

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	20:00	11°C	93%
End	21:25	11°C	93%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	129	Rui Muga	Clube Académico Mogadouro	31:02		03:06	
2	2	Paulo Barbosa	Maia AC	31:18	+00:16	03:08	
3	53	Oscar Mendes	ÁGUIAS DE ALVELOS	32:37	+01:35	03:16	
4	5	Bruno Jesus	Maia AC	33:01	+01:59	03:18	
5	18	Pedro Rodrigues	Clube Académico Mogadouro	33:09	+02:07	03:19	
6	735	Nelson Magalhães	União Desportiva de Várzea	33:51	+02:49	03:23	
7	55	Artur Barbosa	Aliados Trail Running Team	34:12	+03:10	03:25	
8	385	Pedro Magalhães	Individual	34:37	+03:35	03:28	
9	680	António Madureira	Individual	35:07	+04:05	03:31	
10	4	Bruno Queiros	Individual	35:21	+04:19	03:32	
11	734	Jorge Cunha	União Desportiva de Várzea	35:28	+04:26	03:33	
12	200	Marco Correia	Futebol Clube de Vizela	35:36	+04:34	03:34	
13	199	Bruno Coelho	Furfor Running Project	36:07	+05:05	03:37	
14	675	Daniela	Individual	36:32	+05:30	03:39	
15	733	Carlos Costa	União Desportiva de Várzea	36:52	+05:50	03:41	
16	667	Carlos Ferreira	BTT Alegria // TUBANI	36:57	+05:55	03:42	
17	131	Tiago Pinto	Clube de Atletismo Andarilhos Freamunde	37:04	+06:02	03:42	
18	471	Cristiano José Moreira dos Santos	Individual	37:09	+06:07	03:43	
19	736	Joaquim Rocha	União Desportiva de Várzea	37:16	+06:14	03:44	
20	381	Pedro Emanuel Pereira de Castro	Individual	37:24	+06:22	03:44	
21	57	Paulo Moreira	Aliados Trail Running Team	37:29	+06:27	03:45	
22	730	Helena Alves	União Desportiva de Várzea	37:31	+06:29	03:45	
23	731	Tiago Antunes	União Desportiva de Várzea	37:33	+06:31	03:45	
24	141	Alcino Silva	Clube Independente de Atletismo de Alpendorada	38:13	+07:11	03:49	
25	354	Luis Ferreira	Individual	38:15	+07:13	03:50	
26	291	Carlos Filipe Pereira	Individual	38:30	+07:28	03:51	
27	279	António dos Reis maia	Individual	38:32	+07:30	03:51	
28	571	Filipe Pereira	LOUSADA RUNNERS	38:38	+07:36	03:52	
29	732	Estela Melo	União Desportiva de Várzea	38:41	+07:39	03:52	
30	286	Bruno Pacheco	Individual	38:51	+07:49	03:53	
31	633	fernando jose afonso almeida	RUNPENAFIEL	38:57	+07:55	03:54	
32	331	Jaime mendes	Individual	39:05	+08:03	03:55	
33	45	Carlos Sousa	ADC CJ CLARK de Castelo de Paiva	39:09	+08:07	03:55	
34	39	Pedro ricardo faria de sousa	A.D.R. AVELEDA	39:13	+08:11	03:55	
35	693	Ricardo costa	Individual	39:14	+08:12	03:55	
36	83	Hélder Barbosa	Boavista Trail	39:15	+08:13	03:56	
37	535	Agostinho Fernando Costa carneiro	Individual	39:16	+08:14	03:56	
38	373	Oswaldo Rodrigo Magalhães da Silva	Individual	39:17	+08:15	03:56	
39	329	Hilário Lopes	Individual	39:28	+08:26	03:57	
40	179	Joao Teixeira	Esperança Ac	39:32	+08:30	03:57	
41	183	Nuno L. Silva	Família Lourenço Silva	39:34	+08:32	03:57	

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	462	António Gilberto Santos Jesus	Individual	39:34	+08:32	03:57	
43	106	Manuel Gomes	BTT Alegria // TUBANI	39:36	+08:34	03:58	
44	41	Elisabete sousa	ACD São João da Serra	39:38	+08:36	03:58	
45	56	Bruno Pinto	Aliados Trail Running Team	39:45	+08:43	03:58	
46	484	Ilídio Silva	Individual	39:50	+08:48	03:59	
47	135	Luís Manuel Carneiro Vieira	Clube de Atletismo de Vila Boa do Bispo	39:55	+08:53	04:00	
48	345	Jorge Teixeira	Individual	40:00	+08:58	04:00	
49	461	António Francisco	Individual	40:14	+09:12	04:01	
50	282	Bruno Cunha	Individual	40:17	+09:15	04:02	
51	156	Isidro Pinto	DAPproduções	40:23	+09:21	04:02	
52	710	Telmo Silva	Individual	40:26	+09:24	04:03	
53	596	Nuno Alexandre	NOCTURNOS DE PAREDES	40:29	+09:27	04:03	
54	343	Jorge Miguel Barbosa Ferreira	Individual	40:35	+09:33	04:04	
55	346	José Barbosa	Individual	40:36	+09:34	04:04	
56	382	Pedro Ferreira	Individual	40:40	+09:38	04:04	
57	499	JOSE PEDRO MARTINS	Individual	40:40	+09:38	04:04	
58	58	Pedro Jorge	Aliança Gandra	40:41	+09:39	04:04	
59	334	João Henrique Marques Fernandes	Individual	40:44	+09:42	04:04	
60	145	Carlos Silva	Clube Trilheiros & Amigos	41:02	+10:00	04:06	
61	509	Miguel Costa	Individual	41:02	+10:00	04:06	
62	332	Jaime Neto	Individual	41:08	+10:06	04:07	
63	561	Manuel Pinheiro	Individual	41:11	+10:09	04:07	
64	138	Manuel Sousa	Clube Desportivo Infante	41:26	+10:24	04:09	
65	180	adão silva	F. C. Penafiel	41:27	+10:25	04:09	
66	65	Helder Baião	Amigos das faturas	41:33	+10:31	04:09	
67	539	António Carvalho	Individual	41:46	+10:44	04:11	
68	457	Albertino barbosa	Individual	41:46	+10:44	04:11	
69	46	Nuno Sousa	ADC CJ CLARK de Castelo de Paiva	41:47	+10:45	04:11	
70	303	Davide Afonso	Individual	41:47	+10:45	04:11	
71	81	Carlos Ribeiro	Boavista Trail	41:56	+10:54	04:12	
72	417	Zé Nando	Individual	41:57	+10:55	04:12	
73	637	Tiago Amaral	SiM Summit	41:58	+10:56	04:12	
74	588	Daniel Silva	NOCTURNOS DE PAREDES	42:03	+11:01	04:12	
75	182	Márcio L. Silva	Família Lourenço Silva	42:06	+11:04	04:13	
76	603	Hugo Figueiredo	OFRUNNING TEAM	42:10	+11:08	04:13	
77	504	Manuel Sousa	Individual	42:11	+11:09	04:13	
78	438	Paula Barbosa	Individual	42:18	+11:16	04:14	
79	219	filipe vilhena	GRUPO DESPORTIVO LEÕES DO VENEZA	42:21	+11:19	04:14	
80	456	Abilio Oliveira	Individual	42:22	+11:20	04:14	
81	322	Filipe Pinto	Individual	42:33	+11:31	04:15	
82	352	Luís Alves	Individual	42:40	+11:38	04:16	
83	37	LUIS MMARTINS	A. R.DE NEGRELOS	42:43	+11:41	04:16	
84	52	Rui Martins	ADC CJ CLARK de Castelo de Paiva	42:45	+11:43	04:16	
85	370	Miguel Brandão	Individual	42:50	+11:48	04:17	
86	128	Jorge Moreira	Cfínica Ana silva	42:51	+11:49	04:17	
87	137	Fernando António Dias Sousa	Clube de Atletismo de Vila Boa do Bispo	42:52	+11:50	04:17	

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	130	Hélder Manuel Rosa da Silva Deveza	Clube Académico Mogadouro	42:52	+11:50	04:17	
89	274	André Almeida	Individual	42:56	+11:54	04:18	
90	711	Vitor Silva	Individual	42:59	+11:57	04:18	
91	67	Luís Silva	Amigos das faturas	43:03	+12:01	04:18	
92	186	Tiago Jesus	Fernandos do Oural FC	43:05	+12:03	04:18	
93	132	Carlos Manuel Soares Ferreira	Clube de Atletismo de Vila Boa do Bispo	43:05	+12:03	04:19	
94	567	Carla Sousa	Jonyandcharlie	43:11	+12:09	04:19	
95	568	Joao moreira	Jonyandcharlie	43:11	+12:09	04:19	
96	548	Daniel Gomes	Individual	43:12	+12:10	04:19	
97	526	Rui Pinto	Individual	43:17	+12:15	04:20	
98	48	Marta Sousa	ADC CJ CLARK de Castelo de Paiva	43:22	+12:20	04:20	
99	516	Pedro Cancelo	Individual	43:23	+12:21	04:20	
100	620	Bruno Mouta	Polícia Municipal do Porto	43:23	+12:21	04:20	
101	664	Silvia Teixeira	BOAVISTA FC	43:24	+12:22	04:20	
102	472	Delfim Nunes	Individual	43:27	+12:25	04:21	
103	467	bruno teixeira	Individual	43:28	+12:26	04:21	
104	489	Joice dias de jesus jesus	Individual	43:28	+12:26	04:21	
105	187	Joao Ribeiro	Fire runners	43:29	+12:27	04:21	
106	388	Pedro Silva	Individual	43:30	+12:28	04:21	
107	375	Paulo Neves	Individual	43:32	+12:30	04:21	
108	557	José Gomes	Individual	43:33	+12:31	04:21	
109	545	Belmiro Teixeira da Costa	Individual	43:35	+12:33	04:22	
110	40	Bernardino S Ferreira	A.D.R. AVELEDA	43:39	+12:37	04:22	
111	127	Humberto Neves	CIAIA-Clube Independente Atletismo Ilha Azul	43:40	+12:38	04:22	
112	412	Vitor Carneiro	Individual	43:40	+12:38	04:22	
113	38	MANUEL GOMES	A. R.DE NEGRELOS	43:42	+12:40	04:22	
114	518	Pedro Rodrigues	Individual	43:43	+12:41	04:22	
115	552	joaquim cunha	Individual	43:44	+12:42	04:22	
116	49	Adélia Tavares	ADC CJ CLARK de Castelo de Paiva	43:46	+12:44	04:23	
117	158	Tiago Seabra	DAPproduções	43:49	+12:47	04:23	
118	117	Pedro Vieira	Caça raposas	44:00	+12:58	04:24	
119	119	Paulo Moreira	Caça raposas	44:00	+12:58	04:24	
120	656	Ricardo Dias	Vales de Vimioso TrailRun	44:00	+12:58	04:24	
121	645	Eduardo Mendes	Trail Team Casa das Reparações	44:06	+13:04	04:25	
122	642	Fernando Morais	Somos Nós Team	44:11	+13:09	04:25	
123	474	Fernando campos	Individual	44:16	+13:14	04:26	
124	85	Pedro Dias	Boavista Trail	44:19	+13:17	04:26	
125	577	Nuno Vinha	Magalhães & Vinha, Lda	44:23	+13:21	04:26	
126	151	João Barbosa 8	Copos e trilhos	44:25	+13:23	04:26	
127	320	Filipe Barros	Individual	44:28	+13:26	04:27	
128	302	Daniel Rocha	Individual	44:28	+13:26	04:27	
129	327	Hélder António de Oliveira Mendes	Individual	44:29	+13:27	04:27	
130	648	Albertino Silva	Trail Team Casa das Reparações	44:31	+13:29	04:27	
131	590	Hugo Neto	NOCTURNOS DE PAREDES	44:36	+13:34	04:28	
132	70	Pedro Pinto	APERTA CORDÕES	44:37	+13:35	04:28	



**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 SOLUTION

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
179	366	Marcos Mendes	Individual	46:17	+15:15	04:38	
180	560	Manuel Pereira	Individual	46:19	+15:17	04:38	
181	644	Paulo Areal Sousa	Team Shark	46:27	+15:25	04:39	
182	400	Rui Costa Jesus	Individual	46:28	+15:26	04:39	
183	599	Rui Almeida	NOCTURNOS DE PAREDES	46:29	+15:27	04:39	
184	387	Pedro Moreira	Individual	46:33	+15:31	04:39	
185	397	Ricardo Nogueira	Individual	46:33	+15:31	04:39	
186	176	Nuno Santos	Equipa A	46:33	+15:31	04:39	
187	159	Jose Moreira	DAPproduções	46:34	+15:32	04:39	
188	360	Luis Sousa	Individual	46:36	+15:34	04:40	
189	401	Rui Faria	Individual	46:37	+15:35	04:40	
190	27	ALBERTO SOUSA	14 15 Norte Sul	46:38	+15:36	04:40	
191	447	Antónia Bessa	Individual	46:41	+15:39	04:40	
192	473	Emanuel Freitas	Individual	46:44	+15:42	04:40	
193	133	Gil Vicente Andrade Oliveira	Clube de Atletismo de Vila Boa do Bispo	47:03	+16:01	04:42	
194	564	Paulo Manuel Pereira Faria 09011969	Individual	47:05	+16:03	04:43	
195	741	Henrique Silva	Futebol Clube de Penafiel	47:07	+16:05	04:43	
196	658	Helena Gomes	WOLVES	47:08	+16:06	04:43	
197	530	Torcato Paulo Lopes da Costa_	Individual	47:15	+16:13	04:44	
198	573	João Marques	Love Runners	47:16	+16:14	04:44	
199	684	Daniel Dias Abreu	Individual	47:19	+16:17	04:44	
200	275	André Soares	Individual	47:20	+16:18	04:44	
201	368	Micael Martins Pacheco	Individual	47:21	+16:19	04:44	
202	340	JOEL FILIPE SILVA COUTO	Individual	47:23	+16:21	04:44	
203	554	JOSÉ DIAS	Individual	47:25	+16:23	04:44	
204	662	Filipe carneiro	1328	47:31	+16:29	04:45	
205	351	Luciano silva	Individual	47:32	+16:30	04:45	
206	717	António Augusto Silva	LOUSADA RUNNERS	47:35	+16:33	04:45	
207	142	Manuel Silva	Clube Independente de Atletismo de Alpendorada	47:37	+16:35	04:46	
208	68	José Carlos	Amigos das Sapatilhas	47:38	+16:36	04:46	
209	118	Sérgio Pinto	Caça raposas	47:44	+16:42	04:46	
210	215	Helder Ferreira	Gramidense I F C	47:45	+16:43	04:46	
211	314	Fábio Ferreira Soares	Individual	47:49	+16:47	04:47	
212	323	Francisco Batista	Individual	47:53	+16:51	04:47	
213	227	Ana águas	Individual	47:56	+16:54	04:48	
214	402	Rui Gomes	Individual	47:57	+16:55	04:48	
215	203	Jose Ferreira	GENEROSOS RUNNERS	47:58	+16:56	04:48	
216	251	Joana Sousa	Individual	47:58	+16:56	04:48	
217	349	José Silva	Individual	47:58	+16:56	04:48	
218	348	Jose Silva	Individual	48:01	+16:59	04:48	
219	287	Bruno Pedroso	Individual	48:04	+17:02	04:48	
220	367	Marcos Pedroso	Individual	48:05	+17:03	04:48	
221	508	Michel José Lourenço Grabulho	Individual	48:06	+17:04	04:49	
222	74	Tania Emanuela Pereira Pinto	Benedita	48:07	+17:05	04:49	
223	330	Humberto José de Lima Barros	Individual	48:07	+17:05	04:49	



**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 SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
**OFFICIAL RESULT**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
269	515	Paulo Leite	Individual	50:12	+19:10	05:01	
270	403	Rui Manuel Ribeiro Gonçalves	Individual	50:13	+19:11	05:01	
271	708	Simao Alves	Individual	50:15	+19:13	05:01	
272	703	Duarte Nuno Barbosa Carneiro	Individual	50:16	+19:14	05:02	
273	449	Esmeralda Silva	Individual	50:18	+19:16	05:02	
274	205	carlos alberto	GENEROSOS RUNNERS	50:22	+19:20	05:02	
275	404	Rui Mendes	Individual	50:27	+19:25	05:03	
276	542	António Matos	Individual	50:28	+19:26	05:03	
277	220	Andreia Teixeira	Grupo Recreativo Eirense	50:28	+19:26	05:03	
278	384	Pedro Lopes	Individual	50:28	+19:26	05:03	
279	273	Amílcar Agostinho Ferreira Silva	Individual	50:28	+19:26	05:03	
280	501	Mamuel Meireles	Individual	50:29	+19:27	05:03	
281	319	Fernando Silva	Individual	50:30	+19:28	05:03	
282	558	Leonel Azevedo	Individual	50:30	+19:28	05:03	
283	24	RUI PEREIRA	14 15 Norte Sul	50:31	+19:29	05:03	
284	670	Diana	Equipa A	50:35	+19:33	05:03	
285	235	Daniela Soares	Individual	50:36	+19:34	05:04	
286	193	Pedro Moreira	Firefighter on Fire	50:42	+19:40	05:04	
287	602	José Almeida	Núcleo Atletismo de Vila Real	50:43	+19:41	05:04	
288	23	PEDRO SOARES	14 15 Norte Sul	50:46	+19:45	05:05	
289	533	Adao Barros	Individual	50:48	+19:46	05:05	
290	694	Rui Fernando Moreira dos Reis	Individual	50:50	+19:48	05:05	
291	284	Bruno Marante	Individual	50:51	+19:49	05:05	
292	218	paulo rocha	grupo desportivo ferroviários de campanha	50:56	+19:54	05:06	
293	689	Patricio Renato Vidal da Silva	Individual	51:00	+19:58	05:06	
294	723	João Pinto	Playrunners	51:02	+20:00	05:06	
295	725	Eugénia Ferraz Teixeira	Playrunners	51:02	+20:00	05:06	
296	210	Amaro Rocha	Gontinhães Trail Runners	51:02	+20:00	05:06	
297	313	Fábio Daniel Ferreira Carneiro	Individual	51:03	+20:01	05:06	
298	543	António Ribeiro	Individual	51:05	+20:03	05:07	
299	3	Alfredo Pinheiro	Individual	51:11	+20:09	05:07	
300	744	Pedro Barros	Individual	51:11	+20:09	05:07	
301	191	Jose Duarte	Firefighter on Fire	51:11	+20:09	05:07	
302	470	César Moreira Pacheco	Individual	51:12	+20:10	05:07	
303	153	Bruno Sousa	Copos e trilhos	51:15	+20:13	05:07	
304	184	Olga Cristiana Ferreira Mota	F.C.Vizela	51:15	+20:13	05:08	
305	643	Fernando Mendes	Team Shark	51:15	+20:13	05:08	
306	209	Filipe Cruz	GONDOMAR FUTSAL CLUBE	51:21	+20:19	05:08	
307	653	Nuno Silva	TWO GYM	51:22	+20:20	05:08	
308	64	Filipe Castro	Amantes da Corrida	51:24	+20:22	05:08	
309	500	Luis Gomes	Individual	51:26	+20:24	05:09	
310	261	Neusa faria	Individual	51:30	+20:28	05:09	
311	512	Paulo Barbosa	Individual	51:30	+20:28	05:09	
312	296	Christophe Abreu	Individual	51:32	+20:30	05:09	
313	613	Jose Rosendo	Os Mata	51:34	+20:32	05:09	
314	536	Agostinho Soares Ferreira	Individual	51:35	+20:33	05:09	

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 SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
315	326	Guilherme XS Ferreira	Individual	51:35	+20:33	05:10	
316	745	Francisco Meireles	Individual	51:36	+20:34	05:10	
317	553	José Carvalho	Individual	51:37	+20:35	05:10	
318	361	Luís Vieira	Individual	51:54	+20:52	05:11	
319	716	Silvino Mendes	Individual	51:58	+20:56	05:12	
320	491	Jorge Macedo	Individual	51:58	+20:56	05:12	
321	335	João Meireles	Individual	52:12	+21:10	05:13	
322	310	ELIO ANDRE GONÇALVES BARBOSA	Individual	52:13	+21:11	05:13	
323	146	Daniela Alves	Clube Zupper	52:14	+21:12	05:13	
324	398	Ricardo Saúl Sousa Almeida	Individual	52:20	+21:18	05:14	
325	541	António Ferraz	Individual	52:21	+21:19	05:14	
326	570	José Manuel Leite Sousa	Lousada Hotwheels Runners	52:21	+21:19	05:14	
327	729	Patrícia palmeira	Ultimagem	52:31	+21:29	05:15	
328	175	Mário Araújo	Equipa A	52:32	+21:30	05:15	
329	337	João Silva	Individual	52:35	+21:33	05:15	
330	492	Jorge Souto	Individual	52:38	+21:36	05:16	
331	636	Sérgio Teixeira	sabiUs	52:39	+21:37	05:16	
332	661	Rui sousa	WOLVES	52:42	+21:40	05:16	
333	479	Helder Barbosa	Individual	52:44	+21:42	05:16	
334	514	Paulo Costa	Individual	52:45	+21:43	05:17	
335	503	Manuel Luís	Individual	52:51	+21:49	05:17	
336	430	Maria do Céu de Oliveira Barbosa Vilar	Individual	52:51	+21:49	05:17	
337	392	Ricardo Freitas	Individual	52:54	+21:52	05:17	
338	383	Pedro Leão	Individual	52:55	+21:53	05:17	
339	399	Ricardo soares	Individual	52:58	+21:56	05:18	
340	281	Armando Soares	Individual	52:58	+21:56	05:18	
341	269	Tatiana Isabel da Silva Ferreira	Individual	52:59	+21:57	05:18	
342	341	Jonas Maia	Individual	53:03	+22:01	05:18	
343	395	Ricardo Moreira	Individual	53:07	+22:05	05:19	
344	682	carlos magalhaes	Individual	53:11	+22:09	05:19	
345	429	Luísa cruz	Individual	53:12	+22:10	05:19	
346	697	Carla ferreira	Individual	53:13	+22:11	05:19	
347	740	Ana Almeida	Individual	53:13	+22:11	05:19	
348	585	Patrícia Fernandes	No name	53:16	+22:14	05:20	
349	584	José Andrade	No name	53:16	+22:14	05:20	
350	214	Fernando Oliveira	Gramidense I F C	53:21	+22:19	05:20	
351	116	Luís António Figueira Vitorino	Caça raposas	53:22	+22:20	05:20	
352	443	SÓNIA CLÁUDIA VALENTE ROCHA CARDOSO	Individual	53:24	+22:22	05:20	
353	487	JOAQUIM FERNANDO PEREIRA DE SOUSA	Individual	53:25	+22:23	05:20	
354	33	Débora vieira	A caminho de ser fit	53:25	+22:23	05:20	
355	621	Eduardo Benigno	Polícia Municipal do Porto	53:25	+22:23	05:21	
356	105	Sara Rocha	BTT Alegria // TUBANI	53:28	+22:26	05:21	
357	547	Coelho Bravo	Individual	53:30	+22:28	05:21	



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 SOLUTION

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
358	103	Renato Almeida	Individual	53:33	+22:31	05:21	
359	618	Jorge Oliveira	PAREDES AVENTURA	53:34	+22:32	05:21	
360	43	Filipa Martins	ADC CJ CLARK de Castelo de Paiva	53:35	+22:33	05:21	
361	549	Fernando Gomes Silva	Individual	53:40	+22:38	05:22	
362	486	João Carlos Almeida da Silva	Individual	53:40	+22:38	05:22	
363	126	Tomas Correia	Cetenses	53:43	+22:41	05:22	
364	455	Rosa Guedes	Individual	53:47	+22:45	05:23	
365	469	Carlos Silva	Individual	53:48	+22:46	05:23	
366	290	Carlos Daniel Moreira da Silva Azevedo	Individual	53:52	+22:50	05:23	
367	396	Ricardo Nogueira	Individual	53:53	+22:51	05:23	
368	424	Eunice Santos	Individual	53:57	+22:55	05:24	
369	522	Ricardo Monteiro	Individual	53:59	+22:57	05:24	
370	718	brunosilva_bs-08@hotmail.com	Pegadas Sobrosa	54:00	+22:58	05:24	
371	691	Pedro Miguel da Rocha Santos	Individual	54:02	+23:00	05:24	
372	185	José Nuno Meireles	Fernandos do Oural FC	54:04	+23:02	05:24	
373	497	José Miguel Pinto Barbosa	Individual	54:07	+23:05	05:25	
374	394	Ricardo Marques	Individual	54:09	+23:07	05:25	
375	393	Ricardo Marcelino Santos Teixeira	Individual	54:09	+23:07	05:25	
376	459	Américo Fernando Nogueira Araújo	Individual	54:11	+23:09	05:25	
377	299	Daniel Leão	Individual	54:12	+23:10	05:25	
378	623	Bruno Guedes	PORTO SENTIDO RUNNERS	54:21	+23:19	05:26	
379	624	Vítor Martins	PORTO SENTIDO RUNNERS	54:21	+23:19	05:26	
380	551	João bessa	Individual	54:23	+23:21	05:26	
381	743	Vânia Vaz	Individual	54:28	+23:26	05:27	
382	686	Frederico Teixeira	Individual	54:28	+23:26	05:27	
383	207	Paula Cruz	GONDOMAR FUTSAL CLUBE	54:29	+23:27	05:27	
384	444	Susana Maria Oliveira	Individual	54:32	+23:30	05:27	
385	223	Duarte Malheiro	Hjk Gaia	54:35	+23:33	05:28	
386	454	Paula Cunha	Individual	54:36	+23:34	05:28	
387	211	Gustavo Santos	Gramidense I F C	54:39	+23:37	05:28	
388	651	Patrícia Silva	Trinca Orelhas de Gato	54:41	+23:39	05:28	
389	652	Paulo Soares	Trinca Orelhas de Gato	54:41	+23:39	05:28	
390	154	Ginho	Copos e trilhos	54:42	+23:40	05:28	
391	448	Esmeralda Fiúza	Individual	54:43	+23:41	05:28	
392	724	Pedro Sousa	Playrunners	54:44	+23:42	05:28	
393	309	Eduardo Manuel Machado Silva	Individual	54:45	+23:43	05:29	
394	123	Jose Barbosa	Cetenses	54:47	+23:45	05:29	
395	692	Pedro Seabra	Individual	54:50	+23:48	05:29	
396	172	Maria Alice Fontes Mota Couto Ramalho	Equipa A	54:52	+23:50	05:29	
397	276	André Sousa	Individual	54:55	+23:53	05:30	
398	742	António Costa	Individual	54:56	+23:54	05:30	
399	659	Isabel Carvalho	WOLVES	54:57	+23:55	05:30	
400	300	Daniel Meireles	Individual	55:00	+23:58	05:30	
401	86	António Dias	Boavista Trail	55:07	+24:05	05:31	
402	111	Maria Dias	Caça raposas	55:08	+24:06	05:31	

**PROVA PRINCIPAL - STAGE 1****10 KM****OFFICIAL RESULT**

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>	<b>CARD</b>
403	163	Abílio Mendes Magalhães	EMNA Runners	55:09	+24:07	05:31	
404	312	João Oeiras	Individual	55:10	+24:08	05:31	
405	16	Fernando Rocha	Bifase	55:11	+24:09	05:31	
406	726	Paula Anjos	Playrunners	55:13	+24:11	05:31	
407	631	José Teixeira	Running Penafiel Trail	55:18	+24:16	05:32	
408	630	Fernando Ferreira	Running Penafiel Trail	55:19	+24:17	05:32	
409	629	Cecília santos	Running Penafiel Trail	55:19	+24:17	05:32	
410	324	Guilherme	Individual	55:19	+24:17	05:32	
411	82	Heitor Neto	Boavista Trail	55:19	+24:17	05:32	
412	144	José Andrade	Clube Trilheiros & Amigos	55:20	+24:18	05:32	
413	181	Zeza Silva	F.C.Vizela	55:38	+24:36	05:34	
414	619	Paulo Correia	Paulo Correia Reabilitação Integrada	55:39	+24:37	05:34	
415	298	Daniel Filipe Ferreira da Silva	Individual	55:47	+24:45	05:35	
416	305	Diogo Silva	Individual	55:56	+24:55	05:36	
417	713	Jorge Saro	Individual	55:59	+24:57	05:36	
418	240	Ester Soares	Individual	56:10	+25:08	05:37	
419	244	Helena Azevedo	Individual	56:10	+25:08	05:37	
420	258	Marlene Raquel Vieira	Individual	56:14	+25:12	05:37	
421	672	Rita Leal	Fmotionclub	56:14	+25:12	05:37	
422	598	Paulo Saul	NOCTURNOS DE PAREDES	56:15	+25:13	05:37	
423	579	Élia Oliveira	Magic Friends Runners	56:19	+25:17	05:38	
424	256	Maria do Carmo Costa Leal	Individual	56:21	+25:19	05:38	
425	452	Maria Melo	Individual	56:22	+25:20	05:38	
426	677	Liliana Sousa	Individual	56:23	+25:21	05:38	
427	265	Rosa Leal	Individual	56:23	+25:21	05:38	
428	304	Diogo Pereira	Individual	56:25	+25:23	05:39	
429	605	Patricia Silva	opraticante.pt	56:26	+25:25	05:39	
430	606	Nuno Fernandes	opraticante.pt	56:27	+25:25	05:39	
431	238	Diana Teixeira	Individual	56:28	+25:26	05:39	
432	391	Ricardo Coelho	Individual	56:34	+25:32	05:39	
433	225	Agueda Neto	Individual	56:34	+25:33	05:39	
434	155	Rita Almeida	CR Candoso	56:38	+25:36	05:40	
435	458	Alberto César	Individual	56:41	+25:39	05:40	
436	466	Bruno Rocha	Individual	56:58	+25:56	05:42	
437	701	Maria Sousa	Individual	56:59	+25:57	05:42	
438	440	Sandra Martins	Individual	57:03	+26:01	05:42	
439	413	Vítor Hugo da Rocha Almeida	Individual	57:05	+26:03	05:43	
440	688	Miguel Carneiro de Andrade	Individual	57:08	+26:06	05:43	
441	120	Alexandre Neves	CCDTCMGONDOMAR	57:09	+26:07	05:43	
442	604	Mário Carvalho	OFRUNNING TEAM	57:10	+26:08	05:43	
443	496	José Miguel Fonseca Moreira	Individual	57:14	+26:12	05:43	
444	121	António José Gomes Carvalho	CCDTCMGONDOMAR	57:14	+26:12	05:43	
445	190	Cesar Couto	Firefighter on Fire	57:19	+26:17	05:44	
446	192	Jose Ferreira	Firefighter on Fire	57:20	+26:18	05:44	
447	195	Rafael dos Santos	Firefighter on Fire	57:20	+26:18	05:44	
448	695	Rui Ferreira	Individual	57:22	+26:20	05:44	

### PROVA PRINCIPAL - STAGE 1

**10 KM**

#### OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
449	707	Ricardo tavares	Individual	57:23	+26:21	05:44	
450	189	Carlos Santos	Firefighter on Fire	57:24	+26:22	05:44	
451	22	JOSE PACHECO	14 15 Norte Sul	57:26	+26:24	05:45	
452	139	Paula Oliveira	Clube Desportivo S. Salvador do Campo	57:27	+26:25	05:45	
453	165	Sara Almeida	Equipa A	57:39	+26:37	05:46	
454	669	Patrícia Ramos	Equipa A	57:39	+26:37	05:46	
455	640	Abílio Soares	Soares	57:40	+26:38	05:46	
456	468	Carlos Fagundes	Individual	57:45	+26:43	05:46	
457	222	Sérgio Barros	GTI's ON FOOT	57:58	+26:56	05:48	
458	110	Carla Pinto	Caça raposas	58:06	+27:04	05:49	
459	576	Tiago Teixeira	Macchu Picchu	58:07	+27:05	05:49	
460	114	Clara Lima	Caça raposas	58:07	+27:05	05:49	
461	563	Marcelo Tobo	Individual	58:10	+27:08	05:49	
462	442	Sonia almeida	Individual	58:15	+27:13	05:50	
463	150	Francisco Nunes	Código Musical	58:20	+27:18	05:50	
464	722	Fábio Francisco Cruz Rocha	Playrunners	58:22	+27:20	05:50	
465	229	Ana Filipa Torres Carneiro	Individual	58:23	+27:21	05:50	
466	234	Cristiana Pereira	Individual	58:25	+27:23	05:51	
467	481	Henrique Barros	Individual	58:27	+27:25	05:51	
468	616	JOSE ALVES	PAPATRAILS	58:27	+27:25	05:51	
469	350	Leandro Silvestre	Individual	58:33	+27:31	05:51	
470	445	Suzete de Sousa	Individual	58:38	+27:36	05:52	
471	544	Armando Meireles	Individual	58:42	+27:40	05:52	
472	112	Marília Martins	Caça raposas	58:42	+27:40	05:52	
473	206	Fernando Platinas	GENEROSOS RUNNERS	58:44	+27:42	05:52	
474	170	Cristina Ramalho	Equipa A	58:46	+27:44	05:53	
475	168	Paulo Mesquita	Equipa A	58:46	+27:44	05:53	
476	721	Domingos Fernando Ferreira Sousa	Playrunners	58:50	+27:48	05:53	
477	609	José Soares Nunes Ribeiro	Os Abafados	58:50	+27:48	05:53	
478	90	Gonçalo Melo	Bombi Challenge	58:56	+27:54	05:54	
479	328	Hélder Barbosa	Individual	58:59	+27:57	05:54	
480	89	Carlos Monteiro	Bombi Challenge	59:12	+28:10	05:55	
481	93	António Rodrigues	Bombi Challenge	59:12	+28:10	05:55	
482	204	Paula Ferreira	GENEROSOS RUNNERS	59:13	+28:11	05:55	
483	597	Nuno Gomes	NOCTURNOS DE PAREDES	59:29	+28:27	05:57	
484	169	Carla Couto	Equipa A	59:29	+28:27	05:57	
485	173	Jorge Loppes	Equipa A	59:31	+28:29	05:57	
486	6	Clárisse Cruz	Individual	59:39	+28:37	05:58	
487	407	Sérgio Moreira Rocha	Individual	01:00:07	+29:05	06:01	
488	278	Anselmo Luís dos Pereira	Individual	01:00:12	+29:10	06:01	
489	29	Lisa Robalinho	4Runners	01:00:13	+29:11	06:01	
490	246	Inês Ribeiro	Individual	01:00:13	+29:11	06:01	
491	198	Ricardo Ferreira	FisioCare	01:00:16	+29:14	06:02	
492	266	Sara Isabel da Silva Brito	Individual	01:00:17	+29:15	06:02	
493	249	Joana Montenegro	Individual	01:00:26	+29:24	06:03	
494	572	Rosa gomes	LOUSADA RUNNERS	01:00:27	+29:25	06:03	

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
495	230	Ana Magalhães	Individual	01:00:30	+29:28	06:03	
496	464	Braulio Mendonça	Individual	01:00:31	+29:29	06:03	
497	307	Diogo Silva	Individual	01:00:31	+29:29	06:03	
498	248	Joana Cristina Aparicio Moreira	Individual	01:00:37	+29:35	06:04	
499	59	Mário Barbosa	Aliança Gandra	01:00:43	+29:41	06:04	
500	673	Tony lemos	Fmotionclub	01:00:44	+29:42	06:04	
501	671	Octacilia silva	Fmotionclub	01:00:44	+29:42	06:04	
502	221	Ricardo Leal	GTI's ON FOOT	01:00:53	+29:51	06:05	
503	749	Paulo Gonçalves	NOCTURNOS DE PAREDES	01:00:57	+29:55	06:06	
504	213	Celso Santos	Gramidense I F C	01:01:06	+30:04	06:07	
505	655	Paula Rodrigues	TWO GYM	01:01:16	+30:14	06:08	
506	84	Elsa Dias	Boavista Trail	01:01:16	+30:14	06:08	
507	160	Cátia Sousa	Dispnl runners	01:01:25	+30:23	06:08	
508	161	Henrique Sousa	Dispnl runners	01:01:25	+30:23	06:08	
509	76	HÉLIO SILVA	BIBA MAIS	01:01:27	+30:25	06:09	
510	420	Clara Silva	Individual	01:01:31	+30:29	06:09	
511	654	Joaquina Gonçalves	TWO GYM	01:01:31	+30:29	06:09	
512	104	Ivânia Rocha	BTT Alegria // TUBANI	01:01:32	+30:30	06:09	
513	534	Agostinho Cancela	Individual	01:01:35	+30:33	06:10	
514	380	Pedro Daniel Pinto Maia	Individual	01:01:40	+30:38	06:10	
515	115	Hugo Romano Vieira da Rocha	Caça raposas	01:01:48	+30:46	06:11	
516	202	claudia coelho	GENEROSOS RUNNERS	01:01:48	+30:46	06:11	
517	267	Silvia Liliana Pacheco de Sousa	Individual	01:01:49	+30:47	06:11	
518	523	Rogério Camoesas	Individual	01:01:49	+30:47	06:11	
519	574	Carla Monteiro	Love Runners	01:01:58	+30:56	06:12	
520	410	Tiago Dias	Individual	01:02:04	+31:02	06:12	
521	365	Marco Babo	Individual	01:02:04	+31:02	06:12	
522	255	Márcia	Individual	01:02:14	+31:12	06:13	
523	529	sergio brochado	Individual	01:02:14	+31:12	06:13	
524	594	Claudia Motta	NOCTURNOS DE PAREDES	01:02:20	+31:18	06:14	
525	587	Lia Leal	NOCTURNOS DE PAREDES	01:02:20	+31:18	06:14	
526	272	Álvaro Cristiano Coelho Ferreira	Individual	01:02:34	+31:32	06:15	
527	415	vitor pereira	Individual	01:02:45	+31:43	06:17	
528	632	Sebastião Silva	Running Penafiel Trail	01:02:48	+31:46	06:17	
529	739	Nuno Ferreira	Individual	01:02:53	+31:51	06:17	
530	226	Albertina Gonçalves	Individual	01:02:58	+31:56	06:18	
531	475	Fernando Ferraz	Individual	01:03:23	+32:21	06:20	
532	450	Ines Leal	Individual	01:03:35	+32:33	06:21	
533	441	Sara Soares Soares	Individual	01:03:35	+32:33	06:21	
534	245	Ines Leal	Individual	01:03:35	+32:33	06:21	
535	520	Ricardo Agostinho da Silva campos	Individual	01:03:35	+32:33	06:22	
536	540	António Costa	Individual	01:03:47	+32:45	06:23	
537	197	André Cruz	FisioCare	01:03:51	+32:49	06:23	
538	247	Joana Cláudia de Sousa Rocha	Individual	01:03:53	+32:51	06:23	
539	236	Diana Bessa	Individual	01:03:53	+32:51	06:23	
540	704	eduardo.castro@sapo.pt	Individual	01:03:56	+32:54	06:24	

**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 SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
541	423	Eduarda Mesquita	Individual	01:03:57	+32:55	06:24	
542	737	Carina Silva	Individual	01:03:57	+32:55	06:24	
543	79	Hugo Lopes	Bibropedra	01:04:05	+33:03	06:24	
544	80	Nuno Miguel	Bibropedra	01:04:06	+33:04	06:25	
545	657	Cristina Coelho	WOLVES	01:04:06	+33:04	06:25	
546	28	Irina Leal	4Runners	01:04:07	+33:05	06:25	
547	390	Ricardo Barbosa	Individual	01:04:31	+33:29	06:27	
548	253	Liliana Pinto	Individual	01:04:36	+33:34	06:28	
549	336	João Pereira	Individual	01:04:36	+33:34	06:28	
550	647	Paulo Machado	Trail Team Casa das Reparações	01:04:50	+33:48	06:29	
551	532	Vitor Manuel Nogueira Barbosa	Individual	01:04:54	+33:52	06:29	
552	386	Pedro Miguel Silva Pereira	Individual	01:05:00	+33:58	06:30	
553	231	Andréia silva	Individual	01:05:00	+33:58	06:30	
554	593	Carina Moreira	NOCTURNOS DE PAREDES	01:05:01	+33:59	06:30	
555	356	Luis Paulo Ferreira Garcês	Individual	01:05:10	+34:08	06:31	
556	628	Fernanda Teixeira	Running Machines	01:05:24	+34:22	06:32	
557	614	ANA ALVES	PAPATRAILS	01:05:30	+34:28	06:33	
558	615	ESTELA OLIVEIRA	PAPATRAILS	01:05:30	+34:28	06:33	
559	626	Pedro Gaspar Castro	Reis Gaspares	01:05:31	+34:29	06:33	
560	241	Fátima Barbosa	Individual	01:05:34	+34:32	06:33	
561	556	José Freitas	Individual	01:05:52	+34:50	06:35	
562	411	Vitor Barbosa	Individual	01:05:57	+34:55	06:36	
563	436	Patrícia barbosa	Individual	01:05:59	+34:57	06:36	
564	228	Ana Barbosa	Individual	01:06:02	+35:00	06:36	
565	233	Catia Barbosa	Individual	01:06:02	+35:00	06:36	
566	280	ANTÓNIO MANUEL FONSECA DA SILVA	Individual	01:06:05	+35:03	06:37	
567	88	Sónia Assunção	Bombi Challenge	01:06:10	+35:08	06:37	
568	446	Zélia Maria Oliveira de Magalhães	Individual	01:06:12	+35:10	06:37	
569	108	Marta Rocha	Caça raposas	01:06:21	+35:19	06:38	
570	42	Ângela Silva	ADC CJ CLARK de Castelo de Paiva	01:06:34	+35:32	06:39	
571	188	João Santos	Fire runners	01:06:37	+35:35	06:40	
572	196	Bruno Camarada	FireRunners Baiao	01:06:37	+35:35	06:40	
573	625	lolanda Gaspar	Reis Gaspares	01:07:26	+36:24	06:45	
574	608	Paulo Alexandre Oliveira Soares	Os Abafados	01:07:53	+36:51	06:47	
575	607	Vera Marta Silva Carvalho Soares	Os Abafados	01:07:54	+36:52	06:47	
576	660	Manuela Santos	WOLVES	01:08:19	+37:17	06:50	
577	294	Carlos Tiago Teixeira Custódio	Individual	01:08:51	+37:49	06:53	
578	719	Celio Francisco Ferreira Neves	Playrunners	01:09:34	+38:32	06:57	
579	316	Fábio Miguel Faria Correia	Individual	01:09:50	+38:48	06:59	
580	232	Catarina Micaela Martins Coelho	Individual	01:09:50	+38:48	06:59	
581	428	Lina Rocha Cabral	Individual	01:09:52	+38:50	06:59	
582	451	Maria Alves	Individual	01:09:56	+38:54	07:00	
583	612	Cristina Meireles	Os Mata	01:09:56	+38:54	07:00	
584	435	Natália Costa	Individual	01:09:56	+38:54	07:00	
585	109	Helder Barbosa Santos	Caça raposas	01:10:24	+39:22	07:02	

**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 SOLUTION

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
586	432	Maria Praça	Individual	01:10:42	+39:40	07:04	
587	738	Hélio Mota	Individual	01:10:42	+39:40	07:04	
588	748	André Almeida	NOCTURNOS DE PAREDES	01:10:42	+39:40	07:04	
589	685	Daniel Pereira	Individual	01:11:12	+40:10	07:07	
590	674	Ana Ibbi	Individual	01:11:12	+40:10	07:07	
591	747	Pedro Costa	NOCTURNOS DE PAREDES	01:11:21	+40:19	07:08	
592	77	JOSE ABREU	BIBA MAIS	01:11:36	+40:34	07:10	
593	728	Pedro Oliveira	Ultimagem	01:11:40	+40:38	07:10	
594	96	José Teixeira	Bombi Challenge	01:11:40	+40:38	07:10	
595	709	TAIRO Ciloé de Oliveira	Individual	01:12:02	+41:00	07:12	
596	268	Sofia Dias	Individual	01:12:08	+41:06	07:13	
597	437	Patricia Vieira	Individual	01:12:08	+41:06	07:13	
598	344	Jorge Miguel Dias Couto Reis	Individual	01:12:18	+41:16	07:14	
599	252	Liliana Alves	Individual	01:12:27	+41:25	07:15	
600	148	Margarida Barros	Código Musical	01:12:54	+41:52	07:17	
601	201	Rui Machado	Gansos	01:13:03	+42:01	07:18	
602	453	Natalina Videira	Individual	01:13:03	+42:01	07:18	
603	714	Jose Rodriguez rodriguez	Individual	01:13:09	+42:07	07:19	
604	143	Manuel Barbosa	Clube Independente de Atletismo de Alpendorada	01:13:32	+42:30	07:21	
605	95	Rui Mariano	Bombi Challenge	01:13:38	+42:36	07:22	
606	87	Liliana Cardoso	Bombi Challenge	01:13:38	+42:36	07:22	
607	575	Ana Veloso	Macchu Picchu	01:13:41	+42:39	07:22	
608	257	Marlene Barbosa	Individual	01:14:07	+43:05	07:25	
609	679	ABEL PINHEIRO	Individual	01:14:07	+43:05	07:25	
610	439	Paula Sousa	Individual	01:14:54	+43:52	07:29	
611	250	Joana Sá	Individual	01:15:06	+44:04	07:31	
612	419	Armanda Rocha	Individual	01:15:06	+44:04	07:31	
613	254	Liliana Vieira	Individual	01:15:22	+44:20	07:32	
614	237	Diana Rocha	Individual	01:15:22	+44:20	07:32	
615	478	Franclim Coelho	Individual	01:15:53	+44:51	07:35	
616	264	Raquel Coelho	Individual	01:16:10	+45:08	07:37	
617	91	Hélder Melo	Bombi Challenge	01:16:28	+45:26	07:39	
618	538	Antero Teixeira 0808	Individual	01:20:58	+49:56	08:06	
619	578	Marisa Paiva	Magic Friends Runners	01:22:51	+51:49	08:17	
620	678	Luísa Maria da Silva Neves	Individual	01:24:58	+53:56	08:30	
621	92	Rosa Correia	Bombi Challenge	01:24:58	+53:56	08:30	









**Prova Principal**
**10 KM**

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

**OFFICIAL RESULT**

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

43	81	Carlos Ribeiro	Boavista Trail	Senior Masculino	41:56	+10:53	04:12
44	417	Zé Nando	Individual	Senior Masculino	41:56	+10:54	04:12
45	637	Tiago Amaral	SiM Summit	Senior Masculino	41:58	+10:55	04:12
46	588	Daniel Silva	NOCTURNOS DE PAREDES	Senior Masculino	42:03	+11:00	04:12
47	182	Márcio L. Silva	Família Lourenço Silva	Senior Masculino	42:05	+11:03	04:13
48	322	Filipe Pinto	Individual	Senior Masculino	42:32	+11:30	04:15
49	352	Luís Alves	Individual	Senior Masculino	42:39	+11:37	04:16
50	370	Miguel Brandão	Individual	Senior Masculino	42:49	+11:47	04:17
51	274	André Almeida	Individual	Senior Masculino	42:55	+11:53	04:18
52	67	Luís Silva	Amigos das faturas	Senior Masculino	43:02	+12:00	04:18
53	186	Tiago Jesus	Fernandos do Oural FC	Senior Masculino	43:04	+12:02	04:18
54	568	Joao moreira	Jonyandcharlie	Senior Masculino	43:10	+12:08	04:19
55	187	Joao Ribeiro	Fire runners	Senior Masculino	43:28	+12:26	04:21
56	388	Pedro Silva	Individual	Senior Masculino	43:30	+12:27	04:21
57	375	Paulo Neves	Individual	Senior Masculino	43:31	+12:29	04:21
58	412	Vítor Carneiro	Individual	Senior Masculino	43:40	+12:38	04:22
59	158	Tiago Seabra	DAPproduções	Senior Masculino	43:48	+12:46	04:23
60	656	Ricardo Dias	Vales de Vimioso TrailRun	Senior Masculino	44:00	+12:58	04:24
61	645	Eduardo Mendes	Trail Team Casa das Reparações	Senior Masculino	44:05	+13:03	04:25
62	151	João Barbosa 8	Copos e trilhos	Senior Masculino	44:24	+13:22	04:26
63	320	Filipe Barros	Individual	Senior Masculino	44:28	+13:25	04:27
64	302	Daniel Rocha	Individual	Senior Masculino	44:28	+13:26	04:27
65	327	Hélder António de Oliveira Mendes	Individual	Senior Masculino	44:29	+13:26	04:27
66	590	Hugo Neto	NOCTURNOS DE PAREDES	Senior Masculino	44:36	+13:33	04:28
67	70	Pedro Pinto	APERTA CORDÕES	Senior Masculino	44:37	+13:34	04:28
68	583	Simão Sousa	Moinhos Run - ADRM	Senior Masculino	44:39	+13:37	04:28
69	288	Bruno Quintino	Individual	Senior Masculino	44:44	+13:41	04:28
70	363	Marcio Rodrigues	Individual	Senior Masculino	44:47	+13:45	04:29
71	371	Nuno Ribeiro	Individual	Senior Masculino	44:55	+13:53	04:30
72	591	Renato Pinto	NOCTURNOS DE PAREDES	Senior Masculino	44:56	+13:54	04:30
73	54	Pedro Cerqueira	airórun	Senior Masculino	45:01	+13:58	04:30
74	389	Pedro Vieira	Individual	Senior Masculino	45:04	+14:02	04:30
75	746	José Branco	Individual	Senior Masculino	45:08	+14:06	04:31
76	271	Adolfo Bernardo	Individual	Senior Masculino	45:10	+14:08	04:31
77	665	Rafael Loureiro	BTT Alegria // TUBANI	Senior Masculino	45:12	+14:10	04:31
78	285	Bruno Miguel Oliveira Garcês	Individual	Senior Masculino	45:20	+14:18	04:32
79	194	Pedro Ribeiro	Firefighter on Fire	Senior Masculino	45:30	+14:28	04:33
80	11	Pedro Santos	Bifase	Senior Masculino	45:32	+14:30	04:33
81	635	Carlos Filipe Santos	sabiUs	Senior Masculino	45:34	+14:31	04:33
82	75	Luis Carlos Vieira Mendes	Benedita	Senior Masculino	45:35	+14:33	04:34
83	30	João Baptista	4Runners	Senior Masculino	45:37	+14:35	04:34
84	311	Emanuel Rocha	Individual	Senior Masculino	45:39	+14:37	04:34
85	696	Tozé Ferreira	Individual	Senior Masculino	45:40	+14:37	04:34
86	353	Luís Bessa	Individual	Senior Masculino	45:42	+14:39	04:34
87	289	Carlos Barros	Individual	Senior Masculino	45:49	+14:47	04:35
88	283	Bruno Gomes	Individual	Senior Masculino	45:54	+14:51	04:35

Prova Principal

10 KM

OFFICIAL RESULT

89	277	André Sousa Machado	Individual	Senior Masculino	46:00	+14:57	04:36
90	582	Hugo soares	Moinhos Run - ADRM	Senior Masculino	46:02	+15:00	04:36
91	406	Rui Pereira	Individual	Senior Masculino	46:11	+15:09	04:37
92	366	Marcos Mendes	Individual	Senior Masculino	46:17	+15:14	04:38
93	400	Rui Costa Jesus	Individual	Senior Masculino	46:28	+15:25	04:39
94	387	Pedro Moreira	Individual	Senior Masculino	46:32	+15:30	04:39
95	397	Ricardo Nogueira	Individual	Senior Masculino	46:32	+15:30	04:39
96	360	Luis Sousa	Individual	Senior Masculino	46:36	+15:33	04:40
97	401	Rui Faria	Individual	Senior Masculino	46:36	+15:34	04:40
98	573	João Marques	Love Runners	Senior Masculino	47:15	+16:13	04:44
99	684	Daniel Dias Abreu	Individual	Senior Masculino	47:18	+16:16	04:44
100	275	André Soares	Individual	Senior Masculino	47:19	+16:17	04:44
101	368	Micael Martins Pacheco	Individual	Senior Masculino	47:21	+16:18	04:44
102	340	JOEL FILIPE SILVA COUTO	Individual	Senior Masculino	47:22	+16:20	04:44
103	351	Luciano silva	Individual	Senior Masculino	47:32	+16:29	04:45
104	314	Fábio Ferreira Soares	Individual	Senior Masculino	47:48	+16:46	04:47
105	323	Francisco Batista	Individual	Senior Masculino	47:52	+16:50	04:47
106	402	Rui Gomes	Individual	Senior Masculino	47:56	+16:54	04:48
107	203	Jose Ferreira	GENEROSOS RUNNERS	Senior Masculino	47:57	+16:55	04:48
108	349	José Silva	Individual	Senior Masculino	47:58	+16:56	04:48
109	348	Jose Silva	Individual	Senior Masculino	48:00	+16:58	04:48
110	287	Bruno Pedroso	Individual	Senior Masculino	48:04	+17:02	04:48
111	367	Marcos Pedroso	Individual	Senior Masculino	48:04	+17:02	04:48
112	330	Humberto José de Lima Barros	Individual	Senior Masculino	48:07	+17:04	04:49
113	66	Luís Magalhães	Amigos das faturas	Senior Masculino	48:14	+17:12	04:49
114	646	Eduardo Soares	Trail Team Casa das Reparações	Senior Masculino	48:22	+17:19	04:50
115	374	Paulo Cardoso	Individual	Senior Masculino	48:27	+17:25	04:51
116	376	Paulo Ricardo Oliveira Borges Correia	Individual	Senior Masculino	48:42	+17:40	04:52
117	592	Vitor Moreira	NOCTURNOS DE PAREDES	Senior Masculino	48:56	+17:53	04:54
118	293	Carlos Reis	Individual	Senior Masculino	48:59	+17:57	04:54
119	152	Ricardo	Copos e trilhos	Senior Masculino	49:01	+17:59	04:54
120	681	Artur Barbosa	Individual	Senior Masculino	49:04	+18:02	04:54
121	12	Nelson Gomes	Bifase	Senior Masculino	49:12	+18:10	04:55
122	25	TIAGO SILVA	14 15 Norte Sul	Senior Masculino	49:18	+18:16	04:56
123	338	João Silvestre	Individual	Senior Masculino	49:31	+18:28	04:57
124	333	João bessa	Individual	Senior Masculino	49:37	+18:35	04:58
125	21	JOSE NUNES	14 15 Norte Sul	Senior Masculino	49:42	+18:39	04:58
126	26	VITOR MARTINS	14 15 Norte Sul	Senior Masculino	49:42	+18:40	04:58
127	416	Vitor Ribeiro	Individual	Senior Masculino	49:59	+18:57	05:00
128	720	Daniel Filipe Marques Barbosa	Playrunners	Senior Masculino	50:06	+19:03	05:01
129	403	Rui Manuel Ribeiro Gonçalves	Individual	Senior Masculino	50:13	+19:11	05:01
130	404	Rui Mendes	Individual	Senior Masculino	50:26	+19:24	05:03
131	384	Pedro Lopes	Individual	Senior Masculino	50:28	+19:25	05:03
132	273	Amílcar Agostinho Ferreira Silva	Individual	Senior Masculino	50:28	+19:25	05:03
133	319	Fernando Silva	Individual	Senior Masculino	50:30	+19:27	05:03
134	24	RUI PEREIRA	14 15 Norte Sul	Senior Masculino	50:31	+19:28	05:03

**Prova Principal**

**10 KM**

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

**OFFICIAL RESULT**

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

135	193	Pedro Moreira	Firefighter on Fire	Senior Masculino	50:42	+19:40	05:04
136	602	José Almeida	Núcleo Atletismo de Vila Real	Senior Masculino	50:43	+19:40	05:04
137	23	PEDRO SOARES	14 15 Norte Sul	Senior Masculino	50:46	+19:44	05:05
138	694	Rui Fernando Moreira dos Reis	Individual	Senior Masculino	50:50	+19:48	05:05
139	284	Bruno Marante	Individual	Senior Masculino	50:51	+19:48	05:05
140	689	Patricio Renato Vidal da Silva	Individual	Senior Masculino	51:00	+19:58	05:06
141	723	João Pinto	Playrunners	Senior Masculino	51:01	+19:59	05:06
142	313	Fábio Daniel Ferreira Carneiro	Individual	Senior Masculino	51:02	+20:00	05:06
143	744	Pedro Barros	Individual	Senior Masculino	51:10	+20:08	05:07
144	191	Jose Duarte	Firefighter on Fire	Senior Masculino	51:11	+20:08	05:07
145	653	Nuno Silva	TWO GYM	Senior Masculino	51:22	+20:20	05:08
146	296	Christophe Abreu	Individual	Senior Masculino	51:32	+20:29	05:09
147	326	Guilherme XS Ferreira	Individual	Senior Masculino	51:35	+20:32	05:10
148	745	Francisco Meireles	Individual	Senior Masculino	51:35	+20:33	05:10
149	361	Luís Vieira	Individual	Senior Masculino	51:54	+20:52	05:11
150	335	João Meireles	Individual	Senior Masculino	52:11	+21:09	05:13
151	310	ELIO ANDRE GONÇALVES BARBOSA	Individual	Senior Masculino	52:12	+21:10	05:13
152	398	Ricardo Saúl Sousa Almeida	Individual	Senior Masculino	52:19	+21:17	05:14
153	337	João Silva	Individual	Senior Masculino	52:34	+21:32	05:15
154	636	Sérgio Teixeira	sabiUs	Senior Masculino	52:39	+21:36	05:16
155	392	Ricardo Freitas	Individual	Senior Masculino	52:54	+21:52	05:17
156	383	Pedro Leão	Individual	Senior Masculino	52:54	+21:52	05:17
157	399	Ricardo soares	Individual	Senior Masculino	52:57	+21:55	05:18
158	281	Armando Soares	Individual	Senior Masculino	52:57	+21:55	05:18
159	341	Jonas Maia	Individual	Senior Masculino	53:02	+22:00	05:18
160	395	Ricardo Moreira	Individual	Senior Masculino	53:07	+22:04	05:19
161	682	carlos magalhaes	Individual	Senior Masculino	53:10	+22:08	05:19
162	584	José Andrade	No name	Senior Masculino	53:15	+22:13	05:20
163	103	Renato Almeida	Individual	Senior Masculino	53:33	+22:31	05:21
164	290	Carlos Daniel Moreira da Silva Azevedo	Individual	Senior Masculino	53:52	+22:49	05:23
165	396	Ricardo Nogueira	Individual	Senior Masculino	53:52	+22:50	05:23
166	718	brunosilva_bs-08@hotmail.com	Pegadas Sobrosa	Senior Masculino	53:59	+22:57	05:24
167	691	Pedro Miguel da Rocha Santos	Individual	Senior Masculino	54:02	+23:00	05:24
168	185	José Nuno Meireles	Fernandos do Oural FC	Senior Masculino	54:03	+23:01	05:24
169	394	Ricardo Marques	Individual	Senior Masculino	54:09	+23:06	05:25
170	393	Ricardo Marcelino Santos Teixeira	Individual	Senior Masculino	54:09	+23:07	05:25
171	299	Daniel Leão	Individual	Senior Masculino	54:11	+23:09	05:25
172	623	Bruno Guedes	PORTO SENTIDO RUNNERS	Senior Masculino	54:20	+23:18	05:26
173	624	Vítor Martins	PORTO SENTIDO RUNNERS	Senior Masculino	54:21	+23:19	05:26
174	686	Frederico Teixeira	Individual	Senior Masculino	54:28	+23:26	05:27
175	211	Gustavo Santos	Gramidense I F C	Senior Masculino	54:38	+23:36	05:28
176	652	Paulo Soares	Trinca Orelhas de Gato	Senior Masculino	54:41	+23:38	05:28
177	724	Pedro Sousa	Playrunners	Senior Masculino	54:44	+23:41	05:28
178	309	Eduardo Manuel Machado Silva	Individual	Senior Masculino	54:45	+23:42	05:29
179	123	Jose Barbosa	Cetenses	Senior Masculino	54:47	+23:44	05:29
180	692	Pedro Seabra	Individual	Senior Masculino	54:50	+23:47	05:29

Prova Principal

10 KM

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

**OFFICIAL RESULT**

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

181	276	André Sousa	Individual	Senior Masculino	54:55	+23:52	05:30
182	742	António Costa	Individual	Senior Masculino	54:56	+23:53	05:30
183	300	Daniel Meireles	Individual	Senior Masculino	55:00	+23:58	05:30
184	312	João Oeiras	Individual	Senior Masculino	55:10	+24:07	05:31
185	324	Guilherme	Individual	Senior Masculino	55:19	+24:16	05:32
186	82	Heitor Neto	Boavista Trail	Senior Masculino	55:19	+24:17	05:32
187	144	José Andrade	Clube Trilheiros & Amigos	Senior Masculino	55:20	+24:17	05:32
188	298	Daniel Filipe Ferreira da Silva	Individual	Senior Masculino	55:46	+24:44	05:35
189	305	Diogo Silva	Individual	Senior Masculino	55:56	+24:54	05:36
190	304	Diogo Pereira	Individual	Senior Masculino	56:25	+25:22	05:39
191	606	Nuno Fernandes	opraticante.pt	Senior Masculino	56:26	+25:24	05:39
192	391	Ricardo Coelho	Individual	Senior Masculino	56:34	+25:31	05:39
193	413	Vítor Hugo da Rocha Almeida	Individual	Senior Masculino	57:05	+26:02	05:43
194	688	Miguel Carneiro de Andrade	Individual	Senior Masculino	57:08	+26:05	05:43
195	190	Cesar Couto	Firefighter on Fire	Senior Masculino	57:19	+26:17	05:44
196	192	Jose Ferreira	Firefighter on Fire	Senior Masculino	57:19	+26:17	05:44
197	195	Rafael dos Santos	Firefighter on Fire	Senior Masculino	57:20	+26:18	05:44
198	695	Rui Ferreira	Individual	Senior Masculino	57:22	+26:20	05:44
199	189	Carlos Santos	Firefighter on Fire	Senior Masculino	57:23	+26:21	05:44
200	22	JOSE PACHECO	14 15 Norte Sul	Senior Masculino	57:26	+26:23	05:45
201	222	Sérgio Barros	GTI's ON FOOT	Senior Masculino	57:58	+26:56	05:48
202	576	Tiago Teixeira	Macchu Picchu	Senior Masculino	58:07	+27:04	05:49
203	722	Fábio Francisco Cruz Rocha	Playrunners	Senior Masculino	58:21	+27:19	05:50
204	350	Leandro Silvestre	Individual	Senior Masculino	58:33	+27:30	05:51
205	168	Paulo Mesquita	Equipa A	Senior Masculino	58:46	+27:43	05:53
206	721	Domingos Fernando Ferreira Sousa	Playrunners	Senior Masculino	58:49	+27:47	05:53
207	90	Gonçalo Melo	Bombi Challenge	Senior Masculino	58:56	+27:53	05:54
208	328	Hélder Barbosa	Individual	Senior Masculino	58:58	+27:56	05:54
209	89	Carlos Monteiro	Bombi Challenge	Senior Masculino	59:12	+28:09	05:55
210	407	Sérgio Moreira Rocha	Individual	Senior Masculino	01:00:06	+29:04	06:01
211	278	Anselmo Luís dos Pereira	Individual	Senior Masculino	01:00:11	+29:09	06:01
212	198	Ricardo Ferreira	FisioCare	Senior Masculino	01:00:15	+29:13	06:02
213	307	Diogo Silva	Individual	Senior Masculino	01:00:30	+29:28	06:03
214	673	Tony lemos	Fmotionclub	Senior Masculino	01:00:43	+29:41	06:04
215	221	Ricardo Leal	GTI's ON FOOT	Senior Masculino	01:00:53	+29:51	06:05
216	76	HÉLIO SILVA	BIBA MAIS	Senior Masculino	01:01:27	+30:24	06:09
217	380	Pedro Daniel Pinto Maia	Individual	Senior Masculino	01:01:40	+30:37	06:10
218	410	Tiago Dias	Individual	Senior Masculino	01:02:03	+31:01	06:12
219	365	Marco Babo	Individual	Senior Masculino	01:02:03	+31:01	06:12
220	272	Álvaro Cristiano Coelho Ferreira	Individual	Senior Masculino	01:02:33	+31:31	06:15
221	415	vitor pereira	Individual	Senior Masculino	01:02:45	+31:42	06:17
222	739	Nuno Ferreira	Individual	Senior Masculino	01:02:52	+31:50	06:17
223	197	André Cruz	FisioCare	Senior Masculino	01:03:51	+32:48	06:23
224	79	Hugo Lopes	Bibropedra	Senior Masculino	01:04:04	+33:02	06:24
225	80	Nuno Miguel	Bibropedra	Senior Masculino	01:04:05	+33:03	06:25
226	390	Ricardo Barbosa	Individual	Senior Masculino	01:04:30	+33:28	06:27

**Prova Principal**

**10 KM**

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

**OFFICIAL RESULT**

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

227	336	João Pereira	Individual	Senior Masculino	01:04:36	+33:34	06:28
228	647	Paulo Machado	Trail Team Casa das Reparações	Senior Masculino	01:04:50	+33:47	06:29
229	386	Pedro Miguel Silva Pereira	Individual	Senior Masculino	01:05:00	+33:58	06:30
230	356	Luis Paulo Ferreira Garcês	Individual	Senior Masculino	01:05:10	+34:08	06:31
231	411	Vitor Barbosa	Individual	Senior Masculino	01:05:56	+34:54	06:36
232	280	ANTÓNIO MANUEL FONSECA DA SILVA	Individual	Senior Masculino	01:06:05	+35:02	06:37
233	196	Bruno Camarada	FireRunners Baiao	Senior Masculino	01:06:36	+35:34	06:40
234	608	Paulo Alexandre Oliveira Soares	Os Abafados	Senior Masculino	01:07:53	+36:51	06:47
235	294	Carlos Tiago Teixeira Custódio	Individual	Senior Masculino	01:08:50	+37:48	06:53
236	719	Celio Francisco Ferreira Neves	Playrunners	Senior Masculino	01:09:34	+38:31	06:57
237	316	Fábio Miguel Faria Correia	Individual	Senior Masculino	01:09:49	+38:47	06:59
238	109	Helder Barbosa Santos	Caça raposas	Senior Masculino	01:10:23	+39:21	07:02
239	738	Hélio Mota	Individual	Senior Masculino	01:10:42	+39:40	07:04
240	685	Daniel Pereira	Individual	Senior Masculino	01:11:11	+40:09	07:07
241	747	Pedro Costa	NOCTURNOS DE PAREDES	Senior Masculino	01:11:20	+40:18	07:08
242	728	Pedro Oliveira	Ultimagem	Senior Masculino	01:11:39	+40:37	07:10
243	344	Jorge Miguel Dias Couto Reis	Individual	Senior Masculino	01:12:18	+41:16	07:14
244	679	ABEL PINHEIRO	Individual	Senior Masculino	01:14:06	+43:04	07:25
245	91	Hélder Melo	Bombi Challenge	Senior Masculino	01:16:28	+45:25	07:39

**Veterana F40**

1	732	Estela Melo	União Desportiva de Várzea	Veterana F40	38:40	+07:38	03:52
2	41	Elisabete sousa	ACD São João da Serra	Veterana F40	39:38	+08:35	03:58
3	438	Paula Barbosa	Individual	Veterana F40	42:17	+11:15	04:14
4	48	Marta Sousa	ADC CJ CLARK de Castelo de Paiva	Veterana F40	43:22	+12:19	04:20
5	664	Silvia Teixeira	BOAVISTA FC	Veterana F40	43:24	+12:22	04:20
6	641	Fatima Coelho	Somos Nós Team	Veterana F40	45:02	+14:00	04:30
7	658	Helena Gomes	WOLVES	Veterana F40	47:08	+16:05	04:43
8	434	Mónica Rodrigues	Individual	Veterana F40	48:32	+17:30	04:51
9	171	Olga Alexandra dos Santos Branquinho	Equipa A	Veterana F40	49:33	+18:31	04:57
10	425	Fátima /equipa Wolves	Individual	Veterana F40	49:52	+18:50	04:59
11	670	Diana	Equipa A	Veterana F40	50:34	+19:32	05:03
12	725	Eugénia Ferraz Teixeira	Playrunners	Veterana F40	51:01	+19:59	05:06
13	729	Patrícia palmeira	Ultimagem	Veterana F40	52:30	+21:28	05:15
14	430	Maria do Céu de Oliveira Barbosa Vilar	Individual	Veterana F40	52:51	+21:49	05:17
15	429	Luísa cruz	Individual	Veterana F40	53:12	+22:10	05:19
16	697	Carla ferreira	Individual	Veterana F40	53:12	+22:10	05:19
17	585	Patrícia Fernandes	No name	Veterana F40	53:15	+22:13	05:20
18	443	SÓNIA CLÁUDIA VALENTE ROCHA CARDOSO	Individual	Veterana F40	53:24	+22:22	05:20
19	424	Eunice Santos	Individual	Veterana F40	53:56	+22:54	05:24
20	444	Susana Maria Oliveira	Individual	Veterana F40	54:32	+23:29	05:27
21	659	Isabel Carvalho	WOLVES	Veterana F40	54:57	+23:54	05:30
22	111	Maria Dias	Caça raposas	Veterana F40	55:08	+24:05	05:31



**Prova Principal**

**10 KM**

**OFFICIAL RESULT**

8	172	Maria Alice Fontes Mota Couto Ramalho	Equipa A	Veterana F50	54:52	+23:49	05:29
9	452	Maria Melo	Individual	Veterana F50	56:21	+25:19	05:38
10	701	Maria Sousa	Individual	Veterana F50	56:58	+25:56	05:42
11	114	Clara Lima	Caça raposas	Veterana F50	58:07	+27:05	05:49
12	655	Paula Rodrigues	TWO GYM	Veterana F50	01:01:16	+30:13	06:08
13	84	Elsa Dias	Boavista Trail	Veterana F50	01:01:16	+30:14	06:08
14	654	Joaquina Gonçalves	TWO GYM	Veterana F50	01:01:31	+30:28	06:09
15	450	Ines Leal	Individual	Veterana F50	01:03:34	+32:32	06:21
16	660	Manuela Santos	WOLVES	Veterana F50	01:08:18	+37:16	06:50
17	451	Maria Alves	Individual	Veterana F50	01:09:55	+38:53	07:00
18	453	Natalina Videira	Individual	Veterana F50	01:13:03	+42:00	07:18

**Veterano M40**

1	18	Pedro Rodrigues	Clube Académico Mogadouro	Veterano M40	33:09	+02:06	03:19
2	735	Nelson Magalhães	União Desportiva de Várzea	Veterano M40	33:50	+02:48	03:23
3	734	Jorge Cunha	União Desportiva de Várzea	Veterano M40	35:27	+04:25	03:33
4	733	Carlos Costa	União Desportiva de Várzea	Veterano M40	36:52	+05:50	03:41
5	667	Carlos Ferreira	BTT Alegria // TUBANI	Veterano M40	36:57	+05:55	03:42
6	471	Cristiano José Moreira dos Santos	Individual	Veterano M40	37:09	+06:06	03:43
7	141	Alcino Silva	Clube Independente de Atletismo de Alpendorada	Veterano M40	38:12	+07:10	03:49
8	462	António Gilberto Santos Jesus	Individual	Veterano M40	39:34	+08:31	03:57
9	484	Ilídio Silva	Individual	Veterano M40	39:49	+08:47	03:59
10	135	Luis Manuel Carneiro Vieira	Clube de Atletismo de Vila Boa do Bispo	Veterano M40	39:55	+08:52	04:00
11	461	António Francisco	Individual	Veterano M40	40:14	+09:11	04:01
12	710	Telmo Silva	Individual	Veterano M40	40:26	+09:24	04:03
13	596	Nuno Alexandre	NOCTURNOS DE PAREDES	Veterano M40	40:28	+09:26	04:03
14	499	JOSE PEDRO MARTINS	Individual	Veterano M40	40:40	+09:37	04:04
15	509	Miguel Costa	Individual	Veterano M40	41:01	+09:59	04:06
16	138	Manuel Sousa	Clube Desportivo Infante	Veterano M40	41:26	+10:24	04:09
17	457	Albertino barbosa	Individual	Veterano M40	41:46	+10:43	04:11
18	603	Hugo Figueiredo	OFRUNNING TEAM	Veterano M40	42:10	+11:08	04:13
19	504	Manuel Sousa	Individual	Veterano M40	42:11	+11:08	04:13
20	219	filipe vilhena	GRUPO DESPORTIVO LEÕES DO VENEZA	Veterano M40	42:20	+11:18	04:14
21	456	Abilio Oliveira	Individual	Veterano M40	42:21	+11:19	04:14
22	52	Rui Martins	ADC CJ CLARK de Castelo de Paiva	Veterano M40	42:44	+11:42	04:16
23	128	Jorge Moreira	Clínica Ana silva	Veterano M40	42:50	+11:48	04:17
24	130	Hélder Manuel Rosa da Silva Deveza	Clube Académico Mogadouro	Veterano M40	42:52	+11:50	04:17
25	711	Vitor Silva	Individual	Veterano M40	42:58	+11:56	04:18
26	132	Carlos Manuel Soares Ferreira	Clube de Atletismo de Vila Boa do Bispo	Veterano M40	43:05	+12:02	04:19
27	526	Rui Pinto	Individual	Veterano M40	43:16	+12:14	04:20
28	516	Pedro Cancelo	Individual	Veterano M40	43:22	+12:20	04:20



## Prova Principal

## 10 KM

### OFFICIAL RESULT

29	620	Bruno Mouta	Polícia Municipal do Porto	Veterano M40	43:22	+12:20	04:20
30	472	Delfim Nunes	Individual	Veterano M40	43:27	+12:25	04:21
31	467	bruno teixeira	Individual	Veterano M40	43:27	+12:25	04:21
32	489	Joice dias de jesus jesus	Individual	Veterano M40	43:28	+12:25	04:21
33	127	Humberto Neves	CIAIA-Clube Independente Atletismo Ilha Azul	Veterano M40	43:40	+12:37	04:22
34	518	Pedro Rodrigues	Individual	Veterano M40	43:42	+12:40	04:22
35	117	Pedro Vieira	Caça raposas	Veterano M40	43:59	+12:57	04:24
36	474	Fernando campos	Individual	Veterano M40	44:16	+13:14	04:26
37	85	Pedro Dias	Boavista Trail	Veterano M40	44:19	+13:16	04:26
38	577	Nuno Vinha	Magalhães & Vinha, Lda	Veterano M40	44:23	+13:20	04:26
39	648	Albertino Silva	Trail Team Casa das Reparações	Veterano M40	44:30	+13:28	04:27
40	705	Nuno Santos	Individual	Veterano M40	44:38	+13:35	04:28
41	485	João Alberto Vasconcelos Freitas	Individual	Veterano M40	44:42	+13:39	04:28
42	525	Rui Ferreira	Individual	Veterano M40	44:46	+13:44	04:29
43	490	Jorge Gomes	Individual	Veterano M40	44:46	+13:44	04:29
44	506	Mário Rodrigues	Individual	Veterano M40	44:49	+13:47	04:29
45	649	Armando Machado	Trail Team Casa das Reparações	Veterano M40	44:53	+13:50	04:29
46	494	José Lopes	Individual	Veterano M40	44:56	+13:54	04:30
47	480	Hélder Guedes	Individual	Veterano M40	44:58	+13:56	04:30
48	650	João Sousa	Trail Team Casa das Reparações	Veterano M40	45:03	+14:00	04:30
49	216	Miguel Teixeira	Gramidense I F C	Veterano M40	45:14	+14:12	04:31
50	488	Joaquim gomes	Individual	Veterano M40	45:36	+14:34	04:34
51	71	José Nogueira	Armando Oliveira	Veterano M40	45:42	+14:40	04:34
52	622	Rui Cunha	Polícia Municipal do Porto	Veterano M40	45:53	+14:51	04:35
53	62	Antonio Coelho	Altis Clube de Paredes	Veterano M40	45:55	+14:53	04:36
54	465	Bruno Bartes	Individual	Veterano M40	45:59	+14:56	04:36
55	134	José Pedro Leal Teixeira	Clube de Atletismo de Vila Boa do Bispo	Veterano M40	46:04	+15:02	04:36
56	644	Paulo Areal Sousa	Team Shark	Veterano M40	46:26	+15:24	04:39
57	599	Rui Almeida	NOCTURNOS DE PAREDES	Veterano M40	46:29	+15:26	04:39
58	176	Nuno Santos	Equipa A	Veterano M40	46:33	+15:31	04:39
59	473	Emanuel Freitas	Individual	Veterano M40	46:44	+15:41	04:40
60	133	Gil Vicente Andrade Oliveira	Clube de Atletismo de Vila Boa do Bispo	Veterano M40	47:02	+16:00	04:42
61	530	Torcato Paulo Lopes da Costa_	Individual	Veterano M40	47:15	+16:13	04:44
62	662	Filipe carneiro	1328	Veterano M40	47:30	+16:28	04:45
63	142	Manuel Silva	Clube Independente de Atletismo de Alpendorada	Veterano M40	47:36	+16:34	04:46
64	118	Sérgio Pinto	Caça raposas	Veterano M40	47:44	+16:41	04:46
65	215	Helder Ferreira	Gramidense I F C	Veterano M40	47:44	+16:42	04:46
66	508	Michel José Lourenço Grabulho	Individual	Veterano M40	48:05	+17:03	04:49
67	580	Armando Oliveira	Magic Friends Runners	Veterano M40	48:11	+17:09	04:49
68	505	Marco Coelho	Individual	Veterano M40	48:13	+17:11	04:49
69	94	Luís Teixeira	Bombi Challenge	Veterano M40	48:17	+17:15	04:50
70	528	Serafim costa	Individual	Veterano M40	48:24	+17:22	04:50
71	36	Marco Sousa	A TE LOGO TEAM BTT	Veterano M40	48:25	+17:23	04:51
72	477	Francisco Vieira	Individual	Veterano M40	48:42	+17:39	04:52



## Prova Principal

10 KM

### OFFICIAL RESULT

118	496	José Miguel Fonseca Moreira	Individual	Veterano M40	57:14	+26:11	05:43
119	121	António José Gomes Carvalho	CCDTCMGONDOMAR	Veterano M40	57:14	+26:11	05:43
120	707	Ricardo tavares	Individual	Veterano M40	57:22	+26:20	05:44
121	468	Carlos Fagundes	Individual	Veterano M40	57:44	+26:42	05:46
122	150	Francisco Nunes	Código Musical	Veterano M40	58:19	+27:17	05:50
123	481	Henrique Barros	Individual	Veterano M40	58:26	+27:24	05:51
124	616	JOSE ALVES	PAPATRAILS	Veterano M40	58:26	+27:24	05:51
125	206	Fernando Platinas	GENEROSOS RUNNERS	Veterano M40	58:43	+27:41	05:52
126	93	António Rodrigues	Bombi Challenge	Veterano M40	59:12	+28:09	05:55
127	597	Nuno Gomes	NOCTURNOS DE PAREDES	Veterano M40	59:28	+28:26	05:57
128	173	Jorge Loppes	Equipa A	Veterano M40	59:30	+28:28	05:57
129	464	Braulio Mendonça	Individual	Veterano M40	01:00:30	+29:28	06:03
130	59	Mário Barbosa	Aliança Gandra	Veterano M40	01:00:43	+29:40	06:04
131	749	Paulo Gonçalves	NOCTURNOS DE PAREDES	Veterano M40	01:00:57	+29:54	06:06
132	213	Celso Santos	Gramidense I F C	Veterano M40	01:01:05	+30:03	06:07
133	161	Henrique Sousa	Dispnl runners	Veterano M40	01:01:24	+30:22	06:08
134	115	Hugo Romano Vieira da Rocha	Caça raposas	Veterano M40	01:01:47	+30:45	06:11
135	523	Rogério Camoesas	Individual	Veterano M40	01:01:49	+30:47	06:11
136	529	sergio brochado	Individual	Veterano M40	01:02:14	+31:11	06:13
137	475	Fernando Ferraz	Individual	Veterano M40	01:03:22	+32:20	06:20
138	520	Ricardo Agostinho da Silva campos	Individual	Veterano M40	01:03:35	+32:32	06:22
139	704	eduardo.castro@sapo.pt	Individual	Veterano M40	01:03:55	+32:53	06:24
140	532	Vítor Manuel Nogueira Barbosa	Individual	Veterano M40	01:04:54	+33:51	06:29
141	626	Pedro Gaspar Castro	Reis Gaspares	Veterano M40	01:05:31	+34:29	06:33
142	748	André Almeida	NOCTURNOS DE PAREDES	Veterano M40	01:10:42	+39:40	07:04
143	77	JOSE ABREU	BIBA MAIS	Veterano M40	01:11:35	+40:33	07:10
144	709	TAIRO Ciloé de Oliveira	Individual	Veterano M40	01:12:01	+40:59	07:12
145	95	Rui Mariano	Bombi Challenge	Veterano M40	01:13:37	+42:35	07:22
146	478	Franclim Coelho	Individual	Veterano M40	01:15:52	+44:50	07:35

## Veterano M50

1	736	Joaquim Rocha	União Desportiva de Várzea	Veterano M50	37:15	+06:13	03:44
2	633	fernando jose afonso almeida	RUNPENAFIEL	Veterano M50	38:56	+07:54	03:54
3	535	Agostinho Fernando Costa carneiro	Individual	Veterano M50	39:16	+08:14	03:56
4	145	Carlos Silva	Clube Trilheiros & Amigos	Veterano M50	41:01	+09:59	04:06
5	561	Manuel Pinheiro	Individual	Veterano M50	41:11	+10:08	04:07
6	180	adão silva	F. C. Penafiel	Veterano M50	41:26	+10:24	04:09
7	539	António Carvalho	Individual	Veterano M50	41:46	+10:43	04:11
8	37	LUIS MMARTINS	A. R.DE NEGRELOS	Veterano M50	42:42	+11:40	04:16
9	137	Fernando António Dias Sousa	Clube de Atletismo de Vila Boa do Bispo	Veterano M50	42:51	+11:49	04:17
10	548	Daniel Gomes	Individual	Veterano M50	43:11	+12:09	04:19
11	557	José Gomes	Individual	Veterano M50	43:33	+12:31	04:21
12	545	Belmiro Teixeira da Costa	Individual	Veterano M50	43:35	+12:32	04:22
13	40	Bernardino S Ferreira	A.D.R. AVELEDA	Veterano M50	43:39	+12:36	04:22

**Prova Principal**

**10 KM**

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

**OFFICIAL RESULT**

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14	38	MANUEL GOMES	A. R.DE NEGRELOS	Veterano M50	43:42	+12:39	04:22
15	552	joaquim cunha	Individual	Veterano M50	43:43	+12:41	04:22
16	119	Paulo Moreira	Caça raposas	Veterano M50	44:00	+12:57	04:24
17	642	Fernando Morais	Somos Nós Team	Veterano M50	44:10	+13:08	04:25
18	60	Carlos Silva	Aliança Gandra	Veterano M50	45:06	+14:03	04:31
19	627	ZE MOUTINHO	RUNNING ESPINHO	Veterano M50	45:35	+14:32	04:34
20	78	ANTONIO	BIBA MAIS	Veterano M50	45:50	+14:48	04:35
21	560	Manuel Pereira	Individual	Veterano M50	46:19	+15:16	04:38
22	159	Jose Moreira	DAPproduções	Veterano M50	46:34	+15:31	04:39
23	27	ALBERTO SOUSA	14 15 Norte Sul	Veterano M50	46:37	+15:35	04:40
24	564	Paulo Manuel Pereira Faria 09011969	Individual	Veterano M50	47:05	+16:02	04:43
25	741	Henrique Silva	Futebol Clube de Penafiel	Veterano M50	47:06	+16:04	04:43
26	554	JOSÉ DIAS	Individual	Veterano M50	47:24	+16:22	04:44
27	717	António Augusto Silva	LOUSADA RUNNERS	Veterano M50	47:34	+16:32	04:45
28	68	José Carlos	Amigos das Sapatilhas	Veterano M50	47:38	+16:35	04:46
29	712	Firmino Rodrigo Lopes Nogueira	Individual	Veterano M50	48:12	+17:10	04:49
30	17	Jose Leal	Bifase	Veterano M50	48:19	+17:17	04:50
31	537	Americo Pereira	Individual	Veterano M50	48:34	+17:31	04:51
32	601	Luis Miguel Dias	NOCTURNOS DE PAREDES	Veterano M50	48:37	+17:34	04:52
33	546	Casimiro de Sousa Correia	Individual	Veterano M50	48:50	+17:47	04:53
34	559	Manuel Fernando Pinto Teixeira	Individual	Veterano M50	48:55	+17:53	04:54
35	140	José Cabral	Clube Desportivo S. Salvador do Campo	Veterano M50	49:02	+18:00	04:54
36	727	Armando Manuel Pinto Silva	Playrunners	Veterano M50	49:28	+18:25	04:57
37	73	António Loureiro	Autistic Runners	Veterano M50	49:31	+18:29	04:57
38	69	José Mário	Amigos das Sapatilhas	Veterano M50	49:32	+18:29	04:57
39	569	Agostinho Sousa	Kunalama runners	Veterano M50	49:37	+18:34	04:58
40	542	António Matos	Individual	Veterano M50	50:27	+19:25	05:03
41	558	Leonel Azevedo	Individual	Veterano M50	50:30	+19:28	05:03
42	533	Adao Barros	Individual	Veterano M50	50:48	+19:46	05:05
43	218	paulo rocha	grupo desportivo ferroviários de campanha	Veterano M50	50:56	+19:53	05:06
44	210	Amaro Rocha	Gontinhães Trail Runners	Veterano M50	51:02	+19:59	05:06
45	543	António Ribeiro	Individual	Veterano M50	51:05	+20:02	05:07
46	3	Alfredo Pinheiro	Individual	Veterano M50	51:10	+20:08	05:07
47	536	Agostinho Soares Ferreira	Individual	Veterano M50	51:34	+20:32	05:09
48	553	José Carvalho	Individual	Veterano M50	51:37	+20:34	05:10
49	716	Silvino Mendes	Individual	Veterano M50	51:57	+20:55	05:12
50	541	António Ferraz	Individual	Veterano M50	52:20	+21:18	05:14
51	570	José Manuel Leite Sousa	Lousada Hotwheels Runners	Veterano M50	52:21	+21:18	05:14
52	547	Coelho Bravo	Individual	Veterano M50	53:29	+22:27	05:21
53	549	Fernando Gomes Silva	Individual	Veterano M50	53:40	+22:37	05:22
54	126	Tomas Correia	Cetenses	Veterano M50	53:42	+22:40	05:22
55	551	João bessa	Individual	Veterano M50	54:22	+23:20	05:26
56	86	António Dias	Boavista Trail	Veterano M50	55:06	+24:04	05:31
57	163	Abilio Mendes Magalhães	EMNA Runners	Veterano M50	55:09	+24:06	05:31
58	16	Fernando Rocha	Bifase	Veterano M50	55:11	+24:08	05:31

**Prova Principal****10 KM**

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

**OFFICIAL RESULT**

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

59	631	José Teixeira	Running Penafiel Trail	Veterano M50	55:18	+24:16	05:32
60	630	Fernando Ferreira	Running Penafiel Trail	Veterano M50	55:18	+24:16	05:32
61	713	Jorge Saro	Individual	Veterano M50	55:58	+24:56	05:36
62	640	Abílio Soares	Soares	Veterano M50	57:40	+26:38	05:46
63	563	Marcelo Tobo	Individual	Veterano M50	58:10	+27:08	05:49
64	544	Armando Meireles	Individual	Veterano M50	58:42	+27:39	05:52
65	609	José Soares Nunes Ribeiro	Os Abafados	Veterano M50	58:49	+27:47	05:53
66	534	Agostinho Cancela	Individual	Veterano M50	01:01:35	+30:33	06:10
67	632	Sebastião Silva	Running Penafiel Trail	Veterano M50	01:02:47	+31:45	06:17
68	540	António Costa	Individual	Veterano M50	01:03:47	+32:45	06:23
69	556	José Freitas	Individual	Veterano M50	01:05:51	+34:49	06:35
70	188	João Santos	Fire runners	Veterano M50	01:06:36	+35:34	06:40
71	96	José Teixeira	Bombi Challenge	Veterano M50	01:11:39	+40:37	07:10
72	201	Rui Machado	Gansos	Veterano M50	01:13:03	+42:00	07:18
73	714	Jose Rodriguez rodriguez	Individual	Veterano M50	01:13:08	+42:06	07:19
74	143	Manuel Barbosa	Clube Independente de Atletismo de Alpendorada	Veterano M50	01:13:32	+42:29	07:21
75	538	Antero Teixeira 0808	Individual	Veterano M50	01:20:58	+49:56	08:06