

PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 10:00 | 16.7°C      | 70%      |
| End   | 11:38 | 16.7°C      | 70%      |

| RANK | BIB | NAME                   | TEAM                                       | CAT              | RESULT | DIFF   | t/KM  |
|------|-----|------------------------|--|------------------|--------|--------|-------|
| 1    | 415 | Paulo Barbosa          | individual                                 | Senior Masculino | 32:00  |        | 03:12 |
| 2    | 374 | Santa Cruz             | sporting clube de braga                    | Senior Masculino | 32:13  | +00:13 | 03:13 |
| 3    | 217 | Luís Mendes            | maia a. c.                                 | Senior Masculino | 32:26  | +00:25 | 03:15 |
| 4    | 408 | Fernando Lemos         | c. f. oliveira do douro                    | Veterano M35     | 34:36  | +02:35 | 03:28 |
| 5    | 19  | PEDRO FERREIRA         | a c d s joao serra                         | Veterano M40     | 35:09  | +03:09 | 03:31 |
| 6    | 133 | Pedro Cerdeirinha      | individual                                 | Senior Masculino | 35:32  | +03:31 | 03:33 |
| 7    | 75  | Ricardo Silva          | dentisti p - clinica medico dentaria       | Senior Masculino | 36:03  | +04:03 | 03:36 |
| 8    | 249 | Hugo Santos            | nascidos para correr                       | Veterano M35     | 36:24  | +04:24 | 03:38 |
| 9    | 23  | ORLANDO NEVES          | a c d s joao serra                         | Veterano M45     | 36:28  | +04:27 | 03:39 |
| 10   | 382 | Paulo Reis             | sporting clube de espinho / antónio leitão | Veterano M50     | 36:39  | +04:39 | 03:40 |
| 11   | 369 | Marta Martins          | s. c. braga                                | Senior Feminino  | 37:10  | +05:10 | 03:43 |
| 12   | 8   | BRUNO QUEIROS          | a c d s joao serra                         | Senior Masculino | 37:10  | +05:10 | 03:43 |
| 13   | 288 | António Jesus          | nascidos para correr                       | Veterano M55     | 37:16  | +05:16 | 03:44 |
| 14   | 260 | Francelino Resende     | nascidos para correr                       | Veterano M45     | 37:43  | +05:42 | 03:46 |
| 15   | 41  | Belmiro Rodrigues      | c.d.s.salvador campo                       | Veterano M55     | 37:45  | +05:44 | 03:47 |
| 16   | 378 | Paulo Oliveira         | sporting clube de espinho / antónio leitão | Veterano M45     | 37:53  | +05:52 | 03:47 |
| 17   | 366 | Ana Margarida Lopes    | recreio desportivo de águeda               | Senior Feminino  | 37:59  | +05:59 | 03:48 |
| 18   | 278 | Joaquim Alves          | nascidos para correr                       | Veterano M50     | 38:10  | +06:09 | 03:49 |
| 19   | 218 | Carlos ferreira        | nac  | Veterano M40     | 38:15  | +06:15 | 03:50 |
| 20   | 22  | SERGIO SANTOS          | a c d s joao serra                         | Veterano M40     | 38:27  | +06:26 | 03:51 |
| 21   | 100 | Belmiro Ferreira       | g. d. leões da guarda                      | Veterano M50     | 38:40  | +06:39 | 03:52 |
| 22   | 132 | Paulo Moreira          | individual                                 | Senior Masculino | 38:41  | +06:41 | 03:52 |
| 23   | 248 | Domingos Silva         | nascidos para correr                       | Veterano M35     | 38:43  | +06:42 | 03:52 |
| 24   | 264 | José Graça             | nascidos para correr                       | Veterano M45     | 38:50  | +06:49 | 03:53 |
| 25   | 10  | Justyna Wojcik         | a c d s joao serra                         | Senior Feminino  | 38:51  | +06:51 | 03:53 |
| 26   | 18  | MARK VELHOTE           | a c d s joao serra                         | Veterano M40     | 38:52  | +06:52 | 03:53 |
| 27   | 12  | SUSANA VILELA          | a c d s joao serra                         | Veterana F35     | 39:07  | +07:06 | 03:55 |
| 28   | 165 | Bruno Alexandre Santos | ada  | Veterano M40     | 39:19  | +07:18 | 03:56 |
| 29   | 70  | Casimiro Galhardo      | clube trabalhadores bairro de carcabelos   | Veterano M60     | 39:27  | +07:26 | 03:57 |
| 30   | 286 | Alexandre Matos        | nascidos para correr                       | Veterano M55     | 39:42  | +07:41 | 03:58 |
| 31   | 377 | Jorge Pinto            | sporting clube de espinho / antónio leitão | Veterano M45     | 39:46  | +07:45 | 03:59 |
| 32   | 395 | Óscar Sobral           | viriatvys runners viseu                    | Veterano M40     | 39:51  | +07:50 | 03:59 |
| 33   | 215 | Mário Barbosa          | liberdade futebol clube                    | Veterano M45     | 39:57  | +07:56 | 04:00 |
| 34   | 404 | Bruno Vieira           | individual                                 | Veterano M35     | 40:16  | +08:15 | 04:02 |
| 35   | 71  | Antonio Teles          | clube trilheiros & amigos                  | Veterano M40     | 40:18  | +08:18 | 04:02 |
| 36   | 173 | Pedro Guimarães        | individual                                 | Veterano M40     | 40:23  | +08:23 | 04:02 |
| 37   | 53  | Luís Vieira            | clube de atletismo de vila boa do bispo    | Veterano M45     | 40:37  | +08:37 | 04:04 |
| 38   | 126 | Carlos Filipe          | individual                                 | Senior Masculino | 40:38  | +08:38 | 04:04 |
| 39   | 72  | Carlos Silva           | clube trilheiros & amigos                  | Veterano M45     | 40:55  | +08:54 | 04:06 |
| 40   | 228 | Armando Pereira        | nascidos para correr                       | Senior Masculino | 41:02  | +09:02 | 04:06 |
| 41   | 74  | manuel dourado         | cptb carcabelos synergie                   | Veterano M60     | 41:06  | +09:06 | 04:07 |
| 42   | 273 | Domingos Presas        | nascidos para correr                       | Veterano M50     | 41:10  | +09:10 | 04:07 |

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10 KM

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OFFICIAL RESULT

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

| RANK | BIB | NAME               | TEAM                                       | CAT              | RESULT | DIFF   | t/KM  |
|------|-----|--------------------|--|------------------|--------|--------|-------|
| 43   | 43  | Jorge Abreu        | café cifrao                                | Senior Masculino | 41:11  | +09:10 | 04:07 |
| 44   | 56  | João Ribeiro       | clube de atletismo de vila boa do bispo    | Veterano M60     | 41:21  | +09:21 | 04:08 |
| 45   | 253 | João Martins       | nascidos para correr                       | Veterano M40     | 41:30  | +09:30 | 04:09 |
| 46   | 9   | ELISABETE SOUSA    | a c d s joao serra                         | Veterana F35     | 41:42  | +09:41 | 04:10 |
| 47   | 26  | SERGIO PINTO       | a c d s joao serra                         | Veterano M45     | 41:42  | +09:41 | 04:10 |
| 48   | 95  | Rogerio Fernandes  | f. c. estrelas susanenses                  | Veterano M45     | 41:43  | +09:43 | 04:10 |
| 49   | 255 | Paulo Martins      | nascidos para correr                       | Veterano M40     | 41:51  | +09:51 | 04:11 |
| 50   | 32  | Fernando Ferreira  | atletico clube alfense                     | Veterano M45     | 41:58  | +09:57 | 04:12 |
| 51   | 77  | cesar martins      | escola de atletismo trofa                  | Veterano M40     | 41:59  | +09:59 | 04:12 |
| 52   | 290 | Eduardo Pinto      | nascidos para correr                       | Veterano M55     | 41:59  | +09:59 | 04:12 |
| 53   | 49  | julio ribeiro      | clube atletismo de avintes                 | Veterano M50     | 42:01  | +10:00 | 04:12 |
| 54   | 40  | Salvador Silva     | c. f. oliveira do douro                    | Veterano M45     | 42:02  | +10:02 | 04:12 |
| 55   | 227 | Adriano Salgado    | nascidos para correr                       | Senior Masculino | 42:05  | +10:05 | 04:13 |
| 56   | 55  | António Correia    | clube de atletismo de vila boa do bispo    | Veterano M60     | 42:21  | +10:20 | 04:14 |
| 57   | 129 | Eduardo Carvalho   | individual                                 | Senior Masculino | 42:31  | +10:30 | 04:15 |
| 58   | 257 | António F Santos   | nascidos para correr                       | Veterano M45     | 42:51  | +10:50 | 04:17 |
| 59   | 195 | António Nascimento | c. f. oliveira do douro                    | Veterano M55     | 42:53  | +10:53 | 04:17 |
| 60   | 146 | Carla Mendes       | individual                                 | Veterana F45     | 42:57  | +10:56 | 04:18 |
| 61   | 130 | Luís Oliveira      | individual                                 | Senior Masculino | 43:03  | +11:02 | 04:18 |
| 62   | 263 | João Lopes         | nascidos para correr                       | Veterano M45     | 43:06  | +11:06 | 04:19 |
| 63   | 274 | Fernando Pinto     | nascidos para correr                       | Veterano M50     | 43:14  | +11:14 | 04:19 |
| 64   | 175 | SILVIO FERREIRA    | individual                                 | Veterano M40     | 43:18  | +11:17 | 04:20 |
| 65   | 48  | jose morais        | clube atletismo de avintes                 | Veterano M50     | 43:26  | +11:26 | 04:21 |
| 66   | 28  | André Santos       | afis/ovar                                  | Senior Masculino | 43:31  | +11:30 | 04:21 |
| 67   | 417 | Fernando Augusto   | individual                                 | Veterano M40     | 43:41  | +11:40 | 04:22 |
| 68   | 279 | Joaquim Pereira    | nascidos para correr                       | Veterano M50     | 43:49  | +11:48 | 04:23 |
| 69   | 295 | Octávio Sousa      | nascidos para correr                       | Veterano M55     | 43:56  | +11:55 | 04:24 |
| 70   | 34  | Francisco Mateus   | atletico clube alfense                     | Veterano M50     | 44:05  | +12:05 | 04:25 |
| 71   | 280 | Jose Pereira       | nascidos para correr                       | Veterano M50     | 44:09  | +12:08 | 04:25 |
| 72   | 402 | Pedro Rodrigues    | individual                                 | Veterano M40     | 44:13  | +12:13 | 04:25 |
| 73   | 282 | Helder Kicker      | nascidos para correr                       | Veterano M35     | 44:23  | +12:22 | 04:26 |
| 74   | 169 | joice jesus        | individual                                 | Veterano M40     | 44:24  | +12:24 | 04:26 |
| 75   | 266 | Marco Almeida      | nascidos para correr                       | Veterano M45     | 44:30  | +12:29 | 04:27 |
| 76   | 27  | Sara Ribeiro       | adeca                                      | Senior Feminino  | 44:39  | +12:39 | 04:28 |
| 77   | 60  | bruno santos       | clube independente de argoncilhe           | Veterano M35     | 44:43  | +12:43 | 04:28 |
| 78   | 306 | José Correia       | os tugas                                   | Veterano M45     | 44:48  | +12:48 | 04:29 |
| 79   | 51  | silverio guedes    | clube atletismo de avintes                 | Veterano M60     | 44:50  | +12:49 | 04:29 |
| 80   | 371 | Carlos Gomes       | salgueiros running                         | Veterano M35     | 44:53  | +12:53 | 04:29 |
| 81   | 381 | Paulo Moreira      | sporting clube de espinho / antonio leitao | Veterano M50     | 44:54  | +12:54 | 04:29 |
| 82   | 287 | António Azevedo    | nascidos para correr                       | Veterano M55     | 44:58  | +12:57 | 04:30 |
| 83   | 252 | Hélder Teixeira    | nascidos para correr                       | Veterano M40     | 44:58  | +12:57 | 04:30 |
| 84   | 294 | Manuel Carriço     | nascidos para correr                       | Veterano M55     | 45:09  | +13:08 | 04:31 |
| 85   | 314 | Sérgio Neves       | power masters                              | Veterano M35     | 45:17  | +13:17 | 04:32 |
| 86   | 384 | Ricardo Fernandes  | team trail bem viver                       | Senior Masculino | 45:19  | +13:18 | 04:32 |
| 87   | 373 | Aderito Alves      | salgueiros running                         | Veterano M65     | 45:27  | +13:27 | 04:33 |
| 88   | 176 | Valdemar lopes     | individual                                 | Veterano M40     | 45:31  | +13:30 | 04:33 |

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**10 KM**

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

**OFFICIAL RESULT**

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

| RANK | BIB | NAME                        | TEAM                                       | CAT              | RESULT | DIFF   | t/KM  |
|------|-----|-----------------------------|--|------------------|--------|--------|-------|
| 89   | 33  | Aurélio Costa               | atlético clube alfense                     | Veterano M50     | 45:35  | +13:34 | 04:34 |
| 90   | 275 | Fernando Rocha              | nascidos para correr                       | Veterano M50     | 45:41  | +13:41 | 04:34 |
| 91   | 59  | Jose Silva                  | clube de atletismo os gaienses/toyota      | Veterano M60     | 45:51  | +13:50 | 04:35 |
| 92   | 15  | HELENA SANTOS               | a c d s joao serra                         | Veterana F50     | 45:52  | +13:52 | 04:35 |
| 93   | 17  | Nelson Marques              | a c d s joao serra                         | Veterano M35     | 45:53  | +13:53 | 04:35 |
| 94   | 57  | Nuno Domingues              | clube de atletismo os gaienses/toyota      | Senior Masculino | 45:57  | +13:57 | 04:36 |
| 95   | 256 | Virgílio Vieira             | nascidos para correr                       | Veterano M40     | 46:09  | +14:08 | 04:37 |
| 96   | 233 | Sandra Pereira              | nascidos para correr                       | Veterana F40     | 46:10  | +14:10 | 04:37 |
| 97   | 230 | Leonel Videira              | nascidos para correr                       | Senior Masculino | 46:17  | +14:16 | 04:38 |
| 98   | 38  | Vítor Mendes                | befitness                                  | Veterano M35     | 46:19  | +14:18 | 04:38 |
| 99   | 379 | José Augusto                | sporting clube de espinho / antónio leitão | Veterano M50     | 46:29  | +14:28 | 04:39 |
| 100  | 20  | SAMIR MEHENI                | a c d s joao serra                         | Veterano M40     | 46:31  | +14:31 | 04:39 |
| 101  | 300 | Aníbal Silva                | nascidos para correr                       | Veterano M65     | 46:34  | +14:33 | 04:39 |
| 102  | 187 | Joaquim Manuel Pinto Vieira | individual                                 | Veterano M50     | 46:37  | +14:37 | 04:40 |
| 103  | 262 | Henrique Coelho             | nascidos para correr                       | Veterano M45     | 46:48  | +14:48 | 04:41 |
| 104  | 240 | Etelvina Rocha              | nascidos para correr                       | Veterana F50     | 46:48  | +14:48 | 04:41 |
| 105  | 254 | Nuno Vidal                  | nascidos para correr                       | Veterano M40     | 46:48  | +14:48 | 04:41 |
| 106  | 265 | Manuel Pinto                | nascidos para correr                       | Veterano M45     | 46:55  | +14:55 | 04:42 |
| 107  | 416 | diogo resende               | individual                                 | Senior Masculino | 47:20  | +15:19 | 04:44 |
| 108  | 182 | Manuel Silva                | individual                                 | Veterano M45     | 47:29  | +15:29 | 04:45 |
| 109  | 388 | João Barbosa                | vamos de mota                              | Senior Masculino | 47:30  | +15:30 | 04:45 |
| 110  | 160 | Diogo Aguiar                | individual                                 | Veterano M35     | 47:34  | +15:34 | 04:45 |
| 111  | 299 | Adão Dias                   | nascidos para correr                       | Veterano M65     | 47:56  | +15:55 | 04:48 |
| 112  | 399 | José Borges                 | universidade lusiada                       | Veterano M50     | 48:05  | +16:05 | 04:49 |
| 113  | 62  | manuel santos               | clube independente de argoncilhe           | Veterano M65     | 48:12  | +16:11 | 04:49 |
| 114  | 201 | Pedro Almeida               | individual                                 | Veterano M55     | 48:12  | +16:11 | 04:49 |
| 115  | 261 | Hélder Madeira              | nascidos para correr                       | Veterano M45     | 48:16  | +16:16 | 04:50 |
| 116  | 291 | Emanuel Madureira           | nascidos para correr                       | Veterano M55     | 48:16  | +16:16 | 04:50 |
| 117  | 185 | Rui Santos                  | individual                                 | Veterano M45     | 48:23  | +16:23 | 04:50 |
| 118  | 140 | Catarina Castro             | individual                                 | Veterana F40     | 48:24  | +16:23 | 04:50 |
| 119  | 237 | Susana Pinto                | nascidos para correr                       | Veterana F45     | 48:29  | +16:29 | 04:51 |
| 120  | 406 | José Beira                  | individual                                 | Veterano M40     | 48:30  | +16:30 | 04:51 |
| 121  | 39  | CARLA RODRIGUES             | c. f. oliveira do douro                    | Veterana F45     | 48:46  | +16:46 | 04:53 |
| 122  | 411 | Domingos Pinto              | c. f. oliveira do douro                    | Veterano M55     | 48:47  | +16:46 | 04:53 |
| 123  | 161 | Gil Moreira Nunes           | individual                                 | Veterano M35     | 48:58  | +16:57 | 04:54 |
| 124  | 225 | Sara Ferreira               | nascidos para correr                       | Senior Feminino  | 48:58  | +16:58 | 04:54 |
| 125  | 50  | francisco mesquita          | clube atletismo de avintes                 | Veterano M55     | 49:06  | +17:05 | 04:55 |
| 126  | 172 | Orlando Santos              | individual                                 | Veterano M40     | 49:16  | +17:16 | 04:56 |
| 127  | 54  | Pedro Teixeira              | clube de atletismo de vila boa do bispo    | Veterano M45     | 49:37  | +17:37 | 04:58 |
| 128  | 391 | Ricardo Ribeiro             | vamos de mota                              | Senior Masculino | 49:40  | +17:39 | 04:58 |
| 129  | 304 | Sérgio Oliveira             | oliveirinhas                               | Veterano M40     | 49:41  | +17:41 | 04:58 |
| 130  | 24  | RUI PEREIRA                 | a c d s joao serra                         | Veterano M45     | 49:52  | +17:52 | 04:59 |
| 131  | 385 | Fernando Silva              | trepatrihos trail team                     | Veterano M40     | 50:08  | +18:08 | 05:01 |
| 132  | 127 | Carlos Salvador             | individual                                 | Senior Masculino | 50:13  | +18:12 | 05:01 |
| 133  | 200 | Miguel Braga                | individual                                 | Veterano M55     | 50:16  | +18:16 | 05:02 |
| 134  | 135 | Catarina Soares             | individual                                 | Veterana F35     | 50:22  | +18:22 | 05:02 |

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OFFICIAL RESULT

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| RANK | BIB | NAME                        | TEAM                                    | CAT              | RESULT | DIFF   | tkm   |
|------|-----|-----------------------------|---|------------------|--------|--------|-------|
| 135  | 191 | Manuel Silva                | individual                              | Veterano M50     | 50:31  | +18:31 | 05:03 |
| 136  | 105 | Hugo Peixoto                | holmes place                            | Veterano M35     | 50:31  | +18:31 | 05:03 |
| 137  | 76  | julia souza                 | escola de atletismo trofa               | Veterana F50     | 50:32  | +18:31 | 05:03 |
| 138  | 183 | Nuno Monteiro               | individual                              | Veterano M45     | 50:42  | +18:42 | 05:04 |
| 139  | 277 | Isaque Pinto                | nascidos para correr                    | Veterano M50     | 50:55  | +18:55 | 05:06 |
| 140  | 196 | antonio pereira             | individual                              | Veterano M55     | 50:56  | +18:56 | 05:06 |
| 141  | 52  | Gil Oliveira                | clube de atletismo de vila boa do bispo | Veterano M45     | 51:20  | +19:20 | 05:08 |
| 142  | 35  | JOSÉ MAGALHÃES              | atletico clube alfense                  | Veterano M60     | 51:22  | +19:21 | 05:08 |
| 143  | 245 | Rosa Pinto                  | nascidos para correr                    | Veterana F55     | 51:28  | +19:27 | 05:09 |
| 144  | 164 | Ar kareka                   | individual                              | Veterano M40     | 51:28  | +19:27 | 05:09 |
| 145  | 205 | MANUEL JESUS                | individual                              | Veterano M60     | 51:37  | +19:36 | 05:10 |
| 146  | 36  | Joana Campos                | atletico clube da póvoa                 | Senior Feminino  | 51:42  | +19:42 | 05:10 |
| 147  | 120 | Lúcia Soares                | individual                              | Senior Feminino  | 51:45  | +19:44 | 05:11 |
| 148  | 134 | Pedro Valente               | individual                              | Senior Masculino | 51:46  | +19:46 | 05:11 |
| 149  | 29  | Mário Pinto                 | atletico clube alfense                  | Senior Masculino | 51:49  | +19:48 | 05:11 |
| 150  | 305 | Fábio Correia               | os tugas                                | Senior Masculino | 52:29  | +20:29 | 05:15 |
| 151  | 268 | Marco Silva                 | nascidos para correr                    | Veterano M45     | 52:30  | +20:29 | 05:15 |
| 152  | 367 | Adriano Queiros             | rio largo                               | Veterano M65     | 52:31  | +20:31 | 05:15 |
| 153  | 270 | Paulo Sérgio                | nascidos para correr                    | Veterano M45     | 52:43  | +20:42 | 05:16 |
| 154  | 351 | Pedro Maia                  | re/max rapid                            | Veterano M35     | 52:46  | +20:46 | 05:17 |
| 155  | 99  | Miguel Barbosa              | fc penafiel                             | Senior Masculino | 52:53  | +20:53 | 05:17 |
| 156  | 98  | Patricia Ferreira           | fc penafiel                             | Senior Feminino  | 52:55  | +20:54 | 05:18 |
| 157  | 193 | Alberto Nunes               | individual                              | Veterano M55     | 53:13  | +21:12 | 05:19 |
| 158  | 14  | MARCELINA CARVALHO          | a c d s joao serra                      | Veterana F45     | 53:18  | +21:17 | 05:20 |
| 159  | 97  | Jose Manuel Neves           | f. c. estrelas susanenses               | Veterano M55     | 53:21  | +21:21 | 05:20 |
| 160  | 184 | Pedro Maia                  | individual                              | Veterano M45     | 53:23  | +21:23 | 05:20 |
| 161  | 181 | José Monteiro               | individual                              | Veterano M45     | 53:26  | +21:26 | 05:21 |
| 162  | 296 | Rui Dias                    | nascidos para correr                    | Veterano M55     | 53:41  | +21:40 | 05:22 |
| 163  | 1   | José Sousa                  | nascidos para correr                    | Veterano M55     | 53:41  | +21:41 | 05:22 |
| 164  | 188 | Jorge Simões                | individual                              | Veterano M50     | 53:43  | +21:43 | 05:22 |
| 165  | 147 | Federica Balducci           | individual                              | Veterana F45     | 53:49  | +21:48 | 05:23 |
| 166  | 307 | José Fonseca                | porto cycling team                      | Senior Masculino | 53:50  | +21:49 | 05:23 |
| 167  | 309 | Vitor Laranjeira            | porto cycling team                      | Veterano M45     | 53:50  | +21:50 | 05:23 |
| 168  | 186 | Yuri Gattafoni              | individual                              | Veterano M45     | 53:52  | +21:52 | 05:23 |
| 169  | 259 | Fernando Abreu              | nascidos para correr                    | Veterano M45     | 54:18  | +22:18 | 05:26 |
| 170  | 413 | Regina Silva                | holmes place                            | Senior Feminino  | 54:19  | +22:19 | 05:26 |
| 171  | 414 | Nelson Fernandes            | holmes place                            | Veterano M35     | 54:19  | +22:19 | 05:26 |
| 172  | 276 | Gabriel Santos              | nascidos para correr                    | Veterano M50     | 54:48  | +22:48 | 05:29 |
| 173  | 42  | Eurico Abreu                | café cifrão                             | Senior Masculino | 54:49  | +22:49 | 05:29 |
| 174  | 238 | Armanda Pinto               | nascidos para correr                    | Veterana F50     | 54:55  | +22:54 | 05:30 |
| 175  | 197 | Armando Matias Teixeira     | individual                              | Veterano M55     | 55:02  | +23:01 | 05:30 |
| 176  | 31  | Pedro Policiano             | atletico clube alfense                  | Veterano M40     | 55:02  | +23:01 | 05:30 |
| 177  | 125 | Rita Ferreira               | individual                              | Senior Feminino  | 55:12  | +23:12 | 05:31 |
| 178  | 94  | Pedro Reis                  | f. c. estrelas susanenses               | Veterano M40     | 55:18  | +23:17 | 05:32 |
| 179  | 246 | Albino Miguel Duarte Mendes | nascidos para correr                    | Veterano M35     | 55:18  | +23:18 | 05:32 |
| 180  | 61  | nuno silva                  | clube independente de argoncilhe        | Veterano M40     | 55:25  | +23:25 | 05:33 |

PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

| RANK | BIB | NAME                       | TEAM                                       | CAT              | RESULT   | DIFF   | t/KM  |
|------|-----|----------------------------|--|------------------|----------|--------|-------|
| 181  | 179 | Carlos CM TV               | individual                                 | Veterano M45     | 55:27    | +23:27 | 05:33 |
| 182  | 131 | Maurício Pacheco Amaro     | individual                                 | Senior Masculino | 55:44    | +23:44 | 05:34 |
| 183  | 400 | Helder Moreira             | individual                                 | Veterano M40     | 56:04    | +24:03 | 05:36 |
| 184  | 124 | Maria João Silva           | individual                                 | Senior Feminino  | 56:22    | +24:21 | 05:38 |
| 185  | 397 | Tiago Ferreira             | nascidos para correr                       | Veterano M40     | 56:47    | +24:47 | 05:41 |
| 186  | 375 | Rosa Maria                 | sporting clube de espinho / antônio leitão | Veterana F50     | 56:53    | +24:52 | 05:41 |
| 187  | 204 | André Gouveia de Paiva     | individual                                 | Veterano M60     | 57:04    | +25:03 | 05:42 |
| 188  | 150 | Ana Leão                   | individual                                 | Veterana F50     | 57:29    | +25:29 | 05:45 |
| 189  | 360 | Augusto Carvalho           | re/max rapid                               | Veterano M50     | 57:33    | +25:33 | 05:45 |
| 190  | 359 | Tiago Brandão              | re/max rapid                               | Veterano M45     | 57:34    | +25:34 | 05:45 |
| 191  | 121 | Luísa Filipa Ferreira Reis | individual                                 | Senior Feminino  | 57:41    | +25:40 | 05:46 |
| 192  | 206 | António Santos             | individual                                 | Veterano M65     | 57:42    | +25:41 | 05:46 |
| 193  | 285 | Alberto Gama               | nascidos para correr                       | Veterano M55     | 57:51    | +25:50 | 05:47 |
| 194  | 398 | Elisa Cruz                 | universidade lusíada                       | Veterana F50     | 58:02    | +26:01 | 05:48 |
| 195  | 178 | Antonio Monteiro           | individual                                 | Veterano M45     | 58:12    | +26:12 | 05:49 |
| 196  | 231 | Ricardo Gomes              | nascidos para correr                       | Senior Masculino | 58:40    | +26:39 | 05:52 |
| 197  | 92  | Vanessa Bastos             | f. c. estrelas susanenses                  | Senior Feminino  | 58:40    | +26:40 | 05:52 |
| 198  | 96  | JOSE Lino Ferreira MOURA   | f. c. estrelas susanenses                  | Veterano M55     | 58:41    | +26:40 | 05:52 |
| 199  | 289 | António Lopes              | nascidos para correr                       | Veterano M55     | 59:07    | +27:07 | 05:55 |
| 200  | 224 | Rosa Carmo                 | nascidos para correr                       | Senior Feminino  | 59:21    | +27:21 | 05:56 |
| 201  | 154 | Maria Pereira              | individual                                 | Veterana F50     | 59:36    | +27:36 | 05:58 |
| 202  | 353 | Miguel Mayer               | re/max rapid                               | Veterano M40     | 59:39    | +27:38 | 05:58 |
| 203  | 239 | Conceição Moraes           | nascidos para correr                       | Veterana F50     | 59:59    | +27:58 | 06:00 |
| 204  | 301 | Rui Mendes                 | nascidos para correr                       | Veterano M65     | 01:00:16 | +28:15 | 06:02 |
| 205  | 13  | EVA COELHO                 | a c d s joao serra                         | Veterana F40     | 01:00:25 | +28:25 | 06:03 |
| 206  | 308 | Luis Machado               | porto cycling team                         | Veterano M45     | 01:00:58 | +28:58 | 06:06 |
| 207  | 232 | Patrícia Pinho             | nascidos para correr                       | Veterana F35     | 01:00:59 | +28:58 | 06:06 |
| 208  | 389 | Nuno Dias                  | vamos de mota                              | Senior Masculino | 01:01:31 | +29:30 | 06:09 |
| 209  | 392 | Tiago Fernandes            | vamos de mota                              | Senior Masculino | 01:01:31 | +29:31 | 06:09 |
| 210  | 122 | Mafalda Coelho             | individual                                 | Senior Feminino  | 01:02:04 | +30:03 | 06:12 |
| 211  | 350 | Nuno Macedo                | re/max rapid                               | Veterano M35     | 01:02:08 | +30:08 | 06:13 |
| 212  | 168 | João Paulo Gonçalves       | individual                                 | Veterano M40     | 01:02:26 | +30:26 | 06:15 |
| 213  | 267 | Marco Azevedo de Carvalho  | nascidos para correr                       | Veterano M45     | 01:02:39 | +30:39 | 06:16 |
| 214  | 180 | João Lourenço              | individual                                 | Veterano M45     | 01:02:53 | +30:52 | 06:17 |
| 215  | 396 | Alberto Santos             | individual                                 | Veterano M55     | 01:02:59 | +30:58 | 06:18 |
| 216  | 138 | Ana Alves                  | individual                                 | Veterana F40     | 01:03:04 | +31:03 | 06:18 |
| 217  | 202 | Vitor Oliveira             | individual                                 | Veterano M55     | 01:03:04 | +31:04 | 06:18 |
| 218  | 393 | Catarina Pereira           | vamos de mota                              | Veterana F35     | 01:03:08 | +31:07 | 06:19 |
| 219  | 390 | Ricardo Pêssego Silva      | vamos de mota                              | Senior Masculino | 01:03:08 | +31:07 | 06:19 |
| 220  | 207 | AUSPÍCIO FERNANDES         | individual                                 | Veterano M65     | 01:03:15 | +31:14 | 06:20 |
| 221  | 137 | Inês                       | individual                                 | Veterana F35     | 01:03:40 | +31:39 | 06:22 |
| 222  | 368 | Domingos Cunha Costa       | runners on fire b.v.valadares              | Veterano M60     | 01:04:08 | +32:07 | 06:25 |
| 223  | 235 | Teresinha Castro           | nascidos para correr                       | Veterana F40     | 01:04:11 | +32:10 | 06:25 |
| 224  | 151 | Carolina Cruz              | individual                                 | Veterana F50     | 01:04:16 | +32:15 | 06:26 |
| 225  | 73  | Alessandra Moscato         | correr leça                                | Senior Feminino  | 01:04:28 | +32:27 | 06:27 |
| 226  | 143 | Margarida Monteiro         | individual                                 | Veterana F40     | 01:04:59 | +32:58 | 06:30 |



## Prova Principal

## 10 KM

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

### 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

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 10:00 | 16.7°C      | 70%      |
| End   | 11:38 | 16.7°C      | 70%      |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|-----|------|------|-----|--------|------|------|
|------|-----|------|------|-----|--------|------|------|

### Senior Feminino

|    |     |                            |                              |                 |          |        |       |
|----|-----|----------------------------|------------------------------|-----------------|----------|--------|-------|
| 1  | 369 | Marta Martins              | S. C. Braga                  | Senior Feminino | 37:10    | +05:10 | 03:43 |
| 2  | 366 | Ana Margarida Lopes        | RECREIO DESPORTIVO DE ÁGUEDA | Senior Feminino | 37:59    | +05:59 | 03:48 |
| 3  | 10  | Justyna Wojcik             | A C D S JOAO SERRA           | Senior Feminino | 38:51    | +06:51 | 03:53 |
| 4  | 27  | Sara Ribeiro               | ADECA                        | Senior Feminino | 44:39    | +12:39 | 04:28 |
| 5  | 225 | Sara Ferreira              | Nascidos para Correr         | Senior Feminino | 48:58    | +16:58 | 04:54 |
| 6  | 36  | Joana Campos               | Atlético Clube da Póvoa      | Senior Feminino | 51:42    | +19:42 | 05:10 |
| 7  | 120 | Lúcia Soares               | Individual                   | Senior Feminino | 51:45    | +19:44 | 05:11 |
| 8  | 98  | Patricia Ferreira          | FC PENAFIEL                  | Senior Feminino | 52:55    | +20:54 | 05:18 |
| 9  | 413 | Regina Silva               | Holmes Place                 | Senior Feminino | 54:19    | +22:19 | 05:26 |
| 10 | 125 | Rita Ferreira              | Individual                   | Senior Feminino | 55:12    | +23:12 | 05:31 |
| 11 | 124 | Maria João Silva           | Individual                   | Senior Feminino | 56:22    | +24:21 | 05:38 |
| 12 | 121 | Luisa Filipa Ferreira Reis | Individual                   | Senior Feminino | 57:41    | +25:40 | 05:46 |
| 13 | 92  | Vanessa Bastos             | F. C. Estrelas Susanenses    | Senior Feminino | 58:40    | +26:40 | 05:52 |
| 14 | 224 | Rosa Carmo                 | Nascidos para Correr         | Senior Feminino | 59:21    | +27:21 | 05:56 |
| 15 | 122 | Mafalda Coelho             | Individual                   | Senior Feminino | 01:02:04 | +30:03 | 06:12 |
| 16 | 73  | Alessandra Moscato         | CORRER LEÇA                  | Senior Feminino | 01:04:28 | +32:27 | 06:27 |
| 17 | 386 | Julliane Cristina Dias     | Unidos                       | Senior Feminino | 01:05:47 | +33:46 | 06:35 |
| 18 | 119 | Deborah Cattani Gerson     | Individual                   | Senior Feminino | 01:07:23 | +35:23 | 06:44 |
| 19 | 118 | Catarina Garcia            | Individual                   | Senior Feminino | 01:10:18 | +38:18 | 07:02 |
| 20 | 123 | Maria Eduarda Lopes Ramos  | Individual                   | Senior Feminino | 01:14:26 | +42:25 | 07:27 |
| 21 | 116 | Bárbara Nunes Vieira       | Individual                   | Senior Feminino | 01:16:26 | +44:25 | 07:39 |

### Senior Masculino

|    |     |                   |                                      |                  |       |        |       |
|----|-----|-------------------|--------------------------------------|------------------|-------|--------|-------|
| 1  | 415 | Paulo Barbosa     | Individual                           | Senior Masculino | 32:00 |        | 03:12 |
| 2  | 374 | Santa Cruz        | Sporting Clube de Braga              | Senior Masculino | 32:13 | +00:13 | 03:13 |
| 3  | 217 | Luís Mendes       | MAIA A. C.                           | Senior Masculino | 32:26 | +00:25 | 03:15 |
| 4  | 133 | Pedro Cerdeirinha | Individual                           | Senior Masculino | 35:32 | +03:31 | 03:33 |
| 5  | 75  | Ricardo Silva     | Dentisti P - Clinica Medico Dentaria | Senior Masculino | 36:03 | +04:03 | 03:36 |
| 6  | 8   | BRUNO QUEIROS     | A C D S JOAO SERRA                   | Senior Masculino | 37:10 | +05:10 | 03:43 |
| 7  | 132 | Paulo Moreira     | Individual                           | Senior Masculino | 38:41 | +06:41 | 03:52 |
| 8  | 126 | Carlos Filipe     | Individual                           | Senior Masculino | 40:38 | +08:38 | 04:04 |
| 9  | 228 | Armando Pereira   | Nascidos para Correr                 | Senior Masculino | 41:02 | +09:02 | 04:06 |
| 10 | 43  | Jorge Abreu       | Café Cifráo                          | Senior Masculino | 41:11 | +09:10 | 04:07 |
| 11 | 227 | Adriano Salgado   | Nascidos para Correr                 | Senior Masculino | 42:05 | +10:05 | 04:13 |
| 12 | 129 | Eduardo Carvalho  | Individual                           | Senior Masculino | 42:31 | +10:30 | 04:15 |
| 13 | 130 | Luís Oliveira     | Individual                           | Senior Masculino | 43:03 | +11:02 | 04:18 |
| 14 | 28  | André Santos      | AFIS/OVAR                            | Senior Masculino | 43:31 | +11:30 | 04:21 |

## Prova Principal

10 KM

### OFFICIAL RESULT

|    |     |                        |                                       |                  |          |        |       |
|----|-----|------------------------|---------------------------------------|------------------|----------|--------|-------|
| 15 | 384 | Ricardo Fernandes      | Team Trail Bem Viver                  | Senior Masculino | 45:19    | +13:18 | 04:32 |
| 16 | 57  | Nuno Domingues         | Clube de Atletismo os Gaienses/Toyota | Senior Masculino | 45:57    | +13:57 | 04:36 |
| 17 | 230 | Leonel Videira         | Nascidos para Correr                  | Senior Masculino | 46:17    | +14:16 | 04:38 |
| 18 | 416 | diogo resende          | Individual                            | Senior Masculino | 47:20    | +15:19 | 04:44 |
| 19 | 388 | João Barbosa           | Vamos de Mota                         | Senior Masculino | 47:30    | +15:30 | 04:45 |
| 20 | 391 | Ricardo Ribeiro        | Vamos de Mota                         | Senior Masculino | 49:40    | +17:39 | 04:58 |
| 21 | 127 | Carlos Salvador        | Individual                            | Senior Masculino | 50:13    | +18:12 | 05:01 |
| 22 | 134 | Pedro Valente          | Individual                            | Senior Masculino | 51:46    | +19:46 | 05:11 |
| 23 | 29  | Mário Pinto            | ATLÉTICO CLUBE ALFENSE                | Senior Masculino | 51:49    | +19:48 | 05:11 |
| 24 | 305 | Fábio Correia          | OS TUGAS                              | Senior Masculino | 52:29    | +20:29 | 05:15 |
| 25 | 99  | Miguel Barbosa         | FC PENAFIEL                           | Senior Masculino | 52:53    | +20:53 | 05:17 |
| 26 | 307 | José Fonseca           | Porto Cycling Team                    | Senior Masculino | 53:50    | +21:49 | 05:23 |
| 27 | 42  | Eurico Abreu           | Café Cifão                            | Senior Masculino | 54:49    | +22:49 | 05:29 |
| 28 | 131 | Maurício Pacheco Amaro | Individual                            | Senior Masculino | 55:44    | +23:44 | 05:34 |
| 29 | 231 | Ricardo Gomes          | Nascidos para Correr                  | Senior Masculino | 58:40    | +26:39 | 05:52 |
| 30 | 389 | Nuno Dias              | Vamos de Mota                         | Senior Masculino | 01:01:31 | +29:30 | 06:09 |
| 31 | 392 | Tiago Fernandes        | Vamos de Mota                         | Senior Masculino | 01:01:31 | +29:31 | 06:09 |
| 32 | 390 | Ricardo Pêssego Silva  | Vamos de Mota                         | Senior Masculino | 01:03:08 | +31:07 | 06:19 |
| 33 | 387 | Lucas Marcon           | Unidos                                | Senior Masculino | 01:05:47 | +33:46 | 06:35 |
| 34 | 330 | Tiago Couto            | RE/MAX RAPID                          | Senior Masculino | 01:05:49 | +33:48 | 06:35 |
| 35 | 328 | André Fernandes        | RE/MAX RAPID                          | Senior Masculino | 01:07:18 | +35:18 | 06:44 |

## Veterana F35

|    |     |                     |                      |              |          |        |       |
|----|-----|---------------------|----------------------|--------------|----------|--------|-------|
| 1  | 12  | SUSANA VILELA       | A C D S JOAO SERRA   | Veterana F35 | 39:07    | +07:06 | 03:55 |
| 2  | 9   | ELISABETE SOUSA     | A C D S JOAO SERRA   | Veterana F35 | 41:42    | +09:41 | 04:10 |
| 3  | 135 | Catarina Soares     | Individual           | Veterana F35 | 50:22    | +18:22 | 05:02 |
| 4  | 232 | Patrícia Pinho      | Nascidos para Correr | Veterana F35 | 01:00:59 | +28:58 | 06:06 |
| 5  | 393 | Catarina Pereira    | Vamos de Mota        | Veterana F35 | 01:03:08 | +31:07 | 06:19 |
| 6  | 137 | Inês                | Individual           | Veterana F35 | 01:03:40 | +31:39 | 06:22 |
| 7  | 313 | Isabel Neves        | Power Masters        | Veterana F35 | 01:06:23 | +34:23 | 06:38 |
| 8  | 302 | Mónica Oliveira     | Oliveirinhas         | Veterana F35 | 01:07:25 | +35:25 | 06:45 |
| 9  | 136 | Cristina Rocha      | Individual           | Veterana F35 | 01:12:52 | +40:52 | 07:17 |
| 10 | 37  | Andreia Pelicano    | BeFitness            | Veterana F35 | 01:14:03 | +42:03 | 07:24 |
| 11 | 412 | Zoraida Nunes Rocha | Individual           | Veterana F35 | 01:21:22 | +49:21 | 08:08 |

## Veterana F40

|   |     |                    |                      |              |          |        |       |
|---|-----|--------------------|----------------------|--------------|----------|--------|-------|
| 1 | 233 | Sandra Pereira     | Nascidos para Correr | Veterana F40 | 46:10    | +14:10 | 04:37 |
| 2 | 140 | Catarina Castro    | Individual           | Veterana F40 | 48:24    | +16:23 | 04:50 |
| 3 | 13  | EVA COELHO         | A C D S JOAO SERRA   | Veterana F40 | 01:00:25 | +28:25 | 06:03 |
| 4 | 138 | Ana Alves          | Individual           | Veterana F40 | 01:03:04 | +31:03 | 06:18 |
| 5 | 235 | Teresinha Castro   | Nascidos para Correr | Veterana F40 | 01:04:11 | +32:10 | 06:25 |
| 6 | 143 | Margarida Monteiro | Individual           | Veterana F40 | 01:04:59 | +32:58 | 06:30 |
| 7 | 141 | Fernanda Venturi   | Individual           | Veterana F40 | 01:06:34 | +34:34 | 06:39 |





**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

|    |     |                             |                      |              |          |        |       |
|----|-----|-----------------------------|----------------------|--------------|----------|--------|-------|
| 8  | 314 | Sérgio Neves                | Power Masters        | Veterano M35 | 45:17    | +13:17 | 04:32 |
| 9  | 17  | Nelson Marques              | A C D S JOAO SERRA   | Veterano M35 | 45:53    | +13:53 | 04:35 |
| 10 | 38  | Vítor Mendes                | BeFitness            | Veterano M35 | 46:19    | +14:18 | 04:38 |
| 11 | 160 | Diogo Aguiar                | Individual           | Veterano M35 | 47:34    | +15:34 | 04:45 |
| 12 | 161 | Gil Moreira Nunes           | Individual           | Veterano M35 | 48:58    | +16:57 | 04:54 |
| 13 | 105 | Hugo Peixoto                | Holmes Place         | Veterano M35 | 50:31    | +18:31 | 05:03 |
| 14 | 351 | Pedro Maia                  | RE/MAX RAPID         | Veterano M35 | 52:46    | +20:46 | 05:17 |
| 15 | 414 | Nelson Fernandes            | Holmes Place         | Veterano M35 | 54:19    | +22:19 | 05:26 |
| 16 | 246 | Albino Miguel Duarte Mendes | Nascidos para Correr | Veterano M35 | 55:18    | +23:18 | 05:32 |
| 17 | 350 | Nuno Macedo                 | RE/MAX RAPID         | Veterano M35 | 01:02:08 | +30:08 | 06:13 |
| 18 | 159 | César Freitas               | Individual           | Veterano M35 | 01:05:00 | +33:00 | 06:30 |
| 19 | 162 | Ivo Azevedo                 | Individual           | Veterano M35 | 01:06:55 | +34:54 | 06:42 |

**Veterano M40**

|    |     |                        |                                  |              |       |        |       |
|----|-----|------------------------|----------------------------------|--------------|-------|--------|-------|
| 1  | 19  | PEDRO FERREIRA         | A C D S JOAO SERRA               | Veterano M40 | 35:09 | +03:09 | 03:31 |
| 2  | 218 | Carlos ferreira        | NAC                              | Veterano M40 | 38:15 | +06:15 | 03:50 |
| 3  | 22  | SERGIO SANTOS          | A C D S JOAO SERRA               | Veterano M40 | 38:27 | +06:26 | 03:51 |
| 4  | 18  | MARK VELHOTE           | A C D S JOAO SERRA               | Veterano M40 | 38:52 | +06:52 | 03:53 |
| 5  | 165 | Bruno Alexandre Santos | ADA                              | Veterano M40 | 39:19 | +07:18 | 03:56 |
| 6  | 395 | Óscar Sobral           | Viriathvs Runners Viseu          | Veterano M40 | 39:51 | +07:50 | 03:59 |
| 7  | 71  | Antonio Teles          | Clube Trilheiros & Amigos        | Veterano M40 | 40:18 | +08:18 | 04:02 |
| 8  | 173 | Pedro Guimarães        | Individual                       | Veterano M40 | 40:23 | +08:23 | 04:02 |
| 9  | 253 | João Martins           | Nascidos para Correr             | Veterano M40 | 41:30 | +09:30 | 04:09 |
| 10 | 255 | Paulo Martins          | Nascidos para Correr             | Veterano M40 | 41:51 | +09:51 | 04:11 |
| 11 | 77  | cesar martins          | Escola de atletismo Trofa        | Veterano M40 | 41:59 | +09:59 | 04:12 |
| 12 | 175 | SILVIO FERREIRA        | Individual                       | Veterano M40 | 43:18 | +11:17 | 04:20 |
| 13 | 417 | Fernando Augusto       | Individual                       | Veterano M40 | 43:41 | +11:40 | 04:22 |
| 14 | 402 | Pedro Rodrigues        | Individual                       | Veterano M40 | 44:13 | +12:13 | 04:25 |
| 15 | 169 | joice jesus            | Individual                       | Veterano M40 | 44:24 | +12:24 | 04:26 |
| 16 | 252 | Hélder Teixeira        | Nascidos para Correr             | Veterano M40 | 44:58 | +12:57 | 04:30 |
| 17 | 176 | Valdemar lopes         | Individual                       | Veterano M40 | 45:31 | +13:30 | 04:33 |
| 18 | 256 | Virgílio Vieira        | Nascidos para Correr             | Veterano M40 | 46:09 | +14:08 | 04:37 |
| 19 | 20  | SAMIR MEHANI           | A C D S JOAO SERRA               | Veterano M40 | 46:31 | +14:31 | 04:39 |
| 20 | 254 | Nuno Vidal             | Nascidos para Correr             | Veterano M40 | 46:48 | +14:48 | 04:41 |
| 21 | 406 | José Beira             | Individual                       | Veterano M40 | 48:30 | +16:30 | 04:51 |
| 22 | 172 | Orlando Santos         | Individual                       | Veterano M40 | 49:16 | +17:16 | 04:56 |
| 23 | 304 | Sérgio Oliveira        | Oliveirinhas                     | Veterano M40 | 49:41 | +17:41 | 04:58 |
| 24 | 385 | Fernando Silva         | TrepaTrilhos Trail Team          | Veterano M40 | 50:08 | +18:08 | 05:01 |
| 25 | 164 | Ar kareka              | Individual                       | Veterano M40 | 51:28 | +19:27 | 05:09 |
| 26 | 31  | Pedro Policiano        | ATLÉTICO CLUBE ALFENSE           | Veterano M40 | 55:02 | +23:01 | 05:30 |
| 27 | 94  | Pedro Reis             | F. C. Estrelas Susanenses        | Veterano M40 | 55:18 | +23:17 | 05:32 |
| 28 | 61  | nuno silva             | Clube Independente de Argoncilhe | Veterano M40 | 55:25 | +23:25 | 05:33 |
| 29 | 400 | Helder Moreira         | Individual                       | Veterano M40 | 56:04 | +24:03 | 05:36 |
| 30 | 397 | Tiago Ferreira         | Nascidos para Correr             | Veterano M40 | 56:47 | +24:47 | 05:41 |
| 31 | 353 | Miguel Mayer           | RE/MAX RAPID                     | Veterano M40 | 59:39 | +27:38 | 05:58 |

**Prova Principal**

**10 KM**

**OFFICIAL RESULT**

|    |     |                      |                      |              |          |        |       |
|----|-----|----------------------|----------------------|--------------|----------|--------|-------|
| 32 | 168 | João Paulo Gonçalves | Individual           | Veterano M40 | 01:02:26 | +30:26 | 06:15 |
| 33 | 354 | Rogério Brás         | RE/MAX RAPID         | Veterano M40 | 01:05:58 | +33:58 | 06:36 |
| 34 | 174 | Rodrigo Mundim       | Individual           | Veterano M40 | 01:06:34 | +34:34 | 06:39 |
| 35 | 303 | Horácio Ferreira     | Oliveirinhas         | Veterano M40 | 01:10:52 | +38:51 | 07:05 |
| 36 | 209 | jose moura           | Invicta Runners Team | Veterano M40 | 01:14:30 | +42:30 | 07:27 |

**Veterano M45**

|    |     |                    |  |              |       |        |       |
|----|-----|--------------------|--|--------------|-------|--------|-------|
| 1  | 23  | ORLANDO NEVES      | A C D S JOAO SERRA                         | Veterano M45 | 36:28 | +04:27 | 03:39 |
| 2  | 260 | Francelino Resende | Nascidos para Correr                       | Veterano M45 | 37:43 | +05:42 | 03:46 |
| 3  | 378 | Paulo Oliveira     | Sporting Clube de Espinho / António Leitão | Veterano M45 | 37:53 | +05:52 | 03:47 |
| 4  | 264 | José Graça         | Nascidos para Correr                       | Veterano M45 | 38:50 | +06:49 | 03:53 |
| 5  | 377 | Jorge Pinto        | Sporting Clube de Espinho / António Leitão | Veterano M45 | 39:46 | +07:45 | 03:59 |
| 6  | 215 | Mário Barbosa      | LIBERDADE FUTEBOL CLUBE                    | Veterano M45 | 39:57 | +07:56 | 04:00 |
| 7  | 53  | Luís Vieira        | Clube de Atletismo de Vila Boa do Bispo    | Veterano M45 | 40:37 | +08:37 | 04:04 |
| 8  | 72  | Carlos Silva       | Clube Trilheiros & Amigos                  | Veterano M45 | 40:55 | +08:54 | 04:06 |
| 9  | 26  | SERGIO PINTO       | A C D S JOAO SERRA                         | Veterano M45 | 41:42 | +09:41 | 04:10 |
| 10 | 95  | Rogerio Fernandes  | F. C. Estrelas Susanenses                  | Veterano M45 | 41:43 | +09:43 | 04:10 |
| 11 | 32  | Fernando Ferreira  | ATLÉTICO CLUBE ALFENSE                     | Veterano M45 | 41:58 | +09:57 | 04:12 |
| 12 | 40  | Salvador Silva     | C. F. OLIVEIRA DO DOURO                    | Veterano M45 | 42:02 | +10:02 | 04:12 |
| 13 | 257 | António F Santos   | Nascidos para Correr                       | Veterano M45 | 42:51 | +10:50 | 04:17 |
| 14 | 263 | João Lopes         | Nascidos para Correr                       | Veterano M45 | 43:06 | +11:06 | 04:19 |
| 15 | 266 | Marco Almeida      | Nascidos para Correr                       | Veterano M45 | 44:30 | +12:29 | 04:27 |
| 16 | 306 | José Correia       | OS TUGAS                                   | Veterano M45 | 44:48 | +12:48 | 04:29 |
| 17 | 262 | Henrique Coelho    | Nascidos para Correr                       | Veterano M45 | 46:48 | +14:48 | 04:41 |
| 18 | 265 | Manuel Pinto       | Nascidos para Correr                       | Veterano M45 | 46:55 | +14:55 | 04:42 |
| 19 | 182 | Manuel Silva       | Individual                                 | Veterano M45 | 47:29 | +15:29 | 04:45 |
| 20 | 261 | Hélder Madeira     | Nascidos para Correr                       | Veterano M45 | 48:16 | +16:16 | 04:50 |
| 21 | 185 | Rui Santos         | Individual                                 | Veterano M45 | 48:23 | +16:23 | 04:50 |
| 22 | 54  | Pedro Teixeira     | Clube de Atletismo de Vila Boa do Bispo    | Veterano M45 | 49:37 | +17:37 | 04:58 |
| 23 | 24  | RUI PEREIRA        | A C D S JOAO SERRA                         | Veterano M45 | 49:52 | +17:52 | 04:59 |
| 24 | 183 | Nuno Monteiro      | Individual                                 | Veterano M45 | 50:42 | +18:42 | 05:04 |
| 25 | 52  | Gil Oliveira       | Clube de Atletismo de Vila Boa do Bispo    | Veterano M45 | 51:20 | +19:20 | 05:08 |
| 26 | 268 | Marco Silva        | Nascidos para Correr                       | Veterano M45 | 52:30 | +20:29 | 05:15 |
| 27 | 270 | Paulo Sérgio       | Nascidos para Correr                       | Veterano M45 | 52:43 | +20:42 | 05:16 |
| 28 | 184 | Pedro Maia         | Individual                                 | Veterano M45 | 53:23 | +21:23 | 05:20 |
| 29 | 181 | José Monteiro      | Individual                                 | Veterano M45 | 53:26 | +21:26 | 05:21 |
| 30 | 309 | Vitor Laranjeira   | Porto Cycling Team                         | Veterano M45 | 53:50 | +21:50 | 05:23 |
| 31 | 186 | Yuri Gattafoni     | Individual                                 | Veterano M45 | 53:52 | +21:52 | 05:23 |
| 32 | 259 | Fernando Abreu     | Nascidos para Correr                       | Veterano M45 | 54:18 | +22:18 | 05:26 |
| 33 | 179 | Carlos CM TV       | Individual                                 | Veterano M45 | 55:27 | +23:27 | 05:33 |
| 34 | 359 | Tiago Brandão      | RE/MAX RAPID                               | Veterano M45 | 57:34 | +25:34 | 05:45 |
| 35 | 178 | Antonio Monteiro   | Individual                                 | Veterano M45 | 58:12 | +26:12 | 05:49 |

**Prova Principal**

**10 KM**

**OFFICIAL RESULT**

|    |     |                           |                      |              |          |        |       |
|----|-----|---------------------------|----------------------|--------------|----------|--------|-------|
| 36 | 308 | Luis Machado              | Porto Cycling Team   | Veterano M45 | 01:00:58 | +28:58 | 06:06 |
| 37 | 267 | Marco Azevedo de Carvalho | Nascidos para Correr | Veterano M45 | 01:02:39 | +30:39 | 06:16 |
| 38 | 180 | João Lourenço             | Individual           | Veterano M45 | 01:02:53 | +30:52 | 06:17 |
| 39 | 355 | André Mayer               | RE/MAX RAPID         | Veterano M45 | 01:05:06 | +33:06 | 06:31 |
| 40 | 2   | RUI SÁ                    | 10TEMIDOS            | Veterano M45 | 01:06:30 | +34:29 | 06:39 |

**Veterano M50**

|    |     |                             |  |              |          |        |       |
|----|-----|-----------------------------|--|--------------|----------|--------|-------|
| 1  | 382 | Paulo Reis                  | Sporting Clube de Espinho / António Leitão | Veterano M50 | 36:39    | +04:39 | 03:40 |
| 2  | 278 | Joaquim Alves               | Nascidos para Correr                       | Veterano M50 | 38:10    | +06:09 | 03:49 |
| 3  | 100 | Belmiro Ferreira            | G. D. Leões da Guarda                      | Veterano M50 | 38:40    | +06:39 | 03:52 |
| 4  | 273 | Domingos Presas             | Nascidos para Correr                       | Veterano M50 | 41:10    | +09:10 | 04:07 |
| 5  | 49  | julio ribeiro               | Clube Atletismo de Avintes                 | Veterano M50 | 42:01    | +10:00 | 04:12 |
| 6  | 274 | Fernando Pinto              | Nascidos para Correr                       | Veterano M50 | 43:14    | +11:14 | 04:19 |
| 7  | 48  | jose morais                 | Clube Atletismo de Avintes                 | Veterano M50 | 43:26    | +11:26 | 04:21 |
| 8  | 279 | Joaquim Pereira             | Nascidos para Correr                       | Veterano M50 | 43:49    | +11:48 | 04:23 |
| 9  | 34  | Francisco Mateus            | ATLÉTICO CLUBE ALFENSE                     | Veterano M50 | 44:05    | +12:05 | 04:25 |
| 10 | 280 | Jose Pereira                | Nascidos para Correr                       | Veterano M50 | 44:09    | +12:08 | 04:25 |
| 11 | 381 | Paulo Moreira               | Sporting Clube de Espinho / António Leitão | Veterano M50 | 44:54    | +12:54 | 04:29 |
| 12 | 33  | Aurélio Costa               | ATLÉTICO CLUBE ALFENSE                     | Veterano M50 | 45:35    | +13:34 | 04:34 |
| 13 | 275 | Fernando Rocha              | Nascidos para Correr                       | Veterano M50 | 45:41    | +13:41 | 04:34 |
| 14 | 379 | José Augusto                | Sporting Clube de Espinho / António Leitão | Veterano M50 | 46:29    | +14:28 | 04:39 |
| 15 | 187 | Joaquim Manuel Pinto Vieira | Individual                                 | Veterano M50 | 46:37    | +14:37 | 04:40 |
| 16 | 399 | José Borges                 | Universidade Lusíada                       | Veterano M50 | 48:05    | +16:05 | 04:49 |
| 17 | 191 | Manuel Silva                | Individual                                 | Veterano M50 | 50:31    | +18:31 | 05:03 |
| 18 | 277 | Isaque Pinto                | Nascidos para Correr                       | Veterano M50 | 50:55    | +18:55 | 05:06 |
| 19 | 188 | Jorge Simões                | Individual                                 | Veterano M50 | 53:43    | +21:43 | 05:22 |
| 20 | 276 | Gabriel Santos              | Nascidos para Correr                       | Veterano M50 | 54:48    | +22:48 | 05:29 |
| 21 | 360 | Augusto Carvalho            | RE/MAX RAPID                               | Veterano M50 | 57:33    | +25:33 | 05:45 |
| 22 | 363 | Francisco Batista           | RE/MAX RAPID                               | Veterano M50 | 01:05:06 | +33:06 | 06:31 |

**Veterano M55**

|    |     |                    |                         |              |       |        |       |
|----|-----|--------------------|-------------------------|--------------|-------|--------|-------|
| 1  | 288 | António Jesus      | Nascidos para Correr    | Veterano M55 | 37:16 | +05:16 | 03:44 |
| 2  | 41  | Belmiro Rodrigues  | C.D.S.Salvador Campo    | Veterano M55 | 37:45 | +05:44 | 03:47 |
| 3  | 286 | Alexandre Matos    | Nascidos para Correr    | Veterano M55 | 39:42 | +07:41 | 03:58 |
| 4  | 290 | Eduardo Pinto      | Nascidos para Correr    | Veterano M55 | 41:59 | +09:59 | 04:12 |
| 5  | 195 | António Nascimento | C. F. OLIVEIRA DO DOURO | Veterano M55 | 42:53 | +10:53 | 04:17 |
| 6  | 295 | Octávio Sousa      | Nascidos para Correr    | Veterano M55 | 43:56 | +11:55 | 04:24 |
| 7  | 287 | António Azevedo    | Nascidos para Correr    | Veterano M55 | 44:58 | +12:57 | 04:30 |
| 8  | 294 | Manuel Carriço     | Nascidos para Correr    | Veterano M55 | 45:09 | +13:08 | 04:31 |
| 9  | 201 | Pedro Almeida      | Individual              | Veterano M55 | 48:12 | +16:11 | 04:49 |
| 10 | 291 | Emanuel Madureira  | Nascidos para Correr    | Veterano M55 | 48:16 | +16:16 | 04:50 |

## Prova Principal

## 10 KM

### OFFICIAL RESULT

|    |     |                               |                            |              |          |           |       |
|----|-----|-------------------------------|----------------------------|--------------|----------|-----------|-------|
| 11 | 411 | Domingos Pinto                | C. F. OLIVEIRA DO DOURO    | Veterano M55 | 48:47    | +16:46    | 04:53 |
| 12 | 50  | francisco mesquita            | Clube Atletismo de Avintes | Veterano M55 | 49:06    | +17:05    | 04:55 |
| 13 | 200 | Miguel Braga                  | Individual                 | Veterano M55 | 50:16    | +18:16    | 05:02 |
| 14 | 196 | antonio pereira               | Individual                 | Veterano M55 | 50:56    | +18:56    | 05:06 |
| 15 | 193 | Alberto Nunes                 | Individual                 | Veterano M55 | 53:13    | +21:12    | 05:19 |
| 16 | 97  | Jose Manuel Neves             | F. C. Estrelas Susanenses  | Veterano M55 | 53:21    | +21:21    | 05:20 |
| 17 | 296 | Rui Dias                      | Nascidos para Correr       | Veterano M55 | 53:41    | +21:40    | 05:22 |
| 18 | 1   | José Sousa                    | Nascidos para Correr       | Veterano M55 | 53:41    | +21:41    | 05:22 |
| 19 | 197 | Armando Matias Teixeira       | Individual                 | Veterano M55 | 55:02    | +23:01    | 05:30 |
| 20 | 285 | Alberto Gama                  | Nascidos para Correr       | Veterano M55 | 57:51    | +25:50    | 05:47 |
| 21 | 96  | JOSE Lino Ferreira MOURA      | F. C. Estrelas Susanenses  | Veterano M55 | 58:41    | +26:40    | 05:52 |
| 22 | 289 | António Lopes                 | Nascidos para Correr       | Veterano M55 | 59:07    | +27:07    | 05:55 |
| 23 | 396 | Alberto Santos                | Individual                 | Veterano M55 | 01:02:59 | +30:58    | 06:18 |
| 24 | 202 | Vitor Oliveira                | Individual                 | Veterano M55 | 01:03:04 | +31:04    | 06:18 |
| 25 | 199 | JOSÉ CARLOS DA SILVA FERREIRA | Individual                 | Veterano M55 | 01:05:34 | +33:34    | 06:33 |
| 26 | 293 | José Neves                    | Nascidos para Correr       | Veterano M55 | 01:07:39 | +35:39    | 06:46 |
| 27 | 365 | Candido Maia                  | RE/MAX RAPID               | Veterano M55 | 01:35:03 | +01:03:02 | 09:30 |

## Veterano M60

|    |     |                        |  |              |          |        |       |
|----|-----|------------------------|--|--------------|----------|--------|-------|
| 1  | 70  | Casimiro Galhardo      | Clube trabalhadores Bairro de Carcavelos | Veterano M60 | 39:27    | +07:26 | 03:57 |
| 2  | 74  | manuel dourado         | CPTB Carcabelos Synergie                 | Veterano M60 | 41:06    | +09:06 | 04:07 |
| 3  | 56  | João Ribeiro           | Clube de Atletismo de Vila Boa do Bispo  | Veterano M60 | 41:21    | +09:21 | 04:08 |
| 4  | 55  | António Correia        | Clube de Atletismo de Vila Boa do Bispo  | Veterano M60 | 42:21    | +10:20 | 04:14 |
| 5  | 51  | silverio guedes        | Clube Atletismo de Avintes               | Veterano M60 | 44:50    | +12:49 | 04:29 |
| 6  | 59  | Jose Silva             | Clube de Atletismo os Gaienses/Toyota    | Veterano M60 | 45:51    | +13:50 | 04:35 |
| 7  | 35  | JOSÉ MAGALHÃES         | ATLÉTICO CLUBE ALFENSE                   | Veterano M60 | 51:22    | +19:21 | 05:08 |
| 8  | 205 | MANUEL JESUS           | Individual                               | Veterano M60 | 51:37    | +19:36 | 05:10 |
| 9  | 204 | André Gouveia de Paiva | Individual                               | Veterano M60 | 57:04    | +25:03 | 05:42 |
| 10 | 368 | Domingos Cunha Costa   | Runners on fire b.v.valadares            | Veterano M60 | 01:04:08 | +32:07 | 06:25 |
| 11 | 372 | Alberto Ferreira       | Salgueiros Running                       | Veterano M60 | 01:14:08 | +42:08 | 07:25 |

## Veterano M65

|   |     |                 |                                  |              |          |        |       |
|---|-----|-----------------|----------------------------------|--------------|----------|--------|-------|
| 1 | 373 | Aderito Alves   | Salgueiros Running               | Veterano M65 | 45:27    | +13:27 | 04:33 |
| 2 | 300 | Aníbal Silva    | Nascidos para Correr             | Veterano M65 | 46:34    | +14:33 | 04:39 |
| 3 | 299 | Adão Dias       | Nascidos para Correr             | Veterano M65 | 47:56    | +15:55 | 04:48 |
| 4 | 62  | manuel santos   | Clube Independente de Argoncilhe | Veterano M65 | 48:12    | +16:11 | 04:49 |
| 5 | 367 | Adriano Queiros | Rio Largo                        | Veterano M65 | 52:31    | +20:31 | 05:15 |
| 6 | 206 | António Santos  | Individual                       | Veterano M65 | 57:42    | +25:41 | 05:46 |
| 7 | 301 | Rui Mendes      | Nascidos para Correr             | Veterano M65 | 01:00:16 | +28:15 | 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 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

|   |     |                    |            |              |          |        |       |
|---|-----|--------------------|------------|--------------|----------|--------|-------|
| 8 | 207 | AUSPÍCIO FERNANDES | Individual | Veterano M65 | 01:03:15 | +31:14 | 06:20 |
|---|-----|--------------------|------------|--------------|----------|--------|-------|

**BENJAMINS - STAGE 1**

**0.5 KM**

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

**OFFICIAL RESULT**

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

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 08:30 | -99°C       | -99%     |
| End   | 11:27 | -99°C       | -99%     |

| RANK | BIB | NAME                       | TEAM                       | CAT                  | RESULT | DIFF   | t/KM |
|------|-----|----------------------------|----------------------------|----------------------|--------|--------|------|
| 1    | 410 | Joana Duarte               | a c d s joao serra         | Benjamim B Feminino  | 02:07  |        | -    |
| 2    | 79  | Ana Almeida                | f. c. estrelas susanenses  | Benjamim B Feminino  | 02:12  | +00:04 | -    |
| 3    | 80  | Mariana Reis               | f. c. estrelas susanenses  | Benjamim B Feminino  | 02:15  | +00:07 | -    |
| 4    | 78  | Rodrigo Reis               | f. c. estrelas susanenses  | Benjamim A Masculino | 02:29  | +00:21 | -    |
| 5    | 44  | Rodrigo Santiago           | clube atletismo de avintes | Benjamim A Masculino | 02:39  | +00:31 | -    |
| 6    | 45  | Cinda Araújo               | clube atletismo de avintes | Benjamim B Feminino  | 02:41  | +00:33 | -    |
| 7    | 311 | David Neves                | power masters              | Benjamim A Masculino | 02:41  | +00:33 | -    |
| 8    | 407 | Tomás amaral               | individual                 | Benjamim A Masculino | 03:08  | +01:00 | -    |
| 9    | 108 | Bárbara de Sá e Melo Lopes | individual                 | Benjamim A Feminino  | 03:39  | +01:31 | -    |
| 10   | 107 | Ana Filipa                 | individual                 | Benjamim A Feminino  | 04:12  | +02:04 | -    |
| 11   | 312 | Ana Neves                  | power masters              | Benjamim B Feminino  | 07:35  | +05:27 | -    |

## Benjamins

0.5 KM

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

### OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 08:30 | -99°C       | -99%     |
| End   | 11:27 | -99°C       | -99%     |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | ↑/KM |
|------|-----|------|------|-----|--------|------|------|
|------|-----|------|------|-----|--------|------|------|

## Benjamim A Feminino

|   |     |                            |            |                     |       |        |   |
|---|-----|----------------------------|------------|---------------------|-------|--------|---|
| 1 | 108 | Bárbara de Sá e Melo Lopes | Individual | Benjamim A Feminino | 03:39 | +01:31 | - |
| 2 | 107 | Ana Filipa                 | Individual | Benjamim A Feminino | 04:12 | +02:04 | - |

## Benjamim A Masculino

|   |     |                  |                            |                      |       |        |   |
|---|-----|------------------|----------------------------|----------------------|-------|--------|---|
| 1 | 78  | Rodrigo Reis     | F. C. Estrelas Susanenses  | Benjamim A Masculino | 02:29 | +00:21 | - |
| 2 | 44  | Rodrigo Santiago | Clube Atletismo de Avintes | Benjamim A Masculino | 02:39 | +00:31 | - |
| 3 | 311 | David Neves      | Power Masters              | Benjamim A Masculino | 02:41 | +00:33 | - |
| 4 | 407 | Tomás amaral     | Individual                 | Benjamim A Masculino | 03:08 | +01:00 | - |

## Benjamim B Feminino

|   |     |              |                            |                     |       |        |   |
|---|-----|--------------|----------------------------|---------------------|-------|--------|---|
| 1 | 410 | Joana Duarte | A C D S JOAO SERRA         | Benjamim B Feminino | 02:07 |        | - |
| 2 | 79  | Ana Almeida  | F. C. Estrelas Susanenses  | Benjamim B Feminino | 02:12 | +00:04 | - |
| 3 | 80  | Mariana Reis | F. C. Estrelas Susanenses  | Benjamim B Feminino | 02:15 | +00:07 | - |
| 4 | 45  | Cinda Araújo | Clube Atletismo de Avintes | Benjamim B Feminino | 02:41 | +00:33 | - |
| 5 | 312 | Ana Neves    | Power Masters              | Benjamim B Feminino | 07:35 | +05:27 | - |



**INFANTIS - STAGE 1****1 KM**

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

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 08:40 | -99°C       | -99%     |
| End   | 11:10 | -99°C       | -99%     |

| RANK | BIB | NAME                                | TEAM                       | CAT                | RESULT | DIFF   | t/KM |
|------|-----|-------------------------------------|----------------------------|--------------------|--------|--------|------|
| 1    | 85  | Bruno Bastos                        | f. c. estrelas susanenses  | Infantil Masculino | 04:40  |        | -    |
| 2    | 409 | Rodrigo Pinto                       | a c d s joao serra         | Infantil Masculino | 04:50  | +00:10 | -    |
| 3    | 220 | Ana Zueva                           | nascidos para correr       | Infantil Feminino  | 04:54  | +00:13 | -    |
| 4    | 84  | Joana Monteiro                      | f. c. estrelas susanenses  | Infantil Feminino  | 04:59  | +00:18 | -    |
| 5    | 210 | Joana Teixeira                      | jns                        | Infantil Feminino  | 05:01  | +00:20 | -    |
| 6    | 110 | Sofia Alexandra Batista de Carvalho | individual                 | Infantil Feminino  | 05:14  | +00:33 | -    |
| 7    | 47  | Leonor Rodrigues                    | clube atletismo de avintes | Infantil Feminino  | 05:24  | +00:43 | -    |
| 8    | 221 | Gonçalo Santos                      | nascidos para correr       | Infantil Masculino | 05:26  | +00:45 | -    |
| 9    | 46  | Fabiana Rodrigues                   | clube atletismo de avintes | Infantil Feminino  | 05:29  | +00:48 | -    |

## Infantis

1 KM

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

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 08:40 | -99°C       | -99%     |
| End   | 11:10 | -99°C       | -99%     |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|-----|------|------|-----|--------|------|------|
|------|-----|------|------|-----|--------|------|------|

### Infantil Feminino

|   |     |                                     |                            |                   |       |        |   |
|---|-----|-------------------------------------|----------------------------|-------------------|-------|--------|---|
| 1 | 220 | Ana Zueva                           | Nascidos para Correr       | Infantil Feminino | 04:54 | +00:13 | - |
| 2 | 84  | Joana Monteiro                      | F. C. Estrelas Susanenses  | Infantil Feminino | 04:59 | +00:18 | - |
| 3 | 210 | Joana Teixeira                      | Jns                        | Infantil Feminino | 05:01 | +00:20 | - |
| 4 | 110 | Sofia Alexandra Batista de Carvalho | Individual                 | Infantil Feminino | 05:14 | +00:33 | - |
| 5 | 47  | Leonor Rodrigues                    | Clube Atletismo de Avintes | Infantil Feminino | 05:24 | +00:43 | - |
| 6 | 46  | Fabiana Rodrigues                   | Clube Atletismo de Avintes | Infantil Feminino | 05:29 | +00:48 | - |

### Infantil Masculino

|   |     |                |                           |                    |       |        |   |
|---|-----|----------------|---------------------------|--------------------|-------|--------|---|
| 1 | 85  | Bruno Bastos   | F. C. Estrelas Susanenses | Infantil Masculino | 04:40 |        | - |
| 2 | 409 | Rodrigo Pinto  | A C D S JOAO SERRA        | Infantil Masculino | 04:50 | +00:10 | - |
| 3 | 221 | Gonalo Santos | Nascidos para Correr      | Infantil Masculino | 05:26 | +00:45 | - |



## Iniciados

2 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

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 08:50 | -99°C       | -99%     |
| End   | 09:25 | -99°C       | -99%     |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|-----|------|------|-----|--------|------|------|
|------|-----|------|------|-----|--------|------|------|

### Iniciado Feminino

|   |     |                    |                           |                   |       |        |       |
|---|-----|--------------------|---------------------------|-------------------|-------|--------|-------|
| 1 | 222 | Samanta Zueva      | Nascidos para Correr      | Iniciado Feminino | 10:58 | +01:05 | 05:29 |
| 2 | 401 | Sara Silva         | A C D S JOAO SERRA        | Iniciado Feminino | 11:02 | +01:09 | 05:31 |
| 3 | 88  | Maria Soares       | F. C. Estrelas Susanenses | Iniciado Feminino | 12:08 | +02:16 | 06:04 |
| 4 | 86  | Catarina Gonçalves | F. C. Estrelas Susanenses | Iniciado Feminino | 14:36 | +04:44 | 07:18 |

### Iniciado Masculino

|   |     |                          |                           |                    |       |        |       |
|---|-----|--------------------------|---------------------------|--------------------|-------|--------|-------|
| 1 | 223 | Roberto Carvalho         | Nascidos para Correr      | Iniciado Masculino | 09:52 |        | 04:56 |
| 2 | 91  | Rodrigo Loureiro         | F. C. Estrelas Susanenses | Iniciado Masculino | 10:12 | +00:20 | 05:06 |
| 3 | 113 | Marcos Filipe Pinto Mota | Individual                | Iniciado Masculino | 10:28 | +00:36 | 05:14 |
| 4 | 89  | Dinis Carvalho           | F. C. Estrelas Susanenses | Iniciado Masculino | 11:22 | +01:29 | 05:41 |
| 5 | 112 | Lucas                    | Individual                | Iniciado Masculino | 13:01 | +03:09 | 06:31 |

**JUVENIS - STAGE 1**
**3 KM**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
**OFFICIAL RESULT**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 09:00 | -99°C       | -99%     |
| End   | 11:27 | -99°C       | -99%     |

| RANK | BIB | NAME              | TEAM                      | CAT               | RESULT | DIFF   | t/KM  |
|------|-----|-------------------|---------------------------|-------------------|--------|--------|-------|
| 1    | 6   | JOSE PEREIRA      | a c d s joao serra        | Juvenil Masculino | 17:50  |        | 05:57 |
| 2    | 7   | MARCO MELO        | a c d s joao serra        | Juvenil Masculino | 17:51  | +00:00 | 05:57 |
| 3    | 5   | JOAO MARQUES      | a c d s joao serra        | Juvenil Masculino | 17:51  | +00:00 | 05:57 |
| 4    | 67  | Diogo Ferreira    | clube spiridon de gaia    | Juvenil Masculino | 18:14  | +00:24 | 06:05 |
| 5    | 68  | João Lourenço     | clube spiridon de gaia    | Juvenil Masculino | 18:35  | +00:45 | 06:12 |
| 6    | 66  | Adriano Costa     | clube spiridon de gaia    | Juvenil Masculino | 19:30  | +01:39 | 06:30 |
| 7    | 3   | FILIPA DIAMANTINO | a c d s joao serra        | Juvenil Feminino  | 21:37  | +03:46 | 07:12 |
| 8    | 69  | Nuno Moreira      | clube spiridon de gaia    | Juvenil Masculino | 23:59  | +06:08 | 08:00 |
| 9    | 93  | Bruna Almeida     | f. c. estrelas susanenses | Juvenil Feminino  | 26:39  | +08:48 | 08:53 |

