Europarque Bio Run
Santa Maria da Feira
22-novembro-2015

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

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

	Time	Temperature	Humidity
Start	11:00	7,6ºC	83,6%
End	12:24	7,6ºC	83,6%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	316	Vitor Oliveira	individual	Senior Masculino	32:40		03:16
2	289	Pedro Lopes Laginha da Palma	individual	Senior Masculino	32:55	+00:15	03:18
3	600	Carlos Costa	clube desportivo são salvador do campo	Senior Masculino	33:14	+00:34	03:19
4	602	Joao Almeida	sporting clube de portugal	Senior Masculino	33:30	+00:50	03:21
5	161	António Silva	clube independente de argoncilhe	Veterano M40	34:38	+01:58	03:28
6	445	Fernando Lima	nac cucujães	Veterano M40	35:02	+02:22	03:30
7	5	Bruno Freitas	acr vale de cambra	Senior Masculino	35:02	+02:22	03:30
8	160	paulo jorge soares pereira	g.d.c.guilhovai	Senior Masculino	35:43	+03:03	03:34
9	86	Nuno Oliveira	clube de campismo são joão da madeira	Senior Masculino	36:05	+03:25	03:37
10	100	João Cavadas	csrdc santiago	Veterano M40	36:25	+03:45	03:39
11	594	Abilio Ribeiro	caldas de s.jorge sport club	Veterano M40	36:30	+03:50	03:39
12	304	tiago manuel santos pinho	individual	Senior Masculino	36:34	+03:54	03:39
13	444	Tozé Castro	nac cucujães	Senior Masculino	36:39	+03:59	03:40
14	150	Pedro Silva	fogaças com malapos	Senior Masculino	36:39	+03:59	03:40
15	443	Luis Silva	nac cucujães	Senior Masculino	36:44	+04:04	03:40
16	73	Renato Silva	caldas de s.jorge sport club	Veterano M40	36:51	+04:11	03:41
17	265	Marco Paiva	individual	Senior Masculino	36:55	+04:15	03:42
18	612	Norberto sikva	individual	Veterano M40	37:00	+04:20	03:42
19	109	ANTONIO CRISTOVAO	europarque team	Senior Masculino	37:42	+05:02	03:46
20	245	Gil Maia	individual	Senior Masculino	37:53	+05:13	03:47
21	533	Sara Carvalho	sc salgueiros 08	Senior Feminino	38:12	+05:32	03:49
22	121	JORGE LUZ	europarque team	Veterano M50	38:12	+05:32	03:49
23	520	Fábio Gabriel	runner lampassa	Senior Masculino	38:14	+05:34	03:49
24	306	Toni soares	individual	Senior Masculino	38:15	+05:35	03:50
25	280	paulo jorge silva pinto	individual	Senior Masculino	38:20	+05:40	03:50
26	276	Nuno Hélder Silva	individual	Senior Masculino	38:21	+05:41	03:50
27	117	PAULO MONTEIRO	europarque team	Veterano M40	38:24	+05:44	03:50
28	231	César Barros	individual	Senior Masculino	38:30	+05:50	03:51
29	489	Rui António Silva Gomes	piscinas municipais s.m.feira	Senior Masculino	38:30	+05:50	03:51
30	596	Camilo guedes	clube pessoal aguas gaia	Veterano M40	38:34	+05:54	03:51
31	584	Rogério campos	clube feirense	Senior Masculino	38:40	+06:00	03:52
32	116	José Mario	europarque team	Veterano M40	38:45	+06:05	03:52
33	356	João Barbosa	individual	Veterano M40	38:49	+06:09	03:53
34	89	José Adelino	clube pessoal aguas gaia	Veterano M50	38:56	+06:16	03:54
35	297	Ricardo Moreira	individual	Senior Masculino	38:59	+06:19	03:54
36	277	paulo badola	individual	Senior Masculino	39:17	+06:37	03:56
37	112	ANTONIO FILIPE BASTOS	europarque team	Veterano M40	39:19	+06:39	03:56
38	358	JOSE BRITO	individual	Veterano M40	39:28	+06:48	03:57
39	118	SALVADOR FARDILHA	europarque team	Veterano M40	39:31	+06:51	03:57
40	284	pedro barbosa	individual	Senior Masculino	39:35	+06:55	03:57
41	124	RODRIGO NUNES	europarque team	Veterano M50	39:45	+07:05	03:58
42	332	ALBERTO VALENTE	individual	Veterano M40	39:45	+07:05	03:59

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	305	Tiago Sousa	individual	Senior Masculino	39:48	+07:08	03:59
44	416	CARLOS BAPTISTA	jam - juventude atlética mozelense	Veterano M50	39:52	+07:12	03:59
45	586	Antonio vieira	afis ovar	Veterano M50	40:06	+07:26	04:01
46	479	Alcindo Dias Paiva	piscinas municipais s.m.feira	Senior Masculino	40:11	+07:31	04:01
47	74	Tozé Amorim	caldas de s.jorge sport club	Veterano M40	40:24	+07:44	04:02
48	336	Augusto Aluai	individual	Veterano M40	40:25	+07:45	04:02
49	352	francisco tavares	individual	Veterano M40	40:25	+07:45	04:02
50	241	filipe andre silva mendes	individual	Senior Masculino	40:26	+07:46	04:03
51	482	Antonio Jorge Oliveira Fernandes	piscinas municipais s.m.feira	Senior Masculino	40:31	+07:51	04:03
52	238	Diogo Serra	individual	Senior Masculino	40:39	+07:59	04:04
53	79	João Pinto	caldas de s.jorge sport club	Veterano M50	40:47	+08:07	04:05
54	204	Patrícia Caldas	individual	Senior Feminino	40:49	+08:09	04:05
55	68	José Carvalho	caldas de s.jorge sport club	Veterano M40	40:51	+08:11	04:05
56	216	Alexandre Saraiva	individual	Senior Masculino	40:51	+08:11	04:05
57	544	Cláudio Fonseca	vivalley runners	Senior Masculino	40:58	+08:18	04:06
58	431	André Fraga	locomotiva de paranhos	Senior Masculino	41:00	+08:20	04:06
59	546	Ricardo Fonseca	vivalley runners	Veterano M40	41:03	+08:23	04:06
60	384	roberto carlos gomes silva	individual	Veterano M40	41:07	+08:27	04:07
61	18	Manuel segundo	arcorun	Veterano M50	41:09	+08:29	04:07
62	64	Alberto Neves	caldas de s.jorge sport club	Veterano M40	41:18	+08:38	04:08
63	56	Bruno Vidinha	caldas de s.jorge sport club	Senior Masculino	41:25	+08:45	04:09
64	521	carlos ferreira	running espinho	Veterano M40	41:27	+08:47	04:09
65	417	FERNANDO BRANDÃO	jam - juventude atlética mozelense	Veterano M50	41:27	+08:47	04:09
66	468	Nuno Seabra	peter team	Veterano M40	41:29	+08:49	04:09
67	435	Nuno Almeida	loverun	Senior Masculino	41:34	+08:54	04:09
68	570	FILIPE SILVA	energia	Senior Masculino	41:39	+08:59	04:10
69	355	Jaime Júnior	individual	Veterano M40	41:51	+09:11	04:11
70	282	Paulo Santos	individual	Senior Masculino	41:58	+09:18	04:12
71	165	Helder robalinho	grupo desportivo são paio de oleiros	Senior Masculino	42:02	+09:22	04:12
72	227	Carlos Eduardo Martins	individual	Senior Masculino	42:03	+09:23	04:12
73	369	Manuel Petiz	individual	Veterano M40	42:05	+09:25	04:13
74	348	eduardo martins	individual	Veterano M40	42:06	+09:26	04:13
75	331	Agostinho Marques	individual	Veterano M40	42:08	+09:28	04:13
76	249	Joao Paulo Amorim Patricio	individual	Senior Masculino	42:21	+09:41	04:14
77	603	Carlos Magalhaes	individual	Senior Masculino	42:23	+09:43	04:14
78	406	José Rodrigues de Almeida	individual	Veterano M50	42:32	+09:52	04:15
79	149	Pedro Cerdeirinha	fogaças com malapos	Senior Masculino	42:35	+09:55	04:16
80	77	António Joaquim Vaz da Silva	caldas de s.jorge sport club	Veterano M50	42:40	+10:00	04:16
81	70	Manuel Grilo	caldas de s.jorge sport club	Veterano M40	42:40	+10:00	04:16
82	120	CARLOS OLIVEIRA	europarque team	Veterano M50	42:55	+10:15	04:18
83	522	paulo marques	running espinho	Veterano M40	43:06	+10:26	04:19
84	22	Vítor Paulo Duarte Caldeira	boavista fc	Senior Masculino	43:17	+10:37	04:20
85	532	Filipa Almeida	sc salgueiros 08	Senior Feminino	43:21	+10:41	04:20
86	333	alfredo antonio	individual	Veterano M40	43:21	+10:41	04:20
87	394	Antonio Castro	individual	Veterano M50	43:26	+10:46	04:21
88	2	Sérgio Rafael Pereira Paiva	100 nome	Senior Masculino	43:28	+10:48	04:21

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
89	164	Luís Conceição	grupo desportivo são paio de oleiros	Veterano M40	43:30	+10:50	04:21
90	344	César Sousa	individual	Veterano M40	43:37	+10:57	04:22
91	298	Ricardo Silva	individual	Senior Masculino	43:37	+10:57	04:22
92	26	Sérgio Silva	body & zen salão manos running	Senior Masculino	43:52	+11:12	04:23
93	17	Carlos Manuel Pereira do Couto	arcorun	Veterano M40	43:52	+11:12	04:23
94	115	JORGE OLIVEIRA	europarque team	Veterano M40	44:03	+11:23	04:24
95	59	Vitor Marques	caldas de s.jorge sport club	Senior Masculino	44:05	+11:25	04:24
96	543	Adriano Fonseca	vivalley runners	Senior Masculino	44:07	+11:27	04:25
97	366	Luis Ferreira Gomes	individual	Veterano M40	44:13	+11:33	04:25
98	58	Ricardo Ferrão	caldas de s.jorge sport club	Senior Masculino	44:14	+11:34	04:25
99	69	Manuel Almeida	caldas de s.jorge sport club	Veterano M40	44:23	+11:43	04:26
100	142	LUIS ALMEIDA	fm	Veterano M40	44:33	+11:53	04:27
101	125	RUI OLIVEIRA	europarque team	Veterano M50	44:33	+11:53	04:27
102	75	Vitor Silva	caldas de s.jorge sport club	Veterano M40	44:46	+12:06	04:29
103	14	Manuel Sousa	afis/ovar	Veterano M50	44:46	+12:06	04:29
104	440	Paulo Silva	movol	Veterano M40	44:47	+12:07	04:29
105	441	Alberto Espinheira	movol	Veterano M50	44:48	+12:08	04:29
106	114	JORGE GONCALVES	europarque team	Veterano M40	44:54	+12:14	04:29
107	225	Bruno Miguel Oliveira Queirós	individual	Senior Masculino	45:05	+12:25	04:30
108	271	Miguel Santos	individual	Senior Masculino	45:10	+12:30	04:31
109	595	Fabio Daniel Silva Costa	piscinas municipais s.m.feira	Senior Masculino	45:12	+12:32	04:31
110	122	JOSE FERNANDO SANTOS	europarque team	Veterano M50	45:16	+12:36	04:32
111	96	João Brandão Ribeiro	crossfit couto	Senior Masculino	45:18	+12:38	04:32
112	123	MANUEL A. SILVA	europarque team	Veterano M50	45:24	+12:44	04:32
113	529	Marcio Pereira	somos porto	Senior Masculino	45:25	+12:45	04:32
114	254	José António Pereira de Carvalho	individual	Senior Masculino	45:26	+12:46	04:33
115	303	Tiago Carvalho	individual	Senior Masculino	45:26	+12:46	04:33
116	111	LUIS ALMEIDA	europarque team	Senior Masculino	45:26	+12:46	04:33
117	21	JOSÉ ANDRADE	bicicletas andrade	Veterano M40	45:30	+12:50	04:33
118	545	Maximino Rodrigues	vivalley runners	Veterano M40	45:35	+12:55	04:34
119	32	FERNANDO AMERICO MENDES DIAS CRUZ	btt brandoense	Senior Masculino	45:36	+12:56	04:34
120	415	MANUEL PEREIRA	jam - juventude atlética mozelense	Veterano M40	45:40	+13:00	04:34
121	398	carlos alberto ferreira	individual	Veterano M50	45:41	+13:01	04:34
122	119	ANIBAL OLIVEIRA	europarque team	Veterano M50	45:41	+13:01	04:34
123	219	André Filipe Ferreira Almeida	individual	Senior Masculino	45:47	+13:07	04:35
124	550	David Pinho	cross couto	Senior Masculino	45:48	+13:08	04:35
125	87	Ricardo Teixeira	clube desportivo feirense	Senior Masculino	45:50	+13:10	04:35
126	272	Nuno Almeida	individual	Senior Masculino	45:56	+13:16	04:36
127	536	Raul Silva	trilhos termais	Veterano M40	46:08	+13:28	04:37
128	370	Marco Paulo Costa Botelho	individual	Veterano M40	46:11	+13:31	04:37
129	270	Miguel Goncalves	individual	Senior Masculino	46:18	+13:38	04:38
130	591	Jose rodrigues	pupilos do ze tó	Veterano M40	46:22	+13:42	04:38
131	589	Pedro pinho	pupilos do ze tó	Senior Masculino	46:23	+13:43	04:38
132	413	MATILDE BAPTISTA	jam - juventude atlética mozelense	Veterana F40	46:24	+13:44	04:38
133	53	Alexandre Tavares	caldas de s.jorge sport club	Senior Masculino	46:24	+13:44	04:38

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
134	4	Nuno Santos	4any1	Senior Masculino	46:25	+13:45	04:39
135	110	DANIEL MARTINS	europarque team	Senior Masculino	46:26	+13:46	04:39
136	452	Daniel Costa	pajory	Senior Masculino	46:27	+13:47	04:39
137	307	Valdemar Vaz	individual	Senior Masculino	46:27	+13:47	04:39
138	294	Ricardo Bastos	individual	Senior Masculino	46:27	+13:47	04:39
139	429	Rui Manuel Ramalho Oliveira	juventude cortegacense	Veterano M40	46:28	+13:48	04:39
140	455	Filipe Pinho	pajory	Senior Masculino	46:44	+14:04	04:40
141	274	Nuno Carneiro	individual	Senior Masculino	46:44	+14:04	04:40
142	517	CARLOS RIPOLINS	ripolins.com eventos grijó	Veterano M50	46:50	+14:10	04:41
143	379	Paulo Silva	individual	Veterano M40	46:51	+14:11	04:41
144	37	MANUEL ALVES FERREIRA	btt brandoense	Veterano M50	46:53	+14:13	04:41
145	363	JOSE MOREIRA	individual	Veterano M40	46:58	+14:18	04:42
146	396	António Porrão	individual	Veterano M50	46:58	+14:18	04:42
147	395	Antonio Dias	individual	Veterano M50	47:06	+14:26	04:43
148	357	joão manuel soares pereira	individual	Veterano M40	47:08	+14:28	04:43
149	296	Ricardo Marques	individual	Senior Masculino	47:08	+14:28	04:43
150	476	Patricia Paiva Leite	piscinas municipais s.m.feira	Senior Feminino	47:09	+14:29	04:43
151	80	Paulo Milheiro	caldas de s.jorge sport club	Veterano M50	47:12	+14:32	04:43
152	392	Adriano Soares Moreira	individual	Veterano M50	47:15	+14:35	04:43
153	583	Antoni alves	energia	Veterano M40	47:15	+14:35	04:43
154	30	Manuel Couto	body & zen salão manos running	Veterano M50	47:16	+14:36	04:44
155	561	ANTONIO SILVA	energia	Veterano M50	47:17	+14:37	04:44
156	20	CARLOS LEAL	bicicletas andrade	Veterano M40	47:19	+14:39	04:44
157	463	Sérgio Santos	pajory	Veterano M40	47:22	+14:42	04:44
158	232	Cristiano Tavares de Sousa	individual	Senior Masculino	47:23	+14:43	04:44
159	146	Hugo Lima	fogaças com malapos	Senior Masculino	47:24	+14:44	04:44
160	428	Ernesto Marques Alves	juventude cortegacense	Veterano M40	47:25	+14:45	04:44
161	71	Martinho Santos	caldas de s.jorge sport club	Veterano M40	47:25	+14:45	04:44
162	261	marcelo teixeira da mota	individual	Senior Masculino	47:25	+14:45	04:44
163	519	Mike Dias	run 2 eat	Veterano M40	47:30	+14:50	04:45
164	98	Tia António da Silva Vaz Neves	crossfit couto	Senior Masculino	47:39	+14:59	04:46
165	283	Paulo Sarmento	individual	Senior Masculino	47:43	+15:03	04:46
166	113	FRANCISCO REIS	europarque team	Veterano M40	47:51	+15:11	04:47
167	585	José Sousa	clube feirense	Senior Masculino	47:51	+15:11	04:47
168	342	cecilio Manuel Silva Ferreira	individual	Veterano M40	47:53	+15:13	04:47
169	552	LUIS MIGUEL OLIVEIRA	cross couto	Senior Masculino	47:54	+15:14	04:47
170	539	Luis Almeida	valcambrenses	Veterano M40	47:57	+15:17	04:48
171	76	Abel Santos	caldas de s.jorge sport club	Veterano M50	47:58	+15:18	04:48
172	574	DANIEL SILVA	energia	Senior Masculino	47:59	+15:19	04:48
173	38	SERAFIM SOUSA RODRIGUES	btt brandoense	Veterano M50	48:03	+15:23	04:48
174	359	josé fonseca	individual	Veterano M40	48:07	+15:27	04:49
175	501	ivo santos	pizzeria dio mio	Senior Masculino	48:12	+15:32	04:49
176	287	Pedro Guedes Leite	individual	Senior Masculino	48:14	+15:34	04:49
177	503	ezequiel ferreira	pizzeria dio mio	Veterano M40	48:17	+15:37	04:50
178	338	CARLOS ESTIMA	individual	Veterano M40	48:24	+15:44	04:50
179	548	Armando Pinho	wtf	Veterano M40	48:27	+15:47	04:51

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
180	497	Jorge Vicente Torres Sousa	piscinas municipais s.m.feira	Veterano M40	48:28	+15:48	04:51
181	84	António Brandão	cgd-ovar	Veterano M50	48:28	+15:48	04:51
182	16	José Almeida	almeida team	Veterano M40	48:28	+15:48	04:51
183	334	Antonio Matias	individual	Veterano M40	48:28	+15:48	04:51
184	314	Vitor Lemos	individual	Senior Masculino	48:34	+15:54	04:51
185	588	Jorge costa	pupilos do ze tó	Veterano M40	48:34	+15:54	04:51
186	52	LUCÍDIO DIAS	cal - clube atletismo de lamas	Veterano M50	48:35	+15:55	04:51
187	229	Carlos Marques	individual	Senior Masculino	48:36	+15:56	04:52
188	530	Rui Valente	somos porto	Senior Masculino	48:44	+16:04	04:52
189	163	José Luis Almeida Jesus	ginasio fit4fun	Senior Masculino	48:44	+16:04	04:52
190	67	Fernando Ribeiro	caldas de s.jorge sport club	Veterano M40	48:56	+16:16	04:54
191	407	José santos	individual	Veterano M50	48:56	+16:16	04:54
192	8	Eduardo Oliveira	afis/ovar	Senior Masculino	49:02	+16:22	04:54
193	10	Manuel Gomes	afis/ovar	Veterano M40	49:03	+16:23	04:54
194	153	Luís Cunha	fogaças com malapos	Veterano M40	49:03	+16:23	04:54
195	285	Pedro Costa	individual	Senior Masculino	49:05	+16:25	04:55
196	374	Miguel Guerreiro	individual	Veterano M40	49:05	+16:25	04:55
197	247	Hugo Antunes	individual	Senior Masculino	49:12	+16:32	04:55
198	72	Pedro Silva	caldas de s.jorge sport club	Veterano M40	49:21	+16:41	04:56
199	221	Antonio Leite	individual	Senior Masculino	49:23	+16:43	04:56
200	93	Fernando Coelho	coelhos	Senior Masculino	49:25	+16:45	04:57
201	152	Roberto Dias	fogaças com malapos	Senior Masculino	49:30	+16:50	04:57
202	151	Raul Pereira	fogaças com malapos	Senior Masculino	49:30	+16:50	04:57
203	155	Joaquim Silva	fogaças com malapos	Veterano M50	49:31	+16:51	04:57
204	498	José Luis Saraiva Oliveira	piscinas municipais s.m.feira	Veterano M40	49:33	+16:53	04:57
205	572	RICARDO LOPES	energia	Senior Masculino	49:34	+16:54	04:57
206	555	Augusto Batista	jam	Veterano M50	49:35	+16:55	04:57
207	268	Marinho Silvestre Duarte	individual	Senior Masculino	49:36	+16:56	04:58
208	375	Mika Magalhães	individual	Veterano M40	49:42	+17:02	04:58
209	364	José Paulo da Silva Gomes	individual	Veterano M40	49:43	+17:03	04:58
210	393	Álvaro R. Henriques	individual	Veterano M50	49:44	+17:04	04:58
211	343	César Ferreira	individual	Veterano M40	49:46	+17:06	04:59
212	341	CARLOS ROCHA COSTA	individual	Veterano M40	49:48	+17:08	04:59
213	50	ADELINO GOMES	cal - clube atletismo de lamas	Veterano M40	49:59	+17:19	05:00
214	251	Joel Santos	individual	Senior Masculino	50:00	+17:20	05:00
215	432	Filipe Conceição	locomotiva de paranhos	Senior Masculino	50:05	+17:25	05:01
216	496	Joaquim Pereira	piscinas municipais s.m.feira	Veterano M40	50:07	+17:27	05:01
217	223	bruno andret ribeiro da silva	individual	Senior Masculino	50:07	+17:27	05:01
218	349	Eduardo Nascimento	individual	Veterano M40	50:10	+17:30	05:01
219	302	Sergio Filipe Maia de Sousa	individual	Senior Masculino	50:13	+17:33	05:01
220	593	Jose pedro da rocha cruz	piscinas municipais s.m.feira	Senior Masculino	50:13	+17:33	05:01
221	181	Daniela Marta Mariano Falcão	individual	Senior Feminino	50:17	+17:37	05:02
222	597	Jose couto	individual	Veterano M50	50:23	+17:43	05:02
223	320	helena nascimento	individual	Veterana F40	50:28	+17:48	05:03
224	230	Carlos Pereira	individual	Senior Masculino	50:30	+17:50	05:03
225	573	ADRIANO OLIVEIRA	energia	Veterano M40	50:31	+17:51	05:03

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
226	15	Mário Conde	afis/ovar	Veterano M50	50:31	+17:51	05:03
227	9	Carlos Campos	afis/ovar	Veterano M40	50:31	+17:51	05:03
228	154	Paulo Soares	fogaças com malapos	Veterano M40	50:31	+17:51	05:03
229	587	Jose sousa	afis ovar	Veterano M50	50:34	+17:54	05:03
230	391	Vitor Ferreira	individual	Veterano M40	50:36	+17:56	05:04
231	401	Gaspar Oliveira Cadete	individual	Veterano M50	50:42	+18:02	05:04
232	299	Rodrigo Resende	individual	Senior Masculino	50:47	+18:07	05:05
233	25	Bruno Almeida	body & zen salão manos running	Senior Masculino	50:58	+18:18	05:06
234	373	Miguel Ferreira	individual	Veterano M40	51:03	+18:23	05:06
235	102	André Filipe dos Santos Rebelo	eduart - componentes de calçado.	Senior Masculino	51:05	+18:25	05:06
236	222	antonio manuel ferreira resende almeida	individual	Senior Masculino	51:05	+18:25	05:07
237	263	Marco Alexandre leite Soares peixoto	individual	Senior Masculino	51:09	+18:29	05:07
238	558	Luis Miguel Ferreira Tavares	individual	Senior Masculino	51:13	+18:33	05:07
239	439	Armando Rocha	movol	Veterano M40	51:20	+18:40	05:08
240	240	FERNANDO MENDES	individual	Senior Masculino	51:23	+18:43	05:08
241	311	vitor hugo cardoso ferreira da silva	individual	Senior Masculino	51:27	+18:47	05:09
242	480	Andre Filipe Lopes Pinho Barge	piscinas municipais s.m.feira	Senior Masculino	51:27	+18:47	05:09
243	377	PAULO JORGE LOUREIRO SÁ	individual	Veterano M40	51:27	+18:47	05:09
244	483	António Marcos Magalhães Peixoto	piscinas municipais s.m.feira	Senior Masculino	51:27	+18:47	05:09
245	191	Juliana C.Gomes	individual	Senior Feminino	51:30	+18:50	05:09
246	404	jose falcao	individual	Veterano M50	51:30	+18:50	05:09
247	127	Ricardo Faria	familia faria	Senior Masculino	51:32	+18:52	05:09
248	228	Carlos Eduardo Valente Almeida	individual	Senior Masculino	51:40	+19:00	05:10
249	335	António Pinheiro	individual	Veterano M40	51:42	+19:02	05:10
250	462	Pedro Estrela	pajory	Veterano M40	51:45	+19:05	05:10
251	540	Paulo Vaz	vaz & vaz	Veterano M40	51:46	+19:06	05:11
252	419	Juan Carlos Dias Baptista	jpvm team	Senior Masculino	51:55	+19:15	05:11
253	421	Pedro Miguel Marques da Silva	jpvm team	Senior Masculino	51:55	+19:15	05:11
254	141	JOSÉ COELHO	fm	Veterano M40	52:05	+19:25	05:12
255	571	NUNO PINHO	energia	Senior Masculino	52:06	+19:26	05:13
256	139	Miguel Pinheiro	feira viva	Veterano M40	52:08	+19:28	05:13
257	82	Agostinho Manuel Pinheiro da Silva	casa gabriel - pindelo	Veterano M40	52:20	+19:40	05:14
258	460	João Oliveira	pajory	Veterano M40	52:33	+19:53	05:15
259	459	Ângelo Castro	pajory	Veterano M40	52:33	+19:53	05:15
260	454	Fábio Silva	pajory	Senior Masculino	52:33	+19:53	05:15
261	312	Vitor Hugo Lopes da Silva	individual	Senior Masculino	52:35	+19:55	05:16
262	493	Hilário Oliveira Costa	piscinas municipais s.m.feira	Veterano M40	52:40	+20:00	05:16
263	386	Rui Ferreira	individual	Veterano M40	52:46	+20:06	05:17
264	147	Hugo Rocha	fogaças com malapos	Senior Masculino	52:47	+20:07	05:17
265	148	Márcio Correia	fogaças com malapos	Senior Masculino	52:47	+20:07	05:17
266	390	SIMÃO GRADISSIMO	individual	Veterano M40	52:54	+20:14	05:17
267	554	Jose Ribeiro	individual	Senior Masculino	52:57	+20:17	05:18
268	290	Pedro Marques	individual	Senior Masculino	52:57	+20:17	05:18
269	453	Fábio Jesus	pajory	Senior Masculino	52:58	+20:18	05:18
270	556	Bruno Ribeiro	individual	Senior Masculino	52:59	+20:19	05:18

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
271	46	António Sá	cagap	Veterano M40	53:01	+20:21	05:18
272	246	Hélder Ferreira	individual	Senior Masculino	53:05	+20:25	05:18
273	414	JOSÉ PINTO	jam - juventude atlética mozelense	Veterano M40	53:10	+20:30	05:19
274	368	luis miguel gomes ferreira	individual	Veterano M40	53:28	+20:48	05:21
275	262	Márcio Gomes Costa	individual	Senior Masculino	53:36	+20:56	05:22
276	456	João Pinho	pajory	Senior Masculino	53:39	+20:59	05:22
277	35	JOSE AMORIM ALVES PEREIRA	btt brandoense	Veterano M50	53:45	+21:05	05:23
278	295	Ricardo Marinheiro Alves Ruivo	individual	Senior Masculino	53:54	+21:14	05:23
279	194	Liliana Aguiar	individual	Senior Feminino	53:56	+21:16	05:24
280	95	Daniela Leite da Silva	crossfit couto	Senior Feminino	53:59	+21:19	05:24
281	97	Nuno Henrique Pinto Gil	crossfit couto	Senior Masculino	53:59	+21:19	05:24
282	62	Goretti Silva	caldas de s.jorge sport club	Veterana F40	54:03	+21:23	05:24
283	105	Eduardo Tavares Rebelo	eduart - componentes de calçado.	Veterano M50	54:06	+21:26	05:25
284	94	José Alberto Pinto	coelhos	Veterano M40	54:15	+21:35	05:26
285	144	Antero Barbosa	fogaças com malapos	Senior Masculino	54:24	+21:44	05:26
286	253	Jorge Lopes Cunha	individual	Senior Masculino	54:28	+21:48	05:27
287	420	Leandro dos Santos Matos	jpvm team	Senior Masculino	54:30	+21:50	05:27
288	193	Lara Cristina Oliveira Silva	individual	Senior Feminino	54:32	+21:52	05:27
289	279	Paulo Jorge Gomes da Costa	individual	Senior Masculino	54:34	+21:54	05:27
290	433	Ivo Azevedo	locomotiva de paranhos	Senior Masculino	54:42	+22:02	05:28
291	378	Paulo Maia	individual	Veterano M40	54:46	+22:06	05:29
292	267	Marco Santos	individual	Senior Masculino	54:47	+22:07	05:29
293	562	Durvaldo fernando cerqueira pinheiro	individual	Veterano M40	54:47	+22:07	05:29
294	510	Rui Saraiva	radio jornal fm runners	Senior Masculino	54:48	+22:08	05:29
295	511	Paulo Ribeiro	radio jornal fm runners	Veterano M40	54:51	+22:11	05:29
296	442	Joaquim Pereira	mozelos runners	Veterano M40	54:52	+22:12	05:29
297	162	Carlos Filipe Ferreira Correia	ginasio fit4fun	Senior Masculino	54:53	+22:13	05:29
298	135	Rui Silva	feira viva	Senior Masculino	54:53	+22:13	05:29
299	134	Pedro Oliveira	feira viva	Senior Masculino	54:53	+22:13	05:29
300	515	Paulo Alberto Barbosa Martins	ripalcar sports team	Senior Masculino	54:57	+22:17	05:30
301	516	Ricardo Jorge Rodrigues Lopes Correia	ripalcar sports team	Senior Masculino	54:57	+22:17	05:30
302	495	Joaquim Jose Cardo Encarnação	piscinas municipais s.m.feira	Veterano M40	55:01	+22:21	05:30
303	258	JOSE FOLHA	individual	Senior Masculino	55:04	+22:24	05:30
304	799	Luís Carlos Lobo	individual	Veterano M40	55:07	+22:27	05:31
305	800	Carlos Manuel Carvalho Guedes	individual	Senior Masculino	55:07	+22:27	05:31
306	309	vilmar ferreira viegas	individual	Senior Masculino	55:09	+22:29	05:31
307	195	liliana maria santos cardoso	individual	Senior Feminino	55:16	+22:36	05:32
308	175	Carla Ribeiro	individual	Senior Feminino	55:21	+22:41	05:32
309	339	Carlos Gomes	individual	Veterano M40	55:25	+22:45	05:32
310	235	David Gonçalves Mota	individual	Senior Masculino	55:25	+22:45	05:33
311	11	Abilio Miguel	afis/ovar	Veterano M50	55:28	+22:48	05:33
312	257	Jose Castro	individual	Senior Masculino	55:32	+22:52	05:33
313	563	SALOME OLIVEIRA	energia	Veterana F40	55:34	+22:54	05:33
314	470	Jorge Augusto Oliveira Guerra	piano bar	Veterano M40	55:34	+22:54	05:33
315	408	Luiz Carlos j.Blanquet	individual	Veterano M50	55:35	+22:55	05:34

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
316	605	Luís Oliveira	piscinas municipais s.m.feira	Veterano M40	55:39	+22:59	05:34
317	293	Ricardo Antonio Castro Cruz	individual	Senior Masculino	55:42	+23:02	05:34
318	256	José Carvalho	individual	Senior Masculino	55:46	+23:06	05:35
319	269	Mario Soares	individual	Senior Masculino	55:48	+23:08	05:35
320	388	Sérgio José Rego Vinhas	individual	Veterano M40	55:50	+23:10	05:35
321	402	JOSE ALBERTO LOPES SANTOS	individual	Veterano M50	55:53	+23:13	05:35
322	51	PAULO FORTUNATO	cal - clube atletismo de lamas	Veterano M40	56:04	+23:24	05:36
323	381	Ricardo Jorge Azenha Pires Pereira Monteiro	individual	Veterano M40	56:05	+23:25	05:37
324	47	Cristóvão Santos	cagap	Veterano M40	56:08	+23:28	05:37
325	434	João Serdoura Santos	locomotiva de paranhos	Veterano M40	56:08	+23:28	05:37
326	203	Patricia	individual	Senior Feminino	56:09	+23:29	05:37
327	500	Antonio Pereira	piscinas municipais s.m.feira	Veterano M50	56:17	+23:37	05:38
328	564	MARCIA SILVA	energia	Senior Feminino	56:18	+23:38	05:38
329	575	MIGUEL RESENDE	energia	Senior Masculino	56:18	+23:38	05:38
330	182	Dulce Almeida	individual	Senior Feminino	56:26	+23:46	05:39
331	469	Hugo Americo Oliveira Guerra	piano bar	Veterano M40	56:37	+23:57	05:40
332	24	Fatima Pais	body & zen salão manos running	Senior Feminino	56:40	+24:00	05:40
333	466	Luis Graça	perna manca	Veterano M40	56:42	+24:02	05:40
334	565	ANA PEREIRA	energia	Senior Feminino	56:43	+24:03	05:40
335	211	Sofia Azenha	individual	Senior Feminino	56:58	+24:18	05:42
336	78	Bernardo Almeida	caldas de s.jorge sport club	Veterano M50	57:03	+24:23	05:42
337	508	Ana Campanhã	radio jornal fm runners	Senior Feminino	57:05	+24:25	05:42
338	512	Rui Sá	radio jornal fm runners	Veterano M40	57:05	+24:25	05:42
339	36	JOSE VALENTIM MENDES OLIVEIRA	btt brandoense	Veterano M50	57:07	+24:27	05:43
340	451	Manuel Couto	os crakes	Veterano M50	57:18	+24:38	05:44
341	449	Pedro Alves	os crakes	Senior Masculino	57:19	+24:39	05:44
342	266	Marco Paulo Oliveira Pinto	individual	Senior Masculino	57:19	+24:39	05:44
343	324	Margarida Machado	individual	Veterana F40	57:25	+24:45	05:45
344	590	Joao carvalho	pupilos do ze tó	Veterano M40	57:28	+24:48	05:45
345	224	BRUNO FILIPE SANTOS GONCALVES	individual	Senior Masculino	57:32	+24:52	05:45
346	27	Maria Celeste	body & zen salão manos running	Veterana F40	57:34	+24:54	05:45
347	205	Rita Baptista	individual	Senior Feminino	57:38	+24:58	05:46
348	29	Pais	body & zen salão manos running	Veterano M40	57:39	+24:59	05:46
349	372	Martino Gioia	individual	Veterano M40	57:42	+25:02	05:46
350	128	Jorge Faria	familia faria	Veterano M40	57:53	+25:13	05:47
351	337	Bruno Rodrigues	individual	Veterano M40	57:56	+25:16	05:48
352	207	sandra	individual	Senior Feminino	57:56	+25:16	05:48
353	236	Davide Rocha	individual	Senior Masculino	57:57	+25:17	05:48
354	610	Sara Aurélia Correia Teixeira Freitas	piscinas municipais s.m.feira	Senior Feminino	58:02	+25:22	05:48
355	380	Pedro Soares	individual	Veterano M40	58:02	+25:22	05:48
356	365	Julio Augusto Morais Pereira	individual	Veterano M40	58:10	+25:30	05:49
357	212	sónia sofia correia da silva	individual	Senior Feminino	58:11	+25:31	05:49
358	220	Andre Filipe Rodrigues Cunha	individual	Senior Masculino	58:12	+25:32	05:49

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
359	340	carlos miguel pires carmo henriques	individual	Veterano M40	58:16	+25:36	05:50
360	397	Antonio Santos	individual	Veterano M50	58:16	+25:36	05:50
361	273	NUNO ANDRÉ AZEVEDO MAGALHÃES	individual	Senior Masculino	58:16	+25:36	05:50
362	234	Daniel Gomes Tavares	individual	Senior Masculino	58:18	+25:38	05:50
363	199	Maria João Barbosa	individual	Senior Feminino	58:18	+25:38	05:50
364	465	José Rocha	perna manca	Veterano M40	58:19	+25:39	05:50
365	523	Rogério Rocha	running stones	Veterano M40	58:20	+25:40	05:50
366	49	ANA PAULA CASTRO	cal - clube atletismo de lamas	Veterana F40	58:21	+25:41	05:50
367	474	Filipa Soares Parreira	piscinas municipais s.m.feira	Senior Feminino	58:22	+25:42	05:50
368	387	Sandro Rilho	individual	Veterano M40	58:22	+25:42	05:50
369	206	Rosália Barbosa	individual	Senior Feminino	58:23	+25:43	05:50
370	198	Margarida Gonçalves	individual	Senior Feminino	58:23	+25:43	05:50
371	553	Nunu Moreira	individual	Senior Masculino	58:32	+25:52	05:51
372	13	Manuel Rilho	afis/ovar	Veterano M50	58:33	+25:53	05:51
373	233	CRISTOFE PEDRINHO	individual	Senior Masculino	58:34	+25:54	05:51
374	248	João Filipe Almeida Alves	individual	Senior Masculino	58:35	+25:55	05:51
375	350	EMANUEL MOTA	individual	Veterano M40	58:35	+25:55	05:52
376	604	Eduardo castro	individual	Veterano M40	58:37	+25:57	05:52
377	218	André Filipe Carvalho Marques	individual	Senior Masculino	58:38	+25:58	05:52
378	559	Ana Lucia Amorim	piscinas municipais s.m.feira	Senior Feminino	58:40	+26:00	05:52
379	132	João Simões	feira viva	Senior Masculino	58:40	+26:00	05:52
380	418	Vera Lúcia Leite de Pinho	jpvm team	Senior Feminino	58:43	+26:03	05:52
381	446	Maria Costa	os 5 à hora	Veterana F40	58:47	+26:07	05:53
382	478	Viviana Marta Silva Pinho	piscinas municipais s.m.feira	Senior Feminino	59:00	+26:20	05:54
383	166	PAULO RAMOS	grupo juvenil pinheiro da bemposta	Veterano M40	59:07	+26:27	05:55
384	471	Ana Monica Assis Gomes	piscinas municipais s.m.feira	Senior Feminino	59:10	+26:30	05:55
385	34	PAULO CESAR OLIVEIRA MARTINS	btt brandoense	Veterano M40	59:12	+26:32	05:55
386	481	António David Santiago de Oliveira	piscinas municipais s.m.feira	Senior Masculino	59:17	+26:37	05:56
387	475	Grace Kelly Pinto Camejo	piscinas municipais s.m.feira	Senior Feminino	59:17	+26:37	05:56
388	129	Carlos Manuel Da Silva Pinto	família pinto	Senior Masculino	59:17	+26:37	05:56
389	187	Isabel Cristina Brandão Soares	individual	Senior Feminino	59:27	+26:47	05:57
390	487	Nuno André Dias Vieira	piscinas municipais s.m.feira	Senior Masculino	59:28	+26:48	05:57
391	473	Diana Isabel Soares Parreira	piscinas municipais s.m.feira	Senior Feminino	59:29	+26:49	05:57
392	551	Fabio Alexandre	cross couto	Senior Masculino	59:36	+26:56	05:58
393	412	MARINHA BAPTISTA	jam - juventude atlética mozelense	Veterana F40	59:38	+26:58	05:58
394	215	ADÃO MIGUEL SOARES DE FREITAS	individual	Senior Masculino	59:40	+27:00	05:58
395	91	Goreti Coelho	coelhos	Senior Feminino	59:40	+27:00	05:58
396	92	Emanuel Aurélio	coelhos	Senior Masculino	59:40	+27:00	05:58
397	382	Ricardo jorge correia bastos	individual	Veterano M40	59:40	+27:00	05:58
398	492	Helder Filipe Mota Amorim	piscinas municipais s.m.feira	Veterano M40	59:40	+27:00	05:58
399	499	Jose Manuel Dias Gonçalves	piscinas municipais s.m.feira	Veterano M40	59:41	+27:01	05:58
400	242	Filipe Castro	individual	Senior Masculino	59:53	+27:13	05:59
401	409	Mário Rui Alves da Silva	individual	Veterano M50	01:00:05	+27:25	06:01

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
402	458	Sandro Silva	pajory	Senior Masculino	01:00:08	+27:28	06:01
403	457	Ricardo Costa	pajory	Senior Masculino	01:00:08	+27:28	06:01
404	437	Artur Murteira	movol	Senior Masculino	01:00:11	+27:31	06:01
405	23	Fatima Costa	body & zen salão manos running	Senior Feminino	01:00:12	+27:32	06:01
406	28	maria jose valente	body & zen salão manos running	Veterana F40	01:00:13	+27:33	06:01
407	208	Sara Azevedo	individual	Senior Feminino	01:00:17	+27:37	06:02
408	560	Tânia Silva Santos	piscinas municipais s.m.feira	Senior Feminino	01:00:24	+27:44	06:02
409	136	Sérgio Correia	feira viva	Senior Masculino	01:00:24	+27:44	06:02
410	85	Serafim Joaquim Reis de Sousa	clube atletismo de lamas	Veterano M40	01:00:38	+27:58	06:04
411	180	Daniela Azevedo	individual	Senior Feminino	01:00:38	+27:58	06:04
412	389	Silvio André morais da costa	individual	Veterano M40	01:00:45	+28:05	06:05
413	45	Anselmo Silva	cagap	Veterano M40	01:00:56	+28:16	06:06
414	63	maria isabel cardoso silva	caldas de s.jorge sport club	Veterana F40	01:01:01	+28:21	06:06
415	61	anabela bastos	caldas de s.jorge sport club	Veterana F40	01:01:01	+28:21	06:06
416	12	Luis Quintino	afis/ovar	Veterano M50	01:01:14	+28:34	06:07
417	318	Anabela Marques	individual	Veterana F40	01:01:17	+28:37	06:08
418	250	joaquim ricardino teixeira	individual	Senior Masculino	01:01:26	+28:46	06:09
419	524	Silvia Couto	runrun	Senior Feminino	01:01:29	+28:49	06:09
420	525	Diogo Santos	runrun	Senior Masculino	01:01:29	+28:49	06:09
421	3	Vera Nogueira	4any1	Senior Feminino	01:01:36	+28:56	06:10
422	210	Silvie Couto	individual	Senior Feminino	01:01:39	+28:59	06:10
423	347	David silva	individual	Veterano M40	01:01:54	+29:14	06:11
424	527	Diogo Ricardo Peixoto Reis	saniluz	Senior Masculino	01:02:04	+29:24	06:12
425	578	PAULO MANUEL GONÇALVES	energia	Veterano M40	01:02:08	+29:28	06:13
426	535	Sérgio Vieira	super s's	Senior Masculino	01:02:09	+29:29	06:13
427	159	Sónia Jesus	g.d.c.guilhovai	Senior Feminino	01:02:13	+29:33	06:13
428	426	Marcia Castro Costa	juventude cortegacense	Veterana F40	01:02:14	+29:34	06:13
429	44	Alberto Rodrigues	cagap	Senior Masculino	01:02:29	+29:49	06:15
430	422	Pedro Miguel Loureiro Rodrigues	julio rodrigues lda running	Senior Masculino	01:02:54	+30:14	06:17
431	534	Sandra Fernandes	super s's	Senior Feminino	01:02:58	+30:18	06:18
432	362	jose manuel silva riba	individual	Veterano M40	01:03:01	+30:21	06:18
433	145	Henrique De Portela	fogaças com malapos	Senior Masculino	01:03:14	+30:34	06:19
434	323	Luísa Brandão Soares	individual	Veterana F40	01:03:18	+30:38	06:20
435	606	Cleunice Alves Oliveira	piscinas municipais s.m.feira	Senior Feminino	01:03:21	+30:41	06:20
436	507	FABIANA GOMES	q´viagem - esmoriz	Senior Feminino	01:03:28	+30:48	06:21
437	542	Roberto moreira	villa cesari	Senior Masculino	01:03:44	+31:04	06:22
438	541	Eliana ferreira	villa cesari	Senior Feminino	01:03:44	+31:04	06:22
439	611	Abel Antonio Melo Mendes	piscinas municipais s.m.feira	Veterano M50	01:03:51	+31:11	06:23
440	325	Maria José Soares	individual	Veterana F40	01:03:54	+31:14	06:23
441	399	Carlos Borges	individual	Veterano M50	01:03:54	+31:14	06:23
442	592	Vitor Amorim	piscinas municipais s.m.feira	Senior Masculino	01:04:16	+31:36	06:26
443	172	Berta Nunes	individual	Senior Feminino	01:04:16	+31:36	06:26
444	143	Cristina Veloso	fogaças com malapos	Senior Feminino	01:04:28	+31:48	06:27
445	185	Helena Márcia Bastos	individual	Senior Feminino	01:04:32	+31:52	06:27
446	202	Nathalie Moreira Martins	individual	Senior Feminino	01:04:32	+31:52	06:27
447	538	Sofia Bastos	valcambrenses	Senior Feminino	01:04:38	+31:58	06:28

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
448	33	SUSANA SOFIA DA MOTA ROCHA	btt brandoense	Veterana F40	01:04:45	+32:05	06:29
449	403	Jose Antonio Abrantes Soares de Almeida	individual	Veterano M50	01:04:48	+32:08	06:29
450	54	António Conceição	caldas de s.jorge sport club	Senior Masculino	01:05:00	+32:20	06:30
451	179	Célia Pereira	individual	Senior Feminino	01:05:04	+32:24	06:30
452	464	Manuel Correia	pajory	Veterano M50	01:05:19	+32:39	06:32
453	81	Gabriela Susana Almeida Tavares Silva	casa gabriel - pindelo	Veterana F40	01:05:29	+32:49	06:33
454	477	Raquel Maria Soares Faneco	piscinas municipais s.m.feira	Senior Feminino	01:05:30	+32:50	06:33
455	301	Rui Vieira	individual	Senior Masculino	01:05:30	+32:50	06:33
456	171	Angelica Oliveira	individual	Senior Feminino	01:06:06	+33:26	06:37
457	319	Célia Alexandra de Aguiar Pereira da Silva	individual	Veterana F40	01:06:19	+33:39	06:38
458	576	LUIS RESENDE	energia	Senior Masculino	01:06:36	+33:56	06:40
459	217	Amândio Torres	individual	Senior Masculino	01:06:49	+34:09	06:41
460	183	Elsa Maria Pereira Silva	individual	Senior Feminino	01:07:01	+34:21	06:42
461	213	Susana Duarte Ferreira	individual	Senior Feminino	01:07:13	+34:33	06:43
462	360	José Henrique dos Santos Soares Matos	individual	Veterano M40	01:07:30	+34:50	06:45
463	168	ana rita pires carrilho	individual	Senior Feminino	01:07:30	+34:50	06:45
464	328	Sandra Cristina Barbosa Soares Matos	individual	Veterana F40	01:07:30	+34:50	06:45
465	177	carla sofia fernandes correia	individual	Senior Feminino	01:07:32	+34:52	06:45
466	361	José Manuel da Silva Soares	individual	Veterano M40	01:07:32	+34:52	06:45
467	607	Vitor Fontes	feiraviva	Veterano M50	01:07:34	+34:54	06:45
468	138	Teresa Fallé	feira viva	Veterana F40	01:07:35	+34:55	06:46
469	140	Paulo Sérgio Pais	feira viva	Veterano M40	01:07:36	+34:56	06:46
470	467	Gabriela Loureiro de Sousa	peter team	Senior Feminino	01:07:37	+34:57	06:46
471	214	Teresa Cristina Oliveira Lima	individual	Senior Feminino	01:07:38	+34:58	06:46
472	186	Ione Levi Ferreira Silva	individual	Senior Feminino	01:07:57	+35:17	06:48
473	201	Mónica Margaride	individual	Senior Feminino	01:08:00	+35:20	06:48
474	264	Marco Leite	individual	Senior Masculino	01:08:20	+35:40	06:50
475	173	Carla Magalhaes	individual	Senior Feminino	01:08:24	+35:44	06:50
476	226	Bruno Mota	individual	Senior Masculino	01:08:28	+35:48	06:51
477	188	joana lage	individual	Senior Feminino	01:08:28	+35:48	06:51
478	196	Luciana Santos	individual	Senior Feminino	01:08:28	+35:48	06:51
479	315	Vitor Manuel Martins de Almeida	individual	Senior Masculino	01:08:28	+35:48	06:51
480	131	Vânia Costa	feira viva	Senior Feminino	01:08:41	+36:01	06:52
481	170	Andreia Vieira	individual	Senior Feminino	01:08:43	+36:03	06:52
482	547	Liliana Brandão	wtf	Veterana F40	01:08:45	+36:05	06:52
483	108	Ismael dos Reis Andrade	eu+ ginásio | lma	Veterano M50	01:09:07	+36:27	06:55
484	157	Bruno Rocha	fullwear	Senior Masculino	01:09:11	+36:31	06:55
485	156	Joana Silva	fullwear	Senior Feminino	01:09:11	+36:31	06:55
486	321	Isabel Duarte	individual	Veterana F40	01:09:12	+36:32	06:55
487	405	jose oliveira	individual	Veterano M50	01:09:14	+36:34	06:55
488	19	Cristina Oliveira	azeitona	Veterana F40	01:09:14	+36:34	06:55
489	184	Filipa Pinto	individual	Senior Feminino	01:09:24	+36:44	06:56

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
490	31	Idalina Cardoso	body & zen salão manos running	Veterana F40	01:09:24	+36:44	06:56
491	504	sergio vieira	pizzeria dio mio	Veterano M40	01:10:25	+37:45	07:03
492	133	Paulo Jesus	feira viva	Senior Masculino	01:10:30	+37:50	07:03
493	514	Sara Brandão	ratos do asfalto	Senior Feminino	01:10:34	+37:54	07:03
494	513	Maria Inês Brandão	ratos do asfalto	Senior Feminino	01:10:34	+37:54	07:03
495	83	Olívia Brandão	cgd-ovar	Veterana F40	01:10:38	+37:58	07:04
496	291	Pedro Neto	individual	Senior Masculino	01:11:08	+38:28	07:07
497	326	Maria Mendonça	individual	Veterana F40	01:12:07	+39:27	07:13
498	106	Maria Eugenia esteves	esteves runers	Senior Feminino	01:12:08	+39:28	07:13
499	518	Gisela Santiago	run 2 eat	Senior Feminino	01:12:35	+39:55	07:15
500	42	Conceição Bessa	cagap	Senior Feminino	01:13:20	+40:40	07:20
501	43	Marisa Rodrigues	cagap	Senior Feminino	01:13:20	+40:40	07:20
502	598	Sandra rocha	individual	Veterana F40	01:15:33	+42:53	07:33
503	371	Martinho Oliveira	individual	Veterano M40	01:15:34	+42:54	07:33
504	353	Hamilton Dias	individual	Veterano M40	01:16:59	+44:19	07:42
505	192	KISY UYEKI	individual	Senior Feminino	01:19:09	+46:29	07:55
506	190	Joana Ribeiro	individual	Senior Feminino	01:22:17	+49:37	08:14
507	425	Manuel Ferreira dos Santos Valente Fernandes	juventude cortegacense	Senior Masculino	01:22:17	+49:37	08:14
508	423	Luisa Castro Alves Oliveira Camboa	juventude cortegacense	Senior Feminino	01:22:17	+49:37	08:14
509	430	Domingos Fernando Oliveira Camboa	juventude cortegacense	Veterano M50	01:22:17	+49:37	08:14

Europarque Bio Run
Santa Maria da Feira
22-novembro-2015

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

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

	Time	Temperature	Humidity
Start	11:00	7,6ºC	83,6%
End	12:24	7,6ºC	83,6%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	533	Sara Carvalho	SC Salgueiros 08	Senior Feminino	38:12		03:49
2	204	Patrícia Caldas	Individual	Senior Feminino	40:49	+02:37	04:05
3	532	Filipa Almeida	SC Salgueiros 08	Senior Feminino	43:21	+05:09	04:20
4	476	Patricia Paiva Leite	Piscinas Municipais S.M.Feira	Senior Feminino	47:09	+08:57	04:43
5	181	Daniela Marta Mariano Falcão	Individual	Senior Feminino	50:17	+12:05	05:02
6	191	Juliana C.Gomes	Individual	Senior Feminino	51:30	+13:18	05:09
7	194	Liliana Aguiar	Individual	Senior Feminino	53:56	+15:44	05:24
8	95	Daniela Leite da Silva	CrossFit Couto	Senior Feminino	53:59	+15:47	05:24
9	193	Lara Cristina Oliveira Silva	Individual	Senior Feminino	54:32	+16:20	05:27
10	195	liliana maria santos cardoso	Individual	Senior Feminino	55:16	+17:04	05:32
11	175	Carla Ribeiro	Individual	Senior Feminino	55:21	+17:09	05:32
12	203	Patricia	Individual	Senior Feminino	56:09	+17:57	05:37
13	564	MARCIA SILVA	ENERGIA	Senior Feminino	56:18	+18:06	05:38
14	182	Dulce Almeida	Individual	Senior Feminino	56:26	+18:14	05:39
15	24	Fatima Pais	Body & Zen Salão Manos Running	Senior Feminino	56:40	+18:28	05:40
16	565	ANA PEREIRA	ENERGIA	Senior Feminino	56:43	+18:31	05:40
17	211	Sofia Azenha	Individual	Senior Feminino	56:58	+18:46	05:42
18	508	Ana Campanhã	RADIO JORNAL FM RUNNERS	Senior Feminino	57:05	+18:53	05:42
19	205	Rita Baptista	Individual	Senior Feminino	57:38	+19:26	05:46
20	207	sandra	Individual	Senior Feminino	57:56	+19:44	05:48
21	610	Sara Aurélia Correia Teixeira Freitas	Piscinas Municipais S.M.Feira	Senior Feminino	58:02	+19:50	05:48
22	212	sónia sofia correia da silva	Individual	Senior Feminino	58:11	+19:59	05:49
23	199	Maria João Barbosa	Individual	Senior Feminino	58:18	+20:06	05:50
24	474	Filipa Soares Parreira	Piscinas Municipais S.M.Feira	Senior Feminino	58:22	+20:10	05:50
25	206	Rosália Barbosa	Individual	Senior Feminino	58:23	+20:11	05:50
26	198	Margarida Gonçalves	Individual	Senior Feminino	58:23	+20:11	05:50
27	559	Ana Lucia Amorim	Piscinas Municipais S.M.Feira	Senior Feminino	58:40	+20:28	05:52
28	418	Vera Lúcia Leite de Pinho	JPVM Team	Senior Feminino	58:43	+20:31	05:52
29	478	Viviana Marta Silva Pinho	Piscinas Municipais S.M.Feira	Senior Feminino	59:00	+20:48	05:54
30	471	Ana Monica Assis Gomes	Piscinas Municipais S.M.Feira	Senior Feminino	59:10	+20:58	05:55
31	475	Grace Kelly Pinto Camejo	Piscinas Municipais S.M.Feira	Senior Feminino	59:17	+21:05	05:56
32	187	Isabel Cristina Brandão Soares	Individual	Senior Feminino	59:27	+21:15	05:57
33	473	Diana Isabel Soares Parreira	Piscinas Municipais S.M.Feira	Senior Feminino	59:29	+21:17	05:57
34	91	Goreti Coelho	coelhos	Senior Feminino	59:40	+21:28	05:58
35	23	Fatima Costa	Body & Zen Salão Manos Running	Senior Feminino	01:00:12	+22:00	06:01
36	208	Sara Azevedo	Individual	Senior Feminino	01:00:17	+22:05	06:02
37	560	Tânia Silva Santos	Piscinas Municipais S.M.Feira	Senior Feminino	01:00:24	+22:12	06:02
38	180	Daniela Azevedo	Individual	Senior Feminino	01:00:38	+22:26	06:04
39	524	Silvia Couto	RunRun	Senior Feminino	01:01:29	+23:17	06:09

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

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

40	3	Vera Nogueira	4Any1	Senior Feminino	01:01:36	+23:24	06:10
41	210	Silvie Couto	Individual	Senior Feminino	01:01:39	+23:27	06:10
42	159	Sónia Jesus	G.D.C.Guilhovai	Senior Feminino	01:02:13	+24:01	06:13
43	534	Sandra Fernandes	Super S's	Senior Feminino	01:02:58	+24:46	06:18
44	606	Cleunice Alves Oliveira	Piscinas Municipais S.M.Feira	Senior Feminino	01:03:21	+25:09	06:20
45	507	FABIANA GOMES	Q´VIAGEM - ESMORIZ	Senior Feminino	01:03:28	+25:16	06:21
46	541	Eliana ferreira	Villa Cesari	Senior Feminino	01:03:44	+25:32	06:22
47	172	Berta Nunes	Individual	Senior Feminino	01:04:16	+26:04	06:26
48	143	Cristina Veloso	Fogaças com Malapos	Senior Feminino	01:04:28	+26:16	06:27
49	185	Helena Márcia Bastos	Individual	Senior Feminino	01:04:32	+26:20	06:27
50	202	Nathalie Moreira Martins	Individual	Senior Feminino	01:04:32	+26:20	06:27
51	538	Sofia Bastos	Valcambrenses	Senior Feminino	01:04:38	+26:26	06:28
52	179	Célia Pereira	Individual	Senior Feminino	01:05:04	+26:52	06:30
53	477	Raquel Maria Soares Faneco	Piscinas Municipais S.M.Feira	Senior Feminino	01:05:30	+27:18	06:33
54	171	Angelica Oliveira	Individual	Senior Feminino	01:06:06	+27:54	06:37
55	183	Elsa Maria Pereira Silva	Individual	Senior Feminino	01:07:01	+28:49	06:42
56	213	Susana Duarte Ferreira	Individual	Senior Feminino	01:07:13	+29:01	06:43
57	168	ana rita pires carrilho	Individual	Senior Feminino	01:07:30	+29:18	06:45
58	177	carla sofia fernandes correia	Individual	Senior Feminino	01:07:32	+29:20	06:45
59	467	Gabriela Loureiro de Sousa	Peter Team	Senior Feminino	01:07:37	+29:25	06:46
60	214	Teresa Cristina Oliveira Lima	Individual	Senior Feminino	01:07:38	+29:26	06:46
61	186	Ione Levi Ferreira Silva	Individual	Senior Feminino	01:07:57	+29:45	06:48
62	201	Mónica Margaride	Individual	Senior Feminino	01:08:00	+29:48	06:48
63	173	Carla Magalhaes	Individual	Senior Feminino	01:08:24	+30:12	06:50
64	188	joana lage	Individual	Senior Feminino	01:08:28	+30:16	06:51
65	196	Luciana Santos	Individual	Senior Feminino	01:08:28	+30:16	06:51
66	131	Vânia Costa	Feira Viva	Senior Feminino	01:08:41	+30:29	06:52
67	170	Andreia Vieira	Individual	Senior Feminino	01:08:43	+30:31	06:52
68	156	Joana Silva	Fullwear	Senior Feminino	01:09:11	+30:59	06:55
69	184	Filipa Pinto	Individual	Senior Feminino	01:09:24	+31:12	06:56
70	514	Sara Brandão	Ratos do Asfalto	Senior Feminino	01:10:34	+32:22	07:03
71	513	Maria Inês Brandão	Ratos do Asfalto	Senior Feminino	01:10:34	+32:22	07:03
72	106	Maria Eugenia esteves	Esteves runers	Senior Feminino	01:12:08	+33:56	07:13
73	518	Gisela Santiago	Run 2 Eat	Senior Feminino	01:12:35	+34:23	07:15
74	42	Conceição Bessa	CAGAP	Senior Feminino	01:13:20	+35:08	07:20
75	43	Marisa Rodrigues	CAGAP	Senior Feminino	01:13:20	+35:08	07:20
76	192	KISY UYEKI	Individual	Senior Feminino	01:19:09	+40:57	07:55
77	190	Joana Ribeiro	Individual	Senior Feminino	01:22:17	+44:05	08:14
78	423	Luisa Castro Alves Oliveira Camboa	Juventude Cortegacense	Senior Feminino	01:22:17	+44:05	08:14

Senior Masculino

1	316	Vitor Oliveira	Individual	Senior Masculino	32:40		03:16
2	289	Pedro Lopes Laginha da Palma	Individual	Senior Masculino	32:55	+00:15	03:18
3	600	Carlos Costa	CLUBE DESPORTIVO SÃO SALVADOR DO CAMPO	Senior Masculino	33:14	+00:34	03:19

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

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

4	602	Joao Almeida	Sporting Clube de Portugal	Senior Masculino	33:30	+00:50	03:21
5	5	Bruno Freitas	ACR Vale de Cambra	Senior Masculino	35:02	+02:22	03:30
6	160	paulo jorge soares pereira	G.D.C.Guilhovai	Senior Masculino	35:43	+03:03	03:34
7	86	Nuno Oliveira	Clube de Campismo São João da Madeira	Senior Masculino	36:05	+03:25	03:37
8	304	tiago manuel santos pinho	Individual	Senior Masculino	36:34	+03:54	03:39
9	444	Tozé Castro	NAC CUCUJÃES	Senior Masculino	36:39	+03:59	03:40
10	150	Pedro Silva	Fogaças com Malapos	Senior Masculino	36:39	+03:59	03:40
11	443	Luis Silva	NAC CUCUJÃES	Senior Masculino	36:44	+04:04	03:40
12	265	Marco Paiva	Individual	Senior Masculino	36:55	+04:15	03:42
13	109	ANTONIO CRISTOVAO	Europarque Team	Senior Masculino	37:42	+05:02	03:46
14	245	Gil Maia	Individual	Senior Masculino	37:53	+05:13	03:47
15	520	Fábio Gabriel	Runner Lampassa	Senior Masculino	38:14	+05:34	03:49
16	306	Toni soares	Individual	Senior Masculino	38:15	+05:35	03:50
17	280	paulo jorge silva pinto	Individual	Senior Masculino	38:20	+05:40	03:50
18	276	Nuno Hélder Silva	Individual	Senior Masculino	38:21	+05:41	03:50
19	231	César Barros	Individual	Senior Masculino	38:30	+05:50	03:51
20	489	Rui António Silva Gomes	Piscinas Municipais S.M.Feira	Senior Masculino	38:30	+05:50	03:51
21	584	Rogério campos	Clube Feirense	Senior Masculino	38:40	+06:00	03:52
22	297	Ricardo Moreira	Individual	Senior Masculino	38:59	+06:19	03:54
23	277	paulo badola	Individual	Senior Masculino	39:17	+06:37	03:56
24	284	pedro barbosa	Individual	Senior Masculino	39:35	+06:55	03:57
25	305	Tiago Sousa	Individual	Senior Masculino	39:48	+07:08	03:59
26	479	Alcindo Dias Paiva	Piscinas Municipais S.M.Feira	Senior Masculino	40:11	+07:31	04:01
27	241	filipe andre silva mendes	Individual	Senior Masculino	40:26	+07:46	04:03
28	482	Antonio Jorge Oliveira Fernandes	Piscinas Municipais S.M.Feira	Senior Masculino	40:31	+07:51	04:03
29	238	Diogo Serra	Individual	Senior Masculino	40:39	+07:59	04:04
30	216	Alexandre Saraiva	Individual	Senior Masculino	40:51	+08:11	04:05
31	544	Cláudio Fonseca	VIVALLEY RUNNERS	Senior Masculino	40:58	+08:18	04:06
32	431	André Fraga	LOCOMOTIVA DE PARANHOS	Senior Masculino	41:00	+08:20	04:06
33	56	Bruno Vidinha	Caldas de S.Jorge Sport Club	Senior Masculino	41:25	+08:45	04:09
34	435	Nuno Almeida	LoveRun	Senior Masculino	41:34	+08:54	04:09
35	570	FILIPE SILVA	ENERGIA	Senior Masculino	41:39	+08:59	04:10
36	282	Paulo Santos	Individual	Senior Masculino	41:58	+09:18	04:12
37	165	Helder robalinho	Grupo Desportivo São Paio de Oleiros	Senior Masculino	42:02	+09:22	04:12
38	227	Carlos Eduardo Martins	Individual	Senior Masculino	42:03	+09:23	04:12
39	249	Joao Paulo Amorim Patricio	Individual	Senior Masculino	42:21	+09:41	04:14
40	603	Carlos Magalhaes	Individual	Senior Masculino	42:23	+09:43	04:14
41	149	Pedro Cerdeirinha	Fogaças com Malapos	Senior Masculino	42:35	+09:55	04:16
42	22	Vítor Paulo Duarte Caldeira	BOAVISTA FC	Senior Masculino	43:17	+10:37	04:20
43	2	Sérgio Rafael Pereira Paiva	100 Nome	Senior Masculino	43:28	+10:48	04:21
44	298	Ricardo Silva	Individual	Senior Masculino	43:37	+10:57	04:22
45	26	Sérgio Silva	Body & Zen Salão Manos Running	Senior Masculino	43:52	+11:12	04:23
46	59	Vitor Marques	Caldas de S.Jorge Sport Club	Senior Masculino	44:05	+11:25	04:24
47	543	Adriano Fonseca	VIVALLEY RUNNERS	Senior Masculino	44:07	+11:27	04:25
48	58	Ricardo Ferrão	Caldas de S.Jorge Sport Club	Senior Masculino	44:14	+11:34	04:25

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

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

49	225	Bruno Miguel Oliveira Queirós	Individual	Senior Masculino	45:05	+12:25	04:30
50	271	Miguel Santos	Individual	Senior Masculino	45:10	+12:30	04:31
51	595	Fabio Daniel Silva Costa	Piscinas Municipais S.M.Feira	Senior Masculino	45:12	+12:32	04:31
52	96	João Brandão Ribeiro	CrossFit Couto	Senior Masculino	45:18	+12:38	04:32
53	529	Marcio Pereira	somos porto	Senior Masculino	45:25	+12:45	04:32
54	254	José António Pereira de Carvalho	Individual	Senior Masculino	45:26	+12:46	04:33
55	303	Tiago Carvalho	Individual	Senior Masculino	45:26	+12:46	04:33
56	111	LUIS ALMEIDA	Europarque Team	Senior Masculino	45:26	+12:46	04:33
57	32	FERNANDO AMERICO MENDES DIAS CRUZ	BTT BRANDOENSE	Senior Masculino	45:36	+12:56	04:34
58	219	André Filipe Ferreira Almeida	Individual	Senior Masculino	45:47	+13:07	04:35
59	550	David Pinho	CROSS COUTO	Senior Masculino	45:48	+13:08	04:35
60	87	Ricardo Teixeira	Clube Desportivo Feirense	Senior Masculino	45:50	+13:10	04:35
61	272	Nuno Almeida	Individual	Senior Masculino	45:56	+13:16	04:36
62	270	Miguel Goncalves	Individual	Senior Masculino	46:18	+13:38	04:38
63	589	Pedro pinho	Pupilos do ze tó	Senior Masculino	46:23	+13:43	04:38
64	53	Alexandre Tavares	Caldas de S.Jorge Sport Club	Senior Masculino	46:24	+13:44	04:38
65	4	Nuno Santos	4Any1	Senior Masculino	46:25	+13:45	04:39
66	110	DANIEL MARTINS	Europarque Team	Senior Masculino	46:26	+13:46	04:39
67	452	Daniel Costa	Pajory	Senior Masculino	46:27	+13:47	04:39
68	307	Valdemar Vaz	Individual	Senior Masculino	46:27	+13:47	04:39
69	294	Ricardo Bastos	Individual	Senior Masculino	46:27	+13:47	04:39
70	455	Filipe Pinho	Pajory	Senior Masculino	46:44	+14:04	04:40
71	274	Nuno Carneiro	Individual	Senior Masculino	46:44	+14:04	04:40
72	296	Ricardo Marques	Individual	Senior Masculino	47:08	+14:28	04:43
73	232	Cristiano Tavares de Sousa	Individual	Senior Masculino	47:23	+14:43	04:44
74	146	Hugo Lima	Fogaças com Malapos	Senior Masculino	47:24	+14:44	04:44
75	261	marcelo teixeira da mota	Individual	Senior Masculino	47:25	+14:45	04:44
76	98	Tia António da Silva Vaz Neves	CrossFit Couto	Senior Masculino	47:39	+14:59	04:46
77	283	Paulo Sarmento	Individual	Senior Masculino	47:43	+15:03	04:46
78	585	José Sousa	Clube Feirense	Senior Masculino	47:51	+15:11	04:47
79	552	LUIS MIGUEL OLIVEIRA	CROSS COUTO	Senior Masculino	47:54	+15:14	04:47
80	574	DANIEL SILVA	ENERGIA	Senior Masculino	47:59	+15:19	04:48
81	501	ivo santos	pizzeria dio mio	Senior Masculino	48:12	+15:32	04:49
82	287	Pedro Guedes Leite	Individual	Senior Masculino	48:14	+15:34	04:49
83	314	Vitor Lemos	Individual	Senior Masculino	48:34	+15:54	04:51
84	229	Carlos Marques	Individual	Senior Masculino	48:36	+15:56	04:52
85	530	Rui Valente	somos porto	Senior Masculino	48:44	+16:04	04:52
86	163	José Luis Almeida Jesus	Ginasio Fit4Fun	Senior Masculino	48:44	+16:04	04:52
87	8	Eduardo Oliveira	AFIS/OVAR	Senior Masculino	49:02	+16:22	04:54
88	285	Pedro Costa	Individual	Senior Masculino	49:05	+16:25	04:55
89	247	Hugo Antunes	Individual	Senior Masculino	49:12	+16:32	04:55
90	221	Antonio Leite	Individual	Senior Masculino	49:23	+16:43	04:56
91	93	Fernando Coelho	coelhos	Senior Masculino	49:25	+16:45	04:57
92	152	Roberto Dias	Fogaças com Malapos	Senior Masculino	49:30	+16:50	04:57
93	151	Raul Pereira	Fogaças com Malapos	Senior Masculino	49:30	+16:50	04:57
94	572	RICARDO LOPES	ENERGIA	Senior Masculino	49:34	+16:54	04:57

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

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

95	268	Marinho Silvestre Duarte	Individual	Senior Masculino	49:36	+16:56	04:58
96	251	Joel Santos	Individual	Senior Masculino	50:00	+17:20	05:00
97	432	Filipe Conceição	LOCOMOTIVA DE PARANHOS	Senior Masculino	50:05	+17:25	05:01
98	223	bruno andret ribeiro da silva	Individual	Senior Masculino	50:07	+17:27	05:01
99	302	Sergio Filipe Maia de Sousa	Individual	Senior Masculino	50:13	+17:33	05:01
100	593	Jose pedro da rocha cruz	Piscinas Municipais S.M.Feira	Senior Masculino	50:13	+17:33	05:01
101	230	Carlos Pereira	Individual	Senior Masculino	50:30	+17:50	05:03
102	299	Rodrigo Resende	Individual	Senior Masculino	50:47	+18:07	05:05
103	25	Bruno Almeida	Body & Zen Salão Manos RUNNING	Senior Masculino	50:58	+18:18	05:06
104	102	André Filipe dos Santos Rebelo	EDUART - COMPONENTES DE CALÇADO.	Senior Masculino	51:05	+18:25	05:06
105	222	antonio manuel ferreira resende almeida	Individual	Senior Masculino	51:05	+18:25	05:07
106	263	Marco Alexandre leite Soares peixoto	Individual	Senior Masculino	51:09	+18:29	05:07
107	558	Luis Miguel Ferreira Tavares	Individual	Senior Masculino	51:13	+18:33	05:07
108	240	FERNANDO MENDES	Individual	Senior Masculino	51:23	+18:43	05:08
109	311	vitor hugo cardoso ferreira da silva	Individual	Senior Masculino	51:27	+18:47	05:09
110	480	Andre Filipe Lopes Pinho Barge	Piscinas Municipais S.M.Feira	Senior Masculino	51:27	+18:47	05:09
111	483	António Marcos Magalhães Peixoto	Piscinas Municipais S.M.Feira	Senior Masculino	51:27	+18:47	05:09
112	127	Ricardo Faria	Familia Faria	Senior Masculino	51:32	+18:52	05:09
113	228	Carlos Eduardo Valente Almeida	Individual	Senior Masculino	51:40	+19:00	05:10
114	419	Juan Carlos Dias Baptista	JPVM Team	Senior Masculino	51:55	+19:15	05:11
115	421	Pedro Miguel Marques da Silva	JPVM Team	Senior Masculino	51:55	+19:15	05:11
116	571	NUNO PINHO	ENERGIA	Senior Masculino	52:06	+19:26	05:13
117	454	Fábio Silva	Pajory	Senior Masculino	52:33	+19:53	05:15
118	312	Vitor Hugo Lopes da Silva	Individual	Senior Masculino	52:35	+19:55	05:16
119	147	Hugo Rocha	Fogaças com Malapos	Senior Masculino	52:47	+20:07	05:17
120	148	Márcio Correia	Fogaças com Malapos	Senior Masculino	52:47	+20:07	05:17
121	554	Jose Ribeiro	Individual	Senior Masculino	52:57	+20:17	05:18
122	290	Pedro Marques	Individual	Senior Masculino	52:57	+20:17	05:18
123	453	Fábio Jesus	Pajory	Senior Masculino	52:58	+20:18	05:18
124	556	Bruno Ribeiro	Individual	Senior Masculino	52:59	+20:19	05:18
125	246	Hélder Ferreira	Individual	Senior Masculino	53:05	+20:25	05:18
126	262	Márcio Gomes Costa	Individual	Senior Masculino	53:36	+20:56	05:22
127	456	João Pinho	Pajory	Senior Masculino	53:39	+20:59	05:22
128	295	Ricardo Marinheiro Alves Ruivo	Individual	Senior Masculino	53:54	+21:14	05:23
129	97	Nuno Henrique Pinto Gil	CrossFit Couto	Senior Masculino	53:59	+21:19	05:24
130	144	Antero Barbosa	Fogaças com Malapos	Senior Masculino	54:24	+21:44	05:26
131	253	Jorge Lopes Cunha	Individual	Senior Masculino	54:28	+21:48	05:27
132	420	Leandro dos Santos Matos	JPVM Team	Senior Masculino	54:30	+21:50	05:27
133	279	Paulo Jorge Gomes da Costa	Individual	Senior Masculino	54:34	+21:54	05:27
134	433	Ivo Azevedo	LOCOMOTIVA DE PARANHOS	Senior Masculino	54:42	+22:02	05:28
135	267	Marco Santos	Individual	Senior Masculino	54:47	+22:07	05:29
136	510	Rui Saraiva	RADIO JORNAL FM RUNNERS	Senior Masculino	54:48	+22:08	05:29
137	162	Carlos Filipe Ferreira Correia	Ginasio Fit4Fun	Senior Masculino	54:53	+22:13	05:29
138	135	Rui Silva	Feira Viva	Senior Masculino	54:53	+22:13	05:29

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

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

139	134	Pedro Oliveira	Feira Viva	Senior Masculino	54:53	+22:13	05:29
140	515	Paulo Alberto Barbosa Martins	RiPalCar Sports Team	Senior Masculino	54:57	+22:17	05:30
141	516	Ricardo Jorge Rodrigues Lopes Correia	RiPalCar Sports Team	Senior Masculino	54:57	+22:17	05:30
142	258	JOSE FOLHA	Individual	Senior Masculino	55:04	+22:24	05:30
143	800	Carlos Manuel Carvalho Guedes	Individual	Senior Masculino	55:07	+22:27	05:31
144	309	vilmar ferreira viegas	Individual	Senior Masculino	55:09	+22:29	05:31
145	235	David Gonçalves Mota	Individual	Senior Masculino	55:25	+22:45	05:33
146	257	Jose Castro	Individual	Senior Masculino	55:32	+22:52	05:33
147	293	Ricardo Antonio Castro Cruz	Individual	Senior Masculino	55:42	+23:02	05:34
148	256	José Carvalho	Individual	Senior Masculino	55:46	+23:06	05:35
149	269	Mario Soares	Individual	Senior Masculino	55:48	+23:08	05:35
150	575	MIGUEL RESENDE	ENERGIA	Senior Masculino	56:18	+23:38	05:38
151	449	Pedro Alves	Os Crakes	Senior Masculino	57:19	+24:39	05:44
152	266	Marco Paulo Oliveira Pinto	Individual	Senior Masculino	57:19	+24:39	05:44
153	224	BRUNO FILIPE SANTOS GONCALVES	Individual	Senior Masculino	57:32	+24:52	05:45
154	236	Davide Rocha	Individual	Senior Masculino	57:57	+25:17	05:48
155	220	Andre Filipe Rodrigues Cunha	Individual	Senior Masculino	58:12	+25:32	05:49
156	273	NUNO ANDRÉ AZEVEDO MAGALHÃES	Individual	Senior Masculino	58:16	+25:36	05:50
157	234	Daniel Gomes Tavares	Individual	Senior Masculino	58:18	+25:38	05:50
158	553	Nunu Moreira	Individual	Senior Masculino	58:32	+25:52	05:51
159	233	CRISTOFE PEDRINHO	Individual	Senior Masculino	58:34	+25:54	05:51
160	248	João Filipe Almeida Alves	Individual	Senior Masculino	58:35	+25:55	05:51
161	218	André Filipe Carvalho Marques	Individual	Senior Masculino	58:38	+25:58	05:52
162	132	João Simões	Feira Viva	Senior Masculino	58:40	+26:00	05:52
163	481	António David Santiago de Oliveira	Piscinas Municipais S.M.Feira	Senior Masculino	59:17	+26:37	05:56
164	129	Carlos Manuel Da Silva Pinto	FAMÍLIA PINTO	Senior Masculino	59:17	+26:37	05:56
165	487	Nuno André Dias Vieira	Piscinas Municipais S.M.Feira	Senior Masculino	59:28	+26:48	05:57
166	551	Fabio Alexandre	CROSS COUTO	Senior Masculino	59:36	+26:56	05:58
167	215	ADÃO MIGUEL SOARES DE FREITAS	Individual	Senior Masculino	59:40	+27:00	05:58
168	92	Emanuel Aurélio	coelhos	Senior Masculino	59:40	+27:00	05:58
169	242	Filipe Castro	Individual	Senior Masculino	59:53	+27:13	05:59
170	458	Sandro Silva	Pajory	Senior Masculino	01:00:08	+27:28	06:01
171	457	Ricardo Costa	Pajory	Senior Masculino	01:00:08	+27:28	06:01
172	437	Artur Murteira	Movol	Senior Masculino	01:00:11	+27:31	06:01
173	136	Sérgio Correia	Feira Viva	Senior Masculino	01:00:24	+27:44	06:02
174	250	joaquim ricardino teixeira	Individual	Senior Masculino	01:01:26	+28:46	06:09
175	525	Diogo Santos	RunRun	Senior Masculino	01:01:29	+28:49	06:09
176	527	Diogo Ricardo Peixoto Reis	Saniluz	Senior Masculino	01:02:04	+29:24	06:12
177	535	Sérgio Vieira	Super S's	Senior Masculino	01:02:09	+29:29	06:13
178	44	Alberto Rodrigues	CAGAP	Senior Masculino	01:02:29	+29:49	06:15
179	422	Pedro Miguel Loureiro Rodrigues	Julio Rodrigues Lda Running	Senior Masculino	01:02:54	+30:14	06:17
180	145	Henrique De Portela	Fogaças com Malapos	Senior Masculino	01:03:14	+30:34	06:19
181	542	Roberto moreira	Villa Cesari	Senior Masculino	01:03:44	+31:04	06:22
182	592	Vitor Amorim	Piscinas Municipais S.M.Feira	Senior Masculino	01:04:16	+31:36	06:26
183	54	António Conceição	Caldas de S.Jorge Sport Club	Senior Masculino	01:05:00	+32:20	06:30

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

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

184	301	Rui Vieira	Individual	Senior Masculino	01:05:30	+32:50	06:33
185	576	LUIS RESENDE	ENERGIA	Senior Masculino	01:06:36	+33:56	06:40
186	217	Amândio Torres	Individual	Senior Masculino	01:06:49	+34:09	06:41
187	264	Marco Leite	Individual	Senior Masculino	01:08:20	+35:40	06:50
188	226	Bruno Mota	Individual	Senior Masculino	01:08:28	+35:48	06:51
189	315	Vitor Manuel Martins de Almeida	Individual	Senior Masculino	01:08:28	+35:48	06:51
190	157	Bruno Rocha	Fullwear	Senior Masculino	01:09:11	+36:31	06:55
191	133	Paulo Jesus	Feira Viva	Senior Masculino	01:10:30	+37:50	07:03
192	291	Pedro Neto	Individual	Senior Masculino	01:11:08	+38:28	07:07
193	425	Manuel Ferreira dos Santos Valente Fernandes	Juventude Cortegacense	Senior Masculino	01:22:17	+49:37	08:14

Veterana F40

1	413	MATILDE BAPTISTA	JAM - Juventude Atlética Mozelense	Veterana F40	46:24		04:38
2	320	helena nascimento	Individual	Veterana F40	50:28	+04:04	05:03
3	62	Goretti Silva	Caldas de S.Jorge Sport Club	Veterana F40	54:03	+07:39	05:24
4	563	SALOME OLIVEIRA	ENERGIA	Veterana F40	55:34	+09:10	05:33
5	324	Margarida Machado	Individual	Veterana F40	57:25	+11:01	05:45
6	27	Maria Celeste	Body & Zen Salão Manos Running	Veterana F40	57:34	+11:10	05:45
7	49	ANA PAULA CASTRO	CAL - Clube Atletismo de Lamas	Veterana F40	58:21	+11:57	05:50
8	446	Maria Costa	Os 5 à Hora	Veterana F40	58:47	+12:23	05:53
9	412	MARINHA BAPTISTA	JAM - Juventude Atlética Mozelense	Veterana F40	59:38	+13:14	05:58
10	28	maria jose valente	Body & Zen Salão Manos Running	Veterana F40	01:00:13	+13:49	06:01
11	63	maria isabel cardoso silva	Caldas de S.Jorge Sport Club	Veterana F40	01:01:01	+14:37	06:06
12	61	anabela bastos	Caldas de S.Jorge Sport Club	Veterana F40	01:01:01	+14:37	06:06
13	318	Anabela Marques	Individual	Veterana F40	01:01:17	+14:53	06:08
14	426	Marcia Castro Costa	Juventude Cortegacense	Veterana F40	01:02:14	+15:50	06:13
15	323	Luísa Brandão Soares	Individual	Veterana F40	01:03:18	+16:54	06:20
16	325	Maria José Soares	Individual	Veterana F40	01:03:54	+17:30	06:23
17	33	SUSANA SOFIA DA MOTA ROCHA	BTT BRANDOENSE	Veterana F40	01:04:45	+18:21	06:29
18	81	Gabriela Susana Almeida Tavares Silva	Casa Gabriel - Pindelo	Veterana F40	01:05:29	+19:05	06:33
19	319	Célia Alexandra de Aguiar Pereira da Silva	Individual	Veterana F40	01:06:19	+19:55	06:38
20	328	Sandra Cristina Barbosa Soares Matos	Individual	Veterana F40	01:07:30	+21:06	06:45
21	138	Teresa Fallé	Feira Viva	Veterana F40	01:07:35	+21:11	06:46
22	547	Liliana Brandão	WTF	Veterana F40	01:08:45	+22:21	06:52
23	321	Isabel Duarte	Individual	Veterana F40	01:09:12	+22:48	06:55
24	19	Cristina Oliveira	AZEITONA	Veterana F40	01:09:14	+22:50	06:55
25	31	Idalina Cardoso	Body & Zen Salão Manos Running	Veterana F40	01:09:24	+23:00	06:56
26	83	Olívia Brandão	CGD-Ovar	Veterana F40	01:10:38	+24:14	07:04
27	326	Maria Mendonça	Individual	Veterana F40	01:12:07	+25:43	07:13
28	598	Sandra rocha	Individual	Veterana F40	01:15:33	+29:09	07:33

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

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

Veterano M40

1	161	António Silva	Clube Independente de Argoncilhe	Veterano M40	34:38		03:28
2	445	Fernando Lima	NAC CUCUJÃES	Veterano M40	35:02	+00:24	03:30
3	100	João Cavadas	CSRDC Santiago	Veterano M40	36:25	+01:47	03:39
4	594	Abilio Ribeiro	Caldas de S.Jorge Sport Club	Veterano M40	36:30	+01:52	03:39
5	73	Renato Silva	Caldas de S.Jorge Sport Club	Veterano M40	36:51	+02:13	03:41
6	612	Norberto sikva	Individual	Veterano M40	37:00	+02:22	03:42
7	117	PAULO MONTEIRO	Europarque Team	Veterano M40	38:24	+03:46	03:50
8	596	Camilo guedes	Clube Pessoal Aguas Gaia	Veterano M40	38:34	+03:56	03:51
9	116	José Mario	Europarque Team	Veterano M40	38:45	+04:07	03:52
10	356	João Barbosa	Individual	Veterano M40	38:49	+04:11	03:53
11	112	ANTONIO FILIPE BASTOS	Europarque Team	Veterano M40	39:19	+04:41	03:56
12	358	JOSE BRITO	Individual	Veterano M40	39:28	+04:50	03:57
13	118	SALVADOR FARDILHA	Europarque Team	Veterano M40	39:31	+04:53	03:57
14	332	ALBERTO VALENTE	Individual	Veterano M40	39:45	+05:07	03:59
15	74	Tozé Amorim	Caldas de S.Jorge Sport Club	Veterano M40	40:24	+05:46	04:02
16	336	Augusto Aluai	Individual	Veterano M40	40:25	+05:47	04:02
17	352	francisco tavares	Individual	Veterano M40	40:25	+05:47	04:02
18	68	José Carvalho	Caldas de S.Jorge Sport Club	Veterano M40	40:51	+06:13	04:05
19	546	Ricardo Fonseca	VIVALLEY RUNNERS	Veterano M40	41:03	+06:25	04:06
20	384	roberto carlos gomes silva	Individual	Veterano M40	41:07	+06:29	04:07
21	64	Alberto Neves	Caldas de S.Jorge Sport Club	Veterano M40	41:18	+06:40	04:08
22	521	carlos ferreira	RUNNING ESPINHO	Veterano M40	41:27	+06:49	04:09
23	468	Nuno Seabra	Peter Team	Veterano M40	41:29	+06:51	04:09
24	355	Jaime Júnior	Individual	Veterano M40	41:51	+07:13	04:11
25	369	Manuel Petiz	Individual	Veterano M40	42:05	+07:27	04:13
26	348	eduardo martins	Individual	Veterano M40	42:06	+07:28	04:13
27	331	Agostinho Marques	Individual	Veterano M40	42:08	+07:30	04:13
28	70	Manuel Grilo	Caldas de S.Jorge Sport Club	Veterano M40	42:40	+08:02	04:16
29	522	paulo marques	RUNNING ESPINHO	Veterano M40	43:06	+08:28	04:19
30	333	alfredo antonio	Individual	Veterano M40	43:21	+08:43	04:20
31	164	Luís Conceição	Grupo Desportivo São Paio de Oleiros	Veterano M40	43:30	+08:52	04:21
32	344	César Sousa	Individual	Veterano M40	43:37	+08:59	04:22
33	17	Carlos Manuel Pereira do Couto	ARCORUN	Veterano M40	43:52	+09:14	04:23
34	115	JORGE OLIVEIRA	Europarque Team	Veterano M40	44:03	+09:25	04:24
35	366	Luis Ferreira Gomes	Individual	Veterano M40	44:13	+09:35	04:25
36	69	Manuel Almeida	Caldas de S.Jorge Sport Club	Veterano M40	44:23	+09:45	04:26
37	142	LUIS ALMEIDA	FM	Veterano M40	44:33	+09:55	04:27
38	75	Vitor Silva	Caldas de S.Jorge Sport Club	Veterano M40	44:46	+10:08	04:29
39	440	Paulo Silva	Movol	Veterano M40	44:47	+10:09	04:29
40	114	JORGE GONCALVES	Europarque Team	Veterano M40	44:54	+10:16	04:29
41	21	JOSÉ ANDRADE	BICICLETAS ANDRADE	Veterano M40	45:30	+10:52	04:33
42	545	Maximino Rodrigues	VIVALLEY RUNNERS	Veterano M40	45:35	+10:57	04:34
43	415	MANUEL PEREIRA	JAM - Juventude Atlética Mozelense	Veterano M40	45:40	+11:02	04:34

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

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

44	536	Raul Silva	trilhos termais	Veterano M40	46:08	+11:30	04:37
45	370	Marco Paulo Costa Botelho	Individual	Veterano M40	46:11	+11:33	04:37
46	591	Jose rodrigues	Pupilos do ze tó	Veterano M40	46:22	+11:44	04:38
47	429	Rui Manuel Ramalho Oliveira	Juventude Cortegacense	Veterano M40	46:28	+11:50	04:39
48	379	Paulo Silva	Individual	Veterano M40	46:51	+12:13	04:41
49	363	JOSE MOREIRA	Individual	Veterano M40	46:58	+12:20	04:42
50	357	joão manuel soares pereira	Individual	Veterano M40	47:08	+12:30	04:43
51	583	Antoni alves	ENERGIA	Veterano M40	47:15	+12:37	04:43
52	20	CARLOS LEAL	BICICLETAS ANDRADE	Veterano M40	47:19	+12:41	04:44
53	463	Sérgio Santos	Pajory	Veterano M40	47:22	+12:44	04:44
54	428	Ernesto Marques Alves	Juventude Cortegacense	Veterano M40	47:25	+12:47	04:44
55	71	Martinho Santos	Caldas de S.Jorge Sport Club	Veterano M40	47:25	+12:47	04:44
56	519	Mike Dias	Run 2 Eat	Veterano M40	47:30	+12:52	04:45
57	113	FRANCISCO REIS	Europarque Team	Veterano M40	47:51	+13:13	04:47
58	342	cecilio Manuel Silva Ferreira	Individual	Veterano M40	47:53	+13:15	04:47
59	539	Luis Almeida	Valcambrenses	Veterano M40	47:57	+13:19	04:48
60	359	josé fonseca	Individual	Veterano M40	48:07	+13:29	04:49
61	503	ezequiel ferreira	pizzeria dio mio	Veterano M40	48:17	+13:39	04:50
62	338	CARLOS ESTIMA	Individual	Veterano M40	48:24	+13:46	04:50
63	548	Armando Pinho	WTF	Veterano M40	48:27	+13:49	04:51
64	497	Jorge Vicente Torres Sousa	Piscinas Municipais S.M.Feira	Veterano M40	48:28	+13:50	04:51
65	16	José Almeida	Almeida Team	Veterano M40	48:28	+13:50	04:51
66	334	Antonio Matias	Individual	Veterano M40	48:28	+13:50	04:51
67	588	Jorge costa	Pupilos do ze tó	Veterano M40	48:34	+13:56	04:51
68	67	Fernando Ribeiro	Caldas de S.Jorge Sport Club	Veterano M40	48:56	+14:18	04:54
69	10	Manuel Gomes	AFIS/OVAR	Veterano M40	49:03	+14:25	04:54
70	153	Luís Cunha	Fogaças com Malapos	Veterano M40	49:03	+14:25	04:54
71	374	Miguel Guerreiro	Individual	Veterano M40	49:05	+14:27	04:55
72	72	Pedro Silva	Caldas de S.Jorge Sport Club	Veterano M40	49:21	+14:43	04:56
73	498	José Luis Saraiva Oliveira	Piscinas Municipais S.M.Feira	Veterano M40	49:33	+14:55	04:57
74	375	Mika Magalhães	Individual	Veterano M40	49:42	+15:04	04:58
75	364	José Paulo da Silva Gomes	Individual	Veterano M40	49:43	+15:05	04:58
76	343	César Ferreira	Individual	Veterano M40	49:46	+15:08	04:59
77	341	CARLOS ROCHA COSTA	Individual	Veterano M40	49:48	+15:10	04:59
78	50	ADELINO GOMES	CAL - Clube Atletismo de Lamas	Veterano M40	49:59	+15:21	05:00
79	496	Joaquim Pereira	Piscinas Municipais S.M.Feira	Veterano M40	50:07	+15:29	05:01
80	349	Eduardo Nascimento	Individual	Veterano M40	50:10	+15:32	05:01
81	573	ADRIANO OLIVEIRA	ENERGIA	Veterano M40	50:31	+15:53	05:03
82	9	Carlos Campos	AFIS/OVAR	Veterano M40	50:31	+15:53	05:03
83	154	Paulo Soares	Fogaças com Malapos	Veterano M40	50:31	+15:53	05:03
84	391	Vitor Ferreira	Individual	Veterano M40	50:36	+15:58	05:04
85	373	Miguel Ferreira	Individual	Veterano M40	51:03	+16:25	05:06
86	439	Armando Rocha	Movol	Veterano M40	51:20	+16:42	05:08
87	377	PAULO JORGE LOUREIRO SÁ	Individual	Veterano M40	51:27	+16:49	05:09
88	335	António Pinheiro	Individual	Veterano M40	51:42	+17:04	05:10
89	462	Pedro Estrela	Pajory	Veterano M40	51:45	+17:07	05:10

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

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

90	540	Paulo Vaz	Vaz & Vaz	Veterano M40	51:46	+17:08	05:11
91	141	JOSÉ COELHO	FM	Veterano M40	52:05	+17:27	05:12
92	139	Miguel Pinheiro	Feira Viva	Veterano M40	52:08	+17:30	05:13
93	82	Agostinho Manuel Pinheiro da Silva	Casa Gabriel - Pindelo	Veterano M40	52:20	+17:42	05:14
94	460	João Oliveira	Pajory	Veterano M40	52:33	+17:55	05:15
95	459	Ângelo Castro	Pajory	Veterano M40	52:33	+17:55	05:15
96	493	Hilário Oliveira Costa	Piscinas Municipais S.M.Feira	Veterano M40	52:40	+18:02	05:16
97	386	Rui Ferreira	Individual	Veterano M40	52:46	+18:08	05:17
98	390	SIMÃO GRADISSIMO	Individual	Veterano M40	52:54	+18:16	05:17
99	46	António Sá	CAGAP	Veterano M40	53:01	+18:23	05:18
100	414	JOSÉ PINTO	JAM - Juventude Atlética Mozelense	Veterano M40	53:10	+18:32	05:19
101	368	luis miguel gomes ferreira	Individual	Veterano M40	53:28	+18:50	05:21
102	94	José Alberto Pinto	coelhos	Veterano M40	54:15	+19:37	05:26
103	378	Paulo Maia	Individual	Veterano M40	54:46	+20:08	05:29
104	562	Durvaldo fernando cerqueira pinheiro	Individual	Veterano M40	54:47	+20:09	05:29
105	511	Paulo Ribeiro	RADIO JORNAL FM RUNNERS	Veterano M40	54:51	+20:13	05:29
106	442	Joaquim Pereira	Mozelos Runners	Veterano M40	54:52	+20:14	05:29
107	495	Joaquim Jose Cardo Encarnação	Piscinas Municipais S.M.Feira	Veterano M40	55:01	+20:23	05:30
108	799	Luís Carlos Lobo	Individual	Veterano M40	55:07	+20:29	05:31
109	339	Carlos Gomes	Individual	Veterano M40	55:25	+20:47	05:32
110	470	Jorge Augusto Oliveira Guerra	Piano Bar	Veterano M40	55:34	+20:56	05:33
111	605	Luís Oliveira	Piscinas Municipais S.M.Feira	Veterano M40	55:39	+21:01	05:34
112	388	Sérgio José Rego Vinhas	Individual	Veterano M40	55:50	+21:12	05:35
113	51	PAULO FORTUNATO	CAL - Clube Atletismo de Lamas	Veterano M40	56:04	+21:26	05:36
114	381	Ricardo Jorge Azenha Pires Pereira Monteiro	Individual	Veterano M40	56:05	+21:27	05:37
115	47	Cristóvão Santos	CAGAP	Veterano M40	56:08	+21:30	05:37
116	434	João Serdoura Santos	LOCOMOTIVA DE PARANHOS	Veterano M40	56:08	+21:30	05:37
117	469	Hugo Americo Oliveira Guerra	Piano Bar	Veterano M40	56:37	+21:59	05:40
118	466	Luis Graça	Perna Manca	Veterano M40	56:42	+22:04	05:40
119	512	Rui Sá	RADIO JORNAL FM RUNNERS	Veterano M40	57:05	+22:27	05:42
120	590	Joao carvalho	Pupilos do ze tó	Veterano M40	57:28	+22:50	05:45
121	29	Pais	Body & Zen Salão Manos Running	Veterano M40	57:39	+23:01	05:46
122	372	Martino Gioia	Individual	Veterano M40	57:42	+23:04	05:46
123	128	Jorge Faria	Familia Faria	Veterano M40	57:53	+23:15	05:47
124	337	Bruno Rodrigues	Individual	Veterano M40	57:56	+23:18	05:48
125	380	Pedro Soares	Individual	Veterano M40	58:02	+23:24	05:48
126	365	Julio Augusto Morais Pereira	Individual	Veterano M40	58:10	+23:32	05:49
127	340	carlos miguel pires carmo henriques	Individual	Veterano M40	58:16	+23:38	05:50
128	465	José Rocha	Perna Manca	Veterano M40	58:19	+23:41	05:50
129	523	Rogério Rocha	Running Stones	Veterano M40	58:20	+23:42	05:50
130	387	Sandro Rilho	Individual	Veterano M40	58:22	+23:44	05:50
131	350	EMANUEL MOTA	Individual	Veterano M40	58:35	+23:57	05:52
132	604	Eduardo castro	Individual	Veterano M40	58:37	+23:59	05:52
133	166	PAULO RAMOS	Grupo Juvenil Pinheiro da Bemposta	Veterano M40	59:07	+24:29	05:55

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

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

134	34	PAULO CESAR OLIVEIRA MARTINS	BTT BRANDOENSE	Veterano M40	59:12	+24:34	05:55
135	382	Ricardo jorge correia bastos	Individual	Veterano M40	59:40	+25:02	05:58
136	492	Helder Filipe Mota Amorim	Piscinas Municipais S.M.Feira	Veterano M40	59:40	+25:02	05:58
137	499	Jose Manuel Dias Gonçalves	Piscinas Municipais S.M.Feira	Veterano M40	59:41	+25:03	05:58
138	85	Serafim Joaquim Reis de Sousa	CLUBE ATLETISMO DE LAMAS	Veterano M40	01:00:38	+26:00	06:04
139	389	Silvio André morais da costa	Individual	Veterano M40	01:00:45	+26:07	06:05
140	45	Anselmo Silva	CAGAP	Veterano M40	01:00:56	+26:18	06:06
141	347	David silva	Individual	Veterano M40	01:01:54	+27:16	06:11
142	578	PAULO MANUEL GONÇALVES	ENERGIA	Veterano M40	01:02:08	+27:30	06:13
143	362	jose manuel silva riba	Individual	Veterano M40	01:03:01	+28:23	06:18
144	360	José Henrique dos Santos Soares Matos	Individual	Veterano M40	01:07:30	+32:52	06:45
145	361	José Manuel da Silva Soares	Individual	Veterano M40	01:07:32	+32:54	06:45
146	140	Paulo Sérgio Pais	Feira Viva	Veterano M40	01:07:36	+32:58	06:46
147	504	sergio vieira	pizzeria dio mio	Veterano M40	01:10:25	+35:47	07:03
148	371	Martinho Oliveira	Individual	Veterano M40	01:15:34	+40:56	07:33
149	353	Hamilton Dias	Individual	Veterano M40	01:16:59	+42:21	07:42

Veterano M50

1	121	JORGE LUZ	Europarque Team	Veterano M50	38:12		03:49
2	89	José Adelino	Clube Pessoal Aguas Gaia	Veterano M50	38:56	+00:44	03:54
3	124	RODRIGO NUNES	Europarque Team	Veterano M50	39:45	+01:33	03:58
4	416	CARLOS BAPTISTA	JAM - Juventude Atlética Mozelense	Veterano M50	39:52	+01:40	03:59
5	586	Antonio vieira	AFIS OVAR	Veterano M50	40:06	+01:54	04:01
6	79	João Pinto	Caldas de S.Jorge Sport Club	Veterano M50	40:47	+02:35	04:05
7	18	Manuel segundo	ARCORUN	Veterano M50	41:09	+02:57	04:07
8	417	FERNANDO BRANDÃO	JAM - Juventude Atlética Mozelense	Veterano M50	41:27	+03:15	04:09
9	406	José Rodrigues de Almeida	Individual	Veterano M50	42:32	+04:20	04:15
10	77	António Joaquim Vaz da Silva	Caldas de S.Jorge Sport Club	Veterano M50	42:40	+04:28	04:16
11	120	CARLOS OLIVEIRA	Europarque Team	Veterano M50	42:55	+04:43	04:18
12	394	Antonio Castro	Individual	Veterano M50	43:26	+05:14	04:21
13	125	RUI OLIVEIRA	Europarque Team	Veterano M50	44:33	+06:21	04:27
14	14	Manuel Sousa	AFIS/OVAR	Veterano M50	44:46	+06:34	04:29
15	441	Alberto Espinheira	Movol	Veterano M50	44:48	+06:36	04:29
16	122	JOSE FERNANDO SANTOS	Europarque Team	Veterano M50	45:16	+07:04	04:32
17	123	MANUEL A. SILVA	Europarque Team	Veterano M50	45:24	+07:12	04:32
18	398	carlos alberto ferreira	Individual	Veterano M50	45:41	+07:29	04:34
19	119	ANIBAL OLIVEIRA	Europarque Team	Veterano M50	45:41	+07:29	04:34
20	517	CARLOS RIPOLINS	RIPOLINS.COM EVENTOS GRIJÓ	Veterano M50	46:50	+08:38	04:41
21	37	MANUEL ALVES FERREIRA	BTT BRANDOENSE	Veterano M50	46:53	+08:41	04:41
22	396	António Porrão	Individual	Veterano M50	46:58	+08:46	04:42
23	395	Antonio Dias	Individual	Veterano M50	47:06	+08:54	04:43
24	80	Paulo Milheiro	Caldas de S.Jorge Sport Club	Veterano M50	47:12	+09:00	04:43
25	392	Adriano Soares Moreira	Individual	Veterano M50	47:15	+09:03	04:43

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

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

26	30	Manuel Couto	Body & Zen Salão Manos Running	Veterano M50	47:16	+09:04	04:44
27	561	ANTONIO SILVA	ENERGIA	Veterano M50	47:17	+09:05	04:44
28	76	Abel Santos	Caldas de S.Jorge Sport Club	Veterano M50	47:58	+09:46	04:48
29	38	SERAFIM SOUSA RODRIGUES	BTT BRANDOENSE	Veterano M50	48:03	+09:51	04:48
30	84	António Brandão	CGD-Ovar	Veterano M50	48:28	+10:16	04:51
31	52	LUCÍDIO DIAS	CAL - Clube Atletismo de Lamas	Veterano M50	48:35	+10:23	04:51
32	407	José santos	Individual	Veterano M50	48:56	+10:44	04:54
33	155	Joaquim Silva	Fogaças com Malapos	Veterano M50	49:31	+11:19	04:57
34	555	Augusto Batista	JAM	Veterano M50	49:35	+11:23	04:57
35	393	Álvaro R. Henriques	Individual	Veterano M50	49:44	+11:32	04:58
36	597	Jose couto	Individual	Veterano M50	50:23	+12:11	05:02
37	15	Mário Conde	AFIS/OVAR	Veterano M50	50:31	+12:19	05:03
38	587	Jose sousa	AFIS OVAR	Veterano M50	50:34	+12:22	05:03
39	401	Gaspar Oliveira Cadete	Individual	Veterano M50	50:42	+12:30	05:04
40	404	jose falcao	Individual	Veterano M50	51:30	+13:18	05:09
41	35	JOSE AMORIM ALVES PEREIRA	BTT BRANDOENSE	Veterano M50	53:45	+15:33	05:23
42	105	Eduardo Tavares Rebelo	EDUART - COMPONENTES DE CALÇADO.	Veterano M50	54:06	+15:54	05:25
43	11	Abilio Miguel	AFIS/OVAR	Veterano M50	55:28	+17:16	05:33
44	408	Luiz Carlos j.Blanquet	Individual	Veterano M50	55:35	+17:23	05:34
45	402	JOSE ALBERTO LOPES SANTOS	Individual	Veterano M50	55:53	+17:41	05:35
46	500	Antonio Pereira	Piscinas Municipais S.M.Feira	Veterano M50	56:17	+18:05	05:38
47	78	Bernardo Almeida	Caldas de S.Jorge Sport Club	Veterano M50	57:03	+18:51	05:42
48	36	JOSE VALENTIM MENDES OLIVEIRA	BTT BRANDOENSE	Veterano M50	57:07	+18:55	05:43
49	451	Manuel Couto	Os Crakes	Veterano M50	57:18	+19:06	05:44
50	397	Antonio Santos	Individual	Veterano M50	58:16	+20:04	05:50
51	13	Manuel Rilho	AFIS/OVAR	Veterano M50	58:33	+20:21	05:51
52	409	Mário Rui Alves da Silva	Individual	Veterano M50	01:00:05	+21:53	06:01
53	12	Luis Quintino	AFIS/OVAR	Veterano M50	01:01:14	+23:02	06:07
54	611	Abel Antonio Melo Mendes	Piscinas Municipais S.M.Feira	Veterano M50	01:03:51	+25:39	06:23
55	399	Carlos Borges	Individual	Veterano M50	01:03:54	+25:42	06:23
56	403	Jose Antonio Abrantes Soares de Almeida	Individual	Veterano M50	01:04:48	+26:36	06:29
57	464	Manuel Correia	Pajory	Veterano M50	01:05:19	+27:07	06:32
58	607	Vitor Fontes	FeiraViva	Veterano M50	01:07:34	+29:22	06:45
59	108	Ismael dos Reis Andrade	Eu+ Ginásio | LMA	Veterano M50	01:09:07	+30:55	06:55
60	405	jose oliveira	Individual	Veterano M50	01:09:14	+31:02	06:55
61	430	Domingos Fernando Oliveira Camboa	Juventude Cortegacense	Veterano M50	01:22:17	+44:05	08:14

Europarque Bio Run
Santa Maria da Feira
22-novembro-2015

COLETIVA

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

RANK	TEAM	DESCRIPTION	POINTS
1	NAC CUCUJÃES	6 + 13 + 15	34
2	Europarque Team	19 + 22 + 27	68
3	Caldas de S.Jorge Sport Club	11 + 16 + 47	74
4	Piscinas Municipais S.M.Feira	29 + 46 + 51	126
5	VIVALLEY RUNNERS	57 + 59 + 96	212
6	JAM - Juventude Atlética Mozelense	44 + 65 + 120	229
7	Fogaças com Malapos	14 + 79 + 159	252
8	ENERGIA	68 + 153 + 155	376
9	Pajory	136 + 140 + 157	433
10	BTT BRANDOENSE	119 + 144 + 173	436
11	Pupilos do ze tó	130 + 131 + 185	446
12	Movol	104 + 105 + 239	448
13	AFIS/OVAR	103 + 192 + 193	488
14	CrossFit Couto	111 + 164 + 280	555
15	LOCOMOTIVA DE PARANHOS	58 + 215 + 290	563
16	Body & Zen Salão Manos Running	92 + 154 + 332	578
17	CROSS COUTO	124 + 169 + 392	685
18	CAL - Clube Atletismo de Lamas	186 + 213 + 322	721
19	Juventude Cortegacense	139 + 160 + 428	727
20	JPVM Team	252 + 253 + 287	792
21	pizzeria dio mio	175 + 177 + 491	843
22	Feira Viva	256 + 298 + 299	853
23	coelhos	200 + 284 + 395	879
24	RADIO JORNAL FM RUNNERS	294 + 295 + 337	926
25	CAGAP	271 + 324 + 413	1008