

# MEIA MARATONA DE OVAR

Patrocínio: AFIS - OVAR

Apoio: CM OVAR

Data: 05/10/2011

Classif.: Relatório Faixa Etária Masculino e Feminino

## SENIORES Feminino de 20 até 39 anos

Coloc.	Num.	Atleta	Id.	Fx.Et.	Sx.	C	SC	Clube	Tempo	Líquido
1	3	JESSICA AUGUSTO	31	F2039	F			Nike	01:09:13 L	01:09:13
2	1	MARISA BARROS	31	F2039	F			SL BENFICA	01:12:05	01:12:04
3	4	ANALIA ROSA	35	F2039	F			MARATONA CP	01:14:49	01:14:46
4	2055	DOROTEIA PEIXOTO	31	F2039	F			NAJ	01:15:27	01:15:26
5	2092	CATARINA RIBEIRO	31	F2039	F			SC BRAGA	01:16:51	01:16:48
6	2	CARLA MARTINHO	34	F2039	F			ADERCUS	01:19:36 L	01:19:36
7	2030	RAFAELA ALMEIDA	31	F2039	F			SL BENFICA	01:20:05 L	01:20:05
8	2047	SARA PINHO	31	F2039	F			SPORTING CP	01:20:42 L	01:20:42
9	2048	SOLANGE JESUS	31	F2039	F			SPORTING CP	01:22:17	01:22:15
10	2041	SÓNIA FERNANDES	31	F2039	F			SL BENFICA	01:22:47	01:22:44
11	2049	TÂNIA FERREIRA	31	F2039	F			Cyclones Sanitop	01:24:33 L	01:24:33
12	2007	JOANA NUNES	26	F2039	F			ADERCUS	01:24:59 L	01:24:59
13	1225	SARA CARVALHO	22	F2039	F			ADERCUS	01:28:11 L	01:28:11
14	1941	FILIPA COSTA	23	F2039	F			C. D. C. Navais	01:28:29 L	01:28:29
15	2042	CARINA MARQUES	31	F2039	F			ADERCUS	01:28:34 L	01:28:34
16	1971	CRISTIANA VALENTE	26	F2039	F			Individual	01:29:14	01:28:22
17	2015	SUSANA VILELA	28	F2039	F			JOMA	01:29:41	01:29:17
18	2006	SONIA CARVALHO	20	F2039	F			CO TAMEGA	01:30:14	01:30:12
19	501	DULCINEA SILVA	39	F2039	F			CABARREIRA	01:30:24	01:29:18
20	5	CLARISSE CRUZ	31	F2039	F			SPORTING CP	01:30:49	01:30:45
21	447	MARCIA MARTINS	28	F2039	F			UDVALMAIOR	01:32:19	01:31:55
22	1417	ESTER ALVES	30	F2039	F			INDIVIDUAL	01:34:14	01:33:58
23	1343	LUIZA OLIVEIRA	37	F2039	F			AR ESTRELA SUL	01:37:27 2,3,L	01:37:27
24	1258	JOANA LIMA	22	F2039	F			INDIVIDUAL	01:38:21 L	01:38:21
25	1894	CRISTINA SILVA	36	F2039	F			Individual	01:38:41	01:38:26
26	649	MARIA SA	24	F2039	F			ATLETISMO	01:39:26	01:38:35
27	1526	CUSTODIA RODRIGUES	39	F2039	F			NAT	01:39:38 L	01:39:38
28	374	JUDITE MARTINS	39	F2039	F			AD RIO LARGO	01:41:38 L	01:41:38
29	1665	ALEXANDRA COELHO	31	F2039	F			INDIVIDUAL	01:42:26 L	01:42:26
30	1995	PAULA MARQUES	38	F2039	F			N. S. L. F. Vilar	01:43:43 L	01:43:43
31	1565	CLAUDIA SANTOS	26	F2039	F			INDIVIDUAL	01:44:04 L	01:44:04
32	1674	LARA RODRIGUES	38	F2039	F			INDIVIDUAL	01:44:06	01:43:51

33	1137	SANDRA SANTOS	38	F2039	F	CLAC	01:44:28		01:44:04
34	1659	ANA BARBOSA	33	F2039	F	INDIVIDUAL	01:44:43	2,3	01:43:00
35	1624	RENATA MOTA	20	F2039	F	C. A. RIACHENSE	01:45:32		01:45:01
36	1368	ROSA MACEDO	27	F2039	F	INDIVIDUAL	01:45:36	2,3	01:43:34
37	312	FABIENNE LEHUEDE	38	F2039	F	PORTORUNNERS	01:48:13		01:47:19
38	735	PAULA OLIVEIRA	35	F2039	F	INDIVIDUAL	01:48:17	L	01:48:17
39	1976	JENNY MARTIN	37	F2039	F	Clube Galitos	01:48:59	L	01:48:59
40	52	VALQUIRIA SILVA	35	F2039	F	BRAGUINHAS VA	01:50:17		01:48:51
41	666	IETE GONÇALVES	39	F2039	F	ATLETISMO	01:50:32		01:48:52
42	1558	LUCIA MOREIRA	29	F2039	F	INDIVIDUAL	01:51:59		01:51:11
43	1411	LETICIA MELO	25	F2039	F	INDIVIDUAL	01:52:33	L	01:52:33
44	794	PATRICIA LEITE	28	F2039	F	INDIVIDUAL	01:52:58		01:52:18
45	279	ANABELA SANTOS	39	F2039	F	GD LOUROCOOP	01:53:26		01:53:09
46	2031	FILIPA ALMEIDA	31	F2039	F	SL BENFICA	01:53:39	L	01:53:39
47	260	LILIANA COSTA	26	F2039	F	CALDAS S JORGE	01:54:24		01:53:48
48	812	SARA CAMPOS	38	F2039	F	INDIVIDUAL	01:55:39		01:54:01
49	1857	ROSA ANDIAS	20	F2039	F	Individual	01:55:47		01:55:13
50	955	ISA SILVA	29	F2039	F	INDIVIDUAL	01:56:11	L	01:56:11
51	121	NATALIA CARRASCAL	33	F2039	F	ACREFA	01:56:43		01:55:31
52	755	ELSA MOITA	31	F2039	F	INDIVIDUAL	01:57:57	L	01:57:57
53	1932	ALICE LOPES	33	F2039	F	G Fit Fun	01:58:02		01:57:50
54	733	SILVIA SANTOS	31	F2039	F	INDIVIDUAL	01:58:16		01:57:17
55	1224	MARIA ALEIXO	39	F2039	F	INDIVIDUAL	01:58:44		01:57:04
56	1679	JOANA FORTUNA	20	F2039	F	CLUBE SPIRIDON	01:59:16		01:57:49
57	1212	MARIA FERNANDES	29	F2039	F	GD LOUROCOOP	01:59:36		01:59:32
58	1734	VERA LUIS	29	F2039	F	Individual	02:00:10		01:59:59
59	2081	JOANA CREISSAC	30	F2039	F	Individual	02:00:17		01:59:18
60	939	CARMEN LIMA	35	F2039	F	INDIVIDUAL	02:00:58	3	02:00:40
61	1895	RITA MARQUES	37	F2039	F	Individual	02:00:58		01:59:52
62	647	CRISTINA GOMES	35	F2039	F	ATLETISMO	02:01:09		01:59:26
63	1669	CRISTINA CORREIA	26	F2039	F	INDIVIDUAL	02:04:23		02:03:51
64	1743	ISABEL ALMEIDA	39	F2039	F	Individual	02:06:04		02:05:00
65	1308	NATERCIA CARVALHO	31	F2039	F	VETERANOS LIS	02:06:06		02:05:39
66	2059	CLAUDIA FERNANDES	38	F2039	F	Individual	02:06:23	L	02:06:23
67	1110	CATARINA FERREIRA	30	F2039	F	OS	02:06:35		02:05:10
68	928	ANA MOURA	29	F2039	F	INDIVIDUAL	02:06:59	2	02:05:31
69	782	DOROTTYA VIG	24	F2039	F	INDIVIDUAL	02:07:52		02:06:23
70	1660	MARIA COLAÇO	30	F2039	F	INDIVIDUAL	02:09:55	L	02:09:55
71	673	CATIA ALMEIDA	20	F2039	F	CP MANGUALDE	02:10:44		02:09:14
72	882	ANA LOPES	24	F2039	F	INDIVIDUAL	02:13:42		02:12:02
73	1839	ANA DUARTE	32	F2039	F	Triplagitada - Clube	02:14:42		02:14:08
74	1068	MARTA NEVES	35	F2039	F	OP SQUASH	02:15:32	L	02:15:32
75	1601	CLAUDIA GRAÇA	39	F2039	F	INDIVIDUAL	02:15:52		02:15:16

76	1112	SONIA FERREIRA	32	F2039	F	OS	02:19:02	02:17:39
77	1649	TANIA ALMEIDA	34	F2039	F	INDIVIDUAL	02:20:11	02:19:16
78	1856	ANA BASSI	28	F2039	F	Individual	02:20:24	02:19:50
79	1964	TERESA FARIA	37	F2039	F	Individual	02:21:49	02:20:32
80	1433	LILIANA MOREIRA	34	F2039	F	INDIVIDUAL	02:22:26	02:21:49
81	1824	SUSIE CAVADAS	31	F2039	F	Individual	02:25:09	02:24:35
82	869	MARIA PEREIRA	29	F2039	F	INDIVIDUAL	02:35:16	02:34:05
83	791	ELIANA MURTEIRA	25	F2039	F	INDIVIDUAL	02:35:23	02:34:45
84	1885	ANA CONDE	28	F2039	F	Individual	02:44:19	02:42:34

## SENIORES Masculino de 20 até 39 anos

Coloc.	Num.	Atleta	Id.	Fx.Et.	Sx.	C	SC	Clube	Tempo	Líquido
1	2088	SERGIO SILVA	31	M2039	M			MARATONA CP	01:05:12 L	01:05:12
2	6	BRUNO JESUS	31	M2039	M			MAIA A CLUBE	01:05:21 L	01:05:21
3	1245	LEONEL FERNANDES	31	M2039	M			C CAMPISMO S J	01:06:16 L	01:06:16
4	2053	CARLOS SILVA	31	M2039	M			SPORTING CP	01:06:20	01:06:18
5	8	RICARDO RIBAS	31	M2039	M			MARATONA CP	01:06:45	01:06:44
6	2045	VITOR OLIVEIRA	31	M2039	M			MAIA A CLUBE	01:07:10	01:07:09
7	7	JOSÉ MOREIRA	31	M2039	M			Cyclones Sanitop	01:07:16	01:07:15
8	1677	RICARDO FIGUEIREDO	22	M2039	M			CENTRO ATL SEIA	01:07:23 L	01:07:23
9	614	CARLOS COSTA	25	M2039	M			JUF	01:07:27	01:07:26
10	2021	RUI TEIXEIRA	31	M2039	M			Maratona CP	01:07:32	01:07:31
11	549	BRUNO SOARES	32	M2039	M			BAIRRO	01:07:34 L	01:07:34
12	1775	PEDRO CRUZ	29	M2039	M			J. Cruz e Irmãos	01:07:40 L	01:07:40
13	2010	VASCO AZEVEDO	35	M2039	M			Sporting Lamego	01:08:01 L	01:08:01
14	2090	DANIEL PINHEIRO	31	M2039	M			MAIA A C	01:08:02 L	01:08:02
15	1216	LUIS SILVA	36	M2039	M			ADERCUS	01:08:17 L	01:08:17
16	2044	HELDER SANTOS	31	M2039	M			Cyclones Sanitop	01:08:26 L	01:08:26
17	2086	MARCO MARQUES	28	M2039	M			Casa do Povo de	01:08:29 L	01:08:29
18	1198	JOSE CARVALHO	34	M2039	M			ATLETISMO VILA	01:08:33	01:08:27
19	2080	RICARDO PEREIRA	21	M2039	M			ACR Cambra,	01:08:49	01:08:47
20	182	ARTUR RODRIGUES	36	M2039	M			NA CUCUJÃES	01:08:52 L	01:08:52
21	613	RUI SILVA	26	M2039	M			JUF	01:09:01 L	01:09:01
22	2050	BRUNO SILVA	31	M2039	M			MAIA A CLUBE	01:09:03 L	01:09:03
23	1365	VITOR BARBOSA	28	M2039	M			GDR RETORTA	01:09:09 L	01:09:09
24	2069	HEITOR OLIVEIRA	29	M2039	M			Cyclones Sanitop	01:09:14 L	01:09:14
25	1589	GONÇALO BORGES	27	M2039	M			GD 3 SANTOS	01:09:17 L	01:09:17
26	1218	DANIEL PEIXOTO	29	M2039	M			ADERCUS	01:09:32 L	01:09:32
27	2037	JORGE SANTA CRUZ	31	M2039	M			SL BENFICA	01:09:53 L	01:09:53
28	1473	BRUNO MOREIRA	24	M2039	M			GD ESTREITO	01:10:50	01:10:46
29	2036	BRUNO ALBUQUERQUE	31	M2039	M			SPORTING CP	01:10:56 L	01:10:56
30	195	PAULO PEREIRA	34	M2039	M			NA CUCUJÃES	01:11:22	01:11:14
31	618	ANTONIO SILVA	27	M2039	M			JUF	01:11:31 L	01:11:31
32	1032	CARLOS SANTOS	38	M2039	M			BENFICA	01:11:32	01:11:30
33	2087	MÁRIO TEIXEIRA	37	M2039	M			SCP	01:12:05	01:12:01
34	1018	TIAGO SILVA	25	M2039	M			ADRAP	01:12:34 L	01:12:34
35	1776	ANTONIO FERREIRA	30	M2039	M			J. Cruz e Irmãos	01:12:35 L	01:12:35
36	1292	JOSE AZEVEDO	22	M2039	M			LIBERDADEFEC	01:12:50 L	01:12:50
37	2001	VITOR BARBOSA	31	M2039	M			G. D. C. Castelo de	01:12:59 L	01:12:59

38	1622	HUGO PINTO	27	M2039	M	C. A. RIACHENSE	01:13:49		01:13:47
39	1323	CARLOS MATOS	29	M2039	M	CC FELGUEIRAS	01:13:53		01:13:45
40	2097	NUNO VALENTE	27	M2039	M	CD FEIRENSE	01:14:00	L	01:14:00
41	1028	FERNANDO SANTOS	38	M2039	M	BUB VISEU	01:14:13		01:14:07
42	392	ADELINO SILVA	38	M2039	M	CCDT CM	01:14:23	L	01:14:23
43	1035	ALEXANDRE CARAMEZ	37	M2039	M	PORTORUNNERS	01:14:24		01:14:21
44	363	ANTONIO CANECA	39	M2039	M	AD RIO LARGO	01:14:38	L	01:14:38
45	1126	AMERICO MOREIRA	22	M2039	M	CD POVOA	01:14:43		01:14:20
46	2076	ABILIO GONÇALVES	21	M2039	M	ACR Cambra,	01:15:04	L	01:15:04
47	1814	OSCAR MENDES	30	M2039	M	Liberdade F. C.	01:15:09		01:15:07
48	174	JOÃO AMORIM	36	M2039	M	FC PENAFIEL	01:15:12	L	01:15:12
49	2078	ANDRÉ COSTA	20	M2039	M	ACR Cambra,	01:15:13		01:15:08
50	1938	MARIO FONSECA	30	M2039	M	C. D. C. Navais	01:15:16		01:15:14
51	1220	ANTONIO PEREIRA	30	M2039	M	ADERCUS	01:15:44	L	01:15:44
52	2032	FERNANDO BARROS	31	M2039	M	Individual	01:15:48	L	01:15:48
53	441	MIGUEL MEIRA	32	M2039	M	CA MAZAREFE	01:15:53		01:15:49
54	1406	LUIS GIL	36	M2039	M	INDIVIDUAL	01:16:04		01:15:55
55	1197	MARCO FILIPE	33	M2039	M	ATLETISMO VILA	01:16:10	L	01:16:10
56	1237	HUGO GOMES	31	M2039	M	CA OVAR	01:16:15	L	01:16:15
57	1702	MANUEL PEREIRA	31	M2039	M	ARADA ATLÉTICO	01:16:15		01:16:12
58	466	DIOGO NOGUEIRA	25	M2039	M	BEMPOSTA	01:16:18		01:16:14
59	196	ORLANDO SANTOS	37	M2039	M	NA CUCUJÃES	01:16:28	L	01:16:28
60	1164	DUARTE PINTO	34	M2039	M	COLEGIO VIZELA	01:16:28	2,3,L	01:16:28
61	615	DOMINGOS PONTES	25	M2039	M	JUF	01:16:32	L	01:16:32
62	977	MARCO COSTA	35	M2039	M	ARVOR	01:16:51	L	01:16:51
63	1678	RUBEN FELIZARDO	20	M2039	M	CENTRO ATL SEIA	01:17:07	L	01:17:07
64	1223	ANTONIO FERNANDES	33	M2039	M	ADERCUS	01:17:15		01:16:53
65	674	NUNO NOGUEIRA	24	M2039	M	CP MANGUALDE	01:17:20		01:16:59
66	1124	PEDRO PONTES	20	M2039	M	CD POVOA	01:17:21		01:16:56
67	2000	NUNO SOUSA	31	M2039	M	G. D. C. Castelo de	01:17:21		01:17:07
68	1862	LINO FERREIRA	31	M2039	M	Individual	01:17:25	L	01:17:25
69	1956	ANDRE MACHADO	20	M2039	M	Individual	01:17:29		01:17:22
70	1194	CARLOS LOPES	30	M2039	M	ATLETISMO VILA	01:17:35	L	01:17:35
71	1125	AVELINO EUSEBIO	20	M2039	M	CD POVOA	01:17:36		01:17:20
72	1199	JOÃO LEANDRO	36	M2039	M	ATLETISMO VILA	01:17:39	L	01:17:39
73	193	ANGELO ARAUJO	39	M2039	M	NA CUCUJÃES	01:17:43	L	01:17:43
74	1939	RAMIRO CORREIA	28	M2039	M	C. D. C. Navais	01:17:51		01:17:45
75	1363	AMADEU ROCHA	36	M2039	M	GDR RETORTA	01:18:08	L	01:18:08
76	1990	PEDRO SANTOS	25	M2039	M	Ginasio Clube	01:18:16		01:18:07
77	1196	PEDRO NUNES	33	M2039	M	ATLETISMO VILA	01:18:20		01:18:15
78	629	TIAGO PINHO	23	M2039	M	ACR VALE	01:18:37		01:18:35
79	616	ANDRE CORREIA	28	M2039	M	JUF	01:19:09	L	01:19:09
80	810	SERGIO RODRIGUES	26	M2039	M	INDIVIDUAL	01:19:10		01:19:07

81	1175	RICARDO OLIVEIRA	36	M2039	M	GDR FIGUEIRAS	01:19:20	L	01:19:20
82	2005	PAULO ALEXANDRE	39	M2039	M	C. A. Os Gaienses /	01:19:28		01:19:24
83	784	MARCO PAIVA	31	M2039	M	INDIVIDUAL	01:19:34	L	01:19:34
84	891	JOAQUIM PEREIRA	36	M2039	M	INDIVIDUAL	01:19:43	L	01:19:43
85	344	MARK MACEDO	30	M2039	M	PORTORUNNERS	01:19:45	L	01:19:45
86	1828	DANIEL OLIVEIRA	27	M2039	M	Individual	01:19:45	L	01:19:45
87	809	RICARDO DIAS	26	M2039	M	INDIVIDUAL	01:20:08		01:20:06
88	538	ANTONIO CRISTOVÃO	31	M2039	M	GDC GUILHOVAI	01:20:21	L	01:20:21
89	1095	JOSE OLIVEIRA	37	M2039	M	LUZ VERDE	01:20:23		01:19:36
90	228	FILIPE MARQUES	30	M2039	M	JOBRA	01:20:24		01:20:06
91	230	ROGERIO BESSA	26	M2039	M	JOBRA	01:20:24		01:20:16
92	276	NUNO SILVA	34	M2039	M	CF UNIÃO LAMAS	01:20:29	L	01:20:29
93	1053	ANDRE FERREIRA	21	M2039	M	UNIAO TOMAR	01:21:08		01:21:00
94	1219	VITOR RAMALHO	32	M2039	M	ADERCUS	01:21:08	L	01:21:08
95	634	BRUNO SILVA	34	M2039	M	GINASIO S TIRSO	01:21:10	L	01:21:10
96	603	LUIS SANTOS	38	M2039	M	RECARDÃES	01:21:36		01:21:22
97	2008	MANUEL SOUSA	39	M2039	M	C. I. de Argoncilhe	01:21:43	L	01:21:43
98	2084	Atleta Não Cadastrado	31	M2039	M	NA CUCUJAES	01:21:43	2,L	01:21:43
99	1979	BRUNO SANTOS	31	M2039	M	C. I. de Argoncilhe	01:21:44	L	01:21:44
100	1128	RUI RODRIGUES	35	M2039	M	CTT COIMBRA	01:21:56	L	01:21:56
101	232	VICTOR MARTINS	29	M2039	M	JOBRA	01:22:04	L	01:22:04
102	1902	MARCO FRANCO	31	M2039	M	A. D. R. Aguas	01:22:04		01:21:54
103	2046	RICARDO GOMES	31	M2039	M	Juventude Unida de	01:22:18		01:22:17
104	1707	JAIME GOMES	38	M2039	M	ARADA ATLÉTICO	01:22:21		01:21:52
105	1917	PEDRO REGUEIRAS	33	M2039	M	NAT	01:22:26		01:22:20
106	1037	MARCO VIDES	32	M2039	M	MAIA ATLETICO	01:22:27	L	01:22:27
107	1310	MANUEL BELINHA	31	M2039	M	GD SPAIO	01:22:31	L	01:22:31
108	1592	TIAGO MADUREIRA	21	M2039	M	GD 3 SANTOS	01:22:37		01:21:30
109	24	JORGE GOMES	26	M2039	M	AFIS/OVAR	01:22:46		01:22:44
110	2018	MARCIO PEREIRA	32	M2039	M	Gira Sol - Ramos	01:22:59		01:22:47
111	1013	ANTONIO COUTINHO	21	M2039	M	FLECHINHAS	01:23:01		01:22:58
112	752	AMERICO SILVA	38	M2039	M	INDIVIDUAL	01:23:22	L	01:23:22
113	1977	VICTOR SANTOS	33	M2039	M	Individual	01:23:25		01:23:06
114	1986	FABIO PAIVA	24	M2039	M	ADERCUS	01:23:25		01:23:02
115	1236	HELDER PIRES	24	M2039	M	CA OVAR	01:23:34	L	01:23:34
116	1248	VITOR PINHO	38	M2039	M	CA OVAR	01:23:34	L	01:23:34
117	1687	LUIS LEITE	35	M2039	M	MAIA A CLUBE	01:23:35		01:23:25
118	2052	MÁRIO ALVES	31	M2039	M	MAIA A CLUBE	01:23:36	3,L	01:23:36
119	1783	DANIEL AUGUSTO	28	M2039	M	CENTRO ATL SEIA	01:23:39	L	01:23:39
120	176	PEDRO VIEIRA	22	M2039	M	FC PENAFIEL	01:23:46		01:23:42
121	1948	ALFREDO RODRIGUES	37	M2039	M	Sneakers Running	01:23:52		01:23:46
122	1239	JORGE ALMEIDA	33	M2039	M	CA OVAR	01:23:57		01:23:48
123	1241	RUI COSTA	35	M2039	M	CA OVAR	01:24:11	L	01:24:11

124	1290	DIOGO OLIVEIRA	23	M2039	M	LIBERDADEFC	01:24:13		01:23:28
125	630	CARLOS TEIXEIRA	28	M2039	M	ACR VALE	01:24:17	L	01:24:17
126	1374	NUNO VALENTE	23	M2039	M	C CAMPISMO S J	01:24:37	L	01:24:37
127	442	DUARTE RODRIGUES	24	M2039	M	CA MAZAREFE	01:24:39		01:24:15
128	1262	MIGUEL GAFANHA	37	M2039	M	INDIVIDUAL	01:24:44	L	01:24:44
129	71	ANTONIO FONTES	39	M2039	M	G AMIZADE	01:24:48	L	01:24:48
130	469	ANDRE FERREIRA	39	M2039	M	BEMPOSTA	01:24:58		01:24:55
131	360	ALAIN COUTO	38	M2039	M	AD RIO LARGO	01:25:11		01:25:03
132	1765	LUIS COUTINHO	20	M2039	M	Amarante Running	01:25:16		01:25:12
133	1788	JOSE FERREIRA	36	M2039	M	GDR JUV	01:25:26	2,3	01:25:17
134	1789	JOSE NUNES	39	M2039	M	GDR JUV	01:25:29	L	01:25:29
135	1593	TIAGO GODINHO	24	M2039	M	GD 3 SANTOS	01:25:36		01:24:29
136	754	ANTONIO MOITA	36	M2039	M	INDIVIDUAL	01:25:40		01:25:20
137	1031	EMANUEL MATOS	37	M2039	M	TRIPLAGITADA	01:25:47	L	01:25:47
138	1135	ALCINO NUNES	39	M2039	M	CLAC	01:26:01		01:25:46
139	626	FILIPE FERREIRA	22	M2039	M	ACR VALE	01:26:02		01:24:42
140	2016	PRIMO SILVA	29	M2039	M	C. I. de Argoncilhe	01:26:05	L	01:26:05
141	1246	ANTONIO TEIXEIRA	35	M2039	M	CA OVAR	01:26:06		01:25:00
142	883	PAULO RODRIGUES	33	M2039	M	INDIVIDUAL	01:26:12		01:25:02
143	380	ANTONIO TEIXEIRA	31	M2039	M	CA VILA BOA	01:26:28	L	01:26:28
144	1243	ANDRE VEIROS	20	M2039	M	CA OVAR	01:26:37		01:26:19
145	248	IVEN PINHO	27	M2039	M	CALDAS S JORGE	01:26:42		01:26:20
146	476	JORGE VIEIRA	37	M2039	M	ROYALSCHOOL	01:26:46		01:26:17
147	894	TIAGO REIGOTA	30	M2039	M	INDIVIDUAL	01:26:50	L	01:26:50
148	175	PAULO FERREIRA	31	M2039	M	FC PENAFIEL	01:26:58	L	01:26:58
149	171	AIRES SOUSA	39	M2039	M	FC PENAFIEL	01:26:59		01:26:56
150	168	HUGO COUTO	33	M2039	M	I-RUN	01:27:00		01:25:52
151	1355	CARLOS MARQUES	22	M2039	M	RECARDÃES	01:27:05		01:26:51
152	103	MIGUEL FIGUEIREDO	38	M2039	M	CAFE PONTO	01:27:17	2,3	01:26:27
153	105	PAULO MARINHO	32	M2039	M	CAFE PONTO	01:27:17	2,3,L	01:27:17
154	467	BRUNO COSTA	26	M2039	M	BEMPOSTA	01:27:18		01:26:10
155	1012	DUARTE SILVA	38	M2039	M	FLECHINHAS	01:27:18	3,L	01:27:18
156	1847	RUI BAPTISTA	37	M2039	M	Bttrain - C. F. de	01:27:19		01:26:54
157	2077	ADELINO OLIVEIRA	20	M2039	M	ACR Cambra,	01:27:23		01:26:46
158	474	NUNO SILVA	35	M2039	M	ROYALSCHOOL	01:27:35	L	01:27:35
159	1165	ANTONIO HENRIQUES	39	M2039	M	COLEGIO VIZELA	01:27:39		01:26:33
160	604	RUI SANTOS	30	M2039	M	RECARDÃES	01:27:44	L	01:27:44
161	1970	JOSUE OLIVEIRA	36	M2039	M	Individual	01:27:46		01:26:55
162	1354	MARCO FERREIRA	29	M2039	M	RECARDÃES	01:27:51	L	01:27:51
163	2075	CARLOS NUNES	29	M2039	M	Casa do Povo de	01:27:56		01:26:47
164	1420	PAULO VIDINHA	22	M2039	M	INDIVIDUAL	01:28:09	L	01:28:09
165	253	ARMANDO BASTOS	37	M2039	M	CALDAS S JORGE	01:28:10	L	01:28:10
166	1913	MARIO SOARES	29	M2039	M	U. R. C. Abrunheira	01:28:16	L	01:28:16

167	2079	LUIS LIMA	20	M2039	M	ACR Cambra,	01:28:17		01:28:14
168	1229	PAULO COSTA	25	M2039	M	SST MOVAR	01:28:19	L	01:28:19
169	1419	JOÃO GESTOSA	22	M2039	M	INDIVIDUAL	01:28:30		01:28:25
170	760	ANTONIO GOMES	33	M2039	M	INDIVIDUAL	01:28:32		01:27:59
171	862	GABRIEL OLIVEIRA	31	M2039	M	INDIVIDUAL	01:28:33		01:28:20
172	139	HUGO DANIEL	21	M2039	M	LIBERDADE FC	01:28:34		01:28:04
173	231	TADEU ROMA	39	M2039	M	JOBRA	01:28:35		01:27:41
174	1945	PAULO ANGELICO	37	M2039	M	Sneakers Running	01:28:39	L	01:28:39
175	225	AMILCAR PEREIRA	30	M2039	M	JOBRA	01:28:40		01:27:44
176	940	JOSE RIBEIRO	36	M2039	M	INDIVIDUAL	01:28:41		01:28:36
177	1462	JOÃO SANTOS	35	M2039	M	CLAC -	01:28:41	L	01:28:41
178	1999	ANTONIO MOREIRA	31	M2039	M	G. D. C. Castelo de	01:28:43	L	01:28:43
179	408	EMANUEL ALMEIDA	28	M2039	M	OS RIBEIRINHOS	01:28:51	L	01:28:51
180	1311	NUNO PINTO	31	M2039	M	GD SPAIO	01:28:52		01:28:29
181	1098	FERNANDO SANTOS	38	M2039	M	LUZ VERDE	01:29:06		01:28:18
182	2083	JOÃO SILVA	37	M2039	M	Gira Sol - Ramos	01:29:09		01:28:47
183	1397	FILIPE VILHENA	36	M2039	M	INDIVIDUAL	01:29:12		01:29:07
184	1989	NORBERTO LEITE	24	M2039	M	Ginasio Clube	01:29:14		01:28:55
185	410	RUI GOMES	37	M2039	M	OS RIBEIRINHOS	01:29:19		01:28:11
186	2061	LUIS FERNANDO	27	M2039	M	Individual	01:29:19		01:28:49
187	1335	ALBERTO VALENTE	36	M2039	M	GD SANTANDER	01:29:30		01:29:23
188	1582	ANDRE SOARES	24	M2039	M	CLUBE DESP	01:29:39		01:28:34
189	2051	EUSÉBIO OLIVEIRA	31	M2039	M	MAIA A CLUBE	01:29:43	2	01:26:09
190	1764	TELMO LOPES	23	M2039	M	#1 - Cardinal Um	01:29:50		01:29:34
191	874	FILIPE ALMEIDA	28	M2039	M	INDIVIDUAL	01:29:57	L	01:29:57
192	1915	DANIEL CRUZ	30	M2039	M	I-Run	01:30:00		01:28:53
193	970	BRUNO PONTES	33	M2039	M	TRIPLAGITADA	01:30:03		01:29:52
194	491	JOSE DIAS	33	M2039	M	PAPAMILHAS	01:30:07	L	01:30:07
195	1120	NUNO SEABRA	36	M2039	M	AZRAIDS	01:30:10	L	01:30:10
196	354	RUI MENDES	35	M2039	M	PORTORUNNERS	01:30:17		01:30:11
197	256	RUI MOREIRA	36	M2039	M	CALDAS S JORGE	01:30:19		01:29:58
198	1620	CARLOS PEREIRA	39	M2039	M	C. A. RIACHENSE	01:30:24		01:30:07
199	320	EDUARDO BRANDÃO	29	M2039	M	PORTORUNNERS	01:30:26		01:30:12
200	1937	CARLOS FERREIRA	37	M2039	M	Nucleo de Atletismo	01:30:26	L	01:30:26
201	1861	BRUNO TAVARES	26	M2039	M	Individual	01:30:32		01:30:03
202	541	PASCOAL MELO	38	M2039	M	GNR GUIMARÃES	01:30:40		01:30:11
203	892	JUAN PERRY	38	M2039	M	INDIVIDUAL	01:30:44		01:30:02
204	274	JOSE MARTINS	34	M2039	M	CF UNIÃO LAMAS	01:30:58	2,3	01:30:30
205	814	PEDRO PINTO	28	M2039	M	INDIVIDUAL	01:30:59		01:30:16
206	1364	MIGUEL MENDES	36	M2039	M	GDR RETORTA	01:31:01		01:30:57
207	1944	NUNO GOMES	27	M2039	M	Sneakers Running	01:31:07	L	01:31:07
208	1980	PAULO CARMO	39	M2039	M	C. I. de Argoncilhe	01:31:16		01:30:58
209	611	CRISTOVÃO GOMES	30	M2039	M	VETERANOS LIS	01:31:33	L	01:31:33

210	605	CELSO MOREIRA	21	M2039	M	RECARDÃES	01:31:50		01:31:02
211	1940	JOSE EUSEBIO	39	M2039	M	C. D. C. Navais	01:31:50	L	01:31:50
212	1208	CESAR SILVA	37	M2039	M	ROMPE SOLAS	01:31:51		01:31:41
213	437	AMERICO PINHO	38	M2039	M	ACRD ESCAPÃES	01:31:53		01:31:43
214	1606	NUNO ANDRADE	33	M2039	M	INDIVIDUAL	01:31:58		01:31:12
215	1840	LEANDRO PINTO	33	M2039	M	Triplagitada - Clube	01:32:03		01:30:44
216	1865	RUI SILVA	29	M2039	M	Individual	01:32:16	L	01:32:16
217	1102	LUIS CATARINO	32	M2039	M	ARRASTÕES	01:32:20		01:30:54
218	861	JOÃO SOUSA	31	M2039	M	INDIVIDUAL	01:32:28	L	01:32:28
219	1271	ISMAEL MATOS	28	M2039	M	OS KÁGADOS	01:32:53		01:32:35
220	1000	ALMERINDO CARDOSO	37	M2039	M	CALDAS S JORGE	01:32:58		01:32:26
221	1926	FERNANDO NEVES	39	M2039	M	G. D. C.	01:33:02		01:32:04
222	956	CARLOS VIEIRA	32	M2039	M	INDIVIDUAL	01:33:19		01:33:04
223	1439	PATRICK SILVA	34	M2039	M	INDIVIDUAL	01:33:25		01:32:52
224	1952	PEDRO ROMANO	25	M2039	M	Individual	01:33:46	L	01:33:46
225	381	BRUNO CAETANO	22	M2039	M	CA VILA BOA	01:33:49	L	01:33:49
226	300	MANUEL SILVA	38	M2039	M	CENAP	01:34:07		01:32:51
227	704	ALCINDO PAIVA	37	M2039	M	INDIVIDUAL	01:34:08	L	01:34:08
228	1025	JOAQUIM BATISTA	39	M2039	M	BTTSSANDIM	01:34:15		01:33:19
229	477	CARLOS VIEIRA	39	M2039	M	ROYALSCHOOL	01:34:21		01:33:52
230	1709	JOSÉ FERREIRA	38	M2039	M	CLUBE	01:34:22		01:33:51
231	1651	JOSE CARVALHO	38	M2039	M	INDIVIDUAL	01:34:24	L	01:34:24
232	1038	JOSE MARQUES	26	M2039	M	MAIA ATLETICO	01:34:27		01:34:13
233	1830	RUI DUARTE	33	M2039	M	Individual	01:34:29		01:33:02
234	202	CANDIDO FRANCO	38	M2039	M	SUNSETRUNNER	01:34:35	L	01:34:35
235	1033	RICARDO TEIXEIRA	33	M2039	M	RUNPORTO.COM	01:34:35		01:34:31
236	1122	JOÃO GASPAR	33	M2039	M	AZRAIDS	01:34:36		01:34:28
237	725	PAULO PINTO	35	M2039	M	INDIVIDUAL	01:34:54		01:34:10
238	1825	JOSE MATOS	32	M2039	M	Individual	01:35:01		01:34:12
239	244	MANUEL NEVES	39	M2039	M	CALDAS S JORGE	01:35:03		01:34:37
240	1686	BRUNO MARTINS	24	M2039	M	CDCR CTT	01:35:05	L	01:35:05
241	1672	RUI SOUSA	37	M2039	M	INDIVIDUAL	01:35:09		01:34:38
242	1887	CARLOS MAIA	36	M2039	M	Individual	01:35:14		01:34:41
243	140	ISAIAS SA	30	M2039	M	FUGITIVOS	01:35:16	L	01:35:16
244	368	CARLOS FERREIRA	36	M2039	M	AD RIO LARGO	01:35:17	L	01:35:17
245	1139	MARIO SALGUEIRO	37	M2039	M	CLAC	01:35:18		01:34:36
246	846	ANTONIO SILVA	36	M2039	M	INDIVIDUAL	01:35:26	L	01:35:26
247	1653	FILIPE ALVES	27	M2039	M	INDIVIDUAL	01:35:26		01:34:59
248	1949	PAULO CALADO	29	M2039	M	Sneakers Running	01:35:29	L	01:35:29
249	631	ALBERTO CARNEIRO	36	M2039	M	GINASIO S TIRSO	01:35:44		01:35:06
250	1132	FERNANDO CARVALHO	35	M2039	M	CTT COIMBRA	01:35:44	L	01:35:44
251	1043	CARLOS PINTO	26	M2039	M	FREAMUNDE	01:35:49	L	01:35:49
252	50	RICARDO TEIXEIRA	26	M2039	M	AFIS/OVAR	01:35:55		01:34:53

253	946	PAULO DOMINGUES	32	M2039	M	INDIVIDUAL	01:35:56	01:35:41
254	1545	FERNANDO BERNARDINO	36	M2039	M	INDIVIDUAL	01:35:57	01:35:18
255	1921	RAMIRO PINHEIRO	37	M2039	M	Vitoria SC	01:35:59	01:35:35
256	1931	LUIS PINHO	38	M2039	M	G Fit Fun	01:36:02	L 01:36:02
257	1933	JOSE ROMEU	36	M2039	M	G Fit Fun	01:36:02	01:35:52
258	831	FILIFE ALMEIDA	39	M2039	M	INDIVIDUAL	01:36:08	2,3 01:34:36
259	729	NELSON PINHO	38	M2039	M	INDIVIDUAL	01:36:09	01:35:26
260	1424	LUIS AZEVEDO	33	M2039	M	INDIVIDUAL	01:36:11	01:35:03
261	471	FLAVIO NOGUEIRA	24	M2039	M	BEMPOSTA	01:36:18	01:35:27
262	1357	ANTONIO OLIVEIRA	34	M2039	M	CA OVAR	01:36:28	01:36:12
263	864	BRUNO ARAUJO	36	M2039	M	INDIVIDUAL	01:36:30	01:36:13
264	267	CARLOS CARDOSO	39	M2039	M	CF UNIÃO LAMAS	01:36:34	L 01:36:34
265	545	CRISTIANO PEREIRA	37	M2039	M	GNR GUIMARÃES	01:36:39	01:36:01
266	811	JOSE SOARES	37	M2039	M	INDIVIDUAL	01:36:48	01:36:19
267	852	PAULO SILVA	37	M2039	M	INDIVIDUAL	01:36:48	L 01:36:48
268	1728	JOSE OLIVEIRA	36	M2039	M	Individual	01:36:49	L 01:36:49
269	1667	TIAGO TEIXEIRA	23	M2039	M	INDIVIDUAL	01:36:55	L 01:36:55
270	1547	MIGUEL JACINTO	33	M2039	M	INDIVIDUAL	01:37:19	L 01:37:19
271	1078	LUIS MADEIRA	35	M2039	M	FEMAB	01:37:26	01:36:22
272	1350	FREDERICO SALGADO	25	M2039	M	RECARDÃES	01:37:27	L 01:37:27
273	1024	MARINHO BATISTA	34	M2039	M	BTTsandim	01:37:29	01:36:32
274	1946	JOSE OLIVEIRA	31	M2039	M	Sneakers Running	01:37:31	L 01:37:31
275	243	ANTONIO NEVES	32	M2039	M	CALDAS S JORGE	01:37:48	L 01:37:48
276	263	DIOGO AMORIM	22	M2039	M	CALDAS S JORGE	01:37:49	01:37:30
277	1259	CANDIDO EUSEBIO	33	M2039	M	INDIVIDUAL	01:37:55	01:34:19
278	1381	MANUEL ANTÓNIO	34	M2039	M	OS FALTA DE AR	01:37:55	01:36:31
279	1535	SALVADOR SILVA	39	M2039	M	CLUBE GBES	01:38:10	L 01:38:10
280	1441	GABRIEL REVEZ	33	M2039	M	INDIVIDUAL	01:38:17	L 01:38:17
281	2071	MANUEL LOPES	35	M2039	M	Individual	01:38:19	L 01:38:19
282	1534	HELDER MEIRELES	39	M2039	M	CLUBE GBES	01:38:29	01:37:26
283	1336	JOSE LIMA	34	M2039	M	GD SANTANDER	01:38:31	L 01:38:31
284	1911	VASCO MEDEIROS	31	M2039	M	FEMAB Lda	01:38:33	01:37:27
285	1923	JULIO MOTA	36	M2039	M	Vitoria SC	01:38:33	L 01:38:33
286	1936	JOSE SILVA	25	M2039	M	Nucleo de Atletismo	01:38:33	01:37:37
287	756	PAULO COUTO	39	M2039	M	INDIVIDUAL	01:38:34	01:37:37
288	1735	HELIDORO MANUEL	31	M2039	M	Individual	01:38:45	01:38:33
289	837	JOSE NOGUEIRA	30	M2039	M	INDIVIDUAL	01:38:47	01:38:38
290	827	VITOR ALMEIDA	37	M2039	M	CALDAS S JORGE	01:38:48	L 01:38:48
291	1358	JORGE OLIVEIRA	38	M2039	M	CA OVAR	01:39:00	01:37:46
292	1602	HELDER OLIVEIRA	36	M2039	M	INDIVIDUAL	01:39:00	01:38:05
293	1877	PEDRO FERREIRA	38	M2039	M	Individual	01:39:02	01:38:10
294	378	VITOR PINTO	37	M2039	M	AD RIO LARGO	01:39:24	L 01:39:24
295	790	CARLOS AFONSO	31	M2039	M	INDIVIDUAL	01:39:26	01:39:00

296	654	TIAGO COSTA	31	M2039	M	ATLETISMO	01:39:27		01:37:48
297	188	DANIEL CASTRO	33	M2039	M	NA CUCUJÃES	01:39:29	L	01:39:29
298	609	JOEL GOUVEIA	27	M2039	M	RECARDÃES	01:39:31		01:39:17
299	273	JOSE COELHO	32	M2039	M	CF UNIÃO LAMAS	01:39:34		01:39:04
300	798	PAULO ALMEIDA	39	M2039	M	INDIVIDUAL	01:39:34		01:38:26
301	179	CESAR TEIXEIRA	34	M2039	M	FC PENAFIEL	01:39:39		01:39:31
302	890	JOEL CORREIA	26	M2039	M	INDIVIDUAL	01:39:49		01:38:47
303	878	JORGE ROCHA	39	M2039	M	INDIVIDUAL	01:39:52		01:39:16
304	416	RENATO MONTEIRO	26	M2039	M	OS RIBEIRINHOS	01:39:57		01:38:47
305	1768	RICARDO FREITAS	29	M2039	M	G. D. Leões do	01:39:57		01:39:04
306	353	PEDRO MAIA	39	M2039	M	PORTORUNNERS	01:40:03		01:39:43
307	1260	CARLOS EUSEBIO	28	M2039	M	INDIVIDUAL	01:40:04		01:36:29
308	938	ANTONIO MORAIS	39	M2039	M	INDIVIDUAL	01:40:09		01:39:17
309	1413	VIRIATO DIAS	38	M2039	M	INDIVIDUAL	01:40:10		01:39:35
310	1377	MÁRIO GOMES	38	M2039	M	C BENFICA	01:40:11		01:39:47
311	915	MIGUEL PINTO	34	M2039	M	INDIVIDUAL	01:40:24	L	01:40:24
312	1300	NELSON CAPELA	28	M2039	M	GD LOUROCOOP	01:40:27		01:39:55
313	1603	MICHAEL FERNANDES	31	M2039	M	INDIVIDUAL	01:40:39		01:39:46
314	1767	PAULO RODRIGUES	35	M2039	M	Clube Natura -	01:40:45		01:39:20
315	1594	PEDRO ADÃO	23	M2039	M	GDR RETORTA	01:40:48		01:40:01
316	1101	NUNO MARQUES	35	M2039	M	ARRASTÕES	01:40:52		01:39:26
317	1682	RICHARD TOURET	35	M2039	M	COMPORTO	01:40:56		01:39:51
318	1654	NUNO DOMINGUES	35	M2039	M	INDIVIDUAL	01:40:57	L	01:40:57
319	766	PAULO GOMES	39	M2039	M	INDIVIDUAL	01:41:02		01:40:47
320	499	DANIEL LOURENÇO	37	M2039	M	CABARREIRA	01:41:05		01:39:33
321	1762	MANUEL ALMEIDA	32	M2039	M	Individual	01:41:09		01:40:08
322	1820	NUNO FERNANDES	32	M2039	M	Individual	01:41:09	L	01:41:09
323	761	VITOR ALMEIDA	37	M2039	M	INDIVIDUAL	01:41:10		01:40:38
324	1432	MANUEL COELHO	33	M2039	M	INDIVIDUAL	01:41:11	3	01:40:42
325	957	JOSE PEREIRA	31	M2039	M	INDIVIDUAL	01:41:14		01:41:01
326	2024	NUNO SENIOR	38	M2039	M	Casa Benfica F. da	01:41:21		01:40:48
327	280	JAIME SANTOS	39	M2039	M	GD LOUROCOOP	01:41:29		01:41:23
328	1737	ROGERIO OLIVEIRA	37	M2039	M	Individual	01:41:31		01:40:56
329	1504	DOMINGOS SOUSA	34	M2039	M	TURISTAS	01:41:36		01:40:46
330	1950	DANIEL REIS	29	M2039	M	Loja Jornal Ovar	01:41:43	3,L	01:41:43
331	951	LUIS MONTEIRO	37	M2039	M	INDIVIDUAL	01:41:50		01:40:30
332	1719	ANTONIO SILVA	37	M2039	M	Individual	01:41:50		01:41:45
333	1960	BRUNO GOMES	26	M2039	M	Individual	01:41:53		01:40:36
334	817	HUMBERTO ALMEIDA	37	M2039	M	INDIVIDUAL	01:41:56		01:41:23
335	473	RUI AMORIM	34	M2039	M	ROYALSCHOOL	01:41:59	L	01:41:59
336	1166	JORGE PEDROSA	39	M2039	M	COLEGIO VIZELA	01:41:59		01:40:54
337	546	DANIEL SILVA	37	M2039	M	GNR GUIMARÃES	01:42:00		01:41:14
338	925	RUI MARINHO	34	M2039	M	INDIVIDUAL	01:42:00		01:40:28

339	401	SAMUEL GOMES	37	M2039	M	GDCTE NAVAIS	01:42:04	01:41:30
340	1562	RUI FERREIRA	38	M2039	M	INDIVIDUAL	01:42:09	01:41:03
341	1656	BRUNO BOAS	23	M2039	M	INDIVIDUAL	01:42:12	01:41:26
342	1801	JOAQUIM FIGUEIRA	39	M2039	M	C. A. Barreira	01:42:16	01:40:47
343	475	SAMUEL NEVES	38	M2039	M	ROYALSCHOOL	01:42:18	01:42:04
344	899	PEDRO EZEQUIEL	33	M2039	M	INDIVIDUAL	01:42:19	01:42:02
345	1883	PEDRO TORRES	35	M2039	M	Individual	01:42:22	01:41:17
346	1969	JOÃO COLAÇO	37	M2039	M	Individual	01:42:31	01:40:55
347	421	ALBERTO MARQUES	38	M2039	M	A QUINTAS	01:42:32 L	01:42:32
348	705	RUI GONÇALVES	37	M2039	M	INDIVIDUAL	01:42:32	01:41:28
349	1093	FILIPPE PACHECO	34	M2039	M	EPRVS	01:42:55	01:41:39
350	619	RICARDO ROCHA	35	M2039	M	INDEPENDENTES	01:42:56	01:41:22
351	1596	MIGUEL NEVES	22	M2039	M	GDR RETORTA	01:42:56	01:42:08
352	1302	RICARDO MONTEIRO	35	M2039	M	VETERANOS LIS	01:42:57	01:42:16
353	1726	PEDRO FERNANDES	35	M2039	M	Individual	01:42:58 L	01:42:58
354	1996	RODRIGO LOPES	34	M2039	M	Individual	01:43:04 L	01:43:04
355	1699	MANUEL PINHO	31	M2039	M	LOUROCOOP	01:43:18 L	01:43:18
356	905	RICARDO PINHO	35	M2039	M	INDIVIDUAL	01:43:19	01:42:19
357	935	SERGIO CANEDO	39	M2039	M	INDIVIDUAL	01:43:19	01:42:20
358	1724	FILIPPE MOREIRA	35	M2039	M	Individual	01:43:22	01:42:20
359	1953	MARCIO SOUSA	30	M2039	M	Individual	01:43:27 L	01:43:27
360	1884	PAULO COSTA	39	M2039	M	Individual	01:43:31	01:43:04
361	768	HELDER PEREIRA	21	M2039	M	INDIVIDUAL	01:43:32	01:42:42
362	1257	NUNO FREITAS	36	M2039	M	INDIVIDUAL	01:43:33	01:42:21
363	889	JORGE FERREIRA	38	M2039	M	INDIVIDUAL	01:43:34 L	01:43:34
364	371	JOAQUIM BARBOSA	33	M2039	M	AD RIO LARGO	01:43:37	01:43:04
365	1774	JOÃO SILVA	39	M2039	M	Starolas	01:43:48	01:42:37
366	944	PAULO MARTINS	31	M2039	M	INDIVIDUAL	01:43:55	01:43:42
367	853	GUALTER PEREIRA	27	M2039	M	INDIVIDUAL	01:43:57	01:43:39
368	93	ANGELO FERREIRA	33	M2039	M	GD AIRÃO	01:44:06	01:42:34
369	2064	NUNO NUNES	37	M2039	M	Individual	01:44:10 3,L	01:44:10
370	1689	AFONSO CÂNDIDO FERREIRA	34	M2039	M	RAINHA DO	01:44:11	01:43:20
371	1435	LUIS FERNANDES	37	M2039	M	INDIVIDUAL	01:44:15	01:43:27
372	897	JOÃO SANTOS	39	M2039	M	INDIVIDUAL	01:44:33 L	01:44:33
373	895	JOÃO NUNES	26	M2039	M	INDIVIDUAL	01:44:37	01:43:50
374	1607	NUNO MARTINS	33	M2039	M	INDIVIDUAL	01:44:38	01:43:39
375	1267	PAULO RIBEIRO	32	M2039	M	OS KÁGADOS	01:44:47 L	01:44:47
376	1304	RUI FILIPE	28	M2039	M	VETERANOS LIS	01:44:48	01:44:07
377	868	NELSON CUNHA	33	M2039	M	INDIVIDUAL	01:44:49	01:43:10
378	1443	FILIPPE FIDALGO	32	M2039	M	INDIVIDUAL	01:44:54	01:43:43
379	1869	TIAGO CUNHA	29	M2039	M	Hotel Moutados	01:45:00	01:43:46
380	1657	PEDRO BORGES	38	M2039	M	INDIVIDUAL	01:45:07	01:44:22
381	1643	DIOGO AMADOR	28	M2039	M	INDIVIDUAL	01:45:09	01:44:10

382	1083	CIPRIANO SOUSA	37	M2039	M	ATLETISMO 5	01:45:12	2,3,L	01:45:12
383	1051	JOSE SILVA	39	M2039	M	CLUBENATURA	01:45:13		01:43:48
384	1167	PEDRO FREITAS	27	M2039	M	COLEGIO VIZELA	01:45:14		01:44:11
385	1891	JORGE CRUZ	37	M2039	M	Individual	01:45:19		01:44:57
386	1963	RICARDO LEMOS	39	M2039	M	Individual	01:45:21	L	01:45:21
387	1853	FILIFE VARANDAS	39	M2039	M	Individual	01:45:23	2,3	01:44:27
388	2058	VITOR MAGALHAES	28	M2039	M	Individual	01:45:23	L	01:45:23
389	1623	PAULO SIMÕES	32	M2039	M	C. A. RIACHENSE	01:45:33		01:45:02
390	1954	LUIS PEIXOTO	36	M2039	M	Individual	01:45:34	L	01:45:34
391	1369	JOÃO GOMES	20	M2039	M	INDIVIDUAL	01:45:35	2,3,L	01:45:35
392	1685	SERGIO MARTINS	33	M2039	M	CDCR CTT	01:45:58		01:44:24
393	885	PAULO OLIVEIRA	38	M2039	M	INDIVIDUAL	01:46:10		01:45:22
394	2034	CARLOS BRANCO	31	M2039	M	Individual	01:46:16		01:44:44
395	1367	PAULO ALEX. SILVA	31	M2039	M	INDIVIDUAL	01:46:17		01:45:59
396	2033	FILIFE PEDROSO	31	M2039	M	Individual	01:46:17	L	01:46:17
397	1117	OLIMPIO PEDRO	39	M2039	M	AZRAIDS	01:46:19	L	01:46:19
398	1027	JORGE AUGUSTO	36	M2039	M	BILARUNNERS	01:46:20	L	01:46:20
399	896	MARIO FERNANDES	38	M2039	M	INDIVIDUAL	01:46:28		01:44:47
400	2096	MARIBEL GONÇALVES	31	M2039	M	Grupo Desportivo	01:46:31		01:46:27
401	1162	MANUEL LOPES	36	M2039	M	COLEGIO VIZELA	01:46:37	L	01:46:37
402	898	PAULO ANTUNES	33	M2039	M	INDIVIDUAL	01:46:41	L	01:46:41
403	881	JOSE SOUSA	29	M2039	M	INDIVIDUAL	01:46:58		01:46:39
404	1070	OSVALDO FERREIRA	33	M2039	M	OP SQUASH	01:46:58		01:45:14
405	375	LUIS RODRIGUES	38	M2039	M	AD RIO LARGO	01:47:01		01:46:28
406	907	MARCO ANDRADE	35	M2039	M	INDIVIDUAL	01:47:04	2,3	01:45:54
407	1998	MANUEL COSTA	24	M2039	M	Individual	01:47:15	L	01:47:15
408	38	LUIS SILVA	32	M2039	M	AFIS/OVAR	01:47:16		01:45:45
409	128	ARTUR COSTA	34	M2039	M	COMP.BAZOFIAS	01:47:22		01:46:15
410	1418	NELSON LOPES	39	M2039	M	INDIVIDUAL	01:47:26	L	01:47:26
411	1652	PEDRO MENDES	31	M2039	M	INDIVIDUAL	01:47:27	L	01:47:27
412	1870	HELIO MACHADO	28	M2039	M	Hotel Moutados	01:47:30		01:46:18
413	1351	PEDRO GOMES	34	M2039	M	RECARDÃES	01:47:42	L	01:47:42
414	2035	CARLOS QUEIRÓS	31	M2039	M	Individual	01:47:49		01:46:17
415	911	LUCIANO FREITAS	33	M2039	M	INDIVIDUAL	01:47:51		01:47:07
416	1252	JOÃO SILVA	25	M2039	M	INDIVIDUAL	01:47:56		01:46:59
417	608	MARCO FERREIRA	29	M2039	M	RECARDÃES	01:48:01		01:47:12
418	229	JOSE VEIGA	35	M2039	M	JOBRA	01:48:04		01:46:39
419	510	JOSE AMERICO	33	M2039	M	CIRAC	01:48:17	L	01:48:17
420	1619	JOÃO PAULO	35	M2039	M	INDIVIDUAL	01:48:18		01:47:18
421	736	ANTONIO SARAMAGO	39	M2039	M	INDIVIDUAL	01:48:20		01:47:20
422	250	VITOR M ALMEIDA	35	M2039	M	CALDAS S JORGE	01:48:27	L	01:48:27
423	867	LUIS CUNHA	30	M2039	M	INDIVIDUAL	01:48:32	L	01:48:32
424	1745	CARLOS BARRETO	36	M2039	M	Individual	01:48:33	L	01:48:33

425	1069	GUSTAVO PINTO	23	M2039	M	OP SQUASH	01:48:40	01:46:58
426	1469	MIGUEL FERREIRA	22	M2039	M	OPORTO SQUASH	01:48:40	01:46:58
427	451	LUIS GOMES	33	M2039	M	OSSILVAS	01:49:02	01:47:24
428	454	JOSE GOMES	34	M2039	M	OSSILVAS	01:49:03 L	01:49:03
429	1858	JOÃO SILVA	36	M2039	M	Individual	01:49:07 L	01:49:07
430	34	LUIS CUNHA	32	M2039	M	AFIS/OVAR	01:49:09	01:47:34
431	1671	ANTONIO SALGADO	33	M2039	M	INDIVIDUAL	01:49:17	01:48:46
432	1641	AMILCAR COSTA	36	M2039	M	ESTORNORT LDA	01:49:18 2	01:47:36
433	1797	MANUEL ALVES	39	M2039	M	Ferreirolux Lda	01:49:55 L	01:49:55
434	1819	CESAR MOREIRA	38	M2039	M	Individual	01:50:01 L	01:50:01
435	1121	ANDRE COSTA	33	M2039	M	AZRAIDS	01:50:04 L	01:50:04
436	1809	JOÃO SILVA	28	M2039	M	Banda do Piri-lau	01:50:14	01:48:30
437	1810	RAUL CORREIA	29	M2039	M	Banda do Piri-lau	01:50:15	01:48:30
438	1849	JOÃO MERENCIO	24	M2039	M	Banda do Piri-lau	01:50:15	01:48:31
439	1575	JOAQUIM OLIVEIRA	39	M2039	M	TURBO-LENTOS	01:50:16	01:49:07
440	1380	VITOR RENTE	31	M2039	M	OS FALTA DE AR	01:50:23	01:48:59
441	201	VICTOR SOUSA	39	M2039	M	SUNSETRUNNER	01:50:28	01:49:46
442	595	ALBERTO LUCAS	27	M2039	M	KARATE	01:50:31	01:49:34
443	227	BRUNO TAVARES	29	M2039	M	JOBRA	01:50:42 L	01:50:42
444	1935	SAMUEL OLIVEIRA	25	M2039	M	G Fit Fun	01:50:42	01:50:31
445	1373	BRUNO DIAS	23	M2039	M	C CAMPISMO S J	01:50:44	01:50:38
446	1816	PEDRO VIEIRA	36	M2039	M	Porto Runners	01:50:44 L	01:50:44
447	606	RICARDO SANTOS	20	M2039	M	RECARDÃES	01:50:45	01:49:29
448	126	JOÃO FONSECA	31	M2039	M	OSAMIGOS SP	01:50:46 L	01:50:46
449	382	PEDRO TEIXEIRA	39	M2039	M	CA VILA BOA	01:50:47	01:50:21
450	1744	MANUEL TAVARES	39	M2039	M	Individual	01:50:48	01:49:07
451	1011	PAULO FERNANDES	39	M2039	M	AA LEBRES SADO	01:50:59	01:49:34
452	835	TIAGO JESUS	23	M2039	M	INDIVIDUAL	01:51:02	01:49:27
453	1553	FRANCISCO GONÇALVES	36	M2039	M	INDIVIDUAL	01:51:03	01:50:16
454	129	PEDRO MELO	38	M2039	M	COMP.BAZOFIAS	01:51:12	01:50:58
455	847	FERNANDO PEREIRA	37	M2039	M	INDIVIDUAL	01:51:17	01:51:10
456	345	MIGUEL DIAS	39	M2039	M	PORTORUNNERS	01:51:18	01:51:02
457	909	PEDRO NECHO	35	M2039	M	INDIVIDUAL	01:51:30	01:50:55
458	329	JOÃO TROCA	32	M2039	M	PORTORUNNERS	01:51:32	01:50:34
459	352	PEDRO LOPES	39	M2039	M	PORTORUNNERS	01:51:32 L	01:51:32
460	262	PEDRO SILVA	38	M2039	M	CALDAS S JORGE	01:51:33	01:50:59
461	1542	RUI PINHO	38	M2039	M	PORTO RUNNERS	01:51:36	01:51:06
462	1546	NUNO SILVA	36	M2039	M	INDIVIDUAL	01:51:40	01:51:24
463	858	TOMAS CUNHA	36	M2039	M	INDIVIDUAL	01:52:14	01:50:52
464	1337	DIOGO GIRALDES	35	M2039	M	GD SANTANDER	01:52:14	01:51:12
465	1871	JESUS CAMPOS	30	M2039	M	Hotel Moutados	01:52:16 L	01:52:16
466	497	PEDRO MONTEIRO	35	M2039	M	MAIA ATLETICO	01:52:18	01:52:10
467	127	FILIPE NASCIMENTO	34	M2039	M	COMP.BAZOFIAS	01:52:21	01:51:24

468	1876	PAULO SECO	37	M2039	M	Individual	01:52:22		01:51:33
469	272	JOSE PALMA	39	M2039	M	CF UNIÃO LAMAS	01:52:31	L	01:52:31
470	1001	CESAR TEIXEIRA	38	M2039	M	BLOCONOTAS	01:52:34	L	01:52:34
471	1410	BRUNO SOUSA	30	M2039	M	INDIVIDUAL	01:52:34	L	01:52:34
472	1561	PATRICIO CARVALHO	29	M2039	M	INDIVIDUAL	01:52:40	L	01:52:40
473	1796	JOÃO ARANTES	34	M2039	M	Ferreirolux Lda	01:52:43		01:52:12
474	1119	PEDRO CARVALHO	33	M2039	M	AZRAIDS	01:52:46	L	01:52:46
475	100	DANIEL MARINHO	36	M2039	M	CAFE PONTO	01:52:52		01:52:05
476	1625	BRUNO GAMA	34	M2039	M	INDIVIDUAL	01:52:57	L	01:52:57
477	299	ANTONIO SILVA	20	M2039	M	CENAP	01:53:09		01:51:50
478	1854	DUARTE BARBOSA	39	M2039	M	Individual	01:53:13		01:52:42
479	1184	CARLOS MARTINS	33	M2039	M	LEÕES VENEZA	01:53:14	L	01:53:14
480	1844	EDGAR MENEZES	20	M2039	M	Freamunde	01:53:15		01:51:56
481	1845	DOMINGOS MENDONÇA	20	M2039	M	Freamunde	01:53:15		01:51:56
482	1158	FERNANDO SANTOS	39	M2039	M	CLUBE AGUAS	01:53:23		01:52:08
483	1437	ANDRE CIRNE	27	M2039	M	INDIVIDUAL	01:53:26		01:52:26
484	954	LUC HENNETIER	37	M2039	M	INDIVIDUAL	01:53:29		01:52:16
485	931	JOÃO MANJERICÃO	35	M2039	M	INDIVIDUAL	01:53:34		01:53:05
486	788	NUNO FREITAS	36	M2039	M	INDIVIDUAL	01:53:44		01:52:24
487	1897	HUGO SILVA	26	M2039	M	Individual	01:53:46		01:52:15
488	1598	LUIS COSTA	26	M2039	M	INDIVIDUAL	01:53:47		01:53:30
489	1779	VALTER OLIVEIRA	37	M2039	M	Arada City	01:53:55		01:52:59
490	1312	ALBERTO RODRIGUES	31	M2039	M	GD SPAIO	01:54:26	L	01:54:26
491	426	RUI ALVES	38	M2039	M	A QUINTAS	01:54:36		01:53:30
492	1554	JORGE GOMES	37	M2039	M	INDIVIDUAL	01:54:40	L	01:54:40
493	1838	PAULO OLIVEIRA	28	M2039	M	Individual	01:54:51		01:54:28
494	808	AVELINO FERNANDES	38	M2039	M	INDIVIDUAL	01:55:33		01:54:15
495	1664	NUNO RIBEIRO	29	M2039	M	INDIVIDUAL	01:55:34	L	01:55:34
496	699	JOSE ALVARADO	27	M2039	M	INDIVIDUAL	01:55:36		01:54:05
497	2056	RUI FERREIRA	22	M2039	M	Individual	01:55:36		01:54:03
498	1968	VASCO SANTOS	33	M2039	M	Individual	01:55:37		01:54:41
499	1717	LUIS QUINTA	35	M2039	M	INDIVIDUAL	01:55:48		01:54:10
500	1429	DIOGO FERNANDES	23	M2039	M	INDIVIDUAL	01:55:51		01:54:24
501	1109	LEANDRO LEITE	32	M2039	M	OS	01:55:59		01:54:34
502	2065	RICARDO MOREIRA	27	M2039	M	Individual	01:56:09	L	01:56:09
503	1349	ANDRE SANTOS	25	M2039	M	RECARDÃES	01:56:10		01:55:05
504	1425	SERGIO CRISOSTOMO	37	M2039	M	INDIVIDUAL	01:56:10		01:54:16
505	742	EDUARDO DINIS	36	M2039	M	INDIVIDUAL	01:56:11		01:54:31
506	1430	MARCOS CORREIA	24	M2039	M	INDIVIDUAL	01:56:23		01:54:57
507	1042	MARIO BARBOSA	36	M2039	M	I-RUN	01:56:24		01:55:37
508	1781	EDGAR CARDOSO	27	M2039	M	Arada City	01:56:26	L	01:56:26
509	1376	HUGO PITA	29	M2039	M	C BENFICA	01:56:31	L	01:56:31
510	1613	RUI PINHO	38	M2039	M	ADEC-MS	01:56:39		01:55:06

511	1997	HUGO ROMÃO	33	M2039	M	Individual	01:56:54		01:55:44
512	1739	LINO VINHAS	25	M2039	M	Individual	01:57:00	L	01:57:00
513	841	DANIEL LACERDA	36	M2039	M	INDIVIDUAL	01:57:10		01:56:13
514	1449	JOSE CARLOS COSTA	25	M2039	M	OPORTO SQUASH	01:57:17		01:55:36
515	1628	PEDRO ALVES	33	M2039	M	ARRASTÕES	01:57:17		01:55:49
516	1251	HELDER FERREIRA	23	M2039	M	INDIVIDUAL	01:57:20	L	01:57:20
517	328	JOÃO RAMALHÃO	34	M2039	M	PORTORUNNERS	01:57:21	L	01:57:21
518	1752	NUNO COCHICHO	34	M2039	M	Individual	01:57:28	L	01:57:28
519	1609	DUARTE DELGADO	24	M2039	M	INDIVIDUAL	01:57:42		01:56:13
520	1777	CARLOS SANTOS	30	M2039	M	Arada City	01:57:49		01:56:19
521	1780	DERCIO CARDOSO	21	M2039	M	Arada City	01:57:49		01:56:20
522	122	LUCIO AIRES	23	M2039	M	ACREFA	01:57:52		01:56:40
523	1030	SERGIO MARTINS	26	M2039	M	TEAMCACHORRÃ	01:57:59		01:56:57
524	132	ALCINO SILVA	38	M2039	M	CIA	01:58:17		01:57:53
525	2062	RODRIGO ALMEIDA	28	M2039	M	Individual	01:58:27		01:56:54
526	1985	FRANCISCO MARTINS	36	M2039	M	Individual	01:58:41		01:57:14
527	1842	DUARTE REDONDO	30	M2039	M	I-Run	01:58:46	L	01:58:46
528	1332	MIGUEL FARIA	36	M2039	M	MAIA ATLETICO	01:59:01	L	01:59:01
529	740	HUGO PEREIRA	21	M2039	M	INDIVIDUAL	01:59:04		01:57:40
530	1723	ALEXANDRE TEIXEIRA	35	M2039	M	Individual	01:59:14		01:58:24
531	871	RICARDO AMORIM	34	M2039	M	INDIVIDUAL	01:59:19		01:57:59
532	1279	JOSE TAVARES	35	M2039	M	OS KÁGADOS	01:59:45		01:59:08
533	351	PAULO TEIXEIRA	33	M2039	M	PORTORUNNERS	01:59:49	L	01:59:49
534	1716	MIGUEL COSTA	34	M2039	M	INDIVIDUAL	01:59:52		01:58:17
535	1693	JOSÉ VINHAS	39	M2039	M	BOSCH AVEIRO	02:00:14		01:59:35
536	1750	CARLOS MONTEIRO	32	M2039	M	Individual	02:00:20		01:59:26
537	2063	JOAO MARTINS	34	M2039	M	Individual	02:00:25		01:59:53
538	1392	FERNANDO CARAPELHO	30	M2039	M	INDIVIDUAL	02:00:30		01:58:53
539	778	JOÃO AMADOR	23	M2039	M	INDIVIDUAL	02:00:33		01:59:32
540	1748	PEDRO COSTA	38	M2039	M	Individual	02:00:49		01:59:30
541	607	MIGUEL OLIVEIRA	33	M2039	M	RECARDÃES	02:00:57		01:59:42
542	932	BRUNO SANTOS	30	M2039	M	INDIVIDUAL	02:01:10		01:59:41
543	1822	RICARDO FERREIRA	34	M2039	M	Individual	02:01:57		02:00:25
544	1505	JOSE SOUSA	33	M2039	M	TURISTAS	02:01:59	3	02:01:09
545	1484	PEDRO CARNEIRO	23	M2039	M	GCR	02:02:01		02:01:41
546	208	OSCAR GONÇALVES	29	M2039	M	CAVE	02:02:08		02:01:14
547	710	DUARTE REGALADO	34	M2039	M	INDIVIDUAL	02:02:26		02:01:49
548	2029	DANIEL LOPES	24	M2039	M	A. D. Rio Largo	02:02:33	L	02:02:33
549	1978	SANDRO CASALINHO	35	M2039	M	Individual	02:03:11	L	02:03:11
550	1873	JOSE CUNHA	38	M2039	M	Hotel Moutados	02:03:20		02:02:09
551	1438	ANDRE	33	M2039	M	INDIVIDUAL	02:03:30		02:02:29
552	934	LUIS GUIMARÃES	32	M2039	M	INDIVIDUAL	02:03:35		02:02:19
553	425	ALEXANDRE CAETANO	24	M2039	M	A QUINTAS	02:03:48	L	02:03:48

554	1708	MANUEL SANTOS	39	M2039	M	CLUBE	02:03:48	02:02:34
555	1715	PEDRO SANTOS	34	M2039	M	INDIVIDUAL	02:03:49	02:02:13
556	912	ANDRE ALVES	32	M2039	M	INDIVIDUAL	02:04:38	02:03:03
557	711	ANTONIO DOMINGUES	39	M2039	M	INDIVIDUAL	02:05:03	02:04:26
558	863	RICARDO ALMEIDA	29	M2039	M	INDIVIDUAL	02:05:08	L 02:05:08
559	712	MIGUEL GODINHO	35	M2039	M	INDIVIDUAL	02:05:51	02:04:50
560	457	PAULO PIRES	37	M2039	M	BLOCONOTAS	02:05:54	02:04:27
561	1447	JOSE ROCHA	27	M2039	M	INDIVIDUAL	02:06:37	L 02:06:37
562	1496	RENATO VIANA	37	M2039	M	STAROLAS	02:06:42	02:05:29
563	866	LUCIANO GOMES	38	M2039	M	INDIVIDUAL	02:06:45	L 02:06:45
564	596	SIMÃO MOREIRA	20	M2039	M	KARATE	02:06:55	02:05:38
565	929	MARIO PINTO	28	M2039	M	INDIVIDUAL	02:06:59	02:05:32
566	1099	PEDRO BALDAIA	31	M2039	M	ARRASTÕES	02:07:16	02:05:46
567	1100	JOSE AMARAL	33	M2039	M	ARRASTÕES	02:07:17	02:05:48
568	1414	LUIS BRAGA	24	M2039	M	INDIVIDUAL	02:07:56	02:06:58
569	1872	RICARDO PEREIRA	26	M2039	M	Hotel Moutados	02:08:03	L 02:08:03
570	1818	PEDRO FERNANDES	26	M2039	M	Individual	02:08:16	02:07:53
571	1914	JOSE CASTRO	38	M2039	M	I-Run	02:08:36	02:07:18
572	1901	MARIO FONSECA	33	M2039	M	Individual	02:08:39	L 02:08:39
573	1965	ROGERIO SILVA	35	M2039	M	Individual	02:08:47	02:07:37
574	1296	PEDRO OLIVEIRA	32	M2039	M	MILLENNIUMBGP	02:08:48	02:08:13
575	1497	RICARDO ALMEIDA	37	M2039	M	STAROLAS	02:08:56	L 02:08:56
576	801	JOÃO TEIXEIRA	32	M2039	M	INDIVIDUAL	02:09:36	02:08:22
577	1661	ANIBAL PAIVA	38	M2039	M	INDIVIDUAL	02:10:10	L 02:10:10
578	1466	HUGO BRAGADA	26	M2039	M	TEAM	02:10:17	2,3 02:09:14
579	1422	ANTONIO PINHO	34	M2039	M	INDIVIDUAL	02:11:15	02:09:41
580	722	ANTONIO MIRANDA	32	M2039	M	INDIVIDUAL	02:11:35	L 02:11:35
581	509	PEDRO COSTA	37	M2039	M	CIRAC	02:11:51	L 02:11:51
582	1962	OSCAR LEMOS	37	M2039	M	Individual	02:12:03	L 02:12:03
583	1492	JOÃO GONÇALVES	36	M2039	M	STAROLAS	02:12:16	L 02:12:16
584	800	ANDRE ROCHA	27	M2039	M	INDIVIDUAL	02:12:49	L 02:12:49
585	1698	JOÃO CARVALHO	33	M2039	M	BOSCH AVEIRO	02:13:07	02:12:28
586	1319	ANDRE SOUSA	31	M2039	M	MF MARTINS	02:13:31	02:12:55
587	1778	NELSON ANDRADE	24	M2039	M	Arada City	02:13:34	02:12:04
588	2068	JOSE JESUS	35	M2039	M	G Fit Fun	02:13:37	L 02:13:37
589	1943	CLAUDIO LEÃO	25	M2039	M	Team Cachorrão	02:13:48	02:12:46
590	1826	LUIS MOURA	37	M2039	M	Individual	02:15:09	02:13:36
591	774	JAIME QUINTAL	21	M2039	M	INDIVIDUAL	02:16:05	02:12:10
592	1967	RENATO PASCOAL	39	M2039	M	Individual	02:16:38	02:15:44
593	1966	RICARDO CARVALHO	36	M2039	M	Individual	02:16:39	02:15:40
594	1889	PEDRO COUTO	20	M2039	M	Individual	02:17:43	02:16:14
595	713	JOSE FOLHA	32	M2039	M	INDIVIDUAL	02:17:59	02:16:17
596	151	TIAGO ALEXANDRE	20	M2039	M	A AMEAL	02:18:08	02:16:55

597	876	ANTONIO SIETRA	39	M2039	M	INDIVIDUAL	02:18:22		02:17:41
598	1663	ANTONIO SILVA	36	M2039	M	INDIVIDUAL	02:18:25		02:16:57
599	2073	JOAO FERNANDES	34	M2039	M	Individual	02:18:42	L	02:18:42
600	1108	PAULO VALENTE	31	M2039	M	OS	02:19:01		02:17:37
601	1111	JOSE FERREIRA	38	M2039	M	OS	02:19:01		02:17:35
602	969	RUI REIS	36	M2039	M	INDIVIDUAL	02:19:10		02:17:31
603	1650	NUNO RIBEIRO	28	M2039	M	INDIVIDUAL	02:19:48		02:18:51
604	1465	PEDRO DIAS	32	M2039	M	TEAM	02:20:30		02:19:27
605	321	FERNANDO ALMEIDA	24	M2039	M	PORTORUNNERS	02:23:31	3,L	02:23:31
606	1495	MANUEL ANTUNES	36	M2039	M	STAROLAS	02:23:35	L	02:23:35
607	1103	EDUARDO RAMALHADEIRO	37	M2039	M	ARRASTÕES	02:24:51		02:23:23
608	1802	PAULO RAINHO	37	M2039	M	CCRD Burinhosa	02:25:02		02:24:35
609	2057	PAULO PINHO	27	M2039	M	Individual	02:25:09		02:23:53
610	1823	LUIS CAVADAS	37	M2039	M	Individual	02:25:10		02:24:36
611	1494	JOSE CHEU	36	M2039	M	STAROLAS	02:25:34		02:24:23
612	1498	RUI ANDRADE	34	M2039	M	STAROLAS	02:25:34		02:24:21
613	968	AMERICO GOMES	37	M2039	M	INDIVIDUAL	02:25:41		02:24:01
614	1691	CARLOS SILVA	34	M2039	M	BOSCH AVEIRO	02:25:45		02:25:18
615	857	RUI RESENDE	32	M2039	M	INDIVIDUAL	02:26:16	L	02:26:16
616	865	ANDRE ROMÃO	29	M2039	M	INDIVIDUAL	02:29:39		02:28:28
617	1283	MARCELO MOTA	30	M2039	M	OS KÁGADOS	02:34:52		02:33:49
618	1886	JOÃO DUARTE	28	M2039	M	Individual	02:44:19		02:42:34
619	1442	DUARTE LAMAS	27	M2039	M	INDIVIDUAL	02:45:01		02:43:35

## VETERANAS

Coloc.	Num.	Atleta	Id.	Fx.Et.	Sx.	C	SC	Clube	Tempo	Líquido	
1	178	LUCINDA MOREIRAS	43	F4099	F			FC PENAFIEL	01:23:46	L	01:23:46
2	670	LIDIA PEREIRA	44	F4099	F			CP MANGUALDE	01:24:09		01:24:00
3	1127	FATIMA SILVA	41	F4099	F			CD POVOA	01:25:11		01:24:46
4	1518	HELENA LOBO	43	F4099	F			NAT	01:27:21		01:27:16
5	1690	MARIA GRARE	58	F4099	F			RUNPORTO.COM	01:29:22	L	01:29:22
6	1062	ALICE BASILIO	41	F4099	F			AA MAFRA	01:30:18		01:29:07
7	1228	FLORBELA COSTA	49	F4099	F			SST MOVAR	01:37:53		01:37:36
8	1580	ESMERALDA SILVA	43	F4099	F			CLUBE DESP	01:38:07		01:37:27
9	504	SARA BRITO	41	F4099	F			CABARREIRA	01:38:54		01:38:39
10	645	HELENA FERREIRA	51	F4099	F			ATLETISMO	01:40:32		01:40:06
11	672	FILOMENA OLIVEIRA	47	F4099	F			CP MANGUALDE	01:44:26		01:43:23
12	753	ALICE MOUTINHO	47	F4099	F			INDIVIDUAL	01:44:38		01:44:02
13	1115	PAULA SANTOS	42	F4099	F			OS TUGAS	01:46:01		01:44:40
14	1116	GRAÇA ROLDÃO	47	F4099	F			OS TUGAS	01:46:20		01:45:00
15	974	ISABEL CARVALHO	41	F4099	F			C ATLETISMO	01:46:50	L	01:46:50
16	667	MARIA TRINDADE	46	F4099	F			ATLETISMO	01:50:33		01:48:52
17	1079	GISELDA COUTO	42	F4099	F			FEMAB	01:51:20		01:50:15
18	222	LISDALIA NUNES	54	F4099	F			VETERANOSTEIX	01:51:25		01:50:56
19	342	MARIA FERNANDES	42	F4099	F			PORTORUNNERS	01:51:39		01:51:29
20	708	LUCINDA ALVES	51	F4099	F			INDIVIDUAL	01:52:17		01:51:43
21	924	MARIA COSTA	42	F4099	F			INDIVIDUAL	01:54:27		01:53:47
22	1054	CAROLINA FELIZ	52	F4099	F			UNIAO TOMAR	01:54:41		01:54:18
23	163	CLEMENTINA ANDRADE	49	F4099	F			C CAMPISMO S J	01:55:20		01:54:29
24	1084	GIZÉ BENTO	47	F4099	F			ATLETISM PATIO	01:55:34		01:54:25
25	291	ALZIRA DIREITINHO	47	F4099	F			GD SPAIO	01:56:38		01:55:21
26	1020	NATERCIA TEIXEIRA	43	F4099	F			AMARANTE	01:59:12		01:57:46
27	119	GRAÇA LEITE	52	F4099	F			ACREFA	01:59:27		01:58:15
28	1113	FATIMA GONÇALVES	44	F4099	F			OS TUGAS	02:01:08		01:59:44
29	389	CECILIA NICOLAU	44	F4099	F			AA LEBRES SADO	02:01:30	L	02:01:30
30	775	CARLA SILVA	49	F4099	F			INDIVIDUAL	02:02:17		02:00:51
31	1131	CEU SANTOS	48	F4099	F			CTT COIMBRA	02:07:15		02:05:41
32	1393	JULIA ALVES	48	F4099	F			INDIVIDUAL	02:07:16	L	02:07:16
33	1629	CARMO MARINHO	46	F4099	F			A. R. VALDAGUA	02:07:58		02:06:57
34	644	CONCEIÇÃO CORREIA	61	F4099	F			GINASIO S TIRSO	02:07:59		02:07:30
35	1563	CARLA BARBOSA	40	F4099	F			INDIVIDUAL	02:09:58		02:08:43
36	1081	MARIA COSTA	46	F4099	F			ATLETISMO 5	02:10:25		02:09:49
37	2082	ISABEL LAMY	41	F4099	F			Individual	02:10:38		02:09:44

38	593	MARIA MAGALHÃES	48	F4099	F	KARATE	02:12:14	02:10:58
39	1089	PATRICIA PEDRO	46	F4099	F	C BENFICA A M	02:13:50	02:12:43
40	873	MARIA PARRACHO	51	F4099	F	INDIVIDUAL	02:19:59	02:19:16
41	1973	ROSA COSTA	40	F4099	F	Individual	02:21:50	02:20:32
42	923	ALZIRA OLIVEIRA	42	F4099	F	INDIVIDUAL	02:29:35 L	02:29:35
43	1017	SUSAN MOTA	40	F4099	F	ADR AGUAS	02:36:36 L	02:36:36

## VETERANO I de 40 até 44 anos

Coloc.	Num.	Atleta	Id.	Fx.Et.	Sx.	C	SC	Clube	Tempo	Líquido
1	624	ANTONIO FERNANDES	44	M4044	M			ACR VALE	01:07:42 L	01:07:42
2	1705	MANUEL FERREIRA	44	M4044	M			ARADA ATLÉTICO	01:09:25 L	01:09:25
3	1217	GIL FERREIRA	40	M4044	M			ADERCUS	01:10:04 L	01:10:04
4	104	DAVIDE FIGUEIREDO	40	M4044	M			CAFE PONTO	01:10:17	01:10:14
5	2027	BALTAZAR SOUSA	42	M4044	M			Ginasio	01:12:51 L	01:12:51
6	137	MARIO BARBOSA	41	M4044	M			LIBERDADE FC	01:14:14 L	01:14:14
7	533	MANUEL URBANO	43	M4044	M			GDC GUILHOVAI	01:14:17 L	01:14:17
8	1850	PEDRO COSTA	44	M4044	M			A. MOINHO	01:14:34 L	01:14:34
9	1059	FRANCISCO ROCHA	44	M4044	M			AA MAFRA	01:14:44	01:14:34
10	1193	CARLOS VALENTE	41	M4044	M			ATLETISMO VILA	01:14:58	01:14:55
11	1525	AUGUSTO COSTA	41	M4044	M			NAT	01:15:29	01:15:25
12	238	CARLOS OLIVEIRA	43	M4044	M			JOBRA	01:15:39	01:15:30
13	833	LUIS MOTA	41	M4044	M			INDIVIDUAL	01:16:39	01:16:29
14	1058	JOÃO MIRANDA	41	M4044	M			AA MAFRA	01:17:43	01:17:32
15	239	LUIS MAGALHÃES	44	M4044	M			JOBRA	01:18:00 L	01:18:00
16	1727	JORGE BRITO	43	M4044	M			Individual	01:18:52 L	01:18:52
17	184	JOSE SILVA	43	M4044	M			NA CUCUJÃES	01:18:58 L	01:18:58
18	1848	JOÃO SAUDE	41	M4044	M			Bttrain - C. F. de	01:19:14 L	01:19:14
19	77	ORLANDO VALENTE	44	M4044	M			G AMIZADE	01:19:41	01:19:18
20	1701	JOSÉ RESENDE	44	M4044	M			ARADA ATLÉTICO	01:19:44	01:19:33
21	385	MANUEL SILVA	41	M4044	M			CA VILA BOA	01:20:17	01:20:05
22	551	ORLANDO NEVES	40	M4044	M			BAIRRO	01:20:25 L	01:20:25
23	73	JOSE LEITE	44	M4044	M			G AMIZADE	01:20:37 L	01:20:37
24	1325	ANTONIO COSTA	42	M4044	M			CC FELGUEIRAS	01:20:42 L	01:20:42
25	1782	PEDRO MARTINS	43	M4044	M			CENTRO ATL SEIA	01:21:02 L	01:21:02
26	1541	JOSE PEREIRA	44	M4044	M			BRAGUINHAS VA	01:21:23 L	01:21:23
27	364	ANTONIO OLIVEIRA	41	M4044	M			AD RIO LARGO	01:21:41	01:21:30
28	1516	ANTONIO SILVA	40	M4044	M			NAT	01:21:52	01:21:22
29	550	MANUEL CARDOSO	40	M4044	M			BAIRRO	01:22:05 L	01:22:05
30	215	VITOR SALVADOR	40	M4044	M			CP MANGUALDE	01:22:19	01:21:42
31	156	MANUEL OLIVEIRA	44	M4044	M			C CAMPISMO S J	01:22:34 L	01:22:34
32	1214	JOAQUIM FERREIRA	42	M4044	M			CYCLONESSANIT	01:22:40 L	01:22:40
33	155	FERNANDO SOARES	40	M4044	M			C CAMPISMO S J	01:23:16	01:23:12
34	216	ANTONIO COSTA	44	M4044	M			CP MANGUALDE	01:23:22	01:22:39
35	1704	JOAQUIM FERREIRA	44	M4044	M			ARADA ATLÉTICO	01:23:32 L	01:23:32
36	1123	VICTOR GOMES	41	M4044	M			CD POVOA	01:23:39	01:23:14
37	1740	DAVID LEITE	44	M4044	M			Individual	01:23:46	01:23:15

38	383	LUIS VIEIRA	41	M4044	M	CA VILA BOA	01:23:54	3,L	01:23:54
39	1096	JOSE MOTA	42	M4044	M	LUZ VERDE	01:24:02		01:23:19
40	1261	PEDRO SARABANDO	40	M4044	M	INDIVIDUAL	01:24:45		01:24:08
41	1014	SERGIO MARTINS	42	M4044	M	FLECHINHAS	01:24:46	L	01:24:46
42	1029	GAUDENCIO LOPES	40	M4044	M	BUB VISEU	01:24:58	L	01:24:58
43	343	MARIO CARREIRA	43	M4044	M	PORTORUNNERS	01:25:04	L	01:25:04
44	675	JOSE MARQUES	41	M4044	M	CA MATOSINHOS	01:25:14	L	01:25:14
45	1104	ARMANDO OLIVEIRA	43	M4044	M	A MONTE	01:25:17	2	01:24:36
46	1046	CLAÚDIO QUEIROGA	42	M4044	M	DINAMO	01:25:24		01:25:04
47	1097	FRANCISCO TEIXEIRA	43	M4044	M	LUZ VERDE	01:25:29		01:24:40
48	1458	FRANCISCO PRIMO	42	M4044	M	CLAC -	01:25:40	L	01:25:40
49	1805	NUNO COSTA	40	M4044	M	CCRD Burinhosa	01:26:18		01:26:05
50	1176	ANTONIO SALCEDAS	40	M4044	M	GDR FIGUEIRAS	01:26:24	L	01:26:24
51	92	MANUEL FERREIRA	43	M4044	M	GD AIRÃO	01:26:39		01:25:16
52	887	JOSE SA	44	M4044	M	INDIVIDUAL	01:26:50	L	01:26:50
53	845	JOÃO NEVES	41	M4044	M	INDIVIDUAL	01:27:09		01:26:52
54	1390	HELDER PINHEIRO	41	M4044	M	INDIVIDUAL	01:27:40		01:26:47
55	414	ROBERTO LEAL	43	M4044	M	OS RIBEIRINHOS	01:27:41		01:27:21
56	341	MANUEL ROCHA	44	M4044	M	PORTORUNNERS	01:27:43	L	01:27:43
57	785	PAULO FIGUEIRA	40	M4044	M	GIRASOL	01:27:52	L	01:27:52
58	278	MIGUEL BARBOSA	44	M4044	M	CF UNIÃO LAMAS	01:28:14		01:28:00
59	1329	CARLOS CUNHA	41	M4044	M	CC FELGUEIRAS	01:28:30	L	01:28:30
60	1129	PAULO PEREIRA	43	M4044	M	CTT COIMBRA	01:28:34		01:28:21
61	316	CARLOS PEREIRA	43	M4044	M	PORTORUNNERS	01:28:42		01:27:54
62	513	JOAQUIM PEDROSA	43	M4044	M	CIRAC	01:28:57	L	01:28:57
63	1536	ALVARO MACHADO	43	M4044	M	CLUBE GBES	01:29:46		01:28:47
64	1804	CARLOS SOARES	43	M4044	M	CCRD Burinhosa	01:29:58		01:29:50
65	183	VIRIATO OLIVEIRA	41	M4044	M	NA CUCUJÃES	01:30:20		01:30:12
66	980	FRANCISCO TAVARES	43	M4044	M	ARVOR	01:30:36		01:30:00
67	575	MIGUEL ARAUJO	43	M4044	M	VETERANOS	01:30:39		01:29:57
68	1138	JORGE SANTOS	44	M4044	M	CLAC	01:30:43		01:30:19
69	1143	JOSE BRITO	42	M4044	M	CLAC	01:30:43	L	01:30:43
70	1161	CAMILO GUEDES	41	M4044	M	CLUBE AGUAS	01:30:56		01:30:18
71	709	ANTONIO VICENTE	44	M4044	M	INDIVIDUAL	01:31:25		01:30:20
72	135	FERNANDO ANTUNES	44	M4044	M	CRSD	01:31:32	3,L	01:31:32
73	1900	ANTONIO MAGALHÃES	41	M4044	M	Individual	01:31:52	L	01:31:52
74	1934	CARLOS MARIA	42	M4044	M	G Fit Fun	01:32:02	2	01:31:34
75	1452	LUIS SILVA	42	M4044	M	SPORTOLICOS TT	01:32:15	3	01:31:01
76	247	JOSE CARVALHO	41	M4044	M	CALDAS S JORGE	01:32:19		01:31:57
77	1048	ANTONIO FREITAS	42	M4044	M	CONFRARIABIKE	01:32:31		01:31:25
78	1544	ANTONIO LOPES	43	M4044	M	INDIVIDUAL	01:32:31	2,3	01:31:55
79	1322	JACINTO RIBEIRO	43	M4044	M	CC FELGUEIRAS	01:32:33		01:32:26
80	486	MANUEL PEIXOTO	43	M4044	M	PAPAMILHAS	01:32:43	L	01:32:43

81	1387	JOSE VIEIRA	42	M4044	M	OS FALTA DE AR	01:32:59	01:31:36
82	832	CARLOS GUERRA	43	M4044	M	INDIVIDUAL	01:33:17	01:31:45
83	118	MANUEL PIRES	41	M4044	M	C BENFICA	01:33:31 L	01:33:31
84	941	JOÃO SILVA	42	M4044	M	INDIVIDUAL	01:33:34	01:32:30
85	438	PAULO SANTOS	40	M4044	M	ACRD ESCAPÃES	01:33:44 L	01:33:44
86	487	CARLOS MACHADO	43	M4044	M	PAPAMILHAS	01:34:02	01:32:53
87	734	BELMIRO LOPES	41	M4044	M	INDIVIDUAL	01:34:05 L	01:34:05
88	1520	FRANCISCO CUNHA	41	M4044	M	NAT	01:34:08	01:32:45
89	1713	MÁRIO MARTINS	44	M4044	M	INDIVIDUAL	01:34:19	01:34:05
90	261	MARIO COSTA	40	M4044	M	CALDAS S JORGE	01:34:27 L	01:34:27
91	1817	PAULO CAMPOS	44	M4044	M	Individual	01:34:34	01:34:02
92	1287	RUI SOUSA	41	M4044	M	OS KÁGADOS	01:34:35	01:33:31
93	918	JOSE SA	40	M4044	M	INDIVIDUAL	01:34:38 L	01:34:38
94	1922	MANUEL MENDES	40	M4044	M	Vitoria SC	01:34:39	01:34:14
95	724	JOSE PINTO	40	M4044	M	INDIVIDUAL	01:34:53	01:34:11
96	1045	DAVIDE LOURENÇO	41	M4044	M	DINAMO	01:34:54	01:34:35
97	1793	PEDRO SANCHES	42	M4044	M	GDR JUV	01:34:57	01:34:36
98	718	LUIS TEIXEIRA	44	M4044	M	INDIVIDUAL	01:34:58	01:34:44
99	367	CARLOS CARDOSO	44	M4044	M	AD RIO LARGO	01:35:00	01:34:17
100	1303	VASCO MARQUES	40	M4044	M	VETERANOS LIS	01:35:02 L	01:35:02
101	584	DOMINGOS LAMEIRA	44	M4044	M	FERREIRO LUX	01:35:05 L	01:35:05
102	900	SERGIO JORGE	40	M4044	M	INDIVIDUAL	01:35:06 L	01:35:06
103	186	ANTONIO LEITE	42	M4044	M	NA CUCUJÃES	01:35:15 L	01:35:15
104	901	PAULO OLIVEIRA	42	M4044	M	INDIVIDUAL	01:35:18	01:34:26
105	1882	JORGE MATOS	40	M4044	M	Individual	01:35:26 2	01:34:29
106	1235	EDGAR COSTA	41	M4044	M	CA OVAR	01:35:33 2	01:34:43
107	1827	ARMENIO MENDES	44	M4044	M	Individual	01:35:34	01:35:03
108	348	MIGUEL SANTOS	40	M4044	M	PORTORUNNERS	01:35:47	01:34:54
109	1832	JOSE AZEVEDO	44	M4044	M	Clube	01:36:08	01:35:57
110	701	JOÃO CAPA	41	M4044	M	INDIVIDUAL	01:36:13	01:35:15
111	706	PAULO ALVES	41	M4044	M	INDIVIDUAL	01:36:26	01:35:46
112	288	LUIS CONCEIÇÃO	44	M4044	M	GD SPAIO	01:36:58	01:36:52
113	154	GABRIEL SILVA	43	M4044	M	SANTOS SILVA	01:37:03	01:36:59
114	1800	JOSE LAGARIÇO	40	M4044	M	Amigos Atletismo	01:37:11	01:36:46
115	656	ALVARO PEREIRA	43	M4044	M	ATLETISMO	01:37:22	01:36:21
116	285	MANUEL FREITAS	40	M4044	M	GD SPAIO	01:37:25	01:36:21
117	948	MANUEL OLIVEIRA	43	M4044	M	INDIVIDUAL	01:37:27	01:37:08
118	1150	PEDRO NUNES	43	M4044	M	CLUBE STRESS	01:37:30 2	01:36:55
119	1207	RUI EUSEBIO	43	M4044	M	ROMPE SOLAS	01:37:36	01:37:09
120	1481	AMARO SILVA	44	M4044	M	GCR	01:37:36	01:37:16
121	1636	FERNANDO COELHO	43	M4044	M	ESTORNORT LDA	01:37:43	01:36:06
122	1608	ANTONIO OLIVEIRA	40	M4044	M	INDIVIDUAL	01:37:47 L	01:37:47
123	1866	PAULO MACHADO	41	M4044	M	Sporting Lamego	01:38:12	01:37:21

124	1470	AMERICO IMPERADEIRO	40	M4044	M	BRAGUINHAS VA	01:38:19	01:36:50
125	842	ANTONIO AMADOR	43	M4044	M	INDIVIDUAL	01:38:20	01:37:28
126	662	VITOR SA	40	M4044	M	CESARIOPIN LUX	01:38:40	01:37:43
127	1459	JOSE GARRAFÃO	44	M4044	M	CLAC -	01:39:03	01:37:51
128	1421	CELESTINO GARCIA	42	M4044	M	INDIVIDUAL	01:39:04	01:38:29
129	349	NELIO PAULO	40	M4044	M	PORTORUNNERS	01:39:09	2,3 01:38:12
130	1375	SILVÉRIO PESSOA	42	M4044	M	C CAMPISMO S J	01:39:12	L 01:39:12
131	813	ARSENIO REIS	41	M4044	M	INDIVIDUAL	01:39:35	01:39:04
132	848	ANTONIO MARQUES	43	M4044	M	INDIVIDUAL	01:39:39	01:38:53
133	770	ARTUR TOMAZ	41	M4044	M	INDIVIDUAL	01:39:44	01:38:26
134	53	JOSÉ FINS	42	M4044	M	BRAGUINHAS VA	01:39:54	L 01:39:54
135	1281	LUIS OLIVEIRA	40	M4044	M	OS KÁGADOS	01:40:02	2 01:38:40
136	1034	ANTONIO RIBEIRO	41	M4044	M	PORTORUNNERS	01:40:13	01:39:26
137	854	PAULO GOMES	41	M4044	M	INDIVIDUAL	01:40:15	L 01:40:15
138	432	PEDRO ALVES	40	M4044	M	CP EDP	01:40:16	L 01:40:16
139	960	JOSE SILVA	44	M4044	M	INDIVIDUAL	01:40:19	01:40:13
140	540	JOAQUIM FERREIRA	43	M4044	M	GDC GUILHOVAI	01:40:20	01:38:59
141	1696	VICTOR VARELA	44	M4044	M	BOSCH AVEIRO	01:40:31	01:39:51
142	336	JOAO NETO	42	M4044	M	PORTORUNNERS	01:40:40	01:39:57
143	1753	CARLOS MATA	43	M4044	M	Individual	01:40:50	01:40:12
144	47	MIGUEL VIEGAS	42	M4044	M	AFIS/OVAR	01:40:51	01:39:20
145	572	NUNO SÁ	40	M4044	M	VETERANOS	01:40:54	L 01:40:54
146	350	NUNO CACERES	43	M4044	M	PORTORUNNERS	01:40:55	01:40:06
147	1521	RICARDO MATOS	44	M4044	M	NAT	01:41:04	01:40:19
148	1317	JOSE MORAIS	43	M4044	M	MF MARTINS	01:41:08	L 01:41:08
149	762	JOSE CASTRO	44	M4044	M	INDIVIDUAL	01:41:16	01:40:30
150	489	ANTONIO MACHADO	43	M4044	M	PAPAMILHAS	01:41:29	L 01:41:29
151	1073	CARLOS VIEIRA	43	M4044	M	OS CACHOS	01:41:34	L 01:41:34
152	377	MANUEL SILVA	42	M4044	M	AD RIO LARGO	01:41:38	L 01:41:38
153	1347	JORGE BRITO	43	M4044	M	AR ESTRELA SUL	01:41:54	01:41:44
154	422	VICTOR LIMA	44	M4044	M	A QUINTAS	01:42:18	01:41:13
155	1444	JOSE RAMALHO	44	M4044	M	INDIVIDUAL	01:42:39	01:42:10
156	503	MIGUEL SARAIVA	43	M4044	M	CABARREIRA	01:42:47	01:42:32
157	750	PEDRO CONDE	40	M4044	M	INDIVIDUAL	01:42:57	01:42:01
158	746	LUIS MOREIRA	41	M4044	M	INDIVIDUAL	01:42:59	01:42:34
159	76	RUFINO MOREIRA	40	M4044	M	G AMIZADE	01:43:38	01:42:55
160	947	FERNANDO MENDES	40	M4044	M	INDIVIDUAL	01:43:39	L 01:43:39
161	1896	MANUEL SILVA	42	M4044	M	Individual	01:43:42	01:42:30
162	106	PAULO MARQUES	43	M4044	M	CAFE PONTO	01:43:50	L 01:43:50
163	815	JOSE ALVES	42	M4044	M	INDIVIDUAL	01:44:09	2,3 01:42:45
164	1023	MANUEL BATISTA	43	M4044	M	BTTSANDIM	01:44:17	L 01:44:17
165	537	ANTONIO SANTOS	44	M4044	M	GDC GUILHOVAI	01:44:31	01:44:21
166	661	PAULO RIBEIRO	43	M4044	M	CESARIOPIN LUX	01:44:32	01:43:55

167	1480	JOSE OLIVEIRA	41	M4044	M	GCR	01:44:52	L	01:44:52
168	1874	PAULO CUNHA	40	M4044	M	Hotel Moutados	01:45:00	L	01:45:00
169	1478	ARMANDO PARREIRA	42	M4044	M	E. T. ATLETICO	01:45:12		01:43:45
170	1694	RUI PERERA	40	M4044	M	BOSCH AVEIRO	01:45:30	L	01:45:30
171	99	JOAQUIM PINHEIRO	41	M4044	M	CAFE PONTO	01:45:48	L	01:45:48
172	1612	MANUEL OLIVEIRA	44	M4044	M	ADEC-MS	01:45:56	L	01:45:56
173	49	PAULO OLIVEIRA	44	M4044	M	AFIS/OVAR	01:46:06	L	01:46:06
174	1549	PEDRO BRITO	41	M4044	M	INDIVIDUAL	01:46:09		01:45:46
175	1479	NELSON MOTA	41	M4044	M	E. T. ATLETICO	01:46:19	L	01:46:19
176	390	MIGUEL CASTELA	40	M4044	M	AA LEBRES SADO	01:46:21		01:46:03
177	1366	PAULO JORGE SILVA	43	M4044	M	INDIVIDUAL	01:46:28		01:44:52
178	1036	PEDRO MARQUES	44	M4044	M	MUNDOCORRIDA	01:46:53		01:45:30
179	335	JORGE SANTOS	41	M4044	M	PORTORUNNERS	01:46:56	L	01:46:56
180	1448	PEDRO ROLA	41	M4044	M	INDIVIDUAL	01:46:58	L	01:46:58
181	1564	LUIS SANTOS	43	M4044	M	INDIVIDUAL	01:47:23	L	01:47:23
182	347	MIGUEL MAGALHÃES	43	M4044	M	PORTORUNNERS	01:47:24		01:46:35
183	1156	GILBERTO PIRES	44	M4044	M	CLUBE AGUAS	01:47:30		01:46:34
184	130	FERNANDO ROTHES	42	M4044	M	COMP.BAZOFIAS	01:47:32		01:46:10
185	207	PEDRO MESQUITA	43	M4044	M	OP SQUASH	01:47:48	3,L	01:47:48
186	254	ARTUR RODRIGUES	42	M4044	M	CALDAS S JORGE	01:47:48	L	01:47:48
187	757	MIGUEL NASCIMENTO	41	M4044	M	INDIVIDUAL	01:47:59		01:47:25
188	51	CARLOS SILVA	44	M4044	M	BRAGUINHAS VA	01:48:06		01:46:40
189	1947	HENRIQUE PINTO	43	M4044	M	Sneakers Running	01:48:07		01:47:31
190	856	FERNANDO CARDOSO	41	M4044	M	INDIVIDUAL	01:48:19	L	01:48:19
191	48	PAULO FERNANDES	42	M4044	M	AFIS/OVAR	01:48:22		01:47:37
192	1288	LUIS PEREIRA	41	M4044	M	OS KÁGADOS	01:48:38		01:47:50
193	169	JOAQUIM FERREIRA	40	M4044	M	I-RUN	01:48:43		01:47:26
194	965	FERNANDO COSTA	44	M4044	M	INDIVIDUAL	01:48:44		01:48:32
195	284	JORGE SILVA	41	M4044	M	GD SPAIO	01:48:59		01:47:54
196	622	VITOR COSTA	42	M4044	M	ADAMARANTE	01:49:01		01:48:39
197	1681	RUI NOGUEIRA	40	M4044	M	COMPORTO	01:49:24		01:49:04
198	1532	MIGUEL SILVA	41	M4044	M	G. D. DO	01:49:38	L	01:49:38
199	101	MANUEL SILVA	43	M4044	M	CAFE PONTO	01:49:53		01:49:05
200	143	JOÃO PINTO	41	M4044	M	LIBERDADE FC	01:50:03		01:48:26
201	1741	SILVINO MOURISCO	40	M4044	M	Individual	01:50:03		01:49:11
202	282	RUI PINHO	41	M4044	M	GD LOUROCOOP	01:50:40	L	01:50:40
203	1457	JOSE FELICIO	40	M4044	M	CLAC -	01:50:52		01:49:52
204	289	ALCINO SANTOS	44	M4044	M	GD SPAIO	01:50:53	L	01:50:53
205	1758	RODRIGO	43	M4044	M	Individual	01:51:19	L	01:51:19
206	384	JOSE PESSOA	44	M4044	M	CA VILA BOA	01:51:33	2	01:49:29
207	1974	JOÃO FARIA	40	M4044	M	Individual	01:51:57		01:50:48
208	1899	PAULO LOUREIRO	43	M4044	M	Individual	01:52:03		01:50:56
209	1742	JORGE BASTO	42	M4044	M	Individual	01:52:36		01:51:38

210	1203	CARLOS SAMPAIO	41	M4044	M	ROMPE SOLAS	01:53:06	L	01:53:06
211	1566	PAULO PEREIRA	41	M4044	M	INDIVIDUAL	01:53:19		01:51:51
212	1880	HELDER SILVA	40	M4044	M	Individual	01:53:21		01:52:46
213	337	JOSE ESPIRITO SANTO	44	M4044	M	PORTORUNNERS	01:53:28		01:53:17
214	1711	MANUEL SILVA	42	M4044	M	INDIVIDUAL	01:54:10		01:53:49
215	819	ANDREW MURPHY	44	M4044	M	INDIVIDUAL	01:54:14		01:52:41
216	851	PEDRO ESTEVES	42	M4044	M	INDIVIDUAL	01:54:35		01:53:51
217	418	CARLOS TAVARES	43	M4044	M	A QUINTAS	01:54:36	2,3	01:53:31
218	234	ANTONIO SOUSA	40	M4044	M	JOBRA	01:54:43	2,3,L	01:54:43
219	434	MIGUELSILVA	42	M4044	M	CP EDP	01:54:57		01:53:33
220	15	CARLOS CAMPOS	44	M4044	M	AFIS/OVAR	01:55:02		01:54:18
221	512	JORGE SILVA	41	M4044	M	CIRAC	01:55:15		01:54:28
222	1407	AURELIO COSTA	43	M4044	M	INDIVIDUAL	01:55:39		01:54:25
223	1718	JORGE MAGALHÃES	41	M4044	M	Individual	01:56:00	L	01:56:00
224	1456	OCTAVIO MARIANO	40	M4044	M	CCRD	01:56:14		01:55:04
225	246	EMIDIO PINHEIRO	42	M4044	M	CALDAS S JORGE	01:56:57		01:56:28
226	458	CARLOS SANTOS	42	M4044	M	RENAULTCACIA	01:57:09		01:56:38
227	456	JOSE LOPES	41	M4044	M	BLOCONOTAS	01:57:56		01:56:31
228	1464	JOSE CUNHA	42	M4044	M	OS LARANJINHAS	01:58:11		01:57:31
229	972	JOAQUIM CUNHA	42	M4044	M	INDIVIDUAL	01:58:27	L	01:58:27
230	823	MANUEL SILVA	43	M4044	M	INDIVIDUAL	01:58:51		01:57:55
231	1881	ANTONIO SILVA	42	M4044	M	Individual	01:58:59		01:58:23
232	1019	JOAQUIM COSTA	43	M4044	M	AMARANTE	01:59:12		01:57:46
233	695	LUIS CARDIA	44	M4044	M	INDIVIDUAL	01:59:48	L	01:59:48
234	1201	JOSE OUVIDOR	42	M4044	M	ROMPE SOLAS	02:00:01		01:58:40
235	1085	GONÇALO MENDES	41	M4044	M	ATLETISM PATIO	02:00:28		01:59:19
236	1635	MARINHO PEREIRA	43	M4044	M	ESTORNORT LDA	02:01:04	L	02:01:04
237	1642	ADELINO GUIMARÃES	42	M4044	M	ESTORNORT LDA	02:01:39	L	02:01:39
238	1431	NUNO SAMPAIO	41	M4044	M	INDIVIDUAL	02:02:50		02:01:43
239	393	MIGUEL PEREIRA	40	M4044	M	CCDT CM	02:02:57		02:01:39
240	1344	PORFIRO ROCHA	44	M4044	M	AR ESTRELA SUL	02:03:33	3	02:02:32
241	1647	RAUL PEREIRA	40	M4044	M	INDIVIDUAL	02:04:09	L	02:04:09
242	190	PEDRO PINHEIRO	40	M4044	M	NA CUCUJÃES	02:04:15		02:03:37
243	1548	MIGUEL SILVA	43	M4044	M	INDIVIDUAL	02:07:02		02:06:43
244	1550	SERGIO PINHO	41	M4044	M	INDIVIDUAL	02:07:47		02:07:31
245	1712	JOAQUIM GOMES	42	M4044	M	INDIVIDUAL	02:08:00		02:07:06
246	1597	JOAQUIM SILVA	43	M4044	M	INDIVIDUAL	02:09:52	L	02:09:52
247	1529	LUIS SOARES	41	M4044	M	INDIVIDUAL	02:10:07	L	02:10:07
248	893	MARTINO GIOIA	43	M4044	M	INDIVIDUAL	02:10:49		02:09:11
249	1543	PEDRO PINHA	40	M4044	M	INDIVIDUAL	02:11:03		02:10:31
250	1537	JOSE TEIXEIRA	44	M4044	M	CLUBE GBES	02:11:20		02:10:04
251	1972	FRANCISCO CASTRO	44	M4044	M	Individual	02:12:05	L	02:12:05
252	1746	RUI SOUSA	43	M4044	M	Individual	02:16:06		02:15:28

253	1863	HELDER RAMOS	44	M4044	M	Individual	02:18:25	02:16:51
254	1852	ANTONIO CUNHA	43	M4044	M	Individual	02:19:02	02:18:34
255	1557	VITOR LEAL	42	M4044	M	INDIVIDUAL	02:20:41	02:20:23
256	1957	PEDRO MONTEIRO	41	M4044	M	Individual	02:24:49	02:23:28
257	703	MANUEL NEVES	42	M4044	M	INDIVIDUAL	02:24:50	02:23:15

## VETERANO II de 45 até 49 anos

Coloc.	Num.	Atleta	Id.	Fx.Et.	Sx.	C	SC	Clube	Tempo		Líquido
1	1590	ALBERTO ALMEIDA	45	M4549	M			GD 3 SANTOS	01:10:50	L	01:10:50
2	1786	JORGE PADUA	46	M4549	M			Casa do Povo de	01:13:28		01:13:24
3	587	JOSE SOUSA	46	M4549	M			AGUIAS ALVELOS	01:13:48	L	01:13:48
4	1333	FERNANDO ADRIÃO	45	M4549	M			NA CUCUJÃES	01:13:52	L	01:13:52
5	1060	EDUARDO EUSTAQUIO	47	M4549	M			AA MAFRA	01:14:44	L	01:14:44
6	1790	JOSE BRAGA	49	M4549	M			GDR JUV	01:15:15	L	01:15:15
7	1688	FERNANDO FERREIRA	45	M4549	M			G. D. C.	01:15:30	L	01:15:30
8	1061	FERNANDO ALVES	45	M4549	M			AA MAFRA	01:15:35		01:15:21
9	1221	PAULO MIGUEL	47	M4549	M			ADERCUS	01:16:07		01:15:58
10	1799	JORGE CRUZ	46	M4549	M			Amigos Atletismo	01:18:02	3	01:17:53
11	1867	JOÃO TEIXEIRA	48	M4549	M			Sporting Lamego	01:18:11		01:17:54
12	1453	AUGUSTO ANTUNES	47	M4549	M			A. MOINHO	01:18:24		01:18:20
13	1195	HENRIQUE MACHADO	45	M4549	M			ATLETISMO VILA	01:18:44	L	01:18:44
14	309	BELMIRO FERREIRA	46	M4549	M			LEÕES GUARDA	01:18:45	L	01:18:45
15	1348	HENRIQUE DIAS	45	M4549	M			AR ESTRELA SUL	01:18:54	L	01:18:54
16	1829	CARLOS MAGALHÃES	45	M4549	M			Individual	01:19:31		01:18:48
17	172	ADÃO SILVA	46	M4549	M			FC PENAFIEL	01:19:51		01:19:41
18	255	JOSE TAVARES	46	M4549	M			CALDAS S JORGE	01:20:06		01:19:46
19	317	CARLOS SALGADO	46	M4549	M			PORTORUNNERS	01:20:31		01:20:28
20	394	BELMIRO FERREIRA	46	M4549	M			CCDT CM	01:20:50		01:20:46
21	1506	JOSE CAPELA	49	M4549	M			NAT	01:21:13		01:21:07
22	1510	GUILHERME ROMANO	47	M4549	M			NAT	01:21:34		01:21:25
23	1082	MARIO CARVALHO	48	M4549	M			ATLETISMO 5	01:21:50		01:21:44
24	1993	ORLANDO ALVES	46	M4549	M			Ginasio Clube	01:22:29	L	01:22:29
25	1008	MANUEL CARDOSO	46	M4549	M			ASSOCIAÇÃO	01:22:37		01:22:29
26	461	JOSE REIS	49	M4549	M			CI ARGONCILHE	01:22:48	L	01:22:48
27	588	ANTONIO MEIRA	45	M4549	M			AGUIAS ALVELOS	01:22:48		01:22:43
28	1461	RUI PERDIGÃO	45	M4549	M			CLAC -	01:22:51		01:22:28
29	2066	JOAQUIM RIBEIRO	46	M4549	M			SS CGD	01:23:02	L	01:23:02
30	1512	JOÃO BARBOSA	47	M4549	M			NAT	01:23:20		01:23:14
31	1927	MANUEL GOMES	46	M4549	M			A. R. N. Os	01:23:31	2	01:23:20
32	1291	ARMINDO ARAUJO	47	M4549	M			LIBERDADEFEC	01:23:42		01:22:57
33	1134	JOSE GOMES	47	M4549	M			CLAC	01:24:06		01:23:51
34	330	JOAQUIM LOPES	47	M4549	M			PORTORUNNERS	01:24:17		01:24:04
35	1639	JOSE OLIVEIRA	45	M4549	M			ESTORNORT LDA	01:24:24		01:24:20
36	627	GERMANO NADAIS	49	M4549	M			ACR VALE	01:24:25	L	01:24:25
37	828	FERNANDO SACRAMENTO	46	M4549	M			INDIVIDUAL	01:24:26	L	01:24:26

38	1454	ADELINO FERNANDES	47	M4549	M	A. MOINHO	01:24:47	01:24:22
39	625	CELSO PAIVA	46	M4549	M	ACR VALE	01:24:49	01:24:41
40	1918	ANTONIO OLIVEIRA	45	M4549	M	A. Academica	01:24:50	01:24:17
41	1919	FRANCISCO NOVAIS	47	M4549	M	Vitoria SC	01:24:56	L 01:24:56
42	115	JOSE CORREIA	47	M4549	M	C BENFICA	01:25:07	01:25:03
43	1315	LOURENÇO CUNHA	46	M4549	M	MF MARTINS	01:25:14	L 01:25:14
44	966	ANTONIO PINHO	49	M4549	M	INDIVIDUAL	01:25:19	01:25:06
45	715	CARLOS RODRIGUES	47	M4549	M	INDIVIDUAL	01:25:21	L 01:25:21
46	240	MANUEL FERREIRA	48	M4549	M	JOBRA	01:26:03	01:25:39
47	1231	AMERICO VALENTE	49	M4549	M	SST MOVAR	01:26:06	01:25:27
48	1427	CARLOS FERNANDES	45	M4549	M	INDIVIDUAL	01:26:17	L 01:26:17
49	1178	JOSE RAIMUNDO	48	M4549	M	GDR FIGUEIRAS	01:26:18	01:26:08
50	1360	JOSE GOMES	47	M4549	M	ABCR PARAMOS	01:26:29	01:26:19
51	1314	ALBERTO SOARES	46	M4549	M	MF MARTINS	01:26:38	01:26:34
52	690	ANTONIO MENESES	47	M4549	M	SMAS PORTO	01:26:40	01:26:27
53	996	VASCO FIGUEIREDO	46	M4549	M	DASDIKES	01:26:53	L 01:26:53
54	395	AMERICO PINTO	49	M4549	M	CCDT CM	01:26:54	L 01:26:54
55	114	JOSE CARVALHINHO	46	M4549	M	C BENFICA	01:26:59	01:26:35
56	552	MANUEL RIBEIRO	46	M4549	M	BAIRRO	01:27:12	01:27:01
57	236	EUSEBIO LOPES	47	M4549	M	JOBRA	01:27:52	L 01:27:52
58	1928	CARLOS NUNES	49	M4549	M	Academico Viseu F.	01:27:55	01:26:49
59	1662	JOÃO SOUSA	48	M4549	M	INDIVIDUAL	01:28:17	01:28:10
60	1507	MANUEL MOTA	45	M4549	M	NAT	01:28:29	L 01:28:29
61	1426	NARCISO SARAIVA	46	M4549	M	INDIVIDUAL	01:28:34	01:28:02
62	94	JOSE ALVES	46	M4549	M	GD AIRÃO	01:28:36	01:27:04
63	258	ANGELO RAMOS	46	M4549	M	CALDAS S JORGE	01:28:54	2 01:28:33
64	1321	FRANCISCO LEMOS	49	M4549	M	CC FELGUEIRAS	01:28:58	01:28:51
65	450	PAULO VILAÇA	48	M4549	M	C ATLETISMO	01:29:18	01:29:06
66	1908	JOSE GOMES	45	M4549	M	Confraria Bike	01:29:31	01:28:23
67	772	PEDRO MATIAS	46	M4549	M	INDIVIDUAL	01:29:38	2 01:29:32
68	1204	CARLOS CRUZ	47	M4549	M	ROMPE SOLAS	01:29:43	01:29:29
69	241	JOÃO MAGUETA	48	M4549	M	GDGAFANHA	01:29:48	01:29:32
70	1205	MANUEL OLIVEIRA	46	M4549	M	ROMPE SOLAS	01:30:05	L 01:30:05
71	544	ANTONIO CORUCHO	45	M4549	M	GNR GUIMARÃES	01:30:07	01:29:44
72	136	JOÃO ANTUNES	48	M4549	M	CRSD	01:30:10	01:28:57
73	563	ANTONIO DIAS	48	M4549	M	VETERANOS	01:30:11	01:29:46
74	502	JOSE OLIVEIRA	49	M4549	M	CABARREIRA	01:30:37	2,3,L 01:30:37
75	209	AURELIO MARQUES	46	M4549	M	CAVE	01:30:44	3 01:29:51
76	2017	FERNANDO RAMOS	48	M4549	M	G. D. C. Castelo de	01:31:02	01:30:11
77	89	MANUEL SA	46	M4549	M	AA GRIJO	01:31:07	L 01:31:07
78	514	AMERICO COELHO	46	M4549	M	CIRAC	01:31:42	L 01:31:42
79	731	HENRIQUE FERREIRA	48	M4549	M	INDIVIDUAL	01:31:42	L 01:31:42
80	777	JOSE LEITÃO	45	M4549	M	INDIVIDUAL	01:31:50	L 01:31:50

81	1515	JOSE MOTA	47	M4549	M	NAT	01:32:09		01:31:11
82	365	BELMIRO RODRIGUES	48	M4549	M	AD RIO LARGO	01:32:11	L	01:32:11
83	419	FERNANDO SANTOS	47	M4549	M	A QUINTAS	01:32:11	L	01:32:11
84	1905	ANTONIO SILVA	45	M4549	M	A. D. R. Aguas	01:32:14	L	01:32:14
85	1988	EDUARDO SOARES	48	M4549	M	C. Pessoal EDP -	01:32:22		01:32:06
86	245	JOÃO PINTO	47	M4549	M	CALDAS S JORGE	01:32:33	L	01:32:33
87	870	FRANCISCO NETO	47	M4549	M	INDIVIDUAL	01:32:53	2,3,L	01:32:53
88	1551	JOAQUIM ANDRADE	48	M4549	M	INDIVIDUAL	01:32:57		01:32:45
89	1015	LUIS MARTINS	48	M4549	M	FLECHINHAS	01:33:15		01:33:04
90	359	VICTOR CARVALHO	46	M4549	M	PORTORUNNERS	01:33:25		01:32:31
91	161	ANTONIO FONSECA	46	M4549	M	C CAMPISMO S J	01:33:26		01:32:31
92	95	ALBERTO FERREIRA	48	M4549	M	GD AIRÃO	01:33:31	L	01:33:31
93	886	MANUEL OLIVEIRA	46	M4549	M	INDIVIDUAL	01:33:33		01:33:24
94	1242	CARLOS COSTA	49	M4549	M	CA OVAR	01:33:39		01:33:13
95	1301	SIMÃO OLIVEIRA	49	M4549	M	GD LOUROCOOP	01:33:47	L	01:33:47
96	583	ISIDRO GOMES	48	M4549	M	FERREIRO LUX	01:33:54		01:33:46
97	518	HENRIQUE MELO	47	M4549	M	CIRAC	01:34:03	L	01:34:03
98	362	ALVARO REIS	48	M4549	M	AD RIO LARGO	01:34:12		01:34:07
99	783	ANTONIO OLIVEIRA	49	M4549	M	INDIVIDUAL	01:34:25		01:33:25
100	1763	ANTONIO GONÇALVES	45	M4549	M	Individual	01:34:31		01:33:59
101	199	DAVID SOUSA	46	M4549	M	SUNSETRUNNER	01:34:36	L	01:34:36
102	958	ARTUR LIMA	48	M4549	M	INDIVIDUAL	01:34:42		01:34:35
103	1483	MANUEL CARNEIRO	49	M4549	M	GCR	01:34:43		01:34:31
104	1523	JOSE GUIMARÃES	48	M4549	M	NAT	01:34:57		01:34:48
105	1450	JOSE SILVA	47	M4549	M	SPORTOLICOS TT	01:34:58		01:33:42
106	1509	JOÃO SILVA	49	M4549	M	NAT	01:34:58		01:34:53
107	1815	FRANCISCO LOBO	49	M4549	M	Porto Runners	01:34:59		01:34:31
108	74	MANUEL ALMEIDA	47	M4549	M	G AMIZADE	01:35:16		01:34:43
109	1072	JOAQUIM VIEIRA	46	M4549	M	OS CACHOS	01:35:16		01:33:47
110	632	ALBINO FERNANDES	49	M4549	M	GINASIO S TIRSO	01:35:19	L	01:35:19
111	582	MANUEL PEREIRA	46	M4549	M	FERREIRO LUX	01:35:21	L	01:35:21
112	1306	CARLOS RIBEIRO	49	M4549	M	VETERANOS LIS	01:35:23		01:34:42
113	1331	FERNANDO ALVES	48	M4549	M	CC FELGUEIRAS	01:35:25		01:35:03
114	496	JOSE ANDRADE	49	M4549	M	MAIA ATLETICO	01:35:27		01:34:52
115	314	ALEXANDRE FERREIRA	47	M4549	M	PORTORUNNERS	01:35:50		01:34:57
116	1511	AUGUSTO MARQUES	48	M4549	M	NAT	01:35:52		01:35:41
117	1244	MANUEL SILVA	45	M4549	M	CA OVAR	01:35:55		01:34:53
118	1572	JOAQUIM MARQUES	47	M4549	M	TURBO-LENTOS	01:36:05		01:34:59
119	1618	FRANCISCO COSTA	48	M4549	M	PORTO RUNNERS	01:36:13		01:34:37
120	1860	MANUEL CASTRO	45	M4549	M	Individual	01:36:15	L	01:36:15
121	906	JOÃO RODRIGUES	45	M4549	M	INDIVIDUAL	01:36:32		01:36:11
122	1846	JOÃO CORREIA	45	M4549	M	Casa Benfica	01:36:35		01:35:59
123	1276	CARLOS AGUIAR	45	M4549	M	OS KÁGADOS	01:36:40	L	01:36:40

124	1706	SALVADOR FARDILHA	45	M4549	M	ARADA ATLÉTICO	01:36:43		01:36:07
125	1736	FLORIMUNDO NOGUEIRA	48	M4549	M	Individual	01:36:47		01:36:18
126	1524	JOSE LOPES	48	M4549	M	NAT	01:36:51	L	01:36:51
127	283	HEITOR SANTOS	46	M4549	M	GD LOUROCOOP	01:37:00		01:36:48
128	1680	SILVERIO PINTO	46	M4549	M	COMPORTO	01:37:06		01:36:03
129	1157	MANUEL RESENDE	48	M4549	M	CLUBE AGUAS	01:37:28		01:37:19
130	1330	JOSE CUNHA	46	M4549	M	CC FELGUEIRAS	01:37:33		01:37:26
131	797	MANUEL TAVARES	47	M4549	M	INDIVIDUAL	01:37:37		01:37:06
132	792	JOÃO FERREIRA	46	M4549	M	INDIVIDUAL	01:37:39		01:36:21
133	485	JOAQUIM MACHADO	47	M4549	M	PAPAMILHAS	01:37:41		01:36:30
134	1559	RUI LIMA	45	M4549	M	INDIVIDUAL	01:37:45	L	01:37:45
135	70	JORGE LOPES	46	M4549	M	SS S.J.MADEIRA	01:37:50	L	01:37:50
136	961	ANTONIO NASCIMENTO	48	M4549	M	INDIVIDUAL	01:38:00		01:37:26
137	1240	PEDRO LEAL	45	M4549	M	CA OVAR	01:38:00		01:36:35
138	1316	MAXIMIANO RODRIGUES	48	M4549	M	MF MARTINS	01:38:02	L	01:38:02
139	286	JOSE RIBEIRO	46	M4549	M	GD SPAIO	01:38:04	L	01:38:04
140	1328	LUIS SAMPAIO	46	M4549	M	CC FELGUEIRAS	01:38:15		01:37:42
141	1611	LUIS PINHO	46	M4549	M	ADEC-MS	01:38:18		01:37:23
142	574	PAULO NEVES	45	M4549	M	VETERANOS	01:38:23		01:37:27
143	1579	FERNANDO NUNES	48	M4549	M	CLUBE DESP	01:38:23		01:37:47
144	204	JOSE SILVA	47	M4549	M	SUNSETRUNNER	01:38:31	L	01:38:31
145	339	LUIS SERRA	47	M4549	M	PORTORUNNERS	01:38:32		01:38:16
146	796	CARLOS FERNANDES	46	M4549	M	INDIVIDUAL	01:38:36		01:37:21
147	1475	FIRMINO NOGUEIRA	46	M4549	M	CLUBE	01:38:46	L	01:38:46
148	844	RUI OLIVEIRA	46	M4549	M	INDIVIDUAL	01:39:07	L	01:39:07
149	2060	JORGE VILELA	45	M4549	M	Individual	01:39:13	L	01:39:13
150	386	MANUEL PINTO	47	M4549	M	CA VILA BOA	01:39:14	L	01:39:14
151	1026	ANTONIO SILVA	47	M4549	M	BENFICALOUSAD	01:39:18		01:38:39
152	1415	FERNANDO GONÇALVES	46	M4549	M	INDIVIDUAL	01:39:20		01:38:09
153	726	JOSE PEREIRA	45	M4549	M	INDIVIDUAL	01:39:28		01:39:09
154	1382	RUI COSTA	49	M4549	M	OS FALTA DE AR	01:39:36	L	01:39:36
155	1152	AVELINO SOUSA	45	M4549	M	CLUBE AGUAS	01:39:55		01:39:00
156	1640	ANTONIO CARVALHO	45	M4549	M	ESTORNORT LDA	01:40:01		01:38:28
157	1604	ANTONIO DIAS	46	M4549	M	INDIVIDUAL	01:40:15	L	01:40:15
158	1141	HENRIQUE NARCISO	45	M4549	M	CLAC	01:40:28	L	01:40:28
159	1485	CARLOS VALE	49	M4549	M	GREBONFIM	01:40:40	L	01:40:40
160	1106	LUIS CARNEIRO	47	M4549	M	A MONTE	01:40:47	L	01:40:47
161	45	MARIO MENDES	46	M4549	M	AFIS/OVAR	01:40:49	3,L	01:40:49
162	628	JOSE GRAÇA	49	M4549	M	ACR VALE	01:41:14	L	01:41:14
163	1269	VASCO MAGALHÃES	45	M4549	M	OS KÁGADOS	01:41:14		01:39:57
164	1513	ELIAS CASTRO	49	M4549	M	NAT	01:41:16		01:40:32
165	758	LEANDRO FREITAS	46	M4549	M	INDIVIDUAL	01:41:27	L	01:41:27
166	75	MANUEL REIS	47	M4549	M	G AMIZADE	01:41:41		01:40:40

167	2009	ABELARDO GOMES	49	M4549	M	Individual	01:41:41	L	01:41:41
168	1605	ALVARO OLIVEIRA	46	M4549	M	INDIVIDUAL	01:41:46		01:41:27
169	721	JOÃO CAPELOA	47	M4549	M	INDIVIDUAL	01:42:26	L	01:42:26
170	834	JOSE SANTOS	48	M4549	M	INDIVIDUAL	01:42:26		01:40:52
171	358	THIERRY DUSSAUBAT	46	M4549	M	PORTORUNNERS	01:42:38		01:41:45
172	1638	AGOSTINHO PIMENTA	47	M4549	M	ESTORNORT LDA	01:42:43		01:41:07
173	692	JOSE NEVES	49	M4549	M	SMAS PORTO	01:42:44	L	01:42:44
174	745	RUI LOPES	47	M4549	M	INDIVIDUAL	01:42:54		01:42:28
175	424	RUI CORREIA	46	M4549	M	A QUINTAS	01:42:58		01:41:54
176	1472	PAULO RODRIGUES	49	M4549	M	G. D. LEÕES DO	01:42:58		01:41:36
177	58	ANTONIO FERREIRA	47	M4549	M	BRAGUINHAS VA	01:43:06		01:41:44
178	296	LUIS CRUZ	46	M4549	M	TUBARÕESESPIN	01:43:33		01:42:41
179	1916	XAVIER OLIVEIRA	46	M4549	M	Os Amigos Papa	01:43:41	L	01:43:41
180	566	PEDRO CARDOSO	47	M4549	M	VETERANOS	01:43:42		01:42:59
181	1493	JORGE MOREIRA	47	M4549	M	STAROLAS	01:43:49		01:42:39
182	439	GERMANO SANTOS	48	M4549	M	ACRD ESCAPÃES	01:43:56		01:43:12
183	1951	MANUEL TEIXEIRA	49	M4549	M	Casa Benfica	01:44:02		01:43:27
184	1130	FERNANDO FONSECA	48	M4549	M	CTT COIMBRA	01:44:06		01:42:32
185	697	ANTONIO COSTA	48	M4549	M	INDIVIDUAL	01:44:09	L	01:44:09
186	922	JOSE CASTRO	45	M4549	M	INDIVIDUAL	01:44:12		01:43:00
187	1136	CARLOS CABELEIRA	46	M4549	M	CLAC	01:44:28		01:44:05
188	1798	CARLOS BRITO	49	M4549	M	Ferreirolux Lda	01:44:30		01:44:08
189	125	EMIDIO PONTES	49	M4549	M	OSAMIGOS SP	01:44:48		01:44:24
190	520	VALDEMAR ALVES	48	M4549	M	CIRAC	01:44:58	L	01:44:58
191	440	JOSE SILVA	48	M4549	M	ACRD ESCAPÃES	01:45:04	L	01:45:04
192	1361	JOAQUIM NUNES	48	M4549	M	SAPADORES	01:45:17	L	01:45:17
193	787	JOSE OLIVEIRA	46	M4549	M	INDIVIDUAL	01:45:43		01:45:02
194	1265	CARLOS ANDRADE	46	M4549	M	OS KÁGADOS	01:45:46		01:45:20
195	836	CARLOS SILVA	46	M4549	M	INDIVIDUAL	01:45:54		01:45:35
196	1280	CARLOS OLIVEIRA	47	M4549	M	OS KÁGADOS	01:45:55		01:44:32
197	1833	JOSE CARLOS PIRES	45	M4549	M	Clube	01:45:57		01:44:54
198	519	JOSE SILVA	48	M4549	M	CIRAC	01:46:02		01:44:51
199	1835	CARLOS LOPES	46	M4549	M	Individual	01:46:14		01:44:39
200	1759	ANTONIO GONÇALVES	47	M4549	M	Individual	01:46:17		01:45:27
201	1080	PEDRO FERRAZ	47	M4549	M	FEMAB	01:46:29		01:45:20
202	1327	MANUEL SAMPAIO	45	M4549	M	CC FELGUEIRAS	01:46:29	L	01:46:29
203	133	JORGE DIAS	46	M4549	M	CIA	01:46:45	3,L	01:46:45
204	1841	JOSE CARVALHO	49	M4549	M	Os Laranjinhas	01:46:49		01:46:10
205	36	LUIS OSORIO	48	M4549	M	AFIS/OVAR	01:46:51		01:46:40
206	1599	MARCO PINTO	45	M4549	M	INDIVIDUAL	01:46:54		01:46:23
207	69	ARMINDO SILVA	48	M4549	M	SS S.J.MADEIRA	01:47:14		01:45:51
208	131	JAIME COELHO	49	M4549	M	COMP.BAZOFIAS	01:47:21	L	01:47:21
209	769	ALBINO SILVA	47	M4549	M	INDIVIDUAL	01:47:26	L	01:47:26

210	592	RUI BROCHADO	49	M4549	M	KARATE	01:47:34	01:46:35
211	807	FRANCISCO COSTA	47	M4549	M	INDIVIDUAL	01:47:34	01:46:18
212	1697	FERNANDO FAUSTINO	48	M4549	M	BOSCH AVEIRO	01:47:36	01:46:57
213	1249	MANUEL BRANCO	48	M4549	M	CA OVAR	01:47:40	01:46:38
214	822	MANUEL LOPES	45	M4549	M	INDIVIDUAL	01:47:56	L 01:47:56
215	1710	JOSÉ COELHO	45	M4549	M	INDIVIDUAL	01:47:56	01:47:09
216	191	DIAMANTINO TEIXEIRA	45	M4549	M	NA CUCUJÃES	01:47:57	01:47:20
217	767	ANTONIO FERNANDES	45	M4549	M	INDIVIDUAL	01:48:02	01:47:19
218	997	SERGIO FERREIRA	45	M4549	M	DASDIKES	01:48:11	01:47:43
219	730	JOSE FERNANDES	46	M4549	M	INDIVIDUAL	01:48:16	L 01:48:16
220	170	MARIO PINTO	48	M4549	M	I-RUN	01:48:41	01:47:23
221	287	MARIO NOGUEIRA	46	M4549	M	GD SPAIO	01:48:54	01:48:29
222	1920	JOAQUIM FARIA	47	M4549	M	Vitoria SC	01:48:57	L 01:48:57
223	1272	PAULO SANTOS	47	M4549	M	OS KÁGADOS	01:48:59	01:47:20
224	376	MANUEL AMORIM	48	M4549	M	AD RIO LARGO	01:49:03	01:48:15
225	1555	JOSE SANTOS	47	M4549	M	INDIVIDUAL	01:49:41	01:49:10
226	1806	ANIBAL SILVA	48	M4549	M	CCRD Burinhosa	01:49:48	01:49:21
227	1268	PEDRO VENTURA	47	M4549	M	OS KÁGADOS	01:49:59	01:48:21
228	517	JOSE SANTOS	47	M4549	M	CIRAC	01:50:05	01:49:57
229	149	EURICO CAETANO	48	M4549	M	REIDEGAIA	01:50:13	01:49:05
230	579	MANUEL FERNANDES	45	M4549	M	FERREIRO LUX	01:50:21	L 01:50:21
231	1003	FERNANDO CERQUEIRA	47	M4549	M	ASSOCIAÇÃO	01:50:23	01:49:34
232	884	JOSE COSTA	45	M4549	M	INDIVIDUAL	01:50:50	01:49:23
233	1371	CARLOS TAVARES	48	M4549	M	JA MOZELENSE	01:51:04	L 01:51:04
234	830	AMILCAR HENRIQUES	45	M4549	M	INDIVIDUAL	01:51:10	3 01:49:39
235	1925	JORGE GOMES	47	M4549	M	G. D. C.	01:51:11	L 01:51:11
236	570	FERNANDO GONÇALVES	46	M4549	M	VETERANOS	01:51:16	L 01:51:16
237	1396	JOSE MOURA	45	M4549	M	INDIVIDUAL	01:51:18	01:49:55
238	1569	CARLOS DIAS	46	M4549	M	INDIVIDUAL	01:51:18	01:50:18
239	318	CARLOS ROCHA	45	M4549	M	PORTORUNNERS	01:51:31	2,3 01:50:36
240	971	ERNESTO FERNANDES	48	M4549	M	INDIVIDUAL	01:51:39	01:50:55
241	1022	ERNESTO MARTINS	49	M4549	M	CANSADAS	01:51:41	01:50:27
242	991	JOSE OLIVEIRA	46	M4549	M	BARRIGAS	01:52:11	01:51:21
243	1446	JOAQUIM MANUEL	47	M4549	M	INDIVIDUAL	01:52:30	01:51:02
244	698	A FERNANDES	45	M4549	M	INDIVIDUAL	01:52:48	2,L 01:52:48
245	98	CELESTINO SILVA	46	M4549	M	CAFE PONTO	01:52:52	01:52:08
246	875	JOSE BRITO	45	M4549	M	INDIVIDUAL	01:52:55	01:51:19
247	1692	JOSÉ PACHECO	45	M4549	M	BOSCH AVEIRO	01:53:14	01:52:34
248	515	JORGE MOTA	46	M4549	M	CIRAC	01:53:22	01:53:15
249	1359	ALEXANDRE CARDOSO	46	M4549	M	CA OVAR	01:53:24	L 01:53:24
250	1010	FERNANDO BASTOS	46	M4549	M	AA LEBRES SADO	01:53:29	01:53:13
251	1071	MANUEL CARNEIRO	46	M4549	M	OS CACHOS	01:53:45	L 01:53:45
252	1528	RUI LUIS	47	M4549	M	INDIVIDUAL	01:54:28	L 01:54:28

253	488	ANTONIO FERREIRA	47	M4549	M	PAPAMILHAS	01:54:30	2,3	01:52:57
254	1002	ALVARO CERQUEIRA	49	M4549	M	ASSOCIAÇÃO	01:54:36		01:54:05
255	2011	ALTINO SILVA	49	M4549	M	C. Pessoal EDP -	01:54:51		01:54:30
256	1091	JOSE SOUSA	47	M4549	M	EPRVS	01:55:00		01:53:39
257	1153	JORGE SANTOS	47	M4549	M	CLUBE AGUAS	01:55:48		01:54:33
258	1898	PAULO MATOS	46	M4549	M	Individual	01:55:51		01:55:13
259	1813	RUI DUARTE	49	M4549	M	Karrapateira 1919	01:56:10	L	01:56:10
260	1755	MARIO COSTA	49	M4549	M	Individual	01:56:38	3	01:54:54
261	1552	FERNANDO GONÇALVES	45	M4549	M	INDIVIDUAL	01:57:00		01:56:23
262	635	ANTONIO GOMES	45	M4549	M	GINASIO S TIRSO	01:57:30	L	01:57:30
263	728	TOMAS SILVA	47	M4549	M	INDIVIDUAL	01:57:54	L	01:57:54
264	1834	CESAR LIZ	47	M4549	M	Individual	01:58:17		01:57:18
265	1149	PEDRO SIMÕES	46	M4549	M	CLUBE STRESS	01:58:45	L	01:58:45
266	516	AMADEU CRUZ	47	M4549	M	CIRAC	01:58:55		01:57:42
267	534	MANUEL ANDRADE	46	M4549	M	GDC GUILHOVAI	01:58:57		01:58:11
268	1811	JOSE RODRIGUES	45	M4549	M	C. Estudo - Bloco	02:00:05	3	01:58:40
269	1318	JOSE BENTO MORAIS	48	M4549	M	MF MARTINS	02:01:00		02:00:26
270	1637	LINO SILVA	47	M4549	M	ESTORNORT LDA	02:01:04		01:59:24
271	1675	AGOSTINHO FONTES	49	M4549	M	INDIVIDUAL	02:01:08		02:01:03
272	567	OSCAR LEITE	48	M4549	M	VETERANOS	02:01:10	L	02:01:10
273	1086	PAULO VEIGA	49	M4549	M	ATLETISM PATIO	02:01:18		02:00:09
274	1585	HENRIQUE ROCHA	49	M4549	M	INDIVIDUAL	02:01:28		02:00:59
275	1148	RUI DINIS	45	M4549	M	CLUBE STRESS	02:02:16		02:01:14
276	1160	MANUEL SANTIAGO	46	M4549	M	CLUBE AGUAS	02:02:16		02:01:00
277	1733	JOSE LOPES	49	M4549	M	Individual	02:03:11		02:01:33
278	1785	CARLOS MENDES	46	M4549	M	Individual	02:03:14		02:02:16
279	124	PAULO FONSECA	49	M4549	M	OSAMIGOS SP	02:05:22	L	02:05:22
280	1955	PAULO SILVA	45	M4549	M	Individual	02:05:38		02:05:20
281	150	FERNANDO PEREIRA	47	M4549	M	A AMEAL	02:07:42		02:06:29
282	793	MARIO MACEDO	47	M4549	M	INDIVIDUAL	02:10:55	L	02:10:55
283	1930	CELSO TORRES	49	M4549	M	G Fit Fun	02:11:51	3	02:11:44
284	594	CARLOS PEREIRA	45	M4549	M	KARATE	02:12:16	L	02:12:16
285	990	JOSE AZEVEDO	47	M4549	M	BARRIGAS	02:13:29	L	02:13:29
286	1617	RUI FERNANDES	45	M4549	M	PORTO RUNNERS	02:17:52		02:16:28
287	738	JAIME PEREIRA	45	M4549	M	INDIVIDUAL	02:18:45		02:17:20
288	826	JOAQUIM COSTA	48	M4549	M	INDIVIDUAL	02:20:47	L	02:20:47
289	1807	JOSE SOARES	49	M4549	M	CCRD Burinhosa	02:21:40	L	02:21:40
290	1616	RUI MARTINS	47	M4549	M	CLUBE	02:25:40		02:25:20
291	739	RUI PEREIRA	49	M4549	M	INDIVIDUAL	02:28:12		02:26:51
292	112	LUIS ANTUNES	49	M4549	M	GA MONSANTO	02:32:56	L	02:32:56

## VETERANO III de 50 até 54 anos

Coloc.	Num.	Atleta	Id.	Fx.Et.	Sx.	C	SC	Clube	Tempo	Líquido
1	1342	JOAQUIM SILVA	51	M5054	M			AR ESTRELA SUL	01:13:32 L	01:13:32
2	1345	SILVERIO GUEDES	52	M5054	M			AR ESTRELA SUL	01:17:26 3	01:17:20
3	157	PEDRO TERRA	54	M5054	M			C CAMPISMO S J	01:18:04	01:18:02
4	2003	VICTOR SILVA	50	M5054	M			C. A. Os Gaienses /	01:18:50 L	01:18:50
5	1324	FERNANDO SILVA	54	M5054	M			CC FELGUEIRAS	01:18:58 L	01:18:58
6	22	JOÃO PEREIRA	50	M5054	M			AFIS/OVAR	01:19:06 L	01:19:06
7	556	JOSE MONTEIRO	54	M5054	M			BAIRRO	01:19:09	01:19:02
8	1655	AUGUSTO CASTRO	52	M5054	M			INDIVIDUAL	01:19:29 3,L	01:19:29
9	198	ERNESTO ALMEIDA	50	M5054	M			NA CUCUJÃES	01:19:36 L	01:19:36
10	1455	JOAQUIM COSTA	52	M5054	M			A. MOINHO	01:19:54	01:19:50
11	396	DUARTE BARBOSA	50	M5054	M			CCDT CM	01:20:26	01:20:07
12	1428	JOÃO SILVA	53	M5054	M			INDIVIDUAL	01:20:52	01:20:26
13	302	LUIS SIMÕES	50	M5054	M			CENAP	01:21:20 L	01:21:20
14	687	JOSE PEREIRA	52	M5054	M			ATLETISMO	01:22:00 L	01:22:00
15	237	FRANCISCO SOARES	51	M5054	M			JOBRA	01:22:09 L	01:22:09
16	162	ANTONIO PEREIRA	51	M5054	M			C CAMPISMO S J	01:22:46	01:22:39
17	1490	ANTONIO DIAS	50	M5054	M			GREBONFIM	01:22:51 L	01:22:51
18	147	JOSE CAMELO	54	M5054	M			SC SALGUEIROS	01:23:08	01:23:05
19	13	ANTÓNIO VIEIRA	54	M5054	M			AFIS/OVAR	01:23:17 L	01:23:17
20	780	FERNANDO SANTIAGO	50	M5054	M			INDIVIDUAL	01:23:36 L	01:23:36
21	397	JOSE BRITO	51	M5054	M			CCDT CM	01:24:04	01:23:45
22	460	MANUEL GOMES	53	M5054	M			CI ARGONCILHE	01:24:43 2,3	01:24:17
23	1169	RAUL RIBEIRO	54	M5054	M			CPT BRAGA	01:24:46	01:24:39
24	1339	BENJAMIN SOARES	51	M5054	M			AR ESTRELA SUL	01:24:54	01:24:51
25	2014	JOSE DIAS	53	M5054	M			C. Pessoal EDP -	01:24:54 2,3	01:24:36
26	1338	PEDRO SOARES	51	M5054	M			AR ESTRELA SUL	01:24:56 L	01:24:56
27	2004	ANTONIO ROCHA	52	M5054	M			C. A. Os Gaienses /	01:24:56 2,3,L	01:24:56
28	993	MANUEL ALVES	53	M5054	M			MOREIRENSE	01:25:39 L	01:25:39
29	1384	VITOR HUGO	50	M5054	M			OS FALTA DE AR	01:25:44	01:25:26
30	1703	DAVID FERNANDES	52	M5054	M			ARADA ATLÉTICO	01:25:48	01:25:33
31	1140	JOSE SILVA	50	M5054	M			CLAC	01:26:00	01:25:53
32	989	JOSE VILELA	50	M5054	M			BARRIGAS	01:26:17 2,3,L	01:26:17
33	655	CARLOS PINTO	50	M5054	M			ATLETISMO	01:26:54	01:26:40
34	1094	MANUEL SOUSA	53	M5054	M			LUZ VERDE	01:27:10	01:26:21
35	1522	CARLOS JUSTO	51	M5054	M			NAT	01:27:20	01:26:46
36	751	JOSE CRUZ	53	M5054	M			INDIVIDUAL	01:27:23 2,L	01:27:23
37	387	ANTONIO CORREIA	53	M5054	M			CA VILA BOA	01:27:30 L	01:27:30

38	1903	CARLOS DURO	54	M5054	M	A. D. R. Aguas	01:27:37	L	01:27:37
39	557	JOSE CORVAL	54	M5054	M	BAIRRO	01:28:05		01:28:00
40	693	MANUEL FERREIRA	53	M5054	M	SMAS PORTO	01:28:07	L	01:28:07
41	481	NARCISO MARQUES	52	M5054	M	SOARENSE	01:28:22	L	01:28:22
42	598	ISMAEL SILVA	54	M5054	M	FUNDOVILA	01:28:25		01:28:16
43	1540	ANTONIO RUELA	50	M5054	M	COSTA RUELA	01:28:29	L	01:28:29
44	444	MANUEL SANTOS	53	M5054	M	SC CRUZ	01:28:44	L	01:28:44
45	689	ANTONIO BARBOSA	54	M5054	M	SMAS PORTO	01:28:47	2,3	01:28:26
46	994	JOSE COSTA	50	M5054	M	MOREIRENSE	01:29:05	L	01:29:05
47	388	JOÃO RIBEIRO	54	M5054	M	CA VILA BOA	01:29:11	L	01:29:11
48	1056	ORLANDO REBELO	54	M5054	M	AA MAFRA	01:29:12	L	01:29:12
49	242	VASCO LADEIRA	50	M5054	M	GDGAFANHA	01:29:14		01:28:59
50	479	MANUEL AZEVEDO	51	M5054	M	SOARENSE	01:29:19		01:28:57
51	1154	JOSE OLIVEIRA	50	M5054	M	CLUBE AGUAS	01:29:25		01:28:49
52	1482	LUCIANO VIEIRA	50	M5054	M	GCR	01:29:45	3,L	01:29:45
53	558	JACINTO OLIVEIRA	53	M5054	M	BAIRRO	01:29:51		01:29:14
54	554	EDUARDO SOUSA	53	M5054	M	BAIRRO	01:29:54	2,L	01:29:54
55	553	ARTUR CEPEDA	52	M5054	M	BAIRRO	01:29:55		01:29:44
56	448	MANUEL SÁ	52	M5054	M	C ATLETISMO	01:30:18	L	01:30:18
57	1346	JOAQUIM SANTOS	52	M5054	M	AR ESTRELA SUL	01:30:19	L	01:30:19
58	507	VITOR RIBEIRO	51	M5054	M	CABARREIRA	01:30:25		01:29:19
59	1090	ABILIO MARQUES	50	M5054	M	EPRVS	01:30:28		01:29:23
60	1489	JOAQUIM FANGUEIRO	54	M5054	M	GREBONFIM	01:30:31	L	01:30:31
61	555	MANUEL CARDOSO	53	M5054	M	BAIRRO	01:30:34		01:30:10
62	1929	JOSE RODRIGUES	54	M5054	M	Academico Viseu F.	01:30:35		01:30:00
63	779	ALFREDO BORGES	52	M5054	M	INDIVIDUAL	01:30:39		01:30:04
64	185	MANUEL SILVA	50	M5054	M	NA CUCUJÃES	01:30:48	L	01:30:48
65	197	ANTONIO FERNANDES	50	M5054	M	NA CUCUJÃES	01:31:12		01:30:18
66	1294	JOSE CORREIA	53	M5054	M	FUTSALLOUROSA	01:31:38		01:30:43
67	1487	JULIO SANTOS	50	M5054	M	GREBONFIM	01:31:40		01:31:16
68	1700	FERNANDO FERNANDES	52	M5054	M	ARADA ATLÉTICO	01:31:44		01:31:07
69	888	JOÃO LOPES	52	M5054	M	INDIVIDUAL	01:31:53	2,3	01:29:38
70	664	ANTONIO GERLADO	54	M5054	M	ATLETISMO	01:32:09		01:31:59
71	1172	JOSE PEREIRA	52	M5054	M	CPT BRAGA	01:32:17		01:30:56
72	676	VITOR TEIXEIRA	50	M5054	M	CA MATOSINHOS	01:32:24	L	01:32:24
73	86	FRANCISCO ROCHA	52	M5054	M	AA GRIJO	01:32:33	L	01:32:33
74	490	JOAQUIM DIAS	53	M5054	M	PAPAMILHAS	01:32:51		01:32:40
75	1009	CANDIDO MONTEIRO	51	M5054	M	ASSOCIAÇÃO	01:33:05	L	01:33:05
76	1180	JOSE NOVAIS	51	M5054	M	LEÕES VENEZA	01:33:19	L	01:33:19
77	480	JOSE SEQUEIRA	50	M5054	M	SOARENSE	01:33:31		01:33:23
78	1234	ARTUR REIS	54	M5054	M	CA OVAR	01:33:37		01:33:24
79	1250	JOSE PEREIRA	50	M5054	M	CA OVAR	01:33:39	2,3	01:32:34
80	192	NORBERTO OLIVEIRA	52	M5054	M	NA CUCUJÃES	01:33:45	L	01:33:45

81	1320	ALEXANDRE SILVA	52	M5054	M	MF MARTINS	01:34:02	L	01:34:02
82	64	ALFREDO RODRIGUES	53	M5054	M	BRAGUINHAS VA	01:34:06	L	01:34:06
83	1904	JOSE SILVA	50	M5054	M	A. D. R. Aguas	01:34:14	L	01:34:14
84	580	JOAQUIM PEREIRA	53	M5054	M	FERREIRO LUX	01:34:17	L	01:34:17
85	173	AUGUSTO MONTEIRO	51	M5054	M	FC PENAFIEL	01:34:29	L	01:34:29
86	586	DAVID GONÇALVES	54	M5054	M	FERREIRO LUX	01:34:39		01:34:09
87	1179	MARIO DUARTE	53	M5054	M	GDR FIGUEIRAS	01:34:46	L	01:34:46
88	1440	ARMANDO OLIVEIRA	54	M5054	M	INDIVIDUAL	01:35:04		01:33:53
89	1958	DR NETO	54	M5054	M	Individual	01:35:05	3,L	01:35:05
90	2023	JOSE MAÇARRIA	51	M5054	M	Casa Benfica F. da	01:35:07		01:34:34
91	1868	ANTONIO OSORIO	51	M5054	M	Sporting Lamego	01:35:10	L	01:35:10
92	43	MANUEL VIEIRA	51	M5054	M	AFIS/OVAR	01:35:11		01:34:51
93	60	RAUL VELOSO	54	M5054	M	BRAGUINHAS VA	01:35:25	2	01:33:54
94	1171	ASSIS AZEVEDO	54	M5054	M	CPT BRAGA	01:35:27		01:35:15
95	1401	ALBERTO MEIRELES	51	M5054	M	INDIVIDUAL	01:35:30	L	01:35:30
96	581	JAIME LIMA	52	M5054	M	FERREIRO LUX	01:35:40	L	01:35:40
97	1769	ARNALDO MARINHO	52	M5054	M	G. D. Leões do	01:35:43		01:35:31
98	1016	ADERITO CURTO	50	M5054	M	GIRASOL	01:35:52		01:35:13
99	1388	FERNANDO GONÇALVES	52	M5054	M	OS FALTA DE AR	01:35:57		01:35:05
100	470	JOÃO OLIVEIRA	52	M5054	M	BEMPOSTA	01:36:03		01:34:40
101	379	JOAQUIM SILVA	52	M5054	M	JA MOZELENSE	01:36:14	L	01:36:14
102	1202	JOÃO ANDRADE	52	M5054	M	ROMPE SOLAS	01:36:24		01:36:12
103	1372	FERNANDO GONÇALVES	52	M5054	M	JA MOZELENSE	01:36:26		01:35:32
104	417	ANTONIO PEREIRA	52	M5054	M	A QUINTAS	01:36:29		01:36:10
105	508	JORGE AGOSTINHO	53	M5054	M	CABARREIRA	01:36:34		01:35:06
106	1519	FRANCISCO XAVIER	51	M5054	M	NAT	01:37:11		01:36:25
107	643	MIGUEL POLONIA	52	M5054	M	GINASIO S TIRSO	01:37:12	L	01:37:12
108	407	FERNANDO CHAVES	51	M5054	M	OS RIBEIRINHOS	01:37:14	L	01:37:14
109	816	JOAQUIM PESSOA	53	M5054	M	INDIVIDUAL	01:37:19		01:35:45
110	522	ALCIDES SALES	50	M5054	M	CIRAC	01:37:21	L	01:37:21
111	1190	JOSE PIRES	50	M5054	M	LEÕES VENEZA	01:37:28	L	01:37:28
112	1791	QUINTINO BACELO	52	M5054	M	GDR JUV	01:37:28		01:37:14
113	148	FERNANDO CAMELO	53	M5054	M	SC SALGUEIROS	01:37:35		01:36:47
114	640	JOÃO SILVA	54	M5054	M	GINASIO S TIRSO	01:37:41		01:37:03
115	1409	JOSE ENCARNAÇÃO	52	M5054	M	INDIVIDUAL	01:37:44		01:36:30
116	57	JOSE RIBEIRO	52	M5054	M	BRAGUINHAS VA	01:37:45	L	01:37:45
117	872	JOSE GARCIA	51	M5054	M	INDIVIDUAL	01:37:46	L	01:37:46
118	2095	JOAO MARTINS	54	M5054	M	M. F. Martins Lda	01:37:46		01:37:13
119	324	GERALDINO SILVA	54	M5054	M	PORTORUNNERS	01:37:49	L	01:37:49
120	1227	JOSE COSTA	51	M5054	M	SST MOVAR	01:37:52		01:37:35
121	525	ANTONIO FERNANDO	52	M5054	M	CIRAC	01:38:09		01:37:58
122	591	ARTUR FERRAZ	53	M5054	M	KARATE	01:38:09		01:37:12
123	686	JOSE ROCHA	52	M5054	M	ATLETISMO	01:38:20		01:37:53

124	472	ADRIANO SILVA	52	M5054	M	BEMPOSTA	01:38:32		01:37:09
125	213	ANTONIO FARIA	54	M5054	M	CAVE	01:38:41		01:37:49
126	311	ANTONIO TEIXEIRA	51	M5054	M	LEÕES GUARDA	01:38:47	L	01:38:47
127	610	MANUEL CARREIRA	53	M5054	M	VETERANOS LIS	01:38:53		01:37:53
128	430	FRANCISCO OLIVEIRA	52	M5054	M	AA GONDOMAR	01:38:58	L	01:38:58
129	641	JOSE LEITE	53	M5054	M	GINASIO S TIRSO	01:39:06	L	01:39:06
130	11	AGOSTINHO LEAL	51	M5054	M	AFIS/OVAR	01:39:22	L	01:39:22
131	264	CARLOS FERREIRA	51	M5054	M	CALDAS S JORGE	01:39:22		01:39:00
132	1821	PRUDENCIO PEREIRA	51	M5054	M	Individual	01:39:37	3	01:38:45
133	569	CARLOS FREIRE	51	M5054	M	VETERANOS	01:39:59	2	01:39:14
134	2002	ANTONIO SILVA	50	M5054	M	G. D. C. Castelo de	01:40:09		01:39:19
135	825	LUIS CONCEIÇÃO	51	M5054	M	INDIVIDUAL	01:40:13	L	01:40:13
136	433	HERNANI SOARES	51	M5054	M	CP EDP	01:40:19		01:38:40
137	270	FRANCISCO COSTA	52	M5054	M	CF UNIÃO LAMAS	01:40:21	L	01:40:21
138	32	JOSE SOUSA	53	M5054	M	AFIS/OVAR	01:40:30	L	01:40:30
139	998	MANUEL COSTA	53	M5054	M	DASDIKES	01:40:30	L	01:40:30
140	1041	LUIS GOMES	51	M5054	M	HERMES	01:40:41		01:40:23
141	1578	JORGE FERREIRA	52	M5054	M	CLUBE DESP	01:40:50	L	01:40:50
142	1191	ARMANDO CERQUEIRA	52	M5054	M	LEÕES VENEZA	01:40:51	L	01:40:51
143	1451	FERNANDO SANTOS	52	M5054	M	SPORTOLICOS TT	01:40:51		01:39:20
144	535	ARTUR NADAIS	51	M5054	M	GDC GUILHOVAI	01:41:24	L	01:41:24
145	1370	JOSE SILVA	53	M5054	M	JA MOZELENSE	01:42:01	L	01:42:01
146	568	JOSE MACEDO	54	M5054	M	VETERANOS	01:42:04		01:41:21
147	223	JOÃO CATELA	52	M5054	M	VETERANOSTEIX	01:42:06	L	01:42:06
148	523	MANUEL OLIVEIRA	51	M5054	M	CIRAC	01:42:15		01:41:46
149	1277	JERONIMO CARDOSO	50	M5054	M	OS KÁGADOS	01:42:20	L	01:42:20
150	1772	FERNANDO PINTO	52	M5054	M	Porto Runners	01:42:28		01:42:15
151	1209	ANTONIO SEABRA	53	M5054	M	ROMPE SOLAS	01:42:29		01:42:17
152	860	JOSE PINTO	52	M5054	M	INDIVIDUAL	01:42:51	2,3,L	01:42:51
153	420	AGOSTINHO COSTA	52	M5054	M	A QUINTAS	01:42:58		01:41:52
154	495	ANTONIO COSTA	54	M5054	M	MAIA ATLETICO	01:43:12	L	01:43:12
155	505	RUI PEREIRA	54	M5054	M	CABARREIRA	01:43:23	L	01:43:23
156	40	MANUEL COSTA	53	M5054	M	AFIS/OVAR	01:43:25		01:43:09
157	435	JOSE FERREIRA	50	M5054	M	C BENFICA VISEU	01:43:26	L	01:43:26
158	259	ANTONIO AZEVEDO	54	M5054	M	CALDAS S JORGE	01:43:28		01:42:08
159	399	HERMINIO MARTINS	53	M5054	M	CCDT CM	01:43:29	2,3	01:43:26
160	88	DOMINGOS SILVA	53	M5054	M	AA GRIJO	01:43:31	2,3,L	01:43:31
161	1477	LUIS	51	M5054	M	E. T. ATLETICO	01:43:39		01:42:11
162	2012	ADERITO TEIXEIRA	53	M5054	M	C. Pessoal EDP -	01:43:40		01:42:49
163	829	MANUEL PINTO	51	M5054	M	INDIVIDUAL	01:43:47	L	01:43:47
164	1666	ALIPIO LOPES	51	M5054	M	INDIVIDUAL	01:43:50		01:43:18
165	482	JOSE MOTA	52	M5054	M	SOARENSE	01:44:05	3	01:42:34
166	110	CARLOS COELHO	50	M5054	M	GA MONSANTO	01:44:11	L	01:44:11

167	543	JOSE VIEIRA	52	M5054	M	GNR GUIMARÃES	01:44:18		01:43:50
168	714	JOSE ALMEIDA	50	M5054	M	INDIVIDUAL	01:44:19	L	01:44:19
169	642	MANUEL CUNHA	50	M5054	M	GINASIO S TIRSO	01:44:23	L	01:44:23
170	1843	BERNARDINO MARTINS	52	M5054	M	Freamunde	01:44:45		01:43:46
171	748	MANUEL PERDIGÃO	50	M5054	M	INDIVIDUAL	01:45:25		01:44:08
172	68	ARNALDO SILVA	54	M5054	M	BRAGUINHAS VA	01:45:35	2	01:44:35
173	526	SERAFIM SILVA	52	M5054	M	CIRAC	01:45:39		01:44:30
174	1836	VITOR AMARAL	53	M5054	M	Individual	01:45:39		01:44:04
175	200	MIGUEL SOUSA	51	M5054	M	SUNSETRUNNER	01:46:03		01:45:21
176	423	DOMINGOS SOARES	52	M5054	M	A QUINTAS	01:46:03		01:44:32
177	1749	PORFIRIO SILVA	52	M5054	M	Individual	01:46:13		01:46:00
178	1673	AMADEU TEIXEIRA	51	M5054	M	INDIVIDUAL	01:46:24		01:45:53
179	1188	FLORIANO ARANTES	50	M5054	M	LEÕES VENEZA	01:46:25	L	01:46:25
180	1630	GIL COSTA	51	M5054	M	A. R. VALDAGUA	01:46:27		01:45:28
181	524	MANUEL SILVA	52	M5054	M	CIRAC	01:46:36	L	01:46:36
182	297	ANTONIO LOPES	53	M5054	M	TUBARÕESESPIN	01:46:49		01:46:00
183	688	ANTONIO SOUTO	51	M5054	M	SMAS PORTO	01:47:01		01:46:19
184	1163	ANTONIO CALDAS	50	M5054	M	COLEGIO VIZELA	01:47:07	L	01:47:07
185	146	LUIS LIMA	53	M5054	M	TRANSPORTESLI	01:47:23		01:46:36
186	249	MANUEL SILVA	52	M5054	M	CALDAS S JORGE	01:48:27	2,L	01:48:27
187	449	RICARDO NETO	53	M5054	M	C ATLETISMO	01:48:44		01:48:32
188	177	HENRIQUE SILVA	54	M5054	M	FC PENAFIEL	01:48:49		01:48:25
189	685	ANTONIO BARBOSA	52	M5054	M	ATLETISMO	01:48:49	L	01:48:49
190	838	ANTONIO FERREIRA	50	M5054	M	INDIVIDUAL	01:48:53	L	01:48:53
191	1416	FERNANDO PEREIRA	52	M5054	M	INDIVIDUAL	01:48:57	3,L	01:48:57
192	926	JOSE PEREIRA	52	M5054	M	INDIVIDUAL	01:49:13	L	01:49:13
193	102	JORGE COSTA	50	M5054	M	CAFE PONTO	01:49:58		01:49:13
194	732	CARLOS RAMOS	53	M5054	M	INDIVIDUAL	01:50:07	3,L	01:50:07
195	12	ANTÓNIO SANTOS	53	M5054	M	AFIS/OVAR	01:50:11		01:48:45
196	943	PAULO VALENTE	50	M5054	M	INDIVIDUAL	01:50:23		01:50:12
197	850	EDUARDO BOLOTO	54	M5054	M	INDIVIDUAL	01:50:34		01:49:58
198	1174	DIAMANTINO CRUZ	53	M5054	M	GDR FIGUEIRAS	01:50:34		01:49:45
199	660	JULIO MOREIRA	50	M5054	M	CESARIOPIN LUX	01:50:45		01:49:47
200	1502	QUIRINO	50	M5054	M	TURISTAS	01:50:47		01:49:33
201	1264	MANUEL BRANDÃO	52	M5054	M	OS KÁGADOS	01:51:08		01:49:33
202	404	CANDIDO PITTA	52	M5054	M	GDCTE NAVAIS	01:51:13		01:50:38
203	405	MANUEL PEREIRA	54	M5054	M	GDCTE NAVAIS	01:51:13		01:50:39
204	81	ANTONIO FERNANDES	53	M5054	M	AA GRIJO	01:51:20	L	01:51:20
205	1114	ANTONIO GONÇALVES	50	M5054	M	OS TUGAS	01:51:51		01:50:28
206	937	AMILCAR COSTA	50	M5054	M	INDIVIDUAL	01:51:54		01:51:46
207	1445	ANTONIO CANELHAS	50	M5054	M	INDIVIDUAL	01:52:27		01:51:37
208	1586	MANUEL SOARES	52	M5054	M	INDIVIDUAL	01:52:33		01:52:03
209	1859	FERNANDO PINTO	52	M5054	M	Individual	01:53:39		01:52:48

210	218	ANTONIO FIGUEIREDO	53	M5054	M	VETERANOSTEIX	01:53:48		01:53:17
211	295	RAUL FERREIRA	53	M5054	M	RAINHA	01:53:57		01:53:05
212	203	JOÃO CARMO	51	M5054	M	SUNSETRUNNER	01:54:34	L	01:54:34
213	1284	ANIBAL ALMEIDA	51	M5054	M	OS KÁGADOS	01:54:50	L	01:54:50
214	483	FERNANDO ANTUNES	54	M5054	M	SOARENSE	01:54:51		01:54:36
215	1808	JOSE RATO	53	M5054	M	CCRD Burinhosa	01:54:53		01:53:52
216	1092	FERNANDO SANTOS	50	M5054	M	EPRVS	01:55:00		01:53:43
217	187	EDMUNDO GUEDES	54	M5054	M	NA CUCUJÃES	01:55:37		01:55:01
218	902	JUVENAL MAGUETA	50	M5054	M	INDIVIDUAL	01:55:43	L	01:55:43
219	707	ABILIO ALVES	50	M5054	M	INDIVIDUAL	01:55:46		01:55:12
220	403	LAURO MARTINS	53	M5054	M	GDCTE NAVAIS	01:56:27		01:55:51
221	436	JOAQUIM MARTINS	51	M5054	M	EC AVIAÇÃO FC	01:56:40	L	01:56:40
222	571	PAULO ROCHA	52	M5054	M	VETERANOS	01:56:43		01:56:16
223	1795	LUIS PEREIRA	53	M5054	M	Ferreirolux Lda	01:56:52		01:56:33
224	927	FERNANDO RESENDE	50	M5054	M	INDIVIDUAL	01:57:55		01:56:15
225	1910	ANTONIO ALMEIDA	54	M5054	M	Dream Team A.	01:58:12		01:56:30
226	612	ANTONIO BRANDÃO	53	M5054	M	CGDOVAR	01:58:17		01:57:17
227	1299	FRANCISCO MONTEIRO	51	M5054	M	PAVROLANTE	01:58:19	L	01:58:19
228	521	ADAO PINHO	50	M5054	M	CIRAC	01:58:39		01:57:30
229	1004	JORGE CERQUEIRA	54	M5054	M	ASSOCIAÇÃO	01:59:13	L	01:59:13
230	361	ALVARO MESQUITA	50	M5054	M	AD RIO LARGO	01:59:22		01:58:57
231	680	ARMANDO DELGADO	54	M5054	M	UNIVERSIDADE	02:00:11		02:00:05
232	653	FERNANDO SANTOS	50	M5054	M	ATLETISMO	02:01:10	3	01:59:26
233	257	JOÃO OLIVEIRA	54	M5054	M	CALDAS S JORGE	02:01:46	L	02:01:46
234	1975	LUIS FERNANDO	54	M5054	M	Individual	02:01:49	L	02:01:49
235	1725	GUSTAVO CALDAS	50	M5054	M	Individual	02:02:04		02:01:06
236	1298	HENRIQUE SILVA	51	M5054	M	PAVROLANTE	02:02:14	L	02:02:14
237	369	EDUARDO PASSOS	54	M5054	M	AD RIO LARGO	02:02:32		02:01:53
238	573	AUGUSTO PINTO	52	M5054	M	VETERANOS	02:03:03		02:02:36
239	356	RUI VILAR	51	M5054	M	PORTORUNNERS	02:03:18	L	02:03:18
240	1721	HERLANDER MARQUES	52	M5054	M	Individual	02:03:25		02:02:04
241	2019	ANTÓNIO GRAÇA	54	M5054	M	Individual	02:04:20	L	02:04:20
242	1463	JOAQUIM CARVALHO	51	M5054	M	OS LARANJINHAS	02:04:57		02:04:18
243	56	RUI OLIVEIRA	50	M5054	M	BRAGUINHAS VA	02:05:29	L	02:05:29
244	1631	ARMINIO SOUSA	54	M5054	M	A. R. VALDAGUA	02:06:00		02:04:57
245	1756	BRANCO LIMA	52	M5054	M	Individual	02:06:21		02:04:37
246	1074	ALTAMIRO TEIXEIRA	51	M5054	M	OS CACHOS	02:07:19		02:05:48
247	578	JOSE FARIA	53	M5054	M	FERREIRO LUX	02:07:54	L	02:07:54
248	1295	ANTONIO AMORIM	54	M5054	M	MILLENNIUMBCP	02:08:46		02:08:09
249	323	FERNANDO ROCHA	52	M5054	M	PORTORUNNERS	02:08:48	L	02:08:48
250	1731	MANUEL DIAS	50	M5054	M	Individual	02:14:56	L	02:14:56

## VETERANO IV de 55 até 59 anos

Coloc.	Num.	Atleta	Id.	Fx.Et.	Sx.	C	SC	Clube	Tempo	Líquido
1	1340	CASIMIRO GALHARDO	56	M5559	M			AR ESTRELA SUL	01:14:09	01:14:06
2	478	HERNANI AMARAL	58	M5559	M			ROYALSCHOOL	01:15:34 2,3	01:13:29
3	1341	MANUEL DOURADO	55	M5559	M			AR ESTRELA SUL	01:19:50 2,3	01:19:43
4	1503	HILARIO GARIM	55	M5559	M			TURISTAS	01:20:14	01:19:57
5	167	ANTONIO SILVA	57	M5559	M			CS GONDAR	01:21:10 L	01:21:10
6	308	CARLOS FRIAS	55	M5559	M			LEÕES GUARDA	01:23:27	01:23:22
7	67	DANIEL ANTUNES	58	M5559	M			BRAGUINHAS VA	01:23:35 2,L	01:23:35
8	559	JOAQUIM RIBEIRO	56	M5559	M			BAIRRO	01:25:28 L	01:25:28
9	1591	JOAQUIM GODINHO	57	M5559	M			GD 3 SANTOS	01:25:53 L	01:25:53
10	398	AUGUSTO PEREIRA	56	M5559	M			CCDT CM	01:27:11 3	01:27:07
11	17	EDUARDO RESENDE	59	M5559	M			AFIS/OVAR	01:27:22	01:27:19
12	597	MANUEL SOUSA	55	M5559	M			FUNDOVILA	01:27:50	01:27:39
13	1047	FERNANDO PEREIRA	56	M5559	M			DASDIKES	01:28:07	01:27:50
14	773	JOÃO VILAÇA	59	M5559	M			INDIVIDUAL	01:29:18 L	01:29:18
15	152	AUGUSTO DOURADO	55	M5559	M			CASAPIRES	01:29:31 L	01:29:31
16	1055	ALBERTO GRAÇA	57	M5559	M			UNIAO TOMAR	01:29:58	01:29:33
17	1238	JOAQUIM COSTA	55	M5559	M			CA OVAR	01:30:11	01:30:06
18	795	ANTONIO OLIVEIRA	58	M5559	M			INDIVIDUAL	01:30:39	01:30:30
19	1232	ANTONIO SA	58	M5559	M			CA OVAR	01:30:47	01:30:43
20	159	MANUEL FERREIRA	55	M5559	M			C CAMPISMO S J	01:31:03	01:30:53
21	1486	JOSE GOMES	58	M5559	M			GREBONFIM	01:32:14 2	01:31:24
22	1021	JOSE MACHADO	56	M5559	M			AMARANTE	01:32:16 L	01:32:16
23	310	LEOPOLDO FERNANDES	56	M5559	M			LEÕES GUARDA	01:32:44 L	01:32:44
24	1385	CONSTANTINO VIEIRA	59	M5559	M			OS FALTA DE AR	01:33:00 2,3,L	01:33:00
25	153	ANTONIO CRUZ	56	M5559	M			PTAVEIRO	01:33:01	01:32:41
26	1226	ANTONIO MOREIRA	55	M5559	M			MAIA ATLETICO	01:33:06 L	01:33:06
27	484	MANUEL SILVA	55	M5559	M			SOARENSE	01:33:29 2,3	01:31:11
28	26	JOSE MOREIRA SILVA	56	M5559	M			AFIS/OVAR	01:33:34 L	01:33:34
29	55	AMERICO FERREIRA	59	M5559	M			BRAGUINHAS VA	01:33:38	01:32:09
30	1173	LEONEL RODRIGUES	57	M5559	M			GDR FIGUEIRAS	01:33:43	01:33:27
31	1233	ANTONIO BRANCO	57	M5559	M			CA OVAR	01:33:45 L	01:33:45
32	54	MANUEL DIAS	56	M5559	M			BRAGUINHAS VA	01:34:21	01:34:11
33	1211	ANTONIO MOTA	58	M5559	M			ROMPE SOLAS	01:34:29 3	01:34:01
34	65	ANTONIO RODRIGUES	55	M5559	M			BRAGUINHAS VA	01:34:52	01:34:30
35	1326	FERNANDO OLIVEIRA	56	M5559	M			CC FELGUEIRAS	01:35:21	01:34:53
36	981	DOMINGOS TELES	59	M5559	M			ARVOR	01:35:57 L	01:35:57
37	506	VITOR PARREIRA	58	M5559	M			CABARREIRA	01:36:11 L	01:36:11

38	1274	MANUEL RIBEIRO	56	M5559	M	OS KÁGADOS	01:36:42	01:36:23
39	651	ADRIANO QUEIROZ	59	M5559	M	ATLETISMO	01:37:37	01:36:38
40	62	FERNANDO SOUTO	57	M5559	M	BRAGUINHAS VA	01:37:46	01:36:16
41	97	LUIS SILVA	55	M5559	M	GD AIRÃO	01:38:26	01:38:21
42	1285	MANUEL OLIVEIRA	58	M5559	M	OS KÁGADOS	01:38:28	01:37:24
43	1577	ANTONIO PEREIRA	57	M5559	M	CLUBE DESP	01:38:35	01:38:11
44	984	MARQUES VIEIRA	56	M5559	M	ARSENAL	01:38:42	L 01:38:42
45	717	MIGUEL CAMPOS	56	M5559	M	INDIVIDUAL	01:39:01	L 01:39:01
46	983	AMANDIO SOARES	57	M5559	M	ARSENAL	01:39:17	01:38:38
47	1362	CARLOS OLIVEIRA	56	M5559	M	SS S.J.MADEIRA	01:39:57	01:38:47
48	530	MANUEL FERREIRA	58	M5559	M	CIRAC	01:39:59	L 01:39:59
49	1981	MANUEL SANTOS	58	M5559	M	C. I. de Argoncilhe	01:41:10	01:40:53
50	59	FERNANDO ALCAIDE	57	M5559	M	BRAGUINHAS VA	01:41:31	L 01:41:31
51	66	ADOLFO SILVA	58	M5559	M	BRAGUINHAS VA	01:41:31	L 01:41:31
52	500	JOSE AGOSTINHO	57	M5559	M	CABARREIRA	01:41:56	01:40:26
53	370	FERNANDO COUTO	56	M5559	M	AD RIO LARGO	01:41:58	L 01:41:58
54	303	JOSE TEIXEIRA	56	M5559	M	CENAP	01:42:11	L 01:42:11
55	459	ANTONIO SILVA	57	M5559	M	RENAULTCACIA	01:42:21	01:41:01
56	839	LUIS PEREIRA	57	M5559	M	INDIVIDUAL	01:42:27	2,3 01:41:25
57	1906	MANUEL GOMES	57	M5559	M	A. D. R. Aguas	01:43:02	01:42:47
58	1787	JOSE VIEIRA	57	M5559	M	MAIA A CLUBE	01:43:07	L 01:43:07
59	1514	JOSE CRUZ	59	M5559	M	NAT	01:43:15	01:42:34
60	910	NARCISO ARROMBA	57	M5559	M	INDIVIDUAL	01:43:16	01:43:08
61	44	MARIO CONDE	57	M5559	M	AFIS/OVAR	01:44:01	01:43:46
62	1006	OSVALDO TEIXEIRA	56	M5559	M	ASSOCIAÇÃO	01:44:02	01:43:13
63	1159	JOSE BARBOSA	57	M5559	M	CLUBE AGUAS	01:44:07	01:42:53
64	452	ERNESTO SILVA	59	M5559	M	OSSILVAS	01:45:01	01:43:23
65	663	CARMINDO PINHO	56	M5559	M	CESARIOPIN LUX	01:45:03	01:43:37
66	650	ARMENIO FERREIRA	55	M5559	M	ATLETISMO	01:45:05	L 01:45:05
67	1005	CARLOS MACEDO	56	M5559	M	ASSOCIAÇÃO	01:45:15	L 01:45:15
68	1185	CARLOS PEREIRA	59	M5559	M	LEÕES VENEZA	01:45:25	01:44:40
69	1754	MARTINHO PACHECO	57	M5559	M	Individual	01:45:31	01:43:55
70	428	ANTONIO MOTA	55	M5559	M	A QUINTAS	01:45:32	01:44:28
71	1307	VITOR ANTUNES	56	M5559	M	VETERANOS LIS	01:45:40	L 01:45:40
72	921	JOSE SOUSA	57	M5559	M	INDIVIDUAL	01:46:57	L 01:46:57
73	849	ALVARO ROLO	58	M5559	M	INDIVIDUAL	01:47:07	01:46:31
74	96	JOSE COSTA	58	M5559	M	GD AIRÃO	01:47:51	01:46:19
75	531	JOSE RIBEIRO	59	M5559	M	CIRAC	01:47:56	01:46:45
76	542	JOSE FREITAS	58	M5559	M	GNR GUIMARÃES	01:48:00	L 01:48:00
77	63	MANUEL GONÇALVES	57	M5559	M	BRAGUINHAS VA	01:48:06	01:46:37
78	2074	MANUEL ROCHA	58	M5559	M	Clinica Dentária de	01:48:43	01:47:24
79	334	JORGE GONÇALVES	55	M5559	M	PORTORUNNERS	01:48:45	01:48:33
80	443	MANUEL CRUZ	57	M5559	M	SC CRUZ	01:48:57	01:48:24

81	620	CANDIDO ROCHA	57	M5559	M	INDEPENDENTES	01:49:00		01:47:40
82	665	ARMANDO FRANÇA	58	M5559	M	ATLETISMO	01:49:00		01:48:50
83	1182	FERNANDO RIBEIRO	59	M5559	M	LEÕES VENEZA	01:50:10	L	01:50:10
84	987	JOSE ROCHA	55	M5559	M	BARRIGAS	01:50:12	2,3	01:49:20
85	1570	ALBERTO SÁ	59	M5559	M	TURBO-LENTOS	01:50:15		01:49:06
86	1305	AMERICO SANTOS	57	M5559	M	VETERANOS LIS	01:50:30		01:49:46
87	494	CARLOS CARNEIRO	57	M5559	M	MAIA ATLETICO	01:50:38		01:50:22
88	1500	ANTONIO GOMES	55	M5559	M	TURISTAS	01:50:59		01:50:09
89	1273	MANUEL JOAQUIM	58	M5559	M	OS KÁGADOS	01:51:08	L	01:51:08
90	1531	ANTONIO ARAUJO	57	M5559	M	G. D. DO	01:51:34	L	01:51:34
91	1206	VIRGILIO PALMEIRO	56	M5559	M	ROMPE SOLAS	01:52:26	L	01:52:26
92	1567	EURICO PATATAS	58	M5559	M	INDIVIDUAL	01:52:34		01:52:08
93	120	MANUEL PINTO	56	M5559	M	ACREFA	01:53:07		01:51:43
94	123	SERAFIM FONSECA	57	M5559	M	OSAMIGOS SP	01:53:33		01:52:35
95	1186	BENJAMIM KINBUELAS	58	M5559	M	LEÕES VENEZA	01:53:34		01:52:43
96	1181	MARIO MIRANDA	58	M5559	M	LEÕES VENEZA	01:54:07		01:53:15
97	681	ALCINO COUTINHO	55	M5559	M	UNIVERSIDADE	01:54:14	L	01:54:14
98	759	ALFREDO SANTOS	57	M5559	M	INDIVIDUAL	01:54:20		01:53:52
99	1614	TOME SEABRA	58	M5559	M	ADEC-MS	01:56:39	L	01:56:39
100	585	MANUEL BRITO	56	M5559	M	FERREIRO LUX	01:56:48		01:56:28
101	1527	ALBANO BRAGA	55	M5559	M	INDIVIDUAL	01:57:20	L	01:57:20
102	636	CARLOS COSTA	55	M5559	M	GINASIO S TIRSO	01:57:29		01:56:50
103	1909	HERMINIO SILVA	57	M5559	M	Dream Team A.	01:58:13		01:56:31
104	967	CANDIDO LEODORO	55	M5559	M	INDIVIDUAL	01:58:14	L	01:58:14
105	219	ANTONIO PAIS	55	M5559	M	VETERANOSTEIX	01:58:29		01:57:19
106	1468	LUIS BILAU	58	M5559	M	SS CGD	01:58:42		01:57:23
107	462	AFONSO MOURA	55	M5559	M	CLUBEPT	01:58:47	2,3,L	01:58:47
108	1501	JOSE PEIXOTO	58	M5559	M	TURISTAS	01:58:53		01:58:05
109	111	FRANCISCO PINHEIRO	56	M5559	M	GA MONSANTO	01:59:31	L	01:59:31
110	206	ANTONIO SILVA	58	M5559	M	A PARQUE	01:59:44		01:58:22
111	561	HENRIQUE GONÇALVES	56	M5559	M	VETERANOS	01:59:45		01:59:03
112	529	LAUREANO COSTA	56	M5559	M	CIRAC	02:01:07	L	02:01:07
113	527	JOAQUIM OLIVEIRA	55	M5559	M	CIRAC	02:01:08		01:59:46
114	116	ARMANDO CONCEIÇÃO	59	M5559	M	C BENFICA	02:01:33		02:00:41
115	1573	JOÃO MARQUES	58	M5559	M	TURBO-LENTOS	02:02:09		02:00:25
116	413	ANTONIO CARLOS	59	M5559	M	OS RIBEIRINHOS	02:02:18		02:00:39
117	493	AGOSTINHO SANTOS	57	M5559	M	MAIA ATLETICO	02:02:19		02:01:28
118	1378	CARLOS ALFAIATE	58	M5559	M	C BENFICA	02:02:42		02:01:37
119	936	FRANCISCO LIMA	59	M5559	M	INDIVIDUAL	02:02:51		02:02:34
120	737	ALFREDO FERREIRA	58	M5559	M	INDIVIDUAL	02:02:59		02:01:20
121	1253	JORGE DIAS	59	M5559	M	INDIVIDUAL	02:03:52		02:02:11
122	1757	DOMINGOS BORGES	56	M5559	M	Individual	02:03:54		02:02:18
123	562	MANUEL DIAS	57	M5559	M	VETERANOS	02:04:02	L	02:04:02

124	164	ABILIO ABREU	56	M5559	M	CS GONDAR	02:04:49	02:04:13
125	84	JORGE VIEIRA	57	M5559	M	AA GRIJO	02:05:05	02:04:10
126	108	ANTONIO REYES	57	M5559	M	GA MONSANTO	02:05:28 L	02:05:28
127	945	JOSE RAMALHÃO	58	M5559	M	INDIVIDUAL	02:05:35	02:04:20
128	1471	ANTONIO MOÇO	55	M5559	M	G. D. PESSOAL	02:06:00	02:04:38
129	859	HENRIQUE VILHENA	55	M5559	M	INDIVIDUAL	02:06:38	02:05:56
130	2013	ARMANDO PENEDA	57	M5559	M	C. Pessoal EDP -	02:06:49	02:06:42
131	682	MANUEL PEREIRA	57	M5559	M	UNIVERSIDADE	02:07:15	02:05:40
132	577	AMADEU FERREIRA	56	M5559	M	FERREIRO LUX	02:07:54	02:07:03
133	1007	JAIME PEREIRA	56	M5559	M	ASSOCIAÇÃO	02:08:10	02:07:42
134	1924	CASIMIRO FERNANDES	55	M5559	M	Vitoria SC	02:08:15 L	02:08:15
135	373	JOSE FERNANDES	59	M5559	M	AD RIO LARGO	02:09:05	02:08:44
136	1982	JOSE FERREIRA	58	M5559	M	Individual	02:11:14 L	02:11:14
137	776	JOAQUIM AFONSO	58	M5559	M	INDIVIDUAL	02:13:03	02:11:52
138	220	JAIME SECO	57	M5559	M	VETERANOSTEIX	02:13:06 L	02:13:06
139	986	CASIMIRO FERNANDES	55	M5559	M	BARRIGAS	02:13:30	02:12:41
140	340	MANUEL RIBEIRO	57	M5559	M	PORTORUNNERS	02:13:54 3	02:13:28
141	914	JOSE AMORIM	57	M5559	M	INDIVIDUAL	02:14:07	02:13:21
142	1961	JOSE SAMPAIO	59	M5559	M	Individual	02:14:52	02:13:35
143	536	GERMANO PAIVA	57	M5559	M	GDC GUILHOVAI	02:15:34	02:14:48
144	528	ROGERIO SILVA	55	M5559	M	CIRAC	02:15:37	02:14:50
145	1864	MARIO SILVA	55	M5559	M	Individual	02:16:16	02:15:09
146	1610	ALBINO COSTA	58	M5559	M	ADEC-MS	02:16:31	02:15:10
147	1766	JOSE FIGUEIREDO	55	M5559	M	A. A. P. Infante D.	02:20:12	02:18:38
148	1771	DUARTE SA	58	M5559	M	N. Atletismo de	02:26:39	02:25:44
149	307	ABREU	59	M5559	M	VETERANOS	02:36:21	02:34:48

## VETERANO V de 60 até 99 anos

Coloc.	Num.	Atleta	Id.	Fx.Et.	Sx.	C	SC	Clube	Tempo	Líquido
1	1837	ADÃO REIS	62	M6099	M			G. D. C. Guilhovai	01:22:07	01:22:03
2	1942	JOSE BORGES	61	M6099	M			A. R. Estrela Sul	01:24:10 L	01:24:10
3	1714	MANUEL S.PAIVA	61	M6099	M			AFIS/OVAR	01:26:47	01:26:40
4	453	JOAQUIM ALMEIDA	62	M6099	M			OSSILVAS	01:27:49	01:27:38
5	1105	JOAQUIM FREITAS	66	M6099	M			A MONTE	01:28:41 2	01:28:03
6	1107	ARTUR MONTEIRO	63	M6099	M			A MONTE	01:28:41 2	01:28:01
7	1189	ANTONIO SILVA	60	M6099	M			LEÕES VENEZA	01:29:53 L	01:29:53
8	802	ARMANDO TEIXEIRA	60	M6099	M			INDIVIDUAL	01:30:01 2,3	01:28:33
9	322	FERNANDO MELO	62	M6099	M			PORTORUNNERS	01:30:11 2,3	01:29:49
10	1794	ARMANDO BRITES	66	M6099	M			DAR - Recardães	01:30:34 2,3,L	01:30:34
11	637	DOMINGOS FONSECA	72	M6099	M			GINASIO S TIRSO	01:31:12 2,3	01:28:53
12	160	MANUEL DIAS	61	M6099	M			C CAMPISMO S J	01:31:20	01:31:06
13	1254	JOAQUIM PINHEL	61	M6099	M			INDIVIDUAL	01:31:37	01:31:11
14	601	VASCO MICAEL	64	M6099	M			RECARDÃES	01:32:05 L	01:32:05
15	1309	JOSE GABIEL	62	M6099	M			VETERANOS LIS	01:33:37	01:33:34
16	975	ANTONIO TAVARES	60	M6099	M			INDIVIDUAL	01:34:19 L	01:34:19
17	1684	JOSE FERNANDES	60	M6099	M			CASA BENFICA	01:34:52	01:34:32
18	427	ARMANDO MACEDO	66	M6099	M			A QUINTAS	01:35:25	01:35:09
19	290	JOSE CASTRO	63	M6099	M			GD SPAIO	01:36:47 L	01:36:47
20	1984	OSCAR LOUREIRO	71	M6099	M			Os Loureiros	01:37:05 L	01:37:05
21	623	ANTONIO PEREIRA	62	M6099	M			ADAMARANTE	01:37:17 L	01:37:17
22	602	MANUEL BARREIRA	60	M6099	M			RECARDÃES	01:37:42	01:37:27
23	1255	JOAQUIM COSTA	74	M6099	M			INDIVIDUAL	01:37:46 L	01:37:46
24	1286	MANUEL ROCHA	63	M6099	M			OS KÁGADOS	01:38:06 L	01:38:06
25	560	EDUARDO PAQUETE	62	M6099	M			BAIRRO	01:38:25	01:38:04
26	976	CARLOS LEITE	67	M6099	M			AC RIBEIRA	01:38:37	01:37:22
27	409	JOÃO SOARES	67	M6099	M			OS RIBEIRINHOS	01:38:53 2	01:37:42
28	463	SERAFIM MARTINS	60	M6099	M			CLUBEPT	01:39:37	01:39:27
29	668	FERNANDO LUIS	62	M6099	M			ATLETISMO	01:40:25 L	01:40:25
30	20	FERNANDO SANTOS	68	M6099	M			AFIS/OVAR	01:40:27	01:40:04
31	492	ARTUR FREITAS	61	M6099	M			MAIA ATLETICO	01:40:50	01:40:34
32	599	VICTOR CAMPOS	60	M6099	M			RECARDÃES	01:41:19	01:40:31
33	16	CARLOS SANZALA	61	M6099	M			AFIS/OVAR	01:41:40	01:40:25
34	694	ANTONIO GUEDES	62	M6099	M			INDIVIDUAL	01:42:16 L	01:42:16
35	621	LUIS ABREU	63	M6099	M			INDEPENDENTES	01:43:03	01:42:10
36	1576	JOAQUIM SOUSA	60	M6099	M			CLUBE DESP	01:43:32 L	01:43:32
37	1792	HENRIQUE PESTANA	65	M6099	M			GDR JUV	01:43:47 L	01:43:47

38	1812	ADELINO DURÃO	63	M6099	M	Elit Club	01:44:01		01:43:39
39	677	JOAQUIM SILVA	63	M6099	M	CA MATOSINHOS	01:44:02	L	01:44:02
40	678	MANUEL CANARIO	63	M6099	M	CA MATOSINHOS	01:44:03		01:43:13
41	683	CARLOS CORINO	66	M6099	M	UNIVERSIDADE	01:44:32	L	01:44:32
42	1356	ANTONIO MESQUITA	65	M6099	M	PORTORUNNERS	01:44:51	L	01:44:51
43	304	JOAQUIM AMIEIRO	60	M6099	M	CENAP	01:45:10		01:44:27
44	1187	A. LOURENÇO	60	M6099	M	LEÕES VENEZA	01:45:25	L	01:45:25
45	933	ANTONIO MATOS	63	M6099	M	INDIVIDUAL	01:45:33		01:45:19
46	1770	JOSE CORREIA	64	M6099	M	G. D. Leões do	01:45:35	2,3,L	01:45:35
47	1488	JOAQUIM PEREIRA	60	M6099	M	GREBONFIM	01:45:37	L	01:45:37
48	275	LUCIDIO DIAS	63	M6099	M	CF UNIÃO LAMAS	01:46:44		01:45:28
49	1297	TACITO LARANJEIRA	63	M6099	M	PAVROLANTE	01:47:00	2	01:45:32
50	252	ABEL SANTOS	64	M6099	M	CALDAS S JORGE	01:47:16		01:46:41
51	1538	DELFINO GUEDES	67	M6099	M	CLUBE GBES	01:47:36	L	01:47:36
52	1183	JOSE ABREU	66	M6099	M	LEÕES VENEZA	01:47:42		01:47:30
53	942	CUSTODIO NETO	63	M6099	M	INDIVIDUAL	01:47:52		01:47:28
54	411	HENRIQUE CONCEIÇÃO	61	M6099	M	OS RIBEIRINHOS	01:48:29		01:47:24
55	716	ARMANDO SILVA	61	M6099	M	INDIVIDUAL	01:48:40		01:47:17
56	684	MANUEL CARTAXO	72	M6099	M	UNIVERSIDADE	01:48:54		01:48:45
57	271	JOAQUIM SOUSA	61	M6099	M	CF UNIÃO LAMAS	01:49:23		01:48:54
58	1289	REINALDO MARTINS	62	M6099	M	OS KÁGADOS	01:49:25	2,3,L	01:49:25
59	306	ALMEIDA	61	M6099	M	VETERANOS	01:49:36	L	01:49:36
60	985	MANUEL BATALHA	65	M6099	M	BARRIGAS	01:49:52	2,3	01:48:59
61	1875	JOSE SILVA	62	M6099	M	Individual	01:50:16	3	01:50:07
62	1633	CARLOS SILVA	61	M6099	M	TUBARÕES	01:50:33		01:49:40
63	1151	ELOI SILVA	60	M6099	M	CLUBE STRESS	01:50:36	L	01:50:36
64	600	ARLINDO SANTOS	63	M6099	M	RECARDÃES	01:50:45		01:49:30
65	400	AVELINO PEREIRA	66	M6099	M	CCDT CM	01:51:40	L	01:51:40
66	212	JORGE LOUREIRO	62	M6099	M	CAVE	01:52:10		01:51:17
67	1215	MANUEL LEITÃO	61	M6099	M	CYCLONESSANIT	01:52:16		01:50:54
68	995	MANUEL MATOS	60	M6099	M	MOREIRENSE	01:53:36		01:52:28
69	1423	ALBERTO MELO	67	M6099	M	INDIVIDUAL	01:53:48		01:52:41
70	747	ALBERTO TAVARES	71	M6099	M	INDIVIDUAL	01:53:50	2,3	01:52:13
71	293	ALBINO OLIVEIRA	61	M6099	M	RAINHA	01:54:17	L	01:54:17
72	1266	BELMIRO AGUIAR	67	M6099	M	OS KÁGADOS	01:54:30		01:53:14
73	1499	EDUARDO PEREIRA	62	M6099	M	TURISTAS	01:54:39		01:53:52
74	1632	MARIO VILARINHO	63	M6099	M	INDIVIDUAL	01:55:53	L	01:55:53
75	1247	VITORINO PEREIRA	69	M6099	M	CA OVAR	01:55:56		01:55:41
76	1460	LUCRECIO DIAS	75	M6099	M	CLAC -	01:56:13		01:55:45
77	292	MARTINHO PEREIRA	64	M6099	M	RAINHA	01:56:17		01:55:25
78	42	MANUEL RILHO	66	M6099	M	AFIS/OVAR	01:56:22		01:56:09
79	465	FERNANDO SOARES	71	M6099	M	CLUBEPT	01:56:41		01:56:22
80	1087	JOAQUIM CRUZ	62	M6099	M	C BENFICA A M	01:57:20		01:56:15

81	638	EDUARDO MALHEIRO	65	M6099	M	GINASIO S TIRSO	01:57:29		01:56:49
82	1747	JOAQUIM BARROSO	69	M6099	M	Individual	01:57:37	L	01:57:37
83	1730	ARNALDO LOURENÇO	61	M6099	M	Individual	01:57:54		01:57:11
84	565	ANTONIO DUARTE	64	M6099	M	VETERANOS	01:57:57		01:57:15
85	982	AMERICO LEITE	62	M6099	M	ARVOR	01:58:04	3	01:57:20
86	25	JORGE PINA PINTO	67	M6099	M	AFIS/OVAR	01:58:08		01:57:42
87	1530	AFONSO MACEDO	65	M6099	M	CLUVE	01:58:16		01:57:34
88	532	MANUEL NEIVA	62	M6099	M	CIRAC	01:58:46	L	01:58:46
89	564	LIDIO FREITAS	68	M6099	M	VETERANOS	01:58:59	L	01:58:59
90	1571	FERNANDO MARINHO	60	M6099	M	TURBO-LENTOS	01:59:11	L	01:59:11
91	1574	JOSE CARNEIRO	60	M6099	M	TURBO-LENTOS	01:59:12		01:57:37
92	1210	MANUEL SILVA	60	M6099	M	ROMPE SOLAS	02:00:02	L	02:00:02
93	1568	LINO ALVES	60	M6099	M	INDIVIDUAL	02:00:17		01:58:36
94	1256	MANUEL EMIDIO	60	M6099	M	INDIVIDUAL	02:01:13		02:00:00
95	1436	ANTONIO CRESPIM	70	M6099	M	INDIVIDUAL	02:01:36		02:00:36
96	294	JOSE AZEVEDO	60	M6099	M	RAINHA	02:01:38		02:00:29
97	134	JOSE MAGALHÃES	63	M6099	M	CIA	02:01:45	L	02:01:45
98	1434	AMILCAR OLIVEIRA	72	M6099	M	INDIVIDUAL	02:02:06	L	02:02:06
99	1389	MANUEL PINTO	67	M6099	M	OS FALTA DE AR	02:02:27		02:01:45
100	1379	HÉLIO GODINHO	61	M6099	M	C BENFICA	02:02:30		02:02:05
101	903	DELFIN SANTOS	61	M6099	M	INDIVIDUAL	02:02:41		02:01:24
102	743	EDUARDO RODRIGUES	66	M6099	M	INDIVIDUAL	02:02:59	2,L	02:02:59
103	269	ERNESTO CARVALHO	60	M6099	M	CF UNIÃO LAMAS	02:03:09	L	02:03:09
104	1263	ADELINO SILVA	63	M6099	M	OS KÁGADOS	02:03:25		02:01:47
105	930	DARIO BRAGA	60	M6099	M	INDIVIDUAL	02:03:35	L	02:03:35
106	1088	MARIO LAMEIRÃO	63	M6099	M	C BENFICA A M	02:04:41		02:04:33
107	85	MANUEL COUTO	64	M6099	M	AA GRIJO	02:05:05	L	02:05:05
108	959	FERNANDO COSTA	67	M6099	M	INDIVIDUAL	02:05:27		02:04:36
109	464	MANUEL CARNEIRO	68	M6099	M	CLUBEPT	02:06:51	L	02:06:51
110	1334	AUSPICIO FERNANDES	69	M6099	M	GD SANTANDER	02:07:24		02:06:22
111	445	COELHO FERREIRA	71	M6099	M	GDBANCOPORTU	02:07:48		02:06:41
112	855	AVELINO FAMILIAR	67	M6099	M	INDIVIDUAL	02:07:54		02:07:06
113	749	CARLOS BRUM	61	M6099	M	INDIVIDUAL	02:08:46		02:07:28
114	679	FERNANDO CANARIO	69	M6099	M	CA MATOSINHOS	02:09:58		02:08:50
115	83	VICTOR SOUSA	60	M6099	M	AA GRIJO	02:11:13		02:10:20
116	2094	JOAO MARQUES	62	M6099	M	Individual	02:12:34	L	02:12:34
117	696	MARIO FERNANDES	65	M6099	M	INDIVIDUAL	02:13:46	3	02:12:56
118	964	JEAN MARTIN	65	M6099	M	INDIVIDUAL	02:13:49		02:13:07
119	720	ANTONIO MARTA	74	M6099	M	INDIVIDUAL	02:13:53	3	02:12:43
120	744	JOÃO CASTRO	65	M6099	M	INDIVIDUAL	02:14:42		02:13:08
121	1508	CARLOS SILVA	61	M6099	M	NAT	02:14:56		02:14:04
122	1588	JORGE OLIVEIRA	60	M6099	M	FERROVIARIO DE	02:16:40	L	02:16:40
123	2026	MANUEL MIEIRO	70	M6099	M	Liga dos	02:20:14		02:20:06

124	217	ANTONIO BATISTA	63	M6099	M	VETERANOSTEIX	02:22:25	L	02:22:25
125	913	JOAQUIM GERALDES	62	M6099	M	INDIVIDUAL	02:23:02		02:22:17
126	305	HERMINIO	64	M6099	M	VETERANOS	02:24:53	L	02:24:53
127	723	EDMUNDO SILVA	63	M6099	M	INDIVIDUAL	02:24:56		02:24:12
128	1077	AUGUSTO PINTO	66	M6099	M	OS KÁGADOS	02:26:07		02:25:12
129	221	JOÃO BARATA	75	M6099	M	VETERANOSTEIX	02:29:05	L	02:29:05
130	786	ANGELO MOREIRA	67	M6099	M	INDIVIDUAL	02:30:48		02:30:28
131	113	MIGUEL SILVA	67	M6099	M	GA MONSANTO	02:35:14		02:34:17
132	719	HENRIQUE INGLES	76	M6099	M	INDIVIDUAL	02:54:09	L	02:54:09

