

PROVA PRINCIPAL - STAGE 1

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

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	Time	Temperature	Humidity
Start	21:30	14.9°C	72%
End	23:10	14.9°C	72%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	548	Vitor Santos	individual	Veterano M40	33:49		03:23
2	197	Artur Rodrigues	g.d.c. do guilhovai	Veterano M40	33:54	+00:04	03:23
3	820	Paulo Pereira	guilhovai	Veterano M40	34:45	+00:55	03:29
4	796	Jorge valente	individual	Senior Masculino	35:26	+01:37	03:33
5	421	Tiago pinho	individual	Senior Masculino	36:05	+02:16	03:37
6	517	Paulo pinto	individual	Veterano M40	36:53	+03:03	03:41
7	785	Fábio Reis	vale dos duros	Senior Masculino	38:09	+04:19	03:49
8	27	José Gaspar	aliança de gandra	Senior Masculino	38:13	+04:23	03:49
9	28	Luís Silva	aliança de gandra	Senior Masculino	38:45	+04:55	03:53
10	351	Filipe Almeida	individual	Senior Masculino	38:47	+04:57	03:53
11	47	Carlos Simões	arsm - associação recreativa de s. miguel	Veterano M50	39:18	+05:28	03:56
12	29	Manuel Gaspar	aliança de gandra	Senior Masculino	39:21	+05:31	03:56
13	324	Bruno Casal	individual	Senior Masculino	39:25	+05:36	03:57
14	760	Tozé Amorim	serviços sociais câmara municipal da feira	Veterano M40	39:59	+06:10	04:00
15	88	Carlos Silva	bravos&bravitas	Veterano M40	40:09	+06:19	04:01
16	786	João Oliveira	vale dos duros	Senior Masculino	40:10	+06:21	04:01
17	366	João	individual	Senior Masculino	40:22	+06:33	04:02
18	92	Jorge queiros	bravos&bravitas	Veterano M40	40:29	+06:39	04:03
19	201	Jorge Luz	gdspoleiros	Veterano M50	40:37	+06:47	04:04
20	46	PEDRO Manos Simocas	arsm - associação recreativa de s. miguel	Veterano M40	40:43	+06:54	04:04
21	493	José Correia	individual	Veterano M40	41:08	+07:19	04:07
22	540	Victor Correia	individual	Veterano M40	41:09	+07:20	04:07
23	363	Hugo Tavares	individual	Senior Masculino	41:18	+07:28	04:08
24	693	Jorge Gomes	outlaw runners	Veterano M40	41:20	+07:31	04:08
25	115	Henrique Silva	caldas de s.jorge sport clube	Veterano M40	41:22	+07:33	04:08
26	583	FERNANDO BRANDÃO	jam juventude atlética mozelense	Veterano M50	41:24	+07:35	04:08
27	756	José Silva (Kodak)	sc espinho - atletismo / antónio leitão	Senior Masculino	42:03	+08:13	04:12
28	329	Bruno Miguel Pereira Ribeiro	individual	Senior Masculino	42:03	+08:14	04:12
29	35	Sérgio Pereira	aliança de gandra	Veterano M40	42:06	+08:16	04:13
30	790	João	vale dos duros	Veterano M50	42:09	+08:19	04:13
31	342	Diogo Tavares	individual	Senior Masculino	42:23	+08:33	04:14
32	48	Jose Simões	arsm - associação recreativa de s. miguel	Veterano M50	42:25	+08:35	04:15
33	744	Filipe Manuel Miranda Laranjeira	run Forrest run	Senior Masculino	42:39	+08:49	04:16
34	654	Cláudio Resende	mini fundistas	Senior Masculino	42:43	+08:54	04:16
35	556	DAVID DA SILVA FERNANDES	individual	Veterano M50	42:46	+08:56	04:17
36	616	LUIS SA	lion runners - g.d. leões da guarda	Veterano M40	42:59	+09:09	04:18
37	730	ANTONIO SILVA	ripolins grijó a correr	Veterano M50	43:05	+09:15	04:19
38	336	Carlos Magalhães	individual	Senior Masculino	43:30	+09:41	04:21
39	117	Manuel Domingues	caldas de s.jorge sport clube	Veterano M50	43:32	+09:42	04:21
40	480	Henrique Neves	individual	Veterano M40	43:34	+09:44	04:21

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	347	Fabio Marques	individual	Senior Masculino	43:39	+09:50	04:22
42	743	Danny Mateus	run forrest run	Senior Masculino	43:47	+09:57	04:23
43	461	Aurélio Luís Bessa Saúde	individual	Veterano M40	44:08	+10:18	04:25
44	707	Filipe Pereira	ovarrun	Veterano M40	44:12	+10:22	04:25
45	553	Carlos Alberto Ferreira	individual	Veterano M50	44:24	+10:34	04:26
46	568	José Soares Correia	individual	Veterano M50	44:28	+10:39	04:27
47	592	Tiago Manarte	juventude cortegacense	Senior Masculino	44:32	+10:43	04:27
48	808	António Neves	if	Senior Masculino	44:33	+10:43	04:27
49	717	Joaquim Mota	plakard pneus	Senior Masculino	44:36	+10:47	04:28
50	675	Bruno Machado	os cansados - o regional	Senior Masculino	44:37	+10:47	04:28
51	677	Marco Lisboa	os cansados - o regional	Senior Masculino	44:38	+10:48	04:28
52	751	Joaquim lobato	running espinho	Veterano M50	44:47	+10:58	04:29
53	396	Nuno Pais	individual	Senior Masculino	44:48	+10:58	04:29
54	598	Luís Barreiro	kiquipa	Senior Masculino	44:48	+10:59	04:29
55	105	Filipe Mota	c.d.c. paradela	Senior Masculino	44:49	+10:59	04:29
56	745	Josué Alberto França Moreira	run forrest run	Senior Masculino	44:49	+11:00	04:29
57	21	Helena Sampaio	afis/ovar	Senior Feminino	44:51	+11:02	04:29
58	80	Valter pinho	bravos&bravitas	Senior Masculino	44:55	+11:05	04:30
59	558	fernando morais	individual	Veterano M50	45:06	+11:17	04:31
60	690	Carlos Couto	outlaw runners	Veterano M40	45:07	+11:17	04:31
61	483	Jacinto Silva	individual	Veterano M40	45:24	+11:34	04:32
62	118	Ramiro Silva	caldas de s.jorge sport clube	Veterano M50	45:26	+11:37	04:33
63	788	Roni Gomes	vale dos duros	Senior Masculino	45:31	+11:41	04:33
64	787	Marcos Soares	vale dos duros	Senior Masculino	45:40	+11:50	04:34
65	78	Rui teixeira	bravos&bravitas	Senior Masculino	45:41	+11:52	04:34
66	254	Sérgio Oliveira	grupo de corrida de argoncilhe	Veterano M40	45:47	+11:57	04:35
67	334	Bruno Silva	individual	Senior Masculino	45:48	+11:59	04:35
68	382	Marcelo teixeira da mota	individual	Senior Masculino	45:50	+12:00	04:35
69	195	Marco Aurélio Pinto	fogaças com malapos	Veterano M40	45:52	+12:02	04:35
70	581	MATILDE BAPTISTA	jam juventude atlética mozelense	Veterana F50	45:58	+12:09	04:36
71	811	Paulo Jorge Gomes Santos	mc	Veterano M40	45:58	+12:09	04:36
72	472	Emanuel Mota	individual	Veterano M40	46:05	+12:15	04:37
73	495	José Peixoto	individual	Veterano M40	46:05	+12:15	04:37
74	12	Samuel Silva	a.d. amarante	Senior Masculino	46:05	+12:16	04:37
75	818	Cláudio Tavares	individual	Senior Masculino	46:06	+12:16	04:37
76	37	Paulo Jorge Inverneiro Pereira	alpharunning	Senior Masculino	46:06	+12:16	04:37
77	711	VALTER CORREIA	ovarrun	Veterano M40	46:24	+12:34	04:38
78	40	Marco António Alves Miranda	alpharunning	Veterano M40	46:27	+12:38	04:39
79	223	Mónica Oliveira	geocrosstrail	Veterana F40	46:28	+12:39	04:39
80	641	HELDER MOTA	mc	Senior Masculino	46:32	+12:42	04:39
81	182	David Ferreira Da Silva	fit arena ginásio	Senior Masculino	46:33	+12:44	04:39
82	746	Ruben Emanuel Xavier Silva	run forrest run	Senior Masculino	46:33	+12:44	04:39
83	116	Miguel Almeida	caldas de s.jorge sport clube	Veterano M40	46:36	+12:47	04:40
84	636	Paulo Oliveira	mc	Veterano M40	46:40	+12:50	04:40
85	503	Manuel Couto	individual	Veterano M40	46:46	+12:57	04:41
86	510	Miguel Pimentel	individual	Veterano M40	46:59	+13:09	04:42

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	TKM
87	94	Paulo gomes	bravos&bravitas	Veterano M40	46:59	+13:09	04:42
88	76	Ricardo oliveira	bravos&bravitas	Senior Masculino	47:03	+13:13	04:42
89	474	Filipe Ribeiro	individual	Veterano M40	47:04	+13:14	04:42
90	464	Carlos Bruno	individual	Veterano M40	47:07	+13:17	04:43
91	180	Anthony Da Costa Da Silva	fit arena ginásio	Senior Masculino	47:10	+13:20	04:43
92	838	David Silva	plakard pneus	Veterano M50	47:14	+13:24	04:43
93	389	Miguel Cunha	individual	Senior Masculino	47:23	+13:33	04:44
94	41	rui teixeira	amigos das sapatilhas	Senior Masculino	47:24	+13:34	04:44
95	31	Sérgio Rodrigues	aliança de gandra	Senior Masculino	47:26	+13:36	04:45
96	67	Andre	bravos&bravitas	Senior Masculino	47:26	+13:36	04:45
97	26	Fernanda Machado	aliança de gandra	Senior Feminino	47:26	+13:37	04:45
98	486	Joaquim Baptista	individual	Veterano M40	47:28	+13:38	04:45
99	547	Vitor Paulino	individual	Veterano M40	47:29	+13:40	04:45
100	126	Rui Jorge Oliveira	canelas d'aço	Senior Masculino	47:30	+13:40	04:45
101	30	Ricardo Rocha	aliança de gandra	Senior Masculino	47:48	+13:58	04:47
102	766	Rui Paiva	speedy gonzalez	Senior Masculino	47:49	+13:59	04:47
103	664	Raul Silva	núcleo de montanha de espinho	Veterano M40	47:54	+14:04	04:47
104	222	Luís Santos Teixeira	geocrosstrail	Senior Masculino	47:54	+14:04	04:47
105	546	Vitor Manuel Ferreira de Sá	individual	Veterano M40	47:58	+14:09	04:48
106	362	Hugo José Ferreira da Silva	individual	Senior Masculino	48:07	+14:17	04:49
107	344	Fábio Almeida	individual	Senior Masculino	48:12	+14:22	04:49
108	585	Sandra Ferreira	jufacc	Senior Feminino	48:12	+14:22	04:49
109	623	Pedro Almeida	manguelas - run/walk team	Senior Masculino	48:12	+14:22	04:49
110	219	Helder Samuel	geocrosstrail	Senior Masculino	48:15	+14:25	04:50
111	252	Tiago Oliveira	grupo de corrida de argoncilhe	Senior Masculino	48:21	+14:31	04:50
112	476	Franclim Monteiro	individual	Veterano M40	48:21	+14:31	04:50
113	648	FERNANDO VARANDA	mc	Veterano M40	48:23	+14:34	04:50
114	588	David Aguiar	jufacc	Veterano M40	48:27	+14:37	04:51
115	247	Luis Pereira	goodfellaswiseguys	Senior Masculino	48:28	+14:38	04:51
116	647	Carlos Familiar	mc	Veterano M40	48:31	+14:41	04:51
117	236	Vitor moreira	geocrosstrail	Veterano M40	48:32	+14:43	04:51
118	531	Rui Freitas	individual	Veterano M40	48:33	+14:44	04:51
119	380	Luís Carlos Fernandes Marques	individual	Senior Masculino	48:34	+14:44	04:51
120	511	Miguel Rego	individual	Veterano M40	48:34	+14:45	04:51
121	38	Carlos Alberto Soares Moreira	alpharunning	Veterano M40	48:40	+14:51	04:52
122	528	Ricardo Seromenho	individual	Veterano M40	48:41	+14:52	04:52
123	691	Filipe pinho	outlaw runners	Veterano M40	48:48	+14:58	04:53
124	341	David Soares	individual	Senior Masculino	49:00	+15:10	04:54
125	406	Ricardo Lopes	individual	Senior Masculino	49:00	+15:10	04:54
126	499	Luis Manuel da Silva morais	individual	Veterano M40	49:01	+15:11	04:54
127	748	Mário Fonseca	runners & friends	Senior Masculino	49:05	+15:16	04:55
128	181	Cristóvão Helder Ferreira Rocha	fit arena ginásio	Senior Masculino	49:11	+15:21	04:55
129	220	Hugo Moreira	geocrosstrail	Senior Masculino	49:12	+15:22	04:55
130	60	Carlos Fernandes	aztrail/mercentro	Veterano M40	49:13	+15:23	04:55
131	586	João Bastos	jufacc	Senior Masculino	49:14	+15:24	04:55

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
132	371	Joel Filipe Oliveira Marques	individual	Senior Masculino	49:15	+15:25	04:56
133	250	Bruno Andrade	grupo de corrida de argoncilhe	Senior Masculino	49:17	+15:27	04:56
134	74	Nuno teixeira	bravos&bravitas	Senior Masculino	49:18	+15:28	04:56
135	163	José Pires	esadof	Veterano M40	49:18	+15:29	04:56
136	463	Bruno Miguel Morais Moreira	individual	Veterano M40	49:19	+15:29	04:56
137	649	JORGE LAGAREIRO	mc	Veterano M40	49:21	+15:31	04:56
138	350	Fernando Miguel Pedro Duarte	individual	Senior Masculino	49:24	+15:34	04:56
139	393	Nuno Gomes	individual	Senior Masculino	49:28	+15:38	04:57
140	456	Adelino Almeida	individual	Veterano M40	49:34	+15:44	04:57
141	333	Bruno Silva	individual	Senior Masculino	49:34	+15:44	04:57
142	399	Paulo Rocha	individual	Senior Masculino	49:34	+15:45	04:57
143	597	Bruno Carvalho	kiquipa	Senior Masculino	49:35	+15:45	04:58
144	44	Elson	andré carvalho	Senior Masculino	49:35	+15:46	04:58
145	460	Armando Almeida	individual	Veterano M40	49:39	+15:49	04:58
146	111	NUNO PEREIRA	cal - clube atletismo de lamas	Veterano M40	49:39	+15:49	04:58
147	537	Tiago Almeida	individual	Veterano M40	49:39	+15:49	04:58
148	536	Sérgio Almeida	individual	Veterano M40	49:43	+15:53	04:58
149	113	Bruno Vidinha	caldas de s.jorge sport clube	Senior Masculino	49:47	+15:57	04:59
150	33	Pedro Silva	aliança de gandra	Veterano M40	49:50	+16:00	04:59
151	194	Hugo Ricardo Lima	fogaças com malapos	Senior Masculino	49:51	+16:01	04:59
152	345	Fábio Emanuel Bastos Sousa	individual	Senior Masculino	49:53	+16:04	04:59
153	789	António Oliveira	vale dos duros	Veterano M50	49:54	+16:04	04:59
154	249	Susana Flores	grecas	Senior Feminino	49:56	+16:07	05:00
155	708	Maia Vieira	ovarrun	Veterano M40	49:57	+16:07	05:00
156	422	Vasco Costa	individual	Senior Masculino	50:03	+16:13	05:00
157	10	Vítor domingos Rodrigues costa	a c vermoim	Veterano M40	50:09	+16:20	05:01
158	11	José Joaquim Rodrigues costa	a c vermoim	Veterano M50	50:10	+16:20	05:01
159	93	Mike	bravos&bravitas	Veterano M40	50:13	+16:23	05:01
160	728	Andre Pinho	reumatico trail team	Veterano M40	50:14	+16:24	05:01
161	369	João Costa	individual	Senior Masculino	50:14	+16:25	05:01
162	552	Baltazar Ferreira	individual	Veterano M50	50:18	+16:28	05:02
163	485	João Paulo de Sousa e Silva	individual	Veterano M40	50:22	+16:33	05:02
164	101	António Silva	bva	Senior Masculino	50:30	+16:40	05:03
165	384	Márcio Luís Alves de Oliveira	individual	Senior Masculino	50:32	+16:43	05:03
166	529	Roberto Carlos Gomes Silva	individual	Veterano M40	50:36	+16:46	05:04
167	599	Nelson Ferreira	kiquipa	Senior Masculino	50:36	+16:46	05:04
168	492	Jose Augusto Sobral Gomes	individual	Veterano M40	50:37	+16:47	05:04
169	141	António Carlos Tavares de Paiva	correr leça	Senior Masculino	50:37	+16:48	05:04
170	51	Ricardo Magalhães	as belas e eles	Senior Masculino	50:41	+16:52	05:04
171	698	Edmundo Rilho	ovarrun	Senior Masculino	50:43	+16:54	05:04
172	701	JOÃO TAVARES	ovarrun	Senior Masculino	50:44	+16:54	05:04
173	297	Lúcia Soares	individual	Senior Feminino	50:46	+16:56	05:05
174	821	Nuno Santos	individual	Veterano M40	50:47	+16:58	05:05
175	416	Rui Silva	individual	Senior Masculino	50:54	+17:04	05:05
176	436	Fátima Tavares	individual	Veterana F40	50:58	+17:09	05:06

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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	⌘/KM
177	419	Tiago Filipe Moreira de Sousa	individual	Senior Masculino	51:01	+17:12	05:06
178	544	vitor almeida	individual	Veterano M40	51:01	+17:12	05:06
179	91	Joao sousa	bravos&bravitas	Veterano M40	51:03	+17:13	05:06
180	332	Bruno Santos	individual	Senior Masculino	51:03	+17:13	05:06
181	373	jose antonio lopes de pinho	individual	Senior Masculino	51:03	+17:13	05:06
182	496	José Salgueiro	individual	Veterano M40	51:05	+17:15	05:07
183	618	Hugo Soares	love tiles	Senior Masculino	51:05	+17:16	05:07
184	584	JOSÉ PINTO	jam juventude atlética mozelense	Veterano M50	51:06	+17:16	05:07
185	233	Ricardo Godinho	geocrosstrail	Veterano M40	51:06	+17:16	05:07
186	759	Fernando Brandão	sentir escaiz runing	Veterano M40	51:08	+17:19	05:07
187	603	Bruno Neves	kirchhoff kunect runing team	Senior Masculino	51:16	+17:26	05:08
188	230	Jorge Moreira	geocrosstrail	Veterano M40	51:16	+17:27	05:08
189	600	Nelson Reis	kiquipa	Senior Masculino	51:17	+17:28	05:08
190	418	Telmo Araujo	individual	Senior Masculino	51:21	+17:31	05:08
191	542	Victor Manuel Nunes Pinto	individual	Veterano M40	51:23	+17:33	05:08
192	489	Jorge Tavares	individual	Veterano M40	51:30	+17:40	05:09
193	530	Rui Ferreira	individual	Veterano M40	51:33	+17:44	05:09
194	353	Francisco Castro	individual	Senior Masculino	51:35	+17:46	05:10
195	238	Bruno Matos	geração paramos	Senior Masculino	51:36	+17:46	05:10
196	264	Jacinto de Almeida	happy runners vlc	Veterano M40	51:39	+17:49	05:10
197	267	Arlindo Tavares Rodrigues	happy runners vlc	Veterano M50	51:39	+17:49	05:10
198	268	Manuel Oliveira	happy runners vlc	Veterano M50	51:40	+17:50	05:10
199	326	Bruno goncalves	individual	Senior Masculino	51:41	+17:51	05:10
200	794	Manuel Migueis	vcbike	Veterano M40	51:44	+17:54	05:10
201	248	Mário Mendes	goodfellaswiseguys	Senior Masculino	51:47	+17:57	05:11
202	335	Carlos Alberto Silva Cruz	individual	Senior Masculino	51:50	+18:00	05:11
203	560	Alberto Oliveira	individual	Veterano M50	51:55	+18:05	05:12
204	234	Rui Moreira	geocrosstrail	Veterano M40	52:00	+18:10	05:12
205	72	Marcio melo	bravos&bravitas	Senior Masculino	52:03	+18:13	05:12
206	458	António Fernandes	individual	Veterano M40	52:03	+18:13	05:12
207	410	Ricardo Silva	individual	Senior Masculino	52:03	+18:14	05:12
208	577	TONY MATIAS	insígnia mobiliario	Veterano M40	52:05	+18:16	05:13
209	612	MIGUEL MENDES	lion runners - g.d. leões da guarda	Senior Masculino	52:06	+18:17	05:13
210	488	Jorge Rodrigues	individual	Veterano M40	52:08	+18:18	05:13
211	439	Maria Lino	individual	Veterana F40	52:08	+18:18	05:13
212	533	Rui Miguel Gonçalves Nunes	individual	Veterano M40	52:10	+18:21	05:13
213	457	Amílcar Daniel	individual	Veterano M40	52:11	+18:21	05:13
214	385	Márcio Silva	individual	Senior Masculino	52:12	+18:22	05:13
215	170	Rogério Eusebio Fernandes	f. c. estrelas susanenses	Veterano M40	52:12	+18:22	05:13
216	172	César Moutinho	factor x s4! medense fc	Senior Masculino	52:12	+18:22	05:13
217	246	Ângela Moutinho	gondomar futsal clube	Veterana F40	52:13	+18:23	05:13
218	171	JOSE Lino Ferreira MOURA	f. c. estrelas susanenses	Veterano M50	52:15	+18:26	05:14
219	662	Dora Dias	no tomorrow running team	Senior Feminino	52:16	+18:26	05:14
220	109	Carlos Cardoso	cal - clube atletismo de lamas	Veterano M40	52:17	+18:27	05:14
221	475	Francisco Oliveira	individual	Veterano M40	52:21	+18:31	05:14
222	471	Elísio	individual	Veterano M40	52:21	+18:31	05:14

PROVA PRINCIPAL - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
223	52	Ricardo Tavares	as belas e eles	Senior Masculino	52:23	+18:33	05:14
224	502	Luis Santos	individual	Veterano M40	52:27	+18:37	05:15
225	75	Pedro Custódio	bravos&bravitas	Senior Masculino	52:28	+18:38	05:15
226	221	luís oliveira	geocrosstrail	Senior Masculino	52:30	+18:40	05:15
227	214	Bruno Silva	geocrosstrail	Senior Masculino	52:32	+18:42	05:15
228	204	Liliana Azevedo	geocrosstrail	Senior Feminino	52:32	+18:43	05:15
229	280	Carina Gouveia	individual	Senior Feminino	52:34	+18:44	05:15
230	392	Nuno Correia	individual	Senior Masculino	52:37	+18:47	05:16
231	231	Jorge Silva	geocrosstrail	Veterano M40	52:37	+18:47	05:16
232	239	Bruno Pereira	geração paramos	Senior Masculino	52:39	+18:49	05:16
233	331	Bruno Rodrigues	individual	Senior Masculino	52:41	+18:51	05:16
234	114	Carlos Sousa	caldas de s.jorge sport clube	Veterano M40	52:44	+18:55	05:16
235	565	José Fernandes	individual	Veterano M50	52:47	+18:57	05:17
236	205	Mafalda Valente	geocrosstrail	Senior Feminino	52:48	+18:58	05:17
237	99	Sergio Coelho	btt alegria // tubani	Senior Masculino	52:49	+18:59	05:17
238	100	Tony Mendes	btt alegria // tubani	Veterano M40	52:49	+18:59	05:17
239	470	Eduardo Neves	individual	Veterano M40	52:55	+19:06	05:18
240	232	Paulo Santos	geocrosstrail	Veterano M40	52:55	+19:06	05:18
241	574	Paulo Marques	individual	Veterano M50	52:56	+19:06	05:18
242	188	Diana Pinho	fitness team	Senior Feminino	52:58	+19:08	05:18
243	325	Bruno Filipe Moreira Neves	individual	Senior Masculino	52:58	+19:08	05:18
244	192	João Pinto	fitness team	Senior Masculino	53:03	+19:13	05:18
245	409	Ricardo Silva	individual	Senior Masculino	53:04	+19:14	05:18
246	187	Cristiana Santos	fitness team	Senior Feminino	53:04	+19:14	05:18
247	465	Carlos Lancha	individual	Veterano M40	53:04	+19:15	05:18
248	609	Fernando Matos	ko	Senior Masculino	53:10	+19:20	05:19
249	338	Daniel Moreira	individual	Senior Masculino	53:10	+19:20	05:19
250	193	Paulo Fontes	fitness team	Senior Masculino	53:13	+19:23	05:19
251	45	Rosa Pereira	arpo - associação recreativa pousadense	Senior Feminino	53:18	+19:29	05:20
252	669	Raul Leite	os alminhas	Senior Masculino	53:19	+19:29	05:20
253	569	Luís Higino	individual	Veterano M50	53:22	+19:33	05:20
254	186	Victor Antonio de Costa e Sousa	fit arena ginásio	Veterano M40	53:25	+19:36	05:21
255	498	Luis Gomes	individual	Veterano M40	53:25	+19:36	05:21
256	602	Anthony Borges	kirchhoff kunect runing team	Senior Masculino	53:35	+19:45	05:22
257	621	Fabio Emanuel Silva	manguelas - run/walk team	Senior Masculino	53:39	+19:50	05:22
258	545	Vítor Lemos	individual	Veterano M40	53:40	+19:50	05:22
259	24	Paulo Almeida	afis/ovar	Veterano M50	53:41	+19:51	05:22
260	573	Paulo Almeida	individual	Veterano M50	53:47	+19:57	05:23
261	729	Pedro Ferreira	reumatico trail team	Veterano M40	53:48	+19:58	05:23
262	473	Fernando Almeida	individual	Veterano M40	53:48	+19:59	05:23
263	726	Miguel Faria	reumatico trail team	Senior Masculino	53:50	+20:00	05:23
264	340	David Santos Gouveia	individual	Senior Masculino	53:54	+20:04	05:23
265	128	Miguel Félix	ccd renault cacia	Senior Masculino	53:54	+20:05	05:23
266	776	Márcio Santos	traquinas do conga	Senior Masculino	53:56	+20:06	05:24
267	741	Ricardo Santos	rrg boavista	Senior Masculino	53:57	+20:07	05:24

PROVA PRINCIPAL - STAGE 1

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**R
REVISED**

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
268	737	Fabio Santos	rrg boavista	Senior Masculino	53:59	+20:09	05:24
269	17	Jorge Francisco	acail gas, s.a:	Veterano M40	53:59	+20:10	05:24
270	14	João Leite	acail gas, s.a:	Senior Masculino	53:59	+20:10	05:24
271	591	Enrique De la Vega	juventude cortegacense	Senior Masculino	54:02	+20:12	05:24
272	570	Manuel Pelágio dos Santos Silva	individual	Veterano M50	54:04	+20:14	05:24
273	640	GABRIEL RESENDE	mc	Senior Masculino	54:04	+20:14	05:24
274	433	Carla Maria Reis de Sá Cardoso	individual	Veterana F40	54:09	+20:19	05:25
275	398	Paulo martins	individual	Senior Masculino	54:15	+20:26	05:26
276	639	ARMANDO LEITE	mc	Senior Masculino	54:16	+20:26	05:26
277	102	Ricardo Teixeira	bva	Senior Masculino	54:17	+20:27	05:26
278	650	JORGE SILVA	mc	Veterano M40	54:28	+20:39	05:27
279	87	Graça ribeiro	bravos&bravitas	Veterana F50	54:29	+20:39	05:27
280	571	Manuel Pereira da Silva	individual	Veterano M50	54:33	+20:43	05:27
281	534	Rui Pedro pinho feteira	individual	Veterano M40	54:34	+20:44	05:27
282	383	Márcio André	individual	Senior Masculino	54:36	+20:46	05:28
283	174	Hugo Sá	família malhão	Veterano M40	54:37	+20:47	05:28
284	133	Carlos Rodrigues	centro municipal de marcha e corrida de vale de cambra	Veterano M40	54:37	+20:48	05:28
285	134	Fernando Leite	centro municipal de marcha e corrida de vale de cambra	Veterano M50	54:37	+20:48	05:28
286	64	Patricia santos	bravos&bravitas	Senior Feminino	54:38	+20:48	05:28
287	567	José Paula	individual	Veterano M50	54:40	+20:50	05:28
288	322	Bruno Almeida	individual	Senior Masculino	54:42	+20:52	05:28
289	509	Mário Araújo	individual	Veterano M40	54:46	+20:57	05:29
290	481	Horácio Ferreira	individual	Veterano M40	54:47	+20:58	05:29
291	519	Paulo Sérgio mota	individual	Veterano M40	54:47	+20:58	05:29
292	36	Mário Carvalho	aliança de gandra	Veterano M50	54:49	+20:59	05:29
293	724	Carlos Simões	reumatico trail team	Senior Masculino	54:51	+21:01	05:29
294	504	Manuel António Prazeres Ribeiro	individual	Veterano M40	54:51	+21:02	05:29
295	606	Bruno Santos	kirchhoff kunect runing team	Veterano M40	54:54	+21:05	05:29
296	25	Carla Pereira	aliança de gandra	Senior Feminino	54:57	+21:07	05:30
297	403	Ricardo barbosa	individual	Senior Masculino	54:57	+21:08	05:30
298	245	Hugo Oliveira	girafas do ártico	Senior Masculino	55:00	+21:11	05:30
299	200	Nuno Lopes	gdrç alto avilho	Veterano M40	55:04	+21:14	05:30
300	159	Márcio Mendes	equipa boot	Senior Masculino	55:06	+21:16	05:31
301	160	Pedro Barbosa	equipa boot	Senior Masculino	55:06	+21:16	05:31
302	484	João Paulino	individual	Veterano M40	55:11	+21:21	05:31
303	762	Daniela Patrícia Santiago Soares	soares e silva	Senior Feminino	55:11	+21:21	05:31
304	763	João Carlos Figueiredo da Silva	soares e silva	Veterano M40	55:11	+21:21	05:31
305	692	Ivo couto	outlaw runners	Veterano M40	55:13	+21:23	05:31
306	305	Rakell Santos	individual	Senior Feminino	55:15	+21:25	05:32
307	733	Isabel Costa	rompezolas	Veterana F40	55:18	+21:28	05:32
308	377	Leandro Leite	individual	Senior Masculino	55:19	+21:30	05:32

PROVA PRINCIPAL - STAGE 1

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**R
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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
309	282	Catarina Leite	individual	Senior Feminino	55:19	+21:30	05:32
310	240	Diogo fereira	geração paramos	Senior Masculino	55:22	+21:32	05:32
311	241	Antonio Sa	geração paramos	Veterano M40	55:22	+21:32	05:32
312	242	Eusebio Lopes	geração paramos	Veterano M40	55:22	+21:32	05:32
313	237	Paula Lopes	geração paramos	Senior Feminino	55:22	+21:32	05:32
314	582	AUGUSTO BAPTISTA	jam juventude atlética mozelense	Veterano M50	55:26	+21:36	05:33
315	23	Carlos Campos	afis/ovar	Veterano M50	55:29	+21:40	05:33
316	161	Miguel Barbosa	equipa boot	Veterano M40	55:38	+21:49	05:34
317	400	Pedro Bean	individual	Senior Masculino	55:43	+21:53	05:34
318	575	Pedro Vicente	individual	Veterano M50	55:43	+21:54	05:34
319	554	Carlos Correira	individual	Veterano M50	55:48	+21:58	05:35
320	110	Flávio Soares	cal - clube atletismo de lamas	Veterano M40	55:49	+21:59	05:35
321	348	Fernando Carvalho	individual	Senior Masculino	55:50	+22:00	05:35
322	260	Liliana Costa	grupo fontes running team	Senior Feminino	56:03	+22:13	05:36
323	112	Pedro Gomes	cal - clube atletismo de lamas	Veterano M40	56:04	+22:14	05:36
324	490	José	individual	Veterano M40	56:05	+22:15	05:37
325	541	victor costa	individual	Veterano M40	56:05	+22:15	05:37
326	183	Olávo Simão Marques Silva	fit arena ginásio	Senior Masculino	56:06	+22:16	05:37
327	557	Fernando Brandão	individual	Veterano M50	56:09	+22:19	05:37
328	404	Ricardo Filipe Marques Vaz	individual	Senior Masculino	56:12	+22:22	05:37
329	642	TIAGO COELHO	mc	Senior Masculino	56:17	+22:28	05:38
330	624	Rui Queirós	mangueiras - run/walk team	Senior Masculino	56:18	+22:28	05:38
331	59	Dinis Esteves	asdrej	Veterano M40	56:18	+22:29	05:38
332	179	Diana Raquel Azevedo Pedrosa	fit arena ginásio	Senior Feminino	56:23	+22:33	05:38
333	777	Bruno Amaro	traquinas do conga	Veterano M40	56:26	+22:37	05:39
334	319	Andre Filipe Costa Pinho	individual	Senior Masculino	56:28	+22:39	05:39
335	135	Joaquim Oliveira	centro municipal de marcha e corrida de vale de cambra	Veterano M50	56:28	+22:39	05:39
336	132	Filomena Santos	centro municipal de marcha e corrida de vale de cambra	Veterana F50	56:29	+22:39	05:39
337	405	Ricardo Jorge Moreira Neves	individual	Senior Masculino	56:29	+22:39	05:39
338	804	Tiago Neves	if	Senior Feminino	56:34	+22:44	05:39
339	196	Anabela Santos	fortepaixão	Veterana F40	56:36	+22:47	05:40
340	215	Diogo Moreira	geocrosstrail	Senior Masculino	56:44	+22:54	05:40
341	20	Jose Fernando De Sousa E Matos	adrep	Veterano M50	56:49	+23:00	05:41
342	244	Isabel Novais	girafas do ártico	Senior Feminino	56:52	+23:02	05:41
343	494	Jose Pedro Silva	individual	Veterano M40	57:01	+23:12	05:42
344	601	Rui Neves	kiquipa	Veterano M40	57:03	+23:13	05:42
345	631	Ricardo Silva	marcha dos pinguis	Senior Masculino	57:03	+23:14	05:42
346	262	Ricardo Silva	happy runners vlc	Senior Masculino	57:05	+23:15	05:43
347	706	António Gonçalves	ovarrun	Veterano M40	57:06	+23:17	05:43
348	185	Sérgio Miguel Ferreira Rocha	fit arena ginásio	Veterano M40	57:08	+23:18	05:43
349	512	Mykola Nikolayev	individual	Veterano M40	57:08	+23:18	05:43
350	66	Vera leite	bravos&bravitas	Senior Feminino	57:09	+23:19	05:43
351	277	Andreia da rocha marinho	individual	Senior Feminino	57:11	+23:21	05:43

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	TKM
397	792	Paulo Rocha	vcbike	Senior Masculino	58:57	+25:07	05:54
398	793	Joaquim Carneiro	vcbike	Veterano M40	58:58	+25:08	05:54
399	394	Nuno José Pereira Reis dos Santos	hora do lobo trail / clube de futebol de perosinho atletismo	Senior Masculino	58:58	+25:08	05:54
400	208	Raquel Almeida Fernandes	geocrosstrail	Senior Feminino	59:06	+25:16	05:55
401	291	Joana Sousa	individual	Senior Feminino	59:11	+25:21	05:55
402	520	Pedro	individual	Veterano M40	59:11	+25:21	05:55
403	84	Sonia queiros	bravos&bravitas	Veterana F40	59:14	+25:25	05:55
404	103	Nuno Teixeira	bva	Veterano M40	59:19	+25:29	05:56
405	526	Ricardo Costa	individual	Veterano M40	59:24	+25:34	05:56
406	681	Jorge Augusto Oliveira Guerra	os falta d ar	Veterano M40	59:25	+25:36	05:57
407	448	Fernanda Almeida	individual	Veterana F50	59:26	+25:36	05:57
408	212	Virginia Pinho	geocrosstrail	Senior Feminino	59:33	+25:43	05:57
409	266	Vitor Salgado	happy runners vlc	Veterano M40	59:34	+25:44	05:57
410	411	Ricardo Silva	individual	Senior Masculino	59:48	+25:58	05:59
411	562	João pintinha	individual	Veterano M50	59:48	+25:58	05:59
412	327	Bruno Goncalves	individual	Senior Masculino	59:48	+25:59	05:59
413	467	Carlos Pinto	individual	Veterano M40	59:53	+26:03	05:59
414	628	Andreia Oliveira	marcha dos pinguis	Senior Feminino	59:59	+26:10	06:00
415	69	Carlos Freitas	bravos&bravitas	Senior Masculino	01:00:05	+26:16	06:01
416	563	Joaquim Manuel da Costa Moreira	individual	Veterano M50	01:00:08	+26:19	06:01
417	668	Pedro Lopes	os alminhas	Senior Masculino	01:00:14	+26:24	06:01
418	561	ISIDRO SILVA	individual	Veterano M50	01:00:16	+26:27	06:02
419	226	Sara Moreira	geocrosstrail	Veterana F40	01:00:16	+26:27	06:02
420	104	Sofia Santos	c.d.c. paradela	Senior Feminino	01:00:18	+26:29	06:02
421	501	Luís Monteiro	individual	Veterano M40	01:00:19	+26:29	06:02
422	722	Carlos Martins	porto sentido runners	Veterano M50	01:00:20	+26:30	06:02
423	721	Sandra Mascarenhas	porto sentido runners	Veterana F40	01:00:20	+26:30	06:02
424	119	André Ferraz	caledial runners	Senior Masculino	01:00:20	+26:30	06:02
425	123	Paulo Pinheiro	caledial runners	Veterano M50	01:00:20	+26:30	06:02
426	122	João Alves	caledial runners	Veterano M50	01:00:20	+26:30	06:02
427	120	Tiago Pinto	caledial runners	Senior Masculino	01:00:20	+26:30	06:02
428	121	Sandra Pavão	caledial runners	Veterana F40	01:00:20	+26:31	06:02
429	720	Elizabete loureiro	porto sentido runners	Veterana F40	01:00:20	+26:31	06:02
430	700	João Pinheiro	ovarrun	Senior Masculino	01:00:22	+26:32	06:02
431	77	Ricardo santos	bravos&bravitas	Senior Masculino	01:00:31	+26:41	06:03
432	688	Marlene Gomes	outlaw runners	Senior Feminino	01:00:33	+26:44	06:03
433	427	Ana Luísa faria	individual	Veterana F40	01:00:37	+26:48	06:04
434	257	Rui Oliveira	grupo de corrida de argoncilhe	Veterano M50	01:00:38	+26:48	06:04
435	256	Fernando Silva	grupo de corrida de argoncilhe	Veterano M50	01:00:38	+26:48	06:04
436	320	André Tavares	individual	Senior Masculino	01:00:40	+26:50	06:04
437	34	Roberto Moreira	aliança de gandra	Veterano M40	01:00:49	+26:59	06:05
438	198	ANDREIA MARTINS	galinhas de cross	Senior Feminino	01:00:54	+27:04	06:05
439	551	Ricardo Lopes	individual	Veterano M40	01:00:54	+27:05	06:05
440	407	Ricardo Manuel Almeida da Silva	individual	Senior Masculino	01:01:04	+27:14	06:06

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
441	388	Micael Lucas	individual	Senior Masculino	01:01:10	+27:20	06:07
442	255	Fernando Couto	grupo de corrida de argoncilhe	Veterano M50	01:01:11	+27:21	06:07
443	169	Paulo Martins	estourados	Veterano M40	01:01:11	+27:22	06:07
444	210	Tania Santos	geocrosstrail	Senior Feminino	01:01:17	+27:27	06:08
445	462	Bernardo Santos	individual	Veterano M40	01:01:20	+27:30	06:08
446	269	Paulo Costa	hilti running team	Veterano M50	01:01:21	+27:31	06:08
447	381	Luís Themudo	individual	Senior Masculino	01:01:23	+27:34	06:08
448	292	Juliana Costa	individual	Senior Feminino	01:01:26	+27:36	06:09
449	294	Lia Esteves	individual	Senior Feminino	01:01:26	+27:36	06:09
450	834	Ana Resende	individual	Senior Feminino	01:01:28	+27:38	06:09
451	273	Ana Patricia Fernandes	individual	Senior Feminino	01:01:28	+27:38	06:09
452	97	Márcia Alexandra	btt alegria // tubani	Senior Feminino	01:01:28	+27:38	06:09
453	312	Vânia Costa	individual	Senior Feminino	01:01:31	+27:42	06:09
454	184	Juliana Marques Melo	fit arena ginásio	Veterana F40	01:01:32	+27:42	06:09
455	178	Cláudia Sofia Moreira Da Silva Azevedo Calçada	fit arena ginásio	Senior Feminino	01:01:32	+27:42	06:09
456	339	David Costa	individual	Senior Masculino	01:01:32	+27:42	06:09
457	734	Maria José Amorim	rompezolas	Veterana F50	01:01:38	+27:49	06:10
458	819	Paula Ferreira	btt alegria // tubani	Senior Feminino	01:01:44	+27:54	06:10
459	415	RUI RODRIGUES	individual	Senior Masculino	01:01:54	+28:04	06:11
460	735	José Carlos Baptista	rompezolas	Veterano M40	01:01:55	+28:05	06:12
461	750	Nelson Miranda	running espinho	Senior Masculino	01:01:56	+28:07	06:12
462	589	Miguel Ferreira	jufacc	Veterano M40	01:02:02	+28:13	06:12
463	7	Carlos Alberto Pinto Ferreira	3race challenge	Veterano M50	01:02:05	+28:15	06:13
464	164	Anita Almeida	estourados	Senior Feminino	01:02:07	+28:18	06:13
465	801	Diogo Magalhães	hmc sports	Senior Masculino	01:02:07	+28:18	06:13
466	435	Didia coelho	individual	Veterana F40	01:02:08	+28:19	06:13
467	468	Cristóvão Flores	individual	Veterano M40	01:02:16	+28:26	06:14
468	830	Atleta 830	individual	Senior Masculino	01:02:22	+28:32	06:14
469	430	Balbina Leite	individual	Veterana F40	01:02:25	+28:35	06:15
470	593	Manuela Castelo	juventude cortegacense	Veterana F50	01:02:25	+28:35	06:15
471	596	Paulo Castelo	juventude cortegacense	Veterano M50	01:02:25	+28:35	06:15
472	590	Catarina Rodrigues Sa Ferreira	juventude cortegacense	Senior Feminino	01:02:25	+28:35	06:15
473	595	Augusto Silsa	juventude cortegacense	Veterano M50	01:02:25	+28:35	06:15
474	144	António Carvalho	dói-me quase tudo...	Veterano M40	01:02:38	+28:48	06:16
475	550	Adriano Oliveira	individual	Veterano M50	01:02:39	+28:49	06:16
476	191	Susana Araujo	fitness team	Senior Feminino	01:02:42	+28:52	06:16
477	549	ADERITO VIDEIRA	individual	Veterano M50	01:02:46	+28:57	06:17
478	702	Nelson Castro	ovarrun	Senior Masculino	01:02:51	+29:01	06:17
479	359	HELDER PINTO	individual	Senior Masculino	01:02:55	+29:06	06:18
480	497	Daniel Correia	individual	Veterano M40	01:02:56	+29:06	06:18
481	296	lucia mulher leite	individual	Senior Feminino	01:02:56	+29:06	06:18
482	81	Dorinda Gomes	bravos&bravitas	Veterana F40	01:03:00	+29:10	06:18
483	441	Orquídea Gomes	individual	Veterana F40	01:03:00	+29:10	06:18
484	739	Nelson Santos	rrg boavista	Senior Masculino	01:03:09	+29:19	06:19
485	738	João Pereira	rrg boavista	Senior Masculino	01:03:09	+29:19	06:19

PROVA PRINCIPAL - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
486	479	Hélder Silvério	individual	Veterano M40	01:03:09	+29:20	06:19
487	769	Mário Valinho Dias	tarzan&jane	Senior Masculino	01:03:24	+29:34	06:20
488	217	Edgar Santiago	geocrosstrail	Senior Masculino	01:03:27	+29:37	06:21
489	147	Márcio costa	dragões de ovar	Senior Masculino	01:03:31	+29:41	06:21
490	148	Sérgio costa	dragões de ovar	Veterano M40	01:03:31	+29:42	06:21
491	279	Bárbara Freitas	individual	Senior Feminino	01:03:34	+29:44	06:21
492	365	Jay Chhetri	individual	Senior Masculino	01:03:36	+29:46	06:22
493	368	João Correia	individual	Senior Masculino	01:03:36	+29:46	06:22
494	768	Sara Petiz Santos	tarzan&jane	Senior Feminino	01:03:37	+29:47	06:22
495	783	Vitor Silva	turbo_lentos	Veterano M40	01:03:40	+29:50	06:22
496	532	Rui Miguel Costa	individual	Veterano M40	01:03:45	+29:55	06:23
497	73	Marco	bravos&bravitas	Senior Masculino	01:03:47	+29:57	06:23
498	709	Manuel Muxagato	ovarrun	Veterano M40	01:03:52	+30:02	06:23
499	696	Maria Monteiro	ovarrun	Senior Feminino	01:03:52	+30:02	06:23
500	272	Ana Novo de Almeida	individual	Senior Feminino	01:03:54	+30:04	06:23
501	355	Frederico Henriques	individual	Senior Masculino	01:03:57	+30:08	06:24
502	566	José Maria Moreira Santos	individual	Veterano M50	01:04:04	+30:14	06:24
503	665	Manuel Martins	opracicante.pt	Veterano M40	01:04:11	+30:21	06:25
504	559	FERNANDO SILVA	individual	Veterano M50	01:04:12	+30:22	06:25
505	578	Cláudio Castro	jalm, run and walking team	Senior Masculino	01:04:18	+30:28	06:26
506	63	Ana anjos	bravos&bravitas	Senior Feminino	01:04:18	+30:29	06:26
507	425	Vitor Mota	individual	Senior Masculino	01:04:18	+30:29	06:26
508	812	Teresa Fallé	individual	Veterana F40	01:04:20	+30:30	06:26
509	813	Paulo Pais	individual	Veterano M50	01:04:20	+30:31	06:26
510	727	Vitor Quintas	reumatico trail team	Senior Masculino	01:04:20	+30:31	06:26
511	579	Ricardo Oliveira	jalm, run and walking team	Senior Masculino	01:04:21	+30:32	06:26
512	309	Tânia	individual	Senior Feminino	01:04:24	+30:34	06:26
513	699	Filipe Gonçalves	ovarrun	Senior Masculino	01:04:24	+30:35	06:26
514	253	Rosalina Fontes	grupo de corrida de argoncilhe	Veterana F40	01:04:30	+30:41	06:27
515	446	Silvia Vilar	individual	Veterana F40	01:04:34	+30:45	06:27
516	723	Paulo Correia	reabilitação integrada	Senior Masculino	01:04:35	+30:45	06:28
517	229	Jorge Gomes	geocrosstrail	Veterano M40	01:04:45	+30:56	06:29
518	525	Pedro Pereira	individual	Veterano M40	01:04:46	+30:56	06:29
519	376	Júlio Oliveira	individual	Senior Masculino	01:04:49	+30:59	06:29
520	298	Maria Beirão	individual	Senior Feminino	01:04:51	+31:02	06:29
521	367	João Sousa	individual	Senior Masculino	01:04:52	+31:02	06:29
522	227	Sónia Silva	geocrosstrail	Veterana F40	01:04:58	+31:09	06:30
523	228	Teresa Gonçalves	geocrosstrail	Veterana F40	01:04:59	+31:09	06:30
524	361	Hugo Homem Rocha	individual	Senior Masculino	01:05:01	+31:12	06:30
525	284	Cristina Maria da Silva Veloso	individual	Senior Feminino	01:05:02	+31:12	06:30
526	580	MARINHA BAPTISTA	jam juventude atlética mozelense	Veterana F50	01:05:02	+31:13	06:30
527	749	Daniel Oliveira	runners & friends	Veterano M40	01:05:06	+31:16	06:31
528	747	Cátia Silva	runners & friends	Senior Feminino	01:05:08	+31:18	06:31
529	718	Sérgio Marques	plakard pneus	Senior Masculino	01:05:12	+31:22	06:31
530	142	Cristina Ferreira	correr viseu	Veterana F40	01:05:21	+31:32	06:32
531	143	Luís Santos	correr viseu	Veterano M40	01:05:22	+31:32	06:32

PROVA PRINCIPAL - STAGE 1

10 KM

**R
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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
532	207	patricia rocha	geocrosstrail	Senior Feminino	01:05:36	+31:47	06:34
533	555	Casimiro António Fernandes	individual	Veterano M50	01:05:43	+31:53	06:34
534	652	Cátia Coelho	mini fundistas	Senior Feminino	01:05:46	+31:56	06:35
535	653	Gabriela Almeida	mini fundistas	Senior Feminino	01:05:46	+31:57	06:35
536	8	Ricardo Bastos	a a lebres do sado	Veterano M50	01:05:50	+32:00	06:35
537	715	Patrícia Santos	plakard pneus	Senior Feminino	01:05:58	+32:09	06:36
538	307	Rita Santos	individual	Senior Feminino	01:06:01	+32:12	06:36
539	293	Ana Cristina	individual	Senior Feminino	01:06:02	+32:12	06:36
540	79	Terror Bravo	bravos&bravitas	Senior Masculino	01:06:02	+32:13	06:36
541	5	Valter Caseiro	#correcabrón	Veterano M40	01:06:05	+32:15	06:37
542	795	Pedro Freire Rodrigues	vilaventura trail running team	Veterano M40	01:06:06	+32:16	06:37
543	705	Sandra Pereira	ovarrun	Veterana F40	01:06:09	+32:19	06:37
544	442	Paula Cristina Baptista da Silva Pinto	individual	Veterana F40	01:06:13	+32:23	06:37
545	349	Fernando Gil Teixeira Mesquita	individual	Senior Masculino	01:06:14	+32:24	06:37
546	713	Andreia Santos	plakard pneus	Senior Feminino	01:06:16	+32:26	06:38
547	667	Jaime Azevedo	os alminhas	Senior Masculino	01:06:16	+32:26	06:38
548	89	Carlos Carneiro	bravos&bravitas	Veterano M40	01:06:36	+32:46	06:40
549	343	Ana Freire	individual	Senior Feminino	01:06:47	+32:57	06:41
550	18	Hilário MARTINS	acra running	Senior Masculino	01:06:49	+32:59	06:41
551	714	Eliana Correia	plakard pneus	Senior Feminino	01:06:50	+33:00	06:41
552	224	Paula almeida	geocrosstrail	Veterana F40	01:06:53	+33:03	06:41
553	543	Vitor Alexandre Oliveira Neves	individual	Veterano M40	01:06:55	+33:05	06:42
554	86	Susana gomes	bravos&bravitas	Veterana F40	01:06:59	+33:09	06:42
555	615	SUSANA LUIS	lion runners - g.d. leões da guarda	Veterana F40	01:07:07	+33:17	06:43
556	6	Amílcar Teixeira	100meta	Veterano M40	01:07:07	+33:17	06:43
557	288	Evgeniya Shamonova	individual	Senior Feminino	01:07:13	+33:23	06:43
558	673	Mafalda Lisboa	os cansados - o regional	Senior Feminino	01:07:24	+33:35	06:44
559	775	Leonardo Santos	traquinas do conga	Senior Masculino	01:07:25	+33:35	06:45
560	778	Miguel Rodrigues	traquinas do conga	Veterano M40	01:07:26	+33:36	06:45
561	43	Serafim fonseca	amigos s.pedro da cova	Veterano M50	01:07:29	+33:40	06:45
562	42	João fonseca	amigos s.pedro da cova	Senior Masculino	01:07:30	+33:40	06:45
563	712	Francisco Gonçalves	ovarrun	Veterano M50	01:07:35	+33:45	06:46
564	32	Fátima Ramos	aliança de gandra	Veterana F40	01:07:46	+33:57	06:47
565	243	Sílvia de Fátima João da Silva	ginásio clube de bragança	Veterana F40	01:08:00	+34:10	06:48
566	206	Marlene Pires	geocrosstrail	Senior Feminino	01:08:02	+34:12	06:48
567	429	Armanda Rocha	individual	Veterana F40	01:08:02	+34:13	06:48
568	285	elisabete costa	individual	Senior Feminino	01:08:11	+34:21	06:49
569	836	Sandra Ferreira	if	Veterana F40	01:08:11	+34:21	06:49
570	357	helder costa	individual	Senior Masculino	01:08:12	+34:22	06:49
571	687	Cláudia Dias	outlaw runners	Senior Feminino	01:08:12	+34:22	06:49
572	689	Veronica Sampaio	outlaw runners	Veterana F40	01:08:12	+34:23	06:49
573	539	Tiago silva	individual	Veterano M40	01:08:13	+34:23	06:49
574	434	Cristina Maria da Silva Azevedo	individual	Veterana F40	01:08:14	+34:24	06:49
575	797	Raquel Patricia Loureiro Delgado	hmc sports	Veterana F40	01:08:21	+34:31	06:50

PROVA PRINCIPAL - STAGE 1

10 KM

**R
REVISED**

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
576	82	Liliana canedo	bravos&bravitas	Veterana F40	01:08:27	+34:37	06:51
577	364	Jaime Almeida	individual	Senior Masculino	01:08:28	+34:39	06:51
578	330	Bruno Rios	individual	Senior Masculino	01:08:28	+34:39	06:51
579	646	M CECILIA BASTOS	mc	Veterana F50	01:08:33	+34:43	06:51
580	420	Tiago Lopes	individual	Senior Masculino	01:08:33	+34:43	06:51
581	704	Francisca Pereira	ovarrun	Veterana F40	01:08:34	+34:44	06:51
582	167	Helena Silva	estourados	Veterana F40	01:08:36	+34:46	06:52
583	168	Susana Richa	estourados	Veterana F40	01:08:36	+34:46	06:52
584	85	Sonia raquel	bravos&bravitas	Veterana F40	01:08:37	+34:47	06:52
585	283	crisrina maria alves dos santos	individual	Senior Feminino	01:08:56	+35:06	06:54
586	375	jose ricardo pinheiro da silva	individual	Senior Masculino	01:08:57	+35:07	06:54
587	318	andre filipe batista da silva	individual	Senior Masculino	01:08:57	+35:07	06:54
588	455	Adão Henrique Teixeira Cravho	individual	Veterano M40	01:08:57	+35:08	06:54
589	408	Ricardo Manuel Valente Silva	individual	Senior Masculino	01:08:58	+35:08	06:54
590	424	VÍTOR MANUEL DOS SANTOS HENRIQUES	individual	Senior Masculino	01:09:00	+35:10	06:54
591	782	joao filipe veiga barroso	tu das cabo de mim	Veterano M40	01:09:05	+35:15	06:55
592	781	sonia fernanda da silva carvalho	tu das cabo de mim	Veterana F40	01:09:05	+35:15	06:55
593	108	Teresa Tavares	cal - clube atletismo de lamas	Veterana F40	01:09:06	+35:16	06:55
594	65	Sonia tavares	bravos&bravitas	Senior Feminino	01:09:15	+35:25	06:56
595	189	Marina Silva	fitness team	Senior Feminino	01:09:41	+35:51	06:58
596	13	Carlos Gomes	acail gas, s.a:	Senior Masculino	01:09:42	+35:52	06:58
597	16	Domingos Novo	acail gas, s.a:	Veterano M40	01:09:42	+35:53	06:58
598	742	Rúben Santos	rrg boavista	Senior Masculino	01:09:59	+36:10	07:00
599	678	Miguel Pinto	os cansados - o regional	Senior Masculino	01:09:59	+36:10	07:00
600	736	Carla Pereira	rrg boavista	Senior Feminino	01:09:59	+36:10	07:00
601	703	Nuno Eça	ovarrun	Senior Masculino	01:10:02	+36:12	07:00
602	697	Sofia Castro	ovarrun	Senior Feminino	01:10:02	+36:12	07:00
603	731	Ana Rita Amorim	rompezolas	Senior Feminino	01:10:02	+36:12	07:00
604	732	Jaime Ribeiro	rompezolas	Senior Masculino	01:10:02	+36:12	07:00
605	478	Helder Silva	individual	Veterano M40	01:10:07	+36:17	07:01
606	694	Joaquim Sampaio	outlaw runners	Veterano M50	01:10:08	+36:19	07:01
607	638	SUELI ALMEIDA	mc	Senior Feminino	01:10:14	+36:25	07:01
608	440	Marisa dias Ribeiro	individual	Veterana F40	01:10:14	+36:25	07:01
609	360	Helder Teixeira	individual	Senior Masculino	01:10:14	+36:25	07:01
610	145	Cláudio Guarda	dói-me quase tudo...	Veterano M40	01:10:26	+36:36	07:03
611	453	Maria Alzira Gomes	individual	Veterana F50	01:10:28	+36:38	07:03
612	146	Nuno Ribeiro	dói-me quase tudo...	Veterano M40	01:10:29	+36:39	07:03
613	799	Antonio fernando rodrigues da Rocha	hmc sports	Veterano M40	01:10:32	+36:42	07:03
614	800	Sofia Borges	hmc sports	Senior Feminino	01:10:32	+36:42	07:03
615	672	Liliana Silva	os cansados - o regional	Senior Feminino	01:10:34	+36:44	07:03
616	671	Carla Costa	os cansados - o regional	Senior Feminino	01:10:35	+36:46	07:04
617	505	Manuel Pinto	individual	Veterano M40	01:10:36	+36:46	07:04
618	680	António Pinto	os cansados - o regional	Veterano M40	01:10:39	+36:49	07:04

PROVA PRINCIPAL - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
665	655	Rosa Rosário	miudas giras	Senior Feminino	01:16:27	+42:37	07:39
666	286	Elisabete Oliveira	individual	Senior Feminino	01:16:27	+42:37	07:39
667	506	Manuel sousa	individual	Veterano M40	01:16:31	+42:41	07:39
668	71	Jorge silva	bravos&bravitas	Senior Masculino	01:16:31	+42:42	07:39
669	19	Patrícia Martins	acra running	Veterana F40	01:16:50	+43:00	07:41
670	302	Nicole Bastos Ferreira Oliveira	individual	Senior Feminino	01:16:53	+43:03	07:41
671	378	Lucas Leitão	individual	Senior Masculino	01:16:53	+43:03	07:41
672	491	José Pereira	individual	Veterano M40	01:16:59	+43:09	07:42
673	626	Fátima Carvalho	manguelas - run/walk team	Veterana F50	01:17:14	+43:24	07:43
674	451	Maria Alcina Moura	individual	Veterana F50	01:17:25	+43:35	07:45
675	346	FÁBIO MAGALHÃES	individual	Senior Masculino	01:17:29	+43:39	07:45
676	444	Sandra Torres	individual	Veterana F40	01:17:29	+43:39	07:45
677	634	FILIPA SANCHES	mc	Senior Feminino	01:17:30	+43:41	07:45
678	156	Liliana Barbosa	equipa boot	Senior Feminino	01:18:08	+44:18	07:49
679	153	Bárbara Gonçalves	equipa boot	Senior Feminino	01:18:08	+44:18	07:49
680	154	Cláudia Santos	equipa boot	Senior Feminino	01:18:08	+44:18	07:49
681	614	JOANA MARTINS	lion runners - g.d. leões da guarda	Veterana F40	01:19:28	+45:39	07:57
682	611	RAQUEL SANTOS	lion runners - g.d. leões da guarda	Senior Feminino	01:19:28	+45:39	07:57
683	802	Tania da Silva Santos	hmc sports	Senior Feminino	01:20:00	+46:11	08:00
684	798	Sérgio Miguel Oliveira Correia	hmc sports	Senior Masculino	01:20:01	+46:11	08:00
685	466	Carlos Mendes	individual	Veterano M40	01:20:09	+46:20	08:01
686	299	Maria João Mendes Oliveira	individual	Senior Feminino	01:20:09	+46:20	08:01
687	300	Michelle Novo	individual	Senior Feminino	01:20:10	+46:20	08:01
688	757	Andreia Sofia Fonseca e Silva	sempr andar	Senior Feminino	01:20:41	+46:52	08:04
689	487	JORGE OLIVEIRA	individual	Veterano M40	01:21:32	+47:42	08:09
690	281	Carla Sofia Ferreira da Costa	individual	Senior Feminino	01:22:36	+48:46	08:16
691	58	Sara Isabel silva	as nutris	Senior Feminino	01:22:37	+48:47	08:16
692	57	Carla Sofia costa	as nutris	Senior Feminino	01:22:37	+48:47	08:16
693	165	Eva Teixeira	estourados	Senior Feminino	01:22:51	+49:02	08:17
694	308	Sonia Morais	individual	Senior Feminino	01:23:26	+49:36	08:21
695	630	Liliana Soares	marcha dos pinguis	Senior Feminino	01:23:31	+49:41	08:21
696	629	Juliana Soares	marcha dos pinguis	Senior Feminino	01:23:31	+49:42	08:21
697	225	sara moreira	geocrosstrail	Veterana F40	01:24:01	+50:11	08:24
698	619	Ana Sofia Regal Leite	manguelas - run/walk team	Senior Feminino	01:24:13	+50:24	08:25
699	56	Natalina Videira	as mafiosas	Veterana F50	01:24:22	+50:32	08:26
700	753	julio costa	salgueiros runnig	Veterano M40	01:24:22	+50:32	08:26
701	685	Patrícia Santos	os rookies	Senior Feminino	01:24:29	+50:40	08:27
702	684	Filipa Oliveira	os rookies	Senior Feminino	01:24:30	+50:40	08:27
703	686	Leandro Oliveira	os rookies	Senior Masculino	01:24:30	+50:41	08:27
704	758	João Afonso Silva Conceição	sempr andar	Senior Masculino	01:24:41	+50:51	08:28
705	358	Hélder José Oliveira Lopes	individual	Senior Masculino	01:24:42	+50:52	08:28
706	780	Serafim Maia	traquinas do conga	Veterano M40	01:24:56	+51:06	08:30
707	774	Hugo Ferreira	traquinas do conga	Senior Masculino	01:24:56	+51:06	08:30
708	779	Rafael António das Neves Pereira	traquinas do conga	Veterano M40	01:24:57	+51:08	08:30
709	98	Paula Silva	btt alegria // tubani	Senior Feminino	01:25:28	+51:38	08:33

Prova Principal

10 KM



OFFICIAL RESULT

40	834	Ana Resende	Individual	Senior Feminino	01:01:28	+27:38	06:09
41	273	Ana Patricia Fernandes	Individual	Senior Feminino	01:01:28	+27:38	06:09
42	97	Márcia Alexandra	BTT Alegria // TUBANI	Senior Feminino	01:01:28	+27:38	06:09
43	312	Vânia Costa	Individual	Senior Feminino	01:01:31	+27:42	06:09
44	178	Cláudia Sofia Moreira Da Silva Azevedo Calçada	Fit Arena Ginásio	Senior Feminino	01:01:32	+27:42	06:09
45	819	Paula Ferreira	BTT Alegria // TUBANI	Senior Feminino	01:01:44	+27:54	06:10
46	164	Anita Almeida	Estourados	Senior Feminino	01:02:07	+28:18	06:13
47	590	Catarina Rodrigues Sa Ferreira	Juventude Cortegacense	Senior Feminino	01:02:25	+28:35	06:15
48	191	Susana Araujo	Fitness Team	Senior Feminino	01:02:42	+28:52	06:16
49	296	lucia mulher leite	Individual	Senior Feminino	01:02:56	+29:06	06:18
50	279	Bárbara Freitas	Individual	Senior Feminino	01:03:34	+29:44	06:21
51	768	Sara Petiz Santos	Tarzan&Jane	Senior Feminino	01:03:37	+29:47	06:22
52	696	Maria Monteiro	OvarRun	Senior Feminino	01:03:52	+30:02	06:23
53	272	Ana Novo de Almeida	Individual	Senior Feminino	01:03:54	+30:04	06:23
54	63	Ana anjos	BRAVOS&BRAVITAS	Senior Feminino	01:04:18	+30:29	06:26
55	309	Tânia	Individual	Senior Feminino	01:04:24	+30:34	06:26
56	298	Maria Beirão	Individual	Senior Feminino	01:04:51	+31:02	06:29
57	284	Cristina Maria da Silva Veloso	Individual	Senior Feminino	01:05:02	+31:12	06:30
58	747	Cátia Silva	Runners & Friends	Senior Feminino	01:05:08	+31:18	06:31
59	207	patricia rocha	Geocrosstrail	Senior Feminino	01:05:36	+31:47	06:34
60	652	Cátia Coelho	Mini Fundistas	Senior Feminino	01:05:46	+31:56	06:35
61	653	Gabriela Almeida	Mini Fundistas	Senior Feminino	01:05:46	+31:57	06:35
62	715	Patrícia Santos	PLAKARD PNEUS	Senior Feminino	01:05:58	+32:09	06:36
63	307	Rita Santos	Individual	Senior Feminino	01:06:01	+32:12	06:36
64	293	Ana Cristina	Individual	Senior Feminino	01:06:02	+32:12	06:36
65	713	Andreia Santos	PLAKARD PNEUS	Senior Feminino	01:06:16	+32:26	06:38
66	343	Ana Freire	Individual	Senior Feminino	01:06:47	+32:57	06:41
67	714	Eliana Correia	PLAKARD PNEUS	Senior Feminino	01:06:50	+33:00	06:41
68	288	Evgeniya Shamonova	Individual	Senior Feminino	01:07:13	+33:23	06:43
69	673	Mafalda Lisboa	Os Cansados - O Regional	Senior Feminino	01:07:24	+33:35	06:44
70	206	Marlene Pires	GEOCROSSTRAIL	Senior Feminino	01:08:02	+34:12	06:48
71	285	elisabete costa	Individual	Senior Feminino	01:08:11	+34:21	06:49
72	687	Cláudia Dias	Outlaw Runners	Senior Feminino	01:08:12	+34:22	06:49
73	283	cristina maria alves dos santos	Individual	Senior Feminino	01:08:56	+35:06	06:54
74	65	Sonia tavares	BRAVOS&BRAVITAS	Senior Feminino	01:09:15	+35:25	06:56
75	189	Marina Silva	Fitness Team	Senior Feminino	01:09:41	+35:51	06:58
76	736	Carla Pereira	RRG Boavista	Senior Feminino	01:09:59	+36:10	07:00
77	697	Sofia Castro	OvarRun	Senior Feminino	01:10:02	+36:12	07:00
78	731	Ana Rita Amorim	ROMPEZOLAS	Senior Feminino	01:10:02	+36:12	07:00
79	638	SUELI ALMEIDA	MC	Senior Feminino	01:10:14	+36:25	07:01
80	800	Sofia Borges	HMC Sports	Senior Feminino	01:10:32	+36:42	07:03
81	672	Liliana Silva	Os Cansados - O Regional	Senior Feminino	01:10:34	+36:44	07:03
82	671	Carla Costa	Os Cansados - O Regional	Senior Feminino	01:10:35	+36:46	07:04
83	632	ANA LOPES	MC	Senior Feminino	01:11:04	+37:14	07:06
84	633	ANA RESENDE	MC	Senior Feminino	01:11:08	+37:19	07:07
85	313	Vera Abreu	Individual	Senior Feminino	01:11:25	+37:35	07:09

Prova Principal

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86	155	Ivânia Esteves	Equipa Boot	Senior Feminino	01:11:35	+37:45	07:10
87	301	Monica isabel oliveira morais	Individual	Senior Feminino	01:11:54	+38:05	07:11
88	202	Ana Lúcia Pinho	Geocrosstrail	Senior Feminino	01:12:15	+38:25	07:14
89	637	OLEKSANDRA SIDLOVSKA	MC	Senior Feminino	01:12:21	+38:31	07:14
90	635	JESSICA CORREIA	MC	Senior Feminino	01:12:21	+38:31	07:14
91	770	Carla Santos	The Sloths	Senior Feminino	01:12:26	+38:36	07:15
92	771	Sofia Oliveira	The Sloths	Senior Feminino	01:12:26	+38:37	07:15
93	674	Raquel Ricardo	Os Cansados - O Regional	Senior Feminino	01:13:35	+39:45	07:22
94	49	Carla Barbosa	As Belas e Eles	Senior Feminino	01:14:16	+40:26	07:26
95	50	Cátia Silva	As Belas e Eles	Senior Feminino	01:14:16	+40:26	07:26
96	139	Cláudia Alves	CLRUNNERS	Senior Feminino	01:15:28	+41:38	07:33
97	655	Rosa Rosário	Miudas Giras	Senior Feminino	01:16:27	+42:37	07:39
98	286	Elisabete Oliveira	Individual	Senior Feminino	01:16:27	+42:37	07:39
99	302	Nicole Bastos Ferreira Oliveira	Individual	Senior Feminino	01:16:53	+43:03	07:41
100	634	FILIPA SANCHES	MC	Senior Feminino	01:17:30	+43:41	07:45
101	156	Liliana Barbosa	Equipa Boot	Senior Feminino	01:18:08	+44:18	07:49
102	153	Bárbara Gonçalves	Equipa Boot	Senior Feminino	01:18:08	+44:18	07:49
103	154	Cláudia Santos	Equipa Boot	Senior Feminino	01:18:08	+44:18	07:49
104	611	RAQUEL SANTOS	LION RUNNERS - G.D. Leões da Guarda	Senior Feminino	01:19:28	+45:39	07:57
105	802	Tania da Silva Santos	HMC Sports	Senior Feminino	01:20:00	+46:11	08:00
106	299	Maria João Mendes Oliveira	Individual	Senior Feminino	01:20:09	+46:20	08:01
107	300	Michelle Novo	Individual	Senior Feminino	01:20:10	+46:20	08:01
108	757	Andreia Sofia Fonseca e Silva	Sempr andar	Senior Feminino	01:20:41	+46:52	08:04
109	281	Carla Sofia Ferreira da Costa	Individual	Senior Feminino	01:22:36	+48:46	08:16
110	58	Sara Isabel silva	As nutris	Senior Feminino	01:22:37	+48:47	08:16
111	57	Carla Sofia costa	As nutris	Senior Feminino	01:22:37	+48:47	08:16
112	165	Eva Teixeira	Estourados	Senior Feminino	01:22:51	+49:02	08:17
113	308	Sonia Morais	Individual	Senior Feminino	01:23:26	+49:36	08:21
114	630	Liliana Soares	Marcha dos Pinguis	Senior Feminino	01:23:31	+49:41	08:21
115	629	Juliana Soares	Marcha dos Pinguis	Senior Feminino	01:23:31	+49:42	08:21
116	619	Ana Sofia Regal Leite	Manguelas - Run/Walk TEAM	Senior Feminino	01:24:13	+50:24	08:25
117	685	Patrícia Santos	Os Rookies	Senior Feminino	01:24:29	+50:40	08:27
118	684	Filipa Oliveira	Os Rookies	Senior Feminino	01:24:30	+50:40	08:27
119	98	Paula Silva	BTT Alegria // TUBANI	Senior Feminino	01:25:28	+51:38	08:33

Senior Masculino

1	796	Jorge valente	Individual	Senior Masculino	35:26	+01:37	03:33
2	421	Tiago pinho	Individual	Senior Masculino	36:05	+02:16	03:37
3	785	Fábio Reis	vale dos duros	Senior Masculino	38:09	+04:19	03:49
4	27	José Gaspar	ALIANÇA DE GANDRA	Senior Masculino	38:13	+04:23	03:49
5	28	Luís Silva	ALIANÇA DE GANDRA	Senior Masculino	38:45	+04:55	03:53
6	351	Filipe Almeida	Individual	Senior Masculino	38:47	+04:57	03:53
7	29	Manuel Gaspar	Aliança de Gandra	Senior Masculino	39:21	+05:31	03:56
8	324	Bruno Casal	Individual	Senior Masculino	39:25	+05:36	03:57

Prova Principal

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9	786	João Oliveira	vale dos duros	Senior Masculino	40:10	+06:21	04:01
10	366	João	Individual	Senior Masculino	40:22	+06:33	04:02
11	363	Hugo Tavares	Individual	Senior Masculino	41:18	+07:28	04:08
12	756	José Silva (Kodak)	SC ESPINHO - ATLETISMO / ANTONIO LEITÃO	Senior Masculino	42:03	+08:13	04:12
13	329	Bruno Miguel Pereira Ribeiro	Individual	Senior Masculino	42:03	+08:14	04:12
14	342	Diogo Tavares	Individual	Senior Masculino	42:23	+08:33	04:14
15	744	Filipe Manuel Miranda Laranjeira	RUN FORREST RUN	Senior Masculino	42:39	+08:49	04:16
16	654	Cláudio Resende	Mini Fundistas	Senior Masculino	42:43	+08:54	04:16
17	336	Carlos Magalhães	Individual	Senior Masculino	43:30	+09:41	04:21
18	347	Fabio Marques	Individual	Senior Masculino	43:39	+09:50	04:22
19	743	Danny Mateus	RUN FORREST RUN	Senior Masculino	43:47	+09:57	04:23
20	592	Tiago Manarte	Juventude Cortegacense	Senior Masculino	44:32	+10:43	04:27
21	808	António Neves	IF	Senior Masculino	44:33	+10:43	04:27
22	717	Joaquim Mota	PLAKARD PNEUS	Senior Masculino	44:36	+10:47	04:28
23	675	Bruno Machado	Os Cansados - O Regional	Senior Masculino	44:37	+10:47	04:28
24	677	Marco Lisboa	Os Cansados - O Regional	Senior Masculino	44:38	+10:48	04:28
25	396	Nuno Pais	Individual	Senior Masculino	44:48	+10:58	04:29
26	598	Luís Barreiro	Kiquipa	Senior Masculino	44:48	+10:59	04:29
27	105	Filipe Mota	C.D.C. Paradela	Senior Masculino	44:49	+10:59	04:29
28	745	Josué Alberto França Moreira	RUN FORREST RUN	Senior Masculino	44:49	+11:00	04:29
29	80	Valter pinho	BRAVOS&BRAVITAS	Senior Masculino	44:55	+11:05	04:30
30	788	Roni Gomes	vale dos duros	Senior Masculino	45:31	+11:41	04:33
31	787	Marcos Soares	vale dos duros	Senior Masculino	45:40	+11:50	04:34
32	78	Rui teixeira	BRAVOS&BRAVITAS	Senior Masculino	45:41	+11:52	04:34
33	334	Bruno Silva	Individual	Senior Masculino	45:48	+11:59	04:35
34	382	Marcelo teixeira da mota	Individual	Senior Masculino	45:50	+12:00	04:35
35	12	Samuel Silva	A.D. AMARANTE	Senior Masculino	46:05	+12:16	04:37
36	818	Cláudio Tavares	Individual	Senior Masculino	46:06	+12:16	04:37
37	37	Paulo Jorge Inverneiro Pereira	AlphaRunning	Senior Masculino	46:06	+12:16	04:37
38	641	HELDER MOTA	MC	Senior Masculino	46:32	+12:42	04:39
39	182	David Ferreira Da Silva	Fit Arena Ginásio	Senior Masculino	46:33	+12:44	04:39
40	746	Ruben Emanuel Xavier Silva	RUN FORREST RUN	Senior Masculino	46:33	+12:44	04:39
41	76	Ricardo oliveira	BRAVOS&BRAVITAS	Senior Masculino	47:03	+13:13	04:42
42	180	Anthony Da Costa Da Silva	Fit Arena Ginásio	Senior Masculino	47:10	+13:20	04:43
43	389	Miguel Cunha	Individual	Senior Masculino	47:23	+13:33	04:44
44	41	rui teixeira	Amigos das Sapatilhas	Senior Masculino	47:24	+13:34	04:44
45	31	Sérgio Rodrigues	ALIANÇA DE GANDRA	Senior Masculino	47:26	+13:36	04:45
46	67	Andre	BRAVOS&BRAVITAS	Senior Masculino	47:26	+13:36	04:45
47	126	Rui Jorge Oliveira	Canelas D'Aço	Senior Masculino	47:30	+13:40	04:45
48	30	Ricardo Rocha	ALIANÇA DE GANDRA	Senior Masculino	47:48	+13:58	04:47
49	766	Rui Paiva	Speedy Gonzalez	Senior Masculino	47:49	+13:59	04:47
50	222	Luís Santos Teixeira	GEOCROSSTRAIL	Senior Masculino	47:54	+14:04	04:47
51	362	Hugo José Ferreira da Silva	Individual	Senior Masculino	48:07	+14:17	04:49
52	344	Fábio Almeida	Individual	Senior Masculino	48:12	+14:22	04:49
53	623	Pedro Almeida	Manguelas - Run/Walk TEAM	Senior Masculino	48:12	+14:22	04:49
54	219	Helder Samuel	Geocrosstrail	Senior Masculino	48:15	+14:25	04:50

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55	252	Tiago Oliveira	Grupo de Corrida de Argoncilhe	Senior Masculino	48:21	+14:31	04:50
56	247	Luis Pereira	GOODFELLASWISEGUYS	Senior Masculino	48:28	+14:38	04:51
57	380	Luís Carlos Fernandes Marques	Individual	Senior Masculino	48:34	+14:44	04:51
58	341	David Soares	Individual	Senior Masculino	49:00	+15:10	04:54
59	406	Ricardo Lopes	Individual	Senior Masculino	49:00	+15:10	04:54
60	748	Mário Fonseca	Runners & Friends	Senior Masculino	49:05	+15:16	04:55
61	181	Cristóvão Helder Ferreira Rocha	Fit Arena Ginásio	Senior Masculino	49:11	+15:21	04:55
62	220	Hugo Moreira	GEOCROSSTRAIL	Senior Masculino	49:12	+15:22	04:55
63	586	João Bastos	JUFacc	Senior Masculino	49:14	+15:24	04:55
64	371	Joel Filipe Oliveira Marques	Individual	Senior Masculino	49:15	+15:25	04:56
65	250	Bruno Andrade	Grupo de Corrida de Argoncilhe	Senior Masculino	49:17	+15:27	04:56
66	74	Nuno teixeira	BRAVOS&BRAVITAS	Senior Masculino	49:18	+15:28	04:56
67	350	Fernando Miguel Pedro Duarte	Individual	Senior Masculino	49:24	+15:34	04:56
68	393	Nuno Gomes	Individual	Senior Masculino	49:28	+15:38	04:57
69	333	Bruno Silva	Individual	Senior Masculino	49:34	+15:44	04:57
70	399	Paulo Rocha	Individual	Senior Masculino	49:34	+15:45	04:57
71	597	Bruno Carvalho	Kiquipa	Senior Masculino	49:35	+15:45	04:58
72	44	Elson	André Carvalho	Senior Masculino	49:35	+15:46	04:58
73	113	Bruno Vidinha	Caldas de S.Jorge Sport Clube	Senior Masculino	49:47	+15:57	04:59
74	194	Hugo Ricardo Lima	Fogaças Com Malapos	Senior Masculino	49:51	+16:01	04:59
75	345	Fábio Emanuel Bastos Sousa	Individual	Senior Masculino	49:53	+16:04	04:59
76	422	Vasco Costa	Individual	Senior Masculino	50:03	+16:13	05:00
77	369	João Costa	Individual	Senior Masculino	50:14	+16:25	05:01
78	101	António Silva	BVA	Senior Masculino	50:30	+16:40	05:03
79	384	Márcio Luís Alves de Oliveira	Individual	Senior Masculino	50:32	+16:43	05:03
80	599	Nelson Ferreira	Kiquipa	Senior Masculino	50:36	+16:46	05:04
81	141	António Carlos Tavares de Paiva	CORRER LEÇA	Senior Masculino	50:37	+16:48	05:04
82	51	Ricardo Magalhães	As Belas e Eles	Senior Masculino	50:41	+16:52	05:04
83	698	Edmundo Rílho	OvarRun	Senior Masculino	50:43	+16:54	05:04
84	701	JOÃO TAVARES	OvarRun	Senior Masculino	50:44	+16:54	05:04
85	416	Rui Silva	Individual	Senior Masculino	50:54	+17:04	05:05
86	419	Tiago Filipe Moreira de Sousa	Individual	Senior Masculino	51:01	+17:12	05:06
87	332	Bruno Santos	Individual	Senior Masculino	51:03	+17:13	05:06
88	373	jose antonio lopes de pinho	Individual	Senior Masculino	51:03	+17:13	05:06
89	618	Hugo Soares	LOVE TILES	Senior Masculino	51:05	+17:16	05:07
90	603	Bruno Neves	KIRCHHOFF KUNECT RUNING TEAM	Senior Masculino	51:16	+17:26	05:08
91	600	Nelson Reis	Kiquipa	Senior Masculino	51:17	+17:28	05:08
92	418	Telmo Araujo	Individual	Senior Masculino	51:21	+17:31	05:08
93	353	Francisco Castro	Individual	Senior Masculino	51:35	+17:46	05:10
94	238	Bruno Matos	Geração Paramos	Senior Masculino	51:36	+17:46	05:10
95	326	Bruno goncalves	Individual	Senior Masculino	51:41	+17:51	05:10
96	248	Mário Mendes	GOODFELLASWISEGUYS	Senior Masculino	51:47	+17:57	05:11
97	335	Carlos Alberto Silva Cruz	Individual	Senior Masculino	51:50	+18:00	05:11
98	72	Marcio melo	BRAVOS&BRAVITAS	Senior Masculino	52:03	+18:13	05:12
99	410	Ricardo Silva	Individual	Senior Masculino	52:03	+18:14	05:12

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100	612	MIGUEL MENDES	LION RUNNERS - G.D. Leões da Guarda	Senior Masculino	52:06	+18:17	05:13
101	385	Márcio Silva	Individual	Senior Masculino	52:12	+18:22	05:13
102	172	César Moutinho	Factor X S4L Medense FC	Senior Masculino	52:12	+18:22	05:13
103	52	Ricardo Tavares	As Belas e Eles	Senior Masculino	52:23	+18:33	05:14
104	75	Pedro Custódio	BRAVOS&BRAVITAS	Senior Masculino	52:28	+18:38	05:15
105	221	luís oliveira	GEOCROSSTRAIL	Senior Masculino	52:30	+18:40	05:15
106	214	Bruno Silva	Geocrosstrail	Senior Masculino	52:32	+18:42	05:15
107	392	Nuno Correia	Individual	Senior Masculino	52:37	+18:47	05:16
108	239	Bruno Pereira	Geração Paramos	Senior Masculino	52:39	+18:49	05:16
109	331	Bruno Rodrigues	Individual	Senior Masculino	52:41	+18:51	05:16
110	99	Sergio Coelho	BTT Alegria // TUBANI	Senior Masculino	52:49	+18:59	05:17
111	325	Bruno Filipe Moreira Neves	Individual	Senior Masculino	52:58	+19:08	05:18
112	192	João Pinto	Fitness Team	Senior Masculino	53:03	+19:13	05:18
113	409	Ricardo Silva	Individual	Senior Masculino	53:04	+19:14	05:18
114	609	Fernando Matos	KO	Senior Masculino	53:10	+19:20	05:19
115	338	Daniel Moreira	Individual	Senior Masculino	53:10	+19:20	05:19
116	193	Paulo Fontes	Fitness Team	Senior Masculino	53:13	+19:23	05:19
117	669	Raul Leite	Os Alminhas	Senior Masculino	53:19	+19:29	05:20
118	602	Anthony Borges	KIRCHHOFF KUNECT RUNING TEAM	Senior Masculino	53:35	+19:45	05:22
119	621	Fabio Emanuel Silva	Manguelas - Run/Walk TEAM	Senior Masculino	53:39	+19:50	05:22
120	726	Miguel Faria	Reumatico Trail Team	Senior Masculino	53:50	+20:00	05:23
121	340	David Santos Gouveia	Individual	Senior Masculino	53:54	+20:04	05:23
122	128	Miguel Félix	CCD RENAULT CACIA	Senior Masculino	53:54	+20:05	05:23
123	776	Márcio Santos	Traquinas do Conga	Senior Masculino	53:56	+20:06	05:24
124	741	Ricardo Santos	RRG Boavista	Senior Masculino	53:57	+20:07	05:24
125	737	Fabio Santos	RRG Boavista	Senior Masculino	53:59	+20:09	05:24
126	14	João Leite	Acail Gas, S.A:	Senior Masculino	53:59	+20:10	05:24
127	591	Enrique De la Vega	Juventude Cortegacense	Senior Masculino	54:02	+20:12	05:24
128	640	GABRIEL RESENDE	MC	Senior Masculino	54:04	+20:14	05:24
129	398	Paulo martins	Individual	Senior Masculino	54:15	+20:26	05:26
130	639	ARMANDO LEITE	MC	Senior Masculino	54:16	+20:26	05:26
131	102	Ricardo Teixeira	BVA	Senior Masculino	54:17	+20:27	05:26
132	383	Márcio André	Individual	Senior Masculino	54:36	+20:46	05:28
133	322	Bruno Almeida	Individual	Senior Masculino	54:42	+20:52	05:28
134	724	Carlos Simões	Reumatico Trail Team	Senior Masculino	54:51	+21:01	05:29
135	403	Ricardo barbosa	Individual	Senior Masculino	54:57	+21:08	05:30
136	245	Hugo Oliveira	Girafas do Ártico	Senior Masculino	55:00	+21:11	05:30
137	159	Márcio Mendes	Equipa Boot	Senior Masculino	55:06	+21:16	05:31
138	160	Pedro Barbosa	Equipa Boot	Senior Masculino	55:06	+21:16	05:31
139	377	Leandro Leite	Individual	Senior Masculino	55:19	+21:30	05:32
140	240	Diogo fereira	Geração Paramos	Senior Masculino	55:22	+21:32	05:32
141	400	Pedro Bean	Individual	Senior Masculino	55:43	+21:53	05:34
142	348	Fernando Carvalho	Individual	Senior Masculino	55:50	+22:00	05:35
143	183	Olávo Simão Marques Silva	Fit Arena Ginásio	Senior Masculino	56:06	+22:16	05:37
144	404	Ricardo Filipe Marques Vaz	Individual	Senior Masculino	56:12	+22:22	05:37

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145	642	TIAGO COELHO	MC	Senior Masculino	56:17	+22:28	05:38
146	624	Rui Queirós	Mangueiras - Run/Walk TEAM	Senior Masculino	56:18	+22:28	05:38
147	319	Andre Filipe Costa Pinho	Individual	Senior Masculino	56:28	+22:39	05:39
148	405	Ricardo Jorge Moreira Neves	Individual	Senior Masculino	56:29	+22:39	05:39
149	215	Diogo Moreira	Geocrosstrail	Senior Masculino	56:44	+22:54	05:40
150	631	Ricardo Silva	Marcha dos Pinguis	Senior Masculino	57:03	+23:14	05:42
151	262	Ricardo Silva	HAPPY RUNNERS VLC	Senior Masculino	57:05	+23:15	05:43
152	765	NUNO PAIVA	Speedy Gonzalez	Senior Masculino	57:19	+23:29	05:44
153	391	Nuno Bastos	Individual	Senior Masculino	57:28	+23:38	05:45
154	316	André Bastos	Individual	Senior Masculino	57:28	+23:39	05:45
155	317	Andre Costa	Individual	Senior Masculino	57:32	+23:43	05:45
156	328	Bruno Matos	Individual	Senior Masculino	57:39	+23:49	05:46
157	315	Álvaro Carvalhinho	Individual	Senior Masculino	57:50	+24:00	05:47
158	417	Sérgio Gonçalves	Individual	Senior Masculino	58:01	+24:11	05:48
159	413	Rui Ferreira	Individual	Senior Masculino	58:03	+24:13	05:48
160	725	Filipe Clemente	Reumatico Trail Team	Senior Masculino	58:07	+24:17	05:49
161	218	Enrique Oliveira	Geocrosstrail	Senior Masculino	58:07	+24:18	05:49
162	70	Daniel oliveira	BRAVOS&BRAVITAS	Senior Masculino	58:11	+24:21	05:49
163	68	Bruno silva	BRAVOS&BRAVITAS	Senior Masculino	58:11	+24:21	05:49
164	791	Carlos Barbosa	VCBike	Senior Masculino	58:21	+24:31	05:50
165	106	ARMANDO CARRAGOSO	CAL - Clube Atletismo de Lamas	Senior Masculino	58:25	+24:35	05:51
166	402	Pedro Pinho	Individual	Senior Masculino	58:27	+24:37	05:51
167	199	ivo ferreira	GALINHAS DE CROSS	Senior Masculino	58:34	+24:44	05:51
168	374	José Miguel Carvalho Garrido	Individual	Senior Masculino	58:34	+24:45	05:51
169	370	João Falcão	Individual	Senior Masculino	58:36	+24:46	05:52
170	22	Hugo Silva	Afis/Ovar	Senior Masculino	58:42	+24:52	05:52
171	216	Domingos ventura	Geocrosstrail	Senior Masculino	58:45	+24:56	05:53
172	792	Paulo Rocha	VCBike	Senior Masculino	58:57	+25:07	05:54
173	394	Nuno José Pereira Reis dos Santos	Hora do Lobo Trail / Clube de Futebol de Perosinho Atletismo	Senior Masculino	58:58	+25:08	05:54
174	411	Ricardo Silva	Individual	Senior Masculino	59:48	+25:58	05:59
175	327	Bruno Goncalves	Individual	Senior Masculino	59:48	+25:59	05:59
176	69	Carlos Freitas	BRAVOS&BRAVITAS	Senior Masculino	01:00:05	+26:16	06:01
177	668	Pedro Lopes	Os Alminhas	Senior Masculino	01:00:14	+26:24	06:01
178	119	André Ferraz	Caledial Runners	Senior Masculino	01:00:20	+26:30	06:02
179	120	Tiago Pinto	Caledial Runners	Senior Masculino	01:00:20	+26:30	06:02
180	700	João Pinheiro	OvarRun	Senior Masculino	01:00:22	+26:32	06:02
181	77	Ricardo santos	BRAVOS&BRAVITAS	Senior Masculino	01:00:31	+26:41	06:03
182	320	André Tavares	Individual	Senior Masculino	01:00:40	+26:50	06:04
183	407	Ricardo Manuel Almeida da Silva	Individual	Senior Masculino	01:01:04	+27:14	06:06
184	388	Micael Lucas	Individual	Senior Masculino	01:01:10	+27:20	06:07
185	381	Luís Themudo	Individual	Senior Masculino	01:01:23	+27:34	06:08
186	339	David Costa	Individual	Senior Masculino	01:01:32	+27:42	06:09
187	415	RUI RODRIGUES	Individual	Senior Masculino	01:01:54	+28:04	06:11
188	750	Nelson Miranda	Running Espinho	Senior Masculino	01:01:56	+28:07	06:12
189	801	Diogo Magalhães	HMC Sports	Senior Masculino	01:02:07	+28:18	06:13
190	830	Atleta 830	Individual	Senior Masculino	01:02:22	+28:32	06:14

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191	702	Nelson Castro	OvarRun	Senior Masculino	01:02:51	+29:01	06:17
192	359	HELDER PINTO	Individual	Senior Masculino	01:02:55	+29:06	06:18
193	739	Nelson Santos	RRG Boavista	Senior Masculino	01:03:09	+29:19	06:19
194	738	João Pereira	RRG Boavista	Senior Masculino	01:03:09	+29:19	06:19
195	769	Mário Valinho Dias	Tarzan&Jane	Senior Masculino	01:03:24	+29:34	06:20
196	217	Edgar Santiago	GEOCROSSTRAIL	Senior Masculino	01:03:27	+29:37	06:21
197	147	Márcio costa	Dragões de Ovar	Senior Masculino	01:03:31	+29:41	06:21
198	365	Jay Chhetri	Individual	Senior Masculino	01:03:36	+29:46	06:22
199	368	João Correia	Individual	Senior Masculino	01:03:36	+29:46	06:22
200	73	Marco	BRAVOS&BRAVITAS	Senior Masculino	01:03:47	+29:57	06:23
201	355	Frederico Henriques	Individual	Senior Masculino	01:03:57	+30:08	06:24
202	578	Cláudio Castro	JALM, Run and Walking Team	Senior Masculino	01:04:18	+30:28	06:26
203	425	Vitor Mota	Individual	Senior Masculino	01:04:18	+30:29	06:26
204	727	Vitor Quintas	Reumatico Trail Team	Senior Masculino	01:04:20	+30:31	06:26
205	579	Ricardo Oliveira	JALM, Run and Walking Team	Senior Masculino	01:04:21	+30:32	06:26
206	699	Filipe Gonçalves	OvarRun	Senior Masculino	01:04:24	+30:35	06:26
207	723	Paulo Correia	Reabilitação Integrada	Senior Masculino	01:04:35	+30:45	06:28
208	376	Júlio Oliveira	Individual	Senior Masculino	01:04:49	+30:59	06:29
209	367	João Sousa	Individual	Senior Masculino	01:04:52	+31:02	06:29
210	361	Hugo Homem Rocha	Individual	Senior Masculino	01:05:01	+31:12	06:30
211	718	Sérgio Marques	PLAKARD PNEUS	Senior Masculino	01:05:12	+31:22	06:31
212	79	Terror Bravo	BRAVOS&BRAVITAS	Senior Masculino	01:06:02	+32:13	06:36
213	349	Fernando Gil Teixeira Mesquita	Individual	Senior Masculino	01:06:14	+32:24	06:37
214	667	Jaime Azevedo	Os Alminhas	Senior Masculino	01:06:16	+32:26	06:38
215	18	Hilário MARTINS	ACRA Running	Senior Masculino	01:06:49	+32:59	06:41
216	775	Leonardo Santos	Traquinas do Conga	Senior Masculino	01:07:25	+33:35	06:45
217	42	João fonseca	amigos s.pedro da cova	Senior Masculino	01:07:30	+33:40	06:45
218	357	helder costa	Individual	Senior Masculino	01:08:12	+34:22	06:49
219	364	Jaime Almeida	Individual	Senior Masculino	01:08:28	+34:39	06:51
220	330	Bruno Rios	Individual	Senior Masculino	01:08:28	+34:39	06:51
221	420	Tiago Lopes	Individual	Senior Masculino	01:08:33	+34:43	06:51
222	375	jose ricardo pinheiro da silva	Individual	Senior Masculino	01:08:57	+35:07	06:54
223	318	andre filipe batista da silva	Individual	Senior Masculino	01:08:57	+35:07	06:54
224	408	Ricardo Manuel Valente Silva	Individual	Senior Masculino	01:08:58	+35:08	06:54
225	424	VÍTOR MANUEL DOS SANTOS HENRIQUES	Individual	Senior Masculino	01:09:00	+35:10	06:54
226	13	Carlos Gomes	Acail Gas, S.A:	Senior Masculino	01:09:42	+35:52	06:58
227	742	Rúben Santos	RRG Boavista	Senior Masculino	01:09:59	+36:10	07:00
228	678	Miguel Pinto	Os Cansados - O Regional	Senior Masculino	01:09:59	+36:10	07:00
229	703	Nuno Eça	OvarRun	Senior Masculino	01:10:02	+36:12	07:00
230	732	Jaime Ribeiro	ROMPEZOLAS	Senior Masculino	01:10:02	+36:12	07:00
231	360	Helder Teixeira	Individual	Senior Masculino	01:10:14	+36:25	07:01
232	213	brito pinho	Geocrosstrail	Senior Masculino	01:10:54	+37:05	07:05
233	251	Rogério Henriques	Grupo de Corrida de Argoncilhe	Senior Masculino	01:11:15	+37:26	07:08
234	271	Vitor Gomes	I9 team	Senior Masculino	01:11:24	+37:34	07:08
235	270	Carlos Teixeira	I9 team	Senior Masculino	01:11:24	+37:34	07:08
236	401	Pedro Oliveira	Individual	Senior Masculino	01:11:33	+37:43	07:09

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237	158	Jorge Barbosa	Equipa Boot	Senior Masculino	01:11:35	+37:45	07:10
238	157	Ivo Nascimento	Equipa Boot	Senior Masculino	01:11:35	+37:45	07:10
239	337	Claudio Macedo	Individual	Senior Masculino	01:11:56	+38:06	07:12
240	772	Pedro Lopes	The Sloths	Senior Masculino	01:12:26	+38:36	07:15
241	676	João Lopes	Os Cansados - O Regional	Senior Masculino	01:13:34	+39:44	07:21
242	679	Nuno Nunes	Os Cansados - O Regional	Senior Masculino	01:13:35	+39:46	07:22
243	608	Apolinario Pereira	KO	Senior Masculino	01:14:49	+40:59	07:29
244	140	LUÍS SILVA	CLRUNNERES	Senior Masculino	01:15:28	+41:38	07:33
245	71	Jorge silva	Bravos&Bravitas	Senior Masculino	01:16:31	+42:42	07:39
246	378	Lucas Leitão	Individual	Senior Masculino	01:16:53	+43:03	07:41
247	346	FÁBIO MAGALHÃES	Individual	Senior Masculino	01:17:29	+43:39	07:45
248	798	Sérgio Miguel Oliveira Correia	HMC Sports	Senior Masculino	01:20:01	+46:11	08:00
249	686	Leandro Oliveira	Os Rookies	Senior Masculino	01:24:30	+50:41	08:27
250	758	João Afonso Silva Conceição	Sempr andar	Senior Masculino	01:24:41	+50:51	08:28
251	358	Hélder José Oliveira Lopes	Individual	Senior Masculino	01:24:42	+50:52	08:28
252	774	Hugo Ferreira	Traquinas do Conga	Senior Masculino	01:24:56	+51:06	08:30

Veterana F40

1	223	Mónica Oliveira	Geocrosstrail	Veterana F40	46:28	+12:39	04:39
2	436	Fátima Tavares	Individual	Veterana F40	50:58	+17:09	05:06
3	439	Maria Lino	Individual	Veterana F40	52:08	+18:18	05:13
4	246	Ângela Moutinho	Gondomar Futsal Clube	Veterana F40	52:13	+18:23	05:13
5	433	Carla Maria Reis de Sá Cardoso	Individual	Veterana F40	54:09	+20:19	05:25
6	733	Isabel Costa	ROMPEZOLAS	Veterana F40	55:18	+21:28	05:32
7	196	Anabela Santos	FortePaixão	Veterana F40	56:36	+22:47	05:40
8	258	carla sousa	G.D.C. do Guilhovai	Veterana F40	57:43	+23:53	05:46
9	83	Sonia pereira	Bravos&Bravitas	Veterana F40	57:46	+23:56	05:47
10	432	CARLA GABRIELA MARTINS FERREIRA	Individual	Veterana F40	58:03	+24:13	05:48
11	84	Sonia queiros	BRAVOS&BRAVITAS	Veterana F40	59:14	+25:25	05:55
12	226	Sara Moreira	GEOCROSSTRAIL	Veterana F40	01:00:16	+26:27	06:02
13	721	Sandra Mascarenhas	Porto Sentido Runners	Veterana F40	01:00:20	+26:30	06:02
14	121	Sandra Pavão	Caledial Runners	Veterana F40	01:00:20	+26:31	06:02
15	720	Elizabete loureiro	Porto Sentido Runners	Veterana F40	01:00:20	+26:31	06:02
16	427	Ana Luísa faria	Individual	Veterana F40	01:00:37	+26:48	06:04
17	184	Juliana Marques Melo	Fit Arena Ginásio	Veterana F40	01:01:32	+27:42	06:09
18	435	Didia coelho	Individual	Veterana F40	01:02:08	+28:19	06:13
19	430	Balbina Leite	Individual	Veterana F40	01:02:25	+28:35	06:15
20	81	Dorinda Gomes	BRAVOS&BRAVITAS	Veterana F40	01:03:00	+29:10	06:18
21	441	Orquídea Gomes	Individual	Veterana F40	01:03:00	+29:10	06:18
22	812	Teresa Fallé	Individual	Veterana F40	01:04:20	+30:30	06:26
23	253	Rosalina Fontes	Grupo de Corrida de Argoncilhe	Veterana F40	01:04:30	+30:41	06:27
24	446	Silvia Vilar	Individual	Veterana F40	01:04:34	+30:45	06:27
25	227	Sónia Silva	Geocrosstrail	Veterana F40	01:04:58	+31:09	06:30
26	228	Teresa Gonçalves	Geocrosstrail	Veterana F40	01:04:59	+31:09	06:30

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27	142	Cristina Ferreira	Correr Viseu	Veterana F40	01:05:21	+31:32	06:32
28	705	Sandra Pereira	OvarRun	Veterana F40	01:06:09	+32:19	06:37
29	442	Paula Cristina Baptista da Silva Pinto	Individual	Veterana F40	01:06:13	+32:23	06:37
30	224	Paula almeida	GEOCROSSTRAIL	Veterana F40	01:06:53	+33:03	06:41
31	86	Susana gomes	Bravos&Bravitas	Veterana F40	01:06:59	+33:09	06:42
32	615	SUSANA LUIS	LION RUNNERS - G.D. Leões da Guarda	Veterana F40	01:07:07	+33:17	06:43
33	32	Fátima Ramos	ALIANÇA DE GANDRA	Veterana F40	01:07:46	+33:57	06:47
34	243	Sílvia de Fátima João da Silva	Ginásio Clube de Bragança	Veterana F40	01:08:00	+34:10	06:48
35	429	Armanda Rocha	Individual	Veterana F40	01:08:02	+34:13	06:48
36	836	Sandra Ferreira	IF	Veterana F40	01:08:11	+34:21	06:49
37	689	Veronica Sampaio	Outlaw Runners	Veterana F40	01:08:12	+34:23	06:49
38	434	Cristina Maria da Silva Azevedo	Individual	Veterana F40	01:08:14	+34:24	06:49
39	797	Raquel Patricia Loureiro Delgado	HMC Sports	Veterana F40	01:08:21	+34:31	06:50
40	82	Liliana canedo	Bravos&Bravitas	Veterana F40	01:08:27	+34:37	06:51
41	704	Francisca Pereira	OvarRun	Veterana F40	01:08:34	+34:44	06:51
42	167	Helena Silva	Estourados	Veterana F40	01:08:36	+34:46	06:52
43	168	Susana Richa	Estourados	Veterana F40	01:08:36	+34:46	06:52
44	85	Sonia raquel	BRAVOS&BRAVITAS	Veterana F40	01:08:37	+34:47	06:52
45	781	sonia fernanda da silva carvalho	tu das cabo de mim	Veterana F40	01:09:05	+35:15	06:55
46	108	Teresa Tavares	CAL - Clube Atletismo de Lamas	Veterana F40	01:09:06	+35:16	06:55
47	440	Marisa dias Ribeiro	Individual	Veterana F40	01:10:14	+36:25	07:01
48	431	Carla Alves Saro	Individual	Veterana F40	01:10:52	+37:03	07:05
49	124	sandra santos	Câmara santa maria da Feira	Veterana F40	01:12:58	+39:09	07:18
50	443	Regina Melo	Individual	Veterana F40	01:14:02	+40:12	07:24
51	61	Anabela Oliveira	Bora lá malta	Veterana F40	01:14:09	+40:19	07:25
52	658	Catarina Bessa	Miudas Giras	Veterana F40	01:14:45	+40:55	07:29
53	656	Anabela Monteiro	Miudas Giras	Veterana F40	01:14:45	+40:55	07:29
54	426	Adélia Silva	Individual	Veterana F40	01:14:50	+41:00	07:29
55	827	Guilhermina Ligeiro	HMC Sports	Veterana F40	01:15:15	+41:25	07:32
56	657	Carla Santos	Miudas Giras	Veterana F40	01:15:59	+42:09	07:36
57	53	Carla Costa	As Mafiosas	Veterana F40	01:16:19	+42:29	07:38
58	19	Patrícia Martins	ACRA Running	Veterana F40	01:16:50	+43:00	07:41
59	444	Sandra Torres	Individual	Veterana F40	01:17:29	+43:39	07:45
60	614	JOANA MARTINS	LION RUNNERS - G.D. Leões da Guarda	Veterana F40	01:19:28	+45:39	07:57
61	225	sara moreira	Geocrosstrail	Veterana F40	01:24:01	+50:11	08:24

Veterana F50

1	581	MATILDE BAPTISTA	JAM Juventude Atlético Mozelense	Veterana F50	45:58	+12:09	04:36
2	87	Graça ribeiro	Bravos&Bravitas	Veterana F50	54:29	+20:39	05:27
3	132	Filomena Santos	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterana F50	56:29	+22:39	05:39
4	448	Fernanda Almeida	Individual	Veterana F50	59:26	+25:36	05:57
5	734	Maria José Amorim	ROMPEZOLAS	Veterana F50	01:01:38	+27:49	06:10
6	593	Manuela Castelo	Juventude Cortegacense	Veterana F50	01:02:25	+28:35	06:15

Prova Principal

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7	580	MARINHA BAPTISTA	JAM Juventude Atlético Mozelense	Veterana F50	01:05:02	+31:13	06:30
8	646	M CECILIA BASTOS	MC	Veterana F50	01:08:33	+34:43	06:51
9	453	Maria Alzira Gomes	Individual	Veterana F50	01:10:28	+36:38	07:03
10	454	Teresa Brito Fonte	Individual	Veterana F50	01:14:09	+40:19	07:25
11	137	Olívia Brandão	CGD-Ovar	Veterana F50	01:14:34	+40:44	07:27
12	826	Julia Grilo	HMC Sports	Veterana F50	01:15:15	+41:25	07:32
13	54	Amélia Costa	As Mafiosas	Veterana F50	01:16:19	+42:29	07:38
14	626	Fátima Carvalho	Mangueiras - Run/Walk TEAM	Veterana F50	01:17:14	+43:24	07:43
15	451	Maria Alcina Moura	Individual	Veterana F50	01:17:25	+43:35	07:45
16	56	Natalina Videira	As Mafiosas	Veterana F50	01:24:22	+50:32	08:26
17	449	Jeannette Correia	Individual	Veterana F50	01:27:28	+53:38	08:45

Veterano M40

1	548	Vítor Santos	Individual	Veterano M40	33:49		03:23
2	197	Artur Rodrigues	G.D.C. do Guilhovai	Veterano M40	33:54	+00:04	03:23
3	820	Paulo Pereira	Guilhovai	Veterano M40	34:45	+00:55	03:29
4	517	Paulo pinto	Individual	Veterano M40	36:53	+03:03	03:41
5	760	Tozé Amorim	Serviços Sociais Câmara Municipal da Feira	Veterano M40	39:59	+06:10	04:00
6	88	Carlos Silva	Bravos&Bravitas	Veterano M40	40:09	+06:19	04:01
7	92	Jorge queiros	BRAVOS&BRAVITAS	Veterano M40	40:29	+06:39	04:03
8	46	PEDRO Manos Simocas	ARSM - Associação Recreativa de S. Miguel	Veterano M40	40:43	+06:54	04:04
9	493	José Correia	Individual	Veterano M40	41:08	+07:19	04:07
10	540	Victor Correia	Individual	Veterano M40	41:09	+07:20	04:07
11	693	Jorge Gomes	Outlaw Runners	Veterano M40	41:20	+07:31	04:08
12	115	Henrique Silva	Caldas de S.Jorge Sport Clube	Veterano M40	41:22	+07:33	04:08
13	35	Sérgio Pereira	ALIANÇA DE GANDRA	Veterano M40	42:06	+08:16	04:13
14	616	LUIS SA	LION RUNNERS - G.D. Leões da Guarda	Veterano M40	42:59	+09:09	04:18
15	480	Henrique Neves	Individual	Veterano M40	43:34	+09:44	04:21
16	461	Aurélio Luís Bessa Saúde	Individual	Veterano M40	44:08	+10:18	04:25
17	707	Filipe Pereira	OvarRun	Veterano M40	44:12	+10:22	04:25
18	690	Carlos Couto	Outlaw Runners	Veterano M40	45:07	+11:17	04:31
19	483	Jacinto Silva	Individual	Veterano M40	45:24	+11:34	04:32
20	254	Sérgio Oliveira	Grupo de Corrida de Argoncilhe	Veterano M40	45:47	+11:57	04:35
21	195	Marco Aurélio Pinto	Fogaças Com Malapos	Veterano M40	45:52	+12:02	04:35
22	811	Paulo Jorge Gomes Santos	MC	Veterano M40	45:58	+12:09	04:36
23	472	Emanuel Mota	Individual	Veterano M40	46:05	+12:15	04:37
24	495	José Peixoto	Individual	Veterano M40	46:05	+12:15	04:37
25	711	VALTER CORREIA	OvarRun	Veterano M40	46:24	+12:34	04:38
26	40	Marco António Alves Miranda	AlphaRunning	Veterano M40	46:27	+12:38	04:39
27	116	Miguel Almeida	Caldas de S.Jorge Sport Clube	Veterano M40	46:36	+12:47	04:40
28	636	Paulo Oliveira	MC	Veterano M40	46:40	+12:50	04:40
29	503	Manuel Couto	Individual	Veterano M40	46:46	+12:57	04:41
30	510	Miguel Pimentel	Individual	Veterano M40	46:59	+13:09	04:42

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31	94	Paulo gomes	BRAVOS&BRAVITAS	Veterano M40	46:59	+13:09	04:42
32	474	Filipe Ribeiro	Individual	Veterano M40	47:04	+13:14	04:42
33	464	Carlos Bruno	Individual	Veterano M40	47:07	+13:17	04:43
34	486	Joaquim Baptista	Individual	Veterano M40	47:28	+13:38	04:45
35	547	Vitor Paulino	Individual	Veterano M40	47:29	+13:40	04:45
36	664	Raul Silva	Núcleo de Montanha de Espinho	Veterano M40	47:54	+14:04	04:47
37	546	Vitor Manuel Ferreira de Sá	Individual	Veterano M40	47:58	+14:09	04:48
38	476	Franclim Monteiro	Individual	Veterano M40	48:21	+14:31	04:50
39	648	FERNANDO VARANDA	MC	Veterano M40	48:23	+14:34	04:50
40	588	David Aguiar	JUFacc	Veterano M40	48:27	+14:37	04:51
41	647	Carlos Familiar	MC	Veterano M40	48:31	+14:41	04:51
42	236	Vitor moreira	GEOCROSSTRAIL	Veterano M40	48:32	+14:43	04:51
43	531	Rui Freitas	Individual	Veterano M40	48:33	+14:44	04:51
44	511	Miguel Rego	Individual	Veterano M40	48:34	+14:45	04:51
45	38	Carlos Alberto Soares Moreira	AlphaRunning	Veterano M40	48:40	+14:51	04:52
46	528	Ricardo Seromenho	Individual	Veterano M40	48:41	+14:52	04:52
47	691	Filipe pinho	Outlaw runners	Veterano M40	48:48	+14:58	04:53
48	499	Luis Manuel da Silva morais	Individual	Veterano M40	49:01	+15:11	04:54
49	60	Carlos Fernandes	Aztrail/mercentro	Veterano M40	49:13	+15:23	04:55
50	163	José Pires	ESADOF	Veterano M40	49:18	+15:29	04:56
51	463	Bruno Miguel Morais Moreira	Individual	Veterano M40	49:19	+15:29	04:56
52	649	JORGE LAGAREIRO	MC	Veterano M40	49:21	+15:31	04:56
53	456	Adelino Almeida	Individual	Veterano M40	49:34	+15:44	04:57
54	460	Armando Almeida	Individual	Veterano M40	49:39	+15:49	04:58
55	111	NUNO PEREIRA	CAL - Clube Atletismo de Lamas	Veterano M40	49:39	+15:49	04:58
56	537	Tiago Almeida	Individual	Veterano M40	49:39	+15:49	04:58
57	536	Sérgio Almeida	Individual	Veterano M40	49:43	+15:53	04:58
58	33	Pedro Silva	Aliança de Gandra	Veterano M40	49:50	+16:00	04:59
59	708	Maia Vieira	OvarRun	Veterano M40	49:57	+16:07	05:00
60	10	Vitor domingos Rodrigues costa	A C Vermoim	Veterano M40	50:09	+16:20	05:01
61	93	Mike	BRAVOS&BRAVITAS	Veterano M40	50:13	+16:23	05:01
62	728	Andre Pinho	Reumatico Trail Team	Veterano M40	50:14	+16:24	05:01
63	485	João Paulo de Sousa e Silva	Individual	Veterano M40	50:22	+16:33	05:02
64	529	Roberto Carlos Gomes Silva	Individual	Veterano M40	50:36	+16:46	05:04
65	492	Jose Augusto Sobral Gomes	Individual	Veterano M40	50:37	+16:47	05:04
66	821	Nuno Santos	Individual	Veterano M40	50:47	+16:58	05:05
67	544	vitor almeida	Individual	Veterano M40	51:01	+17:12	05:06
68	91	Joao sousa	BRAVOS&BRAVITAS	Veterano M40	51:03	+17:13	05:06
69	496	José Salgueiro	Individual	Veterano M40	51:05	+17:15	05:07
70	233	Ricardo Godinho	Geocrosstrail	Veterano M40	51:06	+17:16	05:07
71	759	Fernando Brandão	Sentir Escariz runing	Veterano M40	51:08	+17:19	05:07
72	230	Jorge Moreira	GEOCROSSTRAIL	Veterano M40	51:16	+17:27	05:08
73	542	Victor Manuel Nunes Pinto	Individual	Veterano M40	51:23	+17:33	05:08
74	489	Jorge Tavares	Individual	Veterano M40	51:30	+17:40	05:09
75	530	Rui Ferreira	Individual	Veterano M40	51:33	+17:44	05:09
76	264	Jacinto de Almeida	HAPPY RUNNERS VLC	Veterano M40	51:39	+17:49	05:10

Prova Principal

10 KM



OFFICIAL RESULT

77	794	Manuel Migueis	VCBike	Veterano M40	51:44	+17:54	05:10
78	234	Rui Moreira	Geocrosstrail	Veterano M40	52:00	+18:10	05:12
79	458	António Fernandes	Individual	Veterano M40	52:03	+18:13	05:12
80	577	TONY MATIAS	INSÍGNIA MOBILIARIO	Veterano M40	52:05	+18:16	05:13
81	488	Jorge Rodrigues	Individual	Veterano M40	52:08	+18:18	05:13
82	533	Rui Miguel Gonçalves Nunes	Individual	Veterano M40	52:10	+18:21	05:13
83	457	Amílcar Daniel	Individual	Veterano M40	52:11	+18:21	05:13
84	170	Rogério Eusebio Fernandes	F. C. Estrelas Susanenses	Veterano M40	52:12	+18:22	05:13
85	109	Carlos Cardoso	CAL - Clube Atletismo de Lamas	Veterano M40	52:17	+18:27	05:14
86	475	Francisco Oliveira	Individual	Veterano M40	52:21	+18:31	05:14
87	471	Elísio	Individual	Veterano M40	52:21	+18:31	05:14
88	502	Luis Santos	Individual	Veterano M40	52:27	+18:37	05:15
89	231	Jorge Silva	Geocrosstrail	Veterano M40	52:37	+18:47	05:16
90	114	Carlos Sousa	Caldas de S.Jorge Sport Clube	Veterano M40	52:44	+18:55	05:16
91	100	Tony Mendes	BTT Alegria // TUBANI	Veterano M40	52:49	+18:59	05:17
92	470	Eduardo Neves	Individual	Veterano M40	52:55	+19:06	05:18
93	232	Paulo Santos	GEOCROSSTRAIL	Veterano M40	52:55	+19:06	05:18
94	465	Carlos Lancha	Individual	Veterano M40	53:04	+19:15	05:18
95	186	Victor Antonio de Costa e Sousa	Fit Arena Ginásio	Veterano M40	53:25	+19:36	05:21
96	498	Luis Gomes	Individual	Veterano M40	53:25	+19:36	05:21
97	545	Vítor Lemos	Individual	Veterano M40	53:40	+19:50	05:22
98	729	Pedro Ferreira	Reumatico Trail Team	Veterano M40	53:48	+19:58	05:23
99	473	Fernando Almeida	Individual	Veterano M40	53:48	+19:59	05:23
100	17	Jorge Francisco	Acail Gas, S.A:	Veterano M40	53:59	+20:10	05:24
101	650	JORGE SILVA	MC	Veterano M40	54:28	+20:39	05:27
102	534	Rui Pedro pinho feteira	Individual	Veterano M40	54:34	+20:44	05:27
103	174	Hugo Sá	Família Malhão	Veterano M40	54:37	+20:47	05:28
104	133	Carlos Rodrigues	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M40	54:37	+20:48	05:28
105	509	Mário Araújo	Individual	Veterano M40	54:46	+20:57	05:29
106	481	Horácio Ferreira	Individual	Veterano M40	54:47	+20:58	05:29
107	519	Paulo Sérgio mota	Individual	Veterano M40	54:47	+20:58	05:29
108	504	Manuel António Prazeres Ribeiro	Individual	Veterano M40	54:51	+21:02	05:29
109	606	Bruno Santos	KIRCHHOFF KUNECT RUNING TEAM	Veterano M40	54:54	+21:05	05:29
110	200	Nuno Lopes	GDRC ALTO AVILHO	Veterano M40	55:04	+21:14	05:30
111	484	João Paulino	Individual	Veterano M40	55:11	+21:21	05:31
112	763	João Carlos Figueiredo da Silva	Soares e Silva	Veterano M40	55:11	+21:21	05:31
113	692	Ivo couto	Outlaw runners	Veterano M40	55:13	+21:23	05:31
114	241	Antonio Sa	Geração Paramos	Veterano M40	55:22	+21:32	05:32
115	242	Eusebio Lopes	Geração Paramos	Veterano M40	55:22	+21:32	05:32
116	161	Miguel Barbosa	Equipa Boot	Veterano M40	55:38	+21:49	05:34
117	110	Flávio Soares	CAL - Clube Atletismo de Lamas	Veterano M40	55:49	+21:59	05:35
118	112	Pedro Gomes	CAL - Clube Atletismo de Lamas	Veterano M40	56:04	+22:14	05:36
119	490	José	Individual	Veterano M40	56:05	+22:15	05:37
120	541	victor costa	Individual	Veterano M40	56:05	+22:15	05:37
121	59	Dinis Esteves	ASDREQ	Veterano M40	56:18	+22:29	05:38

Prova Principal

10 KM



OFFICIAL RESULT

168	525	Pedro Pereira	Individual	Veterano M40	01:04:46	+30:56	06:29
169	749	Daniel Oliveira	Runners & Friends	Veterano M40	01:05:06	+31:16	06:31
170	143	Luís Santos	Correr Viseu	Veterano M40	01:05:22	+31:32	06:32
171	5	Valter Caseiro	#correabrón	Veterano M40	01:06:05	+32:15	06:37
172	795	Pedro Freire Rodrigues	Vilaventura Trail Running Team	Veterano M40	01:06:06	+32:16	06:37
173	89	Carlos Carneiro	BRAVOS&BRAVITAS	Veterano M40	01:06:36	+32:46	06:40
174	543	Vitor Alexandre Oliveira Neves	Individual	Veterano M40	01:06:55	+33:05	06:42
175	6	Amílcar Teixeira	100meta	Veterano M40	01:07:07	+33:17	06:43
176	778	Miguel Rodrigues	Traquinas do Conga	Veterano M40	01:07:26	+33:36	06:45
177	539	Tiago silva	Individual	Veterano M40	01:08:13	+34:23	06:49
178	455	Adão Henrique Teixeira Cravinho	Individual	Veterano M40	01:08:57	+35:08	06:54
179	782	joao filipe veiga barroso	tu das cabo de mim	Veterano M40	01:09:05	+35:15	06:55
180	16	Domingos Novo	Acail Gas, S.A:	Veterano M40	01:09:42	+35:53	06:58
181	478	Helder Silva	Individual	Veterano M40	01:10:07	+36:17	07:01
182	145	Cláudio Guarda	Dói-me quase tudo...	Veterano M40	01:10:26	+36:36	07:03
183	146	Nuno Ribeiro	Dói-me quase tudo...	Veterano M40	01:10:29	+36:39	07:03
184	799	Antonio fernando rodrigues da Rocha	HMC Sports	Veterano M40	01:10:32	+36:42	07:03
185	505	Manuel Pinto	Individual	Veterano M40	01:10:36	+36:46	07:04
186	680	António Pinto	Os Cansados - O Regional	Veterano M40	01:10:39	+36:49	07:04
187	513	Nelson Adrego	Individual	Veterano M40	01:11:25	+37:35	07:09
188	125	Marco Lopes	Câmara santa maria da Feira	Veterano M40	01:12:58	+39:09	07:18
189	506	Manuel sousa	Individual	Veterano M40	01:16:31	+42:41	07:39
190	491	José Pereira	Individual	Veterano M40	01:16:59	+43:09	07:42
191	466	Carlos Mendes	Individual	Veterano M40	01:20:09	+46:20	08:01
192	487	JORGE OLIVEIRA	Individual	Veterano M40	01:21:32	+47:42	08:09
193	753	julio costa	salgueiros runnig	Veterano M40	01:24:22	+50:32	08:26
194	780	Serafim Maia	Traquinas do Conga	Veterano M40	01:24:56	+51:06	08:30
195	779	Rafael António das Neves Pereira	Traquinas do Conga	Veterano M40	01:24:57	+51:08	08:30

Veterano M50

1	47	Carlos Simões	ARSM - Associação Recreativa de S. Miguel	Veterano M50	39:18	+05:28	03:56
2	201	Jorge Luz	GDSPOLEIROS	Veterano M50	40:37	+06:47	04:04
3	583	FERNANDO BRANDÃO	JAM Juventude Atlético Mozelense	Veterano M50	41:24	+07:35	04:08
4	790	João	vale dos duros	Veterano M50	42:09	+08:19	04:13
5	48	Jose Simões	ARSM - Associação Recreativa de S. Miguel	Veterano M50	42:25	+08:35	04:15
6	556	DAVID DA SILVA FERNANDES	Individual	Veterano M50	42:46	+08:56	04:17
7	730	ANTONIO SILVA	RIPOLINS GRIJÓ A CORRER	Veterano M50	43:05	+09:15	04:19
8	117	Manuel Domingues	Caldas de S.Jorge Sport Clube	Veterano M50	43:32	+09:42	04:21
9	553	Carlos Alberto Ferreira	Individual	Veterano M50	44:24	+10:34	04:26
10	568	José Soares Correia	Individual	Veterano M50	44:28	+10:39	04:27
11	751	Joaquim lobato	RUNNING ESPINHO	Veterano M50	44:47	+10:58	04:29
12	558	fernando morais	Individual	Veterano M50	45:06	+11:17	04:31
13	118	Ramiro Silva	Caldas de S.Jorge Sport Clube	Veterano M50	45:26	+11:37	04:33
14	838	David Silva	Plakard Pneus	Veterano M50	47:14	+13:24	04:43

Prova Principal

10 KM



OFFICIAL RESULT

15	789	António Oliveira	vale dos duros	Veterano M50	49:54	+16:04	04:59
16	11	José Joaquim Rodrigues costa	A C Vermoim	Veterano M50	50:10	+16:20	05:01
17	552	Baltazar Ferreira	Individual	Veterano M50	50:18	+16:28	05:02
18	584	JOSÉ PINTO	JAM Juventude Atlético Mozelense	Veterano M50	51:06	+17:16	05:07
19	267	Arlindo Tavares Rodrigues	HAPPY RUNNERS VLC	Veterano M50	51:39	+17:49	05:10
20	268	Manuel Oliveira	HAPPY RUNNERS VLC	Veterano M50	51:40	+17:50	05:10
21	560	Alberto Oliveira	Individual	Veterano M50	51:55	+18:05	05:12
22	171	JOSE Lino Ferreira MOURA	F. C. Estrelas Susanenses	Veterano M50	52:15	+18:26	05:14
23	565	José Fernandes	Individual	Veterano M50	52:47	+18:57	05:17
24	574	Paulo Marques	Individual	Veterano M50	52:56	+19:06	05:18
25	569	Luís Higino	Individual	Veterano M50	53:22	+19:33	05:20
26	24	Paulo Almeida	AFIS/OVAR	Veterano M50	53:41	+19:51	05:22
27	573	Paulo Almeida	Individual	Veterano M50	53:47	+19:57	05:23
28	570	Manuel Pelágio dos Santos Silva	Individual	Veterano M50	54:04	+20:14	05:24
29	571	Manuel Pereira da Silva	Individual	Veterano M50	54:33	+20:43	05:27
30	134	Fernando Leite	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M50	54:37	+20:48	05:28
31	567	José Paula	Individual	Veterano M50	54:40	+20:50	05:28
32	36	Mário Carvalho	ALIANÇA DE GANDRA	Veterano M50	54:49	+20:59	05:29
33	582	AUGUSTO BAPTISTA	JAM Juventude Atlético Mozelense	Veterano M50	55:26	+21:36	05:33
34	23	Carlos Campos	Afis/Ovar	Veterano M50	55:29	+21:40	05:33
35	575	Pedro Vicente	Individual	Veterano M50	55:43	+21:54	05:34
36	554	Carlos Correia	Individual	Veterano M50	55:48	+21:58	05:35
37	557	Fernando Brandão	Individual	Veterano M50	56:09	+22:19	05:37
38	135	Joaquim Oliveira	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M50	56:28	+22:39	05:39
39	20	Jose Fernando De Sousa E Matos	adrep	Veterano M50	56:49	+23:00	05:41
40	96	Manuel Gomes	BRAVOS&BRAVITAS	Veterano M50	58:12	+24:22	05:49
41	562	João pintinha	Individual	Veterano M50	59:48	+25:58	05:59
42	563	Joaquim Manuel da Costa Moreira	Individual	Veterano M50	01:00:08	+26:19	06:01
43	561	ISIDRO SILVA	Individual	Veterano M50	01:00:16	+26:27	06:02
44	722	Carlos Martins	Porto Sentido Runners	Veterano M50	01:00:20	+26:30	06:02
45	123	Paulo Pinheiro	Caledial Runners	Veterano M50	01:00:20	+26:30	06:02
46	122	João Alves	Caledial Runners	Veterano M50	01:00:20	+26:30	06:02
47	257	Rui Oliveira	Grupo de Corrida de Argoncilhe	Veterano M50	01:00:38	+26:48	06:04
48	256	Fernando Silva	Grupo de Corrida de Argoncilhe	Veterano M50	01:00:38	+26:48	06:04
49	255	Fernando Couto	Grupo de Corrida de Argoncilhe	Veterano M50	01:01:11	+27:21	06:07
50	269	Paulo Costa	Hilti Running Team	Veterano M50	01:01:21	+27:31	06:08
51	7	Carlos Alberto Pinto Ferreira	3RACE CHALLENGE	Veterano M50	01:02:05	+28:15	06:13
52	596	Paulo Castelo	Juventude Cortegacense	Veterano M50	01:02:25	+28:35	06:15
53	595	Augusto Silsa	Juventude Cortegacense	Veterano M50	01:02:25	+28:35	06:15
54	550	Adriano Oliveira	Individual	Veterano M50	01:02:39	+28:49	06:16
55	549	ADERITO VIDEIRA	Individual	Veterano M50	01:02:46	+28:57	06:17
56	566	José Maria Moreira Santos	Individual	Veterano M50	01:04:04	+30:14	06:24
57	559	FERNANDO SILVA	Individual	Veterano M50	01:04:12	+30:22	06:25
58	813	Paulo Pais	Individual	Veterano M50	01:04:20	+30:31	06:26
59	555	Casimiro António Fernandes	Individual	Veterano M50	01:05:43	+31:53	06:34

Prova Principal

10 KM

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OFFICIAL RESULT

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

60	8	Ricardo Bastos	A A Lebres do Sado	Veterano M50	01:05:50	+32:00	06:35
61	43	Serafim fonseca	amigos s.pedro da cova	Veterano M50	01:07:29	+33:40	06:45
62	712	Francisco Gonçalves	OvarRun	Veterano M50	01:07:35	+33:45	06:46
63	694	Joaquim Sampaio	Outlaw Runners	Veterano M50	01:10:08	+36:19	07:01
64	564	Jorge Manuel Pestana Saro	Individual	Veterano M50	01:10:52	+37:03	07:05
65	572	Mário Jorge	Individual	Veterano M50	01:12:13	+38:23	07:13
66	138	António Brandão	CGD-Ovar	Veterano M50	01:14:34	+40:44	07:27

COLETIVO - PROVA PRINCIPAL

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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	ACAIL GAS, S.A:	269 + 270 + 596	1135
40	TRAQUINAS DO CONGA	266 + 333 + 559	1158
41	RUNNERS & FRIENDS	127 + 527 + 528	1182
42	ROMPEZOLAS	307 + 457 + 460	1224
43	KO	248 + 359 + 656	1263
44	PORTO SENTIDO RUNNERS	422 + 423 + 429	1274
45	CALEDIAL RUNNERS	424 + 425 + 426	1275
46	MARCHA DOS PINGUIS	345 + 414 + 695	1454
47	ESTOURADOS	443 + 464 + 582	1489
48	HMC SPORTS	465 + 575 + 613	1653
49	DÓI-ME QUASE TUDO...	474 + 610 + 612	1696
50	THE SLOTHS	639 + 640 + 641	1920
51	MIUDAS GIRAS	654 + 655 + 662	1971
52	AS MAFIOSAS	663 + 664 + 699	2026
53	OS ROOKIES	701 + 702 + 703	2106