

PROVA PRINCIPAL - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
131	976	Filipe Barros	individual	Senior Masculino	39:44	+09:34	03:58
132	2282	João Rodrigues	vale correr	Veterano M50	39:44	+09:35	03:58
133	620	HELDER COSTA	ginásio clube d ebragança	Senior Masculino	39:45	+09:35	03:59
134	1886	JOSÉ SILVA	ripolins grijo a correr	Veterano M45	39:46	+09:36	03:59
135	161	Ricardo Esteves	arcorun	Senior Masculino	39:46	+09:37	03:59
136	1687	Antonio Pinto	monte dos amigos	Veterano M35	39:48	+09:38	03:59
137	20	Justyna Wojcik	acd são joão da serra	Veterana F35	39:49	+09:39	03:59
138	137	Márcio Pereira	arada atlético clube	Veterano M35	39:50	+09:40	03:59
139	1019	Hugo Tavares	individual	Veterano M35	39:51	+09:41	03:59
140	382	Mónica Fernandes	clube atletismo de ovar	Veterana F40	39:51	+09:42	03:59
141	381	Hélder Pires	clube atletismo de ovar	Senior Masculino	39:52	+09:42	03:59
142	1819	Miguel Barba	peniche a correr	Veterano M40	39:56	+09:47	04:00
143	1409	Telmo Oliveira	individual	Veterano M40	39:56	+09:47	04:00
144	1224	Miguel Pinto	individual	Veterano M35	39:59	+09:49	04:00
145	2168	Augusto Castro	sporting clube de espinho / antónio leitão	Veterano M55	40:00	+09:50	04:00
146	1774	Carlos Couto	outlaw runners	Veterano M45	40:01	+09:51	04:00
147	622	JOÃO MOREIRA	ginásio clube d ebragança	Sub 23 Masculino	40:01	+09:51	04:00
148	64	Wouter de Broeck	a d rio largo c espinho	Veterano M45	40:03	+09:54	04:00
149	1554	Hugo Machado	lion runners - g. d. leões da guarda	Senior Masculino	40:05	+09:55	04:01
150	1465	FERNANDO BRANDÃO	jam - juventude atlética mozelense	Veterano M55	40:10	+10:00	04:01
151	748	Americo Silva	individual	Veterano M40	40:11	+10:02	04:01
152	1890	PAULO FERNANDES	ripolins grijo a correr	Veterano M45	40:14	+10:05	04:01
153	423	Sérgio Machado	dci/trilhos luso bussaco	Veterano M40	40:18	+10:08	04:02
154	1325	Ricardo Germano	individual	Senior Masculino	40:19	+10:09	04:02
155	1238	Nuno Albergaria	individual	Senior Masculino	40:21	+10:11	04:02
156	25	Fábio Lima	10 kapas	Senior Masculino	40:21	+10:12	04:02
157	359	Jorge Resende	cinfaes a correr	Veterano M35	40:30	+10:21	04:03
158	398	Hélder Neves	clube vodafone	Veterano M40	40:33	+10:24	04:03
159	101	Manuel Fonseca	afis/ovar	Veterano M55	40:34	+10:24	04:03
160	1800	José Pereira	ozxtreme	Veterano M35	40:39	+10:29	04:04
161	699	MIGUEL SANTOS	grupo desportivo e cultural de guilhovai	Veterano M40	40:40	+10:30	04:04
162	1878	Miguel Rego	qualy - produtos de limpeza	Veterano M35	40:41	+10:31	04:04
163	158	Luis Costa	arcorun	Senior Masculino	40:41	+10:32	04:04
164	1829	Luís Beato	peraltafil running	Veterano M35	40:47	+10:37	04:05
165	971	Fernando Valente Valente	individual	Veterano M55	40:50	+10:40	04:05
166	652	Hugo Figueiredo	gramidense infante futebol clube	Veterano M40	40:51	+10:41	04:05
167	2230	Paulo Silva	taylors	Veterano M50	40:51	+10:42	04:05
168	1070	Jorge Gonçalves	individual	Senior Masculino	40:52	+10:42	04:05
169	133	José Alvarado	arada atlético clube	Senior Masculino	40:55	+10:46	04:06
170	2185	Ricardo Pereira	sporting clube de espinho / antónio leitão	Sub 23 Masculino	41:04	+10:54	04:06
171	1807	Tiago arruda	pão pepim	Senior Masculino	41:08	+10:58	04:07
172	1696	Tiago Ferreira	namadores	Veterano M40	41:12	+11:02	04:07
173	564	Lídia Pereira	gdr granja - trutas do mau	Veterana F50	41:14	+11:04	04:07
174	1756	Filipe Martins	os isabelinhas	Veterano M35	41:15	+11:05	04:08
175	2086	Nuno Alexandre Coelho Silva	salgueiros running	Veterano M40	41:16	+11:06	04:08
176	1867	Miguel Silva	porto sentido runners	Veterano M40	41:20	+11:10	04:08

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

OFFICIAL RESULT**R**
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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
401	1719	Manuel Cardoso	npc	Veterano M50	45:22	+15:12	04:32
402	342	Nelson Silva	centro municipal de marcha e corrida de vale de cambra	Veterano M55	45:23	+15:13	04:32
403	1699	Etelvina Rocha	nascidos para corre	Veterana F50	45:23	+15:13	04:32
404	2188	atleta 2188	sporting clube de espinho / antónio leitão	Senior Masculino	45:26	+15:16	04:33
405	276	Henrique Oliveira	caipirinha runners	Veterano M35	45:28	+15:19	04:33
406	1092	José Magalhães	individual	Veterano M40	45:29	+15:19	04:33
407	528	Raul Pereira	fogaças com malapos	Veterano M35	45:30	+15:20	04:33
408	102	Manuel Gomes	afis/ovar	Veterano M50	45:32	+15:22	04:33
409	581	Hélder Samuel Pereira Oliveira	geocross trail	Veterano M35	45:33	+15:23	04:33
410	1625	Patricia Lopes	madugym	Senior Feminino	45:33	+15:23	04:33
411	1454	João Resende	invicta runners team	Veterano M45	45:33	+15:23	04:33
412	1387	Sofia Dias	individual	Senior Feminino	45:34	+15:24	04:33
413	1531	Jorge Santos	kirchhoff - konect running team	Veterano M45	45:35	+15:25	04:34
414	2266	António Neto	trifitrofa	Veterano M55	45:36	+15:26	04:34
415	129	Carlos Abelha	arada atlético clube	Veterano M45	45:37	+15:27	04:34
416	403	Luis Torres	comdor runners	Veterano M45	45:37	+15:28	04:34
417	337	Jacinto Almeida	centro municipal de marcha e corrida de vale de cambra	Veterano M40	45:38	+15:29	04:34
418	1112	Jose Vieira	individual	Veterano M45	45:39	+15:29	04:34
419	1853	Rui Russo dos Santos	porto runners	Veterano M50	45:39	+15:29	04:34
420	2126	Augusto Ribeiro	sociedade recreio cepanense	Veterano M55	45:39	+15:30	04:34
421	35	André Andrade	#quandoacaba	Senior Masculino	45:40	+15:30	04:34
422	348	Ana Botelho	cinfães a correr	Senior Feminino	45:40	+15:31	04:34
423	661	Bruno Andrade	grupo de corrida de argoncilhe	Senior Masculino	45:42	+15:32	04:34
424	1486	Antonio Silva	juventude cortegacense	Veterano M40	45:42	+15:33	04:34
425	1	Isabel Silva	os incribeis	Senior Feminino	45:42	+15:33	04:34
426	820	Armando Barbosa	individual	Veterano M35	45:43	+15:33	04:34
427	899	Cristiano Nunes	individual	Senior Masculino	45:43	+15:34	04:34
428	945	Fábio Almeida	individual	Sub 23 Masculino	45:43	+15:34	04:34
429	917	David Rego	individual	Senior Masculino	45:44	+15:34	04:34
430	1339	Roland Sousa	individual	Veterano M35	45:44	+15:35	04:34
431	1998	Nelson Fernandes	running espinho	Veterano M35	45:45	+15:35	04:35
432	90	Paulo Carneiro	add	Veterano M40	45:45	+15:35	04:35
433	1912	António Porrão	running esmoriz	Veterano M55	45:45	+15:36	04:35
434	2042	Ze Moutinho	running espinho	Veterano M55	45:50	+15:40	04:35
435	1304	Pedro Lobo	individual	Veterano M35	45:51	+15:41	04:35
436	409	António Carlos Tavares De Paiva	correr leça	Veterano M40	45:51	+15:41	04:35
437	2173	Hortense Tenda	sporting clube de espinho / antónio leitão	Veterana F35	45:53	+15:43	04:35
438	672	Joaquim Ribeiro	grupo de corrida de argoncilhe	Veterano M50	45:53	+15:43	04:35
439	1056	Joao Silva	individual	Veterano M35	45:54	+15:45	04:35
440	1110	José Ruas	individual	Senior Masculino	45:55	+15:45	04:36
441	416	Rui figueiredo	cpt- sobral de ceira	Veterano M40	45:57	+15:47	04:36
442	2281	Hugo Pinto	uikemedo team	Veterano M40	45:58	+15:49	04:36
443	585	Mónica Oliveira	geocross trail	Veterana F40	46:00	+15:50	04:36
444	571	Sergio Crista	gdr juventude ribeiras	Veterano M40	46:00	+15:50	04:36

PROVA PRINCIPAL - STAGE 1
10 KM
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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
491	824	Assis Azevedo	individual	Veterano M55	46:46	+16:36	04:41
492	525	Junior Sabença	fogaças com malapos	Senior Masculino	46:46	+16:37	04:41
493	1523	Humberto José de Barros	kaninos	Veterano M35	46:47	+16:38	04:41
494	1023	Ilsa carvalho da Costa Costa	individual	Senior Feminino	46:48	+16:38	04:41
495	2146	Miguel Andrade	solinca foz	Veterano M35	46:50	+16:40	04:41
496	166	Ricardo Magalhães	as belas e eles	Veterano M35	46:51	+16:41	04:41
497	1314	Pedro Vaz	individual	Veterano M35	46:51	+16:41	04:41
498	1445	Wilson Soares	individual	Veterano M35	46:52	+16:42	04:41
499	2024	Ricardo Pais	running espinho	Senior Masculino	46:53	+16:43	04:41
500	1374	Sérgio Gomes	individual	Veterano M45	46:53	+16:43	04:41
501	1988	Manuel Ferreira	running espinho	Veterano M50	46:53	+16:44	04:41
502	2251	Richard Gustavo Nogueira Silva	trail running clube btt sanguedo	Veterano M45	46:54	+16:44	04:41
503	2169	António Neves	sporting clube de espinho / antónio leitão	Veterano M55	46:55	+16:46	04:42
504	2119	Sérgio Pereira	smp - produtos alimentares	Veterano M50	46:57	+16:47	04:42
505	640	RUI PEREIRA	ginásio clube d ebragança	Veterano M45	46:57	+16:47	04:42
506	946	Fábio Barbosa	individual	Senior Masculino	46:57	+16:47	04:42
507	1080	José Carlos Ribeiro Rodrigues	individual	Veterano M50	46:58	+16:48	04:42
508	105	Paulo Conde	afis/ovar	Veterano M40	46:58	+16:48	04:42
509	109	Sara Nunes	afis/ovar	Veterana F40	46:58	+16:48	04:42
510	340	Manuel Oliveira	centro municipal de marcha e corrida de vale de cambra	Veterano M55	46:58	+16:49	04:42
511	329	Arlindo Rodrigues	centro municipal de marcha e corrida de vale de cambra	Veterano M55	46:59	+16:49	04:42
512	2245	Porfírio Carreira Martins	to na pista	Veterano M55	46:59	+16:49	04:42
513	55	Adriano Queiroz	a d rio largo c espinho	Veterano M55	46:59	+16:49	04:42
514	1582	Daniel Reis	lusos xxi	Sub 23 Masculino	46:59	+16:49	04:42
515	1734	Carlos Oliveira	oliveconta - contabilidade e seguros - ermesinde	Veterano M45	47:02	+16:52	04:42
516	949	Fábio Figueiredo	individual	Sub 23 Masculino	47:04	+16:54	04:42
517	560	Paulo ferreira	gdr	Veterano M40	47:04	+16:54	04:42
518	2187	Rui Silva	sporting clube de espinho / antónio leitão	Veterano M40	47:04	+16:54	04:42
519	1620	Luis Morais	madugym	Veterano M45	47:04	+16:54	04:42
520	2077	José Salgueiro	salgueiros running	Veterano M40	47:05	+16:55	04:43
521	1834	Sérgio Gomes	peraltafil running	Veterano M45	47:07	+16:57	04:43
522	1417	Tiago Marques	individual	Veterano M40	47:08	+16:58	04:43
523	1790	João Tavares	ovarrun	Senior Masculino	47:08	+16:59	04:43
524	258	Daniel Oliveira	bravos e bravitas	Senior Masculino	47:09	+16:59	04:43
525	347	Isidro Almeida	cinfaes a correr	Senior Masculino	47:09	+16:59	04:43
526	60	Julia Schiavon	a d rio largo c espinho	Veterana F35	47:09	+17:00	04:43
527	1986	Mafalda Resende	running espinho	Veterana F35	47:13	+17:03	04:43
528	1077	José Augusto Mendes Ferreira	individual	Veterano M50	47:14	+17:04	04:43
529	563	Isabel Oliveira	gdr granja - trutas do mau	Veterana F40	47:16	+17:06	04:44
530	962	Fernando Ferreira	individual	Veterano M45	47:18	+17:09	04:44
531	1357	Rui Pereira	individual	Veterano M40	47:20	+17:10	04:44
532	1284	Paulo Oliveira	individual	Veterano M40	47:20	+17:10	04:44
533	983	Filipe Santos	individual	Veterano M40	47:20	+17:11	04:44
534	782	André Moreira	individual	Senior Masculino	47:21	+17:11	04:44

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	tkm
535	1708	Rosa Pinto	nascidos para corre	Veterana F55	47:22	+17:12	04:44
536	2157	Rui Paiva	speedy gonzalez	Senior Masculino	47:22	+17:12	04:44
537	1701	Hélder Teixeira	nascidos para corre	Veterano M40	47:22	+17:12	04:44
538	1724	Manuel Paiva	núcleo atletismo cucujães	Veterano M55	47:23	+17:13	04:44
539	87	FILIPE MANUEL FERREIRA	acr de vale de cambra	Senior Masculino	47:24	+17:14	04:44
540	926	Diogo Coelho	individual	Senior Masculino	47:27	+17:17	04:45
541	821	Armindo Leonel Bastos	individual	Veterano M45	47:29	+17:19	04:45
542	2088	Nuno Maio	salgueiros running	Veterano M35	47:29	+17:20	04:45
543	512	Tiago Pinto	ferreira de sá rugs	Senior Masculino	47:29	+17:20	04:45
544	1851	Helder Aguiar	porcupine monkeys	Veterano M35	47:30	+17:20	04:45
545	390	Manuel santos	clube independente de argoncilhe	Veterano M55	47:31	+17:21	04:45
546	789	André Silva	individual	Veterano M55	47:32	+17:22	04:45
547	1556	JORGE ROCHA	lion runners - g. d. leões da guarda	Veterano M40	47:33	+17:23	04:45
548	2309	Jorge Quaresma	viseu 360	Veterano M50	47:33	+17:23	04:45
549	862	Carlos Granja	individual	Senior Masculino	47:33	+17:24	04:45
550	2099	João rodrigues	sc espinho	Veterano M45	47:33	+17:24	04:45
551	1515	Ricardo Teixeira	juventude cortegacense	Veterano M35	47:35	+17:25	04:46
552	1278	Paulo Jorge Melo Silva	individual	Veterano M40	47:36	+17:26	04:46
553	2215	Diogo Melo	supras	Senior Masculino	47:37	+17:27	04:46
554	990	Francisco Oliveira	individual	Veterano M40	47:38	+17:28	04:46
555	844	Bruno Rodrigues	individual	Senior Masculino	47:40	+17:30	04:46
556	1016	Hugo Ribeiro	individual	Senior Masculino	47:40	+17:30	04:46
557	2003	Nuno Pereira	running espinho	Veterano M45	47:43	+17:33	04:46
558	940	Elísio maia Maia	individual	Veterano M45	47:43	+17:34	04:46
559	1979	Jose Antonio Silva	running espinho	Veterano M40	47:44	+17:34	04:46
560	1627	Pedro Gonçalves	madugym	Senior Masculino	47:45	+17:35	04:47
561	1180	Marco Paulo Reis Soares	individual	Veterano M40	47:45	+17:35	04:47
562	406	Nuno Silva	coronado runners	Veterano M40	47:45	+17:36	04:47
563	1987	Manuel Couto	running espinho	Veterano M45	47:48	+17:38	04:47
564	817	ANTONIO TEIXEIRA	individual	Veterano M50	47:49	+17:39	04:47
565	1233	Nelson Carvalho Da Silva	individual	Veterano M45	47:49	+17:40	04:47
566	1717	Dora Dias	no tomorrow running team	Veterana F35	47:52	+17:42	04:47
567	1075	Jorge Silva	individual	Veterano M45	47:52	+17:43	04:47
568	1045	Joao Filipe Rodrigues	individual	Veterano M45	47:54	+17:44	04:47
569	1328	Ricardo oliveira	individual	Veterano M40	47:54	+17:44	04:47
570	806	António Fernandes	individual	Veterano M45	47:56	+17:46	04:48
571	1220	Miguel Guimaraes	individual	Veterano M45	47:57	+17:47	04:48
572	1115	Júlio Lourenço	individual	Sub 23 Masculino	47:57	+17:47	04:48
573	1134	Luis Azevedo	individual	Senior Masculino	47:57	+17:48	04:48
574	2114	Miguel Nunes	seven fifteen	Veterano M45	47:57	+17:48	04:48
575	1760	Ana Lírio	os lírios	Senior Feminino	47:59	+17:50	04:48
576	863	Carlos Lancha	individual	Veterano M45	48:01	+17:51	04:48
577	176	Paulo Sá	asa seguros	Veterano M40	48:03	+17:53	04:48
578	361	Luís Correia	cinfães a correr	Senior Masculino	48:03	+17:54	04:48
579	1738	Paulo Dias	os adamastores	Senior Masculino	48:05	+17:55	04:49
580	1352	Rui Gomes	individual	Veterano M40	48:05	+17:56	04:49

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	ⓀKM
625	2227	Manuel Jesus	taylors	Veterano M50	48:48	+18:38	04:53
626	1767	Olavo Barros	os mancos e eu	Senior Masculino	48:49	+18:40	04:53
627	1722	Levi Fernandes	núcleo atletismo cucujães	Veterano M35	48:50	+18:41	04:53
628	187	António Loureiro	autistic runners	Veterano M50	48:51	+18:41	04:53
629	1324	Ricardo Ferreira	individual	Senior Masculino	48:52	+18:43	04:53
630	333	Fernando Leite	centro municipal de marcha e corrida de vale de cambra	Veterano M50	48:54	+18:44	04:53
631	2068	Elisabete Nunes	salgueiros running	Veterana F45	48:55	+18:45	04:54
632	879	Célia Pereira	individual	Senior Feminino	48:56	+18:46	04:54
633	2059	Adalberto Figueiredo	salgueiros running	Veterano M45	48:57	+18:47	04:54
634	413	Pedro Manuel Lopes	correrporprazera2	Veterano M40	48:57	+18:48	04:54
635	2317	Silvia Gomes	women runners portugal/correr por prazer a 2	Senior Feminino	48:58	+18:48	04:54
636	2228	Miguel Moura	taylors	Veterano M45	48:58	+18:49	04:54
637	1646	Patrícia Gomes	magentareflex	Veterana F35	49:00	+18:50	04:54
638	1610	Helder Almeida	madugym	Senior Masculino	49:02	+18:52	04:54
639	1276	Paulo Gomes	individual	Veterano M45	49:02	+18:53	04:54
640	1543	Jorge Cunha	lf2 - guiberço	Veterano M40	49:03	+18:53	04:54
641	2006	Nuno Teixeira	running espinho	Veterano M40	49:03	+18:54	04:54
642	2294	Flavio Sa	virithvs runners viseu	Veterano M35	49:04	+18:54	04:54
643	453	Diana Sousa	equipa a	Veterana F45	49:04	+18:54	04:54
644	84	ARTUR BARBOSA	acr de vale de cambra	Veterano M35	49:05	+18:55	04:55
645	715	André Carvalho	habcarpintaria	Senior Masculino	49:06	+18:56	04:55
646	2241	ANTONIO PEREIRA	timpreda-amigos da picua	Veterano M50	49:06	+18:56	04:55
647	1598	Cátia Madureira	madugym	Veterana F35	49:06	+18:57	04:55
648	1274	Paulo fonseca	individual	Veterano M45	49:07	+18:58	04:55
649	1642	Bernardino Fernandes	magentareflex	Veterano M50	49:10	+19:00	04:55
650	2256	Rui Familiar	tropa trilhos trail team	Veterano M40	49:10	+19:01	04:55
651	1066	Joaquim Vieira	individual	Veterano M50	49:11	+19:01	04:55
652	1977	Joaquim Queirós	running espinho	Veterano M40	49:11	+19:01	04:55
653	1493	Ernesto Marques Alves Alves	juventude cortegacense	Veterano M50	49:14	+19:04	04:55
654	644	Inês Dias	ginásio desafios	Senior Feminino	49:14	+19:04	04:55
655	995	Gil Guerra	individual	Veterano M50	49:15	+19:05	04:56
656	1017	Hugo Sa	individual	Veterano M35	49:16	+19:07	04:56
657	1732	Vitor Marçal	oh faxabor!	Senior Masculino	49:17	+19:08	04:56
658	1346	Rui Cancelas Cancelas	individual	Senior Masculino	49:18	+19:08	04:56
659	1243	Nuno Fernandes	individual	Senior Masculino	49:18	+19:08	04:56
660	2080	Luís Seabra	salgueiros running	Senior Masculino	49:18	+19:08	04:56
661	391	Nuno silva	clube independente de argoncilhe	Veterano M40	49:18	+19:09	04:56
662	1461	AUGUSTO BAPTISTA	jam - juventude atlética mozelense	Veterano M55	49:19	+19:10	04:56
663	722	Sergio Moura	hora do lobo trail	Veterano M40	49:20	+19:11	04:56
664	1394	Soraia Silva	individual	Senior Feminino	49:22	+19:12	04:56
665	1619	José Neves	madugym	Veterano M45	49:22	+19:12	04:56
666	1847	Rui Silva	plumas	Senior Masculino	49:23	+19:13	04:56
667	690	Emílio Gonçalves	grupo desportivo dos ferroviários de campanha	Veterano M55	49:23	+19:13	04:56
668	1665	Ana Ferreira	marão z bike	Senior Feminino	49:24	+19:14	04:56

PROVA PRINCIPAL - STAGE 1

10 KM

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

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	TKM
669	878	Celestino Brás	individual	Veterano M55	49:25	+19:15	04:57
670	803	António Carmo	individual	Veterano M55	49:25	+19:15	04:57
671	1560	Rui Gabriel	hora do lobo trail c.f. perosinho	Veterano M40	49:28	+19:18	04:57
672	1021	Humberto Orfão	individual	Veterano M55	49:28	+19:18	04:57
673	326	Luis Simões	centro de atletismo de tondela	Veterano M55	49:28	+19:19	04:57
674	1715	José Garrido	ninjas	Senior Masculino	49:28	+19:19	04:57
675	2144	Sérgio Mendes	sociedade recreio cepanense	Veterano M40	49:28	+19:19	04:57
676	1015	Hugo Lopes	individual	Senior Masculino	49:29	+19:20	04:57
677	2132	Isabel Freitas	sociedade recreio cepanense	Veterana F45	49:30	+19:20	04:57
678	481	Nuno azevedo	exsedentários	Veterano M35	49:30	+19:20	04:57
679	1051	Joao Paulino	individual	Veterano M45	49:31	+19:21	04:57
680	1649	Antonio leal	maia atlético clube	Veterano M40	49:31	+19:21	04:57
681	1010	Helder Silva	individual	Veterano M40	49:32	+19:22	04:57
682	1848	Tiago Safara	plumas	Senior Masculino	49:32	+19:22	04:57
683	2074	José Moreira	salgueiros running	Veterano M35	49:33	+19:23	04:57
684	2084	Marta Marques	salgueiros running	Senior Feminino	49:33	+19:23	04:57
685	2069	Filipe Rocha	salgueiros running	Veterano M35	49:33	+19:23	04:57
686	597	Vasco Manuel Melo Gomes Gomes	geocross trail	Veterano M40	49:33	+19:23	04:57
687	1054	João Reis	individual	Veterano M50	49:34	+19:24	04:57
688	2191	Vitor Ferreira	sporting clube de espinho / antónio leitão	Veterano M40	49:34	+19:25	04:57
689	847	Carla Cantante	individual	Veterana F35	49:36	+19:26	04:58
690	936	Eduardo Neves	individual	Veterano M40	49:36	+19:27	04:58
691	896	Clemente Meireles	individual	Veterano M50	49:36	+19:27	04:58
692	1917	Isabel Rosas	running esmoriz	Veterana F45	49:36	+19:27	04:58
693	1879	Vitor Pinto	r. 4 fun	Veterano M45	49:38	+19:28	04:58
694	737	Adriano Florim	individual	Veterano M40	49:38	+19:28	04:58
695	103	Manuel Sousa	afis/ovar	Veterano M55	49:38	+19:28	04:58
696	252	Dorinda Gomes	bravos	Veterana F45	49:39	+19:30	04:58
697	1209	Marlene Oliveira	individual	Veterana F40	49:40	+19:30	04:58
698	865	Carlos Rodrigues	individual	Veterano M40	49:40	+19:31	04:58
699	1263	Paula Nunes	individual	Veterana F35	49:40	+19:31	04:58
700	2249	António Soares	tpn	Senior Masculino	49:40	+19:31	04:58
701	1802	Nuno Coelho	paisneto.com/ meliciasteam	Veterano M35	49:41	+19:31	04:58
702	261	Rui Teixeira	bravos e bravitas	Senior Masculino	49:41	+19:31	04:58
703	385	Martinho Ferreira	clube desportivo s. salvador do campo	Veterano M40	49:43	+19:33	04:58
704	1710	Rui Santos	nascidos para corre	Veterano M45	49:44	+19:35	04:58
705	922	Diana Martins	individual	Senior Feminino	49:44	+19:35	04:58
706	97	Joaquim Moreira	afis/ovar	Veterano M45	49:45	+19:35	04:59
707	1128	Lino Silva	individual	Veterano M55	49:45	+19:35	04:59
708	1279	Paulo jose de santos	individual	Veterano M45	49:45	+19:36	04:59
709	633	NUNO FERNANDES	ginásio clube d ebragança	Veterano M40	49:47	+19:37	04:59
710	1502	Marcia Costa	juventude cortegacense	Veterana F45	49:48	+19:38	04:59
711	1820	Ana Oliveira	peraltafil running	Veterana F35	49:48	+19:38	04:59
712	697	Paulo Rocha	grupo desportivo dos ferroviários de campanha	Veterano M50	49:48	+19:39	04:59
713	386	Ivo Carneiro	clube galp energia norte	Senior Masculino	49:49	+19:40	04:59

PROVA PRINCIPAL - STAGE 1**10 KM****R**
REVISED**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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	tkm
714	387	Ricardo Albuquerque	clube galp energia norte	Senior Masculino	49:49	+19:40	04:59
715	1241	Nuno Bastos	individual	Senior Masculino	49:50	+19:40	04:59
716	811	António Neves	individual	Sub 23 Masculino	49:50	+19:40	04:59
717	1589	André Ferreira	madugym	Senior Masculino	49:52	+19:42	04:59
718	410	Antonio Santos	correr lisboa	Veterano M55	49:53	+19:44	04:59
719	2199	Heldeberto Santos	stcp runners	Veterano M55	49:53	+19:44	04:59
720	1312	Pedro Valente	individual	Sub 23 Masculino	49:54	+19:44	04:59
721	2093	Paulo Jorge	salgueiros running	Veterano M45	49:56	+19:46	05:00
722	1088	Jose gomes dos santos Santos	individual	Veterano M55	49:56	+19:46	05:00
723	673	José Aires Moreira	grupo de corrida de argoncilhe	Veterano M55	49:56	+19:46	05:00
724	1356	Rui Neves	individual	Veterano M40	49:57	+19:47	05:00
725	669	Fernando Silva	grupo de corrida de argoncilhe	Veterano M55	49:57	+19:47	05:00
726	438	Paulo Pinheiro	dragões do mato	Veterano M50	49:58	+19:49	05:00
727	396	Carlos Pinto	clube vodafone	Veterano M40	49:58	+19:49	05:00
728	1226	Miguel Valente	individual	Veterano M35	49:59	+19:50	05:00
729	1299	Pedro Correia	individual	Veterano M40	50:00	+19:51	05:00
730	279	Marcos Carvalho	caipirinha runners	Veterano M35	50:00	+19:51	05:00
731	1519	Valter Lima	juventude cortegacense	Veterano M35	50:02	+19:53	05:00
732	323	José Teixeira	cenap-cacia	Veterano M55	50:03	+19:53	05:00
733	1355	Rui Nazário	individual	Veterano M40	50:05	+19:55	05:01
734	1457	Delio Carquejo	iscia	Veterano M40	50:06	+19:56	05:01
735	424	Daniel Mota	desauridos	Veterano M35	50:07	+19:57	05:01
736	2272	Rui Pereira	turma fitness	Veterano M35	50:07	+19:57	05:01
737	1593	Bruno Vinhas	madugym	Sub 23 Masculino	50:07	+19:58	05:01
738	2162	Isabel Rocha	sportarc.running	Veterana F35	50:07	+19:58	05:01
739	2046	Rui Gonçalves	runriver - escola de atletismo de rio tinto	Veterano M40	50:09	+19:59	05:01
740	557	Marlene Martins	gapafit castro daire	Veterana F35	50:09	+20:00	05:01
741	352	Henrique Pereira	cinfaes a correr	Senior Masculino	50:09	+20:00	05:01
742	866	Carlos Sá	individual	Veterano M35	50:10	+20:00	05:01
743	1329	Ricardo Reis	individual	Veterano M35	50:10	+20:00	05:01
744	1267	Paulo César Sousa Cardoso	individual	Veterano M35	50:10	+20:00	05:01
745	696	Paula Andrade	grupo desportivo dos ferroviários de campanha	Veterana F55	50:11	+20:01	05:01
746	2201	Marco Batista	stop runners	Veterano M45	50:12	+20:02	05:01
747	1172	Márcio Machado	individual	Veterano M40	50:14	+20:04	05:01
748	428	Pedro Duarte Silva	dr. runner's team	Veterano M45	50:14	+20:04	05:01
749	1086	José Fontes	individual	Senior Masculino	50:14	+20:05	05:01
750	2308	Henrique Conceição	viseu 360	Veterano M55	50:15	+20:05	05:02
751	222	Zé Oliveira	binóito bentanias	Veterano M40	50:16	+20:06	05:02
752	167	Ricardo Tavares	as belas e eles	Senior Masculino	50:17	+20:07	05:02
753	2271	André Silva	turma fitness	Veterano M35	50:17	+20:08	05:02
754	1828	Sílvia Batista	peraltafil running	Veterana F45	50:18	+20:08	05:02
755	89	Herculano Cardoso	acvermoim	Veterano M50	50:21	+20:11	05:02
756	370	Vitor Jesus	cinfaes a correr	Veterano M45	50:22	+20:12	05:02
757	1552	Rosa Lídia Silva	ligeirinhos	Veterana F50	50:24	+20:14	05:02
758	1628	Pedro Vieira	madugym	Veterano M35	50:24	+20:14	05:02

PROVA PRINCIPAL - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
759	1895	Rui Faria	r-load	Veterano M40	50:25	+20:15	05:03
760	1474	Domingos Silva	jesus runners	Veterano M55	50:25	+20:16	05:03
761	1475	Filipe Brandão	jesus runners	Veterano M45	50:25	+20:16	05:03
762	1833	Samuel Tomás	peraltafil running	Veterano M40	50:26	+20:16	05:03
763	1580	Tiago Silva	lusogym	Senior Masculino	50:27	+20:17	05:03
764	704	Helder Botas	grupo oscacer	Veterano M50	50:27	+20:17	05:03
765	1079	Jose Braganca	individual	Veterano M50	50:28	+20:18	05:03
766	1179	Marco Paiva	individual	Veterano M40	50:29	+20:19	05:03
767	584	Mafalda Valente	geocross trail	Veterana F35	50:29	+20:19	05:03
768	2139	Marisa Fernandes	sociedade recreio cepanense	Senior Feminino	50:29	+20:20	05:03
769	2110	Carmen Almeida	serviços sociais montepio	Veterana F35	50:29	+20:20	05:03
770	110	Tulio Tomaz	afis/ovar	Veterano M45	50:30	+20:21	05:03
771	94	André Santos	afis/ovar	Senior Masculino	50:31	+20:21	05:03
772	1205	Mário Ferreira	individual	Senior Masculino	50:33	+20:23	05:03
773	208	Bruno Rocha	bando dos cinco	Veterano M35	50:36	+20:26	05:04
774	947	Fabio Bonilauri	individual	Veterano M45	50:36	+20:26	05:04
775	2264	Liliana Silva	tribo nr	Veterana F40	50:38	+20:28	05:04
776	1309	Pedro Pinheiro	individual	Veterano M35	50:39	+20:29	05:04
777	967	Fernando Pinho	individual	Veterano M40	50:39	+20:30	05:04
778	834	Bruno costa	individual	Veterano M35	50:40	+20:30	05:04
779	1772	Nuno Marques	os turbomula	Veterano M40	50:40	+20:31	05:04
780	958	Fernanda Gomes	individual	Veterana F45	50:41	+20:32	05:04
781	2029	Rui Santos	running espinho	Veterano M40	50:42	+20:33	05:04
782	411	António Maria Ramos	correr viseu	Veterano M55	50:43	+20:34	05:04
783	1662	Joel Teixeira	manquinhos	Veterano M35	50:45	+20:35	05:05
784	95	Mário Conde	afis/ovar	Veterano M55	50:47	+20:37	05:05
785	1321	Ricardo Barbosa	individual	Senior Masculino	50:51	+20:41	05:05
786	2127	Aurélie Freitas	sociedade recreio cepanense	Senior Feminino	50:51	+20:41	05:05
787	395	Bernardo Santos	clube vodafone	Veterano M40	50:53	+20:43	05:05
788	752	Ana Arede	individual	Senior Feminino	50:53	+20:44	05:05
789	1976	João Pinto	running espinho	Senior Masculino	50:54	+20:45	05:05
790	1089	José Gonçalves	individual	Veterano M50	50:55	+20:45	05:06
791	2105	João Correia	sem medo	Veterano M40	50:55	+20:46	05:06
792	2082	Rejane Pontes	salgueiros running	Veterana F40	50:56	+20:46	05:06
793	798	Antero Cunha	individual	Veterano M50	50:57	+20:47	05:06
794	2287	Manuel francisco de Valente	villa cesari	Veterano M40	50:57	+20:47	05:06
795	1364	Sandra Monteiro	individual	Veterana F45	50:57	+20:48	05:06
796	209	Eva Mendes	bando dos cinco	Veterana F35	50:57	+20:48	05:06
797	871	Carmo Ferreira	individual	Veterana F45	50:58	+20:48	05:06
798	510	Miguel Nunes	ferreira de sá rugs	Senior Masculino	50:58	+20:49	05:06
799	503	Carlos Jesus	ferreira de sá rugs	Senior Masculino	50:59	+20:49	05:06
800	1091	José machado	individual	Veterano M45	50:59	+20:50	05:06
801	2178	José Pereira	sporting clube de espinho / antónio leitão	Veterano M50	50:59	+20:50	05:06
802	725	Joel Abreu	h-team	Senior Masculino	51:00	+20:50	05:06
803	1058	Joaquim Barros	individual	Veterano M50	51:01	+20:52	05:06
804	1144	Luís Silva	individual	Senior Masculino	51:01	+20:52	05:06

PROVA PRINCIPAL - STAGE 1**10 KM****OFFICIAL RESULT****R**
REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
894	1752	Diana Carneiro	os figitivos da crise	Veterana F40	52:12	+22:02	05:13
895	1782	Carlos Veiros	ovarrun	Veterano M40	52:13	+22:03	05:13
896	1368	Sara Cristina	individual	Veterana F35	52:14	+22:05	05:13
897	587	Paulo Santos	geocross trail	Veterano M40	52:15	+22:05	05:14
898	1608	Francisco Rodrigues	madugym	Sub 23 Masculino	52:15	+22:05	05:14
899	1384	Sidónio Gonçalves	individual	Senior Masculino	52:15	+22:06	05:14
900	1927	Alvaro Meireles	running espinho	Veterano M45	52:15	+22:06	05:14
901	876	Cecília Borges	individual	Veterana F35	52:15	+22:06	05:14
902	418	Patrícia Oliveira	cuba libre	Veterana F35	52:16	+22:06	05:14
903	1085	Jose Fernandes	individual	Senior Masculino	52:16	+22:06	05:14
904	2118	António Loureiro	smp - produtos alimentares	Veterano M55	52:17	+22:07	05:14
905	414	Clara Gonçalves	costa & goncalves	Veterana F40	52:18	+22:08	05:14
906	1815	José Júlio Anastácio	peniche a correr	Veterano M55	52:18	+22:08	05:14
907	580	Edgar Santiago	geocross trail	Senior Masculino	52:18	+22:08	05:14
908	1232	Nelson Azevedo	individual	Senior Masculino	52:19	+22:09	05:14
909	1997	Nau Neiva	running espinho	Veterano M50	52:21	+22:11	05:14
910	142	Paula Costa	arada atlético clube	Veterana F40	52:21	+22:12	05:14
911	759	Ana Gandaio	individual	Veterana F55	52:21	+22:12	05:14
912	2225	Cristina Loureiro	taylors	Veterana F45	52:22	+22:12	05:14
913	1221	Miguel Lamas	individual	Veterano M40	52:23	+22:13	05:14
914	1528	Bruno Neves	kirchhoff - konect running team	Veterano M35	52:24	+22:14	05:14
915	1536	Miguel Miranda	kirchhoff - konect running team	Veterano M45	52:24	+22:14	05:14
916	2222	Américo Santos	taylors	Veterano M45	52:24	+22:14	05:14
917	923	Diana Pinho	individual	Senior Feminino	52:24	+22:14	05:14
918	1698	António Santos	nascidos para corre	Veterano M50	52:25	+22:15	05:15
919	1918	José Riba	running esmoriz	Veterano M50	52:25	+22:16	05:15
920	275	Elisabete Santos	caipirinha runners	Veterana F40	52:26	+22:16	05:15
921	1916	Helder Ferreira	running esmoriz	Veterano M35	52:26	+22:16	05:15
922	603	Sandra Oliveira	gerpamic	Veterana F35	52:26	+22:16	05:15
923	282	Paulo Gomes	caipirinha runners	Veterano M45	52:27	+22:17	05:15
924	334	Filomena Santos	centro municipal de marcha e corrida de vale de cambra	Veterana F50	52:27	+22:18	05:15
925	338	Joaquim Oliveira	centro municipal de marcha e corrida de vale de cambra	Veterano M55	52:27	+22:18	05:15
926	2296	Joao Almeida	viriatvys runners viseu	Veterano M50	52:29	+22:20	05:15
927	212	Paulo Barbosa	barbosa's team	Senior Masculino	52:32	+22:22	05:15
928	1078	José Barbosa	individual	Veterano M40	52:34	+22:24	05:15
929	223	Carlos Barroso	bio team run	Veterano M50	52:35	+22:25	05:16
930	1388	Sofia Ferreira	individual	Veterana F35	52:35	+22:25	05:16
931	301	António Conceição	caldas s. jorge sport clube	Veterano M50	52:36	+22:26	05:16
932	307	Nuno Miguel Silva	calvário runners	Senior Masculino	52:36	+22:26	05:16
933	602	Jorge Oliveira	gerpamic	Veterano M40	52:36	+22:27	05:16
934	1743	Paulo Pinheiro	os avenses	Veterano M45	52:37	+22:27	05:16
935	494	André Lucas	farfetch	Senior Masculino	52:39	+22:29	05:16
936	950	Fábio Gomes	individual	Senior Masculino	52:39	+22:29	05:16
937	1425	Tomé Baptista	individual	Veterano M40	52:40	+22:30	05:16
938	2090	Patrícia Maio	salgueiros running	Veterana F35	52:40	+22:31	05:16

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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
1485	37	Cristiana Godinho	@corredoresderua@	Senior Feminino	01:01:23	+31:13	06:08
1486	1407	Tânia Soares	individual	Senior Feminino	01:01:25	+31:16	06:09
1487	1730	Bruna Silva	oh faxabor!	Senior Feminino	01:01:26	+31:16	06:09
1488	515	Rui Ferreira	figueiredos runners and friends	Senior Masculino	01:01:28	+31:18	06:09
1489	972	Filipa Costa	individual	Senior Feminino	01:01:28	+31:18	06:09
1490	2154	Sara Santos	speeders	Senior Feminino	01:01:28	+31:18	06:09
1491	618	GLÓRIA PEREIRA	ginásio clube d ebragança	Veterana F50	01:01:28	+31:18	06:09
1492	274	Conceição santos	caipirinha runners	Veterana F35	01:01:36	+31:26	06:10
1493	182	Jorge Farias	ataca ataca	Veterano M35	01:01:40	+31:31	06:10
1494	183	Ricardo Jorge Pinto	ataca ataca	Veterano M35	01:01:40	+31:31	06:10
1495	969	Fernando Santos	individual	Veterano M45	01:01:40	+31:31	06:10
1496	1501	Manuela Castelo	juventude cortegacense	Veterana F50	01:01:42	+31:32	06:10
1497	1495	Isabel Pereira	juventude cortegacense	Veterana F50	01:01:42	+31:32	06:10
1498	524	Helder Matos	fogaças com malapos	Senior Masculino	01:01:42	+31:33	06:10
1499	2223	Anabela Machado	taylors	Veterana F40	01:01:47	+31:37	06:11
1500	575	Ana Patrícia Costa Silva	geocross trail	Senior Feminino	01:01:48	+31:38	06:11
1501	933	Edite de Matos Vilar	individual	Senior Feminino	01:01:48	+31:38	06:11
1502	736	Adriana Correia	individual	Senior Feminino	01:01:50	+31:40	06:11
1503	848	Carla Costa	individual	Senior Feminino	01:01:51	+31:41	06:11
1504	1268	Paulo Costa	individual	Veterano M40	01:01:51	+31:42	06:11
1505	1777	Veronica Sampaio	outlaw runners	Veterana F40	01:01:55	+31:45	06:12
1506	1573	Cândida Ferreira	lusitânia de lourosa fc ténis de mesa	Veterana F50	01:01:58	+31:48	06:12
1507	1781	António Gonçalves	ovarrun	Veterano M45	01:02:01	+31:52	06:12
1508	1766	João Mota	os mancos e eu	Veterano M35	01:02:04	+31:55	06:12
1509	1526	Alexandra Barros	kirchhoff - konect running team	Veterana F45	01:02:07	+31:58	06:13
1510	501	Benedita Barreiros	ferreira de sá rugs	Sub 23 Feminino	01:02:09	+31:59	06:13
1511	1291	Paulo Santos Santos	individual	Veterano M45	01:02:10	+32:00	06:13
1512	52	LÍGIA LOPES	20 ver correr	Veterana F40	01:02:14	+32:04	06:13
1513	51	JOSÉ OLIVEIRA	20 ver correr	Veterano M45	01:02:14	+32:04	06:13
1514	470	MARIA SEIXAS	espigueiros runners - caparrosinha	Veterana F35	01:02:14	+32:05	06:13
1515	1783	Catarina Jorge	ovarrun	Senior Feminino	01:02:14	+32:05	06:13
1516	1390	Sofia Oliveira	individual	Senior Feminino	01:02:15	+32:06	06:14
1517	1397	Susana Colaço	individual	Senior Feminino	01:02:15	+32:06	06:14
1518	1858	Bruno Oliveira	porto sentido runners	Veterano M35	01:02:15	+32:06	06:14
1519	1331	Ricardo Sousa	individual	Senior Masculino	01:02:16	+32:06	06:14
1520	1865	Liliana Chaves	porto sentido runners	Veterana F35	01:02:16	+32:07	06:14
1521	445	Catarina Lopes	dream team	Senior Feminino	01:02:17	+32:08	06:14
1522	596	Teresa Gonçalves	geocross trail	Veterana F40	01:02:18	+32:08	06:14
1523	592	Sara Moreira	geocross trail	Veterana F45	01:02:18	+32:08	06:14
1524	446	José Duarte	dream team	Veterano M35	01:02:18	+32:08	06:14
1525	507	Laura Campos	ferreira de sá rugs	Veterana F35	01:02:18	+32:09	06:14
1526	472	Paula Gonçalves	espigueiros runners - caparrosinha	Veterana F45	01:02:20	+32:11	06:14
1527	1462	AURORA RIBEIRO	jam - juventude atlética mozelense	Veterana F45	01:02:21	+32:11	06:14
1528	1970	Joana Sousa	running espinho	Veterana F35	01:02:24	+32:15	06:14
1529	1960	Gabriela Veiga	running espinho	Veterana F45	01:02:25	+32:15	06:15
1530	1924	Alexandra Soares	running espinho	Veterana F45	01:02:25	+32:15	06:15

PROVA PRINCIPAL - STAGE 1

10 KM

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
1531	1230	Nelson Adrego	individual	Veterano M40	01:02:28	+32:18	06:15
1532	1434	Vera Abreu	individual	Veterana F35	01:02:28	+32:18	06:15
1533	1165	Manuela Martins	individual	Senior Feminino	01:02:29	+32:19	06:15
1534	973	Filipa Reis	individual	Senior Feminino	01:02:33	+32:23	06:15
1535	1548	Susana Ferreira	lf2 - guiberço	Veterana F45	01:02:34	+32:24	06:15
1536	2165	Luis Castro	sporting clube da cruz	Veterano M55	01:02:36	+32:27	06:16
1537	1411	Teresa Moreira	individual	Veterana F50	01:02:38	+32:28	06:16
1538	1907	Marisa lopes	running 100/120	Veterana F35	01:02:40	+32:31	06:16
1539	1904	Fatima matos	running 100/120	Veterana F45	01:02:40	+32:31	06:16
1540	1908	Nuno silva	running 100/120	Veterano M35	01:02:41	+32:31	06:16
1541	1793	Mary Silva	ovarrun	Veterana F35	01:02:44	+32:34	06:16
1542	312	Catarina Costa	castelões runners	Senior Feminino	01:02:45	+32:35	06:17
1543	196	Cristina Paredes	badalhoca running team	Veterana F40	01:02:48	+32:38	06:17
1544	2022	Renata Cruz	running espinho	Senior Feminino	01:02:50	+32:40	06:17
1545	2192	Carla Ferreira	sporting clube de espinho / antónio leitão	Veterana F40	01:02:51	+32:42	06:17
1546	1780	Andy Murphy	ovarrun	Veterano M50	01:02:56	+32:46	06:18
1547	1786	Fátima Murphy	ovarrun	Veterana F50	01:02:56	+32:46	06:18
1548	1669	Fernando Brandão	mau feitio	Veterano M35	01:02:59	+32:50	06:18
1549	1671	Joana Vieira	mau feitio	Senior Feminino	01:03:00	+32:50	06:18
1550	993	Georgina Vinhas	individual	Veterana F50	01:03:04	+32:54	06:18
1551	681	Nuno Rocha	grupo de corrida de argoncilhe	Veterano M45	01:03:08	+32:58	06:19
1552	44	Hugo Fernandes	100stress	Sub 23 Masculino	01:03:12	+33:02	06:19
1553	198	Maria Teresa Silva	baguim outdoor activities (b o a's)	Veterana F45	01:03:16	+33:06	06:20
1554	460	André Viana	espigueiros runners - caparrosinha	Senior Masculino	01:03:17	+33:07	06:20
1555	2163	Isabel Soares	sportarc.running	Veterana F40	01:03:26	+33:16	06:21
1556	741	ALBERTO Alberto Sílvio	individual	Veterano M55	01:03:32	+33:22	06:21
1557	54	Ricardo Bastos	a a lebres do sado	Veterano M50	01:03:37	+33:27	06:22
1558	215	Sara Francisco	batata doce	Senior Feminino	01:03:37	+33:28	06:22
1559	214	Pedro Costa	batata doce	Senior Masculino	01:03:37	+33:28	06:22
1560	529	Vitor Costa	fogaças com malapos	Veterano M35	01:03:41	+33:32	06:22
1561	1874	Cristina Sousa	progresso fa	Veterana F45	01:03:46	+33:37	06:23
1562	155	Hugo Maia	arcorun	Senior Masculino	01:03:47	+33:37	06:23
1563	245	Paula Julieta	borabora, vamos lá!	Veterana F40	01:03:52	+33:43	06:23
1564	1775	Cláudia Dias	outlaw runners	Senior Feminino	01:03:53	+33:43	06:23
1565	2260	José Dara	trepá trilhos trail team	Veterano M55	01:03:53	+33:44	06:23
1566	930	Diogo Silva	individual	Senior Masculino	01:03:58	+33:48	06:24
1567	766	Ana Pais	individual	Veterana F40	01:04:00	+33:50	06:24
1568	2208	Mónica Silva	stream fire	Veterana F40	01:04:04	+33:54	06:24
1569	519	Claudia calçada	fit arena	Senior Feminino	01:04:04	+33:54	06:24
1570	520	ANTHONY Silva	fit arena	Senior Masculino	01:04:04	+33:54	06:24
1571	750	Ana Almeida	individual	Senior Feminino	01:04:04	+33:54	06:24
1572	211	Maria Silveira	barbosa's team	Senior Feminino	01:04:07	+33:58	06:25
1573	632	NÁDIA RODRIGUES	ginásio clube d ebragança	Senior Feminino	01:04:09	+33:59	06:25
1574	708	Patrícia Pereira	grupo oscacer	Veterana F35	01:04:10	+34:00	06:25
1575	1360	Salomé Costa	individual	Senior Feminino	01:04:11	+34:01	06:25
1576	2207	Miguel Silva	stream fire	Veterano M35	01:04:14	+34:04	06:25

PROVA PRINCIPAL - STAGE 1**10 KM****OFFICIAL RESULT****R**
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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
1577	1817	Maria Fátima Anastácio	peniche a correr	Veterana F55	01:04:16	+34:06	06:26
1578	727	Carlos Teixeira	i9 team	Veterano M35	01:04:20	+34:10	06:26
1579	1695	Eduardo Loureiro	mss-contabilidade	Veterano M40	01:04:22	+34:13	06:26
1580	705	Jaime Mestre	grupo oscacer	Veterano M45	01:04:24	+34:14	06:26
1581	1950	Elisabete Costa	running espinho	Veterana F35	01:04:27	+34:17	06:27
1582	2091	Paula Salgado	salgueiros running	Veterana F55	01:04:29	+34:19	06:27
1583	882	César Freitas	individual	Veterano M35	01:04:29	+34:20	06:27
1584	285	Silvia Costa	caipirinha runners	Veterana F40	01:04:31	+34:22	06:27
1585	2027	Rui Mota Oliveira	running espinho	Veterano M40	01:04:31	+34:22	06:27
1586	239	Edurada Vinagre	borabora, vamos lá!	Veterano M45	01:04:34	+34:25	06:27
1587	243	Liliana Amorim	borabora, vamos lá!	Veterana F35	01:04:35	+34:26	06:28
1588	662	Carla Gomes	grupo de corrida de argoncilhe	Veterana F45	01:04:38	+34:28	06:28
1589	486	Rui Brandão	fadadas verdes	Senior Masculino	01:04:39	+34:29	06:28
1590	579	Celsa Moreira	geocross trail	Veterana F40	01:04:41	+34:31	06:28
1591	554	Joaquim Garces	gansos	Veterano M55	01:04:41	+34:32	06:28
1592	553	Joao Oliveira	gansos	Senior Masculino	01:04:41	+34:32	06:28
1593	551	Florinda Carvalho	gansos	Veterana F40	01:04:42	+34:32	06:28
1594	458	SMónica Fernandes	esadof	Veterana F35	01:04:43	+34:34	06:28
1595	1028	Isabel Sousa	individual	Veterana F40	01:04:49	+34:39	06:29
1596	1522	Sony Ferreira	kanbanzeiros	Senior Masculino	01:04:54	+34:44	06:29
1597	2263	Isabel Ventura	tribo nr	Veterana F50	01:04:55	+34:45	06:30
1598	1873	Rui Brunheta	potencial global	Veterano M50	01:04:58	+34:49	06:30
1599	1114	Julia Grilo	individual	Veterana F50	01:05:01	+34:51	06:30
1600	2092	Paula Teixeira	salgueiros running	Veterana F50	01:05:01	+34:51	06:30
1601	2239	Ana Ferreira	the flowers	Senior Feminino	01:05:02	+34:52	06:30
1602	929	Diogo Silva	individual	Senior Masculino	01:05:04	+34:54	06:30
1603	1286	PAULO PINHO	individual	Veterano M55	01:05:04	+34:55	06:30
1604	763	Ana Magalhães	individual	Sub 23 Feminino	01:05:05	+34:55	06:31
1605	2252	Salome Mota	trail running suil park	Veterana F40	01:05:05	+34:56	06:31
1606	1318	Raquel Tavares	individual	Senior Feminino	01:05:08	+34:58	06:31
1607	938	Eliana Soukiazes	individual	Senior Feminino	01:05:08	+34:58	06:31
1608	1685	Gabriela Almeida	mini fundistas	Senior Feminino	01:05:08	+34:59	06:31
1609	22	ATLETA SEM NOME	individual	Senior Masculino	01:05:12	+35:02	06:31
1610	1795	Rui Santos	ovarrun	Veterano M40	01:05:12	+35:02	06:31
1611	1958	Filipe Rocha	running espinho	Veterano M40	01:05:12	+35:02	06:31
1612	1791	Kátia Barros	ovarrun	Veterana F40	01:05:12	+35:03	06:31
1613	1740	MADALENA CORREIA	os alfacinhas	Veterana F50	01:05:13	+35:03	06:31
1614	1189	Maria Isabel Alves	individual	Veterana F45	01:05:13	+35:03	06:31
1615	1683	Cátia Coelho	mini fundistas	Senior Feminino	01:05:13	+35:04	06:31
1616	1712	Anabela Ferreira	nf runners	Sub 23 Feminino	01:05:17	+35:07	06:32
1617	367	Rita Pereira	cinfães a correr	Senior Feminino	01:05:18	+35:08	06:32
1618	1635	Tânia Pinto	madugym	Senior Feminino	01:05:20	+35:11	06:32
1619	1120	Laura Raquel Teixeira Rocha	individual	Veterana F35	01:05:21	+35:11	06:32
1620	1129	Lúcia Mota	individual	Veterana F35	01:05:21	+35:12	06:32
1621	369	Rui Camelo	cinfães a correr	Veterano M35	01:05:21	+35:12	06:32
1622	1604	Fernando Santos	madugym	Senior Masculino	01:05:22	+35:12	06:32

PROVA PRINCIPAL - STAGE 1

10 KM

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1669	1109	José Quintero	individual	Veterano M45	01:06:34	+36:24	06:39
1670	393	Rui Manuel Reis Barros	clube portugal telecom zona norte	Veterano M50	01:06:38	+36:28	06:40
1671	1982	Liliana Monteiro	running espinho	Veterana F35	01:06:41	+36:32	06:40
1672	1601	David Garrido	madugym	Veterano M35	01:06:47	+36:38	06:41
1673	1624	Mónica Morais	madugym	Senior Feminino	01:06:50	+36:40	06:41
1674	1095	José Marques	individual	Veterano M45	01:06:51	+36:41	06:41
1675	810	António Manuel Santos Couto	individual	Veterano M45	01:06:52	+36:42	06:41
1676	1413	Tiago Coelho	individual	Senior Masculino	01:06:55	+36:46	06:42
1677	123	Sérgio Melo	amigos da barga	Veterano M35	01:06:57	+36:47	06:42
1678	180	Tânia Santos	asa seguros	Senior Feminino	01:07:00	+36:51	06:42
1679	178	Sérgio Correia	asa seguros	Veterano M35	01:07:00	+36:51	06:42
1680	121	Marta Oliveira	amigos da barga	Veterana F45	01:07:01	+36:51	06:42
1681	746	Alexandre Santana	individual	Veterano M55	01:07:01	+36:51	06:42
1682	1192	Maria João Simões	individual	Veterana F50	01:07:01	+36:51	06:42
1683	122	Pedro Martins	amigos da barga	Veterano M45	01:07:02	+36:52	06:42
1684	1678	Maria Ana Santos	million dollar babies	Senior Feminino	01:07:04	+36:54	06:42
1685	980	Filipe Mitchell	individual	Sub 23 Masculino	01:07:05	+36:55	06:43
1686	233	Ana Gonçalves	borabora, vamos lá!	Veterana F50	01:07:06	+36:56	06:43
1687	1864	Inês Pinto	porto sentido runners	Veterana F35	01:07:07	+36:57	06:43
1688	1009	Helder Silva	individual	Veterano M40	01:07:13	+37:03	06:43
1689	1764	Célia Andrade	os mancos e eu	Veterana F35	01:07:16	+37:07	06:44
1690	1768	Tatiana Andrade	os mancos e eu	Senior Feminino	01:07:17	+37:07	06:44
1691	2007	Patricia Couto	running espinho	Veterana F40	01:07:17	+37:07	06:44
1692	1931	Anabela Barata	running espinho	Veterana F40	01:07:21	+37:12	06:44
1693	771	Ana Ribeiro	individual	Veterana F45	01:07:23	+37:13	06:44
1694	1344	Rosário Marques	individual	Veterana F40	01:07:23	+37:14	06:44
1695	1152	Mafalda Ferreira	individual	Senior Feminino	01:07:24	+37:14	06:44
1696	2052	José Salgado	s. s. montepio	Veterano M40	01:07:28	+37:18	06:45
1697	497	Nuno Monteiro	farfetch	Veterano M45	01:07:28	+37:19	06:45
1698	1910	Amandio Mendes	running esmoriz	Veterano M45	01:07:33	+37:23	06:45
1699	1938	Carla Oliveira	running espinho	Veterana F40	01:07:35	+37:25	06:46
1700	296	Samanta maia	cal - clube atletismo de lamas	Veterana F40	01:07:37	+37:27	06:46
1701	298	Teresa tavares	cal - clube atletismo de lamas	Veterana F45	01:07:37	+37:27	06:46
1702	1655	Filipe Sousa	malta fixe dos 0 pts	Veterano M40	01:07:41	+37:31	06:46
1703	1167	Mara Solange Palhares	individual	Senior Feminino	01:07:41	+37:31	06:46
1704	2097	Sonia Madureira	salgueiros running	Veterana F40	01:07:44	+37:34	06:46
1705	2065	Boni Bonas	salgueiros running	Veterano M45	01:07:44	+37:34	06:46
1706	1609	Gabriela Silva	madugym	Veterana F45	01:07:47	+37:37	06:47
1707	1104	José Pedro Águeda	individual	Senior Masculino	01:07:52	+37:43	06:47
1708	1265	Paula Simoes	individual	Veterana F35	01:07:57	+37:48	06:48
1709	989	FRANCISCO OLIVEIRA	individual	Veterano M35	01:08:08	+37:58	06:49
1710	1862	Cristina Silva	porto sentido runners	Veterana F45	01:08:09	+38:00	06:49
1711	1193	Maria José Varanda	individual	Veterana F45	01:08:16	+38:06	06:50
1712	1341	Rosa Rebelo	individual	Veterana F50	01:08:16	+38:07	06:50
1713	1611	Helder Rodrigues	madugym	Veterano M45	01:08:23	+38:13	06:50
1714	1207	Mário Santos	individual	Senior Masculino	01:08:26	+38:16	06:51

PROVA PRINCIPAL - STAGE 1**10 KM****OFFICIAL RESULT****R**
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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	⚡/KM
1806	1989	Márcia Pereira	running espinho	Senior Feminino	01:15:05	+44:55	07:31
1807	2057	Susana Cardoso	s. s. montepio	Veterana F40	01:15:08	+44:58	07:31
1808	272	António Oliveira	caipirinha runners	Veterano M50	01:15:08	+44:58	07:31
1809	2051	João Cardoso	s. s. montepio	Veterano M45	01:15:09	+44:59	07:31
1810	404	Sandra Pina	comdor runners	Veterana F45	01:15:09	+44:59	07:31
1811	1600	Daniela Dias	madugym	Veterana F35	01:15:13	+45:03	07:31
1812	1630	Rita Seara	madugym	Sub 23 Feminino	01:15:13	+45:04	07:31
1813	1640	Vera Silva	madugym	Veterana F35	01:15:21	+45:11	07:32
1814	872	Carolina Reis	individual	Senior Feminino	01:15:32	+45:22	07:33
1815	630	MIGUEL CORREIA	ginásio clube d ebragança	Senior Masculino	01:15:38	+45:29	07:34
1816	942	Érica Lino Pereira	individual	Senior Feminino	01:15:43	+45:34	07:34
1817	677	Maria José Laranjeira	grupo de corrida de argoncilhe	Veterana F55	01:15:47	+45:37	07:35
1818	1728	Nuno Capela	núcleo de montanha de espinho	Veterano M40	01:15:59	+45:49	07:36
1819	1729	Tatiana Pinto	núcleo de montanha de espinho	Senior Feminino	01:16:00	+45:50	07:36
1820	226	Isabel Rangel	bioteam	Veterana F45	01:16:04	+45:54	07:36
1821	1204	Marina Valente	individual	Senior Feminino	01:16:04	+45:55	07:36
1822	663	Celeste Costa	grupo de corrida de argoncilhe	Veterana F50	01:16:05	+45:56	07:37
1823	614	CRISTINA SOARES	ginásio clube d ebragança	Veterana F40	01:16:18	+46:08	07:38
1824	36	Sofia Cavaco	#quandoacaba	Veterana F35	01:16:25	+46:16	07:39
1825	1804	Isabel Pereira	pão pepim	Veterana F45	01:16:29	+46:20	07:39
1826	1195	Maria Loureiro	individual	Veterana F35	01:16:32	+46:22	07:39
1827	883	Cidália Alves	individual	Veterana F35	01:16:34	+46:24	07:39
1828	986	Filomena Azevedo	individual	Veterana F55	01:16:39	+46:29	07:40
1829	1621	Maria João Nunes	madugym	Senior Feminino	01:16:45	+46:35	07:41
1830	2205	Gisélia Braga	stream fire	Veterana F40	01:16:48	+46:38	07:41
1831	1591	Andreia Santos	madugym	Senior Feminino	01:16:55	+46:45	07:42
1832	1955	Fátima Rocha	running espinho	Veterana F45	01:16:55	+46:46	07:42
1833	1632	Sandra Carvalho	madugym	Sub 23 Feminino	01:16:56	+46:46	07:42
1834	658	André Monte	grupo de corrida de argoncilhe	Veterano M45	01:17:20	+47:11	07:44
1835	1149	Lurdes Pinto	individual	Veterana F50	01:17:21	+47:11	07:44
1836	977	Filipe Correia	individual	Veterano M35	01:17:33	+47:24	07:45
1837	730	Irina Freitas	im-paráveis	Senior Feminino	01:17:34	+47:25	07:45
1838	2079	Lúcia Nunes	salgueiros running	Veterana F50	01:18:41	+48:32	07:52
1839	2064	Barbara Clara da Silva Brito	salgueiros running	Veterana F40	01:18:42	+48:32	07:52
1840	436	Maria Teixeira	dragões do mato	Veterana F35	01:19:06	+48:56	07:55
1841	1012	Heloísa Correia	individual	Veterana F35	01:19:07	+48:57	07:55
1842	859	Carlos Dias	individual	Veterano M35	01:19:07	+48:57	07:55
1843	442	Susana Pinheiro	dragões do mato	Veterana F45	01:19:14	+49:05	07:55
1844	1647	Carlos santos	mágicos	Veterano M55	01:19:15	+49:05	07:56
1845	435	Jose Pedro Pires	dragões do mato	Sub 23 Masculino	01:19:15	+49:06	07:56
1846	2277	Hugo Silva	ubirunners	Senior Masculino	01:19:52	+49:42	07:59
1847	1026	Inês Mesquita	individual	Sub 23 Feminino	01:20:13	+50:03	08:01
1848	487	Tiago Fernandes	fadas verdes	Senior Masculino	01:20:13	+50:04	08:01
1849	47	Lúcia Rodrigues	100stress	Veterana F50	01:20:23	+50:13	08:02
1850	679	Nelma Ferreira	grupo de corrida de argoncilhe	Senior Feminino	01:21:08	+50:58	08:07
1851	1606	Filomena Seara	madugym	Senior Feminino	01:21:30	+51:20	08:09

PROVA PRINCIPAL - STAGE 1

10 KM

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REVISED

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	Ø/KM
1852	2054	Lilian Gomes	s. s. montepio	Veterano M35	01:22:42	+52:32	08:16
1853	2055	Sérgio Oliveira	s. s. montepio	Veterano M40	01:22:42	+52:33	08:16
1854	2301	Paula Martins	virithvs runners viseu	Veterana F45	01:23:21	+53:11	08:20
1855	2279	Patrícia Santos	ubirunners	Senior Feminino	01:24:17	+54:07	08:26
1856	2299	Mónica Carvalho	virithvs runners viseu	Veterana F50	01:24:36	+54:27	08:28
1857	1210	Marta Fernandes	individual	Senior Feminino	01:25:19	+55:10	08:32
1858	1658	Rui Cosrta	malta fixe dos 0 pts	Veterano M45	01:25:20	+55:10	08:32
1859	2210	Sónia Moreira	stream fire	Veterana F40	01:25:24	+55:14	08:32
1860	2206	José Pinto	stream fire	Veterano M35	01:25:24	+55:14	08:32
1861	2316	Mariana Lobo	women runners portugal	Senior Feminino	01:25:57	+55:47	08:36
1862	2318	Manuela Regueiras	women runners portugal	Veterana F50	01:25:57	+55:47	08:36
1863	468	Francisco Santinha	espigueiros runners - caparrosinha	Sub 23 Masculino	01:26:34	+56:24	08:39
1864	474	Rita Gorrihas	espigueiros runners - caparrosinha	Sub 23 Feminino	01:26:34	+56:25	08:39
1865	2061	Agostinho vasconcelos	salgueiros running	Veterano M55	01:26:49	+56:39	08:41
1866	2096	Rui vasconcelos	salgueiros running	Veterano M45	01:26:50	+56:40	08:41
1867	45	Lara Matos	100stress	Sub 23 Feminino	01:27:01	+56:52	08:42
1868	41	Alexandra Tavares	100stress	Veterana F45	01:27:15	+57:05	08:44

Prova Principal
10 KM
OFFICIAL RESULT
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 REVISED

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

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	Time	Temperature	Humidity
Start	19:00	21.7°C	94%
End	20:27	21.7°C	94%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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Senior Feminino

1	7	Daniela Cunha	SCP	Senior Feminino	34:27	+04:17	03:27
2	13	Ana Lopes	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	35:40	+05:31	03:34
3	19	Andreia Santos	RUN TEJO/CM SOCKS	Senior Feminino	36:47	+06:37	03:41
4	2044	Diana Sousa	RUNRIVER - Escola de Atletismo de Rio Tinto	Senior Feminino	38:01	+07:51	03:48
5	320	Joana Oliveira	CDOL - Clube Desportivo Operário de Lagoa	Senior Feminino	44:12	+14:02	04:25
6	250	Maria Pinto	Braga	Senior Feminino	45:02	+14:53	04:30
7	2291	Catarina Sa	Viriathvs Runners Viseu	Senior Feminino	45:04	+14:54	04:30
8	185	Mafalda Oliveira	Atlético da Madalena	Senior Feminino	45:22	+15:12	04:32
9	1625	Patricia Lopes	madugym	Senior Feminino	45:33	+15:23	04:33
10	1387	Sofia Dias	Individual	Senior Feminino	45:34	+15:24	04:33
11	348	Ana Botelho	Cinfães a Correr	Senior Feminino	45:40	+15:31	04:34
12	1	Isabel Silva	Os Incríveis	Senior Feminino	45:42	+15:33	04:34
13	1023	Ilsa carvalho da Costa Costa	Individual	Senior Feminino	46:48	+16:38	04:41
14	1760	Ana Lírio	Os Lírios	Senior Feminino	47:59	+17:50	04:48
15	559	Liliana Pereira	GDC Codal	Senior Feminino	48:16	+18:06	04:50
16	1697	Ângela Martins	Nascidos Para Corre	Senior Feminino	48:29	+18:19	04:51
17	1427	Valéria Correia	Individual	Senior Feminino	48:38	+18:29	04:52
18	879	Célia Pereira	Individual	Senior Feminino	48:56	+18:46	04:54
19	2317	Silvia Gomes	Women Runners Portugal/Correr por prazer a 2	Senior Feminino	48:58	+18:48	04:54
20	644	Inês Dias	Ginásio Desafios	Senior Feminino	49:14	+19:04	04:55
21	1394	Soraia Silva	Individual	Senior Feminino	49:22	+19:12	04:56
22	1665	Ana Ferreira	Marão Z Bike	Senior Feminino	49:24	+19:14	04:56
23	2084	Marta Marques	Salgueiros Running	Senior Feminino	49:33	+19:23	04:57
24	922	Diana Martins	Individual	Senior Feminino	49:44	+19:35	04:58
25	2139	Marisa Fernandes	SOCIEDADE RECREIO CEPANENSE	Senior Feminino	50:29	+20:20	05:03
26	2127	Aurélie Freitas	SOCIEDADE RECREIO CEPANENSE	Senior Feminino	50:51	+20:41	05:05
27	752	Ana Arede	Individual	Senior Feminino	50:53	+20:44	05:05
28	1201	Mariana Ameixieira	Individual	Senior Feminino	51:06	+20:57	05:07
29	884	Claudia Coelho	Individual	Senior Feminino	51:17	+21:07	05:08
30	1037	Joana Batista	Individual	Senior Feminino	51:26	+21:16	05:09
31	1944	Cristiana Santos	RUNNING ESPINHO	Senior Feminino	51:47	+21:38	05:11
32	1148	Luisa Alves	Individual	Senior Feminino	52:02	+21:53	05:12
33	923	Diana Pinho	Individual	Senior Feminino	52:24	+22:14	05:14
34	306	Marta Aniceto	Calvário Runners	Senior Feminino	52:56	+22:46	05:18
35	244	Marta Senos	BoraBora, Vamos Lá!	Senior Feminino	53:00	+22:51	05:18

Prova Principal

10 KM

R
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OFFICIAL RESULT

36	1039	Joana Sofia Valente Sousa	Individual	Senior Feminino	53:57	+23:48	05:24
37	1744	Daniela Oliveira	OS FALTA D'AR	Senior Feminino	54:08	+23:58	05:25
38	1011	Helena Azevedo	Individual	Senior Feminino	54:09	+23:59	05:25
39	1125	Leonor Carvalho	Individual	Senior Feminino	54:11	+24:01	05:25
40	280	Maria Pinto	Caipirinha Runners	Senior Feminino	54:16	+24:06	05:26
41	1366	Sandra Rodrigues	Individual	Senior Feminino	54:18	+24:08	05:26
42	1170	Márcia Coimbra	Individual	Senior Feminino	54:25	+24:15	05:27
43	2216	Carina Andreia	Tainadas Run Team	Senior Feminino	54:35	+24:25	05:28
44	1202	Mariana Pereira	Individual	Senior Feminino	54:53	+24:43	05:29
45	471	Mariana Silva	Espigueiros Runners - Caparrosinha	Senior Feminino	54:57	+24:47	05:30
46	2031	Silvana Silva	RUNNING ESPINHO	Senior Feminino	55:02	+24:52	05:30
47	1613	Joana Pinho	madugym	Senior Feminino	55:05	+24:56	05:31
48	263	Sara Rocha	BTT Alegria // TUBANI	Senior Feminino	55:10	+25:00	05:31
49	2183	Nádia Santos	Sporting Clube de Espinho / António Leitão	Senior Feminino	55:13	+25:03	05:31
50	740	Albertina Rios	Individual	Senior Feminino	55:17	+25:07	05:32
51	914	Daniela Correia	Individual	Senior Feminino	55:18	+25:08	05:32
52	829	Beatriz Silva	Individual	Senior Feminino	55:18	+25:09	05:32
53	1406	Tânia Santos	Individual	Senior Feminino	55:23	+25:13	05:32
54	549	ANDREIA MARTINS	GALINHAS DE CROSS	Senior Feminino	55:41	+25:31	05:34
55	769	Ana Resende	Individual	Senior Feminino	55:47	+25:37	05:35
56	2312	Ana Silvano	Women Runners Portugal	Senior Feminino	55:58	+25:48	05:36
57	754	Ana Catarina Moniz	Individual	Senior Feminino	56:07	+25:57	05:37
58	1707	Rosa Carmo	Nascidos Para Corre	Senior Feminino	56:09	+25:59	05:37
59	565	Mara Silva	GDR Granja - TRUTAS DO MAU	Senior Feminino	56:20	+26:10	05:38
60	2240	Angélica Silva	The flowers	Senior Feminino	56:25	+26:15	05:39
61	441	Sandra Teixeira	Dragões do Mato	Senior Feminino	56:26	+26:16	05:39
62	713	Daniela Bicho	GURUS	Senior Feminino	56:26	+26:17	05:39
63	443	Tânia Gomes	Dragões do Mato	Senior Feminino	56:30	+26:20	05:39
64	1334	Rita Brandão	Individual	Senior Feminino	56:35	+26:25	05:40
65	1789	Isabel Correia	OvarRun	Senior Feminino	56:36	+26:26	05:40
66	432	Diana Gonçalves	Dragões do Mato	Senior Feminino	56:52	+26:43	05:41
67	492	Joana Tavares	FAMTAV	Senior Feminino	56:56	+26:46	05:42
68	2315	LAISA DIANA	WOMEN RUNNERS PORTUGAL	Senior Feminino	57:03	+26:53	05:42
69	1714	Andreia Oliveira	NINJAS	Senior Feminino	57:11	+27:01	05:43
70	1430	Vanessa Nascimento	Individual	Senior Feminino	57:12	+27:02	05:43
71	755	Ana Fernandes	Individual	Senior Feminino	57:14	+27:04	05:43
72	905	Cristina Presello	Individual	Senior Feminino	57:17	+27:07	05:44
73	219	Cátia Coelho	BESJOGING	Senior Feminino	57:18	+27:08	05:44
74	303	Lidia Ferreira	Caldas S. Jorge Sport Clube	Senior Feminino	57:20	+27:11	05:44
75	256	Ana Catarina Tavares	Bravos e bravitas	Senior Feminino	57:37	+27:27	05:46
76	491	Vânia Oliveira	Family Runners	Senior Feminino	57:38	+27:28	05:46
77	749	Ana almeida	Individual	Senior Feminino	57:38	+27:28	05:46
78	791	Andreia Castro	Individual	Senior Feminino	57:45	+27:35	05:47
79	733	Adelaide Marques	Individual	Senior Feminino	57:50	+27:41	05:47
80	2200	Luisa Reis	STCP Runners	Senior Feminino	57:53	+27:43	05:47

Prova Principal

10 KM

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OFFICIAL RESULT

Rank	Bib No	Name	Team	Category	Time	Diff	Split
126	1671	Joana Vieira	Mau Feitio	Senior Feminino	01:03:00	+32:50	06:18
127	215	Sara Francisco	Batata Doce	Senior Feminino	01:03:37	+33:28	06:22
128	1775	Cláudia Dias	Outlaw runners	Senior Feminino	01:03:53	+33:43	06:23
129	519	Claudia calçada	Fit Arena	Senior Feminino	01:04:04	+33:54	06:24
130	750	Ana Almeida	Individual	Senior Feminino	01:04:04	+33:54	06:24
131	211	Maria Silveira	Barbosa's Team	Senior Feminino	01:04:07	+33:58	06:25
132	632	NÁDIA RODRIGUES	GINÁSIO CLUBE D EBRAGANÇA	Senior Feminino	01:04:09	+33:59	06:25
133	1360	Salomé Costa	Individual	Senior Feminino	01:04:11	+34:01	06:25
134	2239	Ana Ferreira	The flowers	Senior Feminino	01:05:02	+34:52	06:30
135	1318	Raquel Tavares	Individual	Senior Feminino	01:05:08	+34:58	06:31
136	938	Eliana Soukiazes	Individual	Senior Feminino	01:05:08	+34:58	06:31
137	1685	Gabriela Almeida	Mini Fundistas	Senior Feminino	01:05:08	+34:59	06:31
138	1683	Cátia Coelho	Mini Fundistas	Senior Feminino	01:05:13	+35:04	06:31
139	367	Rita Pereira	Cinfães a Correr	Senior Feminino	01:05:18	+35:08	06:32
140	1635	Tânia Pinto	madugym	Senior Feminino	01:05:20	+35:11	06:32
141	657	Ana Vale	Grupo de Corrida de Argoncilhe	Senior Feminino	01:05:27	+35:17	06:33
142	2158	Andreia Pinho	Sportarc.Running	Senior Feminino	01:05:28	+35:19	06:33
143	852	Carla Sofia Costa	Individual	Senior Feminino	01:05:50	+35:40	06:35
144	975	Filipa Teixeira	Individual	Senior Feminino	01:06:01	+35:52	06:36
145	1389	Sofia Mendes	Individual	Senior Feminino	01:06:01	+35:52	06:36
146	1792	Maria Monteiro	OvarRun	Senior Feminino	01:06:14	+36:04	06:37
147	2278	Luísa Ferreira	UbiRunners	Senior Feminino	01:06:15	+36:06	06:38
148	1969	Joana Castro	RUNNING ESPINHO	Senior Feminino	01:06:21	+36:11	06:38
149	1624	Mónica Morais	madugym	Senior Feminino	01:06:50	+36:40	06:41
150	180	Tânia Santos	Asa Seguros	Senior Feminino	01:07:00	+36:51	06:42
151	1678	Maria Ana Santos	Million Dollar Babies	Senior Feminino	01:07:04	+36:54	06:42
152	1768	Tatiana Andrade	Os Mancos e Eu	Senior Feminino	01:07:17	+37:07	06:44
153	1152	Mafalda Ferreira	Individual	Senior Feminino	01:07:24	+37:14	06:44
154	1167	Mara Solange Palhares	Individual	Senior Feminino	01:07:41	+37:31	06:46
155	931	Dora Fonseca	Individual	Senior Feminino	01:08:29	+38:19	06:51
156	1547	Susana Baptista	LF2 - Guiberço	Senior Feminino	01:08:36	+38:26	06:52
157	885	Cláudia Ferreira	Individual	Senior Feminino	01:08:52	+38:42	06:53
158	608	ANNE SOPHIE GONÇALVES	GINÁSIO CLUBE D EBRAGANÇA	Senior Feminino	01:09:04	+38:54	06:54
159	1035	Joana Ângelo	Individual	Senior Feminino	01:09:16	+39:06	06:56
160	573	Joana Lopes	GELCENTRO	Senior Feminino	01:09:25	+39:16	06:57
161	467	Diana Santinha	Espigueiros Runners - Caparrosinha	Senior Feminino	01:09:51	+39:41	06:59
162	913	Daniela Carvalho	Individual	Senior Feminino	01:10:14	+40:05	07:01
163	1392	Sofia Silveira	Individual	Senior Feminino	01:10:16	+40:07	07:02
164	1436	Vera Rodrigues	Individual	Senior Feminino	01:10:17	+40:07	07:02
165	1030	Ivian Duarte	Individual	Senior Feminino	01:10:37	+40:27	07:04
166	1686	Sandra Carvalho	Montainn Runners	Senior Feminino	01:10:41	+40:32	07:04
167	511	Sarah Kuhn	Ferreira de Sá Rugs	Senior Feminino	01:11:18	+41:08	07:08
168	273	Beatriz Guiomar	Caipirinha Runners	Senior Feminino	01:12:08	+41:58	07:13
169	164	Carla Barbosa	As Belas e Eles	Senior Feminino	01:12:28	+42:18	07:15
170	165	Cátia Silva	As Belas e Eles	Senior Feminino	01:12:28	+42:18	07:15
171	1365	Sandra Rodrigues	Individual	Senior Feminino	01:12:31	+42:21	07:15

Prova Principal

10 KM

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OFFICIAL RESULT

64	900	Cristiano Silva	Individual	Senior Masculino	43:10	+13:00	04:19
65	218	André Correia	BESJOGING	Senior Masculino	43:10	+13:01	04:19
66	1801	Jorge Miguel Almeida Pereira	Ozxtreme/ADCRPereira	Senior Masculino	43:14	+13:05	04:19
67	1831	Paulo Oliveira	Peraltafil running	Senior Masculino	43:23	+13:13	04:20
68	1418	Tiago Melo	Individual	Senior Masculino	43:42	+13:32	04:22
69	895	Cláudio Tavares	Individual	Senior Masculino	43:44	+13:35	04:22
70	40	Ricardo Moutinho	100meta	Senior Masculino	43:46	+13:36	04:23
71	1953	Fábio Justo	RUNNING ESPINHO	Senior Masculino	43:50	+13:40	04:23
72	319	Fábio Barbosa	CDOL - Clube Desportivo Operário de Lagoa	Senior Masculino	43:51	+13:42	04:23
73	262	Manuel Gomes	BTT Alegria // TUBANI	Senior Masculino	43:53	+13:43	04:23
74	832	Bruno Carvalho	Individual	Senior Masculino	43:59	+13:49	04:24
75	1679	Gonçalo Guimarães	Million Dollar Baby's	Senior Masculino	44:08	+13:58	04:25
76	835	Bruno Cunha	Individual	Senior Masculino	44:09	+13:59	04:25
77	125	Bruno Carvalho	AMVE	Senior Masculino	44:15	+14:05	04:26
78	1143	Luís Rocha	Individual	Senior Masculino	44:15	+14:05	04:26
79	1805	José Luis	Pão Pepim	Senior Masculino	44:20	+14:10	04:26
80	509	Marco Couto	Ferreira de Sá Rugs	Senior Masculino	44:29	+14:19	04:27
81	1704	Leonel Videira	Nascidos Para Corre	Senior Masculino	44:40	+14:30	04:28
82	1893	Daniel Dias	R-Load	Senior Masculino	44:43	+14:33	04:28
83	636	PAULO NETO	GINÁSIO CLUBE D EBRAGANÇA	Senior Masculino	44:48	+14:39	04:29
84	1014	Hugo Guimarães	Individual	Senior Masculino	44:49	+14:39	04:29
85	1072	Jorge Ribeiro	Individual	Senior Masculino	45:01	+14:52	04:30
86	1909	Pedro antunes	RUNNING 100/120	Senior Masculino	45:08	+14:58	04:31
87	2288	Daniel Filipe Fernandes	vimarunners	Senior Masculino	45:09	+15:00	04:31
88	2267	David Aguiar	Trilhados	Senior Masculino	45:12	+15:02	04:31
89	572	Elton Rodrigues	GELCENTRO	Senior Masculino	45:12	+15:02	04:31
90	714	Rafael Caeiro	GURUS	Senior Masculino	45:12	+15:02	04:31
91	927	Diogo Ferreira	Individual	Senior Masculino	45:20	+15:10	04:32
92	2188	atleta 2188	Sporting Clube de Espinho / António Leitão	Senior Masculino	45:26	+15:16	04:33
93	35	André Andrade	#Quandoacaba	Senior Masculino	45:40	+15:30	04:34
94	661	Bruno Andrade	Grupo de Corrida de Argoncilhe	Senior Masculino	45:42	+15:32	04:34
95	899	Cristiano Nunes	Individual	Senior Masculino	45:43	+15:34	04:34
96	917	David Rego	Individual	Senior Masculino	45:44	+15:34	04:34
97	1110	José Ruas	Individual	Senior Masculino	45:55	+15:45	04:36
98	317	Nelson Ferreira	CB RUN	Senior Masculino	46:01	+15:51	04:36
99	1972	João Leite	RUNNING ESPINHO	Senior Masculino	46:02	+15:52	04:36
100	1579	Filipe Pardilho	LusoGym	Senior Masculino	46:06	+15:56	04:37
101	845	Bruno Sequeira	Individual	Senior Masculino	46:14	+16:05	04:37
102	1603	Fábio Silva	madugym	Senior Masculino	46:17	+16:07	04:38
103	2181	Miguel Costa	Sporting Clube de Espinho / António Leitão	Senior Masculino	46:18	+16:08	04:38
104	785	André Rocha	Individual	Senior Masculino	46:30	+16:20	04:39
105	804	António Couto	Individual	Senior Masculino	46:30	+16:20	04:39
106	134	Luis Almeida	ARADA ATLÉTICO CLUBE	Senior Masculino	46:33	+16:23	04:39
107	1138	Luis Marques	Individual	Senior Masculino	46:33	+16:24	04:39

Prova Principal

10 KM

OFFICIAL RESULT

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108	857	Carlos Chaves	Individual	Senior Masculino	46:37	+16:27	04:40
109	1354	Rui Monteiro	Individual	Senior Masculino	46:38	+16:28	04:40
110	525	Junior Sabença	Fogaças com Malapos	Senior Masculino	46:46	+16:37	04:41
111	2024	Ricardo Pais	RUNNING ESPINHO	Senior Masculino	46:53	+16:43	04:41
112	946	Fábio Barbosa	Individual	Senior Masculino	46:57	+16:47	04:42
113	1790	João Tavares	OvarRun	Senior Masculino	47:08	+16:59	04:43
114	258	Daniel Oliveira	Bravos e bravitas	Senior Masculino	47:09	+16:59	04:43
115	347	Isidro Almeida	Cinfães a Correr	Senior Masculino	47:09	+16:59	04:43
116	782	André Moreira	Individual	Senior Masculino	47:21	+17:11	04:44
117	2157	Rui Paiva	Speedy Gonzalez	Senior Masculino	47:22	+17:12	04:44
118	87	FILIPE MANUEL FERREIRA	ACR DE VALE DE CAMBRA	Senior Masculino	47:24	+17:14	04:44
119	926	Diogo Coelho	Individual	Senior Masculino	47:27	+17:17	04:45
120	512	Tiago Pinto	Ferreira de Sá Rugs	Senior Masculino	47:29	+17:20	04:45
121	862	Carlos Granja	Individual	Senior Masculino	47:33	+17:24	04:45
122	2215	Diogo Melo	SUPRAS	Senior Masculino	47:37	+17:27	04:46
123	844	Bruno Rodrigues	Individual	Senior Masculino	47:40	+17:30	04:46
124	1016	Hugo Ribeiro	Individual	Senior Masculino	47:40	+17:30	04:46
125	1627	Pedro Gonçalves	madugym	Senior Masculino	47:45	+17:35	04:47
126	1134	Luis Azevedo	Individual	Senior Masculino	47:57	+17:48	04:48
127	361	Luís Correia	Cinfães a Correr	Senior Masculino	48:03	+17:54	04:48
128	1738	Paulo Dias	Os Adamastores	Senior Masculino	48:05	+17:55	04:49
129	1103	José Paulo Oliveira	Individual	Senior Masculino	48:13	+18:03	04:49
130	984	Filipe Santos	Individual	Senior Masculino	48:14	+18:05	04:49
131	2153	Mário Dias	Speeders	Senior Masculino	48:17	+18:07	04:50
132	978	Filipe Ferreira	Individual	Senior Masculino	48:22	+18:13	04:50
133	994	Gil Fontes	Individual	Senior Masculino	48:25	+18:16	04:51
134	1067	Joel Marques	Individual	Senior Masculino	48:28	+18:18	04:51
135	856	Carlos Campos	Individual	Senior Masculino	48:30	+18:20	04:51
136	1247	NUNO PINTO	Individual	Senior Masculino	48:32	+18:22	04:51
137	189	Alexandre Santos	Avanca Runners	Senior Masculino	48:34	+18:24	04:51
138	1651	Francisco Freitas	Malotas Guimarães Running Team	Senior Masculino	48:37	+18:27	04:52
139	1767	Olavo Barros	Os Mancos e Eu	Senior Masculino	48:49	+18:40	04:53
140	1324	Ricardo Ferreira	Individual	Senior Masculino	48:52	+18:43	04:53
141	1610	Helder Almeida	madugym	Senior Masculino	49:02	+18:52	04:54
142	715	André Carvalho	Habcarpintaria	Senior Masculino	49:06	+18:56	04:55
143	1732	Vitor Marçal	Oh Faxabor!	Senior Masculino	49:17	+19:08	04:56
144	1346	Rui Cancelas Cancelas	Individual	Senior Masculino	49:18	+19:08	04:56
145	1243	Nuno Fernandes	Individual	Senior Masculino	49:18	+19:08	04:56
146	2080	Luís Seabra	Salgueiros Running	Senior Masculino	49:18	+19:08	04:56
147	1847	Rui Silva	Plumas	Senior Masculino	49:23	+19:13	04:56
148	1715	José Garrido	NINJAS	Senior Masculino	49:28	+19:19	04:57
149	1015	Hugo Lopes	Individual	Senior Masculino	49:29	+19:20	04:57
150	1848	Tiago Safara	Plumas	Senior Masculino	49:32	+19:22	04:57
151	2249	António Soares	TPN	Senior Masculino	49:40	+19:31	04:58
152	261	Rui Teixeira	Bravos e bravitas	Senior Masculino	49:41	+19:31	04:58
153	386	Ivo Carneiro	Clube Galp Energia Norte	Senior Masculino	49:49	+19:40	04:59

Prova Principal

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200	1303	Pedro Fonseca	Individual	Senior Masculino	53:00	+22:50	05:18
201	778	André Costa	Individual	Senior Masculino	53:15	+23:05	05:20
202	550	Ivo Ferreira	GALINHAS DE CROSS	Senior Masculino	53:18	+23:08	05:20
203	1008	Helder Roque	Individual	Senior Masculino	53:23	+23:13	05:20
204	981	Filipe Pereira	Individual	Senior Masculino	53:24	+23:14	05:20
205	712	João Silva	Guimarães Malotas Running Team	Senior Masculino	53:28	+23:19	05:21
206	1071	Jorge Oliveira	Individual	Senior Masculino	53:40	+23:31	05:22
207	1105	Jose Pedro Rocha	Individual	Senior Masculino	53:45	+23:36	05:23
208	1855	André Oliveira	PORTO SENTIDO RUNNERS	Senior Masculino	53:52	+23:42	05:23
209	452	Marco Marreiro	Environmental Runners	Senior Masculino	53:56	+23:46	05:24
210	1592	António Ventura	madugym	Senior Masculino	53:59	+23:50	05:24
211	1213	Martinho Novais	Individual	Senior Masculino	54:00	+23:51	05:24
212	683	Pedro Carvalho	Grupo de Corrida de Argoncilhe	Senior Masculino	54:04	+23:54	05:24
213	1737	Moisés Cruz	Os Adamastores	Senior Masculino	54:07	+23:57	05:25
214	916	David Branco	Individual	Senior Masculino	54:09	+23:59	05:25
215	2037	Tiago Pisco	RUNNING ESPINHO	Senior Masculino	54:17	+24:07	05:26
216	56	Daniel Lopes	A D Rio Largo C Espinho	Senior Masculino	54:24	+24:14	05:26
217	997	Gonçalo Espírito Santo Matos	Individual	Senior Masculino	54:31	+24:21	05:27
218	1765	Ivo Ferreira	Os Mancos e Eu	Senior Masculino	54:32	+24:23	05:27
219	2217	Joni Rocha	Tainadas Run Team	Senior Masculino	54:35	+24:25	05:28
220	723	Daniel Ferreira	H-Team	Senior Masculino	54:40	+24:30	05:28
221	1022	Igor Resende	Individual	Senior Masculino	54:49	+24:39	05:29
222	1521	Marco António Pinheiro	Kanbanzeiros	Senior Masculino	55:07	+24:57	05:31
223	1894	Ricardo Barbosa	R-Load	Senior Masculino	55:10	+25:00	05:31
224	1631	Ruben Santos	madugym	Senior Masculino	55:15	+25:05	05:32
225	869	Carlos Silva	Individual	Senior Masculino	55:18	+25:09	05:32
226	1295	Pedro Alves	Individual	Senior Masculino	55:19	+25:09	05:32
227	485	Ricardo José Freitas	FADAS VERDES	Senior Masculino	55:23	+25:13	05:32
228	1029	Ivan Fernandes	Individual	Senior Masculino	55:28	+25:19	05:33
229	1736	Nuno Fernandes	opraticante.pt	Senior Masculino	55:36	+25:27	05:34
230	846	Bruno Taborda	Individual	Senior Masculino	55:47	+25:37	05:35
231	1706	Ricardo Gomes	Nascidos Para Corre	Senior Masculino	55:53	+25:43	05:35
232	599	Diogo Ferreira	Geração Paramos	Senior Masculino	55:59	+25:49	05:36
233	408	Luís Pereira	Correr a 4	Senior Masculino	55:59	+25:50	05:36
234	1602	David Rocha	madugym	Senior Masculino	56:00	+25:51	05:36
235	1154	Manuel Cardoso	Individual	Senior Masculino	56:01	+25:52	05:36
236	1652	Jorge Ribeiro	Malotas Guimarães Running Team	Senior Masculino	56:29	+26:20	05:39
237	532	Filipe Marques	fominhas	Senior Masculino	56:41	+26:31	05:40
238	728	Vitor Gomes	I9 team	Senior Masculino	56:43	+26:33	05:40
239	788	André Silva	Individual	Senior Masculino	56:43	+26:33	05:40
240	841	Bruno Monteiro	Individual	Senior Masculino	56:46	+26:36	05:41
241	1905	Joao antunes	RUNNING 100/120	Senior Masculino	56:49	+26:39	05:41
242	430	Bruno Ferreira	Dragões do Mato	Senior Masculino	56:52	+26:43	05:41
243	787	André Silva	Individual	Senior Masculino	57:05	+26:55	05:43
244	1176	Marcio Soares	Individual	Senior Masculino	57:10	+27:00	05:43
245	1682	Carlos Resende	Mini Fundistas	Senior Masculino	57:15	+27:05	05:44

Prova Principal

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OFFICIAL RESULT

246	2116	Pedro Martins	siBEERia	Senior Masculino	57:15	+27:06	05:44
247	1999	Nelson Miranda	RUNNING ESPINHO	Senior Masculino	57:18	+27:08	05:44
248	928	Diogo Lima	Individual	Senior Masculino	57:20	+27:10	05:44
249	1326	Ricardo Mendes	Individual	Senior Masculino	57:51	+27:42	05:47
250	1350	Rui Ferreira	Individual	Senior Masculino	57:54	+27:44	05:47
251	1237	Norberto Oliveira	Individual	Senior Masculino	57:55	+27:45	05:48
252	444	Tiago Pinto	Dragões do Mato	Senior Masculino	58:02	+27:53	05:48
253	1900	Pedro Morais	Rota Rolha BTT	Senior Masculino	58:08	+27:58	05:49
254	1182	Marco Silva	Individual	Senior Masculino	58:16	+28:07	05:50
255	729	Diogo Baptista	IM-PARÁVEIS	Senior Masculino	58:17	+28:08	05:50
256	484	Micael Seródio	Fadas Verdes	Senior Masculino	58:29	+28:19	05:51
257	1439	Vieira Vieira	Individual	Senior Masculino	58:36	+28:27	05:52
258	1140	Luis Novo	Individual	Senior Masculino	58:47	+28:37	05:53
259	299	Tiago Leite	Calcanhar de Aquiles	Senior Masculino	59:03	+28:53	05:54
260	300	Vasco Sá Pinto	Calcanhar de Aquiles	Senior Masculino	59:03	+28:53	05:54
261	1673	Nuno Castro	Medalhados	Senior Masculino	59:09	+29:00	05:55
262	1881	Renato Gomes	RenatoAlhaisPT	Senior Masculino	59:16	+29:06	05:56
263	1225	Miguel Resende	Individual	Senior Masculino	59:19	+29:09	05:56
264	31	José Pinto	4445	Senior Masculino	59:22	+29:12	05:56
265	2234	António Almeida	Teamrunpenguins	Senior Masculino	59:56	+29:46	06:00
266	1520	Gabriel Rubens	Kanbanzeiros	Senior Masculino	59:56	+29:46	06:00
267	1013	Henrique Pires	Individual	Senior Masculino	01:00:07	+29:58	06:01
268	1160	MANUEL LOPES	Individual	Senior Masculino	01:00:34	+30:24	06:03
269	1759	Nelson Monteiro	Os Kágados	Senior Masculino	01:00:34	+30:25	06:03
270	407	Fabio Santos	Correr a 4	Senior Masculino	01:00:53	+30:43	06:05
271	533	Tiago Henriques	Fominhas	Senior Masculino	01:01:06	+30:56	06:07
272	812	Antonio Oliveira	Individual	Senior Masculino	01:01:07	+30:57	06:07
273	1359	Rui Sousa	Individual	Senior Masculino	01:01:16	+31:06	06:08
274	240	Fábio Miguel Magalhães	BoraBora, Vamos Lá!	Senior Masculino	01:01:22	+31:12	06:08
275	515	Rui Ferreira	Figueiredos Runners and Friends	Senior Masculino	01:01:28	+31:18	06:09
276	524	Helder Matos	Fogaças com Malapos	Senior Masculino	01:01:42	+31:33	06:10
277	1331	Ricardo Sousa	Individual	Senior Masculino	01:02:16	+32:06	06:14
278	460	André Viana	Espigueiros Runners - Caparrosinha	Senior Masculino	01:03:17	+33:07	06:20
279	214	Pedro Costa	Batata Doce	Senior Masculino	01:03:37	+33:28	06:22
280	155	Hugo Maia	ARCORUN	Senior Masculino	01:03:47	+33:37	06:23
281	930	Diogo Silva	Individual	Senior Masculino	01:03:58	+33:48	06:24
282	520	ANTHONY SILVA	Fit Arena	Senior Masculino	01:04:04	+33:54	06:24
283	486	Rui Brandão	FADAS VERDES	Senior Masculino	01:04:39	+34:29	06:28
284	553	Joao Oliveira	Gansos	Senior Masculino	01:04:41	+34:32	06:28
285	1522	Sony Ferreira	Kanbanzeiros	Senior Masculino	01:04:54	+34:44	06:29
286	929	Diogo Silva	Individual	Senior Masculino	01:05:04	+34:54	06:30
287	22	ATLETA SEM NOME	Individual	Senior Masculino	01:05:12	+35:02	06:31
288	1604	Fernando Santos	madugym	Senior Masculino	01:05:22	+35:12	06:32
289	1117	Lameiro Carlos	Individual	Senior Masculino	01:05:49	+35:39	06:35
290	1183	Marcos Azevedo	Individual	Senior Masculino	01:05:54	+35:45	06:35
291	1141	Luis Pereira	Individual	Senior Masculino	01:06:06	+35:56	06:37

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68	2163	Isabel Soares	Sportarc.Running	Veterana F40	01:03:26	+33:16	06:21
69	245	Paula Julieta	BoraBora, Vamos Lá!	Veterana F40	01:03:52	+33:43	06:23
70	766	Ana Pais	Individual	Veterana F40	01:04:00	+33:50	06:24
71	2208	Mónica Silva	Stream Fire	Veterana F40	01:04:04	+33:54	06:24
72	285	Silvia Costa	Caipirinha Runners	Veterana F40	01:04:31	+34:22	06:27
73	579	Celsa Moreira	Geocross Trail	Veterana F40	01:04:41	+34:31	06:28
74	551	Florinda Carvalho	Gansos	Veterana F40	01:04:42	+34:32	06:28
75	1028	Isabel Sousa	Individual	Veterana F40	01:04:49	+34:39	06:29
76	2252	Salome Mota	Trail Running Suil Park	Veterana F40	01:05:05	+34:56	06:31
77	1791	Kátia Barros	OvarRun	Veterana F40	01:05:12	+35:03	06:31
78	260	Liliana Canedo	Bravos e bravitas	Veterana F40	01:05:31	+35:22	06:33
79	830	Bizinha Bi	Individual	Veterana F40	01:05:44	+35:34	06:34
80	1428	Valéria Teixeira	Individual	Veterana F40	01:06:03	+35:53	06:36
81	1784	Clara Pires	OvarRun	Veterana F40	01:06:13	+36:04	06:37
82	2007	Patricia Couto	RUNNING ESPINHO	Veterana F40	01:07:17	+37:07	06:44
83	1931	Anabela Barata	RUNNING ESPINHO	Veterana F40	01:07:21	+37:12	06:44
84	1344	Rosário Marques	Individual	Veterana F40	01:07:23	+37:14	06:44
85	1938	Carla Oliveira	RUNNING ESPINHO	Veterana F40	01:07:35	+37:25	06:46
86	296	Samanta maia	CAL - Clube Atletismo de Lamas	Veterana F40	01:07:37	+37:27	06:46
87	2097	Sonia Madureira	Salgueiros Running	Veterana F40	01:07:44	+37:34	06:46
88	578	Anabela Almeida	Geocross Trail	Veterana F40	01:09:02	+38:52	06:54
89	171	Anabela Monteiro	Asa Seguros	Veterana F40	01:09:18	+39:08	06:56
90	641	SÍLVIA SILVA	GINÁSIO CLUBE D EBRAGANÇA	Veterana F40	01:09:45	+39:35	06:59
91	173	Elisabete Oliveira	Asa Seguros	Veterana F40	01:09:45	+39:35	06:59
92	1393	Sónia Poças	Individual	Veterana F40	01:10:38	+40:28	07:04
93	1930	Ana Ribeiro	RUNNING ESPINHO	Veterana F40	01:11:08	+40:59	07:07
94	1469	Marlene Rodrigues	JARP	Veterana F40	01:12:08	+41:58	07:13
95	172	Carla Alexandra Santos	Asa Seguros	Veterana F40	01:12:30	+42:21	07:15
96	316	Sonia Fernandes	CAVF Clube de Atletismo de Vale de Figueira	Veterana F40	01:12:45	+42:36	07:17
97	1996	Monica Oliveira	RUNNING ESPINHO	Veterana F40	01:13:31	+43:21	07:21
98	2057	Susana Cardoso	S. S. Montepio	Veterana F40	01:15:08	+44:58	07:31
99	614	CRISTINA SOARES	GINÁSIO CLUBE D EBRAGANÇA	Veterana F40	01:16:18	+46:08	07:38
100	2205	Giséia Braga	Stream Fire	Veterana F40	01:16:48	+46:38	07:41
101	2064	Barbara Clara da Silva Brito	Salgueiros Running	Veterana F40	01:18:42	+48:32	07:52
102	2210	Sónia Moreira	Stream Fire	Veterana F40	01:25:24	+55:14	08:32

Veterana F45

1	1757	Manuela Freitas	OS ISABELINHAS	Veterana F45	42:01	+11:51	04:12
2	136	Manuela Abelha	ARADA ATLÉTICO CLUBE	Veterana F45	46:03	+15:54	04:36
3	2068	Elisabete Nunes	Salgueiros Running	Veterana F45	48:55	+18:45	04:54
4	453	Diana Sousa	Equipa A	Veterana F45	49:04	+18:54	04:54
5	2132	Isabel Freitas	SOCIEDADE RECREIO CEPANENSE	Veterana F45	49:30	+19:20	04:57
6	1917	Isabel Rosas	Running Esmoriz	Veterana F45	49:36	+19:27	04:58
7	252	Dorinda Gomes	Bravos	Veterana F45	49:39	+19:30	04:58

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52	1839	Carla Franco	Pernetas	Veterana F45	58:58	+28:49	05:54
53	278	Manuela santos	Caipirinha Runners	Veterana F45	59:25	+29:15	05:57
54	2171	Clara Oliveira	Sporting Clube de Espinho / António Leitão	Veterana F45	59:26	+29:16	05:57
55	1483	Anabela Marques	Juventude Cortegacense	Veterana F45	59:30	+29:20	05:57
56	1594	Carla Beça	madugym	Veterana F45	59:33	+29:24	05:57
57	2295	Isabel Melo	Viriathvs Runners Viseu	Veterana F45	59:54	+29:44	05:59
58	607	ANABELA BORDALO	GINÁSIO CLUBE D EBRAGANÇA	Veterana F45	59:54	+29:44	05:59
59	767	ANA PAULA TAVARES	Individual	Veterana F45	59:58	+29:48	06:00
60	2253	Celeste Barbosa	Trepa Trilhos Trail Team	Veterana F45	01:00:06	+29:56	06:01
61	1595	Carla Chaves	madugym	Veterana F45	01:00:10	+30:00	06:01
62	1797	Sara Rodrigues	OvarRun	Veterana F45	01:00:11	+30:01	06:01
63	1459	Raquel Pedrosa	ISCIA	Veterana F45	01:00:21	+30:11	06:02
64	254	Sandra Ferreira	Bravos	Veterana F45	01:00:27	+30:17	06:03
65	2033	Sofia Martins	RUNNING ESPINHO	Veterana F45	01:00:56	+30:47	06:06
66	534	Zélia Borges	Fominhas	Veterana F45	01:01:07	+30:57	06:07
67	2129	Conceição Pereira	SOCIEDADE RECREIO CEPANENSE	Veterana F45	01:01:20	+31:10	06:08
68	1526	Alexandra Barros	KIRCHHOFF - KONECT RUNNING TEAM	Veterana F45	01:02:07	+31:58	06:13
69	592	Sara Moreira	Geocross Trail	Veterana F45	01:02:18	+32:08	06:14
70	472	Paula Gonçalves	Espigueiros Runners - Caparrosinha	Veterana F45	01:02:20	+32:11	06:14
71	1462	AURORA RIBEIRO	JAM - Juventude Atlético Mozelense	Veterana F45	01:02:21	+32:11	06:14
72	1960	Gabriela Veiga	RUNNING ESPINHO	Veterana F45	01:02:25	+32:15	06:15
73	1924	Alexandra Soares	RUNNING ESPINHO	Veterana F45	01:02:25	+32:15	06:15
74	1548	Susana Ferreira	LF2 - Guiberço	Veterana F45	01:02:34	+32:24	06:15
75	1904	Fatima matos	RUNNING 100/120	Veterana F45	01:02:40	+32:31	06:16
76	198	Maria Teresa Silva	Baguim Outdoor Activities (B O A's)	Veterana F45	01:03:16	+33:06	06:20
77	1874	Cristina Sousa	Progresso FA	Veterana F45	01:03:46	+33:37	06:23
78	662	Carla Gomes	Grupo de Corrida de Argoncilhe	Veterana F45	01:04:38	+34:28	06:28
79	1189	Maria Isabel Alves	Individual	Veterana F45	01:05:13	+35:03	06:31
80	2036	Susana Velhote	RUNNING ESPINHO	Veterana F45	01:05:49	+35:39	06:35
81	238	Edite Fernandes	BoraBora, Vamos Lá!	Veterana F45	01:05:52	+35:43	06:35
82	2258	Ana Santos	Trepa Trilhos Trail Team	Veterana F45	01:05:59	+35:49	06:36
83	924	Susana Gomes	Individual	Veterana F45	01:06:02	+35:52	06:36
84	121	Marta Oliveira	Amigos da borga	Veterana F45	01:07:01	+36:51	06:42
85	771	Ana Ribeiro	Individual	Veterana F45	01:07:23	+37:13	06:44
86	298	Teresa tavares	CAL - Clube Atletismo de Lamas	Veterana F45	01:07:37	+37:27	06:46
87	1609	Gabriela Silva	madugym	Veterana F45	01:07:47	+37:37	06:47
88	1862	Cristina Silva	PORTO SENTIDO RUNNERS	Veterana F45	01:08:09	+38:00	06:49
89	1193	Maria José Varanda	Individual	Veterana F45	01:08:16	+38:06	06:50
90	234	Ana Ribeiro	BoraBora, Vamos Lá!	Veterana F45	01:08:50	+38:40	06:53
91	2232	Monica Claudia Matos	Team Shark	Veterana F45	01:08:54	+38:45	06:53
92	247	Sara Castro	BoraBora, Vamos Lá!	Veterana F45	01:08:59	+38:49	06:54
93	586	Paula Almeida	Geocross Trail	Veterana F45	01:09:03	+38:53	06:54

Prova Principal

10 KM

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OFFICIAL RESULT

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94	476	Telma Alves	Espigueiros Runners - Caparrosinha	Veterana F45	01:10:13	+40:04	07:01
95	610	CARLA VIDEIRA	GINÁSIO CLUBE D EBRAGANÇA	Veterana F45	01:10:38	+40:28	07:04
96	734	Adélia Silva	Individual	Veterana F45	01:10:40	+40:30	07:04
97	1184	Maria Aguiar	Individual	Veterana F45	01:11:03	+40:53	07:06
98	951	Fátima Mesquita	Individual	Veterana F45	01:11:10	+41:00	07:07
99	1025	Inês Borges	Individual	Veterana F45	01:11:57	+41:47	07:12
100	1119	Laura Gomes	Individual	Veterana F45	01:14:13	+44:04	07:25
101	404	Sandra Pina	ComDor Runners	Veterana F45	01:15:09	+44:59	07:31
102	226	Isabel Rangel	BioTeam	Veterana F45	01:16:04	+45:54	07:36
103	1804	Isabel Pereira	Pão Pepim	Veterana F45	01:16:29	+46:20	07:39
104	1955	Fátima Rocha	RUNNING ESPINHO	Veterana F45	01:16:55	+46:46	07:42
105	442	Susana Pinheiro	Dragões do Mato	Veterana F45	01:19:14	+49:05	07:55
106	2301	Paula Martins	Viriathvs Runners Viseu	Veterana F45	01:23:21	+53:11	08:20
107	41	Alexandra Tavares	100Stress	Veterana F45	01:27:15	+57:05	08:44

Veterana F50

1	564	Lídia Pereira	GDR Granja - TRUTAS DO MAU	Veterana F50	41:14	+11:04	04:07
2	1467	Matilde baptista	JAM - Juventude Atlética Mozelense	Veterana F50	43:48	+13:38	04:23
3	80	Helena Santos	ACD São João da Serra	Veterana F50	44:15	+14:06	04:26
4	1699	Etelvina Rocha	Nascidos Para Corre	Veterana F50	45:23	+15:13	04:32
5	499	Isabel Santos	Federação da Família para a Paz Mundial e Unificação	Veterana F50	48:46	+18:36	04:53
6	1552	Rosa Lídia Silva	Ligeirinhos	Veterana F50	50:24	+20:14	05:02
7	675	Manuela Sousa	Grupo de Corrida de Argoncilhe	Veterana F50	51:13	+21:04	05:07
8	711	Maria Lemos	GTT - Armazém do Caffè	Veterana F50	51:18	+21:08	05:08
9	508	Lucília Santos	Ferreira de Sá Rugs	Veterana F50	51:20	+21:10	05:08
10	2138	Manuela Bento	SOCIEDADE RECREIO CEPANENSE	Veterana F50	51:50	+21:40	05:11
11	1919	Maribel Oliveira	Running Esmoriz	Veterana F50	51:57	+21:47	05:12
12	334	Filomena Santos	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterana F50	52:27	+22:18	05:15
13	1574	Maria Ribeiro	Lusitânia de Lourosa FC Ténis de Mesa	Veterana F50	53:20	+23:10	05:20
14	952	Fatima Pais	Individual	Veterana F50	54:23	+24:13	05:26
15	2083	Maria Melo	Salgueiros Running	Veterana F50	54:28	+24:18	05:27
16	2186	Rosa Ribeiro	Sporting Clube de Espinho / António Leitão	Veterana F50	54:41	+24:32	05:28
17	302	Goretti Cardoso	Caldas S. Jorge Sport Clube	Veterana F50	55:01	+24:51	05:30
18	1259	Paula Cunha	Individual	Veterana F50	55:20	+25:10	05:32
19	634	OLÍMPIA SANTOS	GINÁSIO CLUBE D EBRAGANÇA	Veterana F50	56:32	+26:22	05:39
20	332	Fatima Ferreira	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterana F50	56:57	+26:48	05:42
21	2293	Fátima Costa	Viriathvs Runners Viseu	Veterana F50	57:15	+27:05	05:44
22	2123	Agostinha Gonçalves	SOCIEDADE RECREIO CEPANENSE	Veterana F50	57:32	+27:22	05:45
23	1599	Céu Oliveira	madugym	Veterana F50	58:31	+28:21	05:51

Prova Principal

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OFFICIAL RESULT

24	1250	Olga Lopes	Individual	Veterana F50	59:00	+28:51	05:54
25	1466	Marinha baptista	JAM - Juventude Atlético Mozelense	Veterana F50	59:14	+29:04	05:55
26	826	Aurora Lemos	Individual	Veterana F50	59:14	+29:04	05:55
27	1197	Maria Resende	Individual	Veterana F50	59:19	+29:09	05:56
28	536	Fatima Duarte	FORÇA NA CANELA ESPINHO	Veterana F50	59:28	+29:19	05:57
29	513	Maria Ferreira	Fiaes	Veterana F50	01:00:12	+30:02	06:01
30	402	Maria Fátima Ribeiro	Clube Zupper	Veterana F50	01:01:03	+30:53	06:06
31	2180	Margarida Machado	Sporting Clube de Espinho / António Leitão	Veterana F50	01:01:19	+31:09	06:08
32	618	GLÓRIA PEREIRA	GINÁSIO CLUBE D EBRAGANÇA	Veterana F50	01:01:28	+31:18	06:09
33	1501	Manuela Castelo	Juventude Cortegacense	Veterana F50	01:01:42	+31:32	06:10
34	1495	Isabel Pereira	Juventude Cortegacense	Veterana F50	01:01:42	+31:32	06:10
35	1573	Cândida Ferreira	Lusitânia de Lourosa FC Ténis de Mesa	Veterana F50	01:01:58	+31:48	06:12
36	1411	Teresa Moreira	Individual	Veterana F50	01:02:38	+32:28	06:16
37	1786	Fátima Murphy	OvarRun	Veterana F50	01:02:56	+32:46	06:18
38	993	Georgina Vinhas	Individual	Veterana F50	01:03:04	+32:54	06:18
39	2263	Isabel Ventura	TRIBO NR	Veterana F50	01:04:55	+34:45	06:30
40	1114	Julia Grilo	Individual	Veterana F50	01:05:01	+34:51	06:30
41	2092	Paula Teixeira	Salgueiros Running	Veterana F50	01:05:01	+34:51	06:30
42	1740	MADALENA CORREIA	OS ALFACINHAS	Veterana F50	01:05:13	+35:03	06:31
43	168	Amélia Costa	As Mafiosas	Veterana F50	01:05:26	+35:16	06:33
44	2161	Ester Soares	Sportarc.Running	Veterana F50	01:05:29	+35:19	06:33
45	666	Fátima Poças	Grupo de Corrida de Argoncilhe	Veterana F50	01:06:01	+35:51	06:36
46	1192	Maria João Simões	Individual	Veterana F50	01:07:01	+36:51	06:42
47	233	Ana Gonçalves	BoraBora, Vamos Lá!	Veterana F50	01:07:06	+36:56	06:43
48	1341	Rosa Rebelo	Individual	Veterana F50	01:08:16	+38:07	06:50
49	1838	Manuela Cunha	Perdidos pelo Monte	Veterana F50	01:08:29	+38:19	06:51
50	2009	Paula Fernandes	RUNNING ESPINHO	Veterana F50	01:10:02	+39:53	07:00
51	1257	Paula Alferes	Individual	Veterana F50	01:10:16	+40:07	07:02
52	1693	Maria Alves	Mss-Contabilidade	Veterana F50	01:15:04	+44:55	07:30
53	663	Celeste Costa	Grupo de Corrida de Argoncilhe	Veterana F50	01:16:05	+45:56	07:37
54	1149	Lurdes Pinto	Individual	Veterana F50	01:17:21	+47:11	07:44
55	2079	Lúcia Nunes	Salgueiros Running	Veterana F50	01:18:41	+48:32	07:52
56	47	Lúcia Rodrigues	100Stress	Veterana F50	01:20:23	+50:13	08:02
57	2299	Mónica Carvalho	Viriathvs Runners Viseu	Veterana F50	01:24:36	+54:27	08:28
58	2318	Manuela Regueiras	Women Runners Portugal	Veterana F50	01:25:57	+55:47	08:36

Veterana F55

1	1708	Rosa Pinto	Nascidos Para Correr	Veterana F55	47:22	+17:12	04:44
2	696	Paula Andrade	Grupo Desportivo dos Ferroviários de Campanhã	Veterana F55	50:11	+20:01	05:01
3	719	Cristina Moura	Hora do Lobo Trail	Veterana F55	51:24	+21:14	05:08
4	921	Delfina Rompante	Individual	Veterana F55	51:54	+21:45	05:11
5	759	Ana Gandaio	Individual	Veterana F55	52:21	+22:12	05:14

Prova Principal
10 KM
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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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

6	412	Teresa Maria Lourenço Ramos	CORRER VISEU	Veterana F55	52:47	+22:37	05:17
7	1550	Deolinda Silva	Ligeirinhos	Veterana F55	53:23	+23:13	05:20
8	241	Filomena Trindade	BoraBora, Vamos Lá!	Veterana F55	55:04	+24:55	05:30
9	88	Graça Leite	ACREFA	Veterana F55	55:58	+25:48	05:36
10	954	Fernanda Almeida	Individual	Veterana F55	56:11	+26:02	05:37
11	957	Fernanda coelho	Individual	Veterana F55	57:48	+27:39	05:47
12	1648	Conceição Mano	Mágicos	Veterana F55	58:06	+27:56	05:49
13	678	Maria Ribeiro	Grupo de Corrida de Argoncilhe	Veterana F55	58:49	+28:39	05:53
14	616	EUFÉMIA DOMINGUES	GINÁSIO CLUBE D EBRAGANÇA	Veterana F55	59:54	+29:44	05:59
15	906	Cristina Romariz	Individual	Veterana F55	01:00:58	+30:48	06:06
16	1817	Maria Fátima Anastácio	Peniche a Correr	Veterana F55	01:04:16	+34:06	06:26
17	2091	Paula Salgado	Salgueiros Running	Veterana F55	01:04:29	+34:19	06:27
18	49	ANA SOUSA	20 VER CORRER	Veterana F55	01:05:47	+35:37	06:35
19	1929	Ana Oliveira	RUNNING ESPINHO	Veterana F55	01:05:48	+35:38	06:35
20	643	ZITA SILVA	GINÁSIO CLUBE D EBRAGANÇA	Veterana F55	01:09:02	+38:52	06:54
21	150	ALICE ALMEIDA	ARCORUN	Veterana F55	01:09:25	+39:15	06:57
22	148	Alcina Moura	ARCORUN	Veterana F55	01:10:19	+40:09	07:02
23	1188	Maria Filomena Marcelo Marcelo	Individual	Veterana F55	01:11:31	+41:21	07:09
24	1923	Adriana Santos	RUNNING ESPINHO	Veterana F55	01:14:10	+44:01	07:25
25	677	Maria José Laranjeira	Grupo de Corrida de Argoncilhe	Veterana F55	01:15:47	+45:37	07:35
26	986	Filomena Azevedo	Individual	Veterana F55	01:16:39	+46:29	07:40

Veterano M35

1	1650	Vitor Oliveira Oliveira	Maia Atlético Clube	Veterano M35	30:53	+00:43	03:05
2	1835	Toze Castro	Peraltafil running	Veterano M35	32:22	+02:12	03:14
3	15	Bruno Silva	Individual	Veterano M35	32:30	+02:20	03:15
4	112	Paulo Morais	ÁGUÍAS DA MISERICÓRDIA	Veterano M35	33:12	+03:02	03:19
5	1832	Pedro Cerdeirinha	Peraltafil running	Veterano M35	33:34	+03:24	03:21
6	85	BRUNO FREITAS	ACR DE VALE DE CAMBRA	Veterano M35	34:19	+04:09	03:26
7	514	Joao carvalho	Figueiredos Runners and Friends	Veterano M35	34:48	+04:39	03:29
8	680	Nelson Feiteira	Grupo de Corrida de Argoncilhe	Veterano M35	35:18	+05:09	03:32
9	1822	Cláudio Costa	Peraltafil running	Veterano M35	35:31	+05:22	03:33
10	375	André Adriano	Clube Atletismo de Ovar	Veterano M35	35:56	+05:47	03:36
11	1823	Diogo Coutinho	Peraltafil running	Veterano M35	36:29	+06:19	03:39
12	417	Nelson Costa	CRISNEL RUNNING	Veterano M35	37:05	+06:55	03:43
13	655	Edivaldo Maciel	Grecas	Veterano M35	37:05	+06:56	03:43
14	2076	JOSE ROCHA	Salgueiros Running	Veterano M35	37:17	+07:08	03:44
15	2067	Carlos Gomes	Salgueiros Running	Veterano M35	37:26	+07:16	03:45
16	32	Ricardo Pereira	#lobosolitário	Veterano M35	37:34	+07:24	03:45
17	2189	Tiago Oliveira	Sporting Clube de Espinho / António Leitão	Veterano M35	37:36	+07:27	03:46
18	1827	Leandro Silva	Peraltafil running	Veterano M35	38:20	+08:11	03:50
19	489	Martinho Gomes	Familia M	Veterano M35	38:23	+08:13	03:50
20	1464	CARLOS DANIEL BAPTISTA	JAM - Juventude Atlética Mozelense	Veterano M35	38:24	+08:14	03:50
21	429	Ricardo Parada	Dr. Runner's Team	Veterano M35	38:46	+08:37	03:53

Official Timekeeper: Lap2Go	23 / 44	generate 28-Jul-2019 11:06
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Prova Principal

10 KM

OFFICIAL RESULT



22	1564	Telmo Reis	LOUSADA RUNNERS	Veterano M35	39:23	+09:13	03:56
23	66	José Teixeira	A NOZ	Veterano M35	39:24	+09:14	03:56
24	78	Paulo Cunha	ACADEMIA FERNANDA RIBEIRO	Veterano M35	39:31	+09:21	03:57
25	1963	Helder Costa	RUNNING ESPINHO	Veterano M35	39:36	+09:27	03:58
26	689	Bruno Lopes	Grupo Desportivo dos Ferroviários de Campanhã	Veterano M35	39:41	+09:32	03:58
27	1687	Antonio Pinto	Monte dos Amigos	Veterano M35	39:48	+09:38	03:59
28	137	Márcio Pereira	ARADA ATLÉTICO CLUBE	Veterano M35	39:50	+09:40	03:59
29	1019	Hugo Tavares	Individual	Veterano M35	39:51	+09:41	03:59
30	1224	Miguel Pinto	Individual	Veterano M35	39:59	+09:49	04:00
31	359	Jorge Resende	Cinfães a Correr	Veterano M35	40:30	+10:21	04:03
32	1800	José Pereira	OZXTREME	Veterano M35	40:39	+10:29	04:04
33	1878	Miguel Rego	QUALY - PRODUTOS DE LIMPEZA	Veterano M35	40:41	+10:31	04:04
34	1829	Luís Beato	Peraltafil running	Veterano M35	40:47	+10:37	04:05
35	1756	Filipe Martins	OS ISABELINHAS	Veterano M35	41:15	+11:05	04:08
36	1219	Miguel Ferreira	Individual	Veterano M35	41:31	+11:21	04:09
37	464	Carlos Santos	Espigueiros Runners - Caparrosinha	Veterano M35	41:35	+11:26	04:10
38	1297	Pedro Azevedo	Individual	Veterano M35	41:39	+11:30	04:10
39	2133	Ismael baptista	SOCIEDADE RECREIO CEPANENSE	Veterano M35	41:44	+11:34	04:10
40	698	André Rocha	Grupo Desportivo dos Outeiros	Veterano M35	41:48	+11:38	04:11
41	1273	Paulo Fidalgo	Individual	Veterano M35	41:50	+11:40	04:11
42	1749	Romeu Rocha	OS FALTA D'AR	Veterano M35	41:57	+11:47	04:12
43	389	Bruno santos	Clube Independente de Argoncilhe	Veterano M35	42:05	+11:55	04:13
44	2160	Carlos Teixeira	Sportarc.Running	Veterano M35	42:20	+12:11	04:14
45	707	Jorge Soares	Grupo Oscacer	Veterano M35	42:26	+12:17	04:15
46	988	Francisco Cândido Fernandes Filho	Individual	Veterano M35	42:29	+12:19	04:15
47	1563	David Queirós	LOUSADA RUNNERS	Veterano M35	42:35	+12:25	04:16
48	1239	Nuno Avelar	Individual	Veterano M35	42:35	+12:26	04:16
49	1751	Rui Santos	OS FALTA D'AR	Veterano M35	42:40	+12:31	04:16
50	1922	Rui Silva	Running Esmoriz	Veterano M35	42:46	+12:36	04:17
51	1491	Daniel Barros	Juventude Cortegacense	Veterano M35	42:48	+12:38	04:17
52	1447	Jaime Neto	Intenso Esboço	Veterano M35	42:50	+12:40	04:17
53	70	Pedro Vieira	A.D.Amarante	Veterano M35	42:55	+12:46	04:18
54	378	Marco Silva	Clube Atletismo de Ovar	Veterano M35	42:59	+12:50	04:18
55	1514	Ricardo Gama	Juventude Cortegacense	Veterano M35	43:02	+12:52	04:18
56	350	David Camelo	Cinfães a Correr	Veterano M35	43:09	+13:00	04:19
57	1245	Nuno Pais	Individual	Veterano M35	43:13	+13:03	04:19
58	2322	Carlos Manuel Gomes da Silva Oliveira	Jornal de Notícias	Veterano M35	43:22	+13:12	04:20
59	1416	Tiago Magalhães	Individual	Veterano M35	43:24	+13:14	04:20
60	1896	Pedro Sousa	Rocky Team	Veterano M35	43:36	+13:26	04:22
61	547	Pedro Monteiro	Gaia Running	Veterano M35	43:45	+13:36	04:23
62	1290	Paulo Roberto Silva Oliveira	Individual	Veterano M35	43:50	+13:41	04:23
63	569	Sérgio Gabriel	GDR Granja - TRUTAS DO MAU	Veterano M35	43:57	+13:47	04:24
64	1527	Anthony Borges	KIRCHHOFF - KONECT RUNNING TEAM	Veterano M35	44:12	+14:02	04:25

Prova Principal

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OFFICIAL RESULT

65	781	André Marques	Individual	Veterano M35	44:21	+14:11	04:26
66	1877	Sandro Filipe	Pupilos do Zé Tó	Veterano M35	44:26	+14:16	04:27
67	502	Bruno Matos	Ferreira de Sá Rugs	Veterano M35	44:28	+14:18	04:27
68	341	Marcos Dias	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M35	44:29	+14:20	04:27
69	1973	João Marques	RUNNING ESPINHO	Veterano M35	44:33	+14:23	04:27
70	868	Carlos Silva	Individual	Veterano M35	44:49	+14:40	04:29
71	1319	Raúl Côte-Real	Individual	Veterano M35	44:51	+14:41	04:29
72	1132	Ludgero Couto	Individual	Veterano M35	45:01	+14:51	04:30
73	1891	Pedro Moreira	Ripolins Grijo a Correr	Veterano M35	45:03	+14:53	04:30
74	530	Vitor Duarte	Fogaças com Malapos	Veterano M35	45:04	+14:55	04:30
75	590	Ricardo Oliveira	Geocross Trail	Veterano M35	45:16	+15:06	04:32
76	1178	Marco Godinho	Individual	Veterano M35	45:19	+15:09	04:32
77	276	Henrique Oliveira	Caipirinha Runners	Veterano M35	45:28	+15:19	04:33
78	528	Raul Pereira	Fogaças com Malapos	Veterano M35	45:30	+15:20	04:33
79	581	Hélder Samuel Pereira Oliveira	Geocross Trail	Veterano M35	45:33	+15:23	04:33
80	820	Armando Barbosa	Individual	Veterano M35	45:43	+15:33	04:34
81	1339	Roland Sousa	Individual	Veterano M35	45:44	+15:35	04:34
82	1998	Nelson Fernandes	RUNNING ESPINHO	Veterano M35	45:45	+15:35	04:35
83	1304	Pedro Lobo	Individual	Veterano M35	45:51	+15:41	04:35
84	1056	Joao Silva	Individual	Veterano M35	45:54	+15:45	04:35
85	1626	Paulo Lopes	madugym	Veterano M35	46:02	+15:53	04:36
86	2314	José Trindade	WOMEN RUNNERS PORTUGAL	Veterano M35	46:19	+16:09	04:38
87	1898	Alexandre Ribeiro	Ronfe A Correr	Veterano M35	46:36	+16:27	04:40
88	2219	Pedro Silvestre	Tainadas Run Team	Veterano M35	46:37	+16:27	04:40
89	1306	Pedro Loureiro	Individual	Veterano M35	46:40	+16:31	04:40
90	1636	Tiago Ornelas	madugym	Veterano M35	46:41	+16:32	04:40
91	687	Tiago Oliveira	Grupo de Corrida de Argoncilhe	Veterano M35	46:42	+16:33	04:40
92	1523	Humberto José de Barros	Kaninos	Veterano M35	46:47	+16:38	04:41
93	2146	Miguel Andrade	Solinca Foz	Veterano M35	46:50	+16:40	04:41
94	166	Ricardo Magalhães	As Belas e Eles	Veterano M35	46:51	+16:41	04:41
95	1314	Pedro Vaz	Individual	Veterano M35	46:51	+16:41	04:41
96	1445	Wilson Soares	Individual	Veterano M35	46:52	+16:42	04:41
97	2088	Nuno Maio	Salgueiros Running	Veterano M35	47:29	+17:20	04:45
98	1851	Helder Aguiar	Porcupine Monkeys	Veterano M35	47:30	+17:20	04:45
99	1515	Ricardo Teixeira	Juventude Cortegacense	Veterano M35	47:35	+17:25	04:46
100	2204	Valter Barbosa	STCP Runners	Veterano M35	48:12	+18:02	04:49
101	1971	João Guedes	RUNNING ESPINHO	Veterano M35	48:24	+18:14	04:50
102	197	Hugo Santos	Badalhoa Running Team	Veterano M35	48:34	+18:24	04:51
103	2094	Ricardo Landim Pinto	Salgueiros Running	Veterano M35	48:40	+18:31	04:52
104	1236	Nelson Reis	Individual	Veterano M35	48:41	+18:31	04:52
105	2270	Pedro Ferreira	TURBULENTOS	Veterano M35	48:43	+18:33	04:52
106	1534	Marco Silva	KIRCHHOFF - KONECT RUNNING TEAM	Veterano M35	48:45	+18:35	04:53
107	1722	Levi Fernandes	Núcleo atletismo Cucujães	Veterano M35	48:50	+18:41	04:53
108	2294	Flavio Sa	Viriathvs Runners Viseu	Veterano M35	49:04	+18:54	04:54
109	84	ARTUR BARBOSA	ACR DE VALE DE CAMBRA	Veterano M35	49:05	+18:55	04:55

Prova Principal

10 KM

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110	1017	Hugo Sa	Individual	Veterano M35	49:16	+19:07	04:56
111	481	Nuno azevedo	ExSedentários	Veterano M35	49:30	+19:20	04:57
112	2074	José Moreira	Salgueiros Running	Veterano M35	49:33	+19:23	04:57
113	2069	Filipe Rocha	Salgueiros Running	Veterano M35	49:33	+19:23	04:57
114	1802	Nuno Coelho	Paisneto.com/ Meliciasteam	Veterano M35	49:41	+19:31	04:58
115	1226	Miguel Valente	Individual	Veterano M35	49:59	+19:50	05:00
116	279	Marcos Carvalho	Caipirinha Runners	Veterano M35	50:00	+19:51	05:00
117	1519	Valter Lima	Juventude Cortegacense	Veterano M35	50:02	+19:53	05:00
118	424	Daniel Mota	DESAURIDOS	Veterano M35	50:07	+19:57	05:01
119	2272	Rui Pereira	Turma fitness	Veterano M35	50:07	+19:57	05:01
120	866	Carlos Sá	Individual	Veterano M35	50:10	+20:00	05:01
121	1329	Ricardo Reis	Individual	Veterano M35	50:10	+20:00	05:01
122	1267	Paulo César Sousa Cardoso	Individual	Veterano M35	50:10	+20:00	05:01
123	2271	André Silva	Turma fitness	Veterano M35	50:17	+20:08	05:02
124	1628	Pedro Vieira	madugym	Veterano M35	50:24	+20:14	05:02
125	208	Bruno Rocha	Bando dos Cinquio	Veterano M35	50:36	+20:26	05:04
126	1309	Pedro Pinheiro	Individual	Veterano M35	50:39	+20:29	05:04
127	834	Bruno costa	Individual	Veterano M35	50:40	+20:30	05:04
128	1662	Joel Teixeira	Manquinhos	Veterano M35	50:45	+20:35	05:05
129	116	Jonas Pinho	Ahimaaz	Veterano M35	51:02	+20:53	05:06
130	1415	Tiago Gomes	Individual	Veterano M35	51:15	+21:05	05:08
131	1985	Luís Sá Pinto	RUNNING ESPINHO	Veterano M35	51:28	+21:18	05:09
132	2306	Daniel Costa	Viseu 360	Veterano M35	51:44	+21:34	05:10
133	362	Marco Vieira	Cinfães a Correr	Veterano M35	51:45	+21:36	05:11
134	1941	Carlos Rocha	RUNNING ESPINHO	Veterano M35	51:56	+21:46	05:12
135	583	Luís Oliveira	Geocross Trail	Veterano M35	52:00	+21:50	05:12
136	2113	António José Rocha Pinho	Seven Fifteen	Veterano M35	52:02	+21:53	05:12
137	521	André Castro	Fogaças com Malapos	Veterano M35	52:04	+21:54	05:12
138	523	Filipe Cardoso Reis Coelho	Fogaças com Malapos	Veterano M35	52:05	+21:55	05:13
139	466	César João Ferreira Franco	Espigueiros Runners - Caparrosinha	Veterano M35	52:06	+21:57	05:13
140	1528	Bruno Neves	KIRCHHOFF - KONECT RUNNING TEAM	Veterano M35	52:24	+22:14	05:14
141	1916	Helder Ferreira	Running Esmoriz	Veterano M35	52:26	+22:16	05:15
142	1065	JOAQUIM TEIXEIRA	Individual	Veterano M35	52:43	+22:33	05:16
143	627	LUÍS VILA	GINÁSIO CLUBE D EBRAGANÇA	Veterano M35	52:45	+22:35	05:17
144	1657	Eugénio Fonseca	Malta fixe dos 0 pts	Veterano M35	52:46	+22:37	05:17
145	870	Carlos Teixeira	Individual	Veterano M35	52:53	+22:44	05:17
146	1018	Hugo Sousa	Individual	Veterano M35	52:54	+22:44	05:17
147	62	Ricardo Pereira	A D Rio Largo C Espinho	Veterano M35	53:13	+23:03	05:19
148	1002	Hélder Américo Silva	Individual	Veterano M35	53:13	+23:04	05:19
149	1656	Daniel Rocha	Malta fixe dos 0 pts	Veterano M35	53:31	+23:21	05:21
150	2156	Nuno Paiva	Speedy Gonzalez	Veterano M35	53:57	+23:47	05:24
151	191	André Filipe Silva	Avanca Runners	Veterano M35	54:04	+23:54	05:24
152	1615	Jorge Pinto	madugym	Veterano M35	54:11	+24:01	05:25
153	1460	Cláudio Castro	JALM, Running anda Walking Team	Veterano M35	54:11	+24:02	05:25

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114	413	Pedro Manuel Lopes	Correrporprazera2	Veterano M40	48:57	+18:48	04:54
115	1543	Jorge Cunha	LF2 - Guiberço	Veterano M40	49:03	+18:53	04:54
116	2006	Nuno Teixeira	RUNNING ESPINHO	Veterano M40	49:03	+18:54	04:54
117	2256	Rui Familiar	Trepa Trilhos Trail Team	Veterano M40	49:10	+19:01	04:55
118	1977	Joaquim Queirós	RUNNING ESPINHO	Veterano M40	49:11	+19:01	04:55
119	391	Nuno Silva	Clube Independente de Argoncilhe	Veterano M40	49:18	+19:09	04:56
120	722	Sergio Moura	Hora do Lobo Trail	Veterano M40	49:20	+19:11	04:56
121	1560	Rui Gabriel	HORA DO LOBO TRAIL C.F. PEROSINHO	Veterano M40	49:28	+19:18	04:57
122	2144	Sérgio Mendes	SOCIEDADE RECREIO CEPANENSE	Veterano M40	49:28	+19:19	04:57
123	1649	Antonio leal	Maia Atlético Clube	Veterano M40	49:31	+19:21	04:57
124	1010	Helder Silva	Individual	Veterano M40	49:32	+19:22	04:57
125	597	Vasco Manuel Melo Gomes Gomes	Geocross Trail	Veterano M40	49:33	+19:23	04:57
126	2191	Vitor Ferreira	Sporting Clube de Espinho / António Leitão	Veterano M40	49:34	+19:25	04:57
127	936	Eduardo Neves	Individual	Veterano M40	49:36	+19:27	04:58
128	737	Adriano Florim	Individual	Veterano M40	49:38	+19:28	04:58
129	865	Carlos Rodrigues	Individual	Veterano M40	49:40	+19:31	04:58
130	385	Martinho Ferreira	Clube Desportivo S. Salvador do Campo	Veterano M40	49:43	+19:33	04:58
131	633	NUNO FERNANDES	GINÁSIO CLUBE D EBRAGANÇA	Veterano M40	49:47	+19:37	04:59
132	1356	Rui Neves	Individual	Veterano M40	49:57	+19:47	05:00
133	396	Carlos Pinto	Clube Vodafone	Veterano M40	49:58	+19:49	05:00
134	1299	Pedro Correia	Individual	Veterano M40	50:00	+19:51	05:00
135	1355	Rui Nazário	Individual	Veterano M40	50:05	+19:55	05:01
136	1457	Delio Carquejo	ISCIA	Veterano M40	50:06	+19:56	05:01
137	2046	Rui Gonçalves	RUNRIVER - Escola de Atletismo de Rio Tinto	Veterano M40	50:09	+19:59	05:01
138	1172	Márcio Machado	Individual	Veterano M40	50:14	+20:04	05:01
139	222	Zé Oliveira	Binóito Bentanias	Veterano M40	50:16	+20:06	05:02
140	1895	Rui Faria	R-Load	Veterano M40	50:25	+20:15	05:03
141	1833	Samuel Tomás	Peraltafil running	Veterano M40	50:26	+20:16	05:03
142	1179	Marco Paiva	Individual	Veterano M40	50:29	+20:19	05:03
143	967	Fernando Pinho	Individual	Veterano M40	50:39	+20:30	05:04
144	1772	Nuno Marques	Os TurboMula	Veterano M40	50:40	+20:31	05:04
145	2029	Rui Santos	RUNNING ESPINHO	Veterano M40	50:42	+20:33	05:04
146	395	Bernardo Santos	Clube Vodafone	Veterano M40	50:53	+20:43	05:05
147	2105	João Correia	Sem Medo	Veterano M40	50:55	+20:46	05:06
148	2287	Manuel francisco de Valente	Villa Cesari	Veterano M40	50:57	+20:47	05:06
149	2040	Valter Sa	RUNNING ESPINHO	Veterano M40	51:05	+20:55	05:07
150	1748	Marco Botelho	OS FALTA D'AR	Veterano M40	51:09	+21:00	05:07
151	1379	Sérgio Morais	Individual	Veterano M40	51:10	+21:00	05:07
152	964	Fernando Machado	Individual	Veterano M40	51:14	+21:04	05:07
153	2242	JOSE COUTINHO	TIMPREDAMIGOS DA PICUA	Veterano M40	51:21	+21:11	05:08
154	743	Alexandre Aluai	Individual	Veterano M40	51:22	+21:12	05:08
155	1897	André Augusto Pais	Rodelo Running Team	Veterano M40	51:23	+21:13	05:08
156	2004	Nuno Silva	RUNNING ESPINHO	Veterano M40	51:42	+21:33	05:10

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157	192	Paulo Oliveira	Avanca Runners	Veterano M40	51:47	+21:38	05:11
158	330	Carlos Silva	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M40	51:51	+21:41	05:11
159	2195	Amadeu Mendes	STCP Runners	Veterano M40	51:51	+21:41	05:11
160	2305	Ricardo Quintas	Visão Textil	Veterano M40	51:58	+21:49	05:12
161	2229	Miguel Sousa	Taylor's	Veterano M40	52:05	+21:55	05:13
162	365	Pedro Vieira	Cinfães a Correr	Veterano M40	52:10	+22:00	05:13
163	1782	Carlos Veiros	OvarRun	Veterano M40	52:13	+22:03	05:13
164	587	Paulo Santos	Geocross Trail	Veterano M40	52:15	+22:05	05:14
165	1221	Miguel Lamas	Individual	Veterano M40	52:23	+22:13	05:14
166	1078	José Barbosa	Individual	Veterano M40	52:34	+22:24	05:15
167	602	Jorge Oliveira	GERPAMIC	Veterano M40	52:36	+22:27	05:16
168	1425	Tomé Baptista	Individual	Veterano M40	52:40	+22:30	05:16
169	439	Rui Miguel Carvalho	Dragões do Mato	Veterano M40	52:43	+22:33	05:16
170	454	Mário Araújo	Equipa A	Veterano M40	52:49	+22:40	05:17
171	1381	Sérgio Pimenta	Individual	Veterano M40	52:52	+22:42	05:17
172	162	Rui Maia	ARCORUN	Veterano M40	52:57	+22:47	05:18
173	154	FERNANDO VIEIRA	ARCORUN	Veterano M40	53:00	+22:50	05:18
174	809	Antonio Franco	Individual	Veterano M40	53:01	+22:51	05:18
175	58	Joaquim Barbosa	A D Rio Largo C Espinho	Veterano M40	53:12	+23:02	05:19
176	504	Joel Ribeiro	Ferreira de Sá Rugs	Veterano M40	53:17	+23:07	05:20
177	1876	Nuno Oliveira	Pupilos do Zé Tó	Veterano M40	53:19	+23:09	05:20
178	1456	Paulo Ribeiro	Invicta Runners Team	Veterano M40	53:24	+23:14	05:20
179	39	Amílcar Teixeira	100meta	Veterano M40	53:32	+23:22	05:21
180	1861	Claudio Cerqueira	PORTO SENTIDO RUNNERS	Veterano M40	53:52	+23:42	05:23
181	1301	Pedro Cruz	Individual	Veterano M40	53:57	+23:47	05:24
182	2269	Luís Silva	TURBULENTOS	Veterano M40	54:00	+23:50	05:24
183	1843	Victor santos	Piscos	Veterano M40	54:03	+23:53	05:24
184	372	Helder Moreira	Claudina & Helder	Veterano M40	54:06	+23:56	05:25
185	231	Humberto Carvalho	Bora lá correr	Veterano M40	54:15	+24:05	05:26
186	1217	Miguel Angelo Oliveira	Individual	Veterano M40	54:16	+24:07	05:26
187	721	Nelson Moura	Hora do Lobo Trail	Veterano M40	54:18	+24:08	05:26
188	1849	António Casas Novas	Plural Dream Team	Veterano M40	54:21	+24:12	05:26
189	2087	Nuno Jorge Brito	Salgueiros Running	Veterano M40	54:28	+24:18	05:27
190	1512	Paulo Castelo	Juventude Cortegacense	Veterano M40	54:54	+24:44	05:29
191	291	Flavio Soares	CAL - Clube Atletismo de Lamas	Veterano M40	55:02	+24:52	05:30
192	1680	José Pinho	MIMOSA RUNNERS	Veterano M40	55:23	+25:14	05:32
193	1094	Jose Manuel Telinhos De Matos Matos	Individual	Veterano M40	55:28	+25:18	05:33
194	2072	José Ferreira	Salgueiros Running	Veterano M40	55:43	+25:33	05:34
195	1568	PEDRO MIGUEL DA COSTA PINTO	LOVE TILES	Veterano M40	55:48	+25:38	05:35
196	2050	João Campos	S. S. Montepio	Veterano M40	55:53	+25:43	05:35
197	478	Eduardo Pinto	ESPINHO TRAIL TEAM	Veterano M40	55:56	+25:46	05:36
198	1660	André Coimbra	Manquinhos	Veterano M40	55:57	+25:47	05:36
199	600	Eusebio Lopes	Geração Paramos	Veterano M40	55:58	+25:49	05:36
200	157	José Correia	ARCORUN	Veterano M40	56:05	+25:55	05:37
201	2023	Ricardo bento	RUNNING ESPINHO	Veterano M40	56:10	+26:00	05:37
202	1965	Hugo Velhote	RUNNING ESPINHO	Veterano M40	56:17	+26:08	05:38

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203	2038	Tiago soares	RUNNING ESPINHO	Veterano M40	56:26	+26:17	05:39
204	1947	David Oliveira	RUNNING ESPINHO	Veterano M40	56:27	+26:17	05:39
205	2053	Júlio Santos	S. S. Montepio	Veterano M40	56:32	+26:22	05:39
206	1348	Rui Coelho	Individual	Veterano M40	56:34	+26:25	05:39
207	1799	Hugo Falcao	OZ Running Team	Veterano M40	56:46	+26:37	05:41
208	57	Frédéric Schiavon	A D Rio Largo C Espinho	Veterano M40	56:49	+26:39	05:41
209	1672	Alexandre Paiva	Medalhados	Veterano M40	56:54	+26:45	05:41
210	1005	Helder Freitas	Individual	Veterano M40	57:02	+26:52	05:42
211	1857	António Sousa	PORTO SENTIDO RUNNERS	Veterano M40	57:08	+26:58	05:43
212	259	José Herdeiro	Bravos e bravitas	Veterano M40	57:10	+27:01	05:43
213	1093	José Manuel Macedo Quintas	Individual	Veterano M40	57:11	+27:01	05:43
214	1939	Carlos Henriques	RUNNING ESPINHO	Veterano M40	57:17	+27:08	05:44
215	1750	Rui Santos	OS FALTA D'AR	Veterano M40	57:20	+27:11	05:44
216	1081	José Carvalho	Individual	Veterano M40	57:24	+27:14	05:44
217	1147	Luis Sousa	Individual	Veterano M40	57:49	+27:40	05:47
218	419	Pedro Gonçalves	Cuba Libre	Veterano M40	58:07	+27:57	05:49
219	1174	Marcio Silva	Individual	Veterano M40	58:09	+28:00	05:49
220	1866	Márcio Meireles	PORTO SENTIDO RUNNERS	Veterano M40	58:32	+28:22	05:51
221	526	Márcio Correia	Fogaças com Malapos	Veterano M40	58:38	+28:29	05:52
222	522	Antero Barbosa	Fogaças com Malapos	Veterano M40	58:52	+28:42	05:53
223	1806	Sílvia Ferreira	Pão Pepim	Veterano M40	58:57	+28:47	05:54
224	1376	Sergio Lima	Individual	Veterano M40	59:18	+29:08	05:56
225	425	Cláudio Guarda	Dói-me quase tudo...	Veterano M40	59:56	+29:46	06:00
226	1096	José Marques	Individual	Veterano M40	01:00:05	+29:55	06:01
227	426	Nuno Ribeiro	Dói-me quase tudo...	Veterano M40	01:00:09	+30:00	06:01
228	1181	Marco Santos	Individual	Veterano M40	01:00:36	+30:27	06:04
229	1871	Romero Sá	PORTO SENTIDO RUNNERS	Veterano M40	01:01:14	+31:05	06:07
230	1268	Paulo Costa	Individual	Veterano M40	01:01:51	+31:42	06:11
231	1230	Nelson Adrego	Individual	Veterano M40	01:02:28	+32:18	06:15
232	1695	Eduardo Loureiro	Mss-Contabilidade	Veterano M40	01:04:22	+34:13	06:26
233	2027	Rui Mota Oliveira	RUNNING ESPINHO	Veterano M40	01:04:31	+34:22	06:27
234	1795	Rui Santos	OvarRun	Veterano M40	01:05:12	+35:02	06:31
235	1958	Filipe Rocha	RUNNING ESPINHO	Veterano M40	01:05:12	+35:02	06:31
236	1605	Filipe Lopes	madugym	Veterano M40	01:06:00	+35:50	06:36
237	175	Orlando Soares	Asa Seguros	Veterano M40	01:06:06	+35:57	06:37
238	1009	Helder Silva	Individual	Veterano M40	01:07:13	+37:03	06:43
239	2052	José Salgado	S. S. Montepio	Veterano M40	01:07:28	+37:18	06:45
240	1655	Filipe Sousa	Malta fixe dos 0 pts	Veterano M40	01:07:41	+37:31	06:46
241	1249	Nuno Santos	Individual	Veterano M40	01:08:54	+38:44	06:53
242	786	André Rodrigues	Individual	Veterano M40	01:13:09	+42:59	07:19
243	1728	Nuno Capela	Núcleo de Montanha de Espinho	Veterano M40	01:15:59	+45:49	07:36
244	2055	Sérgio Oliveira	S. S. Montepio	Veterano M40	01:22:42	+52:33	08:16

Prova Principal**10 KM****OFFICIAL RESULT**

40	1840	Paulo Silva	Pernetas	Veterano M45	43:09	+13:00	04:19
41	61	Marco Grosso	A D Rio Largo C Espinho	Veterano M45	43:16	+13:07	04:20
42	373	Manuel Sousa	Clínica Ana silva	Veterano M45	43:19	+13:09	04:20
43	605	ADÉRITO PIRES	GINÁSIO CLUBE D EBRAGANÇA	Veterano M45	43:21	+13:11	04:20
44	2102	Victor de Sá	SCEspinho Triatlo	Veterano M45	43:24	+13:14	04:20
45	141	Óscar Brandão	ARADA ATLÉTICO CLUBE	Veterano M45	43:25	+13:15	04:21
46	1517	Sergio Oliveira	Juventude Cortegacense	Veterano M45	43:28	+13:18	04:21
47	2297	Jose Faro	Viseu 360	Veterano M45	43:43	+13:33	04:22
48	1814	Paulo Grilo	Paulo	Veterano M45	43:54	+13:44	04:23
49	2131	Francisco Cunha	SOCIEDADE RECREIO CEPANENSE	Veterano M45	43:55	+13:45	04:24
50	1076	José António Machado	Individual	Veterano M45	43:55	+13:45	04:24
51	92	Américo Oliveira	AFIS/OVAR	Veterano M45	44:07	+13:57	04:25
52	315	Carlos Gonçalves	CAVF Clube de Atletismo de vale de Figueira	Veterano M45	44:08	+13:58	04:25
53	159	Paulo Reis	ARCORUN	Veterano M45	44:08	+13:58	04:25
54	825	Augusto Pacheco	Individual	Veterano M45	44:09	+13:59	04:25
55	1277	Paulo Graça	Individual	Veterano M45	44:10	+14:00	04:25
56	747	Altino Santos	Individual	Veterano M45	44:14	+14:04	04:25
57	1700	Helder Madeira	Nascidos Para Corre	Veterano M45	44:22	+14:13	04:26
58	1778	Vitor Santos	Outlaw runners	Veterano M45	44:27	+14:18	04:27
59	392	Silvério Oliveira Santos	Clube Pessoal Águas Gaia	Veterano M45	44:31	+14:22	04:27
60	1911	Américo Fonseca	Running Esmoriz	Veterano M45	44:32	+14:22	04:27
61	335	Helder Costa	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M45	44:39	+14:29	04:28
62	2226	Erasmus Alves	Taylors	Veterano M45	44:42	+14:33	04:28
63	2243	José Marinho	TIMPREDAMIGOS DA PICUA	Veterano M45	44:45	+14:36	04:29
64	100	José Tavares	AFIS/OVAR	Veterano M45	45:03	+14:53	04:30
65	1951	EMANUEL MOTA	RUNNING ESPINHO	Veterano M45	45:07	+14:58	04:31
66	598	Vitor Moreira	Geocross Trail	Veterano M45	45:11	+15:01	04:31
67	27	Paulo Borges	Casa do Benfica em Paredes	Veterano M45	45:18	+15:08	04:32
68	1454	João Resende	Invicta Runners Team	Veterano M45	45:33	+15:23	04:33
69	1531	Jorge Santos	KIRCHHOFF - KONECT RUNNING TEAM	Veterano M45	45:35	+15:25	04:34
70	129	Carlos Abelha	ARADA ATLÉTICO CLUBE	Veterano M45	45:37	+15:27	04:34
71	403	Luis Torres	ComDor Runners	Veterano M45	45:37	+15:28	04:34
72	1112	Jose Vieira	Individual	Veterano M45	45:39	+15:29	04:34
73	324	Manuel Silva	Cenap-Cacia	Veterano M45	46:11	+16:01	04:37
74	322	José Resende	Cenap-Cacia	Veterano M45	46:11	+16:02	04:37
75	1980	José Duarte	RUNNING ESPINHO	Veterano M45	46:14	+16:05	04:37
76	1974	Joao Neves	RUNNING ESPINHO	Veterano M45	46:24	+16:14	04:38
77	2026	Rui Ferreira	RUNNING ESPINHO	Veterano M45	46:28	+16:18	04:39
78	1337	Roberto Silva	Individual	Veterano M45	46:33	+16:23	04:39
79	1374	Sérgio Gomes	Individual	Veterano M45	46:53	+16:43	04:41
80	2251	Richard Gustavo Nogueira Silva	Trail Running Clube Btt Sanguedo	Veterano M45	46:54	+16:44	04:41
81	640	RUI PEREIRA	GINÁSIO CLUBE D EBRAGANÇA	Veterano M45	46:57	+16:47	04:42
82	1734	Carlos Oliveira	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE	Veterano M45	47:02	+16:52	04:42

Prova Principal**10 KM****OFFICIAL RESULT****R**
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128	434	Ismael Carvalho	Dragões do Mato	Veterano M45	51:44	+21:34	05:10
129	2202	Paulo Gonçalves	STCP Runners	Veterano M45	51:46	+21:36	05:11
130	374	Pedro Santos	CLUBE ATLETISMO DE LAMAS	Veterano M45	51:49	+21:40	05:11
131	1484	Antonio Moura	Juventude Cortegacense	Veterano M45	51:51	+21:41	05:11
132	1927	Alvaro Meireles	RUNNING ESPINHO	Veterano M45	52:15	+22:06	05:14
133	1536	Miguel Miranda	KIRCHHOFF - KONECT RUNNING TEAM	Veterano M45	52:24	+22:14	05:14
134	2222	Américo Santos	Taylor's	Veterano M45	52:24	+22:14	05:14
135	282	Paulo Gomes	Caipirinha Runners	Veterano M45	52:27	+22:17	05:15
136	1743	Paulo Pinheiro	Os avenses	Veterano M45	52:37	+22:27	05:16
137	745	Alexandre Miranda	Individual	Veterano M45	52:41	+22:31	05:16
138	2041	Vitor Fernando Neto	RUNNING ESPINHO	Veterano M45	52:45	+22:35	05:17
139	1747	Joaquim Guerra	OS FALTA D'AR	Veterano M45	52:55	+22:45	05:18
140	567	Miguel Machado	GDR Granja - TRUTAS DO MAU	Veterano M45	53:01	+22:51	05:18
141	2176	Jorge Fontes	Sporting Clube de Espinho / António Leitão	Veterano M45	53:04	+22:55	05:18
142	2167	António Albuquerque	Sporting Clube de Espinho / António Leitão	Veterano M45	53:05	+22:55	05:19
143	814	ANTONIO RIBEIRO	Individual	Veterano M45	53:10	+23:01	05:19
144	1616	Jose Carlos Martins	madugym	Veterano M45	53:12	+23:03	05:19
145	1481	Renato Araújo	JUFacc	Veterano M45	53:26	+23:17	05:21
146	881	Celso Mota	Individual	Veterano M45	53:30	+23:21	05:21
147	853	Carlos Alberto Brandão	Individual	Veterano M45	53:34	+23:25	05:21
148	1169	Marcello Costa	Individual	Veterano M45	53:38	+23:29	05:22
149	1570	Luís Almeida	LSCJ	Veterano M45	53:41	+23:32	05:22
150	1003	Hélder Eurico Pinho	Individual	Veterano M45	53:49	+23:39	05:23
151	479	Arnaldo Lúcio	ExSedentários	Veterano M45	53:51	+23:41	05:23
152	268	Rui Godinho	CAETANO RUNNERS	Veterano M45	54:24	+24:15	05:26
153	709	Pedro Veiga	Grupo Oscacer	Veterano M45	55:19	+25:09	05:32
154	535	Alexandre Ferreira	FORÇA NA CANELA ESPINHO	Veterano M45	55:21	+25:11	05:32
155	1283	PAULO OLIVEIRA	Individual	Veterano M45	55:22	+25:13	05:32
156	236	Carlos Ortet	BoraBora, Vamos Lá!	Veterano M45	55:34	+25:24	05:33
157	21	Vicente Pinto	RUNNING ESPINHO	Veterano M45	55:55	+25:45	05:36
158	935	Eduardo Benigno	Individual	Veterano M45	56:01	+25:52	05:36
159	493	José Tavares	FAMTAV	Veterano M45	56:06	+25:56	05:37
160	1856	Antonio Borges	PORTO SENTIDO RUNNERS	Veterano M45	56:10	+26:01	05:37
161	1746	Jorge Guerra	OS FALTA D'AR	Veterano M45	56:11	+26:02	05:37
162	701	Paulo Fortunato	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M45	56:12	+26:02	05:37
163	702	PAULO RAMOS	GRUPO JUVENIL PINHEIRO DA BEMPOSTA - OLIVEIRA de AZEMÉIS	Veterano M45	56:32	+26:23	05:39
164	1353	Rui Marques	Individual	Veterano M45	56:39	+26:29	05:40
165	217	António Sá	Beatriz dos Panos	Veterano M45	56:40	+26:30	05:40
166	1690	Paulo Ribeiro	Móveis Caravela	Veterano M45	56:53	+26:44	05:41
167	1689	José Augusto	Móveis Caravela	Veterano M45	56:54	+26:44	05:41
168	53	Armando Neves	5 à Hora	Veterano M45	57:06	+26:56	05:43
169	1906	Luis matos	RUNNING 100/120	Veterano M45	57:51	+27:41	05:47

Prova Principal

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OFFICIAL RESULT

170	2198	Domingos Faustino	STCP Runners	Veterano M45	57:53	+27:43	05:47
171	224	Carlos Pereira	BioTeam	Veterano M45	58:22	+28:12	05:50
172	665	Eduardo Rocha	Grupo de Corrida de Argoncilhe	Veterano M45	58:24	+28:15	05:50
173	1150	Maciel Mendes	Individual	Veterano M45	59:01	+28:52	05:54
174	28	Jorge Simoes	Individual	Veterano M45	59:12	+29:02	05:55
175	415	Rui Costa	Costa & Gonçalves	Veterano M45	59:16	+29:07	05:56
176	462	CARLOS GONÇALVES	Espigueiros Runners - Caparrosinha	Veterano M45	59:30	+29:20	05:57
177	1062	Joaquim martins	Individual	Veterano M45	59:32	+29:22	05:57
178	1007	Hélder Nogueira	Individual	Veterano M45	59:36	+29:26	05:58
179	682	Paulo Gomes	Grupo de Corrida de Argoncilhe	Veterano M45	59:46	+29:36	05:59
180	235	António Matos	BoraBora, Vamos Lá!	Veterano M45	01:00:06	+29:56	06:01
181	1298	Pedro Brizado	Individual	Veterano M45	01:00:48	+30:39	06:05
182	693	Francisco Reis	Grupo Desportivo dos Ferroviários de Campanhã	Veterano M45	01:01:07	+30:57	06:07
183	1327	Ricardo Monteiro	Individual	Veterano M45	01:01:13	+31:03	06:07
184	969	Fernando Santos	Individual	Veterano M45	01:01:40	+31:31	06:10
185	1781	António Gonçalves	OvarRun	Veterano M45	01:02:01	+31:52	06:12
186	1291	Paulo Santos Santos	Individual	Veterano M45	01:02:10	+32:00	06:13
187	51	JOSÉ OLIVEIRA	20 VER CORRER	Veterano M45	01:02:14	+32:04	06:13
188	681	Nuno Rocha	Grupo de Corrida de Argoncilhe	Veterano M45	01:03:08	+32:58	06:19
189	705	Jaime Mestre	Grupo Oscacer	Veterano M45	01:04:24	+34:14	06:26
190	239	Edurada Vinagre	BoraBora, Vamos Lá!	Veterano M45	01:04:34	+34:25	06:27
191	257	Carlos Silva	Bravos e bravitas	Veterano M45	01:05:32	+35:22	06:33
192	2048	Carlos Cabouco	S. S. Montepio	Veterano M45	01:05:35	+35:25	06:34
193	43	Fausto Tavares	100Stress	Veterano M45	01:06:01	+35:51	06:36
194	1618	José Madureira	madugym	Veterano M45	01:06:01	+35:51	06:36
195	2150	JOSE AUGUSTO OLIVEIRA	Sorema S.A.	Veterano M45	01:06:28	+36:19	06:39
196	1109	José Quintero	Individual	Veterano M45	01:06:34	+36:24	06:39
197	1095	José Marques	Individual	Veterano M45	01:06:51	+36:41	06:41
198	810	António Manuel Santos Couto	Individual	Veterano M45	01:06:52	+36:42	06:41
199	122	Pedro Martins	Amigos da borga	Veterano M45	01:07:02	+36:52	06:42
200	497	Nuno Monteiro	Farfetch	Veterano M45	01:07:28	+37:19	06:45
201	1910	Amandio Mendes	Running Esmoriz	Veterano M45	01:07:33	+37:23	06:45
202	2065	Boni Bonas	Salgueiros Running	Veterano M45	01:07:44	+37:34	06:46
203	1611	Helder Rodrigues	madugym	Veterano M45	01:08:23	+38:13	06:50
204	1269	Paulo Cavaleiro	Individual	Veterano M45	01:10:46	+40:37	07:05
205	1470	Paulo Rodrigues	JARP	Veterano M45	01:12:07	+41:58	07:13
206	2051	João Cardoso	S. S. Montepio	Veterano M45	01:15:09	+44:59	07:31
207	658	André Monte	Grupo de Corrida de Argoncilhe	Veterano M45	01:17:20	+47:11	07:44
208	1658	Rui Cosrta	Malta fixe dos 0 pts	Veterano M45	01:25:20	+55:10	08:32
209	2096	Rui vasconcelos	Salgueiros Running	Veterano M45	01:26:50	+56:40	08:41

Veterano M50

1	420	José Silva	D.D.Ronda	Veterano M50	35:28	+05:18	03:33
2	388	António Silva	Clube Independente de Argoncilhe	Veterano M50	35:36	+05:26	03:34

Official Timekeeper: Lap2Go	38 / 44	generate 28-Jul-2019 11:06
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Prova Principal
10 KM
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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

3	694	Joaquim Oliveira	Grupo Desportivo dos Ferrovários de Campanhã	Veterano M50	36:41	+06:31	03:40
4	83	ANTÓNIO PINTO	ACR DE VALE DE CAMBRA	Veterano M50	36:52	+06:42	03:41
5	2320	Mário Contreiras	Individual	Veterano M50	37:31	+07:21	03:45
6	2184	Paulo Oliveira	Sporting Clube de Espinho / António Leitão	Veterano M50	37:38	+07:28	03:46
7	98	José Figueiredo	AFIS/OVAR	Veterano M50	38:57	+08:47	03:54
8	2282	João Rodrigues	Vale Correr	Veterano M50	39:44	+09:35	03:58
9	2230	Paulo Silva	Taylors	Veterano M50	40:51	+10:42	04:05
10	59	José Brito	A D Rio Largo C Espinho	Veterano M50	41:23	+11:14	04:08
11	72	MANUEL GOMES	A.R.DE NEGRELOS	Veterano M50	41:27	+11:18	04:09
12	146	Serafim Reis	ARADA ATLÉTICO CLUBE	Veterano M50	41:28	+11:18	04:09
13	1001	Heitor Araújo	Individual	Veterano M50	41:50	+11:41	04:11
14	135	Manuel Ferreira	ARADA ATLÉTICO CLUBE	Veterano M50	41:51	+11:41	04:11
15	918	David Silva	Individual	Veterano M50	42:02	+11:52	04:12
16	1161	Manuel Oliveira	Individual	Veterano M50	42:13	+12:04	04:13
17	1758	Mário Martins	Os Kágados	Veterano M50	42:36	+12:26	04:16
18	77	NÉLSON ALVES	Academia 20	Veterano M50	42:49	+12:39	04:17
19	111	Joaquim cunha	guas do porto-casa dos trabalhadores	Veterano M50	42:52	+12:42	04:17
20	2310	Pedro Laranjo	Viseu 360	Veterano M50	42:53	+12:43	04:17
21	1702	Jose Pereira	Nascidos Para Corre	Veterano M50	42:54	+12:44	04:17
22	1280	Paulo Machado	Individual	Veterano M50	43:07	+12:57	04:19
23	623	JOÃO PAULO SILVA	GINÁSIO CLUBE D EBRAGANÇA	Veterano M50	43:36	+13:26	04:22
24	1500	Manuel Silva	Juventude Cortegacense	Veterano M50	43:56	+13:46	04:24
25	710	José Manuel Braga Ferreira	GTT - Armazém do Caffè	Veterano M50	44:28	+14:18	04:27
26	1042	João Castro	Individual	Veterano M50	44:30	+14:20	04:27
27	910	Daniel Gomes	Individual	Veterano M50	44:34	+14:25	04:28
28	659	António Prata	Grupo de Corrida de Argoncilhe	Veterano M50	44:38	+14:28	04:28
29	1824	Marcelo Fernandes	Peraltafil running	Veterano M50	44:54	+14:44	04:29
30	2124	Antonio Mendes	SOCIEDADE RECREIO CEPANENSE	Veterano M50	44:59	+14:49	04:30
31	1830	Luís Silva	Peraltafil running	Veterano M50	44:59	+14:50	04:30
32	1761	Porfirio Lírio	Os Lírios	Veterano M50	45:09	+15:00	04:31
33	450	Arcanjo Martins	Elkazebá	Veterano M50	45:13	+15:04	04:31
34	1719	Manuel Cardoso	NPC	Veterano M50	45:22	+15:12	04:32
35	102	Manuel Gomes	AFIS/OVAR	Veterano M50	45:32	+15:22	04:33
36	1853	Rui Russo dos Santos	Porto Runners	Veterano M50	45:39	+15:29	04:34
37	672	Joaquim Ribeiro	Grupo de Corrida de Argoncilhe	Veterano M50	45:53	+15:43	04:35
38	128	Paulo Pereira	ARADA ATLÉTICO CLUBE	Veterano M50	46:02	+15:52	04:36
39	1645	Mário Alves	Magentareflex	Veterano M50	46:25	+16:16	04:39
40	1988	Manuel Ferreira	RUNNING ESPINHO	Veterano M50	46:53	+16:44	04:41
41	2119	Sérgio Pereira	SMP - Produtos Alimentares	Veterano M50	46:57	+16:47	04:42
42	1080	José Carlos Ribeiro Rodrigues	Individual	Veterano M50	46:58	+16:48	04:42
43	1077	José Augusto Mendes Ferreira	Individual	Veterano M50	47:14	+17:04	04:43
44	2309	Jorge Quaresma	Viseu 360	Veterano M50	47:33	+17:23	04:45
45	817	ANTONIO TEIXEIRA	Individual	Veterano M50	47:49	+17:39	04:47
46	356	João Bernardo	Cinfães a Correr	Veterano M50	48:26	+18:16	04:51

Prova Principal

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47	2140	Nuno Maia	SOCIEDADE RECREIO CEPANENSE	Veterano M50	48:31	+18:21	04:51
48	1990	Marco Pinho	RUNNING ESPINHO	Veterano M50	48:45	+18:36	04:53
49	2227	Manuel Jesus	Taylor's	Veterano M50	48:48	+18:38	04:53
50	187	António Loureiro	Autistic Runners	Veterano M50	48:51	+18:41	04:53
51	333	Fernando Leite	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M50	48:54	+18:44	04:53
52	2241	ANTONIO PEREIRA	TIMPRED-AMIGOS DA PICUA	Veterano M50	49:06	+18:56	04:55
53	1642	Bernardino Fernandes	Magentareflex	Veterano M50	49:10	+19:00	04:55
54	1066	Joaquim Vieira	Individual	Veterano M50	49:11	+19:01	04:55
55	1493	Ernesto Marques Alves Alves	Juventude Cortegacense	Veterano M50	49:14	+19:04	04:55
56	995	Gil Guerra	Individual	Veterano M50	49:15	+19:05	04:56
57	1054	João Reis	Individual	Veterano M50	49:34	+19:24	04:57
58	896	Clemente Meireles	Individual	Veterano M50	49:36	+19:27	04:58
59	697	Paulo Rocha	Grupo Desportivo dos Ferroviários de Campanhã	Veterano M50	49:48	+19:39	04:59
60	438	Paulo Pinheiro	Dragões do Mato	Veterano M50	49:58	+19:49	05:00
61	89	Herculano Cardoso	ACVERMOIM	Veterano M50	50:21	+20:11	05:02
62	704	Helder Botas	Grupo Oscacer	Veterano M50	50:27	+20:17	05:03
63	1079	Jose Braganca	Individual	Veterano M50	50:28	+20:18	05:03
64	1089	José Gonçalves	Individual	Veterano M50	50:55	+20:45	05:06
65	798	Antero Cunha	Individual	Veterano M50	50:57	+20:47	05:06
66	2178	José Pereira	Sporting Clube de Espinho / António Leitão	Veterano M50	50:59	+20:50	05:06
67	1058	Joaquim Barros	Individual	Veterano M50	51:01	+20:52	05:06
68	1587	Agostinho Alves	madugym	Veterano M50	51:10	+21:00	05:07
69	1102	José Oliveira	Individual	Veterano M50	51:32	+21:22	05:09
70	1997	Nau Neiva	RUNNING ESPINHO	Veterano M50	52:21	+22:11	05:14
71	1698	António Santos	Nascidos Para Corre	Veterano M50	52:25	+22:15	05:15
72	1918	José Riba	Running Esmoriz	Veterano M50	52:25	+22:16	05:15
73	2296	Joao Almeida	Viriathvs Runners Viseu	Veterano M50	52:29	+22:20	05:15
74	223	Carlos Barroso	Bio Team Run	Veterano M50	52:35	+22:25	05:16
75	301	António Conceição	Caldas S. Jorge Sport Clube	Veterano M50	52:36	+22:26	05:16
76	104	Paulo Almeida	AFIS/OVAR	Veterano M50	52:53	+22:44	05:17
77	1859	Carlos Martins	PORTO SENTIDO RUNNERS	Veterano M50	53:52	+23:42	05:23
78	2268	Gil Soares	TURBULENTOS	Veterano M50	54:09	+23:59	05:25
79	1063	Joaquim Silva	Individual	Veterano M50	54:10	+24:00	05:25
80	2213	Amadeu Dias	Super Metralha	Veterano M50	54:10	+24:00	05:25
81	668	Fernando Pais	Grupo de Corrida de Argoncilhe	Veterano M50	54:15	+24:05	05:26
82	2179	José Ribeiro	Sporting Clube de Espinho / António Leitão	Veterano M50	54:42	+24:33	05:28
83	1741	RUI CORREIA	OS ALFACINHAS	Veterano M50	54:42	+24:33	05:28
84	1933	António Pereira	RUNNING ESPINHO	Veterano M50	54:47	+24:37	05:29
85	1542	João Bernardino	LF2 - Guiberço	Veterano M50	55:10	+25:01	05:31
86	1061	JOAQUIM MANUEL PEDROSA	Individual	Veterano M50	55:15	+25:05	05:32
87	1041	Joao BRONZE	Individual	Veterano M50	55:42	+25:33	05:34
88	174	Mário Oliveira	Asa Seguros	Veterano M50	56:19	+26:10	05:38
89	648	José Lascasas	GONDOMAR FUTSAL CLUBE	Veterano M50	56:59	+26:49	05:42

Prova Principal

10 KM



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OFFICIAL RESULT

90	732	3 RODRIGO	Individual	Veterano M50	57:02	+26:53	05:42
91	186	Vitor Cardoso	Atlético da Madalena	Veterano M50	57:12	+27:02	05:43
92	305	Ramiro Silva	Caldas S. Jorge Sport Clube	Veterano M50	57:21	+27:11	05:44
93	2011	Paulo Marques	RUNNING ESPINHO	Veterano M50	58:04	+27:54	05:48
94	160	Pedro Melo	ARCORUN	Veterano M50	58:10	+28:01	05:49
95	2214	António AMA Gomes	SuperMegaFixes	Veterano M50	58:33	+28:23	05:51
96	221	Marcelo Tobo	Bikes & Bites	Veterano M50	59:59	+29:50	06:00
97	611	CARLOS FERNANDES	GINÁSIO CLUBE D EBRAGANÇA	Veterano M50	01:00:03	+29:53	06:00
98	1780	Andy Murphy	OvarRun	Veterano M50	01:02:56	+32:46	06:18
99	54	Ricardo Bastos	A A Lebres do Sado	Veterano M50	01:03:37	+33:27	06:22
100	1873	Rui Brunheta	Potencial Global	Veterano M50	01:04:58	+34:49	06:30
101	48	ABILIO COSTA	20 VER CORRER	Veterano M50	01:05:47	+35:38	06:35
102	1206	Mário Rui Pereira Alves	Individual	Veterano M50	01:06:28	+36:19	06:39
103	393	Rui Manuel Reis Barros	Clube Portugal Telecom Zona Norte	Veterano M50	01:06:38	+36:28	06:40
104	2261	Manuel Santos	Trepa Trilhos Trail Team	Veterano M50	01:12:10	+42:00	07:13
105	272	António Oliveira	Caipirinha Runners	Veterano M50	01:15:08	+44:58	07:31

Veterano M55

1	628	MANUEL PALMEIRO	GINÁSIO CLUBE D EBRAGANÇA	Veterano M55	37:46	+07:37	03:47
2	379	Mário Vaz	Clube Atletismo de Ovar	Veterano M55	38:01	+07:51	03:48
3	1463	CARLOS BAPTISTA	JAM - Juventude Atlético Mozelense	Veterano M55	39:14	+09:04	03:55
4	2168	Augusto Castro	Sporting Clube de Espinho / António Leitão	Veterano M55	40:00	+09:50	04:00
5	1465	FERNANDO BRANDÃO	JAM - Juventude Atlético Mozelense	Veterano M55	40:10	+10:00	04:01
6	101	Manuel Fonseca	AFIS/OVAR	Veterano M55	40:34	+10:24	04:03
7	971	Fernando Valente Valente	Individual	Veterano M55	40:50	+10:40	04:05
8	540	Carlos Fazendeiro	G.D.Ronda	Veterano M55	41:39	+11:29	04:10
9	1584	Esmael Silva	Os Kágados	Veterano M55	41:48	+11:39	04:11
10	321	Joaquim Ramos	Cenap-Cacia	Veterano M55	41:58	+11:48	04:12
11	1031	Jacinto silva Saraiva	Individual	Veterano M55	41:59	+11:49	04:12
12	2101	Ramiro Pinho	SCE - António Leitao	Veterano M55	42:00	+11:50	04:12
13	1705	Octavio Sousa	Nascidos Para Corre	Veterano M55	42:15	+12:05	04:14
14	71	LUIS MARTINS	A.R.DE NEGRELOS	Veterano M55	42:32	+12:23	04:15
15	568	Octávio Capela	GDR Granja - TRUTAS DO MAU	Veterano M55	42:42	+12:32	04:16
16	377	Joaquim Costa	Clube Atletismo de Ovar	Veterano M55	43:05	+12:55	04:19
17	966	Fernando morais	Individual	Veterano M55	43:15	+13:06	04:20
18	384	Jose Silva	Clube de Atletismo os Gaienses/Toyota	Veterano M55	43:45	+13:35	04:23
19	2159	CARLOS FERREIRA	Sportarc.Running	Veterano M55	43:48	+13:38	04:23
20	2060	Adérito Alves	Salgueiros Running	Veterano M55	43:56	+13:47	04:24
21	2100	Abilio Santos	Sporting Clube de Espinho / António Leitão	Veterano M55	44:02	+13:52	04:24
22	2089	Orlando Ferreira	Salgueiros Running	Veterano M55	44:26	+14:16	04:27
23	124	Manuel Silva	Amigos da Pícuca Timpreda	Veterano M55	44:28	+14:18	04:27

Prova Principal

10 KM

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OFFICIAL RESULT

Rank	Bib	Name	Club	Age Group	Time	+/-	Start
24	1590	André Silva	madugym	Veterano M55	44:44	+14:35	04:28
25	2019	Pereira Joaquim	RUNNING ESPINHO	Veterano M55	44:54	+14:44	04:29
26	1064	Joaquim Teixeira	Individual	Veterano M55	45:02	+14:52	04:30
27	970	Fernando Sousa	Individual	Veterano M55	45:02	+14:53	04:30
28	328	Antonio Oliveira	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M55	45:03	+14:54	04:30
29	342	Nelson Silva	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M55	45:23	+15:13	04:32
30	2266	António Neto	TRIFITROFA	Veterano M55	45:36	+15:26	04:34
31	2126	Augusto Ribeiro	SOCIEDADE RECREIO CEPANENSE	Veterano M55	45:39	+15:30	04:34
32	1912	António Porrão	Running Esmoriz	Veterano M55	45:45	+15:36	04:35
33	2042	Ze Moutinho	RUNNING ESPINHO	Veterano M55	45:50	+15:40	04:35
34	2137	José Sá	SOCIEDADE RECREIO CEPANENSE	Veterano M55	46:08	+15:58	04:37
35	1551	José Carlos Gomes	Ligeirinhos	Veterano M55	46:13	+16:03	04:37
36	1666	Tomás Ferreira	Marão Z Bike	Veterano M55	46:41	+16:32	04:40
37	2246	João Pinho	To Na Pista	Veterano M55	46:44	+16:35	04:40
38	824	Assis Azevedo	Individual	Veterano M55	46:46	+16:36	04:41
39	2169	António Neves	Sporting Clube de Espinho / António Leitão	Veterano M55	46:55	+16:46	04:42
40	340	Manuel Oliveira	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M55	46:58	+16:49	04:42
41	329	Arlindo Rodrigues	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M55	46:59	+16:49	04:42
42	2245	Porfírio Carreira Martins	To Na Pista	Veterano M55	46:59	+16:49	04:42
43	55	Adriano Queiroz	A D Rio Largo C Espinho	Veterano M55	46:59	+16:49	04:42
44	1724	Manuel Paiva	Núcleo atletismo Cucujães	Veterano M55	47:23	+17:13	04:44
45	390	Manuel santos	Clube Independente de Argoncilhe	Veterano M55	47:31	+17:21	04:45
46	789	André Silva	Individual	Veterano M55	47:32	+17:22	04:45
47	2244	SERGIO AUGUSTO FERREIRA	TIMPREDÁ-AMIGOS DA PICUA	Veterano M55	48:07	+17:57	04:49
48	376	Arlindo Silva	Clube Atletismo de Ovar	Veterano M55	48:10	+18:00	04:49
49	220	Celso Coelho	BESJOGING	Veterano M55	48:27	+18:17	04:51
50	1461	AUGUSTO BAPTISTA	JAM - Juventude Atlético Mozelense	Veterano M55	49:19	+19:10	04:56
51	690	Emílio Gonçalves	Grupo Desportivo dos Ferroviários de Campanhã	Veterano M55	49:23	+19:13	04:56
52	878	Celestino Brás	Individual	Veterano M55	49:25	+19:15	04:57
53	803	António Carmo	Individual	Veterano M55	49:25	+19:15	04:57
54	1021	Humberto Orfão	Individual	Veterano M55	49:28	+19:18	04:57
55	326	Luis Simões	Centro de Atletismo de Tondela	Veterano M55	49:28	+19:19	04:57
56	103	Manuel Sousa	AFIS/OVAR	Veterano M55	49:38	+19:28	04:58
57	1128	Lino Silva	Individual	Veterano M55	49:45	+19:35	04:59
58	410	Antonio Santos	CORRER LISBOA	Veterano M55	49:53	+19:44	04:59
59	2199	Heldeberto Santos	STCP Runners	Veterano M55	49:53	+19:44	04:59
60	1088	Jose gomes dos santos Santos	Individual	Veterano M55	49:56	+19:46	05:00
61	673	José Aires Moreira	Grupo de Corrida de Argoncilhe	Veterano M55	49:56	+19:46	05:00
62	669	Fernando Silva	Grupo de Corrida de Argoncilhe	Veterano M55	49:57	+19:47	05:00
63	323	José Teixeira	Cenap-Cacia	Veterano M55	50:03	+19:53	05:00

