



Poço Negro Trail

Classificação Geral - 10km

Pos.	Dorsal	Nome	Equipa	Cat.	Pos. Cat	Tempo	T/Km.	Dif.
1	272	SILVA, ALCINO	C.I.A. Alpendorada	10M40	1	1:10:51.32	07:05	
2	164	NEVES, MIGUEL	Individual	10SEM	1	1:11:09.00	07:07	0:00:18
3	253	SOUSA, DIONISIO	Individual	10M50	1	1:15:22.08	07:32	0:04:31
4	483	SILVA, IVAN	Corrida Urbana	10SEM	2	1:20:39.78	08:04	0:09:49
5	163	NEVES, FERNANDO	Individual	10M50	2	1:24:29.09	08:27	0:13:38
6	372	OLIVEIRA, FERNANDO	Aliança de Gandra	10M40	2	1:25:50.85	08:35	0:15:00
7	405	NEVES, LEONEL	Aliança de Gandra	10M40	3	1:29:23.23	08:56	0:18:32
8	265	CUNHA, ALBERTINA	Nocturnos de Paredes	10SEF	1	1:29:26.14	08:57	0:18:35
9	171	LOPES, MANUEL	A.D.SEBOLIDO TRAIL BONECA DOURO	10SEM	3	1:29:26.85	08:57	0:18:36
10	278	GOMES, FERNANDO	Kemedo team	10M40	4	1:31:29.04	09:09	0:20:38
11	487	FERREIRA, PAULO	Individual	10SEM	4	1:31:31.28	09:09	0:20:40
12	296	BARBOSA, PAULO	ribeira bar team	10SEM	5	1:32:08.60	09:13	0:21:18
13	232	MOREIRA, HELDER	Individual	10SEM	6	1:33:16.87	09:20	0:22:26
14	154	MONTEIRO, MANUEL	Individual	10M40	5	1:35:37.10	09:34	0:24:46
15	403	ALMEIDA, MÁRIO	Aliança de Gandra	10SEM	7	1:36:08.96	09:37	0:25:18
16	321	COSTA, SÉRGIO	LUSOS XXI	10SEM	8	1:36:25.16	09:39	0:25:34
17	152	FERREIRA, JOSÉ	Individual	10M40	6	1:37:10.11	09:43	0:26:19
18	165	QUARESMA, EDUARDO	Individual	10SEM	9	1:37:10.65	09:43	0:26:20
19	389	VIEIRA, PEDRO	A.D.SEBOLIDO TRAIL BONECA DOURO	10SEM	10	1:38:17.10	09:50	0:27:26
20	117	ALVES, JOSE	ACTIVE GYM	10M50	3	1:42:02.44	10:12	0:31:11
21	473	PINTO, FERNANDO	Liga-Dura Canoagem	10SEM	11	1:45:44.00	10:34	0:34:53
22	469	MOREIRA, FRANCISCO	Liga-Dura Canoagem	10SEM	12	1:45:44.74	10:34	0:34:54
23	141	MARTINS, NUNO	Individual	10SEM	13	1:46:53.36	10:41	0:36:02
24	188	FERREIRA, FERNANDO	Individual	10M50	4	1:47:00.73	10:42	0:36:10
25	404	SOUSA, PAULO	Aliança de Gandra	10SEM	14	1:47:10.20	10:43	0:36:19
26	271	MONTEIRO, MODESTO	C.I.A. Alpendorada	10M50	5	1:47:43.93	10:46	0:36:53
27	176	FERREIRA, RUI	Os Marretas	10SEM	15	1:50:12.77	11:01	0:39:22
28	381	MARTINS, CARLOS	Porto Sentido Runners	10M50	6	1:50:18.72	11:02	0:39:28
29	376	GUEDES, BRUNO	Porto Sentido Runners	10SEM	16	1:50:19.20	11:02	0:39:28
30	401	ROCHA, MANUEL	GRUPO DESPORTIVO LUZ VERDE	10M50	7	1:50:27.40	11:03	0:39:36
31	140	CRUZ, LUÍSA	Individual	10SEF	2	1:51:07.82	11:07	0:40:17
32	145	FREITAS, HUGO	ACTIVE GYM	10SEM	17	1:52:09.74	11:13	0:41:19
33	341	SOARES, ANTÓNIO	Liga-Dura Canoagem	10M40	7	1:52:18.83	11:14	0:41:28
34	450	BARBOSA, DANIEL	BTT Alegria / TUBANI	10SEM	18	1:52:52.14	11:17	0:42:01
35	440	TEIXEIRA, JUCA	BTT Alegria / TUBANI	10M40	8	1:52:53.87	11:17	0:42:03
36	146	PINTO, SERGIO	reumatico	10SEM	19	1:54:18.71	11:26	0:43:28
37	279	MOTA, BETO	Individual	10SEM	20	1:54:19.75	11:26	0:43:29
38	311	TEIXEIRA, RUI	Individual	10M40	9	1:54:20.31	11:26	0:43:29
39	326	RIBEIRO, CESAR	Individual	10SEM	21	1:54:20.76	11:26	0:43:30
40	445	SOARES, JOAQUIM	BTT Alegria / TUBANI	10M40	10	1:54:25.28	11:27	0:43:34
41	367	SILVA, LEONEL	Individual	10M40	11	1:54:26.77	11:27	0:43:36
42	368	BRITO, LEONARDO	Individual	10SEM	22	1:54:27.34	11:27	0:43:36
43	328	SOARES, CÉSAR	Liga-Dura Canoagem	10SEM	23	1:55:12.34	11:31	0:44:21
44	446	SOUSA, DANIEL	BTT Alegria / TUBANI	10SEM	24	1:55:22.25	11:32	0:44:31
45	236	CUNHA, ANDREA	danados	10SEF	3	1:55:52.15	11:35	0:45:01
46	370	PINTO, ANA	Aliança de Gandra	10F40	1	1:55:54.51	11:35	0:45:04
47	371	PADILHA, ALEXANDRA	Aliança de Gandra	10F40	2	1:55:59.62	11:36	0:45:09
48	489	DIAS, FÁTIMA	Individual	10F50	1	1:56:06.05	11:37	0:45:15
49	426	SANTOS, ÁLVARO	Aliança de Gandra	10SEM	25	1:56:07.87	11:37	0:45:17
50	285	SILVA, MARCELO	ribeira bar team	10SEM	26	1:56:18.42	11:38	0:45:27
51	465	SANTOS, MANUEL	Endless Runners	10M50	8	1:56:37.48	11:40	0:45:46
52	118	BARBOSA, MARCELO	ACTIVE GYM	10SEM	27	1:56:38.50	11:40	0:45:48
53	167	AZEVEDO, SANDRA	ACTIVE GYM	10SEF	4	1:56:39.85	11:40	0:45:49
54	348	NOVAIS, RICARDO	Individual	10SEM	28	1:56:48.47	11:41	0:45:57
55	308	PEREIRA, SANDRA	Individual	10SEF	5	1:57:18.87	11:44	0:46:28
56	343	FERREIRA, ANABELA	Moinhos Run - ADRM	10SEF	6	1:57:20.06	11:44	0:46:29
57	382	AZEVEDO, MIGUEL	Porto Sentido Runners	10M40	12	1:57:22.75	11:44	0:46:32
58	428	MOREIRA, NUNO	Moinhos Run - ADRM	10SEM	29	1:57:46.03	11:47	0:46:55
59	322	GOMES, MANUEL	Liga-Dura Canoagem	10M40	13	1:58:04.99	11:48	0:47:14
60	393	MOREIRA, VÂNIA	UNIÃO DESPORTIVA ESTRELAS DE RIO MAU	10SEF	7	1:58:16.29	11:50	0:47:25
61	106	OLIVEIRA, FERNANDO	Individual	10M40	14	1:58:32.86	11:51	0:47:42
62	335	SANTOS, FABIO	Caldas de São Jorge Sport Clube	10SEM	30	1:58:33.15	11:51	0:47:42



Pos.	Dorsal	Nome	Equipa	Cat.	Pos. Cat	Tempo	T/Km.	Dif.
63	126	TEIXEIRA, VITOR	Individual	10SEM	31	1:59:04.27	11:54	0:48:13
64	460	RIBEIRO, DARIO	GRUPO DESPORTIVO LUZ VERDE	10SEM	32	1:59:52.33	11:59	0:49:01
65	107	SOUSA, SERGIO	Individual	10M40	15	1:59:59.50	12:00	0:49:09
66	476	GOMES, RUI	Individual	10SEM	33	2:00:41.04	12:04	0:49:50
67	379	MARIA, FILIPE	Porto Sentido Runners	10SEM	34	2:01:00.07	12:06	0:50:09
68	459	ROCHA, JOSÉ	GRUPO DESPORTIVO LUZ VERDE	10M50	9	2:01:18.30	12:08	0:50:27
69	153	ROCHA, HELDER	reumatico	10SEM	35	2:01:38.50	12:10	0:50:48
70	437	FIGUEIREDO, SÍLVIA	Porto Sentido Runners	10SEF	8	2:01:39.76	12:10	0:50:49
71	475	MOREIRA, ANTÓNIO	Individual	10M40	16	2:02:07.30	12:13	0:51:16
72	208	PINTO, CARLA	Individual	10SEF	9	2:02:38.28	12:16	0:51:47
73	251	MOUTINHO, CARLO	Individual	10M40	17	2:02:45.76	12:17	0:51:55
74	103	SANTOS, LUCIA	Metralhas Runners	10SEF	10	2:03:01.04	12:18	0:52:10
75	155	PEREIRA, SERGIO	reumatico	10SEM	36	2:03:12.97	12:19	0:52:22
76	186	MARTINS, ROSANA	reumatico	10SEF	11	2:03:13.96	12:19	0:52:23
77	362	VIEIRA, PEDRO	Liga-Dura Canoagem	10SEM	37	2:03:23.48	12:20	0:52:32
78	256	TEIXEIRA, MARIA	Individual	10F40	3	2:03:24.37	12:20	0:52:33
79	314	OLIVEIRA, HUGO	Fugitivos Urbanos	10SEM	38	2:03:36.38	12:22	0:52:45
80	214	SOUSA, ANTÓNIO	Individual	10M40	18	2:04:13.59	12:25	0:53:23
81	337	PAIVA, RUI	Individual	10SEM	39	2:04:34.70	12:27	0:53:44
82	203	ORNELAS, RAFAEL	Individual	10SEM	40	2:04:44.73	12:28	0:53:54
83	202	ORNELAS, ELVIO	Individual	10SEM	41	2:04:45.72	12:29	0:53:55
84	353	GOMES, LUIS	Individual	10M40	19	2:04:51.72	12:29	0:54:01
85	104	BANDEIRA, MIGUEL	Individual	10M40	20	2:05:14.08	12:31	0:54:23
86	418	OLIVEIRA, CARLOS	Gondomar Futsal Clube	10M50	10	2:05:22.79	12:32	0:54:32
87	417	MARTINS, VITOR	Porto Sentido Runners	10SEM	42	2:07:56.38	12:48	0:57:05
88	172	MOREIRA, HELDER	Individual	10SEM	43	2:08:15.26	12:50	0:57:24
89	230	LOUREIRO, BRUNO	into the wild	10SEM	44	2:08:25.18	12:51	0:57:34
90	364	PEREIRA, JORGE	Porto Sentido Runners	10M40	21	2:09:12.64	12:55	0:58:22
91	213	SOARES, CIDÁLIA	Individual	10F40	4	2:09:14.77	12:55	0:58:24
92	427	MARQUES, JOÃO	ACTIVE GYM	10SEM	45	2:10:11.87	13:01	0:59:21
93	112	RODRIGUES, BRUNO	ACTIVE GYM	10SEM	46	2:10:28.76	13:03	0:59:38
94	110	VIEIRA, ORLANDO	ACTIVE GYM	10SEM	47	2:10:33.96	13:03	0:59:43
95	184	FREITAS, MARA	reumatico	10SEF	12	2:10:42.41	13:04	0:59:51
96	105	SANTO, LUIS	Individual	10M50	11	2:12:08.32	13:13	1:01:17
97	484	TEIXEIRA, MANUEL	Individual	10M50	12	2:12:16.47	13:14	1:01:25
98	436	SOUSA, VERA	Porto Sentido Runners	10SEF	13	2:12:38.66	13:16	1:01:48
99	345	PINHEIRO, MANUEL	Porto Sentido Runners	10SEM	48	2:13:10.84	13:19	1:02:20
100	346	XAVIER, ANA	Porto Sentido Runners	10SEF	14	2:13:11.45	13:19	1:02:20
101	125	MOREIRA, MARIA	sluis	10F50	2	2:14:12.12	13:25	1:03:21
102	124	BARBOSA, AUGUSTO	sluis	10M50	13	2:14:14.34	13:25	1:03:23
103	366	PEREIRA, SÉRGIO	Aliança de Gandra	10SEM	49	2:14:29.50	13:27	1:03:39
104	434	CARVALHO, SANDRA	Porto Sentido Runners	10F40	5	2:15:21.28	13:32	1:04:30
105	120	PEREIRA, BRUNO	Individual	10SEM	50	2:15:35.77	13:34	1:04:45
106	435	PEREIRA, RAQUEL	Porto Sentido Runners	10SEF	15	2:15:40.56	13:34	1:04:50
107	433	LOUREIRO, ELISABETE	Porto Sentido Runners	10F40	6	2:15:41.56	13:34	1:04:51
108	375	PEREIRA, CARLA	Aliança de Gandra	10SEF	16	2:18:23.30	13:50	1:07:32
109	225	FERREIRA, JOSÉ	Jobrinde-Montes Saloios	10M40	22	2:18:51.19	13:53	1:08:00
110	244	DIAS, JOSE	Individual	10SEM	51	2:18:53.10	13:53	1:08:02
111	395	MACHADO, FERNANDA	Aliança de Gandra	10SEF	17	2:18:56.83	13:54	1:08:06
112	101	LOURENÇO, RENATO	ACTIVE GYM	10SEM	52	2:19:14.26	13:55	1:08:23
113	430	ROCHA, RUTE	Porto Sentido Runners	10SEF	18	2:19:15.41	13:56	1:08:24
114	457	GOMES, JORGE	GomesSEG	10M50	14	2:20:11.01	14:01	1:09:20
115	223	MARTINS, PATRÍCIA	Amigos do Pedal Trailagares	10SEF	19	2:20:25.67	14:03	1:09:35
116	338	MARIA, SÉRGIO	Individual	10SEM	53	2:20:39.88	14:04	1:09:49
117	339	MARIA, ANDRÉ	Individual	10SEM	54	2:20:39.95	14:04	1:09:49
118	463	MENESES, JOÃO	Endless Runners	10SEM	55	2:20:40.74	14:04	1:09:50
119	464	SANTOS, JÉSSICA	Endless Runners	10SEF	20	2:20:41.19	14:04	1:09:50
120	458	GONÇALVES, ADELIO	GomesSEG	10M50	15	2:20:43.44	14:04	1:09:52
121	242	RUFINO, MIGUEL	Individual	10M40	23	2:20:54.33	14:05	1:10:03
122	224	TEIXEIRA, RUI	Individual	10SEM	56	2:21:19.37	14:08	1:10:28
123	211	PEREIRA, ISAAC	Individual	10M50	16	2:21:19.47	14:08	1:10:28
124	443	SANTOS, SOFIA	Porto Sentido Runners	10SEF	21	2:22:31.03	14:15	1:11:40
125	423	PEREIRA, PATRÍCIA	Gondomar Futsal Clube	10SEF	22	2:22:44.14	14:16	1:11:53
126	252	JERI, ALICE	Individual	10SEF	23	2:22:59.03	14:18	1:12:08
127	177	CASTRO, CRISTIANO	Individual	10SEM	57	2:22:59.59	14:18	1:12:09
128	116	ALVES, CARLA	ACTIVE GYM	10F40	7	2:23:42.72	14:22	1:12:52
129	168	BARROS, SANDRA	ACTIVE GYM	10SEF	24	2:23:44.60	14:22	1:12:54



Pos.	Dorsal	Nome	Equipa	Cat.	Pos. Cat	Tempo	T/Km.	Dif.
130	273	DIAS, JOSÉ	C.I.A. Alpendorada	10SEM	58	2:24:06.25	14:25	1:13:15
131	166	BATISTA, JOÃO	Os Marretas	10SEM	59	2:24:13.28	14:25	1:13:22
132	241	GARCES, JEANETE	danados	10SEF	25	2:24:14.35	14:25	1:13:23
133	468	VALE, DANIEL	Liga-Dura Canoagem	10SEM	60	2:24:25.25	14:27	1:13:34
134	478	RODRIGUES, RITA	Individual	10SEF	26	2:24:32.87	14:27	1:13:42
135	409	ALMEIDA, MÓNICA	BTT Alegria / TUBANI	10F40	8	2:24:54.48	14:29	1:14:03
136	309	VIEIRA, CARLOS	BTT Alegria / TUBANI	10SEM	61	2:24:57.61	14:30	1:14:07
137	248	RIBEIRO, RITA	GRUPO DESPORTIVO LUZ VERDE	10SEF	27	2:25:43.41	14:34	1:14:52
138	482	MAGALHÃES, CÁRMEN	Porto Sentido Runners	10F40	9	2:26:04.87	14:36	1:15:14
139	456	XXI, CARVALHO	LUSOS XXI	10SEM	62	2:26:44.13	14:40	1:15:53
140	453	MAIATO, TIAGO	LUSOS XXI	10SEM	63	2:26:44.27	14:40	1:15:53
141	347	FREITAS, ALEXANDRA	Porto Sentido Runners	10F40	10	2:27:54.63	14:47	1:17:04
142	199	FIGUEIREDO, ANDRE	into the wild	10M40	24	2:28:56.39	14:54	1:18:05
143	227	VIBER, ANDRY	into the wild	10M40	25	2:28:56.63	14:54	1:18:06
144	305	SILVA, TELMA	Individual	10SEF	28	2:29:18.21	14:56	1:18:27
145	270	ORNELAS, MARISA	Individual	10SEF	29	2:29:19.26	14:56	1:18:28
146	114	BARROS, ALZIRA	ACTIVE GYM	10F50	3	2:30:57.44	15:06	1:20:06
147	455	VIEIRA, FÁBIO	Intensos	10SEM	64	2:32:14.75	15:13	1:21:24
148	424	ALVES, RICARDO	Gondomar Futsal Clube	10SEM	65	2:32:33.74	15:15	1:21:43
149	486	BONIFACIO, JOAQUIM	Individual	10SEM	66	2:32:42.97	15:16	1:21:52
150	150	CUNHA, RAUL	cUnHaX	10M40	26	2:33:42.97	15:22	1:22:52
151	193	MOREIRA, SUSANA	Individual	10SEF	30	2:34:06.86	15:25	1:23:16
152	139	MOREIRA, RENATO	Individual	10SEM	67	2:34:07.05	15:25	1:23:16
153	231	SILVA, RUI	Individual	10M50	17	2:34:33.83	15:27	1:23:43
154	306	ARAUJO, JULIANA	Individual	10SEF	31	2:36:07.62	15:37	1:25:17
155	222	FERREIRA, NATÁLIA	Amigos do Pedal TrailLagares	10F50	4	2:36:25.17	15:39	1:25:34
156	233	PEREIRA, MANUEL	Amigos de Betão	10SEM	68	2:36:57.70	15:42	1:26:07
157	143	MORAIS, CATARINA	Individual	10SEF	32	2:41:31.13	16:09	1:30:40
158	122	MANSINHO, JOAO	Individual	10M40	27	2:41:31.96	16:09	1:30:41
159	477	VIDEIRA, ADELINO	Individual	10SEM	69	2:41:32.39	16:09	1:30:41
160	307	ROCHA, BRUNO	Individual	10SEM	70	2:43:16.20	16:20	1:32:25
161	280	TELES, LIDIA	Individual	10SEF	33	2:43:16.80	16:20	1:32:26
162	281	FERREIRA, ISAAC	Individual	10SEM	71	2:43:17.38	16:20	1:32:26
163	398	BARROS, AGOSTINHO	UNIÃO DESPORTIVA ESTRELAS DE RIO MAU	10SEM	72	2:43:25.72	16:21	1:32:35
164	399	FERREIRA, ALMERINDO	UNIÃO DESPORTIVA ESTRELAS DE RIO MAU	10M50	18	2:43:28.37	16:21	1:32:37
165	411	TEIXEIRA, FILIPE	BTT Alegria / TUBANI	10M40	28	2:44:30.70	16:27	1:33:40
166	363	RODRIGUES, ANA	Liga-Dura Canoagem	10SEF	34	2:44:39.24	16:28	1:33:48
167	451	CORREIA, TIAGO	Porto Sentido Runners	10SEM	73	2:44:48.77	16:29	1:33:58
168	380	CERQUEIRA, CLÁUDIO	Porto Sentido Runners	10M40	29	2:44:49.61	16:29	1:33:59
169	198	RANITO, ROMI	Mancos Team	10F40	11	2:48:07.22	16:49	1:37:16
170	209	RANITO, ANTÓNIO	Mancos Team	10M50	19	2:48:08.90	16:49	1:37:18
171	245	MAGALHÃES, RUI	Individual	10M40	30	2:48:16.59	16:50	1:37:26
172	313	COELHO, SOFIA	Fugitivos Urbanos	10SEF	35	2:48:49.61	16:53	1:37:59
173	317	SILVA, SANDRA	Fugitivos Urbanos	10SEF	36	2:48:50.75	16:53	1:38:00
174	414	MELO, FÁTIMA	BTT Alegria / TUBANI	10SEF	37	2:53:37.04	17:22	1:42:46
175	408	COSTA, HUGO	Gondomar Futsal Clube	10M40	31	2:53:43.09	17:22	1:42:52
176	438	CONCEIÇÃO, LURDES	Porto Sentido Runners	10F50	5	2:53:46.01	17:23	1:42:55
177	100	DIAS, ANA	ACTIVE GYM	10SEF	38	2:54:04.57	17:24	1:43:14
178	221	OLIVEIRA, EDWING	Individual	10SEM	74	2:54:19.53	17:26	1:43:29
179	255	FARIA, ANDRÉ	Individual	10SEM	75	2:54:30.75	17:27	1:43:40
180	249	ROSINHA, RICARDO	Individual	10SEM	76	2:54:44.63	17:28	1:43:54
181	250	TOMÁS, CELINA	Individual	10SEF	39	2:54:44.76	17:28	1:43:54
182	200	GRABULHO, ROGÉRIO	Individual	10SEM	77	2:55:19.90	17:32	1:44:29
183	201	GRABULHO, FERNANDO	Individual	10M40	32	2:55:22.83	17:32	1:44:32
184	204	TAVARES, LUÍSA	Individual	10F40	12	2:55:22.84	17:32	1:44:32
185	356	FERREIRA, JOÃO	Liga-Dura Canoagem	10SEM	78	2:55:31.96	17:33	1:44:41
186	361	MOREIRA, RAMIRO	Liga-Dura Canoagem	10M40	33	2:55:34.67	17:33	1:44:44
187	351	RODRIGUES, JOSÉ	Liga-Dura Canoagem	10M40	34	2:55:36.18	17:34	1:44:45
188	472	VIEIRA, DIANA	Liga-Dura Canoagem	10SEF	40	2:55:36.19	17:34	1:44:45
189	471	TAVARES, MAURÍCIO	UNIÃO DESPORTIVA ESTRELAS DE RIO MAU	10M40	35	2:56:05.83	17:37	1:45:15
190	191	CARDOSO, FILIPA	Índios de BTTrail	10SEF	41	2:56:10.24	17:37	1:45:19
191	258	OLIVEIRA, ANDREIA	Perdidos pelo monte	10SEF	42	2:56:41.07	17:40	1:45:50
192	190	JALES, INÊS	Índios de BTTrail	10SEF	43	2:56:57.56	17:42	1:46:07
193	247	ROCHA, TELMA	Amigos do Pedal TrailLagares	10SEF	44	2:57:22.07	17:44	1:46:31
194	246	COELHO, ANA	Amigos do Pedal TrailLagares	10SEF	45	2:57:23.16	17:44	1:46:32
195	174	LOPES, LILIANA	Só Descidas!!	10SEF	46	2:57:23.23	17:44	1:46:32
196	173	COELHO, ISOLINO	Só Descidas!!	10SEM	79	2:57:23.60	17:44	1:46:33



Pos.	Dorsal	Nome	Equipa	Cat.	Pos. Cat	Tempo	T/Km.	Dif.
197	187	OLIVEIRA, MARTA	Só Descidas!!	10SEF	47	2:57:26.05	17:45	1:46:35
198	192	ALMEIDA, MARIA	Porto Sentido Runners	10SEF	48	2:57:54.02	17:47	1:47:03
199	374	MAGALHÃES, SARA	Porto Sentido Runners	10SEF	49	2:57:55.00	17:47	1:47:04
200	432	SILVA, CRISTINA	Porto Sentido Runners	10F40	13	2:57:56.64	17:48	1:47:06
201	412	BARBOSA, SONIA	BTT Alegria / TUBANI	10SEF	50	2:58:04.82	17:48	1:47:14
202	158	PINTO, MARIA	CSP OLDRÕES	10F50	6	2:58:38.49	17:52	1:47:47
203	159	COELHO, FERNANDA	CSP OLDRÕES	10F40	14	2:58:38.57	17:52	1:47:48
204	444	CORREIA, SUZETE	Porto Sentido Runners	10F40	15	2:58:44.05	17:52	1:47:53
205	439	MARTINS, RAQUEL	Porto Sentido Runners	10SEF	51	2:58:44.06	17:52	1:47:53
206	384	SOARES, JOSÉ	Porto Sentido Runners	10M40	36	2:59:39.81	17:58	1:48:49
207	360	SOARES, RUI	Liga-Dura Canoagem	10SEM	80	3:01:27.37	18:09	1:50:36
208	357	FERREIRA, VÍTOR	Liga-Dura Canoagem	10M40	37	3:01:29.61	18:09	1:50:39
209	138	GONÇALVES, FLORBELA	Amigos do Pedal TrailLagares	10F40	16	3:01:42.37	18:10	1:50:51
210	293	CARDOSO, CARLA	All About	10SEF	52	3:02:46.30	18:17	1:51:55
211	276	MELO, ELISABETE	All About	10F40	17	3:02:47.39	18:17	1:51:56
212	162	PINTO, CRISTINA	CSP OLDRÕES	10SEF	53	3:03:14.21	18:19	1:52:23
213	422	TERCEIRO, MARINA	Gondomar Futsal Clube	10F40	18	3:05:23.22	18:32	1:54:32
214	294	MENDES, FILIPA	All About	10SEF	54	3:05:24.50	18:32	1:54:34
215	479	ROSINHAS, ANA	Intensos	10SEF	55	3:05:24.77	18:32	1:54:34
216	480	RODRIGUES, INES	Intensos	10SEF	56	3:05:24.78	18:32	1:54:34
217	388	PEREIRA, INÊS	Individual	10SEF	57	3:06:07.60	18:37	1:55:17
218	257	CUNHA, MANUELA	Perdidos pelo monte	10F40	19	3:06:10.74	18:37	1:55:20
219	219	CAMPOS, JOSÉ	Individual	10M40	38	3:06:18.62	18:38	1:55:28
220	262	SILVA, RAMIRO	Morcegos trail	10M40	39	3:07:05.72	18:43	1:56:15
221	369	SOUSA, LÚCIA	Individual	10SEF	58	3:07:06.39	18:43	1:56:15
222	194	MOREIRA, ANDRÉ	Mancos Team	10SEM	81	3:07:12.11	18:43	1:56:21
223	196	PEREIRA, RUI	Mancos Team	10M40	40	3:07:13.04	18:43	1:56:22
224	254	PAULO, JOAQUIM	Morcegos trail	10M40	41	3:07:20.28	18:44	1:56:29
225	207	FERREIRA, ANDREIA	Amigos de Betão	10SEF	59	3:07:21.11	18:44	1:56:30
226	206	PEREIRA, MÓNICA	Amigos de Betão	10SEF	60	3:07:21.13	18:44	1:56:30
227	205	SILVA, RAUL	Amigos de Betão	10SEM	82	3:07:21.30	18:44	1:56:30
228	148	MOTA, JULIANA	reumatico	10SEF	61	3:07:39.29	18:46	1:56:48
229	129	ROCHA, MARINA	Individual	10SEF	62	3:07:40.35	18:46	1:56:49
230	127	SÁ, MARIANA	Individual	10SEF	63	3:07:40.35	18:46	1:56:49
231	128	SILVA, RENATO	Individual	10SEM	83	3:07:41.58	18:46	1:56:51
232	266	GOMES, ISABEL	Morcegos trail	10SEF	64	3:07:44.01	18:46	1:56:53
233	387	PINTO, RITA	Viciados no Pó	10SEF	65	3:08:20.33	18:50	1:57:29
234	340	SILVA, CARLOS	Viciados no Pó	10SEM	84	3:08:21.23	18:50	1:57:30
235	195	FRANÇA, BRUNO	Mancos Team	10SEM	85	3:08:41.72	18:52	1:57:51
236	449	VIEIRA, MARIA	BTT Alegria / TUBANI	10SEF	66	3:10:07.92	19:01	1:59:17
237	741	AMORIM, JACINTA	Caldas de São Jorge Sport Clube	10F40	20	3:11:02.78	19:06	2:00:12
238	743	FERREIRA, LIDIA	Caldas de São Jorge Sport Clube	10SEF	67	3:11:12.00	19:07	2:00:21
239	147	ROCHA, ANA	reumatico	10SEF	68	3:11:15.77	19:08	2:00:25
240	169	MACHADO, VITOR	Individual	10M40	42	3:11:16.00	19:08	2:00:25
241	185	FONSECA, BRUNO	reumatico	10SEM	86	3:11:17.02	19:08	2:00:26
242	170	CORREIA, MARIA	Individual	10SEF	69	3:11:18.22	19:08	2:00:27
243	277	SOARES, CATARINA	Individual	10SEF	70	3:11:18.93	19:08	2:00:28
244	299	ROCHA, ISABEL	Guedelhudos	10SEF	71	3:12:05.90	19:13	2:01:15
245	365	MONTEIRO, FERNANDO	MOREIRA RELAX RUNNERS	10M40	43	3:12:06.77	19:13	2:01:16
246	302	FERNANDES, ANA	Individual	10F40	21	3:12:07.97	19:13	2:01:17
247	431	CARIA, CARLA	MOREIRA RELAX RUNNERS	10F40	22	3:12:07.98	19:13	2:01:17
248	300	GUIMARÃES, LUÍS	Guedelhudos	10SEM	87	3:12:08.13	19:13	2:01:17
249	304	COSTA, ÁLVARO	7	10M40	44	3:12:08.21	19:13	2:01:17
250	303	COSTA, MARIANA	7	10SEF	72	3:12:08.81	19:13	2:01:18
251	133	VIEIRA, ANA	ACTIVE GYM	10SEF	73	3:12:09.75	19:13	2:01:19
252	113	RODRIGUES, MARIANA	ACTIVE GYM	10SEF	74	3:12:11.03	19:13	2:01:20
253	386	COELHO, ANDREIA	CSP OLDRÕES	10SEF	75	3:12:25.94	19:15	2:01:35
254	160	LEAL, CRISTINA	CSP OLDRÕES	10SEF	76	3:12:53.93	19:17	2:02:03
255	136	OLIVEIRA, CÁTIA	Amigos do Pedal TrailLagares	10SEF	77	3:13:10.13	19:19	2:02:19
256	135	MELO, SUSANA	Amigos do Pedal TrailLagares	10SEF	78	3:13:10.13	19:19	2:02:19
257	319	ROCHA, CÁTIA	Individual	10SEF	79	3:13:19.50	19:20	2:02:29
258	461	PEREIRA, CARINA	GRUPO DESPORTIVO LUZ VERDE	10SEF	80	3:13:22.06	19:20	2:02:31
259	441	CERQUEIRA, LILIANA	Porto Sentido Runners	10SEF	81	3:13:22.70	19:20	2:02:32
260	324	SOUSA, SÉRGIO	Liga-Dura Canoagem	10SEM	88	3:13:23.68	19:20	2:02:33
261	462	ROCHA, FATIMA	GRUPO DESPORTIVO LUZ VERDE	10F40	23	3:13:27.46	19:21	2:02:36
262	397	PEREIRA, LISA	Porto Sentido Runners	10SEF	82	3:13:30.10	19:21	2:02:39
263	452	MOREIRA, TERESA	Porto Sentido Runners	10F40	24	3:13:34.64	19:21	2:02:44



Pos.	Dorsal	Nome	Equipa	Cat.	Pos. Cat	Tempo	T/Km.	Dif.
264	344	LEITE, TELMA	Individual	10SEF	83	3:14:42.55	19:28	2:03:52
265	310	BARROS, BRUNO	ACTIVE GYM	10SEM	89	3:14:46.13	19:29	2:03:55
266	298	BARROS, ALCINO	ACTIVE GYM	10M50	20	3:14:47.06	19:29	2:03:56
267	137	SILVA, ALICE	Amigos do Pedal TrailLagares	10SEF	84	3:15:08.94	19:31	2:04:18
268	282	BAPTISTA, MARLENE	Individual	10SEF	85	3:15:52.82	19:35	2:05:02
269	391	FERREIRA, SOFIA	CSP OLDRÕES	10SEF	86	3:15:55.68	19:36	2:05:05
270	390	FERREIRA, EULÁLIA	CSP OLDRÕES	10F40	25	3:15:55.74	19:36	2:05:05
271	175	PINTO, MARISA	reumatico	10SEF	87	3:15:56.30	19:36	2:05:05
272	301	FREITAS, NUNO	Individual	10SEM	90	3:17:32.51	19:45	2:06:42
273	470	BATISTA, ANTÓNIO	UNIÃO DESPORTIVA ESTRELAS DE RIO MAU	10M40	45	3:18:26.64	19:51	2:07:36
274	333	COUTO, MANUEL	Caldas de São Jorge Sport Clube	10M50	21	3:23:27.16	20:21	2:12:36
275	180	SANTOS, VÂNIA	Trail Sra do Salto	10SEF	88	3:23:34.74	20:21	2:12:44
276	330	CRUZ, CLOTILDE	Liga-Dura Canoagem	10F50	7	3:25:51.22	20:35	2:15:00
277	320	CRUZ, ANTONIO	Liga-Dura Canoagem	10M50	22	3:25:53.16	20:35	2:15:02
278	419	MENDES, TONY	BTT Alegria / TUBANI	10M40	46	3:25:59.44	20:36	2:15:08
279	239	FERREIRA, RUI	danados	10SEM	91	3:27:37.00	20:46	2:16:46
280	157	PINTO, CONCEIÇÃO	CSP OLDRÕES	10F50	8	3:28:08.38	20:49	2:17:17
281	413	FERREIRA, MANUEL	BTT Alegria / TUBANI	10SEM	92	3:28:08.82	20:49	2:17:18
282	392	FERREIRA, SUSANA	CSP OLDRÕES	10SEF	89	3:28:10.49	20:49	2:17:19
283	182	SILVA, TERESA	Trail Sra do Salto	10SEF	90	3:28:23.37	20:50	2:17:32
284	181	SOUSA, LÉNIA	Trail Sra do Salto	10SEF	91	3:28:23.61	20:50	2:17:33
285	183	NOGUEIRA, FLÁVIA	Trail Sra do Salto	10SEF	92	3:28:24.72	20:50	2:17:34
286	234	ALMEIDA, SUSANA	danados	10SEF	93	3:28:24.82	20:50	2:17:34
287	415	NEVES, MARIA	Metralhas Runners	10F40	26	3:30:53.71	21:05	2:20:03
288	142	PINTO, MARCIA	Metralhas Runners	10F40	27	3:30:53.78	21:05	2:20:03
289	416	SAMPAIO, SONIA	Metralhas Runners	10F40	28	3:30:57.63	21:06	2:20:07
290	312	SILVA, CÁTIA	Individual	10SEF	94	3:31:11.98	21:07	2:20:21
291	394	MOREIRA, CRISTINA	CSP OLDRÕES	10SEF	95	3:31:18.19	21:08	2:20:27
292	400	SILVA, KATIA	CSP OLDRÕES	10F40	29	3:31:22.68	21:08	2:20:32
293	349	ROCHA, MARÍLIA	Liga-Dura Canoagem	10SEF	96	3:32:36.98	21:16	2:21:46
294	297	MADUREIRA, SONIA	All About	10F40	30	3:33:38.52	21:22	2:22:48
295	742	CORREIA, ANA	Caldas de São Jorge Sport Clube	10F40	31	3:33:59.45	21:24	2:23:08
296	275	ALMEIDA, LILIANA	Morcegos trail	10SEF	97	3:34:02.76	21:24	2:23:12
297	448	NEVES, CRISTINA	BTT Alegria / TUBANI	10SEF	98	3:34:20.27	21:26	2:23:29
298	447	SOARES, FERNANDA	BTT Alegria / TUBANI	10F40	32	3:34:21.53	21:26	2:23:31
299	442	SILVA, PAULA	BTT Alegria / TUBANI	10SEF	99	3:34:22.10	21:26	2:23:31
300	467	VALE, PAULO	Liga-Dura Canoagem	10M40	47	3:34:56.73	21:30	2:24:06
301	474	MOREIRA, FRANCISCO	Liga-Dura Canoagem	10SEM	93	3:35:06.72	21:31	2:24:16
302	210	ANDRADE, MIGUEL	Thunder Team	10SEM	94	3:36:24.21	21:38	2:25:33
303	261	FERREIRA, JORGE	Thunder Team	10SEM	95	3:36:28.46	21:39	2:25:37
304	220	FERREIRA, SUSANA	Thunder Team	10SEF	100	3:36:28.56	21:39	2:25:38
305	260	MONTEIRO, MARCO	Thunder Team	10SEM	96	3:36:36.18	21:40	2:25:45
306	287	MOREIRA, ANA	Fugitivos Urbanos	10SEF	101	3:37:55.62	21:48	2:27:05
307	316	COELHO, MARTA	Fugitivos Urbanos	10SEF	102	3:37:59.33	21:48	2:27:08
308	238	DIAS, ELSA	danados	10F40	33	3:38:37.67	21:52	2:27:47
309	131	SILVA, JOANA	Metralhas Runners	10SEF	103	3:38:50.99	21:53	2:28:00
310	102	VIGÁRIO, SARA	Metralhas Runners	10SEF	104	3:38:51.57	21:53	2:28:01
311	429	VIGÁRIO, BRUNO	Gondomar Futsal Clube	10SEM	97	3:38:52.12	21:53	2:28:01
312	111	SARAIVA, ARTUR	Metralhas Runners	10M50	23	3:38:53.49	21:53	2:28:02
313	156	ROCHA, ELISABETE	CSP OLDRÕES	10SEF	105	3:39:20.88	21:56	2:28:30
314	144	FERREIRA, MARISA	CSP OLDRÕES	10SEF	106	3:40:06.49	22:01	2:29:15
315	407	BARBOSA, ESTER	CSP OLDRÕES	10F40	34	3:40:07.16	22:01	2:29:16
316	161	FERREIRA, MARIA	CSP OLDRÕES	10F50	9	3:40:07.74	22:01	2:29:17
317	396	SANTOS, MARISA	CSP OLDRÕES	10F40	35	3:40:09.47	22:01	2:29:18
318	108	TEIXEIRA, JOAQUIM	Individual	10SEM	98	3:41:32.17	22:09	2:30:41
319	121	OLIVEIRA, LILIANA	Individual	10SEF	107	3:41:34.85	22:09	2:30:44
320	109	NOVO, SANDRA	Metralhas Runners	10SEF	108	3:42:41.74	22:16	2:31:51
321	336	SOUSA, ELISABETE	Individual	10SEF	109	3:43:01.47	22:18	2:32:10
322	274	PEREIRA, SANDRA	danados	10SEF	110	3:45:48.62	22:35	2:34:58
323	237	SILVA, ANITA	danados	10SEF	111	3:45:48.68	22:35	2:34:58
324	235	VIEIRA, MARISA	danados	10SEF	112	3:45:48.71	22:35	2:34:58
325	243	FERNANDES, RUI	danados	10M40	48	3:45:58.64	22:36	2:35:08
326	291	ALMEIDA, MIGUEL	Porto Sentido Runners	10SEM	99	3:46:04.39	22:36	2:35:13
327	377	FERRAZ, FERNANDO	Porto Sentido Runners	10M50	24	3:46:09.19	22:37	2:35:18
328	292	SANTOS, DIANA	Porto Sentido Runners	10SEF	113	3:46:09.96	22:37	2:35:19
329	485	SOARES, SANDRA	Individual	10SEF	114	3:46:11.67	22:37	2:35:21
330	331	SANTOS, RAFAEL	Liga-Dura Canoagem	10SEM	100	3:47:18.25	22:44	2:36:27



Pos.	Dorsal	Nome	Equipa	Cat.	Pos. Cat	Tempo	T/Km.	Dif.
331	329	SANTOS, INÊS	Liga-Dura Canoagem	10SEF	115	3:47:22.24	22:44	2:36:31
332	350	VIEIRA, SANDRA	Liga-Dura Canoagem	10F40	36	3:47:51.05	22:47	2:37:00
333	216	SILVA, MIGUEL	Individual	10SEM	101	3:53:09.65	23:19	2:42:19
334	217	CARDOSO, ANA	Individual	10F50	10	3:53:10.23	23:19	2:42:19
335	215	PEREIRA, DULA	Individual	10F40	37	3:53:24.95	23:20	2:42:34
336	288	SILVA, SUSANA	All About	10F40	38	3:55:02.01	23:30	2:44:11
337	289	RITO, SUSANA	All About	10SEF	116	3:55:19.42	23:32	2:44:28
338	284	PERES, MARIA	All About	10F40	39	3:56:54.73	23:41	2:46:04
339	283	REIS, ISABEL	All About	10SEF	117	3:56:55.06	23:42	2:46:04
340	355	VIEIRA, CARLA	Liga-Dura Canoagem	10F40	40	3:57:37.20	23:46	2:46:46
341	352	RODRIGUES, BEATRIZ	Liga-Dura Canoagem	10SEF	118	3:57:38.25	23:46	2:46:47
342	342	RODRIGUES, ANA	Liga-Dura Canoagem	10F40	41	3:57:38.36	23:46	2:46:47
343	354	RODRIGUES, MARIA	Liga-Dura Canoagem	10SEF	119	3:57:40.20	23:46	2:46:49