

26ª MEIA MARATONA CIDADE OVAR - 05/10/2014

Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1	1	RUI PEDRO SILVA	M	33		01:05:53	01:05:51	SL BENFICA
2	2104	DANIEL PINHEIRO	M	31		01:06:11	01:06:09	MAIA AC
3	2091	JOSE MOREIRA	M	34		01:06:54	01:06:53	SL BENFICA
4	2105	RUI MUGA	M	30		01:07:00	01:06:58	GC BRAGANCA
5	7	PAULO GOMES	M	41		01:07:00	01:07:00	CUAB
6	2094	VITOR OLIVEIRA	M	33		01:08:11	01:08:10	MAIA AC
7	2150	CARLOS COSTA	M	28		01:08:32	01:08:30	CUAB
8	887	PEDRO CRUZ	M	32		01:08:43	01:08:42	GD J CRUZ & IRMÃOS
9	1768	Leonel Fernandes	M	27		01:08:52	01:08:50	CAO
10	2126	LUIS MENDES	M	24		01:08:52	01:08:51	SRA DESTERRO
11	2095	JOAO CRUZ	M	20		01:08:59	01:08:57	SL BENFICA
12	1610	GONÇALO JESUS	M	22		01:09:07	01:09:04	GIRA SOL/RAMOS CATARINO
13	86	HEITOR OLIVEIRA	M	32		01:09:08	01:09:06	CYCLONES
14	999	ANTÓNIO FERNANDES	M	47		01:09:10	01:09:09	ACR VALE DE CAMBRA
15	2100	AUGUSTO COSTA	M	44		01:09:24	01:09:23	NAT
16	1683	Antonio Rocha	M	22		01:09:32	01:09:31	ACR CAMBRA
17	2135	ARTUR RODRIGUES	M	39		01:10:08	01:10:08	CUAB
18	72	NUNO LOPES	M	27		01:10:20	01:10:20	CA SEIA
19	2032	JOSE FIGUEIREDO	M	46		01:10:41	01:10:39	GD RIBEIRINHOS
20	995	ANDRÉ ANICETO	M	28		01:10:46	01:10:45	ACR VALE DE CAMBRA
21	982	CARLOS VALENTE	M	44		01:10:50	01:10:47	NAVR
22	1307	ANTÓNIO MOREIRA	M	25		01:11:16	01:11:14	ADERCUS
23	997	TIAGO PINHO	M	26		01:11:59	01:11:57	ACR VALE DE CAMBRA
24	9	MANUEL FERREIRA	M	46		01:12:29	01:12:28	GDC GUILHOVAI
25	998	FILIPE FERREIRA	M	25		01:12:41	01:12:40	ACR VALE DE CAMBRA
26	1676	Vitor Almeida	M	44		01:13:07	01:13:07	Amigos da Montanha / Ferreirolux
27	2068	BALTAZAR SOUSA	M	45		01:13:12	01:13:11	BOAVISTA FC
28	1306	GIL FERREIRA	M	43		01:13:20	01:13:20	ADERCUS
29	74	LUIS MARTINS	M	21		01:13:26	01:13:26	CA SEIA
30	2	DULCE FELIX	F	31		01:13:31	01:13:30	SL BENFICA
31	1030	FERNANDO SANTOS	M	41		01:13:32	01:13:27	CP MANGUALDE
32	3	RICARDO RIBAS	M	36		01:13:36	01:13:35	SL BENFICA
33	882	AMÉRICO MOREIRA	M	25		01:13:48	01:13:45	CD PÓVOA
34	1349	SÉRGIO RODRIGUES	M	29		01:13:54	01:13:52	GRECAS VAGOS
35	401	CARLOS LOPES	M	33		01:13:59	01:13:54	GNR VILA REAL
36	650	JOAQUIM SILVA	M	52		01:14:15	01:14:12	CPT BAIRRO CARCAVELOS
37	1699	PAULO PEREIRA	M	37		01:14:20	01:14:19	NA CUCUJAES
38	522	JOÃO SÁ	M	34		01:14:28	01:14:27	CA FUNCHAL

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
39	2138	ADELINO FERNANDES	M	50		01:14:32	01:14:26	CYCLONES
40	922	ANGELO ARAÚJO	M	38		01:14:34	01:14:32	NA CUCUJÃES
41	1435	JOSÉ PIRES	M	26		01:14:39	01:14:35	DRAGÕES DO VALE DO VIZELA
42	233	FILIPE MARTINS	M	36		01:14:46	01:14:43	UDR ESTRELAS BONFIM
43	731	ORLANDO NEVES	M	43		01:15:03	01:15:01	INDIVIDUAL
44	2132	PEDRO PONTES	M	23		01:15:05	01:15:03	A POVOA
45	2002	MANUEL URBANO	M	46		01:15:10	01:15:08	GDC GUILHOVAI
46	2153	FERNANDO BARROS	M	39		01:15:12	01:15:10	INDIVIDUAL
47	73	PAULO MENDES	M	22		01:15:21	01:15:19	CA SEIA
48	1436	CARLOS MONTEIRO	M	41		01:15:21	01:15:09	DRAGÕES DO VALE DO VIZELA
49	5	NUNO COSTA	M	29		01:15:23	01:15:23	MAIA AC
50	996	BRUNO FREITAS	M	33		01:15:28	01:15:26	ACR VALE DE CAMBRA
51	2137	ROGERIO MARQUES	M	39		01:15:44	01:15:41	CYCLONES
52	886	JOAQUIM M J LOPES	M	50		01:15:44	01:15:28	PORTO RUNNERS
53	2151	ALEXANDRE CARAMES	M	40		01:15:49	01:15:47	INDIVIDUAL
54	2103	FILOMENA COSTA	F	29		01:15:51	01:15:50	JARDIM SERRA
55	1682	Adelino Oliveira	M	23		01:16:12	01:16:07	ACR CAMBRA
56	2154	VASCO BATISTA	M	39		01:16:16	01:16:14	INDIVIDUAL
57	1717	FERNANDO SILVA	M	45		01:16:19	01:16:15	
58	2127	PEDRO SILVA	M	20		01:16:28	01:16:28	MARATONA CP
59	643	CASIMIRO GALHARDO	M	58		01:16:29	01:16:27	CPT BAIRRO CARCAVELOS
60	6	MONICA SILVA	F	31		01:16:30	01:16:29	MARATONA CP
61	587	JOÃO CAVADAS	M	47		01:16:32	01:16:29	ADC ASTROMIL
62	2136	MIGUEL MAIA	M	34		01:16:34	01:16:31	CYCLONES
63	1310	PAULO MIGUEL	M	50		01:16:40	01:16:36	ADERCUS
64	1437	HÉLDER DOMINGOS	M	36		01:16:53	01:16:41	DRAGÕES DO VALE DO VIZELA
65	651	ULISSES LOPES	M	48		01:16:54	01:16:51	CPT BAIRRO CARCAVELOS
66	422	ROGÉRIO CAMPOS	M	46		01:16:54	01:16:50	CD FEIRENSE
67	778	PAULO PINTO	M	45		01:17:05	01:17:01	HERBALIFE
68	1771	Celso Leite	M	31		01:17:05	01:17:05	CAO
69	388	PEDRO TERRA	M	55		01:17:13	01:17:11	CC S JOÃO MADEIRA
70	2009	FERNANDO FERREIRA	M	48		01:17:17	01:17:13	GDC GUILHOVAI
71	179	MÁRIO BARBOSA	M	44		01:17:27	01:17:20	LIBERDADE FC
72	2139	ANALIA ROSA	F	38		01:17:32	01:17:31	INDIVIDUAL
73	2140	MARCO BERNARDO	M	34		01:17:33	01:17:32	NAVR
74	2129	FILIPE COUTINHO	M	23		01:17:34	01:17:32	INDIVIDUAL
75	119	RICARDO FERNANDES	M	28		01:17:44	01:17:39	GRECAS
76	1113	ANTONIO OLIVEIRA	M	44		01:17:49	01:17:43	AD RIO LARGO C ESPINHO

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
77	897	LUIS GIL	M	39		01:17:50	01:17:44	GD ESTREITO
78	77	RUI COELHO	M	20		01:17:52	01:17:40	CA SEIA
79	1770	Hugo Gomes	M	34		01:17:55	01:17:52	CAO
80	2057	JOSE TAVARES	M	49		01:17:58	01:17:52	CALDAS S JOGE SC
81	1230	CARLOS OLIVEIRA	M	45		01:18:05	01:18:03	JOBRA
82	1681	Marco Marques	M	31		01:18:08	01:18:04	ACR CAMBRA
83	418	JORGE LUZ	M	50		01:18:10	01:18:07	CD FEIRENSE
84	2041	RENATO SILVA	M	45		01:18:21	01:18:18	CALDAS S JOGE SC
85	1335	JOSÉ H A MACHADO	M	48		01:18:23	01:18:19	INDIVIDUAL
86	1758	Paulo Piloto	M	42		01:18:32	01:18:29	GRECAS
87	419	LINO FERREIRA	M	43		01:18:35	01:18:31	CD FEIRENSE
88	1311	CARLA MARTINHO	F	38		01:18:37	01:18:37	ADERCUS
89	1308	VITOR RAMALHO	M	35		01:18:37	01:18:37	ADERCUS
90	2098	LUISA OLIVEIRA	F	38		01:18:55	01:18:52	PAREDES AV
91	1350	RICARDO DIAS	M	29		01:18:58	01:18:49	GRECAS VAGOS
92	869	RICARDO B Q M CRUZ	M	36		01:19:00	01:18:55	INDIVIDUAL
93	15	JANIK LIMA	M	31		01:19:03	01:19:02	AFIS/OVAR
94	925	FERNANDO LIMA	M	39		01:19:04	01:19:04	NA CUCUJÃES
95	2001	ANTONIO CRISTOVAO	M	34		01:19:06	01:19:03	GDC GUILHOVAI
96	2159	JOSE BRAGA	M	52		01:19:08	01:19:05	GDR J RIBEIRAS
97	933	ERNESTO ALMEIDA	M	53		01:19:08	01:19:08	NA CUCUJÃES
98	1232	ROGÉRIO BESSA	M	29		01:19:11	01:19:09	JOBRA
99	16	JOAO PEREIRA	M	53		01:19:11	01:19:11	AFIS/OVAR
100	1312	JOANA NUNES	F	29		01:19:13	01:19:09	ADERCUS
101	929	MIGUEL JACINTO	M	36		01:19:14	01:19:11	NA CUCUJÃES
102	1399	PEDRO CARVALHO	M	37		01:19:19	01:19:10	CCD APDL
103	924	CARLOS FERREIRA	M	40		01:19:26	01:19:23	NA CUCUJÃES
104	1769	Helder Pires	M	27		01:19:38	01:19:35	CAO
105	1231	LUIS MAGALHÃES	M	46		01:19:43	01:19:12	JOBRA
106	2152	BRUNO MARTINS	M	37		01:19:44	01:19:41	ADS J SERRA
107	2107	SARA PINHO	F	33		01:19:52	01:19:48	SL BENFICA
108	967	LUIS SANTOS	M	36		01:19:54	01:19:49	DA RECARDÃES
109	728	RICARDO NEVES	M	25		01:19:57	01:19:48	GD AIRAO-CURVIA
110	727	MANUEL FERREIRA	M	46		01:19:59	01:19:51	GD AIRAO-CURVIA
111	1245	JOAQUIM COSTA	M	55		01:20:04	01:20:00	INDIVIDUAL
112	1773	Rui Costa	M	38		01:20:09	01:20:06	CAO
113	1295	JOAQUIM RIBEIRO	M	49		01:20:12	01:20:10	SC BRAGA
114	2124	MARTA MARTINS	F	22		01:20:12	01:20:11	SRA DESTERRO

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
115	2128	JOAO FERREIRA	M	20		01:20:14	01:20:12	SC BRAGA
116	1778	António Teixeira	M	38		01:20:14	01:19:59	CAO
117	1669	Joaquim Rodrigues	M	49		01:20:18	01:20:12	Amigos da Montanha / Ferreirolux
118	46	MARCO COSTA	M	38		01:20:23	01:20:23	ARVOR
119	648	ARTUR CEPEDA	M	55		01:20:45	01:20:43	CPT BAIRRO CARCAVELOS
120	1609	MÁRCIO PEREIRA	M	35		01:20:46	01:20:44	GIRA SOL/RAMOS CATARINO
121	803	MIHAIL LALEV	M	32		01:20:52	01:20:50	BRAGUINHAS
122	926	RUI ALMEIDA	M	36		01:21:07	01:21:04	NA CUCUJÃES
123	1397	HUGO BASTOS	M	32		01:21:16	01:21:12	CCD APDL
124	1645	ALEXANDRE A MATOS	M	48		01:21:21	01:21:17	INDIVIDUAL
125	538	FABIO PAIVA	M	27		01:21:32	01:21:24	ASSOCIAÇÃO VILLA CESARI
126	556	AUGUSTO PEREIRA	M	59		01:21:45	01:21:42	CCDT CM GONDOMAR
127	111	JOÃO FILIPE	M	41		01:21:57	01:21:50	INDIVIDUAL
128	686	PEDRO A GAMA	M	40		01:21:57	01:21:49	CLUBE GALPENEGIA NORTE
129	682	FILIPE ALMEIDA	M	31		01:21:58	01:21:50	INDIVIDUAL
130	1670	José Paixão Amaral	M	45		01:21:59	01:21:54	Amigos da Montanha / Ferreirolux
131	2052	ARMANDO BASTOS	M	40		01:22:07	01:22:00	CALDAS S JOGE SC
132	267	JOSÉ MOTA	M	51		01:22:12	01:21:55	CDCR DOS CTT PORTO
133	2163	MARIO GONCALVES	M	50		01:22:14	01:22:08	GDR J RIBEIRAS
134	1688	Armando Correia	M	42		01:22:14	01:22:07	Grupo Desportivo da Gafanha
135	2131	RENATO SILVA	M	33		01:22:16	01:22:15	A POVOA
136	789	JOÃO DUARTE	M	30		01:22:17	01:22:08	XUMBO TEAM
137	799	JOSÉ C PEREIRA	M	47		01:22:19	01:21:45	BRAGUINHAS
138	312	PEDRO NUNES	M	36		01:22:23	01:22:19	NAVR
139	2059	MANUEL AUGUSTO	M	45		01:22:23	01:22:23	CALDAS S JOGE SC
140	2087	ABILIO SOUSA	M	62		01:22:24	01:22:21	BCP
141	819	DIOGO NOGUEIRA	M	28		01:22:25	01:22:15	G JUVENIL PINHEIRO BEMPOSTA
142	653	MANUEL DOURADO	M	57		01:22:29	01:22:17	CPT BAIRRO CARCAVELOS
143	1782	Vitor Pinho	M	41		01:22:31	01:22:26	CAO
144	1259	PEDRO F C GONÇALVES	M	26		01:22:35	01:22:27	CP EDP GAIA
145	818	AMILCAR FERREIRA	M	48		01:22:35	01:22:23	GD AIRAO-CURVIA
146	423	JOEL CORREIA	M	29		01:22:35	01:22:32	CD FEIRENSE
147	1068	FERNANDO J RIBEIRO	M	37		01:22:40	01:22:30	GD SANTANDER TOTTA
148	1229	ANTÓNIO SOUSA	M	43		01:22:50	01:22:18	JOBRA
149	2024	ROBERTO LEAL	M	46		01:22:52	01:22:36	GD RIBEIRINHOS
150	939	FERNANDO MAIA	M	50		01:22:54	01:22:50	GCR ALVARELHOS
151	2148	ANTONIO RIBEIRO	M	42		01:22:55	01:22:41	NA TAIPAS
152	1725	Nuno Amaral	M	34		01:22:55	01:22:54	Loja Atleta Agueda

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
153	1728	Ricardo Gomes	M	29		01:22:55	01:22:54	GRECAS
154	353	JOAQUIM F F FERNANDES	M	43		01:22:56	01:22:27	Lousada Runners
155	906	BELMIRO M FERREIRA	M	49		01:22:58	01:22:52	GD LEÕES DA GUARDA
156	2144	PEDRO RIGUEIRAS	M	36		01:22:59	01:22:55	NA TAIPAS
157	1028	CARLOS ALMEIDA	M	52		01:23:02	01:22:35	CP MANGUALDE
158	1274	DAVIDE LOURENÇO	M	44		01:23:02	01:22:45	DÍNAMO CLUBE DA ESTAÇÃO
159	1026	CARLOS NUNES	M	32		01:23:03	01:22:36	CP MANGUALDE
160	1029	RUI RODRIGUES	M	33		01:23:04	01:22:59	CP MANGUALDE
161	843	CIPRIANO SOUSA	M	40		01:23:05	01:22:16	OS 5 A HORA
162	837	NUNO SILVA	M	37		01:23:06	01:22:57	CA LAMAS
163	253	ANTÓNIO COSTA	M	22		01:23:07	01:23:01	CF OLIVEIRA DOURO
164	1636	CARLOS OLIVEIRA	M	61		01:23:08	01:23:06	INDIVIDUAL
165	90	SERGIO SANTOS	M	38		01:23:19	01:23:10	ENGOM LAT
166	725	JORGE FERREIRA	M	38		01:23:19	01:23:11	GD AIRAO-CURVIA
167	1765	Américo Valente	M	52		01:23:25	01:23:20	SSST Municipio Ovar
168	165	PAULO J OLIVEIRA	M	45		01:23:27	01:23:21	INDIVIDUAL
169	36	JOSE MORAIS	M	46		01:23:27	01:23:20	MF MARTINS LDA
170	931	ALFREDO ANTÓNIO	M	42		01:23:33	01:23:29	NA CUCUJÃES
171	1704	TIAGO SILVA	M	21		01:23:33	01:23:24	NA CUCUJAES
172	92	FERNANDO PEREIRA	M	50		01:23:34	01:23:09	A AMEAL
173	1700	JOAQUIM SILVA	M	45		01:23:35	01:23:26	NA CUCUJAES
174	661	JOSÉ C C P SÁ	M	47		01:23:35	01:23:12	INDIVIDUAL
175	2061	TOZE AMORIM	M	41		01:23:38	01:23:29	CALDAS S JOGE SC
176	389	MANUEL OLIVEIRA	M	47		01:23:50	01:23:45	CC S JOÃO MADEIRA
177	262	LUÍS SIMÕES	M	53		01:23:56	01:23:46	CA PÓVOA PACENSE (CENAP)
178	1221	JOSE M C H V REAL	M	31		01:24:06	01:23:54	INDIVIDUAL
179	40	ALBERTO SOARES	M	49		01:24:13	01:24:08	MF MARTINS LDA
180	1429	JOÃO P P MARTINS	M	30		01:24:14	01:24:11	INDIVIDUAL
181	69	RODRIGO SILVA	M	52		01:24:15	01:24:10	OS FALTA DAR
182	424	ORLANDO VALENTE	M	43		01:24:15	01:24:10	CD FEIRENSE
183	60	RUI ALVES	M	20		01:24:22	01:24:11	GD S PAIO OLEIROS
184	647	EDUARDO SOUSA	M	55		01:24:27	01:24:24	CPT BAIRRO CARCAVELOS
185	1684	David Ferreira	M	32		01:24:33	01:24:20	POTEEENTES
186	467	ISMAEL MATOS	M	31		01:24:38	01:24:29	OS KAGADOS
187	1596	BRAIMA DABÓ	M	21		01:24:40	01:24:34	NA ROTA DOS POVOS
188	1663	António de Meira Gonçalves	M	59		01:24:43	01:24:24	Amigos da Montanha / Ferreirolux
189	2145	ANTONIO SILVA	M	43		01:24:43	01:24:38	NA TAIPAS
190	1168	JORGE N LOUREIRO	M	39		01:24:44	01:24:32	DÍNAMO CLUBE DA ESTAÇÃO

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GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
191	222	MARCO ANDRADE	M	38		01:24:47	01:24:20	INDIVIDUAL
192	2011	ALEXANDRE SANTOS	M	40		01:24:48	01:24:48	GDC GUILHOVAI
193	132	CARLOS A M DIAS	M	47		01:24:48	01:24:42	ACADEMIA FERNANDA RIBEIRO
194	1276	FRANCISCO J G COSTA	M	51		01:24:51	01:23:12	PORTO RUNNERS
195	1624	RICARDO FERREIRA	M	37		01:24:56	01:24:20	TÓPICOS PRINCIPAIS
196	1630	JOSÉ AFONSO	M	36		01:25:04	01:23:59	ADRULSM
197	230	ABÍLIO MOREIRA	M	42		01:25:04	01:24:58	BUDEGUITA RUNNERS
198	1251	JOAQUIM GODINHO	M	60		01:25:09	01:25:03	GD 3 SANTOS POPULARES
199	1747	Luis Filipe Correia	M	39		01:25:11	01:25:09	CA LAMAS
200	1780	Manuel Soares	M	39		01:25:15	01:24:41	CAO
201	296	DOMINGOS F O S SILVA	M	34		01:25:16	01:25:12	INDIVIDUAL
202	1703	JOAO BARBOSA	M	42		01:25:23	01:25:16	NA CUCUJAES
203	2066	CLARISSE CRUZ	F	36		01:25:23	01:25:23	SPORTING CP
204	70	JOSE OLIVEIRA	M	45		01:25:26	01:25:20	OS FALTA DAR
205	913	ANTONIO FERREIRA	M	50		01:25:29	01:25:25	AC VERMOIM
206	352	ANTONIO G S JESUS	M	44		01:25:29	01:25:05	Lousada Runners
207	2155	IVO LEAL	M	20		01:25:32	01:25:20	UD VARZEA
208	1750	Delfim Conceição	M	43		01:25:34	01:25:32	ADS J SERRA
209	1343	JOÃO M C FARIA	M	43		01:25:35	01:25:20	INDIVIDUAL
210	2157	JUSTINE WOJCIK	F	28		01:25:36	01:25:33	ADS J SERRA
211	1701	MANUEL MOREIRA	M	50		01:25:36	01:25:13	NA CUCUJAES
212	905	FERNANDO OLIVEIRA	M	38		01:25:41	01:25:41	CORRE CONNOSCO FELGUEIRAS
213	975	FERNANDO BALTAZAR	M	47		01:25:44	01:25:29	DA RECARDÃES
214	952	JORGE DELGADO	M	30		01:25:44	01:25:38	C BENFICA FIG FOZ
215	1017	CÉSAR VILAS BOAS	M	33		01:25:46	01:25:28	CDC NAVAIS
216	75	JOAO REBELO	M	21		01:25:47	01:25:33	CA SEIA
217	2119	RAFAEL TELES	M	31		01:25:47	01:25:20	INDIVIDUAL
218	390	AMERICO PINHO	M	39		01:25:48	01:25:04	CC S JOÃO MADEIRA
219	479	SÉRGIO MARTINS	M	29		01:25:49	01:25:28	OS KAGADOS
220	1091	ANTONIO BARBOSA	M	55		01:25:49	01:24:58	SMAS PORTO
221	1094	MANUEL FERREIRA	M	55		01:25:51	01:25:51	SMAS PORTO
222	2046	ARLINDO SANTOS	M	48		01:25:51	01:25:36	CALDAS S JOGE SC
223	2039	JOSE PINTO	M	50		01:25:53	01:25:53	CALDAS S JOGE SC
224	1319	PAULO J P FERREIRA	M	41		01:25:54	01:25:48	FC PENAFIEL
225	91	FLAVIO OLIVEIRA	M	28		01:25:55	01:25:47	ENGOM LAT
226	553	MIGUEL PEREIRA	M	43		01:25:56	01:25:48	CCDT CM GONDOMAR
227	729	MANUEL AZEVEDO	M	51		01:25:57	01:25:48	GD AIRAO-CURVIA
228	478	RUI CARDOSO	M	38		01:25:58	01:25:35	OS KAGADOS

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
229	1695	Manuel Agostinho Terras Gonçalves	M	25		01:25:58	01:25:16	Lost Runners
230	2062	IVEN PINHO	M	30		01:26:00	01:25:51	CALDAS S JOGE SC
231	932	LUIS SILVA	M	36		01:26:01	01:25:38	NA CUCUJÃES
232	1025	LÍDIA PEREIRA	F	47		01:26:03	01:26:01	CP MANGUALDE
233	82	ALCINO SILVA	M	41		01:26:07	01:26:07	CIA ALPENDORADA
234	448	CARLOS A S MARTINS	M	62		01:26:08	01:26:03	INDIVIDUAL
235	1522	JOSÉ FERNANDES	M	50		01:26:13	01:26:13	GD 3 SANTOS POPULARES
236	673	RICARDO COELHO	M	30		01:26:14	01:25:59	BOSCH TERMOTECNOLOGIA SA
237	555	AMÉRICO PINTO	M	52		01:26:15	01:26:08	CCDT CM GONDOMAR
238	1278	GIL CUNHA	M	38		01:26:20	01:26:07	AA COIMBRA
239	1387	MANUEL CASAIS	M	51		01:26:25	01:26:20	GCR ALVARELHOS
240	298	CARLOS PINTO	M	53		01:26:27	01:26:16	GAIA-RUNNING
241	64	MANUEL PINTO	M	42		01:26:28	01:26:15	OS FALTA DAR
242	1240	JOSÉ L S BARROS	M	36		01:26:29	01:25:31	INDIVIDUAL
243	2142	JOAO FUNTAO	M	48		01:26:30	01:25:47	NA TAIPAS
244	1407	JOÃO TAVARES	M	39		01:26:38	01:25:11	RAINHA CLUB
245	149	ALCINDO D C PAIVA	M	40		01:26:38	01:26:30	ABCR PARAMOS
246	656	BRUNO MACEDO	M	34		01:26:39	01:26:01	OS CAGA TACOS RT
247	2106	FATIMA PINHO	F	51		01:26:40	01:26:37	GRECAS
248	2158	JOSE FERREIRA	M	39		01:26:40	01:26:35	GDR J RIBEIRAS
249	1783	Pedro Leal	M	48		01:26:40	01:26:32	CAO
250	1362	FRANCISCO NOVAIS	M	50		01:26:47	01:26:42	VITORIA SPORT CLUBE
251	120	CARLOS RAMOS	M	56		01:26:48	01:26:34	INDIVIDUAL
252	1053	JOSE P NETO	M	35		01:26:49	01:26:29	INDIVIDUAL
253	446	FRANCISCO S C MUGA	M	39		01:26:49	01:25:36	INDIVIDUAL
254	329	JOSÉ S CORREIA	M	56		01:26:50	01:26:30	INDIVIDUAL
255	1467	FERNANDO SACRAMENTO	M	49		01:26:50	01:26:39	INDIVIDUAL
256	441	PAULO SILVA	M	32		01:26:54	01:26:28	INDIVIDUAL
257	1363	JOSE L MACHADO	M	41		01:26:55	01:25:32	VITORIA SPORT CLUBE
258	2034	JOSE CARVALHO	M	44		01:26:57	01:26:48	CALDAS S JOGE SC
259	645	JOSE CORVAL	M	57		01:27:02	01:26:53	CPT BAIRRO CARCAVELOS
260	1300	MARCO A M JORGE	M	37		01:27:03	01:26:27	CABRITOS DA MONTANHA
261	1000	CELSE PAIVA	M	49		01:27:04	01:26:46	ACR VALE DE CAMBRA
262	216	MÁRIO SALGUEIRO	M	40		01:27:05	01:26:51	CASPA/GREEN ROC
263	2004	JOAQUIM FERREIRA	M	45		01:27:13	01:27:05	GDC GUILHOVAI
264	504	RUI JORGE SILVA	M	47		01:27:14	01:27:07	LIBERDADE FC
265	2067	JORGE ROCHA	M	39		01:27:16	01:26:58	BOAVISTA FC
266	821	ANTÓNIO COSTA	M	45		01:27:19	01:27:14	G JUVENIL PINHEIRO BEMPOSTA

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
267	1120	JOSE PEREIRA	M	34		01:27:24	01:26:52	AD RIO LARGO C ESPINHO
268	420	ANTÔNIO CASTRO	M	48		01:27:25	01:26:56	CD FEIRENSE
269	756	VICTOR GONÇALVES	M	35		01:27:27	01:26:41	GD FERROV CAMPANHÃ
270	2162	PEDRO SANCHES	M	45		01:27:33	01:27:19	GDR J RIBEIRAS
271	1009	RUBEN COSTA	M	34		01:27:39	01:27:07	ARC VS COSME
272	1001	ANTÓNIO PINTO	M	47		01:27:40	01:27:36	ACR VALE DE CAMBRA
273	382	ANTONIO DIAS	M	53		01:27:49	01:27:49	GRE BONFIM
274	402	JOSÉ ARAÚJO	M	34		01:27:52	01:27:46	GNR VILA REAL
275	328	HUMBERTO LOPES	M	45		01:27:54	01:27:30	INDIVIDUAL
276	734	JOSÉ MARQUES	M	44		01:27:54	01:27:50	CA MATOSINHOS
277	1069	RUI F L SILVA	M	38		01:27:56	01:27:18	INDIVIDUAL
278	927	FERNANDO ADRIÃO	M	48		01:27:57	01:27:36	NA CUCUJÃES
279	470	VASCO MACIEIRA	M	36		01:27:58	01:27:31	OS KAGADOS
280	930	CARLA ARAÚJO	F	40		01:27:59	01:27:59	NA CUCUJÃES
281	546	JOAQUIM MONTEIRO	M	48		01:28:01	01:27:37	LEÕES DA AGRA
282	983	CARLOS OLIVEIRA	M	35		01:28:03	01:27:57	NAVR
283	403	ARISTIDES VIDAZINHA	M	44		01:28:04	01:27:58	GNR VILA REAL
284	1125	ANDRE GUIMARÃES	M	26		01:28:05	01:27:33	AD RIO LARGO C ESPINHO
285	324	MANUEL BATALHA	M	68		01:28:06	01:27:54	GRUPO OS BARRIGAS
286	270	JOAQUIM SANTOS	M	48		01:28:06	01:27:32	WHITE RUNNING TEAM
287	716	EDUARDO LEMOS	M	42		01:28:11	01:28:11	FISIOVERALEMOS
288	1691	Vasco Ladeiro	M	53		01:28:12	01:28:05	Grupo Desportivo da Gafanha
289	621	JOSÉ ANDRADE	M	52		01:28:13	01:28:07	ACADEMIA FERNANDA RIBEIRO
290	1101	SALVADOR FARDILHA	M	47		01:28:15	01:28:08	CD FEIRENSE
291	1521	CARLA ANDRADE	F	43		01:28:15	01:28:10	NAVR
292	10	ANTÓNIO VIEIRA	M	57		01:28:17	01:28:14	AFIS/OVAR
293	1297	VITOR M F PINTO	M	37		01:28:21	01:28:01	ORALKLASS - AMIGOS DO TRAIL
294	1066	ALBERTO VALENTE	M	39		01:28:23	01:28:11	GD SANTANDER TOTTA
295	1534	JOSE R SILVA	M	34		01:28:25	01:27:52	INDIVIDUAL
296	363	SÉRGIO TEIXEIRA	M	42		01:28:25	01:28:09	INDIVIDUAL
297	259	ANDRÉ M S NOGUEIRA	M	25		01:28:27	01:28:06	ORALKLASS - AMIGOS DO TRAIL
298	2063	VITOR MARQUES	M	38		01:28:30	01:28:21	CALDAS S JOGE SC
299	1228	JOÃO VINHA	M	51		01:28:34	01:28:28	JOBRA
300	890	RUI GOMES	M	38		01:28:34	01:27:34	INDIVIDUAL
301	1790	Nuno Vidal	M	39		01:28:37	01:28:30	BOAVISTA FC
302	1788	Domingos Prezas	M	48		01:28:38	01:28:38	BOAVISTA FC
303	316	ANTÓNIO FONSECA	M	41		01:28:39	01:27:37	INDIVIDUAL
304	2146	RICARDO SALGADO	M	36		01:28:42	01:28:42	NA TAIPAS

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
305	2141	MANUEL MOTA	M	48		01:28:43	01:28:36	NA TAIPAS
306	968	RUI SANTOS	M	33		01:28:45	01:28:26	DA RECARDÃES
307	1148	MIGUEL SOUSA	M	37		01:28:45	01:28:15	INDIVIDUAL
308	1497	PAULO FERNANDES	M	38		01:28:48	01:27:31	C VETERANOS PORTO
309	1187	JOSÉ CARLOS PINTO	M	43		01:28:49	01:28:31	INDIVIDUAL
310	417	JORGE GONÇALVES	M	47		01:28:49	01:28:23	CD FEIRENSE
311	1519	JOSÉ VILARINHO	M	27		01:28:50	01:28:45	NAVR
312	901	FRANCISCO LEMOS	M	52		01:28:51	01:28:16	CORRE CONNOSCO FELGUEIRAS
313	444	GABRIEL A D OLIVEIRA	M	34		01:28:51	01:28:10	INDIVIDUAL
314	627	PAULO C SILVA	M	38		01:28:52	01:28:44	INDIVIDUAL
315	1520	NELSON SILVA	M	34		01:28:52	01:28:45	NAVR
316	1578	PAULO G SILVA	M	43		01:28:53	01:28:40	INDIVIDUAL
317	2069	PAULO ABREU	M	39		01:28:53	01:28:47	BOAVISTA FC
318	881	FÁTIMA SILVA	F	44		01:28:54	01:28:52	CD PÓVOA
319	1787	António Sá	M	61		01:28:54	01:28:51	CAO
320	1131	JACINTO S RIBEIRO	M	46		01:28:54	01:28:34	CORRE CONNOSCO FELGUEIRAS
321	2008	DAVID FERNANDES	M	57		01:28:57	01:28:57	GDC GUILHOVAI
322	2014	JOSE ALVARADO	M	30		01:28:58	01:28:51	GDC GUILHOVAI
323	1785	Manuel Branco	M	51		01:28:59	01:28:49	CAO
324	387	FERNANDO SOARES	M	42		01:29:02	01:28:59	CC S JOÃO MADEIRA
325	885	FERNANDO J S PINTO	M	55		01:29:02	01:28:54	INDIVIDUAL
326	447	GUSTAVO A C VASCONCELOS	M	44		01:29:04	01:28:48	INDIVIDUAL
327	246	VÍTOR H S COELHO	M	29		01:29:06	01:29:01	OS BANDIDOS
328	431	JOSÉ OLIVEIRA	M	52		01:29:08	01:28:43	OS-PAPA-AREIA
329	309	ANTÓNIO M N DIAS	M	51		01:29:13	01:28:42	INDIVIDUAL
330	1227	JOÃO NEVES	M	44		01:29:16	01:28:44	JOBRA
331	1687	Paulo Almeida	M	42		01:29:21	01:29:14	Grupo Desportivo da Gafanha
332	606	ALVARO F G MACHADO	M	46		01:29:23	01:28:28	INDIVIDUAL
333	276	ÁLVARO SOUSA	M	45		01:29:39	01:29:07	INDIVIDUAL
334	951	SERGIO P M VALE	M	35		01:29:40	01:29:04	AA POVOENSE
335	604	FRANCISCO ROCHA	M	55		01:29:42	01:29:32	OS AMIGOS DE GRIJO
336	1731	José Pedro Pinheiro	M	37		01:29:44	01:29:28	INDIVIDUAL
337	292	JOSE A BORGES	M	63		01:29:48	01:29:46	INDIVIDUAL
338	42	ALBINO CORREIA	M	47		01:29:52	01:29:32	MF MARTINS LDA
339	39	ALEXANDRE SILVA	M	55		01:29:54	01:29:30	MF MARTINS LDA
340	1043	CLÁUDIO QUEIROGA	M	45		01:29:56	01:29:36	DÍNAMO CLUBE DA ESTAÇÃO
341	1348	ANTÓNIO S FERREIRA	M	61		01:29:57	01:29:50	CAMIR
342	646	JACINTO OLIVEIRA	M	55		01:29:59	01:29:10	CPT BAIRRO CARCAVELOS

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
343	58	AVELINO FREITAS	M	40		01:30:04	01:29:58	GD S PAIO OLEIROS
344	391	ANTONIO PEREIRA	M	54		01:30:05	01:29:46	CC S JOÃO MADEIRA
345	433	VITOR RIBEIRO	M	54		01:30:08	01:29:57	OS-PAPA-AREIA
346	4	CLAUDIA PEREIRA	F	38		01:30:08	01:30:08	JOMA
347	683	RICARDO FERNANDES	M	29		01:30:09	01:29:45	INDIVIDUAL
348	432	DULCINEA SILVA	F	42		01:30:09	01:29:57	OS-PAPA-AREIA
349	78	JOAO MIOLUDO	M	41		01:30:10	01:29:56	CA SEIA
350	1164	NELIO OLIVEIRA	M	35		01:30:14	01:30:06	C BENFICA FIG FOZ
351	1518	JOÃO ROCHA	M	34		01:30:16	01:30:10	NAVR
352	1309	PAULO FERREIRA	M	42		01:30:17	01:28:59	ADERCUS
353	536	JOSÉ CORREIA	M	50		01:30:18	01:30:13	CA GÂNDARAS
354	1124	JOSE GOMES	M	50		01:30:18	01:28:39	AD RIO LARGO C ESPINHO
355	1719	Diana Sousa	F	24		01:30:20	01:30:16	Gondomar FC
356	1722	Vitor Silva	M	53		01:30:20	01:30:19	GRECAS
357	1342	JOSÉ FERNANDES	M	57		01:30:20	01:29:49	MOV JUV MERELIM
358	1209	JOSÉ MARTINS	M	39		01:30:23	01:29:07	INDIVIDUAL
359	229	VITOR FERREIRA	M	35		01:30:25	01:29:41	AZURARA TEAM
360	1498	JOÃO RODRIGUES	M	56		01:30:28	01:30:17	INDIVIDUAL
361	1049	ANTÓNIO M C VICENTE	M	47		01:30:29	01:29:32	INDIVIDUAL
362	1781	Carlos Sequeira	M	35		01:30:30	01:29:53	CAO
363	1737	Bruno Vieira	M	31		01:30:32	01:30:00	INDIVIDUAL
364	1654	ANTÓNIO PEREIRA	M	49		01:30:32	01:30:27	CC S JOÃO MADEIRA
365	236	MARCO A A FERREIRA	M	32		01:30:33	01:30:11	FRETELLI ENDURANCE SPORTS
366	235	TIAGO F SANTOS	M	29		01:30:34	01:30:11	FRETELLI ENDURANCE SPORTS
367	1784	Carlos Costa	M	52		01:30:42	01:30:42	CAO
368	1626	VIRIATO OLIVEIRA	M	44		01:30:42	01:30:20	NA CUCUJAES
369	286	SERGIO MARTINS	M	44		01:30:42	01:30:24	AR NEGRELOS
370	1786	Joaquim Costa	M	58		01:30:43	01:30:31	CAO
371	332	BRUNO SANTOS	M	31		01:30:43	01:29:57	CAETANO RUNNERS
372	1453	HÉLDER OLIVEIRA	M	39		01:30:44	01:30:10	X5 HEALTH CLUB
373	2049	MANUEL NEVES	M	42		01:30:45	01:30:45	CALDAS S JOGE SC
374	949	JOSE A SILVA	M	38		01:30:46	01:30:10	AA POVOENSE
375	409	JOSÉ M S ROCHA	M	43		01:30:48	01:29:30	INDIVIDUAL
376	35	MAXIMIANO BORGES	M	51		01:30:50	01:30:30	MF MARTINS LDA
377	1183	FRANCISCO TAVARES	M	46		01:30:53	01:30:23	INDIVIDUAL
378	1144	PAULO VILAÇA	M	50		01:30:54	01:30:03	TUGAS NA ESTRADA
379	301	JORGE FREITAS	M	50		01:30:55	01:30:33	GAIA-RUNNING
380	1337	VITOR OLIVEIRA	M	48		01:30:58	01:30:35	TOCHA RUNNERS

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
381	1016	ISIDRO MIRANDA	M	55		01:30:59	01:30:41	CDC NAVAIS
382	971	CELSO MORREIRA	M	34		01:31:01	01:30:42	DA RECARDÃES
383	249	DOMINGOS PINTO	M	55		01:31:01	01:30:57	CF OLIVEIRA DOURO
384	274	SERGIO BRANCO	M	39		01:31:05	01:30:27	WHITE RUNNING TEAM
385	814	WOUTER DE BROECK	M	42		01:31:06	01:30:44	INDIVIDUAL
386	99	FRANCISCO LOPES	M	63		01:31:09	01:29:58	CA ERMESINDE
387	772	ANTÓNIO MUORA	M	47		01:31:11	01:30:54	INDIVIDUAL
388	1450	TIAGO P COSTA	M	24		01:31:13	01:30:41	X5 HEALTH CLUB
389	743	SERGIO M A JORGE	M	43		01:31:16	01:31:05	INDIVIDUAL
390	252	ANTÓNIO RUELA	M	53		01:31:17	01:30:50	CF OLIVEIRA DOURO
391	2075	CARLOS FERREIRA	M	45		01:31:21	01:31:11	BOAVISTA FC
392	1233	VITOR MARTINS	M	32		01:31:24	01:30:52	JOBRA
393	1327	SUSANA VILELA	F	31		01:31:33	01:31:28	FC PENAFIEL
394	38	JULIO RIBEIRO	M	48		01:31:37	01:31:17	MF MARTINS LDA
395	2047	ANTONIO NEVES	M	35		01:31:40	01:31:25	CALDAS S JOGE SC
396	2058	RUI LOPES	M	39		01:31:40	01:31:24	CALDAS S JOGE SC
397	644	JOAQUIM RIBEIRO	M	59		01:31:44	01:30:57	CPT BAIRRO CARCAVELOS
398	1137	MANUEL SÁ	M	54		01:31:44	01:30:56	TUGAS NA ESTRADA
399	187	JOSE PEREIRA	M	48		01:31:48	01:31:39	INDIVIDUAL
400	1036	RUI MONTEIRO	M	39		01:31:50	01:30:12	TUDOACORRERBEM
401	676	JOSE M A A S GOMES	M	48		01:31:54	01:30:19	CONFRARIA DA BIKE CLUBE
402	379	RUI T OLIVEIRA	M	49		01:31:55	01:31:47	CRE
403	771	MATEUS SILVA	M	51		01:31:56	01:31:39	INDIVIDUAL
404	1595	HENRIQUE FARIA	M	47		01:31:57	01:30:45	INDIVIDUAL
405	392	MANUEL SOUSA	M	58		01:31:58	01:31:46	CCDR FUNDO DE VILA
406	430	PAULO A S SANTOS	M	45		01:32:01	01:31:24	GBES
407	1015	JOSÉ EUSÉBIO	M	42		01:32:04	01:31:47	CDC NAVAIS
408	749	JORGE OLIVEIRA	M	38		01:32:04	01:31:43	AD AMARANTE
409	526	CARLOS DUARTE	M	35		01:32:06	01:31:52	ENVOLVGEST
410	637	JAIME JÚNIOR	M	43		01:32:08	01:30:59	CCD - RENAULT, CACIA
411	2037	MANUEL VALENTE	M	51		01:32:09	01:31:59	CALDAS S JOGE SC
412	2064	VITOR ALMEIDA	M	47		01:32:12	01:30:53	CALDAS S JOGE SC
413	1507	AMÉRICO COELHO	M	49		01:32:13	01:31:54	CIRAC
414	1013	PAULO SAMTOS	M	43		01:32:16	01:31:54	ACRDE
415	506	JOÃO MATIAS	M	49		01:32:22	01:32:22	CA PÓVOA PACENSE (CENAP)
416	1195	DOMINGOS OLIVEIRA	M	50		01:32:22	01:31:57	BRAGUINHAS
417	1121	PAULO GOMES	M	44		01:32:30	01:32:18	AD RIO LARGO C ESPINHO
418	903	EUGENIO CUNHA	M	40		01:32:34	01:32:00	CORRE CONNOSCO FELGUEIRAS

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
419	1726	Andre Ferreira	M	26		01:32:35	01:31:14	Loja Atletica Agueda
420	1064	FILIPE LIMA	M	37		01:32:38	01:31:53	GD SANTANDER TOTTA
421	535	JOSÉ A R CARVALHO	M	50		01:32:40	01:32:10	CA GÂNDARAS
422	2012	NORBERTO OLIVEIRA	M	55		01:32:43	01:32:19	GDC GUILHOVAI
423	2005	ARTUR NADAIS	M	54		01:32:44	01:32:44	GDC GUILHOVAI
424	2133	EUGENIO LATA	M	41		01:32:45	01:32:43	A POVOA
425	250	ANTÓNIO NASCIMENTO	M	51		01:32:46	01:32:40	CF OLIVEIRA DOURO
426	1098	JOÃO P R ALVES	M	26		01:32:46	01:31:51	INDIVIDUAL
427	207	RUI FILIPE	M	29		01:32:46	01:31:51	INDIVIDUAL
428	1548	LUIS MARTINS	M	33		01:32:49	01:31:54	TONDELA RUNNERS
429	2125	AVELINO EUSEBIO	M	23		01:32:49	01:32:46	A POVOA
430	56	LUIS CONCEIÇÃO	M	47		01:32:50	01:32:44	GD S PAIO OLEIROS
431	1531	CARLOS A F RIBEIRO	M	38		01:32:50	01:31:57	TONDELA RUNNERS
432	383	JOAQUIM FANGUEIRO	M	57		01:32:56	01:32:39	GRE BONFIM
433	1186	PAULO PINTO	M	36		01:32:57	01:32:39	INDIVIDUAL
434	302	JORGE PEREIRA	M	41		01:32:58	01:32:37	GAIA-RUNNING
435	1511	JOSÉ M SILVA	M	51		01:32:58	01:32:20	CiRAC
436	1393	JOAQUIM L M F SILVA	M	45		01:33:02	01:31:47	AASM TRIATLO
437	1317	TIAGO M M CUNHA	M	32		01:33:04	01:32:52	MOUTADOS TEAM
438	861	JOSÉ LEITE	M	47		01:33:05	01:32:51	GRUPO AMIZADE
439	576	RICARDO TEIXEIRA	M	35		01:33:07	01:32:49	TRAILISTA EU E QUE SEI
440	832	FRANCISCO COSTA	M	55		01:33:10	01:33:10	CA LAMAS
441	466	RUI SOUSA	M	44		01:33:12	01:32:17	OS KAGADOS
442	1656	MANUEL FERREIRA	M	58		01:33:12	01:32:58	CC S JOÃO MADEIRA
443	957	CARLOS A P SOUSA	M	43		01:33:13	01:32:57	MOUTADOS TEAM
444	1073	GERALDINO SILVA	M	57		01:33:15	01:33:08	PORTO RUNNERS
445	130	FERNANDO GONÇALVES	M	49		01:33:15	01:31:49	SC AVEIRO
446	1365	DAVID PINTO	M	47		01:33:16	01:32:28	UNIDOS À FRESCA
447	531	ÂNGELO PEREIRA	M	52		01:33:17	01:32:32	CENTRO CICLISTA DE GONDOMAR
448	1395	JOÃO C GONÇALVES	M	46		01:33:22	01:32:51	INDIVIDUAL
449	1757	Jorge Matos	M	43		01:33:22	01:33:00	INDIVIDUAL
450	590	MÁRIO J P C MARTINS	M	47		01:33:23	01:33:13	INDIVIDUAL
451	1455	HUMBERTO TEIXEIRA	M	44		01:33:23	01:33:01	X5 HEALTH CLUB
452	1589	RUI B SOBRAL	M	42		01:33:26	01:32:52	PORTO RUNNERS
453	503	HUGO CARMO	M	35		01:33:29	01:33:05	VETERANOS DO PORTO
454	501	LUIS SANTOS	M	46		01:33:29	01:33:02	VETERANOS DO PORTO
455	781	FILIPE M RIBEIRO	M	37		01:33:35	01:33:07	ECOMOBILE - ALUGUER DE AUTOMÓVEIS
456	520	ANTÓNIO J CRUZ	M	57		01:33:36	01:33:10	CLUBE PT AVEIRO

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
457	1359	JOAQUIM J MARTINS	M	47		01:33:37	01:33:10	DCI.PT RUN TEAM
458	1266	JOSÉ J P SILVA	M	56		01:33:38	01:33:10	JAMOZELENSE
459	1582	VITOR SILVA	M	46		01:33:38	01:33:25	ATLÉTICO DA PÓVOA
460	921	EMANUEL MADUREIRA	M	52		01:33:39	01:33:26	CANELAS RUN
461	509	OLIVÉRIO BAPTISTA	M	33		01:33:40	01:33:06	CA PÓVOA PACENSE (CENAP)
462	241	MANUEL P FERREIRA	M	61		01:33:42	01:33:31	CP TELECOM ZONA NORTE
463	304	LIGIA MENDES	F	41		01:33:44	01:33:36	GAIA-RUNNING
464	297	PAULO SANTOS	M	47		01:33:44	01:33:18	LIS RUNNING
465	938	AMARO SILVA	M	47		01:33:46	01:33:31	GCR ALVARELHOS
466	1796	Rui Santos	M	41		01:33:49	01:33:39	BOAVISTA FC
467	597	CARLOS MARTINS	M	36		01:33:50	01:33:30	GD LEÕES VENEZA
468	1611	PAULO MARQUES	M	32		01:33:50	01:33:18	HOTEL DE GUIMARÃES
469	883	RUI LEITES	M	39		01:33:52	01:33:43	CD PÓVOA
470	934	PAULO ANTUNES	M	36		01:33:53	01:33:33	OS KAGADOS
471	940	PAULO OLIVEIRA	M	44		01:33:56	01:33:53	GCR ALVARELHOS
472	904	LUIS SAMPAIO	M	49		01:33:57	01:33:21	CORRE CONNOSCO FELGUEIRAS
473	547	ANTÓNIO GONÇALVES	M	48		01:33:58	01:33:33	LEÕES DA AGRA
474	859	MANUEL ALMEIDA	M	50		01:34:00	01:33:47	GRUPO AMIZADE
475	1732	Fernando Ferreira	M	43		01:34:05	01:33:59	GD Limpeza Urb CMP
476	518	SÉRGIO A BASTOS	M	38		01:34:06	01:33:15	INDIVIDUAL
477	670	PEDRO CARDOSO	M	40		01:34:07	01:33:25	BOSCH TERMOTECNOLOGIA SA
478	457	ALBERTO RODRIGUES	M	33		01:34:08	01:33:47	CD FEIRENSE
479	1794	Antonio Pereira	M	60		01:34:09	01:34:05	BOAVISTA FC
480	584	ORLANDO J S CORREIA	M	46		01:34:11	01:33:58	INDIVIDUAL
481	1674	Manuel Pereira	M	49		01:34:12	01:33:48	Amigos da Montanha / Ferreirolux
482	1417	FILIPE MOREIRA	M	32		01:34:12	01:32:58	OS AMIGOS DE GRIJO
483	561	DAVID SOUSA	M	46		01:34:12	01:33:45	SUNSET RUNNERS
484	65	MANUEL SILVA	M	44		01:34:13	01:33:30	OS FALTA DAR
485	89	ANTHONY LOPES	M	30		01:34:15	01:34:06	ENGOM LAT
486	611	FREDERICO M AMARO	M	42		01:34:15	01:33:39	AA POVOENSE
487	1002	CELSO SANTOS	M	36		01:34:15	01:34:05	ENGOMADORIA L&A TEAM
488	1253	PEDRO M N MARTINS	M	27		01:34:19	01:34:15	INDIVIDUAL
489	896	AUGUSTO ALMEIDA	M	48		01:34:20	01:34:06	MULHACEN 3479
490	936	FILIPE F ESTEVES	M	37		01:34:22	01:32:59	INDIVIDUAL
491	1392	FILIPE CARVALHO	M	33		01:34:26	01:33:57	INDIVIDUAL
492	830	BELMIRO LOPES	M	44		01:34:27	01:33:54	CA LAMAS
493	1208	RUI LEITÃO	M	37		01:34:28	01:33:11	INDIVIDUAL
494	1793	Jose bartolo	M	61		01:34:29	01:34:29	BOAVISTA FC

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
495	1161	RICARDO MONTEIRO	M	39		01:34:30	01:33:27	INDIVIDUAL
496	1134	ANTÓNIO M MOREIRA	M	58		01:34:32	01:34:22	ACADEMIA FERNANDA RIBEIRO
497	1338	JOSÉ JULIÃO	M	58		01:34:34	01:34:12	TOCHA RUNNERS
498	1471	BRUNO ALVES	M	36		01:34:34	01:33:32	MOCIDADE SANGEMIL AC
499	1386	GONÇALO FONSECA	M	35		01:34:35	01:33:47	UNIDOS À FRESCA
500	2149	JOSE FREITAS	M	40		01:34:36	01:34:20	NA TAIPAS
501	373	FERNANDO F O PEREIRA	M	59		01:34:39	01:34:28	DASDIKES
502	317	JOSÉ C N PEREIRA	M	34		01:34:42	01:34:35	INDIVIDUAL
503	1457	JOSÉ SANTOS	M	51		01:34:46	01:34:03	RECREIO DESPORTIVO ÁGUEDA
504	965	PAULO DOMINGUES	M	35		01:34:46	01:34:37	SHOTS INTERNATIONAL RUNNERS
505	2076	FERNANDO ROCHA	M	47		01:34:46	01:34:36	BOAVISTA FC
506	966	JOÃO MARTINS	M	37		01:34:47	01:34:37	SHOTS INTERNATIONAL RUNNERS
507	888	JOÃO P CORREIA	M	48		01:34:49	01:34:25	Lousada Runners
508	616	JOÃO CATELA	M	55		01:34:49	01:34:41	VETERANOS DO TEIXOSO
509	238	PEDRO MACHETE	M	38		01:34:49	01:34:33	CP TELECOM ZONA NORTE
510	237	JOSÉ A S P FERREIRA	M	41		01:34:49	01:34:34	CP TELECOM ZONA NORTE
511	786	JORGE FONSECA	M	52		01:34:51	01:34:26	Lousada Runners
512	1346	RUI C V ANDRADE	M	51		01:34:51	01:34:42	2RUN4 GUIDE DOGS
513	272	VIRIATO S M ROCHA	M	36		01:34:53	01:34:11	WHITE RUNNING TEAM
514	364	JOÃO BUSTORFF	M	36		01:34:56	01:34:41	INDIVIDUAL
515	1516	CELESTINO D A FARIA	M	29		01:34:56	01:34:35	CDC NAVAIS
516	273	HUGO M FERREIRA	M	35		01:34:58	01:34:16	WHITE RUNNING TEAM
517	541	ROBERTO MOREIRA	M	32		01:34:58	01:34:30	ASSOCIAÇÃO VILLA CESARI
518	1076	JACINTO M R OLIVEIRA	M	34		01:35:00	01:34:01	INDIVIDUAL
519	153	ANSELMO ROCHA	M	41		01:35:01	01:34:43	SEMPRE EM FORMA
520	1167	JOÃO P S ALMEIDA	M	42		01:35:02	01:34:49	DÍNAMO CLUBE DA ESTAÇÃO
521	530	RICARDO GONÇALVES	M	36		01:35:02	01:34:18	PAPA-MILHAS
522	702	PEDRO COSTA	M	41		01:35:02	01:33:32	INDIVIDUAL
523	785	LUÍS CARVALHO	M	33		01:35:03	01:34:40	Lousada Runners
524	1563	VÍTOR M COELHO	M	36		01:35:04	01:34:01	AROUCA RUNNERS
525	1655	DARIO PEREIRA	M	56		01:35:08	01:34:46	CC S JOÃO MADEIRA
526	1547	BRUNO MARQUES	M	23		01:35:10	01:34:50	OS KAGADOS
527	1217	ANTÓNIO SANTOS	M	49		01:35:11	01:34:52	CP AGUAS GAIA
528	1262	ELÍSIO AZEVEDO	M	34		01:35:14	01:34:33	TNT - TRILHOS NATURA TEAM
529	961	FILIPE M O COSTA	M	37		01:35:15	01:34:59	MOUTADOS TEAM
530	167	FERNANDO LOPES	M	39		01:35:16	01:34:53	INDIVIDUAL
531	1666	Jaime Lima	M	55		01:35:16	01:34:46	Amigos da Montanha / Ferreirólux
532	358	LUIS MADEIRA	M	38		01:35:17	01:35:00	HLM

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
533	2017	LUIS TEIXEIRA	M	47		01:35:17	01:34:07	BARRANHA AC
534	1179	IGOR RESENDE	M	30		01:35:21	01:35:21	INDIVIDUAL
535	1408	LUÍS GASPAR	M	27		01:35:24	01:33:56	RAINHA CLUB
536	1580	LUIS TORRES	M	42		01:35:26	01:35:04	H3 RUNNERS
537	619	RUI EUSÉBIO	M	46		01:35:26	01:35:16	ACADEMIA FERNANDA RIBEIRO
538	474	TIAGO FERREIRA	M	22		01:35:29	01:35:02	OS KAGADOS
539	473	AMÍLCAR FERREIRA	M	48		01:35:30	01:35:03	OS KAGADOS
540	1194	VÍTOR A S CARDOSO	M	36		01:35:30	01:34:36	INDIVIDUAL
541	129	SÉRGIO P S AMEIDAL	M	37		01:35:31	01:35:09	INDIVIDUAL
542	43	PAULO MESQUITA	M	40		01:35:31	01:35:07	MF MARTINS LDA
543	1341	PAULO J R S PEREIRA	M	31		01:35:32	01:34:01	PAPA MEIA MARATONAS
544	1418	PEDRO BALINHA	M	28		01:35:35	01:35:08	VIANA RUNNERS
545	1298	JOSÉ M S FERREIRA	M	42		01:35:37	01:34:45	INDIVIDUAL
546	291	PAULO LIMA	M	38		01:35:39	01:34:58	INDIVIDUAL
547	1428	MANUEL PINHEIRO	M	45		01:35:39	01:34:48	AMARANTE RUNNING TEAM
548	1495	LUIS MONTEIRO	M	50		01:35:41	01:35:10	INDIVIDUAL
549	1156	FERNANDO REMELGADO	M	37		01:35:41	01:35:23	CCD - SIEMENS
550	1328	RUTE SILVA	F	20		01:35:41	01:35:37	ADERCUS
551	1779	Rui Martins	M	33		01:35:41	01:35:28	CAO
552	687	MANUEL P RAMOS	M	47		01:35:42	01:35:07	CLUBE GALPENEGIA NORTE
553	711	REGINA MONTEIRO	F	32		01:35:42	01:35:36	CPT BAIRRO CARCAVELOS
554	1625	ANTONIO FRANCO	M	41		01:35:43	01:34:21	INDIVIDUAL
555	1777	Marco Silva	M	33		01:35:43	01:35:35	CAO
556	1562	ROGÉRIO OLIVEIRA	M	40		01:35:44	01:34:21	OS FINOS
557	2053	PAULO MILHEIRO	M	50		01:35:44	01:35:44	CALDAS S JOGE SC
558	1652	ARMANDO OLIVEIRA	M	57		01:35:46	01:35:40	Lousada Runners
559	910	FILIPE RIBEIRO	M	41		01:35:51	01:35:13	AC VERMOIM
560	1791	Virgilio Ferreira	M	35		01:35:52	01:35:43	BOAVISTA FC
561	1644	MARTINHO V PACHECO	M	60		01:35:55	01:35:31	INDIVIDUAL
562	371	AURÉLIO MARQUES	M	49		01:35:55	01:35:21	CAVE ESPOSENDE
563	528	NUNO ARAÚJO	M	38		01:36:00	01:34:59	BRAGA
564	1374	PAULO CUNHA	M	43		01:36:02	01:35:51	GAVIÕES
565	421	ABERLADO GOMES	M	48		01:36:03	01:35:03	CD FEIRENSE
566	839	RUI CORREIA	M	40		01:36:05	01:35:21	CA LAMAS
567	148	PEDRO DUARTE	M	38		01:36:06	01:35:25	ORALKLASS - AMIGOS DO TRAIL
568	407	ALCINO PINTO	M	39		01:36:07	01:34:42	ATHLON RUNNERS
569	1514	VALDEMAR ALVES	M	51		01:36:15	01:35:29	CIRAC
570	543	FILIPE LEMOS	M	45		01:36:19	01:36:02	LBV RUNNERS

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GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
571	192	JOSÉ SÁ	M	43		01:36:22	01:35:48	INDIVIDUAL
572	1052	JOSE M C PINTO	M	31		01:36:26	01:35:50	INDIVIDUAL
573	973	VASCO MICAEL	M	67		01:36:27	01:35:45	DA RECARDÃES
574	508	MANUEL SILVA	M	41		01:36:29	01:34:53	CA PÓVOA PACENSE (CENAP)
575	279	ALEXANDRE FERREIRA	M	37		01:36:30	01:36:13	RCM ETIQUETAS
576	872	ALBERTO MOREIRA	M	43		01:36:30	01:35:11	AA POVOENSE
577	1744	Ivo Silva	M	27		01:36:33	01:35:20	BOSCH
578	1345	ANDRÉ NEVES	M	36		01:36:34	01:36:34	INDIVIDUAL
579	1263	FILIPE COELHO	M	32		01:36:35	01:35:53	TNT - TRILHOS NATURA TEAM
580	863	RUI GOMES	M	57		01:36:36	01:35:56	BRAGUINHAS
581	269	JOAO PEREIRA	M	38		01:36:36	01:35:55	WHITE RUNNING TEAM
582	894	JOSÉ L GARCIA	M	54		01:36:37	01:36:28	MATRECOS
583	62	JOSE VIEIRA	M	46		01:36:38	01:36:38	OS FALTA DAR
584	1256	FILIPE FONTES	M	42		01:36:38	01:35:16	CA LAMAS
585	1027	JORGE PÁDUA	M	49		01:36:41	01:36:35	CP MANGUALDE
586	2160	QUINTINO BACELO	M	55		01:36:43	01:36:34	GDR J RIBEIRAS
587	1189	PAULO PACHECO	M	42		01:36:43	01:36:33	ORALKLASS - AMIGOS DO TRAIL
588	2143	JOAO SILVA	M	52		01:36:44	01:36:29	NA TAIPAS
589	1537	ANTONIO MACHADO	M	46		01:36:45	01:36:13	OS AMIGOS PAPA MILHAS
590	1023	LAURINDA FERREIRA	F	43		01:36:48	01:36:48	CP MANGUALDE
591	870	RUI SANTOS	M	49		01:36:48	01:36:35	PORTO RUNNERS
592	1615	JOSÉ M M FERNANDES	M	54		01:36:50	01:36:18	INDIVIDUAL
593	1123	AUGUSTO SILVA	M	61		01:36:50	01:36:39	AD RIO LARGO C ESPINHO
594	41	ABILIO SILVA	M	49		01:36:50	01:36:32	MF MARTINS LDA
595	1690	Vítor Ramos	M	47		01:36:50	01:36:50	Grupo Desportivo da Gafanha
596	84	FRANCISCO OLIVEIRA	M	55		01:36:51	01:36:51	AA GONDOMAR
597	958	HÉLIO J C M MACHADO	M	31		01:36:58	01:36:42	MOUTADOS TEAM
598	221	LUÍS F M MOTA	M	49		01:36:59	01:35:36	INDIVIDUAL
599	707	ANTÓNIO FREITAS	M	43		01:37:01	01:36:17	RUN TO BE ALIVE
600	1185	PAULO SOUSA	M	39		01:37:03	01:36:49	CLUBE DE NOBRIJO
601	623	JOSE C MACHADO	M	45		01:37:09	01:36:59	I-RUN
602	1694	Joaquim madureira	M	39		01:37:10	01:36:01	
603	1115	CARLOS FERREIRA	M	39		01:37:10	01:37:04	AD RIO LARGO C ESPINHO
604	1218	HUGO GONÇALVES	M	44		01:37:14	01:37:06	INDIVIDUAL
605	1468	RAUL OLIVEIRA	M	51		01:37:15	01:35:49	IPBRICK
606	67	VITOR HUGO	M	53		01:37:15	01:36:49	OS FALTA DAR
607	406	DANIEL LOURENÇO	M	40		01:37:19	01:37:19	CA BARREIRA
608	1665	David Gonçalves	M	57		01:37:19	01:36:56	Amigos da Montanha / Ferreirolux

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
609	1296	LUIS SILVA	M	58		01:37:23	01:37:03	SC BRAGA
610	1504	LUIS ALMEIDA	M	25		01:37:26	01:35:49	INDIVIDUAL
611	1410	JOÃO MENDES	M	30		01:37:27	01:35:50	RAINHA CLUB
612	721	CLEMENTE J SANTOS	M	36		01:37:28	01:37:10	ARADA CITY
613	1192	RUI PINHEIRO	M	37		01:37:30	01:37:23	INDIVIDUAL
614	1538	XAVIER OLIVEIRA	M	45		01:37:35	01:37:03	OS AMIGOS PAPA MILHAS
615	540	PAULO RIBEIRO	M	46		01:37:35	01:36:19	ASSOCIAÇÃO VILLA CESARI
616	435	RUI PINA	M	57		01:37:38	01:37:26	OS-PAPA-AREIA
617	840	LUIS M TRIGO	M	49		01:37:39	01:37:26	CÃES AVENIDA
618	1034	RUI LEITE	M	27		01:37:39	01:36:00	TUDOACORRERBEM
619	1368	JOSÉ M S ALVES	M	42		01:37:40	01:37:40	INDIVIDUAL
620	83	JORGE DIAS	M	49		01:37:42	01:37:32	CIA ALPENDORADA
621	1114	MANUEL SILVA	M	45		01:37:47	01:37:17	AD RIO LARGO C ESPINHO
622	607	MANUEL V R PINHO	M	40		01:37:48	01:37:42	GDL LOUROCOOPE
623	308	TIAGO MENDES	M	47		01:37:52	01:37:12	GNR
624	125	RUI COSTA	M	48		01:37:53	01:36:20	INDIVIDUAL
625	514	LUIS CARNEIRO	M	50		01:37:55	01:37:47	ASH MONTE CÓRDOVA
626	1024	LURDES MONTEIRO	F	47		01:37:55	01:37:52	CP MANGUALDE
627	1653	JOSE BARROSO	M	42		01:37:55	01:37:48	INDIVIDUAL
628	277	CARLOS RIPOLINS	M	57		01:37:56	01:37:42	RIPOLINS.COM EVENTOS
629	1366	ÓSCAR MAXIMINO	M	37		01:37:57	01:36:46	INDIVIDUAL
630	117	FERNANDO MENDES	M	43		01:37:57	01:37:34	CUF
631	862	HENRIQUE JORGE	M	40		01:37:57	01:37:31	INDIVIDUAL
632	1697	Jorge André Torres Dias	M	27		01:37:58	01:37:21	
633	1474	JORGE MENDES	M	36		01:37:58	01:37:24	MOCIDADE SANGEMIL AC
634	1651	JOSE F O COSTA	M	33		01:37:59	01:37:55	Lousada Runners
635	271	MANUEL F S OLIVEIRA	M	46		01:38:00	01:37:24	WHITE RUNNING TEAM
636	147	JAIME C A MOREIRA	M	50		01:38:00	01:37:57	GCR ALVARELHOS
637	1378	ANTÓNIO CORUCHO	M	48		01:38:01	01:37:04	INDIVIDUAL
638	20	JOSE MOREIRA SILVA	M	59		01:38:02	01:37:59	AFIS/OVAR
639	1197	JOAO P B RODRIGUES	M	41		01:38:07	01:37:37	INDIVIDUAL
640	96	ANTONIO BARBOSA	M	55		01:38:07	01:36:56	CA ERMESINDE
641	284	PEDRO MADAIL	M	43		01:38:08	01:37:38	INDIVIDUAL
642	1005	MANUEL DIAS	M	59		01:38:08	01:37:56	MOV JUV MERELIM
643	1394	NUNO A R CAMPOS	M	32		01:38:08	01:37:04	GALITOS AVEIRO
644	176	PEDRO M V MOTA	M	40		01:38:09	01:37:40	INDIVIDUAL
645	1358	ADÉRITO CURTO	M	53		01:38:11	01:37:55	GIRA SOL/RAMOS CATARINO
646	1322	RUI FREIRE	M	39		01:38:11	01:37:45	G JUVENIL PINHEIRO BEMPOSTA

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
647	315	JOÃO P S RODRIGUES	M	48		01:38:14	01:37:35	INDIVIDUAL
648	1533	LUIS PINHO	M	48		01:38:16	01:37:14	ADEC-MS ADC MACIEIRA SARNES
649	293	ANDRÉ ROCHA	M	33		01:38:18	01:37:26	INDIVIDUAL
650	333	PEDRO GUIMARAES	M	45		01:38:20	01:38:10	BAI K ANDAS TEAM
651	2031	FATIMA NEVES	F	51		01:38:20	01:37:20	GD RIBEIRINHOS
652	1594	RUI COSTA	M	39		01:38:21	01:38:10	INDIVIDUAL
653	563	JOSE SILVA	M	50		01:38:22	01:38:03	SUNSET RUNNERS
654	1404	MARCO GOMES	M	38		01:38:22	01:38:11	INDIVIDUAL
655	61	CONSTANTINO VIEIRA	M	62		01:38:23	01:37:39	OS FALTA DAR
656	618	ARTUR FREITAS	M	64		01:38:25	01:38:13	ACADEMIA FERNANDA RIBEIRO
657	928	MANUEL RIBEIRO	M	59		01:38:27	01:38:02	NA CUCUJÃES
658	214	JOSÉ BRITO	M	45		01:38:27	01:38:04	CASPA/GREEN ROC
659	724	NELSON J C MUGA	M	34		01:38:29	01:37:17	INDIVIDUAL
660	726	ANGELO FERREIRA	M	36		01:38:30	01:38:09	GD AIRAO-CURVIA
661	1279	JORGE OLIVEIRA	M	48		01:38:30	01:38:16	INDIVIDUAL
662	1702	MANUEL LUIS	M	53		01:38:30	01:36:55	NA CUCUJAES
663	2096	JOSE AZEVEDO	M	48		01:38:32	01:38:29	INDIVIDUAL
664	2056	FERNANDO SILVA	M	45		01:38:32	01:37:15	CALDAS S JOGE SC
665	1107	LUIS GUIMARAES	M	42		01:38:33	01:37:08	CLUBE BANIF
666	564	MIGUEL BARQUEIRO	M	38		01:38:34	01:38:15	SUNSET RUNNERS
667	916	FERNANDO LEITE	M	58		01:38:35	01:38:27	INDIVIDUAL
668	1575	JOAO COUTO	M	45		01:38:37	01:38:37	INDIVIDUAL
669	1536	CARLOS MACHADO	M	46		01:38:38	01:38:06	OS AMIGOS PAPA MILHAS
670	193	RICARDO LEMOS	M	42		01:38:38	01:37:41	OS FELINOS
671	1592	LUCIANO SANTOS	M	40		01:38:38	01:37:47	INDIVIDUAL
672	2018	JOSE TEIXEIRA	M	51		01:38:40	01:38:02	BARRANHA AC
673	1299	DUARTE G E SILVA	M	30		01:38:42	01:37:14	INDIVIDUAL
674	782	CARLOS A R MARINHEIRO	M	34		01:38:43	01:38:14	ECOMOBILE - ALUGUER DE AUTOMÓVEIS
675	22	LUIS NUNO SANTOS	M	40		01:38:43	01:38:12	AFIS/OVAR
676	856	NUNO FREITAS	M	39		01:38:44	01:38:44	INDIVIDUAL
677	709	ORLANDO PARENTE	M	44		01:38:46	01:38:03	RUN TO BE ALIVE
678	608	SALVADOR F F SILVA	M	42		01:38:47	01:37:55	INDIVIDUAL
679	733	DANIEL M SILVA	M	39		01:38:47	01:38:37	INDIVIDUAL
680	240	SERAFIM A S MARTINS	M	63		01:38:49	01:38:38	CP TELECOM ZONA NORTE
681	344	CARLOS MOREIRA	M	33		01:38:51	01:38:01	RUNNING CLASS FREDERICO SILVA PT
682	1552	WILLIAMS C RODRIGUEZ	M	35		01:38:51	01:38:51	INDIVIDUAL
683	367	MIGUEL SILVA	M	45		01:38:52	01:38:15	RAMADAS DO ASFALTO
684	1332	JOAQUIM RODRIGUES	M	42		01:38:54	01:38:05	INDIVIDUAL

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GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
685	624	LUIZ LOUREIRO	M	39		01:38:54	01:38:40	SPEM
686	384	ABEL FERREIRA	M	41		01:38:56	01:38:39	GRE BONFIM
687	109	TIAGO J C BORGES	M	31		01:38:58	01:38:15	INDIVIDUAL
688	2007	RUFINO CASTRO	M	50		01:39:00	01:39:00	GDC GUILHOVAI
689	476	ROGÉRIO BASTOS	M	37		01:39:01	01:38:50	OS KAGADOS
690	1466	DINIS TAVARES	M	50		01:39:02	01:39:02	INDIVIDUAL
691	2040	VITOR SILVA	M	46		01:39:02	01:38:20	CALDAS S JOGE SC
692	283	MANUEL COSTA	M	48		01:39:02	01:38:26	ADECA
693	282	AGOSTINHO BARROS	M	42		01:39:02	01:38:25	ADECA
694	2044	MARIO COSTA	M	43		01:39:03	01:38:22	CALDAS S JOGE SC
695	134	MANUEL M VIEIRA	M	59		01:39:04	01:38:14	ARSENAL CLUBE DEVESA - BRAGA
696	565	VITOR SOUSA	M	42		01:39:06	01:38:43	SUNSET RUNNERS
697	1696	Marco Carvalho	M	37		01:39:08	01:37:38	
698	300	FRANCISCO FREITAS	M	47		01:39:08	01:38:21	GAIA-RUNNING
699	2042	ANTONIO CONCEICAO	M	45		01:39:11	01:38:55	CALDAS S JOGE SC
700	88	MANUEL LEITÃO	M	64		01:39:12	01:39:12	CYCLONES
701	1689	Helder Ramos	M	47		01:39:16	01:39:16	Grupo Desportivo da Gafanha
702	642	ALFREDO BARBOSA	M	59		01:39:16	01:38:55	CPT BAIRRO CARCAVELOS
703	675	JOÃO SANTANA	M	42		01:39:16	01:38:33	BOSCH TERMOTECNOLOGIA SA
704	678	JORGE M V BRITES	M	44		01:39:17	01:38:45	PÉ NA ROTA
705	512	ARMANDO OLIVEIRA	M	46		01:39:20	01:38:43	ASH MONTE CÓRDOVA
706	636	PEDRO SILVA	M	37		01:39:21	01:38:09	CCD - RENAULT, CACIA
707	513	JOAQUIM FREITAS	M	69		01:39:22	01:38:47	ASH MONTE CÓRDOVA
708	964	DAVID J F RODRIGUES	M	44		01:39:23	01:39:05	MOUTADOS TEAM
709	681	PATRICIA NOGUEIRA	F	34		01:39:25	01:39:00	INDIVIDUAL
710	680	JOSÉ MONTEIRO	M	31		01:39:25	01:38:59	INDIVIDUAL
711	1739	Venancio Almeida	M	41		01:39:28	01:38:23	INDIVIDUAL
712	1158	CÂNDIDO SILVA	M	41		01:39:28	01:37:57	INDIVIDUAL
713	797	JOSÉ RIBEIRO	M	55		01:39:28	01:38:09	BRAGUINHAS
714	468	JOSÉ LUÍS	M	41		01:39:30	01:39:05	OS KAGADOS
715	337	HENRIQUE M G MEIRELES	M	33		01:39:32	01:39:04	INDIVIDUAL
716	960	ANTENOR O COSTA	M	49		01:39:33	01:39:15	MOUTADOS TEAM
717	413	FERNANDO SANTOS	M	42		01:39:36	01:39:17	CP AGUAS GAIA
718	1713	ANTONIO PEREIRA	M	51		01:39:36	01:39:31	C PRAÇAS ARMADA
719	1199	JOSÉ SILVA	M	50		01:39:36	01:38:20	AASM TRIATLO
720	610	EDUARDO CARDOSO	M	22		01:39:37	01:38:06	CCD RIBEIRAO
721	758	FERNANDO CAMELO	M	56		01:39:39	01:38:35	SC SALGUEIROS
722	1292	RICARDO J G RESSURREIÇÃO	M	31		01:39:42	01:38:44	INDIVIDUAL

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GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
723	516	RUI F S PEREIRA	M	52		01:39:47	01:39:25	INDIVIDUAL
724	190	VÍTOR P D CALDEIRA	M	34		01:39:48	01:39:10	INDIVIDUAL
725	1712	ARLINDO PINTO	M	57		01:39:53	01:39:46	CAO
726	2033	MANUEL SILVA	M	55		01:39:54	01:39:11	CALDAS S JOGE SC
727	287	MANUEL GOMES	M	49		01:39:56	01:39:35	AR NEGRELOS
728	704	PAULO S S OLIVEIRA	M	40		01:39:57	01:38:29	INDIVIDUAL
729	1241	MÁRIO COSTA	M	52		01:39:58	01:38:33	OS ANTIGOS
730	853	DUARTE SILVA	M	41		01:39:59	01:39:40	INDIVIDUAL
731	956	JESUS A F CAMPOS	M	33		01:39:59	01:39:42	MOUTADOS TEAM
732	251	HELENA SAMPAIO	F	40		01:39:59	01:39:56	CF OLIVEIRA DOURO
733	684	LUÍS FERNANDES	M	60		01:40:00	01:39:36	INDIVIDUAL
734	1109	PEDRO BASTOS	M	33		01:40:00	01:38:27	CLUBE BANIF
735	254	ORLANDO OLIVEIRA	M	58		01:40:01	01:39:58	CF OLIVEIRA DOURO
736	285	LUIS MARTINS	M	51		01:40:02	01:39:43	AR NEGRELOS
737	1505	ALCIDES SALES	M	53		01:40:04	01:40:00	CiRAC
738	465	MANUEL ROCHA	M	66		01:40:05	01:39:10	OS KAGADOS
739	1419	RUI PINHO	M	41		01:40:06	01:39:21	ADEC-MS ADC MACIEIRA SARNES
740	261	VICTOR AMARAL	M	56		01:40:09	01:38:33	MULTIFRAÇÃO
741	2038	DAVID LEITE	M	47		01:40:10	01:39:26	CALDAS S JOGE SC
742	57	MARIO NOGUEIRA	M	49		01:40:12	01:39:47	GD S PAIO OLEIROS
743	48	ANA REIS	F	34		01:40:12	01:38:36	ACRVD
744	268	ANTÓNIO ALMEIDA	M	42		01:40:13	01:39:39	CDCR DOS CTT PORTO
745	260	CARLOS LOPES	M	49		01:40:13	01:38:37	MULTIFRAÇÃO
746	365	PEDRO ALVES	M	43		01:40:14	01:39:36	RAMADAS DO ASFALTO
747	368	NUNO ALVES	M	45		01:40:14	01:39:36	RAMADAS DO ASFALTO
748	754	ALBERTO M SOUSA	M	52		01:40:15	01:39:05	GD FERROV CAMPANHÃ
749	1746	Pedro Elias	M	43		01:40:15	01:40:07	INDIVIDUAL
750	1257	MAURINHO MENDES	M	53		01:40:16	01:40:06	OLHANENSE
751	937	MANUEL CARNEIRO	M	52		01:40:18	01:39:58	GCR ALVARELHOS
752	1289	CARLOS F N SANTOS	M	27		01:40:20	01:39:11	INDIVIDUAL
753	1382	FRANCLIM C PRATA	M	51		01:40:20	01:38:44	INDIVIDUAL
754	1283	NELSON FERREIRA	M	40		01:40:20	01:39:52	INDIVIDUAL
755	1745	João Oliveira	M	37		01:40:25	01:40:10	BOSCH
756	1753	Pedro Mota	M	32		01:40:25	01:39:15	INDIVIDUAL
757	1324	BRUNO SANTIAGO	M	30		01:40:25	01:39:47	G JUVENIL PINHEIRO BEMPOSTA
758	1465	JOÃO P FERNANDES	M	38		01:40:27	01:39:48	INDIVIDUAL
759	779	JOÃO BANDEIRA	M	42		01:40:27	01:40:01	INDIVIDUAL
760	32	PAULO FERNANDES	M	45		01:40:30	01:40:24	AFIS/OVAR

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GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
761	1302	JOEL E P CARVALHO	M	29		01:40:35	01:38:54	INDIVIDUAL
762	2027	JOAO SOARES	M	70		01:40:36	01:40:23	GD RIBEIRINHOS
763	1570	FLÁVIO CARVALHO	M	35		01:40:37	01:39:50	INDIVIDUAL
764	558	ALEXANDRE NEVES	M	38		01:40:39	01:40:20	CCDT CM GONDOMAR
765	1184	PEDRO SILVA	M	20		01:40:40	01:40:07	CLUBE DE NOBRIJO
766	2036	MANUEL ALMEIDA	M	39		01:40:40	01:39:22	CALDAS S JOGE SC
767	1086	JOSE CORREIA	M	67		01:40:41	01:40:29	INDIVIDUAL
768	730	JOSE COSTA	M	61		01:40:41	01:40:21	GD AIRAO-CURVIA
769	1051	JOÃO CALHEIROS	M	45		01:40:42	01:40:27	INDIVIDUAL
770	1493	JOSE PINHEL	M	46		01:40:43	01:40:18	INDIVIDUAL
771	487	ANTÓNIO LOPES	M	56		01:40:43	01:39:53	TUBARÕES DE ESPINHO
772	908	RUI MAGALHÃES	M	39		01:40:43	01:40:23	INDIVIDUAL
773	907	SANDRA LAGE	F	36		01:40:43	01:40:23	INDIVIDUAL
774	486	LUÍS CRUZ	M	49		01:40:43	01:39:49	TUBARÕES DE ESPINHO
775	1126	HERNÂNI AMARAL	M	61		01:40:44	01:40:37	ROYAL SCHOOL OF LANGUAGES
776	1572	MARCO P S PEREIRA	M	39		01:40:44	01:39:35	INDIVIDUAL
777	1060	MIGUEL C FERNANDES	M	39		01:40:45	01:39:33	INDIVIDUAL
778	878	SILVÉRIO GUEDES	M	55		01:40:52	01:40:38	INDIVIDUAL
779	1321	ANTÓNIO MARTINS	M	28		01:40:56	01:40:18	G JUVENIL PINHEIRO BEMPOSTA
780	1742	Rosa Fontão	F	39		01:41:00	01:41:00	NA TAIPAS
781	1647	ANTÓNIO VALENTE	M	47		01:41:01	01:40:39	GRECAS VAGOS
782	2147	PEDRO PINHEIRO	M	50		01:41:02	01:40:19	NA TAIPAS
783	989	ANTONIO FERNANDES	M	48		01:41:06	01:41:06	INDIVIDUAL
784	472	NUNO PINHO	M	28		01:41:06	01:40:40	OS KAGADOS
785	963	VASCO A P S GONÇALVES	M	39		01:41:07	01:40:49	MOUTADOS TEAM
786	2072	RICARDO MOREIRA	M	35		01:41:08	01:40:57	BOAVISTA FC
787	1063	NUNO DOMINGUES	M	38		01:41:11	01:40:40	INDIVIDUAL
788	507	JOSÉ RESENDE	M	44		01:41:14	01:40:41	CA PÓVOA PACENSE (CENAP)
789	366	HERNANI SOARES	M	54		01:41:14	01:40:36	RAMADAS DO ASFALTO
790	617	PAULO M P FARIA	M	45		01:41:15	01:40:50	SENHORA DA HORA RUNNING
791	568	ANTONIO FERREIRA	M	33		01:41:19	01:39:12	INDIVIDUAL
792	416	JOSÉ BARBOSA	M	58		01:41:20	01:40:22	CP AGUAS GAIA
793	1390	CARLOS JORGE	M	39		01:41:20	01:40:19	INDIVIDUAL
794	1008	MANUEL SANTOS	M	27		01:41:23	01:40:31	INDIVIDUAL
795	1236	ANTÓNIO A ARAUJO	M	60		01:41:23	01:41:12	GD SOBREIRAL SJ MADEIRA
796	917	PEDRO BRITO	M	44		01:41:23	01:40:21	INDIVIDUAL
797	1650	MÓNICA FERNANDES	F	39		01:41:24	01:40:58	INDIVIDUAL
798	1646	NUNO SILVA	M	29		01:41:25	01:40:29	RODA DOS VENTOS

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GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
799	579	FRANCISCO RODRIGUES	M	59		01:41:27	01:40:31	RODA DOS VENTOS
800	994	HELDER SILVA	M	37		01:41:27	01:40:37	RODA DOS VENTOS
801	659	FERNANDO GONÇALVES	M	55		01:41:29	01:40:49	JAM
802	1603	ANTÓNIO VELA	M	29		01:41:32	01:40:34	ASPHALT ASSAULT TEAM
803	815	PEDRO PINTO	M	34		01:41:33	01:40:34	PERNAS DE GAFANHOTO
804	2114	ADAO REIS	M	65		01:41:34	01:41:25	INDIVIDUAL
805	1524	ANTONIO J S FONSECA	M	46		01:41:36	01:41:22	FELGUEIRAS
806	591	RUI P PENA	M	41		01:41:37	01:40:43	AASM TRIATLO
807	318	PEDRO N D OLIVEIRA	M	32		01:41:41	01:40:25	INDIVIDUAL
808	1559	AMÉRICO AREIAS	M	39		01:41:42	01:41:17	INDIVIDUAL
809	1664	Carlos Brito	M	51		01:41:44	01:41:14	Amigos da Montanha / Ferreirolux
810	1129	PAULO MACHADO	M	47		01:41:45	01:41:18	INDIVIDUAL
811	1606	JOSE M S OLIVEIRA	M	47		01:41:45	01:41:16	BIKE FONTELA-AVANCA
812	1622	OSCAR E TORRES	M	26		01:41:45	01:40:46	INDIVIDUAL
813	1170	JORGE M S QUEIROS	M	42		01:41:47	01:41:37	INDIVIDUAL
814	1400	PAULO MOREIRA	M	45		01:41:49	01:40:55	CCD APDL
815	156	XAVIER C FERNANDES	M	36		01:41:49	01:41:36	OS PIOLHOS MADAIL
816	1355	JOSE M S LEITE	M	56		01:41:50	01:41:32	GINASIO C SANTO TIRSO
817	1485	ANTÓNIO J L SILVA	M	54		01:41:50	01:41:18	CITROEN - RANGEL & OLIVEIRA, LDA
818	977	FERNANDO GOMES	M	43		01:41:51	01:40:34	POTEEENTES
819	1353	ANTONIO J R GOMES	M	48		01:41:51	01:41:32	GINASIO C SANTO TIRSO
820	805	JORGE FERREIRA	M	41		01:41:52	01:40:44	POTE 1
821	197	OSCAR LEMOS	M	40		01:41:52	01:40:56	OS FELINOS
822	583	JOSÉ SOARES	M	46		01:41:57	01:40:45	ACADEMIA FERNANDA RIBEIRO
823	459	CARLOS ANDRADE	M	49		01:41:57	01:40:50	OS KAGADOS
824	494	CARLOS FREIRE	M	54		01:41:57	01:41:00	VETERANOS DO PORTO
825	1601	GONÇALO REDONDO	M	40		01:41:58	01:40:38	INDIVIDUAL
826	1602	JOAQUIM REBOLA	M	40		01:41:58	01:40:39	INDIVIDUAL
827	846	PEDRO MARQUES	M	33		01:42:02	01:40:28	UNIDOS À FRESCA
828	816	LUÍS FERNANDO	M	30		01:42:04	01:41:36	INDIVIDUAL
829	829	ALBERTO SILVA	M	61		01:42:04	01:41:59	CA LAMAS
830	51	TÁCITO LARANJEIRA	M	66		01:42:05	01:42:05	PAV ROLANTE
831	482	JOÃO A M F CAPA	M	44		01:42:05	01:42:05	INDIVIDUAL
832	157	PAULO J ALVES	M	44		01:42:05	01:40:35	INDIVIDUAL
833	1637	QUINTINO M G AMORIM	M	46		01:42:06	01:41:37	Clube BTT Sanguedo
834	488	NUNO LIMA	M	42		01:42:09	01:41:17	TUBARÕES DE ESPINHO
835	110	ANTONIO NETO	M	58		01:42:10	01:41:55	TRIFITROFA CFT
836	598	ARMANDO CERQUEIRA	M	55		01:42:10	01:40:57	GD LEÕES VENEZA

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
837	2071	JOAO DIXO	M	21		01:42:12	01:42:12	BOAVISTA FC
838	1196	ANTONIO DIAS	M	49		01:42:12	01:42:02	OS MULAS
839	752	CARLOS MACEDO	M	59		01:42:13	01:41:40	AD AMARANTE
840	138	FILIPE DE OLIVEIRA	M	30		01:42:20	01:42:04	PICANHOS TEAM
841	855	MIGUEL AMEIDAL	M	37		01:42:21	01:41:03	AASM TRIATLO
842	1528	VICTOR NOGUEIRA	M	43		01:42:22	01:41:46	OS BANDALHOS
843	1181	JORGE COSTA	M	46		01:42:22	01:40:49	PAPA-LÉGUAS/X5 HEALTHCLUB
844	1755	Jorge Basto	M	45		01:42:22	01:41:59	INDIVIDUAL
845	166	JOSÉ G M SANTOS	M	50		01:42:24	01:41:13	INDIVIDUAL
846	116	RUI LAMEIRAS	M	41		01:42:24	01:41:31	INDIVIDUAL
847	1616	DANIEL F R ALMEIDA	M	31		01:42:24	01:42:00	INDIVIDUAL
848	1396	ALFREDO ROCHA	M	64		01:42:25	01:42:15	CCD APDL
849	1398	MANUEL TEIXEIRA	M	44		01:42:26	01:42:10	CCD APDL
850	566	CANDIDO FRANCO	M	41		01:42:27	01:41:03	SUNSET RUNNERS
851	984	FILIPE MONTENEGRO	M	42		01:42:28	01:42:02	INDIVIDUAL
852	1095	FILIPE G D SILVANO	M	27		01:42:28	01:40:50	INDIVIDUAL
853	135	MANUEL A G RODRIGUES	M	43		01:42:30	01:41:40	INDIVIDUAL
854	349	RUI F F VASCONCELOS	M	31		01:42:32	01:42:17	EU GINÁSIO
855	493	JOSE MACEDO	M	57		01:42:33	01:41:38	VETERANOS DO PORTO
856	628	RUI QUELHAS	M	49		01:42:34	01:41:45	INDIVIDUAL
857	1143	MIGUEL BARBOSA	M	35		01:42:39	01:41:51	TUGAS NA ESTRADA
858	52	FRANCISCO MONTEIRO	M	54		01:42:39	01:42:28	PAV ROLANTE
859	811	AVELINO FARIA	M	47		01:42:39	01:42:22	TRAILISTA EU E QUE SEI
860	1254	ARLINDO SILVA	M	41		01:42:40	01:41:34	OS KAGADOS
861	2028	JORGE CABRAL	M	45		01:42:43	01:41:42	GD RIBEIRINHOS
862	213	JOAO SILVA	M	33		01:42:44	01:42:05	INDIVIDUAL
863	1061	CARLA A A OLIVEIRA	F	37		01:42:44	01:42:15	INDIVIDUAL
864	581	CARLOS CARREIRA	M	35		01:42:45	01:41:34	ACADEMIA FERNANDA RIBEIRO
865	1301	JOAQUIM MARTINS	M	44		01:42:47	01:41:52	N KARATE ATL RORIZ
866	919	CLEMENTE PINTO	M	35		01:42:50	01:41:28	INDIVIDUAL
867	759	DANIEL MONTEIRO	M	25		01:42:51	01:41:26	SC SALGUEIROS
868	1087	LUIS RABAÇA	M	37		01:42:54	01:41:52	INDIVIDUAL
869	1088	LUIS RAMOS	M	37		01:42:54	01:41:53	INDIVIDUAL
870	521	PEDRO C PEREIRA	M	51		01:42:55	01:42:30	CLUBE PT AVEIRO
871	780	RUI GONÇALVES	M	40		01:42:55	01:41:48	INDIVIDUAL
872	551	LUÍS SÁ	M	39		01:42:56	01:42:25	INDIVIDUAL
873	133	AMÂNDIO SOARES	M	60		01:42:57	01:42:08	ARSENAL CLUBE DEVESA - BRAGA
874	1525	SONIA SILVA	F	37		01:43:00	01:42:47	FELGUEIRAS

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
875	93	LICINIO ALMEIDA	M	27		01:43:01	01:42:17	BV OVAR
876	475	JOSÉ TAVARES	M	45		01:43:01	01:42:35	OS KAGADOS
877	635	CARLOS M A SANTOS	M	45		01:43:01	01:41:41	CCD - RENAULT, CACIA
878	1470	CARLOS M DOMINGOS	M	38		01:43:02	01:43:02	INDIVIDUAL
879	1112	ADRIANO QUEIROZ	M	62		01:43:05	01:41:58	AD RIO LARGO C ESPINHO
880	21	JOSE SOUSA	M	56		01:43:05	01:42:38	AFIS/OVAR
881	438	ALEXANDRE DIAS	M	29		01:43:07	01:42:47	SPEM
882	1535	JOAQUIM MACHADO	M	50		01:43:08	01:42:31	OS AMIGOS PAPA MILHAS
883	1714	CLAUDIO PINTO	M	43		01:43:11	01:43:05	
884	1093	JÓSE NEVES	M	56		01:43:16	01:42:22	SMAS PORTO
885	899	ARTUR CARVALHO	M	60		01:43:17	01:42:56	POTEEENTES
886	1698	EDMUNDO GUEDES	M	57		01:43:17	01:40:06	NA CUCUJAES
887	849	JOSÉ MARINHO	M	35		01:43:18	01:42:53	INDIVIDUAL
888	1406	PEDRO N B C GOMES	M	41		01:43:18	01:42:03	INDIVIDUAL
889	817	ANTÓNIO M F COSTA	M	51		01:43:18	01:43:03	INDIVIDUAL
890	841	SÉRGIO GUIMBRA	M	36		01:43:19	01:42:20	INDIVIDUAL
891	429	FERNANDO ROLDÃO	M	43		01:43:19	01:42:46	FITNESS UP
892	278	PABLO NEVES	M	41		01:43:21	01:42:23	CI ARGONCILHE
893	848	JOÃO GUIMARÃES	M	38		01:43:22	01:43:00	INDIVIDUAL
894	1286	LUIS OLIVEIRA	M	39		01:43:23	01:42:37	INDIVIDUAL
895	1188	JORGE L F ALMEIDA	M	45		01:43:24	01:43:00	RAINHA CLUB
896	1268	JOSÉ TEIXEIRA	M	48		01:43:25	01:40:35	Lousada Runners
897	807	MANUEL RIBEIRO	M	42		01:43:26	01:42:18	POTE 1
898	1462	LUÍS FONSECA	M	23		01:43:27	01:42:06	GANGUE DAS MAÇAS
899	639	JOÃO MARQUES	M	55		01:43:27	01:42:07	CCD - RENAULT, CACIA
900	699	ANTÓNIO S MATOS	M	66		01:43:28	01:43:24	INDIVIDUAL
901	481	PEDRO NECHO	M	38		01:43:31	01:43:11	INDIVIDUAL
902	408	RUI PEDRO	M	36		01:43:31	01:42:11	BAI K ANDAS TEAM
903	1003	MIGUEL MAIA	M	31		01:43:33	01:42:07	INDIVIDUAL
904	1797	Antonio Santos	M	39		01:43:33	01:43:29	BOAVISTA FC
905	1492	ADRIANO J B MACHADO	M	35		01:43:34	01:42:13	INDIVIDUAL
906	1472	ORLANDO SANTOS	M	40		01:43:35	01:42:31	MOCIDADE SANGEMIL AC
907	1445	PAULO A COSTA	M	27		01:43:36	01:42:17	X5 HEALTH CLUB
908	1675	Simão Couto	M	36		01:43:38	01:43:14	Amigos da Montanha / Ferreirolux
909	1207	ARTUR MATIAS	M	36		01:43:42	01:42:25	INDIVIDUAL
910	1325	VIRGULINO BASTOS	M	52		01:43:44	01:42:52	G JUVENIL PINHEIRO BEMPOSTA
911	1614	PEDRO AZEVEDO	M	36		01:43:46	01:43:28	INDIVIDUAL
912	1574	ANTÓNIO A SILVA	M	50		01:43:46	01:42:22	Lousada Runners

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GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
913	1373	RUI LIMA	M	48		01:43:50	01:43:39	GAVIÕES
914	360	MANUEL FARIA	M	52		01:43:50	01:43:15	CAVE ESPOSENDE
915	2055	MARTINHO SANTOS	M	46		01:43:51	01:43:07	CALDAS S JOGE SC
916	823	ADRIANO SILVA	M	55		01:43:52	01:42:44	G JUVENIL PINHEIRO BEMPOSTA
917	34	SERGIO SILVA	M	39		01:43:52	01:43:09	AFIS/OVAR
918	1267	CELESTINO GARCIA	M	45		01:43:53	01:42:20	INDIVIDUAL
919	106	RUI F M A COSTA	M	30		01:43:55	01:42:19	INDIVIDUAL
920	763	MANUEL CRUZ	M	60		01:43:58	01:43:58	GD BANCO PORTUGAL
921	892	ANTÓNIO JOSÉ	M	55		01:43:58	01:42:46	Lousada Runners
922	451	FILIPE NASCIMENTO	M	37		01:43:59	01:42:52	COMPANHIA DO BAZOFIAS
923	834	JOSÉ COELHO	M	35		01:44:00	01:42:48	CA LAMAS
924	1119	ALVARO REIS	M	51		01:44:00	01:43:31	AD RIO LARGO C ESPINHO
925	757	FRANCISCO MACEDO	M	34		01:44:00	01:42:52	GD FERROV CAMPANHÃ
926	1290	MIGUEL SILVA	M	33		01:44:01	01:43:45	GRECAS
927	641	EDUARDO PAQUETE	M	66		01:44:01	01:43:13	CPT BAIRRO CARCAVELOS
928	183	ROGERIO MENDES	M	29		01:44:03	01:43:37	INDIVIDUAL
929	1513	OSCAR MAGOLO	M	56		01:44:04	01:43:18	CiRAC
930	1766	José Costa	M	54		01:44:05	01:43:57	SSST Municipio Ovar
931	873	SÉRGIO ARAÚJO	M	35		01:44:05	01:43:33	AA POVOENSE
932	1767	Florabela Costa	F	52		01:44:05	01:44:01	SSST Municipio Ovar
933	295	FERNANDO SANTOS	M	48		01:44:06	01:43:57	INDIVIDUAL
934	1763	Paulo Costa	M	31		01:44:07	01:43:21	SSST Municipio Ovar
935	404	JOAQUIM P R FERREIRA	M	43		01:44:09	01:43:53	I-RUN
936	290	JORGE B C MOTA	M	38		01:44:10	01:43:14	INDIVIDUAL
937	791	PEDRO T LOPES	M	30		01:44:13	01:43:20	CORREMOS COM ELES
938	570	IVO SOUSA	M	34		01:44:16	01:43:48	CICLISTAS CÓSMICOS - GISLOTICA
939	1273	CARLOS A CARVALHO	M	56		01:44:17	01:43:28	AD AMARANTE
940	1381	ELISIO C SILVA	M	44		01:44:21	01:43:22	INDIVIDUAL
941	1591	ARMANDO ALEIXO	M	51		01:44:24	01:43:47	INDIVIDUAL
942	63	VITOR RENTE	M	41		01:44:27	01:43:13	OS FALTA DAR
943	1423	CARLOS AZEVEDO	M	37		01:44:27	01:43:04	INDIVIDUAL
944	1269	CÉSAR ALMEIDA	M	32		01:44:27	01:43:06	BUDEGUITA RUNNERS
945	1424	MARCO DIAS	M	33		01:44:27	01:43:04	INDIVIDUAL
946	808	ANDRE M BANDEIRA	M	39		01:44:28	01:44:01	INDIVIDUAL
947	1658	JORGE CRUZ	M	40		01:44:28	01:43:48	INDIVIDUAL
948	19	JOSE COSTA	M	41		01:44:29	01:43:46	AFIS/OVAR
949	1685	Sergio Fernandes	M	42		01:44:29	01:43:49	
950	348	ELISABETE SANTOS	F	38		01:44:30	01:44:30	RUNNING CLASS FREDERICO SILVA PT

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
951	796	JOSÉ PEREIRA	M	55		01:44:30	01:43:26	BRAGUINHAS
952	794	SANDRA COSTA	F	38		01:44:30	01:43:25	BRAGUINHAS
953	1638	SILVAR KALLIP	M	35		01:44:31	01:44:19	INDIVIDUAL
954	346	RUI SOARES	M	33		01:44:31	01:43:48	RUNNING CLASS FREDERICO SILVA PT
955	2089	FIRMINO NOGUEIRA	M	49		01:44:32	01:44:08	BGP
956	1677	Domingos Lameira	M	47		01:44:32	01:44:08	Amigos da Montanha / Ferreirolux
957	264	ALBERTO CASTRO	M	70		01:44:34	01:44:23	CDCR DOS CTT PORTO
958	208	HUGO OLIVEIRA	M	33		01:44:35	01:43:08	PINDÉRICUS MAIS DOIS
959	1560	ANTÓNIO OLIVEIRA	M	43		01:44:36	01:43:11	OS FINOS
960	1692	MANUEL F TEIXEIRA	M	52		01:44:37	01:43:25	Lousada Runners
961	142	MARCO PINHO	M	48		01:44:37	01:44:09	PORTO RUNNERS
962	2070	DIOGO BARROS	M	23		01:44:38	01:44:26	BOAVISTA FC
963	1586	JOSÉ PONTE	M	57		01:44:38	01:44:23	INDIVIDUAL
964	972	VICTOR CAMPOS	M	63		01:44:40	01:44:40	DA RECARDÃES
965	1795	Rui Mendes	M	66		01:44:41	01:44:31	BOAVISTA FC
966	172	CARLOS BARRETO	M	39		01:44:41	01:43:48	I2S RUN TEAM
967	845	PAULO V BOAS	M	41		01:44:41	01:43:07	UNIDOS À FRESCA
968	1097	MARIO PORTULEZ	M	66		01:44:45	01:44:45	C BENFICA FIG FOZ
969	239	JOSÉ M G CORREIA	M	45		01:44:45	01:44:29	CP TELECOM ZONA NORTE
970	502	PAULO RUA	M	42		01:44:50	01:43:20	VETERANOS DO PORTO
971	11	CARLOS CAMPOS	M	47		01:44:51	01:44:08	AFIS/OVAR
972	28	MARIO CONDE	M	60		01:44:51	01:44:23	AFIS/OVAR
973	33	PAULO OLIVEIRA	M	47		01:44:52	01:44:24	AFIS/OVAR
974	1055	GABRIEL SANTOS	M	39		01:44:53	01:44:30	INDIVIDUAL
975	1718	FILIPE MOREIRA	M	44		01:44:55	01:44:37	INDIVIDUAL
976	186	JOÃO CACHEIRA	M	35		01:44:56	01:44:12	INDIVIDUAL
977	1565	NUNO ALMEIDA	M	35		01:44:56	01:44:10	GAIA
978	1469	TELMO J S LAGES	M	34		01:44:57	01:43:19	INDIVIDUAL
979	1004	ESMERALDA N SILVA	F	46		01:44:57	01:44:41	I-RUN
980	706	JOAO SILVA	M	45		01:44:57	01:44:11	INDIVIDUAL
981	97	JOSE ROCHA	M	55		01:44:59	01:43:49	CA ERMESINDE
982	98	JOAQUIM ARAUJO	M	64		01:44:59	01:43:47	CA ERMESINDE
983	202	ANTONIO FERREIRA	M	53		01:45:00	01:44:22	INDIVIDUAL
984	359	ANTÓNIO FARIA	M	57		01:45:00	01:44:02	CAVE ESPOSENDE
985	137	RAUL A M FERREIRA	M	56		01:45:00	01:44:01	CAVE
986	1046	RUI MOREIRA	M	34		01:45:02	01:43:52	CAETANO RUNNERS
987	2123	JOSE SANTOS	M	54		01:45:03	01:44:54	INDIVIDUAL
988	313	ÁLVARO S ROLO	M	61		01:45:04	01:44:14	INDIVIDUAL

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GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
989	231	ANGELINA PINHO	F	41		01:45:04	01:44:00	BUDEGUITA RUNNERS
990	181	HELENA DIAS	F	40		01:45:06	01:44:01	BUDEGUITA RUNNERS
991	893	FABIENNE LEHUEDE	F	41		01:45:08	01:45:00	INDIVIDUAL
992	545	RUI P C MARQUES	M	37		01:45:08	01:44:50	LBV RUNNERS
993	537	ANDRÉ CUNHA	M	37		01:45:08	01:44:51	L-RUN
994	2083	PEDRO OLIVEIRA	M	35		01:45:12	01:45:12	BCP
995	719	JORGE M M DIAS	M	62		01:45:13	01:43:51	INDIVIDUAL
996	244	ALICE MOUTINHO	F	50		01:45:16	01:45:16	INDIVIDUAL
997	1331	FILIPE S SOUSA	M	43		01:45:18	01:44:29	INDIVIDUAL
998	227	PEDRO EZEQUIEL	M	36		01:45:20	01:44:59	ACHP
999	102	PAULO M S A SILVA	M	41		01:45:20	01:44:05	INDIVIDUAL
1000	523	EDUARDO RAMALHADEIRO	M	40		01:45:28	01:44:46	OS ARRASTÕES
1001	107	JOSÉ FONSECA	M	46		01:45:28	01:45:16	INDIVIDUAL
1002	2116	GABRIEL SILVA	M	46		01:45:28	01:45:10	INDIVIDUAL
1003	1090	ANTONIO SOUTO	M	52		01:45:28	01:44:13	SMAS PORTO
1004	1180	PEDRO MATOS	M	34		01:45:30	01:45:04	PORTO RUNNERS
1005	1597	RUI VIEIRA	M	43		01:45:31	01:45:08	CHEMICALBROTHERS
1006	1111	JORGE M S ROCHA	M	42		01:45:35	01:44:07	INDIVIDUAL
1007	2065	BRUNO COUTO	M	31		01:45:36	01:44:40	CALDAS S JOGE SC
1008	1403	JOSÉ A MENDES	M	44		01:45:39	01:44:11	INDIVIDUAL
1009	515	PAULO CARNEIRO	M	46		01:45:41	01:45:05	ASH MONTE CÓRDOVA
1010	320	RENATO C RIBEIRO	M	37		01:45:43	01:45:15	INDIVIDUAL
1011	549	GILDA A G MOTA	F	46		01:45:44	01:44:55	GCADONAS
1012	740	CARLOS A T CRUZ	M	58		01:45:46	01:45:46	SALRUEIROS
1013	1571	RODRIGO SANTOS	M	37		01:45:47	01:44:49	RECREIO DESPORTIVO ÁGUEDA
1014	1012	JOSÉ SILVA	M	51		01:45:48	01:44:47	ACRDE
1015	331	FILIPE D RATO	M	34		01:45:49	01:45:22	INDIVIDUAL
1016	773	PAULO OSORIO	M	38		01:45:51	01:44:42	UNIDOS À FRESCA
1017	1380	ALBERTO FERREIRA	M	51		01:45:51	01:44:19	GD AIRAO-CURVIA
1018	774	NUNO RECAREI	M	40		01:45:51	01:44:41	UNIDOS À FRESCA
1019	1599	NUNO PIRES	M	35		01:45:52	01:44:41	GAIA-RUNNING
1020	1145	PAULO LIMBADO	M	48		01:45:52	01:45:05	TUGAS NA ESTRADA
1021	2122	CRISTINA SARAIVA	F	50		01:45:53	01:45:29	INDIVIDUAL
1022	592	JOÃO H COSTA	M	27		01:45:55	01:44:59	MONTE AVENTINO RUNNERS
1023	1648	MIGUEL PINTO	M	47		01:45:55	01:45:00	RUNNERS MONTE AVENTINO
1024	1370	JORGE HENRIQUES	M	46		01:45:56	01:45:23	INDIVIDUAL
1025	857	TIAGO J V LOURENÇO	M	23		01:45:57	01:45:04	INDIVIDUAL
1026	204	VALDEMAR C DIAS	M	40		01:45:59	01:44:59	QUIMIFEIRACORRE

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GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1027	573	SÉRGIO RÊGO	M	36		01:46:00	01:45:32	CICLISTAS COSMICOS - GISLOTICA
1028	567	JOAO DO CARMO	M	54		01:46:00	01:44:55	SUNSET RUNNERS
1029	1738	Jenny Martins	F	40		01:46:02	01:44:58	INDIVIDUAL
1030	534	MANUEL S SILVA	M	46		01:46:03	01:45:52	INDIVIDUAL
1031	1709	TELMO PINHO	M	34		01:46:09	01:45:18	INDIVIDUAL
1032	1010	ANDREW MURPHY	M	47		01:46:10	01:45:35	INDIVIDUAL
1033	633	RICARDO SILVA	M	29		01:46:11	01:44:55	CCD - RENAULT, CACIA
1034	793	ADRIANO PINTO	M	51		01:46:13	01:45:48	BRAGUINHAS
1035	2164	FERNANDO VALENTE	M	53		01:46:13	01:46:08	GDR J RIBEIRAS
1036	405	PAULO VALENTE	M	53		01:46:13	01:45:56	TRAILISTA EU E QUE SEI
1037	1255	TIAGO PINHO	M	29		01:46:13	01:46:04	OS KAGADOS
1038	1142	ALEXANDRE GRAÇA	M	48		01:46:17	01:45:28	TUGAS NA ESTRADA
1039	1678	Wilson Azevedo	M	46		01:46:23	01:45:30	
1040	1040	MANUEL A B ALVES	M	35		01:46:24	01:45:15	CAETANO RUNNERS
1041	18	JOSE AMARO	M	55		01:46:25	01:45:57	AFIS/OVAR
1042	548	ALBERTO C H TADEIA	M	45		01:46:26	01:44:20	GCADONAS
1043	959	JOSÉ A M CUNHA	M	41		01:46:26	01:46:09	MOUTADOS TEAM
1044	1375	AUGUSTO MENDES	M	47		01:46:27	01:46:15	GAVIÕES
1045	127	SÍLVIA M F SANTOS	F	34		01:46:28	01:45:49	INDIVIDUAL
1046	1613	JOSÉ P JORDÃO	M	39		01:46:28	01:45:54	HOTEL DE GUIMARÃES
1047	124	ANTÓNIO V S BRANDÃO	M	56		01:46:28	01:45:49	CGD-OVAR
1048	1058	PEDRO VENTURA	M	47		01:46:28	01:44:53	INDIVIDUAL
1049	1072	PAULO R S TEIXEIRA	M	35		01:46:33	01:45:30	INDIVIDUAL
1050	263	ARMÉNIO FERREIRA	M	58		01:46:38	01:46:05	CDCR DOS CTT PORTO
1051	1736	Pedro Faria	M	29		01:46:38	01:46:02	INDIVIDUAL
1052	1351	ALBINO F FERNANDES	M	52		01:46:39	01:46:09	GINASIO C SANTO TIRSO
1053	1084	MIGUEL PAIVA	M	35		01:46:41	01:46:28	INDIVIDUAL
1054	777	MARIA SILVA	F	57		01:46:41	01:46:23	OS TRAVESSINHAS
1055	1160	AMERICO SANTOS	M	60		01:46:43	01:45:09	INDIVIDUAL
1056	969	ARLINDO SANTOS	M	65		01:46:45	01:46:07	DA RECARDÃES
1057	1475	MIGUEL OLIVEIRA	M	37		01:46:46	01:45:44	MOCIDADE SANGEMIL AC
1058	1473	MÁRIO VINHAS	M	46		01:46:48	01:45:45	MOCIDADE SANGEMIL AC
1059	1481	JORGE FERREIRA	M	45		01:46:49	01:45:36	MIB SPORT
1060	1482	MANUEL CANDIDO	M	44		01:46:49	01:45:39	MIB SPORT
1061	674	RICARDO SILVA	M	31		01:46:49	01:46:09	BOSCH TERMOTECNOLOGIA SA
1062	399	SAMUEL SOARES	M	39		01:46:49	01:46:41	SAMSYS
1063	1389	JORGE SILVA	M	42		01:46:49	01:45:46	INDIVIDUAL
1064	1667	João Arantes	M	46		01:46:50	01:46:20	Amigos da Montanha / Ferreirolux

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1065	679	ANDRÉ PEREIRA	M	32		01:46:51	01:46:06	BOSCH TERMOTECNOLOGIA SA
1066	1420	TOME SEABRA	M	60		01:46:53	01:46:08	ADEC-MS ADC MACIEIRA SARNES
1067	640	ALBERTO MELO	M	68		01:46:54	01:46:03	CPT BAIRRO CARCAVELOS
1068	182	NUNO DIAS	M	42		01:46:55	01:45:47	BUDEGUITA RUNNERS
1069	1541	CARLINDO J S MARTINS	M	39		01:46:55	01:45:39	POTEEENTES
1070	524	JORGE SARAIVA	M	38		01:46:58	01:46:16	OS ARRASTÕES
1071	918	JAIME SANTOS	M	42		01:46:58	01:46:03	CC S JOÃO MADEIRA
1072	24	LUIS IGLESIAS	M	35		01:46:58	01:46:16	AFIS/OVAR
1073	1577	PEDRO ANDRADE	M	39		01:46:59	01:46:12	INDIVIDUAL
1074	1659	MANUEL FERANANDES	M	43		01:47:00	01:47:00	INDIVIDUAL
1075	1133	JOSÉ A SILVA	M	61		01:47:02	01:45:50	ACADEMIA FERNANDA RIBEIRO
1076	735	JOAQUIM SILVA	M	66		01:47:07	01:45:40	CA MATOSINHOS
1077	736	MANUEL CANÁRIO	M	66		01:47:07	01:45:40	CA MATOSINHOS
1078	955	ANDRÉ CAPOTE	M	36		01:47:09	01:45:47	NICKY BARAY
1079	1291	RAFAEL J F G SILVA	M	31		01:47:12	01:46:15	INDIVIDUAL
1080	722	MANUEL A C JORGE	M	36		01:47:14	01:46:56	ARADA CITY
1081	914	JOSE COSTA	M	47		01:47:14	01:46:35	AC VERMOIM
1082	542	VITOR SÁ	M	43		01:47:15	01:46:17	ASSOCIAÇÃO VILLA CESARI
1083	912	JOAQUIM FERREIRA	M	51		01:47:16	01:46:37	AC VERMOIM
1084	1792	Bruno Ferreira	M	31		01:47:18	01:47:05	BOAVISTA FC
1085	847	GUSTAVO PINTO	M	26		01:47:20	01:45:46	UNIDOS À FRESCA
1086	288	ANTÓNIO COUTINHO	M	64		01:47:21	01:47:00	AR NEGRELOS
1087	1352	ALVARO M C MARQUES	M	51		01:47:22	01:46:47	GINASIO C SANTO TIRSO
1088	1508	ANTÓNIO SANTOS	M	55		01:47:22	01:45:45	CIRAC
1089	1502	LUCIANO FREITAS	M	35		01:47:24	01:45:56	INDIVIDUAL
1090	1693	gabriel moreira	M	35		01:47:25	01:46:15	
1091	1649	MARIA MOREIRA	F	42		01:47:26	01:46:46	INDIVIDUAL
1092	1204	ANDRÉ COSTA	M	36		01:47:30	01:46:48	INDIVIDUAL
1093	1191	GERALDO CAMPOS	M	56		01:47:30	01:47:30	INDIVIDUAL
1094	1007	RUI D D MELO	M	27		01:47:32	01:46:30	INDIVIDUAL
1095	1258	JOSE F M ROCHA	M	52		01:47:36	01:47:22	CP EDP GAIA
1096	1287	IVO MANSO	M	40		01:47:39	01:46:52	INDIVIDUAL
1097	1047	LUIS OLIVEIRA	M	29		01:47:39	01:46:58	BOSCH TERMOTECNOLOGIA SA
1098	718	RUI J N SILVA	M	33		01:47:40	01:47:20	CDC NAVAIS
1099	200	PAULO FREITAS	M	43		01:47:42	01:46:32	ADRULSM
1100	1104	RUI CHAMUSCA	M	40		01:47:42	01:46:16	CLUBE BANIF
1101	1762	Américo Gomes	M	43		01:47:48	01:46:35	CA LAMAS
1102	948	ANTONIO LOURENÇO	M	53		01:47:48	01:47:11	AA POVOENSE

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GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1103	874	FERNANDO M COSTA	M	45		01:47:48	01:47:08	AA POVOENSE
1104	1108	RUI RIBEIRO	M	37		01:47:50	01:47:50	CLUBE BANIF
1105	993	NARCISO ARROMBA	M	60		01:47:50	01:47:43	INDIVIDUAL
1106	1510	JOSÉ SANTOS	M	50		01:47:52	01:47:38	CiRAC
1107	569	PAULO F RODRIGUES	M	44		01:47:55	01:47:03	INDIVIDUAL
1108	554	AVELINO PEREIRA	M	69		01:47:55	01:47:46	CCDT CM GONDOMAR
1109	866	MÁRIO GONÇALVES	M	71		01:47:56	01:46:35	BRAGUINHAS
1110	1260	MIGUEL VALENTE	M	31		01:47:56	01:47:12	TNT - TRILHOS NATURA TEAM
1111	218	RUI PINTO	M	40		01:47:56	01:46:44	INDIVIDUAL
1112	1265	LUÍS F GUIMARÃES	M	39		01:47:58	01:47:22	INDIVIDUAL
1113	1748	Rui Magalhaes	M	40		01:47:59	01:47:24	INDIVIDUAL
1114	1057	PAULO SANTOS	M	49		01:47:59	01:46:24	INDIVIDUAL
1115	1657	MANUEL DIAS	M	64		01:48:00	01:48:00	CC S JOÃO MADEIRA
1116	80	ARTUR REGO	M	40		01:48:02	01:46:43	AP BIOLOG
1117	898	MARISA PEREIRA	F	34		01:48:03	01:46:37	JUVENTUDE VIDIGALENSE
1118	1102	PAULO PEIXOTO	M	43		01:48:05	01:47:51	INDIVIDUAL
1119	1323	RUI MARTINS	M	32		01:48:07	01:47:38	G JUVENIL PINHEIRO BEMPOSTA
1120	698	ARTUR CARVALHO	M	36		01:48:08	01:46:57	INDIVIDUAL
1121	1244	JOSE L MATEUS	M	41		01:48:10	01:48:10	INDIVIDUAL
1122	1761	Luis Fernandes	M	45		01:48:12	01:47:39	INDIVIDUAL
1123	1724	Emanuel Rodrigues	M	25		01:48:12	01:46:48	Loja Atleta Agueda
1124	1727	Ricardo Ventura	M	34		01:48:13	01:46:49	Loja Atleta Agueda
1125	343	JOAO M S G SILVA	M	39		01:48:14	01:47:40	INDIVIDUAL
1126	437	MANUEL BRITES	M	58		01:48:17	01:46:57	OS-PAPA-AREIA
1127	2020	RUI CARDOSO	M	50		01:48:18	01:46:59	BARRANHA AC
1128	1336	FERNANDO M V LOPES	M	58		01:48:20	01:48:20	INDIVIDUAL
1129	550	JOÃO P OLIVEIRA	M	48		01:48:23	01:47:43	INDIVIDUAL
1130	234	JOSE M C C NEVES	M	48		01:48:24	01:47:45	VOLEIBOL RUNNERS
1131	911	FRANCISCO MIRANDA	M	41		01:48:25	01:47:47	AC VERMOIM
1132	879	JOAQUIM COSTA	M	45		01:48:30	01:47:02	AMARANTE RUNNING TEAM
1133	53	NUNO OLIVEIRA	M	40		01:48:33	01:48:33	CONF CALÇADA
1134	1529	SERGIO MOREIRA	M	40		01:48:33	01:47:58	OS BANDALHOS
1135	2085	DAVID SOARES	M	42		01:48:33	01:48:18	BCP
1136	842	LUIS P NOGUEIRA	M	44		01:48:34	01:47:34	INDIVIDUAL
1137	369	MANUEL SILVA	M	45		01:48:36	01:48:31	INDIVIDUAL
1138	1329	CARLOS LEITE	M	70		01:48:36	01:48:07	ACRRIBEIRA OVAR
1139	1741	Júlio Costa	M	34		01:48:37	01:47:52	INDIVIDUAL
1140	1581	NUNO M S LEITE	M	40		01:48:38	01:47:44	INDIVIDUAL

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1141	1190	HELDER F S PINTO	M	26		01:48:40	01:47:23	INDIVIDUAL
1142	875	RICARDO NEVES	M	32		01:48:40	01:47:36	NEVES
1143	1425	MARCO S S MAÇORANO	M	32		01:48:41	01:46:35	INDIVIDUAL
1144	790	ANÍBAL R ALMEIDA	M	54		01:48:43	01:47:08	INDIVIDUAL
1145	224	TIAGO ALMEIDA	M	40		01:48:44	01:47:44	BUDEGUITA RUNNERS
1146	378	PEDRO B VIDAL	M	39		01:48:44	01:48:31	CP EDP GAIA
1147	1789	Valter Costa	M	32		01:48:44	01:48:32	BOAVISTA FC
1148	2079	SOFIA MENDES	F	33		01:48:44	01:48:31	BOAVISTA FC
1149	355	JOSE ABREU	M	69		01:48:45	01:48:30	GD LEÕES VENEZA
1150	585	JOÃO ROCHA	M	38		01:48:45	01:47:12	CA PÓVOA PACENSE (CENAP)
1151	539	JULIO MOREIRA	M	53		01:48:46	01:47:45	ASSOCIAÇÃO VILLA CESARI
1152	602	DOMINGOS SILVA	M	56		01:48:48	01:48:28	OS AMIGOS DE GRIJO
1153	593	JOÃO MAIA	M	52		01:48:50	01:47:26	MONTE AVENTINO RUNNERS
1154	527	RICARDO PINTO	M	42		01:48:51	01:47:49	BRAGA
1155	1458	CARLOS A S MOTA	M	30		01:48:52	01:48:04	INDIVIDUAL
1156	1198	ANTÓNIO SILVA	M	50		01:48:53	01:48:53	INDIVIDUAL
1157	694	VITOR SILVA	M	26		01:48:56	01:47:29	ARRASTASSOLAS
1158	1151	ANA L MOREIRA	F	26		01:48:57	01:47:49	INDIVIDUAL
1159	655	PEDRO JOEL LOPES	M	27		01:49:00	01:47:38	OS CAGA TACOS RT
1160	201	JORGE M P MOREIRA	M	38		01:49:01	01:47:55	ADRULSM
1161	1760	Helena Nascimento	F	40		01:49:02	01:48:18	INDIVIDUAL
1162	660	CASIMIRO PEREIRA	M	47		01:49:04	01:48:24	JAM
1163	1620	ARMANDO T SILVA	M	64		01:49:06	01:48:49	INDIVIDUAL
1164	831	CONSTANTINO SANTOS	M	62		01:49:07	01:48:45	CA LAMAS
1165	255	ANSELMO SANTOS	M	59		01:49:11	01:49:04	CF OLIVEIRA DOURO
1166	1583	CARLA CABREIRA	F	31		01:49:11	01:48:52	ATLÉTICO DA PÓVOA
1167	485	CARLOS SILVA	M	64		01:49:13	01:48:27	TUBARÕES DE ESPINHO
1168	1318	CARLOS A S LOPES	M	44		01:49:14	01:48:05	ESCOLA DO MOVIMENTO
1169	191	PAULO S N COELHO	M	41		01:49:15	01:48:22	INDIVIDUAL
1170	562	MIGUEL SOUSA	M	54		01:49:16	01:49:16	SUNSET RUNNERS
1171	1282	CRISTINA GOMES	F	38		01:49:16	01:48:06	N MONTANHA ESPINHO
1172	94	LUIS ABREU	M	66		01:49:17	01:48:09	GAIG
1173	946	ANTONIO PEREIRA	M	50		01:49:17	01:48:38	AA POVOENSE
1174	620	CARLOS CARNEIRO	M	60		01:49:17	01:48:56	ACADEMIA FERNANDA RIBEIRO
1175	737	RICARDO A P C SILVA	M	35		01:49:21	01:48:04	INDIVIDUAL
1176	588	PAULO A S OLIVEIRA	M	23		01:49:23	01:48:06	INDIVIDUAL
1177	1205	SANDRA CARVALHO	F	42		01:49:23	01:49:03	INDIVIDUAL
1178	820	JOÃO OLIVEIRA	M	55		01:49:24	01:48:15	G JUVENIL PINHEIRO BEMPOSTA

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1179	1605	JORGE VIEIRA	M	60		01:49:29	01:46:49	OS AMIGOS DE GRIJO
1180	1182	Mª SUSANA L L M S ALVES	F	43		01:49:30	01:48:25	C VETERANOS PORTO
1181	1567	RENATO GARRIDO	M	41		01:49:31	01:48:11	BAI K ANDAS TEAM
1182	1383	LUIS J ARCHER	M	56		01:49:32	01:47:57	INDIVIDUAL
1183	822	ANTÓNIO PEREIRA	M	59		01:49:34	01:48:25	G JUVENIL PINHEIRO BEMPOSTA
1184	2015	ANTONIO SANTOS	M	47		01:49:36	01:49:24	GDC GUILHOVAI
1185	1042	FLÁVIO CARVALHO	M	28		01:49:36	01:48:48	INDIVIDUAL
1186	326	JOSÉ OLIVEIRA	M	49		01:49:37	01:49:37	GRUPO OS BARRIGAS
1187	1075	VASCO CARVALHO	M	34		01:49:38	01:49:22	INDIVIDUAL
1188	1261	CARLOS OLIVEIRA	M	30		01:49:38	01:48:56	TNT - TRILHOS NATURA TEAM
1189	1105	ALINE COLAÇO	F	33		01:49:39	01:49:39	CLUBE BANIF
1190	362	ANA R A OLIVEIRA	F	37		01:49:41	01:48:18	INDIVIDUAL
1191	1454	GAVIN COLL	M	49		01:49:42	01:48:24	X5 HEALTH CLUB
1192	860	RUFINO MOREIRA	M	43		01:49:42	01:48:12	GRUPO AMIZADE
1193	544	PEDRO COSTA	M	37		01:49:42	01:49:25	LBV RUNNERS
1194	560	CARLOS G SILVA	M	29		01:49:42	01:49:42	DONOS DA ESTRADA
1195	1452	CIDÁLIA ANDRÉ	F	40		01:49:43	01:49:14	X5 HEALTH CLUB
1196	742	PATRICK BORJA	M	37		01:49:43	01:49:01	MAIA NORTH SIDE
1197	361	JORGE LOUREIRO	M	65		01:49:43	01:48:37	CAVE ESPOSENDE
1198	784	NELSON J R C SILVA	M	58		01:49:47	01:49:19	INDIVIDUAL
1199	299	FERNANDO VIEIRA	M	58		01:49:47	01:49:01	GAIA-RUNNING
1200	357	HUGO DOMINGUES	M	37		01:49:51	01:48:32	MIDNIGHT RUNNERS
1201	2030	AMERICO ALMEIDA	M	52		01:49:53	01:48:46	GD RIBEIRINHOS
1202	1074	FRANCISCO MARTINS	M	39		01:49:56	01:49:26	INDIVIDUAL
1203	1201	NUNO MAIA	M	30		01:50:00	01:49:06	INDIVIDUAL
1204	1641	SERGIO REIS	M	21		01:50:00	01:47:34	INDIVIDUAL
1205	751	ÁLVARO CERQUEIRA	M	52		01:50:04	01:49:16	AD AMARANTE
1206	345	LUIS ALMEIDA	M	28		01:50:09	01:49:23	RUNNING CLASS FREDERICO SILVA PT
1207	2016	MIGUEL CAMPOS	M	59		01:50:11	01:48:52	BARRANHA AC
1208	765	RAUL X L PEREIRA	M	33		01:50:15	01:49:40	FOGAÇAS COM MALAPOS
1209	1488	JOAQUIM V B F CARVALHO	M	57		01:50:16	01:48:54	NO TOMORROW RT
1210	629	RICARDO M M R R DUARTE	M	37		01:50:18	01:49:20	PORTO RUNNERS
1211	658	HELDER PAIVA	M	33		01:50:19	01:48:57	OS CAGA TACOS RT
1212	1270	LUÍS SÃO VICENTE	M	34		01:50:19	01:48:57	BUDEGUITA RUNNERS
1213	2003	MANUEL ANDRADE	M	49		01:50:20	01:49:29	GDC GUILHOVAI
1214	307	PAULA M D MOUTINHO	F	38		01:50:21	01:50:21	INDIVIDUAL
1215	377	RITA C REBELO	F	31		01:50:22	01:49:07	CP EDP GAIA
1216	223	MARCOS QUINTAS	M	47		01:50:23	01:49:40	INDIVIDUAL

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GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1217	1640	LUIS REIS	M	45		01:50:24	01:47:59	INDIVIDUAL
1218	185	PAULO L MARQUES	M	43		01:50:28	01:49:21	BUDEGUITA RUNNERS
1219	825	ANTÓNIO BASTOS	M	53		01:50:38	01:49:31	G JUVENIL PINHEIRO BEMPOSTA
1220	1671	José Faria	M	57		01:50:38	01:50:18	Amigos da Montanha / Ferreirólux
1221	1249	JORGE M C RAMOS	M	50		01:50:39	01:50:13	INDIVIDUAL
1222	525	JOSÉ C AMARAL	M	36		01:50:39	01:50:00	OS ARRASTÕES
1223	492	OSCAR LEITE	M	51		01:50:41	01:49:44	VETERANOS DO PORTO
1224	1165	JOÃO MATOS	M	38		01:50:42	01:49:21	INDIVIDUAL
1225	1568	JOSÉ P C P SILVA	M	39		01:50:45	01:49:17	INDIVIDUAL
1226	151	ANTONIO M S PEREIRA	M	42		01:50:46	01:50:19	INDIVIDUAL
1227	755	FERNANDO ANDRADE	M	53		01:50:50	01:49:42	GD FERROV CAMPANHÃ
1228	445	PAULO PEREIRA	M	44		01:50:58	01:49:22	INDIVIDUAL
1229	571	JOSÉ M C PINTO	M	49		01:50:59	01:50:41	CICLISTAS CÓSMICOS - GISLOTICA
1230	835	JOSÉ MOREIRA	M	36		01:51:02	01:50:34	CA LAMAS
1231	340	MÓNICA S R FERNANDES	F	36		01:51:08	01:50:29	INDIVIDUAL
1232	1367	LUIS F GUIMARÃES	M	41		01:51:09	01:49:59	INDIVIDUAL
1233	1496	ANTÓNIO SANTOS	M	58		01:51:10	01:50:31	INDIVIDUAL
1234	741	CARLA R SILVA	F	52		01:51:10	01:51:10	SALRUEIROS
1235	305	LUIS DUARTE	M	46		01:51:11	01:50:26	GAIA-RUNNING
1236	1284	FILOMENA M P OLIVEIRA	F	50		01:51:12	01:49:38	INDIVIDUAL
1237	14	FERNANDO SANTOS	M	71		01:51:12	01:50:30	AFIS/OVAR
1238	469	PEDRO PAIVA	M	35		01:51:13	01:50:18	OS KAGADOS
1239	464	JOAQUIM LOPES	M	58		01:51:17	01:50:51	OS KAGADOS
1240	1759	Raul Novais	M	42		01:51:20	01:51:12	INDIVIDUAL
1241	354	JOSE DUARTE	M	55		01:51:21	01:51:06	FAMILIA PEREIRA
1242	795	MANUEL CUNHA	M	53		01:51:22	01:49:57	BRAGUINHAS
1243	1584	FÁTIMA OLIVEIRA	F	38		01:51:23	01:51:03	ATLÉTICO DA PÓVOA
1244	1116	MANUEL AMORIM	M	51		01:51:23	01:51:12	AD RIO LARGO C ESPINHO
1245	664	FERNANDO FAUSTINO	M	51		01:51:24	01:50:41	BOSCH TERMOTECNOLOGIA SA
1246	232	ELISABETE MARTINS	F	34		01:51:25	01:50:59	UDR ESTRELAS BONFIM
1247	13	FATIMA ALEIXO	F	42		01:51:28	01:51:10	AFIS/OVAR
1248	1213	RAUL FERREIRA	M	31		01:51:30	01:50:57	INDIVIDUAL
1249	1212	JÚLIO FERREIRA	M	59		01:51:30	01:50:58	INDIVIDUAL
1250	453	FERNANDO ROTHES	M	44		01:51:31	01:50:25	COMPANHIA DO BAZOFIAS
1251	767	ANDRÉ S CASTRO	M	33		01:51:34	01:50:59	FOGAÇAS COM MALAPOS
1252	1048	NUNO F P MAGALHÃES	M	46		01:51:36	01:50:36	INDIVIDUAL
1253	1050	FILIPPE RAMOS	M	39		01:51:36	01:50:57	INDIVIDUAL
1254	1446	SOFIA COELHO	F	40		01:51:37	01:51:04	X5 HEALTH CLUB

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1255	2050	ALEXANDRE TAVARES	M	29		01:51:37	01:51:37	CALDAS S JOGE SC
1256	225	ANA DIAS	F	39		01:51:38	01:50:33	BUDEGUITA RUNNERS
1257	189	TIAGO P ALMEIDA	M	37		01:51:40	01:50:33	BUDEGUITA RUNNERS
1258	327	JOSÉ VILELA	M	53		01:51:41	01:50:36	GRUPO OS BARRIGAS
1259	1330	LUIS BARROS	M	42		01:51:42	01:50:53	INDIVIDUAL
1260	414	JORGE SANTOS	M	50		01:51:44	01:50:46	CP AGUAS GAIA
1261	2165	DOMINGOS VIEIRA	M	54		01:51:45	01:50:12	GDR J RIBEIRAS
1262	1092	JOAQUIM ALVES	M	49		01:51:47	01:51:47	SMAS PORTO
1263	1491	DIOGO M SILVA	M	26		01:51:47	01:51:40	INDIVIDUAL
1264	1416	SÉRGIO SOARES	M	33		01:51:51	01:50:14	CCD - RENAULT, CACIA
1265	1082	RUI C S RIBEIRO	M	33		01:51:52	01:51:36	INDIVIDUAL
1266	1489	LUIS F C P ROCHA	M	37		01:51:54	01:50:25	INDIVIDUAL
1267	159	RUI LEBRE	M	45		01:51:57	01:50:58	INDIVIDUAL
1268	1376	ARNALDO R BRÁS	M	50		01:51:57	01:50:35	TURBULENTOS
1269	1442	MIGUEL ROCHA	M	40		01:51:58	01:50:41	X5 HEALTH CLUB
1270	442	AUGUSTO PACHECO	M	41		01:51:59	01:50:44	INDIVIDUAL
1271	443	PAULO J G G GRAÇA	M	41		01:52:01	01:50:46	INDIVIDUAL
1272	1715	JOSE BARROS	M	36		01:52:04	01:51:12	INDIVIDUAL
1273	920	ARMANDA BARROSO	F	35		01:52:04	01:50:42	INDIVIDUAL
1274	1443	FILIPE NUNES	M	31		01:52:04	01:50:48	X5 HEALTH CLUB
1275	1554	MICAEL FERNANDES	M	34		01:52:05	01:51:09	X5 HEALTH CLUB
1276	1555	SUSANA FERNANDES	F	38		01:52:05	01:51:08	X5 HEALTH CLUB
1277	2051	PEDRO SILVA	M	41		01:52:06	01:50:37	CALDAS S JOGE SC
1278	2025	HENRIQUE CONCEICAO	M	64		01:52:07	01:51:04	GD RIBEIRINHOS
1279	2006	GERMANO PAIVA	M	60		01:52:10	01:51:10	GDC GUILHOVAI
1280	1558	LUIS PEREIRA	M	32		01:52:14	01:51:59	INDIVIDUAL
1281	1334	GASPAR A S SOUSA	M	45		01:52:16	01:50:42	NO TOMORROW RT
1282	944	MANUEL MOREIRA	M	50		01:52:18	01:51:39	AA POVOENSE
1283	701	RUBEN JORGE	M	40		01:52:19	01:51:25	INDIVIDUAL
1284	703	EDUARDO BRITO	M	40		01:52:20	01:51:40	INDIVIDUAL
1285	2078	ALBINA GAVINA	F	41		01:52:22	01:51:22	BOAVISTA FC
1286	2035	PAULO VIDINHA	M	30		01:52:24	01:51:40	CALDAS S JOGE SC
1287	953	ARMANDO DELGADO	M	57		01:52:25	01:51:57	C BENFICA FIG FOZ
1288	950	SANDRINA SA SILVA	F	32		01:52:29	01:51:52	AA POVOENSE
1289	1242	DOMINGOS BORGES	M	59		01:52:35	01:51:17	OS ANTIGOS
1290	1460	MARIANA BRANDÃO	F	23		01:52:35	01:51:03	INDIVIDUAL
1291	2043	ABEL SANTOS	M	67		01:52:36	01:51:40	CALDAS S JOGE SC
1292	1494	PEDRO CRAVEIRO	M	50		01:52:38	01:51:40	INDIVIDUAL

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GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1293	2117	JOSE SILVA	M	30		01:52:38	01:52:22	INDIVIDUAL
1294	1430	JORGE M F JULIÃO	M	40		01:52:39	01:51:43	INDIVIDUAL
1295	1385	DANIELA SANCHES	F	41		01:52:43	01:51:10	UNIDOS À FRESCA
1296	559	JOAQUIM L TEIXEIRA	M	29		01:52:45	01:52:23	DONOS DA ESTRADA
1297	322	SERAFIM FONSECA	M	60		01:52:47	01:51:17	OS AMIGOS S PEDRO COVA
1298	321	JOAO FONSECA	M	34		01:52:47	01:51:15	OS AMIGOS S PEDRO COVA
1299	532	DAVIDE M S FERNANDES	M	33		01:52:52	01:52:03	INDIVIDUAL
1300	123	LEANDRO LEITE	M	35		01:52:54	01:51:35	INDIVIDUAL
1301	184	Mª CARMO LOUREIRO	F	43		01:52:54	01:51:48	BUDEGUITA RUNNERS
1302	266	HELENA GOMES	F	41		01:53:00	01:52:00	CDCR DOS CTT PORTO
1303	1476	CARLOS RIBEIRO	M	38		01:53:01	01:51:59	MOCIDADE SANGEMIL AC
1304	203	ANTONIO SILVA	M	44		01:53:03	01:52:02	QUIMIFEIRACORRE
1305	205	CAMILO D GONCALVES	M	66		01:53:03	01:52:02	QUIMIFEIRACORRE
1306	1585	CARLOS M V REBOLA	M	32		01:53:04	01:52:58	AGARRADOS AO BTT
1307	310	BALTAZAR FERREIRA	M	45		01:53:04	01:52:56	INDIVIDUAL
1308	347	MATILDE CORREIA	F	44		01:53:04	01:52:14	RUNNING CLASS FREDERICO SILVA PT
1309	717	PAULO R S OLIVEIRA	M	31		01:53:04	01:52:30	INDIVIDUAL
1310	813	MANUEL GILVAZ	M	45		01:53:05	01:52:23	NA CUCUJÃES
1311	44	RAQUEL SOUSA	M	44		01:53:05	01:52:41	MF MARTINS LDA
1312	828	ADELINO SERGIO	M	41		01:53:12	01:51:48	CA LAMAS
1313	1118	JOSE FALCÃO	M	62		01:53:12	01:52:42	AD RIO LARGO C ESPINHO
1314	692	PEDRO LOPES	M	28		01:53:15	01:51:47	ARRASTASSOLAS
1315	690	PEDRO MAGALHÃES	M	38		01:53:15	01:51:48	ARRASTASSOLAS
1316	319	JORGE F J SILVA	M	39		01:53:15	01:51:44	INDIVIDUAL
1317	162	CUSTODIO NETO	M	66		01:53:20	01:53:07	INDIVIDUAL
1318	580	JOAQUIM PEREIRA	M	56		01:53:33	01:53:33	RODA DOS VENTOS
1319	1573	MARCO P S PEREIRA	M	44		01:53:33	01:52:24	INDIVIDUAL
1320	1459	PEDRO R F PEREIRA	M	34		01:53:35	01:53:28	NAVR
1321	1360	ZÉ TÓ MACHADO	M	42		01:53:37	01:52:24	BUDEGUITA RUNNERS
1322	194	JOSE SAMPAIO	M	62		01:53:42	01:52:45	OS FELINOS
1323	195	TERESA FARIA	F	40		01:53:44	01:52:47	OS FELINOS
1324	1461	TIAGO C MONTEIRO	M	29		01:53:47	01:52:26	GANGUE DAS MAÇAS
1325	314	ANTÓNIO J A MARQUES	M	46		01:53:49	01:53:00	INDIVIDUAL
1326	394	PEDRO J B ROCHA	M	41		01:53:50	01:52:11	SMD
1327	1079	PAULO A F DIAS	M	51		01:53:51	01:52:51	INDIVIDUAL
1328	1178	CRISTINA COSTA	F	33		01:53:52	01:52:29	VAMOS CORRER EM ÍLHAVO
1329	631	JOÃO SEQUEIROS	M	31		01:53:52	01:52:30	CCD - RENAULT, CACIA
1330	945	JOSE RUI MOREIRA	M	41		01:53:52	01:53:11	AA POVOENSE

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1331	1039	CLÁUDIO MARTINS	M	39		01:53:56	01:53:26	OS LIGEIRINHOS
1332	1673	Manuel Fernandes	M	48		01:53:58	01:53:30	Amigos da Montanha / Ferreirolux
1333	1799	MARIA ANTONIA BESSA	F	45		01:53:59	01:53:00	LOUSADA RUNNERS
1334	979	ARMINDO TORRES	M	55		01:54:06	01:53:15	N KARATE ATL RORIZ
1335	980	ERNESTO BRANDÃO	M	54		01:54:07	01:53:15	N KARATE ATL RORIZ
1336	981	CRISTIANA FERREIRA	F	28		01:54:07	01:53:15	N KARATE ATL RORIZ
1337	1135	DINIS PIRES	M	63		01:54:07	01:52:55	ACADEMIA FERNANDA RIBEIRO
1338	978	LUIS BESSA	M	60		01:54:10	01:53:19	N KARATE ATL RORIZ
1339	303	JOSE LOPES	M	44		01:54:11	01:53:25	GAIA-RUNNING
1340	1642	JOSÉ LEIROZ	M	43		01:54:15	01:53:08	INDIVIDUAL
1341	1155	PAULO A T FONTES	M	44		01:54:20	01:53:43	INDIVIDUAL
1342	868	LUÍS CATARINO	M	35		01:54:25	01:53:44	OS ARRASTÕES
1343	1173	JOÃO ALMEIDA	M	48		01:54:25	01:54:17	INDIVIDUAL
1344	596	CARLOS PEREIRA	M	62		01:54:26	01:53:53	GD LEÕES VENEZA
1345	1553	BRUNO FREITAS	M	32		01:54:26	01:53:32	INDIVIDUAL
1346	1149	ANTONIO LOURENÇO	M	63		01:54:27	01:51:40	GD LEÕES VENEZA
1347	1483	EMILIO SILVA	M	46		01:54:27	01:53:21	POTE 1
1348	1730	Ricardo Mota	M	41		01:54:28	01:53:47	INDIVIDUAL
1349	1484	JORGE SILVA	M	40		01:54:30	01:53:29	MARATONICES
1350	1501	LUÍS ALVES	M	48		01:54:32	01:53:24	INDIVIDUAL
1351	452	ARTUR COSTA	M	37		01:54:34	01:53:28	COMPANHIA DO BAZOFIAS
1352	1154	RICARDO J R N TEIXEIRA	M	33		01:54:35	01:53:56	INDIVIDUAL
1353	1304	ALEXANDRE M N SANTOS	M	33		01:54:38	01:53:45	INDIVIDUAL
1354	1045	CARLOS COSTA	M	39		01:54:39	01:54:24	INDIVIDUAL
1355	1639	NUNO A F MORGADO	M	33		01:54:41	01:53:47	INDIVIDUAL
1356	609	FILIPE M F DIAS	M	33		01:54:45	01:53:52	INDIVIDUAL
1357	1193	TERESA OLIVEIRA	F	34		01:54:46	01:53:52	INDIVIDUAL
1358	1550	MARCELO MOTA	M	34		01:54:47	01:54:03	INDIVIDUAL
1359	1303	FLÁVIO TEIXEIRA	M	27		01:54:51	01:54:11	INDIVIDUAL
1360	217	OTÍLIA LEAL	F	45		01:54:51	01:54:27	CASPA/GREEN ROC
1361	1506	AMADEU CRUZ	M	50		01:54:56	01:54:32	CiRAC
1362	599	MARIO MIRANDA	M	61		01:54:57	01:54:18	GD LEÕES VENEZA
1363	1413	CIPRIANO MOREIRA	M	38		01:54:57	01:53:25	RAINHA CLUB
1364	199	JOSE C P A RAMALHAO	M	61		01:54:57	01:53:46	INDIVIDUAL
1365	1557	HELDER FONSECA	M	30		01:55:00	01:53:46	X5 HEALTH CLUB
1366	220	PAULO ABRANTES	M	25		01:55:02	01:54:02	BARC
1367	517	PAULO J M R OLIVEIRA	M	38		01:55:04	01:54:06	INDIVIDUAL
1368	600	ALFREDO S SANTOS	M	60		01:55:08	01:53:51	RIO LARGO ESPINHO

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GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1369	1627	RAQUEL F VASCONCELOS	F	36		01:55:08	01:53:35	NO TOMORROW RT
1370	415	MANUEL SANTIAGO	M	49		01:55:09	01:53:38	CP AGUAS GAIA
1371	1629	LUÍS J M BARROS	M	31		01:55:10	01:53:51	INDIVIDUAL
1372	1059	MANUEL BRANDÃO	M	55		01:55:10	01:53:33	INDIVIDUAL
1373	748	ANTÓNIO VERÍSSIMO	M	50		01:55:11	01:55:11	AD AMARANTE
1374	1037	JOAQUIM GAYO	M	39		01:55:27	01:53:50	TUDOACORRERBEM
1375	1022	JOSÉ SEQUEIRA	M	53		01:55:30	01:54:11	SOARENSE
1376	625	MANUEL EMIDIO	M	63		01:55:33	01:54:42	INDIVIDUAL
1377	1222	JOSÉ M M ROCHA	M	46		01:55:34	01:55:26	FOREVER
1378	171	JOEL SANTOS	M	39		01:55:36	01:54:38	I2S RUN TEAM
1379	393	MÁRIO VILARINHO	M	66		01:55:37	01:54:34	INDIVIDUAL
1380	1539	LUÍS CARDIA	M	47		01:55:38	01:54:52	INDIVIDUAL
1381	1401	LEANDRO RAMOS	M	38		01:55:40	01:55:09	LUSOS XXI
1382	1402	ANDRÉ GOMES	M	34		01:55:40	01:55:08	LUSOS XXI
1383	425	JAIME PEREIRA	M	48		01:55:42	01:55:21	INDIVIDUAL
1384	1081	DIOGO SANTOS	M	29		01:55:48	01:54:58	RUNRUN
1385	612	ANTONIO FIGUEIREDO	M	56		01:55:48	01:55:28	VETERANOS DO TEIXOSO
1386	1409	MYKOLA KHRONOUYAT	M	23		01:55:49	01:55:49	RAINHA CLUB
1387	1619	ALTINO R SILVA	M	52		01:55:52	01:55:15	CP ED PORTO
1388	1354	EDUARDO T MALHEIRO	M	68		01:55:55	01:55:22	GINASIO C SANTO TIRSO
1389	1372	JOAQUIM ARAUJO	M	50		01:55:57	01:54:21	INDIVIDUAL
1390	1662	Maria Inês Matos Gomes	F	40		01:55:59	01:55:03	TONDELA RUNNERS
1391	1576	ARTUR J CASTAÍNÇA	M	36		01:56:00	01:55:03	TONDELA RUNNERS
1392	499	PAULO NEVES	M	48		01:56:02	01:54:46	VETERANOS DO PORTO
1393	760	NELSON S PINHO	M	41		01:56:04	01:55:03	INDIVIDUAL
1394	654	ANTÓNIO M FERNANDES	M	58		01:56:05	01:55:43	INDIVIDUAL
1395	2134	DAMIAO PACHECO	M	44		01:56:08	01:56:06	POTEEENTES
1396	988	MIGUEL MATOS	M	35		01:56:09	01:54:45	ARCORUN
1397	1106	JORGE PEREIRA	M	44		01:56:09	01:54:36	CLUBE BANIF
1398	947	GASPAR R MACHADO	M	47		01:56:15	01:55:37	AA POVOENSE
1399	844	HELENA I G RAMOS	F	34		01:56:16	01:55:36	INDIVIDUAL
1400	962	SÉRGIO M M SOUSA	M	22		01:56:20	01:56:02	MOUTADOS TEAM
1401	723	RENATO SANTO	M	32		01:56:21	01:55:13	INDIVIDUAL
1402	1096	JOÃO R S SOUSA	M	25		01:56:30	01:54:51	INDIVIDUAL
1403	1527	HUGO SANTOS	M	39		01:56:33	01:55:58	OS BANDALHOS
1404	341	JOAO A R CASTRO	M	68		01:56:35	01:55:28	INDIVIDUAL
1405	1604	PEDRO M S ESTEVES	M	45		01:56:36	01:55:41	INDIVIDUAL
1406	747	CLARA CERQUEIRA	F	45		01:56:36	01:55:49	AD AMARANTE

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GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1407	812	ANTÓNIO J LEITE	M	45		01:56:44	01:56:22	NA CUCUJÃES
1408	440	MANUEL J R JESUS	M	56		01:56:47	01:55:40	INDIVIDUAL
1409	1152	FATIMA GERALDES	F	43		01:56:50	01:56:03	TUGAS NA ESTRADA
1410	1153	PATRICIA RODRIGUES	F	39		01:56:50	01:56:02	TUGAS NA ESTRADA
1411	746	FERNANDO CERQUEIRA	M	50		01:56:52	01:56:05	AD AMARANTE
1412	1033	MANUEL L SOARES	M	55		01:56:56	01:55:35	INDIVIDUAL
1413	1593	RUI OLIVEIRA	M	37		01:56:58	01:56:08	O OUTRO FICOU A COZINHAR
1414	1515	VALENTE OLIVEIRA	M	55		01:57:00	01:56:12	CiRAC
1415	1561	CARLOS MAIA	M	39		01:57:06	01:55:36	OS FINOS
1416	1237	VITOR F DUARTE	M	39		01:57:16	01:56:02	BUDEGUITA RUNNERS
1417	1141	MARCELO RIBEIRO	M	39		01:57:17	01:56:29	TUGAS NA ESTRADA
1418	1500	HUGO D S DUARTE	M	25		01:57:17	01:55:54	INDIVIDUAL
1419	372	EURICO M P CAETANO	M	51		01:57:17	01:56:15	INDIVIDUAL
1420	1138	JORGE GONÇALVES	M	58		01:57:17	01:56:31	TUGAS NA ESTRADA
1421	1139	RICARDO NETO	M	55		01:57:17	01:56:28	TUGAS NA ESTRADA
1422	1608	FILIPPE ALMEIDA	M	41		01:57:17	01:56:20	RECREIO DESPORTIVO ÁGUEDA
1423	462	MANUEL PEREIRA	M	54		01:57:18	01:55:55	OS KAGADOS
1424	833	JOAQUIM PAULINO	M	64		01:57:18	01:55:43	CA LAMAS
1425	1427	VITOR SOUSA	M	38		01:57:24	01:56:33	AMARANTE RUNNING TEAM
1426	2080	ESTELA MARTINS	F	36		01:57:26	01:57:13	BOAVISTA FC
1427	247	ROSA LÍDIA SILVA	F	46		01:57:30	01:56:18	INDIVIDUAL
1428	1132	PAULO A ALMEIDA	M	42		01:57:32	01:56:42	INDIVIDUAL
1429	169	VITOR A B PORTELA	M	49		01:57:33	01:57:07	GASOLINA SEM CHUMBO
1430	323	PAULO FONSECA	M	52		01:57:36	01:56:04	OS AMIGOS S PEDRO COVA
1431	1490	JORGE GONCALO	M	45		01:57:54	01:56:56	TONDELA RUNNERS
1432	1672	Manuel Brito	M	59		01:57:54	01:57:42	Amigos da Montanha / Ferreirolux
1433	258	RITA D S LOUREIRO	F	20		01:57:54	01:57:33	ORALKLASS - AMIGOS DO TRAIL
1434	1526	FILIPPE S SILVA	M	42		01:57:56	01:57:22	OS BANDALHOS
1435	1083	MIGUEL AMADO	M	40		01:57:58	01:57:41	INDIVIDUAL
1436	768	MÁRCIO S CORREIA	M	35		01:57:59	01:57:30	FOGAÇAS COM MALAPOS
1437	1294	RUI M A ABRANTES	M	47		01:58:00	01:58:00	INDIVIDUAL
1438	764	FILIPPE C R S COELHO	M	34		01:58:02	01:57:26	FOGAÇAS COM MALAPOS
1439	1549	ANTÓNIO FERREIRA	M	43		01:58:05	01:58:05	NA CUCUJAES
1440	25	MANUEL COSTA	M	56		01:58:06	01:56:41	AFIS/OVAR
1441	713	CARLOS A S SILVA	M	60		01:58:17	01:56:44	OS MAIATOS
1442	219	FRANCISCO SANTOS	M	36		01:58:17	01:57:23	BARC
1443	970	MIGUEL OLIVEIRA	M	36		01:58:18	01:57:59	DA RECARDÃES
1444	935	ALDA ROCHA	F	37		01:58:21	01:57:22	INDIVIDUAL

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1445	306	LURDES DUARTE	F	49		01:58:25	01:57:37	GAIA-RUNNING
1446	1447	SILVIA ROCHA	F	33		01:58:31	01:58:01	X5 HEALTH CLUB
1447	2021	ANTONIO MEDEIROS	M	49		01:58:46	01:57:35	BARRANHA AC
1448	491	MANUEL DIAS	M	60		01:58:51	01:57:37	VETERANOS DO PORTO
1449	2115	CARLOS DIAS	M	49		01:58:51	01:57:24	INDIVIDUAL
1450	161	FERNANDO RESENDE	M	53		01:58:54	01:57:30	INDIVIDUAL
1451	1451	JOÃO C PINTO	M	33		01:58:55	01:57:36	X5 HEALTH CLUB
1452	1723	Alberto Lizardo	M	65		01:58:56	01:58:33	INDIVIDUAL
1453	1542	MANUEL L C MARTINS	M	50		01:59:06	01:58:56	INDIVIDUAL
1454	463	LUÍS PEREIRA	M	41		01:59:08	01:57:42	OS KAGADOS
1455	974	MARCIO MENDES	M	30		01:59:11	01:58:52	DA RECARDÃES
1456	243	FERNANDO S C SOARES	M	74		01:59:12	01:59:12	CP TELECOM ZONA NORTE
1457	1103	RAUL PEREIRA	M	43		01:59:14	01:57:46	CLUBE BANIF
1458	275	JOÃO P SOUSA	M	32		01:59:17	01:58:58	ASSOCIAÇÃO S4L
1459	351	DÁRIO MIRANDA	M	32		01:59:19	01:58:07	ADRULSM
1460	1099	MIGUEL VIEIRA	M	42		01:59:29	01:58:12	AASM TRIATLO
1461	1285	JOSÉ CATITA	M	56		01:59:34	01:57:55	GARMIN - CO OEIRAS
1462	376	ISABEL M S HENRIQUES	F	35		01:59:34	01:58:19	TERRORES DO ASFALTO
1463	103	CLÁUDIA MARQUES	F	34		01:59:35	01:58:00	INDIVIDUAL
1464	753	EMÍLIO GONÇALVES	M	57		01:59:39	01:58:29	GD FERROV CAMPANHÃ
1465	1579	CIDÁLIA MARIA	F	35		01:59:39	01:58:40	Lousada Runners
1466	496	PAULO ROCHA	M	55		01:59:40	01:58:09	VETERANOS DO PORTO
1467	180	RICARDO BASTOS	M	49		01:59:42	01:59:06	LEBRES DO SADO
1468	1347	ANTÓNIO F C MATOS	M	45		01:59:44	01:58:45	INDIVIDUAL
1469	1433	RICARDO A O COSTA	M	35		01:59:46	01:59:33	BAI K ANDAS TEAM
1470	941	DANIEL COSTA	M	33		01:59:47	01:58:42	NA CUCUJÃES
1471	1756	Ana Sampaio	F	40		01:59:55	01:59:32	INDIVIDUAL
1472	1632	MONICA MONTENEGRO	F	44		02:00:02	01:59:47	INDIVIDUAL
1473	854	RICARDO OLIVEIRA	M	37		02:00:02	01:58:27	INDIVIDUAL
1474	589	LEONOR CAVADAS	F	45		02:00:10	01:58:35	ADC ASTROMIL
1475	173	ELISEU ROCHA	M	30		02:00:12	01:59:13	I2S RUN TEAM
1476	1364	ANTÓNIO CUNHA	M	46		02:00:16	01:59:54	PORTO RUNNERS
1477	1065	AUSPICIO FERNANDES	M	72		02:00:26	02:00:12	GD SANTANDER TOTTA
1478	245	NUNO SOUSA	M	37		02:00:29	01:59:18	BUDEGUITA RUNNERS
1479	339	FILIPE ROLA	M	35		02:00:30	01:59:14	INDIVIDUAL
1480	1668	Joaquim Pereira	M	55		02:00:33	02:00:03	Amigos da Montanha / Ferreirolux
1481	1235	GORETTI SILVA	F	49		02:00:36	01:59:12	CALDAS S JORGE SC
1482	1456	RICARDO SOUSA	M	38		02:00:38	01:59:21	X5 HEALTH CLUB

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GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1483	374	SARA SANTOS	F	34		02:00:42	01:58:19	INDIVIDUAL
1484	1238	AUGUSTO F M BARROS	M	50		02:00:43	01:59:08	INDIVIDUAL
1485	1211	SÍLVIA P E S GOMES	F	21		02:00:54	02:00:54	21 I WILL SURVIVE
1486	1056	JOSÉ ELÍSIO	M	41		02:00:58	01:59:57	INDIVIDUAL
1487	915	PAULA LOPES	F	37		02:01:05	01:59:32	INDIVIDUAL
1488	17	JORGE PINA PINTO	M	70		02:01:10	02:00:27	AFIS/OVAR
1489	1631	CARLA M O NUNES	F	37		02:01:21	01:59:52	INDIVIDUAL
1490	177	FILIPE PACHECO	M	37		02:01:26	02:01:07	INDIVIDUAL
1491	693	MÁRIO SANTOS	M	33		02:01:31	02:00:04	ARRASTASSOLAS
1492	712	JOÃO P M TEIXEIRA	M	35		02:01:32	01:59:59	OS MAIATOS
1493	710	VERA AUGUSTO	F	39		02:01:33	02:00:04	RUN TO BE ALIVE
1494	1720	António B. Azevedo	M	31		02:01:42	01:58:22	INDIVIDUAL
1495	1243	BRANCO LIMA	M	55		02:01:44	02:00:19	OS ANTIGOS
1496	498	AUGUSTO PINTO	M	55		02:01:45	02:00:32	VETERANOS DO PORTO
1497	1635	MARC SACHS	M	47		02:01:46	02:00:54	INDIVIDUAL
1498	1634	JOSE PINTO	M	50		02:01:46	02:00:54	INDIVIDUAL
1499	810	JOSÉ FOLHA	M	35		02:01:52	02:00:58	INDIVIDUAL
1500	1041	ANTÓNIO MIRANDA	M	35		02:01:53	02:00:58	INDIVIDUAL
1501	1612	GUILHERME HERCULANO	M	45		02:01:57	02:01:21	HOTEL DE GUIMARÃES
1502	1621	MARCO A R FERREIRA	M	37		02:01:58	02:00:21	CCD - RENAULT, CACIA
1503	533	FRANCISCO D S FERNANDES	M	28		02:02:05	02:01:15	INDIVIDUAL
1504	342	ANTÓNIO B F ALMEIDA	M	53		02:02:23	02:00:53	INDIVIDUAL
1505	942	PEDRO ESTRELA	M	42		02:02:25	02:01:19	NA CUCUJÃES
1506	2045	ALBANO MIRANDA	M	73		02:02:28	02:00:59	CALDAS S JOGE SC
1507	787	ARMANDO S CONCEIÇÃO	M	63		02:02:28	02:01:20	CA GÂNDARAS
1508	632	ÁLVARO PIRES	M	40		02:02:31	02:01:13	CCD - RENAULT, CACIA
1509	603	MANUEL COUTO	M	67		02:02:34	02:01:24	OS AMIGOS DE GRIJO
1510	1705	ANTONIO RESENDE	M	52		02:02:39	02:01:34	NA CUCUJAES
1511	744	ELISABETE RIBEIRO	F	40		02:02:46	02:01:55	AD AMARANTE
1512	454	PEDRO MELO	M	41		02:02:50	02:01:43	COMPANHIA DO BAZOFIAS
1513	1006	JERÓNIMO ROCHA	M	44		02:03:00	02:01:39	INDIVIDUAL
1514	871	JORGE MONTEIRO	M	39		02:03:00	02:01:39	POTEEENTES
1515	1486	LEANDRO SOARES	M	29		02:03:05	02:01:07	RAINHA CLUB
1516	1479	PAULA DIAS	F	45		02:03:06	02:02:04	MOCIDADE SANGEMIL AC
1517	101	ANDRÉ M G MAKRILLOÚ	M	40		02:03:06	02:02:04	INDIVIDUAL
1518	691	PEDRO CARVALHO	M	41		02:03:10	02:01:44	ARRASTASSOLAS
1519	697	ANDRÉ M T M TEIXEIRA	M	36		02:03:27	02:03:02	INDIVIDUAL
1520	804	ANTÓNIO MAGALHÃES	M	67		02:03:39	02:03:39	BRAGUINHAS

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GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1521	738	JOAQUIM DA SILVA	M	61		02:03:41	02:02:56	SALRUEIROS
1522	1234	BENJAMIN KIMBUELAS	M	61		02:03:49	02:03:26	GD LEÕES VENEZA
1523	1054	JOAQUIM B MARTINS	M	54		02:03:50	02:03:29	ESTRELA CAMPO AVIAÇÃO FC
1524	484	SOLANGE CABRAL	F	38		02:03:52	02:03:36	VAMOS LÁ
1525	483	JOSÉ RIBEIRO	M	49		02:03:53	02:03:37	VAMOS LÁ
1526	188	BRUNO BRANDÃO	M	39		02:03:54	02:02:45	BUDEGUITA RUNNERS
1527	715	ALFREDINA C S COSTA	F	65		02:04:08	02:02:42	OS MAIATOS
1528	1463	LUÍS GOMES	M	31		02:04:18	02:02:56	GANGUE DAS MAÇAS
1529	1412	PAULO SOUSA	M	44		02:04:21	02:04:09	RAINHA CLUB
1530	761	COELHO FERREIRA	M	73		02:04:24	02:03:51	GD BANCO PORTUGAL
1531	745	DAVIDE PINHEIRO	M	42		02:04:32	02:03:42	AD AMARANTE
1532	669	NOAME COSTA	F	23		02:04:35	02:03:56	BOSCH TERMOTECNOLOGIA SA
1533	210	GABRIEL ALEGRE	M	39		02:04:35	02:03:08	PINDÉRICUS MAIS DOIS
1534	1203	ANA L C GOMES	F	21		02:04:36	02:04:09	INDIVIDUAL
1535	1202	JOSÉ G D VIANA	M	31		02:04:36	02:04:09	INDIVIDUAL
1536	95	AMILCAR OLIVEIRA	M	75		02:04:42	02:03:34	GAIG
1537	144	EDMUNDO C RILHO	M	35		02:04:52	02:04:15	INDIVIDUAL
1538	139	LUÍS RAMOS	M	41		02:04:52	02:04:16	INDIVIDUAL
1539	140	TIAGO ALMEIDA	M	37		02:04:52	02:04:16	INDIVIDUAL
1540	1706	VITOR RESENDE	M	41		02:04:53	02:04:53	NA CUCUJAES
1541	1293	DANIEL A CARDOSO	M	63		02:04:55	02:03:59	INDIVIDUAL
1542	113	ANTONIO A SANTOS	M	60		02:04:55	02:04:21	INDIVIDUAL
1543	450	JOSÉ A BASTOS	M	59		02:04:57	02:03:39	INDIVIDUAL
1544	1441	JOSÉ D PINTO	M	32		02:05:00	02:05:00	X5 HEALTH CLUB
1545	1225	ANTÓNIO MATOS	M	44		02:05:05	02:03:26	SMD
1546	1464	MATEUS P SILVA	M	43		02:05:09	02:04:05	INDIVIDUAL
1547	242	MANUEL P CARNEIRO	M	71		02:05:13	02:05:02	CP TELECOM ZONA NORTE
1548	1011	MIGUEL CUNHA	M	31		02:05:14	02:04:38	Lousada Runners
1549	471	PAULO PINHO	M	50		02:05:17	02:04:49	OS KAGADOS
1550	1038	GOMES DA SILVA	M	41		02:05:19	02:03:43	TUDOACORRERBEM
1551	1551	CÉLIA C MATIAS	F	33		02:05:26	02:04:30	TONDELA RUNNERS
1552	1448	RICARDO MACHADO	M	29		02:05:30	02:05:30	X5 HEALTH CLUB
1553	1411	Mª FATIMA ESPERANÇA	F	54		02:05:40	02:05:29	RAINHA CLUB
1554	1357	PEDRO L S M MORGADO	M	43		02:05:44	02:04:13	INDIVIDUAL
1555	1219	MANUEL PEREIRA	M	62		02:05:45	02:04:17	INDIVIDUAL
1556	662	MANUEL MELO	M	38		02:05:52	02:05:52	BOSCH TERMOTECNOLOGIA SA
1557	1680	Diogo Couto	M	27		02:06:05	02:05:18	
1558	700	JORGE P SILVA	M	47		02:06:06	02:05:01	INDIVIDUAL

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Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1559	1587	JOSE V TAVARES	M	47		02:06:06	02:06:06	INDIVIDUAL
1560	1679	José Couto	M	52		02:06:14	02:05:23	
1561	1044	PAULA FIDALGO	F	47		02:06:15	02:05:26	LOCOMOTIVA DE PARANHOS
1562	880	NATERCIA TEIXEIRA	F	47		02:06:17	02:04:49	AMARANTE RUNNING TEAM
1563	987	ISABEL LOURENCO	F	38		02:06:21	02:04:57	ARCORUN
1564	1643	JOSE P MOURA	M	37		02:06:24	02:05:45	INVICTA RUNNERS TEAM
1565	398	ARMANDO CARRAGOSO	M	31		02:06:28	02:05:51	INDIVIDUAL
1566	1707	JORGE MOREIRA	M	42		02:06:32	02:05:30	NA CUCUJAES
1567	1147	ADELINO SILVA	M	66		02:06:37	02:05:00	INDIVIDUAL
1568	1314	RICARDO ESTEVES	M	37		02:06:40	02:05:19	ADERCUS
1569	595	AGOSTINHO JOSÉ	M	52		02:06:41	02:05:11	RUN TO BE ALIVE
1570	708	ANA PAULA PINTO	F	42		02:06:41	02:05:11	RUN TO BE ALIVE
1571	1313	LÚCIA CÂNDIDO	F	29		02:06:41	02:05:20	ADERCUS
1572	170	HÉLDER SILVA	M	54		02:06:48	02:05:15	INDIVIDUAL
1573	1344	PAULO J V ALMEIDA	M	46		02:06:52	02:06:12	INDIVIDUAL
1574	1590	NUNO VASCONCELOS	M	32		02:06:53	02:05:32	INDIVIDUAL
1575	2086	NORBERTO OLIVEIRA	M	32		02:06:58	02:06:37	BCP
1576	1543	MANUEL COUTINHO	M	53		02:07:04	02:06:22	OS KAGADOS
1577	311	ISABEL PAIVA	F	45		02:07:08	02:06:59	INDIVIDUAL
1578	1754	Helder Sousa	M	42		02:07:16	02:06:05	BUDEGUITA RUNNERS
1579	1371	MANUEL F S RIBEIRO	M	54		02:07:21	02:05:58	INDIVIDUAL
1580	1128	PAULO RAMISIO	M	45		02:07:31	02:07:06	INDIVIDUAL
1581	762	JOSÉ FONSECA	M	55		02:07:31	02:06:40	GD BANCO PORTUGAL
1582	1146	RAÚL SILVA	M	30		02:07:32	02:07:32	INDIVIDUAL
1583	1014	AMÉRICO A F SANTOS	M	51		02:07:35	02:05:59	INDIVIDUAL
1584	2088	RICARDO PINHO	M	43		02:07:39	02:07:17	BCP
1585	1117	HENRIQUE SILVA	M	54		02:07:53	02:07:44	AD RIO LARGO C ESPINHO
1586	720	JORGE A OLIVEIRA	M	63		02:08:01	02:07:55	BTTRAIN
1587	1356	Mª CONCEIÇÃO CORREIA	F	64		02:08:03	02:07:06	GINASIO C SANTO TIRSO
1588	750	JORGE CERQUEIRA	M	57		02:08:12	02:07:25	AD AMARANTE
1589	455	RICARDO OLIVEIRA	M	41		02:08:32	02:07:27	COMPANHIA DO BAZOFIAS
1590	766	HELDER F O MATOS	M	28		02:09:03	02:08:31	FOGAÇAS COM MALAPOS
1591	1556	GIL VIEIRA	M	32		02:09:09	02:09:09	X5 HEALTH CLUB
1592	1405	Mª ISABEL C SILVA	F	53		02:09:15	02:07:51	INDIVIDUAL
1593	800	HENRIQUE SILVA	M	40		02:09:25	02:09:25	BRAGUINHAS
1594	325	CASIMIRO FERNANDES	M	58		02:09:26	02:08:21	GRUPO OS BARRIGAS
1595	943	RUI M TEIXEIRA	M	40		02:09:31	02:08:28	NA CUCUJÃES
1596	2113	JOAO CARDOSO	M	59		02:09:34	02:08:20	INDIVIDUAL

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GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1597	1122	ALBERTO SILVA	M	75		02:09:37	02:09:25	AD RIO LARGO C ESPINHO
1598	672	JOÃO BASTOS	M	38		02:09:53	02:09:08	BOSCH TERMOTECNOLOGIA SA
1599	985	LUIS MACHADO	M	57		02:09:55	02:09:29	INDIVIDUAL
1600	375	JUAN FERREIRA	M	40		02:09:55	02:07:20	INDIVIDUAL
1601	1415	DULIA REIS	F	39		02:10:12	02:09:27	INDIVIDUAL
1602	66	MANUEL SÁ PINTO	M	70		02:10:13	02:09:04	OS FALTA DAR
1603	1421	ALLBINO COSTA	M	60		02:10:26	02:09:37	ADEC-MS ADC MACIEIRA SARNES
1604	141	ANA P TEIXEIRA	F	48		02:10:30	02:09:16	INDIVIDUAL
1605	427	JOSÉ C SALDANHA	M	46		02:10:40	02:09:37	JERÓNIMO
1606	426	ALCINO CARVALHO	M	47		02:10:40	02:09:36	JERÓNIMO
1607	1085	MIGUEL M LEITE	M	43		02:10:41	02:09:38	GERÓNIMO
1608	500	ANETTE KIND	F	52		02:10:41	02:10:12	VETERANOS DO PORTO
1609	1633	ANILSON SANTOS	M	39		02:10:48	02:10:34	INDIVIDUAL
1610	158	JOSÉ SOUSA	M	39		02:10:50	02:10:36	NÃO PARA NÃO PARA
1611	613	ANTONIO PAIS	M	58		02:11:01	02:09:54	VETERANOS DO TEIXOSO
1612	1487	PEDRO PORTILHA	M	30		02:11:12	02:09:15	RAINHA CLUB
1613	858	JOSÉ L S CARDOSO	M	38		02:11:18	02:10:36	GONDOMAR FCE
1614	1426	ANTÓNIO R F MOÇO	M	58		02:11:36	02:11:03	ARRAS-KINHA
1615	990	CLÁUDIO MARINHO	M	45		02:11:47	02:11:16	INDIVIDUAL
1616	991	VITOR VIEIRA	M	49		02:11:47	02:11:17	INDIVIDUAL
1617	1067	MANUEL M CARVALHO	M	49		02:11:56	02:11:37	GD SANTANDER TOTTA
1618	1031	RUI SANTOS	M	36		02:12:04	02:11:07	GONDOMAR POWER
1619	788	ANA NEVES	F	32		02:12:06	02:11:17	21 I WILL SURVIVE
1620	1169	SÓNIA OLIVEIRA	F	34		02:12:08	02:11:20	INDIVIDUAL
1621	1239	ANDRE M L ANTUNES	M	40		02:12:35	02:11:20	SS MONTEPIO
1622	1499	VITOR M G T REIS	M	42		02:12:53	02:11:53	INDIVIDUAL
1623	150	CARINA S PEREIRA	F	41		02:13:07	02:12:41	INDIVIDUAL
1624	1326	RICARDO RIBEIRO	M	35		02:13:08	02:11:45	INDIVIDUAL
1625	152	RICARDO RÊGO	M	37		02:13:08	02:12:41	INDIVIDUAL
1626	1157	CÉLIA DIAS	F	41		02:13:22	02:12:09	INDIVIDUAL
1627	1159	CARLOS DIAS	M	46		02:13:22	02:12:08	INDIVIDUAL
1628	1226	Mª JOAQUINA O PEIXOTO	F	47		02:13:28	02:12:15	INDIVIDUAL
1629	350	FERNANDO HEITOR	M	70		02:13:28	02:12:31	INDIVIDUAL
1630	1078	SILVIA GUERRA	F	38		02:13:30	02:12:32	INDIVIDUAL
1631	1077	JOAO MANGERICAO	M	38		02:13:30	02:12:32	INDIVIDUAL
1632	2084	FERNANDO RODRIGUES	M	42		02:13:33	02:13:10	BCP
1633	128	SANDRA OLIVEIRA	F	39		02:13:38	02:12:31	BUDEGUITA RUNNERS
1634	1316	EDUARDO GONÇALVES	M	55		02:13:39	02:12:52	US & OTHERS

26ª MEIA MARATONA CIDADE OVAR - 05/10/2014

Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1635	356	HELDER FERREIRA	M	37		02:13:52	02:12:32	MIDNIGHT RUNNERS
1636	1369	CÉSAR O P RUELA	M	42		02:14:06	02:12:50	INDIVIDUAL
1637	1660	PEDRO N S COSTA	M	27		02:14:32	02:13:40	INDIVIDUAL
1638	1080	ELISABETE MATOS	F	40		02:14:38	02:13:50	21 I WILL SURVIVE
1639	460	ANTÓNIO CARRILHO	M	59		02:14:40	02:13:13	OS KAGADOS
1640	696	CARLA MOREIRA	F	39		02:14:44	02:13:19	ARRASTASSOLAS
1641	876	FERNANDA M F P ALVES	F	41		02:15:27	02:14:21	INDIVIDUAL
1642	1600	ALBERTO J MOUTINHO	M	71		02:15:29	02:15:09	INDIVIDUAL
1643	776	PAULO VALENTE	M	34		02:15:30	02:14:10	OS TRAVESSINHAS
1644	775	AIRES FERREIRA	M	41		02:15:30	02:14:10	OS TRAVESSINHAS
1645	867	CÉSAR S ALVES	M	37		02:15:33	02:14:01	INDIVIDUAL
1646	1224	CARLOS QUEIRÓS	M	42		02:16:23	02:15:12	LEONE RUNNERS
1647	1252	CARLOS BRANCO	M	41		02:16:24	02:15:13	LEONE RUNNERS
1648	1564	ANDREIA PINHO	F	33		02:16:32	02:15:29	AROUCA RUNNERS
1649	695	MANUEL SILVA	M	45		02:16:38	02:15:10	ARRASTASSOLAS
1650	1661	Lucilia Quiesse	F	40		02:16:39	02:15:04	UNIDOS À FRESCA
1651	954	DANIEL D C ANTUNES	M	41		02:16:47	02:16:13	C BENFICA FIG FOZ
1652	1544	VALDEMAR SOUSA	M	55		02:16:48	02:15:54	OS KAGADOS
1653	396	SUSANA ALEGRIA	F	35		02:16:49	02:15:18	INDIVIDUAL
1654	1743	Sandra Ivone Sousa	F	38		02:16:49	02:15:23	INDIVIDUAL
1655	900	AURORA CARVALHO	F	56		02:16:49	02:16:29	POTEEENTES
1656	827	LUCÍDIO DIAS	M	66		02:17:48	02:16:25	CA LAMAS
1657	838	PAULO FORTUNATO	M	42		02:17:48	02:16:24	CA LAMAS
1658	155	MÁRIO JOÃO COSTA	M	44		02:17:54	02:16:38	INDIVIDUAL
1659	265	ISABEL CARVALHO	F	42		02:17:55	02:16:35	CDCR DOS CTT PORTO
1660	1162	ALEXANDRE FERREIRA	M	39		02:17:59	02:17:59	INDIVIDUAL
1661	578	PAULA RODRIGUES	F	50		02:18:05	02:17:08	RODA DOS VENTOS
1662	81	PEDRO VIEIRA	M	35		02:18:19	02:18:11	CIA ALPENDORADA
1663	510	TIAGO FERREIRA	M	38		02:18:24	02:17:27	INDIVIDUAL
1664	1035	SUSANA GUERREIRO	F	35		02:18:50	02:17:12	TUDOACORRERBEM
1665	458	BELMIRO AGUIAR	M	70		02:18:50	02:18:16	OS KAGADOS
1666	439	MARIO R A SILVA	M	58		02:19:25	02:19:13	INDIVIDUAL
1667	154	ISABEL M O P HENRIQUES	F	40		02:19:48	02:18:19	INDIVIDUAL
1668	1175	PEDRO NOGUEIRA	M	34		02:20:43	02:17:28	CLUBE VODAFONE
1669	1176	MARTA SOUSA	F	34		02:20:43	02:17:28	CLUBE VODAFONE
1670	256	PEDRO G J FERNANDES	M	32		02:20:45	02:20:45	ADRULSM
1671	574	JORGE QUERALES	M	46		02:21:16	02:20:47	CICLISTAS CÓSMICOS - GISLOTICA
1672	1288	ALEXANDRE ALMEIDA	M	43		02:21:23	02:18:44	INDIVIDUAL

26ª MEIA MARATONA CIDADE OVAR - 05/10/2014

Relatório Masculino e Feminino Geral

GERAL PROVISÓRIA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1673	1171	ESTER P SOARES	F	29		02:21:43	02:20:55	21 I WILL SURVIVE
1674	334	ABÍLIO ABREU	M	59		02:21:47	02:21:47	CS GONDAR
1675	801	HELDER BARROSO	M	28		02:22:00	02:22:00	BRAGUINHAS
1676	1545	SARA MIRANDA	F	22		02:22:27	02:22:05	OS KAGADOS
1677	1716	PAULO ROSA	M	47		02:22:27	02:22:13	
1678	1546	PEDRO LEITE	M	26		02:22:28	02:22:28	OS KAGADOS
1679	1711	ANTONIO DOMINGOS	M	42		02:22:49	02:22:26	INDIVIDUAL
1680	480	FILIPE M NASCIMENTO	F	33		02:22:49	02:21:43	COMPANHIA DO BAZOFIAS
1681	461	ANTÓNIO SILVA	M	73		02:22:49	02:21:23	OS KAGADOS
1682	1478	RICARDO PAIVA	M	37		02:23:21	02:22:16	MOCIDADE SANGEMIL AC
1683	1339	HUGUES S ALMEIDA	M	29		02:23:36	02:22:04	PAPA MEIA MARATONAS
1684	1340	SÓNIA S PINHO	F	27		02:23:36	02:23:36	PAPA MEIA MARATONAS
1685	615	JOÃO BARATA	M	78		02:23:59	02:23:59	VETERANOS DO TEIXOSO
1686	131	ANA GONÇALVES	F	47		02:24:24	02:22:58	SC AVEIRO
1687	211	MIGUEL GODINHO	M	38		02:24:54	02:23:27	PINDÉRICUS MAIS DOIS
1688	212	LUIS PACHECO	M	38		02:24:54	02:23:27	PINDÉRICUS MAIS DOIS
1689	54	BERNANRDINO OLIVEIRA	M	49		02:25:00	02:25:00	CONF CALÇADA
1690	792	NUNO F LOPES	M	35		02:25:31	02:24:38	CORREMOS COM ELES
1691	1379	NUNO M C OLIVEIRA	M	38		02:25:44	02:24:17	INDIVIDUAL
1692	37	JOSE BENTO	M	51		02:25:44	02:24:12	MF MARTINS LDA
1693	45	CONCEICAO GRARE	F	61		02:25:44	02:24:12	MF MARTINS LDA
1694	2118	MANUEL NEVES	M	45		02:27:58	02:26:46	INDIVIDUAL
1695	1588	ANA P P A TAVARES	F	44		02:28:00	02:28:00	INDIVIDUAL
1696	826	PAULO OLIVEIRA	M	32		02:28:20	02:26:45	INDIVIDUAL
1697	769	HENRIQUE PORTELA	M	25		02:29:02	02:28:31	FOGAÇAS COM MALAPOS
1698	770	PEDRO M O SILVA	M	36		02:29:03	02:28:26	FOGAÇAS COM MALAPOS
1699	385	MARTA SOUSA	F	37		02:37:00	02:36:23	INDIVIDUAL
1700	798	MANUEL GONÇALVES	M	60		02:39:03	02:39:03	BRAGUINHAS
1701	2112	ANTONIO MARTA	M	77		02:45:24	02:44:09	INDIVIDUAL
1702	2090	VITOR CARRICO	M	47		02:46:17	02:45:53	BCP

Total de registros: 1702