



**8K - STAGE 1**

**8 KM**

R  
REVISED

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
40	3052	Avelino Cruz	fama runners	Veterano M40	55:47	+17:52	06:58
41	4160	Patrícia Rego	braga runners	Senior Feminino	55:53	+17:58	06:59
42	4063	Ana Margarida Rodrigues Moitas	individual	Senior Feminino	55:58	+18:03	07:00
43	4143	Angela Isabel Silva	suicidas brácaros	Senior Feminino	56:20	+18:25	07:03
44	3367	Amadeu Pedro Pereira	individual	Veterano M60	56:27	+18:32	07:03
45	4119	Gonçalo Pires de Afonso Pires	individual	Senior Masculino	56:35	+18:40	07:04
46	4191	Ricardo Nuno Cardoso Cerqueira	individual	Veterano M40	58:07	+20:12	07:16
47	4151	Sofia Lopes	viseu 2015	Senior Feminino	58:13	+20:18	07:17
48	4132	Marta Rosas	maiacrossteam	Senior Feminino	58:13	+20:18	07:17
49	4100	Anabela Lourenço	individual	Senior Feminino	59:02	+21:07	07:23
50	4062	Ana Carolina Braga Chaves	individual	Sub 23 Feminino	59:14	+21:19	07:24
51	4090	Pedro de Carvalho	individual	Senior Masculino	59:24	+21:29	07:26
52	4175	Fábia Tatiana Teixeira Martins	individual	Senior Feminino	01:00:17	+22:22	07:32
53	4104	Nélia Antunes	individual	Senior Feminino	01:00:49	+22:54	07:36
54	4059	Paulo Jorge Domingues Ribeiro	individual	Senior Masculino	01:01:10	+23:15	07:39
55	4141	Carla Falcão	perdi o táxi	Veterana F40	01:01:41	+23:46	07:43
56	4190	maria del carmen conde rua	individual	Veterana F45	01:01:47	+23:52	07:43
57	4133	Pedro Lima	maiacrossteam	Senior Masculino	01:01:52	+23:57	07:44
58	4055	Adérito Gonçalves da Rocha	individual	Veterano M50	01:02:01	+24:06	07:45
59	4021	César Eduardo Fernandes Dias	capitalges	Senior Masculino	01:02:15	+24:20	07:47
60	4073	Renato Manuel Silva da Mota	individual	Senior Masculino	01:02:47	+24:52	07:51
61	4125	Ana Sousa	individual	Senior Feminino	01:02:49	+24:54	07:51
62	4179	Noa fernandez sanchez	individual	Senior Feminino	01:02:56	+25:01	07:52
63	4024	Ana Paula Carneiro	cpam	Senior Feminino	01:02:59	+25:04	07:52
64	4188	Márcia Costa Dias	individual	Sub 23 Feminino	01:03:14	+25:19	07:54
65	4187	Liliana Filipa Martins Araújo	individual	Sub 23 Feminino	01:03:14	+25:19	07:54
66	4088	Paula Morais	individual	Veterana F45	01:04:31	+26:36	08:04
67	4142	Bárbara Maia	sociedade recreio cepanense	Sub 23 Feminino	01:04:46	+26:51	08:06
68	4196	jose joao cordeiro	individual	Veterano M45	01:05:49	+27:54	08:14
69	4054	Marisa Leite	individual	Senior Feminino	01:05:52	+27:57	08:14
70	4136	Olga coelho	olga tiago	Senior Feminino	01:06:20	+28:25	08:17
71	4137	Tiago mendonca	olga tiago	Senior Masculino	01:06:20	+28:25	08:18
72	4043	José Francisco Afonso Lourenço	individual	Veterano M50	01:06:57	+29:02	08:22
73	4163	Lari Polak	braga runners	Senior Masculino	01:07:37	+29:42	08:27
74	4161	Bruno Leitão	braga runners	Senior Masculino	01:07:37	+29:42	08:27
75	4025	Ana Soares	cpam	Senior Feminino	01:08:16	+30:21	08:32
76	4057	Diana do Céu Domingues da Rocha	individual	Senior Feminino	01:08:59	+31:04	08:37
77	4060	Marinha Lourenço Ribeiro	individual	Senior Feminino	01:08:59	+31:04	08:37
78	4107	Maria Inês da Silva Coutinho	individual	Senior Feminino	01:09:04	+31:09	08:38
79	4052	Rita Mafalda do Carmo Boita	individual	Senior Feminino	01:09:04	+31:09	08:38
80	4159	Isabel Pinheiro	braga runners	Senior Feminino	01:09:10	+31:15	08:39
81	4041	ana cristina nunes	individual	Veterana F40	01:09:11	+31:16	08:39
82	4099	Ana Cristina Domingues Neto	individual	Senior Feminino	01:09:35	+31:40	08:42
83	3032	Ana Isabel Pereira da Cunha	bvtb	Senior Feminino	01:10:50	+32:55	08:51
84	4074	Susana cristina Fernandes Cunha	individual	Senior Feminino	01:11:18	+33:23	08:55

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**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	4112	catia sofia de sousa barbosa	individual	Senior Feminino	01:11:18	+33:23	08:55
86	4140	Ana Moreira	os turbomula	Veterana F60	01:11:27	+33:32	08:56
87	4066	Paulo Rafael Silva Figueiredo	individual	Senior Masculino	01:12:01	+34:06	09:00
88	4078	Jorge Armando de Almeida Caldeira	individual	Veterano M60	01:12:33	+34:38	09:04
89	3317	Andreia Rebelo	individual	Senior Feminino	01:12:46	+34:51	09:06
90	4084	Mariana Fontoura de Oliveira	individual	Senior Feminino	01:13:27	+35:32	09:11
91	4091	Marlene de Fátima Afonso Fernandes	individual	Senior Feminino	01:13:29	+35:34	09:11
92	4117	Filipa Dias	individual	Sub 23 Feminino	01:13:58	+36:03	09:15
93	4118	Andreia Dias	individual	Sub 23 Feminino	01:13:59	+36:04	09:15
94	4110	Rita Freitas	individual	Senior Feminino	01:14:39	+36:44	09:20
95	4058	Maria do Sameiro Gonçalves Domingues da Rocha	individual	Veterana F50	01:14:45	+36:50	09:21
96	4022	Joaquim Araujo	capitalges	Senior Masculino	01:16:27	+38:32	09:33
97	4020	Marina Leite	capitalges	Senior Feminino	01:16:30	+38:35	09:34
98	4019	Bernadette Cunha	capitalges	Senior Feminino	01:16:31	+38:36	09:34
99	4126	Rita Santos	individual	Senior Feminino	01:17:19	+39:24	09:40
100	4194	Armando Cunha	individual	Veterano M60	01:17:27	+39:32	09:41
101	4193	Rosa Maria Cunha	individual	Veterana F60	01:17:28	+39:33	09:41
102	4127	Carla Alexandra Pinho Soares	individual	Senior Feminino	01:18:42	+40:47	09:50
103	4123	Sandra Manuela Gonçalves de Melo Pires	individual	Senior Feminino	01:20:20	+42:25	10:03
104	4082	isabel fazenda	individual	Veterana F45	01:20:32	+42:37	10:04
105	4145	BRUNO COUTINHO	this side up - run team	Sub 23 Masculino	01:23:19	+45:24	10:25
106	4146	DAVID COUTINHO	this side up - run team	Sub 23 Masculino	01:23:19	+45:24	10:25
107	4071	Antonio Silva	individual	Veterano M40	01:26:59	+49:04	10:52
108	4149	Dora Telma fernandes Castro	vimarunners	Senior Feminino	01:27:01	+49:06	10:53
109	4150	Silvia Cristina Fernandes Dias	vimarunners	Senior Feminino	01:27:02	+49:07	10:53
110	4115	Raquel Correia	individual	Senior Feminino	01:32:00	+54:05	11:30
111	4114	José Costa	individual	Senior Masculino	01:32:00	+54:05	11:30

**8K**

**8 KM**

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**OFFICIAL RESULT**

	Time	Temperature	Humidity
Start	09:30	4°C	80%
End	11:44	4°C	80%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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## Senior Feminino

1	4158	Diana Ferreira	Barcelos Saudável	Senior Feminino	44:32		05:34
2	4030	Eufemia Gonçalves	Ermida Team	Senior Feminino	52:09	+07:37	06:31
3	3118	Susana Alexandra Almeida Fernandes	Individual	Senior Feminino	52:42	+08:10	06:35
4	4015	Raquel Sofia Macedo da Costa	BRAGA RUNNERS	Senior Feminino	52:52	+08:20	06:36
5	4014	Sofia Silva	Barcelos Saudável	Senior Feminino	53:32	+09:00	06:41
6	4012	Filipa Ferreira	Barcelos Saudável	Senior Feminino	53:32	+09:00	06:42
7	4160	Patrícia Rego	BRAGA RUNNERS	Senior Feminino	55:53	+11:21	06:59
8	4063	Ana Margarida Rodrigues Moitas	Individual	Senior Feminino	55:58	+11:26	07:00
9	4143	Angela Isabel Silva	SUICIDAS BRÁCAROS	Senior Feminino	56:20	+11:48	07:03
10	4151	Sofia Lopes	Viseu 2015	Senior Feminino	58:13	+13:41	07:17
11	4132	Marta Rosas	MaiaCrossTeam	Senior Feminino	58:13	+13:41	07:17
12	4100	Anabela Lourenço	Individual	Senior Feminino	59:02	+14:30	07:23
13	4175	Fábia Tatiana Teixeira Martins	Individual	Senior Feminino	01:00:17	+15:45	07:32
14	4104	Nélia Antunes	Individual	Senior Feminino	01:00:49	+16:17	07:36
15	4125	Ana Sousa	Individual	Senior Feminino	01:02:49	+18:17	07:51
16	4179	Noa fernandez sanchez	Individual	Senior Feminino	01:02:56	+18:24	07:52
17	4024	Ana Paula Carneiro	CPAM	Senior Feminino	01:02:59	+18:27	07:52
18	4054	Marisa Leite	Individual	Senior Feminino	01:05:52	+21:20	08:14
19	4136	Olga coelho	Olga tiago	Senior Feminino	01:06:20	+21:48	08:17
20	4025	Ana Soares	CPAM	Senior Feminino	01:08:16	+23:44	08:32
21	4057	Diana do Céu Domingues da Rocha	Individual	Senior Feminino	01:08:59	+24:27	08:37
22	4060	Marinha Lourenço Ribeiro	Individual	Senior Feminino	01:08:59	+24:27	08:37
23	4107	Maria Inês da Silva Coutinho	Individual	Senior Feminino	01:09:04	+24:32	08:38
24	4052	Rita Mafalda do Carmo Boita	Individual	Senior Feminino	01:09:04	+24:32	08:38
25	4159	Isabel Pinheiro	BRAGA RUNNERS	Senior Feminino	01:09:10	+24:38	08:39
26	4099	Ana Cristina Domingues Neto	Individual	Senior Feminino	01:09:35	+25:03	08:42
27	3032	Ana Isabel Pereira da Cunha	BVTB	Senior Feminino	01:10:50	+26:18	08:51
28	4074	Susana cristina Fernandes Cunha	Individual	Senior Feminino	01:11:18	+26:46	08:55
29	4112	catia sofia de sousa barbosa	Individual	Senior Feminino	01:11:18	+26:46	08:55
30	3317	Andreia Rebelo	Individual	Senior Feminino	01:12:46	+28:14	09:06
31	4084	Mariana Fontoura de Oliveira	Individual	Senior Feminino	01:13:27	+28:55	09:11
32	4091	Marlene de Fátima Afonso Fernandes	Individual	Senior Feminino	01:13:29	+28:57	09:11
33	4110	Rita Freitas	Individual	Senior Feminino	01:14:39	+30:07	09:20
34	4020	Marina Leite	Capitalges	Senior Feminino	01:16:30	+31:58	09:34
35	4019	Bernadette Cunha	Capitalges	Senior Feminino	01:16:31	+31:59	09:34
36	4126	Rita Santos	Individual	Senior Feminino	01:17:19	+32:47	09:40
37	4127	Carla Alexandra Pinho Soares	Individual	Senior Feminino	01:18:42	+34:10	09:50
38	4123	Sandra Manuela Gonçalves de Melo Pires	Individual	Senior Feminino	01:20:20	+35:48	10:03
39	4149	Dora Telma fernandes Castro	vimarunners	Senior Feminino	01:27:01	+42:29	10:53

**8K**

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**OFFICIAL RESULT**

40	4150	Sílvia Cristina Fernandes Dias	vimarunners	Senior Feminino	01:27:02	+42:30	10:53
41	4115	Raquel Correia	Individual	Senior Feminino	01:32:00	+47:28	11:30

## Senior Masculino

1	4031	Domingos Alves	Ermida Team	Senior Masculino	37:56		04:45
2	4183	CARLOS MOTERO CARVALLO	Individual	Senior Masculino	43:40	+05:44	05:28
3	4077	Aarão Manuel Soares Dias	Individual	Senior Masculino	47:59	+10:03	06:00
4	4028	Francisco Fonseca	DOREMI CAT RUNNERS	Senior Masculino	49:38	+11:42	06:12
5	4032	André Príncipe	Ermida Team	Senior Masculino	50:28	+12:32	06:18
6	4096	Daniel Martins	Individual	Senior Masculino	50:39	+12:43	06:20
7	4053	Rui Alexandre de Araújo e Gama Esteves da Silva	Individual	Senior Masculino	51:52	+13:56	06:29
8	3117	Carlos Eduardo Moura da Silva	Individual	Senior Masculino	52:31	+14:35	06:34
9	4061	Emanuel Rodrigues Pereira	Individual	Senior Masculino	52:33	+14:37	06:34
10	4152	antonio rodrigues	AIRORUN	Senior Masculino	53:36	+15:40	06:42
11	4182	Bruno Filipe Pereira da Silva	Individual	Senior Masculino	53:53	+15:57	06:44
12	4181	António Marcos Loureiro Lopes	Individual	Senior Masculino	53:53	+15:57	06:44
13	4051	FILIFE CARVALHO	Individual	Senior Masculino	54:26	+16:30	06:48
14	4162	Jorge Cunha	BRAGA RUNNERS	Senior Masculino	54:37	+16:41	06:50
15	4016	Pedro Filipe Ferreira Matos	BRAGA RUNNERS	Senior Masculino	54:54	+16:58	06:52
16	4119	Gonçalo Pires de Afonso Pires	Individual	Senior Masculino	56:35	+18:39	07:04
17	4090	Pedro de Carvalho	Individual	Senior Masculino	59:24	+21:28	07:26
18	4059	Paulo Jorge Domingues Ribeiro	Individual	Senior Masculino	01:01:10	+23:14	07:39
19	4133	Pedro Lima	MaiaCrossTeam	Senior Masculino	01:01:52	+23:56	07:44
20	4021	César Eduardo Fernandes Dias	Capitalges	Senior Masculino	01:02:15	+24:19	07:47
21	4073	Renato Manuel Silva da Mota	Individual	Senior Masculino	01:02:47	+24:51	07:51
22	4137	Tiago mendonca	Olga tiago	Senior Masculino	01:06:20	+28:24	08:18
23	4163	Lari Polak	BRAGA RUNNERS	Senior Masculino	01:07:37	+29:41	08:27
24	4161	Bruno Leitão	BRAGA RUNNERS	Senior Masculino	01:07:37	+29:41	08:27
25	4066	Paulo Rafael Silva Figueiredo	Individual	Senior Masculino	01:12:01	+34:05	09:00
26	4022	Joaquim Araujo	Capitalges	Senior Masculino	01:16:27	+38:31	09:33
27	4114	José Costa	Individual	Senior Masculino	01:32:00	+54:04	11:30

## Sub 23 Feminino

1	4046	Andreia Margarida Queirós Machado	Individual	Sub 23 Feminino	50:05		06:16
2	4122	Joana Rita Ribeiro Araújo	Individual	Sub 23 Feminino	54:59	+04:54	06:52
3	4062	Ana Carolina Braga Chaves	Individual	Sub 23 Feminino	59:14	+09:09	07:24
4	4188	Márcia Costa Dias	Individual	Sub 23 Feminino	01:03:14	+13:09	07:54
5	4187	Liliana Filipa Martins Araújo	Individual	Sub 23 Feminino	01:03:14	+13:09	07:54
6	4142	Bárbara Maia	SOCIEDADE RECREIO CEPANENSE	Sub 23 Feminino	01:04:46	+14:41	08:06
7	4117	Filipa Dias	Individual	Sub 23 Feminino	01:13:58	+23:53	09:15
8	4118	Andreia Dias	Individual	Sub 23 Feminino	01:13:59	+23:54	09:15

**8K**

**8 KM**



**OFFICIAL RESULT**

## Sub 23 Masculino

1	4153	nuno mota	AIRORUN	Sub 23 Masculino	37:55		04:44
2	4155	marcos pereira	AIRORUN	Sub 23 Masculino	48:10	+10:15	06:01
3	4145	BRUNO COUTINHO	THIS SIDE UP - RUN TEAM	Sub 23 Masculino	01:23:19	+45:24	10:25
4	4146	DAVID COUTINHO	THIS SIDE UP - RUN TEAM	Sub 23 Masculino	01:23:19	+45:24	10:25

## Veterana F40

1	4013	Isabel Maria Ferreira	Barcelos Saudável	Veterana F40	47:28		05:56
2	4029	M. Jesus Pinto	DOREMI CAT RUNNERS	Veterana F40	52:29	+05:01	06:34
3	4011	Sandra Moura	Barcelos Saudável	Veterana F40	54:15	+06:47	06:47
4	4141	Carla Falcão	Perdi o Táxi	Veterana F40	01:01:41	+14:13	07:43
5	4041	ana cristina nunes	Individual	Veterana F40	01:09:11	+21:43	08:39

## Veterana F45

1	4008	Rosalina Costa	Barcelos Saudável	Veterana F45	46:02		05:45
2	4156	Ana Maria Matos	Barcelos Saudável	Veterana F45	52:08	+06:06	06:31
3	4190	maria del carmen conde rua	Individual	Veterana F45	01:01:47	+15:45	07:43
4	4088	Paula Morais	Individual	Veterana F45	01:04:31	+18:29	08:04
5	4082	isabel fazenda	Individual	Veterana F45	01:20:32	+34:30	10:04

## Veterana F50

1	4009	Júlia Costa	Barcelos Saudável	Veterana F50	47:20		05:55
2	4105	Ana Paula Fão Gomes Bezerra Afonso	Individual	Veterana F50	47:56	+00:36	05:59
3	4157	Fernanda Rocha	Barcelos Saudável	Veterana F50	53:32	+06:12	06:42
4	4058	Maria do Sameiro Gonçalves Domingues da Rocha	Individual	Veterana F50	01:14:45	+27:25	09:21

## Veterana F60

1	4140	Ana Moreira	Os TurboMula	Veterana F60	01:11:27		08:56
2	4193	Rosa Maria Cunha	Individual	Veterana F60	01:17:28	+06:01	09:41

## Veterano M40

1	4166	Francisco Ramalho	BRAGA RUNNERS	Veterano M40	43:54		05:29
2	4165	António Pereira	BRAGA RUNNERS	Veterano M40	52:51	+08:57	06:36
3	3052	Avelino Cruz	FAMA RUNNERS	Veterano M40	55:47	+11:53	06:58
4	4191	Ricardo Nuno Cardoso Cerqueira	Individual	Veterano M40	58:07	+14:13	07:16
5	4071	Antonio Silva	Individual	Veterano M40	01:26:59	+43:05	10:52

