



# VI TRAIL ERDAL



## Classificação Geral

## Trail Curto

## 18 Km

Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	1315	Hélder Oliveira,		M40-C	1	1:44:35.05	05:49	
2	1019	Rui Rodrigues,	Os Rotos	SenM-C	1	1:47:28.27	05:58	0:02:53
3	1022	Eurico Pereira,		SenM-C	2	1:47:42.65	05:59	0:03:08
4	1155	Arménio Santos,	NBA Barrosas	M40-C	2	1:50:55.87	06:10	0:06:21
5	1159	Daniel Martins,	NBA Barrosas	SenM-C	3	1:51:00.52	06:10	0:06:26
6	1157	Sergio Martins,	Duo trail	M40-C	3	1:52:01.16	06:13	0:07:26
7	1251	Diogo Silva,	Minho e Lima Trail	SenM-C	4	1:53:49.87	06:19	0:09:15
8	1193	Carlos Santos,		SenM-C	5	1:54:11.51	06:21	0:09:37
9	1065	Mauricio Ferreira,	Travassós Running Fafe	M40-C	4	1:54:56.61	06:23	0:10:22
10	1092	Rui Fernandes,	Clube Atletismo Fafe	SenM-C	6	1:56:20.60	06:28	0:11:46
11	1229	ADELINO AIRES,	Alexandra Carvalho Team	M50-C	1	1:57:38.82	06:32	0:13:04
12	1179	Adriano Teixeira,	Infantes runners	M50-C	2	1:58:12.45	06:34	0:13:37
13	1188	Nuno Silva,	The Newbies	SenM-C	7	2:00:27.35	06:42	0:15:52
14	1023	Adão Fernandes,		M40-C	5	2:00:32.53	06:42	0:15:58
15	1330	Ricardo Silva,	Clube Trilheiros & Amigos	SenM-C	8	2:01:49.90	06:46	0:17:15
16	1291	Cesar Nogueira,		SenM-C	9	2:02:20.28	06:48	0:17:45
17	1162	FILIPE FREITAS,	CLUBE ATLETISMO DE BRITO	M40-C	6	2:02:51.11	06:50	0:18:16
18	1067	Cláudio Monteiro,	Douroconta - Gabinete de Apoio e Contabilidade	M50-C	3	2:03:05.73	06:50	0:18:31
19	1205	Rui Fernandes,	Vimarruners	SenM-C	10	2:03:29.49	06:52	0:18:54
20	1405	Joao Barbosa,		SenM-C	11	2:03:30.04	06:52	0:18:55
21	1110	Alberto Marques,	RioFit	M40-C	7	2:04:10.51	06:54	0:19:36
22	1040	MARCO BROCHADO,	Os Lobos Do Saibro	M40-C	8	2:05:55.05	07:00	0:21:20
23	1202	JORGE SILVA,	COMANDOS - DELEGAÇÃO DE GUIMARÃ	SenM-C	12	2:06:21.51	07:01	0:21:47
24	1013	Joao Machado,	Globaltrail	SenM-C	13	2:06:28.16	07:02	0:21:53
25	1310	Joaquim Rodrigues,	ACRRoriz	M50-C	4	2:07:10.22	07:04	0:22:35
26	1119	GASPAR MOURA,	COMANDOS - DELEGAÇÃO DE GUIMARÃ	M50-C	5	2:07:15.16	07:04	0:22:40
27	1319	Ricardo Carvalho,	Equipa A	M40-C	9	2:07:36.58	07:05	0:23:02
28	1051	Adriana Sousa,	CR CANDOSO	SenF-C	1	2:08:11.36	07:07	0:23:36
29	1262	Marcos Ourives,	2MUCHRUN	M40-C	10	2:08:15.00	07:07	0:23:40
30	1309	Manuel Miranda,	ACRRoriz	M50-C	6	2:08:35.23	07:09	0:24:00
31	1233	RUI Heliodoro Sousa,	Turbo Trilhos	SenM-C	14	2:08:56.26	07:10	0:24:21
32	1285	Manuel Magalhaes,	MOVEIRAS	M50-C	7	2:08:59.46	07:10	0:24:24
33	1038	Licínio Macário,		SenM-C	15	2:09:26.92	07:11	0:24:52
34	1414	Hélder Silva,		SenM-C	16	2:09:58.17	07:13	0:25:23
35	1151	Roberto Cavalcante,	GUIMARUNNING	M50-C	8	2:10:08.13	07:14	0:25:33
36	1099	Joaquim Dinis,	Adosa - Os Santa Apolónia	M50-C	9	2:10:10.38	07:14	0:25:35
37	1267	Sérgio Anunciação,	ORALKLASS-AMIGOS DO TRAIL	M50-C	10	2:11:47.72	07:19	0:27:13
38	1227	Hélder Costa,	Manu's Therapy Trail Running	SenM-C	17	2:11:52.24	07:20	0:27:17
39	1077	José Miguel Mendes,	Falsos Lentos	SenM-C	18	2:12:54.58	07:23	0:28:20
40	1144	BRUNO FONTÃO,	OS PRIMOS	SenM-C	19	2:13:06.97	07:24	0:28:32
41	1337	António Caldas,		M40-C	11	2:13:18.03	07:24	0:28:43
42	1299	Manuel Gomes,	Fama runners	M40-C	12	2:13:32.05	07:25	0:28:57
43	1283	Jose Real,	MOVEIRAS	SenM-C	20	2:14:09.18	07:27	0:29:34
44	1180	Sérgio Fernandes,	Infantes runners	SenM-C	21	2:14:18.54	07:28	0:29:44
45	1163	DANIEL FERNANDES,	CLUBE ATLETISMO DE BRITO	M40-C	13	2:14:39.32	07:29	0:30:04
46	1097	Ricardo Lemos,		M40-C	14	2:15:00.49	07:30	0:30:25
47	1268	AVSILVA SILVA,		M40-C	15	2:15:00.55	07:30	0:30:26
48	1334	António Silva,		SenM-C	22	2:15:01.94	07:30	0:30:27
49	1029	André Souto,	D'Alma e Corpo	SenM-C	23	2:15:23.35	07:31	0:30:48
50	1066	Marco Mendes,		M40-C	16	2:15:25.00	07:31	0:30:50
51	1192	Ricardo Ferreira,		M40-C	17	2:15:26.65	07:31	0:30:52
52	1096	Adão Virgilio Teixeira Marinho,		M40-C	18	2:15:48.00	07:33	0:31:13
53	1279	Jose Coelho,	MOVEIRAS	M50-C	11	2:16:42.58	07:36	0:32:08
54	1196	Manuel Lopes,	RioFit	M50-C	12	2:17:23.00	07:38	0:32:48
55	1313	Nuno Morais,		SenM-C	24	2:17:52.71	07:40	0:33:18



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56	<b>1030</b>	Nuno Freitas,	D'Alma e Corpo	SenM-C	25	<b>2:17:58.72</b>	07:40	0:33:24
57	<b>1161</b>	Jorge Neto,	NBA Barrosas	SenM-C	26	<b>2:18:21.14</b>	07:41	0:33:46
58	<b>1108</b>	Ernesto Sousa,		M40-C	19	<b>2:18:21.73</b>	07:41	0:33:47
59	<b>1272</b>	Miguel Freitas,		M40-C	20	<b>2:18:28.39</b>	07:42	0:33:53
60	<b>1191</b>	Rosa Oliveira,		F40-C	1	<b>2:18:50.87</b>	07:43	0:34:16
61	<b>1135</b>	António Cunha,	Atletas Fim de Semana	M40-C	21	<b>2:19:07.00</b>	07:44	0:34:32
62	<b>1204</b>	Rogério Torres,	Team Lantemil	SenM-C	27	<b>2:19:08.40</b>	07:44	0:34:33
63	<b>1311</b>	António Coelho,		M40-C	22	<b>2:19:16.62</b>	07:44	0:34:42
64	<b>1173</b>	Abilio Oliveira,	RioFit	M40-C	23	<b>2:19:51.00</b>	07:46	0:35:16
65	<b>1172</b>	JOAO SILVA,	RioFit	M40-C	24	<b>2:20:29.90</b>	07:48	0:35:55
66	<b>1186</b>	Carlos Soares,	OS DUROS	M50-C	13	<b>2:20:35.80</b>	07:49	0:36:01
67	<b>1190</b>	Marcelo Teixeira,	The Newbies	SenM-C	28	<b>2:21:02.46</b>	07:50	0:36:27
68	<b>1124</b>	MANUEL MARQUES,	COMANDOS - DELEGAÇÃO DE GUIMARÃ	M40-C	25	<b>2:21:12.09</b>	07:51	0:36:37
69	<b>1270</b>	Cristóvão Sampaio,	Amigos das Sapatilhas	M40-C	26	<b>2:21:28.54</b>	07:52	0:36:54
70	<b>1113</b>	Marco Salgado,	Airão Trail Team	SenM-C	29	<b>2:21:33.85</b>	07:52	0:36:59
71	<b>1228</b>	Ricardo Rego,	Alexandra Carvalho Team	SenM-C	30	<b>2:21:38.47</b>	07:52	0:37:03
72	<b>1412</b>	Jorge Nunes,	AfrikanRuners	M40-C	27	<b>2:21:46.00</b>	07:53	0:37:11
73	<b>1021</b>	Mario Lima,	Avesrunners	SenM-C	31	<b>2:21:46.49</b>	07:53	0:37:11
74	<b>1197</b>	Diogo Abreu,	RioFit	SenM-C	32	<b>2:22:00.14</b>	07:53	0:37:25
75	<b>1109</b>	Daniel Martinho,	RioFit	SenM-C	33	<b>2:22:21.99</b>	07:55	0:37:47
76	<b>1111</b>	José Oliveira,	RioFit	M40-C	28	<b>2:22:25.00</b>	07:55	0:37:50
77	<b>1404</b>	José Ferreira,		SenM-C	34	<b>2:22:28.38</b>	07:55	0:37:53
78	<b>1116</b>	Luís Silva,	PT LUIS BESSA	SenM-C	35	<b>2:22:30.56</b>	07:55	0:37:56
79	<b>1231</b>	PAULO FERNANDO BARBO, F C VIZELA		M40-C	29	<b>2:22:33.27</b>	07:55	0:37:58
80	<b>1248</b>	Ricardo Peixinho,	Alexandra Carvalho Team	M40-C	30	<b>2:22:34.53</b>	07:55	0:38:00
81	<b>1031</b>	Eliana Pereira,	Alexandra Carvalho Team	SenF-C	2	<b>2:22:37.48</b>	07:55	0:38:02
82	<b>1125</b>	ANTÓNIO COSTA,	COMANDOS - DELEGAÇÃO DE GUIMARÃ	M50-C	14	<b>2:23:14.49</b>	07:57	0:38:39
83	<b>1063</b>	Sónia Ferreira,	Lousada Runners	SenF-C	3	<b>2:23:24.29</b>	07:58	0:38:49
84	<b>1036</b>	Rui Maciel,	Alexandra Carvalho Team	M40-C	31	<b>2:23:33.00</b>	07:58	0:38:58
85	<b>1107</b>	Ana Abreu,	Corre Comigo Riba de Ave	F40-C	2	<b>2:23:38.92</b>	07:59	0:39:04
86	<b>1129</b>	Jorge Machado,	Adosa - Os Santa Apolónia	M50-C	15	<b>2:23:40.92</b>	07:59	0:39:06
87	<b>1118</b>	Joaquim Vidal,	Atletas Fim de Semana	M40-C	32	<b>2:23:48.57</b>	07:59	0:39:14
88	<b>1316</b>	Luís Guise,	Vimarruners	M50-C	16	<b>2:24:01.98</b>	08:00	0:39:27
89	<b>1020</b>	Rosalina Marinho,	ADTTR-Travassós Running Fafe	F50-C	1	<b>2:24:15.23</b>	08:01	0:39:40
90	<b>1207</b>	António Manuel Almeida,		SenM-C	36	<b>2:24:16.17</b>	08:01	0:39:41
91	<b>1178</b>	Paulo Sousa,	Focoteam24	SenM-C	37	<b>2:24:57.25</b>	08:03	0:40:22
92	<b>1158</b>	Nelson Almeida,	NBA Barrosas	M40-C	33	<b>2:25:02.22</b>	08:03	0:40:27
93	<b>1143</b>	luís Pedrosa,	OS PRIMOS	SenM-C	38	<b>2:25:14.08</b>	08:04	0:40:39
94	<b>1082</b>	Joaquim Ventura,	Os Lobos Do Saibro	SenM-C	39	<b>2:25:28.02</b>	08:05	0:40:53
95	<b>1045</b>	Carlos Campaíinha,	Alexandra Carvalho Team	SenM-C	40	<b>2:25:36.00</b>	08:05	0:41:01
96	<b>1338</b>	Vitor Silva,		SenM-C	41	<b>2:26:05.76</b>	08:07	0:41:31
97	<b>1105</b>	Maurício Silva,		M40-C	34	<b>2:26:16.00</b>	08:08	0:41:41
98	<b>1000</b>	Rafa Miranda,		M40-C	35	<b>2:26:16.39</b>	08:08	0:41:41
99	<b>1261</b>	Bruno Nunes,		SenM-C	42	<b>2:26:26.56</b>	08:08	0:41:52
100	<b>1176</b>	Luis Miguel Ribeiro,	Bota&Siga	SenM-C	43	<b>2:26:36.00</b>	08:09	0:42:01
101	<b>1259</b>	José Pereira,	Equipa A	M50-C	17	<b>2:26:50.17</b>	08:09	0:42:15
102	<b>1075</b>	Adao Mendes,		M40-C	36	<b>2:27:22.06</b>	08:11	0:42:47
103	<b>1076</b>	Adelino Silva,		M50-C	18	<b>2:27:25.00</b>	08:11	0:42:50
104	<b>1093</b>	Rui Faria,	Vimarruners	SenM-C	44	<b>2:27:27.46</b>	08:12	0:42:52
105	<b>1171</b>	Rui Dias,		M40-C	37	<b>2:27:54.67</b>	08:13	0:43:20
106	<b>1182</b>	Carlos Sousa,		M40-C	38	<b>2:28:35.64</b>	08:15	0:44:01
107	<b>1257</b>	Armando Fontão,	CR CANDOSO	M40-C	39	<b>2:28:36.00</b>	08:15	0:44:01
108	<b>1055</b>	Tomás Pereira,	CR CANDOSO	M50-C	19	<b>2:28:39.00</b>	08:15	0:44:04
109	<b>1253</b>	Pedro Leite,	Só Trilhos	SenM-C	45	<b>2:28:48.41</b>	08:16	0:44:13
110	<b>2060</b>	Rafael Galvão,		M40-C	40	<b>2:29:35.69</b>	08:19	0:45:01
111	<b>1287</b>	Ângelo Carneiro,	Altos e baixos	SenM-C	46	<b>2:29:36.00</b>	08:19	0:45:01
112	<b>2044</b>	Pedro Faria,		SenM-C	47	<b>2:29:36.13</b>	08:19	0:45:01
113	<b>1273</b>	Gonçalo Martins,	Barbatana Trail Team	SenM-C	48	<b>2:30:41.00</b>	08:22	0:46:06
114	<b>1408</b>	Marco Rodrigues,	Lousada Runners	M40-C	41	<b>2:30:45.40</b>	08:23	0:46:10



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115	<b>1152</b>	Alberto Leite,	Correr com c'Alma	M50-C	20	<b>2:30:49.54</b>	08:23	0:46:15
116	<b>1100</b>	Carla Oliveira,	Adosa - Os Santa Apolónia	SenF-C	4	<b>2:31:01.44</b>	08:23	0:46:26
117	<b>1234</b>	Rui Araújo,		M40-C	42	<b>2:31:26.52</b>	08:25	0:46:52
118	<b>1170</b>	Nuno Santos,	Aventureiros	M40-C	43	<b>2:31:29.70</b>	08:25	0:46:55
119	<b>1411</b>	Sergio Filipe Gomes,	RioFit	M40-C	44	<b>2:31:34.04</b>	08:25	0:46:59
120	<b>1177</b>	Diana Martins,		SenF-C	5	<b>2:31:37.27</b>	08:25	0:47:02
121	<b>1239</b>	Helder Oliveira,	ASAFIT	SenM-C	49	<b>2:31:41.27</b>	08:26	0:47:06
122	<b>1221</b>	José Rodrigues,		M40-C	45	<b>2:31:42.55</b>	08:26	0:47:08
123	<b>1012</b>	Fernando Silva,		M40-C	46	<b>2:32:44.76</b>	08:29	0:48:10
124	<b>1145</b>	Carlos Leal,	KeMedo Team	SenM-C	50	<b>2:33:01.00</b>	08:30	0:48:26
125	<b>1280</b>	Joaquim Oliveira,	MOVEIRAS	M40-C	47	<b>2:33:10.33</b>	08:31	0:48:35
126	<b>1064</b>	Pedro Pereira,		SenM-C	51	<b>2:34:09.36</b>	08:34	0:49:34
127	<b>1298</b>	José Silva,	Fama runners	M40-C	48	<b>2:35:00.92</b>	08:37	0:50:26
128	<b>1322</b>	Paulo Ribeiro,		M40-C	49	<b>2:35:09.81</b>	08:37	0:50:35
129	<b>1005</b>	Nuno Pinheiro,		M40-C	50	<b>2:35:30.97</b>	08:38	0:50:56
130	<b>1052</b>	Rui Fontes,	ACRD POMBEIRO	M40-C	51	<b>2:35:30.97</b>	08:38	0:50:56
131	<b>1297</b>	Filipe Moura,	Amigos das Sapatilhas	M40-C	52	<b>2:35:31.59</b>	08:38	0:50:57
132	<b>1187</b>	Hugo Faria,	The Newbies	SenM-C	52	<b>2:35:38.02</b>	08:39	0:51:03
133	<b>1016</b>	Luis Lafarga,	STM	M40-C	53	<b>2:36:34.20</b>	08:42	0:51:59
134	<b>1346</b>	Tiago Oliveira,		SenM-C	53	<b>2:36:42.94</b>	08:42	0:52:08
135	<b>1117</b>	Joao Mesquita,		M40-C	54	<b>2:36:46.00</b>	08:43	0:52:11
136	<b>1345</b>	Maria João Silva,		SenF-C	6	<b>2:36:58.56</b>	08:43	0:52:24
137	<b>1050</b>	António Caritas,	Correr em Évora	M40-C	55	<b>2:37:01.18</b>	08:43	0:52:26
138	<b>1184</b>	Pedro Oliveira,		M40-C	56	<b>2:37:07.18</b>	08:44	0:52:32
139	<b>1223</b>	Miguel Gonçalves,	Melgaço alvarinho trail	M40-C	57	<b>2:37:35.82</b>	08:45	0:53:01
140	<b>1006</b>	Ismael Alves,	Bike&Beer	M40-C	58	<b>2:37:42.95</b>	08:46	0:53:08
141	<b>1200</b>	Goreti Sousa,	ProFisio eupago Team	F50-C	2	<b>2:37:50.25</b>	08:46	0:53:15
142	<b>1332</b>	Emanuela Perez,	Melgaço	SenF-C	7	<b>2:38:07.29</b>	08:47	0:53:32
143	<b>1282</b>	Adelino Pereira,	MOVEIRAS	M40-C	59	<b>2:38:10.58</b>	08:47	0:53:36
144	<b>1183</b>	Rui Pedro Pinto,		SenM-C	54	<b>2:38:20.10</b>	08:48	0:53:45
145	<b>1060</b>	Eliseu Gomes,	Amigos da Borga	M40-C	60	<b>2:38:30.61</b>	08:48	0:53:56
146	<b>1195</b>	Vitor Simão Machado Pedroso,		M40-C	61	<b>2:38:39.16</b>	08:49	0:54:04
147	<b>1194</b>	FRANCISCO MIRANDA,	A.C. VERMOIM	M40-C	62	<b>2:38:43.54</b>	08:49	0:54:09
148	<b>1413</b>	Vitor Manuel Pereira,		SenM-C	55	<b>2:38:50.96</b>	08:49	0:54:16
149	<b>1307</b>	Alexandre Pereira,	Equipa A	M40-C	63	<b>2:39:43.00</b>	08:52	0:55:08
150	<b>1061</b>	Daniel Leitão,	Amigos da Borga	SenM-C	56	<b>2:39:55.68</b>	08:53	0:55:21
151	<b>1255</b>	leonardo almeida,	GUIMARUNNING	SenM-C	57	<b>2:40:11.00</b>	08:54	0:55:36
152	<b>1254</b>	nuno almeida,	GUIMARUNNING	SenM-C	58	<b>2:40:13.95</b>	08:54	0:55:39
153	<b>1325</b>	Céu Fernandes,	RioFit	F40-C	3	<b>2:40:37.00</b>	08:55	0:56:02
154	<b>1409</b>	Adão Faria,		SenM-C	59	<b>2:40:37.48</b>	08:55	0:56:02
155	<b>1406</b>	Joana Oliveira,	AfrikanRuners	SenF-C	8	<b>2:40:38.00</b>	08:55	0:56:03
156	<b>1104</b>	Fernando Cunha Lopes,	TERROR DOS MONTES	M50-C	21	<b>2:40:39.27</b>	08:56	0:56:04
157	<b>1112</b>	Ricardo Freitas,	RioFit	SenM-C	60	<b>2:40:43.19</b>	08:56	0:56:08
158	<b>1164</b>	Lurdes Pinheiro Pinheiro,	SEM MEDO	F40-C	4	<b>2:41:26.42</b>	08:58	0:56:51
159	<b>1304</b>	Edgar Câmara,		M40-C	64	<b>2:41:42.56</b>	08:59	0:57:08
160	<b>1156</b>	António Castro,	Atletas Fim de Semana	M40-C	65	<b>2:42:29.33</b>	09:02	0:57:54
161	<b>1201</b>	ADÉLIO MARQUES,	COMANDOS - DELEGAÇÃO DE GUIMARÃ	M40-C	66	<b>2:42:52.39</b>	09:03	0:58:17
162	<b>1085</b>	Amério Magalhães,	Vimarruners	M40-C	67	<b>2:44:02.63</b>	09:07	0:59:28
163	<b>1342</b>	Paulo Renato Pinheiro Andrade,		SenM-C	61	<b>2:44:28.23</b>	09:08	0:59:53
164	<b>1189</b>	Jose Silva,	The Newbies	M40-C	68	<b>2:44:37.16</b>	09:09	1:00:02
165	<b>1126</b>	AVELINO MENDES,	COMANDOS - DELEGAÇÃO DE GUIMARÃ	M50-C	22	<b>2:44:50.06</b>	09:09	1:00:15
166	<b>1011</b>	Luis Gomes,	Team Lantemil	M40-C	69	<b>2:44:51.04</b>	09:10	1:00:16
167	<b>1335</b>	Daniel Ferreira,	Caminhos fracos	SenM-C	62	<b>2:44:55.00</b>	09:10	1:00:20
168	<b>1123</b>	JOSÉ FREITAS,	COMANDOS - DELEGAÇÃO DE GUIMARÃ	M40-C	70	<b>2:44:58.00</b>	09:10	1:00:23
169	<b>1153</b>	Manuel Leite,	Correr com c'Alma	M50-C	23	<b>2:45:04.65</b>	09:10	1:00:30
170	<b>1326</b>	Carlos Morais,	RioFit	M40-C	71	<b>2:45:11.75</b>	09:11	1:00:37
171	<b>1132</b>	Rui Crasto,	OS DUROS	M40-C	72	<b>2:45:30.07</b>	09:12	1:00:55
172	<b>1133</b>	Filipe Crasto,	OS DUROS	M50-C	24	<b>2:45:30.59</b>	09:12	1:00:56
173	<b>1121</b>	PEDRO REGUEIRAS,	COMANDOS - DELEGAÇÃO DE GUIMARÃ	M40-C	73	<b>2:45:43.00</b>	09:12	1:01:08



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174	<b>1290</b>	Pedro Ribeiro,	Sva automoveis	M40-C	74	<b>2:45:45.00</b>	09:12	1:01:10
175	<b>1149</b>	Ivo Bras,		SenM-C	63	<b>2:45:52.06</b>	09:13	1:01:17
176	<b>2200</b>	Pedro Lima Pedroso,		M40-C	75	<b>2:46:04.05</b>	09:14	1:01:29
177	<b>1295</b>	Pedro Costa,		SenM-C	64	<b>2:46:14.67</b>	09:14	1:01:40
178	<b>1294</b>	vitro maia,		SenM-C	65	<b>2:46:14.98</b>	09:14	1:01:40
179	<b>1293</b>	marco costa,		SenM-C	66	<b>2:46:15.14</b>	09:14	1:01:40
180	<b>1344</b>	João Nogueira,	Team Lantermil	SenM-C	67	<b>2:46:15.43</b>	09:14	1:01:40
181	<b>1292</b>	Jorge cardoso,	Trofa	SenM-C	68	<b>2:46:15.70</b>	09:14	1:01:41
182	<b>1303</b>	rui figueiredo,		SenM-C	69	<b>2:46:15.84</b>	09:14	1:01:41
183	<b>1027</b>	Jorge Mendes,		SenM-C	70	<b>2:46:18.20</b>	09:14	1:01:43
184	<b>1203</b>	Cristiano Guimaraes,		M40-C	76	<b>2:46:30.02</b>	09:15	1:01:55
185	<b>1269</b>	Pedro Morais,		M40-C	77	<b>2:46:53.62</b>	09:16	1:02:19
186	<b>1024</b>	Jorge Silva,		M40-C	78	<b>2:47:43.46</b>	09:19	1:03:08
187	<b>1336</b>	José Ferreira,		M40-C	79	<b>2:47:57.53</b>	09:20	1:03:23
188	<b>1250</b>	Sofia Fernandes,	Os Dragões do Mato	F40-C	5	<b>2:48:30.64</b>	09:22	1:03:56
189	<b>1134</b>	Adao Lopes,		M50-C	25	<b>2:48:42.68</b>	09:22	1:04:08
190	<b>1286</b>	Tiago Carneiro,	Altos e baixos	SenM-C	71	<b>2:48:43.66</b>	09:22	1:04:09
191	<b>1333</b>	Sofia Peixoto,		SenF-C	9	<b>2:48:45.83</b>	09:23	1:04:11
192	<b>1343</b>	Daniel Ferreira,		SenM-C	72	<b>2:50:03.77</b>	09:27	1:05:29
193	<b>1004</b>	Filipe Oliveira,		M40-C	80	<b>2:50:38.47</b>	09:29	1:06:03
194	<b>1318</b>	Noemia Ferreira,		SenF-C	10	<b>2:50:41.64</b>	09:29	1:06:07
195	<b>1246</b>	Paulo Pinheiro,	Os Dragões do Mato	M50-C	26	<b>2:51:01.22</b>	09:30	1:06:26
196	<b>1258</b>	António Oliveira,		M40-C	81	<b>2:51:08.26</b>	09:30	1:06:33
197	<b>1331</b>	Silvio Freitas,		SenM-C	73	<b>2:51:08.91</b>	09:30	1:06:34
198	<b>1237</b>	Ricardo Ascensao,		M40-C	82	<b>2:51:09.81</b>	09:31	1:06:35
199	<b>1306</b>	Leonel Vieira,	Vimarruners	SenM-C	74	<b>2:51:27.19</b>	09:32	1:06:52
200	<b>1206</b>	Filipe Lages,	Vimarruners	M40-C	83	<b>2:51:54.95</b>	09:33	1:07:20
201	<b>1098</b>	Bruno Gonçalves,	TARTARUGAS VELOCISTAS	SenM-C	75	<b>2:52:46.47</b>	09:36	1:08:11
202	<b>1008</b>	Agostinho Pedrosa,		M50-C	27	<b>2:52:52.72</b>	09:36	1:08:18
203	<b>1308</b>	Tiago Campos,	ACV	SenM-C	76	<b>2:52:54.87</b>	09:36	1:08:20
204	<b>1300</b>	Rui Pimenta,		SenM-C	77	<b>2:52:55.12</b>	09:36	1:08:20
205	<b>1296</b>	Filipe Machado,		SenM-C	78	<b>2:52:55.56</b>	09:36	1:08:21
206	<b>1002</b>	Carlos Carneiro,		M40-C	84	<b>2:52:58.00</b>	09:37	1:08:23
207	<b>1084</b>	Vítor Silva,	Vimarruners	SenM-C	79	<b>2:53:26.09</b>	09:38	1:08:51
208	<b>1009</b>	Rui Costa,	Btt4760	M40-C	85	<b>2:53:30.45</b>	09:38	1:08:55
209	<b>1260</b>	Carlos Guerra,		M40-C	86	<b>2:53:35.88</b>	09:39	1:09:01
210	<b>1139</b>	Pedro Barreto,	Atletas Fim de Semana	M40-C	87	<b>2:53:48.52</b>	09:39	1:09:14
211	<b>1122</b>	AUGUSTO MARQUES,	COMANDOS - DELEGAÇÃO DE GUIMARÃ	M50-C	28	<b>2:53:49.37</b>	09:39	1:09:14
212	<b>1127</b>	NUNO MARTINHO,	COMANDOS - DELEGAÇÃO DE GUIMARÃ	M40-C	88	<b>2:53:50.47</b>	09:39	1:09:15
213	<b>1128</b>	ANTÓNIO RIBEIRO,	COMANDOS - DELEGAÇÃO DE GUIMARÃ	M40-C	89	<b>2:53:50.79</b>	09:39	1:09:16
214	<b>1015</b>	Celso Carrilho,		M50-C	29	<b>2:54:13.10</b>	09:44	1:10:35
215	<b>1276</b>	Patrícia Faria,		SenF-C	11	<b>2:55:13.42</b>	09:44	1:10:38
216	<b>1142</b>	Pureza Nunes,		F40-C	6	<b>2:55:37.67</b>	09:45	1:11:03
217	<b>1141</b>	Jorge Lima,		M40-C	90	<b>2:55:38.40</b>	09:45	1:11:03
218	<b>1249</b>	Diogo Teixeira,		SenM-C	80	<b>2:55:39.98</b>	09:46	1:11:05
219	<b>1115</b>	Luísa Rodrigues,	C. R. Candoso	F40-C	7	<b>2:55:43.68</b>	09:46	1:11:09
220	<b>118</b>	Floriberto Castro,	Fânzeres	M40-C	91	<b>2:56:28.00</b>	09:48	1:11:53
221	<b>1007</b>	Lurdes Magalhães,	BTM	F40-C	8	<b>2:56:58.56</b>	09:50	1:12:24
222	<b>1138</b>	António Alves,	Atletas Fim de Semana	M40-C	92	<b>2:57:44.08</b>	09:52	1:13:09
223	<b>1140</b>	Renato Quintas,	Atletas Fim de Semana	M40-C	93	<b>2:57:45.00</b>	09:52	1:13:10
224	<b>1312</b>	Joel Silva,	CR CANDOSO	SenM-C	81	<b>2:57:54.00</b>	09:53	1:13:19
225	<b>1305</b>	Rui Monteiro,		M40-C	94	<b>2:57:56.09</b>	09:53	1:13:21
226	<b>1069</b>	António Penha,		M50-C	30	<b>2:58:12.53</b>	09:54	1:13:38
227	<b>1154</b>	Pedro Marques,		SenM-C	82	<b>2:58:26.20</b>	09:55	1:13:51
228	<b>1025</b>	Margarida Pinto,	Pousada de Saramagos	F40-C	9	<b>2:58:46.14</b>	09:56	1:14:11
229	<b>1277</b>	Carlos Sousa,		SenM-C	83	<b>2:58:47.00</b>	09:56	1:14:12
230	<b>1289</b>	António Pereira,	Sva automoveis	M40-C	95	<b>2:58:47.00</b>	09:56	1:14:12
231	<b>1037</b>	Ricardo A. Silva Sousa,	Fit Gaia Trail	M40-C	96	<b>2:59:17.42</b>	09:58	1:14:42
232	<b>1220</b>	Susana Crasto,	Alexandra Carvalho Team	F40-C	10	<b>2:59:22.59</b>	09:58	1:14:48





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233	<b>1256</b>	Vitor Sousa,	Focoteam	SenM-C	84	<b>2:59:24.16</b>	09:58	1:14:49
234	<b>1320</b>	José Carlos Ferreira,	ESFH	M40-C	97	<b>2:59:34.67</b>	09:59	1:15:00
235	<b>1165</b>	Manuel Cunha,		M50-C	31	<b>2:59:35.03</b>	09:59	1:15:00
236	<b>1314</b>	Vitor Pinto,		SenM-C	85	<b>2:59:59.91</b>	10:00	1:15:25
237	<b>1230</b>	Eduardo Oliveira,	Vimarruners	SenM-C	86	<b>3:00:11.16</b>	10:01	1:15:36
238	<b>1026</b>	André Peixoto,		SenM-C	87	<b>3:00:33.38</b>	10:02	1:15:58
239	<b>1150</b>	Sérgio Carvalho,	Atletas Fim de Semana	M40-C	98	<b>3:00:51.81</b>	10:03	1:16:17
240	<b>1033</b>	Antonio Almeida,	Transporte Toyota	M40-C	99	<b>3:01:15.95</b>	10:04	1:16:41
241	<b>1032</b>	José Nuno Oliveira,		SenM-C	88	<b>3:01:58.29</b>	10:07	1:17:23
242	<b>1199</b>	Sergio alexandre baptista silva,	Correr com c'Alma	SenM-C	89	<b>3:02:01.03</b>	10:07	1:17:26
243	<b>1160</b>	Lourenço Mendes,		M40-C	100	<b>3:03:27.27</b>	10:12	1:18:52
244	<b>1102</b>	Américo Machado,		M50-C	32	<b>3:05:11.76</b>	10:17	1:20:37
245	<b>1103</b>	Manuel Machado,		M50-C	33	<b>3:05:11.84</b>	10:17	1:20:37
246	<b>1235</b>	José Carlos Antunes,	TOG Associação Running Team	M40-C	101	<b>3:05:24.82</b>	10:18	1:20:50
247	<b>1042</b>	Anabela Lobo,	Correr com c'Alma	SenF-C	12	<b>3:05:47.79</b>	10:19	1:21:13
248	<b>1014</b>	Raquel Eusébio,		SenF-C	13	<b>3:05:51.71</b>	10:20	1:21:17
249	<b>1328</b>	Joaquim Oliveira,	RioFit	M50-C	34	<b>3:05:57.00</b>	10:20	1:21:22
250	<b>1410</b>	Márcio Oliveira Mendes,		SenM-C	90	<b>3:06:07.75</b>	10:20	1:21:33
251	<b>1039</b>	Marco Soares,		M40-C	102	<b>3:06:11.52</b>	10:21	1:21:37
252	<b>1245</b>	Rui Silva,	Vimarruners	SenM-C	91	<b>3:06:13.25</b>	10:21	1:21:38
253	<b>1244</b>	Bruno Pinto,	Vimarruners	SenM-C	92	<b>3:06:14.63</b>	10:21	1:21:40
254	<b>1078</b>	Hélder Soares,	Falsos Lentos	SenM-C	93	<b>3:06:28.62</b>	10:22	1:21:54
255	<b>1324</b>	Luis Ferreira,	Team Cruz	SenM-C	94	<b>3:06:31.00</b>	10:22	1:21:56
256	<b>1120</b>	JOSÉ MOTA,	COMANDOS - DELEGAÇÃO DE GUIMARÃ	M50-C	35	<b>3:07:00.71</b>	10:23	1:22:26
257	<b>1028</b>	André Malheiro,		SenM-C	95	<b>3:09:19.64</b>	10:31	1:24:45
258	<b>1136</b>	Dário Cruz,	Adosa - Os Santa Apolónia	M40-C	103	<b>3:10:08.49</b>	10:34	1:25:33
259	<b>1348</b>	Francisco Granja,	Lomave	M50-C	36	<b>3:11:22.46</b>	10:38	1:26:47
260	<b>1059</b>	Sérgio Melo,	Amigos da Borgia	SenM-C	96	<b>3:11:35.51</b>	10:39	1:27:01
261	<b>1210</b>	Paulo Machado,	Espaço CHI	M40-C	104	<b>3:11:37.77</b>	10:39	1:27:03
262	<b>1349</b>	Maria Rebelo,	Lomave	F50-C	3	<b>3:11:38.37</b>	10:39	1:27:03
263	<b>1091</b>	Fátima Saraiva,	Emotional Traps	F40-C	11	<b>3:12:15.20</b>	10:41	1:27:40
264	<b>1317</b>	Patricio Rodrigues,		M40-C	105	<b>3:12:33.25</b>	10:42	1:27:58
265	<b>1044</b>	Dores Barroso,	Correr com c'Alma	F50-C	4	<b>3:12:42.01</b>	10:42	1:28:07
266	<b>1174</b>	JOAQUIM FERREIRA,	A.C. VERMOIM	M50-C	37	<b>3:13:20.51</b>	10:44	1:28:46
267	<b>1175</b>	FÁTIMA AZEVEDO,	A.C. VERMOIM	F40-C	12	<b>3:13:21.39</b>	10:45	1:28:46
268	<b>1403</b>	ROGER RODRIGUES,		SenM-C	97	<b>3:13:51.48</b>	10:46	1:29:16
269	<b>1238</b>	Luísa Azevedo,		SenF-C	14	<b>3:14:11.39</b>	10:47	1:29:36
270	<b>1070</b>	Paula Penha,		F50-C	5	<b>3:14:15.10</b>	10:48	1:29:40
271	<b>1217</b>	Cristina Silva,	Espaço CHI	SenF-C	15	<b>3:14:46.47</b>	10:49	1:30:11
272	<b>1211</b>	Carla Ferreira,	Espaço CHI	SenF-C	16	<b>3:14:48.50</b>	10:49	1:30:14
273	<b>1347</b>	Nuno Rodrigues,		SenM-C	98	<b>3:15:00.23</b>	10:50	1:30:25
274	<b>1209</b>	Daniela Silva,	Espaço CHI	SenF-C	17	<b>3:15:49.67</b>	10:53	1:31:15
275	<b>1212</b>	Jorge Carneiro,	Espaço CHI	SenM-C	99	<b>3:15:51.10</b>	10:53	1:31:16
276	<b>1327</b>	Eduardo Gomes,	RioFit	SenM-C	100	<b>3:18:31.92</b>	11:02	1:33:57
277	<b>1137</b>	Filipe Moreira,	Atletas Fim de Semana	M40-C	106	<b>3:18:52.76</b>	11:03	1:34:18
278	<b>1323</b>	Graça Soares Rodrigues,		F40-C	13	<b>3:18:54.04</b>	11:03	1:34:19
279	<b>1146</b>	Rita Leal,	KeMedo Team	SenF-C	18	<b>3:18:54.75</b>	11:03	1:34:20
280	<b>1271</b>	Francisco Correia,	GUIMARUNNING	SenM-C	101	<b>3:20:59.70</b>	11:10	1:36:25
281	<b>2031</b>	Rui Lopes,	XSpartan	SenM-C	102	<b>3:22:35.00</b>	11:15	1:38:00
282	<b>2032</b>	Rodrigo Freitas,	XSpartan	M40-C	107	<b>3:22:35.00</b>	11:15	1:38:00
283	<b>1106</b>	Paulo Crasto,	OS DUROS	M50-C	38	<b>3:24:29.61</b>	11:22	1:39:55
284	<b>1224</b>	Susana Leal,		F40-C	14	<b>3:24:44.34</b>	11:22	1:40:09
285	<b>1058</b>	Ricardo Machado,	AD. Carril	SenM-C	103	<b>3:25:02.55</b>	11:23	1:40:28
286	<b>1057</b>	Maria Rocha,	AD. Carril	SenF-C	19	<b>3:25:02.56</b>	11:23	1:40:28
287	<b>1226</b>	Abilio Silva,		M40-C	108	<b>3:25:12.65</b>	11:24	1:40:38
288	<b>1053</b>	João Cruz,		M40-C	109	<b>3:28:10.74</b>	11:34	1:43:36
289	<b>1072</b>	Paulo Dias,		M40-C	110	<b>3:28:13.09</b>	11:34	1:43:38
290	<b>1400</b>	António Soares,		M40-C	111	<b>3:28:16.72</b>	11:34	1:43:42
291	<b>1263</b>	Bruno Fernandes,		SenM-C	104	<b>3:30:27.67</b>	11:42	1:45:53



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292	<b>1266</b>	José Costa,		SenM-C	105	<b>3:30:29.81</b>	11:42	1:45:55
293	<b>1264</b>	Lúcio Ferreira,		SenM-C	106	<b>3:30:31.73</b>	11:42	1:45:57
294	<b>1265</b>	Hervé Lopes,		SenM-C	107	<b>3:30:40.50</b>	11:42	1:46:06
295	<b>1241</b>	Sandra Oliveira,	Os Dragões do Mato	F40-C	15	<b>3:33:24.31</b>	11:51	1:48:49
296	<b>1339</b>	Daniel Almeida,		M40-C	112	<b>3:34:41.21</b>	11:56	1:50:06
297	<b>1169</b>	Eugenia Pereira,	Aventureiros	F40-C	16	<b>3:34:57.34</b>	11:57	1:50:22
298	<b>1168</b>	Ana Bras,	Aventureiros	F40-C	17	<b>3:34:58.60</b>	11:57	1:50:24
299	<b>1062</b>	Pedro Martins,	Amigos da Borga	M40-C	113	<b>3:39:02.42</b>	12:10	1:54:27
300	<b>1407</b>	Manuel Silva,		M40-C	114	<b>3:40:25.31</b>	12:15	1:55:50
301	<b>1240</b>	André Ferraz,	Os Dragões do Mato	SenM-C	108	<b>3:40:45.78</b>	12:16	1:56:11
302	<b>1242</b>	Tiago Pinto,	Os Dragões do Mato	SenM-C	109	<b>3:42:01.87</b>	12:20	1:57:27
303	<b>1218</b>	António Oliveira,	Espaço CHI	SenM-C	110	<b>3:43:23.95</b>	12:25	1:58:49
304	<b>1213</b>	Regina Silva,	Espaço CHI	F40-C	18	<b>3:43:23.96</b>	12:25	1:58:49
305	<b>1401</b>	Ilda Rodrigues Cardadeiro,		F40-C	19	<b>3:54:09.65</b>	13:01	2:09:35
306	<b>1214</b>	Hélder Barbosa,	Espaço CHI	M40-C	115	<b>3:56:10.61</b>	13:07	2:11:36
307	<b>1215</b>	Fátima Carneiro,	Espaço CHI	SenF-C	20	<b>3:56:11.36</b>	13:07	2:11:36
308	<b>1243</b>	Rui Monteiro,		M40-C	116	<b>3:57:44.06</b>	13:12	2:13:09
309	<b>1252</b>	Lúcia Ferreira,		SenF-C	21	<b>3:57:46.31</b>	13:13	2:13:11
310	<b>1302</b>	isabel salgueirinho,		SenF-C	22	<b>4:08:38.07</b>	13:49	2:24:03
311	<b>1301</b>	sonia maia,		SenF-C	23	<b>4:08:38.87</b>	13:49	2:24:04