

Pos.	Dor.	Nome	Clube	Categoria	Class	Tempo	T/Km
1	227	Orlando Valente	FC Penafiel	T M40	1	2:57:26.00	05:33
2	85	Maria Madureira	Futebol clube Penafiel	T SF	1	3:06:33.55	05:50
3	17	Claudio Quelhas	Individual	T SM	1	3:06:47.56	05:50
4	209	Paulo Pinto	Rio Largo - Espinho	T M40	2	3:13:08.13	06:02
5	1	João Oliveira	Chaves	T SM	2	3:13:19.71	06:02
6	21	Carlos Gonçalves	Núcleo de Atletismo de Vila Real	T SM	3	3:14:37.92	06:05
7	12	nuno fernandes	Minho Aventura	T SM	4	3:18:44.94	06:13
8	23	Andre Cunha	guimaraes running	T SM	5	3:20:40.90	06:16
9	42	Jorge Costa	Individual	T SM	6	3:23:14.37	06:21
10	58	Victor Costa	Individual	T SM	7	3:23:23.53	06:21
11	19	Pascoal Melo	Minho Aventura	T M40	3	3:23:59.69	06:22
12	172	Marco Filipe	Sneakers Power/A.R.T.	T SM	8	3:24:34.04	06:24
13	152	Agostinho Costa	CCDR FUNDO DE VILA	T M50	1	3:34:52.41	06:43
14	153	Mário Oliveira	CCDR FUNDO DE VILA	T M50	2	3:37:28.46	06:48
15	223	Aprigio Chaves	Individual	T SM	9	3:37:40.25	06:48
16	243	Luis Pinto	Individual	T M50	3	3:40:46.16	06:54
17	160	cirilo formiga	o praticante (asas do milenium)	T M50	4	3:42:45.73	06:58
18	40	Ruben Monteiro	TRT Trail Runner Team	T SM	10	3:42:45.98	06:58
19	222	José Silva	Individual	T M40	4	3:42:46.62	06:58
20	191	Bruno Dias	Caminhas ou Trilhas?	T M40	5	3:46:02.01	07:04
21	228	Manuel Sá	FC Penafiel	T SM	11	3:51:40.37	07:14
22	100	Adriano Fernandes	Sabroso Sport Clube	T M50	5	3:52:07.92	07:15
23	173	Carlos Lopes	Individual	T SM	12	3:54:14.26	07:19
24	15	JOSÉ SOUSA	ASSOCIAÇÃO ATLETISMO LEBRES SADO	T M40	6	3:54:14.32	07:19
25	166	LUIS LETRA	Individual	T SM	13	3:54:33.20	07:20
26	139	Daniel Silva	Minho Aventura	T M40	7	3:54:37.68	07:20
27	39	Tiago Pinto	Individual	T SM	14	3:54:40.03	07:20
28	61	Nelio Silva	Individual	T SM	15	3:58:31.96	07:27
29	204	Serafim Batista	Rio Largo - Espinho	T M40	8	3:59:16.84	07:29
30	239	Samuel Salvador	Individual	T SM	16	3:59:42.50	07:29
31	216	António Morais	Individual	T M40	9	4:00:21.39	07:31
32	247	Duarte Teixeira	Individual	T M40	10	4:01:43.87	07:33
33	165	Manuel Chantre	NUCLEO DE ATLETISMO VILA REAL	T M40	11	4:03:07.32	07:36
34	94	Paulo Rodrigues	btt Boticas	T SM	17	4:05:30.89	07:40
35	199	Carlos Ferreira	Individual	T SM	18	4:06:09.26	07:42
36	246	Paulo Paiva	Individual	T SM	19	4:09:02.66	07:47
37	206	Alain Couto	Rio Largo - Espinho	T M40	12	4:10:56.11	07:51
38	197	Carlos Coelho	Individual	T SM	20	4:10:56.15	07:51
39	49	Nuno Maia	Individual	T SM	21	4:11:44.14	07:52
40	203	Carlos Cardoso	Rio Largo - Espinho	T M40	13	4:11:58.45	07:52
41	164	antonio soares	o praticante (asas do milenium)	T M40	14	4:14:13.87	07:57
42	25	Vítor Ferreira	TRT - Trail Runner Team	T SM	22	4:17:52.59	08:04
43	59	Miguel Sabroso	Individual	T SM	23	4:17:54.07	08:04
44	202	José Pereira	Rio Largo - Espinho	T SM	24	4:18:12.78	08:04
45	168	JOSE VILARINHO	NUCLEO DE ATLETISMO VILA REAL	T SM	25	4:18:54.45	08:05
46	242	João Gonçalves	Individual	T M40	15	4:19:06.25	08:06
47	27	Jorge Quinteira	REALTINTAS/CYBER CAFE - V.G.V.R.	T SM	26	4:19:09.92	08:06
48	28	Emídio Quinteira	REALTINTAS/CYBER CAFE - V.G.V.R.	T SM	27	4:19:10.04	08:06
49	48	Mário Meneses	Porto Runners	T M50	6	4:19:34.63	08:07
50	57	Carlos Pereira	Individual	T SM	28	4:20:41.92	08:09
51	89	Flor Madureira	G.D.Leões do Veneza	T VF	1	4:20:42.54	08:09
52	60	César Barros	Individual	T SM	29	4:21:39.63	08:11
53	215	Nuno Costa	Individual	T M40	16	4:22:53.87	08:13
54	36	Alexandre Neves	CCDTCMGondomar	T SM	30	4:23:22.18	08:14
55	33	António Carvalho	C.C.D.C.M.Gondomar	T M40	17	4:23:28.38	08:14
56	34	Joana Almeida	C.C.D.C.M.Gondomar	T SF	2	4:23:28.75	08:14
57	9	Carlos Azevedo	Individual	T SM	31	4:25:38.74	08:18
58	10	Marco Dias	Individual	T SM	32	4:25:39.76	08:18
59	31	Helder Ferreira	REALTINTAS/CYBER CAFE - V.G.V.R.	T SM	33	4:31:08.67	08:28
60	95	Carlos Alves	Individual	T M40	18	4:31:09.10	08:28
61	194	Carlos Navega	Rio Largo - Espinho	T M40	19	4:31:25.18	08:29
62	142	NUNO SILVA	Individual	T SM	34	4:31:29.49	08:29
63	6	Paulo Machado	Individual	T SM	35	4:31:30.52	08:29
64	22	Cristina Saraiva	Individual	T VF	2	4:35:24.04	08:36
65	169	JOÃO ROCHA	NUCLEO ATLETISMO VILA REAL	T SM	36	4:37:53.22	08:41

Pos.	Dor.	Nome	Clube	Categoria	Class	Tempo	T/Km
66	205	Jorge Tavares	Rio Largo - Espinho	T SM	37	4:39:31.69	08:44
67	150	Jorge Barbosa	Individual	T SM	38	4:39:34.24	08:44
68	87	Luis Marques	TRT Trail Runner Team	T SM	39	4:42:51.79	08:50
69	30	Luis Vieira	REALTINTAS/CYBER CAFE - V.G.V.R.	T M40	20	4:45:14.63	08:55
70	201	Joaquim Barbosa	Rio Largo - Espinho	T SM	40	4:45:15.97	08:55
71	80	Mauro Fernandes	lojaoito.pt	T SM	41	4:48:06.25	09:00
72	37	Leonardo Maia	Minho Aventura	T SM	42	4:48:06.60	09:00
73	41	Rui Fernandes	BTTMatosinhos	T M40	21	4:49:27.71	09:03
74	46	HelenaMourao	Individual	T VF	3	4:56:19.98	09:16
75	244	Carlos Pinto	Individual	T M50	7	4:58:05.02	09:19
76	195	Paulo Silva	Individual	T M40	22	4:58:48.07	09:20
77	200	Daniel Lopes	Rio Largo - Espinho	T SM	43	4:59:38.44	09:22
78	5	Orlando orreia	Individual	T M40	23	5:01:54.65	09:26
79	3	Pedro Sá	Individual	T SM	44	5:01:55.83	09:26
80	32	eduardo medeiros	ginasio clube de bragaça	T M50	8	5:08:26.81	09:38
81	26	Pedro Ferreira	REALTINTAS/CYBER CAFE - V.G.V.R.	T SM	45	5:11:28.07	09:44
82	220	Gonçalo Sousa	Confraria Trotamontes	T SM	46	5:15:51.71	09:52
83	51	José Bessa	BTT Matosinhos	T SM	47	5:16:36.50	09:54
84	78	Helena Silva	Individual	T VF	4	5:43:56.69	10:45
85	14	Luis Terencio	Individual	T SM	48	5:43:58.98	10:45
86	221	Júlia Silva	Individual	T SF	3	5:59:03.98	11:13
87	245	Lima Carmen	Individual	T SF	4	6:04:00.00	11:22