

#	Nome	Escalão	Equipa	Tempo	#GERAL	#ESCALÃO
83	João Cruz	MASC-SEN-M18	CB RUN	01:06:17	1	1
57	Joaquim Silva	MASC-VET-M40	Adosa - Os Santa Apolónia	01:06:42	2	1
221	Damien Mataigne	MASC-SEN-M18	Os Santa Apolonia	01:06:49	3	2
122	Ricardo Oliveira	MASC-SEN-M18	Habcarpintaria	01:08:51	4	3
208	Armindo Araujo	MASC-VET-M50	Liberdade Futebol Clube	01:11:07	5	1
143	Rui Pinto	MASC-VET-M40		01:11:22	6	2
74	Marco Santos	MASC-SEN-M18	Team Corpos 3	01:11:48	7	4
180	José Ferreira	MASC-SEN-M18	Rumo Aventura	01:11:58	8	5
217	Cesar Mariz	MASC-SEN-M18		01:12:57	9	6
132	Manuel Ferreira	MASC-VET-M50	GD Airão Curviã	01:13:01	10	2
152	Daniel Silva	MASC-VET-M40	Minho Aventura	01:13:05	11	3
168	Sérgio Pereira	MASC-SEN-M18	ErmidaFit	01:13:49	12	7
185	Rui Costa	MASC-SEN-M18	HABCarpintaria	01:15:47	13	8
214	André Costa	MASC-SEN-M18	Corredores da Noite	01:15:53	14	9
148	Jose Peixoto	MASC-VET-M40	Sabores do campo	01:15:58	15	4
62	Eduardo Xavier	MASC-SEN-M18	Magic friends reunnrs	01:16:17	16	10
17	Joaquim Dinis	MASC-VET-M40	Adosa - Os Santa Apolónia	01:16:38	17	5
8	Bruno Rodrigues	MASC-SEN-M18		01:16:54	18	11
94	Albino Vieira	MASC-VET-M50	Café Príncipe	01:16:59	19	3
205	Narciso Machado	MASC-VET-M50	PROFISIO TEAM	01:17:58	20	4
184	José Antonio Rodrigues Sousa	MASC-SEN-M18	HABCarpintaria	01:18:03	21	12
45	Joaquim Coelho	MASC-VET-M50	Escola de Atletismo Rosa Oliveira	01:18:10	22	5
93	Pedro Fernandes	MASC-SEN-M18	Amigos Do Empeno - Trail Running	01:18:19	23	13
5	Manuel Carvalho	MASC-VET-M40		01:19:24	24	6
32	Adriano Ferreira	MASC-SEN-M18	AD Carril	01:19:40	25	14
117	Carlos Sousa	MASC-VET-M50	Magic friends reunnrs	01:19:50	26	6
95	Agostinho Teixeira Teixeira	MASC-SEN-M18		01:20:45	27	15
55	Artur Costa Ferreira	MASC-VET-M40	GTRD	01:21:11	28	7
187	António Machado	MASC-VET-M50	por joane	01:21:21	29	7
114	José Costa Costa	MASC-VET-M40	AD.CARRIL	01:21:40	30	8
166	Ricardo Pais	MASC-SEN-M18	ErmidaFit	01:21:46	31	16
59	David Ferreira	MASC-SEN-M18	Amigos Do Empeno - Trail Running	01:23:14	32	17
67	Domingos Araújo	MASC-VET-M40	Rumo Aventura	01:23:24	33	9
203	Rui patricio Teixeira Goncalves	MASC-VET-M40		01:23:44	34	10
81	Ricardo Meira	MASC-VET-M40	Adosa - Os Santa Apolónia	01:23:55	35	11
33	Paulo Ribeiro	MASC-VET-M40	Dragon Club	01:23:58	36	12
191	Alexandre Ribeiro	MASC-SEN-M18	RonfeACorrer	01:24:10	37	18
24	João Ribeiro	MASC-SEN-M18	Honra Team	01:24:20	38	19
157	Vasco Costa	MASC-SEN-M18		01:24:33	39	20
189	Nelson Oliveira	MASC-SEN-M18	Escola Atletismo Rosa Oliveira	01:24:49	40	21
119	Hugo Sampaio	MASC-SEN-M18	Habcarpintaria	01:24:51	41	22
52	Augusto Gomes	MASC-VET-M40	ARPO	01:24:52	42	13
85	José Costa	MASC-VET-M40		01:24:54	43	14
175	Rosa Maria Teixeira Oliveira	FEMI-VET-M40		01:25:02	44	1

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104	José Filipe Figueiredo	MASC-SEN-M18		01:25:19	45	23
139	Paulo Carvalho	MASC-VET-M50		01:25:23	46	8
98	Mateus Carvalho	MASC-SEN-M18		01:25:24	47	24
44	artur mendes	MASC-VET-M50		01:25:30	48	9
215	Rogério Abreu	MASC-VET-M40	AD.Carril	01:25:31	49	15
125	Bruno Sampaio	MASC-SEN-M18	Habcarpintaria	01:25:43	50	25
141	Miguel Silva	MASC-VET-M40	Minho Aventura	01:25:54	51	16
182	Paulo André Felix Correia	MASC-SEN-M18	HABCarpintaria	01:26:08	52	26
220	Manuel Ribeiro	MASC-VET-M50		01:26:10	53	10
37	Bruno Lopes	MASC-SEN-M18		01:26:15	54	27
178	Nelson Ferreira	MASC-SEN-M18	CB RUN	01:26:19	55	28
35	Veronica Moreira	FEMI-SEN-M18		01:26:25	56	1
197	Sérgio Oliveira	MASC-VET-M40	Airão Trail Team	01:26:32	57	17
112	Joao Barros	MASC-VET-M40	Devasta trilhos	01:26:34	58	18
210	Nelson Miguel Faria Vaz	MASC-SEN-M18	Profisio Team	01:27:13	59	29
209	Mário Araujo Ribeiro Costa	MASC-VET-M40	Profisio Team	01:27:16	60	19
16	Rui Pereira	MASC-SEN-M18		01:27:18	61	30
136	Jose Costa	MASC-SEN-M18	BarejoTeam	01:27:20	62	31
49	Mario Lima	MASC-VET-M50		01:28:07	63	11
18	Carla Oliveira	FEMI-SEN-M18	Adosa - Os Santa Apolónia	01:28:11	64	2
89	Ricardo Mendes	MASC-SEN-M18	BAREJO TEAM	01:28:30	65	32
30	Roberto Silva	MASC-SEN-M18	berço do papel	01:29:20	66	33
27	Nuno Baptista	MASC-SEN-M18		01:29:22	67	34
38	Jose Freitas	MASC-VET-M40	Ad.Pedome	01:29:37	68	20
72	Sandra Mesquita	FEMI-VET-M40	Adosa - Os Santa Apolónia	01:30:18	70	2
186	xavier oliveira	MASC-VET-M40	por joane	01:30:18	69	21
31	Jorge Machado	MASC-VET-M50	Adosa - Os Santa Apolónia	01:30:20	71	12
20	Paulo Moura	MASC-SEN-M18	Honra Team	01:30:37	72	35
56	Bruno Rafael	MASC-SEN-M18		01:30:52	73	36
216	Luisa Monteiro	FEMI-VET-M40		01:30:53	74	3
71	Gabriel Silva	MASC-SEN-M18	Dragon Club	01:31:03	75	37
22	Paulo Pinto	MASC-SEN-M18	Honra Team	01:31:18	76	38
96	Roberto Machado	MASC-SEN-M18	Invidial	01:31:20	77	39
110	Bruno Grilo	MASC-SEN-M18		01:31:30	78	40
54	Jose Augusto Rocha Lopes	MASC-SEN-M18	Team Devesa	01:31:44	79	41
192	Marisa Salgado	FEMI-SEN-M18	RonfeACorrer	01:31:53	80	3
78	Manuel Costa	MASC-VET-M50	Super2000	01:31:54	81	13
53	Pedro Catarino	MASC-SEN-M18	Dragon Club	01:32:03	82	42
159	Casimiro Tavares	MASC-VET-M50	Corredores da noite	01:32:44	83	14
193	Paulo Saldanha	MASC-VET-M50	por joane	01:33:34	84	15
218	Vítor Martins	MASC-VET-M40	Associação Cuidar Amar Educar	01:33:37	85	22
3	Vasco Faria	MASC-SEN-M18	CB RUN	01:33:40	86	43
219	Adolfo Ferreira	MASC-VET-M50	Associação Cuidar Amar Educar	01:34:05	87	16
171	Silvério Pereira	MASC-VET-M40	ErmidaFit	01:34:26	88	23

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196	Nuno Alves	MASC-SEN-M18	Airão Trail Team	01:34:30	89	44
19	Filipe Machado	MASC-SEN-M18		01:34:46	90	45
176	José Humberto de Oliveira	MASC-VET-M40		01:34:50	91	24
222	Filipe Lopes	MASC-SEN-M18	Os Santa Apolonia	01:34:57	92	46
179	Rui Filipe Costa Machado	MASC-SEN-M18		01:35:10	94	47
118	Elson Carvalho	MASC-SEN-M18	Habcarpintaria	01:35:10	93	48
63	Mafalda Reis	FEMI-SEN-M18	Team corpos 3	01:36:34	95	4
7	Manuel Couto	MASC-VET-M50		01:36:38	96	17
77	Carlos Alberto	MASC-VET-M50		01:36:51	97	18
23	Fábio Ferreira	MASC-SEN-M18	Honra Team	01:37:02	98	49
144	Patrícia Carvalho	FEMI-SEN-M18	Amigos Do Empeno - Trail Running	01:38:05	99	5
126	Bruno Marques	MASC-SEN-M18	Habcarpintaria	01:38:32	100	50
64	José Paulo Sá Oliveira	MASC-VET-M50	FITCLUB ATC	01:38:38	101	19
36	Armindo Fernandes	MASC-VET-M50		01:39:01	102	20
133	Orlando Alves	MASC-VET-M40	Regadas Runners	01:39:09	103	25
75	José Fernandes	MASC-VET-M40	Solo	01:39:10	104	26
90	Silvia Pereira	FEMI-SEN-M18	Barejo Team	01:39:26	105	6
88	Jose Mendes	MASC-VET-M40	BAREJO TEAM	01:39:27	106	27
131	Vitor costa Costa	MASC-SEN-M18	O que queremos e monte	01:39:44	107	51
190	Jose Moreira	MASC-VET-M50		01:39:46	108	21
28	Celina Silva	FEMI-SEN-M18	ASSOCIAÇÃO FIGUEIREDO .S RUNNER .S AND FRIENDS	01:39:51	109	7
213	José Armando Rodrigues	MASC-VET-M40	Super2000	01:41:44	110	28
111	Eduardo Guimaraes	MASC-SEN-M18	Pluri Run	01:41:50	111	52
167	Pedro Agrelos	MASC-VET-M40		01:42:09	112	29
113	Leonel Martins	MASC-VET-M40		01:42:31	113	30
14	Rui Carvalho	MASC-VET-M50		01:42:34	114	22
15	Nelson Noval	MASC-VET-M40		01:42:35	115	31
223	Carlos Simões	MASC-VET-M50		01:43:30	116	23
140	Hugo Peixoto	MASC-SEN-M18	CB RUN	01:44:14	117	53
181	Nuno Manuel Silva Ferreira	M-SEM-ESCALAO	HABCarpintaria	01:44:21	118	1
164	jose luis Moreira	MASC-VET-M50	LOJA STAFF	01:44:36	119	24
120	André Sampaio	MASC-SEN-M18	Habcarpintaria	01:44:54	120	54
162	Tiago Jose Carvalho	M-SEM-ESCALAO	ACV Andebol	01:44:58	121	2
155	José Filipe Fernandes Oliveira	MASC-SEN-M18		01:45:16	122	55
68	Nilda Magalhaes	FEMI-VET-M50	Individual	01:45:18	123	1
212	Ana Paula Freitas Ferreira	FEMI-VET-M40	SUPER2000	01:45:30	124	4
4	Luis Dias	MASC-SEN-M18		01:46:20	125	56
50	Davide Silva	MASC-SEN-M18	Copo Runners & Friends	01:46:58	126	57
51	Mário Macedo	MASC-SEN-M18	Copo Runners & Friends	01:47:00	127	58
21	Rafael Moura	MASC-SEN-M18	Honra Team	01:49:33	128	59
6	José Teixeira Teixeira	MASC-VET-M50		01:49:44	129	25
91	Vitor Ribeiro	MASC-SEN-M18	CB RUN	01:49:50	130	60
87	Sergio Vieira	MASC-SEN-M18	CB RUN	01:49:51	131	61
135	Sandra Pinto	FEMI-SEN-M18		01:51:01	132	8

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211	Liliana Silva	FEMI-SEN-M18		01:51:18	133	9
172	Manuel Marinho	MASC-VET-M50		01:51:20	134	26
195	Carla Dias	FEMI-SEN-M18	República dos Tesos	01:52:12	135	10
194	Hilário Matos	MASC-SEN-M18	República dos Tesos	01:52:13	136	62
207	Ana Monteiro	FEMI-SEN-M18	Dumiense Xallenge Runners	01:52:43	137	11
73	Paulo Gomes	MASC-SEN-M18	Pluri Run	01:52:45	138	63
127	Vitor Araujo	MASC-SEN-M18	Habcarpintaria	01:53:25	139	64
121	Ricardo Costa	MASC-SEN-M18	Habcarpintaria	01:53:27	140	65
200	Joao Pacheco	M-SEM-ESCALAO	ACV Andebol	01:53:47	141	3
137	Sofia Cardoso	FEMI-SEN-M18	BarejoTeam	01:54:03	142	12
100	Hilario Ribeiro	MASC-VET-M40	Biclasfriends	01:54:04	143	32
160	Augusto Pinto	MASC-VET-M50		01:54:09	144	27
69	Adelino Fernandes	MASC-VET-M50		01:54:11	145	28
86	Margarida Pinto	FEMI-VET-M40		01:54:44	146	5
99	Francisco Silva	MASC-VET-M40	Biclasfriends	01:54:53	147	33
170	Anabela Gonçalves	FEMI-VET-M40	ErmidaFit	01:55:03	148	6
142	Ana Carneiro	FEMI-VET-M40	Minho Aventura	01:55:59	149	7
107	JOÃO SOUSA	MASC-SEN-M18	2 + 3	01:56:35	150	66
108	SÉRGIO ALVES	MASC-SEN-M18	2 + 3	01:56:57	151	67
61	Susana Azevedo	FEMI-SEN-M18	Team Lantemil	01:58:08	152	13
206	Aniceto Marques	MASC-VET-M40	Dumiense Xallenge Runners	01:58:10	153	34
76	Nuno Oliveira	MASC-SEN-M18	CB RUN	01:58:57	154	68
92	Aurelino Ribeiro	MASC-SEN-M18	CB RUN	01:58:58	155	69
150	Vitor Rodrigues	MASC-SEN-M18	Os Rodrigues	01:59:02	156	70
43	Fátima Costa	FEMI-VET-M40		01:59:07	157	8
156	Javier Montiel	MASC-SEN-M18		02:00:09	158	71
115	Susana Moreira	FEMI-VET-M40	Formiguinhas	02:00:32	159	9
10	Catia Moreira	FEMI-SEN-M18	CRteam	02:02:07	160	14
11	Ricardo Silva	MASC-SEN-M18	CRteam	02:02:09	161	72
65	Cristina Silva	FEMI-VET-M40	Ad.Pedome	02:03:06	162	10
66	Ana Sousa	FEMI-SEN-M18	Ad.Pedome	02:03:12	163	15
202	Gustavo Azevedo	MASC-VET-M40	CORRERIAS	02:04:39	164	35
145	Miguel Moraes	MASC-SEN-M18	Os Benjamins	02:04:59	165	73
147	Marta Pimentel	FEMI-SEN-M18	Os Benjamins	02:05:02	166	16
146	Ricardo Pereira	MASC-SEN-M18	Os Benjamins	02:05:03	167	74
80	Ricardo Pimenta	MASC-VET-M40		02:05:20	168	36
138	Carlos Magalhaes	MASC-VET-M50		02:06:10	169	29
42	Vânia Costa	FEMI-SEN-M18		02:06:17	170	17
128	Paulo Oliveira	MASC-SEN-M18	Habcarpintaria	02:07:55	171	75
183	Ricardo André Neto Amorim	MASC-SEN-M18	HABCarpintaria	02:08:20	172	76
151	Sérgio Moreira	MASC-SEN-M18		02:08:26	173	77
102	Patrícia Magalhães	FEMI-SEN-M18	Squadra Di Potenza	02:09:02	174	18
103	Paulo Cardoso	MASC-SEN-M18	Squadra Di Potenza	02:09:04	175	78
48	Juliana Dias	FEMI-SEN-M18		02:09:08	176	19

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101	João Machado	MASC-SEN-M18	Squadra Di Potenza	02:09:09	177	79
70	DARIO CRUZ	MASC-VET-M40		02:11:02	178	37
109	PATRÍCIA LIMA	FEMI-VET-M40	2 + 3	02:12:07	179	11
165	Diana Moura	FEMI-VET-M40	Dive into the mountains	02:12:30	180	12
58	Fátima Azevedo	FEMI-VET-M40	ACV - Vermoim	02:13:13	181	13
149	Mª João Marques	MASC-SEN-M18	Os Rodrigues	02:13:15	182	80
82	Elsa Silva	FEMI-SEN-M18	CB RUN	02:17:42	183	20
177	Aurora Cardoso	FEMI-VET-M50	Speed Running	02:18:06	184	2
97	Paula Alves	FEMI-SEN-M18	ProFisio Team	02:20:09	185	21
12	Dália Costa	FEMI-SEN-M18	100FILTRO	02:21:39	186	22
13	Fernando Azevedo	MASC-SEN-M18	100FILTRO	02:21:40	187	81
46	Ricardo Lopes	MASC-SEN-M18	100filtro	02:21:45	188	82
130	Marcela Fernandes	FEMI-SEN-M18		02:24:27	189	23
84	Diogo Barros	MASC-VET-M40	CB RUN	02:24:35	190	38
105	RAQUEL ALMEIDA	FEMI-VET-M40	2 + 3	02:25:52	191	14
106	PEDRO MACHADO	MASC-VET-M40	2 + 3	02:25:53	192	39
174	Sandra Oliveira	FEMI-VET-M40		02:26:46	193	15
173	Sandra Machado	FEMI-VET-M40		02:26:53	194	16
153	Sofia Oliveira	FEMI-SEN-M18	Manas Oliveira	02:48:12	195	24
154	Catarina Oliveira	FEMI-SEN-M18	Manas Oliveira	02:48:15	196	25
34	Tiago Oliveira	MASC-SEN-M18		02:51:27	197	83
201	Manuela Costa	FEMI-VET-M40	Correrias	02:51:35	198	17
169	Carina Cardoso	FEMI-VET-M40	Speed Running	02:51:36	199	18
199	Carlos gomes	MASC-SEN-M18	Remax joane	99:99:99	9999	9999
134	Carla Machado	FEMI-VET-M40	Regadas Runners	99:99:99	9999	9999
163	Xavier Mendes	MASC-VET-M40	CB RUN	99:99:99	9999	9999
1	José Castro	MASC-SEN-M18		99:99:99	9999	9999
161	Claudio Oliveira	MASC-VET-M40	trunfosolido	99:99:99	9999	9999
2	José Carlos Dias	MASC-VET-M50	CTAD - trilhos de cinfães	99:99:99	9999	9999
29	Ricardo Quintas	MASC-SEN-M18	Visão Textil Team	99:99:99	9999	9999
224	Rosa Machado	MASC-VET-M40		99:99:99	9999	9999
41	Isabel Afonso de Sá	FEMI-SEN-M18		99:99:99	9999	9999
79	António Oliveira	MASC-SEN-M18		99:99:99	9999	9999
124	Joana Sampaio	FEMI-SEN-M18	Habcarpintaria	99:99:99	9999	9999
26	Ricardo Miguel silva	MASC-SEN-M18		99:99:99	9999	9999
25	Hugo Ribeiro	MASC-SEN-M18		99:99:99	9999	9999
40	Anabela Silva Silva	FEMI-VET-M40	Anabela Silva	99:99:99	9999	9999
39	Ernesto De Freitas	MASC-VET-M40	CB RUN	99:99:99	9999	9999
129	Agostinho Pedrosa	MASC-VET-M50	Habcarpintaria	99:99:99	9999	9999
9	Daniel Soares	MASC-SEN-M18		99:99:99	9999	9999
188	Francisco Melo	MASC-VET-M40	por joane	99:99:99	9999	9999
123	Daniela Azevedo	FEMI-SEN-M18	Habcarpintaria	99:99:99	9999	9999
158	Vasco Andre Magalhaes	MASC-SEN-M18		99:99:99	9999	9999
204	Jose Antonio Ferreira Araujo	MASC-VET-M40		99:99:99	9999	9999

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116	Daniela Gonçalves	FEMI-SEN-M18	Formiguinhas	99:99:99	9999	9999
60	Paulo Ribeiro	MASC-SEN-M18	Team Devesa	99:99:99	9999	9999
47	Sónia Santos	FEMI-SEN-M18	A D ESMERIZ RUNNING	99:99:99	9999	9999
198	Carlos Gomes	MASC-SEN-M18	Remax joane	99:99:99	9999	9999