

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo	Ritmo	5 km	10 km	15 km
1	1	PAULO DE PAULA	RUNTEJO	1	VET M35	1		<b>01:04:57</b>	03:04	14:57	30:15:00	45:55:00
2	657	FÁBIO OLIVEIRA	ACD SÃO JOÃO DA SERRA	2	SEN M	1		<b>01:07:38</b>	03:12	15:27	31:30:00	47:49:00
3	560	JOAO ALMEIDA	INDIVIDUAL	3	SUB 23 M	1		<b>01:09:16</b>	03:17	15:27	31:49:00	48:29:00
4	633	CARLOS LOPES	CLUBE ACADÉMICO DE MOGADOURO	4	VET M35	2	01:10:49	<b>01:10:50</b>	03:21	16:05	32:36:00	49:31:00
5	663	ADELINO JOSÉ OLIVEIRA	GRECAS - VAGOS	5	SEN M	2		<b>01:11:43</b>	03:23	15:46	32:49:00	50:14:00
6	78	ROGÉRIO BESSA	JOBRA-ASSOCIAÇÃO JOVENS DA BRANCA	6	SEN M	3	01:12:17	<b>01:12:19</b>	03:25	16:19	33:45:00	50:53:00
7	409	JOAO PEREIRA	INDIVIDUAL	7	VET M35	3	01:12:31	<b>01:12:33</b>	03:26	16:57	34:14:00	51:29:00
8	370	SÉRGIO TAVARES	AMIGOS DO ATLETISMO DE MAFRA	8	VET M35	4	01:13:08	<b>01:13:10</b>	03:28	17:28	34:56:00	52:03:00
9	720	ADILSON SPENCER	JOÃO SILVA CCR PRAIA MIRA	9	VET M35	5		<b>01:13:16</b>	03:28	16:19	33:44:00	51:16:00
10	726	JÉSSICA AUGUSTO	SPORTING CLUBE DE PORTUGAL	1	VET F35	1		<b>01:13:22</b>	03:28	17:29	34:56:00	52:04:00
11	721	ARICSON GOMES	JOÃO SILVA CCR PRAIA MIRA	10	SEN M	4		<b>01:14:39</b>	03:32	17:15	34:56:00	52:44:00
12	191	HÉLDER PIRES	CLUBE DE ATLETISMO DE OVAR	11	SEN M	5		<b>01:14:42</b>	03:32	17:29	34:57:00	52:57:00
13	611	PAULO ROCHA	HEIFLEX	12	VET M35	6	01:14:51	<b>01:14:52</b>	03:32	17:29	34:57:00	52:57:00
14	623	CARLOS COSTA	ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA	13	SEN M	6		<b>01:15:05</b>	03:33	17:29	34:57:00	52:57:00
15	321	JORGE CRUZ	AMIGOS DO ATLETISMO DE MAFRA	14	VET M50	1	01:15:27	<b>01:15:29</b>	03:34	17:29	35:13:00	53:17:00
16	643	VITOR NETO	HELIFLEX	15	VET M45	1	01:15:51	<b>01:15:55</b>	03:35	17:30	35:13:00	53:17:00
17	505	CARLA MARTINHO	RECREIO DESPORTIVO DE ÁGUEDA	2	VET F40	1		<b>01:15:58</b>	03:36	17:49	35:47:00	53:47:00
18	734	JOÃO GONÇALVES	ADFA VISEU	16	VET M35	7	01:16:35	<b>01:16:41</b>	03:38	17:49	35:46:00	53:51:00
19	719	LUÍS MIGUEL	RECREIO DESPORTIVO DE ÁGUEDA	17	VET M40	1	01:16:53	<b>01:16:55</b>	03:38	17:49	35:46:00	53:51:00
20	718	HÉLDER GONÇALVES	RECREIO DESPORTIVO DE ÁGUEDA	18	SEN M	7	01:17:04	<b>01:17:06</b>	03:39	17:50	35:47:00	54:18:00
21	363	PAULO SILVA	NASCIDOS PARA CORRER	19	VET M35	8	01:17:14	<b>01:17:16</b>	03:39	17:56	36:21:00	54:49:00
22	597	TIAGO DUARTE	ATLETISMO CLUBE DA TOCHA	20	SEN M	8	01:17:22	<b>01:17:26</b>	03:40	17:49	35:59:00	54:39:00
23	217	HUGO DUARTE	INDIVIDUAL	21	VET M35	9	01:17:53	<b>01:17:57</b>	03:41	17:51	36:17:00	54:50:00
24	417	DANIEL AZEITEIRO	INDIVIDUAL	22	SEN M	9		<b>01:18:06</b>	03:42	18:32	36:54:00	55:26:00
25	618	BRUNO PEREIRA	AMIGOS DA MONTANHA	23	SEN M	10	01:18:07	<b>01:18:10</b>	03:42	18:24	37:04:00	55:48:00
26	82	FLÁVIO SANTOS	FEDERAÇÃO FAMÍLIA PAZ MUNDIAL E UNIFICAÇÃO	24	SUB 23 M	2	01:18:20	<b>01:18:27</b>	03:43	18:28	37:09:00	55:49:00
27	742	CRISTIANA VALENTE	RECREIO DESPORTIVO DE ÁGUEDA	3	SEN F	1	01:19:04	<b>01:19:05</b>	03:44	18:27	37:10:00	55:49:00
28	587	MILTON SANTOS	DCI/TRILHOS LUSO BUSSACO	25	SEN M	11	01:19:02	<b>01:19:05</b>	03:44	18:23	37:04:00	55:49:00
29	739	CARLOS FREITAS	RUNTEJO	26	VET M45	2	01:19:08	<b>01:19:11</b>	03:45	18:29	37:25:00	56:24:00
30	463	JORGE CUBAL	GDC CODAL	27	SEN M	12	01:19:18	<b>01:19:21</b>	03:45	18:07	36:58:00	55:57:00
31	563	JOSÉ ALMEIDA	INDIVIDUAL	28	VET M40	2	01:19:20	<b>01:19:23</b>	03:45	18:23	37:04:00	55:54:00
32	554	CARLOS ALMEIDA	GDR GRANJA - TRUTAS DO MAU	29	VET M45	3	01:19:23	<b>01:19:29</b>	03:46	17:41	36:38:00	56:04:00
33	446	PEDRO NUNES	NAVR - NÚCLEO ATLETISMO DE VILA REAL	30	VET M40	3	01:19:27	<b>01:19:29</b>	03:46	18:36	37:19:00	56:13:00
34	432	VITOR OLIVEIRA	DCI TRILHOS LUSO BUSSACO	31	VET M50	2	01:19:39	<b>01:19:42</b>	03:46	18:24	37:12:00	56:24:00
35	600	SAMUEL TOMÁS	INDIVIDUAL	32	VET M40	4	01:19:44	<b>01:19:46</b>	03:46	18:36	37:20:00	56:15:00
36	325	LUIS BESSA	INDIVIDUAL	33	VET M35	10	01:20:00	<b>01:20:05</b>	03:47	18:51	37:39:00	
37	133	JOÃO POÇAS	LION RUNNERS	34	VET M40	5	01:20:10	<b>01:20:14</b>	03:48	18:28	37:11:00	56:26:00
38	360	FERNANDO SANTOS	CASA POVO MANGUALDE	35	VET M45	4	01:20:27	<b>01:20:29</b>	03:48	18:05	37:20:00	56:40:00
39	17	CARLOS PIMENTA	LUSOTEAM	36	VET M40	6	01:20:32	<b>01:20:34</b>	03:49	18:24	37:12:00	56:30:00
40	497	RUI CUPIDO	AMIGOS DO ATLETISMO DE MAFRA	37	VET M50	3	01:20:37	<b>01:20:40</b>	03:49	18:51	37:56:00	57:13:00
41	676	RICARDO CARVALHO	CLUB NAC CUCUJÃES	38	VET M45	5	01:20:40	<b>01:20:41</b>	03:49	17:50	37:26:00	57:14:00
42	634	LAURA SILVA	AGUÍAS DE ALVELOS	4	SEN F	2		<b>01:20:45</b>	03:49	18:32	37:20:00	56:40:00
43	638	ANDRÉ PINTO	C. A. ANDATRILHOS FREAMUNDE	39	SEN M	13	01:20:41	<b>01:20:46</b>	03:49	18:51	37:39:00	56:51:00
44	201	MARIUS LEORDEAN	AMIGOS DO ATLETISMO DE MAFRA	40	VET M35	11	01:20:48	<b>01:20:51</b>	03:49	18:51	37:56:00	57:13:00
45	26	ANDRE NOBRE	AVEIRO RUNNERS	41	VET M35	12	01:21:05	<b>01:21:07</b>	03:50	18:28	37:24:00	57:05:00
46	221	JERONIMO OLIVEIRA	ATLETICO CLUBE DE VALE SAO MARTINHO	42	SEN M	14		<b>01:21:27</b>	03:51	18:22	37:24:00	56:59:00
47	451	PEDRO MARQUES	AM ATIBÁ	43	VET M40	7	01:21:47	<b>01:21:50</b>	03:52	18:25	37:33:00	57:14:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo	Ritmo	5 km	10 km	15 km
48	717	ALEXANDRA OLIVEIRA	RECREIO DESPORTIVO DE ÁGUEDA	5	SEN F	3	01:21:56	<b>01:21:57</b>	03:53	18:28	37:59:00	57:45:00
49	340	GILLES HERNANDEZ	INDIVIDUAL	44	VET M40	8	01:22:10	<b>01:22:14</b>	03:53	19:07	38:30:00	58:05:00
50	697	BRUNO OLIVEIRA	ADREP	45	SEN M	15	01:22:28	<b>01:22:32</b>	03:54	19:02	38:35:00	58:25:00
51	584	JOSÉ BARROS	NÚCLEO ATLETISMO VILA REAL	46	VET M40	9	01:22:49	<b>01:22:52</b>	03:55	18:42	39:31:00	58:59:00
52	405	PAULO PIRES	RUNNERS DO DEMO	47	VET M40	10	01:22:44	<b>01:22:52</b>	03:55	20:09	40:09:00	59:30:00
53	89	ROLANDO RIBEIRO	INDIVIDUAL	48	VET M45	6	01:22:59	<b>01:23:03</b>	03:56	19:15	39:02:00	58:48:00
54	60	MIGUEL FARIA	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	49	SEN M	16	01:23:03	<b>01:23:06</b>	03:56	19:22	39:02:00	58:50:00
55	433	RICARDO PEREIRA	LOBOSOLITÁRIO	50	VET M35	13	01:23:27	<b>01:23:31</b>	03:57	18:51	38:30:00	58:42:00
56	467	RODRIGO LOPES	RCAUTO	51	SEN M	17	01:23:31	<b>01:23:33</b>	03:57	19:29	39:30:00	59:18:00
57	472	SUSANA VILELA	ADC SÃO JOÃO DA SERRA	6	VET F35	2	01:23:31	<b>01:23:33</b>	03:57	19:29	39:31:00	59:18:00
58	609	ANDRÉ SOARES	HELIFLEX	52	VET M35	14	01:23:33	<b>01:23:35</b>	03:57	18:56	38:59:00	59:17:00
59	732	FRANCISCO MONTE	GFD RUNNING	53	VET M35	15	01:23:32	<b>01:23:36</b>	03:57	19:39	39:41:00	59:47:00
60	239	FILIFE SOUSA	KEMEDO TEAM	54	VET M35	16	01:23:40	<b>01:23:44</b>	03:58	18:51	38:25:00	58:42:00
61	500	RICARDO REDONDO	PANORAMAH	55	VET M40	11	01:24:07	<b>01:24:14</b>	03:59	19:52	39:47:00	59:31:00
62	116	BRUNO CASAL	INDIVIDUAL	56	SEN M	18	01:24:22	<b>01:24:25</b>	04:00	19:51	39:48:00	59:58:00
63	509	JOSÉ TEIXEIRA	A NOZ	57	VET M35	17	01:24:25	<b>01:24:26</b>	04:00	19:10	39:31:00	59:42:00
64	648	MIRIAM MARTINS	GRECAS - VAGOS	7	SEN F	4	01:24:27	<b>01:24:28</b>	04:00	18:28	38:36:00	59:10:00
65	136	JOÃO SILVA	GDG	58	VET M35	18	01:24:30	<b>01:24:32</b>	04:00	18:41	38:52:00	59:10:00
66	303	FILIFE NUNES	NAVR NUCLEO ATLETISMO VILA REAL	59	VET M45	7	01:24:31	<b>01:24:32</b>	04:00	19:20	39:32:00	59:48:00
67	159	RUI ALVES	INDIVIDUAL	60	VET M45	8	01:24:32	<b>01:24:35</b>	04:00	19:03	39:02:00	59:26:00
68	404	AUGUSTO TRINDADE	RUNNERS DO DEMO	61	VET M45	9	01:24:45	<b>01:24:54</b>	04:01	20:10	40:24:00	01:00:30
69	62	SÉRGIO TEIXEIRA	INDIVIDUAL	62	VET M40	12	01:24:54	<b>01:24:55</b>	04:01	19:20	39:31:00	59:58:00
70	262	RICARDO SILVA	INDIVIDUAL	63	VET M35	19	01:24:56	<b>01:24:59</b>	04:01	20:31	40:44:00	01:00:46
71	151	FILIFE VALENTE	INDIVIDUAL	64	SEN M	19	01:24:54	<b>01:25:01</b>	04:01	20:07	40:19:00	01:00:38
72	343	JOAQUIM SANTOS	CLUBE ATLETISMO N. SRA CONCEIÇÃO V. REAL	65	VET M40	13	01:24:49	<b>01:25:05</b>	04:01	20:46	41:02:00	01:00:40
73	628	PEDRO FREITAS	TOC RUNNERS	66	VET M40	14	01:25:01	<b>01:25:06</b>	04:02	19:32	39:58:00	01:00:20
74	558	PEDRO CAPELA	VERGABIKES	67	VET M45	10	01:25:10	<b>01:25:14</b>	04:02	19:32	39:58:00	01:00:21
75	135	ARMANDO CORREIA	GDG	68	VET M45	11	01:25:20	<b>01:25:21</b>	04:02	19:10	39:32:00	59:59:00
76	571	RICARDO VEIGA	GRUPO DESPORTIVO	69	VET M35	20	01:25:20	<b>01:25:31</b>	04:03	20:11	40:13:00	01:00:38
77	127	VITOR DIAS	INDIVIDUAL	70	SEN M	20		<b>01:25:35</b>	04:03	18:22	37:52:00	58:22:00
78	527	MIGUEL CAMPOS	TOCRUNNERS	71	VET M45	12	01:25:49	<b>01:25:53</b>	04:04	20:00	40:14:00	01:00:37
79	774	JOÃO VINHA		72	VET M55	1	01:25:41	<b>01:25:54</b>	04:04	19:52	39:48:00	01:00:21
80	469	JOÃO MARTINS	ELCOMANDANTE	73	SEN M	21	01:25:55	<b>01:25:58</b>	04:04	19:20	39:37:00	01:00:47
81	39	MIGUEL GONÇALVES	ADI-ILHAVO	74	SEN M	22	01:25:59	<b>01:26:04</b>	04:04	20:19	40:12:00	01:00:36
82	556	PAULO RAMIREZ	IM FROM EARTH - ZÉDASBIKES CAFÉ	75	VET M45	13	01:26:03	<b>01:26:07</b>	04:04	18:34	39:03:00	01:00:14
83	504	JOSE CARLOS LACERDA	ACADEMIA FERNANDA RIBEIRO	76	VET M35	21	01:26:13	<b>01:26:18</b>	04:05	20:40	41:06:00	01:01:31
84	294	CARLOS MARTINS	INDIVIDUAL	77	VET M65	1	01:26:19	<b>01:26:28</b>	04:05	20:10	40:35:00	01:01:06
85	682	FRANCISCO PAIS	O MUNDO DA CORRIDA	78	VET M45	14	01:26:38	<b>01:26:45</b>	04:06	20:04	40:23:00	01:01:01
86	255	BRUNO PEIXOTO	CANSCVR	79	VET M35	22	01:26:46	<b>01:26:49</b>	04:06	20:38	41:02:00	01:01:40
87	493	JOSÉ CUNHA	INDIVIDUAL	80	VET M45	15	01:26:34	<b>01:26:51</b>	04:07	20:39	41:02:00	01:01:32
88	341	JOÃO ROCHA	NAVR	81	VET M35	23	01:26:52	<b>01:26:58</b>	04:07	19:44	40:14:00	01:01:06
89	572	ANDRÉ MESQUITA	TU E EU	82	VET M40	15	01:27:08	<b>01:27:15</b>	04:08	20:43	41:30:00	01:02:19
90	431	RÚBEN ALMEIDA	CAOB - OLIVEIRA DO BAIRRO	83	JUN M	1	01:27:19	<b>01:27:26</b>	04:08	21:02	42:02:00	01:03:14
91	642	LUÍS PEDRO	INDIVIDUAL	84	VET M35	24	01:27:25	<b>01:27:34</b>	04:09	20:08	40:40:00	01:01:31
92	658	NELSON SANTOS	INDIVIDUAL	85	VET M35	25	01:27:36	<b>01:27:41</b>	04:09	19:27	39:50:00	01:00:32
93	660	JOSÉ MACEDO	INDIVIDUAL	86	VET M45	16	01:27:38	<b>01:27:42</b>	04:09	19:36	40:22:00	01:01:23
94	449	TIAGO OLIVEIRA	INDIVIDUAL	87	SEN M	23	01:27:26	<b>01:27:43</b>	04:09	20:25	41:05:00	01:01:52

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo	Ritmo	5 km	10 km	15 km
95	245	VASCO LADEIRO	GRUPO DESPORTIVO DA GAFANHA	88	VET M55	2	01:27:40	<b>01:27:43</b>	04:09	19:52	40:35:00	01:01:52
96	729	EDIVALDO MACIEL	GRECAS - VAGOS	89	VET M35	26	01:27:56	<b>01:27:59</b>	04:10	20:20	40:51:00	01:01:31
97	316	FILIFE PEREIRA	LOUSADA RUNNERS	90	SEN M	24	01:28:00	<b>01:28:04</b>	04:10	20:49	41:56:00	01:03:07
98	297	LÍDIA PEREIRA	GDR GRANJA - TRUTAS DO MAU	8	VET F50	1	01:28:04	<b>01:28:05</b>	04:10	19:38	40:17:00	01:01:35
99	514	HÉLDER VIEIRA	VITÓRIA SPORT CLUBE	91	VET M40	16	01:28:03	<b>01:28:08</b>	04:10	20:07	41:02:00	01:01:57
100	24	LUÍS MADUREIRA	INDIVIDUAL	92	VET M40	17	01:28:05	<b>01:28:10</b>	04:10	19:36	40:14:00	01:01:25
101	130	JOÃO DIAS	INDIVIDUAL	93	VET M35	27	01:28:04	<b>01:28:10</b>	04:10	19:36	39:58:00	01:00:55
102	291	PAULO MAIA	INDIVIDUAL	94	SEN M	25	01:28:05	<b>01:28:11</b>	04:10	20:54	41:53:00	01:02:45
103	300	LUIS RIBAU	INDIVIDUAL	95	VET M35	28		<b>01:28:14</b>	04:10		41:28:00	01:02:17
104	775	JOÃO NEVES	JOBRA	96	VET M45	17	01:28:11	<b>01:28:14</b>	04:10	19:52	40:16:00	01:01:31
105	320	JOSÉ GONÇALVES	AMIGOS DO ATLETISMO DE MAFRA	97	VET M50	4	01:28:05	<b>01:28:23</b>	04:11	21:03	41:52:00	01:02:40
106	696	RICARDO SOUSA	TRIBO NR	98	SEN M	26	01:28:19	<b>01:28:24</b>	04:11	20:44	41:46:00	01:02:44
107	244	JOÃO MAGUETA	GRUPO DESPORTIVO DA GAFANHA	99	VET M55	3	01:28:26	<b>01:28:29</b>	04:11	20:20	41:22:00	01:02:39
108	430	NUNO SILVA	CAOB - OLIVEIRA DO BAIRRO	100	VET M40	18	01:28:23	<b>01:28:29</b>	04:11	21:01	42:02:00	01:03:14
109	354	RAFAEL VASCONCELOS	LEITINHOS	101	SEN M	27	01:28:12	<b>01:28:30</b>	04:11	20:39	41:34:00	01:02:39
110	456	BRUNO ESTEVES	DESNÍVEL POSITIVO	102	VET M35	29	01:28:23	<b>01:28:31</b>	04:11	20:53	41:45:00	01:02:44
111	671	PAULO LISBOA	GDR GRANJA - TRUTAS DO MAU	103	VET M40	19	01:28:22	<b>01:28:32</b>	04:11	20:20	41:04:00	01:02:40
112	552	LUIS FARIA	GDR GRANJA - TRUTAS DO MAU	104	VET M45	18	01:28:22	<b>01:28:33</b>	04:11	20:35	41:49:00	01:02:58
113	317	NUNO QUEIROZ	GRUPO DESPORTIVO OS RIBEIRINHOS	105	VET M40	20	01:28:25	<b>01:28:35</b>	04:11	20:16	41:21:00	01:02:32
114	235	LUIS SILVA	ACRM SILVEIRINHA GRANDE	106	VET M45	19	01:28:28	<b>01:28:35</b>	04:11	19:40	40:23:00	01:01:26
115	545	RAUL SILVA	INDIVIDUAL	107	VET M35	30	01:28:31	<b>01:28:38</b>	04:12	20:52	41:45:00	01:02:44
116	709	ANA REIS	INDIVIDUAL	9	VET F35	3	01:28:30	<b>01:28:38</b>	04:12	20:52	41:46:00	01:02:45
117	231	RICARDO BERNARDES	GFD RUNNING	108	SEN M	28	01:28:35	<b>01:28:46</b>	04:12	21:03	41:58:00	01:03:07
118	644	MÁRIO COSTA	HELIFLEX	109	VET M45	20	01:28:52	<b>01:29:00</b>	04:13	21:20	42:18:00	01:03:14
119	624	TIAGO PINTO	C. A. ANDATRILHOS FREAMUNDE	110	SEN M	29	01:28:58	<b>01:29:03</b>	04:13	19:07	38:46:00	58:55:00
120	269	RUI BORGES	NAVR - NÚCLEO ATLETISMO DE VILA REAL	111	VET M50	5	01:28:47	<b>01:29:04</b>	04:13	20:52		01:03:07
121	685	BRUNO MACHADO	INDIVIDUAL	112	VET M35	31	01:28:42	<b>01:29:10</b>	04:13	20:48	41:36:00	01:03:10
122	452	JOÃO CARLOS RIBEIRO	MOLINHAS TEAM	113	VET M45	21	01:28:58	<b>01:29:11</b>	04:13	21:04	42:03:00	01:03:15
123	12	RODOLFO SILVA	INDIVIDUAL	114	SEN M	30	01:28:57	<b>01:29:15</b>	04:13	21:07	42:04:00	01:03:22
124	265	JOSÉ SILVA	INDIVIDUAL	115	VET M45	22	01:29:03	<b>01:29:16</b>	04:13	20:45	41:45:00	01:02:46
125	589	SERGIO MACHADO	DCI/TRILHOS LUSO BUSSACO	116	VET M40	21	01:29:17	<b>01:29:22</b>	04:14	21:15	43:14:00	01:04:19
126	322	BRUNO LOPES	GRUPO DESPORTIVO FERROVIÁRIOS CAMPANHÃ	117	VET M35	32	01:29:26	<b>01:29:30</b>	04:14	20:48	42:33:00	01:03:52
127	200	PAULO JORGE PEREIRA	INDIVIDUAL	118	VET M45	23	01:29:25	<b>01:29:32</b>	04:14	20:09	41:03:00	01:02:40
128	386	ANTONIO RIBEIRO	LINCE TRIATHLON	119	VET M45	24	01:29:11	<b>01:29:34</b>	04:14	21:49	42:54:00	01:04:04
129	86	FERNANDO FREIRE	GRECAS	120	VET M40	22	01:29:29	<b>01:29:41</b>	04:15	20:23	41:23:00	01:03:02
130	713	MANUEL ROCHA	PORTO RUNNERS	121	VET M50	6	01:29:20	<b>01:29:44</b>	04:15	21:50	42:54:00	01:04:04
131	275	VÍTOR RIBAU	INDIVIDUAL	122	VET M45	25	01:29:42	<b>01:29:48</b>	04:15	19:25	39:49:00	01:01:05
132	694	HUGO SILVA	DURAVIT RACETEAM	123	SEN M	31	01:29:29	<b>01:29:49</b>	04:15	20:32	41:32:00	01:02:40
133	457	RICARDO PARADA	DR. RUNNER'S TEAM	124	VET M35	33	01:29:49	<b>01:29:53</b>	04:15	20:52	42:01:00	01:03:38
134	339	ANTÔNIO PEREIRA	INDIVIDUAL	125	VET M35	34	01:29:53	<b>01:29:56</b>	04:15	19:16	39:31:00	01:01:23
135	455	JOÃO GALVÃO	INDIVIDUAL	126	VET M45	26	01:29:53	<b>01:30:03</b>	04:16	20:57	42:17:00	01:03:52
136	189	CARLOS COSTA	INDIVIDUAL	127	VET M35	35	01:29:59	<b>01:30:08</b>	04:16	21:14	42:46:00	01:04:04
137	529	LUÍS DE ALMEIDA	INDIVIDUAL	128	VET M40	23	01:29:58	<b>01:30:11</b>	04:16	20:15	41:35:00	01:03:08
138	688	PAULO MAIA	DCI/TRILHOS LUSO BUSSACO	129	VET M45	27	01:29:59	<b>01:30:18</b>	04:16	20:24	41:20:00	01:02:55
139	655	FRANCISCO PINHEIRO	CTAD-CONSUMO ZERO	130	VET M45	28	01:30:18	<b>01:30:23</b>	04:17	19:33	40:46:00	01:03:06
140	506	JOSÉ PIRES	INDIVIDUAL	131	VET M50	7	01:30:31	<b>01:30:35</b>	04:17	21:00	42:17:00	01:03:51
141	626	CARLOS MACHADO	INDIVIDUAL	132	VET M55	4	01:30:28	<b>01:30:44</b>	04:18	20:52	42:02:00	01:03:52

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo	Ritmo	5 km	10 km	15 km
142	515	FRANCISCO NOVAIS	VITÓRIA SPORT CLUBE	133	VET M50	8	01:30:44	<b>01:30:46</b>	04:18	21:49	42:53:00	01:04:30
143	428	ANA PAULA RODRIGUES	CASA DO POVO DE ALCANENA	10	SEN F	5		<b>01:30:49</b>	04:18	19:53	40:42:00	01:01:53
144	693	JOÃO PORTUGAL	DURAVIT RACETEAM	134	VET M40	24	01:30:32	<b>01:30:51</b>	04:18	20:48	42:00:00	01:03:53
145	683	MARCO LISBOA	INDIVIDUAL	135	VET M35	36	01:30:24	<b>01:30:52</b>	04:18	21:14	42:29:00	01:04:12
146	735	JOSE PEDRO COSTA	INDIVIDUAL	136	VET M40	25	01:30:45	<b>01:30:54</b>	04:18	21:39	43:28:00	01:05:05
147	465	FERNANDO OLIVEIRA	INDIVIDUAL	137	VET M45	29	01:30:48	<b>01:30:59</b>	04:18	20:31	41:06:00	01:03:35
148	674	ANTONIO RATOLA	INDIVIDUAL	138	SEN M	32	01:30:41	<b>01:31:01</b>	04:18	21:17	42:36:00	01:04:11
149	427	MÁRIO CARAPINHEIRO	CLUVE-CLUBE VETERANOS ATLETISMO COIMBRA	139	VET M55	5	01:30:57	<b>01:31:01</b>	04:18	20:52		01:03:53
150	187	PAULO TEIXEIRA	INDIVIDUAL	140	VET M35	37	01:30:57	<b>01:31:04</b>	04:18	22:13	44:00:00	01:05:25
151	426	FILIPPE COSTA	INDIVIDUAL	141	SEN M	33	01:30:57	<b>01:31:04</b>	04:19	22:04	43:42:00	01:05:26
152	2	PAULO FIDALGO	INDIVIDUAL	142	VET M35	38	01:31:02	<b>01:31:05</b>	04:19	21:41	43:24:00	01:05:04
153	29	MANUEL FERREIRA	ADABEM RUNNING TEAM	143	VET M45	30	01:31:03	<b>01:31:10</b>	04:19	21:11	42:51:00	01:04:29
154	479	RICARDO VEIGA	INDIVIDUAL	144	SUB 23 M	3	01:30:50	<b>01:31:10</b>	04:19	21:04	42:33:00	01:04:25
155	37	NÉLIO VIEIRA	A.C. BATALHA	145	SEN M	34	01:30:57	<b>01:31:12</b>	04:19	20:55	42:05:00	01:03:53
156	267	HENRIQUE NEVES	INDIVIDUAL	146	VET M45	31	01:31:02	<b>01:31:14</b>	04:19	21:10	42:31:00	01:04:23
157	148	JUVENAL MAGUETA	INDIVIDUAL	147	VET M55	6	01:31:14	<b>01:31:20</b>	04:19	20:53	42:33:00	01:04:23
158	394	FILIPPE VILLAS-BOAS	INDIVIDUAL	148	SEN M	35	01:31:23	<b>01:31:26</b>	04:20	21:15	43:14:00	01:04:50
159	401	CARLOS MATOS	RUN 4 BEER	149	VET M40	26	01:31:36	<b>01:31:49</b>	04:21	21:21	43:15:00	01:05:10
160	531	PEDRO MARCELINO	GRECAS - VAGOS	150	VET M40	27	01:31:41	<b>01:31:53</b>	04:21	21:59	43:42:00	01:05:28
161	229	FILIPPE BUGALHO	GFD RUNNING	151	VET M35	39	01:31:31	<b>01:31:54</b>	04:21	21:39	43:26:00	01:05:19
162	40	NUNO OLIVEIRA	INDIVIDUAL	152	SEN M	36	01:31:43	<b>01:31:54</b>	04:21	20:38	42:44:00	01:04:59
163	588	BRUNO GOMES	DCI/TRILHOS LUSO BUSSACO	153	VET M35	40	01:31:52	<b>01:31:57</b>	04:21	21:15	43:14:00	01:05:05
164	51	RENATO C. RIBEIRO	BUSTOS RUNNERS	154	VET M40	28	01:31:49	<b>01:31:58</b>	04:21	21:34	43:31:00	01:05:36
165	52	PAULO SILVA	BUSTOS RUNNERS	155	VET M45	32	01:31:49	<b>01:31:58</b>	04:21	21:34	43:31:00	01:05:36
166	569	LUÍS SANTOS	GRUPO DESPORTIVO	156	VET M45	33	01:31:54	<b>01:32:03</b>	04:21	20:56	42:38:00	01:05:02
167	441	PAULO SANTOS	AIRBIKE	157	VET M50	9	01:31:59	<b>01:32:07</b>	04:22	21:38	43:28:00	01:05:10
168	712	NUNO SILVA	CÂMARA MUNICIPAL DE ÍLHAVO	158	VET M40	29	01:31:39	<b>01:32:09</b>	04:22	21:14	42:51:00	01:04:39
169	540	NUNO CÁCERES	PORTO RUNNERS	159	VET M50	10	01:31:47	<b>01:32:10</b>	04:22	22:05	43:41:00	01:05:30
170	549	JORGE MIGUEL SANTOS	PORTO RUNNERS	160	VET M45	34	01:31:47	<b>01:32:11</b>	04:22	22:05	43:41:00	01:05:30
171	36	HUGO TAVARES	INDIVIDUAL	161	VET M35	41	01:32:09	<b>01:32:14</b>	04:22	20:42	42:00:00	01:03:51
172	336	LUÍS SOUSA	INDIVIDUAL	162	VET M50	11	01:32:06	<b>01:32:17</b>	04:22	21:21	43:02:00	01:05:05
173	172	ADELINO PIRES	WISEU 360	163	VET M40	30	01:32:13	<b>01:32:19</b>	04:22	21:05	43:05:00	01:05:10
174	659	ADOLFO GOMES	C. A. ANDATRILHOS FREAMUNDE	164	VET M50	12	01:32:08	<b>01:32:26</b>	04:22	20:37	41:46:00	01:03:52
175	570	SERAFIM SOARES	GRUPO DESPORTIVO	165	VET M50	13	01:32:02	<b>01:32:27</b>	04:22	22:05	43:52:00	01:05:45
176	230	NUNO SILVA	INDIVIDUAL	166	VET M40	31	01:32:17	<b>01:32:27</b>	04:22	21:19	42:37:00	01:05:10
177	478	RAFAEL GUEDES	INDIVIDUAL	167	VET M40	32	01:32:33	<b>01:32:35</b>	04:23	19:55	40:47:00	01:02:48
178	63	LEONARDO JESUS	INDIVIDUAL	168	SEN M	37	01:32:19	<b>01:32:36</b>	04:23	20:45	42:14:00	01:04:12
179	460	LUIS RABAÇA	CÂMARA MUNICIPAL DE ÍLHAVO	169	VET M40	33	01:32:17	<b>01:32:36</b>	04:23	21:40	43:28:00	01:05:27
180	139	AMILCAR COSTA	ACRM SILVEIRINHA GRANDE	170	VET M45	35	01:32:31	<b>01:32:39</b>	04:23	21:25	43:29:00	01:05:29
181	714	NUNO CACHULO	INDIVIDUAL	171	SEN M	38	01:32:34	<b>01:32:41</b>	04:23	21:40	43:28:00	01:05:28
182	252	MIGUEL TEIXEIRA	GRAMIDENSE IFC	172	VET M40	34	01:32:38	<b>01:32:52</b>	04:24	21:49	43:45:00	01:05:55
183	403	LUÍS SALVADOR	RUNNERS DO DEMO	173	VET M50	14	01:32:43	<b>01:32:52</b>	04:24	20:33	42:00:00	01:04:39
184	182	CARLOS MORAIS	AMIGOS DO ATLETISMO DE MAFRA	174	VET M55	7	01:32:42	<b>01:32:54</b>	04:24	22:15	44:26:00	01:06:14
185	290	PAULO MARTINS	INDIVIDUAL	175	VET M50	15	01:32:44	<b>01:32:56</b>	04:24	21:49	43:30:00	01:05:27
186	662	RODRIGUES VENANCIO	JOUE RUNNING 37	176	VET M45	36	01:33:07	<b>01:33:14</b>	04:25	22:03	44:00:00	01:05:58
187	620	MIGUEL SILVA	AMANHECER DA RAPOSA	177	VET M50	16	01:32:47	<b>01:33:16</b>	04:25	21:50	43:41:00	01:05:46
188	485	VIRIATO MENDES	C. D. SALVADOR DO CAMPO	178	VET M35	42	01:33:09	<b>01:33:16</b>	04:25	22:03	44:00:00	01:05:58

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo	Ritmo	5 km	10 km	15 km
189	619	SANDRA SILVA	JOBRA-ASSOCIAÇÃO JOVENS DA BRANCA	11	VET F40	2	01:33:13	<b>01:33:19</b>	04:25	21:54	43:53:00	01:05:58
190	591	RICARDO BRANQUINHO	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	179	SEN M	39	01:32:54	<b>01:33:21</b>	04:25	22:09	44:01:00	01:06:05
191	590	DANIEL CARVALHO	INDIVIDUAL	180	VET M35	43	01:33:04	<b>01:33:21</b>	04:25	21:35	43:28:00	01:05:31
192	669	PAULO CERDEIRA	INDIVIDUAL	181	VET M40	35	01:33:26	<b>01:33:34</b>	04:26	21:40	43:40:00	01:05:55
193	95	JOSÉ GOMES	INDIVIDUAL	182	VET M45	37	01:33:30	<b>01:33:39</b>	04:26	21:17	43:14:00	01:05:26
194	483	ANTONIO SILVA	ACADEMIA DO PRO	183	VET M50	17	01:33:39	<b>01:33:41</b>	04:26	19:53	40:41:00	01:02:44
195	9	HEITOR ARAUJO	INDIVIDUAL	184	VET M50	18	01:33:34	<b>01:33:41</b>	04:26	22:16	44:34:00	01:06:51
196	407	CLÁUDIO PEREIRA	HELIFLEX	185	VET M35	44	01:32:56	<b>01:33:41</b>	04:26	22:55	45:10:00	01:06:50
197	155	RUI MACHADO	INDIVIDUAL	186	VET M45	38	01:33:30	<b>01:33:43</b>	04:26	20:40	42:29:00	01:05:21
198	582	FILIPPE ROCHA	INDIVIDUAL	187	VET M35	45	01:33:38	<b>01:33:44</b>	04:26	22:13	44:34:00	01:06:51
199	645	MANUEL GRILO	HELIFLEX	188	VET M50	19	01:33:38	<b>01:33:46</b>	04:26	21:26	43:32:00	01:06:04
200	214	SÉRGIO BENTO	INDIVIDUAL	189	VET M35	46	01:33:37	<b>01:33:49</b>	04:26	22:54	45:28:00	01:07:27
201	536	PEDRO BARBOSA	H-LOP	190	SEN M	40	01:33:26	<b>01:33:52</b>	04:26	22:31	44:33:00	01:06:43
202	574	TONI NETO	AVES RUNNERS	191	VET M35	47	01:33:48	<b>01:33:56</b>	04:27	20:38	41:29:00	01:03:51
203	48	BEATRIZ ALVES	INDIVIDUAL	12	SUB 23 F	1	01:33:52	<b>01:34:00</b>	04:27	21:33	43:28:00	01:06:11
204	19	JAIME CASTRO	RUNNING ESPINHO	192	VET M45	39	01:33:47	<b>01:34:01</b>	04:27	21:47	43:40:00	01:06:10
205	459	PEDRO MOTA	CÂMARA MUNICIPAL DE ÍLHAVO	193	VET M40	36	01:33:49	<b>01:34:12</b>	04:27	22:19	44:35:00	01:07:09
206	553	MÁRIO RODRIGUES	GDR GRANJA - TRUTAS DO MAU	194	VET M40	37	01:34:07	<b>01:34:18</b>	04:28	21:53	43:47:00	01:06:14
207	488	RICARDO SILVA	CCD RENAULT CACIA	195	SEN M	41	01:33:59	<b>01:34:18</b>	04:28	22:26	44:35:00	01:07:08
208	481	ANTÓNIO MELO	WISEU 360	196	VET M50	20	01:34:18	<b>01:34:25</b>	04:28	22:15	44:34:00	01:07:08
209	14	FERNANDO MATOS	FFONSECA	197	VET M45	40	01:34:10	<b>01:34:26</b>	04:28	23:00	44:34:00	01:07:08
210	491	SAMUEL NEVES	TD TEAM	198	VET M45	41	01:34:01	<b>01:34:26</b>	04:28	23:00	44:34:00	01:07:08
211	716	ARTUR BALTAREJO	INDIVIDUAL	199	VET M45	42	01:34:23	<b>01:34:34</b>	04:28	21:33	43:32:00	01:06:04
212	348	HÉLDER GUEDES	INDIVIDUAL	200	VET M40	38	01:34:41	<b>01:34:44</b>	04:29	22:03	44:35:00	01:07:08
213	596	RICARDO SILVA	INDIVIDUAL	201	SEN M	42	01:34:29	<b>01:34:44</b>	04:29	22:38	44:35:00	01:06:44
214	744	JOSE CAMPOS	INDIVIDUAL	202	VET M55	8	01:34:37	<b>01:34:52</b>	04:29	22:14	44:33:00	01:07:07
215	567	FILIPPE FONSECA	INDIVIDUAL	203	VET M40	39	01:34:22	<b>01:34:56</b>	04:30	22:50	45:24:00	01:07:55
216	141	LUÍS CARVALHEIRO	ACRM SILVEIRINHA GRANDE CLARAS	204	VET M45	43	01:34:51	<b>01:35:00</b>	04:30	21:23	43:50:00	01:06:43
217	138	FILIPPE ROUXINOL	OS QUARTAS	205	VET M45	44	01:34:50	<b>01:35:01</b>	04:30	21:58	44:29:00	01:07:08
218	424	LUIS ALMEIDA	ARADA A.C.	206	SEN M	43	01:34:59	<b>01:35:04</b>	04:30	22:15	44:34:00	01:06:51
219	566	PEDRO RODRIGUES	INDIVIDUAL	207	VET M40	40	01:35:00	<b>01:35:19</b>	04:31	22:16	44:26:00	01:07:06
220	468	EDUARDO FERREIRA	INDIVIDUAL	208	SEN M	44	01:35:26	<b>01:35:33</b>	04:31	22:13	44:53:00	01:07:52
221	418	SÉRGIO SANTOS	ONTRISPORTS	209	VET M45	45	01:35:31	<b>01:35:33</b>	04:31	20:45		01:05:41
222	785	CESAR ALVES	INDIVIDUAL	210	SEN M	45	01:35:14	<b>01:35:37</b>	04:31	22:16	44:35:00	01:07:18
223	84	HÉLDER DUARTE	INDIVIDUAL	211	SEN M	46	01:35:21	<b>01:35:37</b>	04:31	22:09	45:39:00	01:08:02
224	636	JORGE CARDOSO	INDIVIDUAL	212	VET M45	46	01:35:24	<b>01:35:40</b>	04:32	22:21	44:51:00	01:07:47
225	124	EDUARDO GARCIA	ATLETISMO CLUBE DA TOCHA	213	VET M35	48	01:35:11	<b>01:35:42</b>	04:32	23:00	45:37:00	01:08:01
226	242	HUGO MACHADO	LION RUNNERS - G. D. LEÕES DA GUARDA	214	SEN M	47	01:35:31	<b>01:35:45</b>	04:32	22:34	44:35:00	01:07:09
227	654	JORGE COSTA	"OS QUARTAS RUNNING GROUP"	215	VET M40	41	01:35:42	<b>01:36:01</b>	04:33	22:15	44:34:00	01:07:10
228	107	ADÉRITO CURTO	GIRA SOL	216	VET M55	9	01:35:55	<b>01:36:07</b>	04:33	21:43	44:36:00	01:07:39
229	99	GONÇALO GOMES	SEM SEDE	217	SEN M	48	01:36:03	<b>01:36:12</b>	04:33	21:28	43:32:00	01:06:38
230	259	MÁRIO SILVA CARDOSO	INDIVIDUAL	218	VET M65	2	01:35:43	<b>01:36:13</b>	04:33	22:25	44:33:00	01:07:09
231	705	LUÍS MACHADO	GFD RUNNING	219	SEN M	49	01:35:52	<b>01:36:14</b>	04:33	21:53	43:54:00	01:07:09
232	489	PEDRO LARANJO	WISEU 360	220	VET M45	47	01:36:10	<b>01:36:17</b>	04:33	22:15	45:11:00	01:08:25
233	498	JOÃO ALVES	PANORAMAH	221	VET M35	49	01:36:16	<b>01:36:23</b>	04:34	22:16	44:44:00	01:07:15
234	413	PAULO PESSOA	ATLETISMO CLUBE DA TOCHA	222	VET M40	42	01:35:56	<b>01:36:25</b>	04:34	21:32	43:36:00	01:06:15
235	501	NUNO CRUZ	INDIVIDUAL	223	VET M35	50	01:36:08	<b>01:36:25</b>	04:34	22:48	45:25:00	01:08:14

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo	Ritmo	5 km	10 km	15 km
236	390	CARLOS NUNES	GRUPO RUN4FUN	224	VET M50	21	01:36:17	<b>01:36:34</b>	04:34	23:43	46:47:00	01:09:42
237	123	HUGO TEIXEIRA	INDIVIDUAL	225	VET M40	43	01:36:29	<b>01:36:35</b>	04:34	22:17	44:51:00	01:07:54
238	66	ORLANDO FERREIRA	INDIVIDUAL	226	VET M50	22	01:36:22	<b>01:36:40</b>	04:34	22:25	44:45:00	01:07:28
239	236	SOFIA PIMENTA	LION RUNNERS - G. D. LEÕES DA GUARDA	13	VET F35	4	01:36:31	<b>01:36:44</b>	04:35	22:51	45:44:00	01:08:20
240	146	HUGO NUNES	INDIVIDUAL	227	VET M35	51	01:36:28	<b>01:36:48</b>	04:35	23:59	47:22:00	01:09:31
241	219	MIGUEL TEIXEIRA	AMINHACORIDA	228	VET M35	52	01:36:45	<b>01:36:53</b>	04:35	22:19	44:57:00	01:07:47
242	395	ANTONIO CRUZ	INDIVIDUAL	229	VET M60	1	01:36:46	<b>01:36:55</b>	04:35	22:25	44:50:00	01:07:41
243	723	CELSO SILVA	G.D.RONDA	230	VET M35	53	01:36:35	<b>01:36:57</b>	04:35	22:54	45:44:00	01:08:20
244	725	CARLOS FAZENDEIRO	G.D.RONDA	231	VET M55	10	01:36:35	<b>01:36:57</b>	04:35	22:54	45:44:00	01:08:19
245	16	JOÃO CASTRO	INDIVIDUAL	232	VET M50	23	01:36:41	<b>01:36:59</b>	04:35	23:04	46:11:00	01:09:11
246	724	PAULO MOTA	G.D.RONDA	233	VET M45	48	01:36:40	<b>01:37:00</b>	04:35	22:53	45:44:00	01:08:19
247	559	TIAGO CASTRO	INDIVIDUAL	234	SEN M	50	01:36:51	<b>01:37:07</b>	04:36	22:38	45:42:00	01:09:13
248	286	VITOR CHAVES	INDIVIDUAL	235	VET M55	11	01:36:47	<b>01:37:14</b>	04:36	23:43	46:47:00	01:09:41
249	599	ANTÓNIO FERNANDES	INDIVIDUAL	236	VET M50	24	01:37:09	<b>01:37:21</b>	04:36	22:17	45:32:00	01:08:41
250	535	IVO PIMENTA	INDIVIDUAL	237	SEN M	51	01:37:06	<b>01:37:21</b>	04:36	22:47	45:41:00	01:09:00
251	745	ROGERIO SANTOS	INDIVIDUAL	238	VET M40	44	01:37:00	<b>01:37:28</b>	04:37	21:35	43:29:00	01:07:08
252	188	RICARDO FERREIRA	INDIVIDUAL	239	VET M35	54	01:37:25	<b>01:37:31</b>	04:37	22:30	46:28:00	01:09:49
253	44	AMÉRICO FONSECA	RUNNING ESMORIZ	240	VET M45	49	01:37:22	<b>01:37:32</b>	04:37	22:15	44:57:00	01:08:33
254	234	JOEL SANTOS	ACRM SILVEIRINHA GRANDE	241	SEN M	52	01:37:26	<b>01:37:34</b>	04:37	21:29	44:31:00	01:07:39
255	646	JOÃO PINTO JOÃO PINTO	HELIFLEX	242	VET M55	12	01:37:29	<b>01:37:37</b>	04:37	22:15	45:16:00	01:08:34
256	632	JOSÉ CANHA	INDIVIDUAL	243	VET M55	13	01:37:24	<b>01:37:39</b>	04:37	23:21	46:30:00	01:09:30
257	650	PAUL SHEPHERD	INDIVIDUAL	244	VET M55	14	01:37:31	<b>01:37:41</b>	04:37	22:15	44:34:00	01:07:42
258	346	NUNO CORREIA	RUN4FUN VILA REAL	245	VET M40	45	01:37:28	<b>01:37:44</b>	04:37	23:13	46:30:00	01:09:29
259	288	MIGUEL CORREIA	RUN4FUN VILA REAL	246	VET M40	46	01:37:29	<b>01:37:45</b>	04:38	23:13	46:30:00	01:09:28
260	28	HEITOR SANTOS	AVEIRO RUNNERS	247	VET M60	2	01:37:36	<b>01:37:51</b>	04:38	23:21	46:30:00	01:09:30
261	67	FAUSTINO LANÇA	INDIVIDUAL	248	VET M40	47	01:37:40	<b>01:38:02</b>	04:38	23:41	47:01:00	01:10:17
262	508	PEDRO SILVESTRE	INDIVIDUAL	249	VET M35	55	01:37:51	<b>01:38:22</b>	04:39	23:02	45:57:00	01:08:59
263	722	MARIA ODETE FIUZA	MARATONA CLUBE DE PORTUGAL	14	VET F45	1	01:38:01	<b>01:38:30</b>	04:40	23:07	46:06:00	01:09:29
264	752	LUÍS GINJA	MARATONA CLUBE DE PORTUGAL	15	VET F45	2	01:38:02	<b>01:38:30</b>	04:40	23:07	46:06:00	01:09:29
265	100	HERNÂNI MARTINHO	SEM SEDE	250	VET M35	56	01:38:24	<b>01:38:33</b>	04:40	23:09	46:56:00	01:10:14
266	174	MARCO SOUSA	INDIVIDUAL	251	VET M40	48	01:38:17	<b>01:38:36</b>	04:40	23:37	46:49:00	01:10:05
267	573	FILIPE PEDROSA	AVES RUNNERS	252	VET M40	49	01:38:31	<b>01:38:40</b>	04:40	21:28	43:41:00	01:07:41
268	616	DANIEL AGUIAR	INDIVIDUAL	253	VET M35	57	01:38:27	<b>01:38:44</b>	04:40	21:41	44:05:00	01:07:33
269	365	PEDRO MADAIL	CANUS	254	VET M45	50	01:38:28	<b>01:38:53</b>	04:41	23:41	47:03:00	01:10:30
270	364	NUNO RAMOS	CANUS	255	VET M40	50	01:38:28	<b>01:38:53</b>	04:41	23:41	47:04:00	01:10:30
271	422	HÉLIO COSTA	CCDR COLMEAL DA TORRE	256	VET M40	51	01:38:50	<b>01:38:57</b>	04:41	22:18	46:06:00	01:10:30
272	550	EMANUEL RIBEIRO	INDIVIDUAL	257	VET M35	58	01:38:22	<b>01:38:59</b>	04:41	23:26	46:30:00	01:09:28
273	533	PEDRO PEREIRA	NAVR - NÚCLEO ATLETISMO DE VILA REAL	258	VET M35	59	01:38:50	<b>01:39:05</b>	04:41	23:22	46:51:00	01:10:31
274	402	BRUNO CURTO	TAINADAS RUN TEAM	259	SEN M	53	01:38:34	<b>01:39:06</b>	04:41	24:02:00	47:48:00	01:11:36
275	30	PAULO NINA	ANDAR A CORRER	260	VET M40	52	01:38:36	<b>01:39:08</b>	04:41	24:01:00	47:40:00	01:11:16
276	542	ANTÓNIO A. SILVA	INDIVIDUAL	261	VET M45	51	01:38:51	<b>01:39:09</b>	04:41	23:54	47:48:00	01:11:35
277	157	JOAO ALMADA	A.D.TRAVASSÔ	262	VET M55	15	01:39:03	<b>01:39:10</b>	04:42	22:14	44:54:00	01:08:40
278	653	TIAGO LEITE	INDIVIDUAL	263	VET M40	53	01:38:58	<b>01:39:10</b>	04:42	21:21	43:47:00	01:07:08
279	516	JOAO OLIVEIRA	VITÓRIA SPORT CLUBE	264	VET M55	16	01:38:42	<b>01:39:20</b>	04:42	24:12:00	47:48:00	01:11:36
280	512	ANTÓNIO MARQUES	VITÓRIA SPORT CLUBE	265	VET M50	25	01:38:42	<b>01:39:21</b>	04:42	24:12:00	47:49:00	01:11:37
281	520	LUIS MENDES	VITÓRIA SPORT CLUBE	266	VET M35	60	01:38:42	<b>01:39:21</b>	04:42	24:12:00		01:11:36
282	203	RUTE MENEZES	LUMASPORTS	16	VET F35	5	01:39:09	<b>01:39:29</b>	04:42	23:33	46:30:00	01:09:59

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo	Ritmo	5 km	10 km	15 km
283	202	LUIS MACEDO	LUMASPORTS	267	VET M35	61	01:39:11	<b>01:39:30</b>	04:42	23:33	46:30:00	01:09:59
284	31	JOÃO SANTANA	INDIVIDUAL	268	VET M45	52	01:39:23	<b>01:39:35</b>	04:43	21:58	44:36:00	01:08:52
285	539	FERNANDO MENDES	INDIVIDUAL	269	VET M45	53	01:39:33	<b>01:39:48</b>	04:43	23:01	46:36:00	01:10:25
286	450	DAVID SILVA	INDIVIDUAL	270	JUN M	2	01:39:09	<b>01:39:55</b>	04:44	24:50:00	47:53:00	01:10:55
287	93	EDUARDO SILVA	AMADORES E BASTA	271	SEN M	54	01:39:32	<b>01:39:59</b>	04:44	23:12	46:47:00	01:10:32
288	72	JOSÉ PIRES	ESADOF	272	VET M40	54	01:39:47	<b>01:40:09</b>	04:44	24:00:00	47:33:00	01:11:13
289	551	JOAO VALENTE	CBRUNNING	273	VET M35	62	01:40:02	<b>01:40:13</b>	04:45	22:15	45:10:00	01:09:13
290	76	DELFIN TORRES	INDIVIDUAL	274	VET M45	54	01:39:59	<b>01:40:14</b>	04:45	23:50	47:34:00	01:11:02
291	486	PAULO TAVARES	INDIVIDUAL	275	VET M50	26	01:40:04	<b>01:40:17</b>	04:45	23:59		01:11:36
292	399	PAULO PINTO	HELIFLEX	276	VET M50	27	01:40:06	<b>01:40:18</b>	04:45	23:21	46:30:00	01:09:50
293	581	FERNANDO OLIVEIRA	OS QUARTAS RUNNING GROUP	277	VET M60	3	01:40:14	<b>01:40:20</b>	04:45	24:02:00	47:47:00	01:11:36
294	282	ARCANJO MARTINS	INDIVIDUAL	278	VET M50	28	01:40:14	<b>01:40:21</b>	04:45	21:00	44:35:00	01:08:56
295	175	ARMINDO BASTOS	BOSCH TERMOTECNOLOGIA SA	279	VET M45	55	01:40:12	<b>01:40:23</b>	04:45	23:28	47:00:00	01:10:48
296	110	JOSÉ RESENDE	CENAP - CACIA	280	VET M45	56	01:40:06	<b>01:40:23</b>	04:45	23:22	46:59:00	01:10:41
297	557	NELSON CORDEIRO	CLUBE ACADÉMICO DE MOGADOURO	281	VET M35	63	01:40:03	<b>01:40:25</b>	04:45	23:58	47:44:00	01:11:32
298	11	PAULO DUARTE	INDIVIDUAL	282	VET M45	57	01:40:05	<b>01:40:25</b>	04:45	24:01:00	47:47:00	01:11:35
299	145	LUIS DIAS	BIKE RIDERS	283	VET M35	64	01:40:16	<b>01:40:30</b>	04:45	22:49	46:50:00	01:11:11
300	177	JOÃO FILIPE RODRIGUES	INDIVIDUAL	284	VET M45	58	01:40:13	<b>01:40:32</b>	04:45	23:34	47:29:00	01:11:34
301	603	FERNANDO SIMOES	INDIVIDUAL	285	SEN M	55	01:40:16	<b>01:40:33</b>	04:46	24:00:00	47:33:00	01:11:17
302	5	HILÁRIO ESPADILHA	OS QUARTAS RUNNING GROUP	286	VET M45	59	01:40:24	<b>01:40:39</b>	04:46	23:22	46:34:00	01:10:17
303	94	JOSÉ QUINTINHA	AMADORES E BASTA	287	SEN M	56	01:40:14	<b>01:40:41</b>	04:46	23:13	46:48:00	01:10:32
304	323	LICÍNIO MANUEL COSTA	TAINADAS RUN TEAM	288	VET M40	55	01:40:19	<b>01:40:45</b>	04:46	23:26	47:05:00	01:10:44
305	389	PAULO MARÇAL	FFONSECA	289	VET M40	56	01:40:36	<b>01:40:47</b>	04:46	23:59	47:47:00	01:11:36
306	746	VICENTE JULIÃO	INDIVIDUAL	290	SEN M	57	01:40:21	<b>01:40:48</b>	04:46	24:00:00	47:47:00	01:11:35
307	758	SILVA PAULO	INDIVIDUAL	17	VET F45	3	01:40:08	<b>01:40:48</b>	04:46	24:02:00	47:47:00	01:11:36
308	700	FÁBIO PIZARRO	DIÁRIO DE AVEIRO	291	SEN M	58	01:40:09	<b>01:40:48</b>	04:46	24:01:00	47:48:00	01:11:36
309	308	DIOGO MELO	SUPRAS	292	SEN M	59	01:40:28	<b>01:40:49</b>	04:46	23:59	47:23:00	01:10:41
310	447	JORGE VILELA	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	293	VET M45	60	01:40:22	<b>01:40:49</b>	04:46	23:48	47:15:00	01:11:07
311	97	MIGUEL CÁLIX	FANTASTICSKYRUNNERS	294	SEN M	60	01:40:19	<b>01:40:50</b>	04:46	23:59	47:34:00	01:11:32
312	615	MARIA ISABEL	GDR GRANJA - TRUTAS DO MAU	18	VET F40	3	01:40:49	<b>01:40:55</b>	04:47	22:45	47:25:00	01:11:37
313	522	VITOR LEMOS	VITÓRIA SPORT CLUBE	295	VET M45	61	01:40:48	<b>01:40:55</b>	04:47	24:12:00	47:49:00	01:11:37
314	421	JOSÉ SIMÕES	ACDRS QUINHENDROS	296	VET M45	62	01:40:37	<b>01:40:59</b>	04:47	23:57	47:35:00	01:11:16
315	419	LOURENÇO MOTA	INDIVIDUAL	297	VET M40	57	01:40:20	<b>01:41:04</b>	04:47	25:10:00	49:27:00	01:13:30
316	88	JOAO VASCONCELOS	INDIVIDUAL	298	VET M35	65	01:41:03	<b>01:41:08</b>	04:47	24:23:00	48:47:00	01:12:22
317	208	JOSE VIEIRA	INDIVIDUAL	299	VET M45	63	01:40:43	<b>01:41:22</b>	04:48	24:40:00	48:06:00	01:12:08
318	400	NUNO SANTOS	HELIFLEX	300	VET M40	58	01:40:54	<b>01:41:26</b>	04:48	23:45	47:35:00	01:11:37
319	218	ABELARDO GOMES	INDIVIDUAL	301	VET M50	29	01:41:15	<b>01:41:28</b>	04:48	23:03	47:08:00	01:10:48
320	484	MANUEL MARÇAL	CLUVE-CLUBE VETERANOS ATLETISMO COIMBRA	302	VET M60	4	01:41:24	<b>01:41:29</b>	04:48	23:17	47:00:00	01:11:36
321	606	ANDRÉ ANDRADE	QUANDOACABA	303	SEN M	61	01:41:30	<b>01:41:38</b>	04:49	24:18:00	48:47:00	01:13:01
322	261	JEAN COSTA	INDIVIDUAL	304	VET M40	59	01:41:23	<b>01:41:40</b>	04:49	23:29	47:45:00	01:11:34
323	373	PEDRO RITO	INDIVIDUAL	305	SEN M	62	01:41:22	<b>01:41:42</b>	04:49	22:29	46:42:00	01:10:49
324	675	PEDRO ALBERTO RATOLA	INDIVIDUAL	306	VET M50	30	01:41:27	<b>01:41:47</b>	04:49	23:32	47:23:00	01:11:31
325	695	HUGO SANTOS	DIÁRIO DE AVEIRO	307	VET M35	66	01:41:06	<b>01:41:51</b>	04:49	22:55	45:19:00	01:09:40
326	474	JOÃO GIL	A.D. AMARANTE	308	VET M60	5	01:41:26	<b>01:41:52</b>	04:49	24:05:00	47:47:00	01:11:53
327	437	JOÃO CAPELÔA	HELIFLEX	309	VET M55	17	01:41:28	<b>01:41:52</b>	04:49	22:52	46:32:00	01:10:53
328	429	PATRICK THOSS	CIRES RUNNING TEAM	310	VET M40	60	01:41:59	<b>01:42:05</b>	04:50	25:03:00	50:23:00	01:13:25
329	112	OLIVÉRIO BAPTISTA	CENAP - CACIA	311	VET M35	67	01:41:51	<b>01:42:08</b>	04:50	23:22	46:59:00	01:10:41

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo	Ritmo	5 km	10 km	15 km
330	374	CARLOS ALVES	RUN4FUN VILA REAL	312	VET M50	31	01:41:53	<b>01:42:09</b>	04:50	23:13		01:11:37
331	371	SÉRGIO MANUEL	CANIANOS	313	VET M35	68	01:41:32	<b>01:42:14</b>	04:50	25:31:00	49:49:00	01:13:42
332	256	SANDRA NUNES	CANSCVR	19	VET F35	6	01:41:59	<b>01:42:14</b>	04:50	23:58	48:03:00	01:12:25
333	534	FERNANDO BRANDÃO	INDIVIDUAL	314	VET M50	32	01:41:50	<b>01:42:17</b>	04:50	23:28	47:00:00	01:11:23
334	656	MÁRIO ROCHA	ADI-ILHAVO	315	VET M35	69	01:41:35	<b>01:42:18</b>	04:50	23:45	47:41:00	01:11:29
335	470	FILIPE RODRIGUES	INDIVIDUAL	316	SEN M	63	01:42:00	<b>01:42:18</b>	04:50	24:38:00	48:24:00	01:12:17
336	748	CARLOS GIL	INDIVIDUAL	317	VET M40	61	01:42:13	<b>01:42:19</b>	04:51	22:16	46:13:00	01:10:42
337	8	PEDRO GUIMARAES	A+	318	VET M45	64	01:42:17	<b>01:42:24</b>	04:51	24:25:00	48:39:00	01:13:01
338	334	FRANCISCO CARVALHO	TEAM CARVALHO'S	319	JUN M	3	01:42:12	<b>01:42:26</b>	04:51	23:16	47:12:00	01:11:34
339	42	ANTÓNIO PORRÃO	RUNNING ESMORIZ	320	VET M55	18	01:42:16	<b>01:42:27</b>	04:51	23:24	47:01:00	01:11:11
340	156	PAULO FERREIRA	GDRIBEIRINHOS	321	VET M40	62	01:42:32	<b>01:42:38</b>	04:51	22:29	46:12:00	01:10:51
341	747	RENATO COELHO	FUTEBOL CLUBE PENAFIEL	322	JUN M	4	01:42:19	<b>01:42:38</b>	04:51	23:28	46:59:00	01:11:07
342	207	FERNANDA GOMES	INDIVIDUAL	20	VET F45	4	01:42:41	<b>01:42:46</b>	04:52	22:54	47:25:00	01:11:35
343	68	CARLOS NEVES	INDIVIDUAL	323	SEN M	64	01:42:31	<b>01:42:47</b>	04:52	24:25:00	48:40:00	01:13:00
344	167	RUI SENDÃO	INDIVIDUAL	324	SEN M	65	01:42:13	<b>01:42:47</b>	04:52	25:00:00	48:42:00	01:12:50
345	355	PEDRO DINIS	LEITINHOS	325	SEN M	66	01:42:33	<b>01:42:51</b>	04:52	23:17	47:29:00	01:12:11
346	503	NELSON ROCHA	INDIVIDUAL	326	VET M35	70	01:42:27	<b>01:42:52</b>	04:52	22:03	45:06:00	01:09:16
347	453	JORGE C. FERNANDES	SINAPSES E COMPANHIA	327	VET M40	63	01:42:47	<b>01:42:58</b>	04:52	24:13:00	48:41:00	01:13:09
348	274	JOSÉ PINTO	RAPOSINHAS TEAM	328	VET M40	64	01:42:42	<b>01:42:59</b>	04:52	24:17:00	48:49:00	01:13:27
349	353	ANA CAETANO	LEITINHOS	21	SEN F	6	01:42:42	<b>01:42:59</b>	04:52	23:10	47:16:00	01:11:44
350	639	MELISANDE BLANVILLAIN	INDIVIDUAL	22	SEN F	7	01:42:37	<b>01:43:04</b>	04:53	24:55:00	49:26:00	01:13:32
351	332	DANIEL CARVALHO	TEAM CARVALHO'S	329	SEN M	67	01:42:54	<b>01:43:10</b>	04:53	23:25	46:59:00	01:11:34
352	601	PEDRO ANTÓNIO MORGADO	INDIVIDUAL	330	SEN M	68	01:43:02	<b>01:43:15</b>	04:53	24:43:00	49:47:00	01:14:33
353	122	ALMOR MOR	OS 50+	331	VET M50	33	01:42:45	<b>01:43:16</b>	04:53	24:29:00	48:17:00	01:12:49
354	684	ANTÓNIO PINTO	INDIVIDUAL	332	VET M40	65	01:42:52	<b>01:43:20</b>	04:53	23:29	47:33:00	01:12:15
355	143	FRANK ROGERSON	INDIVIDUAL	333	VET M50	34	01:43:06	<b>01:43:22</b>	04:54	22:32	46:46:00	01:12:01
356	753	VAZ ALEXANDRE	INDIVIDUAL	334	VET M40	66	01:43:09	<b>01:43:23</b>	04:54	25:10:00	49:28:00	01:13:53
357	337	ANTONIO SILVA	AMANHECER RAPOSA	335	VET M45	65	01:42:53	<b>01:43:23</b>	04:54	24:59:00	49:27:00	01:13:52
358	338	LIA DINIS	AMANHECER RAPOSA	23	VET F35	7	01:42:53	<b>01:43:23</b>	04:54	24:59:00	49:27:00	01:13:52
359	440	PEDRO MARQUES	OS QUARTAS	336	VET M40	67	01:42:56	<b>01:43:24</b>	04:54	25:19:00	49:24:00	01:13:32
360	631	PAULO CONDE	AFIS/OVAR	337	VET M35	71	01:43:14	<b>01:43:28</b>	04:54	23:28	47:47:00	01:13:03
361	629	SARA NUNES	AFIS/OVAR	24	VET F40	4	01:43:13	<b>01:43:29</b>	04:54	23:29	47:47:00	01:13:03
362	541	JÚLIO TEIXEIRA	INDIVIDUAL	338	SEN M	69	01:43:18	<b>01:43:33</b>	04:54	23:34	47:35:00	01:12:11
363	140	CARLOS CARVALHO	INDIVIDUAL	339	VET M35	72	01:43:07	<b>01:43:33</b>	04:54	24:03:00	48:10:00	01:13:10
364	197	LUÍS MARQUES	OS UNIDOS	340	SUB 23 M	4	01:43:25	<b>01:43:37</b>	04:54	23:09	46:34:00	01:10:10
365	114	RICARDO FERREIRA	NETQOS	341	VET M35	73	01:43:05	<b>01:43:39</b>	04:54	25:22:00	50:06:00	01:14:20
366	126	AVELINO SILVA	INDIVIDUAL	342	VET M65	3	01:43:13	<b>01:43:42</b>	04:54	24:01:00	48:11:00	01:13:07
367	537	LUÍS RODRIGUES	H-LOP	343	VET M50	35	01:43:37	<b>01:44:04</b>	04:55	23:26	46:49:00	01:10:42
368	113	LUIS MENEZES	NETQOS	344	SEN M	70	01:43:30	<b>01:44:04</b>	04:55	25:21:00	50:06:00	01:14:20
369	622	MARIA CARVALHO	ESCOLA ATLETISMO COIMBRA	25	SEN F	8	01:44:03	<b>01:44:09</b>	04:56	24:16:00	48:49:00	01:13:28
370	749	RICARDO DIOGO	INDIVIDUAL	345	VET M40	68	01:43:52	<b>01:44:10</b>	04:56	24:44:00	49:14:00	01:13:52
371	271	FERNANDO LOPES	NAVR - NÚCLEO ATLETISMO DE VILA REAL	346	VET M45	66	01:43:56	<b>01:44:13</b>	04:56	24:16:00	48:49:00	01:13:28
372	406	PAULO CASQUEIRA	HELIFLEX	347	VET M40	69	01:43:39	<b>01:44:25</b>	04:56	26:28:00	49:58:00	01:14:09
373	610	PEDRO MARQUES	HELIFLEX	348	VET M35	74	01:44:10	<b>01:44:32</b>	04:57	25:00:00	49:50:00	01:15:16
374	260	PAULO GONÇALVES	INDIVIDUAL	349	VET M45	67	01:43:59	<b>01:44:34</b>	04:57	24:49:00	49:24:00	01:13:46
375	445	PAULO MARTINS	INDIVIDUAL	350	VET M50	36	01:44:10	<b>01:44:36</b>	04:57	25:00:00	49:27:00	01:13:58
376	83	ISABEL SANTOS	FEDERAÇÃO FAMÍLIA PAZ MUNDIAL E UNIFICAÇÃO	26	VET F45	5	01:44:16	<b>01:44:37</b>	04:57	24:41:00	49:02:00	01:13:53



Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo	Ritmo	5 km	10 km	15 km
377	602	MAFALDA RESENDE	RUNNING ESPINHO	27	VET F35	8	01:44:15	<b>01:44:40</b>	04:57	25:16:00	50:12:00	01:15:07
378	565	NUNO MOREIRA	RUNNING ESPINHO	351	VET M35	75	01:44:17	<b>01:44:41</b>	04:57	25:16:00	50:13:00	01:16:57
379	137	JOÃO SILVA	ARCD- VENDA DA LUÍSA	352	SEN M	71	01:44:20	<b>01:44:45</b>	04:57	24:01:00	48:56:00	01:13:51
380	528	LUÍS SILVA	RIA STONE	353	SEN M	72	01:44:44	<b>01:44:58</b>	04:58	24:24:00	49:03:00	01:14:05
381	678	FRANCISCO JOSUÉ	INDIVIDUAL	354	VET M40	70	01:44:30	<b>01:44:58</b>	04:58	25:25:00	50:24:00	01:15:19
382	90	LÍGIA CASIMIRO	CIRES RUNNING TEAM	28	VET F40	5	01:45:00	<b>01:45:05</b>	04:58	25:03:00	50:24:00	01:15:20
383	108	OCTAVIO SERGIO LINHARES	INDIVIDUAL	355	VET M55	19	01:44:42	<b>01:45:05</b>	04:58	25:04:00	50:23:00	01:15:20
384	701	MIGUEL MAGALHAES	PORTO RUNNERS	356	VET M50	37	01:44:43	<b>01:45:08</b>	04:59	24:49:00	49:29:00	01:13:50
385	410	JOAQUIM VIANA	INDIVIDUAL	357	VET M50	38	01:44:44	<b>01:45:08</b>	04:59	24:49:00	49:28:00	01:13:51
386	791	JOAO FERREIRA		358	VET M35	76	01:44:53	<b>01:45:14</b>	04:59	24:11:00	48:50:00	01:14:00
387	273	SARA ROCHA	BOLAS DE BERLIM	29	SEN F	9		<b>01:45:15</b>	04:59	25:58:00	50:22:00	01:15:10
388	199	JORGE PESSOA	SEGUROS LARANJEIRO	359	SEN M	73	01:44:53	<b>01:45:16</b>	04:59	24:55:00	49:28:00	01:14:08
389	125	FRANCISCO JORGE	JAF	360	VET M50	39	01:44:42	<b>01:45:16</b>	04:59	25:39:00	50:25:00	01:15:20
390	304	FÁBIO TEIXEIRA	INDIVIDUAL	361	SEN M	74	01:44:57	<b>01:45:16</b>	04:59	25:09:00	49:53:00	01:14:51
391	268	REINALDO ROCHA	ADI-ILHAVO	362	VET M55	20	01:44:53	<b>01:45:16</b>	04:59	25:26:00	50:24:00	01:15:19
392	35	RICARDO RUAS	A.R.MEIRINHAS	363	VET M40	71	01:45:01	<b>01:45:26</b>	04:59	27:12:00	50:55:00	01:15:11
393	319	SUZETE MARCO	GRECAS - VAGOS	30	VET F45	6	01:45:23	<b>01:45:29</b>	05:00	23:19	48:03:00	01:13:42
394	121	MARIA GONÇALVES	OS 50+	31	VET F50	2	01:45:02	<b>01:45:33</b>	05:00	24:46:00	49:23:00	01:14:22
395	224	PEDRO GALHANO	SC POVOENSE . CARACOIS DE CORRIDA	364	SEN M	75	01:45:30	<b>01:45:44</b>	05:00	26:37:00	52:42:00	01:17:43
396	480	HENRIQUE CONCEIÇÃO	VISEU 360	365	VET M65	4	01:45:46	<b>01:45:53</b>	05:01	23:45	48:44:00	01:14:05
397	613	BRUNO SILVA	HELIFLEX	366	VET M35	77	01:45:31	<b>01:45:53</b>	05:01	25:00:00	49:50:00	01:15:16
398	692	JOÃO COSTA	INDIVIDUAL	367	SUB 23 M	5	01:45:24	<b>01:46:03</b>	05:01	27:07:00	53:32:00	01:18:57
399	507	NARCISO ARROMBA	CLUVE - CLUBE VETERANOS DE COIMBRA	368	VET M65	5	01:46:20	<b>01:46:29</b>	05:02	25:25:00	50:34:00	01:15:31
400	391	MÁRIO JOSÉ	GRUPO RUN4FUN	369	VET M50	40	01:46:37	<b>01:46:42</b>	05:03	23:43	50:25:00	01:15:20
401	690	JOÃO COSTA	INDIVIDUAL	370	SUB 23 M	6	01:46:07	<b>01:46:44</b>	05:03	26:24:00	51:29:00	01:16:48
402	77	NUNO SANTOS	SEM SEDE	371	SEN M	76	01:46:36	<b>01:46:45</b>	05:03	25:00:00	50:21:00	01:15:20
403	664	RODRIGO SANTOS	INDIVIDUAL	372	VET M40	72	01:46:07	<b>01:46:51</b>	05:03	25:25:00	50:24:00	01:15:20
404	776	JOAQUIM BALREIRA	INDIVIDUAL	373	VET M50	41	01:46:40	<b>01:46:52</b>	05:03	24:01:00	48:03:00	01:13:47
405	434	BRIAN FERREIRA	INDIVIDUAL	374	SEN M	77	01:46:30	<b>01:47:00</b>	05:04	25:11:00	50:13:00	01:15:13
406	393	RUI NUNES	INDIVIDUAL	375	VET M40	73	01:46:55	<b>01:47:22</b>	05:05	25:24:00	50:23:00	01:15:21
407	637	TIAGO LOURENÇO	CÂMARA MUNICIPAL DE ÍLHAVO	376	VET M45	68	01:47:15	<b>01:47:27</b>	05:05	23:22	47:48:00	01:14:19
408	464	JULIANA ALMEIDA	GDC CODAL	32	SEN F	10	01:47:10	<b>01:47:29</b>	05:05	26:25:00	51:31:00	01:16:48
409	272	GUSTAVO ROCHA	BOLAS DE BERLIM	377	VET M45	69		<b>01:47:40</b>	05:06	25:58:00	50:25:00	01:15:29
410	627	PEDRO AGUIAR	RUN2IT	378	VET M35	78	01:47:29	<b>01:47:40</b>	05:06	24:54:00	49:48:00	01:15:04
411	710	PAULO SANTOS	INDIVIDUAL	379	VET M45	70	01:47:22	<b>01:47:40</b>	05:06	25:15:00	50:21:00	01:15:40
412	173	LUÍS ROSA	INDIVIDUAL	380	VET M50	42	01:47:19	<b>01:47:41</b>	05:06	25:04:00	50:05:00	01:15:54
413	226	ANDREIA NEVES	INDIVIDUAL	33	VET F35	9	01:47:31	<b>01:47:42</b>	05:06	24:54:00	50:04:00	01:15:54
414	132	PEDRO HENRIQUES	INDIVIDUAL	381	VET M40	74	01:47:02	<b>01:47:43</b>	05:06	26:03:00	51:33:00	01:16:50
415	436	BRUNO TOITO	HELIFEX	382	VET M40	75	01:47:21	<b>01:47:50</b>	05:06	25:26:00	50:27:00	01:15:50
416	681	JOÃO CRUZ	INDIVIDUAL	383	VET M45	71	01:47:28	<b>01:47:57</b>	05:07	25:54:00	51:21:00	01:16:55
417	730	MÁRCIO SILVA	INDIVIDUAL	384	SEN M	78	01:47:33	<b>01:47:59</b>	05:07	24:37:00	50:08:00	01:16:14
418	307	RUI RODRIGUES	OS ILHAVOS	385	VET M35	79	01:47:15	<b>01:47:59</b>	05:07	26:38:00		01:17:15
419	448	HERMÍNIO PINHO	INDIVIDUAL	386	VET M50	43	01:47:47	<b>01:48:09</b>	05:07	24:37:00	50:02:00	01:16:05
420	263	PEDRO SANTOS	INDIVIDUAL	387	VET M40	76	01:48:02	<b>01:48:16</b>	05:07	25:10:00		01:15:52
421	87	ARMANDO ALEIXO	INDIVIDUAL	388	VET M55	21	01:47:57	<b>01:48:32</b>	05:08	24:49:00	49:27:00	01:15:20
422	302	JOÃO DONO	INDIVIDUAL	389	VET M50	44	01:48:00	<b>01:48:34</b>	05:08	25:17:00	50:23:00	01:16:04
423	576	DIANA FERREIRA	AVES RUNNERS	34	SEN F	11	01:48:31	<b>01:48:40</b>	05:09	24:54:00	50:31:00	01:16:20

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo	Ritmo	5 km	10 km	15 km
424	454	PAULO SILVA	ROYAL TEAM	390	VET M35	80	01:47:59	<b>01:48:41</b>	05:09	26:35:00	52:48:00	01:18:26
425	673	ALEXANDRE LARANJEIRA	INDIVIDUAL	391	VET M40	77	01:48:24	<b>01:48:57</b>	05:09	26:08:00	52:00:00	01:17:39
426	249	SIMÃO MARTINS	KENYA TEAM	392	SEN M	79	01:48:34	<b>01:49:15</b>	05:10	26:18:00	51:26:00	01:17:01
427	530	JOÃO GIL DA COSTA	INDIVIDUAL	393	VET M55	22	01:48:59	<b>01:49:19</b>	05:10	26:19:00	52:16:00	01:18:26
428	279	ANTÓNIO LEITÃO	MARCHA LENTA TEAM	394	VET M40	78	01:48:57	<b>01:49:23</b>	05:11	25:13:00	51:27:00	01:17:29
429	237	PEDRO DUARTE	INDIVIDUAL	395	VET M40	79	01:48:48	<b>01:49:23</b>	05:11	25:55:00	51:27:00	01:17:29
430	178	PEDRO PACHECO	SCPOVOENSE- CARACÓIS DE CORRIDA	396	VET M35	81	01:48:57	<b>01:49:28</b>	05:11	26:32:00	52:41:00	01:18:25
431	727	PEDRO COSTA	INDIVIDUAL	397	VET M35	82	01:49:01	<b>01:49:30</b>	05:11	25:35:00		01:17:29
432	285	GONÇALO CARVALHO	SUPRAS	398	VET M35	83	01:49:08	<b>01:49:44</b>	05:12	25:27:00	50:21:00	01:16:17
433	284	MIGUEL CARLOS	SUPRAS	399	VET M35	84	01:49:09	<b>01:49:44</b>	05:12	25:27:00	50:23:00	01:16:16
434	215	MARCOS CARVALHO	RUNNING ESPINHO	400	VET M35	85	01:49:24	<b>01:49:50</b>	05:12	25:16:00	50:07:00	01:15:47
435	652	JOSÉ SILVA	RUNNING ESPINHO	401	VET M40	80	01:49:27	<b>01:49:54</b>	05:12	25:16:00	50:12:00	01:17:14
436	225	HELDER CUNHA	SC POVOENSE . CARACOIS DE CORRIDA	402	SEN M	80	01:49:42	<b>01:49:56</b>	05:12	26:37:00	52:42:00	01:18:26
437	223	ANA REIS	SC POVOENSE . CARACOIS DE CORRIDA	35	SEN F	12	01:49:47	<b>01:50:01</b>	05:12	26:38:00	52:42:00	01:18:26
438	568	FÁBIO COSTA	INDIVIDUAL	403	SEN M	81	01:49:47	<b>01:50:01</b>	05:12	26:37:00	52:41:00	01:18:26
439	160	JORGE NUNES	GANGUE DAS 6H10	404	VET M40	81	01:49:31	<b>01:50:01</b>	05:12	25:48:00	51:38:00	01:17:38
440	258	LEANDRO LOURENÇO	KENYA TEAM	405	VET M35	86	01:49:25	<b>01:50:06</b>	05:13	26:18:00	51:26:00	01:17:01
441	206	JORGE GONÇALVES	INDIVIDUAL	406	SEN M	82	01:49:37	<b>01:50:08</b>	05:13	25:42:00		01:17:01
442	661	RAISSA ROCHA	INDIVIDUAL	36	SEN F	13	01:49:29	<b>01:50:09</b>	05:13	26:10:00	51:33:00	01:16:50
443	243	TATIANA SILVA	LION RUNNERS - G. D. LEÕES DA GUARDA	37	SEN F	14	01:49:57	<b>01:50:10</b>	05:13	25:05:00	50:25:00	01:16:29
444	80	ANDRÉ CAMPOS	INDIVIDUAL	407	VET M35	87	01:49:41	<b>01:50:11</b>	05:13	26:35:00	52:47:00	01:19:03
445	232	JOÃO ANDRADE	INDIVIDUAL	408	SUB 23 M	7	01:49:31	<b>01:50:11</b>	05:13	27:08:00	53:32:00	01:18:57
446	264	PAULO RIBEIRO	INDIVIDUAL	409	VET M45	72	01:50:00	<b>01:50:12</b>	05:13	24:47:00	49:06:00	01:15:23
447	75	TIAGO TEIXEIRA	INDIVIDUAL	410	SEN M	83	01:49:52	<b>01:50:18</b>	05:13	25:01:00	50:26:00	01:16:57
448	382	MIGUEL A. MARTINS	CORREIO DE ALBERGARIA TRAIL RUNNING	411	VET M35	88	01:49:51	<b>01:50:19</b>	05:13	26:23:00	52:40:00	01:18:21
449	248	JOSE OLIVEIRA	INDIVIDUAL	412	VET M45	73	01:50:02	<b>01:50:21</b>	05:13	25:10:00	50:24:00	01:16:50
450	698	HORÁCIO OLIVEIRA	DIÁRIO DE AVEIRO	413	VET M50	45	01:49:55	<b>01:50:25</b>	05:14	25:41:00	51:22:00	01:17:37
451	444	ALEXANDRE CARDOSO	SAUDADE DO SOFÁ TEAM	414	SEN M	84	01:49:49	<b>01:50:25</b>	05:14	26:36:00	52:48:00	01:19:04
452	326	FRANCISCO SOUSA	AMANHECER DA RAPOSA	415	VET M55	23	01:49:55	<b>01:50:25</b>	05:14	26:36:00	52:48:00	01:19:04
453	415	FILIPPE ROCHA	NAVR - NÚCLEO ATLETISMO DE VILA REAL	416	VET M45	74	01:50:19	<b>01:50:26</b>	05:14	25:04:00	51:08:00	01:17:42
454	715	PEDRO MEIRELES	INDIVIDUAL	417	VET M45	75	01:49:58	<b>01:50:27</b>	05:14	26:33:00	52:48:00	01:19:04
455	81	JOSÉ CARLOS SANTOS	INDIVIDUAL	418	VET M45	76	01:49:42	<b>01:50:27</b>	05:14	30:56:00	01:03:57	01:38:38
456	278	HELENA MELO	MARCHA LENTA TEAM	38	VET F40	6	01:50:00	<b>01:50:28</b>	05:14	25:25:00	01:03:57	01:38:38
457	443	RICARDO RIBEIRO	SAUDADES DO SOFÁ TEAM	419	VET M45	77	01:49:52	<b>01:50:28</b>	05:14	26:36:00	52:48:00	01:19:04
458	43	JOSÉ RIBA	RUNNING ESMORIZ	420	VET M50	46	01:49:53	<b>01:50:29</b>	05:14	31:03:00	01:03:56	01:38:38
459	630	JOAQUIM MOREIRA	AFIS/OVAR	421	VET M45	78	01:50:14	<b>01:50:29</b>	05:14	24:59:00	51:07:00	01:17:46
460	250	JOSÉ COSTA	MOLINHAS TEAM	422	VET M55	24	01:50:08	<b>01:50:30</b>	05:14	25:52:00	51:42:00	01:18:06
461	352	JOEL RIBEIRO	RUNNING ESPINHO	423	VET M40	82	01:50:08	<b>01:50:33</b>	05:14	25:21:00	51:12:00	01:17:18
462	293	NUNO MATOS	MARCHA LENTA TEAM	424	SEN M	85	01:50:17	<b>01:50:45</b>	05:14	25:03:00	50:24:00	01:15:49
463	388	RICARDO FONTE	CANIANOS	425	VET M40	83	01:50:06	<b>01:50:45</b>	05:14	26:35:00	52:41:00	01:18:26
464	158	RUI SOARES	INDIVIDUAL	426	VET M45	79	01:50:34	<b>01:50:45</b>	05:15	25:26:00	51:51:00	01:18:06
465	575	DELFINA ROMPANTE	AVES RUNNERS	39	VET F55	1	01:50:39	<b>01:50:48</b>	05:15	24:54:00	51:11:00	01:17:37
466	25	ABÍLIO XAVIER	LET ME RUN	427	VET M35	89	01:50:13	<b>01:50:53</b>	05:15	26:04:00	51:41:00	01:17:57
467	144	ARMÉNIO NEVES	"OS QUARTAS RUNNING GROUP"	428	VET M60	6	01:50:41	<b>01:50:55</b>	05:15	25:44:00	51:56:00	01:17:57
468	792	MAIA VIEIRA VIEIRA	INDIVIDUAL	429	VET M45	80	01:50:32	<b>01:50:56</b>	05:15	25:26:00	50:49:00	01:18:25
469	538	RODOLFO CARVALHO	INDIVIDUAL	430	SEN M	86	01:50:12	<b>01:50:57</b>	05:15	27:27:00	53:24:00	01:19:44
470	477	NUNO CLEMENTE	CANIANOS	431	VET M40	84	01:50:18	<b>01:50:57</b>	05:15	26:36:00	52:57:00	01:19:03

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo	Ritmo	5 km	10 km	15 km
471	385	PEDRO POLÓNIO	PACERS	432	SEN M	87	01:50:29	<b>01:50:59</b>	05:15	26:35:00	52:48:00	01:19:04
472	763	ALMEIDA HUGOS	INDIVIDUAL	433	SEN M	88	01:50:30	<b>01:51:00</b>	05:15	26:35:00	52:47:00	01:19:04
473	502	FERNANDO ABREU	INDIVIDUAL	434	VET M45	81	01:51:05	<b>01:51:13</b>	05:16	25:31:00	51:36:00	01:17:53
474	733	CLÁUDIA PEREIRA	FUTEBOL CLUBE PENAFIEL	40	VET F35	10	01:50:55	<b>01:51:21</b>	05:16	25:26:00	50:32:00	01:16:56
475	310	DANIEL FERREIRA	DAA RUNNING	435	SEN M	89	01:50:52	<b>01:51:25</b>	05:16	26:59:00	53:24:00	01:19:47
476	204	ISABEL HENRIQUES	INDIVIDUAL	41	VET F40	7	01:51:21	<b>01:51:31</b>	05:17	25:22:00	51:12:00	01:17:49
477	247	FILIFE NUNES	JUVENTUDE CORTEGACENSE	436	VET M35	90	01:51:39	<b>01:51:48</b>	05:17	25:37:00		01:17:24
478	666	CRISTÓVÃO BRANDÃO	INDIVIDUAL	437	SEN M	90	01:51:08	<b>01:51:51</b>	05:18	26:49:00	53:18:00	01:19:50
479	625	MIGUEL AZEVEDO	INDIVIDUAL	438	VET M40	85	01:51:25	<b>01:52:00</b>	05:18	26:35:00	52:48:00	01:19:05
480	56	CARLOS PEREIRA	ANDAR A CORRER	439	VET M50	47	01:51:36	<b>01:52:01</b>	05:18	27:10:00	54:10:00	01:20:53
481	289	MARTINHO FERREIRA	CLUBE DESPORTIVO SÃO SALVADOR DO CAMPO	440	VET M40	86	01:51:37	<b>01:52:01</b>	05:18	25:27:00	51:03:00	01:18:02
482	649	TEODORICO PAIS	VISTA ALEGRE	441	VET M50	48	01:51:39	<b>01:52:04</b>	05:18	26:19:00	53:30:00	01:19:53
483	58	JOÃO MÁRIO	ANDAR A CORRER	442	VET M50	49	01:51:42	<b>01:52:08</b>	05:18	27:10:00	54:11:00	01:20:53
484	564	JOÃO BARROCO	INDIVIDUAL	443	VET M55	25	01:51:37	<b>01:52:09</b>	05:18	25:24:00	51:04:00	01:17:01
485	241	CLAUDIA CARCAU	LION RUNNERS - G. D. LEÕES DA GUARDA	42	VET F35	11	01:51:55	<b>01:52:10</b>	05:19	25:34:00	51:58:00	01:18:56
486	604	FERNANDO LOPES	OS QUARTAS	444	VET M60	7	01:51:42	<b>01:52:14</b>	05:19	25:44:00	51:56:00	01:17:57
487	356	MOISÉS SILVA	LEITINHOS	445	SEN M	91	01:52:11	<b>01:52:29</b>	05:19	25:26:00	51:47:00	01:18:42
488	142	MARGARIDA MAIA	INDIVIDUAL	43	SEN F	15	01:51:47	<b>01:52:29</b>	05:19	25:50:00	51:40:00	01:18:29
489	411	NUNO DUARTE	INDIVIDUAL	446	SEN M	92	01:51:47	<b>01:52:30</b>	05:19	25:50:00	51:40:00	01:18:29
490	91	RUI CORREIA	CIRES RUNNING TEAM	447	VET M50	50	01:52:15	<b>01:52:30</b>	05:19	25:59:00	52:50:00	01:19:45
491	546	NUNO CRUZ	AVEIRO RUNNERS	448	VET M40	87	01:51:50	<b>01:52:36</b>	05:20	26:11:00	52:02:00	01:18:55
492	211	MIGUEL SANTOS	INDIVIDUAL	449	VET M45	82	01:51:59	<b>01:52:46</b>	05:20	27:57:00	55:35:00	01:21:27
493	461	LUÍS SAMPAIO	CANIANOS	450	VET M40	88	01:52:11	<b>01:52:51</b>	05:20	27:07:00	54:01:00	01:20:52
494	476	NUNO SILVA	MANOS TEAM	451	VET M45	83	01:52:18	<b>01:52:57</b>	05:21	27:07:00	54:01:00	01:20:52
495	253	PAULO SILVA	GRAMIDENSE IFC	452	SEN M	93	01:52:48	<b>01:53:03</b>	05:21	24:53:00	50:48:00	01:17:59
496	18	HELDER MARQUES	CALDAS S. JORGE SPORT CLUBE	453	VET M35	91	01:52:59	<b>01:53:07</b>	05:21	24:03:00	49:59:00	01:16:28
497	423	JOÃO SARDO	INDIVIDUAL	454	VET M65	6	01:52:46	<b>01:53:17</b>	05:22	26:37:00	52:50:00	01:20:00
498	524	ALVARO SANTANA	INDIVIDUAL	455	VET M55	26	01:52:37	<b>01:53:21</b>	05:22	26:42:00	53:09:00	01:20:19
499	59	ANTONIO LOUREIRO	INDIVIDUAL	456	VET M35	92	01:52:53	<b>01:53:28</b>	05:22	26:38:00	52:58:00	01:19:37
500	387	ÓSCAR RODRIGUES	INDIVIDUAL	457	VET M35	93	01:53:09	<b>01:53:38</b>	05:23	27:35:00	54:38:00	01:21:34
501	3	ANTONIO TEIXEIRA	INDIVIDUAL	458	VET M50	51	01:53:28	<b>01:54:00</b>	05:24	27:11:00	54:18:00	01:22:43
502	64	RUI JORGE FERREIRA	INDIVIDUAL	459	VET M50	52	01:53:50	<b>01:54:04</b>	05:24	25:54:00	51:35:00	01:17:33
503	61	PEDRO DIPE	INDIVIDUAL	460	SEN M	94	01:53:24	<b>01:54:08</b>	05:24	27:19:00	54:38:00	01:21:39
504	738	BRUNO JESUS	INDIVIDUAL	461	VET M35	94	01:53:47	<b>01:54:23</b>	05:25	27:16:00	54:37:00	01:21:39
505	667	CAROLINA ALVES	INDIVIDUAL	44	SEN F	16	01:53:41	<b>01:54:24</b>	05:25	27:03:00	54:27:00	01:21:40
506	85	OSCAR ROCHA	VIRIATHVS RUNNERS VISEU	462	VET M55	27	01:53:53	<b>01:54:34</b>	05:25	26:58:00	54:10:00	01:21:17
507	120	JOSE FARO	VIRIATHVS RUNNERS VISEU	463	VET M45	84	01:53:53	<b>01:54:34</b>	05:25	26:58:00	54:13:00	01:21:17
508	102	MARLENE ALMEIDA	VISEU RUNNING TEAM	45	VET F35	12	01:53:54	<b>01:54:34</b>	05:25	26:58:00	54:12:00	01:21:18
509	38	TATIANA OLIVEIRA	OS QUARTAS RUNNING GROUP	46	SEN F	17	01:54:02	<b>01:54:35</b>	05:25	27:35:00	54:38:00	01:21:39
510	736	RUI COSTA	INDIVIDUAL	464	VET M40	89	01:54:08	<b>01:54:36</b>	05:25	27:24:00	54:39:00	01:21:40
511	621	ARLINDO SANTOS	DAR-RECARDAES	465	VET M70	1	01:54:12	<b>01:54:53</b>	05:26	27:16:00	54:38:00	01:21:40
512	50	ALBERTO BRANCO	INDIVIDUAL	466	VET M45	85	01:54:16	<b>01:54:55</b>	05:26	27:12:00	54:33:00	01:21:40
513	756	MARTINS CARLOS	INDIVIDUAL	467	VET M35	95	01:54:12	<b>01:54:55</b>	05:26	27:15:00	54:35:00	01:21:36
514	79	JÚLIO JÚNIOR	INDIVIDUAL	468	VET M45	86	01:54:13	<b>01:54:55</b>	05:26	27:16:00	54:37:00	01:21:39
515	384	ROMEU AFONSO	PACERS	469	VET M35	96	01:54:13	<b>01:54:55</b>	05:26	27:15:00	54:37:00	01:21:39
516	377	JAIME JUNIOR	PACERS	470	VET M45	87	01:54:13	<b>01:54:56</b>	05:26	27:16:00	54:37:00	01:21:39
517	280	PAULA ROCHA	INDIVIDUAL	47	VET F35	13	01:54:23	<b>01:55:00</b>	05:27	27:07:00	54:38:00	01:21:48

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo	Ritmo	5 km	10 km	15 km
518	555	DIANA PEREIRA	INDIVIDUAL	48	VET F40	8	01:54:52	<b>01:55:14</b>	05:27	25:36:00	52:20:00	01:19:53
519	494	DINIS LOPES	INDIVIDUAL	471	SEN M	95	01:54:38	<b>01:55:15</b>	05:27	27:06:00		01:22:20
520	23	ANABELA LEITE	RUNNING GIRLS	49	VET F45	7	01:54:41	<b>01:55:17</b>	05:27	27:01:00	54:12:00	01:21:52
521	27	INES ALMEIDA	AVEIRO RUNNERS	50	VET F40	9	01:54:44	<b>01:55:17</b>	05:27	27:20:00	54:37:00	01:21:52
522	74	HUGO FONSECA	INDIVIDUAL	472	SEN M	96	01:54:36	<b>01:55:19</b>	05:27	28:30:00	56:40:00	01:22:55
523	324	JORGE FRAGA	O AMANHECER DA RAPOSA	473	VET M55	28	01:55:03	<b>01:55:34</b>	05:28	27:50:00	55:29:00	01:22:42
524	55	JOÃO SOUSA	ANDAR A CORRER	474	VET M40	90	01:55:12	<b>01:55:37</b>	05:28	28:16:00	56:05:00	01:23:18
525	438	ÓSCAR BAPTISTA	HELIFLEX	475	VET M35	97	01:55:13	<b>01:55:42</b>	05:29	25:47:00	51:54:00	01:19:01
526	475	SANDRA CAMPOS	MANOS TEAM	51	VET F45	8	01:55:09	<b>01:55:48</b>	05:29	28:55:00	56:31:00	01:23:36
527	69	ISABEL RIBAU	"OS QUARTAS RUNNING GROUP"	52	VET F45	9	01:55:34	<b>01:56:00</b>	05:29	27:36:00	54:58:00	01:22:45
528	70	DANIELA FERREIRA	"OS QUARTAS RUNNING GROUP"	53	VET F40	10	01:55:38	<b>01:56:04</b>	05:30	27:36:00	54:58:00	01:22:45
529	772	CUSTODIO NETO		476	VET M70	2	01:55:43	<b>01:56:07</b>	05:30	27:20:00	54:38:00	01:21:39
530	147	MARCO MORGADO	INDIVIDUAL	477	VET M40	91	01:55:36	<b>01:56:11</b>	05:30	26:54:00	54:11:00	01:21:56
531	180	JOSÉ CARVALHO	INDIVIDUAL	478	VET M35	98	01:55:32	<b>01:56:21</b>	05:30	27:44:00	54:38:00	01:21:41
532	32	SOFIA MARTINS	INDIVIDUAL	54	VET F35	14	01:55:55	<b>01:56:24</b>	05:31	26:40:00	54:07:00	01:22:02
533	420	ELIAS LEITÃO	INDIVIDUAL	479	VET M65	7	01:56:05	<b>01:56:27</b>	05:31	27:33:00	54:39:00	01:22:06
534	647	JOSÉ MONTEIRO	HELIFLEX	480	SEN M	97	01:56:20	<b>01:56:43</b>	05:31	26:38:00	52:52:00	01:20:23
535	680	JOSE PEREIRA	NIGHTS TEAM	481	VET M35	99	01:56:42	<b>01:56:47</b>	05:32	26:10:00	53:37:00	01:22:01
536	287	LÁZARO LEITE	INDIVIDUAL	482	VET M35	100	01:56:40	<b>01:56:59</b>	05:32	26:06:00	52:50:00	01:20:39
537	128	PAULO PINTO	COPALÂNDIA LDA.	483	VET M45	88	01:56:43	<b>01:57:16</b>	05:33	28:05:00	55:43:00	01:23:43
538	257	RUI PINTO	INDIVIDUAL	484	VET M50	53	01:56:56	<b>01:57:21</b>	05:33	27:39:00	55:34:00	01:23:18
539	54	JOSÉ SÃO-MARCOS	ANDAR A CORRER	485	VET M50	54	01:57:09	<b>01:57:33</b>	05:34	28:16:00	56:05:00	01:24:04
540	53	JOSÉ LUÍS ALVES	ANDAR A CORRER	486	VET M55	29	01:57:10	<b>01:57:34</b>	05:34	28:15:00	56:05:00	01:24:04
541	149	IVO FERREIRA	GALINHAS DE CROSS	487	SEN M	98	01:57:09	<b>01:57:37</b>	05:34	28:22:00	56:48:00	01:26:01
542	580	ROSA TAVARES	OS QUARTAS RUNNING GROUP	55	VET F45	10	01:57:05	<b>01:57:38</b>	05:34	28:05:00	55:43:00	01:23:42
543	190	MOURA PINTO	MADUREIRA'S	488	VET M60	8	01:57:22	<b>01:57:44</b>	05:34	25:56:00		01:21:30
544	228	PAULA COSTA	GFD RUNNING	56	VET F35	15	01:57:05	<b>01:57:47</b>	05:35	28:21:00	56:14:00	01:24:06
545	176	MARIA HELENA BRITO	INDIVIDUAL	57	VET F50	3	01:57:35	<b>01:57:55</b>	05:35	25:46:00	53:11:00	01:21:16
546	33	LUIS FERREIRA	INDIVIDUAL	489	VET M50	55	01:57:34	<b>01:58:07</b>	05:35	27:12:00	54:34:00	01:22:58
547	150	PATRICIA FRANCISCATO	INDIVIDUAL	58	VET F45	11	01:57:32	<b>01:58:07</b>	05:35	27:15:00	54:36:00	01:23:12
548	412	CATARINA MÓNICA	INDIVIDUAL	59	VET F40	11	01:57:30	<b>01:58:11</b>	05:36	26:27:00	54:03:00	01:23:38
549	532	CLÁUDIA JOÃO	LOVETILES	60	SEN F	18	01:57:29	<b>01:58:11</b>	05:36	26:27:00		01:21:57
550	755	BORRALHO NUNO	INDIVIDUAL	490	VET M55	30	01:57:53	<b>01:58:15</b>	05:36	26:28:00	54:04:00	01:21:40
551	65	PEDRO LOPES	INDIVIDUAL	491	SEN M	99	01:57:45	<b>01:58:18</b>	05:36	26:12:00	52:41:00	01:20:18
552	186	ADRIANO TEIXEIRA	INDIVIDUAL	492	VET M35	101	01:58:04	<b>01:58:36</b>	05:37	26:41:00	54:02:00	01:22:06
553	101	PEDRO PONTE	SEM SEDE	493	VET M50	56	01:58:11	<b>01:58:41</b>	05:37	27:13:00	54:57:00	01:23:09
554	163	TERESA MARTINS	INDIVIDUAL	61	VET F35	16	01:58:17	<b>01:59:01</b>	05:38	28:41:00	56:33:00	01:24:57
555	526	MIGUEL NEVES	INDIVIDUAL	494	JUN M	5	01:58:15	<b>01:59:01</b>	05:38	29:03:00	56:35:00	01:24:55
556	651	ALEXANDRE PRIOR	PRIFER RUNNING TEAM	495	VET M35	102	01:58:46	<b>01:59:19</b>	05:39	28:34:00	56:34:00	01:24:52
557	706	JOEL PRIOR	PRIFER RUNNING TEAM	496	SEN M	100	01:58:59	<b>01:59:31</b>	05:39	28:33:00	56:34:00	01:24:52
558	185	TOCHA CANAS	OS CONINHAS	497	VET M45	89	01:58:52	<b>01:59:34</b>	05:40	28:09:00	56:30:00	01:25:08
559	181	RUI FIGUEIREDO	OS CONINHAS	498	VET M45	90	01:58:52	<b>01:59:35</b>	05:40	28:08:00	56:29:00	01:25:06
560	283	PEDRO RUANO DE CASTRO	INDIVIDUAL	499	VET M45	91	01:59:03	<b>01:59:40</b>	05:40	27:56:00	55:44:00	01:24:38
561	351	LILIANA SIMÕES	INDIVIDUAL	62	VET F40	12	01:59:08	<b>01:59:42</b>	05:40	27:27:00	55:23:00	01:23:47
562	562	SANDRA COSTA	INDIVIDUAL	63	VET F40	13	01:59:16	<b>01:59:48</b>	05:40	27:27:00	55:23:00	01:23:48
563	665	ALEXANDRE LINDOTE	INDIVIDUAL	500	VET M40	92	01:59:24	<b>01:59:56</b>	05:41	28:32:00	56:34:00	01:24:55
564	295	ANDRE CAPOTE	INDIVIDUAL	501	VET M40	93	01:59:38	<b>02:00:07</b>	05:41	27:50:00	55:33:00	01:24:22

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo	Ritmo	5 km	10 km	15 km
565	359	ALEXANDRE ALMEIDA	"OS QUARTAS RUNNING GROUP"	502	VET M45	92	01:59:26	<b>02:00:14</b>	05:41	29:37:00		
566	499	SARA NUNES	PANORAMAH	64	VET F35	17	01:59:36	<b>02:00:18</b>	05:42	28:32:00	56:33:00	01:24:57
567	196	VANIA BAPTISTA	OS CONINHAS	65	VET F40	14	01:59:37	<b>02:00:20</b>	05:42	28:09:00		01:25:09
568	731	ANA RITA PEREIRA	INDIVIDUAL	66	SEN F	19	01:59:51	<b>02:00:29</b>	05:42	27:18:00	55:36:00	01:24:20
569	466	PAULO FORTUNATO	GRUPO DESPORTIVO SANTANDER TOTTA	503	VET M45	93	02:00:25	<b>02:00:45</b>	05:43	26:44:00	54:58:00	01:24:17
570	109	FERNANDO OLIVEIRA	INDIVIDUAL	504	VET M50	57	02:00:05	<b>02:00:49</b>	05:43	28:10:00	55:59:00	01:24:05
571	435	SARA OLIVEIRA	DCI /TRILHOS LUSO BUSSACO	67	SEN F	20	02:00:20	<b>02:00:51</b>	05:43	27:38:00	55:50:00	01:24:57
572	392	JOSÉ FERNANDES	INDIVIDUAL	505	VET M35	103	02:00:09	<b>02:00:53</b>	05:43	27:53:00	55:41:00	01:24:34
573	471	ANTÓNIO LEMOS	MOLINHAS TEAM	506	VET M50	58	02:00:20	<b>02:00:59</b>	05:44	28:55:00	57:12:00	01:25:43
574	345	JOSÉ CARLOS PEREIRA	AMANHECER DA RAPOSA	507	VET M50	59	02:00:29	<b>02:01:00</b>	05:44	27:54:00	55:47:00	01:24:41
575	315	MARIA OLIVEIRA	AMANHECER DA RAPOSA	68	VET F50	4	02:00:29	<b>02:01:00</b>	05:44	27:52:00	55:47:00	01:24:41
576	281	MARCO COSTA	INDIVIDUAL	508	VET M35	104	02:00:35	<b>02:01:12</b>	05:44	27:06:00	54:36:00	01:22:35
577	704	LUCINDA GOMES	LION RUNNERS - G. D. LEÕES DA GUARDA	69	VET F50	5	02:01:08	<b>02:01:22</b>	05:45	26:31:00	55:40:00	01:24:55
578	71	SMÓNICA FERNANDES	ESADOF	70	VET F35	18	02:01:01	<b>02:01:23</b>	05:45	26:33:00	54:53:00	01:24:02
579	311	FERNANDO BANCA	INDIVIDUAL	509	VET M40	94	02:01:05	<b>02:01:28</b>	05:45	27:56:00	55:43:00	01:24:55
580	299	ANA CASTRO	CAL-CLUBE ATLETISMO LAMAS	71	VET F45	12	02:01:35	<b>02:01:55</b>	05:46	26:47:00	54:58:00	01:24:18
581	212	CARLOS SEABRA	INDIVIDUAL	510	VET M45	94	02:01:16	<b>02:02:02</b>	05:47	27:58:00	56:32:00	01:25:28
582	254	CARLOS BARROSO	BIO TEAM RUN	511	VET M50	60	02:01:27	<b>02:02:03</b>	05:47	27:19:00	56:03:00	01:24:59
583	119	FERNANDA ALMEIDA	GRUPO DESPORTIVO GDC CODAL	72	VET F60	1	02:01:33	<b>02:02:11</b>	05:47	27:45:00	56:03:00	01:25:08
584	349	CARLOS MORGADO	INDIVIDUAL	512	VET M40	95	02:01:51	<b>02:02:18</b>	05:47	28:09:00	55:45:00	01:23:51
585	350	SUSANA SOUSA	INDIVIDUAL	73	VET F40	15	02:01:51	<b>02:02:18</b>	05:47	28:09:00	55:45:00	01:23:51
586	270	RUI M. BORGES	NAVR - NÚCLEO ATLETISMO DE VILA REAL	513	SUB 23 M	8	02:02:04	<b>02:02:20</b>	05:47	22:26	48:59:00	01:16:13
587	414	VALTER SILVA	INDIVIDUAL	514	VET M40	96	02:02:31	<b>02:03:12</b>	05:50	27:06:00	54:06:00	01:21:51
588	195	AURORA PIRES	INDIVIDUAL	74	VET F40	16	02:02:32	<b>02:03:12</b>	05:50	29:37:00		01:27:32
589	592	MARIE BLIER	INDIVIDUAL	75	SEN F	21	02:02:28	<b>02:03:12</b>	05:50	29:31:00	58:21:00	01:27:40
590	164	RICARDO PINTO	INDIVIDUAL	515	VET M35	105	02:02:53	<b>02:03:40</b>	05:51	29:18:00	57:57:00	01:27:40
591	543	PEDRO FIGUEIREDO	OS QUARTAS ILHAVO	516	VET M60	9	02:03:10	<b>02:03:55</b>	05:52	29:04:00		01:28:11
592	47	ANDREA MORAIS	RUNNING ESMORIZ	76	VET F40	17	02:03:34	<b>02:04:10</b>	05:53	30:11:00	59:41:00	01:29:07
593	41	HELIANA SÁ	RUNNING ESMORIZ	77	SEN F	22	02:03:45	<b>02:04:21</b>	05:53	30:11:00	59:47:00	01:29:08
594	593	FERNANDO PIRES	INDIVIDUAL	517	VET M70	3	02:03:44	<b>02:04:24</b>	05:53	29:37:00	58:46:00	01:27:24
595	482	VIRGÍNIA COSTA	RUNNING ESMORIZ	78	VET F45	13	02:03:49	<b>02:04:26</b>	05:53	30:11:00	59:41:00	01:29:07
596	46	CRISTIANA PINTO	RUNNING ESMORIZ	79	VET F35	19	02:03:52	<b>02:04:28</b>	05:53	30:12:00		01:29:07
597	595	CARLOS CASTRO	TALENT	518	VET M55	31	02:03:58	<b>02:04:33</b>	05:54	28:48:00	57:52:00	01:27:51
598	728	TIAGO RAMOS	INDIVIDUAL	519	SEN M	101	02:03:57	<b>02:04:33</b>	05:54	26:25:00	53:23:00	01:22:48
599	45	PAULA SOUSA	RUNNING ESMORIZ	80	VET F45	14	02:04:01	<b>02:04:36</b>	05:54	30:12:00	59:47:00	01:29:07
600	598	ADRIANA ROQUE	INDIVIDUAL	81	SEN F	23	02:04:22	<b>02:04:53</b>	05:55	27:48:00		01:26:15
601	20	CÁTEA SANCHEZ	CFA SPARTANS	82	VET F35	20	02:04:17	<b>02:04:56</b>	05:55	28:48:00	57:57:00	01:28:12
602	22	FÁTIMA GONÇALVES	RUNNING GIRLS	83	VET F40	18	02:04:32	<b>02:05:11</b>	05:56	28:48:00		01:28:11
603	21	ROSA BRANCA PEREIRA	RUNNING GIRLS	84	VET F40	19	02:04:34	<b>02:05:11</b>	05:56	28:48:00	57:57:00	01:28:12
604	333	JOSÉ CARVALHO	TEAM CARVALHO'S	520	VET M55	32	02:05:17	<b>02:05:33</b>	05:57	26:05:00	54:35:00	01:27:20
605	594	GONÇALO ALVES	TALENT	521	VET M55	33	02:05:29	<b>02:06:03</b>	05:58	28:48:00	57:52:00	01:27:51
606	778	MAFALDA BARATA	INDIVIDUAL	85	SEN F	24	02:05:58	<b>02:06:11</b>	05:58	27:24:00	56:13:00	01:26:47
607	691	GILBERTO SILVA	INDIVIDUAL	522	VET M50	61	02:06:14	<b>02:07:00</b>	06:01	29:57:00	59:15:00	01:30:30
608	171	SANDRA SANTOS	"OS QUARTAS RUNNING GROUP"	86	VET F40	20	02:06:36	<b>02:07:21</b>	06:02	29:05:00	58:11:00	01:28:22
609	106	JOSÉ CARLOS PINHAL	INDIVIDUAL	523	VET M45	95	02:07:05	<b>02:07:49</b>	06:03	28:30:00	56:03:00	01:24:34
610	754	TEIXEIRA PAULINA	INDIVIDUAL	87	VET F55	2	02:07:51	<b>02:08:12</b>	06:04	26:39:00	55:40:00	01:26:59
611	103	ANA MARTA	INDIVIDUAL	88	SEN F	25	02:07:30	<b>02:08:14</b>	06:04	28:30:00	58:18:00	01:29:32

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Tempo	Ritmo	5 km	10 km	15 km
612	577	ANGELA PIMENTA	AVES RUNNERS	89	VET F35	21	02:08:18	<b>02:08:27</b>	06:05	28:17:00		01:29:13
613	233	JOÃO PEREIRA GRAÇA	ACRM SILVEIRINHA GRANDE	524	VET M60	10	02:08:37	<b>02:08:46</b>	06:06	28:42:00	58:13:00	01:28:58
614	397	ANDRÉ DIAS ANDRÉ DIAS	HELIFLEX	525	VET M40	97	02:09:00	<b>02:09:13</b>	06:07	26:01:00	54:53:00	01:25:31
615	398	FERNANDO OLIVEIRA	HELIFLEX	526	VET M40	98	02:09:01	<b>02:09:13</b>	06:07	26:01:00	54:53:00	01:25:31
616	396	ANSELMO SILVA	HELIFLEX	527	VET M40	99	02:09:01	<b>02:09:13</b>	06:07	26:01:00	54:52:00	01:25:31
617	276	MARGARIDA BAGÃO	INDIVIDUAL	90	SEN F	26	02:09:16	<b>02:09:30</b>	06:08	28:00:00	57:45:00	01:29:40
618	578	ABÍLIO FERREIRA	AVES RUNNERS	528	VET M40	100	02:09:40	<b>02:09:50</b>	06:09	24:59:00	51:24:00	01:23:12
619	617	DORA DOURADO	BIO TEAM RUN	91	VET F40	21	02:09:24	<b>02:10:01</b>	06:09	27:20:00	56:06:00	01:26:26
620	194	FERNANDO SOUSA	BIO TEAM RUN	529	VET M50	62	02:09:26	<b>02:10:04</b>	06:09	27:18:00	56:04:00	01:25:51
621	786	PAULINHO HENRIQUES		530	VET M35	106	02:09:18	<b>02:10:05</b>	06:09	27:18:00	56:03:00	01:25:52
622	511	FRANCISCO MENDES	BIO TEAM RUN	531	VET M40	101	02:09:29	<b>02:10:06</b>	06:10	27:18:00	56:03:00	01:26:25
623	462	HENRIQUE FERNANDES	BIO TEAM RUN	532	VET M45	96	02:09:27	<b>02:10:06</b>	06:10	27:19:00	56:04:00	01:25:51
624	523	SOFIA SIMÕES	BIO TEAM RUN	92	VET F35	22	02:09:29	<b>02:10:06</b>	06:10	27:18:00	56:04:00	01:25:52
625	490	RICARDO SANTOS	BIO TEAM RUN	533	VET M35	107	02:09:28	<b>02:10:07</b>	06:10	27:19:00	56:04:00	01:25:51
626	162	FLORBELA ARAUJO	INDIVIDUAL	93	SEN F	27	02:10:30	<b>02:11:14</b>	06:13	29:56:00	59:47:00	01:31:11
627	161	LUIS NOVO	INDIVIDUAL	534	SEN M	102	02:10:30	<b>02:11:14</b>	06:13	29:56:00	59:47:00	01:31:11
628	677	FILIPPE PRIOR	PRIFER RUNNING TEAM	535	SEN M	103	02:10:53	<b>02:11:24</b>	06:13	28:39:00	57:41:00	01:28:02
629	641	CARLOS RUMOR	PRIFER RUNNING TEAM	536	SEN M	104	02:10:52	<b>02:11:25</b>	06:13	28:39:00	57:40:00	01:28:02
630	330	SANDRA CHIPELO	INDIVIDUAL	94	SEN F	28	02:11:28	<b>02:12:08</b>	06:15	29:52:00	59:46:00	01:32:09
631	329	PEDRO ALVES	INDIVIDUAL	537	VET M35	108	02:11:28	<b>02:12:09</b>	06:15	29:52:00	59:45:00	01:32:09
632	7	EDUARDO AMORIM	INDIVIDUAL	538	VET M45	97	02:14:09	<b>02:14:55</b>	06:23	30:42:00	01:01:47	01:33:49
633	583	ADRIANA RODRIGUES	INDIVIDUAL	95	VET F35	23	02:14:37	<b>02:15:16</b>	06:24	30:42:00	01:02:12	01:34:50
634	358	ANTÓNIO GOMES	INDIVIDUAL	539	VET M50	63	02:15:29	<b>02:16:00</b>	06:26	30:38:00	01:02:05	01:34:52
635	635	MARTA SOUSA	INDIVIDUAL	96	VET F40	22	02:15:54	<b>02:16:26</b>	06:28	29:59:00	01:01:26	01:34:12
636	547	CLAUDIO REBELO	BARRASCOS RUNNERS	540	SEN M	105	02:16:14	<b>02:16:57</b>	06:29	30:42:00		01:36:01
637	408	RUI SILVA	HELIFLEX	541	VET M35	109	02:16:34	<b>02:17:21</b>	06:30	29:59:00	01:00:37	01:32:41
638	166	ÂNGELA ALMEIDA	INDIVIDUAL	97	VET F35	24	02:16:57	<b>02:17:41</b>	06:31	29:51:00	01:03:11	01:35:37
639	548	JOÃO GOMES	BARRASCOS RUNNERS	542	SUB 23 M	9	02:17:31	<b>02:18:14</b>	06:33	30:42:00	01:02:19	01:36:01
640	96	DULCINEIA MIRIAM	FANTASTICSKYRUNNERS	98	VET F35	25	02:17:57	<b>02:18:28</b>	06:33	30:25:00	01:02:34	01:35:37
641	492	RUI ANTUNES	GCRR.PT	543	SEN M	106	02:17:43	<b>02:18:30</b>	06:33	29:57:00	59:49:00	01:32:28
642	205	CARLOS FERNANDES	OS CONINHAS	544	VET M50	64	02:23:20	<b>02:24:03</b>	06:49	30:30:00	01:03:45	01:38:32
	640	ELISABETE MATOS	INDIVIDUAL		VET F40			<b>DSQ</b>	03:52			
	439	LEONEL RITO	HELIFLEX		VET M45			<b>DNS</b>	07:29			