01:39:48
214.	697	EDUARDO FERREIRA	RUNNERS DO DEMO	202	SEN M	38	01:39:55	04:44	01:40:06
215.	575	BEATRIZ ALVES	INDIVIDUAL	13	SUB 23 F	2	01:39:53	04:44	01:40:18
216.	439	MANUEL NOVAIS	VITÓRIA SPORT CLUBE	203	VET M55	4	01:40:07	04:44	01:40:18
217.	475	OLGA BRANQUINHO	MAISFIT RUNNERS	14	VET F45	1	01:40:11	04:44	01:40:19
218.	256	JOSÉ RESENDE	CENAP - CACIA	204	VET M45	38	01:39:59	04:44	01:40:19
219.	380	HÉLDER DUARTE	INDIVIDUAL	205	SEN M	39	01:40:10	04:44	01:40:20
220.	602	JOSÉ VIEIRA	CON_DORES DO CHOUPAL	206	VET M45	39	01:40:12	04:44	01:40:22

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
221.	303	JOAQUIM HENRIQUES	INDIVIDUAL	207	VET M45	40	01:40:16	04:45	01:40:22
222.	641	PAULO CONDE	AFIS/OVAR	208	VET M40	55	01:40:18	04:45	01:40:24
223.	726	PAUL SHEPHERD	INDIVIDUAL	209	VET M55	5	01:40:05	04:44	01:40:25
224.	747	CARLOS REBOLA	TRIATLO - GALITOS	210	VET M35	38	01:39:57	04:44	01:40:29
225.	503	ALCIDES SALES	CIRAC	211	VET M55	6	01:40:18	04:45	01:40:31
226.	210	FAUSTINO LANÇA	INDIVIDUAL	212	VET M40	56	01:40:15	04:45	01:40:31
227.	739	JORGE PATO	ROYAL SCLOOL OF LANGUAGES	213	VET M40	57	01:40:24	04:45	01:40:34
228.	83	JUVENAL MAGUETA	G. D. DA GAFANHA	214	VET M55	7	01:40:37	04:46	01:40:39
229.	261	JOÃO SANTOS	MIRA Q CORREDORES	215	VET M45	41	01:40:48	04:46	01:40:50
230.	600	JOÃO CARLOS PEREIRA	OUT 2 RUN MIRO	216	VET M40	58	01:40:38	04:46	01:40:57
231.	468	VALDEMAR OLIVEIRA	INDIVIDUAL	217	VET M50	26	01:40:52	04:46	01:41:01
232.	698	BRUNO CASTRO	GDRJUVENTUDE DAS RIBEIRAS	218	SEN M	40	01:40:48	04:46	01:41:06
233.	371	SOFIA PIMENTA	LION RUNNERS-LEÕES GUARDA	15	VET F35	5	01:40:57	04:47	01:41:14
234.	451	CAMILA MENDES	LION RUNNERS-LEÕES GUARDA	16	SEN F	4	01:40:57	04:47	01:41:14
235.	686	LUCIANO SANTOS	INDIVIDUAL	219	VET M40	59	01:41:04	04:47	01:41:22
236.	329	JOSÉ SOUSA	A.A. LEBRES DO SADO	220	VET M45	42	01:41:22	04:48	01:41:26
237.	734	PEDRO VIANA	INDIVIDUAL	221	VET M45	43	01:41:08	04:47	01:41:31
238.	611	MIGUEL MAGALHAES	PORTO RUNNERS	222	VET M45	44	01:41:09	04:47	01:41:31
239.	291	JORGE COELHO	JUVENTUDE CORTEGACENSE	223	VET M45	45	01:41:25	04:48	01:41:32
240.	68	LEONARDO DE JESUS	INDIVIDUAL	224	SEN M	41	01:41:18	04:48	01:41:33
241.	450	JOÃO TRIGO	INDIVIDUAL	225	SEN M	42	01:41:33	04:48	01:41:40
242.	74	JOSÉ DUARTE	INDIVIDUAL	226	SEN M	43	01:41:31	04:48	01:41:55
243.	647	MARCO LISBOA	ECOMOBILE	227	VET M35	39	01:41:41	04:49	01:42:04
244.	461	RENATO GOMES	INDIVIDUAL	228	VET M35	40	01:41:55	04:49	01:42:09
245.	460	CAMILA GOMES	INDIVIDUAL	17	VET F35	6	01:41:55	04:49	01:42:09
246.	570	RAISSA ROCHA	INDIVIDUAL	18	SEN F	5	01:41:40	04:49	01:42:09
247.	156	JOÃO CRUZ	INDIVIDUAL	229	VET M45	46	01:41:53	04:49	01:42:12
248.	205	VITOR PEREIRA	INDIVIDUAL	230	VET M35	41	01:42:04	04:50	01:42:20
249.	377	PAULO PINTO	CLUBE PORTUGAL TELECOM ZONA NORTE	231	VET M50	27	01:41:52	04:49	01:42:20
250.	492	PEDRO CARDOSO	BOSCH TERMOTECNOLOGIA SA	232	VET M40	60	01:42:06	04:50	01:42:25
251.	676	LEANDRO RAMOS	NOCTURNOS DE PAREDES	233	VET M40	61	01:42:25	04:51	01:42:27
252.	796	HENRIQUE CASTRO	INDIVIDUAL	234	VET M45	47	01:41:53	04:49	01:42:29
253.	296	JOÃO LEIGO	INDIVIDUAL	235	VET M45	48	01:42:29	04:51	01:42:33
254.	96	HERNÂNI MARTINHO	SEM SEDE	236	VET M35	42	01:42:22	04:51	01:42:35
255.	257	LUÍS DIAS	ÁGUIAS DA FREITA	237	VET M35	43	01:42:23	04:51	01:42:36
256.	327	MARIANA AMEIXIEIRA	INDIVIDUAL	19	SEN F	6	01:42:31	04:51	01:42:39
257.	426	CARLOS GONÇALVES	VITÓRIA SPORT CLUBE	238	VET M50	28	01:42:29	04:51	01:42:40
258.	583	RUI GONÇALVES	INDIVIDUAL	239	VET M35	44	01:42:20	04:51	01:42:44
259.	324	FERNANDO OLIVEIRA	OS QUARTAS	240	VET M60	4	01:42:32	04:51	01:42:58
260.	594	LAO FIGUEIREDO	INDIVIDUAL	241	VET M35	45	01:42:45	04:52	01:43:00
261.	35	JOSÉ DUARTE	INDIVIDUAL	242	VET M35	46	01:42:27	04:51	01:43:02
262.	545	AVELINO RODRIGUES	INDIVIDUAL	243	VET M40	62	01:42:57	04:52	01:43:02
263.	549	PAULO ALMEIDA	GDG	244	VET M35	47	01:43:02	04:53	01:43:08
264.	717	ERNESTO GONÇALVES	RUNNING ESPINHO	245	VET M45	49	01:42:50	04:52	01:43:11

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
265.	683	SUZETE MARCO	GRECAS	20	VET F45	2	01:43:13	04:53	01:43:14
266.	288	CLÁUDIA PIMPAREL	SHOTSINTERNATIONALRUNNERS	21	VET F45	3	01:43:23	04:54	01:43:28
267.	118	RICARDO BOTELHO	INDIVIDUAL	246	VET M35	48	01:43:14	04:53	01:43:29
268.	598	JOSÉ CARLOS SIMÕES	ACDRS QUINHENDROS	247	VET M45	50	01:43:28	04:54	01:43:34
269.	487	JOÃO GIL DA COSTA	INDIVIDUAL	248	VET M55	8	01:43:25	04:54	01:43:37
270.	190	PEDRO MARQUES	BORABORA VAMOS LÁ	249	VET M40	63	01:43:27	04:54	01:43:43
271.	496	ARMINDO BASTOS	BOSCH TERMOTECNOLOGIA SA	250	VET M40	64	01:43:28	04:54	01:43:47
272.	798	PEDRO RATOLA	INDIVIDUAL	251	VET M50	29	01:43:31	04:54	01:43:49
273.	397	FRANK ROGERSON	INDIVIDUAL	252	VET M50	30	01:43:50	04:55	01:43:56
274.	20	JOAO MADAIL	CANUS	253	VET M40	65	01:43:45	04:55	01:44:02
275.	239	JOAO ALMADA	INDIVIDUAL	254	VET M55	9	01:44:01	04:55	01:44:04
276.	710	MANUEL MARÇAL	CLUVE	255	VET M60	5	01:44:03	04:55	01:44:05
277.	425	AVELINO FREITAS	VITÓRIA SPORT CLUBE	256	VET M65	2	01:43:54	04:55	01:44:07
278.	81	ARMÉNIO NEVES	QUARTAS	257	VET M60	6	01:43:45	04:55	01:44:10
279.	113	HUGO NUNES	INDIVIDUAL	258	VET M35	49	01:43:56	04:55	01:44:15
280.	523	FRANCISCO LEITE	INDIVIDUAL	259	VET M45	51	01:44:19	04:56	01:44:26
281.	434	JOAQUIM FARIA	VITÓRIA SPORT CLUBE	260	VET M50	31	01:44:15	04:56	01:44:28
282.	489	CARLOS FERREIRA	BOSCH TERMOTECNOLOGIA SA	261	VET M45	52	01:44:23	04:56	01:44:41
283.	330	PAULO NINA	ANDAR A CORRER	262	VET M40	66	01:44:24	04:56	01:44:47
284.	359	ANDRÉ TEIXEIRA	ARCORUN	263	JUN M	3	01:44:33	04:57	01:44:50
285.	297	PAULO MARÇAL	INDIVIDUAL	264	VET M40	67	01:44:34	04:57	01:44:51
286.	654	ALDINA MARQUES	OS GALGOS	22	VET F45	4	01:44:40	04:57	01:44:55
287.	453	NUNO ARAÚJO	INDIVIDUAL	265	VET M35	50	01:44:57	04:58	01:45:03
288.	536	CESAR ALVES	AFIS/OVAR	266	VET M40	68	01:44:36	04:57	01:45:03
289.	491	VITOR VARELA	BOSCH TERMOTECNOLOGIA SA	267	VET M50	32	01:44:46	04:57	01:45:05
290.	276	HELDER ROCHA	JUVENTUDE CORTEGACENSE	268	VET M40	69	01:44:58	04:58	01:45:06
291.	565	JOÃO DUARTE	BUSTOS RUNNERS	269	VET M35	51	01:44:38	04:57	01:45:07
292.	41	LUIS DIAS	BIKE RIDERS	270	VET M35	52	01:45:01	04:58	01:45:11
293.	382	JOSÉ ALMEIDA	NÚCLEO ATLETISMO VILA REAL	271	VET M35	53	01:44:50	04:58	01:45:12
294.	427	CARLOS RIBEIRO	VITÓRIA SPORT CLUBE	272	VET M55	10	01:45:02	04:58	01:45:12
295.	677	FRANCISCO JOSUE	4LOST	273	VET M45	53	01:44:58	04:58	01:45:14
296.	541	FERNANDA GOMES	INDIVIDUAL	23	VET F45	5	01:44:52	04:58	01:45:22
297.	722	BRUNO TOITO	HELIFLEX	274	VET M40	70	01:45:14	04:59	01:45:23
298.	800	JOAO BOLA	INDIVIDUAL	275	SUB 23 M	3	01:45:02	04:58	01:45:28
299.	150	NELSON SANTIAGO	CA TRAIL RUNNING	276	VET M40	71	01:45:22	04:59	01:45:30
300.	56	JOAQUIM CARINHAS	PENICHE A CORRER	277	VET M65	3	01:45:28	04:59	01:45:32
301.	253	MIGUEL PIMENTEL	INDIVIDUAL	278	VET M40	72	01:45:20	04:59	01:45:36
302.	225	CARLOS DOMINGUES	PRIOR RUNNING TEAM	279	VET M35	54	01:45:13	04:59	01:45:41
303.	550	TANIA HENRIQUE	INDIVIDUAL	24	VET F35	7	01:45:36	05:00	01:45:42
304.	528	NOWAG JAN	BOSCH TERMOTECNOLOGIA SA	280	VET M35	55	01:45:14	04:59	01:45:44
305.	148	PAULO TAVARES	INDIVIDUAL	281	VET M35	56	01:45:27	04:59	01:45:49
306.	417	RUI SOARES	INDIVIDUAL	282	VET M45	54	01:45:41	05:00	01:45:56
307.	610	FERNANDO SANTOS	INDIVIDUAL	283	VET M50	33	01:45:52	05:01	01:45:58
308.	440	PAULO ABREU	VITÓRIA SPORT CLUBE	284	VET M45	55	01:45:51	05:01	01:46:04

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
309.	15	NÉLIA BARREIRA	INDIVIDUAL	25	VET F45	6	01:45:40	05:00	01:46:06
310.	346	ANA MARIA BARBOSA	INVICTA RUNNERS TEAM	26	VET F55	1	01:46:03	05:01	01:46:11
311.	448	TIAGO CASTRO	INDIVIDUAL	285	SEN M	44	01:45:58	05:01	01:46:17
312.	287	NUNO FERREIRA	GRUPO FONTES RUNNING TEAM	286	VET M40	73	01:46:03	05:01	01:46:17
313.	130	RAMIRO SILVA	CALDAS S JORGE SPORT CLUB	287	VET M50	34	01:45:57	05:01	01:46:21
314.	483	ROSA FERREIRA	MAISFIT RUNNERS	27	VET F50	2	01:46:14	05:02	01:46:23
315.	132	CARLA RIBEIRO	INDIVIDUAL	28	VET F40	4	01:46:05	05:01	01:46:28
316.	126	RICARDO FERRÃO	CALDAS S JORGE SPORT CLUB	288	VET M35	57	01:46:05	05:01	01:46:29
317.	700	ANDRÉ ANDRADE	QUANDOACABA	289	SEN M	45	01:46:01	05:01	01:46:31
318.	431	JOÃO FREITAS	VITÓRIA SPORT CLUBE	290	VET M50	35	01:46:28	05:02	01:46:41
319.	55	LÍGIA CASIMIRO	CIRES RUNNING TEAM	29	VET F40	5	01:46:41	05:03	01:46:43
320.	688	PATRICK THOSS	CIRES RUNNING TEAM	291	VET M40	74	01:46:42	05:03	01:46:43
321.	650	HERMÍNIO PINHO	CCDFPJP	292	VET M50	36	01:46:55	05:04	01:47:06
322.	705	SERGIO CRISTA	GDR JUVENTUDE RIBEIRAS	293	VET M35	58	01:46:56	05:04	01:47:15
323.	268	MARCIA COSTA	INDIVIDUAL	30	VET F40	6	01:47:10	05:04	01:47:17
324.	742	JOÃO MONTEIRO	INDIVIDUAL	294	SEN M	46	01:46:37	05:03	01:47:21
325.	630	FILIPE TAVARES	INDIVIDUAL	295	SEN M	47	01:46:37	05:03	01:47:22
326.	307	DAVID NOGUEIRA	INDIVIDUAL	296	VET M35	59	01:47:20	05:05	01:47:29
327.	166	CARLOS CABRAL	SÓ DESCIDAS	297	VET M40	75	01:47:30	05:05	01:47:39
328.	165	IVO COSTA	SÓ DESCIDAS	298	VET M35	60	01:47:39	05:06	01:47:39
329.	40	HELDER MARQUES	SALGUEIROS RUNNING	299	VET M35	61	01:47:13	05:04	01:47:39
330.	237	NUNO SIMÕES	OS FRANCISCOS	300	VET M40	76	01:47:07	05:04	01:47:41
331.	209	RUI VIEITO	INDIVIDUAL	301	VET M45	56	01:47:35	05:05	01:47:44
332.	277	BRUNO MARTINS	FACTORX-S4L-MEDENSEFC	302	VET M35	62	01:47:28	05:05	01:47:49
333.	36	ANTONIO TEIXEIRA	INDIVIDUAL	303	VET M50	37	01:47:18	05:05	01:47:58
334.	401	RENATO CASTANHEIRA	HORTAPRONTA	304	VET M40	77	01:47:26	05:05	01:48:03
335.	748	MIGUEL QUEIRÓS	INDIVIDUAL	305	VET M55	11	01:48:05	05:07	01:48:10
336.	365	PAULO CARNEIRO	STCP RUNNERS	306	VET M45	57	01:47:42	05:06	01:48:17
337.	153	ARMANDO OLIVEIRA	LOUSADA RUNNERS	307	VET M60	7	01:48:15	05:07	01:48:19
338.	248	CARLOS FELIZARDO	TEAM BRAVOS	308	VET M35	63	01:47:59	05:07	01:48:23
339.	474	DIANA SOUSA	MAISFIT RUNNERS	31	VET F45	7	01:48:22	05:08	01:48:30
340.	534	MÁRIO ROCHA	INDIVIDUAL	309	VET M35	64	01:48:37	05:08	01:48:48
341.	254	HÉLDER PIRES	INDIVIDUAL	310	VET M40	78	01:48:19	05:08	01:48:49
342.	736	MIGUEL GOMES	JOÃO SILVA CCR PRAIA MIRA	311	SEN M	48	01:48:15	05:07	01:48:49
343.	10	ALEXANDRE DUARTE	ALEXANDRE DUARTE SEGUROS	312	VET M40	79	01:48:25	05:08	01:48:54
344.	515	ANSELMO SILVA	HELIFLEX	313	VET M40	80	01:48:33	05:08	01:49:00
345.	709	ANÍBAL CARRALAS	INDIVIDUAL	314	VET M40	81	01:49:06	05:10	01:49:10
346.	93	NUNO SANTOS	SEM SEDE	315	SEN M	49	01:49:00	05:10	01:49:14
347.	555	RICARDO MELO	ADI-ILHAVO	316	SEN M	50	01:48:42	05:09	01:49:16
348.	627	MARISA PEREIRA	S. CLUBE BRAGA	32	VET F35	8	01:49:00	05:10	01:49:25
349.	390	LUIS GIL	INDIVIDUAL	317	VET M40	82	01:49:00	05:10	01:49:25
350.	163	MIGUEL MORAIS	PERDI O TÁXI	318	VET M45	58	01:49:00	05:10	01:49:29
351.	516	ANDRÉ DIAS	HELIFLEX	319	VET M40	83	01:49:05	05:10	01:49:34
352.	719	JOSÉ SILVA	RUNNING ESPINHO	320	VET M40	84	01:49:13	05:10	01:49:34

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
353.	542	NELSON NUNES	INDIVIDUAL	321	VET M40	85	01:49:06	05:10	01:49:41
354.	375	JOSÉ MANUEL ALMEIDA	CLUBE PORTUGAL TELECOM ZONA NORTE	322	VET M35	65	01:49:13	05:10	01:49:46
355.	376	SÓNIA MADUREIRA	CLUBE PORTUGAL TELECOM ZONA NORTE	33	VET F40	7	01:49:14	05:10	01:49:46
356.	408	LILIANA LOURO	GFD RUNNING	34	VET F40	8	01:49:46	05:12	01:49:50
357.	339	JOSÉ ALVES	INDIVIDUAL	323	VET M45	59	01:49:24	05:11	01:49:50
358.	799	JOAO COUTO	TEAM VENTIL	324	VET M40	86	01:49:40	05:11	01:49:58
359.	456	FILIPPE SILVA	TEAM VENTIL	325	VET M40	87	01:49:40	05:11	01:49:59
360.	632	BERNARDO VICENTE	INDIVIDUAL	326	SEN M	51	01:49:29	05:11	01:50:00
361.	48	SUSANA FLORES	INDIVIDUAL	35	VET F35	9	01:50:00	05:12	01:50:03
362.	517	SERGIO CUNHA	HELIFLEX	327	VET M40	88	01:49:28	05:11	01:50:07
363.	23	PAULO GONÇALVES	INDIVIDUAL	328	VET M45	60	01:49:51	05:12	01:50:09
364.	723	JOÃO CAPELÔA	HELIFLEX	329	VET M50	38	01:50:01	05:12	01:50:09
365.	149	JORGE COSTA	MOLINHAS TEAM	330	VET M55	12	01:49:39	05:11	01:50:10
366.	141	BRIAN FERREIRA	INDIVIDUAL	331	SEN M	52	01:49:46	05:12	01:50:15
367.	557	RITA CRUZ	INDIVIDUAL	36	SEN F	7	01:49:39	05:11	01:50:16
368.	98	RICARDO GONÇALVES	INDIVIDUAL	332	VET M35	66	01:49:43	05:12	01:50:22
369.	99	CARLA ROSA	INDIVIDUAL	37	VET F40	9	01:49:44	05:12	01:50:22
370.	374	TATIANA SILVA	LION RUNNERS-LEÕES GUARDA	38	SEN F	8	01:50:08	05:13	01:50:23
371.	299	JUDITE MARTINS	INDIVIDUAL	39	VET F45	8	01:50:16	05:13	01:50:26
372.	713	JORGE RAMOS	INDIVIDUAL	333	VET M60	8	01:50:18	05:13	01:50:26
373.	110	MANUEL SILVA	INDIVIDUAL	334	VET M45	61	01:50:17	05:13	01:50:27
374.	343	FERNANDO MATOS	FFONSECA SA	335	VET M40	89	01:50:06	05:13	01:50:31
375.	194	BRUNO FERREIRA	FFONSECA	336	VET M35	67	01:50:06	05:13	01:50:32
376.	566	ALEXANDRE SANTANA	PORTO RUNNERS	337	VET M55	13	01:50:17	05:13	01:50:37
377.	645	ANGELA MARTINS	INDIVIDUAL	40	SEN F	9	01:50:37	05:14	01:50:43
378.	325	SANDRO SOARES	INDIVIDUAL	338	VET M40	90	01:50:30	05:14	01:50:47
379.	648	ANTÓNIO PINTO	ECOMOBILE	339	VET M35	68	01:50:35	05:14	01:50:49
380.	740	CARLOS PEDRO	JOÃO SILVA CCR PRAIA MIRA	340	VET M45	62	01:50:19	05:13	01:50:54
381.	540	GORETE MOREIRA	LOUCOS POR MEIAS	41	VET F35	10	01:50:17	05:13	01:50:55
382.	410	RICARDO PINTO	INDIVIDUAL	341	VET M45	63	01:50:51	05:15	01:50:56
383.	428	EDUARDO FREITAS	VITÓRIA SPORT CLUBE	342	VET M55	14	01:50:44	05:14	01:50:57
384.	109	RUI FONSECA	CAETANO RUNNERS	343	VET M45	64	01:50:42	05:14	01:51:03
385.	139	RICARDO FERREIRA	INDIVIDUAL	344	VET M35	69	01:50:38	05:14	01:51:08
386.	433	JOÃO OLIVEIRA	VITÓRIA SPORT CLUBE	345	VET M50	39	01:50:59	05:15	01:51:12
387.	181	RAUL XAVIER PEREIRA	FOGAÇAS COM MALAPOS	346	VET M35	70	01:50:52	05:15	01:51:14
388.	179	ANDRÉ CASTRO	FOGAÇAS COM MALAPOS	347	VET M35	71	01:50:52	05:15	01:51:14
389.	364	MARCO BATISTA	STCP RUNNERS	348	VET M40	91	01:50:42	05:14	01:51:17
390.	633	RAFAEL BRONZE	GRUPO MARAVILHA	349	VET M40	92	01:51:01	05:15	01:51:18
391.	108	NELSON COSTA	BUSTOS RUNNERS	350	VET M40	93	01:50:50	05:15	01:51:19
392.	19	FERNANDO BANCA	WIKABOO	351	VET M40	94	01:51:03	05:15	01:51:20
393.	199	JOÃO CAVADAS	LÁGRIMAS TEAM	352	VET M50	40	01:50:42	05:14	01:51:26
394.	626	CARLOS BOLIVAR	INDIVIDUAL	353	VET M35	72	01:50:52	05:15	01:51:26
395.	331	JOSÉ ALVES	ANDAR A CORRER	354	VET M50	41	01:51:17	05:16	01:51:40
396.	260	ALEXANDRE VAZ	INDIVIDUAL	355	VET M35	73	01:51:18	05:16	01:51:43

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
397.	444	JOSÉ TOMÁS	MARMELEIRA RESORT	356	VET M60	9	01:51:16	05:16	01:51:47
398.	100	JOSÉ MONTEIRO	HELIFLEX	357	SEN M	53	01:51:19	05:16	01:51:49
399.	471	JOÃO COSTA	GFD RUNNING	358	VET M60	10	01:51:54	05:18	01:52:00
400.	361	PAULO GRILO	ARCORUN	359	VET M45	65	01:51:45	05:17	01:52:02
401.	201	JOAQUIM TEIXEIRA	INDIVIDUAL	360	SEN M	54	01:51:46	05:17	01:52:04
402.	544	RUI LOBATO	TURTLES RUNNERS	361	VET M40	95	01:51:38	05:17	01:52:05
403.	333	JOÃO MÁRIO	ANDAR A CORRER	362	VET M50	42	01:51:39	05:17	01:52:06
404.	574	RICARDO SANTOS	BIO TEAM RUN	363	VET M35	74	01:51:57	05:18	01:52:09
405.	262	FERNANDO FAUSTINO	INDIVIDUAL	364	VET M50	43	01:51:56	05:18	01:52:15
406.	129	VÍTOR MARQUES	CALDAS S JORGE SPORT CLUB	365	VET M40	96	01:51:51	05:18	01:52:15
407.	250	INES ALMEIDA	AVEIRO RUNNERS	42	VET F40	10	01:52:04	05:18	01:52:23
408.	164	ISOLINO COELHO	SÓ DESCIDAS	366	SEN M	55	01:52:17	05:19	01:52:25
409.	212	LILIANA COSTA	GRUPO FONTES RUNNING TEAM	43	SEN F	10	01:52:13	05:19	01:52:26
410.	750	JOÃO BARROCO	INDIVIDUAL	367	VET M55	15	01:52:01	05:18	01:52:38
411.	72	PAULO PINTO	INDIVIDUAL	368	VET M45	66	01:52:39	05:20	01:52:39
412.	137	ALBERTO BRANCO	INDIVIDUAL	369	VET M45	67	01:52:08	05:18	01:52:43
413.	795	SUSANA DOMINGUES	CCSJM	44	JUN F	1	01:52:31	05:20	01:52:44
414.	751	TIAGO TEIXEIRA	INDIVIDUAL	370	SEN M	56	01:52:26	05:19	01:52:45
415.	463	ANA SANTOS	INDIVIDUAL	45	VET F40	11	01:52:19	05:19	01:52:46
416.	691	PAULO SILVA	ROYAL SCHOOL OF LANGUAGES	371	VET M35	75	01:52:25	05:19	01:52:47
417.	572	JOSÉ PEDRO MARQUES	INDIVIDUAL	372	VET M40	97	01:52:12	05:19	01:52:52
418.	573	JOÃO PEDRO MARQUES	INDIVIDUAL	373	VET M35	76	01:52:12	05:19	01:52:52
419.	721	FÁBIO COSTA	INDIVIDUAL	374	SEN M	57	01:52:43	05:20	01:52:56
420.	243	ANA REIS	SC POVOENSE	46	SEN F	11	01:52:44	05:20	01:52:56
421.	247	HÉLDER CUNHA	SC POVOENSE	375	SEN M	58	01:52:44	05:20	01:52:57
422.	753	RODRIGO SANTOS	INDIVIDUAL	376	VET M40	98	01:52:18	05:19	01:52:59
423.	187	ANDRÉ SANTOS	INDIVIDUAL	377	SEN M	59	01:52:50	05:20	01:53:01
424.	241	TELMO CRAVEIRO	CPT COIMBRA	378	SEN M	60	01:52:35	05:20	01:53:15
425.	407	MADALENA ANDRADE	GFD RUNNING	47	VET F40	12	01:53:17	05:22	01:53:21
426.	732	VICTOR CAMPOS	DAR-RECARDAES	379	VET M65	4	01:52:50	05:20	01:53:24
427.	563	LUIS ROCHA	INDIVIDUAL	380	SEN M	61	01:52:49	05:20	01:53:32
428.	731	ARLINDO SANTOS	DAR-RECARDAES	381	VET M65	5	01:53:29	05:22	01:53:43
429.	538	LUIS MIGUEL PATO	INDIVIDUAL	382	VET M40	99	01:53:33	05:22	01:53:57
430.	32	PORFÍRIO MARTINS	BMLFIT	383	VET M55	16	01:53:30	05:22	01:53:58
431.	704	VITOR COUTINHO	BRABUS RUNNERS	384	VET M50	44	01:53:55	05:23	01:53:58
432.	342	ANA ROCHA	BRIGADA DO PNEU	48	SEN F	12	01:53:19	05:22	01:54:00
433.	328	HUGO GONÇALVES	BRIGADA DO PNEU	385	VET M35	77	01:53:19	05:22	01:54:00
434.	707	DANIEL SANTOS SILVA	INDIVIDUAL	386	SEN M	62	01:53:39	05:23	01:54:12
435.	551	NUNO CLEMENTE	INDIVIDUAL	387	VET M35	78	01:53:42	05:23	01:54:14
436.	567	RICARDO RIBEIRO	SAUDADES DO SOFÁ TEAM	388	VET M45	68	01:53:42	05:23	01:54:21
437.	298	ANABELA LEITE	INDIVIDUAL	49	VET F40	13	01:53:52	05:23	01:54:22
438.	494	AVENTINO LIMA	BOSCH TERMOTECNOLOGIA SA	389	VET M40	100	01:53:53	05:23	01:54:24
439.	67	NUNO CRUZ	INDIVIDUAL	390	VET M40	101	01:53:40	05:23	01:54:24
440.	135	JOSÉ COSTA	MOLINHAS TEAM	391	VET M50	45	01:54:21	05:25	01:54:29

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
441.	302	HÉLDER SILVÉRIO	INDIVIDUAL	392	VET M45	69	01:54:01	05:24	01:54:32
442.	530	TERESA MARTINS	INDIVIDUAL	50	VET F35	11	01:54:07	05:24	01:54:32
443.	340	PEDRO LOBO	INDIVIDUAL	393	VET M35	79	01:54:06	05:24	01:54:32
444.	301	PAULO MESQUITA	INDIVIDUAL	394	SEN M	63	01:54:21	05:25	01:54:40
445.	16	RENATO MOEDAS	INDIVIDUAL	395	VET M40	102	01:54:11	05:24	01:54:41
446.	103	EDUARDO FALCÃO	PERDI O TÁXI	396	VET M45	70	01:54:15	05:24	01:54:51
447.	161	PAULA CASTRO	CAL-CLUBE ATLETISMO LAMAS	51	VET F45	9	01:54:15	05:24	01:54:51
448.	162	PAULO FORTUNATO	CAL-CLUBE ATLETISMO LAMAS	397	VET M45	71	01:54:16	05:24	01:54:51
449.	315	CLÁUDIO VIDREIRO	INDIVIDUAL	398	VET M45	72	01:54:26	05:25	01:55:00
450.	363	PAULO GONÇALVES	STCP RUNNERS	399	VET M45	73	01:54:29	05:25	01:55:05
451.	511	VITOR NETO	HELIFLEX	400	VET M45	74	01:54:58	05:26	01:55:05
452.	658	HORÁCIO OLIVEIRA	INDIVIDUAL	401	VET M45	75	01:54:30	05:25	01:55:07
453.	73	JOÃO SARDO	ÉPICOS	402	VET M65	6	01:54:34	05:25	01:55:07
454.	634	LUÍS SAMPAIO	CANIANOS	403	VET M35	80	01:54:57	05:26	01:55:30
455.	292	OCTAVIO LINHARES	INDIVIDUAL	404	VET M50	46	01:54:55	05:26	01:55:33
456.	585	PEDRO PAULO DIPE MARTINS	INDIVIDUAL	405	SEN M	64	01:55:09	05:27	01:55:44
457.	479	DEOLINDA SILVA	LIGEIRINHOS	52	VET F55	2	01:55:20	05:28	01:55:48
458.	92	PEDRO DE CASTRO	INDIVIDUAL	406	VET M45	76	01:55:38	05:28	01:55:56
459.	234	RICARDO PATRÍCIO	INDIVIDUAL	407	VET M35	81	01:55:25	05:28	01:56:00
460.	488	JOÃO DONO	INDIVIDUAL	408	VET M50	47	01:55:30	05:28	01:56:08
461.	640	SARA NUNES	AFIS/OVAR	53	VET F40	14	01:56:06	05:30	01:56:12
462.	642	JOAQUIM MOREIRA	AFIS/OVAR	409	VET M45	77	01:56:05	05:30	01:56:13
463.	57	PEDRO PACHECO	SCP-CARACÓIS DE CORRIDA	410	VET M35	82	01:55:54	05:29	01:56:23
464.	251	TIAGO VASCONCELOS	INDIVIDUAL	411	SEN M	65	01:56:26	05:31	01:56:31
465.	230	DANIELA REIS	GRUPO FONTES RUNNING TEAM	54	SEN F	13	01:56:04	05:30	01:56:32
466.	564	ANDRE COQUIM	INDIVIDUAL	412	SEN M	66	01:55:52	05:29	01:56:36
467.	125	GORETTI CARDOSO	CALDAS S JORGE SPORT CLUB	55	VET F50	3	01:56:17	05:30	01:56:40
468.	547	CELESTE MOREIRA	INDIVIDUAL	56	VET F45	10	01:56:16	05:30	01:56:41
469.	445	FIRMINO MENDES	MONTANHA CLUB/EFAPEL	413	VET M55	17	01:56:32	05:31	01:56:46
470.	477	ROSA LÍDIA SILVA	LIGEIRINHOS	57	VET F45	11	01:56:25	05:31	01:56:52
471.	521	PEDRO MARQUES	HELIFLEX	414	VET M35	83	01:56:19	05:30	01:56:56
472.	518	HELDER MONTEIRO	HELIFLEX	415	VET M40	103	01:56:17	05:30	01:56:56
473.	689	ANTONIO TAFULA	INDIVIDUAL	416	VET M70	1	01:56:31	05:31	01:56:58
474.	61	DULCE ALMEIDA	CFA SPARTANS	58	VET F45	12	01:56:33	05:31	01:56:59
475.	85	DANIELA FERREIRA	ÉPICOS	59	VET F35	12	01:56:41	05:31	01:57:07
476.	300	VALTER SILVA	INDIVIDUAL	417	VET M35	84	01:56:28	05:31	01:57:08
477.	154	LEANDRO LOURENÇO	KENYA TEAM	418	SEN M	67	01:56:28	05:31	01:57:14
478.	206	SIMÃO MARTINS	KENYA TEAM	419	SEN M	68	01:56:29	05:31	01:57:15
479.	522	RICARDO MAIA	HELIFLEX	420	VET M40	104	01:56:41	05:31	01:57:20
480.	159	RUI COSTA	PRIO RUNNING TEAM	421	VET M40	105	01:57:13	05:33	01:57:38
481.	25	FILIPA FALCAO	PERDI O TÁXI	60	VET F45	13	01:57:02	05:32	01:57:39
482.	708	LUISA MOTA	CORRERIA	61	SEN F	14	01:57:39	05:34	01:57:52
483.	499	NUNO FONTOURA	BOSCH TERMOTECNOLOGIA SA	422	VET M40	106	01:57:36	05:34	01:58:05
484.	472	ANDRÉ TEIXEIRA	INDIVIDUAL	423	VET M35	85	01:57:27	05:34	01:58:09

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
485.	355	ALEXANDRA VIEIRA	ARCORUN	62	VET F45	14	01:57:54	05:35	01:58:10
486.	157	SARA OLIVEIRA	DCI/CCDRPEDRULHA-MEALHADA	63	SEN F	15	01:57:34	05:34	01:58:17
487.	385	CARLOS CUNHA	SOBRINHOS DO TI CRISTO	424	VET M35	86	01:57:43	05:34	01:58:19
488.	387	HUGO SA	SOBRINHOS DO TI CRISTO	425	VET M40	107	01:57:43	05:34	01:58:19
489.	386	JOSE GONÇALVES	SOBRINHOS DO TI CRISTO	426	VET M40	108	01:57:43	05:34	01:58:19
490.	638	ANA ALMEIDA	INDIVIDUAL	64	VET F40	15	01:57:52	05:35	01:58:20
491.	312	PAULO CAPUCHO	SETS TEAM	427	VET M35	87	01:57:35	05:34	01:58:21
492.	217	HENRIQUE FERREIRA	INDIVIDUAL	428	JUN M	4	01:58:10	05:36	01:58:30
493.	457	RICARDO FONTE	CANIANOS	429	VET M40	109	01:58:00	05:35	01:58:33
494.	347	RUI FIGUEIREDO	OS CONINHAS	430	VET M45	78	01:58:05	05:35	01:58:41
495.	486	CARLA CARDOSO	LOVE TILES	65	VET F45	15	01:58:40	05:37	01:58:43
496.	381	CARLOS MARQUES	HORTAPRONTA	431	VET M45	79	01:58:08	05:35	01:58:44
497.	623	PEDRO HENRIQUES	INDIVIDUAL	432	VET M40	110	01:58:24	05:36	01:58:51
498.	527	ARLETE SANTOS	INDIVIDUAL	66	VET F40	16	01:58:32	05:37	01:58:56
499.	644	ALEXANDRE LARANJEIRA	INDIVIDUAL	433	VET M40	111	01:54:44	05:26	01:58:58
500.	87	ISABEL RIBAU	ÉPICOS	67	VET F40	17	01:58:29	05:36	01:59:03
501.	43	ROSA TAVARES	INDIVIDUAL	68	VET F45	16	01:58:23	05:36	01:59:04
502.	91	LUIS FIGUEIREDO	VIRIATHVS RUNNERS VISEU	434	VET M50	48	01:58:33	05:37	01:59:04
503.	684	ALCINO PATOILLO	INDIVIDUAL	435	VET M45	80	01:58:28	05:36	01:59:09
504.	198	LUÍS OLIVEIRA	INDIVIDUAL	436	VET M50	49	01:58:43	05:37	01:59:14
505.	219	RUI CORREIA	CIRES RUNNING TEAM	437	VET M50	50	01:58:47	05:37	01:59:15
506.	128	ANTÓNIO CONCEIÇÃO	CALDAS S JORGE SPORT CLUB	438	VET M45	81	01:58:54	05:38	01:59:18
507.	667	JOSÉ MARIA MARTINS	INDIVIDUAL	439	VET M50	51	01:59:24	05:39	01:59:38
508.	696	NELSON SIMÕES	MOLINHAS TEAM	440	VET M35	88	01:59:16	05:39	01:59:56
509.	45	CUSTODIO NETO	INDIVIDUAL	441	VET M65	7	02:00:15	05:42	02:00:26
510.	351	RUI MENESES	MENESES	442	VET M40	112	02:00:07	05:41	02:00:27
511.	188	MARISA MENESES	MENESES	69	VET F40	18	02:00:07	05:41	02:00:28
512.	383	CARLOS FERNANDES	OS CONINHAS	443	VET M45	82	02:00:04	05:41	02:00:41
513.	481	CARLOS OLIVEIRA	OLI 2005	444	VET M40	113	02:00:05	05:41	02:00:41
514.	114	MIGUEL CARLOS	INDIVIDUAL	445	VET M35	89	02:00:32	05:42	02:00:50
515.	335	CARLOS PEREIRA	ANDAR A CORRER	446	VET M50	52	02:00:30	05:42	02:00:55
516.	344	NUNO MARTINS	OS FINOS	447	VET M45	83	02:00:28	05:42	02:01:05
517.	498	CARLOS MARTINS	BOSCH TERMOTECNOLOGIA SA	448	VET M50	53	02:00:40	05:43	02:01:10
518.	227	RUI SILVA	PRIOR RUNNING TEAM	449	VET M40	114	02:00:39	05:43	02:01:11
519.	656	ELSA MARTA SILVA	TARTARUGAS DO ASFALTO	70	VET F40	19	02:00:42	05:43	02:01:11
520.	716	GABRIELA VEIGA	RUNNING ESPINHO	71	VET F40	20	02:00:50	05:43	02:01:12
521.	720	MARCOS CARVALHO	RUNNING ESPINHO	450	VET M35	90	02:00:50	05:43	02:01:12
522.	267	MARCO COSTA	INDIVIDUAL	451	VET M35	91	02:01:06	05:44	02:01:30
523.	266	PAULA ROCHA	INDIVIDUAL	72	VET F35	13	02:01:06	05:44	02:01:30
524.	101	ANDRÉ CAPOTE	INDIVIDUAL	452	VET M40	115	02:00:57	05:44	02:01:31
525.	543	RAMIRO ASSEMBLEIA	TURTLES RUNNERS	453	VET M45	84	02:01:35	05:45	02:01:35
526.	671	MARISA MARQUES	INDIVIDUAL	73	VET F35	14	02:01:16	05:44	02:01:43
527.	443	PAULO DIAS	INDIVIDUAL	454	VET M50	54	02:01:04	05:44	02:01:45
528.	309	CARLA RODRIGUES	SIROCO	74	SEN F	16	02:01:18	05:45	02:01:52

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
529.	105	MANUEL ALVES	CAETANO RUNNERS	455	VET M35	92	02:01:45	05:46	02:02:04
530.	104	LUIS MAIA	CAETANO RUNNERS	456	VET M35	93	02:01:43	05:46	02:02:05
531.	64	PEDRO VIEIRA	INDIVIDUAL	457	VET M35	94	02:01:19	05:45	02:02:05
532.	414	ALEXANDRE AFONSO	CLUBE PORTUGAL TELECOM ZONA NORTE	458	VET M40	116	02:01:52	05:46	02:02:25
533.	215	RUI OLIVEIRA	INDIVIDUAL	459	VET M40	117	02:01:49	05:46	02:02:28
534.	172	FILIPPE COELHO	FOGAÇAS COM MALAPOS	460	VET M35	95	02:02:08	05:47	02:02:29
535.	392	ANCA SANTOS	CORRER ALGÉS	75	SEN F	17	02:01:52	05:46	02:02:36
536.	452	SONIA FELIX	ARLUZVIDAGONDOMARENSE	76	VET F35	15	02:02:26	05:48	02:02:42
537.	357	PEDRO MELO	ARCORUN	461	VET M50	55	02:02:41	05:48	02:02:56
538.	275	ANTONIO LEMOS	MOLINHAS TEAM	462	VET M45	85	02:02:27	05:48	02:02:59
539.	252	PAULO GONÇALVES	LENTOS E PARADOS	463	VET M40	118	02:02:35	05:48	02:03:03
540.	160	LUIS FERREIRA	INDIVIDUAL	464	VET M50	56	02:02:38	05:48	02:03:18
541.	321	AURORA PIRES	INDIVIDUAL	77	VET F40	21	02:03:02	05:49	02:03:37
542.	193	PAULA JULIET'S	BORABORA VAMOS LÁ	78	VET F35	16	02:03:21	05:50	02:03:37
543.	422	AMÉLIA VIEIRA	VITÓRIA SPORT CLUBE	79	VET F55	3	02:03:45	05:51	02:03:49
544.	318	MARIA LUZ ALMEIDA	INDIVIDUAL	80	VET F50	4	02:03:37	05:51	02:04:03
545.	446	RUI ANTUNES	G.C.R.R.	465	SEN M	69	02:03:34	05:51	02:04:22
546.	744	ADRIANO CARREIRA	INDIVIDUAL	466	VET M40	119	01:59:06	05:38	02:04:27
547.	745	ARTUR VARUM	INDIVIDUAL	467	VET M50	57	01:59:07	05:38	02:04:27
548.	231	PAULO CARMO	INDIVIDUAL	468	VET M35	96	02:04:15	05:53	02:04:45
549.	622	FÁBIA SILVA	INDIVIDUAL	81	VET F35	17	02:04:10	05:53	02:04:48
550.	332	JOSÉ SÃO MARCOS	ANDAR A CORRER	469	VET M50	58	02:04:24	05:53	02:04:50
551.	490	BRUNO ALVES	BOSCH TERMOTECNOLOGIA SA	470	VET M35	97	02:04:09	05:53	02:04:51
552.	459	JULIO JUNIOR	INDIVIDUAL	471	VET M45	86	02:04:14	05:53	02:04:54
553.	354	RICARDO PEREIRA	ARCORUN	472	VET M35	98	02:04:57	05:55	02:05:13
554.	595	ADELAIDE DUARTE	NAC	82	VET F35	18	02:05:05	05:55	02:05:31
555.	617	HELENA SANTANA	INDIVIDUAL	83	VET F35	19	02:05:19	05:56	02:05:47
556.	588	PAULA OLIVEIRA	S.C.E. ANTÓNIO LEITÃO	84	VET F45	17	02:05:52	05:57	02:05:56
557.	59	RUI ESTIMA	EDP RUNNERS	473	VET M35	99	02:05:12	05:56	02:05:58
558.	743	PEDRO PIRES	INDIVIDUAL	474	VET M40	120	02:00:58	05:44	02:06:18
559.	106	GONÇALO GASPAR	INDIVIDUAL	475	SEN M	70	02:02:10	05:47	02:06:23
560.	168	ANDRÉ PEREIRA	INDIVIDUAL	476	SEN M	71	02:06:05	05:58	02:06:44
561.	605	DENISE MORAIS	CIRAC	85	VET F45	18	02:06:27	05:59	02:06:51
562.	606	FRANCISCO GONÇALVES	CIRAC	477	VET M45	87	02:06:27	05:59	02:06:52
563.	272	ANABELA MARQUES	JUVENTUDE CORTEGACENSE	86	VET F45	19	02:06:50	06:00	02:06:57
564.	42	EDUARDO AMORIM	INDIVIDUAL	478	VET M45	88	02:06:26	05:59	02:07:07
565.	240	JOSÉ PINHAL	INDIVIDUAL	479	VET M45	89	02:06:41	06:00	02:07:19
566.	200	JUAN FERREIRA	INDIVIDUAL	480	VET M40	121	02:06:46	06:00	02:07:19
567.	122	SERAFIM SOUSA	CAL-CLUBE ATLETISMO LAMAS	481	VET M50	59	02:06:54	06:00	02:07:30
568.	590	PEDRO FIGUEIREDO	GRUPA DAS QUARTAS	482	VET M60	11	02:07:03	06:01	02:07:42
569.	145	ADERITO VIDEIRA	ALLA	483	VET M45	90	02:07:22	06:02	02:07:52
570.	155	LUÍS BASTIÃO	KENYA TEAM	484	SEN M	72	02:07:07	06:01	02:07:54
571.	29	CARLOS BARROSO	GARCIATEAM/ALEXFOZ	485	VET M50	60	02:07:36	06:02	02:08:03
572.	413	CARLA NEVES	CLUBE PORTUGAL TELECOM ZONA NORTE	87	VET F45	20	02:07:32	06:02	02:08:04

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
573.	470	EDUARDA VINAGRE	AVEIRO RUNNERS	88	VET F40	22	02:07:50	06:03	02:08:10
574.	495	SANDRO LOPES	BOSCH TERMOTECNOLOGIA SA	486	VET M35	100	02:07:49	06:03	02:08:16
575.	175	VITOR COSTA 26	FOGAÇAS COM MALAPOS	487	VET M35	101	02:08:02	06:04	02:08:23
576.	652	MARGARIDA MAIA	INDIVIDUAL	89	SEN F	18	02:07:50	06:03	02:08:28
577.	651	CATARINA MÓNICA	INDIVIDUAL	90	VET F40	23	02:07:51	06:03	02:08:29
578.	228	TATIANA OLIVEIRA	BOSCH TERMOTECNOLOGIA	91	SEN F	19	02:08:04	06:04	02:08:35
579.	33	PEDRO MARTINS	BMLFIT	488	SEN M	73	02:08:35	06:05	02:09:04
580.	703	ÂNGELA ALMEIDA	INDIVIDUAL	92	SEN F	20	02:08:54	06:06	02:09:35
581.	95	AMÍLCAR BATATA	SEM SEDE	489	VET M40	122	02:09:50	06:09	02:10:04
582.	169	FILOMENA SANTOS	MOLINHAS TEAM	93	VET F55	4	02:09:41	06:08	02:10:12
583.	313	MARIA TAVARES	SETS TEAM	94	VET F45	21	02:09:58	06:09	02:10:42
584.	393	SUSANA COSTA	GUARDA RUNNERS	95	VET F40	24	02:10:40	06:11	02:10:42
585.	391	EUGÉNIO SANTOS	CORRER ALGÉS	490	VET M50	61	02:10:53	06:12	02:11:38
586.	143	ELIZABETE ROCHA	MOLINHAS TEAM	96	VET F35	20	02:11:30	06:13	02:12:01
587.	86	NATACHA SILVA	ÉPICOS	97	VET F35	21	02:11:27	06:13	02:12:01
588.	144	CARLOS COSTA	MOLINHAS TEAM	491	VET M45	91	02:11:29	06:13	02:12:02
589.	51	PEDRO CARVALHO	INDIVIDUAL	492	VET M35	102	02:12:13	06:16	02:12:51
590.	52	NAIR BESSA	INDIVIDUAL	98	SEN F	21	02:12:13	06:16	02:12:51
591.	525	ANTÓNIO FERREIRA	GD BANCO DE PORTUGAL	493	VET M75	1	02:12:59	06:18	02:13:14
592.	695	ISABEL LOURENÇO	MOLINHAS TEAM	99	VET F50	5	02:13:20	06:19	02:13:50
593.	71	LUIS FERREIRA	NOCTURNOS DE PAREDES	494	VET M50	62	02:13:23	06:19	02:13:50
594.	88	CRISTINA COTRIM	ÉPICOS	100	SEN F	22	02:13:19	06:19	02:13:53
595.	366	HÉLDER FERREIRA	STCP RUNNERS	495	VET M40	123	02:13:57	06:21	02:14:33
596.	244	JOÃO LUIS SANTOS	LENTOS E PARADOS	496	VET M45	92	02:14:09	06:21	02:14:38
597.	236	ANDREA VALE	OS FRANCISCOS	101	VET F35	22	02:14:10	06:21	02:14:43
598.	249	ROBERTO PARADINHA	KENYA TEAM	497	SEN M	74	02:14:00	06:21	02:14:45
599.	281	VERA SILVA	INDIVIDUAL	102	VET F35	23	02:14:20	06:22	02:14:52
600.	76	DUARTE SÁ	INDIVIDUAL	498	VET M65	8	02:14:24	06:22	02:14:54
601.	336	JOÃO CARVALHO	ANDAR A CORRER	499	VET M50	63	02:14:34	06:22	02:15:00
602.	79	ANA PAULA TEIXEIRA	INDIVIDUAL	103	VET F50	6	02:15:17	06:24	02:15:36
603.	47	ÓSCAR RODRIGUES	INDIVIDUAL	500	VET M35	103	02:15:05	06:24	02:15:48
604.	62	PHILIPPE DOMINGUES	CFA SPARTANS	501	VET M45	93	02:15:29	06:25	02:16:03
605.	173	PEDRO RENATO FAMILIAR	FOGAÇAS COM MALAPOS	502	VET M35	104	02:15:43	06:26	02:16:06
606.	469	ANA MARTINS	INVICTA RUNNERS TEAM	104	VET F45	22	02:16:24	06:27	02:16:51
607.	556	PATRÍCIA PEREIRA	GONDOMAR FUTSAL CLUBE	105	VET F35	24	02:16:24	06:27	02:16:52
608.	349	FILIPPE ROMERO	INDIVIDUAL	503	SEN M	75	02:16:16	06:27	02:16:57
609.	319	VITOR MAIA	INDIVIDUAL	504	VET M45	94	02:17:17	06:30	02:17:31
610.	510	ELSA MARTINS	MOLINHAS TEAM	106	VET F45	23	02:17:22	06:30	02:17:52
611.	345	BIANCA LAZARO	INDIVIDUAL	107	SEN F	23	02:17:40	06:31	02:18:15
612.	131	FÁTIMA COSTA	INDIVIDUAL	108	VET F40	25	02:18:06	06:32	02:18:30
613.	730	AURORA FREITAS	INDIVIDUAL	109	VET F55	5	02:18:24	06:33	02:18:32
614.	220	TIAGO PINHO	INDIVIDUAL	505	SEN M	76	02:18:33	06:34	02:18:47
615.	238	JOÃO PINA	OS FRANCISCOS	506	SEN M	77	02:21:39	06:42	02:22:13
616.	438	LUÍS MENDES	VITÓRIA SPORT CLUBE	507	VET M35	105	02:22:10	06:44	02:22:22

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
617.	435	JOSÉ CARLOS FREITAS	VITÓRIA SPORT CLUBE	508	VET M45	95	02:22:10	06:44	02:22:22
618.	12	MARTA PEREIRA	INDIVIDUAL	110	SEN F	24	02:22:38	06:45	02:23:11
619.	352	MILU PINTO	MOLINHAS TEAM	111	VET F40	26	02:22:46	06:46	02:23:18
620.	121	ROSA BRANCA PEREIRA	TURBOLENTAS	112	VET F40	27	02:23:02	06:46	02:23:50
621.	480	VITOR HENRIQUES	OS CONINHAS	509	VET M40	124	02:23:16	06:47	02:23:51
622.	120	CÁTEA SANCHEZ	TURBOLENTAS	113	VET F35	25	02:23:04	06:46	02:23:52
623.	171	RUI MARTINS	RUN AND FUN	510	VET M45	96	02:23:27	06:47	02:24:05
624.	320	ANA CASTRO	SORRISOS DO TRAIL	114	SEN F	25	02:23:38	06:48	02:24:06
625.	170	JOSÉ CARLOS SANTOS	RUN AND FUN	511	VET M45	97	02:23:30	06:48	02:24:09
626.	127	LÍDIA FERREIRA	CALDAS S JORGE SPORT CLUB	115	SEN F	26	02:24:33	06:51	02:24:57
627.	37	JORGE MAGALHÃES	INDIVIDUAL	512	VET M50	64	02:25:35	06:54	02:26:13
628.	107	SUSANA GOMES	INDIVIDUAL	116	SEN F	27	02:23:55	06:49	02:28:10
629.	44	EMÍLIO GONÇALVES	AMIGOS DO VALE SILÊNCIO	513	VET M50	65	02:30:21	07:07	02:31:03
630.	60	ALEXANDRE ALMEIDA	SANTIAGOBIKES	514	VET M45	98	02:31:57	07:12	02:32:24
631.	579	FÁTIMA PEREIRA	INDIVIDUAL	117	VET F35	26	02:19:44	06:37	02:35:44
632.	214	RAQUEL CRUZ	INDIVIDUAL	118	SEN F	28	02:35:41	07:22	02:36:20
633.	562	LILIANA MARQUES	INDIVIDUAL	119	SEN F	29	02:36:22	07:24	02:37:07
634.	311	ELSA PEREIRA	SETS TEAM	120	VET F35	27	02:38:22	07:30	02:39:07
635.	208	ANA GONÇALVES	INDIVIDUAL	121	VET F40	28	02:47:16	07:55	02:48:00