

<b>Percurso Longo Masculino</b>			
<b>#</b>	<b>NOME</b>	<b>DORSAL</b>	<b>TEMPO</b>
1	Filipe Coelho	9	01:41:03
2	Helder Miguel Silva	57	01:41:27
3	José Miguel Garcia Almeida	24	01:41:50
4	Rui Serrano	37	01:41:57
5	Eurico Gonçalves	118	01:42:01
6	Tiago Gomes	150	01:42:05
7	Jorge Letras	145	01:42:08
8	jose francisco jesus marçalo cantante	72	01:42:14
9	Pedro Rita	90	01:42:17
10	Dinis Silva	51	01:42:23
11	RUI DOLORES	53	01:42:55
12	Allan Costa	117	01:45:51
13	OCTÁVIO DO CARMO	8	01:45:55
14	NUNO VALADAS	14	01:47:25
15	Luis Miguel do Carmo Morgado	40	01:47:33
16	David Maltez	6	01:47:41
17	ARMENIO RODRIGUES	67	01:47:53
18	João Paulo Laranjeira	85	01:47:59
19	carlos alberto bexiga alfaiate	64	01:49:22
20	Rui Pires	149	01:49:29
21	Bruno Rocha	86	01:49:43
22	VITOR DIAS	120	01:49:57
23	Sergio parreira	104	01:50:05
24	JOAO FIGUEIREDO	126	01:50:10
25	Fernando Manuel Ferreira da Silva	78	01:51:49
26	Bruno Tavares	31	01:52:46
27	Filipe de Matos	105	01:53:49
28	paulo jorge souza ferreira	28	01:53:56
29	joão Lourenço	84	01:54:32
30	Hernâni Ventura	10	01:56:53
31	Paulo Costa	15	01:57:18
32	Fernando Pedro Parreira da Costa	16	01:57:27
33	Carlos Augusto	97	01:59:57
34	Antonio José Felix Ninhos	134	02:00:03
35	Joaquim Manuel Pires Lopes	19	02:01:07
36	MIGUEL GARCIA	122	02:03:32
37	Heliodoro Manuel Diniz Valente Nunes	32	02:03:46
38	Fabio Correia	128	02:05:10
39	Heleder Nunes	148	02:07:09
40	Hugo Baluga	18	02:07:35
41	Nelson Gamito	91	02:10:33
42	Jorge Silva Pereira	146	02:10:43
43	Jose Francisco do Rosario Junior	83	02:12:42
44	José santos	129	02:12:51
45	João Paulo Parreira	114	02:12:56
46	Nuno Loução	121	02:13:02
47	Alberto José Borrvalho Pipa	135	02:13:08
48	Pedro Miguel Raposo Lourenço	65	02:13:16
49	João Balacho	60	02:13:42
50	Luis Nunes	30	02:16:43
51	Daniel Gomes	131	02:16:57
52	Carlos Pereira	107	02:17:13
53	jose chaveiro	133	02:17:19
54	Carlos Leitão	70	02:21:24

55	Nuno Carlos	153	02:21:31
56	Pedro Marques Serralheiro	127	02:21:35
57	Jorge Almeida	5	02:21:46
58	Francisco Romão	143	02:21:59
59	HELDER SANTOS	109	02:22:13
60	Manuel Faria Matos	152	02:23:19
61	Paulo Sietra	81	02:23:35
62	Duarte Ruivo	119	02:23:39
63	Manuel Fernando Alexandre	47	02:24:49
64	luis gonçalves	4	02:24:55
65	Artur Jorge Nunes Alexandre	45	02:25:00
66	Tito Pereira	147	02:25:03
67	José Vilhena	140	02:25:11
68	Fernando Sobral	108	02:25:21
69	Luis Manuel Piçarra da Silva	20	02:25:25
70	Manuel Rita	41	02:25:34
71	Sérgio Carvalhal	142	02:26:10
72	MIGUEL MARTINS	59	02:26:20
73	JOSÉ ROCHA	82	02:27:56
74	Nuno Pinto	42	02:28:13
75	José Reis	27	2:28:10
76	JOAQUIM ANTONIO CAEIRO CACHAÇO	25	02:28:47
77	Rui Correia	93	02:31:03
78	Ricardo Lourenço	22	02:32:05
79	Luis Santos	21	02:32:25
80	Marco Nunes	115	02:32:35
81	Carlos Manuel B Ramos	123	02:32:45
82	Rui Monteiro	33	02:34:24
83	Arlindo Nunes Jose	71	02:38:49
84	Antonio Nunes	49	02:39:18

**Percurso Longo Feminino**

#	NOME	DORSAL	TEMPO
1	Orieta Oliveira	7	02:10:03
2	Vera Lucia Mestre Raposo Gamito	92	02:10:13
3	Constança (Titam) Camilo-Alves	144	02:21:53
4	Ana Reis	26	02:28:07
5	Carolina Correia	94	02:30:56
6	Braulia Gamito	35	02:35:46

**Percurso Médio Masculino**

#	NOME	DORSAL	TEMPO
1	Paulo Roseta	88	00:51:11
2	Helder António Ventura Candeias	102	00:51:25
3	Paulo Monteiro	17	00:52:04
4	Gonçalo Fraiao	137	00:52:40
5	Carlos Francisco	55	00:53:17
6	ROBERTO COSTA	76	00:53:38
7	Diogo Miguel Jesus Pereira	2	00:53:48
8	frederico mateus	96	00:53:54
9	Cláudio José Chainho de Jesus Reis	66	00:54:55
10	PEDRO VENTURA	103	00:55:47
11	Jorge Góis	69	00:58:22

## Sheet1

12	Frederico Estorninho Marques	116	00:59:56
13	Tomé Pereira	11	01:00:30
14	João C. Romão	99	01:00:40
15	ORLANDO PINA	61	01:00:46
16	Miguel Guerreiro	63	01:01:11
17	Bruno Camacho	79	01:02:39
18	Guilherme Lourenço	80	01:02:49
19	Nuno Cavaco	100	01:02:57
20	Jose carlos Cardoso	43	01:04:59
21	António Cordeiro	125	01:05:07
22	Alexandre José Pereira	89	01:06:48
23	Eduardo Pereira	124	01:07:48
24	Paulo Mesuras	68	01:08:00
25	Alexandre Nunes	38	01:09:46
26	Jaime Pereira Rocha	56	01:10:34
27	Eliseu Heriques Serrão	52	01:10:41
28	Rui Miguel bacalhau Pereira	50	01:10:50
29	Luis Manuel Agostinho Abreu	75	01:10:56
30	António José	73	01:11:02
31	Olímpio da Costa Miguel	36	01:11:08
32	Diogo Cavaco	87	01:11:14
33	Luis Mestre	151	01:11:34
34	Vicente Alves	101	01:11:45
35	Rui Correia	46	01:12:55
36	Paulo Onofre	154	01:13:00
37	Rafael André Chainho Gomes	1	01:20:08
38	Ermelindo Nunes	39	01:23:32
39	Mário Branca	48	01:24:26
40	Américo da Conceição Soeiro Correia	44	01:24:37
41	Nuno Miguel Ramalho Moita	77	01:24:42
42	Rui dos Santos Arraiolos Coelho	139	01:24:50
43	Francisco Guerreiro	111	01:29:05
44	Helder da costa	112	01:31:23

**Percurso Médio Feminino**

#	NOME	DORSAL	TEMPO
1	Vera Mónica Carvalho Cabeça Branca	58	01:13:12
2	Sandra Augusto	98	01:20:16
3	Madalena Correia	95	01:33:32