3º GP Santa Maria de Lamas
Lamas, Santa Maria da Feira, PT
08-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 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	17:30	21ºC	77%
End	18:35	20ºC	82%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	179	Toze Castro	fiaes-sc	Senior Masculino	33:43		03:22
2	200	Hélder Pires	ca ovar	Senior Masculino	34:34	+00:50	03:27
3	60	António Silva	clube independente de argoncilhe	Veterano M45	34:54	+01:10	03:29
4	8	RENATO SOUSA	associação desportiva rio largo clube de espinho	Senior Masculino	34:55	+01:11	03:30
5	31	Armando Bastos	caldas s. jorge sport clube	Veterano M40	35:11	+01:27	03:31
6	160	Luis Silva	núcleo de atletismo de cucujães	Senior Masculino	35:16	+01:32	03:32
7	81	ANTÓNIO JOSÉ FERNANDES CRISTÓVÃO	grupo desportivo e cultural de guilhovai	Senior Masculino	35:20	+01:36	03:32
8	165	ANTÓNIO SOUSA	ripolins grijó a correr	Veterano M45	35:27	+01:43	03:33
9	97	bruno silva	individual	Senior Masculino	35:35	+01:51	03:34
10	178	André Silva	fiaes-sc	Senior Masculino	35:41	+01:57	03:34
11	129	Paulo Silva	individual	Veterano M40	35:54	+02:11	03:35
12	102	Fernando Oliveira	triphasico	Senior Masculino	36:20	+02:36	03:38
13	130	Salviano Ferreira	individual	Veterano M40	36:22	+02:38	03:38
14	99	Carlos teixeira	triphasico	Senior Masculino	36:23	+02:39	03:38
15	34	Renato Silva	caldas s. jorge sport clube	Veterano M45	36:32	+02:48	03:39
16	57	Rogério Campos	clube desportivo feirense	Veterano M45	36:41	+02:57	03:40
17	110	Pedro Cerdeirinha	individual	Senior Masculino	36:49	+03:05	03:41
18	74	João Miguel Barbosa Alves	triphasico	Senior Masculino	37:15	+03:31	03:44
19	204	Hugo Daniel	trail running clube btt sanguedo	Senior Masculino	37:22	+03:38	03:44
20	194	Alberto Valente	ca ovar	Veterano M40	37:23	+03:40	03:44
21	22	AUGUSTO ALUAI	cal - clube atletismo de lamas	Veterano M45	37:40	+03:56	03:46
22	186	Rui Oliveira	vila maior turismo	Veterano M40	38:04	+04:21	03:48
23	144	CARLOS DANIEL BAPTISTA	jam - juventude atlética mozelense	Senior Masculino	38:16	+04:32	03:50
24	148	CARLOS BAPTISTA	jam - juventude atlética mozelense	Veterano M50	38:32	+04:48	03:51
25	105	Jorge Cubal	triphasico	Senior Masculino	38:43	+04:59	03:52
26	187	Antonio Marques	vila maior turismo	Veterano M50	38:52	+05:08	03:53
27	115	Tiago Alves	individual	Senior Masculino	38:55	+05:11	03:54
28	149	FERNANDO BRANDÃO	jam - juventude atlética mozelense	Veterano M50	39:14	+05:30	03:55
29	76	ORLANDO VALENTE	futebol clube de penafiel	Veterano M50	39:22	+05:38	03:56
30	51	Clarisse Cruz	individual	Senior Feminino	39:22	+05:38	03:56
31	43	Fernando Américo Cruz	cirac	Senior Masculino	39:22	+05:38	03:56
32	44	Hugo Pinto	cirac	Senior Masculino	39:34	+05:50	03:57
33	35	António Neves	caldas s. jorge sport clube	Senior Masculino	39:44	+06:00	03:58
34	184	Julio Oliveira	vila maior turismo	Veterano M40	39:49	+06:05	03:59
35	199	Joaquim Costa	ca ovar	Veterano M60	39:55	+06:11	04:00
36	33	Alberto Neves	caldas s. jorge sport clube	Veterano M45	40:10	+06:26	04:01
37	49	Henrique Melo	cirac	Veterano M50	40:11	+06:27	04:01
38	123	americo silva	individual	Veterano M40	40:17	+06:33	04:02
39	85	DAVID DA SILVA FERNANDES	grupo desportivo e cultural de guilhovai	Veterano M60	40:30	+06:46	04:03
40	58	bruno santos	clube independente de argoncilhe	Senior Masculino	40:30	+06:46	04:03
41	198	Mónica Fernandes	ca ovar	Senior Feminino	40:34	+06:50	04:03

PROVA PRINCIPAL - STAGE 1 10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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
42	183	Paulo da Silva	vila maior turismo	Senior Masculino	40:52	+07:08	04:05
43	117	Vítor Manuel Ferreira Dias	individual	Senior Masculino	40:53	+07:09	04:05
44	182	RICHARD NOGUEIRA	trail running clube btt sanguedo	Veterano M40	40:55	+07:11	04:06
45	19	CARLOS CARDOSO	cal - clube atletismo de lamas	Veterano M40	41:12	+07:28	04:07
46	162	Jorge Silva	os falta d'ar	Veterano M40	41:19	+07:35	04:08
47	37	José Silva	caldas s. jorge sport clube	Veterano M55	41:44	+08:00	04:10
48	201	Renato Brandão	lourocoop	Senior Masculino	42:00	+08:16	04:12
49	83	NORBERTO LOPES DE OLIVEIRA	grupo desportivo e cultural de guilhovai	Veterano M55	42:02	+08:18	04:12
50	12	Délio António Pontes Teodoro	associação diabéticos açorianos- ac	Senior Masculino	42:04	+08:20	04:12
51	21	Agostinho Marques	cal - clube atletismo de lamas	Veterano M45	42:05	+08:21	04:13
52	124	António Francisco	individual	Veterano M40	42:16	+08:32	04:14
53	95	André Tigela	individual	Senior Masculino	42:26	+08:42	04:15
54	32	Rui Moreira	caldas s. jorge sport clube	Veterano M40	42:41	+08:57	04:16
55	112	Ricardo Oliveira	individual	Senior Masculino	42:44	+09:00	04:16
56	108	Nelson Oliveira	individual	Senior Masculino	42:50	+09:06	04:17
57	23	ANTÓNIO CASTRO	cal - clube atletismo de lamas	Veterano M50	43:13	+09:29	04:19
58	109	Noel Valadão	individual	Senior Masculino	43:13	+09:29	04:19
59	196	Miguel Barbosa	cal - clube atletismo de lamas	Veterano M50	43:34	+09:50	04:21
60	195	José leite	individual	Veterano M50	43:35	+09:51	04:22
61	82	MIGUEL FILIPE SOARES DOS SANTOS	grupo desportivo e cultural de guilhovai	Veterano M40	43:51	+10:07	04:23
62	107	Marcelo Teixeira da Mota	individual	Senior Masculino	43:57	+10:13	04:24
63	11	JOAQUIM GOMES	associação desportiva rio largo clube de espinho	Veterano M60	43:57	+10:13	04:24
64	203	Manuel Pereira	j.a. molense	Veterano M50	44:17	+10:33	04:26
65	138	Abelardo Ferreira Gomes	individual	Veterano M50	44:23	+10:39	04:26
66	180	SÍLVIO REIS	trail running clube btt sanguedo	Senior Masculino	44:33	+10:49	04:27
67	64	FILIPE SANTOS	fiães running	Senior Masculino	44:34	+10:50	04:27
68	140	mario joão pereira costa martins	individual	Veterano M50	44:36	+10:52	04:28
69	61	manuel santos	clube independente de argoncilhe	Veterano M60	44:39	+10:55	04:28
70	143	Jose Moutinho	individual	Veterano M55	44:42	+10:58	04:28
71	20	FERNANDO BERNARDINO	cal - clube atletismo de lamas	Veterano M40	44:45	+11:01	04:29
72	86	Cristiana Ferreira	individual	Senior Feminino	44:45	+11:01	04:29
73	73	GIL DA COSTA	fiães running	Veterano M55	44:47	+11:03	04:29
74	181	MANUEL BASTOS	trail running clube btt sanguedo	Veterano M40	44:48	+11:04	04:29
75	133	José Carlos Oliveira Da Silva	individual	Veterano M45	44:48	+11:04	04:29
76	84	CARLOS DE SÁ OLIVEIRA	grupo desportivo e cultural de guilhovai	Veterano M60	44:48	+11:05	04:29
77	52	Fernando Gonçalves	cirac	Veterano M55	44:56	+11:12	04:30
78	38	Abel Santos	caldas s. jorge sport clube	Veterano M60	45:09	+11:26	04:31
79	185	Manuel Silva	vila maior turismo	Veterano M40	45:11	+11:27	04:31
80	128	Luis Gomes	individual	Veterano M40	45:12	+11:28	04:31
81	54	Serafim Rodrigues	cirac	Veterano M55	45:17	+11:33	04:32
82	161	Jorge Augusto Oliveira Guerra	os falta d'ar	Veterano M40	45:18	+11:34	04:32
83	146	MATILDE BAPTISTA	jam - juventude atlética mozelense	Veterana F45	45:23	+11:39	04:32
84	104	Joaquim Pedro Ferreira	individual	Senior Masculino	45:27	+11:44	04:33

PROVA PRINCIPAL - STAGE 1 10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	135	Mário Alves	individual	Veterano M45	45:28	+11:45	04:33
86	131	Valdemar Ferreira	individual	Veterano M40	45:50	+12:06	04:35
87	113	Ricardo Seromenho	individual	Senior Masculino	46:09	+12:25	04:37
88	134	José Resende	individual	Veterano M45	46:59	+13:15	04:42
89	150	Luis almeida	clube desportivo feirense	Senior Masculino	46:59	+13:15	04:42
90	141	Assis Azevedo	individual	Veterano M55	47:08	+13:24	04:43
91	71	MIGUEL FERREIRA	fiães running	Veterano M40	47:21	+13:37	04:44
92	72	MARCELO VIEIRA FERNANDES	fiães running	Veterano M45	47:25	+13:41	04:45
93	170	Délio Carquejo	running espinho	Veterano M40	47:33	+13:49	04:45
94	77	Hélder Ramos	gdg - grupo desportivo da gafanha	Veterano M45	47:35	+13:51	04:46
95	53	Oscar Magolo	cirac	Veterano M55	47:59	+14:15	04:48
96	158	Paulo Gomes	no tomorrow running team	Veterano M45	48:04	+14:20	04:48
97	154	Raquel Vasconcelos	no tomorrow running team	Senior Feminino	48:04	+14:20	04:48
98	175	Valter Barbosa	stcp runners	Senior Masculino	48:13	+14:29	04:49
99	137	Renato Tavares	individual	Veterano M45	48:16	+14:32	04:50
100	197	Alberto Silva	cal - clube atletismo de lamas	Veterano M60	48:20	+14:36	04:50
101	139	JOSÉ SANTOS	individual	Veterano M50	48:20	+14:36	04:50
102	36	Elísio Cardoso	caldas s. jorge sport clube	Veterano M45	48:36	+14:52	04:52
103	193	Joel Santos	cal - clube atletismo de lamas	Veterano M40	48:55	+15:12	04:54
104	127	José Luis Oliveira	individual	Veterano M40	49:01	+15:17	04:54
105	152	Ivo Pinto	made in crt	Senior Masculino	49:03	+15:19	04:54
106	208	Pedro Silva	caldas s. jorge sport clube	Veterano M40	49:11	+15:27	04:55
107	98	Bruno Silva	individual	Senior Masculino	49:12	+15:28	04:55
108	163	Joaquim Sérgio Oliveira Guerra	os falta d'ar	Veterano M45	49:17	+15:33	04:56
109	25	JOAQUIM PAULINO	cal - clube atletismo de lamas	Veterano M60	49:54	+16:11	04:59
110	67	FÁTIMA PAIS	fiães running	Veterana F45	50:27	+16:43	05:03
111	122	Maria Resende	individual	Veterana F45	50:30	+16:46	05:03
112	30	Goretti Cardoso	caldas s. jorge sport clube	Veterana F45	50:32	+16:48	05:03
113	27	Arlete Santos	caldas s. jorge sport clube	Senior Feminino	50:32	+16:48	05:03
114	29	Bruno Couto	caldas s. jorge sport clube	Senior Masculino	50:32	+16:48	05:03
115	55	Rui Silva	cirac	Senior Masculino	50:32	+16:48	05:03
116	125	carlos moreira	individual	Veterano M40	50:32	+16:48	05:03
117	159	Fernando Andrade	no tomorrow running team	Veterano M55	50:41	+16:57	05:04
118	106	Luís Miguel de Sousa Bessa do Espírito Santo	individual	Senior Masculino	50:44	+17:00	05:04
119	156	Paula Andrade	no tomorrow running team	Veterana F45	50:50	+17:07	05:05
120	101	FABIO GOMES	individual	Senior Masculino	51:04	+17:20	05:06
121	155	Paula Lopes	no tomorrow running team	Veterana F40	51:33	+17:49	05:09
122	100	Diogo Manuel Pereira Tavares	individual	Senior Masculino	51:33	+17:49	05:09
123	103	Hugo Manuel de Sá Santos Moutinho	individual	Senior Masculino	52:06	+18:22	05:13
124	79	Mariana Rocha Monteiro	goodshape	Senior Feminino	52:19	+18:36	05:14
125	177	Ana Oliveira	toze	Senior Feminino	52:21	+18:37	05:14
126	65	FILOMENA PINHEIRO	fiães running	Veterana F40	52:25	+18:41	05:15
127	191	Carina Neves	fiães running	Senior Feminino	52:25	+18:41	05:15

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
128	157	Ricardo Oliveira	no tomorrow running team	Veterano M40	52:49	+19:05	05:17
129	63	TERESA AMORIM	fiães running	Senior Feminino	52:52	+19:08	05:17
130	68	MARIA DO CARMO	fiães running	Veterana F45	53:16	+19:32	05:20
131	9	HENRIQUE SILVA	associação desportiva rio largo clube de espinho	Veterano M55	53:36	+19:52	05:22
132	202	Paulo Ramos	grupo juvenil pinheiro da bemposta - o. azeméis	Veterano M40	53:43	+19:59	05:22
133	47	Paulo Martins	cirac	Veterano M40	53:44	+20:01	05:22
134	7	JOSÉ PEREIRA	associação desportiva rio largo clube de espinho	Senior Masculino	53:50	+20:07	05:23
135	62	PAULA FERREIRA	fiães running	Senior Feminino	54:01	+20:18	05:24
136	41	Ramiro Monteiro	caldas s. jorge sport clube	Veterano M60	54:16	+20:32	05:26
137	205	Ricardo Costa	individual	Senior Masculino	54:18	+20:35	05:26
138	94	Sónia Santiago	individual	Senior Feminino	54:19	+20:35	05:26
139	91	Sandra Santos	individual	Senior Feminino	54:19	+20:35	05:26
140	89	Joana Machado	individual	Senior Feminino	54:19	+20:35	05:26
141	118	Cristina Couto	individual	Veterana F40	54:48	+21:04	05:29
142	90	Rosa Rodrigues	individual	Senior Feminino	55:01	+21:17	05:30
143	173	Lénio Fernando Nogueira Marinho	salgueiros running	Veterano M60	55:06	+21:22	05:31
144	145	MARINHA BAPTISTA	jam - juventude atlética mozelense	Veterana F45	55:14	+21:30	05:31
145	69	OLGA GOMES	fiães running	Veterana F45	55:17	+21:33	05:32
146	119	Paula moreira	individual	Veterana F40	55:34	+21:50	05:33
147	93	sonia oliveira	individual	Senior Feminino	55:34	+21:50	05:33
148	45	Helena Silva	cirac	Veterana F40	56:18	+22:34	05:38
149	167	Manuel Couto	ripolins grijó a correr	Veterano M60	56:18	+22:35	05:38
150	120	AMÉLIA LEANDRO	individual	Veterana F45	56:21	+22:37	05:38
151	10	ALFREDO SANTOS	associação desportiva rio largo clube de espinho	Veterano M60	56:48	+23:04	05:41
152	75	EUGÉNIA VALENTE	futebol clube de penafiel	Veterana F45	56:53	+23:09	05:41
153	13	ESTRELA PATRICIO	cal - clube atletismo de lamas	Senior Feminino	57:02	+23:19	05:42
154	14	MARTA TEIXEIRA	cal - clube atletismo de lamas	Senior Feminino	57:04	+23:20	05:42
155	189	Cristina Silva	individual	Veterana F45	57:31	+23:48	05:45
156	188	Jorge Silva	individual	Veterano M50	57:32	+23:48	05:45
157	46	Susana Sofia Rocha	cirac	Veterana F40	57:44	+24:00	05:46
158	164	Joana Silva	ripolins grijó a correr	Senior Feminino	57:50	+24:06	05:47
159	114	Rui Coelho	individual	Senior Masculino	57:50	+24:06	05:47
160	39	Albano Miranda	caldas s. jorge sport clube	Veterano M60	59:38	+25:54	05:58
161	168	Silvie Couto	running espinho	Veterana F40	01:00:03	+26:19	06:00
162	169	Álvaro Meireles	running espinho	Veterano M40	01:00:04	+26:20	06:00
163	70	JOSÉ HERDEIRO	fiães running	Veterano M40	01:00:18	+26:34	06:02
164	151	Susana Magalhães	made in crt	Senior Feminino	01:00:20	+26:36	06:02
165	92	Sandra Silva	individual	Senior Feminino	01:00:57	+27:13	06:06
166	28	Lídia Ferreira	caldas s. jorge sport clube	Senior Feminino	01:02:38	+28:54	06:16
167	40	Manuel Couto	caldas s. jorge sport clube	Veterano M60	01:02:38	+28:54	06:16
168	192	Juliana Melo	individual	Senior Feminino	01:03:48	+30:04	06:23
169	80	Ricardino dos Santos	goodshape	Veterano M40	01:04:27	+30:43	06:27
170	78	Andreia Rocha Monteiro	goodshape	Senior Feminino	01:04:27	+30:43	06:27

3º GP Santa Maria de Lamas
Lamas, Santa Maria da Feira, PT
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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
171	121	cristina romariz	individual	Veterana F45	01:05:04	+31:20	06:30

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Prova Principal — 10 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	17:30	21ºC	77%
End	18:35	20ºC	82%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	51	Clarisse Cruz	Individual	Senior Feminino	39:22	+05:38	03:56
2	198	Mónica Fernandes	CA OVAR	Senior Feminino	40:34	+06:50	04:03
3	86	Cristiana Ferreira	Individual	Senior Feminino	44:45	+11:01	04:29
4	154	Raquel Vasconcelos	NO TOMORROW RUNNING TEAM	Senior Feminino	48:04	+14:20	04:48
5	27	Arlete Santos	Caldas S. Jorge Sport Clube	Senior Feminino	50:32	+16:48	05:03
6	79	Mariana Rocha Monteiro	Goodshape	Senior Feminino	52:19	+18:36	05:14
7	177	Ana Oliveira	Toze	Senior Feminino	52:21	+18:37	05:14
8	191	Carina Neves	FIÃES RUNNING	Senior Feminino	52:25	+18:41	05:15
9	63	TERESA AMORIM	FIÃES RUNNING	Senior Feminino	52:52	+19:08	05:17
10	62	PAULA FERREIRA	FIÃES RUNNING	Senior Feminino	54:01	+20:18	05:24
11	94	Sónia Santiago	Individual	Senior Feminino	54:19	+20:35	05:26
12	91	Sandra Santos	Individual	Senior Feminino	54:19	+20:35	05:26
13	89	Joana Machado	Individual	Senior Feminino	54:19	+20:35	05:26
14	90	Rosa Rodrigues	Individual	Senior Feminino	55:01	+21:17	05:30
15	93	sonia oliveira	Individual	Senior Feminino	55:34	+21:50	05:33
16	13	ESTRELA PATRICIO	CAL - Clube Atletismo de Lamas	Senior Feminino	57:02	+23:19	05:42
17	14	MARTA TEIXEIRA	CAL - Clube Atletismo de Lamas	Senior Feminino	57:04	+23:20	05:42
18	164	Joana Silva	RIPOLINS GRIJÓ A CORRER	Senior Feminino	57:50	+24:06	05:47
19	151	Susana Magalhães	Made in CRT	Senior Feminino	01:00:20	+26:36	06:02
20	92	Sandra Silva	Individual	Senior Feminino	01:00:57	+27:13	06:06
21	28	Lídia Ferreira	Caldas S. Jorge Sport Clube	Senior Feminino	01:02:38	+28:54	06:16
22	192	Juliana Melo	Individual	Senior Feminino	01:03:48	+30:04	06:23
23	78	Andreia Rocha Monteiro	Goodshape	Senior Feminino	01:04:27	+30:43	06:27

Senior Masculino

1	179	Toze Castro	Fiaes-SC	Senior Masculino	33:43		03:22
2	200	Hélder Pires	CA OVAR	Senior Masculino	34:34	+00:50	03:27
3	8	RENATO SOUSA	ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	Senior Masculino	34:55	+01:11	03:30
4	160	Luis Silva	Núcleo de Atletismo de Cucujães	Senior Masculino	35:16	+01:32	03:32
5	81	ANTÓNIO JOSÉ FERNANDES CRISTÓVÃO	Grupo Desportivo e Cultural de Guilhovai	Senior Masculino	35:20	+01:36	03:32
6	97	bruno silva	Individual	Senior Masculino	35:35	+01:51	03:34
7	178	André Silva	Fiaes-SC	Senior Masculino	35:41	+01:57	03:34
8	102	Fernando Oliveira	Triphasico	Senior Masculino	36:20	+02:36	03:38
9	99	Carlos teixeira	Triphasico	Senior Masculino	36:23	+02:39	03:38
10	110	Pedro Cerdeirinha	Individual	Senior Masculino	36:49	+03:05	03:41
11	74	João Miguel Barbosa Alves	Triphasico	Senior Masculino	37:15	+03:31	03:44

Prova Principal

10 KM

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

OFFICIAL RESULT

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

12	204	Hugo Daniel	Trail Running Clube Btt Sanguedo	Senior Masculino	37:22	+03:38	03:44
13	144	CARLOS DANIEL BAPTISTA	JAM - Juventude Atlética Mozelense	Senior Masculino	38:16	+04:32	03:50
14	105	Jorge Cubal	Triphasico	Senior Masculino	38:43	+04:59	03:52
15	115	Tiago Alves	Individual	Senior Masculino	38:55	+05:11	03:54
16	43	Fernando Américo Cruz	CIRAC	Senior Masculino	39:22	+05:38	03:56
17	44	Hugo Pinto	CIRAC	Senior Masculino	39:34	+05:50	03:57
18	35	António Neves	Caldas S. Jorge Sport Clube	Senior Masculino	39:44	+06:00	03:58
19	58	bruno santos	Clube Independente de Argoncilhe	Senior Masculino	40:30	+06:46	04:03
20	183	Paulo da Silva	Vila Maior Turismo	Senior Masculino	40:52	+07:08	04:05
21	117	Vítor Manuel Ferreira Dias	Individual	Senior Masculino	40:53	+07:09	04:05
22	201	Renato Brandão	LOUROCOOP	Senior Masculino	42:00	+08:16	04:12
23	12	Délio António Pontes Teodoro	associação diabéticos açorianos-ac	Senior Masculino	42:04	+08:20	04:12
24	95	André Tigela	Individual	Senior Masculino	42:26	+08:42	04:15
25	112	Ricardo Oliveira	Individual	Senior Masculino	42:44	+09:00	04:16
26	108	Nelson Oliveira	Individual	Senior Masculino	42:50	+09:06	04:17
27	109	Noel Valadão	Individual	Senior Masculino	43:13	+09:29	04:19
28	107	Marcelo Teixeira da Mota	Individual	Senior Masculino	43:57	+10:13	04:24
29	180	SÍLVIO REIS	Trail Running Clube Btt Sanguedo	Senior Masculino	44:33	+10:49	04:27
30	64	FILIPE SANTOS	FIÃES RUNNING	Senior Masculino	44:34	+10:50	04:27
31	104	Joaquim Pedro Ferreira	Individual	Senior Masculino	45:27	+11:44	04:33
32	113	Ricardo Seromenho	Individual	Senior Masculino	46:09	+12:25	04:37
33	150	Luis almeida	Clube Desportivo Feirense	Senior Masculino	46:59	+13:15	04:42
34	175	Valter Barbosa	STCP Runners	Senior Masculino	48:13	+14:29	04:49
35	152	Ivo Pinto	Made in CRT	Senior Masculino	49:03	+15:19	04:54
36	98	Bruno Silva	Individual	Senior Masculino	49:12	+15:28	04:55
37	29	Bruno Couto	Caldas S. Jorge Sport Clube	Senior Masculino	50:32	+16:48	05:03
38	55	Rui Silva	CIRAC	Senior Masculino	50:32	+16:48	05:03
39	106	Luís Miguel de Sousa Bessa do Espírito Santo	Individual	Senior Masculino	50:44	+17:00	05:04
40	101	FABIO GOMES	Individual	Senior Masculino	51:04	+17:20	05:06
41	100	Diogo Manuel Pereira Tavares	Individual	Senior Masculino	51:33	+17:49	05:09
42	103	Hugo Manuel de Sá Santos Moutinho	Individual	Senior Masculino	52:06	+18:22	05:13
43	7	JOSÉ PEREIRA	ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	Senior Masculino	53:50	+20:07	05:23
44	205	Ricardo Costa	Individual	Senior Masculino	54:18	+20:35	05:26
45	114	Rui Coelho	Individual	Senior Masculino	57:50	+24:06	05:47

Veterana F40

1	155	Paula Lopes	NO TOMORROW RUNNING TEAM	Veterana F40	51:33	+17:49	05:09
2	65	FILOMENA PINHEIRO	FIÃES RUNNING	Veterana F40	52:25	+18:41	05:15
3	118	Cristina Couto	Individual	Veterana F40	54:48	+21:04	05:29
4	119	Paula moreira	Individual	Veterana F40	55:34	+21:50	05:33
5	45	Helena Silva	CIRAC	Veterana F40	56:18	+22:34	05:38
6	46	Susana Sofia Rocha	CIRAC	Veterana F40	57:44	+24:00	05:46

7	168	Silvie Couto	RUNNING ESPINHO	Veterana F40	01:00:03	+26:19	06:00

Veterana F45

1	146	MATILDE BAPTISTA	JAM - Juventude Atlética Mozelense	Veterana F45	45:23	+11:39	04:32
2	67	FÁTIMA PAIS	FIÃES RUNNING	Veterana F45	50:27	+16:43	05:03
3	122	Maria Resende	Individual	Veterana F45	50:30	+16:46	05:03
4	30	Goretti Cardoso	Caldas S. Jorge Sport Clube	Veterana F45	50:32	+16:48	05:03
5	156	Paula Andrade	NO TOMORROW RUNNING TEAM	Veterana F45	50:50	+17:07	05:05
6	68	MARIA DO CARMO	FIÃES RUNNING	Veterana F45	53:16	+19:32	05:20
7	145	MARINHA BAPTISTA	JAM - Juventude Atlética Mozelense	Veterana F45	55:14	+21:30	05:31
8	69	OLGA GOMES	FIÃES RUNNING	Veterana F45	55:17	+21:33	05:32
9	120	AMÉLIA LEANDRO	Individual	Veterana F45	56:21	+22:37	05:38
10	75	EUGÉNIA VALENTE	Futebol Clube de Penafiel	Veterana F45	56:53	+23:09	05:41
11	189	Cristina Silva	Individual	Veterana F45	57:31	+23:48	05:45
12	121	cristina romariz	Individual	Veterana F45	01:05:04	+31:20	06:30

Veterano M40

1	31	Armando Bastos	Caldas S. Jorge Sport Clube	Veterano M40	35:11	+01:27	03:31
2	129	Paulo Silva	Individual	Veterano M40	35:54	+02:11	03:35
3	130	Salviano Ferreira	Individual	Veterano M40	36:22	+02:38	03:38
4	194	Alberto Valente	CA OVAR	Veterano M40	37:23	+03:40	03:44
5	186	Rui Oliveira	Vila Maior Turismo	Veterano M40	38:04	+04:21	03:48
6	184	Julio Oliveira	Vila Maior Turismo	Veterano M40	39:49	+06:05	03:59
7	123	americo silva	Individual	Veterano M40	40:17	+06:33	04:02
8	182	RICHARD NOGUEIRA	Trail Running Clube Btt Sanguedo	Veterano M40	40:55	+07:11	04:06
9	19	CARLOS CARDOSO	CAL - Clube Atletismo de Lamas	Veterano M40	41:12	+07:28	04:07
10	162	Jorge Silva	Os Falta D'Ar	Veterano M40	41:19	+07:35	04:08
11	124	António Francisco	Individual	Veterano M40	42:16	+08:32	04:14
12	32	Rui Moreira	Caldas S. Jorge Sport Clube	Veterano M40	42:41	+08:57	04:16
13	82	MIGUEL FILIPE SOARES DOS SANTOS	Grupo Desportivo e Cultural de Guilhovai	Veterano M40	43:51	+10:07	04:23
14	20	FERNANDO BERNARDINO	CAL - Clube Atletismo de Lamas	Veterano M40	44:45	+11:01	04:29
15	181	MANUEL BASTOS	Trail Running Clube Btt Sanguedo	Veterano M40	44:48	+11:04	04:29
16	185	Manuel Silva	Vila Maior Turismo	Veterano M40	45:11	+11:27	04:31
17	128	Luis Gomes	Individual	Veterano M40	45:12	+11:28	04:31
18	161	Jorge Augusto Oliveira Guerra	Os Falta D'Ar	Veterano M40	45:18	+11:34	04:32
19	131	Valdemar Ferreira	Individual	Veterano M40	45:50	+12:06	04:35
20	71	MIGUEL FERREIRA	FIÃES RUNNING	Veterano M40	47:21	+13:37	04:44
21	170	Délio Carquejo	RUNNING ESPINHO	Veterano M40	47:33	+13:49	04:45
22	193	Joel Santos	CAL - Clube Atletismo de Lamas	Veterano M40	48:55	+15:12	04:54

Prova Principal

10 KM

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

OFFICIAL RESULT

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

23	127	José Luis Oliveira	Individual	Veterano M40	49:01	+15:17	04:54
24	208	Pedro Silva	Caldas S. Jorge Sport Clube	Veterano M40	49:11	+15:27	04:55
25	125	carlos moreira	Individual	Veterano M40	50:32	+16:48	05:03
26	157	Ricardo Oliveira	NO TOMORROW RUNNING TEAM	Veterano M40	52:49	+19:05	05:17
27	202	Paulo Ramos	GRUPO JUVENIL PINHEIRO DA BEMPOSTA - O. AZEMÉIS	Veterano M40	53:43	+19:59	05:22
28	47	Paulo Martins	CIRAC	Veterano M40	53:44	+20:01	05:22
29	169	Álvaro Meireles	RUNNING ESPINHO	Veterano M40	01:00:04	+26:20	06:00
30	70	JOSÉ HERDEIRO	FIÃES RUNNING	Veterano M40	01:00:18	+26:34	06:02
31	80	Ricardino dos Santos	Goodshape	Veterano M40	01:04:27	+30:43	06:27

Veterano M45

1	60	António Silva	Clube Independente de Argoncilhe	Veterano M45	34:54	+01:10	03:29
2	165	ANTÓNIO SOUSA	RIPOLINS GRIJÓ A CORRER	Veterano M45	35:27	+01:43	03:33
3	34	Renato Silva	Caldas S. Jorge Sport Clube	Veterano M45	36:32	+02:48	03:39
4	57	Rogério Campos	Clube Desportivo Feirense	Veterano M45	36:41	+02:57	03:40
5	22	AUGUSTO ALUAI	CAL - Clube Atletismo de Lamas	Veterano M45	37:40	+03:56	03:46
6	33	Alberto Neves	Caldas S. Jorge Sport Clube	Veterano M45	40:10	+06:26	04:01
7	21	Agostinho Marques	CAL - Clube Atletismo de Lamas	Veterano M45	42:05	+08:21	04:13
8	133	José Carlos Oliveira Da Silva	Individual	Veterano M45	44:48	+11:04	04:29
9	135	Mário Alves	Individual	Veterano M45	45:28	+11:45	04:33
10	134	José Resende	Individual	Veterano M45	46:59	+13:15	04:42
11	72	MARCELO VIEIRA FERNANDES	Fiães Running	Veterano M45	47:25	+13:41	04:45
12	77	Hélder Ramos	GDG - Grupo Desportivo da Gafanha	Veterano M45	47:35	+13:51	04:46
13	158	Paulo Gomes	NO TOMORROW RUNNING TEAM	Veterano M45	48:04	+14:20	04:48
14	137	Renato Tavares	Individual	Veterano M45	48:16	+14:32	04:50
15	36	Elísio Cardoso	Caldas S. Jorge Sport Clube	Veterano M45	48:36	+14:52	04:52
16	163	Joaquim Sérgio Oliveira Guerra	Os Falta D'Ar	Veterano M45	49:17	+15:33	04:56

Veterano M50

1	148	CARLOS BAPTISTA	JAM - Juventude Atlética Mozelense	Veterano M50	38:32	+04:48	03:51
2	187	Antonio Marques	Vila Maior Turismo	Veterano M50	38:52	+05:08	03:53
3	149	FERNANDO BRANDÃO	JAM - Juventude Atlética Mozelense	Veterano M50	39:14	+05:30	03:55
4	76	ORLANDO VALENTE	Futebol Clube de Penafiel	Veterano M50	39:22	+05:38	03:56
5	49	Henrique Melo	CIRAC	Veterano M50	40:11	+06:27	04:01
6	23	ANTÓNIO CASTRO	CAL - Clube Atletismo de Lamas	Veterano M50	43:13	+09:29	04:19
7	196	Miguel Barbosa	CAL - Clube Atletismo de Lamas	Veterano M50	43:34	+09:50	04:21
8	195	José leite	Individual	Veterano M50	43:35	+09:51	04:22
9	203	Manuel Pereira	J.A. Molense	Veterano M50	44:17	+10:33	04:26
10	138	Abelardo Ferreira Gomes	Individual	Veterano M50	44:23	+10:39	04:26

Prova Principal

10 KM

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

OFFICIAL RESULT

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

11	140	mario joão pereira costa martins	Individual	Veterano M50	44:36	+10:52	04:28
12	139	JOSÉ SANTOS	Individual	Veterano M50	48:20	+14:36	04:50
13	188	Jorge Silva	Individual	Veterano M50	57:32	+23:48	05:45

Veterano M55

1	37	José Silva	Caldas S. Jorge Sport Clube	Veterano M55	41:44	+08:00	04:10
2	83	NORBERTO LOPES DE OLIVEIRA	Grupo Desportivo e Cultural de Guilhovai	Veterano M55	42:02	+08:18	04:12
3	143	Jose Moutinho	Individual	Veterano M55	44:42	+10:58	04:28
4	73	GIL DA COSTA	FIÃES RUNNING	Veterano M55	44:47	+11:03	04:29
5	52	Fernando Gonçalves	CIRAC	Veterano M55	44:56	+11:12	04:30
6	54	Serafim Rodrigues	CIRAC	Veterano M55	45:17	+11:33	04:32
7	141	Assis Azevedo	Individual	Veterano M55	47:08	+13:24	04:43
8	53	Oscar Magolo	CIRAC	Veterano M55	47:59	+14:15	04:48
9	159	Fernando Andrade	NO TOMORROW RUNNING TEAM	Veterano M55	50:41	+16:57	05:04
10	9	HENRIQUE SILVA	ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	Veterano M55	53:36	+19:52	05:22

Veterano M60

1	199	Joaquim Costa	CA OVAR	Veterano M60	39:55	+06:11	04:00
2	85	DAVID DA SILVA FERNANDES	Grupo Desportivo e Cultural de Guilhovai	Veterano M60	40:30	+06:46	04:03
3	11	JOAQUIM GOMES	ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	Veterano M60	43:57	+10:13	04:24
4	61	manuel santos	Clube Independente de Argoncilhe	Veterano M60	44:39	+10:55	04:28
5	84	CARLOS DE SÁ OLIVEIRA	Grupo Desportivo e Cultural de Guilhovai	Veterano M60	44:48	+11:05	04:29
6	38	Abel Santos	Caldas S. Jorge Sport Clube	Veterano M60	45:09	+11:26	04:31
7	197	Alberto Silva	CAL - Clube Atletismo de Lamas	Veterano M60	48:20	+14:36	04:50
8	25	JOAQUIM PAULINO	CAL - Clube Atletismo de Lamas	Veterano M60	49:54	+16:11	04:59
9	41	Ramiro Monteiro	Caldas S. Jorge Sport Clube	Veterano M60	54:16	+20:32	05:26
10	173	Lénio Fernando Nogueira Marinho	Salgueiros Running	Veterano M60	55:06	+21:22	05:31
11	167	Manuel Couto	RIPOLINS GRIJÓ A CORRER	Veterano M60	56:18	+22:35	05:38
12	10	ALFREDO SANTOS	ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	Veterano M60	56:48	+23:04	05:41
13	39	Albano Miranda	Caldas S. Jorge Sport Clube	Veterano M60	59:38	+25:54	05:58
14	40	Manuel Couto	Caldas S. Jorge Sport Clube	Veterano M60	01:02:38	+28:54	06:16

COLETIVO - PROVA PRINCIPAL FEMININA

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

RANK	TEAM	DESCRIPTION	POINTS
1	FIÃES RUNNING	6 + 14 + 15 + 16	51

COLETIVO - PROVA PRINCIPAL MASCULINA

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

RANK	TEAM	DESCRIPTION	POINTS
1	Triphasico	12 + 14 + 18 + 25	69
2	Caldas S. Jorge Sport Clube	5 + 15 + 32 + 35	87
3	Vila Maior Turismo	22 + 26 + 33 + 40	121
4	Grupo Desportivo e Cultural de Guilhovai	7 + 38 + 47 + 59	151
5	CAL - Clube Atletismo de Lamas	21 + 43 + 49 + 55	168
6	CIRAC	30 + 31 + 36 + 74	171
7	Trail Running Clube Btt Sanguedo	19 + 42 + 64 + 71	196
8	ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	4 + 61 + 114 + 117	296
9	FIÃES RUNNING	65 + 70 + 87 + 127	349