



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	109	João Azevedo	EARO	Male	1	MSenior	1	00:25:46	3'13"/km
2	311	Tiago Pereira	Futebol Clube de Penafiel	Male	2	M40	1	00:25:55	3'14"/km
3	76	Marco Santos	365 Running Project	Male	3	MSenior	2	00:26:54	3'21"/km
4	165	Paulo Morais	Associação Figueiredo's Runners and Friends	Male	4	M40	2	00:27:23	3'25"/km
5	112	Tiago Silva	EARO	Male	5	MSenior	3	00:28:26	3'33"/km
6	118	Rui Ramos	EARO	Male	6	M40	3	00:28:31	3'33"/km
7	40	Rúben Borges	AFIPRE TEAM	Male	7	MSenior	4	00:28:35	3'34"/km
8	88	Paulo Pereira	Dragon Club	Male	8	M40	4	00:28:37	3'34"/km
9	18	Marco André Carvalho Pinheiro	Dragon Club	Male	9	M40	5	00:28:44	3'35"/km
10	159	Filipe Fontes	Atlético Clube de Vale S. Martinho	Male	10	M40	6	00:29:15	3'39"/km
11	255	Gonçalo Rodrigues	EARO	Male	11	MJunior	1	00:29:20	3'40"/km
12	122	José Freitas	EARO	Male	12	M40	7	00:29:25	3'40"/km
13	83	José Silva	365 Running Project	Male	13	MSenior	5	00:29:33	3'41"/km
14	79	Nuno Costa	365 Running Project	Male	14	MSenior	6	00:29:35	3'41"/km
15	72	José Costa	365 Running Project	Male	15	MSenior	7	00:29:38	3'42"/km
16	111	Francisco Barros	EARO	Male	16	MJunior	2	00:29:46	3'43"/km
17	77	Sérgio Peixoto	365 Running Project	Male	17	MSenior	8	00:29:55	3'44"/km
18	101	David Martins	NAI - Núcleo Amador de Idães	Male	18	MSenior	9	00:30:11	3'46"/km
19	352	Hélder Silva	Clube Desportivo S. Salvador do Campo	Male	19	M40	8	00:30:23	3'47"/km
20	355	Marco Silva	Pegasus OCR ProTeam	Male	20	MSenior	10	00:30:29	3'48"/km
21	306	Rui Alves	Trail Me	Male	21	MSenior	11	00:30:37	3'49"/km
22	220	Diogo Ferreira	C. D. São Salvador do Campo	Male	22	MSenior	12	00:30:48	3'51"/km
23	206	Sérgio	QuebraRitmo	Male	23	M50	1	00:31:00	3'52"/km
24	343	João Mesquita	A.D. Active Running	Male	24	MSenior	13	00:31:04	3'53"/km
25	16	Martinho	Dragon Club	Male	25	M40	9	00:31:09	3'53"/km
26	102	Filipe Marinho	QuebraRitmo	Male	26	M40	10	00:31:16	3'54"/km
27	30	Miguel Roriz	Individual	Male	27	M40	11	00:31:28	3'56"/km
28	9	Mariana Machado	AMVE - Associação Moinho de Vermoim	Female	1	FSenior	1	00:31:37	3'57"/km
29	226	Pedro Miguel Ribeiro Correia	Individual	Male	28	MSenior	14	00:31:38	3'57"/km
30	339	Jorge Pereira	A.D. Active Running	Male	29	MSenior	15	00:31:38	3'57"/km
31	340	Joaquim Oliveira	A.D. Active Running	Male	30	M50	2	00:31:47	3'58"/km
32	150	Ricardo Costa	Bou SeTu Fores	Male	31	MSenior	16	00:31:57	3'59"/km
33	7	Ronaldo Machado		Male	32	M40	12	00:32:00	4'00"/km
34	341	Marcelo Costa	A.D. Active Running	Male	33	M40	13	00:32:02	4'00"/km
35	82	Diogo Costa	AFIPRE TEAM	Male	34	MSenior	17	00:32:07	4'00"/km
36	302	Paulo Costa Gomes Magalhães	A.D. Active Running	Male	35	M50	3	00:32:17	4'02"/km
37	202	Fernando Carneiro	Individual	Male	36	M50	4	00:32:24	4'03"/km
38	45	Vitor Mendes	Associação desportiva Mont blue team	Male	37	M40	14	00:32:48	4'06"/km
39	43	Vitor Pontes	NAI - Núcleo Amador de Idães	Male	38	MSenior	18	00:32:50	4'06"/km
40	161	Marta Cristina Oliveira Carvalho	AMVE - Associação Moinho de Vermoim	Female	2	F40	1	00:32:53	4'06"/km
41	110	Dinis Neves	EARO	Male	39	MJunior	3	00:33:00	4'07"/km
42	14	Márcio Sá	QuebraRitmo	Male	40	MSenior	19	00:33:03	4'07"/km
43	25	Tiago Gonçalves	A.D. Active Running	Male	41	M40	15	00:33:06	4'08"/km
44	381	Jose Freitas		Male	42	M50	5	00:33:09	4'08"/km
45	179	Helena Martins	QuebraRitmo	Female	3	FSenior	2	00:33:10	4'08"/km
46	8	João Carvalho	Associação Figueiredo's Runners and Friends	Male	43	M40	16	00:33:11	4'08"/km
47	107	Joaquim Costa	ARPO	Male	44	M50	6	00:33:18	4'09"/km
48	353	Sergio Monteiro	TEAM LANTEMIL	Male	45	MSenior	20	00:33:19	4'09"/km
49	218	Ivo Miguel Monteiro Da Silva	Tribraga	Male	46	MSenior	21	00:33:20	4'10"/km
50	31	Filipe Araújo Rego	Individual	Male	47	MSenior	22	00:33:20	4'10"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
51	168	Carlos Silva	AMVE - Associação Moinho de Vermoim	Male	48	M40	17	00:33:29	4'11"/km
52	81	Joaquim Dinis	Adosa - Os Santa Apolónia	Male	49	M50	7	00:33:31	4'11"/km
53	99	Sebastiao Pinto	QuebraRitmo	Male	50	M40	18	00:33:35	4'11"/km
54	160	Hermes Lobo	Joane Corre Corre	Male	51	M50	8	00:33:40	4'12"/km
55	114	Eduardo Almeida	Invidual	Male	52	MSenior	23	00:33:49	4'13"/km
56	46	Helder	Individual	Male	53	M40	19	00:33:53	4'14"/km
57	13	Manuel Sousa	Clube Desportivo Infante	Male	54	M40	20	00:33:53	4'14"/km
58	22	José Costa	ARPO	Male	55	M40	21	00:33:53	4'14"/km
59	354	Augusto Ferreira	Carcavelos Caravela Seguros	Male	56	M50	9	00:34:01	4'15"/km
60	200	Luís Melo	GDNF/TRIATLO	Male	57	MSenior	24	00:34:10	4'16"/km
61	166	Paulo Araújo	QuebraRitmo	Male	58	M50	10	00:34:15	4'16"/km
62	62	Simão Castro	QuebraRitmo	Male	59	MSenior	25	00:34:20	4'17"/km
63	253	Inês Almeida	EARO	Female	4	FJunior	1	00:34:22	4'17"/km
64	213	Tiago Dias	Individual	Male	60	MSenior	26	00:34:25	4'18"/km
65	133	Ricardo Mendonça	365 Running Project	Male	61	M40	22	00:34:27	4'18"/km
66	60	Miguel Domingues Maia Santos	Individual	Male	62	M40	23	00:34:28	4'18"/km
67	198	Ângelo Miguel Martins Costa	Teamlantemil	Male	63	M40	24	00:34:30	4'18"/km
68	167	Marco Pinto	AD PEDOME	Male	64	MSenior	27	00:34:32	4'19"/km
69	58	Rodrigo Silva	TEAM LANTEMIL	Male	65	M40	25	00:34:39	4'19"/km
70	121	Filipe Coelho	EARO	Male	66	M40	26	00:34:44	4'20"/km
71	360	José Azevedo	Individual	Male	67	M50	11	00:34:50	4'21"/km
72	318	André Martins	Associação desportiva Mont blue team	Male	68	M40	27	00:34:59	4'22"/km
73	221	Carlos Torres	Pó na lama trail runners	Male	69	MSenior	28	00:35:01	4'22"/km
74	115	Sara Oliveira	EARO	Female	5	FSenior	3	00:35:02	4'22"/km
75	362	Adalberto Machado	Rahc	Male	70	M50	12	00:35:03	4'22"/km
76	223	Vitor Carneiro	A.D. Active Running	Male	71	M40	28	00:35:09	4'23"/km
77	138	Bruno Filipe Cruz Silva	F.C.Landim	Male	72	MSenior	29	00:35:11	4'23"/km
78	210	Filipe Carvalho	Famagraph	Male	73	M40	29	00:35:23	4'25"/km
79	332	Rodrigo Costa	Individual	Male	74	M60	1	00:35:26	4'25"/km
80	188	Sergio Silva	Famagraph	Male	75	M40	30	00:35:28	4'26"/km
81	188	Sergio Silva		Male	76	M40	31	00:35:28	4'26"/km
82	195	Manuel Esteves	QuebraRitmo	Male	77	M50	13	00:35:30	4'26"/km
83	193	Severino Ribeiro	Famalicão em forma	Male	78	M60	2	00:35:37	4'27"/km
84	379	Sem Dados		Male	79	SemDados	1	00:35:38	4'27"/km
85	84	Ana Freitas	365 Running Project	Female	6	F50	1	00:35:41	4'27"/km
86	52	Eduardo Rodrigues	os crentes	Male	80	M40	32	00:35:46	4'28"/km
87	19	Abílio Faria	A.D. Active Running	Male	81	M50	14	00:35:49	4'28"/km
88	184	Pedro Marques	FC Landim	Male	82	M40	33	00:35:54	4'29"/km
89	304	Afonso Duarte Ribeiro Sampaio	Individual	Male	83	MJunior	4	00:35:57	4'29"/km
90	85	José Armando	365 Running Project	Male	84	M50	15	00:36:03	4'30"/km
91	375	Amadeu Soares		Male	85	M50	16	00:36:09	4'31"/km
92	342	Nuno Rui Fernandes Moreira Ramos	A.D. Active Running	Male	86	M40	34	00:36:10	4'31"/km
93	236	José Gonçalves	Impar Running Team	Male	87	M50	17	00:36:12	4'31"/km
94	75	Cristina Oliveira	365 Running Project	Female	7	F40	2	00:36:13	4'31"/km
95	262	João De Oliveira Machado	Crediversos	Male	88	M40	35	00:36:15	4'31"/km
96	269	Humberto Carlos Ferreira Moreira	Crediversos	Male	89	M50	18	00:36:17	4'32"/km
97	146	Sandra Castro	365 Running Project	Female	8	FSenior	4	00:36:18	4'32"/km
98	89	David Barbosa Ribeiro	Individual	Male	90	MSenior	30	00:36:34	4'34"/km
99	338	Ricardo Mendes	A.D. Active Running	Male	91	M40	36	00:36:35	4'34"/km
100	337	Paulo Rebelo	A.D. Active Running	Male	92	M40	37	00:36:36	4'34"/km
101	373	Jairo Lourenco		Male	93	MSenior	31	00:36:47	4'35"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
102	281	David Ribeiro	Crediversos	Male	94	M60	3	00:36:49	4'36"/km
103	5	Pedro Loureiro	Erdal-Vimarunners	Male	95	MSenior	32	00:36:49	4'36"/km
104	38	Carlos Barros		Male	96	M40	38	00:36:51	4'36"/km
105	117	Rui Martins	EARO	Male	97	M40	39	00:36:53	4'36"/km
106	130	Micaela Martins	EARO	Female	9	F40	3	00:36:54	4'36"/km
107	203	Lucas Quintas Monteiro	Clube Fluvial Vilacondense	Male	98	MJunior	5	00:37:04	4'38"/km
108	157	José Antunes	Individual	Male	99	MSenior	33	00:37:21	4'40"/km
109	320	Davide Miranda	BBG RUNNERS by BBOX&GYM	Male	100	MSenior	34	00:37:23	4'40"/km
110	272	Sérgio Manuel Silva Fernandes	Crediversos	Male	101	M40	40	00:37:26	4'40"/km
111	116	Diogo Silva	EARO	Male	102	MSenior	35	00:37:28	4'41"/km
112	129	Anabela Silva	EARO	Female	10	F40	4	00:37:28	4'41"/km
113	254	Maria Machado	EARO	Female	11	FJunior	2	00:37:28	4'41"/km
114	147	André Leite	Individual	Male	103	MSenior	36	00:37:29	4'41"/km
115	308	José Carvalho	QuebraRitmo	Male	104	M40	41	00:37:30	4'41"/km
116	70	Carlos Ribeiro	Trail4Fun	Male	105	M50	19	00:37:31	4'41"/km
117	124	José Araújo	EARO	Male	106	M60	4	00:37:34	4'41"/km
118	384	Vitor Oliveira		Male	107	MSenior	37	00:37:36	4'42"/km
119	348	Isabel Ribeiro	A.D. Active Running	Female	12	F40	5	00:37:42	4'42"/km
120	154	Bruno Amorim	Famalicão em forma	Male	108	MSenior	38	00:37:55	4'44"/km
121	289	Helder Miguel Silva Santos	Crediversos	Male	109	M40	42	00:38:03	4'45"/km
122	153	João Miguel Gonçalves Martins	Famalicão em forma	Male	110	MSenior	39	00:38:10	4'46"/km
123	128	Rosa Oliveira	EARO	Female	13	F50	2	00:38:10	4'46"/km
124	119	Joaquim Coelho	EARO	Male	111	M60	5	00:38:13	4'46"/km
125	94	Jorge Andrade	Famalicão em forma	Male	112	M50	20	00:38:21	4'47"/km
126	368	Jairo Lourenço	Alexianos	Male	113	M40	43	00:38:21	4'47"/km
127	219	Jorge Correia	A.D Nós Acreditamos	Male	114	M40	44	00:38:28	4'48"/km
128	274	José Sebastião Gonçalves	Brabus Runners	Male	115	M60	6	00:38:29	4'48"/km
129	152	Marco André Gonçalves Martins	Famalicão em forma	Male	116	MSenior	40	00:38:30	4'48"/km
130	383	Adriana Gones		Male	117	M40	45	00:38:32	4'49"/km
131	98	José Manuel Oliveira	Famalicão em forma	Male	118	M50	21	00:38:33	4'49"/km
132	26	Jorge Costa	sao jorge	Male	119	M50	22	00:38:34	4'49"/km
133	294	Manuel Peixoto	Crediversos	Male	120	M50	23	00:38:36	4'49"/km
134	372	Nuno Marinho		Male	121	M40	46	00:38:38	4'49"/km
135	17	Joy Jefferson Da Silva Monteiro	Individual	Male	122	M40	47	00:38:38	4'49"/km
136	228	José Salgueiro	Impar Running Team	Male	123	M40	48	00:38:42	4'50"/km
137	229	Sandra Salgueiro	Impar Running Team	Female	14	F40	6	00:38:43	4'50"/km
138	240	Manuel Carvalho	Impar Running Team	Male	124	M50	24	00:38:49	4'51"/km
139	361	Cátia Correia	A.D Nós Acreditamos	Female	15	FSenior	5	00:38:50	4'51"/km
140	175	Tania Bastos	QuebraRitmo	Female	16	FSenior	6	00:38:51	4'51"/km
141	358	Helder Azevedo	Individual	Male	125	M40	49	00:38:51	4'51"/km
142	174	Pedro Oliveira	QuebraRitmo	Male	126	M40	50	00:38:53	4'51"/km
143	136	Bruno Carvalho	Individual	Male	127	MSenior	41	00:38:53	4'51"/km
144	74	Angélica Rocha	365 Running Project	Female	17	F40	7	00:38:53	4'51"/km
145	137	Francisco	Individual	Male	128	MSenior	42	00:38:55	4'51"/km
146	171	Manuel Fernandes	QuebraRitmo	Male	129	M40	51	00:38:58	4'52"/km
147	127	Miguel Marinho	EARO	Male	130	M60	7	00:39:03	4'52"/km
148	126	Joel Cunha	EARO	Male	131	M40	52	00:39:04	4'53"/km
149	59	Ricardo Sampaio	Individual	Male	132	MSenior	43	00:39:15	4'54"/km
150	86	Armando Oliveira	MAGIC FRIENDS RUNNERS/AMITORRE	Male	133	M50	25	00:39:20	4'55"/km
151	55	José Gonçalves	GD AIRÃO RUN	Male	134	M60	8	00:39:21	4'55"/km
152	57	José Maria Rebola Barbosa	Individual	Male	135	M60	9	00:39:26	4'55"/km
153	291	Lino Oliveira	Crediversos	Male	136	M40	53	00:39:37	4'57"/km
154	345	Olympe	Individual	Female	18	FSenior	7	00:39:39	4'57"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
155	350	José Borges	Viva Vita	Male	137	M50	26	00:39:50	4'58"/km
156	182	Joao Carlos Martins Fernandes	Individual	Male	138	M40	54	00:40:00	5'00"/km
157	296	Simão Peixoto	Crediversos	Male	139	MSenior	44	00:40:13	5'01"/km
158	67	Sérgio Silva	Individual	Male	140	MSenior	45	00:40:15	5'01"/km
159	65	Fábio Lemos	Corre Fofo	Male	141	MSenior	46	00:40:16	5'02"/km
160	359	Graça Amaro	Individual	Female	19	F50	3	00:40:17	5'02"/km
161	73	Daniela Vilas Boas	365 Running Project	Female	20	FSenior	8	00:40:19	5'02"/km
162	64	Elaine Borges	Corre Fofo	Female	21	FSenior	9	00:40:19	5'02"/km
163	108	Carloa Costa	Famalicão em forma	Male	142	M50	27	00:40:20	5'02"/km
164	282	Carolina Mouro	Crediversos	Female	22	FSenior	10	00:40:20	5'02"/km
165	66	Welbert	Corre Fofo	Male	143	MSenior	47	00:40:28	5'03"/km
166	106	Paulo Nogueira	ARPO	Male	144	M40	55	00:40:29	5'03"/km
167	132	Valdemar Ferreira Carvalho	DIABOS À SOLTA	Male	145	M50	28	00:40:48	5'06"/km
168	170	Vitor Gomes	Café Avenida	Male	146	MSenior	48	00:40:52	5'06"/km
169	201	Sofia Figueiredo	Individual	Female	23	F40	8	00:40:56	5'07"/km
170	256	Vitor Silva	Erdal-Vimarunners	Male	147	M40	56	00:40:57	5'07"/km
171	336	Manuela Novais	A.D. Active Running	Female	24	FSenior	11	00:40:58	5'07"/km
172	37	Francisco Morais	A.D. Active Running	Male	148	M40	57	00:40:59	5'07"/km
173	260	Ana Carneiro	Crediversos	Female	25	F50	4	00:41:01	5'07"/km
174	209	Helder Manuel Morais Pereira	Cabeçudense Run Team	Male	149	MSenior	49	00:41:03	5'07"/km
175	92	Pedro Miguel Nogueira Pinto	Individual	Male	150	MSenior	50	00:41:10	5'08"/km
176	189	Patrícia Rosário	Individual	Female	26	FSenior	12	00:41:17	5'09"/km
177	328	Renato Ferreira	Família Ferreira	Male	151	M40	58	00:41:18	5'09"/km
178	334	Rogério Silva	Nucleo sporting vila nova de Famalicão	Male	152	M40	59	00:41:19	5'09"/km
179	335	Marta Andreia Sousa Martins	Individual	Female	27	F40	9	00:41:22	5'10"/km
180	270	Ricardo José Monteiro Ferreira	Crediversos	Male	153	M40	60	00:41:24	5'10"/km
181	261	Gabriel Silva	WALKLIFE by Gondi	Male	154	MSenior	51	00:41:31	5'11"/km
182	149	Luís Santos	Individual	Male	155	MSenior	52	00:41:35	5'11"/km
183	307	Miguel Afonso Alves De Sousa	Individual	Male	156	MJunior	6	00:41:41	5'12"/km
184	71	Paulo Costa	Individual	Male	157	M50	29	00:41:44	5'13"/km
185	100	Élia Oliveira	MAGIC FRIENDS RUNNERS/AMITORRE	Female	28	F50	5	00:41:47	5'13"/km
186	377	Daniel Grenha		Male	158	M40	61	00:41:49	5'13"/km
187	378	Cesar Costa		Male	159	M50	30	00:41:52	5'14"/km
188	61	Maria Da Conceição Santos Carvalho	Individual	Female	29	F50	6	00:41:53	5'14"/km
189	162	Anabela De Carvalho Martins	AMVE - Associação Moinho de Vermoim	Female	30	F40	10	00:42:10	5'16"/km
190	103	Manuel Da Silva Pinheiro	Individual	Male	160	MSenior	53	00:42:10	5'16"/km
191	163	Marta Sofia Fernandes Andrade	AMVE - Associação Moinho de Vermoim	Female	31	F40	11	00:42:11	5'16"/km
192	259	Maria Manuela Costa Rebelo	Crediversos	Female	32	F50	7	00:42:12	5'16"/km
193	169	José Magalhães	AMVE - Associação Moinho de Vermoim	Male	161	M60	10	00:42:17	5'17"/km
194	312	José Duarte Silva Faria	Cabeçudense Run Team	Male	162	M50	31	00:42:25	5'18"/km
195	250	Simao Silva	Individual	Male	163	MJunior	7	00:42:27	5'18"/km
196	105	Armandino Couto	ARPO	Male	164	M60	11	00:42:34	5'19"/km
197	104	José Santana	ARPO	Male	165	M50	32	00:42:35	5'19"/km
198	78	Cândida Pinheiro		Female	33	F50	8	00:42:43	5'20"/km
199	194	Elisabete Gonçalves	Famalicão em forma	Female	34	F50	9	00:42:44	5'20"/km
200	156	Daniela Araújo	Famalicão em forma	Female	35	FSenior	13	00:42:44	5'20"/km
201	197	José Oliveira	QuebraRitmo	Male	166	M60	12	00:42:46	5'20"/km
202	49	Anabela Peixoto	GD AIRÃO RUN	Female	36	FSenior	14	00:42:52	5'21"/km
203	49	Anabela Peixoto		Female	37	FSenior	15	00:42:52	5'21"/km
204	44	Fernanda Faria	Individual	Female	38	F40	12	00:42:53	5'21"/km
205	148	Marinho Pereira	Po na Lama	Male	167	MSenior	54	00:42:58	5'22"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
206	199	Maria Vasconcelos	Joane Corre Corre	Female	39	F40	13	00:43:00	5'22"/km
207	178	Miguel Machado	365 Running Project	Male	168	MJunior	8	00:43:01	5'22"/km
208	50	Rui Resende	os crentes	Male	169	M40	62	00:43:13	5'24"/km
209	63	Paulo Carneiro	Bou SeTu fores	Male	170	M50	33	00:43:27	5'25"/km
210	321	Vítor Costa	A.C. VERMOIM	Male	171	M50	34	00:43:27	5'25"/km
211	217	José Costa	A.C. VERMOIM	Male	172	M50	35	00:43:28	5'26"/km
212	23	Margarida Pinto	ARPO	Female	40	F50	10	00:43:31	5'26"/km
213	131	Renata Barros	EARO	Female	41	F40	14	00:43:31	5'26"/km
214	141	Maria Manuela Salazar Silva Maia	Famalicão em forma	Female	42	F40	15	00:43:41	5'27"/km
215	11	Natália Maria Faria Alves	SC CABEÇUDENSE RUN TEAM	Female	43	F50	11	00:43:41	5'27"/km
216	35	Ilídio Manuel Rodrigues		Male	173	M50	36	00:43:42	5'27"/km
217	54	Davide Silva	AMVE - Associação Moinho de Vermoim	Male	174	MSenior	55	00:43:44	5'28"/km
218	327	Filipa Araujo	Individual	Female	44	F40	16	00:43:50	5'28"/km
219	56	Emiliano Couto	os crentes	Male	175	M40	63	00:43:56	5'29"/km
220	90	Pedro Moreira	Individual	Male	176	M40	64	00:43:59	5'29"/km
221	251	Rui Faria	Individual	Male	177	M40	65	00:44:04	5'30"/km
222	12	Eduarda Alves Machado	SC CABEÇUDENSE RUN TEAM	Female	45	FSenior	16	00:44:11	5'31"/km
223	356	Carlos Faria	Individual	Male	178	M40	66	00:44:17	5'32"/km
224	317	Nelson Ferreira	CB RUN	Male	179	MSenior	56	00:44:25	5'33"/km
225	325	Daniel Andrade	BBG RUNNERS by BBOX&GYM	Male	180	M40	67	00:44:43	5'35"/km
226	326	Mónica Andrade	BBG RUNNERS by BBOX&GYM	Female	46	F40	17	00:44:45	5'35"/km
227	172	Elisabete Maria Soutulho Coelho Alves	Embarca Running	Female	47	FSenior	17	00:44:52	5'36"/km
228	173	Vítor Manuel Dias Gonçalves	Embarca Running	Male	181	MSenior	57	00:44:55	5'36"/km
229	232	Renato Marques	Impar Running Team	Male	182	M40	68	00:45:03	5'37"/km
230	374	Paulo Pereira		Male	183	M40	69	00:45:07	5'38"/km
231	39	Marco Silva	Dragon Club - Artes Marciais	Male	184	MSenior	58	00:45:14	5'39"/km
232	42	Bruno Marques	Individual	Male	185	MSenior	59	00:45:37	5'42"/km
233	301	Simão Fernandes	Individual	Male	186	MJunior	9	00:45:38	5'42"/km
234	87	Vítor M Cardoso	Corre são João	Male	187	M50	37	00:45:45	5'43"/km
235	151	Beatriz Ribeiro Mesquita Guimarães	365 Running Project	Female	48	FSenior	18	00:45:49	5'43"/km
236	227	Pedro Vilas Boas	Impar Running Team	Male	188	MSenior	60	00:45:50	5'43"/km
237	36	Carla Almeida	A.D. Active Running	Female	49	F40	18	00:46:05	5'45"/km
238	212	Carina Sampaio	Individual	Female	50	FSenior	19	00:46:17	5'47"/km
239	207	Pedro Araújo	Individual	Male	189	MSenior	61	00:46:23	5'47"/km
240	215	Andreia Carvalho	Individual	Female	51	FSenior	20	00:46:23	5'47"/km
241	264	Josefa Oliveira	Crediversos	Female	52	F40	19	00:46:25	5'48"/km
242	208	Pedro Rocha	Individual	Male	190	M50	38	00:46:25	5'48"/km
243	263	Marlene De Oliveira Barbosa	Crediversos	Female	53	F40	20	00:46:26	5'48"/km
244	27	Pedro Costa	Associação Recreativa de Paradela	Male	191	MSenior	62	00:46:27	5'48"/km
245	28	Ana Margarida Silva	Associação Recreativa de Paradela	Female	54	FSenior	21	00:46:28	5'48"/km
246	315	Marine Jaubert	Individual	Female	55	FSenior	22	00:46:29	5'48"/km
247	333	Margaux	Individual	Female	56	FSenior	23	00:46:30	5'48"/km
248	349	Elisa Cruz	Viva Vita	Female	57	F50	12	00:46:35	5'49"/km
249	235	Gaspar Martins	Impar Running Team	Male	192	M40	70	00:46:51	5'51"/km
250	234	Albano Alexandre Pontes	Impar Running Team	Male	193	M40	71	00:46:51	5'51"/km
251	238	Carlos Marinho	Impar Running Team	Male	194	M50	39	00:46:56	5'52"/km
252	265	Catarina Cordeiro E Costa	Crediversos	Female	58	F40	21	00:46:58	5'52"/km
253	303	Tânia Castro	ADECA	Female	59	FSenior	24	00:46:58	5'52"/km
254	29	Paulo Jorge Pinheiro Dos Santos	Individual	Male	195	M50	40	00:47:21	5'55"/km
255	186	Rosária Ferreira	Individual	Female	60	F40	22	00:47:25	5'55"/km
256	211	Dario Cruz	AMVE - Associação Moinho de Vermoim	Male	196	M50	41	00:47:41	5'57"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
257	310	Elisabete Carvalho	QuebraRitmo	Female	61	F40	23	00:47:41	5'57"/km
258	309	Barbara Carvalho	QuebraRitmo	Female	62	FSenior	25	00:47:42	5'57"/km
259	319	Helena Salgado	Individual	Female	63	F40	24	00:47:48	5'58"/km
260	364	Martim Ribeiro	Rahc	Male	197	MJunior	10	00:47:48	5'58"/km
261	331	Teresa Oliveira	Individual	Female	64	FSenior	26	00:47:48	5'58"/km
262	329	Sara Oliveira	Individual	Female	65	FSenior	27	00:47:48	5'58"/km
263	313	Elsa Maria Gomes Costa	Cabeçudense Run Team	Female	66	F40	25	00:47:49	5'58"/km
264	4	Manuel Moreira		Male	198	M60	13	00:47:55	5'59"/km
265	155	Olivia Maria Costa Gomes Magalhães	Famalicão em forma	Female	67	F50	13	00:48:05	6'00"/km
266	113	Rita Teixeira	EARO	Female	68	F40	26	00:48:15	6'01"/km
267	216	Manuel Rodrigues	Individual	Male	199	M50	42	00:48:20	6'02"/km
268	214	Lúcia Ferreira	Individual	Female	69	F50	14	00:48:34	6'04"/km
269	267	Elsa Marina Meira Fernandes	Crediversos	Female	70	FSenior	28	00:48:47	6'05"/km
270	2	Tina Pereira		Female	71	F40	27	00:48:48	6'06"/km
271	268	Susana Maria Cerqueira Gonçalves	Crediversos	Female	72	F40	28	00:48:50	6'06"/km
272	196	Sónia Moreira	Individual	Female	73	F40	29	00:48:56	6'07"/km
273	177	Claudia Cristina S. A. Campos	Individual	Female	74	F50	15	00:48:57	6'07"/km
274	376	Xavier Soares		Male	200	M40	72	00:49:03	6'07"/km
275	95	Natália Silva	Famalicão em forma	Female	75	F40	30	00:49:06	6'08"/km
276	299	Mafalfa Oliveira	Crediversos	Female	76	FJunior	3	00:49:10	6'08"/km
277	277	Luis Oliveira	Crediversos	Male	201	MSenior	63	00:49:11	6'08"/km
278	48	Ana Catarina Almeida Lopes	Individual	Female	77	FSenior	29	00:49:11	6'08"/km
279	185	Armando Machado	Individual	Male	202	M50	43	00:49:21	6'10"/km
280	135	Ricardo Costa	Conta Kilimetros	Male	203	MSenior	64	00:49:27	6'10"/km
281	295	Bernardo Alves	Crediversos	Male	204	MSenior	65	00:49:31	6'11"/km
282	158	Ana Rita Silva	Individual	Female	78	F40	31	00:50:06	6'15"/km
283	324	Cláudia Alexandra De Sousa Leite	Associação desportiva Mont blue team	Female	79	F40	32	00:50:11	6'16"/km
284	258	Paula Isménia Da Silva Ribeiro	ENIF	Female	80	F50	16	00:50:14	6'16"/km
285	69	Ana Sofia Santos Torres	Individual	Female	81	FSenior	30	00:50:16	6'17"/km
286	257	José Miguel Silva Carneiro	ENIF	Male	205	M50	44	00:50:19	6'17"/km
287	365	Luís Torres	Rahc	Male	206	MSenior	66	00:50:31	6'18"/km
288	191	Filipa Fernanda Costa Gonçalves	Famalicão em forma	Female	82	FSenior	31	00:50:38	6'19"/km
289	190	Luís Carlos Oliveira Azevedo	Famalicão em forma	Male	207	MSenior	67	00:50:40	6'20"/km
290	134	Paula Martins	Conta Kilimetros	Female	83	F40	33	00:51:02	6'22"/km
291	204	Paulo Roberto Soutinho Monteiro	Clube Fluvial Vilacondense	Male	208	M40	73	00:51:04	6'23"/km
292	140	Ana Leite	Individual	Female	84	F40	34	00:51:12	6'24"/km
293	139	Bruno Martins		Male	209	MSenior	68	00:51:19	6'24"/km
294	322	João Cunha	S. C. Cabeçudense	Male	210	MSenior	69	00:52:09	6'31"/km
295	164	Filipa Ferreira	Individual	Female	85	F40	35	00:52:44	6'35"/km
296	330	Francisco Pereira	Individual	Male	211	MSenior	70	00:53:04	6'38"/km
297	293	Ana Claudia Peixoto	Crediversos	Female	86	FSenior	32	00:53:10	6'38"/km
298	298	Tatiana Oliveira	Crediversos	Female	87	FJunior	4	00:53:12	6'39"/km
299	300	Beatriz Araújo	Crediversos	Female	88	FJunior	5	00:53:12	6'39"/km
300	266	Nuno Miguel Freitas Oliveira	Crediversos	Male	212	M40	74	00:53:12	6'39"/km
301	21	Joaquim Diniz	Individual	Male	213	M60	14	00:53:50	6'43"/km
302	222	Alvarino De Azevedo Sampaio	Futebol Clube Landim	Male	214	M40	75	00:53:51	6'43"/km
303	93	Manuela Carvalho	Famalicão em forma	Female	89	F50	17	00:54:23	6'47"/km
304	249	Luis Monteiro	Impar Running Team	Male	215	M50	45	00:54:28	6'48"/km
305	20	Nickolas Ferreira	Individual	Male	216	MSenior	71	00:56:20	7'02"/km
306	347	Natália Da Cunha Silva Faria	Famalicão em forma	Female	90	F40	36	00:56:53	7'06"/km
307	346	Rui Martinho Da Silva Faria	Famalicão em forma	Male	217	M50	46	00:56:54	7'06"/km
308	34	Filipa Cerqueira	Individual	Female	91	FSenior	33	00:57:36	7'12"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
309	33	Cátia Marques	Individual	Female	92	FSenior	34	00:57:37	7'12"/km
310	47	João Faria	Individual	Male	218	MSenior	72	00:57:39	7'12"/km
311	32	Dinis Oliveira	Individual	Male	219	MSenior	73	00:57:39	7'12"/km
312	1	Rui		Male	220	M50	47	00:58:56	7'22"/km
313	176	Hélder Filipe Da Silva Barroso	Individual	Male	221	MSenior	74	00:59:00	7'22"/km
314	323	Maria De Lurdes Ramos Da Silva.	Associação desportiva Mont blue team	Female	93	FSenior	35	00:59:01	7'22"/km
315	382	Anabela		Female	94	F50	18	00:59:07	7'23"/km
316	91	Anabela Silva	Individual	Female	95	F50	19	00:59:18	7'24"/km
317	237	Carla Pacheco	Impar Running Team	Female	96	F40	37	01:02:42	7'50"/km
318	393	Sem Dados		Male	222	SemDados	2	01:02:46	7'50"/km
319	314	Ricardo Maia	Individual	Male	223	M40	76	01:05:08	8'08"/km
320	143	Luís Filipe Simões Costa Lima	Famalicão em forma	Male	224	M40	77	01:08:01	8'30"/km
321	142	Micaela Machado Costa	Famalicão em forma	Female	97	F40	38	01:08:02	8'30"/km
322	230	Berta Salgueiro	Impar Running Team	Female	98	F60	1	01:08:18	8'32"/km
323	243	Henrique Rocha	Impar Running Team	Male	225	MSenior	75	01:08:22	8'32"/km
324	183	Sónia Maria Da Silva Fernandes	Individual	Female	99	F40	39	01:11:07	8'53"/km
325	51	Carla Mendes	os crentes	Female	100	F40	40	01:11:09	8'53"/km