

Volta Silgueiros 2024

500m

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CRONOMETRAGEM
YOU RUN **WE TIME**

Classificação geral

#Geral	Dorsal	Atleta	Clube	Gen	#Gen	Esc	#Esc	Tempo	Ritmo	Status
1	212	Emanuel Dias	Grupo desportivo "Os Ribeirinhos"	Male	1	Benjamins B M	1	00:01:41	3'22"/km	
2	203	Duarte Figueiredo		Male	2	Benjamins B M	2	00:01:42	3'24"/km	
3	215	Mafalda Assunção	Grupo desportivo "Os Ribeirinhos"	Female	1	Benjamins B F	1	00:01:43	3'26"/km	
4	218	Guilherme Reis		Male	3	Benjamins A M	1	00:01:48	3'36"/km	
5	207	Tiago Aguiar		Male	4	Benjamins B M	3	00:01:50	3'40"/km	
6	213	Simone Xavier	Grupo desportivo "Os Ribeirinhos"	Female	2	Benjamins A F	1	00:01:57	3'54"/km	
7	201	Alice Rodrigues	ATIBA	Female	3	Benjamins B F	2	00:02:00	4'01"/km	
8	205	João Pinto		Male	5	Benjamins B M	4	00:02:01	4'03"/km	
9	206	Francisco Morgado	Limonadas runners	Male	6	Benjamins B M	5	00:02:14	4'29"/km	

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500m

Classificação por escalões

#Geral	Dorsal	Atleta	Clube	Gen	#Gen	Esc	#Esc	Tempo	Ritmo	Status
Benjamins A M										
4	218	Guilherme Reis		Male	3	Benjamins A M	1	00:01:48	3'36"/km	
Benjamins B M										
1	212	Emanuel Dias	Grupo desportivo "Os Ribeirinhos"	Male	1	Benjamins B M	1	00:01:41	3'22"/km	
2	203	Duarte Figueiredo		Male	2	Benjamins B M	2	00:01:42	3'24"/km	
5	207	Tiago Aguiar		Male	4	Benjamins B M	3	00:01:50	3'40"/km	
8	205	João Pinto		Male	5	Benjamins B M	4	00:02:01	4'03"/km	
9	206	Francisco Morgado	Limonadas runners	Male	6	Benjamins B M	5	00:02:14	4'29"/km	
Benjamins A F										
6	213	Simone Xavier	Grupo desportivo "Os Ribeirinhos"	Female	2	Benjamins A F	1	00:01:57	3'54"/km	
Benjamins B F										
3	215	Mafalda Assunção	Grupo desportivo "Os Ribeirinhos"	Female	1	Benjamins B F	1	00:01:43	3'26"/km	
7	201	Alice Rodrigues	ATIBA	Female	3	Benjamins B F	2	00:02:00	4'01"/km	

Volta Silgueiros 2024

1K

Classificação geral

#Geral	Dorsal	Atleta	Clube	Gen	#Gen	Esc	#Esc	Tempo	Ritmo	Status
1	211	Madalena Vieira	União Desportiva Sampedrense	Female	1	Infantis F	1	00:03:51	3'51"/km	
2	208	Leonor Costa	Dínamo Clube Estação	Female	2	Infantis F	2	00:04:07	4'07"/km	
	214	Sofia Xavier	Grupo desportivo "Os Ribeirinhos"	Female		Infantis F				

Classificação por escalões

#Geral	Dorsal	Atleta	Clube	Gen	#Gen	Esc	#Esc	Tempo	Ritmo	Status
Infantis F										
1	211	Madalena Vieira	União Desportiva Sampedrense	Female	1	Infantis F	1	00:03:51	3'51"/km	
2	208	Leonor Costa	Dínamo Clube Estação	Female	2	Infantis F	2	00:04:07	4'07"/km	
	214	Sofia Xavier	Grupo desportivo "Os Ribeirinhos"	Female		Infantis F				

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2K

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Classificação geral

#Geral	Dorsal	Atleta	Clube	Gen	#Gen	Esc	#Esc	Tempo	Ritmo	Status
1	210	Gonçalo Carvalho	Escola de Atletismo Carlos Lopes de Viseu	Male	1	Iniciados M	1	00:06:35	3'17"/km	
2	216	Gonçalo Tecelão	Grupo desportivo "Os Ribeirinhos"	Male	2	Iniciados M	2	00:07:32	3'46"/km	
3	209	Francisco Costa	Dínamo Clube Estação	Male	3	Iniciados M	3	00:07:34	3'47"/km	
4	204	Rodrigo Pinto	Silgueiros Runners	Male	4	Iniciados M	4	00:07:44	3'52"/km	
5	163	Helena Silva	Grupo desportivo "Os Ribeirinhos"	Female	1	Iniciados F	1	00:07:45	3'52"/km	
6	220	Guilherme Simas		Male	5	Iniciados M	5	00:07:45	3'52"/km	
7	202	Afonso Rodrigues	ATIBA	Male	6	Iniciados M	6	00:08:57	4'28"/km	
8	219	Carolina Monteiro	Dínamo Clube Estação	Female	2	Iniciados F	2	00:09:47	4'53"/km	
	217	Margarida Menino	Grupo desportivo "Os Ribeirinhos"	Female		Juvenis F				

Classificação por escalões

#Geral	Dorsal	Atleta	Clube	Gen	#Gen	Esc	#Esc	Tempo	Ritmo	Status
Juvenis F										
	217	Margarida Menino	Grupo desportivo "Os Ribeirinhos"	Female		Juvenis F				
Iniciados M										
1	210	Gonçalo Carvalho	Escola de Atletismo Carlos Lopes de Viseu	Male	1	Iniciados M	1	00:06:35	3'17"/km	
2	216	Gonçalo Tecelão	Grupo desportivo "Os Ribeirinhos"	Male	2	Iniciados M	2	00:07:32	3'46"/km	
3	209	Francisco Costa	Dínamo Clube Estação	Male	3	Iniciados M	3	00:07:34	3'47"/km	
4	204	Rodrigo Pinto	Silgueiros Runners	Male	4	Iniciados M	4	00:07:44	3'52"/km	
6	220	Guilherme Simas		Male	5	Iniciados M	5	00:07:45	3'52"/km	
7	202	Afonso Rodrigues	ATIBA	Male	6	Iniciados M	6	00:08:57	4'28"/km	
Iniciados F										
5	163	Helena Silva	Grupo desportivo "Os Ribeirinhos"	Female	1	Iniciados F	1	00:07:45	3'52"/km	
8	219	Carolina Monteiro	Dínamo Clube Estação	Female	2	Iniciados F	2	00:09:47	4'53"/km	

Classificação geral

#Geral	Dorsal	Atleta	Clube	Gen	#Gen	Esc	#Esc	Tempo	Ritmo	Status
1	85	Nuno Lopes	Grupo Desportivo 3 Santos Populares Carregal do Sal	Male	1	M35	1	00:50:43	5'04"/km	
2	84	Telmo Nascimento	Grupo Desportivo 3 Santos Populares Carregal do Sal	Male	2			00:50:48	5'04"/km	
3	129	Carlos Nunes	Casa do Povo de Mangualde	Male	3	M40	1	00:52:55	5'17"/km	
4	160	Rafael Pais	Clube Desportivo de Tondela	Male	4			00:53:21	5'20"/km	
5	80	Luis Coimbra		Male	5	M35	2	00:54:00	5'24"/km	
6	159	Carlos Ribeiro	Clube Desportivo de Tondela	Male	6	M45	1	00:55:10	5'31"/km	
7	144	Nuno Dias	Grupo desportivo "Os Ribeirinhos"	Male	7	M40	2	00:55:28	5'32"/km	
8	94	Vanoil Santos		Male	8			00:55:30	5'33"/km	
9	154	Paulo Costa	EIRENSE ACADEMIA ATLETISMO	Male	9	M55	1	00:56:00	5'36"/km	
10	153	Rita Figueiredo	Grupo Desportivo do Estreito	Female	1			00:56:04	5'36"/km	
11	113	António Lourenço	GDR Trutas do Mau	Male	10	M50	1	00:56:57	5'41"/km	
12	25	André Figueiredo	Ontrisports	Male	11	M40	3	00:57:54	5'47"/km	
13	16	José Martins	Viriaths Runners de Viseu	Male	12	M55	2	00:58:07	5'48"/km	
14	86	Renato Figueiredo	Grupo Desportivo 3 Santos Populares Carregal do Sal	Male	13	M45	2	00:58:47	5'52"/km	
15	11	Pedro Seixas	Silgueiros Runners	Male	14	M45	3	00:59:43	5'58"/km	
16	130	André Nunes	Casa do Povo de Mangualde	Male	15			01:01:01	6'06"/km	
17	143	Paulo Leite		Male	16			01:01:33	6'09"/km	
18	24	Jose Gouveia	Viseu 360	Male	17	M55	3	01:01:44	6'10"/km	
19	148	Miguel Menino	Grupo desportivo "Os Ribeirinhos"	Male	18	M50	2	01:02:27	6'14"/km	
20	22	Daniel Silva	CD ARNEIRO	Male	19			01:02:33	6'15"/km	
21	117	Eduardo Almeida	The Mile	Male	20			01:03:13	6'19"/km	
22	19	Rui Rodrigues	ATIBA	Male	21	M45	4	01:03:38	6'21"/km	
23	106	Clara Oliveira		Female	2	F35	1	01:03:51	6'23"/km	
24	78	José Nunes	Viriathvs Runners Viseu	Male	22	M55	4	01:03:57	6'23"/km	
25	133	Celio Camões	232 Runners	Male	23	M45	5	01:04:13	6'25"/km	
26	31	Luis Junior		Male	24	M40	4	01:04:19	6'25"/km	

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#Geral	Dorsal	Atleta	Clube	Gen	#Gen	Esc	#Esc	Tempo	Ritmo	Status
27	155	Lídia Pereira	GRECAS VAGOS	Female	3	F55	1	01:04:21	6'26"/km	
28	151	Carlos Correia	Running4Fun Team Viseu	Male	25	M35	3	01:04:29	6'26"/km	
29	98	Maik Lapa	Lobo Assessoria Esportiva	Male	26	M40	5	01:05:01	6'30"/km	
30	39	Tiago Figueiredo	Javalis do Dão	Male	27	M35	4	01:05:29	6'32"/km	
31	46	Rui Pires	Viriathvs Runners Viseu	Male	28	M50	3	01:05:52	6'35"/km	
32	95	Luis Madeira	232 Runners	Male	29	M45	6	01:06:46	6'40"/km	
33	49	Filipe Lourenço		Male	30			01:07:32	6'45"/km	
34	55	Rúben Pedrinho		Male	31			01:07:47	6'46"/km	
35	73	Vítor Figueiredo	Silgueiros Runners	Male	32	M35	5	01:07:53	6'47"/km	
36	111	Rodrigo Zambujal	Bobadelas Running Team	Male	33	M40	6	01:08:06	6'48"/km	
37	103	Vítor Gonçalves	Clube Atletismo Ovar	Male	34	M60	1	01:08:31	6'51"/km	
38	56	Vanda Ribeiro	Gouveia	Female	4	F45	1	01:08:42	6'52"/km	
39	90	Edgar Duarte		Male	35	M35	6	01:09:18	6'55"/km	
40	12	Pedro Veiga	Tondela Runners	Male	36	M40	7	01:09:27	6'56"/km	
41	157	Nuno Santos	Escola Atletismo Carlos Lopes/Lusitano	Male	37	M35	7	01:09:47	6'58"/km	
42	156	Ângelo Sá	Escola Atletismo Carlos Lopes/Lusitano	Male	38	M35	8	01:09:48	6'58"/km	
43	23	Jose Maio	CD ARNEIRO	Male	39	M60	2	01:09:53	6'59"/km	
44	74	Francisco Ferreira		Male	40	M35	9	01:10:06	7'00"/km	
45	83	Amadeu Santos		Male	41	M60	3	01:10:09	7'00"/km	
46	72	Ricardo Gonçalves		Male	42			01:10:29	7'02"/km	
47	67	Samuel Samuel		Male	43	M35	10	01:10:37	7'03"/km	
48	48	Pedro Roque	CPT SOBRAL DE CEIRA	Male	44	M55	5	01:10:45	7'04"/km	
49	77	Fernando Morgado	ARCD VENDA DA LUISA	Male	45	M40	8	01:10:47	7'04"/km	
50	96	José Monteiro		Male	46	M60	4	01:11:07	7'06"/km	
51	131	Luis Neves	Casa do Povo de Mangualde	Male	47			01:11:31	7'09"/km	
52	158	Victor Morgado	Diabetes team portugal	Male	48	M45	7	01:11:35	7'09"/km	
53	139	Mario Morais	Trutas do mau	Male	49	M60	5	01:11:51	7'11"/km	
54	149	Pedro Ferreira		Male	50	M45	8	01:12:15	7'13"/km	
55	64	Corine Morgado	Limonadas runners	Female	5	F35	2	01:12:27	7'14"/km	
56	59	José Portela		Male	51	M35	11	01:12:41	7'16"/km	

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#Geral	Dorsal	Atleta	Clube	Gen	#Gen	Esc	#Esc	Tempo	Ritmo	Status
57	132	Adolfo Vilanculos		Male	52			01:12:41	7'16"/km	
58	136	João Ferreira	232 Runners	Male	53	M45	9	01:13:17	7'19"/km	
59	128	Marta Santos	Silgueiros Runners	Female	6	F40	1	01:13:48	7'22"/km	
60	4	Daniel Soares		Male	54			01:14:02	7'24"/km	
61	57	José Pinto		Male	55	M35	12	01:14:12	7'25"/km	
62	63	Manuel Gonçalves		Male	56			01:14:13	7'25"/km	
63	10	Sérgio Aleixo	Les Big Mecs	Male	57	M40	9	01:14:24	7'26"/km	
64	66	Maria Loureiro		Female	7	F40	2	01:14:24	7'26"/km	
65	126	David Cruz	Silgueiros Runners	Male	58	M35	13	01:14:33	7'27"/km	
66	71	João Figueiredo		Male	59			01:14:34	7'27"/km	
67	146	Filipe Duarte	G. D. Os Ribeirinhos	Male	60	M40	10	01:14:58	7'29"/km	
68	150	Sofia Simões	ARCD VENDA DA LUÍSA	Female	8			01:15:06	7'30"/km	
69	137	Brás Martins		Male	61	M50	4	01:16:00	7'36"/km	
70	99	Daniel Aguiar		Male	62	M40	11	01:16:22	7'38"/km	
71	138	Luis Guerra		Male	63	M50	5	01:16:43	7'40"/km	
72	30	Sérgio Almeida		Male	64			01:16:44	7'40"/km	
73	135	Paulo Fernandes	232 Runners	Male	65	M55	6	01:17:00	7'42"/km	
74	97	Carlos Duarte	Silgueiros Runners	Male	66	M45	10	01:17:03	7'42"/km	
75	65	Carlos Goncalves		Male	67	M45	11	01:17:11	7'43"/km	
76	105	Miguel Chaves		Male	68	M40	12	01:17:15	7'43"/km	
77	104	Bruno Correia		Male	69	M40	13	01:17:40	7'46"/km	
78	69	Ricardo Rocha		Male	70	M55	7	01:18:06	7'48"/km	
79	37	Hiago Dutra		Male	71			01:18:28	7'50"/km	
80	93	Carlos Barbosa		Male	72	M40	14	01:18:35	7'51"/km	
81	20	Ricardo Figueiredo		Male	73	M55	8	01:18:57	7'53"/km	
82	6	Diogo Amaral	Unidos pela cevada	Male	74			01:18:57	7'53"/km	
83	121	Catarina Oliveira		Female	9			01:19:02	7'54"/km	
84	109	Carlos Oliveira		Male	75	M60	6	01:19:04	7'54"/km	
85	120	Nuno Lourenço		Male	76			01:19:04	7'54"/km	
86	43	Márcio Paiva		Male	77	M35	14	01:19:06	7'54"/km	

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87	75	Jose Faro	Running4Fun Team Viseu	Male	78	M50	6	01:19:22	7'56"/km	
88	115	Ricardo Carvalho	Reset Gym	Male	79			01:19:56	7'59"/km	
89	116	Isabel Loureiro		Female	10	F40	3	01:20:07	8'00"/km	
90	152	Vitor Nogueira	Runners Do Demo	Male	80	M50	7	01:20:32	8'03"/km	
91	70	Pedro Néri		Male	81	M45	12	01:20:36	8'03"/km	
92	41	Cláudio Pinto	Silgueiros Runners	Male	82	M35	15	01:20:48	8'04"/km	
93	122	João Ferreira	Running4Fun Team Viseu	Male	83	M45	13	01:20:48	8'04"/km	
94	92	André Batista		Male	84	M50	8	01:20:51	8'05"/km	
95	40	Nelia Fernandes	Silgueiros Runners	Female	11	F35	3	01:21:01	8'06"/km	
96	76	António Fernandes		Male	85	M40	15	01:21:04	8'06"/km	
97	142	Cláudia Maranhoto	Bobadelas Running Team	Female	12	F45	2	01:21:25	8'08"/km	
98	50	Marcos Júnior	BS Assessoria	Male	86	M45	14	01:21:38	8'09"/km	
99	14	Jorge Pedro		Male	87	M55	9	01:21:54	8'11"/km	
100	89	Pedro Silva	Clube Desportivo de Leomil	Male	88	M40	16	01:22:14	8'13"/km	
101	82	Liliana Rego	Clube Desportivo de Leomil	Female	13	F40	4	01:22:15	8'13"/km	
102	101	Rui Pedrinho		Male	89	M40	17	01:22:27	8'14"/km	
103	32	Gabriel Silva		Male	90			01:22:28	8'14"/km	
104	5	Filipe Neves	Ontrisports	Male	91	M45	15	01:22:32	8'15"/km	
105	34	Carlos Lopes		Male	92	M35	16	01:22:59	8'18"/km	
106	112	Hugo Fernandes	Reset Gym	Male	93			01:23:11	8'19"/km	
107	29	Miguel Saraiva	Team Contagiate	Male	94			01:23:19	8'19"/km	
108	17	Francisca Soeiro	Viriathvs Runners Viseu	Female	14			01:23:26	8'20"/km	
109	7	José Fernandes	ARCD VENDA DA LUISA	Male	95	M60	7	01:23:47	8'22"/km	
110	38	Beatriz Santos		Female	15			01:23:48	8'22"/km	
111	108	Jorge Almeida	Unidos pela Cerveja	Male	96			01:24:15	8'25"/km	
112	100	Bruno Pedrinho		Male	97			01:24:29	8'26"/km	
113	87	Tiago Chaves	Reset Gym	Male	98			01:24:32	8'27"/km	
114	3	Isabel Neves	Viriathvs Runners Viseu	Female	16	F50	1	01:25:10	8'31"/km	
115	124	Fatima Guedes	Team Contagiate	Female	17	F40	5	01:26:39	8'39"/km	
116	141	Sérgio Rodrigues	Viseu 360	Male	99	M60	8	01:27:25	8'44"/km	

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117	147	Carina Rodrigues	Silgueiros Runners	Female	18	F40	6	01:27:38	8'45"/km	
118	60	António Almeida		Male	100	M60	9	01:28:02	8'48"/km	
119	91	Hélio Hélio		Male	101			01:28:10	8'49"/km	
120	125	Mónica Baptista	Team Contagiante	Female	19	F45	3	01:28:42	8'52"/km	
121	81	Rui Ferreira		Male	102	M45	16	01:29:41	8'58"/km	
122	118	Verónica Silva	Team Contagiante	Female	20	F45	4	01:29:58	8'59"/km	
123	110	Paulo Teixeira		Male	103			01:30:25	9'02"/km	
124	15	Sara Cunha		Female	21			01:30:59	9'05"/km	
125	21	Fernando Costa	Viriathvs Runners	Male	104	M55	10	01:31:03	9'06"/km	
126	127	Carla Rodrigues	Silgueiros Runners	Female	22	F35	4	01:31:32	9'09"/km	
127	123	Luis Rodrigues	Silgueiros Runners	Male	105	M45	17	01:31:33	9'09"/km	
128	107	Ana Rodrigues	Unidos pela Cevada	Female	23			01:32:02	9'12"/km	
129	1	Margarida Branco	Souto Team	Female	24			01:32:09	9'12"/km	
130	2	André Figueiredo	Souto Team	Male	106			01:32:10	9'13"/km	
131	26	Yasmin Souza	OS PERROS	Female	25			01:32:13	9'13"/km	
132	47	Léa Martins		Female	26			01:32:41	9'16"/km	
133	8	Joana Ferreira	Miles & Vibes	Female	27			01:33:05	9'18"/km	
134	35	Ana Amaral	Os Cromos	Female	28	F50	2	01:33:20	9'20"/km	
135	28	Pedro Alferes		Male	107	M60	10	01:33:21	9'20"/km	
136	36	Sara Gomes	Os Cromos	Female	29			01:33:57	9'23"/km	
137	119	Maria Correia		Female	30	F60	1	01:35:46	9'34"/km	
138	42	Nelson Silva		Male	108	M45	18	01:42:46	10'16"/km	
139	27	Maicon Souza	OS PERROS	Female	31	F40	7	01:42:47	10'16"/km	
140	145	Carolina Castro		Female	32			01:43:37	10'21"/km	
141	114	Liane Carreira	Dínamo Clube Estação	Female	33	F40	8	01:43:39	10'21"/km	
142	162	Fernando Fernando		Male	109	M50	9	01:44:36	10'27"/km	
143	51	Aracely Ricarte	BS Assessoria	Female	34	F40	9	01:45:22	10'32"/km	
144	44	Daniel Pinto		Male	110			01:54:11	11'25"/km	
	161	Marisa Marques	Viseu 360	Female						
	88	Paulo Duarte		Male						

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	9	Antonio Branco		Male		M45				
	140	Catarina Fernandes	Viriathvs Runners Viseu	Female		F40				
	79	Patricio Semedo	Viriathvs Runners Viseu	Male						
	134	Pedro Bustorff	232 Runners	Male		M40				
	62	João Almeida	Javalis do Dão	Male		M40				
	33	Bruno Machado		Male		M35				
	18	Vitor Santos	Miles & Vibes	Male						
	54	Najara Sossai		Female		F35				
	61	Gorete Pereira	Viriathvs Runners	Female		F45				
	53	Morgana Neves		Female						
	68	Arnaldo Tomás	ADR4E	Male		M50				
	13	Ricardo Germano	GR EIRENSE	Male		M35				
	102	Rafael Gonçalo		Male						
	52	Carlos Cruz		Male						
	45	José Ferreira	LEBRES J & N	Male		M50				

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Classificação por escalões

#Geral	Dorsal	Atleta	Clube	Gen	#Gen	Esc	#Esc	Tempo	Ritmo	Status
M35										
1	85	Nuno Lopes	Grupo Desportivo 3 Santos Populares Carregal do Sal	Male	1	M35	1	00:50:43	5'04"/km	
5	80	Luis Coimbra		Male	5	M35	2	00:54:00	5'24"/km	
28	151	Carlos Correia	Running4Fun Team Viseu	Male	25	M35	3	01:04:29	6'26"/km	
30	39	Tiago Figueiredo	Javalis do Dão	Male	27	M35	4	01:05:29	6'32"/km	
35	73	Vítor Figueiredo	Silgueiros Runners	Male	32	M35	5	01:07:53	6'47"/km	
39	90	Edgar Duarte		Male	35	M35	6	01:09:18	6'55"/km	
41	157	Nuno Santos	Escola Atletismo Carlos Lopes/Lusitano	Male	37	M35	7	01:09:47	6'58"/km	
42	156	Ângelo Sá	Escola Atletismo Carlos Lopes/Lusitano	Male	38	M35	8	01:09:48	6'58"/km	
44	74	Francisco Ferreira		Male	40	M35	9	01:10:06	7'00"/km	
47	67	Samuel Samuel		Male	43	M35	10	01:10:37	7'03"/km	
56	59	José Portela		Male	51	M35	11	01:12:41	7'16"/km	
61	57	José Pinto		Male	55	M35	12	01:14:12	7'25"/km	
65	126	David Cruz	Silgueiros Runners	Male	58	M35	13	01:14:33	7'27"/km	
86	43	Márcio Paiva		Male	77	M35	14	01:19:06	7'54"/km	
92	41	Cláudio Pinto	Silgueiros Runners	Male	82	M35	15	01:20:48	8'04"/km	
105	34	Carlos Lopes		Male	92	M35	16	01:22:59	8'18"/km	
	33	Bruno Machado		Male		M35				
	13	Ricardo Germano	GR EIRENSE	Male		M35				
M40										
3	129	Carlos Nunes	Casa do Povo de Mangualde	Male	3	M40	1	00:52:55	5'17"/km	
7	144	Nuno Dias	Grupo desportivo "Os Ribeirinhos"	Male	7	M40	2	00:55:28	5'32"/km	
12	25	André Figueiredo	Ontrisports	Male	11	M40	3	00:57:54	5'47"/km	
26	31	Luis Junior		Male	24	M40	4	01:04:19	6'25"/km	
29	98	Maik Lapa	Lobo Assessoria Esportiva	Male	26	M40	5	01:05:01	6'30"/km	

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#Geral	Dorsal	Atleta	Clube	Gen	#Gen	Esc	#Esc	Tempo	Ritmo	Status
36	111	Rodrigo Zambujal	Bobadelas Running Team	Male	33	M40	6	01:08:06	6'48"/km	
40	12	Pedro Veiga	Tondela Runners	Male	36	M40	7	01:09:27	6'56"/km	
49	77	Fernando Morgado	ARCD VENDA DA LUISA	Male	45	M40	8	01:10:47	7'04"/km	
63	10	Sérgio Aleixo	Les Big Mecs	Male	57	M40	9	01:14:24	7'26"/km	
67	146	Filipe Duarte	G. D. Os Ribeirinhos	Male	60	M40	10	01:14:58	7'29"/km	
70	99	Daniel Aguiar		Male	62	M40	11	01:16:22	7'38"/km	
76	105	Miguel Chaves		Male	68	M40	12	01:17:15	7'43"/km	
77	104	Bruno Correia		Male	69	M40	13	01:17:40	7'46"/km	
80	93	Carlos Barbosa		Male	72	M40	14	01:18:35	7'51"/km	
96	76	António Fernandes		Male	85	M40	15	01:21:04	8'06"/km	
100	89	Pedro Silva	Clube Desportivo de Leomil	Male	88	M40	16	01:22:14	8'13"/km	
102	101	Rui Pedrinho		Male	89	M40	17	01:22:27	8'14"/km	
	134	Pedro Bustorff	232 Runners	Male		M40				
	62	João Almeida	Javalis do Dão	Male		M40				

M45

6	159	Carlos Ribeiro	Clube Desportivo de Tondela	Male	6	M45	1	00:55:10	5'31"/km	
14	86	Renato Figueiredo	Grupo Desportivo 3 Santos Populares Carregal do Sal	Male	13	M45	2	00:58:47	5'52"/km	
15	11	Pedro Seixas	Silgueiros Runners	Male	14	M45	3	00:59:43	5'58"/km	
22	19	Rui Rodrigues	ATIBA	Male	21	M45	4	01:03:38	6'21"/km	
25	133	Celio Camões	232 Runners	Male	23	M45	5	01:04:13	6'25"/km	
32	95	Luis Madeira	232 Runners	Male	29	M45	6	01:06:46	6'40"/km	
52	158	Victor Morgado	Diabetes team portugal	Male	48	M45	7	01:11:35	7'09"/km	
54	149	Pedro Ferreira		Male	50	M45	8	01:12:15	7'13"/km	
58	136	João Ferreira	232 Runners	Male	53	M45	9	01:13:17	7'19"/km	
74	97	Carlos Duarte	Silgueiros Runners	Male	66	M45	10	01:17:03	7'42"/km	
75	65	Carlos Goncalves		Male	67	M45	11	01:17:11	7'43"/km	
91	70	Pedro Néri		Male	81	M45	12	01:20:36	8'03"/km	
93	122	João Ferreira	Running4Fun Team Viseu	Male	83	M45	13	01:20:48	8'04"/km	

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#Geral	Dorsal	Atleta	Clube	Gen	#Gen	Esc	#Esc	Tempo	Ritmo	Status
98	50	Marcos Júnior	BS Assessoria	Male	86	M45	14	01:21:38	8'09"/km	
104	5	Filipe Neves	Ontrisports	Male	91	M45	15	01:22:32	8'15"/km	
121	81	Rui Ferreira		Male	102	M45	16	01:29:41	8'58"/km	
127	123	Luis Rodrigues	Silgueiros Runners	Male	105	M45	17	01:31:33	9'09"/km	
138	42	Nelson Silva		Male	108	M45	18	01:42:46	10'16"/km	
	9	Antonio Branco		Male		M45				

M50

11	113	António Lourenço	GDR Trutas do Mau	Male	10	M50	1	00:56:57	5'41"/km	
19	148	Miguel Menino	Grupo desportivo "Os Ribeirinhos"	Male	18	M50	2	01:02:27	6'14"/km	
31	46	Rui Pires	Viriathvs Runners Viseu	Male	28	M50	3	01:05:52	6'35"/km	
69	137	Brás Martins		Male	61	M50	4	01:16:00	7'36"/km	
71	138	Luis Guerra		Male	63	M50	5	01:16:43	7'40"/km	
87	75	Jose Faro	Running4Fun Team Viseu	Male	78	M50	6	01:19:22	7'56"/km	
90	152	Vitor Nogueira	Runners Do Demo	Male	80	M50	7	01:20:32	8'03"/km	
94	92	André Batista		Male	84	M50	8	01:20:51	8'05"/km	
142	162	Fernando Fernando		Male	109	M50	9	01:44:36	10'27"/km	
	68	Arnaldo Tomás	ADR4E	Male		M50				
	45	José Ferreira	LEBRES J & N	Male		M50				

M55

9	154	Paulo Costa	EIRENSE ACADEMIA ATLETISMO	Male	9	M55	1	00:56:00	5'36"/km	
13	16	José Martins	Viriathvs Runners de Viseu	Male	12	M55	2	00:58:07	5'48"/km	
18	24	Jose Gouveia	Viseu 360	Male	17	M55	3	01:01:44	6'10"/km	
24	78	José Nunes	Viriathvs Runners Viseu	Male	22	M55	4	01:03:57	6'23"/km	
48	48	Pedro Roque	CPT SOBRAL DE CEIRA	Male	44	M55	5	01:10:45	7'04"/km	
73	135	Paulo Fernandes	232 Runners	Male	65	M55	6	01:17:00	7'42"/km	
78	69	Ricardo Rocha		Male	70	M55	7	01:18:06	7'48"/km	
81	20	Ricardo Figueiredo		Male	73	M55	8	01:18:57	7'53"/km	

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#Geral	Dorsal	Atleta	Clube	Gen	#Gen	Esc	#Esc	Tempo	Ritmo	Status
99	14	Jorge Pedro		Male	87	M55	9	01:21:54	8'11"/km	
125	21	Fernando Costa	Viriathvs Runners	Male	104	M55	10	01:31:03	9'06"/km	
M60										
37	103	Vitor Gonçalo	Clube Atletismo Ovar	Male	34	M60	1	01:08:31	6'51"/km	
43	23	Jose Maio	CD ARNEIRO	Male	39	M60	2	01:09:53	6'59"/km	
45	83	Amadeu Santos		Male	41	M60	3	01:10:09	7'00"/km	
50	96	José Monteiro		Male	46	M60	4	01:11:07	7'06"/km	
53	139	Mario Morais	Trutas do mau	Male	49	M60	5	01:11:51	7'11"/km	
84	109	Carlos Oliveira		Male	75	M60	6	01:19:04	7'54"/km	
109	7	José Fernandes	ARCD VENDA DA LUISA	Male	95	M60	7	01:23:47	8'22"/km	
116	141	Sérgio Rodrigues	Viseu 360	Male	99	M60	8	01:27:25	8'44"/km	
118	60	António Almeida		Male	100	M60	9	01:28:02	8'48"/km	
135	28	Pedro Alferes		Male	107	M60	10	01:33:21	9'20"/km	
F35										
23	106	Clara Oliveira		Female	2	F35	1	01:03:51	6'23"/km	
55	64	Corine Morgado	Limonadas runners	Female	5	F35	2	01:12:27	7'14"/km	
95	40	Nelia Fernandes	Silgueiros Runners	Female	11	F35	3	01:21:01	8'06"/km	
126	127	Carla Rodrigues	Silgueiros Runners	Female	22	F35	4	01:31:32	9'09"/km	
	54	Najara Sossai		Female		F35				
F40										
59	128	Marta Santos	Silgueiros Runners	Female	6	F40	1	01:13:48	7'22"/km	
64	66	Maria Loureiro		Female	7	F40	2	01:14:24	7'26"/km	
89	116	Isabel Loureiro		Female	10	F40	3	01:20:07	8'00"/km	
101	82	Liliana Rego	Clube Desportivo de Leomil	Female	13	F40	4	01:22:15	8'13"/km	
115	124	Fatima Guedes	Team Contagiante	Female	17	F40	5	01:26:39	8'39"/km	
117	147	Carina Rodrigues	Silgueiros Runners	Female	18	F40	6	01:27:38	8'45"/km	

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#Geral	Dorsal	Atleta	Clube	Gen	#Gen	Esc	#Esc	Tempo	Ritmo	Status
139	27	Maicon Souza	OS PERROS	Female	31	F40	7	01:42:47	10'16"/km	
141	114	Liane Carreira	Dínamo Clube Estação	Female	33	F40	8	01:43:39	10'21"/km	
143	51	Aracely Ricarte	BS Assessoria	Female	34	F40	9	01:45:22	10'32"/km	
	140	Catarina Fernandes	Viriathvs Runners Viseu	Female		F40				
F45										
38	56	Vanda Ribeiro	Gouveia	Female	4	F45	1	01:08:42	6'52"/km	
97	142	Cláudia Maranhoto	Bobadelas Running Team	Female	12	F45	2	01:21:25	8'08"/km	
120	125	Mónica Baptista	Team Contagiante	Female	19	F45	3	01:28:42	8'52"/km	
122	118	Verónica Silva	Team Contagiante	Female	20	F45	4	01:29:58	8'59"/km	
	61	Gorete Pereira	Viriathvs Runners	Female		F45				
F50										
114	3	Isabel Neves	Viriathvs Runners Viseu	Female	16	F50	1	01:25:10	8'31"/km	
134	35	Ana Amaral	Os Cromos	Female	28	F50	2	01:33:20	9'20"/km	
F55										
27	155	Lídia Pereira	GRECAS VAGOS	Female	3	F55	1	01:04:21	6'26"/km	
F60										
137	119	Maria Correia		Female	30	F60	1	01:35:46	9'34"/km	
2	84	Telmo Nascimento	Grupo Desportivo 3 Santos Populares Carregal do Sal	Male	2			00:50:48	5'04"/km	
4	160	Rafael Pais	Clube Desportivo de Tondela	Male	4			00:53:21	5'20"/km	
8	94	Vanoil Santos		Male	8			00:55:30	5'33"/km	
10	153	Rita Figueiredo	Grupo Desportivo do Estreito	Female	1			00:56:04	5'36"/km	
16	130	André Nunes	Casa do Povo de Mangualde	Male	15			01:01:01	6'06"/km	

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#Geral	Dorsal	Atleta	Clube	Gen	#Gen	Esc	#Esc	Tempo	Ritmo	Status
17	143	Paulo Leite		Male	16			01:01:33	6'09"/km	
20	22	Daniel Silva	CD ARNEIRO	Male	19			01:02:33	6'15"/km	
21	117	Eduardo Almeida	The Mile	Male	20			01:03:13	6'19"/km	
33	49	Filipe Lourenço		Male	30			01:07:32	6'45"/km	
34	55	Rúben Pedrinho		Male	31			01:07:47	6'46"/km	
46	72	Ricardo Gonçalves		Male	42			01:10:29	7'02"/km	
51	131	Luis Neves	Casa do Povo de Mangualde	Male	47			01:11:31	7'09"/km	
57	132	Adolfo Vilanculos		Male	52			01:12:41	7'16"/km	
60	4	Daniel Soares		Male	54			01:14:02	7'24"/km	
62	63	Manuel Gonçalves		Male	56			01:14:13	7'25"/km	
66	71	João Figueiredo		Male	59			01:14:34	7'27"/km	
68	150	Sofia Simões	ARCD VENDA DA LUÍSA	Female	8			01:15:06	7'30"/km	
72	30	Sérgio Almeida		Male	64			01:16:44	7'40"/km	
79	37	Hiago Dutra		Male	71			01:18:28	7'50"/km	
82	6	Diogo Amaral	Unidos pela cevada	Male	74			01:18:57	7'53"/km	
83	121	Catarina Oliveira		Female	9			01:19:02	7'54"/km	
85	120	Nuno Lourenço		Male	76			01:19:04	7'54"/km	
88	115	Ricardo Carvalho	Reset Gym	Male	79			01:19:56	7'59"/km	
103	32	Gabriel Silva		Male	90			01:22:28	8'14"/km	
106	112	Hugo Fernandes	Reset Gym	Male	93			01:23:11	8'19"/km	
107	29	Miguel Saraiva	Team Contagiante	Male	94			01:23:19	8'19"/km	
108	17	Francisca Soeiro	Viriathvs Runners Viseu	Female	14			01:23:26	8'20"/km	
110	38	Beatriz Santos		Female	15			01:23:48	8'22"/km	
111	108	Jorge Almeida	Unidos pela Cerveja	Male	96			01:24:15	8'25"/km	
112	100	Bruno Pedrinho		Male	97			01:24:29	8'26"/km	
113	87	Tiago Chaves	Reset Gym	Male	98			01:24:32	8'27"/km	
119	91	Hélio Hélio		Male	101			01:28:10	8'49"/km	
123	110	Paulo Teixeira		Male	103			01:30:25	9'02"/km	
124	15	Sara Cunha		Female	21			01:30:59	9'05"/km	
128	107	Ana Rodrigues	Unidos pela Cevada	Female	23			01:32:02	9'12"/km	

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#Geral	Dorsal	Atleta	Clube	Gen	#Gen	Esc	#Esc	Tempo	Ritmo	Status
129	1	Margarida Branco	Souto Team	Female	24			01:32:09	9'12"/km	
130	2	André Figueiredo	Souto Team	Male	106			01:32:10	9'13"/km	
131	26	Yasmin Souza	OS PERROS	Female	25			01:32:13	9'13"/km	
132	47	Léa Martins		Female	26			01:32:41	9'16"/km	
133	8	Joana Ferreira	Miles & Vibes	Female	27			01:33:05	9'18"/km	
136	36	Sara Gomes	Os Cromos	Female	29			01:33:57	9'23"/km	
140	145	Carolina Castro		Female	32			01:43:37	10'21"/km	
144	44	Daniel Pinto		Male	110			01:54:11	11'25"/km	
	161	Marisa Marques	Viseu 360	Female						
	88	Paulo Duarte		Male						
	79	Patricio Semedo	Viriathvs Runners Viseu	Male						
	18	Vitor Santos	Miles & Vibes	Male						
	53	Morgana Neves		Female						
	102	Rafael Gonçalo		Male						
	52	Carlos Cruz		Male						