

Lugar	Dorsal	Categoria	Pos.	Atleta	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
1	1164	SEN-M	1	RUI MUGA	1:17:47.652		1:17:47.652	0:05:11.176	CLUBE ACADÉMICO MOGADOURO
2	1490	SEN-M	2	AMANDIO ANTUNES	1:18:43.656	0:00:56.004	1:18:43.656	0:05:14.910	
3	1455	SEN-M	3	PEDRO OLIVEIRA	1:23:31.701	0:05:44.049	1:23:31.701	0:05:34.113	
4	1239	VET-M40	1	JOAQUIM AUGUSTO DA SILVA RODRIGUES	1:23:56.099	0:06:08.447	1:23:56.099	0:05:35.739	FAMA RUNNERS
5	1484	SEN-M	4	NUNO CARDOSO	1:26:45.968	0:08:58.316	1:26:44.287	0:05:46.952	
6	1090	SEN-M	5	JOSE INACIO LIMA RODRIGUES	1:27:11.363	0:09:23.711	1:27:11.363	0:05:48.757	
7	1298	SEN-M	6	ANDRÉ NOGUEIRA	1:27:17.509	0:09:29.857	1:27:17.509	0:05:49.167	UF08 RUNNERS
8	1257	SEN-M	7	CARLOS ROLO	1:29:16.966	0:11:29.314	1:29:16.300	0:05:57.086	CONSTRUÇÕES ZININHO
9	1284	VET-M40	2	ANTÓNIO MEIRA	1:29:28.971	0:11:41.319	1:29:26.931	0:05:57.795	FERREIROLUX
10	1303	SEN-M	8	FRANCISCO FERREIRA	1:29:37.467	0:11:49.815	1:29:35.997	0:05:58.399	UF08 RUNNERS
11	1031	VET-M50	1	JOAQUIM SILVA RODRIGUES	1:29:57.341	0:12:09.689	1:29:57.341	0:05:59.822	ASSOCIAÇÃO CULTURAL E RECREATIVA DE RORIZ
12	1162	SEN-M	9	ANDRÉ MIGUEL SANTOS NOGUEIRA	1:31:48.420	0:14:00.768	1:31:47.949	0:06:07.196	ORALKLASS
13	1393	VET-M40	3	LUIS SÁ	1:33:01.627	0:15:13.975	1:33:01.627	0:06:12.108	CAVE
14	305	SEN-M	10	VITOR PENETRA	1:33:20.248	0:15:32.596	1:33:20.248	0:06:13.349	OS SANTA APOLONIA
15	1039	VET-M40	4	ÁLVARO MANUEL MOREIRA DE SOUSA	1:33:38.917	0:15:51.265	1:33:36.938	0:06:14.462	
16	1301	VET-M40	5	JOSÉ COELHO	1:34:06.822	0:16:19.170	1:34:05.488	0:06:16.365	
17	1421	SEN-M	11	EDUARDO PIMENTA	1:34:24.302	0:16:36.650	1:34:16.976	0:06:17.131	BICIGALOS
18	1130	SEN-M	12	FILIPE RICARDO SANTOS CARNEIRO	1:34:40.647	0:16:52.995	1:34:38.480	0:06:18.565	INVICTUS OPORTO TEAM
19	1392	SEN-M	13	MIGUEL NOGUEIRA	1:34:56.922	0:17:09.270	1:34:56.444	0:06:19.762	CAVE
20	1391	VET-M50	2	JOAQUIM SÁ	1:35:01.667	0:17:14.015	1:35:01.667	0:06:20.111	CAVE
21	1231	VET-M40	6	CARLOS CASTRO	1:35:29.851	0:17:42.199	1:35:29.285	0:06:21.952	MAIS ATLETA
22	1354	SEN-M	14	RICARDO MANUEL TEIXEIRA DA ROCHA	1:35:30.885	0:17:43.233	1:35:30.885	0:06:22.059	FAST AO KM
23	1161	SEN-M	15	PEDRO HUGO VILAS BOAS DOURADO	1:36:19.717	0:18:32.065	1:36:07.401	0:06:24.493	BTM
24	1229	SEN-M	16	RODRIGO JOAQUIM OLIVEIRA SILVA	1:36:35.598	0:18:47.946	1:36:24.457	0:06:25.630	RUNNING TEAM LANTEMIL
25	1273	SUB-M23	1	JOÃO GUILHERME PINHO FONTAINHAS LOPES AFONSO	1:37:05.034	0:19:17.382	1:37:05.034	0:06:28.335	PADELA NATURAL TEAM
26	1081	SEN-M	17	FRANCISCO JOSÉ BARBOSA GOMES	1:37:50.711	0:20:03.059	1:37:42.648	0:06:30.843	APL TEAM
27	1100	SUB-M23	2	PEDRO MIGUEL BENTO PINHEIRO	1:38:06.173	0:20:18.521	1:38:01.941	0:06:32.129	CTAD - TRILHOS DE CINFAES
28	1379	SEN-M	18	MÁRCIO ANDRÉ DIAS MARTINS	1:38:06.726	0:20:19.074	1:38:02.658	0:06:32.177	
29	1486	VET-M40	7	JOSÉ CARLOS FERREIRA DIAS	1:38:22.235	0:20:34.583	1:38:15.858	0:06:33.057	
30	1135	VET-M40	8	BRUNO COUTADA	1:38:30.425	0:20:42.773	1:38:27.612	0:06:33.840	INVICTUS OPORTO TEAM
31	1189	VET-M40	9	DOMINIQUE OLIVEIRA	1:38:31.753	0:20:44.101	1:38:27.649	0:06:33.843	VIANA RUNNERS
32	1299	SEN-M	19	PAULO MACHADO	1:38:39.748	0:20:52.096	1:38:39.748	0:06:34.649	UF08 RUNNERS
33	1480	SUB-M23	3	LUÍS JORGE ARAÚJO SERRA	1:38:54.248	0:21:06.596	1:38:33.034	0:06:34.202	COSTA JUNIOR
34	1472	SUB-M23	4	MIGUEL ALVES COSTA	1:39:05.494	0:21:17.842	1:39:05.494	0:06:36.366	
35	1420	SEN-M	20	PEDRO TORRES	1:40:04.813	0:22:17.161	1:39:58.518	0:06:39.901	
36	1149	SEN-M	21	JOÃO FILIPE ARAUJO MOREIRA	1:41:04.400	0:23:16.748	1:40:58.115	0:06:43.874	BICIGALOS
37	1409	SEN-M	22	ALFREDO MANUEL FERREIRA FRAGOSO	1:41:51.680	0:24:04.028	1:41:48.047	0:06:47.203	
38	1305	SEN-M	23	PEDRO JOSÉ LAJOSO MEIXEDO	1:41:53.464	0:24:05.812	1:41:47.477	0:06:47.165	
39	1289	VET-M40	10	JOSÉ OLIVEIRA BARBOSA PEREIRA	1:41:55.578	0:24:07.926	1:41:55.578	0:06:47.705	AIRÓ RUNNING
40	1482	VET-M40	11	LUIS FILIPE LEMOS PATRÃO	1:42:03.017	0:24:15.365	1:41:56.802	0:06:47.786	
41	1155	SEN-M	24	FERNANDO CESAR BARBOSA MENDES	1:42:05.251	0:24:17.599	1:41:53.311	0:06:47.554	
42	1133	SEN-F	1	CARLA MANUELA FERNANDES PEREIRA	1:42:36.204	0:24:48.552	1:42:36.204	0:06:50.413	ENCOSTAS CORNO DE BICO
43	1426	SEN-M	25	J.MIGUEL BARBOSA	1:42:38.544	0:24:50.892	1:42:38.544	0:06:50.569	
44	1487	VET-M50	3	DAVID GONÇALVES	1:42:53.705	0:25:06.053	1:42:49.746	0:06:51.316	
45	1030	VET-M50	4	JOAQUIM MIRANDA	1:43:08.805	0:25:21.153	1:43:08.805	0:06:52.587	ASSOCIAÇÃO CULTURAL E RECREATIVA DE RORIZ
46	1403	VET-M40	12	DARIO LOPES COELHO	1:43:52.136	0:26:04.484	1:43:30.082	0:06:54.005	
47	1433	VET-M50	5	JOAQUIM FERREIRA	1:45:15.379	0:27:27.727	1:45:14.250	0:07:00.950	
48	1438	SEN-M	26	HÉLDER SILVA	1:45:27.148	0:27:39.496	1:45:24.682	0:07:01.645	BOTA&SIGA
49	1285	VET-M50	6	ISIDRO GOMES	1:45:33.068	0:27:45.416	1:45:29.405	0:07:01.960	FERREIROLUX
50	1277	VET-M40	13	JOAO CARLOS GONÇALVES VIEIRA	1:45:34.209	0:27:46.557	1:45:29.427	0:07:01.961	DDR APÚLIA
51	1410	SEN-M	27	BRUNO JOSÉ MIRANDA DO MONTE	1:45:35.331	0:27:47.679	1:45:26.770	0:07:01.784	
52	1443	SEN-M	28	CESAR LOPES FERNANDES	1:45:47.378	0:27:59.726	1:45:44.795	0:07:02.986	

Lugar	Dorsal	Categoria	Pos.	Atleta	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
53	1252	VET-M40	14	HUGO MANUEL GALLEGO MACHADO SOUSA BRITO	1:45:50.861	0:28:03.209	1:45:47.036	0:07:03.135	
54	1201	VET-M40	15	ABILIO MARTINS ALMEIDA	1:46:27.493	0:28:39.841	1:46:17.190	0:07:05.146	
55	1022	VET-M40	16	MANUEL DOMINGOS LOPES GOMES	1:46:36.006	0:28:48.354	1:46:17.666	0:07:05.177	
56	1478	SEN-M	29	SÉRGIO FERNANDES	1:46:39.735	0:28:52.083	1:46:28.916	0:07:05.927	
57	1123	VET-M40	17	NELSON NOVAL	1:46:45.308	0:28:57.656	1:46:28.471	0:07:05.898	
58	1479	SEN-M	30	PAULO JORGE SOUSA VENTURA	1:46:47.888	0:29:00.236	1:46:43.015	0:07:06.867	DESNIVEL POSITIVO
59	1326	VET-M40	18	MARCOS PAULO SILVA PEREIRA	1:46:47.892	0:29:00.240	1:46:38.510	0:07:06.567	VIANA RUNNERS
60	1428	SEN-M	31	BRUNO DANIEL PINTO DA SILVA VINHÓS	1:46:48.294	0:29:00.642	1:46:43.653	0:07:06.910	A.D.AMARANTE TRAIL RUNNING
61	1450	SEN-M	32	RICARDO MANUEL MOREIRA PENEDO	1:46:48.516	0:29:00.864	1:46:45.009	0:07:07.000	BALOTE
62	1173	SEN-M	33	CARLOS MANUEL DA CUNHA GONÇALVES	1:46:57.535	0:29:09.883	1:46:40.494	0:07:06.699	
63	1236	SEN-M	34	DANIEL JOSE PEIXOTO DA SILVA	1:47:00.274	0:29:12.622	1:46:54.995	0:07:07.666	
64	1136	SEN-F	2	MARIA LINA ROCHA DA SILVA FERREIRA GONÇALVES	1:47:36.891	0:29:49.239	1:47:34.878	0:07:10.325	INVICTUS OPORTO TEAM
65	1148	SEN-M	35	JOÃO MIGUEL NOGUEIRA MACEDO	1:48:00.047	0:30:12.395	1:47:52.960	0:07:11.530	
66	1288	VET-M40	19	MANUEL PEREIRA	1:48:05.967	0:30:18.315	1:48:02.990	0:07:12.199	FERREIROLUX
67	1456	SUB-M23	5	VIRGILIO PEREIRA	1:48:16.959	0:30:29.307	1:48:08.730	0:07:12.582	FAMA RUNNERS
68	1079	SUB-M23	6	JORGE EMANUEL BARBOSA JAQUES	1:48:27.712	0:30:40.060	1:48:27.712	0:07:13.847	PADELA NATURAL TEAM
69	1029	SEN-M	36	HELDER FARIA	1:49:19.503	0:31:31.851	1:49:12.586	0:07:16.839	ASSOCIAÇÃO DESPORTIVA DA EFACEC
70	1209	VET-M50	7	CARLOS ALBERTO LOPES FERNANDES	1:49:26.141	0:31:38.489	1:49:26.141	0:07:17.742	
71	1268	SEN-M	37	TIAGO ANDRÉ DA SILVA CORREIA	1:49:29.715	0:31:42.063	1:49:27.965	0:07:17.864	ONESOUL CROSSFIT
72	1208	SEN-M	38	BRUNO MIGUEL AZEVEDO SIMÕES	1:49:47.313	0:31:59.661	1:49:39.528	0:07:18.635	EDV - VIANA TRAIL
73	1138	SEN-M	39	PEDRO RIBEIRO	1:49:48.683	0:32:01.031	1:49:42.439	0:07:18.829	CAVE
74	1302	SEN-M	40	CÉSAR NETO	1:50:11.250	0:32:23.598	1:50:11.250	0:07:20.750	UF08 RUNNERS
75	1151	SUB-M23	7	MARCOS ANDRE LONGRAS FERREIRA	1:50:14.546	0:32:26.894	1:50:01.209	0:07:20.080	BTM
76	1233	SEN-M	41	ADÁRICO FRAGOSO	1:50:16.732	0:32:29.080	1:50:13.588	0:07:20.905	TEAMGIN
77	1382	SEN-M	42	IVO BRITO	1:50:19.845	0:32:32.193	1:50:11.961	0:07:20.797	
78	1205	VET-M40	20	JOÃO IDALECIO CUNHA FARIA	1:50:25.017	0:32:37.365	1:50:19.486	0:07:21.299	VITORIA SOPRT CLUVE
79	1358	SEN-M	43	VITOR SIMAO MACHADO PEDROSO	1:50:25.280	0:32:37.628	1:50:19.153	0:07:21.276	
80	1165	VET-M40	21	ANTÓNIO CAPITÃO	1:50:32.440	0:32:44.788	1:50:25.918	0:07:21.727	CAVE ESPOSENDE
81	1206	SEN-M	44	MARCO PAULO PIRES BARBOSA	1:50:37.874	0:32:50.222	1:50:37.874	0:07:22.524	DESNIVEL POSITIVO
82	1178	VET-M40	22	JOSÉ CARLOS RODRIGUES CARDOSO	1:50:40.034	0:32:52.382	1:50:34.656	0:07:22.310	
83	1186	VET-M40	23	JOSE JOAQUIM RIBEIRO SILVA	1:51:02.949	0:33:15.297	1:51:00.519	0:07:24.034	
84	1328	SEN-M	45	ROMÃO SILVA FIGUEIREDO	1:51:08.079	0:33:20.427	1:51:05.122	0:07:24.341	ONESOUL CROSSFIT
85	1283	VET-M40	24	DOMINGOS LAMEIRA	1:51:17.146	0:33:29.494	1:51:13.190	0:07:24.879	FERREIROLUX
86	1287	SEN-M	46	SIMÃO COUTO	1:51:17.367	0:33:29.715	1:51:14.095	0:07:24.939	FERREIROLUX
87	1071	SEN-M	47	ORLANDO JOEL FERNANDES COSTA	1:51:47.106	0:33:59.454	1:51:34.906	0:07:26.327	DOMINGO A CORRER AS 9 ÁGUIAS DE ALVELOS
88	1128	SEN-M	48	ANGELO MIGUEL SOARES VAZ	1:51:47.144	0:33:59.492	1:51:44.982	0:07:26.998	INVICTUS OPORTO TEAM
89	1154	SUB-M23	8	ANDRÉ FILIPE COSTA MARTINS	1:51:58.916	0:34:11.264	1:51:45.980	0:07:27.065	BTM
90	1324	SEN-M	49	DOMINGOS JERONIMO RIBEIRO GOMES	1:52:17.511	0:34:29.859	1:52:13.136	0:07:28.875	SULNOR
91	1280	VET-F40	1	MARIA CONCEIÇÃO CORREIRA PIMENTA DA CRUZ	1:52:18.447	0:34:30.795	1:52:14.410	0:07:28.960	BARCELOS SAUDÁVEL
92	1377	VET-M40	25	FRANCISCO JOSEÉ PINTO FERREIRA	1:53:03.080	0:35:15.428	1:52:54.817	0:07:31.654	BTT-APULIA
93	1232	SEN-M	50	NUNO GONÇALO LEITE GONÇALVES	1:53:11.202	0:35:23.550	1:53:06.766	0:07:32.451	DURRAES
94	1159	SEN-M	51	ANDRÉ SIMOES FARIA	1:53:14.240	0:35:26.588	1:53:02.136	0:07:32.142	BTM
95	1234	SEN-M	52	RUI FERREIRA	1:53:45.641	0:35:57.989	1:53:42.067	0:07:34.804	TEAMGIN
96	1163	SUB-F23	1	RITA DANIELA SILVA LOUREIRO	1:53:46.493	0:35:58.841	1:53:46.493	0:07:35.099	ORALKLASS
97	1106	SEN-M	53	JOSÉ CARLOS CORREIA MIRANDA	1:54:03.929	0:36:16.277	1:53:49.626	0:07:35.308	
98	1254	VET-M40	26	CARLOS ALBERTO RIBEIRO FERNANDES	1:54:11.670	0:36:24.018	1:53:52.771	0:07:35.518	
99	1121	SEN-F	3	CONSTANÇA ROSA MARTINS OLIVEIRA DE BRITO	1:54:57.202	0:37:09.550	1:54:51.514	0:07:39.434	BARCELOS SAUDÁVEL
100	1323	VET-M40	27	NUNO FILIPE PEIXOTO DUARTE	1:54:57.347	0:37:09.695	1:54:51.942	0:07:39.462	SULNOR
101	1304	SEN-M	54	FÁBIO ALEXANDRE BARROS DURÃES	1:54:57.601	0:37:09.949	1:54:55.847	0:07:39.723	
102	234	SEN-M	55	JOSÉ DIOGO AMORIM COSTA DE CASTRO COUTO	1:55:12.391	0:37:24.739	1:55:11.119	0:07:40.741	
103	1251	SEN-M	56	MANUEL FERNANDO MAIO PEREIRA	1:55:15.857	0:37:28.205	1:55:08.497	0:07:40.566	FRIENDSDRUS
104	1253	VET-M40	28	PAULO MANUEL CARVALHO TEIXEIRA DE SOUSA	1:55:18.394	0:37:30.742	1:55:14.067	0:07:40.937	

Lugar	Dorsal	Categoria	Pos.	Atleta	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
105	1335	SEN-M	57	NUNO SILVA	1:55:33.608	0:37:45.956	1:55:15.689	0:07:41.045	
106	1350	VET-M40	29	FILIFE MANUEL FERNANDES RIBEIRO	1:55:37.426	0:37:49.774	1:55:35.595	0:07:42.373	ACV VERMOIM
107	1156	SEN-M	58	DIOGO ANTÓNIO PEREIRA ARAÚJO	1:56:21.989	0:38:34.337	1:56:07.779	0:07:44.518	BTM
108	1327	VET-F40	2	GISELA MARIA SILVA PEREIRA	1:57:26.963	0:39:39.311	1:57:17.642	0:07:49.176	VIANA RUNNERS
109	1142	SEN-M	59	PEDRO ANDRÉ FIGUEIRAS DA CUNHA	1:57:46.206	0:39:58.554	1:57:31.895	0:07:50.126	VIDA ATIVA RUNNERS
110	1074	VET-M40	30	ANTÓNIO MONTEIRO FIGUEIREDO	1:58:38.547	0:40:50.895	1:58:26.659	0:07:53.777	DOMINGO A CORRER AS 9 ÁGUIAS DE ALVELOS
111	1141	SEN-M	60	RICARDO VASCONCELOS	1:58:40.756	0:40:53.104	1:58:26.062	0:07:53.737	TROCOPASSO RUNNERS
112	1140	SEN-M	61	PAULO CÉSAR VIEIRA FERNANDES	1:58:42.513	0:40:54.861	1:58:32.981	0:07:54.198	VIDA ATIVA RUNNERS
113	1044	SEN-M	62	MÁRIO CRISTIANO FERREIRA SANTIAGO	1:59:27.763	0:41:40.111	1:59:18.275	0:07:57.218	FFIT GAIA TRAIL
114	1171	SEN-M	63	CÉSAR BELMIRO SANTOS VILAR	1:59:29.940	0:41:42.288	1:59:05.497	0:07:56.366	FRIENDS TEAM
115	1384	SEN-M	64	AMERICO CRISTINO AZEVEDO SANTOS	1:59:30.519	0:41:42.867	1:59:14.862	0:07:56.990	
116	1243	SEN-F	4	FATIMA FILIPA DA CRUZ GOMES CATARINO	1:59:30.625	0:41:42.973	1:59:28.312	0:07:57.887	ONESOUL CROSSFIT
117	1485	SEN-M	65	BRUNO FILIFE NOVAIS PEREIRA	1:59:37.359	0:41:49.707	1:59:28.077	0:07:57.871	
118	1477	VET-M40	31	JORGE FERREIRA	1:59:37.413	0:41:49.761	1:59:27.647	0:07:57.843	
119	1025	VET-M40	32	TIAGO VIDAL LEAL	1:59:49.331	0:42:01.679	1:59:49.331	0:07:59.288	
120	1449	SEN-M	66	RUI DANIEL PEREIRA CÂNDIDO	1:59:52.272	0:42:04.620	1:59:48.199	0:07:59.213	BALOTE
121	1364	SEN-M	67	PAULO JORGE COSTA OLIVEIRA	2:00:42.354	0:42:54.702	2:00:26.474	0:08:01.764	
122	1176	SEN-M	68	MANUEL JOAQUIM RIBEIRO CARDOSO	2:01:02.415	0:43:14.763	2:00:55.543	0:08:03.702	
123	223	SEN-M	69	RICARDO FILIFE FIGUEIREDO FERREIRA	2:01:28.228	0:43:40.576	2:01:14.271	0:08:04.951	
124	1311	SEN-M	70	PAULO JORGE REIS FILIFE	2:01:44.512	0:43:56.860	2:01:36.695	0:08:06.446	APULIANO
125	1026	VET-M40	33	JOSÉ RAUL RODRIGUES VIEIRA DA CRUZ	2:01:48.195	0:44:00.543	2:01:36.599	0:08:06.439	
126	1228	VET-M40	34	CARLOS MANUEL ABREU CARDOSO	2:01:48.752	0:44:01.100	2:01:29.897	0:08:05.993	
127	1185	SEN-M	71	NELSON PAULINO JARDIM FERNANDES	2:02:35.425	0:44:47.773	2:02:19.134	0:08:09.275	
128	1207	SEN-F	5	MARIA BONANÇA SOUSA MARTINS	2:02:41.373	0:44:53.721	2:02:40.923	0:08:10.728	DESNIVEL POSITIVO
129	1407	SEN-M	72	FERNANDO JOSÉ VAZ MARINHO	2:02:41.703	0:44:54.051	2:02:37.596	0:08:10.506	
130	1204	SEN-M	73	HUGO EDGAR MACEDO PEIXOTO PEREIRA	2:02:54.739	0:45:07.087	2:02:51.816	0:08:11.454	ONESOUL CROSSFIT
131	1260	VET-M40	35	JORGE FILIFE PEREIRA FERNANDES	2:02:58.432	0:45:10.780	2:02:52.562	0:08:11.504	
132	1434	SEN-M	74	FERNANDO CABRAL	2:02:58.488	0:45:10.836	2:02:52.942	0:08:11.529	
133	1427	SEN-F	6	VERA LÚCIA PEREIRA PINTO	2:03:00.786	0:45:13.134	2:02:56.076	0:08:11.738	A.D.AMARANTE TRAIL RUNNING
134	1483	VET-M40	36	PAULO FERNANDES	2:03:26.831	0:45:39.179	2:03:23.407	0:08:13.560	
135	1290	VET-F40	3	DEOLINDA FARIA	2:03:27.591	0:45:39.939	2:03:24.505	0:08:13.633	AIRÓ RUNNING
136	1034	SEN-M	75	RUI PEDRO LIMA DOS SANTOS MOTA	2:04:04.835	0:46:17.183	2:04:02.157	0:08:16.143	EQUIPA SEM SEGREDOS
137	1137	VET-M50	8	ANTONIO FARIA	2:04:22.898	0:46:35.246	2:03:59.475	0:08:15.965	CAVE
138	1279	SEN-M	76	RUI MANUEL DIAS FARIA	2:04:35.593	0:46:47.941	2:04:17.013	0:08:17.134	
139	1242	SEN-M	77	FILIFE MACHADO LOUREIRO FERNANDES	2:04:38.613	0:46:50.961	2:04:17.943	0:08:17.196	TREPA CARREIROS
140	1378	VET-M40	37	RUI JORGE MARQUES COUTO	2:04:53.876	0:47:06.224	2:04:47.097	0:08:19.139	
141	1416	VET-M50	9	LINO MOREIRA	2:04:54.368	0:47:06.716	2:04:36.561	0:08:18.437	OS TURBOMULA
142	1368	SEN-M	78	AIRES CARQUEIJÓ PATRÃO	2:04:54.913	0:47:07.261	2:04:48.158	0:08:19.210	
143	1047	VET-M50	10	ANTÓNIO ALBERTO RODRIGUES DE SÁ	2:05:11.381	0:47:23.729	2:05:01.959	0:08:20.130	TURBOLENTOS
144	1115	SEN-M	79	EDUARDO PATRICIO PEDROSA DA CUNHA	2:05:15.169	0:47:27.517	2:05:03.992	0:08:20.266	DOMINGO A CORRER AS 9 ÁGUIAS DE ALVELOS
145	1237	SEN-M	80	MIGUEL ANTONIO PEIXOTO DA SILVA	2:05:50.600	0:48:02.948	2:05:44.958	0:08:22.997	
146	1406	SEN-M	81	RUI ALBERTO MENDES DE SOUSA	2:05:52.170	0:48:04.518	2:05:31.319	0:08:22.087	ALIVE RUNNERS
147	1083	VET-M40	38	JOSE MANUEL LEITE AFONSO	2:06:15.196	0:48:27.544	2:06:03.460	0:08:24.230	VENTOINHAS
148	1316	VET-M40	39	NUNO FILIFE FERREIRA CARVALHO	2:06:17.039	0:48:29.387	2:06:01.440	0:08:24.096	
149	1152	SEN-F	7	JUDITE LAURINDA SILVA FERREIRA	2:06:17.449	0:48:29.797	2:06:04.466	0:08:24.297	BTM
150	1278	SEN-F	8	MARIANA MIRANDA DA COSTA MARTINS	2:06:17.553	0:48:29.901	2:05:51.089	0:08:23.405	
151	1320	SEN-M	82	ALBERTO JORGE OLIVEIRA MONTEIRO	2:06:22.757	0:48:35.105	2:06:07.609	0:08:24.507	
152	1197	SEN-F	9	TAMARA PINTO FERNANDES	2:06:30.970	0:48:43.318	2:06:23.302	0:08:25.553	TAMARA
153	1481	SEN-M	83	ANDRE LUIS LOPES OLIVEIRA	2:06:32.251	0:48:44.599	2:06:24.738	0:08:25.649	
154	1334	SEN-M	84	RICARDO MIGUEL DELFIM	2:06:33.697	0:48:46.045	2:06:06.007	0:08:24.400	FREE MIND
155	1266	VET-M50	11	JOSÉ MOURA DE SOUSA	2:06:54.822	0:49:07.170	2:06:42.393	0:08:26.826	OS BARRIGUITAS
156	1390	VET-M40	40	JOSÉ FERNANDES DO VALE	2:06:57.635	0:49:09.983	2:06:46.115	0:08:27.074	DOMINGO A CORRER AS 9 ÁGUIAS DE ALVELOS

Lugar	Dorsal	Categoria	Pos.	Atleta	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
157	1448	VET-M40	41	JOÃO EDUARDO CERQUEIRA DA MOTA	2:07:07.646	0:49:19.994	2:07:01.914	0:08:28.127	JOTINFOR
158	1111	SEN-M	85	RUI PEDRO MARINHO PINTO	2:07:08.862	0:49:21.210	2:06:51.126	0:08:27.408	CARACOIS BTT
159	1177	VET-F40	4	LUCILIA FLORA QUEIRÓS DIAS LOBÃO	2:07:14.456	0:49:26.804	2:06:52.592	0:08:27.506	
160	1112	SEN-M	86	PEDRO CESAR FARIA MARTINS	2:07:19.033	0:49:31.381	2:07:06.610	0:08:28.440	DOMINGO A CORRER AS 9 ÁGUIAS DE ALVELOS
161	1160	SEN-M	87	ANDRE FILIPE MIRANDA AMORIM	2:07:19.813	0:49:32.161	2:07:06.899	0:08:28.459	BTM
162	1050	VET-M50	12	JOSE MARTINS SILVA	2:07:34.758	0:49:47.106	2:07:27.677	0:08:29.845	
163	1172	SEN-M	88	RICARDO FRANCISCO LOUREIRO REGO	2:07:40.059	0:49:52.407	2:07:17.707	0:08:29.180	
164	1412	SEN-M	89	PEDRO FERREIRINHA	2:07:52.130	0:50:04.478	2:07:45.055	0:08:31.003	CTAD - TRILHOS DE CINFAES
165	1200	SEN-M	90	CARLOS JORGE SOUSA LOPES VICENTE	2:07:59.857	0:50:12.205	2:07:48.718	0:08:31.247	
166	1235	VET-M40	42	RUI MAIO	2:08:13.081	0:50:25.429	2:08:11.853	0:08:32.790	BURANO - ENGENHARIA E CONSTRUÇÃO
167	1060	VET-M40	43	ANTÓNIO JORGE SÁ	2:09:14.703	0:51:27.051	2:08:55.769	0:08:35.717	
168	1059	SEN-M	91	EMANUEL JOSÉ MARQUES DE PINHO GOMES	2:09:14.783	0:51:27.131	2:08:55.741	0:08:35.716	
169	1300	SEN-M	92	LUÍS LEITE	2:09:24.209	0:51:36.557	2:09:22.772	0:08:37.518	UF08 RUNNERS
170	1182	SEN-M	93	JOAQUIM MANUEL GOMES LIMA DE BRITO	2:09:24.236	0:51:36.584	2:09:22.345	0:08:37.489	
171	1402	SEN-M	94	NUNO MIGUEL DA COSTA SANTOS	2:09:34.739	0:51:47.087	2:09:11.264	0:08:36.750	
172	1332	VET-M40	44	MANUEL DOS PASSOS DA SILVA GOMES DA CUNHA	2:09:35.587	0:51:47.935	2:09:30.931	0:08:38.062	
173	1339	VET-M40	45	SERGIO JOAQUIM GOMES DOS SANTOS	2:09:51.693	0:52:04.041	2:09:27.304	0:08:37.820	DAYLIGHTRUNNERS
174	1388	SEN-M	95	PEDRO MIGUEL TEIXEIRA DAS NEVES	2:09:57.800	0:52:10.148	2:09:37.270	0:08:38.484	SPORT REMO
175	1078	VET-F40	5	CÉLIA MARIA MIRANDA VITAL	2:09:58.032	0:52:10.380	2:09:48.821	0:08:39.254	PADELA NATURAL TEAM
176	1330	SEN-M	96	PEDRO VILAS-BOAS	2:10:04.449	0:52:16.797	2:09:57.630	0:08:39.842	
177	1049	SEN-M	97	ROQUE FILIPE MESQUITA BRANDÃO	2:10:05.561	0:52:17.909	2:09:38.235	0:08:38.549	G. AVENTURA
178	1422	VET-M40	46	HERNÂNI COSTA	2:10:21.300	0:52:33.648	2:10:10.990	0:08:40.732	LIBERDADE
179	1435	SEN-M	98	HUGO VLADIMIRO TEIXEIRA DA SILVA	2:10:26.101	0:52:38.449	2:10:03.362	0:08:40.224	
180	1437	SEN-M	99	JOÃO PEDRO CARVALHO DA SILVA MACEDO	2:10:27.396	0:52:39.744	2:10:05.074	0:08:40.338	
181	1281	VET-M50	13	JOÃO DIAS DA CRUZ	2:10:31.907	0:52:44.255	2:10:24.360	0:08:41.624	BARCELOS SAUDÁVEL
182	1181	VET-M40	47	MANUEL OLIVEIRA	2:10:52.113	0:53:04.461	2:10:35.055	0:08:42.337	
183	1318	VET-M40	48	RUI MANUEL DE CONDE FRANCO	2:10:53.252	0:53:05.600	2:10:50.665	0:08:43.377	ONESOUL CROSSFIT
184	1453	SEN-M	100	RUI RIBEIRO	2:10:53.330	0:53:05.678	2:10:31.852	0:08:42.123	FAMA RUNNERS
185	1370	SEN-M	101	PAULO PEREIRA	2:11:11.901	0:53:24.249	2:10:54.871	0:08:43.658	XEQUE-MATE
186	1222	SEN-M	102	ARMINDO MARTINS ROCHA	2:11:23.573	0:53:35.921	2:11:05.289	0:08:44.352	
187	1308	SEN-M	103	NUNO FILIPE MACHADO ALVES	2:11:41.084	0:53:53.432	2:11:38.007	0:08:46.533	TEAMGIN
188	1276	SEN-F	10	FÁTIMA CRISTINA FIGUEIREDO OLIVEIRA	2:11:53.007	0:54:05.355	2:11:50.738	0:08:47.382	ONESOUL CROSSFIT
189	1331	SEN-F	11	ANDREIA JOANA MARQUES FERNANDES	2:12:26.004	0:54:38.352	2:12:13.435	0:08:48.895	VIDA ATIVA RUNNERS
190	1238	SEN-M	104	JOÃO PAULO OLIVEIRA EIRA	2:12:28.820	0:54:41.168	2:12:09.684	0:08:48.645	
191	1184	SEN-M	105	HUGO MIGUEL FARIA PEIXOTO	2:12:55.345	0:55:07.693	2:12:39.809	0:08:50.653	
192	1061	SEN-M	106	EDUARDO JORGE TEIXEIRA BERNARDINO	2:13:09.856	0:55:22.204	2:13:02.183	0:08:52.145	FFIT GAIA TRAIL
193	1088	VET-M50	14	ANTONIO AVELINO DIAS DA SILVA	2:13:21.066	0:55:33.414	2:13:12.806	0:08:52.853	
194	1113	SEN-M	107	RUI MANUEL CAMPINHO VILAS BOAS	2:13:41.237	0:55:53.585	2:13:29.548	0:08:53.969	DOMINGO A CORRER AS 9 ÁGUIAS DE ALVELOS
195	1131	VET-M40	49	JOÃO CARLOS DA SILVA GOMES	2:13:44.683	0:55:57.031	2:13:34.261	0:08:54.284	
196	1376	SEN-M	108	FÁBIO ANDRÉ MARTINS FERNANDES	2:14:05.400	0:56:17.748	2:13:41.308	0:08:54.753	
197	1417	SEN-F	12	PATRÍCIA DANIELA DA CUNHA AMORIM	2:14:24.347	0:56:36.695	2:14:18.662	0:08:57.244	DESNIVEL POSITIVO
198	1194	SEN-M	109	DOMINGOS NELSON FERNANDES PEREIRA	2:14:24.495	0:56:36.843	2:14:13.206	0:08:56.880	DOMINGO A CORRER AS 9 ÁGUIAS DE ALVELOS
199	1436	SEN-F	13	SILVIA MARGARIDA TEIXEIRA DA SILVA	2:14:54.089	0:57:06.437	2:14:31.575	0:08:58.105	
200	1014	SEN-M	110	HELDER FILIPE PINTO DE ALMEIDA	2:14:55.579	0:57:07.927	2:14:45.451	0:08:59.030	FFIT GAIA TRAIL
201	1282	VET-M50	15	MANUEL BRITO	2:15:26.779	0:57:39.127	2:15:23.384	0:09:01.558	FERREIROLUX
202	1064	SEN-M	111	PAULO JORGE SANTOS	2:15:49.928	0:58:02.276	2:15:42.040	0:09:02.802	FFIT GAIA TRAIL
203	1342	SEN-M	112	GONÇALO SILVEIRA	2:16:02.217	0:58:14.565	2:15:47.951	0:09:03.196	XEQUE-MATE
204	1345	SEN-M	113	RICARDO SILVA	2:16:02.285	0:58:14.633	2:15:48.534	0:09:03.235	XEQUE-MATE
205	1195	SEN-M	114	HENRIQUE XAVIER MAGALHÃES ALVES	2:16:11.068	0:58:23.416	2:15:59.648	0:09:03.976	DOMINGO A CORRER AS 9 ÁGUIAS DE ALVELOS
206	1408	SEN-M	115	VITOR SERGIO FERREIRA AZEVEDO	2:16:18.719	0:58:31.067	2:15:48.088	0:09:03.205	
207	1094	SEN-F	14	CARLA ALEXANDRA LEITE FREITAS	2:16:51.063	0:59:03.411	2:16:44.434	0:09:06.962	
208	1337	SEN-M	116	VITOR MANUEL DA COSTA FERREIRA	2:16:54.040	0:59:06.388	2:16:22.905	0:09:05.527	

Lugar	Dorsal	Categoria	Pos.	Atleta	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
209	1157	SEN-M	117	EDGAR GOMES DA COSTA	2:16:59.638	0:59:11.986	2:16:45.831	0:09:07.055	BTM
210	1317	SEN-F	15	CÁTIA ISABEL RODRIGUES SILVA	2:17:12.834	0:59:25.182	2:17:10.265	0:09:08.684	ONESOUL CROSSFIT
211	1070	SEN-M	118	JOEL AUGUSTO FERNANDES GOMES	2:17:29.671	0:59:42.019	2:17:18.704	0:09:09.246	DOMINGO A CORRER AS 9 ÁGUIAS DE ALVELOS
212	1073	VET-M40	50	AVELINO BATISTA FIGUEIREDO	2:17:29.836	0:59:42.184	2:17:19.071	0:09:09.271	DOMINGO A CORRER AS 9 ÁGUIAS DE ALVELOS
213	1055	SEN-M	119	NUNO ANTÓNIO FERNANDES PINTO	2:17:52.004	1:00:04.352	2:17:47.102	0:09:11.140	
214	1016	SEN-M	120	VÍTOR MANUEL DIAS GONÇALVES	2:17:58.653	1:00:11.001	2:17:38.302	0:09:10.553	EDV - VIANA TRAIL
215	1465	SEN-M	121	RUI FILIPE LOPES DA CUNHA	2:17:59.040	1:00:11.388	2:17:52.326	0:09:11.488	
216	1017	SEN-F	16	ELISABETE MARIA SOUTULHO COELHO ALVES	2:17:59.460	1:00:11.808	2:17:39.747	0:09:10.649	
217	1395	SEN-M	122	HERNANI GOMES MAIA	2:18:08.860	1:00:21.208	2:18:01.295	0:09:12.086	LOW RUNNING
218	1310	SEN-F	17	GISELDA DE JESUS VIEIRA MARTINS	2:18:20.497	1:00:32.845	2:18:09.443	0:09:12.629	
219	1183	VET-F40	6	ROSA MARIA ALVES FERREIRA SILVA NOGUEIRA	2:18:20.846	1:00:33.194	2:18:10.253	0:09:12.683	
220	1139	VET-M40	51	JOAQUIM SILVA	2:18:27.909	1:00:40.257	2:18:20.931	0:09:13.395	CAVE
221	1192	SEN-M	123	JACINTO DUARTE	2:18:35.906	1:00:48.254	2:18:11.354	0:09:12.756	FRIENDS TEAM
222	1054	SEN-F	18	CELINA MARIA FERREIRA DA SILVA	2:18:53.117	1:01:05.465	2:18:30.498	0:09:14.033	
223	1383	SEN-M	124	GABRIEL JOAQUIM DA SILVA	2:18:58.521	1:01:10.869	2:18:53.744	0:09:15.582	
224	1215	SEN-M	125	NUNO FILIPE FREITAS	2:19:07.670	1:01:20.018	2:19:03.411	0:09:16.227	
225	1214	SEN-M	126	RUI CUNHA SOUSA	2:19:07.693	1:01:20.041	2:19:03.008	0:09:16.200	
226	1063	SEN-M	127	ANDRÉ AUGUSTO CACHADA FREITAS	2:19:07.777	1:01:20.125	2:19:02.941	0:09:16.196	VIDA ATIVA RUNNERS
227	1267	SEN-M	128	SERGIO AUGUSTO FARIA MACIEL	2:19:25.497	1:01:37.845	2:19:21.420	0:09:17.428	DURRAES
228	1476	VET-M40	52	MANUEL CÂNDIDO	2:19:32.448	1:01:44.796	2:19:22.417	0:09:17.494	
229	1475	SEN-M	129	MARCO SOUSA	2:19:32.629	1:01:44.977	2:19:21.796	0:09:17.453	
230	1086	SEN-M	130	NUNO MANUEL MIRANDA MARQUES	2:19:56.436	1:02:08.784	2:19:47.080	0:09:19.138	PADELA NATURAL TEAM
231	1369	VET-F40	7	SÉVERINE BOITEAU	2:19:58.176	1:02:10.524	2:19:55.817	0:09:19.721	VIMARRUNERS
232	1198	SEN-M	131	CARLOS ALBERTO PEIXOTO SOARES	2:20:04.258	1:02:16.606	2:19:40.024	0:09:18.668	
233	1247	SEN-F	19	MARIA CLARA DAS NEVES PEREIRA	2:20:09.643	1:02:21.991	2:20:04.108	0:09:20.273	FRIENDSRUS
234	1375	VET-M40	53	JOAQUIM VILAS BOAS	2:20:17.622	1:02:29.970	2:20:07.052	0:09:20.470	
235	1440	SEN-M	132	BRUNO PENA	2:20:38.104	1:02:50.452	2:20:18.928	0:09:21.261	
236	1423	SEN-M	133	RICARDO NUNO MORAIS PINTO DE SOUSA	2:20:38.682	1:02:51.030	2:20:26.706	0:09:21.780	
237	1430	SEN-F	20	CATARINA FAGUNDES AMORIM	2:20:40.582	1:02:52.930	2:20:36.723	0:09:22.448	
238	1432	SEN-M	134	SAMUEL FAGUNDES AMORIM	2:20:40.590	1:02:52.938	2:20:35.776	0:09:22.385	
239	1431	SEN-M	135	ELISANDRO RONALDO PEREIRA DE OLIVEIRA	2:20:40.840	1:02:53.188	2:20:35.757	0:09:22.383	
240	1441	SEN-M	136	FRANKLIM MARQUES	2:20:54.021	1:03:06.369	2:20:42.589	0:09:22.839	VIDA ATIVA RUNNERS
241	1250	VET-M40	54	MANUEL AUGUSTO FERNANDES	2:21:00.728	1:03:13.076	2:20:49.506	0:09:23.300	ALVELINHOS RUNNING
242	1381	SEN-F	21	LILIANA SOFIA MOREIRA DE SOUSA	2:21:47.511	1:03:59.859	2:21:20.870	0:09:25.391	
243	1221	SEN-M	137	JOÃO TIAGO GONÇALVES MACEDO SALGADO	2:22:13.011	1:04:25.359	2:21:54.479	0:09:27.631	
244	1439	SEN-F	22	CRISTINA CARVALHO	2:22:42.573	1:04:54.921	2:22:23.605	0:09:29.573	
245	1255	SEN-M	138	NUNO MIGUEL FERREIRA PACHECO	2:23:02.162	1:05:14.510	2:22:45.176	0:09:31.011	ALIVE RUNNERS
246	1399	SUB-M23	9	AFONSO SANTOS COSTA	2:23:37.595	1:05:49.943	2:23:30.008	0:09:34.000	LOW RUNNING
247	1429	VET-M40	55	PAULO JORGE G. VIEIRA	2:23:44.670	1:05:57.018	2:23:22.776	0:09:33.518	ARCA NODDY BIKE TEAM
248	1248	SEN-M	139	CARLOS FILIPE DURÃES RUIVO	2:23:56.162	1:06:08.510	2:23:50.015	0:09:35.334	FRIENDSRUS
249	1218	SEN-F	23	SILVIA MANUELA ANTUNES MARTINS	2:23:57.888	1:06:10.236	2:23:49.892	0:09:35.326	
250	1389	VET-M40	56	CARLOS VILAÇA	2:24:49.281	1:07:01.629	2:24:28.397	0:09:37.893	SPORT REMO
251	1387	VET-M40	57	HUGO ALEXANDRE SOUSA BÁRTOLO	2:24:49.832	1:07:02.180	2:24:29.064	0:09:37.937	SPORT REMO
252	1469	SEN-M	140	FRANCISCO MARQUES	2:25:12.408	1:07:24.756	2:24:54.511	0:09:39.634	MALHOS TEAM
253	1216	SEN-M	141	PEDRO CAMPOS	2:25:44.379	1:07:56.727	2:25:19.983	0:09:41.332	THUNDERRUNNERS
254	1380	VET-M40	58	PAULO JORGE CIBRÃO COUTINHO PEDROSO	2:25:45.075	1:07:57.423	2:25:18.368	0:09:41.224	
255	1470	SEN-F	24	ANA FILIPA GOMES MARQUES	2:26:10.310	1:08:22.658	2:25:50.805	0:09:43.387	
256	1447	VET-M40	59	TEOTÓNIO DA SILVA BOUCINHA	2:26:10.697	1:08:23.045	2:25:53.780	0:09:43.585	
257	1046	SEN-F	25	JOANA FILIPA CORREIA BARROS	2:26:17.729	1:08:30.077	2:26:06.141	0:09:44.409	
258	1045	SEN-M	142	LUIS RAFAEL LIMA COUTINHO	2:26:19.029	1:08:31.377	2:26:07.262	0:09:44.484	
259	1471	VET-M40	60	AVELINO PAULO MOREIRA MARQUES	2:26:48.428	1:09:00.776	2:26:30.062	0:09:46.004	
260	1468	SEN-M	143	CARLOS MANUEL CORREIA CAMPOS	2:26:48.868	1:09:01.216	2:26:31.703	0:09:46.113	MALHOS TEAM

Lugar	Dorsal	Categoria	Pos.	Atleta	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
261	1127	SEN-M	144	TIAGO JOEL CORREIASOARES	2:26:56.176	1:09:08.524	2:26:39.060	0:09:46.604	
262	1458	SEN-F	26	CATARINA COSTA	2:27:16.012	1:09:28.360	2:26:54.478	0:09:47.631	FAMA RUNNERS
263	1473	VET-F40	8	MARTA FILIPA ESTEVES DE AGUIAR CARDOSO	2:27:37.576	1:09:49.924	2:27:32.231	0:09:50.148	FRIENDSRUS
264	1124	SEN-F	27	ANA ISABEL MARTINS OLIVEIRA	2:27:42.779	1:09:55.127	2:27:19.360	0:09:49.290	
265	1040	SEN-F	28	SUSANA MARIA SILVA COSTA	2:27:52.246	1:10:04.594	2:27:29.374	0:09:49.958	
266	1122	VET-M40	61	RUI CARVALHO	2:28:11.677	1:10:24.025	2:27:54.568	0:09:51.637	
267	1463	SEN-M	145	DANIEL VIEIRA	2:29:15.259	1:11:27.607	2:28:54.315	0:09:55.621	FAMA RUNNERS
268	1244	SEN-F	29	PATRÍCIA ALEXANDRA FARIA CARDOSO	2:29:19.071	1:11:31.419	2:29:10.264	0:09:56.684	
269	1245	VET-M40	62	CARLOS ALBERTO GOMES TORRES	2:29:19.612	1:11:31.960	2:29:09.903	0:09:56.660	
270	1489	VET-M40	63	JOSE VILAS BOAS SILVA	2:29:23.378	1:11:35.726	2:28:59.569	0:09:55.971	
271	1240	SEN-M	146	SERGIO FRANCISCO LEITÃO FERREIRA	2:29:33.587	1:11:45.935	2:29:14.075	0:09:56.938	TREPA CARREIROS
272	1464	SEN-F	30	VERA CARDOSO	2:29:34.700	1:11:47.048	2:29:13.129	0:09:56.875	FAMA RUNNERS
273	1033	SEN-M	147	EDUARDO ROCHA MONTEIRO	2:30:04.517	1:12:16.865	2:30:01.940	0:10:00.129	EQUIPA SEM SEGREDOS
274	1365	VET-F40	9	MARIA HELENA ALVES GOMES FERNANDES	2:30:26.864	1:12:39.212	2:30:05.442	0:10:00.362	CLUBE DE MONTANHISMO DE BRAGA
275	1363	SEN-F	31	SANDRA MARIA MIRANDA MOURA	2:30:34.599	1:12:46.947	2:30:13.573	0:10:00.904	
276	1241	SEN-M	148	HELDER FARIA SILVA	2:30:46.975	1:12:59.323	2:30:27.324	0:10:01.821	TREPA CARREIROS
277	1220	VET-M40	64	PAULO JORGE ALMEIDA DA COSTA	2:30:50.040	1:13:02.388	2:30:32.919	0:10:02.194	
278	1058	SEN-F	32	RITA RESENDE	2:30:50.252	1:13:02.600	2:30:34.192	0:10:02.279	GIRLS4RUN
279	1256	SEN-F	33	JESSICA PATRÍCIA ROCHA CARVALHO	2:30:51.591	1:13:03.939	2:30:33.562	0:10:02.237	
280	1357	SEN-M	149	HELDER MAIAS	2:30:51.829	1:13:04.177	2:30:44.639	0:10:02.975	SHOTS INTERNATIONAL RUNNERS
281	1356	VET-M40	65	PEDRO RAMOS	2:30:52.023	1:13:04.371	2:30:45.620	0:10:03.041	SHOTS INTERNATIONAL RUNNERS
282	1309	VET-F40	10	MARIA DA CONCEIÇÃO BOMPASTOR COELHO	2:31:01.190	1:13:13.538	2:30:55.550	0:10:03.703	FRIENDSRUS
283	1386	VET-M40	66	ANDRE MANUEL MANCIO COSTA	2:31:03.261	1:13:15.609	2:30:52.344	0:10:03.489	PADELA NATURAL TEAM
284	1366	SUB-F23	2	SANDRA CRISTINA NOVAIS PEREIRA	2:31:03.417	1:13:15.765	2:30:41.872	0:10:02.791	
285	1297	SEN-M	150	LEONEL GOMES AZEVEDO	2:31:18.382	1:13:30.730	2:30:53.042	0:10:03.536	OS AMIGOS
286	1313	VET-F40	11	MARIA ROSALINA LOPES DA COSTA	2:31:24.572	1:13:36.920	2:31:18.091	0:10:05.206	BARCELOS SAUDÁVEL
287	1397	VET-M40	67	NUNO MIGUEL MENDES PEREIRA	2:31:25.970	1:13:38.318	2:31:17.544	0:10:05.169	LOW RUNNING
288	1396	VET-M40	68	FRANCISCO JOSÉ FARIA	2:31:26.068	1:13:38.416	2:31:17.654	0:10:05.176	LOW RUNNING
289	1322	VET-F40	12	MARIA ISAURA VIEIRA MESQUITA MIRANDA	2:31:39.778	1:13:52.126	2:31:12.917	0:10:04.861	VIASAUDÁVEL
290	1274	VET-F40	13	ANA MARIA MATOS	2:31:54.832	1:14:07.180	2:31:49.140	0:10:07.276	BARCELOS SAUDÁVEL
291	1314	VET-F40	14	MARIA JULIA LOPES COSTA	2:31:55.923	1:14:08.271	2:31:49.606	0:10:07.307	BARCELOS SAUDÁVEL
292	1361	SEN-M	151	ANTÓNIO BOGADO	2:32:12.450	1:14:24.798	2:32:07.416	0:10:08.494	SUNDAY TRAINING
293	1037	SEN-F	34	CARLA FILIPA DA SILVA ALVES	2:32:28.727	1:14:41.075	2:32:05.591	0:10:08.372	
294	1129	SEN-F	35	SARA MARIA DIAS PEIXOTO BARBOSA	2:32:31.110	1:14:43.458	2:32:28.470	0:10:09.898	INVICTUS OPORTO TEAM
295	1041	VET-F40	15	CARLA DALILA LAGE VILELA MARTINS DE OLIVEIRA	2:33:01.204	1:15:13.552	2:32:37.543	0:10:10.502	
296	1355	VET-M50	16	MANUEL CANDIDO DOS REIS ROCHA	2:33:25.051	1:15:37.399	2:33:17.676	0:10:13.178	FAST AO KM
297	1415	SEN-M	152	PEDRO NUNO PINTO GOMES DA COSTA	2:33:25.693	1:15:38.041	2:33:21.612	0:10:13.440	
298	1444	VET-M40	69	FILIPPE PASSOS	2:33:32.908	1:15:45.256	2:33:11.351	0:10:12.756	FURACOES DE ESPOSENDE
299	1217	SEN-F	36	CARLA AMARAL	2:33:33.107	1:15:45.455	2:33:08.714	0:10:12.580	THUNDERRUNNERS
300	1246	SEN-M	153	NUNO MIGUEL VIEIRA MEIRELES	2:33:51.935	1:16:04.283	2:33:37.537	0:10:14.502	RAMBOS
301	1353	VET-M40	70	HUGO BATISTA MACEDO PORTILHO	2:34:12.319	1:16:24.667	2:34:12.319	0:10:16.821	NINJA TEAM
302	1036	VET-M40	71	PAULO ALEXANDRE CARNEIRO	2:34:16.879	1:16:29.227	2:34:03.422	0:10:16.228	
303	1264	SEN-M	154	LUÍS CARLOS PINTO MENDES	2:34:30.500	1:16:42.848	2:34:07.119	0:10:16.474	A.D.AMARANTE TRAIL RUNNING
304	1263	SUB-F23	3	INÊS COELHO LOPES GONÇALVES	2:34:30.591	1:16:42.939	2:34:07.871	0:10:16.524	A.D.AMARANTE TRAIL RUNNING
305	1018	SEN-F	37	MARLENE SOUTULHO COELHO ALVES	2:34:45.270	1:16:57.618	2:34:25.493	0:10:17.699	
306	1134	SEN-F	38	CELIA MARIA AFONSO SOUSA	2:35:19.930	1:17:32.278	2:35:16.531	0:10:21.102	INVICTUS OPORTO TEAM
307	1230	SEN-M	155	LUIS FILIPE VIEIRA MEIRELES	2:35:29.411	1:17:41.759	2:35:14.725	0:10:20.981	
308	1333	SEN-M	156	FILIPPE GUIMARÃES	2:35:29.756	1:17:42.104	2:35:14.471	0:10:20.964	RAMBOS
309	1199	SEN-M	157	JOSÉ LUIS PEIXOTO ALVES	2:35:33.251	1:17:45.599	2:35:14.741	0:10:20.982	
310	1167	VET-F40	16	ANABELA GOMES FLORES	2:35:43.363	1:17:55.711	2:35:19.820	0:10:21.321	FRIENDS TEAM
311	1454	VET-M40	72	DAVID DEWASMES	2:35:45.787	1:17:58.135	2:35:31.043	0:10:22.069	FAMA RUNNERS
312	1117	VET-M40	73	ANTÓNIO JOAQUIM DE CARVALHO ALVES BORGES	2:36:21.006	1:18:33.354	2:36:21.006	0:10:25.400	

Lugar	Dorsal	Categoria	Pos.	Atleta	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
313	1104	SEN-F	39	SÓNIA MADUREIRA	2:37:45.376	1:19:57.724	2:37:30.781	0:10:30.052	TROCOPASSO RUNNERS
314	1105	SEN-M	158	JOSÉ ALMEIDA	2:37:45.426	1:19:57.774	2:37:30.208	0:10:30.013	TROCOPASSO RUNNERS
315	1306	SEN-F	40	SANDRA CRISTINA MARTINS TEIXEIRA	2:37:57.742	1:20:10.090	2:37:51.506	0:10:31.433	
316	1249	SEN-F	41	MARIA SILVINA COELHO ESTEVES	2:38:12.783	1:20:25.131	2:37:53.359	0:10:31.557	TRAIL ME
317	1488	VET-F40	17	CECILIA MARIA ABREU ESTEVES	2:38:13.107	1:20:25.455	2:37:53.273	0:10:31.551	
318	1372	SEN-M	159	MIGUEL TAVEIRA	2:38:16.903	1:20:29.251	2:38:01.984	0:10:32.132	XEQUE-MATE
319	1460	SEN-M	160	BRUNO ALBERTO	2:38:21.167	1:20:33.515	2:37:58.894	0:10:31.926	FAMA RUNNERS
320	1461	SEN-F	42	DANIELA MARQUES	2:38:21.826	1:20:34.174	2:38:00.035	0:10:32.002	FAMA RUNNERS
321	1451	VET-F40	18	ELISABETE MONTEIRO	2:39:15.835	1:21:28.183	2:39:01.001	0:10:36.066	FAMA RUNNERS
322	1180	SEN-M	161	MANUEL JORGE CASAIS PEREIRA	2:39:24.198	1:21:36.546	2:39:14.777	0:10:36.985	VIDA ATIVA RUNNERS
323	1179	SEN-F	43	SANDRA SOFIA CASAIS PEREIRA	2:39:24.225	1:21:36.573	2:39:15.075	0:10:37.005	VIDA ATIVA RUNNERS
324	1085	SEN-M	162	CRISTIANO MANUEL BARBOSA DA SILVA	2:39:27.781	1:21:40.129	2:39:27.781	0:10:37.852	NINJA TEAM
325	1170	SEN-F	44	LAURA PATRICIA BARBOSA FERREIRA	2:40:45.183	1:22:57.531	2:40:21.352	0:10:41.423	FRIENDS TEAM
326	1343	SEN-M	163	CLÁUDIO FERROS	2:40:45.205	1:22:57.553	2:40:30.069	0:10:42.004	XEQUE-MATE
327	1048	VET-M40	74	CARLOS SANTOS	2:40:52.929	1:23:05.277	2:40:25.460	0:10:41.697	G. AVENTURA
328	1294	SEN-M	164	RUI MANUEL FERNANDES SILVA	2:41:44.682	1:23:57.030	2:41:18.967	0:10:45.264	DUARTESFER
329	1293	VET-M40	75	RUI MANUEL OLIVEIRA DUARTE	2:41:44.793	1:23:57.141	2:41:19.546	0:10:45.303	DUARTESFER
330	1098	VET-M50	17	MANUEL MOURA SOUSA	2:41:56.671	1:24:09.019	2:41:44.082	0:10:46.938	OS BARRIGUITAS
331	1062	SEN-F	45	ADÉLIA MARIA OLIVEIRA FERREIRA BERNARDINO	2:42:02.803	1:24:15.151	2:41:54.316	0:10:47.621	FFIT GAIA TRAIL
332	1043	SEN-F	46	VERA ALEXANDRA OLIVEIRA SILVA	2:42:31.135	1:24:43.483	2:42:20.582	0:10:49.372	FFIT GAIA TRAIL
333	1385	VET-F40	19	MARIA JOSE FERNANDES PASSEIRA	2:42:48.978	1:25:01.326	2:42:38.299	0:10:50.553	PADELA NATURAL TEAM
334	1351	SEN-F	47	MARIA DE FATIMA ANDRE MOREIRA	2:43:45.954	1:25:58.302	2:43:43.482	0:10:54.898	NINJA TEAM
335	1325	VET-F40	20	DEOLINDA BRITES ANTUNES	2:43:47.674	1:26:00.022	2:43:24.472	0:10:53.631	SULNOR
336	1103	SEN-M	165	ALBERTO FILINTO DA SILVA GUEDES	2:43:53.995	1:26:06.343	2:43:52.552	0:10:55.503	NINJA TEAM
337	1312	SEN-M	166	RICARDO FILIPE ESTEVES FERREIRA	2:44:34.301	1:26:46.649	2:44:14.016	0:10:56.934	
338	1125	SEN-M	167	VITOR BRUNO RODRIGUES COSTA	2:44:50.264	1:27:02.612	2:44:29.174	0:10:57.944	
339	1119	VET-F40	21	SANDRA CRISTINA DE FARIA RAMOS	2:46:22.742	1:28:35.090	2:45:57.136	0:11:03.809	TRAIL GIRLS
340	1118	VET-F40	22	RAQUEL MARIA MACHADO	2:46:22.809	1:28:35.157	2:45:56.832	0:11:03.788	TRAIL GIRLS
341	1126	SEN-F	48	MARIA CIDÁLIA RODRIGUES CASTRO	2:46:24.737	1:28:37.085	2:45:58.506	0:11:03.900	OS TURBOMULA D.O.C.
342	1067	VET-M50	18	JOSÉ GRAÇA	2:46:24.881	1:28:37.229	2:46:14.803	0:11:04.986	
343	1066	VET-M50	19	JOÃO MARQUES	2:46:37.963	1:28:50.311	2:46:27.591	0:11:05.839	TURBOLENTOS
344	1321	VET-F40	23	ANA MARGARIDA FERREIRA DE MIRANDA	2:46:43.362	1:28:55.710	2:46:16.782	0:11:05.118	VIASAUDÁVEL
345	1027	SEN-M	168	JOÃO PAULO ARAGÃO SÁ	2:46:44.714	1:28:57.062	2:46:31.470	0:11:06.098	
346	1196	VET-M40	76	JULIO PAULO JARDIM FIGUEIREDO	2:47:01.144	1:29:13.492	2:46:49.223	0:11:07.281	DOMINGO A CORRER AS 9 ÁGUIAS DE ALVELOS
347	1223	SEN-M	169	FRANCISCO DA CUNHA LEMOS	2:47:12.923	1:29:25.271	2:47:05.913	0:11:08.394	FRIENDSRUS
348	1474	VET-F40	24	PAULA ISMÉNIA DA SILVARIBEIRO	2:47:13.052	1:29:25.400	2:47:06.710	0:11:08.447	FRIENDSRUS
349	1193	SEN-F	49	CAROLINA MANUELA FERREIRA SILVA	2:47:14.257	1:29:26.605	2:46:52.060	0:11:07.470	
350	1091	SEN-M	170	NUNO FILIPE BRAZIELA GOMES	2:47:16.908	1:29:29.256	2:46:54.101	0:11:07.606	FURACOES DE ESPOSENDE
351	1398	VET-M40	77	JOSÉ PEDRO RODRIGUES	2:48:27.346	1:30:39.694	2:48:19.584	0:11:13.305	LOW RUNNING
352	1295	VET-M40	78	DOMINGOS FERNANDO MONTEIRO DO VALE	2:49:27.896	1:31:40.244	2:49:02.240	0:11:16.149	OS AMIGOS
353	1296	VET-M40	79	MANUEL VILAS BOAS FERREIRA	2:49:27.937	1:31:40.285	2:49:02.417	0:11:16.161	OS AMIGOS
354	1462	SEN-F	50	NATÁLIA SANTOS	2:50:52.368	1:33:04.716	2:50:30.429	0:11:22.028	FAMA RUNNERS
355	1459	SEN-F	51	MARIA GALVÃO	2:50:52.440	1:33:04.788	2:50:30.195	0:11:22.013	FAMA RUNNERS
356	1114	VET-M40	80	FRANCISCO DOS SANTOS FIGUEIREDO	2:50:53.685	1:33:06.033	2:50:39.875	0:11:22.658	DOMINGO A CORRER AS 9 ÁGUIAS DE ALVELOS
357	1153	SEN-F	52	EUNICE MARIA VALE MOREIRA	2:50:53.827	1:33:06.175	2:50:40.172	0:11:22.678	BTM
358	1158	SEN-M	171	HUGO RICARDO BRITO PEREIRA	2:50:53.893	1:33:06.241	2:50:41.580	0:11:22.772	BTM
359	1371	SEN-F	53	ANDREA REIS	2:51:09.823	1:33:22.171	2:50:54.078	0:11:23.605	XEQUE-MATE
360	1224	SEN-M	172	ANTHONY RIBEIRO FERRERIA	2:52:39.987	1:34:52.335	2:52:27.486	0:11:29.832	
361	1226	SEN-M	173	ANTÓNIO RAFAEL VIEIRA CORREIA	2:52:42.932	1:34:55.280	2:52:29.632	0:11:29.975	
362	1259	SEN-M	174	VITOR DANIEL COUTADA BRITO	2:52:45.233	1:34:57.581	2:52:31.621	0:11:30.108	
363	1307	SEN-M	175	FILIPE JOSÉ QUEIRÓS GOMES	2:53:11.536	1:35:23.884	2:53:07.078	0:11:32.471	
364	1336	SEN-F	54	MARGARIDA CAPITÃO ROSA	2:53:34.656	1:35:47.004	2:53:22.091	0:11:33.472	

Lugar	Dorsal	Categoria	Pos.	Atleta	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
365	1315	SEN-F	55	JULIANA CRISTINA EIRAS NOVO PINHEIRAL	2:53:34.720	1:35:47.068	2:53:22.380	0:11:33.492	
366	1084	SEN-M	176	LUIS MIGUEL TEIXEIRA CARDOSO	2:54:29.492	1:36:41.840	2:54:26.298	0:11:37.753	NINJA TEAM
367	1202	VET-M40	81	JOÃO PAULO GONÇALVES OLIVEIRA	2:54:29.923	1:36:42.271	2:54:26.584	0:11:37.772	NINJA TEAM
368	1132	SUB-F23	4	ANA FILIPA FERREIRA PEREIRA	2:54:29.958	1:36:42.306	2:54:26.478	0:11:37.765	NINJA TEAM
369	1076	SEN-F	56	SILVIA MARIA CORREIA CASTELO	2:55:09.331	1:37:21.679	2:54:49.993	0:11:39.332	FARDETAS
370	1107	VET-M40	82	DAVID LAFUENTE ALVES	2:55:34.669	1:37:47.017	2:55:18.172	0:11:41.211	
371	1108	VET-F40	25	IVETE ALVES	2:55:34.712	1:37:47.060	2:55:17.880	0:11:41.192	
372	1147	SEN-F	57	ISABEL MARIA LOPES CARVALHO FITAS	2:56:05.648	1:38:17.996	2:55:56.981	0:11:43.798	
373	1150	VET-M40	83	CARLOS MANUEL DA COSTA FITAS	2:56:05.891	1:38:18.239	2:55:56.547	0:11:43.769	
374	1188	SEN-M	177	DUARTE NUNO MALHEIRO DE BARREIRO	2:57:08.809	1:39:21.157	2:56:51.622	0:11:47.441	
375	1187	SEN-F	58	EUNICE MARISA DA CUNHA GOMES	2:57:09.068	1:39:21.416	2:56:51.191	0:11:47.412	
376	1414	SEN-F	59	MÁRCIA SUSANA MOREIRA SANTOS	2:57:36.949	1:39:49.297	2:57:34.444	0:11:50.296	NINJA TEAM
377	1413	SEN-M	178	FERNANDO GIL RODRIGUES DO NASCIMENTO	2:57:37.199	1:39:49.547	2:57:34.266	0:11:50.284	NINJA TEAM
378	1099	SEN-F	60	CÁTIA TEIXEIRA	2:57:42.015	1:39:54.363	2:57:13.874	0:11:48.924	LETICA RUNNERS
379	1077	SEN-F	61	ROSA MARIA ARAÚJO	2:57:46.538	1:39:58.886	2:57:27.186	0:11:49.812	FARDETAS
380	1075	VET-M50	20	JOSÉ NEVES CASTELO	2:57:46.767	1:39:59.115	2:57:27.917	0:11:49.861	FARDETAS
381	1445	SEN-F	62	CATARINA MARINHO	2:58:18.659	1:40:31.007	2:57:52.616	0:11:51.507	BISMARCK
382	1089	VET-M50	21	JOSÉ AUGUSTO TEIXEIRA PIRES DE LIMA	2:58:20.790	1:40:33.138	2:57:57.326	0:11:51.821	EMFORÇA - CORREMOS COM A ESCLEROSE MÚLTIPLA
383	1362	SEN-M	179	CARLOS PEREIRA	3:00:15.985	1:42:28.333	2:59:58.481	0:11:59.898	
384	1169	SEN-F	63	SANDRA LOPES	3:00:49.850	1:43:02.198	3:00:25.663	0:12:01.710	FRIENDS TEAM
385	1051	SEN-M	180	BRUNO RICARDO MONTEIRO FERREIRA	3:02:12.852	1:44:25.200	3:01:49.150	0:12:07.276	
386	1052	SEN-F	64	LUCIANA AGUIAR	3:02:12.974	1:44:25.322	3:01:49.600	0:12:07.306	
387	1038	SEN-F	65	MARIA DE FÁTIMA FERREIRA NOVAIS	3:02:47.566	1:44:59.914	3:02:27.245	0:12:09.816	
388	1213	VET-F40	26	MARIA MANUEL DANTAS	3:03:20.556	1:45:32.904	3:03:20.556	0:12:13.370	
389	1212	SEN-F	66	LÍDIA COSTA	3:03:21.245	1:45:33.593	3:03:21.245	0:12:13.416	
390	1011	SEN-F	67	SARA ISABEL TEIXEIRA PEREIRA	3:03:28.097	1:45:40.445	3:03:19.296	0:12:13.286	FFIT GAIA TRAIL
391	1102	VET-F40	27	MARCIA CRISTINA DA SILVA OLIVEIRA	3:03:28.630	1:45:40.978	3:03:19.343	0:12:13.289	FFIT GAIA TRAIL
392	1329	VET-F40	28	GRAÇA MARIA FIGUEIREDO CASAL	3:03:34.007	1:45:46.355	3:03:10.320	0:12:12.688	SUNDAY TRAINING SUNDAY
393	1258	SUB-F23	5	ELISABETE CARINA MIRANDA OLIVEIRA	3:03:34.098	1:45:46.446	3:03:20.431	0:12:13.362	
394	1225	SEN-F	68	ANDREIA SUSANA VASSALO BARROS	3:03:34.417	1:45:46.765	3:03:21.185	0:12:13.412	
395	1404	SUB-M23	10	DANIEL FILIPE AZEVEDO DA SILVA	3:05:00.156	1:47:12.504	3:04:57.101	0:12:19.806	NINJA TEAM
396	1405	SUB-F23	6	DÉBORA ESTER AZEVEDO DA SILVA	3:05:00.932	1:47:13.280	3:04:58.185	0:12:19.879	NINJA TEAM
397	1338	SEN-M	181	EDUARDO MANUEL DE AZEVEDO DOURADO	3:05:46.650	1:47:58.998	3:05:25.738	0:12:21.715	
398	1319	SEN-F	69	SARA ALEXANDRA DE AZEVEDO DOURADO	3:05:47.167	1:47:59.515	3:05:26.140	0:12:21.742	
399	1291	VET-M40	84	RUI MANUEL LIMA DA SILVA	3:06:57.230	1:49:09.578	3:06:47.416	0:12:27.161	TEAM R&R
400	1292	SEN-F	70	ROSA MARIA PEREIRA CARDOSO DA SILVA	3:06:57.579	1:49:09.927	3:06:47.453	0:12:27.163	TEAM R&R
401	1446	VET-F40	29	MARIA ROSA SILVA PEREIRA COSTA	3:07:00.260	1:49:12.608	3:06:44.705	0:12:26.980	MOREIRA RELAX RUNNERS
402	1265	VET-F40	30	EMILIA JESUS REIS PEREIRA GONÇALVES	3:09:05.938	1:51:18.286	3:08:45.105	0:12:35.007	CLUBE DE MONTANHISMO DE BRAGA
403	1359	SEN-F	71	CLÁUDIA AZEVEDO LEITÃO	3:09:06.038	1:51:18.386	3:08:45.209	0:12:35.013	
404	1418	SUB-F23	7	MARIANA FILIPA AMORIM ANTUNES	3:10:18.581	1:52:30.929	3:10:12.968	0:12:40.864	DESNIVEL POSITIVO
405	1374	SEN-M	182	ANTÓNIO FERNANDO RODRIGUES COELHO	3:10:44.941	1:52:57.289	3:10:43.114	0:12:42.874	NINJA TEAM
406	1352	VET-F40	31	MARIA DE LURDES NORA LIMA MARQUES	3:10:44.980	1:52:57.328	3:10:44.980	0:12:42.998	NINJA TEAM
407	1012	VET-F40	32	MARIA DIAS	3:12:51.075	1:55:03.423	3:12:41.726	0:12:50.781	XTRAIL RUNNING TEAM
408	1341	SEN-F	72	LILIANA MOREIRA	3:16:31.959	1:58:44.307	3:16:29.078	0:13:05.938	XEQUE-MATE
409	1346	SEN-M	183	RICARDO FERREIRA	3:16:46.204	1:58:58.552	3:16:29.767	0:13:05.984	XEQUE-MATE
410	1401	SEN-F	73	BARBARA MAIA	3:16:46.234	1:58:58.582	3:16:23.926	0:13:05.595	
411	1400	VET-M40	85	JOSE MANUEL LISBOA BARROS MAIA	3:16:46.303	1:58:58.651	3:16:23.900	0:13:05.593	
412	1344	SEN-F	74	KRISTINA BARROS	3:16:46.890	1:58:59.238	3:16:31.216	0:13:06.081	XEQUE-MATE
413	1340	SEN-M	184	AFONSO LIBERAL FERNANDES	3:16:46.953	1:58:59.301	3:16:30.633	0:13:06.042	XEQUE-MATE
414	1425	SEN-F	75	CRISTIANA FILIPA BESSA	3:16:52.731	1:59:05.079	3:16:52.731	0:13:07.515	
415	1053	SEN-F	76	ÂNGELA MARIA FERREIRA MORAIS	3:17:15.225	1:59:27.573	3:17:14.027	0:13:08.935	JUST ME
416	1466	VET-M50	22	ROBERTO LUSQUINHOS ÁLVAREZ	3:23:16.825	2:05:29.173	3:22:58.385	0:13:31.892	AVIVA CLUB SPORT

Lugar	Dorsal	Categoria	Pos.	Atleta	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
417	1191	SEN-F	77	VIRGÍNIA DUARTE	3:23:22.618	2:05:34.966	3:22:57.469	0:13:31.831	FRIENDS TEAM
418	1056	SEN-F	78	ANA ISABEL GOMES CAPELAS	3:24:20.591	2:06:32.939	3:24:00.674	0:13:36.044	
419	1424	VET-F40	33	ANA CRISTINA DE CASTRO MATOS MIRANDA	3:24:30.597	2:06:42.945	3:24:28.965	0:13:37.931	NINJA TEAM
420	1219	SEN-F	79	SANDRA MANUELA DA SILVA ZEFERINO	3:24:31.449	2:06:43.797	3:24:11.263	0:13:36.750	
421	1020	VET-M50	23	JOSÉ LUÍS ARANHA DA COSTA FERREIRA	3:25:03.570	2:07:15.918	3:24:54.188	0:13:39.612	FFIT GAIA TRAIL
422	1146	SEN-M	185	PEDRO PITA PEREIRA	3:25:04.081	2:07:16.429	3:24:37.794	0:13:38.519	
423	1145	SEN-F	80	MARIA GIL NOVAIS SEROMENHO	3:25:04.277	2:07:16.625	3:24:37.673	0:13:38.511	
424	1101	SEN-F	81	RITA DA CONCEIÇÃO RODRIGUES CORREIA	3:27:46.455	2:09:58.803	3:27:45.208	0:13:51.013	
425	1261	SEN-F	82	MIRIAM PETRA MATOS JORG	3:28:17.174	2:10:29.522	3:28:14.381	0:13:52.958	ONESOUL CROSSFIT
426	1262	SEN-M	186	SERGIO ALEXANDRE CRUZ PEIXOTO	3:28:18.127	2:10:30.475	3:28:15.779	0:13:53.051	ONESOUL CROSSFIT
427	1092	SEN-F	83	MARTA ANDREIA SOUSA MARTINS	3:28:37.724	2:10:50.072	3:28:12.405	0:13:52.827	FURACOES DE ESPOSENDE
428	1096	SEN-F	84	SUSANA MARIA SOUSA MARTINS LEITE FARIA	3:28:38.567	2:10:50.915	3:28:13.111	0:13:52.874	FURACOES DE ESPOSENDE
429	1097	VET-M50	24	ANTÓNIO MANUEL SOUSA BRAGA LEITE FARIA	3:28:45.141	2:10:57.489	3:28:20.493	0:13:53.366	FURACOES DE ESPOSENDE
430	1095	SEN-F	85	MARIA DA CONCEIÇÃO DOS SANTOS FÃO	3:28:50.798	2:11:03.146	3:28:50.798	0:13:55.386	