

III Trail de Santa Iria 2015

III Trail de Santa Iria 2015

25 de Janeiro de 2015

Organização:

Associação Branzelo Ativo (ABA)

Comissão de Festas Santa Iria 2015



Cronometragem by



Classificação geral Mini-Trail 17km

Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat	Tempo	T/Km.	Dif.
1	2445	Martins, Antonio	Centro Ciclista de Gondomar	M40_17	1	1:30:20.00	05:19	
2	2448	Freitas, Asdrubal	Centro Ciclista de Gondomar	M40_17	2	1:36:21.13	05:40	0:06:01
3	2272	Magalhaes, Albino	Dr Merino Clinica Médica	SENM17	1	1:36:22.56	05:40	0:06:03
4	2251	Alves, Nuno	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	SENM17	2	1:38:10.08	05:46	0:07:50
5	2148	Ferreira, Paulo	Gondomar Futsal Clube	SENM17	3	1:39:06.07	05:50	0:08:46
6	2524	amorim, toze	caldas s jorge sport clube	M40_17	3	1:42:12.99	06:01	0:11:53
7	2271	Leite, Pedro	Dr Merino Clinica Médica	SENM17	4	1:42:14.53	06:01	0:11:55
8	2506	Pinto, Paulo	Centro Ciclista de Gondomar	M40_17	4	1:42:17.15	06:01	0:11:57
9	2164	Cruz, Rafael	MELRES TRAIL RUNNING - ORDEM PARA ARRIAR	SENM17	5	1:42:25.65	06:02	0:12:06
10	2421	Gonçalves, João	CTM Vila Pouca de Aguiar	M50_17	1	1:44:15.99	06:08	0:13:56
11	2129	Neves, Miguel	Centro Ciclista de Gondomar	SENM17	6	1:44:49.81	06:10	0:14:30
12	2228	Soares, Ricardo	HP	SENM17	7	1:45:43.47	06:13	0:15:23
13	2488	Domingues, Manuel	Caldas de S.Jorge Sport Clube	M40_17	5	1:47:23.35	06:19	0:17:03
14	2206	Fernandes, Victor	CTADTRILHOSDE CINFAES	SENM17	8	1:48:28.74	06:23	0:18:09
15	2420	Neves, Fernando	Individual	M50_17	2	1:49:03.06	06:25	0:18:43
16	2135	Marques, Nelson	MULTIPOWER GAIA TRAIL	SENM17	9	1:50:20.44	06:29	0:20:00
17	2253	Silva, Bruno	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	SENM17	10	1:51:52.17	06:35	0:21:32
18	2153	Sousa, Pedro	Individual	SENM17	11	1:52:20.43	06:36	0:22:00
19	2451	Guedes, Camilo	Clube Pessoal Aguas Gaia	M40_17	6	1:54:13.24	06:43	0:23:53
20	2102	Sousa, José	Individual	SENM17	12	1:55:04.24	06:46	0:24:44
21	2243	Suzano, Sergio	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	SENM17	13	1:55:26.11	06:47	0:25:06
22	2252	Neto, Jose	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	SENM17	14	1:55:28.40	06:48	0:25:08
23	2600	Silva, Ivan		SENM17	15	1:56:16.28	06:50	0:25:56
24	2525	Sousa, Vasco	Forever Breathes the Lonely Word	M40_17	7	1:56:27.32	06:51	0:26:07
25	2415	Rocha, Antonio	Gondomar Futsal Clube	M50_17	3	1:56:30.36	06:51	0:26:10
26	2123	Pêgas, Mário	Individual	SENM17	16	1:57:46.29	06:56	0:27:26
27	2091	Amorim, Jorge	Clube Náutico de Ponte de Lima	SENM17	17	1:57:57.03	06:56	0:27:37
28	2199	Mesquita, Tiago	Individual	SENM17	18	1:58:04.83	06:57	0:27:45
29	2139	Maia, Nuno	Individual	SENM17	19	1:58:10.47	06:57	0:27:50
30	2427	MOTA, JOSE	CICLISTAS CÓSMICOS- GISLOTICA	M50_17	4	1:59:29.36	07:02	0:29:09
31	2157	Costa, Pedro	Individual	SENM17	20	1:59:58.00	07:03	0:29:38
32	2026	Bispo, Bruno	FFitness Team	SENM17	21	2:00:19.95	07:05	0:30:00
33	2089	Mota, Joaquim	MELRES TRAIL RUN.-ORDEM PARA ARRIAR	SENM17	22	2:00:37.72	07:06	0:30:18
34	2084	Lopes, João	Casa de Romão - Grupo Desportivo	SENM17	23	2:00:55.67	07:07	0:30:36
35	2041	João, Diogo	MULTIPOWER I GAIA TRAIL	SENM17	24	2:00:58.20	07:07	0:30:38
36	2224	Rocha, José		SENM17	25	2:01:12.89	07:08	0:30:53
37	2126	Andrade, Michael	Individual	SENM17	26	2:04:23.55	07:19	0:34:04
38	2096	Silva, Jorge	Individual	SENM17	27	2:04:47.57	07:20	0:34:28
39	2425	Adelino, José	Clube Pessoal Aguas Gaia	M50_17	5	2:05:36.67	07:23	0:35:17
40	2478	Dias, José	Individual	M40_17	8	2:05:48.22	07:24	0:35:28
41	2024	Freitas, Bruno	FXginásio	SENM17	28	2:05:58.98	07:25	0:35:39

42	2418 Tavares, David	Individual	M50_17	6	2:06:07.66	07:25	0:35:48
43	2080 Gouveia, João	FFitness Team	SENM17	29	2:06:52.70	07:28	0:36:33
44	2207 Moreira, victor	caldas são Jorge sport club	SENM17	30	2:07:19.07	07:29	0:36:59
45	2170 Coelho, Ricardo	Individual	SENM17	31	2:08:02.42	07:32	0:37:42
46	2125 Cunha, Micael	Individual	SENM17	32	2:08:09.49	07:32	0:37:49
47	2242 Costa, Rui	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	SENM17	33	2:08:13.36	07:33	0:37:53
48	2509 Gomes, Pedro	Individual	M40_17	9	2:08:23.72	07:33	0:38:04
49	2457 Teixeira, Clemente	Shots International Runners	M40_17	10	2:09:37.70	07:38	0:39:18
50	2049 Azevedo, Fábio	Individual	SENM17	34	2:09:44.01	07:38	0:39:24
51	2325 Tomás, Joana	CTAD - Trilhos de Cinfães	SENF17	1	2:09:59.78	07:39	0:39:40
52	2494 Santos, Nelson	Individual	M40_17	11	2:10:33.00	07:41	0:40:13
53	2270 Amaral, Tiago	Dr Merino Clinica Médica	SENM17	35	2:10:48.22	07:42	0:40:28
54	2505 Natividade, Paulo	Moreira Relax Runners	M40_17	12	2:10:57.91	07:42	0:40:38
55	2423 silva, joaquim	Individual	M50_17	7	2:11:06.70	07:43	0:40:47
56	2482 Macedo, José	Individual	M40_17	13	2:11:18.47	07:43	0:40:58
57	3119 Sousa, André	Casa de Romão - Grupo Desportivo	SENM17	36	2:11:36.79	07:45	0:41:17
58	2337 Delgado, Mariana	CTADTRILHOSDE CINFAES	SENF17	2	2:11:39.49	07:45	0:41:19
59	2580 Martins, Rosário	Centro Ciclista de Gondomar	F40_17	1	2:11:47.86	07:45	0:41:28
60	2184 MACHADO, RUI	Individual	SENM17	37	2:12:04.22	07:46	0:41:44
61	2127 Carvalho, Miguel	Individual	SENM17	38	2:12:08.14	07:46	0:41:48
62	2106 Pinho, José	Individual	SENM17	39	2:12:50.95	07:49	0:42:31
63	2458 Mota, Daniel	Individual	M40_17	14	2:13:08.19	07:50	0:42:48
64	2430 Segundo, Manuel	ARCORUN	M50_17	8	2:13:29.59	07:51	0:43:10
65	2247 Rodrigues, Oscar	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	SENM17	40	2:14:20.42	07:54	0:44:00
66	2269 Pinho, Nuno	Dr Merino Clinica Médica	SENM17	41	2:14:25.46	07:54	0:44:05
67	2093 Marques, Jorge	Individual	SENM17	42	2:14:31.18	07:55	0:44:11
68	2255 Barros, Renato	EU+ Ginásio / LMA	SENM17	43	2:14:32.98	07:55	0:44:13
69	2403 Capelas, Alice	All About	SENF17	3	2:14:36.99	07:55	0:44:17
70	2265 Barros, Pedro	All About	SENM17	44	2:14:37.97	07:55	0:44:18
71	2536 Marques, João	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	M40_17	15	2:14:40.86	07:55	0:44:21
72	2059 Meireles, Guilhermino	CTM Vila Pouca de Aguiar	SENM17	45	2:14:45.26	07:56	0:44:25
73	2022 Fernandes, Bruno	VIMARUNNERS	SENM17	46	2:14:47.00	07:56	0:44:27
74	2471 Lázaro, João	Boccasballs	M40_17	16	2:14:54.62	07:56	0:44:35
75	2553 Amaral, Ana	Gondomar Futsal Clube	F40_17	2	2:14:54.76	07:56	0:44:35
76	2136 Fernandes, Nuno	ARCORUN	SENM17	47	2:14:55.25	07:56	0:44:35
77	3271 Silva, Jorge	Centro Ciclista de Gondomar	M50_17	9	2:14:55.35	07:56	0:44:35
78	2227 Seabra, Joaquim	HP	SENM17	48	2:14:55.93	07:56	0:44:36
79	2142 MAXIMINO, OSCAR	PENTELHEIROS RUNNERS	SENM17	49	2:14:56.01	07:56	0:44:36
80	2081 Martins, Joao	Shots International Runners	SENM17	50	2:15:14.66	07:57	0:44:55
81	2487 Alves, Manuel	Queiroz Team	M40_17	17	2:15:17.51	07:58	0:44:58
82	2231 Torres, Luís	HP	SENM17	51	2:15:18.25	07:58	0:44:58
83	2063 Martins, Helder	Individual	SENM17	52	2:15:20.34	07:58	0:45:00
84	2016 Estanqueiro, António	FFitness Team	SENM17	53	2:15:21.18	07:58	0:45:01
85	2250 Nogueira, Andre	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	SENM17	54	2:15:24.03	07:58	0:45:04
86	2395 Loureiro, Rita	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	SENF17	4	2:15:24.21	07:58	0:45:04
87	2260 Baia, Miguel	EU+ Ginásio / LMA	SENM17	55	2:21:06.72	08:18	0:50:47
88	2192 Coelho, Sergio	Individual	SENM17	56	2:23:33.56	08:27	0:53:14
89	2256 Rocha, Rui	EU+ Ginásio / LMA	SENM17	57	2:23:55.56	08:28	0:53:36
90	2082 Martins, João	Individual	SENM17	58	2:24:07.30	08:29	0:53:47
91	2541 Saraiva, Cristina	Individual	F50_17	1	2:24:11.85	08:29	0:53:52
92	2583 Carreira, Carlos	Individual	SENM17	59	2:24:13.65	08:29	0:53:54
93	2121 Almeida, Mário	Individual	SENM17	60	2:24:28.38	08:30	0:54:08
94	2347 Rebelo, Rita	Clube do Pessoal EDP - Delegação de Gaia	SENF17	5	2:24:41.44	08:31	0:54:21
95	2120 Freire, Marco	Individual	SENM17	61	2:24:44.94	08:31	0:54:25
96	2484 Regueiras, José	Individual	M40_17	18	2:25:03.63	08:32	0:54:44
97	2140 Nunes, Nuno	Individual	SENM17	62	2:25:06.36	08:32	0:54:46

98	2213	Moreira, Vitor	Individual	SENM17	63	2:25:06.89	08:32	0:54:47
99	2419	MARTINS, ERNESTO	TOU QUE NEM POSSO	M50_17	10	2:25:39.32	08:34	0:55:19
100	2179	Martins, Rui	Individual	SENM17	64	2:25:39.53	08:34	0:55:20
101	2189	Soares, Rui	Primos Braga	SENM17	65	2:25:41.07	08:34	0:55:21
102	2130	Oliveira, Miguel	Individual	SENM17	66	2:25:44.48	08:34	0:55:24
103	2211	Matos, Vitor	ADEFACEC / VC áquinas e Ferramentas	SENM17	67	2:26:10.50	08:36	0:55:51
104	2186	Sousa, Rui	Individual	SENM17	68	2:26:24.52	08:37	0:56:05
105	2209	Oliveira, Vitor	Individual	SENM17	69	2:26:24.53	08:37	0:56:05
106	2245	Morais, David	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	SENM17	70	2:26:36.58	08:37	0:56:17
107	2244	Martins, Ruben	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	SENM17	71	2:26:37.31	08:37	0:56:17
108	2343	Costa, José	Individual	M40_17	19	2:27:07.40	08:39	0:56:47
109	2416	Marinho, Arnaldo	Individual	M50_17	11	2:27:09.62	08:39	0:56:50
110	2155	Couto, Pedro	Individual	SENM17	72	2:27:10.79	08:39	0:56:51
111	2047	Costa, Emanuel	Serviços Sociais Montepio	SENM17	73	2:27:15.85	08:40	0:56:56
112	2137	Reis, Nuno	Individual	SENM17	74	2:27:16.71	08:40	0:56:57
113	2595	Ribeiro, Maria		F40_17	3	2:27:19.31	08:40	0:56:59
114	2461	Pereira, Fernando	Gondomar Futsal Clube	M40_17	20	2:27:23.67	08:40	0:57:04
115	2468	Almeida, Ivo	Individual	M40_17	21	2:27:24.14	08:40	0:57:04
116	2523	Marques, Paulo	Budeguita Runners	M40_17	22	2:27:30.58	08:41	0:57:11
117	2165	Lopez, Raul	Primos Braga	SENM17	75	2:27:52.10	08:42	0:57:32
118	2318	Cardoso, Joana	FXginásio	SENF17	6	2:27:53.40	08:42	0:57:33
119	2249	Moreira, Belmiro	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	SENM17	76	2:28:19.63	08:44	0:58:00
120	2168	Fonseca, Ricardo	Individual	SENM17	77	2:28:38.49	08:45	0:58:18
121	2273	Ferreira, Hélder	Individual	SENM17	78	2:29:02.89	08:46	0:58:43
122	2274	Cabral, Angelo	Engomadoria L&A Team	SENM17	79	2:29:04.30	08:46	0:58:44
123	2132	Sousa, Miguel	Individual	SENM17	80	2:29:10.00	08:46	0:58:50
124	2054	Cordeiro, Filipe	Extreme Academy	SENM17	81	2:29:46.19	08:49	0:59:26
125	2149	loureiro, paulo	Individual	SENM17	82	2:29:53.63	08:49	0:59:34
126	2134	Alves, Nelson	Gondomar Futsal Clube	SENM17	83	2:30:18.86	08:51	0:59:59
127	2454	Sousa, Carlos	CTM Vila Pouca de Aguiar	M40_17	23	2:31:11.79	08:54	1:00:52
128	2114	Ribeiro, Luis	Individual	SENM17	84	2:31:40.35	08:55	1:01:20
129	2008	Gomes, André	Individual	SENM17	85	2:31:44.96	08:56	1:01:25
130	2014	Costa, Ângelo	CTM Vila Pouca de Aguiar	SENM17	86	2:31:50.89	08:56	1:01:31
131	2108	Sousa, José	Individual	SENM17	87	2:31:59.84	08:56	1:01:40
132	2590	Ferreirinha, Pedro	CTAD - Trilhos de Cinfães	SENM17	88	2:32:03.39	08:57	1:01:43
133	2539	Lobo, Luis	GD - CMG	M40_17	24	2:32:04.69	08:57	1:01:45
134	2055	Amorim, Filipe	Individual	SENM17	89	2:32:06.00	08:57	1:01:46
135	2035	Lacerda, Daniel	Individual	SENM17	90	2:32:12.71	08:57	1:01:53
136	2426	Mendes, José	FXginásio	M50_17	12	2:32:19.59	08:58	1:02:00
137	2146	Alves, Paulino	Individual	SENM17	91	2:32:22.57	08:58	1:02:03
138	2118	Rocha, Marcio	Individual	SENM17	92	2:32:34.53	08:59	1:02:15
139	2491	Santos, Martinho	caldas são Jorge sport clube	M40_17	25	2:32:47.09	08:59	1:02:27
140	2158	matos, pedro	Individual	SENM17	93	2:32:47.59	08:59	1:02:28
141	2017	Neves, Antonio	CALDAS DE S.JORGE SPORT CLUBE	SENM17	94	2:32:47.62	08:59	1:02:28
142	2402	Pera, Sandra	All About	SENF17	7	2:32:49.32	08:59	1:02:29
143	2267	Monteiro, Bruno	GD - CMG	SENM17	95	2:32:49.34	08:59	1:02:29
144	2515	Vidal, Pedro	100Fôlego	M40_17	26	2:33:09.59	09:01	1:02:50
145	2504	Melo, Paulo	Soldado Desconhecido	M40_17	27	2:33:12.94	09:01	1:02:53
146	2313	Ferreira, Helena	Individual	SENF17	8	2:33:17.60	09:01	1:02:58
147	2009	Carvalho, André	Individual	SENM17	96	2:33:18.58	09:01	1:02:59
148	2497	Pelicano, Paulo	Individual	M40_17	28	2:33:21.46	09:01	1:03:01
149	2182	Gomes, Rui	Individual	SENM17	97	2:33:21.57	09:01	1:03:02
150	2161	Seabra, Pedro	Individual	SENM17	98	2:33:24.22	09:01	1:03:04
151	2531	Meireles, Miguel	HP	M40_17	29	2:33:28.55	09:02	1:03:09
152	2532	Rodrigues, Jorge	HP	M40_17	30	2:33:30.06	09:02	1:03:10
153	2075	Araújo, João	Casa de Romão - Grupo Desportivo	SENM17	99	2:33:34.88	09:02	1:03:15

154	2342	CARVALHAIS, MONICA	Equipa Factor X	SENF17	9	2:33:38.34	09:02	1:03:18
155	2502	Gama, Paulo	Individual	M40_17	31	2:33:38.43	09:02	1:03:18
156	2459	Borges, Fernando	Melres Trail Running	M40_17	32	2:33:43.39	09:03	1:03:23
157	2038	karim, David	Individual	SENM17	100	2:33:43.43	09:03	1:03:23
158	2045	Cardoso, Elísio	Individual	SENM17	101	2:33:48.90	09:03	1:03:29
159	2088	salvaterra, Joao	Individual	SENM17	102	2:33:51.26	09:03	1:03:31
160	2568	Silva, Marta	Individual	F40_17	4	2:33:55.00	09:03	1:03:35
161	2518	Moreira, Rui	Garagesixtynine	M40_17	33	2:33:56.06	09:03	1:03:36
162	2223	Pereira, Bruno	Desafios	SENM17	103	2:34:10.06	09:04	1:03:50
163	2205	Oliveira, Vasco	Individual	SENM17	104	2:34:16.00	09:04	1:03:56
164	2058	feito, gonçalo	Individual	SENM17	105	2:34:25.45	09:05	1:04:05
165	2021	Esteves, Bruno	Serviços Sociais Montepio	SENM17	106	2:34:26.25	09:05	1:04:06
166	2503	Marçal, Paulo	Individual	M40_17	34	2:34:51.92	09:07	1:04:32
167	2030	Nogueira, Carlos	Gondomar Futsal Clube	SENM17	107	2:35:00.31	09:07	1:04:40
168	2384	Silva, Maria	HP	SENF17	10	2:35:04.51	09:07	1:04:45
169	2483	PINTO, JOSE	CICLISTAS CÓSMICOS- GISLOTICA	M40_17	35	2:35:07.73	09:08	1:04:48
170	2104	Pinto, José	Individual	SENM17	108	2:35:36.41	09:09	1:05:16
171	2477	Suzano, Jorge	FXginásio	M40_17	36	2:35:38.26	09:09	1:05:18
172	2098	António, José	FFitness Team	SENM17	109	2:35:46.55	09:10	1:05:27
173	2424	Santos, Jorge	Clube Pessoal Aguas Gaia	M50_17	13	2:36:11.97	09:11	1:05:52
174	2178	Alves, Rui	Individual	SENM17	110	2:36:21.26	09:12	1:06:01
175	2095	Pereira, Jorge	ADEFACEC / VC áquinas e Ferramentas	SENM17	111	2:36:32.50	09:13	1:06:13
176	2074	Silva, Ivo	ADEFACEC / VC áquinas e Ferramentas	SENM17	112	2:36:34.52	09:13	1:06:15
177	2159	Cruz, Pedro	ADEFACEC / VC áquinas e Ferramentas	SENM17	113	2:36:34.69	09:13	1:06:15
178	2111	Pinto, Luís	Garage Sixty Nine	SENM17	114	2:36:40.60	09:13	1:06:21
179	2299	Sobrinho, Cláudia	Garage Sixty Nine	SENF17	11	2:36:40.87	09:13	1:06:21
180	2196	Correia, Tiago	OneSoul Crossfit	SENM17	115	2:36:43.98	09:13	1:06:24
181	2386	Cordeiro, Anabela	HP	SENF17	12	2:37:00.73	09:14	1:06:41
182	2236	Carvalho, Ricardo	HP	SENM17	116	2:37:03.60	09:14	1:06:44
183	2046	Almeida, Emanuel	Serviços Sociais Montepio	SENM17	117	2:37:16.68	09:15	1:06:57
184	2188	Rodrigues, Rui	Individual	SENM17	118	2:37:16.93	09:15	1:06:57
185	2453	Silva, Carlos	Serviços Sociais Montepio	M40_17	37	2:37:20.80	09:15	1:07:01
186	2122	Freitas, Mário	Individual	SENM17	119	2:37:26.33	09:16	1:07:06
187	2090	Santos, Joel	Clube Atletismo Lamas	SENM17	120	2:37:27.24	09:16	1:07:07
188	2528	Carvalho, Nuno	Desafios	M40_17	38	2:37:36.93	09:16	1:07:17
189	2092	Borges, Jorge	Individual	SENM17	121	2:37:44.77	09:17	1:07:25
190	2514	Sousa, Pedro	FXginásio	M40_17	39	2:37:49.03	09:17	1:07:29
191	2195	SILVA, SÉRGIO	USGUNAS	SENM17	122	2:37:50.97	09:17	1:07:31
192	2002	Gonçalves, Abel	Individual	SENM17	123	2:37:56.25	09:17	1:07:36
193	2466	Costa, Hugo	Gondomar Futsal Clube	M40_17	40	2:38:05.10	09:18	1:07:45
194	2481	Ferreira, José	Melres trail ordem para arriar	M40_17	41	2:38:28.52	09:19	1:08:09
195	2194	Lagoa, Sergio	Budeguita Runners	SENM17	124	2:38:29.91	09:19	1:08:10
196	2498	Amaro, José	Gondomar Futsal Clube	M40_17	42	2:38:30.11	09:19	1:08:10
197	2449	Sousa, Avelino	MaiaCrossTeam	M40_17	43	2:38:35.01	09:20	1:08:15
198	2516	VASCONCELOS, RICARDO	TROCOPASSO RUNNERS	SENM17	125	2:38:35.17	09:20	1:08:15
199	2233	Moreira, Emanuel	HP	SENM17	126	2:38:39.42	09:20	1:08:19
200	2517	Lebre, Rui	Individual	M40_17	44	2:38:47.07	09:20	1:08:27
201	2312	Dias, Helena	Individual	SENF17	13	2:38:48.41	09:20	1:08:28
202	2212	Silva, Vitor	ADEFACEC / VC áquinas e Ferramentas	SENM17	127	2:38:48.49	09:20	1:08:28
203	2071	Pameira, Hugo	Individual	SENM17	128	2:39:01.14	09:21	1:08:41
204	2147	Baptista, Paulo	BOSCH Termotecnologia SA	SENM17	129	2:39:18.09	09:22	1:08:58
205	2113	Fernando, Luis	Individual	SENM17	130	2:39:18.24	09:22	1:08:58
206	2230	Silva, Carlos	HP	SENM17	131	2:39:19.21	09:22	1:08:59
207	2065	Agostinho, Hélder	Individual	SENM17	132	2:39:20.21	09:22	1:09:00
208	2537	Sousa, David	All About	M40_17	45	2:39:32.41	09:23	1:09:12
209	2573	Silva, Paula	HP	F40_17	5	2:39:40.13	09:24	1:09:20

210	2067	Gomes, Hugo	Individual	SENM17	133	2:40:46.05	09:27	1:10:26
211	2101	Garcia, José	Individual	SENM17	134	2:41:06.75	09:29	1:10:47
212	2440	César, Alberto	Individual	M40_17	46	2:41:21.52	09:30	1:11:02
213	2495	Esperança, Nuino	Individual	M40_17	47	2:41:41.51	09:31	1:11:22
214	2056	Leitão, Filipe	Gondomar Futsal Clube	SENM17	135	2:41:53.09	09:31	1:11:33
215	2443	Costa, António	Individual	M40_17	48	2:41:53.82	09:31	1:11:34
216	2152	Pires, Paulo	Individual	SENM17	136	2:42:02.54	09:32	1:11:43
217	2156	Figueiredo, Pedro	""Os TurboMula"" D.O.C."	SENM17	137	2:42:10.89	09:32	1:11:51
218	2464	Silva, Helder	Individual	M40_17	49	2:42:29.61	09:34	1:12:10
219	2060	Santos, Gustavo	Individual	SENM17	138	2:42:42.64	09:34	1:12:23
220	2128	Lopes, Miguel	Individual	SENM17	139	2:42:57.67	09:35	1:12:38
221	2105	Gomes, José	ADEFACEC / VC áquinas e Ferramentas	SENM17	140	2:42:57.71	09:35	1:12:38
222	2198	Sousa, Tiago	ADEFACEC / VC áquinas e Ferramentas	SENM17	141	2:43:13.41	09:36	1:12:53
223	2166	Viana, Raul	Individual	SENM17	142	2:43:22.44	09:37	1:13:02
224	2185	Mota, Rui	Individual	SENM17	143	2:43:29.15	09:37	1:13:09
225	2399	Tavares, Manuela	All About	SENF17	14	2:43:31.60	09:37	1:13:12
226	2332	RICARDO, M. JOÃO	TROCOPASSO RUNNERS	SENF17	15	2:44:00.12	09:39	1:13:40
227	2175	Sousa, Ricardo	Rainha Club	SENM17	144	2:44:22.34	09:40	1:14:02
228	2050	Moreira, Fernando	Individual	SENM17	145	2:44:28.82	09:41	1:14:09
229	2500	Silva, Paulo	Gondomar Futsal Clube	M40_17	50	2:44:42.37	09:41	1:14:22
230	2493	domingues, nelson	Individual	M40_17	51	2:44:43.09	09:41	1:14:23
231	2465	Pereira, Henrique	Individual	M40_17	52	2:44:51.44	09:42	1:14:31
232	2006	Areias, Americo	Individual	SENM17	146	2:44:58.83	09:42	1:14:39
233	2248	Dias, Ivo	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	SENM17	147	2:45:19.18	09:43	1:14:59
234	2434	Ribeiro, Vitor	Gondomar Futsal Clube	M50_17	14	2:45:23.61	09:44	1:15:04
235	2356	Pinto, Sergia	Individual	SENF17	16	2:45:40.82	09:45	1:15:21
236	2239	Pinto, Jorge	HP	SENM17	148	2:45:47.15	09:45	1:15:27
237	2176	Oliveira, Rodrigo	Individual	SENM17	149	2:45:47.20	09:45	1:15:27
238	2238	Paiva, Tiago	HP	SENM17	150	2:45:47.36	09:45	1:15:27
239	2473	Tondela, João	Individual	M40_17	53	2:45:47.43	09:45	1:15:27
240	2193	Chacim, Sergio	Individual	SENM17	151	2:45:48.98	09:45	1:15:29
241	2317	Azevedo, Joana	Individual	SENF17	17	2:45:49.31	09:45	1:15:29
242	2019	Monteiro, Bernardo	Individual	SENM17	152	2:46:07.15	09:46	1:15:47
243	2167	Fonseca, Ricardo	Individual	SENM17	153	2:47:09.97	09:50	1:16:50
244	2444	Pires, António	Individual	M40_17	54	2:47:10.62	09:50	1:16:51
245	2428	Lima, Manuel	EXPERIENCIAR	M50_17	15	2:47:12.42	09:50	1:16:52
246	2112	Ferreira, Luís	Boccasballs	SENM17	154	2:47:42.38	09:52	1:17:22
247	2393	Gonçalves, Joana	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	SENF17	18	2:47:49.10	09:52	1:17:29
248	2535	Seixas, Pedro	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	M40_17	55	2:47:49.85	09:52	1:17:30
249	2034	Sousa, César	CTM Vila Pouca de Aguiar	SENM17	155	2:47:51.17	09:52	1:17:31
250	2143	Soares, Oscar	MelresTrail Running	SENM17	156	2:48:24.93	09:54	1:18:05
251	2380	Freitas, Carla	HP	SENF17	19	2:49:46.16	09:59	1:19:26
252	2217	Lopes, Ricardo	Desafios	SENM17	157	2:50:51.49	10:03	1:20:31
253	2578	Mariani, Isabel	All About	F40_17	6	2:50:54.99	10:03	1:20:35
254	2538	Andrade, Bernardino	All About	M40_17	56	2:50:55.96	10:03	1:20:36
255	2154	Basto, Pedro	Individual	SENM17	158	2:50:56.99	10:03	1:20:37
256	2394	Barbosa, Andreia	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	SENF17	20	2:51:29.16	10:05	1:21:09
257	2133	Marques, Munio	""Os TurboMula"" D.O.C."	SENM17	159	2:51:57.03	10:07	1:21:37
258	2560	Pinho, Fernanda	Individual	F40_17	7	2:52:13.37	10:08	1:21:53
259	2431	COSTA, MARIO	Individual	M50_17	16	2:52:13.51	10:08	1:21:54
260	2281	costa, Ana	Running Team Maia	SENF17	21	2:53:08.60	10:11	1:22:49
261	2151	Pereira, Paulo	Running Team Maia	SENM17	160	2:53:33.05	10:13	1:23:13
262	2463	Santos, Francisco	Individual	M40_17	57	2:53:38.22	10:13	1:23:18
263	2530	Miguel, Eduardo	HP	M40_17	58	2:53:42.52	10:13	1:23:23
264	2329	Araújo, Liliana	Individual	SENF17	22	2:53:46.12	10:13	1:23:26
265	2150	osorio, paulo	os caga tacos running team	SENM17	161	2:53:49.10	10:13	1:23:29

266	2180	assuncao, rui	os caga tacos running team	SENM17	162	2:53:50.11	10:14	1:23:30
267	3328	Duarte, Vitor	Budeguita Runners	M40_17	59	2:53:53.37	10:14	1:23:33
268	2510	Melo, Pedro	ARCORUN	M40_17	60	2:53:54.80	10:14	1:23:35
269	2396	raposo, Vânia	EU+ Ginásio / LMA	SENF17	23	2:54:00.61	10:14	1:23:41
270	2261	Rodrigues, Bruno	EU+ Ginásio / LMA	SENM17	163	2:54:01.27	10:14	1:23:41
271	2160	PINTO, PEDRO	Individual	SENM17	164	2:54:21.27	10:15	1:24:01
272	2350	Mourisco, Salomé	Individual	SENF17	24	2:54:54.63	10:17	1:24:35
273	2115	Silva, Luís	Individual	SENM17	165	2:55:03.94	10:18	1:24:44
274	2436	Moreira, Lino	All About	M50_17	17	2:55:09.66	10:18	1:24:50
275	2391	Pereira, Rosa	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	SENF17	25	2:55:33.93	10:20	1:25:14
276	2004	Teixeira, Alexandre	Vira Montes	SENM17	166	2:55:34.80	10:20	1:25:15
277	2226	Silva, Pedro	HP	SENM17	167	2:55:53.81	10:21	1:25:34
278	2240	Oliveira, Filipe	HP	SENM17	168	2:55:56.33	10:21	1:25:36
279	2162	Salgueiro, Pedro	Sawadee	SENM17	169	2:56:30.68	10:23	1:26:11
280	2308	Cunha, Elisabete	Individual	SENF17	26	2:56:53.54	10:24	1:26:34
281	2201	Salgueiro, Tiago	Sawadee	SENM17	170	2:56:58.50	10:25	1:26:39
282	2511	Pereira, Pedro	Individual	M40_17	61	2:57:21.56	10:26	1:27:02
283	2190	Martins, Sandra	Individual	SENF17	27	2:57:22.12	10:26	1:27:02
284	2086	Conceicao, Joao	Individual	SENM17	171	2:57:27.03	10:26	1:27:07
285	2078	Rio, João	Individual	SENM17	172	2:57:27.18	10:26	1:27:07
286	2241	Madureira, Pedro	HP	SENM17	173	2:58:16.04	10:29	1:27:56
287	2177	Airosa, Rui	Budeguita Runners	SENM17	174	2:59:15.43	10:33	1:28:55
288	2109	Bravo, Luís	Individual	SENM17	175	2:59:16.68	10:33	1:28:57
289	2053	Pereira, Fernando	Individual	SENM17	176	2:59:17.43	10:33	1:28:57
290	2346	Figueiredo, Paula	""Os TurboMula"" D.O.C."	SENF17	28	2:59:21.74	10:33	1:29:02
291	2417	Rocha, Cândido	FAST AO KM	M50_17	18	2:59:41.52	10:34	1:29:22
292	2349	Sousa, Rita	Individual	SENF17	29	2:59:43.01	10:34	1:29:23
293	2210	Gonçalves, Vítor	EDV - Viana Trail	SENM17	177	2:59:52.33	10:35	1:29:32
294	2069	jesus, hugo	Individual	SENM17	178	3:00:00.14	10:35	1:29:40
295	2012	Leite, André	BOSCH Termotecnologia SA	SENM17	179	3:00:01.61	10:35	1:29:42
296	2076	Baldaia, João	BOSCH Termotecnologia SA	SENM17	180	3:00:01.64	10:35	1:29:42
297	2145	Borja, Patrick	Individual	SENM17	181	3:00:02.98	10:35	1:29:43
298	2144	Ferreira, Osvaldo	Individual	SENM17	182	3:00:06.36	10:36	1:29:46
299	2310	Alves, Elisabete	EDV - Viana Trail	SENF17	30	3:00:12.52	10:36	1:29:53
300	2338	Alves, marlene	Individual	SENF17	31	3:00:13.41	10:36	1:29:53
301	2015	Barros, António	Individual	SENM17	183	3:00:18.96	10:36	1:29:59
302	2582	cunha, tony	Individual	M40_17	62	3:00:36.73	10:37	1:30:17
303	2107	Almeida, Rui	Individual	SENM17	184	3:00:46.93	10:38	1:30:27
304	2283	Dias, Ana	Budeguita Runners	SENF17	32	3:00:47.38	10:38	1:30:27
305	2565	Loureiro, Maria	Budeguita Runners	F40_17	8	3:00:48.27	10:38	1:30:28
306	2048	Vieira, Emanuel	Buéda Canoka	SENM17	185	3:00:48.91	10:38	1:30:29
307	2173	Ramos, Ricardo	Buéda Canoka	SENM17	186	3:00:49.31	10:38	1:30:29
308	2007	Cunha, André	Individual	SENM17	187	3:00:57.50	10:39	1:30:38
309	2172	Martins, Ricardo	Individual	SENM17	188	3:00:58.79	10:39	1:30:39
310	2422	Matos, Joaquim	FXginásio	M50_17	19	3:01:05.50	10:39	1:30:46
311	2257	Gonçalves, Rafael	EU+ Ginásio / LMA	SENM17	189	3:01:07.92	10:39	1:30:48
312	2258	Ferreira, César	EU+ Ginásio / LMA	SENM17	190	3:01:08.11	10:39	1:30:48
313	2522	Pinheiro, Sergio	Rainha Club	M40_17	63	3:01:44.37	10:41	1:31:24
314	2353	Santos, Sara	Rainha Club	SENF17	33	3:01:44.46	10:41	1:31:24
315	3177	Ramos, Luís	Rainha Club	SENM17	191	3:01:44.53	10:41	1:31:25
316	2351	Faria, Sandra	Shots International Runners	SENF17	34	3:01:47.96	10:42	1:31:28
317	3163	Araujo, Joel	Shots International Runners	SENM17	192	3:01:49.09	10:42	1:31:29
318	2392	Cota, Ana	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	SENF17	35	3:01:50.98	10:42	1:31:31
319	2200	Almeida, Tiago	Budeguita Runners	SENM17	193	3:02:01.59	10:42	1:31:42
320	2379	Costa, Joana	HP	SENF17	36	3:02:05.89	10:43	1:31:46
321	2229	Ribeiro, Paulo	HP	SENM17	194	3:02:06.02	10:43	1:31:46

322	2003 AFONSO, ALEXANDRE	TROCOPASSO RUNNERS	SENM17	195	3:02:32.71	10:44	1:32:13
323	2266 Guedes, Carlos	GD - CMG	SENM17	196	3:02:34.56	10:44	1:32:15
324	2383 Rodrigues, Cristiana	HP	SENF17	37	3:02:54.15	10:46	1:32:34
325	2470 Cardoso, João	Serviços Sociais Montepio	M40_17	64	3:02:54.48	10:46	1:32:34
326	2452 MOTA, CARLA	PENTELHEIROS RUNNERS	F40_17	9	3:03:07.32	10:46	1:32:47
327	2455 TEIXEIRA, CARLOS	PENTELHEIROS RUNNERS	M40_17	65	3:03:07.43	10:46	1:32:47
328	2467 PIRES, ILIDIO	PENTELHEIROS RUNNERS	M40_17	66	3:03:08.49	10:46	1:32:48
329	2385 Coelho, Joana	HP	SENF17	38	3:03:46.73	10:49	1:33:27
330	2202 Silva, Tiago	Serviços Sociais Montepio	SENM17	197	3:03:47.31	10:49	1:33:27
331	2116 Vilar, Luís	Individual	SENM17	198	3:03:58.76	10:49	1:33:39
332	2363 Rocha, Sónia	NAST	SENF17	39	3:04:03.28	10:50	1:33:43
333	2181 Matos, Rui	Individual	SENM17	199	3:04:03.90	10:50	1:33:44
334	2005 Nunes, Amândio	Buéda Canoka	SENM17	200	3:04:51.66	10:52	1:34:32
335	2099 CARVALHO, JOSE	PORTOCARGO	SENM17	201	3:05:00.84	10:53	1:34:41
336	2324 Martins, Joana	MaiaCrossTeam	SENF17	40	3:05:03.62	10:53	1:34:44
337	2300 Rodrigues, Cristiana	MaiaCrossTeam	SENF17	41	3:05:03.71	10:53	1:34:44
338	2345 Rosas, Patricia	MaiaCrossTeam	SENF17	42	3:05:04.02	10:53	1:34:44
339	2029 Barros, Carlos	Individual	SENM17	202	3:05:10.29	10:54	1:34:50
340	2163 Teixeira, Pedro	Individual	SENM17	203	3:05:11.05	10:54	1:34:51
341	2302 Andrade, Diana	Individual	SENF17	43	3:05:13.12	10:54	1:34:53
342	2061 Alves, Hélder	Individual	SENM17	204	3:05:14.76	10:54	1:34:55
343	2174 Senos, Ricardo	Individual	SENM17	205	3:05:15.34	10:54	1:34:55
344	2575 Maio, Carmen	HP	F40_17	10	3:05:15.38	10:54	1:34:55
345	2368 Martins, Vera	TouQueNemPosso	SENF17	44	3:05:18.79	10:54	1:34:59
346	2572 machado, ticiania	Individual	F40_17	11	3:05:27.61	10:55	1:35:08
347	2138 machado, nuno	Individual	SENM17	206	3:05:28.52	10:55	1:35:09
348	2447 Reis, António	ARCORUN	M40_17	67	3:05:53.46	10:56	1:35:33
349	2289 Santos, Ana	Individual	SENF17	45	3:05:56.47	10:56	1:35:36
350	2476 Leite, Jorge	ARCORUN	M40_17	68	3:06:35.80	10:59	1:36:16
351	2077 Domingues, João	The Beauty and the Beasts	SENM17	207	3:07:06.65	11:00	1:36:47
352	2232 Relvas, Nuno	HP	SENM17	208	3:07:10.99	11:01	1:36:51
353	2526 paiva, victor	Rainha Club	M40_17	69	3:07:38.39	11:02	1:37:18
354	2291 Barata, Anabela	Individual	SENF17	46	3:08:13.21	11:04	1:37:53
355	2094 Marques, Jorge	Individual	SENM17	209	3:08:44.76	11:06	1:38:25
356	2124 Sousa, Marisa	""Os TurboMula"" D.O.C."	SENM17	210	3:08:45.69	11:06	1:38:26
357	2262 Teixeira, Ricardo	All About	SENM17	211	3:09:32.96	11:09	1:39:13
358	2398 Dolores, Ana	All About	SENF17	47	3:09:33.26	11:09	1:39:13
359	2588 Cruz, Hugo	Melres Trail Running	SENM17	212	3:09:51.94	11:10	1:39:32
360	2589 Duarte, Lia	Melres Trail Running	SENF17	48	3:09:53.09	11:10	1:39:33
361	2571 SILVA, SONIA	PORTOCARGO	F40_17	12	3:09:57.18	11:10	1:39:37
362	2540 Vigário, Adelaide	FXginásio	F50_17	2	3:09:58.12	11:10	1:39:38
363	2031 Oliveira, Carlos	Gondomar Futsal Clube	SENM17	213	3:10:21.51	11:12	1:40:02
364	2290 Sousa, Ana	Budeguita Runners	SENF17	49	3:10:38.32	11:13	1:40:18
365	2204 Gonçalves, Valter	FXginásio	SENM17	214	3:10:39.73	11:13	1:40:20
366	2370 Almeida, Verónica	FXginásio	SENF17	50	3:10:41.56	11:13	1:40:22
367	2216 Monteiro, Manuel	Desafios	SENM17	215	3:11:15.38	11:15	1:40:55
368	2010 Barros, Andre	Individual	SENM17	216	3:11:28.93	11:16	1:41:09
369	2097 ALMEIDA, JOSÉ	TROCOPASSO RUNNERS	SENM17	217	3:12:18.40	11:19	1:41:58
370	2361 MADUREIRA, SÓNIA	TROCOPASSO RUNNERS	SENF17	51	3:12:18.64	11:19	1:41:59
371	2492 Lopes, Miguel	Individual	M40_17	70	3:12:29.67	11:19	1:42:10
372	2557 Carvalho, Catarina	SEREIAS	F40_17	13	3:12:32.71	11:20	1:42:13
373	2070 Marques, Hugo	Extreme Academy	SENM17	218	3:12:40.28	11:20	1:42:20
374	2429 Moura, Manuel	Individual	M50_17	20	3:13:19.90	11:22	1:43:00
375	2352 Martins, Sara	Rainha Club	SENF17	52	3:13:22.46	11:22	1:43:02
376	2496 Baptista, Nuno	FriendsRus	M40_17	71	3:13:31.26	11:23	1:43:11
377	2552 Barradas, Alexandra	FXginásio	F40_17	14	3:13:49.82	11:24	1:43:30

378	2519 Borges, Rui	Individual	M40_17	72	3:14:54.66	11:28	1:44:35
379	2397 Mota, Marta	All About	SENF17	53	3:15:08.46	11:29	1:44:48
380	2306 Ribeiro, Dulce	""Os TurboMula"" D.O.C."	SENF17	54	3:15:08.46	11:29	1:44:48
381	2322 Silva, Joana	Individual	SENF17	55	3:15:33.66	11:30	1:45:14
382	2119 Nobre, Marco	Individual	SENM17	219	3:16:22.34	11:33	1:46:02
383	2315 Ferreira, Nuno	FXginásio	SENM17	220	3:16:46.22	11:34	1:46:26
384	2018 Pinho, Armando	Individual	SENM17	221	3:16:53.34	11:35	1:46:33
385	2579 Costeira, Gonçalo	Tartarugas do Asfalto	SENM17	222	3:16:54.11	11:35	1:46:34
386	2366 Xavier, Ana	Individual	SENF17	56	3:18:21.33	11:40	1:48:01
387	2079 fonseca, joao	Individual	SENM17	223	3:18:21.89	11:40	1:48:02
388	2225 Montalvão, Nelson	Os TurboMula D.O.C.	SENM17	224	3:18:28.14	11:40	1:48:08
389	2348 Resende, Rita	Individual	SENF17	57	3:18:35.09	11:41	1:48:15
390	2280 Presa, Aida	Individual	SENF17	58	3:18:35.49	11:41	1:48:15
391	2297 Silva, Carla	Rainha Club	SENF17	59	3:18:36.74	11:41	1:48:17
392	2489 Batista, Mário	Individual	M40_17	73	3:19:03.29	11:43	1:48:43
393	2512 Basto, Pedro	Individual	M40_17	74	3:19:03.79	11:43	1:48:44
394	2083 Brito, João	Individual	SENM17	225	3:19:16.17	11:43	1:48:56
395	2507 Costelha, Pedro	Individual	M40_17	75	3:19:17.76	11:43	1:48:58
396	2203 Pinto, Tomé	ADEFACEC / VC áquinas e Ferramentas	SENM17	226	3:19:37.62	11:45	1:49:18
397	2064 Oliveira, Helder	ADEFACEC / VC áquinas e Ferramentas	SENM17	227	3:19:37.76	11:45	1:49:18
398	2117 Ferreira, Márcio	Individual	SENM17	228	3:19:44.37	11:45	1:49:24
399	2208 Almeida, Vitor	Individual	SENM17	229	3:20:43.08	11:48	1:50:23
400	2479 Moreira, José	Individual	M40_17	76	3:21:20.29	11:51	1:51:00
401	2287 Ribeiro, Ana	Luz Verde	SENF17	60	3:21:35.67	11:52	1:51:16
402	2037 Silva, Daniel	100 Pernas	SENM17	230	3:22:50.69	11:56	1:52:31
403	2027 Pereira, Bruno	100 Pernas	SENM17	231	3:22:50.77	11:56	1:52:31
404	2087 PINTO, JOÃO	Individual	SENM17	232	3:24:43.63	12:03	1:54:24
405	2011 Lagos, André	Individual	SENM17	233	3:24:45.44	12:03	1:54:25
406	2475 Queirós, Joaquim	Individual	M40_17	77	3:25:34.97	12:06	1:55:15
407	2171 Carvalho, Ricardo	Individual	SENM17	234	3:25:35.20	12:06	1:55:15
408	2359 Fernandes, Sofia	Eu e elas	SENF17	61	3:25:36.50	12:06	1:55:17
409	2320 Gonçalves, joana	Eu e elas	SENF17	62	3:25:36.72	12:06	1:55:17
410	2574 Luz, Maria	HP	F40_17	15	3:27:43.59	12:13	1:57:24
411	2234 Pinto, Daniel	HP	SENM17	235	3:27:43.73	12:13	1:57:24
412	2529 Oliveira, Rui	HP	M40_17	78	3:27:50.62	12:14	1:57:31
413	2566 Cardoso, Maria	Individual	F40_17	16	3:28:11.27	12:15	1:57:51
414	2508 Guimaraes, Pedro	Bai K Andas Team	M40_17	79	3:28:11.53	12:15	1:57:52
415	2264 Gomes, Luis	All About	SENM17	236	3:30:24.42	12:23	2:00:04
416	2183 Gomes, Rui	Individual	SENM17	237	3:30:25.05	12:23	2:00:05
417	2191 Brites, Sérgio	Gangue das Maças	SENM17	238	3:30:28.71	12:23	2:00:09
418	2282 Machado, Ana	Gangue das Maças	SENF17	63	3:30:50.75	12:24	2:00:31
419	2450 Rodrigues, Bruno	Individual	M40_17	80	3:31:00.06	12:25	2:00:40
420	2389 Oliveira, Sandra		SENF17	64	3:31:00.21	12:25	2:00:40
421	2197 Frutuoso, Tiago	Individual	SENM17	239	3:31:04.44	12:25	2:00:44
422	2295 Pereira, Carla	Individual	SENF17	65	3:31:05.35	12:25	2:00:45
423	2563 almeida, isaura	Individual	F40_17	17	3:31:15.19	12:26	2:00:55
424	2307 Gonçalves, Edite	Individual	SENF17	66	3:31:15.86	12:26	2:00:56
425	2336 Alves, Maria	Casa de Romão - Grupo Desportivo	SENF17	67	3:31:16.49	12:26	2:00:56
426	2601 Queiroz, Antonio	Gondomar Futsal Clube	M50_17	21	3:31:19.85	12:26	2:01:00
427	2490 Ribeiro, Mário	FXginásio	M40_17	81	3:31:21.51	12:26	2:01:02
428	2441 Guedes, André	Individual	M40_17	82	3:31:32.07	12:27	2:01:12
429	2474 Oliveira, Joaquim	PENTELHEIROS RUNNERS	M40_17	83	3:31:53.50	12:28	2:01:34
430	2388 Pereira, Maria	HP	SENF17	68	3:32:14.07	12:29	2:01:54
431	2237 Mateus, Filipe	HP	SENM17	240	3:32:14.20	12:29	2:01:54
432	2435 Monteiro, Lurdes	HP	F50_17	3	3:32:26.20	12:30	2:02:06
433	2569 Ribeiro, Paula	FriendsRus	F40_17	18	3:32:30.45	12:30	2:02:10

434	2039 Barros, David	Gangue das Maças	SENM17	241	3:32:50.51	12:31	2:02:31
435	2305 TAVARES, DIANA	PRT/AD QUINTA	SENF17	69	3:32:52.54	12:31	2:02:33
436	2072 Sa, Hugo	PRT/AD QUINTA	SENM17	242	3:32:54.94	12:31	2:02:35
437	2013 REBELO, ANDRE	PORTOCARGO	SENM17	243	3:33:24.39	12:33	2:03:04
438	2567 Cardoso, Marta	FriendsRus	F40_17	19	3:34:31.94	12:37	2:04:12
439	2564 Coelho, Maria	FriendsRus	F40_17	20	3:34:32.18	12:37	2:04:12
440	2319 Passos, Joana	Individual	SENF17	70	3:35:17.32	12:40	2:04:57
441	2309 Ribeiro, Elisabete	Individual	SENF17	71	3:35:18.75	12:40	2:04:59
442	2456 Vilaça, Carlos	100Fôlego	M40_17	84	3:36:15.33	12:43	2:05:55
443	2028 Reis, Bruno	100Fôlego	SENM17	244	3:36:15.48	12:43	2:05:55
444	2040 Esteves, Diogo	Vassourinhas do Trail	SENM17	245	3:36:19.03	12:43	2:05:59
445	2555 Sousa, Ana	FXginásio	F40_17	21	3:36:21.52	12:44	2:06:02
446	2576 Moreda, Dulce	All About	F40_17	22	3:36:35.82	12:44	2:06:16
447	2259 Santos, André	EU+ Ginásio / LMA	SENM17	246	3:36:48.59	12:45	2:06:29
448	2254 Vasconcelos, Nuno	EU+ Ginásio / LMA	SENM17	247	3:36:49.13	12:45	2:06:29
449	2335 Araújo, Margarida	Vassourinhas do Trail	SENF17	72	3:36:50.05	12:45	2:06:30
450	2043 Ventura, Domingos	Run4Fun	SENM17	248	3:36:59.25	12:46	2:06:39
451	2051 Rocha, Fernando	run4fun	SENM17	249	3:36:59.59	12:46	2:06:40
452	2367 Santos, Vania	Run4Fun	SENF17	73	3:36:59.72	12:46	2:06:40
453	2068 Gomes, Hugo	Run4Fun	SENM17	250	3:37:01.22	12:46	2:06:41
454	2328 Brandão, Lígia	Run4Fun	SENF17	74	3:37:01.29	12:46	2:06:41
455	2354 Santos, Sara	Run4Fun	SENF17	75	3:37:01.48	12:46	2:06:41
456	2558 PEIXOTO, CIDALIA	Equipa Factor X	F40_17	23	3:38:34.47	12:51	2:08:14
457	2551 Monteiro, Gloria	All About	F40_17	24	3:39:58.48	12:56	2:09:38
458	2360 Sá, Sofia	Individual	SENF17	76	3:41:25.40	13:01	2:11:05
459	2594 Teixeira, Luís	Desafios	SENM17	251	3:41:26.40	13:02	2:11:06
460	2214 Carvalho, Nuno	Desafios	SENM17	252	3:41:27.74	13:02	2:11:08
461	2597 Moteiro, Elisabete		SENF17	77	3:41:27.89	13:02	2:11:08
462	2268 Silva, Luis	GD - CMG	SENM17	253	3:42:44.62	13:06	2:12:25
463	2298 Araújo, Catarina	Casa de Romão - Grupo Desportivo	SENF17	78	3:43:55.94	13:10	2:13:36
464	2025 Silva, Bruno	MaGni7	SENM17	254	3:46:39.71	13:20	2:16:20
465	2292 Marques, Andreia	Meninas do Trail	SENF17	79	3:49:51.25	13:31	2:19:31
466	2369 Sousa, Vera	Meninas do Trail	SENF17	80	3:49:52.44	13:31	2:19:32
467	2570 Lopes, Sara	SEREIAS	F40_17	25	3:50:09.48	13:32	2:19:49
468	2339 Ferreira, Marlene	SEREIAS	SENF17	81	3:50:10.32	13:32	2:19:50
469	2501 FERREIRA, PAULO	PORTOCARGO	M40_17	85	3:50:25.15	13:33	2:20:05
470	2288 Rodrigues, Ana	Power&Fitness Açores	SENF17	82	3:51:06.12	13:36	2:20:46
471	2032 Tavares, Celso	Power&Fitness Açores	SENM17	255	3:51:06.54	13:36	2:20:47
472	2381 Sá, Inês	HP	SENF17	83	3:51:13.62	13:36	2:20:54
473	2296 Santos, Carla	Uma Vez Perdi-me no Monte	SENF17	84	3:51:42.69	13:38	2:21:23
474	2131 Pereira, Miguel	Uma Vez Perdi-me no Monte	SENM17	256	3:51:43.83	13:38	2:21:24
475	2303 rocha, diana	luz verde	SENF17	85	3:52:57.84	13:42	2:22:38
476	2331 mendes, lucia	luz verde	SENF17	86	3:53:00.37	13:42	2:22:40
477	2387 Martins, Joana	HP	SENF17	87	3:53:37.51	13:45	2:23:18
478	2527 Silva, Zé	MaGni7	M40_17	86	3:54:02.36	13:46	2:23:42
479	2401 Amaral, Claudia	All About	SENF17	88	3:54:02.53	13:46	2:23:43
480	2581 tuna, sonia	Individual	F40_17	26	3:54:19.24	13:47	2:23:59
481	2344 Teixeira, Oriana	Individual	SENF17	89	3:54:27.18	13:47	2:24:07
482	2327 Azevedo, Letícia	Individual	SENF17	90	3:54:27.23	13:47	2:24:07
483	2263 Gonçalves, José	All About	SENM17	257	3:55:35.08	13:51	2:25:15
484	2562 Silva, Graça	Individual	F40_17	27	3:56:32.80	13:55	2:26:13
485	2284 Ferreira, Ana	Poteentes	SENF17	91	3:57:01.53	13:57	2:26:42
486	2036 Pinheiro, Daniel	Individual	SENM17	258	3:57:01.75	13:57	2:26:42
487	2591 Araújo, Carla		SENF17	92	3:57:01.79	13:57	2:26:42
488	2365 Oliveira, Telma	Poteentes	SENF17	93	3:57:02.08	13:57	2:26:42
489	2323 Moura, Joana	Poteentes	SENF17	94	3:57:02.52	13:57	2:26:43

490	2330 Brandão, Liliana	Individual	SENF17	95	3:57:20.16	13:58	2:27:00
491	2052 Lopes, Joana	Individual	SENF17	96	3:57:41.38	13:59	2:27:21
492	2362 Reis, Sonia	Individual	SENF17	97	3:57:41.49	13:59	2:27:21
493	2293 Reis, Andreia	Individual	SENF17	98	3:57:41.71	13:59	2:27:22
494	2169 Ramos, Ricardo	R4TL	SENM17	259	3:58:01.05	14:00	2:27:41
495	2304 Moreira, Diana	R4TL	SENF17	99	3:58:01.06	14:00	2:27:41
496	2314 Lobão, Helena	Shots International Runners	SENF17	100	4:00:30.06	14:09	2:30:10
497	2341 SOARES, MARTA	TOU QUE NEM POSSO	SENF17	101	4:00:30.07	14:09	2:30:10
498	2390 Ribeiro, Helena	HP	SENF17	102	4:00:49.32	14:10	2:30:29
499	2577 Costa, Helena	All About	F40_17	28	4:03:01.13	14:18	2:32:41
500	2400 Pina, Diana	All About	SENF17	103	4:03:02.17	14:18	2:32:42
501	2371 SILVA, ZARA	PORTOCARGO	SENF17	104	4:03:50.93	14:21	2:33:31
502	2446 MARTINS, ANTONIO	PORTOCARGO	M40_17	87	4:03:51.33	14:21	2:33:31
503	2556 Peixoto, Aurora	FriendsRus	F40_17	29	4:08:21.99	14:37	2:38:02
504	2432 Lacerda, Paulo	Extreme Academy	M50_17	22	4:09:49.29	14:42	2:39:29
505	2023 fonseca, bruno	Individual	SENM17	260	4:09:54.12	14:42	2:39:34
506	2333 freitas, mara	Individual	SENF17	105	4:09:55.29	14:42	2:39:35
507	2219 Maravalhas, Daniel	Desafios	SENM17	261	4:11:10.94	14:47	2:40:51
508	2593 Campos, Luís	Desafios	SENM17	262	4:11:15.85	14:47	2:40:56
509	2218 Ferreira, Sergio	Desafios	SENM17	263	4:11:16.51	14:47	2:40:57
510	2220 Ferreira, Ivo	Desafios	SENM17	264	4:11:17.98	14:47	2:40:58
511	2375 Santos, Liliana	Desafios	SENF17	106	4:11:18.35	14:47	2:40:58
512	2358 Correia, Sofia	Individual	SENF17	107	4:21:34.52	15:23	2:51:15
513	2460 Pereira, Fernando	Individual	M40_17	88	4:21:36.50	15:23	2:51:17
514	2222 Costa, Roberto	Desafios	SENM17	265	4:26:40.02	15:41	2:56:20
515	2376 Carvalho, Patricia	Desafios	SENF17	108	4:26:41.23	15:41	2:56:21
516	2378 Mendes, Jani	Desafios	SENF17	109	4:26:42.88	15:41	2:56:23
517	2373 Sousa, Dilsa	Desafios	SENF17	110	4:26:42.93	15:41	2:56:23
518	2544 COSTA, ROSA	Individual	F50_17	4	4:30:03.94	15:53	2:59:44
519	2286 MARTINS, ANA	PORTOCARGO	SENF17	111	4:30:04.66	15:53	2:59:45
520	2413 Carmo, António	Individual	M50_17	23	4:30:06.25	15:53	2:59:46
521	2364 Santos, Tânia	C.C.D.T.C.M.Gondomar	SENF17	112	4:49:18.13	17:01	3:18:58
522	2334 Moreira, Marcia	Meninas do Trail	SENF17	113	4:49:19.18	17:01	3:18:59
523	2499 Bernardes, Paulo	Individual	M40_17	89	4:55:59.80	17:25	3:25:40
524	2480 TEIXEIRA, JOSE	PENTELHEIROS RUNNERS	M40_17	90	4:55:59.92	17:25	3:25:40