

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
1	Pedro Santos	474	Individual	SEN15M	1:12:08.53	04:49	
2	André Nogueira	232	Uf 08 Runners	SEN15M	1:18:40.72	05:15	00:06:32
3	Tiago Moura	248	Individual	SEN15M	1:18:40.82	05:15	00:06:32
4	Francisco Ferreira	230	Uf 08 Runners	SEN15M	1:19:21.48	05:17	00:07:12
5	Modesto Vieira	299	Casa Do Povo De Soalhães	V50M15	1:20:35.24	05:22	00:08:26
6	Aurélio Vieira	298	Casa Do Povo De Soalhães	V40M15	1:20:35.93	05:22	00:08:27
7	Miguel Moura	321	Individual	SEN15M	1:20:55.12	05:24	00:08:46
8	Marco Faria	319	Individual	SEN15M	1:22:59.48	05:32	00:10:50
9	Ze Nando	284	Unidade Especial De Corrida	SEN15M	1:23:29.44	05:34	00:11:20
10	Paulo Sérgio Faria Pereira	115	Sai Da Frente	SEN15M	1:26:48.89	05:47	00:14:40
11	Adão José Teixeira Barbosa Regadas	134	Foge Foge Bandido	V50M15	1:29:07.52	05:57	00:16:59
12	Leandro Queirós	301	Casa Do Povo De Soalhães	SEN15M	1:29:17.16	05:57	00:17:08
13	Ricardo Miguel Magalhães Nunes	282	Fridão Sem Limites	SEN15M	1:29:32.06	05:58	00:17:23
14	Duarte Gil Ribeiro Barbosa	253	Individual	V40M15	1:30:36.76	06:02	00:18:28
15	José Rodrigues De Almeida	279	Individual	V50M15	1:31:24.50	06:06	00:19:16
16	José Vieira	201	Tecla 3 Runners	V40M15	1:32:48.16	06:11	00:20:39
17	Manuel Arcanjo Freitas Ferreira	268	Amigos Do Pedal	V40M15	1:33:09.66	06:13	00:21:01
18	Fernando Rocha	202	Tecla 3 Runners	V40M15	1:33:16.06	06:13	00:21:07
19	Paulo Ferreira	175	Individual	SEN15M	1:33:39.28	06:15	00:21:30
20	Joaquim Gomes	270	Individual	V40M15	1:33:45.98	06:15	00:21:37
21	Paulo Sousa	288	Fridão Sem Limites	V40M15	1:35:28.80	06:22	00:23:20
22	Pedro	165	Individual	SEN15M	1:36:31.63	06:26	00:24:23
23	Ulisses Costa	291	Individual	SEN15M	1:37:28.52	06:30	00:25:20
24	Raul Coelho	215	Parjovem Paredes	SEN15M	1:38:05.82	06:32	00:25:57
25	Joao Paulo Guimaraes	212	Individual	V40M15	1:38:06.40	06:32	00:25:57
26	Geraldo Gomes	300	Casa Do Povo De Soalhães	V40M15	1:38:40.57	06:35	00:26:32
27	Albertina Cunha	289	Individual	SEN15F	1:40:22.99	06:42	00:28:14
28	Ricardo Miguel Ferreira Da Silva	244	Individual	SEN15M	1:41:06.41	06:44	00:28:57
29	Manuel Barbosa	151	Paredes Running	SEN15M	1:41:10.39	06:45	00:29:01
30	Vitor Cruz	314	Individual	SEN15M	1:41:55.80	06:48	00:29:47
31	Mário Neves	306	Individual	V50M15	1:42:00.91	06:48	00:29:52
32	Hugo Silva	187	Os Potentes	SEN15M	1:42:03.96	06:48	00:29:55
33	Carlos Manuel Dos Santos Rocha	211	Individual	SEN15M	1:42:05.18	06:48	00:29:56
34	Paulo Gil	220	Papa-Léguas	V40M15	1:42:47.34	06:51	00:30:38
35	João Macedo	189	Os Potentes	SEN15M	1:42:56.10	06:52	00:30:47
36	Alexandre Soares	191	Tecla 3 Runners	SEN15M	1:43:41.26	06:55	00:31:32
37	José Cabral	225	Individual	V40M15	1:43:52.86	06:56	00:31:44
38	Avelino Neto	250	Individual	SEN15M	1:44:19.16	06:57	00:32:10

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
39	Agostinho Sousa	286	Individual	V50M15	1:44:23.74	06:58	00:32:15
40	Ricardo Manuel Silva Ribeiro	186	Individual	SEN15M	1:44:26.42	06:58	00:32:17
41	Gilberto Orlando	245	Individual	SEN15M	1:44:27.35	06:58	00:32:18
42	Paulo Moura	281	Casa Do Povo De Soalhães	SEN15M	1:44:32.52	06:58	00:32:24
43	Maurício Ribeiro	320	Individual	V40M15	1:44:34.48	06:58	00:32:25
44	Vitor Coelho	249	Individual	SEN15M	1:45:01.50	07:00	00:32:53
45	Joaquim Coelho	167	Individual	V50M15	1:45:03.08	07:00	00:32:54
46	Filipe Faria	135	Individual	V40M15	1:45:18.38	07:01	00:33:09
47	Tiago Daniel Bessa Ribeiro	133	Foge Foge Bandido	SEN15M	1:45:20.11	07:01	00:33:11
48	Goreti Rocha	274	Noturnos De Paredes	V40F15	1:45:45.54	07:03	00:33:37
49	Ricardo Jorge Neto	264	Individual	SEN15M	1:45:46.19	07:03	00:33:37
50	Paulo Alexandre Cristóvão Próspero	179	Individual	V40M15	1:48:08.07	07:13	00:35:59
51	Elisabete Pinto	166	Brabus Runners	SEN15F	1:48:15.36	07:13	00:36:06
52	Ricardo Bessa Marques	176	Individual	SEN15M	1:48:16.18	07:13	00:36:07
53	Cristina Couto	190	Tecla 3 Runners	SEN15F	1:48:41.75	07:15	00:36:33
54	Emanuel Pinto	200	Tecla 3 Runners	SEN15M	1:49:24.23	07:18	00:37:15
55	Jose Freire Dias	313	Individual	V50M15	1:49:28.53	07:18	00:37:20
56	Cláudio Necas	280	Individual	SEN15M	1:49:29.03	07:18	00:37:20
57	Carlos Ferreira	100	Autistic Runners	V40M15	1:49:33.88	07:18	00:37:25
58	João Mello	209	Individual	SEN15M	1:49:34.90	07:18	00:37:26
59	Antonia Bessa	257	Lousada Runners	V40F15	1:49:50.47	07:19	00:37:41
60	Joaquim Filipe Andrade Silva Moura	156	Individual	V40M15	1:50:19.09	07:21	00:38:10
61	Daniel	269	Individual	SEN15M	1:50:51.74	07:23	00:38:43
62	Luisa Cruz	302	Individual	SEN15F	1:51:06.32	07:24	00:38:57
63	Helder Costa	137	Kemedo Team	SEN15M	1:51:09.84	07:25	00:39:01
64	Filipe Pereira	136	Kemedo Team	SEN15M	1:51:12.67	07:25	00:39:04
65	Rafael André Ribeiro Pacheco	158	Individual	SEN15M	1:51:27.20	07:26	00:39:18
66	Isabel Carvalho	164	Individual	V40F15	1:51:30.26	07:26	00:39:21
67	Leandro Costa	255	Brabus Runners	SEN15M	1:51:36.02	07:26	00:39:27
68	Maria José Pereira Leão	266	Amigos Do Pedal - Trail De Lagares	SEN15F	1:51:57.92	07:28	00:39:49
69	Rogério Magalhães	310	Individual	SEN15M	1:53:07.17	07:32	00:40:58
70	Andrea Cunha	216	Individual	SEN15F	1:53:07.87	07:33	00:40:59
71	Augusto Pacheco	296	Individual	V40M15	1:53:07.50	07:33	00:40:59
72	Paulo Leão	254	Individual	SEN15M	1:53:08.82	07:33	00:41:00
73	Oscar Novais	125	Individual	V40M15	1:53:46.65	07:35	00:41:38
74	Pedro Costa Ferreira	204	Individual	V40M15	1:53:48.51	07:35	00:41:40
75	João Cunha	195	Tecla 3 Runners	SEN15M	1:54:38.81	07:39	00:42:30
76	Bruno Ribeiro	198	Tecla 3 Runners	SEN15M	1:54:40.01	07:39	00:42:31

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
77	Manuel Pereira	297	Individual	SEN15M	1:54:57.66	07:40	00:42:49
78	Manuel Rocha	235	Fast Ao Km	V50M15	1:55:06.73	07:40	00:42:58
79	Orlando Ferreira	247	Individual	V40M15	1:55:20.32	07:41	00:43:11
80	Hugo Mendes	144	Walk4Fun	SEN15M	1:55:25.23	07:42	00:43:16
81	André Maria	309	Individual	SEN15M	1:55:50.97	07:43	00:43:42
82	Pedro Vieira	196	Tecla 3 Runners	SEN15M	1:55:51.07	07:43	00:43:42
83	Sergio Sousa	246	Individual	SEN15M	1:55:51.15	07:43	00:43:42
84	Rui Quinta	292	Individual	V50M15	1:56:01.52	07:44	00:43:53
85	Inês Moreira	293	Moinhos Run	SEN15F	1:56:11.54	07:45	00:44:03
86	Carlos Borges	219	Papa-Léguas	V40M15	1:56:13.68	07:45	00:44:05
87	Jorge Simão	223	Individual	V50M15	1:56:17.05	07:45	00:44:08
88	Rui Ferreira	228	Individual	SEN15M	1:56:38.81	07:47	00:44:30
89	Daniel Couto	197	Tecla 3 Runners	SEN15M	1:56:40.97	07:47	00:44:32
90	Rui Machado	172	Fardetas	V40M15	1:56:49.38	07:47	00:44:40
91	Marta Couto	316	Individual	SEN15F	1:57:33.55	07:50	00:45:25
92	Filipe Pereira	278	Unidade Especial De Corrida	SEN15M	1:57:33.76	07:50	00:45:25
93	Edgar Cardoso	267	Nocturnos De Paredes	SEN15M	1:58:27.86	07:54	00:46:19
94	Miguel Ferreira	305	Individual	SEN15M	1:58:47.64	07:55	00:46:39
95	Bruno Vieira	315	Individual	SEN15M	1:58:47.83	07:55	00:46:39
96	Maria Margarida Nunes Monteiro Da Cunha	183	Marão Team	V40F15	1:58:57.93	07:56	00:46:49
97	João Francisco Monteiro Da Cunha	184	Marão Team	SEN15M	1:58:58.57	07:56	00:46:50
98	Antonio Joaquim Teixeira De Magalhães	101	Autistic Runners	V50M15	1:58:59.99	07:56	00:46:51
99	Sergio Meireles	460	Individual	SEN15M	1:59:49.36	07:59	00:47:40
100	José Rodrigues	317	Individual	V40M15	2:00:37.12	08:02	00:48:28
101	Túlia Aires	458	Individual	SEN15F	2:00:45.46	08:03	00:48:36
102	Sergio Brochado	459	Individual	SEN15M	2:00:46.88	08:03	00:48:38
103	Ricardo Brochado	199	Tecla 3 Runners	SEN15M	2:00:49.66	08:03	00:48:41
104	Maria José Silva Teixeira	231	Individual	V40F15	2:00:58.48	08:04	00:48:49
105	Artur Jorge Castro Salgueiro	206	Individual	V40M15	2:01:16.93	08:05	00:49:08
106	Carina Moreira	275	Noturnos De Paredes	SEN15F	2:02:43.58	08:11	00:50:35
107	Raquel Ribeiro	290	Nocturnos De Paredes	SEN15F	2:02:43.85	08:11	00:50:35
108	Sergio Vale	287	Nocturnos De Paredes	SEN15M	2:02:43.85	08:11	00:50:35
109	Ricardo Meireles	178	Individual	SEN15M	2:02:49.74	08:11	00:50:41
110	Patricia Catarina Costa	233	Individual	SEN15F	2:04:00.40	08:16	00:51:51
111	Vânia Almeida	192	Tecla 3 Runners	SEN15F	2:06:20.86	08:25	00:54:12
112	Jorge Sousa	127	Bitrunners	SEN15M	2:06:44.74	08:27	00:54:36
113	Filipe Mota	229	Individual	V50M15	2:08:29.62	08:34	00:56:21
114	Luis Pereira	224	Individual	V50M15	2:08:34.02	08:34	00:56:25

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
115	Irina Oliveira	276	Noturnos De Paredes	SEN15F	2:09:13.29	08:37	00:57:04
116	Eva Moreira	273	Noturnos De Paredes	SEN15F	2:09:13.45	08:37	00:57:04
117	Luís Carlos Pinto Teixeira	208	Individual	SEN15M	2:09:53.78	08:40	00:57:45
118	Maria José Ribeiro De Sousa	207	Individual	SEN15F	2:09:54.06	08:40	00:57:45
119	Rui Manue Faria Da Silva	210	The Belly	SEN15M	2:10:08.46	08:41	00:57:59
120	André Cunha	181	Cunhax	SEN15M	2:10:36.55	08:42	00:58:28
121	Mafalda Alves	146	Usf Ts	SEN15F	2:11:07.73	08:45	00:58:59
122	António Rocha	217	Papa-Léguas	SEN15M	2:11:08.73	08:45	00:59:00
123	Paulo Sérgio Mendes Ferreira	445	The Belly	SEN15M	2:11:29.14	08:46	00:59:20
124	David Graham Padden	240	Alfena Runners	SEN15M	2:12:39.84	08:51	01:00:31
125	Ana Alves	147	Usf Ts	V40F15	2:14:17.14	08:57	01:02:08
126	Mariana Oliveira	241	Brabus Runners	SEN15F	2:14:27.96	08:58	01:02:19
127	Ângela Fernandes	242	Brabus Runners	SEN15F	2:14:29.11	08:58	01:02:20
128	Mónica Magalhães	149	Usf Ts	SEN15F	2:15:00.90	09:00	01:02:52
129	Susana	203	Brabus Runners	SEN15F	2:15:13.11	09:01	01:03:04
130	Liliana Magalhães	251	Maria'S	SEN15F	2:15:17.94	09:01	01:03:09
131	Raul Cunha	180	Cunhax	V40M15	2:16:22.41	09:05	01:04:13
132	Alexandra Silva	308	Individual	SEN15F	2:16:31.04	09:06	01:04:22
133	Vitor Fernando Costa Soares	169	Individual	V40M15	2:16:38.06	09:07	01:04:29
134	José Carlos Martins Carneiro	295	Individual	V50M15	2:17:39.46	09:11	01:05:30
135	José Luís Teixeira Da Cunha	237	Individual	V40M15	2:18:38.40	09:15	01:06:29
136	Fernanda Maria Ferreira Oliveira	185	Marão Team	SEN15F	2:18:54.16	09:16	01:06:45
137	Sandra Silva	258	Lousada Runners	SEN15F	2:19:23.46	09:18	01:07:14
138	Filipa Ventuzelos	259	Lousada Runners	V40F15	2:19:23.53	09:18	01:07:15
139	Silvia Moreira	256	Lousada Runners	SEN15F	2:19:23.69	09:18	01:07:15
140	Elisabete Machado	263	Lousada Runners	SEN15F	2:19:23.93	09:18	01:07:15
141	Cristina Duarte	112	Generosos	V40F15	2:21:06.55	09:24	01:08:58
142	Susana Costa	318	Individual	SEN15F	2:21:06.93	09:24	01:08:58
143	Raquel Silva	243	Individual	SEN15F	2:23:19.92	09:33	01:11:11
144	Isa Pinto	239	Alfena Runners	SEN15F	2:24:05.24	09:36	01:11:56
145	Tiago Carneiro	238	Alfena Runners	SEN15M	2:24:05.43	09:36	01:11:56
146	Antonio Barbosa	102	Individual	SEN15M	2:24:15.05	09:37	01:12:06
147	Sonia Silva	103	Individual	SEN15F	2:24:17.92	09:37	01:12:09
148	Liliana Pereira	194	Tecla 3 Runners	SEN15F	2:25:42.68	09:43	01:13:34
149	Ana Catarina Moreira Carneiro	294	Individual	SEN15F	2:26:03.00	09:44	01:13:54
150	Pedro Reis	129	Generosos	SEN15M	2:26:08.94	09:45	01:14:00
151	Claudia Coelho	105	Generosos	SEN15F	2:27:09.55	09:49	01:15:01
152	Natercia Teixeira	124	Generosos	SEN15F	2:27:11.27	09:49	01:15:02

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
153	Olga Maria	283	Individual	SEN15F	2:27:16.40	09:49	01:15:07
154	Fernando Ismael Oliveira Nogueira	441	Individual	SEN15M	2:27:39.59	09:51	01:15:31
155	Alberto Martins	285	Individual	V50M15	2:29:46.86	09:59	01:17:38
156	Sandra Machado	213	Individual	SEN15F	2:30:45.37	10:03	01:18:36
157	Andrea Vieira	311	Individual	SEN15F	2:31:32.18	10:06	01:19:23
158	Eunice Coelho	312	Individual	SEN15F	2:31:32.54	10:06	01:19:24
159	Augusto Barbosa	130	Barbosa	V50M15	2:32:07.29	10:08	01:19:58
160	Maria Lucinda Barbosa Moreira	131	Barbosa	V40F15	2:32:07.83	10:09	01:19:59
161	Estela Oliveira	148	Usf Ts	SEN15F	2:32:31.96	10:10	01:20:23
162	Telma Da Silva	154	Individual	SEN15F	2:32:33.60	10:10	01:20:25
163	Paula Próspero	145	Individual	V40F15	2:33:11.39	10:13	01:21:02
164	Adelina Soares	221	Papa-Léguas	V40F15	2:35:35.66	10:22	01:23:27
165	Paula Pinto	110	Generosos	V40F15	2:36:05.69	10:24	01:23:57
166	Sergio Sousa	155	Individual	SEN15M	2:36:07.23	10:24	01:23:58
167	Carlos Santos	205	Individual	SEN15M	2:36:08.77	10:25	01:24:00
168	Ângela Morais	119	Individual	SEN15F	2:37:03.89	10:28	01:24:55
169	Cláudia Salomé Barbosa De Barros	162	Individual	SEN15F	2:37:04.30	10:28	01:24:55
170	Regina Monteiro	260	Lousada Runners	SEN15F	2:43:42.89	10:55	01:31:34
171	Sara Lopes	108	Generosos	SEN15F	2:44:20.21	10:57	01:32:11
172	Micaela Teixeira	303	Individual	SEN15F	2:45:05.76	11:00	01:32:57
173	Hugo Couto	307	Individual	SEN15M	2:45:06.32	11:00	01:32:57
174	Lucia Monteiro	261	Lousada Runners	V40F15	2:47:06.83	11:08	01:34:58
175	Filipe Ribeiro	118	Individual	SEN15M	2:48:47.44	11:15	01:36:38
176	Carla Ribeiro	114	Individual	SEN15F	2:48:47.62	11:15	01:36:39
177	Henrique Rocha	150	Individual	SEN15M	2:50:44.23	11:23	01:38:35
178	Susana Almeida	226	Individual	SEN15F	2:51:41.25	11:27	01:39:32
179	Marisa Vieira	227	Individual	SEN15F	2:51:41.83	11:27	01:39:33
180	Maria Da Conceição Pinto Brabosa	161	Individual	V40F15	2:52:01.00	11:28	01:39:52
181	Ana Cristina Soares Mendes	271	Individual	SEN15F	2:53:38.73	11:35	01:41:30
182	Paula Cristina Costa Soares	168	Individual	V40F15	2:53:38.86	11:35	01:41:30
183	Sandra Susana Costa Soares	170	Individual	SEN15F	2:53:43.66	11:35	01:41:35
184	Gaspar Ribeiro	141	Individual	V40M15	2:54:53.20	11:40	01:42:44
185	Isabel Rocha	113	Generosos	SEN15F	2:57:33.69	11:50	01:45:25
186	Ana Neves	111	Generosos	V40F15	2:57:33.89	11:50	01:45:25
187	Sofia Tadeu	107	Generosos	SEN15F	2:58:57.77	11:56	01:46:49
188	Salome Medeiros	109	Generosos	SEN15F	2:58:58.21	11:56	01:46:49
189	Pituxa Marques	106	Generosos	V40F15	2:58:58.35	11:56	01:46:49
190	Rodrigo Ferraz	104	Generosos	V40M15	2:58:58.85	11:56	01:46:50

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
191	Maria Susana Martins Ferreira	160	Individual	SEN15F	3:04:19.90	12:17	01:52:11
192	Alexandra Maria Moreira Rodrigues	157	Individual	SEN15F	3:04:21.79	12:17	01:52:13
193	Ana Balbina Rocha Marques	159	Individual	SEN15F	3:04:22.15	12:17	01:52:13
194	Elisabete Moreira Da Silva	236	Individual	SEN15F	3:07:36.73	12:30	01:55:28
195	Raquel Maria Pinto Teixeira	182	Individual	SEN15F	3:07:42.01	12:31	01:55:33
196	Fernanda Maria Moreira Leal	120	Individual	SEN15F	3:07:42.84	12:31	01:55:34
197	Madalena Gloria Ferreira Pereira	214	Individual	SEN15F	3:13:36.80	12:54	02:01:28
198	Sandra Pinheiro	234	Individual	SEN15F	3:13:37.47	12:54	02:01:28
199	Natacha Ribeiro	138	Individual	SEN15F	3:28:22.31	13:53	02:16:13
200	Virgínia Monteiro	143	Individual	SEN15F	3:28:22.34	13:53	02:16:13
201	Carla Faria	142	Individual	V40F15	3:28:22.78	13:54	02:16:14
202	Nuno Silvano	128	Individual	SEN15M	3:28:39.81	13:55	02:16:31