

PROVA PRINCIPAL - 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

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	Time	Temperature	Humidity
Start	10:30	-99°C	-99%
End	11:57	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	716	Miguel Borges	s. l. benfica	Senior Masculino	30:23		03:02
2	437	Vitor Oliveira	maia ac	Senior Masculino	30:37	+00:14	03:04
3	271	Bruno Silva	águas de alvelos	Senior Masculino	30:45	+00:23	03:05
4	406	Rui Muga	clube académico de mogadouro	Senior Masculino	31:05	+00:42	03:07
5	756	Paulo Barbosa	individual	Senior Masculino	31:23	+01:00	03:08
6	620	Joao Almeida	sporting clube de portugal	Senior Masculino	32:16	+01:54	03:14
7	68	Luís Ricardo Beato Pereira	casa dos trabalhadores - águas do porto	Senior Masculino	32:27	+02:04	03:15
8	123	Nelson loureiro	individual	Senior Masculino	33:47	+03:24	03:23
9	479	Cesar Vilas Boas	c. d. c. navais	Senior Masculino	34:07	+03:44	03:25
10	753	Bruno Queiroz	individual	Senior Masculino	34:07	+03:44	03:25
11	767	Daniela Filipa Guimarães	sporting clube de portugal	Senior Feminino	34:13	+03:51	03:25
12	185	Paulo Reis	individual	Veterano M45	34:27	+04:04	03:27
13	717	Susana Godinho	sporting clube de portugal	Senior Feminino	34:42	+04:19	03:28
14	603	José Pereira	a.c.s.d. de pedraído	Senior Masculino	34:43	+04:20	03:28
15	388	António Pires	escola do movimento	Senior Masculino	34:43	+04:20	03:28
16	699	ANTÓNIO JESUS	academia fernanda ribeiro	Veterano M50	34:47	+04:24	03:29
17	671	Jorge Brito	clube de atletismo os gaienses/toyota	Veterano M45	35:02	+04:39	03:30
18	67	Mário Contreiras	cdssalvador do campo	Veterano M45	35:06	+04:44	03:31
19	536	José Pires	equipa-sociedade recreio cepanense	Senior Masculino	35:24	+05:02	03:32
20	290	MARIO GONÇALVES	g. d. r. juventude das ribeiras	Veterano M50	35:29	+05:07	03:33
21	116	Bruno Filipe Novais Pereira	individual	Senior Masculino	35:32	+05:10	03:33
22	633	Joao Seixas	individual	Senior Masculino	35:49	+05:27	03:35
23	196	José Almeida	academia fernanda ribeiro	Veterano M45	35:52	+05:30	03:35
24	777	José Carvalho	tribraga	Senior Masculino	35:56	+05:34	03:36
25	250	José Moreira	escola do movimento	Veterano M45	35:58	+05:36	03:36
26	534	João Castro	equipa-sociedade recreio cepanense	Senior Masculino	36:05	+05:43	03:37
27	386	Mark Velhote	vodafone	Veterano M40	36:30	+06:07	03:39
28	652	Rui Gomes	hs climatização trail team	Senior Masculino	36:34	+06:11	03:39
29	77	Rui Carneiro	grupo de bombos "os cordovenses"	Senior Masculino	36:48	+06:26	03:41
30	139	ANDRÉ	individual	Senior Masculino	36:54	+06:32	03:41
31	482	Miguel Jacinto Ferreira Moura	academia fernanda ribeiro	Senior Masculino	36:59	+06:36	03:42
32	720	Daniela Sousa	g. d. estreito	Senior Feminino	37:00	+06:38	03:42
33	434	João Campos Cunha	individual	Senior Masculino	37:01	+06:38	03:42
34	373	Luis Camanho	individual	Senior Masculino	37:04	+06:41	03:42
35	537	Victor Martins	equipa-sociedade recreio cepanense	Veterano M40	37:06	+06:44	03:43
36	319	André Pinto	andatrinhos freamunde	Senior Masculino	37:08	+06:45	03:43
37	385	Seninho Ribeiro	oralklass-amigos do trail	Senior Masculino	37:09	+06:46	03:43
38	718	Diana Almeida	sporting clube de portugal	Senior Feminino	37:21	+06:59	03:44
39	293	JOSE FERREIRA	g. d. r. juventude das ribeiras	Veterano M40	37:25	+07:02	03:45
40	54	alberto rodrigues	clube desportivo feirense	Senior Masculino	37:31	+07:08	03:45
41	113	José Graça	boavista f.c.	Veterano M40	37:40	+07:17	03:46
42	197	Carlos Dias	academia fernanda ribeiro	Veterano M45	37:40	+07:17	03:46

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	263	Belmiro Ferreira	g .d .leões da guarda	Veterano M50	37:51	+07:28	03:47
44	97	JOAQUIM ALVES	amigos da picua	Veterano M45	37:57	+07:35	03:48
45	384	jose fernando torres da costa	grupo desportivo da limpeza urbana - cmp	Veterano M50	37:58	+07:35	03:48
46	247	Vitor	individual	Senior Masculino	38:04	+07:42	03:48
47	69	FERNANDO JOSÉ AFONSO ALMEIDA	f. c. penafiel	Veterano M45	38:05	+07:43	03:49
48	78	Arlindo Sousa	individual	Veterano M50	38:06	+07:43	03:49
49	548	Paulo Figueiredo	afis/ovar	Veterano M40	38:07	+07:44	03:49
50	520	Abílio Teixeira	equipa-sociedade recreio cepanense	Veterano M50	38:08	+07:45	03:49
51	243	Manuel Fonseca	afis/ovar	Veterano M55	38:10	+07:48	03:49
52	719	Sara Carvalho	s. c. salgueiros	Senior Feminino	38:17	+07:55	03:50
53	380	JOAQUIM RIBEIRO	sporting clube de braga	Veterano M50	38:18	+07:55	03:50
54	698	GRACIANO PEREIRA	academia fernanda ribeiro	Veterano M55	38:20	+07:58	03:50
55	269	Fernando Souza	individual	Senior Masculino	38:30	+08:08	03:51
56	352	Carlos coelho	individual	Senior Masculino	38:31	+08:08	03:51
57	746	Filipe Vilhena	cmmaia	Veterano M40	38:33	+08:10	03:51
58	12	Álvaro de Sousa	os santa apolonia	Veterano M45	38:35	+08:12	03:52
59	167	Paulo José Gomes Fernandes	clube veteranos do porto	Veterano M45	38:40	+08:18	03:52
60	752	Fernando Maia	individual	Veterano M50	38:43	+08:20	03:52
61	190	Amândio Jorge Pinheiro	adsmaia	Veterano M45	38:47	+08:25	03:53
62	66	António Lemos	lemos	Veterano M40	38:51	+08:28	03:53
63	610	Mário José de Sousa Crujeira	associação desportiva afifense a.d.a	Senior Masculino	38:54	+08:32	03:53
64	727	Fernando Oliveira Gomes	individual	Veterano M40	38:56	+08:34	03:54
65	366	Bruno Miguel Pacheco Moreira	individual	Senior Masculino	39:00	+08:37	03:54
66	132	Hélder Silva	os rompe solas	Veterano M40	39:00	+08:38	03:54
67	530	Fernando Pinto	equipa-sociedade recreio cepanense	Veterano M45	39:02	+08:40	03:54
68	63	ANTONIO MANUEL T.ROCHA MOREIRA	individual	Veterano M40	39:07	+08:44	03:55
69	644	José Carlos Dias	ctad - trilhos de cinfães	Veterano M45	39:11	+08:48	03:55
70	55	José Sousa	clube desportivo feirense	Veterano M40	39:11	+08:49	03:55
71	42	Fábio Oliveira	individual	Senior Masculino	39:13	+08:50	03:55
72	133	David Rodrigues	os rompe solas	Veterano M50	39:14	+08:51	03:55
73	71	António Castro	clube desportivo feirense	Veterano M50	39:17	+08:55	03:56
74	473	Sérgio Mota	lousada runners	Senior Masculino	39:21	+08:58	03:56
75	284	SERGIO MARTINS	a.r.de negrelos	Veterano M45	39:23	+09:00	03:56
76	283	LUIS MARTINS	a.r.de negrelos	Veterano M50	39:23	+09:00	03:56
77	362	Fabio Correia	trail running sanguedo	Senior Masculino	39:32	+09:09	03:57
78	780	Luís Vilela	equipa-sociedade recreio cepanense	Veterano M55	39:38	+09:16	03:58
79	25	andre almeida	factorx/s4l/medensefc	Senior Masculino	39:40	+09:18	03:58
80	294	JOSE NUNES	g. d. r. juventude das ribeiras	Veterano M40	39:43	+09:21	03:58
81	157	Daniel Monteiro	individual	Senior Masculino	39:48	+09:26	03:59
82	285	MANUEL GOMES	a.r.de negrelos	Veterano M50	39:49	+09:27	03:59
83	477	Fernando António Ribeiro Silva	c. d. c. navais	Veterano M50	39:50	+09:28	03:59
84	751	Manuel Casais	individual	Veterano M50	39:51	+09:28	03:59
85	478	Isidro Miranda	c. d. c. navais	Veterano M55	39:52	+09:29	03:59
86	320	Tiago Alves	individual	Senior Masculino	39:57	+09:35	04:00
87	128	Americo Oliveira e Silva	individual	Veterano M40	39:57	+09:35	04:00

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
131	118	SILVIO FERREIRA	nascidos para correr - associação desportiva	Senior Masculino	41:59	+11:36	04:12
132	237	Hélder Paiva	afis/ovar	Senior Masculino	42:00	+11:38	04:12
133	493	Aurélio Marques	cave esposende	Veterano M50	42:01	+11:38	04:12
134	782	Carlos Lopes	equipa-sociedade recreio cepanense	Veterano M40	42:03	+11:41	04:12
135	539	Augusto Ribeiro	equipa-sociedade recreio cepanense	Veterano M55	42:05	+11:42	04:13
136	413	Luís Guise	vimarunners	Veterano M45	42:14	+11:52	04:13
137	160	Ernesto Marques Alves	juventude cortegacense	Veterano M45	42:17	+11:55	04:14
138	19	Bruno Neves	botagelo	Senior Masculino	42:21	+11:59	04:14
139	648	Ivo Silva	individual	Senior Masculino	42:22	+11:59	04:14
140	211	Cecílio Manuel Silva Ferreira	juventude cortegacense	Veterano M40	42:24	+12:01	04:14
141	573	Ivo Nascimento	equipa boot	Senior Masculino	42:26	+12:03	04:15
142	622	Pedro Soares	equipa boot camp	Senior Masculino	42:26	+12:03	04:15
143	514	Diogo Ribeiro	equipa-sociedade recreio cepanense	Senior Masculino	42:27	+12:05	04:15
144	374	Nuno Silva	individual	Veterano M40	42:29	+12:06	04:15
145	219	Domingos Manuel Moreira	centro de atletismo do porto - cap	Veterano M55	42:36	+12:14	04:16
146	635	Antonio Dinis Teixeira Ribeiro	individual	Senior Masculino	42:41	+12:18	04:16
147	687	Paulo Jorge Gil da Cunha	academia fernanda ribeiro	Senior Masculino	42:46	+12:24	04:17
148	465	Ricardo Almeida	correr leça	Veterano M45	42:48	+12:26	04:17
149	774	Rui CV Andrade	individual	Veterano M50	42:48	+12:26	04:17
150	340	Rui Eusébio	academia fernanda ribeiro	Veterano M45	42:51	+12:28	04:17
151	429	Tiago Silva	individual	Senior Masculino	42:54	+12:31	04:17
152	586	Bruno Alves	mocidade sangemil ac	Senior Masculino	42:54	+12:31	04:17
153	490	Antonio Manuel Lopes de Almeida	individual	Veterano M40	42:57	+12:34	04:18
154	518	Osvaldo Soares	equipa-sociedade recreio cepanense	Veterano M45	42:58	+12:36	04:18
155	79	Cristiana Raquel de Sousa Ferreira	running espinho	Senior Feminino	42:59	+12:36	04:18
156	458	Serafim Ramos	lion runners - g. d. leões da guarda	Veterano M55	42:59	+12:37	04:18
157	312	João Russo	individual	Senior Masculino	43:00	+12:38	04:18
158	533	António Mendes	equipa-sociedade recreio cepanense	Veterano M50	43:03	+12:41	04:18
159	407	Helder Deveza	clube académico de mogadouro	Veterano M40	43:08	+12:45	04:19
160	750	Carlos Canito	individual	Veterano M45	43:08	+12:45	04:19
161	414	Clara Freire	gtt/armazém do caffè	Veterana F40	43:09	+12:47	04:19
162	670	Jose Silva	clube de atletismo os gaienses/toyota	Veterano M55	43:12	+12:49	04:19
163	358	Justino José Moreira Soares	runners on fire	Veterano M40	43:12	+12:50	04:19
164	108	Helder Ferreira	individual	Senior Masculino	43:14	+12:51	04:19
165	451	Paulo Brás	lion runners - g. d. leões da guarda	Veterano M45	43:14	+12:51	04:19
166	570	Raul Silva	individual	Senior Masculino	43:19	+12:56	04:20
167	216	Pedro Filipe Sousa Moutinho	os carrega equipa!	Senior Masculino	43:19	+12:56	04:20
168	528	Francisco Cunha	equipa-sociedade recreio cepanense	Veterano M40	43:22	+12:59	04:20
169	109	Rui Russo dos Santos	porto runners	Veterano M50	43:23	+13:01	04:20
170	264	Luciano Vieira	g. d. leões da guarda	Veterano M55	43:25	+13:03	04:21
171	234	Jorge Vilhena	capwatt	Veterano M40	43:26	+13:04	04:21
172	513	Bruno Gomes	equipa-sociedade recreio cepanense	Senior Masculino	43:30	+13:07	04:21
173	463	sergio silva	academia fernanda ribeiro	Senior Masculino	43:31	+13:08	04:21
174	693	Augusto Granja	clube de pessoal edp porto	Veterano M55	43:33	+13:11	04:21
175	420	Carlos André Costa Fernandes	individual	Senior Masculino	43:34	+13:12	04:21

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220	147	Ivo Miguel Lemos Martins	individual	Senior Masculino	45:11	+14:48	04:31
221	776	PAULO BARBOSA	not run alone	Veterano M40	45:17	+14:54	04:32
222	240	Manuel Gomes	afis/ovar	Veterano M50	45:17	+14:55	04:32
223	545	Pedro Diegues	individual	Senior Masculino	45:21	+14:58	04:32
224	308	BALTAZAR FERREIRA	individual	Veterano M45	45:23	+15:00	04:32
225	95	José Coutinho	amigos da picua	Senior Masculino	45:25	+15:03	04:33
226	210	António de Neiva Rodrigues	afipre team	Veterano M55	45:26	+15:03	04:33
227	765	Eduardo Nunes	vidraria armando	Veterano M55	45:40	+15:18	04:34
228	90	Ana Alexandra Pereira Pires	academia fernanda ribeiro	Senior Feminino	45:42	+15:19	04:34
229	653	Paula Cristina Ferreira Pinheiro Guedes	maia ac	Veterana F40	45:45	+15:23	04:35
230	558	Fernando Manuel da Silva Santos	individual	Veterano M45	45:45	+15:23	04:35
231	583	José Paulo Faria	no tomorrow running team	Veterano M40	45:49	+15:26	04:35
232	673	António Marques	individual	Senior Masculino	45:51	+15:29	04:35
233	768	Miguel da Cruz	individual	Senior Masculino	45:52	+15:29	04:35
234	201	François Paiva	individual	Senior Masculino	45:55	+15:32	04:36
235	531	René Teixeira	equipa-sociedade recreio cepanense	Veterano M45	45:55	+15:33	04:36
236	655	Tiago Mendes	equipa-sociedade recreio cepanense	Senior Masculino	45:55	+15:33	04:36
237	592	Vitor Santos	mocidade sangemil ac	Veterano M40	45:58	+15:35	04:36
238	365	José Fernando dos Santos Nunes	centro de marcha e corrida	Veterano M45	46:01	+15:38	04:36
239	412	André Ribeiro	individual	Senior Masculino	46:04	+15:41	04:36
240	315	Hugo Marques	individual	Senior Masculino	46:05	+15:42	04:37
241	130	Hugo Gonçalves	nascidos para correr - associação desportiva	Veterano M45	46:05	+15:43	04:37
242	272	Paulo Lima	individual	Senior Masculino	46:12	+15:50	04:37
243	278	Vitor Lopes	individual	Senior Masculino	46:12	+15:50	04:37
244	235	Raquel Ferreira	satecnosol outdoor / la sportiva portugal	Senior Feminino	46:13	+15:50	04:37
245	743	Eduardo Vasconcelos Carvalho	c+ runners	Senior Masculino	46:15	+15:52	04:38
246	572	Vitor Cirne	individual	Veterano M40	46:16	+15:54	04:38
247	382	Olinda Brás	individual	Senior Feminino	46:19	+15:56	04:38
248	289	FERNANDO VALENTE	g. d. r. juventude das ribeiras	Veterano M55	46:21	+15:58	04:38
249	223	Paulo José Chibante Sequeira	academia fernanda ribeiro	Veterano M45	46:23	+16:01	04:38
250	510	Luís Gomes	equipa-sociedade recreio cepanense	Veterano M50	46:24	+16:01	04:38
251	422	paulo mandim	individual	Senior Masculino	46:24	+16:02	04:38
252	395	Carlos Duarte	individual	Veterano M55	46:24	+16:02	04:38
253	292	QUINTINO BACELO	g. d. r. juventude das ribeiras	Veterano M55	46:34	+16:12	04:39
254	685	RUI ANTONIO SOARES SILVA MARQUES	oliveconta - contabilidade e seguros - ermesinde	Veterano M40	46:35	+16:13	04:40
255	261	José Freitas	g. d. leões da guarda	Veterano M55	46:36	+16:14	04:40
256	83	Pedro Vieira	a.d.sebolido trail boneca d'ouro	Senior Masculino	46:38	+16:16	04:40
257	229	Carlos Leal	andatrinhos freamunde	Senior Masculino	46:40	+16:18	04:40
258	351	Rui Tavares	individual	Senior Masculino	46:42	+16:19	04:40
259	166	cesar pinto	individual	Veterano M45	46:43	+16:20	04:40
260	442	Sofia Pimenta	lion runners - g. d. leões da guarda	Senior Feminino	46:43	+16:21	04:40
261	24	Jorge Fernandes	individual	Veterano M40	46:46	+16:23	04:41
262	710	Carlos Martins	cmmaia	Senior Masculino	46:48	+16:25	04:41
263	244	Américo Oliveira	afis/ovar	Veterano M45	46:48	+16:26	04:41

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT



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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
264	709	Fernando Rocha	cmmaia	Veterano M55	46:49	+16:27	04:41
265	17	André Figueiredo	individual	Veterano M40	46:51	+16:29	04:41
266	736	RUI TALHAS	individual	Veterano M55	46:54	+16:31	04:41
267	152	Paulo Rui Araújo Pereira	gdctencv	Veterano M45	46:54	+16:31	04:41
268	328	Jorge António da Costa Pereira	individual	Veterano M55	46:56	+16:33	04:42
269	574	Luis Gomes	equipa boot	Senior Masculino	46:57	+16:35	04:42
270	100	ANTONIO PEREIRA	amigos da picua	Veterano M45	46:59	+16:36	04:42
271	764	Joel Costa	vidraria armando	Veterano M40	46:59	+16:37	04:42
272	125	Abílio	sci runners	Senior Masculino	47:04	+16:41	04:42
273	689	Sara Amaral	runners on fire	Senior Feminino	47:04	+16:42	04:42
274	467	Diogo Soares	correr leça	Senior Masculino	47:07	+16:45	04:43
275	336	Paulo Graça	individual	Veterano M50	47:11	+16:48	04:43
276	262	Leopoldo Fernandes	g .d .leões da guarda	Veterano M55	47:13	+16:51	04:43
277	612	João Pereira1	white running team	Senior Masculino	47:16	+16:53	04:44
278	702	Joaquim Moutinho	cmmaia	Senior Masculino	47:16	+16:53	04:44
279	52	maxim bukharov	academia fernanda ribeiro	Senior Masculino	47:19	+16:56	04:44
280	532	João Oliveira	equipa-sociedade recreio cepanense	Veterano M40	47:24	+17:02	04:44
281	291	HENRIQUE PESTANA	g. d. r. juventude das ribeiras	Veterano M55	47:27	+17:04	04:45
282	472	Tiago Santos	correr leça	Senior Masculino	47:27	+17:04	04:45
283	672	Diogo Fernandes	ag massagens	Senior Masculino	47:28	+17:05	04:45
284	554	Mário Valente	individual	Veterano M55	47:29	+17:07	04:45
285	695	Armando Peneda	clube de pessoal edp porto	Veterano M55	47:32	+17:10	04:45
286	485	Leonel Videira	nascidos para correr - associação desportiva	Senior Masculino	47:35	+17:13	04:46
287	659	Artur Jorge Meireles Barbosa	individual	Veterano M40	47:43	+17:20	04:46
288	453	Raul Ferreira	lion runners - g. d. leões da guarda	Veterano M55	47:43	+17:21	04:46
289	696	Manuel António Costa	clube de pessoal edp porto	Veterano M50	47:46	+17:23	04:47
290	204	Custodio Neto	individual	Veterano M55	47:51	+17:28	04:47
291	498	Luis Faria	individual	Veterano M45	47:51	+17:28	04:47
292	526	João Doellinger	equipa-sociedade recreio cepanense	Veterano M40	47:52	+17:29	04:47
293	144	Paulo Assis	individual	Senior Masculino	47:52	+17:30	04:47
294	182	Helder Palma	helder palma	Veterano M40	47:53	+17:30	04:47
295	173	Sandra Rodrigues	individual	Senior Feminino	47:53	+17:30	04:47
296	439	António Bastos	correr leça	Veterano M45	47:54	+17:31	04:47
297	435	Alexandre Pacheco Lopes	individual	Senior Masculino	47:54	+17:31	04:47
298	161	Helder Couto	rock'n'roll runners	Veterano M45	47:56	+17:33	04:48
299	631	Sandra Aguiar	individual	Veterana F40	47:56	+17:34	04:48
300	418	Joaquim Silva Moutinho	individual	Veterano M55	47:57	+17:34	04:48
301	724	Ângela PInto	individual	Senior Feminino	48:00	+17:38	04:48
302	690	Gustavo André	individual	Senior Masculino	48:01	+17:39	04:48
303	591	João Ramos	mocidade sangemil ac	Veterano M40	48:06	+17:43	04:49
304	761	maria coelho	grade lata	Veterana F45	48:08	+17:46	04:49
305	333	Paulo Carvalho	individual	Senior Masculino	48:08	+17:46	04:49
306	253	Hugo Cláudio Campos Pacheco	individual	Senior Masculino	48:08	+17:46	04:49
307	314	Lino Melo da Silva	individual	Veterano M50	48:11	+17:48	04:49
308	667	Aurelio Américo Carriço Costa	individual	Veterano M45	48:13	+17:50	04:49

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT



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
309	238	Mario Conde	afis/ovar	Veterano M55	48:14	+17:52	04:49
310	754	Carlos Gomes	individual	Veterano M40	48:18	+17:56	04:50
311	590	Ricardo Morais	mocidade sangemil ac	Senior Masculino	48:18	+17:56	04:50
312	316	Gonçalo Oliveira	invicta runners team	Senior Masculino	48:22	+17:59	04:50
313	790	Francisco Oliveira	individual	Veterano M55	48:23	+18:00	04:50
314	789	Rui Santos	individual	Senior Masculino	48:24	+18:02	04:50
315	310	Joaquim Paulo Dias Cardoso	parabéns	Veterano M50	48:30	+18:07	04:51
316	742	Leandro Araújo	c+ runners	Senior Masculino	48:32	+18:09	04:51
317	273	Nuno Marques	kemedo team	Senior Masculino	48:33	+18:10	04:51
318	447	José Manuel Patarata	lion runners - g. d. leões da guarda	Veterano M45	48:34	+18:12	04:51
319	730	Antonio Oliveira	individual	Veterano M55	48:35	+18:12	04:52
320	549	antonio lourenço	grupo desportivo leoes de veneza	Veterano M55	48:37	+18:15	04:52
321	193	Bruno Ferreira	individual	Senior Masculino	48:38	+18:16	04:52
322	529	Sérgio Mendes	equipa-sociedade recreio cepanense	Senior Masculino	48:38	+18:16	04:52
323	64	Orlando Jorge da Silva ferreira	individual	Veterano M50	48:39	+18:16	04:52
324	657	Aurélié Freitas	equipa-sociedade recreio cepanense	Senior Feminino	48:39	+18:16	04:52
325	515	Ricardo Costa	equipa-sociedade recreio cepanense	Senior Masculino	48:39	+18:17	04:52
326	731	Adélio da Conceição Sousa Carneiro Florêncio	individual	Veterano M55	48:40	+18:17	04:52
327	712	Orlando Leal	cmmaia	Veterano M40	48:40	+18:18	04:52
328	580	LUCINDA ALVES	amigos da picua	Veterana F45	48:42	+18:19	04:52
329	432	Joaquim Sousa	individual	Veterano M55	48:43	+18:21	04:52
330	668	Francisco Miranda	individual	Senior Masculino	48:46	+18:23	04:53
331	793	Vitor Daniel Ribeiro Pereira	individual	Senior Masculino	48:46	+18:23	04:53
332	245	Carlos Campos	afis/ovar	Veterano M45	48:47	+18:25	04:53
333	60	Francisco Diogo Barreto	castelo	Senior Masculino	48:56	+18:33	04:54
334	59	Nelson Modesto da Costa Pinto	castelo	Veterano M40	48:56	+18:34	04:54
335	179	Bruno	castelo	Senior Masculino	48:56	+18:34	04:54
336	397	Ramiro Assembleia	individual	Veterano M45	48:59	+18:37	04:54
337	299	Filipe Manuel Dinis Fernandes	individual	Senior Masculino	49:01	+18:38	04:54
338	691	Adérito Teixeira	clube de pessoal edp porto	Veterano M55	49:01	+18:39	04:54
339	40	Vitor Santos	factorx/as4l/medensefc	Senior Masculino	49:02	+18:39	04:54
340	694	João Nunes	clube de pessoal edp porto	Senior Masculino	49:02	+18:39	04:54
341	268	Simão Carneiro	individual	Senior Masculino	49:05	+18:43	04:55
342	267	Firmino Nogueira	individual	Veterano M50	49:05	+18:43	04:55
343	348	João	runners on fire	Senior Masculino	49:09	+18:46	04:55
344	215	vitor silva	individual	Veterano M40	49:09	+18:46	04:55
345	763	João Mota	vidraria armando	Senior Masculino	49:11	+18:48	04:55
346	338	CARLOS CARNEIRO	academia fernanda ribeiro	Veterano M55	49:11	+18:49	04:55
347	638	José Avelino Veira	individual	Veterano M55	49:12	+18:50	04:55
348	149	manuel sousa teixeira	individual	Veterano M45	49:13	+18:51	04:55
349	402	RUI ALVES	ramalves	Veterano M45	49:14	+18:52	04:55
350	621	Nuno	equipa boot camp	Senior Masculino	49:18	+18:55	04:56
351	599	Daniel Alberto Teixeira Coelho	penaboys	Senior Masculino	49:18	+18:56	04:56
352	682	Carlos Ribeiro	mocidade sangemil ac	Veterano M40	49:22	+19:00	04:56
353	740	Antonio Cunha	porto runners	Veterano M45	49:24	+19:01	04:56

PROVA PRINCIPAL - 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 - LAP2GO - TIMING SOLUTION

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
486	615	Nuno Sérgio Esteves Oliveira	individual	Senior Masculino	54:09	+23:47	05:25
487	104	CRISTINA MAGALHÃES	academia fernanda ribeiro	Veterana F45	54:13	+23:51	05:25
488	332	Vitor santos	unidos ao pó	Veterano M40	54:15	+23:53	05:26
489	168	Adulcelina Leitao	individual	Senior Feminino	54:18	+23:55	05:26
490	436	José Luís Pinheiro Cerqueira	individual	Senior Masculino	54:18	+23:56	05:26
491	337	Ana Bernardete De	academia fernanda ribeiro	Senior Feminino	54:23	+24:01	05:26
492	546	AGOSTINHO SANTOS	amigos da picua	Veterano M55	54:26	+24:03	05:27
493	103	Ana Paula Teixeira	individual	Veterana F45	54:28	+24:05	05:27
494	9	Ana Martins	invicta runners team	Veterana F45	54:29	+24:06	05:27
495	304	Celestino Brás	individual	Veterano M50	54:34	+24:11	05:27
496	367	VÍTOR HUGO RIBEIRO MOREIRA	fama runners	Veterano M40	54:34	+24:11	05:27
497	174	antonio jorge F O gomes	individual	Veterano M50	54:34	+24:12	05:27
498	738	Marisa Ribeiro	individual	Veterana F40	54:39	+24:16	05:28
499	329	Nuno Jorge Sousa Pinto Fonseca	individual	Veterano M40	54:44	+24:22	05:28
500	547	JOSE CARLOS PINTO	individual	Veterano M45	54:45	+24:22	05:29
501	686	Cristina Dias	individual	Veterana F45	54:45	+24:23	05:29
502	684	Miguel Pereira Resende	tartarugas do asfalto	Veterano M45	54:45	+24:23	05:29
503	581	Sérgio Esteves	individual	Veterano M40	54:51	+24:29	05:29
504	48	Joao Lourenco	c+ runners	Veterano M45	54:53	+24:31	05:29
505	441	Nuno Fernandes	rise and rise again	Senior Masculino	54:55	+24:32	05:30
506	387	Francisco Paulo Pinto	boavista f.c.	Veterano M50	54:56	+24:34	05:30
507	661	Paulo Teixeira	boavista f.c.	Senior Masculino	54:56	+24:34	05:30
508	427	Diogo Pereira	individual	Senior Masculino	55:02	+24:40	05:30
509	578	Pedro Miguel Carvalho Maia	individual	Senior Masculino	55:05	+24:42	05:31
510	675	marisa lourenço	individual	Veterana F45	55:09	+24:47	05:31
511	369	Ana Margarida Brito	individual	Senior Feminino	55:14	+24:51	05:31
512	110	Pedro Freitas	factorx/s4l/medensefc	Senior Masculino	55:14	+24:52	05:31
513	119	diogo couceiro	individual	Veterano M50	55:15	+24:52	05:32
514	151	Pedro Miguel Baltazar Martins	individual	Veterano M40	55:15	+24:53	05:32
515	260	António Baganha	maiafriends	Veterano M45	55:15	+24:53	05:32
516	624	Emanuel Neto	equipa boot camp	Senior Masculino	55:20	+24:57	05:32
517	225	Cristina Machado	andatrinhos freamunde	Senior Feminino	55:22	+25:00	05:32
518	230	Marta Ribeiro	andatrinhos freamunde	Senior Feminino	55:22	+25:00	05:32
519	343	Nuno Miguel Mota Silva	individual	Senior Masculino	55:25	+25:02	05:33
520	206	Cláudia Patricia lima	individual	Veterana F40	55:25	+25:03	05:33
521	222	Joaquim Santos	cmc	Veterano M50	55:25	+25:03	05:33
522	330	mauro jose lopes almeida	individual	Veterano M40	55:25	+25:03	05:33
523	1	JOSÉ CLEMENTE	clemente	Veterano M55	55:25	+25:03	05:33
524	248	marta amaro	clube zipper	Senior Feminino	55:25	+25:03	05:33
525	508	Lara Cristina Marques Moreira Santos	individual	Senior Feminino	55:26	+25:03	05:33
526	502	Lurdes Fernandes	polarzinho	Veterana F45	55:31	+25:09	05:33
527	501	António Fernandes	polarzinho	Veterano M55	55:31	+25:09	05:33
528	616	Valdemar Nelso Pires Tinoco	sempre a correr	Senior Masculino	55:35	+25:12	05:34
529	787	Rui Manuel Cunha	individual	Veterano M45	55:35	+25:13	05:34
530	674	Antonio Acebey	ace	Veterano M40	55:37	+25:14	05:34

PROVA PRINCIPAL - STAGE 1

10 KM



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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
572	34	paulo nogueira	fariarunning	Veterano M40	57:38	+27:16	05:46
573	33	maria jose faria	fariarunning	Veterano M40	57:39	+27:16	05:46
574	72	Pedro Filipe Monteiro Ferreira	academia fernanda ribeiro	Senior Masculino	57:40	+27:18	05:46
575	394	Fernanda Fernandes	individual	Senior Feminino	57:43	+27:20	05:46
576	630	Mario Lamelas	individual	Veterano M50	58:09	+27:46	05:49
577	357	José Espírito Santo	individual	Veterano M55	58:10	+27:47	05:49
578	500	Sara Quintas	individual	Senior Feminino	58:10	+27:48	05:49
579	246	Beta Assunção	afis/ovar	Senior Feminino	58:30	+28:07	05:51
580	640	Alexandre Dias	wingsforlife	Veterano M45	58:30	+28:07	05:51
581	747	Sérgio Almeida	powercoaching	Veterano M40	58:37	+28:14	05:52
582	127	Adelaide Brandao	os avenses	Veterana F40	58:37	+28:15	05:52
583	207	Teotónio Silva	individual	Veterano M50	58:42	+28:20	05:52
584	126	Paulo Pinheiro	os avenses	Veterano M40	58:53	+28:31	05:53
585	131	Daniel Filipe Teixeira dos Santos	lusos xxi	Senior Masculino	58:56	+28:33	05:54
586	121	José Amorim	lusos xxi	Senior Masculino	58:56	+28:34	05:54
587	120	João Carvalho	lusos xxi	Senior Masculino	58:57	+28:34	05:54
588	31	Andriy Veber	individual	Veterano M40	59:01	+28:38	05:54
589	87	Ângela Maria da Silva Azevedo	puxa a corda	Senior Feminino	59:15	+28:52	05:56
590	544	Susana Cristina Soares Azevedo	team lanternil	Senior Feminino	59:15	+28:53	05:56
591	728	jose antonio freitas	individual	Veterano M50	59:16	+28:53	05:56
592	611	Gonçalo Jorge Rodrigues dos Santos	individual	Senior Masculino	59:16	+28:53	05:56
593	75	Miguel Alexandre Soares Coelho	individual	Senior Masculino	59:16	+28:53	05:56
594	7	JORGE CARDOSO	individual	Veterano M50	59:22	+28:59	05:56
595	440	Hélder Hugo Ferreira	individual	Senior Masculino	59:26	+29:04	05:57
596	172	António Manuel Dias Ferreira	individual	Veterano M45	59:27	+29:04	05:57
597	298	LUÍS GODINHO LOPES	individual	Senior Masculino	59:28	+29:06	05:57
598	254	abilio brandao	individual	Veterano M55	59:30	+29:08	05:57
599	21	José Luís Barros	individual	Senior Masculino	59:41	+29:18	05:58
600	507	Eduardo Nuno da Silva Mouta Faria	individual	Veterano M45	59:47	+29:25	05:59
601	405	MARIANA MALHEIRO	juska running club	Senior Feminino	59:51	+29:29	05:59
602	22	Nuno Leão	individual	Senior Masculino	59:57	+29:35	06:00
603	39	Mafalda Santos	botagelo	Senior Feminino	59:58	+29:36	06:00
604	4	Paulo Neves	casa dos trabalhadores - aguas do porto	Senior Masculino	59:58	+29:36	06:00
605	664	Clara Rua	individual	Veterana F45	01:00:03	+29:41	06:00
606	448	Licínio Sousa	lion runners - g. d. leões da guarda	Senior Masculino	01:00:17	+29:54	06:02
607	163	Isabel Morais	isabel	Veterana F40	01:00:23	+30:00	06:02
608	176	Paulo Fernandes	individual	Senior Masculino	01:00:48	+30:25	06:05
609	614	André Rebelo	individual	Senior Masculino	01:00:53	+30:30	06:05
610	364	Silvina Barbosa Silva	andatrinhos freamunde	Senior Feminino	01:00:56	+30:34	06:06
611	647	Nuno Rocha	individual	Senior Masculino	01:00:59	+30:36	06:06
612	557	João Costa	individual	Senior Masculino	01:00:59	+30:36	06:06
613	663	Bruno Borges	individual	Senior Masculino	01:01:02	+30:40	06:06
614	354	Carla Ribeiro Teixeira	individual	Veterana F45	01:01:08	+30:46	06:07
615	355	António Ribeiro	individual	Veterano M45	01:01:09	+30:46	06:07
616	598	Diana Costa	bikeass	Senior Feminino	01:01:10	+30:48	06:07

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT



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
617	595	Filipe Magalhães	bikeass	Senior Masculino	01:01:11	+30:48	06:07
618	521	Catarina Freitas	equipa-sociedade recreio cepanense	Veterana F40	01:01:28	+31:05	06:09
619	349	Nélson Costa	runners on fire	Senior Masculino	01:02:00	+31:37	06:12
620	334	Ângela Graça	individual	Veterana F45	01:02:01	+31:39	06:12
621	342	Sara Rocha	individual	Senior Feminino	01:02:09	+31:46	06:13
622	443	Cristina Sampaio	lion runners - g. d. leões da guarda	Veterana F40	01:02:10	+31:47	06:13
623	409	Emanuel Mascarenhas	casa dos trabalhadores - aguas do porto	Veterano M55	01:02:10	+31:47	06:13
624	112	Sá Girao	individual	Veterano M45	01:02:10	+31:48	06:13
625	221	Maria Jorge Gomes Costa de Sá Dantas Morais	cmc	Veterana F40	01:02:22	+31:59	06:14
626	464	nuno morgado	correr leça	Veterano M40	01:02:24	+32:01	06:14
627	134	Bruno Silva	individual	Senior Masculino	01:02:27	+32:04	06:15
628	541	António Barros	correr leça	Veterano M40	01:02:32	+32:09	06:15
629	540	Dulce Neves	correr leça	Senior Feminino	01:02:32	+32:10	06:15
630	398	Marco Castro	individual	Veterano M40	01:02:36	+32:14	06:16
631	102	Ricardo da silva pereira	individual	Senior Masculino	01:02:48	+32:25	06:17
632	191	Lúcia Mendonça	individual	Senior Feminino	01:02:48	+32:26	06:17
633	651	Alfredo	os ligeirinhos	Senior Feminino	01:02:51	+32:28	06:17
634	632	Rui Godinho	individual	Veterano M45	01:03:06	+32:43	06:19
635	94	Marta Santos	individual	Senior Feminino	01:03:06	+32:43	06:19
636	44	Ivo Azevedo	locomotiva de paranhos	Senior Masculino	01:03:17	+32:54	06:20
637	135	Helder Amaral	individual	Senior Masculino	01:03:17	+32:55	06:20
638	772	Carlos Bateira	bateirinhas	Senior Masculino	01:03:55	+33:33	06:24
639	571	Carlos Cabouco	individual	Veterano M45	01:03:56	+33:33	06:24
640	543	Pedro Miguel Azevedo Neto	team lantermil	Senior Masculino	01:04:14	+33:51	06:25
641	634	Daniela Rute Mendes de Pinho	individual	Senior Feminino	01:04:16	+33:53	06:26
642	13	António José Moreira Alves	individual	Veterano M40	01:04:16	+33:54	06:26
643	679	Raquel Vilela	runners on fire	Senior Feminino	01:04:23	+34:00	06:26
644	400	isidro silva	pipb	Veterano M45	01:04:26	+34:04	06:27
645	566	Joao Santos	277	Senior Masculino	01:04:30	+34:07	06:27
646	567	Joana Santos	277	Senior Feminino	01:04:30	+34:08	06:27
647	346	alvaro antonio sousa figueiredo	individual	Veterano M45	01:04:47	+34:25	06:29
648	769	Mário Martins antunes	individual	Veterano M55	01:04:49	+34:26	06:29
649	65	Sandra Lemos	lemos	Veterana F40	01:04:50	+34:28	06:29
650	265	Paulo Jorge Madureira Ribeiro	clube novo banco - delegação do norte	Veterano M40	01:05:12	+34:50	06:31
651	665	Nuno Vasconcelos	individual	Senior Masculino	01:05:32	+35:10	06:33
652	488	João Fortunato	sapatolas	Veterano M55	01:06:50	+36:28	06:41
653	371	Bruno Fernando Costa Oliveira	individual	Senior Masculino	01:06:56	+36:33	06:42
654	363	Joana Mendes	andatrihos freamunde	Senior Feminino	01:07:10	+36:48	06:43
655	597	Vera Maia	bikeass	Senior Masculino	01:07:19	+36:57	06:44
656	499	Teresa Rebelo	individual	Veterana F45	01:07:19	+36:57	06:44
657	596	Pedro Costa	bikeass	Senior Masculino	01:07:20	+36:57	06:44
658	469	Laura Neves	correr leça	Senior Feminino	01:07:22	+37:00	06:44
659	468	João Tomé	correr leça	Senior Masculino	01:07:22	+37:00	06:44
660	306	Mário Pedro de Castro Andrade	individual	Senior Masculino	01:08:09	+37:46	06:49
661	164	Hugo Romano	individual	Senior Masculino	01:08:09	+37:46	06:49

Prova Principal

10 KM

R
REVISED

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	10:30	-99°C	-99%
End	11:57	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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Senior Feminino

1	767	Daniela Filipa Guimarães	Sporting Clube de Portugal	Senior Feminino	34:13		03:25
2	717	Susana Godinho	Sporting Clube de Portugal	Senior Feminino	34:42	+00:28	03:28
3	720	Daniela Sousa	G. D. ESTREITO	Senior Feminino	37:00	+02:47	03:42
4	718	Diana Almeida	Sporting Clube de Portugal	Senior Feminino	37:21	+03:08	03:44
5	719	Sara Carvalho	S. C. Salgueiros	Senior Feminino	38:17	+04:04	03:50
6	721	Eduarda Barbosa	Sporting Clube de Portugal	Senior Feminino	40:13	+06:00	04:01
7	79	Cristiana Raquel de Sousa Ferreira	Running Espinho	Senior Feminino	42:59	+08:45	04:18
8	795	Cláudia Carvalho	Individual	Senior Feminino	44:27	+10:13	04:27
9	90	Ana Alexandra Pereira Pires	ACADEMIA FERNANDA RIBEIRO	Senior Feminino	45:42	+11:28	04:34
10	235	Raquel Ferreira	Satecnosol Outdoor / La Sportiva Portugal	Senior Feminino	46:13	+11:59	04:37
11	382	Olinda Brás	Individual	Senior Feminino	46:19	+12:05	04:38
12	442	Sofia Pimenta	LION RUNNERS - G. D. Leões da Guarda	Senior Feminino	46:43	+12:30	04:40
13	689	Sara Amaral	Runners On Fire	Senior Feminino	47:04	+12:51	04:42
14	173	Sandra Rodrigues	Individual	Senior Feminino	47:53	+13:39	04:47
15	724	Ângela Pinto	Individual	Senior Feminino	48:00	+13:47	04:48
16	657	Aurélia Freitas	Equipa-Sociedade Recreio Capanense	Senior Feminino	48:39	+14:25	04:52
17	649	Bruna Rosalina Lopes Oliveira Rodrigues	Individual	Senior Feminino	49:42	+15:28	04:58
18	711	Helena Ramos	CMMaia	Senior Feminino	50:26	+16:13	05:03
19	462	Carla Alexandra dos Santos Patela	Individual	Senior Feminino	50:49	+16:35	05:05
20	538	Sofia Almeida	Equipa-Sociedade Recreio Capanense	Senior Feminino	50:53	+16:39	05:05
21	181	Vera Neves	Individual	Senior Feminino	51:20	+17:06	05:08
22	762	Raquel Vasconcelos	NO TOMORROW RUNNING TEAM	Senior Feminino	52:28	+18:15	05:15
23	252	Gloria Souto	Individual	Senior Feminino	52:36	+18:23	05:16
24	535	Rita Ramos	Equipa-Sociedade Recreio Capanense	Senior Feminino	53:20	+19:07	05:20
25	142	Ana Xavier	Caes D'Avenida	Senior Feminino	53:34	+19:21	05:21
26	168	Adulcelina Leitao	Individual	Senior Feminino	54:18	+20:04	05:26
27	337	Ana Bernardete De	ACADEMIA FERNANDA RIBEIRO	Senior Feminino	54:23	+20:10	05:26
28	369	Ana Margarida Brito	Individual	Senior Feminino	55:14	+21:00	05:31
29	225	Cristina Machado	Andatrilhos Freamunde	Senior Feminino	55:22	+21:09	05:32
30	230	Marta Ribeiro	Andatrilhos Freamunde	Senior Feminino	55:22	+21:09	05:32
31	248	marta amaro	Clube Zupper	Senior Feminino	55:25	+21:12	05:33
32	508	Lara Cristina Marques Moreira Santos	Individual	Senior Feminino	55:26	+21:12	05:33
33	523	Ana Freitas	Equipa-Sociedade Recreio Capanense	Senior Feminino	56:00	+21:46	05:36

Prova Principal

10 KM

R
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OFFICIAL RESULT

34	516	Sadrine Freitas	Equipa-Sociedade Recreio Capanense	Senior Feminino	56:00	+21:46	05:36
35	503	Carina Ferreira	Individual	Senior Feminino	56:18	+22:04	05:38
36	445	Daniela Silva	LION RUNNERS - G. D. Leões da Guarda	Senior Feminino	56:33	+22:20	05:39
37	609	Célia Isabel Monjardim Sousa e Silva	Célia	Senior Feminino	56:39	+22:25	05:40
38	608	Catarina Alexandra Fernandes Cardoso	Individual	Senior Feminino	56:42	+22:29	05:40
39	722	Joana da Conceição Magalhães e Silva	Individual	Senior Feminino	57:35	+23:21	05:46
40	394	Fernanda Fernandes	Individual	Senior Feminino	57:43	+23:29	05:46
41	500	Sara Quintas	Individual	Senior Feminino	58:10	+23:57	05:49
42	246	Beta Assunção	AFIS/OVAR	Senior Feminino	58:30	+24:16	05:51
43	87	Ângela Maria da Silva Azevedo	Puxa a corda	Senior Feminino	59:15	+25:01	05:56
44	544	Susana Cristina Soares Azevedo	TEAM LANTEMIL	Senior Feminino	59:15	+25:02	05:56
45	405	MARIANA MALHEIRO	JUSKA Running Club	Senior Feminino	59:51	+25:38	05:59
46	39	Mafalda Santos	botagelo	Senior Feminino	59:58	+25:45	06:00
47	364	Silvina Barbosa Silva	Andatrilhos Freamunde	Senior Feminino	01:00:56	+26:43	06:06
48	598	Diana Costa	Bikeass	Senior Feminino	01:01:10	+26:57	06:07
49	342	Sara Rocha	Individual	Senior Feminino	01:02:09	+27:55	06:13
50	540	Dulce Neves	Correr Leça	Senior Feminino	01:02:32	+28:19	06:15
51	191	Lúcia Mendonça	Individual	Senior Feminino	01:02:48	+28:35	06:17
52	651	Alfredo	Os Ligeirinhos	Senior Feminino	01:02:51	+28:37	06:17
53	94	Marta Santos	Individual	Senior Feminino	01:03:06	+28:52	06:19
54	634	Daniela Rute Mendes de Pinho	Individual	Senior Feminino	01:04:16	+30:02	06:26
55	679	Raquel Vilela	Runners On Fire	Senior Feminino	01:04:23	+30:09	06:26
56	567	Joana Santos	277	Senior Feminino	01:04:30	+30:17	06:27
57	363	Joana Mendes	Andatrilhos Freamunde	Senior Feminino	01:07:10	+32:57	06:43
58	469	Laura Neves	Correr Leça	Senior Feminino	01:07:22	+33:09	06:44
59	417	Joana Giesteira	Individual	Senior Feminino	01:08:53	+34:39	06:53
60	232	Carolina Files	Andatrilhos Freamunde	Senior Feminino	01:09:48	+35:34	06:59
61	233	Goreti Files	Andatrilhos Freamunde	Senior Feminino	01:09:48	+35:34	06:59
62	656	Sofia Miranda	Equipa-Sociedade Recreio Capanense	Senior Feminino	01:09:51	+35:37	06:59
63	781	Bárbara Maia	Equipa-Sociedade Recreio Capanense	Senior Feminino	01:09:51	+35:37	06:59
64	404	MONICA RIBEIRO	JUSKA Running Club	Senior Feminino	01:10:10	+35:57	07:01
65	425	Vanessa Andreia Ribeiro Pinto	Individual	Senior Feminino	01:27:14	+53:00	08:43
66	84	Andressa Silva	Individual	Senior Feminino	01:27:44	+53:31	08:46

Senior Masculino

1	716	Miguel Borges	S. L. Benfica	Senior Masculino	30:23		03:02
2	437	Vitor Oliveira	Maia AC	Senior Masculino	30:37	+00:14	03:04
3	271	Bruno Silva	Águias de Alvelos	Senior Masculino	30:45	+00:23	03:05
4	406	Rui Muga	Clube Académico de Mogadouro	Senior Masculino	31:05	+00:42	03:07
5	756	Paulo Barbosa	Individual	Senior Masculino	31:23	+01:00	03:08
6	620	Joao Almeida	Sporting Clube de Portugal	Senior Masculino	32:16	+01:54	03:14
7	68	Luís Ricardo Beato Pereira	Casa dos Trabalhadores - Águas do Porto	Senior Masculino	32:27	+02:04	03:15

Official Timekeeper: Lap2Go	2 / 18	generate 27-Sep-2016 14:11
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Prova Principal

10 KM



OFFICIAL RESULT

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 - LAP2GO - TIMING SOLUTION

51	70	Sérgio Martins	S.C.BRAGA	Senior Masculino	41:31	+11:09	04:09
52	236	António Pinto	Mocidade Sangemil AC	Senior Masculino	41:34	+11:11	04:09
53	618	Viriato Rocha	WHITE RUNNING TEAM	Senior Masculino	41:37	+11:14	04:10
54	154	Jose Ribeiro	Individual	Senior Masculino	41:42	+11:20	04:10
55	431	António João Monteiro Paiva Coimbra	Individual	Senior Masculino	41:52	+11:29	04:11
56	208	Ruben Borges	AFIPRE Team	Senior Masculino	41:58	+11:35	04:12
57	118	SILVIO FERREIRA	Nascidos Para Correr - Associação Desportiva	Senior Masculino	41:59	+11:36	04:12
58	237	Hélder Paiva	AFIS/OVAR	Senior Masculino	42:00	+11:38	04:12
59	19	Bruno Neves	botagelo	Senior Masculino	42:21	+11:59	04:14
60	648	Ivo Silva	Individual	Senior Masculino	42:22	+11:59	04:14
61	573	Ivo Nascimento	Equipa Boot	Senior Masculino	42:26	+12:03	04:15
62	622	Pedro Soares	Equipa Boot Camp	Senior Masculino	42:26	+12:03	04:15
63	514	Diogo Ribeiro	Equipa-Sociedade Recreio Capanense	Senior Masculino	42:27	+12:05	04:15
64	635	Antonio Dinis Teixeira Ribeiro	Individual	Senior Masculino	42:41	+12:18	04:16
65	687	Paulo Jorge Gil da Cunha	ACADEMIA FERNANDA RIBEIRO	Senior Masculino	42:46	+12:24	04:17
66	429	Tiago Silva	Individual	Senior Masculino	42:54	+12:31	04:17
67	586	Bruno Alves	Mocidade Sangemil AC	Senior Masculino	42:54	+12:31	04:17
68	312	João Russo	Individual	Senior Masculino	43:00	+12:38	04:18
69	108	Helder Ferreira	Individual	Senior Masculino	43:14	+12:51	04:19
70	570	Raul Silva	Individual	Senior Masculino	43:19	+12:56	04:20
71	216	Pedro Filipe Sousa Moutinho	Os Carrega Equipa!	Senior Masculino	43:19	+12:56	04:20
72	513	Bruno Gomes	Equipa-Sociedade Recreio Capanense	Senior Masculino	43:30	+13:07	04:21
73	463	sergio silva	ACADEMIA FERNANDA RIBEIRO	Senior Masculino	43:31	+13:08	04:21
74	420	Carlos André Costa Fernandes	Individual	Senior Masculino	43:34	+13:12	04:21
75	41	Tiago Mendes	Individual	Senior Masculino	43:43	+13:21	04:22
76	393	Daniel Rodrigues	Individual	Senior Masculino	43:46	+13:23	04:23
77	755	Alexandre Teixeira	Individual	Senior Masculino	44:05	+13:42	04:25
78	28	luis ramos	Individual	Senior Masculino	44:08	+13:46	04:25
79	321	Raul Coelho	Parjovem	Senior Masculino	44:09	+13:46	04:25
80	199	André Filipe Rodrigues Gonçalves	Ninja	Senior Masculino	44:14	+13:52	04:25
81	492	Jorge Neves	Individual	Senior Masculino	44:16	+13:53	04:26
82	311	Tiago Mendes	Invicta Runners Team	Senior Masculino	44:23	+14:00	04:26
83	241	SERGIO RODRIGUES	AFIS/OVAR	Senior Masculino	44:28	+14:06	04:27
84	249	José Mário Pereira	Individual	Senior Masculino	44:39	+14:17	04:28
85	676	Márcio Machado	Individual	Senior Masculino	44:44	+14:21	04:28
86	309	PEDRO RICARDO DA FONTE PEREIRA	NAVR	Senior Masculino	44:50	+14:28	04:29
87	392	Bruno Daniel Carvalho Castro	Individual	Senior Masculino	45:01	+14:39	04:30
88	796	Carlos Ribeiro	Equipa-Sociedade Recreio Capanense	Senior Masculino	45:05	+14:42	04:31
89	147	Ivo Miguel Lemos Martins	Individual	Senior Masculino	45:11	+14:48	04:31
90	545	Pedro Diegues	Individual	Senior Masculino	45:21	+14:58	04:32
91	95	José Coutinho	AMIGOS DA PICUA	Senior Masculino	45:25	+15:03	04:33
92	673	António Marques	Individual	Senior Masculino	45:51	+15:29	04:35
93	768	Miguel da Cruz	Individual	Senior Masculino	45:52	+15:29	04:35

Prova Principal

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OFFICIAL RESULT

138	621	Nuno	Equipa Boot Camp	Senior Masculino	49:18	+18:55	04:56
139	599	Daniel Alberto Teixeira Coelho	PenaBoys	Senior Masculino	49:18	+18:56	04:56
140	623	Vitor Pereira	Equipa Boot Camp	Senior Masculino	49:25	+19:03	04:57
141	471	Rui Manuel Conceição Santos	Correr Leça	Senior Masculino	49:26	+19:03	04:57
142	378	João Rodrigues	Clube Zupper	Senior Masculino	49:35	+19:13	04:58
143	744	Nuno Martins	Individual	Senior Masculino	49:44	+19:21	04:58
144	556	Pedro costa	Individual	Senior Masculino	49:44	+19:21	04:58
145	654	Nuno	Individual	Senior Masculino	49:46	+19:24	04:59
146	588	Ricardo Rocha	Mocidade Sangemil AC	Senior Masculino	49:48	+19:25	04:59
147	660	Filipe Pereira	Individual	Senior Masculino	49:58	+19:36	05:00
148	450	Miguel Mendes	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	50:00	+19:37	05:00
149	138	Diogo S. Ferreira	Moreira Relax Runners / ADEfacec	Senior Masculino	50:05	+19:42	05:01
150	148	Valter Barbosa	CCDT/STCP	Senior Masculino	50:21	+19:59	05:02
151	794	Diogo Santos	Individual	Senior Masculino	50:22	+19:59	05:02
152	184	Celestino Leocadio	OS ROMPE SOLAS	Senior Masculino	50:26	+20:04	05:03
153	323	Tiago Dias	Individual	Senior Masculino	50:28	+20:05	05:03
154	324	Daniel Ricardo Mota Oliveira	não tem	Senior Masculino	50:41	+20:18	05:04
155	438	Serafim Fernandes	Individual	Senior Masculino	50:42	+20:19	05:04
156	542	Carlos Miguel da Rocha Sousa	Individual	Senior Masculino	50:43	+20:20	05:04
157	607	Pedro Benjamim	Individual	Senior Masculino	50:43	+20:20	05:04
158	569	Emanuel Dias	ONE MORE MILE	Senior Masculino	50:48	+20:26	05:05
159	344	Carlos Nogueira	GONDOMAR FUTSAL CLUBE	Senior Masculino	50:57	+20:35	05:06
160	512	Marco Pereira	Equipa-Sociedade Recreio Cepanense	Senior Masculino	51:00	+20:37	05:06
161	476	Bruno Rodrigues	PRESTÍGIO	Senior Masculino	51:07	+20:45	05:07
162	481	Pedro Filipe nascimento correa	Individual	Senior Masculino	51:07	+20:45	05:07
163	341	Hugo Serafim Rocha	Individual	Senior Masculino	51:07	+20:45	05:07
164	49	David Teixeira	C+ RUNNERS	Senior Masculino	51:24	+21:01	05:08
165	391	Sérgio Costa	Individual	Senior Masculino	51:26	+21:04	05:09
166	379	Rodolfo Rangel	Individual	Senior Masculino	51:29	+21:06	05:09
167	187	Pedro Ribeiro	Individual	Senior Masculino	51:35	+21:12	05:10
168	495	Filipe Da Silva	Filipe	Senior Masculino	51:40	+21:18	05:10
169	650	Alfredo	Os Ligeirinhos	Senior Masculino	51:43	+21:20	05:10
170	313	Bruno Gomes	LOUSADA RUNNERS	Senior Masculino	51:46	+21:23	05:11
171	150	Daniel Ricardo Silva Soares	Individual	Senior Masculino	51:46	+21:23	05:11
172	662	Rui Lobato	Individual	Senior Masculino	51:47	+21:24	05:11
173	576	NUNO RODRIGO MOREIRA DA SILVA	Individual	Senior Masculino	51:53	+21:30	05:11
174	159	Nuno Tiago Pinto Rocha	Suliao	Senior Masculino	51:54	+21:31	05:11
175	359	Tiago Lages	Individual	Senior Masculino	52:02	+21:39	05:12
176	604	Bruno Gomes	Os Amorim Gomes	Senior Masculino	52:04	+21:41	05:12
177	778	Miguel Biscaia	Individual	Senior Masculino	52:14	+21:52	05:13
178	748	Ricardo Cibrão	Powercoaching	Senior Masculino	52:16	+21:54	05:14
179	628	Bruno Luís Moreira da Silva	Individual	Senior Masculino	52:30	+22:08	05:15
180	771	Mário Noronha	R4C	Senior Masculino	52:32	+22:09	05:15
181	111	João Pedro Sousa	Factorx/S4L/MedenseFC	Senior Masculino	52:37	+22:14	05:16
182	76	Ricardo Pina	Individual	Senior Masculino	52:39	+22:16	05:16

Official Timekeeper: Lap2Go	6 / 18	generate 27-Sep-2016 14:11
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Prova Principal

10 KM

OFFICIAL RESULT



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

183	491	José Rodrigues	Individual	Senior Masculino	52:47	+22:25	05:17
184	129	Paulo Jorge Melo e Silva	Individual	Senior Masculino	52:58	+22:35	05:18
185	416	Luís Varela	Individual	Senior Masculino	53:04	+22:41	05:18
186	401	Mário Ferreira da Silva	Individual	Senior Masculino	53:20	+22:58	05:20
187	428	Helder Magalhães	ONE MORE MILE	Senior Masculino	53:24	+23:01	05:20
188	186	Filipe Marques	Individual	Senior Masculino	53:32	+23:10	05:21
189	162	Daniel Santos Costa Correia	Individual	Senior Masculino	53:36	+23:14	05:22
190	552	Luis Manuel Machado de Oliveira Gomes	Individual	Senior Masculino	53:38	+23:16	05:22
191	615	Nuno Sérgio Esteves Oliveira	Individual	Senior Masculino	54:09	+23:47	05:25
192	436	José Luís Pinheiro Cerqueira	Individual	Senior Masculino	54:18	+23:56	05:26
193	441	Nuno Fernandes	Rise and Rise Again	Senior Masculino	54:55	+24:32	05:30
194	661	Paulo Teixeira	Boavista F.C.	Senior Masculino	54:56	+24:34	05:30
195	427	Diogo Pereira	Individual	Senior Masculino	55:02	+24:40	05:30
196	578	Pedro Miguel Carvalho Maia	Individual	Senior Masculino	55:05	+24:42	05:31
197	110	Pedro Freitas	Factorx/S4L/MedenseFC	Senior Masculino	55:14	+24:52	05:31
198	624	Emanuel Neto	Equipa Boot Camp	Senior Masculino	55:20	+24:57	05:32
199	343	Nuno Miguel Mota Silva	Individual	Senior Masculino	55:25	+25:02	05:33
200	616	Valdemar Nelso Pires Tinoco	sempre a correr	Senior Masculino	55:35	+25:12	05:34
201	669	Bruno Oliveira	Individual	Senior Masculino	55:41	+25:18	05:34
202	335	Rui Graça	Individual	Senior Masculino	55:46	+25:23	05:35
203	555	Nelson Fernando Pinto de Almeida	SS CGD	Senior Masculino	55:51	+25:29	05:35
204	600	Daniel Faria	277	Senior Masculino	56:02	+25:40	05:36
205	360	Alfredo Daniel Sousa	Runners On Fire	Senior Masculino	56:09	+25:47	05:37
206	504	Andre Neves	Individual	Senior Masculino	56:18	+25:55	05:38
207	146	Hélder Ferreira	CCDT/STCP	Senior Masculino	56:41	+26:18	05:40
208	303	FERNANDO ANDRADE	TRAS OS MONTES	Senior Masculino	56:48	+26:26	05:41
209	677	Manuel Santos Aires	Runners On Fire	Senior Masculino	56:55	+26:32	05:42
210	415	Ricardo José Ferreira Martins	Individual	Senior Masculino	57:19	+26:56	05:44
211	646	domingos teixeira	Individual	Senior Masculino	57:35	+27:13	05:46
212	72	Pedro Filipe Monteiro Ferreira	ACADEMIA FERNANDA RIBEIRO	Senior Masculino	57:40	+27:18	05:46
213	131	Daniel Filipe Teixeira dos Santos	LUSOS XXI	Senior Masculino	58:56	+28:33	05:54
214	121	José Amorim	LUSOS XXI	Senior Masculino	58:56	+28:34	05:54
215	120	João Carvalho	LUSOS XXI	Senior Masculino	58:57	+28:34	05:54
216	611	Gonçalo Jorge Rodrigues dos Santos	Individual	Senior Masculino	59:16	+28:53	05:56
217	75	Miguel Alexandre Soares Coelho	Individual	Senior Masculino	59:16	+28:53	05:56
218	440	Hélder Hugo Ferreira	Individual	Senior Masculino	59:26	+29:04	05:57
219	298	LUÍS GODINHO LOPES	Individual	Senior Masculino	59:28	+29:06	05:57
220	21	José Luís Barros	Individual	Senior Masculino	59:41	+29:18	05:58
221	22	Nuno Leão	Individual	Senior Masculino	59:57	+29:35	06:00
222	4	Paulo Neves	Casa dos Trabalhadores - Aguas do Porto	Senior Masculino	59:58	+29:36	06:00
223	448	Licínio Sousa	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	01:00:17	+29:54	06:02
224	176	Paulo Fernandes	Individual	Senior Masculino	01:00:48	+30:25	06:05
225	614	André Rebelo	Individual	Senior Masculino	01:00:53	+30:30	06:05
226	647	Nuno Rocha	Individual	Senior Masculino	01:00:59	+30:36	06:06

Prova Principal**10 KM****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
OFFICIAL RESULT

227	557	João Costa	Individual	Senior Masculino	01:00:59	+30:36	06:06
228	663	Bruno Borges	Individual	Senior Masculino	01:01:02	+30:40	06:06
229	595	Filipe Magalhães	Bikeass	Senior Masculino	01:01:11	+30:48	06:07
230	349	Nélson Costa	Runners On Fire	Senior Masculino	01:02:00	+31:37	06:12
231	134	Bruno Silva	Individual	Senior Masculino	01:02:27	+32:04	06:15
232	102	Ricardo da silva pereira	Individual	Senior Masculino	01:02:48	+32:25	06:17
233	44	Ivo Azevedo	LOCOMOTIVA DE PARANHOS	Senior Masculino	01:03:17	+32:54	06:20
234	135	Helder Amaral	Individual	Senior Masculino	01:03:17	+32:55	06:20
235	772	Carlos Bateira	Bateirinhas	Senior Masculino	01:03:55	+33:33	06:24
236	543	Pedro Miguel Azevedo Neto	TEAM LANTEMIL	Senior Masculino	01:04:14	+33:51	06:25
237	566	Joao Santos	277	Senior Masculino	01:04:30	+34:07	06:27
238	665	Nuno Vasconcelos	Individual	Senior Masculino	01:05:32	+35:10	06:33
239	371	Bruno Fernando Costa Oliveira	Individual	Senior Masculino	01:06:56	+36:33	06:42
240	597	Vera Maia	Bikeass	Senior Masculino	01:07:19	+36:57	06:44
241	596	Pedro Costa	Bikeass	Senior Masculino	01:07:20	+36:57	06:44
242	468	João Tomé	Correr Leça	Senior Masculino	01:07:22	+37:00	06:44
243	306	Mário Pedro de Castro Andrade	Individual	Senior Masculino	01:08:09	+37:46	06:49
244	164	Hugo Romano	Individual	Senior Masculino	01:08:09	+37:46	06:49
245	350	Agostinho Ribeiro	Runners On Fire	Senior Masculino	01:08:09	+37:46	06:49
246	92	Jorge Moutinho	Individual	Senior Masculino	01:10:37	+40:14	07:04
247	426	Ricardo Jorge Mendes Arezes	Individual	Senior Masculino	01:11:29	+41:06	07:09
248	368	JOAQUIM AUGUSTO MONTEIRO DE MACEDO	Individual	Senior Masculino	01:11:39	+41:17	07:10
249	203	Carlos Cardoso	Individual	Senior Masculino	01:12:19	+41:56	07:14
250	85	Thiago Nunes	Individual	Senior Masculino	01:27:44	+57:22	08:46

Veterana F40

1	414	Clara Freire	GTT/Armazém do Caffè	Veterana F40	43:09		04:19
2	653	Paula Cristina Ferreira Pinheiro Guedes	Maia AC	Veterana F40	45:45	+02:36	04:35
3	631	Sandra Aguiar	Individual	Veterana F40	47:56	+04:47	04:48
4	444	Daniela Ribeiro de Faro Sarmento	LION RUNNERS - G. D. Leões da Guarda	Veterana F40	50:42	+07:32	05:04
5	454	Renata Vieira	LION RUNNERS - G. D. Leões da Guarda	Veterana F40	51:35	+08:26	05:10
6	189	Florbela Linhares	OS ROMPE SOLAS	Veterana F40	51:52	+08:43	05:11
7	509	Cristina Cunha	Equipa-Sociedade Recreio Capanense	Veterana F40	52:18	+09:09	05:14
8	522	Isabel Freitas	Equipa-Sociedade Recreio Capanense	Veterana F40	52:34	+09:24	05:15
9	279	Celia Alves	Mafia Runners	Veterana F40	54:04	+10:55	05:24
10	738	Marisa Ribeiro	Individual	Veterana F40	54:39	+11:29	05:28
11	206	Cláudia Patricia lima	Individual	Veterana F40	55:25	+12:16	05:33
12	606	Vitoria Guilherme Rafael Mota Cardoso	Duo dinâmico	Veterana F40	55:55	+12:45	05:36
13	565	Maria dos Anjos	Individual	Veterana F40	56:49	+13:40	05:41
14	489	Ana Manuel Lopes Pacheco Teixeira	Individual	Veterana F40	56:50	+13:40	05:41
15	666	Adelaide Martins	Individual	Veterana F40	56:58	+13:49	05:42

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16	605	Catarina Guilherme Rafael Mota Cardoso	Duo dinâmico	Veterana F40	57:18	+14:08	05:44
17	582	Ana Isabel Barroso	NO TOMORROW RUNNING TEAM	Veterana F40	57:18	+14:09	05:44
18	127	Adelaide Brandao	Os avenses	Veterana F40	58:37	+15:28	05:52
19	163	Isabel Morais	Isabel	Veterana F40	01:00:23	+17:13	06:02
20	521	Catarina Freitas	Equipa-Sociedade Recreio Capanense	Veterana F40	01:01:28	+18:18	06:09
21	443	Cristina Sampaio	LION RUNNERS - G. D. Leões da Guarda	Veterana F40	01:02:10	+19:00	06:13
22	221	Maria Jorge Gomes Costa de Sá Dantas Morais	CMC	Veterana F40	01:02:22	+19:12	06:14
23	65	Sandra Lemos	LEMONS	Veterana F40	01:04:50	+21:41	06:29
24	403	EDITE CRUZ	RAMALVES	Veterana F40	01:10:10	+27:00	07:01
25	602	Clara Isabel Machado das Neves	Individual	Veterana F40	01:11:39	+28:30	07:10
26	715	Sandra Cristina Pascoal	CMMaia	Veterana F40	01:13:55	+30:46	07:24
27	788	Carla Varanda	Individual	Veterana F40	01:15:24	+32:15	07:32
28	783	Ana Maria Ganilho	Individual	Veterana F40	01:15:42	+32:33	07:34

Veterana F45

1	61	Rosa Maria Ribeiro de Matos Trancoso	ACADEMIA FERNANDA RIBEIRO	Veterana F45	40:59		04:06
2	214	Emília Santos	All Stars Runners	Veterana F45	44:40	+03:41	04:28
3	761	maria coelho	grade lata	Veterana F45	48:08	+07:09	04:49
4	580	LUCINDA ALVES	AMIGOS DA PICUA	Veterana F45	48:42	+07:42	04:52
5	62	Susana Maria Figueiredo Casal Boga Duarte	ACADEMIA FERNANDA RIBEIRO	Veterana F45	49:39	+08:40	04:58
6	589	Margarida Martins	Mocidade Sangemil AC	Veterana F45	49:48	+08:49	04:59
7	525	Manuela Bento	Equipa-Sociedade Recreio Capanense	Veterana F45	51:17	+10:18	05:08
8	104	CRISTINA MAGALHÃES	ACADEMIA FERNANDA RIBEIRO	Veterana F45	54:13	+13:14	05:25
9	103	Ana Paula Teixeira	Individual	Veterana F45	54:28	+13:28	05:27
10	9	Ana Martins	Invicta Runners Team	Veterana F45	54:29	+13:29	05:27
11	686	Cristina Dias	Individual	Veterana F45	54:45	+13:46	05:29
12	675	marisa lourenço	Individual	Veterana F45	55:09	+14:10	05:31
13	502	Lurdes Fernandes	Polarzinho	Veterana F45	55:31	+14:32	05:33
14	82	Manuela Sousa	Running Espinho	Veterana F45	56:04	+15:04	05:36
15	664	Clara Rua	Individual	Veterana F45	01:00:03	+19:04	06:00
16	354	Carla Ribeiro Teixeira	Individual	Veterana F45	01:01:08	+20:09	06:07
17	334	Ângela Graça	Individual	Veterana F45	01:02:01	+21:02	06:12
18	499	Teresa Rebelo	Individual	Veterana F45	01:07:19	+26:20	06:44
19	6	Sílvia Monteiro	Individual	Veterana F45	01:08:19	+27:19	06:50
20	419	Paula Cristina das Neves Ribeiro Próspero	Amoretto	Veterana F45	01:08:48	+27:49	06:53
21	30	Clara Puga	PROCONTA	Veterana F45	01:08:55	+27:55	06:54
22	487	Cristina Barbosa	Sapatolas	Veterana F45	01:12:01	+31:01	07:12
23	475	Ermesinda Carvalho	PRESTÍGIO	Veterana F45	01:14:15	+33:16	07:26
24	325	Maria Domitilia David Chemega dos Santos	Individual	Veterana F45	01:15:25	+34:25	07:33

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Prova Principal

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OFFICIAL RESULT

25 50 Julia Araujo Individual Veterana F45 01:27:44 +46:45 08:46

Veterano M40

1	386	Mark Velhote	VODAFONE	Veterano M40	36:30		03:39
2	537	Victor Martins	Equipa-Sociedade Recreio Capanense	Veterano M40	37:06	+00:37	03:43
3	293	JOSE FERREIRA	G. D. R. JUVENTUDE DAS RIBEIRAS	Veterano M40	37:25	+00:55	03:45
4	113	José Graça	Boavista F.C.	Veterano M40	37:40	+01:10	03:46
5	548	Paulo Figueiredo	AFIS/OVAR	Veterano M40	38:07	+01:37	03:49
6	746	Filipe Vilhena	CMMaia	Veterano M40	38:33	+02:03	03:51
7	66	António Lemos	LEMOS	Veterano M40	38:51	+02:21	03:53
8	727	Fernando Oliveira Gomes	Individual	Veterano M40	38:56	+02:27	03:54
9	132	Hélder Silva	OS ROMPE SOLAS	Veterano M40	39:00	+02:31	03:54
10	63	ANTONIO MANUEL T.ROCHA MOREIRA	Individual	Veterano M40	39:07	+02:37	03:55
11	55	José Sousa	Clube Desportivo Feirense	Veterano M40	39:11	+02:42	03:55
12	294	JOSE NUNES	G. D. R. JUVENTUDE DAS RIBEIRAS	Veterano M40	39:43	+03:14	03:58
13	128	Americo Oliveira e Silva	Individual	Veterano M40	39:57	+03:28	04:00
14	563	Tony Silva	Tony Silva	Veterano M40	40:07	+03:38	04:01
15	331	Luis Santos	Mocidade Sangemil AC	Veterano M40	40:32	+04:03	04:03
16	277	Agostinho Marques	CAL - Clube Atletismo de Lamas	Veterano M40	40:37	+04:08	04:04
17	517	Sérgio Fernandes	Equipa-Sociedade Recreio Capanense	Veterano M40	40:41	+04:12	04:04
18	729	Pedro Jorge Ribeiro Pinto	Grupo VC	Veterano M40	40:52	+04:23	04:05
19	345	Luis Patrão	Moinhos dAventura	Veterano M40	41:28	+04:58	04:09
20	156	Jorge Cunha	Individual	Veterano M40	41:36	+05:06	04:10
21	389	Vitor Teixeira	Individual	Veterano M40	41:37	+05:07	04:10
22	749	Lopes	Powercoaching	Veterano M40	41:42	+05:13	04:10
23	205	Rogério Manuel Andrade Moreira	Estores Moreira	Veterano M40	41:42	+05:13	04:10
24	617	Rui Pinto	Individual	Veterano M40	41:45	+05:15	04:11
25	96	JOSE MARINHO	AMIGOS DA PICUA	Veterano M40	41:47	+05:17	04:11
26	23	Agostinho Barros	Individual	Veterano M40	41:54	+05:25	04:11
27	782	Carlos Lopes	Equipa-Sociedade Recreio Capanense	Veterano M40	42:03	+05:34	04:12
28	211	Cecílio Manuel Silva Ferreira	Juventude Cortegacense	Veterano M40	42:24	+05:54	04:14
29	374	Nuno Silva	Individual	Veterano M40	42:29	+05:59	04:15
30	490	Antonio Manuel Lopes de Almeida	Individual	Veterano M40	42:57	+06:27	04:18
31	407	Helder Deveza	Clube Académico de Mogadouro	Veterano M40	43:08	+06:38	04:19
32	358	Justino José Moreira Soares	Runners On Fire	Veterano M40	43:12	+06:43	04:19
33	528	Francisco Cunha	Equipa-Sociedade Recreio Capanense	Veterano M40	43:22	+06:52	04:20
34	234	Jorge Vilhena	Capwatt	Veterano M40	43:26	+06:57	04:21
35	177	Rui Manuel Ramalho Almeida Oliveira	Juventude Cortegacense	Veterano M40	43:36	+07:06	04:22
36	361	Mario Rodrigues	CCD APDL	Veterano M40	43:46	+07:17	04:23

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OFFICIAL RESULT

37	32	candido faria	fariarunning	Veterano M40	43:57	+07:27	04:24
38	209	Hélder Pereira Borges	AFIPRE Team	Veterano M40	44:06	+07:37	04:25
39	619	Sergio Branco	WHITE RUNNING TEAM	Veterano M40	44:17	+07:47	04:26
40	239	Eduardo Oliveira	AFIS/OVAR	Veterano M40	44:34	+08:04	04:27
41	642	ERASMO ALVES	Individual	Veterano M40	44:35	+08:05	04:28
42	587	Orlando Santos	Mocidade Sangemil AC	Veterano M40	44:44	+08:14	04:28
43	224	Daniel Machado Neto	Andatrilhos Freamunde	Veterano M40	45:07	+08:38	04:31
44	776	PAULO BARBOSA	Not Run Alone	Veterano M40	45:17	+08:47	04:32
45	583	José Paulo Faria	NO TOMORROW RUNNING TEAM	Veterano M40	45:49	+09:19	04:35
46	592	Vitor Santos	Mocidade Sangemil AC	Veterano M40	45:58	+09:28	04:36
47	572	Vítor Cirne	Individual	Veterano M40	46:16	+09:47	04:38
48	685	RUI ANTONIO SOARES SILVA MARQUES	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano M40	46:35	+10:06	04:40
49	24	Jorge Fernandes	Individual	Veterano M40	46:46	+10:16	04:41
50	17	André Figueiredo	Individual	Veterano M40	46:51	+10:22	04:41
51	764	Joel Costa	Vidraria Armando	Veterano M40	46:59	+10:30	04:42
52	532	João Oliveira	Equipa-Sociedade Recreio Capanense	Veterano M40	47:24	+10:55	04:44
53	659	Artur Jorge Meireles Barbosa	Individual	Veterano M40	47:43	+11:13	04:46
54	526	João Doellinger	Equipa-Sociedade Recreio Capanense	Veterano M40	47:52	+11:22	04:47
55	182	Helder Palma	Helder Palma	Veterano M40	47:53	+11:23	04:47
56	591	João Ramos	Mocidade Sangemil AC	Veterano M40	48:06	+11:36	04:49
57	754	Carlos Gomes	Individual	Veterano M40	48:18	+11:49	04:50
58	712	Orlando Leal	CMMaia	Veterano M40	48:40	+12:11	04:52
59	59	Nelson Modesto da Costa Pinto	Castelo	Veterano M40	48:56	+12:27	04:54
60	215	vitor silva	Individual	Veterano M40	49:09	+12:39	04:55
61	682	Carlos Ribeiro	Mocidade Sangemil AC	Veterano M40	49:22	+12:53	04:56
62	274	Fernando Carvalho	Individual	Veterano M40	49:26	+12:56	04:57
63	449	Miguel Fonseca	LION RUNNERS - G. D. Leões da Guarda	Veterano M40	49:52	+13:22	04:59
64	137	Mário J. Ferreira	Moreira Relax Runners / ADEfacec	Veterano M40	50:05	+13:35	05:01
65	80	Victor Santos	Individual	Veterano M40	50:22	+13:53	05:02
66	641	CARLOS JORGE OLIVEIRA	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano M40	50:26	+13:57	05:03
67	494	Rui	Moinhos dAventura	Veterano M40	50:38	+14:09	05:04
68	165	Vítor Martins	Trofa	Veterano M40	50:45	+14:15	05:05
69	658	Marco batista	CCDT/STCP	Veterano M40	50:48	+14:18	05:05
70	281	LUÍS MIGUEL NEUTEL SOARES	Individual	Veterano M40	50:52	+14:23	05:05
71	527	António Pereira	Equipa-Sociedade Recreio Capanense	Veterano M40	51:00	+14:31	05:06
72	141	Paulo Manuel Soares	Caes D'Avenida	Veterano M40	51:24	+14:54	05:08
73	136	Pedro Fernandes	AGmassagens	Veterano M40	51:27	+14:57	05:09
74	217	Sergio Moutinho	Os Carrega Equipa!	Veterano M40	51:33	+15:04	05:09
75	399	pedro brizado	pipb	Veterano M40	51:52	+15:23	05:11
76	317	Ricardo Monteiro	Individual	Veterano M40	52:09	+15:39	05:13
77	115	Pedro Pinheiro	Individual	Veterano M40	52:21	+15:51	05:14
78	213	Carlos Lima	Individual	Veterano M40	52:31	+16:02	05:15

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14	284	SERGIO MARTINS	A.R.DE NEGRELOS	Veterano M45	39:23	+04:56	03:56
15	258	Augusto Cardoso	Individual	Veterano M45	40:24	+05:58	04:02
16	511	José Carvalho	Equipa-Sociedade Recreio Capanense	Veterano M45	40:40	+06:14	04:04
17	259	José Macedo	Individual	Veterano M45	41:06	+06:40	04:07
18	637	Celso Fernando Neves de Oliveira Ribeiro	Individual	Veterano M45	41:39	+07:12	04:10
19	700	SERGIO AMORIM	ACADEMIA FERNANDA RIBEIRO	Veterano M45	41:39	+07:12	04:10
20	413	Luís Guise	vimarunners	Veterano M45	42:14	+07:48	04:13
21	160	Ernesto Marques Alves	Juventude Cortegacense	Veterano M45	42:17	+07:51	04:14
22	465	Ricardo Almeida	Correr Leça	Veterano M45	42:48	+08:22	04:17
23	340	Rui Eusébio	ACADEMIA FERNANDA RIBEIRO	Veterano M45	42:51	+08:24	04:17
24	518	Oswaldo Soares	Equipa-Sociedade Recreio Capanense	Veterano M45	42:58	+08:32	04:18
25	750	Carlos Canito	Individual	Veterano M45	43:08	+08:41	04:19
26	451	Paulo Brás	LION RUNNERS - G. D. Leões da Guarda	Veterano M45	43:14	+08:47	04:19
27	568	Paulo Manuel Pereira Faria	Senhora da Hora Running	Veterano M45	43:42	+09:16	04:22
28	106	Pedro Barbosa	Individual	Veterano M45	44:11	+09:44	04:25
29	524	Nuno Lapeira	Equipa-Sociedade Recreio Capanense	Veterano M45	44:17	+09:51	04:26
30	192	Jose Ribeiro	Individual	Veterano M45	44:43	+10:16	04:28
31	194	Mário Vinhas	Mocidade Sangemil AC	Veterano M45	44:44	+10:17	04:28
32	377	Manuel Silva	Individual	Veterano M45	44:58	+10:32	04:30
33	2	MARIO CORREIA	Individual	Veterano M45	45:08	+10:42	04:31
34	308	BALTAZAR FERREIRA	Individual	Veterano M45	45:23	+10:56	04:32
35	558	Fernando Manuel da Silva Santos	Individual	Veterano M45	45:45	+11:19	04:35
36	531	René Teixeira	Equipa-Sociedade Recreio Capanense	Veterano M45	45:55	+11:29	04:36
37	365	José Fernando dos Santos Nunes	Centro de Marcha e Corrida	Veterano M45	46:01	+11:34	04:36
38	130	Hugo Gonçalves	Nascidos Para Correr - Associação Desportiva	Veterano M45	46:05	+11:39	04:37
39	223	Paulo José Chibante Sequeira	ACADEMIA FERNANDA RIBEIRO	Veterano M45	46:23	+11:57	04:38
40	166	cesar pinto	Individual	Veterano M45	46:43	+12:16	04:40
41	244	Américo Oliveira	AFIS/OVAR	Veterano M45	46:48	+12:22	04:41
42	152	Paulo Rui Araújo Pereira	GDCTENVC	Veterano M45	46:54	+12:27	04:41
43	100	ANTONIO PEREIRA	AMIGOS DA PICUA	Veterano M45	46:59	+12:32	04:42
44	498	Luis Faria	Individual	Veterano M45	47:51	+13:24	04:47
45	439	António Bastos	Correr Leça	Veterano M45	47:54	+13:27	04:47
46	161	Helder Couto	Rock'n'Roll Runners	Veterano M45	47:56	+13:29	04:48
47	667	Aurelio Américo Carriço Costa	Individual	Veterano M45	48:13	+13:46	04:49
48	447	José Manuel Patarata	LION RUNNERS - G. D. Leões da Guarda	Veterano M45	48:34	+14:08	04:51
49	245	Carlos Campos	AFIS/OVAR	Veterano M45	48:47	+14:21	04:53
50	397	Ramiro Assembleia	Individual	Veterano M45	48:59	+14:33	04:54
51	149	manuel sousa teixeira	Individual	Veterano M45	49:13	+14:47	04:55
52	402	RUI ALVES	RAMALVES	Veterano M45	49:14	+14:48	04:55
53	740	Antonio Cunha	Porto Runners	Veterano M45	49:24	+14:57	04:56
54	53	Victor França	FRANÇA	Veterano M45	50:45	+16:18	05:05

Official Timekeeper: Lap2Go	13 / 18	generate 27-Sep-2016 14:11
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Prova Principal

10 KM



OFFICIAL RESULT

55	480	Virgilio Artur Rodrigues Barbosa	C. D. C. Navais	Veterano M45	51:16	+16:49	05:08
56	553	PAULO JORGE CARVALHO MARQUES FARIA	Porto Runners	Veterano M45	51:16	+16:49	05:08
57	170	Rui Carvalho	Individual	Veterano M45	51:47	+17:21	05:11
58	270	JOÃO BRONZE	Individual	Veterano M45	51:50	+17:23	05:11
59	779	Cristiano Sousa	Individual	Veterano M45	51:52	+17:25	05:11
60	145	José Gonçalves	CCDT/STCP	Veterano M45	52:11	+17:44	05:13
61	792	Gaspar Sousa	NO TOMORROW RUNNING TEAM	Veterano M45	52:28	+18:02	05:15
62	257	PAULO ALEXANDRE FREITAS JORGE	A.N.A.	Veterano M45	53:05	+18:39	05:19
63	559	Paulo Maia	Individual	Veterano M45	53:06	+18:39	05:19
64	153	José Queirós Alves	Individual	Veterano M45	53:18	+18:51	05:20
65	547	JOSE CARLOS PINTO	Individual	Veterano M45	54:45	+20:18	05:29
66	684	Miguel Pereira Resende	Tartarugas do Asfalto	Veterano M45	54:45	+20:19	05:29
67	48	Joao Lourenco	C+ RUNNERS	Veterano M45	54:53	+20:27	05:29
68	260	António Baganha	maiafriends	Veterano M45	55:15	+20:49	05:32
69	787	Rui Manuel Cunha	Individual	Veterano M45	55:35	+21:09	05:34
70	484	José Gonçalves	Individual	Veterano M45	55:41	+21:15	05:34
71	195	Altino Valente	Individual	Veterano M45	56:59	+22:32	05:42
72	791	José Carlos Costa Neves	Individual	Veterano M45	56:59	+22:32	05:42
73	496	Manuel Teixeira	Individual	Veterano M45	57:17	+22:51	05:44
74	640	Alexandre Dias	WingsForLife	Veterano M45	58:30	+24:03	05:51
75	172	António Manuel Dias Ferreira	Individual	Veterano M45	59:27	+25:00	05:57
76	507	Eduardo Nuno da Silva Mouta Faria	Individual	Veterano M45	59:47	+25:21	05:59
77	355	António Ribeiro	Individual	Veterano M45	01:01:09	+26:42	06:07
78	112	Sá Girao	Individual	Veterano M45	01:02:10	+27:44	06:13
79	632	Rui Godinho	Individual	Veterano M45	01:03:06	+28:39	06:19
80	571	Carlos Cabouco	Individual	Veterano M45	01:03:56	+29:29	06:24
81	400	isidro silva	pipb	Veterano M45	01:04:26	+30:00	06:27
82	346	alvaro antonio sousa figueiredo	Individual	Veterano M45	01:04:47	+30:21	06:29
83	29	Carlos Jaime Antão Amaro	PROCONTA	Veterano M45	01:08:55	+34:28	06:54
84	486	José Ferreira	Sapatolas	Veterano M45	01:12:01	+37:34	07:12
85	107	José Santos	Individual	Veterano M45	01:15:36	+41:10	07:34

Veterano M50

1	699	ANTÓNIO JESUS	ACADEMIA FERNANDA RIBEIRO	Veterano M50	34:47		03:29
2	290	MARIO GONÇALVES	G. D. R. JUVENTUDE DAS RIBEIRAS	Veterano M50	35:29	+00:43	03:33
3	263	Belmiro Ferreira	G .D .Leões da Guarda	Veterano M50	37:51	+03:04	03:47
4	384	jose fernando torres da costa	Grupo Desportivo da Limpeza Urbana - CMP	Veterano M50	37:58	+03:11	03:48
5	78	Arlindo Sousa	Individual	Veterano M50	38:06	+03:19	03:49
6	520	Abílio Teixeira	Equipa-Sociedade Recreio Capanense	Veterano M50	38:08	+03:21	03:49
7	380	JOAQUIM RIBEIRO	Sporting Clube de Braga	Veterano M50	38:18	+03:31	03:50
8	752	Fernando Maia	Individual	Veterano M50	38:43	+03:56	03:52
9	133	David Rodrigues	OS ROMPE SOLAS	Veterano M50	39:14	+04:27	03:55

Prova Principal**10 KM****OFFICIAL RESULT**

10	71	António Castro	Clube Desportivo Feirense	Veterano M50	39:17	+04:31	03:56
11	283	LUIS MARTINS	A.R.DE NEGRELOS	Veterano M50	39:23	+04:36	03:56
12	285	MANUEL GOMES	A.R.DE NEGRELOS	Veterano M50	39:49	+05:03	03:59
13	477	Fernando António Ribeiro Silva	C. D. C. Navais	Veterano M50	39:50	+05:04	03:59
14	751	Manuel Casais	Individual	Veterano M50	39:51	+05:04	03:59
15	613	Joaquim Santos	WHITE RUNNING TEAM	Veterano M50	40:19	+05:33	04:02
16	483	António Martins Neves Dias	Sporting Clube de Espinho	Veterano M50	40:53	+06:06	04:05
17	493	Aurélio Marques	CAVE ESPOSENDE	Veterano M50	42:01	+07:14	04:12
18	774	Rui CV Andrade	Individual	Veterano M50	42:48	+08:02	04:17
19	533	António Mendes	Equipa-Sociedade Recreio Capanense	Veterano M50	43:03	+08:17	04:18
20	109	Rui Russo dos Santos	Porto Runners	Veterano M50	43:23	+08:37	04:20
21	766	Manuel Santos	Vidraria Armando	Veterano M50	43:45	+08:58	04:23
22	98	António Teixeira	AMIGOS DA PICUA	Veterano M50	44:11	+09:25	04:25
23	240	Manuel Gomes	AFIS/OVAR	Veterano M50	45:17	+10:31	04:32
24	510	Luis Gomes	Equipa-Sociedade Recreio Capanense	Veterano M50	46:24	+11:37	04:38
25	336	Paulo Graça	Individual	Veterano M50	47:11	+12:24	04:43
26	696	Manuel António Costa	Clube de Pessoal EDP Porto	Veterano M50	47:46	+12:59	04:47
27	314	Lino Melo da Silva	Individual	Veterano M50	48:11	+13:24	04:49
28	310	Joaquim Paulo Dias Cardoso	Parabéns	Veterano M50	48:30	+13:43	04:51
29	64	Orlando Jorge da Silva ferreira	Individual	Veterano M50	48:39	+13:52	04:52
30	267	Firmino Nogueira	Individual	Veterano M50	49:05	+14:19	04:55
31	231	Adry Barros	Andatrilhos Freamunde	Veterano M50	49:34	+14:47	04:57
32	86	Manuel	OS SANTA APOLONIA	Veterano M50	50:03	+15:16	05:00
33	91	Antonio Medeiros	RUNNERS MONTE AVENTINO	Veterano M50	50:08	+15:22	05:01
34	433	Isaque da Silva Pinto	Individual	Veterano M50	50:11	+15:25	05:01
35	188	Sotero Martins	OS ROMPE SOLAS	Veterano M50	50:16	+15:29	05:02
36	474	José Rodrigues	PRESTÍGIO	Veterano M50	50:41	+15:55	05:04
37	375	Joao Paulo Ferreira Delgado	Individual	Veterano M50	50:45	+15:58	05:05
38	697	Pedro Dias	Clube de Pessoal EDP Porto	Veterano M50	51:04	+16:18	05:06
39	396	Jorge Mendes	Individual	Veterano M50	51:05	+16:19	05:07
40	775	Armando Silva Goncalves	Individual	Veterano M50	52:24	+17:37	05:14
41	408	Manuel Oliveira Sousa	Casa dos Trabalhadores - Aguas do Porto	Veterano M50	52:28	+17:41	05:15
42	300	José Alberto Moreira de Oliveira	Individual	Veterano M50	52:44	+17:57	05:16
43	692	ALTINO RAMOS SILVA	Clube de Pessoal EDP Porto	Veterano M50	52:55	+18:09	05:18
44	579	Abílio Alves	AMIGOS DA PICUA	Veterano M50	53:12	+18:26	05:19
45	276	Alvaro Martins	Individual	Veterano M50	53:19	+18:33	05:20
46	739	Jose Teixeira	Individual	Veterano M50	53:28	+18:42	05:21
47	304	Celestino Brás	Individual	Veterano M50	54:34	+19:47	05:27
48	174	antonio jorge F O gomes	Individual	Veterano M50	54:34	+19:48	05:27
49	387	Francisco Paulo Pinto	Boavista F.C.	Veterano M50	54:56	+20:10	05:30
50	119	diogo couceiro	Individual	Veterano M50	55:15	+20:28	05:32
51	222	Joaquim Santos	CMC	Veterano M50	55:25	+20:39	05:33
52	630	Mario Lamelas	Individual	Veterano M50	58:09	+23:22	05:49
53	207	Teotónio Silva	Individual	Veterano M50	58:42	+23:56	05:52

Prova Principal

10 KM



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OFFICIAL RESULT

54	728	jose antonio freitas	Individual	Veterano M50	59:16	+24:29	05:56
55	7	JORGE CARDOSO	Individual	Veterano M50	59:22	+24:35	05:56

Veterano M55

1	243	Manuel Fonseca	AFIS/OVAR	Veterano M55	38:10		03:49
2	698	GRACIANO PEREIRA	ACADEMIA FERNANDA RIBEIRO	Veterano M55	38:20	+00:10	03:50
3	780	Luís Vilela	Equipa-Sociedade Recreio Capanense	Veterano M55	39:38	+01:28	03:58
4	478	Isidro Miranda	C. D. C. Navais	Veterano M55	39:52	+01:41	03:59
5	169	jose magalhaes	Atletico Clube Alfenense	Veterano M55	41:19	+03:09	04:08
6	158	Fernando Camelo	S.C. SALGUEIROS	Veterano M55	41:33	+03:22	04:09
7	539	Augusto Ribeiro	Equipa-Sociedade Recreio Capanense	Veterano M55	42:05	+03:54	04:13
8	219	Domingos Manuel Moreira	Centro de Atletismo do Porto - CAP	Veterano M55	42:36	+04:26	04:16
9	458	Serafim Ramos	LION RUNNERS - G. D. Leões da Guarda	Veterano M55	42:59	+04:49	04:18
10	670	Jose Silva	Clube de Atletismo os Gaienses/Toyota	Veterano M55	43:12	+05:01	04:19
11	264	Luciano Vieira	G. D. Leões da Guarda	Veterano M55	43:25	+05:15	04:21
12	693	Augusto Granja	Clube de Pessoal EDP Porto	Veterano M55	43:33	+05:23	04:21
13	797	Antonio Canelhas	Individual	Veterano M55	43:57	+05:46	04:24
14	681	jose resende	grupo desportivo leoes de veneza	Veterano M55	44:22	+06:11	04:26
15	242	José Amaro	AFIS/OVAR	Veterano M55	44:23	+06:13	04:26
16	497	António Faria	CAVE ESPOSENDE	Veterano M55	44:40	+06:29	04:28
17	288	DOMINGOS VIEIRA	G. D. R. JUVENTUDE DAS RIBEIRAS	Veterano M55	44:44	+06:33	04:28
18	88	jose gomes	CDC NAVAIS	Veterano M55	44:49	+06:39	04:29
19	10	CARLOS ALVES	DAMARUNNERS	Veterano M55	44:53	+06:43	04:29
20	280	António Augusto Pereira	Individual	Veterano M55	44:54	+06:44	04:29
21	383	Óscare Loureiro	Individual	Veterano M55	44:57	+06:46	04:30
22	15	ANTÓNIO JOAQUIM LOURENÇO DA SILVA	Citroen - Rangel & Oliveira, Lda	Veterano M55	45:05	+06:54	04:31
23	210	António de Neiva Rodrigues	AFIPRE Team	Veterano M55	45:26	+07:15	04:33
24	765	Eduardo Nunes	Vidraria Armando	Veterano M55	45:40	+07:30	04:34
25	289	FERNANDO VALENTE	G. D. R. JUVENTUDE DAS RIBEIRAS	Veterano M55	46:21	+08:10	04:38
26	395	Carlos Duarte	Individual	Veterano M55	46:24	+08:14	04:38
27	292	QUINTINO BACELO	G. D. R. JUVENTUDE DAS RIBEIRAS	Veterano M55	46:34	+08:24	04:39
28	261	José Freitas	G. D. Leões da Guarda	Veterano M55	46:36	+08:26	04:40
29	709	Fernando Rocha	CMMaia	Veterano M55	46:49	+08:39	04:41
30	736	RUI TALHAS	Individual	Veterano M55	46:54	+08:43	04:41
31	328	Jorge António da Costa Pereira	Individual	Veterano M55	46:56	+08:45	04:42
32	262	Leopoldo Fernandes	G. D. Leões da Guarda	Veterano M55	47:13	+09:03	04:43
33	291	HENRIQUE PESTANA	G. D. R. JUVENTUDE DAS RIBEIRAS	Veterano M55	47:27	+09:16	04:45
34	554	Mário Valente	Individual	Veterano M55	47:29	+09:19	04:45
35	695	Armando Peneda	Clube de Pessoal EDP Porto	Veterano M55	47:32	+09:22	04:45

Prova Principal

10 KM



OFFICIAL RESULT

36	453	Raul Ferreira	LION RUNNERS - G. D. Leões da Guarda	Veterano M55	47:43	+09:33	04:46
37	204	Custodio Neto	Individual	Veterano M55	47:51	+09:40	04:47
38	418	Joaquim Silva Moutinho	Individual	Veterano M55	47:57	+09:46	04:48
39	238	Mario Conde	AFIS/OVAR	Veterano M55	48:14	+10:04	04:49
40	790	Francisco Oliveira	Individual	Veterano M55	48:23	+10:12	04:50
41	730	Antonio Oliveira	Individual	Veterano M55	48:35	+10:24	04:52
42	549	antonio lourenço	grupo desportivo leoes de veneza	Veterano M55	48:37	+10:27	04:52
43	731	Adélio da Conceição Sousa Carneiro Florêncio	Individual	Veterano M55	48:40	+10:29	04:52
44	432	Joaquim Sousa	Individual	Veterano M55	48:43	+10:33	04:52
45	691	Adérito Teixeira	Clube de Pessoal EDP Porto	Veterano M55	49:01	+10:51	04:54
46	338	CARLOS CARNEIRO	ACADEMIA FERNANDA RIBEIRO	Veterano M55	49:11	+11:01	04:55
47	638	José Avelino Veira	Individual	Veterano M55	49:12	+11:02	04:55
48	759	Jose Carlos Ramalhao	Individual	Veterano M55	49:32	+11:22	04:57
49	89	Dinis Augusto Pires	ACADEMIA FERNANDA RIBEIRO	Veterano M55	49:39	+11:28	04:58
50	625	Manuel Andrade	Individual	Veterano M55	49:43	+11:33	04:58
51	305	Fernando Santos	AFIS/OVAR	Veterano M55	50:12	+12:01	05:01
52	99	Sérgio Ferreira	AMIGOS DA PICUA	Veterano M55	50:31	+12:20	05:03
53	43	ABILIO SOARES	Individual	Veterano M55	50:43	+12:33	05:04
54	183	Domingos Fernando Oliveira Camboa	Individual	Veterano M55	51:02	+12:52	05:06
55	645	Luis Serra	Individual	Veterano M55	51:15	+13:05	05:08
56	639	newton milani	birigui	Veterano M55	51:23	+13:13	05:08
57	550	benjamin kimbuelas	grupo desportivo leoes de veneza	Veterano M55	51:52	+13:42	05:11
58	322	joaquim armando	Individual	Veterano M55	52:07	+13:56	05:13
59	101	rui manuel do couto	Individual	Veterano M55	52:25	+14:14	05:15
60	708	mario mianda	CMMaia	Veterano M55	53:07	+14:56	05:19
61	594	António Costa	Bikeass	Veterano M55	53:16	+15:06	05:20
62	627	Alfredo Santos	ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	Veterano M55	53:54	+15:43	05:23
63	546	AGOSTINHO SANTOS	AMIGOS DA PICUA	Veterano M55	54:26	+16:15	05:27
64	1	JOSÉ CLEMENTE	CLEMENTE	Veterano M55	55:25	+17:15	05:33
65	501	António Fernandes	Polarzinho	Veterano M55	55:31	+17:21	05:33
66	551	jose abreu	grupo desportivo leoes de veneza	Veterano M55	55:56	+17:45	05:36
67	326	Alberto Santos	Individual	Veterano M55	56:02	+17:52	05:36
68	741	Vitor Meireles	Individual	Veterano M55	56:10	+17:59	05:37
69	735	domingos soares	Individual	Veterano M55	56:22	+18:11	05:38
70	470	Manuel Rodrigues	Correr Leça	Veterano M55	56:42	+18:32	05:40
71	16	José da Costa Teixeira Pinto	Individual	Veterano M55	56:58	+18:48	05:42
72	357	José Espírito Santo	Individual	Veterano M55	58:10	+19:59	05:49
73	254	abilio brandao	Individual	Veterano M55	59:30	+21:20	05:57
74	409	Emanuel Mascarenhas	Casa dos Trabalhadores - Aguas do Porto	Veterano M55	01:02:10	+23:59	06:13
75	769	Mário Martins antunes	Individual	Veterano M55	01:04:49	+26:38	06:29
76	488	João Fortunato	Sapatolas	Veterano M55	01:06:50	+28:40	06:41
77	372	João António Sampaio Mesquita	Individual	Veterano M55	01:13:55	+35:45	07:24

Prova Principal

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

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