

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

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

**OFFICIAL RESULT**

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

	Time	Temperature	Humidity
Start	22:00	20°C	88%
End	23:48	20°C	88%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	2	Augusto Costa	amigos da montanha	Senior Masculino	36:11		03:37
2	469	Fernando Grilo	sira - soc instrução e recreio aldreense	Senior Masculino	38:48	+02:37	03:53
3	392	Germano Figueira	individual	Senior Masculino	38:58	+02:47	03:54
4	214	Adriano Sá	aguias de alvelos	Senior Masculino	40:00	+03:49	04:00
5	334	Luís António Fernandes Dantas	individual	Senior Masculino	40:41	+04:29	04:04
6	150	Pedro Miguel Matos Torres	vida ativa runners	Senior Masculino	40:57	+04:46	04:06
7	258	José Miguel Rodrigues da Silva	motorline	Senior Masculino	41:40	+05:29	04:10
8	338	Paulo Macedo	individual	Senior Masculino	41:56	+05:45	04:12
9	312	VITOR FERREIRA	os rompe solas	Senior Masculino	42:12	+06:00	04:13
10	499	Luis Freitas	individual	Senior Masculino	42:12	+06:01	04:13
11	397	Bruno Miguel Dias da Costa	arca runners barcelos	Senior Masculino	42:20	+06:08	04:14
12	432	Orlando Jorge Faria da Silva	detrasparente	Senior Masculino	42:32	+06:21	04:15
13	396	Pedro Vale	arca barcelos runners	Senior Masculino	43:00	+06:48	04:18
14	160	Tiago Duarte	vf's	Senior Masculino	44:12	+08:01	04:25
15	225	António Cardoso	a.d.carvalhal	Senior Masculino	44:14	+08:03	04:25
16	237	Jorge Filipe Silva Santos	individual	Senior Masculino	44:19	+08:08	04:26
17	260	António Miguel Silva Domingues	lebres minhotas	Senior Masculino	44:23	+08:11	04:26
18	164	Joaquim Jose Silva Faria Oliveira	vf's	Senior Masculino	44:26	+08:14	04:27
19	165	André Sousa Loureiro	vf's	Senior Masculino	44:26	+08:15	04:27
20	363	Luís Neco	arca barcelos runners	Senior Masculino	44:38	+08:27	04:28
21	373	João Paulo Dias Gonçalves	airórun	Senior Masculino	44:49	+08:37	04:29
22	195	Fernando José Carvalho Ferreira	atletico clube alfenense	Senior Masculino	44:56	+08:45	04:30
23	317	José Pereira	airorun	Senior Masculino	44:59	+08:47	04:30
24	259	António Miguel Soares Martins	lebres minhotas	Senior Masculino	45:05	+08:54	04:31
25	429	Domingos Martinho Ferreira Martins	individual	Senior Masculino	45:10	+08:59	04:31
26	360	António Carlos Sousa Vilas Boas	arca barcelos runners	Senior Masculino	45:13	+09:02	04:31
27	205	JOAQUIM MANUEL ARAÚJO BARBOSA	os isabelinhas	Senior Masculino	45:14	+09:03	04:31
28	252	Filipe Martins	os isabelinhas	Senior Masculino	45:17	+09:05	04:32
29	63	Joaquim Manuel Soares Miranda	vidaativarunners	Senior Masculino	45:23	+09:12	04:32
30	19	João Carlos Vieira Teixeira dos Santos	individual	Senior Masculino	45:28	+09:17	04:33
31	106	Nuno Carlos Figueiredo Campos	individual	Senior Masculino	45:29	+09:17	04:33
32	349	Rui Manuel Araújo da Cunha	run primos	Senior Masculino	45:41	+09:30	04:34
33	400	Pedro Monteiro	individual	Senior Masculino	45:42	+09:31	04:34
34	46	Manuela Freitas	os isabelinhas	Senior Feminino	45:45	+09:33	04:35

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
35	330	Cesar Frederico Do Rego	individual	Senior Masculino	45:49	+09:38	04:35
36	279	Nelson Filipe da Cruz Fernandes	individual	Senior Masculino	46:03	+09:51	04:36
37	355	José Carlos Rodrigues Cardoso	arca barcelos runners	Senior Masculino	46:09	+09:57	04:37
38	319	Jorge Miguel Freitas Campos	individual	Senior Masculino	46:20	+10:08	04:38
39	103	João Carlos Soutelo Couto	individual	Senior Masculino	46:25	+10:13	04:39
40	311	Rafael Peixoto Ferreira	braguinhas runners	Senior Masculino	46:27	+10:16	04:39
41	250	Gonçalo Nuno Cardoso Mendes	ns team	Senior Masculino	46:32	+10:20	04:39
42	181	JOAQUIM DA CUNHA GOMES DE SÁ	bora lá	Senior Masculino	46:43	+10:32	04:40
43	377	Antonio Ferreira Silva	individual	Senior Masculino	47:02	+10:50	04:42
44	223	Bruno Alexandre Traila Pires	olímpico vianense	Senior Masculino	47:17	+11:06	04:44
45	384	José Carlos Jorge Pinto Sousa José Sousa	associação de atletismo lebres do sado	Senior Masculino	47:33	+11:22	04:45
46	191	Miguel Ângelo Mendanha Faria	faria	Senior Masculino	47:37	+11:25	04:46
47	362	Vitor Silva	arca barcelos runners	Senior Masculino	47:38	+11:27	04:46
48	189	Jorge Augusto Campos Machado	adosa - os santa apolónia	Senior Masculino	47:41	+11:30	04:46
49	342	Benjamim Batista da Cruz	individual	Senior Masculino	47:42	+11:31	04:46
50	431	Marlene Azevedo Silva Santos	papamadalhas	Senior Feminino	47:47	+11:36	04:47
51	249	Nuno João Vaz Mendes	ns team	Senior Masculino	47:54	+11:43	04:47
52	92	Ricardo costa	vidaativarunners	Senior Masculino	47:55	+11:44	04:48
53	351	Rui Manuel Campinho Vilas Boas	a.d.carvalhal	Senior Masculino	48:02	+11:50	04:48
54	11	Pedro Miguel da Costa Vieira Miranda	vida ativa runners	Senior Masculino	48:09	+11:58	04:49
55	138	João Vale	individual	Senior Masculino	48:23	+12:12	04:50
56	130	Raul Jorge Cetano Curva	individual	Senior Masculino	48:24	+12:13	04:50
57	37	Paulo Manuel da Silva Araújo	os isabelinhas	Senior Masculino	48:34	+12:23	04:51
58	356	David Ferreira	p&r têxteis	Senior Masculino	48:49	+12:38	04:53
59	390	António Vilaça	pés de chumbo	Senior Masculino	48:56	+12:45	04:54
60	285	Jesus António Faria Campos	gdctcmb	Senior Masculino	49:00	+12:48	04:54
61	304	Artur linhares	individual	Senior Masculino	49:03	+12:52	04:54
62	490	Marlene Maria Faria Miranda	b.t.m.	Senior Feminino	49:11	+13:00	04:55
63	263	Manuel Domingos Lopes Gomes	a.d.carvalhal	Senior Masculino	49:17	+13:06	04:56
64	228	Manuel João Ferreira Perestrelo	individual	Senior Masculino	49:17	+13:06	04:56
65	78	JOSE SOUSA	clube ateletismo britto	Senior Masculino	49:19	+13:08	04:56
66	273	Pedro Miguel Campos Martins	individual	Senior Masculino	49:21	+13:10	04:56
67	129	Rui Sergio Azevedo santos	papamedalhas	Senior Masculino	49:23	+13:12	04:56
68	307	Cláudio Miguel Pereira Alves	individual	Senior Masculino	49:26	+13:15	04:57
69	188	José Miguel Santos Costa	individual	Senior Masculino	49:28	+13:17	04:57
70	423	Jorge Pereira	individual	Senior Masculino	49:32	+13:21	04:57
71	162	Samuel Sousa Loureiro	vf's	Senior Masculino	49:35	+13:24	04:58
72	161	Carlos Manuel Miranda Rodrigues	vf's	Senior Masculino	49:45	+13:33	04:59

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
73	481	David Sousa	individual	Senior Masculino	49:48	+13:36	04:59
74	39	José Carlos Ribeiro Rodrigues	individual	Senior Masculino	49:48	+13:37	04:59
75	364	Carlos Xavier Figueiredo Monteiro	individual	Senior Masculino	49:53	+13:42	04:59
76	240	Fernando Bubna	individual	Senior Masculino	50:04	+13:52	05:00
77	123	João Orlando Coelho Pereira	individual	Senior Masculino	50:04	+13:52	05:00
78	216	Carlos Miguel Tomé Fernandes	individual	Senior Masculino	50:04	+13:53	05:00
79	27	João Ribeiro Laranjeira	ade trail running	Senior Masculino	50:06	+13:55	05:01
80	457	Álvaro Vale	ade trail running	Senior Masculino	50:06	+13:55	05:01
81	219	Nuno Miguel Barbosa Vilaça	individual	Senior Masculino	50:07	+13:56	05:01
82	262	Emanuel Costeira Rocha	lebres minhotas	Senior Masculino	50:11	+13:59	05:01
83	178	Rui Rodrigues	ruilhe runners	Senior Masculino	50:16	+14:04	05:02
84	506	Luis Miguel Dias Rodrigues	individual	Senior Masculino	50:18	+14:07	05:02
85	455	Pedro Íven Barbosa de Sousa	motorline	Senior Masculino	50:21	+14:10	05:02
86	142	Jorge Ribeiro	arca barcelos runners	Senior Masculino	50:33	+14:22	05:03
87	473	DUARTE Philippe	individual	Senior Masculino	50:40	+14:29	05:04
88	509	Artur Rodrigues	individual	Senior Masculino	50:46	+14:35	05:05
89	491	AVELINO FIGUEIREDO	águias de alvelos	Senior Masculino	50:56	+14:44	05:06
90	493	Stephane José da Silva Figueiredo	individual	Senior Feminino	50:57	+14:45	05:06
91	182	Domingos José Barbosa Dos Santos	individual	Senior Masculino	51:04	+14:53	05:06
92	505	Manuel da Costa Sousa	individual	Senior Masculino	51:09	+14:57	05:07
93	157	Paulo José Moreira Costa Rego	individual	Senior Masculino	51:10	+14:58	05:07
94	16	Samuel Linhares Durães	individual	Senior Masculino	51:11	+14:59	05:07
95	514	Vitor Gomes	individual	Senior Masculino	51:16	+15:05	05:08
96	199	Aurégio Américo Carriço Costa	atletico clube alfenense	Senior Masculino	51:27	+15:16	05:09
97	64	ABEL TEVES ALMEIDA	individual	Senior Masculino	51:33	+15:21	05:09
98	325	Edgar Gomes Prazeres da Costa	b.t.m.	Senior Masculino	51:35	+15:24	05:10
99	321	Alberto António Lopes Durães Vicencia	individual	Senior Masculino	51:37	+15:26	05:10
100	322	Vitor Hugo Lopes Carvalho	individual	Senior Masculino	51:37	+15:26	05:10
101	208	Romeu Gonçalo Ramos Ferreira da Costa	warriors	Senior Masculino	51:41	+15:29	05:10
102	172	Vitor Martins	renasce	Senior Masculino	51:43	+15:32	05:10
103	104	Domingos Manuel Santos Vale	individual	Senior Masculino	51:50	+15:39	05:11
104	483	Carla Salgado	individual	Senior Feminino	51:53	+15:42	05:11
105	497	Vitor Cunha	individual	Senior Masculino	51:53	+15:42	05:11
106	264	AMANDIO COSTA	clube atletismo brito	Senior Masculino	52:03	+15:52	05:12
107	132	João da Costa Rosendo	spin&run esposende	Senior Masculino	52:07	+15:55	05:13
108	282	José Machado	individual	Senior Masculino	52:10	+15:58	05:13
109	329	George Ferreira Araújo	cmbarcelos	Senior Masculino	52:10	+15:58	05:13
110	513	Paulo Campos	individual	Senior Masculino	52:18	+16:07	05:14
111	511	Paulo José Campos	individual	Senior Masculino	52:18	+16:07	05:14
112	245	João Paulo Ferreira	individual	Senior Masculino	52:26	+16:14	05:15
113	171	Bruno Filipe da Silva Loureiro	renasce	Senior Masculino	52:27	+16:16	05:15

PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
114	358	Carlos Manuel Pires Barbosa	individual	Senior Masculino	52:28	+16:17	05:15
115	254	António Rodrigues Almeida	os isabelinhas	Senior Masculino	52:29	+16:18	05:15
116	440	Manuel Monteiro Araújo	individual	Senior Masculino	52:37	+16:25	05:16
117	318	Deolinda Faria	airorun	Senior Feminino	52:46	+16:35	05:17
118	266	Antonio Miguel Rodrigues Miranda	vf's	Senior Masculino	52:58	+16:46	05:18
119	62	ALEXANDRE GRENHA	vidaativarunners	Senior Masculino	53:00	+16:49	05:18
120	180	Marcos Alexandre Coelho Lopes	individual	Senior Masculino	53:01	+16:49	05:18
121	163	Rui Couto	vf's	Senior Masculino	53:14	+17:03	05:19
122	23	Paulo Jorge Filipe Fernandes	braguinhas runners	Senior Masculino	53:17	+17:06	05:20
123	24	Hélder Manuel Gonçalves Barroso	braguinhas runners	Senior Masculino	53:17	+17:06	05:20
124	177	Rui Franclim Pinheiro Morais e Silva	individual	Senior Masculino	53:28	+17:16	05:21
125	357	Filipe Campos	p&r têxteis	Senior Masculino	53:28	+17:17	05:21
126	25	Nelson Cristiano Loureiro Da Silva	b.t.m.	Senior Masculino	53:30	+17:18	05:21
127	234	Joao Carlos da Costa Cerqueira	gjvp	Senior Masculino	53:35	+17:24	05:22
128	192	Paulo Arlindo Adão Alves martins	foice team	Senior Masculino	53:46	+17:35	05:23
129	275	Pedro Alexandre Gomes Sá Silva Pereira	grupo 46 lavra run	Senior Masculino	54:02	+17:51	05:24
130	246	Francisco Lopes	individual	Senior Masculino	54:06	+17:54	05:25
131	447	Ana Lúcia Silva Dias	individual	Senior Feminino	54:09	+17:58	05:25
132	476	Anabela Pereira Lopes	top top runners	Senior Feminino	54:14	+18:03	05:25
133	147	Daniel André Alves Fernandes	individual	Senior Masculino	54:23	+18:12	05:26
134	371	Artur Fernando Da Cruz Vilas Boas	individual	Senior Masculino	54:25	+18:14	05:27
135	376	José Manuel Andrade Dias	individual	Senior Masculino	54:28	+18:16	05:27
136	374	LUCIANO SILVA	individual	Senior Masculino	54:44	+18:32	05:28
137	26	Sérgio Filipe Machado da Silva	equipa bes	Senior Masculino	54:46	+18:35	05:29
138	176	Carla Cristina do Vale Figueiredo	individual	Senior Feminino	54:56	+18:44	05:30
139	145	Domingos Filipe Gonçalves Lima	individual	Senior Masculino	54:56	+18:45	05:30
140	100	André Gaspar Ribeiro Barbosa	serfisio	Senior Masculino	54:56	+18:45	05:30
141	425	José Manuel Pedrosa Gomes	individual	Senior Masculino	54:58	+18:47	05:30
142	239	Pedro Jorge Ferreira da Costa	individual	Senior Masculino	55:15	+19:04	05:32
143	381	Luis Castro	individual	Senior Masculino	55:23	+19:11	05:32
144	148	Pedro Oliveira	individual	Senior Masculino	55:39	+19:28	05:34
145	109	José Pereira da Fonseca	braguinhas runners	Senior Masculino	55:39	+19:28	05:34
146	366	Cedrico Alexandre da Cunha Madureira	individual	Senior Masculino	55:47	+19:36	05:35
147	21	Jorge Rodrigues	individual	Senior Masculino	55:50	+19:39	05:35
148	202	Pedro Miguel Lemos Ferreira	individual	Senior Masculino	55:52	+19:41	05:35
149	309	Jerónimo Alberto Fernandes Moutinho	b.t.m	Senior Masculino	55:53	+19:42	05:35
150	173	Paulo Gonçalves	renasce	Senior Masculino	55:56	+19:45	05:36

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

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	⚡/KM
151	489	Carlos Jorge Silva Gomes	b.t.m.	Senior Masculino	55:59	+19:48	05:36
152	502	António Castro	individual	Senior Masculino	56:08	+19:57	05:37
153	391	Vitor Manuel da Costa Fonseca	individual	Senior Masculino	56:22	+20:10	05:38
154	394	VITOR MANUEL PEREIRA DA SILVA	queiroz team	Senior Masculino	56:27	+20:16	05:39
155	281	Jose Manuel Andrade Barroso Faria	individual	Senior Masculino	56:35	+20:24	05:40
156	296	João Fernando Ferreira da Silva	trilhacolorida	Senior Masculino	56:40	+20:29	05:40
157	79	Benedito da Silva Alves	serfisio	Senior Masculino	56:53	+20:41	05:41
158	348	Marco Daniel Magalhães Araujo	run primos	Senior Masculino	56:56	+20:45	05:42
159	133	Hugo Diogo dos Santos Quintas	individual	Senior Masculino	57:02	+20:51	05:42
160	428	António Joaquim de Carvalho Alves Borges	individual	Senior Masculino	57:06	+20:54	05:43
161	510	José Justino Carvalho	individual	Senior Masculino	57:09	+20:57	05:43
162	303	Jorge coutada	individual	Senior Masculino	57:10	+20:59	05:43
163	332	José Oliveira	turn2run	Senior Masculino	57:12	+21:00	05:43
164	141	Rosa Vaz	top top runners	Senior Feminino	57:13	+21:02	05:43
165	140	Fernando Vaz	top top runners	Senior Masculino	57:13	+21:02	05:43
166	107	Nuno Campos	individual	Senior Masculino	57:17	+21:06	05:44
167	34	Mónica Sofia Rafael Ferreira	spin&run esposende	Senior Feminino	57:18	+21:07	05:44
168	156	Avelino Miguel da Silva Viana	individual	Senior Masculino	57:22	+21:11	05:44
169	407	Fernando Salgado	givec team	Senior Masculino	57:31	+21:20	05:45
170	442	Afonso João Lima Carvalho	individual	Senior Masculino	57:41	+21:30	05:46
171	517	Rafa Senra	individual	Senior Masculino	57:45	+21:33	05:47
172	184	Maria Madalena Pereira Carvalhosa	individual	Senior Feminino	57:45	+21:34	05:47
173	438	Sérgio Ferreira Araújo	individual	Senior Masculino	57:51	+21:40	05:47
174	197	José Rodrigo Sousa Magalhães	atlético clube alfenense	Senior Masculino	57:53	+21:42	05:47
175	302	Hugo miguel coutada barbosa	individual	Senior Masculino	57:53	+21:42	05:47
176	276	ANTONIO DE SOUSA LONGRAS	particular	Senior Masculino	57:54	+21:43	05:47
177	261	Mónica Raquel Soares Martins Domingues	lebres minhotas	Senior Feminino	57:55	+21:44	05:48
178	454	João Carlos Esteves Oliveira	individual	Senior Masculino	57:55	+21:44	05:48
179	255	Rodrigo Freitas	individual	Senior Masculino	58:01	+21:50	05:48
180	256	Ricardo faria	individual	Senior Masculino	58:05	+21:54	05:49
181	498	Marlene Costa	individual	Senior Feminino	58:10	+21:59	05:49
182	503	Matilde Ferreira	individual	Senior Feminino	58:11	+21:59	05:49
183	439	Francisco Pereira da Costa	individual	Senior Masculino	58:15	+22:04	05:50
184	441	Ricardo Filipe Martins de Carvalho	individual	Senior Masculino	58:18	+22:07	05:50
185	93	Luis Manuel Fernandes Pimenta	individual	Senior Masculino	58:29	+22:18	05:51
186	467	João Ramos	renasce	Senior Masculino	58:29	+22:18	05:51

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
187	22	Catarina Filipa Portela dos Santos	individual	Senior Feminino	58:33	+22:22	05:51
188	149	Nelson Filipe Simões Serre	vida ativa runners	Senior Masculino	58:36	+22:25	05:52
189	350	José Filipe Martins Oliveira	individual	Senior Masculino	58:38	+22:27	05:52
190	478	Hernâni Manuel Silva Veríssimo	individual	Senior Masculino	58:45	+22:33	05:53
191	462	Philip May Clement	bigode	Senior Masculino	59:02	+22:51	05:54
192	451	Nuno Filipe Lopes Ferreira	papamedalhas	Senior Masculino	59:26	+23:14	05:57
193	47	António Ferreira	os isabelinhas	Senior Masculino	59:31	+23:19	05:57
194	424	António Manuel Rocha Ferreira	acteam	Senior Masculino	59:32	+23:21	05:57
195	49	Carlos Figueiredo	os isabelinhas	Senior Masculino	59:32	+23:21	05:57
196	235	José Augusto Crespo Dias Figueiredo	os isabelinhas	Senior Masculino	59:33	+23:21	05:57
197	45	José Maria Gomes Pereira	os isabelinhas	Senior Masculino	59:34	+23:23	05:57
198	83	Rui Miguel Remelhe Ferreira	individual	Senior Masculino	59:44	+23:33	05:58
199	90	Paula Cristina Sa Peixoto	braguinhas runners	Senior Feminino	59:51	+23:40	05:59
200	89	José Manuel Sequeira Ferreira	braguinhas runners	Senior Masculino	59:51	+23:40	05:59
201	137	André Gonçalves	individual	Senior Masculino	59:55	+23:43	06:00
202	136	Rafael Bogas	individual	Senior Masculino	59:56	+23:45	06:00
203	492	Manuel Costa	guardizela runners	Senior Masculino	01:00:06	+23:55	06:01
204	487	Juliana Sofia Silva Correia	homem da lenha runners	Senior Feminino	01:00:06	+23:55	06:01
205	380	José Monteiro Gomes	individual	Senior Masculino	01:00:07	+23:56	06:01
206	297	Rui Manuel Pinto Miranda	trilhacolrida	Senior Masculino	01:00:08	+23:57	06:01
207	388	Telmo Emanuel Vale Lima de Oliveira e Silva	individual	Senior Masculino	01:00:15	+24:03	06:02
208	76	CARLOS GUIMAREAS	clube atletismo brito	Senior Masculino	01:00:26	+24:15	06:03
209	402	Isabel Maria Sousa da Costa	b.t.m.	Senior Feminino	01:00:27	+24:15	06:03
210	443	Hugo Daniel Alves Vilas Boas	chamuças	Senior Masculino	01:00:30	+24:19	06:03
211	241	António Luis Esteves Coelho	trail me	Senior Masculino	01:00:43	+24:32	06:04
212	427	Bruno Alexandre Campos Alves	individual	Senior Masculino	01:00:44	+24:32	06:04
213	227	Teotónio da Silva Boucinha	individual	Senior Masculino	01:00:53	+24:41	06:05
214	167	Tiago Rodrigues	ruilhe runners	Senior Masculino	01:01:00	+24:48	06:06
215	229	Fernando Jorge Carvalho Marques	boss runners	Senior Masculino	01:01:01	+24:49	06:06
216	474	João Pedro Vilaça Ferreira	acrif	Senior Masculino	01:01:02	+24:51	06:06
217	135	Benjamim Peixoto Dias	individual	Senior Masculino	01:01:09	+24:58	06:07
218	134	Victor Manuel Pereira Faria	individual	Senior Masculino	01:01:13	+25:02	06:07
219	437	Joaquim VilasBoas	santiagotur	Senior Masculino	01:01:18	+25:07	06:08
220	404	Maria Fernanda Gonçalves Rocha Azevedo	individual	Senior Feminino	01:01:18	+25:07	06:08
221	336	Samy Costa	braguinhas runners	Senior Masculino	01:01:19	+25:08	06:08
222	126	Domingos Rodrigues de Araujo	conf d.a.s	Senior Masculino	01:01:19	+25:08	06:08
223	496	Carla Salgado	individual	Senior Feminino	01:01:34	+25:22	06:09
224	521	Helder Ribeiro	individual	Senior Masculino	01:01:34	+25:22	06:09
225	174	Liliana Loureiro	renasce	Senior Feminino	01:01:43	+25:32	06:10
226	382	Sol Marino	individual	Senior Feminino	01:01:50	+25:39	06:11

## PROVA PRINCIPAL - STAGE 1

10 KM

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

## OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
227	222	Andreia Alexandra Pinto Ramos Fontainhas	olímpico vianense	Senior Feminino	01:02:02	+25:50	06:12
228	341	António Pereira	bennie	Senior Masculino	01:02:06	+25:54	06:13
229	420	Miguel Barroso	givec team	Senior Masculino	01:02:07	+25:56	06:13
230	507	Francisca Lima	individual	Senior Feminino	01:02:07	+25:56	06:13
231	347	Celso José Gomes de Sousa	individual	Senior Masculino	01:02:10	+25:59	06:13
232	196	Maria Adelaide Martins Almeida	atletico clube alfenense	Senior Feminino	01:02:13	+26:02	06:13
233	122	Carla Marina Araujo Vilas Boas	individual	Senior Feminino	01:02:42	+26:31	06:16
234	399	Joaquim Jorge Santos Silva	brothers mondraker	Senior Masculino	01:02:42	+26:31	06:16
235	403	Carlos Alberto Jardim Fernandes	biclas08	Senior Masculino	01:02:43	+26:32	06:16
236	36	Jonas Daniel Peixoto Dantas	jonas team	Senior Masculino	01:02:47	+26:36	06:17
237	35	Nuno Filipe Silva Dantas	jonas team	Senior Masculino	01:02:48	+26:36	06:17
238	430	Antonio Filipe de Sa Moreira	individual	Senior Masculino	01:03:02	+26:51	06:18
239	251	Sandra Luciana de Oliveira Cardoso Mendes	ns team	Senior Feminino	01:03:19	+27:07	06:20
240	445	Henrique César Castro Reis	individual	Senior Masculino	01:03:25	+27:14	06:21
241	31	Américo Gustavo	individual	Senior Masculino	01:03:26	+27:14	06:21
242	30	Dulce Dias de Sousa	individual	Senior Feminino	01:03:26	+27:14	06:21
243	367	Alexandra Oliveira	b.t.m.	Senior Feminino	01:03:27	+27:15	06:21
244	456	Ricardo Filipe Meira Carvalho	individual	Senior Masculino	01:03:31	+27:19	06:21
245	98	DIANA CATARINA DA SILVA FERNANDES	b.t.m.	Senior Feminino	01:03:38	+27:27	06:22
246	346	Andre Amorim	b.t.m	Senior Masculino	01:03:38	+27:27	06:22
247	333	Sandra Coutinho	turn2run	Senior Feminino	01:03:40	+27:28	06:22
248	448	Tânia Cristina Martins Pereira	individual	Senior Feminino	01:03:43	+27:32	06:22
249	277	Raquel maria sousa pereira silva machado	amigos de esposende	Senior Masculino	01:03:47	+27:35	06:23
250	278	Nuno rafael costa jesus ferreira	amigos de esposende	Senior Masculino	01:03:47	+27:36	06:23
251	283	Nuno Fernandes	opraticante.pt	Senior Masculino	01:03:53	+27:42	06:23
252	328	Carina silva	ac team	Senior Feminino	01:04:01	+27:50	06:24
253	327	João Mendes	jet	Senior Masculino	01:04:01	+27:50	06:24
254	153	Sónia Lopes	dureza	Senior Feminino	01:04:02	+27:51	06:24
255	316	Vítor Bruno da Silva Ferreira	individual	Senior Masculino	01:04:02	+27:51	06:24
256	315	Isabel Pereira de Carvalho	individual	Senior Feminino	01:04:03	+27:51	06:24
257	114	Agostinho Xavier Dourado Barreto	individual	Senior Masculino	01:04:04	+27:53	06:24
258	71	TANIA TINOCO	clube atletismo brito	Senior Feminino	01:04:09	+27:58	06:25
259	72	JOSEFINA TINOCO	clube atletismo brito	Senior Feminino	01:04:10	+27:59	06:25
260	70	ISABEL VAZ	clube atletismo brito	Senior Feminino	01:04:12	+28:01	06:25
261	166	Célia Andreia Santos Ribeiro	vf's	Senior Feminino	01:04:13	+28:02	06:25
262	463	Gabriel Alexandre Batista Cabrinhas	individual	Senior Masculino	01:04:16	+28:05	06:26
263	408	Carlos Dias	givec team	Senior Masculino	01:04:25	+28:13	06:27
264	411	Pedro Pereira	givec team	Senior Masculino	01:04:25	+28:14	06:27
265	209	Patrícia Alexandra Gouveia da Silva Ventura Ferreira da Costa	warriors	Senior Feminino	01:04:35	+28:24	06:28





PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
303	113	Alda Susana Santos Leal	individual	Senior Feminino	01:07:58	+31:47	06:48
304	112	ANTONIO JOAO CORREIA DA COSTA	individual	Senior Masculino	01:07:59	+31:47	06:48
305	515	Tânia Campos	individual	Senior Feminino	01:08:33	+32:21	06:51
306	516	Maria Isabel Costa	individual	Senior Feminino	01:08:33	+32:21	06:51
307	465	Rui Manuel Alves Fontes	bora lá	Senior Masculino	01:08:33	+32:21	06:51
308	466	João Paulo Gonçalves	bora lá	Senior Masculino	01:08:34	+32:22	06:51
309	300	Rosa cordeiro	individual	Senior Feminino	01:08:39	+32:27	06:52
310	80	PAULO COSTA	individual	Senior Masculino	01:08:49	+32:38	06:53
311	87	Sara Sofia Fernandes Viana Nascimento	mickys	Senior Feminino	01:09:02	+32:51	06:54
312	86	Ana Isabel Fernandes Viana Nascimento	mickys	Senior Feminino	01:09:02	+32:51	06:54
313	393	Marta Ferreira	individual	Senior Feminino	01:09:04	+32:53	06:54
314	66	CESARIO SILVA	clube atletismo brito	Senior Masculino	01:09:13	+33:01	06:55
315	369	Mara Campos	individual	Senior Feminino	01:09:13	+33:01	06:55
316	370	Helder Pinheiro	individual	Senior Masculino	01:09:13	+33:02	06:55
317	74	DANIEL FERNANDES	clube atletismo brito	Senior Masculino	01:09:16	+33:05	06:56
318	68	Manuel Filipe Freitas	clube atletismo brito	Senior Masculino	01:09:16	+33:05	06:56
319	368	Conceicao Vilas Boas	individual	Senior Feminino	01:09:22	+33:10	06:56
320	500	Vasco Manuel Vilas Boas	individual	Senior Masculino	01:09:22	+33:10	06:56
321	60	Sonia Ferreira	barcelos runners	Senior Feminino	01:09:27	+33:16	06:57
322	58	Marta Vale	barcelos runners	Senior Feminino	01:09:28	+33:17	06:57
323	57	Álvaro Sousa	barcelos runners	Senior Masculino	01:09:28	+33:17	06:57
324	158	Maria Manuela Carvalho Fernandes	individual	Senior Feminino	01:09:32	+33:21	06:57
325	221	Daniela Margarida Loureiro da Cruz	individual	Senior Feminino	01:09:32	+33:21	06:57
326	284	Tiago Lopes	opraticante.pt	Senior Masculino	01:09:34	+33:23	06:57
327	471	Susana Rodrigues	individual	Senior Feminino	01:09:34	+33:23	06:57
328	69	EDUARDO FERREIRA	clube atletismo brito	Senior Masculino	01:09:38	+33:27	06:58
329	387	Hélder Filipe da Silva Leite	afonsito park	Senior Masculino	01:09:40	+33:29	06:58
330	433	Lúsa Maria Gonçalves dos Santos	afonsito park	Senior Feminino	01:09:40	+33:29	06:58
331	94	Paulo Jorge Gonçalves Oliveira	individual	Senior Masculino	01:10:06	+33:55	07:01
332	206	Manuel Novo	renasce	Senior Masculino	01:10:23	+34:11	07:02
333	484	Angelina Franqueira	individual	Senior Feminino	01:10:28	+34:17	07:03
334	482	Esmeralda Carvalho	individual	Senior Feminino	01:10:33	+34:21	07:03
335	110	Sérgio Manuel Figueiredo carvalho	temos pena atletismo	Senior Masculino	01:10:35	+34:24	07:04
336	111	Rosa Oliveira	temos pena atletismo	Senior Feminino	01:10:35	+34:24	07:04
337	97	Georgeta Liliana Cumpuna	individual	Senior Feminino	01:10:56	+34:45	07:06
338	115	Isabel Veloso	top top runners	Senior Feminino	01:10:57	+34:45	07:06
339	175	Paula Manuela Antunes Pires	braga a correr	Senior Feminino	01:10:57	+34:46	07:06
340	257	Eulália Sousa	top top runners	Senior Feminino	01:10:57	+34:46	07:06
341	116	José Veloso	top top runners	Senior Masculino	01:10:58	+34:46	07:06
342	269	Jorge Alexandre Vaz de Araujo	top top runners	Senior Masculino	01:11:00	+34:49	07:06

**PROVA PRINCIPAL - STAGE 1**
**10 KM**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
**OFFICIAL RESULT**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
343	270	Teresa Susana Carneiro Fernandes	top top runners	Senior Feminino	01:11:00	+34:49	07:06
344	212	Alberto Torres	individual	Senior Masculino	01:11:00	+34:49	07:06
345	119	Ana Queiroz	top top runners	Senior Feminino	01:11:00	+34:49	07:06
346	118	Júlia Magalhães	braguinhas runners	Senior Feminino	01:11:22	+35:11	07:08
347	170	Sónia Novo	olimpico vianense trail	Senior Feminino	01:11:23	+35:11	07:08
348	131	Paulo Amorim	individual	Senior Masculino	01:11:24	+35:13	07:08
349	479	Ana Soares	individual	Senior Feminino	01:11:54	+35:43	07:11
350	480	Ana Paula Carneiro	individual	Senior Feminino	01:11:54	+35:43	07:11
351	198	Sónia Patricia Silva Monteiro	atlético clube alfenense	Senior Feminino	01:11:55	+35:44	07:12
352	383	Sebastian Castro	individual	Senior Masculino	01:12:04	+35:53	07:12
353	488	Claúdio Filipe Ferreira da Silva	ordem crescente	Senior Masculino	01:12:07	+35:56	07:13
354	501	Ricardo José Campos	individual	Senior Masculino	01:12:36	+36:24	07:16
355	495	Helena Loureiro	individual	Senior Feminino	01:12:54	+36:43	07:17
356	485	Liliana Marisa Tavares Rebelo	individual	Senior Feminino	01:12:54	+36:43	07:17
357	508	Bruno Silva	individual	Senior Masculino	01:12:55	+36:43	07:18
358	461	José Cristiano Silva Martins	individual	Senior Masculino	01:12:55	+36:44	07:18
359	464	Ana Rita Gomes Arantes	individual	Senior Feminino	01:12:56	+36:45	07:18
360	272	Liliana Campos Martins	individual	Senior Feminino	01:12:56	+36:45	07:18
361	504	Tiago Cabral Brandão	individual	Senior Masculino	01:13:05	+36:54	07:19
362	85	Liliana Manuela Alves	individual	Senior Feminino	01:13:44	+37:33	07:22
363	436	Elisabete Maria da Costa Ribeiro	santiagotur	Senior Feminino	01:13:45	+37:34	07:23
364	44	Bruno joel Fernandes Fonseca	individual	Senior Masculino	01:13:52	+37:41	07:23
365	43	Rui Pedro BARBOSA CARPinteiro	individual	Senior Masculino	01:13:53	+37:42	07:23
366	42	Silvia Raquel Fernandes Fonseca	individual	Senior Feminino	01:13:53	+37:42	07:23
367	288	Manuel Amaro da Silva Fernandes	individual	Senior Masculino	01:14:00	+37:49	07:24
368	323	Joaquim Faria Gomes	individual	Senior Masculino	01:14:01	+37:50	07:24
369	518	Rui Ribeiro Santos	individual	Senior Masculino	01:14:13	+38:02	07:25
370	33	Ana Cardoso	braguinhas runners	Senior Feminino	01:14:32	+38:21	07:27
371	81	Manuela Matias	braguinhas runners	Senior Feminino	01:14:33	+38:21	07:27
372	50	Cristina Pombo	four team	Senior Feminino	01:14:52	+38:41	07:29
373	230	Lufs Lehmann Veloso de Araújo	individual	Senior Masculino	01:14:52	+38:41	07:29
374	231	Luzia Verónica Campos Salgado	individual	Senior Feminino	01:14:53	+38:41	07:29
375	143	Manuel António Gonçalves de Castro	individual	Senior Masculino	01:15:02	+38:51	07:30
376	144	Ângela Maria Fernandes Pimenta	individual	Senior Feminino	01:15:03	+38:52	07:30
377	77	LUCIA OLIVEIRA	clube atletismo brito	Senior Feminino	01:15:04	+38:52	07:30
378	73	MILU	clube atletismo brito	Senior Feminino	01:15:04	+38:53	07:30
379	75	ROSARIO CARDOSO	clube atletismo brito	Senior Feminino	01:15:04	+38:53	07:30
380	352	Ana Sofia Cunha Ferreira	individual	Senior Feminino	01:15:45	+39:34	07:35
381	434	Ricardo Esteves Rodrigues	individual	Senior Masculino	01:15:57	+39:46	07:36
382	185	Pedro raul silva	corridas andadas	Senior Masculino	01:16:08	+39:57	07:37



PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
423	127	Irene Silva	conf d.a.s	Senior Feminino	01:25:56	+49:45	08:36
424	308	Tânia ferreira	conf d.a.s	Senior Feminino	01:25:56	+49:45	08:36
425	59	Genifer Rosangela da Silva dos Santos	individual	Senior Feminino	01:26:20	+50:09	08:38
426	294	Maria João Soares Leite da Cunha	trilhacolorida	Senior Feminino	01:26:51	+50:40	08:41
427	295	Paula Cristina Azevedo Monteiro Silva	trilhacolorida	Senior Feminino	01:26:52	+50:40	08:41
428	343	Elisabete Oliveira	individual	Senior Feminino	01:27:37	+51:25	08:46
429	331	Ana Cristina Trabulo Rocha	b.t.m.	Senior Feminino	01:27:37	+51:26	08:46
430	293	Rosa Maria de Azevedo Barbosa Cerqueira	trilhacolorida	Senior Feminino	01:29:17	+53:06	08:56
431	472	Ana Rodrigo da Cunha e Costa	individual	Senior Feminino	01:29:19	+53:08	08:56
432	244	Paulo Ferreira	individual	Senior Masculino	01:36:09	+59:57	09:37
433	247	Patrícia Martins	individual	Senior Feminino	01:36:11	+01:00:00	09:37
434	243	Maria Manuela Martins Viterbo Silva	individual	Senior Feminino	01:36:11	+01:00:00	09:37
435	435	Ruben Daniel Sousa Ribeiro	individual	Senior Masculino	01:45:01	+01:08:49	10:30
436	67	EDUARDA SILVA	clube atletismo brito	Senior Feminino	01:46:51	+01:10:40	10:41

**Prova Principal**
**10 KM**

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

**OFFICIAL RESULT**

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

	Time	Temperature	Humidity
Start	22:00	20°C	88%
End	23:48	20°C	88%

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

1	46	Manuela Freitas	OS ISABELINHAS	Senior Feminino	45:45	+09:33	04:35
2	431	Marlene Azevedo Silva Santos	Papamadahalas	Senior Feminino	47:47	+11:36	04:47
3	490	Marlene Maria Faria Miranda	B.T.M.	Senior Feminino	49:11	+13:00	04:55
4	493	Stephane José da Silva Figueiredo	Individual	Senior Feminino	50:57	+14:45	05:06
5	483	Carla Salgado	Individual	Senior Feminino	51:53	+15:42	05:11
6	318	Deolinda Faria	AIRORUN	Senior Feminino	52:46	+16:35	05:17
7	447	Ana Lúcia Silva Dias	Individual	Senior Feminino	54:09	+17:58	05:25
8	476	Anabela Pereira Lopes	Top Top Runners	Senior Feminino	54:14	+18:03	05:25
9	176	Carla Cristina do Vale Figueiredo	Individual	Senior Feminino	54:56	+18:44	05:30
10	141	Rosa Vaz	Top Top Runners	Senior Feminino	57:13	+21:02	05:43
11	34	Mónica Sofia Rafael Ferreira	Spin&Run Esposende	Senior Feminino	57:18	+21:07	05:44
12	184	Maria Madalena Pereira Carvalhosa	Individual	Senior Feminino	57:45	+21:34	05:47
13	261	Mónica Raquel Soares Martins Domingues	LEBRES MINHOTAS	Senior Feminino	57:55	+21:44	05:48
14	498	Marlene Costa	Individual	Senior Feminino	58:10	+21:59	05:49
15	503	Matilde Ferreira	Individual	Senior Feminino	58:11	+21:59	05:49
16	22	Catarina Filipa Portela dos Santos	Individual	Senior Feminino	58:33	+22:22	05:51
17	90	Paula Cristina Sa Peixoto	BRAGUINHAS RUNNERS	Senior Feminino	59:51	+23:40	05:59
18	487	Juliana Sofia Silva Correia	Homem da Lenha Runners	Senior Feminino	01:00:06	+23:55	06:01
19	402	Isabel Maria Sousa da Costa	B.T.M.	Senior Feminino	01:00:27	+24:15	06:03
20	404	Maria Fernanda Gonçalves Rocha Azevedo	Individual	Senior Feminino	01:01:18	+25:07	06:08
21	496	Carla Salgado	Individual	Senior Feminino	01:01:34	+25:22	06:09
22	174	Liliana Loureiro	Renasce	Senior Feminino	01:01:43	+25:32	06:10
23	382	Sol Marino	Individual	Senior Feminino	01:01:50	+25:39	06:11
24	222	Andreia Alexandra Pinto Ramos Fontainhas	Olímpico Vianense	Senior Feminino	01:02:02	+25:50	06:12
25	507	Francisca Lima	Individual	Senior Feminino	01:02:07	+25:56	06:13
26	196	Maria Adelaide Martins Almeida	Atlético Clube Alfenense	Senior Feminino	01:02:13	+26:02	06:13
27	122	Carla Marina Araujo Vilas Boas	Individual	Senior Feminino	01:02:42	+26:31	06:16
28	251	Sandra Luciana de Oliveira Cardoso Mendes	NS Team	Senior Feminino	01:03:19	+27:07	06:20
29	30	Dulce Dias de Sousa	Individual	Senior Feminino	01:03:26	+27:14	06:21
30	367	Alexandra Oliveira	B.T.M.	Senior Feminino	01:03:27	+27:15	06:21
31	98	DIANA CATARINA DA SILVA FERNANDES	B.T.M.	Senior Feminino	01:03:38	+27:27	06:22
32	333	Sandra Coutinho	Turn2Run	Senior Feminino	01:03:40	+27:28	06:22
33	448	Tânia Cristina Martins Pereira	Individual	Senior Feminino	01:03:43	+27:32	06:22
34	328	Carina silva	AC Team	Senior Feminino	01:04:01	+27:50	06:24
35	153	Sónia Lopes	Dureza	Senior Feminino	01:04:02	+27:51	06:24
36	315	Isabel Pereira de Carvalho	Individual	Senior Feminino	01:04:03	+27:51	06:24

## Prova Principal

## 10 KM

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

### OFFICIAL RESULT

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

37	71	TANIA TINOCO	CLUBE ATELETISMO BRITO	Senior Feminino	01:04:09	+27:58	06:25
38	72	JOSEFINA TINOCO	CLUBE ATELETISMO BRITO	Senior Feminino	01:04:10	+27:59	06:25
39	70	ISABEL VAZ	CLUBE ATELETISMO BRITO	Senior Feminino	01:04:12	+28:01	06:25
40	166	Célia Andreia Santos Ribeiro	VF's	Senior Feminino	01:04:13	+28:02	06:25
41	209	Patrícia Alexandra Gouveia da Silva Ventura Ferreira da Costa	Warriors	Senior Feminino	01:04:35	+28:24	06:28
42	151	Adriana Regina Longras Gonçalves	Individual	Senior Feminino	01:04:39	+28:28	06:28
43	375	Isabel Maria Gomes Pereira	airórun	Senior Feminino	01:04:41	+28:30	06:28
44	354	Ana Maria Carvalho Matos	ARCA BarceloS runners	Senior Feminino	01:04:41	+28:30	06:28
45	401	Cidália Rodrigues	ARCA BarceloS runners	Senior Feminino	01:04:41	+28:30	06:28
46	494	Graça Silva	Individual	Senior Feminino	01:04:46	+28:34	06:29
47	459	Cidália da Graça Correia de Sousa Fernandes	Individual	Senior Feminino	01:05:23	+29:12	06:32
48	406	Fabiencis Rousseau	Givec Team	Senior Feminino	01:05:31	+29:20	06:33
49	410	Cátia Linhares	Givec Team	Senior Feminino	01:05:32	+29:21	06:33
50	53	Joana Sofia Vale Figueiredo	Four Team	Senior Feminino	01:05:38	+29:26	06:34
51	242	Cecilia Maria Abreu Esteves	TRAIL ME	Senior Feminino	01:05:42	+29:31	06:34
52	146	Susana da Costa Oliveira Ribeiro	Individual	Senior Feminino	01:06:15	+30:04	06:38
53	220	Joana Patricia da Cruz Torres	Individual	Senior Feminino	01:06:15	+30:04	06:38
54	40	Maria do Alívio Cerqueira Ribeiro	BRAGUINHAS RUNNERS	Senior Feminino	01:06:54	+30:42	06:41
55	38	Aurora Silva	BRAGUINHAS RUNNERS	Senior Feminino	01:06:54	+30:43	06:41
56	265	Tania Claudia Ferreira Da Silva	VF's	Senior Feminino	01:07:10	+30:59	06:43
57	232	Daniela Filipa Oliveira Ramos	Individual	Senior Feminino	01:07:11	+31:00	06:43
58	32	Isabel Maria Silva Domingues	LEBRES MINHOTAS	Senior Feminino	01:07:25	+31:13	06:45
59	48	Paula Campelo	OS ISABELINHAS	Senior Feminino	01:07:38	+31:26	06:46
60	120	Elisabete Araújo Ferreira Silva	Individual	Senior Feminino	01:07:42	+31:31	06:46
61	193	Joana Carolina Teixeira Da Silva	Foice Team	Senior Feminino	01:07:43	+31:31	06:46
62	159	Joana Filipa Gomes Miranda	VF's	Senior Feminino	01:07:46	+31:35	06:47
63	113	Alda Susana Santos Leal	Individual	Senior Feminino	01:07:58	+31:47	06:48
64	515	Tânia Campos	Individual	Senior Feminino	01:08:33	+32:21	06:51
65	516	Maria Isabel Costa	Individual	Senior Feminino	01:08:33	+32:21	06:51
66	300	Rosa cordeiro	Individual	Senior Feminino	01:08:39	+32:27	06:52
67	87	Sara Sofia Fernandes Viana Nascimento	Mickys	Senior Feminino	01:09:02	+32:51	06:54
68	86	Ana Isabel Fernandes Viana Nascimento	Mickys	Senior Feminino	01:09:02	+32:51	06:54
69	393	Marta Ferreira	Individual	Senior Feminino	01:09:04	+32:53	06:54
70	369	Mara Campos	Individual	Senior Feminino	01:09:13	+33:01	06:55
71	368	Conceicao Vilas Boas	Individual	Senior Feminino	01:09:22	+33:10	06:56
72	60	Sonia Ferreira	Barcelos Runners	Senior Feminino	01:09:27	+33:16	06:57
73	58	Marta Vale	Barcelos Runners	Senior Feminino	01:09:28	+33:17	06:57
74	158	Maria Manuela Carvalho Fernandes	Individual	Senior Feminino	01:09:32	+33:21	06:57
75	221	Daniela Margarida Loureiro da Cruz	Individual	Senior Feminino	01:09:32	+33:21	06:57
76	471	Susana Rodrigues	Individual	Senior Feminino	01:09:34	+33:23	06:57
77	433	Lúisa Maria Gonçalves dos Santos	Afonsito Park	Senior Feminino	01:09:40	+33:29	06:58
78	484	Angelina Franqueira	Individual	Senior Feminino	01:10:28	+34:17	07:03
79	482	Esmeralda Carvalho	Individual	Senior Feminino	01:10:33	+34:21	07:03
80	111	Rosa Oliveira	TEMOS PENA ATLETISMO	Senior Feminino	01:10:35	+34:24	07:04

**Prova Principal**
**10 KM**

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

**OFFICIAL RESULT**

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

81	97	Georgeta Liliana Cumpana	Individual	Senior Feminino	01:10:56	+34:45	07:06
82	115	Isabel Veloso	Top Top Runners	Senior Feminino	01:10:57	+34:45	07:06
83	175	Paula Manuela Antunes Pires	Braga a Correr	Senior Feminino	01:10:57	+34:46	07:06
84	257	Eulália Sousa	Top Top Runners	Senior Feminino	01:10:57	+34:46	07:06
85	270	Teresa Susana Carneiro Fernandes	Top Top Runners	Senior Feminino	01:11:00	+34:49	07:06
86	119	Ana Queiroz	Top Top Runners	Senior Feminino	01:11:00	+34:49	07:06
87	118	Júlia Magalhães	BRAGUINHAS RUNNERS	Senior Feminino	01:11:22	+35:11	07:08
88	170	Sónia Novo	Olimpico Vianense Trail	Senior Feminino	01:11:23	+35:11	07:08
89	479	Ana Soares	Individual	Senior Feminino	01:11:54	+35:43	07:11
90	480	Ana Paula Carneiro	Individual	Senior Feminino	01:11:54	+35:43	07:11
91	198	Sónia Patricia Silva Monteiro	Atlético Clube Alfenense	Senior Feminino	01:11:55	+35:44	07:12
92	495	Helena Loureiro	Individual	Senior Feminino	01:12:54	+36:43	07:17
93	485	Liliana Marisa Tavares Rebelo	Individual	Senior Feminino	01:12:54	+36:43	07:17
94	464	Ana Rita Gomes Arantes	Individual	Senior Feminino	01:12:56	+36:45	07:18
95	272	Liliana Campos Martins	Individual	Senior Feminino	01:12:56	+36:45	07:18
96	85	Liliana Manuela Alves	Individual	Senior Feminino	01:13:44	+37:33	07:22
97	436	Elisabete Maria da Costa Ribeiro	Santiagotur	Senior Feminino	01:13:45	+37:34	07:23
98	42	Silvia Raquel Fernandes Fonseca	Individual	Senior Feminino	01:13:53	+37:42	07:23
99	33	Ana Cardoso	BRAGUINHAS RUNNERS	Senior Feminino	01:14:32	+38:21	07:27
100	81	Manuela Matias	BRAGUINHAS RUNNERS	Senior Feminino	01:14:33	+38:21	07:27
101	50	Cristina Pombo	Four Team	Senior Feminino	01:14:52	+38:41	07:29
102	231	Luzia Verónica Campos Salgado	Individual	Senior Feminino	01:14:53	+38:41	07:29
103	144	Ângela Maria Fernandes Pimenta	Individual	Senior Feminino	01:15:03	+38:52	07:30
104	77	LUCIA OLIVEIRA	CLUBE ATELETISMO BRITO	Senior Feminino	01:15:04	+38:52	07:30
105	73	MILU	CLUBE ATELETISMO BRITO	Senior Feminino	01:15:04	+38:53	07:30
106	75	ROSARIO CARDOSO	CLUBE ATELETISMO BRITO	Senior Feminino	01:15:04	+38:53	07:30
107	352	Ana Sofia Cunha Ferreira	Individual	Senior Feminino	01:15:45	+39:34	07:35
108	512	Ana Fernandes	Individual	Senior Feminino	01:16:38	+40:27	07:40
109	339	Ana Cláudia Faria De Araújo Macedo	Individual	Senior Feminino	01:17:01	+40:50	07:42
110	101	Elisabete Gonçalves	Individual	Senior Feminino	01:17:29	+41:18	07:45
111	203	Susana Patricia Gonçalves Ferreira Barroso	Boss Runners	Senior Feminino	01:19:01	+42:50	07:54
112	274	Vânia Gabriela Faria Vilaça	Boss Runners	Senior Feminino	01:19:02	+42:51	07:54
113	190	Fernada Malvar	Individual	Senior Feminino	01:19:03	+42:52	07:54
114	65	Maria Amélia Faria Martins	Individual	Senior Feminino	01:19:13	+43:02	07:55
115	305	Natália Patricia Guedes Simões	Individual	Senior Feminino	01:19:13	+43:02	07:55
116	248	Maria da Conceição Rodrigues Costa Mano	Individual	Senior Feminino	01:19:14	+43:03	07:55
117	450	Rosa de Fátima Conceição Bispo da Silva	Pernas Inertes	Senior Feminino	01:19:54	+43:42	07:59
118	12	Angela Patricia Rei	Individual	Senior Feminino	01:20:09	+43:57	08:01
119	520	Tatiana Silva	Individual	Senior Feminino	01:20:10	+43:59	08:01
120	201	Maria Teresa Gomes Pereira	Individual	Senior Feminino	01:21:28	+45:17	08:09
121	117	Mena Magalhães	BRAGUINHAS RUNNERS	Senior Feminino	01:22:00	+45:49	08:12
122	20	Patrícia Claudia Vieira Pimenta do Vale	Individual	Senior Feminino	01:22:29	+46:17	08:15
123	211	Adriana de Jesus Sousa Fernandes Gomes	Tás Bem Mene	Senior Feminino	01:23:38	+47:27	08:22
124	210	Daniela Isabel Pereira Oliveira	Tás Bem Mene	Senior Feminino	01:23:40	+47:28	08:22

Official Timekeeper: Lap2Go	3 / 10	generate 14-Jul-2019 00:23
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## Prova Principal

**10 KM**

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

### OFFICIAL RESULT

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

72	364	Carlos Xavier Figueiredo Monteiro	Individual	Senior Masculino	49:53	+13:42	04:59
73	240	Fernando Bubna	Individual	Senior Masculino	50:04	+13:52	05:00
74	123	João Orlando Coelho Pereira	Individual	Senior Masculino	50:04	+13:52	05:00
75	216	Carlos Miguel Tomé Fernandes	Individual	Senior Masculino	50:04	+13:53	05:00
76	27	João Ribeiro Laranjeira	ADE Trail Running	Senior Masculino	50:06	+13:55	05:01
77	457	Álvaro Vale	ADE Trail Running	Senior Masculino	50:06	+13:55	05:01
78	219	Nuno Miguel Barbosa Vilaça	Individual	Senior Masculino	50:07	+13:56	05:01
79	262	Emanuel Costeira Rocha	LEBRES MINHOTAS	Senior Masculino	50:11	+13:59	05:01
80	178	Rui Rodrigues	Ruilhe Runners	Senior Masculino	50:16	+14:04	05:02
81	506	Luis Miguel Dias Rodrigues	Individual	Senior Masculino	50:18	+14:07	05:02
82	455	Pedro Íven Barbosa de Sousa	Motorline	Senior Masculino	50:21	+14:10	05:02
83	142	Jorge Ribeiro	ARCA BarceloS runners	Senior Masculino	50:33	+14:22	05:03
84	473	DUARTE Philippe	Individual	Senior Masculino	50:40	+14:29	05:04
85	509	Artur Rodrigues	Individual	Senior Masculino	50:46	+14:35	05:05
86	491	AVELINO FIGUEIREDO	Águias de Alvelos	Senior Masculino	50:56	+14:44	05:06
87	182	Domingos José Barbosa Dos Santos	Individual	Senior Masculino	51:04	+14:53	05:06
88	505	Manuel da Costa Sousa	Individual	Senior Masculino	51:09	+14:57	05:07
89	157	Paulo José Moreira Costa Rego	Individual	Senior Masculino	51:10	+14:58	05:07
90	16	Samuel Linhares Durães	Individual	Senior Masculino	51:11	+14:59	05:07
91	514	Vitor Gomes	Individual	Senior Masculino	51:16	+15:05	05:08
92	199	Aurélio Américo Carriço Costa	Atlético Clube Alfenense	Senior Masculino	51:27	+15:16	05:09
93	64	ABEL TEVES ALMEIDA	Individual	Senior Masculino	51:33	+15:21	05:09
94	325	Edgar Gomes Prazeres da Costa	B.T.M.	Senior Masculino	51:35	+15:24	05:10
95	321	Alberto António Lopes Durães Vicencia	Individual	Senior Masculino	51:37	+15:26	05:10
96	322	Vitor Hugo Lopes Carvalho	Individual	Senior Masculino	51:37	+15:26	05:10
97	208	Romeu Gonçalo Ramos Ferreira da Costa	Warriors	Senior Masculino	51:41	+15:29	05:10
98	172	Vitor Martins	Renasce	Senior Masculino	51:43	+15:32	05:10
99	104	Domingos Manuel Santos Vale	Individual	Senior Masculino	51:50	+15:39	05:11
100	497	Vitor Cunha	Individual	Senior Masculino	51:53	+15:42	05:11
101	264	AMANDIO COSTA	CLUBE ATELETISMO BRITO	Senior Masculino	52:03	+15:52	05:12
102	132	João da Costa Rosendo	Spin&Run Esposende	Senior Masculino	52:07	+15:55	05:13
103	282	José Machado	Individual	Senior Masculino	52:10	+15:58	05:13
104	329	George Ferreira Araújo	CMBARCELOS	Senior Masculino	52:10	+15:58	05:13
105	513	Paulo Campos	Individual	Senior Masculino	52:18	+16:07	05:14
106	511	Paulo José Campos	Individual	Senior Masculino	52:18	+16:07	05:14
107	245	João Paulo Ferreira	Individual	Senior Masculino	52:26	+16:14	05:15
108	171	Bruno Filipe da Silva Loureiro	Renasce	Senior Masculino	52:27	+16:16	05:15
109	358	Carlos Manuel Pires Barbosa	Individual	Senior Masculino	52:28	+16:17	05:15
110	254	António Rodrigues Almeida	OS ISABELINHAS	Senior Masculino	52:29	+16:18	05:15
111	440	Manuel Monteiro Araújo	Individual	Senior Masculino	52:37	+16:25	05:16
112	266	Antonio Miguel Rodrigues Miranda	VF's	Senior Masculino	52:58	+16:46	05:18
113	62	ALEXANDRE GRENHA	VidaAtivaRunners	Senior Masculino	53:00	+16:49	05:18
114	180	Marcos Alexandre Coelho Lopes	Individual	Senior Masculino	53:01	+16:49	05:18
115	163	Rui Couto	VF's	Senior Masculino	53:14	+17:03	05:19
116	23	Paulo Jorge Filipe Fernandes	BRAGUINHAS RUNNERS	Senior Masculino	53:17	+17:06	05:20
117	24	Hélder Manuel Gonçalves Barroso	BRAGUINHAS RUNNERS	Senior Masculino	53:17	+17:06	05:20

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**Prova Principal**

**10 KM**

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

**OFFICIAL RESULT**

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

163	302	Hugo miguel coutada barbosa	Individual	Senior Masculino	57:53	+21:42	05:47
164	276	ANTONIO DE SOUSA LONGRAS	Particular	Senior Masculino	57:54	+21:43	05:47
165	454	João Carlos Esteves Oliveira	Individual	Senior Masculino	57:55	+21:44	05:48
166	255	Rodrigo Freitas	Individual	Senior Masculino	58:01	+21:50	05:48
167	256	Ricardo faria	Individual	Senior Masculino	58:05	+21:54	05:49
168	439	Francisco Pereira da Costa	Individual	Senior Masculino	58:15	+22:04	05:50
169	441	Ricardo Filipe Martins de Carvalho	Individual	Senior Masculino	58:18	+22:07	05:50
170	93	Luis Manuel Fernandes Pimenta	Individual	Senior Masculino	58:29	+22:18	05:51
171	467	João Ramos	Renasce	Senior Masculino	58:29	+22:18	05:51
172	149	Nelson Filipe Simões Serre	Vida Ativa Runners	Senior Masculino	58:36	+22:25	05:52
173	350	José Filipe Martins Oliveira	Individual	Senior Masculino	58:38	+22:27	05:52
174	478	Hernâni Manuel Silva Veríssimo	Individual	Senior Masculino	58:45	+22:33	05:53
175	462	Philip May Clement	Bigode	Senior Masculino	59:02	+22:51	05:54
176	451	Nuno Filipe Lopes Ferreira	Papamedalhas	Senior Masculino	59:26	+23:14	05:57
177	47	António Ferreira	OS ISABELINHAS	Senior Masculino	59:31	+23:19	05:57
178	424	António Manuel Rocha Ferreira	ACTEAM	Senior Masculino	59:32	+23:21	05:57
179	49	Carlos Figueiredo	OS ISABELINHAS	Senior Masculino	59:32	+23:21	05:57
180	235	José Augusto Crespo Dias Figueiredo	OS ISABELINHAS	Senior Masculino	59:33	+23:21	05:57
181	45	José Maria Gomes Pereira	OS ISABELINHAS	Senior Masculino	59:34	+23:23	05:57
182	83	Rui Miguel Remelhe Ferreira	Individual	Senior Masculino	59:44	+23:33	05:58
183	89	José Manuel Sequeira Ferreira	BRAGUINHAS RUNNERS	Senior Masculino	59:51	+23:40	05:59
184	137	André Gonçalves	Individual	Senior Masculino	59:55	+23:43	06:00
185	136	Rafael Bogas	Individual	Senior Masculino	59:56	+23:45	06:00
186	492	Manuel Costa	Guardizela Runners	Senior Masculino	01:00:06	+23:55	06:01
187	380	José Monteiro Gomes	Individual	Senior Masculino	01:00:07	+23:56	06:01
188	297	Rui Manuel Pinto Miranda	Trilhacolorida	Senior Masculino	01:00:08	+23:57	06:01
189	388	Telmo Emanuel Vale Lima de Oliveira e Silva	Individual	Senior Masculino	01:00:15	+24:03	06:02
190	76	CARLOS GUIMAREAS	CLUBE ATELETISMO BRITO	Senior Masculino	01:00:26	+24:15	06:03
191	443	Hugo Daniel Alves Vilas Boas	Chamuças	Senior Masculino	01:00:30	+24:19	06:03
192	241	António Luis Esteves Coelho	TRAIL ME	Senior Masculino	01:00:43	+24:32	06:04
193	427	Bruno Alexandre Campos Alves	Individual	Senior Masculino	01:00:44	+24:32	06:04
194	227	Teotónio da Silva Boucinha	Individual	Senior Masculino	01:00:53	+24:41	06:05
195	167	Tiago Rodrigues	Ruífhe Runners	Senior Masculino	01:01:00	+24:48	06:06
196	229	Fernando Jorge Carvalho Marques	Boss Runners	Senior Masculino	01:01:01	+24:49	06:06
197	474	João Pedro Vilaça Ferreira	ACRIF	Senior Masculino	01:01:02	+24:51	06:06
198	135	Benjamim Peixoto Dias	Individual	Senior Masculino	01:01:09	+24:58	06:07
199	134	Victor Manuel Pereira Faria	Individual	Senior Masculino	01:01:13	+25:02	06:07
200	437	Joaquim VilasBoas	Santiagotur	Senior Masculino	01:01:18	+25:07	06:08
201	336	Samy Costa	BRAGUINHAS RUNNERS	Senior Masculino	01:01:19	+25:08	06:08
202	126	Domingos Rodrigues de Araujo	Conf D.A.S	Senior Masculino	01:01:19	+25:08	06:08
203	521	Helder Ribeiro	Individual	Senior Masculino	01:01:34	+25:22	06:09
204	341	António Pereira	Bennie	Senior Masculino	01:02:06	+25:54	06:13
205	420	Miguel Barroso	Givec Team	Senior Masculino	01:02:07	+25:56	06:13
206	347	Celso José Gomes de Sousa	Individual	Senior Masculino	01:02:10	+25:59	06:13
207	399	Joaquim Jorge Santos Silva	Brothers Mondraker	Senior Masculino	01:02:42	+26:31	06:16
208	403	Carlos Alberto Jardim Fernandes	Biclas08	Senior Masculino	01:02:43	+26:32	06:16

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## Prova Principal

10 KM

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

## OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

209	36	Jonas Daniel Peixoto Dantas	Jonas Team	Senior Masculino	01:02:47	+26:36	06:17
210	35	Nuno Filipe Silva Dantas	Jonas Team	Senior Masculino	01:02:48	+26:36	06:17
211	430	Antonio Filipe de Sa Moreira	Individual	Senior Masculino	01:03:02	+26:51	06:18
212	445	Henrique César Castro Reis	Individual	Senior Masculino	01:03:25	+27:14	06:21
213	31	Américo Gustavo	Individual	Senior Masculino	01:03:26	+27:14	06:21
214	456	Ricardo Filipe Meira Carvalho	Individual	Senior Masculino	01:03:31	+27:19	06:21
215	346	Andre Amorim	B.T.M	Senior Masculino	01:03:38	+27:27	06:22
216	277	Raquel maria sousa pereira silva machado	Amigos de Esposende	Senior Masculino	01:03:47	+27:35	06:23
217	278	Nuno rafael costa jesu ferreira	Amigos de Esposende	Senior Masculino	01:03:47	+27:36	06:23
218	283	Nuno Fernandes	OPraticante.PT	Senior Masculino	01:03:53	+27:42	06:23
219	327	João Mendes	JET	Senior Masculino	01:04:01	+27:50	06:24
220	316	Vítor Bruno da Silva Ferreira	Individual	Senior Masculino	01:04:02	+27:51	06:24
221	114	Agostinho Xavier Dourado Barreto	Individual	Senior Masculino	01:04:04	+27:53	06:24
222	463	Gabriel Alexandre Batista Cabrinhas	Individual	Senior Masculino	01:04:16	+28:05	06:26
223	408	Carlos Dias	Givec Team	Senior Masculino	01:04:25	+28:13	06:27
224	411	Pedro Pereira	Givec Team	Senior Masculino	01:04:25	+28:14	06:27
225	335	Nuno Jorge da Silva Fernandes	B.T.M.	Senior Masculino	01:04:43	+28:32	06:28
226	299	Tiago macedo	Individual	Senior Masculino	01:04:54	+28:43	06:29
227	426	António Carlos da Costa Martins	Serfisio	Senior Masculino	01:05:04	+28:52	06:30
228	444	ALBERICO JOSE PEREIRA AMARAL	Individual	Senior Masculino	01:05:07	+28:56	06:31
229	102	Francisco José Loureiro Mesquita	Individual	Senior Masculino	01:05:08	+28:57	06:31
230	460	Rui Pedro Sousa dos Santos	Individual	Senior Masculino	01:05:23	+29:12	06:32
231	405	Cândido Correia	Givec Team	Senior Masculino	01:05:31	+29:20	06:33
232	395	ADELINO DIAS DA CRUZ	QUEIROZ TEAM	Senior Masculino	01:05:32	+29:21	06:33
233	337	Pedro Álvaro Pinheiro Rocha	TRAIL ME	Senior Masculino	01:05:42	+29:30	06:34
234	200	Bruno Rafael Monteiro Ramiro	Atlético Clube Alfenense	Senior Masculino	01:05:49	+29:38	06:35
235	365	Carlos Dias	Individual	Senior Masculino	01:07:13	+31:02	06:43
236	310	PEDRO MANUEL AZEVEDO ALMEIDA	VO2	Senior Masculino	01:07:40	+31:29	06:46
237	267	Raquel Patricia Barroso Oliveira	VF's	Senior Masculino	01:07:46	+31:35	06:47
238	313	Paulo Ricardo da Silva Pedrosa	Individual	Senior Masculino	01:07:53	+31:42	06:47
239	314	Carlos Sérgio Campos Araújo	Individual	Senior Masculino	01:07:54	+31:42	06:47
240	298	Raul Manuel Rodrigues Ferreira	Trilhacolorida	Senior Masculino	01:07:57	+31:45	06:48
241	112	ANTONIO JOAO CORREIA DA COSTA	Individual	Senior Masculino	01:07:59	+31:47	06:48
242	465	Rui Manuel Alves Fontes	Bora Lá	Senior Masculino	01:08:33	+32:21	06:51
243	466	João Paulo Gonçalves	Bora Lá	Senior Masculino	01:08:34	+32:22	06:51
244	80	PAULO COSTA	Individual	Senior Masculino	01:08:49	+32:38	06:53
245	66	CESARIO SILVA	CLUBE ATELETISMO BRITO	Senior Masculino	01:09:13	+33:01	06:55
246	370	Helder Pinheiro	Individual	Senior Masculino	01:09:13	+33:02	06:55
247	74	DANIEL FERNANDES	CLUBE ATELETISMO BRITO	Senior Masculino	01:09:16	+33:05	06:56
248	68	Manuel Filipe Freitas	CLUBE ATELETISMO BRITO	Senior Masculino	01:09:16	+33:05	06:56
249	500	Vasco Manuel Vilas Boas	Individual	Senior Masculino	01:09:22	+33:10	06:56
250	57	Álvaro Sousa	Barcelos Runners	Senior Masculino	01:09:28	+33:17	06:57
251	284	Tiago Lopes	OPraticante.PT	Senior Masculino	01:09:34	+33:23	06:57
252	69	EDUARDO FERREIRA	CLUBE ATELETISMO BRITO	Senior Masculino	01:09:38	+33:27	06:58
253	387	Hélder Filipe da Silva Leite	Afonsito Park	Senior Masculino	01:09:40	+33:29	06:58
254	94	Paulo Jorge Gonçalves Oliveira	Individual	Senior Masculino	01:10:06	+33:55	07:01

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## Prova Principal

## 10 KM

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

### OFFICIAL RESULT

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

255	206	Manuel Novo	Renasce	Senior Masculino	01:10:23	+34:11	07:02
256	110	Sérgio Manuel Figueiredo carvalho	TEMOS PENA ATLETISMO	Senior Masculino	01:10:35	+34:24	07:04
257	116	José Veloso	Top Top Runners	Senior Masculino	01:10:58	+34:46	07:06
258	269	Jorge Alexandre Vaz de Araijo	Top Top Runners	Senior Masculino	01:11:00	+34:49	07:06
259	212	Alberto Torres	Individual	Senior Masculino	01:11:00	+34:49	07:06
260	131	Paulo Amorim	Individual	Senior Masculino	01:11:24	+35:13	07:08
261	383	Sebastian Castro	Individual	Senior Masculino	01:12:04	+35:53	07:12
262	488	Claúdio Filipe Ferreira da Silva	Ordem Crescente	Senior Masculino	01:12:07	+35:56	07:13
263	501	Ricardo José Campos	Individual	Senior Masculino	01:12:36	+36:24	07:16
264	508	Bruno Silva	Individual	Senior Masculino	01:12:55	+36:43	07:18
265	461	José Cristiano Silva Martins	Individual	Senior Masculino	01:12:55	+36:44	07:18
266	504	Tiago Cabral Brandão	Individual	Senior Masculino	01:13:05	+36:54	07:19
267	44	Bruno joel Fernandes Fonseca	Individual	Senior Masculino	01:13:52	+37:41	07:23
268	43	Rui Pedro BARbosa CARpinteiro	Individual	Senior Masculino	01:13:53	+37:42	07:23
269	288	Manuel Amaro da Silva Fernandes	Individual	Senior Masculino	01:14:00	+37:49	07:24
270	323	Joaquim Faria Gomes	Individual	Senior Masculino	01:14:01	+37:50	07:24
271	518	Rui Ribeiro Santos	Individual	Senior Masculino	01:14:13	+38:02	07:25
272	230	Luís Lehmann Veloso de Araújo	Individual	Senior Masculino	01:14:52	+38:41	07:29
273	143	Manuel António Gonçalves de Castro	Individual	Senior Masculino	01:15:02	+38:51	07:30
274	434	Ricardo Esteves Rodrigues	Individual	Senior Masculino	01:15:57	+39:46	07:36
275	185	Pedro raul silva	corridas andadas	Senior Masculino	01:16:08	+39:57	07:37
276	186	Octavio Almeida	Individual	Senior Masculino	01:16:53	+40:42	07:41
277	340	Rúben Miguel Lacerda Branco	Individual	Senior Masculino	01:17:01	+40:50	07:42
278	82	Rui Manuel Gonçalves Fino	Individual	Senior Masculino	01:17:30	+41:19	07:45
279	224	Luís Pedro Azevedo Machado	Boss Runners	Senior Masculino	01:19:02	+42:51	07:54
280	253	Paulo Gomes Gaspar	ZOME	Senior Masculino	01:19:02	+42:51	07:54
281	385	Carlos Alberto Magalhães Marques Fernandes	Individual	Senior Masculino	01:19:13	+43:01	07:55
282	449	José Pires lima	Pernas Inertes	Senior Masculino	01:19:54	+43:43	07:59
283	13	Paulo Oliveira	Individual	Senior Masculino	01:20:09	+43:57	08:01
284	519	Gonçalo Silva	Individual	Senior Masculino	01:20:10	+43:59	08:01
285	18	Bruno Miguel Carvalho	Individual	Senior Masculino	01:21:38	+45:26	08:10
286	475	José Maria Dias Pereira	BRAGUINHAS RUNNERS	Senior Masculino	01:22:00	+45:48	08:12
287	125	André Filipe Faria Cordeiro	Tás Bem Mene	Senior Masculino	01:23:38	+47:26	08:22
288	121	Bruno Miguel Barbosa Andrade	Tás Bem Mene	Senior Masculino	01:23:39	+47:28	08:22
289	419	Francisco Sá	Givec Team	Senior Masculino	01:23:49	+47:38	08:23
290	415	Paulo Costa	Givec Team	Senior Masculino	01:24:14	+48:03	08:25
291	416	Jorge Azevedo	Givec Team	Senior Masculino	01:24:14	+48:03	08:25
292	418	Ricardo Pacheco	Givec Team	Senior Masculino	01:24:14	+48:03	08:25
293	17	João Pedro Gonçalves	Individual	Senior Masculino	01:24:48	+48:37	08:29
294	15	Tiago Linhares Durães	Individual	Senior Masculino	01:24:49	+48:38	08:29
295	218	Miguel Ferreira da Silva Ribeiro	Individual	Senior Masculino	01:25:39	+49:27	08:34
296	244	Paulo Ferreira	Individual	Senior Masculino	01:36:09	+59:57	09:37
297	435	Ruben Daniel Sousa Ribeiro	Individual	Senior Masculino	01:45:01	+01:08:49	10:30