



PROVA PRINCIPAL

10 KM

OFFICIAL RESULT

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REVISED

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

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	625	Cláudio Queiroga	individual	Veterano M45	37:37	+05:10	03:46
43	135	Fernando Baltazar	desportivo atlético de recardães	Veterano M45	37:42	+05:15	03:46
44	131	Tiago Ferreira	desportivo atlético de recardães	Senior Masculino	37:43	+05:16	03:46
45	364	pedro alexandre barbosa	individual	Senior Masculino	37:46	+05:19	03:47
46	47	José Gomes	associação desportiva rio largo clube de espinho	Veterano M50	37:48	+05:21	03:47
47	21	Miguel Pato	royal school of languages	Veterano M40	37:49	+05:22	03:47
48	128	José Paiva	desportivo atlético de recardães	Senior Masculino	37:57	+05:30	03:48
49	944	Ricardo França		Senior Masculino	37:59	+05:32	03:48
50	328	João Tiago Ladeira Cardoso	individual	Senior Masculino	38:08	+05:41	03:49
51	551	António Fonseca	individual	Veterano M40	38:16	+05:49	03:50
52	920	João Dias	decathlon aveiro	Senior Masculino	38:19	+05:52	03:50
53	922	Landry Magalhaes	decathlon aveiro	Senior Masculino	38:19	+05:52	03:50
54	488	Joao Vinagre	individual	Veterano M35	38:31	+06:04	03:51
55	893	Luis Carlos Oliveira Martins	tondela runners	Senior Masculino	38:33	+06:06	03:51
56	518	Pedro Brandão	individual	Veterano M35	38:40	+06:13	03:52
57	82	Armando Carlos Mouro	bússola partilhada	Veterano M45	38:45	+06:18	03:52
58	907	Mário Paulo Ferreira	triatlo cuble dos galitos	Veterano M35	38:47	+06:20	03:53
59	898	Carlos Alberto ferreira Ribeiro	tondela runners	Veterano M35	38:52	+06:25	03:53
60	20	Jorge Pato	royal school of languages	Veterano M40	39:03	+06:36	03:54
61	108	NUNO GONÇALVES	cmmc albergaria-a-velha e branca	Senior Masculino	39:03	+06:36	03:54
62	124	Carlos Nobre	cuv secção desportiva	Senior Masculino	39:08	+06:41	03:55
63	302	Filipe Carvalho	individual	Senior Masculino	39:11	+06:44	03:55
64	152	Rui Pinto	espaço saúde	Veterano M40	39:13	+06:46	03:55
65	102	José Resende	centro atlético póvoa pacense ( c e n a p ) - cacia	Veterano M40	39:17	+06:50	03:56
66	89	Ricardo Lopes	ccd-renault, cacia	Senior Masculino	39:21	+06:54	03:56
67	852	Fábio Simões Alves	projecto jovem de fermentelos	Senior Masculino	39:27	+07:00	03:57
68	96	Alexandra Santos	cd águias de alpiarça	Junior Feminino	39:29	+07:02	03:57
69	837	Aurélio Saúde	perna de pau running team	Veterano M35	39:30	+07:03	03:57
70	485	Joao Oliveira	individual	Veterano M35	39:31	+07:04	03:57
71	578	JOSE FARO	individual	Veterano M40	39:31	+07:04	03:57
72	505	miguel costa fernandes	individual	Veterano M35	39:32	+07:05	03:57
73	315	João Andrade	individual	Senior Masculino	39:37	+07:10	03:58
74	81	Sérgio Manuel Nunes Lopes	bússola partilhada	Veterano M35	39:38	+07:11	03:58
75	853	Gonçalo Emanuel Almeida Ribeiro	projecto jovem de fermentelos	Senior Masculino	39:40	+07:13	03:58
76	807	JAQUIM LOPES PEREIRA	paraquedistas de s. jacinto	Senior Masculino	39:42	+07:15	03:58
77	637	José Peixoto	individual	Veterano M45	39:45	+07:18	03:58
78	107	Fausto Moreira	clube pt	Senior Masculino	39:45	+07:18	03:59
79	137	Filipe Ribeiro	ecomobile - aluguer de automóveis	Veterano M35	39:46	+07:19	03:59
80	368	Pedro Dinis	trepanelas running	Senior Masculino	39:49	+07:22	03:59
81	11	Gonçalo Pato	royal school of languages	Senior Masculino	39:52	+07:25	03:59
82	834	Daniel Espinhal	perna de pau running team	Senior Masculino	39:59	+07:32	04:00
83	875	Paulo Ramirez	slowdown	Veterano M40	40:03	+07:36	04:00
84	204	Luis Conceição	grupo desportivo são paio de oleiros	Veterano M45	40:04	+07:37	04:00
85	39	Joao Neves	anr	Veterano M35	40:05	+07:38	04:00
86	97	Andreia Ferrum	cd águias de alpiarça	Junior Feminino	40:07	+07:40	04:01













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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
350	350	Mario Heredia	individual	Senior Masculino	48:08	+15:41	04:49
351	722	NUNO CARDOSO	keep.training / goingbike	Veterano M45	48:09	+15:42	04:49
352	208	Diogo Maia Gil Martins	happyrun	Senior Masculino	48:10	+15:43	04:49
353	56	Marta Gomes Santos Sousa	aveiro night runners	Senior Feminino	48:11	+15:44	04:49
354	701	D'AviD Emanuel dos Santos Coelho	keep.training / goingbike	Senior Masculino	48:11	+15:44	04:49
355	237	Inês Almeida	individual	Senior Feminino	48:12	+15:45	04:49
356	117	Bruno José da Silva Branco	crashteam	Senior Masculino	48:21	+15:54	04:50
357	728	Daniela Grácio	ko trail running	Junior Feminino	48:22	+15:55	04:50
358	743	Filipe Ribeiro	ko trail running	Veterano M35	48:23	+15:56	04:50
359	460	Antonio Jose Silva	individual	Veterano M35	48:25	+15:58	04:50
360	850	Alexandre Almeida	primagama	Veterano M40	48:28	+16:01	04:51
361	58	Manuel Carlos Pereira Cunha	aveiro night runners	Senior Masculino	48:31	+16:04	04:51
362	652	VITOR MARTINS	individual	Veterano M45	48:31	+16:04	04:51
363	175	André Gonçalves Duarte	ginásio corpo louco	Senior Masculino	48:31	+16:04	04:51
364	787	João Rodrigues	os mata chibas	Veterano M40	48:32	+16:05	04:51
365	30	Sara Santos	anr	Senior Feminino	48:34	+16:07	04:51
366	586	marco silva soares	individual	Veterano M40	48:39	+16:12	04:52
367	538	Rui Alechandre Almeida da Silva	individual	Veterano M35	48:48	+16:21	04:53
368	310	Hélder Madeira Cruz	individual	Senior Masculino	48:48	+16:21	04:53
369	492	Jorge Miguel de Bastos Loureiro	individual	Veterano M35	48:49	+16:22	04:53
370	762	Ana Moreira	mass spec sisters	Senior Feminino	48:50	+16:23	04:53
371	763	Elisabete da Costa	mass spec sisters	Veterana F35	48:50	+16:23	04:53
372	187	Eduardo Manuel Coelho Oliveira	ginásio corpo louco	Veterano M35	48:50	+16:23	04:53
373	71	Paulo Abrantes	barc	Senior Masculino	48:50	+16:23	04:53
374	220	Rodrigo Costinha	individual	Junior Masculino	48:52	+16:25	04:53
375	355	Nuno Afonso	individual	Senior Masculino	48:52	+16:25	04:53
376	806	FLAVIO RODRIGO CARVALHO PEREIRA	paraquedistas de s. jacinto	Senior Masculino	48:55	+16:28	04:53
377	618	Antonio Paulo Alves Santos	individual	Veterano M45	48:56	+16:29	04:54
378	593	PAULO PINTO SANTOS	individual	Veterano M40	49:01	+16:34	04:54
379	179	Riucardo Daniel Santos Moura	ginásio corpo louco	Senior Masculino	49:01	+16:34	04:54
380	623	CARLOS ESTIMA	individual	Veterano M45	49:04	+16:37	04:54
381	828	VLADIMIRO RAIMUNDO EMÍDIO CANCELA	paraquedistas de s. jacinto	Veterano M35	49:05	+16:38	04:54
382	246	Micaela Mafalda Martins Dionísio	individual	Senior Feminino	49:08	+16:41	04:55
383	46	José Carlos Valente de Oliveira Araújo	araújos	Veterano M45	49:09	+16:42	04:55
384	925	Francisco Tiago Almeida Catalão	individual	Senior Masculino	49:09	+16:42	04:55
385	17	João Catalão	royal school of languages	Veterano M35	49:10	+16:43	04:55
386	664	Horácio Melo	individual	Veterano M50	49:12	+16:45	04:55
387	700	ALEXANDRE AREDE	keep.training / goingbike	Senior Masculino	49:13	+16:46	04:55
388	677	Joaquim Henriques	individual	Veterano M55	49:16	+16:49	04:56
389	833	Liliana Pragana	perna de pau running team	Senior Feminino	49:18	+16:51	04:56
390	682	ARMÉNIO MANUEL ROCHA DAS NEVES	individual	Veterano M60	49:20	+16:53	04:56
391	319	João Diogo Barros	individual	Senior Masculino	49:22	+16:55	04:56
392	496	Luis Miguel Loureiro Rodrigues	individual	Veterano M35	49:22	+16:55	04:56



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

**OFFICIAL RESULT**

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
438	567	Humberto Jorge Marques Gaio	individual	Veterano M40	50:36	+18:09	05:04
439	695	Margarida Simões	keep.training / goingbike	Senior Feminino	50:39	+18:12	05:04
440	557	Carlos Aurélio e Silva Lopes	individual	Veterano M40	50:41	+18:14	05:04
441	929	Virgílio pinto	individual	Veterano M35	50:46	+18:19	05:05
442	732	Ângelo Silva	ko trail running	Senior Masculino	50:48	+18:21	05:05
443	685	André Baptista	jba	Senior Masculino	50:48	+18:21	05:05
444	672	António Ramos	individual	Veterano M55	50:48	+18:21	05:05
445	506	Miguel Lopes	individual	Veterano M35	50:54	+18:27	05:05
446	629	Fernando Pereira	individual	Veterano M45	50:57	+18:30	05:06
447	344	Luis Jesus	individual	Senior Masculino	50:57	+18:30	05:06
448	965	Patricia Lobo	individual	Veterana F40	50:57	+18:30	05:06
449	14	Carlos Alves	royal school of languages	Veterano M35	50:58	+18:31	05:06
450	16	Emanuel Pereira	royal school of languages	Veterano M35	50:58	+18:31	05:06
451	26	Miguel Flores	royal school of languages	Veterano M50	50:58	+18:31	05:06
452	671	Pedro Cardoso	individual	Veterano M50	50:59	+18:32	05:06
453	323	João Pedro Cardoso	individual	Senior Masculino	51:00	+18:33	05:06
454	608	Sergio Figueiredo	individual	Veterano M40	51:03	+18:36	05:06
455	928	Adriano Carreira	individual	Veterano M35	51:04	+18:37	05:06
456	663	Henrique Santos	individual	Veterano M50	51:04	+18:37	05:06
457	601	Pedro Silva	individual	Veterano M40	51:07	+18:40	05:07
458	414	Marlene Brito	individual	Veterana F35	51:12	+18:45	05:07
459	268	Antonio Loureiro	individual	Senior Masculino	51:13	+18:46	05:07
460	964	André Bóia	individual	Senior Masculino	51:13	+18:46	05:07
461	473	Diogo Manuel Albuquerque Diogo Figueira	individual	Veterano M35	51:14	+18:47	05:07
462	662	Fernando Resende	individual	Veterano M50	51:17	+18:50	05:08
463	547	Vitor Santos	individual	Veterano M35	51:18	+18:51	05:08
464	352	Miguel Ferreira	individual	Senior Masculino	51:18	+18:51	05:08
465	934	Octávio João Marques Porto	oporto seguros	Veterano M35	51:18	+18:51	05:08
466	165	Tiago Miguel Faria Carreira	flexiassembly	Senior Masculino	51:20	+18:53	05:08
467	758	José Carvalho	lios quiampioniés diel aparquiamiento	Senior Masculino	51:22	+18:55	05:08
468	259	Adriano Teixeira	individual	Senior Masculino	51:27	+19:00	05:09
469	621	Carlos Barroso	individual	Veterano M45	51:29	+19:02	05:09
470	624	Carlos Martins	individual	Veterano M45	51:30	+19:03	05:09
471	775	Rui Castro	os arouquenses	Senior Masculino	51:31	+19:04	05:09
472	154	Vitor Alexandre Carvalho	fbt&f	Senior Masculino	51:35	+19:08	05:09
473	148	Ricardo Arede	espaço saúde	Senior Masculino	51:38	+19:11	05:10
474	393	Tiago Ferreira	individual	Senior Masculino	51:39	+19:12	05:10
475	583	LUIS MANUEL MONTEIRO	individual	Veterano M40	51:39	+19:12	05:10
476	666	jorge costa	individual	Veterano M50	51:43	+19:16	05:10
477	670	Paulo José Marques Fernandes	individual	Veterano M50	51:44	+19:17	05:10
478	746	Raul Lemos	ko trail running	Veterano M35	51:45	+19:18	05:10
479	509	Nuno Filipe Ferreira Fontoura	individual	Veterano M35	51:45	+19:18	05:11
480	967	João Macedo	individual	Senior Masculino	51:47	+19:20	05:11
481	783	Francisco Bispo Lamas	os lendários kenianos albinos de aveiro	Veterano M35	51:47	+19:20	05:11
482	252	Rita Isabel Pereira Glória	individual	Senior Feminino	51:47	+19:20	05:11









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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
659	112	Teresa Cecilia Ferreira Marques Magalhães Malheiro	cmmc albergaria-a-velha e branca	Veterana F45	57:29	+25:02	05:45
660	842	André Machado	ponto zen	Senior Masculino	57:39	+25:12	05:46
661	64	Maria José Ferreira	aveiro night runners	Veterana F55	57:39	+25:12	05:46
662	321	João Miguel Santos	individual	Senior Masculino	57:39	+25:12	05:46
663	257	Vânia Santos	individual	Senior Feminino	57:41	+25:14	05:46
664	871	António Silva	running friends	Veterano M35	57:42	+25:15	05:46
665	36	filomena santos	anr	Veterana F55	57:43	+25:16	05:46
666	715	MARIA MARGARIDA FIGUEIREDO	keep.training / goingbike	Veterana F55	57:45	+25:18	05:47
667	161	Luís Carlos Freitas Cabete	flexiassembly	Senior Masculino	57:48	+25:21	05:47
668	160	José Alberto Monteiro	flexiassembly	Senior Masculino	57:48	+25:21	05:47
669	452	paula oliveira	individual	Veterana F45	57:49	+25:22	05:47
670	149	Alexandra Sucena	espaço saúde	Veterana F35	57:54	+25:27	05:47
671	318	João David Ferreira Lcas	individual	Senior Masculino	57:56	+25:29	05:48
672	434	Judite Dias	individual	Veterana F40	58:06	+25:39	05:49
673	49	Patrícia Fonseca	atlético clube jabali no espeto	Senior Feminino	58:07	+25:40	05:49
674	48	Ana Rodrigues	atlético clube jabali no espeto	Senior Feminino	58:07	+25:40	05:49
675	51	Jorge Gordinho	atlético clube jabali no espeto	Senior Masculino	58:07	+25:40	05:49
676	738	Catarina Lopes	ko trail running	Veterana F35	58:09	+25:42	05:49
677	125	Ângela Ventura	decathlon aveiro	Senior Feminino	58:11	+25:44	05:49
678	185	Natércia Maria de Almeida Santos Santiago	ginásio corpo louco	Veterana F40	58:14	+25:47	05:49
679	407	Gisele Kulay	individual	Veterana F35	58:15	+25:48	05:50
680	638	Luiz Alexandre Kulay	individual	Veterano M45	58:16	+25:49	05:50
681	614	ANTONIO LEMOS	individual	Veterano M45	58:26	+25:59	05:51
682	422	Anabela Leite	individual	Veterana F40	58:27	+26:00	05:51
683	885	pedro magalhes	tai runners	Veterano M35	58:31	+26:04	05:51
684	449	Maria Tavares	individual	Veterana F45	58:33	+26:06	05:51
685	447	Margarida Guerra	individual	Veterana F45	58:36	+26:09	05:52
686	53	Filipa Raquel Ventura das Neves	aveiro night runners	Senior Feminino	58:37	+26:10	05:52
687	915	Endrina Ferrer	decathlon aveiro	Senior Masculino	58:37	+26:10	05:52
688	742	Maria Antonia Ferreira	ko trail running	Veterana F50	58:59	+26:32	05:54
689	227	Ana Luísa de Oliveira Melo	individual	Senior Feminino	59:02	+26:35	05:54
690	777	Jorge Rodrigues	os arouquenses	Veterano M40	59:08	+26:41	05:55
691	33	inês nobre lopes almeida	anr	Veterana F40	59:15	+26:48	05:56
692	400	ana lagoa	individual	Veterana F35	59:21	+26:54	05:56
693	681	AMILCAR RAINHO	individual	Veterano M60	59:21	+26:54	05:56
694	771	Marta Sousa	os arouquenses	Senior Feminino	59:26	+26:59	05:57
695	181	Tiago Miguel Pires de Seabra	ginásio corpo louco	Senior Masculino	59:32	+27:05	05:57
696	169	Sara Henriques Cancela	ginásio corpo louco	Senior Feminino	59:36	+27:09	05:58
697	399	Ana Carla Amaro	individual	Veterana F35	59:41	+27:14	05:58
698	734	Carlos Caria	ko trail running	Senior Masculino	59:41	+27:14	05:58
699	790	luis simoes	overmotor running	Senior Masculino	59:42	+27:15	05:58
700	757	Bruno Mendes	lios quiamponiés diel aparquiamientio	Senior Masculino	59:59	+27:32	06:00
701	789	jose oliveira	overmotor running	Senior Masculino	01:00:01	+27:34	06:00
702	982	Anabela Lopes	individual	Veterana F45	01:00:07	+27:40	06:01
703	913	Luis Filipe Brandão de Pinho	unidos de rossas	Veterano M35	01:00:07	+27:40	06:01









## Prova Principal

10 KM

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REVISED

### OFFICIAL RESULT

68	189	Isabel Ferreira	Ginásio Fit4Fun	Senior Feminino	01:01:58	+26:12	06:12
69	191	Liliana Santiago	Ginásio Fit4Fun	Senior Feminino	01:01:58	+26:12	06:12
70	85	Marlene Sofia Lopes Almeida	CabrilBTT - Running	Senior Feminino	01:03:23	+27:37	06:20
71	864	Filipa Domingues	run@figueira	Senior Feminino	01:03:49	+28:03	06:23
72	225	Ana Isabel Vaz Pires	Individual	Senior Feminino	01:03:56	+28:10	06:24
73	229	Andreia Isabel de Almeida Silva	Individual	Senior Feminino	01:05:03	+29:17	06:30
74	250	Raquel Santos	Individual	Senior Feminino	01:05:52	+30:06	06:35
75	254	Sandra Cristina Fernandes Ferro	Individual	Senior Feminino	01:05:55	+30:09	06:35
76	247	Paula Alexandra Tavares Ferreira	Individual	Senior Feminino	01:06:54	+31:08	06:41
77	119	Brigite Silva	CrossFit Aveiro	Senior Feminino	01:07:14	+31:28	06:43
78	222	Ana Carolina Vieira Coelho	Individual	Senior Feminino	01:07:36	+31:50	06:46
79	755	Tania Caetano	LBM	Senior Feminino	01:08:44	+32:58	06:52
80	190	Joana Matos	Ginásio Fit4Fun	Senior Feminino	01:13:32	+37:46	07:21
81	698	Sara Daniela Figueiredo Resende Mendonça	KEEP.TRAINING / GOINGBIKE	Senior Feminino	01:15:23	+39:37	07:32

## Senior Masculino

1	203	Ricardo Fernandes	Grecas	Senior Masculino	32:27		03:15
2	910	PEDRO LOPES	UNIÃO FCI DE TOMAR	Senior Masculino	32:51	+00:24	03:17
3	917	Gioavanni Dias	decathlon Aveiro	Senior Masculino	33:39	+01:12	03:22
4	397	Vitor Francisco	Individual	Senior Masculino	33:59	+01:32	03:24
5	100	Rui Tenrinho	CD Águias de Alpiarça	Senior Masculino	34:13	+01:46	03:25
6	945	TIAGO DAVID		Senior Masculino	34:41	+02:14	03:28
7	941	João França		Senior Masculino	34:41	+02:14	03:28
8	916	Francisco Fonseca	decathlon Aveiro	Senior Masculino	35:17	+02:50	03:32
9	946	Tiago Mendes		Senior Masculino	35:50	+03:23	03:35
10	372	PEDRO PINTO	Individual	Senior Masculino	36:13	+03:46	03:37
11	688	Tiago Gamelas	Juventude Vidigalense	Senior Masculino	36:31	+04:04	03:39
12	62	Filipe Figueira	Aveiro Night Runners	Senior Masculino	36:40	+04:13	03:40
13	942	Luis Sousa		Senior Masculino	36:40	+04:13	03:40
14	333	Jorge Ferreira	Individual	Senior Masculino	36:42	+04:15	03:40
15	860	Tiago Jesus	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	36:42	+04:15	03:40
16	707	Vitor Paiva	KEEP.TRAINING / GOINGBIKE	Senior Masculino	36:52	+04:25	03:41
17	358	Nuno Hélder Silva	Individual	Senior Masculino	37:06	+04:39	03:43
18	706	TIAGO CAETANO	KEEP.TRAINING / GOINGBIKE	Senior Masculino	37:11	+04:44	03:43
19	374	Renato Silva	Individual	Senior Masculino	37:19	+04:52	03:44
20	796	BRUNO SOUSA	Paraquedistas de S. Jacinto	Senior Masculino	37:25	+04:58	03:45
21	31	André Nobre	ANR	Senior Masculino	37:33	+05:06	03:45
22	131	Tiago Ferreira	Desportivo Atlético de Recardães	Senior Masculino	37:43	+05:16	03:46
23	364	pedro alexandre barbosa	Individual	Senior Masculino	37:46	+05:19	03:47
24	128	José Paiva	Desportivo Atlético de Recardães	Senior Masculino	37:57	+05:30	03:48
25	944	Ricardo França		Senior Masculino	37:59	+05:32	03:48
26	328	João Tiago Ladeira Cardoso	Individual	Senior Masculino	38:08	+05:41	03:49
27	920	João Dias	decathlon Aveiro	Senior Masculino	38:19	+05:52	03:50
28	922	Landry Magalhaes	decathlon Aveiro	Senior Masculino	38:19	+05:52	03:50

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29	893	Luis Carlos Oliveira Martins	Tondela Runners	Senior Masculino	38:33	+06:06	03:51
30	108	NUNO GONÇALVES	CMMC Albergaria-a-Velha e Branca	Senior Masculino	39:03	+06:36	03:54
31	124	Carlos Nobre	CUV Secção Desportiva	Senior Masculino	39:08	+06:41	03:55
32	302	Filipe Carvalho	Individual	Senior Masculino	39:11	+06:44	03:55
33	89	Ricardo Lopes	CCD-Renault, Cacia	Senior Masculino	39:21	+06:54	03:56
34	852	Fábio Simões Alves	Projecto Jovem de Fermentelos	Senior Masculino	39:27	+07:00	03:57
35	315	João Andrade	Individual	Senior Masculino	39:37	+07:10	03:58
36	853	Gonçalo Emanuel Almeida Ribeiro	Projecto Jovem de Fermentelos	Senior Masculino	39:40	+07:13	03:58
37	807	JAQUIM LOPES PEREIRA	Paraquedistas de S. Jacinto	Senior Masculino	39:42	+07:15	03:58
38	107	Fausto Moreira	Clube PT	Senior Masculino	39:45	+07:18	03:59
39	368	Pedro Dinis	TREPANELAS running	Senior Masculino	39:49	+07:22	03:59
40	11	Gonçalo Pato	ROYAL SCHOOL OF LANGUAGES	Senior Masculino	39:52	+07:25	03:59
41	834	Daniel Espinhal	Perna de Pau Running Team	Senior Masculino	39:59	+07:32	04:00
42	814	NUNO FERNANDO MONTEIRO DA SILVA	Paraquedistas de S. Jacinto	Senior Masculino	40:12	+07:45	04:01
43	759	Ricardo Machado	Lios quiampioniés diel aparquiamiento	Senior Masculino	40:12	+07:45	04:01
44	91	Sergio Soares	CCD-Renault, Cacia	Senior Masculino	40:21	+07:54	04:02
45	341	Luis Almeida	Individual	Senior Masculino	40:23	+07:56	04:02
46	382	Rui Sérgio Silva	Individual	Senior Masculino	40:27	+08:00	04:03
47	727	Heber Pires	Kimikida Runners	Senior Masculino	40:30	+08:03	04:03
48	339	José Pereira	Individual	Senior Masculino	40:38	+08:11	04:04
49	285	Daniel Vieira	Individual	Senior Masculino	40:45	+08:18	04:05
50	351	Mário Jorge Rodrigues Melo	Individual	Senior Masculino	40:49	+08:22	04:05
51	136	Carlos Alberto Rodrigues Marinheiro	Ecomobile - Aluguer de Automóveis	Senior Masculino	41:09	+08:42	04:07
52	283	Carlos Rebola	Individual	Senior Masculino	41:12	+08:45	04:07
53	90	Ricardo Silva	CCD-Renault, Cacia	Senior Masculino	41:13	+08:46	04:07
54	50	Jan-Hendrik Wolf	Atlético Clube Jabali no Espeto	Senior Masculino	41:13	+08:46	04:07
55	193	Carlos Eduardo Martins	Ginásio Fit4Fun	Senior Masculino	41:15	+08:48	04:08
56	359	Nuno Miguel Pereira Almeida	Individual	Senior Masculino	41:17	+08:50	04:08
57	353	Miguel Loura Lamas	Individual	Senior Masculino	41:18	+08:51	04:08
58	337	JOSÉ FILIPE TEIXEIRA BARROS	Individual	Senior Masculino	41:19	+08:52	04:08
59	392	Tiago Esteves	Individual	Senior Masculino	41:31	+09:04	04:09
60	147	Paulo Santos	ESPAÇO SAÚDE	Senior Masculino	41:41	+09:14	04:10
61	180	Rogélio Alexander Oliveira Castelhanos	Ginásio Corpo Louco	Senior Masculino	41:46	+09:19	04:11
62	338	José Guilherme Leite e Sá	Individual	Senior Masculino	41:49	+09:22	04:11
63	127	Celso Moreira	Desportivo Atlético de Recardães	Senior Masculino	41:49	+09:22	04:11
64	130	Rui Santos	Desportivo Atlético de Recardães	Senior Masculino	41:50	+09:23	04:11
65	840	Fernando Braga	pernas para que te quero	Senior Masculino	41:52	+09:25	04:11
66	309	Helder Gonçalves	Individual	Senior Masculino	42:05	+09:38	04:13
67	69	Rui Mendes	Bar do ISCA-UA	Senior Masculino	42:09	+09:42	04:13
68	859	Hugues Almeida	Pros	Senior Masculino	42:16	+09:49	04:14
69	270	Antonio Silva	Individual	Senior Masculino	42:19	+09:52	04:14
70	774	José Vilela	Os Arouquenses	Senior Masculino	42:20	+09:53	04:14
71	726	David Jesus	Kimikida Runners	Senior Masculino	42:27	+10:00	04:15













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4	897	Estefânia maria Saraiva Lopes	Tondela Runners	Veterana F45	55:28	+08:41	05:33
5	34	Ana Maria silva	ANR	Veterana F45	56:36	+09:49	05:40
6	880	paula teixeira	Tai Runners	Veterana F45	57:22	+10:35	05:44
7	112	Teresa Cecilia Ferreira Marques Magalhães Malheiro	CMMC Albergaria-a-Velha e Branca	Veterana F45	57:29	+10:42	05:45
8	452	paula oliveira	Individual	Veterana F45	57:49	+11:02	05:47
9	449	Maria Tavares	Individual	Veterana F45	58:33	+11:46	05:51
10	447	Margarida Guerra	Individual	Veterana F45	58:36	+11:49	05:52
11	982	Anabela Lopes	Individual	Veterana F45	01:00:07	+13:20	06:01
12	450	Marisa Batista	Individual	Veterana F45	01:00:50	+14:03	06:05
13	446	Ana Gonçalves	Individual	Veterana F45	01:01:26	+14:39	06:09
14	711	Anabela Xavier	KEEP TRAINING / GOINGBIKE	Veterana F45	01:01:30	+14:43	06:09
15	976	Ana Cristina Vizinho	Individual	Veterana F45	01:06:55	+20:08	06:41
16	445	Adilia Salgueiro Cabrera Duarte	Individual	Veterana F45	01:09:44	+22:57	06:58
17	451	Monica Maria de Jesus de carvalho	Individual	Veterana F45	01:16:11	+29:24	07:37

## Veterana F50

1	742	Maria Antonia Ferreira	KO TRAIL RUNNING	Veterana F50	58:59		05:54
2	35	Elisa Furtado Sequeira	ANR	Veterana F50	01:02:35	+03:36	06:15
3	209	Maria Helena Teixeira Maia	HappyRun	Veterana F50	01:03:33	+04:34	06:21

## Veterana F55

1	210	Teresa Maria Barbosa de Costa Cruz Maia	HappyRun	Veterana F55	53:28		05:21
2	454	Fernanda Gomes de Almeida	Individual	Veterana F55	54:16	+00:48	05:26
3	64	Maria José Ferreira	Aveiro Night Runners	Veterana F55	57:39	+04:11	05:46
4	36	filomena santos	ANR	Veterana F55	57:43	+04:15	05:46
5	715	MARIA MARGARIDA FIGUEIREDO	KEEP TRAINING / GOINGBIKE	Veterana F55	57:45	+04:17	05:47
6	881	luisa moreira	Tai Runners	Veterana F55	01:00:32	+07:04	06:03
7	455	Rosa Maria Queirós	Individual	Veterana F55	01:05:37	+12:09	06:34

## Veterano M35

1	132	Luis Santos	Desportivo Atlético de Recardães	Veterano M35	34:37		03:28
2	849	Nuno Marques	POTEEENTES	Veterano M35	35:11	+00:34	03:31
3	76	Josué Miguel Pinho de Oliveira	Boavista Futebol Clube	Veterano M35	35:24	+00:47	03:32
4	539	Rui Almeida	Individual	Veterano M35	35:32	+00:55	03:33
5	526	Pedro Quaresma	Individual	Veterano M35	35:52	+01:15	03:35
6	494	Luis Camanho	Individual	Veterano M35	36:39	+02:02	03:40
7	872	Nuno Saraiva	Running Friends	Veterano M35	36:55	+02:18	03:42
8	947	Ricardo Carvalho	Individual	Veterano M35	37:34	+02:57	03:45
9	511	Nuno Pinho	Individual	Veterano M35	37:35	+02:58	03:46
10	66	Paulo José Lares Pereira	Aveiro Night Runners	Veterano M35	37:36	+02:59	03:46
11	488	Joao Vinagre	Individual	Veterano M35	38:31	+03:54	03:51

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Veterano M40

1	562	Fernando Santos	Individual	Veterano M40	32:57		03:18
2	134	Jorge Bola	Desportivo Atlético de Recardães	Veterano M40	33:48	+00:51	03:23
3	571	João Faria	Individual	Veterano M40	36:38	+03:41	03:40
4	948	António Facão		Veterano M40	36:52	+03:55	03:41
5	83	Paulo Monteiro	C.I.Argoncilhe	Veterano M40	36:53	+03:56	03:41
6	21	Miguel Pato	ROYAL SCHOOL OF LANGUAGES	Veterano M40	37:49	+04:52	03:47
7	551	António Fonseca	Individual	Veterano M40	38:16	+05:19	03:50
8	20	Jorge Pato	ROYAL SCHOOL OF LANGUAGES	Veterano M40	39:03	+06:06	03:54
9	152	Rui Pinto	ESPAÇO SAÚDE	Veterano M40	39:13	+06:16	03:55
10	102	José Resende	Centro Atlético Póvoa Pacense ( C E N A P ) - Cacia	Veterano M40	39:17	+06:20	03:56
11	578	JOSE FARO	Individual	Veterano M40	39:31	+06:34	03:57
12	875	Paulo Ramirez	SLOWDOWN	Veterano M40	40:03	+07:06	04:00
13	207	Rui Freire	Grupo Juvenil Pinheiro da Bemposta	Veterano M40	40:18	+07:21	04:02
14	93	Jaime Júnior	CCD-Renault, Cacia	Veterano M40	40:37	+07:40	04:04
15	610	Victor Figueiredo	Individual	Veterano M40	40:40	+07:43	04:04
16	607	Rui Oliveira	Individual	Veterano M40	40:40	+07:43	04:04
17	122	Humberto Almeida	CTAD-Trilhos de Cinfães	Veterano M40	40:46	+07:49	04:05
18	602	Pedro Varela	Individual	Veterano M40	41:06	+08:09	04:07
19	573	João Manuel Ferreira Maio	Individual	Veterano M40	41:27	+08:30	04:09
20	200	Ângelo Pinho	Ginásio Fit4Fun	Veterano M40	42:01	+09:04	04:12
21	580	Luciano Santos	Individual	Veterano M40	42:10	+09:13	04:13
22	574	João Santana	Individual	Veterano M40	42:49	+09:52	04:17
23	930	Manuel Romarigo	Individual	Veterano M40	42:50	+09:53	04:17
24	588	nelson carlos oliveira nunes	Individual	Veterano M40	42:51	+09:54	04:17
25	553	Armindo Bastos	Individual	Veterano M40	43:39	+10:42	04:22
26	561	Fernando Matos	Individual	Veterano M40	43:44	+10:47	04:22
27	584	Luis Miguel Coelho Santos Marques	Individual	Veterano M40	43:55	+10:58	04:23
28	582	LUIS LEAO	Individual	Veterano M40	44:03	+11:06	04:24
29	569	Humberto Teixeira	Individual	Veterano M40	44:18	+11:21	04:26
30	576	Jorge Vilela	Individual	Veterano M40	45:06	+12:09	04:31
31	67	Jorge Miguel Bispo Lage Ladeira	Aveiro Night Runners	Veterano M40	45:11	+12:14	04:31
32	861	Filipe de Almeida	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M40	45:15	+12:18	04:32
33	167	Rui Gateira	Gateira Run	Veterano M40	45:23	+12:26	04:32
34	589	Nuno Felix de Almeida	Individual	Veterano M40	45:31	+12:34	04:33
35	592	Paulo Gomes	Individual	Veterano M40	45:39	+12:42	04:34
36	596	Pedro Miguel Belo das Neves	Individual	Veterano M40	45:49	+12:52	04:35
37	554	Aventino Lima	Individual	Veterano M40	45:51	+12:54	04:35
38	594	Pedro Cabral Miranda de Almeida Cardoso	Individual	Veterano M40	46:03	+13:06	04:36
39	609	Tiago Pinto Gassman	Individual	Veterano M40	46:17	+13:20	04:38
40	590	Paulo Alexandre Carvalho	Individual	Veterano M40	46:34	+13:37	04:39









