

Classificação geral (com parciais)

Clas.	Num.	Atleta	Sx	Id	Escalao	Cl.Esc	Tempo	Clube	Cont. 1	Cont. 2	Cont. 3
1	404	YOUSEF EL KALAI	M	28	M2034	1	00:28:41	FC PORTO	00:09:22	00:18:41	00:28:03
2	437	RUI PEDRO SILVA	M	29	M2034	2	00:29:28	MARATONA CP	00:09:35	00:00:00	00:28:42
3	20	VITOR BITOK	M	29	M2034	3	00:29:36	QUENIA	00:09:36	00:19:23	00:28:59
4	5	LICINIO PIMENTEL	M	32	M2034	4	00:29:37	GDR CONFORLIMPA	00:09:43	00:19:23	00:28:59
5	455	ANTONIO TRAVASSOS	M	29	M2034	5	00:29:50	SPORTING CP	00:09:43	00:19:23	00:29:10
6	1	RUI SILVA	M	29	M2034	6	00:30:10	SPORTING CP	00:09:39	00:19:23	00:29:26
7	358	NUNO COSTA	M	22	M2034	7	00:30:15	MARATONA CP	00:09:39	00:19:30	00:29:32
8	6	FILIPE PEDRO	M	29	M2034	8	00:30:25	NA JOANE	00:09:44	00:19:35	00:29:41
9	374	RICARDO RIBAS	M	31	M2034	9	00:31:01	MARATONA CP	00:09:48	00:20:00	00:30:15
10	403	JOSE COSTA	M	18	M1819	1	00:31:06	FC PORTO	00:10:08	00:20:17	00:30:21
11	444	MIGUEL ARRAIOLOS	M	20	M2034	10	00:31:19	SL BENFICA	00:10:11	00:20:18	00:30:35
12	438	BRUNO RODRIGUES	M	21	M2034	11	00:31:37	J VIDIGALENSE	00:10:08	00:20:18	00:00:00
13	31	ARTUR SANTIAGO	M	37	M3539	1	00:31:38	GDU CAXIENSES	00:10:27	00:20:44	00:30:55
14	149	TAPANI VIRTANEN	M	24	M2034	12	00:31:40	HKV FILAND	00:10:09	00:20:27	00:30:57
15	402	NUNO VALENTE	M	28	M2034	13	00:31:48	FC PORTO	00:10:10	00:20:37	00:31:03
16	328	OLIVIER PEDROSO	M	18	M1819	2	00:32:04	MARATONA CP	00:10:17	00:20:45	00:31:21
17	22	EL ASSANE ABDANOUR	M	27	M2034	14	00:32:16	OLIMPICO C LAGOS	00:10:20	00:20:53	00:31:31
18	407	PAULO GALEGO	M	40	M4044	1	00:32:19	C I A ILHA AZUL	00:10:32	00:21:02	00:00:00
19	123	JULIO HENRIQUES	M	47	M4549	1	00:32:24	GA FREG VIDAIS	00:10:40	00:21:03	00:31:39
20	126	PAULO RAMOS	M	46	M4549	2	00:32:51	CEFA MARINHA	00:10:40	00:21:10	00:32:08
21	286	JOEL MARTINS	M	32	M2034	15	00:32:56	CUA BENAVENTENSE	00:10:41	00:21:26	00:32:13
22	81	LUIS MARAFUZ	M	19	M1819	3	00:32:57	ALHANDRA SC	00:10:41	00:21:23	00:32:13
23	372	TIAGO MATIAS	M	25	M2034	16	00:32:59	MARATONA CP	00:10:52	00:21:42	00:32:15
24	302	PEDRO SOUSA	M	21	M2034	17	00:33:19	CA RIACHENSE	00:10:52	00:21:42	00:32:35
25	373	JULIO MARQUES	M	32	M2034	18	00:33:22	MARATONA CP	00:10:53	00:21:45	00:32:36
26	293	GILBERTO FERNANDES	M	46	M4549	3	00:33:26	ACR FRADE CIMA	00:10:53	00:21:48	00:32:41
27	32	AMILCAR DUARTE	M	50	M5054	1	00:33:28	SPORTING CP	00:10:52	00:21:44	00:32:41
28	195	PEKKA TOIVOLA	M	20	M2034	19	00:33:28	HKV FILAND	00:10:27	00:21:10	00:32:38
29	29	SILVESTRE GOMES	M	53	M5054	2	00:33:48	OS PORTELAS	00:10:52	00:00:00	00:00:00
30	163	FRANCISCO PEDRO	M	38	M3539	2	00:33:56	ARSC TOLEDO	00:11:08	00:22:10	00:33:10
31	91	PEDRO LEITAO	M	20	M2034	20	00:34:09	ALHANDRA SC	00:10:52	00:22:02	00:33:24
32	25	ALVARO COSTA	M	50	M5054	3	00:34:11	MARATONA CP	00:10:57	00:22:09	00:33:20
33	361	JOAO FERREIRA	M	33	M2034	21	00:34:21	UA GUARDA	00:11:28	00:22:36	00:33:38
34	144	JOAO SERRANO	M	19	M1819	4	00:34:22	SR CAMARNAL	00:10:54	00:22:12	00:33:38
35	296	HUGO SANTOS	M	18	M1819	5	00:34:23	CA RIACHENSE	00:11:24	00:22:37	00:33:43
36	180	DAVID FERNANDES	M	34	M2034	22	00:34:29	CDR AGUIAS UNIDAS	00:11:29	00:22:38	00:33:44
37	310	TIAGO DIAS	M	19	M1819	6	00:34:30	J VIDIGALENSE	00:11:02	00:22:32	00:33:48
38	350	ANTONIO SANTOS	M	41	M4044	2	00:34:33	INDIVIDUAL	00:11:11	00:00:00	00:33:48
39	362	JOSE JARMELA	M	44	M4044	3	00:34:36	UA GUARDA	00:11:30	00:00:00	00:33:47
40	243	CARLOS CARAPETO	M	45	M4549	4	00:34:37	CCD O ALVITEJO	00:11:27	00:22:39	00:33:48
41	426	FILIPE FIALHO	M	42	M4044	4	00:34:42	CONSTROLANDIA	00:11:11	00:22:33	00:33:55
42	396	AIRES PRATAS	M	53	M5054	4	00:34:44	NS SAO MIGUEL	00:11:10	00:22:31	00:33:55
43	304	BRUNO GASPAR	M	24	M2034	23	00:35:00	CA RIACHENSE	00:10:57	00:22:32	00:34:12
44	312	FILIPE SILVA	M	56	M5559	1	00:35:04	GDR REBOLEIRA	00:11:27	00:22:45	00:34:14
45	131	LUIS OLIVEIRA	M	22	M2034	24	00:35:08	CEFA MARINHA	00:11:17	00:22:58	00:34:21
46	359	FABIO COELHO	M	22	M2034	25	00:35:09	NA JOANE	00:11:10	00:22:37	00:34:19
47	360	PEDRO FERNANDES	M	27	M2034	26	00:35:09	GD SELSA	00:11:20	00:22:56	00:34:26

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48	79	CARLOS COSTA	M	19	M1819	7	00:35:12	ALHANDRA SC	00:11:30	00:22:57	00:34:25
49	181	EURICO BRAS	M	39	M3539	3	00:35:14	CDR AGUIAS UNIDAS	00:11:37	00:22:57	00:34:25
50	16	CLARISSE CRUZ	F	31	F2034	1	00:35:23	SPORTING CP	00:12:04	00:23:10	00:34:31
51	167	ANDRE FERREIA	M	28	M2034	27	00:35:23	ARSC TOLEDO	00:12:03	00:23:09	00:34:30
52	148	JORGE BALTAZAR	M	47	M4549	5	00:35:29	GINAZIO TRAPEZIUS	00:11:35	00:23:07	00:34:39
53	174	CARLOS COUTO	M	32	M2034	28	00:35:35	CDR AGUIAS UNIDAS	00:11:38	00:00:00	00:34:46
54	176	PEDRO LUIS	M	35	M3539	4	00:35:36	CDR AGUIAS UNIDAS	00:11:38	00:23:10	00:34:47
55	271	ANTONIO LUCAS	M	42	M4044	5	00:35:44	GD CASA PELES	00:11:28	00:23:07	00:34:47
56	439	MARIO ROSA	M	29	M2034	29	00:35:46	ADR AGUAS BELAS	00:11:39	00:23:11	00:34:54
57	375	NUNO PEIXOTO	M	29	M2034	30	00:35:52	MARATONA CP	00:11:08	00:22:57	00:34:59
58	87	FABRICIO TOMAS	M	18	M1819	8	00:35:55	ALHANDRA SC	00:12:33	00:23:55	00:35:11
59	290	JOAO MARTINS	M	47	M4549	6	00:35:57	CUA BENAVENTENSE	00:11:51	00:23:24	00:35:08
60	128	LUIS VALVERDE	M	43	M4044	6	00:36:00	CEFA MARINHA	00:11:39	00:23:25	00:35:12
61	436	MONICA SILVA	F	25	F2034	2	00:36:00	FC PORTO	00:12:03	00:23:22	00:35:07
62	442	HORACIO ALEXANDRE	M	28	M2034	31	00:36:00	GD COSTA BRAVA	00:11:39	00:23:25	00:35:12
63	242	NELSON SANTOS	M	39	M3539	5	00:36:07	CCD O ALVITEJO	00:11:41	00:23:36	00:35:20
64	155	JOAO MIRANDA	M	38	M3539	6	00:36:10	CLUBE VODAFONE	00:11:52	00:00:00	00:35:21
65	18	HELENA SAMPAIO	F	34	F2034	3	00:36:18	MARATONA CP	00:12:04	00:23:39	00:35:25
66	268	ANTONIO CORREIA	M	40	M4044	7	00:36:23	GD CASA PELES	00:11:36	00:23:31	00:35:32
67	86	PAULO MONTEIRO	M	19	M1819	9	00:36:33	ALHANDRA SC	00:11:32	00:23:23	00:35:44
68	117	JOSE ALCOBIA	M	55	M5559	2	00:36:36	C FERROV PORTUGAL	00:12:00	00:23:40	00:35:50
69	28	HENRIQUE DIAS	M	55	M5559	3	00:36:38	OS PORTELAS	00:11:59	00:23:39	00:35:50
70	150	LUIS MOTA	M	39	M3539	7	00:36:42	UFCI UNIAO TOMAR	00:11:43	00:23:46	00:35:50
71	54	NUNO SARAIVA	M	20	M2034	32	00:36:51	AD REMOLPINTA	00:12:07	00:23:58	00:35:58
72	135	CARLOS PAPACINZA	M	20	M2034	33	00:36:51	CEFA MARINHA	00:11:48	00:24:08	00:36:04
73	48	ANA FERREIRA	F	21	F2034	4	00:36:53	GD ESTREITO	00:12:14	00:24:10	00:36:03
74	17	ANTONIO SA	M	56	M5559	4	00:36:54	CA OVAR	00:11:59	00:23:49	00:36:00
75	204	ANTONIO P L SANTOS	M	50	M5054	5	00:36:54	INDIVIDUAL	00:12:05	00:24:04	00:36:09
76	122	JOAO VALENTIM	M	49	M4549	7	00:36:59	GA FREG VIDAIS	00:12:05	00:24:01	00:36:06
77	294	ANTONIO DUARTE	M	50	M5054	6	00:37:00	ACR FRADE CIMA	00:12:14	00:24:15	00:36:07
78	450	JOAQUIM CAPUCHO	M	46	M4549	8	00:37:03	INDIVIDUAL	00:11:43	00:23:54	00:36:10
79	446	JOAO RODRIGUES	M	49	M4549	9	00:37:06	UF DEGOLADOS	00:12:06	00:24:06	00:36:13
80	311	BEATRIZ CUNHA	F	29	F2034	5	00:37:10	CA PATAMEIRAS	00:12:14	00:24:15	00:36:15
81	295	JULIO MOITA	M	51	M5054	7	00:37:12	ACR FRADE CIMA	00:12:14	00:24:15	00:36:21
82	27	JOAO PORTELA	M	63	M6099	1	00:37:13	OS PORTELAS	00:12:07	00:24:15	00:36:24
83	19	MARINA BASTOS	F	37	F3599	1	00:37:22	JOMA	00:12:14	00:00:00	00:36:26
84	430	MARCIO PEREIRA	M	29	M2034	34	00:37:22	ACADÉMICA COIMBRA	00:12:05	00:24:15	00:36:32
85	93	RAFAEL RIBEIRO	M	18	M1819	10	00:37:24	ALHANDRA SC	00:12:01	00:23:39	00:36:30
86	337	LUIS TORRAO	M	27	M2034	35	00:37:30	INDIVIDUAL	00:12:04	00:24:24	00:36:37
87	241	MIGUEL GOMES	M	32	M2034	36	00:37:32	CCD O ALVITEJO	00:12:14	00:24:20	00:36:39
88	83	MIGUEL MARQUES	M	18	M1819	11	00:37:34	ALHANDRA SC	00:12:32	00:24:55	00:36:47
89	188	PAULO CORREIA	M	43	M4044	8	00:37:35	OS SANTARENOS	00:12:04	00:24:23	00:36:47
90	318	LUIS NUNES	M	53	M5054	8	00:37:38	CA OBIDOS	00:12:14	00:24:22	00:36:44
91	250	ORLANDO CORREIA	M	37	M3539	8	00:37:39	SL CAMPOLIDE	00:12:13	00:24:23	00:36:45
92	440	CARLOS DURO	M	51	M5054	9	00:37:43	ADR AGUAS BELAS	00:12:06	00:24:26	00:36:56
93	95	FILIPPE LOPES	M	19	M1819	12	00:37:45	ALHANDRA SC	00:12:24	00:24:26	00:36:57
94	255	LUIS SILVA	M	37	M3539	9	00:37:46	CP ALCANENA	00:12:17	00:24:36	00:36:57
95	85	BRUNO PEREIRA	M	18	M1819	13	00:37:49	ALHANDRA SC	00:12:25	00:24:26	00:36:57

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96	39	VICTOR NOGUEIRA	M	44	M4044	9	00:37:53	GAA VILA FRANCA XIRA	00:12:11	00:24:29	00:36:59
97	129	JORGE TEIXEIRA	M	38	M3539	10	00:37:54	CEFA MARINHA	00:12:02	00:24:27	00:37:01
98	68	JORGE CANTEIRO	M	39	M3539	11	00:38:01	AÇOREANA C BANIF	00:12:40	00:24:57	00:37:11
99	112	ANTONIO LEMOS	M	50	M5054	10	00:38:02	WIKABOO	00:12:23	00:24:42	00:00:00
100	303	RUI INACIO	M	20	M2034	37	00:38:06	CA RIACHENSE	00:12:07	00:24:50	00:37:11
101	133	JOAQUIM BICO	M	50	M5054	11	00:38:14	CEFA MARINHA	00:12:21	00:24:49	00:37:22
102	285	MIGUEL TEIXEIRA	M	18	M1819	14	00:38:15	CUA BENAVENTENSE	00:12:29	00:25:20	00:37:27
103	327	LILIANA TEIXEIRA	F	19	F1819	1	00:38:17	MARATONA CP	00:12:15	00:24:27	00:37:21
104	306	CARLOS PEREIRA	M	37	M3539	12	00:38:20	CA RIACHENSE	00:12:37	00:24:56	00:37:27
105	301	MARCO FRANCISCO	M	27	M2034	38	00:38:22	CA RIACHENSE	00:12:37	00:24:56	00:37:27
106	164	RUI AGUIAR	M	35	M3539	13	00:38:23	ARSC TOLEDO	00:12:31	00:25:06	00:37:28
107	165	EMANUEL MARQUES	M	39	M3539	14	00:38:25	ARSC TOLEDO	00:12:40	00:25:06	00:37:30
108	50	ANTONIO GONÇALVES	M	39	M3539	15	00:38:31	AD REMOLPINTA	00:12:05	00:24:36	00:37:32
109	207	RICARDO FRANCO	M	24	M2034	39	00:38:35	INDIVIDUAL	00:12:27	00:24:57	00:37:48
110	274	PAULO SILVA	M	45	M4549	10	00:38:35	CP PONTEVEL	00:12:16	00:24:50	00:37:42
111	319	JORGE SERRAZINA	M	53	M5054	12	00:38:39	CA OBIDOS	00:12:16	00:24:53	00:37:43
112	152	JOSE SILVA	M	47	M4549	11	00:38:46	UFCI UNIAO TOMAR	00:12:28	00:25:06	00:37:52
113	197	MIGUEL ROCHA	M	37	M3539	16	00:38:46	INDIVIDUAL	00:12:32	00:25:13	00:37:53
114	201	HELDER CARREIRA	M	32	M2034	40	00:38:47	INDIVIDUAL	00:12:15	00:24:59	00:37:51
115	421	PEDRO SILVA	M	35	M3539	17	00:38:58	CLUBE GIRASSOL	00:12:16	00:24:58	00:38:02
116	445	JOAO CARLOS	M	46	M4549	12	00:38:59	INDIVIDUAL	00:15:26	00:37:55	00:00:00
117	233	ORLINDO FIGUEIREDO	M	61	M6099	2	00:39:03	SS CGD	00:12:28	00:25:09	00:38:09
118	410	JOSE PEREIRA	M	57	M5559	5	00:39:06	CCDP CM LOURES	00:12:32	00:25:18	00:38:13
119	422	MANUEL FERNANDES	M	55	M5559	6	00:39:08	S. FRUTUOSO	00:13:11	00:25:46	00:38:14
120	279	RICARDO MARTINS	M	25	M2034	41	00:39:10	C N C	00:12:40	00:25:20	00:38:16
121	60	NUNO CORREIA	M	42	M4044	10	00:39:16	GD INE	00:12:51	00:25:38	00:38:19
122	130	JOAO FERREIRA	M	25	M2034	42	00:39:23	CEFA MARINHA	00:12:48	00:25:55	00:38:40
123	24	JOSE MESTRE	M	45	M4549	13	00:39:27	REST O CANGALHO	00:12:49	00:25:33	00:38:35
124	82	NADINE ALMEIDA	F	19	F1819	2	00:39:27	ALHANDRA SC	00:12:42	00:25:33	00:38:33
125	398	JOAO SOARES	M	55	M5559	7	00:39:29	NS SAO MIGUEL	00:12:50	00:25:36	00:38:33
126	37	MARIO AMADOR	M	55	M5559	8	00:39:31	GAA VILA FRANCA XIRA	00:12:48	00:25:40	00:38:36
127	52	PEDRO VEIGA	M	28	M2034	43	00:39:31	AD REMOLPINTA	00:13:18	00:00:00	00:38:41
128	267	EMANUEL SERRAZINA	M	28	M2034	44	00:39:34	AA CARTAXENSE	00:12:27	00:25:38	00:38:42
129	179	GONÇALO FRIJA	M	26	M2034	45	00:39:45	CDR AGUIAS UNIDAS	00:13:03	00:25:55	00:38:48
130	441	MANUEL GOMES	M	55	M5559	9	00:39:46	ADR AGUAS BELAS	00:12:50	00:25:47	00:38:50
131	88	PEDRO GOMES	M	22	M2034	46	00:39:51	ALHANDRA SC	00:12:41	00:25:35	00:38:57
132	394	AURELIANO VIDEIRA	M	53	M5054	13	00:39:56	NS SAO MIGUEL	00:13:03	00:26:00	00:39:03
133	434	PAULO SILVESTRE	M	33	M2034	47	00:40:09	INDIVIDUAL	00:13:44	00:26:30	00:39:15
134	323	RUI FALCAO	M	47	M4549	14	00:40:11	FALCOES SELVAGENS	00:13:04	00:26:10	00:39:15
135	253	FERNANDO SANTOS	M	50	M5054	14	00:40:13	CP ALCANENA	00:13:15	00:26:21	00:39:20
136	275	JOSE TEODOSIO	M	43	M4044	11	00:40:15	CP PONTEVEL	00:13:18	00:26:19	00:39:19
137	280	MARIO COUTO	M	31	M2034	48	00:40:17	C N C	00:13:11	00:26:17	00:39:21
138	89	ANA SAMPAIO	F	20	F2034	6	00:40:18	ALHANDRA SC	00:12:57	00:26:10	00:39:23
139	269	JOAQUIM MARTINS	M	46	M4549	15	00:40:18	GD CASA PELES	00:12:57	00:26:11	00:39:22
140	401	EDUARDO TANGANHITO	M	62	M6099	3	00:40:20	NS SAO MIGUEL	00:13:04	00:26:10	00:39:23
141	320	LUIS BOTELHO	M	31	M2034	49	00:40:22	CA OBIDOS	00:14:15	00:27:00	00:39:30
142	166	JOAO BENTO	M	40	M4044	12	00:40:23	ARSC TOLEDO	00:13:42	00:26:38	00:39:29
143	113	FILIPE NEVES	M	35	M3539	18	00:40:46	WIKABOO	00:13:46	00:26:54	00:00:00

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144	423	RUI TEIXEIRA	M	47	M4549	16	00:40:47	S. FRUTUOSO	00:13:19	00:26:31	00:39:51
145	107	LUIS NEVES	M	31	M2034	50	00:40:52	MARINHAIS AC	00:13:31	00:26:40	00:39:58
146	300	PAULO SIMOES	M	30	M2034	51	00:40:56	CA RIACHENSE	00:13:17	00:27:01	00:40:07
147	151	ERNESTO PARENTE	M	43	M4044	13	00:40:57	UFCl UNIAO TOMAR	00:12:58	00:26:23	00:40:05
148	147	RUI BARRADAS	M	38	M3539	19	00:41:17	GINAZIO TRAPEZIUS	00:13:03	00:26:28	00:40:17
149	389	JOSE M S SILVA	M	34	M2034	52	00:41:22	INDIVIDUAL	00:13:41	00:26:40	00:40:23
150	71	NUNO COELHO	M	40	M4044	14	00:41:27	AÇOREANA C BANIF	00:13:47	00:27:17	00:40:39
151	305	ANTONIO PRATAS	M	37	M3539	20	00:41:28	CA RIACHENSE	00:13:33	00:27:03	00:40:35
152	102	JOSE SILVA	M	55	M5559	10	00:41:31	AC PORTO SALVO	00:13:51	00:27:08	00:40:35
153	298	ANA RODRIGUES	F	18	F1819	3	00:41:33	CA RIACHENSE	00:13:17	00:27:03	00:40:39
154	141	JOSUE FRANCISCO	M	37	M3539	21	00:41:34	SR CAMARNAL	00:13:19	00:27:05	00:40:40
155	146	LUIS ROSARIO	M	41	M4044	15	00:41:34	GINAZIO TRAPEZIUS	00:13:03	00:26:39	00:40:25
156	101	JOSE MAIO	M	45	M4549	17	00:41:35	AC PORTO SALVO	00:13:55	00:27:18	00:40:38
157	90	MARIO LEITAO	M	23	M2034	53	00:41:39	ALHANDRA SC	00:13:23	00:27:07	00:40:42
158	256	LUIS NETO	M	32	M2034	54	00:41:49	CP ALCANENA	00:13:17	00:26:58	00:40:51
159	277	CESAR NUNES	M	22	M2034	55	00:41:49	CP PONTEVEL	00:13:10	00:26:40	00:40:50
160	276	AMILCAR AMORIM	M	41	M4044	16	00:41:51	CP PONTEVEL	00:13:36	00:27:06	00:40:54
161	370	CARLOS MAURICIO	M	45	M4549	18	00:41:53	C VET SERRA AIRE	00:13:56	00:27:20	00:40:56
162	331	PAULO CORREIA	M	34	M2034	56	00:41:56	INDIVIDUAL	00:14:04	00:27:45	00:41:02
163	353	RUI LIMA	M	34	M2034	57	00:41:56	A 20 KM ALMEIRIM	00:13:30	00:27:02	00:40:57
164	153	ALBERTO GRAÇA	M	55	M5559	11	00:41:58	UFCl UNIAO TOMAR	00:13:16	00:27:04	00:41:01
165	399	JOAQUIM COSTA	M	58	M5559	12	00:42:04	NS SAO MIGUEL	00:13:16	00:27:08	00:41:04
166	342	LEONEL MADRUGA	M	40	M4044	17	00:42:06	INDIVIDUAL	00:13:55	00:27:35	00:41:17
167	270	CARLOS BATALHA	M	54	M5054	15	00:42:12	GD CASA PELES	00:13:30	00:27:14	00:41:11
168	252	PAULO LOPES	M	37	M3539	22	00:42:13	CF OS BELENENSES	00:13:15	00:27:20	00:41:13
169	97	RAQUEL ROCHA	F	18	F1819	4	00:42:16	ALHANDRA SC	00:13:55	00:27:18	00:41:18
170	321	DUARTE REIS	M	31	M2034	58	00:42:16	CA OBIDOS	00:14:26	00:27:54	00:41:20
171	238	RUI SILVA	M	42	M4044	18	00:42:18	GDC EIRAPEDRENSE	00:14:12	00:27:44	00:41:19
172	278	FABIO FERREIRA	M	23	M2034	59	00:42:27	C N C	00:13:37	00:27:21	00:41:41
173	266	LUIS MONTEIRO	M	41	M4044	19	00:42:28	AA CARTAXENSE	00:14:15	00:28:00	00:41:35
174	307	JOSE MORGADO	M	41	M4044	20	00:42:58	CA RIACHENSE	00:13:34	00:27:45	00:42:00
175	383	MANUEL BATISTA	M	44	M4044	21	00:43:00	INDIVIDUAL	00:14:13	00:00:00	00:42:02
176	40	MAURO PIMENTA	M	32	M2034	60	00:43:02	GAA VILA FRANCA XIRA	00:14:26	00:28:18	00:42:09
177	428	SERGIO OLIVEIRA	M	32	M2034	61	00:43:02	CONSTROLANDIA	00:14:27	00:28:39	00:42:10
178	257	MARCO VITORINO	M	27	M2034	62	00:43:10	CP ALCANENA	00:13:25	00:27:55	00:42:12
179	170	EDGAR RICARDO	M	28	M2034	63	00:43:11	ARSC TOLEDO	00:14:54	00:28:41	00:42:19
180	458	PEDRO FALCATO	M	36	M3539	23	00:43:12	INDIVIDUAL	00:14:03	00:28:03	00:42:15
181	58	GONÇALO FERREIRA	M	36	M3539	24	00:43:28	GD INE	00:14:21	00:28:30	00:42:32
182	265	FERNANDO SILVA	M	45	M4549	19	00:43:29	AA CARTAXENSE	00:14:16	00:28:01	00:42:34
183	98	PEDRO MARIA	M	35	M3539	25	00:43:32	ARC SOCASA	00:14:13	00:28:03	00:42:42
184	94	IVO CRISTETA	M	18	M1819	15	00:43:33	ALHANDRA SC	00:12:49	00:27:15	00:42:36
185	80	ANDRE ESTEVAM	M	19	M1819	16	00:43:34	ALHANDRA SC	00:13:13	00:27:15	00:42:36
186	120	RUI MOURA	M	55	M5559	13	00:43:36	FAMILIA BUGALHO	00:14:37	00:28:35	00:42:39
187	189	JERONIMO GRAÇA	M	35	M3539	26	00:43:39	OS SANTARENOS	00:15:24	00:29:57	00:42:45
188	324	ANTONIO CANDEIAS	M	47	M4549	20	00:43:43	FALCOES SELVAGENS	00:14:17	00:28:29	00:42:50
189	334	BENTO TANGANHO	M	54	M5054	16	00:43:43	ALHANDRA SC	00:14:25	00:28:37	00:42:49
190	465	ALEXANDRE TREMOCEIRO	M	32	M2034	64	00:43:45	INDIVIDUAL	00:14:37	00:28:39	00:42:42
191	145	JOSE OLIVEIRA	M	54	M5054	17	00:43:46	GINAZIO TRAPEZIUS	00:14:18	00:28:29	00:42:50

Classificação geral (com parciais)

192	158	JULIO FIRME	M	21	M2034	65	00:43:46	AA LEBRES SADO	00:15:25	00:29:19	00:42:51
193	416	MARIO INÁCIO	M	28	M2034	66	00:43:51	ACADEMIA SK	00:13:52	00:28:07	00:42:56
194	365	TIAGO LEOPOLDO	M	23	M2034	67	00:43:59	MARTINITOS	00:13:57	00:28:24	00:43:02
195	64	ANTONIO NETO	M	37	M3539	27	00:44:03	AÇOREANA C BANIF	00:14:16	00:28:49	00:43:09
196	143	RICARDO VICENTE	M	31	M2034	68	00:44:10	SR CAMARNAL	00:14:15	00:28:37	00:43:08
197	392	JOAO PERES	M	38	M3539	28	00:44:13	NS SAO MIGUEL	00:14:42	00:28:50	00:00:00
198	200	JOSE M FIGUEIREDO	M	38	M3539	29	00:44:18	INDIVIDUAL	00:14:26	00:28:49	00:43:18
199	140	HELDER MARQUES	M	43	M4044	22	00:44:19	SR CAMARNAL	00:14:19	00:28:37	00:43:19
200	75	SOFIA MADEIRA	F	19	F1819	5	00:44:20	ALHANDRA SC	00:13:43	00:27:41	00:43:16
201	77	LILIANA SILVA	F	20	F2034	7	00:44:20	ALHANDRA SC	00:13:55	00:27:41	00:43:17
202	246	MANUEL VITORINO	M	59	M5559	14	00:44:24	CCD O ALVITEJO	00:14:46	00:29:12	00:43:24
203	376	MANUEL REGO	M	37	M3539	30	00:44:29	INDIVIDUAL	00:14:41	00:29:21	00:43:30
204	56	LUIS FERREIRA	M	32	M2034	69	00:44:35	SPA CABELEIREIROS	00:14:45	00:29:14	00:43:35
205	190	PEDRO CARVALHO	M	45	M4549	21	00:44:35	OS SANTARENOS	00:14:43	00:29:13	00:43:29
206	395	BERNARDO GRADISSIMO	M	50	M5054	18	00:44:36	NS SAO MIGUEL	00:15:02	00:00:00	00:29:30
207	288	MANUEL MARTINS	M	56	M5559	15	00:44:38	CUA BENAVENTENSE	00:14:54	00:29:10	00:43:39
208	367	JOAO PEREIRA	M	21	M2034	70	00:44:38	ALHANDRA SC	00:14:18	00:29:01	00:43:42
209	463	HELDER BRANCO	M	37	M3539	31	00:44:39	INDIVIDUAL	00:15:14	00:29:34	00:43:42
210	65	ARLINDO DUARTE	M	44	M4044	23	00:44:40	AÇOREANA C BANIF	00:14:22	00:29:01	00:43:41
211	226	PAULO VALADA	M	43	M4044	24	00:44:42	INDIVIDUAL	00:14:16	00:28:38	00:43:39
212	36	FERNANDO MORAIS	M	46	M4549	22	00:44:48	GD BANCO BPI	00:14:23	00:28:54	00:43:41
213	457	FLAVIO AMORIM	M	20	M2034	71	00:44:57	INDIVIDUAL	00:15:57	00:30:26	00:44:02
214	111	NUNO BARRADAS	M	44	M4044	25	00:45:01	WIKABOO	00:15:03	00:29:28	00:44:03
215	38	OLIMPIO GUEDELHA	M	53	M5054	19	00:45:11	GAA VILA FRANCA XIRA	00:15:39	00:29:54	00:44:08
216	169	CARLOS ALEGRE	M	48	M4549	23	00:45:13	ARSC TOLEDO	00:15:08	00:29:28	00:44:13
217	343	RUI M M GOMES	M	25	M2034	72	00:45:13	INDIVIDUAL	00:13:51	00:29:11	00:44:18
218	100	HUGO SALVADOR	M	31	M2034	73	00:45:15	AC PORTO SALVO	00:15:19	00:29:51	00:00:00
219	168	ANTONIO FERNANDES	M	45	M4549	24	00:45:16	ARSC TOLEDO	00:15:20	00:30:02	00:44:15
220	456	NELIO CARDOSO	M	29	M2034	74	00:45:18	INDIVIDUAL	00:15:57	00:30:26	00:30:27
221	206	ADRIANO CUNHA	M	55	M5559	16	00:45:20	INDIVIDUAL	00:15:22	00:30:00	00:44:18
222	341	LUIS M R A MARQUES	M	39	M3539	32	00:45:23	INDIVIDUAL	00:14:18	00:28:59	00:44:23
223	289	JOAQUIM CARMO	M	43	M4044	26	00:45:28	CUA BENAVENTENSE	00:15:02	00:29:40	00:44:29
224	400	JOAQUIM NEIVA	M	65	M6099	4	00:45:29	NS SAO MIGUEL	00:15:06	00:29:35	00:44:26
225	41	BRUNO SILVA	M	34	M2034	75	00:45:31	GAA VILA FRANCA XIRA	00:16:29	00:31:04	00:44:34
226	191	DAVID FERREIRA	M	41	M4044	27	00:45:41	OS SANTARENOS	00:15:25	00:30:00	00:44:39
227	245	PEDRO NOGUEIRA	M	37	M3539	33	00:45:43	CCD O ALVITEJO	00:15:06	00:29:43	00:44:43
228	378	SERGIO SOARES	M	28	M2034	76	00:45:43	INDIVIDUAL	00:15:08	00:30:03	00:44:45
229	282	RITA RIBEIRO	F	24	F2034	8	00:45:44	C N C	00:14:35	00:29:29	00:44:48
230	92	LAURA BENTO	F	19	F1819	6	00:45:49	ALHANDRA SC	00:00:00	00:29:43	00:00:00
231	142	EZEQUIEL NAZARE	M	53	M5054	20	00:45:49	SR CAMARNAL	00:14:38	00:29:31	00:44:46
232	231	JOSE GARRAFAO	M	47	M4549	25	00:45:53	INDIVIDUAL	00:15:22	00:30:13	00:44:51
233	377	JOSE VALERIO	M	63	M6099	5	00:45:55	INDIVIDUAL	00:15:03	00:30:04	00:00:00
234	424	JOSE LUCAS	M	64	M6099	6	00:45:59	S. FRUTUOSO	00:15:02	00:30:01	00:45:00
235	99	JOAO MARTINS	M	38	M3539	34	00:46:05	ARC SOCASA	00:14:27	00:30:02	00:44:54
236	351	ANIBAL GODINHO	M	45	M4549	26	00:46:06	INDIVIDUAL	00:15:34	00:30:29	00:45:04
237	459	CARLOS BORDA D AGUA	M	35	M3539	35	00:46:09	INDIVIDUAL	00:14:05	00:28:44	00:45:05
238	236	JOSE MATIAS	M	53	M5054	21	00:46:17	GDC EIRAPEDRENSE	00:15:38	00:30:09	00:45:11
239	235	JORGE GOMES	M	45	M4549	27	00:46:18	GDC EIRAPEDRENSE	00:15:38	00:30:05	00:45:13

Classificação geral (com parciais)

240	137	SERGIO TELES	M	23	M2034	77	00:46:19	ADC CATUJAL	00:16:10	00:30:51	00:45:20
241	325	LUIS REIS	M	46	M4549	28	00:46:21	FALCOES SELVAGENS	00:15:22	00:30:28	00:45:21
242	453	VITOR BARATA	M	52	M5054	22	00:46:30	INDIVIDUAL	00:15:33	00:30:21	00:45:23
243	408	PEDRO CAPELAS	M	39	M3539	36	00:46:31	SC MOITENSE	00:15:07	00:30:12	00:45:23
244	125	FERNANDO CARVALHO	M	37	M3539	37	00:46:32	BUERAPIDOS	00:15:29	00:30:42	00:45:31
245	66	FRANCISCO PEREIRA	M	42	M4044	28	00:46:35	AÇOREANA C BANIF	00:15:20	00:30:13	00:45:31
246	67	JOAO SERRA	M	36	M3539	38	00:46:35	AÇOREANA C BANIF	00:15:20	00:30:13	00:45:30
247	239	PEDRO HENRIQUES	M	21	M2034	78	00:46:39	GDC EIRAPEDRENSE	00:16:32	00:31:45	00:45:43
248	193	ANDRE TEIXEIRA	M	24	M2034	79	00:46:43	OS SANTARENOS	00:14:12	00:29:11	00:45:42
249	338	PAULO R SILVA	M	43	M4044	29	00:46:45	INDIVIDUAL	00:15:10	00:30:13	00:45:44
250	435	JOAO CARLOS SARDINHA	M	32	M2034	80	00:46:45	INDIVIDUAL	00:15:10	00:30:13	00:45:44
251	272	MARCO AMARO	M	35	M3539	39	00:46:49	CP PONTEVEL	00:15:11	00:30:24	00:45:41
252	349	PAULO COSTA	M	40	M4044	30	00:46:50	INDIVIDUAL	00:15:42	00:30:43	00:45:50
253	462	DIOGO BRANCO	M	26	M2034	81	00:46:53	INDIVIDUAL	00:15:20	00:30:30	00:45:50
254	449	VALTER SILVA	M	32	M2034	82	00:46:54	INDIVIDUAL	00:15:11	00:30:24	00:45:41
255	109	ANTONIO LEAL	M	37	M3539	40	00:46:55	MARINHAIS AC	00:16:37	00:31:17	00:45:56
256	284	LUIS BUCHA	M	38	M3539	41	00:46:56	TRICOFAITES	00:15:58	00:30:48	00:45:53
257	187	PEDRO RIBEIRO	M	50	M5054	23	00:46:57	CLAC PAREDE	00:15:34	00:30:50	00:46:00
258	192	NUNO MENDAO	M	35	M3539	42	00:46:57	OS SANTARENOS	00:15:52	00:30:59	00:46:03
259	344	PAULA SIMOES	F	34	F2034	9	00:47:00	INDIVIDUAL	00:15:12	00:30:38	00:46:01
260	380	PAULO J T FERREIRA	M	29	M2034	83	00:47:00	INDIVIDUAL	00:14:47	00:30:20	00:46:01
261	393	ANTONIO HENRIQUES	M	48	M4549	29	00:47:00	NS SAO MIGUEL	00:15:13	00:30:38	00:46:00
262	110	JOAO SIMOES	M	45	M4549	30	00:47:11	CLUBE OGMA	00:15:37	00:30:58	00:46:10
263	225	JOSE BELCHIOR	M	57	M5559	17	00:47:11	INDIVIDUAL	00:15:37	00:00:00	00:46:10
264	273	JORGE BARATA	M	46	M4549	31	00:47:16	CP PONTEVEL	00:15:03	00:30:37	00:46:12
265	287	RUTE SOUSA	F	33	F2034	10	00:47:16	AÇOREANA C BANIF	00:15:02	00:30:40	00:46:11
266	136	ALMERINDO SILVA	M	49	M4549	32	00:47:20	ADC CATUJAL	00:15:26	00:30:39	00:46:15
267	381	JOAQUIM FERREIRA	M	42	M4044	31	00:47:28	INDIVIDUAL	00:15:13	00:30:23	00:46:24
268	35	JOAQUIM VIANA	M	46	M4549	33	00:47:33	CR ALVORADA	00:15:53	00:31:06	00:46:27
269	159	MARIO MIRA	M	42	M4044	32	00:47:38	AA LEBRES SADO	00:15:47	00:31:01	00:46:31
270	251	FERNANDO CORREIA	M	43	M4044	33	00:47:44	CF OS BELENENSES	00:14:56	00:31:00	00:46:43
271	443	JOSÉ LUIS GONÇALVES	M	33	M2034	84	00:47:44	GD COSTA BRAVA	00:15:35	00:31:23	00:46:47
272	205	ANTONIO JH FERREIRA	M	50	M5054	24	00:48:09	INDIVIDUAL	00:15:41	00:31:19	00:47:03
273	291	MARISA LOPES	F	21	F2034	11	00:48:25	CA FERREIRA ZEZERE	00:15:45	00:31:29	00:47:24
274	292	MARCO LOPES	M	31	M2034	85	00:48:25	CA FERREIRA ZEZERE	00:15:45	00:31:28	00:47:24
275	454	MANUEL FRANCISCO	M	50	M5054	25	00:48:29	SR CAMARNAL	00:14:58	00:30:40	00:47:27
276	259	Mª CLARA CARVALHO	F	46	F3599	2	00:48:33	AA CARTAXENSE	00:16:21	00:32:07	00:47:29
277	461	BENTO VALENTE	M	43	M4044	34	00:48:35	INDIVIDUAL	00:16:22	00:00:00	00:47:31
278	248	JOSE NUNES	M	65	M6099	7	00:48:38	CCD O ALVITEJO	00:15:39	00:31:28	00:47:32
279	198	RAFAEL MONTEIRO	M	30	M2034	86	00:48:52	INDIVIDUAL	00:15:55	00:31:53	00:47:47
280	427	LUIS BATISTA	M	30	M2034	87	00:48:56	CONSTROLANDIA	00:15:57	00:31:47	00:47:49
281	33	GILBERTO GONÇALVES	M	60	M6099	8	00:48:57	CR ALVORADA	00:16:25	00:32:12	00:47:51
282	34	LIGORIO BORLOT	M	50	M5054	26	00:49:00	CR ALVORADA	00:16:26	00:32:14	00:47:52
283	175	TERESA COUTO	F	31	F2034	12	00:49:01	CDR AGUIAS UNIDAS	00:16:25	00:32:07	00:47:50
284	171	JORGE AMARAL	M	40	M4044	35	00:49:02	CDR AGUIAS UNIDAS	00:16:26	00:32:06	00:47:49
285	51	LUIS LOPES	M	40	M4044	36	00:49:11	AD REMOLPINTA	00:16:34	00:32:02	00:47:59
286	237	MANUEL PEREIRA	M	55	M5559	18	00:49:17	GDC EIRAPEDRENSE	00:16:44	00:32:19	00:48:11
287	417	RUI FILIPE CARTA	M	31	M2034	88	00:49:19	ACADEMIA SK	00:16:05	00:32:06	00:48:15

Classificação geral (com parciais)

288	53	MARTIM LOPES	M	25	M2034	89	00:49:20	AD REMOLPINTA	00:16:51	00:32:14	00:48:11
289	62	TANIA MACHADO	F	34	F2034	13	00:49:20	AÇOREANA C BANIF	00:16:02	00:32:14	00:48:11
290	314	JOAO RAQUEL	M	32	M2034	90	00:49:23	BENAVENTE RUNNING	00:16:35	00:31:58	00:48:14
291	316	JOAQUIM RUIVO	M	40	M4044	37	00:49:23	BENAVENTE RUNNING	00:16:35	00:31:58	00:48:14
292	345	ANTONIO CARRILHO	M	44	M4044	38	00:49:29	INDIVIDUAL	00:15:45	00:31:56	00:48:18
293	346	SILVIA MADEIRA	F	30	F2034	14	00:49:29	INDIVIDUAL	00:15:45	00:31:57	00:48:18
294	262	JOSE VIDAIS	M	39	M3539	43	00:49:50	AA CARTAXENSE	00:16:57	00:33:08	00:48:41
295	448	NUNO MORAIS	M	35	M3539	44	00:49:55	INDIVIDUAL	00:16:02	00:32:18	00:48:37
296	460	PAULO CALIXTO	M	36	M3539	45	00:50:03	INDIVIDUAL	00:16:01	00:00:00	00:00:00
297	391	TERESA REIS	F	50	F3599	3	00:50:05	NS SAO MIGUEL	00:16:18	00:32:28	00:48:57
298	431	HUMBERTO BARATA	M	42	M4044	39	00:50:06	INDIVIDUAL	00:16:58	00:32:56	00:49:04
299	44	JORGE FERREIRA	M	48	M4549	34	00:50:10	JAF	00:17:06	00:32:44	00:49:01
300	368	NELSON MOTA	M	38	M3539	46	00:50:11	ETAR AVEIRAS	00:17:36	00:33:31	00:49:07
301	258	VITOR SANTOS	M	45	M4549	35	00:50:14	AA CARTAXENSE	00:16:58	00:33:08	00:49:05
302	384	PEDRO HONORIO	M	44	M4044	40	00:50:14	INDIVIDUAL	00:16:57	00:33:07	00:49:05
303	369	ARMANDO PARREIRA	M	40	M4044	41	00:50:18	ETAR AVEIRAS	00:00:00	00:33:32	00:49:08
304	57	NUNO LIMA	M	36	M3539	47	00:50:23	SPA CABELEIREIROS	00:16:04	00:32:31	00:49:14
305	315	ANTONIO ROGERIO	M	42	M4044	42	00:50:32	BENAVENTE RUNNING	00:17:11	00:33:39	00:49:31
306	452	ABILIO TAVARES	M	54	M5054	27	00:50:34	INDIVIDUAL	00:16:27	00:32:34	00:49:17
307	247	JULIO MARINHO	M	66	M6099	9	00:50:42	CCD O ALVITEJO	00:00:00	00:23:30	00:48:48
308	357	DIAMANTINO NEVES	M	48	M4549	36	00:50:49	CD AGUIAS ALPIARÇA	00:15:21	00:32:15	00:49:35
309	69	JOSE SEQUEIRA	M	48	M4549	37	00:50:50	AÇOREANA C BANIF	00:16:34	00:33:09	00:49:46
310	108	JOSE LEAL	M	32	M2034	91	00:50:52	MARINHAIS AC	00:17:47	00:34:10	00:49:45
311	162	PAULO SOUSA	M	37	M3539	48	00:50:52	ARSC TOLEDO	00:17:04	00:33:29	00:49:47
312	340	JOSE A PEREIRA	M	52	M5054	28	00:50:54	INDIVIDUAL	00:17:46	00:34:12	00:49:46
313	308	FERNANDO ROQUE	M	49	M4549	38	00:50:55	CA RIACHENSE	00:16:16	00:32:57	00:49:44
314	196	SILVERIO BRAS	M	49	M4549	39	00:50:58	INDIVIDUAL	00:16:28	00:33:00	00:49:57
315	240	EUGENIA CARRAPETO	F	42	F3599	4	00:51:24	CCD O ALVITEJO	00:17:56	00:33:59	00:50:13
316	297	RENATA MOTA	F	18	F1819	7	00:51:33	CA RIACHENSE	00:16:17	00:33:18	00:50:28
317	46	CARLOS VENTURA	M	50	M5054	29	00:51:45	JAF	00:17:07	00:33:28	00:50:30
318	218	LUDGERO RODRIGUES	M	52	M5054	30	00:52:00	INDIVIDUAL	00:16:23	00:33:43	00:50:57
319	326	JOSE AZEVEDO	M	41	M4044	43	00:52:09	FALCOES SELVAGENS	00:17:03	00:34:15	00:50:59
320	244	JOSE MAIA	M	51	M5054	31	00:52:21	CCD O ALVITEJO	00:17:34	00:34:00	00:51:08
321	309	MANUEL TONDELA	M	64	M6099	10	00:52:27	CA RIACHENSE	00:16:57	00:34:27	00:51:26
322	385	NUNO LOPES	M	32	M2034	92	00:52:27	INDIVIDUAL	00:17:09	00:34:27	00:51:25
323	219	FERNANDO FIAES	M	44	M4044	44	00:52:31	INDIVIDUAL	00:16:47	00:33:19	00:51:12
324	63	ANTONIO GUEDES	M	38	M3539	49	00:52:34	AÇOREANA C BANIF	00:17:06	00:34:10	00:51:24
325	260	Mª EDUARDA PEREIRA	F	54	F3599	5	00:52:37	AA CARTAXENSE	00:16:33	00:33:45	00:51:23
326	185	HELIO GODINHO	M	58	M5559	19	00:52:40	SMO PROGRESSO	00:17:41	00:34:38	00:51:27
327	371	FERNANDO CELESTINO	M	50	M5054	32	00:52:45	AÇOREANA C BANIF	00:17:41	00:35:20	00:51:34
328	59	NUNO SILVA	M	54	M5054	33	00:52:53	GD INE	00:17:04	00:34:28	00:51:46
329	186	HENRIQUE VILHENA	M	52	M5054	34	00:52:53	SMO PROGRESSO	00:18:39	00:35:24	00:51:48
330	45	LUIS AFONSO	M	38	M3539	50	00:53:02	JAF	00:17:44	00:34:40	00:51:51
331	47	FILOMENA ABRANTES	F	49	F3599	6	00:53:04	JAF	00:18:02	00:35:02	00:51:59
332	264	ANA SERIO	F	41	F3599	7	00:53:04	AA CARTAXENSE	00:16:26	00:33:50	00:51:46
333	72	VALTER CUNHA	M	33	M2034	93	00:53:11	AÇOREANA C BANIF	00:17:54	00:35:27	00:51:58
334	220	RICARDO GUERREIRO	M	29	M2034	94	00:53:11	INDIVIDUAL	00:16:43	00:34:09	00:51:59
335	199	ANA C VIEIRA	F	32	F2034	15	00:53:12	INDIVIDUAL	00:17:21	00:34:17	00:51:57

Classificação geral (com parciais)

336	214	PEDRO MONTEIRO	M	33	M2034	95	00:53:18	INDIVIDUAL	00:17:47	00:35:11	00:52:11
337	114	ALESSANDRA AZEVEDO	F	28	F2034	16	00:53:21	WIKABOO	00:17:28	00:35:10	00:52:11
338	115	NUNO VENTURA	M	35	M3539	51	00:53:22	WIKABOO	00:17:27	00:35:00	00:52:14
339	160	CELIA AZENHA	F	44	F3599	8	00:53:38	AA LEBRES SADO	00:00:00	00:35:08	00:00:00
340	161	CECILIA NICOLAU	F	42	F3599	9	00:53:38	AA LEBRES SADO	00:17:46	00:35:07	00:52:19
341	154	ANTONIO SIETRA	M	37	M3539	52	00:53:39	CLUBE VODAFONE	00:17:39	00:34:52	00:52:25
342	339	JORGE PLACIDO	M	58	M5559	20	00:53:49	INDIVIDUAL	00:16:43	00:34:08	00:52:40
343	26	VITOR SILVA	M	56	M5559	21	00:54:00	GD MACEDO OCULISTA	00:17:42	00:35:05	00:52:45
344	355	ANTONIO MOURA	M	52	M5054	35	00:54:03	CA VALE FIGUEIRA	00:17:43	00:35:06	00:52:47
345	364	ANTONIO MARTINS	M	47	M4549	40	00:54:11	MARTINITOS	00:18:16	00:35:51	00:53:05
346	224	EBERHARD WILHELM	M	61	M6099	11	00:54:20	INDIVIDUAL	00:17:22	00:35:03	00:53:06
347	106	ANTONIO SECA	M	64	M6099	12	00:54:27	CA OS PESADOS	00:18:29	00:36:02	00:53:12
348	347	JUSTINO LOPES	M	51	M5054	36	00:54:36	INDIVIDUAL	00:18:37	00:36:34	00:53:33
349	336	RUI M S ALVES	M	34	M2034	96	00:54:38	INDIVIDUAL	00:18:34	00:35:57	00:53:25
350	283	NUNO MENDONÇA	M	39	M3539	53	00:54:40	TRICOFAITES	00:17:14	00:35:11	00:53:31
351	183	LAURENTINO SANTOS	M	54	M5054	37	00:54:41	SMO PROGRESSO	00:18:04	00:35:49	00:53:25
352	299	ADRIANA CALÇADA	F	19	F1819	8	00:54:52	CA RIACHENSE	00:16:58	00:36:13	00:53:43
353	356	PEDRO RODRIGUES	M	36	M3539	54	00:54:53	CD AGUIAS ALPIARÇA	00:16:43	00:35:26	00:53:40
354	382	FRANCISCO N JORGE	M	70	M6099	13	00:55:21	INDIVIDUAL	00:17:14	00:35:27	00:54:03
355	208	JOAO FRANCO	M	54	M5054	38	00:55:53	INDIVIDUAL	00:17:52	00:36:23	00:54:37
356	74	VICTOR MENDES	M	47	M4549	41	00:56:03	VPRLR MENDES	00:18:04	00:36:06	00:54:56
357	223	DOMINGOS SANTOS	M	51	M5054	39	00:56:03	AA PONTINHA	00:18:04	00:36:13	00:54:51
358	397	DOMINGOS COSTA	M	60	M6099	14	00:56:09	NS SAO MIGUEL	00:18:30	00:36:34	00:54:55
359	213	RUI FIGUEIREDO	M	31	M2034	97	00:56:11	INDIVIDUAL	00:17:47	00:35:14	00:54:51
360	411	ANDRÉ HENRIQUES	M	27	M2034	98	00:57:04	ACADEMIA SK	00:18:03	00:35:51	00:55:38
361	232	AURELIO CALADO	M	59	M5559	22	00:57:20	SS CGD	00:19:53	00:37:56	00:55:59
362	209	CARLOS COELHO	M	47	M4549	42	00:57:58	INDIVIDUAL	00:18:33	00:36:30	00:56:24
363	379	ANA PINTO	F	45	F3599	10	00:57:58	INDIVIDUAL	00:18:34	00:36:30	00:56:24
364	317	LINA E SANTO	F	41	F3599	11	00:58:08	BENAVENTE RUNNING	00:17:21	00:35:14	00:56:38
365	414	CIBELE COSTA	F	24	F2034	17	00:58:30	ACADEMIA SK	00:18:54	00:38:15	00:57:08
366	138	PAULO RODRIGUES	M	33	M2034	99	00:59:37	GATOS FEDORENTOS	00:19:58	00:39:25	00:58:10
367	139	MARIO RODRIGUES	M	55	M5559	23	00:59:53	GATOS FEDORENTOS	00:19:56	00:38:52	00:58:29
368	464	NUNO GOMES	M	35	M3539	55	01:00:12	INDIVIDUAL	00:18:46	00:38:30	00:58:47
369	222	VIRTOR RODRIGUES	M	57	M5559	24	01:01:17	INDIVIDUAL	00:21:10	00:41:35	00:59:48
370	432	PAULO BENTO	M	42	M4044	45	01:02:03	INDIVIDUAL	00:20:42	00:41:13	01:00:48
371	182	ILIDIO MONTEIRO	M	59	M5559	25	01:02:09	REAL C STº AMARO	00:21:08	00:41:34	01:00:40
372	134	MANUEL GOMES	M	64	M6099	15	01:02:12	CEFA MARINHA	00:20:42	00:40:08	01:00:48
373	409	JOSE PEREIRA	M	49	M4549	43	01:02:47	SC MOITENSE	00:19:51	00:40:28	01:01:23
374	30	MANUEL FONSECA	M	45	M4549	44	01:03:12	SL CAMPOLIDE	00:20:09	00:40:58	01:01:44
375	447	DINA FONSECA	F	39	F3599	12	01:03:14	SL CAMPOLIDE	00:20:12	00:41:01	01:01:48
376	215	FERNANDA PINTO	F	46	F3599	13	01:04:40	INDIVIDUAL	00:19:32	00:40:34	01:03:00
377	420	ANA PAULA DUARTE	F	40	F3599	14	01:04:41	ACADEMIA SK	00:21:00	00:41:45	01:03:14
378	419	VITOR SILVA	M	37	M3539	56	01:04:42	ACADEMIA SK	00:20:59	00:41:45	01:03:13
379	121	LOURDES BUGALHO	F	53	F3599	15	01:04:51	FAMILIA BUGALHO	00:21:13	00:42:07	01:03:19
380	210	LUIS ROMANEIRO	M	49	M4549	45	01:05:41	INDIVIDUAL	00:21:04	00:41:59	01:04:08
381	212	ELISABETE CASCAIS	F	35	F3599	16	01:05:41	INDIVIDUAL	00:21:06	00:42:01	01:04:08
382	211	FATIMA LOUREIRO	F	48	F3599	17	01:05:42	INDIVIDUAL	00:21:06	00:42:02	01:04:08
383	451	GORETI CAPUCHO	F	41	F3599	18	01:06:27	INDIVIDUAL	00:20:31	00:42:31	01:04:57

Classificação geral (com parciais)

384	105	JOSE JORGE	M	60	M6099	16	01:06:37	CA OS PESADOS	00:21:21	00:42:52	01:05:11
385	412	MARIA EMILIA GALINHA	F	49	F3599	19	01:06:37	ACADEMIA SK	00:21:12	00:42:33	01:05:11