Gerês Extreme Marathon 2016

Geres

04-dezembro-2016

21K - STAGE 1

21 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

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

	Time	Temperature	Humidity
Start	10:00	14,5ºC	72%
End	14:20	14,5ºC	72%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1342	Romeu Gouveia	salomon suunto portugal	Sub 23 Masculino	01:21:13		03:52
2	1270	Diogo Baena	juventude vidigalense	Senior Masculino	01:22:49	+01:36	03:57
3	1085	Nuno Fernandes	fafe runners	Senior Masculino	01:22:56	+01:42	03:57
4	1371	Hammouch Rachid	the incredibles	Veterano M45	01:26:10	+04:57	04:06
5	1073	Nuno Carneiro	clube zupper	Senior Masculino	01:27:37	+06:23	04:10
6	1145	David Ferreira	individual	Senior Masculino	01:27:46	+06:32	04:11
7	1019	Serafim Coutinho	asphalt assault team	Veterano M60	01:28:49	+07:35	04:14
8	1061	Federico Losada Conde	castrotrail	Veterano M40	01:32:05	+10:52	04:23
9	1011	António de Oliveira Silvino	a c s. mamede	Veterano M50	01:32:54	+11:41	04:25
10	1408	Antonio Fernandez	individual	Senior Masculino	01:33:09	+11:56	04:26
11	1308	Filipe Saraiva Fernandes	palmeira runners	Senior Masculino	01:33:37	+12:23	04:27
12	1053	Abílio Moreira	budeguita runners	Veterano M40	01:34:47	+13:34	04:31
13	1399	Paulo Jorge Silva Matos	gulbenkian	Veterano M45	01:36:15	+15:02	04:35
14	1293	Alfredo Eduardo Ferreira Camilo	moinhos run adrm	Senior Masculino	01:36:29	+15:15	04:36
15	1007	Charles Custódio	a c s. mamede	Senior Masculino	01:36:35	+15:21	04:36
16	1006	Bruno César Vieira Reis	a c s. mamede	Senior Masculino	01:37:54	+16:41	04:40
17	1279	Celso Oliveira	lion runners - g. d. leões da guarda	Senior Masculino	01:37:58	+16:44	04:40
18	1183	Sergio Salgueiro	individual	Senior Masculino	01:38:04	+16:51	04:40
19	1060	David Losada Conde	castrotrail	Veterano M40	01:38:41	+17:28	04:42
20	1313	Paula Lage	paredes aventura	Senior Feminino	01:39:09	+17:56	04:43
21	1383	João Francisco Veloso Martins	vila verde a correr	Senior Masculino	01:39:33	+18:20	04:44
22	1273	Filipe Sousa	kemedo team	Senior Masculino	01:39:50	+18:37	04:45
23	1216	Miguel Lira - VR	individual	Veterano M40	01:40:01	+18:48	04:46
24	1086	Rui Fernandes	fafe runners	Senior Masculino	01:40:13	+18:59	04:46
25	1277	Bruno Baptista	lion runners - g. d. leões da guarda	Senior Masculino	01:40:49	+19:36	04:48
26	1250	Paulo Guilherme Silva	individual	Veterano M45	01:41:34	+20:20	04:50
27	1168	MARÇAL AVELINO SALAZAR MARQUES MENDES	individual	Senior Masculino	01:41:44	+20:31	04:51
28	1387	marco david rodrigues da silva	individual	Senior Masculino	01:42:18	+21:05	04:52
29	1063	Ângelo Pereira	centro ciclista de gondomar	Veterano M50	01:42:41	+21:28	04:53
30	1026	Ricardo Martins	aves runners	Senior Masculino	01:42:54	+21:41	04:54
31	1394	Paulo Jorge dos Santos Araújo Costa	individual	Veterano M40	01:43:04	+21:51	04:55
32	1217	Miguel Marques	individual	Veterano M40	01:43:06	+21:52	04:55
33	1100	Miguel Oliveira	minho aventura	Veterano M40	01:43:08	+21:55	04:55
34	1209	José Manuel Cruz Santos	individual	Veterano M40	01:43:24	+22:11	04:55
35	1305	Miguel Sousa	ourém vida team	Senior Masculino	01:43:38	+22:24	04:56
36	1307	Paulo Martins	ourém vida team	Veterano M45	01:43:38	+22:24	04:56
37	1171	Miguel Silva	individual	Senior Masculino	01:43:43	+22:30	04:56
38	1224	PEDRO MIGUEL DA COSTA VIEIRA MIRANDA	vidaativarunners	Veterano M40	01:44:59	+23:45	05:00
39	1280	José Sá	lion runners - g. d. leões da guarda	Senior Masculino	01:45:02	+23:49	05:00
40	1143	Carlos Vilas Boas	individual	Senior Masculino	01:46:08	+24:54	05:03

21K - STAGE 1

21 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	1054	Albino Dias	budeguita runners	Veterano M40	01:46:08	+24:54	05:03
42	1001	Pedro Guimarães	#letsrunazores	Veterano M45	01:46:39	+25:26	05:05
43	1015	Hélder Pereira Borges	afipre team	Veterano M40	01:46:53	+25:40	05:05
44	1325	António Borges	porto sentido runners	Veterano M40	01:46:58	+25:45	05:06
45	3210	MANUEL OLIVEIRA	s.c. espinho	Veterano M50	01:47:09	+25:56	05:06
46	1095	Tânia Filipa Miranda Salgado	minho aventura	Senior Feminino	01:47:30	+26:16	05:07
47	1290	Serafim Ramos	lion runners - g. d. leões da guarda	Veterano M55	01:48:19	+27:06	05:10
48	1156	João Barbosa	individual	Senior Masculino	01:48:45	+27:31	05:11
49	1080	Eric Carvalho	ermida team	Senior Masculino	01:49:05	+27:52	05:12
50	1094	CARLOS RIBEIRO	gtt-armazém do caffè	Senior Masculino	01:49:30	+28:16	05:13
51	105	Joana Fonseca	individual	Senior Feminino	01:49:45	+28:32	05:14
52	1245	Joaquín Meno Barja	individual	Veterano M45	01:49:46	+28:33	05:14
53	1314	Helder Augusto Ferreira Camilo	paredes aventura	Senior Masculino	01:50:23	+29:09	05:15
54	1014	Ruben Henrique Cardoso Pereira Borges	afipre team	Sub 23 Masculino	01:50:28	+29:15	05:16
55	1316	Vitor Costa	piratas das montanhas	Veterano M45	01:50:48	+29:34	05:17
56	1201	De Castro Patrice	individual	Veterano M40	01:50:52	+29:39	05:17
57	1346	Luis Ribeiro	ss montepio	Veterano M40	01:50:53	+29:39	05:17
58	1242	Fernando Martins	individual	Veterano M45	01:50:53	+29:39	05:17
59	1101	PEDRO BARROS	happyrun	Veterano M40	01:51:01	+29:47	05:17
60	1373	António Maria Moreira Gomes	trilheiros e amigos cfit	Veterano M45	01:51:14	+30:01	05:18
61	1186	António Torres Manso6	individual	Sub 23 Masculino	01:51:19	+30:05	05:18
62	1335	Pedro Castro	rumo à aventura	Senior Masculino	01:51:48	+30:34	05:19
63	1028	Hélder Costa	aves runners	Veterano M40	01:51:48	+30:35	05:19
64	1029	José Afonso Torres	aves runners	Veterano M40	01:51:48	+30:35	05:19
65	1389	David Camelo	individual	Senior Masculino	01:52:10	+30:57	05:21
66	1038	Fernando Soares	braga runners	Veterano M45	01:52:16	+31:02	05:21
67	1167	jose padrao	individual	Senior Masculino	01:52:27	+31:14	05:21
68	1151	Francisco Agostinho	individual	Senior Masculino	01:52:37	+31:24	05:22
69	1406	Luis Silva	individual	Senior Masculino	01:52:57	+31:43	05:23
70	1021	ANABELA REMÉDIOS	atlético clube são mamede	Veterana F45	01:53:07	+31:53	05:23
71	1283	Pedro Gaio	lion runners - g. d. leões da guarda	Senior Masculino	01:53:15	+32:02	05:24
72	1315	Hugo Santos	piratas das montanhas	Veterano M40	01:53:17	+32:03	05:24
73	1339	Carlos Manuel Rocha	sai da frente	Veterano M40	01:53:30	+32:17	05:24
74	1173	Nuno Gomes	individual	Senior Masculino	01:53:55	+32:41	05:25
75	1303	Carlos Jorge	os tripes	Veterano M40	01:54:07	+32:53	05:26
76	1304	Nelson Ramos	os tripes	Veterano M45	01:54:07	+32:53	05:26
77	1208	Jorge Pires	individual	Veterano M40	01:54:16	+33:02	05:26
78	1288	Paulo Ribeiro	lion runners - g. d. leões da guarda	Veterano M40	01:54:25	+33:11	05:27
79	1398	João Pereira	individual	Senior Masculino	01:54:26	+33:12	05:27
80	1405	Manuel da Silva Ribeiro Lopes	riofit runnig	Veterano M45	01:54:33	+33:20	05:27
81	1115	joana creissac	individual	Senior Feminino	01:54:58	+33:44	05:28
82	1223	Pedro Laranjo	individual	Veterano M40	01:55:00	+33:47	05:29
83	1163	Jorge Miguel Gomes da Costa	individual	Senior Masculino	01:55:09	+33:55	05:29
84	1179	Pedro André Faria	individual	Senior Masculino	01:55:10	+33:57	05:29
85	1222	Paulo Manuel Santos Almeida Silva	individual	Veterano M40	01:55:19	+34:05	05:29

21K - STAGE 1

21 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	1248	Paulo Brás	individual	Veterano M45	01:55:24	+34:11	05:30
87	1202	Eduardo Esteves	individual	Veterano M40	01:55:54	+34:41	05:31
88	1154	HÉLIO FILIPE NUNES DIAS	individual	Senior Masculino	01:56:03	+34:50	05:32
89	1296	Emanuel Braga	mountain byters	Senior Masculino	01:56:06	+34:52	05:32
90	1211	Jose Pereira	individual	Veterano M40	01:56:13	+35:00	05:32
91	1227	Rafael Galvão	individual	Veterano M40	01:56:21	+35:07	05:32
92	1343	Rogerio Vieira	sarc - salgueiral - run	Veterano M50	01:56:21	+35:08	05:32
93	1259	Paulo Pinheiro	individual	Veterano M50	01:56:30	+35:17	05:33
94	1185	Vitor Pereira	individual	Senior Masculino	01:56:33	+35:19	05:33
95	1099	Ângela Costa	guimarunning moscada	Veterana F45	01:56:44	+35:31	05:34
96	1225	pedro miguel pereira carvalhido	individual	Veterano M40	01:56:52	+35:38	05:34
97	1088	Pedro Oliveira	flash machine runners	Senior Masculino	01:56:56	+35:43	05:34
98	1035	Eduardo Cunha	bicigrinos	Senior Masculino	01:57:12	+35:58	05:35
99	1338	Paulo Antunes	s.paio team	Veterano M40	01:57:40	+36:26	05:36
100	1039	Sebastião Gonçalves	braga runners	Veterano M50	01:58:03	+36:49	05:37
101	1352	Pedro Magalhães	tartarugas do asfalto	Senior Masculino	01:58:44	+37:31	05:39
102	1009	Maria Leonor Pinto da Mota	a c s. mamede	Veterana F40	01:58:58	+37:45	05:40
103	1348	Alfredo Abreu	ss montepio	Veterano M45	01:58:59	+37:45	05:40
104	1180	Rui Gomes	individual	Senior Masculino	01:59:12	+37:59	05:41
105	1396	Jorge Vieira Dias Louro	individual	Veterano M55	01:59:21	+38:07	05:41
106	1160	Joaquim Fernando Martins Santos	individual	Senior Masculino	01:59:22	+38:09	05:41
107	1010	Manuel António Carvalho Antunes	a c s. mamede	Veterano M40	01:59:32	+38:18	05:42
108	1402	Camilo Neto	desnível positivo	Veterano M50	01:59:32	+38:19	05:42
109	1298	Rogério Costa	mountain byters	Senior Masculino	02:00:00	+38:47	05:43
110	1140	Bruno Espadeiro	individual	Senior Masculino	02:00:30	+39:16	05:44
111	1218	Nuno Best	barcelos team portugal	Senior Masculino	02:00:52	+39:38	05:45
112	1037	José Manuel	braga runners	Veterano M40	02:00:55	+39:42	05:46
113	1142	Bruno Resende	individual	Senior Masculino	02:01:00	+39:47	05:46
114	1031	David Emanuel Oliveira Malva	aztrail	Veterano M45	02:01:11	+39:58	05:46
115	1244	Joao Carlos Silva saraiva	individual	Veterano M45	02:01:15	+40:01	05:46
116	1077	Celina Landeira	ermida team	Senior Feminino	02:01:46	+40:32	05:48
117	1025	Hélder Martins	aves runners	Senior Masculino	02:01:52	+40:38	05:48
118	1075	PEDRO BRAGA	em´força	Senior Masculino	02:01:58	+40:45	05:49
119	1236	António Carlos Martins Roleira Marinho	individual	Veterano M45	02:02:04	+40:50	05:49
120	1341	António Pinto	sai da frente	Veterano M45	02:02:12	+40:59	05:49
121	1069	Diogo Filipe Pereira da Silva	clube do pessoal edp - delegação de vn gaia	Senior Masculino	02:02:34	+41:20	05:50
122	1177	Paulo Cunha Gonçalves	individual	Senior Masculino	02:02:34	+41:21	05:50
123	1049	Angelina Pinho	budeguita runners	Veterana F40	02:02:45	+41:32	05:51
124	1275	Angela Sofia Pimenta	lion runners - g. d. leões da guarda	Senior Feminino	02:02:53	+41:39	05:51
125	1286	Luis Miguel Ferreira	lion runners - g. d. leões da guarda	Veterano M40	02:02:53	+41:40	05:51
126	1400	Vítor Araújo	cerveira team running	Veterano M40	02:03:08	+41:55	05:52
127	1017	António Lourenço	amigos atletismo povoense	Veterano M55	02:03:18	+42:04	05:52
128	1214	Marco Dias	individual	Veterano M40	02:03:22	+42:09	05:53
129	1024	Abílio Ferreira	aves runners	Senior Masculino	02:03:34	+42:20	05:53
130	1198	ADELAIDE MENDES	individual	Veterana F55	02:03:40	+42:27	05:53

21K - STAGE 1

21 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
131	1328	Miguel Silva	porto sentido runners	Veterano M40	02:03:41	+42:27	05:53
132	1150	Filipe Daniel Carvalho Pereira Feijó Amorim	individual	Senior Masculino	02:03:41	+42:28	05:53
133	1076	RICARDO FERREIRA	em´força	Senior Masculino	02:03:42	+42:29	05:53
134	1404	João Mota	desnível positivo	Veterano M40	02:03:57	+42:44	05:54
135	1027	Filipe Pedrosa	aves runners	Veterano M40	02:04:18	+43:05	05:55
136	1356	Daniela Moreira Araujo	team lantemil	Senior Feminino	02:04:21	+43:08	05:55
137	1358	Luísa Catarina Costa Azevedo	team lantemil	Sub 23 Feminino	02:04:21	+43:08	05:55
138	1045	José Pereira	braguinhas runners	Veterano M55	02:04:34	+43:21	05:56
139	1040	Vera Fernandes	braguinhas runners	Senior Feminino	02:04:34	+43:21	05:56
140	1254	Fernando Martins Gonçalves	individual	Veterano M50	02:04:34	+43:21	05:56
141	1123	Marta Morais	individual	Senior Feminino	02:04:37	+43:23	05:56
142	1215	Miguel Dantas	individual	Veterano M40	02:04:37	+43:24	05:56
143	1196	Maria Augusta Rosário Silva Roleira Marinho	individual	Veterana F45	02:04:50	+43:37	05:57
144	1030	Adélio Castro	aves runners	Veterano M55	02:05:54	+44:41	06:00
145	1057	Tiago Amorim	budeguita runners	Veterano M45	02:05:59	+44:46	06:00
146	1004	Filipe Almeida	100fobias	Senior Masculino	02:06:00	+44:47	06:00
147	1052	MAria do Carmo Loureiro	budeguita runners	Veterana F45	02:06:02	+44:49	06:00
148	1295	Alexandre Martins	mountain byters	Senior Masculino	02:06:08	+44:55	06:00
149	1200	Americo Areias	individual	Veterano M40	02:06:27	+45:14	06:01
150	1089	Ricardo Monteiro	flash machine runners	Senior Masculino	02:06:48	+45:35	06:02
151	1401	Margarida Magalhaes	desnível positivo	Veterana F45	02:07:00	+45:46	06:03
152	1219	Nelson Miguel Carneiro dos Santos	individual	Veterano M40	02:07:03	+45:49	06:03
153	1022	Sandra Veloso	aves runners	Senior Feminino	02:07:08	+45:54	06:03
154	1247	josé alberto mendes	individual	Veterano M45	02:07:11	+45:58	06:03
155	1078	Olga Martins	ermida team	Senior Feminino	02:07:18	+46:05	06:04
156	1380	Pedro Patrício	turbulentos	Veterano M40	02:07:35	+46:22	06:05
157	1098	Nuno Almeida	minho aventura	Senior Masculino	02:07:42	+46:28	06:05
158	1281	Miguel Mendes	lion runners - g. d. leões da guarda	Senior Masculino	02:07:42	+46:29	06:05
159	1291	André Costa	lote20	Senior Masculino	02:07:58	+46:45	06:06
160	1005	Pedro Vidal	100fôlego	Veterano M40	02:08:05	+46:52	06:06
161	1065	Manuel Monteiro	cerveira team running/clube celtas do minho	Veterano M50	02:08:06	+46:53	06:06
162	1318	Sara Magalhães	porto sentido runners	Senior Feminino	02:08:08	+46:54	06:06
163	1204	Javier Pérez Alonso	individual	Veterano M40	02:08:23	+47:10	06:07
164	1324	Paula Coutinho	porto sentido runners	Veterana F45	02:08:28	+47:15	06:07
165	1282	Pedro Bernardes	lion runners - g. d. leões da guarda	Senior Masculino	02:08:56	+47:43	06:08
166	1278	Bruno Filipe Barbosa Monteiro	lion runners - g. d. leões da guarda	Senior Masculino	02:08:56	+47:43	06:08
167	1191	Maria Pinto	individual	Veterana F40	02:09:20	+48:07	06:10
168	1139	Artur Jorge Gomes Vieira	individual	Senior Masculino	02:09:28	+48:14	06:10
169	1016	Álvaro Nunes	all about spirit team	Veterano M40	02:09:28	+48:15	06:10
170	1157	João Fontoura de Oliveira	individual	Senior Masculino	02:09:35	+48:21	06:10
171	1228	Roberto Amaro Alonso	individual	Veterano M40	02:09:35	+48:21	06:10
172	1268	Alex Silva	invicta runners team	Veterano M45	02:09:36	+48:23	06:10
173	1117	JULIANA LOPES ONUMA	individual	Senior Feminino	02:09:59	+48:46	06:11
174	1147	DOUGLAS NASCIMENTO	individual	Senior Masculino	02:09:59	+48:46	06:11

21K - STAGE 1

21 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
175	1350	Fernando Carvalho	ss montepio	Veterano M50	02:10:03	+48:49	06:12
176	1148	Fernando Martins Pinto	individual	Senior Masculino	02:10:13	+48:59	06:12
177	1256	José Fernandes Ferreira	individual	Veterano M50	02:10:13	+49:00	06:12
178	199	Antonio Morais	individual	Veterano M40	02:10:13	+49:00	06:12
179	1058	Rui Manuel Teixeira Coelho	budeguita runners	Veterano M50	02:10:16	+49:02	06:12
180	1113	Helena Marina Teixeira	individual	Senior Feminino	02:10:16	+49:03	06:12
181	1377	Rui Leite	tudoacorrerbem	Senior Masculino	02:10:17	+49:04	06:12
182	1175	Nuno Manuel Carvalho Fernandes	individual	Senior Masculino	02:10:17	+49:04	06:12
183	1206	João Oliveira	individual	Veterano M40	02:10:31	+49:17	06:13
184	1357	Sandra Dias Pereira	team lantemil	Senior Feminino	02:10:43	+49:29	06:13
185	1359	Rui Miguel Costa Teixeira	team lantemil	Veterano M40	02:10:43	+49:29	06:13
186	1070	João Vasco Gil da Silva Gomes Ferreira	clube do pessoal edp - delegação de vn gaia	Veterano M40	02:10:48	+49:34	06:14
187	1064	Rui Dias	cerveira team running/clube celtas do minho	Veterano M40	02:11:08	+49:54	06:15
188	1109	Diana Fernandes	individual	Senior Feminino	02:11:33	+50:19	06:16
189	1205	Jeronimo Jose Ribeiro da Silva	individual	Veterano M40	02:11:37	+50:24	06:16
190	1337	Clarisse Ribeiro	s.paio team	Veterana F40	02:11:38	+50:24	06:16
191	1153	Hélder Pimenta de Assunção	individual	Senior Masculino	02:11:43	+50:30	06:16
192	1229	Roberto Casas Pere	individual	Veterano M40	02:12:13	+50:59	06:18
193	1320	Luisa Marques	porto sentido runners	Veterana F40	02:12:21	+51:08	06:18
194	1066	Isabel Maria da Silva Henriques	clube do pessoal edp - delegação de vn gaia	Senior Feminino	02:12:25	+51:12	06:18
195	1068	Rita Chaves Rebelo	clube do pessoal edp - delegação de vn gaia	Senior Feminino	02:12:25	+51:12	06:18
196	1067	Joana Chaves Rebelo	clube do pessoal edp - delegação de vn gaia	Senior Feminino	02:12:26	+51:13	06:18
197	1331	João Barbosa	porto sentido runners	Veterano M45	02:12:35	+51:21	06:19
198	1407	Joaquim Vaz Peixoto	individual	Veterano M40	02:12:37	+51:23	06:19
199	1249	Paulo Carvalho	individual	Veterano M45	02:13:11	+51:57	06:21
200	1253	Rui Lobo Machado	individual	Veterano M45	02:13:18	+52:04	06:21
201	1187	Bruno Gonçalves	individual	Sub 23 Masculino	02:13:24	+52:11	06:21
202	1246	Jorge Luis Duarte Caria	individual	Veterano M45	02:13:27	+52:14	06:21
203	1374	Miguel bastos	tripes	Senior Masculino	02:13:51	+52:38	06:22
204	1174	Nuno Gonçalo Dias Chaves Pinto	individual	Senior Masculino	02:13:58	+52:44	06:23
205	1193	Ana Paula Monteiro Costa	individual	Veterana F45	02:14:13	+52:59	06:23
206	1106	Catarina Moreira	individual	Senior Feminino	02:14:16	+53:02	06:24
207	1192	Yolanda Campos Rivas	individual	Veterana F40	02:14:17	+53:03	06:24
208	1159	Joao Pedro Monteiro	individual	Senior Masculino	02:14:17	+53:04	06:24
209	1138	António Freitas	individual	Senior Masculino	02:14:24	+53:10	06:24
210	1319	Elizabete Loureiro	porto sentido runners	Veterana F40	02:14:44	+53:31	06:25
211	1330	ERNESTO RIBEIRO	porto sentido runners	Veterano M45	02:14:44	+53:31	06:25
212	1327	Miguel Azevedo	porto sentido runners	Veterano M40	02:14:46	+53:33	06:25
213	1137	António David Queiroz	individual	Senior Masculino	02:14:49	+53:35	06:25
214	1210	José Paulo Gonçalves Jordão	individual	Veterano M40	02:15:08	+53:55	06:26
215	1385	Rui Manuel Rodrigues Magalhaes	vimaranes running team	Veterano M40	02:15:09	+53:55	06:26
216	1129	Silvia Rute Pereira de Oliveira	individual	Senior Feminino	02:15:09	+53:55	06:26
217	1097	Marco Ribeiro	minho aventura	Senior Masculino	02:15:26	+54:13	06:27

21K - STAGE 1

21 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
218	1135	Telma Silva	individual	Senior Feminino	02:15:54	+54:40	06:28
219	1092	carlos martins	grupo desportivo leoes de veneza	Senior Masculino	02:16:09	+54:55	06:29
220	1132	Susana Margarida Ferreira de Sousa	individual	Senior Feminino	02:16:17	+55:04	06:29
221	1294	Firmino Mendes	montanha clube trail running/runners	Veterano M50	02:16:28	+55:14	06:30
222	1397	Elisabete Costa	braguinhas runners	Veterana F40	02:16:31	+55:18	06:30
223	1043	José Manuel Ferreira	braguinhas runners	Veterano M40	02:16:32	+55:19	06:30
224	1042	Paula Cristina Peixoto	braguinhas runners	Veterana F50	02:16:32	+55:19	06:30
225	1166	JOSE MIGUEL OLIVEIRA GUIMARAES DE MATOS	individual	Senior Masculino	02:16:36	+55:22	06:30
226	1384	Luis Filipe Pacheco Fernandes Guimaraes	vimaranes running team	Veterano M40	02:16:36	+55:22	06:30
227	7	Antonio Lourenço	ad quinta - atletismo	Veterano M40	02:16:51	+55:38	06:31
228	1199	Alberto Quintiana Reimunde	individual	Veterano M40	02:17:06	+55:52	06:32
229	1375	Alexandre	tripes	Veterano M40	02:17:11	+55:58	06:32
230	1376	Rui pinho	tripes	Veterano M40	02:17:11	+55:58	06:32
231	1087	Liliana Ferreira	flash machine runners	Senior Feminino	02:17:13	+55:59	06:32
232	1136	Teresa Cristina Oliveira Lima	individual	Senior Feminino	02:17:18	+56:04	06:32
233	1105	Andreia Susana da Costa Maia	individual	Senior Feminino	02:17:18	+56:05	06:32
234	1351	Monica Maria Ferreira Sá Costa Barbosa	tartarugas do asfalto	Senior Feminino	02:17:19	+56:05	06:32
235	1262	Fernando Manuel Sequeira Azevedo	individual	Veterano M55	02:17:29	+56:15	06:33
236	1297	Nelson Peixoto	mountain byters	Senior Masculino	02:18:31	+57:18	06:36
237	1062	Cátia Daniela Moreira	cátia	Senior Feminino	02:18:46	+57:32	06:36
238	1289	luis de Almeida	lion runners - g. d. leões da guarda	Veterano M50	02:19:28	+58:15	06:39
239	1287	Miguel Fonseca	lion runners - g. d. leões da guarda	Veterano M40	02:19:28	+58:15	06:39
240	1255	joaquim augusto teixeira seca	individual	Veterano M50	02:19:58	+58:44	06:40
241	1131	Susana Araújo	individual	Senior Feminino	02:20:03	+58:49	06:40
242	1059	Sérgio Ferreira	caac - clube de atletismo arentim e cunha	Senior Masculino	02:20:03	+58:50	06:40
243	1353	Gloria Monteiro	tartarugas do asfalto	Veterana F40	02:20:17	+59:04	06:41
244	1182	SÉRGIO FERREIRA	individual	Senior Masculino	02:20:25	+59:12	06:41
245	1149	Fernando Pinheiro	individual	Senior Masculino	02:20:48	+59:34	06:42
246	1372	Antonio Lourenco Canais	the incredibles	Veterano M50	02:21:01	+59:48	06:43
247	1034	Ana Marques	bicigrinos	Senior Feminino	02:21:27	+01:00:14	06:44
248	1302	Mário Lopes	os perigosos	Veterano M45	02:21:32	+01:00:18	06:44
249	1301	Marco Caseiro	os perigosos	Senior Masculino	02:21:32	+01:00:18	06:44
250	1194	Elisabete dos Santos Rodrigues	individual	Veterana F45	02:21:39	+01:00:26	06:45
251	1363	Nuno Serrão	team mercedes	Senior Masculino	02:21:43	+01:00:29	06:45
252	182	Severine Boiteau	individual	Veterana F40	02:21:46	+01:00:32	06:45
253	1048	NUNO SOUSA	budeguita runners	Senior Masculino	02:21:48	+01:00:35	06:45
254	1317	Ana Nova	porto sentido runners	Senior Feminino	02:22:33	+01:01:19	06:47
255	1332	Humberto Pinho	porto sentido runners	Veterano M55	02:22:33	+01:01:19	06:47
256	1033	Nelson Sousa	biateam	Senior Masculino	02:22:45	+01:01:31	06:48
257	1032	Solange Sousa	biateam	Senior Feminino	02:22:45	+01:01:32	06:48
258	1195	Margarida Cunha Reis	individual	Veterana F45	02:22:53	+01:01:39	06:48
259	1119	Maria Antónia Correia Cunha	individual	Senior Feminino	02:22:58	+01:01:45	06:49

21K - STAGE 1

21 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
260	1344	Nuno Bastos	ss montepio	Senior Masculino	02:23:32	+01:02:18	06:50
261	1234	Valentim da Guia Pereira	individual	Veterano M40	02:23:35	+01:02:22	06:50
262	1190	Cristina Iglesias	individual	Veterana F40	02:23:35	+01:02:22	06:50
263	1266	Carla Barbosa	invicta runners team	Senior Feminino	02:23:36	+01:02:22	06:50
264	1152	Helder Marques	individual	Senior Masculino	02:23:43	+01:02:30	06:51
265	1120	Mariana Martins Guerra	individual	Senior Feminino	02:23:44	+01:02:30	06:51
266	1354	Celeste Pedro	tartarugas solidarias	Veterana F40	02:23:59	+01:02:45	06:51
267	1300	Eduardo João Moreira Maia	os maias	Senior Masculino	02:24:11	+01:02:58	06:52
268	1347	Ricardo Silva	ss montepio	Veterano M40	02:24:25	+01:03:11	06:53
269	1074	Carina Silva	divertidas.lol	Senior Feminino	02:25:00	+01:03:47	06:54
270	1130	Sónia Alves	individual	Senior Feminino	02:25:12	+01:03:58	06:55
271	1125	Rita Teixeira Costa	individual	Senior Feminino	02:26:14	+01:05:00	06:58
272	1340	EMANUEL DURÃES	sai da frente	Veterano M40	02:26:21	+01:05:08	06:58
273	1362	Hugo Miguel Martins	team mercedes	Senior Masculino	02:26:32	+01:05:19	06:59
274	1084	Fernando Marinho	fafe runners	Senior Masculino	02:26:33	+01:05:19	06:59
275	1366	Carlos Morais	team mercedes	Veterano M45	02:26:43	+01:05:30	06:59
276	1261	Domingos dos santos vieira	individual	Veterano M55	02:27:13	+01:05:59	07:01
277	2187	Albina ferreira Palmeira vieira	individual	Veterana F50	02:27:13	+01:05:59	07:01
278	1161	Joaquim Magalhães Esteves da Silva	individual	Senior Masculino	02:27:22	+01:06:08	07:01
279	1241	Emanuel Pinto Pereira Vale	individual	Veterano M45	02:27:41	+01:06:27	07:02
280	1220	Nuno Miguel Ferreira Pacheco	individual	Veterano M40	02:28:15	+01:07:02	07:04
281	1386	Maria de Fátima Marques Ribeiro	zupper	Veterana F45	02:28:19	+01:07:06	07:04
282	1393	André Ferreira	individual	Senior Masculino	02:28:49	+01:07:36	07:05
283	1311	Marco Carvalho	panzers	Senior Masculino	02:29:10	+01:07:57	07:06
284	1309	Núria Antunes	panzers	Senior Feminino	02:29:11	+01:07:57	07:06
285	1370	Gomes Rodrigues Luis Miguel	the incredibles	Senior Masculino	02:29:51	+01:08:38	07:08
286	1257	Júlio Costa	individual	Veterano M50	02:29:54	+01:08:41	07:08
287	1213	Luis Filipe Pereira	individual	Veterano M40	02:30:01	+01:08:48	07:09
288	1345	Rui Carvalho	ss montepio	Senior Masculino	02:30:02	+01:08:48	07:09
289	1036	Rui Ferreira	bicigrinos	Senior Masculino	02:30:10	+01:08:56	07:09
290	1349	Francisco Moreira	ss montepio	Veterano M45	02:30:18	+01:09:04	07:09
291	1379	Tiago Vieira	tugas na estrada	Sub 23 Masculino	02:30:20	+01:09:06	07:10
292	1041	cecilia costa	braguinhas runners	Veterana F45	02:30:40	+01:09:27	07:11
293	1044	victor costa	braguinhas runners	Veterano M45	02:30:40	+01:09:27	07:11
294	1050	Isabel Ferreira	budeguita runners	Veterana F40	02:30:58	+01:09:45	07:11
295	1047	Veslava Velentinovic	budeguita runners	Senior Feminino	02:30:59	+01:09:45	07:11
296	1390	Nelson Montalvão	individual	Veterano M40	02:31:12	+01:09:59	07:12
297	1184	Tiago Ferreira	individual	Senior Masculino	02:31:17	+01:10:04	07:12
298	1321	SANDRA CARVALHO	porto sentido runners	Veterana F40	02:31:28	+01:10:15	07:13
299	1203	Fernando Miguel Pereira	individual	Veterano M40	02:31:53	+01:10:40	07:14
300	1103	Ana Luisa Ferreira Oliveira Carvalho	individual	Senior Feminino	02:32:59	+01:11:45	07:17
301	2306	José Manuel Pinto Nogueira	tugas na estrada	Veterano M55	02:33:02	+01:11:48	07:17
302	1155	Hernâni Filipe Rodrigues Dias	individual	Senior Masculino	02:33:37	+01:12:23	07:19
303	1128	Sílvia Faria	individual	Senior Feminino	02:33:56	+01:12:43	07:20
304	1391	paula figueiredo	individual	Veterana F40	02:34:26	+01:13:12	07:21

21K - STAGE 1

21 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
305	1263	Luciano Pereira	individual	Veterano M55	02:35:23	+01:14:09	07:24
306	142	Marco Cachinho	kaninos	Senior Masculino	02:36:25	+01:15:12	07:27
307	1368	Fernando Dias	team mercedes	Veterano M50	02:36:44	+01:15:31	07:28
308	1003	Daniela Varandas	100fobias	Senior Feminino	02:37:25	+01:16:11	07:30
309	1110	Elisabete Almeida	individual	Senior Feminino	02:37:25	+01:16:11	07:30
310	1292	Albertina Gonçalves	lousada runners	Senior Feminino	02:37:25	+01:16:12	07:30
311	1326	CLÁUDIO CERQUEIRA	porto sentido runners	Veterano M40	02:37:35	+01:16:21	07:30
312	1133	Tânia Fernandes	individual	Senior Feminino	02:38:44	+01:17:30	07:34
313	1116	Joana Sofia Passos Mesquita de Abreu Joana Abreu	individual	Senior Feminino	02:38:58	+01:17:45	07:34
314	1141	Bruno Pinheiro	individual	Senior Masculino	02:39:34	+01:18:20	07:36
315	1329	Pedro Sousa	porto sentido runners	Veterano M40	02:39:35	+01:18:22	07:36
316	1364	Rui Brito	team mercedes	Senior Masculino	02:39:49	+01:18:36	07:37
317	1169	Marcos Santos	individual	Senior Masculino	02:40:19	+01:19:05	07:38
318	1188	Paulo Renato Rodrigues Melo	individual	Sub 23 Masculino	02:40:39	+01:19:25	07:39
319	1002	Ana Sofia Augusto	100fobias	Senior Feminino	02:40:58	+01:19:44	07:40
320	1111	Elisabete Ferreira	individual	Senior Feminino	02:41:08	+01:19:55	07:40
321	1369	Ferreira Simoes Gomes Paula Sofia	the incredibles	Senior Feminino	02:41:46	+01:20:32	07:42
322	1093	mario miranda	grupo desportivo leoes de veneza	Veterano M60	02:42:08	+01:20:55	07:43
323	1091	helena ramos	grupo desportivo leoes de veneza	Senior Feminino	02:42:08	+01:20:55	07:43
324	1243	Hélder Flávio Guimarães da Fonseca	individual	Veterano M45	02:43:26	+01:22:13	07:47
325	1107	Cheila Ferreira Dias	individual	Senior Feminino	02:44:08	+01:22:55	07:49
326	1258	Paulo Dias	individual	Veterano M50	02:46:03	+01:24:49	07:54
327	1056	Vitor Freitas Duarte	budeguita runners	Veterano M40	02:46:17	+01:25:03	07:55
328	1051	Sandra Oliveira	budeguita runners	Veterana F40	02:46:17	+01:25:04	07:55
329	1055	HELDER SOUSA	budeguita runners	Veterano M40	02:46:18	+01:25:05	07:55
330	1170	Miguel Francisco Duarte Pimenta Dias	individual	Senior Masculino	02:49:56	+01:28:42	08:06
331	1114	Hélia Liliana da Cunha Pimenta Dias	individual	Senior Feminino	02:49:56	+01:28:42	08:06
332	1323	FÁTIMA MESQUITA	porto sentido runners	Veterana F45	02:50:40	+01:29:27	08:08
333	1322	CRISTINA SILVA	porto sentido runners	Veterana F45	02:50:47	+01:29:33	08:08
334	1392	alcides freire	individual	Veterano M40	02:52:00	+01:30:46	08:11
335	1124	Patricia Póvoa	individual	Senior Feminino	02:53:44	+01:32:31	08:16
336	1176	Omar Garcia	individual	Senior Masculino	02:53:44	+01:32:31	08:16
337	1360	Mafada Almeida	team mercedes	Senior Feminino	02:58:09	+01:36:56	08:29
338	1361	Mónica Oliveira de Matos	team mercedes	Senior Feminino	02:58:09	+01:36:56	08:29
339	1276	Cristina Gonçalves	lion runners - g. d. leões da guarda	Senior Feminino	03:00:38	+01:39:24	08:36
340	1285	Dina Goncalves	lion runners - g. d. leões da guarda	Veterana F45	03:00:38	+01:39:24	08:36
341	1104	Ana Soraia Freitas sousa	individual	Senior Feminino	03:00:38	+01:39:25	08:36
342	1378	Inês Gonçalves	tugas na estrada	Senior Feminino	03:02:08	+01:40:54	08:40
343	1020	Vanessa Vilaça	atalanta runners	Senior Feminino	03:28:02	+02:06:49	09:54

Gerês Extreme Marathon 2016

Geres

04-dezembro-2016

21K **21 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

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

	Time	Temperature	Humidity
Start	10:00	14,5ºC	72%
End	14:20	14,5ºC	72%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1313	Paula Lage	PAREDES AVENTURA	Senior Feminino	01:39:09		04:43
2	1095	Tânia Filipa Miranda Salgado	MINHO AVENTURA	Senior Feminino	01:47:30	+08:20	05:07
3	105	Joana Fonseca	Individual	Senior Feminino	01:49:45	+10:36	05:14
4	1115	joana creissac	Individual	Senior Feminino	01:54:58	+15:48	05:28
5	1077	Celina Landeira	Ermida Team	Senior Feminino	02:01:46	+22:36	05:48
6	1275	Angela Sofia Pimenta	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	02:02:53	+23:43	05:51
7	1356	Daniela Moreira Araujo	TEAM LANTEMIL	Senior Feminino	02:04:21	+25:12	05:55
8	1040	Vera Fernandes	Braguinhas Runners	Senior Feminino	02:04:34	+25:25	05:56
9	1123	Marta Morais	Individual	Senior Feminino	02:04:37	+25:27	05:56
10	1022	Sandra Veloso	Aves Runners	Senior Feminino	02:07:08	+27:58	06:03
11	1078	Olga Martins	Ermida Team	Senior Feminino	02:07:18	+28:09	06:04
12	1318	Sara Magalhães	PORTO SENTIDO RUNNERS	Senior Feminino	02:08:08	+28:58	06:06
13	1117	JULIANA LOPES ONUMA	Individual	Senior Feminino	02:09:59	+30:50	06:11
14	1113	Helena Marina Teixeira	Individual	Senior Feminino	02:10:16	+31:07	06:12
15	1357	Sandra Dias Pereira	TEAM LANTEMIL	Senior Feminino	02:10:43	+31:33	06:13
16	1109	Diana Fernandes	Individual	Senior Feminino	02:11:33	+32:23	06:16
17	1066	Isabel Maria da Silva Henriques	Clube do Pessoal EDP - Delegação de VN Gaia	Senior Feminino	02:12:25	+33:16	06:18
18	1068	Rita Chaves Rebelo	Clube do Pessoal EDP - Delegação de VN Gaia	Senior Feminino	02:12:25	+33:16	06:18
19	1067	Joana Chaves Rebelo	Clube do Pessoal EDP - Delegação de VN Gaia	Senior Feminino	02:12:26	+33:17	06:18
20	1106	Catarina Moreira	Individual	Senior Feminino	02:14:16	+35:06	06:24
21	1129	Silvia Rute Pereira de Oliveira	Individual	Senior Feminino	02:15:09	+35:59	06:26
22	1135	Telma Silva	Individual	Senior Feminino	02:15:54	+36:44	06:28
23	1132	Susana Margarida Ferreira de Sousa	Individual	Senior Feminino	02:16:17	+37:08	06:29
24	1087	Liliana Ferreira	Flash Machine Runners	Senior Feminino	02:17:13	+38:03	06:32
25	1136	Teresa Cristina Oliveira Lima	Individual	Senior Feminino	02:17:18	+38:08	06:32
26	1105	Andreia Susana da Costa Maia	Individual	Senior Feminino	02:17:18	+38:09	06:32
27	1351	Monica Maria Ferreira Sá Costa Barbosa	Tartarugas do Asfalto	Senior Feminino	02:17:19	+38:09	06:32
28	1062	Cátia Daniela Moreira	Cátia	Senior Feminino	02:18:46	+39:36	06:36
29	1131	Susana Araújo	Individual	Senior Feminino	02:20:03	+40:53	06:40
30	1034	Ana Marques	Bicigrinos	Senior Feminino	02:21:27	+42:18	06:44
31	1317	Ana Nova	PORTO SENTIDO RUNNERS	Senior Feminino	02:22:33	+43:23	06:47
32	1032	Solange Sousa	BiaTeam	Senior Feminino	02:22:45	+43:36	06:48
33	1119	Maria Antónia Correia Cunha	Individual	Senior Feminino	02:22:58	+43:49	06:49
34	1266	Carla Barbosa	Invicta Runners Team	Senior Feminino	02:23:36	+44:26	06:50
35	1120	Mariana Martins Guerra	Individual	Senior Feminino	02:23:44	+44:34	06:51
36	1074	Carina Silva	Divertidas.lol	Senior Feminino	02:25:00	+45:51	06:54

37	1130	Sónia Alves	Individual	Senior Feminino	02:25:12	+46:02	06:55
38	1125	Rita Teixeira Costa	Individual	Senior Feminino	02:26:14	+47:04	06:58
39	1309	Núria Antunes	Panzers	Senior Feminino	02:29:11	+50:01	07:06
40	1047	Veslava Velentinovic	BUDEGUITA RUNNERS	Senior Feminino	02:30:59	+51:49	07:11
41	1103	Ana Luisa Ferreira Oliveira Carvalho	Individual	Senior Feminino	02:32:59	+53:49	07:17
42	1128	Sílvia Faria	Individual	Senior Feminino	02:33:56	+54:47	07:20
43	1003	Daniela Varandas	100fobias	Senior Feminino	02:37:25	+58:15	07:30
44	1110	Elisabete Almeida	Individual	Senior Feminino	02:37:25	+58:15	07:30
45	1292	Albertina Gonçalves	LOUSADA RUNNERS	Senior Feminino	02:37:25	+58:16	07:30
46	1133	Tânia Fernandes	Individual	Senior Feminino	02:38:44	+59:34	07:34
47	1116	Joana Sofia Passos Mesquita de Abreu Joana Abreu	Individual	Senior Feminino	02:38:58	+59:49	07:34
48	1002	Ana Sofia Augusto	100fobias	Senior Feminino	02:40:58	+01:01:48	07:40
49	1111	Elisabete Ferreira	Individual	Senior Feminino	02:41:08	+01:01:59	07:40
50	1369	Ferreira Simoes Gomes Paula Sofia	The INCREDIBLES	Senior Feminino	02:41:46	+01:02:36	07:42
51	1091	helena ramos	grupo desportivo leoes de veneza	Senior Feminino	02:42:08	+01:02:59	07:43
52	1107	Cheila Ferreira Dias	Individual	Senior Feminino	02:44:08	+01:04:59	07:49
53	1114	Hélia Liliana da Cunha Pimenta Dias	Individual	Senior Feminino	02:49:56	+01:10:46	08:06
54	1124	Patricia Póvoa	Individual	Senior Feminino	02:53:44	+01:14:35	08:16
55	1360	Mafada Almeida	TEAM MERCEDES	Senior Feminino	02:58:09	+01:19:00	08:29
56	1361	Mónica Oliveira de Matos	TEAM MERCEDES	Senior Feminino	02:58:09	+01:19:00	08:29
57	1276	Cristina Gonçalves	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	03:00:38	+01:21:28	08:36
58	1104	Ana Soraia Freitas sousa	Individual	Senior Feminino	03:00:38	+01:21:29	08:36
59	1378	Inês Gonçalves	TUGAS NA ESTRADA	Senior Feminino	03:02:08	+01:22:58	08:40
60	1020	Vanessa Vilaça	Atalanta runners	Senior Feminino	03:28:02	+01:48:53	09:54

Senior Masculino

1	1270	Diogo Baena	Juventude Vidigalense	Senior Masculino	01:22:49		03:57
2	1085	Nuno Fernandes	Fafe Runners	Senior Masculino	01:22:56	+00:06	03:57
3	1073	Nuno Carneiro	Clube Zupper	Senior Masculino	01:27:37	+04:47	04:10
4	1145	David Ferreira	Individual	Senior Masculino	01:27:46	+04:56	04:11
5	1408	Antonio Fernandez	Individual	Senior Masculino	01:33:09	+10:20	04:26
6	1308	Filipe Saraiva Fernandes	Palmeira Runners	Senior Masculino	01:33:37	+10:47	04:27
7	1293	Alfredo Eduardo Ferreira Camilo	Moinhos Run ADRM	Senior Masculino	01:36:29	+13:39	04:36
8	1007	Charles Custódio	A C S. MAMEDE	Senior Masculino	01:36:35	+13:45	04:36
9	1006	Bruno César Vieira Reis	A C S. MAMEDE	Senior Masculino	01:37:54	+15:05	04:40
10	1279	Celso Oliveira	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	01:37:58	+15:08	04:40
11	1183	Sergio Salgueiro	Individual	Senior Masculino	01:38:04	+15:15	04:40
12	1383	João Francisco Veloso Martins	Vila Verde a Correr	Senior Masculino	01:39:33	+16:44	04:44
13	1273	Filipe Sousa	KeMedo Team	Senior Masculino	01:39:50	+17:01	04:45
14	1086	Rui Fernandes	Fafe Runners	Senior Masculino	01:40:13	+17:23	04:46
15	1277	Bruno Baptista	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	01:40:49	+18:00	04:48
16	1168	MARÇAL AVELINO SALAZAR MARQUES MENDES	Individual	Senior Masculino	01:41:44	+18:55	04:51

21K

21 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

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

17	1387	marco david rodrigues da silva	Individual	Senior Masculino	01:42:18	+19:29	04:52
18	1026	Ricardo Martins	Aves Runners	Senior Masculino	01:42:54	+20:05	04:54
19	1305	Miguel Sousa	Ourém Vida Team	Senior Masculino	01:43:38	+20:48	04:56
20	1171	Miguel Silva	Individual	Senior Masculino	01:43:43	+20:54	04:56
21	1280	José Sá	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	01:45:02	+22:13	05:00
22	1143	Carlos Vilas Boas	Individual	Senior Masculino	01:46:08	+23:18	05:03
23	1156	João Barbosa	Individual	Senior Masculino	01:48:45	+25:55	05:11
24	1080	Eric Carvalho	Ermida Team	Senior Masculino	01:49:05	+26:16	05:12
25	1094	CARLOS RIBEIRO	GTT-Armazém do Caffè	Senior Masculino	01:49:30	+26:40	05:13
26	1314	Helder Augusto Ferreira Camilo	PAREDES AVENTURA	Senior Masculino	01:50:23	+27:33	05:15
27	1335	Pedro Castro	Rumo à Aventura	Senior Masculino	01:51:48	+28:58	05:19
28	1389	David Camelo	Individual	Senior Masculino	01:52:10	+29:21	05:21
29	1167	jose padrao	Individual	Senior Masculino	01:52:27	+29:38	05:21
30	1151	Francisco Agostinho	Individual	Senior Masculino	01:52:37	+29:48	05:22
31	1406	Luis Silva	Individual	Senior Masculino	01:52:57	+30:07	05:23
32	1283	Pedro Gaio	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	01:53:15	+30:26	05:24
33	1173	Nuno Gomes	Individual	Senior Masculino	01:53:55	+31:05	05:25
34	1398	João Pereira	Individual	Senior Masculino	01:54:26	+31:36	05:27
35	1163	Jorge Miguel Gomes da Costa	Individual	Senior Masculino	01:55:09	+32:19	05:29
36	1179	Pedro André Faria	Individual	Senior Masculino	01:55:10	+32:21	05:29
37	1154	HÉLIO FILIPE NUNES DIAS	Individual	Senior Masculino	01:56:03	+33:14	05:32
38	1296	Emanuel Braga	MOUNTAIN BYTERS	Senior Masculino	01:56:06	+33:16	05:32
39	1185	Vitor Pereira	Individual	Senior Masculino	01:56:33	+33:43	05:33
40	1088	Pedro Oliveira	Flash Machine Runners	Senior Masculino	01:56:56	+34:07	05:34
41	1035	Eduardo Cunha	Bicigrinos	Senior Masculino	01:57:12	+34:22	05:35
42	1352	Pedro Magalhães	Tartarugas do Asfalto	Senior Masculino	01:58:44	+35:55	05:39
43	1180	Rui Gomes	Individual	Senior Masculino	01:59:12	+36:23	05:41
44	1160	Joaquim Fernando Martins Santos	Individual	Senior Masculino	01:59:22	+36:33	05:41
45	1298	Rogério Costa	MOUNTAIN BYTERS	Senior Masculino	02:00:00	+37:11	05:43
46	1140	Bruno Espadeiro	Individual	Senior Masculino	02:00:30	+37:40	05:44
47	1218	Nuno Best	Barcelos Team Portugal	Senior Masculino	02:00:52	+38:02	05:45
48	1142	Bruno Resende	Individual	Senior Masculino	02:01:00	+38:11	05:46
49	1025	Hélder Martins	Aves Runners	Senior Masculino	02:01:52	+39:02	05:48
50	1075	PEDRO BRAGA	EM´FORÇA	Senior Masculino	02:01:58	+39:09	05:49
51	1069	Diogo Filipe Pereira da Silva	Clube do Pessoal EDP - Delegação de VN Gaia	Senior Masculino	02:02:34	+39:44	05:50
52	1177	Paulo Cunha Gonçalves	Individual	Senior Masculino	02:02:34	+39:45	05:50
53	1024	Abílio Ferreira	Aves Runners	Senior Masculino	02:03:34	+40:44	05:53
54	1150	Filipe Daniel Carvalho Pereira Feijó Amorim	Individual	Senior Masculino	02:03:41	+40:52	05:53
55	1076	RICARDO FERREIRA	EM´FORÇA	Senior Masculino	02:03:42	+40:53	05:53
56	1004	Filipe Almeida	100fobias	Senior Masculino	02:06:00	+43:11	06:00
57	1295	Alexandre Martins	MOUNTAIN BYTERS	Senior Masculino	02:06:08	+43:19	06:00
58	1089	Ricardo Monteiro	Flash Machine Runners	Senior Masculino	02:06:48	+43:59	06:02
59	1098	Nuno Almeida	MINHO AVENTURA	Senior Masculino	02:07:42	+44:52	06:05

60	1281	Miguel Mendes	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	02:07:42	+44:53	06:05
61	1291	André Costa	Lote20	Senior Masculino	02:07:58	+45:09	06:06
62	1282	Pedro Bernardes	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	02:08:56	+46:07	06:08
63	1278	Bruno Filipe Barbosa Monteiro	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	02:08:56	+46:07	06:08
64	1139	Artur Jorge Gomes Vieira	Individual	Senior Masculino	02:09:28	+46:38	06:10
65	1157	João Fontoura de Oliveira	Individual	Senior Masculino	02:09:35	+46:45	06:10
66	1147	DOUGLAS NASCIMENTO	Individual	Senior Masculino	02:09:59	+47:10	06:11
67	1148	Fernando Martins Pinto	Individual	Senior Masculino	02:10:13	+47:23	06:12
68	1377	Rui Leite	TudoACorrerBem	Senior Masculino	02:10:17	+47:28	06:12
69	1175	Nuno Manuel Carvalho Fernandes	Individual	Senior Masculino	02:10:17	+47:28	06:12
70	1153	Hélder Pimenta de Assunção	Individual	Senior Masculino	02:11:43	+48:54	06:16
71	1374	Miguel bastos	Tripes	Senior Masculino	02:13:51	+51:02	06:22
72	1174	Nuno Gonçalo Dias Chaves Pinto	Individual	Senior Masculino	02:13:58	+51:08	06:23
73	1159	Joao Pedro Monteiro	Individual	Senior Masculino	02:14:17	+51:28	06:24
74	1138	António Freitas	Individual	Senior Masculino	02:14:24	+51:34	06:24
75	1137	António David Queiroz	Individual	Senior Masculino	02:14:49	+51:59	06:25
76	1097	Marco Ribeiro	MINHO AVENTURA	Senior Masculino	02:15:26	+52:37	06:27
77	1092	carlos martins	grupo desportivo leoes de veneza	Senior Masculino	02:16:09	+53:19	06:29
78	1166	JOSE MIGUEL OLIVEIRA GUIMARAES DE MATOS	Individual	Senior Masculino	02:16:36	+53:46	06:30
79	1297	Nelson Peixoto	MOUNTAIN BYTERS	Senior Masculino	02:18:31	+55:42	06:36
80	1059	Sérgio Ferreira	CAAC - Clube de atletismo Arentim e Cunha	Senior Masculino	02:20:03	+57:14	06:40
81	1182	SÉRGIO FERREIRA	Individual	Senior Masculino	02:20:25	+57:36	06:41
82	1149	Fernando Pinheiro	Individual	Senior Masculino	02:20:48	+57:58	06:42
83	1301	Marco Caseiro	os perigosos	Senior Masculino	02:21:32	+58:42	06:44
84	1363	Nuno Serrão	TEAM MERCEDES	Senior Masculino	02:21:43	+58:53	06:45
85	1048	NUNO SOUSA	BUDEGUITA RUNNERS	Senior Masculino	02:21:48	+58:59	06:45
86	1033	Nelson Sousa	BiaTeam	Senior Masculino	02:22:45	+59:55	06:48
87	1344	Nuno Bastos	SS MONTEPIO	Senior Masculino	02:23:32	+01:00:42	06:50
88	1152	Helder Marques	Individual	Senior Masculino	02:23:43	+01:00:54	06:51
89	1300	Eduardo João Moreira Maia	Os Maias	Senior Masculino	02:24:11	+01:01:22	06:52
90	1362	Hugo Miguel Martins	TEAM MERCEDES	Senior Masculino	02:26:32	+01:03:43	06:59
91	1084	Fernando Marinho	Fafe Runners	Senior Masculino	02:26:33	+01:03:43	06:59
92	1161	Joaquim Magalhães Esteves da Silva	Individual	Senior Masculino	02:27:22	+01:04:32	07:01
93	1393	André Ferreira	Individual	Senior Masculino	02:28:49	+01:06:00	07:05
94	1311	Marco Carvalho	Panzers	Senior Masculino	02:29:10	+01:06:21	07:06
95	1370	Gomes Rodrigues Luis Miguel	The INCREDIBLES	Senior Masculino	02:29:51	+01:07:02	07:08
96	1345	Rui Carvalho	SS MONTEPIO	Senior Masculino	02:30:02	+01:07:12	07:09
97	1036	Rui Ferreira	Bicigrinos	Senior Masculino	02:30:10	+01:07:20	07:09
98	1184	Tiago Ferreira	Individual	Senior Masculino	02:31:17	+01:08:28	07:12
99	1155	Hernâni Filipe Rodrigues Dias	Individual	Senior Masculino	02:33:37	+01:10:47	07:19
100	142	Marco Cachinho	Kaninos	Senior Masculino	02:36:25	+01:13:36	07:27
101	1141	Bruno Pinheiro	Individual	Senior Masculino	02:39:34	+01:16:44	07:36
102	1364	Rui Brito	TEAM MERCEDES	Senior Masculino	02:39:49	+01:17:00	07:37

103	1169	Marcos Santos	Individual	Senior Masculino	02:40:19	+01:17:29	07:38
104	1170	Miguel Francisco Duarte Pimenta Dias	Individual	Senior Masculino	02:49:56	+01:27:06	08:06
105	1176	Omar Garcia	Individual	Senior Masculino	02:53:44	+01:30:55	08:16

Sub 23 Feminino

1	1358	Luísa Catarina Costa Azevedo	TEAM LANTEMIL	Sub 23 Feminino	02:04:21		05:55

Sub 23 Masculino

1	1342	Romeu Gouveia	SALOMON SUUNTO PORTUGAL	Sub 23 Masculino	01:21:13		03:52
2	1014	Ruben Henrique Cardoso Pereira Borges	AFIPRE Team	Sub 23 Masculino	01:50:28	+29:15	05:16
3	1186	António Torres Manso6	Individual	Sub 23 Masculino	01:51:19	+30:05	05:18
4	1187	Bruno Gonçalves	Individual	Sub 23 Masculino	02:13:24	+52:11	06:21
5	1379	Tiago Vieira	TUGAS NA ESTRADA	Sub 23 Masculino	02:30:20	+01:09:06	07:10
6	1188	Paulo Renato Rodrigues Melo	Individual	Sub 23 Masculino	02:40:39	+01:19:25	07:39

Veterana F40

1	1009	Maria Leonor Pinto da Mota	A C S. MAMEDE	Veterana F40	01:58:58		05:40
2	1049	Angelina Pinho	BUDEGUITA RUNNERS	Veterana F40	02:02:45	+03:47	05:51
3	1191	Maria Pinto	Individual	Veterana F40	02:09:20	+10:22	06:10
4	1337	Clarisse Ribeiro	S.Paio Team	Veterana F40	02:11:38	+12:39	06:16
5	1320	Luisa Marques	PORTO SENTIDO RUNNERS	Veterana F40	02:12:21	+13:23	06:18
6	1192	Yolanda Campos Rivas	Individual	Veterana F40	02:14:17	+15:18	06:24
7	1319	Elizabete Loureiro	PORTO SENTIDO RUNNERS	Veterana F40	02:14:44	+15:46	06:25
8	1397	Elisabete Costa	Braguinhas Runners	Veterana F40	02:16:31	+17:33	06:30
9	1353	Gloria Monteiro	Tartarugas do Asfalto	Veterana F40	02:20:17	+21:19	06:41
10	182	Severine Boiteau	Individual	Veterana F40	02:21:46	+22:47	06:45
11	1190	Cristina Iglesias	Individual	Veterana F40	02:23:35	+24:37	06:50
12	1354	Celeste Pedro	Tartarugas Solidarias	Veterana F40	02:23:59	+25:00	06:51
13	1050	Isabel Ferreira	BUDEGUITA RUNNERS	Veterana F40	02:30:58	+32:00	07:11
14	1321	SANDRA CARVALHO	PORTO SENTIDO RUNNERS	Veterana F40	02:31:28	+32:30	07:13
15	1391	paula figueiredo	Individual	Veterana F40	02:34:26	+35:27	07:21
16	1051	Sandra Oliveira	BUDEGUITA RUNNERS	Veterana F40	02:46:17	+47:19	07:55

Veterana F45

1	1021	ANABELA REMÉDIOS	ATLÉTICO CLUBE SÃO MAMEDE	Veterana F45	01:53:07		05:23
2	1099	Ângela Costa	Guimarunning Moscada	Veterana F45	01:56:44	+03:38	05:34
3	1196	Maria Augusta Rosário Silva Roleira Marinho	Individual	Veterana F45	02:04:50	+11:44	05:57
4	1052	MAria do Carmo Loureiro	BUDEGUITA RUNNERS	Veterana F45	02:06:02	+12:56	06:00
5	1401	Margarida Magalhaes	Desnível Positivo	Veterana F45	02:07:00	+13:53	06:03

6	1324	Paula Coutinho	PORTO SENTIDO RUNNERS	Veterana F45	02:08:28	+15:22	06:07
7	1193	Ana Paula Monteiro Costa	Individual	Veterana F45	02:14:13	+21:06	06:23
8	1194	Elisabete dos Santos Rodrigues	Individual	Veterana F45	02:21:39	+28:33	06:45
9	1195	Margarida Cunha Reis	Individual	Veterana F45	02:22:53	+29:46	06:48
10	1386	Maria de Fátima Marques Ribeiro	ZUPPER	Veterana F45	02:28:19	+35:13	07:04
11	1041	cecilia costa	Braguinhas Runners	Veterana F45	02:30:40	+37:34	07:11
12	1323	FÁTIMA MESQUITA	PORTO SENTIDO RUNNERS	Veterana F45	02:50:40	+57:34	08:08
13	1322	CRISTINA SILVA	PORTO SENTIDO RUNNERS	Veterana F45	02:50:47	+57:40	08:08
14	1285	Dina Goncalves	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F45	03:00:38	+01:07:31	08:36

Veterana F50

1	1042	Paula Cristina Peixoto	Braguinhas Runners	Veterana F50	02:16:32		06:30
2	2187	Albina ferreira Palmeira vieira	Individual	Veterana F50	02:27:13	+10:40	07:01

Veterana F55

1	1198	ADELAIDE MENDES	Individual	Veterana F55	02:03:40		05:53

Veterano M40

1	1061	Federico Losada Conde	Castrotrail	Veterano M40	01:32:05		04:23
2	1053	Abílio Moreira	BUDEGUITA RUNNERS	Veterano M40	01:34:47	+02:42	04:31
3	1060	David Losada Conde	Castrotrail	Veterano M40	01:38:41	+06:36	04:42
4	1216	Miguel Lira - VR	Individual	Veterano M40	01:40:01	+07:56	04:46
5	1394	Paulo Jorge dos Santos Araújo Costa	Individual	Veterano M40	01:43:04	+10:59	04:55
6	1217	Miguel Marques	Individual	Veterano M40	01:43:06	+11:00	04:55
7	1100	Miguel Oliveira	MINHO AVENTURA	Veterano M40	01:43:08	+11:03	04:55
8	1209	José Manuel Cruz Santos	Individual	Veterano M40	01:43:24	+11:19	04:55
9	1224	PEDRO MIGUEL DA COSTA VIEIRA MIRANDA	VIDAATIVARUNNERS	Veterano M40	01:44:59	+12:53	05:00
10	1054	Albino Dias	BUDEGUITA RUNNERS	Veterano M40	01:46:08	+14:02	05:03
11	1015	Hélder Pereira Borges	AFIPRE Team	Veterano M40	01:46:53	+14:48	05:05
12	1325	António Borges	PORTO SENTIDO RUNNERS	Veterano M40	01:46:58	+14:53	05:06
13	1201	De Castro Patrice	Individual	Veterano M40	01:50:52	+18:47	05:17
14	1346	Luis Ribeiro	SS MONTEPIO	Veterano M40	01:50:53	+18:47	05:17
15	1101	PEDRO BARROS	HappyRun	Veterano M40	01:51:01	+18:55	05:17
16	1028	Hélder Costa	Aves Runners	Veterano M40	01:51:48	+19:43	05:19
17	1029	José Afonso Torres	Aves Runners	Veterano M40	01:51:48	+19:43	05:19
18	1315	Hugo Santos	Piratas das Montanhas	Veterano M40	01:53:17	+21:11	05:24
19	1339	Carlos Manuel Rocha	SAI DA FRENTE	Veterano M40	01:53:30	+21:25	05:24
20	1303	Carlos Jorge	Os tripes	Veterano M40	01:54:07	+22:01	05:26
21	1208	Jorge Pires	Individual	Veterano M40	01:54:16	+22:10	05:26
22	1288	Paulo Ribeiro	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	01:54:25	+22:19	05:27

23	1223	Pedro Laranjo	Individual	Veterano M40	01:55:00	+22:55	05:29
24	1222	Paulo Manuel Santos Almeida Silva	Individual	Veterano M40	01:55:19	+23:13	05:29
25	1202	Eduardo Esteves	Individual	Veterano M40	01:55:54	+23:49	05:31
26	1211	Jose Pereira	Individual	Veterano M40	01:56:13	+24:08	05:32
27	1227	Rafael Galvão	Individual	Veterano M40	01:56:21	+24:15	05:32
28	1225	pedro miguel pereira carvalhido	Individual	Veterano M40	01:56:52	+24:46	05:34
29	1338	Paulo Antunes	S.Paio Team	Veterano M40	01:57:40	+25:34	05:36
30	1010	Manuel António Carvalho Antunes	A C S. MAMEDE	Veterano M40	01:59:32	+27:26	05:42
31	1037	José Manuel	BRAGA RUNNERS	Veterano M40	02:00:55	+28:50	05:46
32	1286	Luis Miguel Ferreira	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	02:02:53	+30:48	05:51
33	1400	Vítor Araújo	Cerveira Team Running	Veterano M40	02:03:08	+31:03	05:52
34	1214	Marco Dias	Individual	Veterano M40	02:03:22	+31:17	05:53
35	1328	Miguel Silva	PORTO SENTIDO RUNNERS	Veterano M40	02:03:41	+31:35	05:53
36	1404	João Mota	Desnível Positivo	Veterano M40	02:03:57	+31:52	05:54
37	1027	Filipe Pedrosa	Aves Runners	Veterano M40	02:04:18	+32:13	05:55
38	1215	Miguel Dantas	Individual	Veterano M40	02:04:37	+32:32	05:56
39	1200	Americo Areias	Individual	Veterano M40	02:06:27	+34:22	06:01
40	1219	Nelson Miguel Carneiro dos Santos	Individual	Veterano M40	02:07:03	+34:57	06:03
41	1380	Pedro Patrício	TURBULENTOS	Veterano M40	02:07:35	+35:30	06:05
42	1005	Pedro Vidal	100Fôlego	Veterano M40	02:08:05	+36:00	06:06
43	1204	Javier Pérez Alonso	Individual	Veterano M40	02:08:23	+36:18	06:07
44	1016	Álvaro Nunes	All About Spirit Team	Veterano M40	02:09:28	+37:23	06:10
45	1228	Roberto Amaro Alonso	Individual	Veterano M40	02:09:35	+37:29	06:10
46	199	Antonio Morais	Individual	Veterano M40	02:10:13	+38:08	06:12
47	1206	João Oliveira	Individual	Veterano M40	02:10:31	+38:25	06:13
48	1359	Rui Miguel Costa Teixeira	TEAM LANTEMIL	Veterano M40	02:10:43	+38:37	06:13
49	1070	João Vasco Gil da Silva Gomes Ferreira	Clube do Pessoal EDP - Delegação de VN Gaia	Veterano M40	02:10:48	+38:42	06:14
50	1064	Rui Dias	Cerveira Team Running/Clube Celtas do Minho	Veterano M40	02:11:08	+39:02	06:15
51	1205	Jeronimo Jose Ribeiro da Silva	Individual	Veterano M40	02:11:37	+39:32	06:16
52	1229	Roberto Casas Pere	Individual	Veterano M40	02:12:13	+40:07	06:18
53	1407	Joaquim Vaz Peixoto	Individual	Veterano M40	02:12:37	+40:31	06:19
54	1327	Miguel Azevedo	PORTO SENTIDO RUNNERS	Veterano M40	02:14:46	+42:41	06:25
55	1210	José Paulo Gonçalves Jordão	Individual	Veterano M40	02:15:08	+43:03	06:26
56	1385	Rui Manuel Rodrigues Magalhaes	Vimaranes Running Team	Veterano M40	02:15:09	+43:03	06:26
57	1043	José Manuel Ferreira	Braguinhas Runners	Veterano M40	02:16:32	+44:27	06:30
58	1384	Luis Filipe Pacheco Fernandes Guimaraes	Vimaranes Running Team	Veterano M40	02:16:36	+44:30	06:30
59	7	Antonio Lourenço	AD Quinta - Atletismo	Veterano M40	02:16:51	+44:46	06:31
60	1199	Alberto Quintiana Reimunde	Individual	Veterano M40	02:17:06	+45:00	06:32
61	1375	Alexandre	Tripes	Veterano M40	02:17:11	+45:06	06:32
62	1376	Rui pinho	Tripes	Veterano M40	02:17:11	+45:06	06:32
63	1287	Miguel Fonseca	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	02:19:28	+47:23	06:39
64	1234	Valentim da Guia Pereira	Individual	Veterano M40	02:23:35	+51:30	06:50
65	1347	Ricardo Silva	SS MONTEPIO	Veterano M40	02:24:25	+52:19	06:53

66	1340	EMANUEL DURÃES	SAI DA FRENTE	Veterano M40	02:26:21	+54:16	06:58
67	1220	Nuno Miguel Ferreira Pacheco	Individual	Veterano M40	02:28:15	+56:10	07:04
68	1213	Luis Filipe Pereira	Individual	Veterano M40	02:30:01	+57:56	07:09
69	1390	Nelson Montalvão	Individual	Veterano M40	02:31:12	+59:07	07:12
70	1203	Fernando Miguel Pereira	Individual	Veterano M40	02:31:53	+59:48	07:14
71	1326	CLÁUDIO CERQUEIRA	PORTO SENTIDO RUNNERS	Veterano M40	02:37:35	+01:05:29	07:30
72	1329	Pedro Sousa	PORTO SENTIDO RUNNERS	Veterano M40	02:39:35	+01:07:30	07:36
73	1056	Vitor Freitas Duarte	BUDEGUITA RUNNERS	Veterano M40	02:46:17	+01:14:11	07:55
74	1055	HELDER SOUSA	BUDEGUITA RUNNERS	Veterano M40	02:46:18	+01:14:13	07:55
75	1392	alcides freire	Individual	Veterano M40	02:52:00	+01:19:54	08:11

Veterano M45

1	1371	Hammouch Rachid	The INCREDIBLES	Veterano M45	01:26:10		04:06
2	1399	Paulo Jorge Silva Matos	Gulbenkian	Veterano M45	01:36:15	+10:05	04:35
3	1250	Paulo Guilherme Silva	Individual	Veterano M45	01:41:34	+15:23	04:50
4	1307	Paulo Martins	Ourém Vida Team	Veterano M45	01:43:38	+17:27	04:56
5	1001	Pedro Guimarães	#LETSRUNAZORES	Veterano M45	01:46:39	+20:29	05:05
6	1245	Joaquín Meno Barja	Individual	Veterano M45	01:49:46	+23:36	05:14
7	1316	Vitor Costa	Piratas das Montanhas	Veterano M45	01:50:48	+24:37	05:17
8	1242	Fernando Martins	Individual	Veterano M45	01:50:53	+24:42	05:17
9	1373	António Maria Moreira Gomes	Trilheiros e Amigos CFit	Veterano M45	01:51:14	+25:04	05:18
10	1038	Fernando Soares	BRAGA RUNNERS	Veterano M45	01:52:16	+26:05	05:21
11	1304	Nelson Ramos	Os tripes	Veterano M45	01:54:07	+27:56	05:26
12	1405	Manuel da Silva Ribeiro Lopes	RioFit Runnig	Veterano M45	01:54:33	+28:23	05:27
13	1248	Paulo Brás	Individual	Veterano M45	01:55:24	+29:14	05:30
14	1348	Alfredo Abreu	SS MONTEPIO	Veterano M45	01:58:59	+32:48	05:40
15	1031	David Emanuel Oliveira Malva	AZTrail	Veterano M45	02:01:11	+35:01	05:46
16	1244	Joao Carlos Silva saraiva	Individual	Veterano M45	02:01:15	+35:04	05:46
17	1236	António Carlos Martins Roleira Marinho	Individual	Veterano M45	02:02:04	+35:53	05:49
18	1341	António Pinto	SAI DA FRENTE	Veterano M45	02:02:12	+36:02	05:49
19	1057	Tiago Amorim	BUDEGUITA RUNNERS	Veterano M45	02:05:59	+39:49	06:00
20	1247	josé alberto mendes	Individual	Veterano M45	02:07:11	+41:01	06:03
21	1268	Alex Silva	Invicta Runners Team	Veterano M45	02:09:36	+43:26	06:10
22	1331	João Barbosa	PORTO SENTIDO RUNNERS	Veterano M45	02:12:35	+46:24	06:19
23	1249	Paulo Carvalho	Individual	Veterano M45	02:13:11	+47:00	06:21
24	1253	Rui Lobo Machado	Individual	Veterano M45	02:13:18	+47:07	06:21
25	1246	Jorge Luis Duarte Caria	Individual	Veterano M45	02:13:27	+47:17	06:21
26	1330	ERNESTO RIBEIRO	PORTO SENTIDO RUNNERS	Veterano M45	02:14:44	+48:34	06:25
27	1302	Mário Lopes	os perigosos	Veterano M45	02:21:32	+55:21	06:44
28	1366	Carlos Morais	TEAM MERCEDES	Veterano M45	02:26:43	+01:00:33	06:59
29	1241	Emanuel Pinto Pereira Vale	Individual	Veterano M45	02:27:41	+01:01:30	07:02
30	1349	Francisco Moreira	SS MONTEPIO	Veterano M45	02:30:18	+01:04:07	07:09
31	1044	victor costa	Braguinhas Runners	Veterano M45	02:30:40	+01:04:30	07:11
32	1243	Hélder Flávio Guimarães da Fonseca	Individual	Veterano M45	02:43:26	+01:17:16	07:47

Veterano M50

1	1011	António de Oliveira Silvino	A C S. MAMEDE	Veterano M50	01:32:54		04:25
2	1063	Ângelo Pereira	CENTRO CICLISTA DE GONDOMAR	Veterano M50	01:42:41	+09:47	04:53
3	3210	MANUEL OLIVEIRA	S.C. ESPINHO	Veterano M50	01:47:09	+14:15	05:06
4	1343	Rogerio Vieira	SARC - SALGUEIRAL - RUN	Veterano M50	01:56:21	+23:27	05:32
5	1259	Paulo Pinheiro	Individual	Veterano M50	01:56:30	+23:36	05:33
6	1039	Sebastião Gonçalves	BRAGA RUNNERS	Veterano M50	01:58:03	+25:08	05:37
7	1402	Camilo Neto	Desnível Positivo	Veterano M50	01:59:32	+26:38	05:42
8	1254	Fernando Martins Gonçalves	Individual	Veterano M50	02:04:34	+31:40	05:56
9	1065	Manuel Monteiro	Cerveira Team Running/Clube Celtas do Minho	Veterano M50	02:08:06	+35:12	06:06
10	1350	Fernando Carvalho	SS MONTEPIO	Veterano M50	02:10:03	+37:08	06:12
11	1256	José Fernandes Ferreira	Individual	Veterano M50	02:10:13	+37:19	06:12
12	1058	Rui Manuel Teixeira Coelho	BUDEGUITA RUNNERS	Veterano M50	02:10:16	+37:21	06:12
13	1294	Firmino Mendes	MONTANHA CLUBE TRAIL RUNNING/RUNNERS	Veterano M50	02:16:28	+43:33	06:30
14	1289	luis de Almeida	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M50	02:19:28	+46:34	06:39
15	1255	joaquim augusto teixeira seca	Individual	Veterano M50	02:19:58	+47:03	06:40
16	1372	Antonio Lourenco Canais	The INCREDIBLES	Veterano M50	02:21:01	+48:07	06:43
17	1257	Júlio Costa	Individual	Veterano M50	02:29:54	+57:00	07:08
18	1368	Fernando Dias	TEAM MERCEDES	Veterano M50	02:36:44	+01:03:50	07:28
19	1258	Paulo Dias	Individual	Veterano M50	02:46:03	+01:13:08	07:54

Veterano M55

1	1290	Serafim Ramos	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M55	01:48:19		05:10
2	1396	Jorge Vieira Dias Louro	Individual	Veterano M55	01:59:21	+11:01	05:41
3	1017	António Lourenço	AMIGOS ATLETISMO POVOENSE	Veterano M55	02:03:18	+14:58	05:52
4	1045	José Pereira	Braguinhas Runners	Veterano M55	02:04:34	+16:15	05:56
5	1030	Adélio Castro	Aves Runners	Veterano M55	02:05:54	+17:35	06:00
6	1262	Fernando Manuel Sequeira Azevedo	Individual	Veterano M55	02:17:29	+29:09	06:33
7	1332	Humberto Pinho	PORTO SENTIDO RUNNERS	Veterano M55	02:22:33	+34:13	06:47
8	1261	Domingos dos santos vieira	Individual	Veterano M55	02:27:13	+38:53	07:01
9	2306	José Manuel Pinto Nogueira	TUGAS NA ESTRADA	Veterano M55	02:33:02	+44:42	07:17
10	1263	Luciano Pereira	Individual	Veterano M55	02:35:23	+47:03	07:24

Veterano M60

1	1019	Serafim Coutinho	ASPHALT ASSAULT TEAM	Veterano M60	01:28:49		04:14
2	1093	mario miranda	grupo desportivo leoes de veneza	Veterano M60	02:42:08	+01:13:20	07:43