

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
1	PINHEIRO, DIOGO	614	OzXtreme/RDA	SenM23	2:19:43.87	06:05	
2	SANTOS, PEDRO	407	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	M40_23	2:22:26.57	06:12	00:02:43
3	CAMPOS, ANTÓNIO	447	CTM Vila Pouca de Aguiar	M40_23	2:22:27.12	06:12	00:02:43
4	MARTINS, ANTONIO	661	Centro Ciclista de Gondomar	M40_23	2:23:47.12	06:15	00:04:03
5	PINTO, PAULO	487	Individual	SenM23	2:27:45.57	06:25	00:08:02
6	BARBOSA, MANUEL	469	AMIGO	M40_23	2:28:02.60	06:26	00:08:19
7	ARAÚJO, MARCELO	512	ADCCJCLARKS	SenM23	2:28:45.14	06:28	00:09:01
8	FREITAS, JOAQUIM	325	Satcnosoultdoor_lasportiv	M40_23	2:31:00.92	06:34	00:11:17
9	SOUSA, VITOR	658	Centro Ciclista de Gondomar	M50_23	2:31:02.85	06:34	00:11:19
10	SILVA, LUÍS	677	CTAD - Trilhos de Cinfães	SenM23	2:35:15.48	06:45	00:15:31
11	SOARES, JOSÉ	486	GAIA TRAIL	SenM23	2:36:33.56	06:48	00:16:50
12	TAVARES, DAVID	656	Centro Ciclista de Gondomar	M50_23	2:36:40.29	06:49	00:16:56
13	FERREIRA, JOSÉ	573	Melres Trail Running - Ordem para Arrear	M50_23	2:37:09.66	06:50	00:17:26
14	MOTA, JOSE	459	NASCIDOS PARA CORRER	M50_23	2:37:46.83	06:52	00:18:03
15	GONÇALVES, JOÃO	444	CTM Vila Pouca de Aguiar	M50_23	2:39:42.50	06:57	00:19:59
16	FERREIRA, CARLOS	680	BTT Alegria	M40_23	2:41:47.90	07:02	00:22:04
17	SOARES, TIAGO	520	Moinhos Run - ADRM	SenM23	2:41:48.59	07:02	00:22:05
18	SOUSA, LUCINDA	568	Gondomar Futsal Clube	F40_23	2:41:49.80	07:02	00:22:06
19	PINTO, AMÉRICO	637	CCDTC.M.Gondomar	M50_23	2:44:30.51	07:09	00:24:47
20	BARBOSA, MANUEL	587	Copos e trilhos	SenM23	2:45:21.12	07:11	00:25:37
21	BARBOSA, JOAO	586	Copos e trilhos	SenM23	2:45:21.86	07:11	00:25:38
22	COSTA, AGOSTINHO	612	ARCORUN	M50_23	2:46:07.01	07:13	00:26:23
23	RIBEIRO, JOSÉ	653	Gondomar Futsal Clube	M40_23	2:46:42.53	07:15	00:26:59
24	PINTO, ANTÓNIO	644	Mocidade SanGemil AC	SenM23	2:47:09.06	07:16	00:27:25
25	GOMES, JORGE	306	ARCORUN	SenM23	2:47:42.58	07:18	00:27:59
26	MACHADO, PAULO	688	Dr. Merino/4moove	M40_23	2:47:49.62	07:18	00:28:06
27	ROCHA, ANTÓNIO	651	Gondomar Futsal Clube	M50_23	2:48:47.83	07:20	00:29:04
28	CARNEIRO, SÉRGIO	620	Descola	SenM23	2:50:41.98	07:25	00:30:58
29	FERREIRA, PAULO	583	Nocturnos de Paredes	M40_23	2:51:47.72	07:28	00:32:04
30	LEITE, JOÃO	683	Individual	SenM23	2:52:25.44	07:30	00:32:41
31	SOUSA, JORGE	514	Blasqem Runners	SenM23	2:53:20.67	07:32	00:33:37
32	FERNANDES, MARCO	477	GTT - ARMAZÉM DO CAFFÈ	SenM23	2:54:15.23	07:35	00:34:31
33	BORGES, ANTÓNIO	493	Porto Sentido Runners	M40_23	2:54:17.85	07:35	00:34:34
34	MONTEIRO, SÉRGIO	540	Sardonisca Runners	SenM23	2:54:32.44	07:35	00:34:48
35	SILVA, IVO	456	Associação Desportiva da Efacec	SenM23	2:54:55.54	07:36	00:35:12
36	MACHADO, ANDRE	602	Individual	SenM23	2:54:57.18	07:36	00:35:13
37	MENDES, FILIPE	453	Individual	SenM23	2:55:03.60	07:37	00:35:20
38	PEREIRA, RICARDO	434	Individual	SenM23	2:55:54.27	07:39	00:36:10
39	MEIRELES, GUILHERMINO	440	CTM Vila Pouca de Aguiar	M40_23	2:56:10.20	07:40	00:36:26
40	PECEGUEIRO, FERNANDO	571	Melres Trail Running - Ordem para Arrear	SenM23	2:57:52.13	07:44	00:38:08
41	REGUEIRAS, JOSÉ	643	Individual	M40_23	2:58:07.31	07:45	00:38:23
42	SARMENTO, PAULO	404	FFIT GAIA TRAIL	SenM23	2:59:10.69	07:47	00:39:27
43	CAROLO, JOÃO	600	Clube Zupper	SenM23	2:59:20.34	07:48	00:39:36
44	MADUREIRA, JOAQUIM	603	Clube Zupper	M40_23	2:59:20.40	07:48	00:39:36

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
45	SILVA, RAUL	432	Profisio Team	M40_23	3:00:03.22	07:50	00:40:19
46	SOUSA, BRUNO	446	CTM Vila Pouca de Aguiar	SenM23	3:00:39.49	07:51	00:40:55
47	SILVA, PAULO	599	Clube Zupper	SenM23	3:00:54.85	07:52	00:41:11
48	SOUSA, JOSÉ	565	São João da Serra	SenM23	3:00:56.38	07:52	00:41:12
49	MOREIRA, IMPERADOR	642	Individual	SenM23	3:01:05.74	07:52	00:41:22
50	VIANA, PEDRO	368	Factor X / S4L / Medense FC	SenM23	3:01:39.74	07:54	00:41:56
51	MOREIRA, VÍTOR	405	Factor X / S4L / Medense FC	SenM23	3:01:40.61	07:54	00:41:57
52	REIS, RUI	543	HSANTAMARIART	SenM23	3:02:08.37	07:55	00:42:24
53	COSTA, PAULO	687	A.D.Amarante Trail Running	SenM23	3:02:08.38	07:55	00:42:24
54	MENDES, ANTÓNIO	674	A.D.Amarante Trail Running	SenM23	3:02:08.70	07:55	00:42:25
55	GRILO, MANUEL	673	ARCORUN	M50_23	3:02:31.87	07:56	00:42:48
56	GONÇALVES, LUIS	518	Individual	M40_23	3:03:04.25	07:58	00:43:20
57	SANTOS, MIGUEL	521	Moinhos Run - ADRM	SenM23	3:04:17.80	08:01	00:44:34
58	FIGUEIREDO, RUI	463	Individual	SenM23	3:04:36.00	08:02	00:44:52
59	LOBO, LUIS	650	Individual	M40_23	3:05:25.92	08:04	00:45:42
60	SOUSA, ANA	421	Budeguita Runners	SenF23	3:05:32.80	08:04	00:45:49
61	BRANDAO, MANUEL	623	CYCLING GAIA TEAM	M40_23	3:05:37.30	08:04	00:45:53
62	SOUSA, CARLOS	445	CTM Vila Pouca de Aguiar	M40_23	3:05:43.58	08:05	00:46:00
63	MOTA, RUI	418	Factor X / S4L / Medense FC	M40_23	3:05:45.24	08:05	00:46:01
64	GUERRA, RICARDO	552	PAREDES AVENTURA	SenM23	3:07:21.03	08:09	00:47:37
65	JORGE, PAULO	615	Individual	SenM23	3:07:36.44	08:09	00:47:52
66	FERREIRA, MÁRIO	454	Associação Desportiva da Efacec	M40_23	3:08:54.84	08:13	00:49:11
67	SECA, MIGUEL	337	Shots International Runners	SenM23	3:08:55.71	08:13	00:49:12
68	LOPES, ALÍPIO	613	Individual	M50_23	3:09:00.25	08:13	00:49:16
69	FIGUEIREDO, ANDRÉ	391	Individual	M40_23	3:09:04.09	08:13	00:49:20
70	BARBOSA, FILIPE	598	Nocturnos de Paredes	SenM23	3:09:07.54	08:13	00:49:24
71	CRUZ, MIGUEL	458	Associação Desportiva da Efacec	SenM23	3:09:13.26	08:14	00:49:29
72	PIMENTA, GILBERTO	610	ORALKLASS - AMIGOS DO TRAIL	SenM23	3:09:18.66	08:14	00:49:35
73	ROCHA, FILIPE	618	Individual	SenM23	3:09:55.81	08:15	00:50:12
74	BARBOSA, MIGUEL	455	Associação Desportiva da Efacec	M40_23	3:10:40.47	08:17	00:50:56
75	SOBRAL, NUNO	494	Individual	SenM23	3:10:43.94	08:18	00:51:00
76	GUIMARAES, ALBERTO	303	Individual	M40_23	3:10:44.11	08:18	00:51:00
77	VILELA, SÉRGIO	441	CTM Vila Pouca de Aguiar	SenM23	3:10:47.73	08:18	00:51:04
78	FERREIRA, JOÃO	549	PAREDES AVENTURA	M50_23	3:10:47.87	08:18	00:51:04
79	CUNHA, MICAEL	485	GAIA TRAIL	SenM23	3:10:48.29	08:18	00:51:04
80	ANDRADE, VÍTOR	548	PAREDES AVENTURA	M40_23	3:10:48.36	08:18	00:51:04
81	GONÇALVES, EDUARDO	578	Melres Trail Running - Ordem para Arrear	M50_23	3:10:50.29	08:18	00:51:06
82	MANSO, ANTÓNIO	429	Individual	SenM23	3:11:50.20	08:20	00:52:06
83	GOMES, JOSÉ	572	Melres Trail Running - Ordem para Arrear	M40_23	3:11:53.81	08:21	00:52:10
84	CAMPOS, HELDER	363	Individual	SenM23	3:11:56.42	08:21	00:52:12
85	PARRACHO, HELDER	345	Individual	SenM23	3:12:44.96	08:23	00:53:01
86	MOITA, HUGO	619	Clube Zupper	SenM23	3:12:45.61	08:23	00:53:02
87	ROCHA, RUI	553	TEAM SHARK	M40_23	3:12:51.39	08:23	00:53:07
88	ANDRADE, LUÍS	570	Melres Trail Running - Ordem para Arrear	M40_23	3:13:05.01	08:24	00:53:21

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
89	TEIXEIRA, ANTÓNIO	381	Fridão Sem Limites	M50_23	3:13:09.88	08:24	00:53:26
90	MOREIRA, CLAUDIA	522	Moinhos Run - ADRM	SenF23	3:13:11.20	08:24	00:53:27
91	SILVA, HELDER	389	Os Atletas	SenM23	3:13:34.67	08:25	00:53:51
92	FERNANDES, ADELINO	478	GTT - ARMAZÉM DO CAFFÈ	M50_23	3:14:01.78	08:26	00:54:18
93	CORREIA, PAULO	461	Individual	M40_23	3:14:07.49	08:26	00:54:23
94	BARROS, BRUNO	628	A.D. Sebolido Trail Boneca Douro	SenM23	3:14:08.43	08:26	00:54:24
95	TEIXEIRA, CLEMENTE	681	Individual	M40_23	3:14:25.79	08:27	00:54:42
96	PEREIRA, MIGUEL	636	CCDTC.M.Gondomar	M40_23	3:14:38.70	08:28	00:54:55
97	ARAGAO, FRANCISCO	416	Individual	SenM23	3:14:43.27	08:28	00:54:59
98	SOUSA, AGOSTINHO	588	Kunalama Runners	M50_23	3:15:41.91	08:31	00:55:58
99	PEREIRA, RUI	671	Shots International Runners	SenM23	3:17:50.50	08:36	00:58:07
100	SILVA, CARLOS	484	S. S. MONTEPIO	M40_23	3:17:59.39	08:36	00:58:15
101	SANTOS, NUNO	476	G.D.Bairro Pescadores Matosinhos	M40_23	3:18:03.24	08:37	00:58:19
102	PINTO, FILIPE	545	BTT Alegria / TUBANI	SenM23	3:18:19.23	08:37	00:58:35
103	MARTINS, PAULO	534	Moinhos Run - ADRM	M40_23	3:18:25.37	08:38	00:58:41
104	SILVA, MARCOS	409	Individual	SenM23	3:19:21.66	08:40	00:59:38
105	MOURA, MIGUEL	355	Individual	M40_23	3:19:40.92	08:41	00:59:57
106	ARAÚJO, PAULO	510	A.D. Sebolido Trail Boneca Douro	SenM23	3:20:08.21	08:42	01:00:24
107	PEREIRA, JORGE	430	Profisio Team	SenM23	3:20:36.20	08:43	01:00:52
108	FIGUEIREDO, HUGO	633	PM	M40_23	3:20:48.98	08:44	01:01:05
109	SOUSA, JORGE	533	MSS CONTABILIDADE	M40_23	3:20:51.01	08:44	01:01:07
110	EUSEBIO, PAULO	300	Melres Trail Running - Ordem para Arrear	M40_23	3:21:34.69	08:46	01:01:51
111	PRATAS, PEDRO	551	PAREDES AVENTURA	M40_23	3:22:01.94	08:47	01:02:18
112	SOUSA, MIGUEL	580	Melres Trail Running - Ordem para Arrear	SenM23	3:22:08.42	08:47	01:02:24
113	SILVA, JOÃO	556	Equipa StrongBee Crossfit	SenM23	3:22:39.76	08:49	01:02:56
114	OLIVEIRA, JOÃO	452	Individual	SenM23	3:22:46.04	08:49	01:03:02
115	FERNANDES, ALEXANDRA	750	Individual	F40_23	3:22:46.54	08:49	01:03:03
116	MATOS, PEDRO	655	Gondomar Futsal Clube	M40_23	3:22:46.59	08:49	01:03:03
117	VAZ, NELSON	431	Profisio Team	SenM23	3:23:43.39	08:51	01:03:59
118	SOUSA, FERNANDO	581	Melres Trail Running - Ordem para Arrear	M40_23	3:23:50.08	08:52	01:04:06
119	SANTOS, SILVÉRIO	468	Clube Pessoal Aguas Gaia	M40_23	3:24:09.75	08:53	01:04:26
120	BORGES, JORGE	634	GTT - ARMAZÉM DO CAFFÈ	SenM23	3:24:38.11	08:54	01:04:54
121	CRUZ, PAULO	668	Individual	M40_23	3:25:08.23	08:55	01:05:24
122	FREITAS, NUNO	139	Individual	M40_23	3:25:26.89	08:56	01:05:43
123	ORGANISTA, JOSÉ	371	Individual	M40_23	3:25:50.43	08:57	01:06:06
124	MACHADO, PAULO	403	FFIT GAIA TRAIL	M40_23	3:26:04.36	08:58	01:06:20
125	GAMA, PAULO	654	Gondomar Futsal Clube	M40_23	3:26:12.57	08:58	01:06:29
126	COELHO, SÉRGIO	397	GTT - ARMAZÉM DO CAFFÈ	SenM23	3:26:16.49	08:58	01:06:32
127	MORIM, ONDINA	399	GTT - ARMAZÉM DO CAFFÈ	SenF23	3:26:17.38	08:58	01:06:33
128	NEVES, JOÃO	419	Factor X / S4L / Medense FC	M40_23	3:26:26.96	08:59	01:06:43
129	COSTA, ÂNGELO	439	CTM Vila Pouca de Aguiar	SenM23	3:26:31.52	08:59	01:06:48
130	RAPOSO, NUNO	560	Núcleo de Montanha de Espinho	SenM23	3:27:26.59	09:01	01:07:43
131	PINTO, MANUEL	375	Individual	M40_23	3:28:15.37	09:03	01:08:31
132	ALMEIDA, VITOR	500	All About	M50_23	3:28:15.64	09:03	01:08:32

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
133	LAGOA, PAULO	621	Budeguita Runners	M40_23	3:28:24.55	09:04	01:08:41
134	ALMEIDA, TIAGO	423	Budeguita Runners	M40_23	3:28:24.77	09:04	01:08:41
135	PEIXOTO, DANIEL	406	Factor X / S4L / Medense FC	SenM23	3:28:35.96	09:04	01:08:52
136	REIS, CARLOS	584	LEROY MERLIN TRAIL TEAM	M40_23	3:28:44.04	09:05	01:09:00
137	SOUSA, SIMÃO	519	Moinhos Run - ADRM	SenM23	3:29:17.94	09:06	01:09:34
138	FUNDO, EMANUEL	317	Monte dos Amigos /Juventude Ribeiras	SenM23	3:29:42.52	09:07	01:09:59
139	SOUSA, CRISTIANO	640	Individual	SenM23	3:29:47.13	09:07	01:10:03
140	SILVA, RAFAEL	513	A.D. Sebolido Trail Boneca Douro	SenM23	3:30:00.35	09:08	01:10:16
141	MOREIRA, HELDER	330	Individual	SenM23	3:30:12.73	09:08	01:10:29
142	MORAIS, ANDREIA	627	Somos Nós Team	SenF23	3:31:04.08	09:11	01:11:20
143	SOUSA, CÉSAR	438	CTM Vila Pouca de Aguiar	SenM23	3:31:07.85	09:11	01:11:24
144	CONCEIÇÃO, JOÃO	339	Individual	SenM23	3:31:25.78	09:12	01:11:42
145	VIEIRA, PEDRO	527	Moinhos Run - ADRM	M40_23	3:31:50.86	09:13	01:12:07
146	FIGUEIREDO, JOAO	576	Individual	SenM23	3:32:17.95	09:14	01:12:34
147	OLIVEIRA, FILIPE	460	Individual	SenM23	3:33:32.11	09:17	01:13:48
148	SILVA, JORGE	366	Individual	M40_23	3:33:41.71	09:17	01:13:58
149	BATEIRA, TANIA	145	PORTOCARGO	SenF23	3:33:44.34	09:18	01:14:00
150	MARTINS, MIGUEL	601	Individual	M40_23	3:34:35.77	09:20	01:14:52
151	MARTINS, HUGO	591	LA Zinco	SenM23	3:34:35.94	09:20	01:14:52
152	MOREIRA, LINO	646	Os Turbomula	M50_23	3:36:14.76	09:24	01:16:31
153	FERREIRA, MÁRIO	417	Factor X / S4L / Medense FC	M40_23	3:36:27.46	09:25	01:16:43
154	FERREIRA, GILBERTO	301	Individual	SenM23	3:36:29.68	09:25	01:16:46
155	PINTO, JOAQUIM	326	Monte dos Amigos /Juventude Ribeiras	M40_23	3:37:20.48	09:27	01:17:36
156	AIROSA, RUI	462	Budeguita Runners	M40_23	3:37:46.94	09:28	01:18:03
157	LEÃO, MARIA	496	Amigos do Pedal TrailLagares	SenF23	3:38:14.61	09:29	01:18:31
158	VERRAEEST, LIEVEN	535	Individual	M40_23	3:38:43.95	09:31	01:19:00
159	GONÇALVES, PEDRO	662	Individual	M40_23	3:38:54.43	09:31	01:19:10
160	MENDES, FERNANDO	663	Individual	M40_23	3:38:54.44	09:31	01:19:10
161	SANTOS, PEDRO	370	Factor X / S4L / Medense FC	SenM23	3:39:27.43	09:32	01:19:43
162	SOUSA, TIAGO	511	A.D. Sebolido Trail Boneca Douro	SenM23	3:39:28.27	09:33	01:19:44
163	RODRIGUES, AVELINO	491	Porto Sentido Runners	M40_23	3:39:42.79	09:33	01:19:59
164	NUNES, ALVARO	499	All About	M40_23	3:40:27.02	09:35	01:20:43
165	BASTOS, GIL	413	MARCAPASSO TRAIL TEAM	SenM23	3:40:28.19	09:35	01:20:44
166	RAMOS, JORGE	308	ARCORUN	SenM23	3:41:20.85	09:37	01:21:37
167	FERREIRA, AMILCAR	332	ARCORUN	M40_23	3:41:23.65	09:38	01:21:40
168	SILVA, RICARDO	617	Individual	SenM23	3:42:19.81	09:40	01:22:36
169	COELHO, TÂNIA	638	Individual	SenF23	3:42:35.32	09:41	01:22:51
170	ALVES, PAULO	639	Individual	SenM23	3:42:38.94	09:41	01:22:55
171	R., SILVIO	338	Individual	SenM23	3:43:10.01	09:42	01:23:26
172	SILVA, HELDER	589	LA Zinco	SenM23	3:43:11.43	09:42	01:23:27
173	OLIVEIRA, RODRIGO	380	Individual	SenM23	3:44:06.58	09:45	01:24:23
174	ALMEIDA, NUNO	318	Monte dos Amigos /Juventude Ribeiras	M40_23	3:44:11.82	09:45	01:24:28
175	PANTERA, RUI	597	clube aguas do norte	M40_23	3:44:38.16	09:46	01:24:54
176	VIDAL, JOAQUIM	465	Individual	M40_23	3:44:53.77	09:47	01:25:10

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
177	SANTOS, FRANCISCO	562	BARC	SenM23	3:45:48.10	09:49	01:26:04
178	GOMES, ANA	515	GAIA-RUNNING	SenF23	3:46:18.53	09:50	01:26:35
179	ARREPIA, LEVI	595	Individual	SenM23	3:46:25.11	09:51	01:26:41
180	FERREIRA, DANIELA	480	Nocturnos de Paredes	SenF23	3:46:59.03	09:52	01:27:15
181	SANTOS, JORGE	309	ARCORUN	M40_23	3:47:27.12	09:53	01:27:43
182	VILARINHO, PAULO	516	GAIA-RUNNING	M40_23	3:47:31.63	09:54	01:27:48
183	JORGE, FERNANDO	517	GAIA-RUNNING	M50_23	3:47:34.49	09:54	01:27:50
184	MOREIRA, CARLOS	392	Individual	SenM23	3:47:58.98	09:55	01:28:15
185	OLIVEIRA, RICARDO	501	All About	SenM23	3:48:47.52	09:57	01:29:04
186	MELO, PAULO	502	All About	M40_23	3:48:47.64	09:57	01:29:04
187	PEREIRA, MÁRIO	503	All About	M40_23	3:48:48.44	09:57	01:29:04
188	TERENCIO, LUIS	690	Individual	M40_23	3:49:05.28	09:58	01:29:21
189	SOUSA, ELÓI	497	Individual	SenM23	3:49:07.46	09:58	01:29:23
190	TEIXEIRA, MIGUEL	632	PM	M40_23	3:49:37.39	09:59	01:29:53
191	MATOS, HENRIQUE	659	Centro Ciclista de Gondomar	M40_23	3:49:39.44	09:59	01:29:55
192	PEREIRA, NUNO	470	AMIGO	SenM23	3:49:40.33	09:59	01:29:56
193	VIEIRA, FÁTIMA	585	Somos Nós Team	F50_23	3:49:59.05	10:00	01:30:15
194	BESSA, FILIPE	314	ARCORUN	SenM23	3:50:23.52	10:01	01:30:40
195	PINTO, JOSE	305	CICLISTAS CÓSMICOS - GISLÓTICA	M50_23	3:51:15.16	10:03	01:31:31
196	MOREIRA, RUI	536	Individual	M40_23	3:51:20.46	10:03	01:31:36
197	GONÇALVES, CARLA	482	Individual	F40_23	3:52:14.04	10:06	01:32:30
198	NUNES, PAULO	547	BTT Alegria / TUBANI	M40_23	3:52:15.75	10:06	01:32:32
199	GOMES, EMANUEL	379	Individual	SenM23	3:52:49.37	10:07	01:33:05
200	SÁ, ANTÓNIO	622	Individual	M40_23	3:52:50.39	10:07	01:33:06
201	NEVES, JOSE	685	Jose Miguel Neves	M50_23	3:52:58.69	10:08	01:33:15
202	MARQUES, NUNO	541	Individual	SenM23	3:53:14.00	10:08	01:33:30
203	BARROS, MIGUEL	311	ARCORUN	M40_23	3:53:32.21	10:09	01:33:48
204	NETO, HUGO	558	Nocturnos de Paredes	SenM23	3:53:32.38	10:09	01:33:48
205	FREITAS, CRISTINA	569	Melres Trail Running - Ordem para Arrear	F40_23	3:53:56.65	10:10	01:34:13
206	CHACIM, SÉRGIO	624	Nunca Mais Team	SenM23	3:54:17.34	10:11	01:34:33
207	CASTRO, NELSON	686	Individual	M40_23	3:54:17.50	10:11	01:34:34
208	SOARES, MARLENE	415	Individual	SenF23	3:57:09.53	10:19	01:37:26
209	FERREIRA, FERNANDO	539	Individual	M40_23	3:57:17.08	10:19	01:37:33
210	SANTOS, CARLOS	390	Individual	SenM23	3:57:28.34	10:19	01:37:44
211	MARTINS, PEDRO	749	Individual	SenM23	3:57:30.08	10:20	01:37:46
212	PAIVA, RICARDO	346	ARCORUN	SenM23	3:57:47.86	10:20	01:38:04
213	DUARTE, LIA	579	Melres Trail Running - Ordem para Arrear	SenF23	3:58:00.78	10:21	01:38:17
214	VIEIRA, DIANA	577	Melres Trail Running - Ordem para Arrear	SenF23	3:58:01.01	10:21	01:38:17
215	MARTINS, RICARDO	343	Individual	SenM23	3:58:41.55	10:23	01:38:58
216	NETO, VITOR	388	Os Atletas	M40_23	3:58:44.28	10:23	01:39:00
217	SILVANO, EDGAR	625	RUNNING WONDERS.COM	SenM23	3:58:45.30	10:23	01:39:01
218	PINHO, HUMBERTO	700	Porto Sentido Runners	M50_23	3:59:42.32	10:25	01:39:58
219	PEREIRA, MIGUEL	492	Porto Sentido Runners	M40_23	3:59:45.42	10:25	01:40:01
220	LOUREIRO, CARMO	427	Budeguita Runners	F40_23	3:59:54.41	10:26	01:40:10

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
221	MENDES, FERNANDO	488	TEAM SHARK	M40_23	4:01:36.00	10:30	01:41:52
222	BALDAIA, JOÃO	604	Ovar	SenM23	4:02:35.90	10:33	01:42:52
223	FERREIRA, MARIO	605	Ovar	SenM23	4:02:35.91	10:33	01:42:52
224	GOMES, HELENA	393	Moinhos Run - ADRM	F40_23	4:03:09.44	10:34	01:43:25
225	SILVA, RICARDO	354	TrepaTrilhos Trail Team	SenM23	4:03:31.19	10:35	01:43:47
226	MOTA, TIAGO	408	MARCAPASSO TRAIL TEAM	SenM23	4:03:36.69	10:36	01:43:53
227	SILVA, TIAGO	411	MARCAPASSO TRAIL TEAM	SenM23	4:03:38.78	10:36	01:43:55
228	OLIVEIRA, JOSÉ	364	TrepaTrilhos Trail Team	M40_23	4:03:52.85	10:36	01:44:09
229	LEBRE, RUI	342	Tartarugas do Asfalto	M40_23	4:03:54.93	10:36	01:44:11
230	LEMOS, LÚCIA	443	CTM Vila Pouca de Aguiar	F50_23	4:04:21.96	10:37	01:44:38
231	FERNANDES, BRUNO	667	BOAVISTA KICKBOXING	SenM23	4:05:03.59	10:39	01:45:20
232	PINHO, RICARDO	670	BOAVISTA KICKBOXING	SenM23	4:05:04.74	10:39	01:45:21
233	MATOS, SANDRA	660	Centro Ciclista de Gondomar	F40_23	4:05:53.20	10:41	01:46:09
234	RODRIGUES, NUNO	422	Budeguita Runners	M40_23	4:06:38.46	10:43	01:46:54
235	BPI, JORGE	464	Individual	M40_23	4:08:16.80	10:48	01:48:33
236	ARANTES, PEDRO	475	G.D.Bairro Pescadores Matosinhos	SenM23	4:08:22.52	10:48	01:48:39
237	MAGALHAES, HUGO	507	All About	SenM23	4:08:41.78	10:49	01:48:58
238	CORREIA, RUI	564	BARC	M40_23	4:08:58.17	10:49	01:49:14
239	MARTINS, ALEJANDRA	400	Individual	SenF23	4:09:27.81	10:51	01:49:44
240	ROTHES, MIGUEL	401	Individual	SenM23	4:09:28.50	10:51	01:49:44
241	PAULA, CLAUDIA	489	TEAM SHARK	SenF23	4:09:45.16	10:52	01:50:01
242	PINHO, HERMÍNIO	372	Individual	M40_23	4:09:45.54	10:52	01:50:02
243	SILVA, RICARDO	340	Individual	M40_23	4:10:01.39	10:52	01:50:17
244	MENDES, JOSÉ	592	Individual	M40_23	4:10:18.23	10:53	01:50:34
245	SILVA, PEDRO	451	BootSeals	SenM23	4:12:03.74	10:58	01:52:20
246	COUTO, ALEXANDRA	357	TrepaTrilhos Trail Team	SenF23	4:12:06.92	10:58	01:52:23
247	SOUSA, SUSANA	531	TrepaTrilhos Trail Team	F40_23	4:12:07.06	10:58	01:52:23
248	FONSECA, VÍTOR	689	Individual	SenM23	4:12:17.63	10:58	01:52:34
249	ALMEIDA, TIAGO	425	Budeguita Runners	M40_23	4:14:00.48	11:03	01:54:16
250	ABRANTES, PAULO	563	BARC	SenM23	4:14:08.32	11:03	01:54:24
251	MARQUES, JOSÉ	351	Os Finos	M40_23	4:14:29.79	11:04	01:54:46
252	MELO, PEDRO	312	ARCORUN	M50_23	4:16:58.08	11:10	01:57:14
253	MOREIRA, DANIEL	537	Individual	SenM23	4:16:58.51	11:10	01:57:15
254	SANTOS, ANTONIO	359	Individual	SenM23	4:17:29.64	11:12	01:57:46
255	NEVES, PEDRO	341	Individual	SenM23	4:19:11.16	11:16	01:59:27
256	OLIVEIRA, HELDER	457	Associação Desportiva da Efacec	SenM23	4:19:48.65	11:18	02:00:05
257	SOUSA, GILBERTO	529	Cais nas Pedras	SenM23	4:19:53.05	11:18	02:00:09
258	SILVA, JOAQUIM	483	Individual	SenM23	4:21:52.97	11:23	02:02:09
259	CUNHA, MARIA	566	Individual	SenF23	4:21:53.66	11:23	02:02:10
260	PEREIRA, FERNANDO	490	TrepaTrilhos Trail Team	M50_23	4:22:28.89	11:25	02:02:45
261	RIBEIRO, LUCIO	412	MARCAPASSO TRAIL TEAM	M40_23	4:22:29.07	11:25	02:02:45
262	LOPES, ELISA	532	TrepaTrilhos Trail Team	F50_23	4:22:40.95	11:25	02:02:57
263	DOMINGUES, NELSON	361	Nunca Mais Team	M40_23	4:22:45.40	11:25	02:03:01
264	PAULO, ROLANDO	616	Trail Running BTT Sanguedo	M40_23	4:22:52.35	11:26	02:03:08

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
265	MACHADO, DANIEL	302	Os Fugitivos da Crise	SenM23	4:22:52.36	11:26	02:03:08
266	ALMEIDA, CARLOS	374	Individual	M50_23	4:23:38.36	11:28	02:03:54
267	DIAS, ANA	424	Budeguita Runners	F40_23	4:23:38.51	11:28	02:03:55
268	DIAS, HELENA	426	Budeguita Runners	F40_23	4:23:38.84	11:28	02:03:55
269	AMORIM, TIAGO	428	Budeguita Runners	M40_23	4:23:38.99	11:28	02:03:55
270	CERQUEDA, HELENA	590	LA Zinco	SenF23	4:24:16.97	11:29	02:04:33
271	PEREIRA, ANDREA	385	Bardinos dos Montes	SenF23	4:24:48.54	11:31	02:05:05
272	FERREIRA, PEDRO	395	Bardinos dos Montes	SenM23	4:24:48.93	11:31	02:05:05
273	MOREIRA, FILIPE	629	Individual	SenM23	4:25:36.10	11:33	02:05:52
274	CARDOSO, SIMÃO	631	Individual	SenM23	4:25:38.38	11:33	02:05:54
275	COELHO, JOSÉ	630	Individual	SenM23	4:25:38.40	11:33	02:05:54
276	DIAS, RUI	594	BootSeals	SenM23	4:25:38.50	11:33	02:05:55
277	MONTEIRO, LUZINHA	356	TrepaTrilhos Trail Team	SenF23	4:26:26.38	11:35	02:06:42
278	SOUSA, VÍTOR	369	Factor X / S4L / Medense FC	M40_23	4:26:27.24	11:35	02:06:43
279	FERREIRA, MÁRCIO	373	Individual	SenM23	4:26:32.18	11:35	02:06:48
280	FONSECA, RICARDO	387	Os Atletas	SenM23	4:28:08.60	11:40	02:08:25
281	MARTINS, ROSANA	694	refugiados com reumatico	SenF23	4:28:53.76	11:41	02:09:10
282	FREITAS, NUNO	693	refugiados com reumatico	SenM23	4:28:54.70	11:42	02:09:11
283	FREITAS, MARA	692	refugiados com reumatico	SenF23	4:28:57.05	11:42	02:09:13
284	CRISTINA, PAULA	449	BootSeals	F50_23	4:29:23.11	11:43	02:09:39
285	RIBEIRO, PAULA	471	BootSeals	F40_23	4:29:24.00	11:43	02:09:40
286	LEAL, TIAGO	450	Individual	M40_23	4:32:15.30	11:50	02:12:31
287	SILVA, JOANA	691	GAIA TRAIL	SenF23	4:32:16.32	11:50	02:12:32
288	LEITE, JORGE	307	ARCORUN	M40_23	4:32:50.39	11:52	02:13:06
289	BARROS, ANTÓNIO	479	Individual	SenM23	4:32:57.26	11:52	02:13:13
290	RAMOS, RICARDO	396	Bardinos dos Montes	SenM23	4:33:00.32	11:52	02:13:16
291	SILVA, JOAO	669	Individual	M50_23	4:33:00.91	11:52	02:13:17
292	OLIVEIRA, MANUEL	378	Leões de Tardariz Trail	M40_23	4:33:39.26	11:54	02:13:55
293	BARROS, ANDRÉ	386	Os Atletas	SenM23	4:34:41.12	11:57	02:14:57
294	TAVARES, SUSANA	626	Susana Tavares	F40_23	4:36:40.23	12:02	02:16:56
295	FIGUEIREDO, PEDRO	530	Bardinos dos Montes	SenM23	4:40:16.99	12:11	02:20:33
296	A., JOEL	384	TrepaTrilhos Trail Team	SenM23	4:41:35.70	12:15	02:21:52
297	GONÇALVES, ABEL	362	Individual	SenM23	4:41:39.14	12:15	02:21:55
298	GOMES, JORGE	684	Melres Trail Running - Ordem para Arrear	SenM23	4:42:29.44	12:17	02:22:45
299	FREIRE, ALCIDES	679	Os Turbomula	M40_23	4:43:11.04	12:19	02:23:27
300	BARBOSA, MONICA	546	Tartarugas do Asfalto	SenF23	4:45:00.75	12:24	02:25:17
301	FERREIRA, RUI	472	Individual	M40_23	4:46:12.95	12:27	02:26:29
302	SOUSA, FRANCISCA	365	Individual	SenF23	4:47:07.93	12:29	02:27:24
303	FERREIRA, PAULO	402	PORTOCARGO	M40_23	4:48:31.23	12:33	02:28:47
304	VAZ, JORGE	672	Individual	SenM23	4:49:02.75	12:34	02:29:19
305	MARQUES, HELDER	382	Individual	SenM23	4:49:51.09	12:36	02:30:07
306	GOMES, VERA	607	Melres Trail Running - Ordem para Arrear	F40_23	4:50:12.52	12:37	02:30:29
307	CORREIA, FILIPE	606	Melres Trail Running - Ordem para Arrear	M40_23	4:50:13.45	12:37	02:30:29
308	SILVA, BRUNO	748	Individual	M40_23	4:50:27.16	12:38	02:30:43

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
309	PEREIRA, FERNANDO	352	Os Finos	M40_23	4:51:28.67	12:40	02:31:45
310	PEREIRA, LUIS	353	Os Finos	M40_23	4:51:29.71	12:40	02:31:46
311	SCHUMACHER, LUIS	350	Os Finos	M40_23	4:51:40.88	12:41	02:31:57
312	FONSECA, ARTUR	322	Individual	SenM23	4:51:41.50	12:41	02:31:57
313	CRUZ, JORGE	611	Individual	M40_23	4:51:43.61	12:41	02:32:00
314	GONÇALVES, DINA	675	FFIT GAIA TRAIL	F40_23	4:51:47.52	12:41	02:32:04
315	TORRES, TINO	481	ARCORUN	SenM23	4:54:50.42	12:49	02:35:06
316	MARQUES, ALEXANDRA	367	Individual	F40_23	4:56:28.31	12:53	02:36:44
317	LOUREIRO, BRUNO	420	Individual	SenM23	5:02:04.27	13:08	02:42:20
318	PACHECO, RAQUEL	347	Individual	SenF23	5:07:04.77	13:21	02:47:21
319	OLIVEIRA, ANA	609	Individual	SenF23	5:07:04.96	13:21	02:47:21
320	BERNARDES, PEDRO	608	Individual	SenM23	5:07:07.60	13:21	02:47:24
321	CARIA, CARLA	665	Moreira Relax Runners	F40_23	5:07:47.17	13:23	02:48:03
322	RIBEIRO, EVA	324	Monte dos Amigos /Juventude Ribeiras	F40_23	5:15:39.40	13:43	02:55:55
323	GUEDES, PAULA	327	Monte dos Amigos /Juventude Ribeiras	SenF23	5:15:40.44	13:43	02:55:56
324	ALMEIDA, ROSA	315	Monte dos Amigos /Juventude Ribeiras	SenF23	5:15:42.65	13:44	02:55:59
325	PORTUGAL, MARIA	561	Tartarugas do Asfalto	F40_23	5:26:53.74	14:13	03:07:10
326	QUEIRÓS, EDNA	582	Individual	F40_23	5:26:59.03	14:13	03:07:15
327	VALENTE, ANDREIA	641	Os caga tacos running team	SenF23	5:27:00.87	14:13	03:07:17
328	FREITAS, EDUARDA	682	Budeguita Runners	F40_23	5:34:00.70	14:31	03:14:17
329	SISTELO, JOSE	495	Individual	SenM23	6:02:40.55	15:46	03:42:57
330	BARROS, ISABEL	635	Individual	SenF23	6:02:41.61	15:46	03:42:58
331	BALTAZAR, ADÍLIA	678	Individual	F40_23	6:04:45.32	15:52	03:45:01
332	MAGALHAES, FERNANDA	506	All About	F40_23	6:04:46.99	15:52	03:45:03