

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 - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	104	José Adelino	clube do pessoal aguas gaia	Veterano M55	38:13	+07:44	03:49
43	6	Diogo Pereira	#somostodoscorrida	Senior Masculino	38:14	+07:46	03:49
44	242	Rui Miguel Oliveira Barbosa	individual	Senior Masculino	38:15	+07:46	03:50
45	284	José Costa	individual	Veterano M40	38:20	+07:51	03:50
46	97	AUGUSTO ALUAI	cal - clube atletismo de lamas	Veterano M45	38:22	+07:54	03:50
47	355	CARLOS BAPTISTA	jam - juventude atlética mozelense	Veterano M50	38:32	+08:04	03:51
48	25	Arlindo Alves de Sousa	alfenense	Veterano M50	38:34	+08:05	03:51
49	212	Leandro Neves	individual	Senior Masculino	38:41	+08:12	03:52
50	85	Eduardo Sousa	c p t bairro carcavelos	Veterano M55	38:49	+08:20	03:53
51	598	Justyna Wojcik	s.c.salgueiros	Senior Feminino	38:53	+08:25	03:53
52	711	Antonio Sousa	afis/ovar	Veterano M55	38:54	+08:26	03:53
53	623	Rui Olveira	vila maior turismo	Veterano M40	38:58	+08:30	03:54
54	575	Pedro Henriques	pedro emanuel ventura	Senior Masculino	39:11	+08:43	03:55
55	91	Manuel Dourado	c p t bairro carcavelos	Veterano M60	39:20	+08:52	03:56
56	180	André Pina	individual	Senior Masculino	39:22	+08:53	03:56
57	179	André Fonseca	individual	Senior Masculino	39:33	+09:04	03:57
58	522	Domingos Presas	nascidos para correr - ass. desportiva	Veterano M50	39:40	+09:11	03:58
59	505	Nuno Vidal	nascidos para correr - ass. desportiva	Veterano M40	39:40	+09:11	03:58
60	486	Hugo Santos	nascidos para correr - ass. desportiva	Senior Masculino	39:40	+09:11	03:58
61	27	Joaquim Fernandes	amigos do atletismo do magna	Senior Masculino	39:52	+09:23	03:59
62	194	Daniel José Abreu	individual	Senior Masculino	39:52	+09:23	03:59
63	356	FERNANDO BRANDÃO	jam - juventude atlética mozelense	Veterano M50	39:56	+09:27	04:00
64	90	Jose Corval	c p t bairro carcavelos	Veterano M60	40:01	+09:32	04:00
65	19	José Figueiredo	afis/ovar	Veterano M50	40:04	+09:35	04:00
66	525	Manuel Cardoso	nascidos para correr - ass. desportiva	Veterano M50	40:08	+09:39	04:01
67	346	segundo rodrigues	individual	Veterano M60	40:08	+09:39	04:01
68	624	António Marques	vila maior turismo	Veterano M50	40:09	+09:40	04:01
69	362	Miguel Lopes	jm	Senior Masculino	40:10	+09:42	04:01
70	535	António Graça	nascidos para correr - ass. desportiva	Veterano M60	40:10	+09:42	04:01
71	641	Pedro Pinto	farmáciacentral	Senior Masculino	40:16	+09:47	04:02
72	234	Rui André Almeida e Magalhães	individual	Senior Masculino	40:19	+09:51	04:02
73	205	Joao Malheiro	individual	Senior Masculino	40:21	+09:53	04:02
74	187	Bruno silva	individual	Senior Masculino	40:28	+09:59	04:03
75	704	Susana Vilela	s. joão da serra	Senior Feminino	40:30	+10:01	04:03
76	712	Tiago Carvalho	afis/ovar	Senior Masculino	40:41	+10:13	04:04
77	154	Miguel Alexandre Jardim Miranda	individual	Junior Masculino	40:43	+10:15	04:04
78	516	Joaquim Pereira	nascidos para correr - ass. desportiva	Veterano M45	40:47	+10:18	04:05
79	182	Bruno Daniel Carvalho Castro	individual	Senior Masculino	40:53	+10:24	04:05
80	619	Paulo Silva	vila maior turismo	Senior Masculino	41:02	+10:33	04:06
81	332	Sebastião de sousa cardoso	individual	Veterano M50	41:09	+10:40	04:07
82	221	Nuno Moreira	individual	Senior Masculino	41:10	+10:42	04:07
83	303	Ernesto Sampaio Leite	individual	Veterano M45	41:10	+10:42	04:07
84	271	Americo Oliveira Silva	individual	Veterano M40	41:19	+10:50	04:08
85	707	Pedro Nunes	nucleo atletismo vilareal	Senior Masculino	41:23	+10:54	04:08
86	286	Marco Aurélio Rodrigues Neves	individual	Veterano M40	41:25	+10:56	04:09
87	66	JOSÉ GOMES	atletismo geração paramos	Veterano M50	41:26	+10:58	04:09

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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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	694	Samir Mehenni	s. joão da serra	Veterano M40	41:28	+10:59	04:09
89	138	Jose Miguel	gaienses/toyota	Veterano M40	41:28	+11:00	04:09
90	323	antonio fernando nunes pereira	individual	Veterano M50	41:29	+11:01	04:09
91	279	Helder Guedes	individual	Veterano M40	41:35	+11:07	04:10
92	562	João Teixeira	o praticante	Senior Masculino	41:36	+11:08	04:10
93	563	Miguel Queirós	o praticante	Senior Masculino	41:37	+11:08	04:10
94	63	HENRIQUE NEVES	atletismo geração paramos	Veterano M40	41:38	+11:09	04:10
95	202	Hugo Miguel Sousa da Silva	individual	Senior Masculino	41:42	+11:13	04:10
96	622	Júlio Oliveira	vila maior turismo	Veterano M40	41:43	+11:14	04:10
97	578	Ricardo João Pereira da Silva Azevedo Pereira	pereiras	Veterano M40	41:50	+11:21	04:11
98	487	João Martins	nascidos para correr - ass. desportiva	Senior Masculino	41:56	+11:27	04:12
99	325	António Martins N. Dias	individual	Veterano M50	41:56	+11:28	04:12
100	16	Helena Sampaio	afis/ovar	Veterana F40	41:59	+11:30	04:12
101	230	Rafael Silva	individual	Senior Masculino	42:02	+11:34	04:12
102	494	Virgílio Vieira	nascidos para correr - ass. desportiva	Senior Masculino	42:07	+11:38	04:13
103	536	António Pereira	nascidos para correr - ass. desportiva	Veterano M60	42:08	+11:39	04:13
104	530	Joaquim Gonçalves	nascidos para correr - ass. desportiva	Veterano M55	42:11	+11:42	04:13
105	46	Carlos Couto	arcorun	Veterano M40	42:11	+11:42	04:13
106	532	Octávio Sousa	nascidos para correr - ass. desportiva	Veterano M55	42:13	+11:44	04:13
107	137	André Rocha	g.d. outeiros	Senior Masculino	42:14	+11:46	04:13
108	502	Henrique Coelho	nascidos para correr - ass. desportiva	Veterano M40	42:27	+11:58	04:15
109	706	Rosa Oliveira	nascidos para correr - ass. desportiva	Senior Feminino	42:27	+11:59	04:15
110	290	Paulo Miguel Moreira de Sousa	individual	Veterano M40	42:28	+11:59	04:15
111	621	Filipe Neves	vila maior turismo	Veterano M40	42:32	+12:03	04:15
112	500	André Botelho	nascidos para correr - ass. desportiva	Veterano M40	42:34	+12:06	04:15
113	504	Marco Almeida	nascidos para correr - ass. desportiva	Veterano M40	42:41	+12:12	04:16
114	28	Maximiano Rodrigues	amigos do atletismo do magna	Veterano M50	42:44	+12:15	04:16
115	199	Filipe Costa	individual	Senior Masculino	42:50	+12:22	04:17
116	313	pa	individual	Veterano M45	43:01	+12:32	04:18
117	231	Ricardo	individual	Senior Masculino	43:01	+12:33	04:18
118	307	João Melo Bandeira	individual	Veterano M45	43:03	+12:34	04:18
119	501	Helder Teixeira	nascidos para correr - ass. desportiva	Veterano M40	43:05	+12:36	04:19
120	45	Alexandre Emanuel Barroso Fernandes	arcorun	Veterano M40	43:06	+12:37	04:19
121	29	Alexandre Silva	amigos do atletismo do magna	Veterano M55	43:06	+12:38	04:19
122	493	Tiago Ferreira	nascidos para correr - ass. desportiva	Senior Masculino	43:07	+12:38	04:19
123	464	António Paulo Moreira Da Silva	madugym	Veterano M50	43:10	+12:41	04:19
124	239	Rui Dias	individual	Senior Masculino	43:11	+12:43	04:19
125	490	Nuno Ribeiro	nascidos para correr - ass. desportiva	Senior Masculino	43:11	+12:43	04:19
126	690	Conceição Tenda	s. joão da serra	Senior Feminino	43:17	+12:48	04:20
127	41	Luís Costa	arcorun	Senior Masculino	43:25	+12:57	04:21
128	109	Joana Fortuna	clube spiridon de gaia	Senior Feminino	43:28	+13:00	04:21
129	512	Fernando Rocha	nascidos para correr - ass. desportiva	Veterano M45	43:29	+13:00	04:21
130	463	Alberto Nuno Dias Espinheira	madugym	Veterano M50	43:31	+13:02	04:21
131	111	Eduardo Cardoso	clube spiridon de gaia	Senior Masculino	43:37	+13:08	04:22
132	297	António Gonçalves	individual	Veterano M45	43:37	+13:09	04:22

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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 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	CAT	RESULT	DIFF	t/KM
133	539	Manuel Sampaio	nascidos para correr - ass. desportiva	Veterano M60	43:50	+13:22	04:23
134	99	Ângelo Pereira	centro ciclista de gondomar	Veterano M50	43:53	+13:24	04:23
135	349	Hugo Couto	i-run	Senior Masculino	43:53	+13:25	04:23
136	203	Hugo Serafim Rocha Moreira	individual	Senior Masculino	43:58	+13:30	04:24
137	380	Claudio Filipe Teixeira Rodrigues	madugym	Junior Masculino	44:04	+13:36	04:24
138	430	Rui Jorge Pinto Dos Santos Morais	madugym	Senior Masculino	44:04	+13:36	04:24
139	359	Raul António da Silva Cancela	jtt teixeira	Veterano M45	44:09	+13:40	04:25
140	141	Jose Silva	gaienses/toyota	Veterano M55	44:15	+13:47	04:26
141	579	Rui Manuel Pereira da Silva Azevedo Pereira	pereiras	Veterano M45	44:16	+13:47	04:26
142	129	Cláudio Costa	fiães sc	Senior Masculino	44:17	+13:49	04:26
143	132	José Almeida	fiães sc	Senior Masculino	44:17	+13:49	04:26
144	213	Luís Filipe da Costa Carvalho	individual	Senior Masculino	44:23	+13:55	04:26
145	142	Vitor Silva	gaienses/toyota	Veterano M55	44:24	+13:56	04:26
146	210	José Pedro Martins	individual	Senior Masculino	44:25	+13:57	04:27
147	491	Ruben Conceição	nascidos para correr - ass. desportiva	Senior Masculino	44:27	+13:58	04:27
148	561	Carlos Queirós	o praticante	Senior Masculino	44:28	+14:00	04:27
149	492	Silvio Ferreira	nascidos para correr - ass. desportiva	Senior Masculino	44:32	+14:04	04:27
150	475	Céline Gomes	nascidos para correr - ass. desportiva	Senior Feminino	44:33	+14:04	04:27
151	128	Helena Mourão	escola de atletismo da trofa	Veterana F50	44:39	+14:10	04:28
152	506	Paulo Nascimento	nascidos para correr - ass. desportiva	Veterano M40	44:39	+14:11	04:28
153	529	Emanuel Madureira	nascidos para correr - ass. desportiva	Veterano M55	44:40	+14:11	04:28
154	158	Cristiana Raquel de Sousa Ferreira	individual	Senior Feminino	44:44	+14:16	04:28
155	208	Joel Roriz	individual	Senior Masculino	44:53	+14:24	04:29
156	557	Hugo Reis	ó correu	Senior Masculino	44:57	+14:29	04:30
157	50	mafalda oliveira	atletico da madalena	Senior Feminino	45:00	+14:31	04:30
158	509	Rui Santos	nascidos para correr - ass. desportiva	Veterano M40	45:07	+14:39	04:31
159	354	MATILDE BAPTISTA	jam - juventude atletica mozelense	Veterana F50	45:07	+14:39	04:31
160	479	Sandra Pereira	nascidos para correr - ass. desportiva	Senior Feminino	45:09	+14:40	04:31
161	127	André Coimbra	escola de atletismo da trofa	Senior Masculino	45:10	+14:42	04:31
162	7	Gustavo Lucena	#somostodoscorrida	Senior Masculino	45:19	+14:51	04:32
163	8	Sérgio Cruz	#somostodoscorrida	Veterano M40	45:19	+14:51	04:32
164	351	Joaquim Ferreira	i-run	Veterano M45	45:21	+14:53	04:32
165	329	José Pedro Vieira	individual	Veterano M50	45:31	+15:02	04:33
166	489	Leonel Videira	nascidos para correr - ass. desportiva	Senior Masculino	45:33	+15:05	04:33
167	299	Baltazar Ferreira	individual	Veterano M45	45:36	+15:08	04:34
168	276	carlos miranda	individual	Veterano M40	45:38	+15:09	04:34
169	316	Fernando Ribeiro	individual	Veterano M50	45:43	+15:14	04:34
170	668	Domingos Ladislau	individual	Senior Masculino	45:44	+15:16	04:34
171	124	Filipe Ferreira	entroncamento sem fim	Senior Masculino	45:45	+15:17	04:35
172	672	Pedro Xavier Moreira	individual	Senior Masculino	45:47	+15:18	04:35
173	219	Miguel Macedo	individual	Senior Masculino	45:48	+15:19	04:35
174	311	José Pinhel	individual	Veterano M45	45:50	+15:22	04:35
175	608	Erasmo Alves	taylors325	Veterano M40	45:54	+15:25	04:35
176	15	Manuel Silva	a20's box	Veterano M40	45:55	+15:27	04:36
177	713	Jorge Ferreira	individual	Veterano M50	45:56	+15:27	04:36

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	CAT	RESULT	DIFF	t/KM
178	533	Adão Dias	nascidos para correr - ass. desportiva	Veterano M60	46:00	+15:31	04:36
179	215	MANUEL BARBOSA RIBEIRO	individual	Senior Masculino	46:01	+15:33	04:36
180	144	Orlando Ferreira	gondomar futsal clube	Veterano M50	46:03	+15:34	04:36
181	360	Julio Teixeira	jjt teixeira	Veterano M55	46:05	+15:36	04:37
182	565	Nuno Duarte	oporto bluewhippets	Senior Masculino	46:09	+15:41	04:37
183	272	Andre Bandeira	individual	Veterano M40	46:15	+15:46	04:38
184	647	Fernando Conceição	farmáciacentral	Veterano M50	46:17	+15:48	04:38
185	517	Manuel Pinto	nascidos para correr - ass. desportiva	Veterano M45	46:19	+15:51	04:38
186	151	Jorge Silva	hora do lobo	Veterano M40	46:20	+15:52	04:38
187	418	Flávio André Teixeira Rodrigues	madugym	Senior Masculino	46:21	+15:53	04:38
188	52	ANDRÉ MOREIRA	atletismo geração paramos	Junior Masculino	46:33	+16:05	04:39
189	543	Leonel Silva	neighbors run	Veterano M40	46:35	+16:07	04:40
190	114	José Vasconcelos	corridas.beer	Senior Masculino	46:38	+16:09	04:40
191	330	Paulo Moreira	individual	Veterano M50	46:43	+16:15	04:40
192	510	Vitor Costa	nascidos para correr - ass. desportiva	Veterano M40	46:48	+16:19	04:41
193	495	VITOR PEIXOTO	nascidos para correr - ass. desportiva	Senior Masculino	46:48	+16:19	04:41
194	373	Manuel Costa	lebre 10	Veterano M55	46:52	+16:23	04:41
195	176	24	individual	Senior Masculino	46:54	+16:26	04:41
196	469	Manuel André Ferreira Soares Silva	madugym	Veterano M55	46:57	+16:29	04:42
197	613	Fernando Barbosa	trepatrielhos trail team	Veterano M50	46:58	+16:29	04:42
198	542	Leonardo Brito	neighbors run	Senior Masculino	46:59	+16:30	04:42
199	566	Pedro Guimaraes	oporto bluewhippets	Veterano M40	47:07	+16:39	04:43
200	246	Vitor Correia	individual	Senior Masculino	47:08	+16:39	04:43
201	95	FERNANDO BERNARDINO	cal - clube atletismo de lamas	Veterano M40	47:09	+16:40	04:43
202	233	Ricardo Seromenho	individual	Senior Masculino	47:10	+16:41	04:43
203	350	Esmeralda Silva	i-run	Veterana F40	47:13	+16:44	04:43
204	674	Rui Faria	individual	Veterano M40	47:27	+16:58	04:45
205	281	João Paulo Ferreira Campos	individual	Veterano M40	47:28	+16:59	04:45
206	593	Helder Pereira	s. s. montepio	Veterano M40	47:29	+17:01	04:45
207	548	ROSA FERREIRA	nucleo atletismo taipas	Veterana F40	47:30	+17:01	04:45
208	117	CARLOS ALVES	damarunners	Veterano M55	47:36	+17:07	04:46
209	150	Toni Ferreira	hora do lobo	Senior Masculino	47:37	+17:08	04:46
210	318	Pedro Alexandre dos Santos Duarte Silva	individual	Veterano M45	47:38	+17:09	04:46
211	629	Ricardo Paiva	arcorun	Senior Masculino	47:40	+17:11	04:46
212	603	Paulo Carneiro	stcp runners	Veterano M45	47:41	+17:12	04:46
213	275	Cândido Silva	individual	Veterano M40	47:44	+17:16	04:46
214	262	Cristina Maria Ferreira de Moura Saraiva	individual	Veterana F50	47:49	+17:20	04:47
215	514	Helder Madeira	nascidos para correr - ass. desportiva	Veterano M45	47:50	+17:21	04:47
216	336	Joaquim António Dias Tavares	individual	Veterano M55	47:50	+17:21	04:47
217	368	Miguel Fernandes	lebre 10	Veterano M40	47:51	+17:23	04:47
218	498	Etelvina Rocha	nascidos para correr - ass. desportiva	Veterana F50	47:52	+17:24	04:47
219	656	Fernando Augusto	ginásio viv - canelas	Veterano M40	47:54	+17:25	04:47
220	635	Carlos Silva	farmáciacentral	Senior Masculino	47:54	+17:26	04:47
221	526	Manuel Carriço	nascidos para correr - ass. desportiva	Veterano M50	47:55	+17:26	04:48
222	645	Roberto Santos	farmáciacentral	Senior Masculino	47:55	+17:27	04:48

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 - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
223	340	Adérito António Viegas Alves	individual	Veterano M60	48:09	+17:41	04:49
224	283	jorge salvador	individual	Veterano M40	48:12	+17:43	04:49
225	431	Serafim António Sousa	madugym	Senior Masculino	48:13	+17:44	04:49
226	474	Ricardo Landim	mocidade invicta fc	Senior Masculino	48:13	+17:45	04:49
227	294	Vítor Nuno Alves Cirne	individual	Veterano M40	48:16	+17:47	04:50
228	189	Carlos Paiva	individual	Senior Masculino	48:22	+17:53	04:50
229	357	AUGUSTO BAPTISTA	jam - juventude atlética mozelense	Veterano M55	48:27	+17:58	04:51
230	555	David Garrido	ó correu	Senior Masculino	48:27	+17:59	04:51
231	108	Ana Pinho	clube spiridon de gaia	Senior Feminino	48:27	+17:59	04:51
232	322	vítor santos	individual	Veterano M45	48:29	+18:00	04:51
233	375	Eurico Mendes	m&e runners	Veterano M45	48:32	+18:03	04:51
234	61	António Sá	atletismo geração paramos	Veterano M40	48:34	+18:06	04:51
235	195	Daniel Silva	individual	Senior Masculino	48:41	+18:13	04:52
236	310	jose manuel	individual	Veterano M45	48:45	+18:16	04:53
237	370	Joaquim Silva	lebre 10	Veterano M50	48:49	+18:20	04:53
238	511	Fernando Pinto	nascidos para correr - ass. desportiva	Veterano M45	48:52	+18:23	04:53
239	680	João Pedro Silva	jjt teixeira	Senior Masculino	48:53	+18:25	04:53
240	188	Carlos Manuel Antunes Mireles	individual	Senior Masculino	48:56	+18:27	04:54
241	549	HERMINIA RPDRIGUES	nucleo atletismo taipas	Veterana F50	48:57	+18:28	04:54
242	371	José Moreira	lebre 10	Veterano M50	48:57	+18:28	04:54
243	462	Luis Manuel Silva Morais	madugym	Veterano M45	49:05	+18:37	04:55
244	98	Valter Barbosa	ccdt-stcp	Senior Masculino	49:11	+18:43	04:55
245	499	Lucinda Alves	nascidos para correr - ass. desportiva	Veterana F50	49:13	+18:44	04:55
246	134	Celina Silva	figueiredos runners & friends	Senior Feminino	49:13	+18:45	04:55
247	136	JOAO CARVALHO	figueiredos runners & friends	Senior Masculino	49:13	+18:45	04:55
248	122	Pedro Ferraz	dureza máxima	Senior Masculino	49:16	+18:47	04:56
249	118	AMERICO	dureza máxima	Senior Masculino	49:16	+18:47	04:56
250	49	Paulo Grilo	arcorun	Veterano M40	49:16	+18:48	04:56
251	96	JOEL SANTOS	cal - clube atletismo de lamas	Veterano M40	49:18	+18:50	04:56
252	452	Jorge Miguel Valente Santos	madugym	Veterano M40	49:19	+18:50	04:56
253	466	Fernando Magalhães Madureira	madugym	Veterano M50	49:21	+18:52	04:56
254	655	Nuno Miguel Santos	ginásio viv - canelas	Senior Masculino	49:22	+18:54	04:56
255	605	Rui Lebre	tartarugas do asfalto	Veterano M45	49:25	+18:57	04:57
256	589	Pedro Aires Moreira	s. s. montepio	Senior Masculino	49:30	+19:01	04:57
257	348	Andre Cunha	i-run	Senior Masculino	49:33	+19:05	04:57
258	214	Manuel Alves	individual	Senior Masculino	49:33	+19:05	04:57
259	393	Cátia Sofia Ferreira Da Silva Madureira	madugym	Senior Feminino	49:37	+19:09	04:58
260	235	Rui Bastos	individual	Senior Masculino	49:37	+19:09	04:58
261	80	Pedro Silva	bootseals	Senior Masculino	49:40	+19:11	04:58
262	301	César Rocha	individual	Veterano M45	49:42	+19:13	04:58
263	365	Luís Ribeiro	lebre 10	Senior Masculino	49:43	+19:14	04:58
264	478	Patrícia Pinho	nascidos para correr - ass. desportiva	Senior Feminino	49:44	+19:16	04:58
265	169	Rita Paupério	individual	Senior Feminino	49:46	+19:17	04:59
266	309	Joaquim silva	individual	Veterano M45	49:51	+19:23	04:59
267	410	António José Rodrigues Ventura	madugym	Senior Masculino	49:56	+19:27	05:00

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	CAT	RESULT	DIFF	t/KM
268	454	José Manuel Magalhães Madureira Silva	madugym	Veterano M40	49:56	+19:27	05:00
269	148	fernando rocha	grupo desportivo leoes de veneza	Veterano M55	49:58	+19:29	05:00
270	567	Daniel Machado	os fugitivos da crise	Senior Masculino	49:59	+19:30	05:00
271	18	Paulo Almeida	afis/ovar	Veterano M45	49:59	+19:31	05:00
272	592	Vitor Oliveira	s. s. montepio	Senior Masculino	50:00	+19:32	05:00
273	595	Pedro Soares	s. s. montepio	Veterano M40	50:02	+19:34	05:00
274	698	Duarte Pinho	taylors325	Senior Masculino	50:06	+19:38	05:01
275	40	José Correia	arcorun	Senior Masculino	50:07	+19:39	05:01
276	13	Ivo Couto	a20's box	Veterano M40	50:08	+19:40	05:01
277	483	António Rebocho	nascidos para correr - ass. desportiva	Senior Masculino	50:12	+19:44	05:01
278	305	Hermínio Pinho	individual	Veterano M45	50:13	+19:45	05:01
279	338	Manuel Jesus	individual	Veterano M55	50:14	+19:45	05:01
280	521	António Santos	nascidos para correr - ass. desportiva	Veterano M50	50:15	+19:46	05:02
281	92	Luis almeida	c. d. feirense	Senior Masculino	50:16	+19:48	05:02
282	614	Ana Maria Barbosa	trio maravilha	Veterana F50	50:21	+19:53	05:02
283	633	Patrícia Maia	farmáciacentral	Senior Feminino	50:31	+20:03	05:03
284	23	Tiago leite	alesil	Senior Masculino	50:32	+20:03	05:03
285	611	Rolando Paulo	trail running clube btt sanguedo	Veterano M40	50:40	+20:11	05:04
286	300	Carlos Silva	individual	Veterano M45	50:47	+20:18	05:05
287	334	Eduardo Pinto	individual	Veterano M55	50:48	+20:19	05:05
288	241	Rui Manuel de Sousa Silva18	individual	Senior Masculino	50:48	+20:19	05:05
289	699	Serafim Cruz	taylors325	Veterano M40	50:48	+20:19	05:05
290	537	Arménio Ferreira	nascidos para correr - ass. desportiva	Veterano M60	50:50	+20:22	05:05
291	326	Firmino Nogueira	individual	Veterano M50	50:58	+20:29	05:06
292	331	Pedro Manuel Pereira Melo	individual	Veterano M50	51:01	+20:33	05:06
293	667	André Neves	individual	Senior Masculino	51:02	+20:33	05:06
294	224	Paulo santos	individual	Senior Masculino	51:02	+20:33	05:06
295	673	Rogério rocha	individual	Veterano M40	51:02	+20:33	05:06
296	609	Miguel Moura	taylors325	Veterano M40	51:03	+20:34	05:06
297	560	Cátia Pereira	o praticante	Senior Feminino	51:04	+20:36	05:06
298	324	António Jorge Pereira da Silva Campelos	individual	Veterano M50	51:06	+20:38	05:07
299	201	HELDER FERREIRA	individual	Senior Masculino	51:07	+20:38	05:07
300	204	João Falcão	individual	Senior Masculino	51:07	+20:38	05:07
301	218	Mário Soares	individual	Senior Masculino	51:08	+20:39	05:07
302	432	Tiago José Matos Sousa	madugym	Senior Masculino	51:11	+20:42	05:07
303	190	Carlos Pina	individual	Senior Masculino	51:12	+20:44	05:07
304	47	Jorge Leite	arcorun	Veterano M40	51:14	+20:45	05:07
305	424	José Carlos Martins Fernandes	madugym	Senior Masculino	51:16	+20:48	05:08
306	570	Paulo Feiteira	os ketuntos	Veterano M40	51:17	+20:48	05:08
307	653	Jose Diogo Resende	ginásio viv - canelas	Senior Masculino	51:18	+20:49	05:08
308	252	elisabete santos	individual	Veterana F40	51:24	+20:55	05:08
309	103	Manuel Santiago	clube do pessoal aguas gaia	Veterano M50	51:29	+21:01	05:09
310	292	Ricardo Gonçalves	individual	Veterano M40	51:33	+21:04	05:09
311	56	Bruno Pereira	atletismo geração paramos	Senior Masculino	51:34	+21:05	05:09
312	263	FATIMA PAIS	individual	Veterana F50	51:34	+21:05	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 - 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	CAT	RESULT	DIFF	t/KM
313	200	Francisco Vieira	individual	Senior Masculino	51:37	+21:09	05:10
314	496	Patrícia Fernandes	nascidos para correr - ass. desportiva	Veterana F40	51:38	+21:09	05:10
315	556	Emanuel Moreira	ó correu	Senior Masculino	51:38	+21:10	05:10
316	527	Abílio Alves	nascidos para correr - ass. desportiva	Veterano M55	51:39	+21:11	05:10
317	610	Américo Santos	taylors325	Veterano M45	51:41	+21:13	05:10
318	347	veridiano ribeiro	individual	Veterano M60	51:43	+21:14	05:10
319	328	José Manuel Pereira Leite	individual	Veterano M50	51:44	+21:15	05:10
320	700	Diogo Remião	uprunning	Junior Masculino	51:45	+21:16	05:11
321	237	Rui costa	individual	Senior Masculino	51:53	+21:25	05:11
322	293	Ricardo Jorge Guedes da Silva Nunes da Costa	individual	Veterano M40	51:55	+21:26	05:12
323	679	Daniel Rocha	jjt teixeira	Senior Masculino	51:56	+21:27	05:12
324	358	Nelson Carvalho	jjt teixeira	Senior Masculino	51:57	+21:29	05:12
325	87	Alfredo Barbosa	c p t bairro carcavelos	Veterano M60	52:00	+21:32	05:12
326	643	Ricardo Ribeiro	farmáciacentral	Senior Masculino	52:03	+21:34	05:12
327	254	Gracinda Oliveira	individual	Veterana F40	52:04	+21:35	05:12
328	637	Nuno Miranda	farmáciacentral	Senior Masculino	52:05	+21:36	05:13
329	339	MANUEL LOBAO ANDRADE	individual	Veterano M55	52:11	+21:43	05:13
330	602	Hugo Sousa	stcp runners	Senior Masculino	52:16	+21:47	05:14
331	705	Paulo Ribeiro	individual	Veterano M40	52:16	+21:48	05:14
332	413	Bruno Manuel Aguiar Andrade	madugym	Senior Masculino	52:18	+21:50	05:14
333	684	Francisco Herculano Pinto Gomes	madugym	Senior Masculino	52:18	+21:50	05:14
334	298	António Manuel Prata da Silva	individual	Veterano M45	52:19	+21:51	05:14
335	306	Joao Bronze	individual	Veterano M45	52:20	+21:52	05:14
336	352	Manuel Teixeira	i-run	Veterano M45	52:22	+21:54	05:14
337	696	Paulo Gonçalves	stcp runners	Veterano M45	52:23	+21:55	05:14
338	291	Pedro Nuno da Silva Correia	individual	Veterano M40	52:27	+21:59	05:15
339	458	António Abilio Ferreira Topa	madugym	Veterano M45	52:34	+22:05	05:15
340	482	André Soares	nascidos para correr - ass. desportiva	Senior Masculino	52:38	+22:09	05:16
341	269	Adriano Florim	individual	Veterano M40	52:41	+22:13	05:16
342	343	Gaspar Oliveira Cadete	individual	Veterano M60	52:44	+22:15	05:16
343	62	CARLOS MOREIRA	atletismo geração paramos	Veterano M40	52:49	+22:20	05:17
344	654	Nuno Magalhães	ginásio viv - canelas	Senior Masculino	52:50	+22:22	05:17
345	42	Tiago Santos	arcorun	Senior Masculino	52:51	+22:22	05:17
346	304	FERNANDO PAIS	individual	Veterano M45	52:51	+22:22	05:17
347	625	Luis filipe coutinho	3duques	Senior Masculino	52:55	+22:26	05:18
348	94	João Lourenço	c+ runners	Veterano M45	52:58	+22:29	05:18
349	572	Luís Marques	pari passu	Senior Masculino	52:59	+22:30	05:18
350	503	Luiz Loureiro	nascidos para correr - ass. desportiva	Veterano M40	52:59	+22:31	05:18
351	20	Fernando Santos	afis/ovar	Veterano M60	53:05	+22:36	05:19
352	364	José Jesus	lebre 10	Senior Masculino	53:06	+22:37	05:19
353	24	Albino leite	alesil	Veterano M50	53:08	+22:39	05:19
354	258	Maria João	individual	Veterana F40	53:11	+22:43	05:19
355	460	António Soares Da Costa	madugym	Veterano M45	53:12	+22:43	05:19
356	573	Jorge Ferreira	pari passu	Veterano M40	53:21	+22:53	05:20
357	367	Ricardo Costa	lebre 10	Senior Masculino	53:22	+22:54	05:20

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 - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
358	126	Pedro Dantas	entroncamento sem fim	Senior Masculino	53:23	+22:54	05:20
359	209	Jorge torrão	individual	Senior Masculino	53:25	+22:57	05:21
360	649	Silvia Cunha	ginásio viv - canelas	Senior Feminino	53:26	+22:58	05:21
361	476	Cristina Silva	nascidos para correr - ass. desportiva	Senior Feminino	53:27	+22:58	05:21
362	541	Daniel Silva	neighbors run	Senior Masculino	53:28	+22:59	05:21
363	191	Cristóvão Faria	individual	Senior Masculino	53:29	+23:01	05:21
364	420	João Filipe Martins Rocha	madugym	Senior Masculino	53:39	+23:10	05:22
365	161	Goretti Dias	individual	Senior Feminino	53:39	+23:10	05:22
366	165	Liliana Patrícia Domingues Silva	individual	Senior Feminino	53:44	+23:16	05:22
367	682	Bernardo Xavier Soares	madugym	Junior Masculino	53:44	+23:16	05:22
368	327	Isaque Pinto	individual	Veterano M50	53:45	+23:17	05:23
369	196	Diogo Manuel da Silva Moura	individual	Senior Masculino	53:47	+23:18	05:23
370	240	Rui Ferraz	individual	Senior Masculino	53:49	+23:21	05:23
371	270	Americo Martins	individual	Veterano M40	53:50	+23:21	05:23
372	685	Manuel Jorge Rodrigues Fonseca	madugym	Senior Masculino	53:51	+23:22	05:23
373	688	João Márcio da Silva Oliveira	maninhos	Senior Masculino	53:51	+23:22	05:23
374	448	António Francisco Pimentel Gonçalves Ribeiro	madugym	Veterano M40	53:52	+23:24	05:23
375	48	Jorge Oliveira	arcorun	Veterano M40	53:55	+23:27	05:24
376	669	FRANCISCO BARROS	individual	Senior Masculino	53:56	+23:27	05:24
377	550	Nuno Gonçalves	nuno	Senior Masculino	53:57	+23:28	05:24
378	531	José Paulo Neves	nascidos para correr - ass. desportiva	Veterano M55	54:01	+23:33	05:24
379	255	Isabel Dias	individual	Veterana F40	54:03	+23:34	05:24
380	344	Ntalino Pereira	individual	Veterano M60	54:06	+23:38	05:25
381	341	Adriano Gomes da Silva	individual	Veterano M60	54:09	+23:41	05:25
382	378	Patricia Gonçalves Pereira	madugym	Junior Feminino	54:13	+23:45	05:25
383	473	Ricardo Carvalho	mocidade invicta fc	Senior Masculino	54:14	+23:45	05:25
384	457	Agostinho de Oliveira Alves	madugym	Veterano M45	54:18	+23:49	05:26
385	701	Fernando Remião	uprunning	Veterano M45	54:26	+23:57	05:27
386	135	patricia slva	figueiredos runners & friends	Senior Feminino	54:27	+23:58	05:27
387	265	Margarida Ribeiro Neves	individual	Veterana F50	54:32	+24:04	05:27
388	216	Manuel Filipe Ferreira dos Santos	individual	Senior Masculino	54:42	+24:13	05:28
389	168	Marisa Cristina Sousa Martins	individual	Senior Feminino	54:43	+24:15	05:28
390	314	Paulo Alves Costa	individual	Veterano M45	54:46	+24:17	05:29
391	251	Celeste Moreira	individual	Veterana F40	54:50	+24:21	05:29
392	51	vitordcardoso	atlético da madalena	Veterano M50	54:51	+24:23	05:29
393	81	Paula Estrela	bootseals	Veterana F40	54:53	+24:25	05:29
394	569	Bruno Feiteira	os ketuntos	Senior Masculino	54:55	+24:26	05:30
395	638	Paulo Rocha	farmáciacentral	Senior Masculino	54:56	+24:27	05:30
396	636	Diogo Ferraz	farmáciacentral	Senior Masculino	54:56	+24:28	05:30
397	551	Filipa Filipa	ó correu	Senior Feminino	55:08	+24:40	05:31
398	648	Marta Sousa	ginásio viv - canelas	Senior Feminino	55:12	+24:43	05:31
399	280	Helder Moreira	individual	Veterano M40	55:12	+24:43	05:31
400	44	Glória Santos	arcorun	Veterana F50	55:13	+24:44	05:31
401	626	Tiago santos	3duques	Senior Masculino	55:13	+24:44	05:31
402	353	MARINHA BAPTISTA	jam - juventude atlética mozelense	Veterana F50	55:18	+24:49	05:32

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
403	606	Lénio Marinho	tartarugas do asfalto	Veterano M60	55:25	+24:57	05:33
404	266	Maria Aliçe Colaço Castro	individual	Veterana F50	55:40	+25:12	05:34
405	320	Rui Freitas	individual	Veterano M45	55:44	+25:16	05:34
406	417	Fernando André Moura Alves	madugym	Senior Masculino	55:45	+25:16	05:35
407	125	Nuno Silva	entroncamento sem fim	Senior Masculino	55:45	+25:16	05:35
408	319	Ricardo Monteiro	individual	Veterano M45	55:54	+25:26	05:35
409	268	Maria Luz Almeida	individual	Veterana F50	55:57	+25:28	05:36
410	76	Luis Mota	b.v.carvalhos	Senior Masculino	55:57	+25:29	05:36
411	149	JOSE ABREU	grupo desportivo leoes de veneza	Veterano M60	56:00	+25:32	05:36
412	264	Manuela Sousa	individual	Veterana F50	56:03	+25:34	05:36
413	459	António Gonçalves Gomes	madugym	Veterano M45	56:10	+25:42	05:37
414	441	Maria Fátima Almeida Calisto	madugym	Veterana F40	56:11	+25:42	05:37
415	670	Ivo Azevedo	individual	Senior Masculino	56:14	+25:46	05:37
416	408	Tânia Cristina Reis Teixeira	madugym	Senior Feminino	56:15	+25:46	05:38
417	415	Dinis Rafael Da Silva Claro	madugym	Senior Masculino	56:19	+25:51	05:38
418	302	eduardo castro	individual	Veterano M45	56:21	+25:52	05:38
419	53	CRISTINA COSTA	atletismo geração paramos	Senior Feminino	56:21	+25:53	05:38
420	181	António Fernando da Silva Rodrigues Machado	individual	Senior Masculino	56:23	+25:54	05:38
421	414	Celso Daniel Faria Marques Almeida	madugym	Senior Masculino	56:23	+25:55	05:38
422	335	Francisco Serrano	individual	Veterano M55	56:30	+26:01	05:39
423	612	António Garcês	trepatrilhos trail team	Senior Masculino	56:32	+26:03	05:39
424	64	RUI SANTOS	atletismo geração paramos	Veterano M40	56:32	+26:04	05:39
425	78	Lara Pires	bootseals	Senior Feminino	56:33	+26:04	05:39
426	223	Paulo Jorge Melo e Silva	individual	Senior Masculino	56:35	+26:07	05:40
427	59	GUILHERMINA LIGEIRO	atletismo geração paramos	Veterana F40	56:36	+26:07	05:40
428	60	PAULA MOREIRA	atletismo geração paramos	Veterana F40	56:36	+26:07	05:40
429	568	Diana Carneiro	os fugitivos da crise	Veterana F40	56:36	+26:07	05:40
430	577	Carla Pacheco	peraltafil running	Senior Feminino	56:37	+26:09	05:40
431	576	Ana Paula oliveira	peraltafil running	Senior Feminino	56:38	+26:09	05:40
432	439	Maria Clara Ribeiro Gonçalves Pereira	madugym	Veterana F40	56:38	+26:09	05:40
433	256	Filomena Rocha	individual	Veterana F40	56:39	+26:11	05:40
434	274	Augusto Silveira	individual	Veterano M40	56:40	+26:11	05:40
435	461	Jorge Manuel Guerner Meireles Pinho	madugym	Veterano M45	56:42	+26:13	05:40
436	153	Nuno Teixeira	imperadores	Senior Masculino	56:42	+26:14	05:40
437	9	Cátia Martins	4 runners team	Senior Feminino	56:46	+26:18	05:41
438	10	Miguel Vale	4 runners team	Veterano M40	56:47	+26:18	05:41
439	82	Paula Cristina	bootseals	Veterana F50	56:48	+26:20	05:41
440	166	Manuela Damas	individual	Senior Feminino	56:50	+26:22	05:41
441	282	João Pedro	individual	Veterano M40	56:51	+26:22	05:41
442	477	Mª Elisabete Moreira	nascidos para correr - ass. desportiva	Senior Feminino	56:55	+26:27	05:42
443	481	Teresinha Castro	nascidos para correr - ass. desportiva	Senior Feminino	56:55	+26:27	05:42
444	321	Rui Godinho	individual	Veterano M45	56:59	+26:31	05:42
445	686	Hélder Baltazar Rodrigues	madugym	Veterano M40	57:02	+26:33	05:42

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 - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
446	337	MANUEL ASSIS	individual	Veterano M55	57:08	+26:39	05:43
447	574	Paulo Macedo	pari passu	Veterano M50	57:08	+26:40	05:43
448	665	Pedro Rodrigues	gondomar futsal clube	Senior Masculino	57:14	+26:45	05:43
449	591	Sergio Oliveira	s. s. monteio	Senior Masculino	57:19	+26:51	05:44
450	236	Rui Coelho	individual	Senior Masculino	57:23	+26:54	05:44
451	687	Jaime Miguel Vieira da Silva	maninhos	Senior Masculino	57:28	+27:00	05:45
452	175	Vera Correia	individual	Senior Feminino	57:33	+27:04	05:45
453	185	Bruno Moreira	individual	Senior Masculino	57:33	+27:04	05:45
454	295	Alcídio Figueiredo	individual	Veterano M45	57:37	+27:09	05:46
455	456	Manuel Luis Santos Soeira	madugym	Veterano M40	57:41	+27:12	05:46
456	143	Auspício Fernandes	gd santander totta	Veterano M60	57:43	+27:14	05:46
457	333	Alvaro Silva	individual	Veterano M55	57:44	+27:15	05:46
458	585	Domingos Costa	runners on fire	Veterano M55	57:53	+27:24	05:47
459	584	João Soares	runners on fire	Senior Masculino	57:55	+27:26	05:48
460	594	Manuel Guedes	s. s. monteio	Veterano M40	57:57	+27:28	05:48
461	207	João Pedro Sousa Martins	individual	Senior Masculino	58:03	+27:35	05:48
462	123	TIAGO PEREIRA	dureza máxima	Senior Masculino	58:17	+27:49	05:50
463	600	Maria dos Anjos	sao salvador do campo	Veterana F40	58:25	+27:57	05:51
464	387	Ana Sofia Ramos Tavares	madugym	Senior Feminino	58:32	+28:03	05:51
465	631	Carla Ferreira	farmáciacentral	Senior Feminino	58:54	+28:25	05:53
466	642	Raúl Fontes	farmáciacentral	Senior Masculino	58:55	+28:27	05:54
467	363	João Carvalho	lebre 10	Senior Masculino	58:59	+28:31	05:54
468	89	Joaquim Ferreira	c p t bairro carcavelos	Veterano M60	59:09	+28:41	05:55
469	273	antonio couto	individual	Veterano M40	59:24	+28:56	05:56
470	14	Luis Santos	a20's box	Veterano M40	59:28	+28:59	05:57
471	620	Ricardo Topa	vila maior turismo	Senior Masculino	59:28	+28:59	05:57
472	57	Nelson Ribeiro	atletismo geração paramos	Senior Masculino	59:28	+29:00	05:57
473	639	Pedro Maia	farmáciacentral	Senior Masculino	59:38	+29:10	05:58
474	30	Marlene Ribeiro	amigos parque biologico	Veterana F40	59:40	+29:12	05:58
475	33	Filinto Moreira	amigos parque biologico	Veterano M45	59:40	+29:12	05:58
476	31	Teresa Costa	amigos parque biologico	Veterana F50	59:40	+29:12	05:58
477	34	Carlos Monteiro	amigos parque biologico	Veterano M55	59:41	+29:13	05:58
478	662	Marlene Tatiana Santos Navega	ginásio viv - carvalhos	Senior Feminino	59:56	+29:27	06:00
479	663	Carlos Alberto Azevedo Navega	ginásio viv - carvalhos	Veterano M45	59:56	+29:27	06:00
480	72	Carlos Paiva	b.v.carvalhos	Senior Masculino	01:00:09	+29:40	06:01
481	26	Altino Torres	altino	Veterano M50	01:00:13	+29:45	06:01
482	616	Maria Horta	trio maravilha	Veterana F50	01:00:19	+29:50	06:02
483	697	FERNANDA ALVES	tartarugas do asfalto	Veterana F40	01:00:20	+29:52	06:02
484	260	Susana Rodrigues	individual	Veterana F40	01:00:36	+30:07	06:04
485	146	André Gonçalves	gopinhos mimelhos	Senior Masculino	01:00:43	+30:14	06:04
486	604	Paulo Gomes	tartarugas do asfalto	Veterano M45	01:00:48	+30:19	06:05
487	666	Sara Fortuna	individual	Senior Feminino	01:00:50	+30:21	06:05
488	65	ANSELMO SILVA	atletismo geração paramos	Veterano M45	01:00:51	+30:23	06:05
489	79	Susana Ferreira	bootseals	Senior Feminino	01:01:03	+30:34	06:06
490	437	Carla Maria Vaz Pinto Chaves	madugym	Veterana F40	01:01:10	+30:41	06:07
491	401	Irma Liliana Sousa Vale	madugym	Senior Feminino	01:01:11	+30:42	06:07

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

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	CAT	RESULT	DIFF	t/KM
492	440	Maria Do Céu Borges	madugym	Veterana F40	01:01:11	+30:43	06:07
493	285	José Manuel Ribeiro Mendes Pereira	individual	Veterano M40	01:01:15	+30:46	06:08
494	289	orlando gonçalves	individual	Veterano M40	01:01:15	+30:47	06:08
495	312	LUIS TRINDADE	individual	Veterano M45	01:01:16	+30:47	06:08
496	58	CONCEIÇÃO BESSA	atletismo geração paramos	Veterana F40	01:01:16	+30:47	06:08
497	55	MARISA Rodrigues	atletismo geração paramos	Senior Feminino	01:01:16	+30:48	06:08
498	100	Silvério Gudes	clube atletismo de avintes	Veterano M55	01:01:18	+30:50	06:08
499	160	Francisca Martins	individual	Senior Feminino	01:01:31	+31:03	06:09
500	607	Maria Cândida Rodrigues	taylor325	Veterana F50	01:01:32	+31:03	06:09
501	267	Maria da Graça Bastardo e Silva	individual	Veterana F50	01:02:10	+31:41	06:13
502	428	Pedro Tiago Ferreira Da Silva	madugym	Senior Masculino	01:02:14	+31:46	06:13
503	397	Daniela Carina Oliveira Da Silva	madugym	Senior Feminino	01:02:18	+31:49	06:14
504	632	Carla Oliveira	farmáciacentral	Senior Feminino	01:02:20	+31:51	06:14
505	119	CARLOS OLIVEIRA	dureza máxima	Senior Masculino	01:02:28	+31:59	06:15
506	518	Miguel Rui	nascidos para correr - ass. desportiva	Veterano M45	01:02:29	+32:00	06:15
507	480	Sofia Reis	nascidos para correr - ass. desportiva	Senior Feminino	01:02:29	+32:00	06:15
508	488	José Andrade	nascidos para correr - ass. desportiva	Senior Masculino	01:02:29	+32:01	06:15
509	38	Cláudia Dias	arcorun	Senior Feminino	01:02:34	+32:06	06:15
510	238	Rui Daniel Gonçalves	individual	Senior Masculino	01:02:42	+32:13	06:16
511	43	Verónica Sampaio	arcorun	Veterana F40	01:02:42	+32:14	06:16
512	317	Paulo Teixeira	individual	Veterano M45	01:02:49	+32:20	06:17
513	115	Carlos Cardoso	cp t bairro carcavelos	Senior Masculino	01:02:54	+32:25	06:17
514	646	Rui Oliveira	farmáciacentral	Senior Masculino	01:02:56	+32:28	06:18
515	296	Amândio Mendes	individual	Veterano M45	01:02:57	+32:29	06:18
516	388	Andreia Daniela Fernandes Santos	madugym	Senior Feminino	01:03:12	+32:43	06:19
517	145	Ana Vieira	gopinhos mimelhos	Senior Feminino	01:03:16	+32:47	06:20
518	471	Marina Martins	marcap	Senior Feminino	01:03:27	+32:58	06:21
519	472	Pedro Paiva	marcap	Senior Masculino	01:03:27	+32:58	06:21
520	220	Nuno Miguel Santos Rodrigues	individual	Senior Masculino	01:03:38	+33:09	06:22
521	396	Cristiana Moreira Maia	madugym	Senior Feminino	01:03:38	+33:10	06:22
522	225	Paulo Silva	individual	Senior Masculino	01:03:40	+33:12	06:22
523	156	Angélica Oliveira	individual	Senior Feminino	01:03:40	+33:12	06:22
524	627	Joao pedro gomes	3duques	Veterano M40	01:03:46	+33:18	06:23
525	617	SOFIA SILVA	urbanatletas	Senior Feminino	01:03:49	+33:20	06:23
526	381	Ana Catarina Beleza Paulas Ribeiro	madugym	Senior Feminino	01:03:50	+33:21	06:23
527	554	Alexandre Oliveira	ó correu	Senior Masculino	01:03:54	+33:26	06:23
528	467	Manuel Francisco Oliveira Celestino	madugym	Veterano M50	01:03:58	+33:29	06:24
529	383	Ana Isabel Pereira Gonçalves	madugym	Senior Feminino	01:03:58	+33:29	06:24
530	558	Ricardo Gama	ó correu	Senior Masculino	01:04:08	+33:39	06:25
531	232	Ricardo Araújo Mendes	individual	Senior Masculino	01:04:20	+33:51	06:26
532	652	Bruno Henrique Costa	ginásio viv - canelas	Senior Masculino	01:04:40	+34:11	06:28
533	35	Ana Caetano	anacat	Senior Feminino	01:04:48	+34:20	06:29
534	257	manuela santos	individual	Veterana F40	01:05:00	+34:32	06:30
535	71	Bruno Lopes	b.v.carvalhos	Senior Masculino	01:05:16	+34:47	06:32
536	77	Nuno Martins	b.v.carvalhos	Senior Masculino	01:05:16	+34:48	06:32

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
537	384	Ana Mafalda Pereira Costa	madugym	Senior Feminino	01:05:19	+34:51	06:32
538	436	Carla Maria Beça Fernandes	madugym	Veterana F40	01:05:20	+34:52	06:32
539	450	Bernardino Carvalho	madugym	Veterano M40	01:05:23	+34:54	06:32
540	174	Soraia Alves	individual	Senior Feminino	01:05:24	+34:56	06:32
541	197	Diogo Pimentel Ribeiro	individual	Senior Masculino	01:05:26	+34:57	06:33
542	675	AGOSTINHO MANUEL MOREIRA SANTOS TOMÁS	individual	Veterano M45	01:05:26	+34:58	06:33
543	21	Luis Quintino	afis/ovar	Veterano M60	01:05:57	+35:28	06:36
544	173	Sofia cardoso	individual	Senior Feminino	01:05:58	+35:29	06:36
545	36	Cátia Saraiva	anacat	Senior Feminino	01:06:07	+35:39	06:37
546	382	Ana Filipa Mouro Maia	madugym	Senior Feminino	01:06:24	+35:55	06:38
547	445	Alexandra Maria Alão Da Silva Pereira	madugym	Veterana F50	01:06:32	+36:03	06:39
548	446	Margarida Maria Pereira	madugym	Veterana F50	01:06:32	+36:03	06:39
549	167	Mariana Cavadas	individual	Senior Feminino	01:06:47	+36:18	06:41
550	67	Agnieszka	b.v.carvalhos	Senior Feminino	01:06:50	+36:21	06:41
551	70	Vera Ferreira	b.v.carvalhos	Senior Feminino	01:06:51	+36:22	06:41
552	391	Catarina Soares Lopes	madugym	Senior Feminino	01:07:44	+37:15	06:46
553	372	Manuel Mota	lebre 10	Veterano M50	01:07:44	+37:15	06:46
554	426	José Nicolau Trindade Duarte	madugym	Senior Masculino	01:07:46	+37:18	06:47
555	399	Filipa Manuela Pereira Alves	madugym	Senior Feminino	01:07:48	+37:19	06:47
556	366	Raul Freitas	lebre 10	Senior Masculino	01:07:48	+37:20	06:47
557	587	Patrícia Rebelo	s. s. montepio	Senior Feminino	01:07:55	+37:27	06:48
558	75	Luís Magalhães	b.v.carvalhos	Senior Masculino	01:08:00	+37:32	06:48
559	590	Rui Rebelo	s. s. montepio	Senior Masculino	01:08:01	+37:32	06:48
560	73	Diogo Magalhães	b.v.carvalhos	Senior Masculino	01:08:04	+37:35	06:48
561	259	Sandra Aguiar	individual	Veterana F40	01:08:13	+37:44	06:49
562	583	Agostinho Ribeiro	runners on fire	Senior Masculino	01:08:24	+37:56	06:50
563	361	Joana Barbosa	jm	Senior Feminino	01:08:31	+38:03	06:51
564	54	Filipa Pinto	atletismo geração paramos	Senior Feminino	01:08:37	+38:09	06:52
565	395	Claudia Patricia Oliveira Paiva	madugym	Senior Feminino	01:09:01	+38:32	06:54
566	676	António Manuel dos Santos Couto	individual	Veterano M45	01:09:05	+38:37	06:55
567	421	João Filipe Ramos Zenha	madugym	Senior Masculino	01:09:14	+38:45	06:55
568	615	Maria Alice Guimarães	trio maravilha	Veterana F50	01:09:53	+39:25	06:59
569	37	Diana Almeida	anacat	Senior Feminino	01:10:07	+39:38	07:01
570	278	Filipe Moutinho	individual	Veterano M40	01:10:07	+39:39	07:01
571	406	Raquel Marina De Sousa Santos Silva	madugym	Senior Feminino	01:10:11	+39:42	07:01
572	379	Vera Mónica Gomes Melo	madugym	Junior Feminino	01:10:11	+39:42	07:01
573	386	Ana Rita Ferreira Costa	madugym	Senior Feminino	01:10:26	+39:57	07:03
574	453	José Joaquim Ferro Pinto	madugym	Veterano M40	01:11:24	+40:56	07:08
575	433	Albina Gabriela Ribeiro Da Silva	madugym	Veterana F40	01:11:24	+40:56	07:08
576	390	Carla Patricia Oliveira Costa	madugym	Senior Feminino	01:11:25	+40:57	07:09
577	389	Carla Alexandra Pereira Alves	madugym	Senior Feminino	01:11:33	+41:05	07:09
578	419	Igor Filipe Correia Blancquette Mainedo	madugym	Senior Masculino	01:11:33	+41:05	07:09
579	74	Hugo Oliveira	b.v.carvalhos	Senior Masculino	01:12:08	+41:40	07:13

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 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	CAT	RESULT	DIFF	t/KM
580	68	Diana Mano	b.v.carvalhos	Senior Feminino	01:12:10	+41:41	07:13
581	651	Armenio Costa	ginásio viv - canelas	Senior Masculino	01:12:44	+42:15	07:16
582	657	Vitor Carvalho	ginásio viv - canelas	Veterano M45	01:12:44	+42:15	07:16
583	650	Yessica Magalhaes	ginásio viv - canelas	Senior Feminino	01:12:45	+42:16	07:17
584	157	CARMEN LILIANA SILVA SOBRINHO	individual	Senior Feminino	01:13:47	+43:19	07:23
585	468	Daniel Fernando Martins Ferreira Neves	madugym	Veterano M55	01:14:11	+43:43	07:25
586	130	Diogo Coutinho	fiães sc	Senior Masculino	01:14:30	+44:02	07:27
587	377	Patricia Do Carmo De Sousa Ramos	madugym	Junior Feminino	01:14:44	+44:15	07:28
588	683	Mariana Da Silva Faria	madugym	Senior Feminino	01:14:44	+44:15	07:28
589	394	Claudia Natercia Rodrigues Ribeiro	madugym	Senior Feminino	01:16:28	+46:00	07:39
590	404	Mónica Patricia Rodrigues Dos Santos	madugym	Senior Feminino	01:17:47	+47:19	07:47
591	392	Cátia Raquel Batista Pereira	madugym	Senior Feminino	01:17:47	+47:19	07:47
592	69	Tatiana Gomes	b.v.carvalhos	Senior Feminino	01:18:04	+47:36	07:48
593	407	Sandra Manuela Ferro Pinto	madugym	Senior Feminino	01:18:23	+47:54	07:50
594	427	Nuno José Barbosa Marques	madugym	Senior Masculino	01:18:23	+47:55	07:50
595	400	Ines Filipa Oliveira Vieira	madugym	Senior Feminino	01:18:24	+47:55	07:50
596	470	José Joaquim Valentim	madugym	Veterano M60	01:20:21	+49:52	08:02

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

	Time	Temperature	Humidity
Start	10:30	14°C	67%
End	11:50	14°C	67%

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

1	378	Patricia Gonçalves Pereira	madugym	Junior Feminino	54:13		05:25
2	379	Vera Mónica Gomes Melo	madugym	Junior Feminino	01:10:11	+15:57	07:01
3	377	Patricia Do Carmo De Sousa Ramos	madugym	Junior Feminino	01:14:44	+20:30	07:28

Junior Masculino

1	546	TIAGO PINHEIRO	NUCLEO ATLETISMO TAIPAS	Junior Masculino	34:16		03:26
2	545	BRUNO SILVA	NUCLEO ATLETISMO TAIPAS	Junior Masculino	36:22	+02:07	03:38
3	544	ALEXANDRE PACHECO	NUCLEO ATLETISMO TAIPAS	Junior Masculino	37:45	+03:29	03:47
4	154	Miguel Alexandre Jardim Miranda	Individual	Junior Masculino	40:43	+06:28	04:04
5	380	Claudio Filipe Teixeira Rodrigues	madugym	Junior Masculino	44:04	+09:49	04:24
6	52	ANDRÉ MOREIRA	Atletismo Geração Paramos	Junior Masculino	46:33	+12:18	04:39
7	700	Diogo Remião	UPRunning	Junior Masculino	51:45	+17:29	05:11
8	682	Bernardo Xavier Soares	madugym	Junior Masculino	53:44	+19:29	05:22

Senior Feminino

1	689	MARISA BARROS	S. .C. Salgueiros	Senior Feminino	36:04		03:36
2	547	ELISABETE LOPES	NUCLEO ATLETISMO TAIPAS	Senior Feminino	36:22	+00:19	03:38
3	598	Justyna Wojcik	S.C.SALGUEIROS	Senior Feminino	38:53	+02:50	03:53
4	704	Susana Vilela	S. JOÃO DA SERRA	Senior Feminino	40:30	+04:26	04:03
5	706	Rosa Oliveira	Nascidos para Correr - Ass. Desportiva	Senior Feminino	42:27	+06:24	04:15
6	690	Conceição Tenda	S. JOÃO DA SERRA	Senior Feminino	43:17	+07:13	04:20
7	109	Joana Fortuna	Clube Spiridon de Gaia	Senior Feminino	43:28	+07:25	04:21
8	475	Céline Gomes	Nascidos para Correr - Ass. Desportiva	Senior Feminino	44:33	+08:29	04:27
9	158	Cristiana Raquel de Sousa Ferreira	Individual	Senior Feminino	44:44	+08:41	04:28
10	50	mafalda oliveira	atlético da madalena	Senior Feminino	45:00	+08:56	04:30
11	479	Sandra Pereira	Nascidos para Correr - Ass. Desportiva	Senior Feminino	45:09	+09:05	04:31
12	108	Ana Pinho	Clube Spiridon de Gaia	Senior Feminino	48:27	+12:24	04:51
13	134	Celina Silva	FIGUEIREDOS RUNNERS & FRIENDS	Senior Feminino	49:13	+13:10	04:55
14	393	Cátia Sofia Ferreira Da Silva Madureira	madugym	Senior Feminino	49:37	+13:34	04:58
15	478	Patrícia Pinho	Nascidos para Correr - Ass. Desportiva	Senior Feminino	49:44	+13:41	04:58
16	169	Rita Paupério	Individual	Senior Feminino	49:46	+13:42	04:59
17	633	Patrícia Maia	FarmáciaCentral	Senior Feminino	50:31	+14:28	05:03
18	560	Cátia Pereira	O Praticante	Senior Feminino	51:04	+15:01	05:06

Official Timekeeper: Lap2Go	1 / 15	generate 12-mar-2017 12:25
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Prova Principal

10 KM

OFFICIAL RESULT

19	649	Silvia Cunha	Ginásio VIV - Canelas	Senior Feminino	53:26	+17:23	05:21
20	476	Cristina Silva	Nascidos para Correr - Ass. Desportiva	Senior Feminino	53:27	+17:23	05:21
21	161	Goretti Dias	Individual	Senior Feminino	53:39	+17:35	05:22
22	165	Liliana Patrícia Domingues Silva	Individual	Senior Feminino	53:44	+17:41	05:22
23	135	patricia slva	figueiredos runners & friends	Senior Feminino	54:27	+18:23	05:27
24	168	Marisa Cristina Sousa Martins	Individual	Senior Feminino	54:43	+18:40	05:28
25	551	Filipa Filipa	Ó Correu	Senior Feminino	55:08	+19:05	05:31
26	648	Marta Sousa	Ginásio VIV - Canelas	Senior Feminino	55:12	+19:08	05:31
27	408	Tânia Cristina Reis Teixeira	madugym	Senior Feminino	56:15	+20:11	05:38
28	53	CRISTINA COSTA	Atletismo Geração Paramos	Senior Feminino	56:21	+20:18	05:38
29	78	Lara Pires	BootSeals	Senior Feminino	56:33	+20:29	05:39
30	577	Carla Pacheco	Peraltafil running	Senior Feminino	56:37	+20:34	05:40
31	576	Ana Paula oliveira	Peraltafil running	Senior Feminino	56:38	+20:34	05:40
32	9	Cátia Martins	4 Runners Team	Senior Feminino	56:46	+20:43	05:41
33	166	Manuela Damas	Individual	Senior Feminino	56:50	+20:47	05:41
34	477	M ^a Elisabete Moreira	Nascidos para Correr - Ass. Desportiva	Senior Feminino	56:55	+20:52	05:42
35	481	Teresinha Castro	Nascidos para Correr - Ass. Desportiva	Senior Feminino	56:55	+20:52	05:42
36	175	Vera Correia	Individual	Senior Feminino	57:33	+21:29	05:45
37	387	Ana Sofia Ramos Tavares	madugym	Senior Feminino	58:32	+22:28	05:51
38	631	Carla Ferreira	FarmáciaCentral	Senior Feminino	58:54	+22:50	05:53
39	662	Marlene Tatiana Santos Navega	Ginásio VIV - Carvalhos	Senior Feminino	59:56	+23:52	06:00
40	666	Sara Fortuna	Individual	Senior Feminino	01:00:50	+24:46	06:05
41	79	Susana Ferreira	BootSeals	Senior Feminino	01:01:03	+24:59	06:06
42	401	Irma Liliana Sousa Vale	madugym	Senior Feminino	01:01:11	+25:07	06:07
43	55	MARISA Rodrigues	Atletismo Geração Paramos	Senior Feminino	01:01:16	+25:13	06:08
44	160	Francisca Martins	Individual	Senior Feminino	01:01:31	+25:28	06:09
45	397	Daniela Carina Oliveira Da Silva	madugym	Senior Feminino	01:02:18	+26:14	06:14
46	632	Carla Oliveira	FarmáciaCentral	Senior Feminino	01:02:20	+26:16	06:14
47	480	Sofia Reis	Nascidos para Correr - Ass. Desportiva	Senior Feminino	01:02:29	+26:25	06:15
48	38	Cláudia Dias	ARCORUN	Senior Feminino	01:02:34	+26:31	06:15
49	388	Andreia Daniela Fernandes Santos	madugym	Senior Feminino	01:03:12	+27:08	06:19
50	145	Ana Vieira	Gopinhos Mimelhos	Senior Feminino	01:03:16	+27:12	06:20
51	471	Marina Martins	Marcap	Senior Feminino	01:03:27	+27:23	06:21
52	396	Cristiana Moreira Maia	madugym	Senior Feminino	01:03:38	+27:35	06:22
53	156	Angélica Oliveira	Individual	Senior Feminino	01:03:40	+27:37	06:22
54	617	SOFIA SILVA	UrbanAtletas	Senior Feminino	01:03:49	+27:45	06:23
55	381	Ana Catarina Beleza Paulas Ribeiro	madugym	Senior Feminino	01:03:50	+27:46	06:23
56	383	Ana Isabel Pereira Gonçalves	madugym	Senior Feminino	01:03:58	+27:54	06:24
57	35	Ana Caetano	Anacat	Senior Feminino	01:04:48	+28:45	06:29
58	384	Ana Mafalda Pereira Costa	madugym	Senior Feminino	01:05:19	+29:16	06:32
59	174	Soraia Alves	Individual	Senior Feminino	01:05:24	+29:21	06:32
60	173	Sofia cardoso	Individual	Senior Feminino	01:05:58	+29:54	06:36
61	36	Cátia Saraiva	Anacat	Senior Feminino	01:06:07	+30:04	06:37
62	382	Ana Filipa Mouro Maia	madugym	Senior Feminino	01:06:24	+30:20	06:38

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 - LAP2GO - TIMING SOLUTION

19	242	Rui Miguel Oliveira Barbosa	Individual	Senior Masculino	38:15	+07:46	03:50
20	212	Leandro Neves	Individual	Senior Masculino	38:41	+08:12	03:52
21	575	Pedro Henriques	Pedro Emanuel Ventura	Senior Masculino	39:11	+08:43	03:55
22	180	André Pina	Individual	Senior Masculino	39:22	+08:53	03:56
23	179	André Fonseca	Individual	Senior Masculino	39:33	+09:04	03:57
24	486	Hugo Santos	Nascidos para Correr - Ass. Desportiva	Senior Masculino	39:40	+09:11	03:58
25	27	Joaquim Fernandes	Amigos do Atletismo do Magna	Senior Masculino	39:52	+09:23	03:59
26	194	Daniel José Abreu	Individual	Senior Masculino	39:52	+09:23	03:59
27	362	Miguel Lopes	JM	Senior Masculino	40:10	+09:42	04:01
28	641	Pedro Pinto	FarmáciaCentral	Senior Masculino	40:16	+09:47	04:02
29	234	Rui André Almeida e Magalhães	Individual	Senior Masculino	40:19	+09:51	04:02
30	205	Joao Malheiro	Individual	Senior Masculino	40:21	+09:53	04:02
31	187	Bruno silva	Individual	Senior Masculino	40:28	+09:59	04:03
32	712	Tiago Carvalho	AFIS/OVAR	Senior Masculino	40:41	+10:13	04:04
33	182	Bruno Daniel Carvalho Castro	Individual	Senior Masculino	40:53	+10:24	04:05
34	619	Paulo Silva	Vila Maior Turismo	Senior Masculino	41:02	+10:33	04:06
35	221	Nuno Moreira	Individual	Senior Masculino	41:10	+10:42	04:07
36	707	Pedro Nunes	Nucleo Atletismo VILAREAL	Senior Masculino	41:23	+10:54	04:08
37	562	João Teixeira	O Praticante	Senior Masculino	41:36	+11:08	04:10
38	563	Miguel Queirós	O Praticante	Senior Masculino	41:37	+11:08	04:10
39	202	Hugo Miguel Sousa da Silva	Individual	Senior Masculino	41:42	+11:13	04:10
40	487	João Martins	Nascidos para Correr - Ass. Desportiva	Senior Masculino	41:56	+11:27	04:12
41	230	Rafael Silva	Individual	Senior Masculino	42:02	+11:34	04:12
42	494	Virgilio Vieira	Nascidos para Correr - Ass. Desportiva	Senior Masculino	42:07	+11:38	04:13
43	137	André Rocha	G.D. Outeiros	Senior Masculino	42:14	+11:46	04:13
44	199	Filipe Costa	Individual	Senior Masculino	42:50	+12:22	04:17
45	231	Ricardo	Individual	Senior Masculino	43:01	+12:33	04:18
46	493	Tiago Ferreira	Nascidos para Correr - Ass. Desportiva	Senior Masculino	43:07	+12:38	04:19
47	239	Rui Dias	Individual	Senior Masculino	43:11	+12:43	04:19
48	490	Nuno Ribeiro	Nascidos para Correr - Ass. Desportiva	Senior Masculino	43:11	+12:43	04:19
49	41	Luís Costa	ARCORUN	Senior Masculino	43:25	+12:57	04:21
50	111	Eduardo Cardoso	Clube Spiridon de Gaia	Senior Masculino	43:37	+13:08	04:22
51	349	Hugo Couto	I-Run	Senior Masculino	43:53	+13:25	04:23
52	203	Hugo Serafim Rocha Moreira	Individual	Senior Masculino	43:58	+13:30	04:24
53	430	Rui Jorge Pinto Dos Santos Morais	madugym	Senior Masculino	44:04	+13:36	04:24
54	129	Cláudio Costa	Fiães sc	Senior Masculino	44:17	+13:49	04:26
55	132	José Almeida	Fiães sc	Senior Masculino	44:17	+13:49	04:26
56	213	Luís Filipe da Costa Carvalho	Individual	Senior Masculino	44:23	+13:55	04:26
57	210	José Pedro Martins	Individual	Senior Masculino	44:25	+13:57	04:27
58	491	Ruben Conceição	Nascidos para Correr - Ass. Desportiva	Senior Masculino	44:27	+13:58	04:27
59	561	Carlos Queirós	O Praticante	Senior Masculino	44:28	+14:00	04:27
60	492	Silvio Ferreira	Nascidos para Correr - Ass. Desportiva	Senior Masculino	44:32	+14:04	04:27

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

61	208	Joel Roriz	Individual	Senior Masculino	44:53	+14:24	04:29
62	557	Hugo Reis	Ó Correu	Senior Masculino	44:57	+14:29	04:30
63	127	André Coimbra	Escola de Atletismo da Trofa	Senior Masculino	45:10	+14:42	04:31
64	7	Gustavo Lucena	#somostodoscorrida	Senior Masculino	45:19	+14:51	04:32
65	489	Leonel Videira	Nascidos para Correr - Ass. Desportiva	Senior Masculino	45:33	+15:05	04:33
66	668	Domingos Ladislau	Individual	Senior Masculino	45:44	+15:16	04:34
67	124	Filipe Ferreira	Entroncamento sem fim	Senior Masculino	45:45	+15:17	04:35
68	672	Pedro Xavier Moreira	Individual	Senior Masculino	45:47	+15:18	04:35
69	219	Miguel Macedo	Individual	Senior Masculino	45:48	+15:19	04:35
70	215	MANUEL BARBOSA RIBEIRO	Individual	Senior Masculino	46:01	+15:33	04:36
71	565	Nuno Duarte	Oporto BlueWhippets	Senior Masculino	46:09	+15:41	04:37
72	418	Flávio André Teixeira Rodrigues	madugym	Senior Masculino	46:21	+15:53	04:38
73	114	José Vasconcelos	Corridas.Beer	Senior Masculino	46:38	+16:09	04:40
74	495	VITOR PEIXOTO	Nascidos para Correr - Ass. Desportiva	Senior Masculino	46:48	+16:19	04:41
75	176	24	Individual	Senior Masculino	46:54	+16:26	04:41
76	542	Leonardo Brito	Neighbors Run	Senior Masculino	46:59	+16:30	04:42
77	246	Vitor Correia	Individual	Senior Masculino	47:08	+16:39	04:43
78	233	Ricardo Seromenho	Individual	Senior Masculino	47:10	+16:41	04:43
79	150	Toni Ferreira	Hora do Lobo	Senior Masculino	47:37	+17:08	04:46
80	629	Ricardo Paiva	ARCORUN	Senior Masculino	47:40	+17:11	04:46
81	635	Carlos Silva	FarmáciaCentral	Senior Masculino	47:54	+17:26	04:47
82	645	Roberto Santos	FarmáciaCentral	Senior Masculino	47:55	+17:27	04:48
83	431	Serafim António Sousa	madugym	Senior Masculino	48:13	+17:44	04:49
84	474	Ricardo Landim	Mocidade Invicta FC	Senior Masculino	48:13	+17:45	04:49
85	189	Carlos Paiva	Individual	Senior Masculino	48:22	+17:53	04:50
86	555	David Garrido	Ó Correu	Senior Masculino	48:27	+17:59	04:51
87	195	Daniel Silva	Individual	Senior Masculino	48:41	+18:13	04:52
88	680	João Pedro Silva	JJT Teixeira	Senior Masculino	48:53	+18:25	04:53
89	188	Carlos Manuel Antunes Mireles	Individual	Senior Masculino	48:56	+18:27	04:54
90	98	Valter Barbosa	Ccdt-Stcp	Senior Masculino	49:11	+18:43	04:55
91	136	JOAO CARVALHO	FIGUEIREDOS RUNNERS & FRIENDS	Senior Masculino	49:13	+18:45	04:55
92	122	Pedro Ferraz	Dureza Máxima	Senior Masculino	49:16	+18:47	04:56
93	118	AMERICO	Dureza Máxima	Senior Masculino	49:16	+18:47	04:56
94	655	Nuno Miguel Santos	Ginásio VIV - Canelas	Senior Masculino	49:22	+18:54	04:56
95	589	Pedro Aires Moreira	S. S. Montepio	Senior Masculino	49:30	+19:01	04:57
96	348	Andre Cunha	I-Run	Senior Masculino	49:33	+19:05	04:57
97	214	Manuel Alves	Individual	Senior Masculino	49:33	+19:05	04:57
98	235	Rui Bastos	Individual	Senior Masculino	49:37	+19:09	04:58
99	80	Pedro Silva	BootSeals	Senior Masculino	49:40	+19:11	04:58
100	365	Luís Ribeiro	Lebre 10	Senior Masculino	49:43	+19:14	04:58
101	410	António José Rodrigues Ventura	madugym	Senior Masculino	49:56	+19:27	05:00
102	567	Daniel Machado	OS FUGITIVOS DA CRISE	Senior Masculino	49:59	+19:30	05:00
103	592	Vitor Oliveira	S. S. Montepio	Senior Masculino	50:00	+19:32	05:00
104	698	Duarte Pinho	Taylors325	Senior Masculino	50:06	+19:38	05:01

Official Timekeeper: Lap2Go	5 / 15	generate 12-mar-2017 12:25
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Prova Principal

10 KM

OFFICIAL RESULT

105	40	José Correia	ARCORUN	Senior Masculino	50:07	+19:39	05:01
106	483	António Rebocho	Nascidos para Correr - Ass. Desportiva	Senior Masculino	50:12	+19:44	05:01
107	92	Luis almeida	C. D. Feirense	Senior Masculino	50:16	+19:48	05:02
108	23	Tiago leite	Alesil	Senior Masculino	50:32	+20:03	05:03
109	241	Rui Manuel de Sousa Silva18	Individual	Senior Masculino	50:48	+20:19	05:05
110	667	André Neves	Individual	Senior Masculino	51:02	+20:33	05:06
111	224	Paulo santos	Individual	Senior Masculino	51:02	+20:33	05:06
112	201	HELDER FERREIRA	Individual	Senior Masculino	51:07	+20:38	05:07
113	204	João Falcão	Individual	Senior Masculino	51:07	+20:38	05:07
114	218	Mário Soares	Individual	Senior Masculino	51:08	+20:39	05:07
115	432	Tiago José Matos Sousa	madugym	Senior Masculino	51:11	+20:42	05:07
116	190	Carlos Pina	Individual	Senior Masculino	51:12	+20:44	05:07
117	424	José Carlos Martins Fernandes	madugym	Senior Masculino	51:16	+20:48	05:08
118	653	Jose Diogo Resende	Ginásio VIV - Canelas	Senior Masculino	51:18	+20:49	05:08
119	56	Bruno Pereira	Atletismo Geração Paramos	Senior Masculino	51:34	+21:05	05:09
120	200	Francisco Vieira	Individual	Senior Masculino	51:37	+21:09	05:10
121	556	Emanuel Moreira	Ó Correu	Senior Masculino	51:38	+21:10	05:10
122	237	Rui costa	Individual	Senior Masculino	51:53	+21:25	05:11
123	679	Daniel Rocha	JJT Teixeira	Senior Masculino	51:56	+21:27	05:12
124	358	Nelson Carvalho	JJT Teixeira	Senior Masculino	51:57	+21:29	05:12
125	643	Ricardo Ribeiro	FarmáciaCentral	Senior Masculino	52:03	+21:34	05:12
126	637	Nuno Miranda	FarmáciaCentral	Senior Masculino	52:05	+21:36	05:13
127	602	Hugo Sousa	STCP Runners	Senior Masculino	52:16	+21:47	05:14
128	413	Bruno Manuel Aguiar Andrade	madugym	Senior Masculino	52:18	+21:50	05:14
129	684	Francisco Herculano Pinto Gomes	madugym	Senior Masculino	52:18	+21:50	05:14
130	482	André Soares	Nascidos para Correr - Ass. Desportiva	Senior Masculino	52:38	+22:09	05:16
131	654	Nuno Magalhães	Ginásio VIV - Canelas	Senior Masculino	52:50	+22:22	05:17
132	42	Tiago Santos	ARCORUN	Senior Masculino	52:51	+22:22	05:17
133	625	Luis filipe coutinho	3duques	Senior Masculino	52:55	+22:26	05:18
134	572	Luís Marques	Pari Passu	Senior Masculino	52:59	+22:30	05:18
135	364	José Jesus	Lebre 10	Senior Masculino	53:06	+22:37	05:19
136	367	Ricardo Costa	Lebre 10	Senior Masculino	53:22	+22:54	05:20
137	126	Pedro Dantas	Entroncamento sem fim	Senior Masculino	53:23	+22:54	05:20
138	209	Jorge torrão	Individual	Senior Masculino	53:25	+22:57	05:21
139	541	Daniel Silva	Neighbors Run	Senior Masculino	53:28	+22:59	05:21
140	191	Cristóvão Faria	Individual	Senior Masculino	53:29	+23:01	05:21
141	420	João Filipe Martins Rocha	madugym	Senior Masculino	53:39	+23:10	05:22
142	196	Diogo Manuel da Silva Moura	Individual	Senior Masculino	53:47	+23:18	05:23
143	240	Rui Ferraz	Individual	Senior Masculino	53:49	+23:21	05:23
144	685	Manuel Jorge Rodrigues Fonseca	madugym	Senior Masculino	53:51	+23:22	05:23
145	688	João Márcio da Silva Oliveira	Maninhos	Senior Masculino	53:51	+23:22	05:23
146	669	FRANCISCO BARROS	Individual	Senior Masculino	53:56	+23:27	05:24
147	550	Nuno Gonçalves	Nuno	Senior Masculino	53:57	+23:28	05:24
148	473	Ricardo Carvalho	Mocidade Invicta FC	Senior Masculino	54:14	+23:45	05:25
149	216	Manuel Filipe Ferreira dos Santos	Individual	Senior Masculino	54:42	+24:13	05:28

Prova Principal

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OFFICIAL RESULT

150	569	Bruno Feiteira	os ketuntos	Senior Masculino	54:55	+24:26	05:30
151	638	Paulo Rocha	FarmáciaCentral	Senior Masculino	54:56	+24:27	05:30
152	636	Diogo Ferraz	FarmáciaCentral	Senior Masculino	54:56	+24:28	05:30
153	626	Tiago santos	3duques	Senior Masculino	55:13	+24:44	05:31
154	417	Fernando André Moura Alves	madugym	Senior Masculino	55:45	+25:16	05:35
155	125	Nuno Silva	Entroncamento sem fim	Senior Masculino	55:45	+25:16	05:35
156	76	Luis Mota	B.V.Carvalhos	Senior Masculino	55:57	+25:29	05:36
157	670	Ivo Azevedo	Individual	Senior Masculino	56:14	+25:46	05:37
158	415	Dinis Rafael Da Silva Claro	madugym	Senior Masculino	56:19	+25:51	05:38
159	181	António Fernando da Silva Rodrigues Machado	Individual	Senior Masculino	56:23	+25:54	05:38
160	414	Celso Daniel Faria Marques Almeida	madugym	Senior Masculino	56:23	+25:55	05:38
161	612	António Garcês	TrepaTrilhos Trail Team	Senior Masculino	56:32	+26:03	05:39
162	223	Paulo Jorge Melo e Silva	Individual	Senior Masculino	56:35	+26:07	05:40
163	153	Nuno Teixeira	Imperadores	Senior Masculino	56:42	+26:14	05:40
164	665	Pedro Rodrigues	GONDOMAR FUTSAL CLUBE	Senior Masculino	57:14	+26:45	05:43
165	591	Sergio Oliveira	S. S. Montepio	Senior Masculino	57:19	+26:51	05:44
166	236	Rui Coelho	Individual	Senior Masculino	57:23	+26:54	05:44
167	687	Jaime Miguel Vieira da Silva	Maninhos	Senior Masculino	57:28	+27:00	05:45
168	185	Bruno Moreira	Individual	Senior Masculino	57:33	+27:04	05:45
169	584	João Soares	Runners on fire	Senior Masculino	57:55	+27:26	05:48
170	207	João Pedro Sousa Martins	Individual	Senior Masculino	58:03	+27:35	05:48
171	123	TIAGO PEREIRA	Dureza Máxima	Senior Masculino	58:17	+27:49	05:50
172	642	Raúl Fontes	FarmáciaCentral	Senior Masculino	58:55	+28:27	05:54
173	363	João Carvalho	Lebre 10	Senior Masculino	58:59	+28:31	05:54
174	620	Ricardo Topa	Vila Maior Turismo	Senior Masculino	59:28	+28:59	05:57
175	57	Nelson Ribeiro	Atletismo Geração Paramos	Senior Masculino	59:28	+29:00	05:57
176	639	Pedro Maia	FarmáciaCentral	Senior Masculino	59:38	+29:10	05:58
177	72	Carlos Paiva	B.V.Carvalhos	Senior Masculino	01:00:09	+29:40	06:01
178	146	André Gonçalves	Gopinhos Mimosos	Senior Masculino	01:00:43	+30:14	06:04
179	428	Pedro Tiago Ferreira Da Silva	madugym	Senior Masculino	01:02:14	+31:46	06:13
180	119	CARLOS OLIVEIRA	Dureza Máxima	Senior Masculino	01:02:28	+31:59	06:15
181	488	José Andrade	Nascidos para Correr - Ass. Desportiva	Senior Masculino	01:02:29	+32:01	06:15
182	238	Rui Daniel Gonçalves	Individual	Senior Masculino	01:02:42	+32:13	06:16
183	115	Carlos Cardoso	CP T Bairro Carcavelos	Senior Masculino	01:02:54	+32:25	06:17
184	646	Rui Oliveira	FarmáciaCentral	Senior Masculino	01:02:56	+32:28	06:18
185	472	Pedro Paiva	Marcap	Senior Masculino	01:03:27	+32:58	06:21
186	220	Nuno Miguel Santos Rodrigues	Individual	Senior Masculino	01:03:38	+33:09	06:22
187	225	Paulo Silva	Individual	Senior Masculino	01:03:40	+33:12	06:22
188	554	Alexandre Oliveira	Ó Correu	Senior Masculino	01:03:54	+33:26	06:23
189	558	Ricardo Gama	Ó Correu	Senior Masculino	01:04:08	+33:39	06:25
190	232	Ricardo Araújo Mendes	Individual	Senior Masculino	01:04:20	+33:51	06:26
191	652	Bruno Henrique Costa	Ginásio VIV - Canelas	Senior Masculino	01:04:40	+34:11	06:28
192	71	Bruno Lopes	B.V.Carvalhos	Senior Masculino	01:05:16	+34:47	06:32
193	77	Nuno Martins	B.V.Carvalhos	Senior Masculino	01:05:16	+34:48	06:32
194	197	Diogo Pimentel Ribeiro	Individual	Senior Masculino	01:05:26	+34:57	06:33

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Prova Principal

10 KM

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OFFICIAL RESULT

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195	426	José Nicolau Trindade Duarte	madugym	Senior Masculino	01:07:46	+37:18	06:47
196	366	Raul Freitas	Lebre 10	Senior Masculino	01:07:48	+37:20	06:47
197	75	Luís Magalhães	B.V.Carvalhos	Senior Masculino	01:08:00	+37:32	06:48
198	590	Rui Rebelo	S. S. Montepio	Senior Masculino	01:08:01	+37:32	06:48
199	73	Diogo Magalhães	B.V.Carvalhos	Senior Masculino	01:08:04	+37:35	06:48
200	583	Agostinho Ribeiro	Runners on fire	Senior Masculino	01:08:24	+37:56	06:50
201	421	João Filipe Ramos Zenha	madugym	Senior Masculino	01:09:14	+38:45	06:55
202	419	Igor Filipe Correia Blancquette Mainedo	madugym	Senior Masculino	01:11:33	+41:05	07:09
203	74	Hugo Oliveira	B.V.Carvalhos	Senior Masculino	01:12:08	+41:40	07:13
204	651	Armenio Costa	Ginásio VIV - Canelas	Senior Masculino	01:12:44	+42:15	07:16
205	130	Diogo Coutinho	Fiães sc	Senior Masculino	01:14:30	+44:02	07:27
206	427	Nuno José Barbosa Marques	madugym	Senior Masculino	01:18:23	+47:55	07:50

Veterana F40

1	16	Helena Sampaio	AFIS/OVAR	Veterana F40	41:59		04:12
2	350	Esmeralda Silva	I-Run	Veterana F40	47:13	+05:14	04:43
3	548	ROSA FERREIRA	NUCLEO ATLETISMO TAIPAS	Veterana F40	47:30	+05:31	04:45
4	252	elisabete santos	Individual	Veterana F40	51:24	+09:25	05:08
5	496	Patrícia Fernandes	Nascidos para Correr - Ass. Desportiva	Veterana F40	51:38	+09:39	05:10
6	254	Gracinda Oliveira	Individual	Veterana F40	52:04	+10:05	05:12
7	258	Maria João	Individual	Veterana F40	53:11	+11:13	05:19
8	255	Isabel Dias	Individual	Veterana F40	54:03	+12:04	05:24
9	251	Celeste Moreira	Individual	Veterana F40	54:50	+12:51	05:29
10	81	Paula Estrela	BootSeals	Veterana F40	54:53	+12:55	05:29
11	441	Maria Fátima Almeida Calisto	madugym	Veterana F40	56:11	+14:12	05:37
12	59	GUILHERMINA LIGEIRO	Atletismo Geração Paramos	Veterana F40	56:36	+14:37	05:40
13	60	PAULA MOREIRA	Atletismo Geração Paramos	Veterana F40	56:36	+14:37	05:40
14	568	Diana Carneiro	OS FUGITIVOS DA CRISE	Veterana F40	56:36	+14:37	05:40
15	439	Maria Clara Ribeiro Gonçalves Pereira	madugym	Veterana F40	56:38	+14:39	05:40
16	256	Filomena Rocha	Individual	Veterana F40	56:39	+14:41	05:40
17	600	Maria dos Anjos	Sao Salvador do campo	Veterana F40	58:25	+16:27	05:51
18	30	Marlene Ribeiro	AMIGOS PARQUE BIOLOGICO	Veterana F40	59:40	+17:42	05:58
19	697	FERNANDA ALVES	Tartarugas do Asfalto	Veterana F40	01:00:20	+18:22	06:02
20	260	Susana Rodrigues	Individual	Veterana F40	01:00:36	+18:37	06:04
21	437	Carla Maria Vaz Pinto Chaves	madugym	Veterana F40	01:01:10	+19:11	06:07
22	440	Maria Do Céu Borges	madugym	Veterana F40	01:01:11	+19:13	06:07
23	58	CONCEIÇÃO BESSA	Atletismo Geração Paramos	Veterana F40	01:01:16	+19:17	06:08
24	43	Verónica Sampaio	ARCORUN	Veterana F40	01:02:42	+20:44	06:16
25	257	manuela santos	Individual	Veterana F40	01:05:00	+23:02	06:30
26	436	Carla Maria Beça Fernandes	madugym	Veterana F40	01:05:20	+23:22	06:32
27	259	Sandra Aguiar	Individual	Veterana F40	01:08:13	+26:14	06:49
28	433	Albina Gabriela Ribeiro Da Silva	madugym	Veterana F40	01:11:24	+29:26	07:08

Prova Principal

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OFFICIAL RESULT

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Veterana F50

1	128	Helena Mourão	Escola de Atletismo da Trofa	Veterana F50	44:39		04:28
2	354	MATILDE BAPTISTA	JAM - Juventude Atlético Mozelense	Veterana F50	45:07	+00:29	04:31
3	262	Cristina Maria Ferreira de Moura Saraiva	Individual	Veterana F50	47:49	+03:10	04:47
4	498	Etelvina Rocha	Nascidos para Correr - Ass. Desportiva	Veterana F50	47:52	+03:14	04:47
5	549	HERMINIA RPDRIGUES	NUCLEO ATLETISMO TAIPAS	Veterana F50	48:57	+04:18	04:54
6	499	Lucinda Alves	Nascidos para Correr - Ass. Desportiva	Veterana F50	49:13	+04:34	04:55
7	614	Ana Maria Barbosa	TRIO MARAVILHA	Veterana F50	50:21	+05:43	05:02
8	263	FATIMA PAIS	Individual	Veterana F50	51:34	+06:55	05:09
9	265	Margarida Ribeiro Neves	Individual	Veterana F50	54:32	+09:54	05:27
10	44	Glória Santos	ARCORUN	Veterana F50	55:13	+10:34	05:31
11	353	MARINHA BAPTISTA	JAM - Juventude Atlético Mozelense	Veterana F50	55:18	+10:39	05:32
12	266	Maria Ailçe Colaço Castro	Individual	Veterana F50	55:40	+11:02	05:34
13	268	Maria Luz Almeida	Individual	Veterana F50	55:57	+11:18	05:36
14	264	Manuela Sousa	Individual	Veterana F50	56:03	+11:24	05:36
15	82	Paula Cristina	BootSeals	Veterana F50	56:48	+12:10	05:41
16	31	Teresa Costa	AMIGOS PARQUE BIOLÓGICO	Veterana F50	59:40	+15:02	05:58
17	616	Maria Horta	TRIO MARAVILHA	Veterana F50	01:00:19	+15:40	06:02
18	607	Maria Cândida Rodrigues	Taylor325	Veterana F50	01:01:32	+16:53	06:09
19	267	Maria da Graça Bastardo e Silva	Individual	Veterana F50	01:02:10	+17:31	06:13
20	445	Alexandra Maria Alão Da Silva Pereira	madugym	Veterana F50	01:06:32	+21:53	06:39
21	446	Margarida Maria Pereira	madugym	Veterana F50	01:06:32	+21:53	06:39
22	615	Maria Alice Guimarães	TRIO MARAVILHA	Veterana F50	01:09:53	+25:15	06:59

Veterano M40

1	288	Oliveira Antonio Carlos	Individual	Veterano M40	33:32		03:21
2	703	Pedro Ferreira	S. JOÃO DA SERRA	Veterano M40	33:35	+00:03	03:22
3	702	Dinis Gonçalves	S. JOÃO DA SERRA	Veterano M40	35:52	+02:20	03:35
4	284	José Costa	Individual	Veterano M40	38:20	+04:47	03:50
5	623	Rui Oliveira	Vila Maior Turismo	Veterano M40	38:58	+05:26	03:54
6	505	Nuno Vidal	Nascidos para Correr - Ass. Desportiva	Veterano M40	39:40	+06:07	03:58
7	271	Americo Oliveira Silva	Individual	Veterano M40	41:19	+07:46	04:08
8	286	Marco Aurélio Rodrigues Neves	Individual	Veterano M40	41:25	+07:52	04:09
9	694	Samir Mehenni	S. JOÃO DA SERRA	Veterano M40	41:28	+07:55	04:09
10	138	Jose Miguel	Gaienses/Toyota	Veterano M40	41:28	+07:56	04:09
11	279	Helder Guedes	Individual	Veterano M40	41:35	+08:03	04:10
12	63	HENRIQUE NEVES	Atletismo Geração Paramos	Veterano M40	41:38	+08:05	04:10
13	622	Júlio Oliveira	Vila Maior Turismo	Veterano M40	41:43	+08:10	04:10
14	578	Ricardo João Pereira da Silva Azevedo Pereira	Pereiras	Veterano M40	41:50	+08:17	04:11

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Prova Principal

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OFFICIAL RESULT

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15	46	Carlos Couto	ARCORUN	Veterano M40	42:11	+08:38	04:13
16	502	Henrique Coelho	Nascidos para Correr - Ass. Desportiva	Veterano M40	42:27	+08:54	04:15
17	290	Paulo Miguel Moreira de Sousa	Individual	Veterano M40	42:28	+08:55	04:15
18	621	Filipe Neves	Vila Maior Turismo	Veterano M40	42:32	+08:59	04:15
19	500	André Botelho	Nascidos para Correr - Ass. Desportiva	Veterano M40	42:34	+09:02	04:15
20	504	Marco Almeida	Nascidos para Correr - Ass. Desportiva	Veterano M40	42:41	+09:08	04:16
21	501	Helder Teixeira	Nascidos para Correr - Ass. Desportiva	Veterano M40	43:05	+09:32	04:19
22	45	Alexandre Emanuel Barroso Fernandes	ARCORUN	Veterano M40	43:06	+09:33	04:19
23	506	Paulo Nascimento	Nascidos para Correr - Ass. Desportiva	Veterano M40	44:39	+11:07	04:28
24	509	Rui Santos	Nascidos para Correr - Ass. Desportiva	Veterano M40	45:07	+11:35	04:31
25	8	Sérgio Cruz	#somostodoscorrida	Veterano M40	45:19	+11:47	04:32
26	276	carlos miranda	Individual	Veterano M40	45:38	+12:05	04:34
27	608	Erasm0 Alves	Taylors325	Veterano M40	45:54	+12:21	04:35
28	15	Manuel Silva	A20'S BOX	Veterano M40	45:55	+12:23	04:36
29	272	Andre Bandeira	Individual	Veterano M40	46:15	+12:42	04:38
30	151	Jorge Silva	Hora do Lobo	Veterano M40	46:20	+12:48	04:38
31	543	Leonel Silva	Neighbors Run	Veterano M40	46:35	+13:03	04:40
32	510	Vitor Costa	Nascidos para Correr - Ass. Desportiva	Veterano M40	46:48	+13:15	04:41
33	566	Pedro Guimaraes	Oporto BlueWhippets	Veterano M40	47:07	+13:35	04:43
34	95	FERNANDO BERNARDINO	CAL - Clube Atletismo de Lamas	Veterano M40	47:09	+13:36	04:43
35	674	Rui Faria	Individual	Veterano M40	47:27	+13:54	04:45
36	281	João Paulo Ferreira Campos	Individual	Veterano M40	47:28	+13:55	04:45
37	593	Helder Pereira	S. S. Montepio	Veterano M40	47:29	+13:57	04:45
38	275	Cândido Silva	Individual	Veterano M40	47:44	+14:12	04:46
39	368	Miguel Fernandes	Lebre 10	Veterano M40	47:51	+14:19	04:47
40	656	Fernando Augusto	Ginásio VIV - Canelas	Veterano M40	47:54	+14:21	04:47
41	283	jorge salvador	Individual	Veterano M40	48:12	+14:39	04:49
42	294	Vitor Nuno Alves Cirne	Individual	Veterano M40	48:16	+14:43	04:50
43	61	António Sá	Atletismo Geração Paramos	Veterano M40	48:34	+15:02	04:51
44	49	Paulo Grilo	ARCORUN	Veterano M40	49:16	+15:44	04:56
45	96	JOEL SANTOS	CAL - Clube Atletismo de Lamas	Veterano M40	49:18	+15:46	04:56
46	452	Jorge Miguel Valente Santos	madugym	Veterano M40	49:19	+15:46	04:56
47	454	José Manuel Magalhães Madureira Silva	madugym	Veterano M40	49:56	+16:23	05:00
48	595	Pedro Soares	S. S. Montepio	Veterano M40	50:02	+16:30	05:00
49	13	Ivo Couto	A20'S BOX	Veterano M40	50:08	+16:36	05:01
50	611	Rolando Paulo	Trail Running Clube Btt Sanguedo	Veterano M40	50:40	+17:07	05:04
51	699	Serafim Cruz	Taylors325	Veterano M40	50:48	+17:15	05:05
52	673	Rogério rocha	Individual	Veterano M40	51:02	+17:29	05:06
53	609	Miguel Moura	Taylors325	Veterano M40	51:03	+17:30	05:06
54	47	Jorge Leite	ARCORUN	Veterano M40	51:14	+17:41	05:07
55	570	Paulo Feiteira	os ketuntos	Veterano M40	51:17	+17:44	05:08

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Prova Principal

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OFFICIAL RESULT

56	292	Ricardo Gonçalves	Individual	Veterano M40	51:33	+18:00	05:09
57	293	Ricardo Jorge Guedes da Silva Nunes da Costa	Individual	Veterano M40	51:55	+18:22	05:12
58	705	Paulo Ribeiro	Individual	Veterano M40	52:16	+18:44	05:14
59	291	Pedro Nuno da Silva Correia	Individual	Veterano M40	52:27	+18:55	05:15
60	269	Adriano Florim	Individual	Veterano M40	52:41	+19:09	05:16
61	62	CARLOS MOREIRA	Atletismo Geração Paramos	Veterano M40	52:49	+19:16	05:17
62	503	Luiz Loureiro	Nascidos para Correr - Ass. Desportiva	Veterano M40	52:59	+19:27	05:18
63	573	Jorge Ferreira	Pari Passu	Veterano M40	53:21	+19:49	05:20
64	270	Americo Martins	Individual	Veterano M40	53:50	+20:17	05:23
65	448	António Francisco Pimentel Gonçalves Ribeiro	madugym	Veterano M40	53:52	+20:20	05:23
66	48	Jorge Oliveira	ARCORUN	Veterano M40	53:55	+20:23	05:24
67	280	Helder Moreira	Individual	Veterano M40	55:12	+21:39	05:31
68	64	RUI SANTOS	Atletismo Geração Paramos	Veterano M40	56:32	+23:00	05:39
69	274	Augusto Silveira	Individual	Veterano M40	56:40	+23:07	05:40
70	10	Miguel Vale	4 Runners Team	Veterano M40	56:47	+23:14	05:41
71	282	João Pedro	Individual	Veterano M40	56:51	+23:18	05:41
72	686	Hélder Baltazar Rodrigues	madugym	Veterano M40	57:02	+23:29	05:42
73	456	Manuel Luis Santos Soeira	madugym	Veterano M40	57:41	+24:08	05:46
74	594	Manuel Guedes	S. S. Montepio	Veterano M40	57:57	+24:24	05:48
75	273	antonio couto	Individual	Veterano M40	59:24	+25:52	05:56
76	14	Luis Santos	A20'S BOX	Veterano M40	59:28	+25:55	05:57
77	285	José Manuel Ribeiro Mendes Pereira	Individual	Veterano M40	01:01:15	+27:42	06:08
78	289	orlando gonçalves	Individual	Veterano M40	01:01:15	+27:43	06:08
79	627	Joao pedro gomes	3duques	Veterano M40	01:03:46	+30:14	06:23
80	450	Bernardino Carvalho	madugym	Veterano M40	01:05:23	+31:50	06:32
81	278	Filipe Moutinho	Individual	Veterano M40	01:10:07	+36:35	07:01
82	453	José Joaquim Ferro Pinto	madugym	Veterano M40	01:11:24	+37:52	07:08

Veterano M45

1	708	Manuel Ferreira	Guilhovai	Veterano M45	33:47		03:23
2	102	Camilo Guedes	Clube do Pessoal Aguas Gaia	Veterano M45	35:52	+02:06	03:35
3	140	Jorge Brito	Gaienses/Toyota	Veterano M45	36:05	+02:18	03:37
4	513	Francelino Resende	Nascidos para Correr - Ass. Desportiva	Veterano M45	36:28	+02:41	03:39
5	105	António Silva	Clube Independente de Argoncilhe	Veterano M45	36:50	+03:03	03:41
6	520	Salvador Mansilha	Nascidos para Correr - Ass. Desportiva	Veterano M45	37:21	+03:34	03:44
7	515	Joaquim Alves	Nascidos para Correr - Ass. Desportiva	Veterano M45	38:04	+04:17	03:48
8	97	AUGUSTO ALUAI	CAL - Clube Atletismo de Lamas	Veterano M45	38:22	+04:36	03:50
9	516	Joaquim Pereira	Nascidos para Correr - Ass. Desportiva	Veterano M45	40:47	+07:00	04:05
10	303	Ernesto Sampaio Leite	Individual	Veterano M45	41:10	+07:24	04:07
11	313	pa	Individual	Veterano M45	43:01	+09:14	04:18

Prova Principal

10 KM

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OFFICIAL RESULT

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12	307	João Melo Bandeira	Individual	Veterano M45	43:03	+09:16	04:18
13	512	Fernando Rocha	Nascidos para Correr - Ass. Desportiva	Veterano M45	43:29	+09:42	04:21
14	297	António Gonçalves	Individual	Veterano M45	43:37	+09:51	04:22
15	359	Raul António da Silva Cancela	JJT Teixeira	Veterano M45	44:09	+10:22	04:25
16	579	Rui Manuel Pereira da Silva Azevedo Pereira	Pereiras	Veterano M45	44:16	+10:29	04:26
17	351	Joaquim Ferreira	I-Run	Veterano M45	45:21	+11:35	04:32
18	299	Baltazar Ferreira	Individual	Veterano M45	45:36	+11:50	04:34
19	311	José Pinhel	Individual	Veterano M45	45:50	+12:04	04:35
20	517	Manuel Pinto	Nascidos para Correr - Ass. Desportiva	Veterano M45	46:19	+12:33	04:38
21	318	Pedro Alexandre dos Santos Duarte Silva	Individual	Veterano M45	47:38	+13:51	04:46
22	603	Paulo Carneiro	STCP Runners	Veterano M45	47:41	+13:54	04:46
23	514	Helder Madeira	Nascidos para Correr - Ass. Desportiva	Veterano M45	47:50	+14:03	04:47
24	322	vitore santos	Individual	Veterano M45	48:29	+14:42	04:51
25	375	Eurico Mendes	M&E Runners	Veterano M45	48:32	+14:45	04:51
26	310	jose manuel	Individual	Veterano M45	48:45	+14:58	04:53
27	511	Fernando Pinto	Nascidos para Correr - Ass. Desportiva	Veterano M45	48:52	+15:05	04:53
28	462	Luis Manuel Silva Morais	madugym	Veterano M45	49:05	+15:19	04:55
29	605	Rui Lebre	Tartarugas do Asfalto	Veterano M45	49:25	+15:39	04:57
30	301	César Rocha	Individual	Veterano M45	49:42	+15:55	04:58
31	309	Joaquim silva	Individual	Veterano M45	49:51	+16:05	04:59
32	18	Paulo Almeida	AFIS/OVAR	Veterano M45	49:59	+16:13	05:00
33	305	Hermínio Pinho	Individual	Veterano M45	50:13	+16:27	05:01
34	300	Carlos Silva	Individual	Veterano M45	50:47	+17:00	05:05
35	610	Américo Santos	Taylors325	Veterano M45	51:41	+17:55	05:10
36	298	António Manuel Prata da Silva	Individual	Veterano M45	52:19	+18:33	05:14
37	306	Joao Bronze	Individual	Veterano M45	52:20	+18:34	05:14
38	352	Manuel Teixeira	I-Run	Veterano M45	52:22	+18:36	05:14
39	696	Paulo Gonçalves	STCP Runners	Veterano M45	52:23	+18:37	05:14
40	458	António Abilio Ferreira Topa	madugym	Veterano M45	52:34	+18:47	05:15
41	304	FERNANDO PAIS	Individual	Veterano M45	52:51	+19:04	05:17
42	94	João Lourenço	C+ RUNNERS	Veterano M45	52:58	+19:11	05:18
43	460	António Soares Da Costa	madugym	Veterano M45	53:12	+19:25	05:19
44	457	Agostinho de Oliveira Alves	madugym	Veterano M45	54:18	+20:31	05:26
45	701	Fernando Remião	UPRunning	Veterano M45	54:26	+20:39	05:27
46	314	Paulo Alves Costa	Individual	Veterano M45	54:46	+20:59	05:29
47	320	Rui Freitas	Individual	Veterano M45	55:44	+21:58	05:34
48	319	Ricardo Monteiro	Individual	Veterano M45	55:54	+22:08	05:35
49	459	António Gonçalves Gomes	madugym	Veterano M45	56:10	+22:24	05:37
50	302	eduardo castro	Individual	Veterano M45	56:21	+22:34	05:38
51	461	Jorge Manuel Guerner Meireles Pinho	madugym	Veterano M45	56:42	+22:55	05:40
52	321	Rui Godinho	Individual	Veterano M45	56:59	+23:13	05:42
53	295	Alcídio Figueiredo	Individual	Veterano M45	57:37	+23:51	05:46

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Prova Principal

10 KM

OFFICIAL RESULT

54	33	Filinto Moreira	AMIGOS PARQUE BIOLOGICO	Veterano M45	59:40	+25:54	05:58
55	663	Carlos Alberto Azevedo Navega	Ginásio VIV - Carvalhos	Veterano M45	59:56	+26:09	06:00
56	604	Paulo Gomes	Tartarugas do Asfalto	Veterano M45	01:00:48	+27:01	06:05
57	65	ANSELMO SILVA	Atletismo Geração Paramos	Veterano M45	01:00:51	+27:05	06:05
58	312	LUIS TRINDADE	Individual	Veterano M45	01:01:16	+27:29	06:08
59	518	Miguel Rui	Nascidos para Correr - Ass. Desportiva	Veterano M45	01:02:29	+28:42	06:15
60	317	Paulo Teixeira	Individual	Veterano M45	01:02:49	+29:02	06:17
61	296	Amândio Mendes	Individual	Veterano M45	01:02:57	+29:11	06:18
62	675	AGOSTINHO MANUEL MOREIRA SANTOS TOMÁS	Individual	Veterano M45	01:05:26	+31:40	06:33
63	676	António Manuel dos Santos Couto	Individual	Veterano M45	01:09:05	+35:19	06:55
64	657	Vitor Carvalho	Ginásio VIV - Canelas	Veterano M45	01:12:44	+38:57	07:16

Veterano M50

1	83	Ulisses Lopes	C P T BAIRRO CARCAVELOS	Veterano M50	35:09		03:31
2	580	JOAQUIM MANUEL JESUS LOPES	Porto Runners	Veterano M50	35:40	+00:31	03:34
3	709	Fernando Ferreira	Guilhovai	Veterano M50	36:26	+01:17	03:39
4	93	Belmiro Rodrigues	C.F.OLIVEIRA DO DOURO	Veterano M50	36:35	+01:25	03:40
5	524	José Mota	Nascidos para Correr - Ass. Desportiva	Veterano M50	37:46	+02:36	03:47
6	355	CARLOS BAPTISTA	JAM - Juventude Atlética Mozelense	Veterano M50	38:32	+03:23	03:51
7	25	Arlindo Alves de Sousa	Alfenense	Veterano M50	38:34	+03:24	03:51
8	522	Domingos Presas	Nascidos para Correr - Ass. Desportiva	Veterano M50	39:40	+04:30	03:58
9	356	FERNANDO BRANDÃO	JAM - Juventude Atlética Mozelense	Veterano M50	39:56	+04:46	04:00
10	19	José Figueiredo	AFIS/OVAR	Veterano M50	40:04	+04:54	04:00
11	525	Manuel Cardoso	Nascidos para Correr - Ass. Desportiva	Veterano M50	40:08	+04:58	04:01
12	624	António Marques	Vila Maior Turismo	Veterano M50	40:09	+04:59	04:01
13	332	Sebastião de sousa cardoso	Individual	Veterano M50	41:09	+05:59	04:07
14	66	JOSÉ GOMES	Atletismo Geração Paramos	Veterano M50	41:26	+06:17	04:09
15	323	antonio fernando nunes pereira	Individual	Veterano M50	41:29	+06:20	04:09
16	325	António Martins N. Dias	Individual	Veterano M50	41:56	+06:47	04:12
17	28	Maximiano Rodrigues	Amigos do Atletismo do Magna	Veterano M50	42:44	+07:34	04:16
18	464	António Paulo Moreira Da Silva	madugym	Veterano M50	43:10	+08:00	04:19
19	463	Alberto Nuno Dias Espinheira	madugym	Veterano M50	43:31	+08:21	04:21
20	99	Ângelo Pereira	CENTRO CICLISTA DE GONDOMAR	Veterano M50	43:53	+08:43	04:23
21	329	José Pedro Vieira	Individual	Veterano M50	45:31	+10:21	04:33
22	316	Fernando Ribeiro	Individual	Veterano M50	45:43	+10:33	04:34
23	713	Jorge Ferreira	Individual	Veterano M50	45:56	+10:46	04:36
24	144	Orlando Ferreira	GONDOMAR FUTSAL CLUBE	Veterano M50	46:03	+10:53	04:36
25	647	Fernando Conceição	FarmáciaCentral	Veterano M50	46:17	+11:07	04:38
26	330	Paulo Moreira	Individual	Veterano M50	46:43	+11:34	04:40

Prova Principal

10 KM

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OFFICIAL RESULT

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27	613	Fernando Barbosa	TrepaTrilhos Trail Team	Veterano M50	46:58	+11:48	04:42
28	526	Manuel Carriço	Nascidos para Correr - Ass. Desportiva	Veterano M50	47:55	+12:45	04:48
29	370	Joaquim Silva	Lebre 10	Veterano M50	48:49	+13:39	04:53
30	371	José Moreira	Lebre 10	Veterano M50	48:57	+13:47	04:54
31	466	Fernando Magalhães Madureira	madugym	Veterano M50	49:21	+14:11	04:56
32	521	António Santos	Nascidos para Correr - Ass. Desportiva	Veterano M50	50:15	+15:05	05:02
33	326	Firmino Nogueira	Individual	Veterano M50	50:58	+15:48	05:06
34	331	Pedro Manuel Pereira Melo	Individual	Veterano M50	51:01	+15:52	05:06
35	324	António Jorge Pereira da Silva Campelos	Individual	Veterano M50	51:06	+15:57	05:07
36	103	Manuel Santiago	Clube do Pessoal Aguas Gaia	Veterano M50	51:29	+16:20	05:09
37	328	José Manuel Pereira Leite	Individual	Veterano M50	51:44	+16:34	05:10
38	24	Albino leite	Alesil	Veterano M50	53:08	+17:58	05:19
39	327	Isaque Pinto	Individual	Veterano M50	53:45	+18:36	05:23
40	51	vitó cardoso	atletico da madalena	Veterano M50	54:51	+19:42	05:29
41	574	Paulo Macedo	Pari Passu	Veterano M50	57:08	+21:59	05:43
42	26	Altino Torres	Altino	Veterano M50	01:00:13	+25:04	06:01
43	467	Manuel Francisco Oliveira Celestino	madugym	Veterano M50	01:03:58	+28:48	06:24
44	372	Manuel Mota	Lebre 10	Veterano M50	01:07:44	+32:34	06:46

Veterano M55

1	86	Joaquim Silva	C P T BAIRRO CARCAVELOS	Veterano M55	36:22		03:38
2	116	Jose Monteiro	CP T Bairro Carcavelos	Veterano M55	37:48	+01:27	03:47
3	84	Benjamim Soares	C P T BAIRRO CARCAVELOS	Veterano M55	37:50	+01:29	03:47
4	104	José Adelino	Clube do Pessoal Aguas Gaia	Veterano M55	38:13	+01:51	03:49
5	85	Eduardo Sousa	C P T BAIRRO CARCAVELOS	Veterano M55	38:49	+02:27	03:53
6	711	Antonio Sousa	AFIS/OVAR	Veterano M55	38:54	+02:33	03:53
7	530	Joaquim Gonçalves	Nascidos para Correr - Ass. Desportiva	Veterano M55	42:11	+05:49	04:13
8	532	Octávio Sousa	Nascidos para Correr - Ass. Desportiva	Veterano M55	42:13	+05:51	04:13
9	29	Alexandre Silva	Amigos do Atletismo do Magna	Veterano M55	43:06	+06:45	04:19
10	141	Jose Silva	Gaienses/Toyota	Veterano M55	44:15	+07:54	04:26
11	142	Vitor Silva	Gaienses/Toyota	Veterano M55	44:24	+08:03	04:26
12	529	Emanuel Madureira	Nascidos para Correr - Ass. Desportiva	Veterano M55	44:40	+08:18	04:28
13	360	Julio Teixeira	JJT Teixeira	Veterano M55	46:05	+09:43	04:37
14	373	Manuel Costa	Lebre 10	Veterano M55	46:52	+10:30	04:41
15	469	Manuel André Ferreira Soares Silva	madugym	Veterano M55	46:57	+10:36	04:42
16	117	CARLOS ALVES	DAMARUNNERS	Veterano M55	47:36	+11:14	04:46
17	336	Joaquim António Dias Tavares	Individual	Veterano M55	47:50	+11:28	04:47
18	357	AUGUSTO BAPTISTA	JAM - Juventude Atlético Mozelenso	Veterano M55	48:27	+12:05	04:51
19	148	fernando rocha	grupo desportivo leoes de veneza	Veterano M55	49:58	+13:36	05:00
20	338	Manuel Jesus	Individual	Veterano M55	50:14	+13:52	05:01

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COLETIVA FEMININO

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RANK	TEAM	DESCRIPTION	POINTS
1	Nascidos para Correr - Ass. Desportiva	6 + 9 + 14	29
2	NUCLEO ATLETISMO TAIPAS	2 + 16 + 20	38
3	madugym	23 + 39 + 52	114
4	BootSeals	44 + 55 + 64	163
5	Atletismo Geração Paramos	54 + 56 + 57	167
6	FarmáciaCentral	27 + 71 + 89	187
7	Ginásio VIV - Canelas	34 + 46 + 130	210
8	TRIO MARAVILHA	26 + 75 + 121	222
9	ARCORUN	47 + 91 + 92	230
10	Anacat	101 + 107 + 122	330
11	B.V.Carvalhos	112 + 113 + 129	354

