



XV GRANDE PRÉMIO ATLETISMO CLUBE DO PESSOAL ÁGUAS

Carrera principal

Localidade GAIA

ORGANIZAÇÃO: CLUBE DO PESSOAL DAS ÁGUAS D

Data 13/04/2025

DESSPORTAVE.PT

Hora 1:00 AM

SISTEMA: CRONOMACH

Clasificación geral

(Com tempos intermediários) (2)

Distância 10 Km

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T.Netto	T.Oficial	T/Km.
1		608	BERNARDO ROCHA	SPORT COMÉRCIO E SALGUEIR	SNM (1)	00:00	0:03:11	0:16:44	0:29:46	0:29:46	02:58
2		586	FRANCISCO RODRIGUES	S.C. BRAGA	SNM (2)	00:00	0:03:11	0:16:43	0:29:49	0:29:49	02:58
3		613	MIGUEL RIBEIRO	SPORT COMÉRCIO E SALGUEIR	SNM (3)	00:00	0:03:12	0:30:29	0:30:30	0:30:30	03:03
4		307	RICARDO PEREIRA	EV-PERALTAFIL	SNM (4)	00:00	0:03:12	0:16:45	0:30:42	0:30:42	03:04
5		669	BRUNO SILVA	VIZELA CORRE	V40M (1)	00:00	0:03:11	0:30:47	0:30:46	0:30:47	03:04
6		614	TIAGO SILVA	SPORT COMÉRCIO E SALGUEIR	SNM (5)	00:00	0:03:09	0:17:00	0:30:57	0:30:58	03:05
7		618	JOÃO TRIGUEIROS	SPORTING C DE ESPINHO / ANT	SNM (6)	00:00	0:03:12	0:17:28	0:32:17	0:32:17	03:13
8		291	RUI ALVES	EAT-ESCOLA ATLETISMO TROFA	SNM (7)	00:00	0:03:18	0:17:47	0:32:23	0:32:24	03:14
9		236	SERGIO PAIVA	CA DE OVAR	SNM (8)	00:00	0:03:17	0:17:48	0:32:27	0:32:27	03:14
10		356	ANDRÉ ADRIANO	GDC GUILHOVAI	V40M (2)	00:01	0:03:17	0:17:50	0:32:40	0:32:41	03:16
11		141	JOSE MOREIRA	C.D.S. SALVADOR DO CAMPO	V40M (3)	00:00	0:03:17	0:17:50	0:33:04	0:33:05	03:18
12		309	VÍTOR SANTOS	EV-PERALTAFIL	V45M (1)	00:01	0:03:22	0:18:23	0:33:16	0:33:17	03:19
13		299	CARLOS COSTA	EV-PERALTAFIL	SNM (9)	00:00	0:03:17	0:18:06	0:33:20	0:33:21	03:20
14		303	MARCO MARQUES	EV-PERALTAFIL	SNM (10)	00:02	0:03:21	0:18:08	0:33:19	0:33:22	03:20
15		507	RICARDO SILVA	NASCIDOS PARA CORRER	V40M (4)	00:00	0:03:17	0:18:13	0:33:23	0:33:24	03:20
16		139	DOMINGOS FERNANDES	C.D.S. SALVADOR DO CAMPO	V55M (1)	00:01	0:03:24	0:18:13	0:33:28	0:33:29	03:20
17		370	PAULO PEREIRA	GDC GUILHOVAI	V45M (2)	00:01	0:03:21	0:18:24	0:33:42	0:33:43	03:22
18		83	JOSÉ MARQUES	ÁGUIAS DA MISERICÓRDIA	V45M (3)	00:07	0:03:48	0:18:42	0:33:41	0:33:48	03:22
19		358	ANTÓNIO FERNANDES	GDC GUILHOVAI	V55M (2)	00:00	0:03:24	0:18:22	0:33:51	0:33:52	03:23

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T.Netto	T.Oficial	T/Km.
20		492	JOAO OLIVEIRA	NASCIDOS PARA CORRER	SNM (11)	00:00	0:03:18	0:18:30	0:34:02	0:34:02	03:24
21		433	LEV	IRON CLUB	SNM (12)	00:01	0:03:28	0:18:23	0:34:02	0:34:04	03:24
22	1	797	EMILIA KUMÓS PISOEIRO	INDIVIDUAL	SNF (1)	00:00	0:03:28	0:18:45	0:34:09	0:34:09	03:24
23		363	JORGE CUBAL	GDC GUILHOVAI	SNM (13)	00:01	0:03:22	0:18:27	0:34:08	0:34:10	03:25
24		420	NUNO ALVES	GRUPO VILARINHO CIMA	SNM (14)	00:00	0:03:17	0:18:41	0:34:19	0:34:19	03:25
25		306	PAULO PINTO	EV-PERALTAFIL	V45M (4)	00:01	0:03:28	0:18:45	0:34:18	0:34:20	03:26
26		226	JANIK LIMA	CA DE OVAR	V40M (5)	00:00	0:03:21	0:18:39	0:34:21	0:34:21	03:26
27		361	JOSÉ CASTRO	GDC GUILHOVAI	V40M (6)	00:00	0:03:29	0:18:57	0:34:21	0:34:22	03:26
28		247	LUIS SILVA	C CAMPISMO	V45M (5)	00:02	0:03:32	0:18:55	0:34:22	0:34:24	03:26
29	2	276	ANDREIA SANTOS	CSRDC SANTIAGO DE SUBARRI	SNF (2)	00:01	0:03:28	0:18:45	0:34:24	0:34:25	03:26
30		212	NELSON BARBOSA	CF OLIVEIRA DOURO	SNM (15)	00:03	0:03:31	0:18:54	0:34:33	0:34:37	03:27
31		248	MANUEL ALVES	C CAMPISMO	V60M (1)	00:00	0:03:26	0:18:53	0:34:40	0:34:41	03:28
32		122	RICARDO FERNANDES	BOAVISTA FC	V40M (7)	00:03	0:03:53	0:19:09	0:34:52	0:34:55	03:29
33		357	ANTÓNIO CRISTOVÃO	GDC GUILHOVAI	V45M (6)	00:02	0:03:29	0:18:50	0:34:52	0:34:55	03:29
34		514	SERGIO RODRIGUES	NASCIDOS PARA CORRER	V40M (8)	00:01	0:03:30	0:19:20	0:35:07	0:35:09	03:30
35		394	MIGUEL SANTANA	GD R JUVENTUDE RIBEIRAS	SNM (16)	00:06	0:03:43	0:19:30	0:35:09	0:35:15	03:31
36		90	PAULO RIBEIRO	AMA - MACIEIRA ATLETISMO	V50M (1)	00:02	0:03:38	0:19:27	0:35:14	0:35:16	03:31
37		302	MANUEL BESSA	EV-PERALTAFIL	V50M (2)	00:02	0:03:40	0:19:34	0:35:16	0:35:19	03:31
38		85	MIHAIL LALEV	ÁGUIAS DA MISERICÓRDIA	V40M (9)	00:06	0:03:46	0:19:15	0:35:14	0:35:20	03:32
39		261	TIAGO CARDOSO	C SPIRIDON DE GAIA	SNM (17)	00:02	0:03:27	0:19:13	0:35:20	0:35:22	03:32
40		229	MARCO JORGE	CA DE OVAR	V45M (7)	00:02	0:03:36	0:19:16	0:35:20	0:35:22	03:32
41		395	RENATO CORREIA	GD R JUVENTUDE RIBEIRAS	SNM (18)	00:02	0:03:44	0:19:29	0:35:22	0:35:24	03:32
42		418	LUIS SILVA	GRUPO VILARINHO CIMA	V40M (10)	00:02	0:03:35	0:19:29	0:35:25	0:35:27	03:32
43		611	JOÃO PIRES	SPORT COMÉRCIO E SALGUEIR	SNM (19)	00:01	0:03:25	0:19:14	0:35:36	0:35:37	03:33
44		292	SÉRGIO SOUSA	EAT-ESCOLA ATLETISMO TROFA	V50M (3)	00:05	0:03:48	0:19:32	0:35:35	0:35:40	03:34
45		405	FERNANDO GRILO	G JUVENIL VILA PUNHE	V45M (8)	00:07	0:03:54	0:19:32	0:35:37	0:35:45	03:34
46		670	FERNANDO PEREIRA	VIZELA CORRE	V55M (3)	00:01	0:03:35	0:19:33	0:35:47	0:35:48	03:34
47		476	ANTONIO JESUS	NASCIDOS PARA CORRER	V60M (2)	00:01	0:03:39	0:19:39	0:35:47	0:35:49	03:34
48		245	DANIEL PEIXOTO	C CAMPISMO	V40M (11)	00:01	0:03:30	0:19:27	0:35:48	0:35:49	03:34
49		620	NELSON LOPES	SPORTING C DE ESPINHO / ANT	V45M (9)	00:01	0:03:39	0:19:42	0:35:52	0:35:53	03:35
50		290	ORLANDO NEVES	EAT-ESCOLA ATLETISMO TROFA	V50M (4)	00:01	0:03:44	0:19:42	0:35:58	0:36:00	03:36

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T.Netto	T.Oficial	T/Km.
51	3	367	MARTA MARTINS	GDC GUILHOVAI	SNF (3)	00:00	0:03:34	0:19:42	0:36:03	0:36:04	03:36
52		574	JOSÉ CARVALHO	RRUNNING	SNM (20)	00:10	0:03:47	0:19:28	0:35:57	0:36:07	03:36
53		617	HUGO MOREIRA	SPORTING C DE ESPINHO / ANT	SNM (21)	00:01	0:03:47	0:20:03	0:36:11	0:36:12	03:37
54	4	140	JOANA NUNES	C.D.S. SALVADOR DO CAMPO	SNF (4)	00:01	0:03:32	0:19:44	0:36:12	0:36:13	03:37
55		610	DANIEL SILVA	SPORT COMÉRCIO E SALGUEIR	SNM (22)	00:01	0:03:36	0:19:44	0:36:14	0:36:15	03:37
56	5	653	ESTELA MELO	U.D.VÁRZEA	V40F (1)	00:03	0:03:45	0:20:02	0:36:16	0:36:19	03:37
57		277	JOÃO CAVADAS	CSRDC SANTIAGO DE SUBARRI	V55M (4)	00:03	0:03:41	0:19:58	0:36:26	0:36:29	03:38
58		145	NUNO SILVA	CAL - CA DE LAMAS	V45M (10)	00:01	0:03:43	0:19:57	0:36:34	0:36:36	03:39
59		413	SÉRGIO LIMA	G JUVENIL VILA PUNHE	V40M (12)	00:03	0:03:41	0:19:41	0:36:41	0:36:45	03:40
60		794	VITOR GONÇALVES	INDIVIDUAL	V45M (11)	00:05	0:03:56	0:20:15	0:36:43	0:36:49	03:40
61		68	FERNANDO SILVA	ACR DE VALE DE CAMBRA	V50M (5)	00:01	0:03:41	0:19:54	0:36:55	0:36:57	03:41
62	6	201	ANA ALVES	CF OLIVEIRA DOURO	SNF (5)	00:00	0:03:41	0:19:55	0:36:58	0:36:59	03:41
63		597	BELMIRO RODRIGUES	SCCOIMBRÕES / EQUIPA A	V60M (3)	00:01	0:03:47	0:20:16	0:37:02	0:37:04	03:42
64	7	630	TELMA PINHO	TEAM EL COMANDANTE	SNF (6)	00:02	0:03:52	0:20:24	0:37:04	0:37:06	03:42
65		407	IVO GONSALVES	G JUVENIL VILA PUNHE	SNM (23)	00:07	0:03:58	0:20:23	0:37:07	0:37:14	03:43
66		91	ROGÉRIO RIBEIRO	AMA - MACIEIRA ATLETISMO	V40M (13)	00:02	0:03:42	0:20:07	0:37:14	0:37:16	03:43
67		249	NUNO ALBERGARIA	C CAMPISMO	SNM (24)	00:02	0:03:43	0:20:22	0:37:22	0:37:25	03:44
68		422	PEDRO JORGE	GRUPO VILARINHO CIMA	SNM (25)	00:03	0:03:53	0:20:16	0:37:22	0:37:25	03:44
69	8	344	INÊS PINTO	GAFANHORI	SNF (7)	00:00	0:03:50	0:20:36	0:37:25	0:37:25	03:44
70		343	DOMINGOS MARTINS	GAFANHORI	SNM (26)	00:01	0:03:50	0:20:34	0:37:25	0:37:26	03:44
71		69	MARCO PINHO	ACR DE VALE DE CAMBRA	SNM (27)	00:05	0:03:41	0:20:35	0:37:24	0:37:30	03:45
72		521	JOÃO DIAS	NA CUCUJÃES	V40M (14)	00:06	0:03:48	0:20:21	0:37:25	0:37:31	03:45
73		389	ANTONIO MADUREIRA	GD LIMPEZA URBANA	V50M (6)	00:07	0:03:53	0:20:31	0:37:25	0:37:32	03:45
74		698	DANIEL MONTEIRO	INDIVIDUAL	SNM (28)	00:06	0:04:03	0:20:36	0:37:29	0:37:35	03:45
75		459	ANTONIO MOREIRA	MAIA AC	V45M (12)	00:07	0:04:09	0:20:47	0:37:30	0:37:38	03:45
76	9	224	CARLA ALMEIDA	CA DE OVAR	SNF (8)	00:02	0:03:54	0:20:45	0:37:36	0:37:38	03:45
77		616	AUGUSTO ALUAI	SPORTING C DE ESPINHO / ANT	V55M (5)	00:05	0:03:50	0:20:35	0:37:38	0:37:44	03:46
78	10	211	Mª JOÃO PIMENTEL	CF OLIVEIRA DOURO	SNF (9)	00:00	0:03:33	0:19:54	0:37:43	0:37:44	03:46
79		409	MANUEL BRANQUINHO	G JUVENIL VILA PUNHE	V50M (7)	00:06	0:04:03	0:20:39	0:37:43	0:37:50	03:47
80	11	371	SANDRA FERREIRA	GDC GUILHOVAI	V40F (2)	00:04	0:04:01	0:20:48	0:37:49	0:37:53	03:47
81		125	JOSE MIGUEL	C.A.OS GAIENSES/TOYOTA	V50M (8)	00:07	0:03:45	0:20:30	0:37:46	0:37:53	03:47

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T.Netto	T.Oficial	T/Km.
82		360	ARTUR RODRIGUES	GDC GUILHOVAI	V45M (13)	00:02	0:03:27	0:20:45	0:37:52	0:37:54	03:47
83		178	ZÉ JOSÉ	CARCAVELOS CARAVELA SEGU	V60M (4)	00:06	0:04:33	0:24:24	0:37:48	0:37:54	03:47
84		621	PAULO OLIVEIRA	SPORTING C DE ESPINHO / ANT	V55M (6)	00:01	0:03:42	0:20:39	0:37:55	0:37:56	03:47
85		35	ANDRÉ SANTOS	A.C.D OS ILHAVOS	SNM (29)	00:02	0:04:09	0:20:57	0:38:00	0:38:03	03:48
86		379	ARMANDO BASTOS	GDSPPO	V50M (9)	00:07	0:04:13	0:21:03	0:38:03	0:38:10	03:49
87		415	BRUNO SILVA	G JUVENIL PINHEIRO BEMPOST	V45M (14)	00:07	0:04:09	0:20:54	0:38:03	0:38:10	03:49
88		693	BRUNO VAZ	INDIVIDUAL	SNM (30)	00:09	0:04:12	0:20:42	0:38:04	0:38:13	03:49
89		231	MARIO VAZ	CA DE OVAR	V60M (5)	00:03	0:03:48	0:20:37	0:38:11	0:38:14	03:49
90		233	PEDRO SILVA	CA DE OVAR	V50M (10)	00:01	0:03:43	0:20:30	0:38:16	0:38:17	03:49
91	12	225	INES GONÇALVES	CA DE OVAR	SNF (10)	00:02	0:03:51	0:20:51	0:38:15	0:38:18	03:49
92		584	EDUARDO BRANDÃO	RUNRIVER - ESC ATLETISMO RI	V40M (15)	00:07	0:04:13	0:21:14	0:38:14	0:38:21	03:50
93		29	HUGO PEREIRA	A TEAM AGEAS	V45M (15)	00:01	0:03:48	0:21:04	0:38:23	0:38:25	03:50
94		505	PEDRO TEIXEIRA	NASCIDOS PARA CORRER	V50M (11)	00:02	0:03:57	0:21:14	0:38:24	0:38:26	03:50
95		615	AMÉRICO SANTOS	SPORT COMÉRCIO E SALGUEIR	V50M (12)	00:01	0:03:55	0:21:11	0:38:28	0:38:30	03:51
96		602	AMÉRICO VALENTE	SSC TRAB MUNICÍPIO OVAR	V60M (6)	00:05	0:03:57	0:21:03	0:38:27	0:38:33	03:51
97		468	ANTÓNIO PINTO	MONTE DOS AMIGOS	V40M (16)	00:08	0:03:49	0:20:52	0:38:32	0:38:40	03:52
98		121	MANUEL CASAIS	BLASQEM	V60M (7)	00:03	0:03:55	0:21:10	0:38:38	0:38:41	03:52
99		300	CLAUDIO COSTA	EV-PERALTAFIL	V40M (17)	00:03	0:03:54	0:21:05	0:38:40	0:38:43	03:52
100		673	FILIFE CARNEIRO	ZERO2HERO	SNM (31)	00:27	0:04:43	0:21:44	0:38:18	0:38:45	03:52
101		483	DOMINGOS SILVA	NASCIDOS PARA CORRER	V45M (16)	00:01	0:03:49	0:21:07	0:38:44	0:38:45	03:52
102		237	AGOSTINHO CARNEIRO	CA VILA BOA BISPO	V55M (7)	00:03	0:03:49	0:21:10	0:38:52	0:38:56	03:53
103		364	LINO FERREIRA	GDC GUILHOVAI	V50M (13)	00:03	0:04:00	0:21:36	0:39:05	0:39:09	03:54
104		77	JOSÉ FIGUEIREDO	AFIS/OVAR	V55M (8)	00:04	0:04:17	0:21:43	0:39:09	0:39:14	03:55
105		60	JOSÉ ALMEIDA	ACADEMIA FERNANDA RIBEIRO	V55M (9)	00:04	0:04:02	0:21:21	0:39:12	0:39:16	03:55
106		252	ANTÓNIO SILVA	C INDEPENDENTE DE ARGONCI	V55M (10)	00:06	0:04:18	0:21:43	0:39:12	0:39:18	03:55
107		382	RICARDO BELINHA	GDSPPO	V40M (18)	00:07	0:04:16	0:21:30	0:39:12	0:39:20	03:56
108		70	FÁBIO CORREIA	ACR DE VALE DE CAMBRA	SNM (32)	00:01	0:03:54	0:21:29	0:39:24	0:39:25	03:56
109		251	CARLOS SEQUEIRA	C DE ATLETISMO DE OVAR	V45M (17)	00:09	0:04:23	0:21:44	0:39:21	0:39:30	03:57
110		372	ADÉRITO TORRES	GDCTINCM	V45M (18)	00:03	0:04:11	0:21:48	0:39:29	0:39:33	03:57
111		110	AUGUSTO ANTUNES	A FIGUEIREDO'S RUNNER'S AN	V60M (8)	00:01	0:03:48	0:21:19	0:39:34	0:39:35	03:57
112		710	FILIFE MARQUES	INDIVIDUAL	V40M (19)	00:02	0:03:47	0:21:20	0:39:34	0:39:36	03:57

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T.Netto	T.Oficial	T/Km.
113		714	HÉLDER LEAL	INDIVIDUAL	V40M (20)	00:10	0:04:17	0:21:50	0:39:29	0:39:40	03:58
114		119	FERNANDO MAIA	BLASQEM	V60M (9)	00:03	0:03:57	0:21:32	0:39:37	0:39:41	03:58
115		607	AFONSO TEIXEIRA SILVA	SPORT COMÉRCIO E SALGUEIR	SNM (33)	00:00	0:03:28	0:20:44	0:39:40	0:39:41	03:58
116		279	ANTÓNIO RATOLA	DCI/ TRILHOS LUSO BUSSACO	SNM (34)	00:10	0:04:32	0:22:11	0:39:32	0:39:42	03:58
117		596	SÉRGIO MONTEIRO	SARDONISCA RUNNERS	V40M (21)	00:01	0:03:58	0:21:59	0:39:51	0:39:53	03:59
118		311	MANUEL FERREIRA	EV-PERALTAFIL	V50M (14)	00:10	0:04:27	0:22:00	0:39:50	0:40:01	04:00
119		384	MOISÉS ROCHA	GRECI RUNNING TEAM	SNM (35)	00:09	0:04:27	0:22:05	0:39:52	0:40:02	04:00
120		496	JORGE LUZ	NASCIDOS PARA CORRER	V60M (10)	00:03	0:03:56	0:21:36	0:40:00	0:40:03	04:00
121		182	FERNANDO SANTOS	CASA DO POVO DE MANGUALDE	V50M (15)	00:04	0:04:23	0:22:13	0:39:59	0:40:04	04:00
122		234	JOSÉ PINTO	CA DE OVAR	V55M (11)	00:04	0:04:02	0:21:40	0:40:11	0:40:15	04:01
123		165	CASIMIRO GALHARDO	CARCAVELOS CARAVELA SEGU	V60M (11)	00:06	0:04:26	0:22:14	0:40:09	0:40:15	04:01
124		417	CRISTIANO CARVALHO	GRUPO VILARINHO CIMA	SNM (36)	00:05	0:03:54	0:21:53	0:40:12	0:40:17	04:01
125	13	107	ÂNGELA MARTINS	ASICS FRONTRUNNER PORTUG	SNF (11)	00:06	0:04:34	0:22:15	0:40:15	0:40:21	04:02
126		506	RICARDO GOMES	NASCIDOS PARA CORRER	SNM (37)	00:06	0:04:34	0:22:13	0:40:15	0:40:22	04:02
127	14	232	MONICA FERNANDES	CA DE OVAR	V40F (3)	00:03	0:04:06	0:22:11	0:40:21	0:40:25	04:02
128		419	MÁRIO CARVALHO	GRUPO VILARINHO CIMA	V60M (12)	00:03	0:04:06	0:21:58	0:40:22	0:40:25	04:02
129		43	JOSÉ SILVA	A.D.GRIJÓ A CORRER	V50M (16)	00:03	0:04:10	0:22:10	0:40:22	0:40:26	04:02
130		227	JOÃO RODRIGUES	CA DE OVAR	V55M (12)	00:07	0:04:17	0:22:10	0:40:18	0:40:26	04:02
131	15	202	ANA RITA GOMES	CF OLIVEIRA DOURO	SNF (12)	00:04	0:04:21	0:22:20	0:40:27	0:40:32	04:03
132		401	EUGÉNIO BARROS	G JUVENIL VILA PUNHE	V45M (19)	00:03	0:03:56	0:22:09	0:40:30	0:40:34	04:03
133		520	CARLOS ROBERTO	NA CUCUJÃES	V50M (17)	00:04	0:04:17	0:22:37	0:40:30	0:40:34	04:03
134		342	EZEQUIEL FERNANDES	G.D.NATAÇÃO FAMILICÃO	V55M (13)	00:09	0:04:30	0:22:14	0:40:29	0:40:38	04:03
135		171	JOSÉ MONTEIRO	CARCAVELOS CARAVELA SEGU	V60M (13)	00:02	0:04:01	0:22:13	0:40:38	0:40:40	04:04
136		335	ANTÓNIO GONÇALVES	G. D. LEÕES DA AGRA	V60M (14)	00:04	0:04:21	0:22:15	0:40:43	0:40:47	04:04
137		503	PAULO SANTOS	NASCIDOS PARA CORRER	V55M (14)	00:05	0:04:10	0:22:12	0:40:46	0:40:51	04:05
138		3	CAMILO GUEDES	C PESSOAL AGUAS DE GAIA	V55M (15)	00:06	0:04:21	0:22:39	0:40:48	0:40:54	04:05
139		687	ANTONIO JORGE FRANCISCO	INDIVIDUAL	V45M (20)	00:04	0:04:13	0:22:17	0:40:51	0:40:55	04:05
140		515	SERGIO SANTOS	NASCIDOS PARA CORRER	V45M (21)	00:03	0:03:49	0:21:34	0:40:56	0:41:00	04:06
141		11	SÉRGIO CASTRO	C PESSOAL AGUAS DE GAIA	V40M (22)	00:05	0:03:46	0:22:05	0:40:56	0:41:01	04:06
142		218	FERNANDO CRUZ	CIRAC - CIRCULO R CULTURA	V45M (22)	00:05	0:04:16	0:22:40	0:40:56	0:41:01	04:06
143		78	JOSÉ GODINHO	AFIS/OVAR	V55M (16)	00:09	0:04:22	0:22:24	0:40:53	0:41:03	04:06

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T.Netto	T.Oficial	T/Km.
144		392	RICARDO SILVA	GD LIMPEZA URBANA	V40M (23)	00:04	0:04:07	0:22:17	0:40:59	0:41:04	04:06
145		235	RUI COSTA	CA DE OVAR	V45M (23)	00:06	0:04:17	0:22:30	0:40:58	0:41:05	04:06
146		59	JOÃO VILELA	ACADEMIA FERNANDA RIBEIRO	V50M (18)	00:08	0:04:30	0:22:41	0:41:00	0:41:08	04:06
147		159	SAMUEL MARQUES	CALDAS SAO JORGE SPORT C	SNM (38)	00:06	0:04:12	0:22:20	0:41:12	0:41:19	04:07
148	16	470	LAURA MOTA	MOTAS	SNF (13)	00:07	0:04:26	0:22:34	0:41:12	0:41:19	04:07
149	17	583	MARTA CAEIRO	RUNRIVER - ESC ATLETISMO RI	SNF (14)	00:02	0:04:09	0:22:33	0:41:20	0:41:22	04:08
150		436	CARLOS BAPTISTA	JAM - JUVENTUDE ATLÉTICA MO	V60M (15)	00:03	0:04:16	0:22:29	0:41:20	0:41:24	04:08
151	18	89	PAULA SANTOS	ALL ABOUT	V50F (1)	00:05	0:04:22	0:22:38	0:41:25	0:41:31	04:09
152		350	RUI GRAÇA	GAIA-RUNNING	SNM (39)	00:03	0:04:05	0:22:37	0:41:31	0:41:34	04:09
153	19	587	JUSTYNA WOJCIK	EAT-ESCOLA ATLETISMO TROFA	V40F (4)	00:07	0:04:22	0:22:40	0:41:30	0:41:38	04:09
154		701	ELISEU LARANJEIRA	INDIVIDUAL	SNM (40)	00:18	0:04:40	0:22:40	0:41:21	0:41:39	04:09
155	20	410	MARLENE PUGA	G JUVENIL VILA PUNHE	V40F (5)	00:04	0:04:17	0:22:38	0:41:38	0:41:43	04:10
156		310	JOSÉ SILVA	EV-PERALTAFIL	V55M (17)	00:11	0:04:38	0:23:51	0:41:41	0:41:52	04:11
157		734	JOSÉ LOUREIRO	INDIVIDUAL	SNM (41)	00:11	0:04:35	0:23:05	0:41:43	0:41:55	04:11
158		599	HELDER SILVA	SCCOIMBRÕES / EQUIPA A	V40M (24)	00:16	0:04:54	0:23:17	0:41:39	0:41:55	04:11
159		55	DANIEL PEREIRA	ACADEMIA FERNANDA RIBEIRO	V40M (25)	00:08	0:04:24	0:23:00	0:41:55	0:42:03	04:12
160		63	PEDRO MADRID	ACADEMIA FERNANDA RIBEIRO	V45M (24)	00:08	0:04:32	0:23:28	0:41:54	0:42:03	04:12
161		469	FRANCISCO MOTA	MOTAS	SNM (42)	00:07	0:04:26	0:22:42	0:41:58	0:42:05	04:12
162		518	JOÃO FONTÃO	NBA BARROSAS	V45M (25)	00:02	0:04:12	0:22:50	0:42:04	0:42:06	04:12
163		295	LUIS TORRES	ENERGY RUNNERS	V50M (19)	00:08	0:04:24	0:22:54	0:41:58	0:42:07	04:12
164		399	CARLOS VEIGA	G JUVENIL VILA PUNHE	V40M (26)	00:09	0:04:20	0:22:43	0:41:58	0:42:08	04:12
165		578	ANDRÉ SILVA	RUN TEJO - PREVENT SPRAIN	SNM (43)	00:10	0:04:22	0:22:44	0:42:02	0:42:12	04:13
166		81	JOAQUIM FERREIRA	ÁGUIAS DA MISERICÓRDIA	V50M (20)	00:26	0:05:23	0:23:40	0:41:48	0:42:14	04:13
167		435	BRUNO GUIMARÃES	JAM - JUVENTUDE ATLÉTICA MO	SNM (44)	00:03	0:04:16	0:22:36	0:42:11	0:42:14	04:13
168		135	PAULO SILVA	C.D. PÓVOA	V50M (21)	00:03	0:04:13	0:22:55	0:42:13	0:42:16	04:13
169		86	CARLOS ALVES	ALL ABOUT	V60M (16)	00:04	0:04:20	0:23:07	0:42:12	0:42:17	04:13
170	21	129	ANA NEVES	C.D. PÓVOA	V40F (6)	00:02	0:04:15	0:23:07	0:42:15	0:42:17	04:13
171		758	MIGUEL GODINHO	INDIVIDUAL	SNM (45)	00:28	0:04:29	0:22:14	0:41:51	0:42:20	04:14
172		286	PAULO BARBOSA	DIZRRUNERS	SNM (46)	00:19	0:05:04	0:23:38	0:42:04	0:42:23	04:14
173	22	398	ANDREIA BRANCO	G JUVENIL VILA PUNHE	V40F (7)	00:03	0:04:16	0:23:00	0:42:23	0:42:26	04:14
174		504	PEDRO GOMES	NASCIDOS PARA CORRER	SNM (47)	00:06	0:04:15	0:23:04	0:42:24	0:42:30	04:15

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T.Netto	T.Oficial	T/Km.
175		541	PISCO	ONE MORE - PERSONAL TRAINI	SNM (48)	00:16	0:04:30	0:23:13	0:42:14	0:42:31	04:15
176		260	PAULO SILVA	C SPIRIDON DE GAIA	SNM (49)	00:07	0:04:33	0:23:09	0:42:24	0:42:31	04:15
177		766	PAULO DUARTE	INDIVIDUAL	V50M (22)	00:11	0:05:05	0:23:59	0:42:20	0:42:32	04:15
178		65	SÍLVIO OLIVEIRA	ACADEMIA FERNANDA RIBEIRO	V60M (17)	00:08	0:04:31	0:23:48	0:42:24	0:42:32	04:15
179		114	JOSÉ FERREIRA	AVACONDUCT	SNM (50)	00:28	0:05:23	0:24:01	0:42:06	0:42:34	04:15
180	23	523	REGINA GILVAZ	NA CUCUJÃES	V50F (2)	00:01	0:04:12	0:22:58	0:42:35	0:42:36	04:15
181		493	JOAQUIM SILVA	NASCIDOS PARA CORRER	V55M (18)	00:19	0:05:32	0:24:03	0:42:18	0:42:38	04:15
182		682	ANDRÉ MOTA	INDIVIDUAL	SNM (51)	00:22	0:04:54	0:23:42	0:42:20	0:42:43	04:16
183		164	BENJAMIM SOARES	CARCAVELOS CARAVELA SEGU	V60M (18)	00:05	0:04:34	0:23:36	0:42:39	0:42:44	04:16
184		230	PEDRO LEAL	CA DE OVAR	V55M (19)	00:04	0:04:18	0:23:09	0:42:44	0:42:48	04:16
185		609	CARLOS ALVES	SPORT COMÉRCIO E SALGUEIR	V60M (19)	00:05	0:04:15	0:23:17	0:42:44	0:42:49	04:16
186		429	PEDRO GUIMARÃES	INTENTION SMART TRAINING	V45M (26)	00:10	0:04:23	0:23:12	0:42:43	0:42:54	04:17
187		281	EDUARDO XAVIER	DEVASTA TRILHOS	V45M (27)	00:20	0:04:27	0:23:16	0:42:39	0:43:00	04:18
188		765	PAULO DIAS	INDIVIDUAL	V60M (20)	00:04	0:04:14	0:22:50	0:42:55	0:43:00	04:18
189		296	JOSÉ RODRIGUES	ENERGY RUNNERS	V60M (21)	00:04	0:04:26	0:23:42	0:42:57	0:43:02	04:18
190		244	LUIS VIEIRA	CA VILA BOA BISPO	V50M (23)	00:02	0:04:16	0:23:24	0:43:03	0:43:06	04:18
191		598	DANIEL SILVA	SCCOIMBRÕES / EQUIPA A	V40M (27)	00:17	0:04:51	0:24:00	0:42:52	0:43:10	04:19
192		490	HENRIQUE COELHO	NASCIDOS PARA CORRER	V50M (24)	00:06	0:04:27	0:23:48	0:43:06	0:43:13	04:19
193		517	VIRGILIO VIEIRA	NASCIDOS PARA CORRER	V45M (28)	00:01	0:04:33	0:24:00	0:43:11	0:43:13	04:19
194		774	RICARDO	INDIVIDUAL	V40M (28)	00:03	0:04:10	0:23:34	0:43:16	0:43:19	04:19
195		446	HUGO EVANGELISTA	LAVADINHO	SNM (52)	00:21	0:04:27	0:23:30	0:43:04	0:43:25	04:20
196	24	228	LIGIA TORRES	CA DE OVAR	V40F (8)	00:02	0:04:07	0:23:16	0:43:24	0:43:27	04:20
197		619	MANUEL RODRIGUES	SPORTING C DE ESPINHO / ANT	V60M (22)	00:05	0:04:24	0:23:34	0:43:27	0:43:33	04:21
198		170	JOÃO PINTO	CARCAVELOS CARAVELA SEGU	V50M (25)	00:07	0:04:09	0:23:12	0:43:27	0:43:34	04:21
199		133	JOSÉ SOUSA	C.D. PÓVOA	V45M (29)	00:02	0:04:14	0:23:32	0:43:34	0:43:37	04:21
200		128	AMERICO MOREIRA	C.D. PÓVOA	SNM (53)	00:02	0:04:14	0:22:58	0:43:36	0:43:39	04:21
201	25	132	FÁTIMA SILVA	C.D. PÓVOA	V50F (3)	00:02	0:04:14	0:23:33	0:43:37	0:43:39	04:21
202		629	RUI COSTA	TEAM COSTA	V40M (29)	00:05	0:04:29	0:23:45	0:43:35	0:43:40	04:22
203		792	VALDEMAR LOPES	INDIVIDUAL	V45M (30)	00:08	0:04:28	0:23:54	0:43:33	0:43:41	04:22
204		449	JOSÉ GOMES	LIGEIRINHOS	V60M (23)	00:03	0:04:55	0:24:34	0:43:40	0:43:43	04:22
205		700	DIOGO ANDRÉ TEIXEIRA	INDIVIDUAL	SNM (54)	00:25	0:04:47	0:24:25	0:43:18	0:43:43	04:22

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T.Netto	T.Oficial	T/Km.
206	26	404	FÁTIMA VEIGA	G JUVENIL VILA PUNHE	SNF (15)	00:04	0:04:16	0:23:33	0:43:40	0:43:45	04:22
207		207	DOMINGOS PINTO	CF OLIVEIRA DOURO	V60M (24)	00:02	0:04:14	0:23:35	0:43:43	0:43:45	04:22
208		187	FERNANDO REMELGADO	CCD SIEMENS	V45M (31)	00:18	0:05:00	0:24:17	0:43:31	0:43:50	04:23
209		681	ANDRÉ MARTINS	INDIVIDUAL	SNM (55)	00:23	0:05:11	0:24:19	0:43:34	0:43:58	04:23
210		650	LUIS SOEIRA	TREPATRILOS TRAIL TEAM	V50M (26)	00:11	0:04:35	0:23:59	0:43:49	0:44:00	04:24
211	27	519	LILIANA GONÇALVES	NBA BARROSAS	V40F (9)	00:01	0:04:11	0:23:25	0:44:03	0:44:05	04:24
212		577	JOSÉ PINHO	RUN FOR FUN LARANJINHAS	V40M (30)	00:03	0:04:30	0:23:59	0:44:03	0:44:06	04:24
213		166	VITOR GALHARDO	CARCAVELOS CARAVELA SEGU	SNM (56)	00:13	0:04:31	0:24:54	0:43:57	0:44:10	04:25
214		439	MANUEL GOMES	JAM - JUVENTUDE ATLÉTICA MO	V60M (25)	00:05	0:04:33	0:23:54	0:44:07	0:44:12	04:25
215		134	NELSON GALANTE	C.D. PÓVOA	SNM (57)	00:03	0:04:15	0:23:34	0:44:08	0:44:12	04:25
216		240	JOÃO RIBEIRO	CA VILA BOA BISPO	V60M (26)	00:10	0:04:53	0:24:22	0:44:03	0:44:13	04:25
217	28	457	FÁTIMA SANTOS	LUSITÂNIA LOUROSA	V50F (4)	00:01	0:04:27	0:23:54	0:44:12	0:44:14	04:25
218	29	308	SARA PEREIRA	EV-PERALTAFIL	SNF (16)	00:04	0:04:15	0:23:57	0:44:09	0:44:14	04:25
219	30	305	PATRICIA FERREIRA	EV-PERALTAFIL	SNF (17)	00:05	0:04:36	0:24:19	0:44:09	0:44:14	04:25
220		582	LÚCIO TEIXEIRA	RUNNING 100/120	SNM (58)	00:05	0:04:22	0:23:48	0:44:08	0:44:14	04:25
221		428	PAULO FERNANDES	ÍMPAR RUNNING TEAM	V50M (27)	00:06	0:04:38	0:24:11	0:44:14	0:44:20	04:26
222		312	PEDRO CUNHA	EXPERT	SNM (59)	00:11	0:04:50	0:24:20	0:44:12	0:44:24	04:26
223		103	MANUEL CARDOSO	ARCORUN	V40M (31)	00:27	0:05:31	0:25:01	0:43:58	0:44:26	04:26
224		126	JOSE MOTA	C.A.OS GAIENSES/TOYOTA	V55M (20)	00:07	0:04:40	0:24:37	0:44:19	0:44:26	04:26
225		257	VIRGÍLIO CARÇÃO	C PORTUGAL TELECOM ZONA N	V55M (21)	00:16	0:05:14	0:24:54	0:44:11	0:44:28	04:26
226		64	SÉRGIO SILVA	ACADEMIA FERNANDA RIBEIRO	V45M (32)	00:08	0:04:34	0:24:13	0:44:20	0:44:28	04:26
227	31	524	SARA COSTA	NA CUCUJÃES	V40F (10)	00:01	0:04:29	0:24:24	0:44:30	0:44:31	04:27
228		197	JOSÉ MOTA	CDCR CTT PORTO	V60M (27)	00:03	0:04:23	0:24:10	0:44:32	0:44:35	04:27
229		497	JOSE MORAIS	NASCIDOS PARA CORRER	V55M (22)	00:05	0:04:38	0:24:09	0:44:35	0:44:41	04:28
230		513	SEBASTIAO CARDOSO	NASCIDOS PARA CORRER	V60M (28)	00:03	0:04:29	0:23:56	0:44:41	0:44:44	04:28
231		746	MANUEL CRUZ	INDIVIDUAL	V60M (29)	00:16	0:05:14	0:24:54	0:44:28	0:44:45	04:28
232		120	MANUEL CARNEIRO	BLASQEM	V60M (30)	00:06	0:04:38	0:24:21	0:44:39	0:44:46	04:28
233		334	LUIS MARTINS	FLECHINHAS	V60M (31)	00:05	0:04:30	0:24:10	0:44:42	0:44:47	04:28
234		729	JOAQUIN EMANUEL CORTES	INDIVIDUAL	SNM (60)	00:10	0:05:03	0:25:34	0:44:36	0:44:47	04:28
235		152	HUGO SANTOS	CALDAS SAO JORGE SPORT C	V40M (32)	00:22	0:05:25	0:25:32	0:44:25	0:44:47	04:28
236	32	179	CÁTIA GALHARDO	CARCAVELOS CARAVELA SEGU	SNF (18)	00:11	0:04:52	0:24:52	0:44:38	0:44:49	04:28

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T.Netto	T.Oficial	T/Km.
237		175	SÉRGIO CLARO	CARCAVELOS CARAVELA SEGU	SNM (61)	00:12	0:04:50	0:24:49	0:44:36	0:44:49	04:28
238		692	BRUNO PEREIRA	INDIVIDUAL	V40M (33)	00:13	0:04:52	0:24:49	0:44:36	0:44:49	04:28
239		400	DUARTE RODRIGUES	G JUVENIL VILA PUNHE	SNM (62)	00:09	0:04:29	0:24:39	0:44:42	0:44:52	04:29
240		743	LUÍS CLARO	INDIVIDUAL	SNM (63)	00:12	0:04:58	0:24:33	0:44:42	0:44:55	04:29
241		332	RUI AZEREDO	FITNESSFACTORY	V55M (23)	00:06	0:04:26	0:24:08	0:44:50	0:44:56	04:29
242		36	LUIS GOMES	PASTELLO RUNNERS	V45M (33)	00:06	0:04:40	0:24:18	0:44:49	0:44:56	04:29
243		322	BRUNO PINTO	FITNESSFACTORY	SNM (64)	00:32	0:05:47	0:25:58	0:44:24	0:44:57	04:29
244		477	ANTONIO NASCIMENTO	NASCIDOS PARA CORRER	V60M (32)	00:02	0:04:34	0:24:32	0:44:56	0:44:58	04:29
245		699	DAVID SANTOS	INDIVIDUAL	V50M (28)	00:22	0:05:16	0:25:08	0:44:39	0:45:01	04:30
246		111	ANTÓNIO MAIA	ATLETAS DO PARQUE	V45M (34)	00:22	0:05:14	0:25:11	0:44:38	0:45:01	04:30
247		52	ÂNGELO VIDAL	ACADEMIA FERNANDA RIBEIRO	V50M (29)	00:03	0:04:31	0:24:47	0:45:01	0:45:04	04:30
248	33	479	BEU RIBEIRO	NASCIDOS PARA CORRER	SNF (19)	00:06	0:04:49	0:24:50	0:45:01	0:45:07	04:30
249	34	440	MATILDE BAPTISTA	JAM - JUVENTUDE ATLÉTICA MO	V50F (5)	00:02	0:04:35	0:24:23	0:45:06	0:45:09	04:30
250		460	CARLOS SIMÕES	MANOS SIMÕES	SNM (65)	00:09	0:04:37	0:24:40	0:45:04	0:45:14	04:31
251		294	JOAQUIM NUNES	ENERGY RUNNERS	V60M (33)	00:08	0:04:39	0:24:39	0:45:08	0:45:16	04:31
252		153	JOAQUIM LOBATO	CALDAS SAO JORGE SPORT C	V55M (24)	00:15	0:05:05	0:25:27	0:45:05	0:45:21	04:32
253		791	VALDEMAR ALVES	INDIVIDUAL	V60M (34)	00:08	0:04:50	0:24:49	0:45:14	0:45:22	04:32
254		486	EUGENE SOLOVYEV	NASCIDOS PARA CORRER	SNM (66)	00:07	0:05:07	0:25:25	0:45:16	0:45:24	04:32
255		494	JOICE JESUS	NASCIDOS PARA CORRER	V45M (35)	00:06	0:04:26	0:24:42	0:45:18	0:45:24	04:32
256	35	131	CONCEIÇÃO SANTOS	C.D. PÓVOA	V40F (11)	00:04	0:04:20	0:24:29	0:45:22	0:45:27	04:32
257		127	MANUEL SOUSA	C.A.OS GAIENSES/TOYOTA	V60M (35)	00:08	0:04:46	0:24:55	0:45:22	0:45:30	04:33
258		222	HÉLDER DEVEZA	C ATLÉTICO MACEDO CAVALEIR	V50M (30)	00:29	0:05:36	0:25:30	0:45:01	0:45:30	04:33
259		738	JOSÉ MENDONÇA	INDIVIDUAL	V40M (34)	00:13	0:04:33	0:24:27	0:45:17	0:45:31	04:33
260		54	AUGUSTO SANTOS	ACADEMIA FERNANDA RIBEIRO	V50M (31)	00:08	0:04:44	0:25:08	0:45:26	0:45:34	04:33
261		380	MANUEL SILVA	GDSPO	V45M (36)	00:21	0:05:24	0:24:59	0:45:15	0:45:37	04:33
262		271	MICAEL VIEIRA	CORREMOS PARA A PRÓXIMA	SNM (67)	00:15	0:05:10	0:25:21	0:45:23	0:45:38	04:33
263		642	FERNANDO NANDUCA	THE WILD THEORY	SNM (68)	00:05	0:04:16	0:23:53	0:45:33	0:45:38	04:33
264		10	MIGUEL LEAL	C PESSOAL AGUAS DE GAIA	V50M (32)	00:29	0:05:35	0:25:27	0:45:11	0:45:40	04:34
265		474	HERCILIO SILVA	MWSPORT	V50M (33)	00:23	0:05:19	0:25:15	0:45:17	0:45:40	04:34
266		762	ÓSCAR BRANDÃO	INDIVIDUAL	V55M (25)	00:09	0:04:54	0:24:58	0:45:34	0:45:44	04:34
267	36	51	ANA PEREIRA	ACADEMIA FERNANDA RIBEIRO	V40F (12)	00:02	0:04:33	0:24:51	0:45:41	0:45:44	04:34

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T.Netto	T.Oficial	T/Km.
268		325	DIOGO BARRETO	FITNESSFACTORY	SNM (69)	00:33	0:05:49	0:26:02	0:45:11	0:45:45	04:34
269		219	FERNANDO GONÇALVES	CIRAC - CIRCULO R CULTURA	V60M (36)	00:17	0:05:22	0:25:25	0:45:28	0:45:46	04:34
270		142	ANTÓNIO OSÓRIO PINTO	CSRDC SANTIAGO DE SUBARRI	V60M (37)	00:10	0:04:55	0:25:17	0:45:39	0:45:49	04:34
271		784	SIMÃO BESSA	INDIVIDUAL	SNM (70)	00:28	0:05:40	0:27:35	0:45:22	0:45:50	04:35
272	37	351	CILA RESENDE	GAIA-RUNNING	V40F (13)	00:03	0:04:21	0:25:05	0:45:47	0:45:50	04:35
273		690	BRUNO DANIEL ROSINHAS	INDIVIDUAL	SNM (71)	00:23	0:05:39	0:25:44	0:45:27	0:45:51	04:35
274		601	PAULO RIBEIRO	SCCOIMBRÕES / EQUIPA A	V50M (34)	00:17	0:05:19	0:25:38	0:45:37	0:45:54	04:35
275		100	NUNO FERNANDES	ARCORUN	V45M (37)	00:09	0:05:18	0:25:30	0:46:00	0:46:09	04:36
276	38	12	MARIANA MOREIRA	C PESSOAL AGUAS DE GAIA	SNF (20)	00:07	0:04:42	0:25:08	0:46:03	0:46:10	04:37
277		390	CARLOS MACHADO	GD LIMPEZA URBANA	V45M (38)	00:10	0:05:24	0:25:34	0:46:01	0:46:11	04:37
278		349	PEDRO COSTA	GAIA-RUNNING	V50M (35)	00:05	0:04:09	0:24:55	0:46:12	0:46:17	04:37
279		502	PAULO MARTINS	NASCIDOS PARA CORRER	V55M (26)	00:19	0:05:08	0:25:22	0:45:58	0:46:17	04:37
280		708	FERNANDO CAMELO	INDIVIDUAL	V60M (38)	00:14	0:05:16	0:25:46	0:46:06	0:46:20	04:38
281		500	MARCO ALMEIDA	NASCIDOS PARA CORRER	V50M (36)	00:01	0:04:29	0:25:30	0:46:20	0:46:21	04:38
282	39	667	JOANA SILVA	VALVERDE CROSSFITE	V40F (14)	00:27	0:05:21	0:25:08	0:45:55	0:46:22	04:38
283		2	RODRIGO CASTRO	C PESSOAL AGUAS DE GAIA	SNM (72)	00:18	0:04:49	0:25:03	0:46:10	0:46:28	04:38
284		301	JOAQUIM PEREIRA	EV-PERALTAFIL	V60M (39)	00:13	0:05:20	0:26:07	0:46:17	0:46:30	04:39
285	40	403	FÁTIMA DANTAS	G JUVENIL VILA PUNHE	V60F (1)	00:03	0:04:44	0:25:33	0:46:27	0:46:31	04:39
286		304	NUNO DAVID	EV-PERALTAFIL	SNM (73)	00:14	0:05:19	0:26:09	0:46:16	0:46:31	04:39
287		337	JOAQUIM MONTEIRO	G. D. LEÕES DA AGRA	V55M (27)	00:19	0:05:45	0:26:39	0:46:13	0:46:33	04:39
288		336	FRANCISCO SANTOS	G. D. LEÕES DA AGRA	V55M (28)	00:21	0:05:38	0:26:29	0:46:12	0:46:33	04:39
289		340	RICARDO FERNANDES	G. D. LEÕES DA AGRA	SNM (74)	00:19	0:05:45	0:26:24	0:46:14	0:46:33	04:39
290		339	PEDRO SANCHES	G. D. LEÕES DA AGRA	V55M (29)	00:21	0:05:45	0:26:28	0:46:13	0:46:34	04:39
291		546	CARLOS VIEIRA	OS CACHOS	V55M (30)	00:22	0:05:30	0:25:59	0:46:14	0:46:37	04:39
292		547	JOAQUIM VIEIRA	OS CACHOS	V55M (31)	00:21	0:05:37	0:26:02	0:46:16	0:46:38	04:39
293		108	DANIEL PINTO	A ACADÉMICA SÃO MAMEDE	SNM (75)	00:11	0:04:26	0:24:53	0:46:30	0:46:41	04:40
294	41	756	MARINA TELES	INDIVIDUAL	SNF (21)	00:12	0:04:52	0:25:31	0:46:33	0:46:46	04:40
295		355	CARLOS FRIAS	GD LEÕES DA GUARDA - LION R	V60M (40)	00:09	0:05:06	0:25:35	0:46:42	0:46:51	04:41
296		648	AVELINO FARIA	TRAILISTAS"EU E QUE SEI!"	V55M (32)	00:17	0:05:04	0:25:33	0:46:39	0:46:56	04:41
297		393	PAULO SANTOS	GD NOVO BANCO	V55M (33)	00:21	0:05:15	0:25:55	0:46:35	0:46:56	04:41
298	42	67	CLOTILDE SANTOS	ACR DE VALE DE CAMBRA	V50F (6)	00:02	0:04:27	0:25:38	0:46:56	0:46:58	04:41

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T.Netto	T.Oficial	T/Km.
299		498	JOSE PEREIRA	NASCIDOS PARA CORRER	V55M (34)	00:06	0:04:47	0:25:24	0:47:00	0:47:06	04:42
300	43	509	ROSA PINTO	NASCIDOS PARA CORRER	V60F (2)	00:05	0:04:56	0:25:41	0:47:01	0:47:07	04:42
301		790	TIAGO CUNHA	INDIVIDUAL	SNM (76)	00:29	0:05:34	0:26:18	0:46:39	0:47:08	04:42
302		522	MANUEL ANJOS	NA CUCUJÃES	V60M (41)	00:04	0:05:09	0:26:14	0:47:05	0:47:10	04:43
303		33	PEDRO POÇAS	A TEAM AGEAS	V40M (35)	00:31	0:05:53	0:26:57	0:46:39	0:47:10	04:43
304		84	MANUEL AZEVEDO	ÁGUIAS DA MISERICÓRDIA	V60M (42)	00:27	0:06:00	0:27:29	0:46:50	0:47:18	04:43
305		80	JOÃO CAPA	ÁGUIAS DA MISERICÓRDIA	V55M (35)	00:27	0:06:00	0:27:31	0:46:50	0:47:18	04:43
306		623	EMANUEL CARDOSO	SULDOURO	V45M (39)	00:28	0:05:40	0:25:58	0:46:53	0:47:21	04:44
307	44	799	TERESA SANTOS	INDIVIDUAL	V50F (7)	00:03	0:04:31	0:25:32	0:47:23	0:47:26	04:44
308		6	JOSÉ ADELINO	C PESSOAL AGUAS DE GAIA	V60M (43)	00:07	0:04:42	0:25:19	0:47:20	0:47:27	04:44
309		293	JORGE MAIA	ELITE.	V55M (36)	00:11	0:05:05	0:26:06	0:47:16	0:47:27	04:44
310		660	NELSON MACHADO	UNIDOS À FRESCA	V45M (40)	00:24	0:05:41	0:26:28	0:47:10	0:47:34	04:45
311		664	RICARDO OSÓRIO	UNIDOS À FRESCA	V60M (44)	00:25	0:05:44	0:26:32	0:47:09	0:47:35	04:45
312		663	PEDRO MARQUES	UNIDOS À FRESCA	V40M (36)	00:26	0:05:43	0:26:29	0:47:09	0:47:35	04:45
313		661	PAULO OSORIO	UNIDOS À FRESCA	V45M (41)	00:25	0:05:44	0:26:33	0:47:10	0:47:35	04:45
314		773	RENATO PINTO	INDIVIDUAL	V40M (37)	00:15	0:05:02	0:26:04	0:47:23	0:47:39	04:45
315		215	VALTER BARBOSA	CF PEROSINHO TRAIL & RUNNIN	V40M (38)	00:16	0:05:03	0:26:03	0:47:22	0:47:39	04:45
316		456	JORGE MOTA	LOUSADA RUNNERS	V45M (42)	00:30	0:05:54	0:27:08	0:47:11	0:47:42	04:46
317		209	HÉLDER RIBEIRO	CF OLIVEIRA DOURO	V45M (43)	00:15	0:05:27	0:26:59	0:47:31	0:47:47	04:46
318		72	NUNO MADALENO	ADC SANTA ISABEL	SNM (77)	00:15	0:05:26	0:26:02	0:47:31	0:47:47	04:46
319	45	798	PAULA OLIVEIRA	INDIVIDUAL	V50F (8)	00:05	0:04:56	0:26:04	0:47:43	0:47:49	04:46
320		346	MAXIMIANO RODRIGUES	GAIA TRAIL	V60M (45)	00:27	0:05:29	0:26:34	0:47:24	0:47:51	04:47
321		338	PAULO CAMPOS	G. D. LEÕES DA AGRA	V55M (37)	00:20	0:05:46	0:26:41	0:47:32	0:47:53	04:47
322	46	658	DANIELA SANCHES	UNIDOS À FRESCA	V50F (9)	00:25	0:05:44	0:26:33	0:47:29	0:47:54	04:47
323		250	EDMUNDO GUEDES	C CAMPISMO SÃO JOÃO DA MA	V60M (46)	00:06	0:05:00	0:26:05	0:47:48	0:47:54	04:47
324		655	PEDRO TEIXEIRA	UNIÃO ATLETISMO PORTO	V45M (44)	00:25	0:05:24	0:26:18	0:47:31	0:47:56	04:47
325		327	LEONARDO MAGALHAES	FITNESSFACTORY	SNM (78)	00:35	0:06:02	0:27:12	0:47:24	0:47:59	04:47
326		451	JOÃO LIMA	LIMARUN	SNM (79)	00:18	0:05:34	0:26:10	0:47:43	0:48:02	04:48
327		37	BRUNO NEVES	A.D.GRIJÓ A CORRER	V45M (45)	00:12	0:05:03	0:25:57	0:47:50	0:48:02	04:48
328		666	VITOR VEIGA	URBAN-ATLETAS	V50M (37)	00:35	0:05:33	0:26:54	0:47:27	0:48:02	04:48
329		208	FRANCISCO CARVALHO	CF OLIVEIRA DOURO	V55M (38)	00:04	0:05:01	0:26:54	0:48:02	0:48:06	04:48

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T.Netto	T.Oficial	T/Km.
330		146	PAULO NEVES	CAL - CA DE LAMAS	V55M (39)	00:07	0:04:47	0:25:53	0:48:00	0:48:08	04:48
331		467	ORLANDO SANTOS	MOCIDADE SANGEMIL AC	V50M (38)	00:16	0:05:23	0:26:24	0:47:58	0:48:15	04:49
332		288	PEDRO LOUREIRO	DIZRRUNERS	SNM (80)	00:20	0:05:18	0:26:28	0:47:58	0:48:19	04:49
333		151	CARLOS SOUSA	CALDAS SAO JORGE SPORT C	V50M (39)	00:09	0:04:51	0:26:44	0:48:10	0:48:20	04:50
334		579	SÉRGIO SOUSA	RUN TEJO - PREVENT SPRAIN	V50M (40)	00:09	0:04:53	0:26:23	0:48:12	0:48:21	04:50
335		79	PEDRO NECHO	AFIS/OVAR	V45M (46)	00:39	0:06:02	0:27:32	0:47:41	0:48:21	04:50
336		284	CRISTIANO FERREIRA	DIZRRUNERS	SNM (81)	00:19	0:05:14	0:26:22	0:48:03	0:48:23	04:50
337		88	JOSÉ NOGUEIRA	ALL ABOUT	V60M (47)	00:08	0:05:07	0:26:07	0:48:16	0:48:25	04:50
338		454	ANDRÉ FRAGA	LOCOMOTIVA DE PARANHOS	V40M (39)	00:27	0:05:49	0:27:47	0:48:02	0:48:29	04:50
339		391	NUNO COSTA	GD LIMPEZA URBANA	V50M (41)	00:19	0:05:26	0:26:38	0:48:10	0:48:29	04:50
340		136	RICARDO BASTOS	C.D. PÓVOA	V45M (47)	00:04	0:04:32	0:26:20	0:48:25	0:48:30	04:51
341	47	61	PATRÍCIA PORTO	ACADEMIA FERNANDA RIBEIRO	V40F (15)	00:05	0:05:03	0:26:28	0:48:25	0:48:31	04:51
342		647	RICARDO LOPES	TRAILAMENTE	V45M (48)	00:24	0:05:24	0:26:29	0:48:11	0:48:35	04:51
343		769	PEDRO PINTO	INDIVIDUAL	SNM (82)	00:18	0:05:22	0:26:57	0:48:19	0:48:37	04:51
344	48	437	CÁTIA BAPTISTA	JAM - JUVENTUDE ATLÉTICA MO	SNF (22)	00:02	0:05:04	0:26:19	0:48:37	0:48:40	04:52
345		26	BRUNO CALDAS	A TEAM AGEAS	V40M (40)	00:05	0:05:55	0:27:43	0:48:35	0:48:40	04:52
346		331	PAULO SOUSA	FITNESSFACTORY	V50M (42)	00:33	0:05:49	0:26:54	0:48:08	0:48:41	04:52
347	49	411	PATRÍCIA SOUSA	G JUVENIL VILA PUNHE	SNF (23)	00:07	0:05:07	0:26:39	0:48:34	0:48:42	04:52
348		195	ANTÓNIO TEIXEIRA	CDCR CTT PORTO	V60M (48)	00:19	0:05:17	0:26:39	0:48:31	0:48:50	04:53
349		735	JOSÉ LUÍS CARDOSO	INDIVIDUAL	V45M (49)	00:11	0:05:09	0:26:35	0:48:42	0:48:54	04:53
350		155	MANUEL ALMEIDA	CALDAS SAO JORGE SPORT C	V50M (43)	00:13	0:05:12	0:26:44	0:48:41	0:48:54	04:53
351		726	JOÃO ROCHA	INDIVIDUAL	V45M (50)	00:00	0:03:59	0:25:51	0:48:54	0:48:55	04:53
352	50	562	LILIANA SILVA	PETRUS RUNNERS	SNF (24)	00:12	0:05:17	0:26:44	0:48:42	0:48:55	04:53
353		137	RUI LEITES	C.D. PÓVOA	V50M (44)	00:05	0:04:34	0:25:09	0:48:51	0:48:56	04:53
354	51	57	FERNANDA FERNANDES	ACADEMIA FERNANDA RIBEIRO	V40F (16)	00:06	0:05:03	0:26:24	0:48:51	0:48:58	04:53
355		106	RICARDO PAIVA	ARCORUN	V45M (51)	00:27	0:05:54	0:27:24	0:48:30	0:48:58	04:53
356	52	368	PAULA OLIVEIRA	GDC GUILHOVAI	V40F (17)	00:09	0:05:20	0:27:06	0:48:51	0:49:00	04:54
357		531	JOAQUIM CUNHA	ONE MORE - PERSONAL TRAINI	SNM (83)	00:23	0:05:22	0:27:14	0:48:40	0:49:03	04:54
358	53	529	BARBARA SÁ	ONE MORE - PERSONAL TRAINI	SNF (25)	00:22	0:05:21	0:27:12	0:48:41	0:49:03	04:54
359		270	FÁBIO LAZERA	CORREMOS PARA A PRÓXIMA	SNM (84)	00:15	0:05:11	0:27:00	0:48:49	0:49:04	04:54
360		452	VALDEMAR LIMA	LIMARUN	V50M (45)	00:12	0:05:44	0:27:16	0:48:53	0:49:05	04:54

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T.Netto	T.Oficial	T/Km.
361	54	386	PAULA ANDRADE	GD FERROVIÁRIOS CAMPANHÃ	V60F (3)	00:08	0:05:04	0:26:52	0:48:59	0:49:07	04:54
362		640	PAULO GOMES	THE RUNNERS	SNM (85)	00:12	0:04:57	0:26:25	0:48:55	0:49:07	04:54
363	55	789	THAIS AZEVEDO	INDIVIDUAL	SNF (26)	00:09	0:05:06	0:26:43	0:48:59	0:49:09	04:54
364	56	315	LEONOR MARTINS	FAMÍLIA MARTINS	SNF (27)	00:23	0:05:38	0:27:16	0:48:49	0:49:12	04:55
365		314	JOSÉ MARTINS	FAMÍLIA MARTINS	V45M (52)	00:23	0:05:39	0:27:21	0:48:52	0:49:15	04:55
366		427	FILIPE CASTRO	HP RUNNING	V50M (46)	00:06	0:05:03	0:26:58	0:49:10	0:49:16	04:55
367		720	JACINTO PEREIRA	INDIVIDUAL	V40M (41)	00:10	0:04:53	0:27:05	0:49:09	0:49:19	04:55
368		739	JOSÉ SOARES	INDIVIDUAL	SNM (86)	00:27	0:05:46	0:27:30	0:48:52	0:49:19	04:55
369		795	XAVIER AZEVEDO	INDIVIDUAL	SNM (87)	00:12	0:04:41	0:26:31	0:49:07	0:49:19	04:55
370		381	MÁRIO NOGUEIRA	GDSPO	V60M (49)	00:08	0:05:19	0:27:03	0:49:12	0:49:21	04:56
371		567	PEDRO FERNANDES	PFR	SNM (88)	00:14	0:05:17	0:26:45	0:49:07	0:49:21	04:56
372		566	FILIPE MACHADO	PFR	SNM (89)	00:14	0:05:25	0:26:45	0:49:12	0:49:26	04:56
373		241	JOSÉ PESSOA	CA VILA BOA BISPO	V55M (40)	00:12	0:05:18	0:27:26	0:49:19	0:49:32	04:57
374		375	RUI SANTOS	GDCTINCM	V45M (53)	00:04	0:04:59	0:26:50	0:49:29	0:49:33	04:57
375		359	ANTÓNIO SANTOS	GDC GUILHOVAI	V55M (41)	00:09	0:05:24	0:27:09	0:49:27	0:49:36	04:57
376	57	641	RITA RODRIGUES	THE RUNNERS	SNF (28)	00:11	0:04:58	0:26:28	0:49:25	0:49:37	04:57
377		169	JACINTO OLIVEIRA	CARCAVELOS CARAVELA SEGU	V60M (50)	00:16	0:05:51	0:28:42	0:49:28	0:49:44	04:58
378		759	MIGUEL MOTA ANDRADE	INDIVIDUAL	V40M (42)	00:06	0:04:52	0:26:45	0:49:42	0:49:48	04:58
379		466	MÁRIO VINHAS	MOCIDADE SANGEMIL AC	V55M (42)	00:17	0:05:23	0:26:44	0:49:34	0:49:52	04:59
380		588	BRUNO CARVALHO	SAINT-GOBAIN SEKURIT SERVIC	V40M (43)	00:25	0:06:07	0:28:21	0:49:31	0:49:56	04:59
381		716	HUGO DIAS CARMO	INDIVIDUAL	V45M (54)	00:29	0:06:01	0:27:37	0:49:28	0:49:58	04:59
382	58	200	ALICE COUTO	CF OLIVEIRA DOURO	V50F (10)	00:15	0:05:26	0:27:24	0:49:47	0:50:02	05:00
383	59	402	FÁTIMA BARROS	G JUVENIL VILA PUNHE	V40F (18)	00:03	0:04:34	0:26:48	0:49:59	0:50:02	05:00
384		589	JOAQUIM SOUSA	SAINT-GOBAIN SEKURIT SERVIC	V45M (55)	00:25	0:06:07	0:28:23	0:49:38	0:50:03	05:00
385		558	ANTÓNIO DIAS	PETRUS RUNNERS	V60M (51)	00:10	0:05:09	0:26:50	0:49:53	0:50:03	05:00
386		525	SECA JOSÉ	OLIVECONTA CONTAB E SEG ER	V50M (47)	00:11	0:05:13	0:27:24	0:49:54	0:50:06	05:00
387		475	ALBINO SILVA	NASCIDOS PARA CORRER	V45M (56)	00:06	0:05:02	0:26:55	0:50:01	0:50:07	05:00
388		109	ANTÓNIO NETO	A FIGUEIREDO'S RUNNER'S AN	V60M (52)	00:04	0:05:02	0:27:15	0:50:03	0:50:07	05:00
389		725	JOÃO PAULO CARVALHO	INDIVIDUAL	SNM (90)	00:36	0:06:30	0:29:46	0:49:33	0:50:10	05:01
390		595	PEDRO SARAIVA	SARAIVAS	SNM (91)	00:33	0:06:04	0:28:47	0:49:38	0:50:12	05:01
391		594	LEONARDO SARAIVA	SARAIVAS	SNM (92)	00:32	0:06:04	0:28:50	0:49:40	0:50:13	05:01

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T.Netto	T.Oficial	T/Km.
392		676	ÁLVARO SOUSA	INDIVIDUAL	SNM (93)	00:24	0:05:24	0:27:00	0:49:49	0:50:13	05:01
393		221	JOSÉ MONTEIRO	CIRAC - CIRCULO R CULTURA	SNM (94)	00:20	0:05:44	0:27:34	0:49:59	0:50:20	05:02
394		246	DARIO PEREIRA	C CAMPISMO	V60M (53)	00:12	0:05:30	0:27:50	0:50:11	0:50:24	05:02
395		767	PAULO FERREIRA	INDIVIDUAL	V40M (44)	00:18	0:05:30	0:27:14	0:50:08	0:50:26	05:02
396	60	214	SÓNIA SANTOS	CF OLIVEIRA DOURO	V50F (11)	00:15	0:05:27	0:27:30	0:50:18	0:50:34	05:03
397		426	MÁRIO PEREIRA	HJK GAIA	V50M (48)	00:13	0:05:09	0:27:35	0:50:24	0:50:37	05:03
398		707	FELIPE MOURÃO	INDIVIDUAL	SNM (95)	00:07	0:05:17	0:27:15	0:50:30	0:50:38	05:03
399		112	RICARDO PINA	ATLETAS DO PARQUE	V45M (57)	00:22	0:05:48	0:28:06	0:50:16	0:50:39	05:03
400		377	HÉLDER MC RAMOS	GDG - GD DA GAFANHA	V55M (43)	00:03	0:05:04	0:27:31	0:50:37	0:50:40	05:04
401		287	PEDRO COELHO	DIZRRUNERS	SNM (96)	00:19	0:05:43	0:28:03	0:50:22	0:50:42	05:04
402		487	FERNANDO PINTO	NASCIDOS PARA CORRER	V60M (54)	00:17	0:05:23	0:26:48	0:50:27	0:50:44	05:04
403		478	ANTONIO PEREIRA	NASCIDOS PARA CORRER	V60M (55)	00:07	0:05:08	0:26:53	0:50:39	0:50:46	05:04
404	61	512	SASHA BELOUSOVA	NASCIDOS PARA CORRER	SNF (29)	00:07	0:05:08	0:26:56	0:50:38	0:50:46	05:04
405		482	DOMINGOS PRESAS	NASCIDOS PARA CORRER	V55M (44)	00:06	0:05:08	0:26:57	0:50:41	0:50:47	05:04
406		485	EMANUEL MADUREIRA	NASCIDOS PARA CORRER	V60M (56)	00:05	0:05:08	0:26:49	0:50:42	0:50:47	05:04
407		489	HELDER TEIXEIRA	NASCIDOS PARA CORRER	V45M (58)	00:05	0:05:08	0:26:52	0:50:42	0:50:47	05:04
408		508	ROGERIO SARMENTO	NASCIDOS PARA CORRER	V60M (57)	00:05	0:05:00	0:26:48	0:50:42	0:50:48	05:04
409		480	CARLOS COSTA	NASCIDOS PARA CORRER	V60M (58)	00:22	0:05:38	0:26:48	0:50:26	0:50:48	05:04
410		488	FERNANDO ROCHA	NASCIDOS PARA CORRER	V55M (45)	00:21	0:05:23	0:26:52	0:50:27	0:50:48	05:04
411		82	JOSÉ ALVES	ÁGUIAS DA MISERICÓRDIA	V60M (59)	00:29	0:06:06	0:28:47	0:50:18	0:50:48	05:04
412	62	580	TELMA SANTOS	RUN4BRAIN	SNF (30)	00:26	0:06:15	0:28:32	0:50:22	0:50:49	05:04
413		243	JOSÉ TEIXEIRA	CA VILA BOA BISPO	V50M (49)	00:10	0:05:19	0:27:29	0:50:40	0:50:50	05:05
414	63	239	FERNANDA CORREIA	CA VILA BOA BISPO	SNF (31)	00:14	0:05:20	0:28:10	0:50:36	0:50:51	05:05
415		585	DOMINGOS SOUSA	S.C. BRAGA	V60M (60)	00:21	0:05:36	0:28:07	0:50:29	0:50:51	05:05
416	64	550	JOANA NATIVIDADE	OS NATIVIDADE'S	SNF (32)	00:20	0:05:52	0:28:15	0:50:31	0:50:52	05:05
417		285	FILIPE SOARES	DIZRRUNERS	V45M (59)	00:21	0:05:34	0:27:44	0:50:31	0:50:53	05:05
418		551	NUNO NATIVIDADE	OS NATIVIDADE'S	SNM (97)	00:19	0:05:52	0:28:15	0:50:34	0:50:53	05:05
419	65	74	ELISABETE SILVA	AFIS/OVAR	V50F (12)	00:02	0:04:56	0:27:30	0:50:51	0:50:54	05:05
420		680	ANDRÉ MAGALHÃES	INDIVIDUAL	SNM (98)	00:16	0:05:39	0:28:14	0:50:39	0:50:55	05:05
421		473	ALBERTO VITELO	MSS GD DE GONDOMAR	V40M (45)	00:28	0:05:41	0:27:58	0:50:28	0:50:56	05:05
422		320	ANDRE QUEIROS	FITNESSFACTORY	SNM (99)	00:34	0:06:13	0:28:38	0:50:23	0:50:58	05:05

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T.Netto	T.Oficial	T/Km.
423		633	PEDRO	TEAM SHARK	V45M (60)	00:11	0:05:13	0:27:07	0:50:49	0:51:00	05:06
424		751	MANUEL RIBEIRO	INDIVIDUAL	V60M (61)	00:30	0:05:56	0:28:08	0:50:36	0:51:06	05:06
425	66	278	CRISTINA SARAIVA	CTM VILA POUCA DE AGUIAR	V60F (4)	00:08	0:05:06	0:28:02	0:51:02	0:51:10	05:07
426		622	CRISPIANO SANTOS	SULDOURO	V45M (61)	00:06	0:04:44	0:27:29	0:51:05	0:51:12	05:07
427	67	347	ANTÓNIA SOARES	GAIA-RUNNING	V50F (13)	00:11	0:05:11	0:27:48	0:51:03	0:51:14	05:07
428		491	ISAQUE PINTO	NASCIDOS PARA CORRER	V55M (46)	00:03	0:04:55	0:27:45	0:51:17	0:51:21	05:08
429		593	JOÃO SAMPAIO	SAMPAIOS	V45M (62)	00:11	0:05:38	0:28:28	0:51:09	0:51:21	05:08
430	68	786	SOFIA SILVA	INDIVIDUAL	SNF (33)	00:18	0:05:53	0:28:25	0:51:03	0:51:22	05:08
431		421	PAULO SOUSA	GRUPO VILARINHO CIMA	V45M (63)	00:06	0:04:52	0:27:15	0:51:17	0:51:23	05:08
432		177	VÍTOR SOUSA	CARCAVELOS CARAVELA SEGU	V50M (50)	00:17	0:05:54	0:28:51	0:51:06	0:51:24	05:08
433		604	JORGE SOARES	SHARKS TEAM	V50M (51)	00:11	0:05:21	0:27:41	0:51:13	0:51:25	05:08
434		431	ANTONIO PEREIRA	INVICTA RUNNERS TEAM	V60M (62)	00:08	0:05:06	0:27:12	0:51:23	0:51:31	05:09
435		256	PAULO PINTO	C PORTUGAL TELECOM ZONA N	V60M (63)	00:17	0:05:47	0:28:30	0:51:14	0:51:32	05:09
436	69	603	MARIA COSTA	SSC TRAB MUNICÍPIO OVAR	V60F (5)	00:03	0:05:33	0:28:13	0:51:29	0:51:33	05:09
437		733	JOSÉ GRAÇA	INDIVIDUAL	V60M (64)	00:13	0:05:31	0:28:38	0:51:20	0:51:33	05:09
438		188	NUNO FERREIRA	CCD SIEMENS	V40M (46)	00:18	0:05:21	0:28:07	0:51:20	0:51:38	05:09
439		223	ARLINDO PINTO	CA DE OVAR	V60M (65)	00:02	0:05:08	0:28:14	0:51:36	0:51:39	05:09
440		345	JOSÉ MORAIS	GAIA TRAIL	V60M (66)	00:28	0:05:54	0:28:05	0:51:17	0:51:45	05:10
441	70	501	PATRICIA PINHO	NASCIDOS PARA CORRER	V40F (19)	00:07	0:05:13	0:28:06	0:51:40	0:51:48	05:10
442	71	348	JOANA BARBOSA	GAIA-RUNNING	V40F (20)	00:10	0:04:58	0:27:58	0:51:41	0:51:51	05:11
443		771	RAFAEL FERRAZ	INDIVIDUAL	SNM (100)	00:29	0:05:54	0:28:42	0:51:25	0:51:54	05:11
444		217	ALCIDES SALES	CIRAC - CIRCULO R CULTURA	V60M (67)	00:20	0:05:48	0:29:01	0:51:36	0:51:56	05:11
445		671	SAMUEL DUARTE	XBOX	V40M (47)	00:17	0:05:57	0:28:16	0:51:47	0:52:04	05:12
446		672	VITOR MARQUES	XBOX	V40M (48)	00:17	0:05:57	0:28:16	0:51:47	0:52:04	05:12
447		39	D. LEVI	A.D.GRIJÓ A CORRER	V45M (64)	00:17	0:05:37	0:27:53	0:51:47	0:52:04	05:12
448		42	J. DUARTE	A.D.GRIJÓ A CORRER	V50M (52)	00:16	0:05:20	0:27:35	0:51:48	0:52:05	05:12
449		568	RAFAEL MACHADO	PFR	SNM (101)	00:14	0:05:14	0:27:32	0:51:53	0:52:07	05:12
450		48	RODRIGO N.	A.D.GRIJÓ A CORRER	V50M (53)	00:17	0:05:37	0:27:52	0:51:54	0:52:11	05:13
451	72	4	MARINA SOUSA	C PESSOAL AGUAS DE GAIA	V50F (14)	00:07	0:05:05	0:28:07	0:52:11	0:52:18	05:13
452		750	MANUEL MONTEIRO	INDIVIDUAL	V55M (47)	00:08	0:05:33	0:28:09	0:52:10	0:52:19	05:13
453		274	JOSÉ OIIVEIRA	CRUPO BARRIGAS	V55M (48)	00:19	0:05:45	0:28:58	0:52:00	0:52:19	05:13

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T.Netto	T.Oficial	T/Km.
454		147	ABEL SANTOS	CALDAS SAO JORGE SPORT C	V60M (68)	00:10	0:06:04	0:29:33	0:52:11	0:52:21	05:14
455		600	JORGE VASCONCELOS	SCCOIMBRÕES / EQUIPA A	V45M (65)	00:15	0:05:21	0:28:22	0:52:12	0:52:27	05:14
456		780	RUI SILVA	INDIVIDUAL	V55M (49)	00:31	0:05:24	0:28:13	0:51:56	0:52:28	05:14
457		649	PAULO VALENTE	TRAILISTAS"EU E QUE SEI!"	V60M (69)	00:16	0:05:36	0:28:36	0:52:11	0:52:28	05:14
458		569	THIAGO MACHADO	POWER RUN	V40M (49)	00:11	0:05:28	0:28:47	0:52:19	0:52:31	05:15
459		101	RUI MAIA	ARCORUN	V45M (66)	00:27	0:06:02	0:29:12	0:52:07	0:52:34	05:15
460		47	RICARDO NEVES	A.D.GRIJÓ A CORRER	V40M (50)	00:13	0:05:29	0:29:07	0:52:37	0:52:50	05:17
461		592	RUBEN AIRES	SAINT-GOBAIN SEKURIT SERVIC	V40M (51)	00:23	0:05:49	0:28:24	0:52:28	0:52:51	05:17
462		695	CARLOS FERREIRA	INDIVIDUAL	V45M (67)	00:08	0:05:16	0:28:43	0:52:45	0:52:53	05:17
463		210	HUGO SANTOS	CF OLIVEIRA DOURO	V40M (52)	00:15	0:05:28	0:28:33	0:52:41	0:52:57	05:17
464	73	591	KARINA MOREIRA	SAINT-GOBAIN SEKURIT SERVIC	SNF (34)	00:24	0:06:06	0:29:18	0:52:34	0:52:59	05:17
465		748	MANUEL FERREIRA	INDIVIDUAL	V60M (70)	00:14	0:05:46	0:29:03	0:52:46	0:53:01	05:18
466		686	ANTÓNIO ILDEFONSO SANTOS	INDIVIDUAL	V60M (71)	00:20	0:06:03	0:29:25	0:52:42	0:53:02	05:18
467	74	448	DEOLINDA SILVA	LIGEIRINHOS	V60F (6)	00:21	0:06:04	0:29:20	0:52:41	0:53:03	05:18
468		149	ANTÓNIO BERNARDO	CALDAS SAO JORGE SPORT C	V55M (50)	00:30	0:06:12	0:29:55	0:52:35	0:53:06	05:18
469		97	JOSE ROCHA	AMIGOS DO ATLETISMO	V60M (72)	00:24	0:06:00	0:29:36	0:52:46	0:53:10	05:19
470		590	JOSE PINHAL	SAINT-GOBAIN SEKURIT SERVIC	V50M (54)	00:25	0:06:07	0:29:30	0:52:45	0:53:10	05:19
471	75	628	IVONE MARTINS	TEAM COSTA	SNF (35)	00:12	0:05:29	0:28:59	0:52:59	0:53:11	05:19
472		717	IAN	INDIVIDUAL	SNM (102)	00:10	0:05:07	0:28:25	0:53:02	0:53:12	05:19
473	76	656	AGUSTINA PRONOTTI	UNIDOS À FRESCA	SNF (36)	00:25	0:06:06	0:29:31	0:52:50	0:53:15	05:19
474	77	376	SOFIA FERREIRA	GDCTINCM	V40F (21)	00:18	0:05:33	0:28:54	0:52:57	0:53:16	05:19
475		53	ARTUR FREITAS	ACADEMIA FERNANDA RIBEIRO	V60M (73)	00:07	0:05:26	0:28:31	0:53:10	0:53:17	05:19
476		723	JOÃO CALÇADA	INDIVIDUAL	SNM (103)	00:27	0:05:57	0:28:47	0:52:51	0:53:18	05:19
477		58	GRACIANO PEREIRA	ACADEMIA FERNANDA RIBEIRO	V60M (74)	00:06	0:05:26	0:28:31	0:53:12	0:53:19	05:19
478		425	DUARTE MALHEIRO	HJK GAIA	V45M (68)	00:13	0:05:19	0:28:39	0:53:11	0:53:25	05:20
479		639	FILIPPE FERREIRA	THE RUNNERS	SNM (104)	00:12	0:04:51	0:26:38	0:53:17	0:53:29	05:20
480		575	PAULO SANTOS	RSPS	V55M (51)	00:15	0:05:59	0:30:12	0:53:15	0:53:30	05:21
481	78	706	FEDERICA	INDIVIDUAL	V50F (15)	00:37	0:06:53	0:30:51	0:52:55	0:53:33	05:21
482		298	NELSON RIBEIRO	ESTORETAS	V45M (69)	00:32	0:06:01	0:28:54	0:53:01	0:53:33	05:21
483		679	ANDRÉ GOUVEIA DE PAIVA	INDIVIDUAL	V60M (75)	00:11	0:05:29	0:29:16	0:53:24	0:53:35	05:21
484		744	LUIS SOUSA	INDIVIDUAL	V50M (55)	00:13	0:05:36	0:29:25	0:53:22	0:53:35	05:21

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T.Netto	T.Oficial	T/Km.
485		691	BRUNO LACERDA	INDIVIDUAL	SNM (105)	00:30	0:06:15	0:29:42	0:53:06	0:53:37	05:21
486	79	41	FERNANDA RAMALHO	A.D.GRIJÓ A CORRER	V50F (16)	00:04	0:05:23	0:29:11	0:53:36	0:53:40	05:22
487		158	MIGUEL SANTOS	CALDAS SAO JORGE SPORT C	SNM (106)	00:23	0:06:01	0:29:32	0:53:24	0:53:48	05:22
488	80	755	MARIA CASTRO	INDIVIDUAL	V60F (7)	00:08	0:05:30	0:29:31	0:53:43	0:53:51	05:23
489		730	JOEL TEIXEIRA	INDIVIDUAL	SNM (107)	00:33	0:05:58	0:30:06	0:53:19	0:53:52	05:23
490		87	JOAQUIM COUTO	ALL ABOUT	V60M (76)	00:09	0:05:07	0:29:04	0:53:43	0:53:53	05:23
491	81	143	ANA PAULA CASTRO	CAL - CA DE LAMAS	V50F (17)	00:20	0:06:04	0:29:51	0:53:34	0:53:55	05:23
492		728	JOAQUIM PINHEL	INDIVIDUAL	V60M (77)	00:21	0:05:58	0:29:46	0:53:34	0:53:55	05:23
493	82	423	CLARA GOMES	GSC	V40F (22)	00:33	0:06:43	0:30:30	0:53:24	0:53:57	05:23
494		713	HELDER JOSÉ BERNARDO	INDIVIDUAL	V40M (53)	00:33	0:06:46	0:30:31	0:53:24	0:53:58	05:23
495		576	RAMOS DA SILVA	RSPS	V60M (78)	00:15	0:05:59	0:30:12	0:53:56	0:54:12	05:25
496		753	MARCO OLIVEIRA	INDIVIDUAL	V40M (54)	00:27	0:05:59	0:30:13	0:53:54	0:54:21	05:26
497		269	JOSE SILVA	CORREDOR FIM DE TARDE	V60M (79)	00:29	0:06:38	0:30:45	0:53:52	0:54:21	05:26
498		554	PEDRO NASCIMENTO	PÉ-NO-MAR	SNM (108)	00:10	0:04:49	0:28:09	0:54:22	0:54:33	05:27
499		636	FERNANDO MENDES	TEAM SHARK	V50M (56)	00:08	0:05:23	0:29:07	0:54:24	0:54:33	05:27
500		556	FERNANDO PEREIRA	PEREIRAS	V50M (57)	00:19	0:05:54	0:29:42	0:54:16	0:54:35	05:27
501		703	EURICO FERREIRA SOUSA	INDIVIDUAL	V50M (58)	00:05	0:05:06	0:28:49	0:54:29	0:54:35	05:27
502		555	CARLOS PEREIRA	PEREIRAS	SNM (109)	00:19	0:05:54	0:29:41	0:54:16	0:54:35	05:27
503		560	JOÃO MARTINS	PETRUS RUNNERS	SNM (110)	00:12	0:05:45	0:30:01	0:54:26	0:54:39	05:27
504	83	565	TERESA REIS	PETRUS RUNNERS	V50F (18)	00:11	0:05:45	0:29:58	0:54:28	0:54:39	05:27
505		581	DOMINGOS COSTA	RUNNERS ON FIRE B.V.VALADA	V60M (80)	00:31	0:06:24	0:29:55	0:54:12	0:54:44	05:28
506		267	VÍTOR CARDOSO	CORRE SÃO JOÃO	V55M (52)	00:29	0:06:25	0:29:54	0:54:14	0:54:44	05:28
507		173	MIGUEL SOUSA	CARCAVELOS CARAVELA SEGU	V60M (81)	00:14	0:05:52	0:29:31	0:54:31	0:54:45	05:28
508	84	280	CARLA PEREIRA	DEVASTA TRILHOS	V40F (23)	00:21	0:05:53	0:29:54	0:54:27	0:54:48	05:28
509		724	JOÃO MONTEIRO	INDIVIDUAL	SNM (111)	00:25	0:05:48	0:29:23	0:54:24	0:54:49	05:28
510		105	PEDRO MELO	ARCORUN	V55M (53)	00:28	0:06:05	0:29:52	0:54:21	0:54:49	05:28
511		104	PAULO GRILO	ARCORUN	V50M (59)	00:15	0:06:05	0:29:59	0:54:34	0:54:49	05:28
512	85	414	TÂNIA MONTEIRO	G JUVENIL VILA PUNHE	SNF (37)	00:08	0:05:43	0:29:48	0:54:42	0:54:50	05:29
513		702	EMANUEL SÁ	INDIVIDUAL	SNM (112)	00:30	0:06:23	0:31:44	0:54:39	0:55:10	05:31
514		406	FRANCISCO AMORIM	G JUVENIL VILA PUNHE	SNM (113)	00:05	0:04:28	0:30:20	0:55:10	0:55:15	05:31
515		326	JOAO PEREIRA	FITNESSFACTORY	SNM (114)	00:34	0:06:14	0:29:27	0:54:43	0:55:17	05:31

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T.Netto	T.Oficial	T/Km.
516		572	LUÍS ROCHA	ROCHA	V45M (70)	00:09	0:05:40	0:30:13	0:55:14	0:55:24	05:32
517		559	BRUNO SILVA	PETRUS RUNNERS	V40M (55)	00:11	0:05:22	0:30:01	0:55:16	0:55:28	05:32
518		242	JOSÉ PINTO	CA VILA BOA BISPO	V60M (82)	00:14	0:06:03	0:30:05	0:55:13	0:55:28	05:32
519		741	LEANDRO ROCHA	INDIVIDUAL	V40M (56)	00:27	0:06:10	0:29:28	0:55:02	0:55:29	05:32
520		770	PEDRO SANTOS	INDIVIDUAL	SNM (115)	00:11	0:05:30	0:30:18	0:55:18	0:55:30	05:33
521		374	MARCO BATISTA	GDCTINCM	V50M (60)	00:18	0:05:40	0:29:52	0:55:15	0:55:33	05:33
522		736	JOSE MANUEL MONTEIRO	INDIVIDUAL	V50M (61)	00:37	0:06:08	0:29:46	0:54:56	0:55:33	05:33
523	86	73	PAULA DIAS	AFIPRE TEAM	V50F (19)	00:15	0:05:44	0:29:58	0:55:22	0:55:37	05:33
524	87	273	MARIANA MAGALHÃES	CORREMOS PARA A PRÓXIMA	V40F (24)	00:15	0:05:35	0:30:07	0:55:27	0:55:42	05:34
525		689	BRUNO CARVALHO	INDIVIDUAL	SNM (116)	00:32	0:05:59	0:30:04	0:55:12	0:55:45	05:34
526		463	MARCOS GANDRA	MCCB	V45M (71)	00:34	0:06:30	0:30:38	0:55:10	0:55:45	05:34
527		677	AMADOR MIRANDA PINTO	INDIVIDUAL	V60M (83)	00:32	0:06:33	0:31:04	0:55:18	0:55:51	05:35
528		206	DIOGO ALVIM	CF OLIVEIRA DOURO	V50M (62)	00:17	0:06:41	0:33:25	0:55:38	0:55:56	05:35
529	88	272	MÓNICA NASCIMENTO	CORREMOS PARA A PRÓXIMA	V40F (25)	00:16	0:05:35	0:30:03	0:55:41	0:55:58	05:35
530		796	YURI	INDIVIDUAL	V50M (63)	00:37	0:06:43	0:31:26	0:55:21	0:55:59	05:35
531	89	704	FABIA MARÍA DOMÍNGUEZ	INDIVIDUAL	V40F (26)	00:08	0:05:08	0:29:48	0:55:51	0:55:59	05:35
532		727	JOAQUIM MALHEIRO	INDIVIDUAL	V40M (57)	00:36	0:06:19	0:30:55	0:55:24	0:56:00	05:36
533		172	MIGUEL BARQUEIRO	CARCAVELOS CARAVELA SEGU	V50M (64)	00:16	0:05:53	0:29:57	0:55:46	0:56:02	05:36
534		383	BRUNO MATOS	GRECI RUNNING TEAM	V40M (58)	00:23	0:05:58	0:30:08	0:55:39	0:56:02	05:36
535	90	45	PATRICIA T.	A.D.GRIJÓ A CORRER	V40F (27)	00:19	0:05:54	0:30:18	0:55:43	0:56:02	05:36
536	91	196	CÉLINE GOMES	CDCR CTT PORTO	SNF (38)	00:13	0:05:25	0:29:59	0:55:52	0:56:06	05:36
537		552	STEVE SANTOS	OS TRATADORES	SNM (117)	00:35	0:06:22	0:30:55	0:55:33	0:56:08	05:36
538		385	FERNANDO ANDRADE	GD FERROVIÁRIOS CAMPANHÃ	V60M (84)	00:09	0:05:52	0:30:52	0:56:02	0:56:12	05:37
539		549	TIAGO REIS	OS FLASH	SNM (118)	00:25	0:06:26	0:31:13	0:55:55	0:56:20	05:38
540		9	MANUEL SANTIAGO	C PESSOAL AGUAS DE GAIA	V55M (54)	00:22	0:06:08	0:30:57	0:55:59	0:56:21	05:38
541		253	MIGUEL CUNHA	C MILLENNIUM BCP	V50M (65)	00:17	0:05:27	0:29:53	0:56:05	0:56:22	05:38
542		644	HUGO MORAIS	TOMÉ MORAIS	V45M (72)	00:26	0:06:13	0:30:52	0:56:03	0:56:29	05:38
543		316	PAULO PEREIRA	FAMÍLIA PEREIRA	V50M (66)	00:34	0:06:57	0:31:52	0:55:56	0:56:31	05:39
544	92	450	ROSA LÍDIA SILVA	LIGEIRINHOS	V50F (20)	00:34	0:06:51	0:31:49	0:56:06	0:56:40	05:40
545	93	777	RITA ROCHA	INDIVIDUAL	SNF (39)	00:13	0:06:05	0:31:23	0:56:33	0:56:47	05:40
546		23	ALVARO PINTO	A TEAM AGEAS	V55M (55)	00:34	0:06:57	0:33:53	0:56:13	0:56:47	05:40

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T.Netto	T.Oficial	T/Km.
547	94	516	TRICIA RAMALHO	NASCIDOS PARA CORRER	V40F (28)	00:15	0:06:03	0:31:17	0:56:35	0:56:50	05:41
548		737	JOSÉ MANUEL SILVA	INDIVIDUAL	V60M (85)	00:30	0:06:25	0:31:14	0:56:27	0:56:57	05:41
549		510	RUI DIAS	NASCIDOS PARA CORRER	V60M (86)	00:13	0:05:55	0:31:00	0:56:46	0:57:00	05:42
550	95	266	ANTÓNIA GUERRA	CORRE SÃO JOÃO	V40F (29)	00:29	0:06:31	0:31:10	0:56:37	0:57:07	05:42
551		472	ANTÓNIO COSTA	MSS GD DE GONDOMAR	V60M (87)	00:30	0:06:26	0:31:07	0:56:37	0:57:07	05:42
552		30	JOSE EDUARDO	A TEAM AGEAS	V40M (59)	00:30	0:06:45	0:34:07	0:56:40	0:57:11	05:43
553		662	PAULO VILAS BOAS	UNIDOS À FRESCA	V50M (67)	00:27	0:06:09	0:30:49	0:56:45	0:57:12	05:43
554		659	FERNANDO CONCEIÇÃO	UNIDOS À FRESCA	V60M (88)	00:26	0:06:08	0:30:52	0:56:49	0:57:16	05:43
555		99	JORGE LEITE	ARCORUN	V50M (68)	00:27	0:06:03	0:29:59	0:56:52	0:57:19	05:43
556	96	783	SÍLVIA MOREIRA	INDIVIDUAL	SNF (40)	00:06	0:05:56	0:31:16	0:57:19	0:57:26	05:44
557		330	NELSON PINTO	FITNESSFACTORY	V40M (60)	00:34	0:06:18	0:32:04	0:56:54	0:57:29	05:44
558		317	FERNANDO CARVALHO	FC	V50M (69)	00:36	0:06:19	0:30:50	0:56:59	0:57:35	05:45
559		366	MANUEL URBANO	GDC GUILHOVAI	V55M (56)	00:33	0:06:45	0:32:19	0:57:03	0:57:36	05:45
560		365	MANUEL ANDRADE	GDC GUILHOVAI	V55M (57)	00:24	0:06:31	0:32:17	0:57:16	0:57:40	05:46
561		732	JOSÉ ANTÓNIO NOVAIS	INDIVIDUAL	V60M (89)	00:19	0:06:04	0:31:03	0:57:25	0:57:44	05:46
562		685	ANTÓNIO ARMINDO PEREIRA	INDIVIDUAL	V50M (70)	00:18	0:06:04	0:31:04	0:57:26	0:57:44	05:46
563		461	RICARDO MOREIRA	MCCB	V40M (61)	00:34	0:06:43	0:32:51	0:57:12	0:57:46	05:46
564		62	PEDRO FERREIRA	ACADEMIA FERNANDA RIBEIRO	V45M (73)	00:20	0:06:21	0:31:41	0:57:29	0:57:49	05:46
565		98	JOAQUIM MENDES	ARCORUN	V45M (74)	00:37	0:06:31	0:31:31	0:57:18	0:57:56	05:47
566		102	JOSÉ CORREIA	ARCORUN	V45M (75)	00:37	0:06:30	0:31:29	0:57:19	0:57:56	05:47
567		416	ANTONIO JÚNIOR	GRUPO VILARINHO CIMA	V55M (58)	00:10	0:05:39	0:30:56	0:57:48	0:57:58	05:47
568		24	ANDRE FERREIRA	A TEAM AGEAS	V45M (76)	00:29	0:06:02	0:31:23	0:57:41	0:58:10	05:49
569		184	DIOGO SILVA	CASCA DE BALA	SNM (119)	00:27	0:06:25	0:32:25	0:57:49	0:58:17	05:49
570	97	442	MONICA MORAIS	JAVALIS100LIMITES	SNF (41)	00:15	0:06:08	0:31:39	0:58:02	0:58:18	05:49
571		441	LUIS MORAIS	JAVALIS100LIMITES	V55M (59)	00:15	0:06:08	0:31:40	0:58:03	0:58:18	05:49
572	98	161	JOANA OLIVEIRA	CARACÓIS DO ASFALTO	V40F (30)	00:30	0:07:07	0:32:20	0:57:55	0:58:25	05:50
573		749	MANUEL JESUS	INDIVIDUAL	V60M (90)	00:18	0:06:12	0:32:06	0:58:15	0:58:33	05:51
574		665	JOSE CARLOS	URBAN-ATLETAS	V60M (91)	00:34	0:06:57	0:31:52	0:58:05	0:58:40	05:52
575	99	635	FELISMINA PINHO	TEAM SHARK	V60F (8)	00:07	0:06:02	0:32:17	0:58:47	0:58:54	05:53
576	100	289	VANESSA FERREIRA	DIZRRUNERS	SNF (42)	00:21	0:06:15	0:32:15	0:58:44	0:59:05	05:54
577	101	705	FABIANA SAMPATARO	INDIVIDUAL	V40F (31)	00:15	0:06:19	0:32:17	0:58:54	0:59:10	05:55

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T.Netto	T.Oficial	T/Km.
578		779	RUI SILVA	INDIVIDUAL	SNM (120)	00:11	0:05:35	0:30:18	0:58:59	0:59:11	05:55
579	102	776	RITA CARDOSO	INDIVIDUAL	V40F (32)	00:07	0:05:57	0:32:06	0:59:10	0:59:17	05:55
580	103	124	MARGARIDA NEVES	BRAVOS E BRAVITAS	V50F (21)	00:08	0:05:55	0:31:52	0:59:10	0:59:19	05:55
581	104	31	MARTA DIAS	A TEAM AGEAS	SNF (43)	00:29	0:06:39	0:32:11	0:58:54	0:59:24	05:56
582		740	LEANDRO AMARAL	INDIVIDUAL	V45M (77)	00:31	0:06:40	0:32:11	0:58:52	0:59:24	05:56
583		458	JOÃO CARVALHO	LUSOS XXI	V40M (62)	00:32	0:06:40	0:32:06	0:59:07	0:59:39	05:57
584		561	JOSÉ SANTOS	PETRUS RUNNERS	V60M (92)	00:12	0:05:45	0:32:16	0:59:33	0:59:45	05:58
585	105	194	VÂNIA PINTO	CCDTC.M.GONDOMAR	SNF (44)	00:26	0:06:46	0:33:41	0:59:23	0:59:49	05:58
586		193	MIGUEL PEREIRA	CCDTC.M.GONDOMAR	V50M (71)	00:26	0:06:51	0:33:36	0:59:23	0:59:49	05:58
587		189	ALEXANDRE NEVES	CCDTC.M.GONDOMAR	V45M (78)	00:26	0:06:51	0:33:36	0:59:22	0:59:49	05:58
588		643	MARCO CARDOSO	TILT.PT	V45M (79)	00:18	0:05:51	0:30:43	0:59:32	0:59:51	05:59
589		709	FERNANDO DUARTE FERREIRA	INDIVIDUAL	V60M (93)	00:14	0:06:06	0:32:09	0:59:41	0:59:55	05:59
590	106	564	SUSANA MARQUES	PETRUS RUNNERS	V40F (33)	00:10	0:05:48	0:32:20	0:59:50	1:00:01	06:00
591	107	333	VERALOPES	FITNESSFACTORY	V40F (34)	00:33	0:06:21	0:32:02	0:59:28	1:00:01	06:00
592	108	199	ADÍLIA FERNANDES	CF OLIVEIRA DOURO	V60F (9)	00:21	0:06:29	0:33:05	0:59:42	1:00:03	06:00
593	109	634	CLAUDIA LOPES	TEAM SHARK	V40F (35)	00:09	0:05:54	0:32:14	1:00:00	1:00:10	06:01
594		684	ANTONIO ARMANDO SANTOS	INDIVIDUAL	V60M (94)	00:10	0:06:18	0:32:44	1:00:06	1:00:16	06:01
595	110	203	ANDREIA RIBEIRO	CF OLIVEIRA DOURO	V40F (36)	00:14	0:06:05	0:32:35	1:00:02	1:00:17	06:01
596		8	JORGE SANTOS	C PESSOAL AGUAS DE GAIA	V60M (95)	00:22	0:06:09	0:31:33	1:00:10	1:00:32	06:03
597		264	RUI OLIVEIRA	COMDOR RUNNERS	V50M (72)	00:28	0:06:18	0:32:29	1:00:05	1:00:34	06:03
598		444	BRUNO ARAÚJO	LAVADINHO	SNM (121)	00:31	0:06:56	0:33:43	1:00:36	1:01:08	06:06
599		721	JAIRO BRUNO RODRIGUES	INDIVIDUAL	SNM (122)	00:15	0:05:51	0:32:34	1:00:57	1:01:13	06:07
600	111	745	MAFALDA VALENTE	INDIVIDUAL	SNF (45)	00:25	0:07:11	0:34:49	1:00:48	1:01:14	06:07
601	112	742	LINA PIRES	INDIVIDUAL	V40F (37)	00:30	0:06:59	0:34:44	1:00:45	1:01:16	06:07
602		95	ANTONIO BARBOSA	AMIGOS DO ATLETISMO	V60M (96)	00:26	0:06:15	0:32:43	1:00:53	1:01:20	06:08
603	113	154	JULIANA ALVES	CALDAS SAO JORGE SPORT C	V40F (38)	00:22	0:06:33	0:33:22	1:00:59	1:01:22	06:08
604		800	TIAGO SILVA	INDIVIDUAL	SNM (123)	00:36	0:06:14	0:33:35	1:00:48	1:01:24	06:08
605		802	JOSÉ CUNHA	INDIVIDUAL	SNM (124)	00:36	0:06:13	0:33:31	1:00:48	1:01:25	06:08
606		801	JOÃO SILVA	INDIVIDUAL	SNM (125)	00:36	0:06:14	0:33:34	1:00:49	1:01:25	06:08
607	114	526	ALEXANDRA FERREIRA	ONE MORE - PERSONAL TRAINI	SNF (46)	00:23	0:06:53	0:34:30	1:01:12	1:01:36	06:09
608	115	535	INÊS RUSSEL	ONE MORE - PERSONAL TRAINI	SNF (47)	00:24	0:06:54	0:34:31	1:01:12	1:01:36	06:09

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T.Netto	T.Oficial	T/Km.
609		625	ARNALDO ARAÚJO	TARTARUGAS DO ASFALTO	V45M (80)	00:32	0:06:54	0:33:41	1:01:07	1:01:39	06:09
610	116	626	CARLA NOGUEIRA	TARTARUGAS DO ASFALTO	V50F (22)	00:32	0:06:55	0:33:45	1:01:07	1:01:39	06:09
611	117	788	TELMA FÁTIMA MOREIRA	INDIVIDUAL	SNF (48)	00:12	0:06:05	0:33:01	1:01:40	1:01:53	06:11
612		763	OSCAR LOUREIRO	INDIVIDUAL	V60M (97)	00:24	0:06:26	0:33:16	1:01:38	1:02:03	06:12
613	118	373	ARMANDINA TORRES	GDCTINCM	V50F (23)	00:18	0:06:03	0:33:12	1:01:49	1:02:07	06:12
614	119	719	INÊS DUARTE GUEDES	INDIVIDUAL	SNF (49)	00:33	0:06:46	0:33:43	1:01:38	1:02:12	06:13
615		255	GIL BORGES FERREIRA	C PORTUGAL TELECOM ZONA N	V40M (63)	00:34	0:06:46	0:33:43	1:01:38	1:02:13	06:13
616		548	DUARTE MESQUITA	OS FLASH	V40M (64)	00:26	0:06:52	0:34:19	1:01:49	1:02:15	06:13
617	120	319	ANA MAGALHAES	FITNESSFACTORY	SNF (50)	00:34	0:06:49	0:33:55	1:01:46	1:02:21	06:14
618	121	27	HELENA ALEXANDRE	A TEAM AGEAS	V50F (24)	00:32	0:06:59	0:34:04	1:01:50	1:02:22	06:14
619	122	323	DELFINA CARVALHO	FITNESSFACTORY	SNF (51)	00:34	0:06:51	0:33:59	1:01:48	1:02:23	06:14
620	123	557	ANA LOPES	PETRUS RUNNERS	V40F (39)	00:11	0:05:57	0:33:09	1:02:29	1:02:41	06:16
621		388	BENJAMIN KIMBUELAS	GD LEOES DO VENEZA	V60M (98)	00:26	0:06:48	0:33:36	1:02:16	1:02:43	06:16
622		96	JOAQUIM ARAUJO	AMIGOS DO ATLETISMO	V60M (99)	00:26	0:06:35	0:34:23	1:02:23	1:02:49	06:16
623	124	268	FERNANDINHA	CORREDOR FIM DE TARDE	V50F (25)	00:29	0:06:50	0:34:19	1:02:40	1:03:09	06:18
624		75	FERNANDO SANTOS	AFIS/OVAR	V60M (100)	00:20	0:06:26	0:34:01	1:02:54	1:03:15	06:19
625	125	754	MARGARIDA ISABEL SILVA	INDIVIDUAL	V40F (40)	00:32	0:06:26	0:33:44	1:02:46	1:03:18	06:19
626		624	TIAGO SILVA	SULDOURO	SNM (126)	00:28	0:06:19	0:33:47	1:02:53	1:03:21	06:20
627		715	HORÁCIO TEIXEIRA	INDIVIDUAL	V60M (101)	00:19	0:06:24	0:33:03	1:03:05	1:03:25	06:20
628	126	674	ADRIANA VELOSO	INDIVIDUAL	V40F (41)	00:31	0:06:52	0:34:46	1:02:56	1:03:28	06:20
629		117	VITOR OLIVEIRA	BITALIS	SNM (127)	00:38	0:08:25	0:38:52	1:03:24	1:04:03	06:24
630		511	RUI SANTOS	NASCIDOS PARA CORRER	V50M (73)	00:20	0:05:43	0:34:30	1:03:45	1:04:05	06:24
631	127	543	SARA SILVA	ONE MORE - PERSONAL TRAINI	SNF (52)	00:24	0:06:53	0:35:14	1:03:49	1:04:13	06:25
632		46	PEDRO G.	A.D.GRIJÓ A CORRER	V45M (81)	00:19	0:06:15	0:34:10	1:03:57	1:04:17	06:25
633	128	697	CLÁUDIA FERNANDES	INDIVIDUAL	SNF (53)	00:21	0:06:29	0:34:33	1:03:56	1:04:18	06:25
634	129	157	MARIA VALENTE	CALDAS SAO JORGE SPORT C	V50F (26)	00:22	0:06:41	0:34:26	1:03:56	1:04:19	06:25
635	130	481	CONCEIÇÃO MORAIS	NASCIDOS PARA CORRER	V50F (27)	00:13	0:06:38	0:35:04	1:04:22	1:04:35	06:27
636	131	282	MARIANA OLIVEIRA CUNHA	DIABÓLICOS	SNF (54)	00:34	0:07:04	0:35:05	1:04:19	1:04:53	06:29
637		283	NÉLSON CUNHA	DIABÓLICOS	V55M (60)	00:35	0:07:04	0:35:07	1:04:18	1:04:54	06:29
638		464	GUILHERME OLIVEIRA	MIGUI	SNM (128)	00:35	0:06:56	0:34:23	1:04:24	1:04:59	06:29
639	132	553	MARIANA NASCIMENTO	PÉ-NO-MAR	SNF (55)	00:11	0:05:42	0:33:40	1:04:50	1:05:01	06:30

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T.Netto	T.Oficial	T/Km.
640		7	JOSÉ BARBOSA	C PESSOAL AGUAS DE GAIA	V60M (102)	00:31	0:06:54	0:35:00	1:04:31	1:05:02	06:30
641	133	183	BRUNA MARTELLI	CASCA DE BALA	V40F (42)	00:28	0:06:25	0:32:25	1:04:41	1:05:09	06:30
642		186	LUCAS MARCON	CASCA DE BALA	SNM (129)	00:27	0:06:42	0:35:18	1:04:46	1:05:14	06:31
643	134	678	ANA ANDRÉ	INDIVIDUAL	SNF (56)	00:29	0:07:03	0:35:43	1:05:00	1:05:29	06:32
644		424	RUI FREITAS	HAND@RUNNERS	V50M (74)	00:32	0:06:58	0:35:35	1:05:04	1:05:36	06:33
645		718	IGOR ALEXANDRE LINO	INDIVIDUAL	SNM (130)	00:17	0:06:30	0:34:59	1:05:21	1:05:38	06:33
646	135	34	SONIA MARTINS	A TEAM AGEAS	V40F (43)	00:31	0:06:46	0:34:40	1:05:23	1:05:54	06:35
647	136	539	MONICA CARVALHO	ONE MORE - PERSONAL TRAINI	V40F (44)	00:23	0:07:01	0:36:38	1:05:32	1:05:55	06:35
648	137	627	ANABELA	TAYLORS	V40F (45)	00:20	0:06:51	0:35:39	1:05:44	1:06:05	06:36
649	138	544	SOFIA COSTA	ONE MORE - PERSONAL TRAINI	SNF (57)	00:25	0:07:01	0:36:51	1:05:41	1:06:06	06:36
650	139	781	SANDRA PINA	INDIVIDUAL	V50F (28)	00:28	0:06:43	0:35:46	1:05:40	1:06:09	06:36
651		536	JOSÉ LINO	ONE MORE - PERSONAL TRAINI	V50M (75)	00:22	0:07:03	0:36:42	1:06:34	1:06:57	06:41
652	140	324	DIANA CURRALO	FITNESSFACTORY	SNF (58)	00:35	0:06:52	0:35:09	1:06:24	1:07:00	06:42
653	141	321	BEATRIZ MARQUES	FITNESSFACTORY	SNF (59)	00:35	0:06:52	0:35:11	1:06:30	1:07:05	06:42
654	142	527	ANA COSTA	ONE MORE - PERSONAL TRAINI	SNF (60)	00:25	0:07:00	0:36:54	1:06:54	1:07:19	06:43
655	143	532	CARLA SOUTO	ONE MORE - PERSONAL TRAINI	V40F (46)	00:24	0:06:53	0:35:15	1:06:55	1:07:20	06:44
656		711	FRANCISCO MARTINS	INDIVIDUAL	V60M (103)	00:10	0:06:44	0:36:02	1:07:52	1:08:02	06:48
657		160	ORLANDO OLIVEIRA	CARACÓIS DO ASFALTO	V60M (104)	00:31	0:07:51	0:37:48	1:07:36	1:08:08	06:48
658	144	563	MARLENE OLIVEIRA	PETRUS RUNNERS	V40F (47)	00:11	0:06:02	0:36:43	1:07:57	1:08:09	06:48
659	145	116	DIANA GONÇALVES	BITALIS	V40F (48)	00:39	0:08:26	0:38:54	1:07:34	1:08:13	06:49
660		115	ANDRÉ OLIVEIRA	BITALIS	SNM (131)	00:37	0:08:21	0:38:48	1:07:36	1:08:13	06:49
661	146	352	SÓNIA MATOS	GAIA-RUNNING	V40F (49)	00:04	0:06:26	0:37:20	1:08:22	1:08:26	06:50
662		204	AUSPICIO FERNANDES	CF OLIVEIRA DOURO	V60M (105)	00:21	0:06:45	0:37:18	1:08:16	1:08:37	06:51
663	147	793	VALENTINA	INDIVIDUAL	SNF (61)	00:36	0:07:17	0:36:24	1:08:04	1:08:40	06:52
664	148	19	JOANA SILVA	#TUDOCONTA	V40F (50)	00:35	0:07:54	0:38:59	1:08:15	1:08:50	06:53
665	149	542	RUTE SILVA	ONE MORE - PERSONAL TRAINI	SNF (62)	00:26	0:07:01	0:36:46	1:09:00	1:09:26	06:56
666		44	MANUEL COUTO	A.D.GRIJÓ A CORRER	V60M (106)	00:15	0:07:09	0:38:23	1:09:21	1:09:36	06:57
667		40	ELISIO SILVA	A.D.GRIJÓ A CORRER	V60M (107)	00:14	0:07:11	0:38:23	1:09:23	1:09:38	06:57
668		220	JOAQUIM OLIVEIRA	CIRAC - CIRCULO R CULTURA	V60M (108)	00:21	0:07:07	0:38:58	1:09:30	1:09:51	06:59
669		21	SÉRGIO PEREIRA	#TUDOCONTA	V45M (82)	00:36	0:07:55	0:38:59	1:09:16	1:09:52	06:59
670		668	JOHN DOMINGOS	VALVERDE CROSSFITE	V45M (83)	00:27	0:07:18	0:37:56	1:09:31	1:09:59	06:59

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	Ctrl-2	T..Neto	T.Oficial	T/Km.
671	150	465	MILENE JESUS	MIGUI	SNF (63)	00:34	0:07:31	0:38:42	1:09:43	1:10:18	07:01
672	151	313	EUNICE MARTINS	FAMÍLIA MARTINS	V40F (51)	00:24	0:07:01	0:37:42	1:09:54	1:10:19	07:01
673	152	657	CARLA MACHADO	UNIDOS À FRESCA	V40F (52)	00:24	0:07:01	0:37:43	1:10:03	1:10:27	07:02
674		216	CÉSAR CIGNONI	CIGNONI	SNM (132)	00:39	0:07:20	0:35:55	1:10:23	1:11:02	07:06
675	153	17	ELISABETE SERRALVE	#TUDOCONTA	V40F (53)	00:36	0:07:52	0:38:55	1:10:30	1:11:07	07:06
676		462	RUI MOREIRA	MCCB	V45M (84)	00:35	0:06:54	0:37:23	1:10:54	1:11:30	07:09
677		167	EDUARDO PAQUETE	CARCAVELOS CARAVELA SEGU	V60M (109)	00:17	0:07:01	0:38:47	1:11:23	1:11:41	07:10
678		174	PEDRO PIRES	CARCAVELOS CARAVELA SEGU	V50M (76)	00:18	0:07:01	0:38:48	1:11:23	1:11:41	07:10
679	154	16	CLÁUDIA SILVA	#TUDOCONTA	V50F (29)	00:36	0:07:55	0:39:12	1:12:18	1:12:54	07:17
680		123	GUSTAVO OLIVEIRA	BORBA	V40M (65)	00:22	0:06:48	0:37:45	1:13:18	1:13:41	07:22
681	155	20	Mª ISABEL SALGUEIRO	#TUDOCONTA	SNF (64)	00:36	0:07:56	0:39:43	1:13:56	1:14:32	07:27
682		573	DANIEL	RODEIRASTT	SNM (133)	00:37	0:06:26	0:38:33	1:14:12	1:14:50	07:29
683	156	445	DINA EVANGELISTA	LAVADINHO	V40F (54)	00:31	0:07:04	0:37:13	1:15:29	1:16:00	07:36
684		32	NUNO GOMES	A TEAM AGEAS	V45M (85)	00:32	0:07:13	0:41:17	1:17:23	1:17:55	07:47
685	157	14	Mª FERNANDA JORGE	C PESSOAL AGUAS DE GAIA	V60F (10)	00:40	0:08:26	0:43:21	1:17:19	1:17:59	07:47
686		192	AVELINO PEREIRA	CCDTC.M.GONDOMAR	V60M (110)	00:26	0:08:15	0:44:11	1:20:47	1:21:14	08:07