



Meia Maratona

Resultados Globais / Overall Results

Pos	Peitor.	Corredor	Sexo	Ano	Clube	Cat.	Tempo	Passo	Dif. 1º
Pos	Bib#	Participant	Gen.	YOB	Club	Division	Time	Pace	Dif. 1st
1	111	CATIA PINTO	F / 45				2:04:15	05:52	+0:49:15
Senior F									
2	8	FILOMENA COSTA	F / 1	1992	JARDINS SERRA	Sen-F / 1	1:15:00	03:33	
3	2	DOROTEIA ALVES PEIXOTO	F / 2	1983	AMIGOS DA MONTANHA	Sen-F / 2	1:15:20	03:34	+0:00:20
4	44	LEONOR CARNEIRO	F / 3	1978		Sen-F / 3	1:16:25	03:37	+0:01:25
5	11	ANÁLIA ROSA	F / 4	1976	S C PORTUGUESA	Sen-F / 4	1:16:57	03:38	+0:01:58
6	9	CARLA MARTINHO	F / 5	1976	ADERCUS	Sen-F / 5	1:18:50	03:44	+0:03:51
7	109	PATRICIA PEREIRA	F / 6	1981		Sen-F / 6	1:26:32	04:05	+0:11:32
8	21	DULCE FELIX	F / 7	1981	SPORT LISBOA E BENFICA	Sen-F / 7	1:27:10	04:07	+0:12:10
9	45	DIANA SOUSA	F / 9	1990		Sen-F / 8	1:31:57	04:21	+0:16:57
10	2250	MARTA SOFIA MENDES MARQUES	F / 11	1985	MAIA A.C	Sen-F / 9	1:41:49	04:49	+0:26:50
11	2281	DULCE SEVERINA FARIA DA SILVA	F / 12	1976		Sen-F / 10	1:42:37	04:45	+0:27:38
12	2154	VALQUIRIA SILVA	F / 14	1976	BOAVISTA FC	Sen-F / 11	1:43:52	04:53	+0:28:53
13	2730	RITA LOUREIRO	F / 16	1987	CLUBE ALIANÇA DE GANDRA	Sen-F / 12	1:47:06	05:04	+0:32:06
14	2354	MARÍLIA DA CONCEIÇÃO DA SILVA	F / 19	1979		Sen-F / 13	1:51:13	05:15	+0:36:14
15	2780	TÚLIA AIRES	F / 20	1983	NO TOMORROW RUNNING TEAM	Sen-F / 14	1:51:37	05:16	+0:36:37
16	2019	HELENA COSTA	F / 21	1993	INVICTA RUNNERS TEAM	Sen-F / 15	1:52:28	05:18	+0:37:29
17	106	JOANA MANUEL BATISTA SOUSA	F / 22	1985	BMCAR	Sen-F / 16	1:52:29	05:18	+0:37:30
18	2575	HELENA RAMOS	F / 24	1980	GRUPO DESPORTIVO LEOES DO	Sen-F / 17	1:53:14	05:20	+0:38:14
19	2291	DANIELA MARTA MARIANO FALCÃ	F / 25	1992	RUNNERS LAMPASSA	Sen-F / 18	1:54:30	05:25	+0:39:31
20	2257	NATÁLIA MARIA GONÇALVES MILA	F / 27	1976		Sen-F / 19	1:55:03	05:21	+0:40:03
21	2390	SANDRA COSTA	F / 28	1976	BRAGUINHAS	Sen-F / 20	1:55:41	05:27	+0:40:42
22	2800	MARTA FERREIRA	F / 29	1981	VIDA ATIVA	Sen-F / 21	1:57:33	05:32	+0:42:33
23	2769	FILOMENA ADRIANA SILVA ARAÚJO	F / 30	1978	OS ISABELINHAS	Sen-F / 22	1:57:42	05:33	+0:42:42
24	2029	ANA ISABEL FARIA CARDOSO	F / 31	1992		Sen-F / 23	1:58:32	05:35	+0:43:33
25	2608	ARMANDA BARROSO	F / 32	1979	G.D. OS RIBEIRINHOS	Sen-F / 24	1:58:43	05:36	+0:43:44
26	2047	DORA ISABEL NETO DIAS	F / 33	1982		Sen-F / 25	1:59:52	05:39	+0:44:53
27	2248	ANA SOFIA ALVES RIBEIRO	F / 34	1977	BIOMATER	Sen-F / 26	2:00:12	05:41	+0:45:12
28	2777	LILIANA MARIA ARAUJO FERREIRA	F / 35	1983	OS ISABELINHAS	Sen-F / 27	2:00:51	05:41	+0:45:51
29	2458	CARLA SOFIA NEVES MONTEIRO	F / 36	1981	DESNÍVEL POSITIVO	Sen-F / 28	2:00:54	05:41	+0:45:55
30	2221	MARIA SÁ	F / 37	1977		Sen-F / 29	2:01:04	05:41	+0:46:04
31	2219	ALDA CRISTINA MATIAS DA ROCHA	F / 38	1976		Sen-F / 30	2:01:08	05:42	+0:46:09
32	2302	INÁCIA MARIA LOPES VERDE VITOR	F / 39	1977	DESNÍVEL POSITIVO	Sen-F / 31	2:02:39	05:46	+0:47:39
33	2189	SOLANGE CABRAL	F / 41	1976	VAMOS LÁ	Sen-F / 32	2:03:30	05:50	+0:48:30
34	2553	MARIANA MIRANDA DA COSTA MA	F / 42	1983		Sen-F / 33	2:03:45	05:50	+0:48:45
35	2550	CARLA CRISTINA DO VALE FIGUEIR	F / 43	1984		Sen-F / 34	2:04:01	05:50	+0:49:02
36	2083	MAGDA SOFIA BARBOSA COSTA	F / 44	1976		Sen-F / 35	2:04:11	05:52	+0:49:11
37	2259	CARLA SOFIA DE OLIVEIRA ESTEVE	F / 46	1985		Sen-F / 36	2:05:12	05:54	+0:50:12
38	2638	MARIA DOLORES GONZALEZ VAZQ	F / 49	1977	CORRECAMINOS	Sen-F / 37	2:05:44	05:54	+0:50:45
39	2675	CARMEN RAQUEL DURAES SOUSA	F / 50	1979	CORRECAMINOS	Sen-F / 38	2:06:14	05:56	+0:51:14



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40	2005	ISABEL COELHO	F / 51	1978		Sen-F / 39	2:06:22	05:58	+0:51:22
41	2612	ANA MARGARIDA ALVES DA SILVA	F / 52	1981	DARQUE RUNNERS TEAM	Sen-F / 40	2:06:38	05:59	+0:51:38
42	2352	CARLA FILIPA DA SILVA ALVES	F / 54	1977		Sen-F / 41	2:07:17	05:59	+0:52:17
43	2358	LILIANA LOPES PINTO	F / 57	1982		Sen-F / 42	2:13:46	06:18	+0:58:46
44	2069	CRISTINA GONÇALVES	F / 58	1977	FALTA MUITO?	Sen-F / 43	2:14:46	06:21	+0:59:46
45	2253	ANA CATARINA PAQUETE	F / 59	1977		Sen-F / 44	2:15:25	06:24	+1:00:25
46	2286	SANDRA BOMPASTOR DA COSTA	F / 60	1977	AMIGOS VALE SILÊNCIO - NO	Sen-F / 45	2:19:22	06:34	+1:04:22
47	2705	SANDRA PEREIRA	F / 62	1993	BARCELOS SAUDÁVEL	Sen-F / 46	2:27:14	06:57	+1:12:14
48	2171	SUSANA SILVA	F / 63	1975		Sen-F / 47	2:27:14	06:57	+1:12:14
49	2054	TERESA OLIVEIRA	F / 65	1979		Sen-F / 48	2:30:48	07:07	+1:15:48
50	2452	TINA PAULA DOS SANTOS MARTINS	F / 66	1981		Sen-F / 49	2:32:02	07:10	+1:17:02
51	2782	ANGELA COSTA	F / 67	1986	SPEM - SOCIEDADE PORTUGUE	Sen-F / 50	2:32:08	07:10	+1:17:09
52	2783	ANA COELHO DA SILVA	F / 68	1982	SPEM - SOCIEDADE PORTUGUE	Sen-F / 51	2:32:12	07:12	+1:17:12
53	2440	ADRIANA GOMES	F / 69	1977		Sen-F / 52	2:37:44	07:27	+1:22:44

Senior M

54	4	RUI PEDRO SILVA	M / 1	1981	S. L. BENFICA	Sen-M / 1	1:04:52	03:04	
55	5	RUI PINTO	M / 2	1992	S. L. BENFICA	Sen-M / 2	1:05:25	03:05	+0:00:34
56	7	JOSÉ MOREIRA	M / 3	1980	S. L. BENFICA	Sen-M / 3	1:05:26	03:06	+0:00:35
57	17	RUI TEIXEIRA	M / 4	1982	MAIA AC	Sen-M / 4	1:05:29	03:06	+0:00:38
58	10	BRUNO SILVA	M / 5	1983	MAIA GOSAUDE	Sen-M / 5	1:05:35	03:06	+0:00:44
59	13	LICINIO PIMENTEL	M / 7	1977	SPORTING C. P.	Sen-M / 6	1:06:49	03:09	+0:01:58
60	101	MIGUEL ÂNGELO BAPTISTA MONIZ	M / 8	1987	CLUBE ATLETISMO OLÍMPICO	Sen-M / 7	1:07:17	03:11	+0:02:25
61	20	HELDER SANTOS	M / 9	1983	MAIA GOSAUDE	Sen-M / 8	1:07:33	03:12	+0:02:42
62	18	RUI MUGA	M / 11	1984	CLUBE ACADEMICO DE MOGADO	Sen-M / 9	1:08:42	03:15	+0:03:50
63	12	JOSÉ CARVALHO	M / 12	1989	CLUBE ACADEMICO DE MOGADO	Sen-M / 10	1:08:42	03:15	+0:03:50
64	102	AVELINO EUSÉBIO	M / 13	1992	ACPV	Sen-M / 11	1:08:42	03:15	+0:03:51
65	15	ARTUR RODRIGUES	M / 14	1975	NAC	Sen-M / 12	1:11:25	03:23	+0:06:34
66	2179	CARLOS COSTA	M / 15	1986	C. D. S. SALVADOR DO CAMP	Sen-M / 13	1:12:24	03:25	+0:07:33
67	2639	CARLOS MANUEL TEIXEIRA LOPES	M / 17	1981	CLUBE ACADÉMICO DE MOGADO	Sen-M / 14	1:13:54	03:29	+0:09:02
68	2345	MIHAIL LALEV	M / 18	1982	SC BRAGA	Sen-M / 15	1:15:01	03:33	+0:10:10
69	2797	FERNANDO MANUEL DA SILVA GRIL	M / 19	1975	SIRA-SOC INSTRUÇÃO E RECR	Sen-M / 16	1:15:40	03:34	+0:10:49
70	22	FILIPPE ROCHA	M / 25	1986		Sen-M / 17	1:19:06	03:44	+0:14:15
71	2762	MÁRIO RIBEIRO	M / 30	1986	CENTRO DE ATLETISMO DE AR	Sen-M / 18	1:22:14	03:53	+0:17:22
72	41	NUNO MIGUEL SOARES DE MIRAND	M / 34	1977	AMIGOS DA MONTANHA	Sen-M / 19	1:22:54	03:55	+0:18:03
73	2104	JOSÉ AFONSO	M / 38	1978	ADRULSM	Sen-M / 20	1:24:03	03:58	+0:19:12
74	2691	SERGIO MANUEL GOMES LOPES	M / 39	1979	LUANDA RUNNERS	Sen-M / 21	1:24:46	04:00	+0:19:54
75	2313	JOSÉ ALMEIDA	M / 41	1977		Sen-M / 22	1:25:32	04:02	+0:20:40
76	2569	PEDRO MIGUEL SILVEIRA PINTO NU	M / 42	1978	NÚCLEO ATLETISMO VILA REA	Sen-M / 23	1:25:35	04:03	+0:20:44
77	2729	HENRIQUE COSTA	M / 44	1987	CLUBE R/R ONLINE	Sen-M / 24	1:26:02	04:04	+0:21:10
78	2003	JOÃO RICARDO PEREIRA POÇAS	M / 46	1978	GPE RUNNERS	Sen-M / 25	1:26:15	04:04	+0:21:24
79	2376	JOÃO PEDRO FERREIRA MOITA	M / 47	1982	CLUBE ZUPPER	Sen-M / 26	1:26:35	04:04	+0:21:44



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80	2022	FILIFE RODRIGUES PEREIRA	M / 48	1989	MINHO AVENTURA	Sen-M / 27	1:26:43	04:06	+0:21:51
81	2733	FILIFE COUTINHO	M / 53	1992	ACPV	Sen-M / 28	1:27:10	04:07	+0:22:19
82	2288	JOSÉ ANTÓNIO FERREIRA DE CASTR	M / 54	1981	EXPERIENCIAR	Sen-M / 29	1:27:11	04:07	+0:22:20
83	2359	ANDRÉ MESQUITA GUIMARÃES	M / 56	1977		Sen-M / 30	1:27:35	04:08	+0:22:43
84	2139	VICTOR JOSÉ TEIXEIRA GONÇALVE	M / 57	1979	GRUPO DESPORTIVO FERROVIÁ	Sen-M / 31	1:27:41	04:08	+0:22:50
85	2531	CARLOS EDUARDO FILIFE COELHO	M / 58	1980	INDIVIDUAL	Sen-M / 32	1:27:48	04:09	+0:22:57
86	2037	VITOR MANUEL MESQUITA RIBEIRO	M / 60	1983	OS ASAS	Sen-M / 33	1:27:57	04:09	+0:23:06
87	2591	NUNO GONÇALVES	M / 61	1982		Sen-M / 34	1:28:05	04:10	+0:23:14
88	2370	LUIS FILIFE FIGUEIRA NOVAIS	M / 62	1977	INDIVIDUAL	Sen-M / 35	1:28:30	04:11	+0:23:38
89	2375	SAMUEL JOSÉ CARVALHO TOMÁS	M / 63	1979		Sen-M / 36	1:28:32	04:11	+0:23:41
90	2166	FRANCISCO JOSÉ BARBOSA GOMES	M / 67	1979	APL TEAM	Sen-M / 37	1:29:22	04:12	+0:24:30
91	2158	LUIS FERNANDO NUNES DE BESSA	M / 73	1982		Sen-M / 38	1:30:08	04:16	+0:25:17
92	2680	HERNANI DA SILVA COSTA CORREI	M / 74	1978	SALTALAMINHA BTT	Sen-M / 39	1:30:11	04:16	+0:25:19
93	2564	HUGO GONÇALVES DANTAS DA SIL	M / 75	1983		Sen-M / 40	1:30:17	04:16	+0:25:26
94	2386	CARLOS ANDRÉ GONÇALVES NOVA	M / 77	1982	BARCELOS TEAM PORTUGAL	Sen-M / 41	1:30:22	04:16	+0:25:31
95	2267	CARLOS MIGUEL DA COSTA FERREI	M / 78	1987	SANTO TIRSO RUNNERS	Sen-M / 42	1:30:35	04:16	+0:25:44
96	2429	TIAGO ARAUJO	M / 87	1990		Sen-M / 43	1:32:16	04:21	+0:27:25
97	2611	JORGE DIAS	M / 89	1976	AMIGOS ATLETISMO POVOENSE	Sen-M / 44	1:32:23	04:22	+0:27:32
98	2556	VITOR MANUEL DA SILVA FERREIR	M / 90	1978		Sen-M / 45	1:32:34	04:22	+0:27:43
99	2697	CESAR NOGUEIRA	M / 92	1977	DDR APÚLIA	Sen-M / 46	1:32:39	04:21	+0:27:47
100	2433	CARLOS FILIFE NARCISO CAEIRO	M / 95	1987	#AQUARUNNINGCREW	Sen-M / 47	1:32:58	04:23	+0:28:07
101	2038	FILIFE JOSÉ FERREIRA DE SOUSA	M / 96	1980		Sen-M / 48	1:32:59	04:23	+0:28:07
102	2426	FILIFE JOÃO SARAIVA FERNANDES	M / 97	1987	INDIVIDUAL	Sen-M / 49	1:33:18	04:24	+0:28:27
103	2340	HÉLDER MANUEL RODRIGUES VIEIR	M / 103	1976	OS ROTOS	Sen-M / 50	1:33:37	04:25	+0:28:46
104	2307	PEDRO JOSÉ GONÇALVES BRAGA	M / 105	1983	SUPERFRAQUINHOS	Sen-M / 51	1:33:44	04:25	+0:28:53
105	2030	NUNO MIGUEL LIMA GONÇALVES	M / 109	1985		Sen-M / 52	1:34:08	04:25	+0:29:16
106	2247	SÉRGIO BRUNO ALVES RIBEIRO	M / 110	1978	BIOMATER	Sen-M / 53	1:34:13	04:27	+0:29:22
107	2043	JOÃO FRANCISCO VELOSO MARTINS	M / 111	1979		Sen-M / 54	1:34:30	04:28	+0:29:38
108	2334	JOSÉ JOAQUIM COSTA MACHADO	M / 112	1977	MINHO AVENTURA	Sen-M / 55	1:34:31	04:27	+0:29:40
109	2501	JOSÉ DANIEL ROCHA MARINHO	M / 114	1975	GAVIÕES	Sen-M / 56	1:34:41	04:28	+0:29:49
110	2657	RICARDO SÁ	M / 117	1980	BARCELOS SAUDÁVEL	Sen-M / 57	1:34:48	04:29	+0:29:57
111	116	PEDRO DUARTE	M / 125	1976	WHITE	Sen-M / 58	1:35:21	04:31	+0:30:30
112	2338	JOAQUIM MADUREIRA	M / 126	1975	CLUBE ZUPPER	Sen-M / 59	1:35:29	04:30	+0:30:37
113	2668	JOEL EDGAR PIMENTA CARVALHO	M / 137	1985	ROTARACT PORTUGAL	Sen-M / 60	1:36:21	04:33	+0:31:30
114	2541	RUI MIGUEL LINHARES FONSECA	M / 138	1982		Sen-M / 61	1:36:32	04:32	+0:31:41
115	2540	ORLANDO SILVA	M / 139	1983		Sen-M / 62	1:36:32	04:32	+0:31:41
116	2316	FERNANDO MONTEIRO	M / 141	1975	PAPAKM	Sen-M / 63	1:36:33	04:32	+0:31:42
117	2559	ANDRÉ GUSTAVO SOUSA COSTA	M / 142	1981	ERNESTO SÃO SIMÃO	Sen-M / 64	1:36:35	04:34	+0:31:44
118	2618	RUI ANDRÉ CARVALHO MOREIRA	M / 143	1987	ARCORUN	Sen-M / 65	1:36:39	04:33	+0:31:48
119	2289	PEDRO CESÁR COSTA TORRES	M / 145	1979	EXPERIENCIAR	Sen-M / 66	1:36:42	04:34	+0:31:51
120	2066	JORGE MANUEL MOREIRA DE OLIVE	M / 147	1975	A.D. AMARANTE	Sen-M / 67	1:36:47	04:34	+0:31:56
121	2297	RUI MANUEL GUIMARÃES PEREIRA	M / 148	1980	FAFE RUNNERS	Sen-M / 68	1:36:50	04:35	+0:31:59



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122	2466	JOÃO FILIPE JARDIM CORREIA SIMÃO	M / 149	1987		Sen-M / 69	1:36:56	04:35	+0:32:04
123	2026	NUNO MIGUEL FERNANDES CRUZ	M / 150	1980	BARCELOS SAUDÁVEL	Sen-M / 70	1:36:57	04:35	+0:32:05
124	2392	PEDRO RUI OLIVEIRA ARAUJO	M / 151	1978		Sen-M / 71	1:36:57	04:35	+0:32:06
125	2646	SIMÃO COUTO	M / 152	1978	FERREIROLUX	Sen-M / 72	1:37:02	04:35	+0:32:11
126	2051	PEDRO MIGUEL DA COSTA VIEIRA	M / 153	1975	VIDA ATIVA	Sen-M / 73	1:37:07	04:34	+0:32:16
127	2092	PEDRO NUNO OLIVEIRA NOVAIS	M / 154	1982		Sen-M / 74	1:37:07	04:34	+0:32:16
128	2441	LUIS MIGUEL DA CUNHA SANTOS	M / 155	1984		Sen-M / 75	1:37:09	04:35	+0:32:17
129	2461	PEDRO LUIS PAIVA DIAS	M / 156	1979	KAGADOS	Sen-M / 76	1:37:10	04:35	+0:32:19
130	2270	HELDER FILIPE DA SILVA MARTINS	M / 158	1981		Sen-M / 77	1:37:16	04:35	+0:32:25
131	2434	MARTINHO TIAGO PADRÃO	M / 159	1983	#AQUARUNNINGCREW	Sen-M / 78	1:37:24	04:36	+0:32:33
132	2699	RICARDO LUIS RODRIGUES MIRAND	M / 161	1989		Sen-M / 79	1:37:34	04:36	+0:32:43
133	2616	ANTÓNIO SALGADO	M / 162	1978	GET RUNNING	Sen-M / 80	1:37:41	04:35	+0:32:49
134	2483	MARTINHO DIAS	M / 163	1984	OSBRAGUINHAS	Sen-M / 81	1:37:42	04:35	+0:32:50
135	112	JOÃO PEREIRA	M / 164	1976	WHITE	Sen-M / 82	1:37:44	04:37	+0:32:53
136	2014	DAVID CAMELO	M / 169	1981	FAURECIA RUNNERS	Sen-M / 83	1:38:05	04:38	+0:33:13
137	2237	ALEXANDRE MARTINS FERREIRA	M / 172	1979	SAPADORES DA INVICTA	Sen-M / 84	1:38:08	04:38	+0:33:16
138	2320	FILIPE MEIRA	M / 173	1977	MINHO AVENTURA	Sen-M / 85	1:38:14	04:38	+0:33:22
139	2021	NUNO JORGE MESQUITA BAPTISTA	M / 174	1987		Sen-M / 86	1:38:21	04:38	+0:33:29
140	2812	RUI ANDRÉ FERNANDES LEITÃO	M / 177	1977	VARZIM TRIATLO	Sen-M / 87	1:38:45	04:40	+0:33:54
141	2549	RUI OLIVEIRA	M / 178	1977		Sen-M / 88	1:38:46	04:39	+0:33:55
142	2795	CARLOS NUNO ARAÚJO MARTINS	M / 182	1978		Sen-M / 89	1:39:11	04:41	+0:34:19
143	2127	RICARDO MIGUEL DA SILVA PEREIR	M / 184	1976	ALVELINHOS RUNNING	Sen-M / 90	1:39:15	04:41	+0:34:23
144	2432	VASCO FILIPE FARIA RICARDO	M / 188	1981		Sen-M / 91	1:39:33	04:40	+0:34:41
145	2142	BRUNO ANDRÉ PINTO LOPES	M / 189	1983	GRUPO DESPORTIVO FERROVIÁ	Sen-M / 92	1:39:35	04:42	+0:34:44
146	2163	PAULO CÉSAR HIPÓLITO DO EIRADO	M / 191	1983	APL TEAM	Sen-M / 93	1:39:42	04:41	+0:34:50
147	2141	FILIPE MANUEL RODRIGUES DE CAR	M / 192	1979	GRUPO DESPORTIVO FERROVIÁ	Sen-M / 94	1:39:44	04:42	+0:34:53
148	2635	DIOGO MIGUÉIS	M / 195	1991	AMA - ASSOCIAÇÃO MONDIM A	Sen-M / 95	1:40:08	04:44	+0:35:16
149	2507	PAULO JORGE PEREIRA MACHADO	M / 196	1975	ATLETISMO RUA	Sen-M / 96	1:40:12	04:43	+0:35:20
150	2381	SÉRGIO SOUSA GANDARELA	M / 197	1975	INDIVIDUAL	Sen-M / 97	1:40:29	04:43	+0:35:38
151	2660	EDUARDO MEIRELES	M / 198	1989	AMA - ASSOCIAÇÃO MONDIM A	Sen-M / 98	1:40:29	04:45	+0:35:38
152	2309	JOÃO SILVA	M / 200	1987		Sen-M / 99	1:40:32	04:45	+0:35:40
153	2251	VICTOR MANUEL LEITE FERNANDE	M / 203	1977	PICANHOS TEAM	Sen-M / 100	1:40:39	04:43	+0:35:47
154	2539	RICARDO FILIPE VILELA PEIXOTO	M / 205	1986		Sen-M / 101	1:40:42	04:44	+0:35:51
155	2695	PEDRO ANDRÉ FIGUEIRAS DA CUNH	M / 207	1985	VIDA ATIVA	Sen-M / 102	1:40:46	04:45	+0:35:55
156	2577	CARLOS MARTINS	M / 208	1978	GRUPO DESPORTIVO LEOES DO	Sen-M / 103	1:40:47	04:45	+0:35:55
157	2144	LUIS MIGUEL BARBOSA RAMOS	M / 209	1980		Sen-M / 104	1:40:56	04:46	+0:36:04
158	2421	DIOGO SAMPAIO BARBOSA DE MAT	M / 210	1984		Sen-M / 105	1:40:57	04:45	+0:36:05
159	2720	FERNANDO JOSÉ VAZ MARINHO	M / 211	1983		Sen-M / 106	1:41:01	04:46	+0:36:10
160	2590	LUIS FILIPE ANDRADE PEREIRA	M / 213	1980		Sen-M / 107	1:41:04	04:45	+0:36:13
161	2008	EMANUEL SANTOS	M / 214	1978		Sen-M / 108	1:41:15	04:47	+0:36:24
162	2784	RUI RODRIGUES	M / 215	1975	SPEM - SOCIEDADE PORTUGUE	Sen-M / 109	1:41:16	04:46	+0:36:24
163	2213	TIAGO MIGUEL MATOS CUNHA	M / 216	1982	MOUTADOS TEAM	Sen-M / 110	1:41:19	04:47	+0:36:28



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Pos	Peitor. Bib#	Corredor Participant	Sexo Gen.	Ano YOB	Clube Club	Cat. Division	Tempo Time	Passo Pace	Dif. 1º Dif. 1st
164	2103	JORGE MOREIRA	M / 217	1975	ADRULSM	Sen-M / 111	1:41:19	04:47	+0:36:28
165	2513	PEDRO HUGO VILAS BOAS DOURAD	M / 219	1985		Sen-M / 112	1:41:31	04:47	+0:36:39
166	2287	CELSON SANTOS	M / 220	1978	ENGOMADORIA L&A TEAM	Sen-M / 113	1:41:33	04:48	+0:36:41
167	2306	HÉLDER MIGUEL CORREIA RODRIG	M / 221	1979		Sen-M / 114	1:41:34	04:46	+0:36:43
168	2025	JOHN OLSEN	M / 225	1981		Sen-M / 115	1:41:42	04:48	+0:36:51
169	2279	PAULO JORGE PEREIRA	M / 226	1975	PAPAKM	Sen-M / 116	1:41:48	04:47	+0:36:57
170	2315	RICARDO FERNANDES	M / 227	1983	PAPAKM	Sen-M / 117	1:41:48	04:47	+0:36:57
171	2763	MILTON JOSÉ NUNES CABRAL	M / 228	1976	INDIVIDUAL	Sen-M / 118	1:41:57	04:48	+0:37:06
172	2211	FILIPPE MANUEL OLIVEIRA COSTA	M / 230	1977	MOUTADOS TEAM	Sen-M / 119	1:42:06	04:50	+0:37:15
173	2431	NUNO RICARDO GOMES DOMINGUE	M / 240	1981		Sen-M / 120	1:42:40	04:49	+0:37:49
174	2811	LUÍS MIGUEL VIEIRA DA SILVA BRA	M / 246	1984		Sen-M / 121	1:42:54	04:46	+0:38:03
175	2124	TIAGO PAIS	M / 247	1984	LEÕES DA AGRA	Sen-M / 122	1:43:02	04:52	+0:38:10
176	2317	HELDER EMANUEL LEITE LEMOS	M / 251	1989		Sen-M / 123	1:43:05	04:50	+0:38:14
177	2712	PEDRO BASTOS	M / 252	1981	CLUBE BANIF	Sen-M / 124	1:43:13	04:51	+0:38:22
178	2551	ARTUR JORGE RAMOS MATIAS	M / 253	1978		Sen-M / 125	1:43:15	04:52	+0:38:23
179	2226	NUNO MIGUEL MIRANDA FARIA	M / 259	1975	GT	Sen-M / 126	1:43:36	04:53	+0:38:44
180	119	HUGO FERREIRA	M / 262	1979	WHITE	Sen-M / 127	1:43:46	04:54	+0:38:55
181	2255	FILIPPE MIGUEL DE JESUS TELES	M / 263	1982	RUNNERS LAMPASSA	Sen-M / 128	1:43:48	04:54	+0:38:56
182	2294	FÁBIO GABRIEL DE JESUS TELES	M / 264	1994	RUNNERS LAMPASSA	Sen-M / 129	1:43:48	04:54	+0:38:57
183	2299	DAVID BRANQUINHO	M / 267	1977	AMIGOS DA CORRIDA	Sen-M / 130	1:44:04	04:54	+0:39:13
184	2525	JOÃO GABRIEL LOPES GOMES DE AZ	M / 271	1978	APÚLIA	Sen-M / 131	1:44:23	04:55	+0:39:32
185	2554	CARLOS JORGE SOUSA LOPES VICE	M / 276	1975		Sen-M / 132	1:44:40	04:55	+0:39:48
186	2298	VÍTOR MANUEL BASTOS DE CARVA	M / 277	1976	TRILHOS D'AVENTURA	Sen-M / 133	1:44:42	04:57	+0:39:50
187	2673	NUNO MIGUEL PAIVA MAIA	M / 278	1984	BOAVISTA F.C	Sen-M / 134	1:44:46	04:57	+0:39:54
188	2445	MIGUEL FILIPPE GONÇALVES CARVA	M / 279	1979		Sen-M / 135	1:44:49	04:57	+0:39:58
189	2356	JESUS ANTÓNIO FARIA CAMPOS	M / 283	1981	GDCTCMB	Sen-M / 136	1:45:01	04:58	+0:40:10
190	2609	CÉSAR AUGUSTO FERREIRA RIBEIR	M / 285	1975	GET RUNNING	Sen-M / 137	1:45:03	04:56	+0:40:12
191	2207	SÉRGIO AMARO BASTOS	M / 287	1976	INDIVIDUAL	Sen-M / 138	1:45:06	04:56	+0:40:14
192	105	HÉLDER RICARDO OLIVEIRA ABREU	M / 288	1982	BMCAR	Sen-M / 139	1:45:09	04:58	+0:40:17
193	2423	DANIEL JOSE PEIXOTO DA SILVA	M / 289	1981		Sen-M / 140	1:45:15	04:57	+0:40:23
194	2485	PEDRO FILIPPE SOUSA SILVA	M / 292	1995		Sen-M / 141	1:45:33	04:58	+0:40:41
195	2636	ANTÓNIO MIGUÉIS	M / 293	1985	AMA - ASSOCIAÇÃO MONDIM A	Sen-M / 142	1:45:34	04:59	+0:40:42
196	2568	JOSÉ MIGUEL LEMOS DE OLIVEIRA	M / 295	1975	ZEMIGASRUN	Sen-M / 143	1:45:39	04:58	+0:40:47
197	2378	BRUNO SALGADO	M / 296	1981		Sen-M / 144	1:45:48	04:59	+0:40:57
198	2453	J.MIGUEL BARBOSA	M / 297	1977		Sen-M / 145	1:45:51	04:59	+0:40:59
199	2032	JOSÉ CARLOS MARTINS	M / 299	1980		Sen-M / 146	1:45:56	05:00	+0:41:04
200	2706	RUI FILIPPE RIBEIRO ALVES	M / 300	1985	TRAIL ME	Sen-M / 147	1:45:57	04:59	+0:41:05
201	2494	PEDRO ANDRÉ MENDES FARIA	M / 303	1984	VIMARANES RUNNING TEAM	Sen-M / 148	1:46:02	04:59	+0:41:11
202	2694	CÉSAR AUGUSTO VIEIRA ANTUNES	M / 305	1987	INDIVIDUAL	Sen-M / 149	1:46:11	05:01	+0:41:19
203	2597	MARCO SOUSA	M / 306	1983	E.LECLERC	Sen-M / 150	1:46:12	04:59	+0:41:21
204	2813	ANTÓNIO CARLOS SOUSA VILAS BO	M / 308	1977		Sen-M / 151	1:46:16	05:01	+0:41:25
205	2607	CLEMENTE PINTO	M / 310	1979	G.D. OS RIBEIRINHOS	Sen-M / 152	1:46:17	05:01	+0:41:26



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Pos	Peitor.	Corredor	Sexo	Ano	Clube	Cat.	Tempo	Passo	Dif. 1º
Pos	Bib#	Participant	Gen.	YOB	Club	Division	Time	Pace	Dif. 1st
206	2339	GABRIEL LUIS FERREIRA SOUSA MO	M / 311	1978	CLUBE ZUPPER	Sen-M / 153	1:46:23	05:01	+0:41:31
207	2244	BRUNO MIGUEL MACHADO M. GON	M / 312	1981		Sen-M / 154	1:46:33	05:01	+0:41:41
208	2537	GONÇALO MANUEL LOPES FERNAN	M / 313	1983		Sen-M / 155	1:46:34	05:02	+0:41:42
209	2662	FILIPPE CUNHA	M / 314	1980	VIMARUNNERS	Sen-M / 156	1:46:37	05:02	+0:41:46
210	2212	HÉLIO JOAQUIM COUTO MONTEIR	M / 318	1983	MOUTADOS TEAM	Sen-M / 157	1:47:03	05:04	+0:42:12
211	2809	RUI SAMUEL SOUSA CARVALHO CO	M / 322	1982		Sen-M / 158	1:47:05	05:04	+0:42:14
212	2731	ANDRÉ NOGUEIRA	M / 323	1989	CLUBE ALIANÇA DE GANDRA	Sen-M / 159	1:47:07	05:04	+0:42:15
213	2167	EMANUEL JOSÉ OLIVEIRA BRAGA	M / 325	1987		Sen-M / 160	1:47:14	05:02	+0:42:23
214	2759	FERNANDO CABRAL	M / 326	1977		Sen-M / 161	1:47:22	05:04	+0:42:31
215	2395	JOSE ANDRE MAGALHAES BARROS	M / 329	1980		Sen-M / 162	1:47:26	05:02	+0:42:35
216	2700	RICARDO VICTOR CUSTÓDIO PEREI	M / 334	1988		Sen-M / 163	1:47:33	05:05	+0:42:42
217	2615	NELSON FERNANDO PINTO DE ALM	M / 336	1986	SQUADRA DI RUNNING	Sen-M / 164	1:47:40	05:04	+0:42:48
218	2117	CARLOS AMARO DA CRUZ LEITE DU	M / 342	1978		Sen-M / 165	1:48:13	05:05	+0:43:21
219	2157	NUNO ANDRE RODRIGUES MARTINS	M / 343	1977	A D ESMERIZ RUNNING	Sen-M / 166	1:48:19	05:07	+0:43:27
220	2194	JOSÉ ANTÓNIO FERREIRA DA COST	M / 345	1977	INDIVIDUAL	Sen-M / 167	1:48:19	05:06	+0:43:28
221	2252	CHRISTOPHE DA SILVA FERNANDES	M / 347	1982		Sen-M / 168	1:48:30	05:08	+0:43:39
222	2802	NUNO SILVA	M / 349	1985		Sen-M / 169	1:48:31	05:06	+0:43:40
223	2295	JOÃO MANUEL PINHO SOUSA VIEIR	M / 350	1978	FAFE RUNNERS	Sen-M / 170	1:48:41	05:08	+0:43:50
224	2400	RICARDO MIGUEL DELFIM	M / 351	1977	FREE MIND	Sen-M / 171	1:48:44	05:04	+0:43:52
225	2674	JORGE MANUEL CAMPELOS SOARE	M / 355	1976		Sen-M / 172	1:48:58	05:07	+0:44:06
226	2622	LUIS FILIPE PACHECO FERNANDES	M / 357	1975	VIMARANES RUNNING TEAM	Sen-M / 173	1:49:24	05:08	+0:44:33
227	2170	FÁBIO JORGE SILVA RODRIGUES	M / 358	1989		Sen-M / 174	1:49:26	05:10	+0:44:35
228	2617	DANIEL RODRIGUES	M / 360	1979	AMA ASSOCIAÇÃO MONDIM ATL	Sen-M / 175	1:49:31	05:10	+0:44:39
229	2512	PAULO JORGE COSTA OLIVEIRA	M / 361	1982		Sen-M / 176	1:49:33	05:10	+0:44:41
230	2105	PEDRO FERNANDES	M / 363	1982	ADRULSM	Sen-M / 177	1:49:35	05:10	+0:44:44
231	2262	CÉLIO MANUEL NATIVIDADE PEREI	M / 364	1975	2SLOW2RUN	Sen-M / 178	1:49:36	05:10	+0:44:45
232	2511	RUI MANUEL DIAS FARIA	M / 365	1981		Sen-M / 179	1:49:41	05:10	+0:44:50
233	2572	SÉRGIO ARAÚJO	M / 370	1978	AMIGOS ATLETISMO POVOENSE	Sen-M / 180	1:49:53	05:11	+0:45:02
234	2439	CARLOS ALBERTO DA SILVA FERNA	M / 372	1980		Sen-M / 181	1:49:57	05:11	+0:45:06
235	2704	JOAQUIM AUGUSTO GOMES FIGUEI	M / 375	1981		Sen-M / 182	1:50:21	05:13	+0:45:29
236	2707	JOEL CRISTIANO FERREIRA SILVA	M / 377	1981	VITORIA SEMPRE	Sen-M / 183	1:50:34	05:12	+0:45:43
237	2708	BERNARDINO RUI SILVA MACHADO	M / 378	1982	VITORIA SEMPRE	Sen-M / 184	1:50:34	05:12	+0:45:43
238	2619	ANTÓNIO PEDRO MAGALHÃES	M / 379	1982	ARCORUN	Sen-M / 185	1:50:41	05:13	+0:45:50
239	2508	IVAN DOSANTOS LUÍS	M / 380	1995	ATLETISMO RÚA	Sen-M / 186	1:50:43	05:13	+0:45:52
240	2578	BRUNO VILAÇA	M / 381	1982	GRUPO DESPORTIVO LEOES DO	Sen-M / 187	1:50:44	05:13	+0:45:52
241	2355	FILIPPE ALVES	M / 384	1985	INDIVIDUAL	Sen-M / 188	1:50:56	05:14	+0:46:04
242	2477	JOÃO LUIS CARVALHO VALE	M / 385	1982		Sen-M / 189	1:50:59	05:14	+0:46:08
243	2106	TIAGO MARTINS	M / 386	1983	ADRULSM	Sen-M / 190	1:51:00	05:14	+0:46:09
244	2178	JOSÉ CARLOS LACERDA	M / 388	1982		Sen-M / 191	1:51:03	05:15	+0:46:12
245	2153	HELDER HENRIQUE DA COSTA PERE	M / 389	1984	PALMEIRARUNNERS	Sen-M / 192	1:51:09	05:15	+0:46:18
246	2217	TIAGO OLIVEIRA	M / 390	1982	DOURO RUNNERS	Sen-M / 193	1:51:21	05:14	+0:46:29
247	2580	JORGE ANDRÉ SILVA SOUSA	M / 391	1981		Sen-M / 194	1:51:29	05:14	+0:46:37



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Pos	Peitor. Bib#	Corredor Participant	Sexo Gen.	Ano YOB	Clube Club	Cat. Division	Tempo Time	Passo Pace	Dif. 1º Dif. 1st
248	2717	JOÃO FERREIRA	M / 392	1986	RENOVATIO	Sen-M / 195	1:51:34	05:15	+0:46:43
249	2716	TIAGO ALMEIDA	M / 393	1985	RENOVATIO	Sen-M / 196	1:51:34	05:15	+0:46:43
250	2489	PAULO SAMPAIO	M / 394	1982	VSC	Sen-M / 197	1:51:35	05:15	+0:46:44
251	2102	HELDER CAMPOS	M / 400	1982	ADRULSM	Sen-M / 198	1:51:59	05:16	+0:47:07
252	2101	DÁRIO MIRANDA	M / 401	1987	ADRULSM	Sen-M / 199	1:52:00	05:16	+0:47:09
253	2626	PAULO MIGUEL MACEDO DA SILVA	M / 407	1982	VIMARANES RUNNING TEAM	Sen-M / 200	1:52:31	05:18	+0:47:40
254	2379	HÉLDER MAXIMINO COUTO BARBO	M / 408	1976		Sen-M / 201	1:52:43	05:14	+0:47:51
255	2362	RAUL PINTO FERREIRA	M / 411	1982	PINTO FERREIRA	Sen-M / 202	1:52:56	05:19	+0:48:04
256	2574	ALEXANDRE MIGUEL AFONSO DA SI	M / 413	1982		Sen-M / 203	1:53:05	05:18	+0:48:13
257	2698	PEDRO MIGUEL MATOS TORRES	M / 421	1983		Sen-M / 204	1:53:31	05:21	+0:48:39
258	2457	MARCO PAULO GOMES FERREIRA	M / 422	1978		Sen-M / 205	1:53:32	05:21	+0:48:41
259	2664	PEDRO MIGUELMARTINS FERNAND	M / 423	1979		Sen-M / 206	1:53:40	05:22	+0:48:49
260	2304	CARLOS HENRIQUE DA SILVA OTTO	M / 424	1978		Sen-M / 207	1:53:42	05:22	+0:48:50
261	2137	FRANCISCO ALBERTO PINHEIRO MA	M / 429	1979	GRUPO DESPORTIVO FERROVIÁ	Sen-M / 208	1:53:56	05:22	+0:49:05
262	2145	JOSÉ ANTÓNIO MOREIRA FERREIRA	M / 430	1975	2SLOW2RUN	Sen-M / 209	1:53:58	05:22	+0:49:06
263	2077	CARLOS MANUEL GONÇALVES REIS	M / 432	1981	VIDA ATIVA	Sen-M / 210	1:54:05	05:23	+0:49:13
264	2403	BRUNO ALEXANDRE JESUS RESEND	M / 433	1978		Sen-M / 211	1:54:10	05:24	+0:49:18
265	2613	SÉRGIO FILIPE DA GUIA ALVES	M / 435	1989	DARQUE RUNNERS TEAM	Sen-M / 212	1:54:12	05:23	+0:49:21
266	2020	HUGO MANUEL LOPES DE SOUSA	M / 438	1981		Sen-M / 213	1:54:19	05:24	+0:49:28
267	2560	DUÍLIO RICARDO PEREIRA ROCHA	M / 439	1997	ERNESTO SÃO SIMÃO	Sen-M / 214	1:54:23	05:24	+0:49:32
268	2417	CARLOS BARBOSA	M / 448	1984	CLUBE MILLENNIUM BCP	Sen-M / 215	1:55:07	05:25	+0:50:16
269	2301	DOMINICO COUTO DE LEMOS	M / 463	1978		Sen-M / 216	1:56:03	05:29	+0:51:11
270	2220	PEDRO GONÇALVES	M / 468	1976		Sen-M / 217	1:56:26	05:29	+0:51:35
271	2325	SÉRGIO PAULO LIMA ARAÚJO	M / 474	1976	BRAGA TEAM	Sen-M / 218	1:57:05	05:30	+0:52:14
272	2191	TIAGO MOTA BERTÃO LEMOS	M / 477	1984	INDIVIDUAL	Sen-M / 219	1:57:12	05:31	+0:52:20
273	2714	LUIS GOMES MARCOLINO	M / 478	1979	KREDO	Sen-M / 220	1:57:17	05:32	+0:52:26
274	2715	MIGUEL FILIPE FIGUEIREDO PIRES D	M / 479	1979	KREDO	Sen-M / 221	1:57:17	05:32	+0:52:26
275	2053	TIAGO PEIXE	M / 480	1979	CCC MADURAGEM/REDCOM	Sen-M / 222	1:57:24	05:32	+0:52:32
276	2318	NELSON PAULINO JARDIM FERNAN	M / 481	1988		Sen-M / 223	1:57:36	05:31	+0:52:45
277	2718	ANDRÉ CORDEIRO DE MELO BANDE	M / 482	1975		Sen-M / 224	1:57:40	05:33	+0:52:49
278	2816	JOSÉ LUIS PEREIRA DA ROCHA	M / 483	1991		Sen-M / 225	1:57:41	05:32	+0:52:49
279	2393	ANDRÉ PINTO SAMPAIO	M / 487	1988	TERRORES DO ASFALTO	Sen-M / 226	1:58:08	05:33	+0:53:17
280	2292	ALEXANDRE MENDES MARTINS	M / 488	1983		Sen-M / 227	1:58:11	05:33	+0:53:19
281	2373	JOAQUIM GAYO	M / 489	1975	TUDO A CORRER BEM!	Sen-M / 228	1:58:19	05:35	+0:53:28
282	2193	JORGE LUÍS MENDES OLIVEIRA	M / 491	1990		Sen-M / 229	1:58:29	05:34	+0:53:38
283	2128	JOSE MARIO ALMEIDA PEREIRA	M / 492	1977	2SLOW2RUN	Sen-M / 230	1:58:37	05:36	+0:53:46
284	2758	JOHN ROBERT FERNANDES MACHA	M / 493	1976	INDIVIDUAL	Sen-M / 231	1:58:41	05:34	+0:53:49
285	2004	ABILIO OSCAR BARROS GUIMARAE	M / 494	1980		Sen-M / 232	1:58:46	05:35	+0:53:55
286	2231	RUI JORGE NUNES DA SILVA	M / 496	1981	C.D.C. NAVAIS	Sen-M / 233	1:58:49	05:37	+0:53:58
287	2566	RUI JORGE FERNANDES FERREIRA D	M / 497	1978		Sen-M / 234	1:58:56	05:37	+0:54:05
288	2443	DANIEL OLIVEIRA ALMEIDA	M / 500	1985		Sen-M / 235	1:59:07	05:38	+0:54:15
289	2015	FILIPE CUNHA	M / 501	1978	FAURECIA RUNNERS	Sen-M / 236	1:59:20	05:38	+0:54:28



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Pos	Peitor. Bib#	Corredor Participant	Sexo Gen.	Ano YOB	Clube Club	Cat. Division	Tempo Time	Passo Pace	Dif. 1º Dif. 1st
290	2791	JOÃO PEDRO MANO BRITO	M / 503	1990	ESTRELAS BTT	Sen-M / 237	1:59:24	05:37	+0:54:33
291	2630	SÉRGIO LARANJEIRA	M / 504	1981	TRAIL RUNNING ESPOSENDE	Sen-M / 238	1:59:32	05:37	+0:54:41
292	2533	PEDRO VILAS-BOAS	M / 505	1983		Sen-M / 239	1:59:36	05:37	+0:54:45
293	2060	RICARDO MANUEL PINTO RIBEIRO	M / 506	1977	POWERCOACHING	Sen-M / 240	1:59:43	05:38	+0:54:51
294	2710	RUY MANUEL PEREIRA MARTINS	M / 509	1977		Sen-M / 241	1:59:52	05:40	+0:55:01
295	2634	MANUEL FERREIRA DA MAIA	M / 510	1982		Sen-M / 242	2:00:08	05:39	+0:55:16
296	2661	HUGO FILIPE SANTOS	M / 511	1982		Sen-M / 243	2:00:10	05:39	+0:55:18
297	2108	VITOR OSÓRIO	M / 515	1983	ADRULSM	Sen-M / 244	2:00:50	05:42	+0:55:59
298	2391	HELSE FILIPE RIBEIRO VILAS BOAS	M / 516	1979	VIDA ATIVA	Sen-M / 245	2:00:51	05:41	+0:56:00
299	2776	CARLOS MANUEL DE SOUSA CARRI	M / 517	1980	OS ISABELINHAS	Sen-M / 246	2:00:52	05:41	+0:56:01
300	2107	VALTER SANTOS	M / 518	1979	ADRULSM	Sen-M / 247	2:00:53	05:41	+0:56:02
301	2371	JOÃO PAULO OLIVEIRA EIRA	M / 519	1976		Sen-M / 248	2:01:01	05:42	+0:56:09
302	2222	FILIPE FERREIRA ESTEVES	M / 520	1977		Sen-M / 249	2:01:04	05:41	+0:56:12
303	2455	LUÍS VASCO LOURO	M / 521	1983	30OVER30MARATHON.ORG	Sen-M / 250	2:01:11	05:42	+0:56:19
304	2792	JOAO PEDRO PEREIRA DE ARAUJO	M / 525	1982	CASA DE ROMÃO	Sen-M / 251	2:01:44	05:45	+0:56:53
305	2093	RICARDO JORGE FERREIRA ARAÚJO	M / 526	1975		Sen-M / 252	2:01:55	05:45	+0:57:04
306	2332	ANDRE DANIEL DA CUNHA FERNAN	M / 527	1989	INDIVIDUAL	Sen-M / 253	2:02:02	05:46	+0:57:11
307	2235	ANTÓNIO MANUEL DA SILVA MEND	M / 529	1976	SAPADORES DA INVICTA	Sen-M / 254	2:02:04	05:44	+0:57:13
308	2672	ANDRÉ MANUEL SOUSA COSTA	M / 530	1988	CATRUNNERS	Sen-M / 255	2:02:16	05:47	+0:57:25
309	2459	JOSE PEDRO MATOS FERNANDES M	M / 531	1979	JP2	Sen-M / 256	2:02:26	05:46	+0:57:35
310	2542	CARLOS VALE	M / 532	1984		Sen-M / 257	2:02:27	05:46	+0:57:36
311	2100	CÉSAR LISBOA	M / 533	1985	ADRULSM	Sen-M / 258	2:02:34	05:46	+0:57:43
312	2665	ANTÓNIO JOSÉ BARROSO AZEVEDO	M / 536	1982		Sen-M / 259	2:02:52	05:48	+0:58:01
313	2682	CARLOS QUEIRÓS	M / 537	1980	AMA - ASSOCIAÇÃO MONDIM A	Sen-M / 260	2:02:52	05:47	+0:58:01
314	2414	NUNO CARVALHO	M / 539	1983	CLUBE MILLENNIUM BCP	Sen-M / 261	2:03:12	05:48	+0:58:20
315	2065	GUSTAVO FRANCISCO BENTO	M / 540	1981	A.D. AMARANTE	Sen-M / 262	2:03:14	05:50	+0:58:22
316	2530	RUI MANUEL CAMPOS VIEGAS	M / 542	1978	GALHARDOS RUNNERS	Sen-M / 263	2:03:16	05:48	+0:58:25
317	2721	GABRIEL JOAQUIM DA SILVA	M / 548	1990		Sen-M / 264	2:04:18	05:52	+0:59:27
318	2430	JOAO ANTONIO PINHEIRO SOARES	M / 550	1975		Sen-M / 265	2:04:53	05:53	+1:00:01
319	2425	NUNO MIGUEL SOARES OLIVEIRA	M / 551	1981		Sen-M / 266	2:04:53	05:53	+1:00:01
320	2324	NUNO MIGUEL LIMA ARAÚJO	M / 554	1976	BRAGA TEAM	Sen-M / 267	2:05:04	05:53	+1:00:13
321	2397	JOSÉ LUÍS GOMES DE SOUSA	M / 555	1978		Sen-M / 268	2:05:10	05:54	+1:00:18
322	2256	CÉSAR JOSÉ LOUREIRO DE BARROS	M / 556	1990		Sen-M / 269	2:05:10	05:54	+1:00:19
323	2261	JOSÉ RICARDO OLIVEIRA DA SILVA	M / 557	1978		Sen-M / 270	2:05:12	05:54	+1:00:20
324	2023	NUNO PINHEIRO	M / 558	1987	INDIVIDUAL	Sen-M / 271	2:05:38	05:57	+1:00:47
325	2028	PEDRO RIBEIRO	M / 559	1980		Sen-M / 272	2:05:55	05:57	+1:01:04
326	2536	NUNO GONÇALO DA SILVA MAGAL	M / 560	1983		Sen-M / 273	2:06:08	05:56	+1:01:16
327	2172	PEDRO JOAQUIM BRITO DE PAIVA	M / 563	1975		Sen-M / 274	2:06:28	05:58	+1:01:37
328	2007	GONÇALO NUNO CARDOSO PEREIR	M / 564	1977		Sen-M / 275	2:06:28	05:57	+1:01:37
329	2637	ELISEO MANUEL ALVAREZ MARTIN	M / 566	1977	CORRECAMINOS	Sen-M / 276	2:07:20	05:59	+1:02:29
330	2300	DANIEL SILVA	M / 567	1987		Sen-M / 277	2:08:09	06:01	+1:03:18
331	2342	RICARDO ANTONIO TORRES COSTA	M / 574	1980		Sen-M / 278	2:10:17	06:09	+1:05:26



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Pos	Peitor.	Corredor	Sexo	Ano	Clube	Cat.	Tempo	Passo	Dif. 1º
Pos	Bib#	Participant	Gen.	YOB	Club	Division	Time	Pace	Dif. 1st
332	2333	MIGUEL MANDIM	M / 575	1975		Sen-M / 279	2:10:25	06:10	+1:05:34
333	2460	NELSON M. PEIXOTO	M / 576	1984		Sen-M / 280	2:10:48	06:09	+1:05:56
334	2538	FILIFE ROLA ALMEIDA	M / 578	1979		Sen-M / 281	2:11:37	06:11	+1:06:45
335	2527	JOSÉ ABÍLIO MARTINS SILVA	M / 579	1977		Sen-M / 282	2:12:04	06:14	+1:07:12
336	1091	NUNO ANTÓNIO FERNANDES PINTO	M / 580	1991		Sen-M / 283	2:12:19	06:14	+1:07:27
337	2308	HUGO MIGUEL FARIA PEIXOTO	M / 581	1985		Sen-M / 284	2:13:04	06:15	+1:08:13
338	2389	JOSÉ MANUEL SILVA GONÇALVES	M / 582	1981		Sen-M / 285	2:13:05	06:16	+1:08:13
339	2679	VÍTOR MANUEL OLIVEIRA DA SILVA	M / 590	1982	PERNETAS	Sen-M / 286	2:15:13	06:22	+1:10:21
340	2713	RUI PEDRO ABREU GOMES RIBEIRO	M / 591	1977	CLUBE BANIF	Sen-M / 287	2:16:14	06:24	+1:11:22
341	2396	ADERITO LUIS MONTEIRO RAINHO	M / 593	1976	EMSAPOR	Sen-M / 288	2:18:38	06:32	+1:13:46
342	2055	GONÇALO SILVA PEREIRA	M / 594	1981		Sen-M / 289	2:19:20	06:34	+1:14:29
343	2216	ANGELO OLIVEIRA	M / 598	1986	DOURO RUNNERS	Sen-M / 290	2:22:41	06:44	+1:17:49
344	2048	NUNO FERNANDO SOARES OLIVEIR	M / 599	1981		Sen-M / 291	2:22:42	06:44	+1:17:50
345	2059	PEDRO LEITE	M / 602	1984		Sen-M / 292	2:30:48	07:07	+1:25:56
346	2785	JOÃO RIEM	M / 604	1981	SPEM - SOCIEDADE PORTUGUE	Sen-M / 293	2:32:08	07:11	+1:27:17
347	2786	JORGE SANTOS	M / 605	1983	SPEM - SOCIEDADE PORTUGUE	Sen-M / 294	2:32:09	07:11	+1:27:17

F 40

348	2727	MADALENA SILVA	F / 8	1973	CLUBE ACR CONDE	F40 / 1	1:30:53	04:18	+0:15:53
349	2819	VANDA RIBEIRO	F / 10	1975		F40 / 2	1:38:45	04:40	+0:23:46
350	2372	MARIA CONCEIÇÃO CORREIRA PIM	F / 13	1963	BARCELOS SAUDÁVEL	F40 / 3	1:43:22	04:53	+0:28:23
351	2821	MARIA ANTÓNIA SOUSA BESSA	F / 15	1969	LUOSADA RUNNERS	F40 / 4	1:46:29	05:01	+0:31:30
352	2078	MARIA DA GRAÇA CALEIRO DA COS	F / 17	1963	VIDA ATIVA	F40 / 5	1:47:29	05:03	+0:32:29
353	2803	HELENA MARIA FERREIRA MORIM	F / 18	1971	CLUBE DE ATLETISMO DA POV	F40 / 6	1:49:10	05:09	+0:34:10
354	2264	MARGARIDA MAGALHÃES	F / 23	1967	DESNÍVEL POSITIVO	F40 / 7	1:52:58	05:19	+0:37:58
355	2040	MARIA JÚLIA ALVES RIBEIRO	F / 26	1968	QUEIROZ TEAM	F40 / 8	1:54:42	05:25	+0:39:43
356	2045	OLGA MARIA DE CARVALHO SAMÓ	F / 40	1971		F40 / 9	2:02:59	05:49	+0:48:00
357	2774	PAULA CRISTINA MIRANDA	F / 47	1971	OS ISABELINHAS	F40 / 10	2:05:17	05:54	+0:50:17
358	2658	MARIA EMÍLIA MORGADO DA COST	F / 48	1955		F40 / 11	2:05:42	05:57	+0:50:42
359	2348	CARLA DALILA LAGE VILELA MART	F / 53	1974	INDIVIDUAL	F40 / 12	2:07:12	05:59	+0:52:13
360	2087	MARIA FATIMA AMORIM	F / 55	1959		F40 / 13	2:09:44	06:06	+0:54:45
361	2437	MARIA MARGARIDA ARAÚJO MONT	F / 56	1969		F40 / 14	2:10:37	06:09	+0:55:37
362	2097	ANA PAULA TEIXEIRA	F / 61	1966		F40 / 15	2:23:58	06:46	+1:08:58
363	2686	ISABEL SABINO	F / 64	1970	CATRUNNERS	F40 / 16	2:30:15	07:06	+1:15:16

M 40

364	14	LUIS FEITEIRA	M / 6	1973	SPORTING C.P	M40 / 1	1:06:18	03:08	+0:01:27
365	16	PAULO GOMES	M / 10	1973	BENAVENTENSE	M40 / 2	1:07:43	03:12	+0:02:52
366	2369	MÁRIO JORGE BARBOSA DE OLIVEI	M / 24	1970	LIBERDADE FUTEBOL CLUBE	M40 / 3	1:18:49	03:44	+0:13:58
367	2820	RUI VELOSO	M / 26	1974		M40 / 4	1:19:36	03:46	+0:14:45
368	2493	MANUEL MENDES	M / 31	1971	VSC	M40 / 5	1:22:37	03:54	+0:17:46
369	2424	MIGUEL FIGUEIREDO	M / 32	1973	AMIGOS PONTO FINAL	M40 / 6	1:22:41	03:55	+0:17:50
370	2631	JORGE MANUEL DA SILVA FERNAN	M / 35	1972	2SLOW2RUN	M40 / 7	1:22:56	03:55	+0:18:05



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Resultados Globais / Overall Results

Pos	Peitor.	Corredor	Sexo	Ano	Clube	Cat.	Tempo	Passo	Dif. 1º
Pos	Bib#	Participant	Gen.	YOB	Club	Division	Time	Pace	Dif. 1st
371	2603	JOÃO FILIPE SOUSA MACHADO	M / 37	1973		M40 / 8	1:23:12	03:56	+0:18:21
372	2804	ADÃO LUIS COSTA MENDES	M / 49	1971	CLUBE DE ATLETISMO DA POV	M40 / 9	1:26:48	04:06	+0:21:57
373	2310	JOSÉ ANTÓNIO SILVA	M / 50	1972	EQUIPA ESPIRAL / GDBM	M40 / 10	1:26:49	04:06	+0:21:58
374	2663	JOSE SILVA FERREIRA	M / 52	1974	VIMARUNNERS	M40 / 11	1:27:06	04:07	+0:22:15
375	40	EDUARDO JORGE LEMOS	M / 59	1972		M40 / 12	1:27:52	04:09	+0:23:00
376	2293	SÉRGIO JORGE DE OLIVEIRA GOMES	M / 64	1972		M40 / 13	1:28:34	04:10	+0:23:42
377	2131	JOSE ANTONIO MOREIRA DA COSTA	M / 68	1974		M40 / 14	1:29:30	04:14	+0:24:38
378	2701	ADRIANO LOUREIRO DE SÁ	M / 71	1971	ALVELINHOS RUNNING	M40 / 15	1:30:00	04:15	+0:25:08
379	2036	RUI QUINTINO DE OLIVEIRA DIAS	M / 72	1973		M40 / 16	1:30:02	04:15	+0:25:10
380	2667	FILIPE LIMA	M / 84	1974	ACDR CALHEIROS	M40 / 17	1:30:53	04:18	+0:26:02
381	2805	HUGO HERNANI PIMENTA SOUSA FA	M / 86	1974	NODY BIKE TEAM	M40 / 18	1:31:59	04:20	+0:27:08
382	2522	LUIS FILIPE LEMOS PATRÃO	M / 91	1973	MOINHOS D'AVENTURA	M40 / 19	1:32:37	04:22	+0:27:45
383	2620	RUI MANUEL RODRIGUES MAGALH	M / 99	1973	VIMARANES RUNNING TEAM	M40 / 20	1:33:34	04:23	+0:28:42
384	2195	VITOR MANUEL MENDES LEMOS	M / 100	1971		M40 / 21	1:33:37	04:25	+0:28:45
385	2490	MIGUEL PEIXOTO	M / 102	1974	VSC	M40 / 22	1:33:37	04:25	+0:28:46
386	2478	LUIS MIGUEL ALVES DE FREITAS RI	M / 106	1975	INDIVIDUAL	M40 / 23	1:33:50	04:25	+0:28:58
387	2209	CARLOS ALBERTO PINHEIRO DE SO	M / 107	1971	MOUTADOS TEAM	M40 / 24	1:33:55	04:26	+0:29:04
388	2343	MARCO ANTÓNIO DA ROCHA VIEIR	M / 116	1974	CLUBE ZUPPER	M40 / 25	1:34:42	04:27	+0:29:50
389	2702	PAULO JOSÉ FARINHA DE CAMPOS	M / 120	1974		M40 / 26	1:34:53	04:29	+0:30:02
390	2552	HUGO TELMO CURADO GONÇALVE	M / 129	1970	ACADEMIA FERNANDA RIBEIRO	M40 / 27	1:35:45	04:31	+0:30:54
391	2377	ARISTIDES EMANUEL TEIXEIRA VID	M / 131	1970		M40 / 28	1:35:59	04:32	+0:31:07
392	2232	JOSÉ CARLOS GONÇALVES EUSÉBIO	M / 132	1972	C.D.C. NAVAIS	M40 / 29	1:36:05	04:33	+0:31:14
393	2488	RAMIRO ALEXANDRE FERREIRA MA	M / 140	1973	VSC	M40 / 30	1:36:33	04:33	+0:31:41
394	2728	JOSÉ BARROSO	M / 144	1971	CLUBE R/R ONLINE	M40 / 31	1:36:42	04:34	+0:31:50
395	2380	JOAO CARLOS GONÇALVES VIEIRA	M / 157	1972	BARCELOS SAUDEL	M40 / 32	1:37:12	04:35	+0:32:20
396	2132	ANTÓNIO ALMEIDA	M / 167	1971	LEÕES DA AGRA	M40 / 33	1:37:57	04:38	+0:33:05
397	2529	PAULO CUNHA	M / 168	1971	GAVIÕES	M40 / 34	1:38:00	04:38	+0:33:09
398	2711	LUIS PEDRO LIMA BALTAR PINHO G	M / 176	1972	CLUBE BANIF	M40 / 35	1:38:39	04:40	+0:33:47
399	2119	LUIS MIGUEL RIBEIRO DE FARIA	M / 179	1971	INDIVIDUAL	M40 / 36	1:38:49	04:39	+0:33:58
400	2350	JOSÉ ALBERTO CRUZ GRAÇA	M / 185	1973	IRUN2U	M40 / 37	1:39:20	04:42	+0:34:29
401	2138	FRANCISCO JOAQUIM MOREIRA DO	M / 186	1972	GRUPO DESPORTIVO FERROVIÁ	M40 / 38	1:39:21	04:41	+0:34:30
402	2451	HENRIQUE SILVA	M / 187	1973	BRAGUINHAS	M40 / 39	1:39:25	04:41	+0:34:34
403	2088	MANUEL DOMINGOS LOPES GOMES	M / 194	1974		M40 / 40	1:39:53	04:43	+0:35:01
404	2479	FRANCISCO JOAO MENDES DE SA C	M / 199	1971		M40 / 41	1:40:32	04:44	+0:35:40
405	2659	FRANCISCO MANUEL DE JESUS PIN	M / 218	1972		M40 / 42	1:41:30	04:47	+0:36:38
406	2621	PEDRO JORGE MORAIS PEREIRA CO	M / 231	1971	VIMARANES RUNNING TEAM	M40 / 43	1:42:06	04:47	+0:37:15
407	2067	ANTÓNIO LUIS ESTEVES COELHO	M / 233	1974	TRAIL ME	M40 / 44	1:42:13	04:49	+0:37:22
408	2364	ANTÓNIO MANUEL NESTOR RIBEIR	M / 234	1970		M40 / 45	1:42:25	04:49	+0:37:34
409	2360	TIAGO VIDAL LEAL	M / 237	1971	INVICTA RUNNERS TEAM	M40 / 46	1:42:35	04:50	+0:37:44
410	2779	ANTÓNIO FERNANDES CARDOSO	M / 238	1970		M40 / 47	1:42:39	04:51	+0:37:47
411	2351	JOSE LUIS PIRES COSTA BARREIRAS	M / 239	1972		M40 / 48	1:42:39	04:50	+0:37:48
412	2275	PAULO MANUEL SANTOS ALMEIDA	M / 245	1973		M40 / 49	1:42:54	04:50	+0:38:03



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Pos	Peitor. Bib#	Corredor Participant	Sexo Gen.	Ano YOB	Clube Club	Cat. Division	Tempo Time	Passo Pace	Dif. 1º Dif. 1st
413	2024	JORGE MANUEL SÁ RIBEIRO	M / 249	1973		M40 / 50	1:43:03	04:52	+0:38:11
414	2072	JOSÉ SÉRGIO MOREIRA SILVA	M / 254	1974	AFIS-OVAR	M40 / 51	1:43:15	04:53	+0:38:24
415	2565	JOSÉ ARMANDO MACEDO DIAS	M / 258	1971		M40 / 52	1:43:30	04:54	+0:38:39
416	2446	VITOR PAULO AZEVEDO DIAS DE C	M / 266	1971		M40 / 53	1:43:53	04:54	+0:39:01
417	2312	RUI CARDOSO	M / 268	1974	INVICTA RUNNERS TEAM	M40 / 54	1:44:10	04:55	+0:39:19
418	2709	JOAO CORDEIRO DE MELO BANDEIR	M / 272	1971		M40 / 55	1:44:32	04:56	+0:39:41
419	2018	PORFIRIO PEREIRA	M / 274	1971	FAURECIA RUNNERS	M40 / 56	1:44:37	04:56	+0:39:45
420	2090	MIGUEL ÂNGELO SALGUEIRO ARAÚ	M / 280	1970	TRAIL ME	M40 / 57	1:44:50	04:56	+0:39:59
421	2099	PAULO JORGE SILVA FREITAS	M / 281	1971	ADRULSM	M40 / 58	1:44:54	04:57	+0:40:02
422	2406	ALEXANDRINO MANUEL OLIVEIRA	M / 284	1974	INDIVIDUAL	M40 / 59	1:45:02	04:58	+0:40:10
423	2799	SERGIO JOAQUIM GOMES DOS SANT	M / 291	1972	DAYLIGHT RUNNERS	M40 / 60	1:45:32	04:58	+0:40:40
424	2263	JOSÉ MARTINHO VAZ MARTINS	M / 294	1973	30OVER30MARATHON.ORG	M40 / 61	1:45:36	04:57	+0:40:45
425	2155	FILIFE RIBEIRO	M / 298	1973	ASSOCIAÇÃO CULTURAL DE VE	M40 / 62	1:45:53	04:59	+0:41:02
426	2509	FERNANDO MANUEL CACHIDE ROL	M / 302	1971	FITNESSUP	M40 / 63	1:46:02	05:01	+0:41:11
427	2085	JOSÉ RAUL RODRIGUES VIEIRA DA	M / 307	1971	INDIVIDUAL	M40 / 64	1:46:13	05:01	+0:41:22
428	2010	PEDRO FILIPE MAIA FERREIRA	M / 309	1975	FAURECIA RUNNERS	M40 / 65	1:46:17	05:01	+0:41:25
429	2502	JOSÉ OLIVEIRA	M / 319	1972	GAVIÕES	M40 / 66	1:47:03	05:04	+0:42:12
430	2448	BENJAMIM BATISTA DA CRUZ	M / 321	1973		M40 / 67	1:47:05	05:04	+0:42:14
431	2643	JÚLIO LIMA	M / 324	1973	AMA - ASSOCIAÇÃO MONDIM A	M40 / 68	1:47:12	05:04	+0:42:21
432	2034	RUI JORGE REGO CARDOSO	M / 328	1975		M40 / 69	1:47:26	05:04	+0:42:35
433	2118	MANUEL AUGUSTO GONÇALVES RO	M / 340	1971		M40 / 70	1:48:13	05:05	+0:43:21
434	2111	JOÃO MANUEL MARTINS LOPES	M / 341	1975	ENVOLVGEST - CONSULTING G	M40 / 71	1:48:13	05:05	+0:43:21
435	2238	ALBERTO GUIMARÃES	M / 348	1972	BTT MATOSINHOS	M40 / 72	1:48:31	05:06	+0:43:40
436	2623	JOSÉ PAULO GONÇALVES JORDÃO	M / 352	1975	VIMARANES RUNNING TEAM	M40 / 73	1:48:47	05:06	+0:43:55
437	2303	JOSE COSTA	M / 353	1974		M40 / 74	1:48:49	05:09	+0:43:58
438	2152	PAULO JORGE DA SILVA SEABRA	M / 362	1973		M40 / 75	1:49:34	05:10	+0:44:43
439	2284	CARLOS ALBERTO GOMES TORRES	M / 367	1972		M40 / 76	1:49:49	05:10	+0:44:58
440	2327	FRANCISCO JOSÉ AFONSECA FREIT	M / 369	1974		M40 / 77	1:49:53	05:11	+0:45:01
441	2203	RUI CARLOS FONSECA PINTO	M / 373	1973		M40 / 78	1:50:00	05:12	+0:45:09
442	2050	FILIFE NUNO DE SÁ PEIXE	M / 374	1975	REDCOM - CCCMADURAGEM	M40 / 79	1:50:17	05:11	+0:45:26
443	2633	AFONSO PEREIRA	M / 383	1972		M40 / 80	1:50:52	05:13	+0:46:01
444	2781	PEDRO MOREIRA	M / 395	1974	NO TOMORROW RUNNING TEAM	M40 / 81	1:51:37	05:16	+0:46:45
445	2177	CARLOS ALBERTO PINTO PASSOS	M / 397	1971		M40 / 82	1:51:47	05:17	+0:46:56
446	2526	FRANCISCO JOSÉ MELO DO VALE	M / 410	1974		M40 / 83	1:52:53	05:20	+0:48:01
447	2692	ANTÓNIO MIGUEL LARANJEIRA CAP	M / 414	1970	CAVE	M40 / 84	1:53:08	05:21	+0:48:17
448	2243	JOSÉ EDUARDO RIBEIRO RODRIGUE	M / 416	1974	30OVER30MARATHON.ORG	M40 / 85	1:53:17	05:19	+0:48:26
449	2326	RICARDO MANUEL NEVES PINTO	M / 417	1972	BRAGA TEAM	M40 / 86	1:53:20	05:20	+0:48:29
450	2239	RICARDO JORGE LOPES MOTA	M / 418	1973	HAPPYFAMILY	M40 / 87	1:53:24	05:19	+0:48:32
451	2162	FRANCISCO MIGUEL ALVES MIRAN	M / 427	1972	ASSOCIAÇÃO CULTURAL DE VE	M40 / 88	1:53:51	05:22	+0:48:59
452	2399	JOSE LUIS GONÇALVES MATEUS	M / 428	1972		M40 / 89	1:53:56	05:22	+0:49:04
453	2305	JOÃO ALEXANDRE GONÇALVES LOP	M / 436	1973		M40 / 90	1:54:14	05:24	+0:49:22
454	2240	LUIS BARBOSA	M / 437	1974		M40 / 91	1:54:17	05:22	+0:49:25



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Pos	Peitor.	Corredor	Sexo	Ano	Clube	Cat.	Tempo	Passo	Dif. 1º
Pos	Bib#	Participant	Gen.	YOB	Club	Division	Time	Pace	Dif. 1st
455	2266	JOSÉ ANTÓNIO MATOS CUNHA	M / 441	1972	MOUTADOS TEAM	M40 / 92	1:54:30	05:25	+0:49:39
456	2082	LUIS FILIPE INTEIRO TEIXEIRA	M / 442	1974	ATIB FINABRAGA BTT	M40 / 93	1:54:36	05:23	+0:49:44
457	2073	RUI ALBERTO PAIVA AZEVEDO	M / 451	1971		M40 / 94	1:55:13	05:25	+0:50:21
458	2583	JOÃO PAULO ALVES RODRIGUES	M / 459	1970		M40 / 95	1:55:49	05:28	+0:50:58
459	2398	JOAQUIM DA CUNHA GOMES DE SÁ	M / 461	1974		M40 / 96	1:55:59	05:29	+0:51:07
460	2075	CARLOS BORGES	M / 464	1972	ATIB FINABRAGA BTT	M40 / 97	1:56:14	05:28	+0:51:23
461	2208	VASCO AMADEU PEREIRA SILVA G	M / 466	1974	MOUTADOS TEAM	M40 / 98	1:56:19	05:30	+0:51:27
462	2632	ARTUR MANUEL NETO DE SOUSA B	M / 471	1972	INDIVIDUAL	M40 / 99	1:56:35	05:29	+0:51:43
463	2447	EZEQUIEL FERNANDO MARTINS FER	M / 473	1974		M40 / 100	1:57:03	05:31	+0:52:11
464	2598	MANUEL CANDIDO	M / 475	1970	E.LECLERC	M40 / 101	1:57:06	05:30	+0:52:15
465	2669	JOSÉ PEDRO MIRANDA MOURÃO PA	M / 476	1973		M40 / 102	1:57:08	05:30	+0:52:16
466	2402	VITOR MANUEL VIEIRA DA CUNHA	M / 486	1973	CORAÇÃO DE LEBRE	M40 / 103	1:58:06	05:35	+0:53:15
467	2775	PAULO MANUEL SILVA ARAÚJO	M / 498	1973	OS ISABELINHAS	M40 / 104	1:59:05	05:36	+0:54:13
468	2260	JOÃO ORLANDO COELHO PEREIRA	M / 513	1973		M40 / 105	2:00:36	05:41	+0:55:44
469	2094	JOÃO PEDRO DA COSTA	M / 514	1974		M40 / 106	2:00:43	05:42	+0:55:52
470	2557	SÉVERINE BOITEAU	M / 523	1972	VIMARUNNERS	M40 / 107	2:01:34	05:44	+0:56:42
471	2056	LUÍS SEQUEIRA	M / 528	1970	INDIVIDUAL	M40 / 108	2:02:03	05:45	+0:57:12
472	2290	MANUEL FERNANDO MACHADO FE	M / 535	1973		M40 / 109	2:02:51	05:47	+0:58:00
473	2319	MIGUEL PEDRO DE MAGALHÃES A	M / 545	1973		M40 / 110	2:03:38	05:50	+0:58:47
474	2182	VALENTIM DA GUIA PEREIRA	M / 547	1975		M40 / 111	2:04:03	05:52	+0:59:11
475	2555	LUÍS MANUEL CALDEIRA E CASTRO	M / 553	1972		M40 / 112	2:05:02	05:54	+1:00:10
476	2385	JOÃO MIGUEL AMARAL LINHARES	M / 568	1972	ADMINOVA	M40 / 113	2:08:48	06:04	+1:03:57
477	2605	MIGUEL FORTUNA MOTA LEITE	M / 584	1971	JERONIMO	M40 / 114	2:13:27	06:17	+1:08:35
478	2174	DAMIÃO ANTONIO DA SILVA PACHE	M / 585	1970	POTEEENTE - PARQUE NASCEN	M40 / 115	2:13:46	06:18	+1:08:54
479	2068	MIGUEL FONSECA	M / 589	1972	FALTA MUITO?	M40 / 116	2:14:56	06:21	+1:10:05
480	2084	DAVIDE QUEIRÓS PINHEIRO	M / 592	1971	A. D. AMARANTE	M40 / 117	2:17:45	06:30	+1:12:54
481	2285	VITOR MANUEL BOMPASTOR DA CO	M / 595	1973	AMIGOS VALE SILÊNCIO - NO	M40 / 118	2:19:21	06:33	+1:14:29
482	2482	DANIEL PAULO DOS SANTOS VIEIRA	M / 603	1975		M40 / 119	2:31:52	07:10	+1:27:01

M 45

483	3	AUGUSTO COSTA	M / 16	1968	AMIGOS DA MONTANHA	M45 / 1	1:13:05	03:27	+0:08:14
484	120	CARLOS OLIVEIRA	M / 21	1969		M45 / 2	1:16:16	03:36	+0:11:25
485	2436	MARIO PAULO AMARAL CARREIRA	M / 23	1968	PORTORUNNERS	M45 / 3	1:17:51	03:41	+0:12:59
486	2579	JOSÉ HENRIQUE ALVES MACHADO	M / 27	1966	INDIVIDUAL	M45 / 4	1:19:41	03:46	+0:14:50
487	23	JOAQUIM RODRIGUES	M / 28	1965	AMIGOS DA MONTANHA	M45 / 5	1:21:28	03:51	+0:16:36
488	2655	ANTÓNIO MEIRA	M / 40	1965	FERREIROLUX	M45 / 6	1:24:56	04:01	+0:20:05
489	117	JOAQUIM SANTOS	M / 45	1965	WHITE	M45 / 7	1:26:03	04:04	+0:21:12
490	2823	JOSÉ AVELINO RIBEIRO MARTINS	M / 51	1966	SIRA-SOC INSTRUÇÃO E RECR	M45 / 8	1:26:51	04:06	+0:21:59
491	104	CANDIDO MAIA	M / 55	1969		M45 / 9	1:27:26	04:08	+0:22:35
492	2314	GUSTO ARAÚJO	M / 65	1969	PAPAKM	M45 / 10	1:28:38	04:11	+0:23:46
493	2249	ÁLVARO MANUEL MOREIRA DE SO	M / 66	1969	OS SANTA APOLONIA	M45 / 11	1:28:49	04:12	+0:23:57
494	2122	FRANCISCO SANTOS	M / 69	1965	LEÕES DA AGRA	M45 / 12	1:29:46	04:14	+0:24:54



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Pos	Peitor.	Corredor	Sexo	Ano	Clube	Cat.	Tempo	Passo	Dif. 1º
Pos	Bib#	Participant	Gen.	YOB	Club	Division	Time	Pace	Dif. 1st
495	2120	JOAQUIM COSTA MONTEIRO	M / 70	1965	LEÕES DA AGRA	M45 / 13	1:29:50	04:14	+0:24:59
496	2610	MANUEL EMIDIO DE FREITAS ROCH	M / 80	1967	PORTO RUNNERS	M45 / 14	1:30:47	04:16	+0:25:56
497	2175	ANTÓNIO CORUCHO	M / 85	1965	INDIVIDUAL	M45 / 15	1:31:37	04:20	+0:26:46
498	2464	CARLOS ALEXANDRE CARNEIRO D	M / 98	1968	LINCE TRIATHLON	M45 / 16	1:33:24	04:24	+0:28:33
499	2808	JOAQUIM BATISTA	M / 108	1966	ACPV	M45 / 17	1:34:07	04:27	+0:29:15
500	2696	CARLOS MANO	M / 113	1965	FERREIROLUX	M45 / 18	1:34:39	04:28	+0:29:48
501	2506	PAULO MOREIRA	M / 115	1969	GAVIÕES	M45 / 19	1:34:41	04:29	+0:29:49
502	2336	JOSÉ MIGUEL PEREIRA	M / 119	1968	OS ROTOS	M45 / 20	1:34:51	04:29	+0:29:59
503	2480	JOSÉ MANUEL FINS	M / 122	1969	OSBRAGUINHAS	M45 / 21	1:35:01	04:28	+0:30:10
504	2409	RUI BAPTISTA	M / 130	1968	CLUBE MILLENNIUM BCP	M45 / 22	1:35:52	04:31	+0:31:01
505	2528	ANTONIO FERREIRA	M / 134	1965	GAVIÕES	M45 / 23	1:36:15	04:33	+0:31:23
506	2561	ANTONINO JOSÉ DIAS DE CASTRO P	M / 136	1966		M45 / 24	1:36:17	04:33	+0:31:26
507	2185	PAULO OLIVEIRA	M / 160	1970	G.C.R ALVARELHOS	M45 / 25	1:37:28	04:36	+0:32:37
508	2790	ABEL ALMEIDA LIMA	M / 165	1968		M45 / 26	1:37:47	04:37	+0:32:56
509	2062	TIAGO MENDES	M / 166	1967	INDIVIDUAL	M45 / 27	1:37:50	04:37	+0:32:58
510	2602	JORGE MIGUEL AZEVEDO MARQUE	M / 170	1969	PORTO RUNNERS	M45 / 28	1:38:07	04:37	+0:33:15
511	2601	NUNO CÁCERES	M / 171	1968	PORTORUNNERS	M45 / 29	1:38:07	04:37	+0:33:15
512	2071	JOSE JOAQUIM RIBEIRO SILVA	M / 181	1967		M45 / 30	1:39:09	04:41	+0:34:17
513	2168	JOSÉ ANTÓNIO MIRANDA DA SILVA	M / 190	1967	EXPERIENCIAR	M45 / 31	1:39:38	04:43	+0:34:47
514	2321	VITOR M G LOPES	M / 193	1968	GINASIO CLUBE SANTO TIRSO	M45 / 32	1:39:49	04:43	+0:34:58
515	2614	AMANDIO FILIPE MENDES LAGES	M / 202	1970	VIMARUNNERS	M45 / 33	1:40:34	04:45	+0:35:42
516	2504	MANUEL SILVA	M / 204	1968	GAVIÕES	M45 / 34	1:40:41	04:46	+0:35:49
517	2215	EDUARDO JORGE DOS SANTOS TEIX	M / 222	1968		M45 / 35	1:41:36	04:48	+0:36:45
518	2801	OCTÁVIO ARROTEA	M / 223	1970	CENTRAL RUNNERS	M45 / 36	1:41:38	04:48	+0:36:46
519	2368	MANUEL F. ALVES	M / 224	1968		M45 / 37	1:41:38	04:48	+0:36:47
520	2463	JOSÉ TAVARES	M / 241	1969	KAGADOS	M45 / 38	1:42:49	04:51	+0:37:57
521	2647	MANUEL PEREIRA	M / 242	1965	FERREIROLUX	M45 / 39	1:42:49	04:51	+0:37:58
522	2596	HILARIO MARTINS	M / 244	1968	CYCLONES SANITOP	M45 / 40	1:42:53	04:51	+0:38:02
523	2123	ANTÓNIO GONÇALVES	M / 248	1966	LEÕES DA AGRA	M45 / 41	1:43:02	04:52	+0:38:10
524	2401	ANTÓNIO JOSÉ CORREIA FERNANDE	M / 250	1967		M45 / 42	1:43:04	04:51	+0:38:13
525	2148	JOSÉ CARLOS RODRIGUES CARDOS	M / 255	1967	BARCELOS SAUDÁVEL	M45 / 43	1:43:22	04:53	+0:38:31
526	2046	JOSÉ EUGÉNIO RODRIGUES VEIGA	M / 256	1969		M45 / 44	1:43:25	04:52	+0:38:34
527	2563	MIGUEL MAGALHAES	M / 257	1968	PORTO RUNNERS	M45 / 45	1:43:30	04:52	+0:38:38
528	2227	CARMINDO SOARES	M / 265	1968	MOVIMENTO DE JUVENTUDE DE	M45 / 46	1:43:52	04:52	+0:39:01
529	2156	JOSÉ COSTA	M / 270	1966	ASSOCIAÇÃO CULTURAL DE VE	M45 / 47	1:44:21	04:55	+0:39:30
530	2110	PAULO NUNO PEREIRA BRÁS	M / 304	1967		M45 / 48	1:46:06	05:00	+0:41:15
531	2006	JOSÉ MANUEL ROCHA DA FONSECA	M / 316	1968		M45 / 49	1:46:38	05:02	+0:41:46
532	2548	AUGUSTO MENDES	M / 320	1967	GAVIÕES	M45 / 50	1:47:03	05:04	+0:42:12
533	2435	MANUEL DOS PASSOS DA SILVA GO	M / 327	1965		M45 / 51	1:47:26	05:04	+0:42:35
534	2689	JOAQUIM DE SOUSA COSTA	M / 333	1968	AMARANTE RUNNING TEAM	M45 / 52	1:47:31	05:04	+0:42:39
535	2687	JOÃO FERNANDO DOS SANTOS COS	M / 335	1970	TURBULENTOS	M45 / 53	1:47:38	05:04	+0:42:46
536	2773	ELISIO MANUEL MENESES NOVAIS	M / 356	1970	OS ISABELINHAS	M45 / 54	1:49:05	05:08	+0:44:13



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Pos	Peitor.	Corredor	Sexo	Ano	Clube	Cat.	Tempo	Passo	Dif. 1º
Pos	Bib#	Participant	Gen.	YOB	Club	Division	Time	Pace	Dif. 1st
537	2265	CAMILO NETO	M / 359	1966	DESNÍVEL POSITIVO	M45 / 55	1:49:28	05:09	+0:44:37
538	2817	AGOSTINHO DA SILVA ROCHA	M / 366	1967		M45 / 56	1:49:44	05:09	+0:44:52
539	2794	MANUEL OLIVEIRA	M / 396	1968	INDIVIDUAL	M45 / 57	1:51:47	05:15	+0:46:55
540	2599	JORGE FERREIRA	M / 404	1968	E.LECLERC	M45 / 58	1:52:23	05:17	+0:47:32
541	2723	JOSÉ CARLOS NUNES SALDANHA	M / 405	1968	JERÓNIMO	M45 / 59	1:52:23	05:17	+0:47:32
542	2365	JOSE MANUEL BRAGA FERREIRA	M / 409	1965		M45 / 60	1:52:51	05:19	+0:48:00
543	2161	FERNANDO MANUEL FERNANDES C	M / 419	1969	AMIGOS ATLETISMO POVOENSE	M45 / 61	1:53:24	05:21	+0:48:33
544	2129	MANUEL JOAQUIM SANTOS SILVA	M / 425	1968		M45 / 62	1:53:43	05:20	+0:48:51
545	2407	PAULO SOARES	M / 431	1969	CLUBE MILLENNIUM BCP	M45 / 63	1:54:03	05:22	+0:49:12
546	2415	CARLOS ARAÚJO	M / 445	1968	CLUBE MILLENNIUM BCP	M45 / 64	1:54:56	05:24	+0:50:04
547	2268	CARLOS FERNANDO VIEIRA DA SIL	M / 446	1966		M45 / 65	1:55:02	05:21	+0:50:11
548	2159	JOAO MANUEL DAS NEVES SOARES	M / 447	1966	INDIVIDUAL	M45 / 66	1:55:05	05:25	+0:50:13
549	2684	VIRGILIO ARTUR RODRIGUES BARB	M / 449	1968	C.D.C. NAVAIS	M45 / 67	1:55:08	05:27	+0:50:16
550	2017	MANUEL SILVA	M / 452	1966	FAURECIA RUNNERS	M45 / 68	1:55:14	05:26	+0:50:22
551	2411	ALBERTO FERREIRA	M / 454	1968	CLUBE MILLENNIUM BCP	M45 / 69	1:55:19	05:27	+0:50:27
552	2756	FRANCISCO PEREIRA	M / 458	1970	FERREIROLUX	M45 / 70	1:55:46	05:28	+0:50:55
553	2428	ARMINDO JOSÉ MARTINS FERREIRA	M / 462	1966		M45 / 71	1:56:01	05:26	+0:51:10
554	2484	RUI FERREIRINHA PINTO	M / 465	1968		M45 / 72	1:56:18	05:29	+0:51:26
555	2418	ÁLVARO PINTO	M / 470	1970	CLUBE MILLENNIUM BCP	M45 / 73	1:56:33	05:30	+0:51:42
556	2058	HERMÍNIO PINHO	M / 485	1968		M45 / 74	1:57:55	05:34	+0:53:03
557	2236	JOHN SOSUA	M / 508	1970		M45 / 75	1:59:49	05:39	+0:54:58
558	2760	JOSE LUIS ALVES	M / 534	1965	CENTRAL RUNNERS	M45 / 76	2:02:50	05:47	+0:57:59
559	2413	RICARDO BEIRÃO	M / 538	1967	CLUBE MILLENNIUM BCP	M45 / 77	2:03:12	05:48	+0:58:20
560	2546	RODRIGO MORAIS	M / 543	1966	VAMOS LÁ	M45 / 78	2:03:30	05:50	+0:58:39
561	2547	HUMBERTO RIBEIRO	M / 544	1968	VAMOS LÁ	M45 / 79	2:03:30	05:50	+0:58:39
562	2035	FERNANDO FIGUEIREDO	M / 552	1966	2RUN4 GUIDEDOGS	M45 / 80	2:04:59	05:53	+1:00:07
563	2624	GUILHERME HERCULANO DE FREIT	M / 561	1969	VIMARANES RUNNING TEAM	M45 / 81	2:06:15	05:56	+1:01:24
564	2719	MÁRIO JOSÉ PINTO ANTUNES PINHÃ	M / 570	1966		M45 / 82	2:09:30	06:06	+1:04:39
565	2254	ANTONIO CUNHA	M / 571	1968	PORTO RUNNERS	M45 / 83	2:09:31	06:06	+1:04:39
566	2625	CARLOS MANUEL RODRIGUES MAG	M / 572	1968	VIMARANES RUNNING TEAM	M45 / 84	2:09:56	06:06	+1:05:05
567	2724	EUGÉNIO HORÁCIO PORTELA	M / 573	1969	JERÓNIMO	M45 / 85	2:10:04	06:07	+1:05:13
568	2722	ALCINO MANUEL MOREIRA SABINO	M / 583	1967	JERÓNIMO	M45 / 86	2:13:26	06:17	+1:08:35
569	2629	JOSE MANUEL COSTA CUNHA	M / 588	1969	OS LARANJINHAS	M45 / 87	2:14:48	06:20	+1:09:57
570	2388	LUIS MANUEL FERNANDES PIMENT	M / 596	1967		M45 / 88	2:19:39	06:35	+1:14:47

M 50

571	2807	MANUEL GOMES	M / 20	1965	C. D. S. SALADOR CAMPO	M50 / 1	1:16:10	03:36	+0:11:19
572	2593	ADELINO FERNANDES	M / 22	1964	CYCLONES SANITOP	M50 / 2	1:16:51	03:38	+0:11:59
573	2169	JOSÉ CANDIDO M. ALVES	M / 29	1964	GD AIRÃO CURVIÃ	M50 / 3	1:21:36	03:51	+0:16:44
574	2346	JOAQUIM RIBEIRO	M / 36	1964	SC BRAGA	M50 / 4	1:22:57	03:55	+0:18:05
575	2187	FERNANDO MAIA	M / 43	1964	G.C.R ALVARELHOS	M50 / 5	1:25:44	04:03	+0:20:53
576	2594	CARLOS OSÓRIO	M / 76	1964	CYCLONES SANITOP	M50 / 6	1:30:21	04:16	+0:25:29



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577	2366	RODRIGO COSTA	M / 79	1964	AMIGOS PONTO FINAL	M50 / 7	1:30:46	04:17	+0:25:54
578	2183	MANUEL CASAIS	M / 82	1963	G.C.R ALVARELHOS	M50 / 8	1:30:51	04:18	+0:25:59
579	2420	JOSÉ LUÍS FERNANDES DE SOUSA	M / 83	1962	G.D.UNIDOS DO CANO	M50 / 9	1:30:52	04:18	+0:26:01
580	2367	MANUEL RIBEIRO	M / 93	1964	ARPO - OS SANTA APOLÓNIA	M50 / 10	1:32:51	04:22	+0:28:00
581	2645	ISIDRO GOMES	M / 94	1963	FERREIROLUX	M50 / 11	1:32:53	04:23	+0:28:02
582	2487	FRANCISCO NOVAIS	M / 101	1964	VSC	M50 / 12	1:33:37	04:25	+0:28:45
583	2337	JOSÉ MANUEL RODRIGUES VIEIRA	M / 104	1965	OS ROTOS	M50 / 13	1:33:38	04:26	+0:28:47
584	2462	AMILCAR BENJAMIM SOARES FERR	M / 121	1962	KAGADOS	M50 / 14	1:34:58	04:29	+0:30:06
585	2186	MANUEL ANTÓNIO DIAS CARNEIRO	M / 123	1962	G.C.R ALVARELHOS	M50 / 15	1:35:05	04:30	+0:30:14
586	2640	JOSÉ LOPES MARTINS REGO	M / 124	1964	INDIVIDUAL	M50 / 16	1:35:16	04:30	+0:30:25
587	2408	ADELINO BRITO	M / 127	1962	CLUBE MILLENNIUM BCP	M50 / 17	1:35:32	04:30	+0:30:40
588	2503	JUSTINO PEREIRA	M / 133	1963	GAVIÕES	M50 / 18	1:36:14	04:33	+0:31:23
589	2202	JOAQUIM SILVA RODRIGUES	M / 135	1963	ASSOCIAÇÃO CULTURAL E REC	M50 / 19	1:36:16	04:33	+0:31:25
590	2201	MANUEL JOAQUIM MACIEL MIRAN	M / 146	1962	ASSOCIAÇÃO CULTURAL E REC	M50 / 20	1:36:47	04:35	+0:31:56
591	2218	ANTONIO MANUEL NUNES AZEVED	M / 175	1963	BOAVISTA F.C	M50 / 21	1:38:30	04:39	+0:33:39
592	2041	MANUEL ANTÓNIO CARVALHOSA A	M / 183	1965	QUEIROZ TEAM	M50 / 22	1:39:12	04:41	+0:34:21
593	2761	ANTONIO EUGENIO TEIXEIRA BAPTI	M / 201	1964		M50 / 23	1:40:32	04:44	+0:35:41
594	2164	JOAQUIM CARVALHO FERREIRA	M / 235	1963	ASSOCIAÇÃO CULTURAL DE VE	M50 / 24	1:42:28	04:50	+0:37:37
595	2076	CARLOS ALBERTO BARBOSA FERRE	M / 243	1960		M50 / 25	1:42:52	04:51	+0:38:01
596	2586	JORGE FERNANDO FERREIRA LUZ	M / 261	1964	BOAVISTA F.C	M50 / 26	1:43:42	04:53	+0:38:51
597	2374	DOMINGOS BATISTA DE OLIVEIRA	M / 275	1964	ARSENAL DA DEVESA	M50 / 27	1:44:39	04:56	+0:39:47
598	2562	CASIMIRO DA COSTA SILVA	M / 286	1964		M50 / 28	1:45:04	04:58	+0:40:12
599	2606	JOSÉ GUILHERME MARQUES DOS S	M / 290	1963		M50 / 29	1:45:29	04:58	+0:40:37
600	2151	JOSÉ MANUEL A. SILVA	M / 301	1964	SUNSET RUNNERS	M50 / 30	1:45:57	05:00	+0:41:06
601	2456	MANUEL FARIA	M / 317	1961	CAVE	M50 / 31	1:46:56	05:03	+0:42:05
602	2383	JOAQUIM MARQUES	M / 332	1964	TURBOLENTOS	M50 / 32	1:47:30	05:03	+0:42:39
603	2277	FERNANDO VIEIRA LOPES	M / 344	1964	HAPPYFAMILY	M50 / 33	1:48:19	05:07	+0:43:28
604	2581	ANTÓNIO LOURENÇO	M / 368	1961	AMIGOS ATLETISMO POVOENSE	M50 / 34	1:49:53	05:11	+0:45:01
605	2571	MANUEL LUÍS MOREIRA	M / 371	1962	AMIGOS ATLETISMO POVOENSE	M50 / 35	1:49:55	05:11	+0:45:03
606	2190	JOSÉ RIBEIRO	M / 376	1964	VAMOS LÁ	M50 / 36	1:50:34	05:13	+0:45:42
607	2165	ANTÓNIO CARVALHO FERREIRA	M / 387	1964	ASSOCIAÇÃO CULTURAL DE VE	M50 / 37	1:51:00	05:14	+0:46:09
608	2146	VITOR MANUEL ALVES FERNANDES	M / 398	1961	2SLOW2RUN	M50 / 38	1:51:49	05:16	+0:46:57
609	2681	JORGE MANUEL DA COSTA RAMOS	M / 402	1964		M50 / 39	1:52:04	05:17	+0:47:12
610	2449	ANTONIO MIRANDA	M / 403	1964	CORREDORES NOTURNOS DE PA	M50 / 40	1:52:19	05:18	+0:47:28
611	2582	ANTÓNIO PEREIRA	M / 434	1964	AMIGOS ATLETISMO POVOENSE	M50 / 41	1:54:11	05:23	+0:49:19
612	2510	FIRMINO MANUEL LOPES DA SILVA	M / 440	1964		M50 / 42	1:54:23	05:24	+0:49:32
613	2570	JOÃO OLIVEIRA	M / 456	1964	AMIGOS ATLETISMO POVOENSE	M50 / 43	1:55:31	05:27	+0:50:40
614	2535	ADRIANO PINTO	M / 457	1963	BRAGUINHAS	M50 / 44	1:55:42	05:27	+0:50:51
615	2125	FERNANDO VALENTE	M / 460	1961	LEÕES DA AGRA	M50 / 45	1:55:58	05:29	+0:51:07
616	2771	JOSÉ MARIA GOMES PEREIRA	M / 467	1963	OS ISABELINHAS	M50 / 46	1:56:20	05:28	+0:51:29
617	2544	OSCAR LEITE	M / 469	1963	VETERANOS DO PORTO	M50 / 47	1:56:27	05:30	+0:51:35
618	2627	JOSE CARVALHO	M / 495	1962	OS LARANJINHAS	M50 / 48	1:58:48	05:35	+0:53:57



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Resultados Globais / Overall Results

Pos	Peitor.	Corredor	Sexo	Ano	Clube	Cat.	Tempo	Passo	Dif. 1º
Pos	Bib#	Participant	Gen.	YOB	Club	Division	Time	Pace	Dif. 1st
619	2140	FERNANDO FRANCISCO CARVALHO	M / 507	1961	GRUPO DESPORTIVO FERROVIÁ	M50 / 49	1:59:46	05:40	+0:54:54
620	2641	ARTUR MANUEL DIAS MONTEIRO	M / 522	1960		M50 / 50	2:01:16	05:44	+0:56:25
621	2772	JOSÉ ANTÓNIO PINA CAPELO	M / 524	1964	OS ISABELINHAS	M50 / 51	2:01:42	05:44	+0:56:50
622	2091	ANTÓNIO VERISSIMO	M / 541	1963	A.D. AMARANTE	M50 / 52	2:03:14	05:50	+0:58:22
623	2116	ADELINO ARAÚJO LOPES DE FARIA	M / 597	1964		M50 / 53	2:20:19	06:36	+1:15:27
624	2234	ANTONIO LUIS MARTINS DO VALE L	M / 601	1961		M50 / 54	2:27:14	06:57	+1:22:23
M 55									
625	2180	JOAQUIM COSTA	M / 33	1959	C. D. S. SALVADOR DO CAMP	M55 / 1	1:22:44	03:55	+0:17:53
626	2228	JOSÉ FERNANDES	M / 88	1957	MOVIMENTO DE JUVENTUDE DE	M55 / 2	1:32:19	04:21	+0:27:27
627	2651	DAVID GONÇALVES	M / 118	1957	FERREIROLUX	M55 / 3	1:34:51	04:29	+0:29:59
628	2642	FERNANDO SOUSA SANTOS LEITE	M / 206	1956	INDIVIDUAL	M55 / 4	1:40:44	04:46	+0:35:52
629	2677	FRANCISCO XAVIER RODRIGUES	M / 212	1955	CENTRAL RUNNERS	M55 / 5	1:41:04	04:47	+0:36:13
630	2199	JOSE MARIA SOUSA LEITE	M / 229	1958	GINASIO CLUBE SANTO TIRSO	M55 / 6	1:41:58	04:49	+0:37:07
631	2793	LUIS SOUSA PIRES	M / 232	1956		M55 / 7	1:42:11	04:49	+0:37:19
632	2587	JOSÉ PEREIRA	M / 260	1959	BRAGUINHAS	M55 / 8	1:43:42	04:52	+0:38:51
633	2323	ARMANDO CERQUEIRA	M / 273	1959		M55 / 9	1:44:32	04:56	+0:39:41
634	2422	ALFREDO FERNANDO SOUSA COST	M / 315	1959	OURSENSE	M55 / 10	1:46:38	05:02	+0:41:46
635	2363	JOSÉ CARLOS FERNANDES PONTE	M / 331	1957	EDV - VIANA TRAIL	M55 / 11	1:47:29	05:05	+0:42:37
636	2450	ARMANDO OLIVEIRA	M / 338	1957	LOUSADA RUNNERS	M55 / 12	1:47:51	05:05	+0:43:00
637	2649	JOSÉ FARIA	M / 382	1957	FERREIROLUX	M55 / 13	1:50:48	05:14	+0:45:56
638	2770	JOÃO PEREIRA OLIVEIRA	M / 399	1958	OS ISABELINHAS	M55 / 14	1:51:49	05:16	+0:46:58
639	2486	ANTONIO TEIXEIRA	M / 406	1959	VSC	M55 / 15	1:52:24	05:18	+0:47:32
640	2121	ANTÓNIO OLIVEIRA	M / 412	1958	LEÕES DA AGRA	M55 / 16	1:53:03	05:19	+0:48:12
641	2778	DANIEL NOVAIS	M / 420	1956	OS ISABELINHAS	M55 / 17	1:53:28	05:20	+0:48:37
642	2204	MANUEL COSTA	M / 426	1959	ASSOCIAÇÃO CULTURAL DE VE	M55 / 18	1:53:48	05:22	+0:48:57
643	2079	MANUEL RAMIRO CATARINO BATIS	M / 444	1960	3º EIR	M55 / 19	1:54:48	05:25	+0:49:56
644	2534	ANTONIO SOUSA	M / 453	1957	BRAGUINHAS	M55 / 20	1:55:15	05:25	+0:50:23
645	2096	ALBINO TALAIA MOTA DA ROCHA	M / 455	1960	ATIB FINABRAGA BTT	M55 / 21	1:55:31	05:27	+0:50:39
646	2049	MÁRIO RODRIGUES DE ARAÚJO	M / 472	1958	INDIVIDUAL	M55 / 22	1:56:47	05:31	+0:51:55
647	2543	FERNANDO PINHEIRO CUNHA	M / 490	1959	ADRULSM	M55 / 23	1:58:21	05:34	+0:53:30
648	2767	ANTÓNIO FONSECA FERRERIRA	M / 499	1957	OS ISABELINHAS	M55 / 24	1:59:05	05:37	+0:54:14
649	2176	JAIME DE ALMEIDA COIMBRA DA SI	M / 586	1958		M55 / 25	2:14:41	06:20	+1:09:49
650	2628	JOAQUIM CARVALHO	M / 587	1959	OS LARANJINHAS	M55 / 26	2:14:41	06:21	+1:09:50
651	2347	JOAO CARVALHO	M / 600	1957		M55 / 27	2:23:45	06:47	+1:18:54

M 60

652	2573	HORACIO DUARTE TEIXEIRA	M / 81	1952	LOUSADA RUNNERS	M60 / 1	1:30:48	04:17	+0:25:56
653	2652	EDUARDO FERNANDES	M / 128	1952	FERREIROLUX	M60 / 2	1:35:43	04:31	+0:30:52
654	2444	ALBERTO FERREIRA LEITE	M / 180	1953		M60 / 3	1:39:05	04:40	+0:34:14
655	2545	JOAQUIM MENESES	M / 236	1955	VETERANOS DO PORTO	M60 / 4	1:42:30	04:51	+0:37:39
656	2683	JOSÉ BARBOSA GOMES	M / 269	1953	CLUBE DE ATLETISMO DA POV	M60 / 5	1:44:14	04:55	+0:39:23
657	2818	ALFREDO CARLOS BARBOSA	M / 282	1953	C P T BAIRRO CARCAVELOS	M60 / 6	1:44:58	04:57	+0:40:06



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Resultados Globais / Overall Results

Pos	Peitor.	Corredor	Sexo	Ano	Clube	Cat.	Tempo	Passo	Dif. 1º
Pos	Bib#	Participant	Gen.	YOB	Club	Division	Time	Pace	Dif. 1st
658	2558	ELOY PRIETO CRIADO	M / 330	1954		M60 / 7	1:47:29	05:04	+0:42:37
659	2200	EDUARDO TOMAS MALHEIRO	M / 337	1946	GINASIO CLUBE SANTO TIRSO	M60 / 8	1:47:44	05:04	+0:42:53
660	2584	MARIO VALE	M / 339	1950		M60 / 9	1:48:04	05:07	+0:43:13
661	2653	JUSTINO COUTADA	M / 346	1953	FERREIROLUX	M60 / 10	1:48:26	05:08	+0:43:34
662	2654	FERNANDO SOUSA	M / 354	1953	FERREIROLUX	M60 / 11	1:48:50	05:09	+0:43:59
663	2576	MARIO MIRANDA	M / 415	1953	GRUPO DESPORTIVO LEOES DO	M60 / 12	1:53:14	05:20	+0:48:23
664	2044	MÁRIO VILARINHO	M / 443	1948	INDIVIDUAL	M60 / 13	1:54:38	05:25	+0:49:47
665	2815	MANUEL VIEIRA DE CARVALHO	M / 450	1952		M60 / 14	1:55:10	05:25	+0:50:18
666	2788	ALBINO PEREIRA OLIVEIRA	M / 484	1950		M60 / 15	1:57:46	05:32	+0:52:55
667	2322	ALFREDO SIMÃO DOS SANTOS	M / 502	1953		M60 / 16	1:59:22	05:38	+0:54:31
668	2382	ANTÓNIO ALBERTO RODRIGUES DE	M / 512	1952	TURBOLENTOS	M60 / 17	2:00:23	05:40	+0:55:32
669	2766	JOSÉ CARLOS PEREIRA FIGUEIREDO	M / 546	1949	OS ISABELINHAS	M60 / 18	2:03:46	05:50	+0:58:55
670	33	AMEDEU FERREIRA	M / 549	1955	FERREIROLUX	M60 / 19	2:04:42	05:54	+0:59:51
671	2016	MANUEL PAIVA	M / 562	1950	FAURECIA RUNNERS	M60 / 20	2:06:27	05:58	+1:01:36
672	2242	ANTONIO BERMUDEZ BILBAO	M / 565	1946	INDEPENDIENTE	M60 / 21	2:06:47	05:58	+1:01:55
673	2394	JOÃO MARQUES	M / 569	1952	TURBOLENTOS	M60 / 22	2:08:56	06:04	+1:04:05
674	2113	JOSÉ EIRADO AZEVEDO	M / 577	1951		M60 / 23	2:11:29	06:11	+1:06:38