



**CORRIDA - STAGE 1**

**10 KM**

R  
REVISED

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	118	pedro cancelo	clube zipper / spineclinic	Senior Masculino	54:26	+09:20	05:27
42	301	Bruno Andret Ribeiro da Silva	individual	Senior Masculino	54:29	+09:24	05:27
43	90	Américo Pinto	ccdtc.m.gondomar	Veterano M50	54:32	+09:27	05:27
44	10	André Fonseca	a. r. luz e vida gondomarense	Senior Masculino	54:44	+09:38	05:28
45	211	Antonio Rocha	gondomar futsal clube	Veterano M50	54:45	+09:40	05:29
46	189	Bruno Macieira	gondomar futsal clube	Senior Masculino	54:46	+09:40	05:29
47	97	Jorge Silva	centro ciclista de gondomar	Veterano M50	54:52	+09:47	05:29
48	608	Ivo Moura	villa de basto	Senior Masculino	54:59	+09:53	05:30
49	499	António Pinto	mocidade sangemil ac	Senior Masculino	55:04	+09:59	05:31
50	527	José Fernando Ferreira	pit power	Senior Masculino	55:07	+10:01	05:31
51	115	Joao Carolo	clube zipper / spineclinic	Senior Masculino	55:15	+10:10	05:32
52	190	César Pais	gondomar futsal clube	Senior Masculino	55:17	+10:12	05:32
53	414	Ângelo Nunes Vidal	individual	Veterano M40	55:20	+10:14	05:32
54	296	Andre Soares	individual	Senior Masculino	55:21	+10:16	05:32
55	420	César Sousa	individual	Veterano M40	55:32	+10:27	05:33
56	240	Annika Reinartz	individual	Senior Feminino	55:34	+10:28	05:33
57	114	Hugo moita	clube zipper / spineclinic	Senior Masculino	55:47	+10:42	05:35
58	207	Paulo Alves	gondomar futsal clube	Veterano M40	55:50	+10:45	05:35
59	87	AGOSTINHO GONÇALVES	cal - clube atletismo de lamas	Veterano M40	55:58	+10:52	05:36
60	290	Acácio Manuel Vaz Mesquita da Costa	individual	Senior Masculino	56:16	+11:10	05:38
61	188	André Trigais	gondomar futsal clube	Senior Masculino	56:16	+11:11	05:38
62	96	Miguel Martins	centro ciclista de gondomar	Senior Masculino	56:18	+11:12	05:38
63	417	António Zeferino Fernandes	individual	Veterano M40	56:22	+11:17	05:38
64	98	Augusto Pereira	centro ciclista de gondomar	Veterano M60	56:34	+11:28	05:39
65	493	Josué	leões de tardariz trail	Senior Masculino	56:48	+11:43	05:41
66	17	Ricardo Almeida	a. r. luz e vida gondomarense	Veterano M40	56:53	+11:47	05:41
67	55	Ricardo Machado	andatrinhos   freamunde	Veterano M50	57:03	+11:57	05:42
68	340	Kevin josselin	individual	Senior Masculino	57:06	+12:01	05:43
69	416	António Borges	individual	Veterano M40	57:21	+12:15	05:44
70	363	Nuno Teixeira	individual	Senior Masculino	57:23	+12:17	05:44
71	248	Daniela Gregório	individual	Senior Feminino	57:24	+12:18	05:44
72	536	Emanuel Coelho	porto sentido runners	Senior Masculino	57:39	+12:34	05:46
73	52	Ricardo Neto	andatrinhos   freamunde	Senior Masculino	57:44	+12:38	05:46
74	126	paulo ferreira	clube zipper / spineclinic	Veterano M40	57:46	+12:41	05:47
75	74	cesar martins	befitness	Senior Masculino	58:02	+12:56	05:48
76	124	antonio fortunato	clube zipper / spineclinic	Veterano M40	58:06	+13:01	05:49
77	327	Ivan Fernandes Gerales	individual	Senior Masculino	58:34	+13:28	05:51
78	324	Huang Yiwei	individual	Senior Masculino	58:35	+13:29	05:52
79	441	Miguel Moura	individual	Veterano M40	58:50	+13:44	05:53
80	221	Nuno Santos	grupo desportivo do bairro dos pescadores de matosinhos	Senior Masculino	58:50	+13:45	05:53
81	463	José Ferreira	individual	Veterano M50	58:51	+13:46	05:53
82	323	Hermínio Miguel Morais de Sousa	individual	Senior Masculino	58:54	+13:48	05:53
83	338	José Fernando da costa Azevedo	individual	Senior Masculino	58:55	+13:49	05:54
84	128	antonio teixeira	clube zipper / spineclinic	Veterano M50	58:56	+13:50	05:54
85	137	Hugo Chumbo	dentaldoctors team	Veterano M40	58:56	+13:51	05:54

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**10 KM**

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**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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	69	António Pacheco Oliveira	atletismo aliança de gandra	Veterano M40	59:04	+13:58	05:54
87	612	Sérgio Bruno Bernardo Ferreira	weteach run team	Senior Masculino	59:22	+14:17	05:56
88	555	António Freitas	run to be alive	Veterano M40	59:35	+14:30	05:58
89	154	Ricardo Barros	engomadoria l&a team	Senior Masculino	59:59	+14:53	06:00
90	152	Celso Santos	engomadoria l&a team	Senior Masculino	01:00:01	+14:56	06:00
91	385	Telmo Mendonça	individual	Senior Masculino	01:00:15	+15:10	06:02
92	609	Miguel Lemos	villa de basto	Senior Masculino	01:00:16	+15:10	06:02
93	7	Andreia Azevedo	a. r. luz e vida gandomarens	Senior Feminino	01:00:18	+15:12	06:02
94	580	Joaquim Cunha	smas porto	Veterano M40	01:00:39	+15:34	06:04
95	36	Luis Lobo	all titudes trail team	Veterano M40	01:00:47	+15:41	06:05
96	346	Marco André Matos Esteves	individual	Senior Masculino	01:01:15	+16:10	06:08
97	467	mario nogueira	individual	Veterano M50	01:01:20	+16:15	06:08
98	380	Sergio Filipe Sousa	individual	Senior Masculino	01:01:24	+16:19	06:08
99	457	António Rocha	individual	Veterano M50	01:01:28	+16:22	06:09
100	615	MANUEL.FERNANDO SILVA OLIVEIRA	white running team	Veterano M40	01:01:35	+16:29	06:10
101	68	Álvaro Cunha	atletismo aliança de gandra	Veterano M40	01:01:39	+16:33	06:10
102	390	Tiago Sousa	individual	Senior Masculino	01:01:48	+16:42	06:11
103	13	Filinto Pereira	a. r. luz e vida gandomarens	Veterano M40	01:01:55	+16:50	06:12
104	610	José Miguel Casal Cardoso Neves	vivacidade	Veterano M50	01:01:59	+16:53	06:12
105	22	Luís Pereira	águas do porto - casa dos trabalhadores	Senior Masculino	01:02:02	+16:56	06:12
106	498	Helder Miranda	miranda	Senior Masculino	01:02:11	+17:05	06:13
107	278	Raquel Sofia de Freitas Andrade	individual	Senior Feminino	01:02:20	+17:14	06:14
108	365	PAULO RAFAEL MELO DA SILVA	individual	Senior Masculino	01:02:22	+17:17	06:14
109	222	Pedro Arantes	grupo desportivo do bairro dos pescadores de matosinhos	Senior Masculino	01:02:29	+17:24	06:15
110	159	João Araújo	ermentão	Senior Masculino	01:02:31	+17:25	06:15
111	348	Marconi Liborio	individual	Senior Masculino	01:02:31	+17:26	06:15
112	8	Sónia Sousa	a. r. luz e vida gandomarens	Senior Feminino	01:02:47	+17:41	06:17
113	599	Daniela Soares	unidos à fresca	Senior Feminino	01:02:48	+17:43	06:17
114	600	David Pinto	unidos à fresca	Veterano M40	01:02:49	+17:44	06:17
115	63	José Dias	atletismo aliança de gandra	Senior Masculino	01:02:54	+17:48	06:17
116	451	Sérgio Ferreira	individual	Veterano M40	01:03:20	+18:14	06:20
117	208	Paulo Gama	gondomar futsal clube	Veterano M40	01:03:23	+18:17	06:20
118	359	Nuno Moutinho	individual	Senior Masculino	01:03:25	+18:19	06:21
119	511	Nuno Teixeira	os felizes	Veterano M40	01:03:30	+18:25	06:21
120	333	Joaquim Fernando Martins Santos	individual	Senior Masculino	01:03:32	+18:26	06:21
121	253	Elisabete Cunha	individual	Senior Feminino	01:03:38	+18:32	06:22
122	369	Pedro Filipe Teixeira de Freitas	individual	Senior Masculino	01:03:41	+18:36	06:22
123	156	Fernando Oliveira	engomadoria l&a team	Veterano M40	01:03:43	+18:38	06:22
124	62	Helder Moreira	atletismo aliança de gandra	Senior Masculino	01:03:45	+18:39	06:23
125	163	Nuno Amorim	factor x / s4l / medensefc	Senior Masculino	01:03:49	+18:44	06:23
126	560	Miguel Teixeira	run4lunch	Senior Masculino	01:04:06	+19:01	06:25
127	172	AMERICO FRANÇA	frança	Veterano M40	01:04:10	+19:04	06:25
128	435	Lourenço Cardoso	individual	Veterano M40	01:04:17	+19:12	06:26
129	351	Marcos Silva	individual	Senior Masculino	01:04:21	+19:16	06:26
130	168	Eduardo Ferreira	família feliz :)	Veterano M40	01:04:33	+19:27	06:27

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REVISED

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
131	598	ANTÓNIO NETO	trifitrofa	Veterano M60	01:04:33	+19:27	06:27
132	437	Marco Magalhães	individual	Veterano M40	01:04:39	+19:34	06:28
133	298	António José Carvalho Ferreira	individual	Senior Masculino	01:05:03	+19:57	06:30
134	184	Andreia Amorim	gondomar futsal clube	Senior Feminino	01:05:03	+19:57	06:30
135	212	Fernando Ferreira	gondomar futsal clube	Veterano M50	01:05:03	+19:58	06:30
136	185	Joana Cardoso	gondomar futsal clube	Senior Feminino	01:05:03	+19:58	06:30
137	19	PEDRO VIEIRA	a.d.sebolido trail boneca d'ouro	Senior Masculino	01:05:03	+19:58	06:30
138	326	Ibraim Sousa	individual	Senior Masculino	01:05:08	+20:03	06:31
139	341	Leandro "Malakata"	individual	Senior Masculino	01:05:13	+20:07	06:31
140	578	Pedro Salgueiro	sawadee	Senior Masculino	01:05:14	+20:09	06:31
141	308	Bruno Pereira	individual	Senior Masculino	01:05:18	+20:13	06:32
142	105	Modesto Monteiro	clube independente de alpendurada	Veterano M40	01:05:21	+20:15	06:32
143	178	Fábio Agostinho Almeida da Silva	ginásio fusion	Senior Masculino	01:05:24	+20:18	06:32
144	234	Hugo Mota	índios de bttrail	Senior Masculino	01:05:31	+20:26	06:33
145	447	paulo martins	individual	Veterano M40	01:05:31	+20:26	06:33
146	303	BRUNO CUNHA	individual	Senior Masculino	01:05:32	+20:26	06:33
147	33	Angelo Filipe Ferreira Campos Lobo	all titudes trail team	Senior Masculino	01:05:37	+20:31	06:34
148	375	Rui Paulo Pinto Alves	individual	Senior Masculino	01:05:38	+20:32	06:34
149	597	Fernando Leite	tnt - trilhos natura team	Senior Masculino	01:05:40	+20:34	06:34
150	514	Ricardo Arruda	os maravilhas	Veterano M40	01:05:45	+20:40	06:35
151	360	Nuno Moutinho	individual	Senior Masculino	01:05:53	+20:47	06:35
152	433	José Pires	individual	Veterano M40	01:05:53	+20:48	06:35
153	438	Miguel azevedo	individual	Veterano M40	01:06:02	+20:56	06:36
154	455	Adão Ferreira	individual	Veterano M50	01:06:03	+20:58	06:36
155	42	joão fonseca	amigos de s.pedro da cova	Senior Masculino	01:06:05	+20:59	06:37
156	233	Francisco Cardoso	índios de bttrail	Senior Masculino	01:06:23	+21:17	06:38
157	440	Miguel Ferreira	individual	Veterano M40	01:06:27	+21:22	06:39
158	321	Helder amaral	individual	Senior Masculino	01:06:29	+21:24	06:39
159	91	Avelino Pereira	ccdtc.m.gondomar	Veterano M60	01:06:32	+21:27	06:39
160	289	Vera Oliveira	individual	Senior Feminino	01:06:34	+21:28	06:39
161	454	Vitor Pinto	individual	Veterano M40	01:06:37	+21:31	06:40
162	453	Vítor Manuel Magalhães Moreira	individual	Veterano M40	01:06:38	+21:32	06:40
163	557	Francisco Teixeira	run4lunch	Senior Masculino	01:06:43	+21:37	06:40
164	343	luis nogueira	individual	Senior Masculino	01:06:44	+21:38	06:40
165	75	julia sousa	befitness	Veterana F40	01:06:47	+21:42	06:41
166	649	Leonel Alves	jobrinde	Veterano M60	01:06:50	+21:45	06:41
167	332	João Vieira	individual	Senior Masculino	01:06:55	+21:50	06:42
168	481	Hugo Leitão	jeremias team	Senior Masculino	01:06:59	+21:53	06:42
169	214	Nelson Silva	gondomar futsal clube	Veterano M50	01:07:01	+21:55	06:42
170	542	Carlos Martins	porto sentido runners	Veterano M50	01:07:04	+21:58	06:42
171	569	Carlos Tavares	runriver escola atletismo rio tinto	Veterano M40	01:07:12	+22:06	06:43
172	213	Francisco Teixeira	gondomar futsal clube	Veterano M50	01:07:14	+22:09	06:43
173	367	Pedro Ezequiel	individual	Senior Masculino	01:07:18	+22:13	06:44
174	421	Cláudio Castro	individual	Veterano M40	01:07:19	+22:14	06:44
175	318	Filipe truta	individual	Senior Masculino	01:07:19	+22:14	06:44





**CORRIDA - STAGE 1**

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**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
221	587	Bruno Lima Ferreira	súbito segurança sa	Senior Masculino	01:11:04	+25:59	07:06
222	31	Mario Pereira	all about	Veterano M40	01:11:05	+26:00	07:07
223	461	JOÃO FONSECA	individual	Veterano M50	01:11:06	+26:01	07:07
224	593	Miguel Moura	taylor's	Veterano M40	01:11:10	+26:04	07:07
225	24	António Pinto de Oliveira	águas do porto - casa dos trabalhadores	Veterano M50	01:11:19	+26:14	07:08
226	575	avelino carvalho	sa7i	Veterano M60	01:11:22	+26:16	07:08
227	584	João Lino Moreira	ss montepio	Veterano M40	01:11:24	+26:18	07:08
228	356	NUNO FILIPE MORIM MEIRELES ROCHA	individual	Senior Masculino	01:11:31	+26:25	07:09
229	334	Jorge Correia	individual	Senior Masculino	01:11:33	+26:28	07:09
230	316	Eduardo César Santos Guerra	individual	Senior Masculino	01:11:34	+26:28	07:09
231	352	Miguel Mendes	individual	Senior Masculino	01:11:37	+26:31	07:10
232	161	Manuel Silva	ermentão	Veterano M50	01:11:46	+26:41	07:11
233	394	ANA MARTINS	individual	Veterana F40	01:11:50	+26:45	07:11
234	539	Luisa Marques	porto sentido runners	Veterana F40	01:11:50	+26:45	07:11
235	282	Sofia Monteiro	individual	Senior Feminino	01:11:52	+26:47	07:11
236	541	Sara Nunes	porto sentido runners	Veterana F40	01:11:56	+26:50	07:12
237	139	Etelvina Santos	douroconta trail team	Senior Feminino	01:11:56	+26:51	07:12
238	147	Manuel Santos	douroconta trail team	Veterano M40	01:11:56	+26:51	07:12
239	543	CATARINA MONTEIRO	pt jr Sousa team	Senior Feminino	01:12:01	+26:56	07:12
240	373	Rui Correia	individual	Senior Masculino	01:12:02	+26:56	07:12
241	72	Sandra Cardoso	baguim runner	Veterana F40	01:12:14	+27:09	07:13
242	500	Paula Oliveira	nomeiodonada	Veterana F40	01:12:17	+27:12	07:14
243	44	Margarida da Silva Pereira	amigos quinta das freiras	Veterana F50	01:12:21	+27:15	07:14
244	103	José Dias	clube independente de alpendurada	Senior Masculino	01:12:21	+27:15	07:14
245	111	catia moreira	clube zipper / spineclinic	Senior Feminino	01:12:25	+27:20	07:15
246	167	Rui Mota	factor x / s4l / medensefc	Veterano M40	01:12:26	+27:21	07:15
247	165	Pedro Santos	factor x / s4l / medensefc	Senior Masculino	01:12:27	+27:22	07:15
248	589	Tiago Pereira	súbito segurança sa	Senior Masculino	01:12:32	+27:27	07:15
249	304	Bruno Filipe Martins Oliveira	individual	Senior Masculino	01:12:40	+27:35	07:16
250	331	João Rodrigues	individual	Senior Masculino	01:12:40	+27:35	07:16
251	415	Anibal Pereira	individual	Veterano M40	01:12:43	+27:38	07:16
252	265	Mafalda Luís	individual	Senior Feminino	01:12:44	+27:39	07:16
253	191	Fábio Silva	gondomar futsal clube	Senior Masculino	01:12:44	+27:39	07:16
254	602	Marco Caldas	valha-nos santa bárbara	Senior Masculino	01:13:03	+27:58	07:18
255	85	Ricardo Jose Silva	boa companhia	Senior Masculino	01:13:05	+27:59	07:19
256	353	Miguel Silva Rocha	individual	Senior Masculino	01:13:06	+28:00	07:19
257	119	ANABELA R MOREIRA	clube zipper / spineclinic	Veterana F40	01:13:13	+28:08	07:19
258	121	helen barbosa	clube zipper / spineclinic	Veterana F40	01:13:13	+28:08	07:19
259	196	Rui Oliveira	gondomar futsal clube	Senior Masculino	01:13:15	+28:09	07:20
260	358	Nuno Moreira	individual	Senior Masculino	01:13:17	+28:11	07:20
261	45	Adelaide Veludo	amigos quinta das freiras	Veterana F60	01:13:23	+28:18	07:20
262	127	pedro duarte	clube zipper / spineclinic	Veterano M40	01:13:24	+28:18	07:20
263	76	BRUNO MIGUEL ALMEIDA CUNHA	bicafé	Senior Masculino	01:13:30	+28:25	07:21
264	5	Rui Sá	10temidos	Veterano M40	01:13:33	+28:27	07:21
265	469	António Fernandes	individual	Veterano M60	01:13:36	+28:31	07:22

**CORRIDA - STAGE 1**

**10 KM**

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REVISED

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
266	623	Jorge Giesta	câmara municipal gondomar	Veterano M50	01:13:38	+28:33	07:22
267	494	Nuno Martinho	leões de tardariz trail	Senior Masculino	01:13:38	+28:33	07:22
268	492	José Santos	leões de tardariz trail	Senior Masculino	01:13:38	+28:33	07:22
269	335	jorge ramos	individual	Senior Masculino	01:13:39	+28:33	07:22
270	65	Sérgio Pereira	atletismo aliança de gandra	Senior Masculino	01:13:43	+28:38	07:22
271	93	José Paulo Neves Gonçalves	ccdt-stcp	Veterano M40	01:14:07	+29:01	07:25
272	21	Filipe Coutinho	aerodance trail running	Veterano M40	01:14:07	+29:02	07:25
273	26	Manuel Sousa	águas do porto - casa dos trabalhadores	Veterano M50	01:14:09	+29:04	07:25
274	293	Amaro Correia	individual	Senior Masculino	01:14:20	+29:14	07:26
275	205	José Carlos Lascasas	gondomar futsal clube	Veterano M40	01:14:28	+29:23	07:27
276	215	José Sousa	gondomar futsal clube	Veterano M60	01:14:28	+29:23	07:27
277	143	Ricardo Marques	douroconta trail team	Senior Masculino	01:14:31	+29:25	07:27
278	220	Ernesto Araújo	grfnz autoimportados	Veterano M40	01:14:42	+29:36	07:28
279	389	Tiago Oliveira da Costa	individual	Senior Masculino	01:14:43	+29:37	07:28
280	325	Hugo Filipe Silva Pedroso	individual	Senior Masculino	01:14:43	+29:37	07:28
281	540	Sandra Carvalho	porto sentido runners	Veterana F40	01:14:45	+29:39	07:29
282	361	Nuno Neves	individual	Senior Masculino	01:14:49	+29:43	07:29
283	592	Cristina Loureiro	taylor's	Veterana F40	01:14:57	+29:52	07:30
284	424	FERNANDO JORGE CORREIA DE OLIVEIRA	individual	Veterano M40	01:15:07	+30:02	07:31
285	313	Diogo Silva	individual	Senior Masculino	01:15:10	+30:04	07:31
286	95	Marlene Martins	centro ciclista de gondomar	Senior Feminino	01:15:12	+30:07	07:31
287	350	Marcos Santos	individual	Senior Masculino	01:15:20	+30:15	07:32
288	471	José de Sousa Magalhães	individual	Veterano M60	01:15:22	+30:16	07:32
289	473	MANUEL MOREIRA	individual	Veterano M60	01:15:24	+30:18	07:32
290	328	ivo ricardo oliveira bras	individual	Senior Masculino	01:15:26	+30:21	07:33
291	249	Débora Filipa Sousa Barbosa	individual	Senior Feminino	01:15:27	+30:21	07:33
292	218	José Santos	grfnz autoimportados	Senior Masculino	01:15:28	+30:22	07:33
293	594	Luis miguel sao vicente da silva	team bravos	Senior Masculino	01:15:34	+30:29	07:33
294	59	Fernanda Machado	atletismo aliança de gandra	Senior Feminino	01:15:38	+30:33	07:34
295	198	Margarida Oliveira	gondomar futsal clube	Veterana F40	01:15:42	+30:37	07:34
296	319	Gilberto Sousa	individual	Senior Masculino	01:15:44	+30:39	07:34
297	345	Márcio Oliveira	individual	Senior Masculino	01:15:44	+30:39	07:34
298	392	vitlor hugo peres teixeira	individual	Senior Masculino	01:15:46	+30:41	07:35
299	449	Serafim Pereira	individual	Veterano M40	01:15:53	+30:48	07:35
300	281	Sara Henriques	individual	Senior Feminino	01:15:55	+30:50	07:36
301	495	Manuel Oliveira	leões tardariz trail	Veterano M40	01:15:57	+30:52	07:36
302	559	Júlio Castro Lopes	run4lunch	Senior Masculino	01:16:00	+30:54	07:36
303	267	Maria Fátima Oliveira Costa	individual	Senior Feminino	01:16:09	+31:03	07:37
304	387	Tiago Miguel Soares Costa Pinto	individual	Senior Masculino	01:16:12	+31:07	07:37
305	446	Paulo Manuel Gonçalves Guerra Fernandes	individual	Veterano M40	01:16:27	+31:22	07:39
306	179	José Vicente Rodrigues Rua	ginásio fusion	Senior Masculino	01:16:29	+31:24	07:39
307	237	Ana Paula Fonseca Marques	individual	Senior Feminino	01:16:40	+31:35	07:40
308	381	Sérgio Gonçalves	individual	Senior Masculino	01:16:55	+31:49	07:42
309	490	Guilherme Oliveira	leões de tardariz trail	Senior Masculino	01:16:56	+31:51	07:42
310	426	Filipe Roboredo	individual	Veterano M40	01:17:08	+32:03	07:43





**CORRIDA - STAGE 1**

**10 KM**

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**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
357	317	Fernando Manuel Gomes de Brito	individual	Senior Masculino	01:21:27	+36:21	08:09
358	329	João Alberto Moreira Castro	individual	Senior Masculino	01:21:37	+36:32	08:10
359	432	José Luís de Sousa Oliveira	individual	Veterano M40	01:21:42	+36:36	08:10
360	130	Carla Ventura	dentaldoctors team	Veterana F40	01:21:42	+36:37	08:10
361	512	Cláudia Carcau	os lesmas	Senior Feminino	01:21:49	+36:44	08:11
362	515	Hermínia Oliveira	os pressinhas	Veterana F40	01:22:04	+36:59	08:12
363	516	Maria do Céu Borges	os pressinhas	Veterana F60	01:22:05	+36:59	08:13
364	517	Ernesto Santos	os pressinhas	Veterano M60	01:22:05	+36:59	08:13
365	84	Ricardo bruno Silva	boa companhia	Senior Masculino	01:22:21	+37:16	08:14
366	409	Angela Maria Lopes	individual	Veterana F50	01:22:38	+37:33	08:16
367	242	Carina Ferreira	individual	Senior Feminino	01:22:51	+37:45	08:17
368	300	Bernardo Barros	individual	Senior Masculino	01:22:52	+37:46	08:17
369	377	Rui Pinto	individual	Senior Masculino	01:22:57	+37:52	08:18
370	57	Cátia Francisco	atletismo aliança de gandra	Senior Feminino	01:23:01	+37:56	08:18
371	25	Emanuel Mascarenhas	águas do porto - casa dos trabalhadores	Veterano M50	01:23:03	+37:57	08:18
372	510	José Bonifácio	os felizes	Veterano M40	01:23:03	+37:57	08:18
373	88	Paulo Neves	casa dos trabalhadores - smas porto	Senior Masculino	01:23:03	+37:57	08:18
374	508	Jorge Caldas	os felizes	Senior Masculino	01:23:03	+37:58	08:18
375	393	vitor ramos	individual	Senior Masculino	01:23:05	+38:00	08:19
376	120	candida vilas-boas	clube zipper / spineclinic	Veterana F40	01:23:08	+38:02	08:19
377	122	maria ribeiro	clube zipper / spineclinic	Veterana F40	01:23:08	+38:02	08:19
378	448	rui gandra	individual	Veterano M40	01:23:08	+38:03	08:19
379	251	Eduarda Maria Melo Magalhães	individual	Senior Feminino	01:23:19	+38:13	08:20
380	412	Manuela Sousa	individual	Veterana F50	01:23:20	+38:15	08:20
381	590	Vanda Miranda	taylor's	Senior Feminino	01:23:26	+38:21	08:21
382	564	Acácio Miranda	run4lunch	Veterano M50	01:23:31	+38:26	08:21
383	100	Carlos Miguel Castro	ciclotainadas	Senior Masculino	01:23:35	+38:30	08:22
384	622	Márcia Silva	câmara municipal gondomar	Veterana F40	01:23:51	+38:45	08:23
385	647	Atleta 647	individual	Senior Masculino	01:23:51	+38:46	08:23
386	403	Raquel Amorim Barreto	individual	Veterana F40	01:23:57	+38:51	08:24
387	239	Andreia Sofia Pereira Gomes	individual	Senior Feminino	01:23:59	+38:53	08:24
388	574	jorge de sá	sa7i	Veterano M40	01:24:02	+38:56	08:24
389	572	david cruz	sa7i	Veterano M40	01:24:02	+38:56	08:24
390	263	Liliana Cristina Soares	individual	Senior Feminino	01:24:03	+38:57	08:24
391	135	Celso Mota	dentaldoctors team	Veterano M40	01:24:10	+39:04	08:25
392	177	Cláudio Silva	ginásio fusion	Senior Masculino	01:24:14	+39:09	08:25
393	558	João Miranda	run4lunch	Senior Masculino	01:24:25	+39:20	08:27
394	384	Sérgio Sousa	individual	Senior Masculino	01:24:27	+39:21	08:27
395	407	vera lucia augusto	individual	Veterana F40	01:24:30	+39:25	08:27
396	554	Ana Paula Pinto	run to be alive	Veterana F40	01:24:30	+39:25	08:27
397	571	carlos morais	sa7i	Veterano M40	01:24:32	+39:27	08:27
398	160	André Oliveira	ermentão	Veterano M40	01:24:41	+39:36	08:28
399	604	Carla Maria dos Santos Araújo	valha-nos santa bárbara	Veterana F40	01:24:58	+39:53	08:30
400	397	Júlia Magalhães	individual	Veterana F40	01:24:58	+39:53	08:30
401	210	António José Queiroz	gondomar futsal clube	Veterano M50	01:24:59	+39:53	08:30
402	505	Hélia Cidade	os felizes	Senior Feminino	01:25:12	+40:07	08:31

**CORRIDA - STAGE 1**

**10 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
403	537	Cristina Silva	porto sentido runners	Veterana F40	01:25:24	+40:18	08:32
404	192	Filipe Leitão	gondomar futsal clube	Senior Masculino	01:25:30	+40:25	08:33
405	312	Diogo Oliveira Alves	individual	Senior Masculino	01:25:50	+40:44	08:35
406	157	José Moreira	engomadoria l&a team	Veterano M40	01:25:57	+40:52	08:36
407	155	Ricardo Sampaio	engomadoria l&a team	Senior Masculino	01:25:57	+40:52	08:36
408	227	Filipa Cardoso	índios de btrail	Senior Feminino	01:26:00	+40:54	08:36
409	136	Fernando Fonseca	dentaldoctors team	Veterano M40	01:26:14	+41:09	08:37
410	601	Dina Santos	valha-nos santa bárbara	Senior Feminino	01:26:14	+41:09	08:37
411	583	Hélia Sousa	ss montepio	Veterana F40	01:26:29	+41:24	08:39
412	618	Marco Vigario	individual	Senior Masculino	01:26:31	+41:25	08:39
413	357	Nuno Filipe Rabaça Vaz Torres	individual	Senior Masculino	01:26:52	+41:47	08:41
414	201	Susana Sousa	gondomar futsal clube	Veterana F40	01:27:03	+41:57	08:42
415	223	PAULO RAMOS	grupo juvenil pinheiro da bemposta - o. azeméis	Veterano M40	01:27:22	+42:16	08:44
416	497	Carla Sousa Miranda	miranda	Senior Feminino	01:27:33	+42:28	08:45
417	257	hamurabi souza	individual	Senior Feminino	01:28:07	+43:01	08:49
418	382	Sérgio Pereira	individual	Senior Masculino	01:28:11	+43:06	08:49
419	552	JOAO CLAUDIO BANDEIRA	pt jrsousa team	Veterano M40	01:28:17	+43:12	08:50
420	81	Belmiro Neves de Sousa	bikes & bites	Veterano M60	01:28:38	+43:32	08:52
421	80	Rui Jesus	bikes & bites	Veterano M40	01:28:38	+43:32	08:52
422	268	Maria João sobral	individual	Senior Feminino	01:28:48	+43:43	08:53
423	398	LEILA FERNANDES DE OLIVEIRA	individual	Veterana F40	01:28:52	+43:47	08:53
424	406	Sandra Ferraz	individual	Veterana F40	01:29:07	+44:02	08:55
425	404	Rute Mesquita	individual	Veterana F40	01:29:08	+44:02	08:55
426	396	Claudia Sofia Pereira Gonçalves Teixeira	individual	Veterana F40	01:29:08	+44:03	08:55
427	368	Pedro Fernandes	individual	Senior Masculino	01:29:19	+44:14	08:56
428	561	Maria Clara Pinto	run4lunch	Veterana F40	01:29:21	+44:16	08:56
429	585	Andreia Reis	súbito segurança sa	Senior Feminino	01:29:46	+44:41	08:59
430	244	Carla Rodrigues	individual	Senior Feminino	01:29:57	+44:52	09:00
431	405	Sandra Carvalho	individual	Veterana F40	01:29:58	+44:53	09:00
432	173	Liliana Ribeiro	gang da boa vida	Senior Feminino	01:30:03	+44:57	09:00
433	174	Alexandre Dias	gang da boa vida	Veterano M40	01:30:03	+44:57	09:00
434	134	Carlos Azevedo	dentaldoctors team	Veterano M40	01:30:05	+44:59	09:01
435	32	Paulo Melo	all about	Veterano M40	01:30:19	+45:13	09:02
436	27	Carla Cardoso	all about	Senior Feminino	01:30:19	+45:13	09:02
437	29	Ricardo Oliveira	all about	Senior Masculino	01:30:19	+45:14	09:02
438	30	Elisabete Melo	all about	Veterana F40	01:30:19	+45:14	09:02
439	269	Maria silva	individual	Senior Feminino	01:30:23	+45:18	09:02
440	546	SUSANA MARINHO	pt jrsousa team	Senior Feminino	01:30:26	+45:21	09:03
441	429	JOÃO STRECHT	individual	Veterano M40	01:30:37	+45:31	09:04
442	551	HELENA CARDOSO	pt jrsousa team	Veterana F40	01:30:39	+45:34	09:04
443	468	Rui Cunha	individual	Veterano M50	01:30:43	+45:37	09:04
444	611	Eliana Lopes	weteach run team	Senior Feminino	01:30:51	+45:45	09:05
445	605	Augusta Cosme	valha-nos santa bárbara	Veterana F50	01:30:53	+45:48	09:05
446	47	Cristina Machado	andatrinhos   freamunde	Senior Feminino	01:31:19	+46:13	09:08
447	46	Carolina Files	andatrinhos   freamunde	Senior Feminino	01:31:19	+46:13	09:08

**CORRIDA - STAGE 1**

**10 KM**

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**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
448	482	João Nuno Ribeiro	jeremias team	Senior Masculino	01:31:29	+46:23	09:09
449	229	André Rodrigues	índios de btrail	Senior Masculino	01:31:32	+46:27	09:09
450	235	José Alves	índios de btrail	Senior Masculino	01:31:32	+46:27	09:09
451	408	Maria Céu Pereira Brites Lima Santos	individual	Veterana F50	01:31:39	+46:34	09:10
452	401	Maria Correia	individual	Veterana F40	01:31:47	+46:42	09:11
453	106	Manuel Barbosa	clube independente de alpendurada	Veterano M60	01:31:48	+46:42	09:11
454	288	Vânia Madalena Moreira Castro Teixeira	individual	Senior Feminino	01:32:07	+47:02	09:13
455	462	Joaquim Pinto	individual	Veterano M50	01:32:25	+47:20	09:15
456	285	Susana Latourrette	individual	Senior Feminino	01:32:25	+47:20	09:15
457	650	Mónica Antunes	câmara municipal gondomar	Senior Feminino	01:32:30	+47:24	09:15
458	299	António Manuel Soares da Costa	individual	Senior Masculino	01:32:30	+47:25	09:15
459	531	Luisa Filipe	pit power	Veterana F50	01:32:48	+47:43	09:17
460	486	Rui Portela	jumbo run	Senior Masculino	01:32:54	+47:48	09:17
461	488	Agostinho Vasconcelos	jumbo run	Veterano M60	01:32:54	+47:49	09:17
462	434	Licínio Borges	individual	Veterano M40	01:32:58	+47:52	09:18
463	226	David Silva	gundemarus	Veterano M40	01:32:59	+47:54	09:18
464	259	Isabel Patrícia Silva Pereira	individual	Senior Feminino	01:33:01	+47:55	09:18
465	197	CIDALIA PEIXOTO	gondomar futsal clube	Veterana F40	01:33:06	+48:01	09:19
466	295	André Filipe Gorgoço Ferreira	individual	Senior Masculino	01:33:11	+48:06	09:19
467	284	Susana Bagulho Guerra	individual	Senior Feminino	01:33:11	+48:06	09:19
468	272	Mi Paula Caldeira Balkestaahl	individual	Senior Feminino	01:33:31	+48:26	09:21
469	256	Filipa Fernandes	individual	Senior Feminino	01:33:32	+48:26	09:21
470	534	Joana Figueiredo	porto sentido runners	Senior Feminino	01:33:49	+48:44	09:23
471	506	Raquel Sousa	os felizes	Senior Feminino	01:33:50	+48:44	09:23
472	509	felicidade Carneiro	os felizes	Veterana F40	01:33:50	+48:45	09:23
473	582	Sérgio Costa	ss montepio	Senior Masculino	01:33:51	+48:46	09:23
474	261	Joana Silva	individual	Senior Feminino	01:34:20	+49:15	09:26
475	425	Filipe Moutinho	individual	Veterano M40	01:34:21	+49:16	09:26
476	530	Graça Farelo	pit power	Veterana F40	01:34:23	+49:17	09:26
477	524	Patrícia Sanches	pit power	Senior Feminino	01:34:23	+49:18	09:26
478	535	Maria Almeida	porto sentido runners	Senior Feminino	01:34:42	+49:36	09:28
479	228	Inês Jales	índios de btrail	Senior Feminino	01:34:47	+49:41	09:29
480	83	Heder Jose Cardoso	boa companhia	Senior Masculino	01:34:47	+49:41	09:29
481	232	Flávio Cardoso	índios de btrail	Senior Masculino	01:34:48	+49:42	09:29
482	286	Susana Patricia da Silva Soares Alves	individual	Senior Feminino	01:35:02	+49:57	09:30
483	606	Luís Lopes	valha-nos santa bárbara	Veterano M40	01:35:12	+50:07	09:31
484	78	Roberto Jorge Santos Freitas	bicafé	Veterano M40	01:35:44	+50:38	09:34
485	138	João Azevedo	dentaldoctors team	Veterano M40	01:35:59	+50:54	09:36
486	132	Luísa Azevedo	dentaldoctors team	Veterana F40	01:35:59	+50:54	09:36
487	464	José Júlio Jesus Alves	individual	Veterano M50	01:36:15	+51:09	09:38
488	270	Mariana Santoalha	individual	Senior Feminino	01:36:24	+51:19	09:38
489	200	Silvina Gama	gondomar futsal clube	Veterana F40	01:36:37	+51:31	09:40
490	349	Marcos Feiteira	individual	Senior Masculino	01:36:38	+51:32	09:40
491	532	Luís Filipe Figueiredo Gouveia	portelinha	Veterano M40	01:36:38	+51:32	09:40









**Corrida**

**10 KM**



**OFFICIAL RESULT**

36	251	Eduarda Maria Melo Magalhães	Individual	Senior Feminino	01:23:19	+27:45	08:20
37	590	Vanda Miranda	Taylor's	Senior Feminino	01:23:26	+27:53	08:21
38	239	Andreia Sofia Pereira Gomes	Individual	Senior Feminino	01:23:59	+28:25	08:24
39	263	Liliana Cristina Soares	Individual	Senior Feminino	01:24:03	+28:29	08:24
40	505	Hélia Cidade	Os felizes	Senior Feminino	01:25:12	+29:39	08:31
41	227	Filipa Cardoso	Índios de BTTrail	Senior Feminino	01:26:00	+30:26	08:36
42	601	Dina Santos	Valha-nos Santa Bárbara	Senior Feminino	01:26:14	+30:41	08:37
43	497	Carla Sousa Miranda	Miranda	Senior Feminino	01:27:33	+32:00	08:45
44	257	hamurabi souza	Individual	Senior Feminino	01:28:07	+32:33	08:49
45	268	Maria João sobral	Individual	Senior Feminino	01:28:48	+33:15	08:53
46	585	Andreia Reis	Súbito Segurança SA	Senior Feminino	01:29:46	+34:13	08:59
47	244	Carla Rodrigues	Individual	Senior Feminino	01:29:57	+34:24	09:00
48	173	Liliana Ribeiro	Gang da Boa Vida	Senior Feminino	01:30:03	+34:29	09:00
49	27	Carla Cardoso	All About	Senior Feminino	01:30:19	+34:45	09:02
50	269	Maria silva	Individual	Senior Feminino	01:30:23	+34:50	09:02
51	546	SUSANA MARINHO	PT JRSOUSA TEAM	Senior Feminino	01:30:26	+34:53	09:03
52	611	Eliana Lopes	Weteach Run Team	Senior Feminino	01:30:51	+35:17	09:05
53	47	Cristina Machado	Andatrilhos   Freamunde	Senior Feminino	01:31:19	+35:45	09:08
54	46	Carolina Files	Andatrilhos   Freamunde	Senior Feminino	01:31:19	+35:45	09:08
55	288	Vânia Madalena Moreira Castro Teixeira	Individual	Senior Feminino	01:32:07	+36:34	09:13
56	285	Susana Latourrette	Individual	Senior Feminino	01:32:25	+36:52	09:15
57	650	Mónica Antunes	Câmara Municipal Gondomar	Senior Feminino	01:32:30	+36:56	09:15
58	259	Isabel Patrícia Silva Pereira	Individual	Senior Feminino	01:33:01	+37:27	09:18
59	284	Susana Bagulho Guerra	Individual	Senior Feminino	01:33:11	+37:38	09:19
60	272	Mi Paula Caldeira Balkestaahl	Individual	Senior Feminino	01:33:31	+37:58	09:21
61	256	Filipa Fernandes	Individual	Senior Feminino	01:33:32	+37:58	09:21
62	534	Joana Figueiredo	Porto Sentido Runners	Senior Feminino	01:33:49	+38:16	09:23
63	506	Raquel Sousa	Os felizes	Senior Feminino	01:33:50	+38:16	09:23
64	261	Joana Silva	Individual	Senior Feminino	01:34:20	+38:47	09:26
65	524	Patrícia Sanches	Pit Power	Senior Feminino	01:34:23	+38:50	09:26
66	535	Maria Almeida	Porto Sentido Runners	Senior Feminino	01:34:42	+39:08	09:28
67	228	Inês Jales	Índios de BTTrail	Senior Feminino	01:34:47	+39:13	09:29
68	286	Susana Patricia da Silva Soares Alves	Individual	Senior Feminino	01:35:02	+39:29	09:30
69	270	Mariana Santoalha	Individual	Senior Feminino	01:36:24	+40:51	09:38
70	243	Carla Camarinha	Individual	Senior Feminino	01:36:39	+41:06	09:40
71	478	Inês Sofia Afonso Cardoso	Jeremias Team	Senior Feminino	01:37:08	+41:35	09:43
72	581	Ana Neves	SS MONTEPIO	Senior Feminino	01:37:10	+41:36	09:43
73	479	Sílvia Pereira	Jeremias Team	Senior Feminino	01:38:01	+42:28	09:48
74	287	TÂNIA MANUELA ALVES FERREIRA	Individual	Senior Feminino	01:38:04	+42:31	09:48
75	58	Celina Ferreira	ATLETISMO ALIANÇA DE GANDRA	Senior Feminino	01:38:29	+42:55	09:51
76	275	Patrícia Rodrigues Ferreira	Individual	Senior Feminino	01:38:31	+42:58	09:51
77	176	Joana Sofia Silva Moreira	Ginásio Fusion	Senior Feminino	01:38:52	+43:18	09:53
78	504	Bruna Samtos	Os felizes	Senior Feminino	01:38:52	+43:19	09:53
79	545	SARA MARTINS	PT JRSOUSA TEAM	Senior Feminino	01:39:22	+43:49	09:56
80	238	Ana Vieira	Individual	Senior Feminino	01:39:25	+43:51	09:57

## Corrida

**10 KM**

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**OFFICIAL RESULT**

81	518	Iris Oliveira	OsFôtes	Senior Feminino	01:40:40	+45:07	10:04
82	616	Nádia Soares	Zezinha's Team	Senior Feminino	01:42:05	+46:32	10:13
83	484	Susana Vasconcelos	Jumbo Run	Senior Feminino	01:43:03	+47:29	10:18
84	273	Mónica Cunha	Individual	Senior Feminino	01:44:17	+48:44	10:26
85	489	Cristina Silva	Leões de Tardariz Trail	Senior Feminino	01:45:01	+49:28	10:30
86	48	Cristina Pinto	Andatrilhos   Freamunde	Senior Feminino	01:46:26	+50:53	10:39
87	271	Marlene Roboredo	Individual	Senior Feminino	01:47:21	+51:48	10:44
88	49	Goreti Files	Andatrilhos   Freamunde	Senior Feminino	01:47:46	+52:13	10:47
89	183	ANABELA PEIXOTO	GONDOMAR FUTSAL CLUBE	Senior Feminino	01:50:02	+54:29	11:00
90	556	Margarida Nunes	Run4Lunch	Senior Feminino	01:52:40	+57:07	11:16
91	186	Patrícia Santos	GONDOMAR FUTSAL CLUBE	Senior Feminino	01:53:15	+57:41	11:20
92	56	Angela Almeida	ATLETISMO ALIANÇA DE GANDRA	Senior Feminino	01:53:52	+58:18	11:23
93	586	Sónia Reis	Súbito Segurança SA	Senior Feminino	01:57:27	+01:01:53	11:45
94	544	JOANA RODRIGUES DE SOUSA	PT JR SOUSA TEAM	Senior Feminino	01:58:51	+01:03:18	11:53

## Senior Masculino

1	648	Pedro Ferreira	SLB	Senior Masculino	45:06		04:31
2	145	Tiago Pinto	DOUROCONTA TRAIL TEAM	Senior Masculino	46:02	+00:56	04:36
3	553	Fábio Pinto	Royal Wellness Center	Senior Masculino	46:58	+01:53	04:42
4	146	David Ferreira	DOUROCONTA TRAIL TEAM	Senior Masculino	47:47	+02:41	04:47
5	144	Rogério Moreira	DOUROCONTA TRAIL TEAM	Senior Masculino	48:29	+03:23	04:51
6	11	Bruno Silva	A. R. LUZ E VIDA GONDOMARENSE	Senior Masculino	48:45	+03:40	04:53
7	314	Duarte Pedro Matias Alves Nazareth Pinheiro	Individual	Senior Masculino	49:29	+04:24	04:57
8	9	Álvaro Cardoso	A. R. LUZ E VIDA GONDOMARENSE	Senior Masculino	50:31	+05:25	05:03
9	2	carlos alves	#aprimananda	Senior Masculino	50:51	+05:46	05:05
10	374	Rui Manuel Gomes Mila	Individual	Senior Masculino	51:30	+06:24	05:09
11	315	eduardo camilo	Individual	Senior Masculino	51:45	+06:39	05:11
12	142	Hélder Rocha	DOUROCONTA TRAIL TEAM	Senior Masculino	52:11	+07:05	05:13
13	371	Ricardo José Neves Moreira	Individual	Senior Masculino	52:19	+07:13	05:14
14	391	Tiago Teixeira	Individual	Senior Masculino	52:31	+07:26	05:15
15	151	Anthony Lopes	Engomadoria L&A Team	Senior Masculino	52:41	+07:35	05:16
16	28	Filipe Sousa	All About	Senior Masculino	52:49	+07:44	05:17
17	302	Bruno Bertão	Individual	Senior Masculino	53:03	+07:57	05:18
18	383	Sergio silva	Individual	Senior Masculino	53:14	+08:09	05:19
19	141	Bruno Santos	DOUROCONTA TRAIL TEAM	Senior Masculino	53:29	+08:24	05:21
20	117	nuno cunha	Clube Zupper / Spineclinic	Senior Masculino	53:33	+08:28	05:21
21	162	André Almeida	Factor X / S4L / MedenseFC	Senior Masculino	53:40	+08:34	05:22
22	112	cristiano nogueira	Clube Zupper / Spineclinic	Senior Masculino	54:04	+08:58	05:24
23	195	Pedro Matos	GONDOMAR FUTSAL CLUBE	Senior Masculino	54:20	+09:14	05:26
24	194	Paulo Jorge	GONDOMAR FUTSAL CLUBE	Senior Masculino	54:21	+09:16	05:26
25	118	pedro cancelo	Clube Zupper / Spineclinic	Senior Masculino	54:26	+09:20	05:27
26	301	Bruno Andret Ribeiro da Silva	Individual	Senior Masculino	54:29	+09:24	05:27



**Corrida**

**10 KM**



**OFFICIAL RESULT**

69	163	Nuno Amorim	Factor X / S4L / MedenseFC	Senior Masculino	01:03:49	+18:44	06:23
70	560	Miguel Teixeira	Run4Lunch	Senior Masculino	01:04:06	+19:01	06:25
71	351	Marcos Silva	Individual	Senior Masculino	01:04:21	+19:16	06:26
72	298	António José Carvalho Ferreira	Individual	Senior Masculino	01:05:03	+19:57	06:30
73	19	PEDRO VIEIRA	A.D.Sebolido Trail Boneca D'Ouro	Senior Masculino	01:05:03	+19:58	06:30
74	326	Ibraim Sousa	Individual	Senior Masculino	01:05:08	+20:03	06:31
75	341	Leandro "Malakata"	Individual	Senior Masculino	01:05:13	+20:07	06:31
76	578	Pedro Salgueiro	Sawadee	Senior Masculino	01:05:14	+20:09	06:31
77	308	Bruno Pereira	Individual	Senior Masculino	01:05:18	+20:13	06:32
78	178	Fábio Agostinho Almeida da Silva	Ginásio Fusion	Senior Masculino	01:05:24	+20:18	06:32
79	234	Hugo Mota	Índios de BTTrail	Senior Masculino	01:05:31	+20:26	06:33
80	303	BRUNO CUNHA	Individual	Senior Masculino	01:05:32	+20:26	06:33
81	33	Angelo Filipe Ferreira Campos Lobo	All Titudes Trail team	Senior Masculino	01:05:37	+20:31	06:34
82	375	Rui Paulo Pinto Alves	Individual	Senior Masculino	01:05:38	+20:32	06:34
83	597	Fernando Leite	TNT - Trilhos Natura Team	Senior Masculino	01:05:40	+20:34	06:34
84	360	Nuno Moutinho	Individual	Senior Masculino	01:05:53	+20:47	06:35
85	42	joão fonseca	amigos de s.pedro da cova	Senior Masculino	01:06:05	+20:59	06:37
86	233	Francisco Cardoso	Índios de BTTrail	Senior Masculino	01:06:23	+21:17	06:38
87	321	Helder amaral	Individual	Senior Masculino	01:06:29	+21:24	06:39
88	557	Francisco Teixeira	Run4Lunch	Senior Masculino	01:06:43	+21:37	06:40
89	343	luis nogueira	Individual	Senior Masculino	01:06:44	+21:38	06:40
90	332	João Vieira	Individual	Senior Masculino	01:06:55	+21:50	06:42
91	481	Hugo Leitão	Jeremias Team	Senior Masculino	01:06:59	+21:53	06:42
92	367	Pedro Ezequiel	Individual	Senior Masculino	01:07:18	+22:13	06:44
93	318	Filipe truta	Individual	Senior Masculino	01:07:19	+22:14	06:44
94	41	Renato Silva	Amigos das Sapatilhas	Senior Masculino	01:07:25	+22:20	06:45
95	477	Helder Ribeiro	Irmaos Ribeiro	Senior Masculino	01:07:31	+22:26	06:45
96	476	Celso Ribeiro	Irmaos Ribeiro	Senior Masculino	01:07:47	+22:42	06:47
97	129	Antonio santos	confectavia	Senior Masculino	01:07:49	+22:44	06:47
98	491	José Ribeiro	Leões de Tardariz Trail	Senior Masculino	01:07:50	+22:44	06:47
99	475	Gonçalo Oliveira	Invicta Runners Team	Senior Masculino	01:07:50	+22:44	06:47
100	311	DIOGO GASPAS ANDRADE LOPES SOARES	Individual	Senior Masculino	01:08:23	+23:17	06:50
101	180	Leonel Ricardo Verissimo Monteiro	Ginásio Fusion	Senior Masculino	01:08:34	+23:29	06:51
102	153	Filipe Lopes	Engomadoria L&A Team	Senior Masculino	01:09:01	+23:55	06:54
103	166	Pedro Viana	Factor X / S4L / MedenseFC	Senior Masculino	01:09:03	+23:57	06:54
104	547	JOSÉ PEDRO BORGES	PT JRSOUSA TEAM	Senior Masculino	01:09:06	+24:00	06:55
105	364	PAULO OSÓRIO	Individual	Senior Masculino	01:09:24	+24:19	06:56
106	77	José Vítor Santos Gama	Bicafé	Senior Masculino	01:09:35	+24:29	06:58
107	102	Andre Miguel Ribeiro Ferreira	Clube de Colaborados AXA	Senior Masculino	01:10:12	+25:06	07:01
108	362	NUNO SANTOS	Individual	Senior Masculino	01:10:15	+25:10	07:02
109	116	joao rodrigues	Clube Zupper / Spineclinic	Senior Masculino	01:10:33	+25:27	07:03
110	113	gabriel moreira	Clube Zupper / Spineclinic	Senior Masculino	01:10:36	+25:31	07:04
111	607	André Mimi	Villa de Basto	Senior Masculino	01:10:55	+25:49	07:06
112	231	Filipe Gonçalves	Índios de BTTrail	Senior Masculino	01:10:55	+25:50	07:06
113	230	Cédric Silva	Índios de BTTrail	Senior Masculino	01:10:56	+25:50	07:06
114	320	Hélder Abreu	Individual	Senior Masculino	01:11:03	+25:58	07:06



**Corrida**

**10 KM**



**OFFICIAL RESULT**

115	587	Bruno Lima Ferreira	Súbito Segurança SA	Senior Masculino	01:11:04	+25:59	07:06
116	356	NUNO FILIPE MORIM MEIRELES ROCHA	Individual	Senior Masculino	01:11:31	+26:25	07:09
117	334	Jorge Correia	Individual	Senior Masculino	01:11:33	+26:28	07:09
118	316	Eduardo César Santos Guerra	Individual	Senior Masculino	01:11:34	+26:28	07:09
119	352	Miguel Mendes	Individual	Senior Masculino	01:11:37	+26:31	07:10
120	373	Rui Correia	Individual	Senior Masculino	01:12:02	+26:56	07:12
121	103	José Dias	Clube Independente de Alpendurada	Senior Masculino	01:12:21	+27:15	07:14
122	165	Pedro Santos	Factor X / S4L / MedenseFC	Senior Masculino	01:12:27	+27:22	07:15
123	589	Tiago Pereira	Súbito Segurança SA	Senior Masculino	01:12:32	+27:27	07:15
124	304	Bruno Filipe Martins Oliveira	Individual	Senior Masculino	01:12:40	+27:35	07:16
125	331	João Rodrigues	Individual	Senior Masculino	01:12:40	+27:35	07:16
126	191	Fábio Silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:12:44	+27:39	07:16
127	602	Marco Caldas	Valha-nos Santa Bárbara	Senior Masculino	01:13:03	+27:58	07:18
128	85	Ricardo Jose Silva	boa companhia	Senior Masculino	01:13:05	+27:59	07:19
129	353	Miguel Silva Rocha	Individual	Senior Masculino	01:13:06	+28:00	07:19
130	196	Rui Oliveira	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:13:15	+28:09	07:20
131	358	Nuno Moreira	Individual	Senior Masculino	01:13:17	+28:11	07:20
132	76	BRUNO MIGUEL ALMEIDA CUNHA	Bicafé	Senior Masculino	01:13:30	+28:25	07:21
133	494	Nuno Martinho	Leões de Tardariz Trail	Senior Masculino	01:13:38	+28:33	07:22
134	492	José Santos	Leões de Tardariz Trail	Senior Masculino	01:13:38	+28:33	07:22
135	335	jorge ramos	Individual	Senior Masculino	01:13:39	+28:33	07:22
136	65	Sérgio Pereira	ATLETISMO ALIANÇA DE GANDRA	Senior Masculino	01:13:43	+28:38	07:22
137	293	Amaro Correia	Individual	Senior Masculino	01:14:20	+29:14	07:26
138	143	Ricardo Marques	DOUROCONTA TRAIL TEAM	Senior Masculino	01:14:31	+29:25	07:27
139	389	Tiago Oliveira da Costa	Individual	Senior Masculino	01:14:43	+29:37	07:28
140	325	Hugo Filipe Silva Pedroso	Individual	Senior Masculino	01:14:43	+29:37	07:28
141	361	Nuno Neves	Individual	Senior Masculino	01:14:49	+29:43	07:29
142	313	Diogo Silva	Individual	Senior Masculino	01:15:10	+30:04	07:31
143	350	Marcos Santos	Individual	Senior Masculino	01:15:20	+30:15	07:32
144	328	ivo ricardo oliveira bras	Individual	Senior Masculino	01:15:26	+30:21	07:33
145	218	José Santos	GRFNZ AUTOIMPORTADOS	Senior Masculino	01:15:28	+30:22	07:33
146	594	Luis miguel sao vicente da silva	Team bravos	Senior Masculino	01:15:34	+30:29	07:33
147	319	Gilberto Sousa	Individual	Senior Masculino	01:15:44	+30:39	07:34
148	345	Márcio Oliveira	Individual	Senior Masculino	01:15:44	+30:39	07:34
149	392	vítor hugo peres teixeira	Individual	Senior Masculino	01:15:46	+30:41	07:35
150	559	Júlio Castro Lopes	Run4Lunch	Senior Masculino	01:16:00	+30:54	07:36
151	387	Tiago Miguel Soares Costa Pinto	Individual	Senior Masculino	01:16:12	+31:07	07:37
152	179	José Vicente Rodrigues Rua	Ginásio Fusion	Senior Masculino	01:16:29	+31:24	07:39
153	381	Sérgio Gonçalves	Individual	Senior Masculino	01:16:55	+31:49	07:42
154	490	Guilherme Oliveira	Leões de Tardariz Trail	Senior Masculino	01:16:56	+31:51	07:42
155	519	Nuno Alves	OsFôtes	Senior Masculino	01:17:24	+32:18	07:44
156	181	Miguel Ângelo Soares Correia	Ginásio Fusion	Senior Masculino	01:17:30	+32:25	07:45
157	595	António Pinheiro	Team DUAS FACES	Senior Masculino	01:17:34	+32:29	07:45
158	496	João Carvalho	LUSOS XXI	Senior Masculino	01:17:36	+32:30	07:46

**Corrida**

**10 KM**



**OFFICIAL RESULT**

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159	1	Marco Martins	Câmara Municipal Gondomar	Senior Masculino	01:17:41	+32:36	07:46
160	378	Rui Tiago Rocha Paiva	Individual	Senior Masculino	01:17:52	+32:47	07:47
161	337	Jose Carlos	Individual	Senior Masculino	01:18:01	+32:55	07:48
162	51	Diogo Neto	Andatrilhos   Freamunde	Senior Masculino	01:18:02	+32:56	07:48
163	588	Edgar Sousa	Súbito Segurança SA	Senior Masculino	01:18:20	+33:14	07:50
164	342	Luís Filipe Silva Rodrigues	Individual	Senior Masculino	01:18:25	+33:20	07:51
165	40	Nélson Silva	Amigos das Sapatilhas	Senior Masculino	01:18:27	+33:21	07:51
166	297	ANTONIO CORREIA	Individual	Senior Masculino	01:18:33	+33:28	07:51
167	306	Bruno Monteiro	Individual	Senior Masculino	01:18:45	+33:39	07:53
168	92	Hélder Ferreira	CCdT-STCP	Senior Masculino	01:19:32	+34:27	07:57
169	570	angelo fernandes	SA7I	Senior Masculino	01:19:59	+34:54	08:00
170	520	Cristóvão Magalhães	Perna de Pau	Senior Masculino	01:20:17	+35:12	08:02
171	521	Pedro Lima	Perna de Pau	Senior Masculino	01:20:18	+35:13	08:02
172	182	Manuel Fernando Gomes	Gomes	Senior Masculino	01:20:36	+35:30	08:04
173	322	Hélder silva	Individual	Senior Masculino	01:21:10	+36:04	08:07
174	317	Fernando Manuel Gomes de Brito	Individual	Senior Masculino	01:21:27	+36:21	08:09
175	329	João Alberto Moreira Castro	Individual	Senior Masculino	01:21:37	+36:32	08:10
176	84	Ricardo bruno Silva	boa companhia	Senior Masculino	01:22:21	+37:16	08:14
177	300	Bernardo Barros	Individual	Senior Masculino	01:22:52	+37:46	08:17
178	377	Rui Pinto	Individual	Senior Masculino	01:22:57	+37:52	08:18
179	88	Paulo Neves	CASA DOS TRABALHADORES - SMAS PORTO	Senior Masculino	01:23:03	+37:57	08:18
180	508	Jorge Caldas	Os felizes	Senior Masculino	01:23:03	+37:58	08:18
181	393	vítor ramos	Individual	Senior Masculino	01:23:05	+38:00	08:19
182	100	Carlos Miguel Castro	CicloTainadas	Senior Masculino	01:23:35	+38:30	08:22
183	647	Atleta 647	Individual	Senior Masculino	01:23:51	+38:46	08:23
184	177	Cláudio Silva	Ginásio Fusion	Senior Masculino	01:24:14	+39:09	08:25
185	558	João Miranda	Run4Lunch	Senior Masculino	01:24:25	+39:20	08:27
186	384	Sérgio Sousa	Individual	Senior Masculino	01:24:27	+39:21	08:27
187	192	Filipe Leitão	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:25:30	+40:25	08:33
188	312	Diogo Oliveira Alves	Individual	Senior Masculino	01:25:50	+40:44	08:35
189	155	Ricardo Sampaio	Engomadoria L&A Team	Senior Masculino	01:25:57	+40:52	08:36
190	618	Marco Vigario	Individual	Senior Masculino	01:26:31	+41:25	08:39
191	357	Nuno Filipe Rabaça Vaz Torres	Individual	Senior Masculino	01:26:52	+41:47	08:41
192	382	Sérgio Pereira	Individual	Senior Masculino	01:28:11	+43:06	08:49
193	368	Pedro Fernandes	Individual	Senior Masculino	01:29:19	+44:14	08:56
194	29	Ricardo Oliveira	All About	Senior Masculino	01:30:19	+45:14	09:02
195	482	João Nuno Ribeiro	Jeremias Team	Senior Masculino	01:31:29	+46:23	09:09
196	229	André Rodrigues	Índios de BTTrail	Senior Masculino	01:31:32	+46:27	09:09
197	235	José Alves	Índios de BTTrail	Senior Masculino	01:31:32	+46:27	09:09
198	299	António Manuel Soares da Costa	Individual	Senior Masculino	01:32:30	+47:25	09:15
199	486	Rui Portela	Jumbo Run	Senior Masculino	01:32:54	+47:48	09:17
200	295	André Filipe Gorgoço Ferreira	Individual	Senior Masculino	01:33:11	+48:06	09:19
201	582	Sérgio Costa	SS MONTEPIO	Senior Masculino	01:33:51	+48:46	09:23
202	83	Heder Jose Cardoso	boa companhia	Senior Masculino	01:34:47	+49:41	09:29
203	232	Flávio Cardoso	Índios de BTTrail	Senior Masculino	01:34:48	+49:42	09:29
204	349	Marcos Feiteira	Individual	Senior Masculino	01:36:38	+51:32	09:40

## Corrida

**10 KM**

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REVISED

**OFFICIAL RESULT**

205	294	Américo Santos	Individual	Senior Masculino	01:38:10	+53:05	09:49
206	480	Bruno Miguel Rodrigues Guimarães	Jeremias Team	Senior Masculino	01:38:44	+53:39	09:52
207	217	Fernando Silva	GRFNZ AUTOIMPORTADOS	Senior Masculino	01:38:56	+53:51	09:54
208	376	Rui Pereira	Individual	Senior Masculino	01:39:23	+54:18	09:56
209	370	Ricardo Anjos	Individual	Senior Masculino	01:39:44	+54:38	09:58
210	339	José Nuno Maio	Individual	Senior Masculino	01:44:17	+59:12	10:26
211	591	Sergio Chacim	Taylor's	Senior Masculino	01:44:51	+59:45	10:29
212	193	LUIS MIGUEL	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:49:59	+01:04:54	11:00
213	310	Daniel Silva	Individual	Senior Masculino	01:57:27	+01:12:21	11:45

## Veterana F40

1	75	julia sousa	BeFitness	Veterana F40	01:06:47		06:41
2	528	Cristina Casimiro	Pit Power	Veterana F40	01:10:27	+03:40	07:03
3	538	Elizabete Loureiro	Porto Sentido Runners	Veterana F40	01:10:56	+04:08	07:06
4	394	ANA MARTINS	Individual	Veterana F40	01:11:50	+05:03	07:11
5	539	Luisa Marques	Porto Sentido Runners	Veterana F40	01:11:50	+05:03	07:11
6	541	Sara Nunes	Porto Sentido Runners	Veterana F40	01:11:56	+05:08	07:12
7	72	Sandra Cardoso	Baguim runner	Veterana F40	01:12:14	+05:27	07:13
8	500	Paula Oliveira	NOMEIODONADA	Veterana F40	01:12:17	+05:30	07:14
9	119	ANABELA R MOREIRA	Clube Zupper / Spineclinic	Veterana F40	01:13:13	+06:26	07:19
10	121	helenabarbosa	Clube Zupper / Spineclinic	Veterana F40	01:13:13	+06:26	07:19
11	540	Sandra Carvalho	Porto Sentido Runners	Veterana F40	01:14:45	+07:57	07:29
12	592	Cristina Loureiro	Taylor's	Veterana F40	01:14:57	+08:10	07:30
13	198	Margarida Oliveira	GONDOMAR FUTSAL CLUBE	Veterana F40	01:15:42	+08:55	07:34
14	549	CECILIA MARTINS	PT JRSOUSA TEAM	Veterana F40	01:18:47	+11:59	07:53
15	529	Elsa Leite	Pit Power	Veterana F40	01:19:00	+12:12	07:54
16	402	Maria Fernanda Ferreira Carvalho	Individual	Veterana F40	01:19:14	+12:27	07:55
17	613	Fernanda Lopes	Weteach Run Team	Veterana F40	01:19:24	+12:36	07:56
18	487	Antónia Dias	Jumbo Run	Veterana F40	01:20:02	+13:14	08:00
19	133	Maria João Freitas	dentalDOCTORS Team	Veterana F40	01:20:54	+14:07	08:05
20	130	Carla Ventura	dentalDOCTORS Team	Veterana F40	01:21:42	+14:55	08:10
21	515	Hermínia Oliveira	Os Pressinhas	Veterana F40	01:22:04	+15:17	08:12
22	120	candida vilas-boas	Clube Zupper / Spineclinic	Veterana F40	01:23:08	+16:20	08:19
23	122	maria ribeiro	Clube Zupper / Spineclinic	Veterana F40	01:23:08	+16:20	08:19
24	622	Márcia Silva	Câmara Municipal Gondomar	Veterana F40	01:23:51	+17:03	08:23
25	403	Raquel Amorim Barreto	Individual	Veterana F40	01:23:57	+17:09	08:24
26	407	vera lucia augusto	Individual	Veterana F40	01:24:30	+17:43	08:27
27	554	Ana Paula Pinto	RUN TO BE ALIVE	Veterana F40	01:24:30	+17:43	08:27
28	604	Carla Maria dos Santos Araújo	Valha-nos Santa Bárbara	Veterana F40	01:24:58	+18:11	08:30
29	397	Júlia Magalhães	Individual	Veterana F40	01:24:58	+18:11	08:30
30	537	Cristina Silva	Porto Sentido Runners	Veterana F40	01:25:24	+18:36	08:32
31	583	Hélia Sousa	SS MONTEPIO	Veterana F40	01:26:29	+19:42	08:39
32	201	Susana Sousa	GONDOMAR FUTSAL CLUBE	Veterana F40	01:27:03	+20:15	08:42
33	398	LEILA FERNANDES DE OLIVEIRA	Individual	Veterana F40	01:28:52	+22:05	08:53
34	406	Sandra Ferraz	Individual	Veterana F40	01:29:07	+22:20	08:55

**Corrida**

**10 KM**

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**OFFICIAL RESULT**

35	404	Rute Mesquita	Individual	Veterana F40	01:29:08	+22:20	08:55
36	396	Claudia Sofia Pereira Gonçalves Teixeira	Individual	Veterana F40	01:29:08	+22:21	08:55
37	561	Maria Clara Pinto	Run4Lunch	Veterana F40	01:29:21	+22:34	08:56
38	405	Sandra Carvalho	Individual	Veterana F40	01:29:58	+23:11	09:00
39	30	Elisabete Melo	All About	Veterana F40	01:30:19	+23:32	09:02
40	551	HELENA CARDOSO	PT JRSOUSA TEAM	Veterana F40	01:30:39	+23:52	09:04
41	401	Maria Correia	Individual	Veterana F40	01:31:47	+25:00	09:11
42	197	CIDALIA PEIXOTO	GONDOMAR FUTSAL CLUBE	Veterana F40	01:33:06	+26:19	09:19
43	509	felicidade Carneiro	Os felizes	Veterana F40	01:33:50	+27:03	09:23
44	530	Graça Farelo	Pit Power	Veterana F40	01:34:23	+27:35	09:26
45	132	Luísa Azevedo	dentalDOCTORS Team	Veterana F40	01:35:59	+29:12	09:36
46	200	Silvina Gama	GONDOMAR FUTSAL CLUBE	Veterana F40	01:36:37	+29:49	09:40
47	620	Eduarda Freitas	Individual	Veterana F40	01:41:56	+35:09	10:12
48	131	Diana Mota	dentalDOCTORS Team	Veterana F40	01:44:52	+38:05	10:29
49	67	Silvia Pinto	ATLETISMO ALIANÇA DE GANDRA	Veterana F40	01:53:56	+47:09	11:24
50	66	Elisabete Silva	ATLETISMO ALIANÇA DE GANDRA	Veterana F40	01:55:23	+48:35	11:32
51	550	CLAUDIA MOREIRA	PT JRSOUSA TEAM	Veterana F40	01:58:50	+52:03	11:53
52	548	ANA NORIM	PT JRSOUSA TEAM	Veterana F40	01:58:52	+52:04	11:53

**Veterana F50**

1	37	Lucinda Alves	Amigos da quinta da picua	Veterana F50	01:10:56		07:06
2	44	Margarida da Silva Pereira	AMIGOS QUINTA DAS FREIRAS	Veterana F50	01:12:21	+01:25	07:14
3	409	Angela Maria Lopes	Individual	Veterana F50	01:22:38	+11:43	08:16
4	412	Manuela Sousa	Individual	Veterana F50	01:23:20	+12:25	08:20
5	605	Augusta Cosme	Valha-nos Santa Bárbara	Veterana F50	01:30:53	+19:58	09:05
6	408	Maria Céu Pereira Brites Lima Santos	Individual	Veterana F50	01:31:39	+20:44	09:10
7	531	Luisa Filipe	Pit Power	Veterana F50	01:32:48	+21:53	09:17
8	617	Maria Soares	Zeinha's Team	Veterana F50	01:42:05	+31:10	10:13
9	562	Goretti Gomes	Run4Lunch	Veterana F50	01:52:40	+41:44	11:16

**Veterana F60**

1	45	Adelaide Veludo	AMIGOS QUINTA DAS FREIRAS	Veterana F60	01:13:23		07:20
2	516	Maria do Céu Borges	Os Pressinhas	Veterana F60	01:22:05	+08:41	08:13

**Veterano M40**

1	450	SERGIO FERNANDO PINTO DE SOUSA	Individual	Veterano M40	46:10		04:37
2	104	Alcino Silva	Clube Independente de Alpendurada	Veterano M40	46:46	+00:37	04:41
3	14	Francisco Teixeira	A. R. LUZ E VIDA GONDOMARENSE	Veterano M40	49:13	+03:03	04:55

Official Timekeeper: Lap2Go

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**Corrida**
**10 KM**
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**OFFICIAL RESULT**

4	12	António Martins	A. R. LUZ E VIDA GONDOMARENSE	Veterano M40	50:00	+03:51	05:00
5	89	Miguel Pereira	CCDTC.M.GONDOMAR	Veterano M40	51:22	+05:12	05:08
6	436	Luís Miguel Mendes Sá	Individual	Veterano M40	51:57	+05:48	05:12
7	15	José Rocha	A. R. LUZ E VIDA GONDOMARENSE	Veterano M40	52:15	+06:05	05:14
8	428	Hugo Cameirao	Individual	Veterano M40	52:45	+06:36	05:17
9	206	José Paulo Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M40	53:02	+06:53	05:18
10	125	Marco Vieira	Clube Zupper / Spineclinic	Veterano M40	53:21	+07:12	05:20
11	418	armando rosa	Individual	Veterano M40	53:44	+07:35	05:22
12	414	Ângelo Nunes Vidal	Individual	Veterano M40	55:20	+09:10	05:32
13	420	César Sousa	Individual	Veterano M40	55:32	+09:23	05:33
14	207	Paulo Alves	GONDOMAR FUTSAL CLUBE	Veterano M40	55:50	+09:41	05:35
15	87	AGOSTINHO GONÇALVES	CAL - Clube Atletismo de Lamas	Veterano M40	55:58	+09:48	05:36
16	417	António Zeferino Fernandes	Individual	Veterano M40	56:22	+10:13	05:38
17	17	Ricardo Almeida	A. R. LUZ E VIDA GONDOMARENSE	Veterano M40	56:53	+10:43	05:41
18	416	António Borges	Individual	Veterano M40	57:21	+11:11	05:44
19	126	paulo ferreira	Clube Zupper / Spineclinic	Veterano M40	57:46	+11:37	05:47
20	124	antonio fortunato	Clube Zupper / Spineclinic	Veterano M40	58:06	+11:57	05:49
21	441	Miguel Moura	Individual	Veterano M40	58:50	+12:40	05:53
22	137	Hugo Chumbo	dentalDOCTORS Team	Veterano M40	58:56	+12:47	05:54
23	69	António Pacheco Oliveira	ATLETISMO ALIANÇA DE GANDRA	Veterano M40	59:04	+12:54	05:54
24	555	António Freitas	RUN TO BE ALIVE	Veterano M40	59:35	+13:26	05:58
25	580	Joaquim Cunha	SMAS PORTO	Veterano M40	01:00:39	+14:30	06:04
26	36	Luis Lobo	All Titudes Trail team	Veterano M40	01:00:47	+14:37	06:05
27	615	MANUEL.FERNANDO SILVA OLIVEIRA	WHITE RUNNING TEAM	Veterano M40	01:01:35	+15:25	06:10
28	68	Álvaro Cunha	ATLETISMO ALIANÇA DE GANDRA	Veterano M40	01:01:39	+15:29	06:10
29	13	Filinto Pereira	A. R. LUZ E VIDA GONDOMARENSE	Veterano M40	01:01:55	+15:46	06:12
30	600	David Pinto	UNIDOS À FRESCA	Veterano M40	01:02:49	+16:40	06:17
31	451	Sérgio Ferreira	Individual	Veterano M40	01:03:20	+17:10	06:20
32	208	Paulo Gama	GONDOMAR FUTSAL CLUBE	Veterano M40	01:03:23	+17:13	06:20
33	511	Nuno Teixeira	Os felizes	Veterano M40	01:03:30	+17:21	06:21
34	156	Fernando Oliveira	Engomadoria L&A Team	Veterano M40	01:03:43	+17:34	06:22
35	172	AMERICO FRANÇA	FRANÇA	Veterano M40	01:04:10	+18:00	06:25
36	435	Lourenço Cardoso	Individual	Veterano M40	01:04:17	+18:08	06:26
37	168	Eduardo Ferreira	Família Feliz :)	Veterano M40	01:04:33	+18:23	06:27
38	437	Marco Magalhães	Individual	Veterano M40	01:04:39	+18:30	06:28
39	105	Modesto Monteiro	Clube Independente de Alpendurada	Veterano M40	01:05:21	+19:11	06:32
40	447	paulo martins	Individual	Veterano M40	01:05:31	+19:22	06:33
41	514	Ricardo Arruda	Os Maravilhas	Veterano M40	01:05:45	+19:36	06:35
42	433	José Pires	Individual	Veterano M40	01:05:53	+19:44	06:35
43	438	Miguel azevedo	Individual	Veterano M40	01:06:02	+19:52	06:36
44	440	Miguel Ferreira	Individual	Veterano M40	01:06:27	+20:18	06:39



**Corrida**

**10 KM**



**OFFICIAL RESULT**

45	454	Vitor Pinto	Individual	Veterano M40	01:06:37	+20:27	06:40
46	453	Vítor Manuel Magalhães Moreira	Individual	Veterano M40	01:06:38	+20:28	06:40
47	569	Carlos Tavares	RUNRIVER Escola Atletismo Rio Tinto	Veterano M40	01:07:12	+21:02	06:43
48	421	Cláudio Castro	Individual	Veterano M40	01:07:19	+21:10	06:44
49	621	Henrique Marques	Câmara Municipal Gondomar	Veterano M40	01:07:26	+21:17	06:45
50	209	Pedro Sousa	GONDOMAR FUTSAL CLUBE	Veterano M40	01:07:32	+21:23	06:45
51	23	Joaquim Silva	Águas do Porto - Casa dos Trabalhadores	Veterano M40	01:07:34	+21:25	06:45
52	444	orlando jose da silva parente	Individual	Veterano M40	01:07:58	+21:49	06:48
53	149	Rui Marques	DOUROCONTA TRAIL TEAM	Veterano M40	01:08:05	+21:55	06:49
54	73	Vitor Cardoso	Baguim runner	Veterano M40	01:08:15	+22:05	06:50
55	513	António Guedes	Os Lesmas	Veterano M40	01:08:17	+22:08	06:50
56	427	Homero Couto	Individual	Veterano M40	01:10:17	+24:07	07:02
57	123	alvaro pinto	Clube Zupper / Spineclinic	Veterano M40	01:10:48	+24:38	07:05
58	31	Mario Pereira	All About	Veterano M40	01:11:05	+24:56	07:07
59	593	Miguel Moura	Taylor's	Veterano M40	01:11:10	+25:00	07:07
60	584	João Lino Moreira	SS MONTEPIO	Veterano M40	01:11:24	+25:14	07:08
61	147	Manuel Santos	DOUROCONTA TRAIL TEAM	Veterano M40	01:11:56	+25:47	07:12
62	167	Rui Mota	Factor X / S4L / MedenseFC	Veterano M40	01:12:26	+26:17	07:15
63	415	Anibal Pereira	Individual	Veterano M40	01:12:43	+26:34	07:16
64	127	pedro duarte	Clube Zupper / Spineclinic	Veterano M40	01:13:24	+27:14	07:20
65	5	Rui Sá	10TEMIDOS	Veterano M40	01:13:33	+27:23	07:21
66	93	José Paulo Neves Gonçalves	CCdT-STCP	Veterano M40	01:14:07	+27:57	07:25
67	21	Filipe Coutinho	Aerodance Trail Running	Veterano M40	01:14:07	+27:58	07:25
68	205	José Carlos Lascasas	GONDOMAR FUTSAL CLUBE	Veterano M40	01:14:28	+28:19	07:27
69	220	Ernesto Araújo	GRFNZ AUTOIMPORTADOS	Veterano M40	01:14:42	+28:32	07:28
70	424	FERNANDO JORGE CORREIA DE OLIVEIRA	Individual	Veterano M40	01:15:07	+28:58	07:31
71	449	Serafim Pereira	Individual	Veterano M40	01:15:53	+29:44	07:35
72	495	Manuel Oliveira	Leões Tardariz Trail	Veterano M40	01:15:57	+29:48	07:36
73	446	Paulo Manuel Gonçalves Guerra Fernandes	Individual	Veterano M40	01:16:27	+30:18	07:39
74	426	Filipe Roboredo	Individual	Veterano M40	01:17:08	+30:59	07:43
75	419	Carlos - Oralklasse Amigos do Trail	Individual	Veterano M40	01:17:08	+30:59	07:43
76	533	Luís Paulo de Castro Feiteira	Portelinha	Veterano M40	01:17:31	+31:22	07:45
77	431	Jorge Bessa Junior	Individual	Veterano M40	01:17:32	+31:23	07:45
78	107	Alexandre Pereira	Clube Portugal Telecom Zona Norte	Veterano M40	01:17:50	+31:40	07:47
79	53	Daniel Machado Neto	Andatrilhos   Freamunde	Veterano M40	01:18:01	+31:52	07:48
80	94	Marco Batista	CCdT-STCP	Veterano M40	01:18:49	+32:39	07:53
81	573	fernando gomes	SA7I	Veterano M40	01:19:25	+33:16	07:57
82	443	Nuno Teixeira	Individual	Veterano M40	01:19:33	+33:23	07:57
83	423	eduardo castro	Individual	Veterano M40	01:19:46	+33:37	07:59
84	35	Carlos Guedes	All Titudes Trail team	Veterano M40	01:19:53	+33:44	07:59
85	619	Pedro Henriques	Individual	Veterano M40	01:20:16	+34:07	08:02
86	432	José Luís de Sousa Oliveira	Individual	Veterano M40	01:21:42	+35:32	08:10
87	510	José Bonifácio	Os felizes	Veterano M40	01:23:03	+36:53	08:18

**Corrida**

**10 KM**



**OFFICIAL RESULT**

88	448	rui gandra	Individual	Veterano M40	01:23:08	+36:59	08:19
89	574	jorge de sá	SA7I	Veterano M40	01:24:02	+37:52	08:24
90	572	david cruz	SA7I	Veterano M40	01:24:02	+37:52	08:24
91	135	Celso Mota	dentalDOCTORS Team	Veterano M40	01:24:10	+38:00	08:25
92	571	carlos morais	SA7I	Veterano M40	01:24:32	+38:23	08:27
93	160	André Oliveira	Ermentão	Veterano M40	01:24:41	+38:32	08:28
94	157	José Moreira	Engomadoria L&A Team	Veterano M40	01:25:57	+39:48	08:36
95	136	Fernando Fonseca	dentalDOCTORS Team	Veterano M40	01:26:14	+40:05	08:37
96	223	PAULO RAMOS	GRUPO JUVENIL PINHEIRO DA BEMPOSTA - O. AZEMÉIS	Veterano M40	01:27:22	+41:12	08:44
97	552	JOAO CLAUDIO BANDEIRA	PT JRSOUSA TEAM	Veterano M40	01:28:17	+42:08	08:50
98	80	Rui Jesus	Bikes & Bites	Veterano M40	01:28:38	+42:28	08:52
99	174	Alexandre Dias	Gang da Boa Vida	Veterano M40	01:30:03	+43:53	09:00
100	134	Carlos Azevedo	dentalDOCTORS Team	Veterano M40	01:30:05	+43:55	09:01
101	32	Paulo Melo	All About	Veterano M40	01:30:19	+44:09	09:02
102	429	JOÃO STRECHT	Individual	Veterano M40	01:30:37	+44:27	09:04
103	434	Licínio Borges	Individual	Veterano M40	01:32:58	+46:48	09:18
104	226	David Silva	Gundemarus	Veterano M40	01:32:59	+46:50	09:18
105	425	Filipe Moutinho	Individual	Veterano M40	01:34:21	+48:12	09:26
106	606	Luís Lopes	Valha-nos Santa Bárbara	Veterano M40	01:35:12	+49:03	09:31
107	78	Roberto Jorge Santos Freitas	Bicafé	Veterano M40	01:35:44	+49:34	09:34
108	138	João Azevedo	dentalDOCTORS Team	Veterano M40	01:35:59	+49:50	09:36
109	532	Luís Filipe Figueiredo Gouveia	Portelinha	Veterano M40	01:36:38	+50:28	09:40
110	563	João Castro Lopes	Run4Lunch	Veterano M40	01:39:30	+53:21	09:57
111	175	Joaquim Freitas	GDRRETORTA	Veterano M40	01:41:56	+55:47	10:12
112	71	Vitor Rocha	ATLETISMO ALIANÇA DE GANDRA	Veterano M40	01:55:24	+01:09:15	11:32

**Veterano M50**

1	460	Hermínio Martins	Individual	Veterano M50	48:17		04:50
2	501	José Cabral	NOMEIODONADA	Veterano M50	50:02	+01:46	05:00
3	410	Arlindo Alves de Sousa	Individual	Veterano M50	50:54	+02:38	05:05
4	99	JOSÉ MOTA	CICLISTAS CÓSMICOS GISLÓTICA	Veterano M50	50:59	+02:42	05:06
5	458	David Fernando da Rocha Tavares	Individual	Veterano M50	51:33	+03:17	05:09
6	90	Américo Pinto	CCDTC.M.GONDOMAR	Veterano M50	54:32	+06:16	05:27
7	211	Antonio Rocha	GONDOMAR FUTSAL CLUBE	Veterano M50	54:45	+06:29	05:29
8	97	Jorge Silva	CENTRO CICLISTA DE GONDOMAR	Veterano M50	54:52	+06:36	05:29
9	55	Ricardo Machado	Andatrilhos   Freamunde	Veterano M50	57:03	+08:46	05:42
10	463	José Ferreira	Individual	Veterano M50	58:51	+10:35	05:53
11	128	antonio teixeira	Clube Zupper / Spineclinic	Veterano M50	58:56	+10:39	05:54
12	467	mario nogueira	Individual	Veterano M50	01:01:20	+13:04	06:08
13	457	António Rocha	Individual	Veterano M50	01:01:28	+13:11	06:09
14	610	José Miguel Casal Cardoso Neves	Vivacidade	Veterano M50	01:01:59	+13:42	06:12
15	212	Fernando Ferreira	GONDOMAR FUTSAL CLUBE	Veterano M50	01:05:03	+16:47	06:30

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**OFFICIAL RESULT**
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16	455	Adão Ferreira	Individual	Veterano M50	01:06:03	+17:47	06:36
17	214	Nelson Silva	GONDOMAR FUTSAL CLUBE	Veterano M50	01:07:01	+18:44	06:42
18	542	Carlos Martins	Porto Sentido Runners	Veterano M50	01:07:04	+18:47	06:42
19	213	Francisco Teixeira	GONDOMAR FUTSAL CLUBE	Veterano M50	01:07:14	+18:58	06:43
20	465	Manuel Carvalho Guedes	Individual	Veterano M50	01:07:46	+19:30	06:47
21	456	Amândio Rodrigues	Individual	Veterano M50	01:09:03	+20:46	06:54
22	54	Adry Barros	Andatrilhos   Freamunde	Veterano M50	01:09:26	+21:10	06:57
23	466	Manuel Rocha Ribeiro	Individual	Veterano M50	01:10:49	+22:32	07:05
24	38	Abílio Alves	Amigos da quinta da picua	Veterano M50	01:10:55	+22:39	07:06
25	459	Emídio pontes	Individual	Veterano M50	01:11:03	+22:46	07:06
26	461	JOÃO FONSECA	Individual	Veterano M50	01:11:06	+22:50	07:07
27	24	António Pinto de Oliveira	Águas do Porto - Casa dos Trabalhadores	Veterano M50	01:11:19	+23:03	07:08
28	161	Manuel Silva	Ermentão	Veterano M50	01:11:46	+23:30	07:11
29	623	Jorge Giesta	Câmara Municipal Gondomar	Veterano M50	01:13:38	+25:22	07:22
30	26	Manuel Sousa	Águas do Porto - Casa dos Trabalhadores	Veterano M50	01:14:09	+25:53	07:25
31	25	Emanuel Mascarenhas	Águas do Porto - Casa dos Trabalhadores	Veterano M50	01:23:03	+34:46	08:18
32	564	Acácio Miranda	Run4Lunch	Veterano M50	01:23:31	+35:15	08:21
33	210	António José Queiroz	GONDOMAR FUTSAL CLUBE	Veterano M50	01:24:59	+36:42	08:30
34	468	Rui Cunha	Individual	Veterano M50	01:30:43	+42:26	09:04
35	462	Joaquim Pinto	Individual	Veterano M50	01:32:25	+44:09	09:15
36	464	José Júlio Jesus Alves	Individual	Veterano M50	01:36:15	+47:58	09:38

**Veterano M60**

1	98	Augusto Pereira	CENTRO CICLISTA DE GONDOMAR	Veterano M60	56:34		05:39
2	598	ANTÓNIO NETO	TRIFITROFA	Veterano M60	01:04:33	+07:59	06:27
3	91	Avelino Pereira	CCDTC.M.GONDOMAR	Veterano M60	01:06:32	+09:59	06:39
4	649	Leonel Alves	JOBRINDE	Veterano M60	01:06:50	+10:17	06:41
5	576	jose brites	SA7I	Veterano M60	01:07:56	+11:22	06:48
6	43	serafim fonseca	amigos de s.pedro da cova	Veterano M60	01:08:58	+12:24	06:54
7	474	Nuno José Borges de Pinho Monteiro	Individual	Veterano M60	01:09:06	+12:32	06:55
8	472	Manuel Emidio	Individual	Veterano M60	01:10:31	+13:57	07:03
9	575	avelino carvalho	SA7I	Veterano M60	01:11:22	+14:48	07:08
10	469	António Fernandes	Individual	Veterano M60	01:13:36	+17:03	07:22
11	215	José Sousa	GONDOMAR FUTSAL CLUBE	Veterano M60	01:14:28	+17:55	07:27
12	471	José de Sousa Magalhães	Individual	Veterano M60	01:15:22	+18:48	07:32
13	473	MANUEL MOREIRA	Individual	Veterano M60	01:15:24	+18:50	07:32
14	483	Lénio Fernando Nogueira Marinho	Jobrinde-Montes Saloios	Veterano M60	01:19:41	+23:08	07:58
15	517	Ernesto Santos	Os Pressinhas	Veterano M60	01:22:05	+25:31	08:13
16	81	Belmiro Neves de Sousa	Bikes & Bites	Veterano M60	01:28:38	+32:04	08:52
17	106	Manuel Barbosa	Clube Independente de Alpendurada	Veterano M60	01:31:48	+35:14	09:11
18	488	Agostinho Vasconcelos	Jumbo Run	Veterano M60	01:32:54	+36:21	09:17







## 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 SOLUTION - LAP2GO - TIMING SOLUTION

39	SS MONTEPIO	227 + 411 + 473	1111
40	Jumbo Run	347 + 348 + 460	1155