

IV MEIA MARATONA DE ÍLHAVO

Classificação geral MEIA MARATONA

Class	Nome	Dorsal	Escalão	Class	Equipa	Tempo	Ritmo/km	Tempo
MEIA MARATONA								
1.	JOSÉ VIEIRA	1138	SEN M	1	GDCCASTELOPAIVA	01:09:59	3:18	01:09:58
2.	Antonio Fernandes	1185	VET M55	1	GDC GUILHOVAI	01:12:40	3:26	01:12:37
3.	HELDER PIRES	680	VET M35	1	CLUBE DE ATLETISMO DE OVAR	01:12:43	3:26	01:12:40
4.	NUNO MIGUEL COSTA	1289	VET M40	1	C. D. S. SALVADOR DO CAMPO	01:12:47	3:26	01:12:43
5.	DANIEL SANTOS	1141	SEN M	2	SPORTING CLUBE DE ESPINHO	01:12:52	3:27	01:12:47
6.	VITOR BARBOSA	1285	VET M40	2	GDCCASTELOPAIVA	01:14:17	3:31	01:14:13
7.	CRISTIANO OLIVEIRA	1128	SEN M	3	ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA	01:16:28	3:37	01:16:25
8.	JORGE CUBAL	817	VET M35	2	GD GUILHOVAI	01:16:38	3:37	01:16:36
9.	NUNO QUITÉRIO	1155	VET M35	3	GINASIO CLUBE BRAGANÇA	01:16:54	3:38	01:16:52
10.	FERNANDO SANTOS	650	VET M45	1	CASA POVO MANGUALDE	01:17:12	3:39	01:17:08
11.	EMANUEL CARDOSO	1282	SEN M	4	CAMG	01:17:21	3:39	01:17:13
12.	FERNANDO AZEVEDO	724	VET M65	1	INDIVIDUAL	01:17:23	3:40	01:17:23
13.	RUI P.PINTO	1199	VET M45	2	INDIVIDUAL	01:17:49	3:41	01:17:45
14.	HELDER COSTA	1100	VET M40	3	INDIVIDUAL	01:18:05	3:42	01:18:02
15.	MILTON SANTOS	924	SEN M	5	UFCI TOMAR	01:19:20	3:45	01:19:17
16.	TIAGO PINTO	140	SEN M	6	SPORT CLUBE FREAMUNDE	01:19:32	3:46	01:19:28
17.	LUÍS SANTOS	1137	VET M40	4	GDCCASTELOPAIVA	01:20:03	3:47	01:20:01
18.	JOSÉ CARVALHO	540	VET M60	1	TEAM CARVALHO'S	01:20:23	3:48	01:20:19
19.	JOAO MAGRO	971	VET M45	3	GRUPO CONVIVIO AMIZADE NAS DONAS	01:20:48	3:49	01:20:44
20.	VITOR ALMEIDA	1159	SEN M	7	INDIVIDUAL	01:20:52	3:49	01:20:46
21.	ANDRÉ PINTO	807	VET M35	4	SPORT CLUBE FREAMUNDE	01:20:57	3:50	01:20:53
22.	RICARDO TAVARES	1178	VET M40	5	GDC CODAL	01:21:12	3:50	01:21:09
23.	NUNO MARTINS	1187	VET M35	5	GDC CODAL VALE DE CAMBRA	01:21:13	3:50	01:21:09
24.	RUI ALMEIDA	1186	VET M45	4	GDC CODAL VALE DE CAMBRA	01:21:41	3:52	01:21:39
25.	ANTÓNIO LOURENÇO	1119	VET M50	1	GDR GRANJA - TRUTAS DO MAU	01:21:58	3:53	01:21:56
26.	CARLOS NUNES	1216	VET M40	6	CASA DO POVO DE MANGUALDE	01:22:12	3:53	01:22:07
27.	TIAGO OLIVEIRA	555	VET M35	6	INDIVIDUAL	01:23:44	3:58	01:23:37
28.	HUGO SILVA	84	VET M35	7	DURAVIT RACETEAM	01:24:05	3:59	01:23:45
29.	ROLANDO RIBEIRO	622	VET M50	2	PAC RUNNING ACADEMY	01:24:27	4:00	01:24:24
30.	ÓSCAR SOBRAL	1110	VET M40	7	INDIVIDUAL	01:24:44	4:00	01:24:40
31.	NUNO OLIVEIRA	1168	VET M35	8	BOSCH RUNNERS	01:24:58	4:01	01:24:53

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Class	Nome	Dorsal	Escalão	Class	Equipa	Tempo	Ritmo/km	Tempo
32.	EDUARDO COSTA	1150	SEN M	8	BOTAFOGO TEAM	01:25:01	4:01	01:24:44
33.	RUI RODRIGUES	1139	VET M40	8	GDCCASTELOPAIVA	01:25:18	4:02	01:25:15
34.	PEDRO MADAIL	74	VET M50	3	CANUS	01:26:27	4:05	01:26:23
35.	BRUNO GONÇALVES	1281	SEN M	9	CAMG	01:26:35	4:06	01:26:27
36.	KEVIN AMOEDO	1147	VET M35	9	INDIVIDUAL	01:26:35	4:06	01:26:31
37.	LOURENÇO MOTA	114	VET M40	9	INDIVIDUAL	01:26:56	4:07	01:26:48
38.	ALEXIS MARTINS	975	VET M40	10	JUVEFORCE RUN TEAM	01:27:03	4:07	01:26:57
39.	SÉRGIO TEIXEIRA	46	VET M45	5	ALVERCA URBAN RUNNERS	01:27:10	4:07	01:27:07
40.	MIGUEL CAMPOS	1204	VET M50	4	TOC RUNNERS	01:27:17	4:08	01:27:12
41.	DANIEL SIMÕES	1290	SEN M	10	MONTANHA CLUBE TRAIL RUNNING EFAPEL	01:27:18	4:08	01:27:13
42.	CARLOS GOMES	1209	VET M40	11	SPORT COMÉRCIO E SALGUEIROS	01:27:29	4:08	01:27:26
43.	JOSÉ COUTINHO	1236	VET M45	6	INDIVIDUAL	01:27:40	4:09	01:27:30
44.	ANDRE NOBRE	44	VET M40	12	AVEIRO RUNNERS	01:28:13	4:10	01:28:09
45.	BRUNO OLIVEIRA	1232	SEN M	11	INDIVIDUAL	01:28:26	4:11	01:28:22
46.	JOSÉ SANTOS	1149	VET M55	2	EL COMANDANTE TEAM	01:28:53	4:12	01:28:46
47.	LOUIS DA CAL	1224	SEN M	12	ACD OS ÍLHAVOS	01:28:59	4:13	01:28:55
48.	LUIS VAZ SANTOS	888	VET M50	5	CLUVE - CLUBE DE VETERANOS DE ATLETISMO DE	01:29:09	4:13	01:29:02
49.	JOSÉ TEIXEIRA	83	VET M40	13	A NOZ	01:29:11	4:13	01:29:09
50.	LUIS DIAS	107	VET M40	14	A.D.F/BIKE RIDERS	01:29:16	4:13	01:29:02
51.	LUIS MENEZES	932	SEN M	13	INDIVIDUAL	01:29:17	4:13	01:29:09
52.	FILIPPE FONSECA	86	VET M45	7	DURAVIT RACETEAM	01:29:26	4:14	01:29:06
53.	JORGE AMARAL	1130	VET M40	15	TRAIL - GRUPO DESPORTIVO DE TRANCOSO	01:29:33	4:14	01:29:18
54.	FERNANDO GONÇALVES	564	VET M55	3	DCI/TRILHOS LUSO BUSSACO	01:29:39	4:14	01:29:27
55.	FILIPPE CARVALHO	1212	VET M40	16	INDIVIDUAL	01:29:43	4:15	01:29:33
56.	LUÍS MARQUES	77	SEN M	14	OS UNIDOS	01:29:49	4:15	01:29:39
57.	MANUEL ROSEIRO FERREIR	40	VET M50	6	ADABEM RUNNING TEAM	01:30:07	4:16	01:29:59
58.	RUI MOURA	1025	VET M40	17	INDIVIDUAL	01:30:23	4:17	01:30:06
59.	Vitor Oliveira	1303	VET M55	4	DCI/TRILHOS LUSO BUSSACO	01:30:29	4:17	01:29:39
60.	RUI PINTO	919	VET M40	18	INDIVIDUAL	01:30:43	4:17	01:30:37
61.	ANDRÉ OLIVEIRA	1148	SEN M	15	INDIVIDUAL	01:30:53	4:18	01:30:33
62.	JORGE RAMOS	503	VET M40	19	GRUPO DESPORTIVO DE MÊDA	01:30:57	4:18	01:30:41
63.	RICARDO MACHADO	897	SEN M	16	INDIVIDUAL	01:31:14	4:19	01:31:06

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Class	Nome	Dorsal	Escalão	Class	Equipa	Tempo	Ritmo/km	Tempo
64.	LUIS MAIA	1283	VET M45	8	CAMG	01:31:24	4:19	01:31:16
65.	ANTÓNIO RIBEIRO	1297	VET M40	20	SOSENSE TRAILTEAM-BRAGA&FERNANDES	01:31:32	4:20	01:31:12
66.	ANDRÉ SOARES	1296	VET M35	10	INDIVIDUAL	01:31:37	4:20	01:31:30
67.	EDGAR DINIS	977	VET M35	11	JUVEFORCE RUN TEAM	01:31:56	4:21	01:31:43
68.	AUGUSTO TRINDADE	41	VET M45	9	RUNNERS DO DEMO	01:32:02	4:21	01:31:58
69.	PEDRO MAGALHÃES	733	VET M40	21	RUNRIVER - ESCOLA ATLETISMO DE RIO TINTO	01:32:06	4:21	01:31:39
70.	JOÃO NEVES	1200	VET M50	7	JOBRA	01:32:18	4:22	01:32:02
71.	FILIPE VALENTE	60	VET M35	12	INDIVIDUAL	01:32:23	4:22	01:32:14
72.	LUÍS RODRIGUES	28	VET M50	8	H-LOP	01:32:43	4:23	01:32:35
73.	RÚBEN NEVES	802	SEN M	17	INDIVIDUAL	01:32:44	4:23	01:32:31
74.	LUÍS CARDOSO	998	VET M45	10	INDIVIDUAL	01:32:54	4:24	01:32:48
75.	JORGE RIBEIRO	921	VET M35	13	HOMEWORKOUT & ACTIFISIO RUNNING TEAM	01:33:01	4:24	01:32:44
76.	MIGUEL LOURENÇO	1254	SEN M	18	GDM-GRUPO DESPORTIVO DE MEDA	01:33:16	4:25	01:33:01
77.	GONÇALO CARVALHO	144	VET M40	22	SUPRAS	01:33:17	4:25	01:32:59
78.	VITORINO SOUSA CARDOSO	784	VET M60	2	INDIVIDUAL	01:33:20	4:25	01:33:12
79.	ANTÓNIO RATOLA	854	SEN M	19	PRIO	01:33:23	4:25	01:33:13
80.	LEONARDO JESUS	52	VET M35	14	INDIVIDUAL	01:33:34	4:26	01:33:25
81.	CELSE FERNANDES	1288	VET M45	11	INDIVIDUAL	01:33:36	4:26	01:33:17
82.	JORGE RODRIGUES	568	VET M45	12	INDIVIDUAL	01:33:38	4:26	01:33:21
83.	DAVIDE AFONSO	1117	SEN M	20	TRAIL - GRUPO DESPORTIVO DE TRANCOSO	01:33:53	4:26	01:33:36
84.	DUARTE EIRA	948	VET M35	15	INDIVIDUAL	01:33:57	4:27	01:33:49
85.	RICARDO MACHADO	788	VET M60	3	SPORT CLUBE FREAMUNDE	01:33:59	4:27	01:33:46
86.	DANIEL MACHADO	787	VET M45	13	SPORT CLUBE FREAMUNDE	01:34:00	4:27	01:33:46
87.	RUI SANTOS	1127	VET M35	16	SPORT CLUBE FREAMUNDE	01:34:00	4:27	01:33:47
88.	JOÃO MARQUES	1135	SEN M	21	BOTAFOGO TEAM	01:34:15	4:28	01:33:49
89.	MÁRIO FERNANDES	1239	VET M35	17	INDIVIDUAL	01:34:18	4:28	01:33:58
90.	NELSON GOMES	1220	VET M40	23	EL COMANDANTE TEAM	01:34:22	4:28	01:34:09
91.	VASCO AMORIM	913	VET M50	9	INDIVIDUAL	01:34:24	4:28	01:34:19
92.	LURDES GONÇALVES	978	VET F35	1	GD ASSEMPARK	01:34:29	4:28	01:34:22
93.	PEDRO JACINTO	1245	SEN M	22	GRUPO DESPORTIVO ASSEMPARK	01:34:30	4:28	01:33:36
94.	PATRICK RODRIGUES	1064	SEN M	23	CROSSFIT AVEIRO	01:34:33	4:28	01:34:16
95.	Juan Perry	1306	VET M45	14	INDIVIDUAL	01:34:47	4:29	01:34:47

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Class	Nome	Dorsal	Escalão	Class	Equipa	Tempo	Ritmo/km	Tempo
96.	NUNO COSTA	995	VET M35	18	INDIVIDUAL	01:34:53	4:29	01:34:38
97.	LUÍS CARVALHO	1067	VET M35	19	RUN4FUN	01:34:56	4:29	01:34:45
98.	RICARDO SANTOS	853	SEN M	24	PRIO	01:34:57	4:30	01:34:44
99.	HÉLDER FARIA	1129	VET M40	24	CR CANDOSO	01:35:02	4:30	01:34:52
100.	PEDRO MARCELINO	476	VET M40	25	GRECAS - VAGOS	01:35:11	4:30	01:34:48
101.	ANDRÉ MARTINS	1131	VET M35	20	GDM-GRUPO DESPORTIVO DE MEDA	01:35:14	4:30	01:34:48
102.	JOANA BRANCO	955	SEN F	1	EDV - VIANATRAIL	01:35:15	4:30	01:35:05
103.	HUGO DUARTE	1268	VET M35	21	PACER	01:35:18	4:31	01:35:08
104.	PAULO OLIVEIRA	1263	VET M40	26	PACER	01:35:18	4:31	01:35:08
105.	Pedro Rodrigues	1300	VET M45	15	INDIVIDUAL	01:35:26	4:31	01:35:17
106.	JOEL PEREIRA	1163	SEN M	25	BOSCH RUNNERS	01:35:29	4:31	01:35:24
107.	LUÍS PEDRO	48	VET M40	27	RUNNERS DO DEMO	01:35:29	4:31	01:35:11
108.	ELISABETE NUNES	61	VET F45	1	SPORT COMÉRCIO E SALGUEIROS	01:35:38	4:31	01:35:27
109.	NUNO SILVA	543	VET M50	10	MANOS TEAM	01:35:40	4:32	01:35:22
110.	JOAO GOMES RODRIGUES	110	VET M45	16	INDIVIDUAL	01:35:47	4:32	01:35:36
111.	PAULO FIDALGO	700	VET M40	28	CÂMARA MUNICIPAL DE ÍLHAVO	01:35:56	4:32	01:35:44
112.	SANDRA MARTINS	846	VET F40	1	RUNNING ESPINHO	01:36:15	4:33	01:35:41
113.	DIOGO LIMA	1237	SEN M	26	CROSSFIT AVEIRO	01:36:18	4:33	01:36:01
114.	BRUNO NOGUEIRA	1192	JUN M	1	INDIVIDUAL	01:36:23	4:34	01:36:04
115.	NUNO PARREIRA	668	VET M45	17	100LIMITES	01:36:24	4:34	01:36:12
116.	AMILCAR COSTA	152	VET M50	11	ACRM SILVEIRINHA GRANDE CLARAS	01:36:31	4:34	01:36:25
117.	JORGE ROCHA	1002	VET M45	18	INDIVIDUAL	01:36:31	4:34	01:36:22
118.	LÍGIA CASIMIRO	29	VET F45	2	CIRES RUNNING TEAM	01:36:41	4:34	01:36:34
119.	MAURO LEITE	1097	SEN M	27	INDIVIDUAL	01:36:57	4:35	01:36:45
120.	NUNO RODRIGUES	861	SEN M	28	INDIVIDUAL	01:36:58	4:35	01:36:44
121.	JOSÉ PROENÇA	1225	VET M45	19	ACD OS ÍLHAVOS	01:37:06	4:36	01:36:59
122.	ANTÓNIO SILVA	1184	VET M35	22	GDC CODAL VALE DE CAMBRA	01:37:10	4:36	01:37:02
123.	FILIPE ROUXINOL	658	VET M45	20	OS QUARTAS	01:37:13	4:36	01:36:42
124.	DANIEL AMARAL	908	SEN M	29	INDIVIDUAL	01:37:26	4:37	01:37:08
125.	NELSON MUGA	1231	VET M40	29	CLUBE ATLÉTICO DE MACEDO DE CAVALEIROS	01:37:30	4:37	01:36:54
126.	HEITOR ARAÚJO	12	VET M55	5	INDIVIDUAL	01:37:41	4:37	01:37:34
127.	HELDER PEREIRA	1287	VET M35	23	INDIVIDUAL	01:37:52	4:38	01:37:45

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Class	Nome	Dorsal	Escalão	Class	Equipa	Tempo	Ritmo/km	Tempo
128.	JOSÉ GOMES	134	VET M50	12	INDIVIDUAL	01:37:52	4:38	01:37:41
129.	JOSÉ CUNHA	690	VET M45	21	INDIVIDUAL	01:37:58	4:38	01:37:50
130.	PAULO JORGE PEREIRA	800	VET M50	13	S.C.VISTA-ALEGRE	01:37:58	4:38	01:37:29
131.	PEDRO ALMEIDA	135	VET M60	4	INDIVIDUAL	01:37:58	4:38	01:37:47
132.	RICARDO GOMES	1157	VET M40	30	INDIVIDUAL	01:38:01	4:38	01:37:24
133.	MANUEL CARLOS COSTA	1082	VET M45	22	INDIVIDUAL	01:38:11	4:39	01:37:57
134.	JULIO CESAR LEGENTIL	1234	VET M40	31	INDIVIDUAL	01:38:12	4:39	01:37:53
135.	CARLOS CARVALHO	1095	VET M40	32	CORRE SÃO JOÃO	01:38:14	4:39	01:37:57
136.	HENRIQUE NEVES	554	VET M50	14	INDIVIDUAL	01:38:19	4:39	01:38:06
137.	SARA NUNES	551	VET F40	2	INDIVIDUAL	01:38:23	4:39	01:38:19
138.	Silvino Rocha	1301	VET M35	24	INDIVIDUAL	01:38:28	4:40	01:38:14
139.	PEDRO SANTOS	664	VET M40	33	INDIVIDUAL	01:38:31	4:40	01:38:14
140.	PEDRO BARBOSA	27	SEN M	30	H-LOP	01:38:37	4:40	01:38:28
141.	EMANUEL PEREIRA	1103	SEN M	31	INDIVIDUAL	01:38:38	4:40	01:38:24
142.	LUIS VILELA	1098	VET M45	23	MONTANHA CLUBE TRAIL RUNNING EFAPEL	01:38:39	4:40	01:38:28
143.	VITOR RIBEIRO	1218	VET M35	25	INDIVIDUAL	01:38:41	4:40	01:38:35
144.	TONI OLIVEIRA	1120	VET M45	24	GDR GRANJA - TRUTAS DO MAU	01:38:50	4:41	01:38:42
145.	ARMINDO BASTOS	98	VET M45	25	BOSCH TERMOTECNOLOGIA SA	01:38:56	4:41	01:38:38
146.	GRAÇA COSTA	1194	VET F55	1	AMIGOS DA MONTANHA	01:38:57	4:41	01:38:29
147.	MÁRIO COUTINHO	1280	VET M40	34	INDIVIDUAL	01:38:59	4:41	01:38:46
148.	CRISTIANO FANCA	979	SEN M	32	JUVEFORCE RUN TEAM	01:39:02	4:41	01:38:47
149.	BRUNO CURTO	973	SEN M	33	JUVEFORCE RUN TEAM	01:39:03	4:41	01:38:47
150.	FILIPE PARAÍSO	797	VET M40	35	GUARDARUNNERS	01:39:10	4:42	01:39:01
151.	CARLOS MARÇALO	1226	VET M60	5	ACD OS ÍLHAVOS	01:39:15	4:42	01:39:01
152.	HÉLDER DEVEZA	1235	VET M45	26	CLUBE ATLÉTICO DE MACEDO DE CAVALEIROS	01:39:16	4:42	01:38:40
153.	JOÃO PORTUGAL	85	VET M45	27	DURAVIT RACETEAM	01:39:21	4:42	01:39:02
154.	ANTÓNIO VEIGA	1035	VET M35	26	INDIVIDUAL	01:39:31	4:43	01:38:42
155.	JOSÉ SIMÕES	534	VET M50	15	ASSOCIAÇÃO	01:39:36	4:43	01:39:28
156.	EDUARDO BEBIANO	1124	SEN M	34	GDR GRANJA - TRUTAS DO MAU	01:39:50	4:43	01:39:41
157.	CATARINA FERNANDES	1197	VET F35	2	VIRIATHVS RUNNERS VISEU	01:39:54	4:44	01:39:44
158.	NUNO MIGUEL COSTA	1227	VET M40	36	CMI	01:39:56	4:44	01:39:44
159.	CRISTIANA SANTOS	628	SEN F	2	RUNNING ESPINHO	01:40:07	4:44	01:39:55

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160.	RUI SILVA	1188	VET M40	37	JOBRA	01:40:19	4:45	01:39:41
161.	ANTÓNIO FRUTUOSO	1112	VET M45	28	KM0	01:40:20	4:45	01:40:04
162.	RUI PINTO	1240	SEN M	35	INDIVIDUAL	01:40:22	4:45	01:40:01
163.	PAULO TEIXEIRA	132	VET M40	38	INDIVIDUAL	01:40:23	4:45	01:40:05
164.	AGNELO MARQUES	968	VET M50	16	INDIVIDUAL	01:40:33	4:45	01:40:15
165.	NUNO SILVA	1242	VET M40	39	GDCCASTELOPAIVA	01:40:33	4:45	01:40:30
166.	IDA ALCÂNTARA	884	VET F35	3	CLUBE DOS GALITOS	01:40:37	4:46	01:40:22
167.	FERNANDO MENDES	1106	VET M50	17	SLB	01:40:38	4:46	01:39:59
168.	DOMINGOS TAVARES	7	VET M45	29	BUSTOS RUNNERS	01:40:39	4:46	01:40:23
169.	MIGUEL GOMES	1269	SEN M	36	PACER	01:40:39	4:46	01:40:18
170.	CAMILA GOMES	1219	VET F40	3	EL COMANDANTE TEAM	01:40:40	4:46	01:40:17
171.	MARIO FELIX	1271	VET M40	40	PACER	01:40:40	4:46	01:40:19
172.	SILVIO FERREIRA	743	VET M45	30	INDIVIDUAL	01:40:42	4:46	01:40:27
173.	LUIS MIGUEL REIS	889	VET M45	31	RUNNING4FUN TEAM VISEU	01:40:47	4:46	01:40:29
174.	TIAGO GONÇALVES	561	VET M35	27	INDIVIDUAL	01:40:49	4:46	01:40:31
175.	PEDRO SANTOS	1230	VET M45	32	INDIVIDUAL	01:40:59	4:47	01:40:41
176.	LICÍNIO MANUEL COSTA	67	VET M45	33	TAINADAS RUN TEAM	01:41:12	4:47	01:40:50
177.	Julio Carvalho	1302	SEN M	37	INDIVIDUAL	01:41:20	4:48	01:40:44
178.	BRUNO FERREIRA	90	VET M40	41	INDIVIDUAL	01:41:25	4:48	01:40:40
179.	LUIS LEÃO	1294	VET M50	18	INDIVIDUAL	01:41:39	4:49	01:41:19
180.	PEDRO HENRIQUES	634	VET M45	34	INDIVIDUAL	01:41:41	4:49	01:41:31
181.	PAULO PIRES	39	VET M40	42	RUNNERS DO DEMO	01:41:41	4:49	01:41:38
182.	SIMÃO MARTINS	1037	SEN M	38	KENYA TEAM	01:41:44	4:49	01:41:29
183.	MARTA CONCEIÇÃO	1047	VET F35	4	CORRER LISBOA	01:41:46	4:49	01:41:13
184.	SERGIO FERNANDES	1046	VET M35	28	CORRER LISBOA	01:41:47	4:49	01:41:12
185.	RUI MACHADO	621	VET M45	35	INDIVIDUAL	01:41:49	4:49	01:40:06
186.	JOÃO MADAIL	73	VET M45	36	CANUS	01:41:49	4:49	01:41:31
187.	NUNO RAMOS	72	VET M45	37	CANUS	01:41:50	4:49	01:41:32
188.	SARA MENDES	1146	SEN F	3	INDIVIDUAL	01:41:55	4:49	01:41:41
189.	NILTON MIRANDA FILHO	891	VET M45	38	BHRACE	01:41:58	4:49	01:41:45
190.	TIAGO COSTA	94	SEN M	39	AVANCARUNNERS	01:41:58	4:49	01:41:46
191.	HERNÂNI LARANJA	1063	VET M45	39	INDIVIDUAL	01:41:58	4:49	01:41:39

IV MEIA MARATONA DE ÍLHAVO

Classificação geral MEIA MARATONA

Class	Nome	Dorsal	Escalão	Class	Equipa	Tempo	Ritmo/km	Tempo
192.	HUMBERTO CARVALHO	796	VET M45	40	BORABORA VAMOS LÁ!	01:42:01	4:50	01:41:17
193.	OLÍMPIO FERNANDES	1088	SEN M	40	FORLIFE CLUBE TRIATLO VISEU	01:42:02	4:50	01:41:19
194.	RAFAEL GUEDES	64	VET M45	41	INDIVIDUAL	01:42:10	4:50	01:41:46
195.	FERNANDO FREIRE	102	VET M45	42	GRECAS	01:42:10	4:50	01:41:46
196.	CÁTIA FERREIRA	1109	SEN F	4	JUVEFORCE RUN TEAM	01:42:11	4:50	01:41:57
197.	TILA PINA	1125	VET F45	3	GDR GRANJA - TRUTAS DO MAU	01:42:14	4:50	01:42:05
198.	LUÍS NEVES	1213	SEN M	41	INDIVIDUAL	01:42:19	4:50	01:41:27
199.	HELDER ESTEVES	1193	VET M45	43	INDIVIDUAL	01:42:36	4:51	01:42:08
200.	RODRIGO QUELHAS	1176	SEN M	42	TEZWELL	01:42:56	4:52	01:42:38
201.	DORA GOMES	1077	VET F45	4	INDIVIDUAL	01:43:01	4:52	01:42:49
202.	JOSÉ MIGUEL TORRES	1078	VET M40	43	INDIVIDUAL	01:43:01	4:52	01:42:49
203.	CARLOS PIRES	605	VET M55	6	SACA TRILHOS	01:43:07	4:53	01:42:46
204.	DANIEL LARANJEIRO	1042	VET M40	44	INDIVIDUAL	01:43:14	4:53	01:42:29
205.	JOSE LOPES	934	VET M40	45	EQUIPA A	01:43:14	4:53	01:43:03
206.	NUNO JORGE REIS SANTOS	1096	VET M45	44	DAR-RECARDAES	01:43:31	4:54	01:43:12
207.	INES COSTA	1172	VET F35	5	BOSCH RUNNERS	01:43:31	4:54	01:42:55
208.	JOÃO PEDRO SILVA	1050	VET M50	19	INDIVIDUAL	01:43:37	4:54	01:43:23
209.	Sergio Lopes	1305	VET M40	46	INDIVIDUAL	01:43:39	4:54	01:43:19
210.	LUIS CARVALHEIRO	654	VET M45	45	ACRM SILVEIRINHA GRANDE	01:43:40	4:54	01:43:33
211.	NUNO QUEIROZ	665	VET M45	46	ASSOCIAÇÃO DESPORTIVA TARTARUGAS E LEBRES	01:43:49	4:55	01:43:26
212.	DANIEL FIGUEIREDO	935	VET M40	47	INDIVIDUAL	01:43:54	4:55	01:43:19
213.	RÚBEN MARQUES	1136	SEN M	43	BOTAFOGO TEAM	01:43:55	4:55	01:43:07
214.	LUC HENNETIER	1087	VET M45	47	ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA	01:44:10	4:56	01:43:45
215.	MANUEL PALMEIRO	937	VET M55	7	GINÁSIO CLUBE DE BRAGANÇA	01:44:11	4:56	01:44:09
216.	ADÉRITO CURTO	79	VET M60	6	GIRA SOL	01:44:14	4:56	01:43:53
217.	FERNANDO MATOS	89	VET M45	48	ACIFAL	01:44:15	4:56	01:43:44
218.	HILÁRIO ESPADILHA	19	VET M50	20	AS QUARTAS RUNNING GROUP	01:44:32	4:57	01:44:08
219.	RUI CARVALHAL	1060	VET M35	29	TREPANELAS/PRIFER	01:44:33	4:57	01:44:13
220.	NUNO COUTINHO	1118	VET M35	30	RUN LIKE A FISH	01:44:38	4:57	01:44:13
221.	JORGE BRANCO	1090	VET M50	21	INDIVIDUAL	01:44:45	4:57	01:44:16
222.	JOEL SANTOS	35	VET M35	31	ACRM SILVEIRINHA GRANDE	01:45:00	4:58	01:44:54
223.	JORGE JUSTO	867	VET M60	7	O MUNDO DA CORRIDA	01:45:04	4:58	01:44:40

IV MEIA MARATONA DE ÍLHAVO

Classificação geral MEIA MARATONA

Class	Nome	Dorsal	Escalão	Class	Equipa	Tempo	Ritmo/km	Tempo
224.	JOÃO FERNANDES	1065	VET M50	22	PROSISTEM.RUNNERS	01:45:11	4:59	01:44:35
225.	ANDRÉ NUNES	1215	SEN M	44	CASA DO POVO DE MANGUALDE	01:45:18	4:59	01:45:00
226.	DIANA PINHO	625	VET F35	6	INDIVIDUAL	01:45:20	4:59	01:45:07
227.	MANUEL ANJOS	1030	VET M55	8	NÚCLEO ATLETISMO CUCUJÃES	01:45:21	4:59	01:45:12
228.	CLAUDINEI SANTOS	1264	SEN M	45	PACER	01:45:27	4:59	01:45:04
229.	BRUNO COUTO	1266	VET M35	32	PACER	01:45:27	4:59	01:45:04
230.	FILIPE RODRIGUES	1153	SEN M	46	INDIVIDUAL	01:45:28	4:59	01:45:12
231.	GUILHERME BRESOLIN	1175	SEN M	47	INDIVIDUAL	01:45:29	4:59	01:45:09
232.	DANIEL CARVALHO	539	SEN M	48	TEAM CARVALHO'S	01:45:38	5:00	01:45:33
233.	LUIS OLIVEIRA	892	VET M35	33	INDIVIDUAL	01:45:58	5:01	01:45:54
234.	JOSÉ SALGUEIRO	823	VET M40	48	SALGUEIROS RUNNING	01:45:58	5:01	01:45:54
235.	JUVENAL MAGUETA	47	VET M60	8	INDIVIDUAL	01:46:00	5:01	01:45:49
236.	BRUNO FERREIRA	1214	VET M35	34	BUSTOS RUNNERS	01:46:09	5:01	01:45:53
237.	JOSÉ CANHA	839	VET M60	9	GD ASSEMPARK	01:46:11	5:01	01:45:59
238.	RADU DUCA	1051	SEN M	49	INDIVIDUAL	01:46:14	5:02	01:45:56
239.	NUNO ROCHA	497	VET M40	49	INDIVIDUAL	01:46:20	5:02	01:46:07
240.	JOSÉ MOTA	940	SUB 23 M	1	FIT4HIM	01:46:23	5:02	01:46:18
241.	NUNO SANTOS	1277	SEN M	50	OS UNIDOS	01:46:25	5:02	01:46:15
242.	ANDRÉ OLIVEIRA	630	VET M35	35	INDIVIDUAL	01:46:36	5:03	01:46:01
243.	ANDRÉ ANDRADE	822	SEN M	51	QUANDOACABA	01:46:40	5:03	01:45:55
244.	DIOGO PIMENTA	949	SEN M	52	INDIVIDUAL	01:46:42	5:03	01:45:52
245.	ANTÓNIO GERALDO	866	VET M65	2	O MUNDO DA CORRIDA	01:46:57	5:04	01:46:32
246.	JÚLIO LOURENÇO	1291	VET M40	50	INDIVIDUAL	01:47:00	5:04	01:46:31
247.	CARLOS LANCHÁ	880	VET M50	23	RUNNING ESPINHO	01:47:02	5:04	01:46:49
248.	JOSÉ GOMES	1222	VET M45	49	INDIVIDUAL	01:47:13	5:04	01:46:54
249.	JORGE CARDOSO	918	SEN M	53	INDIVIDUAL	01:47:16	5:05	01:46:59
250.	JOÃO DIAS	1164	SEN M	54	INDIVIDUAL	01:47:39	5:06	01:46:55
251.	JOSÉ MOREIRA	623	VET M45	50	INDIVIDUAL	01:48:13	5:07	01:48:01
252.	JOÃO DUARTE	1114	VET M40	51	RUN LIKE A CHILD	01:48:13	5:07	01:47:47
253.	FILIPE DUARTE	1113	VET M35	36	RUN LIKE A CHILD	01:48:13	5:07	01:47:48
254.	HELDER FERREIRA	1203	VET M40	52	INDIVIDUAL	01:48:19	5:08	01:48:14
255.	ARCANJO MARTINS	53	VET M55	9	INDIVIDUAL	01:48:41	5:09	01:48:38

IV MEIA MARATONA DE ÍLHAVO

Classificação geral MEIA MARATONA

Class	Nome	Dorsal	Escalão	Class	Equipa	Tempo	Ritmo/km	Tempo
256.	JOÃO CARDOSO	1162	SEN M	55	BOSCH RUNNERS	01:48:42	5:09	01:48:04
257.	MARCELO SILVA	1253	VET M45	51	INDIVIDUAL	01:48:54	5:09	01:48:40
258.	MANUEL PAIVA	1029	VET M70	1	NÚCLEO ATLETISMO CUCUJÃES	01:48:57	5:09	01:48:47
259.	PEDRO PAIVA	1028	VET M45	52	NÚCLEO ATLETISMO CUCUJÃES	01:48:57	5:09	01:48:47
260.	JIMMY SILVA	1275	VET M40	53	INDIVIDUAL	01:49:07	5:10	01:48:44
261.	SÉRGIO SILVA	1183	SUB 23 M	2	INDIVIDUAL	01:49:09	5:10	01:48:53
262.	LUIS COSTA	944	VET M50	24	CLUVE - CLUBE DE VETERANOS DE ATLETISMO DE	01:49:13	5:10	01:49:04
263.	PAULO SANTOS	763	VET M50	25	INDIVIDUAL	01:49:17	5:10	01:48:56
264.	PAULO MARÇAL	1075	VET M40	54	INDIVIDUAL	01:49:20	5:10	01:48:49
265.	DIOGO FERREIRA	1021	SEN M	56	INDIVIDUAL	01:49:22	5:11	01:48:39
266.	JORGE SCEVOLA	1243	SEN M	57	A.R.S.M. ASSOCIAÇÃO RECREATIVA DE S MIGUEL	01:49:22	5:11	01:49:12
267.	RUI JORGE FERREIRA	58	VET M50	26	INDIVIDUAL	01:49:35	5:11	01:49:00
268.	BRUNO CAPITÃO	989	VET M40	55	FAMÍLIA CAPITÃO	01:49:46	5:12	01:49:08
269.	LUÍS CRUZ	1091	VET M45	53	INDIVIDUAL	01:49:46	5:12	01:49:11
270.	ALCIDES SALES	1134	VET M60	10	CIRAC	01:49:49	5:12	01:49:43
271.	HUMBERTO DIAS	91	VET M50	27	RUN4FUN	01:49:59	5:12	01:49:28
272.	BEATRIZ GOMES	1170	SUB 23 F	1	INDIVIDUAL	01:50:10	5:13	01:49:25
273.	LUCIANO SANTOS	558	VET M45	54	ELECTREX	01:50:10	5:13	01:49:39
274.	DANIEL COUTINHO	1115	VET M35	37	INDIVIDUAL	01:50:19	5:13	01:49:56
275.	CARLOS FERREIRA	511	VET M50	28	INDIVIDUAL	01:50:29	5:14	01:49:58
276.	NÉLIO VIEIRA	1140	SEN M	58	ACBATALHA	01:50:29	5:14	01:50:21
277.	ISABEL OLIVEIRA	583	VET F45	5	GDR GRANJA - TRUTAS DO MAU	01:50:34	5:14	01:50:29
278.	BRUNO OLIVEIRA	1228	VET M40	56	G.D.LEÕES DA GUARDA - LION RUNNERS	01:50:38	5:14	01:50:11
279.	JOÃO SILVA	1229	VET M50	29	G.D.LEÕES DA GUARDA - LION RUNNERS	01:50:39	5:14	01:50:11
280.	HÉLDER DUARTE	133	VET M35	38	ATLETISMO CLUBE DA TOCHA	01:50:41	5:14	01:50:20
281.	SANDRO SOARES	1102	VET M45	55	INDIVIDUAL	01:50:50	5:15	01:49:59
282.	MARIA MELO	1093	VET F40	4	INDIVIDUAL	01:50:50	5:15	01:50:25
283.	MARCOS OLIVEIRA	1094	VET M55	10	INDIVIDUAL	01:50:53	5:15	01:50:28
284.	LUÍS SEABRA	850	SEN M	59	SPORT COMÉRCIO E SALGUEIROS	01:50:54	5:15	01:50:27
285.	JP GRINÉ	1154	VET M40	57	INDIVIDUAL	01:50:58	5:15	01:50:11
286.	JOSE VEIGA	1247	VET M40	58	INDIVIDUAL	01:51:02	5:15	01:50:25
287.	FERNANDO CORUCHO	200	VET M55	11	OZ RUNNING TEAM	01:51:02	5:15	01:50:44

IV MEIA MARATONA DE ÍLHAVO

Classificação geral MEIA MARATONA

Class	Nome	Dorsal	Escalão	Class	Equipa	Tempo	Ritmo/km	Tempo
288.	DANIEL FERREIRA	709	VET M35	39	DAA RUNNING	01:51:16	5:16	01:50:43
289.	PEDRO PACHECO	662	VET M40	59	SCOVOENSE- CARACÓIS DE CORRIDA	01:51:19	5:16	01:51:02
290.	Alvaro Padua	1310	SEN M	60	INDIVIDUAL	01:51:23	5:16	01:51:18
291.	FRANCISCO DANTAS	1142	SEN M	61	INDIVIDUAL	01:51:24	5:16	01:50:44
292.	PEDRO FERNANDES	1260	VET M45	56	PACER	01:51:31	5:17	01:51:03
293.	JAIME JUNIOR	1267	VET M50	30	PACER	01:51:35	5:17	01:51:07
294.	NARCISO ARROMBA	1251	VET M65	3	CLUVE - CLUBE DE VETERANOS DE ATLETISMO DE	01:51:43	5:17	01:51:02
295.	JOSÉ MAGALHÃES	1041	SEN M	62	INDIVIDUAL	01:51:45	5:17	01:51:01
296.	PEDRO MARQUES	669	VET M45	57	GD ASSEMPARK	01:51:46	5:17	01:50:51
297.	MIGUEL SANTOS	1278	VET M50	31	INDIVIDUAL	01:52:02	5:18	01:51:14
298.	MÁRIO VILARINHO	1298	VET M70	2	INDIVIDUAL	01:52:07	5:18	01:52:00
299.	BENEDITO LEMOS	895	VET M45	58	RUNNING4FUN TEAM VISEU	01:52:15	5:19	01:51:53
300.	PEDRO NUNES	1018	SEN M	63	INDIVIDUAL	01:52:28	5:19	01:52:06
301.	ROGER SALGADO	887	VET M45	59	INDIVIDUAL	01:52:31	5:19	01:51:56
302.	CELINA DIAS	92	VET F50	1	RUN4FUN	01:52:36	5:20	01:52:04
303.	AVELINO SILVA	15	VET M65	4	INDIVIDUAL	01:52:39	5:20	01:52:19
304.	ELIZABETH LOPES	1210	VET F35	7	INDIVIDUAL	01:52:50	5:20	01:52:28
305.	ANDRÉ MACHADO	1293	SEN M	64		01:53:05	5:21	01:52:18
306.	PAULO NINA	59	VET M45	60	TEAM RUNNING ELECTREX	01:53:16	5:22	01:52:55
307.	JOÃO SILVA	1202	VET M40	60	20 VER CORRER	01:53:25	5:22	01:53:04
308.	JOAO DONO	509	VET M50	32	INDIVIDUAL	01:53:27	5:22	01:52:48
309.	EDUARDA VINAGRE	141	VET F50	2	GD ASSEMPARK	01:53:34	5:22	01:53:07
310.	EVANIA MANN WEISS	1074	VET F40	5	INDIVIDUAL	01:53:36	5:23	01:53:06
311.	HUGO NUNES	137	VET M40	61	SUPRAS	01:53:41	5:23	01:52:55
312.	TERESA MARTINS	512	VET F40	6	INDIVIDUAL	01:53:44	5:23	01:53:11
313.	RICARDO PINTO	1003	VET M40	62	PULAPULA	01:53:49	5:23	01:53:14
314.	FERNANDO CARVALHO	751	VET M55	12	S. S. MONTEPIO	01:53:51	5:23	01:52:59
315.	ANTÓNIO TIAGO	970	VET M40	63	INDIVIDUAL	01:53:58	5:24	01:53:41
316.	RODOLFO FERREIRA	1250	VET M40	64	INDIVIDUAL	01:53:58	5:24	01:53:21
317.	JOÃO CAVADAS	129	VET M55	13	LÁGRIMAS TEAM	01:54:05	5:24	01:53:09
318.	LILIANA AZEVEDO	646	VET F40	7	INDIVIDUAL	01:54:06	5:24	01:53:54
319.	MARLENE MARTINS	1121	VET F40	8	GDR GRANJA - TRUTAS DO MAU	01:54:12	5:24	01:54:07

IV MEIA MARATONA DE ÍLHAVO

Classificação geral MEIA MARATONA

Class	Nome	Dorsal	Escalão	Class	Equipa	Tempo	Ritmo/km	Tempo
320.	SÉRGIO MACHADO	636	VET M40	65	DCI/TRILHOS LUSO BUSSACO	01:54:14	5:24	01:53:47
321.	PAULO LOUREIRO	1158	VET M45	61	INDIVIDUAL	01:54:15	5:24	01:54:09
322.	PATRÍCIA FRANCISCO	1171	SEN F	5	JUVEFORCE RUN TEAM	01:54:22	5:25	01:53:56
323.	CARINA GOUVEIA	1196	SEN F	6	INDIVIDUAL	01:54:30	5:25	01:54:10
324.	ROSABELL DOS SANTOS	1259	VET F45	6	INDIVIDUAL	01:54:31	5:25	01:54:19
325.	HELENA COELHO	1258	VET F55	2	DAVID SPORTS	01:54:33	5:25	01:54:02
326.	DANIELA FERREIRA	1205	VET F45	7	RUNNING4FUN TEAM VISEU	01:54:36	5:25	01:54:04
327.	FERNANDO JORGE	78	VET M45	62	INDIVIDUAL	01:54:36	5:25	01:54:03
328.	EMANUEL RIBEIRO	490	VET M40	66	RIBEIRO D'IDEIAS	01:54:47	5:26	01:54:08
329.	MARCOS CARVALHO	847	VET M40	67	RUNNING ESPINHO	01:54:50	5:26	01:54:16
330.	PAULO GONÇALVES	537	VET M45	63	PAULOGONÇALVESVET	01:54:51	5:26	01:54:46
331.	TIAGO LOURENÇO	1272	VET M45	64	INDIVIDUAL	01:54:53	5:26	01:54:21
332.	JORGE CARDOSO	723	VET M45	65	INDIVIDUAL	01:54:53	5:26	01:54:23
333.	Pedro Lopes	1304	VET M50	33	INDIVIDUAL	01:54:55	5:26	01:54:34
334.	JOÃO SANTANA	10	VET M50	34	IPC	01:55:21	5:28	01:54:49
335.	IVO FERREIRA	494	SEN M	65	GALINHAS DE CROSS	01:55:21	5:28	01:54:37
336.	ARMÉNIO NEVES	633	VET M65	5	"OS QUARTAS RUNNING GROUP"	01:55:23	5:28	01:55:17
337.	PAULO RIBEIRO	1190	VET M50	35	INDIVIDUAL	01:55:25	5:28	01:54:49
338.	RÚBEN COSTA	1166	SEN M	66	BOSCH RUNNERS	01:55:25	5:28	01:54:49
339.	CARLOS ORTET	11	VET M45	66	GD ASSEMPARK	01:55:27	5:28	01:54:33
340.	MARCOS RATOLA	136	VET M40	68	INDIVIDUAL	01:55:42	5:29	01:55:09
341.	ANA TERESA SANTOS	1221	VET F45	8	EL COMANDANTE TEAM	01:55:50	5:29	01:55:20
342.	CLÁUDIO PEREIRA	1144	VET M40	69	INDIVIDUAL	01:55:57	5:29	01:55:31
343.	SUSANA PEREIRA	1143	VET F35	8	INDIVIDUAL	01:55:58	5:29	01:55:32
344.	BÁRBARA VIEIRA	791	SEN F	7	EQUIPA UNICÓRNIOS	01:56:03	5:30	01:55:51
345.	RUI GODINHO	1036	VET M50	36	MSS CONTABILIDADE TRAIL TEAM	01:56:03	5:30	01:55:56
346.	DANIEL PEREIRA	939	SEN M	67	INDIVIDUAL	01:56:09	5:30	01:55:09
347.	RUI MOUTELA	938	SEN M	68	INDIVIDUAL	01:56:09	5:30	01:55:09
348.	JÚLIO TEIXEIRA	586	SEN M	69	INDIVIDUAL	01:56:10	5:30	01:55:58
349.	RICARDO BRANQUINHO	685	SEN M	70	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	01:56:18	5:30	01:56:09
350.	TITO SILVA	953	SEN M	71	INDIVIDUAL	01:56:31	5:31	01:56:25
351.	LEANDRO LOURENÇO	1246	VET M35	40	INDIVIDUAL	01:56:33	5:31	01:56:19

IV MEIA MARATONA DE ÍLHAVO

Classificação geral MEIA MARATONA

Class	Nome	Dorsal	Escalão	Class	Equipa	Tempo	Ritmo/km	Tempo
352.	RUI MIGUEL MARTINS	1244	VET M40	70	INDIVIDUAL	01:56:39	5:31	01:56:06
353.	JOSÉ MANUEL ANTUNES	80	VET M45	67	RUN4FUNCASAIS	01:56:40	5:31	01:56:17
354.	RUI CORREIA	38	VET M55	14	INDIVIDUAL	01:56:41	5:31	01:56:11
355.	NÁDIA ROCHA	1085	VET F35	9	INDIVIDUAL	01:56:45	5:32	01:55:54
356.	RICARDO SENOS	1059	VET M45	68	INDIVIDUAL	01:56:50	5:32	01:56:16
357.	PAULA ROCHA	1092	VET F40	9	INDIVIDUAL	01:56:51	5:32	01:56:21
358.	FILIPE PEREIRA	1262	VET M35	41	PACER	01:56:58	5:32	01:56:29
359.	ARLETE SANTOS	1265	VET F40	10	PACER	01:56:58	5:32	01:56:29
360.	IGOR SANTOS	976	SEN M	72	JUVEFORCE RUN TEAM	01:56:58	5:32	01:56:42
361.	DIOGO MELO	1270	SEN M	73	PACER	01:56:58	5:32	01:56:29
362.	ALEXANDRE SIMÕES	974	VET M35	42	JUVEFORCE RUN TEAM	01:56:59	5:32	01:56:35
363.	EDUARDO FERNANDES	969	VET M50	37	INDIVIDUAL	01:57:34	5:34	01:57:17
364.	RITA PINHO	943	SEN F	8	INDIVIDUAL	01:57:39	5:34	01:56:50
365.	JÚLIO JÚNIOR	661	VET M50	38	INDIVIDUAL	01:57:45	5:34	01:57:17
366.	LUÍS BASTIÃO SILVA	1052	SEN M	74	BMD	01:58:09	5:36	01:57:12
367.	FERNANDO CUNHA	820	VET M45	69	INDIVIDUAL	01:58:17	5:36	01:57:21
368.	JOÃO ROSA	1198	SEN M	75	INDIVIDUAL	01:58:25	5:36	01:57:30
369.	GONÇALO OLIVEIRA	590	VET M45	70	INDIVIDUAL	01:58:29	5:36	01:57:50
370.	RAQUEL BRITO	730	VET F45	9	INDIVIDUAL	01:58:31	5:37	01:57:48
371.	JOÃO FERNANDES	1033	SEN M	76	ALA DIREITA	01:58:31	5:37	01:57:52
372.	AVENTINO LIMA	1167	VET M45	71	BOSCH RUNNERS	01:58:32	5:37	01:57:49
373.	ISABEL PEREIRA	51	VET F45	10	INDIVIDUAL	01:58:37	5:37	01:58:16
374.	RICARDO MELO	1248	SEN M	77	ADI-ILHAVO	01:58:39	5:37	01:58:01
375.	DIOGO LIMA	122	SEN M	78	AS MAIORES	01:58:57	5:38	01:58:03
376.	DULCE ALMEIDA	120	VET F50	3	AS MAIORES	01:58:58	5:38	01:58:07
377.	BRIAN FERREIRA	96	SEN M	79	INDIVIDUAL	01:58:58	5:38	01:58:36
378.	LINO CARRACO	972	VET M50	39	ACRM SILVEIRINHA GRANDE CLARAS	01:59:00	5:38	01:58:27
379.	ISABEL RIBAU	34	VET F45	11	"OS QUARTAS RUNNING GROUP"	01:59:05	5:38	01:58:35
380.	ANTONIO TEIXEIRA	5	VET M55	15	INDIVIDUAL	01:59:27	5:39	01:58:50
381.	RICARDO RIBEIRO	57	VET M50	40	SAUDADES DO SOFÁ TEAM	01:59:33	5:39	01:58:50
382.	JOÃO SARDO	24	VET M70	3	INDIVIDUAL	01:59:47	5:40	01:59:06
383.	JOÃO GRAÇA	32	VET M65	6	ACRM SILVEIRINHA GRANDE	01:59:56	5:41	01:59:37

IV MEIA MARATONA DE ÍLHAVO

Classificação geral MEIA MARATONA

Class	Nome	Dorsal	Escalão	Class	Equipa	Tempo	Ritmo/km	Tempo
384.	VIRGINIA COSTA	1177	VET F45	12	GRUPO DESPORTIVO SANTANDER TOTTA	02:00:08	5:41	01:59:53
385.	JORGE GUERRA	591	VET M45	72	OS FALTA D'AR	02:00:09	5:41	01:59:53
386.	AMÉRICO FONSECA	496	VET M50	41	RUNNING ESMORIZ	02:00:09	5:41	01:59:54
387.	PEDRO DUQUE	878	VET M40	71	INDIVIDUAL	02:00:09	5:41	01:59:30
388.	CLÁUDIA PIMPAREL	1107	VET F50	4	INDIVIDUAL	02:00:25	5:42	01:59:50
389.	MARCO COSTA	647	VET M40	72	PATEIRA RUNNERS	02:00:28	5:42	01:59:58
390.	MIGUEL CARLOS	145	VET M40	73	SUPRAS	02:00:36	5:42	01:59:50
391.	JOÃO SANTOS	1040	SEN M	80	INDIVIDUAL	02:00:38	5:43	01:59:54
392.	HORÁCIO OLIVEIRA	1233	VET M50	42	INDIVIDUAL	02:00:42	5:43	02:00:10
393.	ANDRÉ LOURENÇO	1255	SEN M	81	GDM-GRUPO DESPORTIVO DE MEDA	02:01:04	5:44	02:00:48
394.	SARA RATOLA	1053	VET F35	10	INDIVIDUAL	02:01:06	5:44	02:00:31
395.	HUGO NEVES	922	VET M45	73	INDIVIDUAL	02:01:38	5:45	02:01:02
396.	JOAQUIM PEDROTO	1032	VET M45	74	INDIVIDUAL	02:01:44	5:46	02:01:06
397.	PEDRO ALVES	518	VET M35	43	INDIVIDUAL	02:01:55	5:46	02:01:21
398.	INES ALMEIDA	45	VET F45	13	AVEIRO RUNNERS	02:02:04	5:47	02:01:33
399.	JOSÉ CARVALHO	718	VET M35	44	INDIVIDUAL	02:02:21	5:47	02:01:26
400.	FILIPE CASTRO	916	VET M35	45	INDIVIDUAL	02:02:41	5:48	02:01:36
401.	SUZETE MARCO	148	VET F50	5	GRECAS - VAGOS	02:02:45	5:49	02:02:23
402.	CLÁUDIA PINTO	1223	VET F45	14	INDIVIDUAL	02:02:55	5:49	02:02:43
403.	SORAIA ALVES	1160	SEN F	9	INDIVIDUAL	02:03:07	5:50	02:02:21
404.	JOSÉ COSTA	722	VET M55	16	MOLINHAS TEAM	02:03:09	5:50	02:02:33
405.	MANUEL PEREIRA	1195	VET M60	11	MSS CONTABILIDADE TRAIL TEAM	02:03:12	5:50	02:02:58
406.	SANDRA CAMPOS	544	VET F45	15	MANOS TEAM	02:03:23	5:50	02:02:50
407.	ANA PEREIRA	896	VET F50	6	RUNNING4FUN TEAM VISEU	02:03:23	5:50	02:02:50
408.	ANA GONÇALVES	563	VET F55	3	BORABORA VAMOS LÁ!	02:03:40	5:51	02:03:07
409.	PEDRO CERVEIRA	984	SEN M	82	INDIVIDUAL	02:03:46	5:51	02:02:56
410.	NUNO ALMEIDA	1024	VET M40	74	INDIVIDUAL	02:03:47	5:52	02:03:13
411.	NELSON TAVARES	151	VET M45	75	INDIVIDUAL	02:04:24	5:53	02:03:23
412.	SALOME TAVARES	993	JUN F	1	INDIVIDUAL	02:04:24	5:53	02:03:23
413.	VALTER JACINTO	1151	VET M70	4	GRUPO DESPORTIVO ASSEMPARK	02:04:27	5:53	02:03:33
414.	REBECA VALE	1152	SEN F	10	GRUPO DESPORTIVO ASSEMPARK	02:04:27	5:53	02:03:33
415.	SILVIA NUNES	894	VET F40	11	INDIVIDUAL	02:04:32	5:54	02:03:58

IV MEIA MARATONA DE ÍLHAVO

Classificação geral MEIA MARATONA

Class	Nome	Dorsal	Escalão	Class	Equipa	Tempo	Ritmo/km	Tempo
416.	CARLOS EDUARDO	547	VET M40	75	INDIVIDUAL	02:04:35	5:54	02:04:19
417.	CÉSAR LOPES	1043	VET M40	76	INDIVIDUAL	02:04:36	5:54	02:03:33
418.	CARLOS FELIZARDO	1279	VET M40	77	INDIVIDUAL	02:04:59	5:55	02:04:08
419.	SANDRA SANTOS	681	VET F45	16	OS QUARTAS	02:05:03	5:55	02:04:32
420.	PAULO ALVES	546	VET M40	78	FFONSECA	02:05:12	5:56	02:04:41
421.	CÁTIA BARBOSA	1081	SEN F	11	INDIVIDUAL	02:05:29	5:56	02:04:38
422.	MARIA JOAO TAVARES	597	VET F50	7	INDIVIDUAL	02:05:34	5:57	02:04:50
423.	RICARDO RESENDE	754	VET M45	76	S. S. MONTEPIO	02:05:43	5:57	02:04:49
424.	RUI CARVALHO	755	VET M40	79	S. S. MONTEPIO	02:05:43	5:57	02:04:49
425.	JOSÉ ROCHA	1027	SEN M	83	ALA DIREITA	02:05:49	5:57	02:05:09
426.	PEDRO RUANO DE CASTRO	54	VET M50	43	INDIVIDUAL	02:05:51	5:57	02:05:24
427.	LILIANA COELHO	1257	SEN F	12	DAVID SPORTS	02:06:01	5:58	02:05:19
428.	SERGIO SOUSA	1299	VET M40	80	INDIVIDUAL	02:06:25	5:59	02:06:01
429.	PAULO TAVARES	1256	VET M40	81	INDIVIDUAL	02:06:37	6:00	02:06:00
430.	PAULO SACRAMENTO	1132	VET M40	82	INDIVIDUAL	02:06:57	6:01	02:06:31
431.	ANTÓNIO OLIVEIRA	750	VET M40	83	S. S. MONTEPIO	02:07:04	6:01	02:06:11
432.	PEDRO SEIXAS	1126	VET M40	84	TRAIL - GRUPO DESPORTIVO DE TRANCOSO	02:07:18	6:02	02:07:01
433.	CARLOS JESUS	987	VET M55	17	NÚCLEO AMIGOS ATLETISMO LAGOS	02:07:34	6:02	02:06:40
434.	MIGUEL AMARO	529	VET M40	85	ATLETISMO CLUBE DA TOCHA	02:08:07	6:04	02:08:03
435.	PAULO JANEIRO	1292	VET M45	77	INDIVIDUAL	02:08:19	6:04	02:07:49
436.	ARLINDO SANTOS	795	VET M70	5	DAR-RECARDAES	02:08:21	6:04	02:07:41
437.	JORGE VILHENA	1191	VET M45	78	CAPWATT	02:08:22	6:05	02:07:23
438.	HUGO FIGUEIRAS	1217	SEN M	84	INDIVIDUAL	02:08:22	6:05	02:07:23
439.	FERNANDO FONSECA	666	VET M55	18	O MUNDO DA CORRIDA	02:08:34	6:05	02:08:08
440.	PEDRO OLIVEIRA	1068	VET M45	79	INDIVIDUAL	02:08:40	6:05	02:07:59
441.	JOSÉ ANTÓNIO CRUZ	573	VET M55	19	INDIVIDUAL	02:08:49	6:06	02:08:16
442.	TELMO COSTA	1108	SEN M	85	INDIVIDUAL	02:08:53	6:06	02:08:13
443.	PEDRO PEREIRA	1076	VET M50	44	INDIVIDUAL	02:09:01	6:06	02:08:10
444.	MIGUEL FILIPE OLIVEIRA DINIS	1055	SEN M	86	BMD	02:09:10	6:07	02:08:14
445.	CRISTINA COELHO	811	VET F50	8	RUNNINGBUNNIES	02:09:25	6:08	02:08:37
446.	JOSÉ LUÍS OLIVEIRA	1057	VET M60	12	BMD	02:09:26	6:08	02:08:30
447.	CARLOS VIEIRA	638	VET M55	20	INDIVIDUAL	02:10:18	6:10	02:09:54

IV MEIA MARATONA DE ÍLHAVO

Classificação geral MEIA MARATONA

Class	Nome	Dorsal	Escalão	Class	Equipa	Tempo	Ritmo/km	Tempo
448.	ANDRÉ SILVA	139	VET M40	86	AVANCA RUNNERS	02:10:25	6:10	02:09:43
449.	JOAO ESTEVES	809	VET M35	46	SUPRAS	02:10:30	6:11	02:09:43
450.	JOSÉ LUÍS FERNANDES	620	VET M35	47	INDIVIDUAL	02:10:34	6:11	02:09:46
451.	MARTA SENOS	747	SEN F	13	ACD ILHAVOS	02:10:37	6:11	02:10:04
452.	ANABELA LEITE	121	VET F45	17	AS MAIORES	02:10:37	6:11	02:09:54
453.	JOÃO JORGE	1105	VET M55	21	SALGUEIROS RUNNING	02:10:45	6:11	02:10:22
454.	RUI JESUS	1056	SEN M	87	BMD	02:11:05	6:12	02:10:09
455.	ALBINO LEITE	65	VET M55	22	INDIVIDUAL	02:11:20	6:13	02:10:55
456.	ANA TOMÉ	1249	VET F45	18	ONTRISPORTS	02:11:33	6:14	02:10:57
457.	LUIS FERREIRA	69	VET M55	23	INDIVIDUAL	02:11:53	6:15	02:11:15
458.	BRUNA GOMES	93	SEN F	14	INDIVIDUAL	02:11:53	6:15	02:11:15
459.	RUI RUSSO SANTOS	1111	VET M55	24	PORTO RUNNERS	02:11:53	6:15	02:11:37
460.	ÁLVARO SILVA	1049	VET M60	13	INDIVIDUAL	02:12:10	6:15	02:12:02
461.	CAROLINA MATOS	1165	SEN F	15	BOSCH RUNNERS	02:12:10	6:15	02:10:46
462.	RICARDO SILVA	1169	VET M35	48	BOSCH RUNNERS	02:12:11	6:15	02:10:48
463.	SÓNIA MIGUEL	495	SEN F	16	INDIVIDUAL	02:12:15	6:16	02:11:38
464.	MARIA SANTOS	748	VET F60	1	ACD ILHAVOS	02:13:19	6:19	02:12:46
465.	PAULO OLIVEIRA	1101	VET M35	49	AZTRAIL	02:13:36	6:19	02:12:53
466.	RUI COSTA	649	VET M40	87	PATEIRA RUNNERS	02:13:39	6:20	02:12:52
467.	HELDER MARQUES	97	VET M40	88	CALDAS S.JORGE SPORT CLUBE	02:13:45	6:20	02:13:15
468.	SÉRGIO ALEIXO	1079	VET M35	50	INDIVIDUAL	02:14:03	6:21	02:13:29
469.	RUI VILHENA	624	VET M45	80	CAPWATT	02:14:09	6:21	02:13:09
470.	CLAUDIA VILELA	532	VET F40	12	VILELAFERNANDES	02:15:08	6:24	02:14:23
471.	ORLANDO MARTINS	1173	VET M45	81	INDIVIDUAL	02:15:14	6:24	02:14:36
472.	ANA PINHO	1180	VET F35	11	INDIVIDUAL	02:15:40	6:25	02:14:58
473.	FILIPA SILVA	1208	VET F35	12	INDIVIDUAL	02:15:40	6:25	02:14:58
474.	CESARIO ROCHA	1252	VET M55	25	LADECASA	02:15:46	6:26	02:15:36
475.	FRANCISCO MOREIRA	752	VET M50	45	S. S. MONTEPIO	02:15:56	6:26	02:15:03
476.	BEATRIZ CRUZ	985	SEN F	17	INDIVIDUAL	02:16:11	6:27	02:15:37
477.	FÁBIO DURÃES	986	VET M35	51	INDIVIDUAL	02:16:11	6:27	02:15:37
478.	RUI VILAR	1274	VET M45	82	INDIVIDUAL	02:16:31	6:28	02:15:39
479.	ANDREIA MARTINS	493	SEN F	18	GALINHAS DE CROSS	02:16:39	6:28	02:15:55

IV MEIA MARATONA DE ÍLHAVO

Classificação geral MEIA MARATONA

Class	Nome	Dorsal	Escalão	Class	Equipa	Tempo	Ritmo/km	Tempo
480.	JOÃO GIL	1181	SEN M	88	INDIVIDUAL	02:16:47	6:29	02:16:00
481.	LUZ ALMEIDA	517	VET F55	4	INDIVIDUAL	02:16:53	6:29	02:16:18
482.	CLÁUDIA GRINÉ	1174	VET F40	13	INDIVIDUAL	02:17:01	6:29	02:16:15
483.	CARLOS BARROSO	515	VET M55	26	BIO TEAM RUN	02:17:04	6:29	02:16:28
484.	ARSÉLIO SANTOS	1020	VET M35	52	INDIVIDUAL	02:18:05	6:32	02:17:29
485.	RUI SOARES	801	VET M50	46	ERATEAM2020	02:18:06	6:32	02:17:34
486.	FILIPE MONTEIRO	18	VET M35	53	MOLINHAS TEAM	02:18:06	6:32	02:17:30
487.	PAULA SIMÕES	1276	VET F35	13	A.R.S.M. ASSOCIAÇÃO RECREATIVA DE S MIGUEL	02:18:47	6:34	02:18:36
488.	MÁRCIO SILVA	1286	VET M35	54	A.R.S.M. ASSOCIAÇÃO RECREATIVA DE S MIGUEL	02:18:48	6:34	02:18:37
489.	PAULA NETO	560	VET F55	5	INDIVIDUAL	02:19:19	6:36	02:18:33
490.	PAULA JORGE	920	VET F50	9	INDIVIDUAL	02:19:48	6:37	02:19:07
491.	NUNO BRITO	505	VET M45	83	SALGUEIROS RUNNING	02:20:19	6:39	02:19:25
492.	ROSA TAVARES	101	VET F50	10	SOSENSETRAILTEAM-BRAGA E FERNANDES	02:20:19	6:39	02:19:25
493.	CATARINA SOARES	898	VET F35	14	INDIVIDUAL	02:20:20	6:39	02:19:25
494.	BARBARA BRITO	506	VET F40	14	SALGUEIROS RUNNING	02:20:20	6:39	02:19:26
495.	HENRIQUE NEVES	1039	VET M40	89	INDIVIDUAL	02:20:33	6:39	02:19:39
496.	DANY SANTOS	1038	VET M40	90	INDIVIDUAL	02:20:33	6:39	02:19:39
497.	ANTÓNIO MATOS	21	VET M50	47	BORABORA VAMOS LÁ	02:21:26	6:42	02:20:42
498.	ANTONIO GONÇALVES	1201	VET M60	14	DIVE INTO THE MOUNTAINS	02:21:56	6:43	02:21:16
499.	CARLOS MARTINS	63	VET M55	27	RACE TEAM - AVEIRO	02:22:03	6:43	02:21:24
500.	ALBANO LOUREIRO	585	VET M50	48	INDIVIDUAL	02:25:32	6:53	02:24:36
501.	LUIS PIO	1069	VET M40	91	INDIVIDUAL	02:26:13	6:55	02:25:32
502.	VITOR NEVES	816	VET M40	92	INDIVIDUAL	02:27:04	6:58	02:26:51
503.	TIBÉRIO BAPTISTA	1058	SEN M	89	BMD	02:27:39	6:59	02:26:42
504.	LORD MIGUEL BRAZ	1273	SEN M	90	DAVID SPORTS	02:30:00	7:06	02:29:18
505.	MÁRIO SARRAZOLA	480	VET M35	55	ADI-ILHAVO	02:30:25	7:07	02:29:38
506.	RICARDO FONTES	1026	VET M40	93	INDIVIDUAL	02:30:48	7:08	02:29:56
507.	PAULO CARMO	113	VET M40	94	INDIVIDUAL	02:33:50	7:17	02:32:57
508.	FERNANDO FERREIRA	966	SEN M	91	INDIVIDUAL	02:34:51	7:20	02:34:15

Total: 508