



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	410	Miguel Gomes	Lobos do Brunheiro de Chaves / Anteros	Male	1	VetAM	1	01:05:35	5'02"/km
2	440	Norberto Loureiro	Linces do Marão	Male	2	SeniorM	1	01:09:56	5'22"/km
3	472	Jorge Teixeira	TTeixeira	Male	3	VetAM	2	01:11:01	5'27"/km
4	421	Bruno Rua	Individual	Male	4	SeniorM	2	01:11:12	5'28"/km
5	422	Bruno Fraga Lopes	Individual	Male	5	S23M	1	01:12:17	5'33"/km
6	446	Moisés Rodrigues	Unirunning	Male	6	SeniorM	3	01:12:34	5'34"/km
7	439	Ana Teixeira	TTeixeira	Female	1	SeniorF	1	01:14:34	5'44"/km
8	471	Sara Teixeira	TTeixeira	Female	2	SeniorF	2	01:16:23	5'52"/km
9	498	Alipio Fernandes	A.M.A - Associação Mondim Atletismo	Male	7	VetEM	1	01:16:26	5'52"/km
10	449	João Rangel	Individual	Male	8	SeniorM	4	01:17:47	5'59"/km
11	409	Hugo Félix	Individual	Male	9	SeniorM	5	01:17:48	5'59"/km
12	442	Ricardo André Vieira Domingues	Individual	Male	10	S23M	2	01:18:37	6'02"/km
13	404	António Da Silva Marques	Individual	Male	11	VetDM	1	01:18:37	6'02"/km
14	406	Ricardo Fraga Lopes	Individual	Male	12	S23M	3	01:19:38	6'07"/km
15	441	Wilson Torres	Lobos do Brunheiro de Chaves / Anteros	Male	13	VetBM	1	01:19:50	6'08"/km
16	500	Isma Toro	Lobos do Brunheiro de Chaves / Anteros	Male	14	SeniorM	6	01:20:28	6'11"/km
17	454	Maria Obes Prada	Lobos do Brunheiro de Chaves / Anteros	Female	3	SeniorF	3	01:20:29	6'11"/km
18	469	Cristiano Fernandes	A NOITE PASSA A CORRE - GUIMARÃES	Male	15	VetBM	2	01:25:00	6'32"/km
19	453	Silvia Cavaleiro Pais	Individual	Female	4	SeniorF	4	01:26:54	6'41"/km
20	400	Hélder José Amaral Pinheiro	Individual	Male	16	VetAM	3	01:26:55	6'41"/km
21	431	Armando Ferreira Gomes	Domingueiros on Tour	Male	17	VetCM	1	01:26:55	6'41"/km
22	402	Filipe Moreira	Unirunning	Male	18	VetBM	3	01:27:09	6'42"/km
23	452	Joaquim Fernando Ferreira Alves	Individual	Male	19	VetEM	2	01:30:34	6'58"/km
24	470	Helena Teixeira	TTEIXEIRA	Female	5	SeniorF	5	01:31:48	7'03"/km
25	455	Bruno Miguel Dias Rangel	Individual	Male	20	SeniorM	7	01:32:37	7'07"/km
26	494	Pedro Lopes	Individual	Male	21	SeniorM	8	01:34:00	7'13"/km
27	444	Sérgio Pereira	Individual	Male	22	VetAM	4	01:34:10	7'14"/km
28	403	Severo Castro	Unirunning	Male	23	VetBM	4	01:34:11	7'14"/km
29	411	Marta Da Costa	Lobos do Brunheiro de Chaves / Anteros	Female	6	SeniorF	6	01:35:35	7'21"/km
30	491	Bruno Miguel Freitas Rei	BEÇA RUN CAKE US D'APUTE	Male	24	SeniorM	9	01:41:02	7'46"/km
31	489	Paulo Alexandre Freitas Rei	BEÇA RUN CAKE US D'APUTE	Male	25	SeniorM	10	01:41:02	7'46"/km
32	419	Antonio Barbosa	Paredes Running	Male	26	VetBM	5	01:41:34	7'48"/km
33	467	Luciana Gazela	A NOITE PASSA A CORRE - GUIMARÃES	Female	7	SeniorF	7	01:42:09	7'51"/km
34	468	Cátia Miranda	A NOITE PASSA A CORRE - GUIMARÃES	Female	8	SeniorF	8	01:42:10	7'51"/km
35	492	Camilo Muñiz Rodriguez	Running sport trail	Male	27	VetEM	3	01:43:23	7'57"/km
36	485	Alexandre Santos	Individual	Male	28	VetBM	6	01:44:09	8'00"/km
37	424	Ricardo André Ribeiro	Lobos do Brunheiro de Chaves / Anteros	Male	29	SeniorM	11	01:45:13	8'05"/km
38	426	Dânia Beatriz Oliveira Silva	Individual	Female	9	S23F	1	01:47:00	8'13"/km
39	425	Valter Leandro Nogueira Silva	Individual	Male	30	VetAM	5	01:47:01	8'13"/km
40	302	Daniel José Mesquita Andrade	A.M.A - Associação Mondim Atletismo	Male	31	SeniorM	12	01:48:24	8'20"/km
41	461	Lígia Dias	Individual	Female	10	VetBF	1	01:50:11	8'28"/km
42	462	Duarte Vitória	Individual	Male	32	VetCM	2	01:50:12	8'28"/km
43	464	Solange Rodrigues	Individual	Female	11	VetCF	1	01:50:58	8'32"/km
44	501	Francisco Fernandes Barbosa	Individual	Male	33	VetEM	4	01:51:04	8'32"/km
45	483	Daniel Fernandes	Olímpico Vianense	Male	34	VetBM	7	01:54:22	8'47"/km
46	482	Sandra Isabel Miranda Mendes Pereira	Individual	Female	12	VetAF	1	01:54:22	8'47"/km
47	487	Vitor Manuel Moura Fernandes	BEÇA RUN CAKE US D'APUTE	Male	35	VetAM	6	01:56:11	8'56"/km



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48	502	José Luis Matos Pires Fernandes	BEÇA RUN CAKE US D'APUTE	Male	36	SeniorM	13	01:56:14	8'56"/km
49	488	Diogo Manuel Rei Bogalhas	BEÇA RUN CAKE US D'APUTE	Male	37	SeniorM	14	01:56:14	8'56"/km
50	415	Isabel Cristina De Magalhães Cardoso Macedo Gonçalves	Individual	Female	13	VetCF	2	01:56:15	8'56"/km
51	463	Eva Amaro	Individual	Female	14	SeniorF	9	01:56:15	8'56"/km
52	412	Fernando Cunha	Temos Tempo	Male	38	VetCM	3	01:58:01	9'04"/km
53	413	Helder Almeida	Temos Tempo	Male	39	VetAM	7	01:58:02	9'04"/km
54	418	Sonia Marisa Teixeira Da Silva	Paredes Running	Female	15	VetBF	2	01:59:15	9'10"/km
55	420	António Silva	Dumiense Xallanger Runers	Male	40	VetEM	5	02:00:21	9'15"/km
56	435	Sérgio Silva	Individual	Male	41	VetCM	4	02:00:39	9'16"/km
57	434	Mónica Silva	Individual	Female	16	VetAF	2	02:00:41	9'17"/km
58	428	Ana Paula Rodrigues	Individual	Female	17	VetDF	1	02:00:49	9'17"/km
59	474	Magda Pereira	Pipocas & Bombocas	Female	18	SeniorF	10	02:02:40	9'26"/km
60	405	Eugénia Sampaio	Pipocas & Bombocas	Female	19	VetCF	3	02:02:41	9'26"/km
61	447	Branca Leitão	Individual	Female	20	VetDF	2	02:03:48	9'31"/km
62	438	Otilia Simões	Individual	Female	21	VetAF	3	02:11:00	10'04"/km
63	465	Alexandrina Oliveira	Individual	Female	22	VetEF	1	02:11:09	10'05"/km
64	458	Nancy Martins	Individual	Female	23	VetBF	3	02:20:03	10'46"/km
65	427	Carlos Lima	Navr	Male	42	VetCM	5	02:22:55	10'59"/km
66	473	Artur Morais	Caretos.OCR	Male	43	VetEM	6	02:22:56	10'59"/km
67	451	José Silva	Individual	Male	44	VetCM	6	02:25:08	11'09"/km
68	476	Jorge Moreira	Caminhadas da Amizade	Male	45	VetBM	8	02:31:47	11'40"/km
69	475	Beatriz Moreira	Caminhadas da Amizade	Female	24	S23F	2	02:31:47	11'40"/km
70	456	Sonia Macedo	Individual	Female	25	VetBF	4	03:41:12	17'01"/km
71	486	Licínio Pereira	Individual	Male	46	VetCM	7	03:41:17	17'01"/km
72	496	Sara Rodrigues	Individual	Female	26	VetBF	5	03:41:19	17'01"/km
73	478	Paula Macedo	Individual	Female	27	VetCF	4	03:42:59	17'09"/km
74	457	Zélia Macedo	Individual	Female	28	VetCF	5	03:43:01	17'09"/km
75	479	Armindo Nunes	Individual	Male	47	VetCM	8	03:43:01	17'09"/km