

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Cat.	Ritmo	Tempo
1.	3269	RICARDO GOMES	ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA	1	SEN M	1	03:23	23:42:00
2.	3281	PEDRO NADAIS	RECREIO DESPORTIVO DE ÁGUEDA	2	SUB 23 M	1	03:24	23:51:00
3.	3201	TIAGO MADUREIRA	ACR SRA DO DESTERRO-NAPO	3	SEN M	2	03:26	24:03:00
4.	3279	FÁBIO CASTRO	RECREIO DESPORTIVO DE ÁGUEDA	4	SUB 23 M	2	03:27	24:11:00
5.	3278	RICARDO SANTOS	RECREIO DESPORTIVO DE ÁGUEDA	5	JUN M	1	03:31	24:38:00
6.	3200	CRISTIANO OLIVEIRA	INDIVIDUAL	6	SEN M	3	03:32	24:46:00
7.	3248	MIGUEL SILVA	ADI-ILHAVO	7	JUN M	2	03:34	24:59:00
8.	3205	HUGO MOREIRA	HELIFLEX	8	SEN M	4	03:36	25:15:00
9.	3270	SOLANGE JESUS	SPORTING CP	1	SEN F	1	03:37	25:22:00
10.	3289	TELMO NASCIMENTO	ACRSD DESTERRO	9	SUB 23 M	3	03:37	25:25:00
11.	3296	RENATO COELHO	FUTEBOL CLUBE PENAFIEL	10	JUN M	3	03:40	25:41:00
12.	3280	BÁRBARA OLIVEIRA	RECREIO DESPORTIVO DE ÁGUEDA	2	SUB 23 F	1	03:46	26:28:00
13.	3247	JOSÉ GONÇALO VIEIRA	ADI-ILHAVO	11	VET M35	1	03:48	26:39:00
14.	3147	PEDRO GILVAZ	INDIVIDUAL	12	VET M40	1	03:50	26:51:00
15.	3207	LUIS SANTOS	ADI-ILHAVO	13	VET M40	2	03:50	26:52:00
16.	3275	FILIPE CARVALHO	KALENJI RUNNING CLUB	14	VET M35	2	03:51	26:59:00
17.	3284	GIOVANNI DIAZ	ADI-ILHAVO	15	VET M35	3	03:52	27:10:00
18.	3303	EDGAR GOMES	CLUBE CONDEIXA ATLETISMO	16	SEN M	5	03:53	27:13:00
19.	3338	ANDREIA SANTOS		3	SEN F	2	03:54	27:18:00
20.	3155	JOEL RAMALHOTO	VIRIATHVS RUNNERS VISEU	17	SEN M	6	03:56	27:34:00
21.	3228	RICARDO GERMANO	INDIVIDUAL	18	SEN M	7	03:59	27:53:00
22.	3190	PAULO SILVA	INDIVIDUAL	19	VET M35	4	03:59	27:57:00
23.	3118	LUÍS OLIVEIRA	ESCOLA DO MOVIMENTO	20	VET M50	1	04:05	28:39:00
24.	3001	LEANDRO SANTOS	ACD ILHAVOS	21	SUB 23 M	4	04:06	28:42:00
25.	3152	JOÃO RAMALHO	ACD ILHAVOS	22	JUN M	4	04:07	28:53:00
26.	3242	ROBERTO GRAÇA	ASCVALEIRINHA	23	JUN M	5	04:10	29:14:00
27.	3024	JOAQUIM RAMOS	CENAP - CACIA	24	VET M60	1	04:16	29:54:00
28.	3051	JOSÉ CORREIA	INDIVIDUAL	25	VET M45	1	04:23	30:41:00
29.	3337	BRUNO ROCHA	INDIVIDUAL	26	VET M35	5	04:23	30:42:00
30.	3008	RÚBEN NEVES	INDIVIDUAL	27	SEN M	8	04:24	30:52:00
31.	3288	RUTE SILVA	CLUBE CAMPISMO SÃO JOÃO MADEIRA	4	SEN F	3	04:25	30:59:00
32.	3006	MIGUEL MATOS	INDIVIDUAL	28	VET M40	3	04:25	30:59:00
33.	3208	RUI DIAS	ADI-ILHAVO	29	SEN M	9	04:28	31:22:00
34.	3308	DANIEL VIEIRA		30	VET M35	6	04:31	31:43:00
35.	3107	JÚLIO TEIXEIRA	INDIVIDUAL	31	SEN M	10	04:35	32:08:00
36.	3300	LUIS SOARES	INDIVIDUAL	32	VET M45	2	04:35	32:11:00
37.	3230	NUNO FIGUEIREDO	INDIVIDUAL	33	SEN M	11	04:36	32:13:00
38.	3245	IDALINA MARTINS	ADI-ILHAVO	5	SEN F	4	04:39	32:33:00
39.	3060	FRANCISCO SILVA	ARCD VENDA DA LUISA	34	VET M55	1	04:39	32:35:00
40.	3027	PORFÍRIO MARTINS	TONAPISTA	35	VET M55	2	04:39	32:37:00
41.	3243	ANA CATARINA MAGALHÃES	ADI-ILHAVO	6	JUN F	1	04:39	32:37:00
42.	3220	CATARINA QUINTEIRO	ATLETISMO CLUBE DA TOCHA	7	VET F35	1	04:41	32:53:00
43.	3299	ADELINO AMORIM	INDIVIDUAL	36	VET M55	3	04:43	33:05:00
44.	3215	SOFIA GIRÃO	TOC RUNNERS	8	VET F35	2	04:45	33:19:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Cat.	Ritmo	Tempo
45.	3179	CARLOS MARQUES	INDIVIDUAL	37	SEN M	12	04:45	33:20:00
46.	3101	ANDRÉ CORREIA	BESJOGING	38	SEN M	13	04:48	33:37:00
47.	3193	JOÃO ABRUNHEIRO	INDIVIDUAL	39	SEN M	14	04:49	33:45:00
48.	3223	PAULO SANTOS	INDIVIDUAL	40	SEN M	15	04:49	33:45:00
49.	3076	JORGE MAIO	INDIVIDUAL	41	SEN M	16	04:49	33:45:00
50.	3002	JOÃO PINHO	TO NA PISTA	42	VET M50	2	04:50	33:50:00
51.	3298	MANUEL CONDE	INDIVIDUAL	43	VET M50	3	04:50	33:54:00
52.	3028	ADRIANO VIEIRA	INDIVIDUAL	44	VET M40	4	04:51	33:58:00
53.	3126	JOSÉ SÁ	INDIVIDUAL	45	SEN M	17	04:52	34:09:00
54.	3214	NUNO ROCHA	TOC RUNNERS	46	SEN M	18	04:52	34:10:00
55.	3159	FRANCISCO LEITE	CCD RENAULT CACIA	47	VET M45	3	04:53	34:11:00
56.	3062	JOSÉ GOMES	INDIVIDUAL	48	VET M40	5	04:53	34:13:00
57.	3335	AMILCAR VINAGRE	RECREIO DESPORTIVO DE ÁGUEDA	49	VET M45	4	04:53	34:16:00
58.	3297	JOÃO VEIGA	D+ TEAM	50	VET M40	6	04:54	34:21:00
59.	3234	ARMANDO CASTRO	INDIVIDUAL	51	VET M50	4	04:54	34:23:00
60.	3212	JOANA RODRIGUES	TOC RUNNERS	9	SEN F	5	04:56	34:34:00
61.	3115	TELMO SILVA	RUN 4 BEER	52	SEN M	19	04:56	34:34:00
62.	3050	FÁBIO CORREIA	INDIVIDUAL	53	SUB 23 M	5	05:01	35:10:00
63.	3295	MARINA TELES	FUTEBOL CLUBE PENAFIEL	10	SEN F	6	05:02	35:19:00
64.	3306	PEDRO MARQUES	INDIVIDUAL	54	VET M45	5	05:03	35:24:00
65.	3241	NELSON ROSETE	ATLETISMO CLUBE DA TOCHA	55	SEN M	20	05:05	35:39:00
66.	3164	MARCO CORREIA	RIA STONE	56	VET M40	7	05:05	35:40:00
67.	3162	NÁDIA RODRIGUES	RIA STONE	11	SEN F	7	05:06	35:47:00
68.	3239	CECILIA ALMEIDA	GDR GRANJA - TRUTAS DO MAU	12	VET F35	3	05:08	35:56:00
69.	3194	CARLOS LEIGO	PRAIA DE MIRA NIGHT RUNNERS	57	VET M40	8	05:08	35:58:00
70.	3192	FELIX CHARVET	INDIVIDUAL	58	SEN M	21	05:08	36:01:00
71.	3216	LUIS CRUZ	INDIVIDUAL	59	VET M40	9	05:08	36:02:00
72.	3096	PEDRO SOARES	FFONSECA	60	VET M35	7	05:09	36:09:00
73.	3057	CARLOS ALMEIDA	FFONSECA	61	SEN M	22	05:09	36:09:00
74.	3149	ADRIANA BIZARRO	ACD ILHAVOS	13	JUN F	2	05:10	36:16:00
75.	3125	JOAQUIM ANSELMO	INDIVIDUAL	62	VET M55	4	05:11	36:20:00
76.	3246	KARINA OLIVEIRA	ADI-ILHAVO	14	VET F35	4	05:11	36:22:00
77.	3256	HELDER SOARES	INDIVIDUAL	63	SEN M	23	05:11	36:22:00
78.	3156	MANUELA VIEIRA	INDIVIDUAL	15	VET F45	1	05:11	36:23:00
79.	3146	SONIA GILVAZ	INDIVIDUAL	16	VET F40	1	05:12	36:24:00
80.	3023	JOSÉ TEIXEIRA	CENAP - CACIA	64	VET M60	2	05:13	36:36:00
81.	3041	CARLOS SILVA	CENTRO MUNICIPAL DE MARCHA E CORRIDA DE VALE DE CAMBRA	65	VET M40	10	05:16	36:58:00
82.	3182	PAULO PIRES	RIA STONE	66	VET M45	6	05:18	37:07:00
83.	3237	HELENA AZEVEDO	BAND OF RUNNERS	17	SEN F	8	05:19	37:14:00
84.	3286	DOMINIQUE ROESCH	INDIVIDUAL	18	VET F60	1	05:19	37:19:00
85.	3088	JOSÉ OLIVEIRA	SOMAMARATONAS	67	VET M35	8	05:20	37:23:00
86.	3108	CARLOS CHAVES	INDIVIDUAL	68	SEN M	24	05:20	37:26:00
87.	3165	PEDRO PEREIRA	RIA STONE	69	VET M40	11	05:20	37:26:00
88.	3135	PAULO COSTA	INDIVIDUAL	70	VET M45	7	05:21	37:29:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Cat.	Ritmo	Tempo
89.	3219	HERNÂNI AMARAL	"OS QUARTAS RUNNING GROUP"	71	VET M65	1	05:21	37:30:00
90.	3004	ALEXANDRA PINHO	INDIVIDUAL	19	VET F45	2	05:22	37:34:00
91.	3075	ADRIANO SANTOS	FFONSECA	72	VET M40	12	05:22	37:37:00
92.	3045	RÓMULO PINTO	FFONSECA	73	VET M35	9	05:22	37:37:00
93.	3052	VITOR SALGADO	INDIVIDUAL	74	VET M45	8	05:22	37:38:00
94.	3274	SANDRA MOREIRA	JOÃO SILVA CCR PRAIA MIRA	20	VET F40	2	05:23	37:45:00
95.	3211	VASCO SILVA	MANOS TEAM	75	VET M45	9	05:23	37:46:00
96.	3121	CARLOS ALVES	INDIVIDUAL	76	VET M50	5	05:24	37:53:00
97.	3268	PEDRO GRAVANITA	INDIVIDUAL	77	VET M45	10	05:24	37:53:00
98.	3067	EDUARDA BAPTISTA	IRUN4FUN	21	VET F45	3	05:25	37:55:00
99.	3046	MANUEL COSTA	INDIVIDUAL	78	VET M60	3	05:25	37:58:00
100.	3255	MARIO SOARES	INDIVIDUAL	79	VET M35	10	05:25	37:59:00
101.	3186	JORGE BRANCO	INDIVIDUAL	80	VET M50	6	05:25	38:00:00
102.	3291	ELISABETE CONDE	POWERSGIRLS	22	VET F45	4	05:26	38:06:00
103.	3153	CESAR BASTOS	INDIVIDUAL	81	VET M55	5	05:27	38:13:00
104.	3196	CARLA TOMÁS	NAVR - NÚCLEO ATLETISMO DE VILA REAL	23	VET F40	3	05:28	38:16:00
105.	3137	CARLOS SANTOS	INDIVIDUAL	82	VET M35	11	05:28	38:19:00
106.	3272	TIAGO CARVALHO	RUN 4 BEER	83	SEN M	25	05:28	38:19:00
107.	3231	MARIA DOS ANJOS	CLUBE DE ATLETISMO DE OVAR	24	VET F40	4	05:28	38:19:00
108.	3012	PAULO RAMOS	GJPB - O. AZEMÉIS	84	VET M45	11	05:28	38:22:00
109.	3198	JOÃO ZEFERINO	INDIVIDUAL	85	SUB 23 M	6	05:29	38:23:00
110.	3293	CARLA CUNHA	INDIVIDUAL	25	VET F40	5	05:29	38:24:00
111.	3158	MAURA FERREIRA	INDIVIDUAL	26	SEN F	9	05:29	38:26:00
112.	3290	CÉSAR HUGO BILELO PITA	INDIVIDUAL	86	VET M35	12	05:29	38:26:00
113.	3026	FERNANDO DE SOUSA	INDIVIDUAL	87	VET M40	13	05:29	38:27:00
114.	3039	CARLA ALEGRIA	FFONSECA	27	VET F40	6	05:29	38:29:00
115.	3221	ANDRÉ PINTO	ATLETISMO CLUBE DA TOCHA	88	VET M35	13	05:30	38:30:00
116.	3010	RICARDO FELIX	FFONSECA	89	VET M35	14	05:30	38:31:00
117.	3145	RICARDO BORDALO	INDIVIDUAL	90	VET M35	15	05:30	38:34:00
118.	3031	ANDREIA MARTINS	GALINHAS DE CROSS	28	SEN F	10	05:30	38:35:00
119.	3097	ISABEL REIS	SOMAMARATONAS	29	VET F40	7	05:30	38:36:00
120.	3170	ANDRÉ REGEDOR	INDIVIDUAL	91	SEN M	26	05:31	38:40:00
121.	3070	MACIEL MENDES	INDIVIDUAL	92	VET M45	12	05:31	38:43:00
122.	3262	VASCO RAMALHEIRA	DIÁRIO DE AVEIRO	93	VET M50	7	05:32	38:44:00
123.	3218	MILLARD RING	INDIVIDUAL	94	VET M40	14	05:33	38:53:00
124.	3292	CRISTIANNE NUNES	EQUIPA	30	SEN F	11	05:34	38:58:00
125.	3151	SELENE SALAVESSA	ACD ILHAVOS	31	JUN F	3	05:34	38:59:00
126.	3344	CELSO PACHECO		95	SEN M	27	05:34	38:59:00
127.	3277	ILDA MANATA	JOÃO SILVA CCR PRAIA MIRA	32	VET F35	5	05:34	38:59:00
128.	3189	MARGARIDA RODRIGUES	H-LOP	33	VET F40	8	05:34	39:04:00
129.	3188	MANUELA NUNES	INDIVIDUAL	34	SEN F	12	05:35	39:11:00
130.	3187	FILIPPE DOS SANTOS	INDIVIDUAL	96	SEN M	28	05:35	39:11:00
131.	3244	CONCEIÇÃO TAVARES	ADI-ILHAVO	35	VET F45	5	05:37	39:22:00
132.	3148	RUI BAPTISTA	MANOS TEAM	97	VET M40	15	05:37	39:23:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Cat.	Ritmo	Tempo
133.	3259	JOSÉ PEREIRA	INDIVIDUAL	98	VET M45	13	05:38	39:31:00
134.	3210	ISABEL PARRACHO	GRECAS - VAGOS	36	VET F55	1	05:38	39:31:00
135.	3233	ESTRELA FARO	VIRIATHVS RUNNERS VISEU	37	VET F40	9	05:39	39:33:00
136.	3235	RUI MARTINS	PRIFER RUNNING TEAM	99	VET M40	16	05:39	39:37:00
137.	3106	DINA BONITO	INDIVIDUAL	38	VET F45	6	05:39	39:38:00
138.	3195	SANSÃO CASTRO	FFONSECA	100	VET M40	17	05:39	39:39:00
139.	3167	CARLOS ORTET	OS QUARTAS RUNNING GROUP	101	VET M45	14	05:39	39:39:00
140.	3110	OLGA VIEIRA	INDIVIDUAL	39	VET F50	1	05:40	39:45:00
141.	3087	PAULO SIMÕES	INDIVIDUAL	102	VET M55	6	05:41	39:50:00
142.	3178	MIGUEL MACHADO	INDIVIDUAL	103	VET M45	15	05:41	39:51:00
143.	3150	DIANA DAMAS	ACD ILHAVOS	40	JUN F	4	05:42	39:56:00
144.	3120	LUÍS NEVES	SEM SEDE	104	VET M35	16	05:42	39:58:00
145.	3282	FERNANDA SOARES	CLUBE DOS GALITOS	41	VET F45	7	05:42	39:58:00
146.	3144	SARA SANTOS	CÂMARA MUNICIPAL DE ÍLHAVO	42	VET F35	6	05:42	39:59:00
147.	3084	JORGE SILVA	MOLINHAS TEAM	105	VET M45	16	05:44	40:11:00
148.	3102	ANTÓNIO SILVA	FFONSECA	106	VET M50	8	05:44	40:12:00
149.	3019	DINA NEVES	SEM SEDE	43	VET F35	7	05:45	40:16:00
150.	3119	BRUNO ADÃO	SEM SEDE	107	VET M35	17	05:45	40:18:00
151.	3098	CRISTINA COTRIM	INDIVIDUAL	44	SEN F	13	05:45	40:21:00
152.	3305	ARCELINA MARTINHO	MOLINHAS TEAM	45	VET F45	8	05:46	40:28:00
153.	3175	ROSA CAÇADOR	INDIVIDUAL	46	VET F50	2	05:47	40:30:00
154.	3174	PAULO SANTOS	INDIVIDUAL	108	VET M45	17	05:50	40:56:00
155.	3334	PAULO FARIA	INDIVIDUAL	109	VET M45	18	05:53	41:14:00
156.	3236	NUNO MACHADO	INDIVIDUAL	110	SEN M	29	05:53	41:16:00
157.	3017	ANA CASTRO	AMADORES E BASTA	47	SEN F	14	05:55	41:31:00
158.	3018	BEATRIZ NUNES	AMADORES E BASTA	48	SEN F	15	05:55	41:31:00
159.	3134	JUDITE DIAS	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	49	VET F45	9	05:58	41:50:00
160.	3140	AIDA DIAS	INDIVIDUAL	50	VET F35	8	05:59	41:54:00
161.	3171	SARA COSTA	INDIVIDUAL	51	SEN F	16	05:59	41:57:00
162.	3058	LILIANA MAIA	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	52	SEN F	17	06:01	42:12:00
163.	3073	MARIA DAMAS	INDIVIDUAL	53	VET F35	9	06:02	42:16:00
164.	3227	SANDRA JESUS	PRIFER RUNNING TEAM	54	VET F35	10	06:02	42:16:00
165.	3191	MARIA SANTANA	TALENT	55	VET F40	10	06:03	42:22:00
166.	3099	PIROSKA KARAKAS	SOMAMARATONAS	56	VET F50	3	06:03	42:23:00
167.	3169	LUÍSA VAZ	INDIVIDUAL	57	SEN F	18	06:04	42:30:00
168.	3161	RITA SANTOS	INDIVIDUAL	58	SEN F	19	06:04	42:30:00
169.	3085	MARGARIDA VASCONCELOS	MOLINHAS TEAM	59	VET F45	10	06:05	42:36:00
170.	3253	ANDRÉ CARVALHO	INDIVIDUAL	111	SEN M	30	06:05	42:36:00
171.	3163	SUSANA BRANCO	RIA STONE	60	VET F40	11	06:06	42:44:00
172.	3111	CARLA FERREIRA	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	61	VET F35	11	06:06	42:46:00
173.	3168	ROSA RODRIGUES	PANORAMAH	62	VET F40	12	06:09	43:03:00
174.	3056	ONDINNA LEAL	ACRM SILVEIRINHA GRANDE	63	VET F45	11	06:09	43:05:00
175.	3294	SILVIO DE BASTOS	INDIVIDUAL	112	VET M40	18	06:10	43:12:00
176.	3301	ELSA MARTINS	MOLINHAS TEAM	64	VET F45	12	06:10	43:12:00

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177.	3257	ALBERTO FERREIRA	INDIVIDUAL	113	VET M35	18	06:10	43:16:00
178.	3252	ANDREIA PAULA	INDIVIDUAL	65	SEN F	20	06:11	43:20:00
179.	3261	CRISTINA GOMES	DIÁRIO DE AVEIRO	66	VET F40	13	06:13	43:34:00
180.	3276	SANDRA CUÇO	JOÃO SILVA CCR PRAIA MIRA	67	VET F40	14	06:16	43:52:00
181.	3053	MARISOL VALENTE	INDIVIDUAL	68	VET F50	4	06:17	43:59:00
182.	3066	CARLOS LIMA	INDIVIDUAL	114	VET M55	7	06:17	44:00:00
183.	3065	CARLA GONÇALVES	RUN4FUN VILA REAL	69	VET F45	13	06:17	44:01:00
184.	3285	MARIA CARDOSO	INDIVIDUAL	70	VET F40	15	06:17	44:03:00
185.	3336	GOMES CATARINA	INDIVIDUAL	71	SEN F	21	06:17	44:04:00
186.	3264	JOANA MARTINS	DIÁRIO DE AVEIRO	72	SEN F	22	06:19	44:15:00
187.	3265	ANDRÉ ANTUNES	DIÁRIO DE AVEIRO	115	SEN M	31	06:19	44:16:00
188.	3263	ISABEL VENTURA	TRIBO NR	73	VET F50	5	06:21	44:32:00
189.	3020	MARGARIDA CALDEIRA	INDIVIDUAL	74	SEN F	23	06:23	44:43:00
190.	3127	SOFIA COUTINHO	INDIVIDUAL	75	VET F35	12	06:23	44:43:00
191.	3128	DIOGO FIGUEIREDO	INDIVIDUAL	116	VET M35	19	06:23	44:44:00
192.	3176	SANDRA GOMES	INDIVIDUAL	76	VET F40	16	06:23	44:46:00
193.	3095	FÁTIMA PIRES	INDIVIDUAL	77	VET F40	17	06:25	45:01:00
194.	3104	BRUNO AMARAL	INDIVIDUAL	117	SEN M	32	06:26	45:03:00
195.	3011	LÉNIA VIEIRA	INDIVIDUAL	78	SUB 23 F	2	06:26	45:04:00
196.	3287	RÚBEN SILVA	ADI-ILHAVO	118	SEN M	33	06:29	45:25:00
197.	3177	RITA QUINTELA	INDIVIDUAL	79	VET F45	14	06:30	45:34:00
198.	3055	SÓNIA RUSSO	LOW COST RUN	80	VET F40	18	06:31	45:42:00
199.	3054	CATARINA AGOSTINHO	LOW COST RUN	81	VET F35	13	06:31	45:42:00
200.	3124	FERNANDO JESUS	INDIVIDUAL	119	VET M50	9	06:33	45:57:00
201.	3086	PEDRO SANTOS	INDIVIDUAL	120	VET M35	20	06:34	46:01:00
202.	3038	JOÃO SOUSA	INDIVIDUAL	121	SEN M	34	06:34	46:04:00
203.	3030	JOEL JOSÉ GINGA	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	122	VET M35	21	06:35	46:06:00
204.	3015	BRUNO PEREIRA	INDIVIDUAL	123	VET M35	22	06:35	46:06:00
205.	3143	NUNO AIRES	CÂMARA MUNICIPAL DE ÍLHAVO	124	VET M35	23	06:38	46:29:00
206.	3142	SUSANA AIRES	CÂMARA MUNICIPAL DE ÍLHAVO	82	SEN F	24	06:38	46:29:00
207.	3091	SUSANA SILVA	RUN4FUN VILA REAL	83	VET F40	19	06:39	46:34:00
208.	3109	SUSANA SILVA	RUN4FUN VILA REAL	84	VET F40	20	06:39	46:35:00
209.	3136	CARMEN DOBOS	INDIVIDUAL	85	VET F35	14	06:40	46:43:00
210.	3222	MARIBEL SILVA	INDIVIDUAL	86	VET F40	21	06:41	46:47:00
211.	3224	ISABEL MÓNICA	PRIFER RUNNING TEAM	87	SEN F	25	06:41	46:48:00
212.	3138	ANA MARIA MARCELINO	INDIVIDUAL	88	VET F35	15	06:43	47:04:00
213.	3232	DIANA COSTA	ATLETISMO CLUBE DA TOCHA	89	SEN F	26	06:44	47:12:00
214.	3250	GONÇALO RODRIGUES	INDIVIDUAL	125	VET M35	24	06:45	47:16:00
215.	3202	TERESA RIBEIRO	INDIVIDUAL	90	VET F35	16	06:45	47:16:00
216.	3203	VERA REGALA	INDIVIDUAL	91	VET F40	22	06:45	47:17:00
217.	3094	CARLOS MADAIL	SOMAMARATONAS	126	VET M45	19	06:46	47:23:00
218.	3090	ALEXANDRA VALE	SOMAMARATONAS	92	VET F45	15	06:46	47:23:00
219.	3093	ANA CARDOSO	SOMAMARATONAS	93	VET F40	23	06:46	47:23:00
220.	3260	SILVIA RIBAU	DIÁRIO DE AVEIRO	94	VET F40	24	06:47	47:31:00

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Cat.	Ritmo	Tempo
221.	3043	ANA GENUIA	LAS LOCAS	95	SEN F	27	06:47	47:33:00
222.	3042	SILJA FRANKENBACH	LAS LOCAS	96	VET F35	17	06:47	47:33:00
223.	3044	VANDA GRAÇA	INDIVIDUAL	97	SEN F	28	06:47	47:34:00
224.	3254	BRUNO DUARTE	INDIVIDUAL	127	SEN M	35	06:47	47:35:00
225.	3114	SANDRA SANTOS	INDIVIDUAL	98	VET F40	25	06:58	48:49:00
226.	3116	ROSANA SANTOS	RUN 4 BEER	99	SEN F	29	06:59	48:55:00
227.	3199	SOFIA FEIJÓ	INDIVIDUAL	100	SEN F	30	07:00	49:02:00
228.	3139	DANIELA SANTOS	INDIVIDUAL	101	SEN F	31	07:03	49:23:00
229.	3180	FILIPE LOUREIRO	INDIVIDUAL	128	SEN M	36	07:04	49:34:00
230.	3025	NADINE SANTOS	INDIVIDUAL	102	SEN F	32	07:05	49:36:00
231.	3021	MATILDE ALEXANDRE	INDIVIDUAL	103	SUB 23 F	3	07:05	49:39:00
232.	3022	ELIANA PINHO	INDIVIDUAL	104	VET F45	16	07:06	49:44:00
233.	3089	TANIA OLIVEIRA	SOMAMARATONAS	105	VET F35	18	07:11	50:18:00
234.	3068	ALEXANDRA GONÇALVES	RUN4FUN VILA REAL	106	VET F40	26	07:11	50:18:00
235.	3113	ANA GONÇALVES	INDIVIDUAL	107	VET F40	27	07:11	50:18:00
236.	3064	TANAMARA SANTOS	INDIVIDUAL	108	VET F35	19	07:12	50:29:00
237.	3047	TÂNIA PINHO	INDIVIDUAL	109	SEN F	33	07:14	50:40:00
238.	3181	CLÁUDIA SIMÕES	INDIVIDUAL	110	SEN F	34	07:14	50:41:00
239.	3035	PAULA ALVES	INDIVIDUAL	111	VET F40	28	07:15	50:48:00
240.	3183	PEDRO SILVA	INDIVIDUAL	129	VET M40	19	07:20	51:26:00
241.	3074	MATILDE ROCHA	BOLAS DE BERLIM	112	JUN F	5	07:31	52:42:00
242.	3048	CARLOS AZEVEDO	TADALAFIL TEAM	130	SEN M	37	07:35	53:09:00
243.	3037	CÂNDIDO MACHADO	INDIVIDUAL	131	VET M45	20	07:38	53:29:00
244.	3036	SUSANA SEIXAS	INDIVIDUAL	113	VET F45	17	07:38	53:29:00
245.	3092	RICARDO PEIXINHO	FFONSECA	132	SEN M	38	07:40	53:41:00
246.	3016	LÉNIA MATOS	FFONSECA	114	SEN F	35	07:40	53:43:00
247.	3172	JOSÉ REIS	INDIVIDUAL	133	SEN M	39	07:42	53:57:00
248.	3160	PAULA MATOS	INDIVIDUAL	115	VET F50	6	07:44	54:08:00
249.	3072	RITA SALGADO	BORABORA VAMOS LÁ	116	SEN F	36	08:08	56:56:00
250.	3071	REGINA MARVÃO	BORABORA VAMOS LÁ	117	VET F35	20	08:08	56:56:00
251.	3131	NUNO TEMÓTIO	RUNWINE	134	VET M40	20	08:19	58:16:00
252.	3130	ANA SILVA	RUNWINE	118	SEN F	37	08:19	58:16:00
253.	3033	ROZIREZ GARCIA	INDIVIDUAL	119	VET F35	21	08:49	01:01:48
254.	3240	MARGARIDA MARQUES	LOUSADA RUNNERS	120	VET F50	7	08:53	01:02:17
255.	3238	TOMÁS CASTELÃO	LOUSADA RUNNERS	135	SEN M	40	08:53	01:02:17
256.	3059	SUSANA RUANO DE CASTRO	INDIVIDUAL	121	SEN F	38	09:05	01:03:35
257.	3166	RAFAEL ANITUR	INDIVIDUAL	136	VET M35	25	09:06	01:03:47
258.	3049	PATRÍCIA VIEIRA	TADALAFIL TEAM	122	VET F35	22	09:17	01:05:04
259.	3123	VASCO OLIVEIRA PIRES	RUN4FUN VILA REAL	137	VET M65	2	14:21	01:40:30
260.	3122	ESTER LIMA	RUN4FUN VILA REAL	123	VET F55	2	14:22	01:40:34