Gondomar Night Run
Gondomar, PT
22-julho-2017

PROVA PRINCIPAL - STAGE 1 — 10 KM

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

OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	21:30	18,6ºC	68%
End	23:10	16ºC	87%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	546	Pedro Ferreira	sport lisboa e benfica	Senior Masculino	37:46		-
2	208	VITOR BARBOSA	grupo dramatico e recreativo da retorta	Senior Masculino	38:11	+00:25	-
3	15	sergio fernando pinto de Sousa	acd s. joão da serra	Veterano M40	38:59	+01:13	-
4	210	HENRIQUE DIAS	grupo dramatico e recreativo da retorta	Veterano M50	39:06	+01:20	-
5	127	Alcino Silva	clube independente de atletismo de alpendorada	Veterano M40	39:10	+01:23	-
6	145	Rui Gomes	douroconta - gabinete de apoio e contabilidade	Veterano M40	39:44	+01:58	-
7	207	TIAGO LISBOA	grupo dramatico e recreativo da retorta	Senior Masculino	39:49	+02:03	-
8	563	fabio fernandes correia	trail running clube btt sanguedo	Senior Masculino	40:03	+02:16	-
9	550	Paulo Reis	sporting clube de espinho / António leitão	Veterano M40	40:26	+02:39	-
10	209	ADELINO SILVA	grupo dramatico e recreativo da retorta	Veterano M40	40:30	+02:44	-
11	498	Orlando Neves	orlando	Veterano M40	41:00	+03:14	-
12	468	José Cabral	juntos somos um	Veterano M50	41:24	+03:37	-
13	135	Hélder Rocha	douroconta - gabinete de apoio e contabilidade	Senior Masculino	41:54	+04:07	-
14	274	bruno silva	individual	Senior Masculino	41:54	+04:08	-
15	137	Ricardo Barros	douroconta - gabinete de apoio e contabilidade	Senior Masculino	42:06	+04:19	-
16	486	Sergio Silva	mss contabilidade	Senior Masculino	42:11	+04:25	-
17	138	Rogério Moreira	douroconta - gabinete de apoio e contabilidade	Senior Masculino	42:16	+04:30	-
18	85	Belmiro Moreira Ferreira	cd leoes da guarda	Veterano M50	42:43	+04:57	-
19	9	ÁLVARO CARDOSO	a. r. luz e vida gondomarense	Senior Masculino	42:55	+05:09	-
20	155	Sergio Santos	engomadoria l&a team	Veterano M40	42:59	+05:12	-
21	38	Filipe Sousa	all about spirit team	Senior Masculino	43:04	+05:18	-
22	549	Paulo Oliveira	sporting clube de espinho / António leitão	Veterano M40	43:06	+05:19	-
23	582	Diogo Parente	douroconta - gabinete de apoio e contabilidade	Senior Masculino	43:32	+05:46	-
24	327	Carlos Barroso	individual	Veterano M40	43:36	+05:50	-
25	136	José Rocha	douroconta - gabinete de apoio e contabilidade	Senior Masculino	44:09	+06:23	-
26	93	Vitor Sousa	centro ciclista de gondomar	Veterano M50	44:13	+06:26	-
27	548	Hernâni Furtado	sporting clube de espinho / António leitão	Senior Masculino	44:15	+06:29	-
28	82	Miguel Pereira	ccdtc.m.gondomar	Veterano M40	44:15	+06:29	-
29	63	Arlindo Sousa	atlético clube alfenense	Veterano M50	44:18	+06:31	-
30	569	Rui Pedro Reis	individual	Senior Masculino	44:20	+06:34	-
31	493	JOSÉ MOTA	nascidos para correr	Veterano M50	44:23	+06:37	-
32	182	Nelson Marques	gaia trail	Senior Masculino	44:36	+06:50	-
33	174	Vítor Moreira	factor x / s4l / medense fc	Senior Masculino	44:49	+07:03	-
34	289	Filipe Teixeira	individual	Senior Masculino	45:15	+07:29	-
35	62	Carlos Campos	atlético clube alfenense	Veterano M40	45:19	+07:33	-
36	330	Miguel Ângelo Baptista Pinto	individual	Senior Masculino	45:28	+07:42	-
37	181	Micael Cunha	gaia trail	Senior Masculino	45:30	+07:44	-
38	574	Joaquim Freitas	individual	Senior Masculino	45:34	+07:47	-

PROVA PRINCIPAL - STAGE 1 10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
39	577	Manuel Sousa	a. r. luz e vida gondomarense	Veterano M50	45:35	+07:49	-
40	11	MARCO ESTEVES	a. r. luz e vida gondomarense	Senior Masculino	45:36	+07:50	-
41	176	Pedro Freitas	factor x / s4l / medense fc	Veterano M40	45:38	+07:52	-
42	98	Luciano Pinho	centro municipal de marcha e corrida de vale de cambra	Senior Masculino	45:44	+07:57	-
43	117	João Rodrigues	centro municipal de marcha e corrida de vale de cambra	Veterano M40	45:48	+08:02	-
44	200	Pedro Matos	gondomar futsal clube	Veterano M40	45:48	+08:02	-
45	183	Mário Melo	galhardos	Senior Masculino	45:57	+08:11	-
46	267	Andre Soares	individual	Senior Masculino	45:57	+08:11	-
47	91	David Tavares	centro ciclista de gondomar	Veterano M50	46:01	+08:15	-
48	319	José Miguel Pinto	individual	Senior Masculino	46:11	+08:24	-
49	153	Anthony Lopes	engomadoria l&a team	Senior Masculino	46:35	+08:49	-
50	92	Jorge Silva	centro ciclista de gondomar	Veterano M50	46:43	+08:57	-
51	75	Agostinho Marques	cal - clube atletismo de lamas	Veterano M40	46:45	+08:59	-
52	505	Manuel Oliveira	os falta d'ar	Veterano M50	47:02	+09:16	-
53	455	António Graça	individual	Veterano M60	47:03	+09:16	-
54	61	Tiago Oliveira	ases dos pedais/sob efeito trail	Senior Masculino	47:09	+09:23	-
55	90	Miguel Martins	centro ciclista de gondomar	Veterano M40	47:22	+09:36	-
56	26	Fernando Oliveira	aliança de gandra	Veterano M40	47:25	+09:39	-
57	151	Nuno Teixeira	edv-vianatrail	Senior Masculino	47:25	+09:39	-
58	7	ANDREIA AZEVEDO	a. r. luz e vida gondomarense	Senior Feminino	47:33	+09:47	-
59	169	Nuno Amorim	factor x / s4l / medense fc	Senior Masculino	47:34	+09:48	-
60	584	Marta Marques	individual	Senior Feminino	47:46	+10:00	-
61	506	Filipe rocha	perdidos no trail	Senior Masculino	47:48	+10:01	-
62	567	Joaquim Santos	white	Veterano M50	47:50	+10:04	-
63	504	Jorge Filipe Jesus Silva	os falta d'ar	Veterano M40	48:00	+10:14	-
64	409	Joao Correia	individual	Veterano M40	48:03	+10:16	-
65	178	António Rocha	factor x / s4l / medense fc	Veterano M60	48:08	+10:22	-
66	283	Fábio José Almeida Soares	individual	Senior Masculino	48:14	+10:28	-
67	179	Hortense Tenda	gaia trail	Senior Feminino	48:23	+10:36	-
68	476	Hugo Chumbo M	magical mushrooms	Veterano M40	48:29	+10:43	-
69	14	RICARDO ALMEIDA	a. r. luz e vida gondomarense	Veterano M40	48:33	+10:47	-
70	318	José Manuel Gonçalves Barbosa	individual	Senior Masculino	48:35	+10:49	-
71	487	António Fernandes	mss contabilidade	Veterano M40	48:37	+10:50	-
72	469	Paulo Cavaleiro	leitão & cavaleiro	Veterano M50	48:41	+10:55	-
73	293	Helder Alexandre Gomes Fernandes	individual	Senior Masculino	48:53	+11:07	-
74	269	antonio ricardo ferreira da silva	individual	Senior Masculino	48:55	+11:09	-
75	8	DANIELA GREGÓRIO	a. r. luz e vida gondomarense	Senior Feminino	48:55	+11:09	-
76	177	Rui Mota	factor x / s4l / medense fc	Veterano M40	48:56	+11:10	-
77	282	Eduardo xavier nunes Ferreira	individual	Senior Masculino	48:59	+11:13	-
78	197	Paulo Alves	gondomar futsal clube	Veterano M40	49:00	+11:13	-
79	156	João Araújo	ermentão	Senior Masculino	49:15	+11:29	-
80	362	Rui Dias	individual	Senior Masculino	49:17	+11:30	-
81	163	David Gonçalves	factor x / s4l / medense fc	Senior Masculino	49:20	+11:34	-

PROVA PRINCIPAL - STAGE 1 10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
82	337	Nuno MIguel Nogueira Teixeira	individual	Senior Masculino	49:22	+11:36	-
83	126	Nelson Silva	centro municipal de marcha e corrida de vale de cambra	Veterano M60	49:23	+11:37	-
84	48	MANUEL SILVA	amigos da pícua-nortigaia	Veterano M60	49:24	+11:38	-
85	112	Antonio Martins	centro municipal de marcha e corrida de vale de cambra	Veterano M40	49:35	+11:49	-
86	142	António Azevedo	douroconta - gabinete de apoio e contabilidade	Veterano M40	49:41	+11:54	-
87	306	João Ângelo Pereira Fontão	individual	Senior Masculino	49:44	+11:58	-
88	447	manuel cunha povoas	individual	Veterano M50	49:47	+12:00	-
89	147	Telmo Ferreira	douroconta - gabinete de apoio e contabilidade	Veterano M40	49:50	+12:04	-
90	24	Hélder Moreira	aliança de gandra	Senior Masculino	49:57	+12:11	-
91	139	Vitor Rio	douroconta - gabinete de apoio e contabilidade	Senior Masculino	50:01	+12:14	-
92	193	Telmo Mendonça	gondomar futsal clube	Senior Masculino	50:05	+12:19	-
93	312	Jorge Miguel Silva Oliveira	individual	Senior Masculino	50:06	+12:19	-
94	427	PAULO PIMENTA	individual	Veterano M40	50:08	+12:22	-
95	492	CÉLINE GOMES	nascidos para correr	Senior Feminino	50:17	+12:30	-
96	449	Mário Nogueira	individual	Veterano M50	50:23	+12:36	-
97	507	José Gaspar	perdidos no trail	Senior Masculino	50:24	+12:38	-
98	271	Bruno José Silva Moura	individual	Senior Masculino	50:26	+12:39	-
99	252	Raquel Sofia de Freitas Andrade	individual	Senior Feminino	50:28	+12:42	-
100	170	Pedro Alves	factor x / s4l / medense fc	Senior Masculino	50:28	+12:42	-
101	286	Filipe José Sousa Mendes	individual	Senior Masculino	50:43	+12:56	-
102	230	Cláudia Moutinho	factor x / s4l / medense fc	Senior Feminino	50:46	+13:00	-
103	171	Pedro Viana	factor x / s4l / medense fc	Senior Masculino	50:48	+13:01	-
104	290	Flávio Azevedo	individual	Senior Masculino	50:48	+13:02	-
105	374	Vitor Manuel lima Varela	individual	Senior Masculino	50:49	+13:02	-
106	508	Luis silva	perdidos no trail	Senior Masculino	50:49	+13:02	-
107	491	Vitor Azevedo	mss contabilidade	Veterano M40	50:50	+13:03	-
108	366	Sergio Filipe Maia de Sousa	individual	Senior Masculino	50:57	+13:11	-
109	394	Alexandra Fernandes	individual	Veterana F40	51:02	+13:16	-
110	144	Manuel Santos	douroconta - gabinete de apoio e contabilidade	Veterano M40	51:03	+13:17	-
111	541	Rui Bessa	sob efeito trail	Senior Masculino	51:06	+13:20	-
112	407	Hugo Amaro	individual	Veterano M40	51:08	+13:22	-
113	565	Rui Oliveira	velocidade lesma	Senior Masculino	51:13	+13:26	-
114	483	Ibraim Sousa	mss contabilidade	Senior Masculino	51:17	+13:30	-
115	561	Fernando Leite	tnt - trilhos natura team	Senior Masculino	51:23	+13:36	-
116	77	António Costa	câmara municipal gondomar	Senior Masculino	51:24	+13:37	-
117	111	Antonio Jorge Melo	centro municipal de marcha e corrida de vale de cambra	Veterano M40	51:25	+13:39	-
118	369	Telmo Emanuel Neves de Sousa	individual	Senior Masculino	51:28	+13:42	-
119	479	Miguel Moura	moura & amigos	Veterano M40	51:31	+13:45	-
120	518	Pedro Ferreira	porto sentido runners	Senior Masculino	51:39	+13:53	-
121	35	Pedro Silva	aliança de gandra	Veterano M40	51:45	+13:58	-
122	69	Rui costa	barrinha surf school	Veterano M50	51:50	+14:04	-

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
123	119	Antonio Oliveira	centro municipal de marcha e corrida de vale de cambra	Veterano M50	51:52	+14:06	-
124	12	ELISABETE SANTOS	a. r. luz e vida gondomarense	Veterana F40	51:58	+14:11	-
125	419	Luis Gomes	individual	Veterano M40	51:59	+14:12	-
126	232	Daniela Soares	individual	Senior Feminino	52:03	+14:17	-
127	435	David Pinto	individual	Veterano M50	52:03	+14:17	-
128	325	Luis Silva	individual	Senior Masculino	52:04	+14:18	-
129	503	Jorge Augusto Oliveira Guerra	os falta d'ar	Veterano M40	52:06	+14:20	-
130	341	Nuno Silva	individual	Senior Masculino	52:07	+14:21	-
131	576	Antonio Rocha	individual	Veterano M60	52:13	+14:27	-
132	395	baltazar ferreira	individual	Veterano M40	52:17	+14:30	-
133	520	JOANA RODRIGUES DE SOUSA	pt jrsousa team	Senior Feminino	52:18	+14:32	-
134	199	Paulo Gama	gondomar futsal clube	Veterano M40	52:25	+14:38	-
135	316	José Fernando da Costa Azevedo	individual	Senior Masculino	52:29	+14:42	-
136	392	Adalberto Correia Lima Pinto Figueiredo	individual	Veterano M40	52:29	+14:43	-
137	404	Filipe Neves	individual	Veterano M40	52:35	+14:49	-
138	543	Hélder Marques	sob efeito trail	Veterano M40	52:40	+14:54	-
139	566	Manuel Oliveira	white	Veterano M40	52:42	+14:56	-
140	531	Carlos Tavares	runriver escola atletismo rio tinto	Veterano M40	52:44	+14:58	-
141	50	joão fonseca	amigos s.pedro da cova	Senior Masculino	52:47	+15:01	-
142	13	LUÍS GUIMARÃES	a. r. luz e vida gondomarense	Veterano M40	52:55	+15:09	-
143	272	Bruno Martins	individual	Senior Masculino	53:18	+15:32	-
144	538	Pedro Salgueiro	sawadee	Senior Masculino	53:23	+15:37	-
145	326	Márcio Marques	individual	Senior Masculino	53:34	+15:48	-
146	246	Mariana Soares	individual	Senior Feminino	53:34	+15:48	-
147	17	Paulo onde	afis/ovar	Senior Masculino	53:37	+15:50	-
148	89	Henrique Matos	centro ciclista de gondomar	Veterano M40	53:42	+15:55	-
149	36	Sérgio Pereira	aliança de gandra	Senior Masculino	53:44	+15:58	-
150	426	Nelson Santos	individual	Veterano M40	53:54	+16:08	-
151	519	Marco António Ribeiro da Silva Caldas	porto sentido runners	Veterano M40	53:54	+16:08	-
152	439	Gil da Costa	individual	Veterano M50	54:06	+16:19	-
153	350	Pedro Pereira	individual	Senior Masculino	54:11	+16:24	-
154	185	Andreia Amorim	gondomar futsal clube	Senior Feminino	54:12	+16:26	-
155	133	Armando	douroconta - gabinete de apoio e contabilidade	Senior Masculino	54:13	+16:27	-
156	460	MANUEL RIBEIRO	invicta runners team	Veterano M50	54:22	+16:36	-
157	106	Susana Brandao	centro municipal de marcha e corrida de vale de cambra	Veterana F40	54:33	+16:47	-
158	446	Manuel Carvalho Guedes	individual	Veterano M50	54:42	+16:56	-
159	260	Vera Oliveira	individual	Senior Feminino	54:45	+16:59	-
160	146	Rui Marques	douroconta - gabinete de apoio e contabilidade	Veterano M40	54:45	+16:59	-
161	361	Rúben Moreira	individual	Senior Masculino	55:27	+17:41	-
162	276	carlos azevedo	individual	Senior Masculino	55:55	+18:08	-
163	516	Nuno Rocha	pmaf	Senior Masculino	55:56	+18:09	-

PROVA PRINCIPAL - STAGE 1 — 10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
164	81	João Oliveira	câmara municipal gondomar	Veterano M50	56:01	+18:14	-
165	294	Hélder Ferreira	individual	Senior Masculino	56:08	+18:21	-
166	440	Joaquim Fortuna	individual	Veterano M50	56:08	+18:22	-
167	287	filipe miguel castro povoas	individual	Senior Masculino	56:10	+18:24	-
168	278	Daniel Carvalho da Rocha	individual	Senior Masculino	56:12	+18:26	-
169	33	Álvaro Cunha	aliança de gandra	Veterano M40	56:19	+18:33	-
170	364	Rui pereira	individual	Senior Masculino	56:23	+18:37	-
171	489	Francisco Silva	mss contabilidade	Veterano M40	56:23	+18:37	-
172	445	jose manuel do carmo neves	individual	Veterano M50	56:24	+18:38	-
173	400	Eduardo Fernandes	individual	Veterano M40	56:24	+18:38	-
174	49	SERGIO FERREIRA	amigos da pícua-nortigaia	Veterano M60	56:28	+18:41	-
175	203	José Mendes	gondomar futsal clube	Veterano M50	56:32	+18:46	-
176	204	Pedro Sousa	gondomar futsal clube	Veterano M50	56:36	+18:49	-
177	45	ANTÓNIO PEREIRA	amigos da pícua-nortigaia	Veterano M40	56:38	+18:52	-
178	496	Vitor Oliveira	oliveirinhas	Senior Masculino	56:39	+18:53	-
179	157	Manuel Silva	ermentão	Veterano M50	56:39	+18:53	-
180	58	Eva Carneiro	andatrilhos | freamunde	Veterana F40	56:41	+18:55	-
181	149	Carlos Bento	douroconta - gabinete de apoio e contabilidade	Veterano M60	56:44	+18:57	-
182	261	Abel Cardoso	individual	Senior Masculino	56:45	+18:59	-
183	173	Rui Sousa	factor x / s4l / medense fc	Senior Masculino	56:46	+19:00	-
184	398	César Rocha	individual	Veterano M40	56:47	+19:01	-
185	387	FATIMA PAIS	individual	Veterana F50	56:47	+19:01	-
186	522	Gentil Oliveira	pt jrsousa team	Veterano M40	56:47	+19:01	-
187	105	Regina Almeida	centro municipal de marcha e corrida de vale de cambra	Veterana F40	56:48	+19:02	-
188	114	Carlos Rodrigues	centro municipal de marcha e corrida de vale de cambra	Veterano M40	56:48	+19:02	-
189	317	José lima	individual	Senior Masculino	56:49	+19:03	-
190	413	Jorge Carvalho	individual	Veterano M40	56:51	+19:05	-
191	166	Hugo Santos	factor x / s4l / medense fc	Senior Masculino	56:52	+19:05	-
192	408	João António Marques tavares	individual	Veterano M40	56:52	+19:05	-
193	477	Paulo Pires	moreira relax runners	Senior Masculino	56:52	+19:05	-
194	235	Elisabete Cunha	individual	Senior Feminino	56:53	+19:07	-
195	113	Carlos Brandão	centro municipal de marcha e corrida de vale de cambra	Veterano M40	56:54	+19:08	-
196	432	Serafim Pereira	individual	Veterano M40	56:58	+19:11	-
197	64	Sandra Cardoso	baguim runners	Veterana F40	57:00	+19:13	-
198	340	Nuno Neves	individual	Senior Masculino	57:01	+19:14	-
199	47	ANTÓNIO TEIXEIRA	amigos da pícua-nortigaia	Veterano M50	57:04	+19:18	-
200	44	JOSE COUTINHO	amigos da pícua-nortigaia	Senior Masculino	57:04	+19:18	-
201	189	Filipe Leitão	gondomar futsal clube	Senior Masculino	57:08	+19:22	-
202	19	Paulo Fernandes	afis/ovar	Veterano M40	57:12	+19:25	-
203	216	Hugo Mota	índios de bttrail	Senior Masculino	57:16	+19:30	-
204	18	Joaquim Moreira	afis/ovar	Veterano M40	57:21	+19:35	-
205	241	Liliana Oliveira Gonçalves	individual	Senior Feminino	57:25	+19:39	-
206	502	Joaquim Sérgio Oliveira Guerra	os falta d'ar	Veterano M40	57:26	+19:40	-

PROVA PRINCIPAL - STAGE 1 10 KM

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
207	280	Daniel Teixeira	individual	Senior Masculino	57:32	+19:45	-
208	348	Pedro Miguel Teixeira Dias	individual	Senior Masculino	57:34	+19:48	-
209	345	Paulo Moura	individual	Senior Masculino	57:35	+19:49	-
210	122	Joaquim Oliveira	centro municipal de marcha e corrida de vale de cambra	Veterano M50	57:39	+19:52	-
211	103	Filomena Santos	centro municipal de marcha e corrida de vale de cambra	Veterana F40	57:39	+19:53	-
212	115	Carlos Silva	centro municipal de marcha e corrida de vale de cambra	Veterano M40	57:39	+19:53	-
213	570	Dario Pinto	individual	Senior Masculino	57:43	+19:57	-
214	568	Miguel Azevedo	individual	Veterano M40	57:48	+20:01	-
215	188	Fábio Silva	gondomar futsal clube	Senior Masculino	57:49	+20:02	-
216	514	António Gomes	pit power	Veterano M40	57:50	+20:04	-
217	458	fernando azevedo	individual	Veterano M60	57:50	+20:04	-
218	495	Sergio Oliveira	oliveirinhas	Senior Masculino	57:51	+20:04	-
219	329	Marcos Silva	individual	Senior Masculino	57:52	+20:05	-
220	452	Pedro Vicente	individual	Veterano M50	57:59	+20:13	-
221	25	Roberto Moreira	aliança de gandra	Senior Masculino	58:02	+20:16	-
222	124	Domingos Silva	centro municipal de marcha e corrida de vale de cambra	Veterano M60	58:02	+20:16	-
223	56	Diogo Machado Neto	andatrilhos | freamunde	Senior Masculino	58:06	+20:20	-
224	59	Daniel Machado Neto	andatrilhos | freamunde	Veterano M40	58:07	+20:20	-
225	116	Fernando Leite	centro municipal de marcha e corrida de vale de cambra	Veterano M40	58:13	+20:27	-
226	448	Mario Jorge Neves Sousa Magalhaes	individual	Veterano M50	58:18	+20:32	-
227	100	Rafael Oliveira	centro municipal de marcha e corrida de vale de cambra	Senior Masculino	58:21	+20:35	-
228	95	Diana Gonçalves	centro municipal de marcha e corrida de vale de cambra	Senior Feminino	58:21	+20:35	-
229	295	Helder Jorge Ferreira de Abreu	individual	Senior Masculino	58:24	+20:37	-
230	349	Pedro Mota	individual	Senior Masculino	58:26	+20:39	-
231	378	Isabel Dias	individual	Veterana F40	58:27	+20:40	-
232	580	Dimitrov Borco	individual	Veterano M50	58:31	+20:45	-
233	535	R COIMBRA	sati supreme	Veterano M40	58:32	+20:46	-
234	534	jorge de sa	sati supreme	Veterano M40	58:33	+20:46	-
235	530	Silva	running brothers	Veterano M50	58:37	+20:51	-
236	528	Celso Ribeiro	running brothers	Senior Masculino	58:37	+20:51	-
237	529	Mauro Silva	running brothers	Senior Masculino	58:38	+20:52	-
238	480	Cristina Vasques	mss contabilidade	Senior Feminino	58:45	+20:59	-
239	206	fernando rocha	grupo desportivo leoes de veneza	Veterano M50	58:48	+21:02	-
240	554	Paulo Carneiro	stcp runners	Veterano M40	58:49	+21:03	-
241	132	Agostinho Coelho	douroconta - gabinete de apoio e contabilidade	Senior Masculino	58:50	+21:04	-
242	307	Joao Oliveira	individual	Senior Masculino	58:52	+21:06	-
243	488	Filipe Roboredo	mss contabilidade	Veterano M40	59:04	+21:18	-
244	301	Igor Cunha	individual	Senior Masculino	59:07	+21:21	-
245	472	Cristina Loureiro	magical mushrooms	Veterana F40	59:14	+21:28	-
246	264	Amaro Correia	individual	Senior Masculino	59:16	+21:29	-
247	187	Carlos Nogueira	gondomar futsal clube	Senior Masculino	59:21	+21:35	-

PROVA PRINCIPAL - STAGE 1 10 KM

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
248	521	CECÍLIA MARTINS	pt jrsousa team	Veterana F40	59:21	+21:35	-
249	523	VITOR ANTONIO COSTELHA PINTO	pt jrsousa team	Veterano M40	59:27	+21:40	-
250	389	Margarida Pereira	individual	Veterana F50	59:27	+21:41	-
251	167	Luís Filipe Silva Rodrigues	factor x / s4l / medense fc	Senior Masculino	59:29	+21:42	-
252	84	Avelino Pereira	ccdtc.m.gondomar	Veterano M60	59:30	+21:44	-
253	42	Tó Faria	amigos 100 limites	Senior Masculino	59:36	+21:50	-
254	465	Sara Antas	juntos a correr	Senior Feminino	59:36	+21:50	-
255	201	Francisco Oliveira	gondomar futsal clube	Veterano M50	59:40	+21:54	-
256	102	Cristina Silva	centro municipal de marcha e corrida de vale de cambra	Veterana F40	59:40	+21:54	-
257	16	Sara Nunes	afis/ovar	Senior Feminino	59:44	+21:57	-
258	288	Filipe Rodrigues	individual	Senior Masculino	59:46	+22:00	-
259	184	Marco Castro	gang da boa vida	Veterano M40	59:51	+22:05	-
260	431	Rui Godinho	individual	Veterano M40	59:52	+22:06	-
261	423	Marco Rui Pereira Abreu	individual	Veterano M40	59:56	+22:10	-
262	40	Patrícia Conceição	amigos 100 limites	Senior Feminino	59:58	+22:12	-
263	335	Nuno Eduardo Ribeiro	individual	Senior Masculino	01:00:03	+22:17	-
264	418	Luís Carlos Ferreira Campos Lobo	individual	Veterano M40	01:00:04	+22:17	-
265	397	Carlos Manuel Carvalho Guedes	individual	Veterano M40	01:00:04	+22:17	-
266	385	Carmo Marinho	individual	Veterana F50	01:00:05	+22:19	-
267	268	António Rafael	individual	Senior Masculino	01:00:07	+22:21	-
268	405	Filipe Rocha	individual	Veterano M40	01:00:10	+22:24	-
269	97	Juliana Almeida	centro municipal de marcha e corrida de vale de cambra	Senior Feminino	01:00:15	+22:29	-
270	213	Cédric Silva	índios de bttrail	Senior Masculino	01:00:16	+22:30	-
271	555	Paulo Gonçalves	stcp runners	Veterano M40	01:00:27	+22:40	-
272	540	Pedro Oliveira	sob efeito trail	Senior Masculino	01:00:27	+22:40	-
273	86	Marlene Martins	centro ciclista de gondomar	Veterana F40	01:00:28	+22:41	-
274	297	Hugo Costa Ferreira	individual	Senior Masculino	01:01:07	+23:20	-
275	371	Vasco Manuel Franco Pereira Pinto	individual	Senior Masculino	01:02:01	+24:15	-
276	553	Marco Batista	stcp runners	Veterano M40	01:02:03	+24:16	-
277	53	serafim fonseca	amigos s.pedro da cova	Veterano M60	01:02:07	+24:21	-
278	478	Helder Silva	moreira relax runners	Veterano M40	01:02:09	+24:23	-
279	168	Marco Oliveir	factor x / s4l / medense fc	Senior Masculino	01:02:17	+24:31	-
280	78	Hélder Vasco dos Santos Figueiredo	câmara municipal gondomar	Senior Masculino	01:02:19	+24:33	-
281	410	Joao Ribeiro	individual	Veterano M40	01:02:19	+24:33	-
282	202	Ilídio Freitas	gondomar futsal clube	Veterano M50	01:02:20	+24:33	-
283	262	Adélio Lima	individual	Senior Masculino	01:02:21	+24:35	-
284	309	João Ricardo Grilo Teixeira	individual	Senior Masculino	01:02:23	+24:37	-
285	299	Hugo Ricardo Sousa Ferreira	factor x / s4l / medense fc	Senior Masculino	01:02:26	+24:40	-
286	302	Ivan de Vasconcelos Costa Pêgo Silva	individual	Senior Masculino	01:02:28	+24:42	-
287	175	Cristina Barbosa	factor x / s4l / medense fc	Veterana F40	01:02:33	+24:47	-
288	248	Marta	individual	Senior Feminino	01:02:33	+24:47	-

PROVA PRINCIPAL - STAGE 1 10 KM

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
289	254	Rita Teixeira Costa	individual	Senior Feminino	01:02:34	+24:47	-
290	158	Manuel Cunha Lima	experienciar	Veterano M50	01:02:36	+24:49	-
291	292	Goncalo Luis Guedes	individual	Senior Masculino	01:02:36	+24:50	-
292	66	Vitor Cardoso	baguim runners	Veterano M40	01:02:37	+24:50	-
293	324	Leandro Miguel Aleixo De Carvalho	individual	Senior Masculino	01:02:40	+24:54	-
294	60	Ana Oliveira	ases dos pedais/sob efeito trail	Senior Feminino	01:02:41	+24:54	-
295	322	José Tiago Soares Vieira	individual	Senior Masculino	01:02:41	+24:55	-
296	331	Miguel Pereira	individual	Senior Masculino	01:02:42	+24:55	-
297	134	Bruno Santos	douroconta - gabinete de apoio e contabilidade	Senior Masculino	01:02:42	+24:55	-
298	357	ricardo pina	individual	Senior Masculino	01:02:43	+24:57	-
299	332	Miguel Sousa	individual	Senior Masculino	01:02:45	+24:59	-
300	226	Bruna Isabel Ferreira Pereira	individual	Senior Feminino	01:02:46	+25:00	-
301	34	Juvenal Cardoso	aliança de gandra	Veterano M40	01:02:49	+25:03	-
302	494	Horacio Ferreira	oliveirinhas	Senior Masculino	01:02:51	+25:04	-
303	238	Joana Moura	individual	Senior Feminino	01:02:54	+25:07	-
304	186	Bruno Macieira	gondomar futsal clube	Senior Masculino	01:02:54	+25:07	-
305	581	Pedro Santos	individual	Senior Masculino	01:02:54	+25:07	-
306	198	Paulo Fernandes	gondomar futsal clube	Veterano M40	01:02:54	+25:07	-
307	242	Mafalda Luis	individual	Senior Feminino	01:02:54	+25:08	-
308	219	Ana Ferreira	individual	Senior Feminino	01:02:55	+25:09	-
309	150	António Pinheiro	dr. merino/4moove	Senior Masculino	01:02:59	+25:13	-
310	339	Nuno Moreira	individual	Senior Masculino	01:03:01	+25:14	-
311	291	Gilberto Sousa	individual	Senior Masculino	01:03:01	+25:15	-
312	296	Helder Oliveira	individual	Senior Masculino	01:03:01	+25:15	-
313	414	José Alves	individual	Veterano M40	01:03:03	+25:16	-
314	140	Etelvina Santos	douroconta - gabinete de apoio e contabilidade	Veterana F40	01:03:04	+25:18	-
315	255	Sara Isabel Serra Sousa Magalhães	individual	Senior Feminino	01:03:05	+25:19	-
316	451	Pedro Fernandes	individual	Veterano M50	01:03:07	+25:20	-
317	314	José Carlos Torres	individual	Senior Masculino	01:03:07	+25:21	-
318	466	Nelson Gandra	juntos a correr	Veterano M40	01:03:11	+25:25	-
319	467	Paula Oliveira	juntos somos um	Veterana F40	01:03:13	+25:26	-
320	485	Ricardo Carvalho	mss contabilidade	Senior Masculino	01:03:14	+25:28	-
321	511	Cristina Casimiro	pit power	Veterana F40	01:03:14	+25:28	-
322	148	José Santos	douroconta - gabinete de apoio e contabilidade	Veterano M50	01:03:16	+25:30	-
323	425	Miguel Oliveira	individual	Veterano M40	01:03:18	+25:32	-
324	461	Filomena Lascasas	joana	Veterana F40	01:03:23	+25:37	-
325	160	Susana Silva	factor x / s4l / medense fc	Senior Feminino	01:03:23	+25:37	-
326	356	Ricardo Marques Moreira	individual	Senior Masculino	01:03:23	+25:37	-
327	159	Carla Guimarães	factor x / s4l / medense fc	Senior Feminino	01:03:24	+25:38	-
328	87	Sandra Matos	centro ciclista de gondomar	Veterana F40	01:03:28	+25:42	-
329	450	Paulo Manuel Ferreira da silva	individual	Veterano M50	01:03:29	+25:42	-
330	343	Paulo Bruno de Sousa Ferreira	individual	Senior Masculino	01:03:29	+25:43	-
331	575	Veronica Dias	casa benfica paredes	Senior Feminino	01:03:29	+25:43	-

PROVA PRINCIPAL - STAGE 1 10 KM

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
332	354	Ricardo Anjos	individual	Senior Masculino	01:03:30	+25:43	-
333	424	Mauro Almeida	individual	Veterano M40	01:03:31	+25:44	-
334	236	Fátima Cristina Cruz	individual	Senior Feminino	01:03:32	+25:46	-
335	68	Nuno Varela	barbarija	Veterano M40	01:03:42	+25:55	-
336	20	Carla Pereira	aliança de gandra	Senior Feminino	01:03:44	+25:58	-
337	453	Vitor vieira	individual	Veterano M50	01:03:53	+26:07	-
338	370	Tiago Manuel Moura Silva	individual	Senior Masculino	01:03:57	+26:11	-
339	454	António Fernandes	individual	Veterano M60	01:03:59	+26:13	-
340	459	Manuel Emidio	individual	Veterano M60	01:04:06	+26:20	-
341	412	Jorge Bessa Júnior	individual	Veterano M40	01:04:10	+26:23	-
342	108	Fatima Ferreira	centro municipal de marcha e corrida de vale de cambra	Veterana F50	01:04:24	+26:38	-
343	110	Alexandre Gomes	centro municipal de marcha e corrida de vale de cambra	Veterano M40	01:04:25	+26:39	-
344	131	Maria Fátima Marques Ribeiro	clube zupper	Veterana F50	01:04:33	+26:46	-
345	437	Fernando Monteiro	individual	Veterano M50	01:04:34	+26:48	-
346	101	Conceiçao Soares	centro municipal de marcha e corrida de vale de cambra	Veterana F40	01:04:42	+26:56	-
347	196	José Carlos Lascasas	gondomar futsal clube	Veterano M40	01:04:44	+26:58	-
348	403	Filipe Matias	individual	Veterano M40	01:04:51	+27:04	-
349	384	Susana Matias Santos	individual	Veterana F40	01:04:51	+27:05	-
350	539	Tiago Salgueiro	sawadee	Senior Masculino	01:04:51	+27:05	-
351	104	Maria Jose Santos	centro municipal de marcha e corrida de vale de cambra	Veterana F40	01:05:00	+27:14	-
352	211	mara alexandra alves silva	guimarunning moscada	Senior Feminino	01:05:04	+27:17	-
353	212	Alexandra fernandes	guimarunning moscada	Veterana F40	01:05:16	+27:30	-
354	444	José Adriano Magalhães de Castro	individual	Veterano M50	01:05:18	+27:32	-
355	67	Carlos Silva	barbarija	Senior Masculino	01:05:22	+27:35	-
356	228	Carla ferreira	individual	Senior Feminino	01:05:39	+27:53	-
357	273	Bruno Miguel Santos Rocha	individual	Senior Masculino	01:05:39	+27:53	-
358	194	Rosa Mendes	gondomar futsal clube	Veterana F50	01:06:17	+28:31	-
359	428	Paulo Rocha	individual	Veterano M40	01:06:30	+28:44	-
360	71	Americo Guedes	boa companhia	Veterano M40	01:06:43	+28:56	-
361	51	emidio pontes	amigos s.pedro da cova	Veterano M50	01:06:44	+28:57	-
362	406	floriberto castro	individual	Veterano M40	01:06:47	+29:00	-
363	474	Mira Fonte	magical mushrooms	Veterana F40	01:06:53	+29:07	-
364	509	José Manuel Carneiro	perdidos no trail	Veterano M40	01:07:03	+29:16	-
365	52	paulo fonseca	amigos s.pedro da cova	Veterano M50	01:07:05	+29:18	-
366	542	Tiago Teixeira	sob efeito trail	Senior Masculino	01:07:07	+29:20	-
367	510	César Pais	pit power	Senior Masculino	01:07:09	+29:22	-
368	512	Elsa Leite	pit power	Veterana F40	01:07:09	+29:23	-
369	515	Lino Neves	pit power	Veterano M40	01:07:10	+29:23	-
370	244	Maria João sobral	individual	Senior Feminino	01:07:10	+29:24	-
371	192	Sérgio Pereira	gondomar futsal clube	Senior Masculino	01:07:15	+29:28	-
372	109	Fernanda Almeida	centro municipal de marcha e corrida de vale de cambra	Veterana F50	01:07:18	+29:32	-
373	383	Sónia Pereira	individual	Veterana F40	01:07:27	+29:41	-
374	351	Pedro Soares	individual	Senior Masculino	01:07:38	+29:52	-

PROVA PRINCIPAL - STAGE 1 10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
375	41	Alcino Silva	amigos 100 limites	Senior Masculino	01:07:43	+29:57	-
376	415	José Bonifácio	individual	Veterano M40	01:07:45	+29:58	-
377	360	Ruben Alves	individual	Senior Masculino	01:07:45	+29:59	-
378	215	Francisco Cardoso	índios de bttrail	Senior Masculino	01:07:46	+29:59	-
379	367	Sérgio Gonçalves	individual	Senior Masculino	01:07:46	+30:00	-
380	277	Cláudio Emanuel de Araújo Madureira	individual	Senior Masculino	01:07:55	+30:09	-
381	305	João Alberto Moreira Castro	individual	Senior Masculino	01:07:57	+30:11	-
382	65	Lourenço Cardoso	baguim runners	Veterano M40	01:08:03	+30:17	-
383	55	Cristina Machado	andatrilhos | freamunde	Senior Feminino	01:08:07	+30:20	-
384	411	Jorge Caldas	individual	Veterano M40	01:08:07	+30:21	-
385	396	Bernardino Jorge Almeida	individual	Veterano M40	01:08:17	+30:30	-
386	376	Antónia Maques Tomáz Dias	individual	Veterana F40	01:08:18	+30:32	-
387	300	Hugo Silva	individual	Senior Masculino	01:08:20	+30:34	-
388	222	Andreia Cardoso	individual	Senior Feminino	01:08:22	+30:36	-
389	239	Kelly Sandys	individual	Senior Feminino	01:08:25	+30:38	-
390	6	Rui Sá	10temidos	Veterano M40	01:08:59	+31:13	-
391	347	Pedro Miguel Pacheco dos Santos	individual	Senior Masculino	01:09:11	+31:25	-
392	532	Lénio Fernando Nogueira Marinho	salgueiros running	Veterano M60	01:09:23	+31:37	-
393	475	Celso Mota	magical mushrooms	Veterano M40	01:09:28	+31:42	-
394	416	José Monteiro	individual	Veterano M40	01:09:28	+31:42	-
395	70	Ricardo Silva	boa companhia	Senior Masculino	01:09:31	+31:44	-
396	72	Camilo pInto	boa companhia	Veterano M40	01:09:31	+31:45	-
397	43	Pedro Silva	amigos 100 limites	Veterano M40	01:09:43	+31:57	-
398	579	Marcia Sousa	câmara municipal gondomar	Veterana F40	01:09:44	+31:58	-
399	578	Lurdes Tavares	individual	Veterana F40	01:09:44	+31:58	-
400	420	Luis Guedes	individual	Veterano M40	01:09:58	+32:11	-
401	205	José Sousa	gondomar futsal clube	Veterano M60	01:10:04	+32:18	-
402	373	Vitor Hugo Vieira Moreira	individual	Senior Masculino	01:10:04	+32:18	-
403	533	david cruz	sati supreme	Veterano M40	01:10:06	+32:19	-
404	551	Fátima Almeida	stcp runners	Veterana F40	01:10:30	+32:44	-
405	552	Domingos Faustino	stcp runners	Veterano M40	01:10:31	+32:44	-
406	218	Ana Catarina Faria	individual	Senior Feminino	01:10:42	+32:56	-
407	123	Jose Soares	centro municipal de marcha e corrida de vale de cambra	Veterano M50	01:10:43	+32:57	-
408	118	Miguel Almeida	centro municipal de marcha e corrida de vale de cambra	Veterano M40	01:10:44	+32:58	-
409	107	Ceu Silva	centro municipal de marcha e corrida de vale de cambra	Veterana F50	01:10:44	+32:58	-
410	334	Nuno Daniel Silva Santos	individual	Senior Masculino	01:10:53	+33:07	-
411	382	Sandra mendes	individual	Veterana F40	01:10:53	+33:07	-
412	253	Renata dos Reis Cruz	individual	Senior Feminino	01:11:02	+33:15	-
413	583	Liliana Gomes	individual	Senior Feminino	01:11:08	+33:22	-
414	39	Clara Teixeira	amigos 100 limites	Senior Feminino	01:11:09	+33:23	-
415	28	Fernanda Oliveira	aliança de gandra	Veterana F40	01:11:19	+33:32	-
416	162	António Manuel da Costa Amorim	factor x / s4l / medense fc	Senior Masculino	01:11:20	+33:34	-

PROVA PRINCIPAL - STAGE 1 10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
417	285	Filipe José Gomes Mota	individual	Senior Masculino	01:11:21	+33:35	-
418	562	sonia sofia batista dos santos	trail running clube btt sanguedo	Senior Feminino	01:11:22	+33:35	-
419	227	Carina Monteiro	individual	Senior Feminino	01:11:30	+33:44	-
420	94	Ana Sousa	centro municipal de marcha e corrida de vale de cambra	Senior Feminino	01:11:35	+33:49	-
421	99	Nelson Rodrigues	centro municipal de marcha e corrida de vale de cambra	Senior Masculino	01:11:36	+33:50	-
422	470	Vanda Miranda	magical mushrooms	Senior Feminino	01:11:38	+33:51	-
423	471	Sérgio Pereira	magical mushrooms	Senior Masculino	01:11:38	+33:51	-
424	214	Filipe Gonçalves	índios de bttrail	Senior Masculino	01:11:44	+33:58	-
425	141	Fernanda Bento	douroconta - gabinete de apoio e contabilidade	Veterana F60	01:12:15	+34:29	-
426	259	Vânia Castro	individual	Senior Feminino	01:12:26	+34:40	-
427	497	Rui Duarte Teixeira Moreira	oralklasse - amigos do trail	Senior Masculino	01:12:49	+35:02	-
428	342	Paulo Barbosa	individual	Senior Masculino	01:12:49	+35:03	-
429	315	José Castro	individual	Senior Masculino	01:12:49	+35:03	-
430	484	Paulo Silva	mss contabilidade	Senior Masculino	01:12:57	+35:11	-
431	353	Ricardo Amaral	individual	Senior Masculino	01:13:12	+35:25	-
432	517	Patrícia	porto sentido runners	Senior Feminino	01:13:14	+35:28	-
433	164	Emanuel Vieira	factor x / s4l / medense fc	Senior Masculino	01:13:18	+35:32	-
434	263	Amandio Nunes	individual	Senior Masculino	01:13:19	+35:32	-
435	536	jose Brites	sati supreme	Veterano M60	01:13:47	+36:01	-
436	401	Eugénio Soares	individual	Veterano M40	01:13:55	+36:08	-
437	257	sofia isabel carneiro neves	individual	Senior Feminino	01:14:17	+36:31	-
438	128	Manuel Barbosa	clube independente de atletismo de alpendorada	Veterano M60	01:14:20	+36:33	-
439	217	José Cardoso	índios de bttrail	Veterano M50	01:14:31	+36:45	-
440	223	Arnaldina Rita Rêgo Ferreira	individual	Senior Feminino	01:14:46	+36:59	-
441	355	Ricardo Jorge Gomes Fernandes	individual	Senior Masculino	01:14:47	+37:00	-
442	80	Mário Jorge Gadelho Tavares	câmara municipal gondomar	Veterano M40	01:14:47	+37:01	-
443	79	Marco André dos Santos Martins Lopes	câmara municipal gondomar	Senior Masculino	01:14:47	+37:01	-
444	23	Rute Ramos	aliança de gandra	Senior Feminino	01:14:53	+37:07	-
445	304	Ivo Teixeira	individual	Senior Masculino	01:15:17	+37:31	-
446	381	Sandra Aguiar	individual	Veterana F40	01:15:20	+37:33	-
447	352	Raphaël Lopes	individual	Senior Masculino	01:16:14	+38:28	-
448	231	Cláudia Soares	individual	Senior Feminino	01:16:14	+38:28	-
449	527	José Neves da Rocha	rocha's	Veterano M50	01:16:19	+38:33	-
450	524	Sara Patrícia dos Santos Rocha	rocha's	Senior Feminino	01:16:19	+38:33	-
451	190	Ricardo Alves	gondomar futsal clube	Senior Masculino	01:16:52	+39:05	-
452	311	Joel Filipe Mota Teixeira	individual	Senior Masculino	01:17:22	+39:36	-
453	165	Fernando Delindro	factor x / s4l / medense fc	Senior Masculino	01:17:26	+39:40	-
454	22	Joana Soares	aliança de gandra	Senior Feminino	01:18:10	+40:23	-
455	233	Diana Poças	individual	Senior Feminino	01:18:27	+40:41	-
456	481	Marina Silva Sousa	mss contabilidade	Senior Feminino	01:18:44	+40:58	-
457	191	Ricardo Santos	gondomar futsal clube	Senior Masculino	01:19:12	+41:26	-

PROVA PRINCIPAL - STAGE 1 10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
458	391	Maria Filomena Venâncio Lopes Marcelo	individual	Veterana F60	01:19:21	+41:35	-
459	143	David Silva	douroconta - gabinete de apoio e contabilidade	Veterano M40	01:20:46	+43:00	-
460	482	Raquel Marques	mss contabilidade	Senior Feminino	01:21:12	+43:25	-
461	57	Paulo Sampaio	andatrilhos | freamunde	Senior Masculino	01:21:20	+43:34	-
462	250	Paula Cardoso	individual	Senior Feminino	01:21:24	+43:38	-
463	54	Ana Rita Neto	andatrilhos | freamunde	Senior Feminino	01:21:34	+43:48	-
464	537	Carla Salgueiro	sawadee	Senior Feminino	01:22:23	+44:37	-
465	284	Fábio Peixoto	individual	Senior Masculino	01:24:33	+46:47	-
466	21	Celina Ferreira	aliança de gandra	Senior Feminino	01:26:15	+48:28	-
467	73	Eduarda Maria Vieira Magalhães Freitas	budeguitas	Veterana F40	01:28:35	+50:48	-
468	224	Barbara Daniela Varandas Ferreira	individual	Senior Feminino	01:28:35	+50:49	-
469	525	Nuno Vasco Martins Ferreira da Rocha	rocha's	Senior Masculino	01:29:51	+52:05	-
470	526	Fernanda de Sousa Santos Neves da Rocha	rocha's	Veterana F40	01:29:54	+52:08	-
471	456	Arlindo Coelho Ferreira	individual	Veterano M60	01:30:44	+52:58	-
472	375	Andrea Ferreira	individual	Veterana F40	01:31:36	+53:50	-
473	358	Ricardo Sousa	individual	Senior Masculino	01:31:37	+53:50	-
474	220	Ana Patrícia Silva Magalhães	individual	Senior Feminino	01:31:37	+53:51	-
475	443	Jorge Ferreira	individual	Veterano M50	01:31:44	+53:58	-
476	390	Maria Madalena Nogueira Cabral	individual	Veterana F50	01:31:45	+53:59	-
477	556	Helder Moutinho	tai - runners	Senior Masculino	01:31:53	+54:07	-
478	30	Natália Moreira	aliança de gandra	Veterana F40	01:32:12	+54:26	-
479	31	Silvia Mónica Pinto	aliança de gandra	Veterana F40	01:32:13	+54:27	-
480	172	Rui Oliveira	factor x / s4l / medense fc	Senior Masculino	01:33:06	+55:20	-
481	249	Marta Gonçalves	individual	Senior Feminino	01:36:27	+58:41	-
482	442	Joaquim Pinto Pereira	individual	Veterano M50	01:36:29	+58:43	-
483	161	Vera Cardoso	factor x / s4l / medense fc	Senior Feminino	01:39:44	+01:01:58	-
484	234	Diana Rocha	individual	Senior Feminino	01:40:58	+01:03:11	-
485	245	Mariana Fernandes	individual	Senior Feminino	01:40:59	+01:03:13	-

Gondomar Night Run
Gondomar, PT
22-julho-2017

Prova Principal — 1 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	21:30	18,6ºC	68%
End	23:10	16ºC	87%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	7	ANDREIA AZEVEDO	A. R. LUZ E VIDA GONDOMARENSE	Senior Feminino	47:33	+09:47	-
2	584	Marta Marques	Individual	Senior Feminino	47:46	+10:00	-
3	179	Hortense Tenda	Gaia Trail	Senior Feminino	48:23	+10:36	-
4	8	DANIELA GREGÓRIO	A. R. LUZ E VIDA GONDOMARENSE	Senior Feminino	48:55	+11:09	-
5	492	CÉLINE GOMES	Nascidos para Correr	Senior Feminino	50:17	+12:30	-
6	252	Raquel Sofia de Freitas Andrade	Individual	Senior Feminino	50:28	+12:42	-
7	230	Cláudia Moutinho	FACTOR X / S4L / MEDENSE FC	Senior Feminino	50:46	+13:00	-
8	232	Daniela Soares	Individual	Senior Feminino	52:03	+14:17	-
9	520	JOANA RODRIGUES DE SOUSA	PT JRSOUSA TEAM	Senior Feminino	52:18	+14:32	-
10	246	Mariana Soares	Individual	Senior Feminino	53:34	+15:48	-
11	185	Andreia Amorim	GONDOMAR FUTSAL CLUBE	Senior Feminino	54:12	+16:26	-
12	260	Vera Oliveira	Individual	Senior Feminino	54:45	+16:59	-
13	235	Elisabete Cunha	Individual	Senior Feminino	56:53	+19:07	-
14	241	Liliana Oliveira Gonçalves	Individual	Senior Feminino	57:25	+19:39	-
15	95	Diana Gonçalves	Centro Municipal de Marcha e Corrida de Vale de Cambra	Senior Feminino	58:21	+20:35	-
16	480	Cristina Vasques	MSS CONTABILIDADE	Senior Feminino	58:45	+20:59	-
17	465	Sara Antas	Juntos a correr	Senior Feminino	59:36	+21:50	-
18	16	Sara Nunes	AFIS/OVAR	Senior Feminino	59:44	+21:57	-
19	40	Patrícia Conceição	Amigos 100 Limites	Senior Feminino	59:58	+22:12	-
20	97	Juliana Almeida	Centro Municipal de Marcha e Corrida de Vale de Cambra	Senior Feminino	01:00:15	+22:29	-
21	248	Marta	Individual	Senior Feminino	01:02:33	+24:47	-
22	254	Rita Teixeira Costa	Individual	Senior Feminino	01:02:34	+24:47	-
23	60	Ana Oliveira	Ases dos pedais/Sob efeito trail	Senior Feminino	01:02:41	+24:54	-
24	226	Bruna Isabel Ferreira Pereira	Individual	Senior Feminino	01:02:46	+25:00	-
25	238	Joana Moura	Individual	Senior Feminino	01:02:54	+25:07	-
26	242	Mafalda Luis	Individual	Senior Feminino	01:02:54	+25:08	-
27	219	Ana Ferreira	Individual	Senior Feminino	01:02:55	+25:09	-
28	255	Sara Isabel Serra Sousa Magalhães	Individual	Senior Feminino	01:03:05	+25:19	-
29	160	Susana Silva	FACTOR X / S4L / MEDENSE FC	Senior Feminino	01:03:23	+25:37	-
30	159	Carla Guimarães	FACTOR X / S4L / MEDENSE FC	Senior Feminino	01:03:24	+25:38	-
31	575	Veronica Dias	Casa Benfica Paredes	Senior Feminino	01:03:29	+25:43	-
32	236	Fátima Cristina Cruz	Individual	Senior Feminino	01:03:32	+25:46	-
33	20	Carla Pereira	ALIANÇA DE GANDRA	Senior Feminino	01:03:44	+25:58	-
34	211	mara alexandra alves silva	Guimarunning Moscada	Senior Feminino	01:05:04	+27:17	-
35	228	Carla ferreira	Individual	Senior Feminino	01:05:39	+27:53	-
36	244	Maria João sobral	Individual	Senior Feminino	01:07:10	+29:24	-
37	55	Cristina Machado	Andatrilhos | Freamunde	Senior Feminino	01:08:07	+30:20	-

Prova Principal

1 KM

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

OFFICIAL RESULT

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

38	222	Andreia Cardoso	Individual	Senior Feminino	01:08:22	+30:36	-
39	239	Kelly Sandys	Individual	Senior Feminino	01:08:25	+30:38	-
40	218	Ana Catarina Faria	Individual	Senior Feminino	01:10:42	+32:56	-
41	253	Renata dos Reis Cruz	Individual	Senior Feminino	01:11:02	+33:15	-
42	583	Liliana Gomes	Individual	Senior Feminino	01:11:08	+33:22	-
43	39	Clara Teixeira	Amigos 100 Limites	Senior Feminino	01:11:09	+33:23	-
44	562	sonia sofia batista dos santos	Trail Running Clube Btt Sanguedo	Senior Feminino	01:11:22	+33:35	-
45	227	Carina Monteiro	Individual	Senior Feminino	01:11:30	+33:44	-
46	94	Ana Sousa	Centro Municipal de Marcha e Corrida de Vale de Cambra	Senior Feminino	01:11:35	+33:49	-
47	470	Vanda Miranda	Magical Mushrooms	Senior Feminino	01:11:38	+33:51	-
48	259	Vânia Castro	Individual	Senior Feminino	01:12:26	+34:40	-
49	517	Patrícia	PORTO SENTIDO RUNNERS	Senior Feminino	01:13:14	+35:28	-
50	257	sofia isabel carneiro neves	Individual	Senior Feminino	01:14:17	+36:31	-
51	223	Arnaldina Rita Rêgo Ferreira	Individual	Senior Feminino	01:14:46	+36:59	-
52	23	Rute Ramos	ALIANÇA DE GANDRA	Senior Feminino	01:14:53	+37:07	-
53	231	Cláudia Soares	Individual	Senior Feminino	01:16:14	+38:28	-
54	524	Sara Patrícia dos Santos Rocha	Rocha's	Senior Feminino	01:16:19	+38:33	-
55	22	Joana Soares	ALIANÇA DE GANDRA	Senior Feminino	01:18:10	+40:23	-
56	233	Diana Poças	Individual	Senior Feminino	01:18:27	+40:41	-
57	481	Marina Silva Sousa	MSS CONTABILIDADE	Senior Feminino	01:18:44	+40:58	-
58	482	Raquel Marques	MSS CONTABILIDADE	Senior Feminino	01:21:12	+43:25	-
59	250	Paula Cardoso	Individual	Senior Feminino	01:21:24	+43:38	-
60	54	Ana Rita Neto	Andatrilhos | Freamunde	Senior Feminino	01:21:34	+43:48	-
61	537	Carla Salgueiro	Sawadee	Senior Feminino	01:22:23	+44:37	-
62	21	Celina Ferreira	ALIANÇA DE GANDRA	Senior Feminino	01:26:15	+48:28	-
63	224	Barbara Daniela Varandas Ferreira	Individual	Senior Feminino	01:28:35	+50:49	-
64	220	Ana Patrícia Silva Magalhães	Individual	Senior Feminino	01:31:37	+53:51	-
65	249	Marta Gonçalves	Individual	Senior Feminino	01:36:27	+58:41	-
66	161	Vera Cardoso	FACTOR X / S4L / MEDENSE FC	Senior Feminino	01:39:44	+01:01:58	-
67	234	Diana Rocha	Individual	Senior Feminino	01:40:58	+01:03:11	-
68	245	Mariana Fernandes	Individual	Senior Feminino	01:40:59	+01:03:13	-

Senior Masculino

1	546	Pedro Ferreira	SPORT LISBOA E BENFICA	Senior Masculino	37:46		-
2	208	VITOR BARBOSA	grupo dramatico e recreativo da retorta	Senior Masculino	38:11	+00:25	-
3	207	TIAGO LISBOA	grupo dramatico e recreativo da retorta	Senior Masculino	39:49	+02:03	-
4	563	fabio fernandes correia	Trail Running Clube Btt Sanguedo	Senior Masculino	40:03	+02:16	-
5	135	Hélder Rocha	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	41:54	+04:07	-
6	274	bruno silva	Individual	Senior Masculino	41:54	+04:08	-
7	137	Ricardo Barros	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	42:06	+04:19	-
8	486	Sergio Silva	MSS CONTABILIDADE	Senior Masculino	42:11	+04:25	-

Prova Principal — 1 KM

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

OFFICIAL RESULT

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

9	138	Rogério Moreira	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	42:16	+04:30	-
10	9	ÁLVARO CARDOSO	A. R. LUZ E VIDA GONDOMARENSE	Senior Masculino	42:55	+05:09	-
11	38	Filipe Sousa	All About Spirit Team	Senior Masculino	43:04	+05:18	-
12	582	Diogo Parente	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	43:32	+05:46	-
13	136	José Rocha	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	44:09	+06:23	-
14	548	Hernâni Furtado	Sporting Clube de Espinho / António Leitão	Senior Masculino	44:15	+06:29	-
15	569	Rui Pedro Reis	Individual	Senior Masculino	44:20	+06:34	-
16	182	Nelson Marques	Gaia Trail	Senior Masculino	44:36	+06:50	-
17	174	Vítor Moreira	FACTOR X / S4L / MEDENSE FC	Senior Masculino	44:49	+07:03	-
18	289	Filipe Teixeira	Individual	Senior Masculino	45:15	+07:29	-
19	330	Miguel Ângelo Baptista Pinto	Individual	Senior Masculino	45:28	+07:42	-
20	181	Micael Cunha	Gaia Trail	Senior Masculino	45:30	+07:44	-
21	574	Joaquim Freitas	Individual	Senior Masculino	45:34	+07:47	-
22	11	MARCO ESTEVES	A. R. LUZ E VIDA GONDOMARENSE	Senior Masculino	45:36	+07:50	-
23	98	Luciano Pinho	Centro Municipal de Marcha e Corrida de Vale de Cambra	Senior Masculino	45:44	+07:57	-
24	183	Mário Melo	Galhardos	Senior Masculino	45:57	+08:11	-
25	267	Andre Soares	Individual	Senior Masculino	45:57	+08:11	-
26	319	José Miguel Pinto	Individual	Senior Masculino	46:11	+08:24	-
27	153	Anthony Lopes	Engomadoria L&A Team	Senior Masculino	46:35	+08:49	-
28	61	Tiago Oliveira	Ases dos pedais/Sob efeito trail	Senior Masculino	47:09	+09:23	-
29	151	Nuno Teixeira	EDV-VIANATRAIL	Senior Masculino	47:25	+09:39	-
30	169	Nuno Amorim	FACTOR X / S4L / MEDENSE FC	Senior Masculino	47:34	+09:48	-
31	506	Filipe rocha	Perdidos no trail	Senior Masculino	47:48	+10:01	-
32	283	Fábio José Almeida Soares	Individual	Senior Masculino	48:14	+10:28	-
33	318	José Manuel Gonçalves Barbosa	Individual	Senior Masculino	48:35	+10:49	-
34	293	Helder Alexandre Gomes Fernandes	Individual	Senior Masculino	48:53	+11:07	-
35	269	antonio ricardo ferreira da silva	Individual	Senior Masculino	48:55	+11:09	-
36	282	Eduardo xavier nunes Ferreira	Individual	Senior Masculino	48:59	+11:13	-
37	156	João Araújo	Ermentão	Senior Masculino	49:15	+11:29	-
38	362	Rui Dias	Individual	Senior Masculino	49:17	+11:30	-
39	163	David Gonçalves	FACTOR X / S4L / MEDENSE FC	Senior Masculino	49:20	+11:34	-
40	337	Nuno MIguel Nogueira Teixeira	Individual	Senior Masculino	49:22	+11:36	-
41	306	João Ângelo Pereira Fontão	Individual	Senior Masculino	49:44	+11:58	-
42	24	Hélder Moreira	ALIANÇA DE GANDRA	Senior Masculino	49:57	+12:11	-
43	139	Vitor Rio	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	50:01	+12:14	-
44	193	Telmo Mendonça	GONDOMAR FUTSAL CLUBE	Senior Masculino	50:05	+12:19	-
45	312	Jorge Miguel Silva Oliveira	Individual	Senior Masculino	50:06	+12:19	-
46	507	José Gaspar	Perdidos no trail	Senior Masculino	50:24	+12:38	-
47	271	Bruno José Silva Moura	Individual	Senior Masculino	50:26	+12:39	-
48	170	Pedro Alves	FACTOR X / S4L / MEDENSE FC	Senior Masculino	50:28	+12:42	-
49	286	Filipe José Sousa Mendes	Individual	Senior Masculino	50:43	+12:56	-

Prova Principal

1 KM

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

OFFICIAL RESULT

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50	171	Pedro Viana	FACTOR X / S4L / MEDENSE FC	Senior Masculino	50:48	+13:01	-
51	290	Flávio Azevedo	Individual	Senior Masculino	50:48	+13:02	-
52	374	Vitor Manuel lima Varela	Individual	Senior Masculino	50:49	+13:02	-
53	508	Luis silva	Perdidos no trail	Senior Masculino	50:49	+13:02	-
54	366	Sergio Filipe Maia de Sousa	Individual	Senior Masculino	50:57	+13:11	-
55	541	Rui Bessa	Sob Efeito Trail	Senior Masculino	51:06	+13:20	-
56	565	Rui Oliveira	Velocidade Lesma	Senior Masculino	51:13	+13:26	-
57	483	Ibraim Sousa	MSS CONTABILIDADE	Senior Masculino	51:17	+13:30	-
58	561	Fernando Leite	TNT - Trilhos Natura Team	Senior Masculino	51:23	+13:36	-
59	77	António Costa	Câmara Municipal Gondomar	Senior Masculino	51:24	+13:37	-
60	369	Telmo Emanuel Neves de Sousa	Individual	Senior Masculino	51:28	+13:42	-
61	518	Pedro Ferreira	PORTO SENTIDO RUNNERS	Senior Masculino	51:39	+13:53	-
62	325	Luis Silva	Individual	Senior Masculino	52:04	+14:18	-
63	341	Nuno Silva	Individual	Senior Masculino	52:07	+14:21	-
64	316	José Fernando da Costa Azevedo	Individual	Senior Masculino	52:29	+14:42	-
65	50	joão fonseca	amigos s.pedro da cova	Senior Masculino	52:47	+15:01	-
66	272	Bruno Martins	Individual	Senior Masculino	53:18	+15:32	-
67	538	Pedro Salgueiro	Sawadee	Senior Masculino	53:23	+15:37	-
68	326	Márcio Marques	Individual	Senior Masculino	53:34	+15:48	-
69	17	Paulo onde	AFIS/OVAR	Senior Masculino	53:37	+15:50	-
70	36	Sérgio Pereira	ALIANÇA DE GANDRA	Senior Masculino	53:44	+15:58	-
71	350	Pedro Pereira	Individual	Senior Masculino	54:11	+16:24	-
72	133	Armando	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	54:13	+16:27	-
73	361	Rúben Moreira	Individual	Senior Masculino	55:27	+17:41	-
74	276	carlos azevedo	Individual	Senior Masculino	55:55	+18:08	-
75	516	Nuno Rocha	PMAF	Senior Masculino	55:56	+18:09	-
76	294	Hélder Ferreira	Individual	Senior Masculino	56:08	+18:21	-
77	287	filipe miguel castro povoas	Individual	Senior Masculino	56:10	+18:24	-
78	278	Daniel Carvalho da Rocha	Individual	Senior Masculino	56:12	+18:26	-
79	364	Rui pereira	Individual	Senior Masculino	56:23	+18:37	-
80	496	Vitor Oliveira	Oliveirinhas	Senior Masculino	56:39	+18:53	-
81	261	Abel Cardoso	Individual	Senior Masculino	56:45	+18:59	-
82	173	Rui Sousa	FACTOR X / S4L / MEDENSE FC	Senior Masculino	56:46	+19:00	-
83	317	José lima	Individual	Senior Masculino	56:49	+19:03	-
84	166	Hugo Santos	FACTOR X / S4L / MEDENSE FC	Senior Masculino	56:52	+19:05	-
85	477	Paulo Pires	Moreira Relax Runners	Senior Masculino	56:52	+19:05	-
86	340	Nuno Neves	Individual	Senior Masculino	57:01	+19:14	-
87	44	JOSE COUTINHO	AMIGOS DA PÍCUA-NORTIGAIA	Senior Masculino	57:04	+19:18	-
88	189	Filipe Leitão	GONDOMAR FUTSAL CLUBE	Senior Masculino	57:08	+19:22	-
89	216	Hugo Mota	Índios de BTTrail	Senior Masculino	57:16	+19:30	-
90	280	Daniel Teixeira	Individual	Senior Masculino	57:32	+19:45	-
91	348	Pedro Miguel Teixeira Dias	Individual	Senior Masculino	57:34	+19:48	-
92	345	Paulo Moura	Individual	Senior Masculino	57:35	+19:49	-
93	570	Dario Pinto	Individual	Senior Masculino	57:43	+19:57	-
94	188	Fábio Silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	57:49	+20:02	-
95	495	Sergio Oliveira	Oliveirinhas	Senior Masculino	57:51	+20:04	-

Prova Principal

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

OFFICIAL RESULT

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96	329	Marcos Silva	Individual	Senior Masculino	57:52	+20:05	-
97	25	Roberto Moreira	ALIANÇA DE GANDRA	Senior Masculino	58:02	+20:16	-
98	56	Diogo Machado Neto	Andatrilhos | Freamunde	Senior Masculino	58:06	+20:20	-
99	100	Rafael Oliveira	Centro Municipal de Marcha e Corrida de Vale de Cambra	Senior Masculino	58:21	+20:35	-
100	295	Helder Jorge Ferreira de Abreu	Individual	Senior Masculino	58:24	+20:37	-
101	349	Pedro Mota	Individual	Senior Masculino	58:26	+20:39	-
102	528	Celso Ribeiro	Running Brothers	Senior Masculino	58:37	+20:51	-
103	529	Mauro Silva	Running Brothers	Senior Masculino	58:38	+20:52	-
104	132	Agostinho Coelho	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	58:50	+21:04	-
105	307	Joao Oliveira	Individual	Senior Masculino	58:52	+21:06	-
106	301	Igor Cunha	Individual	Senior Masculino	59:07	+21:21	-
107	264	Amaro Correia	Individual	Senior Masculino	59:16	+21:29	-
108	187	Carlos Nogueira	GONDOMAR FUTSAL CLUBE	Senior Masculino	59:21	+21:35	-
109	167	Luís Filipe Silva Rodrigues	FACTOR X / S4L / MEDENSE FC	Senior Masculino	59:29	+21:42	-
110	42	Tó Faria	Amigos 100 Limites	Senior Masculino	59:36	+21:50	-
111	288	Filipe Rodrigues	Individual	Senior Masculino	59:46	+22:00	-
112	335	Nuno Eduardo Ribeiro	Individual	Senior Masculino	01:00:03	+22:17	-
113	268	António Rafael	Individual	Senior Masculino	01:00:07	+22:21	-
114	213	Cédric Silva	Índios de BTTrail	Senior Masculino	01:00:16	+22:30	-
115	540	Pedro Oliveira	Sob Efeito Trail	Senior Masculino	01:00:27	+22:40	-
116	297	Hugo Costa Ferreira	Individual	Senior Masculino	01:01:07	+23:20	-
117	371	Vasco Manuel Franco Pereira Pinto	Individual	Senior Masculino	01:02:01	+24:15	-
118	168	Marco Oliveir	FACTOR X / S4L / MEDENSE FC	Senior Masculino	01:02:17	+24:31	-
119	78	Hélder Vasco dos Santos Figueiredo	Câmara Municipal Gondomar	Senior Masculino	01:02:19	+24:33	-
120	262	Adélio Lima	Individual	Senior Masculino	01:02:21	+24:35	-
121	309	João Ricardo Grilo Teixeira	Individual	Senior Masculino	01:02:23	+24:37	-
122	299	Hugo Ricardo Sousa Ferreira	FACTOR X / S4L / MEDENSE FC	Senior Masculino	01:02:26	+24:40	-
123	302	Ivan de Vasconcelos Costa Pêgo Silva	Individual	Senior Masculino	01:02:28	+24:42	-
124	292	Goncalo Luis Guedes	Individual	Senior Masculino	01:02:36	+24:50	-
125	324	Leandro Miguel Aleixo De Carvalho	Individual	Senior Masculino	01:02:40	+24:54	-
126	322	José Tiago Soares Vieira	Individual	Senior Masculino	01:02:41	+24:55	-
127	331	Miguel Pereira	Individual	Senior Masculino	01:02:42	+24:55	-
128	134	Bruno Santos	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	01:02:42	+24:55	-
129	357	ricardo pina	Individual	Senior Masculino	01:02:43	+24:57	-
130	332	Miguel Sousa	Individual	Senior Masculino	01:02:45	+24:59	-
131	494	Horacio Ferreira	Oliveirinhas	Senior Masculino	01:02:51	+25:04	-
132	186	Bruno Macieira	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:02:54	+25:07	-
133	581	Pedro Santos	Individual	Senior Masculino	01:02:54	+25:07	-
134	150	António Pinheiro	Dr. Merino/4moove	Senior Masculino	01:02:59	+25:13	-
135	339	Nuno Moreira	Individual	Senior Masculino	01:03:01	+25:14	-
136	291	Gilberto Sousa	Individual	Senior Masculino	01:03:01	+25:15	-
137	296	Helder Oliveira	Individual	Senior Masculino	01:03:01	+25:15	-
138	314	José Carlos Torres	Individual	Senior Masculino	01:03:07	+25:21	-
139	485	Ricardo Carvalho	MSS CONTABILIDADE	Senior Masculino	01:03:14	+25:28	-

Prova Principal

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

OFFICIAL RESULT

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140	356	Ricardo Marques Moreira	Individual	Senior Masculino	01:03:23	+25:37	-
141	343	Paulo Bruno de Sousa Ferreira	Individual	Senior Masculino	01:03:29	+25:43	-
142	354	Ricardo Anjos	Individual	Senior Masculino	01:03:30	+25:43	-
143	370	Tiago Manuel Moura Silva	Individual	Senior Masculino	01:03:57	+26:11	-
144	539	Tiago Salgueiro	Sawadee	Senior Masculino	01:04:51	+27:05	-
145	67	Carlos Silva	BarbaRija	Senior Masculino	01:05:22	+27:35	-
146	273	Bruno Miguel Santos Rocha	Individual	Senior Masculino	01:05:39	+27:53	-
147	542	Tiago Teixeira	Sob Efeito Trail	Senior Masculino	01:07:07	+29:20	-
148	510	César Pais	Pit Power	Senior Masculino	01:07:09	+29:22	-
149	192	Sérgio Pereira	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:07:15	+29:28	-
150	351	Pedro Soares	Individual	Senior Masculino	01:07:38	+29:52	-
151	41	Alcino Silva	Amigos 100 Limites	Senior Masculino	01:07:43	+29:57	-
152	360	Ruben Alves	Individual	Senior Masculino	01:07:45	+29:59	-
153	215	Francisco Cardoso	Índios de BTTrail	Senior Masculino	01:07:46	+29:59	-
154	367	Sérgio Gonçalves	Individual	Senior Masculino	01:07:46	+30:00	-
155	277	Cláudio Emanuel de Araújo Madureira	Individual	Senior Masculino	01:07:55	+30:09	-
156	305	João Alberto Moreira Castro	Individual	Senior Masculino	01:07:57	+30:11	-
157	300	Hugo Silva	Individual	Senior Masculino	01:08:20	+30:34	-
158	347	Pedro Miguel Pacheco dos Santos	Individual	Senior Masculino	01:09:11	+31:25	-
159	70	Ricardo Silva	boa companhia	Senior Masculino	01:09:31	+31:44	-
160	373	Vitor Hugo Vieira Moreira	Individual	Senior Masculino	01:10:04	+32:18	-
161	334	Nuno Daniel Silva Santos	Individual	Senior Masculino	01:10:53	+33:07	-
162	162	António Manuel da Costa Amorim	FACTOR X / S4L / MEDENSE FC	Senior Masculino	01:11:20	+33:34	-
163	285	Filipe José Gomes Mota	Individual	Senior Masculino	01:11:21	+33:35	-
164	99	Nelson Rodrigues	Centro Municipal de Marcha e Corrida de Vale de Cambra	Senior Masculino	01:11:36	+33:50	-
165	471	Sérgio Pereira	Magical Mushrooms	Senior Masculino	01:11:38	+33:51	-
166	214	Filipe Gonçalves	Índios de BTTrail	Senior Masculino	01:11:44	+33:58	-
167	497	Rui Duarte Teixeira Moreira	Oralklasse - amigos do trail	Senior Masculino	01:12:49	+35:02	-
168	342	Paulo Barbosa	Individual	Senior Masculino	01:12:49	+35:03	-
169	315	José Castro	Individual	Senior Masculino	01:12:49	+35:03	-
170	484	Paulo Silva	MSS CONTABILIDADE	Senior Masculino	01:12:57	+35:11	-
171	353	Ricardo Amaral	Individual	Senior Masculino	01:13:12	+35:25	-
172	164	Emanuel Vieira	FACTOR X / S4L / MEDENSE FC	Senior Masculino	01:13:18	+35:32	-
173	263	Amandio Nunes	Individual	Senior Masculino	01:13:19	+35:32	-
174	355	Ricardo Jorge Gomes Fernandes	Individual	Senior Masculino	01:14:47	+37:00	-
175	79	Marco André dos Santos Martins Lopes	Câmara Municipal Gondomar	Senior Masculino	01:14:47	+37:01	-
176	304	Ivo Teixeira	Individual	Senior Masculino	01:15:17	+37:31	-
177	352	Raphaël Lopes	Individual	Senior Masculino	01:16:14	+38:28	-
178	190	Ricardo Alves	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:16:52	+39:05	-
179	311	Joel Filipe Mota Teixeira	Individual	Senior Masculino	01:17:22	+39:36	-
180	165	Fernando Delindro	FACTOR X / S4L / MEDENSE FC	Senior Masculino	01:17:26	+39:40	-
181	191	Ricardo Santos	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:19:12	+41:26	-
182	57	Paulo Sampaio	Andatrilhos | Freamunde	Senior Masculino	01:21:20	+43:34	-
183	284	Fábio Peixoto	Individual	Senior Masculino	01:24:33	+46:47	-
184	525	Nuno Vasco Martins Ferreira da Rocha	Rocha's	Senior Masculino	01:29:51	+52:05	-
185	358	Ricardo Sousa	Individual	Senior Masculino	01:31:37	+53:50	-

Prova Principal

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

OFFICIAL RESULT

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186	556	Helder Moutinho	TAI - Runners	Senior Masculino	01:31:53	+54:07	-
187	172	Rui Oliveira	FACTOR X / S4L / MEDENSE FC	Senior Masculino	01:33:06	+55:20	-

Veterana F40

1	394	Alexandra Fernandes	Individual	Veterana F40	51:02	+13:16	-
2	12	ELISABETE SANTOS	A. R. LUZ E VIDA GONDOMARENSE	Veterana F40	51:58	+14:11	-
3	106	Susana Brandao	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterana F40	54:33	+16:47	-
4	58	Eva Carneiro	Andatrilhos | Freamunde	Veterana F40	56:41	+18:55	-
5	105	Regina Almeida	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterana F40	56:48	+19:02	-
6	64	Sandra Cardoso	Baguim Runners	Veterana F40	57:00	+19:13	-
7	103	Filomena Santos	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterana F40	57:39	+19:53	-
8	378	Isabel Dias	Individual	Veterana F40	58:27	+20:40	-
9	472	Cristina Loureiro	Magical Mushrooms	Veterana F40	59:14	+21:28	-
10	521	CECÍLIA MARTINS	PT JRSOUSA TEAM	Veterana F40	59:21	+21:35	-
11	102	Cristina Silva	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterana F40	59:40	+21:54	-
12	86	Marlene Martins	CENTRO CICLISTA DE GONDOMAR	Veterana F40	01:00:28	+22:41	-
13	175	Cristina Barbosa	FACTOR X / S4L / MEDENSE FC	Veterana F40	01:02:33	+24:47	-
14	140	Etelvina Santos	Douroconta - Gabinete de Apoio e Contabilidade	Veterana F40	01:03:04	+25:18	-
15	467	Paula Oliveira	Juntos somos um	Veterana F40	01:03:13	+25:26	-
16	511	Cristina Casimiro	Pit Power	Veterana F40	01:03:14	+25:28	-
17	461	Filomena Lascasas	Joana	Veterana F40	01:03:23	+25:37	-
18	87	Sandra Matos	CENTRO CICLISTA DE GONDOMAR	Veterana F40	01:03:28	+25:42	-
19	101	Conceiçao Soares	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterana F40	01:04:42	+26:56	-
20	384	Susana Matias Santos	Individual	Veterana F40	01:04:51	+27:05	-
21	104	Maria Jose Santos	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterana F40	01:05:00	+27:14	-
22	212	Alexandra fernandes	Guimarunning Moscada	Veterana F40	01:05:16	+27:30	-
23	474	Mira Fonte	Magical Mushrooms	Veterana F40	01:06:53	+29:07	-
24	512	Elsa Leite	Pit Power	Veterana F40	01:07:09	+29:23	-
25	383	Sónia Pereira	Individual	Veterana F40	01:07:27	+29:41	-
26	376	Antónia Maques Tomáz Dias	Individual	Veterana F40	01:08:18	+30:32	-
27	579	Marcia Sousa	Câmara Municipal Gondomar	Veterana F40	01:09:44	+31:58	-
28	578	Lurdes Tavares	Individual	Veterana F40	01:09:44	+31:58	-
29	551	Fátima Almeida	STCP Runners	Veterana F40	01:10:30	+32:44	-
30	382	Sandra mendes	Individual	Veterana F40	01:10:53	+33:07	-
31	28	Fernanda Oliveira	ALIANÇA DE GANDRA	Veterana F40	01:11:19	+33:32	-
32	381	Sandra Aguiar	Individual	Veterana F40	01:15:20	+37:33	-
33	73	Eduarda Maria Vieira Magalhães Freitas	Budeguitas	Veterana F40	01:28:35	+50:48	-

34	526	Fernanda de Sousa Santos Neves da Rocha	Rocha's	Veterana F40	01:29:54	+52:08	-
35	375	Andrea Ferreira	Individual	Veterana F40	01:31:36	+53:50	-
36	30	Natália Moreira	ALIANÇA DE GANDRA	Veterana F40	01:32:12	+54:26	-
37	31	Silvia Mónica Pinto	ALIANÇA DE GANDRA	Veterana F40	01:32:13	+54:27	-

Veterana F50

1	387	FATIMA PAIS	Individual	Veterana F50	56:47	+19:01	-
2	389	Margarida Pereira	Individual	Veterana F50	59:27	+21:41	-
3	385	Carmo Marinho	Individual	Veterana F50	01:00:05	+22:19	-
4	108	Fatima Ferreira	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterana F50	01:04:24	+26:38	-
5	131	Maria Fátima Marques Ribeiro	Clube Zupper	Veterana F50	01:04:33	+26:46	-
6	194	Rosa Mendes	GONDOMAR FUTSAL CLUBE	Veterana F50	01:06:17	+28:31	-
7	109	Fernanda Almeida	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterana F50	01:07:18	+29:32	-
8	107	Ceu Silva	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterana F50	01:10:44	+32:58	-
9	390	Maria Madalena Nogueira Cabral	Individual	Veterana F50	01:31:45	+53:59	-

Veterana F60

1	141	Fernanda Bento	Douroconta - Gabinete de Apoio e Contabilidade	Veterana F60	01:12:15	+34:29	-
2	391	Maria Filomena Venâncio Lopes Marcelo	Individual	Veterana F60	01:19:21	+41:35	-

Veterano M40

1	15	sergio fernando pinto de Sousa	acd s. João da serra	Veterano M40	38:59	+01:13	-
2	127	Alcino Silva	Clube Independente de Atletismo de Alpendorada	Veterano M40	39:10	+01:23	-
3	145	Rui Gomes	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	39:44	+01:58	-
4	550	Paulo Reis	Sporting Clube de Espinho / António Leitão	Veterano M40	40:26	+02:39	-
5	209	ADELINO SILVA	grupo dramatico e recreativo da retorta	Veterano M40	40:30	+02:44	-
6	498	Orlando Neves	Orlando	Veterano M40	41:00	+03:14	-
7	155	Sergio Santos	Engomadoria L&A Team	Veterano M40	42:59	+05:12	-
8	549	Paulo Oliveira	Sporting Clube de Espinho / António Leitão	Veterano M40	43:06	+05:19	-
9	327	Carlos Barroso	Individual	Veterano M40	43:36	+05:50	-
10	82	Miguel Pereira	CCDTC.M.GONDOMAR	Veterano M40	44:15	+06:29	-
11	62	Carlos Campos	Atlético Clube Alfenense	Veterano M40	45:19	+07:33	-
12	176	Pedro Freitas	FACTOR X / S4L / MEDENSE FC	Veterano M40	45:38	+07:52	-
13	117	João Rodrigues	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M40	45:48	+08:02	-

Prova Principal — 1 KM

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

OFFICIAL RESULT

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14	200	Pedro Matos	GONDOMAR FUTSAL CLUBE	Veterano M40	45:48	+08:02	-
15	75	Agostinho Marques	CAL - Clube Atletismo de Lamas	Veterano M40	46:45	+08:59	-
16	90	Miguel Martins	CENTRO CICLISTA DE GONDOMAR	Veterano M40	47:22	+09:36	-
17	26	Fernando Oliveira	ALIANÇA DE GANDRA	Veterano M40	47:25	+09:39	-
18	504	Jorge Filipe Jesus Silva	Os Falta D'Ar	Veterano M40	48:00	+10:14	-
19	409	Joao Correia	Individual	Veterano M40	48:03	+10:16	-
20	476	Hugo Chumbo M	Magical Mushrooms	Veterano M40	48:29	+10:43	-
21	14	RICARDO ALMEIDA	A. R. LUZ E VIDA GONDOMARENSE	Veterano M40	48:33	+10:47	-
22	487	António Fernandes	MSS CONTABILIDADE	Veterano M40	48:37	+10:50	-
23	177	Rui Mota	FACTOR X / S4L / MEDENSE FC	Veterano M40	48:56	+11:10	-
24	197	Paulo Alves	GONDOMAR FUTSAL CLUBE	Veterano M40	49:00	+11:13	-
25	112	Antonio Martins	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M40	49:35	+11:49	-
26	142	António Azevedo	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	49:41	+11:54	-
27	147	Telmo Ferreira	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	49:50	+12:04	-
28	427	PAULO PIMENTA	Individual	Veterano M40	50:08	+12:22	-
29	491	Vitor Azevedo	MSS CONTABILIDADE	Veterano M40	50:50	+13:03	-
30	144	Manuel Santos	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	51:03	+13:17	-
31	407	Hugo Amaro	Individual	Veterano M40	51:08	+13:22	-
32	111	Antonio Jorge Melo	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M40	51:25	+13:39	-
33	479	Miguel Moura	Moura & Amigos	Veterano M40	51:31	+13:45	-
34	35	Pedro Silva	ALIANÇA DE GANDRA	Veterano M40	51:45	+13:58	-
35	419	Luis Gomes	Individual	Veterano M40	51:59	+14:12	-
36	503	Jorge Augusto Oliveira Guerra	Os Falta D'Ar	Veterano M40	52:06	+14:20	-
37	395	baltazar ferreira	Individual	Veterano M40	52:17	+14:30	-
38	199	Paulo Gama	GONDOMAR FUTSAL CLUBE	Veterano M40	52:25	+14:38	-
39	392	Adalberto Correia Lima Pinto Figueiredo	Individual	Veterano M40	52:29	+14:43	-
40	404	Filipe Neves	Individual	Veterano M40	52:35	+14:49	-
41	543	Hélder Marques	Sob Efeito Trail	Veterano M40	52:40	+14:54	-
42	566	Manuel Oliveira	White	Veterano M40	52:42	+14:56	-
43	531	Carlos Tavares	Runriver Escola Atletismo Rio Tinto	Veterano M40	52:44	+14:58	-
44	13	LUÍS GUIMARÃES	A. R. LUZ E VIDA GONDOMARENSE	Veterano M40	52:55	+15:09	-
45	89	Henrique Matos	CENTRO CICLISTA DE GONDOMAR	Veterano M40	53:42	+15:55	-
46	426	Nelson Santos	Individual	Veterano M40	53:54	+16:08	-
47	519	Marco António Ribeiro da Silva Caldas	PORTO SENTIDO RUNNERS	Veterano M40	53:54	+16:08	-
48	146	Rui Marques	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	54:45	+16:59	-
49	33	Álvaro Cunha	ALIANÇA DE GANDRA	Veterano M40	56:19	+18:33	-
50	489	Francisco Silva	MSS CONTABILIDADE	Veterano M40	56:23	+18:37	-
51	400	Eduardo Fernandes	Individual	Veterano M40	56:24	+18:38	-
52	45	ANTÓNIO PEREIRA	AMIGOS DA PÍCUA-NORTIGAIA	Veterano M40	56:38	+18:52	-

Prova Principal

1 KM

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

OFFICIAL RESULT

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53	398	César Rocha	Individual	Veterano M40	56:47	+19:01	-
54	522	Gentil Oliveira	PT JRSOUSA TEAM	Veterano M40	56:47	+19:01	-
55	114	Carlos Rodrigues	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M40	56:48	+19:02	-
56	413	Jorge Carvalho	Individual	Veterano M40	56:51	+19:05	-
57	408	João António Marques tavares	Individual	Veterano M40	56:52	+19:05	-
58	113	Carlos Brandão	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M40	56:54	+19:08	-
59	432	Serafim Pereira	Individual	Veterano M40	56:58	+19:11	-
60	19	Paulo Fernandes	AFIS/OVAR	Veterano M40	57:12	+19:25	-
61	18	Joaquim Moreira	AFIS/OVAR	Veterano M40	57:21	+19:35	-
62	502	Joaquim Sérgio Oliveira Guerra	Os Falta D'Ar	Veterano M40	57:26	+19:40	-
63	115	Carlos Silva	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M40	57:39	+19:53	-
64	568	Miguel Azevedo	Individual	Veterano M40	57:48	+20:01	-
65	514	António Gomes	Pit Power	Veterano M40	57:50	+20:04	-
66	59	Daniel Machado Neto	Andatrilhos | Freamunde	Veterano M40	58:07	+20:20	-
67	116	Fernando Leite	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M40	58:13	+20:27	-
68	535	R COIMBRA	SATI supreme	Veterano M40	58:32	+20:46	-
69	534	jorge de sa	SATI supreme	Veterano M40	58:33	+20:46	-
70	554	Paulo Carneiro	STCP Runners	Veterano M40	58:49	+21:03	-
71	488	Filipe Roboredo	MSS CONTABILIDADE	Veterano M40	59:04	+21:18	-
72	523	VITOR ANTONIO COSTELHA PINTO	PT JRSOUSA TEAM	Veterano M40	59:27	+21:40	-
73	184	Marco Castro	Gang da Boa Vida	Veterano M40	59:51	+22:05	-
74	431	Rui Godinho	Individual	Veterano M40	59:52	+22:06	-
75	423	Marco Rui Pereira Abreu	Individual	Veterano M40	59:56	+22:10	-
76	418	Luís Carlos Ferreira Campos Lobo	Individual	Veterano M40	01:00:04	+22:17	-
77	397	Carlos Manuel Carvalho Guedes	Individual	Veterano M40	01:00:04	+22:17	-
78	405	Filipe Rocha	Individual	Veterano M40	01:00:10	+22:24	-
79	555	Paulo Gonçalves	STCP Runners	Veterano M40	01:00:27	+22:40	-
80	553	Marco Batista	STCP Runners	Veterano M40	01:02:03	+24:16	-
81	478	Helder Silva	Moreira Relax Runners	Veterano M40	01:02:09	+24:23	-
82	410	Joao Ribeiro	Individual	Veterano M40	01:02:19	+24:33	-
83	66	Vitor Cardoso	Baguim Runners	Veterano M40	01:02:37	+24:50	-
84	34	Juvenal Cardoso	ALIANÇA DE GANDRA	Veterano M40	01:02:49	+25:03	-
85	198	Paulo Fernandes	GONDOMAR FUTSAL CLUBE	Veterano M40	01:02:54	+25:07	-
86	414	José Alves	Individual	Veterano M40	01:03:03	+25:16	-
87	466	Nelson Gandra	Juntos a correr	Veterano M40	01:03:11	+25:25	-
88	425	Miguel Oliveira	Individual	Veterano M40	01:03:18	+25:32	-
89	424	Mauro Almeida	Individual	Veterano M40	01:03:31	+25:44	-
90	68	Nuno Varela	BarbaRija	Veterano M40	01:03:42	+25:55	-
91	412	Jorge Bessa Júnior	Individual	Veterano M40	01:04:10	+26:23	-
92	110	Alexandre Gomes	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M40	01:04:25	+26:39	-
93	196	José Carlos Lascasas	GONDOMAR FUTSAL CLUBE	Veterano M40	01:04:44	+26:58	-
94	403	Filipe Matias	Individual	Veterano M40	01:04:51	+27:04	-
95	428	Paulo Rocha	Individual	Veterano M40	01:06:30	+28:44	-

Prova Principal — 1 KM

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

OFFICIAL RESULT

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

96	71	Americo Guedes	Boa companhia	Veterano M40	01:06:43	+28:56	-
97	406	floriberto castro	Individual	Veterano M40	01:06:47	+29:00	-
98	509	José Manuel Carneiro	Perdidos no trail	Veterano M40	01:07:03	+29:16	-
99	515	Lino Neves	Pit Power	Veterano M40	01:07:10	+29:23	-
100	415	José Bonifácio	Individual	Veterano M40	01:07:45	+29:58	-
101	65	Lourenço Cardoso	Baguim Runners	Veterano M40	01:08:03	+30:17	-
102	411	Jorge Caldas	Individual	Veterano M40	01:08:07	+30:21	-
103	396	Bernardino Jorge Almeida	Individual	Veterano M40	01:08:17	+30:30	-
104	6	Rui Sá	10TEMIDOS	Veterano M40	01:08:59	+31:13	-
105	475	Celso Mota	Magical Mushrooms	Veterano M40	01:09:28	+31:42	-
106	416	José Monteiro	Individual	Veterano M40	01:09:28	+31:42	-
107	72	Camilo pInto	boa companhia	Veterano M40	01:09:31	+31:45	-
108	43	Pedro Silva	Amigos 100 Limites	Veterano M40	01:09:43	+31:57	-
109	420	Luis Guedes	Individual	Veterano M40	01:09:58	+32:11	-
110	533	david cruz	SATI supreme	Veterano M40	01:10:06	+32:19	-
111	552	Domingos Faustino	STCP Runners	Veterano M40	01:10:31	+32:44	-
112	118	Miguel Almeida	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M40	01:10:44	+32:58	-
113	401	Eugénio Soares	Individual	Veterano M40	01:13:55	+36:08	-
114	80	Mário Jorge Gadelho Tavares	Câmara Municipal Gondomar	Veterano M40	01:14:47	+37:01	-
115	143	David Silva	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	01:20:46	+43:00	-

Veterano M50

1	210	HENRIQUE DIAS	grupo dramatico e recreativo da retorta	Veterano M50	39:06	+01:20	-
2	468	José Cabral	Juntos somos um	Veterano M50	41:24	+03:37	-
3	85	Belmiro Moreira Ferreira	CD Leoes da Guarda	Veterano M50	42:43	+04:57	-
4	93	Vitor Sousa	CENTRO CICLISTA DE GONDOMAR	Veterano M50	44:13	+06:26	-
5	63	Arlindo Sousa	Atlético Clube Alfenense	Veterano M50	44:18	+06:31	-
6	493	JOSÉ MOTA	Nascidos para Correr	Veterano M50	44:23	+06:37	-
7	577	Manuel Sousa	A. R. LUZ E VIDA GONDOMARENSE	Veterano M50	45:35	+07:49	-
8	91	David Tavares	CENTRO CICLISTA DE GONDOMAR	Veterano M50	46:01	+08:15	-
9	92	Jorge Silva	CENTRO CICLISTA DE GONDOMAR	Veterano M50	46:43	+08:57	-
10	505	Manuel Oliveira	Os Falta D'Ar	Veterano M50	47:02	+09:16	-
11	567	Joaquim Santos	White	Veterano M50	47:50	+10:04	-
12	469	Paulo Cavaleiro	Leitão & Cavaleiro	Veterano M50	48:41	+10:55	-
13	447	manuel cunha povoas	Individual	Veterano M50	49:47	+12:00	-
14	449	Mário Nogueira	Individual	Veterano M50	50:23	+12:36	-
15	69	Rui costa	Barrinha Surf School	Veterano M50	51:50	+14:04	-
16	119	Antonio Oliveira	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M50	51:52	+14:06	-
17	435	David Pinto	Individual	Veterano M50	52:03	+14:17	-

Prova Principal — 1 KM

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

OFFICIAL RESULT

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18	439	Gil da Costa	Individual	Veterano M50	54:06	+16:19	-
19	460	MANUEL RIBEIRO	Invicta Runners Team	Veterano M50	54:22	+16:36	-
20	446	Manuel Carvalho Guedes	Individual	Veterano M50	54:42	+16:56	-
21	81	João Oliveira	Câmara Municipal Gondomar	Veterano M50	56:01	+18:14	-
22	440	Joaquim Fortuna	Individual	Veterano M50	56:08	+18:22	-
23	445	jose manuel do carmo neves	Individual	Veterano M50	56:24	+18:38	-
24	203	José Mendes	GONDOMAR FUTSAL CLUBE	Veterano M50	56:32	+18:46	-
25	204	Pedro Sousa	GONDOMAR FUTSAL CLUBE	Veterano M50	56:36	+18:49	-
26	157	Manuel Silva	Ermentão	Veterano M50	56:39	+18:53	-
27	47	ANTÓNIO TEIXEIRA	AMIGOS DA PÍCUA-NORTIGAIA	Veterano M50	57:04	+19:18	-
28	122	Joaquim Oliveira	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M50	57:39	+19:52	-
29	452	Pedro Vicente	Individual	Veterano M50	57:59	+20:13	-
30	448	Mario Jorge Neves Sousa Magalhaes	Individual	Veterano M50	58:18	+20:32	-
31	580	Dimitrov Borco	Individual	Veterano M50	58:31	+20:45	-
32	530	Silva	Running Brothers	Veterano M50	58:37	+20:51	-
33	206	fernando rocha	grupo desportivo leoes de veneza	Veterano M50	58:48	+21:02	-
34	201	Francisco Oliveira	GONDOMAR FUTSAL CLUBE	Veterano M50	59:40	+21:54	-
35	202	Ilídio Freitas	GONDOMAR FUTSAL CLUBE	Veterano M50	01:02:20	+24:33	-
36	158	Manuel Cunha Lima	experienciar	Veterano M50	01:02:36	+24:49	-
37	451	Pedro Fernandes	Individual	Veterano M50	01:03:07	+25:20	-
38	148	José Santos	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M50	01:03:16	+25:30	-
39	450	Paulo Manuel Ferreira da silva	Individual	Veterano M50	01:03:29	+25:42	-
40	453	Vitor vieira	Individual	Veterano M50	01:03:53	+26:07	-
41	437	Fernando Monteiro	Individual	Veterano M50	01:04:34	+26:48	-
42	444	José Adriano Magalhães de Castro	Individual	Veterano M50	01:05:18	+27:32	-
43	51	emidio pontes	amigos s.pedro da cova	Veterano M50	01:06:44	+28:57	-
44	52	paulo fonseca	amigos s.pedro da cova	Veterano M50	01:07:05	+29:18	-
45	123	Jose Soares	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M50	01:10:43	+32:57	-
46	217	José Cardoso	Índios de BTTrail	Veterano M50	01:14:31	+36:45	-
47	527	José Neves da Rocha	Rocha's	Veterano M50	01:16:19	+38:33	-
48	443	Jorge Ferreira	Individual	Veterano M50	01:31:44	+53:58	-
49	442	Joaquim Pinto Pereira	Individual	Veterano M50	01:36:29	+58:43	-

Veterano M60

1	455	António Graça	Individual	Veterano M60	47:03	+09:16	-
2	178	António Rocha	FACTOR X / S4L / MEDENSE FC	Veterano M60	48:08	+10:22	-
3	126	Nelson Silva	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M60	49:23	+11:37	-
4	48	MANUEL SILVA	AMIGOS DA PÍCUA-NORTIGAIA	Veterano M60	49:24	+11:38	-
5	576	Antonio Rocha	Individual	Veterano M60	52:13	+14:27	-
6	49	SERGIO FERREIRA	AMIGOS DA PÍCUA-NORTIGAIA	Veterano M60	56:28	+18:41	-
7	149	Carlos Bento	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M60	56:44	+18:57	-
8	458	fernando azevedo	Individual	Veterano M60	57:50	+20:04	-

Prova Principal

1 KM

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

OFFICIAL RESULT

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9	124	Domingos Silva	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M60	58:02	+20:16	-
10	84	Avelino Pereira	CCDTC.M.GONDOMAR	Veterano M60	59:30	+21:44	-
11	53	serafim fonseca	amigos s.pedro da cova	Veterano M60	01:02:07	+24:21	-
12	454	António Fernandes	Individual	Veterano M60	01:03:59	+26:13	-
13	459	Manuel Emidio	Individual	Veterano M60	01:04:06	+26:20	-
14	532	Lénio Fernando Nogueira Marinho	Salgueiros Running	Veterano M60	01:09:23	+31:37	-
15	205	José Sousa	GONDOMAR FUTSAL CLUBE	Veterano M60	01:10:04	+32:18	-
16	536	jose Brites	SATI supreme	Veterano M60	01:13:47	+36:01	-
17	128	Manuel Barbosa	Clube Independente de Atletismo de Alpendorada	Veterano M60	01:14:20	+36:33	-
18	456	Arlindo Coelho Ferreira	Individual	Veterano M60	01:30:44	+52:58	-

COLETIVO - PROVA PRINCIPAL

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RANK	TEAM	DESCRIPTION	POINTS
1	grupo dramatico e recreativo da retorta	2 + 4 + 7	13
2	Douroconta - Gabinete de Apoio e Contabilidade	6 + 13 + 15	34
3	Sporting Clube de Espinho / António Leitão	9 + 22 + 27	58
4	A. R. LUZ E VIDA GONDOMARENSE	19 + 39 + 40	98
5	CENTRO CICLISTA DE GONDOMAR	26 + 47 + 50	123
6	FACTOR X / S4L / MEDENSE FC	33 + 41 + 59	133
7	Gaia Trail	32 + 37 + 67	136
8	Centro Municipal de Marcha e Corrida de Vale de Cambra	42 + 43 + 83	168
9	MSS CONTABILIDADE	16 + 71 + 107	194
10	GONDOMAR FUTSAL CLUBE	44 + 78 + 92	214
11	Os Falta D'Ar	52 + 63 + 129	244
12	Perdidos no trail	61 + 97 + 105	263
13	ALIANÇA DE GANDRA	56 + 90 + 121	267
14	AMIGOS DA PÍCUA-NORTIGAIA	84 + 174 + 177	435
15	Sob Efeito Trail	111 + 138 + 272	521
16	AFIS/OVAR	147 + 202 + 204	553
17	Câmara Municipal Gondomar	116 + 164 + 280	560
18	PT JRSOUSA TEAM	133 + 186 + 248	567
19	Andatrilhos | Freamunde	180 + 223 + 224	627
20	Magical Mushrooms	68 + 245 + 363	676
21	Oliveirinhas	178 + 218 + 302	698
22	PORTO SENTIDO RUNNERS	120 + 151 + 432	703
23	Running Brothers	235 + 236 + 237	708
24	amigos s.pedro da cova	141 + 277 + 361	779
25	STCP Runners	240 + 271 + 276	787
26	Índios de BTTrail	203 + 270 + 378	851
27	SATI supreme	233 + 234 + 403	870
28	Baguim Runners	197 + 292 + 382	871
29	Amigos 100 Limites	253 + 262 + 375	890
30	Pit Power	216 + 321 + 367	904
31	Sawadee	144 + 350 + 464	958
32	Rocha's	449 + 450 + 469	1368