

PROVA PRINCIPAL

10 KM

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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 - 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	20:00	6,8°C	80,8%
End	21:20	6,8°C	80,8%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	260	carlos rodrigues	fc parada	Senior Masculino	32:57		03:18
2	3	Bruno Jesus	individual	Senior Masculino	32:57		03:18
3	5	Diogo Fernandes	individual	Senior Masculino	33:17	+00:20	03:20
4	325	MARCO BERNARDO	individual	Senior Masculino	33:18	+00:21	03:20
5	4	Delfim Conceição	individual	Senior Masculino	35:14	+02:17	03:31
6	282	João Nogueira	oralklass-amigos do trail	Senior Masculino	35:18	+02:21	03:32
7	7	Albino Daniel	individual	Senior Masculino	35:31	+02:34	03:33
8	26	Avelino Silva	cia alpendorada	Veterano M40	36:03	+03:06	03:36
9	225	LEONEL RODRIGUES CUNHA	amigos do pedal trail lagares	Senior Masculino	36:08	+03:11	03:37
10	41	Basílio Sousa	csrdc santiago	Senior Masculino	36:15	+03:18	03:37
11	240	João Pedro Ferreira Moita	clube zipper	Senior Masculino	36:45	+03:48	03:41
12	183	Pedro Miguel Costa Leite	individual	Senior Masculino	36:50	+03:53	03:41
13	296	Belmiro Rodrigues	individual	Veterano M40	37:06	+04:09	03:43
14	259	bruno queiros	fc parada	Senior Masculino	37:13	+04:16	03:43
15	134	Fernando Miguel da Silva Neves	individual	Senior Masculino	37:20	+04:23	03:44
16	385	Ludjero Moreira	csrdc santiago	Senior Masculino	37:31	+04:34	03:45
17	224	BRUNO MIGUEL RODRIGUES MOREIRA	amigos do pedal trail lagares	Senior Masculino	37:38	+04:41	03:46
18	182	pedro ferreira	individual	Senior Masculino	37:39	+04:42	03:46
19	104	André Nogueira	individual	Senior Masculino	37:45	+04:48	03:47
20	384	Filipe Machado	csrdc santiago	Senior Masculino	37:47	+04:50	03:47
21	176	Nuno Vieira	individual	Senior Masculino	37:58	+05:01	03:48
22	151	JOÃO GONSALVES	individual	Veterano M40	38:17	+05:20	03:50
23	261	jose moreira	fc parada	Senior Masculino	38:19	+05:22	03:50
24	198	Bruno Sousa	paredes aventura	Senior Masculino	39:23	+06:26	03:56
25	201	Helder Silva	paredes aventura	Senior Masculino	39:28	+06:31	03:57
26	351	Tiago Joaquim Sousa Pinto	individual	Senior Masculino	39:49	+06:52	03:59
27	244	Nuno Ribeiro	clube zipper	Senior Masculino	39:51	+06:54	03:59
28	101	Agostinho costa	individual	Senior Masculino	39:52	+06:55	03:59
29	254	Vítor André da Silva Cardoso	ctad-trilhos de cinfaes	Senior Masculino	40:00	+07:03	04:00
30	208	Paulo Silva	paredes aventura	Veterano M40	40:09	+07:12	04:01
31	98	Mark Velhote	vodafone	Senior Masculino	40:16	+07:19	04:02
32	336	pedro soares	individual	Senior Masculino	40:17	+07:20	04:02
33	6	Andreia Santos	individual	Senior Feminino	40:21	+07:24	04:02
34	387	David Ferreira	csrdc santiago	Senior Masculino	40:21	+07:24	04:02
35	390	Joel Barbosa	csrdc santiago	Senior Masculino	40:21	+07:24	04:02
36	20	Mauro Ricardo Cardoso	bullshit team trail	Senior Masculino	40:35	+07:38	04:03
37	162	julio torres	individual	Senior Masculino	40:38	+07:41	04:04
38	179	Paulo Machado	individual	Senior Masculino	40:41	+07:44	04:04
39	167	Manuel Duarte Ferreira	individual	Veterano M40	40:41	+07:44	04:04
40	226	RICARDO EMANUEL PEIXOTO MOREIRA	amigos do pedal trail lagares	Senior Masculino	40:48	+07:51	04:05

PROVA PRINCIPAL

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	14	Renato Couto	#aquarunningcrew	Senior Masculino	40:48	+07:51	04:05
42	97	Filipe Sousa	vira montes	Senior Masculino	40:48	+07:51	04:05
43	138	Helder Augusto Ferreira Camilo Camilo	individual	Senior Masculino	40:57	+08:00	04:06
44	52	Tiago Amaral	dr merino clínica médica (run&shine)	Senior Masculino	40:58	+08:01	04:06
45	99	Pedro Leandro Guedes Nogueira	vodafone	Senior Masculino	40:58	+08:01	04:06
46	32	Sérgio Monteiro	cia alpendorada	Senior Masculino	40:59	+08:02	04:06
47	280	JOÃO ROCHA	nucleo de atletismo de vila real	Senior Masculino	41:12	+08:15	04:07
48	205	Nélson Sousa	paredes aventura	Senior Masculino	41:22	+08:25	04:08
49	172	Nelson Fernando Soares dos Santos	individual	Veterano M40	41:23	+08:26	04:08
50	363	José Maria Pacheco Rosendo	individual	Veterano M40	41:29	+08:32	04:09
51	286	Marisa Vieira	sunset runners	Senior Feminino	41:31	+08:34	04:09
52	235	Aurelio Valente	clube zipper	Senior Masculino	41:39	+08:42	04:10
53	337	Pedro Miguel Da Cruz Teixeira	individual	Senior Masculino	41:45	+08:48	04:10
54	392	Jose Gomes	acjmozinho	Veterano M40	41:58	+09:01	04:12
55	331	Paulo Calejo	individual	Senior Masculino	42:03	+09:06	04:12
56	111	Antonio Ricardo da Rocha Ferreira	individual	Senior Masculino	42:05	+09:08	04:13
57	69	Inuo Filipe Melo	run4all	Senior Masculino	42:10	+09:13	04:13
58	40	Rogério Sousa	corredores nocturnos de paredes	Senior Masculino	42:13	+09:16	04:13
59	51	Casimira Moura	dr merino clínica médica (run&shine)	Senior Feminino	42:16	+09:19	04:14
60	239	João Carolo	clube zipper	Senior Masculino	42:24	+09:27	04:14
61	13	Carlos Caeiro	#aquarunningcrew	Senior Masculino	42:31	+09:34	04:15
62	195	António Moreira	paredes aventura	Veterano M40	42:34	+09:37	04:15
63	319	José Manuel Ferreira dos Santos	individual	Senior Masculino	42:35	+09:38	04:15
64	188	Ricardo Marques	individual	Senior Masculino	42:35	+09:38	04:16
65	181	Pedro Jorge Ferreira Dias	individual	Veterano M40	42:41	+09:44	04:16
66	270	Ivo Pereira	lousada runners	Senior Masculino	42:47	+09:50	04:17
67	156	Jorge	individual	Senior Masculino	42:47	+09:50	04:17
68	271	Jorge Fonseca	lousada runners	Veterano M40	42:51	+09:54	04:17
69	320	Julio Magalhães	individual	Senior Masculino	43:00	+10:03	04:18
70	383	Albertino Barbosa	csrdc santiago	Senior Masculino	43:03	+10:06	04:18
71	15	Tiago Martinho Padrao	#aquarunningcrew	Senior Masculino	43:06	+10:09	04:19
72	68	Álvaro Ribeiro	run4all	Veterano M40	43:08	+10:11	04:19
73	184	Pedro Machado	individual	Senior Masculino	43:12	+10:15	04:19
74	272	Luís Carvalho	lousada runners	Senior Masculino	43:12	+10:15	04:19
75	293	Antonio dias	individual	Veterano M40	43:17	+10:20	04:20
76	305	Duarte Gil Ribeiro Barbosa	individual	Veterano M40	43:19	+10:22	04:20
77	356	Vitor Santos	individual	Senior Masculino	43:27	+10:30	04:21
78	153	Joaqim duarte	individual	Senior Masculino	43:30	+10:33	04:21
79	265	Paulo Domingues	gd4c	Veterano M40	43:32	+10:35	04:21
80	358	Antonio Azevedo	individual	Veterano M40	43:36	+10:39	04:22
81	158	José Luís Moreira Araújo	individual	Veterano M40	43:36	+10:39	04:22
82	246	Pedro Cancelo	clube zipper	Senior Masculino	43:37	+10:40	04:22
83	108	António Brito	individual	Senior Masculino	43:39	+10:42	04:22
84	344	Rui Pedro Pena	individual	Veterano M40	43:46	+10:49	04:23
85	150	joao couto	individual	Veterano M40	43:47	+10:50	04:23

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	285	Elisabete Vieira	sunset runners	Senior Feminino	43:48	+10:51	04:23
87	338	Ricardo Ferreira	individual	Senior Masculino	43:48	+10:51	04:23
88	328	nuno queiros	individual	Senior Masculino	44:01	+11:04	04:24
89	60	jose fernando oliveira costa	lousada runners	Senior Masculino	44:03	+11:06	04:24
90	238	Hugo Moita	clube zipper	Senior Masculino	44:09	+11:12	04:25
91	298	Bruno bartes Kunalama	individual	Senior Masculino	44:12	+11:15	04:25
92	266	Casimiro Correia	já te apanho	Veterano M40	44:13	+11:16	04:25
93	171	Mário Pedro Rocha Santos	individual	Senior Masculino	44:17	+11:20	04:26
94	204	Manuel Quelhas	paredes aventura	Senior Masculino	44:18	+11:21	04:26
95	234	Antonio Barbosa	clube zipper	Veterano M40	44:25	+11:28	04:26
96	149	JOÃO PAULO CORREIA	individual	Veterano M40	44:25	+11:28	04:27
97	243	Marco Vieira	clube zipper	Veterano M40	44:27	+11:30	04:27
98	362	josé miguel casal cardoso neves	individual	Veterano M40	44:33	+11:36	04:27
99	292	antonio fernando barros martins coelho	individual	Veterano M40	44:41	+11:44	04:28
100	376	Augusto Midao	individual	Senior Masculino	44:43	+11:46	04:28
101	216	Adélia Tavares	a.d.c.c j clark - castelo de paiva	Veterana F40	44:45	+11:48	04:28
102	164	Luis Fernando Nunes de Bessa	individual	Senior Masculino	44:51	+11:54	04:29
103	359	Francisco Freitas	individual	Veterano M40	45:01	+12:04	04:30
104	379	Jose Soares	quinta das arcas - inter design xarao	Veterano M40	45:06	+12:09	04:31
105	67	Nuno Jorge Moreira de Pinho	run&shine	Senior Masculino	45:07	+12:10	04:31
106	59	António Augusto Silva	lousada runners	Veterano M40	45:08	+12:11	04:31
107	333	Pedro Barros	individual	Senior Masculino	45:09	+12:12	04:31
108	202	João Silva	paredes aventura	Senior Masculino	45:11	+12:14	04:31
109	213	Vitor Andrade	paredes aventura	Senior Masculino	45:12	+12:15	04:31
110	209	Pedro Marques	paredes aventura	Veterano M40	45:12	+12:15	04:31
111	207	Paulo Moreira	paredes aventura	Veterano M40	45:12	+12:15	04:31
112	212	Renato Silva	paredes aventura	Veterano M40	45:14	+12:17	04:31
113	221	Nelson Ruão	aasm - triatlo	Veterano M40	45:15	+12:18	04:32
114	242	Joaquim Moreira	clube zipper	Senior Masculino	45:26	+12:29	04:33
115	31	Pedro Vieira	cia alpendorada	Senior Masculino	45:30	+12:33	04:33
116	152	Joao Silva	individual	Senior Masculino	45:33	+12:36	04:33
117	220	Joana Cunha	aasm - triatlo	Senior Feminino	45:34	+12:37	04:33
118	388	Mauricio Mendes	csrdc santiago	Veterano M40	45:41	+12:44	04:34
119	307	Fernando Antonio Pacheco Rocha	individual	Veterano M40	45:44	+12:47	04:34
120	245	Nuno Sousa	clube zipper	Senior Masculino	45:51	+12:54	04:35
121	275	Pedro Vieira	merenguita	Veterano M40	45:53	+12:56	04:35
122	274	Hugo Romano	merenguita	Veterano M40	45:54	+12:57	04:35
123	116	ARMANDO OLIVEIRA (LOUSADA RUNNERS)	individual	Veterano M40	45:54	+12:57	04:35
124	193	tiago duraes	individual	Senior Masculino	46:07	+13:10	04:37
125	117	Bruno Costa	individual	Senior Masculino	46:09	+13:12	04:37
126	375	Renato Gaspar	individual	Senior Masculino	46:10	+13:13	04:37
127	83	luís Loureiro	ss montepio	Senior Masculino	46:15	+13:18	04:37
128	310	Hugo António Ribeiro Pereira	individual	Senior Masculino	46:16	+13:19	04:38
129	236	Gabriel Moreira	clube zipper	Senior Masculino	46:30	+13:33	04:39
130	160	jose manuel ferreira	individual	Veterano M40	46:33	+13:36	04:39

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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

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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
176	85	Ricardo Silva	ss montepio	Veterano M40	50:22	+17:25	05:02
177	96	Alexandre Teixeira	vira montes	Senior Masculino	50:25	+17:28	05:02
178	374	Ribeiro Soares	individual	Veterano M40	50:28	+17:31	05:03
179	84	Nuno Bastos	ss montepio	Senior Masculino	50:32	+17:35	05:03
180	223	ANA PAULA SOARES VIEIRA	amigos do pedal trail lagares	Senior Feminino	50:33	+17:36	05:03
181	346	Sara Santos	individual	Senior Feminino	50:48	+17:51	05:05
182	80	José Nuno Costa	ss montepio	Veterano M40	50:53	+17:56	05:05
183	377	Esmeralda Melo	individual	Senior Feminino	51:12	+18:15	05:07
184	142	Hugo Filipe Santos Neto	individual	Senior Masculino	51:23	+18:26	05:08
185	366	Ricardo Manuel Esteves da Silva Fernandes	individual	Senior Masculino	51:24	+18:27	05:08
186	357	Abel Moreira	individual	Veterano M40	51:24	+18:27	05:08
187	206	Paula Moreira	paredes aventura	Veterana F40	51:26	+18:29	05:09
188	342	Rui Pedro Costa Jesus	individual	Senior Masculino	51:32	+18:35	05:09
189	141	Helena Gomes	individual	Veterana F40	51:39	+18:42	05:10
190	369	wilson Fonseca	individual	Senior Masculino	51:41	+18:44	05:10
191	267	Tomas Correia	já te apanho	Veterano M40	51:44	+18:47	05:10
192	330	Paulo Gonzaga Silva Azevedo	individual	Veterano M40	51:51	+18:54	05:11
193	217	Ana Paula Pinto	a.d.c.c j clark - castelo de paiva	Senior Feminino	52:00	+19:03	05:12
194	332	Paulo Martins	individual	Veterano M40	52:05	+19:08	05:13
195	100	Adão Coelho Dias	individual	Veterano M40	52:07	+19:10	05:13
196	47	ANTONIO BARBOSA	desportonolimita	Senior Masculino	52:10	+19:13	05:13
197	174	Nuno Barbosa	individual	Senior Masculino	52:11	+19:14	05:13
198	119	Bruno José Nunes Vale	individual	Senior Masculino	52:11	+19:14	05:13
199	180	Paulo Ribeiro	individual	Veterano M40	52:15	+19:18	05:13
200	262	Hugo Cortez Marques	funky runners	Senior Masculino	52:15	+19:18	05:13
201	113	António Rosendo	individual	Senior Masculino	52:20	+19:23	05:14
202	82	Leandro Silva	ss montepio	Senior Masculino	52:30	+19:33	05:15
203	74	Hugo Costa	ss montepio	Senior Masculino	52:30	+19:33	05:15
204	159	jose costa	individual	Senior Masculino	52:31	+19:34	05:15
205	22	Nuno Alexandre Moreira Rocha	bullshit team trail	Senior Masculino	52:31	+19:34	05:15
206	71	Carla barros	ss montepio	Veterano M40	52:34	+19:37	05:15
207	136	GUSTAVO CUNHA SANTOS	individual	Senior Masculino	52:39	+19:42	05:16
208	87	Mário Soares	touquenemosso	Veterano M40	52:45	+19:48	05:16
209	218	Andreia Teixeira	a.d.c.c j clark - castelo de paiva	Senior Feminino	52:45	+19:48	05:17
210	109	Antonio Carvalho	individual	Veterano M40	52:52	+19:55	05:17
211	78	João Cardoso	ss montepio	Veterano M40	52:53	+19:56	05:17
212	291	Andre Manuel Moreira Queirós	individual	Senior Masculino	52:56	+19:59	05:18
213	76	Hugo Vladimiro	ss montepio	Senior Masculino	53:03	+20:06	05:18
214	75	Hugo Lopes	ss montepio	Senior Masculino	53:10	+20:13	05:19
215	233	Renato José Soares de Almeida Sousa	bullshit team trail	Senior Masculino	53:11	+20:14	05:19
216	21	Nuno Pinto	bullshit team trail	Senior Masculino	53:11	+20:14	05:19
217	53	Carla Pacheco	idealkorpus club running	Senior Feminino	53:15	+20:18	05:19
218	257	mario lopes	familia lopes	Senior Masculino	53:18	+20:21	05:20
219	253	tiago jose de souza moreira	contaconcept	Senior Masculino	53:18	+20:21	05:20
220	219	Helena Silva	a.d.c.c j clark - castelo de paiva	Senior Feminino	53:28	+20:31	05:21

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
266	140	Helder Mata	individual	Senior Masculino	57:07	+24:10	05:43
267	86	Ernesto Martins	touquenemosso	Veterano M40	57:17	+24:20	05:44
268	144	ISABEL ARAÚJO	individual	Veterana F40	57:18	+24:21	05:44
269	228	Micael Dias	binos team	Senior Masculino	57:38	+24:41	05:46
270	23	Raquel Correia Soares Ribeiro	bullshit team trail	Senior Feminino	57:40	+24:43	05:46
271	326	Maria José Pereira Leão	individual	Senior Feminino	57:41	+24:44	05:46
272	186	Raquel Vale	individual	Senior Feminino	58:16	+25:19	05:50
273	289	Ana Luísa Melo	individual	Senior Feminino	58:22	+25:25	05:50
274	251	jose alexandre da silva almeida	contaconcept	Veterano M40	58:50	+25:53	05:53
275	65	Ana Isabel da rocha Campanhã	not run alone	Senior Feminino	58:50	+25:53	05:53
276	290	Ana Rita Moreira da Silva	individual	Senior Feminino	59:32	+26:35	05:57
277	227	Marta Martins	binos team	Senior Feminino	59:35	+26:38	05:57
278	39	Pedro Nogueira	corredores nocturnos de paredes	Senior Masculino	59:46	+26:49	05:59
279	33	Carina Moreira	corredores nocturnos de paredes	Senior Feminino	59:47	+26:50	05:59
280	365	Pedro Gonçalves	individual	Senior Masculino	01:00:18	+27:21	06:02
281	368	Susana Abreu da Costa	individual	Senior Feminino	01:00:18	+27:21	06:02
282	203	Luisa Oliveira	paredes aventura	Senior Feminino	01:00:24	+27:27	06:02
283	360	Joao carlos bento barbosa	individual	Senior Masculino	01:00:40	+27:43	06:04
284	196	Augusto Oliveira	paredes aventura	Veterano M40	01:00:49	+27:52	06:05
285	353	Tó Madureira - Corredores Nocturnos de Paredes	individual	Veterano M40	01:00:51	+27:54	06:05
286	273	Carla Pinto	merenguita	Senior Feminino	01:00:58	+28:01	06:06
287	45	Oscar Rodrigues	desesperados	Senior Masculino	01:01:45	+28:48	06:10
288	44	Helio Martins	desesperados	Senior Masculino	01:02:13	+29:16	06:13
289	43	Dóris Bastos	desesperados	Senior Feminino	01:02:20	+29:23	06:14
290	250	diogo rocha	contaconcept	Senior Masculino	01:02:44	+29:47	06:16
291	34	Eva Moreira	corredores nocturnos de paredes	Senior Feminino	01:02:51	+29:54	06:17
292	77	Inês Reis	ss montepio	Senior Feminino	01:03:14	+30:17	06:19
293	306	fernando antónio pimenta carvalho	individual	Veterano M40	01:03:14	+30:17	06:19
294	339	Ricardo Miguel Barros Ramiro	individual	Senior Masculino	01:03:52	+30:55	06:23
295	146	ISABEL QUELHAS SARAIVA	individual	Veterana F40	01:04:00	+31:03	06:24
296	345	Sara Patrícia Cruz Lopes	individual	Senior Feminino	01:04:13	+31:16	06:25
297	396	Rui Silva	individual	Senior Masculino	01:04:14	+31:17	06:25
298	66	Carla Alexandra Brandão Campos	not run alone	Veterana F40	01:04:29	+31:32	06:27
299	28	Manuel Barbosa	cia alpendorada	Veterano M40	01:04:34	+31:37	06:27
300	323	Marcia Ferreira	individual	Senior Feminino	01:04:41	+31:44	06:28
301	327	Marisa Moreira	individual	Senior Masculino	01:04:41	+31:44	06:28
302	335	Pedro Sampaio	individual	Veterano M40	01:04:41	+31:44	06:28
303	334	Pedro Cunha	individual	Senior Masculino	01:04:41	+31:44	06:28
304	18	Maria Rosa Ferreira Jesus	bullshit team trail	Veterana F40	01:04:50	+31:53	06:29
305	24	Rita Pereira Martins Ferreira	bullshit team trail	Senior Feminino	01:04:50	+31:53	06:29
306	321	Luis Filipe Ribeiro Gonçalves	individual	Senior Masculino	01:04:51	+31:54	06:29
307	276	Joana Raquel Ferreira Moreira	moinhos run	Senior Feminino	01:05:09	+32:12	06:31
308	264	Dulce Morêda	gd4c	Veterana F40	01:05:21	+32:24	06:32
309	249	cecilia rosa	contaconcept	Veterana F40	01:05:35	+32:38	06:34
310	252	sandra ferreira	contaconcept	Veterana F40	01:05:36	+32:39	06:34

Prova Principal

10 KM

OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	20:00	6,8°C	80,8%
End	21:20	6,8°C	80,8%

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

1	6	Andreia Santos	Individual	Senior Feminino	40:21		04:02
2	286	Marisa Vieira	Sunset Runners	Senior Feminino	41:31	+01:10	04:09
3	51	Casimira Moura	Dr Merino Clínica Médica (RUN&Shine)	Senior Feminino	42:16	+01:55	04:14
4	285	Elisabete Vieira	Sunset Runners	Senior Feminino	43:48	+03:27	04:23
5	220	Joana Cunha	AASM - TRIATLO	Senior Feminino	45:34	+05:13	04:33
6	281	Brígida Pinto	Oralklass-Amigos do Trail	Senior Feminino	46:54	+06:33	04:41
7	231	Gisele Maria souza	Bitfit	Senior Feminino	47:05	+06:44	04:42
8	232	Margarida souza	Bitfit	Senior Feminino	47:06	+06:45	04:43
9	17	Paula Barbosa	AFS Estofos Auto	Senior Feminino	49:01	+08:40	04:54
10	223	ANA PAULA SOARES VIEIRA	AMIGOS DO PEDAL TRAIL LAGARES	Senior Feminino	50:33	+10:12	05:03
11	346	Sara Santos	Individual	Senior Feminino	50:48	+10:27	05:05
12	377	Esmeralda Melo	Individual	Senior Feminino	51:12	+10:51	05:07
13	217	Ana Paula Pinto	A.D.C.C J CLARK - Castelo De Paiva	Senior Feminino	52:00	+11:39	05:12
14	218	Andreia Teixeira	A.D.C.C J CLARK - Castelo De Paiva	Senior Feminino	52:45	+12:24	05:17
15	53	Carla Pacheco	IdealKorpus Club running	Senior Feminino	53:15	+12:54	05:19
16	219	Helena Silva	A.D.C.C J CLARK - Castelo De Paiva	Senior Feminino	53:28	+13:07	05:21
17	341	Rita Elisabete Ferreira Santos Leal	Individual	Senior Feminino	53:53	+13:32	05:23
18	191	sandra silva	Individual	Senior Feminino	54:01	+13:40	05:24
19	354	Túlia Aires	Individual	Senior Feminino	54:58	+14:37	05:30
20	329	Patrícia Marlene Moreira Santos	Individual	Senior Feminino	55:02	+14:41	05:30
21	35	Irina Oliveira	Corredores Nocturnos de Paredes	Senior Feminino	55:31	+15:10	05:33
22	55	Xana Santos	IdealKorpus Club running	Senior Feminino	55:32	+15:11	05:33
23	58	Rita Araujo	keepmoving	Senior Feminino	55:51	+15:30	05:35
24	168	Manuela Pinto	Individual	Senior Feminino	57:07	+16:46	05:43
25	23	Raquel Correia Soares Ribeiro	BullShit Team Trail	Senior Feminino	57:40	+17:19	05:46
26	326	Maria José Pereira Leão	Individual	Senior Feminino	57:41	+17:20	05:46
27	186	Raquel Vale	Individual	Senior Feminino	58:16	+17:55	05:50
28	289	Ana Luísa Melo	Individual	Senior Feminino	58:22	+18:01	05:50
29	65	Ana Isabel da rocha Campanhã	Not Run Alone	Senior Feminino	58:50	+18:29	05:53
30	290	Ana Rita Moreira da Silva	Individual	Senior Feminino	59:32	+19:11	05:57
31	227	Marta Martins	binos team	Senior Feminino	59:35	+19:14	05:57
32	33	Carina Moreira	Corredores Nocturnos de Paredes	Senior Feminino	59:47	+19:26	05:59
33	368	Susana Abreu da Costa	Individual	Senior Feminino	01:00:18	+19:57	06:02
34	203	Luisa Oliveira	PAREDES AVENTURA	Senior Feminino	01:00:24	+20:03	06:02
35	273	Carla Pinto	Merenguita	Senior Feminino	01:00:58	+20:37	06:06
36	43	Dóris Bastos	Desesperados	Senior Feminino	01:02:20	+21:59	06:14

Prova Principal

10 KM



OFFICIAL RESULT

37	34	Eva Moreira	Corredores Nocturnos de Paredes	Senior Feminino	01:02:51	+22:30	06:17
38	77	Inês Reis	SS MONTEPIO	Senior Feminino	01:03:14	+22:53	06:19
39	345	Sara Patrícia Cruz Lopes	Individual	Senior Feminino	01:04:13	+23:52	06:25
40	323	Marcia Ferreira	Individual	Senior Feminino	01:04:41	+24:20	06:28
41	24	Rita Pereira Martins Ferreira	BullShit Team Trail	Senior Feminino	01:04:50	+24:29	06:29
42	276	Joana Raquel Ferreira Moreira	Moinhos Run	Senior Feminino	01:05:09	+24:48	06:31
43	54	Marina Sousa	IdealKorpus Club running	Senior Feminino	01:07:18	+26:57	06:44
44	211	Raquel Ferreira	PAREDES AVENTURA	Senior Feminino	01:09:43	+29:22	06:58
45	197	Belinda Costa	PAREDES AVENTURA	Senior Feminino	01:09:43	+29:22	06:58
46	263	Rafaela Cortez Marques	Funky Runners	Senior Feminino	01:14:31	+34:10	07:27
47	308	Filipa Emanuela Ferreira Nunes	Individual	Senior Feminino	01:14:57	+34:36	07:30
48	355	Vania Sofia Santos Machado	Individual	Senior Feminino	01:14:57	+34:36	07:30

Senior Masculino

1	260	carlos rodrigues	fc parada	Senior Masculino	32:57		03:18
2	3	Bruno Jesus	Individual	Senior Masculino	32:57		03:18
3	5	Diogo Fernandes	Individual	Senior Masculino	33:17	+00:20	03:20
4	325	MARCO BERNARDO	Individual	Senior Masculino	33:18	+00:21	03:20
5	4	Delfim Conceição	Individual	Senior Masculino	35:14	+02:17	03:31
6	282	João Nogueira	Oralklass-Amigos do Trail	Senior Masculino	35:18	+02:21	03:32
7	7	Albino Daniel	Individual	Senior Masculino	35:31	+02:34	03:33
8	225	LEONEL RODRIGUES CUNHA	AMIGOS DO PEDAL TRAIL LAGARES	Senior Masculino	36:08	+03:11	03:37
9	41	Basílio Sousa	CSRDC SANTIAGO	Senior Masculino	36:15	+03:18	03:37
10	240	João Pedro Ferreira Moita	Clube Zupper	Senior Masculino	36:45	+03:48	03:41
11	183	Pedro Miguel Costa Leite	Individual	Senior Masculino	36:50	+03:53	03:41
12	259	bruno queiros	fc parada	Senior Masculino	37:13	+04:16	03:43
13	134	Fernando Miguel da Silva Neves	Individual	Senior Masculino	37:20	+04:23	03:44
14	385	Ludjoro Moreira	CSRDC SANTIAGO	Senior Masculino	37:31	+04:34	03:45
15	224	BRUNO MIGUEL RODRIGUES MOREIRA	AMIGOS DO PEDAL TRAIL LAGARES	Senior Masculino	37:38	+04:41	03:46
16	182	pedro ferreira	Individual	Senior Masculino	37:39	+04:42	03:46
17	104	André Nogueira	Individual	Senior Masculino	37:45	+04:48	03:47
18	384	Filipe Machado	CSRDC SANTIAGO	Senior Masculino	37:47	+04:50	03:47
19	176	Nuno Vieira	Individual	Senior Masculino	37:58	+05:01	03:48
20	261	jose moreira	fc parada	Senior Masculino	38:19	+05:22	03:50
21	198	Bruno Sousa	PAREDES AVENTURA	Senior Masculino	39:23	+06:26	03:56
22	201	Helder Silva	PAREDES AVENTURA	Senior Masculino	39:28	+06:31	03:57
23	351	Tiago Joaquim Sousa Pinto	Individual	Senior Masculino	39:49	+06:52	03:59
24	244	Nuno Ribeiro	Clube Zupper	Senior Masculino	39:51	+06:54	03:59
25	101	Agostinho costa	Individual	Senior Masculino	39:52	+06:55	03:59
26	254	Vítor André da Silva Cardoso	Ctad-Trilhos de Cinfães	Senior Masculino	40:00	+07:03	04:00
27	98	Mark Velhote	VODAFONE	Senior Masculino	40:16	+07:19	04:02
28	336	pedro soares	Individual	Senior Masculino	40:17	+07:20	04:02
29	387	David Ferreira	CSRDC SANTIAGO	Senior Masculino	40:21	+07:24	04:02
30	390	Joel Barbosa	CSRDC SANTIAGO	Senior Masculino	40:21	+07:24	04:02

Prova Principal

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OFFICIAL RESULT

31	20	Mauro Ricardo Cardoso	BullShit Team Trail	Senior Masculino	40:35	+07:38	04:03
32	162	julio torres	Individual	Senior Masculino	40:38	+07:41	04:04
33	179	Paulo Machado	Individual	Senior Masculino	40:41	+07:44	04:04
34	226	RICARDO EMANUEL PEIXOTO MOREIRA	AMIGOS DO PEDAL TRAIL LAGARES	Senior Masculino	40:48	+07:51	04:05
35	14	Renato Couto	#aquarunningcrew	Senior Masculino	40:48	+07:51	04:05
36	97	Filipe Sousa	Vira Montes	Senior Masculino	40:48	+07:51	04:05
37	138	Helder Augusto Ferreira Camilo Camilo	Individual	Senior Masculino	40:57	+08:00	04:06
38	52	Tiago Amaral	Dr Merino Clínica Médica (RUN&Shine)	Senior Masculino	40:58	+08:01	04:06
39	99	Pedro Leandro Guedes Nogueira	VODAFONE	Senior Masculino	40:58	+08:01	04:06
40	32	Sérgio Monteiro	CIA ALPENDORADA	Senior Masculino	40:59	+08:02	04:06
41	280	JOÃO ROCHA	NUCLEO DE ATLETISMO DE VILA REAL	Senior Masculino	41:12	+08:15	04:07
42	205	Nélson Sousa	PAREDES AVENTURA	Senior Masculino	41:22	+08:25	04:08
43	235	Aurelio Valente	Clube Zupper	Senior Masculino	41:39	+08:42	04:10
44	337	Pedro Miguel Da Cruz Teixeira	Individual	Senior Masculino	41:45	+08:48	04:10
45	331	Paulo Calejo	Individual	Senior Masculino	42:03	+09:06	04:12
46	111	Antonio Ricardo da Rocha Ferreira	Individual	Senior Masculino	42:05	+09:08	04:13
47	69	Inuo Filipe Melo	Run4all	Senior Masculino	42:10	+09:13	04:13
48	40	Rogério Sousa	Corredores Nocturnos de Paredes	Senior Masculino	42:13	+09:16	04:13
49	239	João Carolo	Clube Zupper	Senior Masculino	42:24	+09:27	04:14
50	13	Carlos Caeiro	#aquarunningcrew	Senior Masculino	42:31	+09:34	04:15
51	319	José Manuel Ferreira dos Santos	Individual	Senior Masculino	42:35	+09:38	04:15
52	188	Ricardo Marques	Individual	Senior Masculino	42:35	+09:38	04:16
53	270	Ivo Pereira	LOUSADA RUNNERS	Senior Masculino	42:47	+09:50	04:17
54	156	Jorge	Individual	Senior Masculino	42:47	+09:50	04:17
55	320	Julio Magalhães	Individual	Senior Masculino	43:00	+10:03	04:18
56	383	Albertino Barbosa	CSRDC SANTIAGO	Senior Masculino	43:03	+10:06	04:18
57	15	Tiago Martinho Padrao	#aquarunningcrew	Senior Masculino	43:06	+10:09	04:19
58	184	Pedro Machado	Individual	Senior Masculino	43:12	+10:15	04:19
59	272	Luís Carvalho	LOUSADA RUNNERS	Senior Masculino	43:12	+10:15	04:19
60	356	Vitor Santos	Individual	Senior Masculino	43:27	+10:30	04:21
61	153	Joaquim duarte	Individual	Senior Masculino	43:30	+10:33	04:21
62	246	Pedro Cancelo	Clube Zupper	Senior Masculino	43:37	+10:40	04:22
63	108	António Brito	Individual	Senior Masculino	43:39	+10:42	04:22
64	338	Ricardo Ferreira	Individual	Senior Masculino	43:48	+10:51	04:23
65	328	nuno queiros	Individual	Senior Masculino	44:01	+11:04	04:24
66	60	jose fernando oliveira costa	LOUSADA RUNNERS	Senior Masculino	44:03	+11:06	04:24
67	238	Hugo Moita	Clube Zupper	Senior Masculino	44:09	+11:12	04:25
68	298	Bruno bartes Kunalama	Individual	Senior Masculino	44:12	+11:15	04:25
69	171	Mário Pedro Rocha Santos	Individual	Senior Masculino	44:17	+11:20	04:26
70	204	Manuel Quelhas	PAREDES AVENTURA	Senior Masculino	44:18	+11:21	04:26
71	376	Augusto Midao	Individual	Senior Masculino	44:43	+11:46	04:28
72	164	Luis Fernando Nunes de Bessa	Individual	Senior Masculino	44:51	+11:54	04:29
73	67	Nuno Jorge Moreira de Pinho	Run&Shine	Senior Masculino	45:07	+12:10	04:31
74	333	Pedro Barros	Individual	Senior Masculino	45:09	+12:12	04:31

Prova Principal

10 KM

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OFFICIAL RESULT

75	202	João Silva	PAREDES AVENTURA	Senior Masculino	45:11	+12:14	04:31
76	213	Vitor Andrade	PAREDES AVENTURA	Senior Masculino	45:12	+12:15	04:31
77	242	Joaquim Moreira	Clube Zupper	Senior Masculino	45:26	+12:29	04:33
78	31	Pedro Vieira	CIA ALPENDORADA	Senior Masculino	45:30	+12:33	04:33
79	152	Joao Silva	Individual	Senior Masculino	45:33	+12:36	04:33
80	245	Nuno Sousa	Clube Zupper	Senior Masculino	45:51	+12:54	04:35
81	193	tiago duraes	Individual	Senior Masculino	46:07	+13:10	04:37
82	117	Bruno Costa	Individual	Senior Masculino	46:09	+13:12	04:37
83	375	Renato Gaspar	Individual	Senior Masculino	46:10	+13:13	04:37
84	83	luís Loureiro	SS MONTEPIO	Senior Masculino	46:15	+13:18	04:37
85	310	Hugo António Ribeiro Pereira	Individual	Senior Masculino	46:16	+13:19	04:38
86	236	Gabriel Moreira	Clube Zupper	Senior Masculino	46:30	+13:33	04:39
87	279	Nelson Nascimento	MOOD & CASA das HORTAS	Senior Masculino	46:56	+13:59	04:42
88	230	Francisco gomes	Bitfit	Senior Masculino	47:05	+14:08	04:42
89	121	Carlos Carvalho	Individual	Senior Masculino	47:24	+14:27	04:44
90	380	Jorge Ribeiro	Individual	Senior Masculino	47:27	+14:30	04:45
91	229	Pedro costa	binos team	Senior Masculino	47:35	+14:38	04:45
92	48	PAULO EUSEBIO	DESPORTONOLIMITE	Senior Masculino	47:45	+14:48	04:47
93	391	Filipe Boas	Individual	Senior Masculino	47:46	+14:49	04:47
94	352	Tiago Manuel Pinto	Individual	Senior Masculino	47:48	+14:51	04:47
95	395	Oswaldo Ferreira	Individual	Senior Masculino	47:56	+14:59	04:48
96	304	Daniel Gonçalves	Individual	Senior Masculino	48:14	+15:17	04:49
97	299	Bruno Ricardo Rodrigues de Sousa	Individual	Senior Masculino	48:25	+15:28	04:51
98	175	Nuno Miguel Vieira Lopes	Individual	Senior Masculino	48:30	+15:33	04:51
99	135	FRANCISCO PACHECO	Individual	Senior Masculino	48:31	+15:34	04:51
100	163	LEANDRO RAMOS	Individual	Senior Masculino	48:32	+15:35	04:51
101	125	Domingos Couto	Individual	Senior Masculino	48:33	+15:36	04:51
102	57	Henrique Abreu	Inseparaveis	Senior Masculino	48:43	+15:46	04:52
103	36	Jose Correia	Corredores Nocturnos de Paredes	Senior Masculino	48:47	+15:50	04:53
104	170	Marco Sousa	Individual	Senior Masculino	48:48	+15:51	04:53
105	340	Ricardo Sousa	Individual	Senior Masculino	48:56	+15:59	04:54
106	381	Pedro Cabral	Individual	Senior Masculino	49:03	+16:06	04:54
107	147	J. Vasco Soares	Individual	Senior Masculino	49:15	+16:18	04:56
108	137	Helder Filipe Barbosa	Individual	Senior Masculino	49:22	+16:25	04:56
109	169	Márcio Castro	Individual	Senior Masculino	49:23	+16:26	04:56
110	73	Daniel Mesquita	SS MONTEPIO	Senior Masculino	49:35	+16:38	04:57
111	309	Filipe Moreira	Individual	Senior Masculino	49:45	+16:48	04:58
112	25	Sergio Vale	BullShit Team Trail	Senior Masculino	49:55	+16:58	05:00
113	185	Pedro Miguel da Rocha Santos	Individual	Senior Masculino	50:11	+17:14	05:01
114	393	Vitor Ribeiro	Individual	Senior Masculino	50:14	+17:17	05:01
115	96	Alexandre Teixeira	Vira Montes	Senior Masculino	50:25	+17:28	05:02
116	84	Nuno Bastos	SS MONTEPIO	Senior Masculino	50:32	+17:35	05:03
117	142	Hugo Filipe Santos Neto	Individual	Senior Masculino	51:23	+18:26	05:08
118	366	Ricardo Manuel Esteves da Silva Fernandes	Individual	Senior Masculino	51:24	+18:27	05:08
119	342	Rui Pedro Costa Jesus	Individual	Senior Masculino	51:32	+18:35	05:09
120	369	wilson Fonseca	Individual	Senior Masculino	51:41	+18:44	05:10

Prova Principal

10 KM



OFFICIAL RESULT

121	47	ANTONIO BARBOSA	DESPORTONOLIMITE	Senior Masculino	52:10	+19:13	05:13
122	174	Nuno Barbosa	Individual	Senior Masculino	52:11	+19:14	05:13
123	119	Bruno José Nunes Vale	Individual	Senior Masculino	52:11	+19:14	05:13
124	262	Hugo Cortez Marques	Funky Runners	Senior Masculino	52:15	+19:18	05:13
125	113	António Rosendo	Individual	Senior Masculino	52:20	+19:23	05:14
126	82	Leandro Silva	SS MONTEPIO	Senior Masculino	52:30	+19:33	05:15
127	74	Hugo Costa	SS MONTEPIO	Senior Masculino	52:30	+19:33	05:15
128	159	jose costa	Individual	Senior Masculino	52:31	+19:34	05:15
129	22	Nuno Alexandre Moreira Rocha	BullShit Team Trail	Senior Masculino	52:31	+19:34	05:15
130	136	GUSTAVO CUNHA SANTOS	Individual	Senior Masculino	52:39	+19:42	05:16
131	291	Andre Manuel Moreira Queirós	Individual	Senior Masculino	52:56	+19:59	05:18
132	76	Hugo Vladimiro	SS MONTEPIO	Senior Masculino	53:03	+20:06	05:18
133	75	Hugo Lopes	SS MONTEPIO	Senior Masculino	53:10	+20:13	05:19
134	233	Renato José Soares de Almeida Sousa	BullShit Team Trail	Senior Masculino	53:11	+20:14	05:19
135	21	Nuno Pinto	BullShit Team Trail	Senior Masculino	53:11	+20:14	05:19
136	257	mario lopes	familia lopes	Senior Masculino	53:18	+20:21	05:20
137	253	tiago jose de souza moreira	CONTACONCEPT	Senior Masculino	53:18	+20:21	05:20
138	255	bruno lopes	familia lopes	Senior Masculino	53:38	+20:41	05:22
139	277	Fábio Miranda	MOOD & CASA das HORTAS	Senior Masculino	53:40	+20:43	05:22
140	194	Tiago Rocha	Individual	Senior Masculino	53:50	+20:53	05:23
141	103	Albino jose de Sousa Moreira	Individual	Senior Masculino	54:01	+21:04	05:24
142	295	Armando Soares	Individual	Senior Masculino	54:08	+21:11	05:25
143	315	jorge mosqueira	Individual	Senior Masculino	54:08	+21:11	05:25
144	343	Rui Filipe Alves de Matos	Individual	Senior Masculino	54:09	+21:12	05:25
145	394	Sérgio	CONTACONCEPT	Senior Masculino	54:26	+21:29	05:27
146	192	Sergio Brochado	Individual	Senior Masculino	54:58	+22:01	05:30
147	350	Tiago Oliveira	Individual	Senior Masculino	55:12	+22:15	05:31
148	347	Simão Domingos da Costa Sousa	Individual	Senior Masculino	55:24	+22:27	05:32
149	302	Carlos Ribeiro	Individual	Senior Masculino	55:27	+22:30	05:33
150	187	Ricardo jorge bento barbosa	Individual	Senior Masculino	55:39	+22:42	05:34
151	63	José Carlos Vieira Lopes	Nós Todos	Senior Masculino	55:39	+22:42	05:34
152	114	António Pedro Tavares	Individual	Senior Masculino	55:41	+22:44	05:34
153	373	Miguel Couto	Individual	Senior Masculino	55:58	+23:01	05:36
154	124	David José Andrade Pereira	Individual	Senior Masculino	56:14	+23:17	05:37
155	284	Bruno Magalhães	Run4all	Senior Masculino	56:26	+23:29	05:39
156	283	António Almeida	Run4all	Senior Masculino	56:26	+23:29	05:39
157	303	Carlos joel cavadas souza	Individual	Senior Masculino	56:31	+23:34	05:39
158	177	Paulo Jorge Pinto Barbosa	Individual	Senior Masculino	56:41	+23:44	05:40
159	64	Luís César Silva Nunes	Nós Todos	Senior Masculino	56:59	+24:02	05:42
160	300	calica	Individual	Senior Masculino	57:07	+24:10	05:43
161	140	Helder Mata	Individual	Senior Masculino	57:07	+24:10	05:43
162	228	Micael Dias	binos team	Senior Masculino	57:38	+24:41	05:46
163	39	Pedro Nogueira	Corredores Nocturnos de Paredes	Senior Masculino	59:46	+26:49	05:59
164	365	Pedro Gonçalves	Individual	Senior Masculino	01:00:18	+27:21	06:02
165	360	Joao carlos bento barbosa	Individual	Senior Masculino	01:00:40	+27:43	06:04
166	45	Oscar Rodrigues	Desesperados	Senior Masculino	01:01:45	+28:48	06:10

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

167	44	Helio Martins	Desesperados	Senior Masculino	01:02:13	+29:16	06:13
168	250	diogo rocha	CONTAONCEPT	Senior Masculino	01:02:44	+29:47	06:16
169	339	Ricardo Miguel Barros Ramiro	Individual	Senior Masculino	01:03:52	+30:55	06:23
170	396	Rui Silva	Individual	Senior Masculino	01:04:14	+31:17	06:25
171	327	Marisa Moreira	Individual	Senior Masculino	01:04:41	+31:44	06:28
172	334	Pedro Cunha	Individual	Senior Masculino	01:04:41	+31:44	06:28
173	321	Luis Filipe Ribeiro Gonçalves	Individual	Senior Masculino	01:04:51	+31:54	06:29
174	316	Jorge Ribeiro	Individual	Senior Masculino	01:05:53	+32:56	06:35
175	322	Manuel Meireles	Individual	Senior Masculino	01:05:53	+32:56	06:35
176	364	Luis Miguel Pedroso da Silva Bessa	Individual	Senior Masculino	01:05:53	+32:56	06:35
177	9	Celso Lopes	Individual	Senior Masculino	01:11:41	+38:44	07:10
178	317	jose filipe da silva cardoso garcez	Individual	Senior Masculino	01:14:24	+41:27	07:26

Veterana F40

1	216	Adélia Tavares	A.D.C.C J CLARK - Castelo De Paiva	Veterana F40	44:45		04:28
2	206	Paula Moreira	PAREDES AVENTURA	Veterana F40	51:26	+06:41	05:09
3	141	Helena Gomes	Individual	Veterana F40	51:39	+06:54	05:10
4	19	Maria da La Salette Sousa e Silva	BullShit Team Trail	Veterana F40	53:48	+09:03	05:23
5	145	ISABEL CARVALHO	Individual	Veterana F40	56:30	+11:45	05:39
6	144	ISABEL ARAÚJO	Individual	Veterana F40	57:18	+12:33	05:44
7	146	ISABEL QUELHAS SARAIVA	Individual	Veterana F40	01:04:00	+19:15	06:24
8	66	Carla Alexandra Brandão Campos	Not Run Alone	Veterana F40	01:04:29	+19:44	06:27
9	18	Maria Rosa Ferreira Jesus	BullShit Team Trail	Veterana F40	01:04:50	+20:05	06:29
10	264	Dulce Morêda	GD4C	Veterana F40	01:05:21	+20:36	06:32
11	249	cecilia rosa	CONTAONCEPT	Veterana F40	01:05:35	+20:50	06:34
12	252	sandra ferreira	CONTAONCEPT	Veterana F40	01:05:36	+20:51	06:34
13	173	Nini Costa	Individual	Veterana F40	01:05:53	+21:08	06:35
14	214	Xana Salvador	PAREDES AVENTURA	Veterana F40	01:15:22	+30:37	07:32
15	200	Cristina Carvalho	PAREDES AVENTURA	Veterana F40	01:15:22	+30:37	07:32

Veterano M40

1	26	Avelino Silva	CIA ALPENDORADA	Veterano M40	36:03		03:36
2	296	Belmiro Rodrigues	Individual	Veterano M40	37:06	+01:03	03:43
3	151	JOÃO GONSALVES	Individual	Veterano M40	38:17	+02:14	03:50
4	208	Paulo Silva	PAREDES AVENTURA	Veterano M40	40:09	+04:06	04:01
5	167	Manuel Duarte Ferreira	Individual	Veterano M40	40:41	+04:38	04:04
6	172	Nelson Fernando Soares dos Santos	Individual	Veterano M40	41:23	+05:20	04:08
7	363	José Maria Pacheco Rosendo	Individual	Veterano M40	41:29	+05:26	04:09
8	392	Jose Gomes	ACJMoZinho	Veterano M40	41:58	+05:55	04:12
9	195	António Moreira	PAREDES AVENTURA	Veterano M40	42:34	+06:31	04:15
10	181	Pedro Jorge Ferreira Dias	Individual	Veterano M40	42:41	+06:38	04:16
11	271	Jorge Fonseca	LOUSADA RUNNERS	Veterano M40	42:51	+06:48	04:17
12	68	Álvaro Ribeiro	Run4all	Veterano M40	43:08	+07:05	04:19

