

Classificação Geral
10,00 Km.

Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	2	Ricardo Ribas	S.C.Braga	M	1	31:17.00	03:08	
2	7	André Silva	Águias de Alvelos	M	2	31:31.00	03:09	0:00:14
3	1768	José Silva	Atlético da Póvoa de Varzim	M	3	31:35.00	03:10	0:00:18
4	2330	Davide Figueiredo	S. Salvador do Campo	M	4	31:52.00	03:11	0:00:35
5	1469	Nuno Fernandes	Escola Atletismo Rosa Oliveira	M	5	32:11.00	03:13	0:00:54
6	4	Oscar Mendes	Aguias de Alvelos	M	6	32:52.00	03:17	0:01:35
7	1458	Leandro Martins	Escola Atletismo Rosa Oliveira	M	7	33:08.00	03:19	0:01:51
8	2323	Ricardo Mendes	Club Zupper	M	8	33:17.00	03:20	0:02:00
9	2329	Manuel Anselmo Maia	Afacycles / Fisio / Caixiansel	M	9	33:36.00	03:22	0:02:19
10	1784	André Vieira	Liberdade FC	M	10	33:39.59	03:22	0:02:23
11	892	Marco André Pinheiro	Chefe-training	M	11	33:45.35	03:23	0:02:28
12	3114	Tiago Lisboa	MEDIUM	M	12	33:49.31	03:23	0:02:32
13	602	TIAGO FREITAS	FIGUEIREDOS RUNNERS & FRIENDS	M	13	33:55.95	03:24	0:02:39
14	1566	Fernando Maia	Atlético da Póvoa	M	14	34:04.87	03:24	0:02:48
15	1578	joao ferreira	Airorun	M	15	34:20.71	03:26	0:03:04
16	647	João Dias	Movimento de Juventude de Merelim	M	16	34:22.08	03:26	0:03:05
17	3168	Mariana Machado		F	1	34:24.63	03:26	0:03:08
18	655	Diogo Fernandes	SiM Summit	M	17	34:35.72	03:28	0:03:19
19	10	Vanessa Carvalho		F	2	34:35.92	03:28	0:03:19
20	1901	José Teixeira	ADECA	M	18	34:37.07	03:28	0:03:20
21	5	Hélder Costa	#Elcomandanteteam	M	19	34:41.59	03:28	0:03:25
22	650	Fábio Cruz	Movimento de Juventude de Merelim	M	20	34:51.21	03:29	0:03:34
23	1777	Hélder Monteiro		M	21	35:10.56	03:31	0:03:54
24	649	Miguel Vieira	Movimento de Juventude de Merelim	M	22	35:15.10	03:32	0:03:58
25	3131	Márcio Pinto	MEDIUM	M	23	35:18.32	03:32	0:04:01
26	1203	José Cabral	Grupo Desportivo São Salvador do Camp	M	24	35:19.16	03:32	0:04:02
27	2080	Marco Santos	Adosa- Santa Apolónia	M	25	35:23.22	03:32	0:04:06
28	406	Adelino fernandes	Edifício jardim pevidem	M	26	35:26.44	03:33	0:04:09
29	3	Jessica Pontes	S.C. Braga	F	3	35:28.21	03:33	0:04:11
30	1465	Helder Silva	Escola Atletismo Rosa Oliveira	M	27	35:28.43	03:33	0:04:11
31	1769	Jessica Matos	Sporting de clube Braga	F	4	35:40.39	03:34	0:04:23
32	2193	Francisco Fernandes	Águias de Alvelos	M	28	35:59.20	03:36	0:04:42
33	1460	Miguel Torres	Escola Atletismo Rosa Oliveira	M	29	36:02.23	03:36	0:04:45
34	1377	Augusto Antunes	ARPO	M	30	36:02.88	03:36	0:04:46
35	1229	Marco Pinto	Águias da Misericórdia	M	31	36:15.40	03:38	0:04:58
36	1729	Luís Lopes	LCOSTA&SILVA,LDA	M	32	36:23.74	03:38	0:05:07
37	341	João Henrique Da Cruz	CB RUN	M	33	36:26.97	03:39	0:05:10
38	752	Rui Silva	Irmadade Dias Alumínios	M	34	36:29.67	03:39	0:05:13
39	513	Vilson Abreu		M	35	36:36.40	03:40	0:05:19
40	2094	Tiago Rafael Duarte	Atletismo Clube da Tocha	M	36	36:39.30	03:40	0:05:22
41	122	Ricardo Campos	ARC Vale S. Cosme	M	37	36:39.33	03:40	0:05:22
42	2141	Nuno Oliveira	Team Sindeq	M	38	36:40.04	03:40	0:05:23
43	2056	Nuno Alves	Fama Runners	M	39	36:40.80	03:40	0:05:24
44	1554	Carlos Gomes	Sport Comércio e Salgueiros	M	40	36:55.61	03:42	0:05:39
45	3134	João Leal	MEDIUM	M	41	37:03.01	03:42	0:05:46
46	3128	Adelino Silva	MEDIUM	M	42	37:05.24	03:43	0:05:48
47	2271	Artur Costa	Tesco Team Running	M	43	37:07.83	03:43	0:05:51
48	3107	Eurico Moura	MEDIUM	M	44	37:08.30	03:43	0:05:51
49	644	José Ferreira	Rumo Aventura	M	45	37:11.24	03:43	0:05:54
50	2177	Roberto Machado	Atlético Clube de Vale S. Martinho	M	46	37:12.14	03:43	0:05:55
51	1464	Jose Araujo	Escola Atletismo Rosa Oliveira	M	47	37:14.95	03:43	0:05:58
52	1640	Claudio Araujo	Os Santa Apolonia	M	48	37:15.99	03:44	0:05:59
53	890	Paulo Gomes	Chefe-training	M	49	37:16.15	03:44	0:05:59
54	1438	Hélder Ribeiro	Airórun	M	50	37:16.53	03:44	0:06:00
55	1457	Joaquim Coelho	Escola Atletismo Rosa Oliveira	M	51	37:16.98	03:44	0:06:00

56	1452	Manuel Machado	Escola Atletismo Rosa Oliveira	M	52	37:19.57	03:44	0:06:03
57	9	João Paulo Alves	Vitória SC	M	53	37:25.24	03:45	0:06:08
58	653	Carmindo Soares	Movimento de Juventude de Merelim	M	54	37:30.26	03:45	0:06:13
59	1974	Pedro Silva	Fama Runners	M	55	37:32.47	03:45	0:06:15
60	1783	Armindo Araújo	Liberdade FC	M	56	37:35.32	03:46	0:06:18
61	2181	Pedro Ramos	Atlético Clube de Vale S. Martinho	M	57	37:37.33	03:46	0:06:20
62	2209	Pedro Silva Santos	Bikemania Famalicão	M	58	37:41.62	03:46	0:06:25
63	641	Carlos Guimaraes	ARC Vale S. Cosme	M	59	37:44.17	03:46	0:06:27
64	8	João Martins	#Elcomandante	M	60	37:44.26	03:46	0:06:27
65	2160	Miguel Figueiredo		M	61	37:46.31	03:47	0:06:29
66	2142	Vitor Coelho	Team Sindeq	M	62	37:46.35	03:47	0:06:29
67	1391	Pedro Rodrigues	Barbatana trail team	M	63	37:46.48	03:47	0:06:29
68	3115	Orlando Barbosa	MEDIUM	M	64	37:53.88	03:47	0:06:37
69	1503	António Azevedo	TOMATUBIKERS	M	65	37:54.40	03:47	0:06:37
70	3161	Andreia Cunha		F	5	37:55.53	03:48	0:06:39
71	1905	Bruno Pereira	ADECA	M	66	38:10.09	03:49	0:06:53
72	1904	José Araújo	ADECA	M	67	38:18.18	03:50	0:07:01
73	116	Mário Martins		M	68	38:24.94	03:50	0:07:08
74	13	GUALTER FREITAS		M	69	38:26.83	03:51	0:07:10
75	1210	Amaro Barbosa	ARC Vale S. Cosme	M	70	38:27.84	03:51	0:07:11
76	575	Marco Rocha	Individual	M	71	38:29.20	03:51	0:07:12
77	1898	Francisco Morais	ADECA	M	72	38:30.55	03:51	0:07:14
78	2092	José Dias Ribeiro	A D Esmeriz Running	M	73	38:31.03	03:51	0:07:14
79	1130	Paulo Moreira	Gavioes	M	74	38:34.42	03:51	0:07:17
80	1657	Ricardo Silva	Atletismo Clube da Tocha	M	75	38:36.69	03:52	0:07:20
81	3116	Márcio Carvalho	MEDIUM	M	76	38:42.23	03:52	0:07:25
82	396	Humberto Carlos Ferreira Rei	Team Lantemil	M	77	38:44.00	03:52	0:07:27
83	1687	Manuel Gaspar		M	78	38:45.43	03:53	0:07:28
84	1870	Hélder Silva	Os Rompe Solas	M	79	38:51.38	03:53	0:07:34
85	459	Helder Antunes		M	80	38:54.51	03:53	0:07:38
86	2308	Paulo Fernandes	Tribraga	M	81	38:56.98	03:54	0:07:40
87	1124	José Barquero	Gavioes	M	82	38:57.02	03:54	0:07:40
88	2295	António Gomes	Fernanda Maciel - Material Ortopédico e	M	83	39:03.48	03:54	0:07:46
89	883	Antonio Gonçalves	DRAGON CLUB	M	84	39:03.61	03:54	0:07:47
90	3110	Flávio Oliveira	MEDIUM	M	85	39:05.19	03:55	0:07:48
91	1451	Mario Sampaio	Escola Atletismo Rosa Oliveira	M	86	39:08.70	03:55	0:07:52
92	2352	Pedro Barbosa	Individual	M	87	39:08.95	03:55	0:07:52
93	2095	Pedro Pinheiro	Varzim Sport Club	M	88	39:10.54	03:55	0:07:54
94	563	Fernando Manuel Pinto Dinis	Porminho	M	89	39:12.08	03:55	0:07:55
95	124	Rui Carneiro	Grupo de Bombos "OS CORDOVENSES	M	90	39:13.37	03:55	0:07:56
96	559	delfim maria lima monteiro	Porminho	M	91	39:15.10	03:56	0:07:58
97	212	Esmeralda Pinto	Travassós Running Fafe	F	6	39:15.37	03:56	0:07:58
98	2370	Emanuel Matos	Minho Aventura	M	92	39:18.02	03:56	0:08:01
99	1519	Luís Melo	ADOSA - Os Santa Apolónia	M	93	39:18.35	03:56	0:08:01
100	325	Sandro Silva	Juventude Atlântico Clube	M	94	39:20.67	03:56	0:08:04
101	1277	Amadeu Soares	Casa da Costura /Fisicorpus	M	95	39:21.49	03:56	0:08:04
102	392	José Fernandes	Futebol clube Famalicão de Geneve	M	96	39:23.25	03:56	0:08:06
103	2345	Gil Freitas	Gavioes	M	97	39:23.43	03:56	0:08:06
104	2097	Moisés Ferreira	INDEVISO.COM	M	98	39:27.57	03:57	0:08:11
105	3042	Ruben André Cardoso	Medium	M	99	39:29.12	03:57	0:08:12
106	920	Joaquim Pinheiro		M	100	39:29.71	03:57	0:08:13
107	468	NUNO Martins	MAGIC FRIENDS RUNNERS	M	101	39:31.79	03:57	0:08:15
108	1555	cesar martins	escola atletismo trofa	M	102	39:32.60	03:57	0:08:16
109	1785	Ricardo Vieira	Liberdade FC	M	103	39:39.56	03:58	0:08:23
110	693	Ricardo Costa	La Galigne Sedentaire	M	104	39:44.17	03:58	0:08:27
111	862	Nuno Meneses	VamosEquipe	M	105	39:45.61	03:59	0:08:29
112	1690	Bruno Rodrigues		M	106	39:45.92	03:59	0:08:29
113	1302	Hélder Ribeiro	Mouquim Afa cycles Eugénios Bargato C	M	107	39:49.21	03:59	0:08:32
114	518	José REIS	CAVALINHO	M	108	39:53.16	03:59	0:08:36

115	528	Jorge Araujo	Oxygen Triathlon	M	109	39:55.13	04:00	0:08:38
116	765	HÉLDER COSTA	ARPO	M	110	40:00.41	04:00	0:08:43
117	399	Filipe Rodrigues	ADOSA	M	111	40:01.30	04:00	0:08:44
118	682	José Sá	Vila Nova De Famalicão	M	112	40:03.61	04:00	0:08:47
119	1693	Renato Araújo	ARC Vale S. Cosme	M	113	40:04.29	04:00	0:08:47
120	1122	Daniel Rocha	Gavioes	M	114	40:05.44	04:01	0:08:48
121	1181	Pedro Correia	FisioMov	M	115	40:06.82	04:01	0:08:50
122	2178	Helder Faria	Atlético Clube de Vale S. Martinho	M	116	40:07.43	04:01	0:08:50
123	1799	Rúben Sousa		M	117	40:08.61	04:01	0:08:52
124	1902	Manuel Ribeiro	ADECA	M	118	40:09.09	04:01	0:08:52
125	786	Telmo Silva	ADA	M	119	40:09.64	04:01	0:08:53
126	2046	Manuel Gomes	Fama Runners	M	120	40:13.72	04:01	0:08:57
127	872	Nelson Carvalho	BTTEIROS/ZOOMOUT/COMEREBEBI	M	121	40:16.34	04:02	0:08:59
128	1973	Licínio Macário		M	122	40:16.64	04:02	0:09:00
129	902	Miguel Abreu		M	123	40:18.06	04:02	0:09:01
130	915	Sérgio Monteiro	Team Corpos 3	M	124	40:20.67	04:02	0:09:04
131	882	Libório Silva	Eu e os meus primos	M	125	40:20.88	04:02	0:09:04
132	1129	Manuel Silva	Gavioes	M	126	40:23.52	04:02	0:09:07
133	1570	RICARDO Azevedo	ARPO-ASSOCIAÇÃO RECREATIVA P	M	127	40:25.97	04:03	0:09:09
134	1126	Justino Pereira	Gavioes	M	128	40:28.89	04:03	0:09:12
135	2076	Fernando Monteiro		M	129	40:30.63	04:03	0:09:14
136	1488	Pedro Maciel	Dragon Club	M	130	40:33.02	04:03	0:09:16
137	1579	jose pereira	Airorun	M	131	40:33.92	04:03	0:09:17
138	1201	Luís Cardoso		M	132	40:35.28	04:04	0:09:18
139	391	Armindo Faria	Futebol clube Famalicão de Geneve	M	133	40:35.51	04:04	0:09:19
140	1246	Tonia Neto	Aves Runners	M	134	40:35.59	04:04	0:09:19
141	1691	Abilio Faria	ADECA	M	135	40:37.24	04:04	0:09:20
142	1416	Nuno Goncalves	Barcelos	M	136	40:38.56	04:04	0:09:22
143	3071	Jacinto Fonseca	Medium	M	137	40:42.29	04:04	0:09:25
144	2325	Jose Costa	Lousada runners	M	138	40:42.49	04:04	0:09:25
145	573	Paulo Pereira	Dragon Club	M	139	40:42.61	04:04	0:09:26
146	818	Miguel Oliveira		M	140	40:44.09	04:04	0:09:27
147	418	Rui Araújo Araújo	adcarril	M	141	40:47.27	04:05	0:09:30
148	532	Jose Manuel Pinto Rodrigues	Individual	M	142	40:49.59	04:05	0:09:33
149	1576	Augusto Oliveira Lopes Lopes		M	143	40:50.56	04:05	0:09:34
150	2335	José Janela	Team Famalicão	M	144	40:51.03	04:05	0:09:34
151	1631	MIGUEL FREITAS	AFIMDEBTT	M	145	40:52.11	04:05	0:09:35
152	367	Hélder Miguel Santos		M	146	40:52.80	04:05	0:09:36
153	632	José Alves	Kilosmoda	M	147	40:53.06	04:05	0:09:36
154	1508	Vasco Costa	Vila Nova de Famalicão	M	148	40:54.14	04:05	0:09:37
155	312	David Sousa	Type	M	149	40:55.85	04:06	0:09:39
156	1339	David Pinto	Little Chicken's Team	M	150	40:56.76	04:06	0:09:40
157	2221	Rui Lopes		M	151	40:57.47	04:06	0:09:40
158	488	Paulo Pinheiro	RS	M	152	40:57.52	04:06	0:09:41
159	1637	Joao Manuel Araújo	Afa Cycles	M	153	40:57.56	04:06	0:09:41
160	580	Adao Mendes		M	154	41:00.76	04:06	0:09:44
161	511	Martim Almeida	Almeida Family	M	155	41:00.80	04:06	0:09:44
162	1949	Rui Machado	brufebtt	M	156	41:00.99	04:06	0:09:44
163	1305	Ricardo Ferreira		M	157	41:02.56	04:06	0:09:46
164	1467	Bruno Sampaio	Escola Atletismo Rosa Oliveira	M	158	41:04.50	04:06	0:09:48
165	1471	Rosa Oliveira	Escola Atletismo Rosa Oliveira	F	7	41:04.71	04:06	0:09:48
166	578	António vieira		M	159	41:05.34	04:07	0:09:48
167	1627	Vitor Costa		M	160	41:06.26	04:07	0:09:49
168	276	Sérgio Araújo	Amigos do Pedal	M	161	41:07.26	04:07	0:09:50
169	498	MIGUEL SILVA	XAVIERS	M	162	41:15.69	04:08	0:09:59
170	2179	Rui Araújo	Atlético Clube de Vale S. Martinho	M	163	41:17.65	04:08	0:10:01
171	1699	Duarte Sa		M	164	41:18.21	04:08	0:10:01
172	3045	Francisco Nuno Pereira	Medium	M	165	41:23.38	04:08	0:10:06
173	742	Alexandra Oliveira Oliveira	B.T.M.	F	8	41:23.74	04:08	0:10:07

174	2223	Carlos Manuel Reis	Vidaativarunners	M	166	41:24.04	04:08	0:10:07
175	1250	Afonso Torres	Aves Runners	M	167	41:25.45	04:09	0:10:08
176	1719	Carlos Sousa	MOUTADOS TEAM	M	168	41:26.21	04:09	0:10:09
177	1445	Edgar Costa	Bikemanía Famalicão	M	169	41:28.10	04:09	0:10:11
178	822	Nuno Miguel Pinto Carvalho	ATIB FinaBraga Running	M	170	41:30.75	04:09	0:10:14
179	1714	Tiago Cunha	MOUTADOS TEAM	M	171	41:30.82	04:09	0:10:14
180	3121	Manuel Costa	MEDIUM	M	172	41:31.26	04:09	0:10:14
181	630	Pedro Silva	Kilosmoda	M	173	41:31.59	04:09	0:10:15
182	1585	Paulo Carvalho	Fitness Up	M	174	41:32.68	04:09	0:10:16
183	3001	Francisco Tinoco	Medium	M	175	41:33.24	04:09	0:10:16
184	1493	Nuno Moreira	TEAM TT	M	176	41:35.33	04:10	0:10:18
185	6	Delfim Oliveira	#elcomandanteteam	M	177	41:36.59	04:10	0:10:20
186	1718	Hélio Machado	MOUTADOS TEAM	M	178	41:36.88	04:10	0:10:20
187	199	Rui Alexandre Silva		M	179	41:40.18	04:10	0:10:23
188	1099	Paulo Oliveira	Edibraga	M	180	41:40.24	04:10	0:10:23
189	3094	António Machado	Medium	M	181	41:41.22	04:10	0:10:24
190	3091	Xavier Oliveira	Medium	M	182	41:41.63	04:10	0:10:25
191	1245	Marco Paulo Ferreira Machado		M	183	41:45.85	04:11	0:10:29
192	1863	Nuno Azevedo	Liberdade F.C.	M	184	41:47.65	04:11	0:10:31
193	3132	Vitor Ferreira	MEDIUM	M	185	41:48.10	04:11	0:10:31
194	2154	Miguel Amorim	Socialites	M	186	41:50.10	04:11	0:10:33
195	205	Rui Lima	LiMarty Photography	M	187	41:50.78	04:11	0:10:34
196	473	Pedro Ferreira		M	188	41:54.00	04:11	0:10:37
197	2322	Ricardo Silva	Edv Viana trail	M	189	41:54.21	04:11	0:10:37
198	2320	Eduardo Xavier Ferreira	Magic friends runners	M	190	41:54.59	04:11	0:10:38
199	1639	Diogo de Lima Miranda	Les Gros	M	191	41:59.61	04:12	0:10:43
200	688	Bruno Freitas	NAST	M	192	42:03.99	04:12	0:10:47
201	1660	VIRIATO MENDES	C D S SALVADOR DO CAMPO	M	193	42:05.59	04:13	0:10:49
202	1749	António Pereira	Sociedade Recreio Capanense	M	194	42:06.39	04:13	0:10:49
203	2131	Paulo Leça	Figueiredo's Runners and Friends	M	195	42:08.88	04:13	0:10:52
204	537	FRANCISCO BRANCO	INDIVIDUAL	M	196	42:10.03	04:13	0:10:53
205	351	Vitor Gonçalves		M	197	42:10.32	04:13	0:10:53
206	1117	Paulo Freitas	Aves Runners	M	198	42:11.09	04:13	0:10:54
207	2125	Miguel Rodrigues	irmandade dias alumínios	M	199	42:11.57	04:13	0:10:55
208	1011	Francisco Cunha	Sociedade Recreio Capanense	M	200	42:11.69	04:13	0:10:55
209	1444	Domingos Araújo	Rumo à Aventura	M	201	42:12.31	04:13	0:10:55
210	1449	Joao Silva	Escola Atletismo Rosa Oliveira	M	202	42:13.42	04:13	0:10:56
211	1466	Nelson Oliveira	Escola Atletismo Rosa Oliveira	M	203	42:13.52	04:13	0:10:57
212	246	Paulo Jorge Loureiro Loureirc	Fama Runners	M	204	42:15.46	04:14	0:10:58
213	2059	Nuno Gonçalves	Fama Runners	M	205	42:20.08	04:14	0:11:03
214	1100	Amandio Costa	Edibraga	M	206	42:20.45	04:14	0:11:03
215	487	Guilherme Pinheiro	BICIATUS	M	207	42:21.69	04:14	0:11:05
216	419	Hélder Barbosa	Trilhos d'aventura	M	208	42:24.25	04:14	0:11:07
217	2201	Ezequiel Fernandes	Águias de alvelos	M	209	42:24.78	04:14	0:11:08
218	2107	Rui Peres	babylon health	M	210	42:24.94	04:14	0:11:08
219	3164	Marcelo Ferreira		M	211	42:27.01	04:15	0:11:10
220	3012	António Manuel Barbosa Oliv	São Roque	M	212	42:28.46	04:15	0:11:11
221	296	Manuela Freitas	Os Isabelinhas	F	9	42:29.03	04:15	0:11:12
222	2270	Eduardo Camilo		M	213	42:29.39	04:15	0:11:12
223	1731	Joaquim Oliveira	Airão trail team	M	214	42:30.00	04:15	0:11:13
224	123	Sérgio Silva		M	215	42:32.88	04:15	0:11:16
225	344	José Costa	ARPO	M	216	42:33.98	04:15	0:11:17
226	1334	Luís Pereira	AD PEDOME	M	217	42:35.26	04:16	0:11:18
227	1698	Nuno Araújo	Team Lantemil	M	218	42:37.66	04:16	0:11:21
228	845	Pedro Rodrigues	Aminhacorrida/Myprotain	M	219	42:37.68	04:16	0:11:21
229	1441	MIGUEL DOMINGUES MA	FAMALICAO EM FORMA	M	220	42:37.83	04:16	0:11:21
230	1183	César Guimarães		M	221	42:38.06	04:16	0:11:21
231	1123	Domingos Pereira	Gavioes	M	222	42:38.92	04:16	0:11:22
232	1025	José Sousa	ASSOCIAÇÃO DE ATLETISMO LEBR	M	223	42:40.65	04:16	0:11:24

233	494	RAUL RIBEIRO		M	224	42:41.69	04:16	0:11:25
234	2093	Rui Costa	Luthier Rui Costa	M	225	42:42.06	04:16	0:11:25
235	1932	Antonio Borges	Porto Sentido runners	M	226	42:42.47	04:16	0:11:25
236	1577	Luis Mota	Airorun	M	227	42:43.14	04:16	0:11:26
237	1214	Miguel Costa		M	228	42:43.30	04:16	0:11:26
238	1694	Rui Araújo	ARC Vale S. Cosme	M	229	42:43.57	04:16	0:11:27
239	2048	Mauro Fernandes	Fama Runners	M	230	42:43.71	04:16	0:11:27
240	685	Nuno Fernandes		M	231	42:43.79	04:16	0:11:27
241	981	Sérgio Matos	vila nova famalicao	M	232	42:44.40	04:16	0:11:27
242	2343	Ricardo Seara	ARC Vale S. Cosme	M	233	42:45.23	04:17	0:11:28
243	2281	Carlos Alves	Pés de Chumbo Runners	M	234	42:45.59	04:17	0:11:29
244	1341	Rafael Costa	Amantes do Tacho	M	235	42:46.05	04:17	0:11:29
245	1360	José Barbosa		M	236	42:48.51	04:17	0:11:32
246	3109	Pedro Duarte	MEDIUM	M	237	42:49.23	04:17	0:11:32
247	2291	Tiago Costa		M	238	42:54.23	04:17	0:11:37
248	271	André Ferreira	Pata Leve	M	239	43:00.21	04:18	0:11:43
249	1238	Pedro Cerqueira	Airórun	M	240	43:00.23	04:18	0:11:43
250	133	Artur Couto	Joane Corre Corre	M	241	43:00.79	04:18	0:11:44
251	2319	Nuno Mesquita	ARC Vale S. Cosme	M	242	43:01.07	04:18	0:11:44
252	629	Helder Ferreira	Kilosmoda	M	243	43:01.82	04:18	0:11:45
253	880	Andre Fernandes	Eu e os meus primos	M	244	43:02.26	04:18	0:11:45
254	374	Vitor Silva	bodyline team	M	245	43:04.95	04:18	0:11:48
255	1776	Adriana Dias	ORALKLASS-AMIGOS DO TRAIL	F	10	43:06.82	04:19	0:11:50
256	2288	Tiago Rodrigues	VILLA CESARI / FLAMA	M	246	43:07.72	04:19	0:11:51
257	1234	Miguel Araújo	Liberdade FC	M	247	43:07.76	04:19	0:11:51
258	1091	Domingos Sousa	Tainadas Family Run	M	248	43:09.21	04:19	0:11:52
259	3096	Narciso Oliveira	Medium	M	249	43:09.24	04:19	0:11:52
260	1	Paulo Cunha	Gavioes	M	250	43:09.31	04:19	0:11:52
261	2372	Armando Ramos	AMIGOS DO PEDAL	M	251	43:09.63	04:19	0:11:53
262	1802	Mariana Machado	Os Santa Apolónia	F	11	43:09.78	04:19	0:11:53
263	1323	Ana Azevedo	Os Santa Apolónia	F	12	43:10.09	04:19	0:11:53
264	1118	António Ferreira	Gavioes	M	252	43:10.46	04:19	0:11:53
265	2286	Abel Almeida	VILLA CESARI / FLAMA	M	253	43:12.98	04:19	0:11:56
266	535	Pedro Oliveira	Team Lanthemil	M	254	43:14.79	04:19	0:11:58
267	1375	Alexandre Pereira		M	255	43:16.93	04:20	0:12:00
268	917	Jose Lima		M	256	43:17.92	04:20	0:12:01
269	1894	Adalberto Machado	ANDAMACAÇAR	M	257	43:18.58	04:20	0:12:02
270	821	Nuno Ramos	Bota&Siga	M	258	43:18.82	04:20	0:12:02
271	1896	Jorge Antunes	ANDAMACAÇAR	M	259	43:19.07	04:20	0:12:02
272	2304	Carlos Rodrigo		M	260	43:21.79	04:20	0:12:05
273	628	Artur Araújo	Kilosmoda	M	261	43:22.84	04:20	0:12:06
274	111	Carlos Osório	Futebol Clube Famalicão de geneve	M	262	43:23.06	04:20	0:12:06
275	2089	Antenor Costa	MOUTADOS TEAM	M	263	43:23.20	04:20	0:12:06
276	2075	Paulo Rodrigues		M	264	43:24.49	04:20	0:12:07
277	2292	Manuel Costa	Team lanthemil	M	265	43:27.96	04:21	0:12:11
278	1026	Joaquim Castro	Aves Runners	M	267	43:31.16	04:21	0:12:14
279	2273	Gabriel Martins		M	266	43:31.16	04:21	0:12:14
280	510	Victor Almeida	Almeida Family	M	268	43:31.75	04:21	0:12:15
281	179	Gonçalo Martins	Barbatana Trail Team	M	269	43:31.76	04:21	0:12:15
282	1388	José Sá	Sociedade Recreio Capanense	M	270	43:33.44	04:21	0:12:16
283	1875	António Costa	Os Rompe Solas	M	271	43:33.45	04:21	0:12:16
284	103	Pedro Voga	SUNDAY BTT - CASA VOGA - LIFEF	M	272	43:34.89	04:21	0:12:18
285	2250	Dominique Lima	Fama Runners	M	273	43:37.33	04:22	0:12:20
286	732	Vitor Varela	Oliveirinhas	M	274	43:38.04	04:22	0:12:21
287	2074	RICARDO MANUEL FERNANDES	COMPANHIA BOMBEIROS SAPADO	M	275	43:39.43	04:22	0:12:22
288	1628	HUMBERTO SILVA	AFIMDEBTT	M	276	43:39.66	04:22	0:12:23
289	1630	LUIS OLIVEIRA	AFIMDEBTT	M	277	43:39.99	04:22	0:12:23
290	426	João Mendes	Joane Corre Corre	M	278	43:40.24	04:22	0:12:23
291	848	Nuno Rodrigues		M	279	43:44.61	04:22	0:12:28

292	1976	Simão Carneiro	Fama Runners	M	280	43:44.89	04:22	0:12:28
293	1206	Carlos Costa	AbreVales	M	281	43:45.91	04:23	0:12:29
294	1988	Helder Martins	Fama Runners	M	282	43:46.01	04:23	0:12:29
295	136	EDER OLIVEIRA	BRUMA	M	283	43:47.12	04:23	0:12:30
296	2073	Paulo Acurcio	Ferreirense	M	284	43:47.13	04:23	0:12:30
297	366	Abílio Faria		M	285	43:47.92	04:23	0:12:31
298	1679	José Saldanha	Jerónimo	M	286	43:47.98	04:23	0:12:31
299	480	HELDER BARBOSA	BRUMA	M	287	43:51.32	04:23	0:12:34
300	178	Rui Martins	Barbatana Trail Team	M	288	43:52.38	04:23	0:12:35
301	635	Helder Correia	Kilosmoda	M	289	43:52.47	04:23	0:12:35
302	377	Rogério Torres	Team Lantemil	M	290	43:52.78	04:23	0:12:36
303	1352	Hélder Lopes	Rio Running	M	291	43:53.12	04:23	0:12:36
304	1712	José Dinis	MOUTADOS TEAM	M	292	43:54.89	04:23	0:12:38
305	1616	Vitor Fonseca		M	293	43:55.09	04:24	0:12:38
306	1907	Carlos Ferreira		M	294	43:55.69	04:24	0:12:39
307	398	Pedro Araújo	Amigos do empeno trail running	M	295	43:55.82	04:24	0:12:39
308	128	Manuel São João	Santiagotur	M	296	43:56.51	04:24	0:12:40
309	896	Pedro Oliveira		M	297	43:58.08	04:24	0:12:41
310	1812	Pedro Cunha	Os felinos	M	298	43:59.95	04:24	0:12:43
311	737	Jorge Coelho	Kilosmoda	M	299	44:00.27	04:24	0:12:43
312	1517	Nuno Dias	ARC Vale S. Cosme	M	300	44:01.72	04:24	0:12:45
313	247	jose manuel ferreira		M	301	44:01.97	04:24	0:12:45
314	1137	Carlos Pontes	Gavioes	M	302	44:02.88	04:24	0:12:46
315	1937	Joaquim Mendes	AD PEDOME	M	303	44:03.24	04:24	0:12:46
316	842	Duarte Veiga	EugeniosHC	M	304	44:04.72	04:24	0:12:48
317	515	Fernando Matos		M	305	44:04.99	04:24	0:12:48
318	1063	Antonio Guimarães	XPTO	M	306	44:07.93	04:25	0:12:51
319	1544	Joaquim Manuel Vieira	Os cachos	M	307	44:08.56	04:25	0:12:52
320	1710	Emanuel Freitas	Team Lantemil	M	308	44:09.42	04:25	0:12:52
321	1255	Álvaro Pereira	Aves Runners	M	309	44:10.07	04:25	0:12:53
322	1462	Rui Martins	Escola Atletismo Rosa Oliveira	M	310	44:10.79	04:25	0:12:54
323	1942	RUI Azevedo		M	311	44:12.91	04:25	0:12:56
324	1920	Eduardo Ferreira	Atletismo clube da tocha	M	312	44:13.70	04:25	0:12:57
325	2138	Paulo Araújo	Os Isabelinhas	M	313	44:14.04	04:25	0:12:57
326	2071	Carlos Carvalho		M	314	44:15.51	04:26	0:12:59
327	3031	Miguel Carvalho	Medium	M	315	44:15.90	04:26	0:12:59
328	1135	Vasco Ricardo	Gavioes	M	316	44:16.80	04:26	0:13:00
329	1179	Ricardo Craveiro	bodyline team	M	317	44:17.48	04:26	0:13:00
330	1659	Diogo Ferreira	Fisicorpos/casa da costura	M	318	44:17.50	04:26	0:13:00
331	1059	JOSÉ BORGES	Amigos Ponto Final	M	319	44:18.46	04:26	0:13:01
332	916	Henrique Matos	Halp	M	320	44:23.26	04:26	0:13:06
333	1728	José Moreira		M	321	44:23.68	04:26	0:13:07
334	613	Manuel Silva	Amigos Ponto Final	M	322	44:25.58	04:27	0:13:09
335	1892	Vitor Mansilhas	FISIO.	M	323	44:26.51	04:27	0:13:10
336	176	Rui Russo Dos Santos	Porto Runners	M	324	44:27.40	04:27	0:13:10
337	1913	Diogo Filipe Pereira Da Costa	Fisio.	M	325	44:27.74	04:27	0:13:11
338	1891	sandra Araújo	FISIO.	F	13	44:28.43	04:27	0:13:11
339	297	Filipe Martins	Os Isabelinhas	M	326	44:29.48	04:27	0:13:12
340	576	joao Antunes	os amigos da corrida	M	327	44:30.93	04:27	0:13:14
341	2373	Rui Ramos	Goma	M	328	44:34.98	04:27	0:13:18
342	1526	Carla Oliveira	Adosa - Os Santa Apolónia	F	14	44:35.42	04:28	0:13:18
343	1170	José Maria Fernandes	Aves Runners	M	329	44:35.70	04:28	0:13:19
344	1450	Americo Oliveira	Escola Atletismo Rosa Oliveira	M	330	44:35.85	04:28	0:13:19
345	213	Orlando Pinto	Travassós Running Fafe	M	331	44:37.67	04:28	0:13:21
346	1750	Ricardo Costa	Sociedade Recreio Capanense	M	332	44:37.80	04:28	0:13:21
347	189	Cláudio Teixeira	Clube Atletismo de Fafe	M	333	44:38.25	04:28	0:13:21
348	604	Bruno Freitas	INDIVIDUAL	M	334	44:40.01	04:28	0:13:23
349	1401	Joaquim Oliveira		M	335	44:40.53	04:28	0:13:24
350	3174	.		M	336	44:42.16	04:28	0:13:25

351	1675	Tania Covas Costa	. COM-Clube Ori Minho	F	15	44:43.06	04:28	0:13:26
352	1740	Ana sofia Cruz costa		F	16	44:43.61	04:28	0:13:27
353	681	Carlos Silva	Mouquim/Afacycles/Eugénios/Bargauto/C	M	337	44:43.79	04:28	0:13:27
354	1402	Silvia Pereira		F	17	44:43.87	04:28	0:13:27
355	1739	Emanuel david Azevedo calça		M	338	44:43.97	04:28	0:13:27
356	319	Carlos Borges	ACD S. João da Serra	M	339	44:45.50	04:29	0:13:29
357	536	IVO LOPES	INDIVIDUAL	M	340	44:48.02	04:29	0:13:31
358	1711	Jesus Campos	MOUTADOS TEAM	M	341	44:49.83	04:29	0:13:33
359	1103	Rui Oliveira	Gaia Trail	M	342	44:50.16	04:29	0:13:33
360	1333	Serafim Ramos	Lion Runners-G.D. Leões da Guarda	M	343	44:53.73	04:29	0:13:37
361	1350	Carlos Gomes		M	344	44:53.78	04:29	0:13:37
362	1260	Gonçalo Figueiredo	Aves Runners	M	345	44:55.40	04:30	0:13:38
363	906	Vitor Osório	Futebol clube Famalicão de Geneve	M	346	44:56.23	04:30	0:13:39
364	1492	Ivo Sampaio	TEAM TT	M	347	44:57.38	04:30	0:13:40
365	1413	João José Azevedo	Tomatubikers/Toyota Macedo & Macedo	M	348	44:58.26	04:30	0:13:41
366	643	André Oliveira	Pó na Lama	M	349	45:00.99	04:30	0:13:44
367	333	Paula sslgado Ssgado	Elcomandante	F	18	45:01.88	04:30	0:13:45
368	2314	Amaro Silva	BLASQUEM	M	350	45:02.85	04:30	0:13:46
369	652	Pedro Coutinho	Movimento de Juventude de Merelim	M	351	45:03.41	04:30	0:13:46
370	743	José Cavalcante	GUIMARUNNING	M	352	45:03.85	04:30	0:13:47
371	808	Angelo Miguel Costa	Team Corpos 3	M	353	45:04.66	04:30	0:13:48
372	1405	Angelo Vidal	Valongo	M	354	45:08.98	04:31	0:13:52
373	263	Fernando Araújo		M	355	45:09.57	04:31	0:13:53
374	1136	Fernando Roldão	Gavioes	M	356	45:10.40	04:31	0:13:53
375	579	Adelino Silva	os amigos da corrida	M	357	45:10.55	04:31	0:13:54
376	198	Cláudio Monteiro	Douroconta - Gabinete de Apoio e Contal	M	358	45:10.88	04:31	0:13:54
377	2302	José Dario		M	359	45:11.76	04:31	0:13:55
378	2287	Miguel Moreira	VILLA CESARI / FLAMA	M	360	45:12.38	04:31	0:13:55
379	780	Nuno Araújo		M	361	45:12.77	04:31	0:13:56
380	856	Manuel Couto Couto		M	362	45:13.03	04:31	0:13:56
381	204	Rui Telmo	Bota&sigla	M	363	45:13.92	04:31	0:13:57
382	1392	Paulo Gomes	Oliveira São Mateus	M	364	45:14.13	04:31	0:13:57
383	1395	Jose Costa	Viagens sofsar	M	365	45:14.26	04:31	0:13:57
384	1725	Rosalia Silva	TEAM Lanthemil	F	19	45:14.42	04:31	0:13:57
385	1516	Alvaro Nunes		M	366	45:15.00	04:31	0:13:58
386	1231	Rui Teixeira	TEAM LANTEMIL	M	367	45:15.07	04:32	0:13:58
387	889	Filipe Miguel Silva Antunes		M	368	45:15.74	04:32	0:13:59
388	903	Sandra Mesquita	Adosa Os Santa Apolónia	F	20	45:16.77	04:32	0:14:00
389	1335	ANTONIO OLIVEIRA		M	369	45:16.97	04:32	0:14:00
390	1591	Ricardo Jorge Oliveira	Trilhos D'Aventura	M	370	45:17.25	04:32	0:14:00
391	1004	Rui Silva	Dragon club	M	371	45:17.63	04:32	0:14:01
392	478	Bruno Gonçalves		M	372	45:18.41	04:32	0:14:01
393	1572	Nelson Dias	DiaseDias Correr	M	373	45:21.31	04:32	0:14:04
394	1003	Joao Dias	dias&dias a correr	M	374	45:21.80	04:32	0:14:05
395	427	Luís Pereira	Team Lanthemil	M	375	45:22.55	04:32	0:14:06
396	1097	Hélio Guimaraães	Edibraga	M	376	45:25.10	04:33	0:14:08
397	1098	Sergio Gonçalves	Edibraga	M	377	45:25.57	04:33	0:14:09
398	322	Miguel Machado	Amigos do empeno - trail running	M	378	45:25.60	04:33	0:14:09
399	858	Jorge Silva	AD Pedome	M	379	45:25.94	04:33	0:14:09
400	1746	Vasco Soares		M	380	45:25.95	04:33	0:14:09
401	2143	Pedro Santos	Clube Tiago Machado	M	381	45:27.65	04:33	0:14:11
402	3090	Berto Machado	Medium	M	382	45:31.37	04:33	0:14:14
403	3079	Ricardo Lima	Câmara	M	383	45:31.90	04:33	0:14:15
404	1534	Pedro Martins	Solo	M	384	45:32.02	04:33	0:14:15
405	1716	Filipe Costa	MOUTADOS TEAM	M	385	45:32.64	04:33	0:14:16
406	966	vitor rompante	clube do rio	M	386	45:33.11	04:33	0:14:16
407	495	FERNANDO MACHADO	BRAGA RUNNERS	M	387	45:34.40	04:33	0:14:17
408	2028	Hugo Machado	Famalicão em Forma	M	388	45:34.54	04:33	0:14:18
409	1641	Vitor Santos	Os Santa Apolonia	M	389	45:34.85	04:33	0:14:18

410	1665	Nuno Batista	Amigos dos copos	M	390	45:37.64	04:34	0:14:21
411	1456	Anabela Silva	Escola Atletismo Rosa Oliveira	F	21	45:38.06	04:34	0:14:21
412	1033	Daniel Tavares	Telhabel	M	391	45:38.16	04:34	0:14:21
413	581	Ernesto Sousa	os amigos da corrida	M	392	45:39.68	04:34	0:14:23
414	577	Adao lopes	os amigos da corrida	M	393	45:39.79	04:34	0:14:23
415	987	Carlos Araújo	PROFLOR	M	394	45:40.43	04:34	0:14:23
416	1581	FRANCISCO PEREIRA	aIROPUN	M	395	45:42.08	04:34	0:14:25
417	1999	Alexandre Rodrigues	Fama Runners	M	396	45:42.49	04:34	0:14:25
418	588	Rui Coelho	werun4food	M	397	45:43.32	04:34	0:14:26
419	605	VITOR COSTA	A.C. VERMOIM	M	398	45:43.71	04:34	0:14:27
420	1938	Rui Fernandes	AD PEDOME	M	399	45:43.86	04:34	0:14:27
421	2072	Vitor Silva		M	400	45:47.21	04:35	0:14:30
422	671	Fernando Ferreira		M	401	45:49.54	04:35	0:14:33
423	661	Rui Leite	TudoACorrerBem	M	402	45:49.63	04:35	0:14:33
424	840	Fernando Soares	TudoACorrerBem	M	403	45:49.81	04:35	0:14:33
425	2091	Marco Carvalho	Promedwork	M	404	45:52.78	04:35	0:14:36
426	306	Miguel Santos	ACD São João da Serra	M	405	45:53.29	04:35	0:14:36
427	2365	gustavo azevedo	CORRERIAS	M	406	45:54.76	04:35	0:14:38
428	3061	Carlos Machado	Familia Fontes	M	407	45:55.74	04:36	0:14:39
429	1737	Joy Monteiro		M	408	45:56.99	04:36	0:14:40
430	1869	joao braga		M	409	45:58.60	04:36	0:14:42
431	925	Bráulio Miguel Marques Pelit	Acadar	M	410	45:59.50	04:36	0:14:43
432	1540	Adélio Valente	Individual	M	411	46:04.08	04:36	0:14:47
433	1992	Pedro Vieira	Fama Runners	M	412	46:04.41	04:36	0:14:47
434	2044	Tiago Sousa	Fama Runners	M	413	46:04.79	04:36	0:14:48
435	1966	Catarina Costa	Team DUT	F	22	46:06.58	04:37	0:14:50
436	2260	Vera Fernandes	Águias de Alvelos	F	23	46:06.87	04:37	0:14:50
437	1090	Fernando Carneiro	Tainadas Family Run	M	414	46:09.30	04:37	0:14:52
438	800	Miro Cunha	VAMOS EQUIPE	M	415	46:09.59	04:37	0:14:53
439	1073	HELDER RIBEIRO	INDIVIDUAL	M	416	46:11.37	04:37	0:14:54
440	1548	joao silva	Temos Pena Atletismo	M	417	46:13.10	04:37	0:14:56
441	505	Armando Oliveira	MAGIC FRIENDS RUNNERS	M	418	46:14.05	04:37	0:14:57
442	442	Miguel Ferreira		M	419	46:14.69	04:37	0:14:58
443	2230	paula lopes	individual	F	24	46:15.10	04:38	0:14:58
444	2210	Pedro Alves	Place Runners	M	420	46:15.12	04:38	0:14:58
445	454	Humberto Pinho	porto sentido runneres	M	421	46:15.32	04:38	0:14:58
446	1683	Elisabete Santos	Team Lantermil	F	25	46:16.39	04:38	0:14:59
447	1040	José Sousa	RIPOLINS GRIJÓ A CORRER	M	422	46:17.11	04:38	0:15:00
448	1325	Sérgio Silva		M	423	46:17.34	04:38	0:15:00
449	1599	Davide Afonso	Nós acreditamos	M	424	46:18.49	04:38	0:15:01
450	2111	Hugo Martins		M	425	46:20.72	04:38	0:15:04
451	1068	Ana Rita Vaz	Jorge oculista	F	26	46:20.72	04:38	0:15:04
452	1200	Sérgio Paulo Machado	Amigos Ponto Final	M	426	46:21.08	04:38	0:15:04
453	1979	Daniel Oliveira	Fama Runners	M	427	46:21.78	04:38	0:15:05
454	2009	Daniel Vieira	Fama Runners	M	428	46:21.94	04:38	0:15:05
455	2333	Nuno Alves	Joane Corre Corre	M	429	46:22.35	04:38	0:15:05
456	2375	Maria Monteiro	Corre comigo Riba de Ave	F	27	46:24.77	04:38	0:15:08
457	1205	Miguel Ribeiro	M&M	M	430	46:25.23	04:39	0:15:08
458	1370	Bruno Rafael		M	431	46:25.47	04:39	0:15:08
459	1874	José Ouvidor	Os Rompe Solas	M	432	46:26.91	04:39	0:15:10
460	1296	José Sousa	Casa FC Porto de VN Famalicão	M	433	46:28.42	04:39	0:15:11
461	1332	tiago Lopes	grupo desportivo selho	M	434	46:30.68	04:39	0:15:14
462	1062	Júlio Francisco Oliveira	btt Calendário	M	435	46:32.64	04:39	0:15:16
463	697	Fernando Pereira		M	436	46:33.52	04:39	0:15:17
464	973	Paulo Ribeiro		M	437	46:33.65	04:39	0:15:17
465	105	Vasco Faria	CB RUN	M	438	46:34.27	04:39	0:15:17
466	365	Pedro Catarino	Dragon Club	M	439	46:35.24	04:40	0:15:18
467	1139	Tiago Lima	Gavioes	M	440	46:35.76	04:40	0:15:19
468	496	JOAQUIM LEITE	BRAGA RUNNERS	M	441	46:35.97	04:40	0:15:19

469	232	Rosa Oliveira		F	28	46:36.29	04:40	0:15:19
470	1881	Luis Freitas	A.dPedome	M	442	46:36.39	04:40	0:15:19
471	670	Rui Monteiro		M	443	46:36.84	04:40	0:15:20
472	117	António Neto	TRIFITROFA	M	444	46:37.26	04:40	0:15:20
473	1306	Fernando Paiva	BracaraBTT Team	M	445	46:37.33	04:40	0:15:20
474	315	Pedro Coelho	Team Lantemil	M	446	46:37.77	04:40	0:15:21
475	1993	António Ferreira	Fama Runners	M	447	46:38.51	04:40	0:15:22
476	101	Filipe Neves	Peter Kaiser	M	448	46:38.92	04:40	0:15:22
477	1355	Vitor Lopes	Fisiomov	M	449	46:39.06	04:40	0:15:22
478	2272	Rodolfo Monteiro		M	450	46:39.27	04:40	0:15:22
479	2023	José Oliveira	Famalicão em Forma	M	451	46:40.51	04:40	0:15:24
480	1182	Alexandre Rodrigues	VAMOS EQUIPE	M	452	46:43.33	04:40	0:15:26
481	1738	Daniel Barbosa		M	453	46:44.18	04:40	0:15:27
482	1715	Sérgio Mirra	MOUTADOS TEAM	M	454	46:45.01	04:41	0:15:28
483	1643	Gisela Silva	Xumbo Team	M	455	46:45.42	04:41	0:15:28
484	548	Tiago Vilas Boas	Lousado - Vila Nova de Famalicão	M	456	46:45.51	04:41	0:15:29
485	1060	TIAGO BORGES	Amigos Ponto Final	M	457	46:46.70	04:41	0:15:30
486	815	Lopes Armindo	ARC Vale S. Cosme	M	458	46:46.78	04:41	0:15:30
487	520	Fábio Miguel Santos	Andor Bioleta	M	459	46:46.89	04:41	0:15:30
488	2222	Graça Costa	Amigos da Montanha	F	29	46:48.34	04:41	0:15:31
489	1232	Porfirio Lírio		M	460	46:49.04	04:41	0:15:32
490	539	Márcio Oliveira		M	461	46:49.27	04:41	0:15:32
491	1596	Ana Pereira	Corre Pra Frente	F	30	46:51.11	04:41	0:15:34
492	3119	Nuno Moreira	MEDIUM	M	462	46:52.78	04:41	0:15:36
493	833	FRANCISCO XAVIER	CENTRAL RUNNERS	M	463	46:53.19	04:41	0:15:36
494	3118	Rogério Coelho	MEDIUM	M	464	46:53.46	04:41	0:15:36
495	831	CARLOS ALBERTO	CENTRAL RUNNERS	M	465	46:53.59	04:41	0:15:37
496	1961	Jorge Lopes	Team Transfradelos	M	466	46:53.74	04:41	0:15:37
497	832	JOSE SALGADO	CENTRAL RUNNERS	M	467	46:54.50	04:41	0:15:38
498	317	Francisco Silva	Habcarpintaria	M	468	46:54.51	04:41	0:15:38
499	834	MANUEL MENDES	CENTRAL RUNNERS	M	469	46:54.68	04:41	0:15:38
500	466	Marcos Santos	Factor X / S4L / Medense FC	M	470	46:54.88	04:41	0:15:38
501	830	CARLOS LOBO	CENTRAL RUNNERS	M	471	46:55.04	04:42	0:15:38
502	829	Carlos Cardoso	CENTRAL RUNNERS	M	472	46:55.05	04:42	0:15:38
503	219	Rui Santos	OPÉRARIO futebol clube	M	473	46:55.10	04:42	0:15:38
504	2229	Pedro Castro		M	474	46:55.19	04:42	0:15:38
505	1900	Agostinho Barros	ADECA	M	475	46:55.87	04:42	0:15:39
506	1008	Álvaro Sousa	Adosa - Os Santa Apolónia	M	476	46:55.93	04:42	0:15:39
507	500	Helder Ferreira	Arnosos Team	M	477	46:55.99	04:42	0:15:39
508	1662	Jtorcato costa	viizela nos pes	M	478	46:56.01	04:42	0:15:39
509	1677	Jorge Ferreira	Jerónimo	M	479	46:56.60	04:42	0:15:40
510	627	José Jácome		M	480	46:57.38	04:42	0:15:40
511	847	Miguel Silva	Salgueiros running	M	481	46:57.63	04:42	0:15:41
512	2047	José Silva	Fama Runners	M	482	46:57.93	04:42	0:15:41
513	905	Paulo Azevedo	Atletismo f. C. Landim	M	483	46:58.20	04:42	0:15:41
514	996	Bruno Mimoso		M	484	46:58.37	04:42	0:15:41
515	1764	Rui Carvalho	ActualFit	M	485	46:59.32	04:42	0:15:42
516	1199	Roberto Ferreira	Trepadores	M	486	46:59.89	04:42	0:15:43
517	1407	Tiago Cruz	os trepadores	M	487	46:59.90	04:42	0:15:43
518	2016	Rosa Pereira	Famalicão em Forma	F	31	46:59.91	04:42	0:15:43
519	665	José Manuel Silva	BRAGA RUNNERS	M	488	46:59.92	04:42	0:15:43
520	1758	Bruno Silva	Os trepadores	M	489	47:00.03	04:42	0:15:43
521	2225	Benjamim oliveira	Os Trepadores BTT	M	490	47:02.32	04:42	0:15:45
522	867	Francisco Duarte	New Cycle Team - Ncteam Btt	M	491	47:02.42	04:42	0:15:45
523	476	Paulo Ribeiro	Dragon Club	M	492	47:03.09	04:42	0:15:46
524	2224	Tiago Sa	Os Trepadores BTT	M	493	47:03.15	04:42	0:15:46
525	1615	Angélica Rocha	Dragon Club	F	32	47:03.36	04:42	0:15:46
526	547	Jose Silva	Corredor Fim de Tarde	M	494	47:04.35	04:42	0:15:47
527	1001	Pedro Castro		M	495	47:04.62	04:42	0:15:48

528	1793	Mário Vieira	Braguinhas Runners	M	496	47:05.63	04:43	0:15:49
529	2085	Maura Sofia Ribeiro Soares	Duplofit runners	M	497	47:07.14	04:43	0:15:50
530	2305	João Fernandes		M	498	47:08.51	04:43	0:15:52
531	713	Rui Godinho	GDM Runners	M	499	47:11.11	04:43	0:15:54
532	557	Gabriel Silva	DragonClub	M	500	47:11.82	04:43	0:15:55
533	485	JOÃO SAMPAIO	BRUMA	M	501	47:11.99	04:43	0:15:55
534	1459	Nelson Monteiro	Escola Atletismo Rosa Oliveira	M	502	47:12.24	04:43	0:15:55
535	1275	Marco Moura		M	503	47:13.63	04:43	0:15:57
536	1228	Marco Costa	Team Lantemil	M	504	47:14.40	04:43	0:15:57
537	2280	Susana Maia	Team Sindeq	F	33	47:14.74	04:43	0:15:58
538	857	Paulo Carneiro	ADD	M	505	47:15.35	04:44	0:15:58
539	430	Hugo Araujo		M	506	47:17.03	04:44	0:16:00
540	784	Paulo Ferreira	Joane Corre Corre	M	507	47:18.21	04:44	0:16:01
541	1012	Cristina Carneiro	Sociedade Recreio Capanense	F	34	47:18.97	04:44	0:16:02
542	2058	Ana Cardoso	Fama Runners	F	35	47:19.07	04:44	0:16:02
543	1735	Daniel Soares		M	508	47:19.87	04:44	0:16:03
544	3139	MARCO PAULO SILVA	AMCO	M	509	47:20.29	04:44	0:16:03
545	1757	Aires Oliveira	AMVE	M	510	47:20.33	04:44	0:16:03
546	3138	MANUEL FARIA	AMCO	M	511	47:21.16	04:44	0:16:04
547	1925	Rui Guimarães	Andamacaçar	M	512	47:21.33	04:44	0:16:04
548	1705	André Monteiro	Douroconta - Gabinete de Apoio e Contal	M	513	47:22.76	04:44	0:16:06
549	1461	Sara Oliveira	Escola Atletismo Rosa Oliveira	F	36	47:24.65	04:44	0:16:08
550	1127	Manuel Granja	Gavioes	M	514	47:25.18	04:45	0:16:08
551	1128	Duarte Granja	Gavioes	M	515	47:25.56	04:45	0:16:09
552	1133	Ricardo Ferreira	Gavioes	M	516	47:26.23	04:45	0:16:09
553	727	Fernando Sá	Bikemanía	M	517	47:26.56	04:45	0:16:10
554	731	Vitor Oliveira	Oliveirinhas	M	518	47:27.18	04:45	0:16:10
555	1410	Hugo Ribeiro	Barbatana Trail Team	M	519	47:27.33	04:45	0:16:10
556	220	Nuno Martins	Amigos do Pedal Famalicão	M	520	47:27.81	04:45	0:16:11
557	2267	Daniel Martinho	RioFit	M	521	47:28.07	04:45	0:16:11
558	645	Sandra Castro	Pó na Lama	F	37	47:28.31	04:45	0:16:11
559	1634	Nelson Guimarães		M	522	47:28.65	04:45	0:16:12
560	1107	Rui Peixoto	#sodesculpás	M	523	47:29.40	04:45	0:16:12
561	954	Renato Ferreira		M	524	47:30.17	04:45	0:16:13
562	1682	Bruno Esteves	Heróis B	M	525	47:32.07	04:45	0:16:15
563	937	Alvarino Sampaio	Atletismo FCLandim	M	526	47:34.69	04:45	0:16:18
564	2057	Flora Carvalho	Fama Runners	F	38	47:36.67	04:46	0:16:20
565	250	Tiago Moreira	Agencia Moreira	M	527	47:37.09	04:46	0:16:20
566	864	Nuno Correia	Trilhos d Aventura	M	528	47:39.41	04:46	0:16:22
567	1190	trocato paulocosta costa	viizela nos pes	M	529	47:39.96	04:46	0:16:23
568	553	Carlos Assunção		M	530	47:40.55	04:46	0:16:24
569	424	Orlando Ferreira		M	531	47:41.40	04:46	0:16:24
570	1868	Alexandre Leiria	Movimento de Juventude de Merelim	M	532	47:41.66	04:46	0:16:25
571	1014	João Gomes		M	533	47:41.86	04:46	0:16:25
572	1583	Sidonio Silva		M	534	47:42.86	04:46	0:16:26
573	2300	Helder Sampaio		M	536	47:43.92	04:46	0:16:27
574	1172	Alvaro Silva	MSS CONTABILIDADE TRAIL TEAM	M	535	47:43.92	04:46	0:16:27
575	2380	Andre Carvalhal	Zero	M	537	47:44.79	04:46	0:16:28
576	2269	Ricardo Costa		M	538	47:45.37	04:47	0:16:28
577	707	Jose Campos		M	539	47:45.93	04:47	0:16:29
578	637	FILIPE RIBEIRO	A.C. VERMOIM	M	540	47:46.60	04:47	0:16:30
579	1326	Filipa Simões	#semdesculpas	F	39	47:46.69	04:47	0:16:30
580	1070	Pedro Guimarães	Jorge Oculista	M	541	47:46.69	04:47	0:16:30
581	740	César Duarte Pereira Quintas		M	542	47:47.38	04:47	0:16:30
582	1300	Carlos Ribeiro		M	543	47:48.18	04:47	0:16:31
583	3106	Nuno Rodrigues	MEDIUM	M	544	47:48.19	04:47	0:16:31
584	1085	Helder Pontes	Brufebtt	M	545	47:49.83	04:47	0:16:33
585	986	André Fonseca	PROFLOR	M	546	47:52.37	04:47	0:16:35
586	1376	Rosa Araujo		F	40	47:52.91	04:47	0:16:36

587	1039	Pedro Moreira	RIPOLINS GRIJÓ A CORRER	M	547	47:53.65	04:47	0:16:37
588	678	Ruben Jose da Barbosa	CAAC	M	548	47:55.50	04:48	0:16:39
589	1700	Sandra Leite	Profisio/JCC	F	41	47:56.82	04:48	0:16:40
590	1701	Abílio Pereira	Profisio/JCC	M	549	47:57.91	04:48	0:16:41
591	1803	Sérgio Azevedo	FC PORTO	M	550	47:58.59	04:48	0:16:42
592	545	Diogo Araújo		M	551	48:00.18	04:48	0:16:43
593	1101	Pedro Coelho	Edibraga	M	552	48:00.69	04:48	0:16:44
594	1337	Marcelo Costa		M	553	48:02.68	04:48	0:16:46
595	228	André Oliveira	FORDFAMALICÃO	M	554	48:03.18	04:48	0:16:46
596	1926	Domingos Gonçalves Gonçalves	Afrikanrunnes	M	555	48:03.61	04:48	0:16:47
597	1189	Eduardo Nuno Bernardino	Devesa Runners	M	556	48:04.14	04:48	0:16:47
598	1569	Fernando Azevedo	ARPO-ASSOCIAÇÃO RECREATIVA P	M	557	48:04.50	04:48	0:16:48
599	611	MANUEL COSTA	A.C. VERMOIM	M	558	48:04.59	04:48	0:16:48
600	836	Cristina Machado	GUIMARUNNING	F	42	48:05.95	04:49	0:16:49
601	947	Carlos Carneiro		M	559	48:06.75	04:49	0:16:50
602	744	Pedro Ribeiro		M	560	48:06.96	04:49	0:16:50
603	1470	Jose Miguel marinho	Escola Atletismo Rosa Oliveira	M	561	48:07.40	04:49	0:16:50
604	145	Carlos Ribeiro	Trail4Fun	M	562	48:07.56	04:49	0:16:51
605	135	Francisco Silva	BRUMA	M	563	48:07.64	04:49	0:16:51
606	1120	Augusto Mendes	Gavioes	M	564	48:07.78	04:49	0:16:51
607	763	CARLOS FERREIRA	ARPO	M	565	48:08.21	04:49	0:16:51
608	1037	André Moreira	RIPOLINS GRIJÓ A CORRER	M	566	48:08.55	04:49	0:16:52
609	816	Vitor Miguel Ferreira Matos	Vishay	M	567	48:08.78	04:49	0:16:52
610	173	Carlos Carneiro	#sodesculp	M	568	48:08.95	04:49	0:16:52
611	1848	Pedro Neves	The Camilo Box	M	569	48:10.05	04:49	0:16:53
612	2192	António Almeida	OS ISABELINHAS	M	570	48:10.17	04:49	0:16:53
613	190	Bruno Daniel Fontão	Trilhos D'Aventura	M	571	48:10.33	04:49	0:16:53
614	1849	PAUL BOAS	The Camilo Box	M	572	48:10.74	04:49	0:16:54
615	2168	Joaquim Fernando Costa	ARJ Muro	M	573	48:12.51	04:49	0:16:56
616	1876	Camilo Couto		M	574	48:12.58	04:49	0:16:56
617	3029	Lino Marques	Medium	M	575	48:13.05	04:49	0:16:56
618	3147	DOMINGOS PAIVA	TEAM DUT	M	576	48:15.01	04:50	0:16:58
619	788	MANUEL AUGUSTO FERR	Independente	M	577	48:16.06	04:50	0:16:59
620	837	Olegário Oliveira	AD Pedome	M	578	48:17.40	04:50	0:17:00
621	1936	José Alves	AD PEDOME	M	579	48:17.70	04:50	0:17:01
622	970	Fábio Ferreira		M	580	48:19.81	04:50	0:17:03
623	977	Paulo Couto Cardoso		M	581	48:20.55	04:50	0:17:04
624	1837	Goncalo Moreira	Moreira's	M	582	48:22.15	04:50	0:17:05
625	677	Nuno Monteiro		M	583	48:22.67	04:50	0:17:06
626	1978	Sofia Figueiredo	Fama Runners	F	43	48:25.36	04:51	0:17:08
627	1299	Carlos Dias		M	584	48:25.72	04:51	0:17:09
628	561	Francisco José Gomes	Porminho	M	585	48:28.70	04:51	0:17:12
629	1556	julia sousa	escola atletismo trofa	F	44	48:29.25	04:51	0:17:12
630	941	ANTÓNIO FERREIRA	IND	M	586	48:31.07	04:51	0:17:14
631	1180	Ernesto Gonçalves	Running de espinho	M	587	48:32.90	04:51	0:17:16
632	302	Florencio Gomes	Os isabelinhas	M	588	48:33.16	04:51	0:17:16
633	2170	Manuel Rocha		M	589	48:33.67	04:51	0:17:17
634	2277	Paulo Seabra		M	590	48:35.82	04:52	0:17:19
635	851	Joaquim Cardoso	Os Quinta do Grilo	M	591	48:35.96	04:52	0:17:19
636	1054	Hélder Faria	CR CANDOSO	M	592	48:36.59	04:52	0:17:20
637	2350	Marco Ferreira		M	593	48:37.14	04:52	0:17:20
638	1911	José Rebuge		M	594	48:37.32	04:52	0:17:20
639	440	José Gonçalves	calcantes	M	595	48:37.53	04:52	0:17:21
640	1013	Orlando Oliveira		M	596	48:37.88	04:52	0:17:21
641	2296	Maria Gomes	Fernanda Maciel - Material Ortopédico e	F	45	48:38.70	04:52	0:17:22
642	345	Paulo Dias	Os Adamastotes	M	597	48:39.35	04:52	0:17:22
643	1917	Ricardo Silva	Rio Running	M	598	48:40.34	04:52	0:17:23
644	928	Alberto Leite	Correr com c'Alma	M	599	48:40.96	04:52	0:17:24
645	664	Bruno Pereira	ENDOVELICO	M	600	48:41.41	04:52	0:17:24

646	456	Hugo M O Silva	CORRE PRA FRENTE	M	601	48:41.70	04:52	0:17:25
647	1981	Jorge vale	Fama Runners	M	602	48:42.66	04:52	0:17:26
648	2382	Dorsal 2382		M	603	48:43.38	04:52	0:17:26
649	1148	Paulo Morais	Caça RAposas	M	604	48:43.44	04:52	0:17:26
650	1216	Hugo Silva	Fânzeres	M	605	48:43.47	04:52	0:17:26
651	1194	Paulo José Darocha Meireles	Caça Raposas	M	606	48:43.47	04:52	0:17:26
652	1654	Francisco Dá	Santiagotur	M	607	48:44.58	04:52	0:17:28
653	2176	João Oliveira	Bikemaniamamalicão	M	608	48:44.96	04:52	0:17:28
654	155	Milton Cabral	#AVIDAEPACURTIR	M	609	48:46.33	04:53	0:17:29
655	1862	Pedro Seara	Impermeaveis Seara	M	610	48:46.78	04:53	0:17:30
656	2162	Leonardo Alves	UNCVNF SONITURISMO ZITRON	M	611	48:46.94	04:53	0:17:30
657	185	Luis Gomes	TEAM LANTEMIL	M	612	48:47.65	04:53	0:17:31
658	1411	Célio Pereira	Piratas	M	613	48:47.71	04:53	0:17:31
659	3150	Ricardo Penedo	TROFA SAÚDE	M	614	48:48.62	04:53	0:17:32
660	776	Ricardo Ceia		M	615	48:49.17	04:53	0:17:32
661	546	Miguel Barqueiro	Corredor Fim de Tarde	M	616	48:50.63	04:53	0:17:34
662	2127	JOSE AMARAL	INDIVIDUAL	M	617	48:50.72	04:53	0:17:34
663	1825	Antonio Oliveira	Arpo	M	618	48:50.80	04:53	0:17:34
664	1056	Miguel Carneiro		M	619	48:50.88	04:53	0:17:34
665	3166	CONFIAUTO		M	620	48:52.64	04:53	0:17:36
666	1895	Gustavo Santos	ANDAMACAÇAR	M	621	48:53.54	04:53	0:17:37
667	1952	Sérgio Monteiro	Actualfit	M	622	48:54.40	04:53	0:17:37
668	1950	Carlos Faria		M	623	48:54.86	04:53	0:17:38
669	2083	Jorge Mendes		M	624	48:55.84	04:54	0:17:39
670	2066	Nuno Marinho	ARJ	M	625	48:57.35	04:54	0:17:40
671	1964	Marco Magalhães	Team DUT	M	626	48:58.60	04:54	0:17:42
672	1965	Amândio Rodrigues	Team DUT	M	627	48:59.48	04:54	0:17:42
673	441	luis Silva	Fernando Silva & C, Lda	M	628	48:59.55	04:54	0:17:43
674	378	Miguel Mendes	ARC Vale S. Cosme	M	629	49:01.89	04:54	0:17:45
675	1686	Jose Pereira		M	630	49:02.30	04:54	0:17:45
676	1145	Florianio Gonçalves	Aves Runners	M	631	49:03.00	04:54	0:17:46
677	157	Sérgio Sousa	SUNDAY BTT - CASA VOGA - LIFEFC	M	632	49:03.56	04:54	0:17:47
678	3011	Ricardo José Monteiro Ferreir	São Roque	M	633	49:06.12	04:55	0:17:49
679	3003	Daniel José Torcato Leal	São Roque	M	634	49:06.58	04:55	0:17:50
680	841	Cristiano Sousa		M	635	49:06.89	04:55	0:17:50
681	1667	Horácio Reis		M	636	49:07.63	04:55	0:17:51
682	997	Nuno Maio	Salgueiros running	M	637	49:07.66	04:55	0:17:51
683	497	Sergio Manuel De Sa	Braga	M	638	49:08.08	04:55	0:17:51
684	534	Pedro Fernandes		M	639	49:08.46	04:55	0:17:51
685	1522	Pedro Serra	Somos Todeus	M	640	49:09.45	04:55	0:17:52
686	1072	Nelson Carvalho Da Silva		M	641	49:09.91	04:55	0:17:53
687	714	Pedro Nunes		M	642	49:14.15	04:55	0:17:57
688	1767	Vítor Manuel Alves Fernande	Piratas	M	643	49:14.49	04:55	0:17:57
689	793	Hélio Borges	Team Lantemil	M	644	49:14.96	04:55	0:17:58
690	439	Sergio Mota	Corre da Chuva	M	645	49:16.03	04:56	0:17:59
691	859	Fernando Ferreira	Team Lantemil	M	646	49:16.63	04:56	0:18:00
692	3175	.		M	647	49:17.57	04:56	0:18:01
693	3176	.		M	648	49:17.89	04:56	0:18:01
694	481	PAULO BRÁS	BRUMA	M	649	49:20.01	04:56	0:18:03
695	684	Fernando Abreu		M	650	49:20.02	04:56	0:18:03
696	891	Carlos Silva	ARJ	M	651	49:21.21	04:56	0:18:04
697	603	Paulo Campos		M	652	49:22.35	04:56	0:18:05
698	283	Jose Costa	Os Santa Apolónia	M	653	49:22.53	04:56	0:18:06
699	3020	João Rúben Carvalho Costa	Sáfiplas	M	654	49:23.95	04:56	0:18:07
700	1595	César Gomes	Corre Pra Frente	M	655	49:24.47	04:56	0:18:07
701	1176	Rui Silva	Aves Runners	M	656	49:26.15	04:57	0:18:09
702	1527	Vitor Araújo	Requião	M	657	49:26.29	04:57	0:18:09
703	1647	Tiago Rodrigues		M	658	49:26.97	04:57	0:18:10
704	207	Armindo Fernandes		M	659	49:27.25	04:57	0:18:10

705	1726	José Ferreira	Famalicão em Forma	M	660	49:27.94	04:57	0:18:11
706	1439	Pedro Gonçalves	Alexandra Carvalho Team	M	661	49:28.26	04:57	0:18:11
707	662	Carlos Ribeiro	AD Pedome	M	662	49:28.80	04:57	0:18:12
708	1023	Susana Fernandes	FF	F	46	49:29.07	04:57	0:18:12
709	1763	Hélder Catarino	Dragon club	M	663	49:29.10	04:57	0:18:12
710	1814	Augusto Silva	CENTRAL RUNNERS	M	664	49:29.37	04:57	0:18:12
711	1112	Antonio Fonseca	Dragon Club	M	665	49:29.56	04:57	0:18:13
712	1762	Andreia Rocha	Dragon club	F	47	49:29.70	04:57	0:18:13
713	1242	Ricardo Ribeiro	RibaRun	M	666	49:31.20	04:57	0:18:14
714	923	Albino Fernandes	Travassós Running Fafe	M	667	49:31.95	04:57	0:18:15
715	423	Marco Figueiredo		M	668	49:32.11	04:57	0:18:15
716	2244	Hélder Andrade		M	669	49:32.40	04:57	0:18:15
717	881	Tiago Fernandes	Eu e os meus primos	M	670	49:33.38	04:57	0:18:16
718	156	Nilda Magalhães	Framboesa Pastelaria	F	48	49:33.59	04:57	0:18:17
719	1935	Paulo Araujo	ARC Vale S. Cosme	M	671	49:34.31	04:57	0:18:17
720	362	João Cruz		M	672	49:34.48	04:57	0:18:17
721	337	Moisés Cruz	Os Adamastores	M	673	49:35.26	04:58	0:18:18
722	2226	Bruno Nunes	Solas voadoras	M	675	49:35.80	04:58	0:18:19
723	413	Filipe Soares		M	674	49:35.80	04:58	0:18:19
724	1842	Filomena Salazar	Os Isabelinhas	F	49	49:36.46	04:58	0:18:19
725	305	José Figueiredo	Os Isabelinhas	M	676	49:37.01	04:58	0:18:20
726	1919	Diana Ferreira	Aves Runners	F	50	49:37.30	04:58	0:18:20
727	673	Beatriz Ferreira		F	51	49:37.59	04:58	0:18:21
728	175	Pedro Miguel Lemos		M	677	49:38.17	04:58	0:18:21
729	618	Joaquim Pinheiro	Amigos Ponto Final	M	678	49:38.60	04:58	0:18:22
730	614	Alexandre Ferreira	Amigos Ponto Final	M	679	49:38.73	04:58	0:18:22
731	129	Helder Leal	FLORESTA BTT	M	680	49:39.76	04:58	0:18:23
732	1873	Sotero Martins	Os Rompe Solas	M	681	49:41.05	04:58	0:18:24
733	2218	Manuel Afonseca		M	682	49:41.49	04:58	0:18:24
734	2189	Horácio Fernandes		M	683	49:42.13	04:58	0:18:25
735	672	Cristina Carvalho		M	684	49:42.30	04:58	0:18:25
736	1741	José Carvalho		M	685	49:42.67	04:58	0:18:26
737	1573	Paulo Conde	AFSI/OVAR	M	686	49:43.03	04:58	0:18:26
738	620	Miguel Rodrigues	Amigos Ponto Final	M	687	49:43.58	04:58	0:18:27
739	802	Simão Couto	Vespa Runners	M	688	49:43.88	04:58	0:18:27
740	721	João Paulo Couto	Vespa Runners	M	689	49:44.40	04:58	0:18:27
741	1393	Marco Pereira	Potes de Ouro	M	690	49:44.63	04:58	0:18:28
742	1574	Sara Nunes	Afis/Ovar	F	52	49:45.02	04:59	0:18:28
743	1394	Carlos Ferreira	Potes de Ouro	M	691	49:45.77	04:59	0:18:29
744	1448	Sérgio Pereira	Potes de Ouro	M	692	49:46.36	04:59	0:18:29
745	2301	Fernando Ferreira		M	693	49:47.69	04:59	0:18:31
746	1468	Alexandre Simoes	Escola Atletismo Rosa Oliveira	M	694	49:49.50	04:59	0:18:33
747	2078	JJ Pires C	aBeKuLaS	M	695	49:50.24	04:59	0:18:33
748	452	Adriano Pinto	aBeKuLaS	M	696	49:50.47	04:59	0:18:33
749	853	Francisco Pinto	5.7 CrossFit	M	697	49:52.64	04:59	0:18:36
750	988	Paulo Pereira	PROFLOR	M	698	49:54.00	04:59	0:18:37
751	3171	Carlos carvalho		M	699	49:54.36	04:59	0:18:37
752	1009	Hugo Peixoto	CB RUN	M	700	49:54.43	04:59	0:18:37
753	2079	Andre Sousa	Papamedalhas	M	701	49:56.69	05:00	0:18:40
754	402	Marcelino Cunha	AD Carril	M	702	49:58.92	05:00	0:18:42
755	1893	Pedro Martins	AD Pedome	M	703	49:59.02	05:00	0:18:42
756	582	Michael Pereira		M	704	49:59.25	05:00	0:18:42
757	1143	Tiago Martins	Kilosmoda	M	705	49:59.48	05:00	0:18:42
758	2219	Cândida Alves		F	53	49:59.76	05:00	0:18:43
759	706	Laurentino Fernandes	Mouquim/Afacycles/Eugénios/Bargauto/C	M	706	50:00.00	05:00	0:18:43
760	1272	Jorge Carneiro	Núcleo do Sporting Clube de Portugal de	M	707	50:01.09	05:00	0:18:44
761	304	Augusto Pereira	Bikemania	M	708	50:03.23	05:00	0:18:46
762	554	Carlos Silva		M	709	50:04.03	05:00	0:18:47
763	2039	Joaquin Dillen	Fama Runners	M	710	50:04.86	05:00	0:18:48

764	1664	António Matos		M	711	50:05.04	05:01	0:18:48
765	3103	Helder Lainho	MEDIUM	M	712	50:06.32	05:01	0:18:49
766	332	Filipe Oliveira Filipe	Evolution Trail Team AMVE	M	713	50:06.60	05:01	0:18:50
767	1486	Carlos Primo		M	714	50:06.94	05:01	0:18:50
768	3104	Simão Faria	MEDIUM	M	715	50:07.13	05:01	0:18:50
769	705	António Valinhas	Mouquim/Afacycles/Eugénios/Bargauto/C	M	716	50:08.52	05:01	0:18:52
770	313	Micael Guimarães	Studio 21	M	717	50:08.72	05:01	0:18:52
771	648	Jorge Duarte	Movimento de Juventude de Merelim	M	718	50:09.09	05:01	0:18:52
772	756	Jose Valadao	Bike4nyc8r's	M	719	50:10.56	05:01	0:18:54
773	1274	Filipe Ribeiro		M	720	50:11.46	05:01	0:18:54
774	221	António Gomes	DSG SISTEMA	M	721	50:17.52	05:02	0:19:01
775	353	Miguel Mendes	diabos da montanha	M	722	50:17.57	05:02	0:19:01
776	1428	Vitor Gonçalves	TROGLODITAS RUNNERS	M	723	50:17.72	05:02	0:19:01
777	922	Bruno Grilo		M	724	50:18.14	05:02	0:19:01
778	267	Simão Ferreira	BFF Running	M	725	50:18.65	05:02	0:19:02
779	1537	Telmo Cunha		M	726	50:19.12	05:02	0:19:02
780	1518	Diogo Dias	ARC Vale S. Cosme	M	727	50:19.93	05:02	0:19:03
781	3162	Mafalda Reis		F	54	50:20.67	05:02	0:19:04
782	2307	Tiago Pereira		M	728	50:22.10	05:02	0:19:05
783	3136	Rui Pereira	MEDIUM	M	729	50:22.15	05:02	0:19:05
784	115	Ernesto De Freitas	CB RUN	M	730	50:23.37	05:02	0:19:06
785	1353	Vítor Silva	Pernetas	M	731	50:26.39	05:03	0:19:09
786	2197	Jose Machado		M	732	50:27.60	05:03	0:19:11
787	1520	Paulo Sousa	Superfraquinhos	M	733	50:27.92	05:03	0:19:11
788	1489	António Mendes	Superfraquinhos	M	734	50:28.27	05:03	0:19:11
789	177	André Araújo		M	735	50:28.43	05:03	0:19:11
790	1309	Antonio Ferreira		M	736	50:28.45	05:03	0:19:11
791	1897	Jorge Rocha	ANDAMACAÇAR	M	737	50:28.66	05:03	0:19:12
792	1651	Joao Fontao		M	738	50:29.25	05:03	0:19:12
793	1652	liliana gonçalves		F	55	50:29.74	05:03	0:19:13
794	1429	Alexandre Machado		M	739	50:31.32	05:03	0:19:14
795	659	Nuno Tomás		M	740	50:33.49	05:03	0:19:16
796	338	Helder Marques		M	741	50:33.66	05:03	0:19:17
797	417	Rúben Cruz	ARC Vale S. Cosme	M	742	50:34.00	05:03	0:19:17
798	3159	JOAO GUIMARAES		M	743	50:36.60	05:04	0:19:20
799	1351	Cristina Silva		F	56	50:37.60	05:04	0:19:21
800	568	André Rodrigues	Trilhos d Aventura	M	744	50:38.34	05:04	0:19:21
801	2278	Bernado silvas	FIGUEIREDOS RUNNERS & FRIENDS	M	745	50:40.53	05:04	0:19:24
802	619	José Pereira	Amigos Ponto Final	M	746	50:41.43	05:04	0:19:24
803	622	Paulo Marquesp	Amigos Ponto Final	M	747	50:41.75	05:04	0:19:25
804	615	Celestino Silva	Amigos Ponto Final	M	748	50:42.11	05:04	0:19:25
805	616	Gabriela Silva	Amigos Ponto Final	F	57	50:42.17	05:04	0:19:25
806	225	Jorge Castro	FAMALICÃO EM FORMA	M	749	50:42.24	05:04	0:19:25
807	625	João Franco	Amigos Ponto Final	M	750	50:42.53	05:04	0:19:26
808	1724	Daniel Carneiro		M	751	50:43.14	05:04	0:19:26
809	2003	Artur Belém	Fama Runners	M	752	50:43.48	05:04	0:19:26
810	695	Diogo Silva	La Galigne Sedentaire	M	753	50:43.68	05:04	0:19:27
811	749	Pedro Brandão	Brandão Favaio Runners	M	754	50:43.96	05:04	0:19:27
812	983	Sérgio Oliveira	Oliveirinhas	M	755	50:45.11	05:05	0:19:28
813	1487	Pedro Costa		M	756	50:45.32	05:05	0:19:28
814	1279	Vitor Moreira	Não tem equipa	M	757	50:46.40	05:05	0:19:29
815	897	Vasco Oliveira	4 magnificos	M	758	50:47.24	05:05	0:19:30
816	1109	Ricardo Santos		M	759	50:47.98	05:05	0:19:31
817	1000	Diogo Ribeiro	guimaraes	M	760	50:48.83	05:05	0:19:32
818	1016	Pedro Moreira		M	761	50:49.12	05:05	0:19:32
819	567	Germano Ribeiro	Famalicao forma	M	762	50:51.33	05:05	0:19:34
820	1552	Nuno Ataujo	VamosEquipe	M	763	50:52.95	05:05	0:19:36
821	3022	Nuno Daniel Araújo Fernande	Sáfiplas	M	764	50:53.62	05:05	0:19:37
822	1580	deolinda faria	AIRORUN	F	58	50:55.61	05:06	0:19:39

823	1111	Paula Carvalho		F	59	50:56.86	05:06	0:19:40
824	1909	Rui Jorge Peixoto		M	765	50:58.17	05:06	0:19:41
825	692	Joaquim Azevedo	individual	M	766	50:58.85	05:06	0:19:42
826	1806	Ricardo Meira	Adosa - Os Santa Apolónia	M	767	50:58.90	05:06	0:19:42
827	349	João Magalhães		M	768	50:59.82	05:06	0:19:43
828	358	Paulo Pinheiro Pinheiro	Fernando Silva & Cª, Lda	M	769	50:59.97	05:06	0:19:43
829	1036	MANUEL PAIVA		M	770	51:00.45	05:06	0:19:43
830	151	ORLANDO ANDRADE		M	771	51:01.84	05:06	0:19:45
831	107	Hugo Barbosa	Novartis Sport Club	M	772	51:02.06	05:06	0:19:45
832	455	susana maria ribeiro	SURTEC	F	60	51:02.95	05:06	0:19:46
833	1280	Renato Ferreira	Ferreira	M	773	51:02.98	05:06	0:19:46
834	1344	Vitor Martins		M	774	51:03.69	05:06	0:19:47
835	1732	Jorge Costa	Minho Aventura	M	775	51:03.98	05:06	0:19:47
836	405	Joaquim Cunha	AD Carril	M	776	51:04.10	05:06	0:19:47
837	1811	Carlos Correia	Adosa - Os Santa Apolónia	M	777	51:04.77	05:06	0:19:48
838	2106	Jorge Oliveira	Individual	M	778	51:05.63	05:07	0:19:49
839	268	António Ferreira	Pata Leve	M	779	51:06.39	05:07	0:19:49
840	3092	José Moreira	Medium	M	780	51:06.41	05:07	0:19:49
841	327	Antonio Costa	Os traquinas	M	781	51:06.59	05:07	0:19:50
842	861	António Magalhães		M	782	51:07.37	05:07	0:19:50
843	715	Joao Pereira		M	783	51:07.38	05:07	0:19:50
844	3093	Francisco Melo	Medium	M	784	51:07.63	05:07	0:19:51
845	1297	João Carvalho	Casa FC Porto de VN Famalicão	M	785	51:08.77	05:07	0:19:52
846	471	Helder Pereira		M	786	51:09.18	05:07	0:19:52
847	1797	Gil Alexandre Silva Pereira	MunIQUE	M	787	51:09.29	05:07	0:19:52
848	999	Bernardino rui machado	guimaraes	M	788	51:09.43	05:07	0:19:52
849	119	Ricardo Capitão	Faro	M	789	51:11.01	05:07	0:19:54
850	2109	Jorge Ramos		M	790	51:11.08	05:07	0:19:54
851	2312	Fernando Dias		M	791	51:12.60	05:07	0:19:56
852	2313	Cristina Simoes	Levanta Cedo/fisiojoane	F	61	51:12.66	05:07	0:19:56
853	2310	Sandra Oliveira		F	62	51:12.71	05:07	0:19:56
854	376	Paulo Jorge	A.N.A.	M	792	51:12.97	05:07	0:19:56
855	2327	Luis Silva	Levanta cedo	M	793	51:13.02	05:07	0:19:56
856	1141	Jorge Oliveira	Vila Nova Runners	M	794	51:13.97	05:07	0:19:57
857	676	Rui Bezerra		M	795	51:14.14	05:07	0:19:57
858	208	Diogo Fernandes		M	796	51:14.64	05:07	0:19:58
859	1338	Jorge Vale	Amantes do Tacho	M	797	51:16.56	05:08	0:20:00
860	893	Duarte Faria	Energia Positiva	M	798	51:17.17	05:08	0:20:00
861	444	Rogério Silva	Estalecas	M	799	51:17.80	05:08	0:20:01
862	894	Pedro Faria	Energia Positiva	M	800	51:18.46	05:08	0:20:01
863	1290	Hugo Fernandes	Casa FC Porto de VN Famalicão	M	801	51:18.47	05:08	0:20:01
864	1755	Bruno Silva	Joc	M	802	51:18.47	05:08	0:20:01
865	638	Miguel Silva		M	803	51:18.85	05:08	0:20:02
866	393	Marta Costa	Team Lantemil	M	804	51:19.59	05:08	0:20:03
867	1292	Rui Quintela	Casa FC Porto de VN Famalicão	M	805	51:19.71	05:08	0:20:03
868	2171	Helder Marinho	The Camilo Box	M	806	51:20.45	05:08	0:20:03
869	2161	José Cruz		M	807	51:21.20	05:08	0:20:04
870	1506	Sebastião Pinto		M	808	51:21.72	05:08	0:20:05
871	3080	Helena Azevedo	Câmara	F	63	51:22.56	05:08	0:20:06
872	383	Adriano Oliveira		M	809	51:22.64	05:08	0:20:06
873	2108	Armando Oliveira		M	810	51:22.69	05:08	0:20:06
874	879	Fernando de costa	Fertur	M	811	51:23.12	05:08	0:20:06
875	2196	Filipe Silva		M	812	51:23.25	05:08	0:20:06
876	2303	Fernando Marques		M	813	51:23.52	05:08	0:20:07
877	1998	Filipe Nascimento	Fama Runners	M	814	51:23.57	05:08	0:20:07
878	522	Rui Costa	Btt4760	M	815	51:23.76	05:08	0:20:07
879	2014	Fernando Moreira	Famalicão em Forma	M	816	51:23.90	05:08	0:20:07
880	307	Basilio Rego		M	817	51:24.50	05:08	0:20:08
881	1635	Helder Andrade Martins		M	818	51:25.01	05:09	0:20:08

882	2180	Liliana Silva	Atlético Clube de Vale S. Martinho	F	64	51:28.09	05:09	0:20:11
883	764	SÉRGIO FERNANDES	ARPO	M	819	51:28.11	05:09	0:20:11
884	550	Ana Paula Freitas	adcarril	F	65	51:28.93	05:09	0:20:12
885	1703	Daniel Carneiro	Rio Running	M	820	51:30.01	05:09	0:20:13
886	1259	Diogo Vieira		M	821	51:30.42	05:09	0:20:13
887	1057	José Carneiro		M	822	51:30.98	05:09	0:20:14
888	1440	hugo antonio Pereira	Individual	M	823	51:33.86	05:09	0:20:17
889	270	Manuela Sarmiento	Pata Leve	F	66	51:36.12	05:10	0:20:19
890	1751	Sandrine Freitas	Sociedade Recreio Cepanense	F	67	51:36.70	05:10	0:20:20
891	1642	Tiago Coelho		M	825	51:36.75	05:10	0:20:20
892	1288	Francisco Santos	Casa FC Porto de VN Famalicão	M	824	51:36.75	05:10	0:20:20
893	1752	Isabel Freitas	Sociedade Recreio Cepanense	F	68	51:38.03	05:10	0:20:21
894	1775	Ricardo Cruz		M	826	51:40.88	05:10	0:20:24
895	2391	Dorsal 2391		M	827	51:41.99	05:10	0:20:25
896	1521	Maria Ribeiro	Palmeira Runners	F	69	51:43.39	05:10	0:20:26
897	3053	Jorge Fontes	Familia Fontes	M	828	51:44.31	05:10	0:20:27
898	3052	Paulo Fontes	Familia Fontes	M	829	51:44.33	05:10	0:20:27
899	2318	Marcia Bandeira	Amigos da Montanha	F	70	51:45.94	05:11	0:20:29
900	1248	Hugo Ramos	MAGNUNSSSENS	M	830	51:46.16	05:11	0:20:29
901	886	João Maia	Magnunssens	M	831	51:46.26	05:11	0:20:29
902	1427	Elisabete Alves	TROGLODITAS RUNNERS	F	71	51:46.68	05:11	0:20:30
903	1681	Ruben Araújo	Heróis B	M	832	51:46.71	05:11	0:20:30
904	1251	Mariana Araújo	Os Santa Apolónia	F	72	51:47.94	05:11	0:20:31
905	2357	Daniela Filipa Dias		F	73	51:48.11	05:11	0:20:31
906	3173	.		M	833	51:48.33	05:11	0:20:31
907	134	Paula Couto	Joane Corre Corre	F	74	51:48.42	05:11	0:20:31
908	1632	Marina Martins	Vamos Equipe	F	75	51:48.60	05:11	0:20:32
909	2358	Rosa Reis		F	76	51:48.83	05:11	0:20:32
910	783	Francisco Sá		M	834	51:48.94	05:11	0:20:32
911	760	Paulo Rodrigues	ARPO	M	835	51:49.97	05:11	0:20:33
912	591	JOSÉ COSTA	A.C. VERMOIM	M	836	51:50.39	05:11	0:20:33
913	2103	Jorge Costa	Aves Runners	M	837	51:50.46	05:11	0:20:33
914	660	FÁBIO COSTA	A.C. VERMOIM	M	838	51:51.07	05:11	0:20:34
915	1744	Carla Monteiro		F	77	51:51.22	05:11	0:20:34
916	1954	Isabel Silva		F	78	51:51.51	05:11	0:20:35
917	1396	Vitor Miguel Rodrigues	Os Rodrigues	M	839	51:54.08	05:11	0:20:37
918	607	António Dias	AD Pedome	M	840	51:54.53	05:11	0:20:38
919	2282	Rui Sampaio		M	841	51:57.19	05:12	0:20:40
920	3059	Paulo Amorim	Familia Fontes	M	842	51:59.16	05:12	0:20:42
921	683	António Arantes		M	843	52:00.87	05:12	0:20:44
922	526	Jorge Moreira	TEAM LANTEMIL	M	844	52:02.01	05:12	0:20:45
923	1106	Renato Seara	Toldos Seara	M	845	52:02.46	05:12	0:20:45
924	2246	Teresa Silva	Amigos da Corrida	F	79	52:03.42	05:12	0:20:46
925	953	Elia Silva		F	80	52:04.09	05:12	0:20:47
926	1692	David Oliveira	JOC	M	846	52:04.10	05:12	0:20:47
927	1713	Vasco Gonçalves	MOUTADOS TEAM	M	847	52:04.74	05:12	0:20:48
928	409	Martinho Ferreira	C D SÃO SALVADOR DO CAMPO	M	848	52:06.07	05:13	0:20:49
929	967	Filipe Silva		M	849	52:06.29	05:13	0:20:49
930	1119	Augusto Lima	Gavioes	M	850	52:06.89	05:13	0:20:50
931	1828	hugo sa		M	851	52:07.33	05:13	0:20:50
932	1455	Micaela Martins	Escola Atletismo Rosa Oliveira	F	81	52:07.69	05:13	0:20:51
933	1541	Liliana Alves	Aliverunners	F	82	52:08.94	05:13	0:20:52
934	944	LUIS COSTA	IND	M	852	52:09.05	05:13	0:20:52
935	943	RICARDO SILVA	IND	M	853	52:09.90	05:13	0:20:53
936	360	Luis Barbosa		M	854	52:10.11	05:13	0:20:53
937	1361	Nelson oliveira	Casa FC Porto de VN Famalicão	M	855	52:12.30	05:13	0:20:55
938	543	Bruno Azevedo	ADPedome	M	856	52:12.38	05:13	0:20:55
939	1284	Manuel Felizardo De Carvalho		M	857	52:13.92	05:13	0:20:57
940	753	Lino Oliveira	Bikermania Famalicão	M	858	52:14.50	05:13	0:20:58

941	3148	ISABEL MOTA	TEAM DUT	F	83	52:15.28	05:14	0:20:58
942	2017	Severino Ribeiro	Famalicao em Forma	M	859	52:17.17	05:14	0:21:00
943	1174	Filipe Silva	MSS CONTABILIDADE TRAIL TEAM	M	860	52:17.35	05:14	0:21:00
944	1447	MARTA CARVALHO	JOANE CORRE CORRE	F	84	52:17.60	05:14	0:21:01
945	1617	HERMES LOBO		M	861	52:17.81	05:14	0:21:01
946	493	MANUEL CARVALHO		M	862	52:17.83	05:14	0:21:01
947	540	João Marques		M	863	52:18.77	05:14	0:21:02
948	3144	.		M	864	52:19.75	05:14	0:21:03
949	728	Cláudia Oliveira	Los Gros	F	85	52:20.84	05:14	0:21:04
950	726	Simão Crespo	Vila Nova de Famalicao	M	865	52:21.00	05:14	0:21:04
951	206	Vera Malheiro	Tainadas Family Run	F	86	52:21.72	05:14	0:21:05
952	1204	Mariana Schafhauser Boçon	M&M	F	87	52:22.60	05:14	0:21:06
953	2211	JOão Figueirinhas	Place Runners	M	866	52:22.85	05:14	0:21:06
954	586	Mario Marques		M	867	52:23.30	05:14	0:21:06
955	696	Nuno Silva		M	868	52:23.51	05:14	0:21:07
956	587	Ana Patricio		F	88	52:23.71	05:14	0:21:07
957	585	Ana Patricio		M	869	52:23.95	05:14	0:21:07
958	1269	André Silva	Núcleo do Sporting Clube de Famalicao	M	870	52:25.16	05:15	0:21:08
959	1989	Filipe Araújo	Fama Runners	M	871	52:26.84	05:15	0:21:10
960	899	Nuno Machado		M	872	52:28.33	05:15	0:21:11
961	1484	Rui Oliveira	Home têxteis	M	873	52:29.05	05:15	0:21:12
962	516	Diamantino Sá		M	874	52:29.98	05:15	0:21:13
963	504	Élia Oliveira	MAGIC FRIENDS RUNNERS	F	89	52:30.27	05:15	0:21:13
964	1324	Sofia Peixoto		F	90	52:30.64	05:15	0:21:14
965	590	Andreia Pereira	Team Lantemil	F	91	52:30.68	05:15	0:21:14
966	280	Miguel Teixeira	Team Lantemil	M	875	52:31.37	05:15	0:21:14
967	2025	Joaquim Dinis	Famalicao em Forma	M	876	52:31.81	05:15	0:21:15
968	191	Augusto Tavares	ALIVE RUNNERS	M	877	52:32.57	05:15	0:21:16
969	1563	Francisco Machado		M	878	52:32.58	05:15	0:21:16
970	2090	César Costa	Desnivel positivo	M	879	52:33.18	05:15	0:21:16
971	1398	Helena Gomes	Joane corre corre	F	92	52:34.16	05:15	0:21:17
972	3095	Paulo Saldanha	Medium	M	880	52:35.19	05:16	0:21:18
973	775	Marco Oliveira		M	881	52:35.21	05:16	0:21:18
974	2186	Catarina Nogueira	Papa Léguas Famalicao	F	93	52:35.89	05:16	0:21:19
975	601	SARA Oliveira	FIGUEIREDOS RUNNERS & FRIENDS	F	94	52:36.30	05:16	0:21:19
976	600	JOAO CARVALHO	FIGUEIREDOS RUNNERS & FRIENDS	M	882	52:36.81	05:16	0:21:20
977	787	Antonio Gomes		M	883	52:37.25	05:16	0:21:20
978	1670	Rui Azevedo		M	884	52:37.34	05:16	0:21:20
979	2158	Bruno Carvalho	ADOSA	M	885	52:38.28	05:16	0:21:21
980	121	Pedro Dinis	Corre Comigo, Riba de Ave	M	886	52:39.15	05:16	0:21:22
981	1328	Helder Mendes	Plano Aprovado Team	M	887	52:39.23	05:16	0:21:22
982	1914	Vitor Cunha		M	888	52:40.45	05:16	0:21:23
983	1910	Fernando Sá	RUMO AVENTURA	M	889	52:41.81	05:16	0:21:25
984	729	Pedro Azevedo		M	890	52:44.32	05:16	0:21:27
985	1359	José Brito	Braga Runners	M	891	52:44.98	05:16	0:21:28
986	1226	Nursiano Sousa	Bikes Trilhos & Tascos	M	892	52:45.50	05:17	0:21:29
987	509	Vitor Hugo Reis Ferreira	Índios da montanha	M	893	52:45.86	05:17	0:21:29
988	104	Maria Alves	CB RUN	F	95	52:46.23	05:17	0:21:29
989	839	João Rodrigues	Vila Nova de Famalicao	M	894	52:46.31	05:17	0:21:29
990	2124	Marlene Santos	Papamedalhas	F	96	52:47.45	05:17	0:21:30
991	1571	Sergio Santos	Papamedalhas	M	895	52:48.24	05:17	0:21:31
992	188	Eduardo Oliveira	AmigoPorNatureza	M	896	52:48.66	05:17	0:21:32
993	347	Mónica Martins	Team Lantemil	F	97	52:49.20	05:17	0:21:32
994	1437	Pedro Reis	Trofa	M	897	52:50.50	05:17	0:21:34
995	331	Francisco Oliveira		M	898	52:51.08	05:17	0:21:34
996	2264	Raquel Cunha	Casa da Costura Fisicorpus	F	98	52:53.75	05:17	0:21:37
997	209	Lucas Vilela	FamaRunners	M	899	52:56.78	05:18	0:21:40
998	2060	Vasco Guimarães	Fama Runners	M	900	53:00.87	05:18	0:21:44
999	210	Carlos Ribeiro	Bota&Siga	M	901	53:01.74	05:18	0:21:45

1 000	560	Paulo Armando Teixeira Ama Porminho		M	902	53:01.75	05:18	0:21:45
1 001	2368	HELDER FERNANDES	UCVNF/SONITURISMO/EUGÉNIOS/Z	M	903	53:02.18	05:18	0:21:45
1 002	1835	José Moreira	Moreira's	M	904	53:02.34	05:18	0:21:45
1 003	1836	Fernanda Moreira	Moreira's	F	99	53:02.39	05:18	0:21:45
1 004	2030	Joaquim Simões	Famalicao em Forma	M	905	53:03.07	05:18	0:21:46
1 005	1759	Ricardo Alves	Emforça	M	906	53:03.11	05:18	0:21:46
1 006	1789	Filipe Ribeiro		M	907	53:03.51	05:18	0:21:47
1 007	912	Blandine Craveiro		F	100	53:04.17	05:18	0:21:47
1 008	301	Luís Fernandes		M	908	53:04.63	05:18	0:21:48
1 009	1298	José Costa	Casa FC Porto de VN Famalicao	M	909	53:05.35	05:19	0:21:48
1 010	1962	Pedro Marinho	Nexplore	M	910	53:07.79	05:19	0:21:51
1 011	501	Carlos Araújo	Arnosos Team	M	911	53:08.04	05:19	0:21:51
1 012	1745	Leandro Oliveira	CB RUN	M	912	53:08.24	05:19	0:21:51
1 013	303	jose bessa		M	913	53:09.43	05:19	0:21:52
1 014	1963	Marlene Pinto	Nexplore	F	101	53:09.68	05:19	0:21:53
1 015	1291	Ricardo Almeida	Casa FC Porto de VN Famalicao	M	914	53:09.74	05:19	0:21:53
1 016	1502	Joao Oliveira	CB RUN	M	915	53:10.36	05:19	0:21:53
1 017	1294	Cristina Oliveira	Casa FC Porto de VN Famalicao	F	102	53:11.67	05:19	0:21:55
1 018	1381	Carlos Oliveira	Leça Da Palmeira	M	916	53:12.10	05:19	0:21:55
1 019	939	André Vale		M	917	53:12.46	05:19	0:21:55
1 020	2285	Manuel Conceição	VILLA CESARI / FLAMA	M	918	53:15.22	05:20	0:21:58
1 021	835	Pedro Serra	Endovelico	M	919	53:15.67	05:20	0:21:59
1 022	3165	CONFIAUTO		M	920	53:16.38	05:20	0:21:59
1 023	1342	Daniel Alves	Preguiça	M	921	53:18.45	05:20	0:22:01
1 024	425	Sérgio Gonçalves		M	922	53:19.50	05:20	0:22:03
1 025	623	Pedro Carvalho	Amigos Ponto Final	M	923	53:20.06	05:20	0:22:03
1 026	1903	José Magalhães	ADECA	M	924	53:21.40	05:20	0:22:04
1 027	724	Marlene Costa	A.T.A.L	F	103	53:21.82	05:20	0:22:05
1 028	281	LUIS FERREIRA		M	925	53:23.90	05:20	0:22:07
1 029	549	Armando Rodrigues	adcarril	M	926	53:23.95	05:20	0:22:07
1 030	514	Ana Campos		F	104	53:26.56	05:21	0:22:10
1 031	1196	Daniela Passos de Azevedo		F	105	53:26.60	05:21	0:22:10
1 032	2243	Nuno Soares		M	927	53:27.40	05:21	0:22:10
1 033	2381	Maria Veiga	ENJOY	F	106	53:27.78	05:21	0:22:11
1 034	570	Joao Carneiro	Confraria n sr arrepio	M	928	53:27.99	05:21	0:22:11
1 035	363	Fernando Oliveira		M	929	53:28.31	05:21	0:22:11
1 036	1871	Florbela Linhares	Os Rompe Solas	F	107	53:30.62	05:21	0:22:14
1 037	446	Gil Pereira		M	930	53:31.57	05:21	0:22:15
1 038	712	Sandra Aguiar	GDM Runners	F	108	53:31.72	05:21	0:22:15
1 039	1597	Linda da Conceição Oliveira Cunha		F	109	53:32.25	05:21	0:22:15
1 040	1598	Pedro Silva		M	931	53:33.38	05:21	0:22:16
1 041	2139	Elizabete Loureiro	Porto Sentido Runners	F	110	53:34.78	05:21	0:22:18
1 042	850	Carlos Alves	AD PEDOME	M	932	53:36.36	05:22	0:22:19
1 043	343	Marco Azevedo		M	933	53:36.37	05:22	0:22:19
1 044	1050	Paulo Sá		M	934	53:36.47	05:22	0:22:19
1 045	490	Joaquim Dias		M	935	53:37.08	05:22	0:22:20
1 046	1015	Bruno Silva		M	936	53:38.15	05:22	0:22:21
1 047	1648	Miguel Pinto		M	937	53:38.96	05:22	0:22:22
1 048	584	Avelino Pereira	Bota&Siga	M	938	53:39.44	05:22	0:22:22
1 049	211	Délio Ferreira	BFF Runing	M	939	53:39.73	05:22	0:22:23
1 050	1684	Lucio Dias		M	940	53:39.85	05:22	0:22:23
1 051	1153	rui carvalho		M	941	53:40.07	05:22	0:22:23
1 052	1956	helder oliveira	citybike	M	942	53:40.08	05:22	0:22:23
1 053	654	Cristina Silva	Movimento de Juventude de Merelim	F	111	53:40.27	05:22	0:22:23
1 054	350	Susana Gonçalves		F	112	53:41.99	05:22	0:22:25
1 055	1624	Cristiano Saldanha	Evolution Trail team AMVE	M	943	53:45.17	05:23	0:22:28
1 056	2020	Alfredo Machado	Famalicao em Forma	M	944	53:45.18	05:23	0:22:28
1 057	3035	Susana Santos	AD Esmeriz Running	F	113	53:45.89	05:23	0:22:29
1 058	2284	Adelaide Brandão	Os avenses	F	114	53:46.27	05:23	0:22:29

1 059	2283	Paulo Pinheiro	Os avenses	M	945	53:46.37	05:23	0:22:29
1 060	336	Paula Rodrigues	Carolisses	F	115	53:46.56	05:23	0:22:30
1 061	433	RAFAEL SILVA	LOBOS DO MONTE - LOUSADO	M	946	53:46.81	05:23	0:22:30
1 062	1301	Gabriel Silva Certo		M	947	53:47.07	05:23	0:22:30
1 063	252	Carla Sofia Araújo	Team Lantemil	F	116	53:48.24	05:23	0:22:31
1 064	251	Miguel Araújo	Team Lantemil	M	948	53:48.80	05:23	0:22:32
1 065	477	António Canelas		M	949	53:49.20	05:23	0:22:32
1 066	762	ARMANDINO COUTO	ARPO	M	950	53:49.63	05:23	0:22:33
1 067	3145	.		M	951	53:50.07	05:23	0:22:33
1 068	152	Daniel Sérgio Faria Silva		M	952	53:50.44	05:23	0:22:33
1 069	2191	Jorge Ferreira		M	953	53:50.56	05:23	0:22:34
1 070	1601	Ricardo Martins		M	954	53:51.41	05:23	0:22:34
1 071	254	SERGIO RIBEIRO	INDIVIDUAL	M	955	53:51.76	05:23	0:22:35
1 072	1636	Augusto Magalhaes		M	956	53:53.39	05:23	0:22:36
1 073	593	Marta Peixoto	Bikemanía Famalicão	F	117	53:53.52	05:23	0:22:37
1 074	1446	Cecilia Vieira	Bikemanía Famalicão	F	118	53:53.63	05:23	0:22:37
1 075	1940	José Coelho	AD PEDOME	M	957	53:53.65	05:23	0:22:37
1 076	1104	Paulo Gomes	GMR	M	958	53:54.20	05:23	0:22:37
1 077	3117	Aurelio Carvalho	MEDIUM	M	959	53:55.27	05:24	0:22:38
1 078	1879	Rosa Pereira	ARPO	F	119	53:55.73	05:24	0:22:39
1 079	1878	Raul Leite	ARPO	M	960	53:56.51	05:24	0:22:40
1 080	583	Tânia Teixeira		F	120	53:57.68	05:24	0:22:41
1 081	2116	Joel Silva		M	961	54:00.82	05:24	0:22:44
1 082	2119	Pedro Santos		M	962	54:01.39	05:24	0:22:44
1 083	809	Luis Serra	Team Lantemil	M	963	54:02.60	05:24	0:22:46
1 084	2236	Miguel Alves	X-Mas Team	M	964	54:03.68	05:24	0:22:47
1 085	1734	César Costa	Minho Aventura	M	965	54:04.31	05:24	0:22:47
1 086	3050	Luís Manuel Fontes Fonseca	Familia Fontes	M	966	54:05.27	05:25	0:22:48
1 087	2353	Raul Silva	A.dPedome	M	967	54:05.52	05:25	0:22:49
1 088	957	Ricardo Peliteiro	GRAC	M	968	54:05.70	05:25	0:22:49
1 089	959	António Gomes	Lacar	M	969	54:06.44	05:25	0:22:49
1 090	275	Frederico Figueiredo	OS MAIORES	M	970	54:06.71	05:25	0:22:50
1 091	273	Ivo Mesquita	OS MAIORES	M	971	54:07.78	05:25	0:22:51
1 092	1678	Manuel Silva	Jerónimo	M	972	54:08.50	05:25	0:22:52
1 093	1877	JOSÉ ARAÚJO		M	973	54:09.05	05:25	0:22:52
1 094	1676	Alcino Carvalho	Jerónimo	M	974	54:09.33	05:25	0:22:52
1 095	1349	Davide Ferreira	H-Team	M	975	54:10.16	05:25	0:22:53
1 096	1772	Rui Teixeira	GAP	M	976	54:10.24	05:25	0:22:53
1 097	1633	Rui Santos	Futebol clube Famalicão de Geneve	M	977	54:10.40	05:25	0:22:53
1 098	46	PAULO RUIVO		M	978	54:11.24	05:25	0:22:54
1 099	1589	Maria Sá	Dive Into the Mountains	F	121	54:11.76	05:25	0:22:55
1 100	918	António Freitas	GAP	M	979	54:11.88	05:25	0:22:55
1 101	3124	Jennifer Leal	MEDIUM	F	122	54:12.56	05:25	0:22:56
1 102	3123	Lúcia Nunes	MEDIUM	F	123	54:12.67	05:25	0:22:56
1 103	2034	Maria Alexandra	Famalicão em Forma	F	124	54:13.01	05:25	0:22:56
1 104	168	Diogo Lopes		M	980	54:13.01	05:25	0:22:56
1 105	292	José Silva	Brandão Favaíos Runners	M	981	54:14.64	05:25	0:22:58
1 106	1276	Carlos Miguel Fernandes	Casa da Costura /Fisicorpus	M	982	54:14.66	05:25	0:22:58
1 107	686	António Agostinho Azevedo	AMVE	M	983	54:15.24	05:26	0:22:58
1 108	887	Nuno Ferreira	FEAP	M	984	54:16.57	05:26	0:23:00
1 109	348	Fernando Ferreira	Team Lantemil	M	985	54:16.79	05:26	0:23:00
1 110	2332	Francisco Pereira	Calcantes	M	986	54:18.50	05:26	0:23:02
1 111	566	Francisco Vieira		M	987	54:18.68	05:26	0:23:02
1 112	1271	Helder Dias	Núcleo do Sporting Clube de Portugal de	M	988	54:19.31	05:26	0:23:02
1 113	1227	zeferino Pinheiro		M	989	54:19.31	05:26	0:23:02
1 114	1369	João Paulo Costa	VESPA RUNNERS	M	990	54:19.52	05:26	0:23:03
1 115	1947	José Silva	Amigos dos Copos	M	991	54:20.57	05:26	0:23:04
1 116	330	Ana Cruz	24/7 Fitness	F	125	54:21.96	05:26	0:23:05
1 117	170	Ricardo Antunes		M	992	54:22.02	05:26	0:23:05

1 118	196	Hugo Oliveira	C/O Team	M	993	54:23.04	05:26	0:23:06
1 119	3008	Fatima Vilas Boas	Medium	F	126	54:25.26	05:27	0:23:08
1 120	789	Ricardo Miranda		M	994	54:25.29	05:27	0:23:08
1 121	924	PAULO SOUSA	MATINAIS	M	995	54:25.50	05:27	0:23:09
1 122	3009	Tiago Coelho	Medium	M	996	54:26.10	05:27	0:23:09
1 123	1358	Susana Mota	Braga Runners	F	127	54:26.96	05:27	0:23:10
1 124	1908	Isabel Cunha Gomes	Braga Runners	F	128	54:28.10	05:27	0:23:11
1 125	1561	Nuno Ferreira	Papamedalhas	M	997	54:28.20	05:27	0:23:11
1 126	1034	Sandra Veloso	Aves Runners	F	129	54:28.38	05:27	0:23:11
1 127	612	Tiago Amorim	Floresta BTT	M	998	54:28.91	05:27	0:23:12
1 128	3160	Carlos Domingues		M	999	54:29.61	05:27	0:23:13
1 129	1162	Nuno Araújo	BRG TEAM	M	1000	54:29.72	05:27	0:23:13
1 130	1163	Sérgio Araújo	BRG TEAM	M	1001	54:30.35	05:27	0:23:13
1 131	1773	José Costa		M	1002	54:30.51	05:27	0:23:14
1 132	2294	André Costa	akuafit	M	1003	54:31.07	05:27	0:23:14
1 133	2364	Paulo Cortinhas	CORRERIAS	M	1004	54:31.08	05:27	0:23:14
1 134	379	Isabel Fernandes	ARC Vale S. Cosme	F	130	54:31.84	05:27	0:23:15
1 135	2051	Pedro Manuel Oliveira	Fama Runners	M	1005	54:33.09	05:27	0:23:16
1 136	2063	Jairo Lourenço	ARJ	M	1006	54:34.15	05:27	0:23:17
1 137	2062	Rui Lima	ARJ	M	1007	54:34.27	05:27	0:23:17
1 138	244	Manuel José Antunes Victoria	Sunday btt	M	1008	54:36.01	05:28	0:23:19
1 139	1536	Carlos Ferreira	slb	M	1009	54:37.45	05:28	0:23:20
1 140	527	AURÉLIO SILVA	INDIVIDUAL	M	1010	54:37.85	05:28	0:23:21
1 141	1408	Sérgio Bastos	Team Lantemil	M	1011	54:38.00	05:28	0:23:21
1 142	3038	Luis Miguel Ribeiro	Team Lantemil	M	1012	54:39.06	05:28	0:23:22
1 143	2137	Carlos Martins	Porto Sentido Runners	M	1013	54:39.44	05:28	0:23:22
1 144	1800	José Reis		M	1014	54:39.83	05:28	0:23:23
1 145	1017	José Oliveira		M	1015	54:40.36	05:28	0:23:23
1 146	651	Isabel Alves	Movimento de Juventude de Merelim	F	131	54:40.46	05:28	0:23:23
1 147	499	Bruno Carvalho	Arnoso Team	M	1016	54:40.49	05:28	0:23:23
1 148	919	Manuel Correia		M	1017	54:41.13	05:28	0:23:24
1 149	1161	Ricardo Pinto	BRG TEAM	M	1018	54:41.50	05:28	0:23:25
1 150	1538	ANDREIA FARIA		F	132	54:43.34	05:28	0:23:26
1 151	1412	Luísa Ribeiro	União FCI de Tomar	F	133	54:43.90	05:28	0:23:27
1 152	2004	Rosa Vilhena	Fama Runners	F	134	54:44.66	05:28	0:23:28
1 153	2311	Anibal Costa		M	1019	54:45.23	05:29	0:23:28
1 154	3122	Sara Rafael	MEDIUM	F	135	54:45.46	05:29	0:23:28
1 155	1058	ELISA CRUZ		F	136	54:46.65	05:29	0:23:30
1 156	340	Mariana Carneiro	Fumegas M&M	F	137	54:47.13	05:29	0:23:30
1 157	1443	BRUNO MIGUEL CARVAL	FAMALICAO EM FORMA	M	1020	54:47.13	05:29	0:23:30
1 158	339	Jorge Maia	Fumegas M&M	M	1021	54:47.16	05:29	0:23:30
1 159	810	ANTÓNIO VIEIRA	ARPO	M	1022	54:48.36	05:29	0:23:31
1 160	551	José Azevedo		M	1023	54:49.27	05:29	0:23:32
1 161	1273	Marta Fonseca		F	138	54:51.66	05:29	0:23:35
1 162	1727	Manuel Couto		M	1024	54:55.56	05:30	0:23:39
1 163	1549	Goreti Silva	Temos Pena Atletismo	F	139	54:55.65	05:30	0:23:39
1 164	2334	Pedro Sousa	Amve	M	1025	54:55.67	05:30	0:23:39
1 165	865	Sergio Oliveira	Airão Trail team	M	1026	54:56.05	05:30	0:23:39
1 166	1608	Armando Neves	Clube os 5 à Hora	M	1027	54:58.27	05:30	0:23:41
1 167	215	Filipe Faria	Corre pra frente	M	1028	54:58.66	05:30	0:23:42
1 168	264	Marlene Araújo	Fit Club ATC	F	140	54:58.96	05:30	0:23:42
1 169	1671	Miguel Azevedo		M	1029	55:00.34	05:30	0:23:43
1 170	687	Belém Sampaio-Marques	Magic friends runners	F	141	55:00.71	05:30	0:23:44
1 171	113	Luis Sá	Lutrofa	M	1030	55:01.75	05:30	0:23:45
1 172	2346	José Osório	Bentrunner	M	1031	55:02.36	05:30	0:23:45
1 173	1756	Simao Pereira		M	1032	55:03.36	05:30	0:23:46
1 174	913	Pedro Araujo	Happy team	M	1033	55:05.29	05:31	0:23:48
1 175	503	Ricardo Oliveira		M	1034	55:05.58	05:31	0:23:49
1 176	475	EDUARDO DIAS		M	1035	55:06.78	05:31	0:23:50

1 177	716	Horácio Carvalho		M	1036	55:06.80	05:31	0:23:50
1 178	434	Pedro Ferreira	F3M	M	1037	55:07.58	05:31	0:23:51
1 179	1558	Carla Sampaio	Os Guardiões	F	142	55:08.21	05:31	0:23:51
1 180	1403	Francisco Freitas	Os Guardiões	M	1038	55:08.43	05:31	0:23:51
1 181	3155	sergio freitas	jn	M	1039	55:09.66	05:31	0:23:53
1 182	1821	Celia Alves	Trailets	F	143	55:10.00	05:31	0:23:53
1 183	1559	Luís Paulo	Os Guardiões	M	1040	55:10.20	05:31	0:23:53
1 184	1668	Carlos Ferreira	CB RUN	M	1041	55:11.21	05:31	0:23:54
1 185	885	Paulo Pinto		M	1042	55:13.01	05:31	0:23:56
1 186	1053	Conceicao Vilasboas	Vamos Equipe	F	144	55:14.32	05:31	0:23:57
1 187	2126	Rodrigo Silva	Nokas	M	1043	55:14.53	05:31	0:23:58
1 188	2159	José Costa	Team Lantemil	M	1044	55:14.95	05:31	0:23:58
1 189	2065	Nuno Vieira	ARJ	M	1045	55:16.53	05:32	0:24:00
1 190	911	Carlos Santos	SURTEC	M	1046	55:19.93	05:32	0:24:03
1 191	819	Paulo Vilaça	SURTEC	M	1047	55:20.28	05:32	0:24:03
1 192	1794	SURTEC LDA	SURTEC	M	1048	55:20.38	05:32	0:24:03
1 193	1915	Ana Oliveira		F	145	55:20.68	05:32	0:24:04
1 194	747	Antonio Reinaldo Carvalho Miranda		M	1049	55:21.33	05:32	0:24:04
1 195	1289	Paula Sá	Casa FC Porto de VN Famalicão	F	146	55:21.67	05:32	0:24:05
1 196	748	Paula Miranda		F	147	55:21.72	05:32	0:24:05
1 197	1061	Olga Cunha		F	148	55:23.07	05:32	0:24:06
1 198	375	Nuno Pacheco	Santo Tirso	M	1050	55:24.36	05:32	0:24:07
1 199	2253	Tiago Crespo	Fama Runners	M	1051	55:27.63	05:33	0:24:11
1 200	239	Francisco Feio	TEAM FEIO	M	1052	55:27.83	05:33	0:24:11
1 201	238	Paulo Rua	Amigos do Pedal	M	1053	55:27.84	05:33	0:24:11
1 202	640	pedro silva	v.n.famalicao	M	1054	55:27.92	05:33	0:24:11
1 203	1364	paulo pereira		M	1055	55:28.42	05:33	0:24:11
1 204	717	Patrícia Magalhães	Power Team	F	149	55:28.80	05:33	0:24:12
1 205	1582	Nelson Andrade		M	1056	55:28.81	05:33	0:24:12
1 206	453	Alice Miranda		F	150	55:28.89	05:33	0:24:12
1 207	1722	Paulo Carvalho		M	1057	55:29.17	05:33	0:24:12
1 208	1770	Fernando Teixeira	Carolisses	M	1058	55:29.62	05:33	0:24:13
1 209	2188	Luís Silva		M	1059	55:29.69	05:33	0:24:13
1 210	1159	DIOGO MIGUEL CARVALH	QUASELINK	M	1060	55:30.43	05:33	0:24:13
1 211	286	João Machado	Squadra Di Potenza	M	1061	55:30.47	05:33	0:24:13
1 212	1539	Eduarda Freitas	Individual	M	1062	55:31.04	05:33	0:24:14
1 213	1157	JOSÉ MIGUEL SILVA FER	QUASELINK	M	1063	55:31.71	05:33	0:24:15
1 214	1178	Diana Oliveira	bodyline team	F	151	55:32.49	05:33	0:24:15
1 215	370	Ricardo Silva	bodyline team	M	1064	55:33.11	05:33	0:24:16
1 216	2019	Jorge Fernandes	Famalicao em Forma	M	1065	55:34.11	05:33	0:24:17
1 217	1371	Tiago Granja		M	1066	55:34.82	05:33	0:24:18
1 218	3135	Mário Carvalho	MEDIUM	M	1067	55:34.84	05:33	0:24:18
1 219	1704	António Azevedo	Irmadade Bike Team	M	1068	55:36.15	05:34	0:24:19
1 220	779	João Correia		M	1069	55:36.65	05:34	0:24:20
1 221	410	Orlando Campos		M	1070	55:36.68	05:34	0:24:20
1 222	863	Marta OLIVEIRA	VamosEquipe	F	152	55:36.70	05:34	0:24:20
1 223	1113	Tiago Costa	Os Adamastores	M	1071	55:36.99	05:34	0:24:20
1 224	2165	Pedro Freitas		M	1072	55:37.00	05:34	0:24:20
1 225	755	Tiago Filipe Azevedo	Andor Bioleta	M	1073	55:37.41	05:34	0:24:20
1 226	2166	Tiago Passos		M	1074	55:38.02	05:34	0:24:21
1 227	1442	MARIA CONCEIÇÃO SANT	FAMALICAO EM FORMA	F	153	55:38.11	05:34	0:24:21
1 228	2175	Helder Faria	Os perdidos	M	1075	55:38.89	05:34	0:24:22
1 229	3149	Carlos Carvalho	TROFA SAÚDE	M	1076	55:38.90	05:34	0:24:22
1 230	1567	Pedro Martins		M	1077	55:38.97	05:34	0:24:22
1 231	2399	Dorsal 2399		M	1078	55:39.23	05:34	0:24:22
1 232	1826	manuel costa oliveira		M	1079	55:39.39	05:34	0:24:22
1 233	3004	Paulo Renato Monteiro Maia	São Roque	M	1080	55:39.40	05:34	0:24:22
1 234	1202	Paula Oliveira	JUNTO SOMOS UM	F	154	55:40.57	05:34	0:24:24
1 235	524	Jose Ferreira		M	1081	55:41.79	05:34	0:24:25

1 236	736	Gonçalo Dourado		M	1082	55:41.91	05:34	0:24:25
1 237	1138	Bruno Carneiro		M	1083	55:42.14	05:34	0:24:25
1 238	300	Adelino Fernandes		M	1084	55:42.48	05:34	0:24:25
1 239	2265	Hugo Fernandes	Casa da Costura Fisicorpus	M	1085	55:44.11	05:34	0:24:27
1 240	474	Mário Rodrigues		M	1086	55:44.35	05:34	0:24:27
1 241	1980	José Figueiredo	Fama Runners	M	1087	55:44.39	05:34	0:24:27
1 242	1788	Paula Quintela	Xirobloc	F	155	55:45.87	05:35	0:24:29
1 243	1588	Ana Monteiro	Dumiense Xallenge Runners	F	156	55:46.07	05:35	0:24:29
1 244	1946	Miguel Castro		M	1088	55:46.20	05:35	0:24:29
1 245	1889	José Anes	DUMIENSE XALLENGE RUNNERS	M	1089	55:46.20	05:35	0:24:29
1 246	282	Luís Silva	Seramente na boa!	M	1090	55:46.87	05:35	0:24:30
1 247	403	Nelson Monteiro		M	1091	55:47.73	05:35	0:24:31
1 248	404	Marcea Gomes		F	157	55:47.74	05:35	0:24:31
1 249	237	José Azevedo	----	M	1092	55:47.90	05:35	0:24:31
1 250	594	Isabel Martins	Dumiense Xallenge Runners	F	158	55:47.94	05:35	0:24:31
1 251	1147	Telmo Gonçalves	Aves Runners	M	1093	55:48.40	05:35	0:24:31
1 252	1951	Antonio Pinho	Actualfif	M	1094	55:48.88	05:35	0:24:32
1 253	1366	Carmo Machado	Adosa - Os Santa Apolónia	F	159	55:49.02	05:35	0:24:32
1 254	1523	Nuno Alves		M	1095	55:49.66	05:35	0:24:33
1 255	295	Maria Costa	Brandão Favaio Runners	F	160	55:51.30	05:35	0:24:34
1 256	290	Filipe Brandão	Brandão Favaio Runners	M	1096	55:52.02	05:35	0:24:35
1 257	2099	Hélder Martins		M	1097	55:53.38	05:35	0:24:36
1 258	803	Luis Cristino	#altacilindrada	M	1098	55:53.98	05:35	0:24:37
1 259	998	Patrícia Maio	Salgueiros running	F	161	55:55.39	05:36	0:24:38
1 260	394	Carla Magalhaes	Salgueiros Running	F	162	55:55.55	05:36	0:24:39
1 261	1406	José de Moreira	Salgueiros Running	M	1099	55:55.65	05:36	0:24:39
1 262	174	João Farinha		M	1100	55:55.99	05:36	0:24:39
1 263	1212	Isabel Martins	Team Lantemil	F	163	55:56.47	05:36	0:24:39
1 264	1600	Ana Afonso		F	164	55:56.85	05:36	0:24:40
1 265	1211	Jose Faria	Team Lantemil	M	1101	55:56.93	05:36	0:24:40
1 266	3152	Nelson Moreira	TROFA SAÚDE	M	1102	55:58.31	05:36	0:24:41
1 267	1512	Fátima Costa		F	165	55:58.45	05:36	0:24:41
1 268	2121	André Barbosa		M	1103	55:58.86	05:36	0:24:42
1 269	138	RUI SILVA	BRUMA	M	1104	55:58.93	05:36	0:24:42
1 270	873	Margarida Pinto	ARPO	F	166	55:59.95	05:36	0:24:43
1 271	3015	Mário Rui Vaz Gomes Vilaça Medium		M	1105	56:00.39	05:36	0:24:43
1 272	1224	Joaquim Magalhães		M	1106	56:00.84	05:36	0:24:44
1 273	642	Carlos Torres		M	1107	56:02.44	05:36	0:24:45
1 274	3017	Bruno Ricardo Costa Vasconc Medium		M	1108	56:02.61	05:36	0:24:46
1 275	1827	nuno miranda		M	1109	56:04.40	05:36	0:24:47
1 276	507	Carolina Sofia Martins Ferreir Guimarães		F	167	56:04.88	05:36	0:24:48
1 277	241	Cesar Costa		M	1110	56:05.21	05:37	0:24:48
1 278	3056	Rui Azevedo	Familia Fontes	M	1111	56:05.55	05:37	0:24:49
1 279	354	Rui Carvalho	CB RUN	M	1112	56:07.02	05:37	0:24:50
1 280	2256	Jorge Cardoso	Fama Runners	M	1113	56:07.79	05:37	0:24:51
1 281	3129	Tiago Pinto	MEDIUM	M	1114	56:07.83	05:37	0:24:51
1 282	3133	Manuel Moreira	MEDIUM	M	1115	56:08.36	05:37	0:24:51
1 283	1188	Miguel Gomes	Aves Runners	M	1116	56:08.62	05:37	0:24:52
1 284	698	Miguel Daporta Méndez		M	1117	56:09.65	05:37	0:24:53
1 285	931	Sergio Silva	Correr com c'Alma	M	1118	56:09.79	05:37	0:24:53
1 286	1623	Rogério Pereira	MANUS	M	1119	56:09.84	05:37	0:24:53
1 287	1187	Eva Gouveia	Aves Runners	F	168	56:10.20	05:37	0:24:53
1 288	1186	Rafael Gouveia	Aves Runners	M	1120	56:10.30	05:37	0:24:53
1 289	167	José Pedro Costa		M	1121	56:10.36	05:37	0:24:53
1 290	699	Mónica Vélez		F	169	56:10.43	05:37	0:24:53
1 291	529	João Amorim		M	1122	56:11.10	05:37	0:24:54
1 292	2088	Cátia Costa	Maia AC	F	170	56:11.39	05:37	0:24:54
1 293	1706	David Costa	Viagens sofsar	M	1123	56:12.51	05:37	0:24:56
1 294	3100	Filipe Miguel Mouta Nogueir: MEDIUM		M	1124	56:12.80	05:37	0:24:56

1 295	3099	Pedro Miguel Mouta Nogueira: MEDIUM	M	1125	56:13.06	05:37	0:24:56
1 296	2227	Rogério Novais OTZ BIKE	M	1126	56:14.21	05:37	0:24:57
1 297	140	Marília Ferreira	F	171	56:15.09	05:38	0:24:58
1 298	772	Ricardo Correia	M	1127	56:15.38	05:38	0:24:58
1 299	1303	Pedro Ribeiro OTZ BIKE	M	1128	56:15.54	05:38	0:24:59
1 300	1586	Célia Costa VILA NOVA FAMALICÃO	F	172	56:15.69	05:38	0:24:59
1 301	437	Augusto Gomes Amigos da Corrida	M	1129	56:18.66	05:38	0:25:02
1 302	2129	Isabel Mota eugénios	F	173	56:18.95	05:38	0:25:02
1 303	242	Marta Daniela Lobo Teixeira	F	174	56:19.79	05:38	0:25:03
1 304	3018	Otília Saldanha Azevedo Medium	F	175	56:20.67	05:38	0:25:04
1 305	321	Filipe Araújo Devesa Runners	M	1130	56:21.31	05:38	0:25:04
1 306	709	Joel Abreu H-Team	M	1131	56:22.40	05:38	0:25:05
1 307	1822	Catarina Santos Trailers	F	176	56:23.24	05:38	0:25:06
1 308	293	Pedro Nunes Brandão Favaio Runners	M	1132	56:24.11	05:38	0:25:07
1 309	1939	Humberto Dinis AD PEDOME	M	1133	56:24.31	05:38	0:25:07
1 310	1453	Jose Ribeiro Escola Atletismo Rosa Oliveira	M	1134	56:24.47	05:38	0:25:07
1 311	236	Helena Ribeiro	F	177	56:25.27	05:39	0:25:08
1 312	235	Paulo Ribeiro	M	1135	56:25.43	05:39	0:25:08
1 313	2077	Daniel Silva Minho Aventura	M	1136	56:26.98	05:39	0:25:10
1 314	1928	Jorge Saraiva Novumdux	M	1137	56:27.31	05:39	0:25:10
1 315	2228	Pedro Barbosa Barbosa	M	1138	56:29.15	05:39	0:25:12
1 316	194	Natalia Bento Travassós Running Fafe	F	178	56:30.16	05:39	0:25:13
1 317	2187	Carlos Costa Profloor	M	1139	56:32.40	05:39	0:25:15
1 318	1695	João Ramalho ARC Vale S Cosme	M	1140	56:32.63	05:39	0:25:16
1 319	2026	António Ferreira Famalicão em Forma	M	1141	56:33.22	05:39	0:25:16
1 320	102	Rui Gomes ARC Vale São Cosme	M	1142	56:33.32	05:39	0:25:16
1 321	1786	José Agostinho Oliveira Pereira: GAP	M	1143	56:36.78	05:40	0:25:20
1 322	389	Anabela Martins	F	179	56:36.96	05:40	0:25:20
1 323	2351	Isabel Araújo Fit Club ATC	F	180	56:37.12	05:40	0:25:20
1 324	3002	André Nuno da Rocha Oliveira São Roque	M	1144	56:37.56	05:40	0:25:21
1 325	1528	Rui Alves GAP	M	1145	56:37.97	05:40	0:25:21
1 326	159	Osmar Moura Sunshine	M	1146	56:38.60	05:40	0:25:22
1 327	1620	Carlos Magalhaes	M	1147	56:40.07	05:40	0:25:23
1 328	795	Cristina Pacheco Dumense Xallenge Runners	F	181	56:41.50	05:40	0:25:25
1 329	261	Rui Carvalho	M	1148	56:41.58	05:40	0:25:25
1 330	262	Lisa Santos Sfuap	F	182	56:43.19	05:40	0:25:26
1 331	701	Nelson Jorge Ferreira	M	1149	56:43.82	05:40	0:25:27
1 332	2367	Paula Cristina Silva ENJOY	F	183	56:45.11	05:41	0:25:28
1 333	868	João Novais	M	1150	56:45.36	05:41	0:25:28
1 334	1417	eulalia sousa top top runners	M	1151	56:46.20	05:41	0:25:29
1 335	723	Maria jose Correia	F	184	56:49.23	05:41	0:25:32
1 336	1152	Helder Pinto	M	1152	56:50.06	05:41	0:25:33
1 337	1253	Bruno Marques Hab carpintaria	M	1153	56:50.61	05:41	0:25:34
1 338	355	Filipe Sampaio FilDelMariCla	M	1154	56:51.74	05:41	0:25:35
1 339	525	Miguel Cracel	M	1155	56:52.13	05:41	0:25:35
1 340	356	Delfina Pinheiro FilDelMariCla	F	185	56:52.86	05:41	0:25:36
1 341	3019	Vando Magalhães Sáfiplas	M	1156	56:53.30	05:41	0:25:36
1 342	294	Paulo Braga Brandão Favaio Runners	M	1157	56:54.84	05:41	0:25:38
1 343	1237	Sergio Andrade	M	1158	56:55.16	05:42	0:25:38
1 344	1977	Patricia Lopes Fama Runners	F	186	56:55.55	05:42	0:25:39
1 345	1423	Helena Grenha	F	187	56:55.82	05:42	0:25:39
1 346	680	Nelson Pinto	M	1159	56:56.74	05:42	0:25:40
1 347	1278	Pascal Dinis H-Team	M	1160	56:57.55	05:42	0:25:41
1 348	708	Daniel Ferreira H-Team	M	1161	56:58.56	05:42	0:25:42
1 349	1782	Filomena Magalhães Braguinhas runners	F	188	57:00.21	05:42	0:25:43
1 350	884	Hugo Sampaio	M	1162	57:01.17	05:42	0:25:44
1 351	3158	CARLOS ALVES	M	1163	57:01.41	05:42	0:25:44
1 352	746	Sérgio Enes	M	1164	57:01.82	05:42	0:25:45
1 353	792	Rui Monteiro Power Team	M	1165	57:03.96	05:42	0:25:47

1 354	274	Ana Ribeiro	OS MAIORES	F	189	57:04.38	05:42	0:25:47
1 355	1702	Bruno Ferreira	Sem nome	M	1166	57:06.63	05:43	0:25:50
1 356	1872	António Maia	Os Rompe Solas	M	1167	57:07.24	05:43	0:25:50
1 357	1088	Vera Azevedo	Aves Runners	F	190	57:09.49	05:43	0:25:52
1 358	2259	Angela Caridade	team lanthemil	F	191	57:09.70	05:43	0:25:53
1 359	2258	Antonio Caridade	team lanthemil	M	1168	57:10.21	05:43	0:25:53
1 360	1265	David Duarte	Os lentinhos	M	1169	57:12.04	05:43	0:25:55
1 361	166	Helder Ferreira		M	1170	57:13.08	05:43	0:25:56
1 362	950	Luis Cracel	Individual	M	1171	57:13.39	05:43	0:25:56
1 363	2233	Luís Carlos Pereira		M	1172	57:13.92	05:43	0:25:57
1 364	1022	Carlos Azevedo		M	1173	57:14.10	05:43	0:25:57
1 365	761	JOSÉ SANTANA	ARPO	M	1174	57:14.22	05:43	0:25:57
1 366	1525	Joaquim Dinis	Adosa - Os Santa Apolónia	M	1175	57:14.61	05:43	0:25:58
1 367	1535	Artur Dinis	ARPO	M	1176	57:14.99	05:43	0:25:58
1 368	2289	Celeste Oliveira	VILLA CESARI / FLAMA	F	192	57:15.89	05:44	0:25:59
1 369	854	Paulo Oliveira	Ronfe A Correr	M	1177	57:16.39	05:44	0:25:59
1 370	1387	Manuel Vaz	Ronfe a Correr	M	1178	57:16.47	05:44	0:25:59
1 371	2338	Diogo Oliveira		M	1179	57:17.10	05:44	0:26:00
1 372	1499	Sandra Amorim		F	193	57:17.33	05:44	0:26:00
1 373	324	Bruno Oliveira	Os Traquinas	M	1180	57:17.53	05:44	0:26:01
1 374	2366	Armando Silva	CORRERIAS	M	1181	57:17.77	05:44	0:26:01
1 375	1916	Mário Oliveira		M	1182	57:18.49	05:44	0:26:01
1 376	1367	Deolinda Faria	Adosa - Os Santa Apolónia	F	194	57:18.92	05:44	0:26:02
1 377	1656	Sandra Manuela Silva Marques	Ronfe a Correr	F	195	57:19.44	05:44	0:26:02
1 378	1515	Alfredo Azevedo	Rui	M	1183	57:19.56	05:44	0:26:03
1 379	3058	Jaime Amorim	Familia Fontes	M	1184	57:19.63	05:44	0:26:03
1 380	1024	Jorge Fernandes	FF	M	1185	57:21.51	05:44	0:26:05
1 381	329	Armando Leite	runforfun	M	1186	57:22.39	05:44	0:26:05
1 382	1046	SONIA FERREIRA	GAVIONAS	F	196	57:22.53	05:44	0:26:06
1 383	1213	Filipe Cunha		M	1187	57:23.20	05:44	0:26:06
1 384	1614	Hernâni Teles		M	1188	57:23.63	05:44	0:26:07
1 385	1611	Marco Silva		M	1189	57:24.29	05:44	0:26:07
1 386	2241	Alberto César		M	1190	57:25.15	05:45	0:26:08
1 387	1945	Marco André Carvalho	Núcleo do Sporting de Vila Nova Famalic	M	1191	57:25.49	05:45	0:26:08
1 388	1838	Manuel Paiva		M	1192	57:25.58	05:45	0:26:09
1 389	1997	André Girão	Fama Runners	M	1193	57:25.83	05:45	0:26:09
1 390	1923	António Alves Alves		M	1194	57:26.04	05:45	0:26:09
1 391	2002	Daniela Marques	Fama Runners	F	197	57:26.71	05:45	0:26:10
1 392	754	Alda Oliveira	Bikemanía Famalicão	F	198	57:27.63	05:45	0:26:11
1 393	1975	Diana Gomes	Fama Runners	F	199	57:27.90	05:45	0:26:11
1 394	1310	João Santos		M	1195	57:29.13	05:45	0:26:12
1 395	1912	Rafael Andrade		M	1196	57:29.45	05:45	0:26:12
1 396	1400	Vítor Couto	Assistência	M	1197	57:31.57	05:45	0:26:15
1 397	3086	Natalia Alves	Câmara	F	200	57:31.58	05:45	0:26:15
1 398	1672	Flávio Rocha	Tropa de Elite	M	1198	57:31.99	05:45	0:26:15
1 399	3087	Cosme Machado	Câmara	M	1199	57:32.60	05:45	0:26:16
1 400	1996	Julietta Araújo	Fama Runners	F	201	57:33.31	05:45	0:26:16
1 401	669	Patricia Araújo	Pata Leve	F	202	57:33.67	05:45	0:26:17
1 402	137	JOAO MARQUES	BRUMA	M	1200	57:34.38	05:45	0:26:17
1 403	668	Ângela Pereira	Pata Leve	M	1201	57:34.67	05:45	0:26:18
1 404	1995	Cristina Cruz	Fama Runners	F	203	57:35.12	05:46	0:26:18
1 405	387	Fátima Rocha	Dragon Club	F	204	57:35.33	05:46	0:26:18
1 406	785	Marta Cancela	Gavião	F	205	57:39.20	05:46	0:26:22
1 407	3146	HELDER MOTA	TEAM DUT	M	1202	57:41.43	05:46	0:26:24
1 408	326	Joao Soares		M	1203	57:41.63	05:46	0:26:25
1 409	3054	Rui Costa	Familia Fontes	M	1204	57:42.53	05:46	0:26:26
1 410	3156	FERNANDO LEAL		M	1205	57:43.52	05:46	0:26:27
1 411	1960	josé carlos martins	citybike	M	1206	57:44.07	05:46	0:26:27
1 412	1005	Artur Mário Carvalho Morais	Pinturas Charrão	M	1207	57:44.15	05:46	0:26:27

1 413	1007	João Teixeira	Pinturas Charrão	M	1208	57:44.59	05:46	0:26:28
1 414	1006	Pedro Fonte	Pinturas Charrão	M	1209	57:45.31	05:47	0:26:28
1 415	1638	José Ferreira		M	1210	57:46.62	05:47	0:26:30
1 416	1669	Patrícia Ferreira	Tropa de Elite	F	206	57:46.74	05:47	0:26:30
1 417	2251	David Dewasmes	Fama Runners	M	1211	57:47.38	05:47	0:26:30
1 418	3030	Ana Claudia Marques	Medium	F	207	57:48.91	05:47	0:26:32
1 419	243	Vitor Martins	Corre Comigo Riba de Ave - PPLWARE	M	1212	57:49.39	05:47	0:26:32
1 420	1399	Cláudia Barros		F	208	57:49.54	05:47	0:26:33
1 421	2331	Joaquim Moreira	Afis/Ovar	M	1213	57:49.55	05:47	0:26:33
1 422	3028	Miguel Marques	Medium	M	1214	57:49.75	05:47	0:26:33
1 423	1105	Susana Teixeira	GMR	F	209	57:50.20	05:47	0:26:33
1 424	3157	FERNANDO PEREIRA		M	1215	57:50.45	05:47	0:26:33
1 425	3167	CONFIAUTO		M	1216	57:50.49	05:47	0:26:33
1 426	2231	Marta Silva	Ginasio Corpos	F	210	57:55.29	05:48	0:26:38
1 427	694	Cristiana Costa	La Galigne Sedentaire	F	211	57:55.66	05:48	0:26:39
1 428	1796	Aniceto Marques	Dumiense Xallenge runners	M	1217	57:56.24	05:48	0:26:39
1 429	1327	Filomena Costa	Dumiense Xallenge Runners	F	212	57:57.54	05:48	0:26:41
1 430	1483	António Ferreira	Associação Cultural de Vermoim	M	1218	57:58.36	05:48	0:26:41
1 431	739	Ivo Carvalho	Oliveira Carvalho	M	1219	57:58.49	05:48	0:26:41
1 432	112	Cecília Melo	Corre Comigo Riba de Ave	F	213	57:59.09	05:48	0:26:42
1 433	2029	Eugénia Ferreira	Famalicao em Forma	F	214	57:59.79	05:48	0:26:43
1 434	1169	Carlos Pereira		M	1220	58:01.19	05:48	0:26:44
1 435	1340	David Pinto	Little Chickens's Team	M	1221	58:01.20	05:48	0:26:44
1 436	796	Carlos Carvalho		M	1222	58:02.48	05:48	0:26:45
1 437	2377	Marta Carrito	Dumiense Xallenge Runners	F	215	58:03.04	05:48	0:26:46
1 438	1270	Pedro Oliveira	Núcleo do Sporting Clube de Portugal de	M	1223	58:03.62	05:48	0:26:47
1 439	1035	Gabriel Freitas	Aves Runners	M	1224	58:04.41	05:48	0:26:47
1 440	639	Paulo Silva		M	1225	58:05.39	05:49	0:26:48
1 441	1082	André Silva	ACPSCMRA	M	1226	58:05.98	05:49	0:26:49
1 442	154	Filipe Coelho	Cruise Car	M	1227	58:06.64	05:49	0:26:50
1 443	141	Carlos Guerreiro	Formill Metalworking	M	1228	58:06.99	05:49	0:26:50
1 444	1655	Albertina Pereira	Mouquim/Afacycles/Eugénios/Bargauto/C	F	216	58:07.06	05:49	0:26:50
1 445	1077	Sérgio Rocha	A.d.Pedome	M	1229	58:07.45	05:49	0:26:50
1 446	849	Rui Machado	Gansos	M	1230	58:07.70	05:49	0:26:51
1 447	3069	Nuno Cardoso	Medium	M	1231	58:08.72	05:49	0:26:52
1 448	2337	Joaquim Oliveira		M	1232	58:08.85	05:49	0:26:52
1 449	1480	Helder Carvalho	Gaviões	M	1233	58:09.24	05:49	0:26:52
1 450	1041	Andreia Barbosa		F	217	58:10.19	05:49	0:26:53
1 451	1095	Joana Santos	Andor Bioleta	F	218	58:12.12	05:49	0:26:55
1 452	1568	Carlos Gomes		M	1234	58:12.28	05:49	0:26:55
1 453	3108	Diogo Oliveira	MEDIUM	M	1235	58:12.70	05:49	0:26:56
1 454	3125	Fábio Pocinho	MEDIUM	M	1236	58:13.30	05:49	0:26:56
1 455	656	Ricardo Pinheiro		M	1237	58:14.21	05:49	0:26:57
1 456	1864	Nuno Barroso		M	1238	58:14.94	05:49	0:26:58
1 457	1610	Ricardo Oliveira	Clube os 5 à Hora	M	1239	58:15.10	05:50	0:26:58
1 458	1051	joana tedim		F	219	58:16.80	05:50	0:27:00
1 459	2041	Helder Costa	Fama Runners	M	1240	58:17.86	05:50	0:27:01
1 460	386	Ricardo Ferreira	Alive Runners	M	1241	58:18.97	05:50	0:27:02
1 461	2348	Bruno Afonso		M	1242	58:19.12	05:50	0:27:02
1 462	2011	Daniel Freitas	Fama Runners	M	1243	58:20.08	05:50	0:27:03
1 463	385	Patrícia Manuela De Abreu	Alive Runners	F	220	58:21.03	05:50	0:27:04
1 464	1557	Bruno Fernandes		M	1244	58:21.16	05:50	0:27:04
1 465	1028	Ana Brito	Salgueiros Running	M	1245	58:23.59	05:50	0:27:07
1 466	1027	Tiago Lages	Salgueiros Running	M	1246	58:23.96	05:50	0:27:07
1 467	3060	Nuno Oliveira	Familia Fontes	M	1247	58:26.04	05:51	0:27:09
1 468	2110	Paulo Tinoco		M	1248	58:31.73	05:51	0:27:15
1 469	1173	Luis Machado	CR Candoso	M	1249	58:32.47	05:51	0:27:15
1 470	2049	Nuno Oliveira	Fama Runners	M	1250	58:35.73	05:52	0:27:19
1 471	2130	Tiago Gomes	ARC Vale São Cosme	M	1251	58:36.06	05:52	0:27:19

1 472	730	Bruno Tomaz		M	1252	58:38.24	05:52	0:27:21
1 473	1760	Jorge Moura		M	1253	58:38.28	05:52	0:27:21
1 474	1688	Sara Machado	Figueiredos runners and friends	F	221	58:38.29	05:52	0:27:21
1 475	1689	Rui Ferreira	Figueiredos runners and friends	M	1254	58:38.39	05:52	0:27:21
1 476	1244	José Peixoto	Guimarrunning	M	1255	58:38.86	05:52	0:27:22
1 477	1747	JOSÉ SAMPAIO		M	1256	58:40.36	05:52	0:27:23
1 478	1748	TERESA FARIA		F	222	58:40.77	05:52	0:27:24
1 479	1347	Marcelo Pereira	Clarinha Team	M	1257	58:41.54	05:52	0:27:25
1 480	414	Rui Costa		M	1258	58:42.38	05:52	0:27:25
1 481	1346	Laura Carolina Abreu	Clarinha Team	F	223	58:42.97	05:52	0:27:26
1 482	1348	Arlindo Mendes	Clarinha Team	M	1259	58:43.36	05:52	0:27:26
1 483	1968	Ricardo Fernandes	R C Reparções	M	1260	58:44.00	05:52	0:27:27
1 484	1969	José Campinho	R C Reparções	M	1261	58:44.81	05:52	0:27:28
1 485	153	César Lima		M	1262	58:47.65	05:53	0:27:31
1 486	1761	Ângela Cristina		F	224	58:49.23	05:53	0:27:32
1 487	1830	Patrícia Santos	AMIGOS DO PEDAL	F	225	58:49.64	05:53	0:27:33
1 488	1833	MARCO SIMOES	AMIGOS DO PEDAL	F	226	58:51.26	05:53	0:27:34
1 489	2134	FRANCISCO COSTA		M	1263	58:52.88	05:53	0:27:36
1 490	900	Francisco Duarte	Dumiense Xallenge Runners	M	1264	58:53.27	05:53	0:27:36
1 491	1132	Sónia Adriana Freitas Peixoto	Caça Raposas	F	227	58:53.54	05:53	0:27:37
1 492	1653	Rui Silva	Dumiense Xallenge Runners	M	1265	58:53.81	05:53	0:27:37
1 493	1646	Samanta Moreira	Xumbo Team	M	1266	58:54.46	05:53	0:27:37
1 494	144	Fábio Almeida		M	1267	58:54.73	05:53	0:27:38
1 495	143	Lúcia Lopes		F	228	58:55.24	05:54	0:27:38
1 496	127	Manuel Araújo	Santiagotur	M	1268	58:56.85	05:54	0:27:40
1 497	445	Rui Costa	Vila Nova Famalicão	M	1269	58:59.11	05:54	0:27:42
1 498	1855	Joaquim Nunes	Cdp/Teles	M	1270	58:59.62	05:54	0:27:43
1 499	3075	António Germano Bompastor	Medium	M	1271	58:59.63	05:54	0:27:43
1 500	412	Simão Guimarães	Celtic Crew	M	1272	59:00.01	05:54	0:27:43
1 501	3033	Ana Isabel Silva	Medium	F	229	59:00.69	05:54	0:27:44
1 502	980	Marcos Barbosa	CELTIC CREW	M	1273	59:00.88	05:54	0:27:44
1 503	411	Filipa Carvalho	Joane Corre Corre	F	230	59:00.92	05:54	0:27:44
1 504	3032	Sérgio Silva	Medium	M	1274	59:01.06	05:54	0:27:44
1 505	679	Lurdes Alves		F	231	59:01.47	05:54	0:27:44
1 506	909	Susana Silva		F	232	59:01.54	05:54	0:27:45
1 507	2120	Paulo Silva		M	1275	59:02.22	05:54	0:27:45
1 508	1267	Daniel Rocha		M	1276	59:02.43	05:54	0:27:45
1 509	1948	Vitor Azevedo		M	1277	59:02.44	05:54	0:27:45
1 510	1696	Cristina Araujo	Familia Araujo	F	233	59:03.62	05:54	0:27:47
1 511	1697	Alvaro Araujo	Familia Araujo	M	1278	59:05.20	05:55	0:27:48
1 512	1819	Tiago Moreira	Renas do Pai Natal	M	1279	59:05.30	05:55	0:27:48
1 513	171	Cátia Ferreira	Ruivaes-Vila Nova de Famalicão	F	234	59:06.31	05:55	0:27:49
1 514	634	Manuel Sousa	Kilosmoda	M	1280	59:06.73	05:55	0:27:50
1 515	172	Vitor Sousa		M	1281	59:07.34	05:55	0:27:50
1 516	633	Sérgio Gonçalves	Kilosmoda	M	1282	59:08.52	05:55	0:27:52
1 517	1268	Francisco Rocha		M	1283	59:09.70	05:55	0:27:53
1 518	1418	Lucia Ribeiro Rodrigues Rodri braga		F	235	59:11.20	05:55	0:27:54
1 519	2155	Isabel Ribeiro	Socialites	F	236	59:11.39	05:55	0:27:54
1 520	1553	Rui Pereira		M	1284	59:12.27	05:55	0:27:55
1 521	1233	Carina Alves	Liberdade FC	F	237	59:14.08	05:55	0:27:57
1 522	310	Albino Ferreira		M	1285	59:15.43	05:56	0:27:58
1 523	125	Manu Joaquim	Liberdade FC	M	1286	59:15.43	05:56	0:27:58
1 524	855	Fernando Camacho		M	1287	59:16.97	05:56	0:28:00
1 525	1779	Carlos Costa	Sociedade Recreio Cepanense	M	1288	59:17.63	05:56	0:28:01
1 526	2398	Dorsal 2398		M	1289	59:17.84	05:56	0:28:01
1 527	774	Bruno Silva		M	1290	59:21.66	05:56	0:28:05
1 528	1047	SUSANA FORTE	GAVIONAS	F	238	59:21.98	05:56	0:28:05
1 529	1042	ALICE PONTES	GAVIONAS	F	239	59:22.10	05:56	0:28:05
1 530	1044	LINA MARTINS	GAVIONAS	F	240	59:22.32	05:56	0:28:05

1 531	1743	Elisabete Carvalho		F	241	59:23.43	05:56	0:28:06
1 532	1742	Bárbara Carvalho		F	242	59:23.60	05:56	0:28:07
1 533	3169	CONFIAUTO		M	1291	59:28.70	05:57	0:28:12
1 534	3047	Jorge Paulo Faria	Medium	M	1292	59:29.21	05:57	0:28:12
1 535	2279	Filipe Carvalho	Vamos equipe	M	1293	59:30.30	05:57	0:28:13
1 536	2113	Fernanda Macedo	Online Team	F	243	59:30.57	05:57	0:28:14
1 537	255	JULIANA RIBEIRO	INDIVIDUAL	F	244	59:30.61	05:57	0:28:14
1 538	253	PEDRO RIBEIRO		M	1294	59:30.69	05:57	0:28:14
1 539	2347	Hugo Brandão	Braga	M	1295	59:33.18	05:57	0:28:16
1 540	1386	Sameiro Peixoto		F	245	59:34.94	05:57	0:28:18
1 541	1385	Eduardo Martins		M	1296	59:35.76	05:58	0:28:19
1 542	2140	Ana Ferreira		F	246	59:38.13	05:58	0:28:21
1 543	1193	Ricardo Silva	Manus	M	1297	59:38.34	05:58	0:28:21
1 544	2144	Fábio Renato Machado	clube Tiago Machado	M	1298	59:38.58	05:58	0:28:22
1 545	1185	José Miguel Cardoso da Silva	Porto Sentido Runners	M	1299	59:39.07	05:58	0:28:22
1 546	1096	Joaquim Santos	Andor Bioleta	M	1300	59:39.17	05:58	0:28:22
1 547	1857	Miguel Ferreira	CDP / TELES	M	1301	59:39.27	05:58	0:28:22
1 548	1184	Ana Josu	Porto Sentido Runners	F	247	59:40.16	05:58	0:28:23
1 549	163	Pedro Carvalho		M	1302	59:41.09	05:58	0:28:24
1 550	1114	Susana Moreira	Formiguinhas	F	248	59:41.46	05:58	0:28:24
1 551	1606	Natália Coelho	Clube os 5 à Hora	F	249	59:42.49	05:58	0:28:25
1 552	767	Vitor Magalhães	Fit Club ATC	F	250	59:45.77	05:59	0:28:29
1 553	766	Cristina Guimarães	Fit Club ATC	F	251	59:47.10	05:59	0:28:30
1 554	458	Helder Fernandes	Fit Club ATC	M	1303	59:47.10	05:59	0:28:30
1 555	636	Paula Oliveira		F	252	59:48.01	05:59	0:28:31
1 556	1851	Fatima Marques	Famatugas	F	253	59:48.47	05:59	0:28:31
1 557	1390	José Vilaça	Nine	M	1304	59:49.69	05:59	0:28:33
1 558	960	Jorge Rafael Marques da Silva	Electr...	M	1305	59:49.78	05:59	0:28:33
1 559	508	Andre Araujo		M	1306	59:50.01	05:59	0:28:33
1 560	1813	Tiago Costa		M	1307	59:51.12	05:59	0:28:34
1 561	492	José Paiva		M	1308	59:51.44	05:59	0:28:34
1 562	1824	Bruno Costa		M	1309	59:51.53	05:59	0:28:35
1 563	1791	Miguel Coelho		M	1310	59:51.57	05:59	0:28:35
1 564	1850	Luis Moniz	Famatugas	M	1311	59:52.40	05:59	0:28:35
1 565	598	Virginia Santos	Grupo Desportivo Santander Totta	F	254	59:53.51	05:59	0:28:37
1 566	203	Márcio Araújo	Corre pra frente	M	1312	59:55.00	06:00	0:28:38
1 567	291	Ricardo Braga	Brandão Favaio Runners	M	1313	59:55.75	06:00	0:28:39
1 568	2018	António Gonçalves	Famalicao em Forma	M	1314	1:00:00.57	06:00	0:28:44
1 569	1807	Dário Cruz	Adosa - Os Santa Apolónia	M	1315	1:00:01.19	06:00	0:28:44
1 570	114	Duarte Araújo		M	1316	1:00:01.84	06:00	0:28:45
1 571	1485	Cátia Ferreira	ACVSM	F	255	1:00:02.66	06:00	0:28:46
1 572	806	Silvia Sousa	#altacilindrada	F	256	1:00:03.43	06:00	0:28:46
1 573	2257	António Varela	Fama Runners	M	1317	1:00:04.50	06:00	0:28:48
1 574	555	Carlos Magalhães	Squadra di Potenza	M	1318	1:00:06.47	06:01	0:28:49
1 575	2070	FERNANDO CUNHA	FARMACIA CENTRAL	M	1319	1:00:07.00	06:01	0:28:50
1 576	927	Dores Barroso	Correr com c'Alma	F	257	1:00:07.01	06:01	0:28:50
1 577	193	Pedro Marques	Ind	M	1320	1:00:09.63	06:01	0:28:53
1 578	2339	Daniela Vilas Boas	Dragon Club	F	258	1:00:09.67	06:01	0:28:53
1 579	1880	Fátima Araújo	Dragon Club	F	259	1:00:10.18	06:01	0:28:53
1 580	926	Anabela Lobo	Correr com c'Alma	F	260	1:00:10.56	06:01	0:28:54
1 581	1080	Cândido Oliveira	ACPSCMRA	M	1321	1:00:11.94	06:01	0:28:55
1 582	1384	Rúebn Freitas	ACPSCMRA	M	1322	1:00:12.58	06:01	0:28:56
1 583	266	Paulo Ferreira	Vila Nova de Famalicao	M	1323	1:00:12.74	06:01	0:28:56
1 584	1551	Miguel Silva	Minho Aventura	M	1324	1:00:14.61	06:01	0:28:58
1 585	2122	Silvia Barbosa		F	261	1:00:15.04	06:02	0:28:58
1 586	1550	Ana Helena Carneiro	Minho Aventura	F	262	1:00:15.41	06:02	0:28:58
1 587	797	João Mesquita		M	1325	1:00:18.21	06:02	0:29:01
1 588	2293	Susana Pereira	akuafit	F	263	1:00:18.34	06:02	0:29:01
1 589	1191	Sandra Gomes	Aves Runners	F	264	1:00:18.92	06:02	0:29:02

1 590	1649	Ricardo Cunha	Vizela nos pés	M	1326	1:00:18.99	06:02	0:29:02
1 591	298	Renato Oliveira		M	1327	1:00:19.95	06:02	0:29:03
1 592	132	Hélder Melo		M	1328	1:00:20.92	06:02	0:29:04
1 593	910	Helena Lopes		F	265	1:00:21.06	06:02	0:29:04
1 594	725	Ângela Santos		F	266	1:00:21.40	06:02	0:29:04
1 595	201	Ana Borges	TREPADORES	F	267	1:00:25.17	06:03	0:29:08
1 596	1991	Catarina Moreira	Fama Runners	F	268	1:00:27.49	06:03	0:29:10
1 597	1045	SARA LIMA	GAVIONAS	F	269	1:00:28.74	06:03	0:29:12
1 598	1043	CÂNDIDA SILVA	GAVIONAS	F	270	1:00:28.90	06:03	0:29:12
1 599	1609	Alberto Alves	Clube os 5 à Hora	M	1329	1:00:29.29	06:03	0:29:12
1 600	745	Sonia Carvalho	BTS	M	1330	1:00:29.73	06:03	0:29:13
1 601	450	Carlos Oliveira	BTS	M	1331	1:00:30.09	06:03	0:29:13
1 602	1067	Antonio Ferreira	Jorge Oculista	M	1332	1:00:35.18	06:04	0:29:18
1 603	2383	Dorsal 2383		M	1333	1:00:35.90	06:04	0:29:19
1 604	491	Pedro Rodrigues	Santiagotur	M	1334	1:00:36.00	06:04	0:29:19
1 605	3179	.		M	1335	1:00:36.11	06:04	0:29:19
1 606	449	Rui Sengo	BTS	M	1336	1:00:36.48	06:04	0:29:19
1 607	901	Isabel Costa		F	271	1:00:37.30	06:04	0:29:20
1 608	2298	Susana Barroso		F	272	1:00:37.50	06:04	0:29:21
1 609	451	Ricardo Teixeira	BTS	M	1337	1:00:37.58	06:04	0:29:21
1 610	1933	Paulo Simões		M	1338	1:00:37.67	06:04	0:29:21
1 611	1840	Aires Cunha		M	1339	1:00:38.21	06:04	0:29:21
1 612	1603	Filipe Cunha		M	1340	1:00:38.89	06:04	0:29:22
1 613	1089	José Pedro Freitas		M	1341	1:00:40.50	06:04	0:29:24
1 614	657	JOAQUIM FERREIRA	A.C. VERMOIM	M	1342	1:00:40.53	06:04	0:29:24
1 615	2042	Patrícia Pereira	Fama Runners	F	273	1:00:40.75	06:04	0:29:24
1 616	2043	Pedro Melo	Fama Runners	M	1343	1:00:41.37	06:04	0:29:24
1 617	658	FÁTIMA AZEVEDO	A.C. VERMOIM	F	274	1:00:41.86	06:04	0:29:25
1 618	3105	Luís Monteiro	MEDIUM	M	1344	1:00:42.21	06:04	0:29:25
1 619	1865	Filipe Ribeiro		M	1345	1:00:45.09	06:05	0:29:28
1 620	245	José Carlos Sampaio	ALIVE RUNNERS	M	1346	1:00:46.16	06:05	0:29:29
1 621	1436	Fábia Soares	Aminhacorrida/Myprotein	F	275	1:00:46.81	06:05	0:29:30
1 622	2098	João Albano		M	1347	1:00:50.18	06:05	0:29:33
1 623	420	Gabriel Pinto	Meireles	M	1348	1:00:50.34	06:05	0:29:33
1 624	1110	Celso Sousa		M	1349	1:00:50.93	06:05	0:29:34
1 625	1858	Helena Sousa Tavares	CDP/TELES	F	276	1:00:50.93	06:05	0:29:34
1 626	1562	Nuno Oliveira	CB RUN	M	1350	1:00:51.27	06:05	0:29:34
1 627	1856	teresa cunha	CDP/TELES	F	277	1:00:51.48	06:05	0:29:34
1 628	2067	Ana Catarina Araújo	FARMACIA CENTRAL	F	278	1:00:52.92	06:05	0:29:36
1 629	2068	Carla Nunes	FARMACIA CENTRAL	F	279	1:00:53.09	06:05	0:29:36
1 630	2069	DANIEL MESQUITA	FARMACIA CENTRAL	M	1351	1:00:54.34	06:05	0:29:37
1 631	1020	Alzira Armada	Lobos do monte	F	280	1:00:55.37	06:06	0:29:38
1 632	1092	Catarina Reis	Lobos do Monte	F	281	1:00:56.32	06:06	0:29:39
1 633	1093	Paulo Reis	Lobos do Monte	M	1352	1:00:56.67	06:06	0:29:40
1 634	2182	Cheila Rothe	Atlético Clube de Vale S. Martinho	F	282	1:00:56.75	06:06	0:29:40
1 635	1019	Fausto Teixeira	Lobos do monte	M	1353	1:00:56.78	06:06	0:29:40
1 636	1021	Miguel Pereira	Lobos do monte	M	1354	1:00:57.13	06:06	0:29:40
1 637	963	Tiago Veiga	Balanças	M	1355	1:00:58.78	06:06	0:29:42
1 638	958	Miguel Angelo Sá Sousa	Lacar	M	1356	1:00:59.58	06:06	0:29:43
1 639	542	Ricardo Freitas		M	1357	1:01:01.88	06:06	0:29:45
1 640	971	Marlene Freitas	Amigos da corrida	F	283	1:01:03.53	06:06	0:29:47
1 641	689	Pedro Gomes	Gomes	M	1358	1:01:03.54	06:06	0:29:47
1 642	807	Marco Santos		M	1359	1:01:03.60	06:06	0:29:47
1 643	690	Ivo Carvalho	Carvalho	M	1360	1:01:04.26	06:06	0:29:47
1 644	907	Jorge Soline dos Resende	Santo Tirso	M	1361	1:01:07.97	06:07	0:29:51
1 645	908	Sandra Moreira	Santo Tirso	F	284	1:01:08.10	06:07	0:29:51
1 646	2213	Paulo Bastos	Renas do Pai Natal	M	1362	1:01:09.26	06:07	0:29:52
1 647	482	RUI CASTRO	BRUMA	M	1363	1:01:09.41	06:07	0:29:52
1 648	2203	Bruno Couto	Renas do Pai Natal	M	1364	1:01:09.86	06:07	0:29:53

1 649	2237	Francisca Fernandes	Estamos juntos	F	285	1:01:12.47	06:07	0:29:55
1 650	1293	Nuno Ferreira	Casa FC Porto de VN Famalicão	M	1365	1:01:13.26	06:07	0:29:56
1 651	2316	Isabel Ribeiro		F	286	1:01:15.61	06:08	0:29:59
1 652	1195	Ricardo Guimarães		M	1366	1:01:16.59	06:08	0:30:00
1 653	1505	Andreia Carvalho		F	287	1:01:17.47	06:08	0:30:00
1 654	1419	João Torres		M	1367	1:01:18.91	06:08	0:30:02
1 655	949	Jose Miguel Torres	Acdar	M	1368	1:01:19.07	06:08	0:30:02
1 656	799	Vanessa Dinis		F	288	1:01:22.35	06:08	0:30:05
1 657	2024	Lara Ribeiro	Famalicão em Forma	F	289	1:01:22.48	06:08	0:30:05
1 658	2238	Maria João Fernandes		F	290	1:01:23.71	06:08	0:30:07
1 659	2022	José Barros	Famalicão em Forma	M	1369	1:01:23.93	06:08	0:30:07
1 660	2239	Diogo Abreu		M	1370	1:01:24.19	06:08	0:30:07
1 661	1941	Pedro Almeida		M	1371	1:01:24.20	06:08	0:30:07
1 662	773	Manuel Cruz	A.R.C.Vale S.Cosme	M	1372	1:01:24.47	06:08	0:30:07
1 663	2202	José Manuel Vale		M	1373	1:01:25.01	06:09	0:30:08
1 664	1846	Miguel Carriço	Os Isabelinhas	M	1374	1:01:25.51	06:09	0:30:09
1 665	595	Pedro Lima		M	1375	1:01:26.13	06:09	0:30:09
1 666	1845	Carlos Carriço	Os Isabelinhas	M	1376	1:01:26.38	06:09	0:30:09
1 667	470	Celina Correia		F	291	1:01:28.89	06:09	0:30:12
1 668	952	Ana Moreira		F	292	1:01:29.86	06:09	0:30:13
1 669	1524	Pedro Pinto		M	1377	1:01:29.89	06:09	0:30:13
1 670	2195	Bruno miguel Silva	Montanelas	M	1378	1:01:30.11	06:09	0:30:13
1 671	951	Pedro Farinha		M	1379	1:01:30.71	06:09	0:30:14
1 672	757	Ana Fonseca	Bike4nyc8r's	F	293	1:01:31.13	06:09	0:30:14
1 673	2081	Pedro Sousa		M	1380	1:01:31.76	06:09	0:30:15
1 674	1258	Eduarda Lima	ProQderEvier	F	294	1:01:31.98	06:09	0:30:15
1 675	1192	Alcino Sampaio	Aves Runners	M	1381	1:01:33.16	06:09	0:30:16
1 676	2340	Ana Barros		F	295	1:01:33.21	06:09	0:30:16
1 677	1542	Carla Sousa	TrioFit	F	296	1:01:34.68	06:09	0:30:18
1 678	2001	Isabel Carneiro	Fama Runners	F	297	1:01:35.53	06:10	0:30:19
1 679	2000	Vitor Moreira	Fama Runners	M	1382	1:01:35.65	06:10	0:30:19
1 680	120	Ezequiel Costa	Arc vale s cosme	M	1383	1:01:36.24	06:10	0:30:19
1 681	108	João Carlos Costa Oliveira Ol	Clube BTT Famalicão	M	1384	1:01:38.34	06:10	0:30:21
1 682	1409	Margarida Dantas	Team Lantermil	F	298	1:01:43.43	06:10	0:30:26
1 683	278	Bruno Pacheco	Mitrinhas	M	1385	1:01:43.62	06:10	0:30:27
1 684	1404	Joao Filipe Macedo De Freitas	A Noite Passa a Correr	M	1386	1:01:43.87	06:10	0:30:27
1 685	2245	Madalena Silva	Amigos da Corrida	F	299	1:01:43.93	06:10	0:30:27
1 686	279	Silvina Rodrigues	Mitrinhas	F	300	1:01:44.08	06:10	0:30:27
1 687	1625	Sandra Cunha		F	301	1:01:47.95	06:11	0:30:31
1 688	876	Manuel Pereira	Kedas Bike	M	1387	1:01:55.87	06:12	0:30:39
1 689	240	Vitor Feio	Team Feio	M	1388	1:01:58.00	06:12	0:30:41
1 690	2232	Carla Ferreira	Adeca	F	302	1:01:58.14	06:12	0:30:41
1 691	798	Marcelo Costa		M	1389	1:01:58.27	06:12	0:30:41
1 692	395	Carlos Fontão	Clube btt Famalicão	M	1390	1:01:58.57	06:12	0:30:42
1 693	1432	Isaura Miranda	Rumo a Aventura	F	303	1:01:58.58	06:12	0:30:42
1 694	1431	Patricia Miranda	Rumoa a Aventura	F	304	1:01:58.84	06:12	0:30:42
1 695	1430	Margarida Miranda	Rumo a Aventura	F	305	1:01:59.45	06:12	0:30:42
1 696	2240	Paula Fernandes		F	306	1:02:00.71	06:12	0:30:44
1 697	1823	Miguel Silva	Trailers	M	1391	1:02:00.77	06:12	0:30:44
1 698	823	Paulo Pereira		M	1392	1:02:01.81	06:12	0:30:45
1 699	1590	Pedro Costa	Dive into the mountains	M	1393	1:02:02.79	06:12	0:30:46
1 700	1593	Diana Moura	Dive into the mountains	F	307	1:02:05.33	06:13	0:30:48
1 701	1230	Miguel Dias	Os Feijões	M	1394	1:02:05.59	06:13	0:30:49
1 702	866	Armanda Rocha		F	308	1:02:06.41	06:13	0:30:49
1 703	2135	PAULA COSTA		F	309	1:02:06.83	06:13	0:30:50
1 704	2133	Paula Afonso	Trailers	F	310	1:02:08.42	06:13	0:30:51
1 705	3153	RICARDO ANTÓNIO DA SI TROFA SAÚDE		M	1395	1:02:09.38	06:13	0:30:52
1 706	979	Ana Catarina Vilaça Silva		F	311	1:02:10.27	06:13	0:30:53
1 707	517	Ricardo Ribeiro		M	1396	1:02:11.63	06:13	0:30:55

1 708	1504	Maria José Cruz	TOMATUBIKERS	M	1397	1:02:12.03	06:13	0:30:55
1 709	978	Olga Couto Cardoso		F	312	1:02:12.12	06:13	0:30:55
1 710	758	Fernando Fonseca	Bike4nyc8r's	M	1398	1:02:12.89	06:13	0:30:56
1 711	158	Eduardo Cardoso	Sunshine	M	1399	1:02:14.35	06:13	0:30:57
1 712	1158	JOSE LUIS FERREIRA MEN	QUASELINK	M	1400	1:02:15.22	06:14	0:30:58
1 713	2234	Mário Rosas		M	1401	1:02:16.10	06:14	0:30:59
1 714	2235	Lourenço Antunes		M	1402	1:02:17.06	06:14	0:31:00
1 715	1146	Juliana Veloso	Aves Runners	F	313	1:02:17.97	06:14	0:31:01
1 716	1592	Josefa Oliveira	Minho Aventura	F	314	1:02:19.18	06:14	0:31:02
1 717	384	Daniela Sofia Sá	Barcelos	F	315	1:02:21.88	06:14	0:31:05
1 718	318	Nelson Santos		M	1403	1:02:21.98	06:14	0:31:05
1 719	2052	Teresa Correia	Fama Runners	F	316	1:02:22.54	06:14	0:31:06
1 720	2053	António José Sá	Fama Runners	M	1404	1:02:23.62	06:14	0:31:07
1 721	1532	MIGUEL PEREIRA	Crossfit Vale do Ave	M	1405	1:02:24.64	06:14	0:31:08
1 722	1533	DIANA SAMPAIO	Clube do Rio	F	317	1:02:24.69	06:14	0:31:08
1 723	1531	MAFALDA NOGUEIRA	Clube do Rio	F	318	1:02:24.94	06:14	0:31:08
1 724	1771	Manuel Carvalho	Carvalhos	M	1406	1:02:26.69	06:15	0:31:10
1 725	1498	Ana Teixeira		F	319	1:02:27.98	06:15	0:31:11
1 726	1810	Fátima Machado	Adosa - Os Santa Apolónia	F	320	1:02:28.73	06:15	0:31:12
1 727	483	CHANTAL GOMES	BRUMA	F	321	1:02:28.85	06:15	0:31:12
1 728	486	HUGO VIEIRA	BRUMA	M	1407	1:02:29.36	06:15	0:31:12
1 729	2220	Manuel Vieira	Ripas	M	1408	1:02:29.43	06:15	0:31:12
1 730	720	Paulo Correia	Ripas	M	1409	1:02:29.88	06:15	0:31:13
1 731	229	Rui Costa	Atães Guimarães	M	1410	1:02:33.39	06:15	0:31:16
1 732	309	Bruno Guimaraes		M	1411	1:02:33.39	06:15	0:31:16
1 733	506	Luis Braz	OS ABÉKULAS	M	1412	1:02:33.82	06:15	0:31:17
1 734	1970	Francisco Ferreira	Adeca	M	1413	1:02:34.41	06:15	0:31:17
1 735	2027	António Vieira	Famalicão em Forma	M	1414	1:02:37.81	06:16	0:31:21
1 736	1069	Domingos Machado	Jorge Oculista	M	1415	1:02:37.88	06:16	0:31:21
1 737	1065	José Ribeiro	Jorge Oculista	M	1416	1:02:38.01	06:16	0:31:21
1 738	1083	Beatriz Campos	ACPSCMRA	F	322	1:02:38.10	06:16	0:31:21
1 739	1208	Élia Azevedo De Freitas	Fit Club ATC	F	323	1:02:39.85	06:16	0:31:23
1 740	1295	Francisco Paiva	Casa FC Porto de VN Famalicão	M	1417	1:02:40.22	06:16	0:31:23
1 741	1336	Antonio Oliveira		M	1418	1:02:41.17	06:16	0:31:24
1 742	1994	Natália Santos	Fama Runners	F	324	1:02:42.05	06:16	0:31:25
1 743	3024	Paula Isménia Ribeiro	Enif	F	325	1:02:42.16	06:16	0:31:25
1 744	621	Paulo Ferreira	Amigos Ponto Final	M	1419	1:02:44.84	06:16	0:31:28
1 745	782	João Sá		M	1420	1:02:47.45	06:17	0:31:30
1 746	2040	João Pinheiro	Fama Runners	M	1421	1:02:49.47	06:17	0:31:32
1 747	110	Joana Oliveira	Oliveira Carvalho	F	326	1:02:52.63	06:17	0:31:36
1 748	109	Rui Carvalho	Oliveira Carvalho	M	1422	1:02:53.30	06:17	0:31:36
1 749	940	Hugo Ribeiro	Sem Equipa	M	1423	1:02:53.31	06:17	0:31:36
1 750	904	Flávio Daniel Moreira Gomes		M	1424	1:02:55.13	06:18	0:31:38
1 751	139	FABIO SILVA	BRUMA	M	1425	1:02:56.86	06:18	0:31:40
1 752	260	Sofia Ferreira	Família Bacelar	F	327	1:03:01.06	06:18	0:31:44
1 753	2185	Pedro Sa	FAMILIA	M	1426	1:03:02.48	06:18	0:31:45
1 754	1621	Nuno Sá		M	1427	1:03:03.73	06:18	0:31:47
1 755	1482	Paulo Sá		M	1428	1:03:03.88	06:18	0:31:47
1 756	1283	Maria Ferreira		F	328	1:03:04.33	06:18	0:31:47
1 757	1266	Paulo Costa	SOLTEIROS	M	1429	1:03:06.14	06:19	0:31:49
1 758	1382	Vera Andrade		F	329	1:03:06.22	06:19	0:31:49
1 759	1383	Nuno Rodrigues		M	1430	1:03:06.33	06:19	0:31:49
1 760	826	Rogério Manuel Miranda Cun	SURTEC	M	1431	1:03:06.43	06:19	0:31:49
1 761	1661	Christopher Guimaraens		M	1432	1:03:06.62	06:19	0:31:50
1 762	827	Marisa Moreira	SURTEC	F	330	1:03:06.71	06:19	0:31:50
1 763	1560	Helder Silva		M	1433	1:03:08.81	06:19	0:31:52
1 764	617	João Silva	Amigos Ponto Final	M	1434	1:03:08.89	06:19	0:31:52
1 765	624	Teresa Silva	Amigos Ponto Final	F	331	1:03:09.02	06:19	0:31:52
1 766	1329	Vasco Peixoto		M	1435	1:03:09.26	06:19	0:31:52

1 767	182	Jorge Amorim		M	1436	1:03:10.03	06:19	0:31:53
1 768	3177	.		M	1437	1:03:10.83	06:19	0:31:54
1 769	162	João Paulo Vieira	DIVE INTO THE MOUNTAINS	M	1438	1:03:11.91	06:19	0:31:55
1 770	3178	.		M	1439	1:03:12.40	06:19	0:31:55
1 771	968	Luís Fernando Costa		M	1440	1:03:12.64	06:19	0:31:56
1 772	2015	Alice Oliveira	Famalicão em Forma	F	332	1:03:14.64	06:19	0:31:58
1 773	700	João Nóbrega		M	1441	1:03:14.83	06:19	0:31:58
1 774	342	Ricardo Silva		M	1442	1:03:16.07	06:20	0:31:59
1 775	2156	Jacinto Antunes		M	1443	1:03:17.06	06:20	0:32:00
1 776	361	Paulo Bourbon	Corre Pra Frente	M	1444	1:03:17.24	06:20	0:32:00
1 777	284	Daniel Oliveira	BarejoTeam	M	1445	1:03:17.71	06:20	0:32:01
1 778	2169	César Cardoso		M	1446	1:03:17.84	06:20	0:32:01
1 779	285	Sofia Cardoso	BarejoTeam	F	333	1:03:17.99	06:20	0:32:01
1 780	751	Ana Abreu	Corre Comigo Riba de Ave	F	334	1:03:18.44	06:20	0:32:01
1 781	3064	Vasco Moreira	Medium	M	1447	1:03:19.14	06:20	0:32:02
1 782	1733	Luis Costa	Braga Runners	M	1448	1:03:19.80	06:20	0:32:03
1 783	1281	Luís Leitão		M	1449	1:03:21.88	06:20	0:32:05
1 784	2061	António Lima	ARJ	M	1450	1:03:23.40	06:20	0:32:06
1 785	1262	Luís Álvares	Aves Runners	M	1451	1:03:25.34	06:21	0:32:08
1 786	1986	Gonçalo Castro	Fama Runners	M	1452	1:03:26.54	06:21	0:32:10
1 787	1985	Inês Lima	Fama Runners	F	335	1:03:27.48	06:21	0:32:10
1 788	248	Pedro Moreira	Agencia Moreira	M	1453	1:03:27.91	06:21	0:32:11
1 789	249	Alexina Moreira	Agencia Moreira	F	336	1:03:28.23	06:21	0:32:11
1 790	436	Isabel Gomes	Amigos da corrida	F	337	1:03:30.60	06:21	0:32:14
1 791	2037	Joaquim Costa	Famalicão em Forma	M	1454	1:03:31.19	06:21	0:32:14
1 792	2036	Cátia Navio	Famalicão em Forma	F	338	1:03:31.62	06:21	0:32:15
1 793	1839	Susana Terras		F	339	1:03:32.71	06:21	0:32:16
1 794	2101	Gabriel Ribeiro	Aves Runners	M	1455	1:03:32.91	06:21	0:32:16
1 795	1313	Sofia Ferreira	Serlaca team	F	340	1:03:33.43	06:21	0:32:16
1 796	1257	Nelson Azevedo	ProQderEvier	M	1456	1:03:34.36	06:21	0:32:17
1 797	265	António Oliveira	Fit Club ATC	M	1457	1:03:34.38	06:21	0:32:17
1 798	2242	Carlos Oliveira		M	1458	1:03:34.89	06:21	0:32:18
1 799	1079	António Pires	ACPSCMRA	M	1459	1:03:35.78	06:22	0:32:19
1 800	1934	Juliana Dias	A D ESMERIZ RUNNING	F	341	1:03:36.03	06:22	0:32:19
1 801	3141	Adriano Martim Monteiro Ma	MEDIUM	M	1460	1:03:36.70	06:22	0:32:20
1 802	750	Carina Faria		F	342	1:03:37.35	06:22	0:32:20
1 803	3140	Ana Monteiro	MEDIUM	F	343	1:03:37.56	06:22	0:32:21
1 804	938	Catarina Nunes	Caldelas	F	344	1:03:38.05	06:22	0:32:21
1 805	801	Joana Barbosa	VAMOS EQUIPE	M	1461	1:03:38.90	06:22	0:32:22
1 806	1171	Elsa Silva	CB RUN	F	345	1:03:39.51	06:22	0:32:23
1 807	187	Marcela Fernandes	CB RUN	F	346	1:03:40.96	06:22	0:32:24
1 808	186	Diogo Barros	CB RUN	M	1462	1:03:41.50	06:22	0:32:25
1 809	1420	Fernando Torres		M	1464	1:03:41.73	06:22	0:32:25
1 810	1345	Artur Gomes	ACPSCMRA	M	1463	1:03:41.73	06:22	0:32:25
1 811	1078	José Barroso	ACPSCMRA	M	1465	1:03:43.30	06:22	0:32:26
1 812	1209	André Guimarães	CB RUN	M	1466	1:03:43.77	06:22	0:32:27
1 813	1049	Telma Costa		F	347	1:03:44.88	06:22	0:32:28
1 814	1867	Gilberto Filipe Machado	Corre Comigo Riba de ave	M	1467	1:03:45.23	06:23	0:32:28
1 815	1048	António Moreira		M	1468	1:03:45.67	06:23	0:32:29
1 816	1010	Honorio Faria		M	1469	1:03:48.00	06:23	0:32:31
1 817	1645	Daniela Faria		F	348	1:03:48.32	06:23	0:32:31
1 818	2261	Mário Manuel da Cunha	Surtec	M	1470	1:03:51.55	06:23	0:32:35
1 819	1820	Paula Santos	Trailers	F	349	1:03:53.94	06:23	0:32:37
1 820	972	Filipe Pereira	Amigos da corrida	M	1471	1:03:54.43	06:23	0:32:37
1 821	2212	José Neves	Place Runners	M	1472	1:03:54.96	06:23	0:32:38
1 822	1666	Carlos Costa	Team Lantemil	M	1473	1:03:56.50	06:24	0:32:40
1 823	429	Sérgio Carvalho	Temos Pena	M	1474	1:03:56.51	06:24	0:32:40
1 824	3036	Sonia Santos	AD Esmeriz Running	F	350	1:03:56.61	06:24	0:32:40
1 825	3037	Rodrigo Silva	Team Lantemil	M	1475	1:03:56.81	06:24	0:32:40

1 826	428	Rosa Oliveira	Temos Pena	F	351	1:03:57.35	06:24	0:32:40
1 827	1984	Patrícia Moreira	Fama Runners	F	352	1:03:57.44	06:24	0:32:40
1 828	1943	Cristina Moreira		F	353	1:03:57.87	06:24	0:32:41
1 829	1622	Paulo Maia		M	1476	1:03:58.08	06:24	0:32:41
1 830	1374	Ângela Macedo		F	354	1:03:58.77	06:24	0:32:42
1 831	995	Patricio Pereira	Mestes do Sushi	M	1477	1:04:02.96	06:24	0:32:46
1 832	875	Joao Freitas Freitas		M	1478	1:04:03.65	06:24	0:32:47
1 833	852	Maria Irene Correia Oliveira	Irene&Patricio	F	355	1:04:04.01	06:24	0:32:47
1 834	2132	Susana Costa		F	356	1:04:07.66	06:25	0:32:51
1 835	1792	José Pereira	Braguinhas Runners	M	1479	1:04:10.00	06:25	0:32:53
1 836	1781	Sara Vieira	Braguinhas runners	F	357	1:04:10.45	06:25	0:32:53
1 837	1959	sara faria	citybike	F	358	1:04:10.96	06:25	0:32:54
1 838	1958	André Castro	citybike	M	1480	1:04:11.15	06:25	0:32:54
1 839	1240	EVA JESUS	LOBOS DO MONTE - LOUSADO	F	359	1:04:12.15	06:25	0:32:55
1 840	1108	Cristóvão Magalhães	SURTEC	M	1481	1:04:12.27	06:25	0:32:55
1 841	1957	silvia machado	citybike	F	360	1:04:13.16	06:25	0:32:56
1 842	824	Ana Moreira Lima	Los Gros	F	361	1:04:14.27	06:25	0:32:57
1 843	3016	Ana Margarida Senra Leal	Medium	F	362	1:04:14.94	06:25	0:32:58
1 844	2086	Isménia Machado	Duplofit runners	F	363	1:04:15.19	06:26	0:32:58
1 845	2087	Margarida Tanoeiro	Duplofit runners	F	364	1:04:15.52	06:26	0:32:59
1 846	2096	Rute Oliveira	Silfa Energia	F	365	1:04:15.59	06:26	0:32:59
1 847	825	André Santos	Los Gros	M	1482	1:04:16.67	06:26	0:33:00
1 848	1426	Bruno Ferreira		M	1483	1:04:17.23	06:26	0:33:00
1 849	3137	Catarina Abreu	Câmara	F	366	1:04:17.68	06:26	0:33:01
1 850	1425	Mara Campos		F	367	1:04:17.93	06:26	0:33:01
1 851	1424	Tiago Braga	Mindelo, Vila do Conde	M	1484	1:04:18.07	06:26	0:33:01
1 852	2115	Diogo Garcia	Somos Todeus	M	1485	1:04:18.71	06:26	0:33:02
1 853	3048	Bruno Silva Gomes	Medium	M	1486	1:04:20.99	06:26	0:33:04
1 854	2362	Mário Costa	Tikamoreira	M	1487	1:04:21.02	06:26	0:33:04
1 855	2055	Diana Barroso	Fama Runners	F	368	1:04:21.52	06:26	0:33:05
1 856	1931	Marco Almeida	Famatugas	M	1488	1:04:22.44	06:26	0:33:05
1 857	2363	Carlos Silva	CORRERIAS	M	1489	1:04:24.07	06:26	0:33:07
1 858	1721	Paulo Oliveira	Upss	M	1490	1:04:25.67	06:27	0:33:09
1 859	1164	Carina Freitas		F	369	1:04:26.71	06:27	0:33:10
1 860	2276	Fernando Laranjeira	LARANJEIRA	M	1491	1:04:27.32	06:27	0:33:10
1 861	2190	Ana Fernandes		M	1492	1:04:27.69	06:27	0:33:11
1 862	1207	Nuno Sá		M	1493	1:04:27.87	06:27	0:33:11
1 863	1491	Alexandra Lopes		F	370	1:04:27.87	06:27	0:33:11
1 864	1239	Ana Valinho		F	371	1:04:28.43	06:27	0:33:11
1 865	2299	Sofia Bastos Kw		F	372	1:04:28.51	06:27	0:33:12
1 866	2356	Pedro Torres	AMVE	M	1494	1:04:34.53	06:27	0:33:18
1 867	1318	José Nunes	Rocha	M	1495	1:04:35.83	06:28	0:33:19
1 868	2355	Joana Cunha	AMVE	F	373	1:04:36.12	06:28	0:33:19
1 869	674	Jaime Almeida		M	1496	1:04:37.48	06:28	0:33:20
1 870	192	Eliana Sampaio	xx	F	374	1:04:41.39	06:28	0:33:24
1 871	1330	ANA CATARINA SILVA		F	375	1:04:42.62	06:28	0:33:26
1 872	1530	ROSA SILVA		F	376	1:04:42.72	06:28	0:33:26
1 873	1852	Sérgio Bouças		M	1497	1:04:45.10	06:29	0:33:28
1 874	2148	Sérgio Marques		M	1498	1:04:45.15	06:29	0:33:28
1 875	597	Patrícia Silva	Grupo Desportivo Santander Totta	F	377	1:04:46.26	06:29	0:33:29
1 876	711	Maria Alice Ferreira		F	378	1:04:50.99	06:29	0:33:34
1 877	150	Natalia Silva		F	379	1:04:53.87	06:29	0:33:37
1 878	934	Paula Rodrigues	Roda dos Ventos	F	380	1:04:54.17	06:29	0:33:37
1 879	2317	Vânia Pereira		F	381	1:04:54.31	06:29	0:33:37
1 880	195	Joao Oliveira	C/O Team	M	1499	1:04:54.48	06:29	0:33:37
1 881	1086	Carlos Carneiro	Carlos Carneiro, LDA	M	1500	1:04:55.47	06:30	0:33:38
1 882	969	Paula Castro	Aves Runners	F	382	1:04:56.52	06:30	0:33:40
1 883	368	Nuno Sá		M	1501	1:04:57.90	06:30	0:33:41
1 884	1801	Carla Moreira		F	383	1:04:58.28	06:30	0:33:41

1 885	214	Maria Marinho	Salgueiros Running	M	1502	1:04:59.13	06:30	0:33:42
1 886	1282	Ana Ferreira		F	384	1:04:59.27	06:30	0:33:42
1 887	1433	Joana Castro	Rumo a Aventura	F	385	1:05:01.18	06:30	0:33:44
1 888	1434	Sameiro Pereira	Rumo a Aventura	F	386	1:05:01.60	06:30	0:33:45
1 889	1918	André Barbosa		M	1503	1:05:01.73	06:30	0:33:45
1 890	1134	Rui Lima	Gavioes	M	1504	1:05:04.14	06:30	0:33:47
1 891	3014	Fernando Jorge Ribeiro	Medium	M	1505	1:05:05.92	06:31	0:33:49
1 892	443	Rute Pereira		F	387	1:05:06.74	06:31	0:33:50
1 893	2150	Helena Marques		F	388	1:05:07.57	06:31	0:33:51
1 894	2128	Francisco Dinis		M	1506	1:05:08.18	06:31	0:33:51
1 895	3073	Carlos Sampaio	Medium	M	1507	1:05:09.53	06:31	0:33:53
1 896	3074	Armindo Almeida	Medium	M	1508	1:05:09.80	06:31	0:33:53
1 897	1151	Eduardo Batista	ColRunners	M	1509	1:05:12.42	06:31	0:33:55
1 898	921	Tiago Marques	Os Rodrigues	M	1510	1:05:17.88	06:32	0:34:01
1 899	1490	Abílio Melo	Oldrunners	M	1511	1:05:20.09	06:32	0:34:03
1 900	2163	Sónia Magalhães	UNCVNF SONITURISMO ZITRON	F	389	1:05:21.26	06:32	0:34:04
1 901	2117	Edmundo Costa		M	1512	1:05:22.55	06:32	0:34:06
1 902	2118	Joana Barbosa		F	390	1:05:23.81	06:32	0:34:07
1 903	1064	Pedro Costa	Jorge Oculista	M	1513	1:05:25.17	06:33	0:34:08
1 904	993	Filipe Cunha	Mestres do Sushi	M	1514	1:05:25.31	06:33	0:34:08
1 905	1030	Amélia Aguiar		F	391	1:05:26.38	06:33	0:34:09
1 906	895	ELSA COSTA	Energia Positiva	F	392	1:05:26.47	06:33	0:34:09
1 907	3170	Raquel Nascimento		F	393	1:05:27.42	06:33	0:34:10
1 908	2369	Mário Nascimento		M	1515	1:05:28.44	06:33	0:34:11
1 909	2054	Vitor Teixeira	Fama Runners	M	1516	1:05:28.81	06:33	0:34:12
1 910	197	Alexandra Connerty	C/O Team	F	394	1:05:41.23	06:34	0:34:24
1 911	2217	Carlos Silva	Os perdidos	M	1517	1:05:41.74	06:34	0:34:25
1 912	558	Cátia Sofia Ferreira Leite Matos		F	395	1:05:42.66	06:34	0:34:26
1 913	256	André Reis	SYSWISE	M	1518	1:05:48.22	06:35	0:34:31
1 914	2374	Ângela Ribeiro		F	396	1:05:49.48	06:35	0:34:32
1 915	257	Fernanda Reis	SYSWISE	F	397	1:05:49.55	06:35	0:34:33
1 916	1509	Marisa Gouveia e Serra	Somos Todeus	F	398	1:05:49.57	06:35	0:34:33
1 917	1510	José Tadeu Marques	Somos Todeus	M	1519	1:05:50.47	06:35	0:34:33
1 918	2173	Francisco Pereira		M	1520	1:05:51.02	06:35	0:34:34
1 919	2172	Ana Oliveira		F	399	1:05:51.65	06:35	0:34:35
1 920	2376	Sergio Magalhaes	Surtec	M	1521	1:05:53.00	06:35	0:34:36
1 921	218	Maria José Nogueira	Corre Comigo, Riba de Ave	F	400	1:05:54.76	06:35	0:34:38
1 922	2104	Manuel Tomás		M	1522	1:05:57.63	06:36	0:34:41
1 923	1841	Daniel Antunes		M	1523	1:05:59.82	06:36	0:34:43
1 924	1261	Cristina Figueiredo	Aves Runners	F	401	1:06:00.32	06:36	0:34:43
1 925	1924	Amélia Ferreira		F	402	1:06:00.59	06:36	0:34:44
1 926	1247	Diana Matos	Aves Runners	F	403	1:06:01.61	06:36	0:34:45
1 927	948	Alcides Rodrigues		M	1524	1:06:04.78	06:36	0:34:48
1 928	1774	CANDIDO RIBEIRO	Novumdux	M	1525	1:06:06.91	06:37	0:34:50
1 929	2326	Orquidea Maria Sousa Ferreira		F	404	1:06:09.08	06:37	0:34:52
1 930	1795	jose manuel pacheco	Salgueiros running team	M	1526	1:06:09.83	06:37	0:34:53
1 931	2207	Anabela Silva		F	405	1:06:14.78	06:37	0:34:58
1 932	2208	Tiago Campos		M	1527	1:06:15.28	06:38	0:34:58
1 933	781	Marisa Ribeiro		F	406	1:06:18.41	06:38	0:35:01
1 934	2290	Isabel Azevedo	VILLA CESARI / FLAMA	F	407	1:06:18.58	06:38	0:35:02
1 935	1320	Daniela Machado		F	408	1:06:19.58	06:38	0:35:03
1 936	1223	Cristiana Campos	Upss	F	409	1:06:22.28	06:38	0:35:05
1 937	2100	Paulo Cruz		M	1528	1:06:23.23	06:38	0:35:06
1 938	1604	Ricardo Paisana		M	1529	1:06:24.63	06:38	0:35:08
1 939	1709	Carla Neves	Ortoneved	F	410	1:06:29.60	06:39	0:35:13
1 940	1723	Zélia Cardoso	Corre pra Frente	F	411	1:06:30.01	06:39	0:35:13
1 941	1708	Joaquim Neves	Ortoneves	M	1530	1:06:30.08	06:39	0:35:13
1 942	1753	Miguel Alves		M	1531	1:06:30.93	06:39	0:35:14
1 943	380	Adelaide Alves Alves	BikeMania	F	412	1:06:31.50	06:39	0:35:15

1 944	1513	Paulo Monteiro	Floresta Btt	M	1532	1:06:32.33	06:39	0:35:15
1 945	202	Nelson Ferreira	Corre pra frente	M	1533	1:06:32.45	06:39	0:35:15
1 946	1720	Andreia Campos	Upss	F	413	1:06:32.45	06:39	0:35:15
1 947	703	Tânia Castro		F	414	1:06:32.61	06:39	0:35:16
1 948	1866	Maria Manuela Nogueira	Riba de Ave	F	415	1:06:34.05	06:39	0:35:17
1 949	223	Sandra Pinto	Travassós Running Fafe	F	416	1:06:35.50	06:40	0:35:19
1 950	200	Anabela Mota	Travassós Running FAFE	F	417	1:06:36.22	06:40	0:35:19
1 951	479	JOAQUIM BARBOSA	BRUMA	M	1534	1:06:37.00	06:40	0:35:20
1 952	484	MARIA CIPRESTE	BRUMA	F	418	1:06:37.07	06:40	0:35:20
1 953	2145	Andre Dias		M	1535	1:06:37.38	06:40	0:35:20
1 954	2146	Silvia Campos		M	1536	1:06:37.39	06:40	0:35:20
1 955	2147	Ricardo Maia		M	1537	1:06:38.22	06:40	0:35:21
1 956	846	Armando Castro		M	1538	1:06:39.10	06:40	0:35:22
1 957	733	Monica Oliveira	Oliveirinhas	F	419	1:06:42.86	06:40	0:35:26
1 958	935	JJoaquina Gonçalves	Roda dos Ventos	F	420	1:06:42.92	06:40	0:35:26
1 959	216	Ivone Ribeiro	Corre Comigo, Riba de Ave	F	421	1:06:44.44	06:40	0:35:27
1 960	217	António Nogueira	Corre Comigo, Riba de Ave	F	422	1:06:44.89	06:40	0:35:28
1 961	2114	Joao Neves	Somos Todeus	M	1539	1:06:45.76	06:41	0:35:29
1 962	148	Celia Areias Cunha		F	423	1:06:46.18	06:41	0:35:29
1 963	556	Bruno Rios	COMPADRES	M	1540	1:06:46.22	06:41	0:35:29
1 964	502	Margarida Fernandes	bodyline team	F	424	1:06:48.48	06:41	0:35:31
1 965	372	paulo carneiro	bodyline team	M	1541	1:06:48.64	06:41	0:35:32
1 966	311	Ana Oliveira		F	425	1:06:48.99	06:41	0:35:32
1 967	738	Patrícia Silva	Power Team	F	426	1:06:55.14	06:42	0:35:38
1 968	722	Rui António Santos		M	1543	1:06:55.97	06:42	0:35:39
1 969	1312	Carla Ferreira	Serlaca team	M	1542	1:06:55.97	06:42	0:35:39
1 970	1474	catia sousa	Bora Lá	F	427	1:06:56.18	06:42	0:35:39
1 971	1311	Jorge Ferreira	Serlaca team	M	1544	1:06:56.53	06:42	0:35:40
1 972	1476	sandra carvalho	Bora Lá	F	428	1:06:57.04	06:42	0:35:40
1 973	1477	Gonçalo CORREIA	Bora Lá	M	1545	1:06:57.77	06:42	0:35:41
1 974	1472	Filipe Martins	Bora Lá	M	1546	1:06:57.86	06:42	0:35:41
1 975	1475	carlos eugenio	Bora Lá	M	1547	1:06:58.82	06:42	0:35:42
1 976	1765	Mónica Ribeiro		F	429	1:06:59.61	06:42	0:35:43
1 977	431	Nuno P. Silva	LOBOS DO MONTE - LOUSADO	M	1548	1:07:00.87	06:42	0:35:44
1 978	432	MANUELA SILVA	LOBOS DO MONTE - LOUSADO	F	430	1:07:00.98	06:42	0:35:44
1 979	359	Graça Rebelo	Calcantes	F	431	1:07:02.75	06:42	0:35:46
1 980	2184	Fátima Pinho		F	432	1:07:07.62	06:43	0:35:51
1 981	131	Amanda Costa		F	433	1:07:08.32	06:43	0:35:51
1 982	335	Sandra Silva	Carolisses	F	434	1:07:10.98	06:43	0:35:54
1 983	334	José Azevedo	Carolisses	M	1549	1:07:11.02	06:43	0:35:54
1 984	1144	Rosa Barbosa		F	435	1:07:14.14	06:43	0:35:57
1 985	277	Ana Ferreira		F	436	1:07:25.13	06:45	0:36:08
1 986	106	Tiago Rodrigues	Serriamente na boa	M	1550	1:07:26.16	06:45	0:36:09
1 987	289	MANUEL GOMES		M	1551	1:07:28.00	06:45	0:36:11
1 988	1308	Daniela Godinho	Trevo do Sucesso	F	437	1:07:28.27	06:45	0:36:11
1 989	1321	José Santos	Família o	M	1552	1:07:28.81	06:45	0:36:12
1 990	3068	Diana Godinho	Medium	F	438	1:07:29.02	06:45	0:36:12
1 991	3066	Diana Carmo Soares	Medium	F	439	1:07:29.08	06:45	0:36:12
1 992	805	Zizina Cristino	#altacilindrara	F	440	1:07:29.47	06:45	0:36:12
1 993	1421	florbela Dias ferreira		F	441	1:07:29.71	06:45	0:36:13
1 994	804	Jorge Cristino	#altacilindrada	M	1553	1:07:29.91	06:45	0:36:13
1 995	675	Adriana Costa	Vila Nova Famalicão	F	442	1:07:31.12	06:45	0:36:14
1 996	1422	Jorge Dias ferreira		M	1554	1:07:31.53	06:45	0:36:15
1 997	606	Tiago Rodrigues		M	1555	1:07:34.19	06:45	0:36:17
1 998	1575	Tânia Azevedo		F	443	1:07:34.54	06:45	0:36:18
1 999	1612	Jose Augusto Rocha Lopes	Team Devesa	M	1556	1:07:35.16	06:46	0:36:18
2 000	1613	Fatima Cristina Fonte Fonseca	Team Devesa	F	444	1:07:35.36	06:46	0:36:18
2 001	2360	Ricardo Miranda	ENJOY	M	1557	1:07:35.80	06:46	0:36:19
2 002	1619	LUIS SILVA	ADDC RUN	M	1558	1:07:37.75	06:46	0:36:21

2 003	2123	Joaquim Lobo	Joaquim	M	1559	1:07:37.93	06:46	0:36:21
2 004	1319	José Gonçalves		M	1560	1:07:45.37	06:47	0:36:28
2 005	770	marisa faria faria		F	445	1:07:48.55	06:47	0:36:32
2 006	769	paula moreira		F	446	1:07:49.21	06:47	0:36:32
2 007	1066	Rita Guimaraes	Jorge Oculista	F	447	1:07:50.55	06:47	0:36:34
2 008	3063	Marta Sofia Campos Branco	Familia Fontes	F	448	1:07:57.01	06:48	0:36:40
2 009	3062	Miguel Joaquim Araújo Barro	Familia Fontes	M	1561	1:07:57.63	06:48	0:36:41
2 010	1982	Cristina Silva	Fama Runners	F	449	1:08:02.17	06:48	0:36:45
2 011	1929	Maria Rodrigues	Os Rodrigues	F	450	1:08:02.32	06:48	0:36:45
2 012	1861	Filipe Fernandes		M	1562	1:08:02.47	06:48	0:36:45
2 013	1397	Luciana Rodrigues	Os rodrigues	F	451	1:08:03.07	06:48	0:36:46
2 014	1967	Silvia Silva	R C Reparções	F	452	1:08:03.70	06:48	0:36:47
2 015	790	Maria Oliveira	bodyline team	F	453	1:08:03.97	06:48	0:36:47
2 016	3006	Armando Miguel Lopes Marq	São Roque	M	1563	1:08:05.32	06:49	0:36:48
2 017	320	Diana Oliveira		F	454	1:08:07.70	06:49	0:36:51
2 018	2045	Rui Moreira	Fama Runners	M	1564	1:08:09.54	06:49	0:36:53
2 019	2328	Monica Gonçalves	Levanta cedo	F	455	1:08:09.87	06:49	0:36:53
2 020	1140	Paulo Gonçalves	Team Bifana	M	1565	1:08:10.47	06:49	0:36:53
2 021	2174	Adriano Ribeiro	Os perdidos	M	1566	1:08:10.97	06:49	0:36:54
2 022	1031	Carolina Aguiar		F	456	1:08:12.59	06:49	0:36:56
2 023	844	Dora Dias	Aminhacorrida/Myprotein	F	457	1:08:13.17	06:49	0:36:56
2 024	1254	Isabel Silva	CB RUN	F	458	1:08:27.79	06:51	0:37:11
2 025	3049	Elisabete Machado	Medium	F	459	1:08:28.43	06:51	0:37:11
2 026	1165	Gisela Santos		F	460	1:08:28.47	06:51	0:37:11
2 027	3039	Pedro Miguel Silva	Medium	M	1567	1:08:29.04	06:51	0:37:12
2 028	438	Angela Sofia Sousa		F	461	1:08:37.24	06:52	0:37:20
2 029	464	SARA MARTINS	KILOS MODA WOMAN	F	462	1:08:38.48	06:52	0:37:21
2 030	1220	João Ventura	TEAM CORPOS 3	M	1568	1:08:38.49	06:52	0:37:21
2 031	463	AMALIA VILELA	KILOS MODA WOMAN	F	463	1:08:39.16	06:52	0:37:22
2 032	461	PAULA Couto	KILOS MODA WOMAN	F	464	1:08:39.31	06:52	0:37:22
2 033	462	MARTINA MACHADO	KILOS MODA WOMAN	F	465	1:08:39.31	06:52	0:37:22
2 034	991	Francisco Lemos	Mestres do Sushi	F	466	1:08:40.27	06:52	0:37:23
2 035	992	Dalila Duarte	Mestres do Sushi	F	467	1:08:40.40	06:52	0:37:23
2 036	1547	Francisco Coelho		M	1569	1:08:41.39	06:52	0:37:24
2 037	1546	Maria José Coelho		F	468	1:08:41.40	06:52	0:37:24
2 038	1545	Alvim Gabriel Coelho		M	1570	1:08:41.51	06:52	0:37:25
2 039	299	Lisete Campos		F	469	1:08:48.36	06:53	0:37:31
2 040	956	Maria Costa	CASADOS	F	470	1:08:57.02	06:54	0:37:40
2 041	955	Tiago Sousa	CASADOS	M	1571	1:08:57.54	06:54	0:37:41
2 042	1263	Natacha Santos	Aves Runners	F	471	1:08:59.25	06:54	0:37:42
2 043	1075	Joaquim Oliveira	A.d.Pedome	M	1572	1:09:00.17	06:54	0:37:43
2 044	989	Manuela Rocha	Mestres do Sushi	F	472	1:09:00.33	06:54	0:37:43
2 045	990	Ricardo Machado	Mestres do Sushi	M	1573	1:09:00.55	06:54	0:37:44
2 046	994	Angela Salgado	Mestres do Sushi	F	473	1:09:00.69	06:54	0:37:44
2 047	592	ASSUNÇÃO RIBEIRO	A.C. VERMOIM	F	474	1:09:02.14	06:54	0:37:45
2 048	1252	Joana Mourão		F	475	1:09:06.02	06:55	0:37:49
2 049	227	Sara Ferreira		F	476	1:09:10.39	06:55	0:37:53
2 050	735	Isabel Campos		F	477	1:09:10.77	06:55	0:37:54
2 051	272	Maria Flores	Pata Leve	F	478	1:09:11.54	06:55	0:37:55
2 052	2309	Ricardo Correia		M	1574	1:09:13.26	06:55	0:37:56
2 053	259	Ana Isabel Carvalho Bacelar	Família Bacelar	F	479	1:09:15.15	06:56	0:37:58
2 054	1076	Sandra Pinto	CB RUN	F	480	1:09:20.77	06:56	0:38:04
2 055	1853	Sandra Fernandes		F	481	1:09:29.37	06:57	0:38:12
2 056	447	Albino Teixeira	BTS	M	1575	1:09:29.50	06:57	0:38:13
2 057	1479	Inês Ramalho		F	482	1:09:29.89	06:57	0:38:13
2 058	1478	Joana Ramalho		F	483	1:09:30.23	06:57	0:38:13
2 059	1808	Cristina Meira	Adosa - Os Santa Apolónia	F	484	1:09:38.51	06:58	0:38:22
2 060	1809	Manuela Barbosa	Adosa - Os Santa Apolónia	F	485	1:09:38.78	06:58	0:38:22
2 061	1365	catia salgado		F	486	1:09:40.25	06:58	0:38:23

2 062	512	Elisabete Carvalho	Corre Pra Frente	F	487	1:09:44.73	06:58	0:38:28
2 063	2274	Gusto Ribeiro		M	1576	1:09:47.28	06:59	0:38:30
2 064	1142	Diana Fernandes	Vila Nova Runners	F	488	1:09:47.96	06:59	0:38:31
2 065	791	Adriana Sofia Gomes Dos Sar	Andor Bioleta	F	489	1:09:56.37	07:00	0:38:39
2 066	533	Bárbara Rodrigues		F	490	1:09:56.98	07:00	0:38:40
2 067	574	Luís Costa		M	1577	1:09:57.95	07:00	0:38:41
2 068	710	Ana Ferreira		F	491	1:09:58.73	07:00	0:38:42
2 069	1285	Cristela Pereira		F	492	1:09:59.49	07:00	0:38:42
2 070	2136	Cláudia Ribeiro		F	493	1:09:59.55	07:00	0:38:43
2 071	1971	Susana Marinho	OTZ Bike	F	494	1:10:01.39	07:00	0:38:44
2 072	1094	Daniela Santos	Andor Bioleta	F	495	1:10:01.89	07:00	0:38:45
2 073	519	Ana Rita Santos	Andor Bioleta	F	496	1:10:03.33	07:00	0:38:46
2 074	813	Angela Ferreira		F	497	1:10:05.84	07:01	0:38:49
2 075	1177	Olga Pinheiro		F	498	1:10:10.19	07:01	0:38:53
2 076	328	Vítor Gomes		M	1578	1:10:15.43	07:02	0:38:58
2 077	369	andrea fernandes	bodyline team	F	499	1:10:19.04	07:02	0:39:02
2 078	373	Clara Gonçalves	bodyline team	F	500	1:10:19.26	07:02	0:39:02
2 079	3180	.		M	1579	1:10:19.30	07:02	0:39:02
2 080	976	Ana Leonor Carvalho		F	501	1:10:28.72	07:03	0:39:12
2 081	974	Ana Beatriz Carvalho		F	502	1:10:30.14	07:03	0:39:13
2 082	734	Horacio Ferreira	Oliveirinhas	M	1580	1:10:34.28	07:03	0:39:17
2 083	1217	Sandra Barbosa	TEAM CORPOS 3	F	503	1:10:34.51	07:03	0:39:18
2 084	982	Silvia Monteiro	Oliveirinhas	F	504	1:10:34.98	07:03	0:39:18
2 085	2254	Luís Araújo	Fama Runners	M	1581	1:11:02.85	07:06	0:39:46
2 086	2255	Verónica Salgado	Fama Runners	F	505	1:11:04.55	07:06	0:39:48
2 087	541	Elisete Moreira	V. N. Famalicao	F	506	1:11:04.99	07:06	0:39:48
2 088	1241	Sofia Mingote		F	507	1:11:05.28	07:07	0:39:48
2 089	572	Vítor Mendes	Befitness Runners	M	1582	1:11:20.43	07:08	0:40:03
2 090	571	Andreia Pelicano	Befitness Runners	F	508	1:11:20.64	07:08	0:40:04
2 091	538	Tiago Crespo		M	1583	1:11:23.26	07:08	0:40:06
2 092	531	Sílvia Dias	Team lanthemil	F	509	1:11:27.09	07:09	0:40:10
2 093	1316	Raquel Dionisio	Rocha	M	1584	1:11:27.71	07:09	0:40:11
2 094	530	Jorge Azevedo	Team lanthemil	M	1585	1:11:28.01	07:09	0:40:11
2 095	1317	João Nunes	Rocha	M	1586	1:11:29.20	07:09	0:40:12
2 096	1315	Pedro Rocha	Rocha	M	1587	1:11:29.26	07:09	0:40:12
2 097	269	Paulo Marques	Pata Leve	M	1588	1:11:29.71	07:09	0:40:13
2 098	610	Serafim Moreira	Corre comigo Riba de Ave	M	1589	1:11:29.76	07:09	0:40:13
2 099	1644	Paula Fernandes		F	510	1:11:30.60	07:09	0:40:14
2 100	2297	Manuela Alves	Bragarunners	F	511	1:11:37.20	07:10	0:40:20
2 101	1944	Domingos Pereira		M	1590	1:11:39.78	07:10	0:40:23
2 102	811	Luis Fernandes		M	1591	1:11:41.01	07:10	0:40:24
2 103	1115	Daniela Gonçalves	Formiguinhas	F	512	1:11:42.73	07:10	0:40:26
2 104	812	Sandra Gomes		F	513	1:11:43.79	07:10	0:40:27
2 105	371	antonia azevedo	bodyline team	F	514	1:11:44.46	07:10	0:40:27
2 106	719	Jacinta Costa	Power Team	F	515	1:11:44.58	07:10	0:40:28
2 107	820	Sílvia Faria		F	516	1:11:46.20	07:11	0:40:29
2 108	1890	Raquel Pinheiro		F	517	1:11:48.34	07:11	0:40:31
2 109	469	Joaquim Paulo Gomes	Sunshine	M	1592	1:11:48.49	07:11	0:40:31
2 110	2006	Carlos Maia	Fama Runners	M	1593	1:11:54.48	07:11	0:40:37
2 111	1435	Tatiana Miranda	Rumo a Aventura	F	518	1:11:54.65	07:11	0:40:38
2 112	2005	Rosária Ferreira	Fama Runners	F	519	1:11:54.65	07:11	0:40:38
2 113	2206	Ana Patricia Azevedo		F	520	1:11:55.07	07:12	0:40:38
2 114	3076	Rosa Maria Lopes	Câmara	F	521	1:12:00.56	07:12	0:40:44
2 115	3082	Silvio Silva	Câmara	M	1594	1:12:01.49	07:12	0:40:44
2 116	2252	Manuela Machado	Fama Runners	F	522	1:12:02.30	07:12	0:40:45
2 117	1886	Joaquim Marques		M	1595	1:12:08.61	07:13	0:40:52
2 118	1882	Filipe Oliveira	Vilas Boas Oliveira	M	1596	1:12:10.31	07:13	0:40:53
2 119	180	ELISABETE SILVA		F	523	1:12:10.54	07:13	0:40:54
2 120	1883	Marta Sofia Vilas Boas	Vilas Boas Oliveira	M	1597	1:12:10.91	07:13	0:40:54

2 121	181	Nelson Pereira		M	1598	1:12:11.62	07:13	0:40:55
2 122	2215	Isabel Oliveira	Amigos do Pedal	F	524	1:12:26.43	07:15	0:41:09
2 123	2214	Tiago Fortuna	Amigos do Pedal	M	1599	1:12:27.39	07:15	0:41:10
2 124	877	Silvia Ferreira	Kedas Bike	F	525	1:13:13.32	07:19	0:41:56
2 125	1887	carla duarte		F	526	1:13:18.56	07:20	0:42:02
2 126	768	Filipa Moreira		F	527	1:13:21.02	07:20	0:42:04
2 127	2205	Beatriz Pereira	BTT-JB	F	528	1:13:21.59	07:20	0:42:05
2 128	2204	Carlos Pereira	BTT-JB	M	1600	1:13:23.36	07:20	0:42:06
2 129	160	Alice Sousa	Vila Nova Famalicão	F	529	1:13:24.21	07:20	0:42:07
2 130	161	Júlia Sousa		F	530	1:13:24.33	07:20	0:42:07
2 131	1680	Carmen Carvalho	Jerónimo	F	531	1:13:31.44	07:21	0:42:14
2 132	521	Alicia Nogueira	Porto	F	532	1:13:31.58	07:21	0:42:15
2 133	3055	Paulo Sérgio Campos	Familia Fontes	M	1601	1:13:36.70	07:22	0:42:20
2 134	2216	Marta Oliveira	Amigos do Pedal	F	533	1:14:10.88	07:25	0:42:54
2 135	936	Francisco Carvalho	Amigos do Pedal	M	1602	1:14:11.72	07:25	0:42:55
2 136	942	JESSICA FERREIRA	IND	F	534	1:14:35.52	07:28	0:43:19
2 137	2021	Rosa Ribeiro	Famalicão em Forma	F	535	1:14:40.22	07:28	0:43:23
2 138	945	MARTA BORGES	INDIVIDUAL	M	1603	1:14:52.15	07:29	0:43:35
2 139	1363	amelia matos		M	1604	1:15:07.85	07:31	0:43:51
2 140	1029	Alexandra Ferreira		F	536	1:15:08.14	07:31	0:43:51
2 141	3154	DAVID ALEXANDRE ARAUJO	TROFA SAÚDE	M	1605	1:15:23.05	07:32	0:44:06
2 142	2032	Carina Rodrigues	Famalicão em Forma	M	1606	1:15:31.03	07:33	0:44:14
2 143	1307	Ana Bernardo		F	537	1:15:31.08	07:33	0:44:14
2 144	401	Filipa Ribeiro	Calcantes	F	538	1:15:33.00	07:33	0:44:16
2 145	1222	Cátia Silva	TEAM CORPOS 3	F	539	1:15:34.70	07:33	0:44:18
2 146	2315	Helder Queiros		M	1607	1:15:35.75	07:34	0:44:19
2 147	2031	Maria Cardoso	Famalicão em Forma	F	540	1:15:43.72	07:34	0:44:27
2 148	1629	MARCO SILVA	AFIMDEBTT	M	1608	1:15:45.16	07:35	0:44:28
2 149	2336	Ana Sampaio		F	541	1:15:45.60	07:35	0:44:29
2 150	1219	Francisca Ventura	TEAM CORPOS 3	F	542	1:15:54.23	07:35	0:44:37
2 151	1018	Paula Assunção	Aves Runners	F	543	1:16:41.48	07:40	0:45:24
2 152	1787	Odília Costa		F	544	1:16:41.91	07:40	0:45:25
2 153	1198	Délia Gonçalves		F	545	1:16:42.89	07:40	0:45:26
2 154	1605	Flávia Brochado	INTERPREV	F	546	1:16:52.81	07:41	0:45:36
2 155	1650	Carla Gil		F	547	1:16:53.23	07:41	0:45:36
2 156	898	Cláudia Costa	INTERPREV	F	548	1:16:53.60	07:41	0:45:37
2 157	1972	João Lopes	INTERPREV	M	1609	1:16:54.22	07:41	0:45:37
2 158	843	Sandra Silva	Vamos Equipe	F	549	1:16:58.98	07:42	0:45:42
2 159	234	Daniel Oliveira	ARC vale s Cosme	M	1610	1:18:27.86	07:51	0:47:11
2 160	1372	Joana Oliveira	As Duras	F	550	1:18:27.96	07:51	0:47:11
2 161	1373	Tania Ferreira	As Duras	F	551	1:18:28.30	07:51	0:47:11
2 162	2157	Margarida Antunes		F	552	1:18:39.12	07:52	0:47:22
2 163	2013	Ana Rita Teixeira	Fama Runners	F	553	1:18:47.92	07:53	0:47:31
2 164	2012	Angélica Tavares	Fama Runners	F	554	1:18:49.14	07:53	0:47:32
2 165	2010	Agostinho Freitas	Fama Runners	M	1611	1:18:50.17	07:53	0:47:33
2 166	400	Ricardo Pinto	Calcantes	M	1612	1:19:51.98	07:59	0:48:35
2 167	2371	Manuel Veiga	ENJOY	M	1613	1:19:52.23	07:59	0:48:35
2 168	1831	CÉLIA SIMÕES	AMIGOS DO PEDAL	F	555	1:19:53.60	07:59	0:48:37
2 169	231	FILIPA ALMEIDA		F	556	1:21:20.99	08:08	0:50:04
2 170	1990	Milagros Dillen	Fama Runners	F	557	1:21:26.12	08:09	0:50:09
2 171	230	Filipe Castro		M	1614	1:21:45.73	08:11	0:50:29
2 172	1002	Cristina Pinto		F	558	1:21:46.82	08:11	0:50:30
2 173	1314	Bruno Oliveira	Oliveira	M	1615	1:22:41.73	08:16	0:51:25
2 174	1322	Daniela Oliveira	Família Sousa	F	559	1:22:42.50	08:16	0:51:26
2 175	1854	Luís Alves		M	1616	1:23:28.96	08:21	0:52:12
2 176	2268	Pedro Lima	Tesco Team Running	M	1617	1:23:29.89	08:21	0:52:13
2 177	2349	André Martins	Tesco Team Running	M	1618	1:23:32.17	08:21	0:52:15
2 178	1218	Yolanda Sá	TEAM CORPOS 3	F	560	1:25:23.77	08:32	0:54:07
2 179	1221	Fabiana Silva	TEAM CORPOS 3	F	561	1:25:25.62	08:33	0:54:09

2 180	975	Isabel Costa		F	562	1:27:11.42	08:43	0:55:54
2 181	3151	Elisabete Martins	TROFA SAÚDE	F	563	1:27:20.89	08:44	0:56:04