

POS	NOME	#	S	EQUIPA	ESCALAO	POS	TEMPO	DIF P/ 1º
1	CUSTÓDIO ANTÔNIO	177	M	C. D. R. AGUIAS UNIDAS	M 35-39	0	04:03:15	
2	MARCOLINO VERISSIMO	181	M	C. D. R. AGUIAS UNIDAS	M 40-44	0	04:07:46	00:04:31
3	NUNO FERNANDES	185	M	FAFE RUNNERS	M 30-34	0	04:11:06	00:07:51
4	JORGE MATOS	109	M	C. D. R. AGUIAS UNIDAS	M 40-44	0	04:20:39	00:17:24
5	JOÃO OLIVEIRA	1	M	CHAVES RUNNING TEAM	M 35-39	0	04:23:51	00:20:36
6	SARA BRITO	101	F	CA BARREIRA	F 40-49	0	04:28:21	00:25:06
7	NORBERTO COSTA	171	M	CHAVES RUNNING TEAM	M 55-59	0	04:32:30	00:29:15
8	AGOSTINHO COSTA	102	M	CCDR FUNDO VILA	M 55-59	0	04:35:36	00:32:21
9	APRIGIO CHAVES	173	M	CHAVES RUNNING TEAM	M Elite 18 - 29	0	04:36:11	00:32:56
10	JOSE SILVA	172	M	CHAVES RUNNING TEAM	M 40-44	0	04:40:25	00:37:10
11	CARLOS VIEIRA	187	M	CLUBE ATLETISMO DE OVAR	M 35-39	0	04:44:19	00:41:04
12	ANTÔNIO ROCHA	110	M	INDIVIDUAL	M 55-59	0	04:44:50	00:41:35
13	JOÃO GONÇALVES	174	M	CTM VILA POUCA DE AGUIAR	M 50-54	0	04:52:40	00:49:25
14	LEONEL CALVO	180	M	C. D. R. AGUIAS UNIDAS	M Elite 18 - 29	0	04:54:20	00:51:05
15	PASCOAL MELO	156	M	MINHO AVENTURA	M 40-44	0	04:54:20	00:51:05
16	MIGUEL SARAIVA	100	M	CA BARREIRA	M 45-49	0	04:55:35	00:52:20
17	BRUNO DIAS	164	M	O PRATICANTE	M 45-49	0	04:59:05	00:55:50
18	GONÇALO MORAIS	150	M	INDIVIDUAL	M 35-39	0	04:59:07	00:55:52
19	MÁRIO OLIVEIRA	103	M	CCDR FUNDO VILA	M 55-59	0	05:00:47	00:57:32
20	JORGE BARBOSA	153	M	PAREDES AVENTURA	M 40-44	0	05:03:18	01:00:03
21	ANTÔNIO CANECA	105	M	A.D.R.L.C.E - ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	M 40-44	0	05:04:00	01:00:45
22	CARLOS CARDOSO	168	M	A.D.R.L.C.E - ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	M 45-49	0	05:10:24	01:07:09
23	XAVIER NOZELOS	417	M	INDIVIDUAL	M 40-44	0	05:17:11	01:13:56
24	ADRIANO FERNANDES	407	M	INDIVIDUAL	M 50-54	0	05:17:17	01:14:02
25	JORGE COSTA	151	M	AGROGLOBAL	M 35-39	0	05:18:44	01:15:29
26	JOSÉ LOURENÇO	158	M	CLUBE ATLETISMO DE OVAR	M 40-44	0	05:24:36	01:21:21
27	ALBINO ABREU	186	M	FAFE RUNNERS	M 40-44	0	05:24:46	01:21:31
28	JOÃO GONÇALVES	159	M	INDIVIDUAL	M 45-49	0	05:36:53	01:33:38
29	JOSE SOUSA	421	M	CTM VILA POUCA DE AGUIAR	M 40-44	0	05:42:52	01:39:37
30	JOSÉ NETO	410	M	ENTRE-OS-MONTES	M 50-54	0	05:45:17	01:42:02
31	EMIDIO QUINTEIRA	188	M	ENTRE-OS-MONTES	M 30-34	0	05:45:18	01:42:03
32	LUIS VIEIRA	412	M	ENTRE-OS-MONTES	M 35-39	0	05:48:40	01:45:25
33	JOÃO MENDES	166	M	FAFE RUNNERS	M 35-39	0	05:55:21	01:52:06
34	ANTÔNIO MORAIS	170	M	INDIVIDUAL	M 40-44	0	05:57:42	01:54:27
35	JOSÉ FALCÃO	104	M	A.D.R.L.C.E - ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	M 60	0	06:04:47	02:01:32
36	JORGE QUINTEIRA	189	M	ENTRE-OS-MONTES	M 30-34	0	06:05:25	02:02:10

POS	NOME	#	S	EQUIPA	ESCALAO	POS	TEMPO	DIF P/ 1º
37	LINA PORTO	411	F	INDIVIDUAL	F 30-39	0	06:10:29	02:07:14
38	MÁRCIO QUINTAS	157	M	CLUBE ATLETISMO DE OVAR	M 30-34	0	06:11:56	02:08:41
39	PAULO MACHADO	175	M	ATLETISMO RUA/BIOBRASSICA	M 35-39	0	06:12:05	02:08:50
40	JOSE ALVAREZ	408	M	INDIVIDUAL	M 55-59	0	06:12:10	02:08:55
41	ADRIANO QUEIROZ	107	M	A.D.R.L.C.E - ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	M 60	0	06:12:18	02:09:03
42	CRISTINA SARAIVA	152	F	INDIVIDUAL	N/D	0	06:16:40	02:13:25
43	MAURO FERNANDES	165	M	O PRATICANTE	M 40-44	0	06:16:47	02:13:32
44	JOSE FERNANDEZ	409	M	INDIVIDUAL	M 55-59	0	06:22:48	02:19:33
45	SÓNIA BORGES	167	F	INDIVIDUAL	F Elite 18 - 29	0	06:26:39	02:23:24
46	CARLOS AZEVEDO	160	M	INDIVIDUAL	M 35-39	0	06:31:12	02:27:57
47	MARCO DIAS	161	M	INDIVIDUAL	M 30-34	0	06:31:17	02:28:02
48	JOSÉ PULIDO	179	M	C. D. R. AGUIAS UNIDAS	M 60	0	06:45:03	02:41:48
49	ALFREDO SANTOS	169	M	A.D.R.L.C.E - ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	M 60	0	06:46:48	02:43:33