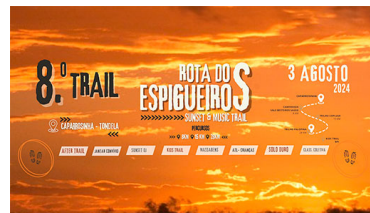


Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	1042	Nelson Santos	Runners Do Demo	Male	1	M40	1	02:15:15	4'49"/km
2	1043	Jose Meneses	Nocturnos de Paredes	Male	2	M40	2	02:24:53	5'10"/km
3	1070	António Ferreira	Runners Do Demo	Male	3	M50	1	02:29:31	5'20"/km
4	1037	Filipe Gracia	Runners Do Demo	Male	4	M40	3	02:31:49	5'25"/km
5	1062	Jorge Amaral	Individual	Male	5	M40	4	02:39:36	5'42"/km
6	1082	Pablo Estévez	Clube de Montaña Xistra	Male	6	M40	5	02:48:59	6'02"/km
7	1084	Armando Correia	Clube de Atletismo de Ovar	Male	7	M50	2	02:50:53	6'06"/km
8	1053	Filipe Meneses	Nocturnos de Paredes	Male	8	MSenior	1	02:53:21	6'11"/km
9	1078	Sofia Vieira	Clube Desportivo de Espite	Female	1	F40	1	02:54:58	6'14"/km
10	1028	Carlos Rouxinol	Running4Fun Team Viseu	Male	9	M50	3	02:55:27	6'15"/km
11	1019	João Silva	Individual	Male	10	M40	6	02:57:30	6'20"/km
12	1067	José Rosário	Sapatilhas Verdes	Male	11	M40	7	02:58:52	6'23"/km
13	1007	Ricardo Pereira	Individual	Male	12	MSenior	2	02:59:41	6'25"/km
14	1049	José Pinheiro	Dura-F1 Raceteam	Male	13	MSenior	3	03:00:32	6'26"/km
15	1050	Luís Pedro	Runners Do Demo	Male	14	M40	8	03:01:12	6'28"/km
16	1018	João Tavares	Tuga Mobile ADAP Trail	Male	15	M40	9	03:04:28	6'35"/km
17	1071	Sónia Quelhas	Clube Desportivo e Cultural do Porto Moniz	Female	2	F40	2	03:05:21	6'37"/km
18	1061	Fábio Rebelo	Runners do Monte	Male	16	MSenior	4	03:08:05	6'43"/km
19	1045	Bruno Ribeiro	Kaninos Runners	Male	17	M40	10	03:08:35	6'44"/km
20	1017	António Silva	ORTHIA	Male	18	M40	11	03:08:55	6'44"/km
21	1040	Sónia Gomes	Runners Do Demo	Female	3	F40	3	03:12:26	6'52"/km
22	1022	José Sousa	Individual	Male	19	M50	4	03:12:26	6'52"/km
23	1047	David Coutinho	Dura-F1 Raceteam	Male	20	M40	12	03:16:22	7'00"/km
24	1081	Matthew Collier		Male	21	M50	5	03:17:11	7'02"/km
25	1006	Marco Figueiredo	Individual	Male	22	MSenior	5	03:17:24	7'03"/km
26	1075	Ana Gomes	INDELAGUE / NAC BIKE TEAM	Female	4	F40	4	03:17:28	7'03"/km
27	1076	Joaquim Silva	Individual	Male	23	M50	6	03:17:28	7'03"/km
28	1054	Paulo Santos	Hipódromo da Abrançalha	Male	24	M40	13	03:18:24	7'05"/km
29	1031	Carlos Ferreira	WISEU 360	Male	25	M40	14	03:20:50	7'10"/km
30	1027	João Neto	Runners Do Demo	Male	26	M40	15	03:20:50	7'10"/km
31	1026	Henrique Neves	Individual	Male	27	M50	7	03:22:14	7'13"/km
32	1036	Paulo Loureiro	AGGVOUZELA	Male	28	M40	16	03:24:13	7'17"/km
33	1020	Tiago Santos	SEGIMPRIMA RUNNING TEAM	Male	29	MSenior	6	03:24:41	7'18"/km
34	1009	Ana Oliveira	Alphaden Wolves OCR	Female	5	FSenior	1	03:24:45	7'18"/km
35	1066	Sónia Cardoso	Runners Do Demo	Female	6	F40	5	03:31:22	7'32"/km
36	1065	Luís Cardoso	Runners Do Demo	Male	30	M50	8	03:31:22	7'32"/km
37	1083	Eduardo Meireles	Saca Trilhos Anadia	Male	31	M60	1	03:33:58	7'38"/km
38	1032	Cristina Loureiro	TAYLORS	Female	7	F50	1	03:34:02	7'38"/km
39	1016	André Santos	ORTHIA	Male	32	MSenior	7	03:37:00	7'45"/km
40	1074	Paulo Gama	AMAG	Male	33	M50	9	03:44:17	8'00"/km
41	1056	Hugo Costa	Runners Do Demo	Male	34	M40	17	03:44:49	8'01"/km
42	1052	Fernando Mendes	SLB	Male	35	M50	10	03:44:57	8'02"/km
43	1023	Lígia Mendes	A.D. Nós Acreditamos	Female	8	F40	6	03:45:08	8'02"/km
44	1025	José Antunes	Running4Fun Team Viseu	Male	36	M50	11	03:50:34	8'14"/km
45	1033	João Santos	Individual	Male	37	MSenior	8	03:52:38	8'18"/km
46	1051	António Gomes	Amigos das corridinhas	Male	38	M40	18	03:52:55	8'19"/km
47	1079	Carla Santos	Saca Trilhos Anadia	Female	9	F50	2	03:55:06	8'23"/km
48	1012	António Branco	Individual	Male	39	M40	19	03:58:20	8'30"/km
49	1059	Fernando Morgado	ARCD Venda da Luísa	Male	40	M40	20	03:58:21	8'30"/km
50	1060	Nuno Rodrigues	Tartarugas runners	Male	41	MSenior	9	04:01:29	8'37"/km
51	1077	Paula Vinha	Individual	Female	10	F50	3	04:05:32	8'46"/km
52	1034	Oilta Fonseca	Amora Doce	Female	11	F40	7	04:05:34	8'46"/km
53	1055	Fernando Pereira	Gondomar Futsal Clube	Male	42	M50	12	04:06:44	8'48"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
54	1069	Rui Alves	Trilhos do Costume	Male	43	M50	13	04:06:44	8'48"/km
55	1013	Antonio Saraiva	CLUBE OGMA	Male	44	M50	14	04:08:28	8'52"/km
56	1063	Marco Pontes	Viriathvs Runners Viseu	Male	45	M40	21	04:08:31	8'52"/km
57	1011	Marisa Salgueiro	Individual	Female	12	FSenior	2	04:10:30	8'56"/km
58	1010	Leonor Salgueiro	ACTIB	Female	13	F40	8	04:10:31	8'56"/km
59	1014	Marco Dias	CCD Siemens	Male	46	MSenior	10	04:14:00	9'04"/km
60	1058	José Fernandes	ARCD Venda da Luísa	Male	47	M60	2	04:14:01	9'04"/km
61	1046	Jorge Ferraz	Kaninos Runners	Male	48	M40	22	04:27:13	9'32"/km
62	1073	Jose Madureira	Individual	Male	49	M50	15	04:27:13	9'32"/km
63	1072	José Costa	VOLESPIG24	Male	50	M50	16	04:27:17	9'32"/km