



CATEGORIA	DORSAL	GENERO	NOME	TEMPO
Seniores - 20 >> 34				
		F		
	35		MARIA INÊS NOGUEIRA	00:44:24
	36		GABRIELA SANTOS	00:47:46
	34		Laura Fortunato	00:57:05
		M		
	9		João Ferreira	00:35:03
	15		Nuno Ribeiro	00:35:49
	4		André Silva Neves	00:36:25
	6		Duarte Dias Margarido	00:37:27
	14		Miguel Ferreira Neves	00:37:58
	20		FRANCISCO GOMES	00:39:37
	21		MANUEL GOMES	00:39:37
	5		David Reis Cardoso	00:40:01
	18		HENRIQUE BERNARDO SILVA	00:44:24
	19		MIGUEL CRAVEIRO FERREIRA	00:44:24
	13		Martins Ribeiro	00:46:59
	1		Afonso Ferreira	00:52:51
Veteranas I - 35 >> 39				
		F		
	62		Marlene Pinto	00:52:20
	63		Tatiana Iria	00:57:04
	60		Carina Godinho	00:57:51
Veteranas II - 40 >> 44				
		F		
	85		Mara Lavrador	01:09:30
Veteranas III - 45 >> 49				
		F		
	104		Susana Rosa	00:58:26
	101		Maria Alegria	01:04:32
Veteranos I - 35 >> 39				
		M		
	55		Manuel Fonseca	00:35:04
	53		João Plácido	00:38:33

CATEGORIA	DORSAL	GENERO	NOME	TEMPO
	57		André Benedito Martins	00:40:00
	52		João Pedro Oliveira	00:46:54
	50		Carlos Eduardo Bastos Dias	00:57:39
	54		Lucas Vasquez de Oliveira	01:03:56
Veteranos II - 40 >> 44				
		M		
	75		Nelson Nunes	00:50:45
	70		Bruno Miguel Eufrázio Moraes	01:00:32
Veteranos III - 45 >> 49				
		M		
	94		Paulo Vieira	00:41:31
	97		Rui Reis	00:48:20
	93		Marco Pedro	00:49:27
	92		Hugo Gil	00:52:20
	91		Diogo Simões	00:57:26
	96		João José	01:05:00
Veteranos IV - 50 >> 54				
		M		
	120		Aurélio da Costa Rodrigues	00:54:15
Veteranos V - 55 >> 59				
		M		
	142		Duarte Manuel dos Santos Antunes	00:43:10
	140		Anibal Godinho	00:44:32
	143		José de Sá Guimas	00:47:16
	145		Luís José da Silva Forinho	00:51:00
	141		Carlos Queirós	00:52:11
	146		Nuno Romão	00:53:50
Veteranos VI - 60 >> 64				
		M		
	162		José Silva	00:48:22
Veteranos VII - + 65				
		M		
	182		Joaquim Teixeira	00:46:49
	183		Lúcio Lopes Dias Mendes	00:50:48
	180		Albísio Magalhães	00:52:11

CATEGORIA	DORSAL	GENERO	NOME	TEMPO
	184		Manuel Gracio	00:56:32
	181		João Joaquim	01:04:41
	185		Joaquim Moura	01:09:30
	49			