OLI - São Silvestre de Aveiro

Aveiro, PT

01-December-2018

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	18:30	14.5ºC	93%
End	19:52	13.6ºC	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	165	Hélder Lopes	dci/trilhos luso buçaco	Senior Masculino	32:38		03:16
2	122	JANIK LIMA	clube deatletismo de ovar	Senior Masculino	33:03	+00:25	03:18
3	32	JORGE VALENTE	arvor veteranos de ovar	Senior Masculino	33:22	+00:44	03:20
4	83	Carlos Nunes	casa do povo de mangualde	Senior Masculino	33:57	+01:19	03:24
5	65	Miguel Angelo Neves	bresimar	Senior Masculino	34:11	+01:32	03:25
6	493	Ricardo Gomes	individual	Senior Masculino	34:48	+02:10	03:29
7	1049	Mário André Rocha	individual	Senior Masculino	34:55	+02:16	03:30
8	269	LUÍS JOSÉ GOMES E SILVA	grupo desportivo e cultural de guilhovai	Veterano M40	34:57	+02:19	03:30
9	899	Luís Miguel	recreio desportivo de águeda	Veterano M40	35:08	+02:30	03:31
10	352	Cristiano Oliveira	individual	Senior Masculino	35:35	+02:56	03:34
11	440	Marco Moreira	individual	Senior Masculino	35:38	+03:00	03:34
12	1013	PAULO COSTA	viriathvs runners viseu	Veterano M50	35:43	+03:05	03:34
13	756	David Coutinho	jobra	Veterano M40	35:45	+03:07	03:35
14	34	RUI RODRIGUES	associação académica de coimbra	Veterano M40	35:57	+03:19	03:36
15	168	Milton Santos	dci/trilhos luso buçaco	Senior Masculino	36:09	+03:31	03:37
16	243	Marcelo Gonçalves	gdr granja - trutas do mau	Senior Masculino	36:22	+03:44	03:38
17	15	Ricardo Teixeira	afis/ovar	Senior Masculino	36:27	+03:48	03:39
18	39	Andre Nobre	aveiro runners	Senior Masculino	36:54	+04:15	03:41
19	266	JORGE MIGUEL DA COSTA CUBAL	grupo desportivo & cultural de codal	Senior Masculino	37:00	+04:22	03:42
20	172	João Paulo Almeida	dci/trilhos luso buçaco	Veterano M50	37:11	+04:33	03:43
21	400	João Diogo Costa	individual	Senior Masculino	37:16	+04:38	03:44
22	81	João Moreira dos Santos	casa do povo alquerubim	Veterano M40	37:22	+04:44	03:44
23	363	Domingos Vieira	individual	Senior Masculino	37:25	+04:47	03:45
24	399	João Dias	individual	Senior Masculino	37:43	+05:05	03:46
25	383	Giovanni Diaz	individual	Senior Masculino	37:48	+05:09	03:47
26	345	antonio gomes	mt crecusport	Senior Masculino	37:49	+05:11	03:47
27	267	PAULO MANUEL ARIEIRO TAVARES	grupo desportivo & cultural de codal	Veterano M40	37:57	+05:18	03:48
28	375	Filipe Carvalho	individual	Senior Masculino	37:58	+05:19	03:48
29	759	Tiago Gamelas	juventude vidigalense	Senior Masculino	38:02	+05:23	03:48
30	1039	Luís Filipe da Silva Rosas	individual	Senior Masculino	38:07	+05:29	03:49
31	347	Bruno	individual	Senior Masculino	38:10	+05:31	03:49
32	14	André Santos	afis/ovar	Senior Masculino	38:18	+05:40	03:50
33	1010	Óscar Sobral	viriathvs runners viseu	Veterano M40	38:22	+05:44	03:50
34	164	Fernando Marques	dci/trilhos luso buçaco	Senior Masculino	38:31	+05:53	03:51
35	469	Paulo silva	individual	Senior Masculino	38:33	+05:55	03:51
36	104	Rui Almeida	centro municipal de marcha e corrida de vale de cambra	Veterano M40	38:33	+05:55	03:51
37	680	RAFAEL TAVARES GUEDES	individual	Veterano M40	38:34	+05:55	03:51
38	886	André Ferreira	ozxtreme/adcrpereira	Senior Masculino	38:34	+05:56	03:51
39	885	Pedro correia Bastos	ozxtreme	Senior Masculino	38:38	+06:00	03:52
40	166	Manuel Lino	dci/trilhos luso buçaco	Veterano M60	38:44	+06:06	03:52

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

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	406	João Pereira	individual	Senior Masculino	38:50	+06:11	03:53
42	890	Andre Rosa Pereira Areias	r5	Senior Masculino	38:52	+06:13	03:53
43	876	Bruno Macedo	os caga tacos running team	Senior Masculino	38:53	+06:15	03:53
44	21	José Figueiredo	afis/ovar	Veterano M50	38:56	+06:17	03:54
45	212	PEDRO GOMES	esgalhada trail team	Senior Masculino	39:04	+06:26	03:54
46	424	Jose Miguel Jesus Paiva	individual	Senior Masculino	39:11	+06:33	03:55
47	746	Carlos Martins	individual	Veterano M60	39:19	+06:40	03:56
48	76	Rúben Almeida	caob - oliveira do bairro	Senior Masculino	39:21	+06:43	03:56
49	77	Nuno Silva	caob - oliveira do bairro	Veterano M40	39:23	+06:44	03:56
50	89	Joaquim Ramos	centro atlético póvoa pacense (cenap) cacia	Veterano M60	39:24	+06:46	03:56
51	593	António Francisco	individual	Veterano M40	39:27	+06:48	03:57
52	1046	João Teixeira	individual	Veterano M40	39:33	+06:55	03:57
53	537	Vitor Manuel Ferreira Dias	individual	Senior Masculino	39:34	+06:56	03:57
54	786	Braima Dabó	maia atlético clube	Senior Masculino	39:35	+06:57	03:58
55	594	Antonio José da Cunha Lourenço	individual	Veterano M40	39:36	+06:58	03:58
56	438	MARCO ANTONIO LOURENÇO MELO	individual	Senior Masculino	39:46	+07:08	03:59
57	378	Filipe Ramalho	individual	Senior Masculino	39:47	+07:09	03:59
58	250	Otavio da Silva Capela	gdr granja - trutas do mau	Veterano M50	39:54	+07:16	03:59
59	894	Tiago de Jesus	recreio desportivo de águeda	Senior Masculino	39:55	+07:17	04:00
60	248	Luis Miguel Faria	gdr granja - trutas do mau	Veterano M40	39:58	+07:20	04:00
61	717	Fernando Santiago	individual	Veterano M50	40:05	+07:27	04:01
62	186	Hugo Silva	duravit raceteam	Senior Masculino	40:08	+07:30	04:01
63	85	Carlos Almeida	casa do povo de mangualde	Veterano M50	40:10	+07:31	04:01
64	1041	Miguel Ângelo Rios Faria	individual	Senior Masculino	40:10	+07:32	04:01
65	33	PEDRO VARELA	associação académica de coimbra	Veterano M40	40:13	+07:34	04:01
66	575	LÍDIA PEREIRA	gdr granja - trutas do mau	Veterana F50	40:20	+07:42	04:02
67	466	Paulo Fidalgo	individual	Senior Masculino	40:21	+07:43	04:02
68	449	Milton Almeida	individual	Senior Masculino	40:29	+07:51	04:03
69	980	Pedro Conceição	tondela runners	Senior Masculino	40:30	+07:51	04:03
70	1022	Arménio Dias	workout	Senior Masculino	40:33	+07:54	04:03
71	416	Jorge Teixeira	individual	Senior Masculino	40:43	+08:04	04:04
72	613	Fernando Freire	individual	Veterano M40	40:43	+08:05	04:04
73	957	Paulo Teixeira	tamosjuntos	Senior Masculino	40:46	+08:08	04:05
74	636	José Coutinho	individual	Veterano M40	40:48	+08:09	04:05
75	671	Pedro Canha	individual	Veterano M40	40:49	+08:10	04:05
76	803	João Carlos Ribeiro	molinhas team	Veterano M40	40:52	+08:13	04:05
77	41	William Caetano	aveiro runners	Senior Masculino	40:53	+08:15	04:05
78	173	Tony Graça	dci/trilhos luso buçaco	Veterano M50	40:54	+08:15	04:05
79	162	Márcia Martins	dci/trilhos luso buçaco	Senior Feminino	40:55	+08:17	04:06
80	945	Ricardo Mota	sri chinmoy marathon team	Veterano M40	40:56	+08:18	04:06
81	626	Joao Neves	individual	Veterano M40	40:57	+08:18	04:06
82	370	Fabio Marcelo Sequeira Marques	individual	Senior Masculino	40:57	+08:18	04:06
83	1020	Pedro Laranjo	viseu 360	Veterano M40	40:57	+08:19	04:06

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
84	766	Ricardo Pinho	kirchhoff - konect running team	Senior Masculino	41:03	+08:24	04:06
85	170	Paulo Maia	dci/trilhos luso buçaco	Veterano M40	41:05	+08:27	04:07
86	404	João Paulo dos Santos Oliveira	individual	Senior Masculino	41:07	+08:29	04:07
87	354	Cristiano Teixeira Pereira	individual	Senior Masculino	41:11	+08:33	04:07
88	709	ANTÓNIO SILVA	individual	Veterano M50	41:13	+08:34	04:07
89	1001	Márcio Salgado	twelvespot	Senior Masculino	41:14	+08:35	04:07
90	586	Adelino Pires	individual	Veterano M40	41:14	+08:36	04:07
91	190	João Portugal	duravit raceteam	Veterano M40	41:14	+08:36	04:07
92	167	Mauro Sousa	dci/trilhos luso buçaco	Senior Masculino	41:16	+08:38	04:08
93	171	Carlos Cunha	dci/trilhos luso buçaco	Veterano M50	41:17	+08:38	04:08
94	381	Francisco Manuel Teixeira Marques	individual	Senior Masculino	41:19	+08:40	04:08
95	958	Rui Moura	tamosjuntos	Senior Masculino	41:20	+08:41	04:08
96	240	Hugo Chumbo	fresenius kabi	Veterano M40	41:24	+08:46	04:09
97	812	José Cruz	mt crecusport	Veterano M40	41:27	+08:49	04:09
98	74	CARLOS CARDOSO	cal - clube ateltismo de lamas	Veterano M40	41:28	+08:50	04:09
99	127	RUI FELGUEIRAS	clube millennium bcp	Veterano M40	41:28	+08:50	04:09
100	1048	Fábio Justo	individual	Senior Masculino	41:33	+08:54	04:09
101	716	fernando morais	individual	Veterano M50	41:35	+08:56	04:10
102	903	Carlos Guerra	recreio desportivo de águeda	Veterano M50	41:36	+08:58	04:10
103	270	Paulo Almeida	grupo desportivo gafanha	Veterano M40	41:39	+09:00	04:10
104	355	Daniel Aguiar	individual	Senior Masculino	41:42	+09:03	04:10
105	1011	Rui Pires	viriathvs runners viseu	Veterano M40	41:52	+09:13	04:11
106	644	Luís Miguel Correia Ferreira	individual	Veterano M40	41:52	+09:14	04:11
107	388	Hélder Figueiredo Duarte	individual	Senior Masculino	41:57	+09:19	04:12
108	884	Eugénio Santos	out 2 run/miro	Senior Masculino	42:02	+09:23	04:12
109	391	Hugo Guedes	individual	Senior Masculino	42:04	+09:26	04:12
110	174	Joaquim Godinho	dci/trilhos luso buçaco	Veterano M60	42:07	+09:28	04:13
111	386	Gonçalo Marques	individual	Senior Masculino	42:24	+09:46	04:14
112	839	Márcio Silva	nokia runners	Senior Masculino	42:25	+09:46	04:15
113	382	Francisco Tracana R. Sousa Paiva	individual	Senior Masculino	42:27	+09:49	04:15
114	776	José Carlos Gomes	ligeirinhos	Veterano M50	42:32	+09:53	04:15
115	88	Manuel Silva	centro atlético póvoa pacense (cenap) cacia	Veterano M40	42:32	+09:54	04:15
116	120	Francisco Tavares	cires running team	Veterano M50	42:38	+10:00	04:16
117	249	Mário Rodrigues	gdr granja - trutas do mau	Veterano M40	42:41	+10:03	04:16
118	245	Sérgio Gabriel	gdr granja - trutas do mau	Senior Masculino	42:42	+10:04	04:16
119	621	Hélder Guedes	individual	Veterano M40	42:44	+10:05	04:16
120	519	Tiago dos Santos Castro	individual	Senior Masculino	42:45	+10:07	04:17
121	446	Miguel Lamas	individual	Senior Masculino	42:46	+10:08	04:17
122	268	Nuno Queiroz	grupo desportivo « os ribeirinhos » (plano body)	Veterano M40	42:46	+10:08	04:17
123	225	Fernando Matos	ffonseca	Veterano M40	42:47	+10:09	04:17
124	294	Catarina Pinho	individual	Senior Feminino	42:49	+10:11	04:17
125	649	Manuel Ferreira	individual	Veterano M40	42:56	+10:18	04:18
126	761	André Adriano	kirchhoff - konect running team	Senior Masculino	42:58	+10:20	04:18

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
127	630	Joice jesus	individual	Veterano M40	43:00	+10:22	04:18
128	525	Tiago Oliveira	individual	Senior Masculino	43:01	+10:23	04:18
129	259	Filipe Carvalho	grupel	Senior Masculino	43:01	+10:23	04:18
130	119	Patrick Thoss	cires running team	Veterano M40	43:02	+10:24	04:18
131	265	ANTÓNIO JOSÉ FERREIRA DA SILVA	grupo desportivo & cultural de codal	Senior Masculino	43:05	+10:27	04:19
132	745	Carlos Alberto Ferreira	individual	Veterano M60	43:06	+10:28	04:19
133	524	Tiago Miguel Rodrigues Gonçalves	individual	Senior Masculino	43:08	+10:30	04:19
134	979	Luis Ferreira	tondela runners	Senior Masculino	43:10	+10:32	04:19
135	989	Orlando Costa	tondela runners	Veterano M50	43:11	+10:32	04:19
136	740	Paulo Manuel Melanda Açafrão Paulo Açafrão	individual	Veterano M50	43:12	+10:34	04:19
137	733	Manuel Marques	individual	Veterano M50	43:17	+10:39	04:20
138	251	Severino Santos	gdr granja - trutas do mau	Veterano M60	43:21	+10:43	04:20
139	536	Vítor Alexis Ferreira Martins	individual	Senior Masculino	43:24	+10:46	04:20
140	765	Ricardo Mesquita	kirchhoff - konect running team	Senior Masculino	43:25	+10:46	04:21
141	132	César Tavares	cluta runners	Senior Masculino	43:28	+10:49	04:21
142	725	João Castro	individual	Veterano M50	43:31	+10:53	04:21
143	497	Ricardo Veiga	individual	Senior Masculino	43:35	+10:57	04:22
144	258	Daniel Guedes	grupel	Senior Masculino	43:38	+11:00	04:22
145	821	Ricardo Branquinho	nar - núcleo de atletismo de requeixo	Senior Masculino	43:40	+11:02	04:22
146	530	Tomé Matos	individual	Senior Masculino	43:41	+11:03	04:22
147	523	Tiago Manuel De Sousa Henriques	individual	Senior Masculino	43:46	+11:08	04:23
148	873	Luis Rodrigues	oliveira runners	Veterano M40	43:50	+11:11	04:23
149	9	Pedro Guimaraes	a+	Veterano M40	43:52	+11:14	04:23
150	163	Maria Ramos	dci/trilhos luso buçaco	Senior Feminino	43:54	+11:15	04:23
151	661	Nuno Costa	individual	Veterano M40	43:54	+11:16	04:23
152	721	Heitor Araújo	individual	Veterano M50	43:54	+11:16	04:23
153	16	Américo Oliveira	afis/ovar	Veterano M40	43:55	+11:17	04:24
154	247	Tila Pina	gdr granja - trutas do mau	Veterana F40	43:57	+11:19	04:24
155	389	Hélder Santos	individual	Senior Masculino	44:01	+11:23	04:24
156	694	Sergio Teixeira	individual	Veterano M40	44:02	+11:24	04:24
157	498	Roberto Carlos Dos Santos Rodrigues	individual	Senior Masculino	44:04	+11:25	04:24
158	625	João António Marques Tavares	individual	Veterano M40	44:05	+11:26	04:25
159	610	Ernesto Gonçalves	individual	Veterano M40	44:09	+11:31	04:25
160	624	Jaime Júnior	individual	Veterano M40	44:11	+11:32	04:25
161	592	António Agostinho Santiago Moreira	individual	Veterano M40	44:11	+11:33	04:25
162	735	Manuel Tavares	individual	Veterano M50	44:11	+11:33	04:25
163	1005	Alberto Santos	twelvespot	Veterano M50	44:12	+11:33	04:25
164	87	José Resende	centro atlético póvoa pacense (cenap) cacia	Veterano M40	44:12	+11:34	04:25
165	86	Olivério Báptista	centro atlético póvoa pacense (cenap) cacia	Senior Masculino	44:20	+11:41	04:26
166	738	Paul	individual	Veterano M50	44:22	+11:43	04:26
167	434	Manuel Cardoso	individual	Senior Masculino	44:23	+11:44	04:26

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

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
168	1027	Miguel Félix	workout	Senior Masculino	44:25	+11:46	04:27
169	795	Sergio Martins	mercentro	Veterano M40	44:34	+11:55	04:27
170	534	Vicente Julião	individual	Senior Masculino	44:34	+11:56	04:27
171	1017	Vital	viseu 360	Senior Masculino	44:44	+12:06	04:28
172	102	Jacinto Almeida	centro municipal de marcha e corrida de vale de cambra	Veterano M40	44:48	+12:09	04:29
173	723	Joaquim Almeida	individual	Veterano M50	44:48	+12:10	04:29
174	451	Nelson André Modesto Rocha	individual	Senior Masculino	44:49	+12:10	04:29
175	31	Paulo jorge Gomes	arcor	Veterano M40	44:49	+12:10	04:29
176	244	Ricardo Ferreira	gdr granja - trutas do mau	Senior Masculino	44:49	+12:11	04:29
177	743	ANTÓNIO NETO	individual	Veterano M60	44:50	+12:12	04:29
178	651	Marco Coelho	individual	Veterano M40	44:54	+12:16	04:29
179	810	FILIPE MOTA	motas running	Senior Masculino	44:58	+12:20	04:30
180	507	Rui Miguel Goncalves Nunes	individual	Senior Masculino	44:59	+12:21	04:30
181	970	Viriato Dias	team ginásio multibody	Veterano M40	45:01	+12:22	04:30
182	584	Sofia Romão	individual	Veterana F50	45:02	+12:24	04:30
183	377	Filipe Monteiro	individual	Senior Masculino	45:02	+12:24	04:30
184	369	Fabio Emanuel Anelhe Pizarro	individual	Senior Masculino	45:13	+12:34	04:31
185	937	Rafael Marques	runners in part time	Senior Masculino	45:13	+12:35	04:31
186	72	Ricardo Oliveira	c.d.c. paradela	Senior Masculino	45:14	+12:35	04:31
187	730	José Canha	individual	Veterano M50	45:15	+12:36	04:32
188	52	Heitor Oliveira Santos	aveiro runners	Veterano M60	45:15	+12:36	04:32
189	71	Jil Coelho	c.d.c. paradela	Senior Masculino	45:16	+12:38	04:32
190	444	Mário Pires	individual	Senior Masculino	45:17	+12:39	04:32
191	944	Renato Costa	sr running	Senior Masculino	45:19	+12:41	04:32
192	106	Arlindo Rodrigues	centro municipal de marcha e corrida de vale de cambra	Veterano M50	45:21	+12:43	04:32
193	598	Armindo Bastos	individual	Veterano M40	45:24	+12:45	04:32
194	423	José Guilherme Sá	individual	Senior Masculino	45:24	+12:45	04:32
195	622	Hilário Espadilha	individual	Veterano M40	45:24	+12:46	04:32
196	380	Francisco Casegas	individual	Senior Masculino	45:25	+12:46	04:33
197	955	Yann Lopes	supras	Senior Masculino	45:25	+12:47	04:33
198	674	Pedro Miguel Monteiro Baptista	individual	Veterano M40	45:28	+12:50	04:33
199	521	Tiago Gandarez	individual	Senior Masculino	45:30	+12:52	04:33
200	6	André Andrade	#quandoacaba	Senior Masculino	45:30	+12:52	04:33
201	640	Jose MOREIRA	individual	Veterano M40	45:31	+12:53	04:33
202	82	André Nunes	casa do povo de mangualde	Senior Masculino	45:32	+12:54	04:33
203	807	Júlio Tomé	montanha club trail running/efapel	Veterano M40	45:32	+12:54	04:33
204	676	Pedro Paiva	individual	Veterano M40	45:34	+12:55	04:33
205	637	José Figueiredo	individual	Veterano M40	45:34	+12:56	04:33
206	496	Ricardo Tavares Silva	individual	Senior Masculino	45:35	+12:56	04:34
207	367	Eurico Couto	individual	Senior Masculino	45:36	+12:58	04:34
208	633	Jorge Rodrigues	individual	Veterano M40	45:37	+12:59	04:34
209	992	Ana Cerqueira	trogloditas runners	Senior Feminino	45:38	+13:00	04:34
210	376	Filipe lage	individual	Senior Masculino	45:38	+13:00	04:34
211	843	João Gomes Rodrigues	nokia runners	Veterano M40	45:39	+13:01	04:34
212	475	Pedro Daniel Rodrigues Lopes	individual	Senior Masculino	45:39	+13:01	04:34

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
213	634	José Branco	individual	Veterano M40	45:40	+13:02	04:34
214	188	Filipe Fonseca	duravit raceteam	Veterano M40	45:43	+13:04	04:34
215	514	Sérgio Marques	individual	Senior Masculino	45:44	+13:06	04:34
216	657	Miguel Pimentel	individual	Veterano M40	45:48	+13:10	04:35
217	642	Luis Ferrão	individual	Veterano M40	45:48	+13:10	04:35
218	830	Jose Rosa	netqos	Senior Masculino	45:49	+13:11	04:35
219	905	José Santos	recreio desportivo de águeda	Veterano M50	45:50	+13:12	04:35
220	80	João Tinoco M aia	carl&bock	Senior Masculino	45:53	+13:15	04:35
221	772	João Pedro Abrantes	leoninos	Veterano M40	45:55	+13:16	04:36
222	12	Tiago cruz	adc são jacinto	Senior Masculino	45:55	+13:16	04:36
223	105	Antonio Oliveira	centro municipal de marcha e corrida de vale de cambra	Veterano M50	45:55	+13:17	04:36
224	512	Sérgio Henriques	individual	Senior Masculino	45:58	+13:19	04:36
225	402	João Henriques	individual	Senior Masculino	46:01	+13:23	04:36
226	599	Artur Jorge Sousa Paiva	individual	Veterano M40	46:02	+13:24	04:36
227	655	Miguel Azevedo	individual	Veterano M40	46:03	+13:25	04:36
228	1012	Luis Figueiredo	viriathvs runners viseu	Veterano M50	46:05	+13:27	04:37
229	882	Fernando Lopes	os quartas ilhavo	Veterano M60	46:06	+13:27	04:37
230	28	Eduardo Manuel Ribeiro da Silva	amadores&basta	Senior Masculino	46:07	+13:28	04:37
231	29	José Quintinha	amadores&basta	Senior Masculino	46:07	+13:29	04:37
232	658	Nuno Alegria	individual	Veterano M40	46:10	+13:32	04:37
233	464	Paulo Alexandre Simões Da Costa	individual	Senior Masculino	46:11	+13:32	04:37
234	455	Nuno Bastos	individual	Senior Masculino	46:12	+13:33	04:37
235	397	Joana Filipa Alves dos Santos Fortuna	individual	Senior Masculino	46:13	+13:34	04:37
236	704	Andrew John Murphy	individual	Veterano M50	46:13	+13:34	04:37
237	148	Nelson Azevedo	colectividade popular de cacia	Senior Masculino	46:14	+13:36	04:37
238	147	Eduardo Vieira	colectividade popular de cacia	Senior Masculino	46:17	+13:38	04:38
239	448	Miguel Pereira	individual	Senior Masculino	46:19	+13:40	04:38
240	771	Jorge Silva	kirchhoff - konect running team	Veterano M40	46:21	+13:42	04:38
241	726	João Maltez Capeloa	individual	Veterano M50	46:21	+13:42	04:38
242	904	João Coelho	recreio desportivo de águeda	Veterano M50	46:24	+13:46	04:38
243	357	Daniel Carvalho	individual	Senior Masculino	46:25	+13:46	04:39
244	1032	Hugo Miguel Justiça Ferreira	civilria	Senior Masculino	46:26	+13:48	04:39
245	1033	Miguel Ângelo Oliveira de Opinho	civilria	Senior Masculino	46:26	+13:48	04:39
246	264	JULIANA RODRIGUES DE ALMEIDA	grupo desportivo & cultural de codal	Senior Feminino	46:27	+13:49	04:39
247	683	Rodrigo Santos	individual	Veterano M40	46:28	+13:50	04:39
248	136	Nuno Miguel	cluve - clube de veteranos de atletismo de coimbra	Veterano M40	46:32	+13:54	04:39
249	1025	José moutela	workout	Senior Masculino	46:33	+13:54	04:39
250	359	Daniel Vieira	individual	Senior Masculino	46:35	+13:56	04:40
251	595	António lemos	individual	Veterano M40	46:37	+13:58	04:40
252	718	Filipe Domingues	individual	Veterano M50	46:37	+13:59	04:40
253	954	Tiago Mendonça	supras	Senior Masculino	46:41	+14:02	04:40

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 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
254	552	Fernanda Gomes	individual	Veterana F40	46:42	+14:03	04:40
255	22	Manuel Gomes	afis/ovar	Veterano M50	46:42	+14:04	04:40
256	747	DOMINGOS ALMEIDA	individual	Veterano M60	46:42	+14:04	04:40
257	752	Manuel Paiva	individual	Veterano M60	46:43	+14:05	04:40
258	826	Jorge Vilela	nar - núcleo de atletismo de requeixo	Veterano M40	46:46	+14:07	04:41
259	710	ANTONIO TEIXEIRA	individual	Veterano M50	46:48	+14:10	04:41
260	470	Paulo Tavares	individual	Senior Masculino	46:50	+14:12	04:41
261	117	Lígia Casimiro	cires running team	Veterana F40	46:51	+14:13	04:41
262	129	JOÃO ESTIVEIRA	clube millennium bcp	Veterano M50	46:51	+14:13	04:41
263	484	Pedro Serra	individual	Senior Masculino	46:52	+14:13	04:41
264	682	Ricardo Veiga	individual	Veterano M40	46:52	+14:14	04:41
265	252	Fábio Gaspar	gira sol	Senior Masculino	46:53	+14:15	04:41
266	368	Fábio Alexandre Cardoso dos Santos	individual	Senior Masculino	46:54	+14:16	04:41
267	346	Antonio Jose Santos Silva	individual	Senior Masculino	46:55	+14:17	04:42
268	442	Marcos André Roldão	individual	Senior Masculino	46:56	+14:17	04:42
269	415	Jorge Miguel Alves Novais	individual	Senior Masculino	47:01	+14:23	04:42
270	701	Wilson Lima Vilas Boas	individual	Veterano M40	47:01	+14:23	04:42
271	617	Filipe Santos	individual	Veterano M40	47:04	+14:26	04:42
272	533	Vasco Rosa Pires	individual	Senior Masculino	47:05	+14:27	04:43
273	734	Manuel Oliveira	individual	Veterano M50	47:08	+14:30	04:43
274	161	Eunice Magalhães	dci/trilhos luso buçaco	Senior Feminino	47:08	+14:30	04:43
275	417	josé abreu	individual	Senior Masculino	47:10	+14:32	04:43
276	779	Rafael Rumor Martins	lobitosbiketeam	Senior Masculino	47:12	+14:34	04:43
277	155	Pedro Gomes	dar-recardães	Senior Masculino	47:15	+14:37	04:44
278	711	Armindo Ferreira Dias	individual	Veterano M50	47:16	+14:38	04:44
279	670	Pedro Almeida	individual	Veterano M40	47:16	+14:38	04:44
280	612	Fernando Ferreira	individual	Veterano M40	47:17	+14:39	04:44
281	502	Rúben Filipe Nascimento Marques	individual	Senior Masculino	47:20	+14:42	04:44
282	260	Francisco Dinis	grupel	Senior Masculino	47:21	+14:43	04:44
283	411	Jorge Andre Coutinho Pereira	individual	Senior Masculino	47:23	+14:45	04:44
284	292	Catarina Belchior	individual	Senior Feminino	47:24	+14:46	04:44
285	351	Cristiano Oliveira	mt crecusport	Senior Masculino	47:24	+14:46	04:44
286	879	Nuno Simões	os franciscos	Veterano M40	47:24	+14:46	04:44
287	253	Raquel Grilo	gira sol	Veterana F40	47:25	+14:46	04:45
288	780	Ricardo Filipe Soares dos Santos	lobitosbiketeam	Senior Masculino	47:25	+14:47	04:45
289	480	Pedro Oliveira	mt crecusport	Senior Masculino	47:29	+14:51	04:45
290	490	Ricardo Branco	individual	Senior Masculino	47:30	+14:51	04:45
291	179	André Quinta Nova	diário de aveiro	Senior Masculino	47:30	+14:52	04:45
292	495	RICARDO SOUSA	individual	Senior Masculino	47:31	+14:52	04:45
293	471	Pedro Aguiar	individual	Senior Masculino	47:32	+14:53	04:45
294	348	Bruno Ferreira	individual	Senior Masculino	47:34	+14:56	04:45
295	61	Pedro Miguel Pinto	borabora, vamos lá!	Veterano M40	47:34	+14:56	04:45
296	257	Carlos Martins	grupel	Senior Masculino	47:35	+14:56	04:46
297	988	José Mário Almeida	tondela runners	Veterano M50	47:35	+14:57	04:46

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
298	94	Luis Magalhães	centro municipal de marcha e corrida de vale de cambra	Senior Masculino	47:39	+15:01	04:46
299	950	Helder Silva	supras	Senior Masculino	47:41	+15:02	04:46
300	631	Jorge Fernandes	individual	Veterano M40	47:41	+15:02	04:46
301	868	Nuno Morais	oli	Veterano M40	47:42	+15:04	04:46
302	38	Leonor Rocha	aveiro runners	Senior Feminino	47:43	+15:04	04:46
303	985	Paulo Silva	tondela runners	Veterano M40	47:47	+15:09	04:47
304	697	Vitor Alves	individual	Veterano M40	47:48	+15:09	04:47
305	510	Rui Tavares	individual	Senior Masculino	47:50	+15:12	04:47
306	974	Porfírio Martins	tonapista	Veterano M50	47:50	+15:12	04:47
307	597	Antonio Ribeiro	individual	Veterano M40	47:52	+15:13	04:47
308	408	JOAO RAUL BELINATO DE SOUZA	individual	Senior Masculino	47:54	+15:16	04:47
309	874	Manuel Carlos Martins	opraticante.pt	Veterano M40	47:56	+15:17	04:48
310	326	Rita Cruz	individual	Senior Feminino	47:56	+15:18	04:48
311	820	Filipe Costa	nar - núcleo de atletismo de requeixo	Senior Masculino	47:58	+15:19	04:48
312	503	Rúben Neves	individual	Senior Masculino	47:58	+15:20	04:48
313	126	ÁLVARO PINTO	clube millennium bcp	Veterano M40	47:58	+15:20	04:48
314	967	Susana Mafalda de Almeida Marques	team ginásio multibody	Veterana F40	47:58	+15:20	04:48
315	246	Isabel Oliveira	gdr granja - trutas do mau	Veterana F40	48:03	+15:25	04:48
316	340	Alberto Dias	individual	Senior Masculino	48:04	+15:26	04:48
317	40	Júlio Tomás Gomes Teixeira	aveiro runners	Senior Masculino	48:05	+15:26	04:49
318	744	Avelino Silva	individual	Veterano M60	48:06	+15:27	04:49
319	128	FIRMINO NOGUEIRA	clube millennium bcp	Veterano M50	48:06	+15:28	04:49
320	591	Amilcar Vinagre	individual	Veterano M40	48:08	+15:29	04:49
321	13	Helder Rodrigues	adrep	Veterano M60	48:10	+15:32	04:49
322	619	Francisco Leite	individual	Veterano M40	48:10	+15:32	04:49
323	673	Pedro Ferreira	individual	Veterano M40	48:12	+15:34	04:49
324	913	Rui Fartura	remax universal	Veterano M40	48:12	+15:34	04:49
325	902	Carlos Estima	recreio desportivo de águeda	Veterano M50	48:14	+15:35	04:49
326	912	Nuno Madail	remax universal	Veterano M40	48:14	+15:36	04:49
327	831	Luis Menezes	netqos	Senior Masculino	48:15	+15:37	04:50
328	289	Carina Gouveia	individual	Senior Feminino	48:16	+15:37	04:50
329	401	João Filipe Duarte Coelho	individual	Senior Masculino	48:16	+15:38	04:50
330	833	Ricardo Ferreira	netqos	Senior Masculino	48:17	+15:38	04:50
331	49	Tiago Fernandes	aveiro runners	Veterano M40	48:17	+15:39	04:50
332	413	Jorge Gonçalves	individual	Senior Masculino	48:19	+15:41	04:50
333	932	Pedro Marques	rumo34	Senior Masculino	48:21	+15:43	04:50
334	1019	Sandra Costa	viseu 360	Veterana F40	48:25	+15:47	04:51
335	692	Rui vieito	individual	Veterano M40	48:25	+15:47	04:51
336	929	André Pais	rodelo running team	Senior Masculino	48:29	+15:51	04:51
337	898	Filipe de Almeida	recreio desportivo de águeda	Veterano M40	48:30	+15:51	04:51
338	930	paulo santos	rodelo running team	Veterano M40	48:30	+15:51	04:51
339	901	Amilcar Henriques	recreio desportivo de águeda	Veterano M50	48:30	+15:52	04:51
340	462	osvaldo pinho	individual	Senior Masculino	48:33	+15:55	04:51
341	151	Carlos Negrão	correio de albergaria trail running	Veterano M40	48:35	+15:57	04:52

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
342	472	Pedro Alexandre Farreca Loureiro	individual	Senior Masculino	48:37	+15:58	04:52
343	871	Hugo Tavares	oliveira runners	Senior Masculino	48:37	+15:59	04:52
344	11	Oscar Eduard Torres	ac batalha	Senior Masculino	48:39	+16:00	04:52
345	922	Luis Silva	ria stone	Senior Masculino	48:40	+16:02	04:52
346	528	TIAGO SOUSA MANARTE	individual	Senior Masculino	48:40	+16:02	04:52
347	703	Alvaro Silva	individual	Veterano M50	48:41	+16:02	04:52
348	210	Filipe Fernandes	esgalhada trail team	Senior Masculino	48:44	+16:06	04:52
349	777	Emanuel João Duarte Quintaneiro	lobitosbiketeam	Senior Masculino	48:49	+16:11	04:53
350	473	Pedro Ruano de Castro	individual	Veterano M40	48:50	+16:11	04:53
351	784	Jorge Crespo	love tiles	Veterano M50	48:50	+16:11	04:53
352	775	Rosa Lídia Silva	ligeirinhos	Veterana F50	48:50	+16:12	04:53
353	952	Miguel Carlos	supras	Senior Masculino	48:50	+16:12	04:53
354	662	Nuno felix	individual	Veterano M40	48:51	+16:13	04:53
355	1035	Artur Pinto Rodrigues Varum	civilria	Veterano M50	48:52	+16:13	04:53
356	698	Vitor Manuel Seixas	individual	Veterano M40	48:53	+16:15	04:53
357	949	Gonçalo Carvalho	supras	Senior Masculino	48:53	+16:15	04:53
358	306	Joana dos santos ferreira	individual	Senior Feminino	48:55	+16:16	04:54
359	601	Carlos Lopes	individual	Veterano M40	48:55	+16:16	04:54
360	73	Ricardo Ferreira	c.d.c. paradela	Veterano M40	48:56	+16:18	04:54
361	941	Francisco José Lopes Moreira	runners sernancelhe terra da castanha	Veterano M40	48:56	+16:18	04:54
362	616	filipe manuel augusto	individual	Veterano M40	48:57	+16:19	04:54
363	948	Diogo Melo	supras	Senior Masculino	49:02	+16:24	04:54
364	501	Rogério Domingues Barreira	individual	Senior Masculino	49:06	+16:28	04:55
365	749	joao saraiva sardo	individual	Veterano M60	49:08	+16:29	04:55
366	79	Isabel Rovisco Monteiro	carl&bock	Senior Feminino	49:19	+16:40	04:56
367	450	Moisés Ferreira	individual	Senior Masculino	49:19	+16:41	04:56
368	629	João Tavares	mt crecusport	Veterano M40	49:19	+16:41	04:56
369	308	Juliana Maria da Silva Lopes	individual	Senior Feminino	49:23	+16:44	04:56
370	705	António Breda	individual	Veterano M50	49:24	+16:45	04:56
371	97	Susana Brandão	centro municipal de marcha e corrida de vale de cambra	Veterana F40	49:24	+16:46	04:56
372	724	João Barroco	individual	Veterano M50	49:24	+16:46	04:56
373	133	Marcelo Manteigas	cluta runners	Senior Masculino	49:24	+16:46	04:56
374	43	Ines Almeida	aveiro runners	Veterana F40	49:25	+16:46	04:57
375	10	DELFIM COSTA	abo, lda	Veterano M50	49:32	+16:53	04:57
376	392	Hugo Miguel Coelho Pires	individual	Senior Masculino	49:33	+16:54	04:57
377	604	Carlos Silva	individual	Veterano M40	49:33	+16:55	04:57
378	978	João Tavares	tondela runners	Senior Masculino	49:34	+16:55	04:57
379	396	Jhonny marques	individual	Senior Masculino	49:34	+16:56	04:57
380	46	JOAO GONCALVES	aveiro runners	Veterano M40	49:34	+16:56	04:57
381	465	Paulo Antunes	individual	Senior Masculino	49:35	+16:56	04:58
382	742	António Fernando Marques da Conceição	individual	Veterano M60	49:39	+17:00	04:58
383	1018	Paula Costa Cardoso	viseu 360	Veterana F40	49:41	+17:03	04:58
384	910	Francisco Sarmento	remax universal	Veterano M40	49:42	+17:03	04:58

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
385	134	Pedro Gomes	cluta runners	Veterano M40	49:43	+17:04	04:58
386	754	Orlando Gabriel da Silva Ferreira	individual	Veterano M60	49:44	+17:05	04:58
387	409	Joaquim Araújo	individual	Senior Masculino	49:48	+17:10	04:59
388	708	António santos lopes	individual	Veterano M50	49:49	+17:11	04:59
389	379	Filipe Samuel Arrepia Monteiro	individual	Senior Masculino	49:50	+17:12	04:59
390	605	Celso Maia	individual	Veterano M40	49:50	+17:12	04:59
391	360	David Soares	individual	Senior Masculino	49:50	+17:12	04:59
392	318	Palmira Vieira	individual	Senior Feminino	49:52	+17:14	04:59
393	1037	Gilberto Batista Rosa	individual	Senior Masculino	49:55	+17:16	05:00
394	242	Daniela Maria Cunha	gdr granja - trutas do mau	Senior Feminino	49:56	+17:17	05:00
395	23	Paulo Almeida	afis/ovar	Veterano M50	49:57	+17:19	05:00
396	781	Helena Cristina Lopes Silva	lopes silva	Veterana F40	49:57	+17:19	05:00
397	783	Carlos Leite	love tiles	Veterano M50	49:59	+17:21	05:00
398	778	Pedro Soares dos sabtos	lobitosbiketeam	Senior Masculino	50:02	+17:24	05:00
399	343	André Rodrigues Almeida	individual	Senior Masculino	50:03	+17:24	05:00
400	532	Valter José Gomes da Silva	individual	Senior Masculino	50:03	+17:25	05:00
401	366	Enrique	individual	Senior Masculino	50:04	+17:25	05:00
402	110	Domingos Silva	centro municipal de marcha e corrida de vale de cambra	Veterano M60	50:06	+17:27	05:01
403	387	Guilherme Carlos	individual	Senior Masculino	50:09	+17:30	05:01
404	668	Paulo Silva	individual	Veterano M40	50:13	+17:35	05:01
405	770	Jorge Santos	kirchhoff - konect running team	Veterano M40	50:13	+17:35	05:01
406	485	Pedro Silva	individual	Senior Masculino	50:15	+17:37	05:02
407	431	Luis Portela	individual	Senior Masculino	50:17	+17:38	05:02
408	231	MIGUEL COSTA	foeng runners	Senior Masculino	50:17	+17:39	05:02
409	17	Eduardo Oliveira	afis/ovar	Veterano M40	50:19	+17:40	05:02
410	526	Tiago Ramos	individual	Senior Masculino	50:19	+17:40	05:02
411	101	Carlos Rodrigues	centro municipal de marcha e corrida de vale de cambra	Veterano M40	50:20	+17:41	05:02
412	96	Cristina Silva	centro municipal de marcha e corrida de vale de cambra	Veterana F40	50:20	+17:41	05:02
413	491	Ricardo Carvalheira	individual	Senior Masculino	50:24	+17:45	05:02
414	439	Marco Martins	individual	Senior Masculino	50:26	+17:48	05:03
415	90	José Teixeira	centro atlético póvoa pacense (cenap) cacia	Veterano M60	50:27	+17:48	05:03
416	426	Leonardo Lourenço de Jesus	individual	Senior Masculino	50:27	+17:48	05:03
417	241	RENATO ARAÚJO	gdcr_feira runners	Veterano M40	50:30	+17:52	05:03
418	349	Carlos Ferreira	individual	Senior Masculino	50:31	+17:53	05:03
419	63	Carlos Resende	bresimar	Senior Masculino	50:33	+17:54	05:03
420	911	José Alves	remax universal	Veterano M40	50:33	+17:55	05:03
421	685	Romeu Vicente	individual	Veterano M40	50:36	+17:58	05:04
422	435	Marcelo Mendes	individual	Senior Masculino	50:36	+17:58	05:04
423	492	Ricardo Correia	individual	Senior Masculino	50:37	+17:58	05:04
424	678	Pedro Relvas Marques	individual	Veterano M40	50:37	+17:58	05:04
425	618	Filipe Silva	individual	Veterano M40	50:38	+18:00	05:04
426	665	Paulo Jorge Ribeiro Pinto	individual	Veterano M40	50:39	+18:01	05:04
427	19	Carlos Campos	afis/ovar	Veterano M50	50:40	+18:02	05:04

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
428	216	Przemek Pozniak	fake runners	Senior Masculino	50:41	+18:03	05:04
429	921	Dino Santos	ria stone	Senior Masculino	50:42	+18:04	05:04
430	712	Carlos Alberto Nunes Dias de Almeida	individual	Veterano M50	50:42	+18:04	05:04
431	486	Rafael Gabriel Gomes Gouveia	individual	Senior Masculino	50:43	+18:05	05:04
432	835	Dora Dias	no tomorrow running team	Senior Feminino	50:44	+18:05	05:04
433	707	António Hugo Lamarão	individual	Veterano M50	50:44	+18:06	05:04
434	302	Filipa Lacerda	individual	Senior Feminino	50:45	+18:06	05:05
435	1015	Clara Oliveira	viseu 360	Senior Feminino	50:45	+18:07	05:05
436	454	Nuno Abrantes	individual	Senior Masculino	50:46	+18:07	05:05
437	233	LUIS MOURO	foeng runners	Veterano M40	50:46	+18:08	05:05
438	572	Ana Maria Batista Monteiro Cardoso	individual	Veterana F50	50:51	+18:12	05:05
439	1036	Carlos Manuel Varum Sousa	civilria	Veterano M50	50:51	+18:13	05:05
440	262	João Pintado	grupel	Senior Masculino	50:51	+18:13	05:05
441	60	Cristina T Silva	borabora, vamos lá!	Veterana F40	50:52	+18:14	05:05
442	994	Anabela Leite	turbolentos	Veterana F40	50:53	+18:14	05:05
443	720	GIL ALMEIDA	individual	Veterano M50	50:53	+18:15	05:05
444	509	Rui Sérgio Bastos Alves Silva	individual	Senior Masculino	50:53	+18:15	05:05
445	691	Rui Soares	individual	Veterano M40	50:55	+18:17	05:06
446	628	João Santana	individual	Veterano M40	50:56	+18:17	05:06
447	394	Hugo Rodrigues	individual	Senior Masculino	50:56	+18:17	05:06
448	184	Rafael Fernandes	diário de aveiro	Veterano M40	50:57	+18:19	05:06
449	419	José Carvalho	individual	Senior Masculino	51:04	+18:25	05:06
450	942	Mário Rodrigues	runners sernancelhe terra da castanha	Veterano M40	51:04	+18:26	05:06
451	975	Ana Cruz	tondela runners	Senior Feminino	51:07	+18:29	05:07
452	588	Alberto Branco	individual	Veterano M40	51:07	+18:29	05:07
453	1042	ADRIANO TEIXEIRA	individual	Senior Masculino	51:11	+18:32	05:07
454	522	Tiago Gonçalves	individual	Senior Masculino	51:12	+18:34	05:07
455	811	Rosário Leite	mt crecusport	Senior Feminino	51:13	+18:35	05:07
456	191	João Matos	electrex	Veterano M40	51:13	+18:35	05:07
457	192	Rui Matos	electrex	Veterano M60	51:13	+18:35	05:07
458	806	José Manuel da Cruz Costa	molinhas team	Veterano M50	51:13	+18:35	05:07
459	791	Rui Batista	manos team	Veterano M40	51:20	+18:42	05:08
460	1026	Luís Santos	workout	Senior Masculino	51:21	+18:42	05:08
461	344	Ângelo Fonseca	individual	Senior Masculino	51:21	+18:43	05:08
462	840	Tiago Silva	nokia runners	Senior Masculino	51:26	+18:47	05:09
463	463	Patricia Lemos	individual	Senior Masculino	51:26	+18:48	05:09
464	561	Patricia Lemos	individual	Veterana F40	51:27	+18:48	05:09
465	838	Luis Carta	nokia runners	Senior Masculino	51:28	+18:50	05:09
466	860	Tiago Teixeira	oli	Senior Masculino	51:31	+18:52	05:09
467	762	Bruno Neves	kirchhoff - konect running team	Senior Masculino	51:31	+18:53	05:09
468	687	Rui Costa	individual	Veterano M40	51:32	+18:53	05:09
469	764	Marco Silva	kirchhoff - konect running team	Senior Masculino	51:32	+18:53	05:09
470	237	Carlos Sousa	fresenius kabi	Senior Masculino	51:32	+18:53	05:09
471	453	Nelson José Azevedo Simões	individual	Senior Masculino	51:32	+18:54	05:09
472	75	Ricardo Fonte	canianos	Veterano M40	51:33	+18:54	05:09

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
473	589	Alexandre Almeida	individual	Veterano M40	51:35	+18:57	05:10
474	666	Paulo Jorge Silva	individual	Veterano M40	51:36	+18:58	05:10
475	891	Bruno Rocha	r5	Senior Masculino	51:36	+18:58	05:10
476	892	Vitor Francisco	r5	Veterano M40	51:37	+18:59	05:10
477	215	Miguel da Cruz	fake runners	Senior Masculino	51:37	+18:59	05:10
478	563	Regina Almeida	individual	Veterana F40	51:37	+18:59	05:10
479	100	Carlos Brandão	centro municipal de marcha e corrida de vale de cambra	Veterano M40	51:37	+18:59	05:10
480	969	NUNO BRINCO	team ginásio multibody	Veterano M40	51:38	+19:00	05:10
481	794	Luís Manuel Campos Leitão	mercentro	Veterano M40	51:38	+19:00	05:10
482	159	Arlindo Pereira dos Santos	dar-recardães	Veterano M60	51:39	+19:00	05:10
483	293	Catarina Leite	individual	Senior Feminino	51:42	+19:04	05:10
484	425	Leandro Leite	individual	Senior Masculino	51:43	+19:04	05:10
485	887	Sara Cardoso	papoilas saltitantes	Senior Feminino	51:43	+19:04	05:10
486	489	Ricardo Botelho	individual	Senior Masculino	51:43	+19:05	05:10
487	20	Joaquim Ferreira	afis/ovar	Veterano M50	51:45	+19:06	05:11
488	689	Rui Melo	individual	Veterano M40	51:45	+19:06	05:11
489	430	Luis Miguel Costa Gomes	individual	Senior Masculino	51:45	+19:06	05:11
490	109	Joaquim Oliveira	centro municipal de marcha e corrida de vale de cambra	Veterano M50	51:47	+19:09	05:11
491	99	Filomena Santos	centro municipal de marcha e corrida de vale de cambra	Veterana F50	51:47	+19:09	05:11
492	748	Fernando Alberto Lacerda	individual	Veterano M60	51:47	+19:09	05:11
493	587	Agostinho Capela	individual	Veterano M40	51:48	+19:10	05:11
494	844	Manuel Anjos	núcleo de atletismo de cucujães	Veterano M50	51:49	+19:11	05:11
495	796	Daniel Santos	micróbios	Senior Masculino	51:54	+19:16	05:11
496	797	Diogo Oliveira	micróbios	Senior Masculino	51:54	+19:16	05:11
497	677	Pedro Pombal	individual	Veterano M40	52:02	+19:24	05:12
498	782	Silvia Maria Lopes Silva	lopes silva	Veterana F40	52:07	+19:28	05:13
499	527	Tiago Rocha Lages	individual	Senior Masculino	52:09	+19:31	05:13
500	897	Maria João Almeida	recreio desportivo de águeda	Veterana F40	52:10	+19:32	05:13
501	858	Pedro Carvalhoso	oli	Senior Masculino	52:13	+19:35	05:13
502	875	Andreia Valente	os caga tacos running team	Senior Feminino	52:15	+19:36	05:14
503	516	Simão Santana	individual	Senior Masculino	52:27	+19:49	05:15
504	737	Octavio Sergio Rodrigues Linhares	individual	Veterano M50	52:31	+19:53	05:15
505	107	Fernando Leite	centro municipal de marcha e corrida de vale de cambra	Veterano M50	52:31	+19:53	05:15
506	1038	João Denis Santo Dôno	individual	Veterano M50	52:31	+19:53	05:15
507	91	Catia Coimbra	centro municipal de marcha e corrida de vale de cambra	Senior Feminino	52:33	+19:55	05:15
508	121	Rui Correia	cires running team	Veterano M50	52:40	+20:01	05:16
509	482	Pedro Pinto	individual	Senior Masculino	52:40	+20:02	05:16
510	679	Pedro Castro	individual	Senior Masculino	52:40	+20:02	05:16
511	983	Isidoro Francisco	tondela runners	Veterano M40	52:43	+20:05	05:16
512	320	Paula Rocha	individual	Senior Feminino	52:43	+20:05	05:16
513	923	Marco Correia	ria stone	Senior Masculino	52:44	+20:06	05:16
514	62	Andre Quintinha	bresimar	Senior Masculino	52:45	+20:06	05:17

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
515	30	Francisco António Coelho e Silva	arcd venda da luisa	Veterano M50	52:48	+20:09	05:17
516	702	Alcides Manuel da Cunha Marques	individual	Veterano M50	52:49	+20:11	05:17
517	256	Andrés Montero	grupel	Senior Masculino	52:49	+20:11	05:17
518	888	Rui Salgado	papoilas saltitantes	Veterano M40	52:51	+20:13	05:17
519	420	José Cubal	individual	Senior Masculino	52:52	+20:14	05:17
520	981	Estefânia Lopes	tondela runners	Veterana F40	52:54	+20:15	05:17
521	143	Cristina Silva	cma	Veterana F40	52:55	+20:16	05:18
522	140	Vera Maia	cma	Senior Feminino	52:55	+20:17	05:18
523	646	Luís Miguel Pinto Sampai	individual	Veterano M40	52:57	+20:19	05:18
524	659	nuno clemente	individual	Veterano M40	52:58	+20:19	05:18
525	939	André Magalhães	runners sernancelhe terra da castanha	Senior Masculino	52:58	+20:19	05:18
526	290	CARLA ALEXANDRA ALVES RODRIGUES	individual	Senior Feminino	52:59	+20:21	05:18
527	219	Pedro Fardilha	fardilha	Veterano M40	53:04	+20:26	05:18
528	217	Rita Fardilha	fardilha	Senior Feminino	53:05	+20:27	05:19
529	47	Nuno Cruz	aveiro runners	Veterano M40	53:05	+20:27	05:19
530	506	Rui Henrique Ramos Estima	individual	Senior Masculino	53:16	+20:37	05:20
531	327	Sandra Cristina Morais Costa	individual	Senior Feminino	53:16	+20:38	05:20
532	583	Paulina Teixeira	individual	Veterana F50	53:17	+20:39	05:20
533	973	João Pinho	tonapista	Veterano M50	53:18	+20:39	05:20
534	853	Joao Machado	oli	Senior Masculino	53:20	+20:42	05:20
535	947	Antonio Matias	supras	Senior Masculino	53:21	+20:43	05:20
536	263	Pedro Sendão	grupel	Senior Masculino	53:23	+20:45	05:20
537	719	Francisco Calão	individual	Veterano M50	53:26	+20:47	05:21
538	789	José Antunes	manos team	Veterano M40	53:26	+20:47	05:21
539	1045	Pedro Pires	individual	Veterano M40	53:26	+20:48	05:21
540	918	Nádia Rodrigues	ria stone	Senior Feminino	53:27	+20:49	05:21
541	300	Diana Pereira	individual	Senior Feminino	53:28	+20:50	05:21
542	50	Alberto Artur Teixeira Vieira	aveiro runners	Veterano M50	53:30	+20:52	05:21
543	281	Ana Natacha Moreira dos Santos Fernandes de Oliveira silva	individual	Senior Feminino	53:30	+20:52	05:21
544	998	Bárbara Pereira	twelvespot	Senior Feminino	53:31	+20:53	05:21
545	1021	Francisco Aguiar	viseu 360	Veterano M50	53:31	+20:53	05:21
546	1014	ANA FRANCISCA BARREIRA AGUIAR	viseu 360	Senior Feminino	53:32	+20:54	05:21
547	116	Isabel Enes	cires running team	Veterana F40	53:36	+20:57	05:22
548	232	NUNO RODRIGUES	foeng runners	Senior Masculino	53:42	+21:04	05:22
549	1016	Nuno Ribeiro	viseu 360	Senior Masculino	53:43	+21:05	05:22
550	825	Hélder Ribeiro	nar - núcleo de atletismo de requeixo	Veterano M40	53:43	+21:05	05:22
551	1050	Cristina Almeida	individual	Veterana F40	53:43	+21:05	05:22
552	620	FREDERICO AUGUSTO CORREIA AZEVEDO FIGUEIRA	individual	Veterano M40	53:44	+21:06	05:22
553	230	JORGE VIEIRA	foeng runners	Senior Masculino	53:50	+21:12	05:23
554	405	João Paulo Teixeira Coelho	individual	Senior Masculino	53:52	+21:14	05:23

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
555	736	Nuno Borralho	individual	Veterano M50	53:53	+21:15	05:23
556	310	Manuela Nunes	individual	Senior Feminino	53:56	+21:18	05:24
557	70	Celso Pereira	c.d.c. paradela	Senior Masculino	53:58	+21:19	05:24
558	1051	Paula Miranda	individual	Veterana F40	53:58	+21:20	05:24
559	977	Fábio Morais	tondela runners	Senior Masculino	54:04	+21:25	05:24
560	1044	Maciel Martins Mendes	individual	Veterano M40	54:09	+21:30	05:25
561	600	Carlos Alberto Tavares da Silva	individual	Veterano M40	54:15	+21:37	05:26
562	1000	António Santos	twelvespot	Senior Masculino	54:15	+21:37	05:26
563	562	Raquel Alexandra de Oliveira Campelos Martins	individual	Veterana F40	54:17	+21:39	05:26
564	494	Ricardo Jorge Oliveira Pinto	individual	Senior Masculino	54:21	+21:43	05:26
565	664	Patricia Lemos	individual	Veterano M40	54:21	+21:43	05:26
566	991	Helena Lopes	tribo nr	Veterana F40	54:22	+21:44	05:26
567	93	Sonia Silva	centro municipal de marcha e corrida de vale de cambra	Senior Feminino	54:23	+21:45	05:26
568	271	PAULO RAMOS	grupo juvenil pinheiro da bemposta	Veterano M40	54:24	+21:46	05:26
569	959	CÁTIA APARÍCIO	team ginásio multibody	Senior Feminino	54:27	+21:48	05:27
570	802	Carlos Ilídio Oliveira Costa	molinhas team	Veterano M40	54:28	+21:50	05:27
571	557	Maria Rosa Fernandes da Silva Lopes	individual	Veterana F40	54:28	+21:50	05:27
572	798	Elisabete Santos Rocha	molinhas team	Senior Feminino	54:29	+21:51	05:27
573	407	João Rainho	individual	Senior Masculino	54:30	+21:51	05:27
574	938	Marisa Sobral	runners sernancelhe terra da castanha	Senior Feminino	54:33	+21:54	05:27
575	940	Carlos Sobral	runners sernancelhe terra da castanha	Veterano M40	54:33	+21:54	05:27
576	773	Mário Jorge Correia	leoninos	Veterano M50	54:34	+21:55	05:27
577	623	Humberto Varum	individual	Veterano M40	54:36	+21:58	05:28
578	187	Ricardo Silva	duravit raceteam	Senior Masculino	54:38	+22:00	05:28
579	229	BRUNO BRANCO	foeng runners	Senior Masculino	54:38	+22:00	05:28
580	635	José Carlos Pinhal	individual	Veterano M40	54:39	+22:01	05:28
581	195	João Pedro Morgado	emete	Senior Masculino	54:42	+22:04	05:28
582	984	Miguel Faro	tondela runners	Veterano M40	54:47	+22:09	05:29
583	316	Marta Senos	individual	Senior Feminino	54:48	+22:10	05:29
584	859	Tiago Ferraz	oli	Senior Masculino	54:52	+22:13	05:29
585	223	Carla Alegria	ffonseca	Veterana F40	54:54	+22:15	05:29
586	681	Renato Moedas	individual	Veterano M40	54:54	+22:16	05:29
587	714	Carlos Manuel Ferreira Dias	individual	Veterano M50	54:56	+22:17	05:30
588	412	Jorge Farias	individual	Senior Masculino	55:00	+22:21	05:30
589	943	Sara Gomes	sr running	Senior Feminino	55:01	+22:23	05:30
590	183	Jorge Ladeira	diário de aveiro	Veterano M40	55:01	+22:23	05:30
591	615	Filipe ferreira Rocha	individual	Veterano M40	55:02	+22:24	05:30
592	951	João Brandão	supras	Senior Masculino	55:03	+22:25	05:30
593	809	SOFIA SANTOS	motas running	Senior Feminino	55:04	+22:25	05:30
594	990	António Correia	tondela runners	Veterano M60	55:04	+22:25	05:30
595	296	Cristina cotrim	individual	Senior Feminino	55:04	+22:26	05:30
596	1053	Nuno Santos	individual	Veterano M40	55:09	+22:31	05:31
597	515	Sérgio Oliveira	individual	Senior Masculino	55:11	+22:33	05:31

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
598	614	Fernando Manuel Ribeiro de Sousa	individual	Veterano M40	55:21	+22:43	05:32
599	931	Sofia Azenha	rumo34	Senior Feminino	55:24	+22:46	05:32
600	799	Arcelina Jesus Martinho	molinhas team	Veterana F40	55:27	+22:49	05:33
601	827	Marcelo Almeida	nar - núcleo de atletismo de requeixo	Veterano M50	55:32	+22:54	05:33
602	421	José Fernandes	individual	Senior Masculino	55:33	+22:55	05:33
603	632	Jorge Julião	individual	Veterano M40	55:34	+22:56	05:33
604	385	Gonçalo Julião	individual	Senior Masculino	55:35	+22:56	05:34
605	824	Sandra Almeida	nar - núcleo de atletismo de requeixo	Veterana F50	55:35	+22:57	05:34
606	334	Teresa Sofia Henriques Ferreira Rocha	individual	Senior Feminino	55:36	+22:58	05:34
607	37	Andreea Furlan	aveiro runners	Senior Feminino	55:40	+23:02	05:34
608	226	Paulo Marçal	ffonseca	Veterano M40	55:41	+23:02	05:34
609	499	Roberto Ribeiro	individual	Senior Masculino	55:43	+23:05	05:34
610	299	Diana Gonçalves	individual	Senior Feminino	55:44	+23:06	05:34
611	227	Virgínia Ferreira	foeng runners	Senior Feminino	55:45	+23:07	05:35
612	667	Paulo Santos	individual	Veterano M40	55:46	+23:08	05:35
613	478	Pedro Miguel Magalhães Mendes	individual	Senior Masculino	55:47	+23:09	05:35
614	361	Diogo Costa	individual	Senior Masculino	55:53	+23:14	05:35
615	483	Pedro Ribeiro Santos	individual	Senior Masculino	55:53	+23:14	05:35
616	1040	Carlos Manuel Valadeiro Rebola	individual	Senior Masculino	55:53	+23:15	05:35
617	545	Anabela Fernandes Marqes	individual	Veterana F40	56:00	+23:21	05:36
618	574	Filomena Santos	individual	Veterana F50	56:00	+23:22	05:36
619	182	Cláudia Faustino	diário de aveiro	Veterana F40	56:03	+23:24	05:36
620	842	Gaspar Dias	nokia runners	Veterano M40	56:04	+23:25	05:36
621	808	Raquel Santos	motas running	Senior Feminino	56:05	+23:26	05:37
622	861	Vitor Carvalho	oli	Senior Masculino	56:05	+23:26	05:37
623	877	António Macedo	os caga tacos running team	Veterano M60	56:10	+23:31	05:37
624	410	Johnny Almeida	individual	Senior Masculino	56:10	+23:32	05:37
625	358	Daniel Tavares Ferreira	individual	Senior Masculino	56:10	+23:32	05:37
626	460	Nuno Ribeiro	individual	Senior Masculino	56:13	+23:35	05:37
627	273	Nuno Fontes	imperria	Veterano M40	56:14	+23:35	05:37
628	895	Cristina Xavier	recreio desportivo de águeda	Veterana F40	56:20	+23:41	05:38
629	996	Rosa Branca Pereira	turbolentos	Veterana F40	56:20	+23:42	05:38
630	814	MARIA CLEMENCIO	musa - escola de música e artes de aveiro	Veterana F50	56:23	+23:44	05:38
631	834	Vitor Tavares	netqos	Senior Masculino	56:23	+23:44	05:38
632	429	Luís Manuel Machado de Oliveira Gomes	individual	Senior Masculino	56:23	+23:45	05:38
633	160	Cláudia Afonso	dci/trilhos luso buçaco	Senior Feminino	56:24	+23:46	05:38
634	971	Vítor Manuel dos Santos Ferreira	team ginásio multibody	Veterano M40	56:30	+23:51	05:39
635	700	Vítor Salgado	individual	Veterano M40	56:42	+24:04	05:40
636	805	jorge costa	molinhas team	Veterano M50	56:53	+24:14	05:41
637	751	Manuel Carvalho	individual	Veterano M60	56:55	+24:17	05:42
638	663	Óscar lopes	individual	Veterano M40	57:03	+24:24	05:42

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
639	234	Patrícia Lopes	fresenius kabi	Senior Feminino	57:04	+24:26	05:42
640	896	Maria Helena Amaro	recreio desportivo de águeda	Veterana F40	57:06	+24:27	05:43
641	570	Susana Vieira	individual	Veterana F40	57:07	+24:28	05:43
642	866	Paula Vizinho	oli	Veterana F40	57:08	+24:29	05:43
643	850	Maria José Rodrigues	oli	Veterana F40	57:08	+24:30	05:43
644	1034	Carla Torres	civilria	Veterana F40	57:08	+24:30	05:43
645	321	Priscilla Lassance	individual	Senior Feminino	57:11	+24:33	05:43
646	758	Joao Serra	jogging lovers coimbra	Senior Masculino	57:13	+24:34	05:43
647	137	António Tavares	cluve - clube de veteranos de atletismo de coimbra	Veterano M60	57:15	+24:37	05:44
648	855	Marcelo Pereira	oli	Senior Masculino	57:31	+24:52	05:45
649	200	Antonio Marques	emete	Veterano M50	57:35	+24:57	05:46
650	513	Sérgio Manuel Teixeira Tavares	individual	Senior Masculino	57:36	+24:57	05:46
651	841	Natércia Santiago	nokia runners	Veterana F40	57:37	+24:59	05:46
652	207	António Gonçalves	equipa itsector	Senior Masculino	57:38	+24:59	05:46
653	816	Carla Ferreira	nar - núcleo de atletismo de requeixo	Senior Feminino	57:41	+25:03	05:46
654	175	Inês Mendonça	desliza team/ ozxtreme	Senior Feminino	57:46	+25:07	05:47
655	880	Marta Loureiro	os magníficos	Senior Feminino	57:46	+25:08	05:47
656	813	Ana Salgueiro	musa - escola de música e artes de aveiro	Veterana F50	57:47	+25:09	05:47
657	728	José Abreu	individual	Veterano M50	57:52	+25:14	05:47
658	688	RUI GOMES	individual	Veterano M40	57:53	+25:14	05:47
659	467	Paulo Ricardo Pinto do Carmo	individual	Senior Masculino	57:54	+25:16	05:47
660	339	Adriano Santos	individual	Senior Masculino	57:54	+25:16	05:47
661	157	António Agostinho Gomes	dar-recardães	Veterano M50	57:55	+25:16	05:48
662	564	Rita Morais	individual	Veterana F40	57:56	+25:17	05:48
663	863	Alcina Antunes	oli	Veterana F40	57:56	+25:18	05:48
664	837	Jorge Faria	nokia runners	Senior Masculino	57:58	+25:20	05:48
665	146	Joao francisco	coimbra2018	Veterano M40	57:59	+25:21	05:48
666	356	Daniel Almeida	individual	Senior Masculino	58:01	+25:22	05:48
667	1043	João Manuel Vieira Barros	individual	Veterano M50	58:04	+25:26	05:48
668	487	Ricardo Alexandre Aguiar Branco Ferreira Bordalo	individual	Senior Masculino	58:11	+25:33	05:49
669	520	Tiago Filipe Carvalho Sousa Pinto	individual	Senior Masculino	58:16	+25:38	05:50
670	403	João Luís dos Santos Ladeira	individual	Senior Masculino	58:21	+25:42	05:50
671	8	Ricardo Bastos	a. a. lebres do sado	Veterano M50	58:34	+25:56	05:51
672	51	vitor oliveira	aveiro runners	Veterano M50	58:45	+26:07	05:53
673	857	Paulo Matos	oli	Senior Masculino	58:47	+26:09	05:53
674	900	Pedro Oliveira	recreio desportivo de águeda	Veterano M40	58:49	+26:10	05:53
675	26	Ana Beatriz Almeida Nunes	amadores&basta	Senior Feminino	58:51	+26:12	05:53
676	815	Ana Raquel Silva	nar - núcleo de atletismo de requeixo	Senior Feminino	58:52	+26:13	05:53
677	95	Carla Silva	centro municipal de marcha e corrida de vale de cambra	Veterana F40	58:53	+26:15	05:53
678	27	Ana Maria Castro Godinho	amadores&basta	Senior Feminino	58:54	+26:15	05:53
679	997	Joé Firmino Pereira	turbolentos	Veterano M40	58:56	+26:18	05:54
680	208	Joaquim Fonseca	equipa itsector	Senior Masculino	58:58	+26:20	05:54

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
681	169	Paula Duarte	dci/trilhos luso buçaco	Veterana F40	59:01	+26:22	05:54
682	819	Paula Ferreira	nar - núcleo de atletismo de requeixo	Senior Feminino	59:01	+26:23	05:54
683	933	Andreia Antunes	run4fun agd	Senior Feminino	59:01	+26:23	05:54
684	560	Patrícia Almeida	individual	Veterana F40	59:02	+26:24	05:54
685	42	Eduarda vinagre	aveiro runners	Veterana F40	59:03	+26:25	05:54
686	580	Maria Aurora Ferreira Mendes Lemos	individual	Veterana F50	59:04	+26:25	05:54
687	508	Rui Pinto	individual	Senior Masculino	59:05	+26:26	05:55
688	124	Natália Sequeira	clube de strip	Senior Feminino	59:07	+26:29	05:55
689	123	Marta Ines Lima de sa	clube de strip	Senior Feminino	59:08	+26:29	05:55
690	481	Pedro Pereira	individual	Senior Masculino	59:09	+26:30	05:55
691	573	ANA PAULA ALVES	individual	Veterana F50	59:09	+26:31	05:55
692	926	João Menicio	ria stone	Veterano M40	59:11	+26:32	05:55
693	699	Vitor Nuno Jacinto Machado	individual	Veterano M40	59:11	+26:32	05:55
694	669	Pedro	individual	Veterano M40	59:11	+26:33	05:55
695	800	Elsa Maria Martins Mota	molinhas team	Veterana F40	59:12	+26:33	05:55
696	925	Susana Branco	ria stone	Veterana F40	59:12	+26:33	05:55
697	393	Hugo Miguel Lagarinhas Coelho de Abreu	individual	Senior Masculino	59:12	+26:34	05:55
698	976	Isabel Brás	tondela runners	Senior Feminino	59:12	+26:34	05:55
699	45	Célia Araújo	aveiro runners	Veterana F50	59:13	+26:35	05:55
700	288	Ângela Almeida	individual	Senior Feminino	59:17	+26:38	05:56
701	139	Carlos Lopes	cluve - clube de veteranos de atletismo de coimbra	Veterano M60	59:19	+26:40	05:56
702	822	Judite Dias	nar - núcleo de atletismo de requeixo	Veterana F40	59:21	+26:43	05:56
703	554	Madalena Ferreira	individual	Veterana F40	59:21	+26:43	05:56
704	567	silvia maria nunes cardoso da silva	individual	Veterana F40	59:22	+26:44	05:56
705	547	Clara Santos	individual	Veterana F40	59:27	+26:49	05:57
706	647	Luís Pedro	individual	Veterano M40	59:28	+26:49	05:57
707	177	Filipa Neves	diário de aveiro	Senior Feminino	59:28	+26:50	05:57
708	176	Andreia Neves	diário de aveiro	Senior Feminino	59:29	+26:51	05:57
709	654	Mauro Rebelo	individual	Veterano M40	59:32	+26:53	05:57
710	312	Mariana Brandão de Pinho Noites	individual	Senior Feminino	59:35	+26:56	05:58
711	158	Pedro Tavares	dar-recardães	Veterano M50	59:35	+26:56	05:58
712	372	Fernando Manuel Tavares da Silva Ribeiro	individual	Senior Masculino	59:35	+26:57	05:58
713	272	Joaquim Cristo	imperria	Veterano M40	59:36	+26:58	05:58
714	579	Maria Aurora Bernardo Henriques	individual	Veterana F50	59:38	+27:00	05:58
715	474	Pedro creoulo	individual	Senior Masculino	59:41	+27:03	05:58
716	189	João Abrantes	duravit raceteam	Veterano M40	59:49	+27:11	05:59
717	203	Michele Martins	entrevados	Senior Feminino	59:50	+27:12	05:59
718	284	Ana Rita Dias	individual	Senior Feminino	59:55	+27:16	06:00
719	1004	Nuno Raínho	twelvespot	Veterano M40	59:58	+27:20	06:00
720	156	Vânia Lucas	dar-recardães	Veterana F40	01:00:02	+27:24	06:00
721	154	Joana Pires Campos	dar-recardães	Senior Feminino	01:00:03	+27:25	06:00

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
722	150	Dulce Silva	correio de albergaria trail running	Veterana F40	01:00:10	+27:32	06:01
723	854	Jose Viana	oli	Senior Masculino	01:00:10	+27:32	06:01
724	867	Luis Filipe Guimarães	oli	Veterano M40	01:00:11	+27:32	06:01
725	315	Marta Pereira	individual	Senior Feminino	01:00:13	+27:34	06:01
726	488	Ricardo Barbosa	individual	Senior Masculino	01:00:19	+27:41	06:02
727	477	Pedro José Monteiro da Silva	individual	Senior Masculino	01:00:20	+27:41	06:02
728	518	Tiago Cachim	individual	Senior Masculino	01:00:20	+27:41	06:02
729	713	Carlos Barroso	individual	Veterano M50	01:00:21	+27:43	06:02
730	828	David Fontes	netqos	Senior Masculino	01:00:24	+27:46	06:02
731	829	Joao Ribeiro	netqos	Senior Masculino	01:00:25	+27:47	06:03
732	209	Manuel Rebelo	equipa itsector	Senior Masculino	01:00:26	+27:48	06:03
733	204	Luis Moutinho	entrevados	Senior Masculino	01:00:31	+27:52	06:03
734	202	Joana Melo	entrevados	Senior Feminino	01:00:31	+27:53	06:03
735	920	Silvia Teixeira	ria stone	Senior Feminino	01:00:35	+27:57	06:04
736	928	Pedro Recacho	ria stone	Veterano M40	01:00:36	+27:58	06:04
737	298	Danieli	individual	Senior Feminino	01:00:36	+27:58	06:04
738	443	Mário André Caçanheira Oliveira	individual	Senior Masculino	01:00:37	+27:58	06:04
739	395	Ivan Jardim da Cunha Lourenço	individual	Senior Masculino	01:00:39	+28:01	06:04
740	328	Sara Tamara Mantey	individual	Senior Feminino	01:00:40	+28:01	06:04
741	476	Pedro Eduardo Domingues dos Santos Araújo Moreira	individual	Senior Masculino	01:00:46	+28:07	06:05
742	68	Helena Isabel Amador Oliveira Pereira	bunheiro runners	Senior Feminino	01:00:49	+28:10	06:05
743	1047	Silvia Pires	individual	Veterana F40	01:00:51	+28:12	06:05
744	67	Ana Abreu Freire	bunheiro runners	Senior Feminino	01:00:52	+28:14	06:05
745	558	miriam reis	individual	Veterana F40	01:00:53	+28:14	06:05
746	568	silvina félix	individual	Veterana F40	01:00:53	+28:14	06:05
747	144	Carlos Maia	cma	Veterano M40	01:00:54	+28:16	06:05
748	330	Sílvia Joana Bidarra Santos Lourenço	individual	Senior Feminino	01:00:54	+28:16	06:05
749	428	Luís Gonçalo Melo da Cruz Lourenço	individual	Senior Masculino	01:00:55	+28:17	06:06
750	529	TIAGO TRINDADE	individual	Senior Masculino	01:00:57	+28:19	06:06
751	917	Helena Robalinho	ria stone	Senior Feminino	01:01:02	+28:23	06:06
752	44	Sara Castro	aveiro runners	Veterana F40	01:01:07	+28:29	06:07
753	817	Fátima Dias	nar - núcleo de atletismo de requeixo	Senior Feminino	01:01:08	+28:30	06:07
754	125	Fernanda Maria Vaz Soares	clube dos galitos - remo	Veterana F40	01:01:09	+28:30	06:07
755	141	Vera Silva	cma	Senior Feminino	01:01:09	+28:31	06:07
756	581	Maria de Fátima Valente de Andrade Murphy	individual	Veterana F50	01:01:12	+28:34	06:07
757	1003	António Carvalho dos Santos	twelvespot	Veterano M40	01:01:14	+28:35	06:07
758	544	Ana Rita Batista	individual	Veterana F40	01:01:17	+28:39	06:08
759	696	Tiago Nunes	individual	Veterano M40	01:01:19	+28:41	06:08
760	915	Cristiana Graça	ria stone	Senior Feminino	01:01:21	+28:43	06:08
761	432	Luís Rocha	individual	Senior Masculino	01:01:21	+28:43	06:08
762	551	elisabete matos	individual	Veterana F40	01:01:23	+28:44	06:08

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
763	238	Alina Moreira	fresenius kabi	Veterana F40	01:01:27	+28:48	06:09
764	149	José Adérito Almeida Pinheiro	correio de albergaria trail running	Senior Masculino	01:01:30	+28:52	06:09
765	995	Fátima Gonçalves	turbolentos	Veterana F40	01:01:31	+28:52	06:09
766	279	Ana Marta Correia Gonçalves	individual	Senior Feminino	01:01:31	+28:52	06:09
767	790	Nuno Silva	manos team	Veterano M40	01:01:39	+29:00	06:10
768	787	Margarida Campos	manos team	Veterana F40	01:01:39	+29:01	06:10
769	283	Ana Raquel Santos	individual	Senior Feminino	01:01:43	+29:05	06:10
770	7	Rui Amaral	a c d dornelas do vouga	Veterano M50	01:01:44	+29:06	06:10
771	145	Vitor Maia	cma	Veterano M40	01:01:52	+29:14	06:11
772	78	Miguel Vitorino	caracol trail team	Veterano M40	01:01:54	+29:16	06:11
773	301	Feminino Lídia Sacramento	individual	Senior Feminino	01:01:54	+29:16	06:11
774	653	Mário Silva	individual	Veterano M40	01:01:56	+29:18	06:12
775	427	Luís Barbosa	individual	Senior Masculino	01:01:59	+29:21	06:12
776	338	Vitor Manuel Melo dos Santos	individual	Senior Masculino	01:02:04	+29:26	06:12
777	236	Verónica Costa	fresenius kabi	Senior Feminino	01:02:04	+29:26	06:12
778	98	Céu Silva	centro municipal de marcha e corrida de vale de cambra	Veterana F50	01:02:05	+29:26	06:13
779	112	Jose Soares	centro municipal de marcha e corrida de vale de cambra	Veterano M60	01:02:05	+29:26	06:13
780	531	Valter Henriques	individual	Senior Masculino	01:02:05	+29:27	06:13
781	113	Nelson Silva	centro municipal de marcha e corrida de vale de cambra	Veterano M60	01:02:05	+29:27	06:13
782	131	Sara Rocha	cluta runners	Senior Feminino	01:02:08	+29:29	06:13
783	180	Hugo Filipe Santos	diário de aveiro	Senior Masculino	01:02:22	+29:44	06:14
784	178	Vânia Mendes da Costa	diário de aveiro	Senior Feminino	01:02:23	+29:45	06:14
785	1008	Catarina Oliveira	viriathvs runners viseu	Senior Feminino	01:02:24	+29:46	06:14
786	946	António Malicia	supras	Senior Masculino	01:02:24	+29:46	06:14
787	755	Pedro Almeida Oliveira	individual	Veterano M60	01:02:25	+29:46	06:15
788	280	Ana Micaela Ferreira Farias	individual	Senior Feminino	01:02:25	+29:47	06:15
789	329	Silvana Marques Oliveira	individual	Senior Feminino	01:02:26	+29:48	06:15
790	441	Marco Rodrigues	individual	Senior Masculino	01:02:26	+29:48	06:15
791	690	Rui Rodrigues	individual	Veterano M40	01:02:26	+29:48	06:15
792	153	Lígia Maria Veloso	creoulo e veloso	Veterana F40	01:02:27	+29:49	06:15
793	152	Catarina Pereira Creoulo	creoulo e veloso	Senior Feminino	01:02:27	+29:49	06:15
794	893	Cátia Coelho	recreio desportivo de águeda	Senior Feminino	01:02:30	+29:51	06:15
795	596	António Manuel da Silva Macieira	individual	Veterano M40	01:02:40	+30:01	06:16
796	422	José Fernando Lopes da Silva	individual	Senior Masculino	01:02:40	+30:01	06:16
797	982	Maria Inês Gomes	tondela runners	Veterana F40	01:02:41	+30:03	06:16
798	309	Magda Ribeiro	individual	Senior Feminino	01:02:42	+30:04	06:16
799	845	Helena Pires	oli	Senior Feminino	01:02:47	+30:09	06:17
800	585	Rosa Bispo	individual	Veterana F60	01:02:53	+30:14	06:17
801	750	José Pires Lima	individual	Veterano M60	01:02:53	+30:15	06:17
802	590	ALEXANDRE SANTOS	individual	Veterano M40	01:02:57	+30:18	06:18
803	872	Margarida Rodrigues	oliveira runners	Veterana F40	01:03:07	+30:28	06:19
804	54	Ana Genua Olmedo	bioloucos	Senior Feminino	01:03:14	+30:35	06:19
805	57	Cláudio Alexandre Tabaio Brandão	bioloucos	Senior Masculino	01:03:14	+30:35	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

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
806	58	Matthew Ryan Nitschke	bioloucos	Senior Masculino	01:03:14	+30:36	06:19
807	228	ANDRÉ GUERRA	foeng runners	Senior Masculino	01:03:17	+30:39	06:20
808	342	ANDRÉ PEREIRA	individual	Senior Masculino	01:03:18	+30:40	06:20
809	870	Diana Silva	oliveira runners	Senior Feminino	01:03:19	+30:40	06:20
810	548	CLAUDIA PINTO	individual	Veterana F40	01:03:20	+30:41	06:20
811	35	Carla Carmos	athlon runners	Senior Feminino	01:03:23	+30:45	06:20
812	36	Eurico Inocêncio	athlon runners	Veterano M50	01:03:23	+30:45	06:20
813	576	Lucinda Bento	individual	Veterana F50	01:03:38	+30:59	06:22
814	540	Ana Paula Braga Marques	individual	Veterana F40	01:03:38	+31:00	06:22
815	196	Jose Filipe Garcia	emete	Senior Masculino	01:03:40	+31:02	06:22
816	565	SANDRA CLAUDIA CARDOSO SANTOS	individual	Veterana F40	01:03:44	+31:05	06:22
817	757	Ioana Postolache	jogging lovers coimbra	Senior Feminino	01:03:49	+31:10	06:23
818	767	Carla Oliveira	kirchhoff - konect running team	Veterana F40	01:03:49	+31:10	06:23
819	760	Marta Silva	kirchhoff - konect running team	Senior Feminino	01:03:50	+31:11	06:23
820	768	Carla Pinho	kirchhoff - konect running team	Veterana F40	01:03:51	+31:12	06:23
821	336	Vanessa Liberato	individual	Senior Feminino	01:03:52	+31:14	06:23
822	539	Ana Isabel Fernandes Da Silva Branco	individual	Veterana F40	01:03:54	+31:16	06:23
823	461	Orlando José Espinhal Sobral	individual	Senior Masculino	01:03:59	+31:21	06:24
824	559	Mónica Sofia Pinhal dos Reis	individual	Veterana F40	01:04:00	+31:21	06:24
825	569	Susana Cerqueira	individual	Veterana F40	01:04:06	+31:28	06:25
826	418	José Carlos Aires Maria	individual	Senior Masculino	01:04:09	+31:31	06:25
827	706	Antonio Gomes	individual	Veterano M50	01:04:16	+31:37	06:26
828	239	Sandra Almeida	fresenius kabi	Veterana F40	01:04:42	+32:04	06:28
829	686	Rui Coelho	individual	Veterano M40	01:04:45	+32:07	06:29
830	851	Sofia Silva	oli	Senior Feminino	01:04:47	+32:09	06:29
831	456	Nuno Carvalho	individual	Senior Masculino	01:04:48	+32:10	06:29
832	846	Inês Medeiros	oli	Senior Feminino	01:04:50	+32:11	06:29
833	325	Rita Catarina Nunes Gaspar	individual	Senior Feminino	01:04:54	+32:16	06:29
834	390	Hugo Dias	individual	Senior Masculino	01:04:55	+32:16	06:30
835	114	Olívia Brandão	cgd-ovar	Veterana F60	01:04:58	+32:20	06:30
836	115	António Brandão	cgd-ovar	Veterano M60	01:04:59	+32:20	06:30
837	961	Bruno Saraiva	team ginásio multibody	Senior Masculino	01:05:03	+32:24	06:30
838	445	Miguel Ângelo Costa	individual	Senior Masculino	01:05:22	+32:44	06:32
839	936	Cátia Brito	runners in part time	Senior Feminino	01:05:35	+32:57	06:34
840	193	André Lisboa	emete	Senior Masculino	01:05:43	+33:05	06:34
841	335	Thalita Souza	individual	Senior Feminino	01:05:46	+33:08	06:35
842	323	Renata Loureiro	individual	Senior Feminino	01:05:55	+33:17	06:36
843	235	Sílvia Pacheco	fresenius kabi	Senior Feminino	01:06:08	+33:30	06:37
844	92	Margarida Moreira	centro municipal de marcha e corrida de vale de cambra	Senior Feminino	01:06:24	+33:46	06:38
845	307	Joana Macedo	individual	Senior Feminino	01:06:39	+34:01	06:40
846	221	Bruno Ferreira	ffonseca	Senior Masculino	01:06:39	+34:01	06:40
847	500	Rodolfo Fernandes	individual	Senior Masculino	01:06:41	+34:02	06:40
848	295	Cátia Agostinho	individual	Senior Feminino	01:06:47	+34:08	06:41
849	66	João Paulo Dias	bresimar	Veterano M40	01:06:49	+34:11	06:41

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
850	960	Tânia Pereira	team ginásio multibody	Senior Feminino	01:06:49	+34:11	06:41
851	118	Madalena Correia	cires running team	Veterana F50	01:06:50	+34:12	06:41
852	291	Carmen Dobos	individual	Senior Feminino	01:06:54	+34:16	06:41
853	459	Nuno Fernandes	individual	Senior Masculino	01:07:18	+34:40	06:44
854	881	António Loureiro	os magníficos	Senior Masculino	01:07:20	+34:41	06:44
855	643	Luís Machado	individual	Veterano M40	01:07:30	+34:51	06:45
856	384	Gonçalo Álvaro Ferreira Rodrigues	individual	Senior Masculino	01:07:42	+35:04	06:46
857	282	Ana Pinhal	individual	Senior Feminino	01:07:51	+35:12	06:47
858	322	Renata Lopes	individual	Senior Feminino	01:07:51	+35:13	06:47
859	611	Felisberto Teixeira	individual	Veterano M40	01:08:13	+35:35	06:49
860	865	Maria Rodrigues	oli	Senior Feminino	01:08:28	+35:50	06:51
861	582	Paula Oliveira	individual	Veterana F50	01:08:37	+35:58	06:52
862	142	Catarina Albuquerque	cma	Veterana F40	01:08:37	+35:59	06:52
863	504	Rui De Almeida	individual	Senior Masculino	01:09:18	+36:40	06:56
864	999	Patricia Silva	twelvespot	Senior Feminino	01:09:36	+36:58	06:58
865	1006	Vitor Carvalho	twelvespot	Veterano M50	01:09:37	+36:58	06:58
866	1002	Vitor Alexandre Carvalho	twelvespot	Senior Masculino	01:09:37	+36:59	06:58
867	934	Filipa Marques	run4fun agd	Senior Feminino	01:09:48	+37:09	06:59
868	555	Maria Beatriz Abreu	individual	Veterana F40	01:10:00	+37:21	07:00
869	333	Susana Martins	individual	Senior Feminino	01:10:00	+37:22	07:00
870	201	Ervin Guarín	emete	Veterano M50	01:10:26	+37:48	07:03
871	577	Manuela Silva	individual	Veterana F50	01:10:28	+37:50	07:03
872	832	Marcio Sousa	netqos	Senior Masculino	01:11:19	+38:40	07:08
873	55	Carina Rafaela Faria da Costa Félix	bioloucos	Senior Feminino	01:11:21	+38:43	07:08
874	222	Pedro Soares	ffonseca	Senior Masculino	01:11:36	+38:57	07:10
875	220	Lénia Matos	ffonseca	Senior Feminino	01:11:36	+38:58	07:10
876	56	Silja Frankenbach	bioloucos	Senior Feminino	01:11:36	+38:58	07:10
877	224	Adriano Santos	ffonseca	Veterano M40	01:11:37	+38:58	07:10
878	5	Sofia Cavaco	#quandoacaba	Senior Feminino	01:11:51	+39:12	07:11
879	869	Rogerio Antunes	oli	Veterano M50	01:11:53	+39:15	07:11
880	907	Cláudia Queirós	remax universal	Veterana F40	01:12:10	+39:32	07:13
881	297	Cristina Magalhães	individual	Senior Feminino	01:12:25	+39:47	07:15
882	741	RUI CAMILO	individual	Veterano M50	01:12:26	+39:47	07:15
883	847	Joana Pinho	oli	Senior Feminino	01:13:03	+40:25	07:18
884	337	Vânia Curto	individual	Senior Feminino	01:13:20	+40:42	07:20
885	331	Sónia Simões	individual	Senior Feminino	01:13:23	+40:45	07:20
886	862	Alda Castro	oli	Veterana F40	01:13:45	+41:07	07:23
887	823	Sandra Amaral	nar - núcleo de atletismo de requeixo	Veterana F40	01:13:48	+41:09	07:23
888	275	Ana Conde	individual	Senior Feminino	01:14:23	+41:45	07:26
889	660	Nuno Conde	individual	Veterano M40	01:14:23	+41:45	07:26
890	194	Bruno Areias	emete	Senior Masculino	01:15:27	+42:48	07:33
891	919	Rita Paquete	ria stone	Senior Feminino	01:16:15	+43:37	07:38
892	916	Filipa Gadim	ria stone	Senior Feminino	01:16:15	+43:37	07:38
893	914	Ana Almeida	ria stone	Senior Feminino	01:16:16	+43:37	07:38
894	1052	Daniela Ferreira	r5	Senior Feminino	01:17:01	+44:22	07:42

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
895	645	Luís Miguel de Paiva Simões	individual	Veterano M40	01:17:11	+44:33	07:43
896	672	Pedro Carvalho	individual	Veterano M40	01:17:11	+44:33	07:43
897	966	Susana Colaço	team ginásio multibody	Veterana F40	01:17:11	+44:33	07:43
898	848	Joana Vieira	oli	Senior Feminino	01:20:42	+48:04	08:04
899	341	André Meneses Valério	individual	Senior Masculino	01:20:43	+48:04	08:04
900	317	Mónica PRIOR REVERENDO	individual	Senior Feminino	01:21:47	+49:08	08:11
901	205	Andreia morgado	equipa itsector	Senior Feminino	01:21:47	+49:08	08:11
902	362	Diogo Reverendo	individual	Senior Masculino	01:21:47	+49:09	08:11

OLI - São Silvestre de Aveiro

Aveiro, PT

01-December-2018

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	18:30	14.5ºC	93%
End	19:52	13.6ºC	93%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	162	Márcia Martins	DCI/Trilhos Luso Buçaco	Senior Feminino	40:55	+08:17	04:06
2	294	Catarina Pinho	Individual	Senior Feminino	42:49	+10:11	04:17
3	163	Maria Ramos	DCI/Trilhos Luso Buçaco	Senior Feminino	43:54	+11:15	04:23
4	992	Ana Cerqueira	TROGLODITAS RUNNERS	Senior Feminino	45:38	+13:00	04:34
5	264	JULIANA RODRIGUES DE ALMEIDA	Grupo Desportivo & Cultural de Codal	Senior Feminino	46:27	+13:49	04:39
6	161	Eunice Magalhães	DCI/Trilhos Luso Buçaco	Senior Feminino	47:08	+14:30	04:43
7	292	Catarina Belchior	Individual	Senior Feminino	47:24	+14:46	04:44
8	38	Leonor Rocha	Aveiro Runners	Senior Feminino	47:43	+15:04	04:46
9	326	Rita Cruz	Individual	Senior Feminino	47:56	+15:18	04:48
10	289	Carina Gouveia	Individual	Senior Feminino	48:16	+15:37	04:50
11	306	Joana dos santos ferreira	Individual	Senior Feminino	48:55	+16:16	04:54
12	79	Isabel Rovisco Monteiro	Carl&Bock	Senior Feminino	49:19	+16:40	04:56
13	308	Juliana Maria da Silva Lopes	Individual	Senior Feminino	49:23	+16:44	04:56
14	318	Palmira Vieira	Individual	Senior Feminino	49:52	+17:14	04:59
15	242	Daniela Maria Cunha	GDR Granja - TRUTAS DO MAU	Senior Feminino	49:56	+17:17	05:00
16	835	Dora Dias	NO TOMORROW RUNNING TEAM	Senior Feminino	50:44	+18:05	05:04
17	302	Filipa Lacerda	Individual	Senior Feminino	50:45	+18:06	05:05
18	1015	Clara Oliveira	Viseu 360	Senior Feminino	50:45	+18:07	05:05
19	975	Ana Cruz	Tondela Runners	Senior Feminino	51:07	+18:29	05:07
20	811	Rosário Leite	MT Crecusport	Senior Feminino	51:13	+18:35	05:07
21	293	Catarina Leite	Individual	Senior Feminino	51:42	+19:04	05:10
22	887	Sara Cardoso	Papoilas Saltitantes	Senior Feminino	51:43	+19:04	05:10
23	875	Andreia Valente	os caga tacos running team	Senior Feminino	52:15	+19:36	05:14
24	91	Catia Coimbra	Centro Municipal de Marcha e Corrida de Vale de Cambra	Senior Feminino	52:33	+19:55	05:15
25	320	Paula Rocha	Individual	Senior Feminino	52:43	+20:05	05:16
26	140	Vera Maia	CMA	Senior Feminino	52:55	+20:17	05:18
27	290	CARLA ALEXANDRA ALVES RODRIGUES	Individual	Senior Feminino	52:59	+20:21	05:18
28	217	Rita Fardilha	Fardilha	Senior Feminino	53:05	+20:27	05:19
29	327	Sandra Cristina Morais Costa	Individual	Senior Feminino	53:16	+20:38	05:20
30	918	Nádia Rodrigues	RIA STONE	Senior Feminino	53:27	+20:49	05:21
31	300	Diana Pereira	Individual	Senior Feminino	53:28	+20:50	05:21
32	281	Ana Natacha Moreira dos Santos Fernandes de Oliveira silva	Individual	Senior Feminino	53:30	+20:52	05:21
33	998	Bárbara Pereira	Twelvespot	Senior Feminino	53:31	+20:53	05:21
34	1014	ANA FRANCISCA BARREIRA AGUIAR	Viseu 360	Senior Feminino	53:32	+20:54	05:21
35	310	Manuela Nunes	Individual	Senior Feminino	53:56	+21:18	05:24

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

36	93	Sonia Silva	Centro Municipal de Marcha e Corrida de Vale de Cambra	Senior Feminino	54:23	+21:45	05:26
37	959	CÁTIA APARÍCIO	Team ginásio multibody	Senior Feminino	54:27	+21:48	05:27
38	798	Elisabete Santos Rocha	Molinhas Team	Senior Feminino	54:29	+21:51	05:27
39	938	Marisa Sobral	Runners SERNANCELHE Terra da Castanha	Senior Feminino	54:33	+21:54	05:27
40	316	Marta Senos	Individual	Senior Feminino	54:48	+22:10	05:29
41	943	Sara Gomes	SR Running	Senior Feminino	55:01	+22:23	05:30
42	809	SOFIA SANTOS	MOTAS RUNNING	Senior Feminino	55:04	+22:25	05:30
43	296	Cristina cotrim	Individual	Senior Feminino	55:04	+22:26	05:30
44	931	Sofia Azenha	Rumo34	Senior Feminino	55:24	+22:46	05:32
45	334	Teresa Sofia Henriques Ferreira Rocha	Individual	Senior Feminino	55:36	+22:58	05:34
46	37	Andreea Furlan	Aveiro Runners	Senior Feminino	55:40	+23:02	05:34
47	299	Diana Gonçalves	Individual	Senior Feminino	55:44	+23:06	05:34
48	227	Virgínia Ferreira	FOENG RUNNERS	Senior Feminino	55:45	+23:07	05:35
49	808	Raquel Santos	Motas Running	Senior Feminino	56:05	+23:26	05:37
50	160	Cláudia Afonso	DCI/Trilhos Luso Buçaco	Senior Feminino	56:24	+23:46	05:38
51	234	Patrícia Lopes	Fresenius Kabi	Senior Feminino	57:04	+24:26	05:42
52	321	Priscilla Lassance	Individual	Senior Feminino	57:11	+24:33	05:43
53	816	Carla Ferreira	NAR - Núcleo de Atletismo de Requeixo	Senior Feminino	57:41	+25:03	05:46
54	175	Inês Mendonça	Desliza Team/ Ozxtreme	Senior Feminino	57:46	+25:07	05:47
55	880	Marta Loureiro	Os Magníficos	Senior Feminino	57:46	+25:08	05:47
56	26	Ana Beatriz Almeida Nunes	Amadores&Basta	Senior Feminino	58:51	+26:12	05:53
57	815	Ana Raquel Silva	NAR - Núcleo de Atletismo de Requeixo	Senior Feminino	58:52	+26:13	05:53
58	27	Ana Maria Castro Godinho	Amadores&Basta	Senior Feminino	58:54	+26:15	05:53
59	819	Paula Ferreira	NAR - Núcleo de Atletismo de Requeixo	Senior Feminino	59:01	+26:23	05:54
60	933	Andreia Antunes	Run4Fun AGD	Senior Feminino	59:01	+26:23	05:54
61	124	Natália Sequeira	Clube de Strip	Senior Feminino	59:07	+26:29	05:55
62	123	Marta Ines Lima de sa	Clube de Strip	Senior Feminino	59:08	+26:29	05:55
63	976	Isabel Brás	Tondela Runners	Senior Feminino	59:12	+26:34	05:55
64	288	Ângela Almeida	Individual	Senior Feminino	59:17	+26:38	05:56
65	177	Filipa Neves	Diário de Aveiro	Senior Feminino	59:28	+26:50	05:57
66	176	Andreia Neves	Diário de Aveiro	Senior Feminino	59:29	+26:51	05:57
67	312	Mariana Brandão de Pinho Noites	Individual	Senior Feminino	59:35	+26:56	05:58
68	203	Michele Martins	Entrevados	Senior Feminino	59:50	+27:12	05:59
69	284	Ana Rita Dias	Individual	Senior Feminino	59:55	+27:16	06:00
70	154	Joana Pires Campos	DAR-Recardães	Senior Feminino	01:00:03	+27:25	06:00
71	315	Marta Pereira	Individual	Senior Feminino	01:00:13	+27:34	06:01
72	202	Joana Melo	Entrevados	Senior Feminino	01:00:31	+27:53	06:03
73	920	Silvia Teixeira	RIA STONE	Senior Feminino	01:00:35	+27:57	06:04
74	298	Danieli	Individual	Senior Feminino	01:00:36	+27:58	06:04
75	328	Sara Tamara Mantey	Individual	Senior Feminino	01:00:40	+28:01	06:04
76	68	Helena Isabel Amador Oliveira Pereira	Bunheiro Runners	Senior Feminino	01:00:49	+28:10	06:05
77	67	Ana Abreu Freire	Bunheiro Runners	Senior Feminino	01:00:52	+28:14	06:05
78	330	Sílvia Joana Bidarra Santos Lourenço	Individual	Senior Feminino	01:00:54	+28:16	06:05

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

79	917	Helena Robalinho	RIA STONE	Senior Feminino	01:01:02	+28:23	06:06
80	817	Fátima Dias	NAR - Núcleo de Atletismo de Requeixo	Senior Feminino	01:01:08	+28:30	06:07
81	141	Vera Silva	CMA	Senior Feminino	01:01:09	+28:31	06:07
82	915	Cristiana Graça	RIA STONE	Senior Feminino	01:01:21	+28:43	06:08
83	279	Ana Marta Correia Gonçalves	Individual	Senior Feminino	01:01:31	+28:52	06:09
84	283	Ana Raquel Santos	Individual	Senior Feminino	01:01:43	+29:05	06:10
85	301	Feminino Lídia Sacramento	Individual	Senior Feminino	01:01:54	+29:16	06:11
86	236	Verónica Costa	Fresenius Kabi	Senior Feminino	01:02:04	+29:26	06:12
87	131	Sara Rocha	CLUTA Runners	Senior Feminino	01:02:08	+29:29	06:13
88	178	Vânia Mendes da Costa	Diário de Aveiro	Senior Feminino	01:02:23	+29:45	06:14
89	1008	Catarina Oliveira	Viriathvs Runners Viseu	Senior Feminino	01:02:24	+29:46	06:14
90	280	Ana Micaela Ferreira Farias	Individual	Senior Feminino	01:02:25	+29:47	06:15
91	329	Silvana Marques Oliveira	Individual	Senior Feminino	01:02:26	+29:48	06:15
92	152	Catarina Pereira Creoulo	Creoulo e Veloso	Senior Feminino	01:02:27	+29:49	06:15
93	893	Cátia Coelho	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	01:02:30	+29:51	06:15
94	309	Magda Ribeiro	Individual	Senior Feminino	01:02:42	+30:04	06:16
95	845	Helena Pires	OLI	Senior Feminino	01:02:47	+30:09	06:17
96	54	Ana Genua Olmedo	BioLoucos	Senior Feminino	01:03:14	+30:35	06:19
97	870	Diana Silva	Oliveira Runners	Senior Feminino	01:03:19	+30:40	06:20
98	35	Carla Carmos	Athlon Runners	Senior Feminino	01:03:23	+30:45	06:20
99	757	Ioana Postolache	Jogging Lovers Coimbra	Senior Feminino	01:03:49	+31:10	06:23
100	760	Marta Silva	KIRCHHOFF - KONECT Running team	Senior Feminino	01:03:50	+31:11	06:23
101	336	Vanessa Liberato	Individual	Senior Feminino	01:03:52	+31:14	06:23
102	851	Sofia Silva	OLI	Senior Feminino	01:04:47	+32:09	06:29
103	846	Inês Medeiros	OLI	Senior Feminino	01:04:50	+32:11	06:29
104	325	Rita Catarina Nunes Gaspar	Individual	Senior Feminino	01:04:54	+32:16	06:29
105	936	Cátia Brito	Runners in part time	Senior Feminino	01:05:35	+32:57	06:34
106	335	Thalita Souza	Individual	Senior Feminino	01:05:46	+33:08	06:35
107	323	Renata Loureiro	Individual	Senior Feminino	01:05:55	+33:17	06:36
108	235	Sílvia Pacheco	Fresenius Kabi	Senior Feminino	01:06:08	+33:30	06:37
109	92	Margarida Moreira	Centro Municipal de Marcha e Corrida de Vale de Cambra	Senior Feminino	01:06:24	+33:46	06:38
110	307	Joana Macedo	Individual	Senior Feminino	01:06:39	+34:01	06:40
111	295	Cátia Agostinho	Individual	Senior Feminino	01:06:47	+34:08	06:41
112	960	Tânia Pereira	Team ginásio multibody	Senior Feminino	01:06:49	+34:11	06:41
113	291	Carmen Dobos	Individual	Senior Feminino	01:06:54	+34:16	06:41
114	282	Ana Pinhal	Individual	Senior Feminino	01:07:51	+35:12	06:47
115	322	Renata Lopes	Individual	Senior Feminino	01:07:51	+35:13	06:47
116	865	Maria Rodrigues	OLI	Senior Feminino	01:08:28	+35:50	06:51
117	999	Patricia Silva	Twelvespot	Senior Feminino	01:09:36	+36:58	06:58
118	934	Filipa Marques	Run4Fun AGD	Senior Feminino	01:09:48	+37:09	06:59
119	333	Susana Martins	Individual	Senior Feminino	01:10:00	+37:22	07:00
120	55	Carina Rafaela Faria da Costa Félix	BioLoucos	Senior Feminino	01:11:21	+38:43	07:08
121	220	Lénia Matos	FFonseca	Senior Feminino	01:11:36	+38:58	07:10
122	56	Silja Frankenbach	BioLoucos	Senior Feminino	01:11:36	+38:58	07:10

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

123	5	Sofia Cavaco	#quandoacaba	Senior Feminino	01:11:51	+39:12	07:11
124	297	Cristina Magalhães	Individual	Senior Feminino	01:12:25	+39:47	07:15
125	847	Joana Pinho	OLI	Senior Feminino	01:13:03	+40:25	07:18
126	337	Vânia Curto	Individual	Senior Feminino	01:13:20	+40:42	07:20
127	331	Sónia Simões	Individual	Senior Feminino	01:13:23	+40:45	07:20
128	275	Ana Conde	Individual	Senior Feminino	01:14:23	+41:45	07:26
129	919	Rita Paquete	RIA STONE	Senior Feminino	01:16:15	+43:37	07:38
130	916	Filipa Gadim	RIA STONE	Senior Feminino	01:16:15	+43:37	07:38
131	914	Ana Almeida	RIA STONE	Senior Feminino	01:16:16	+43:37	07:38
132	1052	Daniela Ferreira	R5	Senior Feminino	01:17:01	+44:22	07:42
133	848	Joana Vieira	OLI	Senior Feminino	01:20:42	+48:04	08:04
134	317	Mónica PRIOR REVERENDO	Individual	Senior Feminino	01:21:47	+49:08	08:11
135	205	Andreia morgado	EQUIPA ITSECTOR	Senior Feminino	01:21:47	+49:08	08:11

Senior Masculino

1	165	Hélder Lopes	DCI/Trilhos Luso Buçaco	Senior Masculino	32:38		03:16
2	122	JANIK LIMA	clube deatletismo de Ovar	Senior Masculino	33:03	+00:25	03:18
3	32	JORGE VALENTE	ARVOR VETERANOS DE OVAR	Senior Masculino	33:22	+00:44	03:20
4	83	Carlos Nunes	CASA DO POVO DE MANGUALDE	Senior Masculino	33:57	+01:19	03:24
5	65	Miguel Angelo Neves	Bresimar	Senior Masculino	34:11	+01:32	03:25
6	493	Ricardo Gomes	Individual	Senior Masculino	34:48	+02:10	03:29
7	1049	Mário André Rocha	Individual	Senior Masculino	34:55	+02:16	03:30
8	352	Cristiano Oliveira	Individual	Senior Masculino	35:35	+02:56	03:34
9	440	Marco Moreira	Individual	Senior Masculino	35:38	+03:00	03:34
10	168	Milton Santos	DCI/Trilhos Luso Buçaco	Senior Masculino	36:09	+03:31	03:37
11	243	Marcelo Gonçalves	GDR Granja - TRUTAS DO MAU	Senior Masculino	36:22	+03:44	03:38
12	15	Ricardo Teixeira	AFIS/OVAR	Senior Masculino	36:27	+03:48	03:39
13	39	Andre Nobre	Aveiro Runners	Senior Masculino	36:54	+04:15	03:41
14	266	JORGE MIGUEL DA COSTA CUBAL	Grupo Desportivo & Cultural de Codal	Senior Masculino	37:00	+04:22	03:42
15	400	João Diogo Costa	Individual	Senior Masculino	37:16	+04:38	03:44
16	363	Domingos Vieira	Individual	Senior Masculino	37:25	+04:47	03:45
17	399	João Dias	Individual	Senior Masculino	37:43	+05:05	03:46
18	383	Giovanni Diaz	Individual	Senior Masculino	37:48	+05:09	03:47
19	345	antonio gomes	MT Crecusport	Senior Masculino	37:49	+05:11	03:47
20	375	Filipe Carvalho	Individual	Senior Masculino	37:58	+05:19	03:48
21	759	Tiago Gamelas	Juventude Vidigalense	Senior Masculino	38:02	+05:23	03:48
22	1039	Luís Filipe da Silva Rosas	Individual	Senior Masculino	38:07	+05:29	03:49
23	347	Bruno	Individual	Senior Masculino	38:10	+05:31	03:49
24	14	André Santos	AFIS/OVAR	Senior Masculino	38:18	+05:40	03:50
25	164	Fernando Marques	DCI/Trilhos Luso Buçaco	Senior Masculino	38:31	+05:53	03:51
26	469	Paulo silva	Individual	Senior Masculino	38:33	+05:55	03:51
27	886	André Ferreira	OZXTREME/ADCRPEREIRA	Senior Masculino	38:34	+05:56	03:51
28	885	Pedro correia Bastos	OZXTREME	Senior Masculino	38:38	+06:00	03:52
29	406	João Pereira	Individual	Senior Masculino	38:50	+06:11	03:53

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

30	890	Andre Rosa Pereira Areias	R5	Senior Masculino	38:52	+06:13	03:53
31	876	Bruno Macedo	os caga tacos running team	Senior Masculino	38:53	+06:15	03:53
32	212	PEDRO GOMES	ESGALHADA TRAIL TEAM	Senior Masculino	39:04	+06:26	03:54
33	424	Jose Miguel Jesus Paiva	Individual	Senior Masculino	39:11	+06:33	03:55
34	76	Rúben Almeida	CAOB - Oliveira do Bairro	Senior Masculino	39:21	+06:43	03:56
35	537	Vitor Manuel Ferreira Dias	Individual	Senior Masculino	39:34	+06:56	03:57
36	786	Braima Dabó	Maia Atlético Clube	Senior Masculino	39:35	+06:57	03:58
37	438	MARCO ANTONIO LOURENÇO MELO	Individual	Senior Masculino	39:46	+07:08	03:59
38	378	Filipe Ramalho	Individual	Senior Masculino	39:47	+07:09	03:59
39	894	Tiago de Jesus	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	39:55	+07:17	04:00
40	186	Hugo Silva	DURAVIT RACETEAM	Senior Masculino	40:08	+07:30	04:01
41	1041	Miguel Ângelo Rios Faria	Individual	Senior Masculino	40:10	+07:32	04:01
42	466	Paulo Fidalgo	Individual	Senior Masculino	40:21	+07:43	04:02
43	449	Milton Almeida	Individual	Senior Masculino	40:29	+07:51	04:03
44	980	Pedro Conceição	Tondela Runners	Senior Masculino	40:30	+07:51	04:03
45	1022	Arménio Dias	Workout	Senior Masculino	40:33	+07:54	04:03
46	416	Jorge Teixeira	Individual	Senior Masculino	40:43	+08:04	04:04
47	957	Paulo Teixeira	TAMOSJUNTOS	Senior Masculino	40:46	+08:08	04:05
48	41	William Caetano	Aveiro Runners	Senior Masculino	40:53	+08:15	04:05
49	370	Fabio Marcelo Sequeira Marques	Individual	Senior Masculino	40:57	+08:18	04:06
50	766	Ricardo Pinho	KIRCHHOFF - KONECT Running team	Senior Masculino	41:03	+08:24	04:06
51	404	João Paulo dos Santos Oliveira	Individual	Senior Masculino	41:07	+08:29	04:07
52	354	Cristiano Teixeira Pereira	Individual	Senior Masculino	41:11	+08:33	04:07
53	1001	Márcio Salgado	Twelvespot	Senior Masculino	41:14	+08:35	04:07
54	167	Mauro Sousa	DCI/Trilhos Luso Buçaco	Senior Masculino	41:16	+08:38	04:08
55	381	Francisco Manuel Teixeira Marques	Individual	Senior Masculino	41:19	+08:40	04:08
56	958	Rui Moura	TAMOSJUNTOS	Senior Masculino	41:20	+08:41	04:08
57	1048	Fábio Justo	Individual	Senior Masculino	41:33	+08:54	04:09
58	355	Daniel Aguiar	Individual	Senior Masculino	41:42	+09:03	04:10
59	388	Hélder Figueiredo Duarte	Individual	Senior Masculino	41:57	+09:19	04:12
60	884	Eugénio Santos	out 2 run/Miro	Senior Masculino	42:02	+09:23	04:12
61	391	Hugo Guedes	Individual	Senior Masculino	42:04	+09:26	04:12
62	386	Gonçalo Marques	Individual	Senior Masculino	42:24	+09:46	04:14
63	839	Márcio Silva	Nokia Runners	Senior Masculino	42:25	+09:46	04:15
64	382	Francisco Tracana R. Sousa Paiva	Individual	Senior Masculino	42:27	+09:49	04:15
65	245	Sérgio Gabriel	GDR Granja - TRUTAS DO MAU	Senior Masculino	42:42	+10:04	04:16
66	519	Tiago dos Santos Castro	Individual	Senior Masculino	42:45	+10:07	04:17
67	446	Miguel Lamas	Individual	Senior Masculino	42:46	+10:08	04:17
68	761	André Adriano	KIRCHHOFF - KONECT Running team	Senior Masculino	42:58	+10:20	04:18
69	525	Tiago Oliveira	Individual	Senior Masculino	43:01	+10:23	04:18
70	259	Filipe Carvalho	GRUPEL	Senior Masculino	43:01	+10:23	04:18
71	265	ANTÓNIO JOSÉ FERREIRA DA SILVA	Grupo Desportivo & Cultural de Codal	Senior Masculino	43:05	+10:27	04:19
72	524	Tiago Miguel Rodrigues Gonçalves	Individual	Senior Masculino	43:08	+10:30	04:19
73	979	Luis Ferreira	Tondela Runners	Senior Masculino	43:10	+10:32	04:19

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

74	536	Vítor Alexis Ferreira Martins	Individual	Senior Masculino	43:24	+10:46	04:20
75	765	Ricardo Mesquita	KIRCHHOFF - KONECT Running team	Senior Masculino	43:25	+10:46	04:21
76	132	César Tavares	CLUTA Runners	Senior Masculino	43:28	+10:49	04:21
77	497	Ricardo Veiga	Individual	Senior Masculino	43:35	+10:57	04:22
78	258	Daniel Guedes	GRUPEL	Senior Masculino	43:38	+11:00	04:22
79	821	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	Senior Masculino	43:40	+11:02	04:22
80	530	Tomé Matos	Individual	Senior Masculino	43:41	+11:03	04:22
81	523	Tiago Manuel De Sousa Henriques	Individual	Senior Masculino	43:46	+11:08	04:23
82	389	Hélder Santos	Individual	Senior Masculino	44:01	+11:23	04:24
83	498	Roberto Carlos Dos Santos Rodrigues	Individual	Senior Masculino	44:04	+11:25	04:24
84	86	Olivério Báptista	Centro Atlético Póvoa Pacense (CENAP) Cacia	Senior Masculino	44:20	+11:41	04:26
85	434	Manuel Cardoso	Individual	Senior Masculino	44:23	+11:44	04:26
86	1027	Miguel Félix	Workout	Senior Masculino	44:25	+11:46	04:27
87	534	Vicente Julião	Individual	Senior Masculino	44:34	+11:56	04:27
88	1017	Vital	Viseu 360	Senior Masculino	44:44	+12:06	04:28
89	451	Nelson André Modesto Rocha	Individual	Senior Masculino	44:49	+12:10	04:29
90	244	Ricardo Ferreira	GDR Granja - TRUTAS DO MAU	Senior Masculino	44:49	+12:11	04:29
91	810	FILIPE MOTA	MOTAS RUNNING	Senior Masculino	44:58	+12:20	04:30
92	507	Rui Miguel Goncalves Nunes	Individual	Senior Masculino	44:59	+12:21	04:30
93	377	Filipe Monteiro	Individual	Senior Masculino	45:02	+12:24	04:30
94	369	Fabio Emanuel Anelhe Pizarro	Individual	Senior Masculino	45:13	+12:34	04:31
95	937	Rafael Marques	Runners in part time	Senior Masculino	45:13	+12:35	04:31
96	72	Ricardo Oliveira	C.D.C. Paradela	Senior Masculino	45:14	+12:35	04:31
97	71	Jil Coelho	C.D.C. Paradela	Senior Masculino	45:16	+12:38	04:32
98	444	Mário Pires	Individual	Senior Masculino	45:17	+12:39	04:32
99	944	Renato Costa	SR Running	Senior Masculino	45:19	+12:41	04:32
100	423	José Guilherme Sá	Individual	Senior Masculino	45:24	+12:45	04:32
101	380	Francisco Casegas	Individual	Senior Masculino	45:25	+12:46	04:33
102	955	Yann Lopes	Supras	Senior Masculino	45:25	+12:47	04:33
103	521	Tiago Gandarez	Individual	Senior Masculino	45:30	+12:52	04:33
104	6	André Andrade	#quandoacaba	Senior Masculino	45:30	+12:52	04:33
105	82	André Nunes	CASA DO POVO DE MANGUALDE	Senior Masculino	45:32	+12:54	04:33
106	496	Ricardo Tavares Silva	Individual	Senior Masculino	45:35	+12:56	04:34
107	367	Eurico Couto	Individual	Senior Masculino	45:36	+12:58	04:34
108	376	Filipe lage	Individual	Senior Masculino	45:38	+13:00	04:34
109	475	Pedro Daniel Rodrigues Lopes	Individual	Senior Masculino	45:39	+13:01	04:34
110	514	Sérgio Marques	Individual	Senior Masculino	45:44	+13:06	04:34
111	830	Jose Rosa	NetQos	Senior Masculino	45:49	+13:11	04:35
112	80	João Tinoco M aia	Carl&Bock	Senior Masculino	45:53	+13:15	04:35
113	12	Tiago cruz	ADC SÃO JACINTO	Senior Masculino	45:55	+13:16	04:36
114	512	Sérgio Henriques	Individual	Senior Masculino	45:58	+13:19	04:36
115	402	João Henriques	Individual	Senior Masculino	46:01	+13:23	04:36
116	28	Eduardo Manuel Ribeiro da Silva	Amadores&Basta	Senior Masculino	46:07	+13:28	04:37
117	29	José Quintinha	Amadores&Basta	Senior Masculino	46:07	+13:29	04:37

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

118	464	Paulo Alexandre Simões Da Costa	Individual	Senior Masculino	46:11	+13:32	04:37
119	455	Nuno Bastos	Individual	Senior Masculino	46:12	+13:33	04:37
120	397	Joana Filipa Alves dos Santos Fortuna	Individual	Senior Masculino	46:13	+13:34	04:37
121	148	Nelson Azevedo	Colectividade Popular de Cacia	Senior Masculino	46:14	+13:36	04:37
122	147	Eduardo Vieira	Colectividade Popular de Cacia	Senior Masculino	46:17	+13:38	04:38
123	448	Miguel Pereira	Individual	Senior Masculino	46:19	+13:40	04:38
124	357	Daniel Carvalho	Individual	Senior Masculino	46:25	+13:46	04:39
125	1032	Hugo Miguel Justiça Ferreira	Civilria	Senior Masculino	46:26	+13:48	04:39
126	1033	Miguel Ângelo Oliveira de Opinho	Civilria	Senior Masculino	46:26	+13:48	04:39
127	1025	José moutela	Workout	Senior Masculino	46:33	+13:54	04:39
128	359	Daniel Vieira	Individual	Senior Masculino	46:35	+13:56	04:40
129	954	Tiago Mendonça	Supras	Senior Masculino	46:41	+14:02	04:40
130	470	Paulo Tavares	Individual	Senior Masculino	46:50	+14:12	04:41
131	484	Pedro Serra	Individual	Senior Masculino	46:52	+14:13	04:41
132	252	Fábio Gaspar	Gira Sol	Senior Masculino	46:53	+14:15	04:41
133	368	Fábio Alexandre Cardoso dos Santos	Individual	Senior Masculino	46:54	+14:16	04:41
134	346	Antonio Jose Santos Silva	Individual	Senior Masculino	46:55	+14:17	04:42
135	442	Marcos André Roldão	Individual	Senior Masculino	46:56	+14:17	04:42
136	415	Jorge Miguel Alves Novais	Individual	Senior Masculino	47:01	+14:23	04:42
137	533	Vasco Rosa Pires	Individual	Senior Masculino	47:05	+14:27	04:43
138	417	josé abreu	Individual	Senior Masculino	47:10	+14:32	04:43
139	779	Rafael Rumor Martins	LobitosBikeTeam	Senior Masculino	47:12	+14:34	04:43
140	155	Pedro Gomes	DAR-Recardães	Senior Masculino	47:15	+14:37	04:44
141	502	Rúben Filipe Nascimento Marques	Individual	Senior Masculino	47:20	+14:42	04:44
142	260	Francisco Dinis	GRUPEL	Senior Masculino	47:21	+14:43	04:44
143	411	Jorge Andre Coutinho Pereira	Individual	Senior Masculino	47:23	+14:45	04:44
144	351	Cristiano Oliveira	MT Crecusport	Senior Masculino	47:24	+14:46	04:44
145	780	Ricardo Filipe Soares dos Santos	LobitosBikeTeam	Senior Masculino	47:25	+14:47	04:45
146	480	Pedro Oliveira	MT Crecusport	Senior Masculino	47:29	+14:51	04:45
147	490	Ricardo Branco	Individual	Senior Masculino	47:30	+14:51	04:45
148	179	André Quinta Nova	Diário de Aveiro	Senior Masculino	47:30	+14:52	04:45
149	495	RICARDO SOUSA	Individual	Senior Masculino	47:31	+14:52	04:45
150	471	Pedro Aguiar	Individual	Senior Masculino	47:32	+14:53	04:45
151	348	Bruno Ferreira	Individual	Senior Masculino	47:34	+14:56	04:45
152	257	Carlos Martins	GRUPEL	Senior Masculino	47:35	+14:56	04:46
153	94	Luis Magalhães	Centro Municipal de Marcha e Corrida de Vale de Cambra	Senior Masculino	47:39	+15:01	04:46
154	950	Helder Silva	Supras	Senior Masculino	47:41	+15:02	04:46
155	510	Rui Tavares	Individual	Senior Masculino	47:50	+15:12	04:47
156	408	JOAO RAUL BELINATO DE SOUZA	Individual	Senior Masculino	47:54	+15:16	04:47
157	820	Filipe Costa	NAR - Núcleo de Atletismo de Requeixo	Senior Masculino	47:58	+15:19	04:48
158	503	Rúben Neves	Individual	Senior Masculino	47:58	+15:20	04:48
159	340	Alberto Dias	Individual	Senior Masculino	48:04	+15:26	04:48
160	40	Júlio Tomás Gomes Teixeira	Aveiro Runners	Senior Masculino	48:05	+15:26	04:49
161	831	Luis Menezes	NetQos	Senior Masculino	48:15	+15:37	04:50
162	401	João Filipe Duarte Coelho	Individual	Senior Masculino	48:16	+15:38	04:50

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

163	833	Ricardo Ferreira	NetQos	Senior Masculino	48:17	+15:38	04:50
164	413	Jorge Gonçalves	Individual	Senior Masculino	48:19	+15:41	04:50
165	932	Pedro Marques	Rumo34	Senior Masculino	48:21	+15:43	04:50
166	929	André Pais	Rodelo Running Team	Senior Masculino	48:29	+15:51	04:51
167	462	osvaldo pinho	Individual	Senior Masculino	48:33	+15:55	04:51
168	472	Pedro Alexandre Farreca Loureiro	Individual	Senior Masculino	48:37	+15:58	04:52
169	871	Hugo Tavares	Oliveira Runners	Senior Masculino	48:37	+15:59	04:52
170	11	Oscar Eduard Torres	AC Batalha	Senior Masculino	48:39	+16:00	04:52
171	922	Luis Silva	RIA STONE	Senior Masculino	48:40	+16:02	04:52
172	528	TIAGO SOUSA MANARTE	Individual	Senior Masculino	48:40	+16:02	04:52
173	210	Filipe Fernandes	ESGALHADA TRAIL TEAM	Senior Masculino	48:44	+16:06	04:52
174	777	Emanuel João Duarte Quintaneiro	LobitosBikeTeam	Senior Masculino	48:49	+16:11	04:53
175	952	Miguel Carlos	Supras	Senior Masculino	48:50	+16:12	04:53
176	949	Gonçalo Carvalho	Supras	Senior Masculino	48:53	+16:15	04:53
177	948	Diogo Melo	Supras	Senior Masculino	49:02	+16:24	04:54
178	501	Rogério Domingues Barreira	Individual	Senior Masculino	49:06	+16:28	04:55
179	450	Moisés Ferreira	Individual	Senior Masculino	49:19	+16:41	04:56
180	133	Marcelo Manteigas	CLUTA Runners	Senior Masculino	49:24	+16:46	04:56
181	392	Hugo Miguel Coelho Pires	Individual	Senior Masculino	49:33	+16:54	04:57
182	978	João Tavares	Tondela Runners	Senior Masculino	49:34	+16:55	04:57
183	396	Jhonny marques	Individual	Senior Masculino	49:34	+16:56	04:57
184	465	Paulo Antunes	Individual	Senior Masculino	49:35	+16:56	04:58
185	409	Joaquim Araújo	Individual	Senior Masculino	49:48	+17:10	04:59
186	379	Filipe Samuel Arrepia Monteiro	Individual	Senior Masculino	49:50	+17:12	04:59
187	360	David Soares	Individual	Senior Masculino	49:50	+17:12	04:59
188	1037	Gilberto Batista Rosa	Individual	Senior Masculino	49:55	+17:16	05:00
189	778	Pedro Soares dos sabtos	LobitosBikeTeam	Senior Masculino	50:02	+17:24	05:00
190	343	André Rodrigues Almeida	Individual	Senior Masculino	50:03	+17:24	05:00
191	532	Valter José Gomes da Silva	Individual	Senior Masculino	50:03	+17:25	05:00
192	366	Enrique	Individual	Senior Masculino	50:04	+17:25	05:00
193	387	Guilherme Carlos	Individual	Senior Masculino	50:09	+17:30	05:01
194	485	Pedro Silva	Individual	Senior Masculino	50:15	+17:37	05:02
195	431	Luis Portela	Individual	Senior Masculino	50:17	+17:38	05:02
196	231	MIGUEL COSTA	FOENG RUNNERS	Senior Masculino	50:17	+17:39	05:02
197	526	Tiago Ramos	Individual	Senior Masculino	50:19	+17:40	05:02
198	491	Ricardo Carvalheira	Individual	Senior Masculino	50:24	+17:45	05:02
199	439	Marco Martins	Individual	Senior Masculino	50:26	+17:48	05:03
200	426	Leonardo Lourenço de Jesus	Individual	Senior Masculino	50:27	+17:48	05:03
201	349	Carlos Ferreira	Individual	Senior Masculino	50:31	+17:53	05:03
202	63	Carlos Resende	Bresimar	Senior Masculino	50:33	+17:54	05:03
203	435	Marcelo Mendes	Individual	Senior Masculino	50:36	+17:58	05:04
204	492	Ricardo Correia	Individual	Senior Masculino	50:37	+17:58	05:04
205	216	Przemek Pozniak	Fake runners	Senior Masculino	50:41	+18:03	05:04
206	921	Dino Santos	RIA STONE	Senior Masculino	50:42	+18:04	05:04
207	486	Rafael Gabriel Gomes Gouveia	Individual	Senior Masculino	50:43	+18:05	05:04
208	454	Nuno Abrantes	Individual	Senior Masculino	50:46	+18:07	05:05

209	262	João Pintado	GRUPEL	Senior Masculino	50:51	+18:13	05:05
210	509	Rui Sérgio Bastos Alves Silva	Individual	Senior Masculino	50:53	+18:15	05:05
211	394	Hugo Rodrigues	Individual	Senior Masculino	50:56	+18:17	05:06
212	419	José Carvalho	Individual	Senior Masculino	51:04	+18:25	05:06
213	1042	ADRIANO TEIXEIRA	Individual	Senior Masculino	51:11	+18:32	05:07
214	522	Tiago Gonçalves	Individual	Senior Masculino	51:12	+18:34	05:07
215	1026	Luís Santos	Workout	Senior Masculino	51:21	+18:42	05:08
216	344	Ângelo Fonseca	Individual	Senior Masculino	51:21	+18:43	05:08
217	840	Tiago Silva	Nokia Runners	Senior Masculino	51:26	+18:47	05:09
218	463	Patricia Lemos	Individual	Senior Masculino	51:26	+18:48	05:09
219	838	Luis Carta	Nokia Runners	Senior Masculino	51:28	+18:50	05:09
220	860	Tiago Teixeira	OLI	Senior Masculino	51:31	+18:52	05:09
221	762	Bruno Neves	KIRCHHOFF - KONECT Running team	Senior Masculino	51:31	+18:53	05:09
222	764	Marco Silva	KIRCHHOFF - KONECT Running team	Senior Masculino	51:32	+18:53	05:09
223	237	Carlos Sousa	Fresenius Kabi	Senior Masculino	51:32	+18:53	05:09
224	453	Nelson José Azevedo Simões	Individual	Senior Masculino	51:32	+18:54	05:09
225	891	Bruno Rocha	R5	Senior Masculino	51:36	+18:58	05:10
226	215	Miguel da Cruz	Fake runners	Senior Masculino	51:37	+18:59	05:10
227	425	Leandro Leite	Individual	Senior Masculino	51:43	+19:04	05:10
228	489	Ricardo Botelho	Individual	Senior Masculino	51:43	+19:05	05:10
229	430	Luis Miguel Costa Gomes	Individual	Senior Masculino	51:45	+19:06	05:11
230	796	Daniel Santos	Micróbios	Senior Masculino	51:54	+19:16	05:11
231	797	Diogo Oliveira	Micróbios	Senior Masculino	51:54	+19:16	05:11
232	527	Tiago Rocha Lages	Individual	Senior Masculino	52:09	+19:31	05:13
233	858	Pedro Carvalhoso	OLI	Senior Masculino	52:13	+19:35	05:13
234	516	Simão Santana	Individual	Senior Masculino	52:27	+19:49	05:15
235	482	Pedro Pinto	Individual	Senior Masculino	52:40	+20:02	05:16
236	679	Pedro Castro	Individual	Senior Masculino	52:40	+20:02	05:16
237	923	Marco Correia	RIA STONE	Senior Masculino	52:44	+20:06	05:16
238	62	Andre Quintinha	Bresimar	Senior Masculino	52:45	+20:06	05:17
239	256	Andrés Montero	GRUPEL	Senior Masculino	52:49	+20:11	05:17
240	420	José Cubal	Individual	Senior Masculino	52:52	+20:14	05:17
241	939	André Magalhães	Runners Sernancelhe Terra da Castanha	Senior Masculino	52:58	+20:19	05:18
242	506	Rui Henrique Ramos Estima	Individual	Senior Masculino	53:16	+20:37	05:20
243	853	Joao Machado	OLI	Senior Masculino	53:20	+20:42	05:20
244	947	Antonio Matias	Supras	Senior Masculino	53:21	+20:43	05:20
245	263	Pedro Sendão	GRUPEL	Senior Masculino	53:23	+20:45	05:20
246	232	NUNO RODRIGUES	FOENG RUNNERS	Senior Masculino	53:42	+21:04	05:22
247	1016	Nuno Ribeiro	Viseu 360	Senior Masculino	53:43	+21:05	05:22
248	230	JORGE VIEIRA	FOENG RUNNERS	Senior Masculino	53:50	+21:12	05:23
249	405	João Paulo Teixeira Coelho	Individual	Senior Masculino	53:52	+21:14	05:23
250	70	Celso Pereira	C.D.C. Paradela	Senior Masculino	53:58	+21:19	05:24
251	977	Fábio Morais	Tondela Runners	Senior Masculino	54:04	+21:25	05:24
252	1000	António Santos	Twelvespot	Senior Masculino	54:15	+21:37	05:26

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

253	494	Ricardo Jorge Oliveira Pinto	Individual	Senior Masculino	54:21	+21:43	05:26
254	407	João Rainho	Individual	Senior Masculino	54:30	+21:51	05:27
255	187	Ricardo Silva	DURAVIT RACETEAM	Senior Masculino	54:38	+22:00	05:28
256	229	BRUNO BRANCO	FOENG RUNNERS	Senior Masculino	54:38	+22:00	05:28
257	195	João Pedro Morgado	Emete	Senior Masculino	54:42	+22:04	05:28
258	859	Tiago Ferraz	OLI	Senior Masculino	54:52	+22:13	05:29
259	412	Jorge Farias	Individual	Senior Masculino	55:00	+22:21	05:30
260	951	João Brandão	Supras	Senior Masculino	55:03	+22:25	05:30
261	515	Sérgio Oliveira	Individual	Senior Masculino	55:11	+22:33	05:31
262	421	José Fernandes	Individual	Senior Masculino	55:33	+22:55	05:33
263	385	Gonçalo Julião	Individual	Senior Masculino	55:35	+22:56	05:34
264	499	Roberto Ribeiro	Individual	Senior Masculino	55:43	+23:05	05:34
265	478	Pedro Miguel Magalhães Mendes	Individual	Senior Masculino	55:47	+23:09	05:35
266	361	Diogo Costa	Individual	Senior Masculino	55:53	+23:14	05:35
267	483	Pedro Ribeiro Santos	Individual	Senior Masculino	55:53	+23:14	05:35
268	1040	Carlos Manuel Valadeiro Rebola	Individual	Senior Masculino	55:53	+23:15	05:35
269	861	Vitor Carvalho	OLI	Senior Masculino	56:05	+23:26	05:37
270	410	Johnny Almeida	Individual	Senior Masculino	56:10	+23:32	05:37
271	358	Daniel Tavares Ferreira	Individual	Senior Masculino	56:10	+23:32	05:37
272	460	Nuno Ribeiro	Individual	Senior Masculino	56:13	+23:35	05:37
273	834	Vitor Tavares	NetQos	Senior Masculino	56:23	+23:44	05:38
274	429	Luís Manuel Machado de Oliveira Gomes	Individual	Senior Masculino	56:23	+23:45	05:38
275	758	Joao Serra	Jogging Lovers Coimbra	Senior Masculino	57:13	+24:34	05:43
276	855	Marcelo Pereira	OLI	Senior Masculino	57:31	+24:52	05:45
277	513	Sérgio Manuel Teixeira Tavares	Individual	Senior Masculino	57:36	+24:57	05:46
278	207	António Gonçalves	EQUIPA ITSECTOR	Senior Masculino	57:38	+24:59	05:46
279	467	Paulo Ricardo Pinto do Carmo	Individual	Senior Masculino	57:54	+25:16	05:47
280	339	Adriano Santos	Individual	Senior Masculino	57:54	+25:16	05:47
281	837	Jorge Faria	Nokia Runners	Senior Masculino	57:58	+25:20	05:48
282	356	Daniel Almeida	Individual	Senior Masculino	58:01	+25:22	05:48
283	487	Ricardo Alexandre Aguiar Branco Ferreira Bordalo	Individual	Senior Masculino	58:11	+25:33	05:49
284	520	Tiago Filipe Carvalho Sousa Pinto	Individual	Senior Masculino	58:16	+25:38	05:50
285	403	João Luís dos Santos Ladeira	Individual	Senior Masculino	58:21	+25:42	05:50
286	857	Paulo Matos	OLI	Senior Masculino	58:47	+26:09	05:53
287	208	Joaquim Fonseca	EQUIPA ITSECTOR	Senior Masculino	58:58	+26:20	05:54
288	508	Rui Pinto	Individual	Senior Masculino	59:05	+26:26	05:55
289	481	Pedro Pereira	Individual	Senior Masculino	59:09	+26:30	05:55
290	393	Hugo Miguel Lagarinhas Coelho de Abreu	Individual	Senior Masculino	59:12	+26:34	05:55
291	372	Fernando Manuel Tavares da Silva Ribeiro	Individual	Senior Masculino	59:35	+26:57	05:58
292	474	Pedro creoulo	Individual	Senior Masculino	59:41	+27:03	05:58
293	854	Jose Viana	OLI	Senior Masculino	01:00:10	+27:32	06:01
294	488	Ricardo Barbosa	Individual	Senior Masculino	01:00:19	+27:41	06:02
295	477	Pedro José Monteiro da Silva	Individual	Senior Masculino	01:00:20	+27:41	06:02
296	518	Tiago Cachim	Individual	Senior Masculino	01:00:20	+27:41	06:02

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

297	828	David Fontes	NetQos	Senior Masculino	01:00:24	+27:46	06:02
298	829	Joao Ribeiro	NetQos	Senior Masculino	01:00:25	+27:47	06:03
299	209	Manuel Rebelo	EQUIPA ITSECTOR	Senior Masculino	01:00:26	+27:48	06:03
300	204	Luis Moutinho	Entrevados	Senior Masculino	01:00:31	+27:52	06:03
301	443	Mário André Caçanheira Oliveira	Individual	Senior Masculino	01:00:37	+27:58	06:04
302	395	Ivan Jardim da Cunha Lourenço	Individual	Senior Masculino	01:00:39	+28:01	06:04
303	476	Pedro Eduardo Domingues dos Santos Araújo Moreira	Individual	Senior Masculino	01:00:46	+28:07	06:05
304	428	Luís Gonçalo Melo da Cruz Lourenço	Individual	Senior Masculino	01:00:55	+28:17	06:06
305	529	TIAGO TRINDADE	Individual	Senior Masculino	01:00:57	+28:19	06:06
306	432	Luís Rocha	Individual	Senior Masculino	01:01:21	+28:43	06:08
307	149	José Adérito Almeida Pinheiro	Correio de Albergaria Trail Running	Senior Masculino	01:01:30	+28:52	06:09
308	427	Luís Barbosa	Individual	Senior Masculino	01:01:59	+29:21	06:12
309	338	Vitor Manuel Melo dos Santos	Individual	Senior Masculino	01:02:04	+29:26	06:12
310	531	Valter Henriques	Individual	Senior Masculino	01:02:05	+29:27	06:13
311	180	Hugo Filipe Santos	Diário de Aveiro	Senior Masculino	01:02:22	+29:44	06:14
312	946	António Malicia	Supras	Senior Masculino	01:02:24	+29:46	06:14
313	441	Marco Rodrigues	Individual	Senior Masculino	01:02:26	+29:48	06:15
314	422	José Fernando Lopes da Silva	Individual	Senior Masculino	01:02:40	+30:01	06:16
315	57	Cláudio Alexandre Tabaio Brandão	BioLoucos	Senior Masculino	01:03:14	+30:35	06:19
316	58	Matthew Ryan Nitschke	BioLoucos	Senior Masculino	01:03:14	+30:36	06:19
317	228	ANDRÉ GUERRA	FOENG RUNNERS	Senior Masculino	01:03:17	+30:39	06:20
318	342	ANDRÉ PEREIRA	Individual	Senior Masculino	01:03:18	+30:40	06:20
319	196	Jose Filipe Garcia	Emete	Senior Masculino	01:03:40	+31:02	06:22
320	461	Orlando José Espinhal Sobral	Individual	Senior Masculino	01:03:59	+31:21	06:24
321	418	José Carlos Aires Maria	Individual	Senior Masculino	01:04:09	+31:31	06:25
322	456	Nuno Carvalho	Individual	Senior Masculino	01:04:48	+32:10	06:29
323	390	Hugo Dias	Individual	Senior Masculino	01:04:55	+32:16	06:30
324	961	Bruno Saraiva	Team ginásio multibody	Senior Masculino	01:05:03	+32:24	06:30
325	445	Miguel Ângelo Costa	Individual	Senior Masculino	01:05:22	+32:44	06:32
326	193	André Lisboa	Emete	Senior Masculino	01:05:43	+33:05	06:34
327	221	Bruno Ferreira	FFonseca	Senior Masculino	01:06:39	+34:01	06:40
328	500	Rodolfo Fernandes	Individual	Senior Masculino	01:06:41	+34:02	06:40
329	459	Nuno Fernandes	Individual	Senior Masculino	01:07:18	+34:40	06:44
330	881	António Loureiro	Os Magníficos	Senior Masculino	01:07:20	+34:41	06:44
331	384	Gonçalo Álvaro Ferreira Rodrigues	Individual	Senior Masculino	01:07:42	+35:04	06:46
332	504	Rui De Almeida	Individual	Senior Masculino	01:09:18	+36:40	06:56
333	1002	Vitor Alexandre Carvalho	Twelvespot	Senior Masculino	01:09:37	+36:59	06:58
334	832	Marcio Sousa	NetQos	Senior Masculino	01:11:19	+38:40	07:08
335	222	Pedro Soares	FFonseca	Senior Masculino	01:11:36	+38:57	07:10
336	194	Bruno Areias	Emete	Senior Masculino	01:15:27	+42:48	07:33
337	341	André Meneses Valério	Individual	Senior Masculino	01:20:43	+48:04	08:04
338	362	Diogo Reverendo	Individual	Senior Masculino	01:21:47	+49:09	08:11

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

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Veterana F40

1	247	Tila Pina	GDR Granja - TRUTAS DO MAU	Veterana F40	43:57	+11:19	04:24
2	552	Fernanda Gomes	Individual	Veterana F40	46:42	+14:03	04:40
3	117	Lígia Casimiro	CIRES Running Team	Veterana F40	46:51	+14:13	04:41
4	253	Raquel Grilo	Gira Sol	Veterana F40	47:25	+14:46	04:45
5	967	Susana Mafalda de Almeida Marques	Team ginásio multibody	Veterana F40	47:58	+15:20	04:48
6	246	Isabel Oliveira	GDR Granja - TRUTAS DO MAU	Veterana F40	48:03	+15:25	04:48
7	1019	Sandra Costa	Viseu 360	Veterana F40	48:25	+15:47	04:51
8	97	Susana Brandão	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterana F40	49:24	+16:46	04:56
9	43	Ines Almeida	Aveiro Runners	Veterana F40	49:25	+16:46	04:57
10	1018	Paula Costa Cardoso	Viseu 360	Veterana F40	49:41	+17:03	04:58
11	781	Helena Cristina Lopes Silva	Lopes Silva	Veterana F40	49:57	+17:19	05:00
12	96	Cristina Silva	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterana F40	50:20	+17:41	05:02
13	60	Cristina T Silva	BoraBora, Vamos Lá!	Veterana F40	50:52	+18:14	05:05
14	994	Anabela Leite	TURBOLENTOS	Veterana F40	50:53	+18:14	05:05
15	561	Patricia Lemos	Individual	Veterana F40	51:27	+18:48	05:09
16	563	Regina Almeida	Individual	Veterana F40	51:37	+18:59	05:10
17	782	Silvia Maria Lopes Silva	Lopes Silva	Veterana F40	52:07	+19:28	05:13
18	897	Maria João Almeida	RECREIO DESPORTIVO DE ÁGUEDA	Veterana F40	52:10	+19:32	05:13
19	981	Estefânia Lopes	Tondela Runners	Veterana F40	52:54	+20:15	05:17
20	143	Cristina Silva	CMA	Veterana F40	52:55	+20:16	05:18
21	116	Isabel Enes	CIRES Running Team	Veterana F40	53:36	+20:57	05:22
22	1050	Cristina Almeida	Individual	Veterana F40	53:43	+21:05	05:22
23	1051	Paula Miranda	Individual	Veterana F40	53:58	+21:20	05:24
24	562	Raquel Alexandra de Oliveira Campelos Martins	Individual	Veterana F40	54:17	+21:39	05:26
25	991	Helena Lopes	TRIBO NR	Veterana F40	54:22	+21:44	05:26
26	557	Maria Rosa Fernandes da Silva Lopes	Individual	Veterana F40	54:28	+21:50	05:27
27	223	Carla Alegria	FFonseca	Veterana F40	54:54	+22:15	05:29
28	799	Arcelina Jesus Martinho	Molinhas Team	Veterana F40	55:27	+22:49	05:33
29	545	Anabela Fernandes Marqes	Individual	Veterana F40	56:00	+23:21	05:36
30	182	Cláudia Faustino	Diário de Aveiro	Veterana F40	56:03	+23:24	05:36
31	895	Cristina Xavier	RECREIO DESPORTIVO DE ÁGUEDA	Veterana F40	56:20	+23:41	05:38
32	996	Rosa Branca Pereira	TURBOLENTOS	Veterana F40	56:20	+23:42	05:38
33	896	Maria Helena Amaro	RECREIO DESPORTIVO DE ÁGUEDA	Veterana F40	57:06	+24:27	05:43
34	570	Susana Vieira	Individual	Veterana F40	57:07	+24:28	05:43
35	866	Paula Vizinho	OLI	Veterana F40	57:08	+24:29	05:43
36	850	Maria José Rodrigues	OLI	Veterana F40	57:08	+24:30	05:43
37	1034	Carla Torres	Civilria	Veterana F40	57:08	+24:30	05:43
38	841	Natércia Santiago	Nokia Runners	Veterana F40	57:37	+24:59	05:46
39	564	Rita Morais	Individual	Veterana F40	57:56	+25:17	05:48
40	863	Alcina Antunes	OLI	Veterana F40	57:56	+25:18	05:48

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

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41	95	Carla Silva	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterana F40	58:53	+26:15	05:53
42	169	Paula Duarte	DCI/Trilhos Luso Buçaco	Veterana F40	59:01	+26:22	05:54
43	560	Patrícia Almeida	Individual	Veterana F40	59:02	+26:24	05:54
44	42	Eduarda vinagre	Aveiro Runners	Veterana F40	59:03	+26:25	05:54
45	800	Elsa Maria Martins Mota	Molinhas Team	Veterana F40	59:12	+26:33	05:55
46	925	Susana Branco	RIA STONE	Veterana F40	59:12	+26:33	05:55
47	822	Judite Dias	NAR - Núcleo de Atletismo de Requeixo	Veterana F40	59:21	+26:43	05:56
48	554	Madalena Ferreira	Individual	Veterana F40	59:21	+26:43	05:56
49	567	silvia maria nunes cardoso da silva	Individual	Veterana F40	59:22	+26:44	05:56
50	547	Clara Santos	Individual	Veterana F40	59:27	+26:49	05:57
51	156	Vânia Lucas	DAR-Recardães	Veterana F40	01:00:02	+27:24	06:00
52	150	Dulce Silva	Correio de Albergaria Trail Running	Veterana F40	01:00:10	+27:32	06:01
53	1047	Silvia Pires	Individual	Veterana F40	01:00:51	+28:12	06:05
54	558	miriam reis	Individual	Veterana F40	01:00:53	+28:14	06:05
55	568	silvina félix	Individual	Veterana F40	01:00:53	+28:14	06:05
56	44	Sara Castro	Aveiro Runners	Veterana F40	01:01:07	+28:29	06:07
57	125	Fernanda Maria Vaz Soares	Clube dos Galitos - Remo	Veterana F40	01:01:09	+28:30	06:07
58	544	Ana Rita Batista	Individual	Veterana F40	01:01:17	+28:39	06:08
59	551	elisabete matos	Individual	Veterana F40	01:01:23	+28:44	06:08
60	238	Alina Moreira	Fresenius Kabi	Veterana F40	01:01:27	+28:48	06:09
61	995	Fátima Gonçalves	TURBOLENTOS	Veterana F40	01:01:31	+28:52	06:09
62	787	Margarida Campos	Manos team	Veterana F40	01:01:39	+29:01	06:10
63	153	Lígia Maria Veloso	Creoulo e Veloso	Veterana F40	01:02:27	+29:49	06:15
64	982	Maria Inês Gomes	Tondela Runners	Veterana F40	01:02:41	+30:03	06:16
65	872	Margarida Rodrigues	Oliveira Runners	Veterana F40	01:03:07	+30:28	06:19
66	548	CLAUDIA PINTO	Individual	Veterana F40	01:03:20	+30:41	06:20
67	540	Ana Paula Braga Marques	Individual	Veterana F40	01:03:38	+31:00	06:22
68	565	SANDRA CLAUDIA CARDOSO SANTOS	Individual	Veterana F40	01:03:44	+31:05	06:22
69	767	Carla Oliveira	KIRCHHOFF - KONECT Running team	Veterana F40	01:03:49	+31:10	06:23
70	768	Carla Pinho	KIRCHHOFF - KONECT Running team	Veterana F40	01:03:51	+31:12	06:23
71	539	Ana Isabel Fernandes Da Silva Branco	Individual	Veterana F40	01:03:54	+31:16	06:23
72	559	Mónica Sofia Pinhal dos Reis	Individual	Veterana F40	01:04:00	+31:21	06:24
73	569	Susana Cerqueira	Individual	Veterana F40	01:04:06	+31:28	06:25
74	239	Sandra Almeida	Fresenius Kabi	Veterana F40	01:04:42	+32:04	06:28
75	142	Catarina Albuquerque	CMA	Veterana F40	01:08:37	+35:59	06:52
76	555	Maria Beatriz Abreu	Individual	Veterana F40	01:10:00	+37:21	07:00
77	907	Cláudia Queirós	Remax Universal	Veterana F40	01:12:10	+39:32	07:13
78	862	Alda Castro	OLI	Veterana F40	01:13:45	+41:07	07:23
79	823	Sandra Amaral	NAR - Núcleo de Atletismo de Requeixo	Veterana F40	01:13:48	+41:09	07:23
80	966	Susana Colaço	Team ginásio multibody	Veterana F40	01:17:11	+44:33	07:43

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

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Veterana F50

1	575	LÍDIA PEREIRA	GDR Granja - TRUTAS DO MAU	Veterana F50	40:20	+07:42	04:02
2	584	Sofia Romão	Individual	Veterana F50	45:02	+12:24	04:30
3	775	Rosa Lídia Silva	Ligeirinhos	Veterana F50	48:50	+16:12	04:53
4	572	Ana Maria Batista Monteiro Cardoso	Individual	Veterana F50	50:51	+18:12	05:05
5	99	Filomena Santos	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterana F50	51:47	+19:09	05:11
6	583	Paulina Teixeira	Individual	Veterana F50	53:17	+20:39	05:20
7	824	Sandra Almeida	NAR - Núcleo de Atletismo de Requeixo	Veterana F50	55:35	+22:57	05:34
8	574	Filomena Santos	Individual	Veterana F50	56:00	+23:22	05:36
9	814	MARIA CLEMENCIO	Musa - Escola de Música e Artes de Aveiro	Veterana F50	56:23	+23:44	05:38
10	813	Ana Salgueiro	Musa - Escola de Música e Artes de Aveiro	Veterana F50	57:47	+25:09	05:47
11	580	Maria Aurora Ferreira Mendes Lemos	Individual	Veterana F50	59:04	+26:25	05:54
12	573	ANA PAULA ALVES	Individual	Veterana F50	59:09	+26:31	05:55
13	45	Célia Araújo	Aveiro Runners	Veterana F50	59:13	+26:35	05:55
14	579	Maria Aurora Bernardo Henriques	Individual	Veterana F50	59:38	+27:00	05:58
15	581	Maria de Fátima Valente de Andrade Murphy	Individual	Veterana F50	01:01:12	+28:34	06:07
16	98	Céu Silva	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterana F50	01:02:05	+29:26	06:13
17	576	Lucinda Bento	Individual	Veterana F50	01:03:38	+30:59	06:22
18	118	Madalena Correia	CIRES Running Team	Veterana F50	01:06:50	+34:12	06:41
19	582	Paula Oliveira	Individual	Veterana F50	01:08:37	+35:58	06:52
20	577	Manuela Silva	Individual	Veterana F50	01:10:28	+37:50	07:03

Veterana F60

1	585	Rosa Bispo	Individual	Veterana F60	01:02:53	+30:14	06:17
2	114	Olívia Brandão	CGD-Ovar	Veterana F60	01:04:58	+32:20	06:30

Veterano M40

1	269	LUÍS JOSÉ GOMES E SILVA	Grupo Desportivo e Cultural de Guilhovai	Veterano M40	34:57	+02:19	03:30
2	899	Luís Miguel	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M40	35:08	+02:30	03:31
3	756	David Coutinho	JOBRA	Veterano M40	35:45	+03:07	03:35
4	34	RUI RODRIGUES	Associação Académica de Coimbra	Veterano M40	35:57	+03:19	03:36
5	81	João Moreira dos Santos	Casa do Povo Alquerubim	Veterano M40	37:22	+04:44	03:44
6	267	PAULO MANUEL ARIEIRO TAVARES	Grupo Desportivo & Cultural de Codal	Veterano M40	37:57	+05:18	03:48
7	1010	Óscar Sobral	Viriathvs Runners Viseu	Veterano M40	38:22	+05:44	03:50
8	104	Rui Almeida	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M40	38:33	+05:55	03:51

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

9	680	RAFAEL TAVARES GUEDES	Individual	Veterano M40	38:34	+05:55	03:51
10	77	Nuno Silva	CAOB - Oliveira do Bairro	Veterano M40	39:23	+06:44	03:56
11	593	António Francisco	Individual	Veterano M40	39:27	+06:48	03:57
12	1046	João Teixeira	Individual	Veterano M40	39:33	+06:55	03:57
13	594	Antonio José da Cunha Lourenço	Individual	Veterano M40	39:36	+06:58	03:58
14	248	Luis Miguel Faria	GDR Granja - TRUTAS DO MAU	Veterano M40	39:58	+07:20	04:00
15	33	PEDRO VARELA	Associação Académica de Coimbra	Veterano M40	40:13	+07:34	04:01
16	613	Fernando Freire	Individual	Veterano M40	40:43	+08:05	04:04
17	636	José Coutinho	Individual	Veterano M40	40:48	+08:09	04:05
18	671	Pedro Canha	Individual	Veterano M40	40:49	+08:10	04:05
19	803	João Carlos Ribeiro	Molinhas Team	Veterano M40	40:52	+08:13	04:05
20	945	Ricardo Mota	Sri Chinmoy Marathon Team	Veterano M40	40:56	+08:18	04:06
21	626	Joao Neves	Individual	Veterano M40	40:57	+08:18	04:06
22	1020	Pedro Laranjo	Viseu 360	Veterano M40	40:57	+08:19	04:06
23	170	Paulo Maia	DCI/Trilhos Luso Buçaco	Veterano M40	41:05	+08:27	04:07
24	586	Adelino Pires	Individual	Veterano M40	41:14	+08:36	04:07
25	190	João Portugal	DURAVIT RACETEAM	Veterano M40	41:14	+08:36	04:07
26	240	Hugo Chumbo	Fresenius Kabi	Veterano M40	41:24	+08:46	04:09
27	812	José Cruz	MT Crecusport	Veterano M40	41:27	+08:49	04:09
28	74	CARLOS CARDOSO	CAL - Clube Ateltismo de Lamas	Veterano M40	41:28	+08:50	04:09
29	127	RUI FELGUEIRAS	Clube Millennium BCP	Veterano M40	41:28	+08:50	04:09
30	270	Paulo Almeida	Grupo Desportivo Gafanha	Veterano M40	41:39	+09:00	04:10
31	1011	Rui Pires	Viriathvs Runners Viseu	Veterano M40	41:52	+09:13	04:11
32	644	Luís Miguel Correia Ferreira	Individual	Veterano M40	41:52	+09:14	04:11
33	88	Manuel Silva	Centro Atlético Póvoa Pacense (CENAP) Cacia	Veterano M40	42:32	+09:54	04:15
34	249	Mário Rodrigues	GDR Granja - TRUTAS DO MAU	Veterano M40	42:41	+10:03	04:16
35	621	Hélder Guedes	Individual	Veterano M40	42:44	+10:05	04:16
36	268	Nuno Queiroz	Grupo Desportivo « Os Ribeirinhos » (Plano Body)	Veterano M40	42:46	+10:08	04:17
37	225	Fernando Matos	FFonseca	Veterano M40	42:47	+10:09	04:17
38	649	Manuel Ferreira	Individual	Veterano M40	42:56	+10:18	04:18
39	630	Joice jesus	Individual	Veterano M40	43:00	+10:22	04:18
40	119	Patrick Thoss	CIRES Running Team	Veterano M40	43:02	+10:24	04:18
41	873	Luis Rodrigues	Oliveira Runners	Veterano M40	43:50	+11:11	04:23
42	9	Pedro Guimaraes	A+	Veterano M40	43:52	+11:14	04:23
43	661	Nuno Costa	Individual	Veterano M40	43:54	+11:16	04:23
44	16	Américo Oliveira	AFIS/OVAR	Veterano M40	43:55	+11:17	04:24
45	694	Sergio Teixeira	Individual	Veterano M40	44:02	+11:24	04:24
46	625	João António Marques Tavares	Individual	Veterano M40	44:05	+11:26	04:25
47	610	Ernesto Gonçalves	Individual	Veterano M40	44:09	+11:31	04:25
48	624	Jaime Júnior	Individual	Veterano M40	44:11	+11:32	04:25
49	592	António Agostinho Santiago Moreira	Individual	Veterano M40	44:11	+11:33	04:25
50	87	José Resende	Centro Atlético Póvoa Pacense (CENAP) Cacia	Veterano M40	44:12	+11:34	04:25
51	795	Sergio Martins	Mercentro	Veterano M40	44:34	+11:55	04:27

52	102	Jacinto Almeida	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M40	44:48	+12:09	04:29
53	31	Paulo jorge Gomes	Arcor	Veterano M40	44:49	+12:10	04:29
54	651	Marco Coelho	Individual	Veterano M40	44:54	+12:16	04:29
55	970	Viriato Dias	Team ginásio multibody	Veterano M40	45:01	+12:22	04:30
56	598	Armindo Bastos	Individual	Veterano M40	45:24	+12:45	04:32
57	622	Hilário Espadilha	Individual	Veterano M40	45:24	+12:46	04:32
58	674	Pedro Miguel Monteiro Baptista	Individual	Veterano M40	45:28	+12:50	04:33
59	640	Jose MOREIRA	Individual	Veterano M40	45:31	+12:53	04:33
60	807	Júlio Tomé	Montanha Club Trail Running/EFAPEL	Veterano M40	45:32	+12:54	04:33
61	676	Pedro Paiva	Individual	Veterano M40	45:34	+12:55	04:33
62	637	José Figueiredo	Individual	Veterano M40	45:34	+12:56	04:33
63	633	Jorge Rodrigues	Individual	Veterano M40	45:37	+12:59	04:34
64	843	João Gomes Rodrigues	Nokia Runners	Veterano M40	45:39	+13:01	04:34
65	634	José Branco	Individual	Veterano M40	45:40	+13:02	04:34
66	188	Filipe Fonseca	DURAVIT RACETEAM	Veterano M40	45:43	+13:04	04:34
67	657	Miguel Pimentel	Individual	Veterano M40	45:48	+13:10	04:35
68	642	Luis Ferrão	Individual	Veterano M40	45:48	+13:10	04:35
69	772	João Pedro Abrantes	LEONINOS	Veterano M40	45:55	+13:16	04:36
70	599	Artur Jorge Sousa Paiva	Individual	Veterano M40	46:02	+13:24	04:36
71	655	Miguel Azevedo	Individual	Veterano M40	46:03	+13:25	04:36
72	658	Nuno Alegria	Individual	Veterano M40	46:10	+13:32	04:37
73	771	Jorge Silva	KIRCHHOFF - KONECT Running team	Veterano M40	46:21	+13:42	04:38
74	683	Rodrigo Santos	Individual	Veterano M40	46:28	+13:50	04:39
75	136	Nuno Miguel	Cluve - Clube de Veteranos de Atletismo de Coimbra	Veterano M40	46:32	+13:54	04:39
76	595	António lemos	Individual	Veterano M40	46:37	+13:58	04:40
77	826	Jorge Vilela	NAR - Núcleo de Atletismo de Requeixo	Veterano M40	46:46	+14:07	04:41
78	682	Ricardo Veiga	Individual	Veterano M40	46:52	+14:14	04:41
79	701	Wilson Lima Vilas Boas	Individual	Veterano M40	47:01	+14:23	04:42
80	617	Filipe Santos	Individual	Veterano M40	47:04	+14:26	04:42
81	670	Pedro Almeida	Individual	Veterano M40	47:16	+14:38	04:44
82	612	Fernando Ferreira	Individual	Veterano M40	47:17	+14:39	04:44
83	879	Nuno Simões	Os Franciscos	Veterano M40	47:24	+14:46	04:44
84	61	Pedro Miguel Pinto	BoraBora, Vamos Lá!	Veterano M40	47:34	+14:56	04:45
85	631	Jorge Fernandes	Individual	Veterano M40	47:41	+15:02	04:46
86	868	Nuno Morais	OLI	Veterano M40	47:42	+15:04	04:46
87	985	Paulo Silva	Tondela Runners	Veterano M40	47:47	+15:09	04:47
88	697	Vitor Alves	Individual	Veterano M40	47:48	+15:09	04:47
89	597	Antonio Ribeiro	Individual	Veterano M40	47:52	+15:13	04:47
90	874	Manuel Carlos Martins	opraticante.pt	Veterano M40	47:56	+15:17	04:48
91	126	ÁLVARO PINTO	Clube Millennium BCP	Veterano M40	47:58	+15:20	04:48
92	591	Amilcar Vinagre	Individual	Veterano M40	48:08	+15:29	04:49
93	619	Francisco Leite	Individual	Veterano M40	48:10	+15:32	04:49
94	673	Pedro Ferreira	Individual	Veterano M40	48:12	+15:34	04:49

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

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95	913	Rui Fartura	Remax Universal	Veterano M40	48:12	+15:34	04:49
96	912	Nuno Madail	Remax Universal	Veterano M40	48:14	+15:36	04:49
97	49	Tiago Fernandes	Aveiro Runners	Veterano M40	48:17	+15:39	04:50
98	692	Rui vieito	Individual	Veterano M40	48:25	+15:47	04:51
99	898	Filipe de Almeida	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M40	48:30	+15:51	04:51
100	930	paulo santos	Rodelo Running Team	Veterano M40	48:30	+15:51	04:51
101	151	Carlos Negrão	Correio de Albergaria Trail Running	Veterano M40	48:35	+15:57	04:52
102	473	Pedro Ruano de Castro	Individual	Veterano M40	48:50	+16:11	04:53
103	662	Nuno felix	Individual	Veterano M40	48:51	+16:13	04:53
104	698	Vitor Manuel Seixas	Individual	Veterano M40	48:53	+16:15	04:53
105	601	Carlos Lopes	Individual	Veterano M40	48:55	+16:16	04:54
106	73	Ricardo Ferreira	C.D.C. Paradela	Veterano M40	48:56	+16:18	04:54
107	941	Francisco José Lopes Moreira	Runners Sernancelhe Terra da Castanha	Veterano M40	48:56	+16:18	04:54
108	616	filipe manuel augusto	Individual	Veterano M40	48:57	+16:19	04:54
109	629	João Tavares	MT Crecusport	Veterano M40	49:19	+16:41	04:56
110	604	Carlos Silva	Individual	Veterano M40	49:33	+16:55	04:57
111	46	JOAO GONCALVES	Aveiro Runners	Veterano M40	49:34	+16:56	04:57
112	910	Francisco Sarmento	Remax Universal	Veterano M40	49:42	+17:03	04:58
113	134	Pedro Gomes	CLUTA Runners	Veterano M40	49:43	+17:04	04:58
114	605	Celso Maia	Individual	Veterano M40	49:50	+17:12	04:59
115	668	Paulo Silva	Individual	Veterano M40	50:13	+17:35	05:01
116	770	Jorge Santos	KIRCHHOFF - KONECT Running team	Veterano M40	50:13	+17:35	05:01
117	17	Eduardo Oliveira	AFIS/OVAR	Veterano M40	50:19	+17:40	05:02
118	101	Carlos Rodrigues	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M40	50:20	+17:41	05:02
119	241	RENATO ARAÚJO	GDCR_FEIRA RUNNERS	Veterano M40	50:30	+17:52	05:03
120	911	José Alves	Remax Universal	Veterano M40	50:33	+17:55	05:03
121	685	Romeu Vicente	Individual	Veterano M40	50:36	+17:58	05:04
122	678	Pedro Relvas Marques	Individual	Veterano M40	50:37	+17:58	05:04
123	618	Filipe Silva	Individual	Veterano M40	50:38	+18:00	05:04
124	665	Paulo Jorge Ribeiro Pinto	Individual	Veterano M40	50:39	+18:01	05:04
125	233	LUIS MOURO	FOENG RUNNERS	Veterano M40	50:46	+18:08	05:05
126	691	Rui Soares	Individual	Veterano M40	50:55	+18:17	05:06
127	628	João Santana	Individual	Veterano M40	50:56	+18:17	05:06
128	184	Rafael Fernandes	Diário de Aveiro	Veterano M40	50:57	+18:19	05:06
129	942	Mário Rodrigues	Runners Sernancelhe Terra da Castanha	Veterano M40	51:04	+18:26	05:06
130	588	Alberto Branco	Individual	Veterano M40	51:07	+18:29	05:07
131	191	João Matos	Electrex	Veterano M40	51:13	+18:35	05:07
132	791	Rui Batista	Manos team	Veterano M40	51:20	+18:42	05:08
133	687	Rui Costa	Individual	Veterano M40	51:32	+18:53	05:09
134	75	Ricardo Fonte	CANIANOS	Veterano M40	51:33	+18:54	05:09
135	589	Alexandre Almeida	Individual	Veterano M40	51:35	+18:57	05:10
136	666	Paulo Jorge Silva	Individual	Veterano M40	51:36	+18:58	05:10
137	892	Vitor Francisco	R5	Veterano M40	51:37	+18:59	05:10

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

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138	100	Carlos Brandão	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M40	51:37	+18:59	05:10
139	969	NUNO BRINCO	Team ginásio multibody	Veterano M40	51:38	+19:00	05:10
140	794	Luís Manuel Campos Leitão	Mercentro	Veterano M40	51:38	+19:00	05:10
141	689	Rui Melo	Individual	Veterano M40	51:45	+19:06	05:11
142	587	Agostinho Capela	Individual	Veterano M40	51:48	+19:10	05:11
143	677	Pedro Pombal	Individual	Veterano M40	52:02	+19:24	05:12
144	983	Isidoro Francisco	Tondela Runners	Veterano M40	52:43	+20:05	05:16
145	888	Rui Salgado	Papoilas Saltitantes	Veterano M40	52:51	+20:13	05:17
146	646	Luís Miguel Pinto Sampai	Individual	Veterano M40	52:57	+20:19	05:18
147	659	nuno clemente	Individual	Veterano M40	52:58	+20:19	05:18
148	219	Pedro Fardilha	Fardilha	Veterano M40	53:04	+20:26	05:18
149	47	Nuno Cruz	Aveiro Runners	Veterano M40	53:05	+20:27	05:19
150	789	José Antunes	Manos team	Veterano M40	53:26	+20:47	05:21
151	1045	Pedro Pires	Individual	Veterano M40	53:26	+20:48	05:21
152	825	Hélder Ribeiro	NAR - Núcleo de Atletismo de Requeixo	Veterano M40	53:43	+21:05	05:22
153	620	FREDERICO AUGUSTO CORREIA AZEVEDO FIGUEIRA	Individual	Veterano M40	53:44	+21:06	05:22
154	1044	Maciel Martins Mendes	Individual	Veterano M40	54:09	+21:30	05:25
155	600	Carlos Alberto Tavares da Silva	Individual	Veterano M40	54:15	+21:37	05:26
156	664	Patricia Lemos	Individual	Veterano M40	54:21	+21:43	05:26
157	271	PAULO RAMOS	Grupo Juvenil Pinheiro da Bemposta	Veterano M40	54:24	+21:46	05:26
158	802	Carlos Ilídio Oliveira Costa	Molinhas Team	Veterano M40	54:28	+21:50	05:27
159	940	Carlos Sobral	Runners SERNANCELHE Terra da Castanha	Veterano M40	54:33	+21:54	05:27
160	623	Humberto Varum	Individual	Veterano M40	54:36	+21:58	05:28
161	635	José Carlos Pinhal	Individual	Veterano M40	54:39	+22:01	05:28
162	984	Miguel Faro	Tondela Runners	Veterano M40	54:47	+22:09	05:29
163	681	Renato Moedas	Individual	Veterano M40	54:54	+22:16	05:29
164	183	Jorge Ladeira	Diário de Aveiro	Veterano M40	55:01	+22:23	05:30
165	615	Filipe ferreira Rocha	Individual	Veterano M40	55:02	+22:24	05:30
166	1053	Nuno Santos	Individual	Veterano M40	55:09	+22:31	05:31
167	614	Fernando Manuel Ribeiro de Sousa	Individual	Veterano M40	55:21	+22:43	05:32
168	632	Jorge Julião	Individual	Veterano M40	55:34	+22:56	05:33
169	226	Paulo Marçal	FFonseca	Veterano M40	55:41	+23:02	05:34
170	667	Paulo Santos	Individual	Veterano M40	55:46	+23:08	05:35
171	842	Gaspar Dias	Nokia Runners	Veterano M40	56:04	+23:25	05:36
172	273	Nuno Fontes	IMPERRIA	Veterano M40	56:14	+23:35	05:37
173	971	Vítor Manuel dos Santos Ferreira	Team ginásio multibody	Veterano M40	56:30	+23:51	05:39
174	700	Vítor Salgado	Individual	Veterano M40	56:42	+24:04	05:40
175	663	Óscar lopes	Individual	Veterano M40	57:03	+24:24	05:42
176	688	RUI GOMES	Individual	Veterano M40	57:53	+25:14	05:47
177	146	Joao francisco	Coimbra2018	Veterano M40	57:59	+25:21	05:48
178	900	Pedro Oliveira	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M40	58:49	+26:10	05:53
179	997	Joé Firmino Pereira	TURBOLENTOS	Veterano M40	58:56	+26:18	05:54

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

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180	926	João Menicio	RIA STONE	Veterano M40	59:11	+26:32	05:55
181	699	Vitor Nuno Jacinto Machado	Individual	Veterano M40	59:11	+26:32	05:55
182	669	Pedro	Individual	Veterano M40	59:11	+26:33	05:55
183	647	Luís Pedro	Individual	Veterano M40	59:28	+26:49	05:57
184	654	Mauro Rebelo	Individual	Veterano M40	59:32	+26:53	05:57
185	272	Joaquim Cristo	IMPERRIA	Veterano M40	59:36	+26:58	05:58
186	189	João Abrantes	DURAVIT RACETEAM	Veterano M40	59:49	+27:11	05:59
187	1004	Nuno Raínho	Twelvespot	Veterano M40	59:58	+27:20	06:00
188	867	Luis Filipe Guimarães	OLI	Veterano M40	01:00:11	+27:32	06:01
189	928	Pedro Recacho	RIA STONE	Veterano M40	01:00:36	+27:58	06:04
190	144	Carlos Maia	CMA	Veterano M40	01:00:54	+28:16	06:05
191	1003	António Carvalho dos Santos	Twelvespot	Veterano M40	01:01:14	+28:35	06:07
192	696	Tiago Nunes	Individual	Veterano M40	01:01:19	+28:41	06:08
193	790	Nuno Silva	Manos team	Veterano M40	01:01:39	+29:00	06:10
194	145	Vitor Maia	CMA	Veterano M40	01:01:52	+29:14	06:11
195	78	Miguel Vitorino	Caracol Trail Team	Veterano M40	01:01:54	+29:16	06:11
196	653	Mário Silva	Individual	Veterano M40	01:01:56	+29:18	06:12
197	690	Rui Rodrigues	Individual	Veterano M40	01:02:26	+29:48	06:15
198	596	António Manuel da Silva Macieira	Individual	Veterano M40	01:02:40	+30:01	06:16
199	590	ALEXANDRE SANTOS	Individual	Veterano M40	01:02:57	+30:18	06:18
200	686	Rui Coelho	Individual	Veterano M40	01:04:45	+32:07	06:29
201	66	João Paulo Dias	Bresimar	Veterano M40	01:06:49	+34:11	06:41
202	643	Luís Machado	Individual	Veterano M40	01:07:30	+34:51	06:45
203	611	Felisberto Teixeira	Individual	Veterano M40	01:08:13	+35:35	06:49
204	224	Adriano Santos	FFonseca	Veterano M40	01:11:37	+38:58	07:10
205	660	Nuno Conde	Individual	Veterano M40	01:14:23	+41:45	07:26
206	645	Luís Miguel de Paiva Simões	Individual	Veterano M40	01:17:11	+44:33	07:43
207	672	Pedro Carvalho	Individual	Veterano M40	01:17:11	+44:33	07:43

Veterano M50

1	1013	PAULO COSTA	Viriathvs Runners Viseu	Veterano M50	35:43	+03:05	03:34
2	172	João Paulo Almeida	DCI/Trilhos Luso Buçaco	Veterano M50	37:11	+04:33	03:43
3	21	José Figueiredo	AFIS/OVAR	Veterano M50	38:56	+06:17	03:54
4	250	Otavio da Silva Capela	GDR Granja - TRUTAS DO MAU	Veterano M50	39:54	+07:16	03:59
5	717	Fernando Santiago	Individual	Veterano M50	40:05	+07:27	04:01
6	85	Carlos Almeida	CASA DO POVO DE MANGUALDE	Veterano M50	40:10	+07:31	04:01
7	173	Tony Graça	DCI/Trilhos Luso Buçaco	Veterano M50	40:54	+08:15	04:05
8	709	ANTÓNIO SILVA	Individual	Veterano M50	41:13	+08:34	04:07
9	171	Carlos Cunha	DCI/Trilhos Luso Buçaco	Veterano M50	41:17	+08:38	04:08
10	716	fernando morais	Individual	Veterano M50	41:35	+08:56	04:10
11	903	Carlos Guerra	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M50	41:36	+08:58	04:10
12	776	José Carlos Gomes	Ligeirinhos	Veterano M50	42:32	+09:53	04:15
13	120	Francisco Tavares	CIRES Running Team	Veterano M50	42:38	+10:00	04:16
14	989	Orlando Costa	Tondela Runners	Veterano M50	43:11	+10:32	04:19

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

15	740	Paulo Manuel Melanda Açafrão Paulo Açafrão	Individual	Veterano M50	43:12	+10:34	04:19
16	733	Manuel Marques	Individual	Veterano M50	43:17	+10:39	04:20
17	725	João Castro	Individual	Veterano M50	43:31	+10:53	04:21
18	721	Heitor Araújo	Individual	Veterano M50	43:54	+11:16	04:23
19	735	Manuel Tavares	Individual	Veterano M50	44:11	+11:33	04:25
20	1005	Alberto Santos	Twelvespot	Veterano M50	44:12	+11:33	04:25
21	738	Paul	Individual	Veterano M50	44:22	+11:43	04:26
22	723	Joaquim Almeida	Individual	Veterano M50	44:48	+12:10	04:29
23	730	José Canha	Individual	Veterano M50	45:15	+12:36	04:32
24	106	Arlindo Rodrigues	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M50	45:21	+12:43	04:32
25	905	José Santos	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M50	45:50	+13:12	04:35
26	105	Antonio Oliveira	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M50	45:55	+13:17	04:36
27	1012	Luis Figueiredo	Viriathvs Runners Viseu	Veterano M50	46:05	+13:27	04:37
28	704	Andrew John Murphy	Individual	Veterano M50	46:13	+13:34	04:37
29	726	João Maltez Capeloa	Individual	Veterano M50	46:21	+13:42	04:38
30	904	João Coelho	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M50	46:24	+13:46	04:38
31	718	Filipe Domingues	Individual	Veterano M50	46:37	+13:59	04:40
32	22	Manuel Gomes	AFIS/OVAR	Veterano M50	46:42	+14:04	04:40
33	710	ANTONIO TEIXEIRA	Individual	Veterano M50	46:48	+14:10	04:41
34	129	JOÃO ESTIVEIRA	Clube Millennium BCP	Veterano M50	46:51	+14:13	04:41
35	734	Manuel Oliveira	Individual	Veterano M50	47:08	+14:30	04:43
36	711	Armindo Ferreira Dias	Individual	Veterano M50	47:16	+14:38	04:44
37	988	José Mário Almeida	Tondela Runners	Veterano M50	47:35	+14:57	04:46
38	974	Porfírio Martins	ToNaPista	Veterano M50	47:50	+15:12	04:47
39	128	FIRMINO NOGUEIRA	Clube Millennium BCP	Veterano M50	48:06	+15:28	04:49
40	902	Carlos Estima	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M50	48:14	+15:35	04:49
41	901	Amilcar Henriques	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M50	48:30	+15:52	04:51
42	703	Alvaro Silva	Individual	Veterano M50	48:41	+16:02	04:52
43	784	Jorge Crespo	Love Tiles	Veterano M50	48:50	+16:11	04:53
44	1035	Artur Pinto Rodrigues Varum	Civilria	Veterano M50	48:52	+16:13	04:53
45	705	António Breda	Individual	Veterano M50	49:24	+16:45	04:56
46	724	João Barroco	Individual	Veterano M50	49:24	+16:46	04:56
47	10	DELFIM COSTA	ABO, LDA	Veterano M50	49:32	+16:53	04:57
48	708	António santos lopes	Individual	Veterano M50	49:49	+17:11	04:59
49	23	Paulo Almeida	AFIS/OVAR	Veterano M50	49:57	+17:19	05:00
50	783	Carlos Leite	Love Tiles	Veterano M50	49:59	+17:21	05:00
51	19	Carlos Campos	AFIS/OVAR	Veterano M50	50:40	+18:02	05:04
52	712	Carlos Alberto Nunes Dias de Almeida	Individual	Veterano M50	50:42	+18:04	05:04
53	707	António Hugo Lamarão	Individual	Veterano M50	50:44	+18:06	05:04
54	1036	Carlos Manuel Varum Sousa	Civilria	Veterano M50	50:51	+18:13	05:05
55	720	GIL ALMEIDA	Individual	Veterano M50	50:53	+18:15	05:05
56	806	José Manuel da Cruz Costa	Molinhas Team	Veterano M50	51:13	+18:35	05:07

Prova Principal — 10 KM

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

OFFICIAL RESULT

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57	20	Joaquim Ferreira	AFIS/OVAR	Veterano M50	51:45	+19:06	05:11
58	109	Joaquim Oliveira	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M50	51:47	+19:09	05:11
59	844	Manuel Anjos	Núcleo de Atletismo de Cucujães	Veterano M50	51:49	+19:11	05:11
60	737	Octavio Sergio Rodrigues Linhares	Individual	Veterano M50	52:31	+19:53	05:15
61	107	Fernando Leite	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M50	52:31	+19:53	05:15
62	1038	João Denis Santo Dôno	Individual	Veterano M50	52:31	+19:53	05:15
63	121	Rui Correia	CIRES Running Team	Veterano M50	52:40	+20:01	05:16
64	30	Francisco António Coelho e Silva	ARCD Venda da Luisa	Veterano M50	52:48	+20:09	05:17
65	702	Alcides Manuel da Cunha Marques	Individual	Veterano M50	52:49	+20:11	05:17
66	973	João Pinho	ToNaPista	Veterano M50	53:18	+20:39	05:20
67	719	Francisco Calão	Individual	Veterano M50	53:26	+20:47	05:21
68	50	Alberto Artur Teixeira Vieira	Aveiro Runners	Veterano M50	53:30	+20:52	05:21
69	1021	Francisco Aguiar	Viseu 360	Veterano M50	53:31	+20:53	05:21
70	736	Nuno Borralho	Individual	Veterano M50	53:53	+21:15	05:23
71	773	Mário Jorge Correia	LEONINOS	Veterano M50	54:34	+21:55	05:27
72	714	Carlos Manuel Ferreira Dias	Individual	Veterano M50	54:56	+22:17	05:30
73	827	Marcelo Almeida	NAR - Núcleo de Atletismo de Requeixo	Veterano M50	55:32	+22:54	05:33
74	805	jorge costa	Molinhas Team	Veterano M50	56:53	+24:14	05:41
75	200	Antonio Marques	Emete	Veterano M50	57:35	+24:57	05:46
76	728	José Abreu	Individual	Veterano M50	57:52	+25:14	05:47
77	157	António Agostinho Gomes	DAR-Recardães	Veterano M50	57:55	+25:16	05:48
78	1043	João Manuel Vieira Barros	Individual	Veterano M50	58:04	+25:26	05:48
79	8	Ricardo Bastos	A. A. Lebres do Sado	Veterano M50	58:34	+25:56	05:51
80	51	vitor oliveira	Aveiro Runners	Veterano M50	58:45	+26:07	05:53
81	158	Pedro Tavares	DAR-Recardães	Veterano M50	59:35	+26:56	05:58
82	713	Carlos Barroso	Individual	Veterano M50	01:00:21	+27:43	06:02
83	7	Rui Amaral	A C D Dornelas do Vouga	Veterano M50	01:01:44	+29:06	06:10
84	36	Eurico Inocêncio	Athlon Runners	Veterano M50	01:03:23	+30:45	06:20
85	706	Antonio Gomes	Individual	Veterano M50	01:04:16	+31:37	06:26
86	1006	Vitor Carvalho	Twelvespot	Veterano M50	01:09:37	+36:58	06:58
87	201	Ervin Guarín	Emete	Veterano M50	01:10:26	+37:48	07:03
88	869	Rogerio Antunes	OLI	Veterano M50	01:11:53	+39:15	07:11
89	741	RUI CAMILO	Individual	Veterano M50	01:12:26	+39:47	07:15

Veterano M60

1	166	Manuel Lino	DCI/Trilhos Luso Buçaco	Veterano M60	38:44	+06:06	03:52
2	746	Carlos Martins	Individual	Veterano M60	39:19	+06:40	03:56
3	89	Joaquim Ramos	Centro Atlético Póvoa Pacense (CENAP) Cacia	Veterano M60	39:24	+06:46	03:56
4	174	Joaquim Godinho	DCI/Trilhos Luso Buçaco	Veterano M60	42:07	+09:28	04:13
5	745	Carlos Alberto Ferreira	Individual	Veterano M60	43:06	+10:28	04:19
6	251	Severino Santos	GDR Granja - TRUTAS DO MAU	Veterano M60	43:21	+10:43	04:20
7	743	ANTÓNIO NETO	Individual	Veterano M60	44:50	+12:12	04:29

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

8	52	Heitor Oliveira Santos	Aveiro Runners	Veterano M60	45:15	+12:36	04:32
9	882	Fernando Lopes	os quartas ilhavo	Veterano M60	46:06	+13:27	04:37
10	747	DOMINGOS ALMEIDA	Individual	Veterano M60	46:42	+14:04	04:40
11	752	Manuel Paiva	Individual	Veterano M60	46:43	+14:05	04:40
12	744	Avelino Silva	Individual	Veterano M60	48:06	+15:27	04:49
13	13	Helder Rodrigues	ADREP	Veterano M60	48:10	+15:32	04:49
14	749	joao saraiva sardo	Individual	Veterano M60	49:08	+16:29	04:55
15	742	António Fernando Marques da Conceição	Individual	Veterano M60	49:39	+17:00	04:58
16	754	Orlando Gabriel da Silva Ferreira	Individual	Veterano M60	49:44	+17:05	04:58
17	110	Domingos Silva	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M60	50:06	+17:27	05:01
18	90	José Teixeira	Centro Atlético Póvoa Pacense (CENAP) Cacia	Veterano M60	50:27	+17:48	05:03
19	192	Rui Matos	Electrex	Veterano M60	51:13	+18:35	05:07
20	159	Arlindo Pereira dos Santos	DAR-Recardães	Veterano M60	51:39	+19:00	05:10
21	748	Fernando Alberto Lacerda	Individual	Veterano M60	51:47	+19:09	05:11
22	990	António Correia	Tondela Runners	Veterano M60	55:04	+22:25	05:30
23	877	António Macedo	os caga tacos running team	Veterano M60	56:10	+23:31	05:37
24	751	Manuel Carvalho	Individual	Veterano M60	56:55	+24:17	05:42
25	137	António Tavares	Cluve - Clube de Veteranos de Atletismo de Coimbra	Veterano M60	57:15	+24:37	05:44
26	139	Carlos Lopes	Cluve - Clube de Veteranos de Atletismo de Coimbra	Veterano M60	59:19	+26:40	05:56
27	112	Jose Soares	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M60	01:02:05	+29:26	06:13
28	113	Nelson Silva	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M60	01:02:05	+29:27	06:13
29	755	Pedro Almeida Oliveira	Individual	Veterano M60	01:02:25	+29:46	06:15
30	750	José Pires Lima	Individual	Veterano M60	01:02:53	+30:15	06:17
31	115	António Brandão	CGD-Ovar	Veterano M60	01:04:59	+32:20	06:30