

Lugar	Dorsal	Atleta	Equipa	Tempo	Escalão	Esc.	Obs.
1	3616	Bruno Ferreira		00:33:46	Overall Male Runner	1	Split1: 00:20:36.74 Split 2: 00:13:08.84
2	3376	Tiago Pinto	Douroconta-Gabinete d	00:33:50	Overall Male Runner	2	Split1: 00:20:41.93 Split 2: 00:13:08.40
3	3402	André Guimarães	ACD.SÃO JOÃO DA SERRA	00:34:04	Overall Male Runner	3	Split1: 00:20:41.75 Split 2: 00:13:21.85
4	3557	Mario Fonseca	0	00:34:18	SENIORES M 23-39	1	Split1: 00:20:42.29 Split 2: 00:13:35.54
5	3532	Sergio Silva	Mss contabilidade tra	00:35:00	SENIORES M 23-39	2	Split1: 00:20:41.86 Split 2: 00:14:18.47
6	3512	José Carvalho	TriBraga	00:35:05	SENIORES M 23-39	3	Split1: 00:20:48.21 Split 2: 00:14:16.87
7	3536	Ricardo Sousa	Centro da Juventude d	00:35:13	SENIORES M 23-39	4	Split1: 00:20:48.21 Split 2: 00:14:25.12
8	3622	Miguel Maia		00:35:17	SENIORES M 23-39	5	Split1: 00:20:44.21 Split 2: 00:14:32.62
9	3335	Miguel Figueiredo	Individual	00:35:22	VET II M 45-49	1	Split1: 00:20:45.22 Split 2: 00:14:36.86
10	3537	Filipe Martins	Centro da Juventude d	00:35:27	VET I M 40-44	1	Split1: 00:20:47.28 Split 2: 00:14:39.55
11	3333	José Rocha	Sport comércio salgue	00:35:28	SENIORES M 23-39	6	Split1: 00:20:45.58 Split 2: 00:14:42.75
12	3607	Fernando Souza		00:36:06	SENIORES M 23-39	7	Split1: 00:20:53.22 Split 2: 00:15:12.62
13	3608	Eduardo Silva		00:36:25	VET I M 40-44	2	Split1: 00:21:31.93 Split 2: 00:14:52.90
14	3316	João Coentrão	0	00:36:43	SENIORES M 23-39	8	Split1: 00:21:30.92 Split 2: 00:15:12.16
15	3145	Daniel Andrade	Vodafone	00:36:48	VET I M 40-44	3	Split1: 00:21:33.45 Split 2: 00:15:14.39
16	3445	Ricardo Barros	Sporting Clube de Esp	00:36:56	SENIORES M 23-39	9	Split1: 00:21:36.75 Split 2: 00:15:19.59
17	3338	Bruno Santos	Douroconta - Gabinete	00:36:59	SENIORES M 23-39	10	Split1: 00:21:45.75 Split 2: 00:15:12.84
18	3377	Bruno Ferreira	0	00:37:14	SENIORES M 23-39	11	Split1: 00:21:39.51 Split 2: 00:15:34.58
19	3504	Pedro Gilvaz	Individual	00:37:23	VET I M 40-44	4	Split1: 00:21:52.00 Split 2: 00:15:30.58
20	3341	Joaquim Alves	Nascidos para Correr	00:37:29	VET III M 50-54	1	Split1: 00:21:33.84 Split 2: 00:15:54.75
21	3596	António José Silva		00:37:48	VET II M 45-49	2	Split1: 00:00:00.00 Split 2: 00:37:47.59
22	3580	Francisco Castro	0	00:37:52	SENIORES M 23-39	12	Split1: 00:21:44.73 Split 2: 00:16:06.86
23	3483	Miguel Carvalho	Trail Este Romanico	00:37:55	SENIORES M 23-39	13	Split1: 00:22:16.99 Split 2: 00:15:37.60
24	3531	João Martins	ELcomandante	00:37:57	SENIORES M 23-39	14	Split1: 00:22:13.61 Split 2: 00:15:43.23
25	3234	Fernando Santiago	0	00:38:01	VET IV M 55-59	1	Split1: 00:22:15.76 Split 2: 00:15:45.58
26	3449	Mário Gonçalves	GDR Juventude das Rib	00:38:11	VET IV M 55-59	2	Split1: 00:22:14.74 Split 2: 00:15:56.60
27	3329	Carlos Gomes	OPraticante.pt//Sport	00:38:30	SENIORES M 23-39	15	Split1: 00:22:17.53 Split 2: 00:16:12.55
28	3443	Bruno Pereira	Vila Nova de Famalicão	00:38:35	SENIORES M 23-39	16	Split1: 00:22:21.18 Split 2: 00:16:13.66
29	3478	Eduardo Meireles	0	00:38:37	SENIORES M 23-39	17	Split1: 00:22:16.99 Split 2: 00:16:20.35
30	3535	Manuel Cardoso	Núcleo do S.C P de Fa	00:38:40	VET II M 45-49	3	Split1: 00:22:35.99 Split 2: 00:16:04.84
31	3334	Andreia Cunha	Individual	00:38:48	Overall Female Runner	1	Split1: 00:22:34.70 Split 2: 00:16:13.64
32	3336	Liliana Rocha	RunRiver - Escola de	00:38:49	Overall Female Runner	2	Split1: 00:22:34.81 Split 2: 00:16:14.03
33	3331	Tiago Lopes	OPraticante.pt	00:38:51	Sub23 Male 0 - 22	1	Split1: 00:22:37.98 Split 2: 00:16:13.11
34	3418	Agostinho Proença	Individual	00:38:59	VET IV M 55-59	3	Split1: 00:22:49.86 Split 2: 00:16:08.73
35	3351	Bruno Machado	0	00:39:02	VET I M 40-44	5	Split1: 00:22:48.01 Split 2: 00:16:14.33
36	3451	Renato Almeida	GDR Juventude das Rib	00:39:03	SENIORES M 23-39	18	Split1: 00:22:58.67 Split 2: 00:16:04.22
37	3474	Adérito Silva	Dive - Into the Mount	00:39:04	VET I M 40-44	6	Split1: 00:22:58.17 Split 2: 00:16:05.94
38	3288	Fernando Almeida	RunPenafiel	00:39:05	VET III M 50-54	2	Split1: 00:22:39.72 Split 2: 00:16:25.37
39	3391	José Barbosa	0	00:39:15	SENIORES M 23-39	19	Split1: 00:22:35.24 Split 2: 00:16:39.35
40	3105	Joaquim Neves	ASPVATHLETISME	00:39:15	SENIORES M 23-39	20	Split1: 00:23:12.41 Split 2: 00:16:02.47
41	3413	Diogo Nunes	0	00:39:15	Sub23 Male 0 - 22	2	Split1: 00:23:35.95 Split 2: 00:15:39.39
42	3241	Rodrigo Araujo	MagicBarber Team	00:39:30	SENIORES M 23-39	21	Split1: 00:22:56.73 Split 2: 00:16:33.36
43	3221	Francisco Santos	G. D. Leões da Agra	00:39:44	VET III M 50-54	3	Split1: 00:23:00.21 Split 2: 00:16:43.64
44	3263	Manuel Neto	0	00:39:47	VET I M 40-44	7	Split1: 00:22:58.74 Split 2: 00:16:48.35

Lugar	Dorsal	Atleta	Equipa	Tempo	Escalão	Esc.	Obs.
45	3392	Bruno Teles	Arrasa Montanhas	00:39:50	SENIORES M 23-39	22	Split1: 00:23:35.84 Split 2: 00:16:14.50
46	3111	Pedro Azevedo	0	00:39:51	SENIORES M 23-39	23	Split1: 00:23:42.49 Split 2: 00:16:08.85
47	3379	Pedro Reina	Varzim Sport Club	00:39:54	SENIORES M 23-39	24	Split1: 00:23:33.48 Split 2: 00:16:20.61
48	3529	Rui Sobral	Porto Runners	00:39:56	VET II M 45-49	4	Split1: 00:23:10.98 Split 2: 00:16:44.62
49	3270	Márcio Silva	Boavista Futebol Club	00:39:57	VET I M 40-44	8	Split1: 00:23:01.98 Split 2: 00:16:54.86
50	3632	Jacinto Fonseca		00:40:00	VET II M 45-49	5	Split1: 00:23:45.16 Split 2: 00:16:14.93
51	3220	Pedro Sanches	G. D. Leões da Agra	00:40:08	VET III M 50-54	4	Split1: 00:23:28.98 Split 2: 00:16:38.61
52	3298	Bernardo Braga	AASM	00:40:09	SENIORES M 23-39	25	Split1: 00:23:09.83 Split 2: 00:16:59.51
53	3508	Antonio Azevedo	Nascidos para Correr	00:40:11	VET IV M 55-59	4	Split1: 00:23:37.00 Split 2: 00:16:34.09
54	3481	Alberto Postiga	Caxinas	00:40:13	VET III M 50-54	5	Split1: 00:23:14.96 Split 2: 00:16:58.13
55	3388	Paulo Ribeiro	0	00:40:24	SENIORES M 23-39	26	Split1: 00:23:44.35 Split 2: 00:16:39.50
56	3310	Helder Costa	Ginasio Clube de Brag	00:40:29	SENIORES M 23-39	27	Split1: 00:23:13.32 Split 2: 00:17:16.02
57	3609	Ruben Borges		00:40:37	SENIORES M 23-39	28	Split1: 00:23:54.41 Split 2: 00:16:42.19
58	3170	Luís Sá	Maia	00:40:48	SENIORES M 23-39	29	Split1: 00:23:50.85 Split 2: 00:16:57.00
59	3605	Fernando Igreja		00:41:05	VET II M 45-49	6	Split1: 00:23:30.52 Split 2: 00:17:34.82
60	3320	Vitor Pereira	0	00:41:12	SENIORES M 23-39	30	Split1: 00:23:37.33 Split 2: 00:17:34.52
61	3256	LUÍS CARDOSO	BIBA MAIS	00:41:15	VET IV M 55-59	5	Split1: 00:24:05.03 Split 2: 00:17:09.57
62	3222	Paulo Campos	G. D. Leões da Agra	00:41:15	VET III M 50-54	6	Split1: 00:24:16.19 Split 2: 00:16:58.90
63	3462	Joaquim Mariz	Individual	00:41:20	SENIORES M 23-39	31	Split1: 00:24:04.15 Split 2: 00:17:15.69
64	3116	Heitor Araújo	0	00:41:21	VET III M 50-54	7	Split1: 00:24:43.15 Split 2: 00:16:37.44
65	3272	Jorge Pinheiro	Dive into the mountai	00:41:37	VET I M 40-44	9	Split1: 00:24:01.21 Split 2: 00:17:35.64
66	3509	Jacinto Oliveira	G D Bairro de Carcave	00:41:39	VET V M 60-64	1	Split1: 00:24:06.36 Split 2: 00:17:32.99
67	3587	Jorge Gonçalves		00:41:46	SENIORES M 23-39	32	Split1: 00:24:16.59 Split 2: 00:17:29.26
68	3485	Eduardo Bernardino	Devesa Runners	00:41:52	VET I M 40-44	10	Split1: 00:24:32.97 Split 2: 00:17:19.38
69	3550	Octavio Sousa	Nascidos para correr	00:41:56	VET IV M 55-59	6	Split1: 00:24:00.73 Split 2: 00:17:55.62
70	3521	Peter Silva	0	00:41:58	VET II M 45-49	7	Split1: 00:22:50.92 Split 2: 00:19:06.68
71	3224	Ricardo Campos	G. D. Leões da Agra	00:42:01	SENIORES M 23-39	33	Split1: 00:24:33.25 Split 2: 00:17:27.35
72	3230	Alberto Freitas	Minis & Bifanas	00:42:02	VET II M 45-49	8	Split1: 00:24:13.54 Split 2: 00:17:48.55
73	3152	Joaquim Ramalho	Lisboa	00:42:03	VET II M 45-49	9	Split1: 00:24:07.52 Split 2: 00:17:55.38
74	3178	Licínio Sousa	LION RUNNERS - G. D.	00:42:08	SENIORES M 23-39	34	Split1: 00:24:44.01 Split 2: 00:17:24.09
75	3574	Tiago Sousa	0	00:42:18	Sub23 Male 0 - 22	3	Split1: 00:22:14.19 Split 2: 00:20:03.40
76	3296	Joice Jesus	Nascidos para correr	00:42:18	VET I M 40-44	11	Split1: 00:24:10.25 Split 2: 00:18:07.39
77	3225	David Sousa	G. D. Leões da Agra	00:42:27	VET III M 50-54	8	Split1: 00:24:31.46 Split 2: 00:17:55.89
78	3173	Carlos Felizardo	Vila do Conde	00:42:28	VET III M 50-54	9	Split1: 00:24:17.09 Split 2: 00:18:11.09
79	3547	Marcos Viana	JEcunha Seguros	00:42:31	SENIORES M 23-39	35	Split1: 00:25:28.49 Split 2: 00:17:02.86
80	3323	Carlos "Calígula" Silva	Pernas Inertes - Lent	00:42:36	VET IV M 55-59	7	Split1: 00:24:44.90 Split 2: 00:17:51.45
81	3425	Augusto Dourado	0	00:42:39	VET V M 60-64	2	Split1: 00:24:36.77 Split 2: 00:18:02.08
82	3511	José Ponte	EDV-VIANA TRAIL	00:42:41	VET V M 60-64	3	Split1: 00:24:04.01 Split 2: 00:18:36.59
83	3306	Vitor Laranjeira	6:15 Am Team	00:42:43	VET II M 45-49	10	Split1: 00:25:16.71 Split 2: 00:17:25.88
84	3614	Pedro Azenha		00:42:52	VET I M 40-44	12	Split1: 00:24:19.97 Split 2: 00:18:31.88
85	3618	Adérito Alves		00:42:55	VET VI M 65+	1	Split1: 00:24:35.24 Split 2: 00:18:19.86
86	3242	Vitor Ferreira	Nova linha Trail Runn	00:43:08	VET I M 40-44	13	Split1: 00:25:04.47 Split 2: 00:18:03.88
87	3573	JERONIMO SILVA	DIGK - MEG Team	00:43:12	VET II M 45-49	11	Split1: 00:25:09.02 Split 2: 00:18:02.83
88	3276	Vitor Faria	SOPATIBAR	00:43:12	SENIORES M 23-39	36	Split1: 00:25:03.29 Split 2: 00:18:09.06

Lugar	Dorsal	Atleta	Equipa	Tempo	Escalão	Esc.	Obs.
89	3468	Jorge Figueiredo	LION RUNNERS - G. D.	00:43:13	VET II M 45-49	12	Split1: 00:24:59.30 Split 2: 00:18:13.30
90	3347	Nuno Monteiro	0	00:43:13	SENIORES M 23-39	37	Split1: 00:24:32.39 Split 2: 00:18:40.71
91	3552	Bruno Silva	Team Famagraph /Agrov	00:43:21	SENIORES M 23-39	38	Split1: 00:25:12.43 Split 2: 00:18:08.17
92	3520	Roberto Ferreira	Team Famagraph / Agro	00:43:21	SENIORES M 23-39	39	Split1: 00:25:11.78 Split 2: 00:18:09.09
93	3450	André Cruz	GDR Juventude das Rib	00:43:21	SENIORES M 23-39	40	Split1: 00:25:24.17 Split 2: 00:17:56.96
94	3432	Luis Torres	CF Vilacondense	00:43:31	SENIORES M 23-39	41	Split1: 00:24:54.17 Split 2: 00:18:36.93
95	3356	Ana Moreira	0	00:43:37	Overall Female Runner	3	Split1: 00:25:04.76 Split 2: 00:18:32.34
96	3380	JOSÉ SAMPAIO	BIBA MAIS	00:43:42	VET IV M 55-59	8	Split1: 00:25:24.95 Split 2: 00:18:16.65
97	3109	Carlos Osório	Futebol clube Famalic	00:43:42	VET IV M 55-59	9	Split1: 00:25:03.00 Split 2: 00:18:39.36
98	3430	Sérgio Azevedo	FLY	00:43:45	SENIORES M 23-39	42	Split1: 00:25:29.18 Split 2: 00:18:15.67
99	3393	Luís Lima	Trofa Runners	00:43:47	SENIORES M 23-39	43	Split1: 00:24:47.02 Split 2: 00:18:59.58
100	3477	Delfim Nunes	Maia	00:43:47	VET II M 45-49	13	Split1: 00:24:45.68 Split 2: 00:19:01.67
101	3285	Markus Renn	0	00:43:55	SENIORES M 23-39	44	Split1: 00:25:17.09 Split 2: 00:18:38.26
102	3428	Rui Costa	NAPA - Núcleo de Amig	00:43:58	VET III M 50-54	10	Split1: 00:25:30.03 Split 2: 00:18:27.58
103	3630	Álvaro Cadeto		00:44:00	SENIORES M 23-39	45	Split1: 00:25:16.23 Split 2: 00:18:43.87
104	3553	Fernando Santos	Maia AC	00:44:01	VET II M 45-49	14	Split1: 00:25:11.66 Split 2: 00:18:49.69
105	3554	Cristina Guedes	Maia AC	00:44:01	VET II F 45-49	1	Split1: 00:25:07.21 Split 2: 00:18:54.14
106	3215	MÁRIO FONTÃO	BIBA MAIS	00:44:02	VET II M 45-49	15	Split1: 00:25:40.47 Split 2: 00:18:21.16
107	3108	Vítor Moreira	B.V.Moreira Maia	00:44:03	VET II M 45-49	16	Split1: 00:24:57.92 Split 2: 00:19:04.68
108	3575	Diogo Costa	0	00:44:05	SENIORES M 23-39	46	Split1: 00:25:23.93 Split 2: 00:18:41.42
109	3426	jose ferreira	0	00:44:06	SENIORES M 23-39	47	Split1: 00:25:22.45 Split 2: 00:18:43.40
110	3626	Rui Pena		00:44:06	VET II M 45-49	17	Split1: 00:25:14.98 Split 2: 00:18:51.38
111	3304	Ricardo Wenceslau	Perola Ribatejo	00:44:11	SENIORES M 23-39	48	Split1: 00:25:05.48 Split 2: 00:19:05.37
112	3284	JOSE CARVALHO	BIBA MAIS	00:44:14	VET II M 45-49	18	Split1: 00:24:53.47 Split 2: 00:19:20.64
113	3562	Janine Ramos	Vila do Conde	00:44:16	SENIORES F 23-39	1	Split1: 00:25:19.45 Split 2: 00:18:56.91
114	3628	Pedro Araújo		00:44:20	SENIORES M 23-39	49	Split1: 00:25:06.48 Split 2: 00:19:13.62
115	3181	Antonio Pacheco	BIBA MAIS	00:44:23	VET III M 50-54	11	Split1: 00:25:25.28 Split 2: 00:18:58.08
116	3190	VITOR SILVA	BIBA MAIS	00:44:24	VET II M 45-49	19	Split1: 00:25:25.77 Split 2: 00:18:58.08
117	3585	Bruno Mendes	0	00:44:28	VET I M 40-44	14	Split1: 00:26:11.41 Split 2: 00:18:16.19
118	3260	Ricardo Gonçalves	0	00:44:31	VET I M 40-44	15	Split1: 00:25:31.26 Split 2: 00:19:00.10
119	3120	Nuno Figueiredo	Correr Lisboa	00:44:37	VET I M 40-44	16	Split1: 00:25:52.46 Split 2: 00:18:44.40
120	3142	José Martins	FUTEBOL CLUBE FAMALIC	00:44:38	VET III M 50-54	12	Split1: 00:25:17.20 Split 2: 00:19:20.65
121	3139	Gonçalo Oliveira	Invicta Runners Team	00:44:47	VET I M 40-44	17	Split1: 00:25:37.20 Split 2: 00:19:09.65
122	3627	Fernando Santos		00:44:49	VET III M 50-54	13	Split1: 00:26:08.44 Split 2: 00:18:40.41
123	3469	Pedro Guerra	0	00:44:54	VET II M 45-49	20	Split1: 00:25:20.99 Split 2: 00:19:32.62
124	3412	Filipe Neves	Moove / Afacycles / O	00:45:02	VET I M 40-44	18	Split1: 00:25:07.71 Split 2: 00:19:54.40
125	3219	Joaquim Monteiro	G. D. Leões da Agra	00:45:06	VET III M 50-54	14	Split1: 00:26:44.69 Split 2: 00:18:20.91
126	3300	Ezequiel Ferreira	0	00:45:07	VET I M 40-44	19	Split1: 00:26:18.30 Split 2: 00:18:48.30
127	3382	Márcio Passos	0	00:45:08	SENIORES M 23-39	50	Split1: 00:26:17.43 Split 2: 00:18:50.42
128	3278	Pedro Cunha	Outizal	00:45:08	SENIORES M 23-39	51	Split1: 00:27:23.60 Split 2: 00:17:44.52
129	3206	Luis Lucas	GTT-Armazem do Caffè	00:45:11	VET II M 45-49	21	Split1: 00:26:17.73 Split 2: 00:18:53.12
130	3294	Miguel Mariani	0	00:45:12	SENIORES M 23-39	52	Split1: 00:25:46.00 Split 2: 00:19:26.11
131	3293	Ernesto Gonçalves	Grijó	00:45:17	VET III M 50-54	15	Split1: 00:26:29.20 Split 2: 00:18:47.90
132	3578	RUI BARBOSA	0	00:45:29	VET II M 45-49	22	Split1: 00:26:30.49 Split 2: 00:18:58.87

Lugar	Dorsal	Atleta	Equipa	Tempo	Escalão	Esc.	Obs.
133	3275	Hélder Pereira	SOPATIBAR	00:45:35	SENIORES M 23-39	53	Split1: 00:25:03.60 Split 2: 00:20:31.01
134	3141	Joao Silva	0	00:45:35	SENIORES M 23-39	54	Split1: 00:26:17.73 Split 2: 00:19:17.37
135	3202	José Azevedo	Futebol Clube - Famal	00:45:40	VET III M 50-54	16	Split1: 00:25:38.44 Split 2: 00:20:01.92
136	3280	Filipe Maia	0	00:45:43	SENIORES M 23-39	55	Split1: 00:26:46.43 Split 2: 00:18:56.17
137	3424	Silvério Pinto	Salgueiros Running	00:45:43	VET III M 50-54	17	Split1: 00:26:12.00 Split 2: 00:19:31.11
138	3144	José Pinto	Amigos das Sapatilhas	00:45:51	VET III M 50-54	18	Split1: 00:25:54.71 Split 2: 00:19:55.89
139	3107	Pedro Vicente	0	00:45:53	VET IV M 55-59	10	Split1: 00:26:56.04 Split 2: 00:18:57.07
140	3370	José Marinho	AMVE-ASSOCIAÇÃO MOINH	00:45:57	VET I M 40-44	20	Split1: 00:26:25.15 Split 2: 00:19:31.45
141	3363	José Magalhães	AMVE-ASSOCIAÇÃO MOINH	00:45:57	VET VI M 65+	2	Split1: 00:25:42.91 Split 2: 00:20:14.45
142	3590	Armando Oliveira		00:45:59	VET V M 60-64	4	Split1: 00:26:10.45 Split 2: 00:19:48.41
143	3633	Hugo Palmeira		00:46:00	VET I M 40-44	21	Split1: 00:26:16.47 Split 2: 00:19:43.39
144	3267	David Ribeiro	Dive	00:46:00	VET II M 45-49	23	Split1: 00:26:06.41 Split 2: 00:19:53.72
145	3429	Ilídio Matias	0	00:46:01	SENIORES M 23-39	56	Split1: 00:26:47.75 Split 2: 00:19:12.85
146	3539	Patrícia Fernandes	Centro da Juventude d	00:46:02	SENIORES F 23-39	2	Split1: 00:25:44.77 Split 2: 00:20:17.59
147	3154	José Nunes	0	00:46:04	VET I M 40-44	22	Split1: 00:26:35.47 Split 2: 00:19:28.89
148	3232	Pedro Peixoto	Wokio	00:46:04	SENIORES M 23-39	57	Split1: 00:26:03.66 Split 2: 00:20:00.70
149	3115	Margarida Monteiro	PixelCar	00:46:06	VET II F 45-49	2	Split1: 00:26:38.22 Split 2: 00:19:27.88
150	3165	JOSÉ PEIXOTO	R10K	00:46:08	VET III M 50-54	19	Split1: 00:25:59.43 Split 2: 00:20:08.42
151	3138	Pedro Ezequiel	0	00:46:11	VET I M 40-44	23	Split1: 00:25:45.78 Split 2: 00:20:25.08
152	3367	Marco Oliveira	AMVE-ASSOCIAÇÃO MOINH	00:46:13	SENIORES M 23-39	58	Split1: 00:25:49.18 Split 2: 00:20:24.18
153	3359	Filipe Oliveira	AMVE-ASSOCIAÇÃO MOINH	00:46:14	SENIORES M 23-39	59	Split1: 00:26:27.98 Split 2: 00:19:46.13
154	3577	Paulo Lopes	O praticante	00:46:14	SENIORES M 23-39	60	Split1: 00:28:43.47 Split 2: 00:17:30.64
155	3195	JOSE ALMEIDA	BIBA MAIS	00:46:20	VET IV M 55-59	11	Split1: 00:26:30.49 Split 2: 00:19:49.62
156	3281	Joaquim Martins	F. C. Malta	00:46:21	VET IV M 55-59	12	Split1: 00:25:58.66 Split 2: 00:20:22.19
157	3409	Susana Neta	Clube Zupper	00:46:25	VET I F 40-44	1	Split1: 00:26:23.03 Split 2: 00:20:01.58
158	3303	Rúben Eira	0	00:46:27	SENIORES M 23-39	61	Split1: 00:26:21.94 Split 2: 00:20:04.67
159	3183	DIOGO TEIXEIRA	BIBA MAIS	00:46:30	SENIORES M 23-39	62	Split1: 00:26:15.65 Split 2: 00:20:13.96
160	3350	Jose Fonseca	#triatlautorunners	00:46:48	SENIORES M 23-39	63	Split1: 00:26:36.71 Split 2: 00:20:11.15
161	3192	MANUEL CUNHA	BIBA MAIS	00:46:50	VET IV M 55-59	13	Split1: 00:26:54.01 Split 2: 00:19:56.35
162	3473	Jose Leite	0	00:46:53	SENIORES M 23-39	64	Split1: 00:26:48.43 Split 2: 00:20:04.43
163	3365	Tiago Oliveira	AMVE-ASSOCIAÇÃO MOINH	00:46:55	Sub23 Male 0 - 22	4	Split1: 00:27:23.15 Split 2: 00:19:31.46
164	3560	Márcio Silva	0	00:46:55	SENIORES M 23-39	65	Split1: 00:26:56.97 Split 2: 00:19:58.38
165	3617	Marta Ferreira		00:46:57	SENIORES F 23-39	3	Split1: 00:26:57.98 Split 2: 00:19:58.87
166	3487	Filipe Pereira	0	00:47:03	VET I M 40-44	24	Split1: 00:26:32.77 Split 2: 00:20:30.34
167	3534	António Silva	CLUBE ATLETISMO DE BR	00:47:04	SENIORES M 23-39	66	Split1: 00:26:50.49 Split 2: 00:20:13.12
168	3533	Sofia Peixoto	CLUBE ATLETISMO DE BR	00:47:04	SENIORES F 23-39	4	Split1: 00:26:50.01 Split 2: 00:20:14.10
169	3480	Victor Linhares	ArejarOcapacete	00:47:07	VET II M 45-49	24	Split1: 00:26:55.23 Split 2: 00:20:11.37
170	3269	José Gomes	cdcnavaís	00:47:13	VET VI M 65+	3	Split1: 00:26:32.69 Split 2: 00:20:40.67
171	3586	Gabriela Fonseca	EDV-Viana Trail	00:47:15	Sub23 Female 0 - 22	1	Split1: 00:27:12.33 Split 2: 00:20:02.78
172	3625	Márcia Oliveira		00:47:30	SENIORES F 23-39	5	Split1: 00:00:00.00 Split 2: 00:47:29.62
173	3517	José Figueiredo	Os Isabelinhas	00:47:34	VET II M 45-49	25	Split1: 00:27:28.00 Split 2: 00:20:06.36
174	3126	Paulo Assis	0	00:47:38	SENIORES M 23-39	67	Split1: 00:27:33.73 Split 2: 00:20:04.38
175	3233	Joana Creissac	AASM Triatlo	00:47:42	SENIORES F 23-39	6	Split1: 00:27:21.90 Split 2: 00:20:19.96
176	3208	Daniela Sarmento	LION RUNNERS - G. D.	00:47:47	VET I F 40-44	2	Split1: 00:27:23.01 Split 2: 00:20:23.85

Lugar	Dorsal	Atleta	Equipa	Tempo	Escalão	Esc.	Obs.
177	3159	RUI CARVALHO	R10K	00:47:56	VET I M 40-44	25	Split1: 00:28:16.41 Split 2: 00:19:39.20
178	3538	Elisabete Martins	Centro da Juventude d	00:47:58	SENIORES F 23-39	7	Split1: 00:27:11.00 Split 2: 00:20:46.61
179	3235	Rui Santos	Núcleo Sporting clube	00:48:03	VET II M 45-49	26	Split1: 00:27:31.09 Split 2: 00:20:32.02
180	3326	Pedro Salgueiro	S Team	00:48:07	SENIORES M 23-39	68	Split1: 00:27:18.66 Split 2: 00:20:48.71
181	3518	Victor Guedes	0	00:48:09	VET III M 50-54	20	Split1: 00:27:16.22 Split 2: 00:20:53.14
182	3211	Manuel Costa	Lebre 10	00:48:10	VET V M 60-64	5	Split1: 00:27:30.66 Split 2: 00:20:39.20
183	3166	PAULO ARAUJO	R10K	00:48:13	VET I M 40-44	26	Split1: 00:27:38.24 Split 2: 00:20:34.62
184	3328	Joao Pinheiro	OPraticante.pt/Porto	00:48:16	VET III M 50-54	21	Split1: 00:26:46.43 Split 2: 00:21:29.93
185	3629	Jorge Cunha		00:48:20	VET I M 40-44	27	Split1: 00:26:54.15 Split 2: 00:21:25.97
186	3353	Carlos Monteiro	Lobos do monte run	00:48:22	VET II M 45-49	27	Split1: 00:28:54.24 Split 2: 00:19:27.87
187	3180	Claudio Soares	0	00:48:25	VET I M 40-44	28	Split1: 00:28:07.66 Split 2: 00:20:16.95
188	3360	Paula Carvalho	AMVE-ASSOCIAÇÃO MOINH	00:48:27	VET II F 45-49	3	Split1: 00:27:35.74 Split 2: 00:20:51.37
189	3507	Lino Moreira	All About	00:48:35	VET VI M 65+	4	Split1: 00:27:34.89 Split 2: 00:20:59.72
190	3417	José Sousa	0	00:48:37	VET I M 40-44	29	Split1: 00:28:31.27 Split 2: 00:20:05.84
191	3461	Dinis Morais	Team Morais	00:48:38	VET II M 45-49	28	Split1: 00:28:46.98 Split 2: 00:19:50.89
192	3330	Carlos Morais	Individual	00:48:38	VET II M 45-49	29	Split1: 00:28:47.66 Split 2: 00:19:50.46
193	3213	Mónica Marques	0	00:48:43	SENIORES F 23-39	8	Split1: 00:27:37.18 Split 2: 00:21:05.93
194	3456	Carlos Reis	0	00:48:47	VET VI M 65+	5	Split1: 00:27:49.15 Split 2: 00:20:57.71
195	3378	Manuel Gadelho	Vegan Runners	00:48:51	VET III M 50-54	22	Split1: 00:27:43.31 Split 2: 00:21:07.80
196	3427	Marta Costa	Invicta Runners Team	00:48:52	VET II F 45-49	4	Split1: 00:27:29.27 Split 2: 00:21:22.84
197	3157	PEDRO AZEVEDO	R10K	00:48:56	VET III M 50-54	23	Split1: 00:28:17.23 Split 2: 00:20:38.89
198	3155	André Cruz	R10K	00:48:56	SENIORES M 23-39	69	Split1: 00:28:17.97 Split 2: 00:20:38.39
199	3530	Jorge Pereira	0	00:49:02	VET V M 60-64	6	Split1: 00:27:39.26 Split 2: 00:21:22.60
200	3457	Joaquim Gomes	0	00:49:21	VET V M 60-64	7	Split1: 00:28:11.01 Split 2: 00:21:09.60
201	3143	J.Mário Alves	Amigos das Sapatilhas	00:49:22	VET III M 50-54	24	Split1: 00:28:21.90 Split 2: 00:20:59.72
202	3470	Francisco Morais	0	00:49:23	VET II M 45-49	30	Split1: 00:28:28.91 Split 2: 00:20:53.95
203	3348	Francisco Silva	0	00:49:27	VET VI M 65+	6	Split1: 00:28:23.91 Split 2: 00:21:03.45
204	3244	Ângelo Cunha	0	00:49:33	SENIORES M 23-39	70	Split1: 00:28:30.17 Split 2: 00:21:02.44
205	3515	Leonel Azevedo	0	00:49:38	VET III M 50-54	25	Split1: 00:28:04.65 Split 2: 00:21:33.46
206	3447	Pedro Silva	0	00:49:39	SENIORES M 23-39	71	Split1: 00:28:05.49 Split 2: 00:21:33.13
207	3563	Ricardo Capitão	0	00:49:47	VET I M 40-44	30	Split1: 00:28:27.69 Split 2: 00:21:19.67
208	3355	Tiago Neves	#triauxorunners	00:49:51	SENIORES M 23-39	72	Split1: 00:28:24.33 Split 2: 00:21:26.29
209	3619	MARco Fontes		00:49:53	SENIORES M 23-39	73	Split1: 00:28:29.70 Split 2: 00:21:23.66
210	3134	Tiago Morais	0	00:49:55	SENIORES M 23-39	74	Split1: 00:29:07.19 Split 2: 00:20:47.42
211	3493	Pedro Pereira	Outizal	00:49:57	SENIORES M 23-39	75	Split1: 00:28:22.55 Split 2: 00:21:34.56
212	3604	Vera Rodrigues		00:50:00	VET II F 45-49	5	Split1: 00:28:10.60 Split 2: 00:21:49.51
213	3503	Daniel Cruz	0	00:50:04	SENIORES M 23-39	76	Split1: 00:29:06.72 Split 2: 00:20:57.64
214	3496	Mario Sá-Carneiro	0	00:50:05	VET II M 45-49	31	Split1: 00:29:06.72 Split 2: 00:20:57.90
215	3419	Rui Azevedo	0	00:50:07	SENIORES M 23-39	77	Split1: 00:28:56.14 Split 2: 00:21:10.72
216	3369	Mário Macedo	AMVE-ASSOCIAÇÃO MOINH	00:50:08	SENIORES M 23-39	78	Split1: 00:28:23.91 Split 2: 00:21:43.95
217	3576	Diana Martins	O praticante.pt	00:50:13	SENIORES F 23-39	9	Split1: 00:28:33.04 Split 2: 00:21:40.32
218	3226	Tiago Pais	G. D. Leões da Agra	00:50:14	SENIORES M 23-39	79	Split1: 00:28:38.45 Split 2: 00:21:35.67
219	3390	Nelson Maia	0	00:50:15	VET I M 40-44	31	Split1: 00:27:55.24 Split 2: 00:22:19.63
220	3305	Carlos Sampaio	OS ROMPE SOLAS	00:50:31	VET II M 45-49	32	Split1: 00:29:20.18 Split 2: 00:21:10.44

Lugar	Dorsal	Atleta	Equipa	Tempo	Escalão	Esc.	Obs.
221	3621	Luís Miguel Bicho		00:50:32	VET I M 40-44	32	Split1: 00:28:26.18 Split 2: 00:22:05.94
222	3343	JORGE SILVA	BIBA MAIS	00:50:36	VET II M 45-49	33	Split1: 00:30:08.71 Split 2: 00:20:27.66
223	3467	Claudia Carcau	LION RUNNERS - G. D.	00:50:39	SENIORES F 23-39	10	Split1: 00:28:41.96 Split 2: 00:21:57.15
224	3397	João Novais	0	00:50:43	VET I M 40-44	33	Split1: 00:28:28.91 Split 2: 00:22:14.45
225	3615	Cátia Azenha		00:50:45	SENIORES F 23-39	11	Split1: 00:28:32.93 Split 2: 00:22:11.68
226	3337	Bruno Marinho	Minute Print	00:50:48	VET I M 40-44	34	Split1: 00:30:48.97 Split 2: 00:19:59.40
227	3446	Paula Santos	0	00:50:50	VET II F 45-49	6	Split1: 00:28:57.09 Split 2: 00:21:52.78
228	3506	Jorge Lima	0	00:50:51	SENIORES M 23-39	80	Split1: 00:29:39.64 Split 2: 00:21:11.73
229	3250	Sandra Monteiro	0	00:50:54	VET II F 45-49	7	Split1: 00:29:08.43 Split 2: 00:21:45.19
230	3528	Vitor Ferreira	0	00:50:57	VET I M 40-44	35	Split1: 00:28:22.72 Split 2: 00:22:33.89
231	3505	Américo Pereira	0	00:50:58	VET IV M 55-59	14	Split1: 00:29:01.91 Split 2: 00:21:55.96
232	3548	Jorge Rosmaninho	JEcunha Seguros	00:51:00	VET II M 45-49	34	Split1: 00:29:28.92 Split 2: 00:21:31.20
233	3168	filipe gonçaves	0	00:51:01	VET I M 40-44	36	Split1: 00:28:29.50 Split 2: 00:22:31.87
234	3545	Tomé Arteiro	JEcunha Seguros	00:51:05	VET IV M 55-59	15	Split1: 00:29:46.51 Split 2: 00:21:18.86
235	3558	Vera Figueiredo	0	00:51:08	SENIORES F 23-39	12	Split1: 00:29:18.64 Split 2: 00:21:48.97
236	3570	Sílvia Nascimento	0	00:51:14	VET II M 45-49	35	Split1: 00:29:20.75 Split 2: 00:21:53.62
237	3569	Marlene Ferreira	Lions Runners-g d. Le	00:51:15	VET I F 40-44	3	Split1: 00:28:54.44 Split 2: 00:22:20.93
238	3340	Daniel Pedrosa	0	00:51:18	SENIORES M 23-39	81	Split1: 00:29:22.71 Split 2: 00:21:55.40
239	3121	filipe costa	Vila do Conde	00:51:21	Sub23 Male 0 - 22	5	Split1: 00:28:15.64 Split 2: 00:23:04.98
240	3344	Tomás Marques	0	00:51:23	VET II M 45-49	36	Split1: 00:29:28.83 Split 2: 00:21:53.79
241	3364	Dário Cruz	AMVE-ASSOCIAÇÃO MOINH	00:51:34	VET II M 45-49	37	Split1: 00:27:34.89 Split 2: 00:23:59.23
242	3342	Ricardo Pessoa	Vila do Conde	00:51:40	VET I M 40-44	37	Split1: 00:28:45.93 Split 2: 00:22:54.45
243	3163	SERGIO MAIA	R10K	00:51:42	VET I M 40-44	38	Split1: 00:29:06.91 Split 2: 00:22:34.95
244	3624	Márcio Meireles		00:51:55	SENIORES M 23-39	82	Split1: 00:29:13.39 Split 2: 00:22:41.23
245	3214	Jose Silva	BIBA MAIS	00:52:01	VET III M 50-54	26	Split1: 00:29:07.94 Split 2: 00:22:52.92
246	3546	José Viana	JEcunha Seguros	00:52:08	VET V M 60-64	8	Split1: 00:29:26.29 Split 2: 00:22:42.08
247	3556	José Ferreira	0	00:52:11	VET III M 50-54	27	Split1: 00:29:26.29 Split 2: 00:22:45.08
248	3411	Helder Moreira	Claudina & Helder	00:52:13	VET I M 40-44	39	Split1: 00:29:19.53 Split 2: 00:22:53.09
249	3435	André Lima	0	00:52:15	VET I M 40-44	40	Split1: 00:29:51.67 Split 2: 00:22:22.95
250	3153	Augusto Magalhães	Os Caracóis	00:52:16	VET III M 50-54	28	Split1: 00:30:08.16 Split 2: 00:22:08.21
251	3472	Patrícia Palmeira	Ultimagem	00:52:17	VET I F 40-44	4	Split1: 00:29:24.92 Split 2: 00:22:52.20
252	3361	Vítor Oliveira	AMVE-ASSOCIAÇÃO MOINH	00:52:17	VET I M 40-44	41	Split1: 00:29:10.43 Split 2: 00:23:06.74
253	3375	Miguel Paiva	Vila do Conde	00:52:31	VET II M 45-49	38	Split1: 00:30:50.08 Split 2: 00:21:40.54
254	3501	Pedro Silva	0	00:52:31	SENIORES M 23-39	83	Split1: 00:29:28.43 Split 2: 00:23:02.94
255	3406	Hélder Ferreira	Gang das Corridas	00:52:34	VET I M 40-44	42	Split1: 00:29:08.24 Split 2: 00:23:25.88
256	3346	Ernesto Santos	Os Pressinhas	00:52:34	VET VI M 65+	7	Split1: 00:00:00.00 Split 2: 00:52:34.38
257	3492	Inês Azevedo	0	00:52:36	SENIORES F 23-39	13	Split1: 00:30:18.38 Split 2: 00:22:17.49
258	3176	Amélia Ramos	LION RUNNERS - G. D.	00:52:37	VET I F 40-44	5	Split1: 00:29:31.70 Split 2: 00:23:04.92
259	3332	Pedro Filipe	0	00:52:41	SENIORES M 23-39	84	Split1: 00:29:54.83 Split 2: 00:22:45.79
260	3257	Ana Neves	Cebes Running	00:52:41	VET II F 45-49	8	Split1: 00:29:24.54 Split 2: 00:23:16.59
261	3325	Maria Silva	Pernas Inertes - Lent	00:52:43	VET II F 45-49	9	Split1: 00:29:14.65 Split 2: 00:23:27.98
262	3204	Jose Azevedo	0	00:52:48	VET IV M 55-59	16	Split1: 00:30:15.95 Split 2: 00:22:31.92
263	3524	Armindo Fernandes	Individual	00:52:51	VET III M 50-54	29	Split1: 00:29:37.88 Split 2: 00:23:13.49
264	3167	Rui Resende	0	00:52:52	VET I M 40-44	43	Split1: 00:29:00.64 Split 2: 00:23:50.98

Lugar	Dorsal	Atleta	Equipa	Tempo	Escalão	Esc.	Obs.
265	3327	Tiago Salgueiro	S Team	00:52:54	SENIORES M 23-39	85	Split1: 00:30:00.13 Split 2: 00:22:53.99
266	3542	Diogo Fernandes	Individual	00:52:55	SENIORES M 23-39	86	Split1: 00:29:38.73 Split 2: 00:23:15.89
267	3579	António Gonçalves	Dive Into the Mountai	00:53:04	VET IV M 55-59	17	Split1: 00:29:32.26 Split 2: 00:23:31.36
268	3236	Bruno Almeida	0	00:53:10	SENIORES M 23-39	87	Split1: 00:29:46.90 Split 2: 00:23:23.23
269	3265	Vitor Lopes	Mindelo- Vila do Conde	00:53:14	SENIORES M 23-39	88	Split1: 00:29:21.50 Split 2: 00:23:52.12
270	3238	Mario Novais	Toca e Foge	00:53:20	SENIORES M 23-39	89	Split1: 00:30:05.18 Split 2: 00:23:15.19
271	3500	Alexandre Paiva	0	00:53:23	VET I M 40-44	44	Split1: 00:30:41.57 Split 2: 00:22:41.30
272	3239	António Gonçalves	G. D. Leões da Agra	00:53:26	VET III M 50-54	30	Split1: 00:28:40.66 Split 2: 00:24:44.96
273	3433	Eduardo Castro	0	00:53:30	VET III M 50-54	31	Split1: 00:29:30.47 Split 2: 00:23:59.15
274	3431	Ilda Almeida	Valbom	00:53:34	VET I F 40-44	6	Split1: 00:30:02.22 Split 2: 00:23:31.40
275	3401	Rui Lemos	0	00:53:35	SENIORES M 23-39	90	Split1: 00:30:44.21 Split 2: 00:22:50.67
276	3191	MANUELA SILVA	BIBA MAIS	00:53:38	VET II F 45-49	10	Split1: 00:00:00.00 Split 2: 00:53:38.38
277	3216	RICARDO SANTOS	BIBA MAIS	00:53:38	SENIORES M 23-39	91	Split1: 00:00:00.00 Split 2: 00:53:38.38
278	3502	José Maia	0	00:53:43	VET II M 45-49	39	Split1: 00:30:16.98 Split 2: 00:23:25.65
279	3198	CECILIA LEITÃO	BIBA MAIS	00:53:45	SENIORES F 23-39	14	Split1: 00:29:27.31 Split 2: 00:24:17.31
280	3415	Jorge Almeida	0	00:53:47	VET I M 40-44	45	Split1: 00:31:16.16 Split 2: 00:22:30.72
281	3389	Guilhermina Ferreira	Team lantermil	00:53:51	VET II F 45-49	11	Split1: 00:29:54.02 Split 2: 00:23:57.10
282	3237	Nuno Silva	Toca e Foge	00:53:52	SENIORES M 23-39	92	Split1: 00:30:03.95 Split 2: 00:23:47.92
283	3299	Paulo Amorim	Maia	00:53:53	SENIORES M 23-39	93	Split1: 00:29:46.14 Split 2: 00:24:07.23
284	3307	José Falcão	0	00:53:54	VET III M 50-54	32	Split1: 00:29:33.34 Split 2: 00:24:20.53
285	3123	Joao Costa	0	00:53:54	VET VI M 65+	8	Split1: 00:30:20.95 Split 2: 00:23:33.46
286	3385	Berta Ferreira	Porto Sentido Runners	00:53:58	VET II F 45-49	12	Split1: 00:30:26.39 Split 2: 00:23:31.24
287	3395	Roque Ferreira	SOPATIBAR	00:53:59	VET I M 40-44	46	Split1: 00:31:01.21 Split 2: 00:22:57.69
288	3405	JOSÉ MIRANDA	FLY	00:53:59	VET I M 40-44	47	Split1: 00:31:02.71 Split 2: 00:22:56.42
289	3620	Daniel Fontes		00:54:07	VET VI M 65+	9	Split1: 00:30:40.01 Split 2: 00:23:26.62
290	3600	Nuno Silva		00:54:07	VET II M 45-49	40	Split1: 00:31:27.93 Split 2: 00:22:39.45
291	3606	Jorge Manuel Fernandes		00:54:07	VET II M 45-49	41	Split1: 00:31:28.51 Split 2: 00:22:38.87
292	3354	Jose Lopes	Dive Into the mauntai	00:54:08	VET II M 45-49	42	Split1: 00:31:28.51 Split 2: 00:22:39.62
293	3601	Carlos Manuel Soares		00:54:08	VET III M 50-54	33	Split1: 00:31:27.13 Split 2: 00:22:40.99
294	3315	Hugo Falcao	OZ Running Team	00:54:11	VET I M 40-44	48	Split1: 00:30:57.91 Split 2: 00:23:12.71
295	3421	Luis Silva	Parafusos	00:54:15	VET I M 40-44	49	Split1: 00:30:36.88 Split 2: 00:23:38.01
296	3436	Custodio Neto	Individual	00:54:17	VET VI M 65+	10	Split1: 00:30:16.98 Split 2: 00:23:59.90
297	3217	CARLOS PINTO	BIBA MAIS	00:54:18	SENIORES M 23-39	94	Split1: 00:29:48.17 Split 2: 00:24:30.22
298	3266	Manuel Carvalho	0	00:54:19	VET IV M 55-59	18	Split1: 00:29:43.63 Split 2: 00:24:35.00
299	3452	Miguel Maia	0	00:54:20	SENIORES M 23-39	95	Split1: 00:30:53.91 Split 2: 00:23:26.23
300	3464	Joaquim Oliveira	Salgueiros runing	00:54:25	VET IV M 55-59	19	Split1: 00:29:40.97 Split 2: 00:24:43.91
301	3149	Cláudio Guarda	Dói-me quase tudo...	00:54:32	VET I M 40-44	50	Split1: 00:30:17.63 Split 2: 00:24:14.24
302	3611	José Miranda		00:54:40	VET I M 40-44	51	Split1: 00:33:22.87 Split 2: 00:21:16.75
303	3158	PEDRO CARVALHO	R10K	00:55:15	VET II M 45-49	43	Split1: 00:31:05.64 Split 2: 00:24:09.24
304	3160	DANIEL SANTOS	R10K	00:55:16	SENIORES M 23-39	96	Split1: 00:31:07.43 Split 2: 00:24:08.19
305	3179	Marcia Maia	0	00:55:21	VET I F 40-44	7	Split1: 00:30:48.39 Split 2: 00:24:32.99
306	3482	Manuel Oliveira	0	00:55:54	SENIORES M 23-39	97	Split1: 00:29:52.60 Split 2: 00:26:01.28
307	3106	Sebastien Parein	0	00:55:54	VET II M 45-49	44	Split1: 00:30:46.08 Split 2: 00:25:08.30
308	3567	Luis Moniz	0	00:55:59	SENIORES M 23-39	98	Split1: 00:33:08.71 Split 2: 00:22:50.17

Lugar	Dorsal	Atleta	Equipa	Tempo	Escalão	Esc.	Obs.
309	3368	Patrícia Fernandes	AMVE-ASSOCIAÇÃO MOINH	00:55:59	SENIORES F 23-39	15	Split1: 00:30:52.60 Split 2: 00:25:06.78
310	3362	Bruno Cunha	AMVE-ASSOCIAÇÃO MOINH	00:56:00	SENIORES M 23-39	99	Split1: 00:30:52.50 Split 2: 00:25:07.14
311	3519	Elisa Alves	0	00:56:05	SENIORES F 23-39	16	Split1: 00:31:35.45 Split 2: 00:24:29.43
312	3495	Sónia Teixeira	S Teixeira	00:56:25	VET I F 40-44	8	Split1: 00:32:47.38 Split 2: 00:23:38.00
313	3357	Francisco Teixeira	Vila do Conde	00:56:26	SENIORES M 23-39	100	Split1: 00:32:46.17 Split 2: 00:23:39.71
314	3119	Miguel Miranda	Os caracóis	00:56:27	VET III M 50-54	34	Split1: 00:32:06.44 Split 2: 00:24:20.25
315	3498	Gonçalo Nunes	0	00:56:40	Sub23 Male 0 - 22	6	Split1: 00:28:53.91 Split 2: 00:27:46.22
316	3140	Deolinda Canelas	0	00:56:52	VET III F 50-54	1	Split1: 00:31:14.38 Split 2: 00:25:37.77
317	3259	Rui Silva	Cebes Running	00:56:57	VET I M 40-44	52	Split1: 00:31:33.97 Split 2: 00:25:22.66
318	3566	Hugo Sampaio	0	00:56:58	SENIORES M 23-39	101	Split1: 00:32:55.41 Split 2: 00:24:02.97
319	3187	MARIA ABREU	BIBA MAIS	00:57:09	VET II F 45-49	13	Split1: 00:31:32.13 Split 2: 00:25:37.00
320	3381	ROMEU PEREIRA	BIBA MAIS	00:57:10	SENIORES M 23-39	102	Split1: 00:31:32.51 Split 2: 00:25:37.62
321	3301	David Ferreira	0	00:57:13	SENIORES M 23-39	103	Split1: 00:32:21.63 Split 2: 00:24:51.00
322	3396	André Araújo	0	00:57:19	VET II M 45-49	45	Split1: 00:32:08.49 Split 2: 00:25:10.89
323	3398	FILIPPE ABREU	BIBA MAIS	00:57:21	VET II M 45-49	46	Split1: 00:32:25.62 Split 2: 00:24:55.76
324	3245	João Jorge	Sem equipa	00:57:22	VET III M 50-54	35	Split1: 00:31:18.32 Split 2: 00:26:03.82
325	3544	César Cunha	0	00:57:34	SENIORES M 23-39	104	Split1: 00:32:20.45 Split 2: 00:25:13.93
326	3499	Susana Vasconcelos	S.C.Salgueiros	00:57:48	VET I F 40-44	9	Split1: 00:32:40.96 Split 2: 00:25:06.93
327	3407	Hugo Sá	Rocafort	00:57:54	SENIORES M 23-39	105	Split1: 00:31:35.13 Split 2: 00:26:18.50
328	3408	Bruno Correia	Rocafort	00:57:54	SENIORES M 23-39	106	Split1: 00:31:34.07 Split 2: 00:26:19.57
329	3513	Ricardo Capela	0	00:57:55	SENIORES M 23-39	107	Split1: 00:31:35.01 Split 2: 00:26:19.63
330	3466	Sofia Pimenta	LION RUNNERS - G. D.	00:58:06	SENIORES F 23-39	17	Split1: 00:33:09.47 Split 2: 00:24:56.41
331	3399	Ilidio Magalhães	0	00:58:14	VET II M 45-49	47	Split1: 00:32:19.13 Split 2: 00:25:55.26
332	3352	Carla Magalhaes	Lobos do monte run	00:58:36	SENIORES F 23-39	18	Split1: 00:31:44.13 Split 2: 00:26:51.75
333	3555	ANDRE COROA	J MIRANDA	00:58:41	VET I M 40-44	53	Split1: 00:33:29.50 Split 2: 00:25:11.14
334	3623	José Félix	0	00:58:47	VET VI M 65+	11	Split1: 00:32:13.37 Split 2: 00:26:33.27
335	3420	Marcelo Tobo	Valongo	00:58:55	VET III M 50-54	36	Split1: 00:33:32.15 Split 2: 00:25:22.48
336	3440	Lourina Mineiro	Povoa de Varzim	00:59:05	VET IV F 55-59	1	Split1: 00:33:38.19 Split 2: 00:25:26.94
337	3199	PATRICIA LEITÃO	BIBA MAIS	00:59:28	SENIORES F 23-39	19	Split1: 00:32:42.12 Split 2: 00:26:46.27
338	3223	Victor Carvalho	G. D. Leões da Agra	00:59:32	VET V M 60-64	9	Split1: 00:31:51.18 Split 2: 00:27:41.21
339	3258	Paula Matos	Cebes Running	00:59:37	VET I F 40-44	10	Split1: 00:33:03.64 Split 2: 00:26:33.00
340	3186	MARTA RIBEIRO	BIBA MAIS	00:59:41	VET I F 40-44	11	Split1: 00:34:20.08 Split 2: 00:25:21.06
341	3371	Carla Salgueiro	S Team	01:00:05	SENIORES M 23-39	108	Split1: 00:32:49.98 Split 2: 00:27:15.41
342	3444	Almerindo Silva	Alvarelos	01:00:16	VET I M 40-44	54	Split1: 00:33:42.70 Split 2: 00:26:33.44
343	3442	Paulo Maia	SOPATIBAR	01:00:17	VET I M 40-44	55	Split1: 00:33:42.87 Split 2: 00:26:34.52
344	3404	Ricardo Barbosa	FLY	01:00:18	VET I M 40-44	56	Split1: 00:33:42.87 Split 2: 00:26:34.79
345	3129	José Lima	PERNAS INERTES	01:00:27	VET V M 60-64	10	Split1: 00:33:36.15 Split 2: 00:26:50.99
346	3128	Rosa Bispo	PERNAS INERTES	01:00:29	VET V F 60-64	1	Split1: 00:33:12.90 Split 2: 00:27:15.74
347	3559	Paula Simoes	0	01:00:29	SENIORES F 23-39	20	Split1: 00:33:47.66 Split 2: 00:26:41.23
348	3523	Fernando Silva	Os caracóis	01:00:29	VET III M 50-54	37	Split1: 00:32:06.95 Split 2: 00:28:22.00
349	3448	Ana Vilaça	0	01:00:31	SENIORES F 23-39	21	Split1: 00:32:53.65 Split 2: 00:27:37.24
350	3543	Eurico Cunha	JECunha Seguros	01:00:35	SENIORES M 23-39	109	Split1: 00:33:10.97 Split 2: 00:27:23.92
351	3564	Francisco Faria	Pingu	01:00:36	SENIORES M 23-39	110	Split1: 00:33:30.88 Split 2: 00:27:05.26
352	3200	HÉLIO SILVA	BIBA MAIS	01:00:39	SENIORES M 23-39	111	Split1: 00:33:07.17 Split 2: 00:27:31.47

Lugar	Dorsal	Atleta	Equipa	Tempo	Escalão	Esc.	Obs.
353	3132	Nuno Silva	LOBOS DO MONTE - LOUS	01:00:59	VET II M 45-49	48	Split1: 00:34:10.62 Split 2: 00:26:48.02
354	3133	MANUELA SILVA	LOBOS DO MONTE - LOUS	01:00:59	VET II F 45-49	14	Split1: 00:34:13.43 Split 2: 00:26:45.21
355	3188	MANUELA FONTÃO	BIBA MAIS	01:01:22	VET III F 50-54	2	Split1: 00:34:20.80 Split 2: 00:27:01.35
356	3271	José Costa	R10K	01:01:41	VET III M 50-54	38	Split1: 00:35:56.21 Split 2: 00:25:44.68
357	3394	Fátima Lopes	Trofa Runners	01:01:42	VET V F 60-64	2	Split1: 00:32:31.21 Split 2: 00:29:10.93
358	3193	JULIA BATISTA	BIBA MAIS	01:01:48	VET III F 50-54	3	Split1: 00:34:17.72 Split 2: 00:27:30.67
359	3319	Paula Costa	0	01:01:54	VET II F 45-49	15	Split1: 00:34:23.37 Split 2: 00:27:31.02
360	3318	Helder Silva	0	01:01:55	SENIORES M 23-39	112	Split1: 00:34:13.71 Split 2: 00:27:41.18
361	3479	Cristiana Araújo	povoa de varzim	01:02:05	SENIORES F 23-39	22	Split1: 00:34:40.92 Split 2: 00:27:23.97
362	3526	André Correia	povoa de varzim	01:02:06	SENIORES M 23-39	113	Split1: 00:34:40.65 Split 2: 00:27:25.24
363	3161	CESAR CRUZ	R10K	01:02:31	SENIORES M 23-39	114	Split1: 00:34:52.65 Split 2: 00:27:38.50
364	3610	Helena Santos		01:02:33	SENIORES F 23-39	23	Split1: 00:34:29.51 Split 2: 00:28:03.39
365	3631	André Coroa		01:02:44	VET I M 40-44	57	Split1: 00:34:05.94 Split 2: 00:28:37.70
366	3612	Filipe Ferreira		01:02:44	SENIORES M 23-39	115	Split1: 00:34:05.94 Split 2: 00:28:38.20
367	3117	Georgina Vinhas	0	01:02:46	VET III F 50-54	4	Split1: 00:34:34.42 Split 2: 00:28:11.48
368	3591	António Seabra		01:02:46	VET V M 60-64	11	Split1: 00:34:37.81 Split 2: 00:28:08.09
369	3147	Reinaldo Miranda	Equipa Maravilha	01:02:46	VET III M 50-54	39	Split1: 00:34:36.21 Split 2: 00:28:09.93
370	3588	Alice Vilaça		01:02:46	VET I F 40-44	12	Split1: 00:34:36.76 Split 2: 00:28:09.39
371	3148	Paula Miranda	Equipa Maravilha	01:02:46	VET II F 45-49	16	Split1: 00:34:37.23 Split 2: 00:28:09.22
372	3589	Ricardo Vilaça		01:02:47	SENIORES M 23-39	116	Split1: 00:34:38.41 Split 2: 00:28:08.73
373	3437	Francisco Ribeiro	Persistentes	01:03:04	VET I M 40-44	58	Split1: 00:33:38.19 Split 2: 00:29:26.20
374	3438	Carmelinda Lopes	Persistentes	01:03:05	VET I F 40-44	13	Split1: 00:33:38.19 Split 2: 00:29:26.96
375	3345	Hermínia Oliveira	Os Pressinhas	01:03:13	VET III F 50-54	5	Split1: 00:34:35.45 Split 2: 00:28:37.95
376	3118	Rui Miranda	Os caracóis	01:03:25	VET IV M 55-59	20	Split1: 00:34:18.41 Split 2: 00:29:06.73
377	3127	Daniela Silva	0	01:03:26	SENIORES F 23-39	24	Split1: 00:35:03.11 Split 2: 00:28:23.03
378	3516	Nuno Castro	0	01:03:40	SENIORES M 23-39	117	Split1: 00:33:48.21 Split 2: 00:29:51.43
379	3228	Goreti Marreiros	Minis & Bifanas	01:03:47	VET II F 45-49	17	Split1: 00:34:54.11 Split 2: 00:28:53.29
380	3295	Janete Sousa	0	01:03:56	SENIORES F 23-39	25	Split1: 00:34:39.34 Split 2: 00:29:16.92
381	3207	Ana Sousa	Boavista trail	01:04:42	VET III F 50-54	6	Split1: 00:35:03.70 Split 2: 00:29:38.45
382	3283	ODETE FARIA	BIBA MAIS	01:04:43	VET II F 45-49	18	Split1: 00:35:22.65 Split 2: 00:29:20.75
383	3439	Carla Pereira	0	01:05:05	VET I M 40-44	59	Split1: 00:35:21.21 Split 2: 00:29:43.69
384	3460	Artur Santos	0	01:05:21	VET V M 60-64	12	Split1: 00:34:54.62 Split 2: 00:30:26.53
385	3162	FLORINDA SILVA	R10K	01:05:30	VET III F 50-54	7	Split1: 00:35:55.22 Split 2: 00:29:34.68
386	3156	LUÍS CARVALHO	R10K	01:05:31	VET IV M 55-59	21	Split1: 00:35:55.92 Split 2: 00:29:34.73
387	3339	Diogo Pais	Cebes Running	01:05:59	Sub23 Male 0 - 22	7	Split1: 00:35:16.72 Split 2: 00:30:42.44
388	3374	Paula Reis	0	01:06:08	VET II F 45-49	19	Split1: 00:36:48.98 Split 2: 00:29:18.92
389	3185	MARTA MENDES	BIBA MAIS	01:06:40	VET I F 40-44	14	Split1: 00:35:34.63 Split 2: 00:31:05.28
390	3189	CÁTIA MENDES	BIBA MAIS	01:06:40	SENIORES F 23-39	26	Split1: 00:35:37.01 Split 2: 00:31:03.39
391	3194	ISILDA RIBEIRO	BIBA MAIS	01:06:41	VET I F 40-44	15	Split1: 00:35:35.15 Split 2: 00:31:05.75
392	3549	José Cunha	JECunha Seguros	01:06:44	VET III M 50-54	40	Split1: 00:34:48.86 Split 2: 00:31:54.80
393	3286	Ilona Kósa	0	01:06:53	VET II F 45-49	20	Split1: 00:37:23.39 Split 2: 00:29:29.76
394	3372	Júlia Costa	MATILHA	01:07:32	VET III F 50-54	8	Split1: 00:00:00.00 Split 2: 01:07:32.41
395	3112	Eduardo Cardoso	Sunshine	01:07:35	VET I M 40-44	60	Split1: 00:36:05.15 Split 2: 00:31:29.51
396	3568	Marco Almeida	0	01:07:35	VET I M 40-44	61	Split1: 00:34:41.81 Split 2: 00:32:53.34

Lugar	Dorsal	Atleta	Equipa	Tempo	Escalão	Esc.	Obs.
397	3561	Nuno Sousa	0	01:07:49	SENIORES M 23-39	118	Split1: 00:38:03.94 Split 2: 00:29:44.71
398	3373	Albino Torres	MATILHA	01:07:56	VET IV M 55-59	22	Split1: 00:00:00.00 Split 2: 01:07:56.16
399	3540	Luísa Ribeiro	0	01:08:57	VET I F 40-44	16	Split1: 00:38:39.38 Split 2: 00:30:17.53
400	3541	José Vidal	0	01:08:57	VET II M 45-49	49	Split1: 00:38:39.38 Split 2: 00:30:17.53
401	3597	Inês Silva		01:09:17	Sub23 Female 0 - 22	2	Split1: 00:38:47.16 Split 2: 00:30:30.00
402	3598	Tito Pinto		01:09:27	SENIORES M 23-39	119	Split1: 00:38:46.59 Split 2: 00:30:40.82
403	3599	Carlos Silva		01:09:27	SENIORES M 23-39	120	Split1: 00:38:48.29 Split 2: 00:30:39.13
404	3302	Hugo Duarte	0	01:10:56	SENIORES M 23-39	121	Split1: 00:38:49.70 Split 2: 00:32:06.72
405	3582	Francisco Santos	0	01:11:11	SENIORES M 23-39	122	Split1: 00:39:07.43 Split 2: 00:32:03.73
406	3583	João Pereira	Hilti	01:11:12	VET IV M 55-59	23	Split1: 00:39:09.69 Split 2: 00:32:01.97
407	3584	Catarina Amaro	Hilti	01:11:12	SENIORES F 23-39	27	Split1: 00:39:10.19 Split 2: 00:32:01.47
408	3471	Ultimagem oliveira	Ultimagem	01:11:47	SENIORES M 23-39	123	Split1: 00:40:21.68 Split 2: 00:31:24.98
409	3151	Hélder Pinho	0	01:13:18	SENIORES M 23-39	124	Split1: 00:40:08.37 Split 2: 00:33:10.05
	3527	Paulo Eusébio	Machado/Eusébio				Split1: 00:00:00.00 Split 2: 00:47:09.61
	3593	Tomás Eusébio					Split1: 00:00:00.00 Split 2: 00:47:08.86