

Corrida Famalicão - Joane

29 de setembro de 2019

Geral

Pos. Escalão	Dorsal	Nome	Equipa	Escalão	Pos. Escalão	Tempo	T/Km.	Dif.
1	3	Serrão, Fernando	S.C. Portugal	SENM	1	37:17.50	03:06	
2	676	Costa, Carlos	C. D. S. Salvador do Campo	SENM	2	37:19.05	03:07	0:00:01
3	19	Oliveira, Fábio	ACD S. JOÃO DA SERRA	SENM	3	37:19.70	03:07	0:00:02
4	7	Rodrigues, Francisco	S.C. Braga	SENM	4	37:28.89	03:07	0:00:11
5	422	Oliveira, Vitor	Maia AC	SENM	5	37:42.91	03:09	0:00:25
6	598	Azevedo, José	BOAVISTA FC	SENM	6	38:07.70	03:11	0:00:50
7	677	Fernandes, Leonel	C. D. S. Salvador do Campo	SENM	7	38:19.18	03:12	0:01:01
8	674	Silva, André	Águias de Alvelos	SENM	8	39:12.54	03:16	0:01:55
9	535	Mendes, Oscar	Águias de Alvelos	M35	1	39:59.86	03:20	0:02:42
10	14	Ferreira, Pedro	ACD S. JOÃO DA SERRA	M40	1	40:24.08	03:22	0:03:06
11	12	Santos, Hugo	ACD S. JOÃO DA SERRA	SENM	9	40:25.27	03:22	0:03:07
12	219	Morais, Paulo	Águias da Misericórdia	M35	2	40:26.58	03:22	0:03:09
13	282	Queiroz, Nuno	C. D. S. Salvador do Campo	M40	2	40:43.10	03:24	0:03:25
14	932	Sousa, Fernando	Boavista	SENM	10	40:48.41	03:24	0:03:30
15	606	Pinheiro, Marco	ARC Vale de S. Cosme	M35	3	40:48.76	03:24	0:03:31
16	708	Martins, Leandro	ESCOLA ATLETISMO ROSA OLIVEIRA	SENM	11	40:56.55	03:25	0:03:39
17	853	Fontão, Paulo	NA TAIPAS	SENM	12	41:06.40	03:26	0:03:48
18	706	Fernandes, Nuno	ESCOLA ATLETISMO ROSA OLIVEIRA	SENM	13	41:13.02	03:26	0:03:55
19	610	Pereira, Abílio	C. D. S. Salvador do Campo	M45	1	41:14.48	03:26	0:03:56
20	17	Coelho, Nuno	ACD S. JOÃO DA SERRA	SENM	14	41:43.27	03:29	0:04:25
21	305	Vieira, Miguel	Movimento de Juventude de Merelim	SENM	15	41:48.14	03:29	0:04:30
22	725	Neves, Ricardo	GRUPO DESPORTIVO AIRÃO CURVIÃ	SENM	16	41:54.94	03:30	0:04:37
23	281	Neto, Gilberto	C. D. S. Salvador do Campo	SENM	17	41:55.46	03:30	0:04:37
24	262	Lima, Bruno	Individual	SENM	18	41:56.20	03:30	0:04:38
25	368	Cavadas, João	Individual	M50	1	42:07.63	03:31	0:04:50
26	479	Magalhães, Tiago	CAST - CENTRO ATLETISMO SANTO TIRSO	JUNM	1	42:12.31	03:31	0:04:54
27	269	Pereira, Bruno	Amigos da Montanha	SENM	19	42:23.31	03:32	0:05:05
28	280	Ribeiro, Cristiano	C. D. S. Salvador do Campo	SENM	20	42:32.65	03:33	0:05:15
29	740	Silva, Joaquim	Adosa - Os Santa Apolónia	M45	2	42:34.50	03:33	0:05:17
30	601	Sampaio, Ricardo	Individual	JUNM	2	42:39.36	03:33	0:05:21
31	933	Sousa, Baltazar	Boavista	M50	2	42:44.35	03:34	0:05:26
32	216	Pinto, Marco	Águias da Misericórdia	M35	4	42:53.65	03:34	0:05:36
33	812	Pinto, Rui		M40	3	42:56.71	03:35	0:05:39
34	966	Costa, Abílio		M50	3	42:58.98	03:35	0:05:41
35	175	Figueiredo, Joao	Figueiredos Runners & Friends	SENM	21	43:00.68	03:35	0:05:43
36	9	Oliveira, Heitor	S.C. Braga	SENM	22	43:04.94	03:35	0:05:47
37	15	Neves, Orlando	ACD S. JOÃO DA SERRA	M45	3	43:05.93	03:35	0:05:48
38	16	Pinto, Hugo	ACD S. JOÃO DA SERRA	SENM	23	43:06.52	03:36	0:05:49
39	162	Silva, Nuno	Clube Atletismo de Lamas	M40	4	43:15.53	03:36	0:05:58
40	558	Santos, Marco	Adosa - Os Santa Apolónia	SENM	24	43:23.10	03:37	0:06:05
41	51	Peixe, Miguel	VITÓRIA SPORT CLUBE	M45	4	43:37.43	03:38	0:06:19
42	464	Freitas, Martim	C. D. Póvoa	SENM	25	43:40.46	03:38	0:06:22
43	460	Moreira, Américo	C. D. Póvoa	SENM	26	43:50.85	03:39	0:06:33
44	503	Carneiro, Nuno	NAST- NÚCLEO Associativo de Santo Tirso	SENM	27	43:56.56	03:40	0:06:39
45	696	Barbosa, Marco	BOAVISTA FC	M35	5	43:57.93	03:40	0:06:40
46	237	Rodrigues, Ricardo	Individual	M35	6	44:04.11	03:40	0:06:46
47	49	Pacheco, Joaquim	VITÓRIA SPORT CLUBE	M45	5	44:24.09	03:42	0:07:06
48	527	Pereira, Paulo	Dragon Club	M40	5	44:28.19	03:42	0:07:10
49	306	Andrade, José	Movimento de Juventude de Merelim	M50	4	44:37.24	03:43	0:07:19
50	914	Antunes, João	C. D. S. Salvador do Campo	SENM	28	44:49.90	03:44	0:07:32
51	251	Lopes, Luís	L.Costa&Silva,Lda	M45	6	44:49.91	03:44	0:07:32
52	380	Antunes, Augusto	ARPO - ASSOCIAÇÃO RECREATIVA POUADENSE.	M55	1	44:51.85	03:44	0:07:34
53	218	Matos, Paulo	Águias da Misericórdia	M45	7	45:06.27	03:46	0:07:48
54	709	Araújo, José	ESCOLA ATLETISMO ROSA OLIVEIRA	M55	2	45:13.02	03:46	0:07:55
55	304	Dias, João	Movimento de Juventude de Merelim	SENM	29	45:14.98	03:46	0:07:57
56	909	Moreira, José	CCDR	JUNM	3	45:16.33	03:46	0:07:58
57	62	Silva, Rui	Chefe Training	SENM	30	45:17.43	03:46	0:07:59
58	711	Silva, Helder	ESCOLA ATLETISMO ROSA OLIVEIRA	M35	7	45:19.13	03:47	0:08:01
59	259	Cardoso, João	OS MADRUGADORES DO PARQUE DAS TAIPAS	M45	8	45:19.73	03:47	0:08:02
60	65	Lopes, João	CENTRAL RUNNERS	M40	6	45:34.67	03:48	0:08:17
61	602	Dinis, Fernando	Individual	M40	7	45:35.36	03:48	0:08:17
62	946	Martins, Alexandre	Individual	M35	8	45:50.83	03:49	0:08:33
63	326	Antunes, Helder	Nucleo do Sporting de V.N. de Famalicão	M35	9	45:51.15	03:49	0:08:33
64	551	Figueiredo, Miguel	Fisio.	M45	9	45:54.96	03:50	0:08:37
65	366	Lima, Américo	Individual	M40	8	45:57.68	03:50	0:08:40
66	435	Costa, André	NAST- NÚCLEO Associativo de Santo Tirso	SENM	31	46:09.10	03:51	0:08:51
67	597	Salgueiro, Sérgio	VITÓRIA SPORT CLUBE	SENM	32	46:12.47	03:51	0:08:54
68	322	Pereira, Bruno	Adeca Associação Desportiva de Castelões	M35	10	46:14.04	03:51	0:08:56
69	727	Ferreira, Jorge	GRUPO DESPORTIVO AIRÃO CURVIÃ	M40	9	46:16.79	03:51	0:08:59

70	607	Araújo, José	ADECA	M50	5	46:19.94	03:52	0:09:02
71	681	Silva, Albano	C. D. S. Salvador do Campo	M35	11	46:22.56	03:52	0:09:05
72	488	Ribeiro, Manuel	Individual	M45	10	46:28.36	03:52	0:09:10
73	724	Cunha, Jorge	GRUPO DESPORTIVO AIRÃO CURVIÁ	M50	6	46:30.45	03:53	0:09:12
74	743	Araújo, Cláudio	Adosa - Os Santa Apolónia	M40	10	46:32.17	03:53	0:09:14
75	204	Oliveira, Paulo	Atlético Clube de Vale S. Martinho	SENM	33	46:34.98	03:53	0:09:17
76	77	Marques, Joaquim	Vimarunners	M40	11	46:38.94	03:53	0:09:21
77	834	Pereira, Eduardo	G D U CANO	JUNM	4	46:41.34	03:53	0:09:23
78	212	Araújo, António	Águias da Misericórdia	M45	11	46:41.58	03:53	0:09:24
79	273	Gomes, Paulo	Chefe Training	SENM	34	46:44.46	03:54	0:09:26
80	284	Neto, Zeferino	Individual	M50	7	47:00.65	03:55	0:09:43
81	672	Silva, Alberto		M50	8	47:01.69	03:55	0:09:44
82	603	Lemos, Eduardo	FisioveraLemos	M45	12	47:05.99	03:55	0:09:48
83	48	Alves, João	VITÓRIA SPORT CLUBE	SENM	35	47:08.26	03:56	0:09:50
84	210	Ferreira, Bruno	Individual	SENM	36	47:12.86	03:56	0:09:55
85	588	Lopes, Vitor	C. D. S. Salvador do Campo	SENM	37	47:18.35	03:57	0:10:00
86	164	Azevedo, Ricardo	ARPO - ASSOCIAÇÃO RECREATIVA POUADENSE.	M40	12	47:19.60	03:57	0:10:02
87	177	Mendes, Paulo	CR CANDOSO	M45	13	47:20.04	03:57	0:10:02
88	45	Vieira, Hélder	VITÓRIA SPORT CLUBE	M40	13	47:21.94	03:57	0:10:04
89	643	Costa, Nuno	C. D. S. Salvador do Campo	SENM	38	47:22.92	03:57	0:10:05
90	444	Magalhães, Paulo	Individual	M45	14	47:33.45	03:58	0:10:15
91	202	Machado, Roberto	Atlético Clube de Vale S. Martinho	M35	12	47:36.51	03:58	0:10:19
92	339	Faria, Abílio	Chefe Training	M50	9	47:36.67	03:58	0:10:19
93	945	Torres, Pedro	Individual	M35	13	47:36.96	03:58	0:10:19
94	82	Ferreira, Adriano	AD CARRIL	M35	14	47:41.52	03:58	0:10:24
95	963	Gonçalves, Pedro	Individual	SENM	39	47:43.23	03:59	0:10:25
96	738	Silva, Luis	Adosa - Os Santa Apolónia	M35	15	47:49.01	03:59	0:10:31
97	710	Coelho, Joaquim	ESCOLA ATLETISMO ROSA OLIVEIRA	M55	3	47:58.67	04:00	0:10:41
98	220	Marques, José	Águias da Misericórdia	M40	14	48:01.36	04:00	0:10:43
99	750	Maia, Fernando	BLASQEM RUNNERS	M55	4	48:05.04	04:00	0:10:47
100	596	Freitas, Rui	Individual	SENM	40	48:12.41	04:01	0:10:54
101	141	Carvalho, Manuel	Adosa - Os Santa Apolónia	M40	15	48:15.35	04:01	0:10:57
102	624	Pereira, Pedro	ROCK FITNESS	SENM	41	48:17.68	04:01	0:11:00
103	683	Santos, Miguel		M40	16	48:21.37	04:02	0:11:03
104	523	Leça, Paulo	Figueiredos Runners & Friends	M35	16	48:21.45	04:02	0:11:03
105	214	Capa, Pedro	Águias da Misericórdia	M40	17	48:31.35	04:03	0:11:13
106	788	Sampaio, Mário	ESCOLA ATLETISMO ROSA OLIVEIRA	M45	15	48:32.45	04:03	0:11:14
107	165	Lemos, Paulo	ARPO - ASSOCIAÇÃO RECREATIVA POUADENSE.	M45	16	48:32.73	04:03	0:11:15
108	948	Jesus, António	Individual	M45	17	48:33.39	04:03	0:11:15
109	707	Torres, Miguel	ESCOLA ATLETISMO ROSA OLIVEIRA	SENM	42	48:34.11	04:03	0:11:16
110	608	Silva, Miguel	Individual	M35	17	48:37.37	04:03	0:11:19
111	894	Mendes, Paulo	FISIOJOANE / LEVANTA CEDO	SENM	43	48:37.96	04:03	0:11:20
112	611	Alves, Manuel	C. D. S. Salvador do Campo	M55	5	48:40.12	04:03	0:11:22
113	213	Ferreira, Joaquim	Águias da Misericórdia	M45	18	48:43.75	04:04	0:11:26
114	858	Teixeira, René	SR CEPANENSE	M50	10	48:46.65	04:04	0:11:29
115	106	Barquero, José	Gavioes	M40	18	48:48.60	04:04	0:11:31
116	716	Fernandes, José	CASA FUTEBOL CLUBE FAMILIÇÃO GENEVE	M45	19	48:49.38	04:04	0:11:31
117	343	Gomes, Manuel	A.R.DE NEGRELOS	M50	11	48:52.56	04:04	0:11:35
118	274	Costa, Jose	Fisiojoane	M35	18	48:55.98	04:05	0:11:38
119	313	Gonçalves, António	Dragon Club	M40	19	48:57.61	04:05	0:11:40
120	684	Soares, Amadeu	Casa da Costura/Fisicorpus/Citybike	M45	20	48:58.27	04:05	0:11:40
121	604	Freitas, Gualter	FisioveraLemos	M45	21	49:03.59	04:05	0:11:46
122	751	Casais, Manuel	BLASQEM RUNNERS	M55	6	49:04.53	04:05	0:11:47
123	635	Silva, Rui	Chefe Training	M35	19	49:09.07	04:06	0:11:51
124	667	Fonseca, Jacinto	AFIPRE TEAM	M45	22	49:10.97	04:06	0:11:53
125	408	Dias, José	Individual	M45	23	49:11.84	04:06	0:11:54
126	272	Carvalho, Nuno	Atib FinaBraga Running	M45	24	49:13.76	04:06	0:11:56
127	654	Mendes, Viriato	C. D. S. Salvador do Campo	M35	20	49:14.91	04:06	0:11:57
128	741	Sousa, Miguel	Adosa - Os Santa Apolónia	M40	20	49:20.30	04:07	0:12:02
129	143	Faria, Jorge	Individual	M40	21	49:22.15	04:07	0:12:04
130	528	Maciel, Pedro	Individual	M35	21	49:23.14	04:07	0:12:05
131	108	Pereira, Justino	Gavioes	M55	7	49:26.29	04:07	0:12:08
132	873	Vaz, Manuel		M50	12	49:29.63	04:07	0:12:12
133	448	Oliveira, Joaquim	Fisioactive	M50	13	49:30.52	04:08	0:12:13
134	472	Oliveira, João	Individual	M55	8	49:31.10	04:08	0:12:13
135	861	Pinto, Fernando	SR CEPANENSE	M45	25	49:31.42	04:08	0:12:13
136	283	Pontes, Vitor	C. D. S. Salvador do Campo	SENM	44	49:40.42	04:08	0:12:22
137	256	Oliveira, Narciso	ATC	M55	9	49:40.51	04:08	0:12:23
138	223	Martins, Filipe	OS ISABELINHAS	M35	22	49:41.89	04:08	0:12:24
139	900	Faria, Armindo	CASA FUTEBOL CLUBE FAMILIÇÃO GENEVE	M55	10	49:44.64	04:09	0:12:27
140	969	Dias, Zé		M55	11	49:48.34	04:09	0:12:30
141	665	Pinheiro, Paulo	Biciatus	M50	14	49:49.61	04:09	0:12:32
142	960	Araújo, Sérgio	Individual	M40	22	49:49.90	04:09	0:12:32
143	718	Sampaio, Manuel		M45	26	49:52.33	04:09	0:12:34
144	589	Eusébio, Carlos	Individual	M35	23	49:54.32	04:10	0:12:36
145	161	Fontes, Jorge	Família Fontes	M35	24	49:56.25	04:10	0:12:38

146	215	Capa, João	Águias da Misericórdia	M45	27	49:58.07	04:10	0:12:40
147	805	Rocha, Alberto		M55	12	50:08.27	04:11	0:12:50
148	209	Santos, Hélder	Individual	M40	23	50:14.21	04:11	0:12:56
149	880	Fernandes, Adão		M40	24	50:14.38	04:11	0:12:56
150	397	Costa, Paulo	atleticoclubevsmartinho@gmail.com	M35	25	50:21.43	04:12	0:13:03
151	698	Lopes, Tiago	O praticante	SENM	45	50:24.41	04:12	0:13:06
152	229	Dinis, José	MOUTADOS TEAM	SENM	46	50:24.89	04:12	0:13:07
153	371	Freitas, Miguel	Elcomandante	M35	26	50:40.55	04:13	0:13:23
154	309	Guimarães, Silvio	Individual	M45	28	50:43.35	04:14	0:13:25
155	69	Ramos, Nuno	Chefe Training	M40	25	50:46.03	04:14	0:13:28
156	745	Dinis, Joaquim	Adosa - Os Santa Apolónia	M50	15	50:48.05	04:14	0:13:30
157	254	Marques, Narciso	Limite Vertical Trekking	M55	13	51:01.12	04:15	0:13:43
158	951	Vilaça, Domingos	Individual	M40	26	51:04.34	04:15	0:13:46
159	862	Lopes, Carlos	SR CEPANENSE	M45	29	51:06.94	04:16	0:13:49
160	342	Martins, Luis	A.R DE NEGRELOS	M55	14	51:09.41	04:16	0:13:51
161	752	Canito, Carlos	BLASQEM RUNNERS	M50	16	51:13.54	04:16	0:13:56
162	879	Barbosa, José		M45	30	51:14.83	04:16	0:13:57
163	382	Fernandes, Daniel	CLUBE DE ATLETISMO DE BRITO	M45	31	51:22.08	04:17	0:14:04
164	92	Duarte, Vasco	#WRB	M35	27	51:25.08	04:17	0:14:07
165	649	Rodrigues, Jose	Individual	M45	32	51:26.66	04:17	0:14:09
166	160	Fontes, Marco	Família Fontes	M35	28	51:28.65	04:17	0:14:11
167	893	Sampaio, Paulo	FISIOJOANE / LEVANTA CEDO	M40	27	51:31.99	04:18	0:14:14
168	695	Guimarães, Luis		M50	17	51:33.06	04:18	0:14:15
169	173	Costa, José	ARPO - ASSOCIAÇÃO RECREATIVA POUSADENSE.	M40	28	51:34.42	04:18	0:14:16
170	874	Vilela, Luis	SR CEPANENSE	M55	15	51:35.57	04:18	0:14:18
171	58	Oliveira, Orlando	Individual	M55	16	51:40.85	04:18	0:14:23
172	47	Oliveira, Joao	VITÓRIA SPORT CLUBE	M55	17	51:41.56	04:18	0:14:24
173	694	Lopes, Paulo	Último a sair	M35	29	51:46.76	04:19	0:14:29
174	927	Freitas, José	Individual	M45	33	51:49.35	04:19	0:14:31
175	21	Silva, Carlos	ADECA	SENM	47	51:50.18	04:19	0:14:32
176	170	Figueiredo, Fernando	Figueiredos Runners & Friends	M55	18	51:55.21	04:20	0:14:37
177	453	Guimarães, António	Individual	M50	18	51:55.85	04:20	0:14:38
178	297	Guimaraes, Cesar	CENTRAL RUNNERS	M35	30	51:57.01	04:20	0:14:39
179	819	Silva, João	ESCOLA ATLETISMO ROSA OLIVEIRA	SENM	48	51:57.09	04:20	0:14:39
180	457	Costa, Mário	Profisio Team	M40	29	51:58.57	04:20	0:14:41
181	277	Macedo, Paulo	Individual	M50	19	52:02.24	04:20	0:14:44
182	357	Alves, José	Kilosmoda	M50	20	52:02.31	04:20	0:14:44
183	661	Martins, André	CASA FUTEBOL CLUBE FAMILICÃO GENEVE	M40	30	52:08.25	04:21	0:14:50
184	958	Silva, Mário	Individual	M40	31	52:10.21	04:21	0:14:52
185	804	Pinto, Adelino		M50	21	52:12.03	04:21	0:14:54
186	664	Branco, Francisco		M50	22	52:12.34	04:21	0:14:54
187	486	Vieira, Albino	CB RUN	M55	19	52:17.11	04:21	0:14:59
188	183	Machado, Hélio	MOUTADOS TEAM	M35	31	52:17.43	04:21	0:14:59
189	111	Moreira, Paulo	Gavioes	M50	23	52:18.57	04:22	0:15:01
190	276	Palma, Carlos	Fisiofonte	M35	32	52:18.62	04:22	0:15:01
191	114	Ricardo, Vasco	Gavioes	M35	33	52:18.77	04:22	0:15:01
192	953	Monteiro, Nuno	Individual	SENM	49	52:19.22	04:22	0:15:01
193	796	Moreira, Avelino	BOINAS NEGRAS	M55	20	52:20.82	04:22	0:15:03
194	929	Barros, Agostinho	ADECA	M45	34	52:23.21	04:22	0:15:05
195	101	Rocha, Daniel	Gavioes	M40	32	52:24.84	04:22	0:15:07
196	808	Oliveira, Paulo	RONFE A CORRER	M50	24	52:26.77	04:22	0:15:09
197	921	Batista, José	Individual	SENM	50	52:26.95	04:22	0:15:09
198	110	Silva, Manuel	Gavioes	M50	25	52:29.91	04:22	0:15:12
199	412	Araújo, Rui	AD CARRIL	M40	33	52:30.73	04:23	0:15:13
200	758	Abreu, Miguel		M40	34	52:34.41	04:23	0:15:16
201	463	Rodrigues, Vitor	C. D. Póvoa	M35	34	52:38.83	04:23	0:15:21
202	813	Machado, Adalberto		M40	35	52:40.20	04:23	0:15:22
203	211	Monteiro, António	Águias da Misericórdia	M45	35	52:40.62	04:23	0:15:23
204	1	Cunha, Paulo	Gavioes	M45	36	52:41.31	04:23	0:15:23
205	84	Carvalho, Carlos	Individual	M40	36	52:41.57	04:23	0:15:24
206	778	Silva, Roberto	JOANE CORRE CORRE	M35	35	52:43.90	04:24	0:15:26
207	970	Sousa, Nuno		M50	26	52:54.11	04:25	0:15:36
208	398	Rodrigues, Alexandre	atleticoclubevsmartinho@gmail.com	SENM	51	52:55.85	04:25	0:15:38
209	102	Ferreira, António	Gavioes	M50	27	52:57.81	04:25	0:15:40
210	231	Mendes, José	VERMIL	M55	21	52:58.92	04:25	0:15:41
211	205	Corucho, António	Individual	M50	28	53:06.79	04:26	0:15:49
212	115	Roldão, Fernando	Gavioes	M45	37	53:09.07	04:26	0:15:51
213	876	Silva, Rui	SR CEPANENSE	M45	38	53:10.02	04:26	0:15:52
214	854	Mendes, António	SR CEPANENSE	M50	29	53:10.88	04:26	0:15:53
215	865	Teixeira, Abílio	SR CEPANENSE	M55	22	53:11.13	04:26	0:15:53
216	632	Pereira, José	Amigos Ponto Final	M50	30	53:12.08	04:26	0:15:54
217	712	Oliveira, Bruno	ESCOLA ATLETISMO ROSA OLIVEIRA	JUNM	5	53:18.34	04:27	0:16:00
218	296	Silva, Augusto	CENTRAL RUNNERS	M50	31	53:22.35	04:27	0:16:04
219	513	Faria, José	Não tem	M45	39	53:29.26	04:27	0:16:11
220	182	Gonçalves, Vasco	MOUTADOS TEAM	M40	37	53:31.76	04:28	0:16:14
221	810	Gomes, José	ARPO - ASSOCIAÇÃO RECREATIVA POUSADENSE.	M45	40	53:31.94	04:28	0:16:14

222	775	Couto, Artur	JOANE CORRE CORRE	M50	32	53:33.43	04:28	0:16:15
223	786	Oliveira, António	ESCOLA ATLETISMO ROSA OLIVEIRA	SENM	52	53:35.55	04:28	0:16:18
224	290	Salgado, Jose	CENTRAL RUNNERS	M45	41	53:36.10	04:28	0:16:18
225	634	Veloso, Vergilio	Amigos Ponto Final	M45	42	53:37.05	04:28	0:16:19
226	882	Oliveira, Xavier	ATC	M50	33	53:39.29	04:28	0:16:21
227	356	Silva, Pedro	Kilosmoda	M45	43	53:39.69	04:28	0:16:22
228	157	Quintas, César	Nucleo do Sporting de V.N. de Famalicão	M40	38	53:44.15	04:29	0:16:26
229	860	Cunha, Francisco	SR CEPANENSE	M45	44	53:44.54	04:29	0:16:27
230	400	Gomes, Carlos	Individual	M45	45	53:44.64	04:29	0:16:27
231	789	Paulo, Jorge	ESCOLA ATLETISMO ROSA OLIVEIRA	M50	34	53:46.50	04:29	0:16:29
232	107	Oliveira, José	Gavioes	M45	46	53:46.81	04:29	0:16:29
233	354	Araújo, Artur	Kilosmoda	M50	35	53:48.27	04:29	0:16:30
234	599	Martins, Filipe	visão oculista	M40	39	53:48.43	04:29	0:16:30
235	576	Fernandes, José	Movimento de Juventude de Merelim	M55	23	53:50.91	04:29	0:16:33
236	255	Seara, Ricardo	ARC Vale de S. Cosme	SENM	53	53:50.96	04:29	0:16:33
237	116	Pontes, Carlos	Gavioes	M50	36	53:53.11	04:29	0:16:35
238	524	Azevedo, Rui	Os Bravos	M45	47	53:55.54	04:30	0:16:38
239	155	Silva, Sérgio	Individual	M45	48	53:56.27	04:30	0:16:38
240	105	Pereira, Domingos	Gavioes	M50	37	54:02.60	04:30	0:16:45
241	872	Nuno, João	SR CEPANENSE	M40	40	54:04.11	04:30	0:16:46
242	749	Carneiro, Manuel	BLASQEM RUNNERS	M55	24	54:04.60	04:30	0:16:47
243	181	Oliveira, Rui	MOUTADOS TEAM	M40	41	54:07.14	04:31	0:16:49
244	736	Mendes, José	Adosa - Os Santa Apolónia	M40	42	54:07.84	04:31	0:16:50
245	285	Fernandes, Nuno	Devesa Runner's	SENM	54	54:08.19	04:31	0:16:50
246	311	Ferreira, Joaquim	A.C. VERMOIM	M55	25	54:09.38	04:31	0:16:51
247	892	Oliveira, Ricardo	FISIOJOANE / LEVANTA CEDO	M45	49	54:10.57	04:31	0:16:53
248	928	Capela, José	Individual	M55	26	54:11.22	04:31	0:16:53
249	630	Silva, Celestino	Amigos Ponto Final	M50	38	54:15.30	04:31	0:16:57
250	190	Costa, José	A.C. VERMOIM	M50	39	54:19.97	04:32	0:17:02
251	86	Osório, Carlos	CASA FUTEBOL CLUBE FAMILICÃO GENEVE	M55	27	54:22.02	04:32	0:17:04
252	470	Pinto, Sebastiao	Individual	M40	43	54:24.36	04:32	0:17:06
253	360	Cunha, Fernando	Individual	M50	40	54:26.12	04:32	0:17:08
254	560	Soares, Luis	Amarense	M40	44	54:30.27	04:33	0:17:12
255	700	Gomes, Manuel	Fama runners	M45	50	54:30.51	04:33	0:17:13
256	577	Araújo, Miguel	Team LANTEMIL	M40	45	54:32.88	04:33	0:17:15
257	857	Castro, Vítor	SR CEPANENSE	M35	36	54:33.55	04:33	0:17:16
258	362	Martins, Duarte	Individual	JUNM	6	54:34.00	04:33	0:17:16
259	142	Silva, Francisco	Habcarpintaria	M40	46	54:36.41	04:33	0:17:18
260	461	Silva, Paulo	C. D. Póvoa	M45	51	54:39.20	04:33	0:17:21
261	99	Ferreira, Jorge	TEMOS PENA	M45	52	54:44.93	04:34	0:17:27
262	658	Dias, Paulo	O Jorge	M40	47	54:47.87	04:34	0:17:30
263	471	Gomes, Cesar	Amigos dos trails	M45	53	54:51.39	04:34	0:17:33
264	704	Fernandes, Rui	ESCOLA ATLETISMO ROSA OLIVEIRA	SENM	55	54:55.23	04:35	0:17:37
265	56	Lemos, Vítor	VITÓRIA SPORT CLUBE	M45	54	54:55.40	04:35	0:17:37
266	184	Costa, Antenor	MOUTADOS TEAM	M50	41	54:56.92	04:35	0:17:39
267	579	Antunes, Bruno	CDRC AMARENSE	SENM	56	54:57.82	04:35	0:17:40
268	253	Sousa, José	Corre sem parar	SENM	57	55:02.07	04:35	0:17:44
269	823	Valente, Adelino		M40	48	55:04.26	04:35	0:17:46
270	29	Carvalho, António	ATLETISMO ESTRELAS SUSANENSES	M50	42	55:07.52	04:36	0:17:50
271	726	Ferreira, Angelo	GRUPO DESPORTIVO AIRÃO CURVIÃ	M40	49	55:08.69	04:36	0:17:51
272	20	Ribeiro, Carlos	ADECA	SENM	58	55:10.70	04:36	0:17:53
273	335	Santos, Vitor	Individual	M45	55	55:12.16	04:36	0:17:54
274	515	Silva, José	Amigos.P.C.D de Guimarães	M50	43	55:13.24	04:36	0:17:55
275	733	Mendes, Ricardo	Adosa - Os Santa Apolónia	M35	37	55:15.15	04:36	0:17:57
276	319	Lobo, César	A. D. Carril #oquequeremosémonte	M40	50	55:19.77	04:37	0:18:02
277	96	Silva, Manuel	TEMOS PENA	M45	56	55:20.41	04:37	0:18:02
278	795	Azevedo, Jose	CASA FUTEBOL CLUBE FAMILICÃO GENEVE	M50	44	55:21.07	04:37	0:18:03
279	265	Martins, José	CASA FUTEBOL CLUBE FAMILICÃO GENEVE	M50	45	55:25.98	04:37	0:18:08
280	25	Barroso, José	Individual	M35	38	55:28.06	04:37	0:18:10
281	881	Machado, Berto	ATC	M50	46	55:32.34	04:38	0:18:14
282	349	Wenceslau, Ricardo	Pérola Ribatejo	M35	39	55:34.54	04:38	0:18:17
283	967	Campelo, Cândido		M35	40	55:34.55	04:38	0:18:17
284	482	Cardoso, Rui	Individual	SENM	59	55:35.23	04:38	0:18:17
285	292	Mendes, Manuel	CENTRAL RUNNERS	M50	47	55:38.36	04:38	0:18:20
286	291	Alberto, Carlos	CENTRAL RUNNERS	M55	28	55:38.42	04:38	0:18:20
287	35	Magalhaes, Ricardo	Havaianas	SENM	60	55:39.17	04:38	0:18:21
288	774	Lobo, Hermes	JOANE CORRE CORRE	M45	57	55:48.66	04:39	0:18:31
289	489	Freitas, Nuno	POTES DE OURO	M40	51	55:49.66	04:39	0:18:32
290	95	Araújo, João	TEMOS PENA	M55	29	55:52.40	04:39	0:18:34
291	131	Carvalho, Sérgio	TEMOS PENA	M40	52	55:52.90	04:39	0:18:35
292	23	Azevedo, Vitor	PROTEU	M45	58	55:57.76	04:40	0:18:40
293	544	Nunes, Fernando	Amigos da corrida	M45	59	55:59.68	04:40	0:18:42
294	621	Fonseca, André	ROCK FITNESS	M35	41	55:59.98	04:40	0:18:42
295	721	Couto, Vitor		SENM	61	56:00.84	04:40	0:18:43
296	307	Vidrago, José	Movimento de Juventude de Merelim	M45	60	56:01.87	04:40	0:18:44
297	93	Silva, João	TEMOS PENA	M55	30	56:12.53	04:41	0:18:55

298	761	Ferreira, Adolfo		M50	48	56:13.01	04:41	0:18:55
299	605	Costa, Eduardo	Individual	SENM	62	56:14.52	04:41	0:18:57
300	240	Ribeiro, Diogo	CR CANDOSO	M35	42	56:14.56	04:41	0:18:57
301	600	Silva, Duarte	Mov3	SENM	63	56:14.73	04:41	0:18:57
302	943	Pereira, Marco	Individual	M45	61	56:16.06	04:41	0:18:58
303	207	Silva, Joel	CR CANDOSO	M35	43	56:19.32	04:42	0:19:01
304	208	Machado, Rui	CR CANDOSO	M35	44	56:21.88	04:42	0:19:04
305	864	Soares, José	SR CEPANENSE	M55	31	56:22.94	04:42	0:19:05
306	238	Rodrigues, João	TEAM EIRAL	SENM	64	56:23.55	04:42	0:19:06
307	383	Oliveira, Antonio	ARPO - ASSOCIAÇÃO RECREATIVA POUADENSE.	M45	62	56:23.87	04:42	0:19:06
308	549	Martins, Alexandre	Individual	M40	53	56:27.05	04:42	0:19:09
309	365	Fernandes, José	Individual	M40	54	56:28.01	04:42	0:19:10
310	300	Silva, Jorge	ADEPE	M40	55	56:31.06	04:43	0:19:13
311	252	Machado, João	Squadra Di Potenza	M35	45	56:35.94	04:43	0:19:18
312	944	Pinheiro, José	Individual	M50	49	56:36.88	04:43	0:19:19
313	734	Ribeiro, Alexandre	Adosa - Os Santa Apolónia	M35	46	56:41.21	04:43	0:19:23
314	565	Gomes, Paulo	Individual	SENM	65	56:42.08	04:44	0:19:24
315	670	Borges, José		M50	50	56:46.16	04:44	0:19:28
316	922	Sousa, Domingos	Individual	JUNM	7	56:52.86	04:44	0:19:35
317	669	Santos, Sérgio	Papamedalhas	M40	56	56:54.66	04:45	0:19:37
318	539	Oliveira, Aires	AMVE	M50	51	56:56.54	04:45	0:19:39
319	266	Salgado, Marco	Airão Trail Team	M35	47	56:58.27	04:45	0:19:40
320	870	Gomes, Luís	SR CEPANENSE	M55	32	57:07.38	04:46	0:19:49
321	633	Rodrigues, Miguel	Amigos Ponto Final	M40	57	57:07.71	04:46	0:19:50
322	81	Ribeiro, Paulo	Dragon Club	M45	63	57:07.98	04:46	0:19:50
323	38	Mendes, Manuel	CR CANDOSO	M55	33	57:10.61	04:46	0:19:53
324	896	Dias, Fernando	FISIOJOANE / LEVANTA CEDO	M45	64	57:13.62	04:46	0:19:56
325	227	Oliveira, Sérgio	MOUTADOS TEAM	M40	58	57:14.69	04:46	0:19:57
326	320	Bezerra, Rui	Individual	M35	48	57:14.94	04:46	0:19:57
327	689	Silva, Adão	Amigos.P.C.D de Guimarães	M45	65	57:19.08	04:47	0:20:01
328	445	Silva, Rosendo	Individual	SENM	66	57:22.25	04:47	0:20:04
329	514	Sousa, José	Amigos.P.C.D de Guimarães	M55	34	57:23.85	04:47	0:20:06
330	401	Ferreira, Renato	Nucleo do Sporting de V.N. de Famalicão	M40	59	57:23.87	04:47	0:20:06
331	961	Machado, Eduardo	Individual	M45	66	57:24.00	04:47	0:20:06
332	188	Ribeiro, Filipe	A.C. VERMOIM	M45	67	57:24.91	04:47	0:20:07
333	673	Carneiro, Carlos		M45	68	57:26.73	04:47	0:20:09
334	294	Machado, Candido	CENTRAL RUNNERS	M45	69	57:28.60	04:47	0:20:11
335	765	Martins, Pedro	ADEPE	M45	70	57:28.85	04:47	0:20:11
336	883	Moreira, José	ATC	M55	35	57:29.71	04:47	0:20:12
337	387	Magalhães, José	AMVE - Associação Moinho de Vermoim	M55	36	57:29.89	04:47	0:20:12
338	647	Ferreira, Carlos	Individual	M50	52	57:30.40	04:48	0:20:12
339	816	Cunha, Sérgio		M45	71	57:30.42	04:48	0:20:12
340	585	Costa, Vitor	Individual	SENM	67	57:30.88	04:48	0:20:13
341	584	Ribeiro, Severino	Famalicão em Forma	M55	37	57:34.47	04:48	0:20:16
342	762	Cunha, Marcelino	AD CARRIL	M45	72	57:36.14	04:48	0:20:18
343	782	Abreu, Rogério	JOANE CORRE CORRE	M45	73	57:40.66	04:48	0:20:23
344	302	Martins, Vitor	Individual	M45	74	57:42.70	04:49	0:20:25
345	768	Saldanha, Paulo	JOANE CORRE CORRE	M50	53	57:43.58	04:49	0:20:26
346	747	Fernandes, Celso	PAPAMILHAS	M40	60	57:43.89	04:49	0:20:26
347	931	Ribeiro, Joaquim	Individual	M55	38	57:47.15	04:49	0:20:29
348	561	Salgado, Jorge	CR CANDOSO	M45	75	57:47.44	04:49	0:20:29
349	98	Gomes, Francisco	TEMOS PENA	M50	54	57:47.51	04:49	0:20:30
350	555	Ribeiro, José	CR CANDOSO	SENM	68	57:47.73	04:49	0:20:30
351	591	Gomes, Jose	Individual	M50	55	57:49.79	04:49	0:20:32
352	261	Martins, Marco	Individual	SENM	69	57:51.74	04:49	0:20:34
353	500	Duarte, Francisco	Ncteam Btt	M40	61	57:52.13	04:49	0:20:34
354	580	Oliveira, Armando	MAGIC FRIENDS RUNNERS	M45	76	57:53.08	04:49	0:20:35
355	133	Fernandes, Armindo	Individual	M50	56	57:54.80	04:50	0:20:37
356	660	Oliveira, André	FORDFAMALICAO	M50	57	57:57.17	04:50	0:20:39
357	222	Machado, Jorge	Alegria Team	M50	58	57:58.66	04:50	0:20:41
358	310	Silva, António	Lousada Runners	M55	39	58:01.14	04:50	0:20:43
359	192	Costa, Manuel	A.C. MILAN	M55	40	58:06.15	04:51	0:20:48
360	495	Sousa, Joaquim	Ginasio Clube de Santo Tirso	M45	77	58:07.76	04:51	0:20:50
361	957	Azevedo, Luis	Individual	SENM	70	58:12.01	04:51	0:20:54
362	27	Azevedo, Nuno	Liberdade FC	JUNM	8	58:12.75	04:51	0:20:55
363	901	Pereira, Pedro	Individual	M40	62	58:14.15	04:51	0:20:56
364	884	Machado, António	ATC	M50	59	58:17.74	04:51	0:21:00
365	480	Pinto, Adriano	aBeKuLaS	M55	41	58:18.19	04:52	0:21:00
366	385	Sousa, Jose	CLUBE DE ATLETISMO DE BRITO	M55	42	58:20.01	04:52	0:21:02
367	52	Mendes, Luis	VITÓRIA SPORT CLUBE	M35	49	58:20.11	04:52	0:21:02
368	875	Pereira, António	SR CEPANENSE	M45	78	58:21.04	04:52	0:21:03
369	318	Fernandes, Pedro	Individual	M35	50	58:27.75	04:52	0:21:10
370	187	Miranda, Francisco	A.C. VERMOIM	M45	79	58:27.76	04:52	0:21:10
371	455	Barros, Arlindo	Individual	M35	51	58:28.54	04:52	0:21:11
372	490	Nogueira, Firmino	Individual	M50	60	58:33.16	04:53	0:21:15
373	831	Silva, Leonel		M45	80	58:37.02	04:53	0:21:19

374	525	Barbosa, Helder	Trilhos d'aventura	M40	63	58:39.11	04:53	0:21:21
375	130	Faria, Helder	CR CANDOSO	M35	52	58:40.41	04:53	0:21:22
376	802	Lemos, José	RUN4FUN	M40	64	58:40.73	04:53	0:21:23
377	791	Cunha, Fernando	AD CARRIL	SENM	71	58:46.39	04:54	0:21:28
378	430	Costa, Jose	O que queremos e monte	SENM	72	58:46.56	04:54	0:21:29
379	129	Cruz, Manuel	Grupo Desportivo Banco de Portugal	M55	43	58:50.85	04:54	0:21:33
380	968	Bernadino, Fernando		SENM	73	58:58.16	04:55	0:21:40
381	374	Machado, Joaquim	TEMOS PENA	M50	61	58:59.89	04:55	0:21:42
382	814	Cunha, Francisco	BOINAS NEGRAS	M40	65	59:02.41	04:55	0:21:44
383	418	Cunha, Manuel	BRAGUINHAS RUNNERS	M55	44	59:03.85	04:55	0:21:46
384	836	Mendes, Paulo	NA TAIPAS	M40	66	59:04.40	04:55	0:21:46
385	848	Rodrigues, Paulo	NA TAIPAS	M45	81	59:04.79	04:55	0:21:47
386	242	Batista, Nuno	amigos dos copos	SENM	74	59:07.41	04:56	0:21:49
387	666	Silva, Álvaro	Barbatana Trail Team	M50	62	59:11.04	04:56	0:21:53
388	730	Ferreira, José	Adosa - Os Santa Apolónia	M45	82	59:11.45	04:56	0:21:53
389	73	Saldanha, Cristiano	Individual	M35	53	59:17.99	04:56	0:22:00
390	688	Guimarães, Filipe	VITÓRIA SPORT CLUBE	M40	67	59:19.78	04:57	0:22:02
391	75	Faria, Geraldo	Individual	SENM	75	59:21.43	04:57	0:22:03
392	934	Miranda, Paulo	Individual	M45	83	59:23.65	04:57	0:22:06
393	80	Santos, Rui	Operário Futebol Clube	M45	84	59:24.80	04:57	0:22:07
394	53	Novais, Manuel	VITÓRIA SPORT CLUBE	M55	45	59:28.93	04:57	0:22:11
395	43	Gonçalves, Carlos	VITÓRIA SPORT CLUBE	M50	63	59:29.31	04:57	0:22:11
396	54	Mendes, Miguel	VITÓRIA SPORT CLUBE	M40	68	59:33.22	04:58	0:22:15
397	499	Silva, João	Ginasio Clube de Santo Tirso	M55	46	59:33.97	04:58	0:22:16
398	286	Santos, Joel	CAL - CLUBE ATLETISMO DE LAMAS	M40	69	59:35.56	04:58	0:22:18
399	785	Gonçalves, José	ESCOLA ATLETISMO ROSA OLIVEIRA	M50	64	59:36.76	04:58	0:22:19
400	496	Marques, Alvaro	Ginasio Clube de Santo Tirso	M55	47	59:37.86	04:58	0:22:20
401	46	Freitas, Joao	VITÓRIA SPORT CLUBE	M50	65	59:40.22	04:58	0:22:22
402	70	Ferreira, Manuel	NUCLEO DE VN DE FAMILIÇÃO DO SPORTING CLUB DE	M45	85	59:40.27	04:58	0:22:22
403	699	Silva, José	Fama runners	M45	86	59:41.31	04:58	0:22:23
404	109	Granja, Manuel	Gavioes	M50	66	59:45.34	04:59	0:22:27
405	112	Ferreira, Ricardo	Gavioes	M40	70	59:45.63	04:59	0:22:28
406	103	Lima, Augusto	Gavioes	M45	87	59:46.54	04:59	0:22:29
407	44	Oliveira, Filipe	VITÓRIA SPORT CLUBE	M45	88	59:47.30	04:59	0:22:29
408	55	Abreu, Paulo	VITÓRIA SPORT CLUBE	M45	89	59:47.66	04:59	0:22:30
409	228	Nogueira, Paulo	ARPO - ASSOCIAÇÃO RECREATIVA POUADENSE.	M40	71	59:49.36	04:59	0:22:31
410	569	Cruz, João	Individual	M40	72	59:50.34	04:59	0:22:32
411	134	Fernandes, Diogo	Individual	SENM	76	59:55.17	05:00	0:22:37
412	369	Fernandes, Adelino	Individual	M50	67	59:55.23	05:00	0:22:37
413	414	Pinto, Paulo	Famatugas	M45	90	59:58.92	05:00	0:22:41
414	764	Cunha, Joaquim	AD CARRIL	M50	68	1:00:01.39	05:00	0:22:43
415	197	Pinheiro, Paulo	Os avenses	M45	91	1:00:03.09	05:00	0:22:45
416	355	Ferreira, Helder	Kilosmoda	M40	73	1:00:03.32	05:00	0:22:45
417	675	Oliveira, Júlio	btt calendario	M55	48	1:00:03.88	05:00	0:22:46
418	359	Gonçalves, Sérgio	Kilosmoda	M35	54	1:00:05.17	05:00	0:22:47
419	50	Freitas, Jose	VITÓRIA SPORT CLUBE	M50	69	1:00:05.56	05:00	0:22:48
420	653	Faria, Fernando	Individual	M35	55	1:00:07.90	05:01	0:22:50
421	923	Silva, Armindo	Individual	M55	49	1:00:12.82	05:01	0:22:55
422	790	Pereira, Francisco		M50	70	1:00:13.37	05:01	0:22:55
423	760	Machado, Fernando		M40	74	1:00:14.43	05:01	0:22:56
424	361	Gomes, Manuel	Individual	M55	50	1:00:19.45	05:02	0:23:01
425	485	Cunha, Bruno	AMVE - Associação Moinho de Vermoim	M35	56	1:00:19.78	05:02	0:23:02
426	74	Sousa, Pedro	Individual	M35	57	1:00:24.21	05:02	0:23:06
427	22	Martins, João	ADECA	SENM	77	1:00:24.66	05:02	0:23:07
428	189	Ferreira, António	A.C. VERMOIM	M55	51	1:00:24.99	05:02	0:23:07
429	663	Machado, Luis		M35	58	1:00:25.47	05:02	0:23:07
430	908	Freitas, Pedro	Individual	M40	75	1:00:34.55	05:03	0:23:17
431	783	Dinis, André		SENM	78	1:00:40.45	05:03	0:23:22
432	713	Simões, Alexandre	ESCOLA ATLETISMO ROSA OLIVEIRA	M40	76	1:00:46.57	05:04	0:23:29
433	784	Marinho, Miguel	ESCOLA ATLETISMO ROSA OLIVEIRA	M55	52	1:00:46.63	05:04	0:23:29
434	545	Felix, Simão	Amigos da corrida	M45	92	1:00:51.85	05:04	0:23:34
435	825	Machado, Rui		SENM	79	1:00:52.23	05:04	0:23:34
436	686	Pereira, Sérgio	POTES DE OURO	M35	59	1:00:54.18	05:05	0:23:36
437	971	Rocha, Sérgio		M40	77	1:01:00.37	05:05	0:23:42
438	794	Fernandes, Carlos		M45	93	1:01:00.38	05:05	0:23:42
439	217	Pereira, Mário	Águias da Misericórdia	M55	53	1:01:03.19	05:05	0:23:45
440	592	Armindo, Lopes	ARC Vale de S. Cosme	M50	71	1:01:04.05	05:05	0:23:46
441	172	Carvalho, Joao	Figueiredos Runners & Friends	M35	60	1:01:13.71	05:06	0:23:56
442	487	Ferreira, Jorge	POTES DE OURO	M45	94	1:01:14.97	05:06	0:23:57
443	295	Sousa, Cristiano	CENTRAL RUNNERS	SENM	80	1:01:19.50	05:07	0:24:02
444	293	Alves, Manuel	CENTRAL RUNNERS	M50	72	1:01:22.40	05:07	0:24:04
445	692	Loureiro, Pedro	Vimarunners	SENM	81	1:01:26.61	05:07	0:24:09
446	303	Telmo, Rui	Bota&sigla	M35	61	1:01:29.32	05:07	0:24:11
447	803	Meira, José		M55	54	1:01:32.56	05:08	0:24:15
448	755	Ribeiro, José		M35	62	1:01:32.82	05:08	0:24:15
449	83	Pinto, Luís	Individual	M45	95	1:01:33.09	05:08	0:24:15

450	690	Correia, Humberto	Amigos.P.C.D de Guimarães	M50	73	1:02:01.45	05:10	0:24:43
451	855	Mendes, Sérgio	SR CEPANENSE	M40	78	1:02:14.22	05:11	0:24:56
452	826	Torres, Benjamim		M40	79	1:02:15.13	05:11	0:24:57
453	631	Costa, Jorge	Amigos Ponto Final	M55	55	1:02:18.01	05:12	0:25:00
454	474	Martins, Rui	Barbatana Trail Team	M45	96	1:02:20.31	05:12	0:25:02
455	612	Moreira, Jose	Barbatana Trail Team	M45	97	1:02:21.71	05:12	0:25:04
456	449	Araujo, Jordan	Individual	SENM	82	1:02:23.11	05:12	0:25:05
457	288	Cardoso, Carlos	CENTRAL RUNNERS	M45	98	1:02:23.58	05:12	0:25:06
458	497	Leite, Jose	Ginasio Clube de Santo Tirso	M55	56	1:02:23.80	05:12	0:25:06
459	341	Silva, Hugo	Nucleo do Sporting de V.N. de Famalicao	M40	80	1:02:25.62	05:12	0:25:08
460	863	Gonçalves, Pedro	SR CEPANENSE	M35	63	1:02:26.65	05:12	0:25:09
461	268	Santos, Pedro	CAL - CLUBE ATLETISMO DE LAMAS	M45	99	1:02:31.57	05:13	0:25:14
462	31	Carvalho, Dinis	ATLETISMO ESTRELAS SUSANENSES	JUNM	9	1:02:32.78	05:13	0:25:15
463	42	Mata, Antonio	VITÓRIA SPORT CLUBE	M50	74	1:02:35.11	05:13	0:25:17
464	829	Ribeiro, Helder	OPTICALIA JOANE	SENM	83	1:02:48.06	05:14	0:25:30
465	508	Ferreira, Miguel	Individual	SENM	84	1:02:52.04	05:14	0:25:34
466	618	Martins, Daniel	ROCK FITNESS	SENM	85	1:02:57.73	05:15	0:25:40
467	462	Leites, Rui	C. D. Póvoa	M40	81	1:03:01.67	05:15	0:25:44
468	411	Ribeiro, Paulo	Dragon Club	M45	100	1:03:03.25	05:15	0:25:45
469	104	Mendes, Augusto	Gavioes	M50	75	1:03:04.06	05:15	0:25:46
470	78	Seara, Renato	Toldos Seara	SENM	86	1:03:07.95	05:16	0:25:50
471	719	Fernandes, Hélder		M35	64	1:03:09.11	05:16	0:25:51
472	454	Lopes, João	Individual	M55	57	1:03:12.45	05:16	0:25:54
473	972	Ferreira, Renato		M40	82	1:03:21.27	05:17	0:26:03
474	517	Vieira, Mario	Estrelas Caminhantes	M40	83	1:03:28.98	05:17	0:26:11
475	728	Machado, Ricardo		M45	101	1:03:29.52	05:17	0:26:12
476	476	Oliveira, Hugo	Oliveira & Companhia	M40	84	1:03:34.04	05:18	0:26:16
477	759	Costa, Rui		M40	85	1:03:34.84	05:18	0:26:17
478	770	Vasconcelos, Henrique	JOANE CORRE CORRE	M45	102	1:03:39.00	05:18	0:26:21
479	76	Oliveira, André	Individual	SENM	87	1:03:39.83	05:18	0:26:22
480	973	Peixoto, Tiago		JUNM	10	1:03:40.13	05:18	0:26:22
481	72	Carvalho, Bruno	AMVE	SENM	88	1:03:40.78	05:18	0:26:23
482	468	Salgado, Francisco	Xavimoto	SENM	89	1:03:41.63	05:18	0:26:24
483	817	Alves, Manuel		M40	86	1:03:42.05	05:19	0:26:24
484	941	Coelho, Bruno	Individual	SENM	90	1:03:43.06	05:19	0:26:25
485	547	Rego, Mário	Individual	M35	65	1:03:44.27	05:19	0:26:26
486	586	Rodrigues, Miguel	Individual	SENM	91	1:03:45.39	05:19	0:26:27
487	139	Couto, Manuel	Individual	M50	76	1:03:48.06	05:19	0:26:30
488	753	Silva, Mário		M55	58	1:03:58.12	05:20	0:26:40
489	428	Oliveira, Nelson	Individual	SENM	92	1:04:03.46	05:20	0:26:45
490	562	Carvalho, Manuel	Individual	M50	77	1:04:05.86	05:20	0:26:48
491	949	Correia, Jorge	Individual	M35	66	1:04:06.57	05:21	0:26:49
492	541	Torres, Pedro	AMVE	SENM	93	1:04:17.33	05:21	0:26:59
493	799	Araujo, Renato	RUN4FUN	M40	87	1:04:20.29	05:22	0:27:02
494	147	Pereira, Avelino	Bota&Siga	M50	78	1:04:31.61	05:23	0:27:14
495	895	Ribeiro, Carlos	FISIOJOANE / LEVANTA CEDO	M45	103	1:04:32.09	05:23	0:27:14
496	754	Costa, Rui		M45	104	1:04:35.13	05:23	0:27:17
497	587	Figueiredo, Marco	Individual	SENM	94	1:04:52.75	05:24	0:27:35
498	450	Sousa, Augusto	Individual	M45	105	1:04:53.78	05:24	0:27:36
499	258	Freitas, José	OS MADRUGADORES DO PARQUE DAS TAIPAS	M50	79	1:04:56.70	05:25	0:27:39
500	260	Macedo, Gostinho	OS MADRUGADORES DO PARQUE DAS TAIPAS	M50	80	1:04:57.34	05:25	0:27:39
501	903	Gomes, Manuel	Individual	M35	67	1:04:58.87	05:25	0:27:41
502	59	Gomes, João	Individual	M55	59	1:05:19.93	05:27	0:28:02
503	347	Oliveira, Pedro	Individual	SENM	95	1:05:20.73	05:27	0:28:03
504	263	Pereira, Helder	MAGIC FRIENDS RUNNERS	SENM	96	1:05:22.64	05:27	0:28:05
505	491	Vale, José	Individual	M45	106	1:05:25.31	05:27	0:28:07
506	617	Barroso, Miguel	ROCK FITNESS	M40	88	1:05:35.66	05:28	0:28:18
507	962	Costa, Jorge	Individual	M35	68	1:05:39.21	05:28	0:28:21
508	797	Mendes, Albino	CASA NOVA	M50	81	1:05:40.43	05:28	0:28:22
509	538	Oliveira, Ricardo	AMVE	SENM	97	1:05:42.50	05:29	0:28:25
510	636	Moreira, Vitor	Individual	SENM	98	1:05:48.96	05:29	0:28:31
511	723	Ferreira, Amilcar	GRUPO DESPORTIVO AIRÃO CURVIÃ	M50	82	1:05:51.17	05:29	0:28:33
512	196	Ribeiro, Sergio	Individual	M40	89	1:06:12.84	05:31	0:28:55
513	693	Mendes, João	Vimarunners	M45	107	1:06:16.36	05:31	0:28:58
514	662	Silva, Bruno	CAL - CLUBE ATLETISMO DE LAMAS	M40	90	1:06:20.77	05:32	0:29:03
515	315	Pereira, Alexandre	Individual	SENM	99	1:06:21.00	05:32	0:29:03
516	314	Oliveira, Rui	Individual	SENM	100	1:06:21.68	05:32	0:29:04
517	257	Ribeiro, Carlos	OS MADRUGADORES DO PARQUE DAS TAIPAS	M55	60	1:06:23.89	05:32	0:29:06
518	478	Silva, Sérgio	Individual	SENM	101	1:06:31.32	05:33	0:29:13
519	384	Vieira, Antonio	ARPO - ASSOCIAÇÃO RECREATIVA POUADENSE.	M45	108	1:06:35.97	05:33	0:29:18
520	427	Guimaraes, Carlos	CLUBE DE ATLETISMO DE BRITO	M50	83	1:06:37.46	05:33	0:29:19
521	910	Martins, Pedro	BRANCO E TRATADO	M55	61	1:06:41.55	05:33	0:29:24
522	567	Cristino, Jorge	#altacilindrada	M40	91	1:06:42.65	05:34	0:29:25
523	566	Cristino, Luis	#altacilindrada	M40	92	1:06:42.66	05:34	0:29:25
524	556	Gonçalves, Jaime	CR CANDOSO	M50	84	1:06:44.05	05:34	0:29:26
525	955	Granja, Francisco	Individual	M55	62	1:06:47.37	05:34	0:29:29

526	193	Costa, Jorge	Individual	M45	109	1:06:48.95	05:34	0:29:31
527	915	Paiva, Francisco	C. D. S. Salvador do Campo	M55	63	1:06:54.68	05:35	0:29:37
528	158	Fontes, Daniel	Família Fontes	M55	64	1:06:57.89	05:35	0:29:40
529	744	Almeida, Manuel	Adosa - Os Santa Apolónia	M50	85	1:06:59.71	05:35	0:29:42
530	226	Costa, Rui	Colégio do Ave	M40	93	1:07:04.21	05:35	0:29:46
531	353	Leite, António	Individual	M50	86	1:07:10.84	05:36	0:29:53
532	230	Azevedo, Fernando	ARPO - ASSOCIAÇÃO RECREATIVA POUSADENSE.	SENM	102	1:07:12.58	05:36	0:29:55
533	888	Santos, Miguel	ATC	M45	110	1:07:14.56	05:36	0:29:57
534	246	Dinis, Pedro	Corre Comigo Riba de Ave	M40	94	1:07:15.50	05:36	0:29:58
535	301	Ferreira, Albino	Individual	M55	65	1:07:24.86	05:37	0:30:07
536	947	Bezzerra, Miguel	Individual	SENM	103	1:07:25.77	05:37	0:30:08
537	939	Silva, Sérgio	Individual	SENM	104	1:07:32.30	05:38	0:30:14
538	481	Cunha, Helder	Individual	M35	69	1:07:32.64	05:38	0:30:15
539	159	Fontes, Jorge	Família Fontes	M40	95	1:07:42.63	05:39	0:30:25
540	372	Pereira, Manuel	Kedas Bike	M45	111	1:07:46.94	05:39	0:30:29
541	818	Castro, Miguel	ESCOLA ATLETISMO ROSA OLIVEIRA	M45	112	1:07:55.51	05:40	0:30:38
542	531	Nogueira, Rui	Individual	SENM	105	1:07:57.93	05:40	0:30:40
543	113	Lima, Rui	Gavioes	M50	87	1:08:12.46	05:41	0:30:54
544	646	Leal, Emanuel	Corre Pra Frente	M35	70	1:08:12.91	05:41	0:30:55
545	140	Marques, Pedro	Individual	M40	96	1:08:19.05	05:42	0:31:01
546	375	Mesquita, Ivo	OS MAIORES	M35	71	1:08:30.57	05:43	0:31:13
547	887	Pereira, João	ATC	SENM	106	1:08:33.63	05:43	0:31:16
548	811	Osório, José	ESCOLA ATLETISMO ROSA OLIVEIRA	M35	72	1:08:47.19	05:44	0:31:29
549	942	Rocha, Cândido	AD Carril	M55	66	1:08:48.95	05:44	0:31:31
550	533	Monteiro, Rui	Individual	M35	73	1:08:49.16	05:44	0:31:31
551	679	Ferreira, José	POTES DE OURO	M45	113	1:08:52.53	05:44	0:31:35
552	389	Oliveira, Marco	AMVE - Associação Moinho de Vermoim	SENM	107	1:08:52.62	05:44	0:31:35
553	97	Rodrigues, Joao	TEMOS PENA	SENM	108	1:08:54.31	05:45	0:31:36
554	163	Jesus, Paulo	TEMOS PENA	M40	97	1:08:55.75	05:45	0:31:38
555	178	Rodrigues, Fernando	Alegria Team	M45	114	1:09:05.62	05:45	0:31:48
556	930	Machado, Joaquim	Individual	M55	67	1:09:07.39	05:46	0:31:49
557	264	Pereira, Carlos	Individual	M40	98	1:09:10.93	05:46	0:31:53
558	936	Moura, Telmo	Individual	SENM	109	1:09:18.05	05:47	0:32:00
559	446	Rodrigues, Paulo	ARPO - ASSOCIAÇÃO RECREATIVA POUSADENSE.	M40	99	1:09:25.12	05:47	0:32:07
560	378	Couto, Armando	ARPO - ASSOCIAÇÃO RECREATIVA POUSADENSE.	M55	68	1:09:25.96	05:47	0:32:08
561	241	Simões, Carlos	Individual	M55	69	1:09:26.29	05:47	0:32:08
562	379	Fernandes, Sergio	ARPO - ASSOCIAÇÃO RECREATIVA POUSADENSE.	M40	100	1:09:26.72	05:47	0:32:09
563	406	Santana, José	ARPO - ASSOCIAÇÃO RECREATIVA POUSADENSE.	M50	88	1:09:27.45	05:47	0:32:09
564	756	Pinto, Augusto		M50	89	1:09:35.79	05:48	0:32:18
565	820	Amaro, Francisco	ESCOLA ATLETISMO ROSA OLIVEIRA	M55	70	1:09:44.55	05:49	0:32:27
566	509	Vieira, José	Os Rotos Btt	M50	90	1:10:00.42	05:50	0:32:42
567	392	Ribeiro, Miguel	Individual	SENM	110	1:10:01.62	05:50	0:32:44
568	835	Silva, António	NA TAIPAS	M45	115	1:10:34.07	05:53	0:33:16
569	843	Leite, Joaquim	NA TAIPAS	M55	71	1:10:34.20	05:53	0:33:16
570	898	Marques, Francisco	NA TAIPAS	M55	72	1:10:34.37	05:53	0:33:16
571	851	Mota, António	NA TAIPAS	M45	116	1:10:34.57	05:53	0:33:17
572	841	Sousa, João	NA TAIPAS	M50	91	1:10:34.70	05:53	0:33:17
573	846	Fontão, João	NA TAIPAS	M50	92	1:10:35.01	05:53	0:33:17
574	840	Silva, Manuel	NA TAIPAS	M45	117	1:10:35.02	05:53	0:33:17
575	850	Martinho, Nuno	NA TAIPAS	M45	119	1:10:35.05	05:53	0:33:17
576	845	Dias, Augusto	NA TAIPAS	M45	118	1:10:35.05	05:53	0:33:17
577	847	Rodrigues, António	NA TAIPAS	M55	73	1:10:35.14	05:53	0:33:17
578	837	Mota, Manuel	NA TAIPAS	M50	93	1:10:35.65	05:53	0:33:18
579	849	Silva, João	NA TAIPAS	M55	74	1:10:35.70	05:53	0:33:18
580	842	Gonçalves, Adão	NA TAIPAS	M45	120	1:10:36.28	05:53	0:33:18
581	830	Veloso, Domingos	OPTICALIA JOANE	SENM	111	1:10:43.60	05:54	0:33:26
582	564	Carvalho, Joaquim	Individual	M45	121	1:10:49.69	05:54	0:33:32
583	807	Ferreira, Antonio		M50	94	1:10:54.38	05:55	0:33:36
584	466	Lemos, Francisco	Xavimoto	M35	74	1:11:01.69	05:55	0:33:44
585	924	Mesquita, Nuno	Individual	M40	101	1:11:09.39	05:56	0:33:51
586	925	Peixoto, José	Individual	M40	102	1:11:09.94	05:56	0:33:52
587	512	Rodrigues, Luis	Amigos da Praça	SENM	112	1:11:11.78	05:56	0:33:54
588	510	Gomes, Bruno	Amigos da Praça	M35	75	1:11:11.83	05:56	0:33:54
589	511	Neto, Pedro	Amigos da Praça	M35	76	1:11:12.52	05:56	0:33:55
590	890	Meira, Ricardo	ATC	M45	122	1:11:26.37	05:57	0:34:08
591	891	Cruz, Dário	ATC	M45	123	1:11:28.49	05:57	0:34:10
592	348	Lopes, Henrique	SISCOG - SISTEMAS COGNITIVOS	SENM	113	1:11:44.66	05:59	0:34:27
593	324	Oliveira, Pedro	Nucleo do Sporting de V.N. de Famalicao	M40	103	1:11:46.62	05:59	0:34:29
594	367	Marques, João	Individual	SENM	114	1:12:21.57	06:02	0:35:04
595	809	Rodrigues, David	RONFE A CORRER	M50	95	1:12:52.28	06:04	0:35:34
596	779	Melo, Luis	JOANE CORRE CORRE	SENM	115	1:13:09.40	06:06	0:35:51
597	889	Miranda, Diogo	ATC	SENM	116	1:13:16.37	06:06	0:35:58
598	886	Ribeiro, Pedro	ATC	SENM	117	1:13:16.91	06:06	0:35:59
599	336	Carvalho, André	RC Travel	SENM	118	1:14:35.22	06:13	0:37:17
600	590	Ferreira, Paulo	Individual	M35	77	1:14:52.45	06:14	0:37:34
601	419	Carneiro, J	Individual	M55	75	1:15:51.35	06:19	0:38:33

602	913	Machado, Narciso	PROFISIOEUPAGO	M50	96	1:16:22.62	06:22	0:39:05
603	920	Martins, Nuno	Individual	SENM	119	1:16:37.30	06:23	0:39:19
604	935	Coelho, José	Individual	M35	78	1:16:38.85	06:23	0:39:21
605	937	Castro, Rui	Individual	M40	104	1:16:38.91	06:23	0:39:21
606	940	Fernandes, Victor	Individual	M40	105	1:16:39.43	06:23	0:39:21
607	938	Bernardes, Agostinho	Individual	M35	79	1:16:40.84	06:23	0:39:23
608	911	Silva, António	BRANCO E TRATADO	M55	76	1:18:58.28	06:35	0:41:40
609	138	Machado, Ricardo	Ad Carril	M35	80	1:19:18.11	06:37	0:42:00
610	964	Dias, Manuel	Individual	M45	124	1:20:37.01	06:43	0:43:19
611	390	Marinho, Jose	AMVE - Associação Moinho de Vermoim	M40	106	1:21:18.43	06:47	0:44:00
612	516	Baltarejo, Artur	Estrelas Caminhantes	M45	125	1:28:21.01	07:22	0:51:03