

Posição Geral	Dorsal	Nome	Tempo Prova	Tempo Líquido	Idade	Género	Escalão	Posição Género	Posição Escalão	Equipa
1	15	JOÃO LOPES	0:35:58.65	0:35:52.33	37	M	Jun Sen M (0-39)	1	1	
2	10	NUNO RIBEIRO	0:36:46.49	0:36:45.89	27	M	Jun Sen M (0-39)	2	2	
3	130	TIAGO ALVES	0:38:58.57	0:38:58.49	40	M	VetI M (40-59)	3	1	
4	250	SAMUEL LATAS	0:40:08.49	0:40:07.91	23	M	Jun Sen M (0-39)	4	3	
5	68	JULIO VIGUERAS	0:40:15.93	0:40:11.76	25	M	Jun Sen M (0-39)	5	4	
6	84	LUÍS REBELO	0:41:04.21	0:41:03.13	59	M	VetI M (40-59)	6	2	
7	83	ANTÓNIO BONÉ	0:41:14.47	0:41:13.74	30	M	Jun Sen M (0-39)	7	5	
8	90	JOÃO SOUSA	0:41:44.25	0:41:35.13	34	M	Jun Sen M (0-39)	8	6	
9	82	ANA REBELO	0:41:47.43	0:41:47.43	30	F	Jun Sen F (0-39)	1	1	
10	109	FERNANDO CASCÃO	0:41:49.06	0:41:41.85	28	M	Jun Sen M (0-39)	9	7	
11	105	LUIS RIO	0:42:21.76	0:42:20.94	52	M	VetI M (40-59)	10	3	
12	91	BRUNO PIRES	0:42:51.08	0:42:51.01	41	M	VetI M (40-59)	11	4	
13	106	FRANCISCO RELVAS	0:43:24.04	0:43:16.54	30	M	Jun Sen M (0-39)	12	8	
14	100	DAVID LOPES	0:43:26.00	0:43:25.99	53	M	VetI M (40-59)	13	5	
15	77	DANIEL MARQUES	0:43:34.51	0:43:34.48	26	M	Jun Sen M (0-39)	14	9	
16	141	JOÃO PIMENTEL	0:43:37.75	0:43:36.47	50	M	VetI M (40-59)	15	6	
17	118	CARLOS BARBOSA	0:44:07.23	0:44:06.81	36	M	Jun Sen M (0-39)	16	10	
18	40	NELSON MADEIRA	0:44:59.45	0:44:52.58	35	M	Jun Sen M (0-39)	17	11	
19	92	NUNO PIRES	0:45:51.64	0:45:48.60	30	M	Jun Sen M (0-39)	18	12	
20	97	ANDRÉ LEITE	0:46:51.07	0:46:49.47	33	M	Jun Sen M (0-39)	19	13	
21	101	CARLOS MARTINS	0:47:03.20	0:46:52.13	51	M	VetI M (40-59)	20	7	
22	72	HENRIQUE AZEVEDO	0:47:12.79	0:47:11.41	16	M	Jun Sen M (0-39)	21	14	
23	126	DANIEL ABREU	0:47:12.94	0:47:04.32	29	M	Jun Sen M (0-39)	22	15	
24	42	DUARTE MARTINS	0:47:22.21	0:47:12.25	39	M	Jun Sen M (0-39)	23	16	

25	71	TÂNIA AGOSTINHO	0:47:22.56	0:47:20.02	46	F	VetI F (40-59)	2	1
26	115	SOKOTA COSTA	0:47:24.53	0:47:22.12	35	M	Jun Sen M (0-39)	24	17
27	123	FERNANDO FREITAS	0:47:36.51	0:47:31.61	41	M	VetI M (40-59)	25	8
28	120	FREDERICO GODINHO	0:47:41.80	0:47:33.06	30	M	Jun Sen M (0-39)	26	18
29	69	TIAGO DIOGO	0:48:10.58	0:48:06.65	46	M	VetI M (40-59)	27	9
30	144	LUÍSA ROSA	0:48:34.96	0:48:29.35	42	F	VetI F (40-59)	3	2
31	22	FILIPPE MORAIS	0:48:37.27	0:48:32.62	44	M	VetI M (40-59)	28	10
32	70	ALEXANDRE AGOSTINHO	0:48:41.64	0:48:38.78	48	M	VetI M (40-59)	29	11
33	95	MÁRCIO MATEUS	0:48:50.22	0:48:41.90	39	M	Jun Sen M (0-39)	30	19
34	67	DIANA CORREIA	0:48:56.65	0:48:55.84	33	F	Jun Sen F (0-39)	4	2
35	132	GONÇALO DUARTE	0:48:56.77	0:48:45.56	35	M	Jun Sen M (0-39)	31	20
36	60	RAQUEL ALVES	0:49:17.73	0:49:08.65	33	F	Jun Sen F (0-39)	5	3
37	128	FILIPPE AMADO	0:49:34.91	0:49:24.63	44	M	VetI M (40-59)	32	12
38	129	RAFAEL ALMEIDA	0:49:41.90	0:49:28.71	61	M	VetII M (60-99)	33	1
39	134	RUI PARREIRA	0:49:43.47	0:49:43.28	65	M	VetII M (60-99)	34	2
40	13	CARLOS AVELINO	0:49:50.00	0:49:44.89	53	M	VetI M (40-59)	35	13
41	79	BRUNO AZEVEDO	0:49:55.00	0:49:51.08	27	M	Jun Sen M (0-39)	36	21
42	133	TIAGO DUARTE	0:50:12.64	0:50:01.59	40	M	VetI M (40-59)	37	14
43	131	FERNANDO ALVES	0:50:14.79	0:50:14.78	40	M	VetI M (40-59)	38	15
44	110	JOSÉ MONTEIRO	0:50:15.86	0:50:11.12	67	M	VetII M (60-99)	39	3
45	33	ADRIANA DIAS	0:50:18.02	0:50:08.30	28	F	Jun Sen F (0-39)	6	4
46	58	JOAQUIM FERRÃO	0:50:18.57	0:50:15.10	62	M	VetII M (60-99)	40	4
47	135	JOÃO FÉLIX	0:50:19.48	0:50:00.82	35	M	Jun Sen M (0-39)	41	22
48	122	JOÃO FREITAS	0:50:42.48	0:50:37.57	27	M	Jun Sen M (0-39)	42	23
49	62	HUGO NOGUEIRA	0:50:47.66	0:50:41.13	44	M	VetI M (40-59)	43	16
50	56	KARIM BANGY	0:50:48.63	0:50:40.59	44	M	VetI M (40-59)	44	17

51	51	SARA CALADO	0:50:48.76	0:50:46.53	43	F	VetI F (40-59)	7	3
52	1212	Atleta Sem Registo	0:51:01.20	0:51:01.20			Atl Sem Reg	1	1
53	55	ANDRÉ MORAIS	0:51:11.21	0:51:10.90	31	M	Jun Sen M (0-39)	45	24
54	111	CARLOS BRANCO	0:51:59.88	0:51:50.58	53	M	VetI M (40-59)	46	18
55	147	M. CONCEIÇÃO SARAIVA	0:52:03.54	0:52:03.14	63	F	VetII F (60-99)	8	1
56	35	ANTÓNIO LOURO	0:52:10.50	0:52:07.67	27	M	Jun Sen M (0-39)	47	25
57	108	FERREIRA CASCAO	0:53:06.80	0:52:58.88	63	M	VetII M (60-99)	48	5
58	43	MÓNICA MARTINS	0:53:15.11	0:53:03.33	40	F	VetI F (40-59)	9	4
59	102	MANUEL MARTINS	0:53:23.82	0:53:13.82	18	M	Jun Sen M (0-39)	49	26
60	93	DIOGO LENCASTRE	0:53:53.49	0:53:37.45	35	M	Jun Sen M (0-39)	50	27
61	19	NUNO MORAIS	0:53:56.53	0:53:51.78	26	M	Jun Sen M (0-39)	51	28
62	16	HENRIQUE MORAIS	0:53:59.42	0:53:54.46	56	M	VetI M (40-59)	52	19
63	1221	Atleta Sem Registo	0:54:02.21	0:54:02.21			Atl Sem Reg	2	2
64	48	CLÁUDIA FERREIRA	0:54:14.89	0:54:12.75	45	F	VetI F (40-59)	10	5
65	73	DANIEL MIRANDA	0:54:19.48	0:54:03.74	25	M	Jun Sen M (0-39)	53	29
66	88	HUGO CABRAL	0:54:25.83	0:54:16.22	35	M	Jun Sen M (0-39)	54	30
67	11	LUÍS CAMPOS	0:54:29.87	0:54:28.12	40	M	VetI M (40-59)	55	20
68	146	DIOGO VARELAS	0:54:52.69	0:54:44.58	30	M	Jun Sen M (0-39)	56	31
69	145	NUNO DIAS	0:55:15.89	0:55:04.41	39	M	Jun Sen M (0-39)	57	32
70	32	GINA CHEIO	0:55:19.22	0:55:18.65	52	F	VetI F (40-59)	11	6
71	139	PEDRO RIBEIRO	0:55:34.00	0:55:26.57	46	M	VetI M (40-59)	58	21
72	46	JOAO NASCIMENTO	0:55:45.35	0:55:37.18	57	M	VetI M (40-59)	59	22
73	45	PEDRO LASCASAS	0:55:46.90	0:55:37.77	40	M	VetI M (40-59)	60	23
74	114	DÉLCIO RODRIGUES	0:56:34.38	0:52:15.22	24	M	Jun Sen M (0-39)	61	33
75	34	ELISABETE SANTOS	0:56:46.16	0:56:44.19	44	F	VetI F (40-59)	12	7
76	81	CÉLIA MINAU	0:56:53.55	0:56:45.43	48	F	VetI F (40-59)	13	8

77	29	JORGE MARTINHO	0:57:18.39	0:57:10.14	54	M	VetI M (40-59)	62	24
78	28	MARIA MATOS	0:57:18.60	0:57:12.27	51	F	VetI F (40-59)	14	9
79	76	MARIA FERNANDES	0:57:52.59	0:57:49.00	25	F	Jun Sen F (0-39)	15	5
80	30	DIOGO PINTO	0:57:53.14	0:57:44.77	31	M	Jun Sen M (0-39)	63	34
81	49	FRANCISCO PINTO	0:57:59.55	0:57:51.43	25	M	Jun Sen M (0-39)	64	35
82	47	NIVALDO GALVAO	0:57:59.73	0:57:52.13	34	M	Jun Sen M (0-39)	65	36
83	44	TIAGO CATALÃO	0:58:04.04	0:57:51.93	40	M	VetI M (40-59)	66	25
84	1223	Atleta Sem Registo	0:58:13.49	0:58:13.49			Atl Sem Reg	3	3
85	1224	Atleta Sem Registo	0:58:14.89	0:58:14.89			Atl Sem Reg	4	4
86	74	JOSÉ ALMEIDA	0:58:21.24	0:58:18.36	31	M	Jun Sen M (0-39)	67	37
87	63	DIOGO RODRIGUES	0:58:58.91	0:58:55.39	30	M	Jun Sen M (0-39)	68	38
88	127	CARLA SANTOS	0:59:10.31	0:59:09.84	45	F	VetI F (40-59)	16	10
89	94	MARGARIDA BRITES	0:59:11.39	0:59:10.41	55	F	VetI F (40-59)	17	11
90	59	JOÃO GARCIA	0:59:22.25	0:59:21.39	34	M	Jun Sen M (0-39)	69	39
91	41	ANA BENTES	0:59:51.94	0:59:45.28	42	F	VetI F (40-59)	18	12
92	52	JOANA GARCIA	1:00:05.89	1:00:05.03	32	F	Jun Sen F (0-39)	19	6
93	36	ANA FERREIRA	1:00:31.16	1:00:29.56	35	F	Jun Sen F (0-39)	20	7
94	53	ANTÓNIO GARCIA	1:00:37.36	1:00:36.08	64	M	VetII M (60-99)	70	6
95	142	JAIME LEYVA	1:01:51.18	1:01:43.43	-1	M	Atl Sem Reg	71	5
96	113	MARTA CARDOSO	1:02:05.00	1:01:55.41	28	F	Jun Sen F (0-39)	21	8
97	112	ANDRÉ CARDOSO	1:02:05.56	1:01:56.43	31	M	Jun Sen M (0-39)	72	40
98	121	DIOGO DIAS	1:02:30.55	1:02:15.00	26	M	Jun Sen M (0-39)	73	41
99	138	JOAO MENESES	1:02:33.61	1:02:33.61	34	M	Jun Sen M (0-39)	74	42
100	125	HUGO RODA	1:02:55.37	1:02:54.07	39	M	Jun Sen M (0-39)	75	43
101	64	CAROLINA MARQUES	1:03:02.39	1:02:58.91	29	F	Jun Sen F (0-39)	22	9
102	66	DIOGO REIS	1:03:10.53	1:03:07.29	30	M	Jun Sen M (0-39)	76	44

103	65	JOÃO MARQUES	1:03:10.55	1:02:59.94	31	M	Jun Sen M (0-39)	77	45
104	26	MARTA FERREIRA	1:03:30.90	1:03:26.41	29	F	Jun Sen F (0-39)	23	10
105	61	BRUNO PEREIRA	1:04:05.09	0:59:28.46	39	M	Jun Sen M (0-39)	78	46
106	23	MADALENA BORGES	1:04:19.83	1:04:14.23	29	F	Jun Sen F (0-39)	24	11
107	54	JOAO MOURA	1:04:56.99	1:04:46.03	31	M	Jun Sen M (0-39)	79	47
108	78	VIVIANE VELOSO	1:04:59.91	1:04:57.53	30	F	Jun Sen F (0-39)	25	12
109	80	CLOÉ MAGALHÃES	1:05:18.55	1:05:10.46	38	F	Jun Sen F (0-39)	26	13
110	27	HELENA ADEGAS	1:07:46.77	1:07:41.75	61	F	VetII F (60-99)	27	2
111	86	JOÃO TOUPA	1:08:20.44	1:08:14.69	23	M	Jun Sen M (0-39)	80	48
112	21	ANDRÉ GRILO	1:09:56.91	1:09:49.90	37	M	Jun Sen M (0-39)	81	49
113	24	MARGARIDA BORGES	1:09:59.47	1:09:53.52	29	F	Jun Sen F (0-39)	28	14
114	14	ANDREIA PARREIRA	1:10:25.39	1:10:13.71	30	F	Jun Sen F (0-39)	29	15
115	75	SOFIA BRANCO	1:10:25.72	1:10:12.71	23	F	Jun Sen F (0-39)	30	16
116	25	MARIANA MIRANDA	1:12:47.35	1:12:41.36	29	F	Jun Sen F (0-39)	31	17
117	104	ANA PARREIRA	1:17:27.33	1:17:20.46	39	F	Jun Sen F (0-39)	32	18
118	148	HELENA BRITES FERNANDES	1:22:26.38	1:22:23.97	51	F	VetI F (40-59)	33	13
119	149	MÁRIO FERNANDES	1:22:27.77	1:22:24.41	59	M	VetI M (40-59)	82	26