

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
1	GUEDES, CAMILO	1279	Clube Pessoal Aguas Gaia	M40_13	1:02:44.12	04:50	
2	GOMES, RUI	1868	Douroconta - Gabinete de Apoio e Contabilidade	SenM13	1:03:14.66	04:52	00:00:31
3	PINTO, TIAGO	1864	Douroconta - Gabinete de Apoio e Contabilidade	SenM13	1:03:39.75	04:54	00:00:56
4	GASPAR, MARCO	1643	ACTIB - Águeda Action Club	SenM13	1:06:19.46	05:06	00:03:35
5	CORREIA, FABIO	1796	Trail Running BTT Sanguedo	SenM13	1:07:30.01	05:12	00:04:46
6	PINTO, ANDRÉ	1526	Individual	SenM13	1:07:31.46	05:12	00:04:47
7	ALMEIDA, ANDRE	1086	Factor X / S4L / Medense FC	SenM13	1:07:54.00	05:13	00:05:10
8	SILVA, SÉRGIO	1483	MSS CONTABILIDADE	SenM13	1:08:03.90	05:14	00:05:20
9	MOREIRA, VITOR	1396	Amigos do Pedal TrailLagares	SenM13	1:09:06.90	05:19	00:06:23
10	BARROS, PEDRO	1147	Factor X / S4L / Medense FC	SenM13	1:09:09.41	05:19	00:06:25
11	SILVA, IVAN	1632	Limitless	SenM13	1:09:22.34	05:20	00:06:38
12	SANTOS, RAFAEL	1045	Individual	SenM13	1:09:42.79	05:22	00:06:59
13	BARROS, RICARDO	1866	Douroconta - Gabinete de Apoio e Contabilidade	SenM13	1:11:13.22	05:29	00:08:29
14	SOUSA, TIAGO	1639	Melres Trail Running - Ordem para Arrear	SenM13	1:11:44.66	05:31	00:09:01
15	AZEVEDO, ALBERTO	1619	Melres Trail Running - Ordem para Arrear	SenM13	1:12:35.06	05:35	00:09:51
16	FREITAS, ASDRUBAL	1859	Centro Ciclista de Gondomar	M40_13	1:12:53.98	05:36	00:10:10
17	ALMEIDA, JOSÉ	1708	Individual	M50_13	1:13:02.20	05:37	00:10:18
18	ROCHA, JOSÉ	1882	Douroconta - Gabinete de apoio e Contabilidade	M40_13	1:13:30.78	05:39	00:10:47
19	LOPES, JOSÉ	1584	Not Run Alone	M40_13	1:13:47.55	05:41	00:11:04
20	SOUSA, JOSÉ	1636	Melres Trail Running - Ordem para Arrear	SenM13	1:13:52.53	05:41	00:11:09
21	PAIVA, ANTÓNIO	1810	ACDR Palhota	SenM13	1:13:53.68	05:41	00:11:10
22	ADELINO, JOSÉ	1307	Clube Pessoal Aguas Gaia	M50_13	1:13:55.70	05:41	00:11:12
23	PINTO, BRUNO	1696	Individual	SenM13	1:14:10.09	05:42	00:11:26
24	ALVES, MANUEL	1925	Individual	M50_13	1:14:11.14	05:42	00:11:27
25	FERNANDES, SÉRGIO	1803	InfanTrail	SenM13	1:14:34.32	05:44	00:11:50
26	OLIVEIRA, TIAGO	1938	Ases Dos Pedais	SenM13	1:14:44.62	05:45	00:12:01
27	TEIXEIRO, ADRIANO	1804	InfanTrail	M50_13	1:14:47.60	05:45	00:12:04
28	AREIAS, MARIA	1021	ORALKLASS - AMIGOS DO TRAIL	SenF13	1:14:52.62	05:46	00:12:09
29	SÁ, AVELINO	1722	Factor X / S4L / Medense FC	SenM13	1:14:53.21	05:46	00:12:09
30	COUTINHO, FILIPE	1791	Individual	SenM13	1:15:50.71	05:50	00:13:07
31	CAMILO, HELDER	1458	Moinhos Run - ADRM	SenM13	1:15:50.87	05:50	00:13:07
32	GOMES, FERNANDO	1687	KeMedo team	M40_13	1:16:30.56	05:53	00:13:47
33	CAVALEIRO, PAULO	1712	Leitão & Cavaleiro, Lda	M50_13	1:16:33.33	05:53	00:13:49
34	SANTOS, HUGO	1276	Individual	SenM13	1:16:34.12	05:53	00:13:50
35	PINTO, HUGO	1697	Individual	SenM13	1:16:37.56	05:54	00:13:54
36	NOGUEIRA, RICARDO	1210	Factor X / S4L / Medense FC	SenM13	1:16:45.63	05:54	00:14:02
37	ABREU, RAFAEL	1349	Individual	SenM13	1:17:28.88	05:58	00:14:45
38	SANTOS, BRUNO	1863	Douroconta - Gabinete de Apoio e Contabilidade	SenM13	1:17:33.21	05:58	00:14:49
39	AZEVEDO, FÁBIO	1635	Melres Trail Running - Ordem para Arrear	SenM13	1:18:16.52	06:01	00:15:33
40	BARBOSA, PEDRO	1586	Not Run Alone	SenM13	1:18:24.21	06:02	00:15:40
41	VINHAS, CARLOS	1892	Nocturnos de Paredes	M50_13	1:18:24.63	06:02	00:15:41
42	MOTA, FÁBIO	1148	Factor X / S4L / Medense FC	SenM13	1:18:24.93	06:02	00:15:41

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
43	COSTA, ROLANDO	1304	Clube Pessoal Aguas Gaia	SenM13	1:18:26.77	06:02	00:15:43
44	FERNANDES, ANTÓNIO	1777	MSS CONTABILIDADE	M40_13	1:18:45.01	06:03	00:16:01
45	ALVES, LIBÂNIO	1422	Amigos do Pedal TrailLagares	SenM13	1:19:06.90	06:05	00:16:23
46	RIBEIRO, PAULO	1663	10TEMIDOS	M40_13	1:19:22.91	06:06	00:16:39
47	SEGUNDO, MANUEL	310	ARCORUN	M50_13	1:19:27.76	06:07	00:16:44
48	GOMES, LAURINDO	1375	Porto Sentido Runners	M40_13	1:19:32.00	06:07	00:16:48
49	SANTOS, CRISTIANO	1899	Individual	SenM13	1:19:43.94	06:08	00:17:00
50	MOREIRA, INÊS	1461	Moinhos Run - ADRM	SenF13	1:19:45.84	06:08	00:17:02
51	PIRES, JOSÉ	1780	MSS CONTABILIDADE	M40_13	1:20:16.08	06:10	00:17:32
52	TEIXEIRA, LEANDRO	1505	Nós Acreditamos	SenM13	1:20:31.52	06:12	00:17:48
53	SILVA, ROBRTO	1234	Individual	SenM13	1:21:35.49	06:17	00:18:51
54	LIMA, FILIPE	1052	Individual	SenM13	1:21:41.10	06:17	00:18:57
55	PINHO, ANDRÉ	1721	Factor X / S4L / Medense FC	SenM13	1:21:43.03	06:17	00:18:59
56	GOUVEIA, VALTER	1666	10TEMIDOS	SenM13	1:21:44.46	06:17	00:19:00
57	PINTO, MIGUEL	1407	Amigos do Pedal TrailLagares	SenM13	1:21:46.86	06:17	00:19:03
58	GOMES, CÉLINE	1257	NASCIDOS PARA CORRER	SenF13	1:22:07.78	06:19	00:19:24
59	GONÇALVES, DAVID	1894	Factor X / S4L / Medense FC	SenM13	1:22:33.09	06:21	00:19:49
60	AGUIAR, PAULO	1775	Marcorunners	SenM13	1:22:36.58	06:21	00:19:53
61	SILVA, JOÃO	1345	BOMBEIROS V. S. MAMEDE INFESTA	M50_13	1:22:39.11	06:21	00:19:55
62	RODRIGUES, SERGIO	1785	10TEMIDOS	SenM13	1:22:41.15	06:22	00:19:57
63	C., VASCO	1205	Individual	SenM13	1:23:01.00	06:23	00:20:17
64	BARBOSA, MANUEL	1397	Paredes Running	SenM13	1:23:02.07	06:23	00:20:18
65	VAZ, ANGELO	1528	Individual	SenM13	1:23:03.85	06:23	00:20:20
66	MAGALHÃES, CARLOS	1698	Individual	SenM13	1:23:08.52	06:24	00:20:25
67	TEIXEIRA, ANTONIO	1520	Clube Zupper	M50_13	1:23:20.29	06:25	00:20:36
68	FERREIRA, CRISTIANA	1017	Individual	SenF13	1:23:30.91	06:25	00:20:47
69	MOTA, RUI	1103	Individual	SenM13	1:24:24.63	06:30	00:21:41
70	SILVA, PEDRO	1144	Individual	SenM13	1:24:26.92	06:30	00:21:43
71	DUARTE, CARLOS	1828	MSS CONTABILIDADE	M40_13	1:24:29.07	06:30	00:21:45
72	SOUSA, EUNICE	1177	Individual	SenF13	1:24:31.72	06:30	00:21:48
73	VIEIRA, PEDRO	1448	A.D. Sebolido Trail Boneca Douro	SenM13	1:24:42.72	06:31	00:21:59
74	OLIVEIRA, RENATO	1170	PORTOCARGO	M40_13	1:24:54.73	06:32	00:22:11
75	DUARTE, CARLOS	1388	Porto Sentido Runners	M40_13	1:25:10.51	06:33	00:22:27
76	CASTRO, TIAGO	1667	10TEMIDOS	SenM13	1:25:17.76	06:34	00:22:34
77	PEREIRA, PEDRO	1325	Nocturnos de Paredes	SenM13	1:25:18.45	06:34	00:22:34
78	COELHO, JOÃO	1878	Éprócumbibiu	SenM13	1:25:19.08	06:34	00:22:35
79	SARMENTO, LAURINDO	1626	Melres Trail Running - Ordem para Arrear	SenM13	1:25:39.95	06:35	00:22:56
80	ALMEIDA, MARCO	1278	Individual	M40_13	1:25:42.21	06:36	00:22:58
81	DURÃES, TIAGO	1419	Amigos do Pedal TrailLagares	SenM13	1:25:44.73	06:36	00:23:01
82	FERREIRA, MANUEL	1413	Amigos do Pedal TrailLagares	M50_13	1:25:49.35	06:36	00:23:05
83	MOREIRA, RICARDO	1648	Copos e trilhos	SenM13	1:25:52.16	06:36	00:23:08
84	SOARES, ÓSCAR	1637	Melres Trail Running - Ordem para Arrear	SenM13	1:25:57.64	06:37	00:23:14

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
85	FRANÇA, AMERICO	1130	FRANÇA	M40_13	1:26:06.26	06:37	00:23:22
86	AMORIM, NUNO	1146	Factor X / S4L / Medense FC	SenM13	1:26:25.79	06:39	00:23:42
87	SILVA, JOÃO	1344	BOMBEIROS V. S. MAMEDE INFESTA	SenM13	1:26:49.88	06:41	00:24:06
88	ROCHA, DUARTE	1801	Individual	SenM13	1:26:51.04	06:41	00:24:07
89	SOUSA, IBRAIM	1481	MSS CONTABILIDADE	SenM13	1:26:55.67	06:41	00:24:12
90	SILVA, MIGUEL	1391	Porto Sentido Runners	M40_13	1:27:00.34	06:42	00:24:16
91	SOUSA, TIAGO	1054	Individual	SenM13	1:27:00.41	06:42	00:24:16
92	FREITAS, ROBERTO	1447	A.D. Sebolido Trail Boneca Douro	SenM13	1:27:11.18	06:42	00:24:27
93	MESQUITA, JOSÉ	1432	Individual	M50_13	1:27:16.29	06:43	00:24:32
94	BARBOSA, DIOGO	1498	Amigos Sem Limites	SenM13	1:27:34.18	06:44	00:24:50
95	CARDOSO, DARIO	1488	Individual	M40_13	1:27:37.96	06:44	00:24:54
96	SOUSA, BRUNO	1949	Individual	SenM13	1:27:39.76	06:45	00:24:56
97	CORREIA, NUNO	1535	Individual	SenM13	1:27:40.50	06:45	00:24:56
98	MARTINS, BRUNO	1611	ACTIB - Águeda Action Club	SenM13	1:27:41.29	06:45	00:24:57
99	BARBOSA, ANDREIA	1010	ORALKLASS - AMIGOS DO TRAIL	SenF13	1:27:48.03	06:45	00:25:04
100	TELES, HELDER	1029	Individual	SenM13	1:27:54.68	06:46	00:25:11
101	DUARTE, PEDRO	1627	Melres Trail Running - Ordem para Arrear	SenM13	1:27:55.54	06:46	00:25:12
102	FERREIRA, TELMO	1867	Douroconta - Gabinete de Apoio e Contabilidade	M40_13	1:28:00.79	06:46	00:25:17
103	AZEVEDO, ANTÓNIO	1869	Douroconta - Gabinete de Apoio e Contabilidade	M40_13	1:28:01.64	06:46	00:25:18
104	RIBEIRO, BRUNO	1112	Individual	SenM13	1:28:16.39	06:47	00:25:32
105	PEREIRA, MANUEL	1939	Moinhos Run - ADRM	SenM13	1:28:19.79	06:48	00:25:36
106	FERREIRA, FERNANDO	1843	Gondomar Futsal Clube	M50_13	1:28:25.54	06:48	00:25:42
107	VIEIRA, EMANUEL	1726	Factor X / S4L / Medense FC	SenM13	1:28:40.25	06:49	00:25:56
108	ROCHA, PAULO	1206	Factor X / S4L / Medense FC	SenM13	1:28:40.40	06:49	00:25:56
109	MARQUES, PEDRO	1207	Factor X / S4L / Medense FC	M40_13	1:28:51.95	06:50	00:26:08
110	ALVES, MANUEL	1420	Amigos do Pedal TrailLagares	SenM13	1:29:02.75	06:51	00:26:19
111	PERA, SANDRA	1858	Gondomar Futsal Clube	SenF13	1:29:05.86	06:51	00:26:22
112	DIAS, MIGUEL	1762	Éprócumbibiu	M40_13	1:29:13.19	06:52	00:26:29
113	PACHECO, JORGE	1688	apolis	M40_13	1:29:21.33	06:52	00:26:37
114	AREIAS, SOFIA	1711	OzXtreme/RDA	SenF13	1:29:37.85	06:54	00:26:54
115	LOPES, MANUEL	1099	A.D. Sebolido Trail Boneca Douro	SenM13	1:29:44.68	06:54	00:27:01
116	MACHADO, FERNANDA	1820	Aliança de Gandra	SenF13	1:29:58.55	06:55	00:27:15
117	PEREIRA, SÉRGIO	1821	Aliança de Gandra	SenM13	1:29:59.60	06:55	00:27:16
118	MONTALVÃO, TIAGO	1300	CORRER LEÇA	SenM13	1:29:59.87	06:55	00:27:16
119	ABREU, FILIPE	1203	Sweet Runners	SenM13	1:30:00.04	06:55	00:27:16
120	SANTOS, JOEL	1441	Individual	SenM13	1:30:01.53	06:56	00:27:18
121	MARQUES, HELDER	1916	Ases Dos Pedais	SenM13	1:30:03.98	06:56	00:27:20
122	ROCHA, BRUNO	1533	Individual	SenM13	1:30:12.78	06:56	00:27:29
123	MELO, BRUNO	1805	OPORTO INVICTUS TEAM	SenM13	1:30:35.79	06:58	00:27:52
124	PAIXÃO, NILZA	1522	Individual	F40_13	1:30:35.99	06:58	00:27:52
125	MARTINS, CARLOS	1376	Porto Sentido Runners	M50_13	1:30:41.55	06:59	00:27:58
126	AZEVEDO, VICTOR	1781	MSS CONTABILIDADE	M40_13	1:31:16.55	07:01	00:28:33

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127	MOREIRA, HÉLDER	1822	Aliança de Gandra	SenM13	1:31:46.75	07:04	00:29:03
128	ROCHA, TELMO	1254	Alto Relevo Clube de Montanhismo	SenM13	1:32:00.30	07:05	00:29:16
129	MOURA, MÁRIO	1110	Leões de Tardariz Trail	M40_13	1:32:10.17	07:05	00:29:26
130	SOUSA, JULIO	1096	Factor X / S4L / Medense FC	SenM13	1:32:28.49	07:07	00:29:44
131	GONÇALVES, CARLOS	1465	Moinhos Run - ADRM	SenM13	1:32:32.34	07:07	00:29:48
132	NEVES, PAULO	1040	Casa dos Trabalhadores - Aguas do Porto	SenM13	1:32:32.40	07:07	00:29:48
133	CAMILO, LUCIANA	1456	Moinhos Run - ADRM	SenF13	1:32:35.28	07:07	00:29:51
134	GUIOMAR, BEATRIZ	1742	Os Turbomula	SenF13	1:32:43.57	07:08	00:30:00
135	SILVA, PATRÍCIA	1830	Os Turbomula	SenF13	1:32:45.23	07:08	00:30:01
136	MESQUITA, JOAQUIM	1232	Profisio Team	SenM13	1:32:59.14	07:09	00:30:15
137	SILVA, ANDRE	1113	Individual	SenM13	1:33:04.17	07:10	00:30:20
138	MARTINS, NUNO	1460	Individual	SenM13	1:33:15.50	07:10	00:30:32
139	BARROS, NUNO	1095	Factor X / S4L / Medense FC	SenM13	1:33:19.46	07:11	00:30:35
140	VIDINHA, BRUNO	1774	Caldas São Jorge Sport Clube - Secção de Atletismo	SenM13	1:33:34.26	07:12	00:30:50
141	LEAL, MIGUEL	1817	Individual	M40_13	1:33:34.28	07:12	00:30:50
142	ALVES, RUI	1053	Individual	SenM13	1:33:55.51	07:14	00:31:12
143	FERREIRA, JOÃO	1918	Individual	M50_13	1:33:56.23	07:14	00:31:12
144	SÂ, ALBERTO	1319	InsanOs	M50_13	1:33:56.61	07:14	00:31:13
145	OLIVEIRA, MÁRIO	1928	Individual	SenM13	1:34:04.57	07:14	00:31:21
146	TOMÁS, LISANDRO	1139	Malta da Pesada	SenM13	1:34:10.29	07:15	00:31:26
147	CARVALHO, JORGE	1485	MSS CONTABILIDADE	M40_13	1:34:11.82	07:15	00:31:28
148	BARBOSA, PEDRO	1606	Nocturnos de Paredes	SenM13	1:34:14.65	07:15	00:31:31
149	PAIVA, XAVIER	1814	ACDR Palhota	SenM13	1:34:16.29	07:15	00:31:32
150	SANTOS, ÂNGELO	1468	Individual	SenM13	1:34:17.32	07:15	00:31:33
151	ALVES, FILIPE	1138	Malta da Pesada	SenM13	1:34:19.02	07:15	00:31:35
152	SOUSA, DANIEL	1563	BTT Alegria / TUBANI	SenM13	1:34:27.64	07:16	00:31:44
153	TELES, JOÃO	1536	Factor X / S4L / Medense FC	SenM13	1:34:38.98	07:17	00:31:55
154	LIMA, JORGE	1797	Individual	SenM13	1:34:47.29	07:17	00:32:03
155	CRUZ, LUISA	1457	Moinhos Run - ADRM	SenF13	1:34:49.49	07:18	00:32:05
156	SILVA, SÉRGIO	1193	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	SenM13	1:34:57.82	07:18	00:32:14
157	BARROS, RUI	1097	Factor X / S4L / Medense FC	SenM13	1:35:01.66	07:19	00:32:18
158	FERREIRA, ANTÓNIO	1356	Individual	SenM13	1:35:06.47	07:19	00:32:22
159	VIEIRA, JOAQUIM	1438	Os Cachos	M50_13	1:35:11.48	07:19	00:32:27
160	SANTOS, MARCOS	1085	Factor X / S4L / Medense FC	SenM13	1:35:13.54	07:20	00:32:30
161	VIEIRA, CARLOS	1439	Os Cachos	M40_13	1:35:15.99	07:20	00:32:32
162	SILVA, FÁBIO	1842	Gondomar Futsal Clube	SenM13	1:35:29.15	07:21	00:32:45
163	ANDRADE, SÉRGIO	1499	Moinhos Run - ADRM	SenM13	1:35:38.24	07:21	00:32:54
164	FREITAS, PAULO	1888	Factor X / S4L / Medense FC	M40_13	1:35:40.35	07:22	00:32:56
165	SILVA, LUIS	1671	LA Zinco	SenM13	1:35:40.58	07:22	00:32:57
166	TEIXEIRA, JUCA	1569	BTT Alegria / TUBANI	M40_13	1:36:04.26	07:23	00:33:20
167	MOREIRA, ROBERTO	1823	Aliança de Gandra	SenM13	1:36:06.04	07:24	00:33:22
168	MOREIRA, HUGO	1649	Copos e trilhos	SenM13	1:36:14.18	07:24	00:33:30

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
169	FERREIRA, MIGUEL	1342	Individual	M40_13	1:36:15.10	07:24	00:33:31
170	SANTOS, RUI	1298	CORRER LEÇA	SenM13	1:36:21.73	07:25	00:33:38
171	CARVALHO, MARTA	1024	ARCORUN	SenF13	1:36:25.92	07:25	00:33:42
172	SOUSA, PEDRO	1854	Gondomar Futsal Clube	M50_13	1:36:41.23	07:26	00:33:57
173	RIBEIRO, EDUARDO	1383	Porto Sentido Runners	M40_13	1:37:20.33	07:29	00:34:36
174	AZEVEDO, JOANA	1872	Individual	SenF13	1:37:21.81	07:29	00:34:38
175	PEREIRA, AVELINO	1793	CCDTC.M.Gondomar	M50_13	1:37:29.10	07:30	00:34:45
176	ALVES, RUI	1137	Malta da Pesada	SenM13	1:37:45.63	07:31	00:35:02
177	SANTOS, SÉRGIO	1186	Factor X / S4L / Medense FC	SenM13	1:37:47.16	07:31	00:35:03
178	ALVES, PEDRO	1238	Individual	SenM13	1:37:47.39	07:31	00:35:03
179	QUEIRÓS, PAULO	1852	Gondomar Futsal Clube	M40_13	1:37:48.05	07:31	00:35:04
180	FIGUEIREDO, PAULA	1932	Os Turbomula	F40_13	1:37:55.66	07:32	00:35:12
181	BARROS, MANUEL	1591	Individual	M40_13	1:37:59.83	07:32	00:35:16
182	MOREIRA, JOAQUIM	1374	Porto Sentido Runners	M40_13	1:38:14.28	07:33	00:35:30
183	BARBOSA, MARCELO	1629	ACTIVE GYM	SenM13	1:38:20.58	07:34	00:35:37
184	COUTINHO, VITOR	1747	Individual	SenM13	1:38:28.62	07:35	00:35:45
185	LEITÃO, FILIPE	1844	Gondomar Futsal Clube	SenM13	1:38:35.82	07:35	00:35:52
186	MIRANDA, ANTONIO	1862	CORRER POR UM SORRISO/PAPELINF	M50_13	1:38:39.51	07:35	00:35:56
187	MOREIRA, ARMANDO	1945	Clube Zupper	M50_13	1:38:40.40	07:35	00:35:56
188	COUTINHO, PAULA	1380	Porto Sentido Runners	F40_13	1:38:41.33	07:35	00:35:57
189	BRAGA, SERGIO	1450	Profisio Team	SenM13	1:38:43.43	07:36	00:35:59
190	BARBOSA, CARLOS	1166	danados	SenM13	1:38:58.65	07:37	00:36:15
191	TRIGO, RUI	1690	Dads	SenM13	1:38:59.73	07:37	00:36:16
192	PICÓ, RICARDO	1405	Paredes Running	SenM13	1:39:02.27	07:37	00:36:18
193	GONÇALVES, ISMAEL	1582	BTT Alegria / TUBANI	SenM13	1:39:03.22	07:37	00:36:19
194	SOARES, JOAQUIM	1568	BTT Alegria / TUBANI	M40_13	1:39:03.62	07:37	00:36:20
195	SILVA, PEDRO	1761	Éprócumbibiu	SenM13	1:39:15.48	07:38	00:36:31
196	RODRIGUES, LUÍS	1543	Individual	SenM13	1:39:20.81	07:39	00:36:37
197	LIXA, GONÇALO	1914	Clínica Veterinária do Taralhão	SenM13	1:39:35.92	07:40	00:36:52
198	SOUTO, GLORIA	1738	Individual	SenF13	1:39:38.31	07:40	00:36:54
199	CARDOSO, ÁLVARO	1503	Nós Acreditamos	M50_13	1:39:45.12	07:40	00:37:01
200	PAIS, FATIMA	1031	Individual	F50_13	1:39:47.46	07:41	00:37:03
201	SANTOS, NUNO	1179	Individual	SenM13	1:39:48.02	07:41	00:37:04
202	LIMA, PEDRO	1327	Nocturnos de Paredes	SenM13	1:39:48.83	07:41	00:37:05
203	SOUSA, RICARDO	1093	Factor X / S4L / Medense FC	M40_13	1:40:13.24	07:43	00:37:29
204	CASTRO, PEDRO	1756	Ciclotainadas	SenM13	1:40:13.70	07:43	00:37:30
205	MENDES, TONY	1579	BTT Alegria / TUBANI	M40_13	1:40:16.95	07:43	00:37:33
206	CALDAS, MARCO	1896	Porto Sentido Runners	M40_13	1:40:24.70	07:43	00:37:41
207	MOTA, PEDRO	1477	Individual	SenM13	1:40:26.04	07:44	00:37:42
208	LOPES, JORGE	1752	ACTIVE GYM	SenM13	1:40:49.10	07:45	00:38:05
209	SANTOS, DANIEL	1242	Factor X / S4L / Medense FC	SenM13	1:40:52.87	07:46	00:38:09
210	CUNHA, ANDREA	1946	danados	SenF13	1:40:54.76	07:46	00:38:11

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
211	SOLERGIBERT, LAURA	1226	Individual	SenF13	1:40:55.20	07:46	00:38:11
212	MENDES, BRUNO	1443	Cais nas Pedras	SenM13	1:40:57.74	07:46	00:38:14
213	SANTOS, LUIS	1924	Individual	M40_13	1:40:59.55	07:46	00:38:16
214	MACHADO, PEDRO	1363	S. S. MONTEPIO	SenM13	1:41:00.35	07:46	00:38:16
215	CARDOSO, ARMANDO	1506	Nós Acreditamos	M40_13	1:41:02.96	07:46	00:38:19
216	MARTINS, MÁRIO	1241	Factor X / S4L / Medense FC	SenM13	1:41:04.90	07:47	00:38:21
217	TEIXEIRA, EUGÉNIA	1250	keepmoving	F40_13	1:41:04.50	07:47	00:38:22
218	VIEIRA, VÍTOR	1076	Individual	SenM13	1:41:22.35	07:48	00:38:38
219	PINTO, CARLA	1467	Moinhos Run - ADRM	F40_13	1:41:42.46	07:49	00:38:58
220	Pinto, Álvaro	1944	Clube Zupper	M40_13	1:41:44.16	07:50	00:39:00
221	PINHO, ANABELA	1187	Factor X / S4L / Medense FC	SenF13	1:41:45.88	07:50	00:39:02
222	OLIVEIRA, PAULO	1208	Factor X / S4L / Medense FC	SenM13	1:41:56.25	07:50	00:39:12
223	CARNEIRO, MANUEL	1440	Os Cachos	M50_13	1:42:34.75	07:53	00:39:51
224	REIS, CELSO	1898	Individual	SenM13	1:42:45.09	07:54	00:40:01
225	LUXO, VASCO	1385	Porto Sentido Runners	M40_13	1:42:49.92	07:55	00:40:06
226	RIBEIRO, NUNO	1644	CCD - Siemens	SenM13	1:42:53.93	07:55	00:40:10
227	PACHECO, LUISA	1401	Paredes Running	SenF13	1:42:56.51	07:55	00:40:13
228	PEREIRA, SANDRA	1507	Nós Acreditamos	SenF13	1:42:58.87	07:55	00:40:15
229	PINHEIRO, JOÃO	1556	Porto Sentido Runners	M40_13	1:42:59.43	07:55	00:40:15
230	OLIVEIRA, PEDRO	1674	Individual	M40_13	1:43:07.10	07:56	00:40:23
231	OLIVEIRA, NUNO	1670	LA Zinco	SenM13	1:43:10.42	07:56	00:40:26
232	TAVARES, PAULO	1264	TrepaTrilhos Trail Team	M40_13	1:43:16.74	07:57	00:40:33
233	GOMES, JOÃO	1125	Individual	M40_13	1:43:18.62	07:57	00:40:35
234	MENDES, ANDRÉ	1444	Cais nas Pedras	SenM13	1:43:19.54	07:57	00:40:36
235	PRATA, ANDRÉ	1709	Individual	SenM13	1:43:24.07	07:57	00:40:40
236	SOUSA, PEDRO	1735	Porto Sentido Runners	M40_13	1:43:25.02	07:57	00:40:41
237	MAGALHÃES, HELDER	1525	Individual	SenM13	1:43:53.09	07:59	00:41:09
238	HENRIQUES, PAULO	1079	Individual	SenM13	1:43:53.88	08:00	00:41:10
239	MACHADO, NELSON	1280	Profisio Team	SenM13	1:43:59.24	08:00	00:41:15
240	CORREIA, FÁBIO	1446	A.D. Sebolido Trail Boneca Douro	SenM13	1:44:02.35	08:00	00:41:18
241	MACHADO, MARGARIDA	1548	Individual	F50_13	1:44:17.22	08:01	00:41:33
242	SOARES, MÁRIO	1733	Individual	SenM13	1:44:19.78	08:02	00:41:36
243	PINTO, SILVANA	1724	Factor X / S4L / Medense FC	SenF13	1:44:25.81	08:02	00:41:42
244	SILVA, PEDRO	1018	Individual	M40_13	1:44:27.10	08:02	00:41:43
245	SILVA, MARLENE	1127	Individual	SenF13	1:44:27.68	08:02	00:41:44
246	PEREIRA, IGOR	1482	MSS CONTABILIDADE	SenM13	1:44:31.01	08:02	00:41:47
247	LOUREIRO, ELISABETE	1377	Porto Sentido Runners	F40_13	1:44:36.00	08:03	00:41:52
248	SANTOS, TIAGO	1301	CORRER LEÇA	SenM13	1:44:50.24	08:04	00:42:06
249	TORRES, JOSÉ	1703	Individual	SenM13	1:44:50.98	08:04	00:42:07
250	SANTOS, DIANA	1083	GTT - ARMAZÉM DO CAFFÉ	SenF13	1:44:59.43	08:05	00:42:15
251	GOMES, RUI	1942	Individual	SenM13	1:44:59.44	08:05	00:42:15
252	TAVARES, LURDES	1833	Individual	F40_13	1:45:10.59	08:05	00:42:27

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
253	SANTOS, JOSÉ	1108	Leões de Tardariz Trail	SenM13	1:45:17.90	08:06	00:42:34
254	MADURO, FERNANDO	1529	Paredes Running	M50_13	1:45:20.40	08:06	00:42:36
255	ALMEIDA, NUNO	1788	Ciclotainadas	SenM13	1:45:34.60	08:07	00:42:51
256	FERNANDES, PATRICIA	1354	NASCIDOS PARA CORRER	F40_13	1:45:37.38	08:07	00:42:53
257	SOUSA, BRUNO	1128	Individual	SenM13	1:45:48.78	08:08	00:43:05
258	RIBEIRO, PAULO	1343	BOMBEIROS V. S. MAMEDE INFESTA	M40_13	1:45:50.56	08:09	00:43:07
259	MARTINS, MARLENE	1860	Centro Ciclista de Gondomar	SenF13	1:45:50.56	08:09	00:43:07
260	CASTRO, MARCO	1865	Douroconta - Gabinete de Apoio e Contabilidade	M40_13	1:45:53.55	08:09	00:43:10
261	SANTIAGO, MANUEL	1305	Clube Pessoal Aguas Gaia	M50_13	1:45:55.28	08:09	00:43:11
262	LOPES, BRUNO	1719	Individual	SenM13	1:45:59.24	08:09	00:43:15
263	SILVA, BRUNO	1308	Individual	SenM13	1:46:00.52	08:09	00:43:17
264	ANJOS, PAULA	1251	keepmoving	F40_13	1:46:13.98	08:10	00:43:30
265	AZEVEDO, BENIGNO	1275	Individual	M40_13	1:46:14.71	08:10	00:43:31
266	MARTINS, MARGARIDA	1115	Monte dos Amigos /Juventude Ribeiras	F50_13	1:46:15.36	08:10	00:43:31
267	MOREIRA, RÚBEN	1750	Individual	SenM13	1:46:16.36	08:10	00:43:32
268	ROCHA, RICARDO	1114	Monte dos Amigos /Juventude Ribeiras	SenM13	1:46:16.73	08:11	00:43:33
269	FREITAS, ADÃO	1800	Individual	SenM13	1:46:22.26	08:11	00:43:38
270	VIEIRA, CARLOS	1557	BTT Alegria / TUBANI	SenM13	1:46:33.35	08:12	00:43:49
271	BARBOSA, JOSÉ	1306	Clube Pessoal Aguas Gaia	M50_13	1:46:39.18	08:12	00:43:55
272	FREITAS, ILÍDIO	1845	Gondomar Futsal Clube	M50_13	1:46:42.89	08:13	00:43:59
273	SILVA, FÁTIMA	1884	Gondomar Futsal Clube	F40_13	1:46:45.85	08:13	00:44:02
274	RIBEIRO, GRAÇA	1893	Nocturnos de Paredes	F50_13	1:46:46.05	08:13	00:44:02
275	TEIXEIRA, DANIEL	1353	Individual	SenM13	1:46:46.81	08:13	00:44:03
276	MACEDO, PAULO	1474	Paripassu	M50_13	1:47:20.07	08:15	00:44:36
277	BOIEIRO, DINA	1782	Individual	SenF13	1:47:21.75	08:16	00:44:38
278	SILVA, NUNO	1196	Individual	SenM13	1:47:23.66	08:16	00:44:40
279	SÁ, RUI	1662	10TEMIDOS	M40_13	1:47:31.76	08:16	00:44:48
280	SOARES, CIDÁLIA	1387	Porto Sentido Runners	F40_13	1:47:36.92	08:17	00:44:53
281	SOUSA, ANTÓNIO	1386	Porto Sentido Runners	M40_13	1:47:37.58	08:17	00:44:54
282	DIAS, RICARDO	1714	Individual	SenM13	1:47:42.56	08:17	00:44:59
283	OLIVEIRA, FERNANDO	1035	Friends	M40_13	1:47:50.35	08:18	00:45:06
284	MAGANO, JOAQUIM	1772	S.C Dez de Junho	M40_13	1:47:50.76	08:18	00:45:07
285	CARVALHO, ANDREIA	1732	Limitless	SenF13	1:48:07.37	08:19	00:45:23
286	OLIVEIRA, RUI	1421	Amigos do Pedal TrailLagares	M40_13	1:48:46.57	08:22	00:46:03
287	NUNES, FATIMA	1408	Paredes Running	F40_13	1:49:01.93	08:23	00:46:18
288	VELUDO, SÓNIA	1889	Factor X / S4L / Medense FC	F40_13	1:49:01.94	08:23	00:46:18
289	CAMPANHÃ, ANA	1668	10TEMIDOS	SenF13	1:49:02.98	08:23	00:46:19
290	OLIVEIRA, RUI	1545	Individual	SenM13	1:49:14.09	08:24	00:46:30
291	TEIXEIRA, RUI	1685	refugiados com reumatico	M40_13	1:49:21.50	08:25	00:46:38
292	LEAL, JOSÉ	1497	Amigos Sem Limites	M40_13	1:49:29.56	08:25	00:46:46
293	MATOS, JOAQUIM	1145	Individual	M50_13	1:49:50.09	08:27	00:47:06
294	CARVALHO, RICARDO	1502	Nós Acreditamos	SenM13	1:50:18.53	08:29	00:47:35

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
295	ALMEIDA, RICARDO	1303	Os Atletas	SenM13	1:50:21.04	08:29	00:47:37
296	PINTO, SÉRGIO	1320	EI TEAM TRAIL	M40_13	1:50:42.52	08:31	00:47:59
297	TORRES, ARMANDINA	1185	GDCT INCM	F40_13	1:50:43.13	08:31	00:47:59
298	SILVA, PEDRO	1267	TrepaTrilhos Trail Team	M40_13	1:50:45.51	08:31	00:48:02
299	DIAS, TIAGO	1072	Individual	SenM13	1:50:52.04	08:32	00:48:08
300	SOUSA, MÁRCIO	1239	Factor X / S4L / Medense FC	SenM13	1:50:52.40	08:32	00:48:08
301	SOUSA, RUI	1152	Factor X / S4L / Medense FC	SenM13	1:50:52.69	08:32	00:48:09
302	ALMEIDA, NELSON	1539	Factor X / S4L / Medense FC	SenM13	1:50:53.01	08:32	00:48:09
303	HENRIQUE, MARIO	1126	Individual	SenM13	1:51:13.86	08:33	00:48:30
304	ROCHA, IGOR	1779	MSS CONTABILIDADE	SenM13	1:51:21.66	08:34	00:48:38
305	BARBOSA, ANTÓNIO	1094	Individual	SenM13	1:51:35.03	08:35	00:48:51
306	MOREIRA, NUNO	1462	Moinhos Run - ADRM	SenM13	1:51:35.98	08:35	00:48:52
307	MENDES, MIGUEL	1445	Cais nas Pedras	SenM13	1:51:43.39	08:36	00:48:59
308	TEIXEIRA, JOSÉ	1647	Somos Nós Team	M50_13	1:51:43.87	08:36	00:49:00
309	COELHO, MINDA	1773	Somos Nós Team	F40_13	1:51:44.76	08:36	00:49:01
310	PINTO, ANTÓNIO	1023	Individual	M40_13	1:51:49.26	08:36	00:49:05
311	BARBOSA, RUI	1645	Individual	SenM13	1:51:56.39	08:37	00:49:12
312	CARDOSO, INÊS	1120	Fridão Sem Limites	SenF13	1:51:57.96	08:37	00:49:14
313	CARVALHO, ANTONIO	1326	Nocturnos de Paredes	M50_13	1:52:01.64	08:37	00:49:18
314	PEREIRA, JORGE	1055	Individual	SenM13	1:52:08.94	08:38	00:49:25
315	TORRÃO, JORGE	1056	Individual	SenM13	1:52:09.05	08:38	00:49:25
316	RODRIGUES, PEDRO	1853	Gondomar Futsal Clube	SenM13	1:52:12.37	08:38	00:49:28
317	AZEVEDO, MIGUEL	1562	Porto Sentido Runners	M40_13	1:52:14.72	08:38	00:49:31
318	BARROS, ANTÓNIO	1283	CORRER LEÇA	M40_13	1:52:27.59	08:39	00:49:44
319	BARBOSA, CRISTINA	1725	Factor X / S4L / Medense FC	F40_13	1:52:33.37	08:39	00:49:49
320	OLIVEIRA, MARCO	1092	Factor X / S4L / Medense FC	SenM13	1:52:34.07	08:40	00:49:50
321	ESTÊVÃO, MÁRIO	1078	Individual	SenM13	1:52:34.96	08:40	00:49:51
322	FERRAZ, FERNANDO	1731	Porto Sentido Runners	M50_13	1:52:40.66	08:40	00:49:57
323	SANGUEDO, RAQUEL	1274	Individual	SenF13	1:52:41.41	08:40	00:49:57
324	BANDEIRA, MIGUEL	1038	Friends	M40_13	1:52:51.10	08:41	00:50:07
325	SANTO, LUIS	1039	Friends	M50_13	1:52:51.55	08:41	00:50:08
326	VALENTE, RUI	1216	Individual	SenM13	1:52:56.50	08:41	00:50:13
327	MOURA, JOSE	1014	Monte dos Amigos /Juventude Ribeiras	M40_13	1:52:57.77	08:41	00:50:14
328	OLIVEIRA, CÁTIA	1395	Amigos do Pedal TrailLagares	SenF13	1:52:59.16	08:41	00:50:15
329	NETO, JORGE	1595	Nocturnos de Paredes	SenM13	1:53:01.30	08:42	00:50:17
330	BARBOSA, SARA	1530	Individual	SenF13	1:53:02.00	08:42	00:50:18
331	FERREIRA, MARIA	1425	Centro Social de Oldrões	F40_13	1:53:03.26	08:42	00:50:19
332	TEIXEIRA, PATRICIA	1105	Generosos Runners	SenF13	1:53:05.46	08:42	00:50:21
333	CAMPOS, LUIS	1204	Generosos Runners	SenM13	1:53:05.83	08:42	00:50:22
334	OLIVEIRA, NUNO	1310	Individual	M40_13	1:53:09.68	08:42	00:50:26
335	CUNHA, BRUNO	1540	Factor X / S4L / Medense FC	SenM13	1:53:17.07	08:43	00:50:33
336	FARIA, TÔ	1492	Amigos Sem Limites	SenM13	1:53:18.14	08:43	00:50:34

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
337	FERREIRA, BERTA	1555	Porto Sentido Runners	F40_13	1:53:30.26	08:44	00:50:46
338	PINTO, VITOR	1486	MSS CONTABILIDADE	M40_13	1:53:32.41	08:44	00:50:48
339	RODRIGUES, CARLOS	1311	CORRER LEÇA	M50_13	1:53:54.09	08:46	00:51:10
340	LARA, PAULO	1941	Individual	M40_13	1:53:56.24	08:46	00:51:12
341	NOGUEIRA, FERNANDO	1417	Amigos do Pedal TrailLagares	SenM13	1:53:57.18	08:46	00:51:13
342	NAVARRO, SALOMÉ	1302	CORRER LEÇA	F40_13	1:54:09.46	08:47	00:51:25
343	GUEDES, CARLOS	1836	Individual	M40_13	1:54:11.05	08:47	00:51:27
344	ROCHA, MANUEL	1337	Grupo Desportivo Luz Verde	M50_13	1:54:19.43	08:48	00:51:35
345	LOPES, LIGIA	1262	TrepaTrilhos Trail Team	SenF13	1:54:19.53	08:48	00:51:36
346	PEGAS, HUGO	1624	Melres Trail Running - Ordem para Arrear	SenM13	1:54:29.41	08:48	00:51:45
347	SILLANKORVA, MINNA	1219	Budeguita Runners	F40_13	1:54:46.00	08:50	00:52:02
348	SOARES, PEDRO	1362	S. S. MONTEPIO	M40_13	1:55:05.60	08:51	00:52:22
349	CONCEIÇÃO, LURDES	1384	Porto Sentido Runners	F50_13	1:55:06.51	08:51	00:52:23
350	RICARDO, JOSÉ	1372	Porto Sentido Runners	M40_13	1:55:06.51	08:51	00:52:23
351	CERQUEIRA, VITOR	1455	Btt Team Stones	SenM13	1:55:09.05	08:51	00:52:25
352	SOUSA, MANUELA	1013	Individual	F50_13	1:55:10.09	08:52	00:52:26
353	OLIVEIRA, NELSON	1881	Individual	SenM13	1:55:16.85	08:52	00:52:33
354	ESTEVAO, JOSÉ	1890	BOAVISTA KICKBOXING	M40_13	1:55:20.05	08:52	00:52:36
355	SOUSA, SÉRGIO	1090	Factor X / S4L / Medense FC	M40_13	1:55:35.02	08:53	00:52:51
356	PIMENTEL, LARA	1107	Individual	SenF13	1:55:37.50	08:54	00:52:54
357	SANTOS, JOSÉ	1745	Individual	SenM13	1:55:42.28	08:54	00:52:58
358	FERNANDES, PEDRO	1706	Individual	SenM13	1:55:49.43	08:55	00:53:05
359	GOMES, NARCISO	1352	Individual	SenM13	1:56:23.77	08:57	00:53:40
360	MOREIRA, MARTA	1466	Moinhos Run - ADRM	SenF13	1:56:23.94	08:57	00:53:40
361	ALVES, CARLOS	1683	LA Zinco	SenM13	1:56:26.58	08:57	00:53:43
362	OLIVEIRA, MARIANA	1682	LA Zinco	SenF13	1:56:26.69	08:57	00:53:43
363	OLIVEIRA, SERGIO	1365	S. S. MONTEPIO	SenM13	1:56:27.42	08:57	00:53:43
364	SARAIVA, MARCOS	1593	Nocturnos de Paredes	SenM13	1:56:31.93	08:58	00:53:48
365	AMARAL, DANIEL	1730	Individual	SenM13	1:56:36.87	08:58	00:53:53
366	VILAS-BOAS, CÂNDIDA	1700	Clube Zupper	F40_13	1:56:49.85	08:59	00:54:06
367	NUNES, SARA	1390	Porto Sentido Runners	SenF13	1:56:53.07	08:59	00:54:09
368	MASCARENHAS, SANDRA	1379	Porto Sentido Runners	F40_13	1:56:53.96	09:00	00:54:10
369	LOUREIRO, ANTÓNIO	1270	TrepaTrilhos Trail Team	M50_13	1:56:54.66	09:00	00:54:11
370	MOURA, MANUEL	1272	TrepaTrilhos Trail Team	M50_13	1:56:56.13	09:00	00:54:12
371	SOFIA, MÓNICA	1188	Factor X / S4L / Medense FC	SenF13	1:57:18.13	09:01	00:54:34
372	RUAS, SÉRGIO	1717	Nocturnos de Paredes	SenM13	1:57:27.94	09:02	00:54:44
373	FERREIRA, RICARDO	1162	Individual	M40_13	1:57:32.31	09:02	00:54:48
374	SANTOS, GLÓRIA	1001	ARCORUN	F50_13	1:58:00.97	09:05	00:55:17
375	NUNES, GIL	1155	Walk2See	SenM13	1:58:12.40	09:06	00:55:28
376	SILVA, ADRIANO	1237	Kitty team	SenM13	1:58:12.53	09:06	00:55:29
377	CORDEIRO, CÉU	1123	Individual	SenF13	1:58:17.19	09:06	00:55:33
378	ROCHA, JOSE	1336	Grupo Desportivo Luz Verde	M50_13	1:58:18.64	09:06	00:55:35

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
379	TEIXEIRA, JOSÉ	1290	CORRER LEÇA	SenM13	1:58:19.71	09:06	00:55:36
380	VIEGAS, JOÃO	1691	Dads	SenM13	1:58:23.74	09:06	00:55:40
381	PEREIRA, PAULO	1658	Papa trails	SenM13	1:58:25.10	09:07	00:55:41
382	MADUREIRA, ISABEL	1787	MCN - Nightrunners	SenF13	1:58:30.60	09:07	00:55:47
383	RODRIGUES, HELDER	1258	TrepaTrilhos Trail Team	SenM13	1:58:31.91	09:07	00:55:48
384	SOARES, CRISTINA	1442	Paredes Running	SenF13	1:58:51.26	09:09	00:56:07
385	MENDONÇA, ANA	1891	A.D.Amarante Trail Running	SenF13	1:59:06.42	09:10	00:56:22
386	BESSA, ALEXANDRA	1655	Team Aguenta Aí	F40_13	1:59:07.97	09:10	00:56:24
387	TEIXEIRA, SÓNIA	1249	keepmoving	F40_13	1:59:07.98	09:10	00:56:24
388	MOTA, MIGUEL	1537	Factor X / S4L / Medense FC	SenM13	1:59:11.74	09:10	00:56:28
389	SOARES, JOSÉ	1382	Porto Sentido Runners	M40_13	1:59:12.55	09:10	00:56:29
390	SOUSA, VERA	1381	Porto Sentido Runners	SenF13	1:59:13.38	09:10	00:56:29
391	SILVA, JORGE	1759	Éprócumbibiu	SenM13	1:59:45.56	09:13	00:57:02
392	MARQUES, BRANCA	1841	Gondomar Futsal Clube	F50_13	1:59:57.84	09:14	00:57:14
393	SOARES, ABILIO	1453	Individual	M50_13	2:00:04.41	09:14	00:57:20
394	COSTA, HUGO	1433	JPVMTeam	SenM13	2:00:06.39	09:14	00:57:22
395	ASSUMPÇÃO, VINÍCIUS	1437	JPVMTeam	SenM13	2:00:07.49	09:14	00:57:23
396	MATOS, LEANDRO	1434	JPVMTeam	M40_13	2:00:07.73	09:14	00:57:24
397	SILVA, ANTÓNIO	1436	JPVMTeam	M50_13	2:00:10.63	09:15	00:57:27
398	SILVA, PEDRO	1435	JPVMTeam	SenM13	2:00:13.12	09:15	00:57:29
399	PINHEIRO, ANA	1808	Individual	SenF13	2:00:50.34	09:18	00:58:06
400	MOTA, PEDRO	1478	TrepaTrilhos Trail Team	SenM13	2:00:54.82	09:18	00:58:11
401	ARAÚJO, RITA	1247	keepmoving	SenF13	2:00:57.68	09:18	00:58:14
402	SILVA, ADRIANA	1201	Individual	F40_13	2:01:01.48	09:19	00:58:17
403	FERREIRA, JORGE	1473	Paripassu	M40_13	2:01:02.89	09:19	00:58:19
404	VILAÇA, RUI	1277	Individual	M40_13	2:01:04.47	09:19	00:58:20
405	SILVA, VITOR	1812	Individual	M40_13	2:01:05.08	09:19	00:58:21
406	BARBOSA, ANTONIO	1321	Paredes Running	SenM13	2:01:14.81	09:20	00:58:31
407	SILVA, SONIA	1322	Paredes Running	SenF13	2:01:14.84	09:20	00:58:31
408	PINTO, BRUNO	1786	MCN - Nightrunners	SenM13	2:01:35.76	09:21	00:58:52
409	DELINDRO, FERNANDO	1089	Factor X / S4L / Medense FC	SenM13	2:01:55.27	09:23	00:59:11
410	LEAL, SUSANA	1414	Amigos do Pedal TrailLagares	SenF13	2:02:03.94	09:23	00:59:20
411	SAMPAIO, PAULO	1124	Individual	M40_13	2:02:10.73	09:24	00:59:27
412	SOUSA, JOÃO	1091	Factor X / S4L / Medense FC	SenM13	2:02:14.62	09:24	00:59:31
413	SANTOS, IVO	1723	Factor X / S4L / Medense FC	SenM13	2:02:15.41	09:24	00:59:31
414	CASTRO, CARLOS	1749	Ciclotainadas	SenM13	2:02:37.47	09:26	00:59:53
415	LEITE, TIAGO	1737	Individual	SenM13	2:02:37.82	09:26	00:59:54
416	LEITE, ALBINO	1736	Alesil	M50_13	2:02:37.96	09:26	00:59:54
417	BASTOS, DOMINGOS	1792	Ciclotainadas	SenM13	2:02:38.33	09:26	00:59:54
418	FIGUEIREDO, ALCÍDIO	1715	Individual	M40_13	2:02:45.72	09:27	01:00:02
419	VIEIRA, FREDERICO	1651	Porto Sentido Runners	SenM13	2:02:46.71	09:27	01:00:03
420	GUEDES, BRUNO	1111	Porto Sentido Runners	SenM13	2:02:47.16	09:27	01:00:03

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
421	COSTA, MARIO	1615	Profisio team	SenM13	2:02:49.76	09:27	01:00:06
422	RIBEIRO, RAFAELA	1176	Generosos Runners	SenF13	2:02:51.74	09:27	01:00:08
423	PINTO, SÓNIA	1240	Factor X / S4L / Medense FC	SenF13	2:02:53.21	09:27	01:00:09
424	FERREIRA, MÁRCIA	1948	GAIA TRAIL	F40_13	2:03:00.14	09:28	01:00:16
425	FERREIRA, SANDRA	1974	Individual	F40_13	2:03:01.25	09:28	01:00:17
426	BROCHADO, RICARDO	1677	ACRORUNNERS	SenM13	2:03:04.86	09:28	01:00:21
427	XAVIER, JOSÉ	1223	Os Turbomula	M40_13	2:03:05.12	09:28	01:00:21
428	MONTALVÃO, NÉLSON	1931	Os Turbomula	M40_13	2:03:05.41	09:28	01:00:21
429	LOPES, CELESTE	1403	Paredes Running	F40_13	2:03:05.93	09:28	01:00:22
430	REMEDIOS, JOAO	1142	Individual	M50_13	2:03:12.71	09:29	01:00:29
431	VIEIRA, ORLANDO	1616	ACTIVE GYM	SenM13	2:03:14.08	09:29	01:00:30
432	PINTO, PATRÍCIA	1573	BTT Alegria / TUBANI	SenF13	2:03:16.58	09:29	01:00:33
433	VIEIRA, PEDRO	1729	ACRORUNNERS	SenM13	2:03:19.41	09:29	01:00:35
434	CUNHA, JOÃO	1678	ACRORUNNERS	SenM13	2:03:32.42	09:30	01:00:48
435	MOREIRA, NÍDIA	1659	Papa trails	SenF13	2:03:32.71	09:30	01:00:49
436	FERREIRA, PAULO	1073	Individual	SenM13	2:03:32.94	09:30	01:00:49
437	VIGARIO, ADELAIDE	1838	Gondomar Futsal Clube	F50_13	2:03:39.92	09:31	01:00:56
438	ROCHA, RÚBEN	1887	Gondomar Futsal Clube	SenM13	2:03:54.99	09:32	01:01:11
439	ROCHA, RUI	1886	Gondomar Futsal Clube	M40_13	2:03:58.04	09:32	01:01:14
440	GOMES, DANIEL	1116	Individual	M40_13	2:03:58.92	09:32	01:01:15
441	HENRIQUES, ROGÉRIO	1657	Limitless	SenM13	2:04:23.22	09:34	01:01:39
442	MARTINS, CRISTINA	1748	Individual	SenF13	2:04:23.73	09:34	01:01:40
443	ROCHA, ANA	1943	Individual	SenF13	2:04:38.14	09:35	01:01:54
444	ROSAS, BEATRIZ	1161	Individual	SenF13	2:04:38.48	09:35	01:01:54
445	""MATA-PITOS"" , CLARA	1493	Amigos Sem Limites	SenF13	2:04:39.09	09:35	01:01:55
446	COUTO, MANUEL	1202	Individual	M40_13	2:04:40.42	09:35	01:01:56
447	MOREIRA, JOANA	1463	Moinhos Run - ADRM	SenF13	2:04:45.33	09:36	01:02:01
448	SILVA, MÁRCIO	1464	Moinhos Run - ADRM	SenM13	2:04:45.65	09:36	01:02:02
449	OLIVEIRA, IVO	1156	Walk2See	SenM13	2:04:47.11	09:36	01:02:03
450	GUIMARÃES, LUIS	1158	Walk2See	M40_13	2:04:48.31	09:36	01:02:04
451	RODRIGUES, MANUEL	1292	CORRER LEÇA	M50_13	2:06:10.28	09:42	01:03:26
452	RIBEIRO, MÁRIO	1849	Gondomar Futsal Clube	M40_13	2:06:15.00	09:43	01:03:31
453	FERNANDES, NUNO	1266	TrepaTrilhos Trail Team	SenM13	2:06:16.77	09:43	01:03:33
454	SANTOS, FLÁVIO	1109	Leões de Tardariz Trail	SenM13	2:06:30.02	09:44	01:03:46
455	MENDES, RICARDO	1825	MCN - Nightrunners	SenM13	2:06:30.63	09:44	01:03:47
456	SANTO, SOFIA	1476	Individual	SenF13	2:06:48.81	09:45	01:04:05
457	FERREIRA, SOFIA	1576	BTT Alegria / TUBANI	SenF13	2:06:55.32	09:46	01:04:11
458	DUARTE, PAULA	1656	Núcleo de Montanha de Espinho	F40_13	2:07:04.85	09:47	01:04:21
459	SILVA, MIGUEL	1930	BOAVISTA KICKBOXING	SenM13	2:07:07.76	09:47	01:04:24
460	LEITE, DIANA	1900	BOAVISTA KICKBOXING	F40_13	2:07:07.94	09:47	01:04:24
461	BARROS, ADRIANO	1835	INVICTUS OPORTO TEAM	M50_13	2:07:08.54	09:47	01:04:25
462	NEVES, VITOR	1710	Individual	SenM13	2:07:20.98	09:48	01:04:37

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463	ALMEIDA, MÓNICA	1572	BTT Alegria / TUBANI	F40_13	2:07:22.05	09:48	01:04:38
464	SILVA, MARIA	1927	Individual	SenF13	2:07:33.77	09:49	01:04:50
465	RODRIGUES, BRUNO	1631	ACTIVE GYM	SenM13	2:07:52.33	09:50	01:05:08
466	CRUZ, AGOSTINHO	1554	S.C Dez de Junho	M50_13	2:08:06.52	09:51	01:05:23
467	LOPES, FERNANDO	1701	Individual	SenM13	2:08:09.45	09:51	01:05:25
468	COELHO, CARLA	1720	TrepaTrilhos Trail Team	SenF13	2:08:23.86	09:53	01:05:40
469	OLIVEIRA, ANDRÉ	1317	Silliker	M40_13	2:08:26.07	09:53	01:05:42
470	SANTOS, ALICE	1605	Núcleo de Montanha de Espinho	F40_13	2:08:32.24	09:53	01:05:48
471	BARBEDO, HENRIQUE	1625	Sucupira Atletismo	M40_13	2:08:35.83	09:54	01:05:52
472	BARBEDO, LURDES	1628	Sucupira Atletismo	F40_13	2:08:35.97	09:54	01:05:52
473	CUNHA, SERGIO	1617	Sucupira Atletismo	M40_13	2:08:36.23	09:54	01:05:52
474	MONTEIRO, HELDER	1623	Sucupira Atletismo	M40_13	2:08:36.72	09:54	01:05:53
475	COSTA, NUNO	1618	Sucupira Atletismo	SenM13	2:08:36.85	09:54	01:05:53
476	CASTRO, HELDER	1622	Sucupira Atletismo	M40_13	2:08:36.95	09:54	01:05:53
477	OLIVEIRA, LÚCIA	1501	Nós Acreditamos	F40_13	2:08:42.85	09:54	01:05:59
478	PEREIRA, MANUEL	1174	PORTOCARGO	M50_13	2:08:46.25	09:54	01:06:02
479	TEIXEIRA, JOSÉ	1660	Individual	M50_13	2:08:54.82	09:55	01:06:11
480	TEIXEIRA, BENVINDA	1686	refugiados com reumatico	F40_13	2:09:00.43	09:55	01:06:16
481	FERREIRA, PEDRO	1952	refugiados com reumatico	M40_13	2:09:17.70	09:57	01:06:34
482	PINHO, ANDRE	1951	refugiados com reumatico	SenM13	2:09:17.97	09:57	01:06:34
483	TEIXEIRA, TELMO	1877	BOAVISTA KICKBOXING	SenM13	2:09:24.31	09:57	01:06:40
484	RODRIGUES, SILVIA	1470	Individual	SenF13	2:09:25.45	09:57	01:06:41
485	MORGADO, NUNO	1295	CORRER LEÇA	M40_13	2:09:29.84	09:58	01:06:46
486	NEVES, DULCE	1285	CORRER LEÇA	SenF13	2:09:29.88	09:58	01:06:46
487	FERREIRA, EDUARDO	1100	Individual	M40_13	2:09:38.93	09:58	01:06:55
488	BORGES, MONICA	1784	GTT - ARMAZÉM DO CAFFÈ	SenF13	2:09:40.02	09:58	01:06:56
489	COELHO, CLAUDIA	1065	Generosos Runners	SenF13	2:09:59.51	10:00	01:07:16
490	FERRAZ, RODRIGO	1063	Generosos Runners	M40_13	2:10:00.28	10:00	01:07:16
491	TADEU, SOFIA	1064	Generosos Runners	SenF13	2:10:00.57	10:00	01:07:17
492	""SMEAGOL"", PEDRO	1491	Amigos Sem Limites	M40_13	2:10:20.60	10:02	01:07:37
493	MOTA, MARTA	1222	Os Turbomula	SenF13	2:10:23.26	10:02	01:07:39
494	MARTINS, SUSANA	1255	FFIT GAIA TRAIL	SenF13	2:10:29.23	10:02	01:07:45
495	COELHO, FILIPE	1524	FFIT GAIA TRAIL	M40_13	2:10:30.00	10:02	01:07:46
496	COELHO, CARLOS	1159	Walk2See	M40_13	2:10:30.14	10:02	01:07:46
497	ALVES, RICARDO	1855	Gondomar Futsal Clube	SenM13	2:10:32.37	10:02	01:07:48
498	SILVA, JORGE	1846	Gondomar Futsal Clube	M40_13	2:10:35.40	10:03	01:07:51
499	ROCHA, JOÃO	1286	CORRER LEÇA	M50_13	2:11:03.86	10:05	01:08:20
500	ROCHA, PEDRO	1297	CORRER LEÇA	SenM13	2:11:03.95	10:05	01:08:20
501	RODRIGUES, SÉRGIO	1220	Os Turbomula	SenM13	2:11:05.83	10:05	01:08:22
502	BENFEITO, HELENA	1057	TrepaTrilhos Trail Team	SenF13	2:11:07.54	10:05	01:08:24
503	RODRIGUES, BRUNO	1727	Individual	SenM13	2:11:13.22	10:06	01:08:29
504	CUNHA, PAULO	1042	Patás negras	M40_13	2:11:14.23	10:06	01:08:30

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505	BARROS, AGOSTINHO	1341	Grupo Desportivo Luz Verde	SenM13	2:11:23.14	10:06	01:08:39
506	ROCHA, ELIZABETE	1340	Grupo Desportivo Luz Verde	SenF13	2:11:23.44	10:06	01:08:39
507	TEIXEIRA, FÁTIMA	1044	Individual	F40_13	2:11:26.35	10:07	01:08:42
508	MOREIRA, NATÁLIA	1824	Aliança de Gandra	F40_13	2:11:28.09	10:07	01:08:44
509	HERMINA, MARIA	1209	Factor X / S4L / Medense FC	F40_13	2:11:28.40	10:07	01:08:44
510	RIBEIRO, ANA	1338	Grupo Desportivo Luz Verde	SenF13	2:11:37.27	10:07	01:08:53
511	MOURA, MANUEL	1080	Os Barriguitas	M50_13	2:11:41.00	10:08	01:08:57
512	FERREIRA, ANTENOR	1819	Individual	SenM13	2:11:45.54	10:08	01:09:02
513	PINHEIRO, JOANA	1776	Marcorunners	SenF13	2:12:09.62	10:10	01:09:26
514	SOUSA, ELSA	1826	MCN - Nightrunners	SenF13	2:12:12.22	10:10	01:09:28
515	OLIVEIRA, NUNO	1472	Individual	SenM13	2:12:19.05	10:11	01:09:35
516	PINTO, FILIPE	1754	FP Sport	M40_13	2:12:19.41	10:11	01:09:35
517	FERREIRA, MIGUEL	1154	Leões de Tardariz Trail	SenM13	2:12:20.36	10:11	01:09:36
518	MARTINS, RICARDO	1217	Budeguita Runners	M40_13	2:12:23.89	10:11	01:09:40
519	CARRILHO, SUSANA	1256	keepmoving	SenF13	2:12:36.98	10:12	01:09:53
520	REGO, JOEL	1199	Maugénio	SenM13	2:12:40.52	10:12	01:09:57
521	COELHO, EMANUEL	1513	Porto Sentido Runners	SenM13	2:12:40.98	10:12	01:09:57
522	LIMA, HUGO	1515	Porto Sentido Runners	SenM13	2:12:41.29	10:12	01:09:57
523	NEVES, CARLA	1101	Maugénio	SenF13	2:12:48.01	10:13	01:10:04
524	MONTEIRO, CEDRIC	1596	Nocturnos de Paredes	SenM13	2:12:56.09	10:14	01:10:12
525	SILVA, INÊS	1885	Gondomar Futsal Clube	SenF13	2:13:08.38	10:14	01:10:24
526	PINTO, NOÉMIA	1102	Maugénio	SenF13	2:13:09.70	10:15	01:10:26
527	ALMEIDA, JOSE	1521	Individual	SenM13	2:13:10.53	10:15	01:10:27
528	CARNEIRO, RUI	1934	runcicla	M40_13	2:13:29.79	10:16	01:10:46
529	FERREIRA, MIGUEL	1929	runcicla	M40_13	2:13:30.26	10:16	01:10:46
530	SANTOS, RUI	1935	runcicla	M40_13	2:13:30.27	10:16	01:10:46
531	CARDOSO, PEDRO	1702	Individual	SenM13	2:13:30.56	10:16	01:10:47
532	CUNHA, RAUL	1335	cUnHaX	M40_13	2:13:31.16	10:16	01:10:47
533	NABAIS, BRANCA	1646	CCDFPJP	F40_13	2:13:37.94	10:17	01:10:54
534	GOMES, DIANA	1215	Individual	SenF13	2:13:58.42	10:18	01:11:14
535	ROCHA, CÁTIA	1587	Paripassu	SenF13	2:14:00.25	10:18	01:11:16
536	SOUSA, JOANA	1588	Paripassu	SenF13	2:14:01.81	10:19	01:11:18
537	SILVA, TELMO	1589	Paripassu	SenM13	2:14:02.78	10:19	01:11:19
538	SILVA, ISABEL	1318	Silliker	F40_13	2:14:14.11	10:20	01:11:30
539	MOURA, GERMANO	1133	Individual	M50_13	2:14:47.71	10:22	01:12:04
540	FAUSTINO, ANGELO	1006	Monte dos Amigos /Juventude Ribeiras	SenM13	2:15:26.60	10:25	01:12:43
541	CRUZ, HELENA	1552	S.C Dez de Junho	SenF13	2:15:37.83	10:26	01:12:54
542	LOPES, JÚLIO	1550	S.C Dez de Junho	SenM13	2:15:37.95	10:26	01:12:54
543	BESSA, ANTERO	1416	Paredes Running	M40_13	2:15:54.04	10:27	01:13:10
544	ALVES, MARIA	1348	TEAM SHARK	F50_13	2:15:54.12	10:27	01:13:10
545	SILVA, FERNANDO	1504	Nós Acreditamos	M40_13	2:15:57.63	10:28	01:13:14
546	CARVALHO, JOANA	1511	Nós Acreditamos	SenF13	2:15:57.64	10:28	01:13:14

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
547	SOUSA, ANA	1839	Gondomar Futsal Clube	F50_13	2:17:08.17	10:33	01:14:24
548	QUEIROZ, ANTÓNIO	1840	Gondomar Futsal Clube	M50_13	2:17:13.79	10:33	01:14:30
549	FERREIRA, CARINA	1412	Amigos do Pedal TrailLagares	SenF13	2:17:22.89	10:34	01:14:39
550	ALMEIDA, PAULO	1861	Individual	M50_13	2:17:29.08	10:35	01:14:45
551	SILVA, RUI	1751	ACTIVE GYM	SenM13	2:17:29.42	10:35	01:14:45
552	ROCHA, DIANA	1074	Individual	SenF13	2:17:30.04	10:35	01:14:46
553	LOUREIRO, LILIANA	1500	Amigos Sem Limites	SenF13	2:17:31.99	10:35	01:14:48
554	OLIVEIRA, TIAGO	1157	Walk2See	SenM13	2:17:36.69	10:35	01:14:53
555	COELHO, ANA	1398	Amigos do Pedal TrailLagares	SenF13	2:17:37.36	10:35	01:14:53
556	ROCHA, TELMA	1399	Amigos do Pedal TrailLagares	SenF13	2:17:38.30	10:35	01:14:54
557	JACINTO, ANA	1075	Individual	SenF13	2:17:44.70	10:36	01:15:01
558	FERREIRA, MARIA	1471	Centro Social de Oldrões	F50_13	2:17:52.31	10:36	01:15:08
559	RODRIGUES, FILIMENA	1947	Profisio Team	F40_13	2:18:01.86	10:37	01:15:18
560	AMARAL, RICARDO	1834	Individual	SenM13	2:18:02.91	10:37	01:15:19
561	SILVA, ALVARO	1484	MSS CONTABILIDADE	M50_13	2:18:12.13	10:38	01:15:28
562	ROCHA, DIANA	1480	Grupo Desportivo Luz Verde	SenF13	2:18:18.35	10:38	01:15:34
563	MENDES, LUCIA	1479	Grupo Desportivo Luz Verde	SenF13	2:18:18.47	10:38	01:15:34
564	MARQUES, LILIANA	1143	Individual	SenF13	2:18:25.45	10:39	01:15:41
565	SANTOS, PATRICIA	1313	Individual	SenF13	2:18:44.31	10:40	01:16:00
566	DIAS, ALBERTINA	1312	Individual	F50_13	2:18:44.49	10:40	01:16:00
567	VIEIRA, ISABEL	1171	PORTOCARGO	F40_13	2:18:45.31	10:40	01:16:01
568	FERREIRA, ANTÓNIA	1214	Inimigos do Podium	F40_13	2:19:03.16	10:42	01:16:19
569	FERREIRA, JOSÉ	1212	Inimigos do Podium	M40_13	2:19:03.58	10:42	01:16:20
570	FERREIRA, ISABEL	1517	Budeguita Runners	F40_13	2:19:15.55	10:43	01:16:32
571	AIROSA, PEDRO	1518	Budeguita Runners	SenM13	2:19:25.48	10:43	01:16:41
572	SOUSA, LUIS	1269	TrepaTrilhos Trail Team	M40_13	2:19:34.35	10:44	01:16:50
573	TEIXEIRA, CARLA	1189	Individual	SenF13	2:19:34.97	10:44	01:16:51
574	CRUZ, BARBARA	1829	Individual	SenF13	2:19:51.25	10:45	01:17:07
575	FERNANDES, FILIPA	1676	Individual	SenF13	2:19:52.25	10:46	01:17:08
576	PINTO, TIAGO	1975	Individual	SenM13	2:19:58.18	10:46	01:17:14
577	PEREIRA, RUI	1771	Éprócumbibiu	M40_13	2:19:58.61	10:46	01:17:15
578	COSTA, RITA	1837	Individual	SenF13	2:20:38.43	10:49	01:17:54
579	COSTA, JORGE	1260	TrepaTrilhos Trail Team	SenM13	2:20:56.91	10:51	01:18:13
580	ESPANHA, ANA	1134	Individual	SenF13	2:21:11.42	10:52	01:18:27
581	RIBEIRO, ELISABETE	1030	Individual	SenF13	2:21:12.87	10:52	01:18:29
582	COSTA, ÁLVARO	1871	Individual	M40_13	2:21:50.23	10:55	01:19:06
583	COSTA, MARIANA	1870	Individual	SenF13	2:21:51.97	10:55	01:19:08
584	GOÍS, ANA	1153	MARCAPASSO TRAIL TEAM	SenF13	2:22:05.96	10:56	01:19:22
585	GASPAR, EMÍLIA	1200	MARCAPASSO TRAIL TEAM	F40_13	2:22:07.81	10:56	01:19:24
586	BEM, ANA	1876	BOAVISTA KICKBOXING	F40_13	2:22:08.11	10:56	01:19:24
587	CERQUEIRA, CLÁUDIO	1373	Porto Sentido Runners	M40_13	2:22:09.35	10:56	01:19:25
588	MENESES, RICARDO	1597	Nocturnos de Paredes	SenM13	2:22:10.79	10:56	01:19:27

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
589	JONAS, CAETANO	1594	Nocturnos de Paredes	SenM13	2:22:11.69	10:56	01:19:28
590	MAIA, BIA	1469	Individual	F40_13	2:22:14.78	10:57	01:19:31
591	SILVA, ANITA	1164	danados	SenF13	2:23:04.90	11:00	01:20:21
592	MOURA, CLAUDIA	1664	10TEMIDOS	SenF13	2:23:05.63	11:00	01:20:22
593	ALMEIDA, SUSANA	1163	danados	SenF13	2:23:06.55	11:01	01:20:23
594	FERREIRA, ANA	1068	Generosos Runners	F40_13	2:23:12.29	11:01	01:20:28
595	COELHO, ALICE	1757	Éprócumbibiu	SenF13	2:23:12.64	11:01	01:20:29
596	LOUREIRO, LURDES	1789	Sai da Frente	SenF13	2:23:13.42	11:01	01:20:29
597	PINTO, FILIPE	1149	Factor X / S4L / Medense FC	SenM13	2:23:15.82	11:01	01:20:32
598	SILVA, MANUEL	1654	Team Aguenta Aí	M40_13	2:23:31.60	11:02	01:20:48
599	MOUTINHO, FILIPE	1049	Dragon Runners	M40_13	2:23:36.13	11:03	01:20:52
600	PINTO, MARIA	1067	Generosos Runners	SenF13	2:23:43.67	11:03	01:21:00
601	ROCHA, GUILHERMINA	1415	Amigos do Pedal TrailLagares	F50_13	2:23:44.65	11:03	01:21:01
602	PACHECO, MARIA	1033	Sem limites	SenF13	2:24:07.48	11:05	01:21:23
603	GONÇALVES, JOSÉ	1032	Sem limites	M40_13	2:24:08.46	11:05	01:21:24
604	ALMEIDA, RUI	1228	Profisio Team	SenM13	2:24:09.85	11:05	01:21:26
605	PRETO, FRANCISCO	1451	Profisio Team	M40_13	2:24:10.45	11:05	01:21:26
606	RODRIGUES, MAFALDA	1758	Éprócumbibiu	SenF13	2:24:14.27	11:06	01:21:30
607	COELHO, JOEL	1672	LA Zinco	SenM13	2:24:57.88	11:09	01:22:14
608	COUTO, NUNO	1874	BOAVISTA KICKBOXING	M40_13	2:24:58.78	11:09	01:22:15
609	MARTINS, FRANCISCA	1815	Individual	SenF13	2:25:47.32	11:13	01:23:03
610	MARINHO, LÊNIO	1652	Tartarugas do Asfalto	M50_13	2:25:47.34	11:13	01:23:03
611	SILVA, JOANA	1150	Factor X / S4L / Medense FC	SenF13	2:25:51.52	11:13	01:23:08
612	OLIVEIRA, NELMA	1294	CORRER LEÇA	SenF13	2:25:52.45	11:13	01:23:08
613	GOMES, JORGE	1289	CORRER LEÇA	M40_13	2:25:52.48	11:13	01:23:08
614	AGUIAR, SUSANA	1227	Profisio Team	SenF13	2:25:57.95	11:14	01:23:14
615	MENDES, VANESSA	1230	Profisio Team	SenF13	2:25:59.57	11:14	01:23:16
616	AMORIM, PAULO	1151	Factor X / S4L / Medense FC	SenM13	2:26:00.52	11:14	01:23:17
617	FERNANDES, ÂNGELA	1802	InfanTrail	SenF13	2:26:22.48	11:16	01:23:38
618	SOUSA, ANA	1449	ADCCJCLARKS	SenF13	2:26:22.49	11:16	01:23:38
619	ALMEIDA, PAULA	1553	S.C Dez de Junho	F40_13	2:26:25.63	11:16	01:23:42
620	BRANCO, DANIEL	1790	Individual	M40_13	2:26:29.23	11:16	01:23:45
621	MOURA, MANUELA	1271	TrepaTrilhos Trail Team	F40_13	2:26:45.82	11:17	01:24:02
622	GONÇALVES, EDITE	1527	Individual	SenF13	2:26:47.06	11:17	01:24:03
623	ALMEIDA, JOANA	1551	Individual	SenF13	2:26:47.63	11:18	01:24:04
624	SANTOS, PATRICIA	1851	Gondomar Futsal Clube	SenF13	2:27:15.04	11:20	01:24:31
625	ESTRELA, PAULA	1245	BootSeals	F40_13	2:27:48.77	11:22	01:25:05
626	RAMOS, NUNO	1633	Individual	SenM13	2:27:53.09	11:23	01:25:09
627	MINA, MÃE	1734	A.D. Sebolido Trail Boneca Douro	F50_13	2:27:54.25	11:23	01:25:10
628	PIRES, LARA	1253	BootSeals	SenF13	2:27:54.37	11:23	01:25:10
629	FERREIRA, VERA	1679	BootSeals	SenF13	2:27:58.42	11:23	01:25:14
630	NOGUEIRA, MADALENA	1402	Amigos do Pedal TrailLagares	F40_13	2:28:05.65	11:24	01:25:22

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
631	MARTINS, PATRÍCIA	1404	Amigos do Pedal TrailLagares	SenF13	2:28:05.84	11:24	01:25:22
632	FERREIRA, SUSANA	1244	BootSeals	SenF13	2:28:07.17	11:24	01:25:23
633	LOPES, AUGUSTO	1728	Individual	M40_13	2:28:25.46	11:25	01:25:41
634	MELO, ELISABETE	1424	All About	F40_13	2:28:43.90	11:26	01:26:00
635	CARDOSO, CARLA	1423	All About	SenF13	2:28:43.97	11:26	01:26:00
636	VIEIRA, LAURA	1169	PORTOCARGO	F40_13	2:28:44.43	11:26	01:26:00
637	RESENDE, DULCE	1173	PORTOCARGO	F40_13	2:28:49.16	11:27	01:26:05
638	MANGERONA, VITOR	1118	Mangerona	M40_13	2:28:51.69	11:27	01:26:08
639	SOARES, TÂNIA	1516	Porto Sentido Runners	SenF13	2:28:59.73	11:28	01:26:16
640	RAMOS, LUIS	1061	Individual	M50_13	2:29:09.22	11:28	01:26:25
641	ALMEIDA, SANDRA	1936	Individual	F40_13	2:29:12.22	11:29	01:26:28
642	MARQUES, FRANCISCO	1601	Nocturnos de Paredes	SenM13	2:29:13.04	11:29	01:26:29
643	MARQUES, HUGO	1599	Nocturnos de Paredes	M40_13	2:29:13.58	11:29	01:26:30
644	SILVA, ARMANDO	1883	Gondomar Futsal Clube	M40_13	2:29:14.16	11:29	01:26:30
645	FERREIRA, ELISABETE	1911	Individual	SenF13	2:29:16.31	11:29	01:26:32
646	GUIA, SAMANTA	1873	Éprócumbibiu	F40_13	2:29:38.71	11:31	01:26:55
647	GONÇALVES, FLORBELA	1411	Amigos do Pedal TrailLagares	F40_13	2:30:06.01	11:33	01:27:22
648	SOUSA, SONIA	1066	Generosos Runners	SenF13	2:30:18.74	11:34	01:27:35
649	FREITAS, FATIMA	1106	Generosos Runners	SenF13	2:30:20.50	11:34	01:27:37
650	CARMO, CLAUDIA	1558	BTT Alegria / TUBANI	SenF13	2:30:34.43	11:35	01:27:50
651	ALMEIDA, MARIA	1514	Porto Sentido Runners	SenF13	2:31:02.14	11:37	01:28:18
652	CARDOSO, AMÉLIA	1060	Individual	F50_13	2:31:22.99	11:39	01:28:39
653	SOARES, MARIA	1062	Individual	F40_13	2:31:23.93	11:39	01:28:40
654	JOIA, PAULO	1739	TEAM SHARK	M40_13	2:31:27.54	11:39	01:28:44
655	SCHUMACHER, RUI	349	Os Finos	M40_13	2:31:28.26	11:39	01:28:44
656	PINHO, JOSE	1047	Os Finos	M40_13	2:31:28.57	11:39	01:28:45
657	ALMEIDA, CARLA	1794	Os Abafadinhos	F40_13	2:31:33.71	11:40	01:28:50
658	GOMES, LUISA	1263	TrepaTrilhos Trail Team	F40_13	2:31:49.18	11:41	01:29:05
659	ARAUJO, JULIANA	1585	Paripassu	SenF13	2:32:06.21	11:42	01:29:22
660	SILVA, TELMA	1581	Paripassu	SenF13	2:32:06.32	11:42	01:29:22
661	AIROSA, SARA	1519	Budeguita Runners	SenF13	2:32:18.58	11:43	01:29:35
662	ALEX, ALEX	1523	Individual	SenM13	2:32:19.57	11:43	01:29:36
663	PEREIRA, ELISA	1084	Individual	F40_13	2:32:25.13	11:43	01:29:41
664	MOUDNIB, MOHAMMED	1037	Friends	M40_13	2:33:54.88	11:50	01:31:11
665	SILVA, PAULA	1574	BTT Alegria / TUBANI	SenF13	2:34:12.66	11:52	01:31:29
666	SILVA, ANDREIA	1324	Nocturnos de Paredes	SenF13	2:34:16.72	11:52	01:31:33
667	FERREIRA, TANIA	1329	Nocturnos de Paredes	SenF13	2:34:17.20	11:52	01:31:33
668	SILVA, PEDRO	1328	Nocturnos de Paredes	SenM13	2:34:17.21	11:52	01:31:33
669	OLIVEIRA, FILIPE	1607	Nocturnos de Paredes	M40_13	2:34:17.22	11:52	01:31:33
670	ROSA, ANA	1634	Melres Trail Running - Ordem para Arrear	F40_13	2:34:21.79	11:52	01:31:38
671	PEREIRA, DIOGO	1426	All About	SenM13	2:35:03.17	11:56	01:32:19
672	COSTA, ANGELICA	1347	Individual	SenF13	2:36:47.37	12:04	01:34:03

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
673	RUSSO, SARA	1121	Individual	SenF13	2:36:51.62	12:04	01:34:08
674	GOMES, TIAGO	1578	BTT Alegria / TUBANI	SenM13	2:36:55.44	12:04	01:34:11
675	CUNHA, CARLOS	1332	Só Descidas!!	M40_13	2:37:34.23	12:07	01:34:50
676	TELES, ALEXANDRE	1041	Individual	SenM13	2:37:44.47	12:08	01:35:00
677	COELHO, ISOLINO	1323	Só Descidas!!	SenM13	2:37:49.92	12:08	01:35:06
678	ALVES, CARLA	1333	Só Descidas!!	SenF13	2:37:50.06	12:08	01:35:06
679	LOPES, LILIANA	1330	Só Descidas!!	SenF13	2:37:50.09	12:08	01:35:06
680	OLIVEIRA, MARTA	1331	Só Descidas!!	SenF13	2:37:50.72	12:09	01:35:07
681	VIANA, LUÍS	1339	Individual	SenM13	2:37:51.72	12:09	01:35:08
682	MARTINS, ANA	1620	Melres Trail Running - Ordem para Arrear	F40_13	2:38:49.04	12:13	01:36:05
683	MOREIRA, CARLA	1621	Melres Trail Running - Ordem para Arrear	F40_13	2:38:49.97	12:13	01:36:06
684	DUARTE, PEDRO	1296	CORRER LEÇA	SenM13	2:40:07.73	12:19	01:37:24
685	CORREIA, PAULO	1760	Éprócumbibiu	M40_13	2:40:17.21	12:20	01:37:33
686	MACEDO, ANTÓNIO	1799	Os caga tacos running team	M50_13	2:40:33.11	12:21	01:37:49
687	ROCHA, ANA	1282	CORRER LEÇA	SenF13	2:40:35.56	12:21	01:37:52
688	DUARTE, ANA	1281	CORRER LEÇA	SenF13	2:40:37.00	12:21	01:37:53
689	MACEDO, ROSINDA	1798	Os caga tacos running team	F50_13	2:40:38.06	12:21	01:37:54
690	TAVARES, VANESSA	1590	Núcleo de Montanha de Espinho	SenF13	2:40:45.40	12:22	01:38:01
691	OLIVEIRA, ALEXANDRA	1684	Running Team Maia	SenF13	2:41:11.14	12:24	01:38:27
692	GARCIA, EUFEMIA	1580	Elas e o Norte	F40_13	2:41:12.86	12:24	01:38:29
693	ALMEIDA, MANUEL	1175	PORTOCARGO	M40_13	2:41:24.34	12:25	01:38:40
694	MAGALHÃES, CLÁUDIA	1598	Núcleo de Montanha de Espinho	F40_13	2:41:34.76	12:26	01:38:51
695	TAVARES, DIOLINDA	1600	Núcleo de Montanha de Espinho	F40_13	2:41:35.35	12:26	01:38:51
696	TOMÉ, JOÃO	1287	CORRER LEÇA	SenM13	2:41:47.30	12:27	01:39:03
697	NEVES, LAURA	1291	CORRER LEÇA	SenF13	2:41:47.72	12:27	01:39:04
698	FERREIRA, ANDREA	1770	Éprócumbibiu	F40_13	2:43:25.74	12:34	01:40:42
699	FERREIRA, JORGE	1767	Éprócumbibiu	M40_13	2:43:28.46	12:34	01:40:44
700	MATOS, ISABEL	1766	Éprócumbibiu	F40_13	2:43:31.32	12:35	01:40:47
701	MATOS, JOÃO	1765	Éprócumbibiu	M40_13	2:43:31.59	12:35	01:40:48
702	CORREIA, SUZETE	1393	Porto Sentido Runners	F40_13	2:43:43.85	12:36	01:41:00
703	MARTINS, RAQUEL	1392	Porto Sentido Runners	SenF13	2:43:44.41	12:36	01:41:00
704	COSTA, DUARTE	1284	CORRER LEÇA	SenM13	2:44:29.15	12:39	01:41:45
705	GILVAZ, SONIA	1016	Monte dos Amigos /Juventude Ribeiras	F40_13	2:44:56.84	12:41	01:42:13
706	SILVA, ALICE	1394	Amigos do Pedal TrailLagares	SenF13	2:44:58.68	12:41	01:42:15
707	DIAS, MARILIA	1695	Individual	F40_13	2:45:02.17	12:42	01:42:18
708	SOUSA, CARLOS	1693	Individual	M40_13	2:45:15.44	12:43	01:42:31
709	ALMEIDA, CRISTINA	1043	Individual	SenF13	2:45:15.45	12:43	01:42:31
710	SARMENTO, NANUELA	1661	Individual	F50_13	2:45:15.59	12:43	01:42:32
711	SIMÕES, LUÍS	1763	Éprócumbibiu	M40_13	2:45:21.39	12:43	01:42:37
712	AMORIM, RAIMUNDO	1350	Individual	M50_13	2:45:22.47	12:43	01:42:38
713	SILVA, MANUELA	1764	Éprócumbibiu	F40_13	2:45:24.04	12:43	01:42:40
714	ALMEIDA, JOSÉ	1746	Individual	M50_13	2:45:27.12	12:44	01:42:43

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
715	PEREIRA, DANIEL	1795	Os Abafadinhos	M40_13	2:45:44.59	12:45	01:43:01
716	SOUSA, JORGE	1612	Individual	SenM13	2:45:46.24	12:45	01:43:02
717	MARTINS, MARIANA	1613	Individual	SenF13	2:45:49.40	12:45	01:43:05
718	BARBARA, JOANA	1360	Teachers in slow motion	SenF13	2:46:27.48	12:48	01:43:43
719	MOREIRA, CRISTINA	1359	Teachers in slow motion	F40_13	2:46:27.49	12:48	01:43:43
720	CARDOSO, MARIA	1355	NASCIDOS PARA CORRER	F40_13	2:46:28.25	12:48	01:43:44
721	COUTINHO, PAULA	1009	Monte dos Amigos /Juventude Ribeiras	F40_13	2:46:38.32	12:49	01:43:54
722	BARROS, CATARINA	1542	S.C Dez de Junho	SenF13	2:46:38.40	12:49	01:43:54
723	MONTEIRO, CARINA	1198	Individual	SenF13	2:46:43.74	12:50	01:44:00
724	FERRAZ, PATRICIA	1005	Monte dos Amigos /Juventude Ribeiras	SenF13	2:46:44.18	12:50	01:44:00
725	PINHEIRO, MARTA	1850	Gondomar Futsal Clube	SenF13	2:47:37.63	12:54	01:44:54
726	TERCEIRO, MARINA	1848	Gondomar Futsal Clube	F40_13	2:47:39.20	12:54	01:44:55
727	SANTOS, RICARDO	1856	Gondomar Futsal Clube	SenM13	2:47:40.98	12:54	01:44:57
728	MARQUES, NORBERTO	1743	Os Abafadinhos	SenM13	2:48:08.95	12:56	01:45:25
729	SOUSA, LILIANA	1744	Os Abafadinhos	SenF13	2:48:08.98	12:56	01:45:25
730	SILVA, ALCINO	1489	Amigos Sem Limites	SenM13	2:48:12.30	12:56	01:45:28
731	SILVA, CLÁUDIA	1490	Amigos Sem Limites	SenF13	2:48:14.06	12:56	01:45:30
732	COSTA, ELISABETE	1577	Elas e o Norte	F40_13	2:48:50.92	12:59	01:46:07
733	SOARES, LUISA	1570	BTT Alegria / TUBANI	SenF13	2:48:51.07	12:59	01:46:07
734	SOUSA, RUI	1575	Elas e o Norte	M40_13	2:48:53.95	13:00	01:46:10
735	PEREIRA, SOFIA	1641	As Cunhadas	SenF13	2:49:08.46	13:01	01:46:24
736	CAETANO, PATRICIA	1642	As Cunhadas	SenF13	2:49:09.49	13:01	01:46:25
737	RESENDE, BÁRBARA	1538	S.C Dez de Junho	SenF13	2:49:14.04	13:01	01:46:30
738	SOARES, NUNO	1541	S.C Dez de Junho	SenM13	2:49:14.05	13:01	01:46:30
739	FERREIRA, MIGUEL	1181	Caipicompany	SenM13	2:49:34.27	13:03	01:46:50
740	FERREIRA, SHEILA	1183	Caipicompany	SenF13	2:49:34.50	13:03	01:46:52
741	SANTOS, ISABEL	1182	Caipicompany	F40_13	2:49:36.30	13:03	01:46:52
742	SILVA, SARA	1211	Bardinos dos Montes	SenF13	2:49:37.87	13:03	01:46:54
743	RITO, SUSANA	1019	Individual	F40_13	2:49:52.21	13:04	01:47:08
744	GOMES, CARLA	1069	Generosos Runners	F40_13	2:49:54.08	13:04	01:47:10
745	MARQUES, RAFAELA	1547	Individual	SenF13	2:49:54.28	13:04	01:47:10
746	AMARO, NUNO	1806	OPORTO INVICTUS TEAM	SenM13	2:51:50.36	13:13	01:49:06
747	MARTINS, ANA	1172	PORTOCARGO	SenF13	2:53:43.53	13:22	01:51:00
748	CARVALHO, ANDREIA	1673	LA Zinco	SenF13	2:53:44.05	13:22	01:51:00
749	SÁ, ROSÁLIA	1718	Individual	SenF13	2:54:23.00	13:25	01:51:39
750	CASAL, GRAÇA	1650	Individual	F40_13	2:54:31.85	13:26	01:51:48
751	PACHECO, LUISA	1400	Paredes Running	SenF13	2:55:51.33	13:32	01:53:07
752	AMARAL, EUGÉNIO	1768	Éprócumbibiu	M40_13	2:56:53.93	13:36	01:54:10
753	AMARAL, BEATRIZ	1769	Éprócumbibiu	F40_13	2:56:54.88	13:37	01:54:11
754	MARQUES, ISABEL	1740	Budeguita Runners	F40_13	2:58:52.22	13:46	01:56:08
755	A., FERREIRA	1912	danados	SenM13	2:59:25.27	13:48	01:56:41
756	DIAS, ELSA	1165	danados	F40_13	2:59:27.18	13:48	01:56:43

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
757	DIAS, ANA	1410	Amigos do Pedal TrailLagares	SenF13	2:59:28.16	13:48	01:56:44
758	DIAS, ANA	1409	Amigos do Pedal TrailLagares	F50_13	2:59:28.53	13:48	01:56:45
759	COSTA, MANUELA	1225	Individual	F50_13	3:00:31.99	13:53	01:57:48
760	RIBEIRO, LUIS	1406	Paredes Running	M40_13	3:00:32.47	13:53	01:57:48
761	NEVES, CRISTINA	1559	BTT Alegria / TUBANI	SenF13	3:00:56.23	13:55	01:58:12
762	SOARES, FERNANDA	1565	BTT Alegria / TUBANI	F40_13	3:01:09.45	13:56	01:58:25
763	RODRIGUES, ANA	1259	TrepaTrilhos Trail Team	SenF13	3:02:57.26	14:04	02:00:13
764	REZENDE, ISABEL	1059	MISA Backpackers	SenF13	3:02:59.04	14:05	02:00:15
765	COSTA, FÁTIMA	1261	TrepaTrilhos Trail Team	F40_13	3:02:59.06	14:05	02:00:15
766	SANTOS, MIGUEL	1058	MISA Backpackers	M40_13	3:03:00.32	14:05	02:00:16
767	SOUSA, FÁTIMA	1816	TEAM SHARK	F40_13	3:04:03.87	14:10	02:01:20
768	OLIVEIRA, ANDRÉ	1583	Individual	SenM13	3:04:58.85	14:14	02:02:15
769	GOMES, TATIANA	1418	BootSeals	SenF13	3:12:18.70	14:48	02:09:35
770	MOTA, LUIS	1246	BootSeals	SenM13	3:12:28.37	14:48	02:09:44
771	MARTINS, PAULA	1265	TrepaTrilhos Trail Team	F40_13	3:12:35.38	14:49	02:09:51
772	SILVA, HERMENEGILDA	1268	TrepaTrilhos Trail Team	F50_13	3:12:39.95	14:49	02:09:56
773	SANTOS, APOLO	1452	Individual	SenM13	3:14:58.90	15:00	02:12:15
774	PAIS, ANABELA	1454	Individual	F40_13	3:15:01.52	15:00	02:12:18
775	ZUZARTE, LILIANA	1923	Clínica Veterinária do Taralhão	SenF13	3:15:39.28	15:03	02:12:55
776	REGADAS, RAQUEL	1933	Clínica Veterinária do Taralhão	SenF13	3:15:39.66	15:03	02:12:56
777	CARVALHO, SARA	1937	Clínica Veterinária do Taralhão	SenF13	3:15:44.04	15:03	02:13:00
778	CERQUEIRA, CRISTINA	1875	Individual	F40_13	3:17:01.98	15:09	02:14:18
779	SOUSA, YESENIA	1213	Individual	SenF13	3:17:11.30	15:10	02:14:27
780	NEVES, LEANDRO	1922	Clínica Veterinária do Taralhão	SenM13	3:17:18.57	15:11	02:14:35
781	NOGUEIRA, ANA	1897	BTT Alegria	SenF13	3:20:05.05	15:23	02:17:21
782	SILVA, FANNY	1895	BTT Alegria / TUBANI	SenF13	3:20:42.19	15:26	02:17:58
783	PINHEIRO, CARLA	1003	into the wild	SenF13	3:22:35.34	15:35	02:19:51
784	LEMONS, JOANA	1002	into the wild	SenF13	3:22:35.78	15:35	02:19:52
785	LACHADO, TERESA	1004	into the wild	SenF13	3:22:36.01	15:35	02:19:52
786	BORGES, NATALIA	1531	Paredes Running	F50_13	3:23:47.66	15:41	02:21:04