

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
TIAGO PINTO	Douroconta - Gabinete De Apoio E Contabilidade, Lda	1452	1	00:48:23.553	00:00:00.000
PAULO MOREIRA	C.C.Recreativo De São Martinho	1039	2	00:50:47.813	00:02:24.260
RUI GOMES	Douroconta - Gabinete De Apoio E Contabilidade, Lda	1989	3	00:50:56.557	00:02:33.004
SERGIO SILVA	Mss Contabilidade Trail Team	1180	4	00:51:17.580	00:02:54.027
CAMILO GUEDES	Clube Pessoal Aguas Gaia	1036	5	00:52:08.310	00:03:44.757
RICARDO BARROS	Douroconta - Gabinete De Apoio E Contabilidade, Lda	1450	6	00:52:22.063	00:03:58.510
NUNO MONTEIRO	Aliança De Gandra	1699	7	00:52:40.913	00:04:17.360
JOSÉ MOTA	Nascidos Para Correr	1157	8	00:53:00.063	00:04:36.510
VASCO SOUSA	Coimbra Trail Running	1542	9	00:53:34.067	00:05:10.514
RÚBEN GONÇALVES	Ninja Team	1541	10	00:54:15.327	00:05:51.774
DANIEL TORRES	Pluri Run	1153	11	00:54:22.653	00:05:59.100
RUBEN BORGES	Afipre Team / Chrono.Pt	1577	12	00:54:54.817	00:06:31.264
JOSE ROCHA	Douroconta - Gabinete De Apoio E Contabilidade, Lda	1448	13	00:55:17.817	00:06:54.264
JOAQUIM FERREIRA	Melres Trail Running - Ordem Para Arrear	1741	14	00:55:33.570	00:07:10.017
HÉLDER BORGES	Afipre Team / Chrono.Pt	1578	15	00:56:15.820	00:07:52.267
RUI LOPES	Amigos Do Pedal Trailagares	1358	16	00:57:25.830	00:09:02.277
ANTONIO MOREIRA	Academia Fernanda Ribeiro	1679	17	00:57:30.827	00:09:07.274
RUI TAVARES	Ddt Runners	1174	18	00:57:56.867	00:09:33.314
MARCO ANDRADE	Afipre Team / Chrono.Pt	1581	19	00:57:59.077	00:09:35.524
IBRAIM SOUSA	Mss Contabilidade Trail Team	1198	20	00:58:29.077	00:10:05.524
JOSÉ ADELINO	Clube Pessoal Aguas Gaia	1076	21	00:59:06.330	00:10:42.777
ANTÓNIO CARVALHO	Afipre Team / Chrono.Pt	1579	22	00:59:33.580	00:11:10.027
FERNANDO TEMPORÃO	Individual	1660	23	00:59:43.580	00:11:20.027
FILIPE PÓVOAS	Mss Contabilidade Trail Team	1342	24	00:59:54.833	00:11:31.280
RICARDO VIEIRA	Gazela Running Team	1026	25	00:59:56.330	00:11:32.777
RICARDO FERREIRA	Individual	1371	26	01:00:12.080	00:11:48.527
LUÍS SILVA	Aliança De Gandra	1686	27	01:00:30.090	00:12:06.537
CARLOS VINHAS	Águias Penafiel Trail	1340	28	01:01:01.337	00:12:37.784
PEDRO VIEIRA	C.C.Recreativo De São Martinho	1038	29	01:01:10.087	00:12:46.534
JOSE PEREIRA	Airorun	1424	30	01:01:25.587	00:13:02.034
CASIMIRO ARAUJO	Airorun	1426	31	01:01:25.833	00:13:02.280
PAULO COELHO	Amigos Do Pedal Trailagares	1363	32	01:01:31.587	00:13:08.034
FERNANDO PEREIRA	Gondomar Futsal Clube	1728	33	01:01:42.840	00:13:19.287
ROBERTO FREITAS	Ad Sebolido Trail Boneca Douro	1546	34	01:01:49.080	00:13:25.527
JÚLIO SOUSA	Factor X / S4l / Medense Fc	1284	35	01:01:54.837	00:13:31.284
PAULO DIAS	Factor X / S4l / Medense Fc	1480	36	01:02:11.337	00:13:47.784
SÉRGIO COSTA	Lusos Xxi	1626	37	01:02:16.587	00:13:53.034
JOEL GONÇALVES	Tristes Mas Duros	1188	38	01:02:23.837	00:14:00.284
FILIPE MARTINS	Porto Sentido Runners	1736	39	01:02:40.590	00:14:17.037
JOÃO VIGÁRIO	Amigos 100 Limites	1725	40	01:03:04.840	00:14:41.287
LAURINDO SARMENTO	Melres Trail Running - Ordem Para Arrear	1084	41	01:03:07.590	00:14:44.037
RUI DIAS	#Correratenumdarmais	1467	42	01:03:14.090	00:14:50.537
EUCLIDES COIMBRA	Kaizen	1588	43	01:03:19.340	00:14:55.787
ALBERTINA CUNHA	Nocturnos De Paredes	1745	44	01:03:30.343	00:15:06.790

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
MIGUEL PINTO	Amigos Do Pedal Trailagares	1362	45	01:03:57.093	00:15:33.540
MARCO ALMEIDA	Nascidos Para Correr	1486	46	01:04:04.097	00:15:40.544
AMÉRICO FRANÇA	França	1572	47	01:04:08.590	00:15:45.037
TIAGO CASTRO	Douroconta - Gabinete De Apoio E Contabilidade, Lda	1348	48	01:04:29.343	00:16:05.790
DANIEL MONTEIRO	Academia Fernanda Ribeiro	1678	49	01:04:33.100	00:16:09.547
RICARDO ROCHA	Fast Ao Km	1537	50	01:04:33.343	00:16:09.790
RUI SILVA	Ss Montepio	1047	51	01:04:38.093	00:16:14.540
EMANUEL COELHO	Porto Sentido Runners	1271	52	01:04:40.847	00:16:17.294
JOSÉ MACHADO	Individual	1983	53	01:04:46.847	00:16:23.294
SÉRGIO GOMES	Amigos 100 Limites	1505	54	01:05:08.093	00:16:44.540
RUI MADUREIRA	Trail Bem Viver	1720	55	01:05:12.347	00:16:48.794
MARCO SILVA	Individual	1483	56	01:05:12.597	00:16:49.044
JOÃO ALVES	Individual	1610	57	01:05:17.603	00:16:54.050
GILBERTO FERREIRA	C.C.Recreativo De São Martinho	1041	58	01:05:46.103	00:17:22.550
NUNO CUNHA	Tristes Mas Duros	1185	59	01:06:06.347	00:17:42.794
PEDRO SILVA	Bixos	1556	60	01:06:06.347	00:17:42.794
CLÁUDIO TAVARES	Individual	1438	61	01:06:08.097	00:17:44.544
PAULO DIAS	Individual	1703	62	01:06:12.597	00:17:49.044
ANDREIA AMORIM	Gondomar Futsal Clube	1689	63	01:06:14.350	00:17:50.797
JOSÉ CARDOSO	Individual	1381	64	01:06:14.600	00:17:51.047
NUNO ROCHA	Gazela Running Team	1024	65	01:06:21.600	00:17:58.047
IVO OLIVEIRA	Factor X / S4I / Medense Fc	1479	66	01:06:25.097	00:18:01.544
LUÍS RODRIGUES	Individual	1095	67	01:06:31.853	00:18:08.300
ANTONIO AZEVEDO	Douroconta - Gabinete De Apoio E Contabilidade, Lda	1446	68	01:07:11.600	00:18:48.047
CÉLINE GOMES	Nascidos Para Correr	1158	69	01:07:13.353	00:18:49.800
ANDRÉ MONTEIRO	Douroconta - Gabinete De Apoio E Contabilidade, Lda	1103	70	01:07:19.100	00:18:55.547
JOSÉ ALVES	A. D. Sebolido	1220	71	01:07:51.613	00:19:28.060
MANUEL SILVA	Individual	1484	72	01:09:03.607	00:20:40.054
BRUNO GUEDES	Porto Sentido Runners	1011	73	01:09:07.353	00:20:43.800
TELMO FERREIRA	Douroconta - Gabinete De Apoio E Contabilidade, Lda	1451	74	01:09:24.260	00:21:00.707
JOSÉ ANDRADE	Andrade	1657	75	01:09:34.353	00:21:10.800
ÁLVARO SANTOS	Aliança De Gandra	1346	76	01:10:05.613	00:21:42.060
TIAGO SEQUEIRA	Mss Contabilidade Trail Team	1439	77	01:10:16.107	00:21:52.554
PAULO ROCHA	Factor X / S4I / Medense Fc	1288	78	01:10:24.263	00:22:00.710
OSCAR SOARES	Melres Trail Running - Ordem Para Arrear	1650	79	01:10:25.607	00:22:02.054
AGOSTINHO MOREIRA	Nocturnos De Paredes	1476	80	01:10:32.357	00:22:08.804
FERNANDO MENDES	Individual	1734	81	01:10:39.357	00:22:15.804
VITOR CARDOSO	Baguim Runners	1303	82	01:10:41.607	00:22:18.054
SANDRA CARDOSO	Baguim Runners	1304	83	01:10:42.500	00:22:18.947
DÊNIS QUADROS	Athlon Runner'S	1151	84	01:11:01.607	00:22:38.054
DUARTE ROCHA	Individual	1441	85	01:11:02.860	00:22:39.307
FILIPE FERREIRA	Porto Sentido Runners	1258	86	01:11:08.610	00:22:45.057
NUNO MARTINS	Individual	1312	87	01:11:15.110	00:22:51.557
MARINA SILVA	Porto Sentido Runners	1266	88	01:11:24.610	00:23:01.057

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
LUIS SANTOS	Individual	1096	89	01:11:34.610	00:23:11.057
JOAQUIM VIEIRA	Os Cachos	1223	90	01:11:43.860	00:23:20.307
JOÃO TELES	Factor X / S4I / Medense Fc	1009	91	01:11:52.863	00:23:29.310
AGOSTINHO COELHO	Douroconta - Gabinete De Apoio E Contabilidade, Lda	1444	92	01:11:57.363	00:23:33.810
RUI ROCHA	Tristes Mas Duros	1186	93	01:12:23.863	00:24:00.310
JORGE PEREIRA	Porto Sentido Runners	1254	94	01:12:33.863	00:24:10.310
PAULA COUTINHO	Porto Sentido Runners	1298	95	01:12:33.867	00:24:10.314
CARLOS VIEIRA	Os Cachos	1224	96	01:12:48.613	00:24:25.060
ELISABETE LEAL	Brincalhões	1391	97	01:12:51.113	00:24:27.560
PAULO ABREU	Afipre Team / Chrono.Pt	1580	98	01:12:54.113	00:24:30.560
HUMBERTO PINHO	Porto Sentido Runners	1297	99	01:13:05.863	00:24:42.310
ANTÓNIO MENDES	16.9 Crossfit	1309	100	01:13:10.113	00:24:46.560
VICTOR RODRIGUES	Individual	1495	101	01:13:34.363	00:25:10.810
IGOR CUNHA	Run2eat	1455	102	01:13:34.980	00:25:11.427
HUGO SANTOS	Factor X / S4I / Medense Fc	1285	103	01:13:40.867	00:25:17.314
FILIPE MARIA	Porto Sentido Runners	1727	104	01:13:43.617	00:25:20.064
JOSE ALMEIDA	Amigos Do Kulatra	1430	105	01:13:46.867	00:25:23.314
DEOLINDA FARIA	Airorun	1425	106	01:13:49.117	00:25:25.564
RENATA MARTINS	Ei Team Trail	1114	107	01:14:03.367	00:25:39.814
LILIANA FELGUEIRAS	Douroconta - Gabinete De Apoio E Contabilidade, Lda	1449	108	01:14:06.870	00:25:43.317
RUI ROCHA	Brincalhões	1101	109	01:14:07.117	00:25:43.564
RUI SÁ	Fit Gaia Trail	1373	110	01:14:07.377	00:25:43.824
PEDRO MOREIRA	Tristes Mas Duros	1190	111	01:14:17.120	00:25:53.567
JORGE MOREIRA	Sentir Escariz	1217	112	01:14:34.117	00:26:10.564
VÍTOR MOREIRA	Sentir Escariz	1218	113	01:14:34.223	00:26:10.670
RICARDO SOUSA	Factor X / S4I / Medense Fc	1289	114	01:14:40.877	00:26:17.324
FILIPE TRUTA	Individual	1649	115	01:14:41.367	00:26:17.814
XAVIER BARBOSA	C.C.Recreativo De São Martinho	1564	116	01:14:45.617	00:26:22.064
RUI MOREIRA	Individual	1526	117	01:14:46.630	00:26:23.077
PAULO FERREIRA	Ddt Runners	1171	118	01:14:46.883	00:26:23.330
SUSANA FERNANDES	Individual	1975	119	01:14:52.370	00:26:28.817
HENRIQUE SOUSA	Lusos Xxi	1525	120	01:15:02.620	00:26:39.067
FILIPE COELHO	Fit Gaia Trail	1357	121	01:15:03.370	00:26:39.817
SUSANA SILVA	Factor X / S4I / Medense Fc	1296	122	01:15:05.620	00:26:42.067
DANIEL TERRA	Factor X / S4I / Medense Fc	1010	123	01:15:10.620	00:26:47.067
FILIPE CUNHA	Aztrail/Mercentro	1350	124	01:15:32.870	00:27:09.317
JOSÉ MOURA	Ribeiras Trail	1118	125	01:15:35.870	00:27:12.317
CLARA TEIXEIRA	Amigos 100 Limites	1087	126	01:15:42.370	00:27:18.817
CAMILO PINTO	Mss Contabilidade Trail Team	1507	127	01:15:44.130	00:27:20.577
RUBEN MOREIRA	Studio Sun Beauty	1344	128	01:15:58.870	00:27:35.317
TÓ FARIA	Amigos 100 Limites	1028	129	01:15:59.620	00:27:36.067
MANUEL DOMINGUES	Individual	1704	130	01:16:41.623	00:28:18.070
LOURENÇO CARDOSO	Baguim Runners	1305	131	01:16:43.123	00:28:19.570
DANIEL AMARAL	Studio Sun Beauty	1273	132	01:16:53.127	00:28:29.574

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
SARA EIRÓ	Salgueiros Running	1739	133	01:17:00.130	00:28:36.577
RUI PEREIRA	Individual	1070	134	01:17:00.877	00:28:37.324
MARIO RODRIGUES	Metralhas Runners	1994	135	01:17:12.627	00:28:49.074
JOSÉ OLIVEIRA	Trepatrihos Trail Team	1321	136	01:17:16.377	00:28:52.824
CARLOS .MACEDO	A.D.Amarante Trail Running	1403	137	01:17:18.373	00:28:54.820
ÓSCAR LOUREIRO	Porto Sentido Runners	1617	138	01:17:21.877	00:28:58.324
ADRIANA NEVES	Individual	1065	139	01:17:41.687	00:29:18.134
VITOR PINTO	Mss Contabilidade Trail Team	1197	140	01:17:49.127	00:29:25.574
ANDRÉ CARNEIRO	Porto Sentido Runners	1050	141	01:18:49.637	00:30:26.084
PEDRO FERREIRA	Porto Sentido Runners	1260	142	01:18:50.130	00:30:26.577
TOMÁS MOURA	Individual	1469	143	01:18:56.380	00:30:32.827
JOÃO MOURA	Fit Gaia Trail	1377	144	01:19:11.630	00:30:48.077
DELFINO NOGUEIRA	Ei Team Trail	1113	145	01:19:22.630	00:30:59.077
FERNANDO FERRAZ	Porto Sentido Runners	1262	146	01:19:28.887	00:31:05.334
FERNANDA PINTO	Porto Sentido Runners	1253	147	01:19:30.637	00:31:07.084
PEDRO GONÇALVES	Individual	1571	148	01:19:47.137	00:31:23.584
MARIA TEIXEIRA	Btt Alegria // Tubani	1332	149	01:20:11.133	00:31:47.580
JOSÉ SOUSA	Btt Alegria // Tubani	1414	150	01:20:11.880	00:31:48.327
MANUEL CARNEIRO	Os Cachos	1225	151	01:20:21.130	00:31:57.577
JOSÉ SILVA	Clube Do Pessoal Edp- Porto	1404	152	01:20:43.910	00:32:20.357
GUSTAVO RODRIGUES	Portocargo	1972	153	01:20:47.883	00:32:24.330
PEDRO CARDOSO	Renas Do Monte	1240	154	01:20:51.393	00:32:27.840
FERNANDO ESTEVES	Renas Do Monte	1241	155	01:20:51.393	00:32:27.840
FERNANDO OLIVEIRA	Friends	1603	156	01:20:55.133	00:32:31.580
JOSE PEREIRA	Individual	1322	157	01:20:57.137	00:32:33.584
NELSON SILVA	Gondomar Futsal Clube	1693	158	01:20:57.883	00:32:34.330
FRANCLIM NEVES	Brincalhões	1127	159	01:21:00.643	00:32:37.090
DANIELA DUARTE	Individual	1665	160	01:21:05.133	00:32:41.580
ARMANDO FONSECA	Douroconta - Gabinete De Apoio E Contabilidade, Lda	1447	161	01:21:12.883	00:32:49.330
PAULA CRUZ	Individual	1034	162	01:21:19.133	00:32:55.580
RICARDO GODINHO	Crossfit Escariz	1668	163	01:21:33.137	00:33:09.584
MIGUEL BARBOSA	Powerrunners #1000Pecadosparedes	1506	164	01:21:33.383	00:33:09.830
SÍLVIA MORAIS	Individual	1661	165	01:21:36.887	00:33:13.334
JOÃO CAMPOS	Ddt Runners	1177	166	01:21:38.640	00:33:15.087
DANIEL BARBOSA	Individual	1965	167	01:21:43.387	00:33:19.834
AVELINO PEREIRA	Ccdtc.M.Gondomar	1237	168	01:22:08.393	00:33:44.840
AURÉLIO SALAS	Individual	1640	169	01:22:12.637	00:33:49.084
JOEL TEIXEIRA	Individual	1539	170	01:22:26.137	00:34:02.584
NUNO BARROS	Factor X / S4I / Medense Fc	1402	171	01:22:44.387	00:34:20.834
RUI BARROS	Factor X / S4I / Medense Fc	1420	172	01:22:44.890	00:34:21.337
NUNO PAIVA	Sos Arganil	1589	173	01:23:05.390	00:34:41.837
TIAGO SILVA	16.9 Crossfit	1591	174	01:23:07.390	00:34:43.837
ANA OLIVEIRA	Sob Efeito Trail	1221	175	01:23:08.893	00:34:45.340
MARCELINO SANTOS	Sob Efeito Trail	1222	176	01:23:09.140	00:34:45.587

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
FÁTIMA SILVA	Brincalhães	1097	177	01:23:28.643	00:35:05.090
PAULO VINAGRE	Individual	1633	178	01:23:35.143	00:35:11.590
JOSÉ BARBOSA	Clube Pessoal Aguas Gaia	1074	179	01:23:36.893	00:35:13.340
JORGE SANTOS	Clube Pessoal Aguas Gaia	1077	180	01:23:37.140	00:35:13.587
PAULO FERREIRA	Portocargo	1148	181	01:23:45.390	00:35:21.837
ANTÓNIO LOUREIRO	Trepatrielhos Trail Team	1315	182	01:23:46.393	00:35:22.840
CARLA GUIMARÃES	Factor X / S4I / Medense Fc	1295	183	01:23:48.143	00:35:24.590
MARCO CASTRO	Individual	1969	184	01:23:51.143	00:35:27.590
ANTÓNIO PINTO	Individual	1071	185	01:23:56.400	00:35:32.847
BRUNO OLIVEIRA	Renas Do Monte	1243	186	01:23:56.897	00:35:33.344
ARI CARDOSO	Renas Do Monte	1244	187	01:23:56.897	00:35:33.344
EVA MOREIRA	Nocturnos De Paredes	1122	188	01:24:07.640	00:35:44.087
LUIS MEIRELES	Flechas	1503	189	01:24:09.390	00:35:45.837
MIGUEL AZEVEDO	Porto Sentido Runners	1995	190	01:24:15.147	00:35:51.594
TIAGO QUEIROS	Renas Do Monte	1238	191	01:24:16.140	00:35:52.587
LUIS SILVA	Individual	1378	192	01:24:16.643	00:35:53.090
DIOGO MARTINS	Individual	1501	193	01:24:20.893	00:35:57.340
LUCÍLIA PEREIRA	Amigos 100 Limites	1088	194	01:24:23.903	00:36:00.350
SÉRGIO MOREIRA	Amigos 100 Limites	1093	195	01:24:23.907	00:36:00.354
ARMANDINA TORRES	Gdct Incm	1159	196	01:24:23.907	00:36:00.354
VALTER SOARES	Pluri Run	1245	197	01:24:45.393	00:36:21.840
RAQUEL COSTA	Lusos Xxi	1627	198	01:24:46.147	00:36:22.594
TIAGO GRANJA	Individual	1981	199	01:24:50.150	00:36:26.597
EDUARDO GUIMARAES	Pluri Run	1219	200	01:24:54.397	00:36:30.844
ILÍDIO FREITAS	Gondomar Futsal Clube	1692	201	01:24:56.397	00:36:32.844
TIAGO FERREIRA	Individual	1487	202	01:25:03.653	00:36:40.100
FRANCISCO MENDES	Individual	1624	203	01:25:56.420	00:37:32.867
CIDÁLIA SOARES	Porto Sentido Runners	1250	204	01:26:06.397	00:37:42.844
ANTÓNIO SOUSA	Porto Sentido Runners	1251	205	01:26:06.647	00:37:43.094
NUNO MOREIRA	Pluri Run	1162	206	01:26:13.897	00:37:50.344
MARCOS GANDRA	Individual	1160	207	01:26:18.400	00:37:54.847
PAULA COELHO	Individual	1161	208	01:26:18.897	00:37:55.344
RICARDO MARTINS	Ddt Runners	1173	209	01:26:21.647	00:37:58.094
MÓNICA MAGALHÃES	Papatrails	1392	210	01:26:22.397	00:37:58.844
PAULO GOMES	Pluri Run	1130	211	01:26:30.113	00:38:06.560
CARLOS ROCHA	Tristes Mas Duros	1189	212	01:26:30.147	00:38:06.594
LUIS SOUSA	Pai&Filho	1154	213	01:26:35.650	00:38:12.097
GRAÇA RIBEIRO	Individual	1339	214	01:26:36.407	00:38:12.854
RUI SANTOS	Os Falta D?Ar	1308	215	01:26:45.160	00:38:21.607
RICARDO FONSECA	Individual	1642	216	01:26:54.650	00:38:31.097
SÉRGIO PEREIRA	Gondomar Futsal Clube	1695	217	01:27:01.400	00:38:37.847
VITOR NEVES	Individual	1003	218	01:27:05.647	00:38:42.094
EDUARDO RIBEIRO	Porto Sentido Runners	1248	219	01:27:06.857	00:38:43.304
LUÍS SANTO	Friends	1607	220	01:27:11.657	00:38:48.104

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
ALBANO SOUSA	Pai&Filho	1155	221	01:27:21.403	00:38:57.850
VITOR TEIXEIRA	Individual	1621	222	01:27:27.907	00:39:04.354
PEDRO RODRIGUES	Gondomar Futsal Clube	1337	223	01:27:36.407	00:39:12.854
JOÃO BRITO	Individual	1460	224	01:27:41.100	00:39:17.547
MÁRCIA COELHO	Ei Team Trail	1082	225	01:27:43.150	00:39:19.597
JOÃO ROCHA	Correr Leça	1138	226	01:27:54.153	00:39:30.600
JOAQUINA SOARES	Correr Leça	1139	227	01:27:54.153	00:39:30.600
DULCE NEVES	Correr Leça	1135	228	01:27:54.400	00:39:30.847
JOÃO ROCHA	Correr Leça	1169	229	01:27:54.400	00:39:30.847
NUNO MORGADO	Correr Leça	1140	230	01:27:55.160	00:39:31.607
TIAGO RODRIGUES	Factor X / S4l / Medense Fc	1287	231	01:27:56.403	00:39:32.850
CARLA NEVES	Factor X / S4l / Medense Fc	1008	232	01:27:56.410	00:39:32.857
IVO PEREIRA	Adi-Higiene	1520	233	01:28:08.657	00:39:45.104
ISMAEL TORRES	Adi-Higiene	1521	234	01:28:08.657	00:39:45.104
JORGE REBELO	Adi-Higiene	1519	235	01:28:09.150	00:39:45.597
IVO BRAS	Individual	1653	236	01:28:11.907	00:39:48.354
ARMÉNIO FERREIRA	Nascidos Para Correr	1040	237	01:28:18.403	00:39:54.850
LÍLIA MAGALHÃES	Individual	1625	238	01:28:19.153	00:39:55.600
ANTÓNIO RAPOSO	Friends	1605	239	01:28:19.403	00:39:55.850
VANIA ALVITO	Douroconta - Gabinete De Apoio E Contabilidade, Lda	1453	240	01:28:24.413	00:40:00.860
ANA GUIMARAES	Carro Vassoura	1436	241	01:28:28.903	00:40:05.350
NUNO RABICO	Carro Vassoura	1437	242	01:28:28.903	00:40:05.350
TIAGO MOREIRA	Individual	1996	243	01:28:29.410	00:40:05.857
BERTA FERREIRA	Porto Sentido Runners	1264	244	01:28:44.157	00:40:20.604
RUBEN PACHECO	16.9 Crossfit	1630	245	01:28:50.403	00:40:26.850
JOSÉ GOUVEIA	Fit Gaia Trail	1319	246	01:28:53.907	00:40:30.354
SÓNIA CORREIA	Fit Gaia Trail	1178	247	01:28:53.907	00:40:30.354
MARIA NEVES	Individual	1970	248	01:28:57.907	00:40:34.354
MANUEL ROCHA	Fast Ao Km	1538	249	01:29:09.903	00:40:46.350
SERGIO MOTA	Pernas Para Que Te Quero	1462	250	01:29:10.653	00:40:47.100
ARTUR PINHO	Pluri Run	1555	251	01:29:20.653	00:40:57.100
MIGUEL BANDEIRA	Friends	1606	252	01:29:56.917	00:41:33.364
ORLANDO VIEIRA	Active Gym	1729	253	01:29:59.657	00:41:36.104
NUNO SILVA	Active Gym	1730	254	01:30:00.830	00:41:37.277
MADALENA GONÇALVES	Individual	1590	255	01:30:22.167	00:41:58.614
ANDREIA CARDOSO	Individual	1380	256	01:30:22.410	00:41:58.857
LEONEL SILVA	Individual	1740	257	01:30:31.910	00:42:08.357
JOSÉ SALA	Amigos	1063	258	01:30:33.157	00:42:09.604
JOSÉ FONSECA	Individual	1384	259	01:30:34.167	00:42:10.614
FRANCISCO SILVA	Trepatrihos Trail Team	1429	260	01:30:40.417	00:42:16.864
JOSÉ RICARDO	Porto Sentido Runners	1265	261	01:30:58.157	00:42:34.604
FILIPE CONCEIÇÃO	Locomotiva De Paranhos	1132	262	01:30:59.167	00:42:35.614
AURORA FREITAS	Porto Sentido Runners	1663	263	01:30:59.333	00:42:35.780
ANDRÉ SILVA	Individual	1543	264	01:31:01.167	00:42:37.614

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
SOFIA SILVA	S&S	1228	265	01:31:01.660	00:42:38.107
SÉRGIO SANTOS	S&S	1227	266	01:31:02.160	00:42:38.607
ANDRE OLIVEIRA	Porto Sentido Runners	1263	267	01:31:03.667	00:42:40.114
JOAO OLIVEIRA	Individual	1015	268	01:31:10.410	00:42:46.857
JOSÉ CARNEIRO	Aliança De Gandra	1681	269	01:31:13.663	00:42:50.110
JORGE CUNHA	Maia-768	1583	270	01:31:16.160	00:42:52.607
RICARDO LASCASAS	Amigos 100 Limites	1030	271	01:31:21.160	00:42:57.607
ENRIQUE CUNHA	Crossfit Escariz	1697	272	01:31:23.410	00:42:59.857
JOSÉ CASTELO	Individual	1707	273	01:31:23.667	00:43:00.114
LIGIA LOPES	Trepatrihos Trail Team	1320	274	01:31:25.910	00:43:02.357
PEDRO SOUSA	Trepatrihos Trail Team	1313	275	01:31:25.917	00:43:02.364
NUNO FREITAS	Reumático Trail Team	1997	276	01:31:35.667	00:43:12.114
VERONICA VIEIRA	Reumático Trail Team	1998	277	01:31:35.913	00:43:12.360
NELSON MENDES	16.9 Crossfit	1620	278	01:31:36.163	00:43:12.610
ISAAC PEREIRA	Individual	1683	279	01:31:38.410	00:43:14.857
CRISTINA AMARAL	Cricas, Bamulá	1534	280	01:31:42.410	00:43:18.857
MARCO PACHECO	Cricas, Bamulá	1532	281	01:31:42.913	00:43:19.360
MARIA ROCHA	Individual	1666	282	01:31:43.660	00:43:20.107
SARA PIMENTA	Individual	1080	283	01:31:48.913	00:43:25.360
EUGÉNIO SOARES	Dá À Sola	1006	284	01:31:49.913	00:43:26.360
JORGE ALMEIDA	Dá À Sola	1005	285	01:31:49.920	00:43:26.367
DAMIÃO CARDOSO	Brincalhões	1184	286	01:31:55.910	00:43:32.357
EDUARDO MONTEIRO	Individual	1721	287	01:31:57.170	00:43:33.617
MARCIO ALMEIDA	Mss Contabilidade Trail Team	1193	288	01:32:03.313	00:43:39.760
FERNANDA SIMÕES	S&S	1457	289	01:32:10.163	00:43:46.610
RAQUEL FERNANDES	Crossfit Escariz	1674	290	01:32:10.917	00:43:47.364
ALVARO SILVA	Mss Contabilidade Trail Team	1318	291	01:32:14.310	00:43:50.757
VITOR MARTINS	Porto Sentido Runners	1012	292	01:32:18.420	00:43:54.867
RICARDO PINTO	Mss Contabilidade Trail Team	1341	293	01:32:23.170	00:43:59.617
DOMINGOS VENTURA	Crossfit Escariz	1667	294	01:32:24.913	00:44:01.360
TÂNIA SILVA	16.9 Crossfit	1636	295	01:32:28.413	00:44:04.860
VANIA SOUSA	16.9 Crossfit	1611	296	01:32:28.663	00:44:05.110
ANA OLIVEIRA	Individual	1646	297	01:32:37.413	00:44:13.860
BRUNO FERNANDES	S&S	1456	298	01:32:43.810	00:44:20.257
ALESSANDRA MOSCATO	Correr Leça	1133	299	01:32:45.667	00:44:22.114
RICARDO MOREIRA	Mccb Crew	1205	300	01:32:49.913	00:44:26.360
JOANA ESTEVES	Individual	1536	301	01:32:52.163	00:44:28.610
MIGUEL MOURA	Individual	1535	302	01:32:52.420	00:44:28.867
RICARDO LEAL	Amigos 100 Limites	1091	303	01:32:54.913	00:44:31.360
JOSÉ MOURA	Nocturnos De Paredes	1493	304	01:33:01.553	00:44:38.000
LURDES CONCEIÇÃO	Porto Sentido Runners	1267	305	01:33:09.667	00:44:46.114
DANIEL OLIVEIRA	Porto Sentido Runners	1037	306	01:33:10.163	00:44:46.610
AVELINO RODRIGUES	Porto Sentido Runners	1249	307	01:33:10.573	00:44:47.020
FLORA SANTOS	Sentir Escariz	1215	308	01:33:10.667	00:44:47.114

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
SARA MOREIRA	Sentir Escariz	1216	309	01:33:10.673	00:44:47.120
JOSE SILVANO	Asas Douro	1432	310	01:33:21.917	00:44:58.364
PEDRO SILVA	Individual	1477	311	01:33:24.413	00:45:00.860
DIOGO FIGUEIREDO	Maravilhosos Figueiredos	1068	312	01:33:31.917	00:45:08.364
CRISTINA BARBOSA	Factor X / S4I / Medense Fc	1022	313	01:33:37.700	00:45:14.147
DANIEL REIS	Lusos Xxi	1723	314	01:33:45.173	00:45:21.620
ANTÓNIO MOREIRA	Lusos Xxi	1722	315	01:33:45.670	00:45:22.117
JOÃO CARVALHO	Lusos Xxi	1527	316	01:33:45.917	00:45:22.364
LUÍS MAGALHÃES	Eu	1338	317	01:33:46.917	00:45:23.364
BRUNO MENDES	Trailrunners	1696	318	01:33:47.917	00:45:24.364
MARIA ALVES	Mss Contabilidade Trail Team	1310	319	01:34:20.177	00:45:56.624
CECÍLIA ROCHA	Individual	1440	320	01:34:24.427	00:46:00.874
NATÁLIA REALINHO	Individual	1443	321	01:34:24.667	00:46:01.114
ROSA ALMEIDA	Ribeiras Trail	1117	322	01:34:30.813	00:46:07.260
EVA RIBEIRO	Ribeiras Trail	1120	323	01:34:32.170	00:46:08.617
RODRIGO MAGALHÃES	Amigos Do Kulatra	1323	324	01:34:36.420	00:46:12.867
NUNO OLIVEIRA	Amigos Do Kulatra	1324	325	01:34:36.920	00:46:13.367
ANDRÉ CUNHA	Cunhax	1307	326	01:35:02.170	00:46:38.617
JORGE FERNANDES	Individual	1974	327	01:35:28.420	00:47:04.867
CLAUDIA SOTTOMAYOR	Friends	1604	328	01:35:42.280	00:47:18.727
LUIS PORTELA	Pluri Run	1345	329	01:36:07.673	00:47:44.120
DIANE PEREIRA	Individual	1156	330	01:36:08.710	00:47:45.157
TELMO MOTA	Nocturnos De Paredes	1226	331	01:36:08.923	00:47:45.370
CARLA TEIXEIRA	Individual	1497	332	01:36:11.530	00:47:47.977
ALCINO SILVA	Amigos 100 Limites	1029	333	01:36:22.677	00:47:59.124
CATARINA SANTOS	Trailers	1585	334	01:36:23.183	00:47:59.630
CELIA ALVES	Trailers	1586	335	01:36:23.183	00:47:59.630
LAURA VIEIRA	Portocargo	1141	336	01:36:23.300	00:47:59.747
ALEXANDRA BESSA	Team Aguenta Aí	1464	337	01:36:28.173	00:48:04.620
NATÁLIA MOREIRA	Aliança De Gandra	1347	338	01:36:30.173	00:48:06.620
CÂNDIDA MOREIRA	Cândida Moreira	1528	339	01:36:32.173	00:48:08.620
VÍTOR LEITE	Factor X / S4I / Medense Fc	1294	340	01:36:35.273	00:48:11.720
INÊS SILVA	Brincalhões	1098	341	01:36:39.423	00:48:15.870
CARLOS OLIVEIRA	Portocargo	1147	342	01:36:49.173	00:48:25.620
RICARDO PENCHA	Individual	1684	343	01:36:54.673	00:48:31.120
GERMANO MOURA	Os Barriguitas	1515	344	01:37:12.927	00:48:49.374
SANDRA FERREIRA	Individual	1354	345	01:37:17.173	00:48:53.620
MARTA REGUENGO	Individual	1470	346	01:37:17.433	00:48:53.880
CELSA MOREIRA	Crossfit Escariz	1672	347	01:37:21.177	00:48:57.624
ISABEL OLIVEIRA	Individual	1045	348	01:37:30.427	00:49:06.874
HELENA CARVALHO	Individual	1419	349	01:37:32.523	00:49:08.970
FERNANDO LOPES	Individual	1355	350	01:37:33.427	00:49:09.874
JOSE MOREIRA	Individual	1094	351	01:37:36.437	00:49:12.884
JOÃO MOREIRA	Serviços Sociais Montepio	1214	352	01:37:36.677	00:49:13.124

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
MANUEL ALMEIDA	Portocargo	1146	353	01:37:59.177	00:49:35.624
MANUEL MOURA	Os Barriguitas	1044	354	01:37:59.520	00:49:35.967
DIANA QUEIROS	Renas Do Monte	1242	355	01:38:00.927	00:49:37.374
ALCÍDIO FIGUEIREDO	Maravilhosos Figueiredos	1067	356	01:38:08.677	00:49:45.124
JOÃO PERES	Individual	1968	357	01:38:12.183	00:49:48.630
ANTÓNIO MENDES	Baguim Runners	1698	358	01:38:13.177	00:49:49.624
DIOGO MOITA	Individual	1488	359	01:38:28.427	00:50:04.874
LUCIANA CASTRO	Individual	1551	360	01:39:03.430	00:50:39.877
JOÃO MORAIS	Individual	1553	361	01:39:03.930	00:50:40.377
RUI SOUSA	Individual	1552	362	01:39:04.180	00:50:40.627
NUNO SILVA	Individual	1709	363	01:39:04.930	00:50:41.377
BÁRBARA FEIO	Individual	1125	364	01:39:05.437	00:50:41.884
LUIS TERCENIO	Éjali...Clube De Amigos Trailrunners	1618	365	01:39:05.930	00:50:42.377
TANIA REBELO	Ss Montepio	1048	366	01:39:14.430	00:50:50.877
RUI REBELO	Ss Montepio	1046	367	01:39:15.253	00:50:51.700
NUNO MEIRELES	Individual	1516	368	01:39:15.680	00:50:52.127
TIAGO PINTO	Asas Douro	1431	369	01:39:41.430	00:51:17.877
SUSANA NOGUEIRA	Porto Sentido Runners	1255	370	01:40:05.430	00:51:41.877
VERA SOUSA	Porto Sentido Runners	1270	371	01:40:05.680	00:51:42.127
ROGÉRIO HENRIQUES	Limitless	1111	372	01:40:06.433	00:51:42.880
SARA NUNES	Porto Sentido Runners	1614	373	01:40:06.497	00:51:42.944
CARLA ARAUJO	Individual	1407	374	01:40:21.243	00:51:57.690
ANA FERREIRA	Gondomar Futsal Clube	1688	375	01:40:22.190	00:51:58.637
FÁBIO SILVA	Gondomar Futsal Clube	1690	376	01:40:22.190	00:51:58.637
RICARDO CARNEIRO	Runners And Friends	1656	377	01:40:30.240	00:52:06.687
MANUEL PINTO	Asas Mdl	1638	378	01:40:36.933	00:52:13.380
DANIEL BRANCO	Patas Negras	1233	379	01:40:56.437	00:52:32.884
ANABELA VEIGA	Ddt Runners	1176	380	01:40:57.183	00:52:33.630
ANA DIAS	Factor X / S4I / Medense Fc	1489	381	01:41:00.183	00:52:36.630
LUÍS SANTOS	Factor X / S4I / Medense Fc	1490	382	01:41:00.683	00:52:37.130
PATRÍCIA PINTO	Btt Alegria // Tubani	1335	383	01:41:34.443	00:53:10.890
SOFIA FERREIRA	Individual	1966	384	01:41:37.247	00:53:13.694
PEDRO ARCOS	Individual	1708	385	01:41:38.230	00:53:14.677
ELSA SOUSA	Correr Leça	1137	386	01:41:42.937	00:53:19.384
PEDRO RIBEIRO	Individual	1081	387	01:41:43.187	00:53:19.634
CÂNDIDA BENTO	Correr Leça	1206	388	01:41:45.937	00:53:22.384
ELISABETE BRAZETA	Mss Contabilidade Trail Team	1372	389	01:41:50.937	00:53:27.384
SARA ROCHA	Gazela Running Team	1023	390	01:41:55.977	00:53:32.424
DEIBID MORENO	Arcorun	1232	391	01:42:09.187	00:53:45.634
PEDRO CORREIA	Melres Trail Running - Ordem Para Arrear	1014	392	01:42:12.227	00:53:48.674
ALEXIS BOLIVAR	Arcorun	1230	393	01:42:14.190	00:53:50.637
PEDRO DUARTE	Correr Leça	1168	394	01:42:21.687	00:53:58.134
JOÃO GRAÇA	Correr Leça	1166	395	01:42:21.723	00:53:58.170
ANA CARVALHO	Individual	1394	396	01:42:48.440	00:54:24.887

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
PEDRO FERREIRA	Reumático Trail Team	1035	397	01:42:51.690	00:54:28.137
VÍTOR QUINTAS	Individual	1567	398	01:42:52.190	00:54:28.637
LIGIA FREITAS	Câmara Municipal De Gondomar	1459	399	01:43:10.197	00:54:46.644
PAULA SANTOS	Trailers	1584	400	01:43:18.200	00:54:54.647
PAULA AFONSO	Individual	1203	401	01:43:18.947	00:54:55.394
ALEXANDRE SOARES	Individual	1511	402	01:43:22.440	00:54:58.887
FERNANDO SOARES	Individual	1510	403	01:43:23.213	00:54:59.660
ANGELO PILAO	Individual	1977	404	01:43:32.970	00:55:09.417
MARINA SOUSA	Mss Contabilidade Trail Team	1199	405	01:43:38.690	00:55:15.137
RICARDO CORREIA	Portocargo	1971	406	01:43:41.690	00:55:18.137
DAVID AZEVEDO	Quenianos Da Rua Do Paço	1529	407	01:43:43.443	00:55:19.890
MARIA MATOS	Individual	1978	408	01:43:52.693	00:55:29.140
DIANA TAVARES	Spem	1073	409	01:43:52.963	00:55:29.410
ANTONIO AZEVEDO	Auto Garagem Silva	1609	410	01:43:56.190	00:55:32.637
INÊS ARCOS	Runners And Friends	1655	411	01:43:59.957	00:55:36.404
IVANIA ROCHA	Btt Alegria // Tubani	1562	412	01:44:00.210	00:55:36.657
ALEXANDRA PEREIRA	Individual	1654	413	01:44:00.443	00:55:36.890
LICINIO ROCHA	Btt Alegria // Tubani	1563	414	01:44:00.943	00:55:37.390
ANA ALVES	Papatrails	1726	415	01:44:01.943	00:55:38.390
SUSANA ALMEIDA	Os Danados	1508	416	01:44:02.450	00:55:38.897
JOSÉ SOARES	Porto Sentido Runners	1269	417	01:44:04.440	00:55:40.887
TELMA SILVA	Airão Trail Team	1302	418	01:44:21.453	00:55:57.900
ISABEL VIEIRA	Portocargo	1144	419	01:44:34.703	00:56:11.150
EDITE GONÇALVES	Correr Leça	1136	420	01:44:41.193	00:56:17.640
JORGE OLIVEIRA	Pammic	1079	421	01:44:52.700	00:56:29.147
SANDRA OLIVEIRA	Pammic	1078	422	01:44:53.200	00:56:29.647
MARÍLIA PAIVA	Individual	1560	423	01:44:58.700	00:56:35.147
LINO VIEIRA	Pro´Santiago	1293	424	01:45:08.453	00:56:44.900
CELSO CUNHA	Pro´Santiago	1644	425	01:45:08.453	00:56:44.900
MARCO MARTINS	Câmara Municipal De Gondomar	1742	426	01:45:11.953	00:56:48.400
MARTA CARVALHO	Arcorun	1991	427	01:45:37.197	00:57:13.644
ELISABETE FERNANDES	Academia Kickboxing Boavista Futebol Clube	1018	428	01:45:42.440	00:57:18.887
PAULA ALMEIDA	Crossfit Escariz	1675	429	01:45:46.943	00:57:23.390
PEDRO AIROSA	Budeguita Runners	1374	430	01:46:04.197	00:57:40.644
ISABEL FERREIRA	Budeguita Runners	1375	431	01:46:04.450	00:57:40.897
CARLA MOREIRA	Melres Trail Running - Ordem Para Arrear	1421	432	01:46:07.197	00:57:43.644
VERA GOMES	Melres Trail Running - Ordem Para Arrear	1013	433	01:46:08.207	00:57:44.654
DULCE RESENDE	Portocargo	1142	434	01:46:31.197	00:58:07.644
DIANA RIBEIRO	Fit Gaia Trail	1192	435	01:46:59.430	00:58:35.877
JORGE TEIXEIRA	Juventude Desportiva De Gondomar	1395	436	01:47:09.700	00:58:46.147
JOAQUIM OLIVEIRA	Juventude Desportiva De Gondomar	1612	437	01:47:09.703	00:58:46.150
JOSÉ TEIXEIRA	Juventude Desportiva De Gondomar	1368	438	01:47:11.190	00:58:47.637
TERESA MOREIRA	Ju & Té - Running Ladies	1482	439	01:47:14.683	00:58:51.130
MARIA CRUZ	Ju & Té - Running Ladies	1481	440	01:47:14.703	00:58:51.150

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
CLÁUDIA MOURA	Individual	1331	441	01:47:15.200	00:58:51.647
HUGO BARROS	Powerrunners #1000Pecadosparedes	1513	442	01:47:44.173	00:59:20.620
PATRICIA ROCHA	Crossfit Escariz	1676	443	01:47:44.453	00:59:20.900
TOZÉ EIRÓ	Salgueiros Running	1738	444	01:47:45.453	00:59:21.900
RUI PAREDES	Pluri Run	1349	445	01:48:07.203	00:59:43.650
JOÃO ALMEIDA	Individual	1602	446	01:48:32.703	01:00:09.150
CIDALIA SILVA	#Correratenumdarmais	1504	447	01:48:33.977	01:00:10.424
ILDA ANTUNES	Individual	1645	448	01:48:41.203	01:00:17.650
ANDRÉ SANTOS	Individual	1083	449	01:48:51.953	01:00:28.400
ARMANDO SILVA	Brincalhães	1099	450	01:48:56.217	01:00:32.664
ELISABETE SILVA	Brincalhães	1126	451	01:48:56.433	01:00:32.880
MADALENA NOGUEIRA	Amigos Do Pedal Trailagares	1361	452	01:49:19.957	01:00:56.404
ANTONIO GOMES	Individual	1631	453	01:49:45.207	01:01:21.654
CRISTINA CASIMIRO	Individual	1632	454	01:49:45.407	01:01:21.854
RUI SOUSA	Factor X / S4I / Medense Fc	1737	455	01:49:53.207	01:01:29.654
FILIPE PINTO	Nocturnos De Paredes	1491	456	01:49:53.410	01:01:29.857
JOANA SILVA	Nocturnos De Paredes	1711	457	01:49:53.457	01:01:29.904
PAULO AMORIM	Nocturnos De Paredes	1712	458	01:49:53.730	01:01:30.177
FERNANDO DELINDRO	Factor X / S4I / Medense Fc	1016	459	01:49:57.207	01:01:33.654
JOSÉ LEAL	Mc Matosinhos	1498	460	01:50:17.150	01:01:53.597
MÁRCIO SILVA	Individual	1454	461	01:50:22.400	01:01:58.847
NUNO CORREIA	Factor X / S4I / Medense Fc	1290	462	01:50:36.967	01:02:13.414
VERA RAFAEL	Renas Do Monte	1239	463	01:50:40.827	01:02:17.274
ANA SEVIVAS	Individual	1281	464	01:50:41.167	01:02:17.614
CONCEIÇÃO LOPES	Ribeiras Trail	1121	465	01:50:45.710	01:02:22.157
RUI MOREIRA	Mccb Crew	1204	466	01:50:45.960	01:02:22.407
PAULA COUTINHO	Ribeiras Trail	1119	467	01:50:46.713	01:02:23.160
JOANA ALVES	Individual	1682	468	01:51:01.223	01:02:37.670
RAUL CUNHA	Cunhax	1306	469	01:51:04.657	01:02:41.104
ANA COELHO	Amigos Do Pedal Trailagares	1359	470	01:51:11.467	01:02:47.914
SUSANA LEAL	Amigos Do Pedal Trailagares	1367	471	01:51:11.913	01:02:48.360
CARLOS VIAMONTE	Individual	1961	472	01:51:31.717	01:03:08.164
CARLA MAGALHÃES	Núcleo De Montanha De Espinho	1072	473	01:51:31.963	01:03:08.410
PAULO ALMEIDA	Individual	1962	474	01:51:32.713	01:03:09.160
ANA SILVA	Os Danados	1544	475	01:51:36.147	01:03:12.594
BRUNO SOARES	Os Danados	1545	476	01:51:39.980	01:03:16.427
ALEXANDRA GARCÊS	16.9 Crossfit	1623	477	01:51:54.967	01:03:31.414
LUISA TRINDADE	Individual	1651	478	01:51:58.233	01:03:34.680
RICARDO PAULINO	Caramelos	1399	479	01:52:10.463	01:03:46.910
DANIELA LOPES	Caramelos	1398	480	01:52:10.977	01:03:47.424
MIGUEL FERREIRA	Btt Alegria // Tubani	1408	481	01:52:14.977	01:03:51.424
VERA RIBEIRO	Btt Alegria // Tubani	1409	482	01:52:15.147	01:03:51.594
LURDES MONTEIRO	Ctad - Trilhos De Cinfães	1629	483	01:52:30.643	01:04:07.090
JOSÉ PEREIRA	Individual	1112	484	01:52:32.880	01:04:09.327

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
HUGO COSTA	Gondomar Futsal Clube	1691	485	01:53:03.147	01:04:39.594
AMÉRICO LEAL	Mss Contabilidade Trail Team	1329	486	01:53:15.477	01:04:51.924
CARMEN LOUREIRO	Porto Sentido Runners	1615	487	01:53:34.967	01:05:11.414
DINIS SOUSA	Porto Sentido Runners	1616	488	01:53:36.223	01:05:12.670
VERA SOUSA	Individual	1687	489	01:53:36.473	01:05:12.920
PATRÍCIA SANTOS	Gondomar Futsal Clube	1694	490	01:53:49.870	01:05:26.317
CARLA BARBOSA	As Belas E Eles	1351	491	01:53:51.720	01:05:28.167
CÁTIA SILVA	As Belas E Eles	1352	492	01:53:52.370	01:05:28.817
JOSE ALVES	Papatrails	1385	493	01:54:01.227	01:05:37.674
SANDRA MORGADO	Correr Leça	1569	494	01:54:14.967	01:05:51.414
ANA CAETANO	Individual	1085	495	01:54:17.467	01:05:53.914
ANA PAIVA	Individual	1086	496	01:54:18.217	01:05:54.664
HELDER ROCHA	Reumático Trail Team	1212	497	01:54:46.973	01:06:23.420
ANA ABREU	Ctad - Trilhos De Cinfães	1502	498	01:54:53.220	01:06:29.667
SORAIA SILVA	16.9 Crossfit	1134	499	01:55:55.220	01:07:31.667
MARIANA OLIVEIRA	Porto Sentido Runners	1261	500	01:55:59.483	01:07:35.930
LUIS PINTO	Rapidinhos	1518	501	01:55:59.863	01:07:36.310
MARGARIDA SOUSA	Porto Sentido Runners	1257	502	01:56:00.613	01:07:37.060
SORAIA PÓVOAS	Mss Contabilidade Trail Team	1343	503	01:56:06.223	01:07:42.670
ISABEL FERRAZ	Porto Sentido Runners	1299	504	01:56:26.110	01:08:02.557
VITOR SANTOS	Pluri Run	1183	505	01:56:29.107	01:08:05.554
MANUELA SANTOS	Paredes Running	1559	506	01:56:33.850	01:08:10.297
RAQUEL MARQUES	Mss Contabilidade Trail Team	1181	507	01:56:35.477	01:08:11.924
CLAUDIA DIAS	Arcorun	1246	508	01:56:36.723	01:08:13.170
MARIA CORREIA	Individual	1574	509	01:56:47.983	01:08:24.430
TOZE COUTO	Carapaus	1327	510	01:57:01.847	01:08:38.294
CRISTINA RIBEIRO	Carapaus	1301	511	01:57:02.593	01:08:39.040
PAULO CORREIA	Individual	1575	512	01:57:04.727	01:08:41.174
LUIS MOUTINHO	Dragon Runners	1102	513	01:57:05.477	01:08:41.924
MAFALDA ALVES	Papatrails	1383	514	01:57:16.730	01:08:53.177
RUI MOREIRA	Papatrails	1390	515	01:57:16.737	01:08:53.184
MARIO MOREIRA	Locomotiva De Paranhos	1213	516	01:57:21.227	01:08:57.674
SÉRGIO SANTOS	Locomotiva De Paranhos	1042	517	01:57:21.480	01:08:57.927
GUILHERMINA SILVA	Individual	1051	518	01:57:29.227	01:09:05.674
SARA ROCHA	Btt Alegria // Tubani	1412	519	01:57:30.730	01:09:07.177
JULIANA NEVES	Individual	1622	520	01:57:40.480	01:09:16.927
HELENA GOMES	Individual	1472	521	01:57:43.477	01:09:19.924
ERMELINDA LARA	Larocas Team	1557	522	01:57:43.987	01:09:20.434
CLÁUDIA MOREIRA	Individual	1685	523	01:57:43.987	01:09:20.434
VERONICA SAMPAIO	Arcorun	1274	524	01:57:47.480	01:09:23.927
PEDRO COELHO	Individual	1724	525	01:57:55.980	01:09:32.427
ROSINA COUTO	Arcorun	1276	526	01:58:08.980	01:09:45.427
MARIA FERNANDES	Arcorun	1272	527	01:58:09.240	01:09:45.687
MARCO OLIVEIRA	Factor X / S4l / Medense Fc	1286	528	01:58:15.227	01:09:51.674

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
CLÁUDIO CERQUEIRA	Porto Sentido Runners	1268	529	01:58:19.977	01:09:56.424
ALCINA MOURA	Arcorun	1235	530	01:58:33.230	01:10:09.677
PEDRO TEIXEIRA	Crossboxgondomar	1107	531	01:58:38.487	01:10:14.934
CLÁUDIA BASTOS	Individual	1637	532	01:59:07.273	01:10:43.720
BRUNO CARDOSO	Ddt Runners	1170	533	01:59:19.073	01:10:55.520
ESTELA OLIVEIRA	Papatrails	1386	534	01:59:25.233	01:11:01.680
MARINA RAMALHO	Ddt Runners	1172	535	01:59:37.483	01:11:13.930
CRISTINA NEVES	Btt Alegria // Tubani	1336	536	02:00:21.483	01:11:57.930
PAULA SILVA	Reumático Trail Team	1211	537	02:00:50.560	01:12:27.007
SÉRGIO CASTRO	Baguim Runners	1648	538	02:00:57.560	01:12:34.007
TERESA CAPELA	Crossfit Escariz	1673	539	02:01:17.987	01:12:54.434
FÁBIO MOTA	Individual	1032	540	02:01:19.737	01:12:56.184
CARLA FRANCO	Pernetas	1967	541	02:01:39.737	01:13:16.184
FÁTIMA MEINEDO	Pernetas	1987	542	02:01:39.747	01:13:16.194
PAULO MEINEDO	Pernetas	1988	543	02:01:40.237	01:13:16.684
MANUEL SILVA	Team Aguenta Aí	1463	544	02:02:13.307	01:13:49.754
SUSANA SANTOS	Crossfit Escariz	1671	545	02:02:32.490	01:14:08.937
PATRÍCIA LOPES	Individual	1356	546	02:02:45.740	01:14:22.187
ROSINDA MACEDO	Os Caga Tacos Ranking Team	1369	547	02:03:05.497	01:14:41.944
ANTONIO MACEDO	Os Caga Tacos Ranking Team	1370	548	02:03:05.497	01:14:41.944
ALEXANDRE FERNANDES	Arcorun	1229	549	02:03:05.740	01:14:42.187
ANA PINHO	Arcorun	1990	550	02:03:05.993	01:14:42.440
RICARDO AMARAL	Individual	1662	551	02:03:30.243	01:15:06.690
SERGIO AMARAL	Studio Sun Beauty	1442	552	02:03:30.253	01:15:06.700
BRUNA SILVA	Nocturnos De Paredes	1492	553	02:03:36.493	01:15:12.940
GASTAO FERREIRA	Adi-Higiene	1522	554	02:03:38.993	01:15:15.440
CLEMENTE MEIRELES	Adi-Higiene	1524	555	02:03:41.240	01:15:17.687
RICARDO LIMA	Baguim Runners	1647	556	02:03:41.750	01:15:18.197
DANIELA RODRIGUES	Crossfit Escariz	1670	557	02:04:02.243	01:15:38.690
PAULA SILVA	Btt Alegria // Tubani	1334	558	02:04:07.280	01:15:43.727
LUISA PEREIRA	Correr Leça	1167	559	02:04:07.993	01:15:44.440
FERNANDA FRANÇA	França	1573	560	02:04:16.250	01:15:52.697
NATALIA CARVALHO	Mss Contabilidade Trail Team	1191	561	02:04:30.997	01:16:07.444
ANA RODRIGUES	Hsm-Porto	1275	562	02:04:46.750	01:16:23.197
EMILIA DURÃES	Hospital De Santa Maria Rt	1416	563	02:05:06.497	01:16:42.944
ANA DUARTE	Correr Leça	1163	564	02:05:07.747	01:16:44.194
ANA ROCHA	Correr Leça	1164	565	02:05:07.997	01:16:44.444
MARISA SILVA	Correr Leça	1568	566	02:05:09.280	01:16:45.727
FERNANDO COELHO	Individual	1128	567	02:05:15.247	01:16:51.694
ANA AZEVEDO	Auto Garagem Silva	1608	568	02:05:38.000	01:17:14.447
EDUARDA FREITAS	Budeguita Runners	1108	569	02:05:39.000	01:17:15.447
PAULA MORAIS	Éjali...Clube De Amigos Trailrunners	1619	570	02:06:54.260	01:18:30.707
ELISABETE SANTOS	Individual	1509	571	02:06:54.510	01:18:30.957
RICARDO MONTEIRO	Carro Vassoura	1434	572	02:06:58.500	01:18:34.947

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
RITA SILVA	Btt Alegria // Tubani	1413	573	02:07:23.517	01:18:59.964
ALICE SILVA	Amigos Do Pedal Trailagares	1366	574	02:07:36.000	01:19:12.447
FLORBELA GONÇALVES	Amigos Do Pedal Trailagares	1364	575	02:07:36.780	01:19:13.227
BRUNA SILVA	Ai De Ti Que Não Apareças	1702	576	02:08:42.507	01:20:18.954
MARIA FERREIRA	Amigos 100 Limites	1089	577	02:08:52.507	01:20:28.954
ROSA COSTA	Amigos 100 Limites	1092	578	02:08:53.237	01:20:29.684
CELESTE LOPES	Paredes Running	1570	579	02:09:10.010	01:20:46.457
FRANCISCA MARTINS	Individual	1634	580	02:09:19.757	01:20:56.204
JOSE FERREIRA	Individual	1468	581	02:09:20.747	01:20:57.194
VANIA SANTOS	Crossfit Escariz	1677	582	02:09:27.257	01:21:03.704
JOANA VALÉRIO	Crossfit Escariz	1719	583	02:09:27.747	01:21:04.194
BRUNO OLIVEIRA	Crossfit Escariz	1669	584	02:09:28.250	01:21:04.697
BENEDITA MACEDO	Carro Vassoura	1435	585	02:09:47.257	01:21:23.704
JOANA PEREIRA	Btt Alegria // Tubani	1415	586	02:10:29.017	01:22:05.464
INÊS COELHO	Individual	1984	587	02:13:00.267	01:24:36.714
CARLA SANTOS	Pluri Run	1540	588	02:13:12.017	01:24:48.464
CATIA SOARES	Pluri Run	1550	589	02:13:12.707	01:24:49.154
FILIPA CARVALHO	Os Bixos	1060	590	02:13:27.517	01:25:03.964
DANIEL LOPEZ	Os Bixos	1061	591	02:13:29.267	01:25:05.714
LUIS RIBEIRO	Paredes Running	1582	592	02:13:39.770	01:25:16.217
LUCINDA MARQUES	Paredes Running	1659	593	02:13:40.017	01:25:16.464
CARMINA GOMES	Individual	1639	594	02:13:41.517	01:25:17.964
LURDES ROCHA	Individual	1105	595	02:13:41.517	01:25:17.964
SARA PEREIRA	Fit Gaia Trail	1208	596	02:13:45.517	01:25:21.964
SUSANA PEREIRA	Individual	1982	597	02:14:17.267	01:25:53.714
PEDRO SANTOS	Factor X / S4I / Medense Fc	1007	598	02:14:18.017	01:25:54.464
SARA CAPILUPI	Individual	1514	599	02:14:31.267	01:26:07.714
SÍLVIA GARCIA	Individual	1613	600	02:14:32.517	01:26:08.964
MARIA SILVA	Os Bixos	1059	601	02:14:50.267	01:26:26.714
RICARDO ROCHA	Ribeiras Trail	1116	602	02:15:53.773	01:27:30.220
MARGARIDA MARTINS	Ribeiras Trail	1115	603	02:15:54.773	01:27:31.220
LARA MARTINS	Porto Sentido Runners	1252	604	02:16:48.783	01:28:25.230
CRISTINA SILVA	Porto Sentido Runners	1259	605	02:16:48.783	01:28:25.230
SONIA SAMPAIO	Metralhas Runners	1330	606	02:17:09.527	01:28:45.974
VANDA SILVA	Metralhas Runners	1278	607	02:17:10.047	01:28:46.494
FERNANDA SOARES	Btt Alegria // Tubani	1333	608	02:18:05.777	01:29:42.224
TERESA AMARAL	Cricas, Bamulá	1533	609	02:18:22.787	01:29:59.234
CARLOS RIBEIRO	Cricas, Bamulá	1531	610	02:18:24.280	01:30:00.727
SUSANA RITO	Edv - Viana Trail	1033	611	02:18:45.527	01:30:21.974
PAULA SALGADO	Mss Contabilidade Trail Team	1311	612	02:18:47.027	01:30:23.474
ANA SOUZA	Individual	1705	613	02:18:58.283	01:30:34.730
ROSALINA LEMOS	Arcorun	1277	614	02:19:03.780	01:30:40.227
SÓNIA SACRAS	Arcorun	1400	615	02:19:04.287	01:30:40.734
ANA GUIMARÃES	Pluri Run	1209	616	02:19:18.033	01:30:54.480

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
CRISTINA LUZ	Pluri Run	1210	617	02:19:18.033	01:30:54.480
AFONSO SANTOS	Os Tartarugas	1548	618	02:19:31.663	01:31:08.110
ALEXANDRA RODRIGUES	Os Tartarugas	1549	619	02:19:32.917	01:31:09.364
ABÍLIO COSTA	Trepatrilhos Trail Team	1316	620	02:19:44.280	01:31:20.727
FÁTIMA COSTA	Trepatrilhos Trail Team	1317	621	02:19:45.147	01:31:21.594
MARTA PIMENTA	Individual	1980	622	02:20:04.533	01:31:40.980
DIOGO PIMENTA	Individual	1979	623	02:20:04.783	01:31:41.230
FERNANDO OLIVEIRA	Os Bixos	1054	624	02:20:09.547	01:31:45.994
JOANA OLIVEIRA	Os Bixos	1053	625	02:20:10.400	01:31:46.847
RUI SCHUMACHER	Os Bixos	1055	626	02:20:10.800	01:31:47.247
CLAUDIA MAGALHÃES	Os Bixos	1056	627	02:20:13.037	01:31:49.484
JOSÉ PINHO	Os Bixos	1052	628	02:20:14.787	01:31:51.234
ISABEL SANTOS	Individual	1499	629	02:20:35.783	01:32:12.230
CARLOS CAPELA	Centro De Marcha E Corrida Do Porto	1664	630	02:20:36.033	01:32:12.480
ANA PINTO	Rapidinhos	1517	631	02:20:36.283	01:32:12.730
ALBERTINA MOURA	Nocturnos De Paredes	1494	632	02:21:14.787	01:32:51.234
IDALINA MONTEIRO	Nocturnos De Paredes	1710	633	02:21:14.787	01:32:51.234
CLAUDIA CARVALHO	Pernetas	1428	634	02:21:26.287	01:33:02.734
VITOR MOREIRA	Pernetas	1427	635	02:21:29.557	01:33:06.004
RUI SANTOS	Individual	1393	636	02:21:29.560	01:33:06.007
LAURA EIRA	Moviteknika	1554	637	02:21:42.537	01:33:18.984
AURORA LIBERDADE	100Meta	1635	638	02:21:43.287	01:33:19.734
JOSÉ GAMA	Vamos Que Vamos!!	1418	639	02:22:22.537	01:33:58.984
SARA SILVA	Vamos Que Vamos!!	1417	640	02:22:24.540	01:34:00.987
JULLIANE DIAS	Individual	1475	641	02:24:15.293	01:35:51.740
MAYARA LOPES	Individual	1473	642	02:24:16.300	01:35:52.747
JOÃO FELICIANO	Individual	1474	643	02:24:16.543	01:35:52.990
CARLA PALMEIRO	Individual	1423	644	02:25:19.793	01:36:56.240
MARIA ANDRADE	Andrade	1658	645	02:25:21.547	01:36:57.994
MARIA GARCIA	Individual	1422	646	02:25:22.047	01:36:58.494
DIANA POÇAS	Fit Gaia Trail	1376	647	02:25:29.547	01:37:05.994
SÓNIA PEREIRA	Individual	1735	648	02:25:29.547	01:37:05.994
LILIANA BAIA	10Temidos	1713	649	02:25:36.797	01:37:13.244
LILIA SÁ	10Temidos	1110	650	02:25:37.297	01:37:13.744
JOANA MIRANDA	Pluri Run	1195	651	02:25:40.047	01:37:16.494
MAXIMINO GOMES	Pluri Run	1194	652	02:25:44.303	01:37:20.750
ANA TEIXEIRA	Ai De Ti Que Não Apareças	1701	653	02:27:08.077	01:38:44.524
ANA OLIVEIRA	Individual	1379	654	02:28:43.313	01:40:19.760
PEDRO OLIVEIRA	Individual	1706	655	02:28:43.813	01:40:20.260
LURDES SANGUEDO	Individual	1478	656	02:28:52.303	01:40:28.750
MARTA SILVA	Individual	1353	657	02:28:55.557	01:40:32.004
TELMA ROCHA	Amigos Do Pedal Trailagares	1360	658	02:29:46.307	01:41:22.754
CÁTIA OLIVEIRA	Amigos Do Pedal Trailagares	1365	659	02:29:47.063	01:41:23.510
ANA REIS	Reis	1196	660	02:30:36.307	01:42:12.754

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
RUI SANTOS	Lesmas Do Asfalto	1200	661	02:30:37.790	01:42:14.237
LILIANA SANTOS	Pro´Santiago	1292	662	02:30:38.077	01:42:14.524
VERA SANTOS	Pro´Santiago	1461	663	02:30:38.077	01:42:14.524
CARMEN SANTOS	Pro´Santiago	1291	664	02:30:38.307	01:42:14.754
SANDRA FERREIRA	Individual	1471	665	02:32:10.060	01:43:46.507
FERNANDO MOREIRA	Pst	1600	666	02:32:18.313	01:43:54.760
ARLETE SOARES	Individual	1500	667	02:33:42.073	01:45:18.520
HELENA FONTES	Individual	1652	668	02:33:42.317	01:45:18.764
ANABELA REIS	Mss Contabilidade Trail Team	1382	669	02:35:10.327	01:46:46.774
ROSA CASTRO	Mss Contabilidade Trail Team	1182	670	02:35:10.587	01:46:47.034
IRENE BASTOS	Mss Contabilidade Trail Team	1207	671	02:35:10.817	01:46:47.264
MARIA MESQUITA	Mss Contabilidade Trail Team	1389	672	02:35:11.320	01:46:47.767
NATALINA VIDEIRA	Mss Contabilidade Trail Team	1401	673	02:35:49.327	01:47:25.774
ALBERTINA LOPES	Mss Contabilidade Trail Team	1466	674	02:35:49.997	01:47:26.444
SANDRA ALMEIDA	Câmara Municipal De Gondomar	1743	675	02:35:50.073	01:47:26.520
ADÉLIO LIMA	Desporto Câmara De Gondomar	1592	676	02:35:50.350	01:47:26.797
MARIA FERREIRA	Câmara Municipal De Gondomar	1744	677	02:35:51.070	01:47:27.517
MARCIA PINTO	Metralhas Runners	1279	678	02:36:12.573	01:47:49.020
PEDRO FERREIRA	Pro´Santiago	1558	679	02:36:29.323	01:48:05.770
EDUARDO FERREIRA	Pro´Santiago	1129	680	02:36:29.573	01:48:06.020
DANIELA SILVA	Pst	1599	681	02:37:58.323	01:49:34.770
ANA SANTOS	Individual	1976	682	02:38:02.327	01:49:38.774
NATERCIA VIANA	Pst	1596	683	02:38:06.077	01:49:42.524
CRISTINA MOREIRA	Amigos	1062	684	02:38:09.577	01:49:46.024
ERIKA DARCILIA	Arcorun	1247	685	02:38:39.587	01:50:16.034
CLAUDIA COSTA	Arcorun	1236	686	02:40:48.583	01:52:25.030
MARIANA BRANDÃO	Arcorun	1465	687	02:41:04.840	01:52:41.287
LILIANA GARCÊS	Btt Alegria // Tubani	1410	688	02:41:34.840	01:53:11.287
GRACINDA CAPELA	Amigos	1064	689	02:41:45.087	01:53:21.534
FATIMA CARDOSO	Amigos	1066	690	02:41:45.700	01:53:22.147
CARLOS COSTA	Pluri Run	1326	691	02:48:33.103	02:00:09.550
SUSANA LOPES	Porto Sentido Runners	1256	692	02:48:33.107	02:00:09.554
SANDRA MARIA	Porto Sentido Runners	1641	693	02:48:33.600	02:00:10.047
CÉLIA ROCHA	Pro´Santiago	1643	694	02:52:27.360	02:04:03.807
MONICA BARBOSA	Pro´Santiago	1566	695	02:52:27.613	02:04:04.060
RAFAEL BUTTNER	Pro´Santiago	1715	696	02:52:29.900	02:04:06.347
ANTONIO SANTOS	Os Tartarugas	1547	697	02:53:33.863	02:05:10.310
CRISTIANA SILVA	Airão Trail Team	1104	698	02:56:17.627	02:07:54.074
MARIA MACHADO	Airão Trail Team	1109	699	02:56:20.120	02:07:56.567
RAFAEL VIANA	Pst	1598	700	03:17:05.420	02:28:41.867
CARLA ROCHA	Pst	1597	701	03:17:05.670	02:28:42.117
MARIA VIANA	Pst	1593	702	03:17:06.920	02:28:43.367
MARIA SOUSA	Pst	1601	703	03:17:07.670	02:28:44.117
MIGUEL GUITAS	Pst	1718	704	03:17:07.670	02:28:44.117

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
LIDIA TEIXEIRA	Pst	1594	705	03:17:08.673	02:28:45.120