

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
1	COSTA, MANUEL	218	A. D. Lustosa	10M50	39:02.57	03:54	
2	NOGUEIRA, ANDRÉ	121	UF 08 RUNNERS/ESSÊNCIA CLÍNICA	10SENM	41:52.00	04:11	00:02:49
3	GONÇALVES, JOSÉ	131	Dá-Lhe Gas	10SENM	41:52.84	04:11	00:02:50
4	SILVA, PAULO	130	Dá-Lhe Gas	10M40	42:01.38	04:12	00:02:58
5	MAIA, NUNO	183	0.0	10SENM	43:35.18	04:22	00:04:32
6	SANTOS, RAFAEL	116	0.0	10SENM	44:37.47	04:28	00:05:34
7	PACHECO, FRANCISCO	213	CFFIT Freamunde	10SENM	44:39.38	04:28	00:05:36
8	ALVES, MANUEL	172	0.0	10M50	45:08.30	04:31	00:06:05
9	NETO, MIGUEL	115	0.0	10SENM	45:17.27	04:32	00:06:14
10	MACHADO, RICARDO	106	Andatrilhos Freamunde	10M50	45:42.18	04:34	00:06:39
11	NETO, RICARDO	111	Andatrilhos Freamunde	10SENM	45:49.80	04:35	00:06:47
12	MOREIRA, FRANCISCO	149	0.0	10M40	46:32.12	04:39	00:07:29
13	PRUDÊNCIO, CARLOS	129	Dá-Lhe Gas	10SENM	46:39.09	04:40	00:07:36
14	SOUSA, CARLOS	118	TALHOPONTEREAL	10M50	46:44.79	04:40	00:07:42
15	COELHO, TIAGO	210	UF 08 RUNNERS/ESSÊNCIA CLÍNICA	10SENM	47:46.39	04:47	00:08:43
16	CARVALHO, TIAGO	153	Os2horas	10SENM	49:11.22	04:55	00:10:08
17	SILVA, CARLOS	144	0.0	10SENM	49:11.56	04:55	00:10:09
18	TONI, TONI	189	CFFIT Freamunde	10M40	49:15.01	04:56	00:10:12
19	SILVA, CARLOS	199	0.0	10M40	49:56.45	05:00	00:10:53
20	NOGUEIRA, ARNALDO	152	Andatrilhos Freamunde	10SENM	51:41.03	05:10	00:12:38
21	OLIVEIRA, PAULO	148	0.0	10M40	51:48.51	05:11	00:12:46
22	RIBEIRO, CARLOS	141	Os2horas	10SENM	51:54.71	05:11	00:12:52
23	NETO, VITOR	212	CFFIT Freamunde	10SENM	52:06.42	05:13	00:13:03
24	FREITAS, PAULO	135	0.0	10SENM	52:45.85	05:17	00:13:43
25	CARVALHO, ALBINO	205	0.0	10M40	54:11.05	05:25	00:15:08
26	ALMEIDA, MARCO	201	0.0	10SENM	54:11.28	05:25	00:15:08
27	PIRES, NATALIA	126	Dá-Lhe Gas	10SENF	54:31.71	05:27	00:15:29
28	FERREIRA, EDUARDO	140	0.0	10SENM	57:02.78	05:42	00:18:00
29	VALENTE, ARSENIO	200	0.0	10SENM	57:02.88	05:42	00:18:00
30	DIAS, RICARDO	128	Dá-Lhe Gas	10SENM	58:10.55	05:49	00:19:08
32	MOURA, CESAR	137	CFFIT Freamunde	10SENM	58:24.38	05:50	00:19:21
33	ALVES, RENATO	193	0.0	10SENM	58:25.91	05:51	00:19:23
34	COSTA, FREDERICO	194	0.0	10SENM	59:03.21	05:54	00:20:00
35	CARDOSO, LINO	178	GOMESSEG MEDIAÇÃO DE SEGUROS	10M40	59:07.63	05:55	00:20:05
36	SILVA, CELINA	122	Figueiredo's Runners & Friends	10SENF	59:43.23	05:58	00:20:40
37	SILVA, SERGIO	102	Dá-Lhe Gas	10SENM	59:44.97	05:58	00:20:42
38	SILVA, BRUNO	109	Dá-Lhe Gas	10SENM	1:01:33.98	06:09	00:22:31
39	DIAS, DUARTE	222	0.0	10M40	1:02:22.62	06:14	00:23:20
40	COSTA, RUI	142	Os2horas	10SENM	1:02:33.88	06:15	00:23:31
41	TEIXEIRA, MANUEL	138	0.0	10SENM	1:03:17.32	06:20	00:24:14
42	SILVA, CELESTE	186	Quebra_Galhos	10F40	1:03:18.50	06:20	00:24:15
43	SOUSA, PAULO	187	Quebra_Galhos	10M40	1:03:18.87	06:20	00:24:16
44	NOGUEIRA, RUBEN	134	Dá-Lhe Gas	10SENM	1:03:21.67	06:20	00:24:19
45	FERNANDES, DANIEL	133	Dá-Lhe Gas	10SENM	1:03:28.24	06:21	00:24:25

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46	NETO, HEITOR	143	Os2horas	10SENM	1:03:29.84	06:21	00:24:27
47	MARQUES, NELSON	198	0.0	10SENM	1:04:01.25	06:24	00:24:58
48	SOUTO, RUI	156	0.0	10M40	1:04:31.90	06:27	00:25:29
49	FILIFE, HELDER	139	0.0	10SENM	1:04:34.90	06:27	00:25:32
50	SOUSA, MARISA	136	PÉS DE CHUMBO	10SENF	1:05:27.31	06:33	00:26:24
51	TEIXEIRA, MARIA	125	PÉS DE CHUMBO	10F40	1:05:27.84	06:33	00:26:25
52	RUFINO, MIGUEL	167	0.0	10M40	1:06:25.48	06:39	00:27:22
53	MARTINS, ANTÓNIO	223	0.0	10SENM	1:07:07.70	06:43	00:28:05
54	FERREIRA, VITOR	226	0.0	10SENM	1:07:08.45	06:43	00:28:05
55	MEIRELES, JOSÉ	158	0.0	10SENM	1:08:00.02	06:48	00:28:57
56	SOUSA, ADELINO	168	0.0	10M50	1:08:05.90	06:49	00:29:03
57	BARBOSA, ANTÓNIO	103	0.0	10SENM	1:08:05.95	06:49	00:29:03
58	RIBEIRO, JOSÉ	147	0.0	10SENM	1:08:06.40	06:49	00:29:03
59	LOPES, BRUNA	132	Dá-Lhe Gas	10SENF	1:08:12.27	06:49	00:29:09
60	CUNHA, A.	206	0.0	10M40	1:08:14.26	06:49	00:29:11
61	GONCALVES, ADELIO	180	GOMESSEG MEDIAÇÃO DE SEGUROS	10M50	1:08:33.48	06:51	00:29:30
62	OLIVEIRA, SUSANA	208	Individual	10SENF	1:08:33.99	06:51	00:29:31
63	MIRANDA, LUÍS	170	Team Gym Amigalhaços - SARC - Salgueiral - RUN	10M40	1:08:42.84	06:52	00:29:40
64	CARNEIRO, JOSE	195	0.0	10M40	1:08:47.04	06:53	00:29:44
65	MENDES, JOSE	179	GOMESSEG MEDIAÇÃO DE SEGUROS	10M50	1:08:50.84	06:53	00:29:48
66	ABREU, FERNANDO	219	0.0	10M40	1:08:51.04	06:53	00:29:48
67	PINTO, FILIPE	182	0.0	10SENM	1:08:52.72	06:53	00:29:50
68	PEDRO, LUIS	184	0.0	10SENM	1:09:29.03	06:57	00:30:26
69	DUARTE, JOSÉ	181	0.0	10SENM	1:10:13.53	07:01	00:31:11
70	GOMES, JORGE	190	GOMESSEG MEDIAÇÃO DE SEGUROS	10M50	1:10:18.67	07:02	00:31:16
71	PINTO, MARGARIDA	209	Individual	10F40	1:11:03.53	07:06	00:32:01
72	GOMES, ALEXANDRA	176	São Mateus Runners	10SENF	1:11:50.50	07:11	00:32:48
73	SANTOS, ANDRÉ	177	0.0	10SENM	1:11:50.90	07:11	00:32:48
74	SOUSA, HELDER	171	Team Gym Amigalhaços - SARC - Salgueiral - RUN	10M40	1:11:52.72	07:11	00:32:50
75	COSTA, JOSÉ	114	0.0	10M50	1:12:37.19	07:16	00:33:34
76	MAGALHÃES, RUI	154	0.0	10M40	1:13:39.04	07:22	00:34:36
77	SILVA, JOAQUINA	107	0.0	10SENM	1:14:39.92	07:28	00:35:37
78	MOREIRA, MARIA	120	s.luiz	10F40	1:14:52.53	07:29	00:35:50
79	BARBOSA, AUGUSTO	119	s.luiz	10M50	1:14:53.47	07:29	00:35:50
80	FERNANDES, SÓNIA	146	Team Gym Amigalhaços - SARC - Salgueiral - RUN	10SENF	1:15:52.36	07:35	00:36:49
81	BARBOSA, ISABEL	159	Sweet Runners	10SENF	1:15:54.56	07:35	00:36:52
82	VIEGAS, ELISETTE	164	Sweet Runners	10F40	1:15:55.07	07:36	00:36:52
83	ALVES, MARIA	173	Sweet Runners	10SENF	1:15:55.99	07:36	00:36:53
84	ANDRADE, ISMAEL	204	0.0	10M50	1:16:11.89	07:37	00:37:09
85	PINTO, PAULA	227	0.0	10F40	1:16:36.36	07:40	00:37:33
86	GONÇALVES, ELISABETE	124	0.0	10F40	1:17:39.87	07:46	00:38:37
87	SILVA, SANDRA	157	0.0	10SENF	1:17:42.35	07:46	00:38:39
88	CARDOSO, PAULO	203	0.0	10SENM	1:18:15.50	07:50	00:39:13
89	OLIVEIRA, ODETE	211	Individual	10SENF	1:18:16.39	07:50	00:39:13

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90	SILVA, LUISA	174	0.0	10SENF	1:18:17.55	07:50	00:39:15
91	ALVES, DIEGO	192	0.0	10SENM	1:18:30.73	07:51	00:39:28
92	DIAS, MIGUEL	150	0.0	10SENM	1:20:29.32	08:03	00:41:26
93	DIAS, HÉLIA	151	0.0	10SENF	1:20:29.45	08:03	00:41:26
94	LEAL, ROSA	163	0.0	10SENF	1:21:23.22	08:08	00:42:20
95	FERREIRA, CARMEN	165	0.0	10F40	1:21:27.68	08:09	00:42:25
96	BRANDÃO, JOANA	145	0.0	10SENF	1:21:28.25	08:09	00:42:25
97	CUNHA, SUSANA	207	0.0	10F40	1:26:22.30	08:38	00:47:19
98	MAGALHÃES, DÉBORA	110	Andatrilhos Freamunde	10SENF	1:26:23.44	08:38	00:47:20
99	PINTO, CRISTINA	112	Andatrilhos Freamunde	10SENF	1:26:23.81	08:38	00:47:21
100	PEDRO, LUÍS	100	Andatrilhos Freamunde	10SENM	1:26:23.94	08:38	00:47:21
101	MENDES, MARCO	108	Andatrilhos Freamunde	10SENM	1:26:24.13	08:38	00:47:21
102	GONÇALVES, NADINE	196	Lumberjacks	10SENF	1:27:55.47	08:48	00:48:52
103	PEIXOTO, MARIANA	197	Lumberjacks	10SENF	1:27:55.54	08:48	00:48:53
104	COSTA, MARCOS	191	Lumberjacks	10SENM	1:27:55.67	08:48	00:48:53
105	VEIGA, DIOGO	215	Lumberjacks	10SENM	1:27:56.11	08:48	00:48:53
106	MARTINS, ANA	224	0.0	10SENF	1:30:06.80	09:01	00:51:04
107	SILVA, MARIA	225	0.0	10SENF	1:30:20.71	09:02	00:51:18
108	MOTA, CATARINA	160	Sweet Runners	10SENF	1:30:43.23	09:04	00:51:40
109	DIAS, LILIANA	155	Sweet Runners	10SENF	1:30:43.75	09:04	00:51:41
110	DIAS, CARLA	161	Sweet Runners	10SENF	1:30:43.84	09:04	00:51:41
111	DIAS, SUSANA	162	Sweet Runners	10SENF	1:30:46.82	09:05	00:51:44
112	RIBEIRO, ANDREIA	202	0.0	10F40	1:32:23.84	09:14	00:53:21
113	PINHÃO, MANUELA	166	0.0	10SENF	1:41:52.28	10:11	01:02:49
114	CATARINA, TELMA	101	Dá-Lhe Gas	10SENF	1:41:52.46	10:11	01:02:49
115	MAGALHAES, SUSANA	216	Individual	10F40	1:53:15.66	11:20	01:14:13
116	PINTO, SANDRA	104	0.0	10SENF	1:53:16.37	11:20	01:14:13