

## XXV FAMALICAO-JOANE2025

### Categorias masculinas

### Corrida Principal

|                          |                                            |
|--------------------------|--------------------------------------------|
| <b>Localidade</b> Joane  | Associação Teatro Construção               |
| <b>Data</b> 11/05/2025   | Câmara Municipal de Vila Nova de Famalicão |
| <b>Hora</b> 10:30 AM     | Junta de Freguesia da Vila de Joane        |
| <b>Distância</b> 11,1 Km | Associação de Atletismo de Braga           |

### JUNM

### JUNIORES M

| Pos. | Dor. | Nome              | Clube   | T.Oficial | Difer.  |
|------|------|-------------------|---------|-----------|---------|
| 1    | 205  | Gonçalo Rodrigues | EAROS   | 0:38:10   |         |
| 2    | 203  | Dinis Neves       | EAROS   | 0:42:19   | 0:04:09 |
| 3    | 426  | Rodrigo Rouxinol  | LFC-F   | 0:42:41   | 0:04:31 |
| 4    | 425  | Frederico Vilhena | LFC-F   | 0:48:30   | 0:10:20 |
| 5    | 84   | Eduardo Machado   | ARCVSC  | 0:53:21   | 0:15:11 |
| 6    | 587  | André Rodrigues   | IND     | 0:57:26   | 0:19:16 |
| 7    | 639  | Duarte .          | IND     | 1:03:46   | 0:25:36 |
| 8    | 739  | Luís Fonseca      | IND     | 1:06:15   | 0:28:05 |
| 9    | 921  | Martim Ribeiro    | RAHC    | 1:10:30   | 0:32:20 |
| 10   | 974  | Diogo Pontes      | Trigoma | 1:31:42   | 0:53:32 |

### SENM

### SENIORES M

| Pos. | Dor. | Nome            | Clube      | T.Oficial | Difer.  |
|------|------|-----------------|------------|-----------|---------|
| 1    | 922  | Davide Silva    | SCB        | 0:33:51   |         |
| 2    | 8    | Diogo Rosário   | SCB        | 0:34:25   | 0:00:34 |
| 3    | 5    | João Rodrigues  | GDRST      | 0:35:54   | 0:02:03 |
| 4    | 3    | Eduardo Salazar | LFC-F      | 0:36:08   | 0:02:17 |
| 5    | 9    | Tiago Freitas   | VTSC       | 0:36:33   | 0:02:42 |
| 6    | 4    | Miguel Vieira   | VTSC       | 0:36:56   | 0:03:05 |
| 7    | 215  | Rui Oliveira    | EAROS      | 0:39:43   | 0:05:52 |
| 8    | 298  | Paulo Oliveira  | GDRST      | 0:40:00   | 0:06:09 |
| 9    | 11   | Diogo Martins   | 100 NOÇÃO  | 0:40:45   | 0:06:54 |
| 10   | 953  | Tiago Carvalho  | IND        | 0:40:48   | 0:06:57 |
| 11   | 501  | Ronaldo .       | PUSHRUNING | 0:41:27   | 0:07:36 |
| 12   | 218  | Tiago Silva     | EAROS      | 0:41:34   | 0:07:43 |
| 13   | 28   | Luís Queirós    | ACTIRUN    | 0:41:35   | 0:07:44 |
| 14   | 913  | Diogo Ferreira  | CDSSC      | 0:42:42   | 0:08:51 |
| 15   | 805  | Rui Costa       | IND        | 0:42:49   | 0:08:58 |
| 16   | 353  | Bruno Andrade   | IND        | 0:43:07   | 0:09:16 |
| 17   | 305  | Ivo Gonçalves   | GJVP       | 0:43:23   | 0:09:32 |
| 18   | 500  | Jorge Silva     | PUSH PUSH  | 0:43:54   | 0:10:03 |

## SENIORES M (Continuação)

| Pos. | Dor. | Nome             | Clube      | T.Oficial | Difer.  |
|------|------|------------------|------------|-----------|---------|
| 19   | 632  | Diogo Dias       | IND        | 0:44:08   | 0:10:17 |
| 20   | 767  | Nuno Costa       | IND        | 0:44:16   | 0:10:25 |
| 21   | 94   | Marcos Olindino  | ARCVSC     | 0:44:17   | 0:10:26 |
| 22   | 662  | Francisco Campos | IND        | 0:44:27   | 0:10:36 |
| 23   | 667  | Gabriel Silva    | IND        | 0:44:51   | 0:11:00 |
| 24   | 709  | Jorge Forte      | IND        | 0:45:01   | 0:11:10 |
| 25   | 461  | Jose Figueiredo  | N/A        | 0:46:08   | 0:12:17 |
| 26   | 843  | Tiago Pereira    | IND        | 0:46:19   | 0:12:28 |
| 27   | 220  | João Saldanha    | ELCT       | 0:46:26   | 0:12:35 |
| 28   | 703  | João Pereira     | IND        | 0:46:29   | 0:12:38 |
| 29   | 385  | Luís Melo        | JOANE C C  | 0:46:46   | 0:12:55 |
| 30   | 95   | Miguel Guimarães | ARCVSC     | 0:47:00   | 0:13:09 |
| 31   | 37   | Marco Pinto      | AD PEDOME  | 0:47:17   | 0:13:26 |
| 32   | 193  | Guilherme Coelho | DUROSTRAIL | 0:47:25   | 0:13:34 |
| 33   | 348  | Renato Seara     | IND        | 0:47:30   | 0:13:39 |
| 34   | 287  | Diogo Nobre      | GDCTENVC   | 0:47:49   | 0:13:58 |
| 35   | 43   | Marco Costa      | ADESPO_RUN | 0:47:51   | 0:14:00 |
| 36   | 975  | Jorge Costa      | XIV        | 0:48:18   | 0:14:27 |
| 37   | 544  | António Silva    | STEPNRUN   | 0:48:26   | 0:14:35 |
| 38   | 103  | Zé Osório        | ARCVSC     | 0:48:40   | 0:14:49 |
| 39   | 904  | Bruno Silva      | FC LANDIM  | 0:48:46   | 0:14:55 |
| 40   | 89   | João Reis        | ARCVSC     | 0:49:10   | 0:15:19 |
| 41   | 912  | Luís Fonseca     | ARS        | 0:49:15   | 0:15:24 |
| 42   | 871  | Augusto Coelho   | THERUNNERS | 0:49:17   | 0:15:26 |
| 43   | 899  | Miguel Sampaio   | BODYPERF   | 0:49:26   | 0:15:35 |
| 44   | 417  | Roberto Faria    | KILOSMODA  | 0:49:34   | 0:15:43 |
| 45   | 775  | Paulo Leite      | IND        | 0:49:35   | 0:15:44 |
| 46   | 760  | Miguel Marques   | IND        | 0:49:40   | 0:15:49 |
| 47   | 27   | Jorge Pereira    | ACTIRUN    | 0:49:49   | 0:15:58 |
| 48   | 690  | João Alves       | IND        | 0:49:50   | 0:15:59 |
| 49   | 122  | Paulo Fernandes  | ATMP       | 0:49:55   | 0:16:04 |
| 50   | 40   | Romário Pinho    | ADEPE      | 0:50:19   | 0:16:28 |
| 51   | 125  | Bruno Teixeira   | B70-1      | 0:50:23   | 0:16:32 |
| 52   | 779  | Pedro Azevedo    | IND        | 0:50:23   | 0:16:32 |
| 53   | 299  | Duarte Rodrigues | GJVP       | 0:50:24   | 0:16:33 |
| 54   | 608  | Carlos Azevedo   | IND        | 0:50:26   | 0:16:35 |
| 55   | 148  | José Braga       | BODYPERFOR | 0:50:40   | 0:16:49 |
| 56   | 862  | Hélder Costa     | TAV        | 0:50:55   | 0:17:04 |
| 57   | 602  | Bruno Amorim     | IND        | 0:51:00   | 0:17:09 |
| 58   | 163  | Enzo .           | CAPI-FLASH | 0:51:09   | 0:17:18 |
| 59   | 600  | Brunno Simões    | IND        | 0:51:26   | 0:17:35 |
| 60   | 292  | Diogo Silva      | GDLU       | 0:51:34   | 0:17:43 |
| 61   | 857  | Vitor Peixoto    | IND        | 0:51:40   | 0:17:49 |
| 62   | 370  | Rui Peixoto      | IT RUNNERS | 0:51:44   | 0:17:53 |
| 63   | 41   | Filipe Ribeiro   | ADESPO_RUN | 0:51:45   | 0:17:54 |
| 64   | 877  | João Rodrigues   | TROFA      | 0:52:00   | 0:18:09 |
| 65   | 714  | José Coelho      | IND        | 0:52:01   | 0:18:10 |

## SENIORES M (Continuação)

| Pos. | Dor. | Nome              | Clube      | T.Oficial | Difer.  |
|------|------|-------------------|------------|-----------|---------|
| 66   | 676  | Hugo Machado      | IND        | 0:52:09   | 0:18:18 |
| 67   | 127  | Miranda .         | BBGRUNNERS | 0:52:12   | 0:18:21 |
| 68   | 536  | João Fernandes    | SMARTFIT   | 0:52:14   | 0:18:23 |
| 69   | 609  | Carlos Costa      | IND        | 0:52:16   | 0:18:25 |
| 70   | 266  | Marco Martins     | FEF        | 0:52:36   | 0:18:45 |
| 71   | 256  | Dinis Carvalho    | F.CARVALHO | 0:52:45   | 0:18:54 |
| 72   | 465  | Vitor Pontes      | NAI        | 0:52:58   | 0:19:07 |
| 73   | 645  | Erwan Faria       | IND        | 0:53:03   | 0:19:12 |
| 74   | 78   | Fábio .           | ARC        | 0:53:11   | 0:19:20 |
| 75   | 969  | Ricardo Gonçalves | M&V        | 0:53:12   | 0:19:21 |
| 76   | 845  | Tiago Silva       | IND        | 0:53:16   | 0:19:25 |
| 77   | 437  | João Carvalho     | LOVE BIKER | 0:53:25   | 0:19:34 |
| 78   | 556  | Adriano Couto     | IND        | 0:53:25   | 0:19:34 |
| 79   | 765  | Nelson Monteiro   | IND        | 0:53:26   | 0:19:35 |
| 80   | 852  | Vitor Couto       | IND        | 0:53:33   | 0:19:42 |
| 81   | 987  | Pedro Olímpio     | IND        | 0:53:34   | 0:19:43 |
| 82   | 855  | Vitor Marques     | IND        | 0:53:39   | 0:19:48 |
| 83   | 147  | João Gomes        | BODYPERFOR | 0:53:54   | 0:20:03 |
| 84   | 527  | Paulo Freitas     | SCC        | 0:54:07   | 0:20:16 |
| 85   | 99   | Pedro Ribeiro     | ARCVSC     | 0:54:10   | 0:20:19 |
| 86   | 812  | Rui Silva         | IND        | 0:54:13   | 0:20:22 |
| 87   | 691  | João Claro        | IND        | 0:54:19   | 0:20:28 |
| 88   | 675  | Henrique Martins  | IND        | 0:54:28   | 0:20:37 |
| 89   | 693  | João Duarte       | IND        | 0:54:45   | 0:20:54 |
| 90   | 415  | Miguel Barroso    | KILOSMODA  | 0:54:49   | 0:20:58 |
| 91   | 326  | Tiago Dinis       | IMPROVE    | 0:54:51   | 0:21:00 |
| 92   | 325  | Rogério Pereira   | IMPROVE    | 0:54:54   | 0:21:03 |
| 93   | 807  | Rui Leite         | IND        | 0:54:59   | 0:21:08 |
| 94   | 133  | Vitor Gomes       | BF         | 0:55:10   | 0:21:19 |
| 95   | 238  | Samuel Gomes      | EMPENADOS  | 0:55:38   | 0:21:47 |
| 96   | 149  | Lino Alves        | BODYPERFOR | 0:55:40   | 0:21:49 |
| 97   | 945  | Mário Machado     | IND        | 0:55:43   | 0:21:52 |
| 98   | 950  | Rui Machado       | IND        | 0:55:44   | 0:21:53 |
| 99   | 589  | António Araújo    | IND        | 0:55:44   | 0:21:53 |
| 100  | 692  | João Costa        | IND        | 0:55:47   | 0:21:56 |
| 101  | 601  | Bruno Costa       | IND        | 0:55:54   | 0:22:03 |
| 102  | 545  | Diogo Melo        | STEPNRUN   | 0:56:06   | 0:22:15 |
| 103  | 670  | Hélder Amorim     | IND        | 0:56:16   | 0:22:25 |
| 104  | 944  | Miguel Cruz       | IND        | 0:56:21   | 0:22:30 |
| 105  | 486  | Fernando Cunha    | OQQÉMONTE  | 0:56:23   | 0:22:32 |
| 106  | 753  | Marinho Ribeiro   | IND        | 0:56:27   | 0:22:36 |
| 107  | 83   | Dennis Amaral     | ARCVSC     | 0:56:45   | 0:22:54 |
| 108  | 559  | Alexandre Machado | IND        | 0:56:46   | 0:22:55 |
| 109  | 635  | Diogo Rocha       | IND        | 0:56:49   | 0:22:58 |
| 110  | 422  | Hélder Salazar    | LFC-F      | 0:56:51   | 0:23:00 |
| 111  | 546  | Fernando Ribeiro  | STEPNRUN   | 0:56:58   | 0:23:07 |
| 112  | 743  | Luís Martins      | IND        | 0:57:02   | 0:23:11 |

## SENIORES M (Continuação)

| Pos. | Dor. | Nome             | Clube      | T.Oficial | Difer.  |
|------|------|------------------|------------|-----------|---------|
| 113  | 695  | João Freitas     | IND        | 0:57:13   | 0:23:22 |
| 114  | 126  | João Nogueira    | B70-1      | 0:57:33   | 0:23:42 |
| 115  | 665  | Francisco Silva  | IND        | 0:57:35   | 0:23:44 |
| 116  | 744  | Luís Roriz       | IND        | 0:57:37   | 0:23:46 |
| 117  | 586  | André Ramos      | IND        | 0:57:37   | 0:23:46 |
| 118  | 118  | António Pimenta  | ARS        | 0:57:44   | 0:23:53 |
| 119  | 603  | Bruno Gonçalves  | IND        | 0:57:55   | 0:24:04 |
| 120  | 809  | Rui Oliveira     | IND        | 0:58:11   | 0:24:20 |
| 121  | 784  | Pedro Martins    | IND        | 0:58:13   | 0:24:22 |
| 122  | 931  | Carlos Ferreira  | IND        | 0:58:18   | 0:24:27 |
| 123  | 872  | Paulo Gomes      | THERUNNERS | 0:58:22   | 0:24:31 |
| 124  | 929  | André Ribeiro    | IND        | 0:58:29   | 0:24:38 |
| 125  | 239  | Vítor Dias       | EMPENADOS  | 0:58:34   | 0:24:43 |
| 126  | 82   | Bruno Oliveira   | ARCVSC     | 0:58:36   | 0:24:45 |
| 127  | 396  | Tiago Helena     | JOANE C C  | 0:58:39   | 0:24:48 |
| 128  | 721  | José Amor        | IND        | 0:58:42   | 0:24:51 |
| 129  | 531  | Bruno Marques    | SEM CLUBE  | 0:58:51   | 0:25:00 |
| 130  | 369  | Miguel Dias      | IT RUNNERS | 0:58:55   | 0:25:04 |
| 131  | 367  | David Rodrigues  | IT RUNNERS | 0:58:55   | 0:25:04 |
| 132  | 365  | Carlos Martins   | IT RUNNERS | 0:58:55   | 0:25:04 |
| 133  | 371  | Vítor Pereira    | IT RUNNERS | 0:58:55   | 0:25:04 |
| 134  | 368  | Ivo Sampaio      | IT RUNNERS | 0:58:55   | 0:25:04 |
| 135  | 45   | Tiago Carneiro   | ADESPO_RUN | 0:59:02   | 0:25:11 |
| 136  | 859  | Vítor Silva      | IND        | 0:59:03   | 0:25:12 |
| 137  | 746  | Manuel Pinheiro  | IND        | 0:59:03   | 0:25:12 |
| 138  | 607  | Carlos Oliveira  | IND        | 0:59:05   | 0:25:14 |
| 139  | 153  | Joel Abreu       | BOTA&SIGA  | 0:59:14   | 0:25:23 |
| 140  | 814  | Rui Vilaça       | IND        | 0:59:14   | 0:25:23 |
| 141  | 854  | Vítor Costa      | IND        | 0:59:19   | 0:25:28 |
| 142  | 176  | Cristiano Sousa  | CENTRAL RU | 0:59:20   | 0:25:29 |
| 143  | 937  | Higino Gonçalves | IND        | 0:59:21   | 0:25:30 |
| 144  | 821  | Sérgio Pinheiro  | IND        | 0:59:23   | 0:25:32 |
| 145  | 250  | Bruno Fernandes  | F. ATC     | 0:59:24   | 0:25:33 |
| 146  | 341  | Luís Moreira     | IND        | 0:59:29   | 0:25:38 |
| 147  | 707  | Joaquim Viegas   | IND        | 0:59:29   | 0:25:38 |
| 148  | 759  | Miguel Ribeiro   | IND        | 0:59:31   | 0:25:40 |
| 149  | 358  | João Simões      | IND        | 0:59:37   | 0:25:46 |
| 150  | 93   | Marco Oliveira   | ARCVSC     | 0:59:39   | 0:25:48 |
| 151  | 883  | Nuno Antunes     | VSC        | 0:59:50   | 0:25:59 |
| 152  | 946  | Nuno Martins     | IND        | 0:59:52   | 0:26:01 |
| 153  | 236  | Nuno Freitas     | EMPENADOS  | 0:59:53   | 0:26:02 |
| 154  | 512  | Ricardo Silva    | RRS        | 0:59:58   | 0:26:07 |
| 155  | 124  | António Peixoto  | B70-1      | 1:00:09   | 0:26:18 |
| 156  | 60   | André Martins    | ALI ALEM   | 1:00:38   | 0:26:47 |
| 157  | 61   | André Peixoto    | ALI ALEM   | 1:00:38   | 0:26:47 |
| 158  | 710  | Jorge Oliveira   | IND        | 1:00:45   | 0:26:54 |
| 159  | 677  | Hugo Monteiro    | IND        | 1:01:14   | 0:27:23 |

## SENIORES M (Continuação)

| Pos. | Dor. | Nome                | Clube      | T.Oficial | Difer.  |
|------|------|---------------------|------------|-----------|---------|
| 160  | 952  | Sandro Moreira      | IND        | 1:01:16   | 0:27:25 |
| 161  | 803  | Ruben Ribeiro       | IND        | 1:01:44   | 0:27:53 |
| 162  | 14   | Diogo Martins       | 59         | 1:01:49   | 0:27:58 |
| 163  | 231  | Christian Deger     | EMPENADOS  | 1:01:55   | 0:28:04 |
| 164  | 634  | Diogo Miranda       | IND        | 1:02:10   | 0:28:19 |
| 165  | 841  | Tiago Ferreira      | IND        | 1:02:13   | 0:28:22 |
| 166  | 787  | Rafael Cunha        | IND        | 1:02:15   | 0:28:24 |
| 167  | 983  | Rafael Azevedo      | IND        | 1:02:18   | 0:28:27 |
| 168  | 982  | Luís Andrade        | IND        | 1:02:18   | 0:28:27 |
| 169  | 853  | Vítor Gonçalves     | IND        | 1:02:43   | 0:28:52 |
| 170  | 990  | Vasco Fernandes     | IND        | 1:02:57   | 0:29:06 |
| 171  | 16   | Simão Oliveira      | 59         | 1:03:09   | 0:29:18 |
| 172  | 959  | Alexandre Rodrigues | F. ATC     | 1:03:17   | 0:29:26 |
| 173  | 694  | João Faria          | IND        | 1:03:19   | 0:29:28 |
| 174  | 42   | João Marques        | ADESPO_RUN | 1:03:23   | 0:29:32 |
| 175  | 258  | Sérgio Pinto        | F.CARVALHO | 1:03:25   | 0:29:34 |
| 176  | 402  | Vítor Gomes         | JT11K      | 1:03:27   | 0:29:36 |
| 177  | 774  | Paulo Henrique      | IND        | 1:03:46   | 0:29:55 |
| 178  | 924  | Albert Oliveira     | IND        | 1:03:47   | 0:29:56 |
| 179  | 558  | Alexandre .         | IND        | 1:03:49   | 0:29:58 |
| 180  | 648  | Fábio Martins       | IND        | 1:03:49   | 0:29:58 |
| 181  | 773  | Paulo Carvalho      | IND        | 1:03:49   | 0:29:58 |
| 182  | 865  | Pedro Costa         | TEAM RUN H | 1:04:09   | 0:30:18 |
| 183  | 138  | Dimitri Vallez      | BODYPERFOR | 1:04:11   | 0:30:20 |
| 184  | 383  | Emanuel Couto       | JOANE C C  | 1:04:14   | 0:30:23 |
| 185  | 184  | Mário Fernandes     | CLOVERFIT  | 1:04:25   | 0:30:34 |
| 186  | 785  | Pedro Oliveira      | IND        | 1:04:26   | 0:30:35 |
| 187  | 347  | Pedro Gonçalves     | IND        | 1:04:26   | 0:30:35 |
| 188  | 15   | Matheus Cesco       | 59         | 1:04:28   | 0:30:37 |
| 189  | 870  | André Sá            | THERUNNERS | 1:04:31   | 0:30:40 |
| 190  | 324  | Rafael Machado      | IMPROVE    | 1:04:32   | 0:30:41 |
| 191  | 313  | Alberto Costa       | IMPROVE    | 1:04:32   | 0:30:41 |
| 192  | 863  | João Ferreira       | TAV        | 1:05:07   | 0:31:16 |
| 193  | 966  | Armando Silva       | IND        | 1:05:09   | 0:31:18 |
| 194  | 967  | Pedro Bessa         | IND        | 1:05:10   | 0:31:19 |
| 195  | 780  | Pedro Cardoso       | IND        | 1:05:10   | 0:31:19 |
| 196  | 838  | Tiago Oliveira      | IND        | 1:05:11   | 0:31:20 |
| 197  | 372  | Rui Machado         | IMPROVE    | 1:05:20   | 0:31:29 |
| 198  | 801  | Rúben Silva         | IND        | 1:05:26   | 0:31:35 |
| 199  | 868  | João Fernandes      | TGDH       | 1:05:29   | 0:31:38 |
| 200  | 869  | Marcelo Barbosa     | TGDH       | 1:05:29   | 0:31:38 |
| 201  | 758  | Miguel Abreu        | IND        | 1:05:45   | 0:31:54 |
| 202  | 547  | Michael Machado     | STEPNRUN   | 1:05:51   | 0:32:00 |
| 203  | 985  | Marco Gonçalves     | IND        | 1:06:05   | 0:32:14 |
| 204  | 633  | Diogo Martins       | IND        | 1:06:12   | 0:32:21 |
| 205  | 62   | Luís Antunes        | ALI ALEM   | 1:06:32   | 0:32:41 |
| 206  | 235  | Manuel Gonçalves    | EMPENADOS  | 1:06:36   | 0:32:45 |

## SENIORES M (Continuação)

| Pos. | Dor. | Nome              | Clube      | T.Oficial | Difer.  |
|------|------|-------------------|------------|-----------|---------|
| 207  | 233  | João Ribeiro      | EMPENADOS  | 1:06:40   | 0:32:49 |
| 208  | 438  | Afonso Lemos      | LRC        | 1:06:55   | 0:33:04 |
| 209  | 557  | Afonso Gouveia    | IND        | 1:07:29   | 0:33:38 |
| 210  | 442  | João Paiva        | LRC        | 1:07:44   | 0:33:53 |
| 211  | 455  | Miguel Cracel     | MC         | 1:07:59   | 0:34:08 |
| 212  | 806  | Rui Osório        | IND        | 1:08:40   | 0:34:49 |
| 213  | 355  | Fábio Gomes       | IND        | 1:08:40   | 0:34:49 |
| 214  | 166  | Nélson Ferreira   | CBRUN      | 1:08:41   | 0:34:50 |
| 215  | 447  | Tiago Machado     | LVTM       | 1:08:59   | 0:35:08 |
| 216  | 984  | Hugo Carneiro     | IND        | 1:09:18   | 0:35:27 |
| 217  | 542  | Pedro Brás        | SOLE MATES | 1:09:42   | 0:35:51 |
| 218  | 540  | Ludovic Ascensão  | SOLE MATES | 1:09:43   | 0:35:52 |
| 219  | 537  | Bruce Ascensão    | SOLE MATES | 1:09:44   | 0:35:53 |
| 220  | 961  | Pedro Carvalho    | F. ATC     | 1:09:49   | 0:35:58 |
| 221  | 475  | André Topete      | ON TRACK   | 1:09:56   | 0:36:05 |
| 222  | 781  | Pedro Faria       | IND        | 1:10:06   | 0:36:15 |
| 223  | 696  | João Lopes        | IND        | 1:10:17   | 0:36:26 |
| 224  | 237  | Rui Pacheco       | EMPENADOS  | 1:10:29   | 0:36:38 |
| 225  | 702  | João Ribeiro      | IND        | 1:10:48   | 0:36:57 |
| 226  | 972  | Luís Torres       | Rahc       | 1:10:56   | 0:37:05 |
| 227  | 373  | Jacky Filipe      | JF         | 1:11:17   | 0:37:26 |
| 228  | 979  | Pedro Ribeiro     | IND        | 1:11:18   | 0:37:27 |
| 229  | 579  | André Borges      | IND        | 1:11:40   | 0:37:49 |
| 230  | 725  | José Sousa        | IND        | 1:11:42   | 0:37:51 |
| 231  | 738  | Lucas Campos      | IND        | 1:12:00   | 0:38:09 |
| 232  | 666  | Gabriel Martins   | IND        | 1:12:12   | 0:38:21 |
| 233  | 398  | Filipe Barbosa    | JT11K      | 1:12:19   | 0:38:28 |
| 234  | 947  | Nuno Teixeira     | IND        | 1:13:08   | 0:39:17 |
| 235  | 581  | André Dias        | IND        | 1:13:45   | 0:39:54 |
| 236  | 898  | Nuno Silva        | IND        | 1:14:20   | 0:40:29 |
| 237  | 733  | Leandro Gonçalves | IND        | 1:14:21   | 0:40:30 |
| 238  | 146  | Hugo Cortinhas    | BODYPERFOR | 1:14:23   | 0:40:32 |
| 239  | 516  | João Cunha        | S.C.C.     | 1:14:29   | 0:40:38 |
| 240  | 640  | Edgar Andrade     | IND        | 1:15:46   | 0:41:55 |
| 241  | 827  | Simão Pereira     | IND        | 1:16:29   | 0:42:38 |
| 242  | 850  | Vasco Rego        | IND        | 1:16:41   | 0:42:50 |
| 243  | 622  | Daniel Lima       | IND        | 1:17:53   | 0:44:02 |
| 244  | 742  | Luís Neto         | IND        | 1:19:08   | 0:45:17 |
| 245  | 839  | Tiago Machado     | IND        | 1:22:42   | 0:48:51 |
| 246  | 521  | José Ribeiro      | SANDE WISH | 1:30:21   | 0:56:30 |
| 247  | 549  | Simão Oliveira    | SUBTIL     | 1:31:42   | 0:57:51 |
| 248  | 453  | Genuíno .         | MASTER     | 1:31:42   | 0:57:51 |
| 249  | 161  | Rúben Henrique    | CAAT       | 1:31:42   | 0:57:51 |
| 250  | 560  | Alexandre Correia | IND        | 1:31:43   | 0:57:52 |
| 251  | 970  | Ricardo Costa     | MFR        | 1:31:44   | 0:57:53 |

| Pos. | Dor. | Nome              | Clube      | T.Oficial | Difer.  |
|------|------|-------------------|------------|-----------|---------|
| 1    | 2    | Bruno Silva       | VIZELA     | 0:34:57   |         |
| 2    | 285  | António Castro    | GDCG       | 0:38:19   | 0:03:22 |
| 3    | 55   | Mihail Lalev      | AGM        | 0:38:22   | 0:03:25 |
| 4    | 424  | Jaime Gonçalves   | LFC-F      | 0:38:32   | 0:03:35 |
| 5    | 858  | Vítor Rodrigues   | IND        | 0:39:11   | 0:04:14 |
| 6    | 191  | Marco Pinheiro    | DRGN       | 0:40:51   | 0:05:54 |
| 7    | 294  | Alexandre Martins | GDRST      | 0:41:30   | 0:06:33 |
| 8    | 914  | Hélder Silva      | CDSSC      | 0:41:49   | 0:06:52 |
| 9    | 311  | Sérgio Lima       | GJVP       | 0:42:12   | 0:07:15 |
| 10   | 24   | João Mesquita     | ACTIRUN    | 0:42:46   | 0:07:49 |
| 11   | 165  | Luís Miguel       | CBRUN      | 0:43:15   | 0:08:18 |
| 12   | 878  | Rui Alves         | Trail me   | 0:43:45   | 0:08:48 |
| 13   | 332  | Carlos Reis       | IND        | 0:44:53   | 0:09:56 |
| 14   | 337  | Hélder Leal       | IND        | 0:45:22   | 0:10:25 |
| 15   | 790  | Ricardo Silva     | IND        | 0:46:30   | 0:11:33 |
| 16   | 120  | Duarte Fernandes  | ATMP       | 0:46:44   | 0:11:47 |
| 17   | 46   | Vítor Silva       | ADESPO_RUN | 0:46:52   | 0:11:55 |
| 18   | 195  | Joel Cunha        | EAROS      | 0:47:40   | 0:12:43 |
| 19   | 910  | Vítor Ferreira    | ACVSM      | 0:48:05   | 0:13:08 |
| 20   | 964  | Nelson Almeida    | FC LANDIM  | 0:48:16   | 0:13:19 |
| 21   | 932  | Carvalhinho .     | IND        | 0:48:20   | 0:13:23 |
| 22   | 20   | Ricardo Mendes    | ACTIRUN    | 0:48:30   | 0:13:33 |
| 23   | 141  | André Rafael      | BODYPERFOR | 0:49:10   | 0:14:13 |
| 24   | 351  | Hélder Gonçalves  | IND        | 0:49:11   | 0:14:14 |
| 25   | 936  | Francisco Costa   | IND        | 0:50:37   | 0:15:40 |
| 26   | 708  | Joni Faria        | IND        | 0:51:02   | 0:16:05 |
| 27   | 499  | Vítor Lourenço    | POTES OURO | 0:51:02   | 0:16:05 |
| 28   | 762  | Miguel Vasques    | IND        | 0:51:09   | 0:16:12 |
| 29   | 382  | Edgar Costa       | JOANE C C  | 0:51:22   | 0:16:25 |
| 30   | 171  | Ângelo Cardoso    | CENTRAL RU | 0:51:42   | 0:16:45 |
| 31   | 526  | Miguel Araújo     | SCB        | 0:51:55   | 0:16:58 |
| 32   | 508  | Bruno Barros      | QUERES KM  | 0:52:11   | 0:17:14 |
| 33   | 216  | Ricardo Pereira   | EAROS      | 0:52:20   | 0:17:23 |
| 34   | 459  | Hélio Machado     | MOUTADOS T | 0:52:31   | 0:17:34 |
| 35   | 881  | Leonardo Torres   | UDERCUP    | 0:52:47   | 0:17:50 |
| 36   | 282  | Vasco Ricardo     | GAVIÕES    | 0:52:54   | 0:17:57 |
| 37   | 12   | Marco Lopes       | 100TURBO B | 0:52:55   | 0:17:58 |
| 38   | 92   | Leandro Ferreira  | ARCVSC     | 0:53:12   | 0:18:15 |
| 39   | 458  | Bruno Carneiro    | MOUTADOS T | 0:53:18   | 0:18:21 |
| 40   | 764  | Nelson Castro     | IND        | 0:53:32   | 0:18:35 |
| 41   | 281  | Tiago Cunha       | GAVIÕES    | 0:53:37   | 0:18:40 |
| 42   | 754  | Mário Saraiva     | IND        | 0:53:52   | 0:18:55 |
| 43   | 460  | Jesus Campos      | MOUTADOS T | 0:54:06   | 0:19:09 |
| 44   | 70   | Francisco Silva   | AMVE       | 0:54:42   | 0:19:45 |
| 45   | 896  | Ricardo Leite     | SEM CLUBE  | 0:54:58   | 0:20:01 |
| 46   | 653  | Fernando Pereira  | IND        | 0:56:09   | 0:21:12 |
| 47   | 498  | Sérgio Pereira    | POTES OURO | 0:56:51   | 0:21:54 |

**VETERANOS M I 40-44 (Continuação)**

| Pos. | Dor. | Nome             | Clube      | T.Oficial | Difer.  |
|------|------|------------------|------------|-----------|---------|
| 48   | 844  | Tiago Salgado    | IND        | 0:57:11   | 0:22:14 |
| 49   | 786  | Plur .           | IND        | 0:57:15   | 0:22:18 |
| 50   | 71   | Francisco Vieira | AMVE       | 0:57:55   | 0:22:58 |
| 51   | 366  | Daniel Costa     | IT RUNNERS | 0:58:54   | 0:23:57 |
| 52   | 938  | Hugo Matos       | IND        | 0:59:14   | 0:24:17 |
| 53   | 132  | Paulinho Soleta  | BF         | 0:59:25   | 0:24:28 |
| 54   | 766  | Nelson Oliveira  | IND        | 1:00:20   | 0:25:23 |
| 55   | 550  | Francisco Soares | SUNDAYRUN  | 1:01:22   | 0:26:25 |
| 56   | 935  | Filipe Marques   | IND        | 1:02:09   | 0:27:12 |
| 57   | 624  | Daniel Sousa     | IND        | 1:02:18   | 0:27:21 |
| 58   | 582  | André Dinis      | IND        | 1:02:28   | 0:27:31 |
| 59   | 679  | Hugo Ribeiro     | IND        | 1:03:02   | 0:28:05 |
| 60   | 409  | Ricardo Machado  | JÁ FOSTE   | 1:03:13   | 0:28:16 |
| 61   | 65   | Roberto Torres   | AMVE       | 1:03:21   | 0:28:24 |
| 62   | 139  | Marcos Barbosa   | BODYPERFOR | 1:05:07   | 0:30:10 |
| 63   | 722  | Jose Paiva       | IND        | 1:05:14   | 0:30:17 |
| 64   | 551  | João Azevedo     | SUNDAYRUN  | 1:05:34   | 0:30:37 |
| 65   | 611  | Carlos Silva     | IND        | 1:06:54   | 0:31:57 |
| 66   | 346  | Paulo Silva      | IND        | 1:06:54   | 0:31:57 |
| 67   | 925  | Alexandre Silva  | IND        | 1:07:29   | 0:32:32 |
| 68   | 620  | Cristiano Sousa  | IND        | 1:07:37   | 0:32:40 |
| 69   | 623  | Daniel Oliveira  | IND        | 1:11:46   | 0:36:49 |
| 70   | 659  | Filipe Oliveira  | IND        | 1:12:14   | 0:37:17 |
| 71   | 77   | Rodrigo Cruz     | ANDARILHO  | 1:12:28   | 0:37:31 |
| 72   | 13   | Francisco Pinto  | 57CROSSFIT | 1:14:23   | 0:39:26 |
| 73   | 580  | André Vinha      | IND        | 1:16:46   | 0:41:49 |
| 74   | 247  | André Reis       | EXPM       | 1:31:42   | 0:56:45 |
| 75   | 976  | Vitor Costa      | KILATYNO   | 1:31:42   | 0:56:45 |
| 76   | 958  | Nuno Guimarães   | EDV VIANA  | 1:31:42   | 0:56:45 |
| 77   | 374  | António Lamelas  | JMMSROC    | 1:31:43   | 0:56:46 |
| 78   | 718  | José Júnior      | IND        | 1:31:43   | 0:56:46 |
| 79   | 246  | João Ribeiro     | ERDAL      | 1:31:44   | 0:56:47 |

**VEMII****VETERANOS M II 45-49**

| Pos. | Dor. | Nome             | Clube | T.Oficial | Difer.  |
|------|------|------------------|-------|-----------|---------|
| 1    | 915  | José Moreira     | CDSSC | 0:37:25   |         |
| 2    | 919  | Vitor Santos     | GDEVS | 0:38:36   | 0:01:11 |
| 3    | 192  | Paulo Pereira    | DRGN  | 0:40:30   | 0:03:05 |
| 4    | 668  | Gilberto .       | IND   | 0:43:11   | 0:05:46 |
| 5    | 647  | Fabio Ansano     | IND   | 0:43:39   | 0:06:14 |
| 6    | 894  | Martinho Correia | DRGN  | 0:43:46   | 0:06:21 |
| 7    | 761  | Miguel Roriz     | IND   | 0:44:09   | 0:06:44 |
| 8    | 911  | Cláudio Araújo   | ADOSA | 0:45:48   | 0:08:23 |
| 9    | 53   | José Marques     | AGM   | 0:45:59   | 0:08:34 |
| 10   | 300  | Eugénio Barros   | GJVP  | 0:46:17   | 0:08:52 |
| 11   | 113  | José Costa       | ARPO  | 0:48:06   | 0:10:41 |

## VETERANOS M II 45-49 (Continuação)

| Pos. | Dor. | Nome               | Clube      | T.Oficial | Difer.  |
|------|------|--------------------|------------|-----------|---------|
| 12   | 214  | Rui Martins        | EAROS      | 0:48:22   | 0:10:57 |
| 13   | 406  | Liborio Vilela     | JÁ FOSTE   | 0:48:39   | 0:11:14 |
| 14   | 405  | José Azevedo       | JÁ FOSTE   | 0:48:40   | 0:11:15 |
| 15   | 905  | Jose Machado       | FC LANDIM  | 0:48:41   | 0:11:16 |
| 16   | 197  | Miguel Castro      | EAROS      | 0:49:44   | 0:12:19 |
| 17   | 164  | Luís Silva         | CBRUN      | 0:49:47   | 0:12:22 |
| 18   | 263  | Pedro Marques      | FC Landim  | 0:50:02   | 0:12:37 |
| 19   | 97   | Miguel Peliteiro   | ARCVSC     | 0:50:10   | 0:12:45 |
| 20   | 335  | Flávio Gomes       | IND        | 0:50:15   | 0:12:50 |
| 21   | 454  | André Martins      | MBT-B      | 0:50:39   | 0:13:14 |
| 22   | 123  | Cristiano Gomes    | Amg ComDor | 0:50:53   | 0:13:28 |
| 23   | 496  | Nuno Freitas       | POTES OURO | 0:51:02   | 0:13:37 |
| 24   | 954  | Vítor Pereira      | IND        | 0:51:49   | 0:14:24 |
| 25   | 509  | José Marques       | QUERES KM  | 0:52:11   | 0:14:46 |
| 26   | 907  | Nuno Vinha         | MAGALHÃES  | 0:52:16   | 0:14:51 |
| 27   | 155  | Paulo Gomes        | BOTA&SIGA  | 0:52:35   | 0:15:10 |
| 28   | 38   | Raul Rocha         | AD PEDOME  | 0:53:03   | 0:15:38 |
| 29   | 182  | Miguel Lopes       | CENTRAL RU | 0:53:22   | 0:15:57 |
| 30   | 977  | Manuel Carvalho    | QUERESKM   | 0:53:27   | 0:16:02 |
| 31   | 503  | Eduardo Barbosa    | PontoFinal | 0:54:01   | 0:16:36 |
| 32   | 158  | Rui Peixoto        | BRAMA MOTO | 0:54:50   | 0:17:25 |
| 33   | 329  | Benjamim Costa     | IND        | 0:54:52   | 0:17:27 |
| 34   | 91   | José Campos        | ARCVSC     | 0:55:00   | 0:17:35 |
| 35   | 799  | Romeu Oliveira     | IND        | 0:55:02   | 0:17:37 |
| 36   | 194  | João Almeida       | EAROS      | 0:55:05   | 0:17:40 |
| 37   | 183  | Sérgio Ferreira    | CENTRAL RU | 0:55:33   | 0:18:08 |
| 38   | 199  | Alexandre Simões   | EAROS      | 0:55:47   | 0:18:22 |
| 39   | 185  | Paulo Nogueira     | CP RUNNING | 0:55:57   | 0:18:32 |
| 40   | 822  | Sérgio Silva       | IND        | 0:56:44   | 0:19:19 |
| 41   | 553  | Renato Silva       | SUNDAYRUN  | 0:57:19   | 0:19:54 |
| 42   | 965  | Francisco Oliveira | HESS PT    | 0:58:15   | 0:20:50 |
| 43   | 763  | Nelson Andrade     | IND        | 0:58:17   | 0:20:52 |
| 44   | 994  | Ricardo Lopes      | IND        | 0:59:16   | 0:21:51 |
| 45   | 413  | Helder Ferreira    | KILOSMODA  | 0:59:28   | 0:22:03 |
| 46   | 777  | Paulo Ferreira     | IND        | 0:59:32   | 0:22:07 |
| 47   | 823  | Simão Guimarães    | IND        | 1:03:52   | 0:26:27 |
| 48   | 513  | José Ribeiro       | RUN TEAM H | 1:04:06   | 0:26:41 |
| 49   | 740  | Luís Fonseca       | IND        | 1:06:15   | 0:28:50 |
| 50   | 249  | Avelino Graíinha   | F. ATC     | 1:07:40   | 0:30:15 |
| 51   | 811  | Rui Ribeiro        | IND        | 1:07:59   | 0:30:34 |
| 52   | 539  | Filipe Ascensão    | SOLE MATES | 1:09:44   | 0:32:19 |
| 53   | 552  | Pedro Costa        | SUNDAYRUN  | 1:10:43   | 0:33:18 |
| 54   | 319  | José Pereira       | IMPROVE    | 1:11:34   | 0:34:09 |
| 55   | 992  | Nuno Sanchez       | IND        | 1:17:52   | 0:40:27 |
| 56   | 879  | Bruno Pontes       | Tribraga   | 1:31:42   | 0:54:17 |
| 57   | 244  | Rui Fernandes      | ENERGY RUN | 1:31:44   | 0:54:19 |

| Pos. | Dor. | Nome              | Clube      | T.Oficial | Difer.  |
|------|------|-------------------|------------|-----------|---------|
| 1    | 917  | Sílvio Guimarães  | CDSSC      | 0:42:24   |         |
| 2    | 464  | Miguel Neves      | NAI        | 0:42:58   | 0:00:34 |
| 3    | 291  | Antonio Madureira | GDLU       | 0:43:08   | 0:00:44 |
| 4    | 81   | António Cunha     | ARCVSC     | 0:44:35   | 0:02:11 |
| 5    | 286  | António Fernandes | GDCTENVC   | 0:44:42   | 0:02:18 |
| 6    | 463  | Carlos Ferreira   | NAC        | 0:45:36   | 0:03:12 |
| 7    | 352  | Hermes Lobo       | IND        | 0:45:53   | 0:03:29 |
| 8    | 51   | Joaquim Ferreira  | AGM        | 0:46:40   | 0:04:16 |
| 9    | 968  | Rui Abreu         | IND        | 0:46:57   | 0:04:33 |
| 10   | 720  | José Carvalho     | IND        | 0:46:58   | 0:04:34 |
| 11   | 170  | Afonso Pereira    | CENTRAL RU | 0:47:35   | 0:05:11 |
| 12   | 433  | Adalberto Machado | LIMAS RUN  | 0:48:00   | 0:05:36 |
| 13   | 327  | António .         | IND        | 0:48:21   | 0:05:57 |
| 14   | 189  | Maximino Lopes    | CRCANDO    | 0:48:45   | 0:06:21 |
| 15   | 131  | José Fernandes    | BF         | 0:49:48   | 0:07:24 |
| 16   | 98   | Paulo Araújo      | ARCVSC     | 0:50:03   | 0:07:39 |
| 17   | 159  | Carlos Ribeiro    | BRUFE BTT  | 0:50:28   | 0:08:04 |
| 18   | 160  | António Oliveira  | BT         | 0:50:38   | 0:08:14 |
| 19   | 58   | Artur Ferreira    | AJ JOANE   | 0:51:15   | 0:08:51 |
| 20   | 378  | Agostinho Mendes  | JOANE C C  | 0:51:22   | 0:08:58 |
| 21   | 495  | Marco Pereira     | POTES OURO | 0:51:29   | 0:09:05 |
| 22   | 128  | Carlos Sousa      | BBOXGYM    | 0:51:35   | 0:09:11 |
| 23   | 391  | Paulo Lemos       | JOANE C C  | 0:52:00   | 0:09:36 |
| 24   | 771  | Paulo .           | IND        | 0:52:34   | 0:10:10 |
| 25   | 652  | Fernando Nunes    | IND        | 0:52:51   | 0:10:27 |
| 26   | 494  | Jorge Ferreira    | POTES OURO | 0:53:06   | 0:10:42 |
| 27   | 271  | Fernando Roldão   | GAVIÕES    | 0:53:10   | 0:10:46 |
| 28   | 181  | Manuel Oliveira   | CENTRAL RU | 0:53:22   | 0:10:58 |
| 29   | 179  | José Salgado      | CENTRAL RU | 0:53:22   | 0:10:58 |
| 30   | 331  | Carlos Costa      | IND        | 0:53:33   | 0:11:09 |
| 31   | 175  | Carlos Lobo       | CENTRAL RU | 0:53:34   | 0:11:10 |
| 32   | 789  | Renato Ferreira   | IND        | 0:53:37   | 0:11:13 |
| 33   | 276  | Paulo Cunha       | GAVIÕES    | 0:53:38   | 0:11:14 |
| 34   | 270  | Daniel Marinho    | GAVIÕES    | 0:53:38   | 0:11:14 |
| 35   | 96   | Miguel Mendes     | ARCVSC     | 0:53:38   | 0:11:14 |
| 36   | 615  | César Guedes      | IND        | 0:53:55   | 0:11:31 |
| 37   | 506  | Vergílio Veloso   | PontoFinal | 0:54:01   | 0:11:37 |
| 38   | 674  | Henrique Ferreira | IND        | 0:54:44   | 0:12:20 |
| 39   | 416  | Pedro Silva       | KILOSMODA  | 0:54:49   | 0:12:25 |
| 40   | 173  | Candido Machado   | CENTRAL RU | 0:56:13   | 0:13:49 |
| 41   | 384  | Hélder Fernandes  | JOANE C C  | 0:56:24   | 0:14:00 |
| 42   | 962  | Rogério Abreu     | F. ATC     | 0:56:24   | 0:14:00 |
| 43   | 275  | Miguel Fernandes  | GAVIÕES    | 0:56:46   | 0:14:22 |
| 44   | 490  | Adão Silva        | POTES OURO | 0:56:53   | 0:14:29 |
| 45   | 269  | Augusto Lima      | GAVIÕES    | 0:57:56   | 0:15:32 |
| 46   | 363  | Paulo Gonçalves   | IND        | 0:58:58   | 0:16:34 |
| 47   | 273  | José Oliveira     | GAVIÕES    | 0:59:17   | 0:16:53 |

**VETERANOS M III 50-54 (Continuação)**

| Pos. | Dor. | Nome               | Clube      | T.Oficial | Difer.  |
|------|------|--------------------|------------|-----------|---------|
| 48   | 278  | Ricardo Ferreira   | GAVIÕES    | 0:59:17   | 0:16:53 |
| 49   | 33   | Francisco Miranda  | ACVERM     | 0:59:31   | 0:17:07 |
| 50   | 705  | Joaquim Alves      | IND        | 0:59:43   | 0:17:19 |
| 51   | 772  | Paulo Carneiro     | IND        | 0:59:49   | 0:17:25 |
| 52   | 106  | Carlos Carneiro    | ARPO       | 0:59:57   | 0:17:33 |
| 53   | 268  | Toni Pereira       | FORA CURVA | 1:02:35   | 0:20:11 |
| 54   | 856  | Vitor Martins      | IND        | 1:03:02   | 0:20:38 |
| 55   | 462  | Pedro Ferreira     | N/A        | 1:06:24   | 0:24:00 |
| 56   | 644  | Erik Santos        | IND        | 1:08:37   | 0:26:13 |
| 57   | 664  | Francisco Machado  | IND        | 1:09:12   | 0:26:48 |
| 58   | 712  | José Gomes         | IND        | 1:09:13   | 0:26:49 |
| 59   | 717  | José Vieira        | IND        | 1:11:17   | 0:28:53 |
| 60   | 333  | Fernando Rodrigues | IND        | 1:20:48   | 0:38:24 |
| 61   | 523  | Vitor Santos       | SC         | 1:31:43   | 0:49:19 |

**VEMIV****VETERANOS M IV 55-59**

| Pos. | Dor. | Nome               | Clube      | T.Oficial | Difer.  |
|------|------|--------------------|------------|-----------|---------|
| 1    | 169  | Domingos Fernandes | CDSSC      | 0:37:46   |         |
| 2    | 296  | José Andrade       | GDRST      | 0:40:37   | 0:02:51 |
| 3    | 469  | Joaquim Silva      | NBA        | 0:40:51   | 0:03:05 |
| 4    | 529  | Paulo Oliveira     | SCE        | 0:42:18   | 0:04:32 |
| 5    | 25   | Joaquim Oliveira   | ACTIRUN    | 0:45:08   | 0:07:22 |
| 6    | 30   | Paulo Magalhães    | ACTIRUN    | 0:46:10   | 0:08:24 |
| 7    | 44   | Mario Marques      | ADESPO_RUN | 0:46:34   | 0:08:48 |
| 8    | 112  | Joaquim Costa      | ARPO       | 0:46:37   | 0:08:51 |
| 9    | 380  | Artur Couto        | JOANE C C  | 0:46:46   | 0:09:00 |
| 10   | 776  | Paulo Macedo       | IND        | 0:47:09   | 0:09:23 |
| 11   | 172  | Augusto Silva      | CENTRAL RU | 0:47:32   | 0:09:46 |
| 12   | 719  | José Marques       | IND        | 0:47:47   | 0:10:01 |
| 13   | 334  | Fernando Silva     | IND        | 0:48:19   | 0:10:33 |
| 14   | 960  | Manuel Vaz         | F. ATC     | 0:48:30   | 0:10:44 |
| 15   | 411  | Artur Araujo       | KILOSMODA  | 0:48:42   | 0:10:56 |
| 16   | 456  | Joaquim Abreu      | MO.B.VIVER | 0:49:44   | 0:11:58 |
| 17   | 336  | Francisco Azevedo  | IND        | 0:50:03   | 0:12:17 |
| 18   | 21   | Abílio Faria       | ACTIRUN    | 0:50:28   | 0:12:42 |
| 19   | 592  | António Rompante   | IND        | 0:50:39   | 0:12:53 |
| 20   | 264  | Adolfo Ferreira    | FCP        | 0:52:26   | 0:14:40 |
| 21   | 638  | Domingos Freitas   | IND        | 0:53:07   | 0:15:21 |
| 22   | 377  | Abílio Pereira     | JOANE C C  | 0:53:16   | 0:15:30 |
| 23   | 745  | Manuel Peixoto     | IND        | 0:53:30   | 0:15:44 |
| 24   | 180  | Manuel Alves       | CENTRAL RU | 0:53:36   | 0:15:50 |
| 25   | 277  | Paulo Moreira      | GAVIÕES    | 0:53:38   | 0:15:52 |
| 26   | 534  | Paulo Lima         | SIPE RUNNI | 0:54:25   | 0:16:39 |
| 27   | 533  | Lourival Costa     | SIPE RUNNI | 0:54:25   | 0:16:39 |
| 28   | 35   | José Costa         | ACVERM     | 0:54:33   | 0:16:47 |
| 29   | 504  | José Pereira       | PontoFinal | 0:54:33   | 0:16:47 |

**VETERANOS M IV 55-59 (Continuação)**

| Pos. | Dor. | Nome                 | Clube      | T.Oficial | Difer.  |
|------|------|----------------------|------------|-----------|---------|
| 30   | 414  | José Alves           | KILOSMODA  | 0:54:47   | 0:17:01 |
| 31   | 956  | Álvaro Costa         | IND        | 0:55:03   | 0:17:17 |
| 32   | 178  | José Luís Alves      | CENTRAL RU | 0:55:34   | 0:17:48 |
| 33   | 978  | Jorge Pinto          | IND        | 0:55:46   | 0:18:00 |
| 34   | 293  | Vitor Silva          | GDLU       | 0:56:03   | 0:18:17 |
| 35   | 142  | António Machado      | BODYPERFOR | 0:56:58   | 0:19:12 |
| 36   | 505  | Paulo Pereira        | PontoFinal | 0:57:49   | 0:20:03 |
| 37   | 274  | Manuel Granja        | GAVIÕES    | 0:57:56   | 0:20:10 |
| 38   | 724  | José Pinheiro        | IND        | 0:58:10   | 0:20:24 |
| 39   | 594  | Augusto Magalhães    | IND        | 0:58:48   | 0:21:02 |
| 40   | 493  | Carlos Ferreira      | POTES OURO | 0:59:20   | 0:21:34 |
| 41   | 700  | João Martins         | IND        | 0:59:21   | 0:21:35 |
| 42   | 593  | Artur Neves          | IND        | 0:59:22   | 0:21:36 |
| 43   | 412  | Fernando Gonçalves   | KILOSMODA  | 0:59:26   | 0:21:40 |
| 44   | 130  | José Martins         | BF         | 0:59:37   | 0:21:51 |
| 45   | 948  | Paulo Lobo           | IND        | 1:02:09   | 0:24:23 |
| 46   | 152  | Avelino Pereira      | BOTA&SIGA  | 1:02:12   | 0:24:26 |
| 47   | 520  | Joaquim Oliveira     | SANDE WISH | 1:02:53   | 0:25:07 |
| 48   | 637  | Domingos Costa Silva | IND        | 1:02:58   | 0:25:12 |
| 49   | 778  | Paulo Saldanha       | IND        | 1:03:02   | 0:25:16 |
| 50   | 963  | Xavier Oliveira      | F. ATC     | 1:04:53   | 0:27:07 |
| 51   | 318  | Jorge Machado        | IMPROVE    | 1:05:20   | 0:27:34 |
| 52   | 819  | Sérgio Cortinhas     | IND        | 1:05:54   | 0:28:08 |
| 53   | 939  | Jorge Seixas         | IND        | 1:06:23   | 0:28:37 |
| 54   | 361  | José Santos          | IND        | 1:06:33   | 0:28:47 |
| 55   | 443  | Lázaro Rodrigues     | LRC        | 1:06:56   | 0:29:10 |
| 56   | 590  | António Ferreira     | IND        | 1:08:36   | 0:30:50 |
| 57   | 934  | Fernando Cunha       | IND        | 1:09:07   | 0:31:21 |
| 58   | 434  | Humberto Lima        | LIMAS RUN  | 1:09:19   | 0:31:33 |
| 59   | 820  | Sérgio Lopes         | IND        | 1:11:52   | 0:34:06 |
| 60   | 279  | Rui Lima             | GAVIÕES    | 1:13:40   | 0:35:54 |
| 61   | 315  | Berto Machado        | IMPROVE    | 1:14:33   | 0:36:47 |
| 62   | 595  | Augusto Pinto        | IND        | 1:15:04   | 0:37:18 |
| 63   | 73   | José Rui Pereira     | AMVE       | 1:16:01   | 0:38:15 |
| 64   | 650  | Fernando Cunha       | IND        | 1:16:05   | 0:38:19 |

**VEMV****VETERANOS M V +60**

| Pos. | Dor. | Nome              | Clube   | T.Oficial | Difer.  |
|------|------|-------------------|---------|-----------|---------|
| 1    | 909  | Adelino Fernandes | ACVSM   | 0:42:47   |         |
| 2    | 49   | Augusto Antunes   | AFR F   | 0:43:53   | 0:01:06 |
| 3    | 135  | Fernando Maia     | BLASQEM | 0:45:20   | 0:02:33 |
| 4    | 168  | Luís Faria        | CCRPM   | 0:46:49   | 0:04:02 |
| 5    | 699  | João Oliveira     | IND     | 0:46:58   | 0:04:11 |
| 6    | 466  | António Marinho   | NAO     | 0:47:13   | 0:04:26 |
| 7    | 431  | José Gomes        | LIG.    | 0:47:43   | 0:04:56 |
| 8    | 121  | Jose Fernandes    | ATMP    | 0:48:49   | 0:06:02 |

## VETERANOS M V +60 (Continuação)

| Pos. | Dor. | Nome                  | Clube      | T.Oficial | Difer.  |
|------|------|-----------------------|------------|-----------|---------|
| 9    | 887  | João Oliveira         | VTSC       | 0:49:03   | 0:06:16 |
| 10   | 532  | Adelino Caixeiro      | SIPE RUNNI | 0:50:00   | 0:07:13 |
| 11   | 136  | Manuel Carneiro       | BLASQEM    | 0:50:56   | 0:08:09 |
| 12   | 427  | Saúl Vilhena          | LFC-F      | 0:51:01   | 0:08:14 |
| 13   | 54   | Manuel Azevedo        | AGM        | 0:52:05   | 0:09:18 |
| 14   | 890  | Manuel Novais         | VTSC       | 0:52:19   | 0:09:32 |
| 15   | 289  | José Reigada          | GDCTENVC   | 0:53:01   | 0:10:14 |
| 16   | 457  | Antenor Costa         | MOUTADOS T | 0:53:09   | 0:10:22 |
| 17   | 342  | Manuel Gonçalves      | IND        | 0:53:23   | 0:10:36 |
| 18   | 48   | António Neto          | AFR F      | 0:54:36   | 0:11:49 |
| 19   | 410  | António Fernandes     | KILOSMODA  | 0:54:46   | 0:11:59 |
| 20   | 157  | Manuel Cunha          | BRAGUINHAS | 0:55:18   | 0:12:31 |
| 21   | 211  | Miguel Marinho        | EAROS      | 0:55:58   | 0:13:11 |
| 22   | 52   | José Alves            | AGM        | 0:56:05   | 0:13:18 |
| 23   | 375  | João Gomes            | JOANE C C  | 0:56:22   | 0:13:35 |
| 24   | 209  | Joaquim Coelho        | EAROS      | 0:56:36   | 0:13:49 |
| 25   | 867  | João Silva            | TEMOS PENA | 0:56:41   | 0:13:54 |
| 26   | 502  | Celestino Silva       | PontoFinal | 0:56:56   | 0:14:09 |
| 27   | 360  | Jorge Pereira         | IND        | 0:57:26   | 0:14:39 |
| 28   | 491  | Bernardino .          | POTES OURO | 0:59:19   | 0:16:32 |
| 29   | 706  | Joaquim Silva         | IND        | 0:59:19   | 0:16:32 |
| 30   | 174  | Carlos Alberto        | CENTRAL RU | 0:59:20   | 0:16:33 |
| 31   | 129  | Carlos Osório         | BF         | 0:59:37   | 0:16:50 |
| 32   | 379  | António Machado       | JOANE C C  | 0:59:43   | 0:16:56 |
| 33   | 177  | Jorge Pimenta         | CENTRAL RU | 0:59:57   | 0:17:10 |
| 34   | 515  | Domingos Sousa        | S.C.BRAGA  | 1:00:02   | 0:17:15 |
| 35   | 283  | José Gonçalves        | GD Airão C | 1:01:00   | 0:18:13 |
| 36   | 591  | António Oliveira      | IND        | 1:01:51   | 0:19:04 |
| 37   | 900  | António Almeida       | CENTRAL    | 1:01:59   | 0:19:12 |
| 38   | 115  | José Santana          | ARPO       | 1:03:43   | 0:20:56 |
| 39   | 72   | José Magalhães        | AMVE       | 1:03:54   | 0:21:07 |
| 40   | 109  | Carlos Simões         | ARPO       | 1:04:48   | 0:22:01 |
| 41   | 104  | Armandino Couto       | ARPO       | 1:04:48   | 0:22:01 |
| 42   | 290  | Manuel Pereira        | GDCTENVC   | 1:04:54   | 0:22:07 |
| 43   | 651  | Fernando Gonçalves    | IND        | 1:06:20   | 0:23:33 |
| 44   | 114  | José Meira            | ARPO       | 1:06:54   | 0:24:07 |
| 45   | 328  | António Moreira       | IND        | 1:06:54   | 0:24:07 |
| 46   | 34   | Joaquim Ferreira      | ACVERM     | 1:07:27   | 0:24:40 |
| 47   | 715  | José Costa            | IND        | 1:08:48   | 0:26:01 |
| 48   | 930  | Carlos Cunha          | IND        | 1:09:07   | 0:26:20 |
| 49   | 561  | Alexandre Vasconcelos | IND        | 1:09:08   | 0:26:21 |
| 50   | 713  | José Ramos            | IND        | 1:09:15   | 0:26:28 |
| 51   | 18   | Orlando Ferreira      | A. PARQUE  | 1:31:42   | 0:48:55 |