





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 SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	TKM
88	73	Marcelo vieira	fiães running	Veterano M45	53:37	+18:18	05:22
89	187	Mario ALves	running espinho	Veterano M45	53:39	+18:20	05:22
90	27	Maria Leite	caldas s. jorge sport clube	Veterana F40	53:59	+18:40	05:24
91	78	Vicente pinto	fiães running	Veterano M50	54:05	+18:46	05:25
92	158	Alves Monteiro	peraltafil running	Senior Masculino	54:28	+19:08	05:27
93	147	Tiago José Matos Sousa	madugym shra saúde	Veterano M40	54:34	+19:15	05:27
94	11	Helena Rodrigues	adc cj clark de castelo de paiva	Junior Feminino	54:35	+19:16	05:28
95	53	Sandra Santos	fiães running	Senior Feminino	54:39	+19:20	05:28
96	135	Rosa Lídia Silva	ligeirinhos	Veterana F40	54:52	+19:33	05:29
97	105	Pedro Simão Silva	individual	Senior Masculino	55:07	+19:48	05:31
98	130	JOSÉ PINTO	jam - juventude atlética mozelense	Veterano M45	55:15	+19:55	05:32
99	178	Ernesto Gonçalves	running espinho	Senior Masculino	55:26	+20:07	05:33
100	220	Jose Pereira	running espinho	Veterano M50	55:32	+20:12	05:33
101	184	Antonio Albuquerque	running espinho	Veterano M40	55:37	+20:17	05:34
102	10	Filipa Martins	adc cj clark de castelo de paiva	Junior Feminino	55:38	+20:19	05:34
103	186	Jorge Fontes	running espinho	Veterano M45	55:39	+20:20	05:34
104	79	Jose falcão	fiães running	Veterano M60	55:54	+20:35	05:35
105	58	Pedro custodio	fiães running	Senior Masculino	56:14	+20:55	05:37
106	149	Luis Manuel Morais	madugym shra saúde	Veterano M45	56:25	+21:06	05:39
107	28	Goretti Cardoso	caldas s. jorge sport clube	Veterana F50	56:26	+21:07	05:39
108	119	António Luis Gomes Oliveira	individual	Veterano M50	56:29	+21:10	05:39
109	76	Jose santos	fiães running	Veterano M50	56:30	+21:11	05:39
110	123	Manuel Gomes Pereira OLiveira	individual	Veterano M55	56:46	+21:27	05:41
111	21	Carlos Alberto Alves da Silva	arcorun	Veterano M50	56:47	+21:28	05:41
112	61	Olga gomes	fiães running	Veterana F40	56:49	+21:30	05:41
113	64	Fatima pais	fiães running	Veterana F50	57:23	+22:04	05:44
114	136	Deolinda Camarinha Silva	ligeirinhos	Veterana F50	57:27	+22:08	05:45
115	62	Silvia conceicao	fiães running	Veterana F40	58:07	+22:48	05:49
116	104	Pedro amorim	individual	Senior Masculino	58:26	+23:07	05:51
117	148	Agostinho De Oliveira Alves	madugym shra saúde	Veterano M45	58:52	+23:33	05:53
118	117	Paulo Antonio Pereira Duarte	individual	Veterano M45	59:10	+23:51	05:55
119	32	Ramiro Monteiro	caldas s. jorge sport clube	Veterano M60	01:00:42	+25:23	06:04
120	67	Carlos silva	fiães running	Veterano M40	01:00:45	+25:26	06:05
121	59	Carina	fiães running	Veterana F40	01:00:50	+25:31	06:05
122	52	Paula Ferreira	fiães running	Senior Feminino	01:01:42	+26:23	06:10
123	176	Ricardo Costa	individual	Senior Masculino	01:01:43	+26:24	06:10
124	91	Joao Carvalho	figueiredos runners and friends	Senior Masculino	01:01:48	+26:28	06:11
125	95	PAULO RAMOS	grupo juvenil pinheiro da bemposta - o. azeméis	Veterano M40	01:01:57	+26:38	06:12
126	177	Rosa Rodrigues	running espinho	Senior Feminino	01:01:58	+26:39	06:12
127	152	Antonio Fernandes	os amigos de grijo	Veterano M55	01:02:00	+26:41	06:12
128	175	Joana Sofia Correia de Melo	individual	Senior Feminino	01:02:03	+26:44	06:12
129	109	CLÉRIA SOARES DE SOUZA CORREIA	individual	Veterana F50	01:02:04	+26:45	06:12
130	128	MARINHA BAPTISTA	jam - juventude atlética mozelense	Veterana F50	01:02:04	+26:45	06:12
131	112	Sergio Mota	individual	Veterano M40	01:03:05	+27:46	06:19

**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 SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
132	182	Maria Lucilia	running espinho	Veterana F40	01:03:55	+28:36	06:24
133	141	Irma Liliana Sousa Vale	madugym shra saúde	Senior Feminino	01:05:25	+30:05	06:33
134	77	Manuel bastos	fiães running	Veterano M50	01:05:35	+30:16	06:34
135	122	José Catita	individual	Veterano M55	01:05:40	+30:21	06:34
136	75	Joaquim santos	fiães running	Veterano M50	01:05:55	+30:35	06:36
137	71	Carlos carneiro	fiães running	Veterano M45	01:06:15	+30:56	06:38
138	144	Ana Maria Cardoso Silva	madugym shra saúde	Veterana F40	01:06:16	+30:57	06:38
139	183	Rosa Couto	running espinho	Veterana F40	01:06:30	+31:11	06:39
140	181	Carla Almeida	running espinho	Veterana F40	01:06:59	+31:40	06:42
141	65	Alfredo Amadeu Pereira	fiães running	Veterano M40	01:07:00	+31:41	06:42
142	193	José Santos	fiães running	Veterano M45	01:08:06	+32:47	06:49
143	97	Maria Silva	individual	Senior Feminino	01:08:57	+33:38	06:54
144	139	Carla Ferreira	madugym shra saúde	Senior Feminino	01:09:26	+34:07	06:57
145	138	Andreia Daniela Santos	madugym shra saúde	Senior Feminino	01:09:26	+34:07	06:57
146	17	Armindo Rodrigues	adc cj clark de castelo de paiva	Veterano M45	01:09:56	+34:37	07:00
147	15	Manuela Nunes	adc cj clark de castelo de paiva	Veterana F40	01:09:56	+34:37	07:00
148	145	Carla Maria Vaz Pinto Chaves	madugym shra saúde	Veterana F40	01:10:34	+35:15	07:03
149	54	Sofia leal	fiães running	Senior Feminino	01:11:31	+36:12	07:09
150	113	António Manuel dos Santos Couto	individual	Veterano M45	01:12:22	+37:03	07:14
151	180	Manuel Santos	running espinho	Senior Masculino	01:14:08	+38:48	07:25
152	57	Pedro bastos	fiães running	Senior Masculino	01:15:04	+39:45	07:30
153	68	Herdeiro	fiães running	Veterano M40	01:15:05	+39:45	07:31
154	108	Sonia Rocha	individual	Veterana F40	01:15:05	+39:46	07:31
155	166	AMÉLIA LEANDRO	trail running clube btt sanguedo	Veterana F50	01:17:23	+42:04	07:44
156	124	NELSON LUIZ CORREIA	individual	Veterano M55	01:17:27	+42:08	07:45





**Prova Principal**

**10 KM**

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

**OFFICIAL RESULT**

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

11	15	Manuela Nunes	ADC CJ CLARK de Castelo de Paiva	Veterana F40	01:09:56	+34:37	07:00
12	145	Carla Maria Vaz Pinto Chaves	MADUGYM SHRA SAÚDE	Veterana F40	01:10:34	+35:15	07:03
13	108	Sonia Rocha	Individual	Veterana F40	01:15:05	+39:46	07:31

**Veterana F50**

1	16	Adélia Tavares	ADC CJ CLARK de Castelo de Paiva	Veterana F50	50:32	+15:13	05:03
2	129	MATILDE BAPTISTA	JAM - Juventude Atlético Mozelense	Veterana F50	50:53	+15:34	05:05
3	28	Goretti Cardoso	Caldas S. Jorge Sport Clube	Veterana F50	56:26	+21:07	05:39
4	64	Fatima pais	Fiães Running	Veterana F50	57:23	+22:04	05:44
5	136	Deolinda Camarinha Silva	Ligeirinhos	Veterana F50	57:27	+22:08	05:45
6	109	CLÉRIA SOARES DE SOUZA CORREIA	Individual	Veterana F50	01:02:04	+26:45	06:12
7	128	MARINHA BAPTISTA	JAM - Juventude Atlético Mozelense	Veterana F50	01:02:04	+26:45	06:12
8	166	AMÉLIA LEANDRO	Trail Running Clube Btt Sanguedo	Veterana F50	01:17:23	+42:04	07:44

**Veterano M40**

1	170	Paulo Pereira	GDC Guilhovai	Veterano M40	37:04	+01:45	03:42
2	151	Norberto Silva	Núcleo de Atletismo de Cucujães	Veterano M40	38:19	+03:00	03:50
3	153	Jorge Silva	Os Falta D'Ar	Veterano M40	48:18	+12:58	04:50
4	111	Marco Aurélio Ferreira Pinto	Individual	Veterano M40	49:31	+14:12	04:57
5	110	Luis Ferreira Gomes	Individual	Veterano M40	53:01	+17:42	05:18
6	70	Miguel Ferreira	Fiães Running	Veterano M40	53:34	+18:14	05:21
7	147	Tiago José Matos Sousa	MADUGYM SHRA SAÚDE	Veterano M40	54:34	+19:15	05:27
8	184	Antonio Albuquerque	RUNNING ESPINHO	Veterano M40	55:37	+20:17	05:34
9	67	Carlos silva	Fiães Running	Veterano M40	01:00:45	+25:26	06:05
10	95	PAULO RAMOS	GRUPO JUVENIL PINHEIRO DA BEMPOSTA - O. AZEMÉIS	Veterano M40	01:01:57	+26:38	06:12
11	112	Sergio Mota	Individual	Veterano M40	01:03:05	+27:46	06:19
12	65	Alfredo Amadeu Pereira	Fiães Running	Veterano M40	01:07:00	+31:41	06:42
13	68	Herdeiro	Fiães Running	Veterano M40	01:15:05	+39:45	07:31

**Veterano M45**

1	92	Davide Figueiredo	Figueiredos Runners and Friends	Veterano M45	36:53	+01:34	03:41
2	165	José Silva	Cucujães	Veterano M45	40:44	+05:25	04:04
3	26	Filipe Fontes	CAL - Clube Atletismo de Lamas	Veterano M45	40:58	+05:39	04:06
4	29	David Leite	Caldas S. Jorge Sport Clube	Veterano M45	41:35	+06:16	04:10
5	25	Augusto Aluai	CAL - Clube Atletismo de Lamas	Veterano M45	42:43	+07:24	04:16
6	89	João Paulo Barbosa	Fiães SC	Veterano M45	44:32	+09:13	04:27
7	24	Agostinho Marques	CAL - Clube Atletismo de Lamas	Veterano M45	46:50	+11:30	04:41
8	172	Paulo Santos	Escapães	Veterano M45	47:52	+12:33	04:47

Prova Principal

10 KM

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

OFFICIAL RESULT

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

9	114	Fernando Ferreira	Individual	Veterano M45	50:27	+15:08	05:03
10	30	José Carlos Sousa	Caldas S. Jorge Sport Clube	Veterano M45	51:14	+15:55	05:07
11	191	Silvério Santos	Águas de Gaia Clube Pessoal	Veterano M45	52:16	+16:57	05:14
12	74	Rui aras	Fiães Running	Veterano M45	53:17	+17:58	05:20
13	73	Marcelo vieira	Fiães Running	Veterano M45	53:37	+18:18	05:22
14	187	Mario ALves	RUNNING ESPINHO	Veterano M45	53:39	+18:20	05:22
15	130	JOSÉ PINTO	JAM - Juventude Atlético Mozelense	Veterano M45	55:15	+19:55	05:32
16	186	Jorge Fontes	RUNNING ESPINHO	Veterano M45	55:39	+20:20	05:34
17	149	Luis Manuel Morais	MADUGYM SHRA SAÚDE	Veterano M45	56:25	+21:06	05:39
18	148	Agostinho De Oliveira Alves	MADUGYM SHRA SAÚDE	Veterano M45	58:52	+23:33	05:53
19	117	Paulo Antonio Pereira Duarte	Individual	Veterano M45	59:10	+23:51	05:55
20	71	Carlos carneiro	Fiães Running	Veterano M45	01:06:15	+30:56	06:38
21	193	José Santos	Fiães Running	Veterano M45	01:08:06	+32:47	06:49
22	17	Armindo Rodrigues	ADC CJ CLARK de Castelo de Paiva	Veterano M45	01:09:56	+34:37	07:00
23	113	António Manuel dos Santos Couto	Individual	Veterano M45	01:12:22	+37:03	07:14

Veterano M50

1	8	António Fernandes	ACR Vale de Cambra	Veterano M50	37:06	+01:47	03:43
2	173	Fernando Ferreira	GDC Guilhovai	Veterano M50	38:12	+02:52	03:49
3	163	Mário Silva	Serviços Sociais Trabalhadores de S. João da madeira	Veterano M50	39:33	+04:14	03:57
4	120	Baltazar Ferreira	Individual	Veterano M50	42:09	+06:50	04:13
5	131	CARLOS BAPTISTA	JAM - Juventude Atlético Mozelense	Veterano M50	43:32	+08:13	04:21
6	42	MÁRIO VAZ	CLUBE DE ATLETISMO DE OVAR	Veterano M50	43:34	+08:15	04:21
7	132	Fernando Brandão	JAM - Juventude Atlético Mozelense	Veterano M50	44:12	+08:53	04:25
8	41	JOÃO RODRIGUES	CLUBE DE ATLETISMO DE OVAR	Veterano M50	45:44	+10:24	04:34
9	121	Manuel oliveira	Individual	Veterano M50	48:15	+12:56	04:50
10	33	rui tavares de oliveira	Centro Recreativo de Estarreja	Veterano M50	48:35	+13:16	04:52
11	118	Alcino Ferreira Santos	Individual	Veterano M50	49:05	+13:46	04:55
12	133	MANUEL PEREIRA	JAM - Juventude Atlético Mozelense	Veterano M50	50:12	+14:52	05:01
13	195	Paulo Dias	Individual	Veterano M50	50:24	+15:05	05:02
14	93	Fernando Figueiredo	Figueiredos Runners and Friends	Veterano M50	53:33	+18:14	05:21
15	78	Vicente pinto	Fiães Running	Veterano M50	54:05	+18:46	05:25
16	220	Jose Pereira	RUNNING ESPINHO	Veterano M50	55:32	+20:12	05:33
17	119	António Luis Gomes Oliveira	Individual	Veterano M50	56:29	+21:10	05:39
18	76	Jose santos	Fiães Running	Veterano M50	56:30	+21:11	05:39
19	21	Carlos Alberto Alves da Silva	ARCORUN	Veterano M50	56:47	+21:28	05:41
20	77	Manuel bastos	Fiães Running	Veterano M50	01:05:35	+30:16	06:34
21	75	Joaquim santos	Fiães Running	Veterano M50	01:05:55	+30:35	06:36



## Prova Principal

**10 KM**

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

## OFFICIAL RESULT

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

### Veterano M55

1	20	João Pereira	AFIS/OVAR	Veterano M55	39:33	+04:13	03:57
2	189	Joaquim Silva	Bairro Carcavelos	Veterano M55	39:57	+04:38	04:00
3	48	Benjamim Soares	CPT Bairro de Carcavelos	Veterano M55	41:20	+06:01	04:08
4	9	José Graça	ACR Vale de Cambra	Veterano M55	43:12	+07:53	04:19
5	31	José Silva	Caldas S. Jorge Sport Clube	Veterano M55	45:39	+10:20	04:34
6	137	José Carlos Gomes	Ligeirinhos	Veterano M55	47:08	+11:49	04:43
7	171	Norberto Oliveira	GDC Guilhovai	Veterano M55	48:20	+13:01	04:50
8	188	Abilio Santos	RUNNING ESPINHO	Veterano M55	51:06	+15:47	05:07
9	123	Manuel Gomes Pereira OLiveira	Individual	Veterano M55	56:46	+21:27	05:41
10	152	Antonio Fernandes	OS AMIGOS DE GRIJO	Veterano M55	01:02:00	+26:41	06:12
11	122	José Catita	Individual	Veterano M55	01:05:40	+30:21	06:34
12	124	NELSON LUIZ CORREIA	Individual	Veterano M55	01:17:27	+42:08	07:45

### Veterano M60

1	190	Casimiro Galhardo	Bairro Carcavelos	Veterano M60	41:09	+05:50	04:07
2	125	Jose Monteiro / Clube Bairro de Carcavelos Synergie	Individual	Veterano M60	41:34	+06:15	04:09
3	126	Manuel Dourado	Individual	Veterano M60	43:15	+07:56	04:20
4	127	segundo rodrigues	Individual	Veterano M60	44:11	+08:52	04:25
5	43	joaquim costa	CLUBE DE ATLETISMO DE OVAR	Veterano M60	45:52	+10:33	04:35
6	174	Carlos Oliveira	GDC Guilhovai	Veterano M60	50:16	+14:57	05:02
7	46	manuel santos	Clube Independente de Argoncilhe	Veterano M60	50:38	+15:19	05:04
8	79	Jose falcão	Fiães Running	Veterano M60	55:54	+20:35	05:35
9	32	Ramiro Monteiro	Caldas S. Jorge Sport Clube	Veterano M60	01:00:42	+25:23	06:04

## COLETIVO - PROVA PRINCIPAL

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

RANK	TEAM	DESCRIPTION	POINTS
1	GDC Guilhovai	1 + 8 + 12	21
2	Fiães SC	4 + 5 + 14	23
3	CLUBE DE ATLETISMO DE OVAR	3 + 40 + 48	91
4	CAL - Clube Atletismo de Lamas	24 + 35 + 52	111
5	AFIS/OVAR	16 + 41 + 61	118
6	ADC CJ CLARK de Castelo de Paiva	25 + 27 + 73	125
7	JAM - Juventude Atlético Mozelense	39 + 43 + 68	150
8	Caldas S. Jorge Sport Clube	31 + 47 + 77	155
9	Figueiredos Runners and Friends	7 + 85 + 86	178
10	RUNNING ESPINHO	18 + 76 + 89	183
11	Fiães Running	54 + 84 + 87	225
12	Peraltafil running	78 + 80 + 81	239
13	Ligeirinhos	53 + 96 + 114	263
14	MADUGYM SHRA SAÚDE	66 + 93 + 106	265