

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
1.	3188	ADELINO OLIVEIRA	ACRSD	1	SEN M	1	22:38	03:14	22:38
2.	3164	JOÃO ALMEIDA	INDIVIDUAL	2	SUB 23 M	1	23:09	03:18	23:09
3.	3124	FÁBIO ABRANTES	UNIÃO CLUBE EIRENSE	3	SEN M	2	23:31	03:21	23:31
4.	3118	JOÃO TOSCANO	ACR SRA DO DESTERRO-NAPO	4	JUN M	1	23:37	03:22	23:37
5.	3123	TELMO NASCIMENTO	UNIÃO CLUBE EIRENSE	5	SUB 23 M	2	24:52:00	03:33	24:52:00
6.	3139	MIGUEL SILVA	INDIVIDUAL	6	JUN M	2	25:41:00	03:40	25:41:00
7.	3088	JOEL RAMALHOTO	VIRIATHVS RUNNERS VISEU	7	SEN M	3	26:15:00	03:45	26:15:00
8.	3155	FILIPE CARVALHO	INDIVIDUAL	8	VET M35	1	26:46:00	03:49	26:46:00
9.	3184	ANA LUÍSA RAMOS	BENFICA DE ABRANTES	1	SUB 23 F	1	27:19:00	03:54	27:19:00
10.	3093	ROBERTO GRAÇA	ASCVALEIRINHA	9	JUN M	3	27:18:00	03:54	27:19:00
11.	3073	DANIEL GUEDES	INDIVIDUAL	10	SEN M	4	27:22:00	03:54	27:23:00
12.	3122	ÓSCAR SOBRAL	VIRIATHVS RUNNERS VISEU	11	VET M35	2	27:35:00	03:56	27:36:00
13.	3098	RICARDO SARAIVA	UNIÃO CLUBE EIRENSE	12	VET M45	1	27:41:00	03:57	27:41:00
14.	3169	PEDRO MOTA	MUNICÍPIO DE ÍLHAVO	13	VET M40	1	27:49:00	03:58	27:50:00
15.	3126	MÁRCIA MARTINS	CCRDP/ DCI	2	SEN F	1	27:55:00	03:59	27:55:00
16.	3172	HELENA SAMPAIO	AFIS/OVAR	3	VET F40	1	28:02:00	04:00	28:02:00
17.	3110	FÁTIMA PINHO	GRECAS	4	VET F55	1	28:20:00	04:02	28:20:00
18.	3094	ARTUR VINHAIS	INDIVIDUAL	14	VET M40	2	28:29:00	04:04	28:30:00
19.	3063	LUIS LEÇA	TROCOPASSO RUNNERS	15	VET M45	2	28:32:00	04:04	28:33:00
20.	3247	REGINA VAZ	NAC	5	VET F40	2	28:37:00	04:05	28:37:00
21.	3082	FILIPE COSTA	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	16	JUN M	4	29:06:00	04:09	29:07:00
22.	3070	LEANDRO SANTOS	INDIVIDUAL	17	JUN M	5	29:20:00	04:11	29:20:00
23.	3087	RUI PIRES	VIRIATHVS RUNNERS VISEU	18	VET M40	3	29:33:00	04:13	29:33:00
24.	3007	MIGUEL MATOS	INDIVIDUAL	19	VET M40	4	30:09:00	04:18	30:11:00
25.	3060	FABIO OLIVEIRA	INDIVIDUAL	20	SEN M	5	31:14:00	04:27	31:15:00
26.	3102	PEDRO LOPES	INDIVIDUAL	21	SEN M	6	31:31:00	04:30	31:35:00
27.	3067	FRANCISCO SILVA	INDIVIDUAL	22	VET M55	1	31:34:00	04:30	31:35:00
28.	3153	CATARINA PINHO	NA CUCUJÃES	6	SEN F	2	31:38:00	04:31	31:38:00
29.	3165	TIAGO LOURENÇO	MUNICÍPIO DE ÍLHAVO	23	VET M40	5	32:11:00	04:35	32:12:00
30.	3066	JORGE MAIO	INDIVIDUAL	24	SEN M	7	32:55:00	04:42	33:02:00
31.	3159	RÚBEN NEVES	INDIVIDUAL	25	SEN M	8	32:55:00	04:42	33:06:00
32.	3150	JOÃO VEIGA	D+	26	VET M40	6	33:07:00	04:43	33:09:00
33.	3059	HILÁRIO ESPADILHA	INDIVIDUAL	27	VET M45	3	33:12:00	04:44	33:14:00
34.	3077	JOSÉ EDUARDO	BOSCH TERMOTECNOLOGIA SA	28	VET M45	4	33:13:00	04:44	33:16:00
35.	3103	FERNANDO LOPES	INDIVIDUAL	29	VET M60	1	33:16:00	04:45	33:17:00
36.	3146	MAIA VIEIRA	INDIVIDUAL	30	VET M45	5	33:27:00	04:46	33:28:00
37.	3156	NELSON ROCHA	MOLINHAS TEAM	31	VET M35	3	33:25:00	04:46	33:31:00
38.	3140	CARLOS MARQUES	INDIVIDUAL	32	SEN M	9	33:43:00	04:49	33:57:00
39.	3141	ANTÓNIO CONCEIÇÃO	RUNNING OLIVEIRA BAIRRO	33	VET M60	2	33:48:00	04:49	33:57:00
40.	3132	TOMÁS CARDOSO	INDIVIDUAL	34	JUN M	6	33:58:00	04:51	34:09:00
41.	3178	MARCO CORREIA	RIA STONE	35	VET M35	4	34:38:00	04:56	34:41:00
42.	3085	JORGE PESSOA	INDIVIDUAL	36	SEN M	10	34:44:00	04:57	34:46:00
43.	3072	ADELIO GUENDA	INDIVIDUAL	37	SEN M	11	34:53:00	04:59	34:56:00
44.	3186	MARGARIDA MALAQUIAS	MUNICÍPIO DE ÍLHAVO	7	VET F35	1	34:58:00	04:59	35:00:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
45.	3121	MACIEL MENDES	INDIVIDUAL	38	VET M45	6	34:59:00	04:59	35:29:00
46.	3182	NÁDIA RODRIGUES	RIA STONE	8	SEN F	3	35:38:00	05:05	35:40:00
47.	3024	MARIA MELO	C.S.R.D.C. SANTIAGO	9	VET F40	3	35:45:00	05:06	35:46:00
48.	3180	LUÍS SILVA	RIA STONE	39	SEN M	12	35:45:00	05:06	35:47:00
49.	3015	PEDRO MARQUES	INDIVIDUAL	40	VET M45	7	35:45:00	05:06	35:52:00
50.	123	JORGE ALMEIDA	TERRAGUAR	41	VET M35	5	36:01:00	05:08	36:06:00
51.	3125	LEANDRO AMADOR	INDIVIDUAL	42	VET M35	6	36:01:00	05:08	36:06:00
52.	3038	RUI MORAIS	INDIVIDUAL	43	VET M40	7	36:11:00	05:10	36:13:00
53.	3105	ANA GANDAIO	INDIVIDUAL	10	VET F60	1	36:16:00	05:10	36:19:00
54.	3106	RUI DIAS	INDIVIDUAL	44	VET M40	8	36:20:00	05:11	36:24:00
55.	3097	PAULO SANTOS	INDIVIDUAL	45	SEN M	13	36:08:00	05:09	36:25:00
56.	3083	MARIA LOBO	HOLMES PLACE COIMBRA	11	SEN F	4	36:25:00	05:12	36:27:00
57.	3149	ROMEU SILVA	D+	46	VET M35	7	36:29:00	05:12	36:31:00
58.	3096	ADRIANA BIZARRO	INDIVIDUAL	12	JUN F	1	36:33:00	05:13	36:35:00
59.	3071	LUDIMAR GUENDA	INDIVIDUAL	47	SEN M	14	36:42:00	05:14	36:46:00
60.	3095	MÁRCIA TEIXEIRA	INDIVIDUAL	13	SEN F	5	36:59:00	05:17	37:02:00
61.	3174	JOÃO PINHO	INDIVIDUAL	48	VET M50	1	37:02:00	05:17	37:09:00
62.	3137	RÓMULO PINTO	FFONSECA SA	49	VET M35	8	37:00:00	05:17	37:12:00
63.	3092	ADRIANO SANTOS	FFONSECA SA	50	VET M40	9	36:59:00	05:17	37:13:00
64.	3053	GUIDO LOPES	LAB NIGHT RUNNERS	51	SEN M	15	37:21:00	05:20	37:27:00
65.	3054	JÉSSICA MARQUES	LAB NIGHT RUNNERS	14	SEN F	6	37:21:00	05:20	37:27:00
66.	3039	CARLA ALEGRIA	FFONSECA SA	15	VET F40	4	37:22:00	05:20	37:34:00
67.	3104	CARLOS GANDAIO	INDIVIDUAL	52	VET M55	2	37:33:00	05:21	37:34:00
68.	3061	CARLOS ALMEIDA	FFONSECA SA	53	SEN M	16	37:22:00	05:20	37:35:00
69.	3012	DINA NEVES	SEM SEDE	16	VET F35	2	37:37:00	05:22	37:38:00
70.	3033	BRUNO ADÃO	SEM SEDE	54	VET M35	9	37:39:00	05:22	37:39:00
71.	3057	MANUELA NUNES	INDIVIDUAL	17	SEN F	7	37:35:00	05:22	37:42:00
72.	3090	SANDRA SANTOS	INDIVIDUAL	18	VET F40	5	37:41:00	05:23	37:42:00
73.	3058	PAULO RAMOS	GJPB - O. AZEMÉIS	55	VET M45	8	37:51:00	05:24	37:53:00
74.	3181	ANTÓNIO PEREIRA	RIA STONE	56	VET M40	10	37:53:00	05:24	37:58:00
75.	3001	ALEXANDRA PINHO	INDIVIDUAL	19	VET F45	1	37:59:00	05:25	38:05:00
76.	3133	RICARDO BORDALO	INDIVIDUAL	57	VET M35	10	38:10:00	05:27	38:17:00
77.	3056	JÉSSICA SANTOS	LAB NIGHT RUNNERS	20	SUB 23 F	2	38:25:00	05:29	38:32:00
78.	3080	DANIELA MARQUES	INDIVIDUAL	21	VET F40	6	38:34:00	05:30	38:42:00
79.	3055	CARINA COSTA	LAB NIGHT RUNNERS	22	SEN F	8	38:38:00	05:31	38:45:00
80.	3176	RUI PEDRO DE ALMEIDA	INDIVIDUAL	58	SEN M	17	38:56:00	05:33	39:03:00
81.	3170	MARTA FERREIRA	CF OS BELENENSES	23	VET F35	3	39:07:00	05:35	39:08:00
82.	3107	DEOLINDA CERQUEIRA	INDIVIDUAL	24	VET F55	2	39:21:00	05:37	39:27:00
83.	3100	RICARDO FÉLIX	FFONSECA SA	59	VET M35	11	39:17:00	05:36	39:29:00
84.	3142	CONCEIÇÃO TAVARES	CAPGE	25	VET F45	2	39:30:00	05:38	39:33:00
85.	3138	PAULO SANTOS	INDIVIDUAL	60	VET M45	9	39:43:00	05:40	39:44:00
86.	3166	MARIA DOS ANJOS	INDIVIDUAL	26	VET F40	7	39:52:00	05:41	39:53:00
87.	3244	BELÉN LOPEZ	INDIVIDUAL	27	SEN F	9	39:53:00	05:41	39:55:00
88.	3144	RICARDO FLAMENGO	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	61	VET M40	11	39:52:00	05:41	39:56:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
89.	3108	ANTONIO DIAS	INDIVIDUAL	62	VET M55	3	40:07:00	05:43	40:12:00
90.	3112	MAFALDA LISBOA	ECOMOBILE	28	VET F35	4	40:13:00	05:44	40:21:00
91.	3099	VÂNIA AZEVEDO	KAMI BERDUA	29	SEN F	10	40:24:00	05:46	40:25:00
92.	3187	FILIFE LOUREIRO	INDIVIDUAL	63	SEN M	18	40:16:00	05:45	40:27:00
93.	3135	JOSÉ PATROCÍNIO	HELIFLEX	64	VET M50	2	40:25:00	05:46	40:34:00
94.	3177	RUI PINTO	INDIVIDUAL	65	VET M35	12	40:07:00	05:43	40:35:00
95.	3152	PAULO SIMÕES	INDIVIDUAL	66	VET M55	4	40:40:00	05:48	40:46:00
96.	3120	RAQUEL MARTINS	RUNNING OLIVEIRA BAIRRO	30	VET F40	8	40:43:00	05:49	40:50:00
97.	3245	VICTOR PINTO	INDIVIDUAL	67	SEN M	19	40:52:00	05:50	40:57:00
98.	3081	CARMEN FERREIRA	INDIVIDUAL	31	VET F40	9	40:55:00	05:50	41:03:00
99.	3183	AURORA LEMOS	INDIVIDUAL	32	VET F50	1	40:47:00	05:49	41:16:00
100.	3086	DANIEL CATARINO	INDIVIDUAL	68	SEN M	20	41:18:00	05:54	41:21:00
101.	3000	PAULO HENRIQUES	CASCI	69	VET M35	13	41:31:00	05:55	41:33:00
102.	3046	ANA TRÓIA	INDIVIDUAL	33	SEN F	11	41:47:00	05:58	41:50:00
103.	3009	ALBERTINA FERNANDES	ÉPICOS	34	VET F50	2	41:50:00	05:58	41:52:00
104.	3075	FILIFE PINTO	BOSCH TERMOTECNOLOGIA SA	70	VET M35	14	41:59:00	05:59	42:02:00
105.	3175	ANA RAQUEL SANTOS	INDIVIDUAL	35	SEN F	12	41:57:00	05:59	42:04:00
106.	3158	LILIANA MAIA	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	36	SEN F	13	41:56:00	05:59	42:04:00
107.	3091	CLARA SANTOS	INDIVIDUAL	37	VET F35	5	42:31:00	06:04	42:33:00
108.	3020	MANUEL LEONARDO	INDIVIDUAL	71	VET M55	5	42:45:00	06:06	42:45:00
109.	3076	SARA BRANCO	BOSCH TERMOTECNOLOGIA SA	38	SEN F	14	42:43:00	06:06	42:45:00
110.	3074	MARGARIDA BAGÃO	INDIVIDUAL	39	SEN F	15	42:46:00	06:06	42:48:00
111.	3179	SUSANA BRANCO	RIA STONE	40	VET F40	10	43:01:00	06:08	43:06:00
112.	3042	CARLA MAIA	FFONSECA SA	41	VET F35	6	43:03:00	06:09	43:14:00
113.	3031	CÁTIA TASCA	INDIVIDUAL	42	SEN F	16	43:12:00	06:10	43:18:00
114.	3143	CLAUDIA RAMOS	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	43	VET F35	7	43:22:00	06:11	43:26:00
115.	3246	DANIELA SOARES		44	SEN F	17	43:28:00	06:12	43:33:00
116.	3078	LILIANA SILVA	INDIVIDUAL	45	SEN F	18	43:29:00	06:12	43:35:00
117.	3034	IRIS PINHO	INDIVIDUAL	46	SEN F	19	43:29:00	06:12	43:35:00
118.	3119	ELIZABETE PATACO	RUNNING OLIVEIRA BAIRRO	47	VET F45	3	43:42:00	06:14	43:50:00
119.	3130	SARA LOUREIRO	MUNICÍPIO DE ÍLHAVO	48	SEN F	20	43:59:00	06:17	44:05:00
120.	3028	MELISSA ALMEIDA	INDIVIDUAL	49	SEN F	21	44:01:00	06:17	44:07:00
121.	3131	SARA SALVADOR	MUNICÍPIO DE ÍLHAVO	50	SEN F	22	44:01:00	06:17	44:07:00
122.	3032	TÂNIA BERNARDES	INDIVIDUAL	51	JUN F	2	44:23:00	06:20	44:29:00
123.	3027	MÓNICA MELO	INDIVIDUAL	52	SEN F	23	44:14:00	06:19	44:30:00
124.	3021	CLÁUDIA PINTO	INDIVIDUAL	53	VET F35	8	44:24:00	06:20	44:34:00
125.	3005	MARTA ESTEVES	BRIGADA DO PNEU	54	SEN F	24	45:04:00	06:26	45:06:00
126.	3002	CRISTINA PIRES	BRIGADA DO PNEU	55	SEN F	25	45:04:00	06:26	45:07:00
127.	3173	PAULA LARANJEIRA	MUNICÍPIO DE ÍLHAVO	56	VET F40	11	45:10:00	06:27	45:11:00
128.	3016	CARLA FALCÃO	PERDI O TÁXI	57	VET F45	4	45:23:00	06:29	45:32:00
129.	3079	DIANA DAMAS	INDIVIDUAL	58	JUN F	3	45:17:00	06:28	45:38:00
130.	3116	MIGUEL PINTO	ECOMOBILE	72	SEN M	21	45:53:00	06:33	46:03:00
131.	3008	MAGDA SOUSA	BRIGADA DO PNEU	59	SEN F	26	46:33:00	06:39	46:35:00
132.	3048	MARIA CARDOSO	INDIVIDUAL	60	VET F40	12	46:53:00	06:41	47:02:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
133.	3018	MADALENA CORREIA	CIRES RUNNING TEAM	61	VET F50	3	46:53:00	06:41	47:03:00
134.	3049	ADRIANA SOUSA	INDIVIDUAL	62	VET F40	13	46:53:00	06:41	47:03:00
135.	3109	ELISABETE VALENTE	INDIVIDUAL	63	VET F35	9	47:07:00	06:43	47:12:00
136.	3248	ANA CONDE		64	VET F35	10	46:52:00	06:41	47:12:00
137.	3249	NUNO CONDE		73	VET M40	12	46:53:00	06:41	47:12:00
138.	3129	ANTÓNIO RIBEIRO	MUNICÍPIO DE ÍLHAVO	74	VET M50	3	47:03:00	06:43	47:14:00
139.	3011	CARLA PERALTA	FFONSECA SA	65	VET F35	11	48:30:00	06:55	48:32:00
140.	3010	NUNO PINHO	INDIVIDUAL	75	VET M35	15	48:31:00	06:55	48:32:00
141.	3062	JOÃO DIAS	INDIVIDUAL	76	VET M45	10	49:37:00	07:05	49:45:00
142.	3157	JOANA PINHO	MOLINHAS TEAM	66	SEN F	27	50:00:00	07:08	50:05:00
143.	3101	ANA SILVA	RUNWINE	67	SEN F	28	50:06:00	07:09	50:14:00
144.	3017	FILIPA BELO	INDIVIDUAL	68	VET F35	12	50:15:00	07:10	50:26:00
145.	3148	LUÍSA SANTANA	INDIVIDUAL	69	VET F40	14	50:35:00	07:13	50:43:00
146.	3045	SARA RODRIGUES	INDIVIDUAL	70	SEN F	29	51:52:00	07:24	51:57:00
147.	3044	NARCISO ASSUNÇÃO	INDIVIDUAL	77	SEN M	22	52:48:00	07:32	52:59:00
148.	3043	VERA VALENTE	INDIVIDUAL	71	SEN F	30	52:48:00	07:32	52:59:00
149.	3025	REGINA MARVÃO	BORABORA VAMOS LÁ	72	VET F35	13	53:29:00	07:38	53:29:00
150.	3127	RITA SALGADO	BORABORA VAMOS LÁ	73	SEN F	31	53:28:00	07:38	53:29:00
151.	3160	SOFIA CAVACO	QUANDOACABA	74	VET F35	14	53:36:00	07:39	53:39:00
152.	3111	JOANA COSTA	ECOMOBILE	75	VET F35	15	54:30:00	07:47	54:40:00
153.	3051	SORAIA SILVA	LAB NIGHT RUNNERS	76	SEN F	32	55:37:00	07:56	55:44:00
154.	3050	ANA MIGUEL BRENHA	LAB NIGHT RUNNERS	77	SEN F	33	55:37:00	07:56	55:44:00
155.	3168	SANDRO MARQUES	HELIFLEX	78	VET M35	16	55:55:00	07:59	56:03:00
156.	3029	TATIANA RAMOS	INDIVIDUAL	78	SEN F	34	56:09:00	08:01	56:20:00
157.	3115	RAQUEL RICARDO	ECOMOBILE	79	VET F35	16	01:10:03	10:00	01:10:13
158.	3114	NUNO NUNES	ECOMOBILE	79	VET M35	17	01:10:03	10:00	01:10:14
159.	3128	SARA SANTOS	MUNICÍPIO DE ÍLHAVO	80	VET F35	17	01:14:50	10:41	01:14:58
160.	3151	MARIAJOAO CARDOSO	A+	81	VET F45	5	01:16:38	10:56	01:16:57