São Silvestre de Ermesinde
Ermesinde
18-dezembro-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	21:30	14,4ºC	62,1%
End	22:56	14,4ºC	55,4%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	109	Bruno Jesus	csrdc santiago	Senior Masculino	32:39		03:16
2	20	Luis Gonçalves Mendes	acr senhora do desterro	Senior Masculino	32:41	+00:02	03:16
3	111	Carlos Rodrigues	csrdc santiago	Senior Masculino	32:48	+00:09	03:17
4	147	VITOR BARBOSA	grupo dramatico e recreativo da retorta	Senior Masculino	33:20	+00:41	03:20
5	113	Paulo Barbosa	csrdc santiago	Senior Masculino	33:34	+00:55	03:21
6	131	Pedro Meireles	escola do movimento	Senior Masculino	33:51	+01:12	03:23
7	132	Tony Andrew Calvo	escola do movimento	Senior Masculino	34:04	+01:25	03:24
8	146	TIAGO PINTO	grupo dramatico e recreativo da retorta	Senior Masculino	34:44	+02:05	03:28
9	151	MIGUEL MENDES	grupo dramatico e recreativo da retorta	Veterano M40	34:44	+02:05	03:28
10	149	FILIPE SILVA	grupo dramatico e recreativo da retorta	Veterano M40	35:04	+02:25	03:30
11	405	Vitor Ribeiro	maia atlético clube	Veterano M40	35:09	+02:30	03:31
12	150	HENRIQUE DIAS	grupo dramatico e recreativo da retorta	Veterano M40	35:30	+02:51	03:33
13	110	Bruno Queirós	csrdc santiago	Senior Masculino	35:38	+02:59	03:34
14	153	JOAQUIM ROCHA	grupo dramatico e recreativo da retorta	Veterano M50	35:51	+03:12	03:35
15	148	ADELINO SILVA	grupo dramatico e recreativo da retorta	Veterano M40	35:57	+03:18	03:36
16	15	ANTÓNIO JESUS	academia fernanda ribeiro	Veterano M50	35:58	+03:19	03:36
17	93	Nuno Carneiro	clube zupper	Senior Masculino	35:59	+03:20	03:36
18	115	Luis Gil	decathlon maia	Veterano M40	36:02	+03:23	03:36
19	229	Joao Seixas	individual	Senior Masculino	36:47	+04:08	03:41
20	88	João Pedro Ferreira Moita	clube zupper	Senior Masculino	36:54	+04:15	03:41
21	81	JOSÉ MOTA	ciclistas cosmicos gislotica	Veterano M50	36:59	+04:20	03:42
22	393	vitor manuel ferreira de sousa	individual	Veterano M50	37:50	+05:11	03:47
23	201	Fernando Leite	individual	Senior Masculino	37:50	+05:11	03:47
24	349	Miguel Lourenço	individual	Veterano M40	38:26	+05:47	03:51
25	19	Marta Raquel Pacheco Martins	acr senhora do desterro	Senior Feminino	38:32	+05:53	03:51
26	128	Tiago Emanuel Martins Lima	elite 36	Senior Masculino	38:33	+05:54	03:51
27	392	Vasco Figueiredo	individual	Veterano M50	38:43	+06:04	03:52
28	112	Joel Barbosa	csrdc santiago	Senior Masculino	38:44	+06:05	03:52
29	86	André Sousa	clube zupper	Senior Masculino	38:52	+06:13	03:53
30	31	Filipe Carneiro	anonymous prosports challenger	Senior Masculino	38:54	+06:15	03:53
31	133	António Magalhães	g.d.leões da guarda	Veterano M40	38:56	+06:17	03:54
32	216	Henrique Barbosa	individual	Senior Masculino	38:58	+06:19	03:54
33	79	Miguel Pereira	ccdtc.m.gondomar	Veterano M40	39:03	+06:24	03:54
34	125	Fabio Andre Fonseca Martins	elite 36	Senior Masculino	39:04	+06:25	03:54
35	145	Daniela Sofia Martins Sousa	grupo desportivo do estreito	Senior Feminino	39:08	+06:29	03:55
36	135	Belmiro Ferreira	g.d.leões da guarda	Veterano M50	39:16	+06:37	03:56
37	265	Rafael Eduardo Oliveira da Silva	individual	Senior Masculino	39:18	+06:39	03:56
38	267	Ricardo Carvalhais	individual	Senior Masculino	39:19	+06:40	03:56
39	134	António Moura	g.d.leões da guarda	Veterano M40	39:29	+06:50	03:57
40	197	eduardo camilo	individual	Senior Masculino	39:33	+06:54	03:57
41	352	Nelson Santos	individual	Veterano M40	39:37	+06:58	03:58
42	358	Paulo Machado	individual	Veterano M40	39:40	+07:01	03:58

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

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	17	GRACIANO PEREIRA	academia fernanda ribeiro	Veterano M50	39:41	+07:02	03:58
44	308	Anselmo Rocha	individual	Veterano M40	39:41	+07:02	03:58
45	185	ANDRÉ MARTINS	individual	Senior Masculino	39:45	+07:06	03:58
46	53	José Graça	boavista f. c.	Veterano M40	39:50	+07:11	03:59
47	114	Vítor André Silva Cardoso	ctad-trilhos de cinfães	Senior Masculino	39:55	+07:16	03:59
48	199	Fábio Rodrigues	individual	Senior Masculino	39:55	+07:16	04:00
49	343	Luis Miguel Alves Monteiro	individual	Veterano M40	39:57	+07:18	04:00
50	194	Cristiano Nogueira	individual	Senior Masculino	39:59	+07:20	04:00
51	200	Fernando	individual	Senior Masculino	40:00	+07:21	04:00
52	420	João Pedro Leal	ofrunning	Senior Masculino	40:06	+07:27	04:01
53	416	Ricardo Areias	not run alone	Senior Masculino	40:37	+07:58	04:04
54	395	Helder Vieira	invicta runners team	Veterano M40	40:48	+08:09	04:05
55	136	Carlos Frias	g.d.leões da guarda	Veterano M50	40:53	+08:14	04:05
56	258	Pedro Brandão	individual	Senior Masculino	41:02	+08:23	04:06
57	127	Marco André Martins Lima	elite 36	Senior Masculino	41:09	+08:30	04:07
58	414	Jorge Abreu	non stop	Senior Masculino	41:10	+08:31	04:07
59	433	Sérgio Anunciação	openbox	Veterano M40	41:14	+08:35	04:07
60	355	Nuno Miguel Tamos de Sousa	individual	Veterano M40	41:16	+08:37	04:08
61	22	JOAQUIM ALVES	amigos da picua	Veterano M40	41:18	+08:39	04:08
62	25	MANUEL SILVA	amigos da picua	Veterano M50	41:43	+09:04	04:10
63	183	Andre Costa	individual	Senior Masculino	41:46	+09:07	04:11
64	210	Gustavo	individual	Senior Masculino	41:55	+09:16	04:12
65	14	RUI EUSÉBIO	academia fernanda ribeiro	Veterano M40	42:01	+09:22	04:12
66	404	Diana Sousa	maia atlético clube	Senior Feminino	42:02	+09:23	04:12
67	152	PAULO SILVA	grupo dramatico e recreativo da retorta	Veterano M40	42:06	+09:27	04:13
68	492	Joao Santos	são salvador do campo	Senior Masculino	42:08	+09:29	04:13
69	189	António Picotês	individual	Senior Masculino	42:10	+09:31	04:13
70	409	Anronio Azevedo	nascidos para correr	Veterano M50	42:10	+09:31	04:13
71	337	José Sousa	individual	Veterano M40	42:14	+09:35	04:13
72	177	Adérito Silva	individual	Senior Masculino	42:15	+09:36	04:13
73	40	Carlos Silva	atitude runners	Senior Masculino	42:17	+09:38	04:14
74	309	António Amador	individual	Veterano M40	42:17	+09:38	04:14
75	234	José Dinis martins	individual	Senior Masculino	42:19	+09:40	04:14
76	235	jose luis silva cardoso	individual	Senior Masculino	42:57	+10:18	04:18
77	124	Bruno Fernando dos Santos Silva	elite 36	Senior Masculino	43:02	+10:23	04:18
78	138	Luciano ieira	g.d.leões da guarda	Veterano M50	43:10	+10:31	04:19
79	454	Pedro Pratas	paredes aventura	Veterano M40	43:21	+10:42	04:20
80	65	Filipe Maia	budeguita runners	Senior Masculino	43:23	+10:44	04:20
81	62	Alcino Gomes	bravos da montanha	Veterano M40	43:23	+10:44	04:20
82	281	Tiago Monteiro	individual	Senior Masculino	43:24	+10:45	04:20
83	23	JOSE CARLOS MARINHO	amigos da picua	Veterano M40	43:27	+10:48	04:21
84	34	JOSÉ SOUSA	associação de atletismo lebres do sado	Veterano M40	43:33	+10:54	04:21
85	491	Fernando Camelo	s.c. salgueiros	Veterano M50	43:38	+10:59	04:22
86	322	Fernando Prieto Morais	individual	Veterano M40	43:43	+11:04	04:22
87	364	Ricardo Fontes	individual	Veterano M40	43:47	+11:08	04:23
88	394	Gustavo Roxo	invicta runners team	Veterano M40	43:56	+11:17	04:24

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

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
89	30	Maria Gonçalves	anonymous prosports challenger	Senior Feminino	44:01	+11:22	04:24
90	129	Carlos Campos	equipa dinamite	Senior Masculino	44:05	+11:26	04:25
91	321	Fernando Garcia	individual	Veterano M40	44:06	+11:27	04:25
92	503	Nelson Ivo Moutinho Barja	weteach run team	Senior Masculino	44:08	+11:29	04:25
93	500	Carlos Fundo	vpm	Veterano M40	44:11	+11:32	04:25
94	351	Nelson Martinho Maia Ferreira	individual	Veterano M40	44:15	+11:36	04:26
95	391	Silvério Pinto	individual	Veterano M50	44:21	+11:42	04:26
96	400	Helder Gomes	kemedo team	Senior Masculino	44:21	+11:42	04:26
97	482	Vitor Miranda	running urbanfit	Senior Masculino	44:22	+11:43	04:26
98	367	Rui Pena	individual	Veterano M40	44:24	+11:45	04:26
99	181	Álvaro Antunes	individual	Senior Masculino	44:25	+11:46	04:27
100	91	José Soares	clube zupper	Senior Masculino	44:26	+11:47	04:27
101	340	LUIS ALMEIDA	individual	Veterano M40	44:28	+11:49	04:27
102	372	vitor coelho	individual	Veterano M40	44:35	+11:56	04:28
103	324	Gustavo Antonio Guedes Vaz Bastos	individual	Veterano M40	44:45	+12:06	04:28
104	316	Armando Jorge Eiró Pinto Pinheiro	individual	Veterano M40	44:48	+12:09	04:29
105	237	José Paulo Neto	individual	Senior Masculino	44:51	+12:12	04:29
106	43	auroliana polonia	atletico clube alfenense	Veterana F40	44:55	+12:16	04:29
107	489	Francisco Barros	running urbanfit	Veterano M50	44:58	+12:19	04:30
108	231	Jorge Bastos	individual	Senior Masculino	44:59	+12:20	04:30
109	311	António Carlos Sousa Gonçalves	individual	Veterano M40	45:01	+12:22	04:30
110	82	António Teixeira	clínica dentária-dº rui couto e dª sofia alves	Veterano M50	45:04	+12:25	04:30
111	310	António Borges	individual	Veterano M40	45:07	+12:28	04:31
112	422	Rui Pereira	ofrunning	Senior Masculino	45:09	+12:30	04:31
113	396	Tiago Vidal Leal	invicta runners team	Veterano M40	45:25	+12:46	04:33
114	272	ruben gonçalo rodrigues pinheiro	individual	Senior Masculino	45:26	+12:47	04:33
115	230	Jorge Alberto Cadavez Pacheco Capucho Ferreira	individual	Senior Masculino	45:26	+12:47	04:33
116	320	Ernesto Ribeiro	individual	Veterano M40	45:27	+12:48	04:33
117	354	Nuno Gabriel Silva	individual	Veterano M40	45:29	+12:50	04:33
118	190	Artur Reis	individual	Senior Masculino	45:32	+12:53	04:33
119	479	Hugo Sousa	running urbanfit	Senior Masculino	45:33	+12:54	04:33
120	205	Filipe Mendes	individual	Senior Masculino	45:36	+12:57	04:34
121	126	João Paulo Martins Guedes	elite 36	Senior Masculino	45:39	+13:00	04:34
122	329	Jorge Castanheira	individual	Veterano M40	45:40	+13:01	04:34
123	330	jorge cruz	individual	Veterano M40	45:45	+13:06	04:35
124	413	EMÍLIO GONÇALVES	no tomorrow running team	Veterano M50	45:46	+13:07	04:35
125	401	Pedro Marques	kemedo team	Senior Masculino	45:49	+13:10	04:35
126	264	Pedro Rodrigues	individual	Senior Masculino	45:50	+13:11	04:35
127	16	ARTUR FREITAS	academia fernanda ribeiro	Veterano M50	45:52	+13:13	04:35
128	490	José Martins	running urbanfit	Veterano M50	46:03	+13:24	04:36
129	423	João Paulo Dias	ofrunning	Veterano M40	46:06	+13:27	04:37
130	362	Pedro Rodrigues	individual	Veterano M40	46:10	+13:31	04:37
131	144	Nuno Santos	grupo desportivo do bairro dos pescadores de matosinhos	Senior Masculino	46:12	+13:33	04:37
132	203	Filipe Amorim	individual	Senior Masculino	46:20	+13:41	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

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
133	45	jose magalhaes	atletico clube alfenense	Veterano M50	46:27	+13:48	04:39
134	314	António Manuel Rocha Fortunato	individual	Veterano M40	46:31	+13:52	04:39
135	41	Nuno Matos	atitude runners	Senior Masculino	46:33	+13:54	04:39
136	432	Sónia Mota	openbox	Veterana F40	46:34	+13:55	04:39
137	370	Sérgio Silva	individual	Veterano M40	46:34	+13:55	04:39
138	139	Luis Fernandes	g.d.leões da guarda	Veterano M50	46:37	+13:58	04:40
139	263	Pedro Reina	individual	Senior Masculino	46:44	+14:05	04:40
140	333	Jorge Vilhena	individual	Veterano M40	46:44	+14:05	04:40
141	318	Carlos Sampaio	individual	Veterano M40	46:47	+14:08	04:41
142	486	Mário Pinto	running urbanfit	Veterano M40	46:54	+14:15	04:41
143	70	Hendrik Wielinga	budeguita runners	Veterano M40	46:56	+14:17	04:42
144	342	Luis Manuel Soares Ribeiro	individual	Veterano M40	47:01	+14:22	04:42
145	29	Filipe Moura	amigos das sapatilhas	Veterano M40	47:02	+14:23	04:42
146	64	Ana Sousa	budeguita runners	Senior Feminino	47:04	+14:25	04:42
147	499	ANTÓNIO MANUEL MARTINS NETO	trifitrofa	Veterano M50	47:11	+14:32	04:43
148	252	nuno morgado	individual	Senior Masculino	47:16	+14:37	04:44
149	501	Paulo Fernandes	vpm	Veterano M40	47:17	+14:38	04:44
150	211	Helder Antonio de Oliveira Mendes	individual	Senior Masculino	47:24	+14:45	04:44
151	487	Paulo Carneiro	running urbanfit	Veterano M40	47:28	+14:49	04:45
152	336	JOSÉ MANUEL DA COSTA BRANDÃO	individual	Veterano M40	47:32	+14:53	04:45
153	476	Carla Costa	running urbanfit	Senior Feminino	47:33	+14:54	04:45
154	471	Serafim Bastos	rollingbikeclubebtt	Veterano M50	47:41	+15:02	04:46
155	137	Leopoldo Fernandes	g.d.leões da guarda	Veterano M50	47:45	+15:06	04:47
156	407	Fernanda Pinho	moreira relax runners	Veterana F40	48:04	+15:25	04:48
157	21	JOSE MANUEL DIAS COUTINHO	amigos da picua	Senior Masculino	48:05	+15:26	04:49
158	350	Mike Dias	individual	Veterano M40	48:05	+15:26	04:49
159	254	Nuno Teixeira	individual	Senior Masculino	48:14	+15:35	04:49
160	312	ANTONIO CARVALHO	individual	Veterano M40	48:18	+15:39	04:50
161	376	Antonio Souto	individual	Veterano M50	48:19	+15:40	04:50
162	225	João Dias	individual	Senior Masculino	48:25	+15:46	04:50
163	107	Fabio Silva	cpn runners	Senior Masculino	48:25	+15:46	04:50
164	24	ANTONIO TEIXEIRA	amigos da picua	Veterano M50	48:31	+15:52	04:51
165	480	Sandro Sousa	running urbanfit	Senior Masculino	48:39	+16:00	04:52
166	214	Helder Santos	individual	Senior Masculino	48:40	+16:01	04:52
167	461	Vítor Silva	pernetas	Senior Masculino	48:41	+16:02	04:52
168	378	Emídio Silva	individual	Veterano M50	48:46	+16:07	04:53
169	78	Ricardo Soares	carro vassoura team	Senior Masculino	48:48	+16:09	04:53
170	291	helena monica da silva barbosa	individual	Veterana F40	48:52	+16:13	04:53
171	276	Sergio Filipe Maia de Sousa	individual	Senior Masculino	48:56	+16:17	04:54
172	300	susana coelho mendes	individual	Veterana F40	49:03	+16:24	04:54
173	493	Marisa Pereira	sporting clube de braga	Senior Feminino	49:05	+16:26	04:55
174	319	Delfim Nunes	individual	Veterano M40	49:11	+16:32	04:55
175	424	Nuno Rodrigues	ofrunning	Veterano M40	49:12	+16:33	04:55
176	399	Gui Martins	karatecas	Veterano M40	49:13	+16:34	04:55
177	288	Elisabete Gonçalves	individual	Veterana F40	49:18	+16:39	04:56

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

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
178	502	Victor Pereira	vpm	Veterano M40	49:19	+16:40	04:56
179	74	Tiago Almeida	budeguita runners	Veterano M40	49:20	+16:41	04:56
180	69	André Amorim	budeguita runners	Veterano M40	49:20	+16:41	04:56
181	18	Pedro Policoano	acalfenense	Senior Masculino	49:28	+16:49	04:57
182	447	Filipe Carvalho	os rodolfos	Senior Masculino	49:30	+16:51	04:57
183	188	António Pedro de Freitas Ribeiro	individual	Senior Masculino	49:31	+16:52	04:57
184	427	Nuno Vieira	openbox	Veterano M40	49:33	+16:54	04:57
185	346	Luís Sousa	individual	Veterano M40	49:40	+17:01	04:58
186	73	Paulo Lagoa	budeguita runners	Veterano M40	49:44	+17:05	04:58
187	268	Ricardo Jorge leite Pereira	individual	Senior Masculino	49:46	+17:07	04:59
188	162	Elisabete Cunha	individual	Senior Feminino	49:47	+17:08	04:59
189	116	João Vieira	denirovip	Senior Masculino	49:47	+17:08	04:59
190	241	Luís Pinto	individual	Senior Masculino	49:49	+17:10	04:59
191	179	Alexandre Carneiro	individual	Senior Masculino	49:55	+17:16	04:59
192	464	José Rodrigues	prestígio	Veterano M50	49:56	+17:17	05:00
193	83	Daniela Alves	clube zupper	Senior Feminino	49:59	+17:20	05:00
194	462	Bruno Rodrigues	prestígio	Senior Masculino	49:59	+17:20	05:00
195	386	José Alves	individual	Veterano M50	49:59	+17:20	05:00
196	60	Paulo Rodrigues	bravos da montanha	Senior Masculino	50:01	+17:22	05:00
197	441	José António Pina Capelo	os isabelinhas	Veterano M50	50:03	+17:24	05:00
198	442	José Maria Gomes Pereira	os isabelinhas	Veterano M50	50:03	+17:24	05:00
199	98	ÁLVARO PINTO	clube zupper	Veterano M40	50:03	+17:24	05:00
200	475	Ana Pimentel	running urbanfit	Senior Feminino	50:06	+17:27	05:01
201	419	Eduardo Neves	ofrunning	Senior Masculino	50:08	+17:29	05:01
202	208	Francisco Macedo	individual	Senior Masculino	50:09	+17:30	05:01
203	66	Ana Dias	budeguita runners	Veterana F40	50:12	+17:33	05:01
204	212	helder filipe oliveira amaral	individual	Senior Masculino	50:17	+17:38	05:02
205	13	Maria João Lima	aasm triatlo	Veterana F50	50:25	+17:46	05:02
206	418	José Rodrigues	not run alone	Veterano M50	50:30	+17:51	05:03
207	497	Tiago Rocha	the outsiders	Senior Masculino	50:38	+17:59	05:04
208	453	Lino Moreira	os turbomula	Veterano M50	50:42	+18:03	05:04
209	448	Helder Coutinho	os rodolfos	Senior Masculino	50:43	+18:04	05:04
210	440	Ricas Almeida	os atletas	Senior Masculino	50:44	+18:05	05:04
211	365	rui couto	individual	Veterano M40	50:46	+18:07	05:05
212	63	Luis Gomes	bravos da montanha	Veterano M40	50:47	+18:08	05:05
213	213	Hélder Rocha	individual	Senior Masculino	50:49	+18:10	05:05
214	196	Diogo Oliveira	individual	Senior Masculino	50:56	+18:17	05:06
215	327	Ivo Almeida	individual	Veterano M40	50:56	+18:17	05:06
216	328	João Pedro da Costa	individual	Veterano M40	50:59	+18:20	05:06
217	481	Serafim Monteiro	running urbanfit	Senior Masculino	51:02	+18:23	05:06
218	504	Pedro Miguel Monteiro	weteach run team	Senior Masculino	51:02	+18:23	05:06
219	169	patricia silva	individual	Senior Feminino	51:07	+18:28	05:07
220	411	Raquel Ferreira de Vasconcelos	no tomorrow running team	Senior Feminino	51:07	+18:28	05:07
221	373	Alberto Silva	individual	Veterano M50	51:07	+18:28	05:07
222	271	Rodolfo	individual	Senior Masculino	51:10	+18:31	05:07
223	90	Joel Tibério	clube zupper	Senior Masculino	51:13	+18:34	05:07

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
224	164	Magda Esteves	individual	Senior Feminino	51:14	+18:35	05:07
225	140	Carlos Ferreira	gd bpi	Veterano M50	51:16	+18:37	05:08
226	296	Paula Nascimento	individual	Veterana F40	51:17	+18:38	05:08
227	513	Toni Fernandes	wolves run trail	Veterano M40	51:23	+18:44	05:08
228	512	Susana Sousa	wolves run trail	Veterana F40	51:23	+18:44	05:08
229	99	Carlos Bessa	clube zupper	Veterano M40	51:27	+18:48	05:09
230	71	João Carvalhal	budeguita runners	Veterano M40	51:30	+18:51	05:09
231	67	Carmo Loureiro	budeguita runners	Veterana F40	51:30	+18:51	05:09
232	468	jose moita	rollingbikeclubebtt	Veterano M40	51:32	+18:53	05:09
233	80	Avelino Pereira	ccdtc.m.gondomar	Veterano M50	51:34	+18:55	05:09
234	469	Luis Santos	rollingbikeclubebtt	Veterano M40	51:36	+18:57	05:10
235	77	Pedro Rodrigues	carro vassoura team	Senior Masculino	51:37	+18:58	05:10
236	76	Pedro Lopes	carro vassoura team	Senior Masculino	51:37	+18:58	05:10
237	156	Ana Nova	individual	Senior Feminino	51:52	+19:13	05:11
238	260	Pedro Manuel Lourenço Cardoso	individual	Senior Masculino	51:52	+19:13	05:11
239	186	António José de Sousa Pinto	individual	Senior Masculino	51:57	+19:18	05:12
240	54	Catarina Andrade	bonfitec, equipamentos industriais, lda	Senior Feminino	52:00	+19:21	05:12
241	56	Filipe Silva	bonfitec, equipamentos industriais, lda	Senior Masculino	52:00	+19:21	05:12
242	360	Paulo Sérgio Marques Guedes	individual	Veterano M40	52:08	+19:29	05:13
243	233	Jorge Pereira	individual	Senior Masculino	52:20	+19:41	05:14
244	398	paulo ribeiro	jornal fm runners	Veterano M40	52:25	+19:46	05:15
245	108	Pedro Santos	cpn runners	Senior Masculino	52:28	+19:49	05:15
246	301	Ana Maria Barbosa	individual	Veterana F50	52:30	+19:51	05:15
247	61	Joana Cãndido	bravos da montanha	Veterana F40	52:38	+19:59	05:16
248	253	Nuno Silva	individual	Senior Masculino	52:38	+19:59	05:16
249	478	Sónia Ribeiro	running urbanfit	Senior Feminino	52:39	+20:00	05:16
250	484	Sónia Rodrigues	running urbanfit	Veterana F40	52:43	+20:04	05:16
251	219	Hugo Miguel Bento Ferreira	individual	Senior Masculino	52:44	+20:05	05:16
252	334	José António Sousa Anunciação	individual	Veterano M40	52:54	+20:15	05:17
253	215	Helder Silva	individual	Senior Masculino	53:01	+20:22	05:18
254	439	Ricardo Fonseca	os atletas	Senior Masculino	53:10	+20:31	05:19
255	381	João Filipe Fernandes	individual	Veterano M50	53:16	+20:37	05:20
256	178	Afonso Bonifácio	individual	Senior Masculino	53:24	+20:45	05:20
257	436	Maria dos Anjos Costa	os 5 à hora	Veterana F40	53:24	+20:45	05:20
258	172	Sara Magalhaes	individual	Senior Feminino	53:24	+20:45	05:20
259	449	Hugo Durães	os rodolfos	Senior Masculino	53:30	+20:51	05:21
260	426	Ana Rodrigues	openbox	Senior Feminino	53:33	+20:54	05:21
261	466	Rui Sá	radio jornal fm runners	Veterano M40	53:35	+20:56	05:21
262	465	ana campanha	radio jornal fm runners	Senior Feminino	53:38	+20:59	05:22
263	429	Sérgio Ribeiro	openbox	Senior Masculino	53:42	+21:03	05:22
264	430	Sérgio Suzano	openbox	Senior Masculino	53:42	+21:03	05:22
265	428	Ana Cota	openbox	Senior Feminino	53:48	+21:09	05:23
266	159	Daniela Mota Machado	individual	Senior Feminino	53:48	+21:09	05:23
267	180	alexandre sousa	individual	Senior Masculino	53:50	+21:11	05:23
268	167	Maria Emanuel Gamboa de Carvalho Correia	individual	Senior Feminino	53:53	+21:14	05:23

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
269	457	CARLOS LUIS DE SOUSA CARVALHO	pedaladas	Veterano M40	53:58	+21:19	05:24
270	363	Raul Manuel Félix Pereira	individual	Veterano M40	53:59	+21:20	05:24
271	307	Alfredo Jorge Félix Pereira	individual	Veterano M40	53:59	+21:20	05:24
272	269	Ricardo Jorge Pereira de Castro Magalhães	individual	Senior Masculino	54:04	+21:25	05:24
273	284	Ana Rito	individual	Veterana F40	54:08	+21:29	05:25
274	166	MARIA DE LURDES COELHO	individual	Senior Feminino	54:09	+21:30	05:25
275	256	Paulo Serra	individual	Senior Masculino	54:25	+21:46	05:27
276	242	Manuel Fonseca	individual	Senior Masculino	54:28	+21:49	05:27
277	477	Sara Braga	running urbanfit	Senior Feminino	54:29	+21:50	05:27
278	347	Marco Antonio Pinto	individual	Veterano M40	54:31	+21:52	05:27
279	239	Ludovino Moreira Pimenta	individual	Senior Masculino	54:35	+21:56	05:27
280	245	Marco Guimarães	individual	Senior Masculino	54:35	+21:56	05:28
281	357	Paulo Fernandes	individual	Veterano M40	54:37	+21:58	05:28
282	446	Sónia Fernandes	os rodolfos	Senior Feminino	54:37	+21:58	05:28
283	42	paula costa	atletico clube alfenense	Senior Feminino	54:41	+22:02	05:28
284	459	PEDRO ANTONIO PINTO DA SILVA	pedaladas	Veterano M40	54:46	+22:07	05:29
285	332	Jorge Santos	individual	Veterano M40	54:56	+22:17	05:30
286	371	Victor Santos	individual	Veterano M40	55:01	+22:22	05:30
287	313	António José Pinto Pereira	individual	Veterano M40	55:04	+22:25	05:30
288	12	Marta Amaro	>35	Senior Feminino	55:08	+22:29	05:31
289	425	Rui Coelho	ofrunning	Veterano M40	55:12	+22:33	05:31
290	385	José Adriano Freitas Pereira da Mota	individual	Veterano M50	55:13	+22:34	05:31
291	455	EMA MARIA CARVALHO MAGALHÃES AZEVEDO	pedaladas	Veterana F40	55:20	+22:41	05:32
292	249	Nelson Pereira	individual	Senior Masculino	55:32	+22:53	05:33
293	410	Paula Lopes	no tomorrow running team	Senior Feminino	55:38	+22:59	05:34
294	498	Paula Dias	tokaandar	Veterana F40	55:39	+23:00	05:34
295	366	Rui Freitas	individual	Veterano M40	55:41	+23:02	05:34
296	438	André Barros	os atletas	Senior Masculino	55:48	+23:09	05:35
297	257	Paulo Sousa	individual	Senior Masculino	55:49	+23:10	05:35
298	325	Henrique Barros	individual	Veterano M40	55:50	+23:11	05:35
299	57	João Reis	bonfitec, equipamentos industriais, lda	Senior Masculino	55:58	+23:19	05:36
300	273	Rui Correia	individual	Senior Masculino	56:03	+23:24	05:36
301	94	Nuno Dias	clube zupper	Senior Masculino	56:06	+23:27	05:37
302	52	Rui Peixoto	bicademia	Veterano M40	56:11	+23:32	05:37
303	50	Maria Silva	bicademia	Veterana F40	56:11	+23:32	05:37
304	51	Jorge Monteiro	bicademia	Veterano M40	56:12	+23:33	05:37
305	48	nuno silva	bicademia	Senior Masculino	56:14	+23:35	05:37
306	47	Sónia Silva	bicademia	Senior Feminino	56:14	+23:35	05:37
307	485	Alberto Ferreira	running urbanfit	Veterano M40	56:17	+23:38	05:38
308	382	João Lopes	individual	Veterano M50	56:17	+23:38	05:38
309	280	Tiago Moinhos Penelas	individual	Senior Masculino	56:18	+23:39	05:38
310	44	adelaide almeida	atletico clube alfenense	Veterano M40	56:18	+23:39	05:38

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
311	222	Ivo Carolo	individual	Senior Masculino	56:35	+23:56	05:39
312	72	Luis Espassandim	budeguita runners	Veterano M40	56:39	+24:00	05:40
313	261	Pedro Manuel Oliveira Moreira	individual	Senior Masculino	56:44	+24:05	05:40
314	165	margarida aurora da fonseca	individual	Senior Feminino	56:45	+24:06	05:40
315	141	Mariana Vilar	grupo de atletas (muito) amadores de ermesinde	Senior Feminino	56:47	+24:08	05:41
316	143	Eduardo Pais	grupo de atletas (muito) amadores de ermesinde	Senior Masculino	56:48	+24:09	05:41
317	142	Abílio Cardoso Teixeira	grupo de atletas (muito) amadores de ermesinde	Senior Masculino	56:48	+24:09	05:41
318	204	FIlipe Maria	individual	Senior Masculino	56:52	+24:13	05:41
319	154	PAULO MANUEL OLIVEIRA RAMOS	grupo juvenil pinheiro da bemposta - o. azeméis	Veterano M40	56:52	+24:13	05:41
320	244	Márcio Castro	individual	Senior Masculino	56:53	+24:14	05:41
321	96	Fátima Ribeiro	clube zupper	Veterana F40	57:00	+24:21	05:42
322	223	ivo miguel correia martins costa	individual	Senior Masculino	57:09	+24:30	05:43
323	202	Filipe Alexandre Oliveira Monteiro	individual	Senior Masculino	57:13	+24:34	05:43
324	437	Maria Costa	os 5 à hora	Veterana F50	57:13	+24:34	05:43
325	278	Tiago Daniel dos Santos Almeida e Silva	individual	Senior Masculino	57:23	+24:44	05:44
326	191	Bruno Azevedo	individual	Senior Masculino	57:24	+24:45	05:44
327	174	Sónia Fernanda Soares Pereira	individual	Senior Feminino	57:29	+24:50	05:45
328	28	Nélson Silva	amigos das sapatilhas	Senior Masculino	57:31	+24:52	05:45
329	287	Elisabete Diegues	individual	Veterana F40	57:31	+24:52	05:45
330	207	Flávio Santos	individual	Senior Masculino	57:33	+24:54	05:45
331	27	Cláudia Ramos	amigos das sapatilhas	Senior Feminino	57:33	+24:54	05:45
332	470	Armindo Dias Pinto	rollingbikeclubebtt	Veterano M50	57:37	+24:58	05:46
333	221	Ivo Azevedo	individual	Senior Masculino	57:57	+25:18	05:48
334	238	José Pedro Maia Gomes	individual	Senior Masculino	57:58	+25:19	05:48
335	130	Paulo Pinto	equipa dinamite	Veterano M40	57:59	+25:20	05:48
336	275	Rui Sousa	individual	Senior Masculino	58:01	+25:22	05:48
337	326	Hugo Carrilho	individual	Veterano M40	58:05	+25:26	05:49
338	286	Cristina Sousa	individual	Veterana F40	58:06	+25:27	05:49
339	406	Diogo Ferreira	moreira relax runners	Senior Masculino	58:08	+25:29	05:49
340	408	Mário Jorge Ferreira	moreira relax runners	Veterano M40	58:08	+25:29	05:49
341	175	Telma Lopes	individual	Senior Feminino	58:14	+25:35	05:49
342	285	Carla oliveira	individual	Veterana F40	58:17	+25:38	05:50
343	510	Cláudio Silva	wolves run trail	Senior Masculino	58:22	+25:43	05:50
344	338	jose Vieira	individual	Veterano M40	58:38	+25:59	05:52
345	255	Paulo Jorge Magalhães Sousa	individual	Senior Masculino	58:47	+26:08	05:53
346	452	Nelson Montalvão	os turbomula	Veterano M40	59:00	+26:21	05:54
347	450	Bárbara Mota	os turbomula	Senior Feminino	59:00	+26:21	05:54
348	335	Jose Gonçalves	individual	Veterano M40	59:19	+26:40	05:56
349	293	Manuela Arantes	individual	Veterana F40	59:20	+26:41	05:56
350	379	Francisco Moita Fernandes Silva	individual	Veterano M50	59:20	+26:41	05:56
351	282	Vitor José Pereira Barbosa	individual	Senior Masculino	59:38	+26:59	05:58
352	49	Manuela Monteiro	bicademia	Veterana F40	59:39	+27:00	05:58
353	444	Daniela Barbosa	os rodolfos	Senior Feminino	59:44	+27:05	05:58

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
354	248	Nelson Leite Sousa Silva	individual	Senior Masculino	59:47	+27:08	05:59
355	176	Verônica maia	individual	Senior Feminino	59:52	+27:13	05:59
356	92	Nelson Correia	clube zupper	Senior Masculino	59:55	+27:16	06:00
357	431	Ana Paula Oliveira	openbox	Veterana F40	01:00:05	+27:26	06:01
358	292	Julia Magalhaes	individual	Veterana F40	01:00:07	+27:28	06:01
359	58	António Amorim	bonfitec, equipamentos industriais, lda	Veterano M40	01:00:10	+27:31	06:01
360	84	Liliana Correia	clube zupper	Senior Feminino	01:00:11	+27:32	06:01
361	100	Ivo Correia	clube zupper	Veterano M50	01:00:11	+27:32	06:01
362	240	Luís Faria	individual	Senior Masculino	01:00:23	+27:44	06:02
363	467	claudia oliveira	rollingbikeclubebtt	Senior Feminino	01:00:41	+28:02	06:04
364	117	José Geraldes	denirovip	Senior Masculino	01:00:43	+28:04	06:04
365	246	Mário Geraldes	individual	Senior Masculino	01:00:43	+28:04	06:04
366	118	Ricardo Fernandes	denirovip	Senior Masculino	01:00:43	+28:04	06:04
367	415	Teotónio Silva	non stop	Veterano M40	01:00:51	+28:12	06:05
368	299	SANDRA RUIVO CARVALHO	individual	Veterana F40	01:00:51	+28:12	06:05
369	32	Rui Ferreira	arpeusfds	Senior Masculino	01:00:55	+28:16	06:05
370	33	Sergio Fernandes	arpeusfds	Senior Masculino	01:00:55	+28:16	06:06
371	458	MANUEL ANTÓNIO PEIXOTO AZEVEDO	pedaladas	Veterano M40	01:00:56	+28:17	06:06
372	68	Sandra Oliveira	budeguita runners	Veterana F40	01:01:02	+28:23	06:06
373	75	Tiago Pedro Amorim	budeguita runners	Veterano M40	01:01:02	+28:23	06:06
374	217	Hugo Ferreira	individual	Senior Masculino	01:01:08	+28:29	06:07
375	323	fernando teixeira	individual	Veterano M40	01:01:08	+28:29	06:07
376	353	Nuno Freitas	individual	Veterano M40	01:01:09	+28:30	06:07
377	494	Helder Fernando Fernandes Moutinho	tai runners	Senior Masculino	01:01:09	+28:30	06:07
378	368	Rui Silva	individual	Veterano M40	01:01:15	+28:36	06:07
379	106	Divaldo Francisco	cpn runners	Senior Masculino	01:01:31	+28:52	06:09
380	38	Sara Ferreira	atitude runners	Senior Feminino	01:01:36	+28:57	06:10
381	463	Ermesinda Carvalho	prestígio	Veterana F40	01:01:39	+29:00	06:10
382	232	Jorge Manuel Teixeira do Vale	individual	Senior Masculino	01:01:40	+29:01	06:10
383	277	SILVIO BARBOSA	individual	Senior Masculino	01:01:44	+29:05	06:10
384	250	Nuno Baptista	individual	Senior Masculino	01:01:48	+29:09	06:11
385	182	Amândio Torres	individual	Senior Masculino	01:01:49	+29:10	06:11
386	456	ALFREDO GUILHERME CARVALHO MAGALHÃES	pedaladas	Veterano M40	01:01:50	+29:11	06:11
387	168	Marlene Pereira	individual	Senior Feminino	01:02:02	+29:23	06:12
388	157	Andreia Raquel Ferreira Martins	individual	Senior Feminino	01:02:02	+29:23	06:12
389	243	marcio Alexandre Teixeira borges	individual	Senior Masculino	01:02:02	+29:23	06:12
390	356	PAULO ALEXANDRE FREITAS JORGE	individual	Veterano M40	01:02:25	+29:46	06:15
391	158	Catarina Sousa	individual	Senior Feminino	01:02:31	+29:52	06:15
392	171	Sandra Varela	individual	Senior Feminino	01:02:39	+30:00	06:16
393	206	Filipe Miguel Lopes Miranda	individual	Senior Masculino	01:02:41	+30:02	06:16
394	473	nuno correia	run2eat	Senior Masculino	01:02:41	+30:02	06:16
395	102	José Silva	corredores nocturnos de paredes	Veterano M40	01:02:43	+30:04	06:16
396	380	Germano Moura	individual	Veterano M50	01:02:55	+30:16	06:18

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
397	266	Ricardo Araújo Mendes	individual	Senior Masculino	01:03:28	+30:49	06:21
398	173	Sofia Silva	individual	Senior Feminino	01:03:33	+30:54	06:21
399	397	augusto pereira	jornal fm runners	Veterano M40	01:03:56	+31:17	06:24
400	460	JORGE MANUEL CARVALHO MAGALHAES	pedaladas	Veterano M50	01:03:56	+31:17	06:24
401	331	Jorge Pinheiro	individual	Veterano M40	01:04:05	+31:26	06:24
402	377	AZEMIRO TEIXEIRA MARTINS	individual	Veterano M50	01:04:15	+31:36	06:26
403	46	Cláudia Silva	bicademia	Senior Feminino	01:04:17	+31:38	06:26
404	195	Daniel André Marques rocha	individual	Senior Masculino	01:04:18	+31:39	06:26
405	495	Vera Cristina Moreira Delgado	tartarugas	Senior Feminino	01:04:31	+31:52	06:27
406	496	Mário Silva	tartarugas	Veterano M40	01:04:31	+31:52	06:27
407	295	Paula Adriana Almeida Amaral	individual	Veterana F40	01:04:47	+32:08	06:29
408	390	RUI MANUEL SILVA MOREIRA	individual	Veterano M50	01:04:56	+32:17	06:30
409	302	Maria Adelaide gonçalves Horta	individual	Veterana F50	01:05:01	+32:22	06:30
410	294	Monica Matos	individual	Veterana F40	01:05:06	+32:27	06:31
411	192	Bruno Fernando Costa Oliveira	individual	Senior Masculino	01:05:29	+32:50	06:33
412	101	Maria Jesus	corredores nocturnos de paredes	Veterana F40	01:06:19	+33:40	06:38
413	103	Rui Silva	corredores nocturnos de paredes	Veterano M40	01:06:19	+33:40	06:38
414	443	Catarina Salgueirinho	os rodolfos	Senior Feminino	01:06:23	+33:44	06:38
415	445	Nadia Sousa	os rodolfos	Senior Feminino	01:06:23	+33:44	06:38
416	163	Joana Elisabete Monteiro Ribeiro	individual	Senior Feminino	01:06:35	+33:56	06:40
417	227	João Pedro Oliveira Ferreira de Magalhães	individual	Senior Masculino	01:06:35	+33:56	06:40
418	339	Jota Oliveira	individual	Veterano M40	01:06:38	+33:59	06:40
419	344	Luís Moutinho	individual	Veterano M40	01:06:44	+34:05	06:40
420	434	Fátima Oliveira	os 5 à hora	Veterana F40	01:06:53	+34:14	06:41
421	435	Isabel Queirós	os 5 à hora	Veterana F50	01:06:53	+34:14	06:41
422	95	Cândida Vilas-Boas	clube zupper	Veterana F40	01:06:56	+34:17	06:42
423	85	Marlene Rodrigues	clube zupper	Senior Feminino	01:07:06	+34:27	06:43
424	36	Filipa Laranjeira	atitude runners	Senior Feminino	01:07:06	+34:27	06:43
425	97	Graça Sousa	clube zupper	Veterana F40	01:07:06	+34:27	06:43
426	361	Paulo Sousa	individual	Veterano M40	01:07:15	+34:36	06:44
427	304	Maria Manuela Amador Nobre Neto	individual	Veterana F50	01:07:19	+34:40	06:44
428	417	Maria Morais	not run alone	Veterana F50	01:07:34	+34:55	06:45
429	374	António Jorge Aires Pinto	individual	Veterano M50	01:07:47	+35:08	06:47
430	511	Daniel Fernandes	wolves run trail	Senior Masculino	01:07:53	+35:14	06:47
431	290	Graça Carvalho	individual	Veterana F40	01:08:01	+35:22	06:48
432	55	Diogo Cardoso	bonfitec, equipamentos industriais, lda	Senior Masculino	01:08:09	+35:30	06:49
433	303	Maria Alice Guimarães	individual	Veterana F50	01:08:35	+35:56	06:52
434	160	diana martins	individual	Senior Feminino	01:08:37	+35:58	06:52
435	11	Andreia Alexandra Simões Marques	>35	Senior Feminino	01:08:59	+36:20	06:54
436	472	Carla Brinco	run2eat	Senior Feminino	01:09:01	+36:22	06:54
437	220	Hugo Oliveira	individual	Senior Masculino	01:09:02	+36:23	06:54
438	289	FELICIDADE CARNEIRO	individual	Veterana F40	01:10:03	+37:24	07:00
439	305	MARIA ROSA SILVA PEREIRA COSTA	individual	Veterana F50	01:10:09	+37:30	07:01
440	384	JORGE FREITAS	individual	Veterano M50	01:10:12	+37:33	07:01

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
441	345	Luis Ribeiro	individual	Veterano M40	01:13:15	+40:36	07:20
442	387	jose mateus tavares	individual	Veterano M50	01:13:29	+40:50	07:21
443	298	Sandra Almeida	individual	Veterana F40	01:13:29	+40:50	07:21
444	251	Nuno M. F. Sousa A. Cerqueira	individual	Senior Masculino	01:14:01	+41:22	07:24
445	161	Eliana Lopes	individual	Senior Feminino	01:14:02	+41:23	07:24
446	506	Dália Mendes	weteach run team	Veterana F40	01:14:02	+41:23	07:24
447	403	Karina Neves	lourenço`s adventures	Senior Feminino	01:14:04	+41:25	07:24
448	488	Raul Ribeiro	running urbanfit	Veterano M40	01:16:29	+43:50	07:39
449	474	Ana Monteiro	running urbanfit	Senior Feminino	01:16:29	+43:50	07:39
450	483	Marisa Silva	running urbanfit	Veterana F40	01:16:30	+43:51	07:39
451	59	Carla Sofia Almeida	bravos da montanha	Senior Feminino	01:18:45	+46:06	07:53
452	105	Vania Monteiro	cpn runners	Senior Feminino	01:24:22	+51:43	08:26
453	505	Amélia Monteiro	weteach run team	Veterana F40	01:24:22	+51:43	08:26
454	508	Maria do Carmo Cunha	weteach run team	Veterana F40	01:24:22	+51:43	08:26

São Silvestre de Ermesinde
Ermesinde
18-dezembro-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	21:30	14,4ºC	62,1%
End	22:56	14,4ºC	55,4%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	19	Marta Raquel Pacheco Martins	ACR Senhora do Desterro	Senior Feminino	38:32		03:51
2	145	Daniela Sofia Martins Sousa	GRUPO DESPORTIVO DO ESTREITO	Senior Feminino	39:08	+00:36	03:55
3	404	Diana Sousa	Maia Atlético Clube	Senior Feminino	42:02	+03:30	04:12
4	30	Maria Gonçalves	ANONYMOUS PROSPORTS CHALLENGER	Senior Feminino	44:01	+05:29	04:24
5	64	Ana Sousa	BUDEGUITA RUNNERS	Senior Feminino	47:04	+08:32	04:42
6	476	Carla Costa	Running Urbanfit	Senior Feminino	47:33	+09:01	04:45
7	493	Marisa Pereira	Sporting Clube de Braga	Senior Feminino	49:05	+10:33	04:55
8	162	Elisabete Cunha	Individual	Senior Feminino	49:47	+11:15	04:59
9	83	Daniela Alves	Clube Zupper	Senior Feminino	49:59	+11:27	05:00
10	475	Ana Pimentel	Running Urbanfit	Senior Feminino	50:06	+11:34	05:01
11	169	patricia silva	Individual	Senior Feminino	51:07	+12:35	05:07
12	411	Raquel Ferreira de Vasconcelos	NO TOMORROW RUNNING TEAM	Senior Feminino	51:07	+12:35	05:07
13	164	Magda Esteves	Individual	Senior Feminino	51:14	+12:42	05:07
14	156	Ana Nova	Individual	Senior Feminino	51:52	+13:20	05:11
15	54	Catarina Andrade	BONFITEC, Equipamentos Industriais, Lda	Senior Feminino	52:00	+13:28	05:12
16	478	Sónia Ribeiro	Running Urbanfit	Senior Feminino	52:39	+14:07	05:16
17	172	Sara Magalhaes	Individual	Senior Feminino	53:24	+14:52	05:20
18	426	Ana Rodrigues	Openbox	Senior Feminino	53:33	+15:01	05:21
19	465	ana campanha	RADIO JORNAL FM RUNNERS	Senior Feminino	53:38	+15:06	05:22
20	428	Ana Cota	Openbox	Senior Feminino	53:48	+15:16	05:23
21	159	Daniela Mota Machado	Individual	Senior Feminino	53:48	+15:16	05:23
22	167	Maria Emanuel Gamboa de Carvalho Correia	Individual	Senior Feminino	53:53	+15:21	05:23
23	166	MARIA DE LURDES COELHO	Individual	Senior Feminino	54:09	+15:37	05:25
24	477	Sara Braga	Running Urbanfit	Senior Feminino	54:29	+15:57	05:27
25	446	Sónia Fernandes	Os Rodolfos	Senior Feminino	54:37	+16:05	05:28
26	42	paula costa	Atletico Clube Alfenense	Senior Feminino	54:41	+16:09	05:28
27	12	Marta Amaro	>35	Senior Feminino	55:08	+16:36	05:31
28	410	Paula Lopes	NO TOMORROW RUNNING TEAM	Senior Feminino	55:38	+17:06	05:34
29	47	Sónia Silva	bicademia	Senior Feminino	56:14	+17:42	05:37
30	165	margarida aurora da fonseca	Individual	Senior Feminino	56:45	+18:13	05:40
31	141	Mariana Vilar	Grupo de Atletas (muito) Amadores de Ermesinde	Senior Feminino	56:47	+18:15	05:41
32	174	Sónia Fernanda Soares Pereira	Individual	Senior Feminino	57:29	+18:57	05:45
33	27	Cláudia Ramos	Amigos das Sapatilhas	Senior Feminino	57:33	+19:01	05:45
34	175	Telma Lopes	Individual	Senior Feminino	58:14	+19:42	05:49
35	450	Bárbara Mota	Os TurboMula	Senior Feminino	59:00	+20:28	05:54

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

36	444	Daniela Barbosa	Os Rodolfos	Senior Feminino	59:44	+21:12	05:58
37	176	Verônica maia	Individual	Senior Feminino	59:52	+21:20	05:59
38	84	Liliana Correia	Clube Zupper	Senior Feminino	01:00:11	+21:39	06:01
39	467	claudia oliveira	Rollingbikeclubebtt	Senior Feminino	01:00:41	+22:09	06:04
40	38	Sara Ferreira	Atitude Runners	Senior Feminino	01:01:36	+23:04	06:10
41	168	Marlene Pereira	Individual	Senior Feminino	01:02:02	+23:30	06:12
42	157	Andreia Raquel Ferreira Martins	Individual	Senior Feminino	01:02:02	+23:30	06:12
43	158	Catarina Sousa	Individual	Senior Feminino	01:02:31	+23:59	06:15
44	171	Sandra Varela	Individual	Senior Feminino	01:02:39	+24:07	06:16
45	173	Sofia Silva	Individual	Senior Feminino	01:03:33	+25:01	06:21
46	46	Cláudia Silva	bicademia	Senior Feminino	01:04:17	+25:45	06:26
47	495	Vera Cristina Moreira Delgado	Tartarugas	Senior Feminino	01:04:31	+25:59	06:27
48	443	Catarina Salgueirinho	Os Rodolfos	Senior Feminino	01:06:23	+27:51	06:38
49	445	Nadia Sousa	Os Rodolfos	Senior Feminino	01:06:23	+27:51	06:38
50	163	Joana Elisabete Monteiro Ribeiro	Individual	Senior Feminino	01:06:35	+28:03	06:40
51	85	Marlene Rodrigues	Clube Zupper	Senior Feminino	01:07:06	+28:34	06:43
52	36	Filipa Laranjeira	Atitude Runners	Senior Feminino	01:07:06	+28:34	06:43
53	160	diana martins	Individual	Senior Feminino	01:08:37	+30:05	06:52
54	11	Andreia Alexandra Simões Marques	>35	Senior Feminino	01:08:59	+30:27	06:54
55	472	Carla Brinco	Run2eat	Senior Feminino	01:09:01	+30:29	06:54
56	161	Eliana Lopes	Individual	Senior Feminino	01:14:02	+35:30	07:24
57	403	Karina Neves	Lourenço`s Adventures	Senior Feminino	01:14:04	+35:32	07:24
58	474	Ana Monteiro	Running Urbanfit	Senior Feminino	01:16:29	+37:57	07:39
59	59	Carla Sofia Almeida	Bravos da montanha	Senior Feminino	01:18:45	+40:13	07:53
60	105	Vania Monteiro	CPN RUNNERS	Senior Feminino	01:24:22	+45:50	08:26

Senior Masculino

1	109	Bruno Jesus	CSRDC Santiago	Senior Masculino	32:39		03:16
2	20	Luis Gonçalves Mendes	ACR Senhora do Desterro	Senior Masculino	32:41	+00:02	03:16
3	111	Carlos Rodrigues	CSRDC Santiago	Senior Masculino	32:48	+00:09	03:17
4	147	VITOR BARBOSA	grupo dramatico e recreativo da retorta	Senior Masculino	33:20	+00:41	03:20
5	113	Paulo Barbosa	CSRDC Santiago	Senior Masculino	33:34	+00:55	03:21
6	131	Pedro Meireles	ESCOLA DO MOVIMENTO	Senior Masculino	33:51	+01:12	03:23
7	132	Tony Andrew Calvo	ESCOLA DO MOVIMENTO	Senior Masculino	34:04	+01:25	03:24
8	146	TIAGO PINTO	grupo dramatico e recreativo da retorta	Senior Masculino	34:44	+02:05	03:28
9	110	Bruno Queirós	CSRDC Santiago	Senior Masculino	35:38	+02:59	03:34
10	93	Nuno Carneiro	Clube Zupper	Senior Masculino	35:59	+03:20	03:36
11	229	Joao Seixas	Individual	Senior Masculino	36:47	+04:08	03:41
12	88	João Pedro Ferreira Moita	Clube Zupper	Senior Masculino	36:54	+04:15	03:41
13	201	Fernando Leite	Individual	Senior Masculino	37:50	+05:11	03:47
14	128	Tiago Emanuel Martins Lima	Elite 36	Senior Masculino	38:33	+05:54	03:51
15	112	Joel Barbosa	CSRDC Santiago	Senior Masculino	38:44	+06:05	03:52
16	86	André Sousa	Clube Zupper	Senior Masculino	38:52	+06:13	03:53

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

17	31	Filipe Carneiro	ANONYMOUS PROSPORTS CHALLENGER	Senior Masculino	38:54	+06:15	03:53
18	216	Henrique Barbosa	Individual	Senior Masculino	38:58	+06:19	03:54
19	125	Fabio Andre Fonseca Martins	Elite 36	Senior Masculino	39:04	+06:25	03:54
20	265	Rafael Eduardo Oliveira da Silva	Individual	Senior Masculino	39:18	+06:39	03:56
21	267	Ricardo Carvalhais	Individual	Senior Masculino	39:19	+06:40	03:56
22	197	eduardo camilo	Individual	Senior Masculino	39:33	+06:54	03:57
23	185	ANDRÉ MARTINS	Individual	Senior Masculino	39:45	+07:06	03:58
24	114	Vítor André Silva Cardoso	CTAD-Trilhos de Cinfães	Senior Masculino	39:55	+07:16	03:59
25	199	Fábio Rodrigues	Individual	Senior Masculino	39:55	+07:16	04:00
26	194	Cristiano Nogueira	Individual	Senior Masculino	39:59	+07:20	04:00
27	200	Fernando	Individual	Senior Masculino	40:00	+07:21	04:00
28	420	João Pedro Leal	OFRunning	Senior Masculino	40:06	+07:27	04:01
29	416	Ricardo Areias	Not Run Alone	Senior Masculino	40:37	+07:58	04:04
30	258	Pedro Brandão	Individual	Senior Masculino	41:02	+08:23	04:06
31	127	Marco André Martins Lima	Elite 36	Senior Masculino	41:09	+08:30	04:07
32	414	Jorge Abreu	Non Stop	Senior Masculino	41:10	+08:31	04:07
33	183	Andre Costa	Individual	Senior Masculino	41:46	+09:07	04:11
34	210	Gustavo	Individual	Senior Masculino	41:55	+09:16	04:12
35	492	Joao Santos	são salvador do campo	Senior Masculino	42:08	+09:29	04:13
36	189	António Picotês	Individual	Senior Masculino	42:10	+09:31	04:13
37	177	Adérito Silva	Individual	Senior Masculino	42:15	+09:36	04:13
38	40	Carlos Silva	Atitude Runners	Senior Masculino	42:17	+09:38	04:14
39	234	José Dinis martins	Individual	Senior Masculino	42:19	+09:40	04:14
40	235	jose luis silva cardoso	Individual	Senior Masculino	42:57	+10:18	04:18
41	124	Bruno Fernando dos Santos Silva	Elite 36	Senior Masculino	43:02	+10:23	04:18
42	65	Filipe Maia	BUDEGUITA RUNNERS	Senior Masculino	43:23	+10:44	04:20
43	281	Tiago Monteiro	Individual	Senior Masculino	43:24	+10:45	04:20
44	129	Carlos Campos	Equipa Dinamite	Senior Masculino	44:05	+11:26	04:25
45	503	Nelson Ivo Moutinho Barja	WETEACH RUN TEAM	Senior Masculino	44:08	+11:29	04:25
46	400	Helder Gomes	KeMedo Team	Senior Masculino	44:21	+11:42	04:26
47	482	Vitor Miranda	Running Urbanfit	Senior Masculino	44:22	+11:43	04:26
48	181	Álvaro Antunes	Individual	Senior Masculino	44:25	+11:46	04:27
49	91	José Soares	Clube Zupper	Senior Masculino	44:26	+11:47	04:27
50	237	José Paulo Neto	Individual	Senior Masculino	44:51	+12:12	04:29
51	231	Jorge Bastos	Individual	Senior Masculino	44:59	+12:20	04:30
52	422	Rui Pereira	OFRunning	Senior Masculino	45:09	+12:30	04:31
53	272	ruben gonçalo rodrigues pinheiro	Individual	Senior Masculino	45:26	+12:47	04:33
54	230	Jorge Alberto Cadavez Pacheco Capucho Ferreira	Individual	Senior Masculino	45:26	+12:47	04:33
55	190	Artur Reis	Individual	Senior Masculino	45:32	+12:53	04:33
56	479	Hugo Sousa	Running Urbanfit	Senior Masculino	45:33	+12:54	04:33
57	205	Filipe Mendes	Individual	Senior Masculino	45:36	+12:57	04:34
58	126	João Paulo Martins Guedes	Elite 36	Senior Masculino	45:39	+13:00	04:34
59	401	Pedro Marques	KeMedo Team	Senior Masculino	45:49	+13:10	04:35
60	264	Pedro Rodrigues	Individual	Senior Masculino	45:50	+13:11	04:35

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

61	144	Nuno Santos	Grupo Desportivo do bairro dos pescadores de Matosinhos	Senior Masculino	46:12	+13:33	04:37
62	203	Filipe Amorim	Individual	Senior Masculino	46:20	+13:41	04:38
63	41	Nuno Matos	Atitude Runners	Senior Masculino	46:33	+13:54	04:39
64	263	Pedro Reina	Individual	Senior Masculino	46:44	+14:05	04:40
65	252	nuno morgado	Individual	Senior Masculino	47:16	+14:37	04:44
66	211	Helder Antonio de Oliveira Mendes	Individual	Senior Masculino	47:24	+14:45	04:44
67	21	JOSE MANUEL DIAS COUTINHO	AMIGOS DA PICUA	Senior Masculino	48:05	+15:26	04:49
68	254	Nuno Teixeira	Individual	Senior Masculino	48:14	+15:35	04:49
69	225	João Dias	Individual	Senior Masculino	48:25	+15:46	04:50
70	107	Fabio Silva	CPN RUNNERS	Senior Masculino	48:25	+15:46	04:50
71	480	Sandro Sousa	Running Urbanfit	Senior Masculino	48:39	+16:00	04:52
72	214	Helder Santos	Individual	Senior Masculino	48:40	+16:01	04:52
73	461	Vítor Silva	Pernetas	Senior Masculino	48:41	+16:02	04:52
74	78	Ricardo Soares	Carro Vassoura Team	Senior Masculino	48:48	+16:09	04:53
75	276	Sergio Filipe Maia de Sousa	Individual	Senior Masculino	48:56	+16:17	04:54
76	18	Pedro Policoano	ACAlfenense	Senior Masculino	49:28	+16:49	04:57
77	447	Filipe Carvalho	Os Rodolfos	Senior Masculino	49:30	+16:51	04:57
78	188	António Pedro de Freitas Ribeiro	Individual	Senior Masculino	49:31	+16:52	04:57
79	268	Ricardo Jorge leite Pereira	Individual	Senior Masculino	49:46	+17:07	04:59
80	116	João Vieira	DeniroVip	Senior Masculino	49:47	+17:08	04:59
81	241	Luís Pinto	Individual	Senior Masculino	49:49	+17:10	04:59
82	179	Alexandre Carneiro	Individual	Senior Masculino	49:55	+17:16	04:59
83	462	Bruno Rodrigues	PRESTÍGIO	Senior Masculino	49:59	+17:20	05:00
84	60	Paulo Rodrigues	Bravos da montanha	Senior Masculino	50:01	+17:22	05:00
85	419	Eduardo Neves	OFRunning	Senior Masculino	50:08	+17:29	05:01
86	208	Francisco Macedo	Individual	Senior Masculino	50:09	+17:30	05:01
87	212	helder filipe oliveira amaral	Individual	Senior Masculino	50:17	+17:38	05:02
88	497	Tiago Rocha	The Outsiders	Senior Masculino	50:38	+17:59	05:04
89	448	Helder Coutinho	Os Rodolfos	Senior Masculino	50:43	+18:04	05:04
90	440	Ricas Almeida	Os Atletas	Senior Masculino	50:44	+18:05	05:04
91	213	Hélder Rocha	Individual	Senior Masculino	50:49	+18:10	05:05
92	196	Diogo Oliveira	Individual	Senior Masculino	50:56	+18:17	05:06
93	481	Serafim Monteiro	Running Urbanfit	Senior Masculino	51:02	+18:23	05:06
94	504	Pedro Miguel Monteiro	WETEACH RUN TEAM	Senior Masculino	51:02	+18:23	05:06
95	271	Rodolfo	Individual	Senior Masculino	51:10	+18:31	05:07
96	90	Joel Tibério	Clube Zupper	Senior Masculino	51:13	+18:34	05:07
97	77	Pedro Rodrigues	Carro Vassoura Team	Senior Masculino	51:37	+18:58	05:10
98	76	Pedro Lopes	Carro Vassoura Team	Senior Masculino	51:37	+18:58	05:10
99	260	Pedro Manuel Lourenço Cardoso	Individual	Senior Masculino	51:52	+19:13	05:11
100	186	António José de Sousa Pinto	Individual	Senior Masculino	51:57	+19:18	05:12
101	56	Filipe Silva	BONFITEC, Equipamentos Industriais, Lda	Senior Masculino	52:00	+19:21	05:12
102	233	Jorge Pereira	Individual	Senior Masculino	52:20	+19:41	05:14
103	108	Pedro Santos	CPN RUNNERS	Senior Masculino	52:28	+19:49	05:15
104	253	Nuno Silva	Individual	Senior Masculino	52:38	+19:59	05:16
105	219	Hugo Miguel Bento Ferreira	Individual	Senior Masculino	52:44	+20:05	05:16

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

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106	215	Helder Silva	Individual	Senior Masculino	53:01	+20:22	05:18
107	439	Ricardo Fonseca	Os Atletas	Senior Masculino	53:10	+20:31	05:19
108	178	Afonso Bonifácio	Individual	Senior Masculino	53:24	+20:45	05:20
109	449	Hugo Durães	Os Rodolfos	Senior Masculino	53:30	+20:51	05:21
110	429	Sérgio Ribeiro	Openbox	Senior Masculino	53:42	+21:03	05:22
111	430	Sérgio Suzano	Openbox	Senior Masculino	53:42	+21:03	05:22
112	180	alexandre sousa	Individual	Senior Masculino	53:50	+21:11	05:23
113	269	Ricardo Jorge Pereira de Castro Magalhães	Individual	Senior Masculino	54:04	+21:25	05:24
114	256	Paulo Serra	Individual	Senior Masculino	54:25	+21:46	05:27
115	242	Manuel Fonseca	Individual	Senior Masculino	54:28	+21:49	05:27
116	239	Ludovino Moreira Pimenta	Individual	Senior Masculino	54:35	+21:56	05:27
117	245	Marco Guimarães	Individual	Senior Masculino	54:35	+21:56	05:28
118	249	Nelson Pereira	Individual	Senior Masculino	55:32	+22:53	05:33
119	438	André Barros	Os Atletas	Senior Masculino	55:48	+23:09	05:35
120	257	Paulo Sousa	Individual	Senior Masculino	55:49	+23:10	05:35
121	57	João Reis	BONFITEC, Equipamentos Industriais, Lda	Senior Masculino	55:58	+23:19	05:36
122	273	Rui Correia	Individual	Senior Masculino	56:03	+23:24	05:36
123	94	Nuno Dias	Clube Zupper	Senior Masculino	56:06	+23:27	05:37
124	48	nuno silva	bicademia	Senior Masculino	56:14	+23:35	05:37
125	280	Tiago Moinhos Penelas	Individual	Senior Masculino	56:18	+23:39	05:38
126	222	Ivo Carolo	Individual	Senior Masculino	56:35	+23:56	05:39
127	261	Pedro Manuel Oliveira Moreira	Individual	Senior Masculino	56:44	+24:05	05:40
128	143	Eduardo Pais	Grupo de Atletas (muito) Amadores de Ermesinde	Senior Masculino	56:48	+24:09	05:41
129	142	Abílio Cardoso Teixeira	Grupo de Atletas (muito) Amadores de Ermesinde	Senior Masculino	56:48	+24:09	05:41
130	204	FIlipe Maria	Individual	Senior Masculino	56:52	+24:13	05:41
131	244	Márcio Castro	Individual	Senior Masculino	56:53	+24:14	05:41
132	223	ivo miguel correia martins costa	Individual	Senior Masculino	57:09	+24:30	05:43
133	202	Filipe Alexandre Oliveira Monteiro	Individual	Senior Masculino	57:13	+24:34	05:43
134	278	Tiago Daniel dos Santos Almeida e Silva	Individual	Senior Masculino	57:23	+24:44	05:44
135	191	Bruno Azevedo	Individual	Senior Masculino	57:24	+24:45	05:44
136	28	Nélson Silva	Amigos das Sapatilhas	Senior Masculino	57:31	+24:52	05:45
137	207	Flávio Santos	Individual	Senior Masculino	57:33	+24:54	05:45
138	221	Ivo Azevedo	Individual	Senior Masculino	57:57	+25:18	05:48
139	238	José Pedro Maia Gomes	Individual	Senior Masculino	57:58	+25:19	05:48
140	275	Rui Sousa	Individual	Senior Masculino	58:01	+25:22	05:48
141	406	Diogo Ferreira	Moreira Relax Runners	Senior Masculino	58:08	+25:29	05:49
142	510	Cláudio Silva	Wolves Run Trail	Senior Masculino	58:22	+25:43	05:50
143	255	Paulo Jorge Magalhães Sousa	Individual	Senior Masculino	58:47	+26:08	05:53
144	282	Vitor José Pereira Barbosa	Individual	Senior Masculino	59:38	+26:59	05:58
145	248	Nelson Leite Sousa Silva	Individual	Senior Masculino	59:47	+27:08	05:59
146	92	Nelson Correia	Clube Zupper	Senior Masculino	59:55	+27:16	06:00
147	240	Luís Faria	Individual	Senior Masculino	01:00:23	+27:44	06:02
148	117	José Geraldes	DeniroVip	Senior Masculino	01:00:43	+28:04	06:04

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

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149	246	Mário Geraldes	Individual	Senior Masculino	01:00:43	+28:04	06:04
150	118	Ricardo Fernandes	DeniroVip	Senior Masculino	01:00:43	+28:04	06:04
151	32	Rui Ferreira	ArpeusFDS	Senior Masculino	01:00:55	+28:16	06:05
152	33	Sergio Fernandes	ArpeusFDS	Senior Masculino	01:00:55	+28:16	06:06
153	217	Hugo Ferreira	Individual	Senior Masculino	01:01:08	+28:29	06:07
154	494	Helder Fernando Fernandes Moutinho	Tai Runners	Senior Masculino	01:01:09	+28:30	06:07
155	106	Divaldo Francisco	CPN RUNNERS	Senior Masculino	01:01:31	+28:52	06:09
156	232	Jorge Manuel Teixeira do Vale	Individual	Senior Masculino	01:01:40	+29:01	06:10
157	277	SILVIO BARBOSA	Individual	Senior Masculino	01:01:44	+29:05	06:10
158	250	Nuno Baptista	Individual	Senior Masculino	01:01:48	+29:09	06:11
159	182	Amândio Torres	Individual	Senior Masculino	01:01:49	+29:10	06:11
160	243	marcio Alexandre Teixeira borges	Individual	Senior Masculino	01:02:02	+29:23	06:12
161	206	Filipe Miguel Lopes Miranda	Individual	Senior Masculino	01:02:41	+30:02	06:16
162	473	nuno correia	run2eat	Senior Masculino	01:02:41	+30:02	06:16
163	266	Ricardo Araújo Mendes	Individual	Senior Masculino	01:03:28	+30:49	06:21
164	195	Daniel André Marques rocha	Individual	Senior Masculino	01:04:18	+31:39	06:26
165	192	Bruno Fernando Costa Oliveira	Individual	Senior Masculino	01:05:29	+32:50	06:33
166	227	João Pedro Oliveira Ferreira de Magalhães	Individual	Senior Masculino	01:06:35	+33:56	06:40
167	511	Daniel Fernandes	Wolves Run Trail	Senior Masculino	01:07:53	+35:14	06:47
168	55	Diogo Cardoso	BONFITEC, Equipamentos Industriais, Lda	Senior Masculino	01:08:09	+35:30	06:49
169	220	Hugo Oliveira	Individual	Senior Masculino	01:09:02	+36:23	06:54
170	251	Nuno M. F. Sousa A. Cerqueira	Individual	Senior Masculino	01:14:01	+41:22	07:24

Veterana F40

1	43	auroliana polonia	Atletico Clube Alfenense	Veterana F40	44:55		04:29
2	432	Sónia Mota	Openbox	Veterana F40	46:34	+01:39	04:39
3	407	Fernanda Pinho	Moreira Relax Runners	Veterana F40	48:04	+03:09	04:48
4	291	helena monica da silva barbosa	Individual	Veterana F40	48:52	+03:57	04:53
5	300	susana coelho mendes	Individual	Veterana F40	49:03	+04:08	04:54
6	288	Elisabete Gonçalves	Individual	Veterana F40	49:18	+04:23	04:56
7	66	Ana Dias	BUDEGUITA RUNNERS	Veterana F40	50:12	+05:17	05:01
8	296	Paula Nascimento	Individual	Veterana F40	51:17	+06:22	05:08
9	512	Susana Sousa	Wolves Run Trail	Veterana F40	51:23	+06:28	05:08
10	67	Carmo Loureiro	BUDEGUITA RUNNERS	Veterana F40	51:30	+06:35	05:09
11	61	Joana Cãndido	Bravos da montanha	Veterana F40	52:38	+07:43	05:16
12	484	Sónia Rodrigues	Running Urbanfit	Veterana F40	52:43	+07:48	05:16
13	436	Maria dos Anjos Costa	Os 5 à Hora	Veterana F40	53:24	+08:29	05:20
14	284	Ana Rito	Individual	Veterana F40	54:08	+09:13	05:25
15	455	EMA MARIA CARVALHO MAGALHÃES AZEVEDO	PEDALADAS	Veterana F40	55:20	+10:25	05:32
16	498	Paula Dias	TOKAANDAR	Veterana F40	55:39	+10:44	05:34
17	50	Maria Silva	Bicademia	Veterana F40	56:11	+11:16	05:37
18	96	Fátima Ribeiro	Clube Zupper	Veterana F40	57:00	+12:05	05:42
19	287	Elisabete Diegues	Individual	Veterana F40	57:31	+12:36	05:45

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

20	286	Cristina Sousa	Individual	Veterana F40	58:06	+13:11	05:49
21	285	Carla oliveira	Individual	Veterana F40	58:17	+13:22	05:50
22	293	Manuela Arantes	Individual	Veterana F40	59:20	+14:25	05:56
23	49	Manuela Monteiro	bicademia	Veterana F40	59:39	+14:44	05:58
24	431	Ana Paula Oliveira	Openbox	Veterana F40	01:00:05	+15:10	06:01
25	292	Julia Magalhaes	Individual	Veterana F40	01:00:07	+15:12	06:01
26	299	SANDRA RUIVO CARVALHO	Individual	Veterana F40	01:00:51	+15:56	06:05
27	68	Sandra Oliveira	BUDEGUITA RUNNERS	Veterana F40	01:01:02	+16:07	06:06
28	463	Ermesinda Carvalho	PRESTÍGIO	Veterana F40	01:01:39	+16:44	06:10
29	295	Paula Adriana Almeida Amaral	Individual	Veterana F40	01:04:47	+19:52	06:29
30	294	Monica Matos	Individual	Veterana F40	01:05:06	+20:11	06:31
31	101	Maria Jesus	Corredores Nocturnos de Paredes	Veterana F40	01:06:19	+21:24	06:38
32	434	Fátima Oliveira	Os 5 à Hora	Veterana F40	01:06:53	+21:58	06:41
33	95	Cândida Vilas-Boas	Clube Zupper	Veterana F40	01:06:56	+22:01	06:42
34	97	Graça Sousa	Clube Zupper	Veterana F40	01:07:06	+22:11	06:43
35	290	Graça Carvalho	Individual	Veterana F40	01:08:01	+23:06	06:48
36	289	FELICIDADE CARNEIRO	Individual	Veterana F40	01:10:03	+25:08	07:00
37	298	Sandra Almeida	Individual	Veterana F40	01:13:29	+28:34	07:21
38	506	Dália Mendes	WETEACH RUN TEAM	Veterana F40	01:14:02	+29:07	07:24
39	483	Marisa Silva	Running Urbanfit	Veterana F40	01:16:30	+31:35	07:39
40	505	Amélia Monteiro	WETEACH RUN TEAM	Veterana F40	01:24:22	+39:27	08:26
41	508	Maria do Carmo Cunha	WETEACH RUN TEAM	Veterana F40	01:24:22	+39:27	08:26

Veterana F50

1	13	Maria João Lima	AASM TRIATLO	Veterana F50	50:25		05:02
2	301	Ana Maria Barbosa	Individual	Veterana F50	52:30	+02:05	05:15
3	437	Maria Costa	Os 5 à Hora	Veterana F50	57:13	+06:48	05:43
4	302	Maria Adelaide gonçalves Horta	Individual	Veterana F50	01:05:01	+14:36	06:30
5	435	Isabel Queirós	Os 5 à Hora	Veterana F50	01:06:53	+16:28	06:41
6	304	Maria Manuela Amador Nobre Neto	Individual	Veterana F50	01:07:19	+16:54	06:44
7	417	Maria Morais	Not Run Alone	Veterana F50	01:07:34	+17:09	06:45
8	303	Maria Alice Guimarães	Individual	Veterana F50	01:08:35	+18:10	06:52
9	305	MARIA ROSA SILVA PEREIRA COSTA	Individual	Veterana F50	01:10:09	+19:44	07:01

Veterano M40

1	151	MIGUEL MENDES	grupo dramatico e recreativo da retorta	Veterano M40	34:44		03:28
2	149	FILIPE SILVA	grupo dramatico e recreativo da retorta	Veterano M40	35:04	+00:20	03:30
3	405	Vitor Ribeiro	Maia Atlético Clube	Veterano M40	35:09	+00:25	03:31
4	150	HENRIQUE DIAS	grupo dramatico e recreativo da retorta	Veterano M40	35:30	+00:46	03:33
5	148	ADELINO SILVA	grupo dramatico e recreativo da retorta	Veterano M40	35:57	+01:13	03:36
6	115	Luis Gil	Decathlon Maia	Veterano M40	36:02	+01:18	03:36

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

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7	349	Miguel Lourenço	Individual	Veterano M40	38:26	+03:42	03:51
8	133	António Magalhães	G.D.Leões da Guarda	Veterano M40	38:56	+04:12	03:54
9	79	Miguel Pereira	CCDTC.M.GONDOMAR	Veterano M40	39:03	+04:19	03:54
10	134	António Moura	G.D.Leões da Guarda	Veterano M40	39:29	+04:45	03:57
11	352	Nelson Santos	Individual	Veterano M40	39:37	+04:53	03:58
12	358	Paulo Machado	Individual	Veterano M40	39:40	+04:56	03:58
13	308	Anselmo Rocha	Individual	Veterano M40	39:41	+04:57	03:58
14	53	José Graça	Boavista F. C.	Veterano M40	39:50	+05:06	03:59
15	343	Luis Miguel Alves Monteiro	Individual	Veterano M40	39:57	+05:13	04:00
16	395	Helder Vieira	Invicta Runners Team	Veterano M40	40:48	+06:04	04:05
17	433	Sérgio Anunciação	Openbox	Veterano M40	41:14	+06:30	04:07
18	355	Nuno Miguel Tamos de Sousa	Individual	Veterano M40	41:16	+06:32	04:08
19	22	JOAQUIM ALVES	AMIGOS DA PICUA	Veterano M40	41:18	+06:34	04:08
20	14	RUI EUSÉBIO	ACADEMIA FERNANDA RIBEIRO	Veterano M40	42:01	+07:17	04:12
21	152	PAULO SILVA	grupo dramatico e recreativo da retorta	Veterano M40	42:06	+07:22	04:13
22	337	José Sousa	Individual	Veterano M40	42:14	+07:30	04:13
23	309	António Amador	Individual	Veterano M40	42:17	+07:33	04:14
24	454	Pedro Pratas	PAREDES AVENTURA	Veterano M40	43:21	+08:37	04:20
25	62	Alcino Gomes	Bravos da montanha	Veterano M40	43:23	+08:39	04:20
26	23	JOSE CARLOS MARINHO	AMIGOS DA PICUA	Veterano M40	43:27	+08:43	04:21
27	34	JOSÉ SOUSA	Associação de atletismo Lebres do sado	Veterano M40	43:33	+08:49	04:21
28	322	Fernando Prieto Morais	Individual	Veterano M40	43:43	+08:59	04:22
29	364	Ricardo Fontes	Individual	Veterano M40	43:47	+09:03	04:23
30	394	Gustavo Roxo	Invicta Runners Team	Veterano M40	43:56	+09:12	04:24
31	321	Fernando Garcia	Individual	Veterano M40	44:06	+09:22	04:25
32	500	Carlos Fundo	VPM	Veterano M40	44:11	+09:27	04:25
33	351	Nelson Martinho Maia Ferreira	Individual	Veterano M40	44:15	+09:31	04:26
34	367	Rui Pena	Individual	Veterano M40	44:24	+09:40	04:26
35	340	LUIS ALMEIDA	Individual	Veterano M40	44:28	+09:44	04:27
36	372	vitor coelho	Individual	Veterano M40	44:35	+09:51	04:28
37	324	Gustavo Antonio Guedes Vaz Bastos	Individual	Veterano M40	44:45	+10:01	04:28
38	316	Armando Jorge Eiró Pinto Pinheiro	Individual	Veterano M40	44:48	+10:04	04:29
39	311	António Carlos Sousa Gonçalves	Individual	Veterano M40	45:01	+10:17	04:30
40	310	António Borges	Individual	Veterano M40	45:07	+10:23	04:31
41	396	Tiago Vidal Leal	Invicta Runners Team	Veterano M40	45:25	+10:41	04:33
42	320	Ernesto Ribeiro	Individual	Veterano M40	45:27	+10:43	04:33
43	354	Nuno Gabriel Silva	Individual	Veterano M40	45:29	+10:45	04:33
44	329	Jorge Castanheira	Individual	Veterano M40	45:40	+10:56	04:34
45	330	jorge cruz	Individual	Veterano M40	45:45	+11:01	04:35
46	423	João Paulo Dias	OFRunning	Veterano M40	46:06	+11:22	04:37
47	362	Pedro Rodrigues	Individual	Veterano M40	46:10	+11:26	04:37
48	314	António Manuel Rocha Fortunato	Individual	Veterano M40	46:31	+11:47	04:39
49	370	Sérgio Silva	Individual	Veterano M40	46:34	+11:50	04:39
50	333	Jorge Vilhena	Individual	Veterano M40	46:44	+12:00	04:40
51	318	Carlos Sampaio	Individual	Veterano M40	46:47	+12:03	04:41

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

52	486	Mário Pinto	Running Urbanfit	Veterano M40	46:54	+12:10	04:41
53	70	Hendrik Wielinga	BUDEGUITA RUNNERS	Veterano M40	46:56	+12:12	04:42
54	342	Luis Manuel Soares Ribeiro	Individual	Veterano M40	47:01	+12:17	04:42
55	29	Filipe Moura	Amigos das Sapatilhas	Veterano M40	47:02	+12:18	04:42
56	501	Paulo Fernandes	VPM	Veterano M40	47:17	+12:33	04:44
57	487	Paulo Carneiro	Running Urbanfit	Veterano M40	47:28	+12:44	04:45
58	336	JOSÉ MANUEL DA COSTA BRANDÃO	Individual	Veterano M40	47:32	+12:48	04:45
59	350	Mike Dias	Individual	Veterano M40	48:05	+13:21	04:49
60	312	ANTONIO CARVALHO	Individual	Veterano M40	48:18	+13:34	04:50
61	319	Delfim Nunes	Individual	Veterano M40	49:11	+14:27	04:55
62	424	Nuno Rodrigues	OFRunning	Veterano M40	49:12	+14:28	04:55
63	399	Gui Martins	Karatecas	Veterano M40	49:13	+14:29	04:55
64	502	Victor Pereira	VPM	Veterano M40	49:19	+14:35	04:56
65	74	Tiago Almeida	BUDEGUITA RUNNERS	Veterano M40	49:20	+14:36	04:56
66	69	André Amorim	BUDEGUITA RUNNERS	Veterano M40	49:20	+14:36	04:56
67	427	Nuno Vieira	Openbox	Veterano M40	49:33	+14:49	04:57
68	346	Luís Sousa	Individual	Veterano M40	49:40	+14:56	04:58
69	73	Paulo Lagoa	BUDEGUITA RUNNERS	Veterano M40	49:44	+15:00	04:58
70	98	ÁLVARO PINTO	Clube Zupper	Veterano M40	50:03	+15:19	05:00
71	365	rui couto	Individual	Veterano M40	50:46	+16:02	05:05
72	63	Luis Gomes	Bravos da montanha	Veterano M40	50:47	+16:03	05:05
73	327	Ivo Almeida	Individual	Veterano M40	50:56	+16:12	05:06
74	328	João Pedro da Costa	Individual	Veterano M40	50:59	+16:15	05:06
75	513	Toni Fernandes	Wolves Run Trail	Veterano M40	51:23	+16:39	05:08
76	99	Carlos Bessa	Clube Zupper	Veterano M40	51:27	+16:43	05:09
77	71	João Carvalhal	BUDEGUITA RUNNERS	Veterano M40	51:30	+16:46	05:09
78	468	jose moita	Rollingbikeclubebtt	Veterano M40	51:32	+16:48	05:09
79	469	Luis Santos	Rollingbikeclubebtt	Veterano M40	51:36	+16:52	05:10
80	360	Paulo Sérgio Marques Guedes	Individual	Veterano M40	52:08	+17:24	05:13
81	398	paulo ribeiro	Jornal FM Runners	Veterano M40	52:25	+17:41	05:15
82	334	José António Sousa Anunciação	Individual	Veterano M40	52:54	+18:10	05:17
83	466	Rui Sá	RADIO JORNAL FM RUNNERS	Veterano M40	53:35	+18:51	05:21
84	457	CARLOS LUIS DE SOUSA CARVALHO	PEDALADAS	Veterano M40	53:58	+19:14	05:24
85	363	Raul Manuel Félix Pereira	Individual	Veterano M40	53:59	+19:15	05:24
86	307	Alfredo Jorge Félix Pereira	Individual	Veterano M40	53:59	+19:15	05:24
87	347	Marco Antonio Pinto	Individual	Veterano M40	54:31	+19:47	05:27
88	357	Paulo Fernandes	Individual	Veterano M40	54:37	+19:53	05:28
89	459	PEDRO ANTONIO PINTO DA SILVA	PEDALADAS	Veterano M40	54:46	+20:02	05:29
90	332	Jorge Santos	Individual	Veterano M40	54:56	+20:12	05:30
91	371	Victor Santos	Individual	Veterano M40	55:01	+20:17	05:30
92	313	António José Pinto Pereira	Individual	Veterano M40	55:04	+20:20	05:30
93	425	Rui Coelho	OFRunning	Veterano M40	55:12	+20:28	05:31
94	366	Rui Freitas	Individual	Veterano M40	55:41	+20:57	05:34
95	325	Henrique Barros	Individual	Veterano M40	55:50	+21:06	05:35
96	52	Rui Peixoto	Bicademia	Veterano M40	56:11	+21:27	05:37
97	51	Jorge Monteiro	bicademia	Veterano M40	56:12	+21:28	05:37

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

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98	485	Alberto Ferreira	Running Urbanfit	Veterano M40	56:17	+21:33	05:38
99	44	adelaide almeida	Atletico Clube Alfenense	Veterano M40	56:18	+21:34	05:38
100	72	Luis Espassandim	BUDEGUITA RUNNERS	Veterano M40	56:39	+21:55	05:40
101	154	PAULO MANUEL OLIVEIRA RAMOS	GRUPO JUVENIL PINHEIRO DA BEMPOSTA - O. AZEMÉIS	Veterano M40	56:52	+22:08	05:41
102	130	Paulo Pinto	Equipa Dinamite	Veterano M40	57:59	+23:15	05:48
103	326	Hugo Carrilho	Individual	Veterano M40	58:05	+23:21	05:49
104	408	Mário Jorge Ferreira	Moreira Relax Runners	Veterano M40	58:08	+23:24	05:49
105	338	jose Vieira	Individual	Veterano M40	58:38	+23:54	05:52
106	452	Nelson Montalvão	Os TurboMula	Veterano M40	59:00	+24:16	05:54
107	335	Jose Gonçalves	Individual	Veterano M40	59:19	+24:35	05:56
108	58	António Amorim	BONFITEC, Equipamentos Industriais, Lda	Veterano M40	01:00:10	+25:26	06:01
109	415	Teotónio Silva	Non Stop	Veterano M40	01:00:51	+26:07	06:05
110	458	MANUEL ANTÓNIO PEIXOTO AZEVEDO	PEDALADAS	Veterano M40	01:00:56	+26:12	06:06
111	75	Tiago Pedro Amorim	BUDEGUITA RUNNERS	Veterano M40	01:01:02	+26:18	06:06
112	323	fernando teixeira	Individual	Veterano M40	01:01:08	+26:24	06:07
113	353	Nuno Freitas	Individual	Veterano M40	01:01:09	+26:25	06:07
114	368	Rui Silva	Individual	Veterano M40	01:01:15	+26:31	06:07
115	456	ALFREDO GUILHERME CARVALHO MAGALHÃES	PEDALADAS	Veterano M40	01:01:50	+27:06	06:11
116	356	PAULO ALEXANDRE FREITAS JORGE	Individual	Veterano M40	01:02:25	+27:41	06:15
117	102	José Silva	Corredores Nocturnos de Paredes	Veterano M40	01:02:43	+27:59	06:16
118	397	augusto pereira	Jornal FM Runners	Veterano M40	01:03:56	+29:12	06:24
119	331	Jorge Pinheiro	Individual	Veterano M40	01:04:05	+29:21	06:24
120	496	Mário Silva	Tartarugas	Veterano M40	01:04:31	+29:47	06:27
121	103	Rui Silva	Corredores Nocturnos de Paredes	Veterano M40	01:06:19	+31:35	06:38
122	339	Jota Oliveira	Individual	Veterano M40	01:06:38	+31:54	06:40
123	344	Luís Moutinho	Individual	Veterano M40	01:06:44	+32:00	06:40
124	361	Paulo Sousa	Individual	Veterano M40	01:07:15	+32:31	06:44
125	345	Luis Ribeiro	Individual	Veterano M40	01:13:15	+38:31	07:20
126	488	Raul Ribeiro	Running Urbanfit	Veterano M40	01:16:29	+41:45	07:39

Veterano M50

1	153	JOAQUIM ROCHA	grupo dramatico e recreativo da retorta	Veterano M50	35:51		03:35
2	15	ANTÓNIO JESUS	ACADEMIA FERNANDA RIBEIRO	Veterano M50	35:58	+00:07	03:36
3	81	JOSÉ MOTA	CICLISTAS COSMICOS GISLOTICA	Veterano M50	36:59	+01:08	03:42
4	393	vitor manuel ferreira de sousa	Individual	Veterano M50	37:50	+01:59	03:47
5	392	Vasco Figueiredo	Individual	Veterano M50	38:43	+02:52	03:52
6	135	Belmiro Ferreira	G.D.Leões da Guarda	Veterano M50	39:16	+03:25	03:56
7	17	GRACIANO PEREIRA	ACADEMIA FERNANDA RIBEIRO	Veterano M50	39:41	+03:50	03:58
8	136	Carlos Frias	G.D.Leões da Guarda	Veterano M50	40:53	+05:02	04:05
9	25	MANUEL SILVA	AMIGOS DA PICUA	Veterano M50	41:43	+05:52	04:10
10	409	Anronio Azevedo	Nascidos para Correr	Veterano M50	42:10	+06:19	04:13

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

11	138	Luciano ieira	G.D.Leões da Guarda	Veterano M50	43:10	+07:19	04:19
12	491	Fernando Camelo	S.C. SALGUEIROS	Veterano M50	43:38	+07:47	04:22
13	391	Silvério Pinto	Individual	Veterano M50	44:21	+08:30	04:26
14	489	Francisco Barros	Running Urbanfit	Veterano M50	44:58	+09:07	04:30
15	82	António Teixeira	Clínica Dentária-Dº Rui Couto e Dª Sofia Alves	Veterano M50	45:04	+09:13	04:30
16	413	EMÍLIO GONÇALVES	NO TOMORROW RUNNING TEAM	Veterano M50	45:46	+09:55	04:35
17	16	ARTUR FREITAS	ACADEMIA FERNANDA RIBEIRO	Veterano M50	45:52	+10:01	04:35
18	490	José Martins	Running Urbanfit	Veterano M50	46:03	+10:12	04:36
19	45	jose magalhaes	Atletico Clube Alfenense	Veterano M50	46:27	+10:36	04:39
20	139	Luis Fernandes	G.D.Leões da Guarda	Veterano M50	46:37	+10:46	04:40
21	499	ANTÓNIO MANUEL MARTINS NETO	TRIFITROFA	Veterano M50	47:11	+11:20	04:43
22	471	Serafim Bastos	Rollingbikeclubebtt	Veterano M50	47:41	+11:50	04:46
23	137	Leopoldo Fernandes	G.D.Leões da Guarda	Veterano M50	47:45	+11:54	04:47
24	376	Antonio Souto	Individual	Veterano M50	48:19	+12:28	04:50
25	24	ANTONIO TEIXEIRA	AMIGOS DA PICUA	Veterano M50	48:31	+12:40	04:51
26	378	Emídio Silva	Individual	Veterano M50	48:46	+12:55	04:53
27	464	José Rodrigues	PRESTÍGIO	Veterano M50	49:56	+14:05	05:00
28	386	José Alves	Individual	Veterano M50	49:59	+14:08	05:00
29	441	José António Pina Capelo	OS ISABELINHAS	Veterano M50	50:03	+14:12	05:00
30	442	José Maria Gomes Pereira	OS ISABELINHAS	Veterano M50	50:03	+14:12	05:00
31	418	José Rodrigues	Not Run Alone	Veterano M50	50:30	+14:39	05:03
32	453	Lino Moreira	Os TurboMula	Veterano M50	50:42	+14:51	05:04
33	373	Alberto Silva	Individual	Veterano M50	51:07	+15:16	05:07
34	140	Carlos Ferreira	GD BPI	Veterano M50	51:16	+15:25	05:08
35	80	Avelino Pereira	CCDTC.M.GONDOMAR	Veterano M50	51:34	+15:43	05:09
36	381	João Filipe Fernandes	Individual	Veterano M50	53:16	+17:25	05:20
37	385	José Adriano Freitas Pereira da Mota	Individual	Veterano M50	55:13	+19:22	05:31
38	382	João Lopes	Individual	Veterano M50	56:17	+20:26	05:38
39	470	Armindo Dias Pinto	Rollingbikeclubebtt	Veterano M50	57:37	+21:46	05:46
40	379	Francisco Moita Fernandes Silva	Individual	Veterano M50	59:20	+23:29	05:56
41	100	Ivo Correia	Clube Zupper	Veterano M50	01:00:11	+24:20	06:01
42	380	Germano Moura	Individual	Veterano M50	01:02:55	+27:04	06:18
43	460	JORGE MANUEL CARVALHO MAGALHAES	PEDALADAS	Veterano M50	01:03:56	+28:05	06:24
44	377	AZEMIRO TEIXEIRA MARTINS	Individual	Veterano M50	01:04:15	+28:24	06:26
45	390	RUI MANUEL SILVA MOREIRA	Individual	Veterano M50	01:04:56	+29:05	06:30
46	374	António Jorge Aires Pinto	Individual	Veterano M50	01:07:47	+31:56	06:47
47	384	JORGE FREITAS	Individual	Veterano M50	01:10:12	+34:21	07:01
48	387	jose mateus tavares	Individual	Veterano M50	01:13:29	+37:38	07:21

São Silvestre de Ermesinde
Ermesinde
18-dezembro-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	grupo dramatico e recreativo da retorta	4 + 8 + 9 + 10 + 12	43
2	CSRDC Santiago	1 + 3 + 5 + 13 + 28	50
3	G.D.Leões da Guarda	31 + 36 + 39 + 55 + 78	239
4	Elite 36	26 + 34 + 57 + 77 + 121	315
5	Clube Zupper	17 + 20 + 29 + 100 + 193	359
6	AMIGOS DA PICUA	61 + 62 + 83 + 157 + 164	527
7	Running Urbanfit	97 + 107 + 119 + 128 + 142	593
8	OFRunning	52 + 112 + 129 + 175 + 201	669
9	BUDEGUITA RUNNERS	80 + 143 + 146 + 179 + 180	728
10	Openbox	59 + 136 + 184 + 260 + 263	902
11	Bravos da montanha	81 + 196 + 212 + 247 + 451	1187
12	Os Rodolfos	182 + 209 + 259 + 282 + 353	1285
13	Rollingbikeclubebtt	154 + 232 + 234 + 332 + 363	1315
14	BONFITEC, Equipamentos Industriais, Lda	240 + 241 + 299 + 359 + 432	1571
15	PEDALADAS	269 + 284 + 291 + 371 + 386	1601
16	WETEACH RUN TEAM	92 + 218 + 446 + 453 + 454	1663
17	bicademia	304 + 305 + 306 + 352 + 403	1670