

PROVA PRINCIPAL - STAGE 1**8.7 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	17:30	24.4°C	64%
End	18:37	24.4°C	64%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
1	151	Pedro Cerdeirinha	peraltafil running	Senior Masculino	28:46		03:18	
2	10	ANDRÉ GUIMARÃES	acd são joão da serra	Senior Masculino	29:04	+00:18	03:20	
3	54	RENATO SOUSA	clube de atletismo de ovar	Senior Masculino	29:16	+00:30	03:22	
4	26	Manuel Ferreira	arada atlético clube	Veterano M50	29:43	+00:57	03:25	
5	150	José Almeida	peraltafil running	Senior Masculino	30:05	+01:19	03:27	
6	184	Ricardo Gomes	sporting clube de espinho / antónio leitão	Senior Masculino	30:10	+01:24	03:28	
7	132	Chisoka Simões	opracicante.pt-afipre team	Senior Masculino	30:12	+01:26	03:28	
8	147	Cláudio Costa	peraltafil running	Senior Masculino	30:35	+01:49	03:31	
9	160	ANTONIO SOUSA	ripolins grijó a correr	Veterano M40	30:42	+01:56	03:32	
10	41	NUNO SILVA	cal - clube atletismo de lamas	Veterano M40	31:03	+02:17	03:34	
11	149	Helder Robalinho	peraltafil running	Senior Masculino	31:33	+02:47	03:38	
12	148	Diogo Coutinho	peraltafil running	Senior Masculino	31:33	+02:47	03:38	
13	183	Hernani Furtado	sporting clube de espinho / antónio leitão	Veterano M40	31:55	+03:09	03:40	
14	182	Miguel Faria	sporting clube de espinho / antónio leitão	Senior Masculino	32:10	+03:24	03:42	
15	165	MIGUEL MARQUES	sporting clube de espinho / antónio leitão	Senior Masculino	32:19	+03:33	03:43	
16	45	Bruno Vidinha	caldas s. jorge sport clube	Senior Masculino	33:21	+04:35	03:50	
17	29	Tiago Alves	binóito bentanias	Senior Masculino	33:44	+04:58	03:53	
18	23	Márcio Pereira	arada atlético clube	Senior Masculino	33:47	+05:01	03:53	
19	124	CARLOS BAPTISTA	jam - juventude atlética mozelense	Veterano M50	33:52	+05:06	03:54	
20	125	FERNANDO BRANDÃO	jam - juventude atlética mozelense	Veterano M50	33:52	+05:06	03:54	
21	30	Américo Silva	binóito bentanias	Veterano M40	33:55	+05:09	03:54	
22	141	Hélder Pereira Borges	opracicante.pt-afipre team	Veterano M40	33:57	+05:11	03:54	
23	161	JOSÉ SILVA	ripolins grijó a correr	Veterano M40	33:59	+05:13	03:54	
24	81	Filipe barros	individual	Senior Masculino	34:05	+05:19	03:55	
25	169	MANUEL BESSA	trevostore-paços de brandão	Veterano M40	34:21	+05:35	03:57	
26	89	Nuno Albergaria	individual	Senior Masculino	34:25	+05:39	03:57	
27	55	MONICA M FERNANDES	clube de atletismo de ovar	Veterana F40	34:28	+05:42	03:58	
28	120	FILIFE BAPTISTA	jam - juventude atlética mozelense	Senior Masculino	34:29	+05:43	03:58	
29	76	DAVID DA SILVA FERNANDES	grupo desportivo e cultural de guilhovai	Veterano M60	35:14	+06:28	04:03	
30	80	Cristiano Teixeira Pereira	individual	Senior Masculino	35:23	+06:37	04:04	
31	136	Tiago Lopes	opracicante.pt-afipre team	Senior Masculino	35:39	+06:53	04:06	
32	142	Marco Paulo Sousa Andrade	opracicante.pt-afipre team	Veterano M40	35:41	+06:55	04:06	
33	28	Daniel Cerdeirinha	binóito bentanias	Senior Masculino	35:45	+06:59	04:07	
34	99	Cecílio Ferreira	individual	Veterano M40	35:50	+07:04	04:07	
35	42	ANTÓNIO CASTRO	cal - clube atletismo de lamas	Veterano M50	35:52	+07:06	04:07	
36	22	Luís Almeida	arada atlético clube	Senior Masculino	35:54	+07:08	04:08	
37	75	Miguel Santos	grupo desportivo e cultural de guilhovai	Veterano M40	36:09	+07:23	04:09	
38	73	Carlos Frias	g .d. leões da guarda	Veterano M60	36:10	+07:24	04:09	
39	92	Pedro Barbosa	individual	Senior Masculino	36:12	+07:26	04:10	
40	65	Nuno Avelar	fa fit	Senior Masculino	36:15	+07:29	04:10	
41	34	Rui kangalho	bravos	Senior Masculino	36:19	+07:33	04:10	

PROVA PRINCIPAL - STAGE 1
8.7 KM
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
OFFICIAL RESULT
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
42	114	Heitor Araújo	individual	Veterano M50	36:21	+07:35	04:11	
43	94	Tiago Soares de mwlo	individual	Senior Masculino	36:24	+07:38	04:11	
44	7	Marco Grosso	a d rio largo c espinho	Veterano M40	36:44	+07:58	04:13	
45	117	José Silva	individual	Veterano M50	36:46	+08:00	04:14	
46	47	Nuno Sousa	caldas s. jorge sport clube	Veterano M40	37:00	+08:14	04:15	
47	104	MANUEL BASTOS	trail running clube btt sanguedo	Veterano M40	37:07	+08:21	04:16	
48	48	José Silva	caldas s. jorge sport clube	Veterano M60	37:10	+08:24	04:16	
49	90	Nuno Miguel Mendes Pais	individual	Senior Masculino	37:13	+08:27	04:17	
50	11	Miguel Santos	acd são joão da serra	Veterano M40	37:13	+08:27	04:17	
51	167	RICHARD NOGUEIRA	trail running clube btt sanguedo	Veterano M40	37:15	+08:29	04:17	
52	144	Heitor Manuel Ortiga	opracitante.pt-afipre team	Veterano M50	37:26	+08:40	04:18	
53	88	Marcelo teixeira da mota	individual	Senior Masculino	37:28	+08:42	04:18	
54	156	PAULO PIMENTA	pernetas	Veterano M40	37:28	+08:42	04:18	
55	112	Ernesto Gonçalves	individual	Veterano M50	37:36	+08:50	04:19	
56	33	Daniel kipkosgey	bravos	Senior Masculino	37:49	+09:03	04:21	
57	162	CARLOS RIPOLINS	ripolins grijó a correr	Veterano M60	38:18	+09:32	04:24	
58	67	Marco Aurélio Ferreira Pinto	fa fit	Veterano M40	38:31	+09:45	04:26	
59	127	Marcelo Fernandes	marcelo & silvia	Veterano M50	38:33	+09:47	04:26	
60	168	Rolando Paulo	trail running clube btt sanguedo	Veterano M40	38:35	+09:49	04:26	
61	122	MATILDE BAPTISTA	jam - juventude atlética mozelense	Veterana F50	38:54	+10:08	04:28	
62	68	José Leite	fa fit	Veterano M50	38:54	+10:08	04:28	
63	27	André Tigela	binóito bentanias	Senior Masculino	38:54	+10:08	04:28	
64	86	Luís Marques	individual	Senior Masculino	38:58	+10:12	04:29	
65	185	Cheila Ferreira	sporting clube de espinho / antónio leitão	Senior Feminino	39:04	+10:18	04:29	
66	91	Paulo Oliveira	individual	Senior Masculino	39:05	+10:19	04:29	
67	170	António Neto	trifitrofa.	Veterano M60	39:06	+10:20	04:30	
68	154	Alberto Neves	caldas s. jorge sport clube	Veterano M40	39:14	+10:28	04:31	
69	138	Maria Valente	opracitante.pt-afipre team	Veterana F40	39:16	+10:30	04:31	
70	110	Abelardo Gomes	individual	Veterano M50	39:22	+10:36	04:32	
71	108	Rui Ferreira	individual	Veterano M40	39:57	+11:11	04:35	
72	115	Joaquim Teixeira	individual	Veterano M50	40:00	+11:14	04:36	
73	21	Marta Reis	arada atlético clube	Senior Feminino	40:28	+11:42	04:39	
74	6	Joaquim Barbosa	a d rio largo c espinho	Veterano M40	40:45	+11:59	04:41	
75	15	Paulo Conde	afis/ovar	Veterano M40	40:57	+12:11	04:42	
76	13	Sara Nunes	afis/ovar	Veterana F40	40:57	+12:11	04:42	
77	39	FERNANDO BERNARDINO	cal - clube atletismo de lamas	Veterano M40	41:01	+12:15	04:43	
78	97	André Pinho	individual	Veterano M40	41:04	+12:18	04:43	
79	18	Manuel Sousa	afis/ovar	Veterano M60	41:13	+12:27	04:44	
80	171	Nuno Santos	villa cesari / flama	Veterano M40	41:18	+12:32	04:45	
81	145	António Neiva Rodrigues	opracitante.pt-afipre team	Veterano M60	41:22	+12:36	04:45	
82	93	Pedro Valente	individual	Senior Masculino	41:23	+12:37	04:45	
83	103	Manuel Abreu	individual	Veterano M40	41:24	+12:38	04:45	
84	56	Narciso Arromba	clube de veteranos de coimbra - cluve	Veterano M60	41:32	+12:46	04:46	
85	8	Adriano Queiroz	a d rio largo c espinho	Veterano M60	41:41	+12:55	04:47	
86	163	Ze Moutinho	running espinho	Veterano M60	41:47	+13:01	04:48	
87	106	Ricardo Seromenho	individual	Veterano M40	42:13	+13:27	04:51	

PROVA PRINCIPAL - STAGE 1

8.7 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	CARD
88	102	Luis Gomes	individual	Veterano M40	42:17	+13:31	04:52	
89	159	Ana Oliveira	real chapéus	Senior Feminino	42:21	+13:35	04:52	
90	14	Joaquim Moreira	afis/ovar	Veterano M40	42:24	+13:38	04:52	
91	126	Silvia Baptista	marcelo & silvia	Veterana F40	42:52	+14:06	04:56	
92	100	Jorge Silva	individual	Veterano M40	42:53	+14:07	04:56	
93	19	Mário Conde	afis/ovar	Veterano M60	43:04	+14:18	04:57	
94	123	AUGUSTO BAPTISTA	jam - juventude atlética mozelense	Veterano M50	43:07	+14:21	04:57	
95	40	NUNO PEREIRA	cal - clube atletismo de lamas	Veterano M40	43:08	+14:22	04:58	
96	31	José Oliveira	binóito bentanias	Veterano M40	43:13	+14:27	04:58	
97	43	FRANCISCO COSTA	cal - clube atletismo de lamas	Veterano M50	43:13	+14:27	04:58	
98	9	Joaquim Gomes	a d rio largo c espinho	Veterano M60	43:41	+14:55	05:01	
99	111	António Silva	individual	Veterano M50	43:44	+14:58	05:02	
100	58	Márcio Gomes Costa	dragões de ovar	Senior Masculino	44:21	+15:35	05:06	
101	143	Bruno Duarte	opracicante.pt-afipre team	Veterano M40	44:24	+15:38	05:06	
102	46	Goretti Cardoso	caldas s. jorge sport clube	Veterana F50	44:26	+15:40	05:06	
103	128	Serafim Fernandes	miki&romeu	Veterano M40	44:34	+15:48	05:07	
104	17	Joaquim Ferreira	afis/ovar	Veterano M50	44:53	+16:07	05:10	
105	5	Ricardo Pereira	a d rio largo c espinho	Senior Masculino	45:35	+16:49	05:14	
106	101	José Monteiro	individual	Veterano M40	45:39	+16:53	05:15	
107	109	Victor Costa	individual	Veterano M40	45:39	+16:53	05:15	
108	119	Aires Moreira	individual	Veterano M60	45:47	+17:01	05:16	
109	64	Cristina Couto	espinho trail	Veterana F40	46:24	+17:38	05:20	
110	131	José Falcão	opracicante.pt-afipre team	Veterano M60	46:25	+17:39	05:20	
111	24	Paula Costa	arada atlético clube	Veterana F40	46:50	+18:04	05:23	
112	146	Jorge Augusto Oliveira Guerra	os falta d'ar	Veterano M40	46:58	+18:12	05:24	
113	74	Fernanda Almeida	grupo desportivo e cultural de codal	Veterana F50	46:59	+18:13	05:24	
114	63	Paulo Jorge	equipa a.n.a.	Veterano M40	47:11	+18:25	05:25	
115	139	Adelaide Veludo	opracicante.pt-afipre team	Veterana F50	47:20	+18:34	05:26	
116	32	Paulo Silva	binóito bentanias	Veterano M40	47:23	+18:37	05:27	
117	37	VÍTOR HUGO	cal - clube atletismo de lamas	Senior Masculino	47:26	+18:40	05:27	
118	38	ANA CASTRO	cal - clube atletismo de lamas	Veterana F40	48:31	+19:45	05:35	
119	166	Tiago Borges	team shark	Senior Masculino	48:48	+20:02	05:37	
120	71	Gabriel Cardoso	familia cardoso & amigos	Senior Masculino	48:51	+20:05	05:37	
121	70	Carlos Mota	familia cardoso & amigos	Senior Masculino	48:52	+20:06	05:37	
122	72	Orquidea Sousa	familia cardoso & amigos	Veterana F40	48:55	+20:09	05:37	
123	35	Sonia Queiros	bravos	Veterana F40	49:02	+20:16	05:38	
124	36	Mike	bravos	Veterano M40	49:02	+20:16	05:38	
125	107	Rui Coelho	individual	Veterano M40	49:05	+20:19	05:39	
126	118	Luis António Marques Carvalho	individual	Veterano M50	49:22	+20:36	05:40	
127	84	Joao Neves	individual	Senior Masculino	49:33	+20:47	05:42	
128	82	Ivo bras	individual	Senior Masculino	49:34	+20:48	05:42	
129	53	José Valentim Oliveira	cirac - circulo de recreio arte e cultura	Veterano M50	49:41	+20:55	05:43	
130	59	Sérgio Manuel Gomes costa	dragões de ovar	Veterano M40	49:47	+21:01	05:43	
131	50	Helena Silva	cirac - circulo de recreio arte e cultura	Veterana F40	49:48	+21:02	05:43	
132	79	MARINA ROSARIO CASTRO SOUSA	individual	Senior Feminino	50:42	+21:56	05:50	

PROVA PRINCIPAL - STAGE 1

8.7 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	CARD
133	51	Susana Sofia Rocha	cirac - circulo de recreio arte e cultura	Veterana F40	50:52	+22:06	05:51	
134	153	Celeste Ribeiro	pernetas	Veterana F40	50:54	+22:08	05:51	
135	133	José Martins	opraticante.pt-afipre team	Senior Masculino	50:56	+22:10	05:51	
136	121	MARINHA BAPTISTA	jam - juventude atlética mozelense	Veterana F50	51:35	+22:49	05:56	
137	57	João Arruda	dragões de ovar	Senior Masculino	52:59	+24:13	06:05	
138	12	Eugénia Queirós	afis/ovar	Veterana F40	53:16	+24:30	06:07	
139	16	Carlos Campos	afis/ovar	Veterano M50	53:16	+24:30	06:07	
140	78	Mara Freitas	individual	Senior Feminino	53:28	+24:42	06:09	
141	60	Pedro Magalhães	equipa a.n.a.	Senior Masculino	53:43	+24:57	06:10	
142	62	Ana Vaz	equipa a.n.a.	Veterana F40	53:44	+24:58	06:11	
143	105	Pedro Alexandre Maia da Silva	individual	Veterano M40	53:53	+25:07	06:12	
144	137	Kátia Pereira	opraticante.pt-afipre team	Veterana F40	55:12	+26:26	06:21	
145	25	Sónia Silva	arada atlético clube	Veterana F40	55:29	+26:43	06:23	
146	152	CARLA FRANCO	pernetas	Veterana F40	55:33	+26:47	06:23	
147	130	Helena Santos	opraticante.pt-afipre team	Senior Feminino	55:58	+27:12	06:26	
148	135	Nuno Fernandes	opraticante.pt-afipre team	Senior Masculino	56:05	+27:19	06:27	
149	85	Leonardo Santos	individual	Senior Masculino	57:32	+28:46	06:37	
150	95	Ana Maria Mendes Pais	individual	Veterana F40	57:47	+29:01	06:39	
151	61	Alexandra Nogueira	equipa a.n.a.	Veterana F40	59:43	+30:57	06:52	
152	69	Teresa Oliveira	familia cardoso & amigos	Senior Feminino	59:43	+30:57	06:52	
153	96	Mónica Silva	individual	Veterana F40	01:01:24	+32:38	07:03	
154	140	Filomena Soares	opraticante.pt-afipre team	Veterana F50	01:06:58	+38:12	07:42	

Prova Principal

8.7 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

26	90	Nuno Miguel Mendes Pais	Individual	Senior Masculino	37:12	+08:27	04:17
27	88	Marcelo teixeira da mota	Individual	Senior Masculino	37:28	+08:42	04:18
28	33	Daniel kipkosgey	Bravos	Senior Masculino	37:49	+09:03	04:21
29	27	André Tigela	Binóito Bentanias	Senior Masculino	38:54	+10:08	04:28
30	86	Luís Marques	Individual	Senior Masculino	38:57	+10:12	04:29
31	91	Paulo Oliveira	Individual	Senior Masculino	39:04	+10:19	04:29
32	93	Pedro Valente	Individual	Senior Masculino	41:22	+12:37	04:45
33	58	Márcio Gomes Costa	Dragões de Ovar	Senior Masculino	44:20	+15:34	05:06
34	5	Ricardo Pereira	A D Rio Largo C Espinho	Senior Masculino	45:34	+16:49	05:14
35	37	VÍTOR HUGO	CAL - Clube Atletismo de Lamas	Senior Masculino	47:25	+18:40	05:27
36	166	Tiago Borges	TEAM SHARK	Senior Masculino	48:48	+20:02	05:37
37	71	Gabriel Cardoso	Familia Cardoso & Amigos	Senior Masculino	48:51	+20:05	05:37
38	70	Carlos Mota	Familia Cardoso & Amigos	Senior Masculino	48:51	+20:06	05:37
39	84	Joao Neves	Individual	Senior Masculino	49:33	+20:47	05:42
40	82	Ivo bras	Individual	Senior Masculino	49:33	+20:48	05:42
41	133	José Martins	OPRATICANTE.PT-AFIPRE TEAM	Senior Masculino	50:55	+22:10	05:51
42	57	João Arruda	Dragões de Ovar	Senior Masculino	52:59	+24:13	06:05
43	60	Pedro Magalhães	Equipa A.N.A.	Senior Masculino	53:43	+24:57	06:10
44	135	Nuno Fernandes	OPRATICANTE.PT-AFIPRE TEAM	Senior Masculino	56:05	+27:19	06:27
45	85	Leonardo Santos	Individual	Senior Masculino	57:31	+28:46	06:37

Veterana F40

1	55	MONICA M FERNANDES	CLUBE DE ATLETISMO DE OVAR	Veterana F40	34:28	+05:42	03:58
2	138	Maria Valente	OPRATICANTE.PT-AFIPRE TEAM	Veterana F40	39:16	+10:30	04:31
3	13	Sara Nunes	AFIS/OVAR	Veterana F40	40:57	+12:11	04:42
4	126	Silvia Baptista	Marcelo & Silvia	Veterana F40	42:52	+14:06	04:56
5	64	Cristina Couto	Espinho Trail	Veterana F40	46:23	+17:38	05:20
6	24	Paula Costa	ARADA ATLÉTICO CLUBE	Veterana F40	46:49	+18:04	05:23
7	38	ANA CASTRO	CAL - Clube Atletismo de Lamas	Veterana F40	48:30	+19:45	05:35
8	72	Orquidea Sousa	Familia Cardoso & Amigos	Veterana F40	48:55	+20:09	05:37
9	35	Sonia Queiros	Bravos	Veterana F40	49:02	+20:16	05:38
10	50	Helena Silva	Cirac - Circulo de Recreio Arte e Cultura	Veterana F40	49:47	+21:01	05:43
11	51	Susana Sofia Rocha	Cirac - Circulo de Recreio Arte e Cultura	Veterana F40	50:52	+22:06	05:51
12	153	Celeste Ribeiro	Pernetas	Veterana F40	50:54	+22:08	05:51
13	12	Eugénia Queirós	AFIS/OVAR	Veterana F40	53:16	+24:30	06:07
14	62	Ana Vaz	Equipa A.N.A.	Veterana F40	53:43	+24:58	06:11
15	137	Kátia Pereira	OPRATICANTE.PT-AFIPRE TEAM	Veterana F40	55:12	+26:26	06:21
16	25	Sónia Silva	ARADA ATLÉTICO CLUBE	Veterana F40	55:28	+26:43	06:23
17	152	CARLA FRANCO	Pernetas	Veterana F40	55:32	+26:47	06:23
18	95	Ana Maria Mendes Pais	Individual	Veterana F40	57:47	+29:01	06:39
19	61	Alexandra Nogueira	Equipa A.N.A.	Veterana F40	59:43	+30:57	06:52
20	96	Mónica Silva	Individual	Veterana F40	01:01:24	+32:38	07:03

Prova Principal
8.7 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
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32	31	José Oliveira	Bintóito Bentanias	Veterano M40	43:12	+14:26	04:58
33	143	Bruno Duarte	OPRATICANTE.PT-AFIPRE TEAM	Veterano M40	44:23	+15:38	05:06
34	128	Serafim Fernandes	Miki&Romeu	Veterano M40	44:33	+15:48	05:07
35	101	José Monteiro	Individual	Veterano M40	45:38	+16:52	05:15
36	109	Victor Costa	Individual	Veterano M40	45:38	+16:53	05:15
37	146	Jorge Augusto Oliveira Guerra	Os Falta D'Ar	Veterano M40	46:58	+18:12	05:24
38	63	Paulo Jorge	Equipa A.N.A.	Veterano M40	47:11	+18:25	05:25
39	32	Paulo Silva	Bintóito Bentanias	Veterano M40	47:22	+18:37	05:27
40	36	Mike	Bravos	Veterano M40	49:02	+20:16	05:38
41	107	Rui Coelho	Individual	Veterano M40	49:05	+20:19	05:39
42	59	Sérgio Manuel Gomes costa	Dragões de Ovar	Veterano M40	49:47	+21:01	05:43
43	105	Pedro Alexandre Maia da Silva	Individual	Veterano M40	53:53	+25:07	06:12

Veterano M50

1	26	Manuel Ferreira	ARADA ATLÉTICO CLUBE	Veterano M50	29:42	+00:57	03:25
2	124	CARLOS BAPTISTA	JAM - Juventude Atlética Mozelense	Veterano M50	33:52	+05:06	03:54
3	125	FERNANDO BRANDÃO	JAM - Juventude Atlética Mozelense	Veterano M50	33:52	+05:06	03:54
4	42	ANTÓNIO CASTRO	CAL - Clube Atletismo de Lamas	Veterano M50	35:51	+07:06	04:07
5	114	Heitor Araújo	Individual	Veterano M50	36:21	+07:35	04:11
6	117	José Silva	Individual	Veterano M50	36:45	+08:00	04:14
7	144	Heitor Manuel Ortiga	OPRATICANTE.PT-AFIPRE TEAM	Veterano M50	37:25	+08:40	04:18
8	112	Ernesto Gonçalves	Individual	Veterano M50	37:36	+08:50	04:19
9	127	Marcelo Fernandes	Marcelo & Silvia	Veterano M50	38:33	+09:47	04:26
10	68	José Leite	FA Fit	Veterano M50	38:54	+10:08	04:28
11	110	Abelardo Gomes	Individual	Veterano M50	39:22	+10:36	04:32
12	115	Joaquim Teixeira	Individual	Veterano M50	40:00	+11:14	04:36
13	123	AUGUSTO BAPTISTA	JAM - Juventude Atlética Mozelense	Veterano M50	43:06	+14:21	04:57
14	43	FRANCISCO COSTA	CAL - Clube Atletismo de Lamas	Veterano M50	43:13	+14:27	04:58
15	111	António Silva	Individual	Veterano M50	43:44	+14:58	05:02
16	17	Joaquim Ferreira	AFIS/OVAR	Veterano M50	44:53	+16:07	05:10
17	118	Luis António Marques Carvalho	Individual	Veterano M50	49:22	+20:36	05:40
18	53	José Valentim Oliveira	Cirac - Circulo de Recreio Arte e Cultura	Veterano M50	49:41	+20:55	05:43
19	16	Carlos Campos	AFIS/OVAR	Veterano M50	53:16	+24:30	06:07

Veterano M60

1	76	DAVID DA SILVA FERNANDES	Grupo Desportivo e Cultural de Guilhovai	Veterano M60	35:14	+06:28	04:03
2	73	Carlos Frias	G .D. Leões da Guarda	Veterano M60	36:10	+07:24	04:09
3	48	José Silva	Caldas S. Jorge Sport Clube	Veterano M60	37:10	+08:24	04:16
4	162	CARLOS RIPOLINS	RIPOLINS GRIJÓ A CORRER	Veterano M60	38:17	+09:31	04:24
5	170	António Neto	TRIFITROFA.	Veterano M60	39:05	+10:20	04:30

Official Timekeeper: Lap2Go	4 / 5	generate 06-Jul-2019 18:39
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Prova Principal

8.7 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

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6	18	Manuel Sousa	AFIS/OVAR	Veterano M60	41:12	+12:27	04:44
7	145	António Neiva Rodrigues	OPRATICANTE.PT-AFIPRE TEAM	Veterano M60	41:21	+12:36	04:45
8	56	Narciso Arromba	Clube de Veteranos de Coimbra - CLUVE	Veterano M60	41:32	+12:46	04:46
9	8	Adriano Queiroz	A D Rio Largo C Espinho	Veterano M60	41:40	+12:55	04:47
10	163	Ze Moutinho	RUNNING ESPINHO	Veterano M60	41:47	+13:01	04:48
11	19	Mário Conde	AFIS/OVAR	Veterano M60	43:04	+14:18	04:57
12	9	Joaquim Gomes	A D Rio Largo C Espinho	Veterano M60	43:40	+14:55	05:01
13	119	Aires Moreira	Individual	Veterano M60	45:46	+17:01	05:16
14	131	José Falcão	OPRATICANTE.PT-AFIPRE TEAM	Veterano M60	46:25	+17:39	05:20

COLETIVO - PROVA PRINCIPAL MASCULINO

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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	TEAM	DESCRIPTION	POINTS
1	PERALTAFIL RUNNING	1 + 5 + 8 + 11	25
2	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	6 + 13 + 14 + 15	48
3	OPRATICANTE.PT-AFIPRE TEAM	7 + 22 + 30 + 31	90
4	BINTÓITO BENTANIAS	17 + 21 + 32 + 61	131
5	JAM - JUVENTUDE ATLÉTICA MOZELENSE	19 + 20 + 27 + 86	152
6	CALDAS S. JORGE SPORT CLUBE	16 + 45 + 47 + 65	173
7	CAL - CLUBE ATLETISMO DE LAMAS	10 + 34 + 71 + 87	202
8	A D RIO LARGO C ESPINHO	43 + 69 + 79 + 90	281
9	AFIS/OVAR	70 + 73 + 83 + 85	311

COLETIVO - PROVA PRINCIPAL FEMININO

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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	TEAM	DESCRIPTION	POINTS
1	OPRATICANTE.PT-AFIPRE TEAM	4 + 13 + 25 + 28	70