

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
1	RODRIGUES, RUI	112		17SEM	1:20:05.76	04:43	
2	FREITAS, GUALTER	131	Fisiovera Lemos	17M40	1:24:28.69	04:58	00:04:23
3	COELHO, CARLOS	134		17SEM	1:26:11.10	05:04	00:06:05
4	PEDROSA, JOSÉ	126	os primos	17M40	1:26:25.70	05:05	00:06:20
5	MARQUES, NARCISO	121	Limite Vertical Trekking	17M50	1:27:03.91	05:07	00:06:58
6	SILVA, NUNO	148		17SEM	1:30:37.58	05:20	00:10:32
7	RODRIGUES, JOÃO	116		17SEM	1:32:07.32	05:25	00:12:01
8	RIBEIRO, LUIS	130	Bota&Siga	17SEM	1:34:40.12	05:34	00:14:34
9	MIRANDA, JORGE	147		17SEM	1:39:14.34	05:50	00:19:08
10	PINHEIRO, RICARDO	154	KIKAS Team	17SEM	1:40:37.58	05:55	00:20:32
11	OLIVEIRA, HÉLDER	101	Terror dos Montes	17SEM	1:40:39.44	05:55	00:20:33
12	RELVAS, ANDRE	123	SOREMA	17M40	1:40:43.00	05:55	00:20:37
13	HUGO, HUGO	106	Habcarpintaria	17SEM	1:43:00.65	06:04	00:22:55
14	OLIVEIRA, ARMANDO	144	Magic friends runners	17M40	1:43:01.49	06:04	00:22:55
15	LOPES, ANDRÉ	138	Terror dos Montes	17SEM	1:43:12.41	06:04	00:23:06
16	SILVA, FILIPE	102	Terror dos Montes	17SEM	1:44:42.30	06:10	00:24:36
17	MACHADO, JOÃO	142		17SEM	1:45:46.56	06:13	00:25:41
18	ALVES, ISMAEL	110		17M40	1:47:33.82	06:20	00:27:28
19	LIMA, JOSÉ	127	Bolhas nos pés	17SEM	1:49:59.00	06:28	00:29:53
20	GONÇALVES, ANTÓNIO	139	Lusitanus team	17SEM	1:50:21.02	06:29	00:30:15
21	ALMEIDA, MARCO	149	SVA Automóveis	17M40	1:52:05.34	06:36	00:31:59
22	SOUSA, JOSÉ	140	Associação de atletismo Lebres do Sado	17M40	1:52:30.63	06:37	00:32:25
23	MARTINS, LUIS	109	KIKAS Team	17M40	1:53:35.68	06:41	00:33:30
24	CRISTINA, CRISTINA	108	Tiger girls	17SEF	1:53:44.82	06:41	00:33:39
25	ALMEIDA, AUGUSTO	150	SVA Automóveis	17M40	1:58:09.74	06:57	00:38:04
26	MONTEIRO, ANA	114	Lusitanus team	17SEF	1:58:17.79	06:58	00:38:12
27	MAGALHÃES, NILDA	145	Magic friends runners	17F40	1:58:18.94	06:58	00:38:13
28	PEREIRA, NUNO	152	SVA Automóveis	17SEM	1:58:49.90	06:59	00:38:44
29	RELVAS, DUARTE	122	SOREMA	17M40	2:00:05.20	07:04	00:39:59
30	FONTÃO, BRUNO	124	os primos	17SEM	2:01:04.16	07:07	00:40:58
31	PEDROSA, LUIS	125	os primos	17SEM	2:01:04.28	07:07	00:40:58
32	MARLENE, MARLENE	107	Tiger girls	17SEF	2:01:38.04	07:09	00:41:32
33	MARTINS, SERGIO	100		17SEM	2:02:44.38	07:13	00:42:38
34	BASTO, RITA	118	KIKAS Team	17SEF	2:05:49.06	07:24	00:45:43
35	GIL, JOÃO	105		17M50	2:10:18.99	07:40	00:50:13
36	SILVA, ANABELA	133	Limite Vertical Trekking	17F40	2:10:27.58	07:40	00:50:22
37	PEDROSA, AGOSTINHO	153		17M50	2:10:47.17	07:42	00:50:41
38	DINIS, PEDRO	117		17M40	2:10:48.27	07:42	00:50:42
39	BRAS, SONIA	103		17SEF	2:11:28.31	07:44	00:51:22
40	FALCÃO, PEDRO	136	ADDC RUN	17M40	2:15:03.87	07:57	00:54:58
41	SILVA, RUI	137	ADDC RUN	17M40	2:15:04.93	07:57	00:54:59
42	LOBO, JOAQUIM	135	ADDC RUN	17M40	2:15:05.06	07:57	00:54:59
43	RIBEIRO, ANTÓNIO	113	Lusitanus team	17M50	2:19:59.75	08:14	00:59:54
44	SOARES, PAULINA	120	run for life	17F40	2:21:39.30	08:20	01:01:33
45	OLIVEIRA, ÉLIA	146	Magic friends runners	17F40	2:22:46.50	08:24	01:02:41

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46	GOMES, LILIANA	128	Bolhas nos pés	17SEF	2:22:48.57	08:24	01:02:43
47	AMORIM, RICARDO	129		17SEM	2:22:49.28	08:24	01:02:43