









**CORRIDA 10K - STAGE 1****10 KM****OFFICIAL RESULT****R**  
REVISED

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
179	806	Jose Coelho	moveiras	Veterano M50	42:15	+11:08	04:14
180	805	Orlando Melo	moveiras	Veterano M45	42:15	+11:08	04:14
181	47	Manuel Ribeiro	adeca/beat	Veterano M50	42:23	+11:15	04:14
182	732	ZÉ DIAS	a. d. esmeriz	Veterano M55	42:29	+11:21	04:15
183	940	José Cartafios	rronline	Veterano M40	42:33	+11:26	04:15
184	106	Miguel Ângelo Castro Ribeiro	bombos e solas	Senior Masculino	42:35	+11:27	04:16
185	828	Regina Maria Gilvaz	núcleo de atletismo de cucujães	Veterana F40	42:35	+11:28	04:16
186	698	Joao Gomes	individual	Veterano M50	42:38	+11:31	04:16
187	138	Catarina Vieira	casa benfica de paredes	Junior Feminino	42:39	+11:32	04:16
188	740	Rui Pereira	kilosmoda	Senior Masculino	42:40	+11:32	04:16
189	518	Micael de Sá Guimarães	individual	Senior Masculino	42:41	+11:33	04:16
190	744	José Alves	kilosmoda	Veterano M45	42:42	+11:34	04:16
191	741	Sérgio Gonçalves	kilosmoda	Senior Masculino	42:42	+11:34	04:16
192	808	Cesar Silva	moveiras	Veterano M55	42:47	+11:40	04:17
193	798	Manuel Dias	malta do shuss	Senior Masculino	42:51	+11:44	04:17
194	428	Patricia Pereira	individual	Senior Feminino	42:53	+11:45	04:17
195	385	Vitor Teixeira	grupo recreativo estrela do bonfim	Veterano M40	42:53	+11:46	04:17
196	807	Manuel Freitas	moveiras	Veterano M50	43:04	+11:56	04:18
197	541	Pedro Daniel Pinto Azevedo	individual	Senior Masculino	43:06	+11:58	04:19
198	18	Jose Soares	academia fernanda ribeiro	Veterano M45	43:06	+11:59	04:19
199	84	Luís Cardoso	amigos ponto final	Veterano M50	43:09	+12:01	04:19
200	176	ALCINO JOAQUIM DA SILVA SAMPAIO	casfil	Veterano M40	43:19	+12:11	04:20
201	16	Joel Pinto	academia fernanda ribeiro	Junior Masculino	43:19	+12:11	04:20
202	435	André Longo Ferreira	individual	Senior Masculino	43:19	+12:12	04:20
203	834	José Luís Freitas	oamis	Senior Masculino	43:26	+12:19	04:21
204	792	Nuno Gonçalves	maia ac	Senior Masculino	43:27	+12:20	04:21
205	1066	Rosa Soares	união desportiva de várzea	Senior Feminino	43:31	+12:24	04:21
206	286	Emanuel Machado	escola atletismo rosa oliveira	Senior Masculino	43:37	+12:29	04:22
207	136	Eduardo Soares	c.s.r.d.c. santiago	Veterano M50	43:39	+12:32	04:22
208	962	Armando Fonseca	s.r.cepanense	Veterano M40	43:40	+12:32	04:22
209	975	Augusto Ribeiro	s.r.cepanense	Veterano M55	43:43	+12:36	04:22
210	62	Pedro Silva	aliança de gandra	Veterano M40	43:45	+12:38	04:23
211	69	Luis Fernandes	alive runners	Senior Masculino	43:48	+12:40	04:23
212	320	PAULO JORGE LEAL FREITAS	fluidos	Senior Masculino	43:49	+12:41	04:23
213	493	João Russo	individual	Senior Masculino	43:49	+12:41	04:23
214	699	Jorge Coelho	individual	Veterano M50	43:50	+12:43	04:23
215	550	Ramiro Ribeiro	individual	Senior Masculino	43:51	+12:44	04:23
216	284	Rui Fernandes	escola atletismo rosa oliveira	Junior Masculino	43:52	+12:45	04:23
217	288	Rosa Oliveira	escola atletismo rosa oliveira	Veterana F50	43:52	+12:45	04:23
218	383	Diana Dias Pereira	grupo recreativo estrela do bonfim	Junior Feminino	43:53	+12:46	04:23
219	787	Jose fernando Oliveira costa	lousada runneres	Senior Masculino	44:00	+12:53	04:24
220	821	Marco Vaz	nba barrosas	Senior Masculino	44:05	+12:57	04:25
221	253	Afonso Pereira	crossfit vale do ave	Veterano M40	44:06	+12:58	04:25
222	799	Miguel Taveira	malta do shuss	Senior Masculino	44:06	+12:58	04:25
223	651	Rui Manuel azevedo araujo	individual	Veterano M40	44:06	+12:59	04:25



**CORRIDA 10K - STAGE 1**

**10 KM**

**OFFICIAL RESULT**

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REVISED**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
224	436	André Neves	individual	Senior Masculino	44:16	+13:08	04:26
225	652	rui pedro gonçalves borges	individual	Veterano M40	44:16	+13:08	04:26
226	635	Luis Patrão	individual	Veterano M40	44:18	+13:11	04:26
227	970	Oswaldo Soares	s.r.cepanense	Veterano M45	44:26	+13:19	04:27
228	277	Sara Oliveira	escola atletismo rosa oliveira	Junior Feminino	44:27	+13:19	04:27
229	63	Carlos Silva	aliança de gandra	Veterano M45	44:28	+13:21	04:27
230	963	Carlos Lopes	s.r.cepanense	Veterano M40	44:32	+13:24	04:27
231	80	José António Pereira	amigos ponto final	Veterano M45	44:33	+13:26	04:27
232	892	Dinis Dinis	os santa apolónia	Veterano M40	44:34	+13:27	04:27
233	11	Ana Correia	a.d. amarante	Veterana F40	44:37	+13:29	04:28
234	707	Adelino Silva	individual	Veterano M55	44:40	+13:32	04:28
235	705	Manuel Machado	individual	Veterano M50	44:41	+13:33	04:28
236	964	Francisco cunha	s.r.cepanense	Veterano M40	44:41	+13:34	04:28
237	931	Francisco Rodrigues	roda dos ventos	Veterano M55	44:43	+13:36	04:28
238	739	João Ferreira	kilosmoda	Senior Masculino	44:44	+13:36	04:28
239	543	Pedro Manuel Grosso Pacheco	individual	Senior Masculino	44:44	+13:36	04:28
240	532	PAULO LOPES	individual	Senior Masculino	44:51	+13:44	04:29
241	60	Fernando Pacheco	aliança de gandra	Veterano M40	44:52	+13:45	04:29
242	188	Adriano Rafael Costa Ferreira	choco team	Senior Masculino	44:54	+13:47	04:29
243	565	Rui Lima	alive runners	Senior Masculino	44:57	+13:50	04:30
244	505	JULIO TORRES	individual	Senior Masculino	44:58	+13:50	04:30
245	155	JOSÉ RAFAEL NUNES GONÇALVES	casfil	Senior Masculino	45:00	+13:52	04:30
246	76	Manuel Pinheiro	amigos da corrida	Veterano M55	45:04	+13:56	04:30
247	729	Orlando Oliveira	individual	Veterano M55	45:05	+13:58	04:31
248	486	Isolino Alves	individual	Senior Masculino	45:09	+14:01	04:31
249	377	Miguel Santos	grupo desportivo e cultural de guilhovai	Veterano M40	45:12	+14:04	04:31
250	313	HELDER OLIVEIRA	fisiojoane	Senior Masculino	45:14	+14:06	04:31
251	929	António Almeida	roda dos ventos	Veterano M55	45:15	+14:07	04:32
252	1083	Miguel Torres	individual	Senior Masculino	45:16	+14:09	04:32
253	539	Paulo Renato Monteiro Maia	individual	Senior Masculino	45:16	+14:09	04:32
254	371	Amaro Vieira da Silva	grupo cultural recreativo de alvarelos	Veterano M45	45:17	+14:10	04:32
255	300	Nelson Silva	fazatletismo	Senior Masculino	45:24	+14:16	04:32
256	917	LUIS TOMÁS	rm	Senior Masculino	45:27	+14:19	04:33
257	347	Ricardo Oliveira	g. d. selho	Veterano M40	45:29	+14:21	04:33
258	192	Jorge Faria	clariause	Senior Masculino	45:33	+14:26	04:33
259	553	Ricardo Jorge Oliveria	individual	Senior Masculino	45:38	+14:31	04:34
260	497	Jorge Lopes	individual	Senior Masculino	45:38	+14:31	04:34
261	948	Claudia Carvalho	s.r.cepanense	Senior Feminino	45:39	+14:32	04:34
262	6	Margarida Monteiro	a nós e todos como nós	Veterana F45	45:40	+14:33	04:34
263	1037	José Silva	sunset runners	Veterano M50	45:42	+14:34	04:34
264	323	JOSE PAULO ALVES MAGALHAES	fluidos	Veterano M40	45:42	+14:34	04:34
265	193	TIAGO FLIPE LEAL MAGALHÃES	club c.c.d. coelima	Junior Masculino	45:43	+14:35	04:34
266	46	Francisco Gomes	adeca/beat	Veterano M50	45:44	+14:37	04:34
267	55	Hélder Borges	afipre team	Veterano M40	45:49	+14:42	04:35
268	974	Luis Gomes	s.r.cepanense	Veterano M50	46:03	+14:55	04:36

**CORRIDA 10K - STAGE 1****10 KM****R**  
REVISED**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
269	178	JOAO MANUEL SANTOS EVANGELISTA PEREIRA	casfil	Veterano M40	46:05	+14:57	04:37
270	378	António Santos	grupo desportivo e cultural de guilhovai	Veterano M45	46:09	+15:01	04:37
271	860	Luis Monteiro	opticalia	Senior Masculino	46:13	+15:05	04:37
272	1047	Cristiano Sousa	trail team kick off	Senior Masculino	46:15	+15:08	04:38
273	752	Tiago Filipe Gouveia	la belle femme	Senior Masculino	46:15	+15:08	04:38
274	624	Joao Santos	individual	Veterano M40	46:17	+15:09	04:38
275	957	Vitor Castro	s.r.cepanense	Senior Masculino	46:17	+15:10	04:38
276	499	José Barroso	individual	Senior Masculino	46:19	+15:11	04:38
277	515	Manuel Andre Pereira Ribeiro	individual	Senior Masculino	46:20	+15:13	04:38
278	78	Alexandre Ferreira	amigos ponto final	Veterano M45	46:21	+15:14	04:38
279	784	Nuno Vasconcelos	liketomove	Veterano M45	46:21	+15:14	04:38
280	83	Celestino Silva	amigos ponto final	Veterano M50	46:22	+15:14	04:38
281	662	AUGUSTO MOREIRA DA SILVA	individual	Veterano M45	46:23	+15:15	04:38
282	453	Daniel Ferreira Lopes	individual	Senior Masculino	46:25	+15:18	04:39
283	926	Carlos Lobo	roda dos ventos	Veterano M40	46:25	+15:18	04:39
284	536	Paulo Leite	individual	Senior Masculino	46:25	+15:18	04:39
285	944	Bruno Gomes	s.r.cepanense	Junior Masculino	46:29	+15:22	04:39
286	534	Paulo César Campos Gomes	individual	Senior Masculino	46:30	+15:22	04:39
287	730	Óscare Loureiro	individual	Veterano M55	46:31	+15:24	04:39
288	458	Edmundo Martins	individual	Senior Masculino	46:32	+15:24	04:39
289	36	Silvio Ribeiro	adalberto estampados	Senior Masculino	46:32	+15:25	04:39
290	607	António Pires	individual	Veterano M40	46:33	+15:25	04:39
291	527	Nuno Miguel Ferreira Morais	individual	Senior Masculino	46:37	+15:29	04:40
292	5	Nuno Velho	2slow4run	Senior Masculino	46:46	+15:38	04:41
293	130	Bruno Rocha	c.s.r.d.c. santiago	Senior Masculino	46:46	+15:39	04:41
294	185	JOSE ROCHA	centro atletismo ermesinde	Veterano M55	46:56	+15:48	04:42
295	1103	ADRIANA SOUSA	individual	Senior Feminino	46:57	+15:49	04:42
296	296	Cláudio Teixeira	fafe runners	Veterano M40	46:58	+15:51	04:42
297	96	Hélder Martins	associação moimho de vermeim	Senior Masculino	46:58	+15:51	04:42
298	681	Miguel Oliveira Ferreira	individual	Veterano M45	47:00	+15:53	04:42
299	226	Rui Areal	clube do rio	Veterano M40	47:01	+15:53	04:42
300	864	Nuno Vicente	opticalia	Senior Masculino	47:02	+15:54	04:42
301	951	Sofia Miranda	s.r.cepanense	Senior Feminino	47:07	+15:59	04:43
302	637	MANUEL ANTONIO PEREIRA MARTINS	individual	Veterano M40	47:14	+16:07	04:43
303	246	José Couto	crossfit vale do ave	Senior Masculino	47:14	+16:07	04:43
304	861	Luis Ribeiro	opticalia	Senior Masculino	47:17	+16:09	04:44
305	82	Paulo Marques	amigos ponto final	Veterano M45	47:18	+16:10	04:44
306	706	Rodrigo Gomes	individual	Veterano M50	47:19	+16:11	04:44
307	668	JORGE SILVA	individual	Veterano M45	47:20	+16:12	04:44
308	54	Ruben Henrique Cardoso Pereira Borgez	afipre team	Senior Masculino	47:21	+16:13	04:44
309	874	Francisco Branco	opticalia	Veterano M45	47:22	+16:14	04:44
310	1086	VITOR GOMES	individual	Veterano M40	47:22	+16:14	04:44
311	927	José Salgado	roda dos ventos	Veterano M40	47:23	+16:15	04:44
312	4	Joaquim Velho	2slow4run	Senior Masculino	47:26	+16:18	04:45







CORRIDA 10K - STAGE 1

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
401	56	António Rodrigues	afipre team	Veterano M55	49:33	+18:25	04:57
402	449	Carlos Tiago Silva Campos	individual	Senior Masculino	49:34	+18:27	04:57
403	813	Rosa Ferreira	n.a. taipas	Veterana F45	49:41	+18:34	04:58
404	710	Alexandrino Oliveira	individual	Veterano M55	49:44	+18:36	04:58
405	167	RICARDO JORGE MAGALHÃES BESSA	casfil	Senior Masculino	49:46	+18:39	04:59
406	211	Ana Machado	clube do rio	Senior Feminino	49:48	+18:40	04:59
407	978	ABILIO JORGE MARTINS ALMEIDA	sampedro	Veterano M50	49:50	+18:43	04:59
408	966	Paulo Doellinger	s.r.cepanense	Veterano M40	49:53	+18:45	04:59
409	854	Fernando Azevedo	opticalia	Senior Masculino	49:54	+18:46	04:59
410	839	Pedro Manuel Pinto de Sousa	oamis	Senior Masculino	49:54	+18:47	04:59
411	579	Valter Capela	individual	Senior Masculino	49:55	+18:48	05:00
412	619	Filipe Silva	individual	Veterano M40	49:57	+18:50	05:00
413	516	mario lima	individual	Senior Masculino	49:58	+18:51	05:00
414	979	ARMANDO VIRGILIO SALGADO PEREIRA	sampedro	Veterano M50	50:00	+18:53	05:00
415	853	Eduardo Barbosa	opticalia	Senior Masculino	50:04	+18:56	05:00
416	1038	Lucilia Marlene Ferreira Silva	tecla 3 runners	Senior Feminino	50:06	+18:58	05:01
417	993	Ana Monteiro	sócorro	Veterana F40	50:07	+18:59	05:01
418	671	José António Ferreira	individual	Veterano M45	50:09	+19:02	05:01
419	474	Helder Filipe Barbosa	individual	Senior Masculino	50:10	+19:03	05:01
420	982	Carlos Claudio Sobral Oliveira	são mateus runners	Veterano M45	50:12	+19:04	05:01
421	932	Joaquim Periera	roda dos ventos	Veterano M55	50:13	+19:05	05:01
422	878	Natalino Oliveira	opticalia	Veterano M55	50:13	+19:05	05:01
423	452	Daniel Fernando Martins	individual	Senior Masculino	50:13	+19:06	05:01
424	463	Emanuel Filipe Fernandes	individual	Senior Masculino	50:14	+19:06	05:01
425	343	Filipe Moutinho	friends	Veterano M45	50:15	+19:07	05:02
426	26	André Gonçalves	acist	Senior Masculino	50:16	+19:08	05:02
427	396	Ana Campos	individual	Senior Feminino	50:16	+19:08	05:02
428	260	Paulo Pereira	dux	Senior Masculino	50:17	+19:09	05:02
429	851	Carlos Pereira	opticalia	Senior Masculino	50:19	+19:11	05:02
430	672	José Francisco Dias	individual	Veterano M45	50:19	+19:11	05:02
431	312	LOLA PEREIRA	fisiojoane	Senior Feminino	50:19	+19:12	05:02
432	318	XAVIER OLIVEIRA	fisiojoane	Veterano M45	50:19	+19:12	05:02
433	315	BERTO MACHADO	fisiojoane	Veterano M45	50:20	+19:12	05:02
434	941	Rui Oliveira	rironline	Veterano M45	50:24	+19:16	05:02
435	578	Tiago Vilaça	individual	Senior Masculino	50:29	+19:21	05:03
436	620	Francisco Freitas	individual	Veterano M40	50:29	+19:22	05:03
437	531	Patrício Ferreira	individual	Senior Masculino	50:29	+19:22	05:03
438	237	André Couto	crossfit vale do ave	Senior Masculino	50:33	+19:25	05:03
439	683	Octavio Arrotea	individual	Veterano M45	50:33	+19:26	05:03
440	865	Paulo Pereira	opticalia	Senior Masculino	50:33	+19:26	05:03
441	599	Fátima Pacheco	individual	Veterana F45	50:35	+19:27	05:04
442	480	Hélder Rafael Cunha	individual	Senior Masculino	50:36	+19:29	05:04
443	659	Adão Pereira	individual	Veterano M45	50:38	+19:30	05:04
444	533	Paulo Brandão	individual	Senior Masculino	50:38	+19:30	05:04



**CORRIDA 10K - STAGE 1****10 KM****OFFICIAL RESULT****R**  
REVISEDLAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
490	22	João Paulo Soares	academia fitness	Senior Masculino	52:05	+20:57	05:13
491	484	Isaque Magalhães	individual	Senior Masculino	52:14	+21:07	05:13
492	625	Jorge Miguel Cordeiro Duarte	individual	Veterano M40	52:15	+21:07	05:14
493	673	JOSE LUIS SILVA	individual	Veterano M45	52:15	+21:07	05:14
494	189	André Ricardo Costa Ferreira	choco team	Senior Masculino	52:15	+21:08	05:14
495	504	Joy Jefferson da Silva Monteiro	individual	Senior Masculino	52:16	+21:08	05:14
496	785	Daniela Sarmiento	lion runners - g. d. leões da guarda	Veterana F40	52:16	+21:09	05:14
497	626	José António Sousa	individual	Veterano M40	52:17	+21:10	05:14
498	324	Agostinho Sousa	fluidos	Veterano M45	52:17	+21:10	05:14
499	890	Miguel Sousa	os santa apolónia	Senior Masculino	52:18	+21:10	05:14
500	679	Manuel Joaquim Osório Couto	individual	Veterano M45	52:18	+21:10	05:14
501	42	Francisco Morais	a-deca/beat	Senior Masculino	52:18	+21:10	05:14
502	41	Angela Abreu	a-deca/beat	Senior Feminino	52:18	+21:11	05:14
503	67	Liliana Barros	alive runners	Senior Feminino	52:18	+21:11	05:14
504	906	Ricardo Pinheiro	r&r	Senior Masculino	52:21	+21:13	05:14
505	467	Filipe Manuel Dinis Fernandes	individual	Senior Masculino	52:21	+21:14	05:14
506	594	Sandra Paula Trindade Mesquita	individual	Veterana F40	52:22	+21:15	05:14
507	1049	Rui Carvalho	trail team kick off	Senior Masculino	52:23	+21:16	05:14
508	782	José Miguel Mellot	liketomove	Veterano M45	52:25	+21:17	05:15
509	250	Pedro Amorim	crossfit vale do ave	Senior Masculino	52:29	+21:21	05:15
510	869	Ricardo Maia	opticalia	Senior Masculino	52:30	+21:23	05:15
511	656	Valter Figueiredo Lopes	individual	Veterano M40	52:32	+21:24	05:15
512	509	Luis Delfim Almeida	individual	Senior Masculino	52:33	+21:25	05:15
513	703	LUIS FERREIRA	individual	Veterano M50	52:36	+21:28	05:16
514	475	Helder Filipe Costa Martins	individual	Senior Masculino	52:42	+21:34	05:16
515	196	Adriana	clube de atletismo da póvoa de varzim	Senior Feminino	52:43	+21:35	05:16
516	1095	FABIO LOPES	iesfafe	Junior Masculino	52:44	+21:36	05:16
517	653	Sérgio Manuel Silva Fernandes	individual	Veterano M40	52:45	+21:38	05:17
518	1104	JOANA MARQUES	individual	Senior Feminino	52:47	+21:39	05:17
519	558	ricardo pizarro	individual	Senior Masculino	52:55	+21:47	05:18
520	916	JOSE PEDRO BATISTA COSTA	rnm	Senior Masculino	52:57	+21:49	05:18
521	920	VITOR ALEXANDRE ALMEIDA MOREIRA	rnm	Senior Masculino	52:58	+21:51	05:18
522	642	Nuno Moura	individual	Veterano M40	52:59	+21:51	05:18
523	542	Pedro Dias	individual	Senior Masculino	53:02	+21:54	05:18
524	995	Luís Miguel Santos Paulo	sócorro	Veterano M40	53:02	+21:54	05:18
525	575	Tiago Miguel Cunha Almeida	individual	Senior Masculino	53:03	+21:56	05:18
526	265	Gil Ferreira	emigrantes team	Senior Masculino	53:04	+21:56	05:18
527	88	Augusto Pacheco	associação desportiva de lustosa	Veterano M45	53:04	+21:57	05:18
528	177	CARLOS ALBERTO DA SILVA PINHO	casfil	Veterano M40	53:06	+21:59	05:19
529	824	Fernando Andrade	no tomorrow running team	Veterano M55	53:07	+21:59	05:19
530	823	Paula Andrade	no tomorrow running team	Veterana F50	53:07	+21:59	05:19
531	8	Rui Magalhaes	a nós e todos como nós	Veterano M45	53:07	+21:59	05:19
532	700	José Alberto Moreira de Oliveira	individual	Veterano M50	53:09	+22:01	05:19
533	961	Manuela Bento	s.r.cepanense	Veterana F50	53:11	+22:03	05:19
534	1101	JOSÉ MANUEL ABREU	individual	Veterano M45	53:15	+22:08	05:20

**CORRIDA 10K - STAGE 1**

**10 KM**

**OFFICIAL RESULT**

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REVISED

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
535	1073	Diana Virgílio	urd juncalense	Senior Feminino	53:17	+22:10	05:20
536	663	CARLOS ALBERTO CARNEIRO DIAS FERREIRA	individual	Veterano M45	53:18	+22:10	05:20
537	716	Fernando Monteiro	individual	Veterano M55	53:27	+22:19	05:21
538	187	Jorge Miguel Silva Correira	choco team	Junior Masculino	53:28	+22:20	05:21
539	1041	Teresa Manuela Ferreira Moreira Silva	tecla 3 runners	Veterana F45	53:29	+22:22	05:21
540	1040	Andrea Barbosa Coelho	tecla 3 runners	Veterana F40	53:30	+22:22	05:21
541	751	Cristiano César Ferreira	la belle femme	Senior Masculino	53:30	+22:23	05:21
542	753	Vitor Sousa Rebelo	la belle femme	Senior Masculino	53:31	+22:24	05:21
543	990	PEDRO VENÂNCIO	sócorro	Senior Masculino	53:33	+22:26	05:21
544	1061	FRANCISCO NETO	tutilar class runners	Veterano M50	53:35	+22:28	05:22
545	143	VIRGINIE MACHADO BARBOSA	casfil	Senior Feminino	53:36	+22:29	05:22
546	943	Simão Arantes	rui almeida	Senior Masculino	53:40	+22:32	05:22
547	612	Cristiano Oliveira	individual	Veterano M40	53:40	+22:32	05:22
548	786	Patricia catarina costa	lousada runneres	Senior Feminino	53:44	+22:36	05:22
549	1105	Liliana Cristina Correia Jardim	individual	Senior Feminino	53:44	+22:37	05:22
550	330	Marlon Cardoso Almeida	força avense 2000	Senior Masculino	53:50	+22:42	05:23
551	650	Rui Filipe Machado	individual	Veterano M40	53:50	+22:43	05:23
552	727	Mário Silva	individual	Veterano M55	53:55	+22:48	05:24
553	639	Marco Rui Abreu	individual	Veterano M40	53:56	+22:48	05:24
554	234	Sofia Abreu	crossfit vale do ave	Senior Feminino	53:59	+22:52	05:24
555	899	Carlos Leite	pacos bandeiras	Senior Masculino	54:01	+22:54	05:24
556	833	Vera Mónica M. Sampaio	oamis	Senior Feminino	54:04	+22:57	05:24
557	832	Sandra Cristina A. Castro	oamis	Senior Feminino	54:04	+22:57	05:24
558	725	Manuel Emidio	individual	Veterano M55	54:06	+22:59	05:25
559	870	Simao Rodrigues	opticalia	Senior Masculino	54:08	+23:00	05:25
560	1005	Serafim Moreira	sócorro	Veterano M45	54:09	+23:02	05:25
561	1102	Bernardino Ferreira	individual	Veterano M45	54:10	+23:02	05:25
562	314	VITOR SILVA	fisiojoane	Senior Masculino	54:11	+23:04	05:25
563	1042	Sérgio Cláudio Ferreira Silva	tecla 3 runners	Veterano M40	54:15	+23:08	05:26
564	1043	Vitor Nuno Pereira Silva	tecla 3 runners	Veterano M40	54:16	+23:08	05:26
565	446	Cândido Campelo	individual	Senior Masculino	54:20	+23:12	05:26
566	1085	Mara Costa	individual	Senior Feminino	54:20	+23:12	05:26
567	107	Simão Gomes	bombos e solas	Veterano M40	54:20	+23:13	05:26
568	340	RICARDO MAIA	frezite	Senior Masculino	54:21	+23:13	05:26
569	109	José Carlos Gouveia	btp pinoco	Senior Masculino	54:27	+23:19	05:27
570	898	Manuel Almeida	os santa apolónia	Veterano M50	54:27	+23:20	05:27
571	316	FRANCISCO MELO	fisiojoane	Veterano M45	54:28	+23:20	05:27
572	372	Joaquim Fernando Costa Marques	grupo cultural recreativo de alvarelhos	Veterano M50	54:28	+23:21	05:27
573	800	Paulo Rainha	malta do shuss	Senior Masculino	54:29	+23:22	05:27
574	704	Manuel Carlos Pinto	individual	Veterano M50	54:30	+23:23	05:27
575	724	LINO ALVES	individual	Veterano M55	54:31	+23:24	05:27
576	245	Jorge Teixeira	crossfit vale do ave	Senior Masculino	54:35	+23:27	05:28
577	915	HUGO DUARTE COELHO NUNES	rmm	Senior Masculino	54:39	+23:31	05:28
578	336	FRANCISCO ROCHA	frezite	Senior Masculino	54:40	+23:32	05:28



### CORRIDA 10K - STAGE 1

10 KM

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REVISED

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

### OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
579	174	VÍTOR MANUEL OLIVEIRA DA SILVA	casfil	Senior Masculino	54:40	+23:33	05:28
580	306	Joao Carvalho	figueiredo' s runner' s and friends	Senior Masculino	54:40	+23:33	05:28
581	779	Paulo Barros	liketomove	Veterano M40	54:41	+23:34	05:28
582	28	Miguel Rossi	acist	Veterano M40	54:41	+23:34	05:28
583	184	JOAQUIM FERNANDO	centro atletismo ermesinde	Veterano M55	54:43	+23:36	05:28
584	667	Joaquim Neves	individual	Veterano M45	54:48	+23:41	05:29
585	778	Luis Martins	liketomove	Veterano M40	54:50	+23:43	05:29
586	9	António Ferreira Silva	a. r. rebordões	Veterano M55	54:51	+23:43	05:29
587	714	Casimiro Abreu	individual	Veterano M55	54:54	+23:46	05:29
588	1058	Carlos Duarte Fernandes	trevo do sucesso	Senior Masculino	54:57	+23:50	05:30
589	191	Pedro André Gonçalves Morais	choco team	Senior Masculino	55:01	+23:53	05:30
590	92	Paulo carvalho	associação moinho de vermoim	Junior Masculino	55:05	+23:57	05:31
591	302	Luís Mateus	fazatletismo	Veterano M40	55:11	+24:03	05:31
592	417	liliana gonçalves	individual	Senior Feminino	55:13	+24:05	05:31
593	1046	Pedro Miguel Silva	termolan	Senior Masculino	55:15	+24:08	05:32
594	369	António Barros	genex	Senior Masculino	55:16	+24:08	05:32
595	494	João Sampaio	individual	Senior Masculino	55:17	+24:10	05:32
596	478	HELDER MARTINHO PEREIRA FERREIRA	individual	Senior Masculino	55:18	+24:10	05:32
597	1045	Luís Miguel Fraga	termolan	Senior Masculino	55:18	+24:10	05:32
598	988	JORGE FLAVIO REIS GONÇALVES ROCHA	sócorro	Senior Masculino	55:20	+24:12	05:32
599	858	Joaquim Martins	opticalia	Senior Masculino	55:20	+24:13	05:32
600	259	Paulo Pinto	dinamite	Veterano M40	55:21	+24:13	05:32
601	1098	RUI SILVA	s.r.cepanense	Veterano M45	55:23	+24:15	05:32
602	959	Cristina Cunha	s.r.cepanense	Veterana F40	55:23	+24:15	05:32
603	569	Sergio andrade	individual	Senior Masculino	55:30	+24:23	05:33
604	472	Helder Andrade Martins	individual	Senior Masculino	55:31	+24:23	05:33
605	960	Isabel Freitas	s.r.cepanense	Veterana F40	55:32	+24:24	05:33
606	23	Ricardo Campos	academia fitness	Senior Masculino	55:32	+24:25	05:33
607	51	Rui Miguel Vieira	aedah	Senior Masculino	55:34	+24:26	05:33
608	717	Francisco Valdemar Neto	individual	Veterano M55	55:34	+24:27	05:33
609	50	Ricardo Néelson Geraldo	aedah	Senior Masculino	55:37	+24:29	05:34
610	880	Paulo Pinheiro	os avenses	Veterano M40	55:37	+24:30	05:34
611	326	Marcia	foguetinhos	Senior Feminino	55:38	+24:30	05:34
612	872	Jaime Amorim	opticalia	Veterano M40	55:38	+24:30	05:34
613	72	Bruno Cunha	amigos da corrida	Senior Masculino	55:41	+24:34	05:34
614	688	Rui Costa	individual	Veterano M45	55:43	+24:35	05:34
615	199	Sandra Veloso	clube de atletismo da póvoa de varzim	Senior Feminino	55:47	+24:39	05:35
616	66	Liliana Alves	alive runners	Senior Feminino	55:47	+24:39	05:35
617	820	Rui Matos	nast	Senior Masculino	55:47	+24:40	05:35
618	609	Carlos Alberto Dinis da Silva	individual	Veterano M40	55:47	+24:40	05:35
619	606	António Filipe Silva Carneiro	individual	Veterano M40	55:48	+24:40	05:35
620	771	Paulo Cunha	liketomove	Senior Masculino	55:51	+24:43	05:35
621	431	Alexandre Gaspar	individual	Senior Masculino	55:51	+24:44	05:35
622	804	Paulo Lopes	moveiras	Veterano M40	55:54	+24:47	05:35

**CORRIDA 10K - STAGE 1**

**10 KM**

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REVISED

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
623	214	Sara Machado	clube do rio	Senior Feminino	55:56	+24:49	05:36
624	338	JOSE LIMA	frezite	Senior Masculino	56:09	+25:02	05:37
625	144	ANDRE TIAGO CARVALHO DO COUTO	casfil	Senior Masculino	56:17	+25:09	05:38
626	460	Eduardo Costa	individual	Senior Masculino	56:21	+25:14	05:38
627	674	Jose Maria Monteiro Martins	individual	Veterano M45	56:24	+25:16	05:38
628	913	FLAVIO JOSE DA COSTA PEREIRA	rnm	Senior Masculino	56:24	+25:17	05:38
629	216	Gilbero Machado	clube do rio	Senior Masculino	56:26	+25:18	05:39
630	731	Sérgio Coelho	individual	Veterano M55	56:31	+25:24	05:39
631	420	Marcia Gomes	individual	Senior Feminino	56:32	+25:25	05:39
632	105	Avelino Oliveira	beneditos club	Veterano M40	56:32	+25:25	05:39
633	104	Maria Natalia Rocha Ribeiro de Oliveira	beneditos club	Veterana F40	56:33	+25:25	05:39
634	769	Claudia Pinto	liketomove	Senior Feminino	56:34	+25:26	05:39
635	721	jose maria martins	individual	Veterano M55	56:34	+25:27	05:39
636	621	Gustavo Cunha Santos	individual	Veterano M40	56:35	+25:27	05:40
637	842	José Ricardo M. Oliveira	oamis	Veterano M55	56:37	+25:29	05:40
638	530	Orlando Tiago Vilaça Gonçalves	individual	Senior Masculino	56:43	+25:36	05:40
639	203	Conceição Rabaldo	clube de atletismo da póvoa de varzim	Veterana F40	56:44	+25:36	05:40
640	15	ANTONIO COUTINHO	a.r.de negrelos	Veterano M55	56:47	+25:39	05:41
641	548	Pedro Silveira	individual	Senior Masculino	56:48	+25:40	05:41
642	627	José Carlos da Costa Lima	individual	Veterano M40	56:53	+25:46	05:41
643	233	Patrícia Almeida	crossfit vale do ave	Senior Feminino	56:53	+25:46	05:41
644	1084	Américo Sobral	crossfit vale do ave	Senior Masculino	56:54	+25:46	05:41
645	74	José Pereira	amigos da corrida	Veterano M55	56:55	+25:48	05:42
646	317	SERGIO LOPES	fisiojoane	Veterano M45	56:55	+25:48	05:42
647	831	Paula Susana G. Borges	oamis	Senior Feminino	56:58	+25:51	05:42
648	610	Célio Narciso Sampaio	individual	Veterano M40	56:59	+25:51	05:42
649	424	Olga Bela Sousa	individual	Senior Feminino	56:59	+25:51	05:42
650	537	Paulo Marcio Monteiro Almeida	individual	Senior Masculino	57:00	+25:53	05:42
651	525	Nuno Ferreira	individual	Senior Masculino	57:01	+25:54	05:42
652	601	Lurdes Cunha	individual	Veterana F50	57:02	+25:54	05:42
653	1150	Atleta 1150	individual	Senior Masculino	57:02	+25:55	05:42
654	507	Luciano Rocha	individual	Senior Masculino	57:04	+25:56	05:42
655	987	Teresa Guimarães	sócorro	Senior Feminino	57:07	+25:59	05:43
656	355	Nuno Carvalho	gd vale do ave	Senior Masculino	57:07	+26:00	05:43
657	353	Filipe freitas	gd vale do ave	Senior Masculino	57:07	+26:00	05:43
658	354	Nuno Cardoso	gd vale do ave	Senior Masculino	57:08	+26:01	05:43
659	879	Adelaide Brandão	os avenses	Veterana F40	57:09	+26:02	05:43
660	845	Monica Martins	opticalia	Senior Feminino	57:10	+26:02	05:43
661	857	Hugo Vaz	opticalia	Senior Masculino	57:10	+26:02	05:43
662	137	Ozorio Pardal	c.s.r.d.c. santiago	Veterano M55	57:12	+26:04	05:43
663	429	Patrícia Ribeiro	individual	Senior Feminino	57:12	+26:04	05:43
664	942	Rui Almeida	rui almeida	Senior Masculino	57:14	+26:06	05:43
665	996	Miguel Pinheiro	sócorro	Veterano M40	57:14	+26:07	05:43
666	304	Patrícia Dias	figueiredo' s runner' s and friends	Senior Feminino	57:15	+26:07	05:44



**CORRIDA 10K - STAGE 1**

**10 KM**

**R**  
REVISED

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
710	977	DOMINGOS ABREU	sampedro	Veterano M40	59:31	+28:24	05:57
711	427	Patricia Fernandes	individual	Senior Feminino	59:39	+28:32	05:58
712	441	Bruno Miguel Coelho Peixoto	individual	Senior Masculino	59:42	+28:34	05:58
713	887	Pedro Silva	os noturnos	Veterano M40	59:46	+28:38	05:59
714	65	Cristina Lagoa	alive runners	Senior Feminino	59:48	+28:41	05:59
715	602	Conceição Correia	individual	Veterana F55	59:49	+28:41	05:59
716	632	Julio Dinis Ferreira	individual	Veterano M40	59:57	+28:49	06:00
717	846	Sonia Ribeiro	opticalia	Senior Feminino	59:58	+28:51	06:00
718	763	Paulo Santos	lateiros	Senior Masculino	01:00:00	+28:53	06:00
719	455	Dinis Benjamim Ferreira Moreira	individual	Senior Masculino	01:00:14	+29:07	06:01
720	925	Paula Rodrigues	roda dos ventos	Veterana F50	01:00:15	+29:07	06:02
721	35	Helder Silva	adalberto estampados	Veterano M45	01:00:17	+29:09	06:02
722	687	Ricardo Lima Teixeira	individual	Veterano M45	01:00:17	+29:09	06:02
723	711	Armindo Machado	individual	Veterano M55	01:00:24	+29:16	06:02
724	756	Maria Manuela Nogueira	la belle femme	Veterana F40	01:00:26	+29:18	06:03
725	255	Miguel Fernandes	crossfit vale do ave	Veterano M40	01:00:29	+29:22	06:03
726	580	Carina Freitas	individual	Veterana F40	01:00:36	+29:29	06:04
727	442	bruno miguel costa marques	individual	Senior Masculino	01:00:39	+29:31	06:04
728	1093	SILVIA SOUSA	iesfate	Senior Feminino	01:00:48	+29:40	06:05
729	1090	MARCO ROCHA	iesfate	Senior Masculino	01:00:48	+29:41	06:05
730	919	TIAGO FILIPE TEIXEIRA MENDES	rnm	Senior Masculino	01:00:50	+29:43	06:05
731	169	RUI MARCELO DE ABREU COELHO	casfil	Senior Masculino	01:00:51	+29:44	06:05
732	413	Joana alves	individual	Senior Feminino	01:00:52	+29:44	06:05
733	592	Paula Silva	individual	Veterana F40	01:00:52	+29:45	06:05
734	498	Jose Araujo	individual	Senior Masculino	01:00:53	+29:46	06:05
735	755	Maria José Nogueira	la belle femme	Veterana F40	01:00:56	+29:48	06:06
736	154	JORGE MANUEL ARAUJO RIBEIRO	casfil	Senior Masculino	01:00:56	+29:48	06:06
737	145	ANGELO MIGUEL FERREIRA DA SILVA	casfil	Senior Masculino	01:00:56	+29:49	06:06
738	581	Carla Cristina Neves	individual	Veterana F40	01:01:08	+30:01	06:07
739	1002	Manuel Girao	sócorro	Veterano M45	01:01:21	+30:13	06:08
740	1001	Juan Carlos	sócorro	Veterano M45	01:01:21	+30:13	06:08
741	598	Eulália costa	individual	Veterana F45	01:01:27	+30:19	06:09
742	728	Natalino Pereira	individual	Veterano M55	01:01:28	+30:20	06:09
743	224	Madalena Alves	clube do rio	Veterana F45	01:01:32	+30:24	06:09
744	796	Vera Gonçalves	malta do shuss	Senior Feminino	01:01:32	+30:25	06:09
745	1100	Joaquim Gomes	individual	Veterano M40	01:01:32	+30:25	06:09
746	157	LUÍS CARLOS FONSECA TEIXEIRA	casfil	Senior Masculino	01:01:34	+30:27	06:09
747	686	Rafael Olegario Gomes	individual	Veterano M45	01:01:41	+30:33	06:10
748	439	Basilio Magno de Sousa Andrade	individual	Senior Masculino	01:01:42	+30:35	06:10
749	757	Natalina Macedo	la belle femme	Veterana F40	01:01:43	+30:35	06:10
750	1096	CRISTIANA RIBEIRO	iesfate	Senior Feminino	01:01:45	+30:37	06:11
751	213	Luciana Carvalho	clube do rio	Senior Feminino	01:01:52	+30:45	06:11
752	327	Joana Silva	força avense 2000	Senior Feminino	01:01:53	+30:45	06:11

**CORRIDA 10K - STAGE 1**

**10 KM**

**R**  
REVISED

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
753	933	Bruno Costa	roriz aventura associação	Senior Masculino	01:01:53	+30:45	06:11
754	1054	Inês Pelaio	trevo do sucesso	Senior Feminino	01:01:55	+30:47	06:12
755	346	Helena Silva	g. d. selho	Senior Feminino	01:02:16	+31:08	06:14
756	862	Nuno Azevedo	opticalia	Senior Masculino	01:02:19	+31:12	06:14
757	20	Álvaro Ramos	academia fitness	Senior Masculino	01:02:20	+31:13	06:14
758	588	Micaela Fontão	individual	Veterana F40	01:02:20	+31:13	06:14
759	585	Isabel Sampaio	individual	Veterana F40	01:02:30	+31:23	06:15
760	328	Claúdio Carneiro	força avense 2000	Senior Masculino	01:02:40	+31:32	06:16
761	567	Rui Pedro Costa	individual	Senior Masculino	01:02:40	+31:32	06:16
762	748	Laura Carolina Abreu	la belle femme	Senior Feminino	01:02:40	+31:33	06:16
763	615	Domingos Gouveia	individual	Veterano M40	01:02:48	+31:40	06:17
764	239	Fernando Barradas	crossfit vale do ave	Senior Masculino	01:02:49	+31:41	06:17
765	235	Susana Soares	crossfit vale do ave	Senior Feminino	01:02:49	+31:41	06:17
766	419	Márcia Ferreira	individual	Senior Feminino	01:02:51	+31:43	06:17
767	562	Rui Alexandre Fernandes Ferreira Sobral	individual	Senior Masculino	01:02:56	+31:49	06:18
768	986	TÂNIA VASCONCELOS	sócorro	Senior Feminino	01:03:10	+32:03	06:19
769	422	Neusa Silva	individual	Senior Feminino	01:03:14	+32:06	06:19
770	344	João Cunha	friends	Veterano M50	01:03:14	+32:07	06:19
771	264	Daniel Ferreira	emigrantes team	Senior Masculino	01:03:16	+32:09	06:20
772	1082	Miguel Cunha	g. d. selho	Senior Masculino	01:03:21	+32:13	06:20
773	97	Ricardo Oliveira	associação moinho de vermoim	Senior Masculino	01:03:34	+32:27	06:21
774	910	ANABELA MIRANDA DA SILVA	rmm	Senior Feminino	01:03:36	+32:28	06:22
775	148	CARLOS RAFAEL SILVA MARTINS	casfil	Senior Masculino	01:03:36	+32:28	06:22
776	201	Adelaide Morim	clube de atletismo da póvoa de varzim	Veterana F40	01:03:39	+32:32	06:22
777	421	Marcia Pereira	individual	Senior Feminino	01:03:40	+32:33	06:22
778	414	Joana Cunha	individual	Senior Feminino	01:03:40	+32:33	06:22
779	866	Pedro Oliveira	opticalia	Senior Masculino	01:03:46	+32:38	06:23
780	231	Andreia Machado	crossfit vale do ave	Senior Feminino	01:04:12	+33:04	06:25
781	758	Celina Santos	lateiros	Senior Feminino	01:04:18	+33:11	06:26
782	337	HELDER MARTINS	frezite	Senior Masculino	01:04:26	+33:19	06:27
783	334	ALBERTO SILVA	frezite	Senior Masculino	01:04:26	+33:19	06:27
784	335	ANDRE VASCONCELOS	frezite	Senior Masculino	01:04:27	+33:19	06:27
785	339	RICARDO AMORIM	frezite	Senior Masculino	01:04:27	+33:19	06:27
786	591	Paula Gonçalves	individual	Veterana F40	01:04:36	+33:28	06:28
787	183	ALBERTO FERREIRA DA SILVA ARAUJO	casfil	Veterano M50	01:04:38	+33:31	06:28
788	160	MARIO RUI SILVA MARTINS	casfil	Senior Masculino	01:04:42	+33:35	06:28
789	1036	Fernanda Sousa	sunset runners	Veterana F45	01:04:52	+33:45	06:29
790	701	José Ferreira	individual	Veterano M50	01:04:53	+33:46	06:29
791	529	Olivier Ferreira	individual	Senior Masculino	01:04:54	+33:46	06:29
792	590	Natália alves	individual	Veterana F40	01:05:01	+33:54	06:30
793	415	Joselina Maria Machado Sousa	individual	Senior Feminino	01:05:09	+34:02	06:31
794	241	Fernando Soares	crossfit vale do ave	Senior Masculino	01:05:15	+34:07	06:32
795	297	Rita Leal	familia patanisca	Senior Feminino	01:05:28	+34:20	06:33
796	298	Carlos Leal	familia patanisca	Senior Masculino	01:05:28	+34:21	06:33



**CORRIDA 10K - STAGE 1**

**10 KM**

**OFFICIAL RESULT**

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REVISED

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
797	197	Fátima seco	clube de atletismo da póvoa de varzim	Senior Feminino	01:05:30	+34:22	06:33
798	856	Hugo Morais	opticalia	Senior Masculino	01:05:32	+34:25	06:33
799	930	Delfim Silva	roda dos ventos	Veterano M55	01:05:39	+34:32	06:34
800	750	Rute Salomé Ferreira	la belle femme	Senior Feminino	01:05:49	+34:41	06:35
801	924	Joaquina Gonçalves	roda dos ventos	Veterana F45	01:05:51	+34:43	06:35
802	445	Bruno Rocha	individual	Senior Masculino	01:06:03	+34:56	06:36
803	997	Nuno Oliveira	sócorro	Veterano M40	01:06:20	+35:12	06:38
804	1092	MADALENA SOUSA	iesfafe	Junior Feminino	01:06:33	+35:25	06:39
805	243	Filipe Branco	crossfit vale do ave	Senior Masculino	01:06:33	+35:25	06:39
806	513	Luis Miguel Sousa Barbosa	individual	Senior Masculino	01:06:34	+35:26	06:39
807	450	Claudio Manuel Martins Ferreira	individual	Senior Masculino	01:06:50	+35:42	06:41
808	502	José Gustavo Miranda Azevedo	individual	Senior Masculino	01:06:50	+35:43	06:41
809	712	Artur Gonçalves de Oliveira	individual	Veterano M55	01:06:51	+35:43	06:41
810	958	Catarina Freitas	s.r.cepanense	Veterana F40	01:06:55	+35:47	06:42
811	574	Tiago Martins	individual	Senior Masculino	01:07:08	+36:00	06:43
812	70	Ana Luisa Carvalho	alive runners	Veterana F40	01:07:28	+36:21	06:45
813	71	Sandra Silva	alive runners	Veterana F40	01:07:29	+36:21	06:45
814	795	Madalena Vaz	malta do shuss	Senior Feminino	01:07:29	+36:22	06:45
815	905	Rute Santos	r&r	Senior Feminino	01:07:30	+36:22	06:45
816	844	Marisa Azevedo	opticalia	Senior Feminino	01:07:36	+36:29	06:46
817	998	RUI SILVA	sócorro	Veterano M40	01:07:46	+36:38	06:47
818	600	Martina Pereira Machado	individual	Veterana F45	01:07:56	+36:49	06:48
819	1007	JOÃO JOAQUIM MARQUES DA COSTA	sócorro	Veterano M55	01:08:33	+37:26	06:51
820	770	Henrique Chalo	liketomove	Senior Masculino	01:08:41	+37:34	06:52
821	468	Filipe Ulisses Neto Ferreira	individual	Senior Masculino	01:08:52	+37:45	06:53
822	406	claudia couto	individual	Senior Feminino	01:09:23	+38:16	06:56
823	103	JOÃO CARLOS CARNEIRO	bencatoma	Veterano M45	01:09:27	+38:19	06:57
824	411	Filipa maria leal coelho	individual	Senior Feminino	01:09:29	+38:21	06:57
825	546	Pedro miguel pinto miranda	individual	Senior Masculino	01:09:29	+38:22	06:57
826	222	Vitor Coelho	clube do rio	Senior Masculino	01:09:48	+38:41	06:59
827	100	Rui Miguel Leal Pinheiro	até ao km zero	Senior Masculino	01:09:48	+38:41	06:59
828	496	Joel Silva	individual	Senior Masculino	01:09:54	+38:46	06:59
829	370	Eugenia Afonso	genex	Veterana F40	01:10:58	+39:50	07:06
830	1056	Silvia Isabel Cruz	trevo do sucesso	Senior Feminino	01:11:09	+40:02	07:07
831	783	Miguel Guimaraes	liketomove	Veterano M45	01:11:10	+40:03	07:07
832	1052	Daniela Alexandra Ribeiro	trevo do sucesso	Senior Feminino	01:11:11	+40:04	07:07
833	1094	PEDRO MARTINS	iesfafe	Senior Masculino	01:11:13	+40:06	07:07
834	141	ANGELA MARIA RIBEIRO GRECH PINTO	casfil	Senior Feminino	01:11:23	+40:15	07:08
835	94	Ana carvalho	associação moinho de vermeim	Senior Feminino	01:11:58	+40:51	07:12
836	596	Susana cunha	individual	Veterana F40	01:12:06	+40:59	07:13
837	984	ANA RAQUEL MOREIRA	sócorro	Senior Feminino	01:13:13	+42:05	07:19
838	223	Susana Silva	clube do rio	Veterana F40	01:13:13	+42:05	07:19
839	93	Adriana Figueiredo	associação moinho de vermeim	Senior Feminino	01:13:18	+42:11	07:20
840	765	Abel Nogueira	lateiros	Veterano M40	01:14:38	+43:31	07:28
841	843	Catarina Fonseca	opticalia	Senior Feminino	01:23:56	+52:48	08:24



**Corrida 10K**

**10 KM**



**OFFICIAL RESULT**

	Time	Temperature	Humidity
Start	10:00	17.2°C	91%
End	11:32	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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**Junior Feminino**

1	1063	Sofia Teixeira	União Desportiva de Várzea	Junior Feminino	39:21		03:56
2	1062	Helena Rafaela Ribeiro Alves	União Desportiva de Várzea	Junior Feminino	41:23	+02:03	04:08
3	138	Catarina Vieira	CASA BENFICA DE PAREDES	Junior Feminino	42:39	+03:19	04:16
4	383	Diana Dias Pereira	GRUPO RECREATIVO ESTRELA DO BONFIM	Junior Feminino	43:53	+04:33	04:23
5	277	Sara Oliveira	ESCOLA ATLETISMO ROSA OLIVEIRA	Junior Feminino	44:27	+05:06	04:27
6	116	Eduarda Saavedra	C. D. S. Salvador do Campo	Junior Feminino	48:07	+08:47	04:49
7	1092	MADALENA SOUSA	IESFAFE	Junior Feminino	01:06:33	+27:12	06:39

**Junior Masculino**

1	391	Jorge Moreira	Individual	Junior Masculino	33:55		03:24
2	1013	Pedro Ferreira	SPORT LISBOA E BENFICA	Junior Masculino	34:22	+00:27	03:26
3	282	Nuno Fernandes	ESCOLA ATLETISMO ROSA OLIVEIRA	Junior Masculino	34:33	+00:37	03:27
4	1065	Joaquim Tiago Magalhães Antunes	União Desportiva de Várzea	Junior Masculino	34:43	+00:47	03:28
5	394	Sergio Marcelo Pereira Ferreira	Individual	Junior Masculino	35:25	+01:29	03:33
6	810	Bruno Silva	N.A. Taipas	Junior Masculino	35:45	+01:50	03:35
7	139	Miguel Monteiro	CASA BENFICA DE PAREDES	Junior Masculino	36:21	+02:25	03:38
8	283	Rafael Silva	ESCOLA ATLETISMO ROSA OLIVEIRA	Junior Masculino	36:27	+02:32	03:39
9	389	Bruno Pereira	Individual	Junior Masculino	36:32	+02:36	03:39
10	280	Bruno Sampaio	ESCOLA ATLETISMO ROSA OLIVEIRA	Junior Masculino	37:06	+03:10	03:43
11	281	João Silva	ESCOLA ATLETISMO ROSA OLIVEIRA	Junior Masculino	37:33	+03:38	03:45
12	393	Pedro Manuel Silva	Individual	Junior Masculino	39:07	+05:11	03:55
13	811	Luis Castro	N.A. Taipas	Junior Masculino	39:11	+05:15	03:55
14	1064	Gabriel Ribeiro	União Desportiva de Várzea	Junior Masculino	39:22	+05:26	03:56
15	809	Alexandre Pacheco	N.A. Taipas	Junior Masculino	39:47	+05:52	03:59
16	279	Bruno Abreu	ESCOLA ATLETISMO ROSA OLIVEIRA	Junior Masculino	39:56	+06:00	04:00
17	278	António Sousa	ESCOLA ATLETISMO ROSA OLIVEIRA	Junior Masculino	41:36	+07:40	04:10
18	945	Diogo Ribeiro	S.R.Cepanense	Junior Masculino	41:45	+07:50	04:11
19	16	Joel Pinto	ACADEMIA FERNANDA RIBEIRO	Junior Masculino	43:19	+09:23	04:20
20	284	Rui Fernandes	ESCOLA ATLETISMO ROSA OLIVEIRA	Junior Masculino	43:52	+09:57	04:23
21	193	TIAGO FLIPE LEAL MAGALHÃES	CLUB C.C.D. COELIMA	Junior Masculino	45:43	+11:47	04:34
22	944	Bruno Gomes	S.R.Cepanense	Junior Masculino	46:29	+12:34	04:39
23	1095	FABIO LOPES	IESFAFE	Junior Masculino	52:44	+18:48	05:16

**Corrida 10K**

**10 KM**



**OFFICIAL RESULT**

24	187	Jorge Miguel Silva Correira	CHOCO TEAM	Junior Masculino	53:28	+19:32	05:21
25	92	Paulo carvalho	Associação moinho de vermeim	Junior Masculino	55:05	+21:09	05:31

**Senior Feminino**

1	1030	Daniela Cunha	Sporting Clube de Portugal	Senior Feminino	34:51		03:29
2	1015	Monica Silva	SPORT LISBOA E BENFICA	Senior Feminino	35:21	+00:30	03:32
3	77	Doroteia Peixoto	Amigos da Montanha	Senior Feminino	35:48	+00:56	03:35
4	30	Marta Martins	ACRSD	Senior Feminino	36:51	+02:00	03:41
5	1067	Sónia Ferreira	União Desportiva de Várzea	Senior Feminino	36:51	+02:00	03:41
6	49	Joana Nunes	ADERCUS	Senior Feminino	37:07	+02:15	03:43
7	48	Elisabete Azevedo	ADERCUS	Senior Feminino	37:57	+03:06	03:48
8	1029	Catarina Gonçalves	Sporting Clube de Portugal	Senior Feminino	38:16	+03:25	03:50
9	1031	Diana Almeida	Sporting Clube de Portugal	Senior Feminino	38:28	+03:36	03:51
10	398	Ana Margarida Lopes	Individual	Senior Feminino	38:40	+03:48	03:52
11	788	Cátia Costa	Maia AC	Senior Feminino	40:06	+05:14	04:01
12	86	Carla Nunes	ASSOCIAÇÃO DESPORTIVA DE LUSTOSA	Senior Feminino	40:43	+05:51	04:04
13	428	Patricia Pereira	Individual	Senior Feminino	42:53	+08:01	04:17
14	1066	Rosa Soares	União Desportiva de Várzea	Senior Feminino	43:31	+08:40	04:21
15	948	Claudia Carvalho	S.R.Cepanense	Senior Feminino	45:39	+10:48	04:34
16	1103	ADRIANA SOUSA	Individual	Senior Feminino	46:57	+12:05	04:42
17	951	Sofia Miranda	S.R.Cepanense	Senior Feminino	47:07	+12:15	04:43
18	285	Sílvia Oliveira	ESCOLA ATLETISMO ROSA OLIVEIRA	Senior Feminino	47:45	+12:53	04:47
19	409	Emiliana Rodrigues	Individual	Senior Feminino	47:58	+13:06	04:48
20	888	Carla Oliveira	Os Santa Apolónia	Senior Feminino	48:53	+14:01	04:53
21	303	Celina Maria Ferreira da Silva	Figueiredo' s Runner' s and Friends	Senior Feminino	49:12	+14:20	04:55
22	1074	Noélia Silva	URD Juncalense	Senior Feminino	49:27	+14:36	04:57
23	211	Ana Machado	Clube do Rio	Senior Feminino	49:48	+14:56	04:59
24	1038	Lucilia Marlene Ferreira Silva	TECLA 3 RUNNERS	Senior Feminino	50:06	+15:14	05:01
25	396	Ana Campos	Individual	Senior Feminino	50:16	+15:24	05:02
26	312	LOLA PEREIRA	FISIOJOANE	Senior Feminino	50:19	+15:28	05:02
27	825	Cristiana Ferreira	Nucleo de Karate e Atletismo de Roriz	Senior Feminino	51:18	+16:26	05:08
28	325	Cristina	Foguetinhos	Senior Feminino	51:25	+16:33	05:09
29	426	Patrícia Andreia Oliveira da Silva	Individual	Senior Feminino	51:39	+16:48	05:10
30	41	Angela Abreu	ADECA/BEAT	Senior Feminino	52:18	+17:27	05:14
31	67	Liliana Barros	ALIVE RUNNERS	Senior Feminino	52:18	+17:27	05:14
32	196	Adriana	Clube de Atletismo da Póvoa de Varzim	Senior Feminino	52:43	+17:51	05:16
33	1104	JOANA MARQUES	Individual	Senior Feminino	52:47	+17:55	05:17
34	1073	Diana Virgílio	URD Juncalense	Senior Feminino	53:17	+18:26	05:20
35	143	VIRGINIE MACHADO BARBOSA	CASFIL	Senior Feminino	53:36	+18:45	05:22
36	786	Patricia catarina costa	Lousada runners	Senior Feminino	53:44	+18:52	05:22
37	1105	Liliana Cristina Correia Jardim	Individual	Senior Feminino	53:44	+18:53	05:22
38	234	Sofia Abreu	CrossFit Vale do Ave	Senior Feminino	53:59	+19:08	05:24

Official Timekeeper: Lap2Go	2 / 21	generate 19-Oct-2016 14:39
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**Corrida 10K**

**10 KM**



**OFFICIAL RESULT**

39	833	Vera Mónica M. Sampaio	OAMIS	Senior Feminino	54:04	+19:13	05:24
40	832	Sandra Cristina A. Castro	OAMIS	Senior Feminino	54:04	+19:13	05:24
41	1085	Mara Costa	Individual	Senior Feminino	54:20	+19:28	05:26
42	417	liliana gonçalves	Individual	Senior Feminino	55:13	+20:21	05:31
43	326	Marcia	Foguetinhos	Senior Feminino	55:38	+20:46	05:34
44	199	Sandra Veloso	Clube de Atletismo da Póvoa de Varzim	Senior Feminino	55:47	+20:55	05:35
45	66	Liliana Alves	ALIVE RUNNERS	Senior Feminino	55:47	+20:55	05:35
46	214	Sara Machado	Clube do Rio	Senior Feminino	55:56	+21:05	05:36
47	420	Marcia Gomes	Individual	Senior Feminino	56:32	+21:41	05:39
48	769	Claudia Pinto	LIKETOMOVE	Senior Feminino	56:34	+21:42	05:39
49	233	Patrícia Almeida	CrossFit Vale do Ave	Senior Feminino	56:53	+22:02	05:41
50	831	Paula Susana G. Borges	OAMIS	Senior Feminino	56:58	+22:07	05:42
51	424	Olga Bela Sousa	Individual	Senior Feminino	56:59	+22:07	05:42
52	987	Teresa Guimarães	Sócorro	Senior Feminino	57:07	+22:15	05:43
53	845	Monica Martins	OPTICALIA	Senior Feminino	57:10	+22:18	05:43
54	429	Patrícia Ribeiro	Individual	Senior Feminino	57:12	+22:20	05:43
55	304	Patrícia Dias	Figueiredo' s Runner' s and Friends	Senior Feminino	57:15	+22:23	05:44
56	425	Olga Cristiana Ferreira Mota	Individual	Senior Feminino	57:19	+22:28	05:44
57	1079	Alda Manuela Afonso	TORRE	Senior Feminino	57:32	+22:40	05:45
58	230	Ana Teixeira	CrossFit Vale do Ave	Senior Feminino	57:45	+22:53	05:47
59	950	Sandrine Freitas	S.R.Cepanense	Senior Feminino	57:55	+23:03	05:48
60	947	Aurelie Freitas	S.R.Cepanense	Senior Feminino	57:55	+23:03	05:48
61	946	Ana Freitas	S.R.Cepanense	Senior Feminino	57:55	+23:04	05:48
62	395	Ana Abreu	Individual	Senior Feminino	58:08	+23:16	05:49
63	829	Ana Sofia Alves Moura	OAMIS	Senior Feminino	58:23	+23:31	05:50
64	311	JULIANA SILVA	FISIOJOANE	Senior Feminino	58:24	+23:32	05:50
65	19	Silvana Couto	ACADEMIA FITNESS	Senior Feminino	58:49	+23:57	05:53
66	127	Marlene Dias	C.S.R.D.C. SANTIAGO	Senior Feminino	58:49	+23:58	05:53
67	1055	Joana Lemos	TREVO DO SUCESSO	Senior Feminino	59:21	+24:30	05:56
68	427	Patricia Fernandes	Individual	Senior Feminino	59:39	+24:48	05:58
69	65	Cristina Lagoa	ALIVE RUNNERS	Senior Feminino	59:48	+24:57	05:59
70	846	Sonia Ribeiro	OPTICALIA	Senior Feminino	59:58	+25:07	06:00
71	1093	SILVIA SOUSA	IESFAFE	Senior Feminino	01:00:48	+25:56	06:05
72	413	Joana alves	Individual	Senior Feminino	01:00:52	+26:00	06:05
73	796	Vera Gonçalves	Malta do Shuss	Senior Feminino	01:01:32	+26:41	06:09
74	1096	CRISTIANA RIBEIRO	IESFAFE	Senior Feminino	01:01:45	+26:53	06:11
75	213	Luciana Carvalho	Clube do Rio	Senior Feminino	01:01:52	+27:01	06:11
76	327	Joana Silva	FORÇA AVENSE 2000	Senior Feminino	01:01:53	+27:01	06:11
77	1054	Inês Pelaio	TREVO DO SUCESSO	Senior Feminino	01:01:55	+27:03	06:12
78	346	Helena Silva	G. D. SELHO	Senior Feminino	01:02:16	+27:24	06:14
79	748	Laura Carolina Abreu	La Belle Femme	Senior Feminino	01:02:40	+27:49	06:16
80	235	Susana Soares	CrossFit Vale do Ave	Senior Feminino	01:02:49	+27:57	06:17
81	419	Márcia Ferreira	Individual	Senior Feminino	01:02:51	+27:59	06:17
82	986	TÂNIA VASCONCELOS	Sócorro	Senior Feminino	01:03:10	+28:19	06:19
83	422	Neusa Silva	Individual	Senior Feminino	01:03:14	+28:22	06:19



**Corrida 10K**

**10 KM**



**OFFICIAL RESULT**

84	910	ANABELA MIRANDA DA SILVA	RNM	Senior Feminino	01:03:36	+28:44	06:22
85	421	Marcia Pereira	Individual	Senior Feminino	01:03:40	+28:49	06:22
86	414	Joana Cunha	Individual	Senior Feminino	01:03:40	+28:49	06:22
87	231	Andreia Machado	CrossFit Vale do Ave	Senior Feminino	01:04:12	+29:20	06:25
88	758	Celina Santos	Lateiros	Senior Feminino	01:04:18	+29:27	06:26
89	415	Joselina Maria Machado Sousa	Individual	Senior Feminino	01:05:09	+30:18	06:31
90	297	Rita Leal	Familia Patanisca	Senior Feminino	01:05:28	+30:36	06:33
91	197	Fátima seco	Clube de Atletismo da Póvoa de Varzim	Senior Feminino	01:05:30	+30:38	06:33
92	750	Rute Salomé Ferreira	La Belle Femme	Senior Feminino	01:05:49	+30:57	06:35
93	795	Madalena Vaz	Malta do Shuss	Senior Feminino	01:07:29	+32:38	06:45
94	905	Rute Santos	R&R	Senior Feminino	01:07:30	+32:38	06:45
95	844	Marisa Azevedo	OPTICALIA	Senior Feminino	01:07:36	+32:45	06:46
96	406	claudia couto	Individual	Senior Feminino	01:09:23	+34:32	06:56
97	411	Filipa maria leal coelho	Individual	Senior Feminino	01:09:29	+34:37	06:57
98	1056	Silvia Isabel Cruz	TREVO DO SUCESSO	Senior Feminino	01:11:09	+36:18	07:07
99	1052	Daniela Alexandra Ribeiro	TREVO DO SUCESSO	Senior Feminino	01:11:11	+36:20	07:07
100	141	ANGELA MARIA RIBEIRO GRECH PINTO	CASFIL	Senior Feminino	01:11:23	+36:31	07:08
101	94	Ana carvalho	Associação moinho de vermoim	Senior Feminino	01:11:58	+37:07	07:12
102	984	ANA RAQUEL MOREIRA	Sócorro	Senior Feminino	01:13:13	+38:21	07:19
103	93	Adriana Figueiredo	Associação moinho de vermoim	Senior Feminino	01:13:18	+38:27	07:20
104	843	Catarina Fonseca	OPTICALIA	Senior Feminino	01:23:56	+49:04	08:24
105	794	Carla Rocha	Malta do Shuss	Senior Feminino	01:24:43	+49:52	08:28

**Senior Masculino**

1	1019	Tiago Costa	SPORT LISBOA E BENFICA	Senior Masculino	31:07		03:07
2	1017	André Pereira	SPORT LISBOA E BENFICA	Senior Masculino	31:18	+00:11	03:08
3	1022	Francisco Rodrigues	Sporting Clube de Braga	Senior Masculino	31:26	+00:19	03:09
4	209	Miguel Ribeiro	Clube de Atletismo Olimpico Vianense	Senior Masculino	31:30	+00:23	03:09
5	789	Daniel Pinheiro	Maia AC	Senior Masculino	31:36	+00:29	03:10
6	210	Leonel Fernandes	Clube de Atletismo Ovar	Senior Masculino	31:39	+00:32	03:10
7	115	Carlos Costa	C. D. S. Salvador do Campo	Senior Masculino	31:42	+00:34	03:10
8	25	Hugo Santos	ACD São João da Serra	Senior Masculino	31:44	+00:36	03:10
9	2	Luís Mendes	ACRSD	Senior Masculino	31:49	+00:42	03:11
10	348	Pedro Cruz	G.D.J.Cruz & Irmãos	Senior Masculino	31:54	+00:46	03:11
11	512	Luis Miguel Pinto Saraiva	Individual	Senior Masculino	32:04	+00:57	03:12
12	790	Helder Santos	Maia AC	Senior Masculino	32:22	+01:14	03:14
13	57	Bruno Silva	Águias de Alvelos	Senior Masculino	32:23	+01:15	03:14
14	131	Carlos Rodrigues	C.S.R.D.C. SANTIAGO	Senior Masculino	32:41	+01:33	03:16
15	132	Paulo Barbosa	C.S.R.D.C. SANTIAGO	Senior Masculino	32:48	+01:41	03:17
16	117	João Antunes	C. D. S. Salvador do Campo	Senior Masculino	33:12	+02:04	03:19
17	1033	Hugo Almeida	Sporting Clube de Portugal	Senior Masculino	33:37	+02:30	03:22
18	101	João Ferreira	Atlético da Póvoa	Senior Masculino	33:49	+02:41	03:23
19	1025	Rui Borges	Sporting Clube de Braga	Senior Masculino	33:50	+02:43	03:23

**Corrida 10K**

**10 KM**



**OFFICIAL RESULT**

20	1020	André Silva	Sporting Clube de Braga	Senior Masculino	33:53	+02:46	03:23
21	208	Miguel Meira	Clube de Atletismo Olímpico Vianense	Senior Masculino	33:58	+02:50	03:24
22	128	Bruno Jesus	C.S.R.D.C. SANTIAGO	Senior Masculino	34:41	+03:33	03:28
23	1068	Carlos Martins	União Desportiva de Várzea	Senior Masculino	34:55	+03:48	03:30
24	1023	Heitor Oliveira	Sporting Clube de Braga	Senior Masculino	35:22	+04:14	03:32
25	295	Nuno Fernandes	Fafe Runners	Senior Masculino	35:34	+04:26	03:33
26	287	Leandro Martins	ESCOLA ATLETISMO ROSA OLIVEIRA	Senior Masculino	35:40	+04:33	03:34
27	360	RUI RIBEIRO	GDRETORTA	Senior Masculino	36:01	+04:53	03:36
28	1069	Nelson Magalhães	União Desportiva de Várzea	Senior Masculino	36:03	+04:56	03:36
29	140	João Ferreira	Casa Benfica de Paredes	Senior Masculino	36:23	+05:15	03:38
30	129	Bruno Queirós	C.S.R.D.C. SANTIAGO	Senior Masculino	36:29	+05:22	03:39
31	361	Tiago Lisboa	GDRETORTA	Senior Masculino	36:36	+05:29	03:40
32	362	TIAGO PINTO	GDRETORTA	Senior Masculino	36:42	+05:34	03:40
33	479	Helder Peixoto	Individual	Senior Masculino	36:54	+05:47	03:41
34	954	Ricardo Castro	S.R.Cepanense	Senior Masculino	37:06	+05:59	03:43
35	1076	Filipe Cunha	Vimarruners	Senior Masculino	37:17	+06:09	03:44
36	44	José Teixeira	ADECA/BEAT	Senior Masculino	37:17	+06:10	03:44
37	37	Carlos Queiroz	ADAmarante	Senior Masculino	37:28	+06:21	03:45
38	540	Pedro	Individual	Senior Masculino	37:31	+06:23	03:45
39	818	Diogo Filipe Costa Pinho	Nascidos Para Correr	Senior Masculino	37:58	+06:50	03:48
40	374	António Cristovão	Grupo Desportivo e Cultural de Guilhovai	Senior Masculino	38:00	+06:53	03:48
41	373	Rui Carneiro	Grupo de Bombos "OS CORDOVENSES"	Senior Masculino	38:59	+07:52	03:54
42	58	Rui Gonçalves	Águias de Alvelos	Senior Masculino	39:01	+07:53	03:54
43	466	Fernando Freitas de Souza	Individual	Senior Masculino	39:10	+08:02	03:55
44	133	Pedro Teixeira	C.S.R.D.C. SANTIAGO	Senior Masculino	39:35	+08:28	03:58
45	573	Tiago Lima	Individual	Senior Masculino	39:49	+08:41	03:59
46	448	Carlos coelho	Individual	Senior Masculino	40:06	+08:58	04:01
47	459	eduardo camilo	Individual	Senior Masculino	40:14	+09:07	04:01
48	38	João Teixeira	ADAmarante	Senior Masculino	40:15	+09:07	04:02
49	481	Hélder Rodrigues	Individual	Senior Masculino	40:25	+09:18	04:03
50	1078	JORGE CARVALHO	OS SANTA APOLONIA	Senior Masculino	40:27	+09:20	04:03
51	113	Américo Moreira	C. D. PÓVOA	Senior Masculino	40:37	+09:29	04:04
52	867	Ricardo Azevedo	OPTICALIA	Senior Masculino	40:39	+09:31	04:04
53	801	Jose Real	Moveiras	Senior Masculino	40:42	+09:34	04:04
54	889	Claudio	Os Santa Apolónia	Senior Masculino	40:45	+09:37	04:05
55	835	Luís Filipe Silva	OAMIS	Senior Masculino	40:53	+09:45	04:05
56	555	Ricardo Lopes	Individual	Senior Masculino	40:56	+09:48	04:06
57	331	Simão Pedro Herdeiro	FORÇA AVENSE 2000	Senior Masculino	40:58	+09:51	04:06
58	43	Helder Filipe Duarte Silva	ADECA/BEAT	Senior Masculino	40:59	+09:51	04:06
59	3	Diogo Silva	2slow4run	Senior Masculino	41:07	+09:59	04:07
60	1039	Hugo Filipe Fernandes Sousa	TECLA 3 RUNNERS	Senior Masculino	41:17	+10:09	04:08
61	482	Hélder Santos	Individual	Senior Masculino	41:37	+10:30	04:10
62	39	Miguel Queiros	ADAmarante	Senior Masculino	41:45	+10:38	04:11
63	1026	Sergio Martins	Sporting Clube de Braga	Senior Masculino	41:55	+10:47	04:12

Official Timekeeper: Lap2Go	5 / 21	generate 19-Oct-2016 14:39
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**Corrida 10K**

**10 KM**



**OFFICIAL RESULT**

64	238	Felisberto Carvalho	CrossFit Vale do Ave	Senior Masculino	41:59	+10:52	04:12
65	440	BRUNO FILIPE DIAS DE SOUSA	Individual	Senior Masculino	42:06	+10:58	04:13
66	738	Helder Ferreira	KILOSMODA	Senior Masculino	42:08	+11:01	04:13
67	465	Fernando Amaro Silva Fernandes	Individual	Senior Masculino	42:14	+11:06	04:13
68	106	Miguel Ângelo Castro Ribeiro	Bombos e Solas	Senior Masculino	42:35	+11:27	04:16
69	740	Rui Pereira	KILOSMODA	Senior Masculino	42:40	+11:32	04:16
70	518	Micael de Sá Guimarães	Individual	Senior Masculino	42:41	+11:33	04:16
71	741	Sérgio Gonçalves	KILOSMODA	Senior Masculino	42:42	+11:34	04:16
72	798	Manuel Dias	Malta do Shuss	Senior Masculino	42:51	+11:44	04:17
73	541	Pedro Daniel Pinto Azevedo	Individual	Senior Masculino	43:06	+11:58	04:19
74	435	André Longo Ferreira	Individual	Senior Masculino	43:19	+12:12	04:20
75	834	José Luís Freitas	OAMIS	Senior Masculino	43:26	+12:19	04:21
76	792	Nuno Gonçalves	Maia AC	Senior Masculino	43:27	+12:20	04:21
77	286	Emanuel Machado	ESCOLA ATLETISMO ROSA OLIVEIRA	Senior Masculino	43:37	+12:29	04:22
78	69	Luis Fernandes	ALIVE RUNNERS	Senior Masculino	43:48	+12:40	04:23
79	320	PAULO JORGE LEAL FREITAS	FLUIDOS	Senior Masculino	43:49	+12:41	04:23
80	493	João Russo	Individual	Senior Masculino	43:49	+12:41	04:23
81	550	Ramiro Ribeiro	Individual	Senior Masculino	43:51	+12:44	04:23
82	787	Jose fernando Oliveira costa	Lousada runneres	Senior Masculino	44:00	+12:53	04:24
83	821	Marco Vaz	NBA Barrosas	Senior Masculino	44:05	+12:57	04:25
84	799	Miguel Taveira	Malta do Shuss	Senior Masculino	44:06	+12:58	04:25
85	436	André Neves	Individual	Senior Masculino	44:16	+13:08	04:26
86	739	João Ferreira	KILOSMODA	Senior Masculino	44:44	+13:36	04:28
87	543	Pedro Manuel Grosso Pacheco	Individual	Senior Masculino	44:44	+13:36	04:28
88	532	PAULO LOPES	Individual	Senior Masculino	44:51	+13:44	04:29
89	188	Adriano Rafael Costa Ferreira	CHOCO TEAM	Senior Masculino	44:54	+13:47	04:29
90	565	Rui Lima	ALIVE RUNNERS	Senior Masculino	44:57	+13:50	04:30
91	505	JULIO TORRES	Individual	Senior Masculino	44:58	+13:50	04:30
92	155	JOSÉ RAFAEL NUNES GONÇALVES	CASFIL	Senior Masculino	45:00	+13:52	04:30
93	486	Isolino Alves	Individual	Senior Masculino	45:09	+14:01	04:31
94	313	HELDER OLIVEIRA	FISIOJOANE	Senior Masculino	45:14	+14:06	04:31
95	1083	Miguel Torres	Individual	Senior Masculino	45:16	+14:09	04:32
96	539	Paulo Renato Monteiro Maia	Individual	Senior Masculino	45:16	+14:09	04:32
97	300	Nelson Silva	FazAtletismo	Senior Masculino	45:24	+14:16	04:32
98	917	LUIS TOMÁS	RNM	Senior Masculino	45:27	+14:19	04:33
99	192	Jorge Faria	CLARIAUSE	Senior Masculino	45:33	+14:26	04:33
100	553	Ricardo Jorge Oliveria	Individual	Senior Masculino	45:38	+14:31	04:34
101	497	Jorge Lopes	Individual	Senior Masculino	45:38	+14:31	04:34
102	860	Luis Monteiro	OPTICALIA	Senior Masculino	46:13	+15:05	04:37
103	1047	Cristiano Sousa	Trail Team Kick Off	Senior Masculino	46:15	+15:08	04:38
104	752	Tiago Filipe Gouveia	La Belle Femme	Senior Masculino	46:15	+15:08	04:38
105	957	Vitor Castro	S.R.Cepanense	Senior Masculino	46:17	+15:10	04:38
106	499	José Barroso	Individual	Senior Masculino	46:19	+15:11	04:38
107	515	Manuel Andre Pereira Ribeiro	Individual	Senior Masculino	46:20	+15:13	04:38
108	453	Daniel Ferreira Lopes	Individual	Senior Masculino	46:25	+15:18	04:39
109	536	Paulo Leite	Individual	Senior Masculino	46:25	+15:18	04:39

### Corrida 10K

### 10 KM



### OFFICIAL RESULT

110	534	Paulo César Campos Gomes	Individual	Senior Masculino	46:30	+15:22	04:39
111	458	Edmundo Martins	Individual	Senior Masculino	46:32	+15:24	04:39
112	36	Silvio Ribeiro	ADALBERTO ESTAMPADOS	Senior Masculino	46:32	+15:25	04:39
113	527	Nuno Miguel Ferreira Morais	Individual	Senior Masculino	46:37	+15:29	04:40
114	5	Nuno Velho	2slow4run	Senior Masculino	46:46	+15:38	04:41
115	130	Bruno Rocha	C.S.R.D.C. SANTIAGO	Senior Masculino	46:46	+15:39	04:41
116	96	Hélder Martins	Associação moinho de vermeim	Senior Masculino	46:58	+15:51	04:42
117	864	Nuno Vicente	OPTICALIA	Senior Masculino	47:02	+15:54	04:42
118	246	José Couto	CrossFit Vale do Ave	Senior Masculino	47:14	+16:07	04:43
119	861	Luis Ribeiro	OPTICALIA	Senior Masculino	47:17	+16:09	04:44
120	54	Ruben Henrique Cardoso Pereira Borgez	AFIPRE Team	Senior Masculino	47:21	+16:13	04:44
121	4	Joaquim Velho	2slow4run	Senior Masculino	47:26	+16:18	04:45
122	503	José Miguel Machado Sousa	Individual	Senior Masculino	47:35	+16:27	04:46
123	461	Eduardo Luis Oliveira Coelho	Individual	Senior Masculino	47:38	+16:30	04:46
124	249	Miguel Mendes	CrossFit Vale do Ave	Senior Masculino	47:39	+16:31	04:46
125	158	LUIS FILIPE ANDRADE PEREIRA	CASFIL	Senior Masculino	47:44	+16:36	04:46
126	156	JOSÉ RICARDO DA SILVA FERNANDES	CASFIL	Senior Masculino	47:44	+16:36	04:46
127	24	Rui Miguel Ramos	ACADEMIA FITNESS	Senior Masculino	47:44	+16:37	04:46
128	220	Ricardo Coelho	Clube do Rio	Senior Masculino	47:47	+16:39	04:47
129	773	Rui Santos	LIKETOMOVE	Senior Masculino	47:50	+16:43	04:47
130	918	Paulo Sergio Ferreira	RNM	Senior Masculino	47:52	+16:45	04:47
131	501	José Castro	Individual	Senior Masculino	48:01	+16:53	04:48
132	852	Carlos ribeiro	OPTICALIA	Senior Masculino	48:04	+16:57	04:48
133	471	Gilberto Ferreira	Individual	Senior Masculino	48:08	+17:01	04:49
134	95	Bruno carvalho	Associação moinho de vermeim	Senior Masculino	48:09	+17:01	04:49
135	561	Ruben Araújo	Individual	Senior Masculino	48:12	+17:05	04:49
136	1050	Rui Gomes	Trail Team Kick Off	Senior Masculino	48:16	+17:09	04:50
137	487	Ivo Miguel Lemos Martins	Individual	Senior Masculino	48:20	+17:12	04:50
138	332	Telmo Pinto	FORÇA AVENSE 2000	Senior Masculino	48:22	+17:14	04:50
139	247	José Miguel Castro	CrossFit Vale do Ave	Senior Masculino	48:37	+17:30	04:52
140	456	Diogo Alves Rebelo	Individual	Senior Masculino	48:40	+17:33	04:52
141	538	paulo miguel da costa pereira loureiro	Individual	Senior Masculino	48:41	+17:34	04:52
142	248	Luís Vida Silva	CrossFit Vale do Ave	Senior Masculino	48:42	+17:35	04:52
143	356	Nuno Vicente	GD VALE DO AVE	Senior Masculino	48:42	+17:35	04:52
144	848	Andre Coelho	OPTICALIA	Senior Masculino	48:43	+17:36	04:52
145	469	Francisco Silva	Individual	Senior Masculino	48:44	+17:36	04:52
146	464	Emanuel José Magalhães Ferreira	Individual	Senior Masculino	48:45	+17:37	04:53
147	554	Ricardo José Monteiro Ferreira	Individual	Senior Masculino	49:04	+17:57	04:54
148	819	Leonel Videira	Nascidos Para Correr	Senior Masculino	49:06	+17:58	04:55
149	488	joao angelo	Individual	Senior Masculino	49:07	+17:59	04:55
150	981	Luís Carlos Carneiro Saraiva	SÃO MATEUS RUNNERS	Senior Masculino	49:12	+18:04	04:55
151	549	Rafael Bernardo Pinto	Individual	Senior Masculino	49:12	+18:04	04:55
152	506	Lourenço Miguel R. Almeida	Individual	Senior Masculino	49:14	+18:06	04:55
153	510	Luis Manuel da Silva Santos	Individual	Senior Masculino	49:16	+18:08	04:56
154	240	Fernando Guimarães	CrossFit Vale do Ave	Senior Masculino	49:29	+18:21	04:57

**Corrida 10K**
**10 KM**


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155	443	Bruno Mimoso	Individual	Senior Masculino	49:32	+18:24	04:57
156	449	Carlos Tiago Silva Campos	Individual	Senior Masculino	49:34	+18:27	04:57
157	167	RICARDO JORGE MAGALHÃES BESSA	CASFIL	Senior Masculino	49:46	+18:39	04:59
158	854	Fernando Azevedo	OPTICALIA	Senior Masculino	49:54	+18:46	04:59
159	839	Pedro Manuel Pinto de Sousa	OAMIS	Senior Masculino	49:54	+18:47	04:59
160	579	Valter Capela	Individual	Senior Masculino	49:55	+18:48	05:00
161	516	mario lima	Individual	Senior Masculino	49:58	+18:51	05:00
162	853	Eduardo Barbosa	OPTICALIA	Senior Masculino	50:04	+18:56	05:00
163	474	Helder Filipe Barbosa	Individual	Senior Masculino	50:10	+19:03	05:01
164	452	Daniel Fernando Martins	Individual	Senior Masculino	50:13	+19:06	05:01
165	463	Emanuel Filipe Fernandes	Individual	Senior Masculino	50:14	+19:06	05:01
166	26	André Gonçalves	ACIST	Senior Masculino	50:16	+19:08	05:02
167	260	Paulo Pereira	DUX	Senior Masculino	50:17	+19:09	05:02
168	851	Carlos Pereira	OPTICALIA	Senior Masculino	50:19	+19:11	05:02
169	578	Tiago Vilaça	Individual	Senior Masculino	50:29	+19:21	05:03
170	531	Patrício Ferreira	Individual	Senior Masculino	50:29	+19:22	05:03
171	237	André Couto	CrossFit Vale do Ave	Senior Masculino	50:33	+19:25	05:03
172	865	Paulo Pereira	OPTICALIA	Senior Masculino	50:33	+19:26	05:03
173	480	Hélder Rafael Cunha	Individual	Senior Masculino	50:36	+19:29	05:04
174	533	Paulo Brandão	Individual	Senior Masculino	50:38	+19:30	05:04
175	980	André Ferreira S. do Vale	SÃO MATEUS RUNNERS	Senior Masculino	50:41	+19:34	05:04
176	572	Tiago José Grosso Pacheco	Individual	Senior Masculino	50:49	+19:42	05:05
177	566	RUI MANUEL GOMES SILVA	Individual	Senior Masculino	50:53	+19:45	05:05
178	955	Sergio Mendes	S.R.Cepanense	Senior Masculino	50:58	+19:50	05:06
179	952	Carlos Ribeiro	S.R.Cepanense	Senior Masculino	50:58	+19:50	05:06
180	492	João Rodrigues	Individual	Senior Masculino	51:09	+20:02	05:07
181	863	Nuno Lima	OPTICALIA	Senior Masculino	51:12	+20:04	05:07
182	511	Luis Miguel Alves da Silva	Individual	Senior Masculino	51:12	+20:05	05:07
183	1051	Sérgio Costa	Trail Team Kick Off	Senior Masculino	51:15	+20:07	05:08
184	251	Tiago Martins	CrossFit Vale do Ave	Senior Masculino	51:22	+20:15	05:08
185	767	Sérgio Pereira	Lentinhos	Senior Masculino	51:29	+20:22	05:09
186	432	Alexandre Pereira	Individual	Senior Masculino	51:31	+20:23	05:09
187	244	Henrique Abreu	CrossFit Vale do Ave	Senior Masculino	51:33	+20:26	05:09
188	570	SERGIO RODRIGUES	Individual	Senior Masculino	51:34	+20:27	05:09
189	1091	PAULO MARQUES	IESFAFE	Senior Masculino	51:36	+20:29	05:10
190	762	Marinho Pereira	Lateiros	Senior Masculino	51:46	+20:38	05:11
191	462	Emanuel	Individual	Senior Masculino	51:53	+20:45	05:11
192	934	Leonel Martins	Roriz Aventura Associação	Senior Masculino	52:00	+20:52	05:12
193	102	Atleta 102	Individual	Senior Masculino	52:03	+20:55	05:12
194	242	Filipe Alves	CrossFit Vale do Ave	Senior Masculino	52:05	+20:57	05:13
195	22	João Paulo Soares	ACADEMIA FITNESS	Senior Masculino	52:05	+20:57	05:13
196	484	Isaque Magalhães	Individual	Senior Masculino	52:14	+21:07	05:13
197	189	André Ricardo Costa Ferreira	CHOCO TEAM	Senior Masculino	52:15	+21:08	05:14
198	504	Joy Jefferson da Silva Monteiro	Individual	Senior Masculino	52:16	+21:08	05:14
199	890	Miguel Sousa	Os Santa Apolónia	Senior Masculino	52:18	+21:10	05:14
200	42	Francisco Morais	ADECA/BEAT	Senior Masculino	52:18	+21:10	05:14



**Corrida 10K**

**10 KM**



**OFFICIAL RESULT**

201	906	Ricardo Pinheiro	R&R	Senior Masculino	52:21	+21:13	05:14
202	467	Filipe Manuel Dinis Fernandes	Individual	Senior Masculino	52:21	+21:14	05:14
203	1049	Rui Carvalho	Trail Team Kick Off	Senior Masculino	52:23	+21:16	05:14
204	250	Pedro Amorim	CrossFit Vale do Ave	Senior Masculino	52:29	+21:21	05:15
205	869	Ricardo Maia	OPTICALIA	Senior Masculino	52:30	+21:23	05:15
206	509	Luis Delfim Almeida	Individual	Senior Masculino	52:33	+21:25	05:15
207	475	Helder Filipe Costa Martins	Individual	Senior Masculino	52:42	+21:34	05:16
208	558	ricardo pizarro	Individual	Senior Masculino	52:55	+21:47	05:18
209	916	JOSE PEDRO BATISTA COSTA	RNM	Senior Masculino	52:57	+21:49	05:18
210	920	VITOR ALEXANDRE ALMEIDA MOREIRA	RNM	Senior Masculino	52:58	+21:51	05:18
211	542	Pedro Dias	Individual	Senior Masculino	53:02	+21:54	05:18
212	575	Tiago Miguel Cunha Almeida	Individual	Senior Masculino	53:03	+21:56	05:18
213	265	Gil Ferreira	Emigrantes team	Senior Masculino	53:04	+21:56	05:18
214	751	Cristiano César Ferreira	La Belle Femme	Senior Masculino	53:30	+22:23	05:21
215	753	Vitor Sousa Rebelo	La Belle Femme	Senior Masculino	53:31	+22:24	05:21
216	990	PEDRO VENÂNCIO	Sócorro	Senior Masculino	53:33	+22:26	05:21
217	943	Simão Arantes	Rui Almeida	Senior Masculino	53:40	+22:32	05:22
218	330	Marlon Cardoso Almeida	FORÇA AVENSE 2000	Senior Masculino	53:50	+22:42	05:23
219	899	Carlos Leite	Pacos Bandeiras	Senior Masculino	54:01	+22:54	05:24
220	870	Simao Rodrigues	OPTICALIA	Senior Masculino	54:08	+23:00	05:25
221	314	VITOR SILVA	FISIOJOANE	Senior Masculino	54:11	+23:04	05:25
222	446	Cândido Campelo	Individual	Senior Masculino	54:20	+23:12	05:26
223	340	RICARDO MAIA	FREZITE	Senior Masculino	54:21	+23:13	05:26
224	109	José Carlos Gouveia	BTP PINOCO	Senior Masculino	54:27	+23:19	05:27
225	800	Paulo Rainha	Malta do Shuss	Senior Masculino	54:29	+23:22	05:27
226	245	Jorge Teixeira	CrossFit Vale do Ave	Senior Masculino	54:35	+23:27	05:28
227	915	HUGO DUARTE COELHO NUNES	RNM	Senior Masculino	54:39	+23:31	05:28
228	336	FRANCISCO ROCHA	FREZITE	Senior Masculino	54:40	+23:32	05:28
229	174	VÍTOR MANUEL OLIVEIRA DA SILVA	CASFIL	Senior Masculino	54:40	+23:33	05:28
230	306	Joao Carvalho	Figueiredo' s Runner' s and Friends	Senior Masculino	54:40	+23:33	05:28
231	1058	Carlos Duarte Fernandes	TREVO DO SUCESSO	Senior Masculino	54:57	+23:50	05:30
232	191	Pedro André Gonçalves Morais	CHOCO TEAM	Senior Masculino	55:01	+23:53	05:30
233	1046	Pedro Miguel Silva	TERMOLAN	Senior Masculino	55:15	+24:08	05:32
234	369	António Barros	GENEX	Senior Masculino	55:16	+24:08	05:32
235	494	João Sampaio	Individual	Senior Masculino	55:17	+24:10	05:32
236	478	HELDER MARTINHO PEREIRA FERREIRA	Individual	Senior Masculino	55:18	+24:10	05:32
237	1045	Luís Miguel Fraga	TERMOLAN	Senior Masculino	55:18	+24:10	05:32
238	988	JORGE FLAVIO REIS GONÇALVES ROCHA	Sócorro	Senior Masculino	55:20	+24:12	05:32
239	858	Joaquim Martins	OPTICALIA	Senior Masculino	55:20	+24:13	05:32
240	569	Sergio andrade	Individual	Senior Masculino	55:30	+24:23	05:33
241	472	Helder Andrade Martins	Individual	Senior Masculino	55:31	+24:23	05:33
242	23	Ricardo Campos	ACADEMIA FITNESS	Senior Masculino	55:32	+24:25	05:33
243	51	Rui Miguel Vieira	AEDAH	Senior Masculino	55:34	+24:26	05:33
244	50	Ricardo Nélson Geraldo	AEDAH	Senior Masculino	55:37	+24:29	05:34



**Corrida 10K**

**10 KM**



**OFFICIAL RESULT**

245	72	Bruno Cunha	Amigos da Corrida	Senior Masculino	55:41	+24:34	05:34
246	820	Rui Matos	NAST	Senior Masculino	55:47	+24:40	05:35
247	771	Paulo Cunha	Liketomove	Senior Masculino	55:51	+24:43	05:35
248	431	Alexandre Gaspar	Individual	Senior Masculino	55:51	+24:44	05:35
249	338	JOSE LIMA	FREZITE	Senior Masculino	56:09	+25:02	05:37
250	144	ANDRE TIAGO CARVALHO DO COUTO	CASFIL	Senior Masculino	56:17	+25:09	05:38
251	460	Eduardo Costa	Individual	Senior Masculino	56:21	+25:14	05:38
252	913	FLAVIO JOSE DA COSTA PEREIRA	RNM	Senior Masculino	56:24	+25:17	05:38
253	216	Gilbero Machado	Clube do Rio	Senior Masculino	56:26	+25:18	05:39
254	530	Orlando Tiago Vilaça Gonçalves	Individual	Senior Masculino	56:43	+25:36	05:40
255	548	Pedro Silveira	Individual	Senior Masculino	56:48	+25:40	05:41
256	1084	Américo Sobral	CrossFit Vale do Ave	Senior Masculino	56:54	+25:46	05:41
257	537	Paulo Marcio Monteiro Almeida	Individual	Senior Masculino	57:00	+25:53	05:42
258	525	Nuno Ferreira	Individual	Senior Masculino	57:01	+25:54	05:42
259	1150	Atleta 1150	Individual	Senior Masculino	57:02	+25:55	05:42
260	507	Luciano Rocha	Individual	Senior Masculino	57:04	+25:56	05:42
261	355	Nuno Carvalho	GD VALE DO AVE	Senior Masculino	57:07	+26:00	05:43
262	353	Filipe freitas	GD VALE DO AVE	Senior Masculino	57:07	+26:00	05:43
263	354	Nuno Cardoso	GD VALE DO AVE	Senior Masculino	57:08	+26:01	05:43
264	857	Hugo Vaz	OPTICALIA	Senior Masculino	57:10	+26:02	05:43
265	942	Rui Almeida	Rui Almeida	Senior Masculino	57:14	+26:06	05:43
266	836	Marcelo Albino P. Costa	OAMIS	Senior Masculino	57:30	+26:22	05:45
267	849	Antonio Almeida	OPTICALIA	Senior Masculino	57:40	+26:33	05:46
268	989	Nuno Filipe Pereira Machado	Sócorro	Senior Masculino	58:07	+27:00	05:49
269	837	Miguel Angelo Sampaio Oliveira	OAMIS	Senior Masculino	58:29	+27:21	05:51
270	524	Nuno Emanuel de Araújo Fernandes	Individual	Senior Masculino	58:44	+27:36	05:52
271	761	Hernani Coelho	Lateiros	Senior Masculino	58:46	+27:39	05:53
272	514	Luís Veiga	Individual	Senior Masculino	58:46	+27:39	05:53
273	886	Nelson Pinto	Os Noturnos	Senior Masculino	58:58	+27:50	05:54
274	909	Sérgio Campos	Ricardo & Sérgio	Senior Masculino	59:02	+27:54	05:54
275	908	Ricardo Carvalho	Ricardo & Sérgio	Senior Masculino	59:02	+27:55	05:54
276	221	Rui Ferreira	Clube do Rio	Senior Masculino	59:02	+27:55	05:54
277	859	Jose Faria	OPTICALIA	Senior Masculino	59:08	+28:00	05:55
278	444	Bruno Olavo Sampaio de Araújo	Individual	Senior Masculino	59:20	+28:13	05:56
279	441	Bruno Miguel Coelho Peixoto	Individual	Senior Masculino	59:42	+28:34	05:58
280	763	Paulo Santos	Lateiros	Senior Masculino	01:00:00	+28:53	06:00
281	455	Dinis Benjamim Ferreira Moreira	Individual	Senior Masculino	01:00:14	+29:07	06:01
282	442	bruno miguel costa marques	Individual	Senior Masculino	01:00:39	+29:31	06:04
283	1090	MARCO ROCHA	IESFAFE	Senior Masculino	01:00:48	+29:41	06:05
284	919	TIAGO FILIPE TEIXEIRA MENDES	RNM	Senior Masculino	01:00:50	+29:43	06:05
285	169	RUI MARCELO DE ABREU COELHO	CASFIL	Senior Masculino	01:00:51	+29:44	06:05
286	498	Jose Araujo	Individual	Senior Masculino	01:00:53	+29:46	06:05
287	154	JORGE MANUEL ARAUJO RIBEIRO	CASFIL	Senior Masculino	01:00:56	+29:48	06:06
288	145	ANGELO MIGUEL FERREIRA DA SILVA	CASFIL	Senior Masculino	01:00:56	+29:49	06:06
289	157	LUÍS CARLOS FONSECA TEIXEIRA	CASFIL	Senior Masculino	01:01:34	+30:27	06:09

**Corrida 10K**

**10 KM**



**OFFICIAL RESULT**

290	439	Basílio Magno de Sousa Andrade	Individual	Senior Masculino	01:01:42	+30:35	06:10
291	933	Bruno Costa	Roriz Aventura Associação	Senior Masculino	01:01:53	+30:45	06:11
292	862	Nuno Azevedo	OPTICALIA	Senior Masculino	01:02:19	+31:12	06:14
293	20	Álvaro Ramos	ACADEMIA FITNESS	Senior Masculino	01:02:20	+31:13	06:14
294	328	Claúdio Carneiro	FORÇA AVENSE 2000	Senior Masculino	01:02:40	+31:32	06:16
295	567	Rui Pedro Costa	Individual	Senior Masculino	01:02:40	+31:32	06:16
296	239	Fernando Barradas	CrossFit Vale do Ave	Senior Masculino	01:02:49	+31:41	06:17
297	562	Rui Alexandre Fernandes Ferreira Sobral	Individual	Senior Masculino	01:02:56	+31:49	06:18
298	264	Daniel Ferreira	Emigrantes team	Senior Masculino	01:03:16	+32:09	06:20
299	1082	Miguel Cunha	G. D. SELHO	Senior Masculino	01:03:21	+32:13	06:20
300	97	Ricardo Oliveira	Associação moinho de vermeim	Senior Masculino	01:03:34	+32:27	06:21
301	148	CARLOS RAFAEL SILVA MARTINS	CASFIL	Senior Masculino	01:03:36	+32:28	06:22
302	866	Pedro Oliveira	OPTICALIA	Senior Masculino	01:03:46	+32:38	06:23
303	337	HELDER MARTINS	FREZITE	Senior Masculino	01:04:26	+33:19	06:27
304	334	ALBERTO SILVA	FREZITE	Senior Masculino	01:04:26	+33:19	06:27
305	335	ANDRE VASCONCELOS	FREZITE	Senior Masculino	01:04:27	+33:19	06:27
306	339	RICARDO AMORIM	FREZITE	Senior Masculino	01:04:27	+33:19	06:27
307	160	MARIO RUI SILVA MARTINS	CASFIL	Senior Masculino	01:04:42	+33:35	06:28
308	529	Olivier Ferreira	Individual	Senior Masculino	01:04:54	+33:46	06:29
309	241	Fernando Soares	CrossFit Vale do Ave	Senior Masculino	01:05:15	+34:07	06:32
310	298	Carlos Leal	Familia Patanisca	Senior Masculino	01:05:28	+34:21	06:33
311	856	Hugo Morais	OPTICALIA	Senior Masculino	01:05:32	+34:25	06:33
312	445	Bruno Rocha	Individual	Senior Masculino	01:06:03	+34:56	06:36
313	243	Filipe Branco	CrossFit Vale do Ave	Senior Masculino	01:06:33	+35:25	06:39
314	513	Luis Miguel Sousa Barbosa	Individual	Senior Masculino	01:06:34	+35:26	06:39
315	450	Claudio Manuel Martins Ferreira	Individual	Senior Masculino	01:06:50	+35:42	06:41
316	502	José Gustavo Miranda Azevedo	Individual	Senior Masculino	01:06:50	+35:43	06:41
317	574	Tiago Martins	Individual	Senior Masculino	01:07:08	+36:00	06:43
318	770	Henrique Chalo	LIKETOMOVE	Senior Masculino	01:08:41	+37:34	06:52
319	468	Filipe Ulisses Neto Ferreira	Individual	Senior Masculino	01:08:52	+37:45	06:53
320	546	Pedro miguel pinto miranda	Individual	Senior Masculino	01:09:29	+38:22	06:57
321	222	Vitor Coelho	Clube do Rio	Senior Masculino	01:09:48	+38:41	06:59
322	100	Rui Miguel Leal Pinheiro	Até ao km zero	Senior Masculino	01:09:48	+38:41	06:59
323	496	Joel Silva	Individual	Senior Masculino	01:09:54	+38:46	06:59
324	1094	PEDRO MARTINS	IESFAFE	Senior Masculino	01:11:13	+40:06	07:07
325	868	Ricardo Machado	OPTICALIA	Senior Masculino	01:23:56	+52:48	08:24
326	797	João Pereira	Malta do Shuss	Senior Masculino	01:24:44	+53:37	08:28

**Veterana F40**

1	1010	Claudia Pereira	SPORT COMÉRCIO E SALGUEIROS	Veterana F40	37:10		03:43
2	901	Luisa Oliveira	PAREDES AVENTURA	Veterana F40	37:19	+00:10	03:44
3	1071	Carla Machado	União Desportiva de Várzea	Veterana F40	37:47	+00:37	03:47
4	812	Elisabete Lopes	N.A. Taipas	Veterana F40	39:36	+02:27	03:58
5	1107	Madalena Silva	RROnline	Veterana F40	40:29	+03:20	04:03



**Corrida 10K****10 KM****R**  
REVISED**OFFICIAL RESULT**

8	599	Fátima Pacheco	Individual	Veterana F45	50:35	+09:58	05:04
9	1041	Teresa Manuela Ferreira Moreira Silva	TECLA 3 RUNNERS	Veterana F45	53:29	+12:53	05:21
10	891	Carmo Machado	Os Santa Apolónia	Veterana F45	59:04	+18:27	05:54
11	598	Eulália costa	Individual	Veterana F45	01:01:27	+20:50	06:09
12	224	Madalena Alves	Clube do Rio	Veterana F45	01:01:32	+20:55	06:09
13	1036	Fernanda Sousa	Sunset Runners	Veterana F45	01:04:52	+24:16	06:29
14	924	Joaquina Gonçalves	RODA DOS VENTOS	Veterana F45	01:05:51	+25:14	06:35
15	600	Martina Pereira Machado	Individual	Veterana F45	01:07:56	+27:20	06:48

**Veterana F50**

1	288	Rosa Oliveira	ESCOLA ATLETISMO ROSA OLIVEIRA	Veterana F50	43:52		04:23
2	814	Hermínia Martins	N.A. Taipas	Veterana F50	50:55	+07:03	05:06
3	823	Paula Andrade	NO TOMORROW RUNNING TEAM	Veterana F50	53:07	+09:14	05:19
4	961	Manuela Bento	S.R.Cepanense	Veterana F50	53:11	+09:18	05:19
5	601	Lurdes Cunha	Individual	Veterana F50	57:02	+13:09	05:42
6	252	Delfina Rompante	CrossFit Vale do Ave	Veterana F50	57:15	+13:22	05:44
7	134	Eva Rosendo	C.S.R.D.C. SANTIAGO	Veterana F50	58:49	+14:56	05:53
8	925	Paula Rodrigues	RODA DOS VENTOS	Veterana F50	01:00:15	+16:22	06:02

**Veterana F55**

1	602	Conceição Correia	Individual	Veterana F55	59:49		05:59
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**Veterano M40**

1	376	Artur Rodrigues	Grupo Desportivo e Cultural de Guilhovai	Veterano M40	32:29		03:15
2	815	Abilio Pereira	N.A. Taipas	Veterano M40	33:38	+01:09	03:22
3	294	João Ferreira Amorim	F.C. Penafiel	Veterano M40	33:44	+01:16	03:22
4	364	Amadeu Rocha	GDRETORTA	Veterano M40	34:49	+02:21	03:29
5	939	Carlos Sousa	RROnline	Veterano M40	35:13	+02:44	03:31
6	365	Miguel Mendes	GDRETORTA	Veterano M40	35:57	+03:29	03:36
7	118	RUI VELOSO	C. D. S. Salvador do Campo	Veterano M40	36:10	+03:42	03:37
8	363	ADELINO SILVA	GDRETORTA	Veterano M40	36:53	+04:25	03:41
9	384	Roberto Marques	GRUPO RECREATIVO ESTRELA DO BONFIM	Veterano M40	37:16	+04:47	03:44
10	375	Alexandre Santos	Grupo Desportivo e Cultural de Guilhovai	Veterano M40	38:00	+05:31	03:48
11	816	patricio castro	N.A. Taipas	Veterano M40	38:44	+06:15	03:52
12	967	Vitor Martins	S.R.Cepanense	Veterano M40	39:20	+06:51	03:56
13	629	José Graça	Individual	Veterano M40	39:47	+07:19	03:59
14	358	António Fernandes	GDCTENVC	Veterano M40	40:14	+07:46	04:01
15	61	José Neves	Aliança de Gandra	Veterano M40	40:28	+08:00	04:03

**Corrida 10K**

**10 KM**

**OFFICIAL RESULT**



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16	307	Miguel Figueiredo	Figueiredo' s Runner' s and Friends	Veterano M40	40:42	+08:14	04:04
17	603	Adao mendes	Individual	Veterano M40	41:08	+08:39	04:07
18	258	Carlos Campos	Dinamite	Veterano M40	41:30	+09:01	04:09
19	206	Batista Silva	Clube de Atletismo da Póvoa de Varzim	Veterano M40	41:31	+09:03	04:09
20	87	Telmo Cardoso	ASSOCIAÇÃO DESPORTIVA DE LUSTOSA	Veterano M40	41:34	+09:05	04:09
21	636	Manuel António De Jesus Da Silva	Individual	Veterano M40	41:43	+09:15	04:10
22	175	ALBERTO MIGUEL DA COSTA SANTOS	CASFIL	Veterano M40	42:07	+09:39	04:13
23	743	Pedro Silva	KILOSMODA	Veterano M40	42:08	+09:40	04:13
24	940	José Cartafios	RROonline	Veterano M40	42:33	+10:05	04:15
25	385	Vitor Teixeira	GRUPO RECREATIVO ESTRELA DO BONFIM	Veterano M40	42:53	+10:25	04:17
26	176	ALCINO JOAQUIM DA SILVA SAMPAIO	CASFIL	Veterano M40	43:19	+10:50	04:20
27	962	Armando Fonseca	S.R.Cepanense	Veterano M40	43:40	+11:11	04:22
28	62	Pedro Silva	Aliança de Gandra	Veterano M40	43:45	+11:17	04:23
29	253	Afonso Pereira	CrossFit Vale do Ave	Veterano M40	44:06	+11:37	04:25
30	651	Rui Manuel azevedo araujo	Individual	Veterano M40	44:06	+11:38	04:25
31	652	rui pedro gonçalves borges	Individual	Veterano M40	44:16	+11:47	04:26
32	635	Luis Patrão	Individual	Veterano M40	44:18	+11:50	04:26
33	963	Carlos Lopes	S.R.Cepanense	Veterano M40	44:32	+12:03	04:27
34	892	Dinis Dinis	Os Santa Apolónia	Veterano M40	44:34	+12:06	04:27
35	964	Francisco cunha	S.R.Cepanense	Veterano M40	44:41	+12:13	04:28
36	60	Fernando Pacheco	Aliança de Gandra	Veterano M40	44:52	+12:24	04:29
37	377	Miguel Santos	Grupo Desportivo e Cultural de Guilhovai	Veterano M40	45:12	+12:43	04:31
38	347	Ricardo Oliveira	G. D. SELHO	Veterano M40	45:29	+13:00	04:33
39	323	JOSE PAULO ALVES MAGALHAES	FLUIDOS	Veterano M40	45:42	+13:13	04:34
40	55	Hélder Borges	AFIPRE Team	Veterano M40	45:49	+13:21	04:35
41	178	JOAO MANUEL SANTOS EVANGELISTA PEREIRA	CASFIL	Veterano M40	46:05	+13:36	04:37
42	624	Joao Santos	Individual	Veterano M40	46:17	+13:48	04:38
43	926	Carlos Lobo	RODA DOS VENTOS	Veterano M40	46:25	+13:57	04:39
44	607	António Pires	Individual	Veterano M40	46:33	+14:04	04:39
45	296	Cláudio Teixeira	Fafe Runners	Veterano M40	46:58	+14:30	04:42
46	226	Rui Areal	Clube do Rio	Veterano M40	47:01	+14:32	04:42
47	637	MANUEL ANTONIO PEREIRA MARTINS	Individual	Veterano M40	47:14	+14:46	04:43
48	1086	VITOR GOMES	Individual	Veterano M40	47:22	+14:53	04:44
49	927	José Salgado	RODA DOS VENTOS	Veterano M40	47:23	+14:54	04:44
50	617	FILIPE COSTA	Individual	Veterano M40	47:29	+15:01	04:45
51	893	Ricardo Meira	Os Santa Apolónia	Veterano M40	47:41	+15:12	04:46
52	614	Davide Manuel Ferreira	Individual	Veterano M40	47:51	+15:22	04:47
53	803	Joaquim Oliveira	Moveiras	Veterano M40	47:54	+15:26	04:47
54	34	Paulo Mesquita	ADALBERTO ESTAMPADOS	Veterano M40	48:02	+15:33	04:48
55	613	DAVID CUNHA	Individual	Veterano M40	48:12	+15:43	04:49









**Corrida 10K**

**10 KM**



**OFFICIAL RESULT**

27	371	Amaro Vieira da Silva	Grupo Cultural Recreativo de Alvarelhos	Veterano M45	45:17	+12:25	04:32
28	378	António Santos	Grupo Desportivo e Cultural de Guilhovai	Veterano M45	46:09	+13:16	04:37
29	78	Alexandre Ferreira	Amigos Ponto Final	Veterano M45	46:21	+13:29	04:38
30	784	Nuno Vasconcelos	LIKETOMOVE	Veterano M45	46:21	+13:29	04:38
31	662	AUGUSTO MOREIRA DA SILVA	Individual	Veterano M45	46:23	+13:30	04:38
32	681	Miguel Oliveira Ferreira	Individual	Veterano M45	47:00	+14:08	04:42
33	82	Paulo Marques	Amigos Ponto Final	Veterano M45	47:18	+14:25	04:44
34	668	JORGE SILVA	Individual	Veterano M45	47:20	+14:27	04:44
35	874	Francisco Branco	OPTICALIA	Veterano M45	47:22	+14:29	04:44
36	660	ALVARO JOAQUIM NOGUEIRA COSTA	Individual	Veterano M45	47:42	+14:50	04:46
37	875	Marcelo Carreira	OPTICALIA	Veterano M45	47:55	+15:03	04:48
38	181	FERNANDO JORGE CARDOSO FERREIRA	CASFIL	Veterano M45	47:58	+15:05	04:48
39	690	Sérgio Lima Teixeira	Individual	Veterano M45	48:05	+15:13	04:49
40	677	Manuel F.Alves	Individual	Veterano M45	48:14	+15:21	04:49
41	873	Antonio Faria	OPTICALIA	Veterano M45	48:22	+15:30	04:50
42	907	Carlos Cardoso	RED STREET TEAM	Veterano M45	48:27	+15:35	04:51
43	969	Nuno Lapeira	S.R.Cepanense	Veterano M45	48:28	+15:36	04:51
44	676	LUIS AUGUSTO OLIVEIRA MARTINS	Individual	Veterano M45	48:46	+15:53	04:53
45	1006	Vitor Silva	Sócorro	Veterano M45	48:48	+15:55	04:53
46	33	Vitor Oliveira	ADALBERTO ESTAMPADOS	Veterano M45	48:50	+15:58	04:53
47	359	Paulo Pereira	GDCTENVC	Veterano M45	49:12	+16:19	04:55
48	682	Modesto Ribeiro Araújo	Individual	Veterano M45	49:15	+16:23	04:56
49	678	Manuel Fernando Andrade Silva	Individual	Veterano M45	49:25	+16:33	04:57
50	971	René Teixeira	S.R.Cepanense	Veterano M45	49:30	+16:37	04:57
51	671	José António Ferreira	Individual	Veterano M45	50:09	+17:17	05:01
52	982	Carlos Claudio Sobral Oliveira	SÃO MATEUS RUNNERS	Veterano M45	50:12	+17:19	05:01
53	343	Filipe Moutinho	FRIENDS	Veterano M45	50:15	+17:22	05:02
54	672	José Francisco Dias	Individual	Veterano M45	50:19	+17:26	05:02
55	318	XAVIER OLIVEIRA	FISIOJOANE	Veterano M45	50:19	+17:27	05:02
56	315	BERTO MACHADO	FISIOJOANE	Veterano M45	50:20	+17:27	05:02
57	941	Rui Oliveira	RROnline	Veterano M45	50:24	+17:31	05:02
58	683	Octavio Arrotea	Individual	Veterano M45	50:33	+17:41	05:03
59	659	Adão Pereira	Individual	Veterano M45	50:38	+17:45	05:04
60	781	Joaquim Simões	LIKETOMOVE	Veterano M45	50:39	+17:47	05:04
61	876	Vitor as	OPTICALIA	Veterano M45	50:40	+17:47	05:04
62	182	FRANCISCO JOSE GOMES CARNEIRO	CASFIL	Veterano M45	50:45	+17:52	05:05
63	81	Manuel Silva	Amigos Ponto Final	Veterano M45	50:46	+17:53	05:05
64	79	Joaquim Pinheiro	Amigos Ponto Final	Veterano M45	50:46	+17:54	05:05
65	269	Gracinda Oliveira	Equipa Central Runners	Veterano M45	51:05	+18:12	05:07
66	270	Luis Lopes	Equipa Central Runners	Veterano M45	51:06	+18:13	05:07
67	1000	JORGE ANTUNES	Sócorro	Veterano M45	51:06	+18:14	05:07
68	675	Leonel Fontes Martins	Individual	Veterano M45	51:18	+18:25	05:08
69	691	Vítor Andrade	Individual	Veterano M45	51:35	+18:43	05:10

**Corrida 10K**

**10 KM**



**OFFICIAL RESULT**

70	673	JOSE LUIS SILVA	Individual	Veterano M45	52:15	+19:22	05:14
71	324	Agostinho Sousa	FLUIDOS	Veterano M45	52:17	+19:25	05:14
72	679	Manuel Joaquim Osório Couto	Individual	Veterano M45	52:18	+19:25	05:14
73	782	José Miguel Mellot	LIKETOMOVE	Veterano M45	52:25	+19:32	05:15
74	88	Augusto Pacheco	ASSOCIAÇÃO DESPORTIVA DE LUSTOSA	Veterano M45	53:04	+20:12	05:18
75	8	Rui Magalhaes	A nós e todos como nós	Veterano M45	53:07	+20:14	05:19
76	1101	JOSÉ MANUEL ABREU	Individual	Veterano M45	53:15	+20:23	05:20
77	663	CARLOS ALBERTO CARNEIRO DIAS FERREIRA	Individual	Veterano M45	53:18	+20:25	05:20
78	1005	Serafim Moreira	Sócorro	Veterano M45	54:09	+21:17	05:25
79	1102	Bernardino Ferreira	Individual	Veterano M45	54:10	+21:17	05:25
80	316	FRANCISCO MELO	FISIOJOANE	Veterano M45	54:28	+21:35	05:27
81	667	Joaquim Neves	Individual	Veterano M45	54:48	+21:56	05:29
82	1098	RUI SILVA	S.R.CEPANENSE	Veterano M45	55:23	+22:30	05:32
83	688	Rui Costa	Individual	Veterano M45	55:43	+22:50	05:34
84	674	Jose Maria Monteiro Martins	Individual	Veterano M45	56:24	+23:31	05:38
85	317	SERGIO LOPES	FISIOJOANE	Veterano M45	56:55	+24:03	05:42
86	999	João Manuel Patronilho Picado	Sócorro	Veterano M45	58:08	+25:15	05:49
87	680	Miguel Marques	Individual	Veterano M45	58:47	+25:55	05:53
88	665	Francisco Xavier da Silva Campos	Individual	Veterano M45	59:24	+26:31	05:56
89	35	Helder Silva	ADALBERTO ESTAMPADOS	Veterano M45	01:00:17	+27:24	06:02
90	687	Ricardo Lima Teixeira	Individual	Veterano M45	01:00:17	+27:24	06:02
91	1002	Manuel Girao	Sócorro	Veterano M45	01:01:21	+28:28	06:08
92	1001	Juan Carlos	Sócorro	Veterano M45	01:01:21	+28:28	06:08
93	686	Rafael Olegario Gomes	Individual	Veterano M45	01:01:41	+28:48	06:10
94	103	JOÃO CARLOS CARNEIRO	BENCATOMA	Veterano M45	01:09:27	+36:34	06:57
95	783	Miguel Guimaraes	LIKETOMOVE	Veterano M45	01:11:10	+38:18	07:07

**Veterano M50**

1	121	Abílio Costa	C. D. S. Salvador do Campo	Veterano M50	34:37		03:28
2	91	Manuel Costa	ASSOCIAÇÃO DESPORTIVA DE LUSTOSA	Veterano M50	35:27	+00:49	03:33
3	367	Henrique Dias	GDRETORTA	Veterano M50	35:29	+00:52	03:33
4	380	Fernando Ferreira	Grupo Desportivo e Cultural de Guilhovai	Veterano M50	35:32	+00:55	03:33
5	1106	ADELINO FERNANDES	CYCLONES	Veterano M50	35:36	+00:59	03:34
6	368	JOAQUIM ROCHA	GDRETORTA	Veterano M50	35:58	+01:20	03:36
7	693	angelo freitas	Individual	Veterano M50	38:38	+04:01	03:52
8	309	Fernando Figueiredo	Figueiredo' s Runner' s and Friends	Veterano M50	39:14	+04:36	03:55
9	289	Joaquim Coelho	ESCOLA ATLETISMO ROSA OLIVEIRA	Veterano M50	39:33	+04:55	03:57
10	1027	Joaquim Ribeiro	Sporting Clube de Braga	Veterano M50	40:05	+05:28	04:01
11	1077	PAULO CARVALHO	OS SANTA APOLONIA	Veterano M50	40:21	+05:44	04:02
12	122	AGOSTINHO COSTA	C. D. S. Salvador do Campo	Veterano M50	40:43	+06:05	04:04

Corrida 10K

10 KM

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REVISED

OFFICIAL RESULT

13	90	José Ferreira	ASSOCIAÇÃO DESPORTIVA DE LUSTOSA	Veterano M50	40:44	+06:06	04:04
14	14	MANUEL GOMES	A.R.DE NEGRELOS	Veterano M50	40:55	+06:17	04:06
15	13	LUIS MARTINS	A.R.DE NEGRELOS	Veterano M50	40:58	+06:20	04:06
16	745	Artur Araújo	KILOSMODA	Veterano M50	40:58	+06:20	04:06
17	806	Jose Coelho	Moveiras	Veterano M50	42:15	+07:38	04:14
18	47	Manuel Ribeiro	ADECA/BEAT	Veterano M50	42:23	+07:45	04:14
19	698	Joao Gomes	Individual	Veterano M50	42:38	+08:01	04:16
20	807	Manuel Freitas	Moveiras	Veterano M50	43:04	+08:26	04:18
21	84	Luis Cardoso	AMIGOS PONTO FINAL	Veterano M50	43:09	+08:31	04:19
22	136	Eduardo Soares	C.S.R.D.C. SANTIAGO	Veterano M50	43:39	+09:02	04:22
23	699	Jorge Coelho	Individual	Veterano M50	43:50	+09:13	04:23
24	705	Manuel Machado	Individual	Veterano M50	44:41	+10:03	04:28
25	1037	José Silva	Sunset Runners	Veterano M50	45:42	+11:04	04:34
26	46	Francisco Gomes	ADECA/BEAT	Veterano M50	45:44	+11:07	04:34
27	974	Luis Gomes	S.R.Cepanense	Veterano M50	46:03	+11:25	04:36
28	83	Celestino Silva	Amigos Ponto Final	Veterano M50	46:22	+11:44	04:38
29	706	Rodrigo Gomes	Individual	Veterano M50	47:19	+12:41	04:44
30	290	Miguel Marinho	ESCOLA ATLETISMO ROSA OLIVEIRA	Veterano M50	48:32	+13:55	04:51
31	98	Aires Oliveira	Associação moinho de vermeim	Veterano M50	48:40	+14:02	04:52
32	108	Antonio Carvalho Martins Pereira	Bombos e Solas	Veterano M50	48:52	+14:15	04:53
33	692	Amadeu Fernandes	Individual	Veterano M50	49:10	+14:33	04:55
34	897	Jorge Machado	Os Santa Apolónia	Veterano M50	49:17	+14:40	04:56
35	978	ABILIO JORGE MARTINS ALMEIDA	SAMPEDRO	Veterano M50	49:50	+15:13	04:59
36	979	ARMANDO VIRGILIO SALGADO PEREIRA	SAMPEDRO	Veterano M50	50:00	+15:23	05:00
37	40	Verissimo Gonçalves	ADAmarante	Veterano M50	50:48	+16:10	05:05
38	85	Augusto Antunes	ARPO - Pousadense	Veterano M50	51:06	+16:29	05:07
39	125	José Augusto Magalhães	C.C.D. Coelima	Veterano M50	51:49	+17:12	05:11
40	703	LUIS FERREIRA	Individual	Veterano M50	52:36	+17:58	05:16
41	700	José Alberto Moreira de Oliveira	Individual	Veterano M50	53:09	+18:31	05:19
42	1061	FRANCISCO NETO	TUTILAR CLASS RUNNERS	Veterano M50	53:35	+18:58	05:22
43	898	Manuel Almeida	Os Santa Apolónia	Veterano M50	54:27	+19:50	05:27
44	372	Joaquim Fernando Costa Marques	Grupo Cultural Recreativo de Alvarelhos	Veterano M50	54:28	+19:51	05:27
45	704	Manuel Carlos Pinto	Individual	Veterano M50	54:30	+19:53	05:27
46	695	António José Gonçalves da Ascensão Fonseca	Individual	Veterano M50	57:29	+22:52	05:45
47	52	José Maria Fernandes	AEDAH	Veterano M50	58:06	+23:28	05:49
48	1081	MANUEL ANTONIO MARTINS DE SOUSA	Individual	Veterano M50	59:24	+24:47	05:56
49	344	João Cunha	FRIENDS	Veterano M50	01:03:14	+28:37	06:19
50	183	ALBERTO FERREIRA DA SILVA ARAUJO	CASFIL	Veterano M50	01:04:38	+30:01	06:28
51	701	José Ferreira	Individual	Veterano M50	01:04:53	+30:16	06:29

**Corrida 10K**

**10 KM**

**OFFICIAL RESULT**



**Veterano M55**

1	111	Casimiro Galhardo	C P T BAIRRO CARCAVELOS	Veterano M55	37:10		03:43
2	31	Hermínio Martins	ACRSD	Veterano M55	37:21	+00:11	03:44
3	904	José Viana	QueirozTeam / Indeviso.com	Veterano M55	37:56	+00:45	03:48
4	722	Jose Monteiro	C P T BAIRRO CARCAVELOS	Veterano M55	38:11	+01:00	03:49
5	112	Manuel Dourado	C P T BAIRRO CARCAVELOS	Veterano M55	38:40	+01:30	03:52
6	720	Jose Manuel Pereira da Costa	Individual	Veterano M55	39:43	+02:33	03:58
7	124	Fernando Mendes	C. D. S. Salvador do Campo	Veterano M55	40:12	+03:02	04:01
8	726	Manuel Jorge Gomes Alves	Individual	Veterano M55	40:25	+03:15	04:03
9	976	Luis Vilela	S.R.Cepanense	Veterano M55	40:39	+03:28	04:04
10	382	David Fernandes	Grupo Desportivo e Cultural de Guilhovai	Veterano M55	41:29	+04:19	04:09
11	381	Carlos Oliveira	Grupo Desportivo e Cultural de Guilhovai	Veterano M55	41:35	+04:24	04:10
12	342	CARLOS LOPES	FREZITE	Veterano M55	41:58	+04:47	04:12
13	732	ZÉ DIAS	A. D. ESMERIZ	Veterano M55	42:29	+05:18	04:15
14	808	Cesar Silva	Moveiras	Veterano M55	42:47	+05:37	04:17
15	975	Augusto Ribeiro	S.R.Cepanense	Veterano M55	43:43	+06:33	04:22
16	707	Adelino Silva	Individual	Veterano M55	44:40	+07:29	04:28
17	931	Francisco Rodrigues	RODA DOS VENTOS	Veterano M55	44:43	+07:33	04:28
18	76	Manuel Pinheiro	Amigos da Corrida	Veterano M55	45:04	+07:53	04:30
19	729	Orlando Oliveira	Individual	Veterano M55	45:05	+07:55	04:31
20	929	António Almeida	RODA DOS VENTOS	Veterano M55	45:15	+08:04	04:32
21	730	Óscare Loureiro	Individual	Veterano M55	46:31	+09:21	04:39
22	185	JOSE ROCHA	Centro Atletismo Ermesinde	Veterano M55	46:56	+09:45	04:42
23	708	Albino Talaia Mota Rocha	Individual	Veterano M55	47:29	+10:19	04:45
24	719	José Luís Fontão Pereira	Individual	Veterano M55	47:33	+10:23	04:45
25	826	Armindo Torres	Nucleo de Karate e Atletismo de Roriz	Veterano M55	47:44	+10:33	04:46
26	718	José Delfim Sampaio Magalhães	Individual	Veterano M55	48:10	+10:59	04:49
27	73	João Lopes	Amigos da Corrida	Veterano M55	48:22	+11:12	04:50
28	877	Antonio Silva	OPTICALIA	Veterano M55	48:31	+11:20	04:51
29	1060	ANTÓNIO NETO	TRIFITROFA	Veterano M55	48:54	+11:44	04:53
30	56	António Rodrigues	AFIPRE Team	Veterano M55	49:33	+12:22	04:57
31	710	Alexandrino Oliveira	Individual	Veterano M55	49:44	+12:33	04:58
32	932	Joaquim Periera	RODA DOS VENTOS	Veterano M55	50:13	+13:02	05:01
33	878	Natalino Oliveira	OPTICALIA	Veterano M55	50:13	+13:02	05:01
34	291	José Oliveira	ESCOLA ATLETISMO ROSA OLIVEIRA	Veterano M55	51:04	+13:53	05:06
35	827	Luis Bessa	Nucleo de Karate e Atletismo de Roriz	Veterano M55	51:16	+14:06	05:08
36	709	alexandre herculano gomes pereira	Individual	Veterano M55	51:31	+14:20	05:09
37	824	Fernando Andrade	NO TOMORROW RUNNING TEAM	Veterano M55	53:07	+15:56	05:19
38	716	Fernando Monteiro	Individual	Veterano M55	53:27	+16:16	05:21
39	727	Mário Silva	Individual	Veterano M55	53:55	+16:45	05:24
40	725	Manuel Emidio	Individual	Veterano M55	54:06	+16:56	05:25

