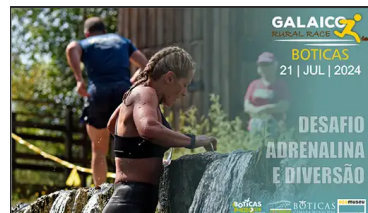
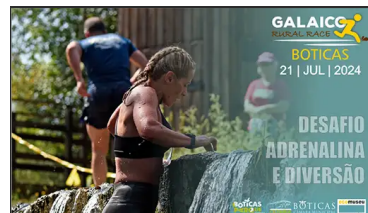


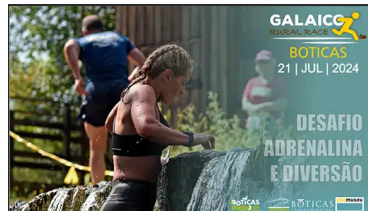
Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	6	Nelson Loureiro	Pegasus OCR ProTeam	Male	1	Masc	1	00:43:32	6'13"/km
2	87	Diogo Alves	Flavius Challenge ocr/ Power Fitness Studio	Male	2	Masc	2	00:46:47	6'41"/km
3	184	Marco Lopes	Individual	Male	3	Masc	3	00:48:13	6'53"/km
4	7	Henrique Loureiro	Pegasus OCR ProTeam	Male	4	Masc	4	00:49:43	7'06"/km
5	119	Carlos Figueiredo	CrossBoxChaves	Male	5	Masc	5	00:51:33	7'21"/km
6	232	João Alves	Tteixeira	Male	6	Masc	6	00:51:43	7'23"/km
7	219	José Mário Felgueiras	kung fu	Male	7	Masc	7	00:51:45	7'23"/km
8	187	Jorge Teixeira	TTEIXEIRA	Male	8	Masc	8	00:52:16	7'28"/km
9	156	Fabio Martins	Power Fitness Studio	Male	9	Masc	9	00:52:16	7'28"/km
10	230	Ana Teixeira	Tteixeira	Female	1	Fem	1	00:52:21	7'28"/km
11	46	Gonçalo Pimentel	Individual	Male	10	Masc	10	00:52:22	7'28"/km
12	197	Rafael Serafim	Aventura no Barroso	Male	11	Masc	11	00:52:53	7'33"/km
13	181	Telmo Filipe Pereira Marinho	Kung fu	Male	12	Masc	12	00:52:54	7'33"/km
14	176	Diogo Afonso Lopes	Kung fu	Male	13	Masc	13	00:52:55	7'33"/km
15	16	Jorge Cruz	Individual	Male	14	Masc	14	00:53:01	7'34"/km
16	163	Manuel Pimenta Dias	-	Male	15	Masc	15	00:53:27	7'38"/km
17	36	Nuno Martins	Individual	Male	16	Masc	16	00:53:41	7'40"/km
18	24	João Dias	JD Studio fitness	Male	17	Masc	17	00:53:51	7'41"/km
19	2	Ricardo Lopes	Individual	Male	18	Masc	18	00:54:22	7'46"/km
20	22	Pedro Lopes	Individual	Male	19	Masc	19	00:54:23	7'46"/km
21	135	Márcio Pires	Minho Aventura	Male	20	Masc	20	00:54:59	7'51"/km
22	231	Sara Teixeira	Tteixeira	Female	2	Fem	2	00:55:02	7'51"/km
23	83	José Costa	Power Fitness Studio	Male	21	Masc	21	00:55:21	7'54"/km
24	4	Michael Lopes	Individual	Male	22	Masc	22	00:55:22	7'54"/km
25	27	Humberto Dias	JD Studio fitness	Male	23	Masc	23	00:55:32	7'56"/km
26	180	Fernando Guimarães	Individual	Male	24	Masc	24	00:55:35	7'56"/km
27	131	Jorge Conde	Valpacenses	Male	25	Masc	25	00:55:39	7'57"/km
28	28	Rui Ribeiro	JD Studio fitness	Male	26	Masc	26	00:55:41	7'57"/km
29	233	Bruno Sousa	Tteixeira	Male	27	Masc	27	00:55:42	7'57"/km
30	30	Ricardo Gil Sousa Guedes	JD Studio fitness	Male	28	Masc	28	00:55:48	7'58"/km
31	38	André Alves Jesus	Individual	Male	29	Masc	29	00:56:03	8'00"/km
32	101	André Cruz	Sete e vinte	Male	30	Masc	30	00:59:22	8'29"/km
33	182	Gabriel Nascimento	Kung fu	Male	31	Masc	31	00:59:23	8'29"/km
34	179	Sérgio Gonçalves	EDIBRAGA Run	Male	32	Masc	32	01:01:49	8'49"/km
35	39	Miguel Almeida	Flavius Challenge ocr/ Power Fitness Studio	Male	33	Masc	33	01:03:36	9'05"/km
36	120	Pedro Moraes	CrossBoxChaves	Male	34	Masc	34	01:03:43	9'06"/km
37	3	João Valdreiz Malta	Individual	Male	35	Masc	35	01:04:30	9'12"/km
38	218	David Barja	kung fu	Male	36	Masc	36	01:04:56	9'16"/km
39	18	Sara Lage	Flavius Challenge ocr/ Power Fitness Studio	Female	3	Fem	3	01:05:07	9'18"/km
40	48	Luís Santos	Power Fitness Studio	Male	37	Masc	37	01:05:10	9'18"/km
41	107	Lio Cunha	Power Fitness Studio	Male	38	Masc	38	01:05:11	9'18"/km
42	190	Filipe Daniel Da Fonseca	Individual	Male	39	Masc	39	01:06:02	9'26"/km
43	191	Carla Silva	Individual	Female	4	Fem	4	01:06:03	9'26"/km
44	217	Celso Barja	kung fu	Male	40	Masc	40	01:06:50	9'32"/km
45	234	Tiago Da Costa	Pedras	Male	41	Masc	41	01:07:07	9'35"/km
46	23	Bruno Lopes	Individual	Male	42	Masc	42	01:07:10	9'35"/km
47	164	Ricardo Domingues	Individual	Male	43	Masc	43	01:07:10	9'35"/km
48	227	Daniel Cruz Viegas	Sete e vinte	Male	44	Masc	44	01:07:46	9'40"/km
49	118	Augusto Fraga	CrossBoxChaves	Male	45	Masc	45	01:08:05	9'43"/km
50	216	João Martins		Male	46	Masc	46	01:09:23	9'54"/km
51	58	Rogério Neves	Individual	Male	47	Masc	47	01:09:30	9'55"/km
52	222	Anabela Martins	Clube Desportivo Miranda do Douro	Female	5	Fem	5	01:09:33	9'56"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
53	61	Bruno Miguel Freitas Rei	US D'APUTE BEÇA RUN CAKE	Male	48	Masc	48	01:10:10	10'01"/km
54	165	Domingos Antunes	Individual	Male	49	Masc	49	01:11:12	10'10"/km
55	17	Paulo Silva	GD Leões da Guarda - Lion Runners	Male	50	Masc	50	01:11:26	10'12"/km
56	196	Cirilo Teixeira	TTEIXEIRA	Male	51	Masc	51	01:11:30	10'12"/km
57	141	Fernando Das Eiras Paula	Individual	Male	52	Masc	52	01:11:36	10'13"/km
58	195	Helena Teixeira	TTEIXEIRA	Female	6	Fem	6	01:11:47	10'15"/km
59	106	David Pinto	Individual	Male	53	Masc	53	01:11:52	10'16"/km
60	47	Ana Teixeira	Power Fitness Studio	Female	7	Fem	7	01:12:07	10'18"/km
61	116	Joaquim Augusto Da Cunha Ferreira	Flavio Challenge ocr/ Power Fitness Studio	Male	54	Masc	54	01:12:26	10'20"/km
62	98	Rafael Guerra	Power Fitness Studio	Male	55	Masc	55	01:12:28	10'21"/km
63	93	Daniel Sampaio	Sete e vinte	Male	56	Masc	56	01:13:12	10'27"/km
64	188	Manuel Fernandes	Beatos TT	Male	57	Masc	57	01:13:22	10'28"/km
65	178	Carlos Alves	Individual	Male	58	Masc	58	01:13:22	10'28"/km
66	242	Jose Manuel Da Silva	Inscrição Manuel de Salto	Male	59	Masc	59	01:13:24	10'29"/km
67	81	Luís Pinto De Almeida	Power Fitness Studio	Male	60	Masc	60	01:14:16	10'36"/km
68	56	Mário Artur Rodrigues Carvalho	Power Fitness Studio	Male	61	Masc	61	01:14:17	10'36"/km
69	8	Belmira Dos Reis	Individual	Female	8	Fem	8	01:15:04	10'43"/km
70	32	Ana Costa	JD Studio fitness	Female	9	Fem	9	01:15:38	10'48"/km
71	113	Duarte Martins	ADTTR-Travassós Running Fafe	Male	62	Masc	62	01:15:39	10'48"/km
72	103	Marco Brás	Power Fitness Studio	Male	63	Masc	63	01:15:40	10'48"/km
73	221	Carla Marcos	Clube Desportivo Miranda do Douro	Female	10	Fem	10	01:15:44	10'49"/km
74	130	Daniel Almeida	CrossBoxChaves	Male	64	Masc	64	01:15:51	10'50"/km
75	223	Hogo João Silva	BV Vila Pouca	Male	65	Masc	65	01:16:31	10'55"/km
76	220	Sofia Esteves	Clube Desportivo Miranda do Douro	Female	11	Fem	11	01:16:33	10'56"/km
77	159	Cátia Lopes	Power Fitness Studio	Female	12	Fem	12	01:16:41	10'57"/km
78	215	Gabriel Vilela		Male	66	Masc	66	01:17:10	11'01"/km
79	13	Helena Almeida	Pegasus OCR ProTeam	Female	13	Fem	13	01:26:16	12'19"/km
80	37	José Fernando Cruz Pires	Individual	Male	67	Masc	67	01:26:19	12'19"/km
81	91	Diogo Rodrigues	Sete e vinte	Male	68	Masc	68	01:30:00	12'51"/km
82	62	Rafael Nascimento Reis	US D'APUTE BEÇA RUN CAKE	Male	69	Masc	69	01:31:40	13'05"/km
83	63	Luis Ramos	US D'APUTE BEÇA RUN CAKE	Male	70	Masc	70	01:31:40	13'05"/km
84	45	Sandra Rua	Power Fitness Studio	Female	14	Fem	14	01:37:44	13'57"/km
85	40	Vera Rua	Power Fitness Studio	Female	15	Fem	15	01:37:48	13'58"/km
86	12	Tânia Coelho	100RaiosTeam	Female	16	Fem	16	01:40:50	14'24"/km
87	9	Paulo Costa	100RaiosTeam	Male	71	Masc	71	01:40:51	14'24"/km
88	108	Ana Rita Santos	Power Fitness Studio	Female	17	Fem	17	01:40:55	14'25"/km
89	55	Filipe Rodrigues	JD Studio fitness	Male	72	Masc	72	01:40:56	14'25"/km
90	11	Liliana Alves	100RaiosTeam	Female	18	Fem	18	01:40:57	14'25"/km
91	10	Paulo Alves	100RaiosTeam	Male	73	Masc	73	01:41:05	14'26"/km
92	84	Adriana Pereira	Power Fitness Studio	Female	19	Fem	19	01:41:25	14'29"/km
93	49	Mónica Cabeleireira	Power Fitness Studio	Female	20	Fem	20	01:41:39	14'31"/km
94	247	Liliana Gonçalves	Walking inside out	Female	21	Fem	21	01:41:46	14'32"/km
95	246	Paula Chaves	Walking inside out	Female	22	Fem	22	01:41:47	14'32"/km
96	92	Raquel Dias	Sete e vinte	Female	23	Fem	23	01:42:04	14'34"/km
97	99	Sandra Teixeira	Sete e vinte	Female	24	Fem	24	01:42:04	14'34"/km
98	43	Catarina Costa	Power Fitness Studio	Female	25	Fem	25	01:42:26	14'38"/km
99	235	Christophe Ferreira	Power fitness studio	Male	74	Masc	74	01:42:27	14'38"/km
100	193	Teresa Domingues Gonçalves	Individual	Female	26	Fem	26	01:42:27	14'38"/km
101	60	Sara Maria Pereira Ponteira	US D'APUTE BEÇA RUN CAKE	Female	27	Fem	27	01:42:27	14'38"/km
102	153	Miguel Nuno Pinheiro Quaresma	Wild Vets	Male	75	Masc	75	01:43:30	14'47"/km
103	154	Inês Sofia Gama Quaresma	Wild Vets	Female	28	Fem	28	01:43:31	14'47"/km
104	26	Luciana Ferreira	JD Studio fitness	Female	29	Fem	29	01:43:44	14'49"/km
105	33	Marta Silva	JD Studio fitness	Female	30	Fem	30	01:43:44	14'49"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
106	25	Maria Costa	JD Studio fitness	Female	31	Fem	31	01:43:45	14'49"/km
107	50	Márcio André Lopes Cardoso	JD Studio fitness	Male	76	Masc	76	01:48:01	15'25"/km
108	51	Marina João Pimenta Ferreira Paiva	JD Studio fitness	Female	32	Fem	32	01:48:01	15'26"/km
109	114	Joaquim Pepe Roque	Individual	Male	77	Masc	77	01:50:11	15'44"/km
110	241	Augusto Fernandes	Esposa do GNR Boticas	Male	78	Masc	78	01:51:22	15'54"/km
111	86	Liliana Barros	Power Fitness Studio	Female	33	Fem	33	01:51:51	15'58"/km
112	155	Marisa Santos	Power Fitness Studio	Female	34	Fem	34	01:51:51	15'58"/km
113	109	Tâmara Fernandes	Power Fitness Studio	Female	35	Fem	35	01:51:51	15'58"/km
114	97	Patricia Monteiro	Power Fitness Studio	Female	36	Fem	36	01:51:53	15'59"/km
115	100	Filipe Almeida	Power Fitness Studio	Male	79	Masc	79	01:52:29	16'04"/km
116	104	Filipa Bondoso	Power Fitness Studio	Female	37	Fem	37	01:53:15	16'10"/km
117	105	Bruna Rua	Power Fitness Studio	Female	38	Fem	38	01:53:15	16'10"/km
118	174	Lurdes Veras	Independentes	Female	39	Fem	39	01:53:39	16'14"/km
119	228	Leandro Candido	Maximinos	Male	80	Masc	80	01:54:32	16'21"/km
120	229	Elisabete Candido	Maximinos	Female	40	Fem	40	01:54:45	16'23"/km
121	199	Luís Braga	Individual	Male	81	Masc	81	01:55:21	16'28"/km
122	198	Viviane Dias	Individual	Female	41	Fem	41	01:55:24	16'29"/km
123	117	Helena Maria Da Costa Alves Ferreira	Flavius Challenge ocr/ Power Fitness Studio	Female	42	Fem	42	01:56:37	16'39"/km
124	115	Anabela Correia Dos Santos Penas	Flavius Challenge ocr/ Power Fitness Studio	Female	43	Fem	43	01:56:40	16'40"/km
125	34	Marília Ferreira	Arena XXII	Female	44	Fem	44	01:57:06	16'43"/km
126	35	Antonio Torres	Arena XXII	Male	82	Masc	82	01:57:07	16'43"/km
127	89	Bárbara Cruz	Sete e vinte	Female	45	Fem	45	01:58:36	16'56"/km
128	94	Manuela Duarte	Sete e vinte	Female	46	Fem	46	01:58:51	16'58"/km
129	158	Margarida Cabral	Evolution Team	Female	47	Fem	47	01:59:24	17'03"/km
130	171	Katy Freitas	Evolution Team	Female	48	Fem	48	01:59:25	17'03"/km
131	169	Dinis Fidalgo	Evolution Team	Male	83	Masc	83	01:59:25	17'03"/km
132	161	Maria João Gonçalves	Evolution Team	Female	49	Fem	49	01:59:26	17'03"/km
133	147	Célia Cunha	Valpacenses	Female	50	Fem	50	01:59:29	17'04"/km
134	148	João Pedro Escudeiro	Valpacenses	Male	84	Masc	84	01:59:29	17'04"/km
135	132	Stephanie Capelas	Valpacenses	Female	51	Fem	51	01:59:30	17'04"/km
136	162	João Barreiro Gomes	Evolution Team	Male	85	Masc	85	01:59:45	17'06"/km
137	5	Maria Inês Rodrigo	Individual	Female	52	Fem	52	02:00:00	17'08"/km
138	151	Bárbara Oliveira	Individual	Female	53	Fem	53	02:00:00	17'08"/km
139	95	Sameiro Fernandes	Sete e vinte	Female	54	Fem	54	02:01:15	17'19"/km
140	172	Liliana Reis	Dropineiros	Female	55	Fem	55	02:03:17	17'36"/km
141	224	Claudia Campos	BV Vila Pouca	Female	56	Fem	56	02:03:54	17'42"/km
142	74	Katarina Da Silva	JD Studio fitness	Female	57	Fem	57	02:03:54	17'42"/km
143	128	Diogo Ribeiro	CrossBoxChaves	Male	86	Masc	86	02:04:42	17'48"/km
144	139	Ariana Nascimento	CrossBoxChaves	Female	58	Fem	58	02:04:44	17'49"/km
145	144	Helena Teixeira	CrossBoxChaves	Female	59	Fem	59	02:04:45	17'49"/km
146	126	Liliana Sousa	CrossBoxChaves	Female	60	Fem	60	02:04:45	17'49"/km
147	150	Carlos Teixeira	CrossBoxChaves	Male	87	Masc	87	02:04:46	17'49"/km
148	123	Silvi Canto	CrossBoxChaves	Female	61	Fem	61	02:04:46	17'49"/km
149	146	Jéssica Canto	CrossBoxChaves	Female	62	Fem	62	02:04:46	17'49"/km
150	240	Tiago Daniel Gaspar	Esposa do GNR Boticas	Male	88	Masc	88	02:04:47	17'49"/km
151	124	Susana Vicente	CrossBoxChaves	Female	63	Fem	63	02:04:47	17'49"/km
152	143	Mara Machado	CrossBoxChaves	Female	64	Fem	64	02:04:47	17'49"/km
153	125	Márcio Silva	CrossBoxChaves	Male	89	Masc	89	02:04:48	17'49"/km
154	134	Nanda Oliveira	CrossBoxChaves	Female	65	Fem	65	02:04:49	17'49"/km
155	129	Rui Silva	CrossBoxChaves	Male	90	Masc	90	02:04:49	17'49"/km
156	127	João Ribeiro	CrossBoxChaves	Male	91	Masc	91	02:05:08	17'52"/km
157	137	Odete Sarmento	CrossBoxChaves	Female	66	Fem	66	02:05:29	17'55"/km
158	138	Mariana Sarmento	CrossBoxChaves	Female	67	Fem	67	02:05:33	17'56"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
159	226	Paulo Branco Dias	FORFUN	Male	92	Masc	92	02:06:25	18'03"/km
160	112	Valter Jose Caldeira	FORFUN	Male	93	Masc	93	02:06:26	18'03"/km
161	225	Patricia Marques Martins	FORFUN	Female	68	Fem	68	02:06:26	18'03"/km
162	110	Nuno Martins	FORFUN	Male	94	Masc	94	02:06:27	18'03"/km
163	122	Miguel Pires	CrossBoxChaves	Male	95	Masc	95	02:08:39	18'22"/km
164	140	Tiago Lopes	CrossBoxChaves	Male	96	Masc	96	02:10:05	18'35"/km
165	236	Manuela Madeira	Caminhadas	Female	69	Fem	69	02:23:52	20'33"/km
166	142	Cidália Costa	Individual	Female	70	Fem	70	02:23:53	20'33"/km
167	237	Olga Ferreira	Caminhadas	Female	71	Fem	71	02:23:53	20'33"/km
168	239	Fernando Calado	Caminhadas	Male	97	Masc	97	02:24:07	20'35"/km
169	238	Candido Gonçalves	Caminhadas	Male	98	Masc	98	02:24:10	20'35"/km
170	167	Rubina Pereira	Dropineiros	Female	72	Fem	72	02:25:57	20'51"/km
171	177	Katia Serpa	Dropineiros	Female	73	Fem	73	02:26:00	20'51"/km
172	170	Romeu Fernandes	Dropineiros	Male	99	Masc	99	02:26:01	20'51"/km
173	175	Beatriz Frutuoso	Dropineiros	Female	74	Fem	74	02:26:01	20'51"/km
174	173	Rita Vilarinho	Dropineiros	Female	75	Fem	75	02:26:02	20'51"/km
175	168	Vitor Pereira	Dropineiros	Male	100	Masc	100	02:26:04	20'52"/km
176	69	Carolina Roque	WALKING INSIDE OUT	Female	76	Fem	76	02:26:04	20'52"/km
177	245	Pedro Martins	Walking inside out	Male	101	Masc	101	02:26:06	20'52"/km
178	250	Filipa Martins	Walking inside out	Female	77	Fem	77	02:26:24	20'54"/km
179	243	Rafael Roque	Walking inside out	Male	102	Masc	102	02:26:37	20'56"/km
180	244	Marta Duarte	Walking inside out	Female	78	Fem	78	02:28:13	21'10"/km
181	249	Sofia Costa Gomes	Walking inside out	Female	79	Fem	79	02:30:46	21'32"/km
182	73	Manuela Seivas	WALKING INSIDE OUT	Female	80	Fem	80	02:30:47	21'32"/km
183	248	Herminia Rua	Walking inside out	Female	81	Fem	81	02:30:47	21'32"/km
184	70	Mariana Roque	WALKING INSIDE OUT	Female	82	Fem	82	02:30:47	21'32"/km
185	71	Cristina Araújo	WALKING INSIDE OUT	Female	83	Fem	83	02:30:48	21'32"/km
186	80	Margarida Fernandes	WALKING INSIDE OUT	Female	84	Fem	84	02:30:48	21'32"/km
187	79	Diandra Barros	WALKING INSIDE OUT	Female	85	Fem	85	02:30:48	21'32"/km
188	66	Natalie Costa	WALKING INSIDE OUT	Female	86	Fem	86	02:30:48	21'32"/km
189	76	Julia Campos Almeida	WALKING INSIDE OUT	Female	87	Fem	87	02:30:50	21'32"/km
190	65	Carla Correia	WALKING INSIDE OUT	Female	88	Fem	88	02:30:51	21'33"/km
191	64	Rosa Branco	WALKING INSIDE OUT	Female	89	Fem	89	02:30:52	21'33"/km
192	78	Edna Afonso	WALKING INSIDE OUT	Female	90	Fem	90	02:31:40	21'40"/km