



POSIÇÃO	D	NOME	CLUBE	ESCALÃO	TEMPO
1	274	Sérgio Pereira	Break	SEN-M	01:10:01
2	210	Mário Saraiva	Ginásio Clube de Bragança	M-40	01:10:02
3	213	David Ramalho	A.D.Sebolido Trail	M-40	01:10:43
4	328	Diogo Novais	Individual	M-40	01:11:31
5	254	Eduardo Pacheco	G.D.R. Juventude das Ribeiras	M-40	01:11:32
6	334	Ivo Peko	Individual	SEN-M	01:12:06
7	317	João Moita	CCD- Matosinhos	M-40	01:12:08
8	227	António Lencastre	- Troca de Atleta -	M-40	01:12:29
9	218	José Loureiro	Leões de Tardariz Trail	M-50	01:12:55
10	194	Jorge Rocha	C.D. Póvoa De Varzim	M-40	01:14:18
11	298	Augusto Ferreira	Carcavelos	M-50	01:14:26
12	197	David Silva	Team Lantermil	SEN-M	01:18:08
13	299	Rui Paquete	Carcavelos	M-40	01:18:49
14	249	Andre Silva	G.D.R. Juventude das Ribeiras	M-40	01:19:23
15	128	Hugo Silva	Individual	M-40	01:19:24
16	333	Ivo Santos	Individual	M-40	01:22:13
17	305	Augusto Silva	Carcavelos	M-40	01:22:16
18	322	Manuel Oliveira	CMC - Carapaus	M-40	01:22:22
19	110	João Rodrigues	Individual	SEN-M	01:23:06
20	273	Fernando Portela	Break	SEN-M	01:23:08
21	229	José Pereira	Qxuno	SEN-M	01:23:20
22	619	Paulo Madeira	Individual	M-40	01:23:51
23	217	Hugo Sousa	Corre São João	M-40	01:24:09
24	313	Carlos Fernandes	CCD- Matosinhos	M-40	01:24:13
25	272	Pedro Nogueira	Break	M-40	01:24:28
26	168	José Barbosa	Individual	M-40	01:24:30
27	137	Domingos Faria	PC Runners	M-40	01:24:34
28	212	José Sousa	A.A. Lebres Do Sado	M-50	01:24:36
29	301	Jacinto Oliveira	Carcavelos	M-50	01:24:38
30	290	João Esteves	CMC - Carapaus	SEN-M	01:24:40
31	308	Rui Miranda	Carcavelos	M-50	01:25:23
32	307	Delfim Martins	Carcavelos	M-40	01:26:43
33	304	Inês Martins	Carcavelos	SEN-F	01:26:46
34	296	Vítor Pereira	Carcavelos	M-50	01:26:57
35	209	Antonio Silva	Individual	M-50	01:26:57
36	144	Susana Silva	S4L / Medense	F-40	01:27:36
37	145	Ivo Oliveira	S4L / Medense	M-40	01:27:40
38	326	Jorge Azevedo	Individual	M-50	01:30:13
39	203	Maximino Canhola	Salgueiros Running	SEN-M	01:30:42
40	332	Rui Santos	Individual	M-40	01:31:13
41	178	Joaquim Vidal	AFDS	M-40	01:31:28
42	206	Pedro Barreto	AFDS	M-40	01:31:30
43	211	Ricardo Silva	AFDS	M-40	01:31:31
44	153	José Organista	Individual	M-50	01:31:52

45	618	Maximiano Rodrigues	Individual	M-50	01:32:33
46	269	Eduardo Pinto	Piratas Running Team	M-50	01:32:40
47	268	Sara Eiró	Individual	F-40	01:32:42
48	327	Gonçalo Guerra	Individual	#	01:32:44
49	315	Duarte Pinto	CCD- Matosinhos	M-40	01:34:11
50	170	Fábio Oliveira	Individual	SEN-M	01:35:23
51	169	Pedro Sousa	Individual	M-40	01:35:52
52	335	José Morais	Individual	M-50	01:37:08
53	287	Ana Monteiro	Break	SEN-F	01:37:36
54	294	Amândio Silva	Carcavelos	M-50	01:37:39
55	310	Ze Mario	Carcavelos	M-40	01:38:02
56	202	Miguel Mayer	Individual	M-40	01:38:12
57	303	Ângela João	Carcavelos	SEN-F	01:38:46
58	329	Marco Batista	Individual	M-40	01:38:51
59	143	Manuel Carvalho	Individual	M-50	01:38:53
60	238	Joao Silva	Individual	M-40	01:38:57
61	316	Isac Costa	CCD- Matosinhos	M-40	01:38:59
62	108	João Augusto	Núcleo Sporting de Matosinhos	M-50	01:40:20
63	208	António Castro	AFDS	M-40	01:40:25
64	205	Renato Quintas	AFDS	M-40	01:40:43
65	163	João Dias	Individual	M-40	01:40:51
66	283	Silvério Pereira	Break	M-50	01:40:58
67	182	Jorge Cunha	AFDS	SEN-M	01:41:49
68	159	Ivo Silva	Individual	M-40	01:42:42
69	190	Diane Pereira	Antiguidades	F-40	01:43:01
70	189	Miguel Oliveira	Antiguidades	M-40	01:43:03
71	111	Cláudio Guarda	Dói-me quase tudo...	M-40	01:43:25
72	112	Nuno Ribeiro	Dói-me quase tudo...	M-40	01:43:26
73	216	Fábio Santos	Ramadolas	SEN-M	01:44:10
74	167	João Ferreira	Individual	SEN-M	01:45:08
75	146	Nuno Correia	JCC Computadores	SEN-M	01:45:11
76	147	Miguel Leite	JCC Computadores	M-50	01:45:14
77	300	Adelino Martin	Carcavelos	M-50	01:45:35
78	138	Nuno Pereira	Individual	M-40	01:45:49
79	129	Agostinho Sequeira	Individual	M-50	01:45:59
80	104	Filipe Oliveira	Individual	M-40	01:46:03
81	214	Pedro Quintas	Caracois Velozes	SEN-M	01:46:32
82	215	Rui Caramelo	Caracóis Velozes	SEN-M	01:46:33
83	330	Domingos Faustino	Individual	M-50	01:48:25
84	331	Luís Pereira	Individual	M-50	01:48:27
85	291	Salvador Varanda	CMC - Carapaus	SEN-M	01:48:41
86	184	Solange Sousa	Tartaruginhas Team	F-40	01:49:09
87	185	Nelson Sousa	Tartaruginhas Team	M-40	01:49:12
88	321	Luis Silva	CMC - Carapaus	M-40	01:50:13
89	284	Sandra Martins	Break	F-50	01:52:06
90	275	Rosa Moreira	Break	F-40	01:52:10
91	285	Monica Moreira	Break	F-50	01:52:15
92	281	Antonio Coelho	Break	M-50	01:52:16
93	277	Márcia Ruas	Break	F-40	01:52:18
94	288	Lucia Pinheiro	Break	F-50	01:52:25
95	276	Cristóvão Gonçalves	Break	M-50	01:52:27
96	282	Anabela Gonçalves	Break	F-50	01:52:29
97	286	Diogo Carvalho	Break	M-50	01:52:30

98	617	Maria Maia	Individual	F-50	01:53:03
99	223	Rui Trigo	Corre São João	M-40	01:54:22
100	199	Florinda Carvalho	Gansos	F-40	01:54:33
101	222	Alice Matos	Corre São João	SEN-F	01:54:42
102	198	Alcino Tavares	Gansos	M-50	01:54:45
103	107	Paulo Ribeiro	Clube Novobanco	M-40	01:54:47
104	161	Vitor Ferreira	Individual	SEN-M	01:54:53
105	160	Luis Silva	Individual	SEN-M	01:55:02
106	318	Liliana Sousa	CCD- Matosinhos	F-40	01:56:47
107	311	Ana Veiga	CCD- Matosinhos	SEN-F	01:56:48
108	175	Fred & Jeremias	Fred e Companhia	M-40	01:57:21
109	266	Helena Abrantes	CMC - Carapaus	F-50	01:57:24
110	124	Jorge Pereira	Individual	M-40	01:58:34
111	116	Paula Andrade	Grupo Desportivo Ferroviários Campanhã	F-50	01:58:42
112	115	Fernando Andrade	Grupo Desportivo Ferroviários Campanhã	M-50	01:58:45
113	267	António Esteves	CMC - Carapaus	M-50	01:59:26
114	127	Bruno Botelho	Individual	M-40	02:00:17
115	259	Liliana Alves	Individual	F-40	02:00:21
116	165	Marco Dias	Individual	M-40	02:01:12
117	253	Beatriz Moura	G.D.R. Juventude das Ribeiras	SEN-F	02:01:36
118	250	Eva Ribeiro	G.D.R. Juventude das Ribeiras	F-40	02:01:44
119	252	José Tavares	G.D.R. Juventude das Ribeiras	M-50	02:01:46
120	248	Nuno Jaime	G.D.R. Juventude das Ribeiras	M-40	02:01:48
121	244	Rosa Gama	G.D.R. Juventude das Ribeiras	F-50	02:01:49
122	246	Joaquim Pinto	G.D.R. Juventude das Ribeiras	M-40	02:01:52
123	243	Armando	G.D.R. Juventude das Ribeiras	M-50	02:01:59
124	261	Luís Monteiro	Individual	M-50	02:02:06
125	263	Sandra Silva	Individual	SEN-F	02:02:24
126	177	Domingos Borges	AFDS	SEN-M	02:02:28
127	207	Hélder Campos	AFDS	M-40	02:02:30
128	242	António Alves	AFDS	M-40	02:02:32
129	176	Nuno Félix Teixeira	Fred e Companhia	M-40	02:03:52
130	228	Mónica Lopes	Individual	F-40	02:04:50
131	162	Renata Martins	Individual	F-40	02:04:56
132	105	Susana Pedregal	Turbolentos de Moreira	F-50	02:11:02
133	106	José Santos	Turbolentos de Moreira	M-50	02:11:04
134	302	David Sousa	Carcavelos	M-50	02:13:35
135	309	Susana Oliveira	Carcavelos	F-40	02:13:37
136	225	Susana Soares	Familia Soares	F-50	02:13:41
137	226	Carla Soares	Familia Soares	F-40	02:13:42
138	224	Familia Soares	Familia Soares	M-50	02:13:44
139	132	Pedro Baleia	Caminhadas da Amizade	SEN-M	02:14:39
140	172	Artur Fonseca	Ruptura Total	M-40	02:15:39
141	293	Miguel Sousa	Carcavelos	M-50	02:15:42
142	292	Vitor Sousa	Carcavelos	M-50	02:15:43
143	179	Diogo Santana	Regresso dos que nunca foram	SEN-M	02:16:05
144	180	Alexandre Santana	Regresso dos que nunca foram	SEN-M	02:19:28
145	201	Ana Marques	Individual	SEN-F	02:19:42
146	204	Márcio Quintas	Individual	M-40	02:19:49
147	166	Jorge Ferreira	Individual	M-40	02:20:15
148	164	Miguel Silva	Individual	M-40	02:20:17
149	314	Cristina Nora	CCD- Matosinhos	F-50	02:20:49
150	319	Maria Pereira	CCD- Matosinhos	F-50	02:20:52

151	312	Antinio Celeste	CCD- Matosinhos	M-50	02:20:53
152	134	Cristina	Individual	F-50	02:21:59
153	136	Laura Rivas	Individual	SEN-F	02:22:01
154	231	Nuno Brito	Salgueiros Running	M-40	02:23:28
155	230	Bárbara Brito	Salgueiros Running	F-40	02:23:30
156	232	Maria Pereira	Salgueiros Running	F-50	02:23:31
157	233	Carla Franco	Salgueiros Running	F-50	02:23:32
158	234	Miguel Maia	Salgueiros Running	M-50	02:23:34
159	251	Conceição Ribeiro	G.D.R. Juventude das Ribeiras	F-50	02:23:41
160	247	Paula Coutinho	G.D.R. Juventude das Ribeiras	F-50	02:23:47
161	219	Joaquim Santos	CMC - Carapaus	M-50	02:24:41
162	220	Marta Amaro	CMC - Carapaus	F-40	02:24:52
163	186	Tiago Cunha	Nem Velozes, Nem Furiosos	SEN-M	02:25:25
164	188	Paula Brito	Nem Velozes, Nem Furiosos	F-50	02:25:31
165	187	Patrícia Pires	Nem Velozes, Nem Furiosos	SEN-F	02:25:36
166	260	Joaquim Teixeira	Individual	SEN-M	02:33:40
167	141	Ana Teixeira	Individual	F-50	02:33:44
168	196	Carmina Gomes	Individual	F-40	02:37:32
169	191	Gabriela Leite	Individual	F-50	02:37:35
170	195	Maria Rocha	C.D. Póvoa De Varzim	SEN-F	02:37:37
171	235	Raquel Tomé	Individual	F-40	02:37:44
172	155	Mafalda Alves	Papatrails	SEN-F	02:39:49
173	156	Ana Alves	Papatrails	F-40	02:40:01
174	157	Estela Oliveira	Papatrails	F-40	02:40:07
175	256	Luís Costa	Individual	M-40	02:40:20
176	255	Fábio Ferreira	Individual	SEN-M	02:40:23
177	152	Ermesinda Carvalho	Individual	F-50	02:46:04
178	151	José Rodrigues	Individual	M-50	02:46:07
179	149	Helena Santos	Individual	SEN-F	02:51:44
180	148	Daniel Santos	Individual	M-40	02:51:52
181	118	Joana Duarte	Individual	SEN-F	02:51:55
182	240	Liliana Silva	Individual	F-40	02:51:58
183	241	Luís Silva	Individual	SEN-M	02:52:01
184	135	Carlos	Individual	M-50	02:54:22
185	140	Tália Malvido	Individual	SEN-F	02:54:54
186	139	Adrián Domínguez	Individual	SEN-M	02:54:57
187	289	Ricardo Dias	Nao	M-40	02:55:23