



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	613	Miguel Azevedo	Individual	Male	1			01:43:00	5'25"/km
2	595	Nuno Carneiro	Break	Male	2	MSenior	1	01:44:24	5'29"/km
3	505	Pedro Lopes	CB RUN	Male	3	MSenior	2	01:49:02	5'44"/km
4	596	Diogo Carvalho	Break	Male	4	M50	1	01:49:03	5'44"/km
5	526	Rui Carvalho	Individual	Male	5	M50	2	01:55:41	6'05"/km
6	525	Nelson Noval	Individual	Male	6	M40	1	01:55:41	6'05"/km
7	548	Hugo Lopes	Promessas do atletismo	Male	7	MSenior	3	01:56:48	6'08"/km
8	612	Alexandre Lourenço	Individual	Male	8	M40	2	01:59:49	6'18"/km
9	1240	Bruno Coelho	Individual	Male	9	MSenior	4	02:01:30	6'23"/km
10	561	João Santos	Erdal/Vimarunners	Male	10	M40	3	02:01:38	6'24"/km
11	581	Raul Rocha	Individual	Male	11	M50	3	02:04:00	6'31"/km
12	575	Daniel Fernandes	Erdal/Vimarunners	Male	12	MSenior	5	02:04:47	6'34"/km
13	562	Vítor Silva	Erdal/Vimarunners	Male	13	MSenior	6	02:05:03	6'34"/km
14	608	Rodrigo Silva	TEAM LANTEMIL	Male	14	M40	4	02:06:53	6'40"/km
15	521	José Machado	VÁ CAMINHA	Male	15	M40	5	02:08:50	6'46"/km
16	563	Ricardo Fernandes	Afrikanrunners	Male	16	M40	6	02:10:28	6'52"/km
17	591	Sérgio Fernandes	Lusavouga Trail running	Male	17	M40	7	02:10:40	6'52"/km
18	593	Fernando Portela	Break	Male	18	MSenior	7	02:10:43	6'52"/km
19	507	Sérgio Santos	A.R. SEQUEIRÔ/DESTEMIDOS	Male	19	M40	8	02:11:12	6'54"/km
20	577	Rui Faria	Erdal/Vimarunners	Male	20	M40	9	02:11:15	6'54"/km
21	508	Pedro Silva	Amigos 100 Limites	Male	21	M40	10	02:14:55	7'06"/km
22	540	José Sousa	AMIGOS DA CORRIDA BRITO	Male	22	M50	4	02:14:56	7'06"/km
23	582	Carlos Silva	Individual	Male	23	M40	11	02:15:19	7'07"/km
24	549	Armando Silva	A.R. SEQUEIRÔ/DESTEMIDOS	Male	24	M40	12	02:15:37	7'08"/km
25	620	Renato Jacobs	Individual	Male	25	MSenior	8	02:15:46	7'08"/km
26	583	Vitor Andrade	Team Sem medo	Male	26	M50	5	02:18:51	7'18"/km
27	564	José Bessa	JB	Male	27	M50	6	02:19:18	7'19"/km
28	619	Mara Fonseca	Individual	Female	1	FSenior	1	02:20:56	7'25"/km
29	590	João Dias	A.R. SEQUEIRÔ/DESTEMIDOS	Male	28	M50	7	02:23:03	7'31"/km
30	594	Fábio Silva	Break	Male	29	MSenior	9	02:24:36	7'36"/km
31	566	Daniel Ribeiro	AMIGOS DA CORRIDA BRITO	Male	30	M40	13	02:26:08	7'41"/km
32	513	Luís	Individual	Male	31	MSenior	10	02:26:54	7'43"/km
33	541	Albino Fernandes	AMIGOS DA CORRIDA BRITO	Male	32	M40	14	02:27:34	7'46"/km
34	592	Lino Cunha Moreira	All About	Male	33	M60	1	02:28:01	7'47"/km
35	568	Rui Gomes	Pó na lama trail runners	Male	34	MSenior	11	02:28:21	7'48"/km
36	538	David Dias	Individual	Male	35	M40	15	02:29:03	7'50"/km
37	587	José Faria	Running Dolls	Male	36	M40	16	02:29:09	7'51"/km
38	50	Daniela Vilas Boas	TEAM LANTEMIL	Female	2	FSenior	2	02:30:44	7'56"/km
39	503	Jorge Nunes	Afrikanrunners	Male	37	M40	17	02:30:57	7'56"/km
40	502	Jose Nunes	Afrikanrunners	Male	38	M40	18	02:30:58	7'56"/km
41	624	Adolfo Ferreria	Individual	Male	39	M50	8	02:32:02	8'00"/km
42	573	Francisco Cunha	Individual	Male	40	M50	9	02:32:39	8'02"/km
43	572	Laura Rodrigues	Individual	Female	3	F40	1	02:32:40	8'02"/km
44	579	Jose Pereira	Individual	Male	41	M50	10	02:36:04	8'12"/km
45	506	Luís Fonseca	A.R. SEQUEIRÔ/DESTEMIDOS	Male	42	MSenior	12	02:36:20	8'13"/km
46	520	Bruno Marques	HabCarpintaria	Male	43	MSenior	13	02:36:20	8'13"/km
47	550	José Pereira	A.R. SEQUEIRÔ/DESTEMIDOS	Male	44	MSenior	14	02:37:02	8'15"/km
48	576	João Ribeiro	Erdal/Vimarunners	Male	45	M40	19	02:37:30	8'17"/km
49	515	Henrique Ferreira	Twogym	Male	46	M40	20	02:37:40	8'17"/km
50	615	Renato Ribeiro	Individual	Male	47	M40	21	02:38:21	8'20"/km
51	614	Alice Lopes	Individual	Female	4	F40	2	02:38:22	8'20"/km
52	504	Fernanda Machado	Individual	Female	5	F40	3	02:39:45	8'24"/km
53	529	Alberto Ferreira Leite	Caldas de S. Jorge Sport Clube	Male	48	M60	2	02:40:34	8'27"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
54	553	Celina Correia	A.R. SEQUEIRÔ/DESTEMIDOS	Female	6	F40	4	02:41:00	8'28"/km
55	544	Ricardo Lopes	Individual	Male	49	M40	22	02:42:55	8'34"/km
56	543	Hugo Matos	Individual	Male	50	MSenior	15	02:43:04	8'34"/km
57	536	Jose Carlos	AMIGOS DA CORRIDA BRITO	Male	51	M40	23	02:43:14	8'35"/km
58	535	Cristiana Ribeiro	AMIGOS DA CORRIDA BRITO	Female	7	F40	5	02:44:00	8'37"/km
59	565	Vitor Pereira	Individual	Male	52	M40	24	02:45:42	8'43"/km
60	518	Maria Da Conceição De Freitas Gomes Ribeiro	Riofit	Female	8	F40	6	02:45:55	8'43"/km
61	517	Jose Carlos Morais Fernandes	Riofit	Male	53	M40	25	02:45:56	8'44"/km
62	547	Izalde Martins	Individual	Male	54	M50	11	02:48:52	8'53"/km
63	546	Armando Freitas	Individual	Male	55	M50	12	02:48:54	8'53"/km
64	603	Xavier Cunha	AMVE - Associação Moinho de Vermoim	Male	56	M40	26	02:48:56	8'53"/km
65	528	Emanuel Ribeiro Das Neves	Individual	Male	57	M40	27	02:49:17	8'54"/km
66	599	Rosa Moreira	Break	Female	9	F40	7	02:49:22	8'54"/km
67	569	Alexandra Matos	Unidos Pela Corrida	Female	10	F40	8	02:49:52	8'56"/km
68	530	Marcelo Teixeira	The Newbies	Male	58	MSenior	16	02:49:53	8'56"/km
69	580	Gaspar Oliveira	PCRrunners	Male	59	M60	3	02:50:39	8'58"/km
70	578	Paulo Hernani	PCRrunners	Male	60	M50	13	02:54:06	9'09"/km
71	516	Helder Fernandes	Individual	Male	61	M40	28	02:54:13	9'10"/km
72	534	Ana Martins	Individual	Female	11	FSenior	3	02:55:30	9'14"/km
73	611	Paulo Saldanha	Individual	Male	62	M50	14	02:55:35	9'14"/km
74	610	Lola Pereira	Individual	Female	12	F40	9	02:56:19	9'16"/km
75	533	Vitor Martins	Individual	Male	63	M50	15	02:56:20	9'16"/km
76	609	Xavier Oliveira	Individual	Male	64	M50	16	02:56:22	9'16"/km
77	589	Paulo Silvestre Ribeiro Pereira Gomes	No Tomorrow Running Team	Male	65	M50	17	02:58:11	9'22"/km
78	607	Rita Ribeiro	AMVE - Associação Moinho de Vermoim	Female	13	F50	1	02:58:47	9'24"/km
79	602	Nuno Daniel Baltar Silva	Individual	Male	66	MSenior	17	03:04:30	9'42"/km
80	571	Fátima Azevedo	A.C. VERMOIM	Female	14	F50	2	03:05:36	9'46"/km
81	570	Joaquim Ferreira	A. C. Vermoim	Male	67	M60	4	03:05:37	9'46"/km
82	542	Hugo Miguel Vidal Brandão	ArtAr	Male	68	M40	29	03:06:06	9'47"/km
83	527	Preza Fernandes	Individual	Male	69	M40	30	03:06:56	9'50"/km
84	532	Daniel Matos	Individual	Male	70	M40	31	03:06:57	9'50"/km
85	545	Pedro Costa	Individual	Male	71	M40	32	03:07:35	9'52"/km
86	574	Félix Faria De Carvalho	ADE Esmeriz Running	Male	72	M40	33	03:08:08	9'54"/km
87	600	Cristóvão Gonçalves	Break	Male	73	M50	18	03:10:29	10'01"/km
88	616	Daniel Oliveira	Individual	Male	74	MSenior	18	03:10:34	10'01"/km
89	560	Luísa Rodrigues	Erdal/Vimarunners	Female	15	F40	10	03:11:35	10'05"/km
90	617	Sofia Soares	Individual	Female	16	F40	11	03:11:35	10'05"/km
91	586	Sérigo Silva	Running Dolls	Male	75	M40	34	03:11:36	10'05"/km
92	588	Rui Coelho	Individual	Male	76	MSenior	19	03:11:57	10'06"/km
93	537	Josefina Tinoco	AMIGOS DA CORRIDA BRITO	Female	17	F50	3	03:14:30	10'14"/km
94	605	Joaquim Martins	INDELAGUE / NAC BIKE TEAM	Male	77	M50	19	03:16:29	10'20"/km
95	585	Simão Carlos Estevão Gomes	Individual	Male	78	MSenior	20	03:17:02	10'22"/km
96	519	Eduardo Francisco Da Silva Ferreira	Riofit	Male	79	MSenior	21	03:26:43	10'52"/km
97	559	Joaquim Oliveira	Riofit	Male	80	M50	20	03:26:43	10'52"/km
98	604	Noel Pereira	Riofit	Male	81	M40	35	03:26:43	10'52"/km
99	618	Carlos Correia	Individual	Male	82	MSenior	22	03:32:31	11'11"/km
100	523	Maria Alves	CB RUN	Female	18	FSenior	4	03:32:32	11'11"/km
101	522	Vasco Faria	CB RUN	Male	83	M40	36	03:32:33	11'11"/km