



















**Prova Principal**

**10 KM**

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

**OFFICIAL RESULT**

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

|    |     |                               |                         |              |          |        |       |
|----|-----|-------------------------------|-------------------------|--------------|----------|--------|-------|
| 8  | 122 | Maria Conceição Santos Campos | Individual              | Veterana F40 | 59:17    | +20:41 | 05:56 |
| 9  | 127 | Sarah Silva                   | Individual              | Veterana F40 | 59:44    | +21:09 | 05:59 |
| 10 | 118 | Claudia Sardinha              | Individual              | Veterana F40 | 01:00:25 | +21:50 | 06:03 |
| 11 | 221 | Paula Coutinho                | PORTO SENTIDO RUNNERS   | Veterana F40 | 01:00:40 | +22:04 | 06:04 |
| 12 | 123 | Marlene Ferreira              | Individual              | Veterana F40 | 01:01:19 | +22:43 | 06:08 |
| 13 | 126 | Rosa Bela Martins             | Individual              | Veterana F40 | 01:01:37 | +23:01 | 06:10 |
| 14 | 12  | Elisa Cruz                    | AMIGOS PONTO FINAL      | Veterana F40 | 01:02:22 | +23:46 | 06:14 |
| 15 | 264 | Lucinda Maria Cruz Gomes      | Individual              | Veterana F40 | 01:02:25 | +23:50 | 06:15 |
| 16 | 216 | Lurdes Fernandes              | Polarzinhos             | Veterana F40 | 01:04:16 | +25:40 | 06:26 |
| 17 | 347 | Sónia Silva                   | Individual              | Veterana F40 | 01:05:25 | +26:49 | 06:33 |
| 18 | 120 | Filipa Pimenta                | Individual              | Veterana F40 | 01:05:32 | +26:56 | 06:33 |
| 19 | 260 | Amélia Maria Duarte Ramos     | Individual              | Veterana F40 | 01:05:46 | +27:10 | 06:35 |
| 20 | 129 | sonia oliveira                | Individual              | Veterana F40 | 01:07:14 | +28:38 | 06:43 |
| 21 | 10  | Sara Nunes                    | AFIS/OVAR               | Veterana F40 | 01:08:07 | +29:32 | 06:49 |
| 22 | 117 | AURORA FREITAS                | Individual              | Veterana F40 | 01:08:24 | +29:49 | 06:50 |
| 23 | 218 | Berta Ferreira                | PORTO SENTIDO RUNNERS   | Veterana F40 | 01:09:17 | +30:41 | 06:56 |
| 24 | 212 | Olinda Carqueija              | OS ROMPE SOLAS          | Veterana F40 | 01:10:05 | +31:30 | 07:01 |
| 25 | 230 | Susana Vasconcelos            | Salgueiros Running Team | Veterana F40 | 01:11:28 | +32:52 | 07:09 |
| 26 | 283 | Isabel Ferreira               | Individual              | Veterana F40 | 01:16:36 | +38:00 | 07:40 |

**Veterano M40**

|    |     |                                |                           |              |       |        |       |
|----|-----|--------------------------------|---------------------------|--------------|-------|--------|-------|
| 1  | 157 | Pedro Alberto Moreira Santos   | Oralklass                 | Veterano M40 | 39:42 | +01:07 | 03:58 |
| 2  | 267 | Bruno Silva                    | Individual                | Veterano M40 | 42:07 | +03:31 | 04:13 |
| 3  | 133 | António Francisco              | Individual                | Veterano M40 | 44:38 | +06:02 | 04:28 |
| 4  | 213 | Carlos Cruz                    | OS ROMPE SOLAS            | Veterano M40 | 45:52 | +07:16 | 04:35 |
| 5  | 145 | João Paulo Araújo Pereira      | Individual                | Veterano M40 | 46:42 | +08:07 | 04:40 |
| 6  | 155 | Paulo Quintas                  | Individual                | Veterano M40 | 47:18 | +08:43 | 04:44 |
| 7  | 214 | Hélder Silva                   | OS ROMPE SOLAS            | Veterano M40 | 47:19 | +08:44 | 04:44 |
| 8  | 28  | CARLOS MANUEL                  | CoimbraRunners            | Veterano M40 | 47:36 | +09:00 | 04:46 |
| 9  | 139 | Fernando Jorge Peixoto Queirós | Individual                | Veterano M40 | 48:43 | +10:07 | 04:52 |
| 10 | 162 | Ricardo Queirós                | Individual                | Veterano M40 | 48:53 | +10:17 | 04:53 |
| 11 | 164 | SERAFIM COSTA                  | Individual                | Veterano M40 | 49:50 | +11:14 | 04:59 |
| 12 | 137 | Bruno Pereira                  | Individual                | Veterano M40 | 50:33 | +11:57 | 05:03 |
| 13 | 147 | José Nuno Álvaro de Sousa      | Individual                | Veterano M40 | 50:43 | +12:08 | 05:04 |
| 14 | 13  | José Borges                    | AMIGOS PONTO FINAL        | Veterano M40 | 50:45 | +12:09 | 05:05 |
| 15 | 247 | Ricardo Peixoto                | UNIVERSAL MOTORS - EFAFLU | Veterano M40 | 51:23 | +12:48 | 05:08 |
| 16 | 140 | Fernando Santos                | Individual                | Veterano M40 | 51:55 | +13:19 | 05:12 |
| 17 | 170 | Nuno Vinha                     | Magalhães & Vinha, Lda    | Veterano M40 | 52:07 | +13:31 | 05:13 |
| 18 | 209 | Vitor Manuel Silva Campos      | OneSoul Crossfit          | Veterano M40 | 52:13 | +13:37 | 05:13 |
| 19 | 26  | Sérgio Pessegueiro             | BRICOR                    | Veterano M40 | 52:23 | +13:47 | 05:14 |
| 20 | 160 | Ricardo Carneiro               | Individual                | Veterano M40 | 52:41 | +14:05 | 05:16 |
| 21 | 158 | Pedro Pereira                  | Individual                | Veterano M40 | 52:47 | +14:11 | 05:17 |
| 22 | 205 | Cláudio Coentrão               | OneSoul Crossfit          | Veterano M40 | 52:49 | +14:13 | 05:17 |
| 23 | 130 | Albino Pires                   | Individual                | Veterano M40 | 52:52 | +14:17 | 05:17 |
| 24 | 246 | João Barbosa                   | UNIVERSAL MOTORS - EFAFLU | Veterano M40 | 52:59 | +14:23 | 05:18 |

