





PROVA PRINCIPAL - STAGE 1

10 KM

**R**  
REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	353	Ivo Manuel Cruz Pereira	individual	Veterano M40	43:40	+11:49	04:22
89	413	Luís Carvalho	lousada runners	Senior Masculino	43:41	+11:50	04:22
90	371	Lupricínio Ramos Correia	individual	Veterano M40	43:44	+11:53	04:22
91	50	Ricardo Emanuel Peixoto Moreira	amigos do pedal - trailagares	Senior Masculino	43:48	+11:57	04:23
92	299	Rui Pinto Ferreira	individual	Senior Masculino	43:51	+12:00	04:23
93	366	José Lopes	clube white running team - not run alone	Veterano M40	43:51	+12:00	04:23
94	74	Pedro Leandro Guedes Nogueira	clube vodafone	Senior Masculino	43:54	+12:03	04:23
95	384	Telmo Manuel Msrtins Cardoso	individual	Veterano M40	44:01	+12:10	04:24
96	107	Pedro Pontes	gdr granja - trutas do mau	Senior Masculino	44:06	+12:15	04:25
97	224	Hugo Moreira	individual	Senior Masculino	44:07	+12:16	04:25
98	64	Rolando Costa	clube do pessoal aguas gaia	Senior Masculino	44:09	+12:18	04:25
99	288	Ricardo ferreira	individual	Senior Masculino	44:14	+12:23	04:25
100	20	LUIS MARTINS	a.r.de negrelos	Veterano M40	44:16	+12:25	04:26
101	330	Ângelo Neto	individual	Veterano M40	44:29	+12:38	04:27
102	192	CARLOS MANUEL DOS SANTOS ROCHA	individual	Senior Masculino	44:29	+12:38	04:27
103	32	Adélia Tavares	adc c j clark - castelo de paiva	Veterana F40	44:33	+12:42	04:27
104	99	António coelho	falta de o2	Veterano M40	44:33	+12:42	04:27
105	78	Rita Crespo	csrdc santiago	Senior Feminino	44:41	+12:50	04:28
106	95	Nuno Pinho	dr merino/ nutritif	Senior Masculino	44:58	+13:07	04:30
107	102	João Paulo Correia	farmacia lusa	Veterano M40	45:00	+13:09	04:30
108	200	Daniel José Abreu	individual	Senior Masculino	45:04	+13:13	04:30
109	383	Rui Pedro Pena	individual	Veterano M40	45:07	+13:16	04:31
110	246	José Paulo Neto	individual	Senior Masculino	45:09	+13:18	04:31
111	385	telmo rodrigues	individual	Veterano M40	45:11	+13:20	04:31
112	391	CASIMIRO CORREIA	ja te apanho	Veterano M40	45:22	+13:31	04:32
113	550	José Miguel Neves	voleibol runners	Veterano M40	45:27	+13:36	04:33
114	565	José Giomes	individual	Veterano M40	45:28	+13:37	04:33
115	61	Rui Humberto	chouriços	Senior Masculino	45:31	+13:40	04:33
116	479	João Paulo Ferreira	paredes aventura	Veterano M40	45:32	+13:41	04:33
117	496	nelson guimaraes	runapolis	Senior Masculino	45:36	+13:45	04:34
118	281	Pedro Miguel Ferreira Pinheiro	individual	Senior Masculino	45:37	+13:46	04:34
119	340	Belmiro Teixeira Costa	individual	Veterano M40	45:47	+13:56	04:35
120	378	Paulo José Ribeiro Ferreira	individual	Veterano M40	45:47	+13:56	04:35
121	185	Bruno Costa	individual	Senior Masculino	45:48	+13:57	04:35
122	481	Jorge Oliveira	paredes aventura	Veterano M40	45:53	+14:02	04:35
123	558	Sandro Mota	individual	Senior Masculino	45:55	+14:04	04:35
124	484	Vitor Andrade	paredes aventura	Veterano M40	45:55	+14:04	04:36
125	483	Pedro Pratas	paredes aventura	Veterano M40	45:56	+14:05	04:36
126	276	PEDRO MANUEL DA COSTA MOREIRA	individual	Senior Masculino	46:01	+14:10	04:36
127	279	Pedro Miguel Correia Vieira	individual	Senior Masculino	46:03	+14:12	04:36
128	132	elisabete santos	individual	Senior Feminino	46:04	+14:13	04:36
129	351	Hélder Devezza	individual	Veterano M40	46:12	+14:21	04:37
130	92	Liliana Gomes	dr merino/ nutritif	Senior Feminino	46:13	+14:22	04:37
131	46	Filipe Moura	amigos das sapatilhas	Veterano M40	46:15	+14:24	04:38
132	18	Vitor Emanuel de Sousa Ribeiro	1001-trilhos	Senior Masculino	46:23	+14:32	04:38

PROVA PRINCIPAL - STAGE 1

10 KM

**R**  
REVISED

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
133	235	Jorge Miguel Barbosa Ferreira	individual	Senior Masculino	46:39	+14:48	04:40
134	335	António Oliveira	individual	Veterano M40	46:40	+14:49	04:40
135	393	Bruno Maia	javalis portugal	Senior Masculino	46:50	+14:59	04:41
136	350	Francisco Freitas	individual	Veterano M40	46:55	+15:04	04:42
137	357	Joaquim Dias	individual	Veterano M40	47:06	+15:15	04:43
138	338	Artur Jorge Meireles Barbosa	individual	Veterano M40	47:10	+15:19	04:43
139	184	Bruno bartes	individual	Senior Masculino	47:15	+15:24	04:43
140	415	ANTONIO MIRANDA	lousada runners	Veterano M40	47:16	+15:25	04:44
141	337	ARMANDO MACHADO	individual	Veterano M40	47:34	+15:43	04:45
142	15	Jorge Daniel de Sousa Ribeiro	1001-trilhos	Senior Masculino	47:39	+15:48	04:46
143	533	Vasco Silva	ss montepio	Veterano M40	47:41	+15:50	04:46
144	73	Modesto Monteiro	clube independente de atletismo de alpendorada	Veterano M40	47:45	+15:54	04:46
145	247	José Pedro de Sousa Dias	individual	Senior Masculino	48:00	+16:09	04:48
146	238	José Andrade	individual	Senior Masculino	48:09	+16:18	04:49
147	229	João Pedro Teixeira Martins	individual	Senior Masculino	48:14	+16:23	04:49
148	377	PAULO BARBOSA	clube white running team - not run alone	Veterano M40	48:15	+16:24	04:49
149	419	VALTER SAMUEL PINHO	mc	Senior Masculino	48:16	+16:25	04:50
150	494	Jose Fernando Magalhaes Moreira	run 4 all	Veterano M40	48:19	+16:28	04:50
151	325	ALEXANDRE BRITO	individual	Veterano M40	48:22	+16:31	04:50
152	47	Ana Vieira	amigos do pedal - trailagares	Senior Feminino	48:23	+16:32	04:50
153	16	Pedro Nunes	1001-trilhos	Senior Masculino	48:25	+16:34	04:51
154	390	Ricardo Pinto	ja te apanho	Senior Masculino	48:31	+16:40	04:51
155	334	António Moreira	individual	Veterano M40	48:41	+16:50	04:52
156	440	Leandro Sousa	nocturnos de paredes	Senior Masculino	48:48	+16:57	04:53
157	439	LEANDRO RAMOS	nocturnos de paredes	Senior Masculino	48:48	+16:57	04:53
158	258	Marco Sousa	individual	Senior Masculino	48:50	+16:59	04:53
159	458	Luís Miguel Andrade Moreira Dias	nocturnos de paredes	Veterano M40	48:51	+17:00	04:53
160	89	José Silva	csrdc santiago	Veterano M40	48:53	+17:02	04:53
161	452	Tiago Pinto	nocturnos de paredes	Senior Masculino	48:57	+17:06	04:54
162	392	Tomas Correia	ja te apanho	Veterano M40	48:58	+17:07	04:54
163	176	André Santos	individual	Senior Masculino	48:59	+17:08	04:54
164	369	Luís Filipe Lopes dos Santos	individual	Veterano M40	49:01	+17:10	04:54
165	323	Agostinho Moreira	individual	Veterano M40	49:04	+17:13	04:54
166	447	Pedro Nogueira	nocturnos de paredes	Senior Masculino	49:12	+17:21	04:55
167	319	Monica Fernandes	individual	Veterana F40	49:12	+17:21	04:55
168	506	Afonso Costa	sem nome runners	Senior Masculino	49:13	+17:22	04:55
169	470	joao couto	paços running	Veterano M40	49:16	+17:25	04:56
170	186	Bruno Emanuel Barbosa Moreira	individual	Senior Masculino	49:20	+17:29	04:56
171	24	Andreia Teixeira	adc c j clark - castelo de paiva	Senior Feminino	49:21	+17:30	04:56
172	124	Catarina Martins	individual	Senior Feminino	49:26	+17:35	04:57
173	297	Rui Miguel Moreira Dias	individual	Senior Masculino	49:28	+17:37	04:57
174	31	Vitor Moreira	adc c j clark - castelo de paiva	Senior Masculino	49:30	+17:39	04:57
175	389	Jose Barbosa	ja te apanho	Senior Masculino	49:31	+17:40	04:57
176	278	Pedro Miguel Alves Rodrigues	individual	Senior Masculino	49:33	+17:42	04:57
177	19	ALBERTO SOUSA	1001-trilhos	Veterano M40	49:33	+17:42	04:57

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

**OFFICIAL RESULT**

**R**  
REVISED

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
178	302	Sergio Alexandre Oliveira Soares	individual	Senior Masculino	49:38	+17:47	04:58
179	497	jorge pacheco	runapolis	Veterano M40	49:40	+17:49	04:58
180	236	Jorge Moreira	individual	Senior Masculino	49:42	+17:51	04:58
181	273	Pedro Daniel Gomes Mota Moreira	individual	Senior Masculino	49:43	+17:52	04:58
182	416	MARA CÉLIA SILVA	mc	Senior Feminino	49:43	+17:52	04:58
183	489	Emanuel Barbosa	roadrunners	Senior Masculino	49:45	+17:54	04:58
184	520	Hugo Lopes	ss montepio	Senior Masculino	49:48	+17:57	04:59
185	170	Amilcar Ricardo Cardoso Lopes	individual	Senior Masculino	49:52	+18:01	04:59
186	348	Fernando Antonio Fernandes	individual	Veterano M40	49:54	+18:03	04:59
187	65	Silvério Santos	clube do pessoal aguas gaia	Veterano M40	49:57	+18:06	05:00
188	244	José Luís Pinto	individual	Senior Masculino	49:58	+18:07	05:00
189	512	Sergio Santiago	shots international runners	Senior Masculino	50:01	+18:10	05:00
190	362	Jorge Lagareiro	individual	Veterano M40	50:05	+18:14	05:01
191	167	Albino José de Sousa Moreira	individual	Senior Masculino	50:08	+18:17	05:01
192	191	Carlos Ferreira	individual	Senior Masculino	50:11	+18:20	05:01
193	294	Roberto Costa	individual	Senior Masculino	50:13	+18:22	05:01
194	476	Paula Moreira	paredes aventura	Veterana F40	50:13	+18:22	05:01
195	437	Hugo Neto	nocturnos de paredes	Senior Masculino	50:13	+18:22	05:01
196	488	Filipe Marques	pindéricus running team	Senior Masculino	50:16	+18:25	05:02
197	264	Nuno Miguel Vieira Lopes	individual	Senior Masculino	50:18	+18:27	05:02
198	398	Eugénia Teixeira	keepmoving	Veterana F40	50:19	+18:28	05:02
199	455	Acacio Teixeira	nocturnos de paredes	Veterano M40	50:30	+18:39	05:03
200	245	José Manuel Relva de Almeida	individual	Senior Masculino	50:37	+18:46	05:04
201	367	jose manuel silva ferreira	individual	Veterano M40	50:37	+18:46	05:04
202	465	Bruno Barros	os sebolidenses	Senior Masculino	50:41	+18:50	05:04
203	443	Nuno Alexandre	nocturnos de paredes	Senior Masculino	50:45	+18:54	05:04
204	34	Rui Martins	adc c j clark - castelo de paiva	Veterano M40	50:46	+18:55	05:05
205	209	Fábio Bruno da Cunha Teixeira	individual	Senior Masculino	50:47	+18:56	05:05
206	26	Helena Pereira	adc c j clark - castelo de paiva	Senior Feminino	50:52	+19:01	05:05
207	317	Helena Gomes	individual	Veterana F40	50:56	+19:05	05:06
208	241	José Carlos Rodrigues Gonçalves	individual	Senior Masculino	50:56	+19:05	05:06
209	445	Paulo Colaço	nocturnos de paredes	Senior Masculino	51:00	+19:09	05:06
210	400	Carlos Magalhães	kunalama runners	Senior Masculino	51:06	+19:15	05:07
211	208	eurico mateus	individual	Senior Masculino	51:08	+19:17	05:07
212	128	Cidália Teixeira	individual	Senior Feminino	51:18	+19:27	05:08
213	105	Esmeralda Melo	fkc figueira kayak clube	Veterana F40	51:23	+19:32	05:08
214	134	Emanuela Rocha	individual	Senior Feminino	51:24	+19:33	05:08
215	434	Alexandre Pinto	nocturnos de paredes	Senior Masculino	51:25	+19:34	05:09
216	85	Leonor Cavadas	csrdc santiago	Veterana F40	51:28	+19:37	05:09
217	193	Carlos Manuel Moreira Reis	individual	Senior Masculino	51:46	+19:55	05:11
218	473	Nélson Sousa	paredes aventura	Senior Masculino	52:03	+20:12	05:12
219	364	José Fernando Almeida Lopes	individual	Veterano M40	52:07	+20:16	05:13
220	449	Rui Almeida	nocturnos de paredes	Senior Masculino	52:12	+20:21	05:13
221	537	Alexandre Soares	tecla 3 runners	Senior Masculino	52:15	+20:24	05:14
222	536	Lucília Silva	tecla 3 runners	Senior Feminino	52:15	+20:24	05:14
223	538	Hugo Sousa	tecla 3 runners	Senior Masculino	52:15	+20:24	05:14





PROVA PRINCIPAL - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
269	94	Luis Peixoto	dr merino/ nutritif	Senior Masculino	54:32	+22:41	05:27
270	318	Isabel Carvalho	individual	Veterana F40	54:36	+22:45	05:28
271	418	ARMANDO MANUEL SA LEITE	mc	Senior Masculino	54:36	+22:45	05:28
272	261	Nuno Almeida	individual	Senior Masculino	54:49	+22:58	05:29
273	365	JOSE FERNANDO PEREIRA	individual	Veterano M40	54:49	+22:58	05:29
274	313	Cacilda Maria Sousa Ramos	clube white running team - not run alone	Veterana F40	54:55	+23:04	05:29
275	511	Manuel Almeida	shots international runners	Senior Masculino	54:57	+23:06	05:30
276	259	Nelson Daniel Ribeiro Mendes	individual	Senior Masculino	54:57	+23:06	05:30
277	23	Ana Paula Pinto	adc c j clark - castelo de paiva	Senior Feminino	55:01	+23:10	05:30
278	444	Nuno Pinto	nocturnos de paredes	Senior Masculino	55:04	+23:13	05:30
279	429	Julia Pinto	nocturnos de paredes	Senior Feminino	55:07	+23:16	05:31
280	262	Nuno André da Rocha Ferreira	individual	Senior Masculino	55:12	+23:21	05:31
281	451	Tiago Oliveira	nocturnos de paredes	Senior Masculino	55:13	+23:22	05:31
282	461	Lúcia Oliveira	nós acreditamos	Veterana F40	55:14	+23:23	05:31
283	460	Ricardo Carvalho	nós acreditamos	Senior Masculino	55:14	+23:23	05:31
284	456	Antonio Carvalho	nocturnos de paredes	Veterano M40	55:23	+23:32	05:32
285	435	Edgar Cardoso	nocturnos de paredes	Senior Masculino	55:23	+23:32	05:32
286	370	Luís Miguel Nogueira	individual	Veterano M40	55:24	+23:33	05:32
287	427	Carla Sousa	nocturnos de paredes	Senior Feminino	55:24	+23:33	05:32
288	397	Rita Araújo	keepmoving	Senior Feminino	55:30	+23:39	05:33
289	159	Sónia Moreira	individual	Senior Feminino	55:34	+23:43	05:33
290	119	AnaRita Silva	individual	Senior Feminino	55:38	+23:47	05:34
291	296	Rui De Matos	individual	Senior Masculino	55:39	+23:48	05:34
292	372	Manuel Carvalho	individual	Veterano M40	55:39	+23:48	05:34
293	44	Renato Silva	amigos das sapatilhas	Senior Masculino	56:13	+24:22	05:37
294	286	Ricardo Barbosa	individual	Senior Masculino	56:15	+24:24	05:37
295	289	Ricardo João Teixeira	individual	Senior Masculino	56:19	+24:28	05:38
296	524	Carla Barros	ss montepio	Veterana F40	56:19	+24:28	05:38
297	171	André	individual	Senior Masculino	56:22	+24:31	05:38
298	549	Pedro Manuel Leão Bastos	via verde team	Veterano M40	56:22	+24:31	05:38
299	358	Joaquim Jorge Garces Moreira	individual	Veterano M40	56:25	+24:34	05:39
300	487	Susana Pereira	pindéricus running team	Senior Feminino	56:28	+24:37	05:39
301	564	Nuno Humberto Moreira da Silva	individual	Senior Masculino	56:40	+24:49	05:40
302	438	Jorge Manuel Moreira Ribeiro	nocturnos de paredes	Senior Masculino	56:44	+24:53	05:40
303	139	Isabel Filipa Dias Magalhães	individual	Senior Feminino	56:48	+24:57	05:41
304	140	Joana Neto	individual	Senior Feminino	56:48	+24:57	05:41
305	555	Fátima Nunes	individual	Veterana F40	56:51	+25:00	05:41
306	126	Cátia Pereira	individual	Senior Feminino	56:54	+25:03	05:41
307	486	Paulo Ribeiro	paulo & rute	Senior Masculino	57:03	+25:12	05:42
308	145	LUIA MARIA GUIMARAES	individual	Senior Feminino	57:04	+25:13	05:42
309	228	João Mota	individual	Senior Masculino	57:05	+25:14	05:42
310	399	SONIA TEIXEIRA	keepmoving	Veterana F40	57:11	+25:20	05:43
311	513	Alberta Rodrigues	smiling runners	Senior Feminino	57:11	+25:20	05:43
312	45	Silverio Francisco Ferreira Fernandes	amigos das sapatilhas	Senior Masculino	57:13	+25:22	05:43
313	515	Rolando Bessa	smiling runners	Veterano M40	57:15	+25:24	05:43

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

**R**  
REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
314	282	Pedro Santos	individual	Senior Masculino	57:20	+25:29	05:44
315	454	Salette Silva	nocturnos de paredes	Veterana F40	57:22	+25:31	05:44
316	355	João Lopes	individual	Veterano M40	57:23	+25:32	05:44
317	157	Sílvia Margarida Teixeira da Silva	individual	Senior Feminino	57:27	+25:36	05:45
318	196	Christophe Sousa	individual	Senior Masculino	57:28	+25:37	05:45
319	343	Christopher Guimaraens	individual	Veterano M40	57:40	+25:49	05:46
320	270	Pedro Arlindo Vieira Madureira	individual	Senior Masculino	57:46	+25:55	05:47
321	301	sergio alberto costa sousa	individual	Senior Masculino	57:47	+25:56	05:47
322	354	Joao herculano rodrigues bessa	individual	Veterano M40	58:03	+26:12	05:48
323	396	Cláudia Leitão	keepmoving	Senior Feminino	58:05	+26:14	05:49
324	37	António Manuel Oliveira Costa	alexandre almeida sroc	Veterano M40	58:06	+26:15	05:49
325	233	Joaquim Agostinho Costa e Sousa	individual	Senior Masculino	58:24	+26:33	05:50
326	38	José Alexandre Silva Almeida	alexandre almeida sroc	Veterano M40	58:24	+26:33	05:50
327	60	Paulo César de Sousa Carvalho	chouriços	Senior Masculino	58:34	+26:43	05:51
328	43	Nélson Silva	amigos das sapatilhas	Senior Masculino	58:36	+26:45	05:52
329	42	Cláudia Ramos	amigos das sapatilhas	Senior Feminino	58:37	+26:46	05:52
330	77	Marlene Dias	csrdc santiago	Senior Feminino	58:37	+26:46	05:52
331	253	Manuel Carlos Silva Ribeiro	individual	Senior Masculino	58:40	+26:49	05:52
332	298	Rui Pedro costa jesus	individual	Senior Masculino	58:41	+26:50	05:52
333	428	Eva Moreira	nocturnos de paredes	Senior Feminino	58:41	+26:50	05:52
334	300	sandro sousa	clube white running team - not run alone	Senior Masculino	58:42	+26:51	05:52
335	154	sara braga	clube white running team - not run alone	Senior Feminino	58:42	+26:51	05:52
336	471	Filipa Moreira	paredes aventura	Senior Feminino	58:46	+26:55	05:53
337	138	isabel fernanda soares de oliveira	individual	Senior Feminino	58:46	+26:55	05:53
338	368	Juca Teixeira	individual	Veterano M40	58:48	+26:57	05:53
339	97	Alice Sousa	dr merino/ nutritif	Veterana F40	58:53	+27:02	05:53
340	540	Claudia Catarina Ferreira do Couto	tropa de elite	Senior Feminino	59:18	+27:27	05:56
341	541	Eduardo João Moreira Maia	tropa de elite	Senior Masculino	59:18	+27:27	05:56
342	542	Márcio André Abreu Ribeiro	tropa de elite	Senior Masculino	59:18	+27:27	05:56
343	292	RICARDO MARQUES	individual	Senior Masculino	59:20	+27:29	05:56
344	41	Rui Pedro Macedo Cruz	amares running	Senior Masculino	59:31	+27:40	05:57
345	40	Gonçalo Nuno Fernandes Alves	amares running	Senior Masculino	59:31	+27:40	05:57
346	251	Luís Faria	individual	Senior Masculino	59:40	+27:49	05:58
347	359	JOAQUIM NOGUEIRA	individual	Veterano M40	59:52	+28:01	05:59
348	534	Micaela Moreira	team 2007	Senior Feminino	59:53	+28:02	05:59
349	165	Vera Leonardo	individual	Senior Feminino	59:54	+28:03	05:59
350	146	Luisa Mota	individual	Senior Feminino	59:54	+28:03	05:59
351	223	Helder Leonel Almeida da Mata	individual	Senior Masculino	01:00:25	+28:34	06:03
352	22	Albertina Pinto	adc c j clark - castelo de paiva	Senior Feminino	01:01:06	+29:15	06:07
353	417	VERA MONICA LEITE	mc	Senior Feminino	01:01:07	+29:16	06:07
354	394	Lénio Fernando Nogueira Marinho	jobrinde-montes saloios	Veterano M40	01:01:07	+29:16	06:07
355	408	Hernani Manuel Ferreira Coelho	lateiros	Senior Masculino	01:01:11	+29:20	06:07
356	131	Cristina Rodrigues Teixeira Lopes	clube white running team - not run alone	Senior Feminino	01:01:13	+29:22	06:07
357	327	ALFREDO SIMÃO DOS SANTOS	individual	Veterano M40	01:01:15	+29:24	06:07
358	213	Filipe André dos Santos Pereira	individual	Senior Masculino	01:01:16	+29:25	06:08
359	147	MARIANA MOREIRA	individual	Senior Feminino	01:01:17	+29:26	06:08





**PROVA PRINCIPAL - STAGE 1**

**10 KM**

**R**  
**REVISED**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
405	307	VITOR CRUZ	individual	Senior Masculino	01:07:57	+36:06	06:48
406	130	CRISTINA COUTINHO	individual	Senior Feminino	01:07:58	+36:07	06:48
407	548	Homero Soares Couto	vamos os dois	Veterano M40	01:08:00	+36:09	06:48
408	547	Sandra Cristina Pinheiro Coelho Oliveira Ferras	vamos os dois	Senior Feminino	01:08:00	+36:09	06:48
409	314	Carla Alexandra Brandão Campos	clube white running team - not run alone	Veterana F40	01:08:44	+36:53	06:52
410	27	Marta Sousa	adc c j clark - castelo de paiva	Senior Feminino	01:09:05	+37:14	06:55
411	13	Celina Gomes Pacheco	1001-trilhos	Senior Feminino	01:09:06	+37:15	06:55
412	72	Manuel Barbosa	clube independente de atletismo de alpendorada	Veterano M40	01:10:18	+38:27	07:02
413	402	Ana Arriscado	largobar team run	Senior Feminino	01:10:51	+39:00	07:05
414	491	Bruno Cesar Silva Melo	run 4 all	Senior Masculino	01:12:31	+40:40	07:15
415	490	Alberto Magalhães	run 4 all	Senior Masculino	01:12:31	+40:40	07:15
416	519	Olga Neto	ss montepio	Senior Feminino	01:13:04	+41:13	07:18
417	485	Rute Ribeiro	paulo & rute	Senior Feminino	01:13:33	+41:42	07:21
418	36	Sandra Augusto Almeida Ferreira	alexandre almeida sroc	Veterana F40	01:14:12	+42:21	07:25
419	35	Cecília Rosa Silva Carneiro	alexandre almeida sroc	Veterana F40	01:14:12	+42:21	07:25
420	528	Jorge Sousa	ss montepio	Veterano M40	01:14:42	+42:51	07:28
421	552	Telmo	nocturnos de paredes	Senior Masculino	01:14:44	+42:53	07:28
422	410	Paulo Nogueira Malheiro dos Santos	lateiros	Senior Masculino	01:15:21	+43:30	07:32
423	563	José Fernando Moreira Campos	individual	Senior Masculino	01:15:47	+43:56	07:35
424	150	Raquel Silva	individual	Senior Feminino	01:15:50	+43:59	07:35
425	466	Carla Alves	os sebolidenses	Veterana F40	01:16:56	+45:05	07:42
426	464	Telma Leite	os sebolidenses	Senior Feminino	01:17:27	+45:36	07:45
427	404	Ana Micaela Barbosa Lucas	lateiros	Senior Feminino	01:20:00	+48:09	08:00
428	14	Maria de Fátima de Sousa Ribeiro	1001-trilhos	Senior Feminino	01:20:47	+48:56	08:05
429	430	Lidia Mota	nocturnos de paredes	Senior Feminino	01:23:57	+52:06	08:24
430	143	Luciana Moreira Barbosa	individual	Senior Feminino	01:23:57	+52:06	08:24
431	39	António Edgar Cruz Gonçalves	amares running	Senior Masculino	01:24:33	+52:42	08:27



Prova Principal

10 KM



OFFICIAL RESULT

38	77	Marlene Dias	CSRDC Santiago	Senior Feminino	58:37	+22:16	05:52
39	428	Eva Moreira	NOCTURNOS DE PAREDES	Senior Feminino	58:41	+22:20	05:52
40	154	sara braga	Clube White Running Team - Not Run Alone	Senior Feminino	58:42	+22:21	05:52
41	471	Filipa Moreira	PAREDES AVENTURA	Senior Feminino	58:46	+22:25	05:53
42	138	isabel fernanda soares de oliveira	Individual	Senior Feminino	58:46	+22:25	05:53
43	540	Claudia Catarina Ferreira do Couto	Tropa de Elite	Senior Feminino	59:18	+22:57	05:56
44	534	Micaela Moreira	Team 2007	Senior Feminino	59:53	+23:32	05:59
45	165	Vera Leonardo	Individual	Senior Feminino	59:54	+23:33	05:59
46	146	Luisa Mota	Individual	Senior Feminino	59:54	+23:33	05:59
47	22	Albertina Pinto	ADC C J CLARK - Castelo de Paiva	Senior Feminino	01:01:06	+24:45	06:07
48	417	VERA MONICA LEITE	MC	Senior Feminino	01:01:07	+24:46	06:07
49	131	Cristina Rodrigues Teixeira Lopes	Clube White Running Team - Not Run Alone	Senior Feminino	01:01:13	+24:52	06:07
50	147	MARIANA MOREIRA	Individual	Senior Feminino	01:01:17	+24:56	06:08
51	58	Mariana Rio	Chouriços	Senior Feminino	01:01:46	+25:25	06:11
52	426	Carina Moreira	NOCTURNOS DE PAREDES	Senior Feminino	01:02:10	+25:49	06:13
53	153	Sandra Ramos	Individual	Senior Feminino	01:02:29	+26:08	06:15
54	116	Albertina Cunha	Individual	Senior Feminino	01:02:29	+26:08	06:15
55	117	Alexandra Pimenta	Individual	Senior Feminino	01:03:12	+26:51	06:19
56	166	Vera Pimto	Individual	Senior Feminino	01:03:12	+26:51	06:19
57	514	Isabel Monteiro	Smiling Runners	Senior Feminino	01:04:05	+27:44	06:24
58	431	Maria Moutinho	NOCTURNOS DE PAREDES	Senior Feminino	01:05:26	+29:05	06:33
59	407	Rute Carolina Teixeira Caldas Ferreira	Lateiros	Senior Feminino	01:05:29	+29:08	06:33
60	155	Sara Eiró	Individual	Senior Feminino	01:05:41	+29:20	06:34
61	118	Alexandra Silva	Individual	Senior Feminino	01:05:57	+29:36	06:36
62	163	Vanessa Sofia Gomes Ribeiro Machado	Individual	Senior Feminino	01:05:59	+29:38	06:36
63	142	LILIANA FILIPA DIAS TEIXEIRA	Individual	Senior Feminino	01:06:15	+29:54	06:38
64	432	Raquel Ribeiro	NOCTURNOS DE PAREDES	Senior Feminino	01:06:39	+30:18	06:40
65	433	Rita Ferreira	NOCTURNOS DE PAREDES	Senior Feminino	01:06:39	+30:18	06:40
66	137	Isabel Cristina Passos Batista	Individual	Senior Feminino	01:06:41	+30:20	06:40
67	160	Suse marlene rocha cunha	Individual	Senior Feminino	01:07:04	+30:43	06:42
68	405	Celina Paula Soares dos Santos	Lateiros	Senior Feminino	01:07:46	+31:25	06:47
69	130	CRISTINA COUTINHO	Individual	Senior Feminino	01:07:58	+31:37	06:48
70	547	Sandra Cristina Pinheiro Coelho Oliveira Ferras	Vamos os Dois	Senior Feminino	01:08:00	+31:39	06:48
71	27	Marta Sousa	ADC C J CLARK - Castelo de Paiva	Senior Feminino	01:09:05	+32:44	06:55
72	13	Celina Gomes Pacheco	1001-Trilhos	Senior Feminino	01:09:06	+32:45	06:55
73	402	Ana Arriscado	LargoBar Team Run	Senior Feminino	01:10:51	+34:30	07:05
74	519	Olga Neto	SS MONTEPIO	Senior Feminino	01:13:04	+36:43	07:18
75	485	Rute Ribeiro	Paulo & Rute	Senior Feminino	01:13:33	+37:12	07:21
76	150	Raquel Silva	Individual	Senior Feminino	01:15:50	+39:29	07:35
77	464	Telma Leite	Os sebolidenses	Senior Feminino	01:17:27	+41:06	07:45
78	404	Ana Micaela Barbosa Lucas	Lateiros	Senior Feminino	01:20:00	+43:39	08:00
79	14	Maria de Fátima de Sousa Ribeiro	1001-Trilhos	Senior Feminino	01:20:47	+44:26	08:05
80	430	Lidia Mota	NOCTURNOS DE PAREDES	Senior Feminino	01:23:57	+47:36	08:24

Official Timekeeper: Lap2Go	2 / 11	generate 13-jan-2016 16:07
-----------------------------	--------	----------------------------

**Prova Principal**
**10 KM**
**R**  
**REVISED**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
**OFFICIAL RESULT**

81	143	Luciana Moreira Barbosa	Individual	Senior Feminino	01:23:57	+47:36	08:24
----	-----	-------------------------	------------	-----------------	----------	--------	-------

**Senior Masculino**

1	63	Rui Muga	Clube Académico de Mogadouro	Senior Masculino	31:51		03:11
2	80	Bruno Jesus	CSRDC Santiago	Senior Masculino	32:01	+00:10	03:12
3	221	Gonçalo Jesus	Individual	Senior Masculino	32:21	+00:30	03:14
4	82	Carlos Rodrigues	CSRDC Santiago	Senior Masculino	32:35	+00:44	03:15
5	83	Paulo Barbosa	CSRDC Santiago	Senior Masculino	33:40	+01:49	03:22
6	79	António Teixeira	CSRDC Santiago	Senior Masculino	34:25	+02:34	03:26
7	93	Diogo Fernandes	Dr Merino/ Nutrifit	Senior Masculino	34:37	+02:46	03:28
8	55	JOAO FERREIRA	Casa do Benfica em Paredes	Senior Masculino	35:10	+03:19	03:31
9	81	Bruno Queirós	CSRDC Santiago	Senior Masculino	35:18	+03:27	03:32
10	249	Leonel Rodrigues da Cunha	Satecnosol Outdoor / LaSportiva	Senior Masculino	36:17	+04:26	03:38
11	67	Tiago Pinho	Clube Fluvial Vilacondense	Senior Masculino	36:19	+04:28	03:38
12	561	Nuno Costa	Individual	Senior Masculino	36:22	+04:31	03:38
13	553	João Nogueira	Individual	Senior Masculino	36:27	+04:36	03:39
14	49	Bruno Miguel Rodrigues Moreira	Amigos do Pedal - TraiLagares	Senior Masculino	36:33	+04:42	03:39
15	260	Nelson Magalhães	Individual	Senior Masculino	36:41	+04:50	03:40
16	257	Marco André Coelho Moreira	Individual	Senior Masculino	36:48	+04:57	03:41
17	232	Joao Teixeira	Individual	Senior Masculino	37:14	+05:23	03:43
18	559	Tiago Moura	Individual	Senior Masculino	38:00	+06:09	03:48
19	30	Marcelo Araújo	ADC C J CLARK - Castelo de Paiva	Senior Masculino	38:06	+06:15	03:49
20	280	pedro miguel duarte ferreira	Individual	Senior Masculino	38:31	+06:40	03:51
21	29	carlos Sousa	ADC C J CLARK - Castelo de Paiva	Senior Masculino	38:34	+06:43	03:51
22	272	pedro barbosa	Individual	Senior Masculino	38:36	+06:45	03:52
23	516	César Barros	Sport Clube Beira-Mar	Senior Masculino	38:39	+06:48	03:52
24	472	Helder Camilo	PAREDES AVENTURA	Senior Masculino	38:44	+06:53	03:52
25	285	Pedro Soares	Individual	Senior Masculino	38:47	+06:56	03:53
26	113	Rui Carneiro	Grupo de bombos'' OS CORDOVENSES''	Senior Masculino	38:54	+07:03	03:53
27	175	André Pinto	Individual	Senior Masculino	39:07	+07:16	03:55
28	566	Ivo PeKo	Multipower - gaiatrail	Senior Masculino	39:19	+07:28	03:56
29	203	Diogo Leandro Ferreira da Silva	Individual	Senior Masculino	39:21	+07:30	03:56
30	181	António Moreira	Individual	Senior Masculino	39:53	+08:02	03:59
31	103	José moreira	FC Parada	Senior Masculino	40:09	+08:18	04:01
32	216	Filipe Teixeira	Individual	Senior Masculino	40:21	+08:30	04:02
33	551	Ricardo Areias	Clube White Running Team - Not Run Alone	Senior Masculino	40:22	+08:31	04:02
34	248	Leandro César Barros	Individual	Senior Masculino	40:24	+08:33	04:02
35	104	Pedro Teixeira	FC Parada	Senior Masculino	40:26	+08:35	04:03
36	450	Sergio Vale	NOCTURNOS DE PAREDES	Senior Masculino	40:27	+08:36	04:03
37	414	Telmo Reis	LOUSADA RUNNERS	Senior Masculino	40:37	+08:46	04:04
38	17	Rafael Gomes Pacheco	1001-Trilhos	Senior Masculino	40:45	+08:54	04:04

Official Timekeeper: Lap2Go	3 / 11	generate 13-jan-2016 16:07
-----------------------------	--------	----------------------------



**Prova Principal**

**10 KM**

**OFFICIAL RESULT**



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

39	475	Pedro Ventura	PAREDES AVENTURA	Senior Masculino	40:55	+09:04	04:05
40	469	joaquim duarte	paços running	Senior Masculino	40:56	+09:05	04:06
41	442	Mauro Cardoso	NOCTURNOS DE PAREDES	Senior Masculino	40:57	+09:06	04:06
42	467	agostinho costa	paços running	Senior Masculino	41:00	+09:09	04:06
43	263	Nuno Miguel Monteiro de Sousa	Individual	Senior Masculino	41:30	+09:39	04:09
44	234	Joaquim Miguel Vieira Pinheiro	Individual	Senior Masculino	41:35	+09:44	04:10
45	266	Nuno Ricardo Oliveira	Individual	Senior Masculino	41:40	+09:49	04:10
46	274	Pedro Duarte	Individual	Senior Masculino	41:47	+09:56	04:11
47	66	Marco Pereira	Clube Fluvial Vilacondense	Senior Masculino	42:01	+10:10	04:12
48	96	Tiago Amaral	Dr Merino/ Nutrifit	Senior Masculino	42:08	+10:17	04:13
49	468	joaqim leal	paços running	Senior Masculino	42:11	+10:20	04:13
50	436	Fernando Almeida	NOCTURNOS DE PAREDES	Senior Masculino	42:29	+10:38	04:15
51	250	Lino Pinto	Individual	Senior Masculino	42:42	+10:51	04:16
52	567	Paulo Pinho	Multipower - gaiatrail	Senior Masculino	42:44	+10:53	04:16
53	220	Gilberto Melo	Individual	Senior Masculino	42:51	+11:00	04:17
54	554	Renato Coelho	Amigos do Pedal - TraiLagares	Senior Masculino	43:08	+11:17	04:19
55	271	Pedro Barbosa	Clube White Running Team - Not Run Alone	Senior Masculino	43:17	+11:26	04:20
56	277	Pedro Meixedo	Individual	Senior Masculino	43:34	+11:43	04:21
57	231	Joao Silva	Individual	Senior Masculino	43:37	+11:46	04:22
58	413	Luis Carvalho	LOUSADA RUNNERS	Senior Masculino	43:41	+11:50	04:22
59	50	Ricardo Emanuel Peixoto Moreira	Amigos do Pedal - TraiLagares	Senior Masculino	43:48	+11:57	04:23
60	299	Rui Pinto Ferreira	Individual	Senior Masculino	43:51	+12:00	04:23
61	74	Pedro Leandro Guedes Nogueira	Clube Vodafone	Senior Masculino	43:54	+12:03	04:23
62	107	Pedro Pontes	GDR Granja - TRUTAS DO MAU	Senior Masculino	44:06	+12:15	04:25
63	224	Hugo Moreira	Individual	Senior Masculino	44:07	+12:16	04:25
64	64	Rolando Costa	Clube do Pessoal Aguas Gaia	Senior Masculino	44:09	+12:18	04:25
65	288	Ricardo ferreira	Individual	Senior Masculino	44:14	+12:23	04:25
66	192	CARLOS MANUEL DOS SANTOS ROCHA	Individual	Senior Masculino	44:29	+12:38	04:27
67	95	Nuno Pinho	Dr Merino/ Nutrifit	Senior Masculino	44:58	+13:07	04:30
68	200	Daniel José Abreu	Individual	Senior Masculino	45:04	+13:13	04:30
69	246	José Paulo Neto	Individual	Senior Masculino	45:09	+13:18	04:31
70	61	Rui Humberto	Chouriços	Senior Masculino	45:31	+13:40	04:33
71	496	nelson guimaraes	runapolis	Senior Masculino	45:36	+13:45	04:34
72	281	Pedro Miguel Ferreira Pinheiro	Individual	Senior Masculino	45:37	+13:46	04:34
73	185	Bruno Costa	Individual	Senior Masculino	45:48	+13:57	04:35
74	558	Sandro Mota	Individual	Senior Masculino	45:55	+14:04	04:35
75	276	PEDRO MANUEL DA COSTA MOREIRA	Individual	Senior Masculino	46:01	+14:10	04:36
76	279	Pedro Miguel Correia Vieira	Individual	Senior Masculino	46:03	+14:12	04:36
77	18	Vitor Emanuel de Sousa Ribeiro	1001-Trilhos	Senior Masculino	46:23	+14:32	04:38
78	235	Jorge Miguel Barbosa Ferreira	Individual	Senior Masculino	46:39	+14:48	04:40
79	393	Bruno Maia	Javalis Portugal	Senior Masculino	46:50	+14:59	04:41
80	184	Bruno bartes	Individual	Senior Masculino	47:15	+15:24	04:43
81	15	Jorge Daniel de Sousa Ribeiro	1001-Trilhos	Senior Masculino	47:39	+15:48	04:46
82	247	José Pedro de Sousa Dias	Individual	Senior Masculino	48:00	+16:09	04:48

Official Timekeeper: Lap2Go	4 / 11	generate 13-jan-2016 16:07
-----------------------------	--------	----------------------------

**Prova Principal**

**10 KM**



**OFFICIAL RESULT**

83	238	José Andrade	Individual	Senior Masculino	48:09	+16:18	04:49
84	229	João Pedro Teixeira Martins	Individual	Senior Masculino	48:14	+16:23	04:49
85	419	VALTER SAMUEL PINHO	MC	Senior Masculino	48:16	+16:25	04:50
86	16	Pedro Nunes	1001-Trilhos	Senior Masculino	48:25	+16:34	04:51
87	390	Ricardo Pinto	Ja te apanho	Senior Masculino	48:31	+16:40	04:51
88	440	Leandro Sousa	NOCTURNOS DE PAREDES	Senior Masculino	48:48	+16:57	04:53
89	439	LEANDRO RAMOS	NOCTURNOS DE PAREDES	Senior Masculino	48:48	+16:57	04:53
90	258	Marco Sousa	Individual	Senior Masculino	48:50	+16:59	04:53
91	452	Tiago Pinto	NOCTURNOS DE PAREDES	Senior Masculino	48:57	+17:06	04:54
92	176	André Santos	Individual	Senior Masculino	48:59	+17:08	04:54
93	447	Pedro Nogueira	NOCTURNOS DE PAREDES	Senior Masculino	49:12	+17:21	04:55
94	506	Afonso Costa	Sem Nome Runners	Senior Masculino	49:13	+17:22	04:55
95	186	Bruno Emanuel Barbosa Moreira	Individual	Senior Masculino	49:20	+17:29	04:56
96	297	Rui Miguel Moreira Dias	Individual	Senior Masculino	49:28	+17:37	04:57
97	31	Vitor Moreira	ADC C J CLARK - Castelo de Paiva	Senior Masculino	49:30	+17:39	04:57
98	389	Jose Barbosa	Ja te apanho	Senior Masculino	49:31	+17:40	04:57
99	278	Pedro Miguel Alves Rodrigues	Individual	Senior Masculino	49:33	+17:42	04:57
100	302	Sergio Alexandre Oliveira Soares	Individual	Senior Masculino	49:38	+17:47	04:58
101	236	Jorge Moreira	Individual	Senior Masculino	49:42	+17:51	04:58
102	273	Pedro Daniel Gomes Mota Moreira	Individual	Senior Masculino	49:43	+17:52	04:58
103	489	Emanuel Barbosa	RoadRunners	Senior Masculino	49:45	+17:54	04:58
104	520	Hugo Lopes	SS MONTEPIO	Senior Masculino	49:48	+17:57	04:59
105	170	Amilcar Ricardo Cardoso Lopes	Individual	Senior Masculino	49:52	+18:01	04:59
106	244	José Luís Pinto	Individual	Senior Masculino	49:58	+18:07	05:00
107	512	Sergio Santiago	Shots International Runners	Senior Masculino	50:01	+18:10	05:00
108	167	Albino José de Sousa Moreira	Individual	Senior Masculino	50:08	+18:17	05:01
109	191	Carlos Ferreira	Individual	Senior Masculino	50:11	+18:20	05:01
110	294	Roberto Costa	Individual	Senior Masculino	50:13	+18:22	05:01
111	437	Hugo Neto	NOCTURNOS DE PAREDES	Senior Masculino	50:13	+18:22	05:01
112	488	Filipe Marques	Pindéricus Running Team	Senior Masculino	50:16	+18:25	05:02
113	264	Nuno Miguel Vieira Lopes	Individual	Senior Masculino	50:18	+18:27	05:02
114	245	José Manuel Relva de Almeida	Individual	Senior Masculino	50:37	+18:46	05:04
115	465	Bruno Barros	Os sebolidenses	Senior Masculino	50:41	+18:50	05:04
116	443	Nuno Alexandre	NOCTURNOS DE PAREDES	Senior Masculino	50:45	+18:54	05:04
117	209	Fábio Bruno da Cunha Teixeira	Individual	Senior Masculino	50:47	+18:56	05:05
118	241	José Carlos Rodrigues Gonçalves	Individual	Senior Masculino	50:56	+19:05	05:06
119	445	Paulo Colaço	NOCTURNOS DE PAREDES	Senior Masculino	51:00	+19:09	05:06
120	400	Carlos Magalhães	Kunalama runners	Senior Masculino	51:06	+19:15	05:07
121	208	eurico mateus	Individual	Senior Masculino	51:08	+19:17	05:07
122	434	Alexandre Pinto	NOCTURNOS DE PAREDES	Senior Masculino	51:25	+19:34	05:09
123	193	Carlos Manuel Moreira Reis	Individual	Senior Masculino	51:46	+19:55	05:11
124	473	Nélson Sousa	PAREDES AVENTURA	Senior Masculino	52:03	+20:12	05:12
125	449	Rui Almeida	NOCTURNOS DE PAREDES	Senior Masculino	52:12	+20:21	05:13
126	537	Alexandre Soares	Tecla 3 Runners	Senior Masculino	52:15	+20:24	05:14
127	538	Hugo Sousa	Tecla 3 Runners	Senior Masculino	52:15	+20:24	05:14
128	401	Nuno Barbosa	Kunalama runners	Senior Masculino	52:33	+20:42	05:15

**Prova Principal**

**10 KM**



**OFFICIAL RESULT**

129	169	Álvaro Santos	Individual	Senior Masculino	52:36	+20:45	05:16
130	101	Francisco Brandão Batista	Fantastic Four	Senior Masculino	52:40	+20:49	05:16
131	180	António Martins	Individual	Senior Masculino	52:42	+20:51	05:16
132	267	Paulo César Teixeira da Silva	Individual	Senior Masculino	52:43	+20:52	05:16
133	252	Luís Filipe Moreira Teixeira	Individual	Senior Masculino	52:48	+20:57	05:17
134	242	José Cunha	Individual	Senior Masculino	52:54	+21:03	05:17
135	521	Hugo Silva	SS MONTEPIO	Senior Masculino	52:56	+21:05	05:18
136	310	Vitor Mateus	Individual	Senior Masculino	53:03	+21:12	05:18
137	168	Alfredo Silva	Individual	Senior Masculino	53:10	+21:19	05:19
138	211	Fernando Fernandes	Individual	Senior Masculino	53:13	+21:22	05:19
139	197	Cláudio Necas	Individual	Senior Masculino	53:13	+21:22	05:19
140	219	Gil Rocha	Individual	Senior Masculino	53:32	+21:41	05:21
141	309	Vitor Hugo Ferreira Dias	Individual	Senior Masculino	53:40	+21:49	05:22
142	190	Carlos Fagundes	Individual	Senior Masculino	53:41	+21:50	05:22
143	522	Ivo Martins	SS MONTEPIO	Senior Masculino	53:47	+21:56	05:23
144	100	Fernanda Marília Cardoso Casaca	Fantastic Four	Senior Masculino	53:52	+22:01	05:23
145	237	Jorge Mosqueira	Individual	Senior Masculino	53:55	+22:04	05:23
146	226	Hugo Verdial	Individual	Senior Masculino	54:01	+22:10	05:24
147	509	Manuel Adriano	Sem Nome Runners	Senior Masculino	54:01	+22:10	05:24
148	111	Gustavo Santos	Gramidense	Senior Masculino	54:12	+22:21	05:25
149	290	Ricardo Manuel Esteves da Silva Fernandes	Individual	Senior Masculino	54:27	+22:36	05:27
150	94	Luis Peixoto	Dr Merino/ Nutrifit	Senior Masculino	54:32	+22:41	05:27
151	418	ARMANDO MANUEL SA LEITE	MC	Senior Masculino	54:36	+22:45	05:28
152	261	Nuno Almeida	Individual	Senior Masculino	54:49	+22:58	05:29
153	511	Manuel Almeida	Shots International Runners	Senior Masculino	54:57	+23:06	05:30
154	259	Nelson Daniel Ribeiro Mendes	Individual	Senior Masculino	54:57	+23:06	05:30
155	444	Nuno Pinto	NOCTURNOS DE PAREDES	Senior Masculino	55:04	+23:13	05:30
156	262	Nuno André da Rocha Ferreira	Individual	Senior Masculino	55:12	+23:21	05:31
157	451	Tiago Oliveira	NOCTURNOS DE PAREDES	Senior Masculino	55:13	+23:22	05:31
158	460	Ricardo Carvalho	Nós Acreditamos	Senior Masculino	55:14	+23:23	05:31
159	435	Edgar Cardoso	NOCTURNOS DE PAREDES	Senior Masculino	55:23	+23:32	05:32
160	296	Rui De Matos	Individual	Senior Masculino	55:39	+23:48	05:34
161	44	Renato Silva	Amigos das Sapatilhas	Senior Masculino	56:13	+24:22	05:37
162	286	Ricardo Barbosa	Individual	Senior Masculino	56:15	+24:24	05:37
163	289	Ricardo João Teixeira	Individual	Senior Masculino	56:19	+24:28	05:38
164	171	André	Individual	Senior Masculino	56:22	+24:31	05:38
165	564	Nuno Humberto Moreira da Silva	Individual	Senior Masculino	56:40	+24:49	05:40
166	438	Jorge Manuel Moreira Ribeiro	NOCTURNOS DE PAREDES	Senior Masculino	56:44	+24:53	05:40
167	486	Paulo Ribeiro	Paulo & Rute	Senior Masculino	57:03	+25:12	05:42
168	228	João Mota	Individual	Senior Masculino	57:05	+25:14	05:42
169	45	Silverio Francisco Ferreira Fernandes	Amigos das Sapatilhas	Senior Masculino	57:13	+25:22	05:43
170	282	Pedro Santos	Individual	Senior Masculino	57:20	+25:29	05:44
171	196	Christophe Sousa	Individual	Senior Masculino	57:28	+25:37	05:45
172	270	Pedro Arlindo Vieira Madureira	Individual	Senior Masculino	57:46	+25:55	05:47
173	301	sergio alberto costa sousa	Individual	Senior Masculino	57:47	+25:56	05:47
174	233	Joaquim Agostinho Costa e Sousa	Individual	Senior Masculino	58:24	+26:33	05:50

Official Timekeeper: Lap2Go	6 / 11	generate 13-jan-2016 16:07
-----------------------------	--------	----------------------------

## Prova Principal

10 KM

**R**  
REVISED

### OFFICIAL RESULT

175	60	Paulo César de Sousa Carvalho	Chouriços	Senior Masculino	58:34	+26:43	05:51
176	43	Nélson Silva	Amigos das Sapatilhas	Senior Masculino	58:36	+26:45	05:52
177	253	Manuel Carlos Silva Ribeiro	Individual	Senior Masculino	58:40	+26:49	05:52
178	298	Rui Pedro costa jesus	Individual	Senior Masculino	58:41	+26:50	05:52
179	300	sandro souza	Clube White Running Team - Not Run Alone	Senior Masculino	58:42	+26:51	05:52
180	541	Eduardo João Moreira Maia	Tropa de Elite	Senior Masculino	59:18	+27:27	05:56
181	542	Márcio André Abreu Ribeiro	Tropa de Elite	Senior Masculino	59:18	+27:27	05:56
182	292	RICARDO MARQUES	Individual	Senior Masculino	59:20	+27:29	05:56
183	41	Rui Pedro Macedo Cruz	Amares Running	Senior Masculino	59:31	+27:40	05:57
184	40	Gonçalo Nuno Fernandes Alves	Amares Running	Senior Masculino	59:31	+27:40	05:57
185	251	Luís Faria	Individual	Senior Masculino	59:40	+27:49	05:58
186	223	Helder Leonel Almeida da Mata	Individual	Senior Masculino	01:00:25	+28:34	06:03
187	408	Hernani Manuel Ferreira Coelho	Lateiros	Senior Masculino	01:01:11	+29:20	06:07
188	213	Filipe André dos Santos Pereira	Individual	Senior Masculino	01:01:16	+29:25	06:08
189	188	Bruno Marco Martinho da Silva	Individual	Senior Masculino	01:01:33	+29:42	06:09
190	523	Rui Carvalho	SS MONTEPIO	Senior Masculino	01:01:33	+29:42	06:09
191	59	Filipe Pacheco	Chouriços	Senior Masculino	01:01:46	+29:55	06:11
192	202	David José Andrade Pereira	Individual	Senior Masculino	01:01:50	+29:59	06:11
193	507	António Oliveira	Sem Nome Runners	Senior Masculino	01:02:00	+30:09	06:12
194	510	Pedro Reis	Sem Nome Runners	Senior Masculino	01:02:00	+30:09	06:12
195	306	vasco ferreira	Individual	Senior Masculino	01:03:13	+31:22	06:19
196	446	Pedro Ferraz	NOCTURNOS DE PAREDES	Senior Masculino	01:03:41	+31:50	06:22
197	284	Pedro silva	Individual	Senior Masculino	01:03:50	+31:59	06:23
198	283	pedro silva	Individual	Senior Masculino	01:03:51	+32:00	06:23
199	201	David Emanuel da Silva Pinheiro	Individual	Senior Masculino	01:04:23	+32:32	06:26
200	98	José Coelho	falta de O2	Senior Masculino	01:04:30	+32:39	06:27
201	305	Tozé Eiró	Individual	Senior Masculino	01:05:43	+33:52	06:34
202	395	José Miguel Garcez	JP Paredes	Senior Masculino	01:06:08	+34:17	06:37
203	206	Emanuel Costa	Individual	Senior Masculino	01:06:37	+34:46	06:40
204	173	André Cruz	Individual	Senior Masculino	01:06:37	+34:46	06:40
205	303	Sérgio Ricardo Moreira de Sousa	Individual	Senior Masculino	01:06:41	+34:50	06:40
206	307	VITOR CRUZ	Individual	Senior Masculino	01:07:57	+36:06	06:48
207	491	Bruno Cesar Silva Melo	Run 4 All	Senior Masculino	01:12:31	+40:40	07:15
208	490	Alberto Magalhães	Run 4 All	Senior Masculino	01:12:31	+40:40	07:15
209	552	Telmo	NOCTURNOS DE PAREDES	Senior Masculino	01:14:44	+42:53	07:28
210	410	Paulo Nogueira Malheiro dos Santos	Lateiros	Senior Masculino	01:15:21	+43:30	07:32
211	563	José Fernando Moreira Campos	Individual	Senior Masculino	01:15:47	+43:56	07:35
212	39	António Edgar Cruz Gonçalves	Amares Running	Senior Masculino	01:24:33	+52:42	08:27

## Veterana F40

1	32	Adélia Tavares	ADC C J CLARK - Castelo de Paiva	Veterana F40	44:33		04:27
2	319	Monica Fernandes	Individual	Veterana F40	49:12	+04:39	04:55
3	476	Paula Moreira	PAREDES AVENTURA	Veterana F40	50:13	+05:40	05:01
4	398	Eugénia Teixeira	keepmoving	Veterana F40	50:19	+05:46	05:02

Official Timekeeper: Lap2Go	7 / 11	generate 13-jan-2016 16:07
-----------------------------	--------	----------------------------





## Prova Principal

10 KM

**R**  
REVISED

### OFFICIAL RESULT

23	480	Jorge Barbosa	PAREDES AVENTURA	Veterano M40	42:48	+07:15	04:17
24	386	Tiago Vidal Leal	Invicta Runners Team	Veterano M40	43:04	+07:31	04:18
25	376	Nelson Santos	Individual	Veterano M40	43:04	+07:31	04:18
26	342	César Sousa	Individual	Veterano M40	43:10	+07:37	04:19
27	332	António Maria Moreira Gomes	Individual	Veterano M40	43:10	+07:37	04:19
28	375	Manuel silva	Individual	Veterano M40	43:26	+07:53	04:21
29	353	Ivo Manuel Cruz Pereira	Individual	Veterano M40	43:40	+08:07	04:22
30	371	Lupricínio Ramos Correia	Individual	Veterano M40	43:44	+08:11	04:22
31	366	José Lopes	Clube White Running Team - Not Run Alone	Veterano M40	43:51	+08:18	04:23
32	384	Telmo Manuel Msrtns Cardoso	Individual	Veterano M40	44:01	+08:28	04:24
33	20	LUIS MARTINS	A.R.DE NEGRELOS	Veterano M40	44:16	+08:43	04:26
34	330	Ángelo Neto	Individual	Veterano M40	44:29	+08:56	04:27
35	99	António coelho	falta de O2	Veterano M40	44:33	+09:00	04:27
36	102	João Paulo Correia	FARMACIA LUSA	Veterano M40	45:00	+09:27	04:30
37	383	Rui Pedro Pena	Individual	Veterano M40	45:07	+09:34	04:31
38	385	telmo rodrigues	Individual	Veterano M40	45:11	+09:38	04:31
39	391	CASIMIRO CORREIA	Ja te apanho	Veterano M40	45:22	+09:49	04:32
40	550	José Miguel Neves	Voleibol Runners	Veterano M40	45:27	+09:54	04:33
41	565	José Giomes	Individual	Veterano M40	45:28	+09:55	04:33
42	479	João Paulo Ferreira	PAREDES AVENTURA	Veterano M40	45:32	+09:59	04:33
43	340	Belmiro Teixeira Costa	Individual	Veterano M40	45:47	+10:14	04:35
44	378	Paulo José Ribeiro Ferreira	Individual	Veterano M40	45:47	+10:14	04:35
45	481	Jorge Oliveira	PAREDES AVENTURA	Veterano M40	45:53	+10:20	04:35
46	484	Vitor Andrade	PAREDES AVENTURA	Veterano M40	45:55	+10:22	04:36
47	483	Pedro Pratas	PAREDES AVENTURA	Veterano M40	45:56	+10:23	04:36
48	351	Hélder Deveza	Individual	Veterano M40	46:12	+10:39	04:37
49	46	Filipe Moura	Amigos das Sapatilhas	Veterano M40	46:15	+10:42	04:38
50	335	António Oliveira	Individual	Veterano M40	46:40	+11:07	04:40
51	350	Francisco Freitas	Individual	Veterano M40	46:55	+11:22	04:42
52	357	Joaquim Dias	Individual	Veterano M40	47:06	+11:33	04:43
53	338	Artur Jorge Meireles Barbosa	Individual	Veterano M40	47:10	+11:37	04:43
54	415	ANTONIO MIRANDA	LOUSADA RUNNERS	Veterano M40	47:16	+11:43	04:44
55	337	ARMANDO MACHADO	Individual	Veterano M40	47:34	+12:01	04:45
56	533	Vasco Silva	SS MONTEPIO	Veterano M40	47:41	+12:08	04:46
57	73	Modesto Monteiro	Clube Independente de Atletismo de Alpendorada	Veterano M40	47:45	+12:12	04:46
58	377	PAULO BARBOSA	Clube White Running Team - Not Run Alone	Veterano M40	48:15	+12:42	04:49
59	494	Jose Fernando Magalhaes Moreira	Run 4 All	Veterano M40	48:19	+12:46	04:50
60	325	ALEXANDRE BRITO	Individual	Veterano M40	48:22	+12:49	04:50
61	334	António Moreira	Individual	Veterano M40	48:41	+13:08	04:52
62	458	Luís Miguel Andrade Moreira Dias	NOCTURNOS DE PAREDES	Veterano M40	48:51	+13:18	04:53
63	89	José Silva	CSRDC Santiago	Veterano M40	48:53	+13:20	04:53
64	392	Tomas Correia	Ja te apanho	Veterano M40	48:58	+13:25	04:54
65	369	Luís Filipe Lopes dos Santos	Individual	Veterano M40	49:01	+13:28	04:54
66	323	Agostinho Moreira	Individual	Veterano M40	49:04	+13:31	04:54

Official Timekeeper: Lap2Go	9 / 11	generate 13-jan-2016 16:07
-----------------------------	--------	----------------------------

Prova Principal

10 KM

**R**  
REVISED

OFFICIAL RESULT

67	470	joao couto	paços running	Veterano M40	49:16	+13:43	04:56
68	19	ALBERTO SOUSA	1001-Trilhos	Veterano M40	49:33	+14:00	04:57
69	497	jorge pacheco	runapolis	Veterano M40	49:40	+14:07	04:58
70	348	Fernando Antonio Fernandes	Individual	Veterano M40	49:54	+14:21	04:59
71	65	Silvério Santos	Clube do Pessoal Aguas Gaia	Veterano M40	49:57	+14:24	05:00
72	362	Jorge Lagareiro	Individual	Veterano M40	50:05	+14:32	05:01
73	455	Acacio Teixeira	NOCTURNOS DE PAREDES	Veterano M40	50:30	+14:57	05:03
74	367	jose manuel silva ferreira	Individual	Veterano M40	50:37	+15:04	05:04
75	34	Rui Martins	ADC C J CLARK - Castelo de Paiva	Veterano M40	50:46	+15:13	05:05
76	364	José Fernando Almeida Lopes	Individual	Veterano M40	52:07	+16:34	05:13
77	347	Eduardo Ferreira de Matos	Individual	Veterano M40	52:21	+16:48	05:14
78	381	paulo rocha	Individual	Veterano M40	52:38	+17:05	05:16
79	324	Alberto César	Individual	Veterano M40	52:43	+17:10	05:16
80	463	Álvaro Cardoso	Nós Acreditamos	Veterano M40	53:11	+17:38	05:19
81	527	Hugo Costa	SS MONTEPIO	Veterano M40	53:50	+18:17	05:23
82	529	Júlio Sousa	SS MONTEPIO	Veterano M40	53:51	+18:18	05:23
83	530	Ricardo Silva	SS MONTEPIO	Veterano M40	53:56	+18:23	05:24
84	336	ARMANDO CERQUEIRA	Individual	Veterano M40	54:02	+18:29	05:24
85	493	Álvaro Ribeiro	Run 4 All	Veterano M40	54:12	+18:39	05:25
86	556	Jorge Conceição	Individual	Veterano M40	54:16	+18:43	05:26
87	457	Joaquim Nogueira	NOCTURNOS DE PAREDES	Veterano M40	54:17	+18:44	05:26
88	380	Paulo Nunes	Individual	Veterano M40	54:19	+18:46	05:26
89	365	JOSE FERNANDO PEREIRA	Individual	Veterano M40	54:49	+19:16	05:29
90	456	Antonio Carvalho	NOCTURNOS DE PAREDES	Veterano M40	55:23	+19:50	05:32
91	370	Luís Miguel Nogueira	Individual	Veterano M40	55:24	+19:51	05:32
92	372	Manuel Carvalho	Individual	Veterano M40	55:39	+20:06	05:34
93	549	Pedro Manuel Leão Bastos	Via Verde Team	Veterano M40	56:22	+20:49	05:38
94	358	Joaquim Jorge Garces Moreira	Individual	Veterano M40	56:25	+20:52	05:39
95	515	Rolando Bessa	Smiling Runners	Veterano M40	57:15	+21:42	05:43
96	355	João Lopes	Individual	Veterano M40	57:23	+21:50	05:44
97	343	Christopher Guimaraens	Individual	Veterano M40	57:40	+22:07	05:46
98	354	Joao herculano rodrigues bessa	Individual	Veterano M40	58:03	+22:30	05:48
99	37	António Manuel Oliveira Costa	Alexandre Almeida SROC	Veterano M40	58:06	+22:33	05:49
100	38	José Alexandre Silva Almeida	Alexandre Almeida SROC	Veterano M40	58:24	+22:51	05:50
101	368	Juca Teixeira	Individual	Veterano M40	58:48	+23:15	05:53
102	359	JOAQUIM NOGUEIRA	Individual	Veterano M40	59:52	+24:19	05:59
103	394	Lénio Fernando Nogueira Marinho	Jobrinde-Montes Saloios	Veterano M40	01:01:07	+25:34	06:07
104	327	ALFREDO SIMÃO DOS SANTOS	Individual	Veterano M40	01:01:15	+25:42	06:07
105	344	DAMIAO MOREIRA	Individual	Veterano M40	01:01:18	+25:45	06:08
106	526	Francisco Moreira	SS MONTEPIO	Veterano M40	01:01:40	+26:07	06:10
107	360	Joaquim Ramos	Individual	Veterano M40	01:02:29	+26:56	06:15
108	498	rui alves	runapolis	Veterano M40	01:03:20	+27:47	06:20
109	331	Antero Bessa	Individual	Veterano M40	01:03:49	+28:16	06:23
110	411	Abel Filipe Nogueira Barbosa	Lateiros	Veterano M40	01:04:40	+29:07	06:28
111	382	Rui Paulo Alexandre Dias Zilhao	Individual	Veterano M40	01:06:00	+30:27	06:36
112	531	Rui Silva	SS MONTEPIO	Veterano M40	01:06:40	+31:07	06:40

Official Timekeeper: Lap2Go	10 / 11	generate 13-jan-2016 16:07
-----------------------------	---------	----------------------------

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

**OFFICIAL RESULT****R**  
REVISED

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

113	69	Ulisses Lopes	Clube Fluvial Vilacondense	Veterano M40	01:07:05	+31:32	06:42
114	548	Homero Soares Couto	Vamos os Dois	Veterano M40	01:08:00	+32:27	06:48
115	72	Manuel Barbosa	Clube Independente de Atletismo de Alpendorada	Veterano M40	01:10:18	+34:45	07:02
116	528	Jorge Sousa	SS MONTEPIO	Veterano M40	01:14:42	+39:09	07:28