Corrida Urbana Terras de Santa Maria

Santa Maria da Feira

11-julho-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	-99ºC	-99%
End	22:59	-99ºC	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	593	Vitor oliveira	maia atletico clube	Senior Masculino	32:30		03:15
2	628	Artur Rodrigue	núcleo de atletismo de cucujães	Veterano M40	32:31	+00:01	03:15
3	553	Rogério Bessa	jobra	Senior Masculino	34:29	+01:59	03:27
4	500	paulo jorge soares pereira	individual	Senior Masculino	34:45	+02:15	03:28
5	538	Tiago pinho	individual	Senior Masculino	34:48	+02:18	03:29
6	537	Tiago Miguel Lousa	individual	Senior Masculino	35:24	+02:54	03:32
7	548	Vítor Santos	individual	Senior Masculino	36:16	+03:46	03:38
8	193	Joao manuel pinto de sa	fogaças com malapos	Senior Masculino	37:02	+04:32	03:42
9	505	Paulo Reis	clube campismo de são joão da madeira	Veterano M40	37:39	+05:09	03:46
10	56	Francelino Resende	boavista f.c	Veterano M40	37:42	+05:12	03:46
11	101	Renato Silva	caldas de s.jorge sport clube	Veterano M40	37:47	+05:17	03:47
12	720	Orlando Valente	posto turismo	Veterano M40	38:00	+05:30	03:48
13	472	Manuel Pinto	individual	Veterano M40	38:12	+05:42	03:49
14	390	Fábio Gabriel Teles	individual	Senior Masculino	38:18	+05:48	03:50
15	784	Pedro Pinto	trail runner	Senior Masculino	38:18	+05:48	03:50
16	630	Luís Silva	núcleo de atletismo de cucujães	Senior Masculino	38:19	+05:49	03:50
17	504	Paulo Pinto	individual	Veterano M40	38:28	+05:58	03:51
18	820	António cristovao	g.d.c.guilhovai	Senior Masculino	38:28	+05:58	03:51
19	346	António Sousa	individual	Veterano M40	38:28	+05:58	03:51
20	5	Marco Paiva	vila cesari	Senior Masculino	38:32	+06:02	03:51
21	627	António Silva	núcleo de atletismo de cucujães	Senior Masculino	39:06	+06:36	03:55
22	529	Rui Silva	individual	Senior Masculino	39:07	+06:37	03:55
23	29	Sara Carvalho	adercus	Senior Feminino	39:11	+06:41	03:55
24	332	Alain Faria Couto	individual	Veterano M40	39:11	+06:41	03:55
25	255	Manuel Ferreira	grupo desportivo e cultural de guilhovai	Veterano M40	39:15	+06:45	03:56
26	468	Luis Torres	individual	Veterano M40	39:17	+06:47	03:56
27	20	Marcelo Araujo	a.d.c.c j clark - castelo de paiva	Senior Masculino	39:18	+06:48	03:56
28	116	João Bernardo Campos Cunha	clube triatlo perosinho	Senior Masculino	39:30	+07:00	03:57
29	17	Carlos Sousa	a.d.c.c j clark - castelo de paiva	Senior Masculino	39:33	+07:03	03:57
30	163	pedro pinho	desnivel positivo	Senior Masculino	39:36	+07:06	03:58
31	552	Nuno Gonçalves	jobra	Senior Masculino	39:40	+07:10	03:58
32	624	Rui Taborda	not run alone	Senior Masculino	39:59	+07:29	04:00
33	129	Nelson Bastos	cmmc vale de cambra	Senior Masculino	40:00	+07:30	04:00
34	629	João Paulo	núcleo de atletismo de cucujães	Veterano M40	40:21	+07:51	04:02
35	639	Paulo Oliveira	os falta d'ar / run na villa	Veterano M40	40:47	+08:17	04:05
36	448	José Manuel Silva Soares	individual	Veterano M40	40:50	+08:20	04:05
37	540	Toni soares	individual	Senior Masculino	40:51	+08:21	04:05
38	44	Diogo Fontes Ferreira	arouca run	Senior Masculino	41:05	+08:35	04:06
39	247	RICARDO RIBEIRO	ginásio fit4fun	Senior Masculino	41:14	+08:44	04:07
40	519	Ricardo Silva	individual	Senior Masculino	41:26	+08:56	04:09
41	371	César Barros	individual	Senior Masculino	41:27	+08:57	04:09
42	454	José Soares Correia	individual	Veterano M50	41:34	+09:04	04:09

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	716	Tiago Marcelo da Silva Ferreira	piscinas municipais de santa maria da feira	Senior Masculino	41:41	+09:11	04:10
44	19	José Ferreira	a.d.c.c j clark - castelo de paiva	Veterano M40	41:44	+09:14	04:10
45	359	carlos	individual	Veterano M40	41:46	+09:16	04:11
46	93	Alberto Neves	caldas de s.jorge sport clube	Veterano M40	41:50	+09:20	04:11
47	492	Nelson Santos	individual	Veterano M40	41:52	+09:22	04:11
48	337	André Guerra	individual	Senior Masculino	41:59	+09:29	04:12
49	103	Rui Moreira	caldas de s.jorge sport clube	Veterano M40	42:08	+09:38	04:13
50	384	Eduardo Martins	individual	Veterano M40	42:51	+10:21	04:17
51	466	Luis Miguel Alves Monteiro	individual	Veterano M40	42:51	+10:21	04:17
52	115	Francisco Miguel Campos Cunha	clube triatlo perosinho	Senior Masculino	42:57	+10:27	04:18
53	661	Vitor Sousa	pe de chumbo team	Veterano M50	42:59	+10:29	04:18
54	796	Fabio Paiva	vila cesari	Senior Masculino	43:01	+10:31	04:18
55	28	Mónica Simões	adercus	Senior Feminino	43:01	+10:31	04:18
56	377	David da Silva Fernandes	individual	Veterano M50	43:02	+10:32	04:18
57	622	Pedro Barbosa	not run alone	Senior Masculino	43:05	+10:35	04:18
58	236	CARLOS MARTINS	ginásio fit4fun	Senior Masculino	43:09	+10:39	04:19
59	246	PEDRO GONÇALVES	ginásio fit4fun	Senior Masculino	43:10	+10:40	04:19
60	166	Rui Guedes	dois valentes e meio	Senior Masculino	43:15	+10:45	04:19
61	243	LUIS PINHO	ginásio fit4fun	Veterano M40	43:16	+10:46	04:20
62	105	Vitor Marques	caldas de s.jorge sport clube	Senior Masculino	43:28	+10:58	04:21
63	569	Joaquim Marques Figueiredo	kikas&jm	Senior Masculino	43:32	+11:02	04:21
64	623	Ricardo Areias	not run alone	Senior Masculino	43:32	+11:02	04:21
65	834	Atleta 834	individual	Senior Masculino	43:35	+11:05	04:22
66	414	Horácio Ferreira	individual	Veterano M40	43:37	+11:07	04:22
67	429	João Moreira	individual	Senior Masculino	43:37	+11:07	04:22
68	494	Nuno Silva	individual	Senior Masculino	43:37	+11:07	04:22
69	432	João Pedro Assunção Gomes	individual	Senior Masculino	43:40	+11:10	04:22
70	218	Alice Lopes	ginásio fit4fun	Senior Feminino	43:40	+11:10	04:22
71	23	MANUEL GOMES	a.r.de negrelos	Veterano M40	43:41	+11:11	04:22
72	618	José Lopes	not run alone	Veterano M40	43:55	+11:25	04:23
73	789	JOSÉ CARLOS FONTES PEREIRA	trail running clube btt sanguedo	Veterano M40	43:58	+11:28	04:24
74	772	FERNANDO LOPES	run4fun	Veterano M40	44:21	+11:51	04:26
75	27	Paulo Jorge Gomes Santos	acrde	Veterano M40	44:22	+11:52	04:26
76	626	António Araújo	núcleo de atletismo de cucujães	Veterano M40	44:23	+11:53	04:26
77	21	Nuno Faria	a.d.c.c j clark - castelo de paiva	Senior Masculino	44:31	+12:01	04:27
78	48	ABELINO ALMEIDA	atletismo os amigos de grijo	Veterano M40	44:31	+12:01	04:27
79	135	Antonio Freitas	confraria da bike	Veterano M40	44:31	+12:01	04:27
80	354	Bruno Miguel Oliveira Queirós	individual	Senior Masculino	44:33	+12:03	04:27
81	148	Gonçalo Pinho Soares	crossfit couto	Senior Masculino	44:34	+12:04	04:27
82	631	Victor Correia	núcleo de atletismo de cucujães	Veterano M40	44:34	+12:04	04:27
83	156	Filipe Carvalho	crosstheline	Senior Masculino	44:37	+12:07	04:28
84	530	Samuel Tavares da Costa	individual	Senior Masculino	44:42	+12:12	04:28
85	440	Jorge Queiros	individual	Veterano M40	44:47	+12:17	04:29
86	399	Filipe Miguel de Jesus Teles	individual	Senior Masculino	44:47	+12:17	04:29
87	160	RUI GUEDES	crosstheline	Senior Masculino	44:48	+12:18	04:29
88	248	RODRIGO TRIGO	ginásio fit4fun	Senior Masculino	44:57	+12:27	04:30

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	74	Manuel Grilo	body & zen /salão manos running	Veterano M40	44:58	+12:28	04:30
90	617	Bruno Areias	not run alone	Senior Masculino	44:59	+12:29	04:30
91	496	Paulo Alexandre Santos Resende	individual	Veterano M40	45:03	+12:33	04:30
92	470	Manuel Joaquim Carneiro Amorim Petiz	individual	Veterano M40	45:04	+12:34	04:30
93	146	David Martins de Pinho	crossfit couto	Senior Masculino	45:08	+12:38	04:31
94	754	Rui Costa	premium health club barrinha surf	Veterano M40	45:09	+12:39	04:31
95	102	Ricardo Ferrão	caldas de s.jorge sport clube	Senior Masculino	45:09	+12:39	04:31
96	391	Fábio Sousa	individual	Senior Masculino	45:12	+12:42	04:31
97	82	sergio silva	body & zen /salão manos running	Senior Masculino	45:16	+12:46	04:32
98	67	Carlos Magalhães	body & zen /salão manos running	Senior Masculino	45:21	+12:51	04:32
99	638	Manuel Oliveira	os falta d'ar / run na villa	Veterano M40	45:22	+12:52	04:32
100	104	Vitor Hugo	caldas de s.jorge sport clube	Senior Masculino	45:23	+12:53	04:32
101	514	Pedro Tiago Rocha Gomes Carvalho	individual	Senior Masculino	45:25	+12:55	04:32
102	95	António Conceição	caldas de s.jorge sport clube	Veterano M40	45:31	+13:01	04:33
103	542	Vasco Paulino Marques do Espírito Santo	individual	Senior Masculino	45:35	+13:05	04:34
104	464	Luís Filipe Correia	individual	Veterano M40	45:38	+13:08	04:34
105	428	João Manuel Soares Pereira	individual	Veterano M40	45:38	+13:08	04:34
106	46	Alcino Gouveia	ascários de escariz	Veterano M40	45:39	+13:09	04:34
107	47	José Oliveira	ascários de escariz	Veterano M40	45:42	+13:12	04:34
108	506	Paulo Sérgio Oliveira	individual	Veterano M40	45:42	+13:12	04:34
109	387	Emanuel Ribeiro	individual	Senior Masculino	45:46	+13:16	04:35
110	563	Manuel carlos Almeida Rola	juventude cortegacense	Senior Masculino	45:47	+13:17	04:35
111	205	Roberto André Oliveira Dias	fogaças com malapos	Senior Masculino	45:51	+13:21	04:35
112	34	José Manuel Silva Rocha	amigosdobtt/enerwise	Veterano M40	45:52	+13:22	04:35
113	35	Raul Silva	amigosdobtt/enerwise	Veterano M40	46:04	+13:34	04:36
114	709	José Santos Silva	piscinas municipais de santa maria da feira	Veterano M50	46:05	+13:35	04:36
115	574	Emanuel rocha	lebres	Senior Masculino	46:07	+13:37	04:37
116	11	Nuno Santos	4any1	Senior Masculino	46:11	+13:41	04:37
117	96	António José Pinho Neves	caldas de s.jorge sport clube	Senior Masculino	46:13	+13:43	04:37
118	319	Sara Cristina Pereira da Conceição	individual	Senior Feminino	46:17	+13:47	04:38
119	733	António Nunes	premium health club barrinha surf	Veterano M40	46:17	+13:47	04:38
120	355	Bruno Oliveira	individual	Senior Masculino	46:19	+13:49	04:38
121	517	Ricardo Jorge Teixeira Duarte	individual	Senior Masculino	46:19	+13:49	04:38
122	409	Helder	individual	Senior Masculino	46:23	+13:53	04:38
123	771	BRUNO BARGE	run4fun	Senior Masculino	46:24	+13:54	04:38
124	572	António domingues	lebres	Veterano M40	46:25	+13:55	04:38
125	449	José Miguel Neves	individual	Veterano M40	46:28	+13:58	04:39
126	408	Hamilton Dias	individual	Senior Masculino	46:35	+14:05	04:39
127	351	Bruno Filipe Moreira Franco	individual	Senior Masculino	46:37	+14:07	04:40
128	45	Tiago Fernando Fontes Mendes	arouca run	Senior Masculino	46:37	+14:07	04:40
129	573	António martins	lebres	Senior Masculino	46:40	+14:10	04:40
130	201	Pedro Miguel Sá Pereira	fogaças com malapos	Senior Masculino	46:45	+14:15	04:41
131	742	Joaquim Neto	premium health club barrinha surf	Veterano M40	46:56	+14:26	04:42

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
132	791	MANUEL ALMEIDA CORREIA BASTOS	trail running clube btt sanguedo	Veterano M40	46:56	+14:26	04:42
133	480	Marco peixoto	individual	Senior Masculino	46:59	+14:29	04:42
134	431	Joao Patricio	individual	Senior Masculino	47:01	+14:31	04:42
135	222	angelo Pinho	ginásio fit4fun	Veterano M40	47:01	+14:31	04:42
136	234	CARLOS BASTOS	ginásio fit4fun	Senior Masculino	47:01	+14:31	04:42
137	170	Vitor Rente	falta d´ar	Veterano M40	47:04	+14:34	04:42
138	99	Paulino Pais	caldas de s.jorge sport clube	Senior Masculino	47:04	+14:34	04:42
139	503	Paulo Moreira	individual	Senior Masculino	47:14	+14:44	04:43
140	26	José Silva	acrde	Veterano M50	47:16	+14:46	04:44
141	168	Francisco Aragão	eu+ ginásio | lma	Senior Masculino	47:17	+14:47	04:44
142	737	Diogo Caetano	premium health club barrinha surf	Senior Masculino	47:21	+14:51	04:44
143	674	Agostinho Torres	pernetas	Veterano M40	47:21	+14:51	04:44
144	826	Atleta 826	individual	Senior Masculino	47:29	+14:59	04:45
145	363	carlos fernandes	individual	Veterano M40	47:32	+15:02	04:45
146	478	Marco Miranda	individual	Senior Masculino	47:34	+15:04	04:45
147	660	Rui Cunha	pe de chumbo team	Veterano M40	47:34	+15:04	04:45
148	64	Alcino Santos	body & zen /salão manos running	Veterano M40	47:35	+15:05	04:45
149	532	Sérgio Gonçalves	individual	Senior Masculino	47:37	+15:07	04:46
150	422	Igor Leandro Lopez Rocha	individual	Senior Masculino	47:37	+15:07	04:46
151	535	Telmo Almeida Santos	individual	Senior Masculino	47:40	+15:10	04:46
152	373	Constantino Mota	individual	Veterano M40	47:42	+15:12	04:46
153	566	Ricardo Silva Machado	juventude cortegacense	Senior Masculino	47:42	+15:12	04:46
154	419	Hugo Miguel Leite Teixeira	individual	Senior Masculino	47:43	+15:13	04:46
155	559	Ernesto Marques Alves	juventude cortegacense	Veterano M40	47:47	+15:17	04:47
156	501	paulo marques	individual	Veterano M40	47:52	+15:22	04:47
157	330	Adão Artur Magalhães da Rocha	individual	Veterano M40	47:54	+15:24	04:47
158	85	José Carlos Cunha	byl - jc&niki	Senior Masculino	47:56	+15:26	04:48
159	799	Paulo Ribeiro	vila cesari	Veterano M40	47:58	+15:28	04:48
160	536	Tiago Costa	individual	Senior Masculino	48:00	+15:30	04:48
161	106	Alberto Rodrigues	clube desportivo feirense	Senior Masculino	48:00	+15:30	04:48
162	94	António Azevedo	caldas de s.jorge sport clube	Veterano M50	48:04	+15:34	04:48
163	644	Rui Filipe Pereira Freitas	os pirilampos urbanos	Veterano M40	48:08	+15:38	04:49
164	301	Joana Tavares	individual	Senior Feminino	48:09	+15:39	04:49
165	452	José Pedro Fontes Pedrosa	individual	Senior Masculino	48:09	+15:39	04:49
166	413	Hélder Tiago Gonçalves Gomes	individual	Senior Masculino	48:09	+15:39	04:49
167	684	Fernando costa	pernetas	Veterano M40	48:10	+15:40	04:49
168	451	José Pedro Conde Pinto da Silva	individual	Senior Masculino	48:13	+15:43	04:49
169	782	Francisco Caldas	trail runner	Senior Masculino	48:15	+15:45	04:50
170	686	laurindo Gomes	pernetas	Veterano M40	48:18	+15:48	04:50
171	347	Armando Carragoso	individual	Senior Masculino	48:31	+16:01	04:51
172	376	Daniel Filipe Almeida Brandão	individual	Senior Masculino	48:32	+16:02	04:51
173	240	JOSE JESUS	ginásio fit4fun	Senior Masculino	48:33	+16:03	04:51
174	509	Pedro Costa	individual	Senior Masculino	48:36	+16:06	04:52
175	68	CARLOS SÁ	body & zen /salão manos running	Senior Masculino	48:38	+16:08	04:52
176	49	ANDRE SILVA	atletismo os amigos de grijo	Senior Masculino	48:38	+16:08	04:52

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
177	334	Alexandre Dias	individual	Senior Masculino	48:41	+16:11	04:52
178	730	Miguel Fardilha	premium health club barrinha surf	Senior Masculino	48:42	+16:12	04:52
179	495	Octavio Emanuel Morais Leite de Resende	individual	Veterano M40	48:43	+16:13	04:52
180	130	Nelson Silva	cmmc vale de cambra	Veterano M50	48:43	+16:13	04:52
181	647	Tiago Manuel Pereira de Almeida	os pirilampos urbanos	Veterano M40	48:44	+16:14	04:52
182	245	PEDRO BASTOS	ginásio fit4fun	Veterano M40	48:47	+16:17	04:53
183	510	Pedro dias	individual	Senior Masculino	48:57	+16:27	04:54
184	541	Tony LUIS	individual	Senior Masculino	48:57	+16:27	04:54
185	107	Serafim Ramos	clube do pessoal da edp - porto	Veterano M50	49:01	+16:31	04:54
186	487	Miguel Meireles	individual	Veterano M40	49:02	+16:32	04:54
187	289	Daniela Falcão	individual	Senior Feminino	49:07	+16:37	04:55
188	344	Antonio Matias Vilariça	individual	Veterano M40	49:08	+16:38	04:55
189	750	Paulo Costa	premium health club barrinha surf	Veterano M40	49:08	+16:38	04:55
190	340	António Cabral	individual	Veterano M50	49:09	+16:39	04:55
191	415	Hugo André Vaz Faria Couto	individual	Senior Masculino	49:15	+16:45	04:56
192	275	Ana Margarida Ramos Fernandes	individual	Senior Feminino	49:15	+16:45	04:56
193	361	Carlos Augusto Martins da Silva	individual	Veterano M40	49:16	+16:46	04:56
194	65	ANDRÉ SANTOS	body & zen /salão manos running	Senior Masculino	49:25	+16:55	04:57
195	158	MARCO MOREIRA	crossheline	Senior Masculino	49:26	+16:56	04:57
196	379	Diamantino Jorge de oliveira Valquaresma	individual	Veterano M40	49:29	+16:59	04:57
197	469	Manuel Dias Oliveira	individual	Senior Masculino	49:30	+17:00	04:57
198	211	Marcio Costa	fr	Senior Masculino	49:32	+17:02	04:57
199	100	Paulo Milheiro	caldas de s.jorge sport clube	Veterano M50	49:32	+17:02	04:57
200	31	Alfredo da Costa Baptista de Almeida	ainda falta muito?	Veterano M40	49:33	+17:03	04:57
201	474	Manuel Sousa	individual	Veterano M50	49:36	+17:06	04:58
202	249	RUI FERREIRA	ginásio fit4fun	Veterano M40	49:37	+17:07	04:58
203	717	Vítor Manuel Almeida Conceição	piscinas municipais de santa maria da feira	Veterano M40	49:39	+17:09	04:58
204	341	Antonio Castro	individual	Veterano M50	49:41	+17:11	04:58
205	528	Rui Pedro Morais Pereira	individual	Senior Masculino	49:46	+17:16	04:59
206	453	Jose Ruge	individual	Veterano M50	49:46	+17:16	04:59
207	307	Maria João Silva	individual	Senior Feminino	49:49	+17:19	04:59
208	173	Rui Castanheira	família casta	Senior Masculino	49:49	+17:19	04:59
209	499	Paulo Gomes	individual	Veterano M40	49:49	+17:19	04:59
210	620	Miguel Moreira	not run alone	Senior Masculino	49:50	+17:20	04:59
211	233	ANSELMO ALMEIDA	ginásio fit4fun	Veterano M40	49:51	+17:21	04:59
212	407	Gonçalo Oliveira Brandão	individual	Senior Masculino	49:55	+17:25	04:59
213	437	Jorge MIGUEL VALENTE SANTOS SANTOS	individual	Senior Masculino	49:55	+17:25	04:59
214	256	Anabela Gomes Dos Santos	grupo desportivo lourocoop	Veterana F40	49:57	+17:27	05:00
215	689	Rui Brandão	pernetas	Veterano M40	50:00	+17:30	05:00
216	497	Paulo Alexandre Silva	individual	Veterano M40	50:01	+17:31	05:00
217	734	Armando Rocha	premium health club barrinha surf	Veterano M40	50:02	+17:32	05:00
218	790	LÁZARO PINHO DA COSTA	trail running clube btt sanguedo	Veterano M50	50:03	+17:33	05:00
219	98	Martinho José oliveira Santos	caldas de s.jorge sport clube	Veterano M40	50:09	+17:39	05:01

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

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
220	740	Francisco	premium health club barrinha surf	Veterano M50	50:14	+17:44	05:01
221	558	Antonio Julio Oliveira Moura	juventude cortegacense	Veterano M40	50:17	+17:47	05:02
222	133	Fernando da Rocha Coelho	coelhos	Senior Masculino	50:18	+17:48	05:02
223	412	Helder Silva	individual	Senior Masculino	50:29	+17:59	05:03
224	362	CARLOS ESTIMA	individual	Veterano M40	50:30	+18:00	05:03
225	599	Ricardo Neves	manos rt	Senior Masculino	50:36	+18:06	05:04
226	425	João Loureiro	individual	Veterano M40	50:39	+18:09	05:04
227	744	Júlio Costa	premium health club barrinha surf	Veterano M40	50:40	+18:10	05:04
228	196	JOSÉ ANTÓNIO DE PINHO DUARTE	fogaças com malapos	Senior Masculino	50:41	+18:11	05:04
229	199	Pedro Cerdeirinha	fogaças com malapos	Senior Masculino	50:42	+18:12	05:04
230	194	João Martins	fogaças com malapos	Senior Masculino	50:42	+18:12	05:04
231	612	Ricardo Soares	nós dois noivos	Senior Masculino	50:42	+18:12	05:04
232	348	BALTAZAR JOAQUIM DE JESUS FERREIRA	individual	Veterano M40	50:44	+18:14	05:04
233	242	luis almeida	ginásio fit4fun	Veterano M40	50:44	+18:14	05:04
234	369	Carlos Marques	individual	Senior Masculino	50:54	+18:24	05:05
235	442	José Alberto Soares Marques	individual	Veterano M40	50:55	+18:25	05:05
236	598	Nuno Franco	manos rt	Senior Masculino	50:57	+18:27	05:06
237	342	António José Ferreira da Silva	individual	Senior Masculino	51:01	+18:31	05:06
238	378	David Teixeira	individual	Senior Masculino	51:03	+18:33	05:06
239	527	RUI MIGUEL SANTOS BARBOSA	individual	Veterano M40	51:04	+18:34	05:06
240	178	Ricardo José Neves Moreira	festeam	Senior Masculino	51:06	+18:36	05:07
241	595	Filipe Almeida	malta fixe	Senior Masculino	51:11	+18:41	05:07
242	490	Nelson Moreira Santos	individual	Senior Masculino	51:19	+18:49	05:08
243	609	Pedro Pinheiro	nonstop	Senior Masculino	51:21	+18:51	05:08
244	386	Elisio Cardoso Silva	individual	Veterano M40	51:21	+18:51	05:08
245	483	MARIO SEQUEIRA	individual	Veterano M40	51:25	+18:55	05:08
246	403	Francis Pinho Fernandes	individual	Senior Masculino	51:29	+18:59	05:09
247	619	José Rodrigues	not run alone	Veterano M50	51:30	+19:00	05:09
248	550	Jorge Moreira	irmãos das sapatilhas	Senior Masculino	51:33	+19:03	05:09
249	561	Joao Paulo Costa Oliveira	juventude cortegacense	Senior Masculino	51:41	+19:11	05:10
250	81	RICARDO PEDROSO	body & zen /salão manos running	Senior Masculino	51:44	+19:14	05:10
251	502	Paulo Moreira	individual	Senior Masculino	51:44	+19:14	05:10
252	392	fernando couto ribeiro	individual	Veterano M40	51:49	+19:19	05:11
253	828	Gaspar Cadete	apcor	Veterano M50	51:51	+19:21	05:11
254	331	Afonso Bonifácio	individual	Senior Masculino	51:52	+19:22	05:11
255	380	Diogo Moreira	individual	Senior Masculino	51:53	+19:23	05:11
256	382	Domingos Alexandre da Costa Moreira Gomes	individual	Veterano M40	51:53	+19:23	05:11
257	698	João Gil da Costa	pirilampos	Veterano M50	51:54	+19:24	05:11
258	513	Pedro Pinto	individual	Veterano M40	51:58	+19:28	05:12
259	143	Virginia Adelaide Gonçalves Pais	crossfit couto	Senior Feminino	51:58	+19:28	05:12
260	159	NUNO PEREIRA	crosstheline	Senior Masculino	52:00	+19:30	05:12
261	430	Joao Nuno Cardoso	individual	Veterano M40	52:02	+19:32	05:12
262	781	Sérgio Vieira	tragédias	Senior Masculino	52:04	+19:34	05:12
263	24	MIGUEL MARTINS	a.r.de negrelos	Senior Masculino	52:04	+19:34	05:12

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
264	22	LUIS MARTINS	a.r.de negrelos	Veterano M50	52:04	+19:34	05:12
265	443	José António Marques Batista	individual	Veterano M50	52:06	+19:36	05:13
266	397	Filipe José Martins Baptista	individual	Senior Masculino	52:06	+19:36	05:13
267	335	André Filipe Ruge Padrão	individual	Senior Masculino	52:08	+19:38	05:13
268	239	JOSE CORREIA	ginásio fit4fun	Veterano M40	52:12	+19:42	05:13
269	708	Joaquim fernando de Moura Pereira	piscinas municipais de santa maria da feira	Veterano M40	52:15	+19:45	05:14
270	682	Avelino Rodrigues	pernetas	Veterano M40	52:16	+19:46	05:14
271	66	andre sousa	body & zen /salão manos running	Senior Masculino	52:19	+19:49	05:14
272	393	FERNANDO MENDES	individual	Senior Masculino	52:19	+19:49	05:14
273	402	Filipe Pires	individual	Veterano M40	52:21	+19:51	05:14
274	3	Pedro Silva	caldas de s.jorge sport clube	Veterano M40	52:22	+19:52	05:14
275	481	marco soares	individual	Senior Masculino	52:24	+19:54	05:14
276	113	Filipe Cunha	clube os 5 à hora	Senior Masculino	52:24	+19:54	05:14
277	109	Vânia Barbosa	clube os 5 à hora	Senior Feminino	52:24	+19:54	05:14
278	522	Ruben Alexandre Guedes Seabra	individual	Senior Masculino	52:24	+19:54	05:14
279	360	Carlos alberto tavares de bastos	individual	Veterano M50	52:34	+20:04	05:15
280	767	José Paulo Oliveira	run coxinho	Veterano M40	52:35	+20:05	05:15
281	145	Carlos Alberto Andrade Gomes	crossfit couto	Senior Masculino	52:39	+20:09	05:16
282	174	José Ilídio Sá	família sá	Veterano M40	52:39	+20:09	05:16
283	748	Márcio Pereira	premium health club barrinha surf	Senior Masculino	52:50	+20:20	05:17
284	780	Nelson Silva	tragédias	Senior Masculino	52:51	+20:21	05:17
285	175	Cristiana Raquel Sousa Ferreira	festeam	Senior Feminino	52:55	+20:25	05:17
286	706	Hugo Oliveira	piscinas municipais de santa maria da feira	Senior Masculino	53:03	+20:33	05:18
287	597	Tiago Sousa	malta fixe	Senior Masculino	53:04	+20:34	05:18
288	793	ROLANDO FILIPE DE MOURA PEREIRA PAULO	trail running clube btt sanguedo	Senior Masculino	53:05	+20:35	05:18
289	446	jose gomes dos santos	individual	Veterano M50	53:06	+20:36	05:19
290	411	Hélder José Madureira Bernardo	individual	Senior Masculino	53:09	+20:39	05:19
291	88	BELMIRO LOPES	cal - clube atletismo de lamas	Veterano M40	53:11	+20:41	05:19
292	741	Henrique Melo	premium health club barrinha surf	Veterano M50	53:15	+20:45	05:20
293	493	nuno alexandre costa almeida	individual	Senior Masculino	53:19	+20:49	05:20
294	672	Manuela Ferreira	pernetas	Veterana F40	53:21	+20:51	05:20
295	683	Ernesto Ribeiro	pernetas	Veterano M40	53:22	+20:52	05:20
296	549	Hugo Azevedo	irmãos das sapatilhas	Senior Masculino	53:25	+20:55	05:21
297	547	Vitor Manuel Pinho Ferreira	individual	Senior Masculino	53:28	+20:58	05:21
298	695	António Rui Pinho	pinho family	Senior Masculino	53:29	+20:59	05:21
299	700	Isabel Novais	piscinas municipais de santa maria da feira	Senior Feminino	53:31	+21:01	05:21
300	696	Rui Pinho	pinho family	Veterano M40	53:31	+21:01	05:21
301	521	Rodrigo Daniel Vieira Resende	individual	Senior Masculino	53:31	+21:01	05:21
302	833	Ivo Almeida	ginásio fit4fun	Veterano M40	53:32	+21:02	05:21
303	817	Paulo Roberto Pereira Santos	franklim prata	Senior Masculino	53:37	+21:07	05:22
304	261	Fernando Silvestre	grupo fontes bike team	Veterano M40	53:39	+21:09	05:22
305	385	Eduardo Ribeiro	individual	Veterano M40	53:39	+21:09	05:22
306	372	Cesario Rocha	individual	Veterano M40	53:41	+21:11	05:22
307	223	CONCEIÇAO FERREIRA	ginásio fit4fun	Veterana F40	53:42	+21:12	05:22
308	705	Bruno Manuel Matos	piscinas municipais de santa maria da feira	Senior Masculino	53:44	+21:14	05:22

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
309	688	Ricardo Silva	pernetas	Veterano M40	53:46	+21:16	05:23
310	151	Roberto Filipe Vieira Silva	crossfit couto	Senior Masculino	53:46	+21:16	05:23
311	823	Ana Pinho	premium health club barrinha surf	Senior Feminino	53:49	+21:19	05:23
312	745	Manuel Castro	premium health club barrinha surf	Senior Masculino	53:50	+21:20	05:23
313	467	Luís Mota	individual	Senior Masculino	53:50	+21:20	05:23
314	824	Paula Soares	premium health club barrinha surf	Senior Feminino	53:50	+21:20	05:23
315	564	Manuel Ferreira dos Santos Valente Fernandes	juventude cortegacense	Senior Masculino	53:56	+21:26	05:24
316	567	Rui Pedro Almeida Galante	juventude cortegacense	Veterano M40	53:57	+21:27	05:24
317	545	Vitor Lemos	individual	Senior Masculino	54:00	+21:30	05:24
318	725	Fátima Aleixo	premium health club barrinha surf	Veterana F40	54:03	+21:33	05:24
319	197	Márcio Correia	fogaças com malapos	Senior Masculino	54:04	+21:34	05:24
320	150	Nuno Henrique Pinto Gil	crossfit couto	Senior Masculino	54:06	+21:36	05:25
321	785	Raul Fontes	trail runner	Senior Masculino	54:10	+21:40	05:25
322	797	João Reis	vila cesari	Senior Masculino	54:11	+21:41	05:25
323	800	Roberto Moreira	vila cesari	Senior Masculino	54:20	+21:50	05:26
324	562	Joel Silva Sequeira	juventude cortegacense	Senior Masculino	54:23	+21:53	05:26
325	123	Maria Helena Silva	cmmc vale de cambra	Senior Feminino	54:25	+21:55	05:27
326	756	Sérgio Migiel Alves	premium health club barrinha surf	Veterano M40	54:27	+21:57	05:27
327	33	José António Almeida	almeida team	Veterano M40	54:28	+21:58	05:27
328	533	SIMÃO GRADISSÍMO	individual	Veterano M40	54:29	+21:59	05:27
329	743	José Alberto Ferreira	premium health club barrinha surf	Veterano M40	54:29	+21:59	05:27
330	489	Miguel Mendes	individual	Senior Masculino	54:33	+22:03	05:27
331	438	Jorge Nunes	individual	Veterano M40	54:37	+22:07	05:28
332	701	Marlene Castro Soares	piscinas municipais de santa maria da feira	Senior Feminino	54:39	+22:09	05:28
333	659	Pedro Coutinho	pe de chumbo team	Senior Masculino	54:41	+22:11	05:28
334	303	Mafalda Sampaio Moreira	individual	Senior Feminino	54:42	+22:12	05:28
335	161	TIAGO OLIVEIRA	crosstheline	Senior Masculino	54:46	+22:16	05:29
336	697	Carmo Marinho	pirilampos	Veterana F40	54:49	+22:19	05:29
337	410	helder daniel silva ferreira	individual	Senior Masculino	54:53	+22:23	05:29
338	162	VASCO NEVES	crosstheline	Senior Masculino	54:56	+22:26	05:30
339	711	Manuel António Pinto Silva	piscinas municipais de santa maria da feira	Senior Masculino	54:59	+22:29	05:30
340	294	Elisabete Cunha	individual	Senior Feminino	55:00	+22:30	05:30
341	406	Gil Renato Sousa Correia	individual	Senior Masculino	55:00	+22:30	05:30
342	120	Joana Freire	cmmc vale de cambra	Veterana F40	55:04	+22:34	05:30
343	114	Ricardo Oliveira	clube os 5 à hora	Senior Masculino	55:04	+22:34	05:30
344	254	Manuel Andrade	grupo desportivo e cultural de guilhovai	Veterano M40	55:07	+22:37	05:31
345	364	Carlos Fernando Marques	individual	Veterano M50	55:10	+22:40	05:31
346	238	FERNANDO BASTOS	ginásio fit4fun	Veterano M40	55:11	+22:41	05:31
347	798	Manuel Conceição	vila cesari	Veterano M40	55:16	+22:46	05:32
348	808	Miguel Angelo Pereira	crossfit couto	Senior Masculino	55:21	+22:51	05:32
349	221	ana pissarra	ginásio fit4fun	Veterana F40	55:21	+22:51	05:32
350	815	João Costa	franklim prata	Senior Masculino	55:27	+22:57	05:33
351	604	Pedro Duarte	melres trail running	Senior Masculino	55:28	+22:58	05:33
352	603	Hugo Pegas	melres trail running	Senior Masculino	55:30	+23:00	05:33
353	15	Miguel Correia	a todo o gás	Senior Masculino	55:32	+23:02	05:33

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	339	André Ribeiro	individual	Senior Masculino	55:33	+23:03	05:33
355	611	Luis Vilares	nós dois noivos	Veterano M50	55:36	+23:06	05:34
356	436	Jorge Loureiro	individual	Senior Masculino	55:39	+23:09	05:34
357	610	Joana Coelho	nós dois noivos	Senior Feminino	55:41	+23:11	05:34
358	668	Adriana Rodrigues	pernetas	Senior Feminino	55:49	+23:19	05:35
359	185	Antero Henrique Barbosa	fogaças com malapos	Senior Masculino	55:50	+23:20	05:35
360	200	Pedro M Silva	fogaças com malapos	Senior Masculino	55:51	+23:21	05:35
361	328	Abilio Oliveira Pinto	individual	Veterano M50	55:56	+23:26	05:36
362	179	Sérgio Ferreira	flashrun	Senior Masculino	55:58	+23:28	05:36
363	404	Francisco Mendes	individual	Senior Masculino	56:03	+23:33	05:36
364	463	luis ferreira gomes	individual	Veterano M40	56:06	+23:36	05:37
365	719	Albino Santos	posto turismo	Senior Masculino	56:11	+23:41	05:37
366	539	Tiago Rocha	individual	Senior Masculino	56:15	+23:45	05:38
367	117	Ana Silva	cmmc vale de cambra	Veterana F40	56:25	+23:55	05:39
368	195	Joaquim M Da Silva	fogaças com malapos	Veterano M50	56:28	+23:58	05:39
369	801	Hugo Mendes	walk4fun	Senior Masculino	56:29	+23:59	05:39
370	299	Jerusa Santos	individual	Senior Feminino	56:37	+24:07	05:40
371	769	Paulo Jorge Carvalho Macedo	run coxinho	Veterano M40	56:45	+24:15	05:41
372	75	manuel pinho	body & zen /salão manos running	Veterano M50	56:49	+24:19	05:41
373	825	Amadeu Cruz	individual	Veterano M50	56:49	+24:19	05:41
374	827	Atleta 827	individual	Senior Masculino	56:55	+24:25	05:42
375	831	Atleta 831	individual	Senior Masculino	56:56	+24:26	05:42
376	209	Heber Alves	fr	Senior Masculino	56:58	+24:28	05:42
377	681	susana canhola	pernetas	Veterana F40	56:58	+24:28	05:42
378	649	Marco André Marques Resende	os teimosos	Senior Masculino	57:03	+24:33	05:42
379	226	LILIANA SANTIAGO	ginásio fit4fun	Senior Feminino	57:05	+24:35	05:42
380	210	Manuel Azevedo	fr	Senior Masculino	57:07	+24:37	05:43
381	235	CARLOS CORREIA	ginásio fit4fun	Senior Masculino	57:09	+24:39	05:43
382	633	Jose Carlos araújo	os araujos	Veterano M40	57:10	+24:40	05:43
383	326	TERESA LIMA	individual	Senior Feminino	57:11	+24:41	05:43
384	650	Nuno Miguel Silva Pinho	pai & filho	Senior Masculino	57:12	+24:42	05:43
385	651	Porfirio da silva pereira	pai & filho	Veterano M40	57:15	+24:45	05:43
386	607	Humberto Neves	nonstop	Senior Masculino	57:16	+24:46	05:44
387	405	Francisco Rodrigues Costa	individual	Senior Masculino	57:19	+24:49	05:44
388	482	Mário Lança	individual	Veterano M40	57:19	+24:49	05:44
389	433	Joaquim Gomes	individual	Veterano M40	57:22	+24:52	05:44
390	153	Wilson Silva Santos	crossfit couto	Senior Masculino	57:22	+24:52	05:44
391	58	Fatima Costa	body & zen /salão manos running	Senior Feminino	57:23	+24:53	05:44
392	73	manuel couto	body & zen /salão manos running	Veterano M50	57:23	+24:53	05:44
393	694	Jorge Augusto Oliveira Guerra	piano bar	Veterano M40	57:25	+24:55	05:44
394	273	Ana Aleixo	individual	Senior Feminino	57:25	+24:55	05:44
395	693	Diana Marisa Rodrigues Rocha	piano bar	Senior Feminino	57:25	+24:55	05:44
396	111	Armando Neves	clube os 5 à hora	Veterano M40	57:25	+24:55	05:45
397	556	Pedro Miguel Marques da Silva	jpvm team	Senior Masculino	57:28	+24:58	05:45
398	204	Ricardo Cardoso Reis Sá Coelho	fogaças com malapos	Senior Masculino	57:31	+25:01	05:45
399	329	ABILIO SOARES	individual	Veterano M50	57:34	+25:04	05:45

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
400	507	PEDRO ALVES	individual	Senior Masculino	57:34	+25:04	05:45
401	657	Paulo Pinto	pe de chumbo team	Veterano M40	57:35	+25:05	05:45
402	318	sandra oliveira	individual	Senior Feminino	57:38	+25:08	05:46
403	368	carlos manuel fontes da fonseca	individual	Senior Masculino	57:42	+25:12	05:46
404	305	Maria Alice Santos Silva	individual	Senior Feminino	57:43	+25:13	05:46
405	304	Margarida Santos	individual	Senior Feminino	57:43	+25:13	05:46
406	770	SUSANA COSTA	run4fun	Senior Feminino	57:44	+25:14	05:46
407	366	Carlos José Santos carvalho	individual	Veterano M40	57:44	+25:14	05:46
408	768	Luís Miguel Magalhães Marques	run coxinho	Senior Masculino	57:45	+25:15	05:47
409	699	Célia Portela Sousa	piscinas municipais de santa maria da feira	Senior Feminino	57:47	+25:17	05:47
410	707	João Miguel Azevedo	piscinas municipais de santa maria da feira	Veterano M40	57:47	+25:17	05:47
411	268	Pedro Familiar	grupo fontes bike team	Senior Masculino	57:56	+25:26	05:48
412	516	Ricardo Jorge Pinto Tavares	individual	Senior Masculino	57:56	+25:26	05:48
413	244	Miguel Jesus	ginásio fit4fun	Senior Masculino	57:58	+25:28	05:48
414	230	SUSANA BASTOS	ginásio fit4fun	Senior Feminino	57:59	+25:29	05:48
415	137	João Ponces	coxos, mancos e limitados	Veterano M40	57:59	+25:29	05:48
416	136	Abel Correia	coxos, mancos e limitados	Veterano M40	58:00	+25:30	05:48
417	526	Rui Marcial Cardoso	individual	Veterano M40	58:03	+25:33	05:48
418	110	Alberto Alves	clube os 5 à hora	Veterano M40	58:05	+25:35	05:49
419	272	Alda Cordeiro	individual	Veterana F40	58:07	+25:37	05:49
420	829	Mariana Serra	apcor	Senior Feminino	58:07	+25:37	05:49
421	766	António Jorge da Silva Ferreira	run coxinho	Veterano M40	58:08	+25:38	05:49
422	282	Cacilda Maria Sousa Ramos	individual	Veterana F40	58:10	+25:40	05:49
423	546	vitor Ferreira	individual	Veterano M40	58:13	+25:43	05:49
424	388	emilio joaquim sabença figueiras	individual	Senior Masculino	58:15	+25:45	05:49
425	241	LUCIA ALMEIDA	ginásio fit4fun	Senior Masculino	58:17	+25:47	05:50
426	293	Dulce Maria Pinho de Almeida	individual	Senior Feminino	58:27	+25:57	05:51
427	816	Hugo Miguel Lemos Castro	franklim prata	Senior Masculino	58:29	+25:59	05:51
428	416	Hugo Ferreira	individual	Senior Masculino	58:35	+26:05	05:52
429	818	Francisco Manuel Ferreira de Barros	franklim prata	Senior Masculino	58:36	+26:06	05:52
430	72	LUIS CARDOSO	body & zen /salão manos running	Veterano M40	58:44	+26:14	05:52
431	394	Fernando Queirós	individual	Senior Masculino	58:44	+26:14	05:52
432	132	Emanuel Martins de Ascenção Aurélio	coelhos	Senior Masculino	58:47	+26:17	05:53
433	269	Casimiro Fernandes	grupo os barrigas	Veterano M50	58:47	+26:17	05:53
434	271	Manuel Pinto	grupo os barrigas	Veterano M50	58:47	+26:17	05:53
435	41	Bernardo Sousa	armazém do fitness	Senior Masculino	58:49	+26:19	05:53
436	42	David Oliveira	armazém do fitness	Senior Masculino	58:49	+26:19	05:53
437	760	António Carvalho	rafaela cortez marques	Veterano M50	58:54	+26:24	05:53
438	264	José Lima	grupo fontes bike team	Senior Masculino	58:56	+26:26	05:54
439	134	Paula Silva	confraria da bike	Veterana F40	58:57	+26:27	05:54
440	108	Natália Coelho	clube os 5 à hora	Veterana F40	58:57	+26:27	05:54
441	76	Miguel Santos	body & zen /salão manos running	Veterano M40	59:01	+26:31	05:54
442	525	Rui Lopes	individual	Veterano M40	59:02	+26:32	05:54
443	819	Ricardo Soares	franklim prata	Senior Masculino	59:05	+26:35	05:54
444	86	ANA PAULA CASTRO	cal - clube atletismo de lamas	Veterana F40	59:07	+26:37	05:55

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
445	389	emilio joaquim silva figueiras	individual	Veterano M40	59:08	+26:38	05:55
446	643	Rocco di Bernardo	os pirilampos urbanos	Veterano M40	59:14	+26:44	05:55
447	296	Elsa Marta de Pinho Pereira da Silva	individual	Senior Feminino	59:16	+26:46	05:56
448	396	filipe andre silva mendes	individual	Senior Masculino	59:17	+26:47	05:56
449	613	Ana Coelho	not run alone	Senior Feminino	59:19	+26:49	05:56
450	401	Filipe Oliveira	individual	Senior Masculino	59:20	+26:50	05:56
451	658	paulo Vilela	pe de chumbo team	Senior Masculino	59:23	+26:53	05:56
452	655	Marco Costa	pe de chumbo team	Veterano M40	59:24	+26:54	05:56
453	656	Nuno Grade	pe de chumbo team	Veterano M40	59:24	+26:54	05:56
454	654	Luis Reis	pe de chumbo team	Veterano M50	59:24	+26:54	05:56
455	653	Antonio Real	pe de chumbo team	Veterano M40	59:24	+26:54	05:56
456	718	Patricia Soares	posto turismo	Senior Feminino	59:25	+26:55	05:56
457	38	Rafaela Silva	armazém do fitness	Senior Feminino	59:31	+27:01	05:57
458	39	Rita Ferraz	armazém do fitness	Senior Feminino	59:31	+27:01	05:57
459	358	Bruno Sá	individual	Senior Masculino	59:32	+27:02	05:57
460	450	jose mota	individual	Senior Masculino	59:32	+27:02	05:57
461	417	Hugo Freitas	individual	Senior Masculino	59:35	+27:05	05:57
462	57	Carla Ribeiro	body & zen /salão manos running	Senior Feminino	59:37	+27:07	05:58
463	424	joão h sousa.	individual	Veterano M40	59:37	+27:07	05:58
464	441	Jorge Tiago Pinho	individual	Senior Masculino	59:41	+27:11	05:58
465	596	Hugo Gomes	malta fixe	Senior Masculino	59:42	+27:12	05:58
466	374	Cristiano Tavares	individual	Senior Masculino	59:42	+27:12	05:58
467	59	Maria José Silva Valente	body & zen /salão manos running	Veterana F40	59:44	+27:14	05:58
468	803	Fábio Santos	piscinas municipais de santa maria da feira	Senior Masculino	59:54	+27:24	05:59
469	652	Liliana Costa	pe de chumbo team	Senior Feminino	59:54	+27:24	05:59
470	804	Ricardo Santos	piscinas municipais de santa maria da feira	Senior Masculino	59:54	+27:24	05:59
471	83	tiago jorge pinto santos	body & zen /salão manos running	Senior Masculino	59:55	+27:25	05:59
472	400	filipe miguel ferreira dias	individual	Senior Masculino	59:56	+27:26	06:00
473	350	Bruno Campos	individual	Senior Masculino	59:58	+27:28	06:00
474	444	José Augusto Pinho Silva	individual	Veterano M50	59:59	+27:29	06:00
475	142	Sara Aurélia Correia Teixeira Freitas	crossfit couto	Senior Feminino	01:00:00	+27:30	06:00
476	667	Pedro Lima	perna de pau	Senior Masculino	01:00:00	+27:30	06:00
477	777	Rogério Rocha	running stones	Veterano M40	01:00:05	+27:35	06:00
478	666	Cristóvão Magalhães	perna de pau	Senior Masculino	01:00:06	+27:36	06:01
479	157	José Moreira	crosstheline	Veterano M50	01:00:07	+27:37	06:01
480	713	Nuno André Dias Vieira	piscinas municipais de santa maria da feira	Senior Masculino	01:00:08	+27:38	06:01
481	147	Fábio Alexandre Pinto Soares	crossfit couto	Senior Masculino	01:00:08	+27:38	06:01
482	395	FERNANDO SILVA	individual	Veterano M50	01:00:08	+27:38	06:01
483	832	Augustino Marques Gonçalves	inscrições finais	Veterano M40	01:00:09	+27:39	06:01
484	523	Rui Andre Gomes Santos Henirques	individual	Senior Masculino	01:00:12	+27:42	06:01
485	112	Cipriano Sousa	clube os 5 à hora	Veterano M40	01:00:17	+27:47	06:02
486	237	FERNANDA ALMEIDA	ginásio fit4fun	Veterano M50	01:00:19	+27:49	06:02
487	423	João Carvalho	individual	Veterano M40	01:00:28	+27:58	06:03

PROVA PRINCIPAL - STAGE 1 — 10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
488	343	António Manuel Soares Guimarães Ferreira	individual	Senior Masculino	01:00:31	+28:01	06:03
489	455	Julio Augusto Morais Pereira	individual	Veterano M40	01:00:31	+28:01	06:03
490	518	Ricardo Manuel Bastos Tavares da Silva	individual	Senior Masculino	01:00:33	+28:03	06:03
491	605	Liliana Teixeira	nonstop	Senior Feminino	01:00:35	+28:05	06:04
492	632	Diogo araujo	os araujos	Senior Masculino	01:00:36	+28:06	06:04
493	555	Leandro Santos Matos	jpvm team	Senior Masculino	01:00:41	+28:11	06:04
494	435	Joel Ribeiro	individual	Senior Masculino	01:00:44	+28:14	06:04
495	55	André Casimiro Alves Soares	boavista f.c	Senior Masculino	01:00:48	+28:18	06:05
496	551	Pedro Manuel Batista Branco	jmpt	Senior Masculino	01:00:49	+28:19	06:05
497	50	ANTONIO FERNANDES	atletismo os amigos de grijo	Veterano M50	01:00:54	+28:24	06:05
498	227	NATHALIE MARTINS	ginásio fit4fun	Senior Feminino	01:00:58	+28:28	06:06
499	225	HELENA BASTOS	ginásio fit4fun	Senior Feminino	01:00:58	+28:28	06:06
500	320	Sara Gomes	individual	Senior Feminino	01:01:05	+28:35	06:06
501	312	Marta Gomes	individual	Senior Feminino	01:01:05	+28:35	06:07
502	16	Soraia Sousa	a.d.c.c j clark - castelo de paiva	Senior Feminino	01:01:06	+28:36	06:07
503	635	Daniela Oliveira	os falta d'ar / run na villa	Senior Feminino	01:01:08	+28:38	06:07
504	97	Manuel Ribeiro	caldas de s.jorge sport clube	Veterano M50	01:01:11	+28:41	06:07
505	636	Sandra Magolo	os falta d'ar / run na villa	Senior Feminino	01:01:12	+28:42	06:07
506	736	Carlos Fazendeiro	premium health club barrinha surf	Veterano M50	01:01:18	+28:48	06:08
507	172	Pedro João Silva	famelga	Senior Masculino	01:01:23	+28:53	06:08
508	171	Joana Soares	famelga	Senior Feminino	01:01:23	+28:53	06:08
509	685	Fernando Ferraz	pernetas	Veterano M50	01:01:24	+28:54	06:08
510	821	Anabela Coelho	franklim prata	Veterana F40	01:01:25	+28:55	06:09
511	512	Pedro Miguel Loureiro Rodrigues	individual	Senior Masculino	01:01:36	+29:06	06:10
512	188	Helder Matos	fogaças com malapos	Senior Masculino	01:01:41	+29:11	06:10
513	459	Liliana Filipa Bastos Abreu	individual	Veterano M40	01:01:43	+29:13	06:10
514	670	Liliana Pinto	pernetas	Senior Feminino	01:01:43	+29:13	06:10
515	675	Claudio Cerqueira	pernetas	Senior Masculino	01:01:45	+29:15	06:10
516	461	Luís Carlos Freitas Cabete	individual	Senior Masculino	01:01:54	+29:24	06:11
517	321	Silvia Couto	individual	Senior Feminino	01:01:54	+29:24	06:11
518	462	Luís Faria	individual	Senior Masculino	01:01:55	+29:25	06:11
519	381	Diogo Santos	individual	Senior Masculino	01:01:55	+29:25	06:12
520	485	Miguel Ângelo Amaral Carreira	individual	Senior Masculino	01:01:59	+29:29	06:12
521	274	Ana Filipa Matos de Oliveira	individual	Senior Feminino	01:02:02	+29:32	06:12
522	180	Adriana Guimarães Sá Rebelo	fogaças com malapos	Senior Feminino	01:02:04	+29:34	06:12
523	352	Bruno Gomes	individual	Senior Masculino	01:02:04	+29:34	06:12
524	580	Celso Oliveira	lion runners - gd leões da guarda	Senior Masculino	01:02:06	+29:36	06:13
525	224	CRISTINA TAVARES	ginásio fit4fun	Veterana F40	01:02:07	+29:37	06:13
526	353	Bruno Márcio Magalhães Silva	individual	Senior Masculino	01:02:07	+29:37	06:13
527	578	André Baptista	lion runners - gd leões da guarda	Senior Masculino	01:02:08	+29:38	06:13
528	229	sofia bastos	ginásio fit4fun	Senior Feminino	01:02:12	+29:42	06:13
529	370	Carlos Silva	individual	Senior Masculino	01:02:12	+29:42	06:13
530	774	INES DIAS	runions	Senior Feminino	01:02:15	+29:45	06:14
531	776	JOSE PEREIRA	runions	Senior Masculino	01:02:15	+29:45	06:14
532	761	Hugo Cortez Marques	rafaela cortez marques	Senior Masculino	01:02:18	+29:48	06:14

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
533	37	Isa Mateus	armazém do fitness	Senior Feminino	01:02:20	+29:50	06:14
534	306	Maria de Fátima Pereira Vieira Bastos	individual	Senior Feminino	01:02:21	+29:51	06:14
535	421	Igor Filipe Silva Bastos	individual	Senior Masculino	01:02:21	+29:51	06:14
536	807	Marta Monteiro	cross the line	Senior Feminino	01:02:24	+29:54	06:14
537	805	Silvio Pinhal	cross the line	Veterano M40	01:02:25	+29:55	06:15
538	806	Augusto Rodrigues	cross the line	Veterano M40	01:02:27	+29:57	06:15
539	420	Hugo Moutinho	individual	Senior Masculino	01:02:27	+29:57	06:15
540	594	Soraia Quintinha	malta fixe	Senior Feminino	01:02:29	+29:59	06:15
541	721	Serafim Oliveira	posto turismo	Senior Masculino	01:02:49	+30:19	06:17
542	557	Marcia Castro Cardoso Costa	juventude cortegacense	Veterana F40	01:02:52	+30:22	06:17
543	560	Helder Castro Cardoso Costa	juventude cortegacense	Senior Masculino	01:02:53	+30:23	06:17
544	704	António David Oliveira	piscinas municipais de santa maria da feira	Senior Masculino	01:02:58	+30:28	06:18
545	616	Patricia Dias	not run alone	Senior Feminino	01:02:59	+30:29	06:18
546	773	RUFINO MOURA	run4fun	Veterano M40	01:03:02	+30:32	06:18
547	70	josé conceição	body & zen /salão manos running	Senior Masculino	01:03:20	+30:50	06:20
548	167	RUI MANUEL GOMES PEIXOTO	entre amigos	Veterano M40	01:03:25	+30:55	06:21
549	600	Henrique sá	mc	Senior Masculino	01:03:26	+30:56	06:21
550	40	André Tavares	armazém do fitness	Senior Masculino	01:03:26	+30:56	06:21
551	615	Cristina Lopes	not run alone	Senior Feminino	01:03:27	+30:57	06:21
552	601	José Valente	mc	Senior Masculino	01:03:29	+30:59	06:21
553	4	Cláudia Almeida	caldas de s.jorge sport clube	Veterana F40	01:03:41	+31:11	06:22
554	302	LÍDIA PEREIRA MELO	individual	Veterana F40	01:03:42	+31:12	06:22
555	309	Maria Pinto	individual	Senior Feminino	01:03:46	+31:16	06:23
556	588	Artur Longo	lm - team	Senior Masculino	01:03:48	+31:18	06:23
557	589	hugo Martins	lm - team	Senior Masculino	01:03:49	+31:19	06:23
558	679	Cristina Silva	pernetas	Veterana F40	01:03:53	+31:23	06:23
559	571	ADRIANO SANTOS SILVA	kuokin	Senior Masculino	01:03:54	+31:24	06:23
560	127	António Silva	cmmc vale de cambra	Veterano M40	01:03:55	+31:25	06:23
561	570	CATARINA SILVA	kuokin	Senior Feminino	01:03:55	+31:25	06:23
562	119	Claudia Rocha	cmmc vale de cambra	Senior Feminino	01:03:55	+31:25	06:23
563	122	Maria Ferreira	cmmc vale de cambra	Veterana F40	01:03:55	+31:25	06:23
564	131	Paulo Borges	cmmc vale de cambra	Veterano M40	01:03:55	+31:25	06:23
565	124	Paula Miguel	cmmc vale de cambra	Veterana F40	01:03:55	+31:25	06:24
566	276	Ana Patrícia Oliveira da Silva Lopes	individual	Senior Feminino	01:03:58	+31:28	06:24
567	554	Vera Lúcia Leite Pinho	jpvm team	Senior Feminino	01:04:06	+31:36	06:25
568	731	Mila	premium health club barrinha surf	Veterana F40	01:04:09	+31:39	06:25
569	181	Cristina Maria Silva Veloso	fogaças com malapos	Senior Feminino	01:04:10	+31:40	06:25
570	92	Albano Miranda	caldas de s.jorge sport clube	Veterano M50	01:04:11	+31:41	06:25
571	125	António almeida	cmmc vale de cambra	Veterano M50	01:04:18	+31:48	06:26
572	118	Ana Tavares	cmmc vale de cambra	Senior Feminino	01:04:18	+31:48	06:26
573	128	José Almeida	cmmc vale de cambra	Veterano M50	01:04:18	+31:48	06:26
574	250	rui mota	ginásio fit4fun	Senior Masculino	01:04:20	+31:50	06:26
575	232	ANDRE MOREIRA	ginásio fit4fun	Senior Masculino	01:04:21	+31:51	06:26
576	515	Renato Alexandre Campos Araújo	individual	Veterano M40	01:04:25	+31:55	06:26
577	140	Sandra Catarina Almeida Morais	crossfit couto	Senior Feminino	01:04:38	+32:08	06:28

PROVA PRINCIPAL - STAGE 1 — 10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
578	144	Andrés Manuel Melo Soares	crossfit couto	Senior Masculino	01:04:39	+32:09	06:28
579	764	Vasco Bernardes	rigorpower	Senior Masculino	01:04:39	+32:09	06:28
580	746	Manuel Silva	premium health club barrinha surf	Veterano M50	01:04:42	+32:12	06:28
581	728	Maria João Pinho Moreira	premium health club barrinha surf	Senior Feminino	01:04:47	+32:17	06:29
582	738	Eduardo Jorge da Cunha Valente	premium health club barrinha surf	Senior Masculino	01:04:47	+32:17	06:29
583	325	Susana Fernandes	individual	Senior Feminino	01:04:54	+32:24	06:29
584	606	Raquel Lourenço	nonstop	Senior Feminino	01:05:07	+32:37	06:31
585	608	Joaquim Ferreira	nonstop	Senior Masculino	01:05:07	+32:37	06:31
586	295	Elisabete Faria Almeida	individual	Senior Feminino	01:05:11	+32:41	06:31
587	792	MANUEL FERNANDO SILVA CORREIA	trail running clube btt sanguedo	Veterano M50	01:05:20	+32:50	06:32
588	786	EVA DULCE GOMES SILVA CORREIA	trail running clube btt sanguedo	Veterana F40	01:05:20	+32:50	06:32
589	219	ANA FILIPA TAVARES	ginásio fit4fun	Senior Feminino	01:06:08	+33:38	06:37
590	231	AFONSO MONTENEGRO	ginásio fit4fun	Senior Masculino	01:06:09	+33:39	06:37
591	260	Claudio Maia	grupo fontes bike team	Senior Masculino	01:06:12	+33:42	06:37
592	266	Marta Lopez	grupo fontes bike team	Senior Feminino	01:06:12	+33:42	06:37
593	257	Marina Arsénio	grupo fontes bike team	Senior Feminino	01:06:12	+33:42	06:37
594	228	SANDRA RODRIGUES	ginásio fit4fun	Senior Feminino	01:06:35	+34:05	06:40
595	642	José Amaro Maia Marques	os pirilampos urbanos	Veterano M40	01:06:37	+34:07	06:40
596	208	Raquel Vilaça	fr	Senior Feminino	01:06:37	+34:07	06:40
597	207	Daniela Ferreira	fr	Senior Feminino	01:06:38	+34:08	06:40
598	822	Alfredo Pinto	franklim prata	Veterano M40	01:06:52	+34:22	06:41
599	830	Tiago Coelho	os pirilampos urbanos	Senior Masculino	01:06:55	+34:25	06:42
600	164	Marlene Guedes	dois valentes e meio	Senior Feminino	01:06:55	+34:25	06:42
601	678	Ana Castro	pernetas	Senior Feminino	01:06:56	+34:26	06:42
602	311	Mariana Sousa Martins	individual	Senior Feminino	01:06:56	+34:26	06:42
603	165	Fábio Valente	dois valentes e meio	Senior Masculino	01:06:57	+34:27	06:42
604	54	jose oliveira	azeitonas	Veterano M50	01:07:00	+34:30	06:42
605	53	Cristina Oliveira	azeitonas	Veterana F40	01:07:01	+34:31	06:42
606	287	Cristiana Patricia Almeida Magalhães	individual	Senior Feminino	01:07:10	+34:40	06:43
607	284	Catia Liliana Soares da Silva	individual	Senior Feminino	01:07:18	+34:48	06:44
608	84	Mónica Esteves	byl - jc&niki	Senior Feminino	01:07:19	+34:49	06:44
609	357	Bruno Rodrigues	individual	Veterano M40	01:07:19	+34:49	06:44
610	279	Anabela Henriques Barata	individual	Senior Feminino	01:07:20	+34:50	06:44
611	641	Afonso Miguel Martins Campos Pinheiro de Oliveira	os pirilampos urbanos	Senior Masculino	01:07:22	+34:52	06:44
612	648	Vasco Martins Pinho de Antas Cayolla	os pirilampos urbanos	Senior Masculino	01:07:22	+34:52	06:44
613	645	Rui Miguel Campos de Oliveira	os pirilampos urbanos	Veterano M40	01:07:26	+34:56	06:45
614	292	Diana Costa Gonçalves	individual	Senior Feminino	01:07:28	+34:58	06:45
615	486	Miguel Gonzalez Santos	individual	Senior Masculino	01:07:28	+34:58	06:45
616	78	PEDRO NEVES	body & zen /salão manos running	Senior Masculino	01:07:37	+35:07	06:46
617	61	SARA SILVA	body & zen /salão manos running	Senior Feminino	01:07:37	+35:07	06:46
618	14	Liliana Andrade	a todo o gás	Senior Feminino	01:07:39	+35:09	06:46
619	663	César Moreira	pena team	Senior Masculino	01:07:40	+35:10	06:46

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
620	665	Rui Gomes	pena team	Senior Masculino	01:07:40	+35:10	06:46
621	727	Luciana Castro	premium health club barrinha surf	Senior Feminino	01:07:51	+35:21	06:47
622	729	MARINA ROMANO	premium health club barrinha surf	Senior Feminino	01:07:51	+35:21	06:47
623	680	Mônica Silva	pernetas	Veterana F40	01:07:52	+35:22	06:47
624	749	Mario Jorge Saxe Costa Dias	premium health club barrinha surf	Senior Masculino	01:07:52	+35:22	06:47
625	398	Filipe manuel moreira duarte lopes	individual	Senior Masculino	01:07:57	+35:27	06:48
626	300	Joana Rafaela Gomes Almeida	individual	Senior Feminino	01:08:02	+35:32	06:48
627	336	André Filipe Soares Pinho	individual	Senior Masculino	01:08:02	+35:32	06:48
628	447	José Luís Faria	individual	Senior Masculino	01:08:06	+35:36	06:49
629	316	Raquel Alves	individual	Senior Feminino	01:08:06	+35:36	06:49
630	69	helder soares	body & zen /salão manos running	Senior Masculino	01:08:08	+35:38	06:49
631	775	BRUNO PACHECO	runions	Senior Masculino	01:08:08	+35:38	06:49
632	755	Rui Valente	premium health club barrinha surf	Senior Masculino	01:08:24	+35:54	06:50
633	281	Berta Sofia Ferreira Nunes	individual	Senior Feminino	01:08:38	+36:08	06:52
634	747	Márcio Jorge	premium health club barrinha surf	Senior Masculino	01:08:43	+36:13	06:52
635	752	Paulo Soares	premium health club barrinha surf	Senior Masculino	01:08:45	+36:15	06:52
636	614	Carla Campos	not run alone	Veterana F40	01:08:55	+36:25	06:54
637	458	Lénio Fernando Nogueira Marinho	individual	Veterano M50	01:09:33	+37:03	06:57
638	291	Daniela Silva	individual	Senior Feminino	01:09:33	+37:03	06:57
639	758	Silvia Alexandra Soares Moura	ps2run	Senior Feminino	01:09:35	+37:05	06:58
640	759	Paulo Jorge Silva	ps2run	Veterano M40	01:09:36	+37:06	06:58
641	322	Sonia Almeida	individual	Senior Feminino	01:09:38	+37:08	06:58
642	333	Alberto Almeida	individual	Senior Masculino	01:09:39	+37:09	06:58
643	714	Orlando Antonio Fernando T Ribeiro	piscinas municipais de santa maria da feira	Senior Masculino	01:09:43	+37:13	06:58
644	702	Sonia Maria Amado R Meladas	piscinas municipais de santa maria da feira	Senior Feminino	01:09:44	+37:14	06:58
645	317	Raquel Santos	individual	Senior Feminino	01:09:45	+37:15	06:58
646	669	Carina Cunha	pernetas	Senior Feminino	01:09:49	+37:19	06:59
647	676	Ricardo Ferreira	pernetas	Senior Masculino	01:09:50	+37:20	06:59
648	280	Andreia Vieira	individual	Senior Feminino	01:09:58	+37:28	07:00
649	62	sonia rocha	body & zen /salão manos running	Senior Feminino	01:10:13	+37:43	07:01
650	176	Rosa Manuela Neves de Sousa	festeam	Veterana F40	01:10:32	+38:02	07:03
651	794	Paula Julieta Bastos e Santos	turbolentos	Senior Feminino	01:10:39	+38:09	07:04
652	297	Fátima Lopes	individual	Senior Feminino	01:10:57	+38:27	07:06
653	149	Luis Miguel Maia Sousa Novo	crossfit couto	Veterano M40	01:11:00	+38:30	07:06
654	141	Sandra Maria Soares da Silva	crossfit couto	Veterana F40	01:11:01	+38:31	07:06
655	60	Salomé Gomes	body & zen /salão manos running	Senior Feminino	01:11:05	+38:35	07:07
656	586	Pedro Gaio	lion runners - gd leões da guarda	Senior Masculino	01:11:55	+39:25	07:11
657	13	Rui Silva	a procura da meta	Senior Masculino	01:12:14	+39:44	07:13
658	12	Daniela Nogueira	a procura da meta	Senior Feminino	01:12:15	+39:45	07:13
659	723	CELIA MELO	premium health club barrinha surf	Veterana F40	01:12:25	+39:55	07:14
660	154	Sara Corte-Real	crossthelline	Senior Feminino	01:12:26	+39:56	07:15
661	677	Ana Canez	pernetas	Senior Feminino	01:12:27	+39:57	07:15
662	91	Maria Del Carmo	caldas de s.jorge sport clube	Veterana F40	01:12:28	+39:58	07:15
663	687	Mário Cardoso	pernetas	Senior Masculino	01:12:30	+40:00	07:15
664	814	Alda Maria Neto Serradeiro	premium health club barrinha surf	Veterana F40	01:12:52	+40:22	07:17

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
665	484	Marisa Silva	individual	Senior Masculino	01:12:56	+40:26	07:18
666	692	Pedro Silva	peter team	Senior Masculino	01:13:14	+40:44	07:19
667	198	paulo lima	fogaças com malapos	Veterano M40	01:13:27	+40:57	07:21
668	285	Célia da Conceição Teixeira Pereira	individual	Senior Feminino	01:14:25	+41:55	07:26
669	87	CATARINA SILVA	cal - clube atletismo de lamas	Senior Feminino	01:14:33	+42:03	07:27
670	591	Miguel Remelgado	madalena team	Senior Masculino	01:14:37	+42:07	07:28
671	592	Nuno Silva	madalena team	Senior Masculino	01:14:37	+42:07	07:28
672	590	Marlene Pereira	madalena team	Senior Feminino	01:14:38	+42:08	07:28
673	691	Gabriela Sousa	peter team	Senior Feminino	01:14:41	+42:11	07:28
674	51	Sara Luisa Costa Oliveira	avo cantigas & companhia	Senior Feminino	01:14:58	+42:28	07:30
675	52	Manuel Ivânio Gomes de Oliveira	avo cantigas & companhia	Veterano M50	01:14:58	+42:28	07:30
676	491	Nelson Rocha	individual	Senior Masculino	01:15:05	+42:35	07:30
677	323	Sónia Moreira	individual	Senior Feminino	01:15:06	+42:36	07:31
678	308	Maria Lima	individual	Veterana F40	01:15:07	+42:37	07:31
679	724	Renata Serradeiro	premium health club barrinha surf	Veterana F40	01:15:14	+42:44	07:31
680	722	Alva	premium health club barrinha surf	Veterana F40	01:15:41	+43:11	07:34
681	183	MIQUELINA ANTUNES DIAS DUARTE	fogaças com malapos	Senior Feminino	01:16:36	+44:06	07:40
682	182	Maria Goreti Sousa Gonçalves	fogaças com malapos	Senior Feminino	01:16:36	+44:06	07:40
683	206	Vitor Renato Duarte	fogaças com malapos	Senior Masculino	01:16:37	+44:07	07:40
684	477	Marco André dos Santos Fernandes	individual	Senior Masculino	01:17:37	+45:07	07:46
685	90	LUÍS SOARES	cal - clube atletismo de lamas	Senior Masculino	01:17:39	+45:09	07:46
686	646	Tiago Furtado de Antas de Almeida Cayolla	os pirilampos urbanos	Veterano M40	01:17:48	+45:18	07:47
687	739	Esteves	premium health club barrinha surf	Veterano M50	01:17:51	+45:21	07:47
688	460	Luís Alves	individual	Veterano M40	01:18:29	+45:59	07:51
689	30	Mariana Azevedo de Almeida	ainda falta muito?	Senior Feminino	01:20:22	+47:52	08:02
690	575	Angela Pimenta	lion runners - gd leões da guarda	Senior Feminino	01:22:36	+50:06	08:16
691	583	José Sá	lion runners - gd leões da guarda	Senior Masculino	01:22:36	+50:06	08:16
692	577	Susana Pereira	lion runners - gd leões da guarda	Senior Feminino	01:22:39	+50:09	08:16
693	582	José Ferreira	lion runners - gd leões da guarda	Senior Masculino	01:22:39	+50:09	08:16
694	587	Ricardo Vidal	lion runners - gd leões da guarda	Senior Masculino	01:22:40	+50:10	08:16
695	581	Emanuel Teixeira	lion runners - gd leões da guarda	Senior Masculino	01:22:41	+50:11	08:16
696	584	Luis Miguel Ferreira	lion runners - gd leões da guarda	Senior Masculino	01:22:54	+50:24	08:17
697	579	Bruno Monteiro	lion runners - gd leões da guarda	Senior Masculino	01:22:55	+50:25	08:17

Corrida Urbana Terras de Santa Maria

Santa Maria da Feira

11-julho-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	-99ºC	-99%
End	23:30	-99ºC	-99%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	29	Sara Carvalho	ADERCUS	Senior Feminino	39:11		03:55
2	28	Mónica Simões	ADERCUS	Senior Feminino	43:01	+03:50	04:18
3	218	Alice Lopes	Ginásio Fit4Fun	Senior Feminino	43:40	+04:29	04:22
4	319	Sara Cristina Pereira da Conceição	Individual	Senior Feminino	46:17	+07:06	04:38
5	301	Joana Tavares	Individual	Senior Feminino	48:09	+08:58	04:49
6	289	Daniela Falcão	Individual	Senior Feminino	49:07	+09:56	04:55
7	275	Ana Margarida Ramos Fernandes	Individual	Senior Feminino	49:15	+10:04	04:56
8	307	Maria João Silva	Individual	Senior Feminino	49:49	+10:38	04:59
9	143	Virginia Adelaide Gonçalves Pais	CrossFit Couto	Senior Feminino	51:58	+12:47	05:12
10	109	Vânia Barbosa	Clube os 5 à hora	Senior Feminino	52:24	+13:13	05:14
11	175	Cristiana Raquel Sousa Ferreira	FesTeam	Senior Feminino	52:55	+13:44	05:17
12	700	Isabel Novais	Piscinas Municipais de Santa Maria da Feira	Senior Feminino	53:31	+14:20	05:21
13	823	Ana Pinho	Premium Health Club barrinha surf	Senior Feminino	53:49	+14:38	05:23
14	824	Paula Soares	Premium Health Club barrinha surf	Senior Feminino	53:50	+14:39	05:23
15	123	Maria Helena Silva	CMMC Vale de Cambra	Senior Feminino	54:25	+15:14	05:27
16	701	Marlene Castro Soares	Piscinas Municipais de Santa Maria da Feira	Senior Feminino	54:39	+15:28	05:28
17	303	Mafalda Sampaio Moreira	Individual	Senior Feminino	54:42	+15:31	05:28
18	294	Elisabete Cunha	Individual	Senior Feminino	55:00	+15:49	05:30
19	610	Joana Coelho	NÓS DOIS NOIVOS	Senior Feminino	55:41	+16:30	05:34
20	668	Adriana Rodrigues	Pernetas	Senior Feminino	55:49	+16:38	05:35
21	299	Jerusa Santos	Individual	Senior Feminino	56:37	+17:26	05:40
22	226	LILIANA SANTIAGO	Ginásio Fit4Fun	Senior Feminino	57:05	+17:54	05:42
23	326	TERESA LIMA	Individual	Senior Feminino	57:11	+18:00	05:43
24	58	Fatima Costa	BODY & ZEN /SALÃO MANOS RUNNING	Senior Feminino	57:23	+18:12	05:44
25	273	Ana Aleixo	Individual	Senior Feminino	57:25	+18:14	05:44
26	693	Diana Marisa Rodrigues Rocha	Piano Bar	Senior Feminino	57:25	+18:14	05:44
27	318	sandra oliveira	Individual	Senior Feminino	57:38	+18:27	05:46
28	305	Maria Alice Santos Silva	Individual	Senior Feminino	57:43	+18:32	05:46
29	304	Margarida Santos	Individual	Senior Feminino	57:43	+18:32	05:46
30	770	SUSANA COSTA	run4fun	Senior Feminino	57:44	+18:33	05:46
31	699	Célia Portela Sousa	Piscinas Municipais de Santa Maria da Feira	Senior Feminino	57:47	+18:36	05:47
32	230	SUSANA BASTOS	Ginásio Fit4Fun	Senior Feminino	57:59	+18:48	05:48
33	829	Mariana Serra	APCOR	Senior Feminino	58:07	+18:56	05:49
34	293	Dulce Maria Pinho de Almeida	Individual	Senior Feminino	58:27	+19:16	05:51
35	296	Elsa Marta de Pinho Pereira da Silva	Individual	Senior Feminino	59:16	+20:05	05:56
36	613	Ana Coelho	Not Run Alone	Senior Feminino	59:19	+20:08	05:56
37	718	Patricia Soares	Posto Turismo	Senior Feminino	59:25	+20:14	05:56

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

38	38	Rafaela Silva	Armazém do Fitness	Senior Feminino	59:31	+20:20	05:57
39	39	Rita Ferraz	Armazém do Fitness	Senior Feminino	59:31	+20:20	05:57
40	57	Carla Ribeiro	BODY & ZEN /SALÃO MANOS RUNNING	Senior Feminino	59:37	+20:26	05:58
41	652	Liliana Costa	Pe de chumbo Team	Senior Feminino	59:54	+20:43	05:59
42	142	Sara Aurélia Correia Teixeira Freitas	CrossFit Couto	Senior Feminino	01:00:00	+20:49	06:00
43	605	Liliana Teixeira	nonstop	Senior Feminino	01:00:35	+21:24	06:04
44	227	NATHALIE MARTINS	Ginásio Fit4Fun	Senior Feminino	01:00:58	+21:47	06:06
45	225	HELENA BASTOS	Ginásio Fit4Fun	Senior Feminino	01:00:58	+21:47	06:06
46	320	Sara Gomes	Individual	Senior Feminino	01:01:05	+21:54	06:06
47	312	Marta Gomes	Individual	Senior Feminino	01:01:05	+21:54	06:07
48	16	Soraia Sousa	A.D.C.C J CLARK - Castelo de Paiva	Senior Feminino	01:01:06	+21:55	06:07
49	635	Daniela Oliveira	OS FALTA D'AR / RUN NA VILLA	Senior Feminino	01:01:08	+21:57	06:07
50	636	Sandra Magolo	OS FALTA D'AR / RUN NA VILLA	Senior Feminino	01:01:12	+22:01	06:07
51	171	Joana Soares	Famelga	Senior Feminino	01:01:23	+22:12	06:08
52	670	Liliana Pinto	Pernetas	Senior Feminino	01:01:43	+22:32	06:10
53	321	Silvia Couto	Individual	Senior Feminino	01:01:54	+22:43	06:11
54	274	Ana Filipa Matos de Oliveira	Individual	Senior Feminino	01:02:02	+22:51	06:12
55	180	Adriana Guimarães Sá Rebelo	Fogaças com Malapos	Senior Feminino	01:02:04	+22:53	06:12
56	229	sofia bastos	Ginásio Fit4Fun	Senior Feminino	01:02:12	+23:01	06:13
57	774	INES DIAS	RUNIONS	Senior Feminino	01:02:15	+23:04	06:14
58	37	Isa Mateus	Armazém do Fitness	Senior Feminino	01:02:20	+23:09	06:14
59	306	Maria de Fátima Pereira Vieira Bastos	Individual	Senior Feminino	01:02:21	+23:10	06:14
60	807	Marta Monteiro	Cross the line	Senior Feminino	01:02:24	+23:13	06:14
61	594	Soraia Quintinha	MALTA FIXE	Senior Feminino	01:02:29	+23:18	06:15
62	616	Patricia Dias	Not Run Alone	Senior Feminino	01:02:59	+23:48	06:18
63	615	Cristina Lopes	Not Run Alone	Senior Feminino	01:03:27	+24:16	06:21
64	309	Maria Pinto	Individual	Senior Feminino	01:03:46	+24:35	06:23
65	570	CATARINA SILVA	KUOKIN	Senior Feminino	01:03:55	+24:44	06:23
66	119	Claudia Rocha	CMMC Vale de Cambra	Senior Feminino	01:03:55	+24:44	06:23
67	276	Ana Patrícia Oliveira da Silva Lopes	Individual	Senior Feminino	01:03:58	+24:47	06:24
68	554	Vera Lúcia Leite Pinho	JPVM Team	Senior Feminino	01:04:06	+24:55	06:25
69	181	Cristina Maria Silva Veloso	Fogaças com Malapos	Senior Feminino	01:04:10	+24:59	06:25
70	118	Ana Tavares	CMMC Vale de Cambra	Senior Feminino	01:04:18	+25:07	06:26
71	140	Sandra Catarina Almeida Morais	CrossFit Couto	Senior Feminino	01:04:38	+25:27	06:28
72	728	Maria João Pinho Moreira	Premium Health Club barrinha surf	Senior Feminino	01:04:47	+25:36	06:29
73	325	Susana Fernandes	Individual	Senior Feminino	01:04:54	+25:43	06:29
74	606	Raquel Lourenço	nonstop	Senior Feminino	01:05:07	+25:56	06:31
75	295	Elisabete Faria Almeida	Individual	Senior Feminino	01:05:11	+26:00	06:31
76	219	ANA FILIPA TAVARES	Ginásio Fit4Fun	Senior Feminino	01:06:08	+26:57	06:37
77	266	Marta Lopez	Grupo Fontes Bike Team	Senior Feminino	01:06:12	+27:01	06:37
78	257	Marina Arsénio	Grupo Fontes Bike Team	Senior Feminino	01:06:12	+27:01	06:37
79	228	SANDRA RODRIGUES	Ginásio Fit4Fun	Senior Feminino	01:06:35	+27:24	06:40
80	208	Raquel Vilaça	FR	Senior Feminino	01:06:37	+27:26	06:40
81	207	Daniela Ferreira	FR	Senior Feminino	01:06:38	+27:27	06:40
82	164	Marlene Guedes	Dois valentes e meio	Senior Feminino	01:06:55	+27:44	06:42

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

83	678	Ana Castro	Pernetas	Senior Feminino	01:06:56	+27:45	06:42
84	311	Mariana Sousa Martins	Individual	Senior Feminino	01:06:56	+27:45	06:42
85	287	Cristiana Patricia Almeida Magalhães	Individual	Senior Feminino	01:07:10	+27:59	06:43
86	284	Catia Liliana Soares da Silva	Individual	Senior Feminino	01:07:18	+28:07	06:44
87	84	Mónica Esteves	BYL - JC&NIKI	Senior Feminino	01:07:19	+28:08	06:44
88	279	Anabela Henriques Barata	Individual	Senior Feminino	01:07:20	+28:09	06:44
89	292	Diana Costa Gonçalves	Individual	Senior Feminino	01:07:28	+28:17	06:45
90	61	SARA SILVA	BODY & ZEN /SALÃO MANOS RUNNING	Senior Feminino	01:07:37	+28:26	06:46
91	14	Liliana Andrade	A todo o gás	Senior Feminino	01:07:39	+28:28	06:46
92	727	Luciana Castro	Premium Health Club barrinha surf	Senior Feminino	01:07:51	+28:40	06:47
93	729	MARINA ROMANO	Premium Health Club barrinha surf	Senior Feminino	01:07:51	+28:40	06:47
94	300	Joana Rafaela Gomes Almeida	Individual	Senior Feminino	01:08:02	+28:51	06:48
95	316	Raquel Alves	Individual	Senior Feminino	01:08:06	+28:55	06:49
96	281	Berta Sofia Ferreira Nunes	Individual	Senior Feminino	01:08:38	+29:27	06:52
97	291	Daniela Silva	Individual	Senior Feminino	01:09:33	+30:22	06:57
98	758	Silvia Alexandra Soares Moura	PS2RUN	Senior Feminino	01:09:35	+30:24	06:58
99	322	Sonia Almeida	Individual	Senior Feminino	01:09:38	+30:27	06:58
100	702	Sonia Maria Amado R Meladas	Piscinas Municipais de Santa Maria da Feira	Senior Feminino	01:09:44	+30:33	06:58
101	317	Raquel Santos	Individual	Senior Feminino	01:09:45	+30:34	06:58
102	669	Carina Cunha	Pernetas	Senior Feminino	01:09:49	+30:38	06:59
103	280	Andreia Vieira	Individual	Senior Feminino	01:09:58	+30:47	07:00
104	62	sonia rocha	BODY & ZEN /SALÃO MANOS RUNNING	Senior Feminino	01:10:13	+31:02	07:01
105	794	Paula Julieta Bastos e Santos	TURBOLENTOS	Senior Feminino	01:10:39	+31:28	07:04
106	297	Fátima Lopes	Individual	Senior Feminino	01:10:57	+31:46	07:06
107	60	Salomé Gomes	BODY & ZEN /SALÃO MANOS RUNNING	Senior Feminino	01:11:05	+31:54	07:07
108	12	Daniela Nogueira	A procura da meta	Senior Feminino	01:12:15	+33:04	07:13
109	154	Sara Corte-Real	CROSStheLINE	Senior Feminino	01:12:26	+33:15	07:15
110	677	Ana Canez	Pernetas	Senior Feminino	01:12:27	+33:16	07:15
111	285	Célia da Conceição Teixeira Pereira	Individual	Senior Feminino	01:14:25	+35:14	07:26
112	87	CATARINA SILVA	CAL - Clube Atletismo de Lamas	Senior Feminino	01:14:33	+35:22	07:27
113	590	Marlene Pereira	Madalena Team	Senior Feminino	01:14:38	+35:27	07:28
114	691	Gabriela Sousa	Peter Team	Senior Feminino	01:14:41	+35:30	07:28
115	51	Sara Luisa Costa Oliveira	Avo cantigas & companhia	Senior Feminino	01:14:58	+35:47	07:30
116	323	Sónia Moreira	Individual	Senior Feminino	01:15:06	+35:55	07:31
117	183	MIQUELINA ANTUNES DIAS DUARTE	Fogaças com Malapos	Senior Feminino	01:16:36	+37:25	07:40
118	182	Maria Goreti Sousa Gonçalves	Fogaças com Malapos	Senior Feminino	01:16:36	+37:25	07:40
119	30	Mariana Azevedo de Almeida	Ainda Falta Muito?	Senior Feminino	01:20:22	+41:11	08:02
120	575	Angela Pimenta	Lion Runners - GD Leões da Guarda	Senior Feminino	01:22:36	+43:25	08:16
121	577	Susana Pereira	Lion Runners - GD Leões da Guarda	Senior Feminino	01:22:39	+43:28	08:16

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

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

Senior Masculino

1	593	Vitor oliveira	Maia atletico Clube	Senior Masculino	32:30		03:15
2	553	Rogério Bessa	JOBRA	Senior Masculino	34:29	+01:59	03:27
3	500	paulo jorge soares pereira	Individual	Senior Masculino	34:45	+02:15	03:28
4	538	Tiago pinho	Individual	Senior Masculino	34:48	+02:18	03:29
5	537	Tiago Miguel Lousa	Individual	Senior Masculino	35:24	+02:54	03:32
6	548	Vítor Santos	Individual	Senior Masculino	36:16	+03:46	03:38
7	193	Joao manuel pinto de sa	Fogaças com Malapos	Senior Masculino	37:02	+04:32	03:42
8	390	Fábio Gabriel Teles	Individual	Senior Masculino	38:18	+05:48	03:50
9	784	Pedro Pinto	Trail Runner	Senior Masculino	38:18	+05:48	03:50
10	630	Luís Silva	Núcleo de Atletismo de Cucujães	Senior Masculino	38:19	+05:49	03:50
11	820	António cristovao	G.D.C.Guilhovai	Senior Masculino	38:28	+05:58	03:51
12	5	Marco Paiva	Vila Cesari	Senior Masculino	38:32	+06:02	03:51
13	627	António Silva	Núcleo de Atletismo de Cucujães	Senior Masculino	39:06	+06:36	03:55
14	529	Rui Silva	Individual	Senior Masculino	39:07	+06:37	03:55
15	20	Marcelo Araujo	A.D.C.C J CLARK - Castelo de Paiva	Senior Masculino	39:18	+06:48	03:56
16	116	João Bernardo Campos Cunha	Clube Triatlo Perosinho	Senior Masculino	39:30	+07:00	03:57
17	17	Carlos Sousa	A.D.C.C J CLARK - Castelo de Paiva	Senior Masculino	39:33	+07:03	03:57
18	163	pedro pinho	DESNIVEL POSITIVO	Senior Masculino	39:36	+07:06	03:58
19	552	Nuno Gonçalves	JOBRA	Senior Masculino	39:40	+07:10	03:58
20	624	Rui Taborda	Not Run Alone	Senior Masculino	39:59	+07:29	04:00
21	129	Nelson Bastos	CMMC Vale de Cambra	Senior Masculino	40:00	+07:30	04:00
22	540	Toni soares	Individual	Senior Masculino	40:51	+08:21	04:05
23	44	Diogo Fontes Ferreira	Arouca Run	Senior Masculino	41:05	+08:35	04:06
24	247	RICARDO RIBEIRO	Ginásio Fit4Fun	Senior Masculino	41:14	+08:44	04:07
25	519	Ricardo Silva	Individual	Senior Masculino	41:26	+08:56	04:09
26	371	César Barros	Individual	Senior Masculino	41:27	+08:57	04:09
27	716	Tiago Marcelo da Silva Ferreira	Piscinas Municipais de Santa Maria da Feira	Senior Masculino	41:41	+09:11	04:10
28	337	André Guerra	Individual	Senior Masculino	41:59	+09:29	04:12
29	115	Francisco Miguel Campos Cunha	Clube Triatlo Perosinho	Senior Masculino	42:57	+10:27	04:18
30	796	Fabio Paiva	Vila Cesari	Senior Masculino	43:01	+10:31	04:18
31	622	Pedro Barbosa	Not Run Alone	Senior Masculino	43:05	+10:35	04:18
32	236	CARLOS MARTINS	Ginásio Fit4Fun	Senior Masculino	43:09	+10:39	04:19
33	246	PEDRO GONÇALVES	Ginásio Fit4Fun	Senior Masculino	43:10	+10:40	04:19
34	166	Rui Guedes	Dois valentes e meio	Senior Masculino	43:15	+10:45	04:19
35	105	Vitor Marques	Caldas de S.Jorge Sport Clube	Senior Masculino	43:28	+10:58	04:21
36	569	Joaquim Marques Figueiredo	KIKAS&JM	Senior Masculino	43:32	+11:02	04:21
37	623	Ricardo Areias	Not Run Alone	Senior Masculino	43:32	+11:02	04:21
38	834	Atleta 834	Individual	Senior Masculino	43:35	+11:05	04:22
39	429	João Moreira	Individual	Senior Masculino	43:37	+11:07	04:22
40	494	Nuno Silva	Individual	Senior Masculino	43:37	+11:07	04:22
41	432	João Pedro Assunção Gomes	Individual	Senior Masculino	43:40	+11:10	04:22
42	21	Nuno Faria	A.D.C.C J CLARK - Castelo de Paiva	Senior Masculino	44:31	+12:01	04:27

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

43	354	Bruno Miguel Oliveira Queirós	Individual	Senior Masculino	44:33	+12:03	04:27
44	148	Gonçalo Pinho Soares	CrossFit Couto	Senior Masculino	44:34	+12:04	04:27
45	156	Filipe Carvalho	CROSStheLINE	Senior Masculino	44:37	+12:07	04:28
46	530	Samuel Tavares da Costa	Individual	Senior Masculino	44:42	+12:12	04:28
47	399	Filipe Miguel de Jesus Teles	Individual	Senior Masculino	44:47	+12:17	04:29
48	160	RUI GUEDES	CROSStheLINE	Senior Masculino	44:48	+12:18	04:29
49	248	RODRIGO TRIGO	Ginásio Fit4Fun	Senior Masculino	44:57	+12:27	04:30
50	617	Bruno Areias	Not Run Alone	Senior Masculino	44:59	+12:29	04:30
51	146	David Martins de Pinho	CrossFit Couto	Senior Masculino	45:08	+12:38	04:31
52	102	Ricardo Ferrão	Caldas de S.Jorge Sport Clube	Senior Masculino	45:09	+12:39	04:31
53	391	Fábio Sousa	Individual	Senior Masculino	45:12	+12:42	04:31
54	82	sergio silva	BODY & ZEN /SALÃO MANOS RUNNING	Senior Masculino	45:16	+12:46	04:32
55	67	Carlos Magalhães	BODY & ZEN /SALÃO MANOS RUNNING	Senior Masculino	45:21	+12:51	04:32
56	104	Vitor Hugo	Caldas de S.Jorge Sport Clube	Senior Masculino	45:23	+12:53	04:32
57	514	Pedro Tiago Rocha Gomes Carvalho	Individual	Senior Masculino	45:25	+12:55	04:32
58	542	Vasco Paulino Marques do Espírito Santo	Individual	Senior Masculino	45:35	+13:05	04:34
59	387	Emanuel Ribeiro	Individual	Senior Masculino	45:46	+13:16	04:35
60	563	Manuel carlos Almeida Rola	Juventude Cortegacense	Senior Masculino	45:47	+13:17	04:35
61	205	Roberto André Oliveira Dias	Fogaças com Malapos	Senior Masculino	45:51	+13:21	04:35
62	574	Emanuel rocha	Lebres	Senior Masculino	46:07	+13:37	04:37
63	11	Nuno Santos	4Any1	Senior Masculino	46:11	+13:41	04:37
64	96	António José Pinho Neves	Caldas de S.Jorge Sport Clube	Senior Masculino	46:13	+13:43	04:37
65	355	Bruno Oliveira	Individual	Senior Masculino	46:19	+13:49	04:38
66	517	Ricardo Jorge Teixeira Duarte	Individual	Senior Masculino	46:19	+13:49	04:38
67	409	Helder	Individual	Senior Masculino	46:23	+13:53	04:38
68	771	BRUNO BARGE	run4fun	Senior Masculino	46:24	+13:54	04:38
69	408	Hamilton Dias	Individual	Senior Masculino	46:35	+14:05	04:39
70	351	Bruno Filipe Moreira Franco	Individual	Senior Masculino	46:37	+14:07	04:40
71	45	Tiago Fernando Fontes Mendes	Arouca Run	Senior Masculino	46:37	+14:07	04:40
72	573	António martins	Lebres	Senior Masculino	46:40	+14:10	04:40
73	201	Pedro Miguel Sá Pereira	Fogaças com Malapos	Senior Masculino	46:45	+14:15	04:41
74	480	Marco peixoto	Individual	Senior Masculino	46:59	+14:29	04:42
75	431	Joao Patricio	Individual	Senior Masculino	47:01	+14:31	04:42
76	234	CARLOS BASTOS	Ginásio Fit4Fun	Senior Masculino	47:01	+14:31	04:42
77	99	Paulino Pais	Caldas de S.Jorge Sport Clube	Senior Masculino	47:04	+14:34	04:42
78	503	Paulo Moreira	Individual	Senior Masculino	47:14	+14:44	04:43
79	168	Francisco Aragão	Eu+ Ginásio | LMA	Senior Masculino	47:17	+14:47	04:44
80	737	Diogo Caetano	Premium Health Club barrinha surf	Senior Masculino	47:21	+14:51	04:44
81	826	Atleta 826	Individual	Senior Masculino	47:29	+14:59	04:45
82	478	Marco Miranda	Individual	Senior Masculino	47:34	+15:04	04:45
83	532	Sérgio Gonçalves	Individual	Senior Masculino	47:37	+15:07	04:46
84	422	Igor Leandro Lopez Rocha	Individual	Senior Masculino	47:37	+15:07	04:46
85	535	Telmo Almeida Santos	Individual	Senior Masculino	47:40	+15:10	04:46
86	566	Ricardo Silva Machado	Juventude Cortegacense	Senior Masculino	47:42	+15:12	04:46

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

87	419	Hugo Miguel Leite Teixeira	Individual	Senior Masculino	47:43	+15:13	04:46
88	85	José Carlos Cunha	BYL - JC&NIKI	Senior Masculino	47:56	+15:26	04:48
89	536	Tiago Costa	Individual	Senior Masculino	48:00	+15:30	04:48
90	106	Alberto Rodrigues	Clube Desportivo Feirense	Senior Masculino	48:00	+15:30	04:48
91	452	José Pedro Fontes Pedrosa	Individual	Senior Masculino	48:09	+15:39	04:49
92	413	Hélder Tiago Gonçalves Gomes	Individual	Senior Masculino	48:09	+15:39	04:49
93	451	José Pedro Conde Pinto da Silva	Individual	Senior Masculino	48:13	+15:43	04:49
94	782	Francisco Caldas	Trail Runner	Senior Masculino	48:15	+15:45	04:50
95	347	Armando Carragoso	Individual	Senior Masculino	48:31	+16:01	04:51
96	376	Daniel Filipe Almeida Brandão	Individual	Senior Masculino	48:32	+16:02	04:51
97	240	JOSE JESUS	Ginásio Fit4Fun	Senior Masculino	48:33	+16:03	04:51
98	509	Pedro Costa	Individual	Senior Masculino	48:36	+16:06	04:52
99	68	CARLOS SÁ	BODY & ZEN /SALÃO MANOS RUNNING	Senior Masculino	48:38	+16:08	04:52
100	49	ANDRE SILVA	ATLETISMO OS AMIGOS DE GRIJO	Senior Masculino	48:38	+16:08	04:52
101	334	Alexandre Dias	Individual	Senior Masculino	48:41	+16:11	04:52
102	730	Miguel Fardilha	Premium Health Club barrinha surf	Senior Masculino	48:42	+16:12	04:52
103	510	Pedro dias	Individual	Senior Masculino	48:57	+16:27	04:54
104	541	Tony LUIS	Individual	Senior Masculino	48:57	+16:27	04:54
105	415	Hugo André Vaz Faria Couto	Individual	Senior Masculino	49:15	+16:45	04:56
106	65	ANDRÉ SANTOS	BODY & ZEN /SALÃO MANOS RUNNING	Senior Masculino	49:25	+16:55	04:57
107	158	MARCO MOREIRA	CROSStheLINE	Senior Masculino	49:26	+16:56	04:57
108	469	Manuel Dias Oliveira	Individual	Senior Masculino	49:30	+17:00	04:57
109	211	Marcio Costa	FR	Senior Masculino	49:32	+17:02	04:57
110	528	Rui Pedro Morais Pereira	Individual	Senior Masculino	49:46	+17:16	04:59
111	173	Rui Castanheira	Família Casta	Senior Masculino	49:49	+17:19	04:59
112	620	Miguel Moreira	Not Run Alone	Senior Masculino	49:50	+17:20	04:59
113	407	Gonçalo Oliveira Brandão	Individual	Senior Masculino	49:55	+17:25	04:59
114	437	Jorge MIGUEL VALENTE SANTOS SANTOS	Individual	Senior Masculino	49:55	+17:25	04:59
115	133	Fernando da Rocha Coelho	coelhos	Senior Masculino	50:18	+17:48	05:02
116	412	Helder Silva	Individual	Senior Masculino	50:29	+17:59	05:03
117	599	Ricardo Neves	Manos RT	Senior Masculino	50:36	+18:06	05:04
118	196	JOSÉ ANTÓNIO DE PINHO DUARTE	Fogaças com Malapos	Senior Masculino	50:41	+18:11	05:04
119	199	Pedro Cerdeirinha	Fogaças com Malapos	Senior Masculino	50:42	+18:12	05:04
120	194	João Martins	Fogaças com Malapos	Senior Masculino	50:42	+18:12	05:04
121	612	Ricardo Soares	NÓS DOIS NOIVOS	Senior Masculino	50:42	+18:12	05:04
122	369	Carlos Marques	Individual	Senior Masculino	50:54	+18:24	05:05
123	598	Nuno Franco	Manos RT	Senior Masculino	50:57	+18:27	05:06
124	342	António José Ferreira da Silva	Individual	Senior Masculino	51:01	+18:31	05:06
125	378	David Teixeira	Individual	Senior Masculino	51:03	+18:33	05:06
126	178	Ricardo José Neves Moreira	FesTeam	Senior Masculino	51:06	+18:36	05:07
127	595	Filipe Almeida	MALTA FIXE	Senior Masculino	51:11	+18:41	05:07
128	490	Nelson Moreira Santos	Individual	Senior Masculino	51:19	+18:49	05:08
129	609	Pedro Pinheiro	nonstop	Senior Masculino	51:21	+18:51	05:08
130	403	Francis Pinho Fernandes	Individual	Senior Masculino	51:29	+18:59	05:09

Prova Principal — 10 KM

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

OFFICIAL RESULT

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

131	550	Jorge Moreira	Irmãos das Sapatilhas	Senior Masculino	51:33	+19:03	05:09
132	561	Joao Paulo Costa Oliveira	Juventude Cortegacense	Senior Masculino	51:41	+19:11	05:10
133	81	RICARDO PEDROSO	BODY & ZEN /SALÃO MANOS RUNNING	Senior Masculino	51:44	+19:14	05:10
134	502	Paulo Moreira	Individual	Senior Masculino	51:44	+19:14	05:10
135	331	Afonso Bonifácio	Individual	Senior Masculino	51:52	+19:22	05:11
136	380	Diogo Moreira	Individual	Senior Masculino	51:53	+19:23	05:11
137	159	NUNO PEREIRA	CROSStheLINE	Senior Masculino	52:00	+19:30	05:12
138	781	Sérgio Vieira	TRAGÉDIAS	Senior Masculino	52:04	+19:34	05:12
139	24	MIGUEL MARTINS	A.R.DE NEGRELOS	Senior Masculino	52:04	+19:34	05:12
140	397	Filipe José Martins Baptista	Individual	Senior Masculino	52:06	+19:36	05:13
141	335	André Filipe Ruge Padrão	Individual	Senior Masculino	52:08	+19:38	05:13
142	66	andre sousa	BODY & ZEN /SALÃO MANOS RUNNING	Senior Masculino	52:19	+19:49	05:14
143	393	FERNANDO MENDES	Individual	Senior Masculino	52:19	+19:49	05:14
144	481	marco soares	Individual	Senior Masculino	52:24	+19:54	05:14
145	113	Filipe Cunha	Clube os 5 à hora	Senior Masculino	52:24	+19:54	05:14
146	522	Ruben Alexandre Guedes Seabra	Individual	Senior Masculino	52:24	+19:54	05:14
147	145	Carlos Alberto Andrade Gomes	CrossFit Couto	Senior Masculino	52:39	+20:09	05:16
148	748	Márcio Pereira	Premium Health Club barrinha surf	Senior Masculino	52:50	+20:20	05:17
149	780	Nelson Silva	TRAGÉDIAS	Senior Masculino	52:51	+20:21	05:17
150	706	Hugo Oliveira	Piscinas Municipais de Santa Maria da Feira	Senior Masculino	53:03	+20:33	05:18
151	597	Tiago Sousa	MALTA FIXE	Senior Masculino	53:04	+20:34	05:18
152	793	ROLANDO FILIPE DE MOURA PEREIRA PAULO	Trail Running Clube Btt Sanguedo	Senior Masculino	53:05	+20:35	05:18
153	411	Hélder José Madureira Bernardo	Individual	Senior Masculino	53:09	+20:39	05:19
154	493	nuno alexandre costa almeida	Individual	Senior Masculino	53:19	+20:49	05:20
155	549	Hugo Azevedo	Irmãos das Sapatilhas	Senior Masculino	53:25	+20:55	05:21
156	547	Vitor Manuel Pinho Ferreira	Individual	Senior Masculino	53:28	+20:58	05:21
157	695	António Rui Pinho	Pinho Family	Senior Masculino	53:29	+20:59	05:21
158	521	Rodrigo Daniel Vieira Resende	Individual	Senior Masculino	53:31	+21:01	05:21
159	817	Paulo Roberto Pereira Santos	Franklim Prata	Senior Masculino	53:37	+21:07	05:22
160	705	Bruno Manuel Matos	Piscinas Municipais de Santa Maria da Feira	Senior Masculino	53:44	+21:14	05:22
161	151	Roberto Filipe Vieira Silva	CrossFit Couto	Senior Masculino	53:46	+21:16	05:23
162	745	Manuel Castro	Premium Health Club barrinha surf	Senior Masculino	53:50	+21:20	05:23
163	467	Luís Mota	Individual	Senior Masculino	53:50	+21:20	05:23
164	564	Manuel Ferreira dos Santos Valente Fernandes	Juventude Cortegacense	Senior Masculino	53:56	+21:26	05:24
165	545	Vitor Lemos	Individual	Senior Masculino	54:00	+21:30	05:24
166	197	Márcio Correia	Fogaças com Malapos	Senior Masculino	54:04	+21:34	05:24
167	150	Nuno Henrique Pinto Gil	CrossFit Couto	Senior Masculino	54:06	+21:36	05:25
168	785	Raul Fontes	Trail Runner	Senior Masculino	54:10	+21:40	05:25
169	797	João Reis	Vila Cesari	Senior Masculino	54:11	+21:41	05:25
170	800	Roberto Moreira	Vila Cesari	Senior Masculino	54:20	+21:50	05:26
171	562	Joel Silva Sequeira	Juventude Cortegacense	Senior Masculino	54:23	+21:53	05:26
172	489	Miguel Mendes	Individual	Senior Masculino	54:33	+22:03	05:27

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

173	659	Pedro Coutinho	Pe de chumbo Team	Senior Masculino	54:41	+22:11	05:28
174	161	TIAGO OLIVEIRA	CROSStheLINE	Senior Masculino	54:46	+22:16	05:29
175	410	helder daniel silva ferreira	Individual	Senior Masculino	54:53	+22:23	05:29
176	162	VASCO NEVES	CROSStheLINE	Senior Masculino	54:56	+22:26	05:30
177	711	Manuel António Pinto Silva	Piscinas Municipais de Santa Maria da Feira	Senior Masculino	54:59	+22:29	05:30
178	406	Gil Renato Sousa Correia	Individual	Senior Masculino	55:00	+22:30	05:30
179	114	Ricardo Oliveira	Clube os 5 à hora	Senior Masculino	55:04	+22:34	05:30
180	808	Miguel Angelo Pereira	CrossFit Couto	Senior Masculino	55:21	+22:51	05:32
181	815	João Costa	Franklim Prata	Senior Masculino	55:27	+22:57	05:33
182	604	Pedro Duarte	Melres Trail Running	Senior Masculino	55:28	+22:58	05:33
183	603	Hugo Pegas	Melres Trail Running	Senior Masculino	55:30	+23:00	05:33
184	15	Miguel Correia	A todo o gás	Senior Masculino	55:32	+23:02	05:33
185	339	André Ribeiro	Individual	Senior Masculino	55:33	+23:03	05:33
186	436	Jorge Loureiro	Individual	Senior Masculino	55:39	+23:09	05:34
187	185	Antero Henrique Barbosa	Fogaças com Malapos	Senior Masculino	55:50	+23:20	05:35
188	200	Pedro M Silva	Fogaças com Malapos	Senior Masculino	55:51	+23:21	05:35
189	179	Sérgio Ferreira	FLASHRUN	Senior Masculino	55:58	+23:28	05:36
190	404	Francisco Mendes	Individual	Senior Masculino	56:03	+23:33	05:36
191	719	Albino Santos	Posto Turismo	Senior Masculino	56:11	+23:41	05:37
192	539	Tiago Rocha	Individual	Senior Masculino	56:15	+23:45	05:38
193	801	Hugo Mendes	WALK4FUN	Senior Masculino	56:29	+23:59	05:39
194	827	Atleta 827	Individual	Senior Masculino	56:55	+24:25	05:42
195	831	Atleta 831	Individual	Senior Masculino	56:56	+24:26	05:42
196	209	Heber Alves	FR	Senior Masculino	56:58	+24:28	05:42
197	649	Marco André Marques Resende	OS TEIMOSOS	Senior Masculino	57:03	+24:33	05:42
198	210	Manuel Azevedo	FR	Senior Masculino	57:07	+24:37	05:43
199	235	CARLOS CORREIA	Ginásio Fit4Fun	Senior Masculino	57:09	+24:39	05:43
200	650	Nuno Miguel Silva Pinho	Pai & Filho	Senior Masculino	57:12	+24:42	05:43
201	607	Humberto Neves	nonstop	Senior Masculino	57:16	+24:46	05:44
202	405	Francisco Rodrigues Costa	Individual	Senior Masculino	57:19	+24:49	05:44
203	153	Wilson Silva Santos	CrossFit Couto	Senior Masculino	57:22	+24:52	05:44
204	556	Pedro Miguel Marques da Silva	JPVM Team	Senior Masculino	57:28	+24:58	05:45
205	204	Ricardo Cardoso Reis Sá Coelho	Fogaças com Malapos	Senior Masculino	57:31	+25:01	05:45
206	507	PEDRO ALVES	Individual	Senior Masculino	57:34	+25:04	05:45
207	368	carlos manuel fontes da fonseca	Individual	Senior Masculino	57:42	+25:12	05:46
208	768	Luís Miguel Magalhães Marques	Run Coxinho	Senior Masculino	57:45	+25:15	05:47
209	268	Pedro Familiar	Grupo Fontes Bike Team	Senior Masculino	57:56	+25:26	05:48
210	516	Ricardo Jorge Pinto Tavares	Individual	Senior Masculino	57:56	+25:26	05:48
211	244	Miguel Jesus	Ginásio Fit4Fun	Senior Masculino	57:58	+25:28	05:48
212	388	emilio joaquim sabença figueiras	Individual	Senior Masculino	58:15	+25:45	05:49
213	241	LUCIA ALMEIDA	Ginásio Fit4Fun	Senior Masculino	58:17	+25:47	05:50
214	816	Hugo Miguel Lemos Castro	Franklim Prata	Senior Masculino	58:29	+25:59	05:51
215	416	Hugo Ferreira	Individual	Senior Masculino	58:35	+26:05	05:52
216	818	Francisco Manuel Ferreira de Barros	Franklim Prata	Senior Masculino	58:36	+26:06	05:52
217	394	Fernando Queirós	Individual	Senior Masculino	58:44	+26:14	05:52
218	132	Emanuel Martins de Ascenção Aurélio	coelhos	Senior Masculino	58:47	+26:17	05:53

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

219	41	Bernardo Sousa	Armazém do Fitness	Senior Masculino	58:49	+26:19	05:53
220	42	David Oliveira	Armazém do Fitness	Senior Masculino	58:49	+26:19	05:53
221	264	José Lima	Grupo Fontes Bike Team	Senior Masculino	58:56	+26:26	05:54
222	819	Ricardo Soares	Franklim Prata	Senior Masculino	59:05	+26:35	05:54
223	396	filipe andre silva mendes	Individual	Senior Masculino	59:17	+26:47	05:56
224	401	Filipe Oliveira	Individual	Senior Masculino	59:20	+26:50	05:56
225	658	paulo Vilela	Pe de chumbo Team	Senior Masculino	59:23	+26:53	05:56
226	358	Bruno Sá	Individual	Senior Masculino	59:32	+27:02	05:57
227	450	jose mota	Individual	Senior Masculino	59:32	+27:02	05:57
228	417	Hugo Freitas	Individual	Senior Masculino	59:35	+27:05	05:57
229	441	Jorge Tiago Pinho	Individual	Senior Masculino	59:41	+27:11	05:58
230	596	Hugo Gomes	MALTA FIXE	Senior Masculino	59:42	+27:12	05:58
231	374	Cristiano Tavares	Individual	Senior Masculino	59:42	+27:12	05:58
232	803	Fábio Santos	Piscinas Municipais de Santa Maria da Feira	Senior Masculino	59:54	+27:24	05:59
233	804	Ricardo Santos	Piscinas Municipais de Santa Maria da Feira	Senior Masculino	59:54	+27:24	05:59
234	83	tiago jorge pinto santos	BODY & ZEN /SALÃO MANOS RUNNING	Senior Masculino	59:55	+27:25	05:59
235	400	filipe miguel ferreira dias	Individual	Senior Masculino	59:56	+27:26	06:00
236	350	Bruno Campos	Individual	Senior Masculino	59:58	+27:28	06:00
237	667	Pedro Lima	Perna de Pau	Senior Masculino	01:00:00	+27:30	06:00
238	666	Cristóvão Magalhães	Perna de Pau	Senior Masculino	01:00:06	+27:36	06:01
239	713	Nuno André Dias Vieira	Piscinas Municipais de Santa Maria da Feira	Senior Masculino	01:00:08	+27:38	06:01
240	147	Fábio Alexandre Pinto Soares	CrossFit Couto	Senior Masculino	01:00:08	+27:38	06:01
241	523	Rui Andre Gomes Santos Henirques	Individual	Senior Masculino	01:00:12	+27:42	06:01
242	343	António Manuel Soares Guimarães Ferreira	Individual	Senior Masculino	01:00:31	+28:01	06:03
243	518	Ricardo Manuel Bastos Tavares da Silva	Individual	Senior Masculino	01:00:33	+28:03	06:03
244	632	Diogo araujo	Os araujos	Senior Masculino	01:00:36	+28:06	06:04
245	555	Leandro Santos Matos	JPVM Team	Senior Masculino	01:00:41	+28:11	06:04
246	435	Joel Ribeiro	Individual	Senior Masculino	01:00:44	+28:14	06:04
247	55	André Casimiro Alves Soares	BOAVISTA F.C	Senior Masculino	01:00:48	+28:18	06:05
248	551	Pedro Manuel Batista Branco	JMPT	Senior Masculino	01:00:49	+28:19	06:05
249	172	Pedro João Silva	Famelga	Senior Masculino	01:01:23	+28:53	06:08
250	512	Pedro Miguel Loureiro Rodrigues	Individual	Senior Masculino	01:01:36	+29:06	06:10
251	188	Helder Matos	Fogaças com Malapos	Senior Masculino	01:01:41	+29:11	06:10
252	675	Claudio Cerqueira	Pernetas	Senior Masculino	01:01:45	+29:15	06:10
253	461	Luís Carlos Freitas Cabete	Individual	Senior Masculino	01:01:54	+29:24	06:11
254	462	Luís Faria	Individual	Senior Masculino	01:01:55	+29:25	06:11
255	381	Diogo Santos	Individual	Senior Masculino	01:01:55	+29:25	06:12
256	485	Miguel Ângelo Amaral Carreira	Individual	Senior Masculino	01:01:59	+29:29	06:12
257	352	Bruno Gomes	Individual	Senior Masculino	01:02:04	+29:34	06:12
258	580	Celso Oliveira	Lion Runners - GD Leões da Guarda	Senior Masculino	01:02:06	+29:36	06:13
259	353	Bruno Márcio Magalhães Silva	Individual	Senior Masculino	01:02:07	+29:37	06:13

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

260	578	André Baptista	Lion Runners - GD Leões da Guarda	Senior Masculino	01:02:08	+29:38	06:13
261	370	Carlos Silva	Individual	Senior Masculino	01:02:12	+29:42	06:13
262	776	JOSE PEREIRA	RUNIONS	Senior Masculino	01:02:15	+29:45	06:14
263	761	Hugo Cortez Marques	Rafaela Cortez Marques	Senior Masculino	01:02:18	+29:48	06:14
264	421	Igor Filipe Silva Bastos	Individual	Senior Masculino	01:02:21	+29:51	06:14
265	420	Hugo Moutinho	Individual	Senior Masculino	01:02:27	+29:57	06:15
266	721	Serafim Oliveira	Posto Turismo	Senior Masculino	01:02:49	+30:19	06:17
267	560	Helder Castro Cardoso Costa	Juventude Cortegacense	Senior Masculino	01:02:53	+30:23	06:17
268	704	António David Oliveira	Piscinas Municipais de Santa Maria da Feira	Senior Masculino	01:02:58	+30:28	06:18
269	70	josé conceição	BODY & ZEN /SALÃO MANOS RUNNING	Senior Masculino	01:03:20	+30:50	06:20
270	600	Henrique sá	MC	Senior Masculino	01:03:26	+30:56	06:21
271	40	André Tavares	Armazém do Fitness	Senior Masculino	01:03:26	+30:56	06:21
272	601	José Valente	MC	Senior Masculino	01:03:29	+30:59	06:21
273	588	Artur Longo	LM - Team	Senior Masculino	01:03:48	+31:18	06:23
274	589	hugo Martins	LM - Team	Senior Masculino	01:03:49	+31:19	06:23
275	571	ADRIANO SANTOS SILVA	KUOKIN	Senior Masculino	01:03:54	+31:24	06:23
276	250	rui mota	Ginásio Fit4Fun	Senior Masculino	01:04:20	+31:50	06:26
277	232	ANDRE MOREIRA	Ginásio Fit4Fun	Senior Masculino	01:04:21	+31:51	06:26
278	144	Andrés Manuel Melo Soares	CrossFit Couto	Senior Masculino	01:04:39	+32:09	06:28
279	764	Vasco Bernardes	RigorPower	Senior Masculino	01:04:39	+32:09	06:28
280	738	Eduardo Jorge da Cunha Valente	Premium Health Club barrinha surf	Senior Masculino	01:04:47	+32:17	06:29
281	608	Joaquim Ferreira	nonstop	Senior Masculino	01:05:07	+32:37	06:31
282	231	AFONSO MONTENEGRO	Ginásio Fit4Fun	Senior Masculino	01:06:09	+33:39	06:37
283	260	Claudio Maia	Grupo Fontes Bike Team	Senior Masculino	01:06:12	+33:42	06:37
284	830	Tiago Coelho	OS PIRILAMPOS URBANOS	Senior Masculino	01:06:55	+34:25	06:42
285	165	Fábio Valente	Dois valentes e meio	Senior Masculino	01:06:57	+34:27	06:42
286	641	Afonso Miguel Martins Campos Pinheiro de Oliveira	Os Pirilampos Urbanos	Senior Masculino	01:07:22	+34:52	06:44
287	648	Vasco Martins Pinho de Antas Cayolla	Os Pirilampos Urbanos	Senior Masculino	01:07:22	+34:52	06:44
288	486	Miguel Gonzalez Santos	Individual	Senior Masculino	01:07:28	+34:58	06:45
289	78	PEDRO NEVES	BODY & ZEN /SALÃO MANOS RUNNING	Senior Masculino	01:07:37	+35:07	06:46
290	663	César Moreira	Pena Team	Senior Masculino	01:07:40	+35:10	06:46
291	665	Rui Gomes	Pena Team	Senior Masculino	01:07:40	+35:10	06:46
292	749	Mario Jorge Saxe Costa Dias	Premium Health Club barrinha surf	Senior Masculino	01:07:52	+35:22	06:47
293	398	Filipe manuel moreira duarte lopes	Individual	Senior Masculino	01:07:57	+35:27	06:48
294	336	André Filipe Soares Pinho	Individual	Senior Masculino	01:08:02	+35:32	06:48
295	447	José Luís Faria	Individual	Senior Masculino	01:08:06	+35:36	06:49
296	69	helder soares	BODY & ZEN /SALÃO MANOS RUNNING	Senior Masculino	01:08:08	+35:38	06:49
297	775	BRUNO PACHECO	RUNIONS	Senior Masculino	01:08:08	+35:38	06:49
298	755	Rui Valente	Premium Health Club barrinha surf	Senior Masculino	01:08:24	+35:54	06:50
299	747	Márcio Jorge	Premium Health Club barrinha surf	Senior Masculino	01:08:43	+36:13	06:52
300	752	Paulo Soares	Premium Health Club barrinha surf	Senior Masculino	01:08:45	+36:15	06:52
301	333	Alberto Almeida	Individual	Senior Masculino	01:09:39	+37:09	06:58

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

302	714	Orlando Antonio Fernando T Ribeiro	Piscinas Municipais de Santa Maria da Feira	Senior Masculino	01:09:43	+37:13	06:58
303	676	Ricardo Ferreira	Pernetas	Senior Masculino	01:09:50	+37:20	06:59
304	586	Pedro Gaio	Lion Runners - GD Leões da Guarda	Senior Masculino	01:11:55	+39:25	07:11
305	13	Rui Silva	A procura da meta	Senior Masculino	01:12:14	+39:44	07:13
306	687	Mário Cardoso	Pernetas	Senior Masculino	01:12:30	+40:00	07:15
307	484	Marisa Silva	Individual	Senior Masculino	01:12:56	+40:26	07:18
308	692	Pedro Silva	Peter Team	Senior Masculino	01:13:14	+40:44	07:19
309	591	Miguel Remelgado	Madalena Team	Senior Masculino	01:14:37	+42:07	07:28
310	592	Nuno Silva	Madalena Team	Senior Masculino	01:14:37	+42:07	07:28
311	491	Nelson Rocha	Individual	Senior Masculino	01:15:05	+42:35	07:30
312	206	Vitor Renato Duarte	Fogaças com Malapos	Senior Masculino	01:16:37	+44:07	07:40
313	477	Marco André dos Santos Fernandes	Individual	Senior Masculino	01:17:37	+45:07	07:46
314	90	LUÍS SOARES	CAL - Clube Atletismo de Lamas	Senior Masculino	01:17:39	+45:09	07:46
315	583	José Sá	Lion Runners - GD Leões da Guarda	Senior Masculino	01:22:36	+50:06	08:16
316	582	José Ferreira	Lion Runners - GD Leões da Guarda	Senior Masculino	01:22:39	+50:09	08:16
317	587	Ricardo Vidal	Lion Runners - GD Leões da Guarda	Senior Masculino	01:22:40	+50:10	08:16
318	581	Emanuel Teixeira	Lion Runners - GD Leões da Guarda	Senior Masculino	01:22:41	+50:11	08:16
319	584	Luis Miguel Ferreira	Lion Runners - GD Leões da Guarda	Senior Masculino	01:22:54	+50:24	08:17
320	579	Bruno Monteiro	Lion Runners - GD Leões da Guarda	Senior Masculino	01:22:55	+50:25	08:17

Veterana F40

1	256	Anabela Gomes Dos Santos	GRUPO DESPORTIVO LOUROCOOP	Veterana F40	49:57		05:00
2	672	Manuela Ferreira	Pernetas	Veterana F40	53:21	+03:24	05:20
3	223	CONCEIÇAO FERREIRA	Ginásio Fit4Fun	Veterana F40	53:42	+03:45	05:22
4	725	Fátima Aleixo	Premium Health Club barrinha surf	Veterana F40	54:03	+04:06	05:24
5	697	Carmo Marinho	Pirilampos	Veterana F40	54:49	+04:52	05:29
6	120	Joana Freire	CMMC Vale de Cambra	Veterana F40	55:04	+05:07	05:30
7	221	ana pissarra	Ginásio Fit4Fun	Veterana F40	55:21	+05:24	05:32
8	117	Ana Silva	CMMC Vale de Cambra	Veterana F40	56:25	+06:28	05:39
9	681	susana canhola	Pernetas	Veterana F40	56:58	+07:01	05:42
10	272	Alda Cordeiro	Individual	Veterana F40	58:07	+08:10	05:49
11	282	Cacilda Maria Sousa Ramos	Individual	Veterana F40	58:10	+08:13	05:49
12	134	Paula Silva	Confraria da Bike	Veterana F40	58:57	+09:00	05:54
13	108	Natália Coelho	Clube os 5 à hora	Veterana F40	58:57	+09:00	05:54
14	86	ANA PAULA CASTRO	CAL - Clube Atletismo de Lamas	Veterana F40	59:07	+09:10	05:55
15	59	Maria José Silva Valente	BODY & ZEN /SALÃO MANOS RUNNING	Veterana F40	59:44	+09:47	05:58
16	821	Anabela Coelho	Franklim Prata	Veterana F40	01:01:25	+11:28	06:09
17	224	CRISTINA TAVARES	Ginásio Fit4Fun	Veterana F40	01:02:07	+12:10	06:13

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

18	557	Marcia Castro Cardoso Costa	Juventude Cortegacense	Veterana F40	01:02:52	+12:55	06:17
19	4	Cláudia Almeida	Caldas de S.Jorge Sport Clube	Veterana F40	01:03:41	+13:44	06:22
20	302	LÍDIA PEREIRA MELO	Individual	Veterana F40	01:03:42	+13:45	06:22
21	679	Cristina Silva	Pernetas	Veterana F40	01:03:53	+13:56	06:23
22	122	Maria Ferreira	CMMC Vale de Cambra	Veterana F40	01:03:55	+13:58	06:23
23	124	Paula Miguel	CMMC Vale de Cambra	Veterana F40	01:03:55	+13:58	06:24
24	731	Mila	Premium Health Club barrinha surf	Veterana F40	01:04:09	+14:12	06:25
25	786	EVA DULCE GOMES SILVA CORREIA	Trail Running Clube Btt Sanguedo	Veterana F40	01:05:20	+15:23	06:32
26	53	Cristina Oliveira	Azeitonas	Veterana F40	01:07:01	+17:04	06:42
27	680	Mônica Silva	Pernetas	Veterana F40	01:07:52	+17:55	06:47
28	614	Carla Campos	Not Run Alone	Veterana F40	01:08:55	+18:58	06:54
29	176	Rosa Manuela Neves de Sousa	FesTeam	Veterana F40	01:10:32	+20:35	07:03
30	141	Sandra Maria Soares da Silva	CrossFit Couto	Veterana F40	01:11:01	+21:04	07:06
31	723	CELIA MELO	Premium Health Club barrinha surf	Veterana F40	01:12:25	+22:28	07:14
32	91	Maria Del Carmo	Caldas de S.Jorge Sport Clube	Veterana F40	01:12:28	+22:31	07:15
33	814	Alda Maria Neto Serradeiro	Premium Health Club barrinha surf	Veterana F40	01:12:52	+22:55	07:17
34	308	Maria Lima	Individual	Veterana F40	01:15:07	+25:10	07:31
35	724	Renata Serradeiro	Premium Health Club barrinha surf	Veterana F40	01:15:14	+25:17	07:31
36	722	Alva	Premium Health Club barrinha surf	Veterana F40	01:15:41	+25:44	07:34

Veterano M40

1	628	Artur Rodrigue	Núcleo de Atletismo de Cucujães	Veterano M40	32:31		03:15
2	505	Paulo Reis	Clube Campismo de São João da Madeira	Veterano M40	37:39	+05:08	03:46
3	56	Francelino Resende	BOAVISTA F.C	Veterano M40	37:42	+05:11	03:46
4	101	Renato Silva	Caldas de S.Jorge Sport Clube	Veterano M40	37:47	+05:16	03:47
5	720	Orlando Valente	Posto Turismo	Veterano M40	38:00	+05:29	03:48
6	472	Manuel Pinto	Individual	Veterano M40	38:12	+05:41	03:49
7	504	Paulo Pinto	Individual	Veterano M40	38:28	+05:57	03:51
8	346	António Sousa	Individual	Veterano M40	38:28	+05:57	03:51
9	332	Alain Faria Couto	Individual	Veterano M40	39:11	+06:40	03:55
10	255	Manuel Ferreira	Grupo Desportivo e Cultural de Guilhovai	Veterano M40	39:15	+06:44	03:56
11	468	Luis Torres	Individual	Veterano M40	39:17	+06:46	03:56
12	629	João Paulo	Núcleo de Atletismo de Cucujães	Veterano M40	40:21	+07:50	04:02
13	639	Paulo Oliveira	OS FALTA D'AR / RUN NA VILLA	Veterano M40	40:47	+08:16	04:05
14	448	José Manuel Silva Soares	Individual	Veterano M40	40:50	+08:19	04:05
15	19	José Ferreira	A.D.C.C J CLARK - Castelo de Paiva	Veterano M40	41:44	+09:13	04:10
16	359	carlos	Individual	Veterano M40	41:46	+09:15	04:11
17	93	Alberto Neves	Caldas de S.Jorge Sport Clube	Veterano M40	41:50	+09:19	04:11
18	492	Nelson Santos	Individual	Veterano M40	41:52	+09:21	04:11
19	103	Rui Moreira	Caldas de S.Jorge Sport Clube	Veterano M40	42:08	+09:37	04:13
20	384	Eduardo Martins	Individual	Veterano M40	42:51	+10:20	04:17
21	466	Luis Miguel Alves Monteiro	Individual	Veterano M40	42:51	+10:20	04:17
22	243	LUIS PINHO	Ginásio Fit4Fun	Veterano M40	43:16	+10:45	04:20

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

23	414	Horácio Ferreira	Individual	Veterano M40	43:37	+11:06	04:22
24	23	MANUEL GOMES	A.R.DE NEGRELOS	Veterano M40	43:41	+11:10	04:22
25	618	José Lopes	Not Run Alone	Veterano M40	43:55	+11:24	04:23
26	789	JOSÉ CARLOS FONTES PEREIRA	Trail Running Clube Btt Sanguedo	Veterano M40	43:58	+11:27	04:24
27	772	FERNANDO LOPES	run4fun	Veterano M40	44:21	+11:50	04:26
28	27	Paulo Jorge Gomes Santos	ACRDE	Veterano M40	44:22	+11:51	04:26
29	626	António Araújo	Núcleo de Atletismo de Cucujães	Veterano M40	44:23	+11:52	04:26
30	48	ABELINO ALMEIDA	ATLETISMO OS AMIGOS DE GRIJO	Veterano M40	44:31	+12:00	04:27
31	135	Antonio Freitas	Confraria da Bike	Veterano M40	44:31	+12:00	04:27
32	631	Victor Correia	Núcleo de Atletismo de Cucujães	Veterano M40	44:34	+12:03	04:27
33	440	Jorge Queiros	Individual	Veterano M40	44:47	+12:16	04:29
34	74	Manuel Grilo	BODY & ZEN /SALÃO MANOS RUNNING	Veterano M40	44:58	+12:27	04:30
35	496	Paulo Alexandre Santos Resende	Individual	Veterano M40	45:03	+12:32	04:30
36	470	Manuel Joaquim Carneiro Amorim Petiz	Individual	Veterano M40	45:04	+12:33	04:30
37	754	Rui Costa	Premium Health Club barrinha surf	Veterano M40	45:09	+12:38	04:31
38	638	Manuel Oliveira	OS FALTA D'AR / RUN NA VILLA	Veterano M40	45:22	+12:51	04:32
39	95	António Conceição	Caldas de S.Jorge Sport Clube	Veterano M40	45:31	+13:00	04:33
40	464	Luís Filipe Correia	Individual	Veterano M40	45:38	+13:07	04:34
41	428	João Manuel Soares Pereira	Individual	Veterano M40	45:38	+13:07	04:34
42	46	Alcino Gouveia	Ascários de Escariz	Veterano M40	45:39	+13:08	04:34
43	47	José Oliveira	Ascários de Escariz	Veterano M40	45:42	+13:11	04:34
44	506	Paulo Sérgio Oliveira	Individual	Veterano M40	45:42	+13:11	04:34
45	34	José Manuel Silva Rocha	AMIGOSDOBTT/ENERWISE	Veterano M40	45:52	+13:21	04:35
46	35	Raul Silva	AMIGOSDOBTT/ENERWISE	Veterano M40	46:04	+13:33	04:36
47	733	António Nunes	Premium Health Club barrinha surf	Veterano M40	46:17	+13:46	04:38
48	572	António domingues	Lebres	Veterano M40	46:25	+13:54	04:38
49	449	José Miguel Neves	Individual	Veterano M40	46:28	+13:57	04:39
50	742	Joaquim Neto	Premium Health Club barrinha surf	Veterano M40	46:56	+14:25	04:42
51	791	MANUEL ALMEIDA CORREIA BASTOS	Trail Running Clube Btt Sanguedo	Veterano M40	46:56	+14:25	04:42
52	222	angelo Pinho	Ginásio Fit4Fun	Veterano M40	47:01	+14:30	04:42
53	170	Vitor Rente	Falta d´ar	Veterano M40	47:04	+14:33	04:42
54	674	Agostinho Torres	Pernetas	Veterano M40	47:21	+14:50	04:44
55	363	carlos fernandes	Individual	Veterano M40	47:32	+15:01	04:45
56	660	Rui Cunha	Pe de chumbo Team	Veterano M40	47:34	+15:03	04:45
57	64	Alcino Santos	BODY & ZEN /SALÃO MANOS RUNNING	Veterano M40	47:35	+15:04	04:45
58	373	Constantino Mota	Individual	Veterano M40	47:42	+15:11	04:46
59	559	Ernesto Marques Alves	Juventude Cortegacense	Veterano M40	47:47	+15:16	04:47
60	501	paulo marques	Individual	Veterano M40	47:52	+15:21	04:47
61	330	Adão Artur Magalhães da Rocha	Individual	Veterano M40	47:54	+15:23	04:47
62	799	Paulo Ribeiro	Vila Cesari	Veterano M40	47:58	+15:27	04:48
63	644	Rui Filipe Pereira Freitas	Os Pirilampos Urbanos	Veterano M40	48:08	+15:37	04:49
64	684	Fernando costa	Pernetas	Veterano M40	48:10	+15:39	04:49
65	686	laurindo Gomes	Pernetas	Veterano M40	48:18	+15:47	04:50

66	495	Octavio Emanuel Morais Leite de Resende	Individual	Veterano M40	48:43	+16:12	04:52
67	647	Tiago Manuel Pereira de Almeida	Os Pirilampos Urbanos	Veterano M40	48:44	+16:13	04:52
68	245	PEDRO BASTOS	Ginásio Fit4Fun	Veterano M40	48:47	+16:16	04:53
69	487	Miguel Meireles	Individual	Veterano M40	49:02	+16:31	04:54
70	344	Antonio Matias Vilariça	Individual	Veterano M40	49:08	+16:37	04:55
71	750	Paulo Costa	Premium Health Club barrinha surf	Veterano M40	49:08	+16:37	04:55
72	361	Carlos Augusto Martins da Silva	Individual	Veterano M40	49:16	+16:45	04:56
73	379	Diamantino Jorge de oliveira Valquaresma	Individual	Veterano M40	49:29	+16:58	04:57
74	31	Alfredo da Costa Baptista de Almeida	Ainda Falta Muito?	Veterano M40	49:33	+17:02	04:57
75	249	RUI FERREIRA	Ginásio Fit4Fun	Veterano M40	49:37	+17:06	04:58
76	717	Vítor Manuel Almeida Conceição	Piscinas Municipais de Santa Maria da Feira	Veterano M40	49:39	+17:08	04:58
77	499	Paulo Gomes	Individual	Veterano M40	49:49	+17:18	04:59
78	233	ANSELMO ALMEIDA	Ginásio Fit4Fun	Veterano M40	49:51	+17:20	04:59
79	689	Rui Brandão	Pernetas	Veterano M40	50:00	+17:29	05:00
80	497	Paulo Alexandre Silva	Individual	Veterano M40	50:01	+17:30	05:00
81	734	Armando Rocha	Premium Health Club barrinha surf	Veterano M40	50:02	+17:31	05:00
82	98	Martinho José oliveira Santos	Caldas de S.Jorge Sport Clube	Veterano M40	50:09	+17:38	05:01
83	558	Antonio Julio Oliveira Moura	Juventude Cortegacense	Veterano M40	50:17	+17:46	05:02
84	362	CARLOS ESTIMA	Individual	Veterano M40	50:30	+17:59	05:03
85	425	João Loureiro	Individual	Veterano M40	50:39	+18:08	05:04
86	744	Júlio Costa	Premium Health Club barrinha surf	Veterano M40	50:40	+18:09	05:04
87	348	BALTAZAR JOAQUIM DE JESUS FERREIRA	Individual	Veterano M40	50:44	+18:13	05:04
88	242	luis almeida	Ginásio Fit4Fun	Veterano M40	50:44	+18:13	05:04
89	442	José Alberto Soares Marques	Individual	Veterano M40	50:55	+18:24	05:05
90	527	RUI MIGUEL SANTOS BARBOSA	Individual	Veterano M40	51:04	+18:33	05:06
91	386	Elisio Cardoso Silva	Individual	Veterano M40	51:21	+18:50	05:08
92	483	MARIO SEQUEIRA	Individual	Veterano M40	51:25	+18:54	05:08
93	392	fernando couto ribeiro	Individual	Veterano M40	51:49	+19:18	05:11
94	382	Domingos Alexandre da Costa Moreira Gomes	Individual	Veterano M40	51:53	+19:22	05:11
95	513	Pedro Pinto	Individual	Veterano M40	51:58	+19:27	05:12
96	430	Joao Nuno Cardoso	Individual	Veterano M40	52:02	+19:31	05:12
97	239	JOSE CORREIA	Ginásio Fit4Fun	Veterano M40	52:12	+19:41	05:13
98	708	Joaquim fernando de Moura Pereira	Piscinas Municipais de Santa Maria da Feira	Veterano M40	52:15	+19:44	05:14
99	682	Avelino Rodrigues	Pernetas	Veterano M40	52:16	+19:45	05:14
100	402	Filipe Pires	Individual	Veterano M40	52:21	+19:50	05:14
101	3	Pedro Silva	Caldas de S.Jorge Sport Clube	Veterano M40	52:22	+19:51	05:14
102	767	José Paulo Oliveira	Run Coxinho	Veterano M40	52:35	+20:04	05:15
103	174	José Ilídio Sá	Família Sá	Veterano M40	52:39	+20:08	05:16
104	88	BELMIRO LOPES	CAL - Clube Atletismo de Lamas	Veterano M40	53:11	+20:40	05:19
105	683	Ernesto Ribeiro	Pernetas	Veterano M40	53:22	+20:51	05:20
106	696	Rui Pinho	Pinho Family	Veterano M40	53:31	+21:00	05:21
107	833	Ivo Almeida	Ginásio Fit4Fun	Veterano M40	53:32	+21:01	05:21

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

108	261	Fernando Silvestre	Grupo Fontes Bike Team	Veterano M40	53:39	+21:08	05:22
109	385	Eduardo Ribeiro	Individual	Veterano M40	53:39	+21:08	05:22
110	372	Cesario Rocha	Individual	Veterano M40	53:41	+21:10	05:22
111	688	Ricardo Silva	Pernetas	Veterano M40	53:46	+21:15	05:23
112	567	Rui Pedro Almeida Galante	Juventude Cortegacense	Veterano M40	53:57	+21:26	05:24
113	756	Sérgio Migiel Alves	Premium Health Club barrinha surf	Veterano M40	54:27	+21:56	05:27
114	33	José António Almeida	Almeida Team	Veterano M40	54:28	+21:57	05:27
115	533	SIMÃO GRADISSÍMO	Individual	Veterano M40	54:29	+21:58	05:27
116	743	José Alberto Ferreira	Premium Health Club barrinha surf	Veterano M40	54:29	+21:58	05:27
117	438	Jorge Nunes	Individual	Veterano M40	54:37	+22:06	05:28
118	254	Manuel Andrade	Grupo Desportivo e Cultural de Guilhovai	Veterano M40	55:07	+22:36	05:31
119	238	FERNANDO BASTOS	Ginásio Fit4Fun	Veterano M40	55:11	+22:40	05:31
120	798	Manuel Conceição	Vila Cesari	Veterano M40	55:16	+22:45	05:32
121	463	luis ferreira gomes	Individual	Veterano M40	56:06	+23:35	05:37
122	769	Paulo Jorge Carvalho Macedo	Run Coxinho	Veterano M40	56:45	+24:14	05:41
123	633	Jose Carlos araújo	Os araujos	Veterano M40	57:10	+24:39	05:43
124	651	Porfirio da silva pereira	Pai & Filho	Veterano M40	57:15	+24:44	05:43
125	482	Mário Lança	Individual	Veterano M40	57:19	+24:48	05:44
126	433	Joaquim Gomes	Individual	Veterano M40	57:22	+24:51	05:44
127	694	Jorge Augusto Oliveira Guerra	Piano Bar	Veterano M40	57:25	+24:54	05:44
128	111	Armando Neves	Clube os 5 à hora	Veterano M40	57:25	+24:54	05:45
129	657	Paulo Pinto	Pe de chumbo Team	Veterano M40	57:35	+25:04	05:45
130	366	Carlos José Santos carvalho	Individual	Veterano M40	57:44	+25:13	05:46
131	707	João Miguel Azevedo	Piscinas Municipais de Santa Maria da Feira	Veterano M40	57:47	+25:16	05:47
132	137	João Ponces	Coxos, Mancos e Limitados	Veterano M40	57:59	+25:28	05:48
133	136	Abel Correia	Coxos, Mancos e Limitados	Veterano M40	58:00	+25:29	05:48
134	526	Rui Marcial Cardoso	Individual	Veterano M40	58:03	+25:32	05:48
135	110	Alberto Alves	Clube os 5 à hora	Veterano M40	58:05	+25:34	05:49
136	766	António Jorge da Silva Ferreira	Run Coxinho	Veterano M40	58:08	+25:37	05:49
137	546	vitor Ferreira	Individual	Veterano M40	58:13	+25:42	05:49
138	72	LUIS CARDOSO	BODY & ZEN /SALÃO MANOS RUNNING	Veterano M40	58:44	+26:13	05:52
139	76	Miguel Santos	BODY & ZEN /SALÃO MANOS RUNNING	Veterano M40	59:01	+26:30	05:54
140	525	Rui Lopes	Individual	Veterano M40	59:02	+26:31	05:54
141	389	emilio joaquim silva figueiras	Individual	Veterano M40	59:08	+26:37	05:55
142	643	Rocco di Bernardo	Os Pirilampos Urbanos	Veterano M40	59:14	+26:43	05:55
143	655	Marco Costa	Pe de chumbo Team	Veterano M40	59:24	+26:53	05:56
144	656	Nuno Grade	Pe de chumbo Team	Veterano M40	59:24	+26:53	05:56
145	653	Antonio Real	Pe de chumbo Team	Veterano M40	59:24	+26:53	05:56
146	424	joão h sousa.	Individual	Veterano M40	59:37	+27:06	05:58
147	777	Rogério Rocha	Running Stones	Veterano M40	01:00:05	+27:34	06:00
148	832	Augustino Marques Gonçalves	Inscrições Finais	Veterano M40	01:00:09	+27:38	06:01
149	112	Cipriano Sousa	Clube os 5 à hora	Veterano M40	01:00:17	+27:46	06:02
150	423	João Carvalho	Individual	Veterano M40	01:00:28	+27:57	06:03
151	455	Julio Augusto Morais Pereira	Individual	Veterano M40	01:00:31	+28:00	06:03

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

152	459	Liliana Filipa Bastos Abreu	Individual	Veterano M40	01:01:43	+29:12	06:10
153	805	Silvio Pinhal	Cross the line	Veterano M40	01:02:25	+29:54	06:15
154	806	Augusto Rodrigues	Cross the line	Veterano M40	01:02:27	+29:56	06:15
155	773	RUFINO MOURA	run4fun	Veterano M40	01:03:02	+30:31	06:18
156	167	RUI MANUEL GOMES PEIXOTO	ENTRE AMIGOS	Veterano M40	01:03:25	+30:54	06:21
157	127	António Silva	CMMC Vale de Cambra	Veterano M40	01:03:55	+31:24	06:23
158	131	Paulo Borges	CMMC Vale de Cambra	Veterano M40	01:03:55	+31:24	06:23
159	515	Renato Alexandre Campos Araújo	Individual	Veterano M40	01:04:25	+31:54	06:26
160	642	José Amaro Maia Marques	Os Pirilampos Urbanos	Veterano M40	01:06:37	+34:06	06:40
161	822	Alfredo Pinto	Franklim Prata	Veterano M40	01:06:52	+34:21	06:41
162	357	Bruno Rodrigues	Individual	Veterano M40	01:07:19	+34:48	06:44
163	645	Rui Miguel Campos de Oliveira	Os Pirilampos Urbanos	Veterano M40	01:07:26	+34:55	06:45
164	759	Paulo Jorge Silva	PS2RUN	Veterano M40	01:09:36	+37:05	06:58
165	149	Luis Miguel Maia Sousa Novo	CrossFit Couto	Veterano M40	01:11:00	+38:29	07:06
166	198	paulo lima	Fogaças com Malapos	Veterano M40	01:13:27	+40:56	07:21
167	646	Tiago Furtado de Antas de Almeida Cayolla	Os Pirilampos Urbanos	Veterano M40	01:17:48	+45:17	07:47
168	460	Luís Alves	Individual	Veterano M40	01:18:29	+45:58	07:51

Veterano M50

1	454	José Soares Correia	Individual	Veterano M50	41:34		04:09
2	661	Vitor Sousa	Pe de chumbo Team	Veterano M50	42:59	+01:25	04:18
3	377	David da Silva Fernandes	Individual	Veterano M50	43:02	+01:28	04:18
4	709	José Santos Silva	Piscinas Municipais de Santa Maria da Feira	Veterano M50	46:05	+04:31	04:36
5	26	José Silva	ACRDE	Veterano M50	47:16	+05:42	04:44
6	94	António Azevedo	Caldas de S.Jorge Sport Clube	Veterano M50	48:04	+06:30	04:48
7	130	Nelson Silva	CMMC Vale de Cambra	Veterano M50	48:43	+07:09	04:52
8	107	Serafim Ramos	Clube do Pessoal da EDP - Porto	Veterano M50	49:01	+07:27	04:54
9	340	António Cabral	Individual	Veterano M50	49:09	+07:35	04:55
10	100	Paulo Milheiro	Caldas de S.Jorge Sport Clube	Veterano M50	49:32	+07:58	04:57
11	474	Manuel Sousa	Individual	Veterano M50	49:36	+08:02	04:58
12	341	Antonio Castro	Individual	Veterano M50	49:41	+08:07	04:58
13	453	Jose Ruge	Individual	Veterano M50	49:46	+08:12	04:59
14	790	LÁZARO PINHO DA COSTA	Trail Running Clube Btt Sanguedo	Veterano M50	50:03	+08:29	05:00
15	740	Francisco	Premium Health Club barrinha surf	Veterano M50	50:14	+08:40	05:01
16	619	José Rodrigues	Not Run Alone	Veterano M50	51:30	+09:56	05:09
17	828	Gaspar Cadete	APCOR	Veterano M50	51:51	+10:17	05:11
18	698	João Gil da Costa	Pirilampos	Veterano M50	51:54	+10:20	05:11
19	22	LUIS MARTINS	A.R.DE NEGRELOS	Veterano M50	52:04	+10:30	05:12
20	443	José António Marques Batista	Individual	Veterano M50	52:06	+10:32	05:13
21	360	Carlos alberto tavares de bastos	Individual	Veterano M50	52:34	+11:00	05:15
22	446	jose gomes dos santos	Individual	Veterano M50	53:06	+11:32	05:19
23	741	Henrique Melo	Premium Health Club barrinha surf	Veterano M50	53:15	+11:41	05:20
24	364	Carlos Fernando Marques	Individual	Veterano M50	55:10	+13:36	05:31
25	611	Luis Vilares	NÓS DOIS NOIVOS	Veterano M50	55:36	+14:02	05:34

Prova Principal — 10 KM

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

OFFICIAL RESULT

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26	328	Abilio Oliveira Pinto	Individual	Veterano M50	55:56	+14:22	05:36
27	195	Joaquim M Da Silva	Fogaças com Malapos	Veterano M50	56:28	+14:54	05:39
28	75	manuel pinho	BODY & ZEN /SALÃO MANOS RUNNING	Veterano M50	56:49	+15:15	05:41
29	825	Amadeu Cruz	Individual	Veterano M50	56:49	+15:15	05:41
30	73	manuel couto	BODY & ZEN /SALÃO MANOS RUNNING	Veterano M50	57:23	+15:49	05:44
31	329	ABILIO SOARES	Individual	Veterano M50	57:34	+16:00	05:45
32	269	Casimiro Fernandes	GRUPO OS BARRIGAS	Veterano M50	58:47	+17:13	05:53
33	271	Manuel Pinto	GRUPO OS BARRIGAS	Veterano M50	58:47	+17:13	05:53
34	760	António Carvalho	Rafaela Cortez Marques	Veterano M50	58:54	+17:20	05:53
35	654	Luis Reis	Pe de chumbo Team	Veterano M50	59:24	+17:50	05:56
36	444	José Augusto Pinho Silva	Individual	Veterano M50	59:59	+18:25	06:00
37	157	José Moreira	CROSStheLINE	Veterano M50	01:00:07	+18:33	06:01
38	395	FERNANDO SILVA	Individual	Veterano M50	01:00:08	+18:34	06:01
39	237	FERNANDA ALMEIDA	Ginásio Fit4Fun	Veterano M50	01:00:19	+18:45	06:02
40	50	ANTONIO FERNANDES	ATLETISMO OS AMIGOS DE GRIJO	Veterano M50	01:00:54	+19:20	06:05
41	97	Manuel Ribeiro	Caldas de S.Jorge Sport Clube	Veterano M50	01:01:11	+19:37	06:07
42	736	Carlos Fazendeiro	Premium Health Club barrinha surf	Veterano M50	01:01:18	+19:44	06:08
43	685	Fernando Ferraz	Pernetas	Veterano M50	01:01:24	+19:50	06:08
44	92	Albano Miranda	Caldas de S.Jorge Sport Clube	Veterano M50	01:04:11	+22:37	06:25
45	125	António almeida	CMMC Vale de Cambra	Veterano M50	01:04:18	+22:44	06:26
46	128	José Almeida	CMMC Vale de Cambra	Veterano M50	01:04:18	+22:44	06:26
47	746	Manuel Silva	Premium Health Club barrinha surf	Veterano M50	01:04:42	+23:08	06:28
48	792	MANUEL FERNANDO SILVA CORREIA	Trail Running Clube Btt Sanguedo	Veterano M50	01:05:20	+23:46	06:32
49	54	jose oliveira	Azeitonas	Veterano M50	01:07:00	+25:26	06:42
50	458	Lénio Fernando Nogueira Marinho	Individual	Veterano M50	01:09:33	+27:59	06:57
51	52	Manuel Ivânio Gomes de Oliveira	Avo cantigas & companhia	Veterano M50	01:14:58	+33:24	07:30
52	739	Esteves	Premium Health Club barrinha surf	Veterano M50	01:17:51	+36:17	07:47
53	270	José Oliveira	GRUPO OS BARRIGAS	Veterano M50	01:55:56	+01:14:22	11:36

Corrida Urbana Terras de Santa Maria
Santa Maria da Feira
11-julho-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	Núcleo de Atletismo de Cucujães	2 + 16 + 21	39
2	A.D.C.C J CLARK - Castelo de Paiva	27 + 29 + 44	100
3	Caldas de S.Jorge Sport Clube	11 + 46 + 49	106
4	Not Run Alone	32 + 57 + 64	153
5	Ginásio Fit4Fun	39 + 58 + 59	156
6	Vila Cesari	20 + 54 + 159	233
7	Fogaças com Malapos	8 + 111 + 130	249
8	BODY & ZEN /SALÃO MANOS RUNNING	89 + 97 + 98	284
9	Premium Health Club barrinha surf	94 + 119 + 131	344
10	Piscinas Municipais de Santa Maria da Feira	43 + 114 + 203	360
11	CROSStheLINE	83 + 87 + 195	365
12	Lebres	115 + 124 + 129	368
13	Juventude Cortegacense	110 + 153 + 155	418
14	Trail Running Clube Btt Sanguedo	73 + 132 + 218	423
15	CrossFit Couto	81 + 93 + 259	433
16	Pernetas	143 + 167 + 170	480
17	Trail Runner	15 + 169 + 321	505
18	Pe de chumbo Team	53 + 147 + 333	533
19	CMMC Vale de Cambra	33 + 180 + 325	538
20	A.R.DE NEGRELOS	71 + 263 + 264	598
21	run4fun	74 + 123 + 406	603
22	OS FALTA D'AR / RUN NA VILLA	35 + 99 + 503	637
23	ATLETISMO OS AMIGOS DE GRIJO	78 + 176 + 497	751
24	Os Pirilampos Urbanos	163 + 181 + 446	790
25	Posto Turismo	12 + 365 + 456	833
26	Clube os 5 à hora	276 + 277 + 343	896
27	NÓS DOIS NOIVOS	231 + 355 + 357	943
28	FR	198 + 376 + 380	954
29	MALTA FIXE	241 + 287 + 465	993
30	Run Coxinho	280 + 371 + 408	1059
31	Franklim Prata	303 + 350 + 427	1080
32	nonstop	243 + 386 + 491	1120
33	Grupo Fontes Bike Team	304 + 411 + 438	1153
34	FesTeam	240 + 285 + 650	1175
35	Dois valentes e meio	60 + 600 + 603	1263
36	Armazém do Fitness	435 + 436 + 457	1328
37	CAL - Clube Atletismo de Lamas	291 + 444 + 669	1404
38	JPVM Team	397 + 493 + 567	1457

COLETIVA

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39	GRUPO OS BARRIGAS	433 + 434 + 698	1565
40	Cross the line	536 + 537 + 538	1611
41	RUNIONS	530 + 531 + 631	1692
42	Lion Runners - GD Leões da Guarda	524 + 527 + 656	1707
43	Madalena Team	670 + 671 + 672	2013