

Pos.	Dorsal	Atleta	Clube	Escalão	Tempo	Diferença
1	22	PT DIOGO MIGUEIS	AMA ASSOCIAÇÃO MONDIM ATLETISMO	1 Sênior Masculino	00:33:08.622	
2	40	PT PATRICIO CASTRO	ATLETICO VALE DE SAO MARTINHO	1 Veterano 40 Masculino	00:34:40.220	+00:01:31.598
3	139	PT GABRIEL VILELA	FLAVIUS CHALLENGE	2 Sênior Masculino	00:35:00.946	+00:01:52.324
4	74	PT PEDRO ROXO	CROSS BOX CHAVES	2 Veterano 40 Masculino	00:35:55.392	+00:02:46.770
5	107	PT MANUEL DIA	GINASIO 100 %	3 Sênior Masculino	00:36:53.929	+00:03:45.307
6	93	PT PEDRO MOREIRAS	CROSS FIT CHAVES	4 Sênior Masculino	00:37:23.481	+00:04:14.859
7	128	PT LUIS RIBEIRO	RI 19	5 Sênior Masculino	00:37:35.805	+00:04:27.183
8	70	PT CANDIDO MORAIS	CRT	1 Veterano 55 Masculino	00:38:19.356	+00:05:10.734
9	125	PT RICARDO GARCIA	RI 19	6 Sênior Masculino	00:38:30.737	+00:05:22.115
10	8	PT ANTÓNIO ESTEVES ABREU	INDIVIDUAL	1 Veterano 50 Masculino	00:38:39.533	+00:05:30.911
11	75	PT BRUNO CANTO	CROSS BOX CHAVES	7 Sênior Masculino	00:38:42.123	+00:05:33.501
12	11	PT DIOGO MAGALHAES	ADAF	8 Sênior Masculino	00:38:44.204	+00:05:35.582
13	117	ES ROBERTO PEREZ ZARRAQUIÑOS	A.D.LIMIACTIVA	1 Veterano 45 Masculino	00:38:50.132	+00:05:41.510
14	101	PT FÁBIO FERREIRA	SOLTEIROS EM BUSCA DO AMOR!	9 Sênior Masculino	00:39:20.237	+00:06:11.615
15	103	PT CRISTINA PEREIRA	GINASIO 100 %	1 Sênior Feminino	00:39:26.334	+00:06:17.712
16	121	PT JADIR FRANCISCO PEREIRA	MINORU CURITIBA	2 Veterano 55 Masculino	00:39:30.650	+00:07:06.484
17	47	PT GABRIEL ALVES	INDIVIDUAL	10 Sênior Masculino	00:39:37.934	+00:06:29.312
18	124	PT LEONARDO GARCIA	RI 19	11 Sênior Masculino	00:39:41.484	+00:06:32.862
19	14	PT NUNO LAMEIRAO	MONTALEGRUNNERS	12 Sênior Masculino	00:39:58.443	+00:06:49.821
20	52	PT ARTUR DIAS	CRT	2 Veterano 50 Masculino	00:40:07.343	+00:06:58.721
21	26	PT FERNANDO MAGALHÃES	AMA ASSOCIAÇÃO MONDIM ATLETISMO	3 Veterano 40 Masculino	00:40:14.106	+00:07:05.484
22	141	PT BRUNO COSTA	TEAM BTT CLUBE DE CHAVES	13 Sênior Masculino	00:40:31.130	+00:07:22.508
23	123	PT DANIEL ANES	RI 19	14 Sênior Masculino	00:41:20.571	+00:08:11.949
24	81	PT GONÇALO ALVES	CROSS BOX CHAVES	15 Sênior Masculino	00:41:29.146	+00:08:20.524
25	63	PT NUNO MONTEIRO	BOMBEIROS SALVAÇÃO PÚBLICA CHAVES	16 Sênior Masculino	00:41:33.620	+00:08:24.998
26	41	PT JOSÉ PINTO	RUN TEJO - CM SOCKS	4 Veterano 40 Masculino	00:41:35.556	+00:08:26.934
27	79	PT FREDERICO RORIZ	CROSS BOX CHAVES	2 Veterano 45 Masculino	00:41:38.458	+00:08:29.836
28	86	PT CARLOS BORGES	CROSS BOX CHAVES	5 Veterano 40 Masculino	00:41:46.338	+00:08:37.716
29	15	PT ANTONIO MARQUES	INDIVIDUAL	3 Veterano 50 Masculino	00:41:49.193	+00:08:40.571
30	59	PT ANTONIO FERREIRA	MIRANDELA A CORRER	1 Veterano 60 Masculino	00:42:04.081	+00:08:55.459
31	138	ES FRANCISCO JAVIER AGUIAR FRAGUAS	AD LIMIACTIVA	3 Veterano 45 Masculino	00:43:13.198	+00:10:04.576
32	126	PT SAMUEL SILVA	RI 19	17 Sênior Masculino	00:43:19.682	+00:10:11.060
33	13	PT RUI RUSSO DOS SANTOS	PORTO RUNNERS	4 Veterano 50 Masculino	00:43:42.778	+00:10:34.156
34	65	PT JOSE PEREIRA	CRT	4 Veterano 45 Masculino	00:43:47.231	+00:10:38.609
35	34	PT VITOR GOMES	GUARDIZELA RUNNERS	5 Veterano 45 Masculino	00:44:09.016	+00:11:00.394
36	18	PT LUIS COSTA	AMA ASSOCIAÇÃO MONDIM ATLETISMO	6 Veterano 45 Masculino	00:44:11.837	+00:11:03.215
37	118	PT CARLA CASTRO	INDIVIDUAL	1 Veterano 40 Feminino	00:44:21.586	+00:11:12.964
38	12	PT DINIS RIBAS	ARRIBAS RUNNING	7 Veterano 45 Masculino	00:45:07.037	+00:11:58.415
39	84	PT SERGIO QUINTELAS	CROSS BOX CHAVES	18 Sênior Masculino	00:45:23.837	+00:12:15.215
40	44	PT RICARDO FERREIRA	RUNNING ESPINHO	19 Sênior Masculino	00:45:29.911	+00:12:21.289
41	54	PT JOAO DIAS	CRT	6 Veterano 40 Masculino	00:45:36.876	+00:12:28.254
42	39	ES SOLE YEBRA FUENTES	TELENO ASTORGA	1 Veterano 45 Feminino	00:45:40.888	+00:12:32.266
43	64	PT JULIO ALVES	CRT	7 Veterano 40 Masculino	00:45:54.572	+00:12:45.950
44	76	PT VITOR CRUZ	CROSS BOX CHAVES	20 Sênior Masculino	00:45:58.120	+00:12:49.498

Pos.	Dorsal	Atleta	Clube		Escalão	Tempo	Diferença
45	90	PT ARMANDO CEPEDA	CROSS BOX CHAVES	21	Sénior Masculino	00:46:10.524	+00:13:01.902
46	91	PT RAMIRO GOMES	CROSS BOX CHAVES	22	Sénior Masculino	00:46:21.824	+00:13:13.202
47	45	PT JOÃO LOPES	SOCIEDADE RECREIO CEPANENSE	2	Veterano 60 Masculino	00:46:35.253	+00:13:26.631
48	36	PT JOSÉ CASTELO	INDIVIDUAL	8	Veterano 40 Masculino	00:46:36.253	+00:13:27.631
49	77	PT RICARDO GUERRA	CROSS BOX CHAVES	9	Veterano 40 Masculino	00:46:43.806	+00:13:35.184
50	96	PT JORGE LOPEZ	CROSS FIT CHAVES	23	Sénior Masculino	00:46:45.852	+00:13:37.230
51	97	PT CRIS RODRIGUEZ	CROSS FIT CHAVES	2	Sénior Feminino	00:46:48.185	+00:13:39.563
52	113	ES CASTOR TOMBO	CASTRO TRAIL	5	Veterano 50 Masculino	00:46:50.676	+00:13:42.054
53	95	PT DAVID SANTOS	CROSS FIT CHAVES	24	Sénior Masculino	00:46:55.045	+00:13:46.423
54	66	PT CARLOS TEIXEIRA	CRT	6	Veterano 50 Masculino	00:46:56.659	+00:13:48.037
55	25	PT LEONEL FREITAS	AMA ASSOCIAÇÃO MONDIM ATLETISMO	25	Sénior Masculino	00:47:07.065	+00:13:58.443
56	129	PT DIOGO GONÇALVES	CROSS FIT CHAVES	26	Sénior Masculino	00:47:25.721	+00:14:17.099
57	4	PT VALÉRIA PINHEIRO	MERENGUITA	2	Veterano 40 Feminino	00:47:28.142	+00:14:19.520
58	135	PT LUIS CAMOES	AMA ASSOCIAÇÃO MONDIM ATLETISMO	27	Sénior Masculino	00:48:02.581	+00:14:53.959
59	50	PT ANGELO BRANCO	INDIVIDUAL	28	Sénior Masculino	00:48:15.089	+00:15:06.467
60	37	PT SAMUEL CUNHA	NAO TENHO	8	Veterano 45 Masculino	00:48:19.644	+00:15:11.022
61	122	PT JOSE RODRIGUES	CRT	9	Veterano 45 Masculino	00:48:24.129	+00:15:15.507
62	116	PT ANTIDES FIGUEIREDO	INDIVIDUAL	10	Veterano 40 Masculino	00:48:39.222	+00:15:30.600
63	60	PT TIAGO OLIVEIRA	INDIVIDUAL	29	Sénior Masculino	00:48:44.599	+00:15:35.977
64	42	PT JOSE CARREIRA	CRT	30	Sénior Masculino	00:48:45.984	+00:15:37.362
65	53	PT FREDERICO BENTO	CRT	7	Veterano 50 Masculino	00:48:50.984	+00:15:42.362
66	120	PT JOSE PEDRO LOPO	SÓPRAFOTO	31	Sénior Masculino	00:48:59.903	+00:15:51.281
67	119	PT MARTINHO ORFÃO	SÓPRAFOTO	11	Veterano 40 Masculino	00:49:03.814	+00:15:55.192
68	7	PT CARLOS SANTOS	INDIVIDUAL	3	Veterano 60 Masculino	00:49:12.613	+00:16:03.991
69	69	PT AMITAF COSTA	CRT	1	Veterano 55 Feminino	00:49:39.872	+00:16:31.250
70	140	PT FIRMINO MORAIS	GINÁSIO CLUBE DE BRAGANÇA	12	Veterano 40 Masculino	00:49:48.614	+00:16:39.992
71	16	PT LUIS CERQUEIRA	AMA ASSOCIAÇÃO MONDIM ATLETISMO	8	Veterano 50 Masculino	00:49:54.303	+00:16:45.681
72	102	PT PAULO OLIVEIRA	INDIVIDUAL	32	Sénior Masculino	00:50:08.782	+00:17:00.160
73	112	PT RAQUEL HENRIQUES	MIRANDELA A CORRER	3	Sénior Feminino	00:50:14.391	+00:17:05.769
74	38	PT RUI BAPTISTA	INDIVIDUAL	10	Veterano 45 Masculino	00:50:26.099	+00:17:17.477
75	10	PT VALÉRIE PANTANO	CRT	4	Sénior Feminino	00:50:29.151	+00:17:20.529
76	1	PT HENRIQUE SILVA	INDIVIDUAL	33	Sénior Masculino	00:50:45.336	+00:17:36.714
77	78	PT IGOR RODRIGUES	CROSS BOX CHAVES	34	Sénior Masculino	00:50:50.132	+00:17:41.510
78	109	PT MARCIO SANTOS	GINASIO 100 %	13	Veterano 40 Masculino	00:50:53.901	+00:17:45.279
79	27	PT FRANCISCO TEIXEIRA	AMA ASSOCIAÇÃO MONDIM ATLETISMO	9	Veterano 50 Masculino	00:50:58.940	+00:17:50.318
80	30	PT TIAGO GONÇALVES	AMA ASSOCIAÇÃO MONDIM ATLETISMO	35	Sénior Masculino	00:51:00.248	+00:17:51.626
81	51	PT RICARDO OLIVEIRA	INDIVIDUAL	36	Sénior Masculino	00:51:20.445	+00:18:11.823
82	33	PT FERNANDO GUIMARAES	OS TREPA MONTES	37	Sénior Masculino	00:51:26.281	+00:18:17.659
83	80	PT JOAO MORGADO	CROSS BOX CHAVES	38	Sénior Masculino	00:51:43.578	+00:18:34.956
84	104	PT GUILHERME PEREIRA	INDIVIDUAL	39	Sénior Masculino	00:51:55.851	+00:18:47.229
85	67	PT SOLANGE RODRIGUES	CRT	1	Veterano 50 Feminino	00:52:24.328	+00:19:15.706
86	99	PT DUARTE SANTOS	GINASIO 100 %	40	Sénior Masculino	00:52:40.721	+00:19:32.099
87	98	PT DIDIER MARIO MACHADO	GINASIO 100 %	41	Sénior Masculino	00:52:44.648	+00:19:36.026
88	62	PT CRISTINA RAMIRES	MIRANDELA A CORRER	2	Veterano 45 Feminino	00:52:55.812	+00:19:47.190

Pos.	Dorsal	Atleta	Clube		Escalão	Tempo	Diferença
89	46	PT TELMO FONTE	INDIVIDUAL	11	Veterano 45 Masculino	00:53:12.880	+00:20:04.258
90	88	PT ROSA CABELEIRA	CROSS BOX CHAVES	5	Sénior Feminino	00:53:23.047	+00:20:14.425
91	82	PT ANDRE FREITAS	CROSS BOX CHAVES	42	Sénior Masculino	00:53:25.114	+00:20:16.492
92	94	PT PEDRO ALVES	CROSS FIT CHAVES	43	Sénior Masculino	00:53:33.386	+00:20:24.764
93	21	PT ROSA SALDANHA	AMA ASSOCIAÇÃO MONDIM ATLETISMO	3	Veterano 40 Feminino	00:53:40.998	+00:20:32.376
94	20	PT ROGERIO DINIS	AMA ASSOCIAÇÃO MONDIM ATLETISMO	14	Veterano 40 Masculino	00:53:42.174	+00:20:33.552
95	87	PT FILIPA BATISTA	CROSS BOX CHAVES	6	Sénior Feminino	00:53:51.067	+00:20:42.445
96	9	PT ANA LOPES	INDIVIDUAL	7	Sénior Feminino	00:53:53.531	+00:20:44.909
97	108	PT PAULO SILVA	GINASIO 100 %	44	Sénior Masculino	00:54:45.263	+00:21:36.641
98	43	PT SARA BAPTISTA	RUNNING ESPINHO	8	Sénior Feminino	00:55:31.167	+00:22:22.545
99	23	PT NUNO MARTINS	AMA ASSOCIAÇÃO MONDIM ATLETISMO	45	Sénior Masculino	00:55:39.861	+00:22:31.239
100	29	PT MANUEL MACHADO	AMA ASSOCIAÇÃO MONDIM ATLETISMO	4	Veterano 60 Masculino	00:55:41.160	+00:22:32.538
101	72	PT SILVI CANTO	CROSS BOX CHAVES	9	Sénior Feminino	00:55:48.571	+00:22:39.949
102	73	PT IVONE SERODIO	CROSS BOX CHAVES	3	Veterano 45 Feminino	00:55:50.181	+00:22:41.559
103	17	PT JORGE COSTA	AMA ASSOCIAÇÃO MONDIM ATLETISMO	12	Veterano 45 Masculino	00:56:04.667	+00:22:56.045
104	106	PT TIAO RODRIGUES	GINASIO 100 %	46	Sénior Masculino	00:56:45.181	+00:23:36.559
105	130	PT MARYLINE RODRIGUES	CROSS FIT CHAVES	10	Sénior Feminino	00:57:41.221	+00:24:32.599
106	55	PT ESPERANÇA ALVES	CRT	4	Veterano 40 Feminino	00:57:53.722	+00:24:45.100
107	83	PT CATIA TEIXEIRA	CROSS BOX CHAVES	11	Sénior Feminino	00:57:56.849	+00:24:48.227
108	142	PT LILIANA SOUSA	CROSS BOX CHAVES	12	Sénior Feminino	00:58:38.641	+00:25:30.019
109	48	PT BRUNO RANGEL	INDIVIDUAL	47	Sénior Masculino	00:58:45.209	+00:25:36.587
110	49	PT ISABEL GONÇALVES	INDIVIDUAL	13	Sénior Feminino	00:58:46.858	+00:25:38.236
111	110	PT JOANA VAZ	GINASIO 100 %	14	Sénior Feminino	00:59:30.945	+00:26:22.323
112	111	PT CATARINA R RUA	GINASIO 100 %	15	Sénior Feminino	00:59:41.772	+00:26:33.150
113	136	PT PAULA VIEIRA	AMA ASSOCIAÇÃO MONDIM ATLETISMO	2	Veterano 50 Feminino	00:59:47.791	+00:26:39.169
114	24	PT DANIELA ARADA	AMA ASSOCIAÇÃO MONDIM ATLETISMO	48	Sénior Masculino	01:00:04.826	+00:26:56.204
115	137	PT ALEXANDRIANA OLIVEIRA	CRT	1	Veterano 60 Feminino	01:00:16.038	+00:27:07.416
116	35	PT GUILHERMINA RIBAS	INDIVIDUAL	5	Veterano 40 Feminino	01:04:37.757	+00:31:29.135
117	58	PT EMILIA LAGO	MIRANDELA A CORRER	2	Veterano 55 Feminino	01:04:48.896	+00:31:40.274
118	143	PT CEU COSTA	CRT	3	Veterano 55 Feminino	01:04:49.765	+00:31:41.274