

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 - LAP2GO - TIMING SOLUTION

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	20:00	12.5°C	100%
End	21:18	13°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	571	Miguel Borges	sl benfica	Senior Masculino	30:39		03:04
2	611	Nuno costa	mais ac	Senior Masculino	30:44	+00:04	03:04
3	610	Bruno Jesus	mais ac	Senior Masculino	31:55	+01:15	03:12
4	182	Rui Muga	clube académico de mogadouro	Senior Masculino	32:26	+01:46	03:15
5	606	António Filipe Braziela Rocha	individual	Senior Masculino	33:31	+02:51	03:21
6	618	Nuno Pereira	individual	Senior Masculino	33:36	+02:57	03:22
7	327	joao Pereira	individual	Senior Masculino	33:38	+02:59	03:22
8	504	Mário Fonseca	nast - nucleo associativo de santo tirso	Senior Masculino	34:02	+03:22	03:24
9	277	Álvaro Gabriel Vasconcelos da Silva Moreira	individual	Senior Masculino	34:06	+03:26	03:25
10	619	Bruno Silva	oralklass - amigos do trail	Senior Masculino	35:18	+04:38	03:32
11	176	Filipe Martins	centro juventude de malta	Veterano M40	35:34	+04:54	03:33
12	579	Fábio Correia	sporting clube de espinho / antónio leitão	Senior Masculino	36:07	+05:28	03:37
13	537	PEDRO SANTOS	oralklass - amigos do trail	Veterano M40	36:18	+05:38	03:38
14	357	Paulo conde	individual	Senior Masculino	36:55	+06:15	03:42
15	538	Vitor Pinto	oralklass - amigos do trail	Veterano M40	37:17	+06:38	03:44
16	488	Toninho Maia	kunalama runners	Senior Masculino	37:20	+06:40	03:44
17	630	Pedro Soares	individual	Senior Masculino	37:20	+06:41	03:44
18	494	Henrique Abreu	lousada hotwheels runners	Senior Masculino	37:30	+06:51	03:45
19	165	André Pinto	c. a. andatrilhos freamunde	Senior Masculino	37:33	+06:53	03:45
20	350	MIGUEL NETO	individual	Senior Masculino	37:37	+06:57	03:46
21	529	Jorge Neto	núcleo de barrosas amator	Senior Masculino	37:59	+07:19	03:48
22	528	Daniel	núcleo de barrosas amator	Senior Masculino	38:00	+07:20	03:48
23	545	Pedro Pacheco	paredes aventura	Senior Masculino	38:04	+07:25	03:48
24	492	Antonio Leite	lousada hotwheels runners	Senior Masculino	38:09	+07:29	03:49
25	525	Pedro Pereira	nocturnos de paredes	Veterano M40	38:10	+07:30	03:49
26	615	Andreia santos	rum tejo	Senior Feminino	38:14	+07:34	03:49
27	161	Filipe Pinto	btt alegria // tubani	Senior Masculino	38:17	+07:37	03:50
28	360	PAULO JORGE TEIXEIRA	individual	Senior Masculino	38:38	+07:58	03:52
29	166	Tiago Pintp	c. a. andatrilhos freamunde	Senior Masculino	38:44	+08:04	03:52
30	336	José Manuel Gonçalves Barbosa	individual	Senior Masculino	39:00	+08:20	03:54
31	580	José Silva	sporting clube de espinho / antónio leitão	Senior Masculino	39:01	+08:22	03:54
32	185	Alcino Silva	clube independente de atletismo de alpendorada	Veterano M40	39:07	+08:27	03:55
33	624	Pedro teixeira	individual	Senior Masculino	39:15	+08:36	03:56
34	530	Pedro Gaudêncio	núcleo de barrosas amator	Senior Masculino	39:17	+08:38	03:56
35	616	Susana vilela	acd s. joão da serra	Senior Feminino	39:25	+08:46	03:57
36	521	José Meneses	nocturnos de paredes	Veterano M40	39:29	+08:49	03:57
37	612	Paulo barbosa	mais ac	Senior Masculino	39:32	+08:53	03:57
38	140	Hélder Barbosa	boavista fc	Senior Masculino	39:34	+08:55	03:57
39	131	António Daniel da Silva Ribeiro	bitrunners	Senior Masculino	39:36	+08:56	03:58
40	341	Luís Miguel Morais Ferreira	individual	Senior Masculino	39:38	+08:58	03:58

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OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
174	595	João Sousa	trail team casa das reparações	Veterano M40	48:25	+17:46	04:51
175	286	Bruno Quintino	individual	Senior Masculino	48:30	+17:50	04:51
176	173	Rui Godinho	caetano runners	Veterano M40	48:31	+17:51	04:51
177	527	Agostinho Moreira	nocturnos de paredes	Veterano M50	48:33	+17:53	04:51
178	354	Nuno Leal	individual	Senior Masculino	48:38	+17:58	04:52
179	526	Rui Almeida	nocturnos de paredes	Veterano M40	48:38	+17:58	04:52
180	424	Francisco Vieira	individual	Veterano M40	48:41	+18:01	04:52
181	431	Joaquim Silva	individual	Veterano M40	48:41	+18:01	04:52
182	589	Ricardo Cunha	trail santa marta	Senior Masculino	48:42	+18:02	04:52
183	603	HELENA GOMES	wolves	Veterana F40	48:44	+18:04	04:52
184	328	Joaquim Gomes	individual	Senior Masculino	48:47	+18:07	04:53
185	395	Vitor Hugo Leite Antunes	individual	Senior Masculino	48:48	+18:09	04:53
186	591	Eduardo Soares	trail team casa das reparações	Senior Masculino	48:56	+18:17	04:54
187	303	Diogo Pereira	individual	Senior Masculino	48:58	+18:18	04:54
188	575	Rui Bessa	sob efeito trail	Senior Masculino	49:07	+18:28	04:55
189	386	Rui Pedro Martins Machado	individual	Senior Masculino	49:09	+18:29	04:55
190	443	Manuel Meireles	individual	Veterano M40	49:10	+18:31	04:55
191	281	Artur José Gonçalves Ferreira	individual	Senior Masculino	49:14	+18:35	04:55
192	433	Jorge Gomes 83	individual	Veterano M40	49:16	+18:36	04:56
193	199	Alberto Leite	correr com calma	Veterano M50	49:20	+18:41	04:56
194	629	Miguel Barbosa	individual	Senior Masculino	49:21	+18:41	04:56
195	622	Antonio Manuel Silva Reis	individual	Veterano M40	49:21	+18:42	04:56
196	318	Henrique José Vasconcelos Rodrigues Pereira	individual	Senior Masculino	49:22	+18:42	04:56
197	503	Silvino Mendes	morris mendes & associados, lda	Veterano M50	49:24	+18:45	04:56
198	154	Luís Moutinho	bolachas maria	Veterano M40	49:30	+18:50	04:57
199	347	Marcio filipe teixeira da silva	individual	Senior Masculino	49:34	+18:54	04:57
200	132	João Rocha	bitrunners	Senior Masculino	49:35	+18:55	04:58
201	259	Joana Sousa	individual	Senior Feminino	49:37	+18:58	04:58
202	426	Henrique Sousa	individual	Veterano M40	49:39	+19:00	04:58
203	481	Bruno Teixeira	juía power	Senior Masculino	49:41	+19:01	04:58
204	459	ANTONIO MIRANDA	individual	Veterano M50	49:48	+19:09	04:59
205	560	Mário Rodrigues	runners sernancelhe terra da castanha	Veterano M40	49:55	+19:15	05:00
206	578	Sónia Santos	sporting clube de espinho / antónio leitão	Senior Feminino	49:59	+19:19	05:00
207	348	Marco Cunha	individual	Senior Masculino	50:01	+19:21	05:00
208	506	Pedro Rodrigues	no tomorrow running team	Veterano M40	50:01	+19:22	05:00
209	237	Ana Águas	individual	Senior Feminino	50:03	+19:23	05:00
210	517	Daniel Pereira	nocturnos de paredes	Veterano M40	50:04	+19:25	05:00
211	445	marco coelho	individual	Veterano M40	50:06	+19:27	05:01
212	490	Agostinho Sousa	kunalama runners	Veterano M50	50:33	+19:54	05:03
213	487	Carlos Magalhães	kunalama runners	Senior Masculino	50:33	+19:54	05:03
214	102	João Teixeira	#nsp_outour	Senior Masculino	50:40	+20:00	05:04
215	496	José Sousa	lousada hotwheels runners	Veterano M40	50:41	+20:01	05:04
216	203	Filipe Barbosa	empenabike	Senior Masculino	51:05	+20:25	05:07
217	417	António Gaspar Vieira Moreira	individual	Veterano M40	51:05	+20:25	05:07
218	159	Vitor Caldas	brigada 1327	Senior Masculino	51:17	+20:38	05:08

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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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
219	507	Alexandre Pinto	nocturnos de paredes	Senior Masculino	51:20	+20:41	05:08
220	372	Pedro Oliveira	individual	Senior Masculino	51:28	+20:48	05:09
221	331	Jorge mosqueiro	individual	Senior Masculino	51:28	+20:49	05:09
222	310	Filipe Gonçalves	individual	Senior Masculino	51:35	+20:56	05:10
223	269	Rosa Gomes	individual	Senior Feminino	51:36	+20:57	05:10
224	264	Lúcia	individual	Senior Feminino	51:36	+20:57	05:10
225	524	Paulo Saul	nocturnos de paredes	Veterano M40	51:38	+20:58	05:10
226	522	Luis Miguel Dias	nocturnos de paredes	Veterano M40	51:38	+20:59	05:10
227	402	Fernanda Oliveira	individual	Veterana F40	51:45	+21:06	05:11
228	463	Hilario	individual	Veterano M50	51:47	+21:07	05:11
229	416	António Alberto Moreira de Sousa	individual	Veterano M40	51:51	+21:12	05:11
230	422	Fernando Jorge Silva Coelho	individual	Veterano M40	51:53	+21:14	05:11
231	406	Valéria Coutinho Pinheiro	individual	Veterana F40	51:54	+21:15	05:11
232	548	Jorge Oliveira	paredes aventura	Veterano M40	52:00	+21:21	05:12
233	177	Jose Barbosa	cetenses	Senior Masculino	52:10	+21:30	05:13
234	181	Tomas Correia	cetenses	Veterano M50	52:13	+21:34	05:13
235	475	Miro Morais	individual	Veterano M50	52:17	+21:37	05:14
236	344	Luís Seabra	individual	Senior Masculino	52:26	+21:46	05:15
237	480	Sérgio Faria Machado	individual	Veterano M50	52:31	+21:51	05:15
238	370	Pedro Miguel Silva Pacheco	individual	Senior Masculino	52:37	+21:57	05:16
239	581	Luis Ferreira Gomes	team lantermil	Veterano M40	52:40	+22:00	05:16
240	169	Maria Dias	caça raposas	Veterana F40	52:40	+22:01	05:16
241	231	Fernando Oliveira	gramidense ifc	Veterano M40	52:40	+22:01	05:16
242	292	Carlos Saraiva	individual	Senior Masculino	52:51	+22:11	05:17
243	558	Armando Magalhães	run&walk	Senior Masculino	52:51	+22:11	05:17
244	201	Jorge Meireles	crew concordia	Veterano M40	52:56	+22:16	05:18
245	236	Mário Pereira	hjk gaia	Veterano M40	53:07	+22:28	05:19
246	559	André Filipe Coreia de Magalhães	runners sernancelhe terra da castanha	Senior Masculino	53:07	+22:28	05:19
247	568	David Filipe Costa Barros	sabius	Senior Masculino	53:08	+22:28	05:19
248	121	ANDRÉ COSTA	andré costa	Senior Masculino	53:14	+22:35	05:19
249	369	pedro miguel dos santos casal marques	individual	Senior Masculino	53:15	+22:35	05:20
250	485	Bruno Ribeiro	kitty team	Senior Masculino	53:15	+22:35	05:20
251	628	Sara Eiro	individual	Senior Feminino	53:21	+22:42	05:20
252	387	Rui Pereira	individual	Senior Masculino	53:24	+22:44	05:20
253	250	Diana Martins	individual	Senior Feminino	53:28	+22:48	05:21
254	288	Bruno rocha	individual	Senior Masculino	53:30	+22:51	05:21
255	542	Joao Costa	papatrails	Senior Masculino	53:39	+22:59	05:22
256	197	Sergio Silva	correr com calma	Senior Masculino	53:42	+23:03	05:22
257	588	João Português	trail de santa marta	Senior Masculino	53:43	+23:03	05:22
258	453	Vitor Freire	individual	Veterano M40	53:44	+23:04	05:22
259	346	Manuel Luís	individual	Senior Masculino	53:44	+23:04	05:22
260	368	Pedro Miguel da Rocha Santos	individual	Senior Masculino	53:52	+23:12	05:23
261	105	Vitor Ribeiro	a caminho de ser fit	Senior Masculino	54:02	+23:22	05:24
262	103	Ana Coelho	a caminho de ser fit	Senior Feminino	54:02	+23:22	05:24

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
306	155	Almirique Fernandes	bolachas maria	Veterano M50	56:51	+26:11	05:41
307	172	Sandra Aguiar	caetano runners	Veterana F40	56:55	+26:16	05:42
308	195	Anabela Lobo	correr com calma	Senior Feminino	57:02	+26:23	05:42
309	473	Manuel Teixeira	individual	Veterano M50	57:06	+26:26	05:43
310	271	Silvana silva	individual	Senior Feminino	57:12	+26:33	05:43
311	299	Daniel Filipe Ferreira da Silva	individual	Senior Masculino	57:26	+26:46	05:45
312	266	Marlene Raquel Vieira	individual	Senior Feminino	57:26	+26:46	05:45
313	312	Filipe Pereira	individual	Senior Masculino	57:34	+26:55	05:45
314	243	Angela Pereira	individual	Senior Feminino	57:35	+26:55	05:46
315	604	ISABEL CARVALHO	wolves	Veterana F40	57:47	+27:07	05:47
316	460	Antonio Rocha	individual	Veterano M50	57:50	+27:10	05:47
317	462	FERNANDO FERREIRA FERREIRA	individual	Veterano M50	57:53	+27:13	05:47
318	276	Alberto Rodrigues	individual	Senior Masculino	57:53	+27:13	05:47
319	320	Hugo Crespo Silva	individual	Senior Masculino	57:57	+27:17	05:48
320	198	Dores Barroso	correr com calma	Veterana F50	58:03	+27:23	05:48
321	362	pedro antonio teixeira oliveira	individual	Senior Masculino	58:04	+27:24	05:48
322	188	José Andrade	clube trilheiros & amigos	Senior Masculino	58:04	+27:24	05:48
323	502	Diogo Morris Mendes	morris mendes & associados, lda	Senior Masculino	58:05	+27:25	05:49
324	143	Marlene Silva	bolachas maria	Senior Feminino	58:05	+27:26	05:49
325	145	Raquel Martins	bolachas maria	Senior Feminino	58:05	+27:26	05:49
326	255	Isabel Filipa Dias Magalhães	individual	Senior Feminino	58:13	+27:34	05:49
327	404	Maria Alice Ferreira de Sousa	individual	Veterana F40	58:17	+27:37	05:50
328	377	Ricardo manuel esteves da silva fernandes	individual	Senior Masculino	58:31	+27:51	05:51
329	401	Cecília Maria da Rocha Santos	individual	Veterana F40	58:31	+27:51	05:51
330	468	José Agostinho de Bessa Teixeira	individual	Veterano M50	58:31	+27:52	05:51
331	252	Diana Teixeira	individual	Senior Feminino	58:43	+28:04	05:52
332	129	Vitor Manuel Moreira Marques	bifase-b team	Veterano M50	58:53	+28:13	05:53
333	170	Luís António Figueira Vitorino	caça raposas	Veterano M40	58:56	+28:17	05:54
334	278	André Fraga	individual	Senior Masculino	59:02	+28:22	05:54
335	430	JoAquim moreira	individual	Veterano M40	59:03	+28:23	05:54
336	156	Carlos Correia	brigada 1327	Senior Masculino	59:05	+28:26	05:55
337	157	Castro Duarte	brigada 1327	Senior Masculino	59:05	+28:26	05:55
338	541	Monica Magalhaes	papatrails	Senior Feminino	59:06	+28:27	05:55
339	627	Sónia Garces	individual	Veterana F40	59:08	+28:28	05:55
340	254	Inês Teles	individual	Senior Feminino	59:08	+28:28	05:55
341	497	Carlos Bessa	lousada runners	Senior Masculino	59:08	+28:28	05:55
342	332	Jose Emanuel Barbosa Nunes	individual	Senior Masculino	59:13	+28:34	05:55
343	415	Álvaro Manuel Ribeiro	individual	Veterano M40	59:14	+28:34	05:55
344	216	José Ferreira	ferreira	Veterano M50	59:17	+28:38	05:56
345	562	Ricardo França	running penafiel trail	Senior Masculino	59:24	+28:44	05:56
346	137	Marieta Moreira	bitrunners	Veterana F50	59:28	+28:49	05:57
347	464	Horácio Teixeira	individual	Veterano M50	59:30	+28:51	05:57
348	574	João Paulo Soares	soares	Veterano M40	59:33	+28:54	05:57
349	573	João Carlos Soares	soares	Senior Masculino	59:33	+28:54	05:57

Prova Principal

10 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	20:00	12.5°C	100%
End	21:18	13°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	615	Andreia santos	Rum tejo	Senior Feminino	38:14	+07:34	03:49
2	616	Susana vilela	ACD S. João da Serra	Senior Feminino	39:25	+08:46	03:57
3	113	Elisabete Maria Carvalho Sousa	ACD S. João da Serra	Senior Feminino	41:19	+10:40	04:08
4	175	Elisabete Martins	Centro juventude de Malta	Senior Feminino	46:50	+16:10	04:41
5	245	ANITA COSTA	Individual	Senior Feminino	46:56	+16:17	04:42
6	262	Liliana Gomes	Individual	Senior Feminino	47:25	+16:46	04:45
7	253	Flávia Manuela da Silva Bessa	Individual	Senior Feminino	48:09	+17:30	04:49
8	217	Celina Silva	FIGUEIREDOS RUNNERS & FRIENDS	Senior Feminino	48:24	+17:44	04:50
9	259	Joana Sousa	Individual	Senior Feminino	49:37	+18:58	04:58
10	578	Sónia Santos	Sporting Clube de Espinho / António Leitão	Senior Feminino	49:59	+19:19	05:00
11	237	Ana Águas	Individual	Senior Feminino	50:03	+19:23	05:00
12	269	Rosa Gomes	Individual	Senior Feminino	51:36	+20:57	05:10
13	264	Lúcia	Individual	Senior Feminino	51:36	+20:57	05:10
14	628	Sara Eiro	Individual	Senior Feminino	53:21	+22:42	05:20
15	250	Diana Martins	Individual	Senior Feminino	53:28	+22:48	05:21
16	103	Ana Coelho	A caminho de ser fit	Senior Feminino	54:02	+23:22	05:24
17	104	Débora Vieira	A caminho de ser fit	Senior Feminino	54:02	+23:23	05:24
18	146	Sara Rocha	Bolachas Maria	Senior Feminino	54:35	+23:55	05:28
19	123	Morgana almeida	Bananas	Senior Feminino	55:20	+24:40	05:32
20	241	Andreia Costa	Individual	Senior Feminino	56:26	+25:46	05:39
21	246	Bruna Machado	Individual	Senior Feminino	56:41	+26:01	05:40
22	195	Anabela Lobo	Correr com cAlma	Senior Feminino	57:02	+26:23	05:42
23	271	Silvana silva	Individual	Senior Feminino	57:12	+26:33	05:43
24	266	Marlene Raquel Vieira	Individual	Senior Feminino	57:26	+26:46	05:45
25	243	Angela Pereira	Individual	Senior Feminino	57:35	+26:55	05:46
26	143	Marlene Silva	Bolachas Maria	Senior Feminino	58:05	+27:26	05:49
27	145	Raquel Martins	Bolachas Maria	Senior Feminino	58:05	+27:26	05:49
28	255	Isabel Filipa Dias Magalhães	Individual	Senior Feminino	58:13	+27:34	05:49
29	252	Diana Teixeira	Individual	Senior Feminino	58:43	+28:04	05:52
30	541	Monica Magalhaes	PAPATRAILS	Senior Feminino	59:06	+28:27	05:55
31	254	Inês Teles	Individual	Senior Feminino	59:08	+28:28	05:55
32	251	Diana Oliveira Ferreira	Individual	Senior Feminino	59:41	+29:02	05:58
33	272	Telma Vilela	Individual	Senior Feminino	59:41	+29:02	05:58
34	141	Ivânia Rocha	Bolachas Maria	Senior Feminino	59:48	+29:09	05:59
35	249	Cristiana Pereira	Individual	Senior Feminino	01:00:42	+30:03	06:04
36	130	Fátima Cerejo	BITRUNNERS	Senior Feminino	01:01:35	+30:55	06:10
37	265	Luísa Mota	Individual	Senior Feminino	01:01:41	+31:01	06:10
38	260	Juliana Ribeiro	Individual	Senior Feminino	01:01:50	+31:11	06:11

Official Timekeeper: Lap2Go	1 / 10	generate 19-Jan-2019 21:38
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Prova Principal

10 KM

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

OFFICIAL RESULT

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

39	566	Rita Coelho	sabiUS	Senior Feminino	01:03:37	+32:57	06:22
40	565	Liliana Silva	sabiUS	Senior Feminino	01:03:58	+33:19	06:24
41	196	Sara Oliveira	Correr com cAlma	Senior Feminino	01:04:33	+33:53	06:27
42	242	Ângela Diana Almeida	Individual	Senior Feminino	01:05:31	+34:51	06:33
43	226	JOANA MOREIRA SILVA	GDC FIDELIDADE	Senior Feminino	01:05:37	+34:58	06:34
44	540	Estela Oliveira	PAPATRAILS	Senior Feminino	01:06:01	+35:21	06:36
45	505	Ingrid Rocha	No Tomorrow Running Team	Senior Feminino	01:09:33	+38:54	06:57
46	613	Ana Catarina Pereira de Sousa	primos pereira	Senior Feminino	01:14:15	+43:35	07:26
47	261	Liliana Barbosa	Individual	Senior Feminino	01:14:16	+43:36	07:26
48	256	Ivânia Esteves	Individual	Senior Feminino	01:14:16	+43:36	07:26

Senior Masculino

1	571	Miguel Borges	SL Benfica	Senior Masculino	30:39		03:04
2	611	Nuno costa	Mais ac	Senior Masculino	30:44	+00:04	03:04
3	610	Bruno Jesus	Mais ac	Senior Masculino	31:55	+01:15	03:12
4	182	Rui Muga	Clube Académico de Mogadouro	Senior Masculino	32:26	+01:46	03:15
5	606	António Filipe Braziela Rocha	Individual	Senior Masculino	33:31	+02:51	03:21
6	618	Nuno Pereira	Individual	Senior Masculino	33:36	+02:57	03:22
7	327	joao Pereira	Individual	Senior Masculino	33:38	+02:59	03:22
8	504	Mário Fonseca	NAST - NUCLEO ASSOCIATIVO DE SANTO TIRSO	Senior Masculino	34:02	+03:22	03:24
9	277	Álvaro Gabriel Vasconcelos da Silva Moreira	Individual	Senior Masculino	34:06	+03:26	03:25
10	619	Bruno Silva	Oralklass - Amigos do Trail	Senior Masculino	35:18	+04:38	03:32
11	579	Fábio Correia	Sporting Clube de Espinho / António Leitão	Senior Masculino	36:07	+05:28	03:37
12	357	Paulo conde	Individual	Senior Masculino	36:55	+06:15	03:42
13	488	Toninho Maia	Kunalama Runners	Senior Masculino	37:20	+06:40	03:44
14	630	Pedro Soares	Individual	Senior Masculino	37:20	+06:41	03:44
15	494	Henrique Abreu	Lousada Hotwheels Runners	Senior Masculino	37:30	+06:51	03:45
16	165	André Pinto	C. A. Andatrilhos Freamunde	Senior Masculino	37:33	+06:53	03:45
17	350	MIGUEL NETO	Individual	Senior Masculino	37:37	+06:57	03:46
18	529	Jorge Neto	Núcleo de Barrosas Amador	Senior Masculino	37:59	+07:19	03:48
19	528	Daniel	Núcleo de Barrosas Amador	Senior Masculino	38:00	+07:20	03:48
20	545	Pedro Pacheco	Paredes Aventura	Senior Masculino	38:04	+07:25	03:48
21	492	Antonio Leite	Lousada Hotwheels Runners	Senior Masculino	38:09	+07:29	03:49
22	161	Filipe Pinto	BTT Alegria // TUBANI	Senior Masculino	38:17	+07:37	03:50
23	360	PAULO JORGE TEIXEIRA	Individual	Senior Masculino	38:38	+07:58	03:52
24	166	Tiago Pintp	C. A. Andatrilhos Freamunde	Senior Masculino	38:44	+08:04	03:52
25	336	José Manuel Gonçalves Barbosa	Individual	Senior Masculino	39:00	+08:20	03:54
26	580	José Silva	Sporting Clube de Espinho / António Leitão	Senior Masculino	39:01	+08:22	03:54
27	624	Pedro teixeira	Individual	Senior Masculino	39:15	+08:36	03:56
28	530	Pedro Gaudêncio	Núcleo de Barrosas Amador	Senior Masculino	39:17	+08:38	03:56
29	612	Paulo barbosa	Mais ac	Senior Masculino	39:32	+08:53	03:57
30	140	Hélder Barbosa	Boavista fc	Senior Masculino	39:34	+08:55	03:57

Prova Principal

10 KM

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

OFFICIAL RESULT

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31	131	António Daniel da Silva Ribeiro	BITRUNNERS	Senior Masculino	39:36	+08:56	03:58
32	341	Luís Miguel Morais Ferreira	Individual	Senior Masculino	39:38	+08:58	03:58
33	202	Carlos Prudêncio	Dá-lhe Gás running team Fisioduo	Senior Masculino	39:38	+08:59	03:58
34	109	António Mendes	A.D.Amarante	Senior Masculino	39:39	+08:59	03:58
35	116	Vitor Moreira	Aliados Trail Running Team	Senior Masculino	39:41	+09:01	03:58
36	115	Bruno Pinto	Aliados Trail Running Team	Senior Masculino	39:43	+09:04	03:58
37	117	Bruno Soares	Aliança de Gandra	Senior Masculino	40:11	+09:32	04:01
38	393	Tiago oliveira	Individual	Senior Masculino	40:28	+09:49	04:03
39	516	Sérgio Vale	Nocturnos de Paredes	Senior Masculino	40:31	+09:51	04:03
40	531	Ramiro Ribeiro	Núcleo de Barrosas Amador	Senior Masculino	40:41	+10:01	04:04
41	321	Hugo Loureiro	Individual	Senior Masculino	40:42	+10:02	04:04
42	570	Tiago Amaral	SiM Summit	Senior Masculino	40:57	+10:17	04:06
43	337	Luís Alves	Individual	Senior Masculino	41:01	+10:21	04:06
44	296	Cristiano Pereira	Individual	Senior Masculino	41:32	+10:53	04:09
45	290	Carlos Filipe Couto Pereira	Individual	Senior Masculino	41:34	+10:54	04:09
46	136	Tiago Mota	BITRUNNERS	Senior Masculino	41:39	+10:59	04:10
47	275	Adérito Oliveira	Individual	Senior Masculino	41:47	+11:07	04:11
48	623	Rui Santos	Individual	Senior Masculino	42:34	+11:54	04:15
49	491	joel batista	Lourival Bike Team	Senior Masculino	42:34	+11:55	04:15
50	359	Paulo Cunha Soares	Individual	Senior Masculino	42:38	+11:58	04:16
51	330	Jorge Ferreira	Individual	Senior Masculino	42:38	+11:59	04:16
52	508	Daniel Silva	Nocturnos de Paredes	Senior Masculino	43:11	+12:31	04:19
53	213	João Oliveira	Facort Running Team	Senior Masculino	43:21	+12:41	04:20
54	108	Bruno Martins	A. D. R. Aveleda	Senior Masculino	43:36	+12:56	04:22
55	598	Hugo soares	Weekend Runners	Senior Masculino	43:49	+13:09	04:23
56	301	Davide Afonso	Individual	Senior Masculino	44:02	+13:22	04:24
57	512	Mauro Cardoso	Nocturnos de Paredes	Senior Masculino	44:07	+13:27	04:25
58	582	Bruno Fernandes	Team Trail Bem Viver	Senior Masculino	44:07	+13:28	04:25
59	284	Bruno Filipe da Rocha Barbosa	Individual	Senior Masculino	44:09	+13:29	04:25
60	620	André Daniel Moreira	Individual	Senior Masculino	44:22	+13:43	04:26
61	107	André Martins	A. D. Amarante Atletismo	Senior Masculino	44:33	+13:53	04:27
62	587	João Moreira	The Trippers	Senior Masculino	44:50	+14:10	04:29
63	283	Bruno David Borges Canelha	Individual	Senior Masculino	44:59	+14:20	04:30
64	313	filipe pinho	Individual	Senior Masculino	45:05	+14:26	04:31
65	293	Carlos Vítor de Oliveira Martins	Individual	Senior Masculino	45:37	+14:57	04:34
66	316	Gustavo Pimenta	Individual	Senior Masculino	45:48	+15:08	04:35
67	600	simao sousa	Weekend Runners	Senior Masculino	45:51	+15:11	04:35
68	592	Paulo Machado	TRAIL TEAM CASA DAS REPARAÇÕES	Senior Masculino	45:52	+15:12	04:35
69	590	Eduardo Mendes	TRAIL TEAM CASA DAS REPARAÇÕES	Senior Masculino	45:53	+15:13	04:35
70	110	Pedro Vieira	A.D.Amarante Trail Running	Senior Masculino	45:54	+15:14	04:35
71	495	Jaime Ribeiro	Lousada Hotwheels Runners	Senior Masculino	46:01	+15:21	04:36
72	149	Rafael Loureiro	Bolachas Maria	Senior Masculino	46:06	+15:26	04:37
73	379	Ricardo Nogueira	Individual	Senior Masculino	46:10	+15:30	04:37
74	323	Ivo Nascimento	Individual	Senior Masculino	46:14	+15:34	04:37
75	274	ADÃO GUEDES	Individual	Senior Masculino	46:16	+15:36	04:38

Prova Principal

10 KM

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

76	510	Emanuel Tadeu	Nocturnos de Paredes	Senior Masculino	46:19	+15:39	04:38
77	617	Paulo Barbosa	Individual	Senior Masculino	46:22	+15:42	04:38
78	147	Carlos Campos	Bolachas Maria	Senior Masculino	46:24	+15:44	04:38
79	160	Daniel Sousa	BTT Alegria // TUBANI	Senior Masculino	46:35	+15:56	04:40
80	583	Ricardo Joaquim Monteiro Fernandes	Team Trail Bem Viver	Senior Masculino	46:40	+16:01	04:40
81	384	Rui Filipe Nunes Vieira	Individual	Senior Masculino	46:44	+16:04	04:40
82	151	Rui Romão	Bolachas Maria	Senior Masculino	46:46	+16:06	04:41
83	324	Jaime Neto	Individual	Senior Masculino	46:48	+16:09	04:41
84	314	Filipe Pinto	Individual	Senior Masculino	46:51	+16:11	04:41
85	383	Rui Costa Jesus	Individual	Senior Masculino	46:54	+16:14	04:41
86	567	Carlos Santos	sabiUS	Senior Masculino	47:06	+16:26	04:43
87	366	Pedro Lopes	Individual	Senior Masculino	47:10	+16:30	04:43
88	174	Pedro Ribeiro	Carlos Correia	Senior Masculino	47:19	+16:39	04:44
89	158	Flávio Rodrigues	brigada 1327	Senior Masculino	47:19	+16:40	04:44
90	178	Ricardo Pinto	Cetenses	Senior Masculino	47:27	+16:48	04:45
91	482	Daniel Rocha	JUÍA POWER	Senior Masculino	47:36	+16:56	04:46
92	515	Renato Pinto	Nocturnos de Paredes	Senior Masculino	47:40	+17:00	04:46
93	549	Jorge Moreira	Prosel TEAM	Senior Masculino	47:44	+17:04	04:46
94	511	Hugo Neto	Nocturnos de Paredes	Senior Masculino	47:48	+17:08	04:47
95	148	Manuel Gomes	Bolachas Maria	Senior Masculino	47:52	+17:13	04:47
96	133	Jorge Miguel Sousa Silva	BITRUNNERS	Senior Masculino	47:55	+17:16	04:48
97	306	Emanuel Rocha	Individual	Senior Masculino	47:57	+17:17	04:48
98	376	Ricardo Ferreira	Individual	Senior Masculino	48:05	+17:26	04:49
99	563	Sérgio brochado	Running Penafiel Trail	Senior Masculino	48:12	+17:32	04:49
100	338	Luís Bessa	Individual	Senior Masculino	48:24	+17:44	04:50
101	358	Paulo Correia	Individual	Senior Masculino	48:25	+17:45	04:51
102	286	Bruno Quintino	Individual	Senior Masculino	48:30	+17:50	04:51
103	354	Nuno Leal	Individual	Senior Masculino	48:38	+17:58	04:52
104	589	Ricardo Cunha	Trail Santa Marta	Senior Masculino	48:42	+18:02	04:52
105	328	Joaquim Gomes	Individual	Senior Masculino	48:47	+18:07	04:53
106	395	Vitor Hugo Leite Antunes	Individual	Senior Masculino	48:48	+18:09	04:53
107	591	Eduardo Soares	TRAIL TEAM CASA DAS REPARAÇÕES	Senior Masculino	48:56	+18:17	04:54
108	303	Diogo Pereira	Individual	Senior Masculino	48:58	+18:18	04:54
109	575	Rui Bessa	Sob Efeito Trail	Senior Masculino	49:07	+18:28	04:55
110	386	Rui Pedro Martins Machado	Individual	Senior Masculino	49:09	+18:29	04:55
111	281	Artur José Gonçalves Ferreira	Individual	Senior Masculino	49:14	+18:35	04:55
112	629	Miguel Barbosa	Individual	Senior Masculino	49:21	+18:41	04:56
113	318	Henrique José Vasconcelos Rodrigues Pereira	Individual	Senior Masculino	49:22	+18:42	04:56
114	347	Marcio filipe teixeira da silva	Individual	Senior Masculino	49:34	+18:54	04:57
115	132	João Rocha	BITRUNNERS	Senior Masculino	49:35	+18:55	04:58
116	481	Bruno Teixeira	JUÍA POWER	Senior Masculino	49:41	+19:01	04:58
117	348	Marco Cunha	Individual	Senior Masculino	50:01	+19:21	05:00
118	487	Carlos Magalhães	Kunalama Runners	Senior Masculino	50:33	+19:54	05:03
119	102	João Teixeira	#NSP_ONTOUR	Senior Masculino	50:40	+20:00	05:04
120	203	Filipe Barbosa	Empenabike	Senior Masculino	51:05	+20:25	05:07

Prova Principal

10 KM

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

121	159	Vítor Caldas	brigada 1327	Senior Masculino	51:17	+20:38	05:08
122	507	Alexandre Pinto	Nocturnos de Paredes	Senior Masculino	51:20	+20:41	05:08
123	372	Pedro Oliveira	Individual	Senior Masculino	51:28	+20:48	05:09
124	331	Jorge mosqueiro	Individual	Senior Masculino	51:28	+20:49	05:09
125	310	Filipe Gonçalves	Individual	Senior Masculino	51:35	+20:56	05:10
126	177	Jose Barbosa	Cetenses	Senior Masculino	52:10	+21:30	05:13
127	344	Luís Seabra	Individual	Senior Masculino	52:26	+21:46	05:15
128	370	Pedro Miguel Silva Pacheco	Individual	Senior Masculino	52:37	+21:57	05:16
129	292	Carlos Saraiva	Individual	Senior Masculino	52:51	+22:11	05:17
130	558	Armando Magalhães	Run&Walk	Senior Masculino	52:51	+22:11	05:17
131	559	André Filipe Coreia de Magalhães	Runners Sernancelhe Terra da Castanha	Senior Masculino	53:07	+22:28	05:19
132	568	David Filipe Costa Barros	sabiUS	Senior Masculino	53:08	+22:28	05:19
133	121	ANDRÉ COSTA	ANDRÉ COSTA	Senior Masculino	53:14	+22:35	05:19
134	369	pedro miguel dos santos casal marques	Individual	Senior Masculino	53:15	+22:35	05:20
135	485	Bruno Ribeiro	Kitty team	Senior Masculino	53:15	+22:35	05:20
136	387	Rui Pereira	Individual	Senior Masculino	53:24	+22:44	05:20
137	288	Bruno rocha	Individual	Senior Masculino	53:30	+22:51	05:21
138	542	Joao Costa	PAPATRAILS	Senior Masculino	53:39	+22:59	05:22
139	197	Sergio Silva	Correr com cAlma	Senior Masculino	53:42	+23:03	05:22
140	588	João Português	Trail de Santa Marta	Senior Masculino	53:43	+23:03	05:22
141	346	Manuel Luís	Individual	Senior Masculino	53:44	+23:04	05:22
142	368	Pedro Miguel da Rocha Santos	Individual	Senior Masculino	53:52	+23:12	05:23
143	105	Vitor Ribeiro	A caminho de ser fit	Senior Masculino	54:02	+23:22	05:24
144	513	Paulo Silva	Nocturnos de Paredes	Senior Masculino	54:06	+23:26	05:25
145	215	Pedro Ferreira	Ferreira	Senior Masculino	54:10	+23:30	05:25
146	380	Ricardo Nogueira	Individual	Senior Masculino	54:11	+23:31	05:25
147	204	Filipe Ribeiro	Empenabike	Senior Masculino	54:13	+23:33	05:25
148	295	César Peixe	Individual	Senior Masculino	54:28	+23:48	05:27
149	390	Sergio Moreira Rocha	Individual	Senior Masculino	54:29	+23:49	05:27
150	391	Telmo Edgar Rodrigues Oliveira	Individual	Senior Masculino	54:36	+23:56	05:28
151	483	Paulo Nogueira	JUÍÁ POWER	Senior Masculino	54:37	+23:57	05:28
152	349	MARCO FILIPE MATIAS FERNANDES	Individual	Senior Masculino	54:46	+24:06	05:29
153	307	Fábio Daniel Ferreira Carneiro	Individual	Senior Masculino	54:46	+24:07	05:29
154	152	Simão Gonçalves	Bolachas Maria	Senior Masculino	54:54	+24:14	05:29
155	282	bruno barbosa07	Individual	Senior Masculino	54:55	+24:15	05:30
156	150	Ricardo Brito	Bolachas Maria	Senior Masculino	54:55	+24:15	05:30
157	339	Luís Freire	Individual	Senior Masculino	55:00	+24:20	05:30
158	381	Roberto Filipe Pacheco Faria	Individual	Senior Masculino	55:00	+24:21	05:30
159	291	Carlos Miguel Mota Reis	Individual	Senior Masculino	55:12	+24:32	05:31
160	355	Nuno Silva	Individual	Senior Masculino	55:29	+24:49	05:33
161	280	Armenio Jesus da Costa Barbosa	Individual	Senior Masculino	55:45	+25:05	05:35
162	539	rui neto	os malucos	Senior Masculino	55:56	+25:16	05:36
163	101	Flávio Sousa	#NSP_ONTOUR	Senior Masculino	56:03	+25:23	05:36
164	315	Flávio Carvalho	Individual	Senior Masculino	56:23	+25:43	05:38
165	229	Gustavo Santos	Gramidense IFC	Senior Masculino	56:26	+25:47	05:39
166	220	Luis da Costa Ferreira	Fire Team	Senior Masculino	56:30	+25:50	05:39

Official Timekeeper: Lap2Go	5 / 10	generate 19-Jan-2019 21:38
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Prova Principal

10 KM

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

OFFICIAL RESULT

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

167	135	Nelson Luís Silva Nunes	BITRUNNERS	Senior Masculino	56:30	+25:51	05:39
168	299	Daniel Filipe Ferreira da Silva	Individual	Senior Masculino	57:26	+26:46	05:45
169	312	Filipe Pereira	Individual	Senior Masculino	57:34	+26:55	05:45
170	276	Alberto Rodrigues	Individual	Senior Masculino	57:53	+27:13	05:47
171	320	Hugo Crespo Silva	Individual	Senior Masculino	57:57	+27:17	05:48
172	362	pedro antonio teixeira oliveira	Individual	Senior Masculino	58:04	+27:24	05:48
173	188	José Andrade	Clube Trilheiros & Amigos	Senior Masculino	58:04	+27:24	05:48
174	502	Diogo Morris Mendes	Morris Mendes & Associados, Lda	Senior Masculino	58:05	+27:25	05:49
175	377	Ricardo manuel esteves da silva fernandes	Individual	Senior Masculino	58:31	+27:51	05:51
176	278	André Fraga	Individual	Senior Masculino	59:02	+28:22	05:54
177	156	Carlos Correia	brigada 1327	Senior Masculino	59:05	+28:26	05:55
178	157	Castro Duarte	brigada 1327	Senior Masculino	59:05	+28:26	05:55
179	497	Carlos Bessa	Lousada Runners	Senior Masculino	59:08	+28:28	05:55
180	332	Jose Emanuel Barbosa Nunes	Individual	Senior Masculino	59:13	+28:34	05:55
181	562	Ricardo França	Running Penafiel trail	Senior Masculino	59:24	+28:44	05:56
182	573	João Carlos Soares	Soares	Senior Masculino	59:33	+28:54	05:57
183	308	Fábio Miguel Ferreira Garcez Soares	Individual	Senior Masculino	59:34	+28:55	05:58
184	396	Vitor Hugo Oliveira Ferreira	Individual	Senior Masculino	59:41	+29:01	05:58
185	365	Pedro Ferreira	Individual	Senior Masculino	01:00:42	+30:03	06:04
186	289	Carlos Daniel Moreira da Silva Azevedo	Individual	Senior Masculino	01:01:36	+30:56	06:10
187	353	Nuno Almeida	Individual	Senior Masculino	01:01:41	+31:01	06:10
188	214	André Baía	FAMILIA SANTOS	Senior Masculino	01:02:30	+31:51	06:15
189	576	Tiago Teixeira	Sob Efeito Trail	Senior Masculino	01:03:34	+32:54	06:21
190	601	Bruno Camarada	Wolves	Senior Masculino	01:03:37	+32:57	06:22
191	364	Pedro Daniel Lopes Mendes	Individual	Senior Masculino	01:03:40	+33:00	06:22
192	317	Hélder Silva	Individual	Senior Masculino	01:03:46	+33:06	06:23
193	599	Ruben Soares	Weekend Runners	Senior Masculino	01:03:53	+33:14	06:23
194	218	Americo Manuel da Costa	Fire Team	Senior Masculino	01:04:11	+33:31	06:25
195	221	Vladimiro Franclim Pinto Neto	Fire Team	Senior Masculino	01:12:08	+41:28	07:13
196	614	Cláudio Filipe Pereira Carvalho	primos pereira	Senior Masculino	01:15:03	+44:24	07:30

Veterana F40

1	533	Zeza Carvalho	Núcleo de Barrosas Amador	Veterana F40	46:40	+16:01	04:40
2	532	Fátima Sousa	Núcleo de Barrosas Amador	Veterana F40	46:57	+16:18	04:42
3	603	HELENA GOMES	WOLVES	Veterana F40	48:44	+18:04	04:52
4	402	Fernanda Oliveira	Individual	Veterana F40	51:45	+21:06	05:11
5	406	Valéria Coutinho Pinheiro	Individual	Veterana F40	51:54	+21:15	05:11
6	169	Maria Dias	Caça Raposas	Veterana F40	52:40	+22:01	05:16
7	403	Maria	Individual	Veterana F40	54:11	+23:31	05:25
8	498	Rosa Gomes	LOUSADA RUNNERS	Veterana F40	55:32	+24:53	05:33
9	172	Sandra Aguiar	Caetano Runners	Veterana F40	56:55	+26:16	05:42
10	604	ISABEL CARVALHO	WOLVES	Veterana F40	57:47	+27:07	05:47
11	404	Maria Alice Ferreira de Sousa	Individual	Veterana F40	58:17	+27:37	05:50
12	401	Cecília Maria da Rocha Santos	Individual	Veterana F40	58:31	+27:51	05:51

Prova Principal**10 KM**

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

13	627	Sónia Garces	Individual	Veterana F40	59:08	+28:28	05:55
14	550	Edite Cruz	RAMALVES	Veterana F40	01:00:47	+30:07	06:05
15	543	Ana Alves	PAPATRAILS	Veterana F40	01:03:37	+32:58	06:22
16	399	Armanda/Rocha	Individual	Veterana F40	01:05:14	+34:34	06:31
17	106	Anabela Ribeiro	A caminho de ser fit	Veterana F40	01:08:18	+37:39	06:50
18	602	Cristina Coelho	Wolves	Veterana F40	01:08:23	+37:44	06:50
19	407	Verónica Salgado	Individual	Veterana F40	01:11:46	+41:06	07:11

Veterana F50

1	408	Albina Sousa	Individual	Veterana F50	55:20	+24:40	05:32
2	411	Manuela Aguiar	Individual	Veterana F50	56:23	+25:44	05:38
3	198	Dores Barroso	Correr com cAlma	Veterana F50	58:03	+27:23	05:48
4	137	Marieta Moreira	BITRUNNERS	Veterana F50	59:28	+28:49	05:57
5	227	MARIA EMILIA MOREIRA	GDC FIDELIDADE	Veterana F50	59:34	+28:54	05:57
6	553	Paula Rodrigues	roda dos ventos	Veterana F50	01:00:45	+30:05	06:05
7	138	Paula Rodrigues	BITRUNNERS	Veterana F50	01:01:34	+30:54	06:09
8	410	Eugenia Ferreira	Individual	Veterana F50	01:03:18	+32:38	06:20
9	552	Joaquina Gonçalves	roda dos ventos	Veterana F50	01:07:03	+36:23	06:42

Veterano M40

1	176	Filipe Martins	Centro juventude de Malta	Veterano M40	35:34	+04:54	03:33
2	537	PEDRO SANTOS	Oralklass - Amigos do Trail	Veterano M40	36:18	+05:38	03:38
3	538	Vitor Pinto	Oralklass - Amigos do Trail	Veterano M40	37:17	+06:38	03:44
4	525	Pedro Pereira	Nocturnos de Paredes	Veterano M40	38:10	+07:30	03:49
5	185	Alcino Silva	Clube Independente de Atletismo de Alpendorada	Veterano M40	39:07	+08:27	03:55
6	521	José Meneses	Nocturnos de Paredes	Veterano M40	39:29	+08:49	03:57
7	189	Antonio Teles	Clube Trilheiros & Amigos	Veterano M40	39:43	+09:04	03:58
8	190	Carlos Silva	Clube Trilheiros & Amigos	Veterano M40	40:59	+10:19	04:06
9	519	Fernando Almeida	Nocturnos de Paredes	Veterano M40	41:14	+10:34	04:07
10	414	Albertino Barbosa	Individual	Veterano M40	41:23	+10:43	04:08
11	605	Telmo Cardoso	Adlustosa	Veterano M40	41:51	+11:11	04:11
12	441	José Ribeiro	Individual	Veterano M40	41:55	+11:16	04:12
13	440	JOSE PEDRO MARTINS	Individual	Veterano M40	42:08	+11:29	04:13
14	425	Guilherme de Lemos Pires	Individual	Veterano M40	42:17	+11:37	04:14
15	434	Jorge Silva	Individual	Veterano M40	43:18	+12:38	04:20
16	230	Ângelo Cabral	Gramidense IFC	Veterano M40	43:23	+12:43	04:20
17	120	Cristóvão Sampaio	Amigos das Sapatilhas	Veterano M40	43:28	+12:48	04:21
18	118	Leonel Neves	Aliança de Gandra	Veterano M40	43:41	+13:02	04:22
19	427	Joaquim Alexandre Garcez Magalhães	Individual	Veterano M40	43:59	+13:19	04:24
20	432	Joice Jesus	Individual	Veterano M40	44:03	+13:23	04:24
21	126	Joaquim Pinto	BIFASE-B TEAM	Veterano M40	44:05	+13:25	04:25
22	547	Jorge Barbosa	Paredes Aventura	Veterano M40	44:17	+13:37	04:26
23	486	Nuno Sousa	Kitty team	Veterano M40	44:29	+13:49	04:27

Prova Principal

10 KM

OFFICIAL RESULT

24	534	Lino Cardoso	Núcleo de Barrosas Amador	Veterano M40	44:30	+13:50	04:27
25	233	Miguel Teixeira T	Gramidense IFC	Veterano M40	45:18	+14:38	04:32
26	452	Vítor	Individual	Veterano M40	45:26	+14:46	04:33
27	569	António Coelho	sabiUS	Veterano M40	45:35	+14:55	04:34
28	183	Hélder Manuel Rosa da Silva Deveza	Clube Académico de Mogadouro	Veterano M40	45:39	+15:00	04:34
29	577	Helder Marques	Sob Efeito Trail	Veterano M40	46:10	+15:30	04:37
30	535	Marco Vaz	Núcleo de Barrosas Amador	Veterano M40	46:15	+15:35	04:38
31	501	Nuno Vinha	Magalhães & Vinha Lda	Veterano M40	46:47	+16:08	04:41
32	594	Armando Machado	TRAIL TEAM CASA DAS REPARAÇÕES	Veterano M40	46:58	+16:19	04:42
33	520	Joao Santos	Nocturnos de Paredes	Veterano M40	47:07	+16:27	04:43
34	557	Serafim Costa	Run Family	Veterano M40	47:13	+16:33	04:43
35	420	Ernesto Gonçalves	Individual	Veterano M40	47:16	+16:36	04:44
36	122	Marco Sousa	Baltar TrailRunners	Veterano M40	47:23	+16:44	04:44
37	626	Miguel Cunha	Individual	Veterano M40	47:24	+16:44	04:44
38	454	Vitor Manuel Nogueira Barbosa	Individual	Veterano M40	47:25	+16:45	04:45
39	489	Bruno Bartes	Kunalama Runners	Veterano M40	47:32	+16:53	04:45
40	438	José Fernando Lopes	Individual	Veterano M40	47:40	+17:00	04:46
41	593	Albertino Moreira	TRAIL TEAM CASA DAS REPARAÇÕES	Veterano M40	47:50	+17:10	04:47
42	448	Pedro Manuel da Costa Moreira	Individual	Veterano M40	48:00	+17:20	04:48
43	450	Rúben Alves	Individual	Veterano M40	48:01	+17:21	04:48
44	444	Manuel Nascimento	Individual	Veterano M40	48:05	+17:25	04:49
45	451	Torcato Paulo Lopes da Costa	Individual	Veterano M40	48:07	+17:27	04:49
46	595	João Sousa	TRAIL TEAM CASA DAS REPARAÇÕES	Veterano M40	48:25	+17:46	04:51
47	173	Rui Godinho	Caetano Runners	Veterano M40	48:31	+17:51	04:51
48	526	Rui Almeida	Nocturnos de Paredes	Veterano M40	48:38	+17:58	04:52
49	424	Francisco Vieira	Individual	Veterano M40	48:41	+18:01	04:52
50	431	Joaquim Silva	Individual	Veterano M40	48:41	+18:01	04:52
51	443	Manuel Meireles	Individual	Veterano M40	49:10	+18:31	04:55
52	433	Jorge Gomes 83	Individual	Veterano M40	49:16	+18:36	04:56
53	622	Antonio Manuel Silva Reis	Individual	Veterano M40	49:21	+18:42	04:56
54	154	Luís Moutinho	Bolachas Maria	Veterano M40	49:30	+18:50	04:57
55	426	Henrique Sousa	Individual	Veterano M40	49:39	+19:00	04:58
56	560	Mário Rodrigues	Runners Sernancelhe Terra da Castanha	Veterano M40	49:55	+19:15	05:00
57	506	Pedro Rodrigues	No Tomorrow Running Team	Veterano M40	50:01	+19:22	05:00
58	517	Daniel Pereira	Nocturnos de Paredes	Veterano M40	50:04	+19:25	05:00
59	445	marco coelho	Individual	Veterano M40	50:06	+19:27	05:01
60	496	José Sousa	Lousada Hotwheels Runners	Veterano M40	50:41	+20:01	05:04
61	417	António Gaspar Vieira Moreira	Individual	Veterano M40	51:05	+20:25	05:07
62	524	Paulo Saul	Nocturnos de Paredes	Veterano M40	51:38	+20:58	05:10
63	522	Luis Miguel Dias	Nocturnos de Paredes	Veterano M40	51:38	+20:59	05:10
64	416	António Alberto Moreira de Sousa	Individual	Veterano M40	51:51	+21:12	05:11
65	422	Fernando Jorge Silva Coelho	Individual	Veterano M40	51:53	+21:14	05:11
66	548	Jorge Oliveira	Paredes Aventura	Veterano M40	52:00	+21:21	05:12
67	581	Luis Ferreira Gomes	TEAM LANTEMIL	Veterano M40	52:40	+22:00	05:16

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Prova Principal

10 KM

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

OFFICIAL RESULT

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

68	231	Fernando Oliveira	Gramidense IFC	Veterano M40	52:40	+22:01	05:16
69	201	Jorge Meireles	Crew Concordia	Veterano M40	52:56	+22:16	05:18
70	236	Mário Pereira	Hjk Gaia	Veterano M40	53:07	+22:28	05:19
71	453	Vitor Freire	Individual	Veterano M40	53:44	+23:04	05:22
72	437	José Dias	Individual	Veterano M40	54:11	+23:31	05:25
73	446	Mário Araújo	Individual	Veterano M40	54:34	+23:54	05:27
74	125	Abilio Pacheco	BIFASE-B TEAM	Veterano M40	54:54	+24:14	05:29
75	439	José Luís Barros Ferreira	Individual	Veterano M40	55:46	+25:06	05:35
76	551	Rui Alves	RAMALVES	Veterano M40	55:59	+25:19	05:36
77	523	Nuno Gomes	Nocturnos de Paredes	Veterano M40	56:18	+25:38	05:38
78	235	Duarte Malheiro	Hjk Gaia	Veterano M40	56:24	+25:45	05:38
79	170	Luís António Figueira Vitorino	Caça Raposas	Veterano M40	58:56	+28:17	05:54
80	430	JoAquim moreira	Individual	Veterano M40	59:03	+28:23	05:54
81	415	Álvaro Manuel Ribeiro	Individual	Veterano M40	59:14	+28:34	05:55
82	574	João Paulo Soares	Soares	Veterano M40	59:33	+28:54	05:57
83	179	Júlio Leandro Santos	Cetenses	Veterano M40	59:38	+28:59	05:58
84	484	Miguel Pinto	JUÍA POWER	Veterano M40	01:00:07	+29:27	06:01
85	544	Jose Alves	PAPATRILS	Veterano M40	01:01:20	+30:40	06:08
86	447	Paulo Ferreira	Individual	Veterano M40	01:03:18	+32:38	06:20
87	232	Miguel Teixeira	Gramidense IFC	Veterano M40	01:07:36	+36:56	06:46
88	621	José Fernandes	Individual	Veterano M40	01:07:59	+37:20	06:48
89	418	Carlos Pinto	Individual	Veterano M40	01:15:00	+44:20	07:30
90	429	Joaquim Monteiro	Individual	Veterano M40	01:15:00	+44:20	07:30

Veterano M50

1	211	Adão Soares da Silva	F.C. Penafiel	Veterano M50	40:36	+09:57	04:04
2	458	anibal Carvalho	Individual	Veterano M50	40:43	+10:03	04:04
3	461	Belmiro Teixeira da Costa	Individual	Veterano M50	42:51	+12:11	04:17
4	111	LUIS MARTINS	A.R.DE NEGRELOS	Veterano M50	43:23	+12:43	04:20
5	455	Adao seabra	Individual	Veterano M50	43:25	+12:45	04:21
6	499	Manuel Gomes Pereira	Lousada Runners	Veterano M50	43:47	+13:07	04:23
7	112	MANUEL GOMES	A.R.DE NEGRELOS	Veterano M50	44:08	+13:28	04:25
8	223	Manuel Pinheiro	Fridão sem Limites	Veterano M50	44:11	+13:31	04:25
9	119	Carlos Silva	Aliança de Gandra	Veterano M50	44:30	+13:50	04:27
10	478	Pedro Barbosa	Individual	Veterano M50	45:01	+14:21	04:30
11	171	Paulo José da Rocha Meireles Magalhães Moreira	Caça Raposas	Veterano M50	45:11	+14:32	04:31
12	469	José Gomes	Individual	Veterano M50	45:15	+14:35	04:32
13	212	Henrique Carlos Soares da Silva	F.C. Penafiel	Veterano M50	45:33	+14:53	04:33
14	187	Manuel Guedes	Clube Independente de Atletismo de Alpendorada	Veterano M50	47:09	+16:29	04:43
15	477	Paulo Ferreira Morais	Individual	Veterano M50	47:28	+16:48	04:45
16	163	Adão Rocha	BTT Alegria // TUBANI	Veterano M50	47:47	+17:08	04:47
17	608	António Moreira de Sousa	LOUSADA RUNNERS	Veterano M50	48:20	+17:40	04:50
18	527	Agostinho Moreira	Nocturnos de Paredes	Veterano M50	48:33	+17:53	04:51
19	199	Alberto Leite	Correr com cAlma	Veterano M50	49:20	+18:41	04:56

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Prova Principal

10 KM

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

20	503	Silvino Mendes	Morris Mendes & Associados, Lda	Veterano M50	49:24	+18:45	04:56
21	459	ANTONIO MIRANDA	Individual	Veterano M50	49:48	+19:09	04:59
22	490	Agostinho Sousa	Kunalama Runners	Veterano M50	50:33	+19:54	05:03
23	463	Hilario	Individual	Veterano M50	51:47	+21:07	05:11
24	181	Tomas Correia	Cetenses	Veterano M50	52:13	+21:34	05:13
25	475	Miro Morais	Individual	Veterano M50	52:17	+21:37	05:14
26	480	Sérgio Faria Machado	Individual	Veterano M50	52:31	+21:51	05:15
27	474	Maurício Mendes	Individual	Veterano M50	54:06	+23:26	05:25
28	476	Moura Pinto	Individual	Veterano M50	55:26	+24:46	05:33
29	222	Joaquim Antero da Silva Carneiro Leão	Fire Team	Veterano M50	56:26	+25:46	05:39
30	155	Almirique Fernandes	Bolachas Maria	Veterano M50	56:51	+26:11	05:41
31	473	Manuel Teixeira	Individual	Veterano M50	57:06	+26:26	05:43
32	460	Antonio Rocha	Individual	Veterano M50	57:50	+27:10	05:47
33	462	FERNANDO FERREIRA FERREIRA	Individual	Veterano M50	57:53	+27:13	05:47
34	468	José Agostinho de Bessa Teixeira	Individual	Veterano M50	58:31	+27:52	05:51
35	129	Vitor Manuel Moreira Marques	BIFASE-B TEAM	Veterano M50	58:53	+28:13	05:53
36	216	José Ferreira	Ferreira	Veterano M50	59:17	+28:38	05:56
37	464	Horácio Teixeira	Individual	Veterano M50	59:30	+28:51	05:57
38	470	jose pacheco	Individual	Veterano M50	01:04:21	+33:41	06:26
39	472	manuel pires rodrigues	Individual	Veterano M50	01:04:26	+33:46	06:27
40	164	Licínio Rocha	BTT Alegria // TUBANI	Veterano M50	01:08:18	+37:38	06:50
41	228	JOÃO MOREIRA	GDC FIDELIDADE	Veterano M50	01:09:14	+38:34	06:55
42	471	Luís Araújo	Individual	Veterano M50	01:11:46	+41:06	07:11
43	186	Manuel Barbosa	Clube Independente de Atletismo de Alpendorada	Veterano M50	01:12:28	+41:49	07:15