

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

	Time	Temperature	Humidity
Start	10:00	19,2°C	76,5%
End	11:06	19,2°C	76,5%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	16	António Moreira	adercus	Senior Masculino	32:40		03:16
2	92	Rogério Bessa	jobra-associação jovens da branca	Senior Masculino	33:10	+00:30	03:19
3	25	Fernando Santos	casa do povo de mangualde	Veterano M40	34:43	+02:03	03:28
4	130	Mário Silva	cd guilhovai	Veterano M50	35:06	+02:26	03:31
5	94	Luis Magalhães	jobra-associação jovens da branca	Veterano M45	35:23	+02:43	03:32
6	11	Carla Martinho	adercus	Senior Feminino	36:20	+03:40	03:38
7	102	Carlos Barrocas	loja do atleta	Senior Masculino	36:56	+04:16	03:42
8	15	Sara Carvalho	adercus	Senior Feminino	36:58	+04:18	03:42
9	10	Elisabete Azevedo	adercus	Senior Feminino	37:14	+04:34	03:43
10	93	Antonio Sousa	jobra-associação jovens da branca	Veterano M40	37:29	+04:49	03:45
11	139	Solange Jesus	sporting c. p.	Senior Feminino	37:34	+04:54	03:45
12	60	Toni soares	individual	Senior Masculino	37:38	+04:58	03:46
13	45	Daniel Henriques	individual	Senior Masculino	37:44	+05:04	03:46
14	65	alfredo antonio	individual	Veterano M40	38:31	+05:51	03:51
15	104	João Cruz	loja do atleta	Senior Masculino	38:38	+05:58	03:52
16	12	Débora Santos	adercus	Senior Feminino	38:56	+06:16	03:54
17	135	Nuno Amaral	loja do atleta	Senior Masculino	38:56	+06:16	03:54
18	39	André Ribeiro Almeida	individual	Senior Masculino	39:19	+06:39	03:56
19	59	Tiago Jesus	individual	Senior Masculino	39:26	+06:46	03:57
20	86	Tony Graça	individual	Veterano M50	39:58	+07:18	04:00
21	41	António Trigueiro	individual	Senior Masculino	39:59	+07:19	04:00
22	38	Alex Tondela	individual	Senior Masculino	40:05	+07:25	04:00
23	88	joaquim figueiredo	gica	Veterano M55	40:17	+07:37	04:02
24	69	Atleta 69	individual	Senior Masculino	40:32	+07:52	04:03
25	107	Tiago Esteves	loja do atleta	Senior Masculino	40:49	+08:09	04:05
26	27	BRUNO COSTA	clube de atletismo de ovar	Senior Masculino	40:49	+08:09	04:05
27	44	César Barros	individual	Senior Masculino	41:11	+08:31	04:07
28	109	Rui Oliveira	loja do atleta	Veterano M40	41:15	+08:35	04:07
29	79	Paulo Jorge Ferreira e Sousa	individual	Veterano M45	41:20	+08:40	04:08
30	30	Celso Moreira	desportivo atlético recardães	Senior Masculino	41:28	+08:48	04:09
31	138	André Ferreira	loja do atleta	Senior Masculino	41:38	+08:58	04:10
32	95	Henrique Dias	ko trail running	Senior Masculino	41:49	+09:09	04:11
33	84	FERNANDO MORAIS	individual	Veterano M50	41:51	+09:11	04:11
34	85	José Santos	individual	Veterano M50	42:13	+09:33	04:13
35	116	Ricardo Bica	individual	Senior Masculino	42:30	+09:50	04:15
36	127	Abílio Paulo Afonso Alves Freitas	individual	Senior Masculino	42:52	+10:12	04:17
37	133	Eugénio Claro	individual	Veterano M45	42:54	+10:14	04:17
38	131	Miguel Cunha	cd guilhovai	Senior Masculino	42:55	+10:15	04:17
39	20	Tiago Martins	associação desportiva de travassô	Senior Masculino	43:10	+10:30	04:19
40	108	João Domingues	loja do atleta	Veterano M40	43:18	+10:38	04:20
41	51	Gonçalo Arada Martins	individual	Senior Masculino	43:20	+10:40	04:20
42	17	Fernando Pato	adrep	Veterano M60	43:21	+10:41	04:20

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

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
43	23	Carlos Almeida	associação desportiva de travassô	Veterano M55	43:24	+10:44	04:20
44	103	Emanuel Rodrigues	loja do atleta	Senior Masculino	44:00	+11:20	04:24
45	56	Ricardo Henriques Figueiredo	individual	Senior Masculino	44:01	+11:21	04:24
46	132	Miguel Santos	individual	Veterano M40	44:04	+11:24	04:24
47	87	João Almada	individual	Veterano M55	44:07	+11:27	04:25
48	63	Susana Mafalda Almeida Marques	individual	Veterana F40	44:10	+11:30	04:25
49	134	Paulo António	individual	Veterano M45	44:30	+11:50	04:27
50	106	Rui Rodrigues	loja do atleta	Senior Masculino	45:13	+12:33	04:31
51	22	Adérito Silva	associação desportiva de travassô	Veterano M45	45:24	+12:44	04:32
52	28	MARIO COUTO	clube de atletismo de ovar	Senior Masculino	45:26	+12:46	04:33
53	42	Artur Maia	individual	Senior Masculino	45:52	+13:12	04:35
54	128	Diogo Silva	individual	Senior Masculino	45:58	+13:18	04:36
55	33	Vasco Micaelo	desportivo atlético recardães	Veterano M60	46:00	+13:20	04:36
56	110	Oscar Ramalho	loja do atleta	Veterano M45	46:03	+13:23	04:36
57	19	Paulo Pires	associação desportiva de travassô	Senior Masculino	46:08	+13:28	04:37
58	97	Ana Rita Oliveira	loja do atleta	Senior Feminino	46:13	+13:33	04:37
59	67	João Coelho	individual	Veterano M40	46:18	+13:38	04:38
60	129	Jose Azevedo	individual	Veterano M45	46:22	+13:42	04:38
61	98	Catarina Martins	loja do atleta	Senior Feminino	46:38	+13:58	04:40
62	66	Filipe Almeida	individual	Veterano M40	46:40	+14:00	04:40
63	90	Narciso Arromba	individual	Veterano M60	47:25	+14:45	04:44
64	29	ANTÓNIO BRANCO	clube de atletismo de ovar	Veterano M60	47:30	+14:50	04:45
65	34	Victor Campos	desportivo atlético recardães	Veterano M60	47:36	+14:56	04:46
66	81	Rodrigo Santos	individual	Veterano M45	47:48	+15:08	04:47
67	123	Berdardim Correia	individual	Veterano M60	48:02	+15:22	04:48
68	31	Arlindo Santos	desportivo atlético recardães	Veterano M60	48:47	+16:07	04:53
69	46	Davide Pereira	individual	Senior Masculino	48:51	+16:11	04:53
70	113	Luis Branco	moonwalkers	Senior Masculino	48:59	+16:19	04:54
71	118	Jurgita Paulauskaite	individual	Senior Feminino	48:59	+16:19	04:54
72	100	Marlene Brito	loja do atleta	Senior Feminino	49:04	+16:24	04:54
73	64	Cristina Santos	individual	Veterana F45	49:07	+16:27	04:55
74	62	Dina Teresa Domingues de Sousa	individual	Veterana F40	49:07	+16:27	04:55
75	140	José Tavares	dar	Veterano M50	49:09	+16:29	04:55
76	73	Alberto Branco	individual	Veterano M45	49:14	+16:34	04:55
77	136	Susana Ribeiro	nucleo de atletismo de cucujães	Senior Feminino	49:19	+16:39	04:56
78	99	Felicia Fernandes	loja do atleta	Senior Feminino	49:39	+16:59	04:58
79	80	Paulo Martins	individual	Veterano M45	49:45	+17:05	04:59
80	83	António Silva	individual	Veterano M50	50:59	+18:19	05:06
81	40	António Ferreira	individual	Senior Masculino	51:34	+18:54	05:09
82	54	OCTÁVIO JOÃO MARQUES PORTO	individual	Senior Masculino	51:56	+19:16	05:12
83	121	João Rachinhas	individual	Veterano M45	51:57	+19:17	05:12
84	120	Jose Alves	individual	Veterano M45	51:57	+19:17	05:12
85	114	AMÁVEL MARTINS LUZ	nucleo sportinguista de torres novas	Veterano M50	51:59	+19:19	05:12
86	57	Samuel Coelho	individual	Senior Masculino	52:27	+19:47	05:15
87	58	Severo coutinho	individual	Senior Masculino	52:29	+19:49	05:15

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
88	126	Joaquim Manuel Marques Balreira	individual	Veterano M45	52:29	+19:49	05:15
89	21	Célia Aguiar	associação desportiva de travassô	Veterana F40	52:47	+20:07	05:17
90	96	Pedro Henriques	ko trail running	Senior Masculino	52:59	+20:19	05:18
91	36	Rui Jorge Marques Pinto	excepçãoobbtt	Veterano M40	53:08	+20:28	05:19
92	76	Fernando Eduardo Baptista Pereira	individual	Veterano M45	53:18	+20:38	05:20
93	32	Armandio Brites	desportivo atlético recardães	Veterano M60	53:28	+20:48	05:21
94	47	Filipe Emanuel Oliveira Morais	individual	Senior Masculino	53:30	+20:50	05:21
95	71	Rui Jorge Dias Fernandes	individual	Veterano M40	53:32	+20:52	05:21
96	117	João Figueiredo	individual	Senior Masculino	53:45	+21:05	05:22
97	55	Paulo Jorge Brinco Carlos Pereira Ramos	individual	Senior Masculino	55:24	+22:44	05:32
98	37	Cláudia Figueiredo	individual	Senior Feminino	56:28	+23:48	05:39
99	115	joao sousa	offtelrunneres	Veterano M40	01:01:01	+28:21	06:06
100	48	Filipe Malta	individual	Senior Masculino	01:01:32	+28:52	06:09
101	111	Filipa Rodrigues	moonwalkers	Senior Feminino	01:04:40	+32:00	06:28
102	112	Fábio Almeida	moonwalkers	Senior Masculino	01:04:40	+32:00	06:28

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 - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

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

22	20	Tiago Martins	Associação Desportiva de Travassô	Senior Masculino	43:10	+10:30	04:19
23	51	Gonçalo Arada Martins	Individual	Senior Masculino	43:20	+10:40	04:20
24	103	Emanuel Rodrigues	LOJA DO ATLETA	Senior Masculino	44:00	+11:20	04:24
25	56	Ricardo Henriques Figueiredo	Individual	Senior Masculino	44:01	+11:21	04:24
26	106	Rui Rodrigues	LOJA DO ATLETA	Senior Masculino	45:13	+12:33	04:31
27	28	MARIO COUTO	CLUBE DE ATLETISMO DE OVAR	Senior Masculino	45:26	+12:46	04:33
28	42	Artur Maia	Individual	Senior Masculino	45:52	+13:12	04:35
29	128	Diogo Silva	Individual	Senior Masculino	45:58	+13:18	04:36
30	19	Paulo Pires	Associação Desportiva de Travassô	Senior Masculino	46:08	+13:28	04:37
31	46	Davide Pereira	Individual	Senior Masculino	48:51	+16:11	04:53
32	113	Luis Branco	MoonWalkers	Senior Masculino	48:59	+16:19	04:54
33	40	António Ferreira	Individual	Senior Masculino	51:34	+18:54	05:09
34	54	OCTÁVIO JOÃO MARQUES PORTO	Individual	Senior Masculino	51:56	+19:16	05:12
35	57	Samuel Coelho	Individual	Senior Masculino	52:27	+19:47	05:15
36	58	Severo coutinho	Individual	Senior Masculino	52:29	+19:49	05:15
37	96	Pedro Henriques	KO TRAIL RUNNING	Senior Masculino	52:59	+20:19	05:18
38	47	Filipe Emanuel Oliveira Morais	Individual	Senior Masculino	53:30	+20:50	05:21
39	117	João Figueiredo	Individual	Senior Masculino	53:45	+21:05	05:22
40	55	Paulo Jorge Brinco Carlos Pereira Ramos	Individual	Senior Masculino	55:24	+22:44	05:32
41	48	Filipe Malta	Individual	Senior Masculino	01:01:32	+28:52	06:09
42	112	Fábio Almeida	MoonWalkers	Senior Masculino	01:04:40	+32:00	06:28

Veterana F40

1	63	Susana Mafalda Almeida Marques	Individual	Veterana F40	44:10		04:25
2	62	Dina Teresa Domingues de Sousa	Individual	Veterana F40	49:07	+04:57	04:55
3	21	Célia Aguiar	Associação Desportiva de Travassô	Veterana F40	52:47	+08:37	05:17

Veterana F45

1	64	Cristina Santos	Individual	Veterana F45	49:07		04:55
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Veterano M40

1	25	Fernando Santos	CASA DO POVO DE MANGUALDE	Veterano M40	34:43		03:28
2	93	Antonio Sousa	JOBRA-ASSOCIAÇÃO JOVENS DA BRANCA	Veterano M40	37:29	+02:46	03:45
3	65	alfredo antonio	Individual	Veterano M40	38:31	+03:48	03:51
4	109	Rui Oliveira	LOJA DO ATLETA	Veterano M40	41:15	+06:32	04:07
5	108	João Domingues	LOJA DO ATLETA	Veterano M40	43:18	+08:35	04:20
6	132	Miguel Santos	Individual	Veterano M40	44:04	+09:21	04:24
7	67	João Coelho	Individual	Veterano M40	46:18	+11:35	04:38

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

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

8	66	Filipe Almeida	Individual	Veterano M40	46:40	+11:57	04:40
9	36	Rui Jorge Marques Pinto	eXCepçãoBTT	Veterano M40	53:08	+18:25	05:19
10	71	Rui Jorge Dias Fernandes	Individual	Veterano M40	53:32	+18:49	05:21
11	115	joao sousa	offtelrunners	Veterano M40	01:01:01	+26:18	06:06

Veterano M45

1	94	Luis Magalhães	JOBRA-ASSOCIAÇÃO JOVENS DA BRANCA	Veterano M45	35:23		03:32
2	79	Paulo Jorge Ferreira e Sousa	Individual	Veterano M45	41:20	+05:57	04:08
3	133	Eugénio Claro	Individual	Veterano M45	42:54	+07:31	04:17
4	134	Paulo António	Individual	Veterano M45	44:30	+09:07	04:27
5	22	Adérito Silva	Associação Desportiva de Travassô	Veterano M45	45:24	+10:01	04:32
6	110	Oscar Ramalho	LOJA DO ATLETA	Veterano M45	46:03	+10:40	04:36
7	129	Jose Azevedo	Individual	Veterano M45	46:22	+10:59	04:38
8	81	Rodrigo Santos	Individual	Veterano M45	47:48	+12:25	04:47
9	73	Alberto Branco	Individual	Veterano M45	49:14	+13:51	04:55
10	80	Paulo Martins	Individual	Veterano M45	49:45	+14:22	04:59
11	121	João Rachinhas	Individual	Veterano M45	51:57	+16:34	05:12
12	120	Jose Alves	Individual	Veterano M45	51:57	+16:34	05:12
13	126	Joaquim Manuel Marques Balreira	Individual	Veterano M45	52:29	+17:06	05:15
14	76	Fernando Eduardo Baptista Pereira	Individual	Veterano M45	53:18	+17:55	05:20

Veterano M50

1	130	Mário Silva	CD Guilhovai	Veterano M50	35:06		03:31
2	86	Tony Graça	Individual	Veterano M50	39:58	+04:52	04:00
3	84	FERNANDO MORAIS	Individual	Veterano M50	41:51	+06:45	04:11
4	85	José Santos	Individual	Veterano M50	42:13	+07:07	04:13
5	140	José Tavares	DAR	Veterano M50	49:09	+14:03	04:55
6	83	António Silva	Individual	Veterano M50	50:59	+15:53	05:06
7	114	AMÁVEL MARTINS LUZ	NUCLEO SPORTINGUISTA DE TORRES NOVAS	Veterano M50	51:59	+16:53	05:12

Veterano M55

1	88	joaquim figueiredo	GICA	Veterano M55	40:17		04:02
2	23	Carlos Almeida	Associação Desportiva de Travassô	Veterano M55	43:24	+03:07	04:20
3	87	João Almada	Individual	Veterano M55	44:07	+03:50	04:25

Veterano M60

1	17	Fernando Pato	ADREP	Veterano M60	43:21		04:20
2	33	Vasco Micaelo	Desportivo Atlético Recardães	Veterano M60	46:00	+02:39	04:36

