

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
1	MENDES, PAULO	519	Centro de Atletismo de Seia	<u>SenM</u>	34:18.34	03:26	
2	OLIVEIRA, HELDER	464	F.C.Vizela	<u>SenM</u>	35:17.59	03:32	00:01:00
3	MONTEIRO, CARLOS	463	F.C.Vizela	<u>V40M</u>	35:18.92	03:32	00:01:01
4	PEREIRA, JOSÉ	468	ACSD de Pedraído	<u>SenM</u>	35:19.74	03:32	00:01:02
5	SILVA, ROBERTO	549	Individual	<u>SenM</u>	37:02.86	03:42	00:02:45
6	CASTRO, RICARDO	438	Sociedade Recreio Capanense	<u>SenM</u>	37:04.43	03:42	00:02:46
7	FERNANDES, NUNO	421	Clube Atletismo Fafe	<u>SenM</u>	37:15.33	03:44	00:02:57
8	CUNHA, JORGE	597	União Desportiva da Várzea	<u>SenM</u>	37:17.58	03:44	00:03:00
9	QUEIRÓS, JOSÉ	472	Individual	<u>V40M</u>	37:26.00	03:45	00:03:08
10	PIRES, JOSÉ	440	Sociedade Recreio Capanense	<u>SenM</u>	37:28.25	03:45	00:03:10
11	SANTOS, MARKO	411	G R Covense	<u>SenM</u>	37:30.62	03:45	00:03:13
12	PEREIRA, JOSÉ	533	Clube Atletismo Fafe	<u>SenM</u>	37:33.30	03:45	00:03:15
13	RODRIGUES, RICARDO	405	Individual	<u>SenM</u>	37:33.63	03:45	00:03:16
14	OLIVEIRA, JOSE	481	Individual	<u>V50M</u>	37:37.65	03:46	00:03:20
15	GONÇALVES, RICARDO	410	Fafe Runners	<u>SenM</u>	38:28.24	03:51	00:04:10
16	BESSA, LUIS	465	F.C.Vizela	<u>SenM</u>	38:30.11	03:51	00:04:12
17	ARAÚJO, ARMINDO	557	liberdade futebol clube	<u>V50M</u>	38:36.11	03:52	00:04:18
18	MARTINS, HÉLDER	526	Individual	<u>SenM</u>	38:45.10	03:53	00:04:27
19	TEIXEIRA, ABÍLIO	490	Sociedade Recreio Capanense	<u>V50M</u>	39:07.28	03:55	00:04:49
20	LEITE, HUGO	404	Individual	<u>SenM</u>	39:16.88	03:56	00:04:59
21	MARTINS, VICTOR	441	Sociedade Recreio Capanense	<u>V40M</u>	39:51.78	03:59	00:05:34
22	MARTINS, ANTÓNIO	560	Individual	<u>SenM</u>	39:54.59	03:59	00:05:37
23	OLIVEIRA, CARLOS	431	ACSD de Pedraído	<u>V40M</u>	39:56.44	04:00	00:05:38
24	SECA, ALBANO	427	Fafe Runners	<u>V40M</u>	40:02.89	04:00	00:05:45
25	GONÇALVES, FERNANDO	566	Individual	<u>V50M</u>	40:24.47	04:02	00:06:06
26	SOARES, OSVALDO	495	Sociedade Recreio Capanense	<u>V40M</u>	41:02.17	04:06	00:06:44
27	LEITE, DOMINGOS	600	Individual	<u>V40M</u>	41:05.22	04:07	00:06:47
28	PINTO, FERNANDO	436	Sociedade Recreio Capanense	<u>V40M</u>	41:07.45	04:07	00:06:49
29	SILVA, JOSÉ	473	Individual	<u>SenM</u>	41:08.40	04:07	00:06:50
30	GONÇALVES, JORGE	514	Individual	<u>V40M</u>	41:16.33	04:08	00:06:58
31	BAPTISTA, JORGE	420	Individual	<u>V40M</u>	41:19.86	04:08	00:07:02
32	FERNANDES, RUI	608	0.0	<u>SenM</u>	41:31.69	04:09	00:07:14
33	OLIVEIRA, DANIEL	434	Sociedade Recreio Capanense	<u>V40M</u>	41:35.42	04:10	00:07:17
34	FERNANDES, SÉRGIO	439	Sociedade Recreio Capanense	<u>V40M</u>	41:41.52	04:10	00:07:24
35	CORRELO, ISMAEL	550	Individual	<u>SenM</u>	42:08.43	04:13	00:07:50
36	FERNANDES, EUSEBIO	542	Clube Atletismo Fafe	<u>SenM</u>	42:10.87	04:13	00:07:53
37	CARVALHO, JOSÉ	448	Sociedade Recreio Capanense	<u>V40M</u>	42:14.08	04:13	00:07:56
38	SILVA, PAULO	403	Individual	<u>V40M</u>	42:14.49	04:13	00:07:56
39	VALENTE, RAUL	511	Individual	<u>SenM</u>	42:21.20	04:14	00:08:03
40	MARTINS, LUIS	471	IM	<u>SenM</u>	42:35.20	04:16	00:08:17
41	COSTA, JOSÉ	569	bootcamp arco	<u>SenM</u>	42:37.33	04:16	00:08:19
42	TORREZ, JULIO	554	Individual	<u>SenM</u>	42:43.53	04:16	00:08:26
43	MOREIRA, ANDRÉ	539	Individual	<u>SenM</u>	42:44.87	04:16	00:08:27
44	NUNES, LUÍS	534	Manos 6A	<u>SenM</u>	43:10.95	04:19	00:08:53

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
45	VILELA, LUÍS	432	Sociedade Recreio Capanense	<u>V50M</u>	43:14.19	04:19	00:08:56
46	NOGUEIRA, ANTÓNIO	484	Individual	<u>V40M</u>	43:24.31	04:20	00:09:06
47	MENDES, JOSÉ	406	Individual	<u>SenM</u>	43:46.83	04:23	00:09:29
48	OLIVEIRA, MARCELO	574	Individual	<u>V40M</u>	43:51.15	04:23	00:09:33
49	CAMPOS, JOSE	502	CBC Runners	<u>V50M</u>	43:59.10	04:24	00:09:41
50	CUNHA, FRANCISCO	446	Sociedade Recreio Capanense	<u>V40M</u>	44:01.98	04:24	00:09:44
51	SOUSA, LUIS	520	Fafe Runners	<u>SenM</u>	44:09.41	04:25	00:09:51
52	MENDES, ANTÓNIO	486	Sociedade Recreio Capanense	<u>V50M</u>	44:12.45	04:25	00:09:54
53	FERNANDES, CARLOS	601	bootcamp arco	<u>SenM</u>	44:25.64	04:27	00:10:08
54	LEITE, JOÃO	449	Individual	<u>SenM</u>	44:26.17	04:27	00:10:08
55	GONÇALVES, PEDRO	433	Sociedade Recreio Capanense	<u>SenM</u>	44:33.01	04:27	00:10:15
56	LOPES, CARLOS	494	Sociedade Recreio Capanense	<u>V40M</u>	44:35.49	04:28	00:10:17
57	SILVA, PEDRO	559	Individual	<u>V40M</u>	44:44.94	04:28	00:10:27
58	COSTA, FLÁVIO	451	Individual	<u>SenM</u>	45:04.84	04:30	00:10:47
59	ALVES, ORLANDO	547	Individual	<u>V40M</u>	45:05.32	04:31	00:10:47
60	PEREIRA, HÉLDER	424	Travassós Running Fafe	<u>SenM</u>	45:10.34	04:31	00:10:52
61	BARROS, VITOR	452	Individual	<u>V40M</u>	45:15.95	04:32	00:10:58
62	MENDES, CÁTIA	141	Individual	<u>SenF</u>	45:19.58	04:32	00:11:02
63	RIBEIRO, AUGUSTO	493	Sociedade Recreio Capanense	<u>V50M</u>	45:19.70	04:32	00:11:02
64	MONIZ, SÉRGIO	563	União Desportiva Amigos da Roda de Quinchães	<u>V40M</u>	45:39.77	04:34	00:11:22
65	FERNANDES, BRUNO	500	CBC Runners	<u>SenM</u>	45:41.80	04:34	00:11:24
66	FERNANDES, WALTER	548	Individual	<u>SenM</u>	45:42.38	04:34	00:11:24
67	MENDES, CARLOS	604	Individual	<u>SenM</u>	45:44.04	04:34	00:11:26
68	MACHADO, TIAGO	478	Individual	<u>SenM</u>	45:44.10	04:34	00:11:26
69	FERNANDES, JOAQUIM	480	Individual	<u>V50M</u>	45:50.02	04:35	00:11:32
70	BARROSO, JOSÉ	544	Individual	<u>SenM</u>	45:56.80	04:36	00:11:39
71	MENDES, JOÃO	552	Clube Atletismo Fafe	<u>SenM</u>	45:57.26	04:36	00:11:39
72	CASTRO, VÍTOR	437	Sociedade Recreio Capanense	<u>SenM</u>	46:04.84	04:36	00:11:47
73	SILVA, RUI	496	Sociedade Recreio Capanense	<u>V40M</u>	46:05.24	04:37	00:11:47
74	PEREIRA, ANTÓNIO	488	Sociedade Recreio Capanense	<u>V40M</u>	46:05.59	04:37	00:11:48
75	CARVALHO, CLÁUDIA	140	Sociedade Recreio Capanense	<u>SenF</u>	46:06.39	04:37	00:11:48
76	GOMES, LUÍS	487	Sociedade Recreio Capanense	<u>V50M</u>	46:12.01	04:37	00:11:54
77	FERREIRO, JOSÉ	509	Individual	<u>SenM</u>	46:14.18	04:37	00:11:56
78	TEIXEIRA, CLÁUDIO	418	Fafe Runners	<u>V40M</u>	46:23.95	04:38	00:12:06
79	MENDES, SÉRGIO	491	Sociedade Recreio Capanense	<u>SenM</u>	46:28.38	04:39	00:12:10
80	FONSECA, ARMANDO	525	Sociedade Recreio Capanense	<u>V40M</u>	46:35.80	04:40	00:12:18
81	TEIXEIRA, CARLOS	607	Individual	<u>SenM</u>	46:35.90	04:40	00:12:18
82	RIBEIRO, CARLOS	499	Sociedade Recreio Capanense	<u>SenM</u>	46:48.73	04:41	00:12:31
83	MORAIS, MARTINHO	521	Individual	<u>SenM</u>	46:55.54	04:42	00:12:38
84	JUSINSKA, MONIKA	108	Individual	<u>SenF</u>	46:55.76	04:42	00:12:38
85	MOREIRA, PEDRO	412	OS PANISGAS	<u>SenM</u>	47:08.47	04:43	00:12:50
86	VIEIRA, RICARDO	450	Individual	<u>SenM</u>	47:11.87	04:43	00:12:54
87	SILVA, PATRÍCIO	445	Sociedade Recreio Capanense	<u>SenM</u>	47:14.26	04:43	00:12:56
88	LIMA, JOÃO	530	Individual	<u>V40M</u>	47:14.65	04:43	00:12:57

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
89	LOPES, JOÃO	453	Desportivo Ases S, Jorge - Fafe	<u>V50M</u>	47:29.68	04:45	00:13:12
90	CARNEIRO, MANUEL	572	bootcamp arco	<u>SenM</u>	47:29.87	04:45	00:13:12
91	GUIMARAES, PAULO	482	Individual	<u>V40M</u>	47:43.82	04:46	00:13:26
92	RODRIGUES, PATRÍCIO	401	Individual	<u>SenM</u>	47:46.05	04:47	00:13:28
93	MAGALHAES, HUGO	516	Individual	<u>SenM</u>	47:48.96	04:47	00:13:31
94	OLIVEIRA, JOÃO	435	Sociedade Recreio Capanense	<u>V40M</u>	47:49.78	04:47	00:13:32
95	FREITAS, AURÉLIE	118	Sociedade Recreio Capanense	<u>SenF</u>	47:51.02	04:47	00:13:33
96	DUARTE, DAMIÃO	422	Travassós Running Fafe	<u>SenM</u>	47:51.46	04:47	00:13:33
97	SÁ, JOSE	415	Individual	<u>V50M</u>	47:52.60	04:47	00:13:35
98	BENTO, FILIPE	425	Travassós Running Fafe	<u>V40M</u>	47:52.61	04:47	00:13:35
99	PIRES, ANTÓNIO	564	Individual	<u>V40M</u>	47:56.88	04:48	00:13:39
100	PAULO, #Func!	409	Individual	<u>V40M</u>	48:01.26	04:48	00:13:43
101	RODRIGUES, MANUEL	505	Individual	<u>SenM</u>	48:02.16	04:48	00:13:44
102	HENRIQUES, DANIEL	400	Individual	<u>SenM</u>	48:11.01	04:49	00:13:53
103	CASTRO, RUI	541	Individual	<u>SenM</u>	48:12.37	04:49	00:13:54
104	LAPEIRA, NUNO	447	Sociedade Recreio Capanense	<u>V40M</u>	48:15.86	04:50	00:13:58
105	MAGALHÃES, ANTÓNIO	537	Individual	<u>SenM</u>	48:16.99	04:50	00:13:59
106	GOMES, BRUNO	442	Sociedade Recreio Capanense	<u>SenM</u>	48:39.86	04:52	00:14:22
107	LEITE, MIGUEL	408	Individual	<u>SenM</u>	48:41.68	04:52	00:14:24
108	FERNANDES, SERGIO	501	CBC Runners	<u>V40M</u>	48:42.45	04:52	00:14:24
109	CUNHA, FILIPE	416	Individual	<u>SenM</u>	48:59.22	04:54	00:14:41
110	LOPES, JOSÉ	603	Individual	<u>V40M</u>	49:14.02	04:55	00:14:56
111	NOGUEIRA, SÉRGIO	460	União Desportiva Amigos da Roda de Quinchães	<u>V40M</u>	49:20.76	04:56	00:15:03
112	RODRIGUES, SUSANA	102	Fafe Runners	<u>SenF</u>	49:21.23	04:56	00:15:03
113	RIBEIRO, PAULO	598	Individual	<u>V40M</u>	49:35.50	04:58	00:15:18
114	CARVALHO, DIOGO	413	OS PANISGAS	<u>SenM</u>	49:39.17	04:58	00:15:21
115	NOVAL, MARTA	116	Travassós Running Fafe	<u>SenF</u>	49:39.82	04:58	00:15:22
116	LOPES, PAULO	426	Travassós Running Fafe	<u>SenM</u>	49:40.08	04:58	00:15:22
117	CASTRO, JOSE	568	Individual	<u>V40M</u>	49:41.62	04:58	00:15:24
118	ALVES, ISMAEL	417	Individual	<u>V40M</u>	49:48.47	04:59	00:15:30
119	COSTA, RICARDO	485	Sociedade Recreio Capanense	<u>SenM</u>	50:03.82	05:00	00:15:46
120	CUNHA, CRISTINA	125	Sociedade Recreio Capanense	<u>V40F</u>	50:10.20	05:01	00:15:52
121	FREITAS, ANTÓNIO	454	União Desportiva Amigos da Roda de Quinchães	<u>V50M</u>	50:20.39	05:02	00:16:02
122	MIRANDA, LUÍS	507	Team Gym Amigalhaços - SARC - Salgueiral - RUN	<u>V40M</u>	50:34.41	05:03	00:16:16
123	FERREIRA, AVELINO	523	Individual	<u>V50M</u>	50:37.47	05:04	00:16:19
124	LEMONS, ALCIDES	510	Individual	<u>V40M</u>	50:43.39	05:04	00:16:25
125	PEREIRA, JOÃO	414	Individual	<u>V40M</u>	50:48.38	05:05	00:16:30
126	CASTRO, GERALDO	535	Manos 6A	<u>SenM</u>	50:50.29	05:05	00:16:32
127	FREITAS, PAULO	517	Individual	<u>SenM</u>	50:56.98	05:06	00:16:39
128	PINTO, JOSÉ	599	Individual	<u>V50M</u>	51:00.54	05:06	00:16:43
129	BENTO, MANUELA	138	Sociedade Recreio Capanense	<u>V50F</u>	51:01.70	05:06	00:16:44
130	OLIVEIRA, DIANA	128	Individual	<u>SenF</u>	51:09.71	05:07	00:16:52
131	TEIXEIRA, TÂNIA	111	Primaços	<u>V40F</u>	51:10.25	05:07	00:16:52
132	SILVA, VÍTOR	576	Vimarunners	<u>SenM</u>	51:41.53	05:10	00:17:24

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
133	ALMEIDA, ANTÓNIO	477	Individual	<u>SenM</u>	51:49.25	05:11	00:17:31
134	ABREU, JOÃO	428	Individual	<u>SenM</u>	51:54.97	05:11	00:17:37
135	FREITAS, ISABEL	120	Sociedade Recreio Capanense	<u>V40F</u>	51:58.54	05:12	00:17:41
136	CUNHA, GRACINDA	123	Sociedade Recreio Capanense	<u>V40F</u>	52:05.49	05:13	00:17:47
137	PEREIRA, ORLANDO	474	Os primos	<u>V40M</u>	52:22.69	05:14	00:18:05
138	CARVALHO, JOSÉ	423	Travassós Running Fafe	<u>SenM</u>	52:31.48	05:15	00:18:13
139	SILVA, LINO	429	Individual	<u>V50M</u>	52:43.73	05:16	00:18:26
140	COSTA, ANTÓNIO	402	Individual	<u>SenM</u>	52:45.01	05:17	00:18:27
141	SOARES, MARCO	508	Individual	<u>SenM</u>	53:14.29	05:19	00:18:56
142	COSTA, PEDRO	476	Os primos	<u>SenM</u>	53:16.51	05:20	00:18:59
143	LOPES, CARLOS	503	Individual	<u>SenM</u>	53:46.14	05:23	00:19:28
144	COUTO, JORGE	553	Individual	<u>V40M</u>	54:17.32	05:26	00:19:59
145	LIRA, JOÃO	419	Individual	<u>SenM</u>	54:17.33	05:26	00:19:59
146	BASTOS, NUNO	565	Individual	<u>SenM</u>	54:22.89	05:26	00:20:05
147	MESQUITA, JOAO	571	Individual	<u>V40M</u>	54:33.28	05:27	00:20:15
148	CARDOSO, JOAO	555	Individual	<u>V40M</u>	54:33.87	05:27	00:20:16
149	ALONSO, MIGUEL	518	Afonsinhos	<u>SenM</u>	54:50.20	05:29	00:20:32
150	LOBO, LUIS	529	Individual	<u>SenM</u>	54:50.32	05:29	00:20:32
151	SANTIAGO, MARIANA	104	Individual	<u>SenF</u>	55:05.92	05:31	00:20:48
152	LAMEIRAS, ADRIANO	546	Individual	<u>V40M</u>	55:07.30	05:31	00:20:49
153	ANTUNES, DIOGO	466	Individual	<u>SenM</u>	55:39.74	05:34	00:21:22
154	PEIXOTO, MARTA	127	Fisiojoane	<u>SenF</u>	55:46.19	05:35	00:21:28
155	FAJARDO, VICTOR	522	Individual	<u>V40M</u>	55:53.44	05:35	00:21:35
156	HIGINO, NATAL	512	Individual	<u>V50M</u>	55:57.77	05:36	00:21:40
157	COSTA, ANDRÉ	492	Sociedade Recreio Capanense	<u>SenM</u>	56:00.79	05:36	00:21:43
158	FREITAS, RUI	504	Individual	<u>V40M</u>	56:01.13	05:36	00:21:43
159	MOREIRA, JOÃO	479	Individual	<u>SenM</u>	56:06.14	05:37	00:21:48
160	CUNHA, AUGUSTO	483	Individual	<u>V50M</u>	56:10.36	05:37	00:21:52
161	CARVALHO, ARISTIDES	577	Lameira Runners	<u>SenM</u>	56:28.60	05:39	00:22:11
162	SILVA, TERESA	149	Lameira Runners	<u>SenF</u>	56:28.66	05:39	00:22:11
163	CUNHA, JOSÉ	602	Individual	<u>SenM</u>	56:29.68	05:39	00:22:12
164	ALVES, ÂMANDIA	137	Individual	<u>V40F</u>	56:34.53	05:39	00:22:17
165	ANTUNES, ÓSCAR	458	União Desportiva Amigos da Roda de Quinchães	<u>SenM</u>	56:36.11	05:40	00:22:18
166	MENDES, DIANA	122	Sociedade Recreio Capanense	<u>SenF</u>	56:38.42	05:40	00:22:20
167	FREITAS, SANDRINE	119	Sociedade Recreio Capanense	<u>SenF</u>	56:38.53	05:40	00:22:21
168	FERNANDES, EDISON	515	Individual	<u>V40M</u>	57:06.64	05:43	00:22:49
169	FERNANDES, SILVERIO	570	Amigos das Sapatilhas	<u>SenM</u>	57:07.63	05:43	00:22:50
170	SALGADO, ADRIANA	143	Individual	<u>SenF</u>	57:36.39	05:46	00:23:18
171	MELO, JOANA	132	Individual	<u>SenF</u>	57:48.77	05:47	00:23:31
172	OLIVEIRA, ANA	107	Individual	<u>SenF</u>	58:11.78	05:49	00:23:54
173	SILVA, JOÃO	506	Individual	<u>V40M</u>	58:20.73	05:50	00:24:03
174	TEIXEIRA, HUGO	513	Individual	<u>SenM</u>	58:29.54	05:51	00:24:12
175	SOARES, JOSÉ	467	Individual	<u>V50M</u>	59:05.71	05:55	00:24:48
176	SOARES, DIANA	134	Individual	<u>SenF</u>	59:06.04	05:55	00:24:48

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
177	SOUSA, RITA	103	Individual	<u>SenF</u>	59:15.98	05:56	00:24:58
178	SILVA, PEDRO	606	Individual	<u>SenM</u>	59:16.36	05:56	00:24:58
179	FREITAS, BERNARDINO	532	Individual	<u>V50M</u>	59:18.88	05:56	00:25:01
180	CARVALHO, JOSÉ	461	União Desportiva Amigos da Roda de Quinchães	<u>V40M</u>	59:25.83	05:57	00:25:08
181	CASTRO, ELSON	551	Individual	<u>SenM</u>	59:31.11	05:57	00:25:13
182	MAGALHAES, ANTÓNIO	430	Individual	<u>SenM</u>	59:39.60	05:58	00:25:22
183	ALVES, LIONEL	528	Individual	<u>SenM</u>	59:40.84	05:58	00:25:23
184	COSTA, OSCAR	459	União Desportiva Amigos da Roda de Quinchães	<u>V40M</u>	1:00:12.30	06:01	00:25:54
185	MARQUES, BENIGNO	455	União Desportiva Amigos da Roda de Quinchães	<u>V40M</u>	1:00:12.55	06:01	00:25:55
186	GONÇALVES, DIANA	146	Individual	<u>SenF</u>	1:00:24.57	06:02	00:26:07
187	MARTINS, JOSÉ	470	IM	<u>V50M</u>	1:00:34.86	06:03	00:26:17
188	MAGALHÃES, JOANA	142	Individual	<u>SenF</u>	1:01:53.96	06:11	00:27:36
189	GONÇALVES, JOANA	145	Vimarunners	<u>SenF</u>	1:02:03.36	06:12	00:27:45
190	FREITAS, MIGUEL	596	Individual	<u>V50M</u>	1:02:04.09	06:12	00:27:46
191	OLIVEIRA, CONCEIÇÃO	109	Individual	<u>V40F</u>	1:02:05.99	06:13	00:27:48
192	DIAS, SÍLVIA	148	Vimarunners	<u>SenF</u>	1:02:06.06	06:13	00:27:48
193	MOTA, ANABELA	100	Anabela Leite da Mota	<u>V40F</u>	1:02:06.19	06:13	00:27:48
194	COSTA, CARLOS	475	Os primos	<u>V40M</u>	1:02:06.49	06:13	00:27:48
195	GONÇALVES, NATÁLIA	130	União Desportiva Amigos da Roda de Quinchães	<u>SenF</u>	1:02:25.24	06:15	00:28:07
196	NOVAIS, ADELAIDE	136	Individual	<u>V40F</u>	1:02:40.84	06:16	00:28:23
197	SILVA, ANA	114	""As Vizinhas""	<u>SenF</u>	1:02:40.87	06:16	00:28:23
198	PINTO, ESMERALDA	115	""As Vizinhas""	<u>V40F</u>	1:02:41.35	06:16	00:28:23
199	FREITAS, ANA	113	""As Vizinhas""	<u>SenF</u>	1:02:41.68	06:16	00:28:24
200	CUNHA, PAULA	106	Individual	<u>SenF</u>	1:03:17.74	06:20	00:29:00
201	RIBEIRO, JOAQUIM	561	Individual	<u>V50M</u>	1:03:34.09	06:21	00:29:16
202	SANTOS, FILIPE	469	Os Santos	<u>SenM</u>	1:03:53.14	06:23	00:29:35
203	CORDEIRO, CARLA	135	Os Santos	<u>SenF</u>	1:04:49.20	06:29	00:30:31
204	FREITAS, CATARINA	121	Sociedade Recreio Capanense	<u>V40F</u>	1:04:59.21	06:30	00:30:41
205	GONÇALVES, AGOSTINHA	139	Sociedade Recreio Capanense	<u>V40F</u>	1:04:59.30	06:30	00:30:41
206	MARTINS, ANABELA	133	Individual	<u>SenF</u>	1:05:56.58	06:36	00:31:39
207	FERREIRA, MARIA	170	Individual	<u>SenF</u>	1:07:11.70	06:43	00:32:54
208	RIBEIRO, CARLA	101	Fafe a Correr	<u>SenF</u>	1:07:11.71	06:43	00:32:54
209	PEREIRA, MARCO	444	Sociedade Recreio Capanense	<u>SenM</u>	1:09:42.54	06:58	00:35:25
210	DOMINGUES, BÁRBARA	110	Individual	<u>SenF</u>	1:14:05.57	07:25	00:39:48
211	MAIA, BARBARA	126	Sociedade Recreio Capanense	<u>SenF</u>	1:14:06.35	07:25	00:39:48
212	TEIXEIRA, CLÁUDIA	147	Individual	<u>SenF</u>	1:14:28.01	07:27	00:40:10
213	PINHO, JOSE	538	Individual	<u>V40M</u>	1:14:29.60	07:27	00:40:12