



SENIORES-MASC	INDIVIDUAL
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Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	313	RENATO TEIXEIRA	13	AFIPRE TEAM	SENIORES-MASC	0:34:39
2	86	JOÃO CRUZ	40	CB RUN	SENIORES-MASC	0:37:04
3	3	LUÍS GONZAGA	1	365 RUNNING PROJECT	SENIORES-MASC	0:38:00
4	55	JOSÉ AZEVEDO	25	ATLÉTICO C. PÓVOA VARZIM	SENIORES-MASC	0:38:25
5	4	MARCO SANTOS	1	365 RUNNING PROJECT	SENIORES-MASC	0:38:33
6	239	MARCO SILVA	79	PEGASUS OCR PROTEAM	SENIORES-MASC	0:39:20
7	6	RUI SILVA	1	365 RUNNING PROJECT	SENIORES-MASC	0:39:47
8	29	GONÇALO CUNHA	13	AFIPRE TEAM	SENIORES-MASC	0:40:05
9	113	MIGUEL CARVALHO	50	DUROS DA SANTA	SENIORES-MASC	0:40:27
10	302	RUI ALVES	100	TRAIL ME	SENIORES-MASC	0:41:04
11	250	LUÍS BARBOSA	83	QUEBRARITMO	SENIORES-MASC	0:42:14
12	135	IVO GONÇALVES	61	G JUVENIL VILA PUNHE	SENIORES-MASC	0:42:36
13	33	RUBEN BORGES	13	AFIPRE TEAM	SENIORES-MASC	0:42:57
14	93	FÁBIO ALMEIDA	45	CRUISE CAR RUNNERS	SENIORES-MASC	0:42:59
15	120	PEDRO OLIVEIRA	54	FAMAGRAPH	SENIORES-MASC	0:44:09
16	157	FILIPE	0	INDIVIDUAL	SENIORES-MASC	0:44:12
17	172	PEDRO MIGUEL CORREIA	0	INDIVIDUAL	SENIORES-MASC	0:44:52
18	155	FERNANDO MARINHO	0	INDIVIDUAL	SENIORES-MASC	0:45:11
19	26	ROMÁRIO PINHO	12	ADEPE	SENIORES-MASC	0:45:34
20	307	FILIPE SOUSA	106	VITÓRIA SC	SENIORES-MASC	0:46:11
21	139	NUNO OLIVEIRA	61	G JUVENIL VILA PUNHE	SENIORES-MASC	0:46:28
22	173	PEDRO PAIXÃO	0	INDIVIDUAL	SENIORES-MASC	0:46:34
23	163	JOEL VILAÇA	0	INDIVIDUAL	SENIORES-MASC	0:46:42
24	141	PEDRO SOUSA	61	G JUVENIL VILA PUNHE	SENIORES-MASC	0:46:44
25	176	RENATO CASTRO	0	INDIVIDUAL	SENIORES-MASC	0:47:40
26	209	RICARDO MAIA	0	INDIVIDUAL	SENIORES-MASC	0:48:35
27	231	PEDRO RODRIGUES	73	NEXUS FITNESS CENTER	SENIORES-MASC	0:48:43
28	207	TIAGO FILIPE GONÇALVES	0	INDIVIDUAL	SENIORES-MASC	0:49:42
29	91	ANDRÉ SILVA	45	CRUISE CAR RUNNERS	SENIORES-MASC	0:49:59
30	253	DAVID SILVA	84	QUENIANO DE BAGUIM	SENIORES-MASC	0:50:21
31	164	JORGE ARAÚJO	0	INDIVIDUAL	SENIORES-MASC	0:50:51
32	311	BRUNO FÉLIX	109	WOLFGANG	SENIORES-MASC	0:50:57
33	249	WILSON TIAGO PARADA	82	QAF	SENIORES-MASC	0:51:04
34	61	SIMÃO MESQUITA	28	B. V. FAMALICENSES	SENIORES-MASC	0:51:46
35	43	JOSÉ RIBEIRO	19	ARC VALE S. COSME	SENIORES-MASC	0:52:15
36	181	RUI SILVA	0	INDIVIDUAL	SENIORES-MASC	0:52:27
37	76	JOEL PINTO	39	CASAS ADRIANO ASTROMIL C.	SENIORES-MASC	0:52:39
38	131	DUARTE RODRIGUES	61	G JUVENIL VILA PUNHE	SENIORES-MASC	0:52:54
39	184	TIAGO MARTINS	0	INDIVIDUAL	SENIORES-MASC	0:53:01
40	80	HUGO PEIXOTO	40	CB RUN	SENIORES-MASC	0:53:48
41	72	RICARDO MORAIS	36	CAMINHADAS DA AMIZADE	SENIORES-MASC	0:54:44
42	317	JOÃO DINIZ	0	INDIVIDUAL	SENIORES-MASC	0:54:56
43	65	DIOGO SILVA	31	BODOROSSIA	SENIORES-MASC	0:55:00
44	66	RICARDO RODRIGUES	31	BODOROSSIA	SENIORES-MASC	0:55:01
45	124	JOÃO MARTINS	55	FAMALICÃO EM FORMA	SENIORES-MASC	0:55:36
46	126	MARCO MARTINS	55	FAMALICÃO EM FORMA	SENIORES-MASC	0:55:37
47	245	RICARDO REIS	80	PERNAS MILAGROSAS	SENIORES-MASC	0:57:25
48	198	IVO COSTA	0	INDIVIDUAL	SENIORES-MASC	0:57:47
49	247	DIOGO RIBEIRO ANTUNES	81	PINTAROLAS24	SENIORES-MASC	0:57:55
50	153	EDGAR	0	INDIVIDUAL	SENIORES-MASC	0:59:08



SENIORES-MASC	INDIVIDUAL
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Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
51	161	JOÃO FILIPE SÁ	0	INDIVIDUAL	SENIORES-MASC	0:59:58
52	236	FERNANDO CUNHA	76	O QUE QUEREMOS É MONTE	SENIORES-MASC	1:00:09
53	267	LUDOVIC FERREIRA ASCEN	94	SOLE BROTHERS	SENIORES-MASC	1:00:25
54	257	ARMANDO SILVA	87	SÃO JOÃO	SENIORES-MASC	1:01:04
55	171	PEDRO MIGUEL BORGES	0	INDIVIDUAL	SENIORES-MASC	1:01:18
56	148	ANDRÉ BORGES	0	INDIVIDUAL	SENIORES-MASC	1:01:27
57	296	FILIPE SILVA	99	TEMOS PENA	SENIORES-MASC	1:01:54
58	193	FÁBIO GUILHERME GOMES	0	INDIVIDUAL	SENIORES-MASC	1:02:32
59	152	CARLOS SILVA	0	INDIVIDUAL	SENIORES-MASC	1:02:53
60	220	MIGUEL CARNEIRO	67	LIVERDADE F.C.	SENIORES-MASC	1:03:08
61	36	CLÁUDIO BESSA	14	AGR	SENIORES-MASC	1:04:33
62	83	LUÍS RAMOS	40	CB RUN	SENIORES-MASC	1:04:48
63	246	JOSÉ FARIA	80	PERNAS MILAGROSAS	SENIORES-MASC	1:07:55
64	224	JOÃO CADEIAS	69	MOREIRA/CADEIAS	SENIORES-MASC	1:08:34