

Lugar	Dorsal	Nome		Equipa	Tempo	Escalão	Esc.	Chip
1	45	PAULO	PINTO	INDIVIDUAL	01:18:24.07	EM	1	01:18:19.94
2	41	MARCO	SANTOS	TEAM CORPOS 0	01:18:38.59	EM	2	01:18:34.46
3	347	MARCIO	PINTO	TRINCA ORELHAS DE GATO	01:22:09.57	EM	3	01:22:05.44
4	146	HELDER	RIBEIRO	TEAM CORPOS 0	01:22:46.34	EM	4	01:22:42.21
5	370	MANUEL	PEREIRA	AGUCABTT	01:22:52.58	EM	5	01:22:48.46
6	65	IGOR	MOREIRA	MELGACO ALVARINHO TRAIL	01:23:23.06	VM40	1	01:23:18.94
7	384	CIANO.	CIANO	A.D. CARVALHAL	01:24:48.07	VM40	2	01:24:43.94
8	114	JULIO	FERNANDES	A.D. CARVALHAL	01:26:11.57	VM40	3	01:26:02.64
9	306	LUIS	CAMPOS	INDIVIDUAL	01:26:22.09	EM	6	01:26:14.66
10	345	FERNANDO	OLIVEIRA	TRINCA ORELHAS DE GATO	01:26:36.83	VM40	4	01:26:32.70
11	58	MARCELO	MARTINS	EDL TRAIL	01:26:39.09	EM	7	01:26:34.96
12	366	MARCELO	TORRES	CDCN	01:27:10.58	EM	8	01:26:59.96
13	193	LUIS	NUNES	INDIVIDUAL	01:27:17.84	EM	9	01:27:12.40
14	11	SERGIO	MONTEIRO	TEAM CORPOS 0	01:27:19.59	EM	10	01:27:15.46
15	19	RAFAEL	SANTOS	TEAM CORPOS 0	01:27:19.34	EM	11	01:27:15.21
16	143	LUIS	FREITAS	AIRORUN	01:29:08.59	EM	12	01:29:00.20
17	352	JOAQUIM	RODRIGUES	A.C.R.RORIZ	01:30:01.61	VM50	1	01:29:57.48
18	199	FRANCISCO	FERNANDES	B.T.M.	01:30:24.34	EM	13	01:30:20.22
19	351	MANUEL	MIRANDA	A.C.R RORIZ	01:30:35.09	VM50	2	01:30:30.97
20	35	PAULO	GOMES	TEAM CORPOS 0	01:30:58.35	EM	14	01:30:47.93
21	330	JORGE	FONTES	CDCN	01:30:59.35	EM	15	01:30:52.59
22	130	EZEQUIEL	FERNANDES	TEAM LANTEMIL	01:31:16.10	VM40	5	01:31:11.97
23	136	SERGIO	PEREIRA	ERMIDAFIT	01:31:24.61	EM	16	01:31:20.48
24	256	DAVID	FERREIRA	DR. MERINO/4MOOVE	01:31:34.09	EM	17	01:31:29.96
25	355	FLAVIO	FERNANDES	B.T.M.	01:31:34.09	EM	18	01:31:29.96
26	118	PEDRO	SOUSA	INDIVIDUAL	01:31:36.36	VM40	6	01:31:32.24
27	32	JOAO	JAQUES	OLIMPICOS VIANENSE TRAIL	01:32:59.35	VM40	7	01:32:55.23
28	36	SANDRA	ARAUJO	TEAM CORPOS 0	01:33:01.36	EF	1	01:32:57.24
29	4	EUGENIO	CUNHA	INDIVIDUAL	01:33:55.10	VM40	8	01:33:34.42
30	305	EDUARDO	MENDES	GAZ(N)ELAS	01:33:51.60	EM	19	01:33:41.42
31	76	JOSE	GUIMARAES	INDIVIDUAL	01:33:57.37	VM40	9	01:33:53.24
32	140	JOSE	PEREIRA	AIRORUN	01:34:05.37	VM40	10	01:34:01.24
33	155	MANUEL	OLIVEIRA	FALTA D'AR	01:34:30.10	VM50	3	01:34:25.42
34	139	PAULO	QUINTAS	INDIVIDUAL	01:34:41.13	VM40	11	01:34:37.00
35	379	MANUEL	COSTA	INDIVIDUAL	01:34:42.63	VM40	12	01:34:42.63
36	276	FERNANDO	COSTA	CLUBE ATLETISMO DA POVOA DE VARZIM	01:34:51.36	VM40	13	01:34:43.64
37	142	CASIMIRO	ARAUJO	AIRORUN	01:35:06.10	VM50	4	01:35:01.98
38	109	DANIEL	CARDOSO	AIRORUN	01:35:41.86	VM40	14	01:35:37.73
39	108	RICARDO	PAIS	ERMIDAFIT	01:36:15.61	EM	20	01:36:10.59
40	132	TIAGO	SOUSA	TEAM LANTEMIL	01:36:22.13	EM	21	01:36:18.00
41	100	HELDER	AZEVEDO	AIRORUN	01:36:39.87	VM40	15	01:36:35.74
42	86	MILTON	CABRAL	#AVIDAEPACURTIR	01:36:59.13	VM40	16	01:36:40.96
43	389	RICARDO	GONCALVES	INDIVIDUAL	01:37:08.11	EM	22	01:36:42.68
44	372	JOSE	SOUSA	CLUBE DESPORTIVO DA POVOA	01:37:03.36	VM40	17	01:36:54.68

Lugar	Dorsal	Nome		Equipa	Tempo	Escalão	Esc.	Chip
45	362	CARLOS	SILVA	TRINCA ORELHAS DE GATO	01:37:11.61	EM	23	01:37:07.48
46	275	JOSE	CASTRO	B.T.M.	01:37:36.86	VM40	18	01:37:29.68
47	85	XAVIER	AMORIM	A.D. CARVALHAL	01:37:50.60	EM	24	01:37:35.68
48	192	ARLINDO	SILVA	INDIVIDUAL	01:38:02.10	VM40	19	01:37:43.61
49	178	RICARDO	MIGUEL	INDIVIDUAL	01:38:47.62	EM	25	01:38:30.69
50	107	TELMA	DUARTE	ERMIDAFIT	01:38:38.35	EF	2	01:38:33.92
51	131	CARLOS	OLIVEIRA	PO NA LAMA TRAIL RUNNERS	01:38:56.62	EM	26	01:38:49.44
52	391	RENATO	SILVA	INDIVIDUAL	01:39:05.11	EM	27	01:38:50.48
53	183	JORGE	SILVA	FALTA D'AR	01:39:05.64	VM40	20	01:39:00.45
54	194	IVO	CARVALHO	GEOFRIENDS	01:39:52.34	EM	28	01:39:25.02
55	226	EUCLIDES	COIMBRA	KAIZEN	01:39:29.13	VM50	5	01:39:25.00
56	225	JOSE	ROCHA	A.D. CARVALHAL	01:40:03.62	VM40	21	01:39:48.13
57	223	ANDRE	PEIXOTO	CLUBE ATLETISMO DA POVOA DE VARZIM	01:41:31.14	EM	29	01:41:18.71
58	224	JOSE	FARIA	CLUBE ATLETISMO DA POVOA DE VARZIM	01:41:31.14	VM40	22	01:41:18.23
59	27	ANTONIO	MARQUES	INDIVIDUAL	01:41:59.12	VM50	6	01:41:33.62
60	374	FRANCISCO	MIRANDA	A.C. VERMOIM	01:41:50.63	VM40	23	01:41:37.47
61	297	CLAUDIO	GONCALVES	XPAR	01:41:57.37	EM	30	01:41:48.99
62	383	CELESTINO	FARIA	CDCN	01:41:57.15	EM	31	01:41:48.47
63	47	PEDRO	CERQUEIRA	INDIVIDUAL	01:42:05.64	EM	32	01:41:58.88
64	373	ANA	MELO	B.T.M.	01:42:21.38	EF	3	01:42:17.25
65	335	DANIEL	SILVA	G. D. E C. DO BANCO DE PORTUGAL	01:43:25.14	EM	33	01:43:14.45
66	15	PAULO	DIAS	INDIVIDUAL	01:43:44.86	VM50	7	01:43:40.18
67	7	IGOR	AFANAS	INDIVIDUAL	01:44:27.56	VM40	24	01:44:08.13
68	184	FERNANDO	OLIVEIRA	FIT GAIA TRAIL	01:44:23.37	VM40	25	01:44:10.94
69	129	ARMANDO	FONTAO	CRCANDOSO	01:44:46.63	VM40	26	01:44:22.63
70	209	RICARDO	PEREIRA	#ATECHORAS!	01:45:05.90	EM	34	01:44:36.75
71	191	JOSE	SILVA	INDIVIDUAL	01:44:58.89	VM50	8	01:44:47.19
72	364	PAULO	GOMES	CDCN	01:45:24.63	EM	35	01:45:14.46
73	211	ANDRE	OLIVEIRA	PO NA LAMA TRAIL RUNNERS	01:45:53.39	EM	36	01:45:45.46
74	350	RICARDO	MACHADO	TRINCA ORELHAS DE GATO	01:45:56.90	EM	37	01:45:52.78
75	343	JOSE	COSTA	BAREJO TEAM	01:46:23.38	EM	38	01:46:00.42
76	357	PAULO	MESQUITA	INDIVIDUAL	01:47:08.88	EM	39	01:46:57.28
77	385	RICARDO	FERREIRA	A.D. CARVALHAL	01:47:38.66	EM	40	01:47:24.50
78	25	ANTONIO	GOMES	A.CU.R.A 4 TRAIL	01:47:32.12	VM40	27	01:47:24.19
79	253	CARLOS	EUSEBIO	CDCN	01:47:35.83	EM	41	01:47:27.09
80	124	FRANCISCO	RUA	INDIVIDUAL	01:47:51.33	VM40	28	01:47:27.90
81	169	MIGUEL	CRUZ	INDIVIDUAL	01:47:47.13	EM	42	01:47:31.45
82	173	ANTONIO	ARAUJO	GEOFRIENDS	01:47:59.38	EM	43	01:47:33.01
83	98	MARCO	CORREIA	AMIGOS DAS CUBAS	01:47:41.13	EM	44	01:47:34.38
84	200	ANTONIO	PAIVA	A RECUPERAR A FORMA	01:47:55.87	EM	45	01:47:36.88
85	99	NUNO	MARTINS	AMIGOS DAS CUBAS	01:47:43.58	EM	46	01:47:37.58
86	78	ANDRE	CASTRO	INDIVIDUAL	01:48:01.83	VM40	29	01:47:45.16
87	156	JOSE	COSTA	MACONARIA	01:47:57.63	VM50	9	01:47:49.90
88	281	SARA	ARAUJO	B.T.M.	01:48:19.37	EF	4	01:48:14.68

Lugar	Dorsal	Nome		Equipa	Tempo	Escalão	Esc.	Chip
89	152	JORGE	FERREIRA	INDIVIDUAL	01:49:15.83	VM40	30	01:48:51.90
90	44	NUNO	COSTA	GTT - ARMAZEM DO CAFFE	01:49:03.38	EM	47	01:48:56.47
91	61	PEDRO	MAIA	INDIVIDUAL	01:49:03.38	EM	48	01:48:59.25
92	62	IGOR	GONCALVES	FREE RUNNERS	01:49:09.15	EM	49	01:49:05.02
93	197	FERNANDO	FERREIRA	INDIVIDUAL	01:49:40.38	VM60	1	01:49:34.43
94	312	SERGIO	COSTA	INDIVIDUAL	01:50:02.07	EM	50	01:49:50.48
95	317	MIGUEL	JOSE	INDIVIDUAL	01:50:15.38	EM	51	01:50:05.22
96	116	JOSE	MARTINS	INDIVIDUAL	01:50:23.34	EM	52	01:50:06.41
97	339	BRUNO	SANTOS	B.T.M.	01:50:26.63	EM	53	01:50:19.96
98	141	DEOLINDA	FARIA	AIRORUN	01:50:49.15	VF40	1	01:50:45.03
99	254	CANDIDO	EUSEBIO	CDCN	01:51:21.88	EM	54	01:51:12.89
100	220	ANTONIO	RIBEIRO	OADA - OS AMIGOS DA AVENTURA	01:52:05.40	EM	55	01:51:40.22
101	82	PEDRO	BRIZIDO	PIPB	01:52:11.66	VM40	31	01:51:43.05
102	162	JULIO	FERREIRA	INSANOS	01:52:06.89	VM50	10	01:51:54.46
103	171	SERGIO	SOUSA	INDIVIDUAL	01:52:07.59	EM	56	01:52:03.47
104	161	ALBERTO	SA	INSANOS	01:52:08.64	VM60	2	01:52:04.52
105	346	ALEXANDRA	PADILHA	TRINCA ORELHAS DE GATO	01:52:12.34	VF40	2	01:52:08.22
106	299	MARIO	FONTE	IDEAL PNEUS / DOTSPOT	01:52:52.63	EM	57	01:52:45.72
107	278	NUNO	NEVES	100META	01:53:02.64	EM	58	01:52:47.06
108	53	CARLOS	PINTO	INDIVIDUAL	01:53:13.15	EM	59	01:52:53.22
109	258	PAULO	GRACA	INDIVIDUAL	01:53:06.39	VM50	11	01:52:55.21
110	261	PEDRO	SA	MOINHOS RUN	01:53:08.66	VM50	12	01:52:55.31
111	50	MIGUEL	CABRAL	INDIVIDUAL	01:53:16.90	EM	60	01:52:59.72
112	270	MAFALDA	REIS	INDIVIDUAL	01:53:16.68	EF	5	01:53:09.44
113	179	JOSE	LOPES	INDIVIDUAL	01:53:16.43	VM40	32	01:53:11.74
114	147	ANTERO	ROQUE	SPORTING CLUB SANTACRUZENSE	01:53:16.13	EM	61	01:53:12.00
115	376	JOAQUIM	FERREIRA	A.C. VERMOIM	01:53:49.91	VM50	13	01:53:35.75
116	3	PEDRO	FERREIRA	AIRAO TRAIL TEAM	01:53:57.39	EM	62	01:53:53.26
117	165	PEDRO	OLIVEIRA	RCM	01:54:15.88	EM	63	01:53:58.44
118	381	HUGO	SILVA	INDIVIDUAL	01:54:43.14	EM	64	01:54:13.99
119	380	FILIFE	RIBEIRO	A.C. VERMOIM	01:54:28.15	VM40	33	01:54:14.99
120	348	MANUEL	BARROS	TRINCA ORELHAS DE GATO	01:54:26.60	VM60	3	01:54:22.47
121	73	SILVERIO	ALBERTO	OS BOTA CALOR	01:54:46.15	VM40	34	01:54:29.48
122	80	RUI	MORIM	INDIVIDUAL	01:54:59.40	EM	65	01:54:34.76
123	284	ANDRE	SILVA	B.T.M.	01:54:47.40	EM	66	01:54:41.21
124	17	HELDER	MARQUES	SALGUEIROS RUNNING	01:54:46.92	EM	67	01:54:42.79
125	20	RUI	FREITAS	SS MONTEPIO	01:55:09.39	VM40	35	01:54:47.80
126	43	CARLA	PINTO	INDIVIDUAL	01:55:24.14	EF	6	01:55:12.14
127	213	MARCELO	TEIXEIRA	INDIVIDUAL	01:55:33.90	EM	68	01:55:20.72
128	56	RUI	MAGALHAES	INDIVIDUAL	01:55:48.64	VM40	36	01:55:30.14
129	60	ANTONIO	LOUREIRO	INDIVIDUAL	01:55:50.39	VM50	14	01:55:46.27
130	88	SANDRA	CANELHA	INDIVIDUAL	01:55:52.90	VF40	3	01:55:47.46
131	189	PAULO	HERNANI	ATT	01:56:14.15	VM40	37	01:56:09.72
132	95	RUBEN	ARAUJO	#BOTA CALOR	01:56:52.65	EM	69	01:56:34.74

Lugar	Dorsal	Nome	Equipa		Tempo	Escalão	Esc.	Chip
133	274	ARMANDO	MOREIRA	CLUBE ZUPPER	01:56:42.39	VM50	15	01:56:36.21
134	160	LUIS	SERRA	TEAM LANTEMIL	01:56:50.65	VM60	4	01:56:45.97
135	208	NATALIA	LIMA	BRABUS RUNNERS	01:57:12.84	EF	7	01:57:08.72
136	279	ANDRE	CABREIRA	CLUBE ATLETISMO DA POVOA DE VARZIM	01:57:22.15	EM	70	01:57:08.80
137	207	MARCO	PINTO	BRABUS RUNNERS	01:57:13.92	EM	71	01:57:09.79
138	84	PEDRO	LOURENCO	INDIVIDUAL	01:57:50.17	EM	72	01:57:40.74
139	327	AMAIUR	ILLARRETA	INDIVIDUAL	01:58:24.90	EF	8	01:57:56.97
140	214	SUSANA	FERNANDES	FF	01:58:22.64	VF40	4	01:58:07.06
141	174	DULCE	RIBEIRO	INDIVIDUAL	01:58:38.65	VF40	5	01:58:24.48
142	42	ANTONIO	SILVA	INDIVIDUAL	01:59:00.40	VM50	16	01:58:38.81
143	83	RICARDO	RAMOS	MALAICOS	01:59:00.65	EM	73	01:58:42.48
144	263	SILVIA	PEREIRA	BAREJO TEAM	01:59:18.16	EF	9	01:58:53.23
145	262	JOSE	MENDES	BAREJO TEAM	01:59:18.39	VM40	38	01:58:53.71
146	264	RICARDO	MENDES	BAREJO TEAM	01:59:21.90	EM	74	01:58:57.97
147	159	JORGE	VARELA	MACONARIA	01:59:14.40	EM	75	01:59:07.91
148	172	MARCIA	FERREIRA	GEOFRIENDS	02:00:11.90	EF	10	01:59:44.71
149	240	HELDER	OLIVEIRA	TERROR DOS MONTES	02:00:13.39	EM	76	01:59:54.71
150	241	FILIFE	SILVA	TERROR DOS MONTES	02:00:13.66	EM	77	01:59:56.23
151	337	PEDRO	MAGALHAES	B.T.M.	02:00:36.15	EM	78	02:00:31.21
152	291	EDUARDO	FONSECA	B.T.M.	02:00:35.90	VM40	39	02:00:31.77
153	329	ADRIANO	VIEIRA	INDIVIDUAL	02:01:18.65	EM	79	02:00:40.97
154	29	JOAO	MAIA	MAGNUNSSSENS	02:01:24.66	EM	80	02:00:59.23
155	219	CARLOS	OLIVEIRA	OADA - OS AMIGOS DA AVENTURA	02:01:43.17	VM40	40	02:01:19.93
156	150	SERGIO	CARVALHO	INDIVIDUAL	02:01:58.69	EM	81	02:01:34.76
157	137	HELDER	NEVES	INDIVIDUAL	02:01:56.15	EM	82	02:01:37.27
158	237	RENATA	RAMOS	INDIVIDUAL	02:01:51.92	EF	11	02:01:42.49
159	133	CARLA	BARROS	FIT	02:02:15.66	EF	12	02:01:53.73
160	273	ANA	BARROS	INDIVIDUAL	02:02:16.43	EF	13	02:01:55.75
161	77	EMILIO	HIPOLITO	APULIA A CORRER	02:02:24.86	VM50	17	02:02:00.23
162	331	LILIANA	ALVES	ALIVE RUNNERS	02:02:23.43	EF	14	02:02:09.77
163	313	LILIANA	BARROS	ALIVE RUNNERS	02:02:24.36	EF	15	02:02:12.94
164	138	AMADEU	COELHO	INDIVIDUAL	02:03:36.18	EM	83	02:03:07.81
165	292	ARTUR	MORAIS	INDIVIDUAL	02:04:00.15	VM50	18	02:03:29.28
166	287	LEONARDO	BOAS	IDEAL PNEUS / DOTSPOT	02:04:17.42	EM	84	02:04:09.74
167	164	PAULO	NEVES	INDIVIDUAL	02:04:49.66	VM40	41	02:04:28.07
168	378	JOSE	PEREIRA	MAISFIT RUNNERS	02:05:14.42	VM50	19	02:05:02.24
169	123	JOSE	LIMA	MAGIC FRIENDS RUNNERS	02:05:23.42	EM	85	02:05:07.18
170	196	ANA	PEREIRA	ADE TRAIL RUNNING	02:05:42.16	EF	16	02:05:16.73
171	195	ALVARO	VALE	ADE TRAIL RUNNING	02:05:41.61	EM	86	02:05:19.63
172	119	GI SELA	COSTA	INDIVIDUAL	02:05:41.44	EF	17	02:05:21.35
173	144	PEDRO	MARTINS	INDIVIDUAL	02:06:27.67	EM	87	02:05:50.49
174	74	RUI	NOVAIS	INDIVIDUAL	02:06:28.42	EM	88	02:05:57.18
175	365	VIRGILIO	MIRANDA	CDCN	02:06:10.43	VM40	42	02:06:01.19
176	353	DANIEL	OLIVEIRA	BAREJO TEAM	02:06:36.61	EM	89	02:06:10.23

Lugar	Dorsal	Nome	Equipa	Tempo	Escalão	Esc.	Chip
177	55	JOSE	RODRIGUES	INDIVIDUAL	02:06:42.18	VM40	43 02:06:20.24
178	14	ANTONIO	PINTO	INDIVIDUAL	02:06:43.42	VM50	20 02:06:20.77
179	81	LINO	ABREU	INDIVIDUAL	02:06:53.17	VM40	44 02:06:21.18
180	166	LUCIANO	ROCHA	ALTOS&BAIXOS	02:06:50.96	EM	90 02:06:25.28
181	168	ANGELO	CARNEIRO	INDIVIDUAL	02:06:50.67	EM	91 02:06:25.73
182	236	JOAQUIM	PINHEIRO	INDIVIDUAL	02:07:28.63	VM40	45 02:06:52.96
183	235	LURDES	PINHEIRO	INDIVIDUAL	02:07:28.63	VF40	6 02:06:54.45
184	90	PEDRO	FALCAO	ADDC RUN	02:07:27.41	VM40	46 02:07:07.06
185	344	PEDRO	ABREU	IDEAL PNEUS / DOTSPOT	02:07:19.42	VM40	47 02:07:12.24
186	16	MANUEL	DOMINGUES	INDIVIDUAL	02:07:23.17	VM40	48 02:07:19.04
187	257	RUI	GRACA	INDIVIDUAL	02:07:39.43	EM	92 02:07:28.81
188	180	PEDRO	LOPES	INDIVIDUAL	02:07:56.88	EM	93 02:07:52.75
189	277	ROGERIO	LOPES	TEAM LANTEMIL	02:08:19.16	VM40	49 02:08:05.82
190	71	FRANCISCO	BARTOLOMEU	TEAM LANTEMIL	02:08:28.44	VM40	50 02:08:14.69
191	286	RAFAEL	CAPILUPI	INDIVIDUAL	02:08:45.12	EM	94 02:08:15.69
192	386	JOAO	BOAS	LOS FODIDOS	02:08:34.18	EM	95 02:08:18.43
193	354	SOFIA	CARDOSO	BAREJO TEAM	02:08:55.41	EF	18 02:08:29.23
194	332	HELDER	PINTO	FIRERUNNERS_PNF	02:09:29.92	EM	96 02:09:19.23
195	396	Carla	Abilheira		02:09:36.44	EF	19 02:09:31.25
196	267	FATIMA	OLIVEIRA	INDIVIDUAL	02:09:53.17	EF	20 02:09:45.24
197	218	HENRIQUE	GONCALVES	OADA - OS AMIGOS DA AVENTURA	02:10:12.92	EM	97 02:09:49.49
198	265	CARLA	COSTA	INDIVIDUAL	02:10:11.17	EF	21 02:10:07.05
199	266	PAULO	ALMEIDA	INDIVIDUAL	02:10:11.17	EM	98 02:10:07.05
200	300	RICARDO	ROCHA	FAST AO KM	02:10:27.93	VM40	51 02:10:13.44
201	361	JOEL	MARQUES	FAST AO KM	02:10:28.17	EM	99 02:10:15.91
202	301	MANUEL	ROCHA	FAST AO KM	02:10:27.93	VM60	5 02:10:16.24
203	280	MARCO	BARROS	CLUBE ATLETISMO DA POVOA DE VARZIM	02:10:34.18	EM	100 02:10:21.75
204	367	CRISTINA	FERNANDES	INDIVIDUAL	02:11:16.63	EF	22 02:10:38.70
205	269	CARLOS	GONCALVES	INDIVIDUAL	02:11:37.43	VM40	52 02:11:07.56
206	341	AIDA	LINHARES	GTT - ARMAZEM DO CAFFE	02:11:32.69	VF40	7 02:11:17.26
207	303	JOAO	SOARES	GAZ(N)ELAS	02:11:33.67	EM	101 02:11:24.02
208	328	HELDER	ALMEIDA	INDIVIDUAL	02:11:37.68	VM40	53 02:11:25.26
209	46	PEDRO	PEREIRA	GRUPO 46	02:12:19.20	VM40	54 02:11:44.33
210	244	DIOGO	ABREU	OFICINA DO CORPO	02:12:45.68	EM	102 02:12:13.25
211	31	ANTONIO	PIRES	CONTACTO RUNNING	02:12:41.13	VM40	55 02:12:14.75
212	248	ARLINDO	MENDES	OFICINA DO CORPO	02:12:44.93	EM	103 02:12:15.69
213	127	LUISA	RODRIGUES	CRCANDOSO	02:13:09.93	VF40	8 02:12:42.00
214	392	Carmen	LEITE	INDIVIDUAL	02:12:57.19	VF40	9 02:12:42.55
215	393	ANTONIO	MORAES	INDIVIDUAL	02:12:57.19	VM40	56 02:12:42.04
216	204	SERGIO	BASTOS	TEAM LANTEMIL	02:13:09.68	EM	104 02:12:48.48
217	394	CATARINA	DIAS	INDIVIDUAL	02:13:18.94	EF	23 02:12:50.76
218	232	CARLOS	CORREIA	FEATHERS	02:13:35.42	VM40	57 02:12:51.74
219	185	LUIS	COSTA	INDIVIDUAL	02:13:27.18	EM	105 02:12:58.81
220	388	MARIO	VILACA	INDIVIDUAL	02:13:26.21	EM	106 02:13:05.53

Lugar	Dorsal	Nome		Equipa	Tempo	Escalão	Esc.	Chip
221	334	JOSE	SILVA	FIRERUNNERS_PNF	02:13:21.68	EM	107	02:13:11.84
222	320	MARTA	COTO	SAFADOS ANORMAIS	02:13:39.63	EF	24	02:13:12.31
223	93	HUGO	SAMPAIO	HABCARPINTARIA	02:13:31.44	EM	108	02:13:12.07
224	145	CONCEICAO	RABALDO	CLUBE ATLETISMO DA POVOA DE VARZIM	02:13:59.68	VF40	10	02:13:46.02
225	201	JOAO	MENDES	SUECA ITALIANA	02:14:27.69	EM	109	02:14:17.85
226	151	ROSA	OLIVEIRA	INDIVIDUAL	02:14:58.41	EF	25	02:14:35.50
227	359	HUGO	HEITOR	#ATECHORAS!	02:15:19.95	EM	110	02:14:51.58
228	229	RUI	ABREU	IDEAL PNEUS / DOTSPOT	02:15:03.93	EM	111	02:14:56.50
229	228	RUI	ABREU	IDEAL PNEUS / DOTSPOT	02:15:29.72	VM40	58	02:15:22.04
230	63	JOANA	ALVES	NA BOA	02:15:48.21	EF	26	02:15:26.62
231	30	EMANUEL	CORREIA	MAGNUNSSSENS	02:16:07.18	EM	112	02:15:42.50
232	28	PAULO	SANTOS	MAGNUNSSSENS	02:16:07.18	EM	113	02:15:44.00
233	215	JORGE	FERNANDES	FF	02:16:02.43	VM40	59	02:15:46.26
234	64	NATALIA	ALVES	NA BOA	02:16:09.69	VF40	11	02:15:47.06
235	450	CARLA	CABREIRA	INDIVIDUAL	02:16:07.70	EF	27	02:16:07.70
236	12	LUIS	CARNEIRO	KING ARTHUR	02:16:49.65	EM	114	02:16:25.90
237	38	MADALENA	FONTES	INDIVIDUAL	02:16:50.22	EF	28	02:16:35.83
238	298	ADOLFO	ALMEID	PIRATAS RUNNING TEAM	02:16:54.45	EM	115	02:16:46.72
239	105	CARLOS	ROCHA	INDIVIDUAL	02:17:36.94	EM	116	02:17:04.25
240	249	LUIS	TORRES	OFICINA DO CORPO	02:18:07.94	EM	117	02:17:38.45
241	24	SUSANA	CARDOSO	SS MONTEPIO	02:17:56.20	VF40	12	02:17:41.57
242	340	RENATA	ALMEIDA	ATT	02:17:56.97	EF	29	02:17:42.11
243	96	RICARDO	FARIA	INDIVIDUAL	02:18:37.21	EM	118	02:18:04.06
244	102	HUGO	ALVES	INDIVIDUAL	02:18:46.44	EM	119	02:18:13.29
245	89	RUI	SILVA	ADDC RUN	02:18:41.19	VM40	60	02:18:21.82
246	149	MARIO	CASTRO	INDIVIDUAL	02:19:34.44	VM40	61	02:18:56.51
247	182	RUI	GUIMARAES	INDIVIDUAL	02:19:34.69	EM	120	02:18:57.76
248	37	DANIEL	GOMES	THINGS	02:20:33.95	VM40	62	02:19:52.52
249	222	CARINA	CORREIA	INDIVIDUAL	02:20:42.39	EF	30	02:20:31.98
250	375	RUI	RODRIGUES	ADE TRAIL RUNNING	02:20:59.71	VM40	63	02:20:37.25
251	268	HUGO	PINHEIRO	INDIVIDUAL	02:21:10.65	EM	121	02:20:39.50
252	148	ANA	CARNEIRO	INDIVIDUAL	02:21:11.24	EF	31	02:20:41.06
253	167	SARA	CAPILUPI	INDIVIDUAL	02:21:10.94	VF40	13	02:20:41.08
254	205	MIGUEL	BARBOSA	EQUIPA BOOT	02:21:19.70	VM40	64	02:20:48.27
255	356	LUIS	RIBEIRO	TEAM LANTEMIL	02:21:25.21	VM40	65	02:21:05.46
256	186	JOSE	TEIXEIRA	INDIVIDUAL	02:21:39.45	VM50	21	02:21:06.76
257	188	ANDRE	COSTA	CALCA FOLHAS	02:21:49.73	EM	122	02:21:09.30
258	125	CARLA	ARAUJO	TEAM LANTEMIL	02:21:25.21	EF	32	02:21:19.53
259	285	TEOTONIO	BOUCINHA	INDIVIDUAL	02:21:50.97	VM40	66	02:21:46.72
260	227	ALVARO	PEREIRA	#ATECHORAS!	02:22:29.44	EM	123	02:21:59.26
261	94	RICARDO	MENDES	INDIVIDUAL	02:22:22.47	EM	124	02:22:06.22
262	170	MARIA	SANTOS	TEAM LANTEMIL	02:22:36.47	VF40	14	02:22:36.47
263	111	FILIFE	FARIA	INDIVIDUAL	02:23:05.22	EM	125	02:22:54.05
264	134	CARLA	SANTOS	POMAR D'OURO	02:23:31.95	VF40	15	02:22:57.54

Lugar	Dorsal	Nome	Equipa	Tempo	Escalão	Esc.	Chip
265	69	SERGIO	TORRE	INDIVIDUAL	02:31:57.22	EM	126 02:23:16.54
266	70	EDUARDA	BARROS	INDIVIDUAL	02:32:04.51	EF	33 02:23:23.83
267	163	JOAO	MARQUES	INSANOS	02:24:32.90	VM60	6 02:24:03.97
268	103	ADELAIDE	MORIM	CLUBE ATLETISMO DA POVOA DE VARZIM	02:24:34.21	VF40	16 02:24:21.30
269	325	MANUELA	BATISTA	UP AND GO SUP&SURF	02:24:45.91	EF	34 02:24:26.54
270	324	EDUARDO	BATISTA	UP AND GO SUP&SURF	02:24:46.42	EM	127 02:24:29.99
271	126	SILVIA	LIMA	TEAM LANTEMIL	02:27:32.74	EF	35 02:24:56.07
272	2	CESAR	FERNANDES	CESAR	02:26:07.21	VM40	67 02:25:40.97
273	59	MARIA	JESUS	NOCTURNOS DE PAREDES	02:26:01.70	VF40	17 02:25:41.11
274	22	RUI	SILVA	SS MONTEPIO	02:26:02.46	VM40	68 02:25:41.88
275	231	LUIS	FILIFE	INDIVIDUAL	02:26:08.96	EM	128 02:25:49.78
276	52	HELDER	CARMELITA	INDIVIDUAL	02:27:30.92	EM	129 02:27:03.02
277	323	CARLA	MARTINS	INDIVIDUAL	02:27:26.21	VF40	18 02:27:10.54
278	387	ALCIDES	FREIRE	OS TURBOMULA DOC	02:27:34.97	VM40	69 02:27:14.29
279	363	SERGIO	RODRIGUES	OS TURBOMULA DOC	02:27:33.72	EM	130 02:27:17.82
280	252	JOSE	SOSA	CDCN	02:28:23.42	VM50	22 02:27:44.49
281	251	MARIA	GOMES	CDCN	02:28:23.97	VF40	19 02:27:45.04
282	247	LILIANA	OLIVEIRA	INDIVIDUAL	02:28:52.66	EF	36 02:28:22.05
283	245	ANGELO	RIBEIRO	OFICINA DO CORPO	02:28:52.96	VM40	70 02:28:22.98
284	246	MARLENE	MACHADO	OFICINA DO CORPO	02:28:53.21	EF	37 02:28:24.47
285	117	ISIDRO	SILVA	ONDA TRAIL	02:28:47.22	VM50	23 02:28:29.05
286	290	SERGIO	MARQUES	INDIVIDUAL	02:29:12.21	EM	131 02:28:32.28
287	23	TANIA	REBELO	SS MONTEPIO	02:29:21.96	EF	38 02:28:47.28
288	21	RUI	REBELO	SS MONTEPIO	02:29:20.17	EM	132 02:28:48.43
289	112	ANA	TEIXEIRA	INDIVIDUAL	02:29:26.47	VF40	20 02:29:05.79
290	154	SOFIA	CAMPOS	SAFADOS ANORMAIS	02:30:09.71	VF40	21 02:29:43.33
291	338	SONIA	BASTOS	A.D.AMARANTE TRAIL RUNNING	02:30:09.43	EF	39 02:29:53.00
292	135	MIGUEL	PAIVA	POMAR D'OURO	02:31:27.73	EF	40 02:30:51.80
293	18	ANDRE	SANTOS	INDIVIDUAL	02:31:33.00	EM	133 02:31:09.32
294	175	ELISA	ALVES	INDIVIDUAL	02:32:12.26	EF	41 02:31:35.33
295	302	JOSE	OLIVEIRA	GAZ(N)ELAS	02:32:17.51	EM	134 02:32:07.86
296	316	JOSE	GONCALVES	INDIVIDUAL	02:33:23.49	VM40	71 02:32:54.50
297	203	MARGARIDA	DANTAS	TEAM LANTEMIL	02:33:25.48	EF	42 02:33:21.23
298	157	MANUEL	CORREIA	INDIVIDUAL	02:34:47.17	VM40	72 02:34:10.99
299	104	SONIA	EUSEBIO	CLUBE ATLETISMO DA POVOA DE VARZIM	02:34:29.99	EF	43 02:34:17.32
300	322	TIAGO	MAIATO	LUSOS XXI	02:34:45.73	EM	135 02:34:19.35
301	336	DANIEL	REIS	LUSOS XXI	02:34:45.73	EM	136 02:34:19.86
302	296	CARVALHO	XXI	LUSOS XXI	02:34:45.73	EM	137 02:34:22.77
303	250	ALEXANDRA	OLIVEIRA	OLIMPICOS VIANENSE TRAIL	02:35:11.48	EF	44 02:35:05.05
304	308	RITA	LIMA	INDIVIDUAL	02:35:59.98	EF	45 02:35:23.05
305	307	MARTINHO	CAPITAO	INDIVIDUAL	02:36:00.70	EM	138 02:35:24.51
306	198	JOSE	RIBEIRO	B.T.M.	02:35:31.74	VM40	73 02:35:25.07
307	309	ROLANDO	CAPITAO	INDIVIDUAL	02:36:00.18	VM40	74 02:35:25.50
308	310	SANDRA	LIMA	INDIVIDUAL	02:35:59.98	VF40	22 02:35:26.99

Lugar	Dorsal	Nome	Equipa	Tempo	Escalão	Esc.	Chip
309	187	SUSANA	PEREIRA	CALCA FOLHAS	02:36:21.97	EF	46 02:35:45.23
310	190	MARCIA	ESTELA	INDIVIDUAL	02:36:14.47	VF40	23 02:35:54.72
311	321	ANA	MONTERO	CUEVAS NOGUEIRA TRAIL	02:36:25.48	EF	47 02:36:13.80
312	54	SOFIA	FONSECA	INDIVIDUAL	02:36:31.23	EF	48 02:36:21.05
313	122	LILI	GOMES	MAGIC FRIENDS RUNNERS	02:36:53.97	EF	49 02:36:34.04
314	349	VIRGINIA	FERREIRA	TRINCA ORELHAS DE GATO	02:36:54.22	EF	50 02:36:34.00
315	342	PATRICIA	MARTINS	GRUPO 46	02:37:27.74	VF40	24 02:36:53.87
316	360	PEDRO	JUSTO	CORRER LECA	02:37:27.49	VM40	75 02:36:53.05
317	79	ALBERTA	CARVALHO	INDIVIDUAL	02:37:35.45	EF	51 02:37:18.52
318	8	SAOZITA	ROSA	EM FORCA	02:37:36.23	EF	52 02:37:21.08
319	289	VITOR	CORREIA	TEAM LANTEMIL	02:39:37.49	EM	139 02:39:24.81
320	288	SUSANA	SERRA	TEAM LANTEMIL	02:39:36.74	EF	53 02:39:27.00
321	51	PEDRO	COELHO	INDIVIDUAL	02:41:26.70	EM	140 02:40:58.80
322	238	RITA	RODRIGUES	DR. MERINO/4MOOVE	02:43:11.75	EF	54 02:42:38.60
323	382	MARJORIE	CAVALLARE	INDIVIDUAL	02:43:12.99	EF	55 02:42:43.12
324	13	JOANA	FERREIRA	KING ARTHUR	02:45:05.52	EF	56 02:44:41.52
325	326	JOSE	CARNEIRO	INDIVIDUAL	02:45:47.51	VM50	24 02:45:14.26
326	66	RICARDO	MOREIRA	PO NA LAMA TRAIL RUNNERS	02:46:02.25	VM40	76 02:45:22.07
327	121	RAQUEL	SILVA	ABREVALES	02:46:03.00	EF	57 02:45:24.60
328	9	NELSON	NOGUEIRA	INDIVIDUAL	02:45:36.51	VM60	7 02:45:32.38
329	358	SANDRA	SILVA	#ATECHORAS!	02:46:38.22	EF	58 02:46:08.04
330	210	SUSANA	PEREIRA	#ATECHORAS!	02:46:38.76	EF	59 02:46:09.33
331	91	LUIS	SILVA	ADDC RUN	02:47:07.96	VM40	77 02:46:47.28
332	87	PEDRO	SOUSA	BOTA CALOR	02:48:13.26	VM40	78 02:47:55.10
333	314	SONIA	PAIVA	#BOTA CALOR	02:48:13.27	EF	60 02:47:56.59
334	158	SUSANA	MATEUS	INDIVIDUAL	02:49:33.52	EF	61 02:48:55.84
335	115	RICARDO	OLIVEIRA	NIKE RUNNER	02:50:23.04	EM	141 02:49:46.86
336	311	ANA	QUARESMA	PE NA ROTA	02:50:01.51	VF40	25 02:49:47.12
337	181	BARBARA	GONCALVES	EQUIPA BOOT	02:50:45.52	EF	62 02:50:13.34
338	206	LILIANA	BARBOSA	EQUIPA BOOT	02:50:45.52	EF	63 02:50:13.59
339	202	ANDREIA	FERREIRA	INDIVIDUAL	02:54:17.27	EF	64 02:53:58.09
340	97	CRISTIANA	SEABRA	INDIVIDUAL	02:54:17.52	EF	65 02:53:59.35
341	239	PATRICIA	CARVALHO	INDIVIDUAL	02:54:17.27	EF	66 02:53:59.35
342	128	DORA	VENTURA	EQUIPA XPTO	02:54:16.80	VF40	26 02:54:05.87
343	106	CARMO	PINTO	INDIVIDUAL	02:54:17.02	VF40	27 02:54:06.09
344	369	RAFAEL	CASANOVA	INDIVIDUAL	02:56:21.77	EM	142 02:55:42.59
345	368	SOFIA	CASANOVA	INDIVIDUAL	02:56:21.54	EF	67 02:55:46.30
346	153	SANDRA	GUERREIRO	TESCO TEAM RUNNING	02:56:32.30	VF40	28 02:56:18.37
347	395	Vera	Silva		02:56:32.78	EF	68 02:56:21.78
348	1	MANUEL	PEIXOTO	INDIVIDUAL	03:01:19.54	VM40	79 03:00:47.61
349	33	ISABEL	PEIXOTO	INDIVIDUAL	03:01:17.79	VF40	29 03:00:50.64
350	113	FILIFE	FERREIRA	INDIVIDUAL	03:01:39.24	EM	143 03:01:10.64
351	177	MANUELA	VITERBO	GRUPO 46	03:04:59.04	VF40	30 03:04:23.38
352	176	PAULO	FERREIRA	GRUPO 46	03:04:58.79	VM40	80 03:04:23.63

Lugar	Dorsal	Nome	Equipa	Tempo	Escalão	Esc.	Chip
353	319	DIOGO	CARDOSO	INDIVIDUAL	03:05:24.83	EM	144 03:05:12.15
354	318	ANDRE	CARVALHO	INDIVIDUAL	03:05:24.55	EM	145 03:05:15.11
355	216	JOAQUIM	OLIVEIRA	INDIVIDUAL	03:31:06.06	VM40	81 03:30:41.66
356	217	CARLA	OLIVEIRA	INDIVIDUAL	03:31:07.86	EF	69 03:30:43.46
357	233	EMA BEATRIZ	CORREIA	FEATHERS	03:43:35.34	EF	70 03:42:49.65
358	234	OSCAR	MACHADO	FEATHERS	03:43:36.89	EM	146 03:42:51.70
359	294	MADALENA	SOARES	INDIVIDUAL	03:44:13.89	VF40	31 03:43:35.20
360	295	MARIO	SOARES	INDIVIDUAL	03:44:13.39	VM50	25 03:43:36.45
361	293	MARTA	SOARES	INDIVIDUAL	03:44:12.89	EF	71 03:43:38.47