

PROVA PRINCIPAL

9,6 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

	Time	Temperature	Humidity
Start	10:45	25,5°C	38,1%
End	12:20	26,7°C	40,9%

RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
1	9	Vitor Oliveira	maia atlético clube	Senior Masculino	31:04	31:02	03:14
2	10	Pedro Cruz	cdj cruz irmão	Senior Masculino	31:16	31:14	03:15
3	31	Cristiano Pereira	casa do povo de mangualde	Senior Masculino	32:20	32:18	03:22
4	8	Ricardo Gomes	greca	Senior Masculino	32:59	32:57	03:26
5	239	DANIEL MOREIRA	sport lisboa e benfica	Senior Masculino	33:09	33:07	03:27
6	17	VITOR RAMALHO	adercus	Senior Masculino	33:27	33:24	03:29
7	16	ANTÓNIO MOREIRA	adercus	Senior Masculino	33:54	33:52	03:32
8	37	Jorge Pádua	casa do povo de mangualde	Veterano M40	34:27	34:24	03:35
9	30	Carlos Nunes	casa do povo de mangualde	Senior Masculino	34:32	34:29	03:36
10	2	ANÁLIA ROSA	maratona clube de portugal	Senior Feminino	35:08	35:06	03:40
11	36	Fernando Santos	casa do povo de mangualde	Veterano M40	35:18	35:15	03:41
12	19	PAULO FERREIRA	adercus	Veterano M40	35:29	35:27	03:42
13	5	CARLA MARTINHO	adercus	Senior Feminino	35:53	35:50	03:44
14	20	PAULO MIGUEL	adercus	Veterano M40	35:58	35:55	03:45
15	6	JOANA NUNES	adercus	Senior Feminino	36:09	36:07	03:46
16	217	Nuno Marques	poteeentes	Senior Masculino	36:17	36:14	03:47
17	7	SARA CARVALHO	adercus	Senior Feminino	36:22	36:19	03:47
18	13	Fernando Silva	académico de viseu	Veterano M40	36:28	36:24	03:48
19	173	Carlos Barrocas	loja do atleta - agueda	Senior Masculino	37:17	37:14	03:53
20	1	Solange Jesus	sporting clube de portugal	Senior Feminino	37:19	37:17	03:53
21	11	Nuno Abílio	a. m. casal das figueiras	Senior Masculino	37:27	37:24	03:54
22	32	Rui Rodrigues	casa do povo de mangualde	Senior Masculino	37:30	37:27	03:54
23	252	ALFREDO ANTÓNIO	nucleo de atletismo de cucujães	Veterano M40	38:16	38:13	03:59
24	256	Alberto Fontes	adrep	Veterano M40	38:27	38:23	04:00
25	82	João Ferreira	individual	Senior Masculino	38:31	38:29	04:01
26	63	André Simões	individual	Senior Masculino	38:32	38:28	04:01
27	177	Nuno Amaral	loja do atleta - agueda	Senior Masculino	38:38	38:36	04:01
28	100	Nuno Hélder Silva	individual	Senior Masculino	38:50	38:46	04:03
29	160	José Manuel Cabral e Silva	individual	Veterano M50	39:17	39:14	04:06
30	184	Vitor Paiva	loja do atleta - agueda	Senior Masculino	39:22	39:19	04:06
31	238	JÉSSICA MATOS	sport lisboa e benfica	Senior Feminino	39:22	39:20	04:06
32	233	Tiago Jesus	rda	Senior Masculino	39:26	39:21	04:06
33	15	Pedro Salcedas	acr senhora do desterro	Veterano M40	39:27	39:22	04:07
34	179	Nuno Saraiva	loja do atleta - agueda	Senior Masculino	39:46	39:42	04:09
35	182	Rui Silva	loja do atleta - agueda	Senior Masculino	39:46	39:42	04:09
36	111	Sérgio Martins	individual	Senior Masculino	39:56	39:51	04:10
37	44	Celso Morreira	desportivo atletico recardães	Senior Masculino	39:59	39:54	04:10
38	34	Lidia Pereira	casa do povo de mangualde	Veterana F40	40:04	40:01	04:10
39	97	Miguel Gonçalves	individual	Senior Masculino	40:05	39:59	04:10
40	98	Milton César Miranda dos Santos	individual	Senior Masculino	40:25	40:22	04:13
41	107	Ruben Cabral	individual	Senior Masculino	40:25	40:23	04:13
42	101	Nuno Pinho	individual	Senior Masculino	40:25	40:23	04:13

PROVA PRINCIPAL**9,6 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

RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
43	91	Luis Silva	individual	Senior Masculino	40:38	40:34	04:14
44	243	Diogo Silva	centro de marcha e corrida	Senior Masculino	40:38	40:32	04:14
45	47	Joaquim Figueiredo	gica	Veterano M50	40:39	40:37	04:14
46	99	Nuno André Resende de Campos	individual	Senior Masculino	40:41	40:37	04:14
47	127	Cláudio Queiroga	individual	Veterano M40	40:48	40:45	04:15
48	144	Paulo Conceicao	individual	Veterano M40	40:55	40:51	04:16
49	88	Luís Fernando Marques Ferreira	individual	Senior Masculino	41:04	41:01	04:17
50	83	João Fonseca	individual	Senior Masculino	41:16	41:13	04:18
51	28	Paulo Milheiro	caldas sao jorge	Veterano M40	41:18	41:14	04:18
52	170	André Ferreira	loja do atleta - agueda	Senior Masculino	42:06	42:03	04:23
53	180	Paulo Rocha	loja do atleta - agueda	Senior Masculino	42:11	42:01	04:24
54	169	Alex Almeida	loja do atleta - agueda	Senior Masculino	42:14	42:09	04:24
55	102	Nuno Rosa	individual	Senior Masculino	42:19	42:12	04:24
56	150	Rui Moreira	individual	Veterano M40	42:27	42:19	04:25
57	65	António Trigueiro	individual	Senior Masculino	42:38	42:33	04:26
58	75	fernando lopes	individual	Senior Masculino	42:39	42:32	04:27
59	42	Jaime Júnior	ccd - renault, cacia	Veterano M40	42:41	42:26	04:27
60	93	Márcio São Bento Cruz	individual	Senior Masculino	42:52	42:40	04:28
61	224	Miguel Lamas	rda	Senior Masculino	42:53	42:51	04:28
62	109	Rui Daniel Dinis de Melo	individual	Senior Masculino	42:54	42:50	04:28
63	174	José Oliveira	loja do atleta - agueda	Senior Masculino	42:57	42:53	04:28
64	227	Carlos Guerra	rda	Veterano M40	43:00	42:55	04:29
65	152	Tony Seródio	individual	Veterano M40	43:01	42:50	04:29
66	104	Ricardo Fernandes	individual	Senior Masculino	43:02	42:49	04:29
67	128	elísio ferreira alves gonçalves	individual	Veterano M40	43:04	42:58	04:29
68	33	Laurinda Ferreira	casa do povo de mangualde	Veterana F40	43:09	43:06	04:30
69	235	José Santos	rda	Veterano M50	43:37	43:31	04:33
70	246	Rui Rodrigues	centro de marcha e corrida	Senior Masculino	43:59	43:54	04:35
71	189	João Almada	loja do atleta - agueda	Veterano M50	44:07	44:01	04:36
72	250	Nelson Santos	loja do atleta - agueda	Senior Masculino	44:10	44:05	04:36
73	130	Fernando Pinheiro Mendes	individual	Veterano M40	44:15	44:08	04:37
74	110	Rui Filipe Baptista de Oliveira	individual	Senior Masculino	44:16	44:08	04:37
75	29	Cátia Almeida	casa do povo de mangualde	Senior Feminino	44:21	44:19	04:37
76	72	Davide Emanuel de Bastos Marques Pereira	individual	Senior Masculino	44:22	44:16	04:37
77	41	Evandro Silva	ccd - renault, cacia	Veterano M40	44:30	44:14	04:38
78	139	Luciano Santos	individual	Veterano M40	44:39	44:25	04:39
79	92	Marcelo Silva	individual	Senior Masculino	44:40	44:32	04:39
80	69	bruno ricardo pereira almeida	individual	Senior Masculino	44:42	44:34	04:39
81	156	DOMINGOS ALMEIDA	individual	Veterano M50	44:44	44:40	04:40
82	39	Ricardo Lopes	ccd - renault, cacia	Senior Masculino	44:45	44:35	04:40
83	205	Pedro Ferreira	mondegopeças	Senior Masculino	44:55	44:45	04:41
84	140	Luís Miguel Coelho Santos Marques	individual	Veterano M40	45:01	44:53	04:41
85	244	João Domingues	centro de marcha e corrida	Senior Masculino	45:37	45:32	04:45
86	134	Jorge Filipe Cortez de Sá Marques	individual	Veterano M40	45:41	45:28	04:46
87	157	fernando morais	individual	Veterano M50	45:52	45:47	04:47

PROVA PRINCIPAL**9,6 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	CHIP TIME	t/KM
88	181	Ricardo Ventura	loja do atleta - agueda	Senior Masculino	45:54	45:45	04:47
89	222	Diogo Moreira	rda	Senior Masculino	45:55	45:50	04:47
90	122	Susana Marques	rda	Veterana F40	45:56	45:52	04:47
91	79	Gonçalo Arada Martins	individual	Senior Masculino	45:57	45:51	04:47
92	225	Rodrigo Santos	rda	Senior Masculino	46:12	46:07	04:49
93	73	Diogo Filipe Fonseca Meireles da Assunção	individual	Senior Masculino	46:13	46:07	04:49
94	161	Armando Monteiro	individual	Veterano M60	46:16	46:09	04:49
95	195	Alberto Freitas	minis & bifanas	Veterano M40	46:17	46:01	04:49
96	213	Joana Moura	poteeentes	Senior Feminino	46:18	46:13	04:49
97	218	Miguel Eiras	poteeentes	Veterano M40	46:18	46:13	04:49
98	12	Anacleto Vitória	académico de viseu	Senior Masculino	46:30	46:26	04:51
99	154	António Joaquim Lourenço da Silva	individual	Veterano M50	46:32	46:28	04:51
100	172	Carlos Barbosa	loja do atleta - agueda	Senior Masculino	46:37	46:33	04:51
101	78	Filipe Miguel Ferreira Santos	individual	Senior Masculino	46:40	46:28	04:52
102	231	Nuno Almeida	rda	Veterano M40	46:42	46:37	04:52
103	136	José António da Cruz Portovedo	individual	Veterano M40	47:04	47:02	04:54
104	137	José Manuel Rocha da Fonseca	individual	Veterano M40	47:06	47:01	04:54
105	40	Carlos Santos	ccd - renault, cacia	Veterano M40	47:09	47:05	04:55
106	147	Pedro Ratola	individual	Veterano M40	47:14	47:09	04:55
107	216	Carlindo Martins	poteeentes	Senior Masculino	47:20	47:14	04:56
108	234	João Coelho	rda	Veterano M50	47:25	47:22	04:56
109	241	Catarina Martins	centro de marcha e corrida	Senior Feminino	47:32	47:27	04:57
110	38	Pedro Silva	ccd - renault, cacia	Senior Masculino	47:34	47:25	04:57
111	68	Bruno Lameiro	individual	Senior Masculino	47:42	47:36	04:58
112	95	Miguel Angelo Oliveira Costa	individual	Senior Masculino	47:42	47:33	04:58
113	26	Paulo Abrantes	barc	Senior Masculino	47:45	47:36	04:58
114	24	Emanuel Rodrigues	barc	Senior Masculino	47:50	47:42	04:59
115	74	Emídio Marques	individual	Senior Masculino	47:51	47:44	04:59
116	123	Alberto Branco	individual	Veterano M40	47:53	47:51	04:59
117	167	Rita Oliveira	loja do atleta - agueda	Senior Feminino	47:56	47:49	05:00
118	124	António Augusto Silva	individual	Veterano M40	47:56	47:50	05:00
119	46	Arlindo Santos	desportivo atletico recardães	Veterano M60	48:13	48:05	05:01
120	201	Armando Gandarinho	mondegopeças	Senior Masculino	48:32	48:20	05:03
121	202	Jorge Lopes	mondegopeças	Senior Masculino	48:33	48:22	05:03
122	162	Narciso Arromba	individual	Veterano M60	48:41	48:38	05:04
123	48	Fernando Cardoso Simoes Carapelho	grupo desportivo da gafanha	Senior Masculino	48:44	48:29	05:05
124	77	Filipe Forte S. Santos	individual	Senior Masculino	48:44	48:36	05:05
125	14	Francisco Vitória	académico de viseu	Veterano M60	48:51	48:48	05:05
126	141	Manuel Fernando Ferreira Silva	individual	Veterano M40	49:12	49:10	05:08
127	155	antonio pereira	individual	Veterano M50	49:26	49:12	05:09
128	232	Pedro Morais	rda	Veterano M40	49:36	49:31	05:10
129	135	jorge vilela	individual	Veterano M40	49:37	49:25	05:10
130	105	Ricardo Jorge São Bento Pereira	individual	Senior Masculino	49:40	49:33	05:10
131	247	Tiago Esteves	centro de marcha e corrida	Senior Masculino	49:51	49:43	05:12
132	145	Paulo Fontes	individual	Veterano M40	49:53	49:46	05:12

PROVA PRINCIPAL

9,6 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
133	35	Filomena Oliveira	casa do povo de mangualde	Veterana F50	49:59	49:51	05:12
134	45	Pedro Tavares	desportivo atletico recardães	Veterano M50	50:05	49:55	05:13
135	158	Joaquim Henriques	individual	Veterano M50	50:26	50:22	05:15
136	257	ANTÓNIO CRUZ	individual	Veterano M40	50:26	50:15	05:15
137	56	Iolanda Filipa	individual	Senior Feminino	50:42	50:34	05:17
138	25	Francisco Santos	barc	Senior Masculino	50:43	50:33	05:17
139	132	João Rodrigues	individual	Veterano M40	51:10	50:56	05:20
140	163	Ricardo Bastos	lebres do sado	Veterano M40	51:17	51:15	05:21
141	87	Jose Pereira	individual	Senior Masculino	51:32	51:22	05:22
142	89	Luís Filipe de Matos Isidoro	individual	Senior Masculino	51:35	51:24	05:22
143	255	TIAGO ROCHA	loja do atelta	Senior Masculino	51:46	51:34	05:24
144	116	Dina Teresa Domingues de Sousa	individual	Veterana F40	51:50	51:40	05:24
145	115	Cristina Paula Fernandes da Cruz	individual	Veterana F40	51:50	51:42	05:24
146	131	João Paulo dos Santos Duarte	individual	Veterano M40	51:50	51:42	05:24
147	223	Gabriel Arsénio	rda	Senior Masculino	51:53	51:48	05:24
148	186	Henrique Modesto	loja do atleta - agueda	Veterano M40	52:09	51:55	05:26
149	103	Pedro Costa	individual	Senior Masculino	52:37	52:22	05:29
150	23	Claudio Santos	barc	Senior Masculino	52:58	52:50	05:31
151	187	José Almeida	loja do atleta - agueda	Veterano M40	53:01	52:54	05:31
152	129	Fernando Eduardo Batista Pereira	individual	Veterano M40	53:03	52:52	05:32
153	143	NUNO CARDOSO	individual	Veterano M40	53:03	52:54	05:32
154	200	André Pereira	mondegopeças	Senior Masculino	53:04	52:52	05:32
155	126	Carlos Miguel da Silva Amaro	individual	Veterano M40	53:06	53:04	05:32
156	151	Sérgio Manuel Santos Oliveira	individual	Veterano M40	53:06	52:55	05:32
157	191	Miguel Cunha	lousada runners	Senior Masculino	53:08	52:58	05:32
158	242	Vera Sofia Oliveira	centro de marcha e corrida	Senior Feminino	53:16	53:06	05:33
159	59	Marlene Maria Tavares de Brito	individual	Senior Feminino	53:39	53:32	05:35
160	133	Joaquim Manuel Marques Balreira	individual	Veterano M40	53:50	53:41	05:36
161	43	António Barros	ccd - renault, cacia	Veterano M60	53:53	53:43	05:37
162	22	André Pinto	barc	Senior Masculino	54:15	54:06	05:39
163	190	João Oliveira	loja do atleta - agueda	Veterano M50	54:40	54:33	05:42
164	70	César Manuel Gomes Rodrigues	individual	Senior Masculino	54:44	54:30	05:42
165	251	PAULO CEPA	individual	Senior Masculino	54:51	54:42	05:43
166	85	Joaquim M. Almeida	individual	Senior Masculino	55:01	54:51	05:44
167	76	Fernando Manuel de Oliveira Moreira	individual	Senior Masculino	55:05	54:51	05:44
168	193	Vidal Ferreira	minis & bifanas	Senior Masculino	55:05	54:47	05:44
169	194	Vitor Santos	minis & bifanas	Senior Masculino	55:08	54:53	05:45
170	185	Cristina Santos	loja do atleta - agueda	Veterana F40	55:10	55:02	05:45
171	214	Raquel Varela	poteeentes	Senior Feminino	55:15	55:09	05:45
172	84	Joao Fontes	individual	Senior Masculino	55:56	55:49	05:50
173	90	Luis Miguel Pinto de Oliveira	individual	Senior Masculino	55:58	55:44	05:50
174	249	João Silva	ccr praia de mira	Veterano M40	56:08	55:54	05:51
175	60	Milene Canas	individual	Senior Feminino	56:29	56:22	05:53
176	258	RICARDO BAPTISTA	individual	Senior Masculino	57:11	57:03	05:57
177	198	Miguel Ferreira	minis & bifanas	Senior Masculino	57:15	56:57	05:58

Prova Principal**9,6 KM**

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

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

8	30	Carlos Nunes	CASA DO POVO DE MANGUALDE	Senior Masculino	34:32	+03:28	03:36
9	217	Nuno Marques	POTEEENTES	Senior Masculino	36:17	+05:13	03:47
10	173	Carlos Barrocas	Loja do Atleta - Agueda	Senior Masculino	37:17	+06:13	03:53
11	11	Nuno Abílio	A. M. Casal das Figueiras	Senior Masculino	37:27	+06:23	03:54
12	32	Rui Rodrigues	CASA DO POVO DE MANGUALDE	Senior Masculino	37:30	+06:26	03:54
13	82	João Ferreira	Individual	Senior Masculino	38:31	+07:27	04:01
14	63	André Simões	Individual	Senior Masculino	38:32	+07:28	04:01
15	177	Nuno Amaral	Loja do Atleta - Agueda	Senior Masculino	38:38	+07:34	04:01
16	100	Nuno Hélder Silva	Individual	Senior Masculino	38:50	+07:46	04:03
17	184	Vitor Paiva	Loja do Atleta - Agueda	Senior Masculino	39:22	+08:18	04:06
18	233	Tiago Jesus	RDA	Senior Masculino	39:26	+08:22	04:06
19	179	Nuno Saraiva	Loja do Atleta - Agueda	Senior Masculino	39:46	+08:42	04:09
20	182	Rui Silva	Loja do Atleta - Agueda	Senior Masculino	39:46	+08:42	04:09
21	111	Sérgio Martins	Individual	Senior Masculino	39:56	+08:52	04:10
22	44	Celso Morreira	Desportivo Atletico Recardães	Senior Masculino	39:59	+08:55	04:10
23	97	Miguel Gonçalves	Individual	Senior Masculino	40:05	+09:01	04:10
24	98	Milton César Miranda dos Santos	Individual	Senior Masculino	40:25	+09:21	04:13
25	107	Ruben Cabral	Individual	Senior Masculino	40:25	+09:21	04:13
26	101	Nuno Pinho	Individual	Senior Masculino	40:25	+09:21	04:13
27	91	Luis Silva	Individual	Senior Masculino	40:38	+09:34	04:14
28	243	Diogo Silva	Centro de Marcha e Corrida	Senior Masculino	40:38	+09:34	04:14
29	99	Nuno André Resende de Campos	Individual	Senior Masculino	40:41	+09:37	04:14
30	88	Luís Fernando Marques Ferreira	Individual	Senior Masculino	41:04	+10:00	04:17
31	83	João Fonseca	Individual	Senior Masculino	41:16	+10:12	04:18
32	170	André Ferreira	Loja do Atleta - Agueda	Senior Masculino	42:06	+11:02	04:23
33	180	Paulo Rocha	Loja do Atleta - Agueda	Senior Masculino	42:11	+11:07	04:24
34	169	Alex Almeida	Loja do Atleta - Agueda	Senior Masculino	42:14	+11:10	04:24
35	102	Nuno Rosa	Individual	Senior Masculino	42:19	+11:15	04:24
36	65	António Trigueiro	Individual	Senior Masculino	42:38	+11:34	04:26
37	75	fernando lopes	Individual	Senior Masculino	42:39	+11:35	04:27
38	93	Márcio São Bento Cruz	Individual	Senior Masculino	42:52	+11:48	04:28
39	224	Miguel Lamas	RDA	Senior Masculino	42:53	+11:49	04:28
40	109	Rui Daniel Dinis de Melo	Individual	Senior Masculino	42:54	+11:50	04:28
41	174	José Oliveira	Loja do Atleta - Agueda	Senior Masculino	42:57	+11:53	04:28
42	104	Ricardo Fernandes	Individual	Senior Masculino	43:02	+11:58	04:29
43	246	Rui Rodrigues	Centro de Marcha e Corrida	Senior Masculino	43:59	+12:55	04:35
44	250	Nelson Santos	Loja do Atleta - Agueda	Senior Masculino	44:10	+13:06	04:36
45	110	Rui Filipe Baptista de Oliveira	Individual	Senior Masculino	44:16	+13:12	04:37
46	72	Davide Emanuel de Bastos Marques Pereira	Individual	Senior Masculino	44:22	+13:18	04:37
47	92	Marcelo Silva	Individual	Senior Masculino	44:40	+13:36	04:39
48	69	bruno ricardo pereira almeida	Individual	Senior Masculino	44:42	+13:38	04:39
49	39	Ricardo Lopes	CCD - Renault, Cacia	Senior Masculino	44:45	+13:41	04:40
50	205	Pedro Ferreira	MONDEGOPEÇAS	Senior Masculino	44:55	+13:51	04:41
51	244	João Domingues	Centro de Marcha e Corrida	Senior Masculino	45:37	+14:33	04:45

Prova Principal

9,6 KM

OFFICIAL RESULT

52	181	Ricardo Ventura	Loja do Atleta - Agueda	Senior Masculino	45:54	+14:50	04:47
53	222	Diogo Moreira	RDA	Senior Masculino	45:55	+14:51	04:47
54	79	Gonçalo Arada Martins	Individual	Senior Masculino	45:57	+14:53	04:47
55	225	Rodrigo Santos	RDA	Senior Masculino	46:12	+15:08	04:49
56	73	Diogo Filipe Fonseca Meireles da Assunção	Individual	Senior Masculino	46:13	+15:09	04:49
57	12	Anacleto Vitória	Académico de Viseu	Senior Masculino	46:30	+15:26	04:51
58	172	Carlos Barbosa	Loja do Atleta - Agueda	Senior Masculino	46:37	+15:33	04:51
59	78	Filipe Miguel Ferreira Santos	Individual	Senior Masculino	46:40	+15:36	04:52
60	216	Carlindo Martins	POTEEENTES	Senior Masculino	47:20	+16:16	04:56
61	38	Pedro Silva	CCD - Renault, Cacia	Senior Masculino	47:34	+16:30	04:57
62	68	Bruno Lameiro	Individual	Senior Masculino	47:42	+16:38	04:58
63	95	Miguel Angelo Oliveira Costa	Individual	Senior Masculino	47:42	+16:38	04:58
64	26	Paulo Abrantes	Barc	Senior Masculino	47:45	+16:41	04:58
65	24	Emanuel Rodrigues	Barc	Senior Masculino	47:50	+16:46	04:59
66	74	Emídio Marques	Individual	Senior Masculino	47:51	+16:47	04:59
67	201	Armando Gandarinho	MONDEGOPEÇAS	Senior Masculino	48:32	+17:28	05:03
68	202	Jorge Lopes	MONDEGOPEÇAS	Senior Masculino	48:33	+17:29	05:03
69	48	Fernando Cardoso Simoes Carapelho	GRUPO DESPORTIVO DA GAFANHA	Senior Masculino	48:44	+17:40	05:05
70	77	Filipe Forte S. Santos	Individual	Senior Masculino	48:44	+17:40	05:05
71	105	Ricardo Jorge São Bento Pereira	Individual	Senior Masculino	49:40	+18:36	05:10
72	247	Tiago Esteves	Centro de Marcha e Corrida	Senior Masculino	49:51	+18:47	05:12
73	25	Francisco Santos	Barc	Senior Masculino	50:43	+19:39	05:17
74	87	Jose Pereira	Individual	Senior Masculino	51:32	+20:28	05:22
75	89	Luís Filipe de Matos Isidoro	Individual	Senior Masculino	51:35	+20:31	05:22
76	255	TIAGO ROCHA	LOJA DO ATELTA	Senior Masculino	51:46	+20:42	05:24
77	223	Gabriel Arsénio	RDA	Senior Masculino	51:53	+20:49	05:24
78	103	Pedro Costa	Individual	Senior Masculino	52:37	+21:33	05:29
79	23	Claudio Santos	Barc	Senior Masculino	52:58	+21:54	05:31
80	200	André Pereira	MONDEGOPEÇAS	Senior Masculino	53:04	+22:00	05:32
81	191	Miguel Cunha	LOUSADA RUNNERS	Senior Masculino	53:08	+22:04	05:32
82	22	André Pinto	Barc	Senior Masculino	54:15	+23:11	05:39
83	70	César Manuel Gomes Rodrigues	Individual	Senior Masculino	54:44	+23:40	05:42
84	251	PAULO CEPA	Individual	Senior Masculino	54:51	+23:47	05:43
85	85	Joaquim M. Almeida	Individual	Senior Masculino	55:01	+23:57	05:44
86	76	Fernando Manuel de Oliveira Moreira	Individual	Senior Masculino	55:05	+24:01	05:44
87	193	Vidal Ferreira	Minis & Bifanas	Senior Masculino	55:05	+24:01	05:44
88	194	Vitor Santos	Minis & Bifanas	Senior Masculino	55:08	+24:04	05:45
89	84	Joao Fontes	Individual	Senior Masculino	55:56	+24:52	05:50
90	90	Luis Miguel Pinto de Oliveira	Individual	Senior Masculino	55:58	+24:54	05:50
91	258	RICARDO BAPTISTA	Individual	Senior Masculino	57:11	+26:07	05:57
92	198	Miguel Ferreira	Minis & Bifanas	Senior Masculino	57:15	+26:11	05:58
93	192	Rui Furtado	Minis & Bifanas	Senior Masculino	57:35	+26:31	06:00
94	112	Silvar Kallip	Individual	Senior Masculino	58:22	+27:18	06:05
95	67	Bruno Jorge Pereira	Individual	Senior Masculino	59:48	+28:44	06:14
96	94	MARCO BARATA	Individual	Senior Masculino	01:00:29	+29:25	06:18

Prova Principal
9,6 KM
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
OFFICIAL RESULT
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

97	27	Sérgio Mendes	Barc	Senior Masculino	01:00:33	+29:29	06:18
98	96	Miguel Godinho	Individual	Senior Masculino	01:00:46	+29:42	06:20
99	203	Luis Reis	MONDEGOPEÇAS	Senior Masculino	01:01:33	+30:29	06:25
100	253	BRUNO ROSA AMARO	Minis & Bifanas	Senior Masculino	01:01:44	+30:40	06:26
101	80	Gonçalo Silva Pereira	Individual	Senior Masculino	01:03:27	+32:23	06:37
102	81	Ivo Carvalho	Individual	Senior Masculino	01:04:03	+32:59	06:40
103	171	Bruno Costa	Loja do Atleta - Agueda	Senior Masculino	01:06:24	+35:20	06:55
104	176	Mário Couto	Loja do Atleta - Agueda	Senior Masculino	01:06:24	+35:20	06:55
105	86	Jorge Duarte	Individual	Senior Masculino	01:10:17	+39:13	07:19
106	106	Ricardo Miguel Marques Pinto	Individual	Senior Masculino	01:17:13	+46:09	08:03

Veterana F40

1	34	Lidia Pereira	CASA DO POVO DE MANGUALDE	Veterana F40	40:04	+09:00	04:10
2	33	Laurinda Ferreira	CASA DO POVO DE MANGUALDE	Veterana F40	43:09	+12:05	04:30
3	122	Susana Marques	RDA	Veterana F40	45:56	+14:52	04:47
4	116	Dina Teresa Domingues de Sousa	Individual	Veterana F40	51:50	+20:46	05:24
5	115	Cristina Paula Fernandes da Cruz	Individual	Veterana F40	51:50	+20:46	05:24
6	185	Cristina Santos	Loja do Atleta - Agueda	Veterana F40	55:10	+24:06	05:45
7	206	Sónia Neto	MONDEGOPEÇAS	Veterana F40	59:01	+27:57	06:09
8	117	Gabriela Sofia Pereira Santos	Individual	Veterana F40	59:38	+28:34	06:13
9	121	Sara Costa	RDA	Veterana F40	01:01:14	+30:10	06:23
10	248	Maria João Cardoso	Centro de Marcha e Corrida	Veterana F40	01:06:54	+35:50	06:58
11	119	Maria Manuel Calvo	Individual	Veterana F40	01:12:28	+41:24	07:33
12	114	Claudia Roque	Individual	Veterana F40	01:14:07	+43:03	07:43
13	210	Teresa Guerra	PH - Puzzle Houses	Veterana F40	01:31:16	+01:00:12	09:30

Veterana F50

1	35	Filomena Oliveira	CASA DO POVO DE MANGUALDE	Veterana F50	49:59	+18:55	05:12
---	----	-------------------	---------------------------	--------------	-------	--------	-------

Veterano M40

1	37	Jorge Pádua	CASA DO POVO DE MANGUALDE	Veterano M40	34:27	+03:23	03:35
2	36	Fernando Santos	CASA DO POVO DE MANGUALDE	Veterano M40	35:18	+04:14	03:41
3	19	PAULO FERREIRA	ADERCUS	Veterano M40	35:29	+04:25	03:42
4	20	PAULO MIGUEL	ADERCUS	Veterano M40	35:58	+04:54	03:45
5	13	Fernando Silva	Académico de Viseu	Veterano M40	36:28	+05:24	03:48
6	252	ALFREDO ANTÓNIO	NUCLEO DE ATLETISMO DE CUCUJÃES	Veterano M40	38:16	+07:12	03:59
7	256	Alberto Fontes	ADREP	Veterano M40	38:27	+07:23	04:00
8	15	Pedro Salcedas	ACR Senhora do Desterro	Veterano M40	39:27	+08:23	04:07

Official Timekeeper: Lap2Go	4 / 6	generate 01-jun-2014 12:31
-----------------------------	-------	----------------------------

Prova Principal**9,6 KM****OFFICIAL RESULT**

9	127	Cláudio Queiroga	Individual	Veterano M40	40:48	+09:44	04:15
10	144	Paulo Conceicao	Individual	Veterano M40	40:55	+09:51	04:16
11	28	Paulo Milheiro	caldas sao jorge	Veterano M40	41:18	+10:14	04:18
12	150	Rui Moreira	Individual	Veterano M40	42:27	+11:23	04:25
13	42	Jaime Júnior	CCD - Renault, Cacia	Veterano M40	42:41	+11:37	04:27
14	227	Carlos Guerra	RDA	Veterano M40	43:00	+11:56	04:29
15	152	Tony Seródio	Individual	Veterano M40	43:01	+11:57	04:29
16	128	elisio ferreira alves gonçalves	Individual	Veterano M40	43:04	+12:00	04:29
17	130	Fernando Pinheiro Mendes	Individual	Veterano M40	44:15	+13:11	04:37
18	41	Evandro Silva	CCD - Renault, Cacia	Veterano M40	44:30	+13:26	04:38
19	139	Luciano Santos	Individual	Veterano M40	44:39	+13:35	04:39
20	140	Luís Miguel Coelho Santos Marques	Individual	Veterano M40	45:01	+13:57	04:41
21	134	Jorge Filipe Cortez de Sá Marques	Individual	Veterano M40	45:41	+14:37	04:46
22	195	Alberto Freitas	Minis & Bifanas	Veterano M40	46:17	+15:13	04:49
23	218	Miguel Eiras	POTEEENTES	Veterano M40	46:18	+15:14	04:49
24	231	Nuno Almeida	RDA	Veterano M40	46:42	+15:38	04:52
25	136	José António da Cruz Portovedo	Individual	Veterano M40	47:04	+16:00	04:54
26	137	José Manuel Rocha da Fonseca	Individual	Veterano M40	47:06	+16:02	04:54
27	40	Carlos Santos	CCD - Renault, Cacia	Veterano M40	47:09	+16:05	04:55
28	147	Pedro Ratola	Individual	Veterano M40	47:14	+16:10	04:55
29	123	Alberto Branco	Individual	Veterano M40	47:53	+16:49	04:59
30	124	António Augusto Silva	Individual	Veterano M40	47:56	+16:52	05:00
31	141	Manuel Fernando Ferreira Silva	Individual	Veterano M40	49:12	+18:08	05:08
32	232	Pedro Morais	RDA	Veterano M40	49:36	+18:32	05:10
33	135	jorge vilela	Individual	Veterano M40	49:37	+18:33	05:10
34	145	Paulo Fontes	Individual	Veterano M40	49:53	+18:49	05:12
35	257	ANTÓNIO CRUZ	Individual	Veterano M40	50:26	+19:22	05:15
36	132	João Rodrigues	Individual	Veterano M40	51:10	+20:06	05:20
37	163	Ricardo Bastos	LEBRES DO SADO	Veterano M40	51:17	+20:13	05:21
38	131	João Paulo dos Santos Duarte	Individual	Veterano M40	51:50	+20:46	05:24
39	186	Henrique Modesto	Loja do Atleta - Agueda	Veterano M40	52:09	+21:05	05:26
40	187	José Almeida	Loja do Atleta - Agueda	Veterano M40	53:01	+21:57	05:31
41	129	Fernando Eduardo Batista Pereira	Individual	Veterano M40	53:03	+21:59	05:32
42	143	NUNO CARDOSO	Individual	Veterano M40	53:03	+21:59	05:32
43	126	Carlos Miguel da Silva Amaro	Individual	Veterano M40	53:06	+22:02	05:32
44	151	Sérgio Manuel Santos Oliveira	Individual	Veterano M40	53:06	+22:02	05:32
45	133	Joaquim Manuel Marques Balreira	Individual	Veterano M40	53:50	+22:46	05:36
46	249	João Silva	CCR Praia de Mira	Veterano M40	56:08	+25:04	05:51
47	207	Joaquim Amado	MONDEGOPEÇAS	Veterano M40	59:01	+27:57	06:09
48	149	Rui Jorge Marques Pinto	Individual	Veterano M40	01:00:49	+29:45	06:20
49	196	Filipe Miranda	Minis & Bifanas	Veterano M40	01:01:43	+30:39	06:26
50	142	Miguel angelo do Carmo Pardal	Individual	Veterano M40	01:01:54	+30:50	06:27
51	208	joão henriques Sousa	offtelronners.	Veterano M40	01:01:56	+30:52	06:27
52	197	José Barbosa	Minis & Bifanas	Veterano M40	01:18:40	+47:36	08:12
53	211	Pedro Alpoim	PH - Puzzle Houses	Veterano M40	01:31:17	+01:00:13	09:31

Prova Principal**9,6 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

Veterano M50

1	160	José Manuel Cabral e Silva	Individual	Veterano M50	39:17	+08:13	04:06
2	47	Joaquim Figueiredo	GICA	Veterano M50	40:39	+09:35	04:14
3	235	José Santos	RDA	Veterano M50	43:37	+12:33	04:33
4	189	João Almada	Loja do Atleta - Agueda	Veterano M50	44:07	+13:03	04:36
5	156	DOMINGOS ALMEIDA	Individual	Veterano M50	44:44	+13:40	04:40
6	157	fernando morais	Individual	Veterano M50	45:52	+14:48	04:47
7	154	António Joaquim Lourenço da Silva	Individual	Veterano M50	46:32	+15:28	04:51
8	234	João Coelho	RDA	Veterano M50	47:25	+16:21	04:56
9	155	antonio pereira	Individual	Veterano M50	49:26	+18:22	05:09
10	45	Pedro Tavares	Desportivo Atletico Recardães	Veterano M50	50:05	+19:01	05:13
11	158	Joaquim Henriques	Individual	Veterano M50	50:26	+19:22	05:15
12	190	João Oliveira	Loja do Atleta - Agueda	Veterano M50	54:40	+23:36	05:42
13	159	Jorge Manuel de Almeida Martins	Individual	Veterano M50	01:01:50	+30:46	06:26
14	236	JOSE TAVARES	RDA	Veterano M50	01:03:19	+32:15	06:36
15	212	Paulo Almeida	PH - Puzzle Houses	Veterano M50	01:31:16	+01:00:12	09:30

Veterano M60

1	161	Armando Monteiro	Individual	Veterano M60	46:16	+15:12	04:49
2	46	Arlindo Santos	Desportivo Atletico Recardães	Veterano M60	48:13	+17:09	05:01
3	162	Narciso Arromba	Individual	Veterano M60	48:41	+17:37	05:04
4	14	Francisco Vitória	Académico de Viseu	Veterano M60	48:51	+17:47	05:05
5	43	António Barros	CCD - Renault, Cacia	Veterano M60	53:53	+22:49	05:37