

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
1	SILVA, NUNO	193	BERG OUTDOOR	SenM43	4:34:39.70	06:23	
2	TEIXEIRA, TIAGO	161	EDV-Viana Trail	SenM43	4:54:41.57	06:51	00:20:02
3	RUBIO, ALEXANDRE	186	Compressport team	SenM43	5:09:56.06	07:12	00:35:16
4	MARQUES, PEDRO	184	Dr. Merino/4moove	M50_43	5:12:55.84	07:17	00:38:16
5	VELOSO, TELMO	203	EDV-Viana Trail	M40_43	5:28:53.91	07:39	00:54:14
6	ROCHA, PEDRO	188	Gondomar Futsal Clube	SenM43	5:37:37.76	07:51	01:02:58
7	SÁ, PEDRO	195	Running Team Maia	SenM43	5:48:03.11	08:06	01:13:23
8	MOREIRA, JORGE	162	Amigos do Pedal TrailLagares	M40_43	5:53:04.08	08:13	01:18:24
9	PINTO, JOSÉ	133	Individual	SenM43	5:59:55.22	08:22	01:25:15
10	SANTOS, JOSÉ	190	Melres Trail Running - Ordem para Arrear	M40_43	5:59:55.23	08:22	01:25:15
11	SANTOS, SERGIO	168	FFIT GAIA TRAIL	M40_43	6:01:34.83	08:25	01:26:55
12	CANITO, CÉSAR	202	GTT - ARMAZÉM DO CAFFÈ	M40_43	6:15:35.82	08:44	01:40:56
13	COELHO, NUNO	179	Núcleo de Montanha de Espinho	M40_43	6:17:20.52	08:47	01:42:41
14	SANTOS, FERNANDO	176	Núcleo de Montanha de Espinho	M40_43	6:17:22.77	08:47	01:42:43
15	TEIXEIRA, NUNO	160	EDV-Viana Trail	SenM43	6:18:40.65	08:48	01:44:01
16	SIMOES, SUSANA	206	EDV-Viana Trail	F40_43	6:19:27.76	08:49	01:44:48
17	MARIEIRO, JORGE	212	Os Ilhavos	SenM43	6:21:03.29	08:52	01:46:23
18	BARBOSA, DUARTE	164	All About	M40_43	6:25:47.18	08:58	01:51:07
19	MARQUES, NELSON	165	GAIA TRAIL	SenM43	6:25:49.69	08:58	01:51:10
20	MAIA, JORGE	151	Budeguita Runners	M50_43	6:25:53.62	08:58	01:51:14
21	PINTO, PEDRO	149	Grupo VC	M40_43	6:26:48.22	09:00	01:52:08
22	GOMES, CELESTINO	189	Melres Trail Running - Ordem para Arrear	M40_43	6:37:01.68	09:14	02:02:22
23	FIGUEIREDO, TELMO	134	Unidos à Fresca	M40_43	6:37:02.62	09:14	02:02:23
24	MARTINS, JOAO	131	Individual	SenM43	6:37:44.05	09:15	02:03:04
25	OLIVEIRA, MIGUEL	121	A.D. Sebolido Trail Boneca Douro	SenM43	6:37:48.97	09:15	02:03:09
26	GUEDES, VALTER	111	Monte dos Amigos /Juventude Ribeiras	M40_43	6:39:29.82	09:17	02:04:50
27	LOUREIRO, MARIA	108	Associação Desportiva De Cabroelo	F40_43	6:39:30.21	09:17	02:04:50
28	PACHECO, LEANDRO	106	Monte dos Amigos /Juventude Ribeiras	M40_43	6:39:32.10	09:17	02:04:52
29	DOMINGUES, PAULO	102	Shots International Runners	SenM43	6:41:27.94	09:20	02:06:48
30	ARAUJO, JOEL	169	Individual	SenM43	6:41:30.25	09:20	02:06:50
31	PEREIRA, ÂNGELO	159	Centro Ciclista de Gondomar	M50_43	6:44:42.37	09:25	02:10:02
32	LOUREIRO, MIGUEL	211	Individual	M40_43	6:53:50.50	09:37	02:19:12
33	TEIXEIRA, HUGO	101	Individual	SenM43	6:53:52.45	09:37	02:19:12
34	CARVALHAL, JOÃO	152	Budeguita Runners	M40_43	6:54:02.25	09:38	02:19:22
35	RIBEIRO, ARMANDO	158	AMIGO	M40_43	6:54:58.76	09:39	02:20:19
36	SILVA, JOSÉ	136	Individual	M40_43	6:55:22.80	09:40	02:20:43
37	ALVES, RÚBEN	116	Individual	SenM43	6:56:49.50	09:42	02:22:10
38	SILVA, MANUEL	209	Gondomar Futsal Clube	SenM43	7:00:42.13	09:47	02:26:02
39	CARVALHO, ELISABETE	183	Trocopasso Runners	SenF43	7:04:15.28	09:52	02:29:35
40	RODRIGUES, JOSÉ	182	Trocopasso Runners	M40_43	7:04:20.41	09:52	02:29:40
41	LEÇA, LUIS	180	Trocopasso Runners	M40_43	7:04:20.77	09:52	02:29:41
42	FILIPE, NUNO	109	ARCORUN	SenM43	7:07:10.11	09:56	02:32:30
43	OLIVEIRA, FERNANDO	197	Individual	M50_43	7:12:09.50	10:03	02:37:30
44	VIDAL, JOSÉ	141	Individual	SenM43	7:15:57.58	10:08	02:41:18

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
45	FERNANDES, HUGO	103	into the wild	SenM43	7:26:13.58	10:23	02:51:34
46	VIEIRA, FERNANDO	153	Individual	M40_43	7:28:15.31	10:25	02:53:35
47	FERREIRA, JOSÉ	191	Melres Trail Running - Ordem para Arrear	M40_43	7:28:45.55	10:26	02:54:06
48	FARIA, MANUELA	144	PORTOCARGO	F40_43	7:30:18.13	10:28	02:55:38
49	SILVA, TELMO	147	Individual	M40_43	7:32:26.99	10:31	02:57:47
50	MENDES, RUI	148	Individual	SenM43	7:32:28.79	10:31	02:57:49
51	SILVA, DANIEL	110	ARCORUN	SenM43	7:33:08.95	10:32	02:58:29
52	MOTA, RICARDO	166	TrepaTrilhos Trail Team	M40_43	7:39:15.76	10:41	03:04:36
53	LOPES, FERNANDO	167	TrepaTrilhos Trail Team	M50_43	7:39:16.66	10:41	03:04:37
54	GRAÇA, JOÃO	175	Núcleo de Montanha de Espinho	SenM43	7:41:05.85	10:43	03:06:26
55	MACHADO, SUSANA	210	EDV-Viana Trail	SenF43	7:48:01.69	10:53	03:13:22
56	JESUS, JOSE	194	Individual	SenM43	7:51:14.32	10:58	03:16:34
57	SANTOS, VITOR	201	Individual	M40_43	7:55:08.10	11:03	03:20:28
58	FERNANDES, FERNANDO	154	Individual	SenM43	7:58:05.67	11:07	03:23:26
59	BÔTO, PEDRO	173	Individual	M40_43	7:58:07.40	11:07	03:23:27
60	BATISTA, ANTÓNIO	115	ARCORUN	SenM43	8:05:54.20	11:18	03:31:14
61	MAGALHÃES, MIKA	177	Núcleo de Montanha de Espinho	M40_43	8:06:25.20	11:19	03:31:45
62	TAMAGNINI, NUNO	178	Núcleo de Montanha de Espinho	M40_43	8:06:26.06	11:19	03:31:46
63	MAGALHAES, PEDRO	132	Tartarugas do Asfalto	SenM43	8:08:16.72	11:21	03:33:37
64	MARTINS, JOSE	122	Individual	M40_43	8:09:17.68	11:23	03:34:38
65	NAVEGA, CARLOS	207	Individual	M40_43	8:09:46.99	11:23	03:35:07
66	OLIVEIRA, ANTONIO	126	Os Finos	M40_43	8:12:33.98	11:27	03:37:54
67	COUTO, JOAO	125	Os Finos	M40_43	8:12:35.82	11:27	03:37:56
68	MACEDO, BRUNO	204	Os caga tacos running team	SenM43	8:15:51.67	11:32	03:41:12
69	PEREIRA, RUI	140	Bardinos dos Montes	SenM43	8:16:50.62	11:33	03:42:11
70	BRUNO, HENRIQUE	198	Bardinos dos Montes	M40_43	8:18:04.35	11:35	03:43:24
71	SARAIVA, CRISTINA	129	Individual	F50_43	8:18:59.04	11:36	03:44:19
72	VIANA, GILBERTO	196	PAREDES AVENTURA	SenM43	8:19:01.20	11:36	03:44:21
73	SANTOS, LUÍS	104	Individual	M40_43	8:19:29.54	11:37	03:44:50
74	CASTRO, NUNO	146	Individual	M40_43	8:19:36.33	11:37	03:44:56
75	PEREIRA, ERCILIA	172	Invicta Runners Team	F40_43	8:20:04.32	11:38	03:45:24
76	MARIANI, ISABEL	171	Invicta Runners Team	F40_43	8:22:53.34	11:42	03:48:13
77	ANDRADE, BERNARDINO	170	Invicta Runners Team	M40_43	8:22:54.94	11:42	03:48:15
78	LOPES, PEDRO	205	Os caga tacos running team	SenM43	8:25:01.86	11:45	03:50:22
79	F., BANITA	130	A.D. Sebolido Trail Boneca Douro	SenF43	8:42:33.94	12:09	04:07:54
80	RAINHO, EURICO	120	Individual	SenM43	8:42:49.42	12:10	04:08:09
81	DIAS, RUI	156	Clube Galp Energia Norte	SenM43	8:42:59.24	12:10	04:08:19
82	NEVES, CARLA	181	Trocopasso Runners	F40_43	8:50:52.48	12:21	04:16:12
83	FERREIRA, PAULO	123	Individual	SenM43	8:53:04.71	12:24	04:18:25
84	VENDEIRA, DUARTE	143	Individual	SenM43	9:12:20.27	12:51	04:37:40
85	FERREIRA, CARLOS	142	Individual	SenM43	9:12:25.22	12:51	04:37:45
86	PEREIRA, SÓNIA	163	All About	F40_43	9:19:51.42	13:01	04:45:11
87	COSTA, ANA	127	Os Finos	F40_43	9:19:51.84	13:01	04:45:12
88	LIMA, MANUEL	200	EXPERIENCIAR	M50_43	9:33:43.72	13:21	04:59:04

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
89	SILVA, JOÃO	112	Individual	M50_43	9:35:23.25	13:23	05:00:43
90	PINHEIRO, ANTÓNIO	114	Dr. Merino/4moove	SenM43	9:39:15.63	13:28	05:04:36