

Lugar	Dorsal	Nome	Sexo	Equipa	Tempo	Chip
1	320	CESAR	M	GNR	01:01:09	01:01:09
2	373	NUNO PEREIRA	M	GNR PORTO	01:01:10	01:01:10
3	380	André Luís Coelho Nogueira	M	GNR PORTO	01:02:46	01:02:46
4	159	Hugo Figueiredo	M	Policia Municipal de Gaia	01:08:34	01:08:23
5	372	TELMO REIS	M	GNR PORTO	01:09:03	01:09:03
6	100	JOÃO LEAL	M	OFRUNNING	01:09:23	01:09:23
7	145	Antonio Teles	M	B.V.Valongo	01:10:55	01:10:43
8	26	Sérgio Silva	M	MSS CONTABILIDADE TRAIL TEAM	01:10:56	01:10:56
9	347	Carlos Manuel Ramos Cardoso	M		01:11:44	01:11:44
10	174	Manuel Costa	M		01:12:29	01:12:29
11	146	Paulo Madeira	M	GRUPO COOPROFAR-MEDLOG	01:12:48	01:12:39
12	376	MARISA VIEIRA	F	GNR PORTO	01:12:57	01:12:57
13	353	Alípio Velon Fernandes	M	PSP Guimarães	01:13:57	01:13:57
14	342	Nelson Leal	M	EXÉRCITO	01:14:09	01:14:04
15	378	José Miguel Gonçalves Martins	M	GNR PORTO	01:14:28	01:14:27
16	149	Carlos Alves	M	GRUPO COOPROFAR-MEDLOG	01:14:38	01:14:29
17	335	Armando Pereira	M	GRUPO COOPROFAR-MEDLOG	01:14:38	01:14:30
18	79	MARCO SILVA PINHEIRO VASCONCELOS	M	MDN- Marinha	01:15:10	01:15:10
19	82	Jorge Lopes	M		01:15:10	01:15:10
20	302	Helder Gomes	M	Kemedo Team	01:15:14	01:15:14
21	388	ANTONIO BORGES	M		01:15:34	01:15:26
22	381	Laurindo Osorio	M	Kemedo Team	01:15:38	01:15:38
23	354	jose manuel gonçalves barbosa	M		01:16:24	01:16:17
24	75	Ricardo Pereira	M		01:16:47	01:16:47
25	318	SAMUEL AMORIM	M	PSP Custóias	01:17:14	01:17:14
26	370	Nelson Marques	M	GRUPO COOPROFAR-MEDLOG	01:17:39	01:17:32
27	314	LUÍS SILVA	M	PSP Custóias	01:17:47	01:17:43
28	387	RAUL CURVA	M		01:18:16	01:18:08
29	133	Josué Moreira	M	GondodoceTeam	01:18:31	01:18:27
30	80	JOSÉ ANTONIO LOPES	M		01:19:17	01:19:17
31	128	Paulo Barbosa	M	GondodoceTeam	01:19:32	01:19:24
32	60	Pedro silva	M	individual	01:19:58	01:19:58
33	367	Micael Cunha	M	GRUPO COOPROFAR-MEDLOG	01:20:20	01:20:12
34	383	MATIAS SILVA	M	Andatrilhos	01:20:28	01:20:08
35	234	Renato Oliveira	M	GRUPO COOPROFAR-MEDLOG	01:21:12	01:21:04
36	214	Luís Miguel Antunes Rosa	M	FEB	01:21:54	01:21:31
37	184	Manuel Agostinho da Soledade Pinheiro	M		01:21:56	01:21:48
38	371	LUIS RIBEIRO	M	GNR PORTO	01:22:03	01:21:59
39	138	André Fraga	M	INEM	01:22:07	01:22:04
40	62	Manuel Povoas	M		01:22:27	01:22:27
41	329	Rui Oliveira	M	GRUPO COOPROFAR-MEDLOG	01:22:46	01:22:37
42	379	Paulo Sérgio Correia	M	GNR PORTO	01:22:55	01:22:45
43	311	Joao Oliveira	M	facort running team	01:23:44	01:23:39
44	30	Carlos Duarte	M	MSS CONTABILIDADE TRAIL TEAM	01:23:47	01:23:47

Lugar	Dorsal	Nome	Sexo	Equipa	Tempo	Chip
45	232	Pedro Nobre	M	Kemedo Team	01:24:55	01:24:43
46	103	César Pais	M	BVSPC	01:25:02	01:24:47
47	175	Miguel Teixeira	M		01:25:02	01:25:02
48	394	Mário Moura	M	Leões de tardariz	01:25:02	01:24:58
49	240	Fernando Henrique Trancoso Temporão	M	Individual	01:25:05	01:25:03
50	377	Renato Lima	M	GNR PORTO	01:25:09	01:25:02
51	218	Vitor José Rijo Caramelo	M	FEB	01:25:15	01:24:56
52	77	olga dos santos branquinho	F	Equipa A	01:25:15	01:25:15
53	190	Ivo Oliveira	M	S4L	01:25:31	01:25:24
54	32	Vitor Azevedo	M	MSS CONTABILIDADE TRAIL TEAM	01:26:20	01:26:20
55	25	Carlos Moreira	M	RunRiver-Escola de Atletismo de Rio tinto	01:26:36	01:26:36
56	204	Fábio Miguel Martins Silva	M	FEB	01:27:07	01:26:45
57	390	FILIPE LIMA	M		01:27:44	01:27:36
58	392	GONÇALO FREITAS	M		01:27:51	01:27:43
59	395	Manuel Oliveira	M	CDOS Porto	01:28:06	01:28:06
60	345	Jorge Moreira	M	Ponto 7	01:28:10	01:28:10
61	346	Marcelo Pascal	M	Ponto 7	01:28:20	01:22:51
62	238	Andreia Amorim	F	Gondomar Futsal Clube	01:28:22	01:28:22
63	95	Jerónimo Dias	M	CB Gondomar	01:29:11	01:28:53
64	74	Renato Nunes	M		01:29:13	01:29:10
65	55	Jorge Amadeu Moreira de Sousa	M	GNR - Posto Canelas	01:29:21	01:29:21
66	291	António Carlos Tavares de Paiva	M		01:29:47	01:29:37
67	364	David Nogueira	M	PT ETR	01:30:02	01:29:58
68	155	Paulo Silva	M	Policia Municipal de Gaia	01:31:51	01:31:39
69	70	Albino Pires	M		01:31:52	01:31:26
70	76	Nuno Santos	M	Equipa A	01:31:53	01:31:53
71	66	NUNO RODRIGUES	M	OFRUNNING	01:32:09	01:32:04
72	37	Tiago Sequeira	M	MSS CONTABILIDADE TRAIL TEAM	01:32:11	01:32:11
73	126	Filipe Roboredo	M	GondodoceTeam	01:33:03	01:32:55
74	391	LEANDRO FREITAS	M		01:33:12	01:33:04
75	89	Joaquim Rocha	M	Exerciseforyou	01:33:56	01:33:50
76	231	Pedro Ruas	M	B.V.Valongo	01:34:03	01:33:47
77	169	Renata Daniela Martins	F	EI TEAM TRAIL	01:35:24	01:35:24
78	185	JOSÉ NEVES	M	OFRUNNING	01:35:27	01:35:19
79	65	PEDRO FERREIRA	M	OFRUNNING	01:35:29	01:35:22
80	45	Igor José Cachada Silva Cunha	M	BVART	01:35:49	01:35:45
81	41	João Paulo Silva Barbosa	M	BVART	01:35:49	01:35:45
82	176	Fernando Oliveira	M		01:36:58	01:36:47
83	386	Adriana Queirós	F		01:37:35	01:37:35
84	321	Filipe Ferreira	M	PORTO SENTIDO RUNNERS	01:38:01	01:38:01
85	64	JOÃO DIAS	M	OFRUNNING	01:38:20	01:38:15
86	142	PATRICIA ROCHA	F	INEM	01:38:22	01:38:19
87	352	Cláudia Marques	F		01:38:31	01:38:22
88	115	Joana Almeida	F	INEM	01:38:59	01:38:46

Lugar	Dorsal	Nome	Sexo	Equipa	Tempo	Chip
89	355	Bruno Graça	M	Destacamento GNR Ovar	01:39:32	01:39:32
90	306	Armando Miranda	M	Ponto 7	01:39:36	01:39:36
91	230	Delfim Nunes	M	B.V.Valongo	01:39:36	01:39:31
92	400	Pedro Neves	M		01:39:40	01:39:13
93	202	Francisco Branco	M	FEB	01:39:46	01:39:26
94	369	Paulo Pinho	M	GRUPO COOPROFAR-MEDLOG	01:39:55	01:39:46
95	172	Celso Santos	M		01:40:01	01:39:49
96	173	Helder Ferreira	M		01:40:02	01:39:49
97	170	Delfim Manuel Nogueira	M	EI TEAM TRAIL	01:40:05	01:40:01
98	67	RICARDO RAMALHO	M	OFRUNNING	01:40:24	01:40:16
99	385	Carla Araújo	F		01:40:35	01:40:35
100	33	Ricardo Carvalho	M	MSS CONTABILIDADE TRAIL TEAM	01:41:27	01:41:27
101	40	Isabel Santos	M	MSS CONTABILIDADE TRAIL TEAM	01:41:41	01:41:34
102	47	Luis carneiro Silva	M	MSS CONTABILIDADE TRAIL TEAM	01:41:42	01:41:28
103	19	António Vieira	M		01:41:50	01:41:43
104	132	Maciel Gonçalves	M	GondodoceTeam	01:42:07	01:41:58
105	323	HÉLDER CLÁUDIO DIAS MARTINS	M	GNR Fânzeres	01:42:08	01:41:38
106	316	AMÉRICO CARVALHO	M	PSP Custóias	01:42:28	01:42:28
107	78	RICARDO PEREIRA	M		01:42:33	01:42:33
108	122	José Oliveira	M	Proteção Civil de Gaia	01:42:46	01:42:35
109	350	Nuno Monteiro	M		01:43:52	01:43:44
110	63	André Neves	M	CB Gondomar	01:43:53	01:43:36
111	356	Carlos Manuel tadea Mendes	M	I—run	01:44:07	01:44:02
112	182	Antonio Alves	M		01:44:38	01:44:31
113	90	Armando Neves	M	CVP	01:44:52	01:44:46
114	248	Rui Pereira	M		01:44:53	01:44:40
115	164	Nelson Sousa	M	S4L	01:45:28	01:45:10
116	358	Helder Figueiredo	M		01:45:57	01:45:28
117	31	Márcio Fábio Teixeira	M	MSS CONTABILIDADE TRAIL TEAM	01:45:57	01:45:28
118	86	Cecília Martins	F	Exerciseforyou	01:46:20	01:46:15
119	331	Marcelo Ferrão	M		01:46:23	01:46:08
120	177	Gustavo Santos	M		01:46:39	01:46:27
121	187	Pedro Soares	M	Factor X / S4L / Medense FC	01:46:47	01:46:47
122	81	ANA RITA GONÇALVES COSTA	M		01:47:17	01:47:17
123	389	FERNANDO NOVO	M		01:47:35	01:47:26
124	61	Marlene silva	F		01:47:52	01:47:52
125	213	Bruno Fiilipe Nunes Lopes da Silva	M	FEB	01:48:17	01:47:54
126	237	Cristiana Lopes	F	PM Guimarães	01:48:58	01:48:47
127	235	Sérgio Macieira	M	PM Guimarães	01:48:58	01:48:46
128	327	Rafael Freitas	M	PM Guimarães	01:48:58	01:48:47
129	322	ERNESTO PEREIRA ARAÚJO	M	GNR Fânzeres	01:49:34	01:49:04
130	144	Paulo André Pereira Martins	M		1344 01:49:47	01:49:37
131	35	Natalina Videira	F	MSS CONTABILIDADE TRAIL TEAM	01:50:17	01:50:07
132	244	Gonçalo KOCH	M	ANAG TENNIS TEAM	01:50:21	01:50:18

Lugar	Dorsal	Nome	Sexo	Equipa	Tempo	Chip
133	339	Sofia Gonçalves	F	Ponto 7	01:50:24	01:50:24
134	341	Sérgio Costa	M	Ponto 7	01:50:24	01:50:24
135	374	BRUNO BARBOSA	M	GNR PORTO	01:50:36	01:50:30
136	375	JOÃO TEIXEIRA	M	GNR PORTO	01:50:36	01:50:31
137	121	Francisco Silva	M	Proteção Civil de Gaia	01:51:36	01:51:23
138	116	ARTUR ADÃO	M	INEM	01:51:41	01:51:26
139	150	Carlos Francisco	M	GRUPO COOPROFAR-MEDLOG	01:51:55	01:51:42
140	99	Miguel Silva	M	BVSPC	01:53:49	01:53:21
141	336	Vitor Manuel Fonseca	M		01:54:04	01:53:55
142	247	Pedro Marinho	M	ANAG TENNIS TEAM	01:54:45	01:54:42
143	168	Henrique Matos	M		01:54:48	01:54:41
144	167	Sandra Matos	F		01:54:48	01:54:41
145	191	Olavo Castro	M	S4L	01:54:58	01:54:39
146	68	RENATO SANTOS	M	OFRUNNING	01:55:28	01:55:21
147	53	Telmo Filipe Dias da Rocha Rocha	M		01:55:39	01:55:29
148	54	Joaquim Reinaldo Ferreira Pacheco	M		01:55:40	01:55:29
149	206	Arménio Augusto Ribeiro Pinto	M	FEB	01:56:20	01:55:58
150	211	Pedro Miguel Brito Pereira	M	FEB	01:56:20	01:55:56
151	16	Carlos Guedes	M		01:56:24	01:56:14
152	22	José Pereira	M		01:56:51	01:56:39
153	315	PEDRO BORGES	M	PSP Custóias	01:57:08	01:57:04
154	319	LUIS GOMES	M	PSP Custóias	01:57:08	01:57:04
155	332	João Pinheiro	M	PORTO SENTIDO RUNNERS	01:57:14	01:57:14
156	143	Cristina Maria Lúcio Nogueira Neto	F		1344 01:57:55	01:57:55
157	129	Armando Rocha	M	GondodoceTeam	01:58:11	01:58:03
158	131	Cátia Martins	F	GondodoceTeam	01:58:11	01:57:59
159	127	Nuno Silva	M	GondodoceTeam	01:58:11	01:58:03
160	130	Nuno Teixeira	M	GondodoceTeam	01:58:11	01:57:59
161	148	Miguel Fonseca	M		01:58:28	01:58:16
162	36	Alvaro Silva	M	MSS CONTABILIDADE TRAIL TEAM	01:58:33	01:58:24
163	83	Vanessa Dias	F		01:58:46	01:58:46
164	304	Paulo Oliveira	M		01:58:47	01:58:36
165	362	ADERITO VIDEIRA	M	ALLA	01:59:26	01:59:26
166	56	CARLA IOURENÇO	F	As Tartarugas	01:59:28	01:59:18
167	59	ISABEL GAMA	F	As Tartarugas	01:59:32	01:59:23
168	58	Sónia Queirós	F	As Tartarugas	01:59:34	01:59:25
169	106	Filipe Pinto	M	BVSPC	01:59:36	01:59:19
170	330	Pedro Miguel Coimbra Pereira	M		01:59:37	01:59:23
171	222	Carlos Alberto Santos Piment	M	FEB	01:59:39	01:59:18
172	57	Sandra Cardoso	F	As Tartarugas	01:59:54	01:59:44
173	366	Fábio Pinto	M		02:00:11	02:00:04
174	308	Rui Silva	M		02:00:11	02:00:04
175	101	Pedro Braga	M	BVSPC	02:01:59	02:01:31
176	303	Domingos Fernandes	M	Ponto 7	02:02:52	02:02:52

Lugar	Dorsal	Nome	Sexo	Equipa	Tempo	Chip
177	200	Fábio Pereira	M	S4L	02:03:43	02:03:25
178	153	Fernando Vasco Duarte da Conceição	M	MDN- Marinha	02:04:24	02:04:19
179	109	António Américo da Silva Costa	M	MDN- Marinha	02:04:24	02:04:19
180	217	Paulo Alexandre Leite	M	FEB	02:05:24	02:05:01
181	357	Jorge Martins Santos	M	Tribunal Gondomar	02:05:25	02:05:13
182	216	Nicolas Nunes da Silva	M	FEB	02:05:37	02:05:14
183	15	Márcia Silva	F		02:06:00	02:05:42
184	117	Francisco Sousa	M	INEM	02:06:00	02:05:42
185	228	Bruno Miguel Ventura Domingos	M	FEB	02:06:10	02:05:50
186	351	Joana Monteiro	F		02:06:22	02:06:12
187	344	Paulo Ruivo	M	EXÉRCITO	02:07:20	02:07:04
188	343	Ricardo Coelho	M	EXÉRCITO	02:07:20	02:07:05
189	141	Helder Roberto Alves Rodrigues	M	INEM	02:08:41	02:08:37
190	112	Marta Isabel José	F	MDN- Marinha	02:10:13	02:10:08
191	91	Sofia Ferreira	F	CVP	02:10:19	02:09:54
192	114	RICARDO PINTO	M		02:11:39	02:11:33
193	111	Pedro Manuel Campelo Rodrigues	M	MDN- Marinha	02:11:39	02:11:33
194	301	José Eduardo Fonseca de Sousa	M	Destacamento GNR Ovar	02:11:56	02:11:39
195	338	António	M	Ponto 7	02:12:16	02:12:16
196	50	João Paulo Andrade Carvalho	M	BVART	02:12:58	02:12:54
197	49	José Manuel Amorim Barreiro	M	BVART	02:12:58	02:12:55
198	239	Marlene Afonso	F	SPEM	02:14:15	02:14:08
199	18	Bruno Pinto	M		02:15:18	02:15:04
200	17	Filipe Mota	M		02:15:19	02:15:04
201	349	Paulino Freitas	M	Policia Municipal de Gaia	02:15:33	02:15:22
202	123	Lígia Lopes	F	Proteção Civil de Gaia	02:15:33	02:15:23
203	333	Marcia Alexandra Moreira de Almeida	F		02:15:41	02:15:28
204	46	Soraia Renata Oliveira Silva	F	BVART	02:16:48	02:16:43
205	94	Olga Maria Fonseca Carvalho	F	individual	02:16:53	02:16:31
206	69	RUI PEREIRA	M	OFRUNNING	02:17:01	02:16:56
207	195	MANUEL MOREIRA	M	OFRUNNING	02:17:02	02:16:55
208	39	João carlos Guedes Nunes	M	BVART	02:17:18	02:16:59
209	229	Claudio Manuel Lopes Filipe	M	FEB	02:17:25	02:17:04
210	34	Maria Alves	F	MSS CONTABILIDADE TRAIL TEAM	02:17:55	02:17:49
211	97	José Pinto	M	BVSPC	02:17:59	02:17:32
212	96	Gisélia Braga	F	BVSPC	02:17:59	02:17:30
213	38	Américo Leal	M	MSS CONTABILIDADE TRAIL TEAM	02:18:10	02:18:00
214	28	Raquel Marques	F	MSS CONTABILIDADE TRAIL TEAM	02:18:10	02:18:00
215	161	Marco Gomes	M	Policia Municipal de Gaia	02:18:14	02:17:57
216	236	ALCINO NÉLSON SOUSA MAGALHÃES	M	GNR Fânzeres	02:19:01	02:18:34
217	178	Paula Silva	F		02:19:37	02:19:27
218	23	Rute Pereira	F		02:21:22	02:21:11
219	162	Paula Poças	F	Policia Municipal de Gaia	02:23:14	02:22:59
220	160	Paulo Lopes	M	Policia Municipal de Gaia	02:23:16	02:23:02

Lugar	Dorsal	Nome	Sexo	Equipa	Tempo	Chip
221	361	Manuel Alcides Pêgo Leonardo	M		02:25:31	02:25:27
222	348	Sérgio Pereira	M	Gondomar Futsal Clube	02:26:14	02:26:06
223	317	JORGE FERNANDES	M	PSP Custóias	02:26:59	02:26:55
224	152	Susana Vieira	F		02:27:24	02:27:19
225	194	Paula Cardoso	F	Factor X / S4L / Medense FC	02:27:53	02:27:46
226	92	Francisca Fernandes	F	CVP	02:33:00	02:32:35
227	110	Armando Ribeiro Tomás	M	MDN- Marinha	02:33:00	02:32:54
228	113	Vírginia Ferreira	F		02:33:03	02:32:58
229	196	Ana Silva	F	S4L	02:33:19	02:33:06
230	188	Ana Castro	F	S4L	02:33:19	02:33:06
231	72	Marco Oliveira	M	S4L	02:33:19	02:33:01
232	119	Pedro Sousa	M	Proteção Civil de Gaia	02:34:07	02:33:54
233	124	Abílio Costa	M	Proteção Civil de Gaia	02:34:07	02:33:57
234	120	Gilda Cunha	F	Proteção Civil de Gaia	02:34:07	02:33:55
235	166	Tiago Lacerda	M		02:34:51	02:34:33
236	154	Ricardo Lacerda	M	Polícia Municipal de Gaia	02:34:51	02:34:34
237	396	Eduardo Ramalho	M	B.V. Ermesinde	02:35:54	02:35:40
238	399	Cristina M.P.M.Gomes	F	B.V. Ermesinde	02:35:54	02:35:41
239	359	José P.S. Paiva	M	B.V. Ermesinde	02:35:55	02:35:41
240	398	Cândida A.R. Magalhães	F	B.V. Ermesinde	02:35:55	02:35:42
241	21	António Silva	M		02:40:01	02:39:46
242	192	Rute Pereira	F	Polícia Municipal de Gaia	02:48:57	02:48:40
243	181	Inês Rodrigues	F	Polícia Municipal de Gaia	02:48:57	02:48:40
244	85	Lurdes sanguedo	F	Exerciseforyou	02:49:16	02:49:10
245	87	Sandra Ferreira	F	Exerciseforyou	02:49:22	02:49:16
246	88	Isabel Rocha	F	Exerciseforyou	02:49:22	02:49:16
247	198	Marisa Mota	F	Polícia Municipal de Gaia	02:50:19	02:50:04
248	165	José Pereira	M	Polícia Municipal de Gaia	02:50:20	02:50:03
249	118	Ângela Santos	F		03:05:54	03:05:43
250	224	José António Lemos Silva	M	FEB	03:05:57	03:05:35