

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
1	GOMES, RUI	648	Douroconta - Gabinete de Apoio e Contabilidade	15M40	1:26:32.23	05:46	
2	LEAL, FERNANDO	582	Amigos do Pedal Trail de Lagares	15M50	1:26:39.67	05:47	00:00:08
3	LEAL, CARLOS	842	TRAIL TEAM CASA DAS REPARAÇÕES	15SEM	1:27:28.21	05:50	00:00:56
4	NEVES, MIGUEL	581	ORALKLASS - AMIGOS DO TRAIL	15SEM	1:27:48.00	05:51	00:01:16
5	SOARES, ROGERIO	843	TRAIL TEAM CASA DAS REPARAÇÕES	15SEM	1:29:38.07	05:59	00:03:06
6	MAIA, ANTÔNIO	915		15SEM	1:29:42.68	05:59	00:03:11
7	PINTO, MÁRCIO	781	Trinca Orelhas de Gato	15SEM	1:30:00.41	06:00	00:03:28
8	PARENTE, DIOGO	753	Douroconta - Gabinete de Apoio e Contabilidade	15SEM	1:30:17.16	06:01	00:03:45
9	CAMILO, EDUARDO	879		15SEM	1:30:28.40	06:02	00:03:56
10	SANTOS, CRISTIANO	761		15SEM	1:31:01.83	06:04	00:04:30
11	OLIVEIRA, JOÃO	61	Trinca Orelhas de Gato	15SEM	1:34:37.04	06:18	00:08:05
12	PEREIRA, SÉRGIO	564	ErmidaFit	15SEM	1:38:36.36	06:34	00:12:04
13	GOMES, JOSÉ	689	ACJ Mozinho	15M55	1:38:44.84	06:35	00:12:13
14	PAIS, RICARDO	563	ErmidaFit	15SEM	1:39:14.97	06:37	00:12:43
15	MOREIRA, ALFREDO	500		15M40	1:41:26.52	06:46	00:14:55
16	NEVES, LEONEL	515	Aliança de Gandra	15M40	1:44:06.27	06:56	00:17:34
17	BARROSO, JOSE	865	Baltar TrailRunners	15SEM	1:44:30.17	06:58	00:17:58
18	ROCHA, RICARDO	839	FAST AO KM	15M40	1:44:38.01	06:59	00:18:06
19	DUARTE, TELMA	562	ErmidaFit	15SEF	1:44:46.08	06:59	00:18:14
20	MONTEIRO, CLÁUDIO	931	Douroconta - Gabinete de Apoio e Contabilidade	15M40	1:46:06.22	07:04	00:19:34
21	BRITO, ALEXANDRE	835	TRAIL TEAM CASA DAS REPARAÇÕES	15M40	1:47:54.52	07:12	00:21:23
22	SÉRGIO, #Func!	503	10TEMIDOS	15SEM	1:48:05.54	07:12	00:21:34
23	SOUSA, MARCO	863	Baltar TrailRunners	15SEM	1:48:07.02	07:12	00:21:35
24	SOARES, ROSA	519	Aliança de Gandra	15F50	1:48:48.17	07:15	00:22:16
25	OLIVEIRA, FERNANDO	509	Trinca Orelhas de Gato	15M40	1:49:05.74	07:16	00:22:34
26	SANTOS, MÁRIO	880	Kunalama Runners	15SEM	1:49:13.16	07:17	00:22:41
27	SILVA, JOSÉ	826	PDS	15M55	1:49:18.18	07:17	00:22:46
28	PINTO, BRUNO	833	Nova Linha TRAIL Runners	15SEM	1:49:25.32	07:18	00:22:53
29	MONTEIRO, CARLOS	606	Nova Linha TRAIL Runners	15SEM	1:49:46.61	07:19	00:23:15
30	FERNANDES, JOSE	750	Gdccastelo de paiva	15SEM	1:50:06.99	07:20	00:23:35
31	ROCHA, ANDRE	837		15SEM	1:51:26.70	07:26	00:24:55
32	FREITAS, JOSÉ	605	Nova Linha TRAIL Runners	15M40	1:53:10.00	07:33	00:26:38
33	SILVA, AGOSTINHO	719	OsFazConta	15M55	1:53:22.31	07:33	00:26:50
34	PEREIRA, FERNANDO	794	Trinca Orelhas de Gato	15M40	1:53:48.27	07:35	00:27:16
35	GOMES, SÉRGIO	779	Trinca Orelhas de Gato	15M40	1:54:45.35	07:39	00:28:13
36	BESSA, RUI	773	Sob Efeito Trail	15SEM	1:55:10.06	07:41	00:28:38
37	MOURA, RAÚL	763		15SEM	1:55:31.89	07:42	00:29:00
38	VINHAS, CARLOS	734	Nocturnos de Paredes	15M50	1:55:37.93	07:43	00:29:06
39	SOUSA, HUGO	897	Tecla 3 RUNNERS	15SEM	1:55:38.51	07:43	00:29:07
40	SILVA, LUCÍLIA	896	Tecla 3 RUNNERS	15SEF	1:55:38.67	07:43	00:29:07
41	CUNHA, ALBERTINA	913	Nocturnos de Paredes	15SEF	1:55:44.00	07:43	00:29:12
42	TEIXEIRA, JUCA	536	BTT Alegria // TUBANI	15M40	1:55:56.84	07:44	00:29:25
43	MOREIRA, NATALIA	522	Aliança de Gandra	15F40	1:56:41.24	07:47	00:30:09
44	MESQUITA, JOSÉ	883		15M50	1:56:49.36	07:47	00:30:17
45	FERREIRA, NUNO	630	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	15SEM	1:56:59.68	07:48	00:30:28

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
46	BELIAGO, JORGE	785	Trinca Orelhas de Gato	15S23M	1:57:22.92	07:50	00:30:51
47	SOARES, MARLENE	34		25SEF	4:38:18.45	11:08	02:08:17
48	PAULO, LUIS	561	RESISTENTES	15M50	1:57:49.00	07:51	00:31:17
49	MARTINS, PEDRO	677		15M40	1:58:56.36	07:56	00:32:24
50	MACHADO, ARMANDO	836	TRAIL TEAM CASA DAS REPARAÇÕES	15M40	1:58:56.49	07:56	00:32:24
51	MARQUES, TOMÉ	629	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	15SEM	1:59:08.10	07:57	00:32:36
52	CORREIA, JOSÉ	738	Nocturnos de Paredes	15SEM	1:59:08.43	07:57	00:32:36
53	TEIXEIRA, FILIPE	853	Merenguita	15SEM	1:59:16.00	07:57	00:32:44
54	ROCHA, AGOSTINHO	851	Merenguita	15M50	1:59:18.51	07:57	00:32:47
55	DURÃES, EMANUEL	800	SAI DA FRENTE	15M40	2:00:30.76	08:02	00:33:59
56	ROCHA, CARLOS	759	SAI DA FRENTE	15M40	2:00:34.76	08:02	00:34:03
57	MACHADO, FERNANDA	516	Aliança de Gandra	15SEF	2:00:36.80	08:02	00:34:05
58	RIBEIRO, PAULO	666	10TEMIDOS	15M40	2:00:37.73	08:03	00:34:06
59	VIEIRA, TIAGO	817		15SEM	2:00:38.63	08:03	00:34:07
60	SOARES, JOAQUIM	532	BTT Alegria // TUBANI	15M40	2:00:43.09	08:03	00:34:11
61	MARQUES, HÉLDER	772	Sob Efeito Trail	15M40	2:00:48.96	08:03	00:34:17
62	NEVES, DANIEL	825		15SEM	2:00:59.78	08:04	00:34:28
63	MOREIRA, ANTÓNIO	830		15M40	2:01:41.89	08:07	00:35:10
64	COSTA, FRANCISCO	382		15SEM	2:03:11.01	08:13	00:36:39
65	AZEVEDO, ANTÓNIO	754	Douroconta - Gabinete de Apoio e Contabilidade	15M40	2:03:18.22	08:13	00:36:46
66	JOSÉ, MIGUEL	905	Ases dos Copos	15SEM	2:03:30.03	08:14	00:36:58
67	MACHADO, PAULO	933	Dr. Merino/4moove	15M40	2:03:31.10	08:14	00:36:59
68	CASTRO, TIAGO	692	10TEMIDOS	15SEM	2:03:41.67	08:15	00:37:10
69	SANTOS, NUNO	932		15SEM	2:03:48.11	08:15	00:37:16
70	ALMEIDA, RUI	847	Nocturnos de Paredes	15M40	2:04:11.07	08:17	00:37:39
71	REIS, PAULO	895		15M50	2:04:29.49	08:18	00:37:57
72	PINTO, MARIA	600	Nova Linha TRAIL Runners	15F40	2:04:35.06	08:18	00:38:03
73	NUNES, CLÁUDIO	765		15SEM	2:04:46.94	08:19	00:38:15
74	GRAÇA, PAULO	748		15M50	2:05:14.22	08:21	00:38:42
75	FERREIRA, PAULO	559	RESISTENTES	15M40	2:05:40.31	08:23	00:39:08
76	PEREIRA, TIAGO	939		15SEM	2:05:52.69	08:24	00:39:21
77	MOREIRA, ANTÓNIO	917		15SEM	2:07:03.17	08:28	00:40:31
78	VIEIRA, DANIEL	607	Nova Linha TRAIL Runners	15M40	2:07:21.38	08:29	00:40:49
79	SOUSA, VICENTE	778	Trinca Orelhas de Gato	15SEM	2:07:44.86	08:31	00:41:13
80	ROCHA, BRUNO	557		15SEM	2:08:05.73	08:32	00:41:34
81	SILVA, DANIEL	910		15SEM	2:08:40.36	08:35	00:42:08
82	SOUSA, MARCO	807	BTT Alegria // TUBANI	15SEM	2:08:57.61	08:36	00:42:26
83	PERA, SANDRA	770	Gondomar Futsal Clube	15SEF	2:09:24.79	08:38	00:42:53
84	ROCHA, AGOSTINHO	831	CTT II	15M40	2:10:38.67	08:43	00:44:07
85	SILVA, HELDER	704	LA ZINCO	15SEM	2:11:11.62	08:45	00:44:40
86	COELHO, JOEL	868		15SEM	2:11:17.95	08:45	00:44:46
87	SILVA, SALETTE	655	Nocturnos de Paredes	15F40	2:11:57.67	08:48	00:45:26
88	VENÂNCIO, VITOR	829		15M40	2:12:03.04	08:48	00:45:31
89	RIBEIRO, ANTÓNIO	884		15M50	2:12:03.36	08:48	00:45:31
90	HERDEIRO, FÁTIMA	722		15SEF	2:12:03.86	08:48	00:45:32

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91	RIBEIRO, FILIPE	909	BTT's & RUNNING	15SEM	2:12:42.19	08:51	00:46:10
92	DIAS, SILVIO	786	Trinca Orelhas de Gato	15M40	2:13:11.64	08:53	00:46:40
93	FONSECA, ANDRÉ	591	CARREIROS TEAM	15S23M	2:13:29.26	08:54	00:46:57
94	SILVA, LUIS	709	LA ZINCO	15S23M	2:13:38.26	08:55	00:47:06
95	SOUSA, JOAQUIM	813	Kitty team	15M55	2:14:37.92	08:59	00:48:06
96	ROCHA, ABILIO	874	Kitty team	15SEM	2:14:38.94	08:59	00:48:07
97	PEREIRA, MÁRCIO	628	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	15SEM	2:14:59.51	09:00	00:48:28
98	DINIZ, RUI	806	Os Marcha em Frente	15M40	2:15:20.38	09:01	00:48:48
99	FERREIRA, CARLOS	678	Autistic Runners /Luis Mota Automoveis	15M40	2:15:24.09	09:02	00:48:52
100	FERREIRA, CIDÁLIA	601	Nova Linha TRAIL Runners	15F40	2:15:28.00	09:02	00:48:56
101	DELGADO, BRUNO	792	Marco Trail	15SEM	2:15:44.59	09:03	00:49:13
102	LOUREIRO, JOSE	870	AutisticRunners / Luis Mota Automoveis	15M55	2:15:50.60	09:03	00:49:19
103	SILVA, CRISTIANO	877		15SEM	2:16:14.97	09:05	00:49:43
104	BARBOSA, HELDER	715	LA ZINCO	15SEM	2:16:26.38	09:06	00:49:54
105	MIMOSO, BRUNO	755		15SEM	2:17:56.01	09:12	00:51:24
106	ROCHA, ADÃO	622	BTT Alegria // TUBANI	15M50	2:18:11.29	09:13	00:51:39
107	COSTA, SÉRGIO	568	Lusos XXI	15SEM	2:18:12.54	09:13	00:51:41
108	GOMES, CARMINDO	567	Nocturnos de Paredes	15M40	2:18:14.08	09:13	00:51:42
109	NUNES, PAULO	6	BTT Alegria // TUBANI	15M40	2:18:33.58	09:14	00:52:02
110	NETO, HUGO	928	Nocturnos de Paredes	15SEM	2:18:49.69	09:15	00:52:18
111	SILVA, BRUNO	925		15SEM	2:18:56.55	09:16	00:52:25
112	FONSECA, WILSON	663	10TEMIDOS	15M40	2:19:11.94	09:17	00:52:40
113	NETO, HEITOR	914	Os2hoRas	15SEM	2:19:26.63	09:18	00:52:55
114	DINIS, SÉRGIO	764	Usf-ts	15SEM	2:20:37.07	09:22	00:54:05
115	FERREIRA, DANIEL	858		15M40	2:21:05.33	09:24	00:54:33
116	NEVES, EGÍDIO	919		15SEM	2:21:22.50	09:26	00:54:51
117	BARTS, BRUNO	881	Kunalama Runners	15M40	2:21:30.33	09:26	00:54:58
118	PINTO, FERNANDA	776	Domrealce	15SEF	2:21:43.73	09:27	00:55:12
119	SECA, JOAQUIM	584	Alto relevo	15M50	2:22:17.82	09:29	00:55:46
120	TEIXEIRA, PEDRO	832	Imperium Fitness	15SEM	2:24:07.59	09:37	00:57:36
121	BESUEGA, #Func!	556	Tartarugas	15M40	2:26:22.63	09:46	00:59:51
122	MENDES, TONY	572	BTT Alegria // TUBANI	15M40	2:27:31.60	09:50	01:01:00
123	MONTEIRO, MARTINHO	609	Nova Linha TRAIL Runners	15M50	2:28:01.35	09:52	01:01:29
124	LOPES, PAULO	587	CARREIROS TEAM	15SEM	2:28:16.47	09:53	01:01:44
125	MOREIRA, MIGUEL	849	Mountain Runners	15S23M	2:28:47.01	09:55	01:02:15
126	TAVARES, ALCINO	795	Trinca Orelhas de Gato	15M40	2:29:49.54	09:59	01:03:18
127	MARTINS, CARLOS	577	Orange Team	15SEM	2:29:50.51	09:59	01:03:19
128	BARBOSA, PEDRO	578	Orange Team	15SEM	2:29:50.83	09:59	01:03:19
129	LOURENÇO, ANA	574	Orange Team	15SEF	2:29:51.40	09:59	01:03:19
130	SANTOS, MARIA	641		15F55	2:29:53.12	10:00	01:03:21
131	SOUSA, CATARINA	575	Orange Team	15SEF	2:30:01.02	10:00	01:03:29
132	BARBOSA, IRENE	824	Copos e trilhos	15F40	2:31:17.12	10:05	01:04:45
133	RIBEIRO, GRAÇA	893	Nocturnos de Paredes	15F55	2:31:29.12	10:06	01:04:57
134	LEITE, JOÃO	732	Nocturnos de Paredes	15M40	2:31:30.29	10:06	01:04:58
135	LEÃO, BRUNO	762		15SEM	2:31:50.88	10:07	01:05:19

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136	OLIVEIRA, FILIPE	592	CARREIROS TEAM	15SEM	2:32:30.27	10:10	01:05:58
137	FERREIRA, SOFIA	535	BTT Alegria // TUBANI	15SEF	2:32:30.41	10:10	01:05:58
138	ANDRADE, SÉRGIO	935		15SEM	2:32:31.47	10:10	01:05:59
139	FERREIRA, HUGO	804		15SEM	2:32:31.62	10:10	01:06:00
140	SILVA, FERNANDO	697		15SEM	2:32:32.37	10:10	01:06:00
141	ESTÊVÃO, MÁRIO	621		15SEM	2:32:32.71	10:10	01:06:01
142	COELHO, SÉRGIO	610		15SEM	2:32:37.53	10:11	01:06:06
143	CARVALHO, ANDRE	907	Ases dos Copos	15SEM	2:33:05.92	10:12	01:06:34
144	SOARES, PAULINA	908		15F50	2:33:07.23	10:12	01:06:35
145	NOGUEIRA, JOAQUIM	902	TRAIL TEAM CASA DAS REPARAÇÕES	15M50	2:33:13.70	10:13	01:06:42
146	TEIXEIRA, JOSÉ	864	Somos Nós Team	15M50	2:33:31.67	10:14	01:07:00
147	MONTEIRO, PEDRO	727	Team super índios trail	15SEM	2:33:36.39	10:14	01:07:04
148	CARVALHO, JORGE	560	RESISTENTES	15M40	2:33:59.84	10:16	01:07:28
149	COSTA, MIGUEL	787	Trinca Orelhas de Gato	15M40	2:35:13.91	10:21	01:08:42
150	GOMES, PEDRO	788	Trinca Orelhas de Gato	15M40	2:35:13.97	10:21	01:08:42
151	FERREIRA, MANUEL	940		15M50	2:36:11.74	10:25	01:09:40
152	CARDOSO, RUI	749		15S23M	2:36:13.14	10:25	01:09:41
153	SOUSA, JOÃO	929		15SEM	2:36:40.70	10:27	01:10:09
154	CASTELO, BRUNO	694	Os Aventureiros	15SEM	2:36:41.09	10:27	01:10:09
155	SANTOS, VANESSA	696	Os Aventureiros	15SEF	2:36:42.06	10:27	01:10:10
156	FREITAS, TIAGO	681	Nova Linha TRAIL Runners	15SEM	2:37:07.88	10:29	01:10:36
157	CRUZ, IRIA	775	Domrealce	15F50	2:38:43.93	10:35	01:12:12
158	MAGALHAES, ANTONIO	679	Autistic Runners /Luis Mota Automoveis	15M55	2:38:45.82	10:35	01:12:14
159	MONTEIRO, DIANA	604	Nova Linha TRAIL Runners	15SEF	2:38:46.54	10:35	01:12:15
160	GONÇALVES, JOSÉ	854	Merenguita	15M50	2:39:15.42	10:37	01:12:43
161	MACHADO, PAULO	834	TRAIL TEAM CASA DAS REPARAÇÕES	15SEM	2:39:32.05	10:38	01:13:00
162	BARBOSA, MÁRIO	520	Aliança de Gandra	15M40	2:39:41.58	10:39	01:13:10
163	LOPES, RICARDO	589	CARREIROS TEAM	15SEM	2:39:42.24	10:39	01:13:10
164	LEAL, JOAQUIM	828	PAPATRAILS	15M40	2:40:16.91	10:41	01:13:45
165	CARVALHO, ANDREIA	705	LA ZINCO	15SEF	2:40:26.62	10:42	01:13:55
166	LEAL, FERNANDA	514	Aliança de Gandra	15F40	2:40:27.38	10:42	01:13:55
167	NEVES, ISABEL	513	Aliança de Gandra	15F40	2:40:28.18	10:42	01:13:56
168	FERREIRA, JOANA	710	LA ZINCO	15S23F	2:40:28.80	10:42	01:13:57
169	ALVES, MAFALDA	542	PAPATRAILS	15SEF	2:41:17.04	10:45	01:14:45
170	LEÃO, FERNANDA	730	Nocturnos de Paredes	15F40	2:41:21.30	10:45	01:14:49
171	SILVA, ANA	808	Kitty team	15SEF	2:41:27.64	10:46	01:14:56
172	CORDEIRO, CÉU	903		15SEF	2:41:28.02	10:46	01:14:56
173	SILVA, RICARDO	840	10TEMIDOS	15SEM	2:41:30.80	10:46	01:14:59
174	VALE, JOEL	904		15SEM	2:41:31.41	10:46	01:14:59
175	CAMPANHÃ, ANA	662	10TEMIDOS	15SEF	2:41:31.79	10:46	01:15:00
176	MOREIRA, CARINA	742	Nocturnos de Paredes	15SEF	2:41:33.25	10:46	01:15:01
177	MARAFONA, HUGO	676	Os Não Menos	15SEM	2:41:44.36	10:47	01:15:12
178	FERNANDES, ANA	866		15F40	2:41:52.89	10:48	01:15:21
179	VASCONCELOS, MIRIAN	502		15F40	2:42:58.22	10:52	01:16:26
180	FERREIRA, MANUEL	501		15M55	2:42:59.73	10:52	01:16:28

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181	OLIVEIRA, PEDRO	774	Sob Efeito Trail	15SEM	2:43:09.92	10:53	01:16:38
182	PEREIRA, DANIEL	735	Nocturnos de Paredes	15M40	2:43:29.37	10:54	01:16:57
183	TEIXEIRA, NUNO	638		15SEM	2:43:45.29	10:55	01:17:13
184	NUNES, PAULO	861		15M40	2:44:15.00	10:57	01:17:43
185	ROCHA, MANUEL	862		15M55	2:44:17.32	10:57	01:17:45
186	MAGALHÃES, RICARDO	878		15SEM	2:44:28.12	10:58	01:17:56
187	SOARES, SÉRGIO	700	Prosel TEAM	15SEM	2:45:19.44	11:01	01:18:47
188	NEVES, MIGUEL	767		15SEM	2:46:29.56	11:06	01:19:58
189	DUARTE, BRIGIDA	718	OsFazConta	15SEF	2:46:30.20	11:06	01:19:58
190	SILVA, JOÃO	827	PDS	15SEM	2:46:53.00	11:08	01:20:21
191	MOUTINHO, MARIA	894	Nocturnos de Paredes	15SEF	2:47:47.88	11:11	01:21:16
192	ROCHA, CRISTINA	814	Kitty team	15F40	2:48:12.26	11:13	01:21:40
193	COELHO, SANDRA	818	Kitty team	15F40	2:48:17.91	11:13	01:21:46
194	MOREIRA, JORGE	890	Top 7	15SEM	2:48:56.88	11:16	01:22:25
195	LEMONS, SANDRA	891	Top 7	15SEF	2:48:59.03	11:16	01:22:27
196	PINTO, FILIPE	731	Nocturnos de Paredes	15SEM	2:49:11.76	11:17	01:22:40
197	BARROS, ANTÓNIO	918	Nocturnos de Paredes	15M40	2:50:51.94	11:23	01:24:20
198	FERREIRA, HORACIO	684	Generosos Runners	15SEM	2:50:53.09	11:24	01:24:21
199	FERREIRA, JOEL	793	Trinca Orelhas de Gato	15SEM	2:51:09.75	11:25	01:24:38
200	FERREIRA, MARIA	873		15F55	2:51:28.00	11:26	01:24:56
201	PINTO, RICARDO	726	Team super índios trail	15SEM	2:51:49.38	11:27	01:25:17
202	SOLSA, CÉSAR	725	Team super índios trail	15SEM	2:51:51.62	11:27	01:25:20
203	PESTANA, ANA	618		15F40	2:52:09.81	11:29	01:25:38
204	LEAL, ANTÓNIO	852	Merenguita	15M55	2:53:21.44	11:33	01:26:49
205	TEIXEIRA, VITOR	547	PAPATRAILS	15SEM	2:53:34.19	11:34	01:27:02
206	SILVA, DULCINEIA	635		15F50	2:54:10.50	11:37	01:27:40
207	ALVES, JOSE	545	PAPATRAILS	15M40	2:57:54.18	11:52	01:31:22
208	PINTO, PATRÍCIA	528	BTT Alegria // TUBANI	15SEF	2:58:30.28	11:54	01:31:58
209	ALMEIDA, MÓNICA	537	BTT Alegria // TUBANI	15F40	2:58:58.57	11:56	01:32:27
210	OLIVEIRA, ESTELA	544	PAPATRAILS	15SEF	2:59:44.73	11:59	01:33:13
211	PINTO, CRISTINA	529	BTT Alegria // TUBANI	15F40	3:00:53.52	12:04	01:34:22
212	TEIXEIRA, NATERCIA	617	Generosos Runners	15SEF	3:00:56.54	12:04	01:34:25
213	CRUZ, SILVIA	871		15SEF	3:00:59.14	12:04	01:34:27
214	MACHADO, PEDRO	633		15M40	3:01:02.47	12:04	01:34:30
215	ALMEIDA, RAQUEL	632		15SEF	3:01:05.24	12:04	01:34:33
216	PINHO, NELSON	721	Os coxos	15M40	3:01:17.29	12:05	01:34:45
217	MATOS, BRUNO	720	Os coxos	15SEM	3:01:18.28	12:05	01:34:46
218	SOLSA, VITOR	590	CARREIROS TEAM	15SEM	3:01:18.78	12:05	01:34:47
219	SOLSA, JOEL	588	CARREIROS TEAM	15SEM	3:01:19.05	12:05	01:34:47
220	SILVA, DIANA	702	Avelino	15SEF	3:01:54.10	12:08	01:35:22
221	FERREIRA, MANUELA	855	Merenguita	15F40	3:01:55.02	12:08	01:35:23
222	RAMOS, JOAQUIM	857		15M40	3:03:13.71	12:13	01:36:42
223	RAMOS, SANDRA	856		15SEF	3:03:25.79	12:14	01:36:54
224	VENTURA, ANA	887	Top 7	15SEF	3:04:05.83	12:16	01:37:34
225	SILVA, CATIA	859	danados	15SEF	3:06:45.36	12:27	01:40:13

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
226	ALMEIDA, SUSANA	611	DANADOS	15SEF	3:06:45.57	12:27	01:40:14
227	COELHO, RUI	626	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	15M40	3:06:48.46	12:27	01:40:16
228	SOARES, ROSA	597		15F40	3:07:31.19	12:30	01:40:59
229	NOGUEIRA, ELISABETE	596		15F40	3:07:32.10	12:30	01:41:00
230	SILVA, FRANCISCO	576	Orange Team	15SEM	3:09:10.93	12:37	01:42:39
231	COELHO, EUNICE	876	Marco Trail	15SEF	3:12:13.55	12:49	01:45:42
232	VIEIRA, ANDREA	875	Marco Trail	15SEF	3:12:14.13	12:49	01:45:42
233	CARDOSO, JOÃO	882	CTAD-Trilhos de Cinfães	15SEM	3:12:16.98	12:49	01:45:45
234	MOREIRA, ORIANA	585	Pupis	15SEF	3:13:06.76	12:52	01:46:35
235	SANTOS, RAQUEL	586	Pupis	15SEF	3:13:07.31	12:52	01:46:35
236	CASTELO, FERNANDA	695	Os Aventureiros	15SEF	3:15:57.54	13:04	01:49:26
237	FERREIRA, MIGUEL	924	BTT Alegria // TUBANI	15SEM	3:21:27.31	13:26	01:54:55
238	ALMEIDA, CRISTINA	821		15SEF	3:23:17.42	13:33	01:56:45
239	SOUSA, ALEXANDRA	809	Kitty team	15F40	3:25:50.98	13:43	01:59:19
240	SOUSA, ALZIRA	812	Kitty team	15F50	3:25:57.37	13:44	01:59:25
241	FERNANDES, LUIS	613	DANADOS	15SEM	3:33:35.06	14:14	02:07:03
242	SILVA, ANITA	614	DANADOS	15SEF	3:33:38.26	14:15	02:07:06
243	SILVA, PAULA	573	BTT Alegria // TUBANI	15SEF	3:37:46.71	14:31	02:11:15
244	AZEVEDO, ANTONIO	539		15SEM	3:38:04.13	14:32	02:11:32
245	LEMONS, LUCIA	885	Top 7	15SEF	3:40:15.96	14:41	02:13:44
246	LEMONS, JULIANA	886	Top 7	15SEF	3:40:16.87	14:41	02:13:45
247	RAMOS, FÁTIMA	518	Aliança de Gandra	15F40	3:40:44.43	14:43	02:14:12
248	SOARES, JOANA	521	Aliança de Gandra	15SEF	3:41:11.76	14:45	02:14:40
249	SILVA, RUI	701	Avelino	15M55	3:42:25.97	14:50	02:15:54
250	SILVA, RUI	660		15SEM	3:50:20.53	15:21	02:23:49
251	CARDOSO, DANIELA	659		15SEF	3:50:21.18	15:21	02:23:49
252	FERREIRA, TÂNIA	728	Nocturnos de Paredes	15SEF	3:53:36.02	15:34	02:27:04
253	SILVA, ANDREIA	729	Nocturnos de Paredes	15SEF	3:53:38.42	15:35	02:27:06
254	SILVA, PEDRO	743	Nocturnos de Paredes	15SEM	3:53:41.47	15:35	02:27:09
255	FERREIRA, ANDREIA	620	CARREIROS TEAM	15SEF	4:01:02.63	16:04	02:34:31
256	FERREIRA, SUSANA	619	CARREIROS TEAM	15SEF	4:01:02.85	16:04	02:34:31
257	SOARES, CLÁUDIA	711	CARREIROS TEAM	15SEF	4:01:02.85	16:04	02:34:31
258	MOTA, MARIA	811	Kitty team	15SEF	4:07:38.61	16:31	02:41:07
259	BARBOSA, CARLOS	656	DANADOS	15SEM	4:07:39.46	16:31	02:41:07
260	AZEVEDO, ANA	538		15SEF	4:07:39.74	16:31	02:41:08
261	SILVA, FILOMENA	815	Kitty team	15F40	4:07:40.09	16:31	02:41:08
262	MOURA, CLAUDIA	657	10TEMIDOS	15SEF	4:07:41.99	16:31	02:41:10
263	SOARES, PAULO	802	Os resistentes	15SEM	4:09:13.78	16:37	02:42:42
264	SILVA, ANDREIA	783	Os resistentes	15SEF	4:09:15.46	16:37	02:42:43
265	NETO, FERNANDO	784	Os resistentes	15SEM	4:09:16.05	16:37	02:42:44
266	SOARES, VERA	801	Os resistentes	15SEF	4:09:17.88	16:37	02:42:46
267	FERREIRA, ANDRÉ	640		15SEM	4:29:09.26	17:57	03:02:37
268	RIBEIRO, PATRÍCIA	639		15SEF	4:29:10.48	17:57	03:02:38
269	FERREIRA, VÍTOR	899	Pão em casa	15SEM	4:31:13.01	18:05	03:04:41
270	CASTRO, ILDA	898	Pão em casa	15SEF	4:32:32.13	18:10	03:06:00

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271	SOUSA, DANIEL	533	BTT Alegria // TUBANI	15SEM	4:43:00.94	18:52	03:16:29
272	ANTUNES, ILDA	747		15F40	4:46:40.13	19:07	03:20:08
273	MOREIRA, CRISTINA	746		15F40	4:46:42.09	19:07	03:20:10