



Resultados Globais / Overall Results

Pos	Peitor. Pos	Corredor Participant	Sexo Gen.	Ano YOB	Clube Club	Km 4,2 Km 4,2	T. Neto Net T	Tempo Time	Passo Pace	Dif. 1º Dif. 1st
1	980	GETINET GEDAMU	M / 1	1991		0:12:25	0:24:26	0:24:26	20,641	
2	21	LICINIO PIMENTEL	M / 2	1977	INDIVIDUAL	0:12:25	0:24:32	0:24:32	20,545	+0:00:07
3	16	PAULO ROSÁRIO	M / 3		MARATONA CP	0:12:26	0:25:13	0:25:13	19,989	+0:00:48
4	3	RICARDO VALE	M / 4	1988	S. C. BRAGA	0:12:26	0:25:14	0:25:14	19,979	+0:00:49
5	17	FERNANDO SERRÃO	M / 5	1993	MARATONA CP	0:12:26	0:25:38	0:25:38	19,674	+0:01:12
6	1029	MIHAIL LALEV	M / 6	1992	SPORTING CLUBE DE BRAGA	0:12:38	0:25:50	0:25:50	19,511	+0:01:25
7	56	AUGUSTO COSTA	M / 7	1969	AMIGOS DA MONTANHA	0:12:37	0:25:58	0:25:58	19,409	+0:01:33
8	377	JORGE SANTA CRUZ	M / 8	1989	S.C. BRAGA	0:12:40	0:25:59	0:25:59	19,397	+0:01:34
9	823	AMÉRICO MOREIRA	M / 9	1989	C. D. PÓVOA	0:12:48	0:26:02	0:26:02	19,371	+0:01:37
10	442	PEDRO MARAVILHAS	M / 10	1976	C.D.S. SALVADOR DO CAMPO	0:13:00	0:26:42	0:26:42	18,877	+0:02:17
11	935	MANUEL PACHECO	M / 11	1967	N.A.TAIPAS	0:13:00	0:26:44	0:26:44	18,862	+0:02:19
12	746	JOÃO FERREIRA	M / 12	1996	MCP	0:13:25	0:27:15	0:27:15	18,505	+0:02:50
13	45	FILOMENA COSTA	F / 1	1985	ACR JARDIM DA SERRA	0:13:26	0:27:22	0:27:22	18,42	
14	592	RICARDO NEVES	M / 13	1989	GD AIRAO-CURVIÃ	0:13:31	0:27:26	0:27:26	18,378	+0:03:01
15	553	LUIS COSTA	M / 14	1996	CCDR	0:13:25	0:27:30	0:27:30	18,331	+0:03:05
16	594	JOÃO VILELA	M / 15	1970	GD AIRAO-CURVIÃ	0:13:32	0:27:44	0:27:44	18,182	+0:03:19
17	48	SUSANA GODINHO	F / 2	1992	SL BENFICA	0:13:48	0:28:02	0:28:02	17,98	+0:00:41
18	304	RODRIGO ARAÚJO	M / 16	1985		0:13:59	0:28:22	0:28:22	17,775	+0:03:57
19	47	JOANA COSTA	F / 3	1988	SPORTING CP	0:13:48	0:28:26	0:28:26	17,736	+0:01:04
20	1152	RENATO TEIXEIRA	M / 17	1993	TRIBRAGA	0:13:48	0:28:28	0:28:28	17,707	+0:04:03
21	477	JOSÉ NOGUEIRA	M / 18	1972	MOV. JUV. MERELIM	0:13:57	0:28:32	0:28:32	17,668	+0:04:07
22	478	JOSÉ ANDRADE	M / 19	1967	MOV. JUV. MERELIM	0:14:00	0:28:36	0:28:36	17,628	+0:04:11
23	676	JOSÉ PEREIRA	M / 20	1977	SOCIEDADERECEIOEPANESE	0:13:47	0:28:38	0:28:38	17,610	+0:04:13
24	1224	JOÃO CARLOS LEIROZ DA PURIFICA	M / 21	1991	RC6/ RECCE COY	0:14:03	0:28:37	0:28:38	17,620	+0:04:13
25	69	SILVANA DIAS	F / 4	1994	SL BENFICA	0:14:02	0:28:41	0:28:41	17,572	+0:01:20
26	75	NUNO COSTA	M / 22	1995	UD VÁRZEA	0:13:39	0:28:43	0:28:43	17,559	+0:04:18
27	712	SÉRGIO SERRÃO	M / 23	1985		0:14:05	0:29:11	0:29:11	17,276	+0:04:46
28	484	JOÃO NEIVA	M / 24	1966	MOV. JUV. MERELIM	0:14:21	0:29:22	0:29:22	17,170	+0:04:57
29	595	AMILCAR FERREIRA	M / 25	1966	GD AIRAO-CURVIÃ	0:14:21	0:29:23	0:29:23	17,156	+0:04:58
30	71	FILIPE ROCHA	M / 26	1986	INDIVIDUAL	0:14:24	0:29:23	0:29:23	17,153	+0:04:58
31	697	JOSÉ CARLOS	M / 27	1967	BRAGUINHAS	0:14:39	0:29:25	0:29:26	17,137	+0:05:01
32	960	ANGELO FREITAS	M / 28	1962		0:14:24	0:29:28	0:29:28	17,108	+0:05:03
33	418	JOSÉ FERREIRA	M / 29	1974	JUVENTUDE DAS RIBEIRAS	0:14:34	0:29:38	0:29:38	17,016	+0:05:13
34	718	CARLOS MAGALHAES	M / 30	1966	EUROTRANSMISSÃO-BRAGA	0:14:56	0:29:33	0:29:39	17,056	+0:05:14
35	430	MÁRIO M. L. GONÇALVES	M / 31	1964	JUVENTUDE DAS RIBEIRAS	0:14:29	0:29:40	0:29:40	16,992	+0:05:15
36	482	JOSÉ FERREIRA	M / 32	1956	MOV. JUV. MERELIM	0:14:26	0:29:42	0:29:43	16,971	+0:05:18
37	598	JORGE CUNHA	M / 33	1965	GD AIRAO-CURVIÃ	0:14:24	0:29:49	0:29:49	16,909	+0:05:24
38	682	NUNO FERNANDES	M / 34	1982	SOCIEDADERECEIOEPANESE	0:14:36	0:29:52	0:29:53	16,882	+0:05:28
39	1030	JOAQUIM RIBEIRO	M / 35	1964	SPORTING CLUBE DE BRAGA	0:14:47	0:30:08	0:30:08	16,730	+0:05:43
40	583	MICHAEL SOUSA	M / 36	1988		0:14:53	0:30:06	0:30:11	16,746	+0:05:46
41	515	RODRIGO COSTA	M / 37	1964	AMIGOS DO PONTO FINAL	0:14:52	0:30:11	0:30:11	16,704	+0:05:46
42	70	SÓNIA FERREIRA	F / 5	1995	UD VÁRZEA	0:14:43	0:30:11	0:30:11	16,701	+0:02:50



Resultados Globais / Overall Results

Pos Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1°	
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
43	1344	JOSÉ TIAGO CUNHA DIAS	M / 38	1989	GAM	0:14:51	0:30:10	0:30:11	16,714	+0:05:46
44	949	ANTONIO MOTA RIBEIRO	M / 39	1972	N.A.TAIPAS	0:14:51	0:30:11	0:30:12	16,705	+0:05:47
45	443	PATRICIA CALDAS	F / 6	1994		0:15:03	0:30:13	0:30:13	16,680	+0:02:52
46	677	LUÍS VILELA	M / 40	1960	SOCIEDADERECEIOCEPANESE	0:14:47	0:30:18	0:30:18	16,637	+0:05:53
47	651	PEDRO OLIVEIRA	M / 41	1983	FAMA RUNNERS	0:14:58	0:30:17	0:30:20	16,652	+0:05:55
48	1439	ALEXANDRE COELHO OLIVEIRA	M / 42	1989	GAM	0:14:58	0:30:18	0:30:23	16,641	+0:05:58
49	483	JOAQUIM FERREIRA	M / 43	1970	MOV. JUV. MERELIM	0:14:59	0:30:23	0:30:24	16,594	+0:05:59
50	438	JOSÉ BRAGA	M / 44	1962	JUVENTUDE DAS RIBEIRAS	0:14:03	0:30:25	0:30:25	16,576	+0:06:00
51	491	JOSÉ BARBOSA	M / 45	1966	MOV. JUV. MERELIM	0:14:59	0:30:26	0:30:27	16,57	+0:06:01
52	621	NUNO OLIVEIRA	M / 46	1979	CLUBE TIAGO MACHADO	0:15:01	0:30:28	0:30:30	16,551	+0:06:05
53	866	PAULO RIBEIRO	M / 47	1971	RVP - CONSTRUÇÕES, LDA	0:15:08	0:30:32	0:30:37	16,513	+0:06:12
54	951	LURDES PEREIRA	F / 7	1983	N.A.TAIPAS	0:15:01	0:30:38	0:30:38	16,459	+0:03:16
55	1110	JOAQUIM SABINO	M / 48	1968		0:15:03	0:30:41	0:30:43	16,428	+0:06:18
56	281	PEDRO FERREIRA	M / 49	1984	RUNNER'S HIGH USESA	0:14:52	0:30:41	0:30:43	16,427	+0:06:18
57	597	MANUEL AZEVEDO	M / 50	1963	GD AIRAO-CURVIÃ	0:15:10	0:30:43	0:30:45	16,409	+0:06:19
58	422	FRANCISCO SANTOS	M / 51	1965	JUVENTUDE DAS RIBEIRAS	0:15:02	0:30:46	0:30:47	16,385	+0:06:22
59	1187	RICARDO MANUEL RIBEIRO DIAS	M / 52	1984	RC6/ RECCE COY	0:14:57	0:30:49	0:30:49	16,355	+0:06:24
60	1189	NUNO ALEXANDRE DO VALE FERRE	M / 53	1984	RC6/ RECCE COY	0:14:58	0:30:50	0:30:50	16,35	+0:06:25
61	464	BRUNO PONTES	M / 54	1978		0:15:11	0:30:51	0:30:53	16,338	+0:06:28
62	667	TIAGO MIRANDA	M / 55	1985	MIRAND'S	0:15:17	0:30:53	0:30:55	16,325	+0:06:30
63	1305	ADRIANO AUGUSTO GOMES BRANC	M / 56	1979	GAM	0:15:23	0:30:44	0:30:56	16,404	+0:06:31
64	451	EMANUEL MATOS	M / 57	1974	MINHO AVENTURA	0:15:23	0:30:50	0:30:57	16,347	+0:06:32
65	568	FILIPE PEREIRA	M / 58	1989		0:15:21	0:30:52	0:30:57	16,334	+0:06:32
66	672	MIGUEL GUIMARÃES	M / 59	1986	OLHAMETALI	0:15:04	0:30:57	0:30:59	16,291	+0:06:34
67	516	JOSÉ BARBOSA	M / 60	1982	SUICIDAS BRÁCAROS	0:15:45	0:30:39	0:30:59	16,444	+0:06:34
68	360	JOÃO MARTINS	M / 61	1979		0:14:45	0:31:01	0:31:02	16,257	+0:06:37
69	158	MIGUEL CASTRO	M / 62	1987		0:14:55	0:30:59	0:31:03	16,268	+0:06:37
70	433	JOSÉ MATOS	M / 63	1984	BAC RUNNERS	0:15:26	0:30:57	0:31:04	16,290	+0:06:39
71	720	CARLOS BARROSO	M / 64	1982	ARCVSCOSME	0:15:20	0:31:12	0:31:17	16,159	+0:06:52
72	569	MÁRIO FERREIRA	M / 65	1993	ACADEMIA MILITAR	0:15:27	0:31:15	0:31:21	16,135	+0:06:56
73	673	JOSÉ FERREIRA	M / 66	1976	TRIBRAGA	0:15:00	0:31:21	0:31:21	16,079	+0:06:56
74	821	FÁTIMA SILVA	F / 8	1970	C. D. PÓVOA	0:15:27	0:31:21	0:31:21	16,077	+0:04:00
75	593	JOÃO SOARES	M / 67	1979	GD AIRAO-CURVIÃ	0:15:35	0:31:21	0:31:22	16,079	+0:06:57
76	63	PAULO CÉSAR SILVA	M / 68	1976		0:15:33	0:31:22	0:31:23	16,074	+0:06:58
77	479	JOSÉ VIDRAGO	M / 69	1971	MOV. JUV. MERELIM	0:14:56	0:31:28	0:31:28	16,020	+0:07:03
78	333	VITOR MARTINS	M / 70	1974		0:15:29	0:31:29	0:31:30	16,011	+0:07:05
79	1134	ORLANDO PEREIRA	M / 71	1974		0:15:34	0:31:35	0:31:36	15,963	+0:07:11
80	201	RICARDO BARREIRO	M / 72	1991		0:16:09	0:31:28	0:31:42	16,02	+0:07:17
81	389	JOÃO LUIS SILVA	M / 73	1995		0:15:50	0:31:41	0:31:45	15,913	+0:07:20
82	841	JOSÉ BOAVISTA	M / 74	1977	CABANAS JC	0:15:25	0:31:46	0:31:50	15,872	+0:07:25
83	570	AMÉRICO PEREIRA	M / 75	1994	ACADEMIA MILITAR	0:15:40	0:31:43	0:31:50	15,893	+0:07:25
84	1118	AMADEU TEIXEIRA	M / 76	1959		0:15:41	0:31:49	0:31:50	15,849	+0:07:25



Resultados Globais / Overall Results

Pos Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1°	
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
85	1107	AGUEDA PEREZ	M / 77	1977		0:15:21	0:31:50	0:31:51	15,834	+0:07:26
86	162	JOSÉ PEREIRA	M / 78	1959	BRAGUINHAS	0:15:52	0:31:51	0:31:52	15,832	+0:07:27
87	679	JOSÉ RIBEIRO	M / 79	1970	SOCIEDADERECEIOEPANESE	0:16:06	0:31:45	0:31:53	15,875	+0:07:28
88	105	ANTONIO ARAUJO	M / 80	1972	S.C.BRAGA	0:15:51	0:31:55	0:31:55	15,799	+0:07:30
89	199	SILVERIO GUEDES	M / 81	1958		0:15:50	0:31:52	0:31:56	15,818	+0:07:31
90	649	MAURÍCIO TORRINHA	M / 82	1962	ESCOLA ROSA OLIVEIRA	0:15:46	0:31:56	0:31:57	15,786	+0:07:32
91	1341	DAVIDE MORGADO MAGALHÃES	M / 83	1983	GAM	0:15:47	0:31:52	0:32:03	15,821	+0:07:37
92	510	MIGUEL FIGUEIREDO	M / 84	1973	AMIGOS DO PONTO FINAL	0:15:37	0:32:09	0:32:10	15,681	+0:07:44
93	513	TIAGO BORGES	M / 85	1995	AMIGOS DO PONTO FINAL	0:15:37	0:32:10	0:32:10	15,672	+0:07:45
94	1447	CRISTIANO FERREIRA	M / 86	1989	GAM	0:16:07	0:32:07	0:32:12	15,695	+0:07:47
95	1481	RICARDO SILVA	M / 87	1984	ECS/RC66	0:15:57	0:32:05	0:32:15	15,714	+0:07:50
96	191	ANTONIO SALGADO	M / 88	1978	GET RUNNING	0:15:51	0:32:11	0:32:18	15,660	+0:07:52
97	943	RICARDO SALGADO	M / 89	1977	N.A.TAIPAS	0:15:58	0:32:16	0:32:21	15,620	+0:07:56
98	302	MAURO FERNANDES	M / 90	1980	MAXIMUS TEAM	0:15:44	0:32:26	0:32:26	15,546	+0:08:01
99	509	LUÍS CARDOSO	M / 91	1964	AMIGOS DO PONTO FINAL	0:15:14	0:32:26	0:32:27	15,545	+0:08:02
100	615	MANUEL MIRANDA	M / 92	1962	ACRRORIZ	0:15:55	0:32:28	0:32:28	15,525	+0:08:03
101	686	LUÍS PACHECO	M / 93	1984	SOCIEDADERECEIOEPANESE	0:16:06	0:32:29	0:32:30	15,52	+0:08:05
102	666	RUI MIRANDA	M / 94	1979	MIRAND'S	0:15:39	0:32:32	0:32:34	15,498	+0:08:09
103	178	SÉRGIO CRUZ	M / 95	1978		0:15:46	0:32:34	0:32:36	15,481	+0:08:11
104	72	RICARDO PEREIRA	M / 96	1978		0:16:35	0:32:26	0:32:37	15,541	+0:08:12
105	480	JOSÉ FERNANDES	M / 97	1957	MOV. JUV. MERELIM	0:16:03	0:32:38	0:32:41	15,447	+0:08:16
106	1399	JORGE FILIPE COSTA PEIXOTO	M / 98	1991	GAM	0:16:20	0:32:30	0:32:42	15,512	+0:08:17
107	853	JORGE FONTES	M / 99	1981		0:16:28	0:32:24	0:32:42	15,558	+0:08:17
108	1155	BRUNO SANTOS	M / 100	1995		0:20:03	0:30:22	0:32:43	16,599	+0:08:18
109	970	NATALINO TEIXEIRA	M / 101	1953		0:15:52	0:32:46	0:32:46	15,388	+0:08:21
110	518	PEDRO ROMANO	M / 102	1985	SUICIDAS BRÁCAROS	0:16:35	0:32:30	0:32:47	15,512	+0:08:22
111	785	CONSTANTINO SILVA	M / 103	1979		0:16:24	0:32:42	0:32:49	15,415	+0:08:24
112	272	JOSÉ RIBEIRO	M / 104	1951		0:16:22	0:32:51	0:32:51	15,350	+0:08:26
113	694	AMÉRICO IMPPERADEIRO	M / 105	1971	BRAGUINHAS	0:16:23	0:32:42	0:32:51	15,420	+0:08:26
114	1103	JOSÉ ANTÓNIO SILVA	M / 106	1972	EQUIPA ESPIRAL / GDBM	0:16:14	0:32:44	0:32:51	15,402	+0:08:26
115	55	FERNANDO PIMENTA	M / 107	1989	CLUBE NAUTICO PONTE LIMA	0:17:37	0:32:56	0:32:56	15,307	+0:08:31
116	1206	FREDERICO JOSÉ MEIRELES PEREIR	M / 108	1990	RC6/ RECCE COY	0:16:52	0:32:38	0:32:59	15,448	+0:08:34
117	822	NADINE LARANJEIRA	F / 9	1996	C. D. PÓVOA	0:16:00	0:33:01	0:33:01	15,269	+0:05:39
118	606	RICARDO FERNANDES	M / 109	1980		0:15:51	0:33:06	0:33:07	15,228	+0:08:42
119	34	JOSÉ ANTÓNIO TALAIA	M / 110	1977		0:16:52	0:32:59	0:33:08	15,286	+0:08:42
120	301	CARLOS NOVAIS	M / 111	1982	BARCELOS TEAM PORTUGAL	0:16:39	0:32:58	0:33:09	15,291	+0:08:44
121	736	PEDRO RODRIGUES	M / 112	1972	BMCAR RUNNER	0:16:00	0:33:03	0:33:10	15,256	+0:08:45
122	54	MARTA MARTINS	F / 10	1996	S. C. BRAGA	0:16:10	0:33:10	0:33:10	15,199	+0:05:48
123	495	PEDRO CARDOSO	M / 113	1974		0:16:27	0:33:08	0:33:14	15,216	+0:08:49
124	250	ALBERTO MACHADO	M / 114	1964	LINHAS MOURE CONFENIX	0:16:23	0:32:58	0:33:15	15,291	+0:08:50
125	947	NUNO CARDOSO	M / 115	1975	N.A.TAIPAS	0:15:55	0:33:15	0:33:16	15,163	+0:08:51
126	716	MARCO TORRES	M / 116	1975		0:16:35	0:33:04	0:33:18	15,243	+0:08:53



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Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
127	976	BRUNO DIAS	M /	117 1968		0:17:28	0:32:32	0:33:19	15,493	+0:08:54
128	490	GUILHERME MARTINS	M /	118 1973 MOV. JUV. MERELIM		0:16:01	0:33:19	0:33:21	15,134	+0:08:56
129	204	ANTÓNIO SILVA	M /	119 1960 INDIVIDUAL		0:16:34	0:33:23	0:33:23	15,102	+0:08:58
130	420	ANTÓNIO BATISTA	M /	120 1964		0:17:04	0:33:13	0:33:29	15,178	+0:09:04
131	1400	MÁRCIO FILIPE DA CRUZ COELHO	M /	121 1986 GAM		0:16:45	0:33:09	0:33:30	15,209	+0:09:05
132	908	MARTINHO DIAS	M /	122 1984 BRAGUINHAS		0:16:32	0:33:18	0:33:31	15,137	+0:09:06
133	1108	EDUARDO RODRIGUES	M /	123 1989		0:16:56	0:33:16	0:33:31	15,155	+0:09:06
134	1415	DIOGO FILIPE PEREIRA FERREIRA	M /	124 1991 GAM		0:16:55	0:33:01	0:33:32	15,272	+0:09:07
135	88	JOSÉ MACHADO	M /	125 1977 MINHOAVENTURA		0:16:54	0:33:00	0:33:32	15,276	+0:09:07
136	543	JOSÉ REGO	M /	126 1964		0:16:20	0:33:28	0:33:32	15,067	+0:09:07
137	884	JOÃO CUNHA	M /	127 1962		0:16:23	0:33:32	0:33:35	15,032	+0:09:10
138	235	JOSÉ ASSUNÇÃO	M /	128 1978		0:16:35	0:33:29	0:33:36	15,053	+0:09:10
139	1115	NUNO FORNELOS	M /	129 1977		0:16:52	0:33:36	0:33:39	15,004	+0:09:14
140	836	JORGE CABRAL	M /	130 1980		0:16:52	0:33:37	0:33:41	14,994	+0:09:16
141	725	RUI LEITE	M /	131 1986		0:16:35	0:33:39	0:33:42	14,978	+0:09:17
142	695	JOSÉ FINS	M /	132 1969 BRAGUINHAS		0:16:43	0:33:39	0:33:48	14,984	+0:09:23
143	460	FILIPE RIBEIRO	M /	133 1973		0:16:30	0:33:47	0:33:50	14,923	+0:09:25
144	1422	RUI MIGUEL PEREIRA CUNHA	M /	134 1992 GAM		0:16:07	0:33:45	0:33:52	14,936	+0:09:27
145	57	RUI JORGE BORGES	M /	135 1996 SC BRAGA		0:17:36	0:33:27	0:33:54	15,068	+0:09:29
146	1126	PAULO MESQUITA	M /	136 1991 ATV.V		0:16:18		0:33:56	14,854	+0:09:31
147	1195	ANDRÉ MARQUES RODRIGUES	M /	137 1989 RC6/ RECCE COY		0:18:01	0:33:38	0:33:57	14,991	+0:09:32
148	747	SOFIA MATOS	F /	11 1978		0:17:06	0:33:23	0:33:58	15,103	+0:06:37
149	560	CAMILO OLIVEIRA	M /	138 1965		0:16:49	0:33:45	0:33:59	14,933	+0:09:34
150	1031	LUIS SILVALUIS SILVA	M /	139 1956 SPORTING CLUBE DE BRAGA		0:16:50	0:34:00	0:34:00	14,824	+0:09:35
151	840	DUARTE OLIVEIRA	M /	140 1981 ARMADA TRAIL VILA VERDE		0:16:18		0:34:02	14,811	+0:09:37
152	1148	PAULO SILVA	M /	141 1975		0:16:27	0:33:46	0:34:03	14,926	+0:09:38
153	7	ANDRÉ GASPAR	M /	142 1990 TURBULENTOS		0:17:09	0:33:59	0:34:08	14,832	+0:09:43
154	1246	PEDRO MANUEL BARBOSA DURÃES	M /	143 1990 RC6/ RECCE COY		0:16:54	0:34:12	0:34:14	14,743	+0:09:49
155	372	PEDRO GUIMARÃES	M /	144 1980		0:16:24	0:34:14	0:34:17	14,725	+0:09:52
156	1279	NELSON JOSÉ MARTINS AZEVEDO O	M /	145 1992 RC6/ RECCE COY		0:18:10	0:33:50	0:34:21	14,897	+0:09:56
157	175	HELDER PEREIRA	M /	146 1984		0:16:53	0:34:19	0:34:23	14,688	+0:09:57
158	1003	PAULO BARROS	M /	147 1980		0:17:18	0:34:01	0:34:23	14,820	+0:09:58
159	487	MANUEL DIAS	M /	148 1955 MOV. JUV. MERELIM		0:17:03	0:34:24	0:34:25	14,656	+0:10:00
160	36	PEDRO NÓVOA	M /	149 1963 MINHO AVENTURA		0:16:54	0:34:22	0:34:28	14,671	+0:10:03
161	1117	FRANCISCO LEMOS	M /	150 1961		0:17:35	0:34:26	0:34:29	14,644	+0:10:04
162	1040	RUI ANDRÉ MARTINS	M /	151 1980		0:16:38	0:34:29	0:34:31	14,621	+0:10:06
163	819	XAVIER OLIVEIRA	M /	152 1969 XAVIER OLIVEIRA JOANE		0:16:59	0:34:26	0:34:31	14,639	+0:10:06
164	141	PORFÍRIO JORGE	M /	153 1984		0:17:21	0:34:03	0:34:31	14,803	+0:10:06
165	818	ANTÓNIO MACHADO	M /	154 1968 XAVIER OLIVEIRA JOANE		0:16:59	0:34:27	0:34:32	14,633	+0:10:07
166	488	ARMINDO GOMES	M /	155 1957 MOV. JUV. MERELIM		0:17:12	0:34:28	0:34:32	14,626	+0:10:07
167	87	JMIGUEL BARBOSA	M /	156 1977		0:17:10	0:34:31	0:34:34	14,608	+0:10:09
168	645	NUNO FERREIRA	M /	157 1984		0:17:21	0:34:26	0:34:37	14,638	+0:10:12



Resultados Globais / Overall Results

Pos Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1°	
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
169	709	LUIS SILVA	M /	158	1985	0:17:21	0:34:28	0:34:38	14,627	+0:10:13
170	551	NUNO SILVA	M /	159	1975 TURBULENTOS	0:17:12	0:34:14	0:34:38	14,726	+0:10:13
171	331	JOSE MARQUES	M /	160	1974	0:17:21	0:34:27	0:34:43	14,634	+0:10:18
172	1182	JONEL AZEVEDO RIBEIRO	M /	161	1984 RC6/ RECCE COY	0:17:12	0:34:43	0:34:46	14,523	+0:10:21
173	1218	JORGE MIGUEL NETO DE CASTRO	M /	162	1990 RC6/ RECCE COY	0:18:13	0:34:37	0:34:47	14,560	+0:10:22
174	974	JOAO BARREIRA	M /	163	1987	0:17:14	0:34:34	0:34:48	14,581	+0:10:23
175	702	RICARDO SOUSA	M /	164	1980 CAAC	0:17:20	0:34:35	0:34:49	14,580	+0:10:23
176	1049	FRANCISCO MANGERONA	M /	165	1992	0:17:26	0:34:33	0:34:52	14,594	+0:10:27
177	409	PAULO MACHADO	M /	166	1967 TRIO DATAKE	0:17:21	0:34:37	0:34:55	14,565	+0:10:30
178	1242	PEDRO SIMÃO DA SILVA PEREIRA C	M /	167	1985 RC6/ RECCE COY	0:17:42	0:34:53	0:34:56	14,454	+0:10:31
179	261	HELIO JORGE	M /	168	1968	0:16:55	0:34:45	0:34:56	14,510	+0:10:31
180	243	FILIPE FERNANDES	M /	169	1987	0:17:26	0:34:42	0:34:56	14,53	+0:10:31
181	104	LUIS BRAGA	M /	170	1984	0:17:14	0:34:42	0:34:57	14,526	+0:10:32
182	273	TIAGO SOUSA	M /	171	1986 CAC	0:17:20	0:34:43	0:34:57	14,520	+0:10:32
183	1416	ALEXANDRE DANIEL ALVES CUNHA	M /	172	1991 GAM	0:16:41	0:34:51	0:34:57	14,462	+0:10:32
184	1130	DANIEL MONTEIRO	M /	173	1989	0:18:06	0:34:54	0:34:58	14,446	+0:10:33
185	318	PEDRO TORRES	M /	174	1984	0:18:22	0:34:17	0:34:58	14,705	+0:10:33
186	1348	JOÃO FILIPE SOUSA VEIGA CARVAL	M /	175	1986 GAM	0:18:12	0:34:47	0:34:59	14,491	+0:10:34
187	591	ANGELO FERREIRA	M /	176	1978 GD AIRAO-CURVIÃ	0:17:17	0:34:58	0:34:59	14,418	+0:10:34
188	520	NUNO ALPOIM	M /	177	1982 SUICIDAS BRÁCAROS	0:17:40	0:34:37	0:34:59	14,56	+0:10:34
189	1331	VÍTOR DANTAS BARREIRO	M /	178	1982 GAM	0:18:46	0:34:26	0:35:00	14,643	+0:10:35
190	1257	FILIPE ANTÓNIO LARANJEIRA FERR	M /	179	1990 RC6/ RECCE COY	0:18:13	0:34:51	0:35:00	14,466	+0:10:35
191	530	RICARDO LEMOS	M /	180	1972	0:17:46	0:34:41	0:35:01	14,532	+0:10:36
192	1059	MIGUEL BARBOSA	M /	181	1978 O SETENTA	0:17:37	0:34:55	0:35:02	14,435	+0:10:37
193	1430	MIGUEL FERREIRA DA FONSECA	M /	182	1990 GAM	0:17:44	0:34:25	0:35:04	14,646	+0:10:38
194	989	FERNANDO PINHEIRO	M /	183	1975 MINHO AVENTURA	0:17:22	0:34:57	0:35:04	14,426	+0:10:39
195	941	JOSE GUIMARAES	M /	184	1962 N.A.TAIPAS	0:17:49	0:34:53	0:35:05	14,454	+0:10:40
196	540	NUNO RODRIGUES	M /	185	1966	0:17:18	0:34:59	0:35:05	14,409	+0:10:40
197	891	OCTÁVIO AFONSO	M /	186	1960 TURBULENTOS	0:18:16	0:34:45	0:35:07	14,506	+0:10:42
198	132	PAULO FERNANDES	M /	187	1980 VIDA ATIVA	0:17:28	0:34:58	0:35:09	14,420	+0:10:44
199	1455	JOSÉ BARROS	M /	188	1970 ECS/RC22	0:17:23	0:35:02	0:35:11	14,388	+0:10:46
200	1042	MARCIA COSTA	F /	12	1980 COSTA OLIVEIRA	0:18:06	0:34:23	0:35:14	14,664	+0:07:52
201	1136	FERNANDO CAMELO	M /	189	1958 S.C. SALGUEIROS	0:17:39	0:35:12	0:35:16	14,322	+0:10:50
202	939	JOAO SILVA	M /	190	1961 N.A.TAIPAS	0:17:30	0:35:11	0:35:16	14,330	+0:10:51
203	544	MARIO COSTA	M /	191	1978	0:17:48	0:35:00	0:35:18	14,402	+0:10:53
204	154	BRUNO MONTEIRO	M /	192	1979	0:19:02	0:34:26	0:35:18	14,640	+0:10:53
205	79	TIAGO SOUSA	M /	193	1991	0:17:06	0:35:09	0:35:19	14,343	+0:10:54
206	517	RUI GOMES	M /	194	1982 SUICIDAS BRÁCAROS	0:18:11	0:34:59	0:35:20	14,413	+0:10:54
207	1363	PEDRO ANTÓNIO DOS SANTOS TOR	M /	195	1990 GAM	0:18:17	0:35:04	0:35:21	14,376	+0:10:56
208	153	RUI ALBUQUERQUE	M /	196	1975	0:16:57	0:35:20	0:35:23	14,270	+0:10:57
209	1274	VITOR ANDRÉ MAGALHÃES MIRAN	M /	197	1991 RC6/ RECCE COY	0:18:13	0:35:12	0:35:23	14,324	+0:10:58
210	1133	MARCO LEITE	M /	198	1973	0:17:41	0:35:21	0:35:25	14,261	+0:11:00



Resultados Globais / Overall Results

Pos Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1°	
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
211	77	ALFREDO COSTA	M /	199	1959 OURSENSE	0:17:22	0:35:28	0:35:30	14,211	+0:11:05
212	1111	TONI MACEDO	M /	200	1981	0:17:08	0:35:31	0:35:32	14,197	+0:11:07
213	157	ANTONIO MONTEIRO	M /	201	1972 SCBRAGA	0:17:35	0:35:29	0:35:34	14,207	+0:11:09
214	905	VITOR VITORINO	M /	202	1977	0:18:01	0:35:02	0:35:36	14,390	+0:11:11
215	225	CARLOS ABREU	M /	203	1957	0:17:25	0:35:32	0:35:37	14,185	+0:11:12
216	620	FÁBIO MACHADO	M /	204	1993 CLUBE TIAGO MACHADO	0:17:12	0:35:35	0:35:38	14,166	+0:11:13
217	557	JOSÉ SEQUEIRA	M /	205	1960 SOARENSE SPORT CLUBE	0:17:31	0:35:32	0:35:40	14,188	+0:11:15
218	1207	PEDRO DANIEL FARIA PEREIRA	M /	206	1989 RC6/ RECCE COY	0:19:03	0:35:25	0:35:45	14,236	+0:11:20
219	689	PAULO MACHADO	M /	207	1975	0:17:08	0:35:29	0:35:45	14,204	+0:11:20
220	1223	JOAQUIM RICARDO VIEIRA RIBEIRO	M /	208	1989 RC6/ RECCE COY	0:17:42	0:35:44	0:35:45	14,109	+0:11:20
221	1352	HÉLDER PEDRO DE SOUSA GOMES	M /	209	1983 GAM	0:18:53	0:35:31	0:35:47	14,193	+0:11:22
222	212	FERNANDO DIAS	M /	210	1954	0:18:53	0:35:05	0:35:51	14,368	+0:11:26
223	950	JOSE MEIRA FREITAS	M /	211	1974 N.A.TAIPAS	0:17:50	0:35:40	0:35:52	14,131	+0:11:27
224	1013	ANDRÉ LOURO	M /	212	1988	0:18:38	0:35:29	0:35:53	14,208	+0:11:27
225	338	MIGUEL SILVA	M /	213	1972	0:18:07	0:35:17	0:35:53	14,287	+0:11:28
226	959	CARLOS MARTINS	M /	214	1971	0:18:41	0:35:45	0:35:54	14,101	+0:11:29
227	871	ANDRÉ GOMES	M /	215	1981	0:18:02	0:35:36	0:35:56	14,161	+0:11:31
228	1179	JOSÉ MANUEL CARVALHO PEREIRA	M /	216	1971 RC6/ RECCE COY	0:17:43	0:36:01	0:36:02	13,998	+0:11:37
229	1234	RUI JORGE DIAS ALVES	M /	217	1990 RC6/ RECCE COY	0:17:42	0:36:02	0:36:03	13,993	+0:11:38
230	251	ERNESTO FERNANDES	M /	218	1962 LINHAS MOURE CONFENIX	0:18:29	0:35:42	0:36:04	14,12	+0:11:39
231	869	GABRIEL LUCAS	M /	219	1964	0:17:26	0:35:56	0:36:05	14,028	+0:11:40
232	1100	BRUNO OLIVEIRA	M /	220	1982	0:18:11	0:35:52	0:36:07	14,057	+0:11:42
233	461	JOAQUIM FERREIRAR	M /	221	1963	0:17:56	0:36:03	0:36:08	13,984	+0:11:43
234	1403	FERNANDO SÉRGIO ARAÚJO FERREI	M /	222	1991 GAM	0:18:08	0:35:38	0:36:08	14,146	+0:11:43
235	245	ANDRÉ DIAS	M /	223	1987	0:18:18	0:35:45	0:36:09	14,103	+0:11:43
236	1429	JORGE GOMES PINTO CERQUEIRA	M /	224	1981 GAM	0:18:10	0:36:09	0:36:09	13,945	+0:11:44
237	391	ALBERTO ARAUJO	M /	225	1973 RB RUNNING	0:17:35	0:36:11	0:36:14	13,932	+0:11:49
238	511	JÚLIO MAIA	M /	226	1984 AMIGOS DO PONTO FINAL	0:18:52	0:35:52	0:36:15	14,057	+0:11:50
239	696	JOSÉ RIBEIRO	M /	227	1959 BRAGUINHAS	0:18:31	0:35:55	0:36:15	14,039	+0:11:50
240	362	FRANCISCO CERQUEIRA	M /	228	1971 MARATONISTAS MINHO	0:18:21	0:35:49	0:36:16	14,074	+0:11:51
241	276	JOAO REGO	M /	229	1978	0:18:50	0:35:41	0:36:17	14,13	+0:11:51
242	390	ANTÓNIO FERREIRA	M /	230	1961	0:18:46	0:35:54	0:36:18	14,045	+0:11:53
243	103	JAIME LIMA	M /	231	1961	0:17:27	0:36:19	0:36:19	13,883	+0:11:54
244	684	FRANCISCO CUNHA	M /	232	1974 SOCIEDADERECEIOCEPANESE	0:19:01	0:36:02	0:36:24	13,987	+0:11:59
245	576	NELSON CUNHA	M /	233	1991	0:19:05	0:35:56	0:36:28	14,028	+0:12:03
246	1295	ANDRÉ PORTELA TAVEIRA	M /	234	1990 RC6/ RECCE COY	0:18:11	0:36:17	0:36:29	13,891	+0:12:04
247	1296	CELSO ANTONIO FERNANDES VIEIR	M /	235	1992 RC6/ RECCE COY	0:18:11	0:36:17	0:36:29	13,891	+0:12:04
248	1392	JOSÉ BRUNO FERREIRA PEREIRA	M /	236	1986 GAM	0:18:53	0:35:42	0:36:29	14,120	+0:12:04
249	23	JORGE LOURENÇO	M /	237	1969 TURBULENTOS	0:17:52	0:36:30	0:36:30	13,811	+0:12:05
250	978	JOSÉ CARLOS RAMALHO	M /	238	1967 .COM	0:18:10	0:36:16	0:36:32	13,902	+0:12:07
251	1362	TIAGO DANIEL CAPELA	M /	239	1990 GAM	0:19:00	0:36:07	0:36:33	13,958	+0:12:08
252	680	ANTÓNIO MENDES	M /	240	1966 SOCIEDADERECEIOCEPANESE	0:18:03	0:36:27	0:36:33	13,83	+0:12:08



Resultados Globais / Overall Results

Pos Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1°	
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
253	663	ADRIANO PINTO	M / 241	1963 BRAGUINHAS	0:17:47	0:36:25	0:36:35	13,841	+0:12:10	
254	934	NELSON GONÇALVES	M / 242	1987	0:19:22	0:35:52	0:36:36	14,055	+0:12:11	
255	948	NUNO MARTINHO	M / 243	1973 N.A.TAIPAS	0:18:31	0:36:22	0:36:36	13,861	+0:12:11	
256	30	JOÃO RIBEIRO	M / 244	1989 SL BENFICA	0:17:38	0:36:36	0:36:36	13,777	+0:12:11	
257	946	PAULO RODRIGUES	M / 245	1971 N.A.TAIPAS	0:18:31	0:36:24	0:36:36	13,851	+0:12:11	
258	155	JORGE MANUEL RODRIGUES	M / 246	1965	0:18:51	0:36:22	0:36:37	13,862	+0:12:12	
259	968	NUNO SILVA	M / 247	1993	0:18:55	0:36:23	0:36:37	13,855	+0:12:12	
260	20	EMANUEL SILVA	M / 248	1985 SPORTING CP	0:17:38	0:36:37	0:36:37	13,770	+0:12:12	
261	1016	SÉRGIO COSTA	M / 249	1992 CLUBE FLUVIAL DE MERELIM	0:18:54	0:36:27	0:36:40	13,829	+0:12:15	
262	572	BRUNO BRAGA	M / 250	1986	0:18:25	0:36:00	0:36:41	14,003	+0:12:16	
263	181	RUI ALVES	M / 251	1985 TRAIL ME	0:18:39	0:36:30	0:36:44	13,811	+0:12:19	
264	616	DOMINGOS VILACA	M / 252	1979	0:18:23	0:36:33	0:36:45	13,794	+0:12:20	
265	815	JOAQUIM MACHADO	M / 253	1964 XAVIER OLIVEIRA JOANE	0:18:14	0:36:40	0:36:45	13,751	+0:12:20	
266	1024	MANUEL MENDES	M / 254	1984	0:18:57	0:36:30	0:36:47	13,814	+0:12:22	
267	1102	GASPAR PEREIRA	M / 255	1970	0:17:40	0:36:47	0:36:47	13,706	+0:12:22	
268	664	HENRIQUE SILVA	M / 256	1973 BRAGUINHAS	0:18:41	0:36:27	0:36:47	13,832	+0:12:22	
269	552	ERIC CARVALHO	M / 257	1986 GIPS	0:17:45	0:36:37	0:36:48	13,767	+0:12:22	
270	834	JOÃO OLIVEIRA	M / 258	1983	0:18:37	0:36:36	0:36:48	13,773	+0:12:23	
271	2	DULCE SILVA	F / 13	1976	0:18:38	0:36:36	0:36:48	13,773	+0:09:27	
272	1014	ALFREDO FARIA	M / 259	1977 CLUBE FLUVIAL DE MERELIM	0:18:54	0:36:36	0:36:49	13,773	+0:12:24	
273	1163	AARMANDO ALVES	M / 260	1967	0:18:17	0:36:45	0:36:50	13,718	+0:12:25	
274	192	CESAR RIBEIRO	M / 261	1975 GET RUNNING	0:18:46	0:36:46	0:36:53	13,708	+0:12:28	
275	427	JORGE FARIA	M / 262	1969	0:18:58	0:36:34	0:36:55	13,786	+0:12:29	
276	933	JOSÉ CRUZ	M / 263	1966	0:18:16	0:36:40	0:36:56	13,748	+0:12:30	
277	339	JOSE MAGALHAES	M / 264	1967	0:18:40	0:36:48	0:36:56	13,699	+0:12:30	
278	457	RUI FERREIRA	M / 265	1973 MERCADO DA PEDRA/ 7POR7	0:18:42	0:36:22	0:36:57	13,865	+0:12:32	
279	291	JOÃO SILVA	M / 266	1975 MUNICÍPIO RUNNERS	0:17:57	0:36:50	0:36:57	13,685	+0:12:32	
280	578	JOÃO GUIMARÃES	M / 267	1973	0:18:11	0:36:56	0:36:58	13,651	+0:12:33	
281	246	FILIPE CARDOSO	M / 268	1987	0:18:53	0:36:35	0:36:59	13,777	+0:12:34	
282	163	OSVALDO OLIVEIRA	M / 269	1960 TURBULENTOS	0:18:55	0:36:14	0:37:00	13,914	+0:12:34	
283	1318	LUÍS MIGUEL NETO FERREIRA	M / 270	1990 GAM	0:17:59	0:36:55	0:37:00	13,656	+0:12:35	
284	922	PEDRO FERNANDES	M / 271	1979	0:18:42	0:36:41	0:37:00	13,743	+0:12:35	
285	1250	DIOGO MIGUEL MARTINS FARIA	M / 272	1987 RC6/ RECCE COY	0:18:41	0:36:18	0:37:01	13,888	+0:12:36	
286	539	EMANUEL BRAGA	M / 273	1987	0:19:22	0:36:17	0:37:02	13,897	+0:12:37	
287	1225	FILIPE JOSÉ RODRIGUES DA COSTA	M / 274	1991 RC6/ RECCE COY	0:18:02	0:37:00	0:37:03	13,623	+0:12:38	
288	619	CRISTIANO TEIXEIRA	M / 275	1990 CLUBE TIAGO MACHADO	0:17:35	0:37:02	0:37:04	13,613	+0:12:39	
289	1264	NUNO TIAGO COSTA JORGE	M / 276	1991 RC6/ RECCE COY	0:18:10	0:37:02	0:37:05	13,612	+0:12:40	
290	1228	TIAGO MANUEL FERNANDES PEREI	M / 277	1989 RC6/ RECCE COY	0:21:08	0:36:47	0:37:05	13,708	+0:12:40	
291	1286	CARLA SUSANA SAMPAIO REQUEIJ	F / 14	1990 RC6/ RECCE COY	0:18:10	0:37:06	0:37:08	13,59	+0:09:46	
292	371	PAULO VASCONCELOS	M / 278	1966	0:19:00	0:36:48	0:37:10	13,696	+0:12:45	
293	1186	ARTUR MANUEL RODRIGUES CORR	M / 279	1981 RC6/ RECCE COY	0:19:12	0:36:50	0:37:10	13,684	+0:12:45	
294	1190	JOÃO PAULO MARCOS CARVALHO	M / 280	1985 RC6/ RECCE COY	0:19:12	0:36:51	0:37:10	13,680	+0:12:45	



Resultados Globais / Overall Results

Pos	Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1°
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
295	1273	GASPAR RAFAEL OLIVEIRA MENDES	M /	281	1991 RC6/ RECCE COY	0:19:40	0:36:37	0:37:12	13,765	+0:12:47
296	311	VITOR FERREIRA	M /	282	1982	0:18:18	0:37:04	0:37:13	13,598	+0:12:48
297	89	MÁRIO VIEIRA	M /	283	1977	0:19:55	0:36:04	0:37:15	13,977	+0:12:50
298	1184	FILIPE AUGUSTO VELOSO COELHO	M /	284	1975 RC6/ RECCE COY	0:18:26	0:36:55	0:37:17	13,653	+0:12:51
299	400	JOSÉ LOSA	M /	285	1964	0:17:57	0:37:16	0:37:18	13,525	+0:12:53
300	130	LUÍS TEIXEIRA	M /	286	1974 ATIB FINABRAGA BTT	0:18:27	0:37:16	0:37:21	13,526	+0:12:56
301	566	DAVID AGUIAR	M /	287	1985 TURBULENTOS	0:18:15	0:37:14	0:37:23	13,539	+0:12:58
302	717	DIAMANTINO COELHO	M /	288	1948 EUROTRANSMISSÃO-BRAGA	0:18:56	0:37:24	0:37:25	13,48	+0:13:00
303	1368	CELSO JOÃO BARBOSA GOMES	M /	289	1988 GAM	0:19:14	0:37:12	0:37:27	13,551	+0:13:02
304	1157	MANUEL LOPES	M /	290	1964	0:18:48	0:37:16	0:37:28	13,528	+0:13:03
305	1402	ANTÓNIO DE OLIVEIRA DA CUNHA	M /	291	1993 GAM	0:20:03	0:36:57	0:37:29	13,646	+0:13:04
306	1417	JORGE MIGUEL FERREIRA	M /	292	1990 GAM	0:19:32	0:36:57	0:37:29	13,646	+0:13:04
307	714	FLAVIO SILVA	M /	293	1974	0:18:42	0:37:20	0:37:29	13,505	+0:13:04
308	900	JOÃO MENDES	M /	294	1978 FAFE RUNNERS	0:18:49	0:37:24	0:37:31	13,481	+0:13:06
309	405	AUGUSTO ROCHA	M /	295	1969	0:19:13	0:37:08	0:37:32	13,578	+0:13:07
310	35	NUNO OLIVEIRA	M /	296	1981 TURBULENTOS	0:18:56	0:37:11	0:37:33	13,56	+0:13:07
311	806	MARTINO PICOTTI	M /	297	1970	0:18:50	0:37:27	0:37:33	13,463	+0:13:08
312	1226	ANTÓNIO PEDRO MAIA RIBEIRO	M /	298	1990 RC6/ RECCE COY	0:20:39	0:36:55	0:37:35	13,656	+0:13:10
313	585	PAULO GONÇALVES	M /	299	1970	0:18:11	0:37:34	0:37:37	13,417	+0:13:11
314	650	FILIPE OLIVEIRA	M /	300	1982 FAMA RUNNERS	0:18:21	0:37:32	0:37:39	13,430	+0:13:14
315	916	PAULO LOUREIRO	M /	301	1972	0:19:17	0:37:22	0:37:40	13,493	+0:13:15
316	613	MÁRIO QUEIRÓS	M /	302	1969	0:18:39	0:37:21	0:37:40	13,498	+0:13:15
317	1307	AMÉRICO FILIPE DA COSTA PEREIR	M /	303	1978 GAM	0:18:52	0:37:31	0:37:41	13,435	+0:13:16
318	1294	HELDER VALDEMAR MARQUES FER	M /	304	1985 RC6/ RECCE COY	0:20:38	0:37:02	0:37:41	13,611	+0:13:16
319	596	ALBERTO FERREIRA	M /	305	1963 GD AIRAO-CURVIÃ	0:19:07	0:37:21	0:37:42	13,499	+0:13:17
320	918	JOSÉ MENDES	M /	306	1993	0:18:43	0:37:36	0:37:43	13,407	+0:13:17
321	1413	TIAGO ALEXANDRE FONTES MARTI	M /	307	1988 GAM	0:19:13	0:37:29	0:37:44	13,449	+0:13:19
322	1419	TIAGO RODRIGUES BESSA	M /	308	1990 GAM	0:19:06	0:37:14	0:37:45	13,539	+0:13:20
323	655	PEDRO CORREIA	M /	309	1972 BARCELOS TEAM PORTUGAL	0:19:09	0:37:34	0:37:46	13,418	+0:13:21
324	446	PEDRO PEREIRA	M /	310	1985	0:20:16	0:36:51	0:37:46	13,678	+0:13:21
325	283	RICARDO PINTO	M /	311	1972 BRG TEAM	0:17:58	0:37:48	0:37:52	13,336	+0:13:27
326	698	MANUEL CUNHA	M /	312	1961 BRAGUINHAS	0:19:33	0:37:31	0:37:53	13,437	+0:13:28
327	1183	DUARTE DOS SANTOS SOEIRO	M /	313	1982 RC6/ RECCE COY	0:19:43	0:37:34	0:37:53	13,418	+0:13:28
328	1340	TIAGO FILIPE PARREIRA PIRES	M /	314	1978 GAM	0:19:03	0:37:27	0:37:54	13,460	+0:13:29
329	1342	ARTUR DA COSTA FERREIRA	M /	315	1970 GAM	0:19:03	0:37:29	0:37:55	13,450	+0:13:30
330	5	RAUL CERDEIRA	M /	316	1973 CABRITOS DA CORTIÇA	0:20:13	0:36:59	0:37:55	13,630	+0:13:30
331	203	EDUARDO NUNO MIRANDA DA SILV	M /	317	1978	0:20:09	0:35:02	0:37:56	14,388	+0:13:31
332	1175	RICARDO MANUEL MONTEIRO VIEI	M /	318	1986 RC6/ RECCE COY	0:19:44	0:37:34	0:37:57	13,419	+0:13:32
333	50	ÂNGELA CARVALHO	F /	15	1984 TURBULENTOS	0:18:57	0:37:34	0:37:58	13,419	+0:10:36
334	224	FERNANDO COSTA	M /	319	1969 AMIGOS ATLETISMO POVOENS	0:18:46	0:37:43	0:37:58	13,367	+0:13:33
335	584	HUMBERTO CARDOSO	M /	320	1977	0:18:52	0:37:48	0:38:00	13,336	+0:13:35
336	730	CARLOS GONÇALVES	M /	321	1975 BARROSÕES	0:18:59	0:37:56	0:38:01	13,29	+0:13:36



Resultados Globais / Overall Results

Pos Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1°	
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
337	236	FRANCISCO ABRANTES	M / 322	1949		0:19:07	0:37:47	0:38:02	13,344	+0:13:36
338	179	MANUEL PEREIRA	M / 323	1985	LOS DOS MANEL	0:19:35	0:37:33	0:38:03	13,428	+0:13:38
339	955	LUIS ESTEVES	M / 324	1974		0:18:42	0:37:56	0:38:04	13,287	+0:13:39
340	62	JORGE SOUSA	M / 325	1981	EIDH	0:18:35	0:37:39	0:38:04	13,389	+0:13:39
341	53	DAVID FERNANDES	M / 326	1972		0:19:36	0:37:53	0:38:06	13,308	+0:13:41
342	411	FILIPE FERREIRA	M / 327	1974		0:18:43	0:37:54	0:38:06	13,301	+0:13:41
343	1285	RICARDO FILIPE TEIXEIRA PINTO	M / 328	1986	RC6/ RECCE COY	0:20:08	0:37:25	0:38:07	13,475	+0:13:42
344	59	SÉRGIO DIAS	M / 329	1970	EIDH	0:18:47	0:37:54	0:38:07	13,3	+0:13:42
345	1203	JORGE EMANUEL FERREIRA DA SIL	M / 330	1991	RC6/ RECCE COY	0:20:00	0:37:32	0:38:08	13,43	+0:13:43
346	180	MANUEL FERREIRA	M / 331	1985	LOS DOS MANEL	0:19:36	0:37:38	0:38:08	13,396	+0:13:43
347	971	VITOR SOUSA	M / 332	1978		0:18:34	0:37:58	0:38:12	13,278	+0:13:47
348	345	JOSÉ SILVA	M / 333	1981		0:19:29	0:37:46	0:38:12	13,348	+0:13:47
349	1185	CÉSAR BERNARDES MEIRELES	M / 334	1982	RC6/ RECCE COY	0:20:00	0:37:37	0:38:13	13,404	+0:13:48
350	512	JOSÉ BORGES	M / 335	1965	AMIGOS DO PONTO FINAL	0:18:51	0:37:51	0:38:15	13,317	+0:13:50
351	1052	RUI NOVO	M / 336	1973	TURBULENTOS	0:19:25	0:37:32	0:38:16	13,431	+0:13:51
352	555	JOSÉ CRUZ	M / 337	1971		0:19:34	0:37:53	0:38:16	13,307	+0:13:51
353	999	ALFREDO VIEIRA	M / 338	1984	BESTFITNESSPLACE	0:20:03	0:37:51	0:38:17	13,317	+0:13:52
354	531	OSCAR LEMOS	M / 339	1974		0:19:43	0:37:58	0:38:18	13,278	+0:13:53
355	40	JOSÉ LOUREIRO	M / 340	1965	TURBULENTOS	0:18:51	0:37:55	0:38:18	13,297	+0:13:53
356	1173	JOÃO PEDRO GOMES MACIEIRA DE	M / 341	1983	RC6/ RECCE COY	0:20:23	0:37:52	0:38:19	13,314	+0:13:54
357	1081	MANUEL SOUSA	M / 342	1962		0:20:02	0:37:51	0:38:20	13,318	+0:13:55
358	346	JOSÉ LOUREIRO	M / 343	1993		0:18:12	0:38:14	0:38:21	13,183	+0:13:56
359	122	CARLOS BORGES	M / 344	1972	ATIB FINABRAGA BTT	0:18:56	0:38:16	0:38:23	13,174	+0:13:58
360	1132	MARIA MELO	F / 16	1975		0:18:35	0:38:20	0:38:24	13,150	+0:11:02
361	794	DARIO COELHO	M / 345	1970		0:20:15	0:37:43	0:38:25	13,368	+0:14:00
362	681	SÉRGIO MENDES	M / 346	1977	SOCIEDADERECEIOEPANESE	0:18:57	0:38:22	0:38:28	13,137	+0:14:03
363	996	JOSÉ M. PEREIRA	M / 347	1972	BRAGUINHAS	0:18:48	0:38:21	0:38:29	13,145	+0:14:04
364	787	LUÍS AZEVEDO	M / 348	1956		0:18:47	0:38:27	0:38:30	13,113	+0:14:05
365	762	TIAGO CORREIA	M / 349	1987	CORREIAS	0:18:45	0:38:23	0:38:30	13,136	+0:14:05
366	599	JOSÉ COSTA	M / 350	1953	GD AIRAO-CURVIÃ	0:19:37	0:38:11	0:38:32	13,202	+0:14:07
367	254	PEDRO MACHADO	M / 351	1972	LINHAS MOURE CONFENIX	0:19:20	0:38:13	0:38:33	13,189	+0:14:08
368	447	RICARDO NOGUEIRA	M / 352	1980		0:19:54	0:38:11	0:38:33	13,203	+0:14:08
369	219	OSVALDO MACHADO	M / 353	1971	O&Z	0:21:07	0:38:05	0:38:34	13,235	+0:14:09
370	1147	CLÁUDIO FERREIRA	M / 354	1979		0:18:55	0:38:30	0:38:35	13,096	+0:14:09
371	260	MIGUEL MESQUITA	M / 355	1982		0:18:40	0:38:33	0:38:36	13,076	+0:14:11
372	617	ELSA GONÇALVES	F / 17	1979		0:19:31	0:38:23	0:38:36	13,134	+0:11:15
373	402	LINO MARQUES	M / 356	1957		0:18:50	0:38:25	0:38:37	13,122	+0:14:12
374	33	MÁRIO CARDOSO	M / 357	1966	TURBULENTOS	0:19:39	0:37:51	0:38:38	13,319	+0:14:13
375	687	CARLOS LEMOS	M / 358	1960	SOCIEDADERECEIOEPANESE	0:18:36	0:38:38	0:38:39	13,048	+0:14:14
376	74	JOÃO VILAÇA	M / 359	1974		0:18:59	0:38:36	0:38:41	13,058	+0:14:16
377	249	ANTÓNIO ALVES	M / 360	1969	LINHAS MOURE CONFENIX	0:19:18	0:38:23	0:38:42	13,134	+0:14:17
378	393	JOSÉ MOREIRA	M / 361	1962		0:20:08	0:38:23	0:38:42	13,133	+0:14:17



Resultados Globais / Overall Results

Pos Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1º	
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
379	42	EUGÉNIO VEIGA	M / 362	1969		0:18:50	0:38:38	0:38:43	13,048	+0:14:18
380	326	IVO BRITO	M / 363	1986		0:19:55	0:38:04	0:38:44	13,245	+0:14:19
381	44	VALQUIRIA SILVA	F / 18	1976	BOAVISTA FC	0:19:22	0:38:25	0:38:44	13,121	+0:11:22
382	1056	JOÃO REINA	M / 364	1982		0:20:01	0:38:09	0:38:45	13,216	+0:14:20
383	124	RUI GONÇALVES	M / 365	1974	ATIB FINABRAGA BTT	0:18:46	0:38:41	0:38:46	13,029	+0:14:21
384	523	ANDRÉ ASSEMBLEIA	M / 366	1986	SUICIDAS BRÁCAROS	0:19:26	0:38:25	0:38:46	13,123	+0:14:21
385	1039	HENRIQUE PIRES	M / 367	1993		0:18:51	0:38:41	0:38:47	13,034	+0:14:22
386	1211	BRUNO FERREIRA FARIA	M / 368	1985	RC6/ RECCE COY	0:22:00	0:38:06	0:38:48	13,233	+0:14:23
387	728	FÁBIO GOMES	M / 369	1992		0:19:19	0:37:46	0:38:49	13,350	+0:14:24
388	1138	PAULO MARQUES	M / 370	1969	MOV. JUV. MERELIM	0:19:46	0:38:19	0:38:49	13,157	+0:14:24
389	998	MIGUEL RIBEIRO	M / 371	1982	BESTFITNESSPLACE	0:20:01	0:38:24	0:38:49	13,131	+0:14:24
390	392	JOÃO MIGUEL FERNANDES	M / 372	1968		0:19:10	0:38:24	0:38:51	13,129	+0:14:26
391	705	JOSÉ RIBEIRO	M / 373	1964	VAMOS LÁ	0:19:53	0:38:35	0:38:52	13,064	+0:14:27
392	1277	HENRIQUE DANIEL RODRIGUES OLI	M / 374	1990	RC6/ RECCE COY	0:19:36	0:38:43	0:38:54	13,022	+0:14:29
393	506	JOAQUIM PINHEIRO	M / 375	1970	AMIGOS DO PONTO FINAL	0:19:33	0:38:34	0:38:58	13,072	+0:14:33
394	507	CELESTINO SILVA	M / 376	1965	AMIGOS DO PONTO FINAL	0:19:33	0:38:36	0:38:59	13,061	+0:14:34
395	505	MANUEL SILVA	M / 377	1968	AMIGOS DO PONTO FINAL	0:19:33	0:38:34	0:38:59	13,07	+0:14:34
396	205	MARIO DA CRUZ FARIA	M / 378	1962		0:18:59	0:38:55	0:39:00	12,953	+0:14:35
397	1411	BRUNO JOSÉ RODRIGUES SOUSA	M / 379	1987	GAM	0:20:07	0:38:22	0:39:00	13,139	+0:14:35
398	140	JOÃO PAIVA	M / 380	1976		0:20:21	0:38:23	0:39:00	13,136	+0:14:35
399	767	CARLOS CUNHA	M / 381	1979		0:20:31	0:38:03	0:39:02	13,247	+0:14:37
400	771	ELISA RODRIGUES	F / 19	1965		0:19:19	0:39:02	0:39:04	12,917	+0:11:42
401	459	FRANCISCO MIRANDA	M / 382	1972		0:19:34	0:38:59	0:39:04	12,93	+0:14:39
402	375	RUI FERREIRA	M / 383	1988		0:19:16	0:38:43	0:39:05	13,022	+0:14:40
403	197	SERGIO GOMES	M / 384	1981	GET RUNNING	0:19:37	0:38:52	0:39:08	12,972	+0:14:43
404	658	NUNO GUERRA	M / 385	1974	SPEED SPIDER	0:19:42	0:38:43	0:39:10	13,02	+0:14:44
405	901	PEDRO PINTO	M / 386	1981	FAFE RUNNERS	0:19:04	0:39:03	0:39:11	12,909	+0:14:46
406	731	PAULO CAMACHO	M / 387	1972	BARROSÕES	0:19:00	0:39:06	0:39:11	12,894	+0:14:46
407	288	SERGIO MARTINS	M / 388	1979		0:20:43		0:39:12	12,859	+0:14:47
408	13	JOSÉ HENRIQUE BARROS	M / 389	1974	BRAGAZELAS	0:19:01	0:38:57	0:39:12	12,945	+0:14:47
409	671	PEDRO GUIMARÃES	M / 390	1993	OLHAMETALI	0:18:41	0:39:12	0:39:14	12,862	+0:14:49
410	128	MANUEL DUARTE	M / 391	1973		0:20:19	0:38:38	0:39:16	13,051	+0:14:51
411	997	NUNO MACHADO	M / 392	1982	BESTFITNESSPLACE	0:20:01	0:38:51	0:39:16	12,978	+0:14:51
412	1188	MÁRCIO FILIPE MARTINS DE SOUSA	M / 393	1982	RC6/ RECCE COY	0:18:26	0:39:14	0:39:17	12,849	+0:14:52
413	700	BRUNO MAQUES	M / 394	1979		0:20:54	0:38:34	0:39:17	13,068	+0:14:52
414	837	AUGUSTO MENDES	M / 395	1978		0:20:22	0:38:36	0:39:18	13,060	+0:14:53
415	1047	MIGUEL LEITE	M / 396	1979		0:19:13	0:38:54	0:39:18	12,958	+0:14:53
416	1198	ANTÓNIO MIGUEL DE OLIVEIRA PIN	M / 397	1985	RC6/ RECCE COY	0:20:06	0:38:58	0:39:20	12,938	+0:14:55
417	1244	SIMON ANDRÉ FERREIRA DA COSTA	M / 398	1991	RC6/ RECCE COY	0:20:04	0:38:49	0:39:20	12,987	+0:14:55
418	134	JOÃO SOARES	M / 399	1966		0:20:07	0:38:44	0:39:21	13,012	+0:14:56
419	942	ANTONIO RODRIGUES	M / 400	1962	N.A.TAIPAS	0:19:51	0:39:09	0:39:22	12,878	+0:14:57
420	1026	PEDRO PATRICIO	M / 401	1973		0:19:57	0:38:37	0:39:23	13,053	+0:14:58



Resultados Globais / Overall Results

Pos	Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1º		
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st		
421	792	JOSE MONTEIRO	M /	402	1975			0:19:58	0:38:55	0:39:23	12,952	+0:14:58
422	365	CARLOS VIANA	M /	403	1986	MARATONISTAS MINHO		0:20:02	0:38:58	0:39:25	12,939	+0:14:59
423	802	PEDRO DIAS	M /	404	1962			0:19:27	0:39:08	0:39:25	12,882	+0:15:00
424	825	CARLOS GONÇALVES	M /	405	1973			0:20:43	0:39:07	0:39:25	12,885	+0:15:00
425	1468	MIGUEL CARVALHO	M /	406	1986	ECS/RC39		0:20:01	0:38:55	0:39:25	12,951	+0:15:00
426	1360	SERAFIM ANDRÉ MOREIRA DA ROC	M /	407	1987	GAM		0:19:32	0:39:11	0:39:26	12,863	+0:15:01
427	919	ADRIANA GOMES	F /	20	1984			0:19:26	0:39:12	0:39:26	12,859	+0:12:04
428	314	FERNANDO RIBEIRO	M /	408	1976			0:19:48	0:39:05	0:39:27	12,897	+0:15:02
429	429	DANIEL SILVA	M /	409	1974	MINHO AVENTURA		0:22:25	0:38:51	0:39:28	12,976	+0:15:03
430	662	ANTÓNIO SOUSA	M /	410	1957			0:19:28	0:39:10	0:39:29	12,873	+0:15:04
431	215	JORGE MARINHO	M /	411	1979	BOAVISTA FC		0:19:20	0:39:16	0:39:30	12,836	+0:15:05
432	1278	JOÃO HILÁRIO OLIVEIRA	M /	412	1989	RC6/ RECCE COY		0:20:14	0:38:58	0:39:30	12,938	+0:15:05
433	1027	JOÃO MENDES	M /	413	1975	VAMOS LÁ		0:20:07	0:39:12	0:39:31	12,858	+0:15:06
434	348	ANIBAL MACHADO	M /	414	1958			0:18:52	0:39:26	0:39:31	12,785	+0:15:06
435	944	ANTONIO AFONSO	M /	415	1965	N.A.TAIPAS		0:19:25	0:39:21	0:39:32	12,812	+0:15:07
436	1192	MARIA CÈLIA RIBEIRO CAMPINO	F /	21	1985	RC6/ RECCE COY		0:20:08	0:39:01	0:39:34	12,921	+0:12:12
437	285	SÉRGIO ARAÚJO	M /	416	1976			0:18:26	0:39:33	0:39:36	12,748	+0:15:11
438	820	FREDERICO SÁ	M /	417	1990			0:19:59	0:39:29	0:39:37	12,77	+0:15:12
439	701	ANTONIO SILVA	M /	418	1962			0:20:55	0:38:54	0:39:37	12,957	+0:15:12
440	115	FRANCISCO SA	M /	419	1972	MFOURTY		0:20:46	0:38:46	0:39:39	13,003	+0:15:14
441	1300	HUGO FILIPE MAGALHÃES GUIMAR	M /	420	1990	RC6/ RECCE COY		0:19:01	0:39:13	0:39:40	12,854	+0:15:15
442	1351	ÁLVARO ANDRÉ VIEIRA DA GRAÇA	M /	421	1986	GAM		0:19:01	0:39:12	0:39:40	12,86	+0:15:15
443	563	FLÁVIO DIAS	M /	422	1981			0:19:20	0:39:32	0:39:41	12,751	+0:15:16
444	1483	JOSÉ MIGUEL PIMENTA	M /	423	1970	ECS/RC68		0:20:09	0:39:15	0:39:43	12,841	+0:15:18
445	1269	JOSÉ PEDRO DA COSTA LOPES	M /	424	1991	RC6/ RECCE COY		0:21:08	0:39:29	0:39:46	12,768	+0:15:21
446	1432	SILVIA ANTUNES MACEDO	F /	22	1988	GAM		0:20:16	0:39:20	0:39:48	12,814	+0:12:26
447	851	DANIEL FONTES	M /	425	1951			0:20:08	0:39:30	0:39:49	12,765	+0:15:24
448	1489	MIGUEL DA SILVA RODRIGUES	M /	426	1988	RC6/ RECCE COY		0:20:11	0:39:19	0:39:49	12,824	+0:15:24
449	1373	CARLA SOFIA DA SILVA MOREIRA	F /	23	1991	GAM		0:20:26	0:39:18	0:39:51	12,828	+0:12:29
450	412	CARLOS BASTOS	M /	427	1967	TRIO DATAKE		0:19:39	0:39:33	0:39:52	12,748	+0:15:27
451	975	AMERICO MACEDO	M /	428	1957			0:19:53	0:39:23	0:39:52	12,8	+0:15:27
452	227	CARLOS SIVA	M /	429	1972			0:19:11	0:39:48	0:39:52	12,667	+0:15:27
453	1343	VITOR MANUEL SOUSA DA COSTA	M /	430	1976	GAM		0:20:50	0:39:05	0:39:54	12,9	+0:15:29
454	1080	ANDRE VELOSO	M /	431	1988			0:20:25	0:39:38	0:39:55	12,718	+0:15:30
455	1033	PEDEO MACHADO	M /	432	1987			0:20:26	0:39:38	0:39:55	12,718	+0:15:30
456	1176	ANDRÉ DA ROCHA GONÇALVES	M /	433	1985	RC6/ RECCE COY		0:20:17	0:39:32	0:39:55	12,752	+0:15:30
457	195	JOSE NUNO PINTO	M /	434	1978	GET RUNNING		0:19:11	0:39:40	0:39:57	12,707	+0:15:31
458	735	PEDRO CASTRO RODRIGUES	M /	435	1973	BMCAR RUNNER		0:19:45	0:39:50	0:39:58	12,654	+0:15:33
459	630	DIOGO FONSECA	M /	436	1982	VIAAUDÁVEL		0:20:32	0:39:04	0:39:58	12,902	+0:15:33
460	98	ANTÓNIO ROCHA	M /	437	1978			0:20:35	0:39:41	0:39:58	12,703	+0:15:33
461	1428	HUGO MIGUEL MARQUES DA SILVA	M /	438	1983	GAM		0:20:16	0:39:33	0:39:59	12,748	+0:15:34
462	99	PEDRO ALVES	M /	439	1981			0:20:35	0:39:44	0:40:01	12,689	+0:15:35



Resultados Globais / Overall Results

Pos	Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1°
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
463	395	MARISTELA FERNANDES	F / 24	1971		0:19:59	0:39:45	0:40:01	12,68	+0:12:39
464	396	JUSTINO PEREIRA	M / 440	1963		0:19:59	0:39:45	0:40:01	12,684	+0:15:36
465	65	ORLANDO ROLIM	M / 441	1974	MUNICÍPIO RUNNERS	0:20:51	0:39:26	0:40:02	12,784	+0:15:37
466	1270	CARLOS MIGUEL CORREIA MAGALH	M / 442	1989	RC6/ RECCE COY	0:22:13	0:39:21	0:40:04	12,809	+0:15:39
467	414	ANTÓNIO COSTA	M / 443	1960	TURBULENTOS	0:20:48	0:39:20	0:40:06	12,814	+0:15:41
468	241	EMANUEL GOMES	M / 444	1967	TURBULENTOS	0:20:36	0:39:16	0:40:06	12,838	+0:15:41
469	475	CARMINDO SOARES	M / 445	1968	MOV. JUV. MERELIM	0:22:09	0:39:57	0:40:07	12,62	+0:15:42
470	525	JOÃO ALVES	M / 446	1986	SUICIDAS BRÁCAROS	0:20:10	0:39:50	0:40:07	12,658	+0:15:42
471	493	RICARDO FERREIRA	M / 447	1986	MOV. JUV. MERELIM	0:22:09	0:39:56	0:40:08	12,624	+0:15:43
472	923	SÉRGIO NOGUEIRA	M / 448	1984		0:20:02	0:39:46	0:40:09	12,677	+0:15:44
473	1480	FAUSTINO FERNANDES	M / 449	1978	ECS/RC60	0:20:30	0:39:50	0:40:11	12,658	+0:15:46
474	1478	FLÁVIO LIMA	M / 450	1983	ECS/RC56	0:20:30	0:39:49	0:40:11	12,659	+0:15:46
475	259	MANUEL JOSE PEIXOTO	M / 451	1963		0:19:44	0:40:06	0:40:13	12,573	+0:15:48
476	972	OSCAR RIBEIRO	M / 452	1979		0:19:46	0:39:55	0:40:14	12,627	+0:15:49
477	1470	PAULO SILVA	M / 453	1988	ECS/RC45	0:19:03	0:40:04	0:40:14	12,581	+0:15:49
478	713	PAULO GOMES	M / 454	1966		0:19:16	0:40:10	0:40:14	12,551	+0:15:49
479	707	ALCIDES RODRIGUES	M / 455	1968		0:20:21	0:39:53	0:40:14	12,641	+0:15:49
480	49	ANTÓNIO MENDES	M / 456	1977	JABLOTRON	0:19:40	0:40:01	0:40:15	12,597	+0:15:50
481	1199	LUÍS PAULO DA SILVA MAGALHÃES	M / 457	1987	RC6/ RECCE COY	0:22:40	0:39:37	0:40:19	12,724	+0:15:54
482	1406	JOÃO LUÍS TORRES DOS SANTOS	M / 458	1992	GAM	0:20:08	0:39:43	0:40:19	12,693	+0:15:54
483	198	PAULO SOUSA	M / 459	1979		0:19:58	0:40:06	0:40:19	12,574	+0:15:54
484	406	HUGO MACHADO	M / 460	1994	TRIO DATAKE	0:19:39	0:40:01	0:40:19	12,597	+0:15:54
485	248	HENRIQUE MATOS	M / 461	1983		0:20:47	0:39:44	0:40:20	12,687	+0:15:54
486	1404	INÊS MOURA MARTINS	F / 25	1990	GAM	0:20:09	0:40:01	0:40:21	12,596	+0:12:59
487	780	ANTÓNIO BARBOSA	M / 462	1968		0:19:26	0:40:15	0:40:21	12,525	+0:15:56
488	693	HELDER BARROSO	M / 463	1986	BRAGUINHAS	0:20:10	0:40:04	0:40:23	12,58	+0:15:58
489	920	JOAQUIM GOMES	M / 464	1960		0:19:57	0:40:10	0:40:24	12,551	+0:15:59
490	189	JOÃO GOMES	M / 465	1984		0:20:15	0:39:53	0:40:25	12,639	+0:16:00
491	945	ROSA FERREIRA	F / 26	1967	N.A.TAIPAS	0:20:01	0:40:23	0:40:26	12,483	+0:13:04
492	1248	ANTÓNIO ALEJANDRO MARTINS DI	M / 466	1990	RC6/ RECCE COY	0:20:14	0:39:57	0:40:27	12,617	+0:16:02
493	1220	PEDRO MIGUEL FERRAZ PINTO	M / 467	1991	RC6/ RECCE COY	0:19:23	0:40:22	0:40:31	12,490	+0:16:06
494	255	RUI PEREIRA	M / 468	1962		0:20:41	0:39:57	0:40:31	12,617	+0:16:06
495	277	ANTONIO MATOS	M / 469	1977		0:20:47	0:39:57	0:40:32	12,621	+0:16:07
496	1259	PEDRO FILIPE JOÃO FERREIRA	M / 470	1991	RC6/ RECCE COY	0:21:32	0:40:01	0:40:33	12,597	+0:16:07
497	1350	PEDRO RAFAEL COSTA PEREIRA	M / 471	1988	GAM	0:19:30	0:39:56	0:40:33	12,624	+0:16:08
498	1213	PEDRO JORGE ALMEIDA SILVA	M / 472	1984	RC6/ RECCE COY	0:21:32	0:40:01	0:40:34	12,595	+0:16:08
499	810	CARLOS A. RIBEIRO	M / 473	1982	ROAD RUNNERS	0:20:23	0:39:54	0:40:34	12,632	+0:16:09
500	462	ANTÓNIO FERREIRA	M / 474	1964		0:20:04	0:40:31	0:40:35	12,441	+0:16:10
501	846	NUNO CARVALHO	M / 475	1973	CABANAS JC	0:19:11	0:40:21	0:40:36	12,491	+0:16:11
502	1232	TITO JOSÉ DE SOUSA ABREU	M / 476	1989	RC6/ RECCE COY	0:21:32	0:40:03	0:40:36	12,585	+0:16:11
503	743	LUÍS FERRAZ	M / 477	1972		0:19:39	0:40:14	0:40:36	12,531	+0:16:11
504	233	ANA SALSA	F / 27	1983		0:20:51	0:39:57	0:40:39	12,617	+0:13:17



Resultados Globais / Overall Results

Pos	Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1°
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
505	561	FRANCISCO FERREIRA	M /	478	1962	0:19:47	0:40:24	0:40:39	12,475	+0:16:14
506	683	NUNO LAPEIRA	M /	479	1968 SOCIEDADERECREIOCEPANESE	0:21:06	0:40:19	0:40:39	12,503	+0:16:14
507	452	MANUELA MAIA	F /	28	1973	0:20:38	0:40:26	0:40:40	12,466	+0:13:18
508	431	RICARDO FERREIRA	M /	480	1989 BAC RUNNERS	0:20:23	0:40:40	0:40:47	12,395	+0:16:22
509	432	NUNO SILVA	M /	481	1989 BAC RUNNERS	0:20:23	0:40:39	0:40:47	12,400	+0:16:22
510	1240	ANDRÉ EUSÉBIO CORREIA	M /	482	1989 RC6/ RECCE COY	0:20:07	0:40:39	0:40:49	12,403	+0:16:24
511	1214	LUÍS ANDRÉ DA COSTA MONTEIRO	M /	483	1990 RC6/ RECCE COY	0:22:54	0:40:04	0:40:49	12,583	+0:16:24
512	1209	JOSÉ RAFAEL TINOCO COELHO	M /	484	1989 RC6/ RECCE COY	0:22:54	0:40:05	0:40:50	12,576	+0:16:25
513	356	ANTÓNIO FERREIRA	M /	485	1963	0:20:10	0:40:41	0:40:52	12,391	+0:16:27
514	415	ANTÓNIO MONTEIRO	M /	486	1962	0:20:01	0:40:41	0:40:52	12,392	+0:16:27
515	533	TERESA FARIA	F /	29	1974	0:20:45	0:40:34	0:40:54	12,429	+0:13:32
516	267	TITO VIEIRA	M /	487	1980	0:21:21	0:39:55	0:40:54	12,628	+0:16:28
517	532	JOSE SAMPAIO	M /	488	1952	0:20:45	0:40:33	0:40:54	12,429	+0:16:29
518	1177	DANIEL JOSÉ OLIVEIRA FERNANDES	M /	489	1983 RC6/ RECCE COY	0:22:55	0:40:11	0:40:54	12,546	+0:16:29
519	1114	JOAO SOARES	M /	490	1975	0:20:34	0:40:40	0:40:55	12,394	+0:16:30
520	176	NUNO OLIVEIRA	M /	491	1981	0:20:35	0:40:43	0:40:55	12,381	+0:16:30
521	1162	SILVIO CALDAS	M /	492	1973	0:20:21	0:40:44	0:40:55	12,376	+0:16:30
522	413	BRUNO RESENDE	M /	493	1978	0:20:35	0:40:37	0:40:58	12,41	+0:16:33
523	635	LINO FIGUEIREDO	M /	494	1988 VIASAUDÁVEL	0:20:57	0:40:02	0:40:58	12,590	+0:16:33
524	1237	RICARDO XAVIER ARANTES BARRO	M /	495	1992 RC6/ RECCE COY	0:22:56	0:40:14	0:41:00	12,529	+0:16:35
525	1276	RICARDO MIGUEL MACEDO VILAR	M /	496	1991 RC6/ RECCE COY	0:20:06	0:40:50	0:41:01	12,344	+0:16:36
526	722	RUI MORAIS	M /	497	1976	0:20:06	0:40:50	0:41:02	12,345	+0:16:37
527	1201	JOÃO RICARDO PEREIRA AMARAL	M /	498	1990 RC6/ RECCE COY	0:22:18	0:40:30	0:41:05	12,449	+0:16:40
528	1166	ANDRÉ COSTA	M /	499	1988	0:20:51	0:40:32	0:41:06	12,438	+0:16:41
529	772	CUSTÓDIO FERREIRA	M /	500	1969 EIDH	0:20:24	0:40:54	0:41:07	12,327	+0:16:42
530	119	MIGUEL DANTAS	M /	501	1973	0:20:35	0:40:58	0:41:07	12,307	+0:16:42
531	147	ANDRE REBELO	M /	502	1976	0:19:53	0:41:02	0:41:08	12,287	+0:16:43
532	394	FRANCISCO MELO	M /	503	1969	0:20:29	0:40:49	0:41:09	12,348	+0:16:43
533	138	VITOR SENCADAS	M /	504	1978	0:21:01	0:40:32	0:41:09	12,438	+0:16:44
534	15	ARNALDO BRÁS	M /	505	1964 TURBULENTOS	0:20:35	0:40:21	0:41:10	12,492	+0:16:45
535	18	CONCEIÇÃO MARQUES	F /	30	1963 TURBULENTOS	0:21:06	0:40:23	0:41:10	12,483	+0:13:49
536	167	HELENA MENDES OLIVEIRA	F /	31	1975 TURBULENTOS	0:21:06	0:40:26	0:41:10	12,467	+0:13:49
537	24	RUI SANTOS	M /	506	1964 TURBULENTOS	0:21:06	0:40:20	0:41:10	12,500	+0:16:45
538	1193	BRUNO JOSÉ TEIXEIRA MARQUES	M /	507	1986 RC6/ RECCE COY	0:22:54	0:40:29	0:41:11	12,455	+0:16:46
539	213	JOAO ALMEIDA	M /	508	1978	0:20:29	0:40:46	0:41:11	12,365	+0:16:46
540	1028	RUI FERNANDES	M /	509	1987	0:21:09	0:40:54	0:41:12	12,327	+0:16:47
541	137	SERGIO LINO CAMPOS	M /	510	1979 EIDH	0:20:15	0:40:46	0:41:12	12,366	+0:16:47
542	1241	RICARDO MANUEL ABREU DA COST	M /	511	1988 RC6/ RECCE COY	0:22:56	0:40:30	0:41:13	12,448	+0:16:48
543	106	PAULO RITO	M /	512	1969 MFOURTY	0:21:21	0:40:22	0:41:17	12,489	+0:16:51
544	218	PIERRE PINHEIRO	M /	513	1987	0:22:37	0:40:16	0:41:17	12,518	+0:16:52
545	1260	ANDRÉ FERNANDO SOUSA FONSEC	M /	514	1989 RC6/ RECCE COY	0:24:57	0:40:33	0:41:18	12,431	+0:16:53
546	1396	JOÃO RICARDO CARNEIRO GONÇAL	M /	515	1991 GAM	0:21:20	0:40:37	0:41:19	12,410	+0:16:54



Resultados Globais / Overall Results

Pos Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1°	
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
547	1366	JOSÉ CARLOS SOUSA GONÇALVES	M / 516	1990 GAM		0:19:34	0:40:48	0:41:19	12,356	+0:16:54
548	1390	JOEL ALEXANDRE OLIVEIRA LEIRAS	M / 517	1991 GAM		0:21:21	0:40:39	0:41:20	12,402	+0:16:55
549	1293	JOSÉ AUGUSTO SOARES SILVA	M / 518	1993 RC6/ RECCE COY		0:24:57	0:40:36	0:41:20	12,418	+0:16:55
550	1374	RUI MIGUEL PINTO MENDES	M / 519	1988 GAM		0:19:57	0:40:49	0:41:20	12,353	+0:16:55
551	148	JOSÉ NUNO	M / 520	1979		0:21:21	0:40:25	0:41:21	12,475	+0:16:56
552	1280	FILIFE MIGUEL ARAÚJO PEIXOTO	M / 521	1988 RC6/ RECCE COY		0:22:58	0:40:37	0:41:22	12,411	+0:16:57
553	769	VITOR BORGES	M / 522	1987		0:20:02	0:41:10	0:41:23	12,247	+0:16:58
554	775	ANTÓNIO MARQUES	M / 523	1987		0:21:04	0:41:08	0:41:25	12,257	+0:17:00
555	985	RUI BENARDINO	M / 524	1988		0:21:34	0:40:43	0:41:29	12,382	+0:17:03
556	144	BRUNO COUTINHO	M / 525	1980		0:21:08	0:41:20	0:41:29	12,197	+0:17:04
557	554	ALVARO OLIVEIRA	M / 526	1947		0:20:47	0:41:10	0:41:30	12,244	+0:17:05
558	1353	FÁBIO FILIPE FERREIRA PINTO	M / 527	1989 GAM		0:19:56	0:41:21	0:41:30	12,192	+0:17:05
559	111	FERNANDA GONCALVES	F / 32	1975 MFOURTY		0:21:09	0:40:44	0:41:31	12,374	+0:14:09
560	86	LUÍS PEREIRA	M / 528	1967		0:21:33	0:40:52	0:41:31	12,333	+0:17:06
561	1361	MARCELO CAMPOS RIBEIRO	M / 529	1991 GAM		0:19:56	0:41:22	0:41:34	12,185	+0:17:09
562	776	DIOGO VELOSO	M / 530	1988		0:22:49	0:41:20	0:41:35	12,195	+0:17:10
563	647	HUGO BARBOSA	M / 531	1993		0:20:24	0:41:01	0:41:36	12,29	+0:17:11
564	374	TERESA MESQUITA	F / 33	1974		0:21:34	0:41:08	0:41:37	12,257	+0:14:16
565	419	GOMES DA SILVA	M / 532	1973		0:20:44	0:41:34	0:41:37	12,126	+0:17:12
566	262	HUGO FERREIRA	M / 533	1978		0:21:01	0:41:03	0:41:38	12,282	+0:17:13
567	329	JOAO MOTA	M / 534	1973 BTTRILHOS PG		0:20:26	0:41:23	0:41:39	12,179	+0:17:14
568	880	MARIA GONÇALVES	F / 34	1989		0:22:37	0:40:40	0:41:40	12,394	+0:14:18
569	172	PEDRO CASTRO	M / 535	1976		0:20:55	0:41:19	0:41:40	12,202	+0:17:15
570	678	JOÃO CARLOS	M / 536	1967 SOCIEDADERECREIOCEPANESE		0:20:06	0:41:35	0:41:41	12,124	+0:17:15
571	186	PEDRO CÂMARA	M / 537	1978		0:21:57	0:39:12	0:41:42	12,860	+0:17:16
572	184	CARLOS TORRES	M / 538	1972		0:21:57	0:39:13	0:41:42	12,853	+0:17:17
573	812	RUI SILVA	M / 539	1975		0:21:08	0:41:00	0:41:45	12,296	+0:17:20
574	1053	MIGUEL SILVA	M / 540	1977		0:21:46	0:40:52	0:41:46	12,334	+0:17:21
575	1051	SANDRO VIEIRA	M / 541	1979		0:21:46	0:40:52	0:41:46	12,336	+0:17:21
576	407	JOSÉ MANUEL BRAGA FERRE	M / 542	1965		0:21:22	0:40:51	0:41:46	12,339	+0:17:21
577	217	MIGUEL BARROCAS	M / 543	1995 BRAGUINHAS		0:21:11	0:41:02	0:41:47	12,287	+0:17:21
578	1359	JOÃO PAULO CERQUEIRA DA ROCH	M / 544	1990 GAM		0:22:21	0:41:40	0:41:47	12,096	+0:17:22
579	1356	ANDRÉ DA COSTA GOMES	M / 545	1991 GAM		0:22:21	0:41:39	0:41:47	12,101	+0:17:22
580	1050	PAULO FERNANDES	M / 546	1978		0:20:59	0:41:28	0:41:47	12,156	+0:17:22
581	216	MANUEL BARROCAS	M / 547	1970 BRAGUINHAS		0:21:11	0:41:02	0:41:48	12,284	+0:17:23
582	957	EMANUEL MELO	M / 548	1972		0:20:07	0:41:43	0:41:52	12,083	+0:17:27
583	313	PAULO PEREIRA	M / 549	1968		0:20:17	0:41:40	0:41:55	12,099	+0:17:30
584	1494	SÉRGIO MANUEL SILVA ARAÚJO	M / 550	1975 LIBERTY SEGUROS		0:22:46	0:40:59	0:41:55	12,299	+0:17:30
585	1067	NUNO SILVA	M / 551	1982		0:20:51	0:41:19	0:41:56	12,201	+0:17:30
586	1055	PEDRO REINA	M / 552	1983 VARZIM TRIATLO		0:21:00	0:41:19	0:41:56	12,200	+0:17:31
587	856	NUNO SANTOS	M / 553	1975		0:21:04	0:41:12	0:41:56	12,234	+0:17:31
588	76	RUI SANTOS	M / 554	1966		0:20:47	0:41:44	0:41:57	12,078	+0:17:32



Resultados Globais / Overall Results

Pos Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1º	
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
589	882	JACINTA REIS	F / 35	1981		0:20:16	0:41:51	0:41:58	12,043	+0:14:36
590	107	ANTONIO NOGUEIRA	M / 555	1967	MFOURTY	0:22:49	0:41:05	0:41:59	12,268	+0:17:34
591	239	MANUEL MACHADO	M / 556	1967	TURBULENTOS	0:22:23	0:41:10	0:41:59	12,246	+0:17:34
592	37	FRANCISCO COSTA	M / 557	1964	TURBULENTOS	0:22:22	0:41:09	0:41:59	12,248	+0:17:34
593	654	PAULO NÓVOA	M / 558	1964		0:21:15	0:41:51	0:42:00	12,048	+0:17:35
594	504	BRUNO MOREIRA	M / 559	1984	OS CORAJOSOS :)	0:22:53	0:40:07	0:42:01	12,564	+0:17:35
595	1161	JORGE	M / 560	1969		0:22:49	0:41:08	0:42:04	12,255	+0:17:39
596	1045	DARIO DIAS	M / 561	1966		0:21:18	0:41:57	0:42:05	12,018	+0:17:40
597	207	CARLA GONÇALVES	F / 36	1970		0:21:27	0:41:35	0:42:05	12,121	+0:14:43
598	618	HUGO GUIMARÃES	M / 562	1983		0:22:43	0:41:51	0:42:06	12,043	+0:17:41
599	761	LUÍS CORREIA	M / 563	1982	CORREIAS	0:20:49	0:41:50	0:42:06	12,052	+0:17:41
600	1205	PEDRO MIGUEL MANO BARBOSA	M / 564	1991	RC6/ RECCE COY	0:22:18	0:41:33	0:42:08	12,134	+0:17:43
601	1349	RÚBEN RIBEIRO BOTINAS	M / 565	1988	GAM	0:24:29	0:41:15	0:42:08	12,218	+0:17:43
602	1358	ANDRÉ GONÇALVES RODRIGUES	M / 566	1990	GAM	0:21:41	0:41:38	0:42:09	12,11	+0:17:44
603	1496	NELSON PAULINO JARDIM FERNAN	M / 567	1988	LIBERTY SEGUROS	0:20:34	0:42:05	0:42:09	11,978	+0:17:44
604	168	GIUSEPPE BALDASSARRE	M / 568	1966	TURBOLENTOS	0:20:36	0:41:26	0:42:09	12,168	+0:17:44
605	1423	MANUEL CARLOS CARVALHO DE S	M / 569	1991	GAM	0:21:41	0:41:38	0:42:10	12,107	+0:17:45
606	296	RUI FERREIRINHA	M / 570	1968		0:20:01	0:42:03	0:42:11	11,987	+0:17:46
607	1018	BRUNO OLIVEIRA	M / 571	1987		0:22:20	0:41:33	0:42:11	12,131	+0:17:46
608	328	DOMINGOS GOMES	M / 572	1976	BTTRILHOS PG	0:20:28	0:41:55	0:42:12	12,028	+0:17:46
609	739	WELLINGTON ALVES	M / 573	1985		0:20:00	0:42:10	0:42:18	11,956	+0:17:53
610	436	VITOR RAMALHO	M / 574	1982		0:20:52	0:41:35	0:42:18	12,123	+0:17:53
611	220	ZENAIDE MACHADO	F / 37	1974	O&Z	0:21:20	0:41:51	0:42:19	12,045	+0:14:57
612	208	NUNO OLIVEIRA	M / 575	1977		0:21:15	0:41:55	0:42:20	12,026	+0:17:55
613	120	JOSÉ SANTOS	M / 576	1979		0:20:05	0:42:16	0:42:21	11,928	+0:17:56
614	1004	LUIS ROCHA	M / 577	1979		0:22:19	0:42:20	0:42:29	11,909	+0:18:04
615	1171	PEDRO MIGUEL TAVARES CABRAL	M / 578	1976	RC6/ RECCE COY	0:21:52	0:41:58	0:42:33	12,011	+0:18:08
616	854	RUI RIBEIRO	M / 579	1968		0:20:38	0:42:28	0:42:33	11,869	+0:18:08
617	1172	RUI JORGE NEVES MOURA	M / 580	1981	RC6/ RECCE COY	0:21:52	0:42:00	0:42:34	12,004	+0:18:09
618	573	ANDREIA FORTE	F / 38	1987		0:20:58	0:41:54	0:42:36	12,030	+0:15:14
619	936	MANUEL MOTA	M / 581	1966	N.A.TAIPAS	0:22:24	0:41:47	0:42:36	12,064	+0:18:11
620	1449	VITOR MOREIRA	M / 582	1990	ECS/RC14	0:22:40	0:41:56	0:42:37	12,020	+0:18:12
621	1487	DIOGO MIGUEL SILVA MEIRA DA RO	M / 583	1986	RC6/ RECCE COY	0:22:40	0:41:56	0:42:37	12,020	+0:18:12
622	915	ANTÓNIO OLIVEIRA	M / 584	1962		0:20:35	0:42:20	0:42:38	11,909	+0:18:12
623	1252	FÁBIO LEMOS FERNANDES	M / 585	1991	RC6/ RECCE COY	0:22:40	0:41:56	0:42:38	12,023	+0:18:13
624	1308	ANTÓNIO SAQUEIRO DA SILVA	M / 586	1965	GAM	0:22:05	0:41:48	0:42:39	12,06	+0:18:14
625	809	SUSANA ALMEIDA	F / 39	1973		0:21:24	0:42:25	0:42:39	11,886	+0:15:17
626	1139	FERNANDO GONÇALVES	M / 587	1967	MOV. JUV. MERELIM	0:20:38	0:42:12	0:42:41	11,948	+0:18:15
627	408	JOSÉ FERREIRA	M / 588	1973		0:20:38	0:42:23	0:42:41	11,892	+0:18:15
628	305	HUGO SANTOS	M / 589	1974		0:21:57	0:42:23	0:42:41	11,895	+0:18:16
629	1254	MICHAEL DE SOUSA FERNANDES	M / 590	1991	RC6/ RECCE COY	0:20:23	0:42:41	0:42:42	11,811	+0:18:17
630	1255	ANDRÉ AZEVEDO FERREIRA	M / 591	1990	RC6/ RECCE COY	0:20:23	0:42:41	0:42:42	11,810	+0:18:17



Resultados Globais / Overall Results

Pos Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1°	
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
631	1222	JOSÉ PEDRO DA SILVA CARVALHO	M / 592	1992 RC6/ RECCE COY	0:20:23	0:42:41	0:42:42	11,81	+0:18:17	
632	232	MÁRIO PINHÃO	M / 593	1966	0:21:00	0:42:07	0:42:43	11,971	+0:18:18	
633	1227	ANDRÉ ANTÓNIO RIBEIRO TEIXEIRA	M / 594	1989 RC6/ RECCE COY	0:22:08	0:42:20	0:42:46	11,908	+0:18:21	
634	657	ANA MARQUES	F / 40	1984	0:21:54	0:42:22	0:42:46	11,898	+0:15:24	
635	661	EDUARDO CUNHA	M / 595	1982	0:21:54	0:42:21	0:42:46	11,902	+0:18:21	
636	852	MARCO FONTES	M / 596	1980	0:21:13	0:42:26	0:42:46	11,881	+0:18:21	
637	622	TELMO LOPES	M / 597	1976 CLUBE TIAGO MACHADO	0:20:21	0:42:44	0:42:47	11,795	+0:18:22	
638	791	PEDRO BELO	M / 598	1994	0:21:12	0:41:06	0:42:49	12,265	+0:18:24	
639	864	MIGUEL MESQUITA	M / 599	1982 RVP - CONSTRUÇÕES, LDA	0:21:39	0:42:00	0:42:50	12,003	+0:18:25	
640	1309	ANTÓNIO DOMINGOS PICÃO PEREIR	M / 600	1969 GAM	0:22:39	0:42:21	0:42:53	11,902	+0:18:28	
641	317	DIOGO PEREIRA	M / 601	1996	0:19:50	0:42:39	0:42:54	11,821	+0:18:29	
642	835	JORGE OLIVEIRA	M / 602	1990	0:22:06	0:41:58	0:42:55	12,014	+0:18:30	
643	827	JOANA AZEVEDO	F / 41	1989	0:22:29	0:42:18	0:42:55	11,919	+0:15:33	
644	811	MARCO COUTO	M / 603	1981 ROAD RUNNERS	0:21:31	0:42:13	0:42:55	11,939	+0:18:30	
645	367	JOÃO ALVES	M / 604	1996	0:19:50	0:42:41	0:42:57	11,811	+0:18:32	
646	369	GABRIELA MELO	F / 42	1964	0:21:17	0:42:38	0:42:59	11,822	+0:15:37	
647	73	CARLOS TEIXEIRA	M / 605	1969	0:21:54	0:42:20	0:43:00	11,907	+0:18:35	
648	904	SÉRGIO GOMES	M / 606	1996	0:21:51	0:42:35	0:43:00	11,837	+0:18:35	
649	503	JORGE BARROSO	M / 607	1989 OS CORAJOSOS :)	0:22:54	0:41:08	0:43:02	12,255	+0:18:36	
650	1015	FILIFE DUARTE	M / 608	1985 CLUBE FLUVIAL DE MERELIM	0:24:58		0:43:02	11,715	+0:18:37	
651	1377	ROSA MARIA SILVA GONÇALVES	F / 43	1990 GAM	0:22:20	0:42:22	0:43:02	11,898	+0:15:40	
652	256	JOSÉ GREGORIO	M / 609	1964 BRAGUINHAS	0:21:35	0:42:39	0:43:04	11,819	+0:18:39	
653	1267	ÓSCAR HENRIQUE DA SILVA LOPES	M / 610	1986 RC6/ RECCE COY	0:21:22	0:42:47	0:43:05	11,782	+0:18:40	
654	1288	PEDRO MANUEL OLIVEIRA RODRIG	M / 611	1990 RC6/ RECCE COY	0:21:22	0:42:56	0:43:05	11,741	+0:18:40	
655	263	JOANA FERNANDES	F / 44	1986	0:21:17	0:42:53	0:43:06	11,754	+0:15:44	
656	969	FILIFE ALVES	M / 612	1979	0:21:45	0:42:52	0:43:06	11,761	+0:18:41	
657	890	JOSE MAIA	M / 613	1980	0:21:45	0:42:52	0:43:06	11,761	+0:18:41	
658	196	NUNO GUEDES	M / 614	1979 GET RUNNING	0:21:14	0:42:50	0:43:07	11,769	+0:18:42	
659	252	LUÍS CUNHA	M / 615	1968 LINHAS MOURE CONFENIX	0:20:49	0:42:50	0:43:08	11,771	+0:18:43	
660	404	LINO MIGUEL	M / 616	1985	0:20:19	0:43:02	0:43:11	11,714	+0:18:46	
661	1005	JOSÉ FARIA	M / 617	1965	0:20:21	0:43:08	0:43:11	11,688	+0:18:46	
662	32	JOSÉ SILVA	M / 618	1971	0:20:32		0:43:12	11,668	+0:18:47	
663	992	HUGO GONÇALVES	M / 619	1987 CR BRAGA	0:23:20	0:42:14	0:43:14	11,938	+0:18:48	
664	991	MIGUEL DE BEIR	M / 620	1966 CR BRAGA	0:23:19	0:42:13	0:43:14	11,942	+0:18:48	
665	993	JOAQUIM SILVA	M / 621	1979 CR BRAGA	0:23:19	0:42:14	0:43:14	11,937	+0:18:48	
666	994	AMÉRICO SILVA	M / 622	1974 CR BRAGA	0:23:20	0:42:13	0:43:14	11,940	+0:18:49	
667	1079	FILIFE PAULO SILVA	M / 623	1972	0:22:30	0:42:45	0:43:14	11,790	+0:18:49	
668	1038	SARA SILVA	F / 45	1992	0:22:27	0:42:28	0:43:15	11,871	+0:15:53	
669	784	LUIS FILIFE OLIVEIRA	M / 624	1982	0:19:55	0:43:14	0:43:15	11,661	+0:18:50	
670	614	PAULO CRUZ	M / 625	1968	0:21:46	0:42:36	0:43:16	11,834	+0:18:51	
671	1459	ANTÓNIO BARROS	M / 626	1963 ECS/RC27	0:22:04	0:42:53	0:43:16	11,756	+0:18:51	
672	843	RAFAEL CARVALHO	M / 627	1978 CABANAS JC	0:21:57	0:42:53	0:43:18	11,757	+0:18:52	



Resultados Globais / Overall Results

Pos Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1°	
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
673	368	PAULO MELO	M / 628	1963		0:21:20	0:42:58	0:43:19	11,732	+0:18:54
674	1384	MARCO ANDRÉ DA COSTA ROCHA	M / 629	1991	GAM	0:24:29	0:42:27	0:43:20	11,873	+0:18:55
675	424	NUNO MARTINS	M / 630	1976		0:22:48	0:42:26	0:43:22	11,879	+0:18:57
676	448	RUI FERREIRA	M / 631	1977		0:22:43	0:42:26	0:43:22	11,88	+0:18:57
677	1486	JOÃO FILIPE MOREIRA RAMOS	M / 632	1990	RC6/ RECCE COY	0:23:00	0:42:52	0:43:24	11,76	+0:18:59
678	1482	ROSA MARTINS	F / 46	1983	ECS/RC67	0:22:42	0:42:41	0:43:25	11,812	+0:16:04
679	1438	BRUNO LOPES E SILVA	M / 633	1987	GAM	0:23:00	0:43:15	0:43:26	11,654	+0:19:01
680	238	HUGO GUEDES	M / 634	1995	TURBULENTOS	0:23:06	0:42:37	0:43:26	11,829	+0:19:01
681	1485	FÁBIO DANIEL GONÇALVES PINTO	M / 635	1989	RC6/ RECCE COY	0:23:00	0:43:15	0:43:27	11,656	+0:19:02
682	150	MÁRIO ARAÚJO	M / 636	1958		0:21:41	0:43:23	0:43:35	11,621	+0:19:10
683	293	MANUEL CARVALHO	M / 637	1964		0:21:04	0:43:14	0:43:36	11,658	+0:19:11
684	804	ALFREDO LIMA	M / 638	1954		0:22:54	0:42:53	0:43:37	11,753	+0:19:12
685	441	NAIKE NOGUEIRA	F / 47	1983	C.D.S. SALVADOR DO CAMPO	0:21:04	0:43:42	0:43:42	11,533	+0:16:21
686	353	ARTUR JORGE	M / 639	1972		0:21:50	0:43:26	0:43:43	11,605	+0:19:18
687	347	FRANCISCO MARINHO	M / 640	1961		0:22:23	0:42:53	0:43:43	11,755	+0:19:18
688	343	AMÉRICO MACHADO	M / 641	1966		0:22:24	0:42:53	0:43:43	11,754	+0:19:18
689	1323	DANIEL JOSÉ MACHADO LOUSADA	M / 642	1973	GAM	0:24:04	0:42:54	0:43:44	11,749	+0:19:19
690	1420	JOÃO PAULO DIAS DE SOUSA	M / 643	1976	GAM	0:24:05	0:42:52	0:43:44	11,759	+0:19:19
691	1312	PAULO SÉRGIO GONÇALVES AMAR	M / 644	1979	GAM	0:24:06	0:42:53	0:43:45	11,754	+0:19:20
692	244	NUNO CARVALHO	M / 645	1976		0:21:20	0:43:39	0:43:47	11,55	+0:19:22
693	558	SANDRA MENDES	F / 48	1973		0:21:59	0:43:38	0:43:47	11,554	+0:16:25
694	1231	FERNANDO FILIPE OLIVEIRA LOPES	M / 646	1992	RC6/ RECCE COY	0:22:20	0:43:23	0:43:47	11,622	+0:19:22
695	1221	DAVID LUIS DE ALMEIDA MOTA	M / 647	1990	RC6/ RECCE COY	0:22:19	0:43:22	0:43:48	11,622	+0:19:23
696	350	MÁRIO AMORIM	M / 648	1966	TURBULENTOS	0:22:09	0:43:07	0:43:51	11,693	+0:19:26
697	777	SÉRGIO PEREIRA	M / 649	1979		0:24:49	0:37:53	0:43:53	13,307	+0:19:28
698	831	NUNO VICENTE	M / 650	1985		0:23:13	0:43:13	0:43:53	11,664	+0:19:28
699	1112	ALTAMIRO MACHADO	M / 651	1970		0:21:20	0:43:23	0:43:53	11,620	+0:19:28
700	829	NUNO CARDOSO	M / 652	1982		0:23:13	0:43:15	0:43:54	11,656	+0:19:29
701	1037	LUÍS MARTINS	M / 653	1977		0:21:26	0:43:55	0:43:57	11,481	+0:19:32
702	1424	MÁRIO SÉRGIO OLIVEIRA RIBEIRO	M / 654	1990	GAM	0:22:43	0:43:31	0:43:59	11,586	+0:19:34
703	1391	DANIEL DE OLIVEIRA ALVES	M / 655	1989	GAM	0:22:27	0:43:18	0:43:59	11,640	+0:19:34
704	449	RUI MAGALHÃES	M / 656	1976		0:21:12	0:43:52	0:44:00	11,493	+0:19:35
705	1421	PEDRO MIGUEL COSTA FERREIRA	M / 657	1990	GAM	0:22:42	0:43:32	0:44:00	11,579	+0:19:35
706	763	SÉRGIO RAMALHO	M / 658	1976		0:21:36	0:43:20	0:44:03	11,635	+0:19:38
707	231	LILIANA COSTA	F / 49	1982		0:21:28	0:43:53	0:44:03	11,485	+0:16:41
708	230	RICARDO ARAÚJO	M / 659	1975		0:21:28	0:43:54	0:44:03	11,482	+0:19:38
709	764	ULISSES LOPES	M / 660	1973		0:23:20	0:43:14	0:44:04	11,661	+0:19:39
710	113	SERGIO SA	M / 661	1974	MFOURTY	0:22:02	0:43:11	0:44:04	11,675	+0:19:39
711	759	JOSÉ AUGUSTO COSTA	M / 662	1969		0:23:19	0:43:14	0:44:04	11,661	+0:19:39
712	670	FILIPA TEIXEIRA MARQUES	F / 50	1989	OLHAMETALI	0:21:36	0:44:02	0:44:06	11,448	+0:16:44
713	1011	LUÍS RAMOS	M / 663	1991		0:22:23	0:43:10	0:44:11	11,676	+0:19:46
714	1017	DAVID GONÇALVES	M / 664	1983		0:22:23	0:43:09	0:44:12	11,681	+0:19:47



Resultados Globais / Overall Results

Pos Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1°	
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
715	58	LUÍS SILVA	M / 665	1967 EIDH		0:21:39	0:43:50	0:44:17	11,502	+0:19:52
716	931	PEDRO FERNANDES	M / 666	1972 PAI E FILHO		0:24:07	0:43:29	0:44:24	11,594	+0:19:59
717	1200	FILIPE PEREIRA RAMALHO	M / 667	1985 RC6/ RECCE COY		0:24:05	0:43:45	0:44:24	11,524	+0:19:59
718	685	CRISTINA CUNHA	F / 51	1974 SOCIEDADERECEIOCEPANESE		0:22:11	0:44:04	0:44:26	11,439	+0:17:05
719	440	SÉRGIO SOARES	M / 668	1978		0:23:02	0:43:49	0:44:28	11,503	+0:20:03
720	879	JOÃO SILVA	M / 669	1990		0:22:41	0:43:28	0:44:29	11,597	+0:20:04
721	745	VERA ALVES PEIXOTO	F / 52	1973		0:22:44	0:44:15	0:44:29	11,392	+0:17:08
722	668	ISABEL RIBEIRO	F / 53	1989 OLHAMETALI		0:22:00	0:44:25	0:44:30	11,347	+0:17:08
723	842	PEDRO CARVALHO	M / 670	1974 CABANAS JC		0:22:36	0:44:16	0:44:30	11,387	+0:20:05
724	27	JOÃO CORREIA	M / 671	1982 MUNICIPIO RUNNERS		0:21:53	0:44:16	0:44:31	11,389	+0:20:06
725	748	JOSÉ GONZÁLEZ	M / 672	1976		0:22:19		0:44:33	11,317	+0:20:07
726	294	JOSÉ FONTES	M / 673	1969		0:21:55	0:44:18	0:44:33	11,380	+0:20:08
727	1075	ÓSCAR SILVA	M / 674	1962		0:22:32	0:43:45	0:44:33	11,522	+0:20:08
728	1020	ANTONIO FREITAS	M / 675	1961		0:19:11	0:44:27	0:44:34	11,340	+0:20:09
729	627	ADRIANA ARAÚJO	F / 54	1988 VIASAUDÁVEL		0:23:57	0:43:38	0:44:35	11,551	+0:17:13
730	628	VITOR NOVAIS	M / 676	1984 VIASAUDÁVEL		0:23:57	0:43:38	0:44:35	11,552	+0:20:10
731	160	IVO RIBEIRO	M / 677	1982		0:23:11	0:43:49	0:44:36	11,503	+0:20:11
732	161	NOÉMIA PAIVA	F / 55	1986		0:23:11	0:43:49	0:44:36	11,503	+0:17:14
733	280	MERCEANA PEREIRA	F / 56	1977		0:22:47	0:43:44	0:44:42	11,527	+0:17:20
734	826	MADALENA GONÇALVES	F / 57	1978		0:22:31	0:44:26	0:44:42	11,347	+0:17:20
735	781	MARCOS AMARAL	M / 678	1986		0:22:53	0:44:32	0:44:46	11,321	+0:20:21
736	692	DANIEL SOUSA	M / 679	1978		0:21:20	0:44:31	0:44:47	11,324	+0:20:22
737	723	ANA GUIMARÃES	F / 58	1979		0:21:51	0:44:35	0:44:48	11,306	+0:17:26
738	956	ANTÓNIO VALE LIMA	M / 680	1961		0:21:06	0:44:46	0:44:50	11,262	+0:20:25
739	892	NUNO ALMEIDA	M / 681	1978		0:21:19	0:44:46	0:44:52	11,260	+0:20:27
740	770	JOANA DOURADO	F / 59	1987		0:21:58	0:44:44	0:44:56	11,27	+0:17:34
741	123	CARLOS MANUEL MACEDO CAR	M / 682	1975 ATIB FINABRAGA BTT		0:20:55	0:44:51	0:44:56	11,242	+0:20:31
742	1249	LUIS MIGUEL DA SILVA DIONISIO	M / 683	1989 RC6/ RECCE COY		0:22:19	0:44:35	0:45:01	11,305	+0:20:36
743	355	PAULO SILVA	M / 684	1978		0:22:20	0:44:36	0:45:05	11,301	+0:20:40
744	354	ANA FERNANDES	F / 60	1977		0:22:20	0:44:37	0:45:05	11,300	+0:17:44
745	1497	HUGO MIGUEL FARIA PEIXOTO	M / 685	1985 LIBERTY SEGUROS		0:21:49	0:45:04	0:45:08	11,187	+0:20:43
746	744	CARLA ESTEVES	F / 61	1985		0:22:59	0:45:02	0:45:11	11,193	+0:17:49
747	1019	ALBERTO SALGADO	M / 686	1968		0:23:07	0:44:39	0:45:11	11,289	+0:20:46
748	174	JOSÉ RODRIGUES	M / 687	1973		0:22:13	0:44:54	0:45:12	11,226	+0:20:47
749	366	JOAO ESTRADA	M / 688	1972		0:22:25	0:44:37	0:45:15	11,297	+0:20:50
750	1405	LUIS MIGUEL CAEIRO PINTO	M / 689	1975 GAM		0:23:21	0:44:45	0:45:18	11,264	+0:20:53
751	1310	LUÍS MANUEL DA SILVA BARBOSA	M / 690	1979 GAM		0:23:21	0:44:46	0:45:18	11,262	+0:20:53
752	808	CÉSAR SILVA	M / 691	1983		0:22:50	0:45:11	0:45:19	11,158	+0:20:54
753	268	FRANCISCO VALE	M / 692	1972		0:23:02	0:44:41	0:45:21	11,279	+0:20:56
754	1272	EDUARDO LUÍS VEIGA MARTINS	M / 693	1989 RC6/ RECCE COY		0:22:58	0:44:41	0:45:23	11,282	+0:20:58
755	813	LUIS PEREIRA	M / 694	1985		0:22:31	0:44:47	0:45:25	11,257	+0:21:00
756	83	CATARINA FERNANDES	F / 62	1973		0:23:59	0:42:57	0:45:26	11,737	+0:18:05



Resultados Globais / Overall Results

Pos Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1°	
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
757	1068	VITOR MOÇO	M / 695	1974		0:21:58	0:45:08	0:45:27	11,167	+0:21:02
758	82	EDUARDO SOBRAL	M / 696	1971		0:24:00	0:42:58	0:45:28	11,731	+0:21:03
759	502	RUI SALAZAR	M / 697	1985 OS CORAJOSOS :)		0:23:48	0:43:36	0:45:29	11,561	+0:21:04
760	1160	ELISABETE MINISTRO	F / 63	1974		0:23:35	0:45:08	0:45:30	11,169	+0:18:08
761	1154	JOÃO MINISTRO	M / 698	1966		0:23:35	0:45:08	0:45:30	11,171	+0:21:05
762	1135	JOÃO REI	M / 699	1966		0:23:19	0:45:01	0:45:30	11,199	+0:21:05
763	1141	PEDRO REI	M / 700	1994		0:23:19	0:45:00	0:45:30	11,201	+0:21:05
764	1145	ÁLVARO CARVALHO	M / 701	1974		0:26:42	0:44:35	0:45:31	11,307	+0:21:06
765	226	JOSÉ MANUEL MARQUES	M / 702	1998		0:23:15	0:44:33	0:45:35	11,315	+0:21:10
766	704	SOLANGE CABRAL	F / 64	1976 VAMOS LÁ		0:21:56	0:45:20	0:45:37	11,118	+0:18:15
767	373	MARCOS GOMES	M / 703	1975		0:23:32	0:45:06	0:45:40	11,179	+0:21:15
768	423	TOMÁS RIO	M / 704	1978		0:23:34	0:44:35	0:45:41	11,308	+0:21:15
769	800	ARNALDO LIMA	M / 705	1945		0:22:54	0:45:00	0:45:42	11,202	+0:21:17
770	1113	ISABEL FERREIRA	F / 65	1982		0:23:21	0:45:01	0:45:42	11,196	+0:18:21
771	337	ANA CARNEIRO	F / 66	1973		0:22:29	0:45:08	0:45:45	11,170	+0:18:23
772	169	JOÃO PEDRO FERREIRA	M / 706	1976		0:22:22	0:45:39	0:45:45	11,042	+0:21:20
773	187	AURÉLIO CORREIA	M / 707	1968		0:22:21	0:45:07	0:45:46	11,173	+0:21:21
774	524	NUNO PINTO	M / 708	1982 SUICIDAS BRÁCAROS		0:24:00	0:45:24	0:45:47	11,105	+0:21:22
775	10	PAULO TORRES	M / 709	1959 TURBULENTOS		0:23:33	0:45:00	0:45:48	11,200	+0:21:23
776	289	CLAUDIA MARQUES	F / 67	1991		0:22:48	0:45:36	0:45:48	11,054	+0:18:27
777	1021	PAULO MENDES	M / 710	1976		0:22:36	0:45:07	0:45:50	11,172	+0:21:25
778	1306	FRANCISCO JOSÉ CUNHA MACHAD	M / 711	1967 GAM		0:22:38	0:45:20	0:45:51	11,121	+0:21:26
779	550	JORGE MATOS	M / 712	1980		0:24:09	0:45:29	0:45:52	11,081	+0:21:27
780	22	JORGE MACEDO	M / 713	1968		0:23:01	0:45:00	0:45:53	11,202	+0:21:28
781	399	SANDRA FERNANDES	F / 68	1989		0:23:22	0:45:03	0:45:53	11,191	+0:18:31
782	903	PEDRO SILVA	M / 714	1980		0:22:11	0:45:52	0:45:55	10,992	+0:21:30
783	659	CÁTIA GUERRA	F / 69	1982 SPEED SPIDER		0:22:40	0:45:30	0:45:55	11,08	+0:18:34
784	749	CARLOS PEREIRA	M / 715	1955		0:22:45	0:45:16	0:45:56	11,137	+0:21:31
785	437	EMÍLIA ANTUNES	F / 70	1960		0:23:11	0:45:57	0:46:02	10,971	+0:18:41
786	1060	AGOSTINHO PALHA	M / 716	1971 O SETENTA		0:23:30	0:46:02	0:46:05	10,951	+0:21:40
787	416	CARLA ALVES	F / 71	1977		0:23:36	0:45:39	0:46:06	11,042	+0:18:45
788	315	SAMEIRO PEREIRA	F / 72	1954		0:22:50	0:45:46	0:46:07	11,013	+0:18:45
789	1380	IÚRI ANDRÉ DE ARAÚJO MARTINS	M / 717	1990 GAM		0:23:32	0:45:27	0:46:09	11,091	+0:21:44
790	1476	CARLOS QUINTAL	M / 718	1989 ECS/RC54		0:23:00	0:46:00	0:46:11	10,959	+0:21:46
791	1078	PAULO MACHADO	M / 719	1972		0:23:58	0:45:32	0:46:11	11,069	+0:21:46
792	862	HERNANI SÁ	M / 720	1980 RVP - CONSTRUÇÕES, LDA		0:23:50	0:45:12	0:46:11	11,152	+0:21:46
793	1355	CARLOS ALEXANDRE LIMA MIRAN	M / 721	1989 GAM		0:22:31	0:45:53	0:46:12	10,985	+0:21:46
794	1385	DIOGO JORGE DA SILVA VIEIRA	M / 722	1990 GAM		0:23:32	0:45:33	0:46:12	11,067	+0:21:47
795	860	CRISTINA OLIVEIRA	F / 73	1980 RVP - CONSTRUÇÕES, LDA		0:23:50	0:45:11	0:46:12	11,157	+0:18:50
796	428	VERA FERNANDES	F / 74	1981 MINHO AVENTURA		0:22:51	0:45:57	0:46:12	10,971	+0:18:51
797	1393	MARCO AURÉLIO ARAÚJO GOMES	M / 723	1990 GAM		0:23:31	0:45:34	0:46:13	11,063	+0:21:48
798	1181	FABRICIO JOSÉ PEREIRA GONÇALVE	M / 724	1977 RC6/ RECCE COY		0:23:34	0:46:09	0:46:14	10,923	+0:21:49



Resultados Globais / Overall Results

Pos Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1°	
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
799	1427	NELSON ISMAEL MOREIRA LOPES	M / 725	1981 GAM		0:23:34	0:45:51	0:46:14	10,994	+0:21:49
800	1287	RICARDO FILIPE FERREIRA RODRIG	M / 726	1987 RC6/ RECCE COY		0:23:34		0:46:15	10,9	+0:21:50
801	1381	JORGE MIGUEL DURO PEREIRA LIM	M / 727	1989 GAM		0:23:50	0:45:37	0:46:15	11,051	+0:21:50
802	1383	RUI ANDRÉ DA ROCHA PEREIRA	M / 728	1988 GAM		0:25:39	0:45:33	0:46:16	11,067	+0:21:51
803	733	PAULO TEIXEIRA	M / 729	1982		0:24:07	0:45:28	0:46:16	11,088	+0:21:51
804	352	ANA MARIA MACEDO	F / 75	1991		0:22:49	0:46:03	0:46:17	10,946	+0:18:55
805	636	MARIANA MARTINS	F / 76	1983 VIASAUDÁVEL		0:23:58	0:45:19	0:46:17	11,126	+0:18:55
806	453	PEDRO CAETANO	M / 730	1972		0:23:58	0:45:40	0:46:17	11,04	+0:21:52
807	135	SIMÃO ARAUJO	M / 731	1988		0:23:22	0:45:21	0:46:18	11,116	+0:21:53
808	61	SÉRGIO CORTINHAS	M / 732	1968 EIDH		0:23:19	0:45:51	0:46:19	10,993	+0:21:54
809	546	MANUEL CRAVEIRO	M / 733	1961		0:23:36	0:45:54	0:46:21	10,982	+0:21:55
810	1382	EMANUEL EDUARDO ABREU DA SIL	M / 734	1992 GAM		0:24:46	0:45:37	0:46:21	11,049	+0:21:56
811	1364	JORGE FILIPE VIANA OLIVEIRA	M / 735	1990 GAM		0:24:45	0:45:37	0:46:21	11,050	+0:21:56
812	894	DIOGO ALVES	M / 736	1996		0:25:43		0:46:26	10,858	+0:22:00
813	898	FLAVIO SOUSA	M / 737	1989		0:25:46		0:46:27	10,852	+0:22:02
814	1023	PAULO LEAL	M / 738	1967 EIDH		0:23:19	0:46:01	0:46:28	10,954	+0:22:02
815	893	NELSON GOMES	M / 739	1996		0:25:44		0:46:28	10,85	+0:22:03
816	481	FILIPE SILVA	M / 740	1978 MOV. JUV. MERELIM		0:22:29	0:46:20	0:46:28	10,880	+0:22:03
817	895	BRUNO QUEIROS	M / 741	1996		0:25:42		0:46:28	10,849	+0:22:03
818	726	SUSANA GUERREIRO	F / 77	1979		0:22:32	0:46:13	0:46:30	10,907	+0:19:08
819	845	TIAGO BARBOSA	M / 742	1988 CABANAS JC		0:23:06	0:46:07	0:46:32	10,930	+0:22:07
820	64	ALBERTINA MACHADO	F / 78	1961 MUNICÍPIO RUNNERS		0:23:20	0:46:30	0:46:32	10,839	+0:19:11
821	376	HELENA FERREIRA	F / 79	1967		0:22:59	0:46:25	0:46:34	10,859	+0:19:12
822	458	FILIPA ALMEIDA	F / 80	1987		0:22:36	0:46:28	0:46:36	10,848	+0:19:14
823	290	JOÃO VARANDA	M / 743	1959 MUNICÍPIO RUNNERS		0:23:21	0:46:34	0:46:36	10,826	+0:22:11
824	796	FILIPE LIMA	M / 744	1967		0:23:48	0:45:54	0:46:38	10,980	+0:22:12
825	715	DOMINGOS TEIXEIRA	M / 745	1976		0:24:07	0:45:52	0:46:40	10,991	+0:22:15
826	67	FRANCISCO AFONSO RODRIGUES	M / 746	INDIVIDUAL		0:23:20	0:46:37	0:46:41	10,812	+0:22:16
827	1291	CARLA ADRIANA REGO DE SOUSA	F / 81	1990 RC6/ RECCE COY		0:24:03	0:46:17	0:46:43	10,891	+0:19:21
828	1268	ADRIANO FILIPE GONÇALVES LOPES	M / 747	1991 RC6/ RECCE COY		0:24:02	0:46:17	0:46:44	10,892	+0:22:19
829	644	JORGE NICOLAU	M / 748	1948		0:23:59	0:45:52	0:46:44	10,992	+0:22:19
830	264	MARCO MOTA	M / 749	1971		0:26:50	0:45:53	0:46:45	10,988	+0:22:20
831	258	JOSÉ ALVES	M / 750	1977 BRAGUINHAS		0:22:16	0:46:38	0:46:49	10,811	+0:22:24
832	257	BRUNO GREGORIO	M / 751	1993 BRAGUINHAS		0:22:16	0:46:38	0:46:49	10,81	+0:22:24
833	200	JORGE SOUSA	M / 752	1980		0:22:20	0:46:42	0:46:50	10,796	+0:22:25
834	1105	CARLOS CASTRO	M / 753	1977 PÉ LEVE		0:23:59	0:46:13	0:46:51	10,908	+0:22:26
835	1376	PEDRO MIGUEL MARTINS BERNARD	M / 754	1981 GAM		0:23:44	0:46:13	0:46:51	10,908	+0:22:26
836	1378	TÂNIA SOFIA GONÇALVES GOMES	F / 82	1991 GAM		0:23:44	0:46:11	0:46:52	10,916	+0:19:30
837	1174	ANA ISABEL CARVALHO LEONARD	F / 83	1984 RC6/ RECCE COY		0:23:51	0:46:19	0:46:52	10,885	+0:19:30
838	173	PRAZERES RODRIGUES	F / 84	1968		0:22:13	0:46:34	0:46:52	10,825	+0:19:31
839	549	JOANA OSÓRIO	F / 85	1985		0:23:13	0:46:31	0:46:53	10,835	+0:19:31
840	1247	JOÃO CARLOS DE ASCENSÃO DANT	M / 755	1984 RC6/ RECCE COY		0:22:50	0:46:49	0:46:53	10,768	+0:22:28



Resultados Globais / Overall Results

Pos Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1°	
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
841	357	TIAGO CARVALHO	M / 756	1978		0:24:49	0:45:59	0:46:55	10,961	+0:22:30
842	765	JULIO RIBEIRO	M / 757	1988		0:23:49	0:46:49	0:46:56	10,768	+0:22:31
843	795	JOSÉ FERREIRA	M / 758	1976		0:24:47	0:46:10	0:46:56	10,92	+0:22:31
844	805	JOSÉ MOURA	M / 759	1954		0:24:48	0:46:09	0:46:57	10,922	+0:22:32
845	832	VANESSA VIEIRA	F / 86	1989		0:24:08	0:46:12	0:46:57	10,911	+0:19:35
846	927	JORGE SILVA	M / 760	1968		0:23:10	0:46:37	0:46:59	10,812	+0:22:34
847	471	NATÁLIA DIAS	F / 87	1973		0:22:57	0:46:36	0:46:59	10,816	+0:19:37
848	538	CARLA VILELA	F / 88	1974		0:23:36	0:46:11	0:46:59	10,915	+0:19:37
849	782	JOSE ALVES	M / 761	1979		0:21:55	0:46:46	0:46:59	10,78	+0:22:34
850	159	VASCO BRITO	M / 762	1978	FITNESS UP	0:20:43		0:46:59	10,728	+0:22:34
851	270	FRANCISCO PEIXOTO	M / 763	1964		0:24:33	0:46:08	0:47:00	10,929	+0:22:35
852	364	RAQUEL CERQUEIRA	F / 89	1979	MARATONISTAS MINHO	0:23:49	0:46:35	0:47:01	10,821	+0:19:39
853	363	MARIA VIANA	F / 90	1978	MARATONISTAS MINHO	0:23:49	0:46:34	0:47:01	10,824	+0:19:39
854	1208	RUI JOAQUIM COELHO RODRIGUES	M / 764	1988	RC6/ RECCE COY	0:22:50	0:47:01	0:47:04	10,723	+0:22:39
855	990	ELSA DIREITO	F / 91	1983		0:23:30	0:46:49	0:47:04	10,769	+0:19:42
856	1140	ISABEL ALVES	F / 92	1974	MOV. JUV. MERELIM	0:23:13	0:46:52	0:47:04	10,755	+0:19:42
857	1151	ROBERTO SENRA	M / 765	1972		0:23:48	0:46:35	0:47:06	10,822	+0:22:40
858	1444	FRANCISCO FERNANDO CARDOSO	M / 766	1961	GAM	0:23:24	0:46:40	0:47:06	10,804	+0:22:40
859	1012	JOANA CARVALHO	F / 93	1985		0:24:09	0:46:24	0:47:09	10,863	+0:19:47
860	1311	PAULO ALEXANDRE VIEIRA SALVA	M / 767	1973	GAM	0:23:00	0:46:48	0:47:12	10,772	+0:22:47
861	68	ÓSCAR RODRIGUES VELOSO	M / 768	1980	PELEVE	0:23:59	0:46:33	0:47:12	10,829	+0:22:47
862	1098	RUI ROCHA	M / 769	1961	TURBULENTOS	0:23:47	0:46:32	0:47:15	10,833	+0:22:50
863	847	SAMEIRO CARVALHO	F / 94	1974	CABANAS JC	0:24:44	0:47:02	0:47:18	10,716	+0:19:56
864	465	GLÓRIA FERREIRA	F / 95	1972		0:24:26	0:46:49	0:47:19	10,768	+0:19:57
865	641	ISAURA MIRANDA	F / 96	1967	VIAAUDÁVEL	0:25:09	0:46:22	0:47:19	10,873	+0:19:57
866	1061	JOSÉ BARROS	M / 770	1962	O SETENTA	0:24:00	0:46:31	0:47:23	10,835	+0:22:58
867	378	ISABEL PASSOS	F / 97	1967		0:23:59	0:47:15	0:47:23	10,668	+0:20:02
868	221	ROMINA FONSECA	F / 98	1988		0:23:14	0:46:24	0:47:25	10,863	+0:20:03
869	603	LILIANA OLIVEIRA	F / 99	1989	OS OLIVAS	0:23:39	0:46:59	0:47:27	10,73	+0:20:06
870	604	JAIME OLIVEIRA	M / 771	1965	OS OLIVAS	0:23:39	0:46:58	0:47:28	10,733	+0:23:02
871	306	DAVID PEREIRA	M / 772	1978		0:22:43	0:47:08	0:47:33	10,694	+0:23:08
872	798	PAULO JÁCOME	M / 773	1973	SERV.SOCIAIS MONTEPIO	0:21:32	0:47:34	0:47:38	10,596	+0:23:13
873	897	NUNO CUNHA	M / 774	1976		0:25:46		0:47:41	10,573	+0:23:15
874	896	MARCO CALDELAS	M / 775	1981		0:25:46		0:47:41	10,572	+0:23:16
875	1129	JOSÉ GONÇALVES	M / 776	1969		0:23:04	0:47:13	0:47:41	10,677	+0:23:16
876	1101	MAFALDA CRUZ	F / 100	1989		0:25:45		0:47:42	10,568	+0:20:20
877	1446	FERNANDO MIGUEL JESUS BASTO PI	M / 777	1998	GAM	0:24:05	0:47:12	0:47:45	10,681	+0:23:20
878	519	PEDRO ALPOIM	M / 778	1986	SUICIDAS BRÁCAROS	0:24:01	0:47:23	0:47:46	10,639	+0:23:21
879	639	FÁTIMA MIRANDA	F / 101	1985	VIAAUDÁVEL	0:25:09	0:46:53	0:47:50	10,753	+0:20:28
880	660	LILIANA REIS	F / 102	1982	SPEED SPIDER	0:23:59	0:47:25	0:47:51	10,632	+0:20:29
881	932	PEDRO FERNANDES	M / 779	1995	PAI E FILHO	0:24:08	0:47:02	0:47:58	10,718	+0:23:33
882	383	ELSA RODRIGUES	F / 103	1975		0:24:36	0:47:09	0:48:03	10,691	+0:20:41



Resultados Globais / Overall Results

Pos Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1°	
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
883	386	LUIS CLAUDIO MARQUES	M / 780	1973		0:24:38	0:47:08	0:48:03	10,693	+0:23:38
884	738	HELENA DOMINGUES M	F / 104	1988		0:23:55	0:48:03	0:48:08	10,491	+0:20:46
885	567	CARLOS LOPES	M / 781	1993		0:25:45	0:47:09	0:48:08	10,691	+0:23:43
886	496	ALEXANDRE CARNEIRO	M / 782	1979		0:22:55	0:47:55	0:48:11	10,52	+0:23:46
887	514	PEDRO CARVALHO	M / 783	1971	AMIGOS DO PONTO FINAL	0:23:25	0:47:45	0:48:11	10,558	+0:23:46
888	508	RUI MACHADO	M / 784	1966	AMIGOS DO PONTO FINAL	0:23:25	0:47:46	0:48:11	10,552	+0:23:46
889	1448	CATARINA ESTEVES	F / 105	1991	ECS/RC10	0:23:56	0:48:04	0:48:12	10,488	+0:20:50
890	1465	TERESA DIAS	F / 106	1989	ECS/RC35	0:23:56	0:48:05	0:48:13	10,483	+0:20:51
891	914	MARIA AUGUSTA	F / 107	1966		0:23:13	0:48:00	0:48:13	10,503	+0:20:52
892	857	ANDRÉ COSTA	M / 785	1986		0:23:59	0:47:29	0:48:14	10,616	+0:23:49
893	1258	JOSÉ PEDRO VIEIRA FERREIRA	M / 786	1987	RC6/ RECCE COY	0:23:18	0:47:42	0:48:15	10,569	+0:23:49
894	1301	IGOR JOEL LEMOS MENDES	M / 787	1988	RC6/ RECCE COY	0:23:18	0:47:43	0:48:15	10,566	+0:23:50
895	1336	CARLOS MANUEL DINIS FERREIRA	M / 788	1970	GAM	0:24:06	0:47:25	0:48:16	10,631	+0:23:50
896	1314	JOSÉ FERNANDO TEIXEIRA PINHEIR	M / 789	1967	GAM	0:24:05	0:47:43	0:48:16	10,564	+0:23:51
897	870	FILIPA COSTA	F / 108	1980		0:23:19	0:48:01	0:48:17	10,498	+0:20:55
898	1454	AVELINO DIAS	M / 790	1964	ECS/RC21	0:24:01	0:47:55	0:48:17	10,519	+0:23:52
899	1371	PAULO JORGE VEIGA DE ARAÚJO	M / 791	1989	GAM	0:25:00	0:47:40	0:48:17	10,574	+0:23:52
900	1492	FRANCISCO JOSÉ PEREIRA BARROS	M / 792	1999	RC6/ECS	0:23:28	0:47:54	0:48:17	10,525	+0:23:52
901	1346	TIAGO MANUEL MACEDO MAGALH	M / 793	1991	GAM	0:24:10	0:47:51	0:48:17	10,536	+0:23:52
902	861	FILIPE ARAÚJO	M / 794	1982	RVP - CONSTRUÇÕES, LDA	0:25:54	0:47:22	0:48:19	10,641	+0:23:54
903	878	AFONSO PEREIRA	M / 795	1996		0:24:44	0:48:10	0:48:21	10,465	+0:23:56
904	910	ANDRE SANTOS	M / 796	1964		0:26:00	0:48:12	0:48:22	10,459	+0:23:57
905	139	PEDRO PEREIRA	M / 797	1974		0:24:44	0:48:10	0:48:22	10,466	+0:23:57
906	1463	MARCO OLIVEIRA	M / 798	1989	ECS/RC33	0:25:13	0:47:33	0:48:22	10,600	+0:23:57
907	1464	PEDRO SILVA	M / 799	1986	ECS/RC34	0:25:13	0:47:33	0:48:22	10,602	+0:23:57
908	1409	DIOGO FERNANDES ALVES	M / 800	1993	GAM	0:25:00	0:47:43	0:48:22	10,563	+0:23:57
909	240	CARLOS BATISTA	M / 801	1971		0:22:53	0:47:42	0:48:23	10,569	+0:23:58
910	1410	MARCELO ALEXANDRE DOS SANTO	M / 802	1991	GAM	0:25:00	0:47:49	0:48:24	10,543	+0:23:59
911	535	ANDREZA SOARES	F / 109	1974		0:24:36	0:47:30	0:48:25	10,613	+0:21:03
912	537	MIGUEL GOMES	M / 803	1984		0:24:36	0:47:30	0:48:25	10,612	+0:24:00
913	1345	MARIA DE FÁTIMA RODRIGUES DA	F / 110	1986	GAM	0:24:10	0:47:58	0:48:26	10,509	+0:21:04
914	25	GUILHERME SOARES	M / 804	1977		0:24:25	0:48:10	0:48:26	10,464	+0:24:01
915	435	DUARTE BARREIRO	M / 805	1984		0:24:22	0:48:00	0:48:28	10,500	+0:24:03
916	1146	MARCO FARIA	M / 806	1981		0:23:10	0:48:13	0:48:29	10,456	+0:24:04
917	1120	CARLOS NEVES	M / 807	1967		0:24:48	0:47:41	0:48:33	10,573	+0:24:08
918	202	HORÁCIO AZEVEDO	M / 808	1977		0:22:11	0:48:27	0:48:35	10,403	+0:24:10
919	171	ALEX PIRES	M / 809	1974		0:23:57	0:48:14	0:48:35	10,451	+0:24:10
920	9	HELENA SOARES	F / 111	1969	TURBULENTOS	0:23:57	0:48:08	0:48:36	10,473	+0:21:14
921	674	VITOR MENDES	M / 810	1982		0:23:08	0:48:16	0:48:37	10,444	+0:24:12
922	320	JOSE RIBEIRO	M / 811	1974		0:24:01	0:47:55	0:48:37	10,520	+0:24:12
923	126	MANUELA GONÇALVES	F / 112	1971		0:25:51	0:47:41	0:48:39	10,572	+0:21:17
924	729	DUARTE DUARTE	M / 812	1992		0:24:10	0:47:37	0:48:40	10,585	+0:24:15



Resultados Globais / Overall Results

Pos	Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1°
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
925	669	HELENA RIBEIRO	F / 113	1995	OLHAMETALI	0:23:28	0:48:40	0:48:44	10,358	+0:21:22
926	1066	TERESA MACEDO	F / 114	1964		0:23:56	0:48:36	0:48:47	10,370	+0:21:25
927	387	NUNO FILIPE TINA	M / 813	1975		0:25:34	0:47:58	0:48:47	10,510	+0:24:21
928	397	ERNESTINA FERREIRA	F / 115	1962		0:24:31	0:48:39	0:48:51	10,362	+0:21:29
929	66	ABEL GONÇALVES	M / 814	1948	INDIVIDUAL	0:23:52	0:48:15	0:48:51	10,447	+0:24:26
930	924	LEONARDO MAIA	M / 815	1980	MINHO AVENTURA	0:25:09	0:48:34	0:48:55	10,379	+0:24:30
931	170	RUI SANTOS	M / 816	1980		0:25:09	0:48:34	0:48:55	10,381	+0:24:30
932	101	JOÃO MARTINS	M / 817	1980	CABRITOS DA CORTIÇA TRAIL	0:25:37	0:47:59	0:48:57	10,504	+0:24:32
933	166	HUMBERTO FIGUEROA	M / 818	1966		0:24:08	0:48:06	0:48:58	10,480	+0:24:33
934	1022	ABEL VIEIRA	M / 819	1984		0:26:57	0:46:38	0:48:58	10,808	+0:24:33
935	1164	RICARDO LIMA	M / 820	1984		0:24:32	0:48:06	0:48:59	10,48	+0:24:34
936	19	RICARDO RIO	M / 821	1972	TURBULENTOS	0:24:32	0:48:08	0:48:59	10,473	+0:24:34
937	872	LUÍSA ALVOEIRO	F / 116	1971		0:25:27	0:48:13	0:49:01	10,455	+0:21:40
938	1387	HELDER EMANUEL ARAÚJO RAMOS	M / 822	1989	GAM	0:25:05	0:48:25	0:49:04	10,413	+0:24:39
939	1251	RUBÉN JOEL BRÁS FREITAS	M / 823	1989	RC6/ RECCE COY	0:25:04	0:48:22	0:49:05	10,423	+0:24:40
940	741	SILVIA SILVA	F / 117	1984	PAPAKM	0:24:21	0:48:59	0:49:06	10,291	+0:21:44
941	984	TIAGO DUARTE	M / 824	1989		0:22:33	0:48:21	0:49:07	10,426	+0:24:42
942	740	RICARDO FERNANDES	M / 825	1983	PAPAKM	0:24:21	0:48:59	0:49:07	10,290	+0:24:42
943	100	JULIA COSTA	F / 118	1976		0:25:13	0:48:24	0:49:08	10,416	+0:21:47
944	1041	SANDRA COSTA	F / 119	1974		0:25:13	0:48:25	0:49:09	10,412	+0:21:47
945	102	ARLETE MARTINS	F / 120	1961		0:24:02	0:48:59	0:49:10	10,291	+0:21:48
946	223	SÉRGIO SILVA	M / 826	1959	TURBULENTOS	0:25:30	0:48:21	0:49:10	10,425	+0:24:45
947	38	MARIA JOÃO MONTEIRO	F / 121	1967	TURBULENTOS	0:25:28	0:48:25	0:49:13	10,411	+0:21:51
948	51	SHEILA KHAN	F / 122	1972	TURBULENTOS	0:25:24	0:48:25	0:49:13	10,41	+0:21:51
949	46	FLÁVIA XAVIER	F / 123	1984	TURBULENTOS	0:25:24	0:48:24	0:49:13	10,415	+0:21:51
950	52	SANDRINE SILVA	F / 124	1974	TURBULENTOS	0:25:29	0:48:25	0:49:13	10,411	+0:21:51
951	14	ANABELA DELGADO	F / 125	1976	TURBULENTOS	0:25:28	0:48:25	0:49:14	10,412	+0:21:52
952	410	JOSÉ FIGUEIREDO	M / 827	1969		0:24:55	0:48:27	0:49:14	10,405	+0:24:49
953	237	MANUEL SOUSA	M / 828	1966	TURBULENTOS	0:24:55	0:48:25	0:49:14	10,411	+0:24:49
954	31	JORGE LOURENÇO	M / 829	1973	TURBULENTOS	0:25:27	0:48:27	0:49:14	10,405	+0:24:49
955	340	ANTÓNIO SANTOS	M / 830	1963	TURBULENTOS	0:25:26	0:48:27	0:49:15	10,404	+0:24:50
956	297	JOÃO PINTO	M / 831	1972	TURBULENTOS	0:25:25	0:48:29	0:49:15	10,396	+0:24:50
957	1084	FERNANDO FERNANDES	M / 832	1964		0:25:28	0:48:26	0:49:15	10,409	+0:24:50
958	247	CELESTE CRUZ	F / 126	1965	TURBULENTOS	0:25:29	0:48:25	0:49:15	10,411	+0:21:53
959	26	VASCO ARAÚJO	M / 833	1964	TURBULENTOS	0:25:25	0:48:29	0:49:15	10,397	+0:24:50
960	928	CARINA COSTA	F / 127	1991		0:26:37	0:48:18	0:49:15	10,435	+0:21:54
961	229	ZÉLIA BRANDÃO	F / 128	1980	CABRITOS DA CORTIÇA	0:25:35	0:48:19	0:49:18	10,432	+0:21:56
962	136	JOSE CUNHA	M / 834	1966		0:24:34	0:48:26	0:49:18	10,409	+0:24:53
963	242	MARINA LEITE	F / 129	1970	TURBULENTOS	0:25:31	0:48:29	0:49:18	10,399	+0:21:57
964	1064	ANDREIA SILVA	F / 130	1986	O SETENTA	0:23:30	0:49:16	0:49:19	10,230	+0:21:57
965	1001	MICHAEL ANDRZEJEWSKI	M / 835	1974		0:24:59	0:48:51	0:49:19	10,32	+0:24:54
966	234	PAULO CARNEIRO	M / 836	1970		0:25:06	0:45:55	0:49:21	10,98	+0:24:56



Resultados Globais / Overall Results

Pos Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1°	
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
967	1109	MARIANA SABINO	F / 131	1992	CASA DO POVO DE MARTIM	0:25:05	0:48:56	0:49:30	10,303	+0:22:08
968	575	FERNANDO TEIXEIRA	M / 837	1963		0:25:35	0:48:34	0:49:32	10,379	+0:25:07
969	228	AUGUSTO RIBEIRO	M / 838	1972	CABRITOS DA CORTIÇA	0:25:37	0:48:34	0:49:32	10,378	+0:25:07
970	39	CARLOS. BRITO	M / 839	1970	TURBULENTOS	0:25:28	0:48:50	0:49:40	10,321	+0:25:15
971	417	MARTA RODRIGUES	F / 132	1979		0:25:27	0:48:51	0:49:40	10,32	+0:22:18
972	527	TÂNIA RIBEIRO	F / 133	1978		0:24:31	0:49:19	0:49:43	10,221	+0:22:21
973	526	PAULO BOURBON	M / 840	1973		0:24:31	0:49:20	0:49:43	10,219	+0:25:18
974	127	PEDRO MARTINS	M / 841	1975		0:24:00	0:49:44	0:49:48	10,137	+0:25:23
975	1149	PRISCILA CERDEIRA	F / 134	1977		0:25:57	0:48:05	0:49:49	10,485	+0:22:27
976	1158	ANDRÉ CARNEIRO	M / 842	1991		0:24:58	0:49:22	0:49:50	10,211	+0:25:25
977	797	MANUEL PEREIRA	M / 843	1954	SERV.SOCIAIS MONTEPIO	0:24:08	0:49:49	0:49:52	10,119	+0:25:27
978	1262	JOSÉ NUNO SÁ GONÇALVES	M / 844	1990	RC6/ RECCE COY	0:23:46	0:49:21	0:49:55	10,215	+0:25:30
979	1159	JOÃO PITREZ	M / 845	1991		0:24:58	0:49:29	0:49:56	10,188	+0:25:31
980	1144	RICARDO CUNHA	M / 846	1997		0:25:17	0:49:19	0:49:58	10,222	+0:25:33
981	1008	JOÃO LIMA	M / 847	1991		0:24:58	0:49:31	0:49:59	10,179	+0:25:34
982	1063	JORGE TEIXEIRA	M / 848	1974	O SETENTA	0:25:40	0:49:08	0:49:59	10,261	+0:25:34
983	1472	ANGELO LEITE	M / 849	1987	ECS/RC49	0:24:15	0:49:50	0:50:00	10,115	+0:25:35
984	1450	MARLENE MAGALHÃES	F / 135	1990	ECS/RC15	0:24:15	0:49:51	0:50:01	10,111	+0:22:39
985	1239	SANDRA SOFIA ROCHA COELHO	F / 136	1988	RC6/ RECCE COY	0:25:55	0:49:27	0:50:01	10,194	+0:22:39
986	183	PATRICIA CARDOSO	F / 137	1975		0:25:45	0:47:35	0:50:05	10,592	+0:22:43
987	633	SÉRGIO MENDES	M / 850	1972	VIASAUDÁVEL	0:24:57	0:49:10	0:50:06	10,253	+0:25:41
988	638	JOSÉ RODRIGUES	M / 851	1974	VIASAUDÁVEL	0:24:06	0:49:09	0:50:06	10,256	+0:25:41
989	444	NUNO FERREIRA	M / 852	1973		0:32:54	0:49:45	0:50:08	10,134	+0:25:43
990	292	ANA MONTEIRO	F / 138	1986		0:23:57	0:49:58	0:50:08	10,088	+0:22:46
991	90	FLORINDA DCOURADO	F / 139	1966		0:25:10	0:49:22	0:50:14	10,212	+0:22:52
992	398	RENATO NUNES	M / 853	1989		0:24:48	0:49:22	0:50:14	10,21	+0:25:49
993	954	RITA VALE LIMA	F / 140	1996		0:23:19	0:50:08	0:50:14	10,054	+0:22:52
994	1354	RÚBEN FILIPE SIMÕES RODRIGUES	M / 854	1993	GAM	0:25:28	0:49:31	0:50:15	10,181	+0:25:49
995	1370	BRUNO ALEXANDRE BARBOSA ANT	M / 855	1991	GAM	0:25:28	0:49:32	0:50:15	10,177	+0:25:50
996	1367	ANDREIA MANUELA PINHO DA SILV	F / 141	1987	GAM	0:24:19	0:49:44	0:50:17	10,136	+0:22:55
997	1412	PEDRO TIAGO FERREIRA RODRIGUE	M / 856	1991	GAM	0:21:12	0:49:33	0:50:19	10,174	+0:25:54
998	665	LUÍSA GONÇALVES	F / 142	1975		0:25:16	0:49:45	0:50:24	10,131	+0:23:02
999	675	LUÍSA DUARTE	F / 143	1973		0:25:16	0:49:44	0:50:24	10,135	+0:23:02
1000	1043	FILIPE OLIVEIRA	M / 857	1982	COSTA OLIVEIRA	0:25:12	0:49:36	0:50:27	10,163	+0:26:02
1001	1235	DIANA PATRÍCIA DA SILVA BARBOS	F / 144	1986	RC6/ RECCE COY	0:25:55	0:49:54	0:50:28	10,101	+0:23:06
1002	1261	PEDRO MIGUEL DA SILVA GOMES	M / 858	1990	RC6/ RECCE COY	0:25:32	0:49:56	0:50:30	10,095	+0:26:05
1003	1271	NUNO MIGUEL RIBEIRO MAGALHÃE	M / 859	1988	RC6/ RECCE COY	0:25:32	0:49:54	0:50:31	10,101	+0:26:06
1004	1275	FILIPE MARTINHO PEREIRA NOVAIS	M / 860	1988	RC6/ RECCE COY	0:25:32	0:49:55	0:50:31	10,097	+0:26:06
1005	724	MARTA REIS	F / 145	1980		0:25:00	0:50:23	0:50:31	10,004	+0:23:10
1006	863	MARCO BERNARDINO	M / 861	1981	RVP - CONSTRUÇÕES, LDA	0:24:50	0:49:33	0:50:32	10,172	+0:26:07
1007	1143	FILIPE PITAES	M / 862	1976		0:25:45	0:49:45	0:50:33	10,132	+0:26:08
1008	1142	ANA PITAES	F / 146	1974		0:25:45	0:49:47	0:50:33	10,125	+0:23:12



Resultados Globais / Overall Results

Pos	Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1°
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
1009	793	BARBARA DIAS	F /	147	1981	0:24:41	0:50:07	0:50:35	10,06	+0:23:13
1010	706	PEDRO VILAÇA	M /	863	1974	0:27:04		0:50:36	9,9612	+0:26:11
1011	983	RUI DUARTE	M /	864	1974	0:24:26	0:49:53	0:50:39	10,106	+0:26:14
1012	1266	JOÃO FERNANDO FERNANDES LOPE	M /	865	1985 RC6/ RECCE COY	0:26:03	0:49:50	0:50:45	10,115	+0:26:20
1013	1282	GABRIEL RODRIGUES PEREIRA	M /	866	1987 RC6/ RECCE COY	0:26:04	0:49:50	0:50:46	10,114	+0:26:21
1014	1104	ALICE ESTEVES	M /	867	1972 EQUIPA ESPIRAL / GDBM	0:24:52	0:50:14	0:50:52	10,033	+0:26:27
1015	902	TÂNIA OLIVEIRA	F /	148	1988	0:24:26	0:50:20	0:50:56	10,015	+0:23:34
1016	803	EDUARDO ABREU	M /	868	1990	0:24:47	0:50:50	0:50:56	9,9148	+0:26:31
1017	601	ADRIANA CARVALHO	F /	149	1992	0:25:43	0:50:07	0:51:02	10,058	+0:23:40
1018	1150	MARGARIDA CUNHA	F /	150	1968	0:29:40	0:44:30	0:51:03	11,33	+0:23:41
1019	582	RUI DIAS	M /	869	1973 TRIBRAGA	0:25:42	0:50:11	0:51:04	10,045	+0:26:39
1020	963	JOÃO COSTA	M /	870	1970 TURBULENTOS	0:24:21	0:50:32	0:51:04	9,9760	+0:26:39
1021	760	ADELINO CORREIA	M /	871	1954 CORREIAS	0:24:21	0:50:31	0:51:04	9,9786	+0:26:39
1022	1491	DIOGO LUIS PEREIRA BARROS	M /	872	1990 RC6/ECS	0:24:09	0:50:47	0:51:10	9,9268	+0:26:45
1023	995	MARIA MENDES	F /	151	1967	0:25:57	0:50:47	0:51:15	9,9246	+0:23:54
1024	1414	MÁRIO PEDRO NETO DA SILVA DO R	M /	873	1988 GAM	0:26:08	0:51:05	0:51:19	9,8677	+0:26:54
1025	1407	NUNO MIGUEL MENDONÇA FIGUEIR	M /	874	1990 GAM	0:26:06	0:51:06	0:51:19	9,8638	+0:26:54
1026	401	JOSÉ CERDEIRA	M /	875	1961	0:25:40	0:51:06	0:51:25	9,8657	+0:27:00
1027	913	MARIALVA MARQUES	F /	152	1965	0:25:09	0:51:29	0:51:34	9,7899	+0:24:12
1028	1408	OLGA MARISA FERNANDES VIEIRA	F /	153	1992 GAM	0:26:40	0:51:19	0:51:38	9,8231	+0:24:16
1029	848	GONÇALO CARVALHO	M /	876	1983 CABANAS JC	0:24:46	0:51:15	0:51:39	9,8370	+0:27:13
1030	501	DANIELA GONÇALVES	F /	154	1985 OS CORAJOSOS :)	0:26:13		0:51:42	9,7513	+0:24:20
1031	41	MANUELA RODRIGUES	F /	155	1959 TURBOLENTOS	0:25:57	0:51:17	0:51:44	9,8298	+0:24:22
1032	631	JOÃO SOARES	M /	877	1989 VIASAUDÁVEL	0:24:04	0:50:46	0:51:44	9,9278	+0:27:19
1033	632	SILVANA COUTO	F /	156	1988 VIASAUDÁVEL	0:24:04	0:50:46	0:51:45	9,93	+0:24:23
1034	624	AMÉLIA RIBEIRO	F /	157	1966	0:26:00	0:51:06	0:51:58	9,8654	+0:24:36
1035	967	ZÉLIA RIBEIRO	F /	158	1970 SILVA PEREIRA	0:25:12	0:51:29	0:52:02	9,7917	+0:24:40
1036	965	JOÃO PEREIRA	M /	878	1966 SILVA PEREIRA	0:25:12	0:51:29	0:52:02	9,7922	+0:27:37
1037	299	HELENA GOMES	F /	159	1982	0:25:40	0:51:30	0:52:03	9,7864	+0:24:41
1038	609	BRUNO SILVA	M /	879	1988 REXEMINGAS	0:26:09	0:51:20	0:52:07	9,8201	+0:27:42
1039	608	ARMANDO PEREIRA	M /	880	1987 REXEMINGAS	0:26:10	0:51:21	0:52:07	9,8179	+0:27:42
1040	610	PEDRO PEREIRA	M /	881	1987 REXEMINGAS	0:26:09	0:51:21	0:52:08	9,8151	+0:27:43
1041	625	PAULO FERREIRA	M /	882	1965	0:25:59	0:51:15	0:52:08	9,8369	+0:27:43
1042	121	RICARDO FERNANDES	M /	883	1979	0:26:51	0:51:20	0:52:09	9,8183	+0:27:44
1043	129	CARLA ALVES	F /	160	1981	0:26:51	0:51:21	0:52:09	9,8158	+0:24:47
1044	81	RUI SILVA	M /	884	1962	0:26:09	0:51:37	0:52:18	9,7643	+0:27:53
1045	958	MARISA RIBEIRO	F /	161	1978	0:26:09	0:51:43	0:52:18	9,7456	+0:24:56
1046	1443	PAULA MARIA PEREIRA TINOCO	F /	162	1979 GAM	0:25:54	0:51:32	0:52:19	9,7831	+0:24:58
1047	1426	BRUNO ESTEVES DE CARVALHO PIN	M /	885	1980 GAM	0:25:54	0:51:32	0:52:20	9,7809	+0:27:55
1048	310	JOAO PEREIRA	M /	886	1972	0:25:34	0:51:54	0:52:24	9,7115	+0:27:59
1049	309	SANDRA PEREIRA	F /	163	1971	0:25:38	0:51:54	0:52:24	9,7133	+0:25:02
1050	28	OLGA PEREIRA	F /	164	1975 MUNICIPIO RUNNERS	0:26:24	0:51:45	0:52:26	9,7418	+0:25:05



Resultados Globais / Overall Results

Pos	Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1°
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
1051	97	ALVARO MIRANDA	M / 887	1975		0:26:20	0:52:16	0:52:27	9,6446	+0:28:02
1052	982	MIGUEL MIRANDA	M / 888	1996		0:26:20	0:52:16	0:52:27	9,6433	+0:28:02
1053	11	CARLOS MANGAS	M / 889	1962	TURBULENTOS	0:27:06	0:52:01	0:52:31	9,6901	+0:28:06
1054	529	MANUELA SARMENTO	F / 165	1959		0:26:49	0:52:01	0:52:32	9,6898	+0:25:11
1055	1044	NUNO TOMAZ	M / 890	1974		0:27:16	0:51:46	0:52:32	9,7376	+0:28:07
1056	379	CRISTINA SILVA	F / 166	1982		0:25:27	0:52:17	0:52:35	9,6419	+0:25:14
1057	380	CLÁUDIA FERNANDES	F / 167	1979		0:25:28	0:52:17	0:52:35	9,6403	+0:25:14
1058	439	LINO RAMOS	M / 891	1971		0:27:12	0:51:59	0:52:36	9,6968	+0:28:11
1059	889	MIGUEL MACHADO	M / 892	1973		0:27:13	0:51:59	0:52:36	9,6966	+0:28:11
1060	114	CONCEICAO SA	F / 168	1969	MFOURTY	0:26:48	0:51:47	0:52:39	9,733	+0:25:18
1061	642	MARGARIDA MIRANDA	F / 169	1973	VIAAUDÁVEL	0:26:22	0:51:42	0:52:40	9,7510	+0:25:19
1062	1153	PAULO SILVA	M / 893	1976		0:31:34	0:44:30	0:52:44	11,33	+0:28:19
1063	752	SILVIA COSTA	F / 170	1981		0:31:36	0:44:33	0:52:48	11,314	+0:25:26
1064	751	HUGO CABO	M / 894	1985		0:31:34	0:44:35	0:52:50	11,305	+0:28:25
1065	500	ANA COSTA	F / 171	1992	OS CORAJOSOS :)	0:26:47	0:50:56	0:52:50	9,8956	+0:25:28
1066	753	SARA RODRIGUES	F / 172	1990		0:31:36	0:44:36	0:52:51	11,302	+0:25:29
1067	1032	JOÃO MOTA	M / 895	1991		0:24:13	0:52:48	0:52:53	9,5463	+0:28:28
1068	830	CAROLINA MANUELA SILVA	F / 173	1975		0:26:51	0:52:02	0:52:53	9,6877	+0:25:32
1069	403	LUCINDA MARQUES	F / 174	1961		0:26:13	0:52:54	0:53:06	9,5293	+0:25:44
1070	858	ANDRÉ MACHADO	M / 896	1987	RVP - CONSTRUÇÕES, LDA	0:26:18	0:52:07	0:53:08	9,6730	+0:28:43
1071	865	NUNO QUINTAS	M / 897	1979	RVP - CONSTRUÇÕES, LDA	0:26:44	0:52:09	0:53:09	9,6666	+0:28:43
1072	859	BRUNO LEITÃO	M / 898	1981	RVP - CONSTRUÇÕES, LDA	0:26:45	0:52:11	0:53:10	9,6611	+0:28:45
1073	962	TIAGO AZEVEDO	M / 899	1985		0:25:49	0:52:24	0:53:12	9,6213	+0:28:47
1074	807	MARCELA MONTEIRO	F / 175	1977		0:25:57	0:53:15	0:53:22	9,4677	+0:26:01
1075	1099	THIAGO TOLFO	M / 900	1988		0:29:28		0:53:25	9,4373	+0:29:00
1076	768	MARIA FONSECA	F / 176	1969	VAMOS LÁ	0:25:36	0:53:19	0:53:36	9,4537	+0:26:14
1077	528	CARLA MOREIRA	F / 177	1972		0:25:37	0:53:19	0:53:36	9,4554	+0:26:14
1078	165	JOSE MOTA	M / 901	1974		0:26:26	0:53:30	0:53:41	9,4224	+0:29:16
1079	1077	FRANCISCO MACHADO	M / 902	1996		0:26:26	0:53:29	0:53:41	9,4237	+0:29:16
1080	351	MANUEL RIBEIRO	M / 903	1964	TURBULENTOS	0:26:24	0:52:53	0:53:41	9,5310	+0:29:16
1081	877	RITA GOMES	F / 178	1976		0:26:13	0:53:25	0:53:48	9,4363	+0:26:26
1082	828	JOSÉ CARLOS TEIXEIRA	M / 904	1973		0:26:12	0:53:25	0:53:48	9,4353	+0:29:23
1083	29	MANUELA RIBEIR	F / 179	1956	TURBULENTOS	0:26:34	0:53:22	0:53:48	9,4465	+0:26:27
1084	188	EMILIA GONÇALVES	F / 180	1975		0:27:47	0:52:56	0:53:49	9,5226	+0:26:27
1085	388	XAVIER LEITE	M / 905	1956		0:25:48	0:53:20	0:53:54	9,4524	+0:29:28
1086	788	NUNO AZEVEDO	M / 906	1970		0:25:49	0:53:20	0:53:54	9,4506	+0:29:29
1087	467	ANDREIA VALE	F / 181	1984		0:28:18	0:52:56	0:53:54	9,523	+0:26:33
1088	149	VÍTOR CARRIÇO	M / 907	1967		0:26:44	0:53:10	0:54:03	9,4802	+0:29:38
1089	295	CLÁUDIA LEITÃO	F / 182	1977		0:27:47	0:53:10	0:54:03	9,4822	+0:26:42
1090	637	DENISA MARTINS	F / 183	1975	VIAAUDÁVEL	0:26:27	0:53:06	0:54:04	9,4923	+0:26:42
1091	494	PAULO MARQUES	M / 908	1957		0:26:49	0:53:35	0:54:05	9,4083	+0:29:40
1092	981	ISABEL CARVALHO	F / 184	1976		0:25:39	0:53:35	0:54:05	9,4072	+0:26:43



Resultados Globais / Overall Results

Pos Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2 T. Neto	Tempo	Passo	Dif. 1°		
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
1093	623	BÁRBARA ROCHA	F / 185	1995		0:26:03	0:53:53	0:54:06	9,3561	+0:26:45
1094	456	TIAGO FERREIRA	M / 909	1978	MERCADO DA PEDRA/ 7POR7	0:26:17	0:53:32	0:54:08	9,4168	+0:29:43
1095	455	PAULO CASTRO	M / 910	1973	MERCADO DA PEDRA/ 7POR7	0:26:17	0:53:30	0:54:08	9,4227	+0:29:43
1096	758	PAULA FERNANDES	F / 186	1977	SMILECARE-DR CLÁUDIO	0:27:48	0:53:07	0:54:08	9,4909	+0:26:47
1097	755	LILIANA FERNANDES	F / 187	1979	SMILECARE-DR CLÁUDIO	0:28:17	0:53:08	0:54:08	9,4871	+0:26:47
1098	754	CLAUDIO PINTO	M / 911	1968	SMILECARE-DR CLÁUDIO	0:29:36	0:53:07	0:54:09	9,4907	+0:29:44
1099	1347	CARLOS ALBERTO ALMEIDA ABREU	M / 912	1988	GAM	0:27:13	0:53:43	0:54:11	9,3854	+0:29:46
1100	1425	CARLA FILIPA FERREIRA DA COSTA	F / 188	1989	GAM	0:27:13	0:53:47	0:54:11	9,3734	+0:26:49
1101	1304	VÂNIA ALEXANDRA CARVALHO OLI	F / 189	1988	RC6/ RECCE COY	0:26:27	0:53:40	0:54:15	9,3917	+0:26:53
1102	1217	CLÁUDIO OLIVEIRA MARTINS	M / 913	1991	RC6/ RECCE COY	0:26:27	0:53:40	0:54:15	9,392	+0:29:50
1103	1073	BRUNO PEREIRA	M / 914	1984		0:27:31	0:53:54	0:54:25	9,3524	+0:30:00
1104	1057	MARTA CALDEIRA	F / 190	1978		0:26:21	0:54:16	0:54:34	9,2889	+0:27:13
1105	214	MARGARIDA SILVA	F / 191	1959		0:26:20	0:54:17	0:54:34	9,2867	+0:27:13
1106	757	ALEXANDRA CERDEIRA	F / 192	1981	SMILECARE-DR CLÁUDIO	0:30:20	0:53:39	0:54:40	9,3968	+0:27:18
1107	522	JORGE CORREIA	M / 915	1982	SUICIDAS BRÁCAROS	0:26:47	0:54:19	0:54:42	9,2805	+0:30:17
1108	911	RICARDO NAVIO	M / 916	1982		0:26:40	0:54:55	0:55:04	9,18	+0:30:39
1109	1116	PEDRO SANTOS	M / 917	1977	FAMA RUNNERS	0:26:40	0:54:55	0:55:05	9,1786	+0:30:40
1110	1263	LUÍS ADRIANO COELHO IGREJA	M / 918	1992	RC6/ RECCE COY	0:27:40	0:54:26	0:55:06	9,2613	+0:30:41
1111	1236	JOSÉ ALEXANDRE SILVA BARBOSA	M / 919	1991	RC6/ RECCE COY	0:27:40	0:54:26	0:55:06	9,2614	+0:30:41
1112	1303	MARIA CELESTE MONTENEGRO OLI	F / 193	1989	RC6/ RECCE COY	0:27:25	0:54:47	0:55:06	9,2014	+0:27:44
1113	1072	EDUARDO MORGADO	M / 920	1993		0:27:30	0:54:43	0:55:13	9,2137	+0:30:48
1114	1071	DANIELA PEREIRA	F / 194	1989		0:27:30	0:54:42	0:55:14	9,2156	+0:27:52
1115	885	EDUARDO MIGUEL RODRIGUES	M / 921	1969		0:27:14	0:54:25	0:55:20	9,2624	+0:30:55
1116	881	JORGE PRATA	M / 922	1972		0:27:15	0:54:26	0:55:20	9,2618	+0:30:55
1117	1074	FERNANDO CORREIA	M / 923	1954		0:26:32	0:54:53	0:55:22	9,1858	+0:30:57
1118	1398	JOÃO ANDRÉ ARAÚJO LOUREIRO	M / 924	1992	GAM	0:27:26	0:55:01	0:55:42	9,1634	+0:31:17
1119	906	CLARA CARVALHO	F / 195	1978		0:27:01	0:55:12	0:55:52	9,1313	+0:28:30
1120	849	JESUS OLIVEIRA	F / 196	1983	CABANAS JC	0:26:54	0:55:37	0:55:52	9,0646	+0:28:30
1121	1025	MANUEL FERREIRA	M / 925	1975		0:28:17	0:55:07	0:55:55	9,1454	+0:31:30
1122	565	ADRIANA FERREIRA	F / 197	1988		0:26:32	0:55:47	0:56:04	9,0354	+0:28:42
1123	112	PAULO FERNANDES	M / 926	1974	MFOURTY	0:27:47	0:55:15	0:56:05	9,1248	+0:31:40
1124	108	FILIPE ALMEIDA	M / 927	1977	MFOURTY	0:27:46	0:55:17	0:56:09	9,1175	+0:31:44
1125	110	JOSE MARTINS	M / 928	1989	MFOURTY	0:27:46	0:55:21	0:56:12	9,1072	+0:31:47
1126	265	ÂNGELA MOTA	F / 198	1972		0:26:50	0:55:20	0:56:13	9,1097	+0:28:51
1127	732	ISABEL MARQUES	F / 199	1974	TURBULENTOS	0:27:36	0:55:48	0:56:39	9,0326	+0:29:18
1128	750	MIGUEL BARROS	M / 929	1985		0:31:39	0:49:36	0:57:52	10,162	+0:33:27
1129	1069	RAQUEL MIRANDA	M / 930	1987		0:27:55	0:57:45	0:58:30	8,7289	+0:34:04
1130	1070	JOSÉ CARLOS FERREIRA	M / 931	1987		0:27:55	0:57:44	0:58:30	8,7309	+0:34:05
1131	1389	VÍTOR AURELIANO GOMES FERNAN	M / 932	1988	GAM	0:27:33	0:57:53	0:58:31	8,7086	+0:34:06
1132	1379	PAULO DANIEL LOMBA GOMES	M / 933	1989	GAM	0:27:33	0:57:54	0:58:31	8,7063	+0:34:06
1133	977	SANDRA DIAS	F / 200	1975		0:29:45	0:58:08	0:58:34	8,6702	+0:31:12
1134	1054	ANGELA REIS	F / 201	1963		0:28:16	0:57:47	0:58:35	8,7242	+0:31:13



Resultados Globais / Overall Results

Pos	Peitor.	Corredor	Sexo	Ano	Clube	Km 4,2	T. Neto	Tempo	Passo	Dif. 1º
Pos	Bib#	Participant	Gen.	YOB	Club	Km 4,2	Net T	Time	Pace	Dif. 1st
1135	1397	CLAÚDIO RIBEIRO MARQUES	M /	934 1989	GAM	0:27:33	0:57:54	0:58:35	8,7062	+0:34:10
1136	1048	ANA GOMES	F /	202 1963		0:28:15	0:57:46	0:58:35	8,7253	+0:31:13
1137	961	IVAN ALVES	M /	935 1981		0:29:19	0:57:51	0:58:39	8,7146	+0:34:14
1138	1035	MARYSE CASTRO	F /	203 1982		0:29:19	0:57:49	0:58:40	8,7186	+0:31:18
1139	1096	LUCIO FERRAZ	M /	936 1988		0:28:22	0:54:29	0:58:42	9,2533	+0:34:16
1140	1085	JESSICA CARMO	F /	204 1991		0:29:28	0:55:28	0:58:42	9,0883	+0:31:20
1141	930	ELISA COSTA	F /	205 1992		0:27:48	0:58:00	0:58:58	8,6914	+0:31:36
1142	929	MARCO PEREIRA	M /	937 1979		0:27:48	0:58:01	0:58:58	8,6886	+0:34:33
1143	316	FRANCISCO LEITE	M /	938 1952		0:26:41	0:58:04	0:59:01	8,6819	+0:34:36
1144	839	ANDRÉ RIBEIRO	M /	939 1987		0:25:41	1:01:43	1:01:49	8,1677	+0:37:24