



DESSPORTAVE

EVENTOS DESPORTIVOS

27ª S. SILVESTRE DE SANTO TIRSO 10K

Classificação geral

10K

Localidade SANTO TIRSO

Data 06/12/2025

Hora 8:00 PM

Distância 10 Km

ORGANIZAÇÃO: CÂMARA MUNICIPAL DE SANTO TIRSO -

CRONOMETRAGEM: DESPORTAVE

SISTEMA: CRONOMACH

CLASSIFICAÇÕES: <http://www.desportave.pt>

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T.Oficial	T/Km.
1		568	LUÍS OLIVEIRA,	SPORT C. BEIRA-MAR	JSN-M (1)	0:30:46	03:04
2		562	FRANCISCO RODRIGUES,	SC BRAGA	JSN-M (2)	0:30:54	03:05
3		127	FERNANDO SERRÃO,	CD S SALVADOR CAMPO	JSN-M (3)	0:30:58	03:05
4		639	CARLOS COSTA,	VIZELA CORRE	JSN-M (4)	0:31:02	03:06
5		223	JOAO AZEVEDO,	E A ROSA OLIVEIRA	JSN-M (5)	0:31:12	03:07
6		3	HUGO DANIEL SANTOS,	CD S SALVADOR CAMPO	JSN-M (6)	0:31:20	03:08
7		25	RUI TEIXEIRA,	ADVC TRAIL TEAM	VETM40 (1)	0:31:33	03:09
8		202	RICARDO MOREIRA,	CSRDC SANTIAGO SUBARRIFANA	JSN-M (7)	0:31:52	03:11
9		636	MIGUEL VIEIRA,	VITORIA SC	JSN-M (8)	0:32:08	03:12
10		136	RUI PEDRO SILVA,	CD S SALVADOR CAMPO	VETM40 (2)	0:32:34	03:15
11		637	TIAGO FREITAS,	VITORIA SC	JSN-M (9)	0:32:35	03:15
12		224	RUI OLIVEIRA,	E A ROSA OLIVEIRA	JSN-M (10)	0:32:59	03:17
13		165	DIOGO ÁVILA,	CIAIA	JSN-M (11)	0:33:00	03:18
14		427	LOUIS RISCHMANN,	NBA - BARROSAS	JSN-M (12)	0:33:04	03:18
15		133	JOSE MOREIRA,	CD S SALVADOR CAMPO	JSN-M (13)	0:33:19	03:19
16		435	TIAGI NUNES,	NBA - BARROSAS	JSN-M (14)	0:33:22	03:20
17		200	FÁBIO BARBOSA,	CSRDC SANTIAGO SUBARRIFANA	JSN-M (15)	0:33:27	03:20
18		126	CRISTIANO RIBEIRO,	CD S SALVADOR CAMPO	JSN-M (16)	0:33:30	03:21
19		264	JOAQUIM FIGUEIREDO,	FIGUEIREDOS RUNNER & FRIENDS	VET55M (1)	0:34:04	03:24
20		19	PEDRO MOREIRA,	ACR VALE DE CAMBRA	JSN-M (17)	0:34:04	03:24
21		665	BRUNO CARVALHO,	INDIVIDUAL	VETM40 (3)	0:34:06	03:24
22		18	BRUNO PINHEIRO,	ACR VALE DE CAMBRA	JSN-M (18)	0:34:09	03:24
23		43	JOAO TRIGUEIRO,	SALVADOR CAMPO	JSN-M (19)	0:34:20	03:26
24		267	PAULO MORAIS,	FIGUEIREDOS RUNNER & FRIENDS	VETM40 (4)	0:34:35	03:27
25		618	CRISTIANO MELO,	UNIÃO DESPORTIVA VÁRZEA	JSN-M (20)	0:35:03	03:30
26		643	NUNO COSTA,	VIZELA CORRE	JSN-M (21)	0:35:03	03:30
27		259	DAVID FIGUEIREDO,	FIGUEIREDOS RUNNER & FRIENDS	VET50M (1)	0:35:05	03:30
28		640	DOMINGOS MANUEL FERNANDES,	VIZELA CORRE	VET55M (2)	0:35:08	03:30
29		280	ALEXANDRE MARTINS,	G D R SANTA TECLA	VETM40 (5)	0:35:13	03:31
30		641	FERNANDO MACHADO,	VIZELA CORRE	JSN-M (22)	0:35:17	03:31
31		370	RICARDO OLIVEIRA,	JOBRA-A. JOVENS DA BRANCA	VETM40 (6)	0:35:21	03:32
32		142	JORGE CUBAL,	CDC GUILHOVAI	JSN-M (23)	0:35:25	03:32
33		178	MANUEL ALVES,	C. CAMPISMO	VET60M (1)	0:35:27	03:32
34		446	DANIEL BESSA,	OFICINA DO TREINO	JSN-M (24)	0:35:33	03:33

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T.Oficial	T/Km.
35		138	ADRIANO ANDRÉ,	CDC GUILHOVAI	VETM40 (7)	0:35:36	03:33
36	1	61	RAFAELA FONSECA,	BEIRA MAR	VETF40 (1)	0:35:36	03:33
37		418	HUGO PINTO,	NBA - BARROSAS	JSN-M (25)	0:35:40	03:34
38		144	LEANDRO PEREIRA,	CDC GUILHOVAI	JSN-M (26)	0:35:42	03:34
39	2	2	ANDREIA SANTOS,	C.A.S.T. - CENTRO ATL SANTO TIRS	VETF40 (2)	0:35:46	03:34
40		624	MARCO FERREIRA,	UNIÃO DESPORTIVA VÁRZEA	VETM45 (1)	0:35:52	03:35
41		162	NELSIN BARBOSA,	CF OLIVEIRA DOURO	JSN-M (27)	0:35:54	03:35
42		266	NUNO SILVA,	FIGUEIREDOS RUNNER & FRIENDS	JSN-M (28)	0:35:54	03:35
43	3	391	MARIANA REGALO,	MAIA AC	JSN-F (1)	0:36:00	03:36
44		130	JOAO ANJOS,	CD S SALVADOR CAMPO	JSN-M (29)	0:36:08	03:36
45		408	SERGIO RODRIGUES,	NASCIDOS PARA CORRER	VETM40 (8)	0:36:09	03:36
46		748	LUÍS LOPES,	INDIVIDUAL	VET50M (2)	0:36:18	03:37
47		249	JOSE MACHADO,	FC PENAFIEL	JSN-M (30)	0:36:21	03:38
48		638	MARCO FARIA,	VIZELA CORRE	VETM45 (2)	0:36:25	03:38
49		281	JOSÉ ANDRADE,	G D R SANTA TECLA	VET55M (3)	0:36:40	03:40
50		634	ANDRÉ MACHADO,	VITORIA SC	JSN-M (31)	0:36:41	03:40
51		168	JANIK LIMA,	C. ATLETISMO DE OVAR	VETM40 (9)	0:36:43	03:40
52	4	148	MARIA MARTINS,	CDC GUILHOVAI	JSN-F (2)	0:36:47	03:40
53		146	LUIS MENDES,	CDC GUILHOVAI	JSN-M (32)	0:36:49	03:40
54		613	ANDRE VIANA,	UNIÃO DESPORTIVA VÁRZEA	JSN-M (33)	0:36:53	03:41
55		237	SERGIO SOUSA,	EAT-ESCOLA ATLETISMO TROFA	VET50M (3)	0:37:04	03:42
56		314	FERNANDO GRILO,	G JUVENIL DE VILA DE PUNHE	VET50M (4)	0:37:11	03:43
57		420	JOAQUIM SILVA,	NBA - BARROSAS	VET55M (4)	0:37:17	03:43
58	5	581	TELMA PINHO,	TEAM EL COMANDANTE	JSN-F (3)	0:37:21	03:44
59		422	JORGE SILVA,	NBA - BARROSAS	JSN-M (34)	0:37:24	03:44
60		366	GUSTAVO BRUVER,	JOBRA-A. JOVENS DA BRANCA	VETM40 (10)	0:37:32	03:45
61		236	ORLANDO NEVES,	EAT-ESCOLA ATLETISMO TROFA	VET50M (5)	0:37:39	03:45
62	6	161	MARIA JOÃO PIMENTEL,	CF OLIVEIRA DOURO	JSN-F (4)	0:37:40	03:46
63		260	FERNANDO FIGUEIREDO,	FIGUEIREDOS RUNNER & FRIENDS	VET60M (2)	0:37:46	03:46
64	7	626	RAQUEL SAMPAIO,	UNIÃO DESPORTIVA VÁRZEA	JSN-F (5)	0:37:48	03:46
65		627	SÉRGIO MAIA,	UNIÃO DESPORTIVA VÁRZEA	JSN-M (35)	0:37:50	03:47
66		620	FABIO FARIA,	UNIÃO DESPORTIVA VÁRZEA	JSN-M (36)	0:37:52	03:47
67		128	HUGO RAMALHO,	CD S SALVADOR CAMPO	VETM45 (3)	0:37:52	03:47
68		291	RICARDO BELINHA,	GDSPPO	VETM40 (11)	0:37:55	03:47
69		163	RICARDO SÁ,	CF OLIVEIRA DOURO	JSN-M (37)	0:37:56	03:47
70	8	619	ESTELA MELO,	UNIÃO DESPORTIVA VÁRZEA	VETF50 (1)	0:37:58	03:47
71		421	JORGE NETO,	NBA - BARROSAS	VETM40 (12)	0:38:08	03:48
72		217	CARLOS MIGUEL COSTA,	DOI? FECHA OS OLHOS E CORRE...	VETM45 (4)	0:38:10	03:49
73		322	SÉRGIO LIMA,	G JUVENIL DE VILA DE PUNHE	VETM40 (13)	0:38:13	03:49
74	9	129	JOANA NUNES,	CD S SALVADOR CAMPO	VETF40 (3)	0:38:15	03:49
75		201	JOÃO CAVADAS,	CSRDC SANTIAGO SUBARRIFANA	VET55M (5)	0:38:16	03:49
76		432	PEDRO COSTA,	NBA - BARROSAS	JSN-M (38)	0:38:19	03:49
77		430	NELSON MOREIRA,	NBA - BARROSAS	JSN-M (39)	0:38:21	03:50
78		621	FILIFE LEITE,	UNIÃO DESPORTIVA VÁRZEA	VET50M (6)	0:38:33	03:51
79		821	VIDAL FONSECA,	ATLÉTICO C. ALFENENSE	VETM40 (14)	0:38:33	03:51
80		550	BELMIRO RODRIGUES,	S.C.COIMBRÕES/EQUIPA A	VET60M (3)	0:38:39	03:51
81	10	167	INES GONÇALVES,	C. ATLETISMO DE OVAR	JSN-F (6)	0:38:43	03:52
82		684	DIOGO FERNANDES,	INDIVIDUAL	JSN-M (40)	0:38:45	03:52
83		170	PEDRO SILVA,	C. ATLETISMO DE OVAR	VET50M (7)	0:38:57	03:53

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T.Oficial	T/Km.
84		164	VITOR MARQUES,	CF OLIVEIRA DOURO	JSN-M (41)	0:39:01	03:54
85		250	JOSE VIEIRA,	FC PENAFIEL	VET55M (6)	0:39:07	03:54
86		833	IVO SEIXAS,	ATLETICO CLUB ALFEMENSE	JSN-M (42)	0:39:11	03:55
87		246	JOAO AMORIM,	FC PENAFIEL	VET50M (8)	0:39:17	03:55
88		120	BRUNO MIGUEL MOREIRA,	CASAS ADRIANO ASTROMIL C.	VETM40 (15)	0:39:22	03:56
89	11	166	CARLA ALMEIDA,	C. ATLETISMO DE OVAR	JSN-F (7)	0:39:23	03:56
90		406	ANTONIO SILVA,	NASCIDOS PARA CORRER	VET50M (9)	0:39:28	03:56
91		134	MARIO CONTREIRAS,	CD S SALVADOR CAMPO	VET55M (7)	0:39:33	03:57
92		371	SÉRGIO CLARO,	JOMA	VETM40 (16)	0:39:39	03:57
93		325	ANTÓNIO MARTINS,	G JUVENIL PINHEIRO DA BEMPOST	JSN-M (43)	0:39:46	03:58
94		367	JOEL FERREIRA,	JOBRA-A. JOVENS DA BRANCA	VETM40 (17)	0:39:47	03:58
95		565	AMÉRICO VALENTE,	S S CULTURAIS TRAB MUNIC OVAR	VET60M (4)	0:39:53	03:59
96		623	JOAQUIM ROCHA,	UNIÃO DESPORTIVA VÁRZEA	VET60M (5)	0:39:58	03:59
97		44	ANDRÉ AGOSTINHO NEVES,	AVES RUNNERS	VETM45 (5)	0:40:02	04:00
98	12	328	ANA PEREIRA,	GR EIRENSE - ACADEMIA DE ATLET	JSN-F (8)	0:40:10	04:01
99		617	CARLOS COSTA,	UNIÃO DESPORTIVA VÁRZEA	VET50M (10)	0:40:10	04:01
100		687	DUARTE EUSÉBIO,	INDIVIDUAL	JSN-M (44)	0:40:14	04:01
101		265	LUIS SANTOS,	FIGUEIREDOS RUNNER & FRIENDS	VETM45 (6)	0:40:25	04:02
102		179	NUNO ALBERGARIA,	C. CAMPISMO	JSN-M (45)	0:40:38	04:03
103		64	MANUEL CASAIS,	BLASQEM	VET60M (6)	0:40:39	04:03
104		132	JORGE CAMPOS,	CD S SALVADOR CAMPO	VET50M (11)	0:40:40	04:04
105		20	JOSE ARAUJO,	ACTIVE RUNNING	VET55M (8)	0:40:46	04:04
106		723	JOÃO FERNANDES,	INDIVIDUAL	JSN-M (46)	0:40:47	04:04
107		182	EURICO MAGALHÃES,	CA ESTRELAS MARCO	VETM45 (7)	0:40:51	04:05
108		496	ALVARO JOSE FERREIRA,	PERDIDOS	JSN-M (47)	0:40:53	04:05
109		38	PAULO LEÃO,	A. DESPORTIVA DE LUSTOSA	VETM40 (18)	0:40:54	04:05
110		40	ARLINDO SOUSA,	ATLÉTICO C. ALFENENSE	VET60M (7)	0:40:54	04:05
111	13	158	ANA GOMES,	CF OLIVEIRA DOURO	JSN-F (9)	0:40:56	04:05
112		407	RICARDO SILVA,	NASCIDOS PARA CORRER	VETM40 (19)	0:40:57	04:05
113		399	MANUEL SILVA,	MILES & VIBES	JSN-M (48)	0:40:58	04:05
114		742	JOSE SANTOS,	INDIVIDUAL	VET50M (12)	0:40:59	04:05
115		386	ORLANDO VALENTE,	LOUROSA EM MOVIMENTO	VET55M (9)	0:41:01	04:06
116		316	IVO GONÇALVES,	G JUVENIL DE VILA DE PUNHE	JSN-M (49)	0:41:04	04:06
117		42	ADELINO FERNANDES,	ATLÉTICO C. DE VALE S. MARTINH	VET60M (8)	0:41:07	04:06
118		216	BRUNO SOUSA,	DITACAR	JSN-M (50)	0:41:07	04:06
119		569	AMÉRICO SANTOS,	SPORT COMÉRCIO E SALGUEIROS	VET50M (13)	0:41:11	04:07
120		235	MÁRIO CRUJEIRA,	EAT-ESCOLA ATLETISMO TROFA	JSN-M (51)	0:41:13	04:07
121		818	CRISTIANO PINTO,	CF OLIVEIRS DOURO	VETM40 (20)	0:41:13	04:07
122		401	SAMUEL ALVES,	MILES & VIBES	JSN-M (52)	0:41:15	04:07
123		100	CASIMIRO GALHARDO,	CARCAVELOS CARAVELA SEGURO	VET60M (9)	0:41:35	04:09
124		697	FERNANDO JOSE CRUZ,	INDIVIDUAL	VETM40 (21)	0:41:38	04:09
125		222	ANDRÉ PINTO,	DUROS DO TRAIL	VETM40 (22)	0:41:49	04:10
126		270	ANDRÉ COSTA,	FISIOMOV	JSN-M (53)	0:41:49	04:10
127		160	LUIS OLIVEIRA,	CF OLIVEIRA DOURO	VET50M (14)	0:41:57	04:11
128		176	LUÍS MANUEL VIEIRA,	C. ATLETISMO VILA BOA BISPO	VET55M (10)	0:41:57	04:11
129		247	JOAQUIM PINHERO,	FC PENAFIEL	VETM40 (23)	0:42:07	04:12
130		99	AUGUSTO SILVA,	CARCAVELOS CARAVELA SEGURO	VETM45 (8)	0:42:10	04:13
131		17	SÉRGIO DE ALMEIDA,	ABRIL&ANGEL	VETM45 (9)	0:42:12	04:13
132		310	EUGÊNIO BARROS,	G JUVENIL DE VILA DE PUNHE	VETM45 (10)	0:42:12	04:13

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T.Oficial	T/Km.
133		773	PAULO GARÇÊS,	INDIVIDUAL	JSN-M (54)	0:42:16	04:13
134		693	EZEQUIEL FERNANDES,	INDIVIDUAL	VET55M (11)	0:42:21	04:14
135		566	JOSÉ COSTA,	S S CULTURAIS TRAB MUNIC OVAR	VETM40 (24)	0:42:28	04:14
136		159	DIOGO LOUREIRO,	CF OLIVEIRA DOURO	VETM45 (11)	0:42:29	04:14
137		226	BRUNO GARCEZ,	ELITE 36	JSN-M (55)	0:42:33	04:15
138		712	HENRIQUE PINTO,	INDIVIDUAL	JSN-M (56)	0:42:43	04:16
139		173	FERNANDO ANTÓNIO SOUSA,	C. ATLETISMO VILA BOA BISPO	VET55M (12)	0:42:44	04:16
140		704	GABRIEL MARTINS,	INDIVIDUAL	JSN-M (57)	0:42:51	04:17
141		353	ARTUR COUTO,	JOANE CORRE CORRE	VET55M (13)	0:42:56	04:17
142		603	JOSÉ MONTEIRO,	TRIDONIC	JSN-M (58)	0:42:57	04:17
143		416	ALBERTO POSTIGA,	NBA - BARROSAS	VET55M (14)	0:42:58	04:17
144		754	MARCOS PINTO,	INDIVIDUAL	JSN-M (59)	0:43:02	04:18
145	14	516	CRISTINA,	QUEBRARITMO	JSN-F (10)	0:43:02	04:18
146		27	JOSÉ FIGUEIREDO,	AFIS/OVAR	VET55M (15)	0:43:08	04:18
147		30	RUI TORRES,	AMA - A. MONDIM ATLETISMO	JSN-M (60)	0:43:09	04:18
148	15	677	CLÁUDIA PEREIRA,	INDIVIDUAL	VETF40 (4)	0:43:10	04:19
149		219	PAULO JESUS,	DRAGON CLUB	VETM45 (12)	0:43:14	04:19
150		585	FILIFE RODRIGUES,	TEAM LANTEMIL	VETM40 (25)	0:43:21	04:20
151		137	VITOR LOPES,	CD S SALVADOR CAMPO	JSN-M (61)	0:43:24	04:20
152		369	PEDRO OLIVEIRA,	JOBRA-A. JOVENS DA BRANCA	VETM45 (13)	0:43:27	04:20
153		105	JOAQUIM FERREIRA,	CARCAVELOS CARAVELA SEGURO	VET60M (10)	0:43:30	04:21
154		423	JOSE MONTEIRO,	NBA - BARROSAS	VET60M (11)	0:43:37	04:21
155	16	169	LIGIA SANTOS,	C. ATLETISMO DE OVAR	VETF40 (5)	0:43:40	04:22
156		171	TIAGO FERREIRA,	C. ATLETISMO DE OVAR	VETM40 (26)	0:43:42	04:22
157		622	JOAQUIM MOREIRA,	UNIÃO DESPORTIVA VÁRZEA	VET55M (16)	0:43:43	04:22
158	17	674	CÁTIA GALHARDO,	INDIVIDUAL	JSN-F (11)	0:43:43	04:22
159		231	HELDER DIAS,	EAT-ESCOLA ATLETISMO TROFA	VETM40 (27)	0:43:44	04:22
160		85	HÉLDER MANUEL DEVEZA,	C A MACEDO CAVALEIROS	VET50M (15)	0:43:45	04:22
161		375	JOSÉ VAZ,	LENTINHOS	VET60M (12)	0:43:47	04:22
162		559	ANDRÉ SANTOS,	SANTOS	JSN-M (62)	0:43:50	04:23
163		561	RUBEN SANTOS,	SANTOS	JSN-M (63)	0:43:50	04:23
164		604	JOSÉ TEIXEIRA,	TRIDONIC	JSN-M (64)	0:43:56	04:23
165		315	FRANCISCO AMORIM,	G JUVENIL DE VILA DE PUNHE	JSN-M (65)	0:43:57	04:23
166		809	TOMAS ABREU,	INDIVIDUAL	JSN-M (66)	0:44:05	04:24
167	18	232	ISABEL SOUSA,	EAT-ESCOLA ATLETISMO TROFA	VETF40 (6)	0:44:12	04:25
168		258	CARLOS GOMES,	FIGUEIREDOS RUNNER & FRIENDS	VET60M (13)	0:44:14	04:25
169		36	JOAO,	ARRASTA PES	VET50M (16)	0:44:15	04:25
170		75	LUIS SOUSA,	BREAK	VET55M (17)	0:44:20	04:26
171		800	SIMÃO CUNHA,	INDIVIDUAL	JSN-M (67)	0:44:31	04:27
172		555	FLAVIO SILVA,	SANTO TIRSO A MECHER	VETM40 (28)	0:44:32	04:27
173		474	PEDRO PAIXÃO,	ONTRISPORTS	JSN-M (68)	0:44:39	04:27
174	19	88	FATIMA SILVA,	C. D. PÓVOA	VETF50 (2)	0:44:39	04:27
175		69	VALDO NUNES OLIVEIRA,	BRASIL	VETM45 (14)	0:44:41	04:28
176		156	CARLOS CARVALHO,	CESMC	VETM45 (15)	0:44:41	04:28
177		183	CAMILO GUEDES,	C. PESSOAL ÁGUAS GAIA	VET55M (18)	0:44:46	04:28
178	20	318	MARLENE PUGA,	G JUVENIL DE VILA DE PUNHE	VETF40 (7)	0:44:46	04:28
179		635	ANTONIO MARQUES,	VITORIA SC	VET60M (14)	0:44:46	04:28
180		487	JOSÉ BENITO LÓPEZ,	OURENSE ATLETISMO	VET60M (15)	0:44:46	04:28
181		498	MÁRIO CABRAL,	PERNAS DE PAU	JSN-M (69)	0:44:48	04:28

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T.Oficial	T/Km.
182	21	86	ANA NEVES,	C. D. PÓVOA	VETF50 (3)	0:44:48	04:28
183		753	MARCO FILIPE ILDEFONSO,	INDIVIDUAL	VETM45 (16)	0:44:49	04:28
184		290	ARMANDO BASTOS,	GDSPO	VET50M (17)	0:44:51	04:29
185		101	DIOGO LIMA,	CARCAVELOS CARAVELA SEGURO	JSN-M (70)	0:44:54	04:29
186		658	ANTÓNIO ALMEIDA,	INDIVIDUAL	VETM40 (29)	0:44:55	04:29
187		488	AGOSTINHO COSTA,	PAÇOS RUNNERS	VETM45 (17)	0:44:56	04:29
188	22	614	ANDREIA BESSA,	UNIÃO DESPORTIVA VÂRZEA	JSN-F (12)	0:44:59	04:29
189		676	CÉSAR AUGUSTO OLIVEIRA,	INDIVIDUAL	JSN-M (71)	0:45:01	04:30
190		741	JOSÉ PEDRO PILOTO,	INDIVIDUAL	JSN-M (72)	0:45:01	04:30
191		477	EDUARDO RODRIGUES,	OS CRENTES	VETM40 (30)	0:45:04	04:30
192		666	BRUNO COSTA,	INDIVIDUAL	JSN-M (73)	0:45:05	04:30
193		108	VITOR PEREIRA,	CARCAVELOS CARAVELA SEGURO	VET55M (19)	0:45:06	04:30
194		321	PEDRO SOUSA,	G JUVENIL DE VILA DE PUNHE	JSN-M (74)	0:45:09	04:30
195		575	BRUNO DUARTE BARBOSA,	TARTARUGAS DO ASFALTO	JSN-M (75)	0:45:11	04:31
196		37	JOSÉ FERREIRA,	A. DESPORTIVA DE LUSTOSA	VET60M (16)	0:45:13	04:31
197		97	PEDRO OLIVEIRA,	C.A.S.T. - CENTRO ATL SANTO TIRS	JSN-M (76)	0:45:17	04:31
198		586	LUIS MIGUEL,	TEAM LANTEMIL	JSN-M (77)	0:45:17	04:31
199		104	JOAO PINTO,	CARCAVELOS CARAVELA SEGURO	VET50M (18)	0:45:31	04:33
200	23	240	MARGARIDA MARTINS,	F C ESTRELAS SUSANENSES	JSN-F (13)	0:45:33	04:33
201		268	PEDRO SILVA,	FIGUEIREDOS RUNNER & FRIENDS	VETM45 (18)	0:45:38	04:33
202		505	DREVON TAYLOR,	PORTO EXPAT RUNNERS	JSN-M (78)	0:45:40	04:34
203		831	CESAR MARTINS,	ATLETICO CLUB ALFEMENSE	VETM45 (19)	0:45:43	04:34
204		615	ANTONIO FERREIRA,	UNIÃO DESPORTIVA VÂRZEA	VET55M (20)	0:45:46	04:34
205		21	FÁBIO QUINTAS,	ADC REGUENGA	JSN-M (79)	0:45:49	04:34
206		533	JOÃO LIMA,	RORIZAVENTURA	VETM40 (31)	0:45:49	04:34
207		419	JOAO FONTÃO,	NBA - BARROSAS	VETM45 (20)	0:45:49	04:34
208		514	RUI OLIVEIRA,	PT RUI OLIVEIRA	JSN-M (80)	0:45:49	04:34
209	24	431	PAULA MOREIRA,	NBA - BARROSAS	VETF50 (4)	0:45:50	04:35
210		424	LEANDRO QUEIRÓS,	NBA - BARROSAS	VETM45 (21)	0:45:51	04:35
211		815	NUNO PINTO,	INDIVIDUAL	VETM45 (22)	0:45:51	04:35
212		39	VÍTOR MARTINS,	A. DESPORTIVA DE LUSTOSA	JSN-M (81)	0:45:54	04:35
213		660	ANTONIO NELSON ARAÚJO,	INDIVIDUAL	VETM40 (32)	0:45:58	04:35
214		715	IRENEU OLIVEIRA,	INDIVIDUAL	VETM40 (33)	0:46:00	04:36
215		451	RICARDO ROCHA,	OFICINA DO TREINO	JSN-M (82)	0:46:04	04:36
216		448	DAVID NUNES,	OFICINA DO TREINO	JSN-M (83)	0:46:05	04:36
217	25	230	DEOLINDA OLIVEIRA,	EAT-ESCOLA ATLETISMO TROFA	VETF50 (5)	0:46:08	04:36
218	26	181	BRUNA MADUREIRA,	CA ESTRELAS MARCO	JSN-F (14)	0:46:09	04:36
219		671	CARLOS FERNANDES,	INDIVIDUAL	JSN-M (84)	0:46:13	04:37
220		790	RUI LOPES,	INDIVIDUAL	VETM45 (23)	0:46:16	04:37
221		538	NUNO CARIOCA,	RUN TEJO - PREVENT SPRAIN	VETM45 (24)	0:46:17	04:37
222		706	GUILHERME,	INDIVIDUAL	JSN-M (85)	0:46:19	04:37
223	27	426	LILIANA GONÇALVES,	NBA - BARROSAS	VETF40 (8)	0:46:21	04:38
224	28	152	ANA ROCHA,	CERWELL C. WELLNESS	VETF40 (9)	0:46:30	04:39
225		155	TELMO FERREIRA,	CERWELL C. WELLNESS	VETM40 (34)	0:46:30	04:39
226		415	TELMO CARDOSO,	NB	VET50M (19)	0:46:33	04:39
227		123	MANUEL ILÍDIO OLIVEIRA,	CASAS ADRIANO ASTROMIL C.	VET60M (17)	0:46:37	04:39
228		110	ZE MARIO,	CARCAVELOS CARAVELA SEGURO	VETM45 (25)	0:46:40	04:40
229		506	EVAN FELDMAN,	PORTO EXPAT RUNNERS	VET55M (21)	0:46:42	04:40
230		765	MIGUEL ALVES,	INDIVIDUAL	JSN-M (86)	0:46:50	04:41

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T.Oficial	T/Km.
231		233	JORGE BELIAGO,	EAT-ESCOLA ATLETISMO TROFA	JSN-M (87)	0:46:52	04:41
232		309	DUARTE RODRIGUES,	G JUVENIL DE VILA DE PUNHE	JSN-M (88)	0:46:54	04:41
233		78	PEDRO NOGUEIRO,	BREAK	VETM45 (26)	0:46:55	04:41
234		238	DIOGO FERREIRA,	F C ESTRELAS SUSANENSES	JSN-M (89)	0:46:55	04:41
235		729	JOAQUIM MACHADO,	INDIVIDUAL	VET50M (20)	0:46:56	04:41
236		768	NUNO CARNEIRO,	INDIVIDUAL	VETM40 (35)	0:46:56	04:41
237		440	JOÃO CUNHA,	N. KARATE ATLETISMO RORIZ	VET60M (18)	0:47:00	04:42
238	29	71	CATARINA CONDE,	BREAK	VETF40 (10)	0:47:00	04:42
239		711	HENRIQUE PEREIRA,	INDIVIDUAL	JSN-M (90)	0:47:01	04:42
240		372	MÁRCIO ARAÚJO,	K/21	JSN-M (91)	0:47:01	04:42
241	30	389	SÍLVIA COSTA,	LOUSADA RUNNERS	JSN-F (15)	0:47:02	04:42
242		293	JOSÉ HENRIQUE BAESSA,	GINÁSIO C. DE BRAGANÇA	VET50M (21)	0:47:04	04:42
243		443	ANDRÉ RIBEIRO,	OFICINA DO TREINO	JSN-M (92)	0:47:04	04:42
244		499	TELMO ADÃO,	PINHÕES	JSN-M (93)	0:47:07	04:42
245		486	PORFÍRIO LÍRIO,	OS LÍRIOS	VET60M (19)	0:47:09	04:42
246		98	ROCHA,	CANSADOS ANÓNIMOS	JSN-M (94)	0:47:09	04:42
247		605	LUCAS BAPTISTA,	TRIDONIC	JSN-M (95)	0:47:17	04:43
248	31	387	CÉLIA MENDONÇA,	LOUSADA RUNNERS	VETF50 (6)	0:47:22	04:44
249	32	625	MARIA FERNANDES,	UNIÃO DESPORTIVA VÁRZEA	JSN-F (16)	0:47:24	04:44
250	33	364	BEATRIZ CLARO,	JOBRA-A. JOVENS DA BRANCA	JSN-F (17)	0:47:25	04:44
251		302	JORGE GOUVEIA,	GINASIO C. DE SANTO TIRSO	VET55M (22)	0:47:26	04:44
252		121	JOEL BARBOSA PINTO,	CASAS ADRIANO ASTROMIL C.	JSN-M (96)	0:47:28	04:44
253	34	292	CATARINA LOPES,	GINÁSIO C. DE BRAGANÇA	JSN-F (18)	0:47:31	04:45
254		744	JÚLIO ALVES,	INDIVIDUAL	JSN-M (97)	0:47:36	04:45
255		662	ANTÓNIO ROMPANTE,	INDIVIDUAL	VET55M (23)	0:47:39	04:45
256		189	BRUNO NEVES,	CORONADO RUNNERS	JSN-M (98)	0:47:41	04:46
257	35	234	JULIA SOUSA,	EAT-ESCOLA ATLETISMO TROFA	VETF50 (7)	0:47:44	04:46
258		563	GIL SILVA,	SEM JOELHOS	VETM40 (36)	0:47:53	04:47
259		468	JOSÉ ALVES,	ON TRACK RUN CLUB	VET50M (22)	0:47:55	04:47
260		806	TIAGO MONTEIRO,	INDIVIDUAL	JSN-M (99)	0:47:59	04:47
261		532	EMANUEL FERNANDES,	RORIZAVENTURA	VETM45 (27)	0:47:59	04:47
262		16	JOÃO PEDRO MENDES,	A.R.SEQUEIRÔ/DESTEMIDOS	JSN-M (100)	0:48:00	04:48
263	36	141	CLOTILDE SANTOS,	CDC GUILHOVAI	VETF50 (8)	0:48:02	04:48
264	37	89	MARIA SANTOS,	C. D. PÓVOA	VETF40 (11)	0:48:06	04:48
265		793	RUI MONTEIRO,	INDIVIDUAL	VET50M (23)	0:48:09	04:48
266		456	ARMANDO REIS,	ON ARTE	VETM45 (28)	0:48:11	04:49
267	38	390	ANA ÁGUAS,	MAGH2O	VETF40 (12)	0:48:12	04:49
268		363	VÍTOR SILVA,	JOANE CORRE CORRE	JSN-M (101)	0:48:16	04:49
269		150	VALDEMAR ALVES,	CDC GUILHOVAI	VET60M (20)	0:48:24	04:50
270		343	RUI PEIXOTO,	IT RUNNERS	JSN-M (102)	0:48:27	04:50
271		651	ALEXANDRE FERREIRA,	INDIVIDUAL	JSN-M (103)	0:48:28	04:50
272	39	410	HELENA CASTRO,	NAST	JSN-F (19)	0:48:29	04:50
273		734	JORGE PÁSCOA,	INDIVIDUAL	JSN-M (104)	0:48:31	04:51
274		832	FAUSTO LEAL,	ATLETICO CLUB ALFEMENSE	VETM45 (29)	0:48:35	04:51
275		681	DAVID AZEVEDO VIEIRA,	INDIVIDUAL	JSN-M (105)	0:48:38	04:51
276		795	RUI PEREIRA,	INDIVIDUAL	VETM40 (37)	0:48:40	04:52
277		834	RICARDO FERREIRA,	F C ESTRELAS SUSANENSES	VETM45 (30)	0:48:49	04:52
278		696	FELISBERTO ARCIPRESTE,	INDIVIDUAL	VETM45 (31)	0:48:54	04:53
279		80	RICARDO OLIVEIRA,	BREAK	JSN-M (106)	0:48:54	04:53

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T.Oficial	T/Km.
280		549	SIMÃO FERNANDES,	S.A.L.	VETM45 (32)	0:48:58	04:53
281		805	TIAGO FERNANDES,	INDIVIDUAL	JSN-M (107)	0:48:59	04:53
282		545	NUNO GONÇALO SANTOS,	S.A.L.	VETM40 (38)	0:49:02	04:54
283	40	714	INÊS MORAIS COSTA,	INDIVIDUAL	JSN-F (20)	0:49:02	04:54
284		304	VITOR LOPES,	GINASIO C. DE SANTO TIRSO	VET55M (24)	0:49:04	04:54
285		774	PAULO TORRES,	INDIVIDUAL	VETM45 (33)	0:49:12	04:55
286		682	DAVID CUNHA,	INDIVIDUAL	JSN-M (108)	0:49:18	04:55
287		32	JOÃO TAVARES,	AMIGOS DO JÓCA	JSN-M (109)	0:49:20	04:56
288		186	SERGIO CASTRO,	C. PESSOAL ÁGUAS GAIA	VETM40 (39)	0:49:21	04:56
289		185	RODRIGO CASTRO,	C. PESSOAL ÁGUAS GAIA	JSN-M (110)	0:49:22	04:56
290		345	GILBERTO,	J&G	JSN-M (111)	0:49:26	04:56
291		66	MANUEL SOUSA,	BRACARA GENUS	VET60M (21)	0:49:28	04:56
292	41	365	ESMERALDA SOARES,	JOBRA-A. JOVENS DA BRANCA	VETF40 (13)	0:49:34	04:57
293		368	JOSÉ FERREIRA,	JOBRA-A. JOVENS DA BRANCA	VET50M (24)	0:49:35	04:57
294		582	MIGUEL RIBEIRO,	TEAM FEET ON THE GROUND	JSN-M (112)	0:49:37	04:57
295		428	LUIS VIEIRA,	NBA - BARROSAS	JSN-M (113)	0:49:42	04:58
296		12	RUI JORGE NETO,	A PASSO	JSN-M (114)	0:49:43	04:58
297		116	RUI CARVALHO,	CARVALHOS ON THE RUN	JSN-M (115)	0:49:45	04:58
298		115	ANTÓNIO CARVALHO,	CARVALHOS ON THE RUN	VET60M (22)	0:49:46	04:58
299		228	JOEL,	ERDAL	JSN-M (116)	0:49:48	04:58
300		708	HELDER CAMPOS,	INDIVIDUAL	VETM40 (40)	0:49:52	04:59
301	42	313	FÁTIMA VEIGA,	G JUVENIL DE VILA DE PUNHE	JSN-F (21)	0:49:53	04:59
302		829	CARLOS LOPES,	SANTO TIRSO A MECHER	VETM45 (34)	0:49:54	04:59
303		65	JOSÉ AUGUSTO COSTA,	BRACARA GENUS	VET55M (25)	0:49:56	04:59
304		11	MIGUEL SILVA GONÇALVES,	A PASSO	JSN-M (117)	0:49:57	04:59
305		769	NUNO LEMOS,	INDIVIDUAL	VETM40 (41)	0:49:58	04:59
306		28	PEDRO NECHO,	AFIS/OVAR	VETM45 (35)	0:50:05	05:00
307		573	LUÍS FILIPE SILVA,	SUPER MAMÕES	JSN-M (118)	0:50:13	05:01
308		465	FÁBIO MENDES DA SILVA,	ON TRACK RUN CLUB	JSN-M (119)	0:50:18	05:01
309	43	143	JULIANA ALMEIDA,	CDC GUILHOVAI	JSN-F (22)	0:50:21	05:02
310		523	PEDRO FERNANDES,	RAFA TEAM	VETM40 (42)	0:50:29	05:02
311		600	CÉSAR BRITO,	TRAQUINAS TEAM	JSN-M (120)	0:50:31	05:03
312		746	LUÍS CARNEIRO,	INDIVIDUAL	VET60M (23)	0:50:33	05:03
313		256	EDUARDO FERREIRA,	FERREIRAS	VET50M (25)	0:50:36	05:03
314		736	JOSÉ MANUEL FERREIRA,	INDIVIDUAL	VETM40 (43)	0:50:41	05:04
315		702	FILIPE SOUSA,	INDIVIDUAL	VETM45 (36)	0:50:45	05:04
316		694	FÁBIO FERREIRA,	INDIVIDUAL	JSN-M (121)	0:50:52	05:05
317		301	JOAQUIM SOUSA,	GINASIO C. DE SANTO TIRSO	VET50M (26)	0:50:57	05:05
318		788	RUI CASTRO,	INDIVIDUAL	JSN-M (122)	0:50:57	05:05
319		213	FRANCISCO ANDRADE,	DEVAGAR TAMBÉM SE FAZ	JSN-M (123)	0:51:02	05:06
320		724	JOÃO LOPES,	INDIVIDUAL	JSN-M (124)	0:51:04	05:06
321		493	JORGE RIBEIRO,	PEDRO MENDES TEAM	JSN-M (125)	0:51:04	05:06
322		610	SERAFIM MARQUES,	TRIDONIC	JSN-M (126)	0:51:05	05:06
323	44	245	FATIMA COUTO,	FC PENAFIEL	VETF50 (9)	0:51:08	05:06
324		8	JOÃO SANTOS,	A OITO MESES DA META	JSN-M (127)	0:51:13	05:07
325		239	JOSE MOURA,	F C ESTRELAS SUSANENSES	VET60M (24)	0:51:16	05:07
326		554	AFONSO CARDO,	SANTO TIRSO A MECHER	JSN-M (128)	0:51:20	05:08
327		649	AARON TACHIWA YAMAOKA,	INDIVIDUAL	VET50M (27)	0:51:24	05:08
328		707	GUILHERME ANDRADE,	INDIVIDUAL	JSN-M (129)	0:51:26	05:08

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T.Oficial	T/Km.
329		519	EDUARDO SAMPAIO,	RAFA TEAM	VETM40 (44)	0:51:26	05:08
330		388	JOSE COSTA,	LOUSADA RUNNERS	VETM40 (45)	0:51:30	05:09
331		749	LUÍS SANTOS,	INDIVIDUAL	JSN-M (130)	0:51:30	05:09
332		650	AFONSO RODRIGUES,	INDIVIDUAL	JSN-M (131)	0:51:38	05:09
333		557	OCTAVIO ARAUJO,	SANTO TIRSO A MECHER	VET50M (28)	0:51:39	05:09
334	45	812	XIXA,	INDIVIDUAL	JSN-F (23)	0:51:41	05:10
335	46	311	FÁTIMA DANTAS,	G JUVENIL DE VILA DE PUNHE	VETF60 (1)	0:51:42	05:10
336		197	ALEXANDRE CAETANO,	CRUISE CAR RUNNERS	JSN-M (132)	0:51:43	05:10
337		151	PEDRO GUIMARÃES,	CENTRO CÍVICO	VET60M (25)	0:51:44	05:10
338		705	GONÇALO SOUSA,	INDIVIDUAL	JSN-M (133)	0:51:45	05:10
339		395	JOSÉ BESSA,	MATEMA TEXTEIS	VET55M (26)	0:51:46	05:10
340	47	652	ALEXIA FERNANDEZ COSTA,	INDIVIDUAL	JSN-F (24)	0:51:49	05:10
341		527	SAULIS,	RANGERS	JSN-M (134)	0:51:51	05:11
342	48	402	MARIA JOÃO MARTINS,	MIMI	JSN-F (25)	0:51:53	05:11
343		339	TIAGO ALVES,	INDEPENDENTE ELITE	JSN-M (135)	0:51:53	05:11
344		810	TOMÁS FERREIRA,	INDIVIDUAL	JSN-M (136)	0:51:54	05:11
345		495	Dorsal sin registrar,		??????	0:51:55	05:11
346		92	DANIEL MARTINS,	C.A.S.T. - CENTRO ATL SANTO TIRS	JSN-M (137)	0:51:56	05:11
347	49	194	CLÁUDIA RAFAELA RODRIGUES,	CORRER	JSN-F (26)	0:51:57	05:11
348	50	836	EVA GOUVEIA,	C.A.S.T. - CENTRO ATL SANTO TIRS	VETF50 (10)	0:52:00	05:12
349	51	484	ANA LÍRIO,	OS LÍRIOS	JSN-F (27)	0:52:01	05:12
350		489	DANIEL RICARDO OLIVEIRA,	PAIS E PADRINHOS	VETM40 (46)	0:52:01	05:12
351		35	ANDRE,	ARRASTA PES	VET50M (29)	0:52:01	05:12
352		95	JOSE GOUVEIA,	C.A.S.T. - CENTRO ATL SANTO TIRS	VET50M (30)	0:52:01	05:12
353		725	JOÃO MATOS,	INDIVIDUAL	JSN-M (138)	0:52:03	05:12
354		778	PEDRO MONTEIRO,	INDIVIDUAL	JSN-M (139)	0:52:03	05:12
355		303	JOSE LEITE,	GINASIO C. DE SANTO TIRSO	VET60M (26)	0:52:03	05:12
356		670	CAIO GARCIA BOAVENTURA,	INDIVIDUAL	JSN-M (140)	0:52:06	05:12
357		317	JOÃO CERQUEIRA,	G JUVENIL DE VILA DE PUNHE	VET50M (31)	0:52:08	05:12
358		537	TIAGO PINHEIRO MARQUES,	RUN CLUB	JSN-M (141)	0:52:11	05:13
359		244	PEDRO DIAS,	FB POWER	JSN-M (142)	0:52:12	05:13
360		180	ANTÓNIO PINTO,	CA ESTRELAS MARCO	VET55M (27)	0:52:12	05:13
361		139	ANTÓNIO SANTOS,	CDC GUILHOVAI	VET55M (28)	0:52:12	05:13
362		513	MIGUEL AZEVEDO ANDRADE,	PT RUI OLIVEIRA	JSN-M (143)	0:52:13	05:13
363		175	JOSÉ SOUSA PESSOA,	C. ATLETISMO VILA BOA BISPO	VET55M (29)	0:52:14	05:13
364		584	TIAGO LOPES,	TEAM FEET ON THE GROUND	JSN-M (144)	0:52:17	05:13
365		195	JOSÉ DIAS,	COSTURARTE	VET55M (30)	0:52:19	05:13
366	52	196	MARIA SOUSA,	COSTURARTE	VETF50 (11)	0:52:20	05:14
367	53	312	FÁTIMA BARROS,	G JUVENIL DE VILA DE PUNHE	VETF40 (14)	0:52:21	05:14
368		589	AVELINO SOUSA NUNES,	TÓ MARRECOs	VET60M (27)	0:52:26	05:14
369		593	PEDRO FILIPE NUNES,	TÓ MARRECOs	JSN-M (145)	0:52:26	05:14
370		111	NUNO CARDOSO,	CARDOSO	VETM40 (47)	0:52:29	05:14
371		796	RUI RAMOS,	INDIVIDUAL	VETM40 (48)	0:52:30	05:15
372		90	ANTONIO MAGALHAES,	C.A.S.T. - CENTRO ATL SANTO TIRS	VET55M (31)	0:52:32	05:15
373		779	RAFAEL ALVESLOPES,	INDIVIDUAL	VETM40 (49)	0:52:40	05:16
374	54	447	DANIELA MATOS,	OFICINA DO TREINO	VETF40 (15)	0:52:41	05:16
375		759	MÁRIO PEREIRA,	INDIVIDUAL	JSN-M (146)	0:52:43	05:16
376		678	DANIEL ESTEVES,	INDIVIDUAL	VETM40 (50)	0:52:44	05:16
377		478	FILIPE GONÇALVES,	OS CRENTES	VETM45 (37)	0:52:50	05:17

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T.Oficial	T/Km.
378		403	JORGE ALMEIDA,	MPLA	VETM40 (51)	0:52:55	05:17
379		96	MIGUEL GOMES,	C.A.S.T. - CENTRO ATL SANTO TIRS	JSN-M (147)	0:53:04	05:18
380		15	NUNO DIAS,	A.D.PEDOME	VETM40 (52)	0:53:05	05:18
381		512	CRISTIANO MACIEL ALVES,	PT RUI OLIVEIRA	JSN-M (148)	0:53:05	05:18
382		739	JOSÉ MONTEIRO,	INDIVIDUAL	VET60M (28)	0:53:08	05:18
383		701	FILIFE PINHEIRO,	INDIVIDUAL	JSN-M (149)	0:53:11	05:19
384	55	567	MARIA COSTA,	S S CULTURAIS TRAB MUNIC OVAR	VETF60 (2)	0:53:13	05:19
385		157	AMERICO PEREIRA,	CF OLIVEIRA DOURO	VET50M (32)	0:53:22	05:20
386	56	358	PAULA COUTO,	JOANE CORRE CORRE	VETF50 (12)	0:53:25	05:20
387		122	JOSÉ PEDRO MENDES,	CASAS ADRIANO ASTROMIL C.	JSN-M (150)	0:53:25	05:20
388		362	TIAGO HELENA,	JOANE CORRE CORRE	JSN-M (151)	0:53:25	05:20
389		629	HELDER RIBEIRO,	VELOCIDADE FURIOSA	VET50M (33)	0:53:28	05:20
390		342	MIGUEL DIAS,	IT RUNNERS	JSN-M (152)	0:53:28	05:20
391		198	FILIFE COELHO,	CRUISE CAR RUNNERS	VETM45 (38)	0:53:30	05:21
392		503	DAMIEN DA EIRA,	PORTO EXPAT RUNNERS	JSN-M (153)	0:53:32	05:21
393		500	BRUNO GONÇALVES,	PO REFORÇO TRAIL TEAM	JSN-M (154)	0:53:35	05:21
394		727	JOÃO PINTO,	INDIVIDUAL	JSN-M (155)	0:53:41	05:22
395		174	JOSÉ PEDRO TEIXEIRA,	C. ATLETISMO VILA BOA BISPO	VET50M (34)	0:53:43	05:22
396		206	GUILHERME ARAUJO,	DELUXE TEAM	JSN-M (156)	0:53:44	05:22
397		780	RAFAEL FERREIRA,	INDIVIDUAL	JSN-M (157)	0:53:44	05:22
398		525	JOÃO COELHO LIMA,	RANGERS	JSN-M (158)	0:53:46	05:22
399	57	449	FRANCISCA SOUSA,	OFICINA DO TREINO	JSN-F (28)	0:53:49	05:22
400		298	FERNANDO SOARES,	GINASIO C. DE SANTO TIRSO	VET60M (29)	0:54:01	05:24
401		243	GEOVANE SAMUEL VALE,	FAMÍLIA VALE	VETM40 (53)	0:54:03	05:24
402	58	381	MARIA JOÃO OLIVEIRA,	LIFT-STUDIO	JSN-F (29)	0:54:10	05:25
403		494	RUI CARDOSO,	PEDRO MENDES TEAM	JSN-M (159)	0:54:18	05:25
404		67	MIGUEL LOPES,	BRACARA GENUS	VET50M (35)	0:54:24	05:26
405		68	ULISSES LOPES,	BRACARA GENUS	VET50M (36)	0:54:24	05:26
406		24	ÁLVARO SOUSA,	ADOSA	VET55M (32)	0:54:31	05:27
407		337	RUI ANDRADE,	IMPROVE YOURSELF	JSN-M (160)	0:54:51	05:29
408		480	RUI RESENDE,	OS CRENTES	VETM45 (39)	0:54:52	05:29
409	59	673	CATARINA ALMEIDA,	INDIVIDUAL	JSN-F (30)	0:54:58	05:29
410	60	320	PATRÍCIA SOUSA,	G JUVENIL DE VILA DE PUNHE	JSN-F (31)	0:55:02	05:30
411		730	JOAQUIM MALHEIRO,	INDIVIDUAL	VETM40 (54)	0:55:04	05:30
412	61	299	IOLANDA MALHEIRO,	GINASIO C. DE SANTO TIRSO	VETF40 (16)	0:55:10	05:31
413	62	59	SUSANA CARVALHO,	BEGINNERS25	VETF40 (17)	0:55:11	05:31
414		777	PEDRO MIGUEL GONÇALVES,	INDIVIDUAL	JSN-M (161)	0:55:12	05:31
415		58	RICARDO COSTA,	BEGINNERS25	VETM45 (40)	0:55:14	05:31
416		686	DIOGO RIBEIRO,	INDIVIDUAL	JSN-M (162)	0:55:16	05:31
417		791	RUI MARTINS,	INDIVIDUAL	JSN-M (163)	0:55:21	05:32
418		747	LUIS FILIFE PINTO,	INDIVIDUAL	VETM40 (55)	0:55:21	05:32
419		455	JOÃO GARCIA,	OLDSCHOOL	JSN-M (164)	0:55:22	05:32
420		659	ANTÓNIO DIAS,	INDIVIDUAL	VET55M (33)	0:55:22	05:32
421		526	NUNO ANDRÉ SÁ,	RANGERS	JSN-M (165)	0:55:22	05:32
422	63	570	CARINA FERREIRA,	STAYSTRONG	VETF40 (18)	0:55:23	05:32
423		814	VITOR LEAL,	PEDRO MENDES TEAM	JSN-M (166)	0:55:25	05:32
424	64	803	SÓNIA FILIPA RAMOS,	INDIVIDUAL	JSN-F (32)	0:55:27	05:32
425		735	JORGE SILVA,	INDIVIDUAL	VET55M (34)	0:55:32	05:33
426		215	DIOGO SANTOS,	DIEGO'S TEAM	JSN-M (167)	0:55:34	05:33

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T.Oficial	T/Km.
427		49	LUIS N TÁVORA,	BARBATONAS	VETM45 (41)	0:55:36	05:33
428	65	172	FERNANDA ISABEL CORREIA,	C. ATLETISMO VILA BOA BISPO	JSN-F (33)	0:55:41	05:34
429		530	MIGUEL FERREIRA ANDRADE,	ROJÕES	JSN-M (168)	0:55:41	05:34
430	66	177	MARIA ELISABETE MONTEIRO,	C. ATLETISMO VILA BOA BISPO	VETF40 (19)	0:55:43	05:34
431	67	672	CAROLINA PINTO,	INDIVIDUAL	JSN-F (34)	0:55:43	05:34
432		732	JOEL SILVA,	INDIVIDUAL	VETM40 (56)	0:55:49	05:34
433		540	PAULO OLIVEIRA,	RUNINPACTO	VETM45 (42)	0:55:59	05:35
434		576	DANIEL SILVA,	TARTARUGAS DO ASFALTO	JSN-M (169)	0:56:00	05:36
435		153	ANDRE SILVA,	CERWELL C. WELLNESS	JSN-M (170)	0:56:00	05:36
436		767	MIGUEL MACEDO,	INDIVIDUAL	JSN-M (171)	0:56:03	05:36
437		572	JOÃO NETO,	SUPER MAMÕES	JSN-M (172)	0:56:07	05:36
438		577	FRANCISCO COSTA,	TARTARUGAS DO ASFALTO	JSN-M (173)	0:56:09	05:36
439		799	SIMÃO FONSECA,	INDIVIDUAL	JSN-M (174)	0:56:13	05:37
440	68	103	PAULA MELO,	CARCAVELOS CARAVELA SEGURO	VETF50 (13)	0:56:14	05:37
441	69	351	LILIANA NETO,	JOANA & CO.	VETF40 (20)	0:56:14	05:37
442		797	RUI SOUSA,	INDIVIDUAL	JSN-M (175)	0:56:17	05:37
443		207	RUBEN MIGUEL LOPES,	DETALHE ENGOMADO	JSN-M (176)	0:56:23	05:38
444		271	PEDRO ALVES,	FLASHTeam	VETM40 (57)	0:56:24	05:38
445		794	RUI MOREIRA,	INDIVIDUAL	VETM40 (58)	0:56:29	05:38
446		72	HELDER CARNEIRO,	BREAK	VETM40 (59)	0:56:31	05:39
447		804	TIAGO CAMOES,	INDIVIDUAL	JSN-M (177)	0:56:35	05:39
448		722	JOÃO DIAS,	INDIVIDUAL	JSN-M (178)	0:56:38	05:39
449		112	FRANCISCO FERNANDES,	CARROS VASSOURA	VETM45 (43)	0:56:38	05:39
450	70	539	LILIANA ANDRADE,	RUNINPACTO	JSN-F (35)	0:56:40	05:40
451	71	360	SANDRA MESQUITA,	JOANE CORRE CORRE	VETF50 (14)	0:56:44	05:40
452	72	361	SÓNIA MATOS,	JOANE CORRE CORRE	JSN-F (36)	0:56:44	05:40
453	73	380	JULIANA ALVES,	LIFT-STUDIO	JSN-F (37)	0:56:51	05:41
454		771	NUNO TIAGO RODRIGUES,	INDIVIDUAL	JSN-M (179)	0:56:51	05:41
455	74	392	SANDRA MAIA,	MAIA AC	JSN-F (38)	0:56:56	05:41
456	75	323	TÂNIA MONTEIRO,	G JUVENIL DE VILA DE PUNHE	JSN-F (39)	0:56:58	05:41
457		816	JOAO SAMPAIO,	INDIVIDUAL	JSN-M (180)	0:57:06	05:42
458	76	698	FILIPA LAMAS COSTA,	INDIVIDUAL	JSN-F (40)	0:57:07	05:42
459		607	NELSON GOMES,	TRIDONIC	JSN-M (181)	0:57:13	05:43
460	77	51	TERESA FERREIRA,	BBG RUNNERS BY BBOX&GYM	JSN-F (41)	0:57:14	05:43
461		762	MAURO COSTA,	INDIVIDUAL	JSN-M (182)	0:57:15	05:43
462		454	ANDRÉ SILVA,	OLDSCHOOL	JSN-M (183)	0:57:17	05:43
463		341	DAVID RODRIGUES,	IT RUNNERS	JSN-M (184)	0:57:22	05:44
464	78	798	SARA CARNEIRO,	INDIVIDUAL	JSN-F (42)	0:57:29	05:44
465		653	AMARO SILVA,	INDIVIDUAL	JSN-M (185)	0:57:33	05:45
466	79	755	MARIA VILELA,	INDIVIDUAL	JSN-F (43)	0:57:34	05:45
467		713	ILÍDIO MANUEL RODRIGUES,	INDIVIDUAL	VET55M (35)	0:57:35	05:45
468		54	MARIO COSTA,	BEGINNERS25	VET50M (37)	0:57:36	05:45
469		807	TIAGO OLIVEIRA,	INDIVIDUAL	JSN-M (186)	0:57:36	05:45
470	80	781	RAFAELA MONTEIRO MIRRA,	INDIVIDUAL	VETF40 (21)	0:57:40	05:46
471		515	VITOR FERNANDES,	PT RUI OLIVEIRA	JSN-M (187)	0:57:45	05:46
472		220	CARLOS MAIA,	DREAM TEAM DA MALHA	JSN-M (188)	0:57:45	05:46
473	81	458	CÁTIA NETO,	ON TRACK RUN CLUB	JSN-F (44)	0:57:48	05:46
474		481	CARLOS JOSÉ BRANDÃO,	OS FISCAIS	VETM40 (60)	0:57:48	05:46
475		124	PEDRO FILIPE SILVA,	CASAS ADRIANO ASTROMIL C.	JSN-M (189)	0:57:53	05:47

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T.Oficial	T/Km.
476	82	646	PAULA CARNEIRO,	WEG	JSN-F (45)	0:57:55	05:47
477		645	LEANDRO CARVALHO,	WEG	VETM45 (44)	0:57:56	05:47
478		84	PEDRO NETO,	BY CARE TEAM	JSN-M (190)	0:58:00	05:48
479		728	JOÃO RIBEIRO,	INDIVIDUAL	JSN-M (191)	0:58:00	05:48
480		737	JOSE MANUEL MONTEIRO,	INDIVIDUAL	VET50M (38)	0:58:03	05:48
481		413	HENRIQUE PINTO,	NATALINOS	JSN-M (192)	0:58:06	05:48
482		776	PEDRO AVELINO PEREIRA,	INDIVIDUAL	JSN-M (193)	0:58:09	05:48
483		331	RICARDO MIGUEL FERREIRA,	HB - CENTRO DE TREINO	JSN-M (194)	0:58:10	05:49
484	83	330	PATRICIA ABREU,	HB - CENTRO DE TREINO	JSN-F (46)	0:58:11	05:49
485	84	74	LUCIA PINHEIRO,	BREAK	VETF50 (15)	0:58:15	05:49
486		789	RUI FONSECA,	INDIVIDUAL	VETM45 (45)	0:58:15	05:49
487	85	192	MARIA AUGUSTA BARBOSA,	CORREDORAS MONSTRAS	VETF50 (16)	0:58:15	05:49
488	86	459	CLÁUDIA MAIA,	ON TRACK RUN CLUB	JSN-F (47)	0:58:16	05:49
489	87	473	SOFIA LIMA,	ON TRACK RUN CLUB	JSN-F (48)	0:58:18	05:49
490		763	MAX SOUSA,	INDIVIDUAL	JSN-M (195)	0:58:30	05:51
491		335	RENATO OLIVEIRA MARQUES,	IMPAR RUNNING TEAM	VETM40 (61)	0:58:30	05:51
492	88	106	SUSANA OLIVEIRA,	CARCAVELOS CARAVELA SEGURO	VETF50 (17)	0:58:41	05:52
493		591	JOSÉ MARIA NUNES,	TÓ MARRECOs	VET50M (39)	0:58:42	05:52
494	89	81	ROSA MOREIRA,	BREAK	VETF50 (18)	0:58:44	05:52
495		77	NUNO FONTES,	BREAK	VETM45 (46)	0:58:47	05:52
496		518	DIOGO CAETANO,	RAFA TEAM	JSN-M (196)	0:58:50	05:53
497	90	348	BÁRBARA PEREIRA,	JOANA & CO.	JSN-F (49)	0:58:53	05:53
498		766	MIGUEL FÉLIX,	INDIVIDUAL	VETM40 (62)	0:58:55	05:53
499		253	RAFAEL VIEIRA,	FELOSTEAM	JSN-M (197)	0:58:56	05:53
500		668	BRUNO RIBEIRO,	INDIVIDUAL	JSN-M (198)	0:59:13	05:55
501		507	MARCO BARBOSA,	POWERFAMILY	VETM45 (47)	0:59:18	05:55
502		483	NUNO MIGUEL GUEDES,	OS GUEDES	JSN-M (199)	0:59:21	05:56
503		242	ANTÓNIO LUCIANO FERREIRA,	FAMALICÃO EM FORMA	VET50M (40)	0:59:24	05:56
504	91	452	SARA FREITAS,	OFICINA DO TREINO	JSN-F (50)	0:59:33	05:57
505	92	655	ANA RITA SOUSA,	INDIVIDUAL	JSN-F (51)	0:59:38	05:57
506	93	574	ANA RITA ESTREMINA,	TÁLENTO	JSN-F (52)	0:59:40	05:58
507		441	PEDRO BESSA,	N. KARATE ATLETISMO RORIZ	JSN-M (200)	0:59:42	05:58
508		225	RICARDO FREITAS,	ECM3	VETM45 (48)	0:59:45	05:58
509	94	710	HELENA CARVALHO,	INDIVIDUAL	JSN-F (53)	0:59:55	05:59
510	95	453	SUSANA BESSA,	OFICINA DO TREINO	JSN-F (54)	0:59:59	05:59
511		359	RICARDO GUEDES,	JOANE CORRE CORRE	VET55M (36)	1:00:05	06:00
512	96	355	HELENA GOMES,	JOANE CORRE CORRE	VETF50 (19)	1:00:08	06:00
513	97	257	MARCIA FERREIRA,	FERREIRAS	JSN-F (55)	1:00:08	06:00
514	98	356	MARIA VASCONCELOS,	JOANE CORRE CORRE	VETF50 (20)	1:00:08	06:00
515		596	CRISTIANO MENDES,	TRAÇO RÁPIDO	JSN-M (201)	1:00:11	06:01
516		221	TIAGO SAMUEL NETO,	DREAM TEAM DA MALHA	JSN-M (202)	1:00:15	06:01
517		761	MAURO,	INDIVIDUAL	JSN-M (203)	1:00:18	06:01
518		703	GABRIEL BARBOSA,	INDIVIDUAL	VETM40 (63)	1:00:19	06:01
519		83	JOÃO SILVA,	BY CARE TEAM	JSN-M (204)	1:00:29	06:02
520	99	354	CECILIA VIEIRA,	JOANE CORRE CORRE	VETF40 (22)	1:00:39	06:03
521	100	357	MARTA PEIXOTO,	JOANE CORRE CORRE	JSN-F (56)	1:00:47	06:04
522	101	191	CATARINA ANDRADE GONÇALVES,	CORREDORAS MONSTRAS	JSN-F (57)	1:01:12	06:07
523	102	193	SUSANA MARIA CAMPOS,	CORREDORAS MONSTRAS	VETF50 (21)	1:01:12	06:07
524	103	835	HERMINIA RODRIGUES,		VETF60 (3)	1:01:15	06:07

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T.Oficial	T/Km.
525		436	JORGE SANTOS,	NETO & SANTOS	JSN-M (205)	1:01:17	06:07
526		644	FILIFE BARROS,	VOU SÓ ALI ESTICAR AS PERNAS E	JSN-M (206)	1:01:17	06:07
527	104	154	SUSANA PEREIRA,	CERWELL C. WELLNESS	JSN-F (58)	1:01:21	06:08
528	105	417	DIOLINDA FARIA,	NBA - BARROSAS	VETF50 (22)	1:01:25	06:08
529	106	758	MARILIA CUNHA,	INDIVIDUAL	VETF50 (23)	1:01:28	06:08
530		29	RUI ALMEIDA,	ALMEIDA'S RUNNERS	VETM45 (49)	1:01:31	06:09
531	107	397	SUSANA MARTINS,	MIGAS	JSN-F (59)	1:01:31	06:09
532	108	91	BEATRIZ FONSECA,	C.A.S.T. - CENTRO ATL SANTO TIRS	JSN-F (60)	1:01:32	06:09
533	109	396	ALEXANDRA LOPES,	MIGAS	JSN-F (61)	1:01:32	06:09
534	110	757	MARIANA ROCHA FERREIRA,	INDIVIDUAL	JSN-F (62)	1:01:38	06:09
535	111	464	DORA CASTRO,	ON TRACK RUN CLUB	JSN-F (63)	1:01:38	06:09
536	112	338	DIANA GUIMARÃES,	INDEPENDENTE ELITE	JSN-F (64)	1:01:38	06:09
537		373	JOÃO TEIXEIRA,	LAMBōES DA MONTANHA	VETM40 (64)	1:01:41	06:10
538		524	NUNO TAVARES,	RANGERS	VETM40 (65)	1:02:05	06:12
539		412	THIAGO DIAS,	NAST	JSN-M (207)	1:02:05	06:12
540		33	JORGE OLIVEIRA,	AMIGOS DO JÓCA	JSN-M (208)	1:02:07	06:12
541	113	460	CLÁUDIA RIBEIRO,	ON TRACK RUN CLUB	VETF40 (23)	1:02:11	06:13
542		669	BRUNO TAVARES,	INDIVIDUAL	VET50M (41)	1:02:24	06:14
543	114	547	RITA MACHADO,	S.A.L.	VETF40 (24)	1:02:28	06:14
544		733	JORGE BARROS,	INDIVIDUAL	VETM45 (50)	1:02:40	06:16
545		770	NUNO SOUSA,	INDIVIDUAL	JSN-M (209)	1:02:46	06:16
546	115	720	JOANA RIBEIRO,	INDIVIDUAL	VETF40 (25)	1:03:04	06:18
547		683	DIOGO CRUZ,	INDIVIDUAL	JSN-M (210)	1:03:15	06:19
548		482	PEDRO MARINHO TEIXEIRA,	OS FISCAIS	VETM45 (51)	1:03:20	06:20
549	116	470	LUÍSA DUARTE,	ON TRACK RUN CLUB	JSN-F (65)	1:03:29	06:20
550	117	445	BRUNA RIBEIRO,	OFICINA DO TREINO	JSN-F (66)	1:03:29	06:20
551		117	BRUNO ARAUJO,	CASAL MARAVILHA	VETM40 (66)	1:03:52	06:23
552	118	332	CARMEN ÁLVAREZ-BUYLLA FALCE	IBERICOS	VETF40 (26)	1:03:54	06:23
553		333	GONÇALO MAGALHÃES,	IBERICOS	VETM45 (52)	1:03:59	06:23
554		700	FILIFE OLIVEIRA,	INDIVIDUAL	VETM45 (53)	1:04:03	06:24
555	119	783	RITA OLIVEIRA,	INDIVIDUAL	VETF40 (27)	1:04:04	06:24
556	120	485	FERNANDA LÍRIO,	OS LÍRIOS	VETF50 (24)	1:04:08	06:24
557	121	590	CATARINA MOURA NUNES,	TÓ MARRECOS	JSN-F (67)	1:04:18	06:25
558	122	50	TERESA CARONA,	BARBATONAS	VETF40 (28)	1:04:19	06:25
559		46	ALBINO J MAIA,	BARBATONAS	VETM45 (54)	1:04:21	06:26
560		336	RENATO SOUSA,	IMPROVE YOURSELF	VET60M (30)	1:04:24	06:26
561	123	544	LARA FESTA,	S.A.L.	VETF40 (29)	1:04:29	06:26
562		784	RODRIGO ANTÓNIO ALVES,	INDIVIDUAL	JSN-M (211)	1:04:34	06:27
563		125	RUI PEREIRA,	CAVALIER LOVERS	JSN-M (212)	1:04:42	06:28
564	124	592	MARIA LURDES TORRES,	TÓ MARRECOS	VETF60 (4)	1:04:44	06:28
565		463	DIOGO MATOS,	ON TRACK RUN CLUB	JSN-M (213)	1:04:45	06:28
566	125	497	DIANA ELISA SALGADO,	PERDIDOS	JSN-F (68)	1:04:51	06:29
567		414	FRANCISCO PALMA,	NATIXIS	JSN-M (214)	1:04:57	06:29
568		340	CARLOS MARTINS,	IT RUNNERS	JSN-M (215)	1:05:16	06:31
569	126	227	BÁRBARA DIAS,	EMINEM TEAM SUCATEIROS	JSN-F (69)	1:05:16	06:31
570		344	VITOR DIOGO PEREIRA,	IT RUNNERS	JSN-M (216)	1:05:20	06:32
571	127	467	JOANA PIRES,	ON TRACK RUN CLUB	JSN-F (70)	1:05:37	06:33
572	128	462	DIANA MARTINS,	ON TRACK RUN CLUB	JSN-F (71)	1:05:39	06:33
573		692	EMANUEL SILVA,	INDIVIDUAL	VET50M (42)	1:06:05	06:36

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T.Oficial	T/Km.
574	129	4	SANDRA BÁRBARA,	A MINHA	VETF50 (25)	1:06:06	06:36
575	130	760	MATILDE NETO,	INDIVIDUAL	JSN-F (72)	1:06:07	06:36
576		438	JOÃO GONÇALVES,	NOIVINHOS	JSN-M (217)	1:06:12	06:37
577		5	NUNO PAIS SERRA,	A MINHA MULHER NÃO DEIXA	JSN-M (218)	1:06:32	06:39
578		294	ALVARO MARQUES,	GINASIO C. DE SANTO TIRSO	VET60M (31)	1:06:54	06:41
579		297	EDUARDO MALHEIRO,	GINASIO C. DE SANTO TIRSO	VET60M (32)	1:06:57	06:41
580		657	ANDRÉ MARQUES,	INDIVIDUAL	JSN-M (219)	1:07:00	06:42
581	131	675	CÁTIA RODRIGUES,	INDIVIDUAL	JSN-F (73)	1:07:01	06:42
582		731	JOEL GOUVEIA,	INDIVIDUAL	JSN-M (220)	1:07:03	06:42
583	132	405	RAQUEL MIRANDA,	NÃO TREINAMOS, MAS VIEMOS!	JSN-F (74)	1:07:03	06:42
584	133	719	JOANA DUARTE,	INDIVIDUAL	JSN-F (75)	1:07:07	06:42
585	134	404	ANDRESSA VASCONCELOS,	NÃO TREINAMOS, MAS VIEMOS!	JSN-F (76)	1:07:08	06:42
586		203	JONATAN CEZAR MODESTO,	CWB RUNNERS	JSN-M (221)	1:07:12	06:43
587	135	10	INÊS FÉLIX LOPES,	A PASSO	JSN-F (77)	1:07:22	06:44
588		47	GONÇALO DEJEAN TAVARES,	BARBATONAS	VETM45 (55)	1:07:56	06:47
589		383	TIAGO MIGUEL SARDO,	LIFT-STUDIO	JSN-M (222)	1:07:57	06:47
590		531	RICARDO JORGE CERTO,	ROJÕES	JSN-M (223)	1:08:05	06:48
591	136	53	LETICIA MACHADO,	BEGINNERS25	VETF40 (30)	1:08:24	06:50
592	137	377	ANA RITA SOUSA,	LIFT-STUDIO	JSN-F (78)	1:08:29	06:50
593	138	442	ANA BRITO,	OFICINA DO TREINO	VETF50 (26)	1:08:33	06:51
594	139	491	MÓNICA FERREIRA COSTA,	PAIS E PADRINHOS	VETF40 (31)	1:08:35	06:51
595	140	450	PAULA MEIRELES,	OFICINA DO TREINO	VETF50 (27)	1:08:37	06:51
596	141	680	DANIELA CARNEIRO,	INDIVIDUAL	JSN-F (79)	1:08:37	06:51
597		444	ANTONIO BESSA,	OFICINA DO TREINO	VET60M (33)	1:08:49	06:52
598	142	475	HELENA SANTOS,	OPRATICANTE.PT	JSN-F (80)	1:08:50	06:53
599	143	254	ANA RITA FERNANDES,	FERNANDES	JSN-F (81)	1:09:09	06:54
600		255	CÉSAR CIDÁLIO FERNANDES,	FERNANDES	VET60M (34)	1:09:09	06:54
601		398	HENRIQUE BAPTISTA,	MILES & VIBES	JSN-M (224)	1:09:10	06:55
602	144	400	MARIANA FARIA,	MILES & VIBES	JSN-F (82)	1:09:11	06:55
603		300	JOÃO COSTA,	GINASIO C. DE SANTO TIRSO	JSN-M (225)	1:09:21	06:56
604		296	CARLOS COSTA,	GINASIO C. DE SANTO TIRSO	VET60M (35)	1:09:23	06:56
605	145	654	ANA CARNEIRO,	INDIVIDUAL	VETF40 (32)	1:09:40	06:58
606		529	ROBSON RAZERA SILVA,	ROBSON	JSN-M (226)	1:09:49	06:58
607	146	319	MONICA PORTELA,	G JUVENIL DE VILA DE PUNHE	VETF40 (33)	1:09:54	06:59
608	147	801	SOFIA PEREIRA,	INDIVIDUAL	JSN-F (83)	1:10:03	07:00
609	148	350	JOANA CASTRO,	JOANA & CO.	JSN-F (84)	1:10:05	07:00
610	149	349	CLARA MARTINS,	JOANA & CO.	JSN-F (85)	1:10:05	07:00
611		471	RODRIGO JOSÉ SILVA,	ON TRACK RUN CLUB	JSN-M (227)	1:10:15	07:01
612	150	663	BEATRIZ NATÁRIO,	INDIVIDUAL	JSN-F (86)	1:10:39	07:03
613	151	214	MARIA CATARINA SILVA,	DEVAGAR TAMBÉM SE FAZ	JSN-F (87)	1:10:42	07:04
614	152	208	ÁUREA BEATRIZ CARMO,	DEVAGAR TAMBÉM SE FAZ	JSN-F (88)	1:10:44	07:04
615		6	PEDRO MIGUEL MACHADO,	A MINHA MULHER NÃO DEIXA	JSN-M (228)	1:10:47	07:04
616		7	PEDRO MOREIRA REBELO,	A MINHA MULHER NÃO DEIXA	JSN-M (229)	1:10:56	07:05
617		583	SAMUEL PEDROSO,	TEAM FEET ON THE GROUND	JSN-M (230)	1:11:01	07:06
618	153	502	CAROLINE LUO,	PORTO EXPAT RUNNERS	JSN-F (89)	1:11:05	07:06
619	154	556	INES ALVES,	SANTO TIRSO A MECHER	JSN-F (90)	1:11:25	07:08
620		394	RAFAEL ALMEIDA,	MATA REAL	JSN-M (231)	1:11:28	07:08
621		828	JOSÉ MIGUEL ALVES,	SANTO TIRSO A MECHER	VET50M (43)	1:11:31	07:09
622	155	393	CRISTINA MACHADO,	MATA REAL	JSN-F (91)	1:11:34	07:09

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T.Oficial	T/Km.
623	156	376	ANA PAULA COSTA,	LIFT-STUDIO	JSN-F (92)	1:11:38	07:09
624	157	492	SANDRA ISABEL CLARO,	PAIS E PADRINHOS	VETF40 (34)	1:11:59	07:11
625		34	PEDRO PACHECO,	AMIGOS DO JÓCA	JSN-M (232)	1:12:17	07:13
626	158	60	VERA CERTO,	BEGINNERS25	VETF40 (35)	1:13:39	07:21
627		56	NUNO SIP,	BEGINNERS25	VETM45 (56)	1:13:43	07:22
628	159	57	OLGA SOUSA,	BEGINNERS25	VETF40 (36)	1:13:45	07:22
629		210	DIOGO MIGUEL FERREIRA,	DEVAGAR TAMBÉM SE FAZ	JSN-M (233)	1:13:58	07:23
630	160	548	SARA FERNANDES,	S.A.L.	VETF40 (37)	1:15:20	07:32
631		546	NUNO MOTA,	S.A.L.	VETM45 (57)	1:15:21	07:32
632		685	DIOGO LOUREIRO,	INDIVIDUAL	JSN-M (234)	1:15:35	07:33
633	161	716	JESSICA AGUIAR,	INDIVIDUAL	JSN-F (93)	1:15:45	07:34
634	162	802	SOFIA SILVA,	INDIVIDUAL	JSN-F (94)	1:15:45	07:34
635	163	472	SARA MACIEL,	ON TRACK RUN CLUB	JSN-F (95)	1:15:57	07:35
636		379	BRUNO ANDRADE,	LIFT-STUDIO	JSN-M (235)	1:15:59	07:35
637	164	52	GABRIELA BAGO,	BEGINNERS25	VETF40 (38)	1:15:59	07:35
638	165	382	RITA SANTOS,	LIFT-STUDIO	JSN-F (96)	1:16:00	07:36
639	166	437	GABRIELA PACHECO,	NOIVINHOS	JSN-F (97)	1:16:16	07:37
640		817	JOSÉ DIOGO MAGALHÃES,	INDIVIDUAL	JSN-M (236)	1:16:32	07:39
641		73	JOSUE LOUREIRO,	BREAK	VET55M (37)	1:17:07	07:42
642		55	MIGUEL OLIVEIRA,	BEGINNERS25	VETM40 (67)	1:18:02	07:48
643		509	FRANCISCA OLIVEIRA NUNES,	PRANCHA	JSN-M (237)	1:18:03	07:48
644	167	510	ISABEL AZEVEDO FREITAS,	PRANCHA	JSN-F (98)	1:18:06	07:48
645	168	508	BEATRIZ SILVA,	PRANCHA	JSN-F (99)	1:18:07	07:48
646		536	FRANCISCO MIGUEL MACHADO,	RUN CLUB	JSN-M (238)	1:18:57	07:53
647	169	535	ANA CATARINA PAÇOS,	RUN CLUB	JSN-F (100)	1:19:58	07:59
648	170	461	CRISTINA MONTEIRO,	ON TRACK RUN CLUB	JSN-F (101)	1:21:09	08:06
649	171	76	MARIA ASSUNÇÃO BARROS,	BREAK	VETF50 (28)	1:21:12	08:07