

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	Escalão
183	1	1	SIMON RAMA	C.E. LA VESPA DE NOVETLE	M	32:54.88	MSEN
2	2	1	VALTER PEREIRA	CYCLONES	M	33:16.30	M35
201	3	1	MIGUEL FIGUEIREDO	FIGUEIREDORUNNERS	M	34:29.28	M45
195	4	2	RUBEN VELOSO	EDV VIANA TRAIL	M	34:35.24	MSEN
92	5	3	JOEL PEREIRA	MINHO E LIMA TRAIL	M	34:55.72	MSEN
206	6	4	PEDRO BARROS	CYCLONES	M	35:32.94	MSEN
91	7	2	LUIS MAGALHAES	MINHO E LIMA TRAIL	M	35:54.73	M45
143	8	1	DIANA SOUSA	RUNTEJO CM SOCKS	F	36:09.30	FSEN
149	9	1	JOSE MIRANDA	TROGLODITAS RUNNERS	M	36:12.31	M40
93	10	5	BRUNO RODRIGUES	MINHO E LIMA TRAIL	M	36:18.28	MSEN
176	11	2	NUNO GUIMARAES	TROGLODITAS RUNNERS	M	36:28.03	M35
150	12	3	CASTOR SALGADO	TROGLODITAS RUNNERS	M	36:30.86	M45
212	13	6	MANUEL FERREIRA	CYCLONES	M	37:08.84	MSEN
141	14	1	LAURA SILVA	SAO SALVADOR DO CAMPO	F	37:24.70	F35
194	15	7	PAULO RIBEIRO	APULIA A CORRER	M	37:35.61	MSEN
94	16	8	DIOGO SILVA	MINHO E LIMA TRAIL	M	37:36.71	MSEN
166	17	4	ABEL FRANCO	PIRAMIDE RADICAL CLUBE	M	37:36.87	M45
160	18	2	ANDREIA CUNHA	RUNTEJO CM SOCKS	F	38:01.92	FSEN
105	19	5	FERNANDO GARCIA	TROGLODITAS RUNNERS	M	38:06.07	M45
84	20	2	JOAO AFONSO	ACADEMIA DESPORTIVA DE ARCOS DE VALDEVEZ	M	38:13.82	M40
132	21	3	CARLOS BARBOSA		M	38:37.89	M35
188	22	4	BRUNO MACHADO	CORRER PARA COMER	M	38:45.58	M35
181	23	6	ARTUR ROCHA	AMC TRAIL	M	38:52.39	M45
228	24	9	JOAO BRANCO	OLIMPIACO DE VIANENSE	M	39:14.18	MSEN
152	25	2	CARLA PEREIRA	OLIMPICO VIANENSE TRAIL	F	39:14.53	F35
74	26	7	PETER SILVA		M	39:18.40	M45
179	27	10	MARCIO ARAUJO	RIBEITRAIL	M	39:40.42	MSEN
139	28	5	VASCO RODRIGUES	SANTA BARBARA	M	39:50.45	M35
3	29	1	ANTONIO BARBOSA	MINHO E LIMA TRAIL	M	39:57.24	M50
147	30	1	PAULA RIOS	VIANA RUNNING	F	40:07.09	F45
167	31	11	TIAGO HENRIQUES	VIANA RUNNING	M	40:08.07	MSEN
146	32	3	MIGUEL LIRA	VIANA RUNNING	M	40:13.48	M40
142	33	8	CARLOS LOUREIRO	ACADEMIA DESPORTIVA DE ARCOS DE VALDEVEZ	M	40:34.47	M45
81	34	9	JOSE PAIS	EDL	M	40:44.24	M45
95	35	12	FILIPE CORREIA	MINHO E LIMA TRAIL	M	40:44.70	MSEN
46	36	10	DIOGO OLIVEIRA		M	40:49.51	M45
191	37	6	MARCO LISBOA	CORRER PARA COMER	M	40:53.08	M35
200	38	4	RUI SOUSA	ACADEMIA DESPORTIVA DE ARCOS DE VALDEVEZ	M	41:19.09	M40
198	39	1	PAULA COSTA	ACADEMIA DESPORTIVA DE ARCOS DE VALDEVEZ	F	41:19.13	F40
227	40	13	SERGIO FARIA	OS EMPATAS	M	41:27.68	MSEN
177	41	5	GUSTAVO TAVEIRA	TROGLODITAS RUNNERS	M	41:42.13	M40
49	42	14	VITOR GONCALVES	TROGLODITAS RUNNERS	M	41:57.68	MSEN
157	43	7	MINGOS VIEIRA	B V CAMINHA	M	42:00.64	M35
29	44	11	DOMINGOS DIAS	ECOBARCAVENTURA	M	42:19.29	M45

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	Escalão
104	45	8	JOSE CAGUANA	TROGLODITAS RUNNERS	M	42:43.36	M35
124	46	15	JOSE GONZALEZ		M	42:45.05	MSEN
210	47	2	DOMINGOS ROCHA	VIANA RUNNING	M	42:50.69	M50
169	48	12	RAUL CURVA		M	42:56.07	M45
108	49	3	PATRICIA CALDAS		F	43:05.57	FSEN
220	50	16	JOAO AMORIM	PIRAMIDE RADICAL	M	43:29.59	MSEN
180	51	6	VICTOR RODRIGUES	RIBEITRAIL	M	43:37.53	M40
170	52	13	JORGE SILVA	VIANA RUNNING	M	44:14.11	M45
87	53	17	LUIS SA	LETHES TRAIL TEAM	M	44:20.07	MSEN
172	54	1	FLORINDA FERNANDES	CAM TEAM WORKOUT 48	F	44:33.43	F50
168	55	2	HELENA SOUSA	VIANA RUNNING	F	44:51.92	F40
222	56	3	VANESSA OLIVEIRA	OLIMPIACO DE VIANENSE	F	44:52.10	F35
163	57	18	JOAO COSTA	MATERIALIA MATERIAIS DE CONSTRUCAO S.A	M	44:57.53	MSEN
122	58	3	ALBERTO CUNHA	OLIMPICO VIANENSE	M	45:27.03	M50
120	59	7	PAULO SOUSA	AKUAFIT	M	45:33.44	M40
96	60	4	JOSE DIAS	TOP TOP RUNNER	M	46:04.79	M50
77	61	4	MARLENE PUGA	KER SPORT TRAIL RUNNING	F	46:09.98	F35
18	62	5	MARIA BARROS		F	46:13.87	F35
23	63	5	MANUEL PEREIRA	ECOBARCAVENTURA	M	46:16.68	M50
193	64	19	EDUARDO RIBEIRO		M	46:23.40	MSEN
145	65	20	MANUEL CASCALHEIRA		M	46:29.99	MSEN
44	66	4	FERNANDA BARBOSA	OLHAR ENCANTADOR	F	46:36.73	FSEN
27	67	9	FRANCISCO BARBOSA	ECOBARCAVENTURA	M	46:37.14	M35
184	68	10	CARLOS DIAS	ACADEMIA DESPORTIVA DE ARCOS DE VALDEVEZ	M	46:45.69	M35
136	69	21	NUNO FERNANDES		M	46:55.49	MSEN
16	70	5	NATHALIE AFONSO	ACADEMIA DESPORTIVA DE ARCOS DE VALDEVEZ	F	46:58.46	FSEN
47	71	22	LEONEL GARCIA	CRASTO PONTE DA BARCA	M	47:02.41	MSEN
117	72	11	RUI ARAUJO	MELARIA LIMIANA	M	47:10.63	M35
178	73	8	MANUEL CUNHA	OS EMPATAS	M	47:10.91	M40
151	74	12	FILIPE SILVA	B V CAMINHA	M	47:16.08	M35
14	75	23	TIAGO PERETIRA		M	47:34.36	MSEN
164	76	14	JOSE AZEVEDO	MATERIALIA MATERIAIS DE CONSTRUCAO S.A	M	47:35.87	M45
116	77	24	BRUNO FREITAS		M	47:36.08	MSEN
192	78	13	NUNO SARAMAGO	CORRER PARA COMER	M	47:36.32	M35
138	79	14	HERNANI CERQUEIRA	SANTA BARBARA	M	47:41.01	M35
223	80	9	JOAO MARQUES		M	47:44.82	M40
118	81	10	MIGUEL COUTO	MELARIA LIMIANA	M	48:17.49	M40
114	82	15	IVO RODRIGUES		M	48:40.42	M35
85	83	6	FATIMA VEIGA	CAMVC	F	48:41.93	FSEN
238	84	25		238	M	48:45.37	MSEN
109	85	6	ANA CERQUEIRA	TROGLODITAS RUNNERS	F	48:47.37	F35
110	86	16	FILIPE LAGE	TROGLODITAS RUNNERS	M	48:48.82	M35
221	87	6	JOSE PEREIRA		M	48:50.67	M50
56	88	11	DANIEL AMORIM	ACADEMIA DESPORTIVA DE ARCOS DE VALDEVEZ	M	48:51.39	M40

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Tempo	Escalão
17	89	26	EDUARDO SILVA	JET	M	48:56.76	MSEN
203	90	17	PEDRO NEVES		M	49:10.92	M35
55	91	15	PAULO SOARES	LETHES TRAIL TEAM	M	49:21.08	M45
45	92	7	DIAMANTINO COELHO	DCR RUNNER	M	49:41.18	M50
98	93	2	CRISTINA SILVA	SERGIO RODRIGUES FOTOGRAFIA	F	50:21.69	F45
115	94	12	JOSE ARAUJO	ECOBARCAVENTURA	M	50:26.98	M40
101	95	27	PEDRO FERNANDES	TROGLODITAS RUNNERS	M	50:28.56	MSEN
174	96	3	MARTA VELOSO	TROGLODITAS RUNNERS	F	50:29.20	F40
197	97	8	RAUL MACEDO		M	50:42.84	M50
68	98	16	JOSE SOUSA	ASSOCIACAO DE ATLETISMO LEBRES DO SADO	M	50:53.22	M45
67	99	2	ROSA VAZ	TOP TOP RUNNER	F	50:53.74	F50
82	100	28	JOSE MARTINS		M	50:58.75	MSEN
71	101	7	ANDREIA PARENTE		F	51:00.84	F35
70	102	18	NUNO FERREIRA		M	51:01.13	M35
119	103	8	CATARINA PINTO	AKUAFIT	F	51:41.81	F35
125	104	13	CARLOS RODRIGUES	AKUAFIT	M	51:44.21	M40
78	105	14	ARSENIO RODRIGUES		M	51:49.21	M40
130	106	17	INGO BEIER	TEAM ERDINGER ALKOHOLFREI	M	52:04.58	M45
175	107	29	JOAO COSTA	RIBEITRAIL	M	52:49.51	MSEN
236	108	30	RAFAEL FERNANDES		M	53:26.83	MSEN
161	109	18	VITOR COUTO	MATERIALIA MATERIAIS DE CONSTRUCAO S.A	M	53:33.14	M45
239	110	31		239	M	53:36.65	MSEN
202	111	9	JOSE PICA	CANTINHO DA PT	M	53:37.34	M50
126	112	7	ANDREIA SILVA		F	53:46.02	FSEN
73	113	9	NEUZA CARIDADE	PONTE LIMA	F	53:56.16	F35
185	114	15	PEDRO COSTA	ACADEMIA DESPORTIVA DE ARCOS DE VALDEVEZ	M	53:58.89	M40
199	115	10	ELISA ALVES		F	54:02.96	F35
100	116	16	VITOR SANTOS	PONTE DE LIMA	M	54:05.99	M40
66	117	10	FERNANDO VAZ	TOP TOP RUNNER	M	54:11.90	M50
88	118	19	FILIPE PEREIRA		M	54:18.79	M45
30	119	3	FERNANDA DIAS	ECOBARCAVENTURA	F	54:32.55	F50
113	120	17	BRUNO SILVA	OS FLECHAS	M	54:47.64	M40
189	121	18	ANTONIO PINTO	CORRER PARA COMER	M	55:02.23	M40
58	122	3	TERESA SILVA	TURBULENTOS	F	55:05.99	F45
59	123	11	ARTUR SILVA	TURBULENTOS	M	55:06.41	M50
127	124	32	DUARTE FREITAS		M	55:18.78	MSEN
50	125	12	ANTONIO MELO		M	55:23.68	M50
211	126	4	CARMO VEIGA	VIANA RUNNING	F	55:28.31	F50
144	127	13	JORGE QUERALES	CICLISTAS COSMICOS GISLOTICA	M	55:48.00	M50
62	128	14	JOSE FONSECA	BRAGUINHAS RUNNERS	M	55:48.30	M50
79	129	4	ALZIRA ALMEIDA	TURBULENTOS	F	55:48.32	F40
63	130	8	MARILIA RIBEIRO	TOP TOP RUNNER	F	55:48.36	FSEN
64	131	33	ANDRE NOVAIS	TOP TOP RUNNER	M	55:48.76	MSEN
69	132	19	ALEXANDRE FERNANDES		M	55:58.95	M40

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99	133	15	JORGE SOUSA	LETHES TRAIL TEAM	M	56:11.54	M50
90	134	9	MARTA CUNHA	MINHO E LIMA TRAIL	F	56:32.52	FSEN
224	135	5	SONIA DANTAS		F	56:37.58	F40
229	136	34	ANTONIO BARRETO	ECOBARCAVENTURA	M	56:40.80	MSEN
218	137	11	CARINA MENESES		F	56:45.00	F35
162	138	19	FILIFE FERREIRA	MATERIALIA MATERIAIS DE CONSTRUCAO S.A	M	56:51.42	M35
131	139	35	ROBERTO PEREIRA	PONTE DE LIMA	M	56:52.43	MSEN
103	140	20	ALEXANDRE DIAS	HAPPY RUNNERS	M	57:01.79	M35
102	141	12	SANDRA SILVA	HAPPY RUNNERS	F	57:02.32	F35
24	142	5	TERESA NEIVA	ECOBARCAVENTURA	F	57:18.58	F50
186	143	20	JOSE AFONSO		M	57:29.64	M45
134	144	36	JORGE CERQUEIRA		M	57:42.13	MSEN
225	145	21	MIGUEL FIGUEIREDO	FIGUEIREDORUNNERS	M	57:43.43	M45
60	146	6	ISABEL VELOSO	TOP TOP RUNNER	F	57:53.03	F50
61	147	16	JOSE VELOSO	TOP TOP RUNNER	M	57:53.41	M50
129	148	37	PEDRO FERNANDES	ROTA DO OURAL	M	58:03.25	MSEN
196	149	13	IRENE VARAJAO	GABSEG TEAM	F	58:07.24	F35
187	150	4	MARIA MENDES		F	58:13.79	F45
89	151	5	CIDALIA PEREIRA		F	58:16.38	F45
65	152	7	FILOMENA MAGALHAES	BRAGUINHAS RUNNERS	F	58:18.55	F50
148	153	10	ANA MATOS		F	59:03.98	FSEN
135	154	38	NUNO SA	KER SPORT TRAIL RUNNING	M	59:04.10	MSEN
57	155	6	ADELAIDE AFONSO		F	1:00:12.27	F40
226	156	17	JOSE PICA	CANTINHO DA PT	M	1:00:36.74	M50
159	157	6	ANA FARIA	CANTINHO DA PT	F	1:00:36.97	F45
153	158	11	SUSANA LEAL	CANTINHO DA PT	F	1:00:40.48	FSEN
35	159	14	CARLA BARBOSA	ECOBARCAVENTURA	F	1:01:08.32	F35
173	160	7	MARIA PEREIRA		F	1:01:09.93	F45
123	161	20	MANUEL GOMES	ACADEMIA DESPORTIVA DE ARCOS DE VALDEVEZ	M	1:01:10.91	M40
76	162	8	PAULA PIRES		F	1:01:50.11	F45
72	163	9	ANA QUEIROZ	TOP TOP RUNNER	F	1:01:50.38	F45
75	164	18	ALBERTO TORRES		M	1:01:50.75	M50
52	165	12	LUCIE AFONSO		F	1:02:21.13	FSEN
155	166	15	SANDRA DANTAS	TROGLODITAS RUNNERS	F	1:03:16.21	F35
36	167	22	CARLOS CERQUEIRA	ECOBARCAVENTURA	M	1:03:33.01	M45
204	168	39	RUI RODRIGUES		M	1:04:00.00	MSEN
158	169	7	MARIA OLIVEIRA	TROGLODITAS RUNNERS	F	1:04:21.77	F40
213	170	13	PAULA ARAUJO	TROGLODITAS RUNNERS	F	1:04:22.34	FSEN
205	171	19	ENRICO GALLI	I BURLAMACCHI	M	1:06:41.64	M50
48	172	14	ELISABETE ALVES	TROGLODITAS RUNNERS	F	1:06:52.95	FSEN
137	173	20	ARMANDO FERNANDES		M	1:07:08.89	M50
106	174	8	PAULA SANTOS	PONTE DE LIMA	F	1:07:19.67	F40
182	175	10	SUSANA PEREIRA	CANTINHO DA PT	F	1:07:52.71	F45
165	176	15	INES PEREIRA	CANTINHO DA PT	F	1:07:52.78	FSEN

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154	177	16	CAROLINA PEREIRA	CANTINHO DA PT	F	1:07:53.33	FSEN
121	178	11	MARIA MONTEIRO	PONTE DE LIMA	F	1:08:21.68	F45
107	179	23	PAULO CARDOSO	OS FLECHAS	M	1:09:36.60	M45
112	180	16	ANA SILVA	OS FLECHAS	F	1:15:58.82	F35
28	181	21	GARCIA SILVA	ECOBARCAVENTURA	M	1:16:03.20	M50