

42K - STAGE 1

42 KM



OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	4,2°C	80,8%
End	16:00	4,2°C	80,8%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1	Mihail Lalev	sc braga	Senior Masculino	02:48:30		04:01
2	59	Luis Gil	decathlon maia	Veterano M40	02:52:10	+03:40	04:06
3	2	Diogo Fernandes	dr merino/ nutritif	Senior Masculino	02:55:47	+07:17	04:11
4	3	Nuno Silva	desnível positivo	Senior Masculino	02:59:11	+10:41	04:16
5	78	Nuno Fernandes	fafe runners	Senior Masculino	03:02:22	+13:52	04:21
6	337	Joao Paulo Lima Rodrigues	individual	Senior Masculino	03:04:38	+16:08	04:24
7	241	Abílio Ribeiro	caldas de s jorge sport club	Veterano M40	03:09:17	+20:47	04:30
8	74	José Faria	edv-viana trail/gclub	Senior Masculino	03:13:03	+24:33	04:36
9	121	paulo oliveira	individual	Senior Masculino	03:13:56	+25:26	04:37
10	61	Artur Costa	desnível positivo	Senior Masculino	03:15:48	+27:18	04:40
11	162	Carlos Ramos	individual	Senior Masculino	03:16:13	+27:43	04:40
12	269	José Manuel Cabral e Silva	individual	Veterano M55	03:21:01	+32:31	04:47
13	134	LEONARDO DE SOUSA DIOGO	madeira ultra runners/camadeira	Veterano M45	03:21:57	+33:27	04:49
14	203	Nuno Carlos Figueiredo Campos	individual	Veterano M40	03:22:23	+33:53	04:49
15	174	M. Fátima Garrido Melo	individual	Veterana F40	03:24:09	+35:39	04:52
16	335	Paulo Cesar Ferreira	gondomar futsal clube	Senior Masculino	03:26:13	+37:43	04:55
17	232	Rui Miguel Martins	individual	Veterano M40	03:27:47	+39:17	04:57
18	302	Miguel A.V. Ribeiro	"os saramagos"	Senior Masculino	03:28:14	+39:44	04:57
19	248	Francisco José Mira Gaio	individual	Veterano M50	03:28:31	+40:01	04:58
20	225	Paulo gomes	individual	Senior Masculino	03:29:06	+40:36	04:59
21	140	Sérgio Martins	sc braga	Senior Masculino	03:29:31	+41:01	04:59
22	345	Manuel Chantre	individual	Veterano M45	03:30:58	+42:28	05:01
23	99	Joaquim Manuel Martins De Freitas	grupo dramatico e recreativo da retorta	Veterano M40	03:32:54	+44:24	05:04
24	123	José Capela	individual	Veterano M50	03:33:16	+44:46	05:05
25	85	Jorge Pereira	gaia-running	Veterano M40	03:33:40	+45:10	05:05
26	193	Helder Rocha	individual	Senior Masculino	03:33:59	+45:29	05:06
27	312	Carlos Miguel Ferreira	santo tirso runners	Senior Masculino	03:34:19	+45:49	05:06
28	173	Hugo Duarte Teixeira	individual	Senior Masculino	03:34:44	+46:14	05:07
29	191	rodrigo costa	individual	Veterano M50	03:35:35	+47:05	05:08
30	2234	Ester Alves	individual	Senior Feminino	03:37:09	+48:39	05:10
31	91	rui gomes	gd os ribeirinhos	Veterano M40	03:37:18	+48:48	05:10
32	30	Nuno Filipe Costa Soares	amigos da montanha	Senior Masculino	03:37:21	+48:51	05:11
33	298	José António Silva	os braguinhas atletismo	Veterano M40	03:37:30	+49:00	05:11
34	263	JOSÉ MANUEL RODRIGO NUNES	individual	Veterano M40	03:38:05	+49:35	05:12
35	49	Marco Vieira	clube zipper	Veterano M40	03:38:57	+50:27	05:13
36	299	José Fins	os braguinhas atletismo	Veterano M45	03:39:08	+50:38	05:13
37	222	André Martins Alves	individual	Senior Masculino	03:40:48	+52:18	05:15
38	103	José Carlos Marques	individual	Senior Masculino	03:41:17	+52:47	05:16
39	2004	Paula Lage	paredes aventura	Senior Feminino	03:42:20	+53:50	05:18
40	261	Jorge Figueiredo	individual	Veterano M40	03:42:32	+54:02	05:18
41	143	Nuno Seabra	individual	Veterano M40	03:43:06	+54:36	05:19
42	119	Fernando	individual	Senior Masculino	03:43:40	+55:10	05:20

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	142	Miguel pereira	individual	Senior Masculino	04:03:26	+01:14:56	05:48
89	94	Helder Ferreira	gramidense ifc	Senior Masculino	04:03:27	+01:14:57	05:48
90	223	João Poças	individual	Senior Masculino	04:03:32	+01:15:02	05:48
91	44	Augusto Adolfo Pereira Ribeiro	cabritos da cortiça - trail	Veterano M40	04:04:22	+01:15:52	05:49
92	294	BRUNO LOUREIRO	not run alone	Senior Masculino	04:04:26	+01:15:56	05:49
93	70	Vitor Penetra	desnível positivo	Senior Masculino	04:04:31	+01:16:01	05:49
94	208	Victor Lima	individual	Veterano M45	04:04:35	+01:16:05	05:49
95	53	José Alfredo Gomes Ribeiro	cluve	Veterano M60	04:04:43	+01:16:13	05:50
96	344	Pedro Amorim	porto runners	Veterano M55	04:04:44	+01:16:14	05:50
97	6	Natália Amoedo	individual	Senior Feminino	04:04:44	+01:16:14	05:50
98	83	Diogo Soares da Costa Almeida	fofi's	Senior Masculino	04:04:45	+01:16:15	05:50
99	35	Tiago Loureiro	asphalt assault team	Senior Masculino	04:05:22	+01:16:52	05:51
100	317	Tiago Cadete	tiago cadete - living	Senior Masculino	04:05:40	+01:17:10	05:51
101	75	Celso Santos	engomadoria l&a team	Senior Masculino	04:05:56	+01:17:26	05:51
102	8	Pedro Guimaraes	a+ team	Veterano M45	04:07:38	+01:19:08	05:54
103	92	Fernando Almeida	gelpeixe	Senior Masculino	04:07:47	+01:19:17	05:54
104	338	Marco Escadas	individual	Senior Masculino	04:08:02	+01:19:32	05:54
105	39	Rui Costa	barrinha surf shcool	Veterano M45	04:08:10	+01:19:40	05:55
106	144	Pedro Dourado	individual	Senior Masculino	04:09:37	+01:21:07	05:57
107	20	Filipe Gonçalves	afrikanrunners	Senior Masculino	04:09:41	+01:21:11	05:57
108	218	Kai Jendretzke	individual	Veterano M45	04:09:45	+01:21:15	05:57
109	253	Andreas Gillmann	individual	Veterano M50	04:09:45	+01:21:15	05:57
110	107	Americo Areias	individual	Veterano M40	04:10:01	+01:21:31	05:57
111	51	Joaquim Rodrigues Madureira	clube zipper	Veterano M40	04:10:03	+01:21:33	05:57
112	278	Sérgio Amaro Bastos	individual	Senior Masculino	04:10:13	+01:21:43	05:57
113	36	Jorge Anjos	asphalt assault team	Veterano M40	04:10:23	+01:21:53	05:58
114	183	Nuno Siva	individual	Senior Masculino	04:10:25	+01:21:55	05:58
115	129	Pedro Sá	individual	Senior Masculino	04:11:15	+01:22:45	05:59
116	80	Ângelo Manuel de Almeida Pinho	fit4fun	Veterano M40	04:12:18	+01:23:48	06:00
117	71	Fátima Manuela Gomes Alendouro	desnível positivo	Veterana F40	04:12:53	+01:24:23	06:01
118	68	Luis Melo	desnível positivo	Veterano M45	04:12:54	+01:24:24	06:01
119	132	José Miguel Diogo	individual	Senior Masculino	04:13:04	+01:24:34	06:02
120	165	João Manuel Martins Gaspar Caetano	individual	Senior Masculino	04:13:28	+01:24:58	06:02
121	282	bruno ribeiro	kaninos	Senior Masculino	04:13:28	+01:24:58	06:02
122	281	Humberto Barros	kaninos	Senior Masculino	04:13:28	+01:24:58	06:02
123	197	Miguel Novais	individual	Senior Masculino	04:13:43	+01:25:13	06:02
124	113	José Fernandes Ferreira	individual	Veterano M50	04:14:00	+01:25:30	06:03
125	289	MARIO COSTA	moreira leax runners	Veterano M50	04:14:22	+01:25:52	06:03
126	260	Hugo Fernandes	individual	Veterano M40	04:14:22	+01:25:52	06:03
127	305	Victor Manuel Leite Fernandes	picanhos team	Senior Masculino	04:15:23	+01:26:53	06:05
128	180	Rupert Burgess	individual	Veterano M55	04:15:44	+01:27:14	06:05
129	313	Hugo Gonçalves	shots international runners	Senior Masculino	04:16:05	+01:27:35	06:06
130	24	NELSON NUNES	afrikanrunners	Senior Masculino	04:16:34	+01:28:04	06:07
131	217	Márcio Luis Benedito Vieira	individual	Senior Masculino	04:16:53	+01:28:23	06:07
132	34	Marco Silva	asphalt assault team	Senior Masculino	04:17:29	+01:28:59	06:08

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
133	33	Carlos Azevedo	asphalt assault team	Senior Masculino	04:17:30	+01:29:00	06:08
134	201	Fernando Abilio Santos Vieira	individual	Veterano M45	04:17:38	+01:29:08	06:08
135	205	Mário Rodrigues	individual	Senior Masculino	04:17:39	+01:29:09	06:08
136	112	José Júlio Fernandes Vilaça	individual	Veterano M40	04:18:02	+01:29:32	06:09
137	115	Nelson Ramos	individual	Veterano M45	04:18:18	+01:29:48	06:09
138	163	Hugo Moita	individual	Senior Masculino	04:18:25	+01:29:55	06:09
139	13	Carla Cristina	adventure maps	Veterana F40	04:18:29	+01:29:59	06:09
140	169	Emanuel Santos	individual	Senior Masculino	04:18:32	+01:30:02	06:09
141	151	Carlos pereira	individual	Veterano M45	04:18:46	+01:30:16	06:10
142	346	José Neto	individual	Veterano M50	04:20:05	+01:31:35	06:12
143	200	Manuel Oliveira	individual	Veterano M50	04:20:24	+01:31:54	06:12
144	16	João Alves	adventure maps	Veterano M45	04:21:01	+01:32:31	06:13
145	29	Eduardo Pinto	all about	Veterano M40	04:21:35	+01:33:05	06:14
146	255	Marco Silva	all about	Veterano M40	04:21:35	+01:33:05	06:14
147	333	André Wiborg	wl84	Veterano M55	04:21:45	+01:33:15	06:14
148	37	António José Machado Loureiro	autistic runners	Veterano M45	04:21:45	+01:33:15	06:14
149	96	Francisco Reis	grupo desportivo dos ferroviários de campanhã gdfc	Veterano M40	04:21:45	+01:33:15	06:14
150	196	Joaquim de Sousa Costa	individual	Veterano M45	04:22:07	+01:33:37	06:14
151	228	isaac costa	individual	Senior Masculino	04:22:17	+01:33:47	06:15
152	31	Joao Ferreira Oliveira	amigos do atletismo povoense	Veterano M50	04:22:21	+01:33:51	06:15
153	124	Carlos Manuel Viana Saragoça	individual	Senior Masculino	04:22:27	+01:33:57	06:15
154	198	Rodrigo Oliveira	individual	Senior Masculino	04:22:27	+01:33:57	06:15
155	315	Luis Miguel Taveira de ALmeida Mendes Pedroso	tartarugas do asfalto	Veterano M40	04:23:03	+01:34:33	06:16
156	295	Mika Magalhães	núcleo de montanha de espinho	Veterano M40	04:23:25	+01:34:55	06:16
157	229	Carlos Alberto Pedras Gonçalves	individual	Veterano M45	04:23:50	+01:35:20	06:17
158	161	manuel dominguez de la fuente	individual	Senior Masculino	04:23:53	+01:35:23	06:17
159	130	João Paulo Meixedo	individual	Veterano M45	04:24:42	+01:36:12	06:18
160	46	Nuno Ferreira	ccd - siemens	Senior Masculino	04:25:21	+01:36:51	06:19
161	331	Hugo Ferreira	white running team	Senior Masculino	04:25:21	+01:36:51	06:19
162	104	Bruno Filipe Ribeiro Ferreira	individual	Senior Masculino	04:25:45	+01:37:15	06:20
163	273	Inês peixoto	individual	Senior Feminino	04:26:03	+01:37:33	06:20
164	199	JORGE AUGUSTO	individual	Veterano M40	04:26:36	+01:38:06	06:21
165	249	Maria Antonieta de Sá	individual	Veterana F45	04:27:21	+01:38:51	06:22
166	207	Nuno Silva	individual	Senior Masculino	04:27:37	+01:39:07	06:22
167	98	Nuno Costa	grupo desportivo limpeza urbana	Veterano M40	04:27:54	+01:39:24	06:23
168	11	Renato Carvalho	adcr polícia judiciária	Veterano M40	04:28:22	+01:39:52	06:23
169	21	EMANUEL MARTINS	afrikanrunners	Senior Masculino	04:28:29	+01:39:59	06:24
170	247	Bruno Ricardo Pereira Araujo	individual	Senior Masculino	04:29:14	+01:40:44	06:25
171	266	Mário Meneses	individual	Veterano M55	04:29:15	+01:40:45	06:25
172	86	Rui Rodrigues	gaia-running	Veterano M40	04:29:45	+01:41:15	06:25
173	67	André Castros	desnível positivo	Veterano M40	04:29:45	+01:41:15	06:25
174	246	Miguel Loureiro	individual	Veterano M40	04:30:23	+01:41:53	06:26
175	330	Casimiro Fernandes	vitória sport club	Veterano M55	04:30:56	+01:42:26	06:27
176	176	Miguel da Silva ferreira	individual	Senior Masculino	04:31:04	+01:42:34	06:27
177	138	Paulo Marques	individual	Veterano M40	04:31:10	+01:42:40	06:27

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
178	211	Jose Antonio rodrigues de sousa	individual	Senior Masculino	04:31:22	+01:42:52	06:28
179	185	Nuno Tamagnini	individual	Veterano M40	04:31:41	+01:43:11	06:28
180	329	Filpe Lages	vimarunners	Veterano M45	04:33:02	+01:44:32	06:30
181	236	Séverine Boiteau	individual	Veterana F40	04:33:02	+01:44:32	06:30
182	280	Robert Cimander	individual	Veterano M45	04:34:19	+01:45:49	06:32
183	293	João Pinto	no tomorrow running team	Senior Masculino	04:34:25	+01:45:55	06:32
184	116	Ana Coelho	gaia running	Senior Feminino	04:34:35	+01:46:05	06:32
185	314	Clemente Teixeira	shots international runners	Veterano M45	04:34:36	+01:46:06	06:32
186	15	Anibal Vieira	adventure maps	Veterano M45	04:35:00	+01:46:30	06:33
187	122	Marco Teles	individual	Veterano M40	04:35:14	+01:46:44	06:33
188	23	MARCO RUSSO	afrikanrunners	Senior Masculino	04:36:01	+01:47:31	06:34
189	149	Dário Jorge Ferreira Ribeiro	individual	Senior Masculino	04:36:02	+01:47:32	06:34
190	219	Renato viana	individual	Veterano M40	04:36:13	+01:47:43	06:35
191	111	Paula Oliveira	individual	Veterana F40	04:36:20	+01:47:50	06:35
192	178	Joaquim Alcides Morgado Vaz	individual	Veterano M40	04:37:46	+01:49:16	06:37
193	145	Nuno Magalhães	individual	Veterano M45	04:38:07	+01:49:37	06:37
194	288	ANTONIO MIRANDA	lousada runners	Veterano M50	04:39:48	+01:51:18	06:40
195	137	JUAN LUIS BLANCO RAMOS	individual	Veterano M45	04:40:05	+01:51:35	06:40
196	239	Alberto Pereira	individual	Veterano M45	04:40:47	+01:52:17	06:41
197	320	José Granja	tiago cadete - living	Veterano M40	04:41:28	+01:52:58	06:42
198	40	Carlos Carvalho	blip.pt	Senior Masculino	04:41:39	+01:53:09	06:42
199	126	André Dias	individual	Senior Masculino	04:41:46	+01:53:16	06:43
200	100	Rui Pedras	individual	Veterano M55	04:42:01	+01:53:31	06:43
201	106	Mariana Machado Ballester	individual	Senior Feminino	04:42:01	+01:53:31	06:43
202	155	Tiago Dionisio	individual	Veterano M40	04:42:02	+01:53:32	06:43
203	167	Manuel Santos Silva	individual	Veterano M45	04:42:17	+01:53:47	06:43
204	50	Aureliano Valente	clube zupper	Senior Masculino	04:42:43	+01:54:13	06:44
205	271	Paulo Santos	individual	Senior Masculino	04:43:00	+01:54:30	06:44
206	38	José Luis Machado Loureiro	autistic runners	Veterano M50	04:43:13	+01:54:43	06:45
207	323	Ricardo Silva	tugas na estrada	Veterano M40	04:43:40	+01:55:10	06:45
208	150	Sérgio Miranda	individual	Senior Masculino	04:44:57	+01:56:27	06:47
209	7	Luís Vale	4 runners team	Senior Masculino	04:45:39	+01:57:09	06:48
210	325	Kevin Gümüs	ultrasports trailrunning heilbornn ger	Senior Masculino	04:46:10	+01:57:40	06:49
211	28	Paula Santos	all about	Veterana F40	04:47:43	+01:59:13	06:51
212	204	Virgílio Bento	individual	Veterano M45	04:48:02	+01:59:32	06:51
213	321	Vitor Santos	tropa paredes	Senior Masculino	04:48:38	+02:00:08	06:52
214	139	Paulo Alexandre Silva	individual	Veterano M40	04:48:52	+02:00:22	06:53
215	171	Patrícia Rodrigues	individual	Veterana F40	04:50:23	+02:01:53	06:55
216	322	Jorge Manuel Rodrigues Gonçalves	tugas na estrada	Veterano M55	04:50:24	+02:01:54	06:55
217	265	Ivete Carneiro	individual	Veterana F40	04:51:46	+02:03:16	06:57
218	348	Rui Pinho	individual	Veterano M40	04:51:46	+02:03:16	06:57
219	254	JOANA RODRIGUES SOUSA	individual	Senior Feminino	04:54:27	+02:05:57	07:01
220	279	Raul Cerdeira	individual	Veterano M40	04:55:47	+02:07:17	07:03
221	264	Alexandre Viegas Maniés	individual	Veterano M50	04:55:49	+02:07:19	07:03
222	311	André Coelho	running team lantermil	Senior Masculino	04:56:17	+02:07:47	07:03
223	310	vitor coelho	running team lantermil	Veterano M40	04:58:25	+02:09:55	07:06

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
224	259	Paulo Cavaco	individual	Veterano M45	04:58:44	+02:10:14	07:07
225	342	Porfirio da silva pereira	individual	Veterano M40	04:58:45	+02:10:15	07:07
226	334	Ivo Figueiroa	clube zipper	Senior Masculino	04:58:45	+02:10:15	07:07
227	88	Nuno Seabra	gam team trail	Senior Masculino	04:59:26	+02:10:56	07:08
228	87	Fernando Varanda	gam team trail	Senior Masculino	04:59:28	+02:10:58	07:08
229	318	Raul Loureiro	tiago cadete - living	Veterano M40	05:02:02	+02:13:32	07:11
230	133	Melanie Grace Owen	individual	Veterana F45	05:02:25	+02:13:55	07:12
231	237	Andreas Schick	individual	Veterano M55	05:02:40	+02:14:10	07:12
232	221	Ralf Windisch	individual	Veterano M45	05:02:41	+02:14:11	07:12
233	153	jose joaquim peixoto fernandes	individual	Veterano M55	05:04:16	+02:15:46	07:15
234	72	Célia Sampaio	desnível positivo	Veterana F40	05:04:22	+02:15:52	07:15
235	58	Joaquim Sampaio	d+	Veterano M60	05:04:22	+02:15:52	07:15
236	141	Fernanda Alves	individual	Veterana F40	05:04:29	+02:15:59	07:15
237	231	Rui Jovino Martins	individual	Veterano M40	05:05:31	+02:17:01	07:16
238	156	João Godinho Mendes	individual	Veterano M45	05:07:12	+02:18:42	07:19
239	286	joao paulo almeida	kaninos	Veterano M45	05:10:05	+02:21:35	07:23
240	224	Inês Félix Chung	individual	Senior Feminino	05:11:55	+02:23:25	07:26
241	190	Nuno Chung	individual	Senior Masculino	05:11:55	+02:23:25	07:26
242	79	Ricardo Rui Lopes Mendes Ferreira da Silva	falta muito?	Veterano M40	05:13:02	+02:24:32	07:27
243	214	Carlos Pereira	individual	Veterano M45	05:13:02	+02:24:32	07:27
244	182	Ilidio Pires	individual	Veterano M40	05:14:42	+02:26:12	07:30
245	101	CARLA MOTA	individual	Veterana F40	05:14:42	+02:26:12	07:30
246	277	Luis Nogueira	tartarugas do asfalto	Veterano M45	05:14:42	+02:26:12	07:30
247	242	Eduard Agayev	individual	Sub 23 Masculino	05:15:08	+02:26:38	07:30
248	160	nuno marques	individual	Senior Masculino	05:16:35	+02:28:05	07:32
249	154	Márcio Silva	individual	Senior Masculino	05:17:41	+02:29:11	07:34
250	230	Paulo Sérgio Matos da Silva	individual	Veterano M40	05:17:41	+02:29:11	07:34
251	110	Jaime de Almeida coimbra da Silva	individual	Veterano M55	05:19:10	+02:30:40	07:36
252	109	Alexandre Miguel	individual	Senior Masculino	05:19:11	+02:30:41	07:36
253	19	FERNANDO SANTOS	afis/ovar	Veterano M60	05:22:04	+02:33:34	07:40
254	213	DIANE MARIE SILVA	individual	Veterana F50	05:24:41	+02:36:11	07:44
255	18	Isabel Rodrigues	adventure maps	Veterana F50	05:27:08	+02:38:38	07:47
256	95	Miguel Teixeira	gramidense ifc	Senior Masculino	05:32:48	+02:44:18	07:55
257	76	Fernando Oliveira	engomadoria l&a team	Veterano M40	05:32:48	+02:44:18	07:55
258	184	Vera Nogueira	individual	Senior Feminino	05:37:42	+02:49:12	08:02
259	316	António Pinheiro	team duas faces	Senior Masculino	05:38:00	+02:49:30	08:03
260	181	Rui Quintão Gomes	individual	Senior Masculino	05:38:01	+02:49:31	08:03
261	301	Joe Kelbel	individual	Veterano M50	05:58:16	+03:09:46	08:32
262	220	Gisela Erckner	individual	Veterana F45	06:05:49	+03:17:19	08:43
263	327	Kuno Konowski	ultrasports trailrunning heilbornn ger	Veterano M45	06:08:28	+03:19:58	08:46
264	326	Claudia Konowski	ultrasports trailrunning heilbornn ger	Veterana F40	06:08:28	+03:19:58	08:46
265	17	Carlos Agostinho	adventure maps	Veterano M50	06:22:49	+03:34:19	09:07
266	251	Elisa Claro Canário	individual	Senior Feminino	06:57:06	+04:08:36	09:56
267	244	João Cristóvão	individual	Veterano M45	06:57:06	+04:08:36	09:56
268	347	Thomas Walter Fischer	individual	Veterano M50	07:00:07	+04:11:37	10:00

42K

42 KM

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27	12	Sérgio Neves	Adventure Maps	Senior Masculino	03:51:53	+01:03:23	05:31
28	303	Helder Augusto Ferreira Camilo	PAREDES AVENTURA	Senior Masculino	03:53:33	+01:05:03	05:34
29	291	Fernando Carneiro	NAST	Senior Masculino	03:54:23	+01:05:53	05:35
30	26	SERGIO RUSSO	AfrikanRunners	Senior Masculino	03:54:31	+01:06:01	05:35
31	25	RUI PEREIRA	AfrikanRunners	Senior Masculino	03:54:31	+01:06:01	05:35
32	175	Paulo cesar martins lima de carvalho	Individual	Senior Masculino	03:55:02	+01:06:32	05:36
33	336	António Lencastre	Individual	Senior Masculino	03:56:36	+01:08:06	05:38
34	296	José Gomes	Os Braguinhas Atletismo	Senior Masculino	03:57:43	+01:09:13	05:40
35	52	Nuno Filipe Moreira Ribeiro	Clube Zupper	Senior Masculino	03:57:46	+01:09:16	05:40
36	257	Germano adrega Cardoso	Individual	Senior Masculino	03:58:01	+01:09:31	05:40
37	343	HELDER FERNANDO VIEIRA AZEVEDO	NAST	Senior Masculino	03:58:43	+01:10:13	05:41
38	105	Mário Manuel Franco Teixeira	Individual	Senior Masculino	03:59:02	+01:10:32	05:41
39	159	Angelo Cabral	Individual	Senior Masculino	03:59:47	+01:11:17	05:43
40	77	João Moreira	Equipa Wikaboo\ Running Espinho	Senior Masculino	04:02:13	+01:13:43	05:46
41	142	Miguel pereira	Individual	Senior Masculino	04:03:26	+01:14:56	05:48
42	94	Helder Ferreira	Gramidense IFC	Senior Masculino	04:03:27	+01:14:57	05:48
43	223	João Poças	Individual	Senior Masculino	04:03:32	+01:15:02	05:48
44	294	BRUNO LOUREIRO	Not Run Alone	Senior Masculino	04:04:26	+01:15:56	05:49
45	70	Vitor Penetra	Desnível Positivo	Senior Masculino	04:04:31	+01:16:01	05:49
46	83	Diogo Soares da Costa Almeida	Fofi's	Senior Masculino	04:04:45	+01:16:15	05:50
47	35	Tiago Loureiro	ASPHALT ASSAULT TEAM	Senior Masculino	04:05:22	+01:16:52	05:51
48	317	Tiago Cadete	Tiago Cadete - Living	Senior Masculino	04:05:40	+01:17:10	05:51
49	75	Celso Santos	Engomadoria L&A Team	Senior Masculino	04:05:56	+01:17:26	05:51
50	92	Fernando Almeida	Gelpeixe	Senior Masculino	04:07:47	+01:19:17	05:54
51	338	Marco Escadas	Individual	Senior Masculino	04:08:02	+01:19:32	05:54
52	144	Pedro Dourado	Individual	Senior Masculino	04:09:37	+01:21:07	05:57
53	20	Filipe Gonçalves	AfrikanRunners	Senior Masculino	04:09:41	+01:21:11	05:57
54	278	Sérgio Amaro Bastos	Individual	Senior Masculino	04:10:13	+01:21:43	05:57
55	183	Nuno Siva	Individual	Senior Masculino	04:10:25	+01:21:55	05:58
56	129	Pedro Sá	Individual	Senior Masculino	04:11:15	+01:22:45	05:59
57	132	José Miguel Diogo	Individual	Senior Masculino	04:13:04	+01:24:34	06:02
58	165	João Manuel Martins Gaspar Caetano	Individual	Senior Masculino	04:13:28	+01:24:58	06:02
59	282	bruno ribeiro	Kaninos	Senior Masculino	04:13:28	+01:24:58	06:02
60	281	Humberto Barros	Kaninos	Senior Masculino	04:13:28	+01:24:58	06:02
61	197	Miguel Novais	Individual	Senior Masculino	04:13:43	+01:25:13	06:02
62	305	Victor Manuel Leite Fernandes	PICANHOS TEAM	Senior Masculino	04:15:23	+01:26:53	06:05
63	313	Hugo Gonçalves	Shots International Runners	Senior Masculino	04:16:05	+01:27:35	06:06
64	24	NELSON NUNES	AfrikanRunners	Senior Masculino	04:16:34	+01:28:04	06:07
65	217	Márcio Luis Benedito Vieira	Individual	Senior Masculino	04:16:53	+01:28:23	06:07
66	34	Marco Silva	ASPHALT ASSAULT TEAM	Senior Masculino	04:17:29	+01:28:59	06:08
67	33	Carlos Azevedo	ASPHALT ASSAULT TEAM	Senior Masculino	04:17:30	+01:29:00	06:08
68	205	Mário Rodrigues	Individual	Senior Masculino	04:17:39	+01:29:09	06:08
69	163	Hugo Moita	Individual	Senior Masculino	04:18:25	+01:29:55	06:09
70	169	Emanuel Santos	Individual	Senior Masculino	04:18:32	+01:30:02	06:09
71	228	isaac costa	Individual	Senior Masculino	04:22:17	+01:33:47	06:15
72	124	Carlos Manuel Viana Saragoça	Individual	Senior Masculino	04:22:27	+01:33:57	06:15

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73	198	Rodrigo Oliveira	Individual	Senior Masculino	04:22:27	+01:33:57	06:15
74	161	manuel dominguez de la fuente	Individual	Senior Masculino	04:23:53	+01:35:23	06:17
75	46	Nuno Ferreira	CCD - SIEMENS	Senior Masculino	04:25:21	+01:36:51	06:19
76	331	Hugo Ferreira	WHITE RUNNING TEAM	Senior Masculino	04:25:21	+01:36:51	06:19
77	104	Bruno Filipe Ribeiro Ferreira	Individual	Senior Masculino	04:25:45	+01:37:15	06:20
78	207	Nuno Silva	Individual	Senior Masculino	04:27:37	+01:39:07	06:22
79	21	EMANUEL MARTINS	AfrikanRunners	Senior Masculino	04:28:29	+01:39:59	06:24
80	247	Bruno Ricardo Pereira Araujo	Individual	Senior Masculino	04:29:14	+01:40:44	06:25
81	176	Miguel da Silva ferreira	Individual	Senior Masculino	04:31:04	+01:42:34	06:27
82	211	Jose Antonio rodrigues de sousa	Individual	Senior Masculino	04:31:22	+01:42:52	06:28
83	293	João Pinto	NO TOMORROW RUNNING TEAM	Senior Masculino	04:34:25	+01:45:55	06:32
84	23	MARCO RUSSO	AfrikanRunners	Senior Masculino	04:36:01	+01:47:31	06:34
85	149	Dário Jorge Ferreira Ribeiro	Individual	Senior Masculino	04:36:02	+01:47:32	06:34
86	40	Carlos Carvalho	Blip.pt	Senior Masculino	04:41:39	+01:53:09	06:42
87	126	André Dias	Individual	Senior Masculino	04:41:46	+01:53:16	06:43
88	50	Aureliano Valente	Clube Zupper	Senior Masculino	04:42:43	+01:54:13	06:44
89	271	Paulo Santos	Individual	Senior Masculino	04:43:00	+01:54:30	06:44
90	150	Sérgio Miranda	Individual	Senior Masculino	04:44:57	+01:56:27	06:47
91	7	Luís Vale	4 Runners Team	Senior Masculino	04:45:39	+01:57:09	06:48
92	325	Kevin Gümüs	Ultrasports Trailrunning Heilbornn GER	Senior Masculino	04:46:10	+01:57:40	06:49
93	321	Vitor Santos	Trepa Paredes	Senior Masculino	04:48:38	+02:00:08	06:52
94	311	André Coelho	Running Team Lanternil	Senior Masculino	04:56:17	+02:07:47	07:03
95	334	Ivo Figueiroa	Clube Zupper	Senior Masculino	04:58:45	+02:10:15	07:07
96	88	Nuno Seabra	Gam Team Trail	Senior Masculino	04:59:26	+02:10:56	07:08
97	87	Fernando Varanda	Gam Team Trail	Senior Masculino	04:59:28	+02:10:58	07:08
98	190	Nuno Chung	Individual	Senior Masculino	05:11:55	+02:23:25	07:26
99	160	nuno marques	Individual	Senior Masculino	05:16:35	+02:28:05	07:32
100	154	Márcio Silva	Individual	Senior Masculino	05:17:41	+02:29:11	07:34
101	109	Alexandre Miguel	Individual	Senior Masculino	05:19:11	+02:30:41	07:36
102	95	Miguel Teixeira	Gramidense IFC	Senior Masculino	05:32:48	+02:44:18	07:55
103	316	António Pinheiro	Team DUAS FACES	Senior Masculino	05:38:00	+02:49:30	08:03
104	181	Rui Quintão Gomes	Individual	Senior Masculino	05:38:01	+02:49:31	08:03

Sub 23 Masculino

1	242	Eduard Agayev	Individual	Sub 23 Masculino	05:15:08		07:30
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Veterana F40

1	174	M. Fátima Garrido Melo	Individual	Veterana F40	03:24:09		04:52
2	71	Fátima Manuela Gomes Alendouro	Desnível Positivo	Veterana F40	04:12:53	+48:44	06:01
3	13	Carla Cristina	Adventure Maps	Veterana F40	04:18:29	+54:20	06:09
4	236	Séverine Boiteau	Individual	Veterana F40	04:33:02	+01:08:53	06:30
5	111	Paula Oliveira	Individual	Veterana F40	04:36:20	+01:12:11	06:35

42K

42 KM

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6	28	Paula Santos	All About	Veterana F40	04:47:43	+01:23:34	06:51
7	171	Patrícia Rodrigues	Individual	Veterana F40	04:50:23	+01:26:14	06:55
8	265	Ivete Carneiro	Individual	Veterana F40	04:51:46	+01:27:37	06:57
9	72	Célia Sampaio	Desnível Positivo	Veterana F40	05:04:22	+01:40:13	07:15
10	141	Fernanda Alves	Individual	Veterana F40	05:04:29	+01:40:20	07:15
11	101	CARLA MOTA	Individual	Veterana F40	05:14:42	+01:50:33	07:30
12	326	Claudia Konowski	Ultrasports Trailrunning Heilbornn GER	Veterana F40	06:08:28	+02:44:19	08:46

Veterana F45

1	249	Maria Antonieta de Sá	Individual	Veterana F45	04:27:21		06:22
2	133	Melanie Grace Owen	Individual	Veterana F45	05:02:25	+35:04	07:12
3	220	Gisela Erckner	Individual	Veterana F45	06:05:49	+01:38:28	08:43

Veterana F50

1	213	DIANE MARIE SILVA	Individual	Veterana F50	05:24:41		07:44
2	18	Isabel Rodrigues	Adventure Maps	Veterana F50	05:27:08	+02:27	07:47

Veterano M40

1	59	Luis Gil	Decathlon Maia	Veterano M40	02:52:10		04:06
2	241	Abílio Ribeiro	CALDAS DE S JORGE SPORT CLUB	Veterano M40	03:09:17	+17:07	04:30
3	203	Nuno Carlos Figueiredo Campos	Individual	Veterano M40	03:22:23	+30:13	04:49
4	232	Rui Miguel Martins	Individual	Veterano M40	03:27:47	+35:37	04:57
5	99	Joaquim Manuel Martins De Freitas	grupo dramatico e recreativo da retorta	Veterano M40	03:32:54	+40:44	05:04
6	85	Jorge Pereira	GAIA-RUNNING	Veterano M40	03:33:40	+41:30	05:05
7	91	rui gomes	GD OS RIBEIRINHOS	Veterano M40	03:37:18	+45:08	05:10
8	298	José António Silva	Os Braguinhas Atletismo	Veterano M40	03:37:30	+45:20	05:11
9	263	JOSÉ MANUEL RODRIGO NUNES	Individual	Veterano M40	03:38:05	+45:55	05:12
10	49	Marco Vieira	Clube Zupper	Veterano M40	03:38:57	+46:47	05:13
11	261	Jorge Figueiredo	Individual	Veterano M40	03:42:32	+50:22	05:18
12	143	Nuno Seabra	Individual	Veterano M40	03:43:06	+50:56	05:19
13	2327	José Afonso	Individual	Veterano M40	03:43:43	+51:33	05:20
14	341	Helder Rodrigues	Individual	Veterano M40	03:45:03	+52:53	05:22
15	285	joaquim capela	Kaninos	Veterano M40	03:45:13	+53:03	05:22
16	90	Isaac Costa	Gam Team Trail	Veterano M40	03:45:25	+53:15	05:22
17	48	Luis Miguel Alves Monteiro	Clube Desportivo da Limpeza Urbana	Veterano M40	03:45:35	+53:25	05:22
18	209	Hugo Hêrmani Pimenta Sousa Faria	Individual	Veterano M40	03:48:59	+56:49	05:27
19	43	João Carvalhal	BUDEGUITA RUNNERS	Veterano M40	03:53:47	+01:01:37	05:34
20	300	Henrique Silva	Os Braguinhas Atletismo	Veterano M40	03:54:48	+01:02:38	05:35
21	81	Luis Filipe Bastos Pinho	FIT4FUN	Veterano M40	03:55:36	+01:03:26	05:37

21K

21 KM

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	Time	Temperature	Humidity
Start	09:15	4,5°C	79,8%
End	12:27	4,5°C	79,8%

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

1	2206	joana fonseca	Individual	Senior Feminino	01:47:45		05:08
2	2338	Bárbara de Carvalho Fernandes	Juventude Vidigalense	Senior Feminino	01:48:12	+00:27	05:09
3	2162	Sarina Carneiro Guimarães	Individual	Senior Feminino	01:48:52	+01:07	05:11
4	3004	Cidália Novais	SOCIEDADE RECREIO CEPANENSE	Senior Feminino	01:52:40	+04:55	05:22
5	2034	Ana Sousa	BUDEGUITA RUNNERS	Senior Feminino	01:53:31	+05:46	05:24
6	2104	Armanda Barroso	G.D. "Os Ribeirinhos"	Senior Feminino	01:54:16	+06:31	05:26
7	2382	Mariana Delgado	ROSÁRIO EXTREME	Senior Feminino	01:55:20	+07:35	05:30
8	2424	Fatinha pinto	Individual	Senior Feminino	01:58:09	+10:24	05:38
9	2251	Eduarda Pires Campos	Individual	Senior Feminino	01:59:06	+11:21	05:40
10	2021	Dulce Severina Faria da Silva	Bragazelas	Senior Feminino	01:59:31	+11:46	05:41
11	2072	Carla Sousa	Desnível Positivo	Senior Feminino	02:00:48	+13:03	05:45
12	2364	Paula Montenegro	Os Zangões	Senior Feminino	02:07:12	+19:27	06:03
13	2342	Marília da Conceição da Silva Macieira	Macieirinhas	Senior Feminino	02:07:37	+19:52	06:05
14	2348	Ana Cláudia Sereno	NASE	Senior Feminino	02:08:34	+20:49	06:07
15	2404	Solange Cabral	TRILHando	Senior Feminino	02:09:49	+22:04	06:11
16	2236	Barbara Baldaia	Individual	Senior Feminino	02:09:52	+22:07	06:11
17	2314	Liliana Araújo Ferreira	Individual	Senior Feminino	02:12:59	+25:14	06:20
18	2225	Carmen Santos Lima	Individual	Senior Feminino	02:14:45	+27:00	06:25
19	2287	Ana Sofia da Silva Borges	Individual	Senior Feminino	02:15:13	+27:28	06:26
20	2011	Catarina Figueiredo	Anchor	Senior Feminino	02:15:24	+27:39	06:27
21	2354	Cheila Ferreira Dias	Números Sete	Senior Feminino	02:15:50	+28:05	06:28
22	2204	Andreia Susana da Costa Maia	Individual	Senior Feminino	02:16:31	+28:46	06:30
23	2295	Claudia Sofia Meira Ribeiro	Individual	Senior Feminino	02:20:15	+32:30	06:41
24	2183	Martina Riedle	Individual	Senior Feminino	02:21:06	+33:21	06:43
25	2418	Rita Chaves Rebelo	Terroros do Asfalto	Senior Feminino	02:21:27	+33:42	06:44
26	2168	Joana Rebelo	Individual	Senior Feminino	02:21:27	+33:42	06:44
27	2123	Francisca Anhas	Individual	Senior Feminino	02:25:02	+37:17	06:54
28	2065	Bia Martins	Desnível Positivo	Senior Feminino	02:25:44	+37:59	06:56
29	2397	Elsa Carvalho	Tás a Ver?	Senior Feminino	02:28:45	+41:00	07:05
30	2262	Ana Torres	Individual	Senior Feminino	02:29:29	+41:44	07:07
31	2095	Elisabete Santos Novais	Ferrugem	Senior Feminino	02:32:20	+44:35	07:15
32	2406	Inês Ferreira Gonçalves	TUGAS NA ESTRADA	Senior Feminino	02:32:29	+44:44	07:16
33	2379	Márcia Cardoso	Raposas	Senior Feminino	02:32:32	+44:47	07:16
34	2396	Claudia Dias	Tás a Ver?	Senior Feminino	02:34:26	+46:41	07:21
35	2380	Ana Pimentel	Raposas	Senior Feminino	02:36:01	+48:16	07:26
36	2377	Sónia Ribeiro	Raposas	Senior Feminino	02:38:12	+50:27	07:32
37	2210	Mónica Vilela	Individual	Senior Feminino	02:38:13	+50:28	07:32
38	2182	Daniela Barbosa	Individual	Senior Feminino	02:47:54	+01:00:09	08:00
39	2368	Manuela Maria Leite Fernandes	PICANHOS TEAM	Senior Feminino	02:51:19	+01:03:34	08:09

Official Timekeeper: Lap2Go	1 / 10	generate 30-nov-2015 16:02
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21K

21 KM

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41	2146	Leandro André Vieira Lima	Individual	Senior Masculino	01:48:02	+23:58	05:09
42	2180	Ricardo Pliteiro	Individual	Senior Masculino	01:48:53	+24:49	05:11
43	2428	daniel fernandez lopez	Individual	Senior Masculino	01:48:59	+24:55	05:11
44	2431	Jorge Vazquez Alvarez	Individual	Senior Masculino	01:48:59	+24:55	05:11
45	2356	João Carolo	Nuno Ribeiro	Senior Masculino	01:49:41	+25:37	05:13
46	2055	Nuno Cunha	Clube Zupper	Senior Masculino	01:49:55	+25:51	05:14
47	2118	Pedro Santos	Individual	Senior Masculino	01:50:25	+26:21	05:16
48	2050	João Ramos	Clube Zupper	Senior Masculino	01:50:35	+26:31	05:16
49	2140	Isolino Alves	Individual	Senior Masculino	01:50:46	+26:42	05:16
50	2054	Pedro Cancelo	Clube Zupper	Senior Masculino	01:50:52	+26:48	05:17
51	2049	Paulo Silva	Clube Zupper	Senior Masculino	01:50:52	+26:48	05:17
52	2134	David Camelo	Individual	Senior Masculino	01:51:42	+27:38	05:19
53	2351	Rui Manuel Soares do Rêgo	NAST	Senior Masculino	01:52:42	+28:38	05:22
54	2053	Hugo Freixo	Clube Zupper	Senior Masculino	01:53:31	+29:27	05:24
55	2433	Rui Pedro Faria	Individual	Senior Masculino	01:54:09	+30:05	05:26
56	2334	Luis dias	Individual	Senior Masculino	01:54:13	+30:09	05:26
57	2105	Clemente Martins Pinto	G.D. "Os Ribeirinhos"	Senior Masculino	01:54:16	+30:12	05:26
58	2083	Nuno Cortesão	ESCOLA DE ATLETISMO DE COIMBRA	Senior Masculino	01:54:26	+30:22	05:27
59	2331	Ricardo Fernandes	Individual	Senior Masculino	01:54:43	+30:39	05:28
60	2158	Samuel Gonçalves	Individual	Senior Masculino	01:54:46	+30:42	05:28
61	2335	Afonso Bonifácio	Individual	Senior Masculino	01:54:47	+30:43	05:28
62	2417	RICARDO FERNANDES	AfrikanRunners	Senior Masculino	01:54:49	+30:45	05:28
63	2363	Helder Valadas	os perigosos	Senior Masculino	01:54:50	+30:46	05:28
64	2240	Daniel Fernandez Lozano	Individual	Senior Masculino	01:56:03	+31:59	05:32
65	2128	Alexandre Dias	Individual	Senior Masculino	01:56:18	+32:14	05:32
66	2106	Pedro Braga	SPEM	Senior Masculino	01:56:20	+32:16	05:32
67	2107	Ricardo Ferreira	SPEM	Senior Masculino	01:56:23	+32:19	05:33
68	2197	Ricardo de Almeida Pinho Carmo	Individual	Senior Masculino	01:56:25	+32:21	05:33
69	2281	Emanuel Braga	Individual	Senior Masculino	01:56:31	+32:27	05:33
70	2025	Tiago Almeida	BUDEGUITA RUNNERS	Senior Masculino	01:56:34	+32:30	05:33
71	2425	André Filipe Dias Brochado	Individual	Senior Masculino	01:56:40	+32:36	05:33
72	2436	Vitor rocha	Individual	Senior Masculino	01:57:03	+32:59	05:34
73	2005	RUFINO FREITAS	AfrikanRunners	Senior Masculino	01:57:07	+33:03	05:35
74	2116	Pedro Oliveira	Individual	Senior Masculino	01:57:14	+33:10	05:35
75	2013	André Alves	Andantino	Senior Masculino	01:57:32	+33:28	05:36
76	2089	Filipe Jorge Mendes Carvalho	FALTA MUITO?	Senior Masculino	01:58:14	+34:10	05:38
77	2328	Diogo Sampaio Barbosa de Matos	Individual	Senior Masculino	01:58:15	+34:11	05:38
78	2311	Guilherme José Ferraz Macedo Vieira	Individual	Senior Masculino	01:58:20	+34:16	05:38
79	2213	Domingos Jerônimo ribeiro gomes	Individual	Senior Masculino	01:58:35	+34:31	05:39
80	2212	Marco Antonio Muniz Lippert	Individual	Senior Masculino	01:58:53	+34:49	05:40
81	2301	César Macedo	Individual	Senior Masculino	01:58:58	+34:54	05:40
82	2061	RAFAEL FREITAS	COXOS DE SAPATILHAS	Senior Masculino	01:59:06	+35:02	05:40
83	82	Paulo Freitas	Fofi's	Senior Masculino	01:59:06	+35:02	05:40
84	2374	Claudio Ferreira	Preh Runners	Senior Masculino	01:59:07	+35:03	05:40
85	2282	Rogério Araújo Costa	Individual	Senior Masculino	02:00:25	+36:21	05:44
86	2283	Alexandre Martins	Individual	Senior Masculino	02:00:29	+36:25	05:44

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87	2429	João Oliveira	Individual	Senior Masculino	02:00:43	+36:39	05:45
88	2196	Paulo Renato Fernandes Gomes	Individual	Senior Masculino	02:00:50	+36:46	05:45
89	2352	Jorge Vieira	NEL - Pédatleta	Senior Masculino	02:00:54	+36:50	05:45
90	2304	Pedro Ferreira	Individual	Senior Masculino	02:01:59	+37:55	05:49
91	2359	Marco Caseiro	os perigosos	Senior Masculino	02:02:03	+37:59	05:49
92	2285	Duarte Aguiar	Individual	Senior Masculino	02:02:04	+38:00	05:49
93	2194	osvaldo daniel ferreira pinho	Individual	Senior Masculino	02:02:28	+38:24	05:50
94	2261	Manuel Aguiar Pinto Ferreira	Individual	Senior Masculino	02:02:59	+38:55	05:51
95	2098	Eduardo Bernardino	FFit Gaia Trail	Senior Masculino	02:03:00	+38:56	05:51
96	2293	João Dias	Individual	Senior Masculino	02:03:18	+39:14	05:52
97	2144	Rui Jorge Pereira Marinho Ribeiro	Individual	Senior Masculino	02:03:24	+39:20	05:53
98	2155	Nuno Ribeiro	Individual	Senior Masculino	02:03:31	+39:27	05:53
99	128	Nélson Sousa	PAREDES AVENTURA	Senior Masculino	02:03:43	+39:39	05:53
100	2247	Ricardo Sousa	Individual	Senior Masculino	02:03:57	+39:53	05:54
101	2125	Nuno Lima	Individual	Senior Masculino	02:04:30	+40:26	05:56
102	2175	Nelson Manuel Marques de Sousa	Individual	Senior Masculino	02:04:32	+40:28	05:56
103	2333	RUI SOUSA	Individual	Senior Masculino	02:05:09	+41:05	05:58
104	2252	Hugo Sousa	Individual	Senior Masculino	02:05:19	+41:15	05:58
105	2272	Cláudio António Pereira Coelho Teixeira	Individual	Senior Masculino	02:05:38	+41:34	05:59
106	2026	Rui Airosa	BUDEGUITA RUNNERS	Senior Masculino	02:05:51	+41:47	06:00
107	2188	ALBERTO BARBOSA	Individual	Senior Masculino	02:06:10	+42:06	06:00
108	2185	Jorge Manuel Campelos Soares	Individual	Senior Masculino	02:07:09	+43:05	06:03
109	2148	Jose Miguel Fernandes	Individual	Senior Masculino	02:07:10	+43:06	06:03
110	2432	ricardo sousa	Individual	Senior Masculino	02:07:12	+43:08	06:03
111	2419	SÉRGIO FERREIRA	AfrikanRunners	Senior Masculino	02:07:18	+43:14	06:04
112	2086	Fernando Marinho	Fafe Runners	Senior Masculino	02:07:58	+43:54	06:06
113	2141	Ivónio Martins	Individual	Senior Masculino	02:08:02	+43:58	06:06
114	2291	Pedro Leitão	Individual	Senior Masculino	02:08:20	+44:16	06:07
115	2193	Pedro Miguel Martins Faria	Individual	Senior Masculino	02:08:35	+44:31	06:07
116	2456	Álvaro José Pontes Oliveira	Individual	Senior Masculino	02:08:45	+44:41	06:08
117	2279	Fernando Renato Samarao Pinheiro	Individual	Senior Masculino	02:08:47	+44:43	06:08
118	2200	Luis Miguel Araújo Pedrosa	Individual	Senior Masculino	02:09:42	+45:38	06:11
119	2222	Simão Cardoso	Individual	Senior Masculino	02:09:55	+45:51	06:11
120	2174	tomé pinto	Individual	Senior Masculino	02:10:01	+45:57	06:11
121	2181	Helder Oliveira	Individual	Senior Masculino	02:10:02	+45:58	06:12
122	2248	Ricardo Pires	Individual	Senior Masculino	02:10:09	+46:05	06:12
123	2326	José Eduardo Ferreira Borges	Individual	Senior Masculino	02:10:21	+46:17	06:12
124	2306	PAULO FILIPE LOUREIRO MOREIRA	Individual	Senior Masculino	02:10:22	+46:18	06:12
125	2117	Nuno Santos	Individual	Senior Masculino	02:10:46	+46:42	06:14
126	2112	Luis Teixeira	Individual	Senior Masculino	02:10:57	+46:53	06:14
127	2199	José Fernando Alves Mendes de Sousa	Individual	Senior Masculino	02:11:00	+46:56	06:14
128	2014	João Leal	Andantino	Senior Masculino	02:11:07	+47:03	06:15
129	2302	Ricardo André Vale Monteiro	Individual	Senior Masculino	02:11:34	+47:30	06:16
130	2119	JOSE MACHADO	Individual	Senior Masculino	02:12:16	+48:12	06:18
131	2091	Bruno P.	FAMA RUNNERS	Senior Masculino	02:12:16	+48:12	06:18
132	2411	Jorge Moreira	WARMS	Senior Masculino	02:13:07	+49:03	06:20

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179	65	Ricardo Taxa	Desnível Positivo	Senior Masculino	03:12:53	+01:48:49	09:11
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Sub 23 Feminino

1	2218	Francisca Alexandra Teixeira de Sousa	Individual	Sub 23 Feminino	02:05:39		05:59
2	2048	Cátia Moreira	Clube Zupper	Sub 23 Feminino	02:22:19	+16:40	06:47
3	2187	Ana Isabel Santos Vieira	Individual	Sub 23 Feminino	02:41:36	+35:57	07:42
4	2267	Mariana Antunes	Individual	Sub 23 Feminino	02:49:10	+43:31	08:03

Sub 23 Masculino

1	2437	Paulo Mendes	Individual	Sub 23 Masculino	01:21:25		03:53
2	2081	Romeu Gouveia	Escaravelhos Team	Sub 23 Masculino	01:21:29	+00:04	03:53
3	2294	João Patrício	Escaravelhos Team	Sub 23 Masculino	01:28:13	+06:48	04:12
4	2147	Pedro Filipe Sousa Silva	Individual	Sub 23 Masculino	01:50:38	+29:13	05:16
5	2092	Bruno Manuel Alves Gonçalves	Família Unida Runners	Sub 23 Masculino	01:58:26	+37:01	05:38
6	2189	José Loureiro	Individual	Sub 23 Masculino	02:09:58	+48:33	06:11
7	2154	João Nuno Pinto Ramos	Individual	Sub 23 Masculino	02:13:37	+52:12	06:22
8	2407	Tiago José Cardoso Vieira	TUGAS NA ESTRADA	Sub 23 Masculino	02:32:30	+01:11:05	07:16

Veterana F40

1	2339	Raquel Clemente Pedro	Juventude Vidigalense	Veterana F40	01:50:53		05:17
2	2032	Angelina Pinho	BUDEGUITA RUNNERS	Veterana F40	01:54:09	+03:16	05:26
3	2074	Gisela Pereira	Desnível Positivo	Veterana F40	02:01:57	+11:04	05:48
4	2455	Mónica Elisa das Dores Ribeiro Moreira	Individual	Veterana F40	02:03:31	+12:38	05:53
5	2030	Ana Dias	BUDEGUITA RUNNERS	Veterana F40	02:04:52	+13:59	05:57
6	2445	ANA CAROLINA LOPES FERREIRA	NAST	Veterana F40	02:09:48	+18:55	06:11
7	2022	Paula Cristina Barbosa Sousa de Oliveira Peixoto	Bragazelas	Veterana F40	02:19:46	+28:53	06:39
8	2211	Vera Lúcia Augusto	Individual	Veterana F40	02:20:21	+29:28	06:41
9	2100	Ana Cláudia Pissarra	FIT4FUN	Veterana F40	02:22:16	+31:23	06:46
10	2219	Carla Moreira	Individual	Veterana F40	02:25:43	+34:50	06:56
11	2136	Cláudia Pereira Pinto	Individual	Veterana F40	02:29:14	+38:21	07:06
12	2149	Elisabete Ribeiro	Individual	Veterana F40	02:30:27	+39:34	07:10
13	2353	Rita Garcia Dias	NEL - Pédatleta	Veterana F40	02:30:58	+40:05	07:11
14	2378	Helena Barbosa	Raposas	Veterana F40	02:36:02	+45:09	07:26
15	2176	Sílvia Silva	Individual	Veterana F40	02:37:16	+46:23	07:29
16	2258	Diana Teles	Individual	Veterana F40	02:52:30	+01:01:37	08:13

Veterana F45

1	2017	ANABELA REMÉDIOS	ATLÉTICO CLUBE SÃO MAMEDE	Veterana F45	01:43:05		04:55
2	2069	Margarida magalhaes	Desnível Positivo	Veterana F45	01:54:19	+11:14	05:27

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30	2009	JORGE NUNES	AfrikanRunners	Veterano M40	01:55:16	+24:40	05:29
31	2383	José Leal	ROSÁRIO EXTREME	Veterano M40	01:55:19	+24:43	05:29
32	2243	Benjamim Cruz	Individual	Veterano M40	01:55:53	+25:17	05:31
33	2028	Tiago Almeida	BUDEGUITA RUNNERS	Veterano M40	01:56:54	+26:18	05:34
34	2027	Paulo Lagoa	BUDEGUITA RUNNERS	Veterano M40	01:56:55	+26:19	05:34
35	2227	Paulo Alexandre Ribeiro Leite	Individual	Veterano M40	01:57:06	+26:30	05:35
36	2007	DOMINGOS GONÇALVES	AfrikanRunners	Veterano M40	01:57:27	+26:51	05:36
37	2164	Joao Paulo Lopes Barbosa	Individual	Veterano M40	01:58:44	+28:08	05:39
38	2453	Pedro Meneses	EFACEC	Veterano M40	01:59:10	+28:34	05:40
39	2110	Cristiano Santos	Grupo Desportivo dos Ferroviários de Campanhã GDFC	Veterano M40	02:00:18	+29:42	05:44
40	2190	Francisco Bartolomeu	Individual	Veterano M40	02:00:54	+30:18	05:45
41	2350	Joaquim Manuel Andrade dos Santos	NAST	Veterano M40	02:01:10	+30:34	05:46
42	2310	Miguel Amado	Individual	Veterano M40	02:01:57	+31:21	05:48
43	2297	Henrique Marques	Individual	Veterano M40	02:02:07	+31:31	05:49
44	2152	pedro miguel pereira carvalho	Individual	Veterano M40	02:02:55	+32:19	05:51
45	2172	Júlio Cunha	Individual	Veterano M40	02:03:28	+32:52	05:53
46	2160	Manuel José Teixeira Pereira	Individual	Veterano M40	02:03:28	+32:52	05:53
47	304	Manuel Quelhas	PAREDES AVENTURA	Veterano M40	02:03:43	+33:07	05:53
48	2336	LUIS RAMOS ALVAREZ	Individual	Veterano M40	02:03:45	+33:09	05:54
49	2052	Manuel Cardoso	Clube Zupper	Veterano M40	02:03:59	+33:23	05:54
50	2031	Nuno Dias	BUDEGUITA RUNNERS	Veterano M40	02:05:51	+35:15	06:00
51	2126	Carlos Gaspar Brandão Correia Martins	Individual	Veterano M40	02:07:19	+36:43	06:04
52	2253	Avelino Rodrigues	Individual	Veterano M40	02:07:32	+36:56	06:04
53	2284	Luís Passos	Individual	Veterano M40	02:09:35	+38:59	06:10
54	2042	Ricardo Meireles	CF Jesuítas Team	Veterano M40	02:09:41	+39:05	06:11
55	2393	Leonel Freitas	Santa Justa Runners	Veterano M40	02:09:42	+39:06	06:11
56	2019	Francisco Rebelo	Beat Your Limit	Veterano M40	02:09:52	+39:16	06:11
57	2373	Nuno Miguel Ferreira Pacheco	Preh Runners	Veterano M40	02:13:34	+42:58	06:22
58	2449	Pedro José Pedro Miranda Mourão Patrício	TURBULENTOS	Veterano M40	02:18:54	+48:18	06:37
59	2101	Luis Miguel Almeida	FIT4FUN	Veterano M40	02:22:17	+51:41	06:47
60	2051	António Silva	Clube Zupper	Veterano M40	02:28:54	+58:18	07:05
61	2120	angelo vidal	Individual	Veterano M40	02:30:27	+59:51	07:10
62	2010	Marco Alexandre Resende lopes	Alverca Urban Runners	Veterano M40	02:31:50	+01:01:14	07:14
63	2129	Fernando Miguel Pereira	Individual	Veterano M40	02:33:00	+01:02:24	07:17
64	2224	Miguel veloso	Individual	Veterano M40	02:33:01	+01:02:25	07:17
65	2329	Romeu de Azevedo	Individual	Veterano M40	02:34:07	+01:03:31	07:20
66	340	Cláudio Brochado	Individual	Veterano M40	03:12:54	+01:42:18	09:11

Veterano M45

1	215	Paulo Pinto	Individual	Veterano M45	01:23:15		03:58
2	2039	renato silva	Caldas de S.Jorge Sport Clube	Veterano M45	01:29:10	+05:55	04:15
3	2173	Vasco Morais Pinheiro de Sousa	Individual	Veterano M45	01:39:51	+16:36	04:45
4	2324	Vasco Franco-Girolé-FAP WINES	Individual	Veterano M45	01:40:12	+16:57	04:46
5	2161	Luis Artur Gonçalves	Individual	Veterano M45	01:44:38	+21:23	04:59

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6	2346	Castor Tombo Cantarilla	MERCARUNNING	Veterano M45	01:47:30	+24:15	05:07
7	2265	Paulo Baltasar Silveira Martins	Individual	Veterano M45	01:47:48	+24:33	05:08
8	2270	Nuno Rodrigues	Individual	Veterano M45	01:52:05	+28:50	05:20
9	2315	Duarte Paulo Ribeiro	Individual	Veterano M45	01:53:27	+30:12	05:24
10	2300	Paulo Martins	Individual	Veterano M45	01:53:29	+30:14	05:24
11	2165	Miguel Macieira	Individual	Veterano M45	01:53:31	+30:16	05:24
12	2254	Ernesto Ribeiro	Individual	Veterano M45	01:54:24	+31:09	05:27
13	179	Vitor Dias	GDR RETORTA	Veterano M45	01:57:13	+33:58	05:35
14	2113	António Carlos Martins Roleira Marinho	Individual	Veterano M45	01:57:37	+34:22	05:36
15	2201	José António Almeida Moreira	Individual	Veterano M45	01:58:45	+35:30	05:39
16	2023	CARLOS FERNANDO ESPERANÇA	Bragazelas	Veterano M45	02:00:42	+37:27	05:45
17	2280	António Nestor Ribeiro	Individual	Veterano M45	02:00:56	+37:41	05:46
18	2071	Camilo Neto	Desnível Positivo	Veterano M45	02:02:56	+39:41	05:51
19	2157	Vitor manuel henriques pereira santos	Individual	Veterano M45	02:05:20	+42:05	05:58
20	2024	Hendrik Wielinga	BUDEGUITA RUNNERS	Veterano M45	02:05:38	+42:23	05:59
21	2313	josé alberto mendes	Individual	Veterano M45	02:05:53	+42:38	06:00
22	2399	MARCELO COUTINHO	THIS SIDE UP - RUN TEAM	Veterano M45	02:06:15	+43:00	06:01
23	2317	Fernando Martins Gonçalves	Individual	Veterano M45	02:06:34	+43:19	06:02
24	2139	DAVID JORGE GARCEZ ANTUNES	Individual	Veterano M45	02:17:10	+53:55	06:32
25	2266	Sven Rauhut	Individual	Veterano M45	02:21:06	+57:51	06:43
26	2296	Luiz Alexandre Kulay	Individual	Veterano M45	02:23:29	+01:00:14	06:50
27	2389	PEDRO MIGUEL DOS SANTOS MATOS	Running Mates	Veterano M45	02:35:02	+01:11:47	07:23

Veterano M50

1	2018	ANTÓNIO SILVINO	ATLÉTICO CLUBE SÃO MAMEDE	Veterano M50	01:27:37		04:10
2	2044	jose mota	CICLISTAS CÓSMICOS GILÓTICA	Veterano M50	01:27:48	+00:11	04:11
3	2268	Manuel Carlos Oliveira Ferreira	Individual	Veterano M50	01:40:43	+13:06	04:48
4	2041	Ângelo Pereira	CENTRO CICLISTA DE GONDOMAR	Veterano M50	01:48:41	+21:04	05:11
5	2443	Rui Fial Torres	Individual	Veterano M50	01:53:42	+26:05	05:25
6	2273	Joaquim Bento Alves Teixeira	Individual	Veterano M50	01:54:01	+26:24	05:26
7	2405	José Ribeiro	TRILHando	Veterano M50	01:54:48	+27:11	05:28
8	2035	Rui Coelho	BUDEGUITA RUNNERS	Veterano M50	02:07:19	+39:42	06:04
9	2355	Paulo Dias	Números Sete	Veterano M50	02:15:50	+48:13	06:28
10	2122	Nuno Albuquerque	Individual	Veterano M50	02:19:18	+51:41	06:38

Veterano M55

1	2444	Assis Azevedo	Individual	Veterano M55	01:45:28		05:01
2	2043	Joaquim Nunes	CF Jesuítas Team	Veterano M55	01:51:37	+06:09	05:19
3	2090	Artur Teixeira Ferraz	FALTA MUITO?	Veterano M55	01:57:30	+12:02	05:36
4	2209	João Fernando Relvas Pena Gil	Individual	Veterano M55	02:01:30	+16:02	05:47
5	2361	Carlos Sousa	os perigosos	Veterano M55	02:04:13	+18:45	05:55

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
40	3052	Avelino Cruz	fama runners	Veterano M40	55:47	+17:52	06:58
41	4160	Patrícia Rego	braga runners	Senior Feminino	55:53	+17:58	06:59
42	4063	Ana Margarida Rodrigues Moitas	individual	Senior Feminino	55:58	+18:03	07:00
43	4143	Angela Isabel Silva	suicidas brácaros	Senior Feminino	56:20	+18:25	07:03
44	3367	Amadeu Pedro Pereira	individual	Veterano M60	56:27	+18:32	07:03
45	4119	Gonçalo Pires de Afonso Pires	individual	Senior Masculino	56:35	+18:40	07:04
46	4191	Ricardo Nuno Cardoso Cerqueira	individual	Veterano M40	58:07	+20:12	07:16
47	4151	Sofia Lopes	viseu 2015	Senior Feminino	58:13	+20:18	07:17
48	4132	Marta Rosas	maiacrossteam	Senior Feminino	58:13	+20:18	07:17
49	4100	Anabela Lourenço	individual	Senior Feminino	59:02	+21:07	07:23
50	4062	Ana Carolina Braga Chaves	individual	Sub 23 Feminino	59:14	+21:19	07:24
51	4090	Pedro de Carvalho	individual	Senior Masculino	59:24	+21:29	07:26
52	4175	Fábia Tatiana Teixeira Martins	individual	Senior Feminino	01:00:17	+22:22	07:32
53	4104	Nélia Antunes	individual	Senior Feminino	01:00:49	+22:54	07:36
54	4059	Paulo Jorge Domingues Ribeiro	individual	Senior Masculino	01:01:10	+23:15	07:39
55	4141	Carla Falcão	perdi o táxi	Veterana F40	01:01:41	+23:46	07:43
56	4190	maria del carmen conde rua	individual	Veterana F45	01:01:47	+23:52	07:43
57	4133	Pedro Lima	maiacrossteam	Senior Masculino	01:01:52	+23:57	07:44
58	4055	Adérito Gonçalves da Rocha	individual	Veterano M50	01:02:01	+24:06	07:45
59	4021	César Eduardo Fernandes Dias	capitalges	Senior Masculino	01:02:15	+24:20	07:47
60	4073	Renato Manuel Silva da Mota	individual	Senior Masculino	01:02:47	+24:52	07:51
61	4125	Ana Sousa	individual	Senior Feminino	01:02:49	+24:54	07:51
62	4179	Noa fernandez sanchez	individual	Senior Feminino	01:02:56	+25:01	07:52
63	4024	Ana Paula Carneiro	cpam	Senior Feminino	01:02:59	+25:04	07:52
64	4188	Márcia Costa Dias	individual	Sub 23 Feminino	01:03:14	+25:19	07:54
65	4187	Liliana Filipa Martins Araújo	individual	Sub 23 Feminino	01:03:14	+25:19	07:54
66	4088	Paula Morais	individual	Veterana F45	01:04:31	+26:36	08:04
67	4142	Bárbara Maia	sociedade recreio cepanense	Sub 23 Feminino	01:04:46	+26:51	08:06
68	4196	jose joao cordeiro	individual	Veterano M45	01:05:49	+27:54	08:14
69	4054	Marisa Leite	individual	Senior Feminino	01:05:52	+27:57	08:14
70	4136	Olga coelho	olga tiago	Senior Feminino	01:06:20	+28:25	08:17
71	4137	Tiago mendonca	olga tiago	Senior Masculino	01:06:20	+28:25	08:18
72	4043	José Francisco Afonso Lourenço	individual	Veterano M50	01:06:57	+29:02	08:22
73	4163	Lari Polak	braga runners	Senior Masculino	01:07:37	+29:42	08:27
74	4161	Bruno Leitão	braga runners	Senior Masculino	01:07:37	+29:42	08:27
75	4025	Ana Soares	cpam	Senior Feminino	01:08:16	+30:21	08:32
76	4057	Diana do Céu Domingues da Rocha	individual	Senior Feminino	01:08:59	+31:04	08:37
77	4060	Marinha Lourenço Ribeiro	individual	Senior Feminino	01:08:59	+31:04	08:37
78	4107	Maria Inês da Silva Coutinho	individual	Senior Feminino	01:09:04	+31:09	08:38
79	4052	Rita Mafalda do Carmo Boita	individual	Senior Feminino	01:09:04	+31:09	08:38
80	4159	Isabel Pinheiro	braga runners	Senior Feminino	01:09:10	+31:15	08:39
81	4041	ana cristina nunes	individual	Veterana F40	01:09:11	+31:16	08:39
82	4099	Ana Cristina Domingues Neto	individual	Senior Feminino	01:09:35	+31:40	08:42
83	3032	Ana Isabel Pereira da Cunha	bvtb	Senior Feminino	01:10:50	+32:55	08:51
84	4074	Susana cristina Fernandes Cunha	individual	Senior Feminino	01:11:18	+33:23	08:55

8K - STAGE 1

8 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	4112	catia sofia de sousa barbosa	individual	Senior Feminino	01:11:18	+33:23	08:55
86	4140	Ana Moreira	os turbomula	Veterana F60	01:11:27	+33:32	08:56
87	4066	Paulo Rafael Silva Figueiredo	individual	Senior Masculino	01:12:01	+34:06	09:00
88	4078	Jorge Armando de Almeida Caldeira	individual	Veterano M60	01:12:33	+34:38	09:04
89	3317	Andreia Rebelo	individual	Senior Feminino	01:12:46	+34:51	09:06
90	4084	Mariana Fontoura de Oliveira	individual	Senior Feminino	01:13:27	+35:32	09:11
91	4091	Marlene de Fátima Afonso Fernandes	individual	Senior Feminino	01:13:29	+35:34	09:11
92	4117	Filipa Dias	individual	Sub 23 Feminino	01:13:58	+36:03	09:15
93	4118	Andreia Dias	individual	Sub 23 Feminino	01:13:59	+36:04	09:15
94	4110	Rita Freitas	individual	Senior Feminino	01:14:39	+36:44	09:20
95	4058	Maria do Sameiro Gonçalves Domingues da Rocha	individual	Veterana F50	01:14:45	+36:50	09:21
96	4022	Joaquim Araujo	capitalges	Senior Masculino	01:16:27	+38:32	09:33
97	4020	Marina Leite	capitalges	Senior Feminino	01:16:30	+38:35	09:34
98	4019	Bernadette Cunha	capitalges	Senior Feminino	01:16:31	+38:36	09:34
99	4126	Rita Santos	individual	Senior Feminino	01:17:19	+39:24	09:40
100	4194	Armando Cunha	individual	Veterano M60	01:17:27	+39:32	09:41
101	4193	Rosa Maria Cunha	individual	Veterana F60	01:17:28	+39:33	09:41
102	4127	Carla Alexandra Pinho Soares	individual	Senior Feminino	01:18:42	+40:47	09:50
103	4123	Sandra Manuela Gonçalves de Melo Pires	individual	Senior Feminino	01:20:20	+42:25	10:03
104	4082	isabel fazenda	individual	Veterana F45	01:20:32	+42:37	10:04
105	4145	BRUNO COUTINHO	this side up - run team	Sub 23 Masculino	01:23:19	+45:24	10:25
106	4146	DAVID COUTINHO	this side up - run team	Sub 23 Masculino	01:23:19	+45:24	10:25
107	4071	Antonio Silva	individual	Veterano M40	01:26:59	+49:04	10:52
108	4149	Dora Telma fernandes Castro	vimarunners	Senior Feminino	01:27:01	+49:06	10:53
109	4150	Silvia Cristina Fernandes Dias	vimarunners	Senior Feminino	01:27:02	+49:07	10:53
110	4115	Raquel Correia	individual	Senior Feminino	01:32:00	+54:05	11:30
111	4114	José Costa	individual	Senior Masculino	01:32:00	+54:05	11:30

8K

8 KM

R
REVISED

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:30	4°C	80%
End	11:44	4°C	80%

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

1	4158	Diana Ferreira	Barcelos Saudável	Senior Feminino	44:32		05:34
2	4030	Eufemia Gonçalves	Ermida Team	Senior Feminino	52:09	+07:37	06:31
3	3118	Susana Alexandra Almeida Fernandes	Individual	Senior Feminino	52:42	+08:10	06:35
4	4015	Raquel Sofia Macedo da Costa	BRAGA RUNNERS	Senior Feminino	52:52	+08:20	06:36
5	4014	Sofia Silva	Barcelos Saudável	Senior Feminino	53:32	+09:00	06:41
6	4012	Filipa Ferreira	Barcelos Saudável	Senior Feminino	53:32	+09:00	06:42
7	4160	Patrícia Rego	BRAGA RUNNERS	Senior Feminino	55:53	+11:21	06:59
8	4063	Ana Margarida Rodrigues Moitas	Individual	Senior Feminino	55:58	+11:26	07:00
9	4143	Angela Isabel Silva	SUICIDAS BRÁCAROS	Senior Feminino	56:20	+11:48	07:03
10	4151	Sofia Lopes	Viseu 2015	Senior Feminino	58:13	+13:41	07:17
11	4132	Marta Rosas	MaiaCrossTeam	Senior Feminino	58:13	+13:41	07:17
12	4100	Anabela Lourenço	Individual	Senior Feminino	59:02	+14:30	07:23
13	4175	Fábia Tatiana Teixeira Martins	Individual	Senior Feminino	01:00:17	+15:45	07:32
14	4104	Nélia Antunes	Individual	Senior Feminino	01:00:49	+16:17	07:36
15	4125	Ana Sousa	Individual	Senior Feminino	01:02:49	+18:17	07:51
16	4179	Noa fernandez sanchez	Individual	Senior Feminino	01:02:56	+18:24	07:52
17	4024	Ana Paula Carneiro	CPAM	Senior Feminino	01:02:59	+18:27	07:52
18	4054	Marisa Leite	Individual	Senior Feminino	01:05:52	+21:20	08:14
19	4136	Olga coelho	Olga tiago	Senior Feminino	01:06:20	+21:48	08:17
20	4025	Ana Soares	CPAM	Senior Feminino	01:08:16	+23:44	08:32
21	4057	Diana do Céu Domingues da Rocha	Individual	Senior Feminino	01:08:59	+24:27	08:37
22	4060	Marinha Lourenço Ribeiro	Individual	Senior Feminino	01:08:59	+24:27	08:37
23	4107	Maria Inês da Silva Coutinho	Individual	Senior Feminino	01:09:04	+24:32	08:38
24	4052	Rita Mafalda do Carmo Boita	Individual	Senior Feminino	01:09:04	+24:32	08:38
25	4159	Isabel Pinheiro	BRAGA RUNNERS	Senior Feminino	01:09:10	+24:38	08:39
26	4099	Ana Cristina Domingues Neto	Individual	Senior Feminino	01:09:35	+25:03	08:42
27	3032	Ana Isabel Pereira da Cunha	BVTB	Senior Feminino	01:10:50	+26:18	08:51
28	4074	Susana cristina Fernandes Cunha	Individual	Senior Feminino	01:11:18	+26:46	08:55
29	4112	catia sofia de sousa barbosa	Individual	Senior Feminino	01:11:18	+26:46	08:55
30	3317	Andreia Rebelo	Individual	Senior Feminino	01:12:46	+28:14	09:06
31	4084	Mariana Fontoura de Oliveira	Individual	Senior Feminino	01:13:27	+28:55	09:11
32	4091	Marlene de Fátima Afonso Fernandes	Individual	Senior Feminino	01:13:29	+28:57	09:11
33	4110	Rita Freitas	Individual	Senior Feminino	01:14:39	+30:07	09:20
34	4020	Marina Leite	Capitalges	Senior Feminino	01:16:30	+31:58	09:34
35	4019	Bernadette Cunha	Capitalges	Senior Feminino	01:16:31	+31:59	09:34
36	4126	Rita Santos	Individual	Senior Feminino	01:17:19	+32:47	09:40
37	4127	Carla Alexandra Pinho Soares	Individual	Senior Feminino	01:18:42	+34:10	09:50
38	4123	Sandra Manuela Gonçalves de Melo Pires	Individual	Senior Feminino	01:20:20	+35:48	10:03
39	4149	Dora Telma fernandes Castro	vimarunners	Senior Feminino	01:27:01	+42:29	10:53

