

III TRAIL DE ESPOSENDE

Feminino - 15KM

Seniores

Pos	frontal	nome	tempo
1	1943	INÊS MOREIRA	01:40:20
2	112	ADRIANA GOMES	01:41:50
3	1194	ANITA COSTA	01:47:12
4	2	TELMA DUARTE	01:47:34
5	1504	EUNICE NOBRE LIMA DE SOUSA	01:49:20
6	120	CONSTANÇA BRITO	01:53:43
7	1405	FLORA CATARINA MACIEL LEITE	01:55:12
8	1972	CLÁUDIA MOREIRA	01:56:47
9	1541	ANA CARDOSO	01:59:25
10	2226	SANDRA CANELHA	01:59:54
11	2278	Carlos A	02:00:16
12	23	CATARINA AMORIM	02:00:21
13	1340	SARA MEIRA	02:02:32
14	2074	LUÍSA AZEVEDO	02:03:18
15	1648	RAQUEL SOFIA MACEDO COSTA	02:03:41
16	1462	MATILDE SOFIA SOARES DE BRITO	02:03:56
17	95	ANA MELO	02:05:45
18	2027	SARA FERREIRA	02:06:24
19	73	ARIANA ARAÚJO	02:06:30
20	1061	ELIANA PEREIRA	02:07:32
21	74	VÂNIA FERREIRA	02:08:50
22	1285	NATALINA AURORA RIBEIRO RODRIGUES	02:09:35
23	1493	SANDRA SILVA	02:10:18
24	1054	ANA CATARINA FERNANDES CERQUEIRA	02:10:23
25	1491	HELENA CASTRO	02:11:08
26	72	DIANA LIMA	02:12:51
27	85	VÂNIA EIRAS	02:13:48
28	135	ISABEL PEREIRA	02:14:22
29	1171	VERA LÚCIA DA SILVA MALHEIRO	02:14:25
30	2277	MARINHA PIRES	02:15:24
31	1959	HELENA CERQUEIRA	02:17:04
32	1082	CATARINA MARIA BORGES DE BARROS	02:18:42
33	1192	LILIANA SILVA	02:19:01
34	1037	LILIANA ARAUJO	02:19:40
35	2224	HELENA RAMOS	02:20:02
36	1349	TÂNIA LUISA ANDRADE MACHADO	02:20:16
37	46	PATRÍCIA VILAS-BOAS	02:20:55
38	1022	BÁRBARA CRUZ	02:21:04
39	2180	PATRICIA TEIXEIRA	02:21:24
40	1610	SOLANGE SOUSA	02:22:04

41	2205	ANA LUISA SOUSA FERREIRA	02:22:40
42	1220	CÁTIA ISABEL RODRIGUES SILVA	02:22:49
43	1047	MARINA CORREIA GRAÇA	02:23:11
44	1828	ISABEL CRISTINA DA CUNHA GOMES	02:23:40
45	2229	FÁTIMA MARIA FARIA OLIVEIRA	02:23:48
46	1531	ELDA LOPES	02:24:01
47	1326	CARINA SILVA	02:26:21
48	1033	MONIA RIBEIRO	02:26:34
49	2272	KRISTINA KALPOKIENE	02:27:09
50	1255	PAULA ALVES	02:27:35
51	1508	MARIA JOÃO RODRIGUES	02:28:19
52	1348	ANABELA MOREIRA	02:28:25
53	1718	MARIANA BARBOSA	02:29:01
54	1458	ANA MORENO	02:29:05
55	2298	ALICIA NICOLE CARDOSO QUINTAS	02:31:03
56	2299	MARIA AUGUSTA LIMA CARQUEIJÓ	02:31:06
57	2338	SANDRA CRISTINA NOVAIS PEREIRA	02:31:20
58	1928	ISABEL MARIA ALVES CARNEIRO	02:31:23
59	1198	LILIANA FREIRE	02:31:54
60	1824	CARLA AZEVEDO	02:32:07
61	1862	ISIDORA MARTINS	02:32:24
62	50	MARTA MOTA	02:33:04
63	1474	ANA LÚCIA	02:33:40
64	1187	ANA DANIELA RIBEIRO RAMALHO	02:35:05
65	1501	SÓNIA MATOS	02:35:28
66	2086	JOANA MOREIRA	02:35:50
67	1282	SUSANA FERREIRA	02:36:08
68	2168	NOEMIA FERREIRA	02:36:47
69	2170	JULIANA ANDREIA GONÇALVES FERREIRA	02:36:51
70	1422	LILIANA CRISTINA SOARES	02:36:59
71	1178	DANIELA GUIMARÃES SOUSA FURTADO	02:37:04
72	1514	SÓNIA ELISABETE CARVALHO DA SILVA	02:37:56
73	1516	PATRICIA CRISTINA GOUVEIA QUEIROZ PEREIRA	02:38:17
74	1831	JOANA SOFIA MACEDO MAIA	02:40:08
75	1322	LÍGIA BARROS SOUTO	02:40:22
76	1090	ANA SILVA	02:40:53
77	1537	SARA SILVA	02:41:11
78	144	NATÁLIA SANTOS	02:41:21
79	1659	MARIA ALEXANDRA ALMEIDA DA SILVA PEREIRA	02:41:47
80	38	PATRICIA MIRANDA	02:42:04
81	1305	MARTA OLIVEIRA	02:42:13
82	1025	ANA RITA CARVALHO FARIA	02:42:19
83	1207	ALEXANDRA CARVALHO	02:42:23
84	1260	ANA FAEL	02:42:34
85	2095	CARLA ALEXANDRA ARAÚJO PEREIRA	02:42:42
86	1984	ALEXANDRA OLIVEIRA	02:43:04
87	2213	ALICE FONSECA	02:43:14
88	1656	ISABEL VIEIRA OLIVEIRA ALVES	02:43:21
89	2248	CRISTIANA VILAS-BOAS	02:43:23
90	2316	Marta Ferreira	02:43:53

91	1654	ANA SOFIA NALDINHO OLIVEIRA	02:44:34
92	150	DANIELA MARQUES	02:44:52
93	1969	ANA SOFIA ALVES MOURA	02:45:15
94	1097	ELISABETE MARIA PINTO FARIA	02:45:26
95	2096	SUSANA SILVA	02:45:31
96	1102	EMA GUERRA	02:45:42
97	1104	RITA RODRIGUES	02:46:55
98	1417	ANABELA SILVA	02:47:07
99	1775	CARINA OLIVEIRA	02:47:28
100	1320	SUSANA SILVA	02:48:24
101	1016	MONICA BORGES	02:48:45
102	1872	RAQUEL PEREIRA	02:49:14
103	1566	MARIA JOÃO MOREIRA GOMES	02:50:15
104	1967	SUSANA RITA RIBEIRO DA SILVA	02:50:19
105	5	MADALENA FONTES	02:51:14
106	1930	JULIE MARTINS	02:51:38
107	2322	FÁBIA TATIANA TEIXEIRA MARTINS	02:51:55
108	1331	LILIANA MAGALHÃES	02:52:55
109	1870	SANDRA SILVA	02:53:02
110	1634	SUSANA PINHEIRO	02:53:05
111	1446	CARLA ARAÚJO	02:53:13
112	98	PAULA BROTA	02:53:29
113	1452	JOANA BARRETO	02:53:42
114	1404	SUSANA MARIA SOARES DOS SANTOS OIVEIRA	02:54:02
115	1695	ROSA MARIA DO MONTE CUNHA	02:54:38
116	2339	SARA SOFIA DOS SANTOS MARQUES	02:54:43
117	2142	SOFIA PEREIRA	02:55:07
118	2231	LUCIANA MIRANDA	02:55:11
119	2232	MÓNICA SOARES	02:55:14
120	1460	MARÍLIA PEREIRA	02:55:21
121	2103	LAURINDA FONSECA	02:58:17
122	1503	LILIANA COSTA	02:58:57
123	1906	CLAUDIA VILELA	02:59:17
124	1952	M LURDES BRAGA FERNANDES	03:00:30
125	1461	MÁRCIA ALMEIDA	03:00:40
126	1878	SANDRA OLIVEIRA	03:01:10
127	1982	CLARA MANUELA FERNANDES DIAS	03:01:33
128	1432	EDITE GONÇALVES	03:01:51
129	1747	CARMO FERREIRA	03:02:12
130	1092	DELFINA MARIA RODRIGUES COSTA	03:02:16
131	1190	CÁTIA SALGADO	03:02:20
132	1899	CARINA PEREIRA	03:02:27
133	1429	SUSANA MARGARIDA FERREIRA RODRIGUES CASTRO	03:02:33
134	1479	HEIDI SOFIA ALVES DE SOUSA MANNINEN	03:02:36
135	1484	JULIANA CRISTINA EIRAS NOVO PINHEIRAL	03:02:48
136	61	SARA NOVAIS	03:02:53
137	2056	EUGÉNIA MARIA OLIVEIRA AZEVEDO	03:02:58
138	1505	MÁRCIA FILIPA SOARES PEREIRA	03:03:42
139	1414	ANDREIA COSTA	03:03:54
140	2015	SILVIA ALEXANDRA COELHO	03:04:28

141	1311	ANA ISABEL ALVES PEREIRA	03:05:02
142	1310	MARIA MANUELA SALGADO ALVES	03:05:04
143	2080	ANA ABREU	03:05:15
144	1692	MARINHA REGADO DE ABREU	03:05:38
145	1938	CIDÁLIA REGADO DE ABREU	03:05:44
146	1631	SOFIA OLIVEIRA	03:05:54
147	1290	PAULA FRANCISCA COUTO RODRIGUES	03:06:26
148	70	CATARINA FERREIRA	03:08:15
149	1895	MSDUARTE	03:08:19
150	1004	MANUELA BATISTA	03:08:34
151	1609	VÂNIA SOFIA	03:08:38
152	1803	RAQUEL NEIVA	03:08:59
153	1782	CIDALIA RIBEIRO	03:09:08
154	1701	ANA PATRICIA SALGUEIRO	03:09:34
155	2172	TÂNIA SALGUEIRO	03:09:37
156	154	MARI PEREIRA	03:09:57
157	1304	ANA PATRICIA ROCHA	03:11:05
158	1869	ANGELA CARVALHO	03:11:17
159	2217	LUISA MARIA LOPES PINTO ARAÚJO	03:11:22
160	2195	JOANA PEREIRA MARTINS	03:11:24
161	1987	MARTA PEIXOTO	03:11:43
162	1243	MÓNICA BANDEIRA	03:11:48
163	1402	JOANA CUNHA	03:12:07
164	1937	SARA BRANDÃO	03:12:19
165	83	ARACI QUEIROGA	03:12:50
166	1345	SUELI RIBEIRO	03:12:53
167	81	ISABEL QUEIROGA	03:13:05
168	2306	EUNICE COELHO	03:13:15
169	1199	IVÂNIA ROCHA	03:13:48
170	1916	VERA CLARA FARIA RIBEIRO	03:14:20
171	1670	LÚCIA LEITE FERREIRA	03:14:28
172	2284	ANDREA VIEIRA	03:14:32
173	1766	RITA MARIA CARQUEIJÓ LIMA	03:15:08
174	1769	SANDRA MANUELA CARQUEIJÓ LIMA	03:15:12
175	1798	MARIA JORGE DE S´DANTAS	03:15:18
176	2088	MARTA AMARO	03:15:22
177	1991	PAULA MARIA BARBOSA LOPES	03:15:30
178	2266	CARLA PATRÍCIA MARTINS DE OLIVEIRA	03:15:32
179	1453	JOANA ALMEIDA	03:16:05
180	2215	ELISABETE CRISTINA RAMALHO GOMES	03:16:08
181	1919	LUÍSA ALEXANDRA LAGES DE ALMEIDA	03:16:49
182	2187	ROSA MANUELA RIBEIRO SOUTO	03:16:51
183	2257	Andreia Alexandra Pinto Ramos Fontainhas	03:16:58
184	1470	ANDREIA PELICANO	03:17:53
185	2044	RAQUEL ANDRÉ VILA-CHÃ	03:18:07
186	1818	CELIA CERQUEIRA	03:18:13
187	1700	VERA LÚCIA MOREIRA DE ABREU	03:18:22
188	1288	ELISABETE MARIA VAZ PINTO	03:18:56
189	1235	SILVIA MARIA OLIVEIRA RODRIGUES	03:19:02
190	1786	ALICE CASTRO	03:19:20

191	2165	HELENA ISABEL MOREIRA DE FARIA	03:19:29
192	123	MARIA BOAS	03:19:35
193	1719	ANA LUISA COELHO BARREIRA	03:19:40
194	119	SONIA BARBOSA	03:19:44
195	2258	Beatriz Pires	03:20:03
196	2077	ANA LIMA	03:20:21
197	1882	JOANA F. SILVA	03:20:54
198	2305	SARA CATARINA CAPITAO COUTO	03:21:37
199	1208	SANDRA PATRICIA COSTA E SILVA	03:22:24
200	1834	FILIPA FARIA	03:23:26
201	1312	LAURINDA MARTINS	03:23:35
202	1024	JOANA CLÁUDIA CARVALHO FARIA	03:23:46
203	1351	CATARINA DO PILAR CEPa	03:24:08
204	1694	ALICE DO MONTE CUNHA	03:24:13
205	1697	SARA ALEXANDRA AZEVEDO DOURADO	03:24:19
206	1468	ANDREIA RAQUEL LEITE	03:24:48
207	2311	CLÁUDIA MACEDO	03:25:31
208	1914	CARLA IVONE DE CASTRO PEREIRA	03:26:01
209	2107	ISABEL LOUREIRO	03:26:08
210	2148	MARIA DA CONCEIÇÃO DOS SANTOS FÃO	03:26:24
211	1420	MATILDE SOBRAL	03:26:41
212	2304	MARIA JOÃO CAPITÃO COUTO	03:28:09
213	2288	RITA CAPITÃO	03:28:13
214	47	SARA SOUSA	03:28:50
215	1296	SILVIA CRISTINA SOUSA CRUZ	03:30:44
216	1426	JOANA CRISTINA FERREIRA	03:31:02
217	1341	SUSANA PATRCIA ALVES	03:31:05
218	1660	RAQUEL ALMEIDA	03:31:15
219	1284	ANA CRISTINA ARAÚJO DA CUNHA	03:31:28
220	1392	MARIANA IGREJA ESCRIVÃES	03:32:04
221	2282	ELIZABETH ANDRADE VIEITAS	03:32:22
222	1955	HELENA NEVES	03:32:42
223	1124	MARIA MANUELA CARDOSO NEVES	03:33:21
224	1642	JOANA MIRANDA MATOS	03:33:34
225	1630	SARA DANIELA FERNANDES DA COSTA	03:36:05
226	1956	ASSUNÇÃO SILVA	03:36:13
227	1665	ELISABETE DA CONCEIÇÃO RENTE SAMPAIO	03:38:09
228	1478	LILIANA GOMES	03:38:13
229	1100	SILVIA RUTE FERREIRA MACIEL	03:38:38
230	1746	NATALIA SENRA	03:39:28
231	1953	FILIPA CERVANTES	03:41:10
232	1568	SUSANA MELO	03:41:14
233	1951	MAGDA MARIA DA SILVA SANTOS	03:41:21
234	2346	CÁTIA PATRICIA VALE SANTOS	03:44:46
235	1244	INÊS BATALHA	03:46:48
236	2207	ANDREA GONZÁLEZ PRADO	03:47:27
237	1407	MARIA SUSANA SOUSA PIMENTA	03:47:30
238	1764	SARA PATRÍCIA VIEIRA COELHO	03:47:32
239	1408	ISAURA DE FÁTIMA ARANTES GOMES	03:47:42
240	1389	DIANA SOFIA BAPTISTA DA SILVA	03:47:45

241	1280	CARINA SUSETE FERREIRA BARBOSA DA CUNHA	03:48:07
242	1278	RAFAELA DAS DORES FERREIRA BARBOSA	03:48:11
243	2211	DANIELA CRISTINA FERREIRA DA COSTA	03:50:49
244	2176	MADALENA VELOSO	03:51:11
245	1228	CARINA ISABEL ARAÚJO DA SILVA	03:51:17
246	1813	MARIA CELESTE DOS SANTOS NIBRA	03:54:06
247	2235	LILIANA GONÇALVES	03:57:31
248	2024	ADRIANA ANTUNES	03:58:01
249	2049	SOFIA SOARES	03:58:03
250	2138	LARISSA MOLINA	03:59:27
251	1781	RITA JOANA DOS SANTOS RODRIGUES	04:00:24
252	2067	CRISTINA MATOS BRAGA	04:00:52
253	1796	MARINA BARRETO	04:02:42
254	1229	MÓNICA SOFIA PEIXOTO NOGUEIRA	04:09:36
255	2089	ANA MARGARIDA ALPUIM	04:09:43
256	2085	MARIA ROCHA	04:09:47
257	1668	CLAUDIA FREITAS	04:26:53
258	1128	VANIA SILVA	04:34:36
259	1730	CLAUDIA ANDREIA RODRIGUES DURAES	04:42:38
260	1732	DIANA FILIPA ALVES DOS SANTOS	04:42:42
261	1733	SANDRA PATRÍCIA PEREIRA SOARES	04:42:59
262	2234	ELISABETE BOUÇAS	04:52:57

Veteranos 40

Pos	frontal	nome	tempo
1	1649	ELISABETE SANTOS	01:43:41
2	1441	CARLA SERENO	01:47:30
3	49	HELENA FERNANDES	01:56:04
4	1555	MARIA REDONDO	02:01:02
5	115	DEOLINDA FARIA	02:01:06
6	130	CELIA CAMPOS	02:03:39
7	1319	SANDRA MESQUITA	02:08:15
8	1483	EVA SANTOS	02:08:34
9	75	CARLA SALGADO	02:09:00
10	57	MARIA LEMOS	02:09:28
11	2163	INÊS MARQUES	02:10:28
12	2350	SÍLVIA MARTINS	02:11:17
13	2131	JOÃO CARLOS GOMES	02:17:24
14	2199	MARTA AMARAL	02:20:36
15	1838	MARIA ISABEL GONÇALVES	02:21:08
16	1808	ANABELA SALGADO	02:22:46
17	1377	SUSANA MOTA	02:23:04
18	2101	MARTA CARDOSO	02:23:22
19	1978	ISABEL CARVALHO	02:24:25
20	1564	PAULA SUSANA ARAÚJO PEREIRA	02:25:03
21	1403	CARLA DALILA LAGE VILELA MARTINS DE OLIVEIRA	02:25:24
22	2155	MARIA TERESA DIAS GOMES SILVA	02:25:52
23	55	ISABEL LEITÃO	02:27:03
24	1125	MARIA SAMEIRO FRAGUINHA	02:27:45
25	2128	ISABEL MARIA VARANDA CUNHA	02:27:58
26	2158	MARTA SOFIA LEMOS DA FONSECA	02:32:03
27	2098	SUSANA MATOS	02:32:38
28	1706	PAULA SILVA	02:33:45
29	1530	MARIA LA SALETE SILVA MONTEIRO	02:35:54
30	1373	ROSA PEREIRA	02:37:06
31	1321	ELISABETE MAIA	02:39:59
32	1552	CLÁUDIA PINTO	02:40:04
33	1218	CARLA FERNANDA MARTINS SANTOS	02:40:14
34	1814	CECILIA COSTA	02:40:46
35	1383	SILVIA PERALTA	02:41:38
36	1817	SALOME CERQUEIRA	02:42:39
37	153	DENISE MARTINS	02:44:05
38	41	ISAURA MESQUITA	02:44:27
39	39	MARGARIDA MIRANDA	02:44:30
40	1737	GUILHERMINA SILVA FERREIRA	02:44:38
41	1871	ANA MARIA MATOS	02:44:47
42	2194	JUDITE MARGARIDA MACHADO MAGALHAES	02:47:42
43	2097	ISAURA MÓNICA FERREIRA SOUSA	02:50:07
44	2055	DEOLINDA PEREIRA	02:50:25
45	2242	MINNA SILLANKORVA	02:50:36

46	1438	MARIA JOSE PASSEIRA	02:53:25
47	1539	MARTA ISABEL PEIXOTO LOPES	02:57:51
48	1424	SANDRA OLIVEIRA	02:58:24
49	1431	ISABEL FERNANDES	02:58:34
50	1617	CARINA MATOS	02:58:50
51	1496	CLÁUDIA RIBEIRO	03:00:15
52	1620	M TERESA BRAGA FERNANDES PEIXOTO	03:00:27
53	1623	RAQUEL MOURA	03:01:14
54	1776	SANDRA GUERREIRO	03:01:29
55	1559	M LUISA BRAGA FERNANDES	03:02:00
56	2134	M CEU BRAGA FERNANDES	03:02:05
57	1201	SUSANA VIDAL PEREIRA	03:02:07
58	2252	PAULA RIBEIRO	03:03:36
59	1473	SUSANA CRASTO	03:04:02
60	1785	SANDRA MATOS	03:04:15
61	1486	PATRICIA SANTOS	03:04:43
62	2007	MARIA HELENA FERNANDES DA COSTA	03:06:30
63	1011	AIDA LINHARES	03:07:51
64	1013	ANA PAULA VARELA	03:07:55
65	1868	SORAIA REBELO	03:07:59
66	137	ISABEL GONÇALVES	03:08:43
67	1807	MARIA MANUELA DE BOAVENTURA COUTINHO EIRAS NOVO	03:09:31
68	1179	TELMA SANTOS	03:09:41
69	1393	ANA BRÁS	03:10:04
70	1427	FERNANDA MARIA SOUSA MAGALHÃES	03:11:12
71	2185	MARIA CORREIA	03:11:49
72	1498	LUCINDA RIBEIRO	03:12:13
73	1735	CARLA CRUZ	03:13:08
74	1854	MARÍLIA ARMINDA PEREIRA DA SILVA	03:13:19
75	2263	FLORINDA ARAÚJO RODRIGUES FIGUEIREDO	03:13:21
76	1550	LILIANA SALGADO	03:15:41
77	1160	FERNANDA FRANÇA	03:17:03
78	1002	MARISOL GRACIELA DA SILVA SOUSA	03:18:17
79	1066	LIGIA FERNANDES	03:19:59
80	1182	SALVINA MARIA SILVA FERREIRA	03:20:08
81	2094	BRIGITTE KLARA WINKELHANE	03:20:14
82	2204	DELFINA GOMES QUEIROS	03:20:27
83	1800	MARIA PAULA AFONSO MACHADO BARREIROS	03:21:04
84	2164	RAQUEL MARIA SOUSA PEREIRA SILVA MACHADO	03:22:09
85	2191	SANDRA CRISTINA DE FARIA RAMOS	03:22:15
86	1041	SOFIA MARIA MENESES CARVALHO FIGUEIRAS	03:22:48
87	1343	MARIA DAS NEVES RIBEIRO PILAR CEPÁ	03:24:00
88	1520	DIANA AMARAL CORREIA COSTA DA SILVA	03:25:54
89	1237	MARIA CONCEICAO L SEQUEIRA PINTO	03:28:32
90	1241	MARIA ROSÁRIO GUERRA	03:28:35
91	2022	JACINTA RIBEIRO PILAR CUNHA	03:30:06
92	1603	MARIA AMÉLIA RIBEIRO PILAR FERREIRA	03:30:16
93	1861	GORETI COSTA	03:31:43
94	1687	ELISABETE ALVES NOGUEIRA	03:35:54

95	1688	MARIA ROSA PEREIRA SOARES	03:35:56
96	2210	DIANA ELISABETE MACHADO FORTE	03:41:03
97	2268	DIANA MOURA	03:45:12
98	1594	ANA MARIA RAMOS NOGUEIRA MARTINS	03:57:51
99	2005	ISABEL LIMA	03:57:54
100	1673	FÁTIMA NEGRÃO	03:57:57
101	2023	SANDRA NEGRÃO	03:58:07
102	1840	ANA RITA BARROS NEVES MAGALHÃES	03:58:37
103	1099	MARIA ARMINDA FARIA MACIEL	03:58:40
104	2183	ANA BELA COSTA DA CUNHA	03:59:29
105	1874	SUSANA ALEXANDRA COSTA	04:00:23
106	1451	CRISTINA COSTA	04:01:54
107	1111	PAULA SOUSA	04:07:14
108	1894	ANABELA LIMA COSTA	04:11:16
109	1799	ROSA MARIA MACHADO BARREIROS	04:11:30
110	1968	TERESA	04:11:57
111	1152	SANDRA PATRÍCIA PIMENTA E SILVA	04:23:31
112	2220	MARIA JACINTA GOMES PEREIRA	04:23:45
113	2193	CARLA ALVES	04:35:49
114	1535	CARLA SILVA	04:37:22
115	1729	SUSANA PEREIRA DE SOUSA RIBEIRO DE ALMEIDA	04:43:14

Veteranos 50

Pos	frontal	nome	tempo
1	121	CONCEIÇÃO QUEIROZ	01:59:49
2	77	ADOSINDA MIRANDA	02:08:02
3	1236	DULCE MARIA OLIVEIRA RIBEIRO	02:19:27
4	2209	OLGA PRADO FRAGUAS	02:20:21
5	2048	EULÁLIA MIRANDA	02:22:52
6	1875	MADALENA DE OLIVEIRA LOPES	02:26:05
7	2066	PAULA CRISTINA SA PEIXOTO	02:34:15
8	1975	ROSA ARAUJO	02:36:15
9	1543	ANA PAULA SIMÕES	02:43:09
10	1469	ÂNGELA ALVES PINTO	02:43:18
11	2262	CONCEIÇÃO MANO	02:45:46
12	1395	ROSÁRIO LEMOS	02:58:53
13	2329	Ana Miranda	03:01:35
14	1783	EMÍLIA PINTO	03:01:48
15	1745	ALBERTINA MARIA GOMES SOUSA	03:08:53
16	1827	ISABEL GOMES	03:11:27
17	1465	MARIA CONCEIÇÃO SILVA LEITE	03:15:53
18	2279	ANA MOREIRA	03:27:58
19	1704	HELENA	03:33:14
20	1716	FÁTIMA MARIA NEVES CUNHA GONÇALVES	03:38:43
21	143	ROSA VILHENA	04:02:05
22	1795	ANA CRISTINA OLIVEIRA DA RIBA NOBRE	04:02:44

III TRAIL DE ESPOSENDE

Masculino - 15KM

Seniores

Pos	frontal	nome	tempo
1	64	BRUNO RODRIGUES	01:21:22
2	52	BRUNO SILVA	01:21:48
3	1825	Tiago Pinto	01:21:53
4	1865	RUI GOMES	01:23:02
5	106	RICARDO MIRANDA	01:23:56
6	1920	HÉLDER ROCHA	01:25:52
7	8	FRANCISCO FERNANDES	01:26:09
8	2295	FABIO FERNANDES CORREIA	01:26:28
9	20	HUGO LEITE	01:28:01
10	148	NUNO	01:28:32
11	1638	VITOR MESQUITA RIBEIRO	01:28:39
12	2083	ORLANDO SILVA	01:29:12
13	90	DIOGO ARAÚJO	01:29:17
14	134	RUBEN GONZALEZ	01:29:20
15	82	JOSE BOUCINHA	01:29:28
16	1655	LUIS MANUEL MACHADO ALVES	01:29:36
17	1193	MIGUEL NETO	01:30:18
18	140	DAVIDE FONTES	01:30:40
19	2218	JOÃO AFONSO	01:30:53
20	69	PEDRO MOREIRA	01:31:01
21	87	HÉLDER RIBEIRO	01:31:04
22	2302	JOÃO RIBEIRO	01:31:34
23	1913	LUÍS MIGUEL SOUSA CAMPOS	01:31:51
24	1876	BRUNO ANDRÉ GONÇALVES PINTO	01:32:19
25	1863	RICARDO BARROS	01:32:33
26	1216	SÉRGIO PEREIRA	01:33:43
27	30	JOÃO PARALVAS	01:34:01
28	1611	FILIPE SANTOS NOVAIS	01:34:06
29	108	CARLOS MARTINS	01:34:16
30	1917	Rogério Moreira	01:34:19
31	2348	JOSE INÁCIO	01:34:26
32	84	DANIEL BOTELHO	01:34:30
33	1	RICARDO PAIS	01:34:47
34	2371	RUI CARMO	01:34:49
35	1632	RODRIGO	01:35:12
36	2112	HUGO MIGUEL GONÇALVES PINTO	01:36:11
37	29	VITOR RAMALHO	01:36:48
38	1570	FERNANDO FERNANDES	01:37:16
39	97	MÁRCIO CRUZ	01:37:22

40	93	SÉRGIO MARTINS	01:37:26
41	101	FILIPES BORGES	01:37:31
42	1155	JOÃO GABRIEL LOPES GOMES DE AZEVEDO	01:37:49
43	1258	MARCELO RAMOS MARTINS	01:37:54
44	1046	JOSÉ RODRIGO MARIZ ARAÚJO	01:38:03
45	1915	NUNO HENRIQUE LEIRÃO CARAÇA	01:38:39
46	1108	NUNO MIGUEL OLIVEIRA PEREIRA	01:38:52
47	1851	RAFAEL FERNANDES DE ABREU	01:38:56
48	126	IVAN PEREZ	01:39:17
49	136	CARLOS VILAS-BOAS	01:39:19
50	1070	RAFAEL MACHADO ESCRIVÃES	01:39:44
51	1202	ALFREDO MANUEL FERREIRA FRAGOSO	01:39:52
52	2053	HÉLDER CAMILO	01:39:59
53	1710	LUÍS M S RODRIGUES	01:40:03
54	2171	FERNANDO MANUEL RODRIGUES DA COSTA	01:40:14
55	2152	RUBEN JOSE DA COSTA BARBOSA	01:40:43
56	11	MARCO MARQUES	01:40:48
57	1571	CARLOS JORGE FERNANDES MOTA	01:41:03
58	1232	ADÁRICO FRAGOSO	01:41:11
59	1787	AMARO COSTA	01:41:20
60	28	GABRIEL SILVA	01:41:26
61	1842	RICARDO OLIVEIRA	01:42:00
62	1357	RÚBEN BORGES	01:42:05
63	1330	JORGE PEREIRA	01:42:13
64	2313	Guilhermo Fraile	01:42:35
65	1586	JOSE PEDRO MIRANDA RIBEIRO	01:42:47
66	19	ANDRÉ PIRES	01:42:50
67	1686	PAULO RIBEIRO	01:43:04
68	1472	RICARDO FILIPE FIGUEIREDO FERREIRA	01:43:10
69	111	JOSE PADRAO	01:43:27
70	1269	JOSÉ LUÍS GOMES PINTO MACIEL	01:43:58
71	2230	FLORENTINO MANUEL FARIA OLIVEIRA	01:44:16
72	2135	PAULO RICARDO NOVAIS DE OLIVEIRA	01:44:22
73	139	JOSE BARBOSA	01:44:30
74	1577	FRANCISCO JOSÉ CAPITÃO NÓVOA	01:44:37
75	1626	RICARDO LÍRIO	01:44:40
76	1946	LUÍS MANUEL MOREIRA DE CORREIA DE LIMA	01:44:44
77	1167	TOME FILIPE LAPEIRO TORRES CARAMALHO	01:44:47
78	2372	CARLOS FERNANDES	01:44:53
79	1760	JOSÉ MANUEL DUARTE DA SILVA	01:45:05
80	2271	PEDRO SANTOS BARBOSA	01:45:05
81	2349	SÉRGIO MARTINS	01:45:26
82	31	GONÇALO FREITAS	01:45:43
83	1309	JOÃO APRÍGIO ABREU FARIA	01:45:49
84	33	LUIS FERREIRA	01:45:52
85	1619	JOÃO LARANJEIRA	01:46:15
86	1146	LUIS LARANJEIRA	01:46:18
87	1315	FILIPES CORREIA	01:46:22
88	2270	André felgueiras	01:46:28
89	60	ANGELO MARTINS	01:46:38

90	1644	PEDRO NUNO DA SILVA PIMENTA	01:47:05
91	1931	FERNANDO OLIVEIRA	01:47:43
92	1512	LUÍS RIBEIRO	01:47:56
93	2177	VITOR LIMA	01:48:00
94	1945	JOÃO MIGUEL MONTEIRO RIBEIRO	01:48:05
95	1859	ANDRÉ MARTINS	01:48:18
96	1412	NUNO PINTO	01:48:32
97	2087	RUI DANIEL COSTA GOMES	01:48:53
98	1184	ANTÓNIO FILIPE MARTINS COSTA	01:49:01
99	1957	CLAUDIO ROBERTO MARQUES GONÇALVES	01:49:06
100	1762	MIGUEL LIMA PILAR	01:49:40
101	1197	PAULO SARAIVA	01:49:51
102	1411	PEDRO GOUVEIA	01:50:05
103	1338	NUNO MIGUEL MORAIS FREITAS	01:50:15
104	2355	ANTONIO COELHO	01:50:24
105	1131	NELSON ALEXANDRE CARREIRA PONTES	01:50:30
106	1511	HERNANI SILVA COSTA CORREIA	01:50:41
107	1134	PAULO CÉSAR HIPOLITO DO EIRADO	01:50:55
108	76	NUNO SILVA	01:51:17
109	1352	JOSE LUIS	01:51:23
110	1052	RUI SOUSA	01:51:29
111	1133	JOSÉ ANTÓNIO MARTINS MEIRA	01:51:42
112	2161	NELSON FILIPE CRUZ FERNANDES	01:52:13
113	2370	PEDRO MANUEL PEREIRA VIEIRA GONÇALVES DE CASTRO	01:52:50
114	1651	BRUNO ALBERTO SILVA FREITAS	01:52:57
115	1476	PEDRO MIGUEL DE ASCENÇÃO NEVES	01:53:16
116	1354	DUARTE CERQUEIRA	01:53:22
117	15	ORLANDO SILVA	01:53:31
118	1624	CARLOS ANDRÉ GONÇALVES NOVAIS	01:53:35
119	1849	HÉLDER SILVA	01:53:37
120	1528	RICARDO SANTOS	01:54:02
121	1777	FÁBIO RIBEIRO FERREIRA	01:54:16
122	9	PEDRO MARTINS	01:54:35
123	1947	DANIEL DOS SANTOS ALMEIDA	01:54:44
124	1085	WILLAM MORGADO DOS SANTOS	01:55:29
125	1488	JOSÉ MÁRIO CASAIS PEREIRA	01:55:47
126	1227	JOÃO PEDRO CORREIA DA SILVA	01:55:59
127	2028	FABIO MATOS	01:56:09
128	1918	BRUNO SANTOS	01:56:16
129	2276	GILBERTO VIDEIRA	01:56:30
130	155	NUNO VIANA	01:56:41
131	1445	MIGUEL ARAUJO	01:57:19
132	2214	ÁLVARO AMORIM	01:57:25
133	1810	FERNANDO JOSÉ VIANA ALVES	01:58:27
134	2092	RUI MANUEL CORREIA PEREIRA GOMES	01:58:30
135	1725	DANIEL ALVES	01:58:51
136	27	SAMUEL SOUSA	01:58:55
137	1410	PEDRO MIGUEL TORRES MACHADO	01:59:08
138	1113	DENIS SANTOS	01:59:15

139	1681	VITOR HUGO ALVES	01:59:31
140	91	PEDRO MARTINS	01:59:58
141	1303	NUNO MENESES	02:00:13
142	1157	BRUNO DANIEL MORAIS RODRIGUES	02:00:34
143	1145	LUIS RAFAEL LIMA COUTINHO	02:00:40
144	1780	ANTÓNIO PEDRO PEIXOTO GÓIS RIBEIRO	02:00:55
145	1544	DANIEL VIEIRA	02:01:08
146	1685	JORGE CABRAL	02:01:11
147	1616	JOSÉ FILIPE SILVA OLIVEIRA	02:01:18
148	2249	DANIEL VELOSO	02:01:24
149	2227	RICARDO NOVAIS	02:01:30
150	1492	ANDRÉ COSTA	02:01:35
151	2062	JOSÉ MANUEL FERNANDES	02:01:38
152	2239	TIAGO SEARA DA COSTA	02:01:42
153	1689	FÁBIO DUARTE LINHARES	02:01:45
154	2001	EDUARDO RAFAEL PEIXOTO FREITAS	02:01:48
155	2250	LEONID KHOLKINE	02:01:52
156	1225	DANIEL FILIPE MAGALHÃES	02:02:54
157	1385	NUNO ANDRÉ SILVA GOMES	02:03:00
158	138	JOSÉ DUARTE	02:03:06
159	1639	MAURO FERNANDES	02:03:11
160	1754	NUNO MIGUEL SILVA MOREIRA	02:03:26
161	1845	ALÍPIO GONÇALVES	02:03:31
162	1509	RICARDO FILIPE DAS NEVES BRÁS	02:03:49
163	2253	LUÍS MACHADO CERQUEIRA	02:04:02
164	2315	Paulo Laranjo	02:04:13
165	2243	DAVID MACHADO	02:05:18
166	1650	EDUARDO JOSÉ CRUZ SILVA	02:05:29
167	1416	CARLOS ALBERTO PIRES FERREIRA DE SOUTO E CASTRO	02:05:31
168	2294	JOÃO DUARTE VIEIRA ALVES	02:05:36
169	2147	MARCO PAULO GOMES FERREIRA	02:06:10
170	2043	PAULO ALVES	02:06:15
171	6	BRUNO MACHADO	02:06:20
172	2308	RICARDO MOREIRA	02:06:27
173	1335	ARTUR JORGE SILVA	02:06:39
174	1819	ABILIO CORREIA	02:06:43
175	18	NUNO COSTA	02:06:46
176	59	DAVID TEIXEIRA	02:06:54
177	1811	JOÃO FILIPE DO VALE SA	02:06:57
178	142	RUI MOTA	02:07:09
179	1903	NUNO CRUZ	02:07:13
180	2122	NUNO FELGUEIRAS	02:07:35
181	1621	PAULO PEREIRA	02:07:44
182	71	ALBANO CARDEIRAS	02:07:50
183	1283	JÚLIO DO MONTE ESCRIVÃES	02:07:55
184	2039	CARLOS GONÇALVES	02:08:05
185	1270	PAULO SANTOS	02:08:10
186	14	CARLOS VALE	02:08:25
187	1773	RICARDO MOTA	02:08:45
188	1542	VITOR TEIXEIRA	02:08:54

189	2052	SERGIO COSTA	02:08:56
190	1936	HELDER RENATO LIMA MARTINS	02:09:11
191	2309	ANDRÉ FILIPE BARBOSA AMARAL	02:09:18
192	1261	RUI JORGE PATRÃO REGADO	02:09:22
193	2260	VÍCTOR SILVA	02:09:25
194	1858	RUI ALMEIDA	02:09:32
195	1820	CRISTIANO MARTINS	02:09:46
196	1175	NUNO SOARES	02:09:53
197	65	RUI PINHO	02:09:54
198	2059	RICARDO JORGE FERNANDES ALVES	02:10:07
199	2332	IVO AFONSO COSTA	02:10:39
200	2206	SIMÃO COUTO	02:11:05
201	1640	PAULO RIBEIRO	02:11:39
202	1262	ANTÓNIO FERNANDO SOARES FERNANDES	02:11:48
203	1979	PAULO SAMUEL LOPES MARTINS	02:11:53
204	1480	JORGE ANDRÉ SILVA SOUSA	02:11:58
205	1709	MIGUEL MARQUES	02:12:15
206	1336	BRUNO MELO	02:12:19
207	1027	CÉDRIC FIGUEIREDO	02:12:42
208	1873	ÂNGELO SANTOS	02:13:12
209	1598	SÉRGIO FRANCISCO LEITÃO FERREIRA	02:13:16
210	1857	SÉRGIO OLIVEIRA DIAS	02:13:29
211	1226	MIGUEL FREITAS GONÇALVES	02:13:34
212	1477	EMANUEL DA SILVA FREITAS	02:13:41
213	1390	JOÃO MANUEL MACIEL GRILO	02:13:44
214	1045	AVELINO MIGUEL DA SILVA VIANA	02:14:00
215	1935	ANDRÉ ALEXANDRE DA COSTA VASCONCELOS	02:14:18
216	1546	CÂNDIDO CUNHA	02:14:27
217	2318	CÉSAR COSTA	02:14:39
218	1317	RICARDO FERNANDO COUTINHO ARANTES	02:15:30
219	1597	FRANCISCO ANTÓNIO DIAS DA COSTA	02:15:50
220	2202	JOÃO DE OLIVEIRA MACHADO	02:15:55
221	1558	CARLOS SILVA	02:15:59
222	1844	MIGUEL BAPTISTA	02:16:02
223	1843	VÍTOR MENDES	02:16:07
224	2317	LUIS COSTA	02:16:10
225	2050	EURICO DAMÁSIO	02:16:22
226	86	MIGUEL OLIVEIRA	02:16:26
227	2114	BRUNO MIGUEL MONTE PEREIRA	02:16:29
228	1573	MIGUEL CACHADA CAPITÃO	02:16:36
229	1572	LUÍS ALEXANDRE DA CUNHA RODRIGUES	02:16:39
230	1633	RUI MORIM	02:16:41
231	2335	DIOGO MACHADO	02:16:45
232	1481	RICARDO FILIPE MARTINS FERREIRA	02:17:12
233	2020	NUNO MIGUEL MACHADO DO VALE	02:17:28
234	1998	JOÃO TEIXEIRA	02:17:41
235	2212	DAVID TORRES	02:18:05
236	2051	TIAGO CORREIA	02:18:10
237	1551	ZE LUIS	02:18:24

238	1434	FILIFE MANUEL BARBOSA FARIA MONTEIRO	02:18:29
239	2275	José Rui Cunha Loureiro Silva	02:19:17
240	128	JUANRA VAZQUEZ	02:19:34
241	1189	MIGUEL SILVA	02:20:23
242	2256	CARLOS MENDES	02:20:28
243	1821	FERNANDO LOPES	02:20:39
244	2078	BRUNO SOUSA	02:20:43
245	2136	JOSE MANUEL FERRER MARTINEZ	02:20:49
246	2292	PEDRO MIGUEL PINTO MIRANDA	02:20:52
247	1581	NUNO VIANA	02:21:00
248	1835	CARLOS MATOS	02:22:12
249	1691	LEONARDO VILAS BOAS	02:22:20
250	16	RUI FONSECA	02:23:08
251	1932	RUI MÁRIO FARPA FERREIRA	02:23:44
252	1378	DUARTE NUNO DE SOUSA BARROS DA MOTA	02:23:50
253	2310	SAMUEL HENRIQUE FERREIRA DA COSTA	02:23:55
254	1536	CASIMIRO CARVALHO CUNHA	02:24:06
255	2255	SERAFIM MARQUES	02:24:13
256	1740	SERGIO QUINTAS	02:24:19
257	1797	EMANUEL JOSÉ FERREIRA ALVES	02:24:41
258	2116	AMÉRICO FERNANDO RAMOS FERREIRA	02:24:48
259	149	JOÃO PINHEIRO	02:24:57
260	1954	ALEXANDRE SILVA	02:25:07
261	1671	JOSÉ MANUEL RODRIGUES LOUREIRO	02:25:14
262	1805	JOSÉ MANUEL FAIA LIMA	02:25:21
263	1173	ANDRÉ FILIFE ZÃO DOS SANTOS	02:25:28
264	118	FILIFE LOURO	02:26:43
265	2118	PEDRO PEREIRA	02:26:49
266	1690	JORGE RIBEIRO	02:26:54
267	1664	PEDRO DANIEL PINHEIRO PATRÍCIO	02:26:58
268	1129	RICARDO SILVA	02:27:19
269	1657	PEDRO FILIFE FERREIRA MATOS	02:27:40
270	1507	PEDRO MIGUEL ARAÚJO GONÇALVES	02:28:06
271	1712	CARLOS ALBERTO SÁ DA SILVA	02:28:12
272	1643	TIAGO ROCHA	02:29:09
273	1976	RUI DINIS	02:29:23
274	1325	TIAGO	02:30:01
275	147	RUI FERREIRA	02:30:37
276	1883	JOEL EDGAR FERREIRA ALVES	02:30:46
277	2297	RICARDO GONÇALVES	02:31:12
278	1569	RUBEN VIEIRA	02:31:15
279	37	BRUNO SILVA	02:33:01
280	1734	JOÃO FILIFE MOREIRA DE SOUSA	02:33:10
281	1933	ALBERTO RAFAEL MARTINS DA SILVA	02:33:26
282	2222	CARLOS MARTINS	02:33:29
283	2133	JOÃO BAPTISTA PEREIRA	02:33:53
284	2368	RICARDO MANUEL NAVIO COSTA	02:34:26
285	58	PAULO CERQUEIRA	02:34:49
286	1672	DUARTE MENDES	02:34:54
287	2287	PAULO MARTINS	02:35:09

288	1087	JOÃO LUIS RAMOS	02:35:16
289	2285	CARLOS	02:35:22
290	2057	JOÃO RICARDO PEREIRA DE SOUSA	02:35:46
291	1613	PAULO	02:35:57
292	1464	CARLOS MANUEL RIBEIRO DIAS	02:36:03
293	2184	TIAGO PEREIRA	02:36:12
294	1406	BRUNO RODRIGUES	02:36:23
295	1114	RICARDO MAGALHÃES	02:36:55
296	1949	JOAQUIM FILIPE SAMPAIO FERREIRA	02:37:17
297	1880	RUI LOPES	02:37:39
298	1625	TIAGO LOPES	02:38:02
299	1755	JOSE MIGUEL ALFAIA DA COSTA	02:38:55
300	1742	VITOR MANUEL FARIA DA SILVA	02:38:58
301	1088	NUNO VITORINO LARANJEIRA	02:39:18
302	1327	RAFAEL CASTILHO MOREIRA	02:39:27
303	1784	ANTONIO FREITAS	02:39:54
304	1301	JOÃO RENATO PEREIRA	02:40:11
305	1122	VASCO MARTA	02:40:58
306	1289	HELDER MIGUEL SILVA GONÇALVES	02:41:01
307	1636	BRUNO RICARDO OSTA VASCONCELOS	02:41:04
308	1527	HUGO ANDRÉ PIRES ARAUJO	02:41:16
309	1934	PAULO ADRIANO GONÇALVES CLEMENTE	02:42:47
310	2150	RUI PEDRO RODRIGUES ROCHA ARAÚJO	02:42:50
311	43	MARCELINO MOTA	02:42:54
312	1628	RUI ALEXANDRE VALE ALVES AZEVEDO ABREU	02:42:57
313	2060	ANTONIO RODRIGUES	02:43:34
314	1599	RUI FILIPE DO REGO AZEVEDO ABREU	02:43:46
315	40	RUI MIRANDA	02:44:23
316	1147	JOEL FERREIRA COELHO	02:44:43
317	1188	PEDRO MIGUEL CARNEIRO RIBEIRO	02:44:55
318	2125	JORGE FILIPE COUTADA BARBOSA	02:45:34
319	1680	MARIO RUI VAZ GOMES VILACA	02:45:56
320	2126	JOÃO PEDRO SILVA	02:47:12
321	1778	RICARDO MANUEL LOPES DA COSTA	02:47:17
322	1009	LUIS FILIPE MIRANDA VAZ	02:48:19
323	1515	FERNANDO JOSÉ BARBOSA AMORIM VASCONCELOS PEREIRA	02:48:30
324	1635	ANDRÉ MANUEL MARQUES FERREIRA	02:48:34
325	1981	FRANCISCO JOSÉ FERNANDES DIAS	02:48:59
326	1103	MARCO FILIPE RIBEIRO DE SÁ PEREIRA	02:49:23
327	1005	EDUARDO BATISTA	02:50:41
328	1832	JUSTINO JOSÉ CAMPOS CRUZ	02:50:46
329	68	PEDRO GONÇALVES	02:50:52
330	2121	VASCO PEREIRA OLIVEIRA	02:51:21
331	2124	HUGO MIGUEL COUTADA BARBOSA	02:51:25
332	2151	MIGUEL ANGELO MORAIS DO COUTO	02:51:30
333	1094	FLÁVIO	02:51:49
334	2106	OTAVIO SERGIO CUNHA DE SÁ MOREIRA	02:52:19
335	2099	MANUEL VIEIRA	02:52:26
336	1885	ARTHUR PORTAS	02:52:29

337	1276	FÁBIO REGADO CARNEIRO	02:52:32
338	1902	RUI AMARO MORGADO MARQUES	02:52:39
339	2314	JOSE ANDRE FERNANDES MONTEIRO	02:53:36
340	1191	LEONEL FERREIRA	02:53:58
341	2123	TIAGO MACEDO	02:54:49
342	2127	PAULO MANUEL FERREIRA DA SILVA	02:54:53
343	1884	RAFAEL MACHADO	02:55:26
344	1888	JOANA AMORIM	02:57:04
345	1214	DIOGO SAMPAIO	02:57:11
346	1860	JOSÉ CARLOS FORTUNATO MARAFONA	02:57:14
347	1717	ANTÓNIO PAULO TEIXEIRA COSTA	02:57:26
348	1614	PEDRO MACHADO MARQUES	03:00:44
349	1804	NUNO ABEL DA COSTA PEREIRA DA SILVA	03:00:56
350	1923	HUGO FILIPE VALE COSTA	03:01:43
351	1180	RUI SAMUEL	03:02:23
352	1137	SÍLVIA CASTELO	03:02:44
353	1506	HELDER ANTÓNIO BARROS MOREIRA PEDREIRA	03:03:46
354	2110	JOÃO PAULO DA COSTA MOREIRA	03:05:07
355	1658	JOÃO ANDRÉ MORAIS GOMES DOS SANTOS	03:05:10
356	1850	HUGO FILIPE LOURENÇO CORREIA	03:06:35
357	1328	FILIPE MIGUEL VIEIRA COUTO	03:07:19
358	1973	FILIPE PINTO	03:08:29
359	1608	MARCIO ANDRÉ ALMEIDA OLIVEIRA	03:08:40
360	1195	ANDRÉ MOREIRA	03:12:34
361	2233	JUAN FARIA	03:12:45
362	17	PEDRO FERNANDES	03:12:56
363	1848	RUI COSTA	03:13:29
364	51	BRUNO RIBEIRO	03:15:28
365	2269	Fábio Gonçalves de Almeida Rocha Dias Pires	03:15:36
366	1749	JOSÉ JOÃO COSTA E SILVA	03:16:47
367	2167	NUNO CASTEL-BRANCO	03:18:04
368	2002	HELDER PIMENTA DE ASSUNÇÃO	03:18:10
369	1093	GONÇALO LEITÃO	03:19:07
370	2031	BRUNO FILIPE PEREIRA DE SA	03:19:32
371	2290	NUNO FRANCISCO AZEVEDO DE SOUSA GRILO	03:20:17
372	1792	PAULO AMORIM	03:20:59
373	1223	HERNANI MONTEIRO	03:21:13
374	2303	ANDRE REIS CAMPOS ARAUJO	03:21:32
375	1522	ANTÓNIO PEREIRA	03:22:54
376	1521	ANTONIO MANUEL FONTE MIRRA DA COSTA	03:25:49
377	2108	NUNO LOMBA	03:26:21
378	1419	VITOR FILIPE DA SILVA MARTINS	03:26:45
379	53	OSCAR SOUSA	03:28:53
380	2341	EDUARDO MORAIS	03:31:33
381	1600	HELDER SILVA	03:36:07
382	1753	MIGUEL ÂNGELO GOMES DA COSTA	03:39:31
383	1723	RAQUEL SILVA	03:40:43
384	1724	CARLOS ROCHA	03:41:07
385	1907	AIRES MANUEL MOREIRA PATRAO	03:43:51
386	1606	FERNANDO GONÇALO BRITO FARIA	03:44:51

387	1121	RICARDO FERREIRA COELHO	03:46:25
388	1148	ANDRÉ RUÃO	03:46:29
389	1641	JOÃO CARLOS SANTOS COSTA	03:46:45
390	1398	EDUARDO MANUEL DE AZEVEDO DOURADO	03:51:48
391	1143	LUIS GUILHERME MAGALHÃES	03:51:50
392	1816	JOÃO NUNO BARBOSA MOREIRA	04:00:34
393	2182	CRISTIANO MIRANDA	04:00:59
394	1545	RÓMULO MARTINS	04:02:12
395	2084	CARLOS PEDRO ALPUIM	04:03:41
396	1669	ÓSCAR FRANCO	04:26:59
397	1707	PEDRO DAVID RIBEIRO DE ALMEIDA	04:39:53
398	1727	EDUARDO MIGUEL RIBEIRO DE ALMEIDA	04:42:44
399	1731	DIOGO DANIEL SANTOS OLIVEIRA	04:42:57

Veteranos 40

Pos	frontal	nome	tempo
1	2369	FERNANDO MANUEL DA SILVA GRILO	01:21:18
2	25	NUNO CARDOSO	01:22:03
3	133	ALBERTO BARROS	01:25:19
4	1557	EZEQUIEL FERNANDES	01:29:05
5	1489	FRANCISCO MIGUEL DA COSTA FONTELO	01:30:03
6	99	FERNANDO SILVA	01:31:07
7	129	ROBERTO GRAÑA	01:32:48
8	2289	JOSÉ PAULO RIBEIRO	01:32:55
9	94	RUI ALVES	01:33:14
10	117	JOSE PEREIRA	01:33:37
11	1510	VITOR FARIA	01:34:06
12	1286	SÉRGIO MANUEL COSTA SAMPAIO	01:34:11
13	22	CIANO RIBEIRO	01:34:40
14	113	FRANCISCO PEREIRA	01:35:48
15	1582	CARLOS RIBEIRO	01:35:58
16	1605	DANIEL RAIMUNDO MARTINS CARDOSO	01:36:07
17	1942	ARTUR SÁ	01:37:45
18	2111	JOSÉ ROCHA	01:39:01
19	56	JOSÉ LEITAO	01:39:56
20	105	JOSÉ CASTRO	01:40:29
21	66	JOAQUIM SILVA	01:40:30
22	1264	NUNO MIGUEL PINTO CARVALHO	01:40:52
23	1077	JOSÉ MANUEL RODRIGUES COSTA	01:41:29
24	2070	MARCO MACIEL	01:42:20
25	1359	HÉLDER BORGES	01:42:58
26	1720	JOAO BATISTA AMORIM DA SILVA	01:43:16
27	1185	VITOR MANUEL FERREIRA COELHO	01:43:50
28	1071	DOMINGOS MANUEL OLIVEIRA PEIXOTO	01:44:07
29	104	NUNO FERREIRA	01:44:13
30	1281	BENJAMIM CRUZ	01:45:15
31	1203	PAULO FRANCISCO	01:45:46
32	1360	PAULO JORGE PEREIRA RIBEIRO	01:45:55
33	145	MANUEL GOMES	01:46:12
34	1822	CARLOS MONTEIRO	01:46:56
35	21	CÉSAR GONÇALVES	01:47:19
36	1809	FERNANDO JORGE CASTRO DE OLIVEIRA	01:48:13
37	1812	GONÇALO FERNANDO FERREIRA PINHEIRO	01:48:25
38	2119	JOSÉ DOMINGOS PASSOS BERNARDINO	01:49:28
39	1864	TELMO FERREIRA	01:49:32
40	114	MIGUEL FIGUEIREDO	01:49:57
41	26	NUNO DANTAS	01:50:00
42	1529	LUIS MANUEL CARVALHOSA ALVES	01:50:10
43	1177	PAULO JORGE MARTINS DE FARIA	01:50:34
44	1482	VALDEMAR AGOSTINHO GONÇALVES FRAGOSO	01:51:00
45	1318	HELDER AZEVEDO	01:51:26
46	80	MANUEL VALE	01:51:44

47	1490	ELISEU MANUEL CAMPOS LEITE	01:51:57
48	125	JULIO SANTOS	01:52:17
49	1897	PEDRO RIBEIRO	01:52:30
50	1487	RICARDO CARVALHO	01:53:05
51	1219	MIGUEL MACHADO	01:53:10
52	1400	CLAUDIO FERREIRA	01:53:27
53	2145	VICTOR MANUEL GOMES DA SILVA	01:54:32
54	1519	LUÍS MIGUEL DE OLIVEIRA MARTINS	01:54:39
55	1159	AMERICO FRANÇA	01:54:50
56	2327	FERNANDO CAPITÃO	01:55:02
57	88	PAULO HENRIQUES	01:55:37
58	1067	JOSE AUGUSTO LOPES FERREIRA	01:55:49
59	2082	HUGO MARTINS	01:55:53
60	2247	RUI MANUEL GOMES DE OLIVEIRA	01:56:22
61	2251	MANUEL ANTÓNIO FERREIRA	01:56:27
62	102	EDGAR COSTA	01:56:35
63	1350	MIGUEL FARIA	01:57:44
64	1333	RUI CRASTO	01:57:48
65	2197	VITOR DO VALE ESTEVES	01:57:51
66	1396	JOSÉ MANUEL SILVA	01:58:35
67	1554	JOSE LEMOS	01:59:00
68	1365	ANDRÉ MARQUES VIEIRA DE CASTRO	01:59:42
69	96	PEDRO LIMA	02:00:06
70	1553	SERGIO FERNANDES	02:00:09
71	1379	PAULO FERREIRA	02:00:25
72	1344	JOÃO PAULO DE SOUSA GOMES	02:00:50
73	151	MIGUEL FARIA	02:02:49
74	1684	CUSTODIO HUMBERTO PINTO FERREIRA	02:03:23
75	1213	PAULO CARDOSO	02:03:28
76	1291	BENJAMIM FARINHAS SOARES	02:03:36
77	1075	RUI FILIPE PEREIRA ERMIDA VINHA	02:03:46
78	1298	PEDRO BRIZIDO	02:03:51
79	1415	ALBERTO GRANJA	02:05:26
80	2261	ANTÓNIO LOPES	02:05:40
81	24	RICARDO ROCHA	02:05:48
82	2100	CARLOS MIGUEL DO VALE ALMEIDA	02:05:50
83	1215	LUIS FILIPE INTEIRO TEIXEIRA	02:05:54
84	2008	CARLOS MANUEL COSTA FITAS	02:06:04
85	2004	TIAGO ALMEIDA	02:06:05
86	1433	MARCELO SILVA FERREIRA	02:06:50
87	79	FRANCISCO FARIA	02:07:06
88	1423	MIGUEL SOARES	02:07:15
89	1342	FERNANDO RIBEIRO PILAR	02:07:38
90	1905	AIRES CARQUEIJÓ PATRÃO	02:09:40
91	2144	RUI COUTO	02:09:43
92	1249	CARLOS BORGES	02:10:55
93	1561	EDUARDO BARBOSA	02:11:00
94	1079	FRANCISCO ALEXANDRE DO ROSÁRIO LOPO	02:11:20
95	2034	JORGE COELHO	02:11:34
96	1176	JOSÉ ALBERTO MARTINS RIBEIRO	02:11:45

97	2162	PEDRO FERREIRA	02:12:24
98	1164	JOÃO RIÇO	02:12:32
99	1259	NUNO CUNHA	02:12:38
100	1682	PAULO JORGE GONÇALVES OLIVEIRA PEREIRA	02:13:27
101	1562	CARLOS RIBEIRO	02:14:11
102	127	OSCAR RIVEIRO	02:14:30
103	1346	JOSÉ BALTAZAR LAGE DE MATOS	02:14:36
104	1399	ERNESTO BRAGA MARTINS DE MACEDO	02:15:16
105	1337	PAULO HERNÂNI MOREIRA	02:16:17
106	1275	EDUARDO CARAMALHO	02:16:47
107	2113	MARCO VIANA	02:17:12
108	1384	JORGE BRITO	02:17:51
109	152	JOÃO ALMEIDA	02:17:56
110	1401	EDUARDO MARTINS	02:17:59
111	124	RICARDO SILVA	02:18:14
112	1961	MARCOS GOMES	02:19:49
113	2267	Silvio dias	02:19:55
114	1524	HERNÂNI COSTA	02:20:05
115	1540	MANUEL VELOSO	02:20:09
116	2036	VÍTOR ARAÚJO	02:20:12
117	1663	JOAQUIM PIMENTA	02:20:33
118	2166	JORGE COSTA	02:21:12
119	1156	MIGUEL SORO	02:21:19
120	2160	RUI PASCAL FERRNANDES FREITAS	02:21:54
121	2246	MIGUEL CARNEIRO	02:21:56
122	1166	RUI GONÇALVES	02:22:08
123	1741	LUIS FILIPE CORREIA PINTO	02:22:24
124	1316	CARLOS CAMPOS	02:23:27
125	2321	RICARDO NUNO CARDOSO CERQUEIRA	02:23:36
126	45	BRUNO SOUSA	02:23:58
127	1056	RICARDO PEREIRA	02:24:09
128	1523	MANUEL CAPITÃO	02:24:32
129	1181	ISAC ALBERTO MAÇÃES FURTADO	02:25:18
130	1667	JOSÉ FERNANDO RODRIGUES	02:26:18
131	1126	EDUARDO JORGE PACHECO COUTADA	02:27:49
132	2291	ADEMAR FRANCISCO PARENTE ALVES RAMOS	02:27:54
133	1239	FERNANDO JORGE	02:28:56
134	1748	FERNANDO PIMENTEL	02:29:50
135	2054	ANDRÉ DE AZEVEDO RODRIGUES	02:30:18
136	1922	VITOR HUGO RIBEIRO MOREIRA	02:31:28
137	146	MARGARIDA PINTO	02:32:12
138	1038	PAULO SÉRGIO CARVALHO DA SILVA	02:32:29
139	1430	MIGUEL MENDES	02:32:45
140	1653	MIGUEL JOSÉ MENDONÇA DE CASTRO PEREIRA PIMENTA	02:32:51
141	1601	PEDRO MIGUEL MARTINS AZEVEDO ABREU	02:32:55
142	1238	MIGUEL BANDEIRA	02:33:15
143	1435	NUNO ARAÚJO	02:33:22
144	1008	FERNANDO FERREIRA VILARINHO	02:33:36
145	1380	LUCAS VILELA	02:34:30

146	2240	CÉSAR FARIA	02:35:38
147	42	CÉDRIC RODRIGUES	02:38:11
148	2352	RUI FIGUEIRAS	02:39:02
149	1970	JAIME ABREU	02:41:08
150	2159	SEBASTIAO MANUEL LEITAO PEREIRA	02:42:01
151	1158	RUI PEREIRA	02:43:40
152	1646	CARLOS MANUEL SERRA RIBEIRO	02:44:00
153	1247	JOSE BARREIRO	02:44:58
154	1738	RUI EDGAR SANTOS	02:48:40
155	78	PAULO FERNANDES	02:51:10
156	36	DANIEL GOMES	02:53:46
157	1300	PEDRO SÁ PEREIRA	02:54:06
158	67	VICTOR COSTA	02:58:12
159	1971	JOSÉ PAIXÃO	02:58:25
160	1502	RICARDO ARAÚJO	02:59:01
161	1538	CARLOS FILIPE COSTA CARVALHO	02:59:42
162	1886	JORGE OLIVEIRA	03:01:17
163	2179	MIGUEL MELO	03:01:24
164	2330	BRUNO RODRIGUES	03:01:27
165	1217	MANUEL SOUSA	03:01:54
166	1560	MIGUEL LANÇA	03:01:58
167	1847	PEDRO DINIS	03:05:21
168	1618	JOSÉ CALDEIRO	03:07:36
169	2021	ISIDRO SILVA	03:07:41
170	1428	AUGUSTO LOPES	03:07:47
171	2035	SÉRGIO SANTOS	03:09:28
172	1246	ALBERTO BARROS	03:11:36
173	1057	PAULO FERREIRA	03:11:39
174	63	JOSE RIBEIRO	03:12:24
175	1713	RUI MONTEIRO	03:13:24
176	1911	CARLOS CÉSAR LAGES ALMEIDA	03:14:22
177	1593	RICARDO MANUEL BRAS MARTINS	03:14:37
178	1768	ROLANDO LARANJEIRA CAPITÃO	03:15:06
179	1770	MANUEL JORGE CARQUEIJÓ LIMA	03:15:14
180	1900	PAULO ALEXANDRE LOUREIRO DE FARIA	03:16:53
181	1752	CARLOS ANTÓNIO GOMES ALVES	03:17:05
182	1439	ANDRE MANUEL MANCIO COSTA	03:20:30
183	1101	NUNO FERNANDO ERMIDA VINHA PONTES	03:21:50
184	2149	PEDRO HENRIQUE PEREIRA MONTEZ	03:21:58
185	1209	JOSE LINO OLIVEIRA AZEVEDO	03:22:20
186	1040	DOMINGOS ALVES FIGUEIRAS	03:22:44
187	1604	JORGE MANUEL BRITO FERREIRA	03:30:09
188	1211	CARLOS ALBERTO A.L.R. LOPES	03:30:30
189	1661	PEDRO MACHADO	03:31:20
190	1356	NUNO PISSARRO	03:31:39
191	1112	RICARDO	03:33:25
192	1375	LUIS FILIPE GONÇALVES GUEDES	03:54:10
193	1534	MIGUEL BENTO ALVES	04:37:33
194	1728	JOSÉ PEDRO RIBEIRO DE ALMEIDA	04:43:11

Veteranos 50

Pos	frontal	nome	tempo
1	35	JOSE MARTINS	01:30:14
2	110	JOAQUIM RODRIGUES	01:32:09
3	109	MANUEL MIRANDA	01:37:40
4	1250	JOÃO CUNHA	01:37:59
5	2221	VICTOR MIRANDA	01:38:27
6	1901	JOSÉ PONTE	01:42:26
7	2033	MANUEL NEVES CARAMALHO	01:46:32
8	1467	AGOSTINHO DA SILVA NEVES	01:46:35
9	116	CASEMIRO ARAUJO	01:47:38
10	1397	SEBASTIÃO GONÇALVES	01:49:44
11	1233	FRANCISCO FERREIRA	01:51:53
12	1823	JOÃO FERREIRA	01:53:52
13	32	LEANDRO FREITAS	01:54:56
14	1358	ANTÓNIO DE NEIVA RODRIGUES	01:56:53
15	62	DANIEL BARRETO	01:59:35
16	2300	BELMIRO PENETRA	02:00:02
17	1371	CARLOS PINTO	02:00:30
18	1437	MANUEL FRANCISCO FORTE DE SOUSA	02:00:43
19	100	JOAQUIM SIMÕES	02:01:29
20	1369	JÚLIO FERREIRA	02:02:04
21	1362	ALBERTO SÁ	02:02:09
22	1705	JOSÉ MARIZ	02:02:14
23	2307	Mario Vale	02:02:20
24	1353	ANTÓNIO LINO SILVA	02:02:43
25	2283	ÁLVARO MARQUES	02:04:05
26	1912	MARTINHO CUNHA	02:04:10
27	1314	JOSE MANUEL LEITE AFONSO	02:05:21
28	1666	GUSTAVO PIMENTA ANJOS	02:06:36
29	1115	JORGE SERRA	02:07:04
30	1267	EMÍLIO DIAS HIPOLITO	02:09:07
31	1679	JOÃO PAULO FERREIRA	02:09:51
32	1584	TORCATO MOREIRA	02:10:15
33	1475	FILIPE CRASTO	02:10:34
34	186	JOSE PINTO	02:11:26
35	89	CARLOS MONTEIRO	02:12:48
36	1055	ALBINO OLIVEIRA	02:14:08
37	1210	GASPAR OLIVEIRA	02:17:17
38	2340	CARLOS FERNANDES	02:22:17
39	1645	JOSÉ CASSIANO CRUZ SAMPAIO	02:22:28
40	1583	DAVID MARQUES	02:23:00
41	1313	JOSÉ MANUEL DA VENDA LIRA	02:24:36
42	2156	FRANCISCO ARTUR FERREIRA SILVA	02:25:57
43	48	MANUEL CARVALHO	02:26:10
44	1084	VICTOR LOURENÇO	02:26:24
45	2325	JOÃO PAULO VIEIRA PEREIRA	02:27:10
46	1676	ANTÓNIO JOSÉ GONÇALVES DA ASCENSÃO FONSECA	02:27:14

47	2140	JOSÉ FONSECA	02:28:16
48	1394	ANTÓNIO LUIS MARTINS DO VALE LIMA	02:31:41
49	1242	LUÍS ESPIRITO SANTO	02:33:18
50	1826	JAIME MACIEL	02:33:47
51	2065	JOSE MANUEL SEQUEIRA FERREIRA	02:34:20
52	2223	MARIO MIRANDA	02:37:44
53	1715	JOSE MANUEL DA COSTA VIEIRA	02:39:21
54	1829	JOSE PEREIRA	02:40:50
55	1702	ALBERTO FERNANDES DE COUTO PINHÃO	02:43:29
56	1248	ALBERTO SOUSA	02:50:03
57	1355	JOAQUIM PAULO FERNANDES CRASTO	02:57:37
58	1363	JOSE MARIA CARNEIRO	02:58:43
59	2009	JOÃO MARQUES	02:58:44
60	1585	JORGE LOUREIRO	03:00:10
61	1361	FERNANDO MARQUES MARINHO	03:00:35
62	2328	Carlos Brito	03:01:38
63	1136	JOSÉ DAS NEVES CASTELO	03:02:40
64	1703	JOSÉ JOAQUIM DA SILVA FERTUZINHOS	03:12:40
65	1736	JOÃO PASSOS	03:13:12
66	2208	JESUS GONZÁLEZ RODRÍGUEZ	03:13:54
67	1083	LUÍS FILIPE RAMOS	03:22:05
68	1026	ANTÓNIO SALVADOR MARTINS DE FARIA	03:23:50
69	2264	CARLOS ALBERTO MAGALHÃES MARQUES SANTOS	03:25:35
70	2280	ADÉRITO FONSECA	03:26:29
71	1186	PAULO MONTEVERDE	04:35:58