

Pos	Dorsal	Atleta	S	Equipa	Categoria	Cat	5.0 km	10.0 km	Ritmo	Tempo
1	60	Licínio Carreira	Masculino	AC VERMOIL	Master M	1	00:24:03	00:45:57	04:52	01:13:03
2	43	Joel Couto	Masculino	grupo alegre unido bajouca	Master M	2	00:24:01	00:45:57	04:55	01:13:48
3	8	Orlando Pires	Masculino	Ozxtreme\adcrpereira	Master M	3	00:24:23	00:46:16	05:38	01:24:32
4	49	Gonçalo Lopes	Masculino	Clube Veteranos do Lis	Elite M	1	00:25:28	00:54:58	05:45	01:26:16
5	58	Cristiano Mendes	Masculino		Elite M	2	00:29:47	01:04:39	06:35	01:38:47
6	56	Luis Oliveira	Masculino	Figueira Kayak Clube	Elite M	3	00:29:45	01:04:39	06:35	01:38:59
7	67	Dany Grilo	Masculino	grupo alegre unido bajouca	Elite M	4	00:29:46	01:04:40	06:36	01:39:00
8	68	Milton Branco	Masculino		Elite M	5	00:30:45	01:07:04	06:49	01:42:24
9	79	Pedro Brites	Masculino	Flashs	Master M	4	00:30:48	01:10:28	07:10	01:47:40
10	27	Ana Oliveira	Feminino	Figueira Kayak Clube	Elite F	1	00:31:12	01:10:01	07:15	01:48:46
11	33	Nelson Mota	Masculino	GIM RUNNING TEAM	Elite M	6	00:32:42	01:09:58	07:16	01:49:04
12	70	João Batista	Masculino	GIM RUNNING TEAM	Elite M	7	00:30:30	01:09:50	07:16	01:49:03
13	52	Ezequiel Reis	Masculino		Elite M	8	00:28:56	01:10:06	07:27	01:51:47
14	77	Bruno Santos	Masculino	Flashs	Elite M	9	00:30:47	01:10:05	07:27	01:51:48
15	80	João Sintra	Masculino		Master M	5	00:31:03	01:11:10	07:28	01:52:06
16	41	Leonel Pinto	Masculino	Bora lá vizinho	Master M	6	00:32:41	01:11:37	07:29	01:52:15
17	57	Porfirio Maduro	Masculino	Leiria	Master M	7	00:32:44	01:11:45	07:29	01:52:17
18	59	João Vaz	Masculino	Figueira Kayak Clube	Master M	8	00:32:19	01:10:34	07:32	01:53:05
19	23	Luís Marques	Masculino	Lama Solta	Elite M	10	00:32:17	01:10:57	07:32	01:53:07
20	7	Glória Serrazina	Feminino	CRP Ribafria	Master F	1	00:32:33	01:11:53	07:37	01:54:15
21	53	Fernando Costa	Masculino	Figueira Kayak Clube	Master M	9	00:35:10	01:18:22	08:04	02:01:12
22	81	Henrique Lavaredas Lavaredas	Masculino		Master M	10	00:34:16	01:18:03	08:10	02:02:31
23	39	Karen Duarte Mendes	Feminino		Elite F	2	00:35:12	01:18:40	08:16	02:04:02
24	9	Guilherme Gonçalves	Masculino		Master M	11	00:35:49	01:19:07	08:32	02:08:10
25	74	Nelson Fernandes	Masculino		Elite M	11	00:35:40	01:19:03	08:34	02:08:42
26	64	Vitor Mendes Ribeiro	Masculino		Elite M	12	00:40:57	01:23:02	08:37	02:09:19
27	17	João Fernandes	Masculino	Bora lá vizinho	Master M	12	00:34:04	01:20:16	08:38	02:09:32
28	75	Bruno Joaquim	Masculino		Elite M	13	00:49:36	01:25:08	08:40	02:10:14
29	76	Humberto Marques	Masculino		Master M	13	00:49:36	01:25:06	08:26	02:06:31
30	40	Guilherme Ferreira	Masculino		Elite M	14	00:38:36	01:24:28	08:46	02:11:35
31	78	Bruno Martins	Masculino		Elite M	15	00:40:36	01:24:28	08:46	02:11:37
32	6	Adriana Cabecinhas	Feminino	OCR POLICE TEAM	Elite F	3	00:38:24	01:24:50	08:47	02:11:53
33	55	Pedro Verissimo	Masculino	N TEM	Master M	14	00:43:06	01:27:46	08:47	02:11:52
34	28	Filomena Carvalho	Feminino		Master F	2	00:38:48	01:24:58	08:52	02:13:02
35	54	Vanessa Seco	Feminino	Figueira Kayak Clube	Master F	3	00:38:40	01:25:00	08:52	02:13:03
36	71	Filipe Santos	Masculino		Master M	15	00:38:42	01:25:03	08:57	02:14:21
37	13	André Fernandes	Masculino		Elite M	16	00:41:35	01:28:09	09:20	02:20:02
38	12	Diana Ferreira	Feminino		Elite F	4	00:40:57	01:27:59	09:20	02:20:03
39	24	Nadine Gomes	Feminino		Elite F	5	00:41:09	01:27:56	09:20	02:20:09
40	44	Rui Nunes	Masculino	Clube Atletismo de Marinha Grande	Elite M	17	00:41:58	01:28:21	09:20	02:20:09
41	25	João Gomes	Masculino		Master M	16	00:41:09	01:28:02	09:20	02:20:10
42	26	Andreia Dias	Feminino	Figueira Kayak Clube	Elite F	6	00:42:00	01:28:34	09:23	02:20:58
43	63	Tiago Andre Bastos	Masculino		Elite M	18	00:42:15	01:31:52	09:52	02:28:03
44	62	Dino Marques	Masculino		Elite M	19	00:42:14	01:31:49	09:52	02:28:03

Pos	Dorsal	Atleta	S	Equipa	Categoria	Cat	5.0 km	10.0 km	Ritmo	Tempo
45	32	Telmo Ferreira	Masculino	GIM RUNNING TEAM	Elite M	20	00:42:24	01:31:48	09:52	02:28:05
46	42	Maria Caceiro	Feminino	O Escritório	Elite F	7	00:42:35	01:36:13	10:05	02:31:23
47	31	Jorge Luz	Masculino	O Escritório	Master M	17	00:42:34	01:36:15	10:05	02:31:23
48	16	Neuza Monteiro	Feminino	Bota Forma	Elite F	8	00:49:50	01:43:21	10:24	02:36:10
49	36	Tânia Gaspar	Feminino	Bota Forma	Elite F	9	00:49:51	01:43:18	10:25	02:36:15
50	21	Gonçalo Santos	Masculino		Elite M	21	01:42:02	01:42:02	10:43	02:40:58
51	20	Mário Santos	Masculino		Master M	18	00:46:04	01:42:03	10:44	02:41:00
52	18	Adriana Fernandes	Feminino	Bota Forma	Elite F	10	00:49:50	01:47:49	11:20	02:50:12
53	37	Sabrina Sintra	Feminino	Bota Forma	Elite F	11	00:49:52	01:47:45	11:20	02:50:12
54	45	Emilie Domingues	Feminino	Bota Forma	Elite F	12	00:49:52	01:47:47	11:20	02:50:12
55	73	Sónia Paulo	Feminino		Elite F	13	01:00:26	01:47:45	11:42	02:55:32
56	72	Margarida Carvalheiro	Feminino		Master F	4	00:49:35	01:46:03	12:08	03:02:10
57	11	Tânia Carreira	Feminino	Tokandar	Elite F	14	01:00:57	02:05:33	13:54	03:28:39
58	19	Sara Carreira	Feminino	Tokandar	Elite F	15	01:00:41	02:05:33	13:54	03:28:41
59	10	Catarina Ferreira	Feminino	Tokandar	Elite F	16	01:00:51	02:05:30	13:54	03:28:41
DQ	65	Ana Filipa Mendes Ribeiro	Feminino		Elite F	DQ	00:46:19	00:55:48		
DQ	66	Daniela Filipa Isidoro Melo	Feminino		Elite F	DQ	00:46:19	00:55:48		
DQ	22	Sidalina Serra	Feminino		Elite F	DQ	00:46:15	00:56:01		
DQ	30	Daniela Veloso	Feminino	Fiteam	Elite F	DQ	00:58:36	01:10:45		
DQ	14	Mauro Moderno	Masculino		Elite M	DQ	00:26:18			
DQ	50	Leandro Santos	Masculino	Clube Veteranos do Lis	Elite M	DQ	00:26:21			
DQ	35	Neusa Fernandes	Feminino	Fiteam	Master F	DQ	00:58:31	01:10:44		
DQ	29	Carla Duarte	Feminino	Fiteam	Master F	DQ	00:58:40	01:10:44		
DQ	51	Vitor Godinho	Masculino	Clube Veteranos do Lis	Master M	DQ	00:27:28			
DQ	69	Rui Cadete	Masculino	Lama Solta	Master M	DQ	00:26:54			
DQ	61	Luis Ramos	Masculino	Arredaguilhotas PRO TEAM	Master M	DQ	00:26:17			
DQ	34	Paulo Rodrigues	Masculino	Fiteam	Master M	DQ	00:59:50	01:10:34		02:08:42