

Pos.	Nome	Dorsal	Equipa	Categoria	Tempo	Ritmo	Difer.
1	ARAÚJO, MARCELO	602	ADCCJCLARKS	20SEM	1:39:55.25	05:00	
2	SILVA, ANTÓNIO	743	CDS Salvador Campo	20M40	1:40:48.33	05:02	00:00:53
3	MONTEIRO, RICARDO	471	0.0	20SEM	1:43:41.82	05:11	00:03:47
4	SILVA, HELDER	690	Paredes Aventura	20SEM	1:44:37.50	05:14	00:04:43
5	LEMONS, FRANCISCO	637	FAST	20M50	1:47:33.42	05:23	00:07:38
6	AFONSO, JOSÉ	678	Individual	20M40	1:47:41.86	05:23	00:07:47
7	FERREIRA, JOSÉ	724	Individual	20M50	1:48:09.13	05:24	00:08:14
8	PINTO, JOSE	732	Individual	20SEM	1:49:14.89	05:28	00:09:20
9	LIMA, TIAGO	617	avesrunners	20SEM	1:49:43.24	05:29	00:09:48
10	PEREIRA, SÉRGIO	632	ErmidaFit	20SEM	1:49:55.00	05:30	00:10:00
11	MENDES, ADRIANO	626	Brabus Runners	20SEM	1:50:14.85	05:31	00:10:20
12	FARIA, NUNO	601	ADCCJCLARKS	20SEM	1:50:29.12	05:31	00:10:34
13	SOUZA, ROMEU	618	avesrunners	20SEM	1:50:47.07	05:32	00:10:52
14	LOPES, JOSE	742	Individual	20SEM	1:50:59.00	05:33	00:11:04
15	SANTOS, LUIS	663	Individual	20SEM	1:52:08.06	05:36	00:12:13
16	LEMONS, NUNO	652	Individual	20SEM	1:52:46.10	05:38	00:12:51
17	FERNANDES, MIGUEL	605	ALIVE RUNNERS	20SEM	1:53:27.25	05:40	00:13:32
18	SILVA, RAUL	694	ProFisio Team	20M40	1:54:52.43	05:45	00:14:57
19	FREITAS, MIGUEL	740	Pó na Lama Trail Runners	20SEM	1:54:58.88	05:45	00:15:04
20	DIAMANTINO, MIGUEL	689	Os Jeropiga	20SEM	1:55:40.57	05:47	00:15:46
21	TEIXEIRA, AMADEU	636	FAST	20M50	1:56:35.80	05:50	00:16:41
22	FERREIRA, VASCO	625	Brabus Runners	20SEM	1:56:54.37	05:51	00:16:59
23	CUNHA, EUGENIO	635	FAST	20M40	1:59:00.27	05:57	00:19:05
24	PINHEIRO, JOAQUIM	606	ALIVE RUNNERS	20M40	2:00:02.11	06:00	00:20:07
25	VIEIRA, RICARDO	627	Brabus Runners	20SEM	2:00:17.92	06:01	00:20:23
26	LEITE, CESÁRIO	623	Brabus Runners	20SEM	2:00:19.27	06:01	00:20:24
27	FERREIRA, NUNO	665	Individual	20M40	2:00:19.92	06:01	00:20:25
28	CARVALHO, JOSÉ	688	Os Jeropiga	20SEM	2:01:40.21	06:05	00:21:45
29	SILVA, DIOGO	739	Individual	20SEM	2:01:40.47	06:05	00:21:45
30	RODRIGUES, CARLOS	670	Individual	20SEM	2:02:39.56	06:08	00:22:45
31	MORGADO, CARLOS	640	Guimarunning Moscada	20SEM	2:03:24.56	06:10	00:23:30
32	PINTO, ANSELMO	645	Individual	20M40	2:03:25.73	06:10	00:23:31
33	MENDES, SANDRA	697	ProFisio Team	20F40	2:03:25.78	06:10	00:23:31
34	MOURA, PAULO	695	ProFisio Team	20M40	2:03:27.76	06:10	00:23:33
35	TORRES, AFONSO	616	avesrunners	20M40	2:04:04.69	06:12	00:24:10
36	RIBEIRO, MIGUEL	673	Individual	20SEM	2:04:20.40	06:13	00:24:25
37	RICARDO, JOÃO	718	Vimarunners	20SEM	2:04:58.55	06:15	00:25:04
38	PEREIRA, TOZE	660	Individual	20M40	2:06:13.53	06:19	00:26:19
39	ABREU, ROGERIO	654	Individual	20M40	2:06:23.41	06:19	00:26:28
40	SILVA, MARCO	677	Individual	20SEM	2:06:29.69	06:19	00:26:35
41	LOPES, MANUEL	736	RIOFIT RUNNING	20M40	2:06:34.39	06:20	00:26:39
42	OLIVEIRA, ABILIO	737	RIOFIT RUNNING	20SEM	2:06:35.31	06:20	00:26:40
43	ALVES, ORLANDO	648	Individual	20M40	2:07:00.70	06:21	00:27:06
44	MARTINS, ANTONIO	649	Individual	20SEM	2:07:01.52	06:21	00:27:07
45	LOBO, HUGO	698	run4all	20SEM	2:07:29.67	06:22	00:27:35

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46	PEREIRA, ALVARO	619	avesrunners	20M50	2:07:46.30	06:23	00:27:51
47	SOUSA, AGOSTINHO	684	kUNALAMA RUNNERS	20M50	2:09:43.79	06:29	00:29:49
48	DUARTE, TELMA	631	ErmidaFit	20SEF	2:09:44.65	06:29	00:29:50
49	RIBEIRO, VÍTOR	628	Didáxis Trail	20SEM	2:09:56.62	06:30	00:30:02
50	NUNES, JORGE	727	Afrikanrunners	20M40	2:10:02.44	06:30	00:30:07
51	VAZ, NELSON	696	ProFisio Team	20SEM	2:10:08.09	06:30	00:30:13
52	DUARTE, DAMIÃO	716	Travassós Running Fafe	20SEM	2:10:14.97	06:31	00:30:20
53	SILVA, JOÃO	738	RIOFIT RUNNING	20M40	2:10:57.65	06:33	00:31:03
54	MATOS, DIOGO	676	Individual	20SEM	2:11:41.96	06:35	00:31:47
55	SILVA, JORGE	661	Individual	20M40	2:12:22.22	06:37	00:32:27
56	SOARES, JORGE	680	Individual	20M40	2:13:33.07	06:41	00:33:38
57	MARTINS, MIGUEL	659	Individual	20M40	2:13:36.19	06:41	00:33:41
58	SANTOS, HENRIQUE	646	Individual	20M50	2:14:39.03	06:44	00:34:44
59	AZEVEDO, RUI	656	Individual	20M40	2:16:50.67	06:51	00:36:56
60	LOURENÇO, JOSÉ	603	AJEG trail team	20SEM	2:17:06.86	06:51	00:37:12
61	FERNANDES, DANIEL	717	Vimarunners	20SEM	2:17:15.41	06:52	00:37:20
62	ALVES, ANDRÉ	701	SCORE HEALTH CLUB	20SEM	2:18:09.04	06:54	00:38:14
63	LIMA, RUI	611	ALIVE RUNNERS	20SEM	2:18:50.86	06:57	00:38:56
64	MOREIRA, CLEMENTE	707	Tecla 3 Runners	20M40	2:18:57.00	06:57	00:39:02
65	DIAS, RUI	604	AJEG trail team	20M40	2:19:37.32	06:59	00:39:42
66	SOUSA, JORGE	620	BITRUNNERS	20SEM	2:20:01.14	07:00	00:40:06
67	SILVA, LUCÍLIA	708	Tecla 3 Runners	20SEF	2:20:23.67	07:01	00:40:29
68	SOUSA, HUGO	709	Tecla 3 Runners	20SEM	2:20:25.91	07:01	00:40:31
69	JOSÉ, MIGUEL	608	ALIVE RUNNERS	20SEM	2:20:26.98	07:01	00:40:32
70	FARIA, VASCO	633	Evolution Trail Team	20SEM	2:21:22.26	07:04	00:41:27
71	FERREIRA, DANIEL	703	SCORE HEALTH CLUB	20M40	2:21:23.07	07:04	00:41:28
72	LOBO, CÉSAR	655	Individual	20M40	2:23:25.78	07:10	00:43:31
73	FERREIRA, JOAQUIM	613	ASSOCIAÇÃO CULTURAL DE VERMOIM	20M50	2:23:34.75	07:11	00:43:40
74	COSTA, MANUEL	612	ASSOCIAÇÃO CULTURAL DE VERMOIM	20M50	2:23:35.69	07:11	00:43:41
75	RIBEIRO, FILIPE	614	ASSOCIAÇÃO CULTURAL DE VERMOIM	20M40	2:23:37.43	07:11	00:43:42
76	FERREIRA, MANUEL	712	Tecla 3 Runners	20SEM	2:24:14.18	07:13	00:44:19
77	RODRIGUES, EDUARDO	600	30Over30.org	20M40	2:24:26.05	07:13	00:44:31
78	PEREIRA, MARCO	730	Fermentões	20M40	2:25:25.29	07:16	00:45:30
79	COSTA, JOSÉ	679	Individual	20SEM	2:25:39.89	07:17	00:45:45
80	DUARTE, JOSÉ	634	FAMILIA PEREIRA	20M50	2:25:56.70	07:18	00:46:02
81	MIRANDA, FRANCISCO	615	ASSOCIAÇÃO CULTURAL DE VERMOIM	20M40	2:26:32.86	07:20	00:46:38
82	FERNANDES, RUI	720	Vimarunners	20SEM	2:28:22.75	07:25	00:48:28
83	ALBERTO, CARLOS	671	Individual	20M50	2:28:41.26	07:26	00:48:46
84	GONÇALVES, EDUARDO	692	POTES DE OURO	20M40	2:28:57.17	07:27	00:49:02
85	OLIVEIRA, FRANCISCO	700	SCORE HEALTH CLUB	20SEM	2:29:03.62	07:27	00:49:09
86	BARROSO, SÉRGIO	674	Individual	20SEM	2:29:50.12	07:30	00:49:55
87	MIRANDA, DANIEL	657	Individual	20SEM	2:31:09.42	07:33	00:51:14
88	ABREU, CLAUDIO	719	Vimarunners	20M40	2:31:11.40	07:34	00:51:16
89	FREITAS, RUI	687	Nice Runners	20M40	2:31:17.35	07:34	00:51:22
90	MARTINS, DAVID	658	Individual	20M40	2:31:17.86	07:34	00:51:23

Pos.	Nome	Dorsal	Equipa	Categoria	Tempo	Ritmo	Difer.
91	PAIXÃO, NILZA	675	Individual	20F40	2:31:25.00	07:34	00:51:30
92	FERREIRA, JORGE	691	POTES DE OURO	20M40	2:31:40.18	07:35	00:51:45
93	GONÇALVES, ELISABETE	741	Individual	20F40	2:31:44.39	07:35	00:51:49
94	GOMES, HELENA	686	Moinhos Run-ADRM	20F40	2:31:50.60	07:36	00:51:56
95	MIRANDA, LUÍS	704	Team Gym Amigalhaços - SARC - Salgueiral - RUN	20M40	2:32:09.45	07:36	00:52:14
96	FERREIRA, CARLOS	731	Fermentões	20M40	2:32:31.33	07:38	00:52:36
97	COELHO, ANDREA	713	Tecla 3 Runners	20F40	2:32:52.03	07:39	00:52:57
98	PEREIRA, SÉRGIO	682	Individual	20SEM	2:32:59.35	07:39	00:53:04
99	ARAÚJO, LUÍSA	641	Guimarunning Moscada	20SEF	2:34:08.37	07:42	00:54:13
100	PEIXOTO, JOSÉ	639	Guimarunning Moscada	20SEM	2:34:09.81	07:42	00:54:15
101	GOMES, ROMEU	642	Guimarunning Moscada	20SEM	2:34:10.45	07:43	00:54:15
102	SOUSA, HÉLDER	705	Team Gym Amigalhaços - SARC - Salgueiral - RUN	20M40	2:34:35.54	07:44	00:54:41
103	COSTA, PAULA	644	Individual	20F40	2:36:15.75	07:49	00:56:21
104	EUSEBIO, RAQUEL	699	SCORE HEALTH CLUB	20SEF	2:36:36.01	07:50	00:56:41
105	SILVA, TERESA	710	Tecla 3 Runners	20F40	2:37:31.34	07:53	00:57:36
106	SOARES, MÁRIO	647	Individual	20SEM	2:38:04.22	07:54	00:58:09
107	FARIA, RICARDO	722	Individual	20SEM	2:38:07.48	07:54	00:58:12
108	BARROS, LILIANA	607	ALIVE RUNNERS	20SEF	2:38:12.97	07:55	00:58:18
109	RIBEIRO, MANUEL	693	POTES DE OURO	20M40	2:40:37.96	08:02	01:00:43
110	NETO, FRANCISCO	653	Individual	20M50	2:41:01.00	08:03	01:01:06
111	CRUZ, JORGE	683	Individual	20SEM	2:41:45.39	08:05	01:01:50
112	LEÃO, FILIPE	643	Individual	20SEM	2:42:34.06	08:08	01:02:39
113	PINTO, EDUARDA	721	Individual	20SEF	2:42:35.56	08:08	01:02:41
114	MARTINS, VITOR	664	Individual	20SEM	2:42:36.39	08:08	01:02:41
115	SILVA, ARTUR	650	Individual	20M50	2:43:17.38	08:10	01:03:22
116	CARVALHO, ISABEL	685	Moinhos Run-ADRM	20F40	2:43:33.02	08:11	01:03:38
117	RICARDO, ANA	667	Individual	20SEF	2:43:40.48	08:11	01:03:45
118	FONSECA, MARTA	662	Individual	20F40	2:44:54.32	08:15	01:04:59
119	PEREIRA, SEBASTIAO	669	Individual	20M40	2:44:55.41	08:15	01:05:00
120	RIBEIRO, ALEXANDRE	715	Torcatense -Trail Runner	20SEM	2:45:10.17	08:16	01:05:15
121	ALMEIDA, AUGUSTO	723	Individual	20M40	2:46:53.64	08:21	01:06:59
122	PEREIRA, ANTÓNIO	728	Individual	20M40	2:46:54.74	08:21	01:07:00
123	SILVA, MIGUEL	624	Brabus Runners	20SEM	2:51:44.64	08:35	01:11:50
124	CASTRO, CRISTIANO	622	botabaixo	20SEM	2:55:02.00	08:45	01:15:07
125	JERI, ALICE	621	botabaixo	20SEF	2:55:02.28	08:45	01:15:07
126	SILVA, MARIA	734	Individual	20F40	2:55:05.78	08:45	01:15:11
127	SILVA, ANA	733	Individual	20SEF	2:55:07.33	08:45	01:15:12
128	RICARDO, JOSÉ	666	Individual	20M40	2:55:15.57	08:46	01:15:21
129	ROCHA, SARA	651	Individual	20SEF	3:05:54.81	09:18	01:26:00
130	CARVALHO, ANDRÉ	609	ALIVE RUNNERS	20SEM	3:08:32.44	09:26	01:28:37
131	CARDOSO, DIOGO	610	ALIVE RUNNERS	20SEM	3:08:32.60	09:26	01:28:38
132	SOARES, PAULO	672	Individual	20M40	3:25:48.01	10:17	01:45:53
133	XAVIER, ANA	681	Individual	20SEF	3:25:50.33	10:18	01:45:55
134	SILVA, GRAÇA	706	Team Shark	20F40	3:31:03.59	10:33	01:51:09