

**CLASSIFICAÇÃO GERAL FEMININA**

Posicao	Dorsal	Nome	Clube	Escalão	Marca
1	362	Vanessa Carvalho	SCB	SEN	00:42:27
2	597	Mónica F Silva	CDSSC	SEN	00:42:44
3	357	Andreia Santos	RDA	SEN	00:43:00
4	655	Marisa Barros	SCS	VET 40	00:44:15
5	122	Laura Silva	CDSSC	VET 35	00:45:09
6	173	Ana Marinho	EAROS	SEN	00:45:30
7	42	Rosa Madureira	ADM09	VET 40	00:45:43
8	654	Beatriz Fernandes	SCB	SEN	00:47:10
9	107	Andreia Cunha	CDFE	VET 35	00:48:28
10	195	Silvia Pereira	Fisioactiv	VET 40	00:49:48
11	632	Tânia Silva	LFC-F	SEN	00:49:55
12	178	Cátia Silva	EAROS	SEN	00:51:38
13	344	Sara Ribeiro	Olímpico V	SEN	00:51:46
14	108	Fátima Silva	CDP	VET 45	00:52:02
15	436	Liliana goncalves	IND	VET 40	00:52:07
16	40	Beatriz Silva	ADEPE	SEN	00:53:05
17	177	Diana Silva	EAROS	SEN	00:53:47
18	160	Anabela Silva	EAROS	VET 45	00:53:54
19	487	Filipa	IND	SEN	00:54:07
20	592	Sílvia Teixeira	CASAC	VET 40	00:54:08
21	163	Rosa Oliveira	EAROS	VET 45	00:54:12
22	618	Sandra Maciel	ELCT	VET 35	00:54:15
23	305	Marta Carvalho	Joane CC	VET 40	00:54:24
24	661	Adriana Sousa	AGM	VET 35	00:55:32
25	631	Joana Ferreira	LFC-F	JUN	00:56:08
26	516	Fátima Oliveira	Temos Pena	VET 45	00:56:15
27	110	Ana Neves	CDP	VET 45	00:56:27
28	170	Liliana Santos	EAROS	VET 35	00:56:58
29	271	Rosa Araujo	Individual	VET 45	00:57:18
30	296	Liliana Pereira	JOBRA	VET 35	00:57:33
31	292	Arlete Santos	JOBRA	VET 40	00:57:39
32	113	Conceição Santos	CDP	VET 40	00:57:55
33	133	Helena Machado	CRCANDO	VET 35	00:59:03
34	515	Luisa Oliveira	Temos Pena	VET 45	00:59:17
35	621	Susana Forte	Gavionas	VET 45	00:59:38
36	167	Anabela Martins	EAROS	VET 40	00:59:51
37	554	ISABEL RIBEIRO	IND	VET 40	01:00:09
38	297	Juliana Almeida	JOBRA	SEN	01:00:36
39	274	Leonor Cavadas	Individual	VET 45	01:00:44

40	453	Sofia Raquel Pereira Figueiredo	IND	VET 35	01:01:03
41	398	Teresa Martins	IND	VET 45	01:01:28
42	413	Maria Carvalho	IND	VET 45	01:02:25
43	674	Paula Couto	Joane CC	VET 45	01:02:30
44	391	Gorete Cerdeira	IND	VET 45	01:02:40
45	12	CELINA CORREIA	A RS/DEST	VET 40	01:02:42
46	304	Sandra Mesquita	Joane CC	VET 45	01:02:54
47	303	Helena Gomes	Joane CC	VET 45	01:02:55
48	300	Goreti Sousa	Joane CC	VET 45	01:03:31
49	581	Paula Carvalho	AMVE	VET 45	01:03:37
49	154	Gomes	Duros Da S	VET 45	01:03:37
51	103	CRISTIANA RIBEIRO	CAB	VET 40	01:03:47
52	324	Tânia Santos	LFC-F	SEN	01:03:53
53	557	Maria Carvalho	IND	SEN	01:04:21
54	478	Joana Santiago	IND	SEN	01:04:28
55	482	Ana Filipa Nogueira	IND	SEN	01:04:36
56	95	Susana Alves	Bota&Siga	VET 35	01:04:48
57	345	Elisa Cruz	Os Borges	VET 45	01:04:55
58	342	Natália Alves	NA BOA	VET 45	01:04:59
59	306	Maria Vasconcelos	Joane CC	VET 45	01:05:03
60	81	Sandra Marques	ARPO	VET 45	01:05:06
61	513	Goreti Silva	Temos Pena	VET 45	01:05:28
62	462	Manuela Rocha	IND	VET 35	01:05:35
63	507	Fernanda	IND	VET 35	01:06:02
64	336	Manuela Pinto	MTTR	VET 35	01:06:29
65	264	Maria do Carmo Carvalho Vilela machado	Improve	VET 45	01:07:10
66	96	Tânia Castro	Bota&Siga	VET 35	01:08:00
67	255	Patricia Ferreira	HabCarpint	VET 35	01:08:19
68	414	Albertina Pereira	IND	VET 40	01:08:31
69	583	Rita Ribeiro	AMVE	VET 45	01:09:32
70	307	Cecília Vieira	Joane CC	VET 35	01:09:38
71	653	Claudia Pereira	RUNFORCE	VET 45	01:09:44
72	415	NATÁLIA SILVA	IND	VET 45	01:10:18
73	282	Ângela Abreu	Individual	VET 40	01:10:20
74	445	Patrocínia Sofia Aguiar Silva	IND	VET 35	01:10:38
75	580	Patrícia Fernandes	AMVE	SEN	01:10:39
76	314	Vera Oliveira	Jorge ocul	VET 35	01:10:51
77	313	Licinia Costa	Jorge ocul	VET 40	01:10:52
78	104	LUCIA OLIVEIRA	CAB	VET 45	01:11:32
79	432	Carla Marisa Martins de Azevedo	IND	VET 40	01:11:36
79	279	Maria Manuela Costa Sá Garcia	Individual	VET 45	01:11:36
81	182	Ana Pontes	ELCT	VET 45	01:13:36
82	611	Jéssica Pontes	ELCT	SEN	01:13:40
83	544	Ângela Salgado	Xavimoto	VET 35	01:13:48
84	134	Rita Almeida	CRCANDO	SEN	01:14:34
85	448	Cláudia Sofia da Silva Leite	IND	VET 35	01:15:18
86	489	Márcia Alves	IND	SEN	01:15:55
87	506	Rosaria Ferreira	IND	VET 40	01:15:58

88	473	Ana Sofia Ferreira	IND	SEN	01:18:07
89	589	Ana Rita Rodrigues Machado	ARF&F	SEN	01:18:37
90	441	Ílídia Castro Silva Fonseca	IND	VET 40	01:19:24
91	153	Goreti pinho	Dragonclub	VET 40	01:19:38
92	663	Marta Ferreira	IND	VET 40	01:21:36
93	463	Carla Carneiro	IND	VET 35	01:23:16
94	666	Ana Sofia Oliveira	IND	SEN	01:24:36
95	593	Estela Patricia Dias Fernandes de Castro	CB Run	SEN	01:24:37
96	203	Sílvia ferreira	Fora Curva	VET 45	01:24:38

### CLASSIFICAÇÃO GERAL MASCULINA

Posicao	Dorsal	Nome	Clube	Escalão	Marca
1	6	Paulo Rosário	SCB	SEN	00:36:36
2	5	Francisco Rodrigues	SCB	SEN	00:36:37
3	358	Luís Oliveira	RDA	SEN	00:36:49
4	595	Nuno Costa	CDFE	SEN	00:36:57
5	9	Tiago Costa	SCB	SEN	00:37:10
6	364	Paulo Barbosa	SCB	SEN	00:37:24
7	7	João Ferreira	SCB	SEN	00:37:49
8	87	José Azevedo	BFC	SEN	00:37:55
9	590	Nuno Fernandes	CAS	SEN	00:38:49
10	55	João Figueiredo	AFR&F	SEN	00:39:21
11	52	Davide Figueiredo	AFR&F	VET 50	00:39:21
12	180	Rui Oliveira	EAROS	SEN	00:40:10
13	602	André Silva	ELCT	SEN	00:40:12
14	118	Joaquim Figueiredo	CDSSC	VET 50	00:40:12
15	542	João Costa	VTSC	SEN	00:40:12
16	606	Henrique Pires	ELCT	SEN	00:40:34
17	179	João Rodrigues	EAROS	JUN	00:40:47
18	63	Paulo Morais	AGM	VET 35	00:40:49
19	39	Rafael Pereira	ADEPE	SEN	00:40:59
20	65	Mihail Lalev	AGM	VET 35	00:41:27
21	121	Nuno Queiroz	CDSSC	VET 40	00:41:34
22	217	Artur Rodrigues	GDCG	VET 45	00:41:48
23	295	Ricardo Oliveira	JOBRA	VET 35	00:41:55
24	176	Francisco Silva	EAROS	JUN	00:42:01
25	228	Rui Alves	GDSPO	SEN	00:42:20
26	548	Tiago Freitas	SCB	SEN	00:42:28
27	64	Alexandre Martins	AGM	VET 35	00:42:31
28	210	Ricardo Neves	GDAIRAO	SEN	00:42:32
29	114	Américo Moreira	CDP	SEN	00:42:37
30	658	Augusto Costa	AMONT	VET 50	00:42:46
31	538	Miguel Peixoto	VTSC	VET 45	00:42:47
32	36	Bruno Teixeira	ADAM	VET 40	00:42:49
33	216	Luís Silva	GDCG	VET 40	00:42:53
34	219	Jorge Cubal	GDCG	VET 35	00:42:54

35	630	Eduardo Salazar	LFC-F	JUN	00:43:02
36	615	Rafael Silva	ELCT	SEN	00:43:05
37	359	HENRIQUE DIAS	RETORTA- Q	VET 55	00:43:22
38	90	André Silva	Bikemania	VET 35	00:43:24
39	172	Tomás Pereira	EAROS	SEN	00:43:24
40	285	Vítor Carvalho	Individual	VET 35	00:43:32
41	218	António Cristóvão	GDCG	VET 40	00:43:33
42	57	José Manuel Andrade	AGM	VET 50	00:43:38
43	106	André Machado	CAOV	SEN	00:43:38
44	607	Jorge Vale	ELCT	VET 50	00:43:51
45	259	João Cavadas	IND	VET 50	00:44:00
46	117	Mário Contreiras	CDSSC	VET 50	00:44:09
47	41	Manuel Costa	ADL-P	VET 55	00:44:18
48	537	Joaquim Pacheco	VTSC	VET 50	00:44:29
49	591	Marco Barbosa	CASAC	VET 35	00:44:52
50	165	Rui Ramos	EAROS	VET 40	00:45:11
51	223	Armando Bastos	GDSPO	VET 45	00:45:13
52	119	Sílvio Guimarães	CDSSC	VET 45	00:45:15
53	604	Eduardo Oliveira	ELCT	SEN	00:45:16
54	171	Bruno Pereira	EAROS	VET 35	00:45:19
55	348	Augusto Antunes	PRC	VET 55	00:45:20
56	609	João Leandro	ELCT	VET 45	00:45:23
57	229	Filipe Luz	GDSPO	SEN	00:45:23
58	449	Adriano Ferreira	IND	VET 35	00:45:25
59	668	Domingos Manuel Fernandes	IND	VET 50	00:45:26
60	522	Filipe Leite	UDV	VET 45	00:45:40
61	222	Manuel Valente	GDSPO	VET 55	00:45:44
62	598	Rui Veloso	CDSSC	VET 45	00:45:49
63	109	Paulo Silva	CDP	VET 50	00:46:00
64	214	José Tavares	GDCG	VET 55	00:46:21
65	59	António Araújo	AGM	VET 45	00:46:25
66	175	Joel Silva	EAROS	SEN	00:46:32
67	672	Daniel Pereira	CDP	SEN	00:46:39
68	570	Paulo Matos	AGM	VET 50	00:46:41
69	116	Alexandre Ferreira	VIZELA	VET 55	00:46:41
70	276	JOSE ARAUJO	Individual	VET 50	00:46:43
71	617	Samuel Cunha	ELCT	VET 35	00:46:44
72	409	Miguel Roriz	IND	VET 45	00:46:53
73	209	Jorge Ferreira	GDAIRAO	VET 45	00:46:54
74	53	Miguel Figueiredo	AFR&F	VET 45	00:46:59
75	603	Edivaldo Maciel	ELCT	VET 35	00:47:06
76	619	Vítor Azevedo	ELCT	VET 50	00:47:13
77	43	Luis Silva	ADOSA	VET 40	00:47:13
78	530	Manuel Mendes	VTSC	SEN	00:47:22
79	540	João Jesus Silva	VTSC	VET 45	00:47:22
80	148	Hélder Santos	CentralRun	VET 40	00:47:34
81	61	José Marques	AGM	VET 40	00:47:49
82	614	Paulo Lopes	ELCT	VET 35	00:47:51

83	520	Bruno Miguel Godinho Pontes	Tribraga	VET 40	00:48:19
84	524	Ludgero Moreira	UDV	VET 35	00:48:20
85	521	José Pedro coelho Ribeiro	TrilhosBik	SEN	00:48:24
86	425	Miguel Santos	IND	VET 45	00:48:25
87	308	Edgar Costa	Joane CC	VET 35	00:48:31
88	205	AMILCAR FERREIRA	GDAIRAO	VET 55	00:48:33
89	58	João Capa	AGM	VET 50	00:48:40
90	331	José Alves	MJM	VET 55	00:48:42
91	80	José Ferreira Costa	ARPO	VET 40	00:48:47
92	60	Joaquim Ferreira	AGM	VET 50	00:48:49
93	641	António Oliveira	OQQéMONTE	VET 40	00:48:57
94	161	José Araújo	EAROS	VET 55	00:49:09
95	523	Basílio Sousa	UDV	VET 45	00:49:15
96	13	José Santos	A.R.S/Dest	VET 55	00:49:19
97	224	Manuel Belinha	GDSPO	VET 40	00:49:22
98	197	Joaquim Oliveira	Fisioative	VET 55	00:49:22
99	608	João Bernardino	ELCT	SEN	00:49:30
100	225	Alcindo Dias	GDSPO	VET 45	00:49:31
100	208	Manuel G. Azevedo	GDAIRAO	VET 55	00:49:31
102	340	José Dinis	Moutados	SEN	00:49:37
102	616	Rui Cardoso	ELCT	VET 45	00:49:37
104	83	Ricardo Azevedo	ARPO	VET 40	00:49:39
105	207	Agostinho Filipe Fernandes Teixeira	GDAIRAO	VET 35	00:49:48
106	37	Luís Freitas	ADEPE	VET 50	00:50:02
107	333	Carmino Soares	MJM	VET 50	00:50:15
107	159	Mário Sampaio	EAROS	VET 50	00:50:15
109	541	João Paulo Alves	VTSC	SEN	00:50:16
109	335	Guilherme Martins	MJM	VET 45	00:50:16
111	54	Agostinho Figueiredo	AFR&F	VET 40	00:50:18
111	596	Manuel Alves	CDSSC	VET 55	00:50:18
113	239	Paulo Moreira	Gaviões	VET 50	00:50:24
114	14	Livorio Vilela	A.R.S/Dest	VET 40	00:50:30
114	162	Joaquim Coelho	EAROS	VET 55	00:50:30
116	644	Manuel Vaz	OQQéMONTE	VET 55	00:50:31
117	339	Hélio Machado	Moutados	VET 35	00:50:34
118	531	Manuel Mendes	VTSC	SEN	00:50:39
119	525	Vitor Pontes	VIZELA	VET 35	00:50:42
120	215	Lino Ferreira	GDCG	VET 50	00:50:53
121	193	Abilio Faria	Fisioactiv	VET 50	00:51:03
121	236	Manuel Silva	Gaviões	VET 50	00:51:03
123	199	José Carneiro Fernandes	Fisioponte	VET 55	00:51:05
124	319	José Alves	Kilosmoda	VET 50	00:51:08
124	330	José Ferreira	MJM	VET 55	00:51:08
126	244	Augusto Lima	Gaviões	VET 45	00:51:19
126	383	José Fernandes	IND	VET 50	00:51:19
128	518	André Martins	Tesco Team	VET 40	00:51:26
129	500	Carlos Oliveira	IND	SEN	00:51:28
130	476	Rúben Freitas	IND	SEN	00:51:30

130	470	Guilherme Coelho	IND	SEN	00:51:30
132	251	Jose Rodrigues	Grupodesa	VET 50	00:51:33
133	533	Jorge Teixeira	VTSC	VET 55	00:51:41
134	322	Domingos Rodrigues	Kilosmoda	VET 45	00:51:46
135	669	Nelson Barbosa	IND	SEN	00:51:48
135	444	João Fontão	IND	VET 35	00:51:48
137	112	Vítor Rodrigues	CDP	VET 35	00:51:49
138	226	Avelino Freitas	GDSPO	VET 45	00:51:50
139	191	Antonio Oliveira	Fam geneve	VET 50	00:52:05
140	247	Daniel Rocha	Gaviões	VET 45	00:52:10
141	10	Rui Araújo	A D Carril	VET 45	00:52:18
142	260	Flávio Gonçalves	IND	VET 35	00:52:19
142	514	Joaquim Machado	Temos Pena	VET 50	00:52:19
144	149	Afonso Pereira	CentralRun	VET 45	00:52:20
145	261	Carlos Torres	IND	VET 35	00:52:25
146	51	Manuel Figueiredo	AFR&F	VET 55	00:52:26
147	166	Rui Martins	EAROS	VET 40	00:52:29
148	320	Pedro Silva	Kilosmoda	VET 45	00:52:31
149	360	Domingos Araújo	RUMAV	VET 45	00:52:32
150	645	Mário Oliveira	OQQÉMONTE	VET 55	00:52:33
151	135	Carlos César Marques carvalho	Carvalho R	VET 45	00:52:38
152	86	Narciso Oliveira	ATC	VET 55	00:52:39
153	361	Ângelo Costa	Rafa Team	VET 40	00:52:42
154	492	Óscar Miguel Silva Resende	IND	SEN	00:52:43
155	130	Diogo Ribeiro	CRCANDO	VET 40	00:52:49
156	427	João Fontão	IND	VET 40	00:52:50
157	400	adalberto Carlos Batista Machado	IND	VET 45	00:52:51
158	346	José Borges	Os Borges	VET 55	00:52:52
159	252	Luis Barbosa	Gymstartea	VET 40	00:53:01
160	325	Sérgio Monteiro	Lantemil	SEN	00:53:02
161	168	Alexandre Simões	EAROS	VET 40	00:53:04
161	280	Miguel Abreu	Individual	VET 45	00:53:04
163	633	Augusto Lopes	MJM	VET 40	00:53:09
164	334	Nuno C. Pinto	MJM	SEN	00:53:10
165	200	Calos Alberto Alves Palma	Fisioponte	VET 35	00:53:19
166	651	Jorge Silva	Potes Ouro	VET 50	00:53:20
167	465	Diogo Aguiar	IND	VET 35	00:53:26
168	646	Paulo Oliveira	OQQÉMONTE	VET 55	00:53:27
169	670	Marco Mendes	IND	VET 40	00:53:30
170	657	Rogério Abreu	OQQÉMONTE	VET 45	00:53:35
170	673	Artur Couto	Joane C.C.	VET 50	00:53:35
172	452	Arlindo Barros	IND	VET 40	00:53:36
173	38	PEDRO MIGUEL RIBEIRO PEREIRA	ADEPE	SEN	00:53:47
174	532	Paulo Abreu	VTSC	VET 45	00:53:49
174	526	Carlos Ribeiro	VTSC	VET 55	00:53:49
176	467	Tiago Silva	IND	VET 35	00:53:50
176	328	Nuno Carvalho	Los Bravos	VET 35	00:53:50
178	564	Paulo Oliveira	ACVSM	SEN	00:53:52

178	369	Jorge Manuel Oliveira da Costa	IND	VET 40	00:53:52
178	212	Miguel Santos	GDCG	VET 45	00:53:52
181	629	David Monteiro	kilosmoda	VET 45	00:53:54
182	599	Vítor Lopes	CDSSC	SEN	00:53:58
182	422	Jorge Silva	IND	VET 40	00:53:58
184	509	Tiago Rodrigues	Seriamente	SEN	00:54:01
185	649	Rui Azevedo	Os Bravos	VET 45	00:54:02
186	258	Joaquim Barbosa	IND	VET 55	00:54:06
187	47	Claudio Araújo	ADOSA	VET 40	00:54:10
188	460	Andre dinis	IND	VET 35	00:54:11
188	233	Domingos Pereira	Gaviões	VET 55	00:54:11
190	189	Jose Azevedo	FCF Geneve	VET 50	00:54:12
191	102	FILIFE FREITAS	CAB	VET 45	00:54:14
192	648	Vítor Costa	OQQÉMONTE	VET 35	00:54:15
193	302	Hermes Lobo	Joane CC	VET 45	00:54:17
194	623	Helder Faria	IND	VET 35	00:54:27
195	34	Alexandre Rodrigues	ACVSM	SEN	00:54:28
196	98	JOSE SOUSA	CAB	VET 55	00:54:31
197	56	Antonio Alberto da silva Monteiro	AGM	VET 45	00:54:33
198	620	Tiago Sousa	Fama Runne	VET 40	00:54:38
199	627	EZEQUIEL NUNES	Individual	VET 35	00:54:40
200	434	Bruno Costa	IND	VET 40	00:54:43
201	549	André Filipe Ferreira Da Costa	IND	VET 35	00:54:46
202	155	Mário Lima	Duros Trai	VET 40	00:54:58
203	368	Rui Pedro Silva Araujo	IND	VET 40	00:55:08
204	46	Miguel Sousa	ADOSA	VET 40	00:55:11
205	190	Carlos Osório	Fam geneve	VET 55	00:55:13
206	424	Miguel Ribeiro	IND	VET 40	00:55:15
207	156	Severino Ribeiro	Duros da S	VET 55	00:55:18
208	20	Joaquim Ferreira	AC VERMOIM	VET 55	00:55:31
209	99	CARLOS GUIMARAES	CAB	VET 50	00:55:35
210	671	Marco Salgado	IND	VET 40	00:55:38
210	527	Jaime Alves	VTSC	VET 55	00:55:38
210	534	Manuel Novais	VTSC	VET 55	00:55:38
213	642	César Lobo	OQQÉMONTE	VET 45	00:55:41
214	268	José Augusto Sampaio da Silva	Individual	VET 55	00:55:43
215	85	BERTO MACHADO	ATC	VET 50	00:55:48
216	262	Rui Gonçalves	INOVMAS	VET 45	00:55:49
216	128	José Salgado	CRCANDO	VET 50	00:55:49
218	196	Vitor Ferreira	Fisioactiv	VET 40	00:55:50
219	126	Manuel Pereira	CRCANDO	VET 55	00:55:53
220	289	marco simoes	Individual	VET 40	00:55:58
220	11	Pedro Filipe Gomes Pereira	A D Carril	VET 40	00:55:58
222	539	João Faria	VTSC	VET 50	00:55:59
223	529	Miguel Mendes	VTSC	SEN	00:56:06
223	536	Carlos Gonçalves	VTSC	VET 55	00:56:06
225	438	Ângelo cassino Marques Cardoso	IND	VET 40	00:56:09
226	240	Fernando Roldão	Gaviões	VET 50	00:56:16

227	610	João Martins	ELCT	SEN	00:56:29
227	111	José Carlos Sousa	CDP	VET 45	00:56:29
229	612	Miguel Freitas	ELCT	VET 35	00:56:30
230	25	Filipe Ribeiro	AC VERMOIM	VET 45	00:56:33
231	77	ANTÓNIO OLIVEIRA	ARPO	VET 45	00:56:34
231	338	Antenor Costa	Moutados	VET 55	00:56:34
233	332	José Fernandes	MJM	VET 55	00:56:36
234	461	André Goulart	IND	VET 35	00:56:40
235	164	Filipe Coelho	EAROS	VET 45	00:56:49
236	30	Tiago campos	AC VERMOIM	SEN	00:56:55
236	68	Bruno Antunes	AMARENSE	VET 35	00:56:55
236	378	Adolfo Guimarães Ferreira	IND	VET 50	00:56:55
239	23	Manuel Costa	AC VERMOIM	VET 50	00:56:56
239	387	Hilário Martins	IND	VET 50	00:56:56
241	169	António Gonçalves	EAROS	VET 40	00:56:58
241	181	Miguel Marinho	EAROS	VET 55	00:56:58
243	137	Francisco Xavier	CentralRun	VET 55	00:56:59
244	288	ricardo martins	Individual	VET 40	00:57:02
245	354	JORGE COSTA	Potes Ouro	VET 40	00:57:08
246	457	Helder Miguel Vieira Ramos	IND	VET 35	00:57:12
246	446	Carlos Romeu Ferreira Andrade	IND	VET 35	00:57:12
248	213	António Santos	GDCG	VET 55	00:57:13
249	140	Augusto Silva	CentralRun	VET 50	00:57:18
249	318	Artur Araújo	Kilosmoda	VET 55	00:57:18
251	150	Cristiano Sousa	CentralRun	VET 35	00:57:20
251	145	José Salgado	CentralRun	VET 45	00:57:20
251	146	Carlos Lobo	CentralRun	VET 45	00:57:20
251	143	Carlos Cardoso	CentralRun	VET 50	00:57:20
251	138	Manuel Mendes	CentralRun	VET 55	00:57:20
256	147	Cândido Machado	CentralRun	VET 45	00:57:21
257	35	Marcelino Ferreira da Cunha	AD Carril	VET 45	00:57:22
258	656	Vasco Duarte	WRB	VET 40	00:57:23
258	635	António Silva	NAT	VET 50	00:57:23
260	265	Ricardo Meira	Improve	VET 45	00:57:24
260	528	Jose Carlos Freitas	VTSC	VET 50	00:57:24
262	17	Helder Dias	A.SORRISOS	VET 40	00:57:25
262	511	João Silva	Temos Pena	VET 55	00:57:25
264	512	Alcides Rodrigues	Temos Pena	VET 50	00:57:28
265	231	Justino Pereira	Gaviões	VET 55	00:57:30
266	24	Francisco Miranda	AC VERMOIM	VET 45	00:57:34
267	664	Francisco Xavier Oliveira	ATC	VET 50	00:57:37
268	605	Filipe Pereira	ELCT	VET 35	00:57:39
269	227	Bruno Couto	GDSPO	VET 35	00:57:41
269	221	Valdemar Alves	GDSPO	VET 55	00:57:41
269	576	José Magalhães	AMVE	VET 55	00:57:41
272	480	Bruno Fernandes	IND	SEN	00:57:43
273	469	Ricardo Carvalho	IND	VET 35	00:57:44
274	647	Ricardo Castro	OQQéMONTE	VET 45	00:57:48



275	643	David Ferreira	OQQÉMONTE	VET 40	00:57:49
275	550	António Soares Ferreira	IND	VET 55	00:57:49
277	370	António Carvalho	IND	VET 55	00:57:52
278	405	Pedro Rui Sousa Marques	IND	VET 45	00:57:53
279	329	João Oliveira	Los Bravos	VET 40	00:58:02
280	22	José Costa	AC VERMOIM	VET 50	00:58:03
281	317	Miguel Silva	Keep cool	VET 45	00:58:04
282	472	Fernando Cunha	IND	SEN	00:58:11
283	66	Manuel Brito	AMARENSE	VET 55	00:58:18
284	291	Vitor Costa	JC comp	VET 35	00:58:21
285	662	Paulo Santos	IND	VET 50	00:58:27
286	634	António Afonso	NAT	VET 55	00:58:28
287	356	Adão jorge	Potes ouro	VET 50	00:58:33
288	665	Paulo Jorge Carvalho	IND	VET 55	00:58:37
289	659	Óscar Silva	ELCT	VET 55	00:58:39
290	69	José Augusto Silva	AMARENSE	VET 35	00:58:40
291	67	Luís Filipe Soares	AMARENSE	VET 45	00:58:42
292	464	Luís Carlos Ribeiro da Fonseca	IND	VET 35	00:58:43
292	652	NUNO FREITAS	POTES OURO	VET 45	00:58:43
294	84	Fernando Azevedo	ARPO	SEN	00:58:47
295	132	Joel Silva	CRCANDO	VET 40	00:58:52
296	131	Rui Machado	CRCANDO	VET 35	00:58:53
297	93	Rui Gomes	Bota&Siga	VET 40	00:58:56
298	377	Francisco Castelo Branco	IND	VET 50	00:59:01
299	468	Futre	IND	VET 35	00:59:02
300	28	Pedro Tomás	AC VERMOIM	VET 40	00:59:05
301	553	Carlos Gomes	IND	VET 45	00:59:10
302	508	Marco peixoto	IND	SEN	00:59:25
302	286	Paulo Gomes	Individual	SEN	00:59:25
304	321	Helder Ferreira	Kilosmoda	VET 45	00:59:30
305	323	Paulo Monteiro	Kilosmoda	VET 45	00:59:32
305	88	MANUEL CUNHA	BRAGUINHAS	VET 55	00:59:32
307	48	Luis Melo	ADOSA	SEN	00:59:33
308	347	Guilherme Freitas Silva	Os Praceta	VET 50	00:59:34
309	232	Manuel Granja	Gaviões	VET 55	00:59:37
310	249	Vasco Ricardo	Gaviões	VET 40	00:59:38
310	243	José Oliveira	Gaviões	VET 45	00:59:38
312	486	José Silva	IND	SEN	00:59:40
313	551	Bruno Vicente	IND	SEN	00:59:43
314	388	ORLANDO ANDRADE	IND	VET 45	00:59:44
315	201	Sérgio Filipe Sousa Mendes	Fisioponte	VET 35	00:59:50
315	278	José Manuel Gomes	Individual	VET 50	00:59:50
317	79	PAULO NOGUEIRA	ARPO	VET 45	00:59:51
318	284	Daniel Alexandre Pereira	Individual	VET 35	00:59:52
319	428	Helder	IND	VET 55	00:59:57
320	667	Adolfo Ricardo Da Silva	IND	VET 45	01:00:02
321	129	Hélder Faria	CRCANDO	VET 40	01:00:07
322	556	João Pedro Sá	IND	VET 40	01:00:09

323	408	Francisco Oliveira	IND	VET 40	01:00:10
324	406	Maximino Silva	IND	VET 45	01:00:15
324	385	Humberto Correia	IND	VET 50	01:00:15
326	386	Vitor Martins	IND	VET 50	01:00:16
327	299	Paulo Saldanha	Joane CC	SEN	01:00:17
327	277	Sergio Lopes	Individual	VET 50	01:00:17
329	410	Vitor Manuel da Silva e Sousa	IND	VET 45	01:00:27
330	237	Carlos Pontes	Gaviões	VET 50	01:00:30
331	374	MÁRIO JOSÉ DA COSTA PEREIRA	IND	VET 55	01:00:36
332	450	Rui Silva	IND	VET 35	01:00:37
333	198	José Manuel Baptista De Carvalho	Fisioponte	VET 55	01:00:44
334	390	carlos freitas morais	IND	VET 50	01:01:02
335	139	José Luís Alves	CentralRun	VET 55	01:01:07
336	552	Carlos Alves	IND	VET 45	01:01:09
337	510	Micael Guimarães	Studio21	VET 40	01:01:13
338	389	Alberto Alves	IND	VET 50	01:01:24
339	379	João Martins	IND	VET 50	01:01:29
340	352	JORGE FERREIRA	Potes Ouro	VET 45	01:01:35
341	371	Saul Vilhena	IND	VET 55	01:01:40
342	311	Renato Araújo	Jorge ocul	VET 40	01:01:56
343	423	Avelino Oliveira	IND	VET 40	01:02:09
344	73	CARLOS FERREIRA	ARPO	VET 55	01:02:11
345	75	CARLOS CARNEIRO	ARPO	VET 50	01:02:13
345	45	Álvaro Sousa	ADOSA	VET 50	01:02:13
347	419	Miguel Machado	IND	VET 40	01:02:14
348	447	Pedro Filipe Araújo Fernandes	IND	VET 35	01:02:19
349	375	Antonio Valinhas	IND	VET 55	01:02:30
350	660	José de Freitas	NAT	VET 45	01:02:40
351	392	José Vale	IND	VET 45	01:02:53
352	270	JÚLIO FRANCISCO SILVA OLIVEIRA	Individual	VET 55	01:02:54
353	477	BRUNO RODRIGUES	IND	SEN	01:02:55
353	504	Ricardo carvalho	IND	VET 40	01:02:55
355	185	SERGIO RIBEIRO	FAMABOYS	VET 40	01:03:04
356	187	HELDER CUPERTINO CUNHA	FAMABOYS	VET 40	01:03:05
357	559	Rui Alberto Rodrigues Cardoso	IND	VET 55	01:03:11
357	91	Avelino Faria Pereira	Bota&Siga	VET 55	01:03:11
359	483	LUIS MIGUEL RIBEIRO DOS SANTOS	IND	SEN	01:03:13
359	439	Rui Faria	IND	VET 40	01:03:13
361	488	Ricardo Sampaio	IND	SEN	01:03:17
362	206	HILÁRIO MATOS	GDAIRAO	VET 40	01:03:19
363	16	Hugo Silva	A.SORRISOS	VET 40	01:03:20
364	547	Bruno Gramaxo	bikemania	SEN	01:03:40
365	393	Paulo Pinto	IND	VET 45	01:03:42
366	269	Joaquim Azevedo	Individual	VET 55	01:04:01
367	395	Miguel Castro	IND	VET 45	01:04:05
368	74	ARMANDINO COUTO	ARPO	VET 55	01:04:08
369	494	João Miguel Gonçalves Martins	IND	SEN	01:04:11
370	490	Bruno Filipe Cardoso Amorim	IND	SEN	01:04:14

371	561	Rui Pedro Martins	IND	SEN	01:04:22
372	485	Fernando Resende	IND	SEN	01:04:30
373	622	Gustavo Rodrigues	IND	VET 45	01:04:33
374	310	Miguel Santos	Jorge ocul	VET 45	01:04:35
375	637	Joaquim Leite	NAT	VET 55	01:04:36
376	481	Joaquim Fernando Azevedo Araújo	IND	SEN	01:04:38
377	416	Domingos Jorge Ferreira Moreira	IND	VET 40	01:04:47
378	562	Sérgio Filipe Antunes Dias	IND	VET 40	01:04:48
379	639	Manuel Ribeiro	NAT	VET 55	01:04:49
380	44	José Ribeiro	ADOSA	VET 55	01:04:58
381	72	JOSÉ SANTANA	ARPO	VET 55	01:05:07
382	497	Simão Oliveira	IND	SEN	01:05:13
383	466	Ricardo Machado	IND	VET 35	01:05:36
384	350	José Maria Neves	Potes Ouro	VET 50	01:05:46
385	127	Manuel Mendes	CRCANDO	VET 55	01:05:48
386	430	Fernando Pereira	IND	VET 45	01:05:49
387	76	ANTÓNIO VIEIRA	ARPO	VET 50	01:06:08
388	152	António Marques	Dragonclub	SEN	01:06:09
389	211	MANUEL CARVALHO	GDBST	VET 55	01:06:14
390	18	Ivo Machado Rodrigues	A.SORRISOS	VET 35	01:06:28
391	479	Miguel Fernandes	IND	SEN	01:06:29
391	496	Nelson Azevedo	IND	SEN	01:06:29
393	78	ANTÓNIO BRANCO	ARPO	VET 45	01:06:31
393	373	Domingos Costa Silva	IND	VET 55	01:06:31
395	458	Hugo Sampaio	IND	VET 35	01:06:34
396	125	José Diogo Oliveira Ribeiro	CRCANDO	SEN	01:06:35
397	144	Manuel Oliveira	CentralRun	VET 50	01:06:44
398	628	Pedro Pinto	Individual	SEN	01:06:49
399	574	Davide Silva	AMVE	SEN	01:06:50
400	640	Paulo Mendes	NAT	VET 45	01:06:57
401	263	Jorge Augusto Campos Machado	Improve	VET 55	01:07:12
402	316	Pedro Miguel Machado Abreu	Jorge ocul	SEN	01:07:17
402	312	António Ferreira	Jorge ocul	VET 50	01:07:17
404	459	Vitor Costa	IND	VET 35	01:07:38
405	402	Luis Cristino	IND	VET 45	01:08:01
406	184	Hélder Filipe Pimenta Rodrigues	Expertaref	VET 40	01:08:06
407	495	LUÍS AFONSO CARVALHO VILAÇA	IND	SEN	01:08:15
408	253	Flávio Rocha	HabCarpint	VET 35	01:08:18
409	257	Pedro Miguel Costa	Habcarpint	VET 35	01:08:22
410	204	Tomás Pereira	Fora Curva	JUN	01:08:29
411	158	João Pedro Carvalho Vilaça	EACOVELAS	SEN	01:08:42
411	394	Avelino Alexandre Carvalho da Cruz	IND	VET 45	01:08:42
413	202	Manuel Pereira	Fora Curva	VET 50	01:08:47
414	366	Albino Ferreira	IND	VET 55	01:08:51
415	502	Sérgio Cortinhas	IND	VET 50	01:08:56
416	194	Manuel Azevedo	Fisioactiv	VET 45	01:09:01
417	484	Pedro Oliveira	IND	SEN	01:09:13
418	421	PEDRO CARVALHO	IND	VET 40	01:09:54

419	267	Nelson Nogueira	Individual	VET 55	01:10:32
420	290	Joaquim Carlos Costa Pereira	Individual	VET 55	01:10:39
421	579	Marco Oliveira	AMVE	SEN	01:10:41
422	381	Abilio mendes	IND	VET 55	01:11:17
423	636	Augusto Dias	NAT	VET 50	01:11:18
424	101	DANIEL FERNANDES	CAB	VET 45	01:11:29
425	567	Marco António Oliveira Araújo	ADERunning	SEN	01:12:50
426	566	Bruno José Marques Oliveira	ADERunning	VET 35	01:12:51
427	568	Ruben Lima	ADERunning	VET 35	01:12:55
428	420	Rui Miguel Simões Ferreira	IND	VET 40	01:13:33
429	543	Francisco Lemos	Xavimoto	VET 35	01:13:47
430	19	Ricardo Monteiro	A.SORRISOS	VET 35	01:13:55
431	124	Jaime Gonçalves	CRCANDO	VET 55	01:14:36
432	535	António Mata	VTSC	VET 55	01:14:37
433	283	Hugo Leite	Individual	VET 40	01:15:21
434	451	Renato Fernandes	IND	VET 35	01:15:27
435	503	Carlos Maia	IND	VET 45	01:15:57
436	245	José Barquero Silva	Gaviões	VET 45	01:16:02
437	404	Francisco Machado	IND	VET 45	01:16:18
438	273	Augusto Pinto	Individual	VET 50	01:18:13
439	50	Fernando Figueiredo	AFR&F	VET 55	01:18:39
440	569	João Carvalho	AFR&F	VET 40	01:18:41
441	376	Delfim Ribeiro Silva	IND	VET 55	01:19:19
442	505	Flávio Daniel Moreira Gomes	IND	VET 40	01:19:25
443	456	Hugo Matos	IND	VET 35	01:19:38
444	433	Ricardo Lopes	IND	VET 40	01:19:40
445	382	SÉRGIO BOUÇAS	IND	VET 45	01:20:21
446	455	Alexandre Manuel Salazar de Sousa Lemos	IND	VET 35	01:21:37
447	471	Eduardo Sousa	IND	SEN	01:24:34
448	546	Carlos silva	barcelos	VET 50	01:24:35

## CLASSIFICAÇÃO POR ESCALÕES

### JUNIORES FEMININOS

Posicao	Dorsal	Nome	Clube	Escalão	Marca
1	631	Joana Ferreira	LFC-F	JUN	00:56:08

### SENIORES FEMININOS

Posicao	Dorsal	Nome	Clube	Escalão	Marca
1	362	Vanessa Carvalho	SCB	SEN	00:42:27
2	597	Mónica F Silva	CDSSC	SEN	00:42:44
3	357	Andreia Santos	RDA	SEN	00:43:00
4	173	Ana Marinho	EAROS	SEN	00:45:30
5	654	Beatriz Fernandes	SCB	SEN	00:47:10

6	632	Tânia Silva	LFC-F	SEN	00:49:55
7	178	Cátia Silva	EAROS	SEN	00:51:38
8	344	Sara Ribeiro	Olímpico V	SEN	00:51:46
9	40	Beatriz Silva	ADEPE	SEN	00:53:05
10	177	Diana Silva	EAROS	SEN	00:53:47
11	487	Filipa	IND	SEN	00:54:07
12	297	Juliana Almeida	JOBRA	SEN	01:00:36
13	324	Tânia Santos	LFC-F	SEN	01:03:53
14	557	Maria Carvalho	IND	SEN	01:04:21
15	478	Joana Santiago	IND	SEN	01:04:28
16	482	Ana Filipa Nogueira	IND	SEN	01:04:36
17	580	Patrícia Fernandes	AMVE	SEN	01:10:39
18	611	Jéssica Pontes	ELCT	SEN	01:13:40
19	134	Rita Almeida	CRCANDO	SEN	01:14:34
20	489	Márcia Alves	IND	SEN	01:15:55
21	473	Ana Sofia Ferreira	IND	SEN	01:18:07
22	589	Ana Rita Rodrigues Machado	ARF&F	SEN	01:18:37
23	666	Ana Sofia Oliveira	IND	SEN	01:24:36
24	593	Estela Patricia Dias Fernandes de Castro	CB Run	SEN	01:24:37

#### VETERANOS F35

Posicao	Dorsal	Nome	Clube	Escalão	Marca
1	122	Laura Silva	CDSSC	VET 35	00:45:09
2	107	Andreia Cunha	CDFE	VET 35	00:48:28
3	618	Sandra Maciel	ELCT	VET 35	00:54:15
4	661	Adriana Sousa	AGM	VET 35	00:55:32
5	170	Liliana Santos	EAROS	VET 35	00:56:58
6	296	Liliana Pereira	JOBRA	VET 35	00:57:33
7	133	Helena Machado	CRCANDO	VET 35	00:59:03
8	453	Sofia Raquel Pereira Figueiredo	IND	VET 35	01:01:03
9	95	Susana Alves	Bota&Siga	VET 35	01:04:48
10	462	Manuela Rocha	IND	VET 35	01:05:35
11	507	Fernanda	IND	VET 35	01:06:02
12	336	Manuela Pinto	MTTR	VET 35	01:06:29
13	96	Tânia Castro	Bota&Siga	VET 35	01:08:00
14	255	Patricia Ferreira	HabCarpint	VET 35	01:08:19
15	307	Cecília Vieira	Joane CC	VET 35	01:09:38
16	445	Patrocínia Sofia Aguiar Silva	IND	VET 35	01:10:38
17	314	Vera Oliveira	Jorge ocul	VET 35	01:10:51
18	544	Ângela Salgado	Xavimoto	VET 35	01:13:48
19	448	Cláudia Sofia da Silva Leite	IND	VET 35	01:15:18
20	463	Carla Carneiro	IND	VET 35	01:23:16

**VETERANOS F40**

<b>Posicao</b>	<b>Dorsal</b>	<b>Nome</b>	<b>Clube</b>	<b>Escalão</b>	<b>Marca</b>
1	655	Marisa Barros	SCS	VET 40	00:44:15
2	42	Rosa Madureira	ADM09	VET 40	00:45:43
3	195	Silvia Pereira	Fisioactiv	VET 40	00:49:48
4	436	Liliana goncalves	IND	VET 40	00:52:07
5	592	Sílvia Teixeira	CASAC	VET 40	00:54:08
6	305	Marta Carvalho	Joane CC	VET 40	00:54:24
7	292	Arlete Santos	JOBRA	VET 40	00:57:39
8	113	Conceição Santos	CDP	VET 40	00:57:55
9	167	Anabela Martins	EAROS	VET 40	00:59:51
10	554	ISABEL RIBEIRO	IND	VET 40	01:00:09
11	12	CELINA CORREIA	A RS/DEST	VET 40	01:02:42
12	103	CRISTIANA RIBEIRO	CAB	VET 40	01:03:47
13	414	Albertina Pereira	IND	VET 40	01:08:31
14	282	Ângela Abreu	Individual	VET 40	01:10:20
15	313	Licinia Costa	Jorge ocul	VET 40	01:10:52
16	432	Carla Marisa Martins de Azevedo	IND	VET 40	01:11:36
17	506	Rosaria Ferreira	IND	VET 40	01:15:58
18	441	Ílídia Castro Silva Fonseca	IND	VET 40	01:19:24
19	153	Goreti pinho	Dragonclub	VET 40	01:19:38
20	663	Marta Ferreira	IND	VET 40	01:21:36

**VETERANOS F45**

<b>Posicao</b>	<b>Dorsal</b>	<b>Nome</b>	<b>Clube</b>	<b>Escalão</b>	<b>Marca</b>
1	108	Fátima Silva	CDP	VET 45	00:52:02
2	160	Anabela Silva	EAROS	VET 45	00:53:54
3	163	Rosa Oliveira	EAROS	VET 45	00:54:12
4	516	Fátima Oliveira	Temos Pena	VET 45	00:56:15
5	110	Ana Neves	CDP	VET 45	00:56:27
6	271	Rosa Araujo	Individual	VET 45	00:57:18
7	515	Luisa Oliveira	Temos Pena	VET 45	00:59:17
8	621	Susana Forte	Gavionas	VET 45	00:59:38
9	274	Leonor Cavadas	Individual	VET 45	01:00:44
10	398	Teresa Martins	IND	VET 45	01:01:28
11	413	Maria Carvalho	IND	VET 45	01:02:25
12	674	Paula Couto	Joane CC	VET 45	01:02:30
13	391	Gorete Cerdeira	IND	VET 45	01:02:40
14	304	Sandra Mesquita	Joane CC	VET 45	01:02:54
15	303	Helena Gomes	Joane CC	VET 45	01:02:55
16	300	Goreti Sousa	Joane CC	VET 45	01:03:31
17	581	Paula Carvalho	AMVE	VET 45	01:03:37
18	154	Gomes	Duros Da S	VET 45	01:03:37
19	345	Elisa Cruz	Os Borges	VET 45	01:04:55
20	342	Natália Alves	NA BOA	VET 45	01:04:59

21	306	Maria Vasconcelos	Joane CC	VET 45	01:05:03
22	81	Sandra Marques	ARPO	VET 45	01:05:06
23	513	Goreti Silva	Temos Pena	VET 45	01:05:28
24	264	Maria do Carmo Carvalho Vilela machado	Improve	VET 45	01:07:10
25	583	Rita Ribeiro	AMVE	VET 45	01:09:32
26	653	Claudia Pereira	RUNFORCE	VET 45	01:09:44
27	415	NATÁLIA SILVA	IND	VET 45	01:10:18
28	104	LUCIA OLIVEIRA	CAB	VET 45	01:11:32
29	279	Maria Manuela Costa Sá Garcia	Individual	VET 45	01:11:36
30	182	Ana Pontes	ELCT	VET 45	01:13:36
31	203	Sílvia ferreira	Fora Curva	VET 45	01:24:38

### JUNIORES MASCULINOS

Posicao	Dorsal	Nome	Clube	Escalão	Marca
1	179	João Rodrigues	EAROS	JUN	00:40:47
2	176	Francisco Silva	EAROS	JUN	00:42:01
3	630	Eduardo Salazar	LFC-F	JUN	00:43:02
4	204	Tomás Pereira	Fora Curva	JUN	01:08:29

### SENIORES MASCULINOS

Posicao	Dorsal	Nome	Clube	Escalão	Marca
1	6	Paulo Rosário	SCB	SEN	00:36:36
2	5	Francisco Rodrigues	SCB	SEN	00:36:37
3	358	Luís Oliveira	RDA	SEN	00:36:49
4	595	Nuno Costa	CDFE	SEN	00:36:57
5	9	Tiago Costa	SCB	SEN	00:37:10
6	364	Paulo Barbosa	SCB	SEN	00:37:24
7	7	João Ferreira	SCB	SEN	00:37:49
8	87	José Azevedo	BFC	SEN	00:37:55
9	590	Nuno Fernandes	CAS	SEN	00:38:49
10	55	João Figueiredo	AFR&F	SEN	00:39:21
11	180	Rui Oliveira	EAROS	SEN	00:40:10
12	602	André Silva	ELCT	SEN	00:40:12
13	542	João Costa	VTSC	SEN	00:40:12
14	606	Henrique Pires	ELCT	SEN	00:40:34
15	39	Rafael Pereira	ADEPE	SEN	00:40:59
16	228	Rui Alves	GDSPO	SEN	00:42:20
17	548	Tiago Freitas	SCB	SEN	00:42:28
18	210	Ricardo Neves	GDAIRAO	SEN	00:42:32
19	114	Américo Moreira	CDP	SEN	00:42:37
20	615	Rafael Silva	ELCT	SEN	00:43:05
21	172	Tomás Pereira	EAROS	SEN	00:43:24
22	106	André Machado	CAOV	SEN	00:43:38
23	604	Eduardo Oliveira	ELCT	SEN	00:45:16

24	229	Filipe Luz	GDSPO	SEN	00:45:23
25	175	Joel Silva	EAROS	SEN	00:46:32
26	672	Daniel Pereira	CDP	SEN	00:46:39
27	530	Manuel Mendes	VTSC	SEN	00:47:22
28	521	José Pedro coelho Ribeiro	TrilhosBik	SEN	00:48:24
29	608	João Bernardino	ELCT	SEN	00:49:30
30	340	José Dinis	Moutados	SEN	00:49:37
31	541	João Paulo Alves	VTSC	SEN	00:50:16
32	531	Manuel Mendes	VTSC	SEN	00:50:39
33	500	Carlos Oliveira	IND	SEN	00:51:28
34	476	Rúben Freitas	IND	SEN	00:51:30
35	470	Guilherme Coelho	IND	SEN	00:51:30
36	669	Nelson Barbosa	IND	SEN	00:51:48
37	492	Óscar Miguel Silva Resende	IND	SEN	00:52:43
38	325	Sérgio Monteiro	Lantemil	SEN	00:53:02
39	334	Nuno C. Pinto	MJM	SEN	00:53:10
40	38	PEDRO MIGUEL RIBEIRO PEREIRA	ADEPE	SEN	00:53:47
41	564	Paulo Oliveira	ACVSM	SEN	00:53:52
42	599	Vítor Lopes	CDSSC	SEN	00:53:58
43	509	Tiago Rodrigues	Seriamente	SEN	00:54:01
44	34	Alexandre Rodrigues	ACVSM	SEN	00:54:28
45	529	Miguel Mendes	VTSC	SEN	00:56:06
46	610	João Martins	ELCT	SEN	00:56:29
47	30	Tiago campos	AC VERMOIM	SEN	00:56:55
48	480	Bruno Fernandes	IND	SEN	00:57:43
49	472	Fernando Cunha	IND	SEN	00:58:11
50	84	Fernando Azevedo	ARPO	SEN	00:58:47
51	508	Marco peixoto	IND	SEN	00:59:25
52	286	Paulo Gomes	Individual	SEN	00:59:25
53	48	Luis Melo	ADOSA	SEN	00:59:33
54	486	José Silva	IND	SEN	00:59:40
55	551	Bruno Vicente	IND	SEN	00:59:43
56	299	Paulo Saldanha	Joane CC	SEN	01:00:17
57	477	BRUNO RODRIGUES	IND	SEN	01:02:55
58	483	LUIS MIGUEL RIBEIRO DOS SANTOS	IND	SEN	01:03:13
59	488	Ricardo Sampaio	IND	SEN	01:03:17
60	547	Bruno Gramaxo	bikemania	SEN	01:03:40
61	494	João Miguel Gonçalves Martins	IND	SEN	01:04:11
62	490	Bruno Filipe Cardoso Amorim	IND	SEN	01:04:14
63	561	Rui Pedro Martins	IND	SEN	01:04:22
64	485	Fernando Resende	IND	SEN	01:04:30
65	481	Joaquim Fernando Azevedo Araújo	IND	SEN	01:04:38
66	497	Simão Oliveira	IND	SEN	01:05:13
67	152	António Marques	Dragonclub	SEN	01:06:09
68	479	Miguel Fernandes	IND	SEN	01:06:29
69	496	Nelson Azevedo	IND	SEN	01:06:29
70	125	José Diogo Oliveira Ribeiro	CRCANDO	SEN	01:06:35
71	628	Pedro Pinto	Individual	SEN	01:06:49



72	574	Davide Silva	AMVE	SEN	01:06:50
73	316	Pedro Miguel Machado Abreu	Jorge ocul	SEN	01:07:17
74	495	LUÍS AFONSO CARVALHO VILAÇA	IND	SEN	01:08:15
75	158	João Pedro Carvalho Vilaça	EACOVELAS	SEN	01:08:42
76	484	Pedro Oliveira	IND	SEN	01:09:13
77	579	Marco Oliveira	AMVE	SEN	01:10:41
78	567	Marco António Oliveira Araújo	ADERunning	SEN	01:12:50
79	471	Eduardo Sousa	IND	SEN	01:24:34

### VETERANOS M35

Posicao	Dorsal	Nome	Clube	Escalão	Marca
1	63	Paulo Morais	AGM	VET 35	00:40:49
2	65	Mihail Lalev	AGM	VET 35	00:41:27
3	295	Ricardo Oliveira	JOBRA	VET 35	00:41:55
4	64	Alexandre Martins	AGM	VET 35	00:42:31
5	219	Jorge Cubal	GDCG	VET 35	00:42:54
6	90	André Silva	Bikemania	VET 35	00:43:24
7	285	Vítor Carvalho	Individual	VET 35	00:43:32
8	591	Marco Barbosa	CASAC	VET 35	00:44:52
9	171	Bruno Pereira	EAROS	VET 35	00:45:19
10	449	Adriano Ferreira	IND	VET 35	00:45:25
11	617	Samuel Cunha	ELCT	VET 35	00:46:44
12	603	Edivaldo Maciel	ELCT	VET 35	00:47:06
13	614	Paulo Lopes	ELCT	VET 35	00:47:51
14	524	Ludgero Moreira	UDV	VET 35	00:48:20
15	308	Edgar Costa	Joane CC	VET 35	00:48:31
16	207	Agostinho Filipe Fernandes Teixeira	GDAIRAO	VET 35	00:49:48
17	339	Hélio Machado	Moutados	VET 35	00:50:34
18	525	Vitor Pontes	VIZELA	VET 35	00:50:42
19	444	João Fontão	IND	VET 35	00:51:48
20	112	Vítor Rodrigues	CDP	VET 35	00:51:49
21	260	Flávio Gonçalves	IND	VET 35	00:52:19
22	261	Carlos Torres	IND	VET 35	00:52:25
23	200	Calos Alberto Alves Palma	Fisioponte	VET 35	00:53:19
24	465	Diogo Aguiar	IND	VET 35	00:53:26
25	467	Tiago Silva	IND	VET 35	00:53:50
26	328	Nuno Carvalho	Los Bravos	VET 35	00:53:50
27	460	Andre dinis	IND	VET 35	00:54:11
28	648	Vítor Costa	OQQéMONTE	VET 35	00:54:15
29	623	Helder Faria	IND	VET 35	00:54:27
30	627	EZEQUIEL NUNES	Individual	VET 35	00:54:40
31	549	André Filipe Ferreira Da Costa	IND	VET 35	00:54:46
32	612	Miguel Freitas	ELCT	VET 35	00:56:30
33	461	André Goulart	IND	VET 35	00:56:40
34	68	Bruno Antunes	AMARENSE	VET 35	00:56:55
35	457	Helder Miguel Vieira Ramos	IND	VET 35	00:57:12

36	446	Carlos Romeu Ferreira Andrade	IND	VET 35	00:57:12
37	150	Cristiano Sousa	CentralRun	VET 35	00:57:20
38	605	Filipe Pereira	ELCT	VET 35	00:57:39
39	227	Bruno Couto	GDSPO	VET 35	00:57:41
40	469	Ricardo Carvalho	IND	VET 35	00:57:44
41	291	Vitor Costa	JC comp	VET 35	00:58:21
42	69	José Augusto Silva	AMARENSE	VET 35	00:58:40
43	464	Luís Carlos Ribeiro da Fonseca	IND	VET 35	00:58:43
44	131	Rui Machado	CRCANDO	VET 35	00:58:53
45	468	Futre	IND	VET 35	00:59:02
46	201	Sérgio Filipe Sousa Mendes	Fisioponte	VET 35	00:59:50
47	284	Daniel Alexandre Pereira	Individual	VET 35	00:59:52
48	450	Rui Silva	IND	VET 35	01:00:37
49	447	Pedro Filipe Araújo Fernandes	IND	VET 35	01:02:19
50	466	Ricardo Machado	IND	VET 35	01:05:36
51	18	Ivo Machado Rodrigues	A.SORRISOS	VET 35	01:06:28
52	458	Hugo Sampaio	IND	VET 35	01:06:34
53	459	Vitor Costa	IND	VET 35	01:07:38
54	253	Flávio Rocha	HabCarpint	VET 35	01:08:18
55	257	Pedro Miguel Costa	Habcarpint	VET 35	01:08:22
56	566	Bruno José Marques Oliveira	ADERunning	VET 35	01:12:51
57	568	Ruben Lima	ADERunning	VET 35	01:12:55
58	543	Francisco Lemos	Xavimoto	VET 35	01:13:47
59	19	Ricardo Monteiro	A.SORRISOS	VET 35	01:13:55
60	451	Renato Fernandes	IND	VET 35	01:15:27
61	456	Hugo Matos	IND	VET 35	01:19:38
62	455	Alexandre Manuel Salazar de Sousa Lemos	IND	VET 35	01:21:37

#### VETERANOS M40

Posicao	Dorsal	Nome	Clube	Escalão	Marca
1	121	Nuno Queiroz	CDSSC	VET 40	00:41:34
2	36	Bruno Teixeira	ADAM	VET 40	00:42:49
3	216	Luís Silva	GDCG	VET 40	00:42:53
4	218	António Cristóvão	GDCG	VET 40	00:43:33
5	165	Rui Ramos	EAROS	VET 40	00:45:11
6	43	Luis Silva	ADOSA	VET 40	00:47:13
7	148	Hélder Santos	CentralRun	VET 40	00:47:34
8	61	José Marques	AGM	VET 40	00:47:49
9	520	Bruno Miguel Godinho Pontes	Tribraga	VET 40	00:48:19
10	80	José Ferreira Costa	ARPO	VET 40	00:48:47
11	641	António Oliveira	OQQéMONTE	VET 40	00:48:57
12	224	Manuel Belinha	GDSPO	VET 40	00:49:22
13	83	Ricardo Azevedo	ARPO	VET 40	00:49:39
14	54	Agostinho Figueiredo	AFR&F	VET 40	00:50:18
15	14	Livorio Vilela	A.R.S/Dest	VET 40	00:50:30
16	518	André Martins	Tesco Team	VET 40	00:51:26

17	166	Rui Martins	EAROS	VET 40	00:52:29
18	361	Ângelo Costa	Rafa Team	VET 40	00:52:42
19	130	Diogo Ribeiro	CRCANDO	VET 40	00:52:49
20	427	João Fontão	IND	VET 40	00:52:50
21	252	Luis Barbosa	Gymstartea	VET 40	00:53:01
22	168	Alexandre Simões	EAROS	VET 40	00:53:04
23	633	Augusto Lopes	MJM	VET 40	00:53:09
24	670	Marco Mendes	IND	VET 40	00:53:30
25	452	Arlindo Barros	IND	VET 40	00:53:36
26	369	Jorge Manuel Oliveira da Costa	IND	VET 40	00:53:52
27	422	Jorge Silva	IND	VET 40	00:53:58
28	47	Claudio Araújo	ADOSA	VET 40	00:54:10
29	620	Tiago Sousa	Fama Runne	VET 40	00:54:38
30	434	Bruno Costa	IND	VET 40	00:54:43
31	155	Mário Lima	Duros Trai	VET 40	00:54:58
32	368	Rui Pedro Silva Araujo	IND	VET 40	00:55:08
33	46	Miguel Sousa	ADOSA	VET 40	00:55:11
34	424	Miguel Ribeiro	IND	VET 40	00:55:15
35	671	Marco Salgado	IND	VET 40	00:55:38
36	196	Vitor Ferreira	Fisioactiv	VET 40	00:55:50
37	289	marco simoes	Individual	VET 40	00:55:58
38	11	Pedro Filipe Gomes Pereira	A D Carril	VET 40	00:55:58
39	438	Ângelo cassino Marques Cardoso	IND	VET 40	00:56:09
40	169	António Gonçalves	EAROS	VET 40	00:56:58
41	288	ricardo martins	Individual	VET 40	00:57:02
42	354	JORGE COSTA	Potes Ouro	VET 40	00:57:08
43	656	Vasco Duarte	WRB	VET 40	00:57:23
44	17	Helder Dias	A.SORRISOS	VET 40	00:57:25
45	643	David Ferreira	OQQÉMONTE	VET 40	00:57:49
46	329	João Oliveira	Los Bravos	VET 40	00:58:02
47	132	Joel Silva	CRCANDO	VET 40	00:58:52
48	93	Rui Gomes	Bota&Siga	VET 40	00:58:56
49	28	Pedro Tomás	AC VERMOIM	VET 40	00:59:05
50	249	Vasco Ricardo	Gaviões	VET 40	00:59:38
51	129	Hélder Faria	CRCANDO	VET 40	01:00:07
52	556	João Pedro Sá	IND	VET 40	01:00:09
53	408	Francisco Oliveira	IND	VET 40	01:00:10
54	510	Micael Guimarães	Studio21	VET 40	01:01:13
55	311	Renato Araújo	Jorge ocul	VET 40	01:01:56
56	423	Avelino Oliveira	IND	VET 40	01:02:09
57	419	Miguel Machado	IND	VET 40	01:02:14
58	504	Ricardo carvalho	IND	VET 40	01:02:55
59	185	SERGIO RIBEIRO	FAMABOYS	VET 40	01:03:04
60	187	HELDER CUPERTINO CUNHA	FAMABOYS	VET 40	01:03:05
61	439	Rui Faria	IND	VET 40	01:03:13
62	206	HILÁRIO MATOS	GDAIRAO	VET 40	01:03:19
63	16	Hugo Silva	A.SORRISOS	VET 40	01:03:20
64	416	Domingos Jorge Ferreira Moreira	IND	VET 40	01:04:47

65	562	Sérgio Filipe Antunes Dias	IND	VET 40	01:04:48
66	184	Hélder Filipe Pimenta Rodrigues	Expertaref	VET 40	01:08:06
67	421	PEDRO CARVALHO	IND	VET 40	01:09:54
68	420	Rui Miguel Simões Ferreira	IND	VET 40	01:13:33
69	283	Hugo Leite	Individual	VET 40	01:15:21
70	569	João Carvalho	AFR&F	VET 40	01:18:41
71	505	Flávio Daniel Moreira Gomes	IND	VET 40	01:19:25
72	433	Ricardo Lopes	IND	VET 40	01:19:40

### VETERANOS M45

Posicao	Dorsal	Nome	Clube	Escalão	Marca
1	217	Artur Rodrigues	GDCG	VET 45	00:41:48
2	538	Miguel Peixoto	VTSC	VET 45	00:42:47
3	223	Armando Bastos	GDSPO	VET 45	00:45:13
4	119	Sílvio Guimarães	CDSSC	VET 45	00:45:15
5	609	João Leandro	ELCT	VET 45	00:45:23
6	522	Filipe Leite	UDV	VET 45	00:45:40
7	598	Rui Veloso	CDSSC	VET 45	00:45:49
8	59	António Araújo	AGM	VET 45	00:46:25
9	409	Miguel Roriz	IND	VET 45	00:46:53
10	209	Jorge Ferreira	GDAIRAO	VET 45	00:46:54
11	53	Miguel Figueiredo	AFR&F	VET 45	00:46:59
12	540	João Jesus Silva	VTSC	VET 45	00:47:22
13	425	Miguel Santos	IND	VET 45	00:48:25
14	523	Basílio Sousa	UDV	VET 45	00:49:15
15	225	Alcindo Dias	GDSPO	VET 45	00:49:31
16	616	Rui Cardoso	ELCT	VET 45	00:49:37
17	335	Guilherme Martins	MJM	VET 45	00:50:16
18	244	Augusto Lima	Gaviões	VET 45	00:51:19
19	322	Domingos Rodrigues	Kilosmoda	VET 45	00:51:46
20	226	Avelino Freitas	GDSPO	VET 45	00:51:50
21	247	Daniel Rocha	Gaviões	VET 45	00:52:10
22	10	Rui Araújo	A D Carril	VET 45	00:52:18
23	149	Afonso Pereira	CentralRun	VET 45	00:52:20
24	320	Pedro Silva	Kilosmoda	VET 45	00:52:31
25	360	Domingos Araújo	RUMAV	VET 45	00:52:32
26	135	Carlos César Marques carvalho	Carvalho R	VET 45	00:52:38
27	400	adalberto Carlos Batista Machado	IND	VET 45	00:52:51
28	280	Miguel Abreu	Individual	VET 45	00:53:04
29	657	Rogério Abreu	OQQÉMONTE	VET 45	00:53:35
30	532	Paulo Abreu	VTSC	VET 45	00:53:49
31	212	Miguel Santos	GDCG	VET 45	00:53:52
32	629	David Monteiro	kilosmoda	VET 45	00:53:54
33	649	Rui Azevedo	Os Bravos	VET 45	00:54:02
34	102	FILIFE FREITAS	CAB	VET 45	00:54:14
35	302	Hermes Lobo	Joane CC	VET 45	00:54:17

36	56	Antonio Alberto da silva Monteiro	AGM	VET 45	00:54:33
37	642	César Lobo	OQQÉMONTE	VET 45	00:55:41
38	262	Rui Gonçalves	INOVMAIS	VET 45	00:55:49
39	111	José Carlos Sousa	CDP	VET 45	00:56:29
40	25	Filipe Ribeiro	AC VERMOIM	VET 45	00:56:33
41	77	ANTÓNIO OLIVEIRA	ARPO	VET 45	00:56:34
42	164	Filipe Coelho	EAROS	VET 45	00:56:49
43	145	José Salgado	CentralRun	VET 45	00:57:20
44	146	Carlos Lobo	CentralRun	VET 45	00:57:20
45	147	Cândido Machado	CentralRun	VET 45	00:57:21
46	35	Marcelino Ferreira da Cunha	AD Carril	VET 45	00:57:22
47	265	Ricardo Meira	Improve	VET 45	00:57:24
48	24	Francisco Miranda	AC VERMOIM	VET 45	00:57:34
49	647	Ricardo Castro	OQQÉMONTE	VET 45	00:57:48
50	405	Pedro Rui Sousa Marques	IND	VET 45	00:57:53
51	317	Miguel Silva	Keep cool	VET 45	00:58:04
52	67	Luís Filipe Soares	AMARENSE	VET 45	00:58:42
53	652	NUNO FREITAS	POTES OURO	VET 45	00:58:43
54	553	Carlos Gomes	IND	VET 45	00:59:10
55	321	Helder Ferreira	Kilosmoda	VET 45	00:59:30
56	323	Paulo Monteiro	Kilosmoda	VET 45	00:59:32
57	243	José Oliveira	Gaviões	VET 45	00:59:38
58	388	ORLANDO ANDRADE	IND	VET 45	00:59:44
59	79	PAULO NOGUEIRA	ARPO	VET 45	00:59:51
60	667	Adolfo Ricardo Da Silva	IND	VET 45	01:00:02
61	406	Maximino Silva	IND	VET 45	01:00:15
62	410	Vitor Manuel da Silva e Sousa	IND	VET 45	01:00:27
63	552	Carlos Alves	IND	VET 45	01:01:09
64	352	JORGE FERREIRA	Potes Ouro	VET 45	01:01:35
65	660	José de Freitas	NAT	VET 45	01:02:40
66	392	José Vale	IND	VET 45	01:02:53
67	393	Paulo Pinto	IND	VET 45	01:03:42
68	395	Miguel Castro	IND	VET 45	01:04:05
69	622	Gustavo Rodrigues	IND	VET 45	01:04:33
70	310	Miguel Santos	Jorge ocul	VET 45	01:04:35
71	430	Fernando Pereira	IND	VET 45	01:05:49
72	78	ANTÓNIO BRANCO	ARPO	VET 45	01:06:31
73	640	Paulo Mendes	NAT	VET 45	01:06:57
74	402	Luis Cristino	IND	VET 45	01:08:01
75	394	Avelino Alexandre Carvalho da Cruz	IND	VET 45	01:08:42
76	194	Manuel Azevedo	Fisioactiv	VET 45	01:09:01
77	101	DANIEL FERNANDES	CAB	VET 45	01:11:29
78	503	Carlos Maia	IND	VET 45	01:15:57
79	245	José Barquero Silva	Gaviões	VET 45	01:16:02
80	404	Francisco Machado	IND	VET 45	01:16:18
81	382	SÉRGIO BOUÇAS	IND	VET 45	01:20:21

## VETERANOS M50

Posicao	Dorsal	Nome	Clube	Escalão	Marca
1	52	Davide Figueiredo	AFR&F	VET 50	00:39:21
2	118	Joaquim Figueiredo	CDSSC	VET 50	00:40:12
3	658	Augusto Costa	AMONT	VET 50	00:42:46
4	57	José Manuel Andrade	AGM	VET 50	00:43:38
5	607	Jorge Vale	ELCT	VET 50	00:43:51
6	259	João Cavadas	IND	VET 50	00:44:00
7	117	Mário Contreiras	CDSSC	VET 50	00:44:09
8	537	Joaquim Pacheco	VTSC	VET 50	00:44:29
9	668	Domingos Manuel Fernandes	IND	VET 50	00:45:26
10	109	Paulo Silva	CDP	VET 50	00:46:00
11	570	Paulo Matos	AGM	VET 50	00:46:41
12	276	JOSE ARAUJO	Individual	VET 50	00:46:43
13	619	Vítor Azevedo	ELCT	VET 50	00:47:13
14	58	João Capa	AGM	VET 50	00:48:40
15	60	Joaquim Ferreira	AGM	VET 50	00:48:49
16	37	Luís Freitas	ADEPE	VET 50	00:50:02
17	333	Carmino Soares	MJM	VET 50	00:50:15
18	159	Mário Sampaio	EAROS	VET 50	00:50:15
19	239	Paulo Moreira	Gaviões	VET 50	00:50:24
20	215	Lino Ferreira	GDCG	VET 50	00:50:53
21	193	Abilio Faria	Fisioactiv	VET 50	00:51:03
22	236	Manuel Silva	Gaviões	VET 50	00:51:03
23	319	José Alves	Kilosmoda	VET 50	00:51:08
24	383	José Fernandes	IND	VET 50	00:51:19
25	251	Jose Rodrigues	Grupodesa	VET 50	00:51:33
26	191	Antonio Oliveira	Fam geneve	VET 50	00:52:05
27	514	Joaquim Machado	Temos Pena	VET 50	00:52:19
28	651	Jorge Silva	Potes Ouro	VET 50	00:53:20
29	673	Artur Couto	Joane C.C.	VET 50	00:53:35
30	189	Jose Azevedo	FCF Geneve	VET 50	00:54:12
31	99	CARLOS GUIMARAES	CAB	VET 50	00:55:35
32	85	BERTO MACHADO	ATC	VET 50	00:55:48
33	128	José Salgado	CRCANDO	VET 50	00:55:49
34	539	João Faria	VTSC	VET 50	00:55:59
35	240	Fernando Roldão	Gaviões	VET 50	00:56:16
36	378	Adolfo Guimarães Ferreira	IND	VET 50	00:56:55
37	23	Manuel Costa	AC VERMOIM	VET 50	00:56:56
38	387	Hilário Martins	IND	VET 50	00:56:56
39	140	Augusto Silva	CentralRun	VET 50	00:57:18
40	143	Carlos Cardoso	CentralRun	VET 50	00:57:20
41	635	António Silva	NAT	VET 50	00:57:23
42	528	Jose Carlos Freitas	VTSC	VET 50	00:57:24
43	512	Alcides Rodrigues	Temos Pena	VET 50	00:57:28
44	664	Francisco Xavier Oliveira	ATC	VET 50	00:57:37
45	22	José Costa	AC VERMOIM	VET 50	00:58:03

46	662	Paulo Santos	IND	VET 50	00:58:27
47	356	Adão jorge	Potes ouro	VET 50	00:58:33
48	377	Francisco Castelo Branco	IND	VET 50	00:59:01
49	347	Guilherme Freitas Silva	Os Praceta	VET 50	00:59:34
50	278	José Manuel Gomes	Individual	VET 50	00:59:50
51	385	Humberto Correira	IND	VET 50	01:00:15
52	386	Vitor Martins	IND	VET 50	01:00:16
53	277	Sergio Lopes	Individual	VET 50	01:00:17
54	237	Carlos Pontes	Gaviões	VET 50	01:00:30
55	390	carlos freitas morais	IND	VET 50	01:01:02
56	389	Alberto Alves	IND	VET 50	01:01:24
57	379	João Martins	IND	VET 50	01:01:29
58	75	CARLOS CARNEIRO	ARPO	VET 50	01:02:13
59	45	Álvaro Sousa	ADOSA	VET 50	01:02:13
60	350	José Maria Neves	Potes Ouro	VET 50	01:05:46
61	76	ANTÓNIO VIEIRA	ARPO	VET 50	01:06:08
62	144	Manuel Oliveira	CentralRun	VET 50	01:06:44
63	312	António Ferreira	Jorge ocul	VET 50	01:07:17
64	202	Manuel Pereira	Fora Curva	VET 50	01:08:47
65	502	Sérgio Cortinhas	IND	VET 50	01:08:56
66	636	Augusto Dias	NAT	VET 50	01:11:18
67	273	Augusto Pinto	Individual	VET 50	01:18:13

#### VETERANOS M55

Posicao	Dorsal	Nome	Clube	Escalão	Marca
1	359	HENRIQUE DIAS	RETORTA- Q	VET 55	00:43:22
2	41	Manuel Costa	ADL-P	VET 55	00:44:18
3	348	Augusto Antunes	PRC	VET 55	00:45:20
4	222	Manuel Valente	GDSPO	VET 55	00:45:44
5	214	José Tavares	GDCG	VET 55	00:46:21
6	116	Alexandre Ferreira	VIZELA	VET 55	00:46:41
7	205	AMILCAR FERREIRA	GDAIRAO	VET 55	00:48:33
8	331	José Alves	MJM	VET 55	00:48:42
9	161	José Araújo	EAROS	VET 55	00:49:09
10	13	José Santos	A.R.S/Dest	VET 55	00:49:19
11	197	Joaquim Oliveira	Fisioative	VET 55	00:49:22
12	208	Manuel G. Azevedo	GDAIRAO	VET 55	00:49:31
13	596	Manuel Alves	CDSSC	VET 55	00:50:18
14	162	Joaquim Coelho	EAROS	VET 55	00:50:30
15	644	Manuel Vaz	OQQÉMONTE	VET 55	00:50:31
16	199	José Carneiro Fernandes	Fisioponte	VET 55	00:51:05
17	330	José Ferreira	MJM	VET 55	00:51:08
18	533	Jorge Teixeira	VTSC	VET 55	00:51:41
19	51	Manuel Figueiredo	AFR&F	VET 55	00:52:26
20	645	Mário Oliveira	OQQÉMONTE	VET 55	00:52:33
21	86	Narciso Oliveira	ATC	VET 55	00:52:39

22	346	José Borges	Os Borges	VET 55	00:52:52
23	646	Paulo Oliveira	OQQÉMONTE	VET 55	00:53:27
24	526	Carlos Ribeiro	VTSC	VET 55	00:53:49
25	258	Joaquim Barbosa	IND	VET 55	00:54:06
26	233	Domingos Pereira	Gaviões	VET 55	00:54:11
27	98	JOSE SOUSA	CAB	VET 55	00:54:31
28	190	Carlos Osório	Fam geneve	VET 55	00:55:13
29	156	Severino Ribeiro	Duros da S	VET 55	00:55:18
30	20	Joaquim Ferreira	AC VERMOIM	VET 55	00:55:31
31	534	Manuel Novais	VTSC	VET 55	00:55:38
32	527	Jaime Alves	VTSC	VET 55	00:55:38
33	268	José Augusto Sampaio da Silva	Individual	VET 55	00:55:43
34	126	Manuel Pereira	CRCANDO	VET 55	00:55:53
35	536	Carlos Gonçalves	VTSC	VET 55	00:56:06
36	338	Antenor Costa	Moutados	VET 55	00:56:34
37	332	José Fernandes	MJM	VET 55	00:56:36
38	181	Miguel Marinho	EAROS	VET 55	00:56:58
39	137	Francisco Xavier	CentralRun	VET 55	00:56:59
40	213	António Santos	GDCG	VET 55	00:57:13
41	318	Artur Araújo	Kilosmoda	VET 55	00:57:18
42	138	Manuel Mendes	CentralRun	VET 55	00:57:20
43	511	João Silva	Temos Pena	VET 55	00:57:25
44	231	Justino Pereira	Gaviões	VET 55	00:57:30
45	576	José Magalhães	AMVE	VET 55	00:57:41
46	221	Valdemar Alves	GDSPO	VET 55	00:57:41
47	550	António Soares Ferreira	IND	VET 55	00:57:49
48	370	António Carvalho	IND	VET 55	00:57:52
49	66	Manuel Brito	AMARENSE	VET 55	00:58:18
50	634	António Afonso	NAT	VET 55	00:58:28
51	665	Paulo Jorge Carvalho	IND	VET 55	00:58:37
52	659	Óscar Silva	ELCT	VET 55	00:58:39
53	88	MANUEL CUNHA	BRAGUINHAS	VET 55	00:59:32
54	232	Manuel Granja	Gaviões	VET 55	00:59:37
55	428	Helder	IND	VET 55	00:59:57
56	374	MÁRIO JOSÉ DA COSTA PEREIRA	IND	VET 55	01:00:36
57	198	José Manuel Baptista De Carvalho	Fisioponte	VET 55	01:00:44
58	139	José Luís Alves	CentralRun	VET 55	01:01:07
59	371	Saul Vilhena	IND	VET 55	01:01:40
60	73	CARLOS FERREIRA	ARPO	VET 55	01:02:11
61	375	Antonio Valinhas	IND	VET 55	01:02:30
62	270	JÚLIO FRANCISCO SILVA OLIVEIRA	Individual	VET 55	01:02:54
63	91	Avelino Faria Pereira	Bota&Siga	VET 55	01:03:11
64	559	Rui Alberto Rodrigues Cardoso	IND	VET 55	01:03:11
65	269	Joaquim Azevedo	Individual	VET 55	01:04:01
66	74	ARMANDINO COUTO	ARPO	VET 55	01:04:08
67	637	Joaquim Leite	NAT	VET 55	01:04:36
68	639	Manuel Ribeiro	NAT	VET 55	01:04:49
69	44	José Ribeiro	ADOSA	VET 55	01:04:58



70	72	JOSÉ SANTANA	ARPO	VET 55	01:05:07
71	127	Manuel Mendes	CRCANDO	VET 55	01:05:48
72	211	MANUEL CARVALHO	GDBST	VET 55	01:06:14
73	373	Domingos Costa Silva	IND	VET 55	01:06:31
74	263	Jorge Augusto Campos Machado	Improve	VET 55	01:07:12
75	366	Albino Ferreira	IND	VET 55	01:08:51
76	267	Nelson Nogueira	Individual	VET 55	01:10:32
77	290	Joaquim Carlos Costa Pereira	Individual	VET 55	01:10:39
78	381	Abilio mendes	IND	VET 55	01:11:17
79	124	Jaime Gonçalves	CRCANDO	VET 55	01:14:36
80	535	António Mata	VTSC	VET 55	01:14:37
81	50	Fernando Figueiredo	AFR&F	VET 55	01:18:39
82	376	Delfim Ribeiro Silva	IND	VET 55	01:19:19