# 5ª Corrida dos Reis 2018

**Paredes**

**06-January-2018**

## PROVA PRINCIPAL - STAGE 1

**10 KM**

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

## OFFICIAL RESULT

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| | Time | Temperature | Humidity |
|---|---|---|---|
| Start | 20:00 | 7.2ºC | 87% |
| End | 21:14 | 6.5ºC | 81% |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 1 | 538 | Bruno Jesus | maia ac | Senior Masculino | 31:43 | | 03:10 |
| 2 | 134 | Rui Muga | clube académico de mogadouro | Senior Masculino | 32:08 | +00:25 | 03:13 |
| 3 | 553 | Paulo Barbosa | individual | Senior Masculino | 33:13 | +01:30 | 03:19 |
| 4 | 560 | Nelson Magalhães | união desportiva do varzea | Veterano M40 | 33:30 | +01:47 | 03:21 |
| 5 | 474 | Bruno silva | satecnosoloutdoor-lasportiva | Senior Masculino | 34:31 | +02:48 | 03:27 |
| 6 | 545 | António Rocha | individual | Senior Masculino | 34:55 | +03:11 | 03:30 |
| 7 | 522 | João Cavadas | csrdc santiago | Veterano M40 | 36:16 | +04:33 | 03:38 |
| 8 | 209 | César Barros | individual | Senior Masculino | 36:18 | +04:35 | 03:38 |
| 9 | 130 | Manuel Valente | caldas s. jorge sport clube | Veterano M40 | 36:23 | +04:40 | 03:38 |
| 10 | 138 | Alcino Silva | clube independente de atletismo de alpendorada | Veterano M40 | 36:27 | +04:44 | 03:39 |
| 11 | 559 | Bruno Queiros | são joão da serra | Senior Masculino | 36:38 | +04:55 | 03:40 |
| 12 | 152 | Helder | fiães s.c. | Senior Masculino | 36:45 | +05:02 | 03:41 |
| 13 | 408 | joaquim leal | paços runners | Senior Masculino | 36:49 | +05:06 | 03:41 |
| 14 | 546 | João Nogueira | oralklass - amigos do trail | Senior Masculino | 37:00 | +05:16 | 03:42 |
| 15 | 473 | Hugo Gonçalves | satecnosoloutdoor/bifase/color | Senior Masculino | 37:11 | +05:28 | 03:43 |
| 16 | 199 | Antonio dos reis maia | individual | Senior Masculino | 37:17 | +05:34 | 03:44 |
| 17 | 204 | Bruno Coelho | individual | Senior Masculino | 37:18 | +05:35 | 03:44 |
| 18 | 410 | miguel mendes | paços runners | Senior Masculino | 37:27 | +05:44 | 03:45 |
| 19 | 547 | Francisca Borges | sporting cp | Senior Feminino | 37:37 | +05:53 | 03:46 |
| 20 | 521 | Renato Coelho | csrdc santiago | Senior Masculino | 37:37 | +05:54 | 03:46 |
| 21 | 141 | Manuel Monteiro | clube independente de atletismo de alpendorada | Veterano M40 | 37:48 | +06:04 | 03:47 |
| 22 | 550 | Carla Machado | individual | Veterana F40 | 37:48 | +06:04 | 03:47 |
| 23 | 379 | Sergio Vale | nocturnos de paredes | Senior Masculino | 37:51 | +06:08 | 03:47 |
| 24 | 250 | Marco Moreira | individual | Senior Masculino | 37:53 | +06:10 | 03:47 |
| 25 | 508 | Luisa Oliveira | paredes aventura | Veterana F40 | 38:00 | +06:16 | 03:48 |
| 26 | 124 | João Moita | beat your limit! | Senior Masculino | 38:00 | +06:17 | 03:48 |
| 27 | 424 | JOAO MACHADO | paulo | Senior Masculino | 38:16 | +06:33 | 03:50 |
| 28 | 421 | CARLOS LEAL | paulo | Senior Masculino | 38:33 | +06:50 | 03:51 |
| 29 | 125 | Ricardo Areias | boavista fc | Senior Masculino | 38:36 | +06:53 | 03:52 |
| 30 | 253 | Nuno Filipe Moreira Ribeiro | individual | Senior Masculino | 38:46 | +07:03 | 03:53 |
| 31 | 128 | Arlindo Santos | caldas s. jorge sport clube | Veterano M40 | 38:47 | +07:04 | 03:53 |
| 32 | 362 | Bruno Neto | nba barrosas | Senior Masculino | 39:00 | +07:17 | 03:54 |
| 33 | 121 | Tiago Pinto | andatrilhos \| freamunde | Senior Masculino | 39:07 | +07:23 | 03:55 |
| 34 | 129 | Armando Bastos | caldas s. jorge sport clube | Veterano M40 | 39:10 | +07:27 | 03:55 |
| 35 | 416 | agostinho costa | paços runners | Veterano M40 | 39:16 | +07:32 | 03:56 |
| 36 | 290 | antonio fernando nunes pereira | individual | Veterano M40 | 39:16 | +07:33 | 03:56 |
| 37 | 226 | Helder José Costa Barbosa | individual | Senior Masculino | 39:27 | +07:44 | 03:57 |
| 38 | 357 | Alfredo Moreira | moinhos run - adrm | Veterano M40 | 39:29 | +07:46 | 03:57 |
| 39 | 365 | Ramiro Ribeiro | nba barrosas | Senior Masculino | 39:59 | +08:16 | 04:00 |
| 40 | 111 | José Sousa | aliança de gandra | Senior Masculino | 40:02 | +08:18 | 04:00 |
| 41 | 221 | Fábio Soares | individual | Senior Masculino | 40:09 | +08:26 | 04:01 |

## PROVA PRINCIPAL - STAGE 1

## 10 KM

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## OFFICIAL RESULT

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| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 42 | 105 | SERGIO MARTINS | a.r.de negrelos | Veterano M40 | 40:17 | +08:33 | 04:02 |
| 43 | 205 | Bruno filipe nogueira pinto | individual | Senior Masculino | 40:18 | +08:35 | 04:02 |
| 44 | 149 | Inuo Melo | dr. merino/4moove | Senior Masculino | 40:20 | +08:37 | 04:02 |
| 45 | 108 | Luis Silva | aliança de gandra | Senior Masculino | 40:22 | +08:39 | 04:02 |
| 46 | 505 | António Teles | trilheiros&amigos | Senior Masculino | 40:25 | +08:42 | 04:03 |
| 47 | 183 | Marisa Rodrigues | individual | Senior Feminino | 40:53 | +09:10 | 04:05 |
| 48 | 115 | Fernando Oliveira | aliança de gandra | Veterano M40 | 40:59 | +09:16 | 04:06 |
| 49 | 116 | José Neves | aliança de gandra | Veterano M40 | 41:02 | +09:19 | 04:06 |
| 50 | 320 | Manuel Gomes Pereira | individual | Veterano M40 | 41:04 | +09:20 | 04:06 |
| 51 | 344 | Tiago Amaral | dr. merino/4moove | Senior Masculino | 41:14 | +09:31 | 04:07 |
| 52 | 146 | Carlos Alberto Gomes da Silva | clube trilheiros & amigos | Veterano M40 | 41:20 | +09:37 | 04:08 |
| 53 | 211 | Cristiano Pereira | individual | Senior Masculino | 41:23 | +09:40 | 04:08 |
| 54 | 251 | Miguel Machado | individual | Senior Masculino | 41:24 | +09:41 | 04:08 |
| 55 | 378 | Pedro Pereira | nocturnos de paredes | Senior Masculino | 41:34 | +09:51 | 04:09 |
| 56 | 213 | David Soares Pito | individual | Senior Masculino | 41:34 | +09:51 | 04:09 |
| 57 | 400 | Carlos Ribeiro | os2horas | Senior Masculino | 41:51 | +10:08 | 04:11 |
| 58 | 278 | Vitor Cunha | individual | Senior Masculino | 41:56 | +10:13 | 04:12 |
| 59 | 109 | André Fernandes | aliança de gandra | Senior Masculino | 42:04 | +10:21 | 04:12 |
| 60 | 112 | Nuno Sousa | aliança de gandra | Veterano M40 | 42:06 | +10:23 | 04:13 |
| 61 | 475 | Paulo barbosa | satecnosoloutdoor-lasportiva | Senior Masculino | 42:10 | +10:27 | 04:13 |
| 62 | 366 | Tiago Nunes | nba barrosas | Senior Masculino | 42:15 | +10:31 | 04:14 |
| 63 | 126 | Ricardo ferreira | boavista fc | Senior Masculino | 42:15 | +10:32 | 04:14 |
| 64 | 469 | António Fernando de Barros Martins Coelho | sabius | Veterano M40 | 42:22 | +10:38 | 04:14 |
| 65 | 151 | César Gonçalves | fg runners | Senior Masculino | 42:23 | +10:40 | 04:14 |
| 66 | 147 | Pedro Nogueira | clube vodafone | Senior Masculino | 42:29 | +10:46 | 04:15 |
| 67 | 104 | MANUEL GOMES | a.r.de negrelos | Veterano M40 | 42:37 | +10:54 | 04:16 |
| 68 | 103 | LUIS MARTINS | a.r.de negrelos | Veterano M40 | 42:38 | +10:54 | 04:16 |
| 69 | 396 | Paula Barbosa | oralklass - amigos do trail | Veterana F40 | 42:41 | +10:57 | 04:16 |
| 70 | 117 | Leonel Neves | aliança de gandra | Veterano M40 | 42:41 | +10:58 | 04:16 |
| 71 | 114 | Carlos Silva | aliança de gandra | Veterano M40 | 42:41 | +10:58 | 04:16 |
| 72 | 541 | Nuno Pinho | nuno jorge | Senior Masculino | 43:04 | +11:21 | 04:18 |
| 73 | 510 | João Paulo Ferreira | paredes aventura | Veterano M40 | 43:04 | +11:21 | 04:18 |
| 74 | 391 | José Almeida | núcleo atletismo de vila real | Senior Masculino | 43:06 | +11:23 | 04:19 |
| 75 | 243 | Leandro Miguel Alves Ribeiro | individual | Senior Masculino | 43:14 | +11:31 | 04:19 |
| 76 | 235 | João Pedro Teixeira Martins | individual | Senior Masculino | 43:19 | +11:36 | 04:20 |
| 77 | 315 | José Ribeiro | individual | Veterano M40 | 43:26 | +11:42 | 04:21 |
| 78 | 520 | Elisabete Sousa | csrdc santiago | Senior Feminino | 43:28 | +11:45 | 04:21 |
| 79 | 330 | Pedro Manuel da Costa Moreira | individual | Veterano M40 | 43:36 | +11:53 | 04:22 |
| 80 | 327 | Paulo Almiro Borges Sampaio | individual | Veterano M40 | 43:43 | +12:00 | 04:22 |
| 81 | 390 | André Rocha | not run alone | Senior Masculino | 43:55 | +12:12 | 04:24 |
| 82 | 135 | Hélder Deveza | clube académico de mogadouro | Veterano M40 | 44:01 | +12:18 | 04:24 |
| 83 | 373 | Filipe Barbosa | nocturnos de paredes | Senior Masculino | 44:03 | +12:20 | 04:24 |
| 84 | 113 | Agostinho Sousa | aliança de gandra | Veterano M40 | 44:10 | +12:26 | 04:25 |
| 85 | 240 | Jose manuel gonçalves barbosa | individual | Senior Masculino | 44:14 | +12:31 | 04:25 |

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## 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

## OFFICIAL RESULT

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| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 86 | 442 | Rui Santos | placebos do 4º direito | Senior Masculino | 44:19 | +12:36 | 04:26 |
| 87 | 341 | Joao Carolo | joão pedro | Senior Masculino | 44:37 | +12:54 | 04:28 |
| 88 | 485 | Fatima Coelho | somos nós team | Veterana F40 | 44:43 | +13:00 | 04:28 |
| 89 | 273 | Sérgio Silva | individual | Senior Masculino | 44:48 | +13:05 | 04:29 |
| 90 | 450 | Lucas Morgado | royal wellness center | Veterano M40 | 44:51 | +13:08 | 04:29 |
| 91 | 377 | Pedro Nunes | nocturnos de paredes | Senior Masculino | 44:56 | +13:13 | 04:30 |
| 92 | 437 | Raul Pinto Ferreira | pinto ferreira | Senior Masculino | 44:56 | +13:13 | 04:30 |
| 93 | 448 | José Lopes | powerrunners #1000pecadosparedes | Veterano M40 | 45:01 | +13:18 | 04:30 |
| 94 | 148 | André cavadas | clube zupper | Senior Masculino | 45:03 | +13:20 | 04:30 |
| 95 | 438 | Rui Pinto Ferreira | pinto ferreira | Senior Masculino | 45:14 | +13:31 | 04:31 |
| 96 | 489 | Paulo Morais | somos nós team | Veterano M40 | 45:16 | +13:33 | 04:32 |
| 97 | 237 | JOÃO ROCHA | individual | Senior Masculino | 45:17 | +13:34 | 04:32 |
| 98 | 302 | João Alberto Vasconcelos Freitas | individual | Veterano M40 | 45:23 | +13:40 | 04:32 |
| 99 | 488 | Fernando Morais | somos nós team | Veterano M40 | 45:24 | +13:41 | 04:32 |
| 100 | 170 | Nuno Lourenço Silva | hermanos verdad | Senior Masculino | 45:50 | +14:07 | 04:35 |
| 101 | 219 | Emanuel rocha | individual | Senior Masculino | 45:51 | +14:07 | 04:35 |
| 102 | 154 | João Moreira | fit&star | Senior Masculino | 45:54 | +14:11 | 04:35 |
| 103 | 153 | Carla Sousa | fit&star | Senior Feminino | 45:54 | +14:11 | 04:35 |
| 104 | 214 | Davide Miguel Soares Afonso | individual | Senior Masculino | 45:54 | +14:11 | 04:35 |
| 105 | 422 | EDUARDO MENDES | paulo | Senior Masculino | 46:00 | +14:17 | 04:36 |
| 106 | 291 | ANTONIO MIRANDA | individual | Veterano M40 | 46:06 | +14:23 | 04:37 |
| 107 | 388 | Rui Almeida | nocturnos de paredes | Veterano M40 | 46:07 | +14:24 | 04:37 |
| 108 | 502 | Bruno Ricardo Marques Guedes | trail running addiction | Senior Masculino | 46:11 | +14:28 | 04:37 |
| 109 | 470 | Fábio Almeida | sai da frente | Senior Masculino | 46:22 | +14:39 | 04:38 |
| 110 | 540 | Simão Sousa | moinhos - run adrm | Senior Masculino | 46:28 | +14:45 | 04:39 |
| 111 | 353 | Jorge Fernando Ferreira dos Santos | missão impossível | Senior Masculino | 46:33 | +14:50 | 04:39 |
| 112 | 161 | TOMÉ MARQUES | fugitivos urbanos | Senior Masculino | 46:33 | +14:50 | 04:39 |
| 113 | 277 | Viriato  Mendes | individual | Senior Masculino | 46:35 | +14:52 | 04:40 |
| 114 | 370 | Daniel Silva | nocturnos de paredes | Senior Masculino | 46:38 | +14:55 | 04:40 |
| 115 | 558 | Bruno Gomes | individual | Senior Masculino | 46:43 | +15:00 | 04:40 |
| 116 | 455 | Serafim Costa | run frends | Veterano M40 | 46:43 | +15:00 | 04:40 |
| 117 | 159 | JOSÉ MANUEL LEITE | fugitivos urbanos | Senior Masculino | 46:46 | +15:03 | 04:41 |
| 118 | 374 | Hugo Neto | nocturnos de paredes | Senior Masculino | 46:47 | +15:04 | 04:41 |
| 119 | 160 | SÉRGIO SILVA | fugitivos urbanos | Senior Masculino | 46:49 | +15:06 | 04:41 |
| 120 | 432 | ARMANDO MACHADO | paulo | Veterano M40 | 46:51 | +15:08 | 04:41 |
| 121 | 431 | ALEXANDRE BRITO | paulo | Veterano M40 | 46:51 | +15:08 | 04:41 |
| 122 | 319 | Lupricínio Correia | individual | Veterano M40 | 46:54 | +15:11 | 04:41 |
| 123 | 127 | Daniel Sousa | btt alegria // tubani | Senior Masculino | 47:03 | +15:20 | 04:42 |
| 124 | 326 | Nuno Vinha | individual | Veterano M40 | 47:03 | +15:20 | 04:42 |
| 125 | 512 | Nelson Gomes | bifase team running | Senior Masculino | 47:05 | +15:22 | 04:43 |
| 126 | 136 | Ricardo Albuquerque | clube galp energia norte | Senior Masculino | 47:06 | +15:23 | 04:43 |
| 127 | 133 | Ricardo André de Sousa Reis | clareis | Senior Masculino | 47:07 | +15:23 | 04:43 |
| 128 | 382 | Agostinho Moreira | nocturnos de paredes | Veterano M40 | 47:19 | +15:36 | 04:44 |
| 129 | 519 | Marina Teles | csrdc santiago | Senior Feminino | 47:19 | +15:36 | 04:44 |

## PROVA PRINCIPAL - STAGE 1

## 10 KM

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

## OFFICIAL RESULT

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| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 130 | 433 | JOAO SOUSA | paulo | Veterano M40 | 47:24 | +15:41 | 04:44 |
| 131 | 120 | Ana Vieira | amigos do pedal trailagares | Senior Feminino | 47:25 | +15:42 | 04:45 |
| 132 | 310 | Jorge Souto | individual | Veterano M40 | 47:28 | +15:45 | 04:45 |
| 133 | 406 | tãnia meireles | paços runners | Senior Feminino | 47:28 | +15:45 | 04:45 |
| 134 | 418 | joão couto | paços runners | Veterano M40 | 47:29 | +15:46 | 04:45 |
| 135 | 507 | Paulo Eusébio | paredes aventura | Senior Masculino | 47:30 | +15:47 | 04:45 |
| 136 | 162 | Carla Pacheco | g.d.ronda | Senior Feminino | 47:36 | +15:53 | 04:46 |
| 137 | 355 | Helena Gomes | moinhos run - adrm | Veterana F40 | 47:44 | +16:01 | 04:46 |
| 138 | 528 | manuel magalhães | individual | Senior Masculino | 47:46 | +16:02 | 04:47 |
| 139 | 254 | Nuno miguel ferreira leal | individual | Senior Masculino | 47:47 | +16:04 | 04:47 |
| 140 | 376 | Pedro Barbosa | nocturnos de paredes | Senior Masculino | 47:48 | +16:05 | 04:47 |
| 141 | 385 | Luis Dias | nocturnos de paredes | Veterano M40 | 47:49 | +16:06 | 04:47 |
| 142 | 543 | João Machado | individual | Senior Masculino | 47:49 | +16:06 | 04:47 |
| 143 | 260 | Pedro Pacheco | individual | Senior Masculino | 47:52 | +16:09 | 04:47 |
| 144 | 123 | ANTONIO MIRANDA | antonio | Veterano M40 | 47:59 | +16:16 | 04:48 |
| 145 | 398 | FRANCISCO FREITAS | os guardiões | Veterano M40 | 47:59 | +16:16 | 04:48 |
| 146 | 215 | Diogo Filipe Pinto Alves | individual | Senior Masculino | 48:00 | +16:17 | 04:48 |
| 147 | 347 | Manuel Teixeira | lousada runners | Veterano M40 | 48:02 | +16:19 | 04:48 |
| 148 | 481 | Rui Bessa | sob efeito trail | Senior Masculino | 48:04 | +16:20 | 04:48 |
| 149 | 386 | Nuno Alexandre | nocturnos de paredes | Veterano M40 | 48:07 | +16:24 | 04:49 |
| 150 | 387 | Pedro Nogueira | nocturnos de paredes | Veterano M40 | 48:07 | +16:24 | 04:49 |
| 151 | 399 | LUÍS PAULO | os guardiões | Veterano M40 | 48:09 | +16:26 | 04:49 |
| 152 | 238 | Joaquim Silva | individual | Senior Masculino | 48:13 | +16:30 | 04:49 |
| 153 | 175 | Carla Barros | individual | Senior Feminino | 48:13 | +16:30 | 04:49 |
| 154 | 313 | José Fernando da Silva Neto | individual | Veterano M40 | 48:16 | +16:33 | 04:50 |
| 155 | 324 | Nelson Alberto Oliveira da Costa | individual | Veterano M40 | 48:18 | +16:35 | 04:50 |
| 156 | 367 | Zeza Carvalho | nba barrosas | Veterana F40 | 48:19 | +16:36 | 04:50 |
| 157 | 223 | Francisco Batista | individual | Senior Masculino | 48:32 | +16:49 | 04:51 |
| 158 | 360 | paulo nascimento ribeir martins | nascidos para correr | Veterano M40 | 48:35 | +16:52 | 04:52 |
| 159 | 359 | susana patricia nunes pinto | nascidos para correr | Veterana F40 | 48:35 | +16:52 | 04:52 |
| 160 | 269 | Rui Costa Jesus | individual | Senior Masculino | 48:42 | +16:59 | 04:52 |
| 161 | 218 | Emanuel José Magalhães Ferreira | individual | Senior Masculino | 48:42 | +16:59 | 04:52 |
| 162 | 468 | Paulo Silva | sabius | Senior Masculino | 48:44 | +17:01 | 04:52 |
| 163 | 281 | Diana | individual | Veterana F40 | 48:46 | +17:03 | 04:53 |
| 164 | 526 | carlos magalhaes | individual | Senior Masculino | 48:50 | +17:07 | 04:53 |
| 165 | 286 | Adão Monteiro Castro | individual | Veterano M40 | 48:52 | +17:09 | 04:53 |
| 166 | 137 | Rui Miguel Dias | clube galp energia norte | Senior Masculino | 48:53 | +17:10 | 04:53 |
| 167 | 423 | EDUARDO SOARES | paulo | Senior Masculino | 48:54 | +17:11 | 04:53 |
| 168 | 262 | Pedro Santos | individual | Senior Masculino | 48:56 | +17:13 | 04:54 |
| 169 | 259 | Pedro Nuno Osório | individual | Senior Masculino | 49:08 | +17:25 | 04:55 |
| 170 | 503 | Daniel Oliveira | trail running addiction | Senior Masculino | 49:09 | +17:26 | 04:55 |
| 171 | 336 | SILVINO ALBERTO DA SILVA MENDES | individual | Veterano M40 | 49:10 | +17:27 | 04:55 |
| 172 | 493 | Hugo Filipe Fernandes Sousa | tecla 3 runners | Senior Masculino | 49:13 | +17:29 | 04:55 |
| 173 | 372 | Emanuel Tadeu | nocturnos de paredes | Senior Masculino | 49:18 | +17:34 | 04:56 |

## PROVA PRINCIPAL - STAGE 1

## 10 KM

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

## OFFICIAL RESULT

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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 |
|---|---|---|---|---|---|---|---|
| 174 | 225 | Gil Miguel Silva Ribeiro | individual | Senior Masculino | 49:18 | +17:35 | 04:56 |
| 175 | 477 | Igor bessa | sem stress | Senior Masculino | 49:19 | +17:36 | 04:56 |
| 176 | 346 | Agostinho Sousa | kunalama runners | Veterano M40 | 49:21 | +17:38 | 04:56 |
| 177 | 533 | Ricardo Miguel Carvalho Ferreira | individual | Veterano M40 | 49:22 | +17:39 | 04:56 |
| 178 | 261 | Pedro Ribeiro | individual | Senior Masculino | 49:25 | +17:42 | 04:57 |
| 179 | 296 | Emanuel Videira Freitas | individual | Veterano M40 | 49:26 | +17:43 | 04:57 |
| 180 | 460 | Jose Costa | s. s. montepio | Veterano M40 | 49:28 | +17:45 | 04:57 |
| 181 | 402 | Rui Costa | os2horas | Senior Masculino | 49:30 | +17:47 | 04:57 |
| 182 | 383 | Daniel Pereira | nocturnos de paredes | Veterano M40 | 49:42 | +17:59 | 04:58 |
| 183 | 119 | Pedro Silva | aliança de gandra | Veterano M40 | 49:50 | +18:06 | 04:59 |
| 184 | 297 | FERNANDO ABREU | individual | Veterano M40 | 50:05 | +18:22 | 05:01 |
| 185 | 143 | Alexandre Fernandes | clube trilheiros & amigos | Senior Masculino | 50:07 | +18:24 | 05:01 |
| 186 | 500 | Manuel Fernando Lopes soares | tombos trambolhões | Veterano M40 | 50:10 | +18:27 | 05:01 |
| 187 | 498 | Manuel Pacheco Ferreira | tecla 3 runners | Veterano M40 | 50:10 | +18:27 | 05:01 |
| 188 | 427 | PEDRO BRITO | paulo | Senior Masculino | 50:19 | +18:36 | 05:02 |
| 189 | 425 | Paulo barbosa | paulo | Senior Masculino | 50:20 | +18:37 | 05:02 |
| 190 | 140 | manuel guedes | clube independente de atletismo de alpendorada | Veterano M40 | 50:21 | +18:38 | 05:02 |
| 191 | 321 | Manuel Teixeira | individual | Veterano M40 | 50:21 | +18:38 | 05:02 |
| 192 | 318 | Luis Ferreira Gomes | individual | Veterano M40 | 50:29 | +18:46 | 05:03 |
| 193 | 476 | Fernando | sem stress | Senior Masculino | 50:31 | +18:48 | 05:03 |
| 194 | 266 | Ricardo Carvalho | individual | Senior Masculino | 50:32 | +18:49 | 05:03 |
| 195 | 449 | Jorge Moreira | prosel team | Senior Masculino | 50:34 | +18:50 | 05:03 |
| 196 | 332 | Rui Alves | individual | Veterano M40 | 50:34 | +18:50 | 05:03 |
| 197 | 264 | Renato Almeida | individual | Senior Masculino | 50:34 | +18:51 | 05:03 |
| 198 | 232 | Isolino Coelho | individual | Senior Masculino | 50:35 | +18:52 | 05:04 |
| 199 | 492 | Lucília Marlene Ferreira Silva | tecla 3 runners | Senior Feminino | 50:37 | +18:54 | 05:04 |
| 200 | 317 | Juca Teixeira | individual | Veterano M40 | 50:38 | +18:54 | 05:04 |
| 201 | 337 | Tomas Correia | individual | Veterano M40 | 50:41 | +18:58 | 05:04 |
| 202 | 164 | Xana Sousa | gang da corrida xs | Senior Feminino | 50:41 | +18:58 | 05:04 |
| 203 | 478 | Julio Campos | sem stress | Veterano M40 | 50:42 | +18:58 | 05:04 |
| 204 | 542 | Diogo Silva | soplabifana | Senior Masculino | 50:43 | +18:59 | 05:04 |
| 205 | 180 | Joana Alves | individual | Senior Feminino | 50:45 | +19:01 | 05:05 |
| 206 | 208 | Carlos Vitor de Oliveira Martins | individual | Senior Masculino | 50:46 | +19:03 | 05:05 |
| 207 | 198 | Antonio Alberto Moreira Sousa | individual | Senior Masculino | 50:46 | +19:03 | 05:05 |
| 208 | 212 | Daniel Gonçalves | individual | Senior Masculino | 50:48 | +19:05 | 05:05 |
| 209 | 554 | Rui Costa | individual | Senior Masculino | 51:14 | +19:31 | 05:07 |
| 210 | 249 | Manuel Luis Sousa Pacheco | individual | Senior Masculino | 51:21 | +19:37 | 05:08 |
| 211 | 480 | Pedro Oliveira | sob efeito trail | Senior Masculino | 51:22 | +19:39 | 05:08 |
| 212 | 144 | José Andrade | clube trilheiros & amigos | Senior Masculino | 51:39 | +19:55 | 05:10 |
| 213 | 256 | Paulo Ferreira | individual | Senior Masculino | 51:39 | +19:56 | 05:10 |
| 214 | 494 | Andrea Barbosa Coelho | tecla 3 runners | Veterana F40 | 51:39 | +19:56 | 05:10 |
| 215 | 483 | Tiago Teixeira | sob efeito trail | Senior Masculino | 51:40 | +19:57 | 05:10 |
| 216 | 298 | Fernando Alves | individual | Veterano M40 | 51:42 | +19:59 | 05:10 |
| 217 | 252 | Nuno André Ferreira | individual | Senior Masculino | 51:53 | +20:10 | 05:11 |

## PROVA PRINCIPAL - STAGE 1

## 10 KM

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

## OFFICIAL RESULT

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| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 218 | 202 | António Rocha | individual | Senior Masculino | 51:56 | +20:13 | 05:12 |
| 219 | 487 | Fernando Coelho | somos nós team | Veterano M40 | 52:05 | +20:22 | 05:13 |
| 220 | 394 | Nuno Vieira | nuno | Senior Masculino | 52:11 | +20:28 | 05:13 |
| 221 | 270 | Rui Filipe Mendes | individual | Senior Masculino | 52:13 | +20:30 | 05:13 |
| 222 | 316 | José Sousa | individual | Veterano M40 | 52:17 | +20:34 | 05:14 |
| 223 | 200 | Antonio Leite | individual | Senior Masculino | 52:17 | +20:34 | 05:14 |
| 224 | 171 | Duarte Malheiro | hjk gaia | Veterano M40 | 52:19 | +20:36 | 05:14 |
| 225 | 150 | EUGENIA TEIXEIRA | eugénia | Veterana F40 | 52:19 | +20:36 | 05:14 |
| 226 | 195 | Alberto Rodrigues | individual | Senior Masculino | 52:20 | +20:37 | 05:14 |
| 227 | 544 | Américo Pereira | individual | Veterano M40 | 52:23 | +20:40 | 05:14 |
| 228 | 265 | Renato Couto | individual | Senior Masculino | 52:25 | +20:42 | 05:15 |
| 229 | 222 | Filipe Leal | individual | Senior Masculino | 52:26 | +20:43 | 05:15 |
| 230 | 236 | João Ricardo Grilo Teixeira | individual | Senior Masculino | 52:26 | +20:43 | 05:15 |
| 231 | 230 | Hugo Cruz | individual | Senior Masculino | 52:33 | +20:50 | 05:15 |
| 232 | 293 | Bruno Bartes | individual | Veterano M40 | 52:33 | +20:50 | 05:15 |
| 233 | 411 | pedro nunes | paços runners | Senior Masculino | 52:33 | +20:50 | 05:15 |
| 234 | 323 | Miro Morais | individual | Veterano M40 | 52:42 | +20:59 | 05:16 |
| 235 | 395 | Pedro Campos | nuno | Senior Masculino | 52:46 | +21:03 | 05:17 |
| 236 | 435 | JOSE FERNANDO PEREIRA | paulo | Veterano M40 | 52:53 | +21:10 | 05:17 |
| 237 | 466 | Hugo André Costa Barros | sabius | Senior Masculino | 52:53 | +21:10 | 05:17 |
| 238 | 462 | tiago moreira barbosa | s.luiz | Senior Masculino | 52:54 | +21:11 | 05:17 |
| 239 | 454 | Carlos Carneiro | run frends | Senior Masculino | 53:07 | +21:24 | 05:19 |
| 240 | 338 | Vasco Pacheco | individual | Veterano M40 | 53:08 | +21:25 | 05:19 |
| 241 | 471 | Sara Eiró | salgueiros running | Senior Feminino | 53:18 | +21:35 | 05:20 |
| 242 | 295 | Carlos Fagundes | individual | Veterano M40 | 53:20 | +21:37 | 05:20 |
| 243 | 145 | Elisabete Gonçalves | clube trilheiros & amigos | Veterana F40 | 53:24 | +21:41 | 05:20 |
| 244 | 239 | Jorge Mosqueira | individual | Senior Masculino | 53:32 | +21:49 | 05:21 |
| 245 | 335 | Sérgio Machado | individual | Veterano M40 | 53:35 | +21:51 | 05:22 |
| 246 | 169 | Márcio Lourenço Silva | hermanos verdad | Senior Masculino | 53:38 | +21:55 | 05:22 |
| 247 | 439 | Ana Pinto | placebos do 4º direito | Senior Feminino | 53:40 | +21:56 | 05:22 |
| 248 | 255 | PAULO ALEXANDRE NOGUEIRA DA SILVA | individual | Senior Masculino | 53:44 | +22:01 | 05:22 |
| 249 | 479 | Ana Oliveira | sob efeito trail | Senior Feminino | 54:05 | +22:22 | 05:25 |
| 250 | 482 | Tiago Oliveira | sob efeito trail | Senior Masculino | 54:06 | +22:23 | 05:25 |
| 251 | 513 | Abilio Pacheco | bifase team running | Veterano M40 | 54:17 | +22:34 | 05:26 |
| 252 | 465 | Carlos Filipe Neves dos Santos | sabius | Senior Masculino | 54:18 | +22:34 | 05:26 |
| 253 | 122 | Eva Carneiro | andatrilhos \| freamunde | Veterana F40 | 54:19 | +22:36 | 05:26 |
| 254 | 467 | Jorge Adão Leal | sabius | Senior Masculino | 54:19 | +22:36 | 05:26 |
| 255 | 419 | manuel matos | paços runners | Veterano M40 | 54:19 | +22:36 | 05:26 |
| 256 | 299 | Filipe Mota 0 | individual | Veterano M40 | 54:23 | +22:40 | 05:26 |
| 257 | 300 | Hugo Aloísio Barros Dias Pacheco | individual | Veterano M40 | 54:29 | +22:46 | 05:27 |
| 258 | 283 | Maria Albina de Sousa Carneiro | individual | Veterana F40 | 54:39 | +22:55 | 05:28 |
| 259 | 496 | Teresa Manuela Ferreira Moreira da Silva | tecla 3 runners | Veterana F40 | 54:39 | +22:56 | 05:28 |
| 260 | 557 | Mauricio Mendes | csrdc santiago | Veterano M40 | 54:44 | +23:01 | 05:28 |

## PROVA PRINCIPAL - STAGE 1

## 10 KM

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

## OFFICIAL RESULT

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| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 261 | 244 | Luciano virginio Moreira da Silva | individual | Senior Masculino | 54:44 | +23:01 | 05:28 |
| 262 | 527 | Luis Miguel Morais | individual | Senior Masculino | 54:51 | +23:08 | 05:29 |
| 263 | 529 | Pedro Miguel da Rocha Santos | individual | Senior Masculino | 54:54 | +23:11 | 05:29 |
| 264 | 356 | Isabel Carvalho | moinhos run - adrm | Veterana F40 | 54:55 | +23:12 | 05:30 |
| 265 | 434 | JOAQUIM NOGUEIRA | paulo | Veterano M40 | 54:56 | +23:13 | 05:30 |
| 266 | 369 | Eva Moreira | nocturnos de paredes | Senior Feminino | 54:57 | +23:13 | 05:30 |
| 267 | 499 | Vitor Nuno Pereira Silva | tecla 3 runners | Veterano M40 | 54:58 | +23:15 | 05:30 |
| 268 | 197 | Anselmo Luís dos Santos Pereira | individual | Senior Masculino | 55:10 | +23:27 | 05:31 |
| 269 | 556 | Paulo Gonçalves | individual | Veterano M40 | 55:11 | +23:28 | 05:31 |
| 270 | 490 | Andreia Patricia Martins Pacheco | tecla 3 runners | Senior Feminino | 55:13 | +23:30 | 05:31 |
| 271 | 491 | Cristina Alexandra Barbosa do Couto | tecla 3 runners | Senior Feminino | 55:13 | +23:30 | 05:31 |
| 272 | 535 | Emanuel Bessa | los gasosa | Senior Masculino | 55:25 | +23:41 | 05:33 |
| 273 | 333 | Rui Paradela | individual | Veterano M40 | 55:26 | +23:43 | 05:33 |
| 274 | 511 | Jorge Oliveira | paredes aventura | Veterano M40 | 55:28 | +23:45 | 05:33 |
| 275 | 167 | Filipe Ribeiro | go run | Senior Masculino | 55:31 | +23:48 | 05:33 |
| 276 | 224 | Francisco Manuel Freitas Ribeiro | individual | Senior Masculino | 55:37 | +23:54 | 05:34 |
| 277 | 311 | José António Pinto Leite | individual | Veterano M40 | 55:42 | +23:59 | 05:34 |
| 278 | 441 | Isabel Vieira | placebos do 4º direito | Senior Feminino | 55:54 | +24:11 | 05:35 |
| 279 | 179 | Joana | individual | Senior Feminino | 55:55 | +24:12 | 05:36 |
| 280 | 242 | Jose silva | individual | Senior Masculino | 56:01 | +24:18 | 05:36 |
| 281 | 345 | Paula Anjos | keepmoving | Veterana F40 | 56:03 | +24:19 | 05:36 |
| 282 | 165 | Horacio Ferreira | generosos runners | Senior Masculino | 56:10 | +24:27 | 05:37 |
| 283 | 172 | Mário Pereira | hjk gaia | Veterano M40 | 56:11 | +24:28 | 05:37 |
| 284 | 504 | Vitor Manuel Almeida Martins | trail running addiction | Senior Masculino | 56:12 | +24:29 | 05:37 |
| 285 | 303 | JOÃO HERCULANO RODRIGUES BESSA | individual | Veterano M40 | 56:13 | +24:29 | 05:37 |
| 286 | 331 | Renato Ferreira | individual | Veterano M40 | 56:13 | +24:30 | 05:37 |
| 287 | 407 | armando ferreira | paços runners | Senior Masculino | 56:14 | +24:31 | 05:37 |
| 288 | 107 | José Carneiro | aliança de gandra | Veterano M40 | 56:15 | +24:32 | 05:38 |
| 289 | 168 | paulo rocha | grupo desportivo dos ferroviários de campanhã | Veterano M40 | 56:45 | +25:02 | 05:41 |
| 290 | 516 | Vitor Marques | bifase team running | Veterano M40 | 56:46 | +25:03 | 05:41 |
| 291 | 446 | Miguel Barbosa | powerrunners #1000pecadosparedes | Senior Masculino | 57:08 | +25:25 | 05:43 |
| 292 | 514 | Joaquim Carneiro | bifase team running | Veterano M40 | 57:17 | +25:34 | 05:44 |
| 293 | 457 | Hugo Silva | s. s. montepio | Senior Masculino | 57:31 | +25:48 | 05:45 |
| 294 | 461 | Julio Santos | s. s. montepio | Veterano M40 | 57:31 | +25:48 | 05:45 |
| 295 | 181 | Juliana Nogueira Costa Ribeiro | individual | Senior Feminino | 57:33 | +25:50 | 05:45 |
| 296 | 271 | Rui manuel fernades pereira | individual | Senior Masculino | 57:35 | +25:52 | 05:46 |
| 297 | 106 | Carla Pereira | aliança de gandra | Senior Feminino | 57:45 | +26:01 | 05:47 |
| 298 | 443 | Cláudia Pereira | powerrunners #1000pecadosparedes | Senior Feminino | 57:46 | +26:02 | 05:47 |
| 299 | 484 | Cristiano Coelho | somos nós team | Senior Masculino | 57:49 | +26:06 | 05:47 |
| 300 | 518 | Luís Teixeira | budeguita runners | Veterano M40 | 57:53 | +26:10 | 05:47 |
| 301 | 517 | Silvia Faria | budeguita runners | Senior Feminino | 57:53 | +26:10 | 05:47 |

## PROVA PRINCIPAL - STAGE 1

**10 KM**

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

**OFFICIAL RESULT**

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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 |
|---|---|---|---|---|---|---|---|
| 302 | 414 | maria sousa | paços runners | Veterana F40 | 57:57 | +26:14 | 05:48 |
| 303 | 401 | Heitor Neto | os2horas | Senior Masculino | 58:05 | +26:22 | 05:49 |
| 304 | 561 | Maria do Rosário | individual | Veterana F40 | 58:10 | +26:27 | 05:49 |
| 305 | 444 | Patrícia Moreira | powerrunners #1000pecadosparedes | Senior Feminino | 58:11 | +26:28 | 05:49 |
| 306 | 429 | RICARDO PACHECO | paulo | Senior Masculino | 58:11 | +26:28 | 05:49 |
| 307 | 428 | RICARDO FERREIRA | paulo | Senior Masculino | 58:12 | +26:28 | 05:49 |
| 308 | 371 | Elsio Leal | nocturnos de paredes | Senior Masculino | 58:32 | +26:49 | 05:51 |
| 309 | 322 | Miguel Silva | individual | Veterano M40 | 58:42 | +26:59 | 05:52 |
| 310 | 417 | arlindo cunha | paços runners | Veterano M40 | 58:51 | +27:08 | 05:53 |
| 311 | 451 | Fátima Costa | run frends | Senior Feminino | 58:58 | +27:15 | 05:54 |
| 312 | 284 | Maria Fatima Guimaraes Nunes | individual | Veterana F40 | 59:02 | +27:19 | 05:54 |
| 313 | 307 | Jorge Carlos Oliveira Conceicao | individual | Veterano M40 | 59:02 | +27:19 | 05:54 |
| 314 | 142 | Elsa Moreira | clube trilheiros & amigos | Senior Feminino | 59:03 | +27:20 | 05:54 |
| 315 | 384 | Filipe Oliveira | nocturnos de paredes | Veterano M40 | 59:17 | +27:34 | 05:56 |
| 316 | 440 | Filipa Moreira | placebos do 4º direito | Senior Feminino | 59:19 | +27:35 | 05:56 |
| 317 | 190 | Rita Leal | individual | Senior Feminino | 59:51 | +28:08 | 05:59 |
| 318 | 348 | ISABEL SANTOS | mc | Senior Feminino | 01:00:06 | +28:23 | 06:01 |
| 319 | 349 | VERA LEITE | mc | Senior Feminino | 01:00:06 | +28:23 | 06:01 |
| 320 | 456 | Tania Rebelo | s. s. montepio | Senior Feminino | 01:00:08 | +28:24 | 06:01 |
| 321 | 486 | Minda Coelho | somos nós team | Veterana F40 | 01:00:19 | +28:36 | 06:02 |
| 322 | 272 | Sérgio Brochado | individual | Senior Masculino | 01:00:36 | +28:53 | 06:04 |
| 323 | 495 | Isabel Maria Ferreira Moreira | tecla 3 runners | Veterana F40 | 01:00:48 | +29:05 | 06:05 |
| 324 | 497 | Clemente José Machado Garces Moreira | tecla 3 runners | Veterano M40 | 01:00:48 | +29:05 | 06:05 |
| 325 | 551 | Marlene Dias | individual | Senior Feminino | 01:00:57 | +29:13 | 06:06 |
| 326 | 375 | Paulo Silva | nocturnos de paredes | Senior Masculino | 01:00:58 | +29:15 | 06:06 |
| 327 | 187 | Otacilia Neves Moreira | individual | Senior Feminino | 01:01:00 | +29:17 | 06:06 |
| 328 | 530 | ricardo Daniel Silva nogueira | individual | Senior Masculino | 01:01:00 | +29:17 | 06:06 |
| 329 | 368 | Carina Moreira | nocturnos de paredes | Senior Feminino | 01:01:03 | +29:20 | 06:06 |
| 330 | 227 | Helder Ricardo Oliveira da Silva | individual | Senior Masculino | 01:01:22 | +29:39 | 06:08 |
| 331 | 191 | Rosa Leal | individual | Senior Feminino | 01:01:26 | +29:43 | 06:09 |
| 332 | 403 | ana dias | paços runners | Senior Feminino | 01:01:26 | +29:43 | 06:09 |
| 333 | 412 | arminda cruz | paços runners | Veterana F40 | 01:01:29 | +29:46 | 06:09 |
| 334 | 287 | Adriano Campos | individual | Veterano M40 | 01:01:39 | +29:56 | 06:10 |
| 335 | 216 | Diogo Moisés Morris Mendes | individual | Senior Masculino | 01:01:44 | +30:01 | 06:10 |
| 336 | 306 | Joaquim Teixeira | individual | Veterano M40 | 01:01:46 | +30:02 | 06:11 |
| 337 | 342 | Carla Pacheco | josé | Veterana F40 | 01:01:47 | +30:04 | 06:11 |
| 338 | 343 | José Gonçalves | josé | Veterano M40 | 01:01:47 | +30:04 | 06:11 |
| 339 | 166 | Paula Ferreira | generosos runners | Veterana F40 | 01:01:59 | +30:16 | 06:12 |
| 340 | 389 | Telmo Mota | nocturnos de paredes | Veterano M40 | 01:01:59 | +30:16 | 06:12 |
| 341 | 409 | luis gomes | paços runners | Senior Masculino | 01:02:08 | +30:25 | 06:13 |
| 342 | 404 | cristiana meireles | paços runners | Senior Feminino | 01:02:09 | +30:26 | 06:13 |
| 343 | 445 | Sónia Garcês | powerrunners #1000pecadosparedes | Senior Feminino | 01:02:09 | +30:26 | 06:13 |
| 344 | 472 | Tozé Eiró | salgueiros running | Senior Masculino | 01:02:09 | +30:26 | 06:13 |

## PROVA PRINCIPAL - STAGE 1

## 10 KM

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

## OFFICIAL RESULT

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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 |
|---|---|---|---|---|---|---|---|
| 345 | 267 | Ricardo Rocha | individual | Senior Masculino | 01:02:11 | +30:28 | 06:13 |
| 346 | 301 | Ivo Loureiro | individual | Veterano M40 | 01:02:21 | +30:38 | 06:14 |
| 347 | 182 | Lurdes Loureiro | individual | Senior Feminino | 01:02:23 | +30:40 | 06:14 |
| 348 | 304 | João Sousa | individual | Veterano M40 | 01:02:24 | +30:41 | 06:14 |
| 349 | 203 | Bruno Brito | individual | Senior Masculino | 01:02:40 | +30:57 | 06:16 |
| 350 | 276 | Vasco Ferreira | individual | Senior Masculino | 01:02:43 | +31:00 | 06:16 |
| 351 | 459 | Carlos Cabouco | s. s. montepio | Veterano M40 | 01:02:58 | +31:15 | 06:18 |
| 352 | 192 | Sandra Cabral da Cunha | individual | Senior Feminino | 01:03:54 | +32:11 | 06:23 |
| 353 | 458 | Rui Rebelo | s. s. montepio | Senior Masculino | 01:04:50 | +33:07 | 06:29 |
| 354 | 188 | Patrícia Rebelo | individual | Senior Feminino | 01:04:53 | +33:10 | 06:29 |
| 355 | 351 | carla manuela da silva pacheco | missão impossível | Senior Feminino | 01:04:55 | +33:11 | 06:30 |
| 356 | 352 | Tânia Emanuela Dias Fernandes Sousa | missão impossível | Senior Feminino | 01:04:55 | +33:12 | 06:30 |
| 357 | 174 | Ana Isabel Ferreira | individual | Senior Feminino | 01:05:09 | +33:25 | 06:31 |
| 358 | 184 | Marta sofia Oliveira da Costa Moreira | individual | Senior Feminino | 01:05:32 | +33:49 | 06:33 |
| 359 | 176 | Cátia Marina  Nunes | individual | Senior Feminino | 01:05:33 | +33:50 | 06:33 |
| 360 | 118 | Mário Barbosa | aliança de gandra | Veterano M40 | 01:05:33 | +33:50 | 06:33 |
| 361 | 185 | Natália Pinheiro | individual | Senior Feminino | 01:05:45 | +34:02 | 06:35 |
| 362 | 282 | Giselle Neto | individual | Veterana F40 | 01:05:47 | +34:04 | 06:35 |
| 363 | 217 | Eduardo Fernandes | individual | Senior Masculino | 01:05:48 | +34:04 | 06:35 |
| 364 | 447 | Rui Noddy | powerrunners #1000pecadosparedes | Senior Masculino | 01:05:50 | +34:07 | 06:35 |
| 365 | 452 | Márcia Rocha | run frends | Senior Feminino | 01:06:53 | +35:10 | 06:41 |
| 366 | 453 | Maria Goreti Gomes | run frends | Senior Feminino | 01:06:53 | +35:10 | 06:41 |
| 367 | 157 | Luís Filipe Ribeiro Gonçalves | foge foge bandido & filhos, lda | Senior Masculino | 01:07:15 | +35:32 | 06:44 |
| 368 | 155 | André Filipe da Cunha Rodrigues | foge foge bandido & filhos, lda | Senior Masculino | 01:07:16 | +35:33 | 06:44 |
| 369 | 132 | Ricardo Santos | cds paredes | Senior Masculino | 01:07:36 | +35:52 | 06:46 |
| 370 | 139 | Manuel Barbosa | clube independente de atletismo de alpendorada | Veterano M40 | 01:07:39 | +35:55 | 06:46 |
| 371 | 305 | Joaquim Garcês | individual | Veterano M40 | 01:08:10 | +36:27 | 06:49 |
| 372 | 177 | Deolinda Gomes | individual | Senior Feminino | 01:08:26 | +36:43 | 06:51 |
| 373 | 248 | Luís Filipe Durães Borges | individual | Senior Masculino | 01:09:01 | +37:18 | 06:54 |
| 374 | 430 | JULIA DIAS | paulo | Veterana F40 | 01:12:22 | +40:39 | 07:14 |
| 375 | 289 | Antero Bessa | individual | Veterano M40 | 01:12:26 | +40:43 | 07:15 |
| 376 | 206 | Bruno Pinto | individual | Senior Masculino | 01:14:13 | +42:30 | 07:25 |

# 5ª Corrida dos Reis 2018

**Paredes**

**06-January-2018**

## 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

**OFFICIAL RESULT**

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| | Time | Temperature | Humidity |
|---|---|---|---|
| Start | 20:00 | 7.2ºC | 87% |
| End | 21:14 | 6.5ºC | 81% |

## Senior Feminino

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 1 | 547 | Francisca Borges | Sporting CP | Senior Feminino | 37:37 | +05:53 | 03:46 |
| 2 | 183 | Marisa Rodrigues | Individual | Senior Feminino | 40:53 | +09:10 | 04:05 |
| 3 | 520 | Elisabete Sousa | CSRDC Santiago | Senior Feminino | 43:28 | +11:45 | 04:21 |
| 4 | 153 | Carla Sousa | Fit&Star | Senior Feminino | 45:54 | +14:11 | 04:35 |
| 5 | 519 | Marina Teles | CSRDC Santiago | Senior Feminino | 47:19 | +15:36 | 04:44 |
| 6 | 120 | Ana Vieira | AMIGOS DO PEDAL TRAILAGARES | Senior Feminino | 47:25 | +15:42 | 04:45 |
| 7 | 406 | tãnia meireles | Paços runners | Senior Feminino | 47:28 | +15:45 | 04:45 |
| 8 | 162 | Carla Pacheco | G.D.Ronda | Senior Feminino | 47:36 | +15:53 | 04:46 |
| 9 | 175 | Carla Barros | Individual | Senior Feminino | 48:13 | +16:30 | 04:49 |
| 10 | 492 | Lucília Marlene Ferreira Silva | Tecla 3 Runners | Senior Feminino | 50:37 | +18:54 | 05:04 |
| 11 | 164 | Xana Sousa | Gang da Corrida XS | Senior Feminino | 50:41 | +18:58 | 05:04 |
| 12 | 180 | Joana Alves | Individual | Senior Feminino | 50:45 | +19:01 | 05:05 |
| 13 | 471 | Sara Eiró | Salgueiros Running | Senior Feminino | 53:18 | +21:35 | 05:20 |
| 14 | 439 | Ana Pinto | Placebos do 4º Direito | Senior Feminino | 53:40 | +21:56 | 05:22 |
| 15 | 479 | Ana Oliveira | Sob Efeito Trail | Senior Feminino | 54:05 | +22:22 | 05:25 |
| 16 | 369 | Eva Moreira | NOCTURNOS DE PAREDES | Senior Feminino | 54:57 | +23:13 | 05:30 |
| 17 | 490 | Andreia Patricia Martins Pacheco | Tecla 3 Runners | Senior Feminino | 55:13 | +23:30 | 05:31 |
| 18 | 491 | Cristina Alexandra Barbosa do Couto | Tecla 3 Runners | Senior Feminino | 55:13 | +23:30 | 05:31 |
| 19 | 441 | Isabel Vieira | Placebos do 4º Direito | Senior Feminino | 55:54 | +24:11 | 05:35 |
| 20 | 179 | Joana | Individual | Senior Feminino | 55:55 | +24:12 | 05:36 |
| 21 | 181 | Juliana Nogueira Costa Ribeiro | Individual | Senior Feminino | 57:33 | +25:50 | 05:45 |
| 22 | 106 | Carla Pereira | ALIANÇA DE GANDRA | Senior Feminino | 57:45 | +26:01 | 05:47 |
| 23 | 443 | Cláudia Pereira | Powerrunners #1000pecadosparedes | Senior Feminino | 57:46 | +26:02 | 05:47 |
| 24 | 517 | Silvia Faria | BUDEGUITA RUNNERS | Senior Feminino | 57:53 | +26:10 | 05:47 |
| 25 | 444 | Patrícia Moreira | Powerrunners #1000pecadosparedes | Senior Feminino | 58:11 | +26:28 | 05:49 |
| 26 | 451 | Fátima Costa | Run Frends | Senior Feminino | 58:58 | +27:15 | 05:54 |
| 27 | 142 | Elsa Moreira | Clube Trilheiros & Amigos | Senior Feminino | 59:03 | +27:20 | 05:54 |
| 28 | 440 | Filipa Moreira | Placebos do 4º Direito | Senior Feminino | 59:19 | +27:35 | 05:56 |
| 29 | 190 | Rita Leal | Individual | Senior Feminino | 59:51 | +28:08 | 05:59 |
| 30 | 348 | ISABEL SANTOS | MC | Senior Feminino | 01:00:06 | +28:23 | 06:01 |
| 31 | 349 | VERA LEITE | MC | Senior Feminino | 01:00:06 | +28:23 | 06:01 |
| 32 | 456 | Tania Rebelo | S. S. Montepio | Senior Feminino | 01:00:08 | +28:24 | 06:01 |
| 33 | 551 | Marlene Dias | Individual | Senior Feminino | 01:00:57 | +29:13 | 06:06 |
| 34 | 187 | Otacilia Neves Moreira | Individual | Senior Feminino | 01:01:00 | +29:17 | 06:06 |
| 35 | 368 | Carina Moreira | NOCTURNOS DE PAREDES | Senior Feminino | 01:01:03 | +29:20 | 06:06 |
| 36 | 191 | Rosa Leal | Individual | Senior Feminino | 01:01:26 | +29:43 | 06:09 |
| 37 | 403 | ana dias | Paços runners | Senior Feminino | 01:01:26 | +29:43 | 06:09 |

## 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

**OFFICIAL RESULT**

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| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 38 | 404 | cristiana meireles | Paços runners | Senior Feminino | 01:02:09 | +30:26 | 06:13 |
| 39 | 445 | Sónia Garcês | Powerrunners #1000pecadosparedes | Senior Feminino | 01:02:09 | +30:26 | 06:13 |
| 40 | 182 | Lurdes Loureiro | Individual | Senior Feminino | 01:02:23 | +30:40 | 06:14 |
| 41 | 192 | Sandra Cabral da Cunha | Individual | Senior Feminino | 01:03:54 | +32:11 | 06:23 |
| 42 | 188 | Patrícia Rebelo | Individual | Senior Feminino | 01:04:53 | +33:10 | 06:29 |
| 43 | 351 | carla manuela da silva pacheco | Missão Impossível | Senior Feminino | 01:04:55 | +33:11 | 06:30 |
| 44 | 352 | Tânia Emanuela Dias Fernandes Sousa | Missão Impossível | Senior Feminino | 01:04:55 | +33:12 | 06:30 |
| 45 | 174 | Ana Isabel Ferreira | Individual | Senior Feminino | 01:05:09 | +33:25 | 06:31 |
| 46 | 184 | Marta sofia Oliveira da Costa Moreira | Individual | Senior Feminino | 01:05:32 | +33:49 | 06:33 |
| 47 | 176 | Cátia Marina  Nunes | Individual | Senior Feminino | 01:05:33 | +33:50 | 06:33 |
| 48 | 185 | Natália Pinheiro | Individual | Senior Feminino | 01:05:45 | +34:02 | 06:35 |
| 49 | 452 | Márcia Rocha | Run Frends | Senior Feminino | 01:06:53 | +35:10 | 06:41 |
| 50 | 453 | Maria Goreti Gomes | Run Frends | Senior Feminino | 01:06:53 | +35:10 | 06:41 |
| 51 | 177 | Deolinda Gomes | Individual | Senior Feminino | 01:08:26 | +36:43 | 06:51 |

## Senior Masculino

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 538 | Bruno Jesus | Maia AC | Senior Masculino | 31:43 | | 03:10 |
| 2 | 134 | Rui Muga | Clube Académico de Mogadouro | Senior Masculino | 32:08 | +00:25 | 03:13 |
| 3 | 553 | Paulo Barbosa | Individual | Senior Masculino | 33:13 | +01:30 | 03:19 |
| 4 | 474 | Bruno silva | SatecnosolOutdoor-LaSportiva | Senior Masculino | 34:31 | +02:48 | 03:27 |
| 5 | 545 | António Rocha | Individual | Senior Masculino | 34:55 | +03:11 | 03:30 |
| 6 | 209 | César Barros | Individual | Senior Masculino | 36:18 | +04:35 | 03:38 |
| 7 | 559 | Bruno Queiros | São João da Serra | Senior Masculino | 36:38 | +04:55 | 03:40 |
| 8 | 152 | Helder | Fiães s.c. | Senior Masculino | 36:45 | +05:02 | 03:41 |
| 9 | 408 | joaquim leal | Paços runners | Senior Masculino | 36:49 | +05:06 | 03:41 |
| 10 | 546 | João Nogueira | Oralklass - Amigos Do Trail | Senior Masculino | 37:00 | +05:16 | 03:42 |
| 11 | 473 | Hugo Gonçalves | SatecnosolOutdoor/bifase/color | Senior Masculino | 37:11 | +05:28 | 03:43 |
| 12 | 199 | Antonio dos reis maia | Individual | Senior Masculino | 37:17 | +05:34 | 03:44 |
| 13 | 204 | Bruno Coelho | Individual | Senior Masculino | 37:18 | +05:35 | 03:44 |
| 14 | 410 | miguel mendes | Paços runners | Senior Masculino | 37:27 | +05:44 | 03:45 |
| 15 | 521 | Renato Coelho | CSRDC Santiago | Senior Masculino | 37:37 | +05:54 | 03:46 |
| 16 | 379 | Sergio Vale | NOCTURNOS DE PAREDES | Senior Masculino | 37:51 | +06:08 | 03:47 |
| 17 | 250 | Marco Moreira | Individual | Senior Masculino | 37:53 | +06:10 | 03:47 |
| 18 | 124 | João Moita | Beat Your Limit! | Senior Masculino | 38:00 | +06:17 | 03:48 |
| 19 | 424 | JOAO MACHADO | Paulo | Senior Masculino | 38:16 | +06:33 | 03:50 |
| 20 | 421 | CARLOS LEAL | Paulo | Senior Masculino | 38:33 | +06:50 | 03:51 |
| 21 | 125 | Ricardo Areias | BOAVISTA FC | Senior Masculino | 38:36 | +06:53 | 03:52 |
| 22 | 253 | Nuno Filipe Moreira Ribeiro | Individual | Senior Masculino | 38:46 | +07:03 | 03:53 |
| 23 | 362 | Bruno Neto | NBA Barrosas | Senior Masculino | 39:00 | +07:17 | 03:54 |
| 24 | 121 | Tiago Pinto | Andatrilhos \| Freamunde | Senior Masculino | 39:07 | +07:23 | 03:55 |
| 25 | 226 | Helder José Costa Barbosa | Individual | Senior Masculino | 39:27 | +07:44 | 03:57 |
| 26 | 365 | Ramiro Ribeiro | NBA Barrosas | Senior Masculino | 39:59 | +08:16 | 04:00 |
| 27 | 111 | José Sousa | ALIANÇA DE GANDRA | Senior Masculino | 40:02 | +08:18 | 04:00 |
| 28 | 221 | Fábio Soares | Individual | Senior Masculino | 40:09 | +08:26 | 04:01 |

## 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

**OFFICIAL RESULT**

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| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 29 | 205 | Bruno filipe nogueira pinto | Individual | Senior Masculino | 40:18 | +08:35 | 04:02 |
| 30 | 149 | Inuo Melo | Dr. Merino/4moove | Senior Masculino | 40:20 | +08:37 | 04:02 |
| 31 | 108 | Luis Silva | ALIANÇA DE GANDRA | Senior Masculino | 40:22 | +08:39 | 04:02 |
| 32 | 505 | António Teles | Trilheiros&Amigos | Senior Masculino | 40:25 | +08:42 | 04:03 |
| 33 | 344 | Tiago Amaral | Dr. Merino/4moove | Senior Masculino | 41:14 | +09:31 | 04:07 |
| 34 | 211 | Cristiano Pereira | Individual | Senior Masculino | 41:23 | +09:40 | 04:08 |
| 35 | 251 | Miguel Machado | Individual | Senior Masculino | 41:24 | +09:41 | 04:08 |
| 36 | 378 | Pedro Pereira | NOCTURNOS DE PAREDES | Senior Masculino | 41:34 | +09:51 | 04:09 |
| 37 | 213 | David Soares Pito | Individual | Senior Masculino | 41:34 | +09:51 | 04:09 |
| 38 | 400 | Carlos Ribeiro | Os2Horas | Senior Masculino | 41:51 | +10:08 | 04:11 |
| 39 | 278 | Vitor Cunha | Individual | Senior Masculino | 41:56 | +10:13 | 04:12 |
| 40 | 109 | André Fernandes | ALIANÇA DE GANDRA | Senior Masculino | 42:04 | +10:21 | 04:12 |
| 41 | 475 | Paulo barbosa | SatecnosolOutdoor-LaSportiva | Senior Masculino | 42:10 | +10:27 | 04:13 |
| 42 | 366 | Tiago Nunes | NBA Barrosas | Senior Masculino | 42:15 | +10:31 | 04:14 |
| 43 | 126 | Ricardo ferreira | BOAVISTA FC | Senior Masculino | 42:15 | +10:32 | 04:14 |
| 44 | 151 | César Gonçalves | FG Runners | Senior Masculino | 42:23 | +10:40 | 04:14 |
| 45 | 147 | Pedro Nogueira | Clube Vodafone | Senior Masculino | 42:29 | +10:46 | 04:15 |
| 46 | 541 | Nuno Pinho | Nuno Jorge | Senior Masculino | 43:04 | +11:21 | 04:18 |
| 47 | 391 | José Almeida | Núcleo Atletismo de Vila Real | Senior Masculino | 43:06 | +11:23 | 04:19 |
| 48 | 243 | Leandro Miguel Alves Ribeiro | Individual | Senior Masculino | 43:14 | +11:31 | 04:19 |
| 49 | 235 | João Pedro Teixeira Martins | Individual | Senior Masculino | 43:19 | +11:36 | 04:20 |
| 50 | 390 | André Rocha | Not Run Alone | Senior Masculino | 43:55 | +12:12 | 04:24 |
| 51 | 373 | Filipe Barbosa | NOCTURNOS DE PAREDES | Senior Masculino | 44:03 | +12:20 | 04:24 |
| 52 | 240 | Jose manuel gonçalves barbosa | Individual | Senior Masculino | 44:14 | +12:31 | 04:25 |
| 53 | 442 | Rui Santos | Placebos do 4º Direito | Senior Masculino | 44:19 | +12:36 | 04:26 |
| 54 | 341 | Joao Carolo | João Pedro | Senior Masculino | 44:37 | +12:54 | 04:28 |
| 55 | 273 | Sérgio Silva | Individual | Senior Masculino | 44:48 | +13:05 | 04:29 |
| 56 | 377 | Pedro Nunes | NOCTURNOS DE PAREDES | Senior Masculino | 44:56 | +13:13 | 04:30 |
| 57 | 437 | Raul Pinto Ferreira | Pinto Ferreira | Senior Masculino | 44:56 | +13:13 | 04:30 |
| 58 | 148 | André cavadas | Clube Zupper | Senior Masculino | 45:03 | +13:20 | 04:30 |
| 59 | 438 | Rui Pinto Ferreira | Pinto Ferreira | Senior Masculino | 45:14 | +13:31 | 04:31 |
| 60 | 237 | JOÃO ROCHA | Individual | Senior Masculino | 45:17 | +13:34 | 04:32 |
| 61 | 170 | Nuno Lourenço Silva | Hermanos Verdad | Senior Masculino | 45:50 | +14:07 | 04:35 |
| 62 | 219 | Emanuel rocha | Individual | Senior Masculino | 45:51 | +14:07 | 04:35 |
| 63 | 154 | João Moreira | Fit&Star | Senior Masculino | 45:54 | +14:11 | 04:35 |
| 64 | 214 | Davide Miguel Soares Afonso | Individual | Senior Masculino | 45:54 | +14:11 | 04:35 |
| 65 | 422 | EDUARDO MENDES | Paulo | Senior Masculino | 46:00 | +14:17 | 04:36 |
| 66 | 502 | Bruno Ricardo Marques Guedes | Trail Running Addiction | Senior Masculino | 46:11 | +14:28 | 04:37 |
| 67 | 470 | Fábio Almeida | SAI DA FRENTE | Senior Masculino | 46:22 | +14:39 | 04:38 |
| 68 | 540 | Simão Sousa | Moinhos - Run ADRM | Senior Masculino | 46:28 | +14:45 | 04:39 |
| 69 | 353 | Jorge Fernando Ferreira dos Santos | Missão Impossível | Senior Masculino | 46:33 | +14:50 | 04:39 |
| 70 | 161 | TOMÉ MARQUES | Fugitivos Urbanos | Senior Masculino | 46:33 | +14:50 | 04:39 |
| 71 | 277 | Viriato Mendes | Individual | Senior Masculino | 46:35 | +14:52 | 04:40 |
| 72 | 370 | Daniel Silva | NOCTURNOS DE PAREDES | Senior Masculino | 46:38 | +14:55 | 04:40 |
| 73 | 558 | Bruno Gomes | Individual | Senior Masculino | 46:43 | +15:00 | 04:40 |
| 74 | 159 | JOSÉ MANUEL LEITE | Fugitivos Urbanos | Senior Masculino | 46:46 | +15:03 | 04:41 |

## Prova Principal

**10 KM**

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## OFFICIAL RESULT

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|---|---|---|---|---|---|---|---|
| 75 | 374 | Hugo Neto | NOCTURNOS DE PAREDES | Senior Masculino | 46:47 | +15:04 | 04:41 |
| 76 | 160 | SÉRGIO SILVA | Fugitivos Urbanos | Senior Masculino | 46:49 | +15:06 | 04:41 |
| 77 | 127 | Daniel Sousa | BTT Alegria // TUBANI | Senior Masculino | 47:03 | +15:20 | 04:42 |
| 78 | 512 | Nelson Gomes | BIFASE TEAM RUNNING | Senior Masculino | 47:05 | +15:22 | 04:43 |
| 79 | 136 | Ricardo Albuquerque | Clube Galp Energia Norte | Senior Masculino | 47:06 | +15:23 | 04:43 |
| 80 | 133 | Ricardo André de Sousa Reis | clareis | Senior Masculino | 47:07 | +15:23 | 04:43 |
| 81 | 507 | Paulo Eusébio | Paredes Aventura | Senior Masculino | 47:30 | +15:47 | 04:45 |
| 82 | 528 | manuel magalhães | Individual | Senior Masculino | 47:46 | +16:02 | 04:47 |
| 83 | 254 | Nuno miguel ferreira leal | Individual | Senior Masculino | 47:47 | +16:04 | 04:47 |
| 84 | 376 | Pedro Barbosa | NOCTURNOS DE PAREDES | Senior Masculino | 47:48 | +16:05 | 04:47 |
| 85 | 543 | João Machado | Individual | Senior Masculino | 47:49 | +16:06 | 04:47 |
| 86 | 260 | Pedro Pacheco | Individual | Senior Masculino | 47:52 | +16:09 | 04:47 |
| 87 | 215 | Diogo Filipe Pinto Alves | Individual | Senior Masculino | 48:00 | +16:17 | 04:48 |
| 88 | 481 | Rui Bessa | Sob Efeito Trail | Senior Masculino | 48:04 | +16:20 | 04:48 |
| 89 | 238 | Joaquim Silva | Individual | Senior Masculino | 48:13 | +16:30 | 04:49 |
| 90 | 223 | Francisco Batista | Individual | Senior Masculino | 48:32 | +16:49 | 04:51 |
| 91 | 269 | Rui Costa Jesus | Individual | Senior Masculino | 48:42 | +16:59 | 04:52 |
| 92 | 218 | Emanuel José Magalhães Ferreira | Individual | Senior Masculino | 48:42 | +16:59 | 04:52 |
| 93 | 468 | Paulo Silva | sabiUs | Senior Masculino | 48:44 | +17:01 | 04:52 |
| 94 | 526 | carlos magalhaes | Individual | Senior Masculino | 48:50 | +17:07 | 04:53 |
| 95 | 137 | Rui Miguel Dias | Clube Galp Energia Norte | Senior Masculino | 48:53 | +17:10 | 04:53 |
| 96 | 423 | EDUARDO SOARES | Paulo | Senior Masculino | 48:54 | +17:11 | 04:53 |
| 97 | 262 | Pedro Santos | Individual | Senior Masculino | 48:56 | +17:13 | 04:54 |
| 98 | 259 | Pedro Nuno Osório | Individual | Senior Masculino | 49:08 | +17:25 | 04:55 |
| 99 | 503 | Daniel Oliveira | Trail Running Addiction | Senior Masculino | 49:09 | +17:26 | 04:55 |
| 100 | 493 | Hugo Filipe Fernandes Sousa | Tecla 3 Runners | Senior Masculino | 49:13 | +17:29 | 04:55 |
| 101 | 372 | Emanuel Tadeu | NOCTURNOS DE PAREDES | Senior Masculino | 49:18 | +17:34 | 04:56 |
| 102 | 225 | Gil Miguel Silva Ribeiro | Individual | Senior Masculino | 49:18 | +17:35 | 04:56 |
| 103 | 477 | Igor bessa | Sem Stress | Senior Masculino | 49:19 | +17:36 | 04:56 |
| 104 | 261 | Pedro Ribeiro | Individual | Senior Masculino | 49:25 | +17:42 | 04:57 |
| 105 | 402 | Rui Costa | Os2Horas | Senior Masculino | 49:30 | +17:47 | 04:57 |
| 106 | 143 | Alexandre Fernandes | Clube Trilheiros & Amigos | Senior Masculino | 50:07 | +18:24 | 05:01 |
| 107 | 427 | PEDRO BRITO | Paulo | Senior Masculino | 50:19 | +18:36 | 05:02 |
| 108 | 425 | Paulo barbosa | Paulo | Senior Masculino | 50:20 | +18:37 | 05:02 |
| 109 | 476 | Fernando | Sem Stress | Senior Masculino | 50:31 | +18:48 | 05:03 |
| 110 | 266 | Ricardo Carvalho | Individual | Senior Masculino | 50:32 | +18:49 | 05:03 |
| 111 | 449 | Jorge Moreira | Prosel TEAM | Senior Masculino | 50:34 | +18:50 | 05:03 |
| 112 | 264 | Renato Almeida | Individual | Senior Masculino | 50:34 | +18:51 | 05:03 |
| 113 | 232 | Isolino Coelho | Individual | Senior Masculino | 50:35 | +18:52 | 05:04 |
| 114 | 542 | Diogo Silva | soplabifana | Senior Masculino | 50:43 | +18:59 | 05:04 |
| 115 | 208 | Carlos Vitor de Oliveira Martins | Individual | Senior Masculino | 50:46 | +19:03 | 05:05 |
| 116 | 198 | Antonio Alberto Moreira Sousa | Individual | Senior Masculino | 50:46 | +19:03 | 05:05 |
| 117 | 212 | Daniel Gonçalves | Individual | Senior Masculino | 50:48 | +19:05 | 05:05 |
| 118 | 554 | Rui Costa | Individual | Senior Masculino | 51:14 | +19:31 | 05:07 |
| 119 | 249 | Manuel Luis Sousa Pacheco | Individual | Senior Masculino | 51:21 | +19:37 | 05:08 |
| 120 | 480 | Pedro Oliveira | Sob Efeito Trail | Senior Masculino | 51:22 | +19:39 | 05:08 |

## 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

**OFFICIAL RESULT**

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| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 121 | 144 | José Andrade | Clube Trilheiros & Amigos | Senior Masculino | 51:39 | +19:55 | 05:10 |
| 122 | 256 | Paulo Ferreira | Individual | Senior Masculino | 51:39 | +19:56 | 05:10 |
| 123 | 483 | Tiago Teixeira | Sob Efeito Trail | Senior Masculino | 51:40 | +19:57 | 05:10 |
| 124 | 252 | Nuno André Ferreira | Individual | Senior Masculino | 51:53 | +20:10 | 05:11 |
| 125 | 202 | António Rocha | Individual | Senior Masculino | 51:56 | +20:13 | 05:12 |
| 126 | 394 | Nuno Vieira | Nuno | Senior Masculino | 52:11 | +20:28 | 05:13 |
| 127 | 270 | Rui Filipe Mendes | Individual | Senior Masculino | 52:13 | +20:30 | 05:13 |
| 128 | 200 | Antonio Leite | Individual | Senior Masculino | 52:17 | +20:34 | 05:14 |
| 129 | 195 | Alberto Rodrigues | Individual | Senior Masculino | 52:20 | +20:37 | 05:14 |
| 130 | 265 | Renato Couto | Individual | Senior Masculino | 52:25 | +20:42 | 05:15 |
| 131 | 222 | Filipe Leal | Individual | Senior Masculino | 52:26 | +20:43 | 05:15 |
| 132 | 236 | João Ricardo Grilo Teixeira | Individual | Senior Masculino | 52:26 | +20:43 | 05:15 |
| 133 | 230 | Hugo Cruz | Individual | Senior Masculino | 52:33 | +20:50 | 05:15 |
| 134 | 411 | pedro nunes | Paços runners | Senior Masculino | 52:33 | +20:50 | 05:15 |
| 135 | 395 | Pedro Campos | Nuno | Senior Masculino | 52:46 | +21:03 | 05:17 |
| 136 | 466 | Hugo André Costa Barros | sabiUs | Senior Masculino | 52:53 | +21:10 | 05:17 |
| 137 | 462 | tiago moreira barbosa | S.luiz | Senior Masculino | 52:54 | +21:11 | 05:17 |
| 138 | 454 | Carlos Carneiro | Run Frends | Senior Masculino | 53:07 | +21:24 | 05:19 |
| 139 | 239 | Jorge Mosqueira | Individual | Senior Masculino | 53:32 | +21:49 | 05:21 |
| 140 | 169 | Márcio Lourenço Silva | Hermanos Verdad | Senior Masculino | 53:38 | +21:55 | 05:22 |
| 141 | 255 | PAULO ALEXANDRE NOGUEIRA DA SILVA | Individual | Senior Masculino | 53:44 | +22:01 | 05:22 |
| 142 | 482 | Tiago Oliveira | Sob Efeito Trail | Senior Masculino | 54:06 | +22:23 | 05:25 |
| 143 | 465 | Carlos Filipe Neves dos Santos | sabiUs | Senior Masculino | 54:18 | +22:34 | 05:26 |
| 144 | 467 | Jorge Adão Leal | sabiUs | Senior Masculino | 54:19 | +22:36 | 05:26 |
| 145 | 244 | Luciano virginio Moreira da Silva | Individual | Senior Masculino | 54:44 | +23:01 | 05:28 |
| 146 | 527 | Luis Miguel Morais | Individual | Senior Masculino | 54:51 | +23:08 | 05:29 |
| 147 | 529 | Pedro Miguel da Rocha Santos | Individual | Senior Masculino | 54:54 | +23:11 | 05:29 |
| 148 | 197 | Anselmo Luís dos Santos Pereira | Individual | Senior Masculino | 55:10 | +23:27 | 05:31 |
| 149 | 535 | Emanuel Bessa | Los gasosa | Senior Masculino | 55:25 | +23:41 | 05:33 |
| 150 | 167 | Filipe Ribeiro | Go Run | Senior Masculino | 55:31 | +23:48 | 05:33 |
| 151 | 224 | Francisco Manuel Freitas Ribeiro | Individual | Senior Masculino | 55:37 | +23:54 | 05:34 |
| 152 | 242 | Jose silva | Individual | Senior Masculino | 56:01 | +24:18 | 05:36 |
| 153 | 165 | Horacio Ferreira | GENEROSOS RUNNERS | Senior Masculino | 56:10 | +24:27 | 05:37 |
| 154 | 504 | Vitor Manuel Almeida Martins | Trail Running Addiction | Senior Masculino | 56:12 | +24:29 | 05:37 |
| 155 | 407 | armando ferreira | Paços runners | Senior Masculino | 56:14 | +24:31 | 05:37 |
| 156 | 446 | Miguel Barbosa | Powerrunners #1000pecadosparedes | Senior Masculino | 57:08 | +25:25 | 05:43 |
| 157 | 457 | Hugo Silva | S. S. Montepio | Senior Masculino | 57:31 | +25:48 | 05:45 |
| 158 | 271 | Rui manuel fernades pereira | Individual | Senior Masculino | 57:35 | +25:52 | 05:46 |
| 159 | 484 | Cristiano Coelho | Somos Nós Team | Senior Masculino | 57:49 | +26:06 | 05:47 |
| 160 | 401 | Heitor Neto | Os2Horas | Senior Masculino | 58:05 | +26:22 | 05:49 |
| 161 | 429 | RICARDO PACHECO | Paulo | Senior Masculino | 58:11 | +26:28 | 05:49 |
| 162 | 428 | RICARDO FERREIRA | Paulo | Senior Masculino | 58:12 | +26:28 | 05:49 |
| 163 | 371 | Elsio Leal | NOCTURNOS DE PAREDES | Senior Masculino | 58:32 | +26:49 | 05:51 |
| 164 | 272 | Sérgio Brochado | Individual | Senior Masculino | 01:00:36 | +28:53 | 06:04 |
| 165 | 375 | Paulo Silva | NOCTURNOS DE PAREDES | Senior Masculino | 01:00:58 | +29:15 | 06:06 |

## 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

**OFFICIAL RESULT**

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| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 166 | 530 | ricardo Daniel Silva nogueira | Individual | Senior Masculino | 01:01:00 | +29:17 | 06:06 |
| 167 | 227 | Helder Ricardo Oliveira da Silva | Individual | Senior Masculino | 01:01:22 | +29:39 | 06:08 |
| 168 | 216 | Diogo Moisés Morris Mendes | Individual | Senior Masculino | 01:01:44 | +30:01 | 06:10 |
| 169 | 409 | luis gomes | Paços runners | Senior Masculino | 01:02:08 | +30:25 | 06:13 |
| 170 | 472 | Tozé Eiró | Salgueiros Running | Senior Masculino | 01:02:09 | +30:26 | 06:13 |
| 171 | 267 | Ricardo Rocha | Individual | Senior Masculino | 01:02:11 | +30:28 | 06:13 |
| 172 | 203 | Bruno Brito | Individual | Senior Masculino | 01:02:40 | +30:57 | 06:16 |
| 173 | 276 | Vasco Ferreira | Individual | Senior Masculino | 01:02:43 | +31:00 | 06:16 |
| 174 | 458 | Rui Rebelo | S. S. Montepio | Senior Masculino | 01:04:50 | +33:07 | 06:29 |
| 175 | 217 | Eduardo Fernandes | Individual | Senior Masculino | 01:05:48 | +34:04 | 06:35 |
| 176 | 447 | Rui Noddy | Powerrunners #1000pecadosparedes | Senior Masculino | 01:05:50 | +34:07 | 06:35 |
| 177 | 157 | Luís Filipe Ribeiro Gonçalves | Foge Foge Bandido & Filhos, Lda | Senior Masculino | 01:07:15 | +35:32 | 06:44 |
| 178 | 155 | André Filipe da Cunha Rodrigues | Foge Foge Bandido & Filhos, Lda | Senior Masculino | 01:07:16 | +35:33 | 06:44 |
| 179 | 132 | Ricardo Santos | CDS Paredes | Senior Masculino | 01:07:36 | +35:52 | 06:46 |
| 180 | 248 | Luís Filipe Durães Borges | Individual | Senior Masculino | 01:09:01 | +37:18 | 06:54 |
| 181 | 206 | Bruno Pinto | Individual | Senior Masculino | 01:14:13 | +42:30 | 07:25 |

## Veterana F40

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 550 | Carla Machado | Individual | Veterana F40 | 37:48 | +06:04 | 03:47 |
| 2 | 508 | Luisa Oliveira | Paredes Aventura | Veterana F40 | 38:00 | +06:16 | 03:48 |
| 3 | 396 | Paula Barbosa | Oralklass - Amigos Do Trail | Veterana F40 | 42:41 | +10:57 | 04:16 |
| 4 | 485 | Fatima Coelho | Somos Nós Team | Veterana F40 | 44:43 | +13:00 | 04:28 |
| 5 | 355 | Helena Gomes | Moinhos Run - ADRM | Veterana F40 | 47:44 | +16:01 | 04:46 |
| 6 | 367 | Zeza Carvalho | NBA Barrosas | Veterana F40 | 48:19 | +16:36 | 04:50 |
| 7 | 359 | susana patricia nunes pinto | Nascidos para Correr | Veterana F40 | 48:35 | +16:52 | 04:52 |
| 8 | 281 | Diana | Individual | Veterana F40 | 48:46 | +17:03 | 04:53 |
| 9 | 494 | Andrea Barbosa Coelho | Tecla 3 Runners | Veterana F40 | 51:39 | +19:56 | 05:10 |
| 10 | 150 | EUGENIA TEIXEIRA | Eugénia | Veterana F40 | 52:19 | +20:36 | 05:14 |
| 11 | 145 | Elisabete Gonçalves | Clube Trilheiros & Amigos | Veterana F40 | 53:24 | +21:41 | 05:20 |
| 12 | 122 | Eva Carneiro | Andatrilhos \| Freamunde | Veterana F40 | 54:19 | +22:36 | 05:26 |
| 13 | 283 | Maria  Albina de Sousa Carneiro | Individual | Veterana F40 | 54:39 | +22:55 | 05:28 |
| 14 | 496 | Teresa Manuela Ferreira Moreira da Silva | Tecla 3 Runners | Veterana F40 | 54:39 | +22:56 | 05:28 |
| 15 | 356 | Isabel Carvalho | Moinhos Run - ADRM | Veterana F40 | 54:55 | +23:12 | 05:30 |
| 16 | 345 | Paula Anjos | keepmoving | Veterana F40 | 56:03 | +24:19 | 05:36 |
| 17 | 414 | maria sousa | Paços runners | Veterana F40 | 57:57 | +26:14 | 05:48 |
| 18 | 561 | Maria do Rosário | Individual | Veterana F40 | 58:10 | +26:27 | 05:49 |
| 19 | 284 | Maria Fatima Guimaraes Nunes | Individual | Veterana F40 | 59:02 | +27:19 | 05:54 |
| 20 | 486 | Minda Coelho | Somos Nós Team | Veterana F40 | 01:00:19 | +28:36 | 06:02 |
| 21 | 495 | Isabel Maria Ferreira Moreira | Tecla 3 Runners | Veterana F40 | 01:00:48 | +29:05 | 06:05 |
| 22 | 412 | arminda cruz | Paços runners | Veterana F40 | 01:01:29 | +29:46 | 06:09 |
| 23 | 342 | Carla Pacheco | José | Veterana F40 | 01:01:47 | +30:04 | 06:11 |
| 24 | 166 | Paula Ferreira | GENEROSOS RUNNERS | Veterana F40 | 01:01:59 | +30:16 | 06:12 |
| 25 | 282 | Giselle Neto | Individual | Veterana F40 | 01:05:47 | +34:04 | 06:35 |
| 26 | 430 | JULIA DIAS | Paulo | Veterana F40 | 01:12:22 | +40:39 | 07:14 |

## 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

**OFFICIAL RESULT**

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## Veterano M40

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 560 | Nelson Magalhães | União Desportiva do Varzea | Veterano M40 | 33:30 | +01:47 | 03:21 |
| 2 | 522 | João Cavadas | CSRDC Santiago | Veterano M40 | 36:16 | +04:33 | 03:38 |
| 3 | 130 | Manuel Valente | Caldas S. Jorge Sport Clube | Veterano M40 | 36:23 | +04:40 | 03:38 |
| 4 | 138 | Alcino Silva | Clube Independente de Atletismo de Alpendorada | Veterano M40 | 36:27 | +04:44 | 03:39 |
| 5 | 141 | Manuel Monteiro | Clube Independente de Atletismo de Alpendorada | Veterano M40 | 37:48 | +06:04 | 03:47 |
| 6 | 128 | Arlindo Santos | Caldas S. Jorge Sport Clube | Veterano M40 | 38:47 | +07:04 | 03:53 |
| 7 | 129 | Armando Bastos | Caldas S. Jorge Sport Clube | Veterano M40 | 39:10 | +07:27 | 03:55 |
| 8 | 416 | agostinho costa | Paços runners | Veterano M40 | 39:16 | +07:32 | 03:56 |
| 9 | 290 | antonio fernando nunes pereira | Individual | Veterano M40 | 39:16 | +07:33 | 03:56 |
| 10 | 357 | Alfredo Moreira | Moinhos Run - ADRM | Veterano M40 | 39:29 | +07:46 | 03:57 |
| 11 | 105 | SERGIO MARTINS | A.R.DE NEGRELOS | Veterano M40 | 40:17 | +08:33 | 04:02 |
| 12 | 115 | Fernando Oliveira | ALIANÇA DE GANDRA | Veterano M40 | 40:59 | +09:16 | 04:06 |
| 13 | 116 | José Neves | ALIANÇA DE GANDRA | Veterano M40 | 41:02 | +09:19 | 04:06 |
| 14 | 320 | Manuel Gomes Pereira | Individual | Veterano M40 | 41:04 | +09:20 | 04:06 |
| 15 | 146 | Carlos Alberto Gomes da Silva | Clube Trilheiros & Amigos | Veterano M40 | 41:20 | +09:37 | 04:08 |
| 16 | 112 | Nuno Sousa | ALIANÇA DE GANDRA | Veterano M40 | 42:06 | +10:23 | 04:13 |
| 17 | 469 | António Fernando de Barros Martins Coelho | sabiUs | Veterano M40 | 42:22 | +10:38 | 04:14 |
| 18 | 104 | MANUEL GOMES | A.R.DE NEGRELOS | Veterano M40 | 42:37 | +10:54 | 04:16 |
| 19 | 103 | LUIS MARTINS | A.R.DE NEGRELOS | Veterano M40 | 42:38 | +10:54 | 04:16 |
| 20 | 117 | Leonel Neves | ALIANÇA DE GANDRA | Veterano M40 | 42:41 | +10:58 | 04:16 |
| 21 | 114 | Carlos Silva | ALIANÇA DE GANDRA | Veterano M40 | 42:41 | +10:58 | 04:16 |
| 22 | 510 | João Paulo Ferreira | Paredes Aventura | Veterano M40 | 43:04 | +11:21 | 04:18 |
| 23 | 315 | José Ribeiro | Individual | Veterano M40 | 43:26 | +11:42 | 04:21 |
| 24 | 330 | Pedro Manuel da Costa Moreira | Individual | Veterano M40 | 43:36 | +11:53 | 04:22 |
| 25 | 327 | Paulo Almiro Borges Sampaio | Individual | Veterano M40 | 43:43 | +12:00 | 04:22 |
| 26 | 135 | Hélder Deveza | Clube Académico de Mogadouro | Veterano M40 | 44:01 | +12:18 | 04:24 |
| 27 | 113 | Agostinho Sousa | ALIANÇA DE GANDRA | Veterano M40 | 44:10 | +12:26 | 04:25 |
| 28 | 450 | Lucas Morgado | Royal Wellness Center | Veterano M40 | 44:51 | +13:08 | 04:29 |
| 29 | 448 | José Lopes | Powerrunners #1000pecadosparedes | Veterano M40 | 45:01 | +13:18 | 04:30 |
| 30 | 489 | Paulo Morais | Somos Nós Team | Veterano M40 | 45:16 | +13:33 | 04:32 |
| 31 | 302 | João Alberto Vasconcelos Freitas | Individual | Veterano M40 | 45:23 | +13:40 | 04:32 |
| 32 | 488 | Fernando Morais | Somos Nós Team | Veterano M40 | 45:24 | +13:41 | 04:32 |
| 33 | 291 | ANTONIO MIRANDA | Individual | Veterano M40 | 46:06 | +14:23 | 04:37 |
| 34 | 388 | Rui Almeida | NOCTURNOS DE PAREDES | Veterano M40 | 46:07 | +14:24 | 04:37 |
| 35 | 455 | Serafim Costa | Run Frends | Veterano M40 | 46:43 | +15:00 | 04:40 |
| 36 | 432 | ARMANDO MACHADO | Paulo | Veterano M40 | 46:51 | +15:08 | 04:41 |
| 37 | 431 | ALEXANDRE BRITO | Paulo | Veterano M40 | 46:51 | +15:08 | 04:41 |
| 38 | 319 | Lupricínio Correia | Individual | Veterano M40 | 46:54 | +15:11 | 04:41 |
| 39 | 326 | Nuno Vinha | Individual | Veterano M40 | 47:03 | +15:20 | 04:42 |
| 40 | 382 | Agostinho Moreira | NOCTURNOS DE PAREDES | Veterano M40 | 47:19 | +15:36 | 04:44 |

## 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

**OFFICIAL RESULT**

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| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 41 | 433 | JOAO SOUSA | Paulo | Veterano M40 | 47:24 | +15:41 | 04:44 |
| 42 | 310 | Jorge Souto | Individual | Veterano M40 | 47:28 | +15:45 | 04:45 |
| 43 | 418 | joão couto | Paços runners | Veterano M40 | 47:29 | +15:46 | 04:45 |
| 44 | 385 | Luis Dias | NOCTURNOS DE PAREDES | Veterano M40 | 47:49 | +16:06 | 04:47 |
| 45 | 123 | ANTONIO MIRANDA | ANTONIO | Veterano M40 | 47:59 | +16:16 | 04:48 |
| 46 | 398 | FRANCISCO FREITAS | OS GUARDIÕES | Veterano M40 | 47:59 | +16:16 | 04:48 |
| 47 | 347 | Manuel Teixeira | LOUSADA RUNNERS | Veterano M40 | 48:02 | +16:19 | 04:48 |
| 48 | 386 | Nuno Alexandre | NOCTURNOS DE PAREDES | Veterano M40 | 48:07 | +16:24 | 04:49 |
| 49 | 387 | Pedro Nogueira | NOCTURNOS DE PAREDES | Veterano M40 | 48:07 | +16:24 | 04:49 |
| 50 | 399 | LUÍS PAULO | OS GUARDIÕES | Veterano M40 | 48:09 | +16:26 | 04:49 |
| 51 | 313 | José Fernando da Silva Neto | Individual | Veterano M40 | 48:16 | +16:33 | 04:50 |
| 52 | 324 | Nelson Alberto Oliveira da Costa | Individual | Veterano M40 | 48:18 | +16:35 | 04:50 |
| 53 | 360 | paulo nascimento ribeir martins | Nascidos para Correr | Veterano M40 | 48:35 | +16:52 | 04:52 |
| 54 | 286 | Adão Monteiro Castro | Individual | Veterano M40 | 48:52 | +17:09 | 04:53 |
| 55 | 336 | SILVINO ALBERTO DA SILVA MENDES | Individual | Veterano M40 | 49:10 | +17:27 | 04:55 |
| 56 | 346 | Agostinho Sousa | Kunalama runners | Veterano M40 | 49:21 | +17:38 | 04:56 |
| 57 | 533 | Ricardo Miguel Carvalho Ferreira | Individual | Veterano M40 | 49:22 | +17:39 | 04:56 |
| 58 | 296 | Emanuel Videira Freitas | Individual | Veterano M40 | 49:26 | +17:43 | 04:57 |
| 59 | 460 | Jose Costa | S. S. Montepio | Veterano M40 | 49:28 | +17:45 | 04:57 |
| 60 | 383 | Daniel Pereira | NOCTURNOS DE PAREDES | Veterano M40 | 49:42 | +17:59 | 04:58 |
| 61 | 119 | Pedro Silva | ALIANÇA DE GANDRA | Veterano M40 | 49:50 | +18:06 | 04:59 |
| 62 | 297 | FERNANDO ABREU | Individual | Veterano M40 | 50:05 | +18:22 | 05:01 |
| 63 | 500 | Manuel Fernando Lopes soares | Tombos trambolhões | Veterano M40 | 50:10 | +18:27 | 05:01 |
| 64 | 498 | Manuel Pacheco Ferreira | Tecla 3 Runners | Veterano M40 | 50:10 | +18:27 | 05:01 |
| 65 | 140 | manuel guedes | Clube Independente de Atletismo de Alpendorada | Veterano M40 | 50:21 | +18:38 | 05:02 |
| 66 | 321 | Manuel Teixeira | Individual | Veterano M40 | 50:21 | +18:38 | 05:02 |
| 67 | 318 | Luis Ferreira Gomes | Individual | Veterano M40 | 50:29 | +18:46 | 05:03 |
| 68 | 332 | Rui Alves | Individual | Veterano M40 | 50:34 | +18:50 | 05:03 |
| 69 | 317 | Juca Teixeira | Individual | Veterano M40 | 50:38 | +18:54 | 05:04 |
| 70 | 337 | Tomas Correia | Individual | Veterano M40 | 50:41 | +18:58 | 05:04 |
| 71 | 478 | Julio Campos | Sem Stress | Veterano M40 | 50:42 | +18:58 | 05:04 |
| 72 | 298 | Fernando Alves | Individual | Veterano M40 | 51:42 | +19:59 | 05:10 |
| 73 | 487 | Fernando Coelho | Somos Nós Team | Veterano M40 | 52:05 | +20:22 | 05:13 |
| 74 | 316 | José Sousa | Individual | Veterano M40 | 52:17 | +20:34 | 05:14 |
| 75 | 171 | Duarte Malheiro | Hjk Gaia | Veterano M40 | 52:19 | +20:36 | 05:14 |
| 76 | 544 | Américo Pereira | Individual | Veterano M40 | 52:23 | +20:40 | 05:14 |
| 77 | 293 | Bruno Bartes | Individual | Veterano M40 | 52:33 | +20:50 | 05:15 |
| 78 | 323 | Miro Morais | Individual | Veterano M40 | 52:42 | +20:59 | 05:16 |
| 79 | 435 | JOSE FERNANDO PEREIRA | Paulo | Veterano M40 | 52:53 | +21:10 | 05:17 |
| 80 | 338 | Vasco Pacheco | Individual | Veterano M40 | 53:08 | +21:25 | 05:19 |
| 81 | 295 | Carlos Fagundes | Individual | Veterano M40 | 53:20 | +21:37 | 05:20 |
| 82 | 335 | Sérgio Machado | Individual | Veterano M40 | 53:35 | +21:51 | 05:22 |
| 83 | 513 | Abilio Pacheco | BIFASE TEAM RUNNING | Veterano M40 | 54:17 | +22:34 | 05:26 |
| 84 | 419 | manuel matos | Paços runners | Veterano M40 | 54:19 | +22:36 | 05:26 |
| 85 | 299 | Filipe Mota 0 | Individual | Veterano M40 | 54:23 | +22:40 | 05:26 |

## 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

**OFFICIAL RESULT**

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| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 86 | 300 | Hugo Aloísio Barros Dias Pacheco | Individual | Veterano M40 | 54:29 | +22:46 | 05:27 |
| 87 | 557 | Mauricio Mendes | CSRDC Santiago | Veterano M40 | 54:44 | +23:01 | 05:28 |
| 88 | 434 | JOAQUIM NOGUEIRA | Paulo | Veterano M40 | 54:56 | +23:13 | 05:30 |
| 89 | 499 | Vitor Nuno Pereira Silva | Tecla 3 Runners | Veterano M40 | 54:58 | +23:15 | 05:30 |
| 90 | 556 | Paulo Gonçalves | Individual | Veterano M40 | 55:11 | +23:28 | 05:31 |
| 91 | 333 | Rui Paradela | Individual | Veterano M40 | 55:26 | +23:43 | 05:33 |
| 92 | 511 | Jorge Oliveira | Paredes Aventura | Veterano M40 | 55:28 | +23:45 | 05:33 |
| 93 | 311 | José António Pinto Leite | Individual | Veterano M40 | 55:42 | +23:59 | 05:34 |
| 94 | 172 | Mário Pereira | Hjk Gaia | Veterano M40 | 56:11 | +24:28 | 05:37 |
| 95 | 303 | JOÃO HERCULANO RODRIGUES BESSA | Individual | Veterano M40 | 56:13 | +24:29 | 05:37 |
| 96 | 331 | Renato Ferreira | Individual | Veterano M40 | 56:13 | +24:30 | 05:37 |
| 97 | 107 | José Carneiro | ALIANÇA DE GANDRA | Veterano M40 | 56:15 | +24:32 | 05:38 |
| 98 | 168 | paulo rocha | Grupo Desportivo dos Ferroviários de Campanhã | Veterano M40 | 56:45 | +25:02 | 05:41 |
| 99 | 516 | Vitor Marques | BIFASE TEAM RUNNING | Veterano M40 | 56:46 | +25:03 | 05:41 |
| 100 | 514 | Joaquim Carneiro | BIFASE TEAM RUNNING | Veterano M40 | 57:17 | +25:34 | 05:44 |
| 101 | 461 | Julio Santos | S. S. Montepio | Veterano M40 | 57:31 | +25:48 | 05:45 |
| 102 | 518 | Luís Teixeira | BUDEGUITA RUNNERS | Veterano M40 | 57:53 | +26:10 | 05:47 |
| 103 | 322 | Miguel Silva | Individual | Veterano M40 | 58:42 | +26:59 | 05:52 |
| 104 | 417 | arlindo cunha | Paços runners | Veterano M40 | 58:51 | +27:08 | 05:53 |
| 105 | 307 | Jorge Carlos Oliveira Conceicao | Individual | Veterano M40 | 59:02 | +27:19 | 05:54 |
| 106 | 384 | Filipe Oliveira | NOCTURNOS DE PAREDES | Veterano M40 | 59:17 | +27:34 | 05:56 |
| 107 | 497 | Clemente José Machado Garces Moreira | Tecla 3 Runners | Veterano M40 | 01:00:48 | +29:05 | 06:05 |
| 108 | 287 | Adriano Campos | Individual | Veterano M40 | 01:01:39 | +29:56 | 06:10 |
| 109 | 306 | Joaquim Teixeira | Individual | Veterano M40 | 01:01:46 | +30:02 | 06:11 |
| 110 | 343 | José Gonçalves | José | Veterano M40 | 01:01:47 | +30:04 | 06:11 |
| 111 | 389 | Telmo Mota | NOCTURNOS DE PAREDES | Veterano M40 | 01:01:59 | +30:16 | 06:12 |
| 112 | 301 | Ivo Loureiro | Individual | Veterano M40 | 01:02:21 | +30:38 | 06:14 |
| 113 | 304 | João Sousa | Individual | Veterano M40 | 01:02:24 | +30:41 | 06:14 |
| 114 | 459 | Carlos Cabouco | S. S. Montepio | Veterano M40 | 01:02:58 | +31:15 | 06:18 |
| 115 | 118 | Mário Barbosa | ALIANÇA DE GANDRA | Veterano M40 | 01:05:33 | +33:50 | 06:33 |
| 116 | 139 | Manuel Barbosa | Clube Independente de Atletismo de Alpendorada | Veterano M40 | 01:07:39 | +35:55 | 06:46 |
| 117 | 305 | Joaquim Garcês | Individual | Veterano M40 | 01:08:10 | +36:27 | 06:49 |
| 118 | 289 | Antero Bessa | Individual | Veterano M40 | 01:12:26 | +40:43 | 07:15 |