

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
1	ELSON, MÁRIO	305	Dr.Merino/4Move	VetIIM	26:44.33	03:21	
2	MONTEIRO, CARLOS	131	F.C. Vizela	VetIIM	27:38.10	03:27	00:00:54
3	SILVA, ANTÓNIO	244	CDS Salvador do Campo	VetIIM	27:47.11	03:28	00:01:03
4	MAGALHÃES, NELSON	308	U.D.Várzea	VetIIM	28:23.77	03:33	00:01:40
5	COSTA, MANUEL	318	A. D. Lustosa	VetIVM	28:33.22	03:34	00:01:49
6	BARROS, ANTÓNIO	112	A.D.R Aveleda	VetIIM	28:40.28	03:35	00:01:56
7	DIAS, FLÁVIO	145	A.D.R Aveleda	SenM	29:00.49	03:38	00:02:16
8	SANTOS, PEDRO	208	Lousada Runners 2	SenM	29:05.29	03:38	00:02:21
9	BESSA, LUIS	180	F.C. Vizela	SenM	30:03.92	03:45	00:03:20
10	MATOS, ALEX	243	Nascidos para Correr	VetIVM	30:13.82	03:47	00:03:30
11	ABREU, HENRIQUE	151	Lousada Hotwheels Runners	SenM	30:26.82	03:48	00:03:43
12	MONTEIRO, JOSE	172	Bairro Carcavelos Synergie	VetVM	30:41.33	03:50	00:03:57
13	SOUSA, BASÍLIO	122	Individual	VetIIM	30:59.00	03:52	00:04:15
14	OLIVEIRA, PAULO	259	Sporting Clube de Espinho	VetIIM	31:06.82	03:53	00:04:23
15	CAMILO, EDUARDO	237	Moinhos Run-ADRM Team	VetIIM	31:17.46	03:55	00:04:33
16	TEIXEIRA, HORÁCIO	153	Lousada Runners 1	VetVM	31:17.70	03:55	00:04:34
17	COELHO, CARLOS	128	Individual	VetIIM	31:18.94	03:55	00:04:35
18	COSTA, AGOSTINHO	102	Individual	VetIIM	31:19.36	03:55	00:04:35
19	GONÇALVES, JOÃO	159	Individual	SenM	31:25.07	03:56	00:04:41
20	SILVA, ADÃO	101	F. C. PENAFIEL	VetIVM	31:30.48	03:56	00:04:46
21	SILVA, MIGUEL	200	Individual	SenM	31:33.92	03:57	00:04:50
22	MOREIRA, LUDGERO	250	Individual	SenM	31:38.95	03:57	00:04:55
23	ALMEIDA, FERNANDO	141	RUNPENAFIEL	VetIIM	31:44.31	03:58	00:05:00
24	GASPAR, ANTÓNIO	113	Individual	VetIIM	31:53.95	03:59	00:05:10
25	NUNES, CARLA	234	Individual	SenF	31:57.10	04:00	00:05:13
26	RIBEIRO, RAMIRO	254	Individual	VetIIM	32:00.85	04:00	00:05:17
27	MOURA, CARLOS	132	Individual	VetIIM	32:06.65	04:01	00:05:23
28	SILVARES, JOAQUIM	167	F. C. PENAFIEL	VetIIM	32:07.83	04:01	00:05:24
29	GONÇALVES, CÉSAR	316	Lousada Runners 1	VetIIM	32:10.31	04:01	00:05:26
30	CARDOSO, TELMO	269	Individual	VetIIM	32:15.59	04:02	00:05:32
31	TEIXEIRA, FILIPE	238	Unidade Especial de Corrida	SenM	32:24.53	04:03	00:05:41
32	VIEIRA, MARISA	322	Individual	SenF	32:24.56	04:03	00:05:41
33	FERREIRA, JOSÉ	249	Individual	VetIVM	32:36.65	04:05	00:05:53
34	RAMOS, ANA	106	Individual	SenF	32:49.13	04:06	00:06:05
35	RIBEIRO, BRUNO	124	NBA ATLETISMO	SenM	33:05.30	04:08	00:06:21
36	NETO, MANUEL	309	São Salvador do Campo	VetVM	33:21.35	04:10	00:06:37
37	FERREIRA, MANUEL	252	Individual	VetVM	33:28.65	04:11	00:06:45
38	MAGALHÃES, FERNANDO	304	Individual	SenM	33:46.74	04:13	00:07:03
39	PEREIRA, MANUEL	189	Lousada Runners 1	VetIIM	33:48.78	04:14	00:07:05
40	LOPES, JOSÉ	323	Power Runners	VetIIM	34:01.60	04:15	00:07:18
41	MARQUES, ABILIO	100	Unidade Especial de Corrida	VetVM	34:27.03	04:18	00:07:43
42	MENESES, TIAGO	317	Lousada Runners 1	SenM	34:29.88	04:19	00:07:46
43	SILVA, ILIDIO	157	Individual	VetIIM	34:30.29	04:19	00:07:46
44	ALMEIDA, HUGO	154	Lousada Runners 1	VetIIM	34:30.54	04:19	00:07:47

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45	NUNES, ANA	321	A. D. Lustosa	SenF	34:41.33	04:20	00:07:57
46	CAMILO, HELDER	236	Moinhos Run-ADRM Team	SenM	34:43.10	04:20	00:07:59
47	VAZ, MARCO	190	NBA ATLETISMO	VetIM	34:57.37	04:22	00:08:13
48	REIS, JORGE	247	Individual	SenM	35:00.48	04:23	00:08:16
49	MAGALHÃES, JOSÉ	307	Alfenense	VetVIM	35:28.06	04:26	00:08:44
50	FERNANDES, FERNANDO	261	Individual	SenM	35:29.41	04:26	00:08:45
51	COSTA, DIOGO	314	Individual	SenM	35:38.10	04:27	00:08:54
52	SILVA, ANTÓNIO	258	Lousada Runners 2	VetIVM	35:39.45	04:27	00:08:55
53	FERNANDO, ANTÓNIO	306	Individual	VetIIM	35:42.20	04:28	00:08:58
54	GOMES, BRUNO	123	Individual	SenM	35:48.37	04:29	00:09:04
55	PEREIRA, JOAQUIM	262	Greb Bonfim	VetVIM	35:50.32	04:29	00:09:06
56	LEÃO, CÉSAR	320	UEC	VetIM	35:54.49	04:29	00:09:10
57	COELHO, JOSÉ	310	Individual	VetIM	35:56.07	04:30	00:09:12
58	COSTA, JOSE	257	Lousada Runners 2	VetIM	36:09.78	04:31	00:09:26
59	DEVEZA, HELDER	148	Clube Académico Mogadouro	VetIIM	36:15.95	04:32	00:09:32
60	OLIVEIRA, ARMANDO	265	Lousada Runners 2	VetVM	36:32.41	04:34	00:09:48
61	COELHO, RAUL	255	Individual	VetIM	36:35.53	04:34	00:09:52
62	PINTO, RICARDO	213	Ja te apanho	SenM	37:07.10	04:38	00:10:23
63	LEITE, ANTÓNIO	114	Lousada Hotwheels Runners	SenM	37:23.92	04:40	00:10:40
64	SILVA, JOAQUIM	166	Individual	VetIM	37:26.13	04:41	00:10:42
65	COELHO, LUIS	181	Individual	VetIIM	37:26.14	04:41	00:10:42
66	MORAIS, ANTÓNIO	117	Individual	VetIM	37:31.63	04:41	00:10:48
67	GUIMARAES, JOAO	160	A. D. Lustosa	VetIVM	37:33.12	04:42	00:10:49
68	SOUSA, JOSÉ	175	Lousada Hotwheels Runners	VetIIM	37:48.03	04:44	00:11:04
69	OLIVEIRA, CARLOS	245	Individual	VetIIM	37:48.14	04:44	00:11:04
70	FERREIRA, GILBERTO	146	Individual	VetIM	37:56.93	04:45	00:11:13
71	CUNHA, FÁBIO	139	Javallis portugal	SenM	38:03.92	04:45	00:11:20
72	RAMOS, LEANDRO	179	Individual	VetIIM	38:04.48	04:46	00:11:20
73	SOUSA, ANTÓNIO	119	Individual	VetVIM	38:09.11	04:46	00:11:25
74	RIBEIRO, ANTÓNIO	118	Lousada Hotwheels Runners	VetIIM	38:19.87	04:47	00:11:36
75	MARTINS, CARLOS	130	Cfit	VetIM	38:20.65	04:48	00:11:37
76	GUIMARÃES, PEDRO	303	Cfit	SenM	38:27.89	04:48	00:11:44
77	COSTA, ANDREIA	110	Individual	SenF	38:29.86	04:49	00:11:46
78	PINTO, DAVIDE	135	Individual	SenM	38:30.27	04:49	00:11:46
79	BARBOSA, RICARDO	212	Individual	SenM	38:40.91	04:50	00:11:57
80	MARQUES, TELMO	227	Lousada Runners 2	SenM	38:41.75	04:50	00:11:58
81	RIBEIRO, TIAGO	229	Individual	SenM	38:45.74	04:51	00:12:02
82	GOMES, GERALDO	313	Marco Trail	VetIVM	39:02.83	04:53	00:12:19
83	FERREIRA, FILIPE	144	Individual	SenM	39:08.06	04:54	00:12:24
84	RIBEIRO, RUI	221	Lousada Hotwheels Runners	VetIIM	39:11.09	04:54	00:12:27
85	SOUSA, GONÇALO	147	Lousada Hotwheels Runners	SenM	39:12.37	04:54	00:12:28
86	MOREIRA, JOÃO	161	Lousada Hotwheels Runners	SenM	39:18.99	04:55	00:12:35
87	FREIRE, LUÍS	182	Individual	SenM	39:21.72	04:55	00:12:38
88	BARBOSA, DANIEL	241	BTT Alegria / TUBANI	SenM	39:24.98	04:56	00:12:41

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89	TEIXEIRA, MANUEL	186 Individual	VetIVM	39:29.60	04:56	00:12:46
90	VENTUZELOS, JOSÉ	177 Lousada Runners 1	VetIIM	39:30.14	04:56	00:12:46
91	MARTINS, DOMINGOS	136 Cfit	SenM	39:33.80	04:57	00:12:50
92	SERENO, ANA	107 Individual	SenF	39:36.02	04:57	00:12:52
93	RIBEIRO, VASCO	232 Lousada Hotwheels Runners	SenM	39:37.08	04:57	00:12:53
94	MARTINS, ANDRÉ	108 Cfit	SenM	39:48.94	04:59	00:13:05
95	ROCHA, HUGO	156 Individual	VetIM	39:49.00	04:59	00:13:05
96	SOUSA, LUÍS	185 Individual	VetIIM	39:50.40	04:59	00:13:06
97	MENDES, SERGIO	224 Individual	VetIIM	39:54.66	04:59	00:13:11
98	CORREIA, TOMAS	230 Ja te apanho	VetIVM	40:09.75	05:01	00:13:26
99	MATOS, JOSÉ	171 Rodas Tortas BTT	SenM	40:17.36	05:02	00:13:33
100	SANTOS, BRUNO	266 Individual	VetIM	40:24.80	05:03	00:13:41
101	OLIVEIRA, NELSON	253 Individual	SenM	40:24.97	05:03	00:13:41
102	SILVA, FRANCISCO	242 BTT Alegria / TUBANI	VetIIM	40:31.34	05:04	00:13:47
103	BARBOSA, ARMINDO	315 Individual	SenM	40:35.97	05:04	00:13:52
104	OLIVEIRA, NUNO	203 Individual	SenM	40:36.39	05:05	00:13:52
105	SOUSA, PAULO	207 Lousada Hotwheels Runners	VetIIM	40:48.06	05:06	00:14:04
106	COSTA, RUI	219 Individual	SenM	40:50.78	05:06	00:14:07
107	AFONSO, SANDRO	223 Individual	SenM	41:22.59	05:10	00:14:39
108	TEIXEIRA, JOSÉ	176 Individual	VetIVM	41:23.13	05:10	00:14:39
109	MOURA, CESAR	260 Individual	SenM	41:23.80	05:10	00:14:40
110	COSTA, CATARINA	324 Individual	SenF	41:32.32	05:12	00:14:48
111	BARBOSA, JOSE	168 Ja te apanho	VetIM	41:52.09	05:14	00:15:08
112	PACHECO, VASCO	231 Lousada Hotwheels Runners	VetIIM	41:52.27	05:14	00:15:08
113	MENDONCA, ANGELO	111 Individual	VetIM	41:59.59	05:15	00:15:16
114	MARIA, ANTÓNIO	115 Individual	VetIVM	42:11.16	05:16	00:15:27
115	MARQUES, LUÍS	183 Individual	VetIIM	42:16.18	05:17	00:15:32
116	VENTUZELOS, JOÃO	163 Lousada Runners 1	SenM	42:21.67	05:18	00:15:38
117	PEREIRA, JOAQUIM	164 Individual	VetIIM	42:28.04	05:19	00:15:44
118	MATOS, EDUARDO	137 Rodas Tortas BTT	VetVIM	42:38.04	05:20	00:15:54
119	CARVALHO, JOSÉ	169 Individual	VetIVM	42:40.46	05:20	00:15:56
120	CARDOSO, TÂNIA	226 Individual	SenF	42:50.63	05:21	00:16:07
121	NUNES, TIAGO	228 NBA ATLETISMO	SenM	42:50.97	05:21	00:16:07
122	PACHECO, HUGO	155 Individual	VetIM	42:51.18	05:21	00:16:07
123	CARVALHO, CARLOS	302 Cfit	SenM	42:57.63	05:22	00:16:14
124	FERREIRA, CARLOS	129 Individual	SenM	43:08.50	05:24	00:16:25
125	SANTOS, JULIO	178 Ja te apanho	VetIIM	43:08.98	05:24	00:16:25
126	VIEIRA, CARLOS	240 BTT Alegria / TUBANI	SenM	43:11.25	05:24	00:16:27
127	RENATO, RENATO	210 Individual	SenM	43:15.96	05:24	00:16:32
128	MATOS, ROBERTO	215 Rodas Tortas BTT	VetIIM	43:31.71	05:26	00:16:48
129	CARVALHEIRAS, JOSÉ	248 Individual	VetIIM	43:32.07	05:27	00:16:48
130	BALBINO, MANUEL	188 Individual	VetIIM	43:39.94	05:27	00:16:56
131	MAGALHAES, ALFREDO	104 Individual	VetIVM	43:51.91	05:29	00:17:08
132	SILVA, MARIA	263 F.C. Vizela	VetIIF	43:55.05	05:29	00:17:11

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133	COELHO, DIOGO	327	Individual	SenM	43:57.89	05:30	00:17:14
134	TEIXEIRA, JOÃO	326	Individual	SenM	44:00.64	05:30	00:17:17
135	PINTO, MOURA	235	Individual	VetVM	44:05.24	05:31	00:17:21
136	SILVA, ANA	319	F.C. Vizela	SenF	44:08.54	05:31	00:17:25
137	SAMPAIO, ROSA	218	NBA ATLETISMO	SenF	44:14.47	05:32	00:17:30
138	PINTO, DAVID	134	NBA ATLETISMO	SenM	44:14.55	05:32	00:17:31
139	SILVA, BRUNO	239	BTT Alegria / TUBANI	VetIM	44:15.82	05:32	00:17:32
140	COSTA, ANDRÉ	109	Individual	SenM	44:19.82	05:32	00:17:36
141	GONÇALVES, RUI	256	Individual	SenM	44:20.91	05:33	00:17:37
142	BORGES, SÓNIA	225	Individual	SenF	44:34.56	05:34	00:17:51
143	AZEVEDO, MIGUEL	199	Individual	VetIIM	44:49.86	05:36	00:18:06
144	PINTO, LUIS	251	Individual	SenM	44:57.52	05:37	00:18:14
145	PINTO, FILIPE	246	Individual	VetIM	44:58.16	05:37	00:18:14
146	MESQUITA, ANTÓNIO	116	Individual	VetIIM	45:00.77	05:38	00:18:17
147	TEIXEIRA, MARIA	197	Individual	VeIIIF	45:33.27	05:42	00:18:49
148	ALVES, ALBERTO	103	5 á Hora	VeIIIM	46:03.48	05:45	00:19:19
149	RIBEIRO, MÁRCIA	312	Individual	VetIF	47:48.97	05:59	00:21:05
150	SERAFIM, PEDRO	209	Individual	SenM	47:49.26	05:59	00:21:05
151	OLIVEIRA, JOANA	158	Individual	SenF	47:50.18	05:59	00:21:06
152	DIAS, MARIA	193	Individual	VeIIIF	48:24.04	06:03	00:21:40
153	REIS, PAULA	204	Lousada Runners 2	VeIIIF	48:28.54	06:04	00:21:45
154	GOMES, ROSA	217	Individual	VetIIF	48:28.87	06:04	00:21:45
155	SILVA, JOÃO	162	Individual	SenM	49:05.80	06:08	00:22:22
156	SANTOS, CARLA	125	Individual	VetIF	49:06.13	06:08	00:22:22
157	MARTINS, ARLINDO	120	Cfit	VetIM	49:26.42	06:11	00:22:42
158	MARTINS, HERCULANO	152	Cfit	VetIIM	50:25.13	06:18	00:23:41
159	MAGALHÃES, ADRIANA	325	Individual	SenF	50:44.26	06:21	00:24:00
160	COSTA, JOSE	170	Individual	SenM	50:45.55	06:21	00:24:02
161	NETO, RITA	214	Individual	SenF	50:45.56	06:21	00:24:02
162	PINTO, JOSÉ	173	Festival	VetIIM	52:31.12	06:34	00:25:47
163	SANTOS, MARIA	195	Festival	VetIF	52:32.15	06:34	00:25:48
164	SOARES, VITOR	233	Festival	VetIIM	52:32.30	06:34	00:25:48
165	RIBEIRO, FERNANDA	140	Individual	VetIF	53:04.53	06:38	00:26:21
166	GASPAR, MARIA	194	Individual	VeIIIF	53:38.09	06:42	00:26:54
167	VENTUZELOS, FILIPA	142	Lousada Runners 1	VetIIF	54:37.00	06:50	00:27:53
168	SILVA, PAULO	206	Individual	VeIIIM	54:37.93	06:50	00:27:54
169	SILVA, HELENA	150	A última do Ano!	SenF	55:15.69	06:54	00:28:32
170	GUEDES, RUI	220	A última do Ano!	SenM	55:15.91	06:54	00:28:32
171	CASTRO, MARIA	192	Individual	VeIIIF	55:20.54	06:55	00:28:37
172	MAGALHÃES, SANDRA	222	Lousada Runners 1	VetIF	57:18.82	07:10	00:30:35
173	SILVA, ROMEU	216	Lousada Runners 1	VetIIM	57:19.36	07:10	00:30:35
174	SILVA, MARIA	196	Papa Trail's	SenF	57:41.32	07:13	00:30:57
175	SILVA, JOSÉ	174	Papa Trail's	SenM	57:42.28	07:13	00:30:58
176	SILVA, EDUARDO	138	Papa Trail's	SenM	57:42.54	07:13	00:30:59

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177	OLIVEIRA, ÂNGELA	264	Lousada Runners 1	VetIVF	1:09:36.21	08:42	00:42:52
178	MARQUES, MARGARIDA	191	Lousada Runners 2	VetIVF	1:09:37.27	08:42	00:42:53