

MEIA MARATONA - STAGE 1

21.097 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
41	837	João Trigueiros	sporting clube de espinho / antónio leitão	Senior Masculino	01:21:12	+12:42	03:51	
42	148	Manuel Alves	clube campismo são joão da madeira	Veterano M55	01:21:14	+12:44	03:51	
43	306	Hugo José	individual	Senior Masculino	01:21:18	+12:48	03:51	
44	768	Hélder robalinho	peraltafil running	Senior Masculino	01:21:23	+12:53	03:51	
45	899	J. PEIXE	vitória sport clube	Veterano M40	01:21:27	+12:57	03:52	
46	91	Manuel Azevedo	c. d. são salvador do campo	Veterano M40	01:21:29	+12:59	03:52	
47	144	Nuno Silva	cal - clube atletismo de lamas	Veterano M40	01:21:44	+13:14	03:52	
48	495	Jose Miguel Pereira	individual	Veterano M45	01:21:55	+13:25	03:53	
49	33	Luís Miguel Correia de Oliveira	acpv (atletico clube póvoa de varzim)	Senior Masculino	01:22:00	+13:30	03:53	
50	784	Bárbara Oliveira	recreio desportivo de águeda	Senior Feminino	01:22:00	+13:30	03:53	
51	147	Fernando Oliveira	clube campismo são joão da madeira	Veterano M50	01:22:30	+14:00	03:55	
52	785	Cristiana Valente	recreio desportivo de águeda	Senior Feminino	01:22:39	+14:09	03:55	
53	472	carlos Antonio Ferreira Monteiro F.C.Vizela	individual	Veterano M45	01:22:39	+14:09	03:55	
54	404	Daniel Andrade	individual	Veterano M40	01:22:40	+14:10	03:55	
55	17	Pedro Barbosa	a.r. luz e vida gondomarense	Senior Masculino	01:23:08	+14:38	03:56	
56	118	José Tavares	caldas s. jorge sport clube	Veterano M50	01:23:19	+14:49	03:57	
57	885	Jorge Costa Matos	vitalis	Veterano M45	01:23:28	+14:58	03:57	
58	725	Carlos Roberto almeida ferreira	núcleo de atletismo de cucujães	Veterano M40	01:23:30	+15:00	03:57	
59	60	Laura Silva	águias de alvelos	Senior Feminino	01:23:31	+15:01	03:58	
60	698	Hugo Santos	nascidos para correr	Senior Masculino	01:23:38	+15:08	03:58	
61	716	Manuel Cardoso	nascidos para correr	Veterano M50	01:23:48	+15:18	03:58	
62	36	António Pinto	acr vale de cambra	Veterano M50	01:23:53	+15:23	03:59	
63	457	Rui Gomes	individual	Veterano M40	01:23:56	+15:26	03:59	
64	487	Joaquim Fernandes	individual	Veterano M45	01:23:59	+15:29	03:59	
65	235	RICARDO JORGE OLIVEIRA TAVARES	grupo desportivo & cultural de codal	Senior Masculino	01:24:03	+15:33	03:59	
66	896	SÉRGIO SALGUEIRO	vitória sport clube	Senior Masculino	01:24:05	+15:35	03:59	
67	440	Paulo Fernandes	individual	Veterano M40	01:24:06	+15:36	03:59	
68	189	Pedro Marques	eac/jpaiva	Veterano M45	01:24:11	+15:41	03:59	
69	290	Bruno M Pacheco	individual	Senior Masculino	01:24:15	+15:45	04:00	
70	844	Paulo Oliveira	sporting clube de espinho / antónio leitão	Veterano M45	01:24:34	+16:04	04:00	
71	789	Pedro Nadaís	recreio desportivo de águeda	Senior Masculino	01:24:43	+16:13	04:01	
72	354	Rodrigo	individual	Senior Masculino	01:24:44	+16:14	04:01	
73	894	JOÃO PAULO ALVES	vitória sport clube	Senior Masculino	01:24:54	+16:24	04:01	
74	22	JOÃO GONÇALVES	ac vermoil	Senior Masculino	01:25:05	+16:35	04:02	
75	164	ROGERIO CAMPOS	clube de atletismo de ovar	Veterano M50	01:25:08	+16:38	04:02	
76	246	Daniel Afonso	grupo juvenil pinheiro da bemposta	Senior Masculino	01:25:19	+16:49	04:03	
77	346	Paulo Moreira	individual	Senior Masculino	01:25:30	+17:00	04:03	
78	800	José Reis	ripolins grijó a correr	Veterano M55	01:25:35	+17:05	04:03	
79	429	Mati David	individual	Veterano M40	01:25:39	+17:09	04:04	
80	334	Mario Teixeira	individual	Senior Masculino	01:25:46	+17:16	04:04	
81	683	Ernesto Marques Alves	lusotufo	Veterano M50	01:25:48	+17:18	04:04	
82	14	José Teixeira	a noz	Senior Masculino	01:25:50	+17:20	04:04	
83	803	Nuno Naia	run tejo	Veterano M40	01:25:56	+17:26	04:04	
84	497	Luís Lopes	individual	Veterano M45	01:26:06	+17:36	04:05	
85	697	Domingos Silva	nascidos para correr	Senior Masculino	01:26:08	+17:38	04:05	

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
86	826	JOSE PAULO COSTA	serviços sociais trab. c.m. de ovar	Senior Masculino	01:26:25	+17:55	04:06	
87	345	Paulo Fidalgo	individual	Senior Masculino	01:26:25	+17:55	04:06	
88	619	André Adriano	kirchhoff - konect running team	Senior Masculino	01:26:42	+18:12	04:07	
89	154	CARLOS SEQUEIRA	clube de atletismo de ovar	Senior Masculino	01:26:46	+18:16	04:07	
90	790	Ricardo Santos	recreio desportivo de águeda	Senior Masculino	01:27:00	+18:30	04:07	
91	433	Nuno Cardoso	individual	Veterano M40	01:27:06	+18:36	04:08	
92	668	Rui Miguel Beata Nogueira	lusotufo	Veterano M40	01:27:06	+18:36	04:08	
93	838	Miguel Ângelo Ventura Marques	sporting clube de espinho / antónio leitão	Senior Masculino	01:27:09	+18:39	04:08	
94	283	Andre Nobre	individual	Senior Masculino	01:27:15	+18:45	04:08	
95	481	Filipe Branco Santos	run tejo	Veterano M45	01:27:20	+18:50	04:08	
96	482	Filipe Nunes	individual	Veterano M45	01:27:27	+18:57	04:09	
97	480	Fernando santos	individual	Veterano M45	01:27:34	+19:04	04:09	
98	909	Jorge Luz	gdspoleiros	Veterano M50	01:27:34	+19:04	04:09	
99	432	Miguel Magalhães	individual	Veterano M40	01:27:51	+19:21	04:10	
100	7	Ricardo Pereira	#lobosolitário	Senior Masculino	01:27:55	+19:25	04:10	
101	519	Rui Sobral	individual	Veterano M45	01:28:01	+19:31	04:10	
102	146	Sérgio Martins	clube campismo são joão da madeira	Senior Masculino	01:28:02	+19:32	04:10	
103	149	Fábio Martins	clube de atletismo da nazaré	Senior Masculino	01:28:03	+19:33	04:10	
104	766	Cláudio Costa	peraltafil running	Senior Masculino	01:28:04	+19:34	04:10	
105	671	Antonio Julio Oliveira Moura	lusotufo	Veterano M45	01:28:18	+19:48	04:11	
106	451	Ricardo Redondo	individual	Veterano M40	01:28:32	+20:02	04:12	
107	160	RICARDO PINHO	clube de atletismo de ovar	Senior Masculino	01:28:40	+20:10	04:12	
108	68	Márcio Pereira	arada atlético clube	Senior Masculino	01:28:44	+20:14	04:12	
109	151	Luís Silvério	clube de atletismo da nazaré	Senior Masculino	01:28:50	+20:20	04:13	
110	436	Nuno Pereira	individual	Veterano M40	01:29:02	+20:32	04:13	
111	558	manuel Santos Silva	individual	Veterano M50	01:29:05	+20:35	04:13	
112	55	Manuel Fonseca	afis/ovar	Veterano M55	01:29:08	+20:38	04:13	
113	24	JOSÉ MENDES	ac vermoil	Veterano M40	01:29:19	+20:49	04:14	
114	508	Paulo José Gomes Fernandes	individual	Veterano M45	01:29:27	+20:57	04:14	
115	355	Rúben Gonçalves	individual	Senior Masculino	01:29:30	+21:00	04:15	
116	232	Miriam Martins	grecas vagos	Senior Feminino	01:29:34	+21:04	04:15	
117	840	Sabina Neca	sporting clube de espinho / antónio leitão	Veterana F40	01:29:36	+21:06	04:15	
118	836	Fábio Correia	sporting clube de espinho / antónio leitão	Senior Masculino	01:29:37	+21:07	04:15	
119	839	Tiago Oliveira	sporting clube de espinho / antónio leitão	Senior Masculino	01:29:37	+21:07	04:15	
120	554	Luis boavista	individual	Veterano M50	01:29:39	+21:09	04:15	
121	557	Manuel Oliveira	individual	Veterano M50	01:29:39	+21:09	04:15	
122	470	António José da Cunha Lourenço	individual	Veterano M45	01:29:43	+21:13	04:15	
123	393	Lídia Pereira	individual	Veterana F50	01:29:43	+21:13	04:15	
124	405	Diogo João	individual	Veterano M40	01:29:44	+21:14	04:15	
125	50	Jose Godinho Oliveira	afis/ovar	Veterano M45	01:29:48	+21:18	04:15	
126	663	Ismael Silva	os kagados	Veterano M60	01:30:01	+21:31	04:16	
127	821	Jose rocha	salgueiros running	Senior Masculino	01:30:05	+21:35	04:16	
128	320	João reis	individual	Senior Masculino	01:30:18	+21:48	04:17	
129	123	Rúben Almeida	caob - oliveira do bairro	Senior Masculino	01:30:19	+21:49	04:17	
130	578	Alexandre Ferreira	individual	Veterano M55	01:30:25	+21:55	04:17	

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM	CARD
176	282	André Guerra	individual	Senior Masculino	01:34:10	+25:40	04:28	
177	99	Lia Ferreira	cães d'avenida	Veterana F40	01:34:14	+25:44	04:28	
178	98	João Pedro Barbosa	cães d´avenida	Veterano M40	01:34:14	+25:44	04:28	
179	145	JOAQUIM SANTOAS	clube atletismo de nossa senhora da conceição v. real	Veterano M40	01:34:16	+25:46	04:28	
180	565	Paulo Baltasar Silveira Martins	individual	Veterano M50	01:34:28	+25:58	04:29	
181	43	Paulo Figueiredo	afis/ovar	Veterano M40	01:34:32	+26:02	04:29	
182	599	Joaquim Ferreira	individual	Veterano M60	01:34:34	+26:04	04:29	
183	37	Márcio Oliveira	afis/ovar	Senior Masculino	01:34:40	+26:10	04:29	
184	113	António Neves	caldas s. jorge sport clube	Senior Masculino	01:34:46	+26:16	04:30	
185	348	Pedro Costa	individual	Senior Masculino	01:34:56	+26:26	04:30	
186	841	João Barboda	sporting clube de espinho / antónio leitão	Veterano M45	01:34:57	+26:27	04:30	
187	734	Nuno Rodrigues	ofrunning	Veterano M40	01:35:02	+26:32	04:30	
188	799	ANTÓNIO SILVA	ripolins grijó a correr	Veterano M50	01:35:11	+26:41	04:31	
189	496	Kikas Mateus	individual	Veterano M45	01:35:15	+26:45	04:31	
190	172	SALVADOR SILVA	clubenovobancodelegacaonorte	Veterano M45	01:35:23	+26:53	04:31	
191	162	DINIS BAPTISTA	clube de atletismo de ovar	Veterano M45	01:35:26	+26:56	04:31	
192	222	Carlos Fazendeiro	g.d.ronda	Veterano M55	01:35:28	+26:58	04:31	
193	654	Williams Rodriguez	lusotufo	Veterano M40	01:35:31	+27:01	04:32	
194	434	Nuno Ferreira	individual	Veterano M40	01:35:37	+27:07	04:32	
195	333	Paulo Ferreira	individual	Veterano M40	01:35:38	+27:08	04:32	
196	501	Manuel Ferreira	individual	Veterano M45	01:35:41	+27:11	04:32	
197	791	Tiago Jesus	recreio desportivo de águeda	Senior Masculino	01:35:44	+27:14	04:32	
198	664	Joao Paulo da Costa Oliveira	lusotufo	Veterano M40	01:35:53	+27:23	04:33	
199	15	Pedro Paiva	a noz	Senior Masculino	01:35:59	+27:29	04:33	
200	460	Rui Pedro Jesus de Almeida	grupo desportivo & cultural de codal	Veterano M40	01:36:08	+27:38	04:33	
201	878	Paulo Craveiro	veteranos do porto	Veterano M45	01:36:09	+27:39	04:33	
202	572	Rodrigo costa	individual	Veterano M50	01:36:15	+27:45	04:34	
203	542	Henrique Meireles	individual	Veterano M50	01:36:21	+27:51	04:34	
204	737	Ricardo Couto	os barriguitas	Senior Masculino	01:36:27	+27:57	04:34	
205	23	JOAQUIM QUITÉRIO	ac vermoil	Veterano M40	01:36:33	+28:03	04:35	
206	127	Miguel Gonçalves	ccd crédito agrícola	Veterano M40	01:36:33	+28:03	04:35	
207	710	Domingos Presas	nascidos para correr	Veterano M50	01:36:36	+28:06	04:35	
208	715	José Pereira	nascidos para correr	Veterano M50	01:36:36	+28:06	04:35	
209	835	Pedro Rodrigues	sport comércio e salgueiros	Veterano M40	01:36:39	+28:09	04:35	
210	67	David Pedrosa	arada atlético clube	Senior Masculino	01:36:41	+28:11	04:35	
211	327	José Silva	individual	Senior Masculino	01:36:46	+28:16	04:35	
212	636	Daniel Jose Silva Barros	lusotufo	Senior Masculino	01:36:49	+28:19	04:35	
213	709	Marco Lameida	nascidos para correr	Veterano M45	01:36:50	+28:20	04:35	
214	653	Lúcia Campos Costa	lusotufo	Veterana F40	01:36:51	+28:21	04:35	
215	201	Pedro Lourenço	fca atletismo	Senior Masculino	01:36:56	+28:26	04:36	
216	541	Heitor Araújo	individual	Veterano M50	01:36:57	+28:27	04:36	
217	562	NÉLSON ALVES	individual	Veterano M50	01:37:02	+28:32	04:36	
218	714	Joaquim Pereira	nascidos para correr	Veterano M50	01:37:11	+28:41	04:36	
219	775	Luís Silva	peraltafil running	Veterano M50	01:37:17	+28:47	04:37	
220	13	Fábio Ferreira	a noz	Senior Masculino	01:37:21	+28:51	04:37	

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
221	152	Augusto Portugal	clube de atletismo da nazaré	Veterano M40	01:37:22	+28:52	04:37	
222	110	Luis Pinho	adec macieira de sarnes	Veterano M50	01:37:24	+28:54	04:37	
223	245	tiago lopes	grupo desportivo selho	Senior Masculino	01:37:26	+28:56	04:37	
224	726	Fernando Lima	núcleo de atletismo de cucujães	Veterano M40	01:37:29	+28:59	04:37	
225	517	RUI PEDRO	individual	Veterano M45	01:37:32	+29:02	04:37	
226	386	Sandra Silva	individual	Veterana F40	01:37:36	+29:06	04:38	
227	54	Salvador Fardilha	afis/ovar	Veterano M50	01:37:46	+29:16	04:38	
228	209	MANUEL PEREIRA	ferreiroulux	Veterano M50	01:37:49	+29:19	04:38	
229	702	António Santos	nascidos para correr	Veterano M40	01:37:52	+29:22	04:38	
230	568	Paulo Martins	individual	Veterano M50	01:37:57	+29:27	04:39	
231	484	Jaime Júnior	individual	Veterano M45	01:38:00	+29:30	04:39	
232	748	Joaquim Neto	os falta d'ar	Veterano M45	01:38:03	+29:33	04:39	
233	478	Fernando Costa	individual	Veterano M45	01:38:12	+29:42	04:39	
234	764	Carlos Couto	outlaw runners	Veterano M45	01:38:12	+29:42	04:39	
235	80	José Carlos Forte	arquiconsult	Veterano M60	01:38:39	+30:09	04:41	
236	511	Pedro Brito	individual	Veterano M45	01:38:44	+30:14	04:41	
237	108	CARLOS CARDOSO	cal - clube atletismo de lamas	Veterano M45	01:38:48	+30:18	04:41	
238	811	Paulo Reis	running esmoriz	Veterano M40	01:39:02	+30:32	04:42	
239	711	Fernando Rocha	nascidos para correr	Veterano M50	01:39:06	+30:36	04:42	
240	161	RUI COSTA	clube de atletismo de ovar	Veterano M40	01:39:20	+30:50	04:42	
241	812	Américo Fonseca	running esmoriz	Veterano M45	01:39:21	+30:51	04:43	
242	895	LUIS MENDES	vitória sport clube	Senior Masculino	01:39:25	+30:55	04:43	
243	441	Paulo Noormahomed	individual	Veterano M40	01:39:30	+31:00	04:43	
244	430	Miguel Alves	individual	Veterano M40	01:39:40	+31:10	04:43	
245	300	Filipe Costa	individual	Senior Masculino	01:39:44	+31:14	04:44	
246	176	Luis Torres	comdor runners	Veterano M45	01:39:44	+31:14	04:44	
247	207	ANTONIO MEIRA	ferreiroulux	Veterano M50	01:39:46	+31:16	04:44	
248	293	Cláudio	individual	Senior Masculino	01:39:48	+31:18	04:44	
249	294	Daniel Cerdeirinha	individual	Senior Masculino	01:39:52	+31:22	04:44	
250	124	Nuno Silva	caob - oliveira do bairro	Veterano M40	01:39:57	+31:27	04:44	
251	194	Luis António Alves de Oliveira	estrela do deserto	Veterano M45	01:39:59	+31:29	04:44	
252	238	André Filipe Miranda Rocha	grupo desportivo dos outeiros	Senior Masculino	01:40:05	+31:35	04:45	
253	329	Luís Sá	individual	Senior Masculino	01:40:13	+31:43	04:45	
254	187	Filipe Fonseca	duravit raceteam	Veterano M40	01:40:16	+31:46	04:45	
255	854	Mário José Sousa Crujeira	team workout 48	Senior Masculino	01:40:21	+31:51	04:45	
256	41	José Rodrigues	afis/ovar	Veterano M40	01:40:25	+31:55	04:46	
257	490	Joaquim Seabra	individual	Veterano M45	01:40:28	+31:58	04:46	
258	684	FRANCISCO JOSÉ GUIMARÃES CASTELO BRANCO RIBEIRO	lusotufo	Veterano M50	01:40:29	+31:59	04:46	
259	526	Vitor Veiga	individual	Veterano M45	01:40:30	+32:00	04:46	
260	157	MÁRCIO QUINTAS	clube de atletismo de ovar	Senior Masculino	01:40:37	+32:07	04:46	
261	153	Marco Mangas	clube de atletismo da nazaré	Veterano M45	01:40:41	+32:11	04:46	
262	150	Hélder Pereira	clube de atletismo da nazaré	Senior Masculino	01:40:42	+32:12	04:46	
263	780	António Borges	porto sentido runners	Veterano M45	01:40:44	+32:14	04:46	
264	779	Miguel Silva	porto sentido runners	Veterano M40	01:40:44	+32:14	04:46	
265	101	Miguel Pessanha Moreira	cães d'avenida	Veterano M40	01:40:45	+32:15	04:47	

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
266	190	Filipe Marques	ecomobile - aluguer de automóveis	Veterano M40	01:40:54	+32:24	04:47	
267	647	SÉRGIO PINTO MOTA	lusotufo	Senior Masculino	01:40:54	+32:24	04:47	
268	206	ANTONIO SILVA	ferreirolux	Veterano M45	01:40:57	+32:27	04:47	
269	703	Hélder Teixeira	nascidos para correr	Veterano M40	01:41:07	+32:37	04:48	
270	362	Tiago Oliveira	individual	Senior Masculino	01:41:11	+32:41	04:48	
271	361	Tiago José Cadima Borges	individual	Senior Masculino	01:41:14	+32:44	04:48	
272	488	Joaquim Paulo Alves da Silva 0106	individual	Veterano M45	01:41:17	+32:47	04:48	
273	479	Fernando Mendes	individual	Veterano M45	01:41:26	+32:56	04:48	
274	288	Bruno Carvalho	individual	Senior Masculino	01:41:31	+33:01	04:49	
275	804	Pedro Favinha	run tejo	Veterano M45	01:41:33	+33:03	04:49	
276	507	Paulo Duarte	individual	Veterano M45	01:41:36	+33:06	04:49	
277	661	ANTONIO CONSTANTINO SILVA	lusotufo	Veterano M40	01:41:39	+33:09	04:49	
278	422	Luis Filipe Alves Sucena Chaves	run tejo	Veterano M40	01:41:44	+33:14	04:49	
279	75	PAULO GRILO	arcorun	Veterano M45	01:41:54	+33:24	04:50	
280	739	Romeu Rocha	os falta d'ar	Senior Masculino	01:42:06	+33:36	04:50	
281	701	Etelvina Rocha	nascidos para correr	Veterana F50	01:42:07	+33:37	04:50	
282	722	António Pereira	nascidos para correr	Veterano M60	01:42:07	+33:37	04:50	
283	63	Artur Rego	amigos parque biologico	Veterano M40	01:42:13	+33:43	04:51	
284	724	Dulce Bastos	núcleo de atletismo de cucujães	Veterana F40	01:42:19	+33:49	04:51	
285	814	António Porrão	running esmoriz	Veterano M55	01:42:27	+33:57	04:51	
286	686	Luís Cunha	lusotufo	Veterano M50	01:42:30	+34:00	04:52	
287	188	João Portugal	duravit raceteam	Veterano M40	01:42:32	+34:02	04:52	
288	677	Sérgio Paulo Ferreira Oliveira	lusotufo	Veterano M45	01:42:36	+34:06	04:52	
289	445	RICARDO CARNEIRO	individual	Veterano M40	01:42:39	+34:09	04:52	
290	731	Flávio Silva	ofrunning	Senior Masculino	01:42:45	+34:15	04:52	
291	310	Hugo Sousa	individual	Senior Masculino	01:42:46	+34:16	04:52	
292	567	Paulo Machado	individual	Veterano M50	01:42:49	+34:19	04:52	
293	751	Manuel António Coutinho Silva	os falta d'ar	Veterano M45	01:42:50	+34:20	04:52	
294	489	Joaquim Ramalho	individual	Veterano M45	01:42:59	+34:29	04:53	
295	378	Helena Isabel Moreira Dias	individual	Veterana F40	01:43:03	+34:33	04:53	
296	351	Ricardo Gama	individual	Senior Masculino	01:43:05	+34:35	04:53	
297	16	Luís Cardoso	a. d. amarante atletismo	Veterano M60	01:43:09	+34:39	04:53	
298	236	João Filipe Almeida Costa Meneses	grupo desportivo banco de portugal	Senior Masculino	01:43:10	+34:40	04:53	
299	130	Céline Gomes	cdcr ctt porto	Senior Feminino	01:43:11	+34:41	04:53	
300	231	Adérito Curto	gira sol	Veterano M55	01:43:23	+34:53	04:54	
301	503	Marco Pereira	individual	Veterano M45	01:43:28	+34:58	04:54	
302	607	Paulo Beato	individual	Veterano M60	01:43:29	+34:59	04:54	
303	749	Jorge Amorim	os falta d'ar	Veterano M45	01:43:33	+35:03	04:54	
304	752	Vitor Rente	os falta d'ar	Veterano M45	01:43:33	+35:03	04:55	
305	552	Jose Serrano	individual	Veterano M50	01:43:52	+35:22	04:55	
306	318	João Oliveira	individual	Senior Masculino	01:43:54	+35:24	04:55	
307	373	Dulce Silva	individual	Veterana F40	01:43:54	+35:24	04:55	
308	880	Roberto Moreira	villa cesari / flama	Senior Masculino	01:43:56	+35:26	04:56	

MEIA MARATONA - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
309	675	PEDRO BRUNO SILVA MARQUES ROLA	lusotufo	Veterano M45	01:43:58	+35:28	04:56	
310	873	Nelson Machado	unidos à fresca	Veterano M40	01:44:10	+35:40	04:56	
311	682	Celso Lino Oliveira Gomes	lusotufo	Veterano M50	01:44:13	+35:43	04:56	
312	359	Tiago Carmona	individual	Senior Masculino	01:44:16	+35:46	04:57	
313	550	José Luís Pires	individual	Veterano M50	01:44:30	+36:00	04:57	
314	295	Diogo Vaz	individual	Senior Masculino	01:44:31	+36:01	04:57	
315	646	Ricardo Manuel de Oliveira Teixeira	lusotufo	Senior Masculino	01:44:35	+36:05	04:57	
316	343	Paulo Borges	individual	Senior Masculino	01:44:46	+36:16	04:58	
317	181	Ricardo João Caria Pinheiro	cube portugal telecom zona norte	Veterano M40	01:44:48	+36:19	04:58	
318	476	EMANUEL MOTA	individual	Veterano M45	01:44:54	+36:24	04:58	
319	182	Virgílio Abílio Castro Carção	cube portugal telecom zona norte	Veterano M45	01:44:56	+36:26	04:58	
320	741	Rui Miguel Silva	os falta d'ar	Senior Masculino	01:45:04	+36:34	04:59	
321	417	João Ribeiro	individual	Veterano M40	01:45:07	+36:37	04:59	
322	588	pereira Joaquim	individual	Veterano M55	01:45:09	+36:39	04:59	
323	122	José Silva	caldas s. jorge sport clube	Veterano M60	01:45:11	+36:41	04:59	
324	464	Vergilio Teixeira	individual	Veterano M40	01:45:12	+36:42	04:59	
325	227	Vitor Manuel Gonçalves Lopes	ginasio clube de santo tirso	Veterano M50	01:45:13	+36:43	04:59	
326	278	André Barbosa	individual	Senior Masculino	01:45:14	+36:44	04:59	
327	631	Marta Gracinda Tavares Reis	lusotufo	Senior Feminino	01:45:14	+36:44	04:59	
328	596	Fernando Pinto Carvalho	individual	Veterano M60	01:45:22	+36:52	05:00	
329	341	Nuno Pais	individual	Senior Masculino	01:45:23	+36:53	05:00	
330	857	Luís Rafael Lima Coutinho	team workout 48 / cam	Senior Masculino	01:45:24	+36:54	05:00	
331	107	AMÉRICO GOMES	cal - clube atletismo de lamas	Veterano M45	01:45:33	+37:03	05:00	
332	266	Mafalda Resende	individual	Senior Feminino	01:45:35	+37:05	05:00	
333	57	Manuel Sousa	afis/ovar	Veterano M60	01:45:36	+37:06	05:00	
334	193	Paulo Fernandes	escola de condução nova gaia	Veterano M50	01:45:40	+37:10	05:01	
335	389	Zeza Valente	individual	Veterana F40	01:45:49	+37:19	05:01	
336	117	Alberto Neves	caldas s. jorge sport clube	Veterano M45	01:45:49	+37:19	05:01	
337	119	Vitor Silva	caldas s. jorge sport clube	Veterano M50	01:45:50	+37:20	05:01	
338	846	ABILIO SANTOS	sporting clube de espinho / antónio leitão	Veterano M55	01:46:00	+37:30	05:01	
339	483	Henrique Neves	individual	Veterano M45	01:46:00	+37:30	05:01	
340	491	Jorge Castro	individual	Veterano M45	01:46:00	+37:30	05:01	
341	842	Pedro Santos	sporting clube de espinho / antónio leitão	Veterano M40	01:46:01	+37:31	05:02	
342	586	Manuel Silva	individual	Veterano M55	01:46:02	+37:32	05:02	
343	202	Guilherme Sousa	fca atletismo	Veterano M45	01:46:07	+37:37	05:02	
344	762	Filipe Pinho	outlaw runners	Veterano M40	01:46:11	+37:41	05:02	
345	763	Jorge Gomes	outlaw runners	Veterano M40	01:46:11	+37:41	05:02	
346	577	Alberto Lourenço	individual	Veterano M55	01:46:13	+37:43	05:02	
347	879	josé pires	veteranos do porto	Veterano M55	01:46:15	+37:45	05:02	
348	326	José Pedro Simões Ribeiro	individual	Senior Masculino	01:46:16	+37:46	05:02	
349	505	Miguel Plnheiro	individual	Veterano M45	01:46:18	+37:48	05:02	
350	44	Pedro Miguel Silva	afis/ovar	Veterano M40	01:46:19	+37:49	05:02	
351	141	Fernando Gonçalves	cirac - circulo de recreio arte e cultura	Veterano M60	01:46:30	+38:00	05:03	
352	515	Rui Freitas	individual	Veterano M45	01:46:32	+38:02	05:03	
353	858	Florinda Fernandes	team workout 48 / cam	Veterana F40	01:46:32	+38:02	05:03	

MEIA MARATONA - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
354	42	Paulo Conde	afis/ovar	Veterano M40	01:46:34	+38:04	05:03	
355	730	Eduardo Neves	ofrunning	Senior Masculino	01:46:35	+38:05	05:03	
356	38	Sara Nunes	afis/ovar	Veterana F40	01:46:35	+38:05	05:03	
357	548	joaquim roxo	individual	Veterano M50	01:46:35	+38:05	05:03	
358	665	JOSÉ PEREIRA SILVA	lusotufo	Veterano M40	01:46:40	+38:10	05:03	
359	655	Marcia Castro Costa	lusotufo	Veterana F40	01:46:41	+38:11	05:03	
360	317	joão miguel pereira leite	individual	Senior Masculino	01:46:44	+38:14	05:04	
361	477	Ernesto Gonçalves	individual	Veterano M45	01:46:48	+38:18	05:04	
362	28	Justyna Wojcik	acd são joão da serra	Senior Feminino	01:46:49	+38:19	05:04	
363	543	Jaime Seoane	individual	Veterano M50	01:46:50	+38:20	05:04	
364	253	MARTA MARTINS	hsantamaria rt	Senior Feminino	01:46:57	+38:27	05:04	
365	538	Frank Rogerson	individual	Veterano M50	01:47:03	+38:33	05:04	
366	49	José Costa	afis/ovar	Veterano M45	01:47:06	+38:36	05:05	
367	706	Virgílio Vieira	nascidos para correr	Veterano M40	01:47:08	+38:38	05:05	
368	815	Henrique Oliveira	running espinho	Senior Masculino	01:47:09	+38:39	05:05	
369	906	Manuel Oliveira	white running team	Veterano M50	01:47:24	+38:54	05:05	
370	368	Yann Lopes	individual	Senior Masculino	01:47:25	+38:55	05:06	
371	902	CARLOS GONÇALVES	vitória sport clube	Veterano M50	01:47:29	+38:59	05:06	
372	448	ricardo gonçalves	individual	Veterano M40	01:47:33	+39:03	05:06	
373	195	Carlos Joaquim Alves de Oliveira	estrela do deserto	Veterano M50	01:47:47	+39:17	05:07	
374	897	FILIPE GUIMARÃES	vitória sport clube	Veterano M40	01:47:49	+39:19	05:07	
375	65	Adalberto Machado	andamacaçar	Veterano M40	01:48:02	+39:32	05:07	
376	758	Constantino Vieira	os falta d'ar	Veterano M60	01:48:03	+39:33	05:07	
377	237	Ana Martins	grupo desportivo diana	Senior Feminino	01:48:03	+39:33	05:07	
378	721	Adão Dias	nascidos para correr	Veterano M60	01:48:04	+39:34	05:07	
379	704	João Martins	nascidos para correr	Veterano M40	01:48:04	+39:34	05:07	
380	271	Paula Sofia Barbosa Ribeiro	individual	Senior Feminino	01:48:15	+39:45	05:08	
381	408	Francisco Rebelo	individual	Veterano M40	01:48:15	+39:45	05:08	
382	765	Raul Moraes dos Santos	pedabikla	Veterano M45	01:48:18	+39:48	05:08	
383	717	António Azevedo	nascidos para correr	Veterano M55	01:48:18	+39:48	05:08	
384	910	Susana Pinto	nascidos para correr	Veterana F40	01:48:19	+39:49	05:08	
385	388	Susana Lacerda	individual	Veterana F40	01:48:26	+39:56	05:08	
386	544	João Castro	individual	Veterano M50	01:48:34	+40:04	05:09	
387	302	Gil Moreira Nunes	individual	Senior Masculino	01:48:35	+40:05	05:09	
388	410	Geraldo Santos	individual	Veterano M40	01:48:36	+40:06	05:09	
389	307	Hugo Miguel Almeida Cardoso de Sousa	individual	Senior Masculino	01:48:40	+40:10	05:09	
390	267	MARA CELIA	individual	Senior Feminino	01:48:47	+40:17	05:09	
391	400	Carlos Costa	individual	Veterano M40	01:48:48	+40:18	05:09	
392	135	Elisabete Martins	centro de juventude de malta	Senior Feminino	01:48:50	+40:20	05:10	
393	863	João Paulo de Sousa e Silva	trilhados	Veterano M45	01:48:50	+40:20	05:10	
394	729	Fernando Fonseca	o mundo da corrida	Veterano M55	01:48:53	+40:23	05:10	
395	331	Marcelo Ramalho	individual	Senior Masculino	01:48:54	+40:24	05:10	
396	279	Andre Campos	individual	Senior Masculino	01:49:02	+40:32	05:10	
397	143	Oscar Magolo	cirac - circulo de recreio arte e cultura	Veterano M60	01:49:02	+40:32	05:10	
398	248	Jorge Soares	grupo oscacer	Senior Masculino	01:49:03	+40:33	05:10	

MEIA MARATONA - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM	CARD
399	158	MARCO SILVA	clube de atletismo de ovar	Senior Masculino	01:49:06	+40:36	05:10	
400	350	Pedro Oliveira	individual	Senior Masculino	01:49:08	+40:38	05:10	
401	10	Julia Schiavon	a d rio largo c espinho	Senior Feminino	01:49:13	+40:43	05:11	
402	228	Alvaro Manuel da Costa Marques	ginasio clube de santo tirso	Veterano M55	01:49:20	+40:50	05:11	
403	626	Miguel Mendes	lion runners - g. d. leões da guarda	Senior Masculino	01:49:27	+40:57	05:11	
404	208	CONSTANTINO MOREIRA	ferreirolux	Veterano M50	01:49:27	+40:57	05:11	
405	514	Ricardo Silva	individual	Veterano M45	01:49:30	+41:00	05:11	
406	781	JORGE FERREIRA	potes de ouro	Veterano M45	01:49:31	+41:01	05:11	
407	234	LILIANA ALEXANDRA DA COSTA PEREIRA	grupo desportivo & cultural de codal	Senior Feminino	01:49:34	+41:04	05:12	
408	537	Francisco Jorge	individual	Veterano M50	01:49:34	+41:04	05:12	
409	66	Jorge Antunes	andamaçaar	Veterano M50	01:49:34	+41:04	05:12	
410	462	Tiago Leite	individual	Veterano M40	01:49:39	+41:09	05:12	
411	848	António Pereira	stcp runners	Veterano M50	01:49:41	+41:11	05:12	
412	740	Rui M.Santos	os falta d'ar	Senior Masculino	01:49:44	+41:14	05:12	
413	866	JOAQUIM ANDRADE	tutilar class runners	Veterano M55	01:49:51	+41:21	05:12	
414	82	José Sousa	associação de atletismo lebres do sado	Veterano M45	01:49:53	+41:23	05:13	
415	387	Sónia Loureiro	individual	Veterana F40	01:49:54	+41:24	05:13	
416	277	Alexandre Gonçalves	individual	Senior Masculino	01:50:04	+41:34	05:13	
417	667	MÁRIO JOEL SILVA SEQUEIRA	lusotufo	Veterano M40	01:50:05	+41:35	05:13	
418	458	rui manuel soares pereira	individual	Veterano M40	01:50:16	+41:46	05:14	
419	573	Sérgio Carneiro	individual	Veterano M50	01:50:19	+41:49	05:14	
420	330	Manuel Ferreira da Silva Pereira	individual	Senior Masculino	01:50:20	+41:50	05:14	
421	774	Sérgio Gomes	peraltafil running	Veterano M45	01:50:22	+41:52	05:14	
422	221	Paulo Mota	g.d.ronda	Veterano M45	01:50:22	+41:52	05:14	
423	220	Celso Silva	g.d.ronda	Senior Masculino	01:50:24	+41:54	05:14	
424	298	Egas Marcal	individual	Senior Masculino	01:50:31	+42:01	05:14	
425	681	CELSO FERREIRA TEIXEIRA	lusotufo	Veterano M50	01:50:33	+42:03	05:14	
426	530	António Ferreira	individual	Veterano M50	01:50:40	+42:10	05:15	
427	263	Filipa Liz	individual	Senior Feminino	01:50:42	+42:12	05:15	
428	603	Manuel costa	individual	Veterano M60	01:50:57	+42:27	05:16	
429	337	Nelson Silva	individual	Senior Masculino	01:51:00	+42:30	05:16	
430	827	FLORBELA COSTA	serviços sociais trab. c.m. de ovar	Veterana F50	01:51:02	+42:32	05:16	
431	720	Emanuel Madureira	nascidos para correr	Veterano M55	01:51:04	+42:34	05:16	
432	915	Manuel Pereira Rocha	os kagados	Veterano M60	01:51:16	+42:46	05:16	
433	564	Paulo Carneiro	individual	Veterano M50	01:51:17	+42:47	05:17	
434	437	Nuno Silva	individual	Veterano M40	01:51:30	+43:00	05:17	
435	886	José Miguel Vieira Cancela	vitalis	Veterano M45	01:51:32	+43:02	05:17	
436	139	Alcides Sales	cirac - circulo de recreio arte e cultura	Veterano M55	01:51:34	+43:04	05:17	
437	670	Carlos Oliveira	lusotufo	Veterano M60	01:51:39	+43:09	05:18	
438	732	Pedro Rocha	ofrunning	Senior Masculino	01:51:49	+43:19	05:18	
439	121	Abel Santos	caldas s. jorge sport clube	Veterano M60	01:51:54	+43:24	05:18	
440	281	André Flávio	individual	Senior Masculino	01:52:00	+43:30	05:19	
441	738	josé moura de sousa	os barriguitas	Veterano M60	01:52:02	+43:32	05:19	

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM	CARD
442	87	Sérgio Miguel Batista Couto	budeguita runners	Veterano M45	01:52:07	+43:37	05:19	
443	553	JS	individual	Veterano M50	01:52:15	+43:45	05:19	
444	918	Luis Barata	cães d'avenida	Veterano M45	01:52:16	+43:46	05:19	
445	103	JOSE CARVALHO	cães d'avenida	Veterano M50	01:52:17	+43:47	05:19	
446	796	José Santos	recreio desportivo de águeda	Veterano M55	01:52:19	+43:49	05:19	
447	571	Ricardo Figueiredo	individual	Veterano M50	01:52:31	+44:01	05:20	
448	249	Óscar Brandão	grupo oscacer	Veterano M45	01:52:32	+44:02	05:20	
449	46	Arlindo Silva	afis/ovar	Veterano M45	01:52:33	+44:03	05:20	
450	56	Manuel Luis	afis/ovar	Veterano M55	01:52:34	+44:04	05:20	
451	94	David Teixeira	c+ runners	Senior Masculino	01:52:36	+44:06	05:20	
452	692	Domingos Fernando Oliveira Camboa	lusotufo	Veterano M55	01:52:42	+44:12	05:21	
453	20	Adriano Pinto	abékulas	Veterano M60	01:52:51	+44:21	05:21	
454	525	VITOR LARANJEIRA	individual	Veterano M45	01:52:53	+44:23	05:21	
455	297	Eduardo Miguel Ribeiro Pereira Bártolo	individual	Senior Masculino	01:53:04	+44:34	05:22	
456	71	Rui Neves	arada atlético clube	Veterano M40	01:53:07	+44:37	05:22	
457	795	João Coelho	recreio desportivo de águeda	Veterano M50	01:53:07	+44:37	05:22	
458	862	Rogério Bastos	trilhados	Veterano M40	01:53:09	+44:39	05:22	
459	813	José Mendes	running esmoriz	Veterano M45	01:53:12	+44:42	05:22	
460	292	Carlos Sá	individual	Senior Masculino	01:53:26	+44:56	05:23	
461	40	Joao Ferreira	afis/ovar	Veterano M40	01:53:27	+44:57	05:23	
462	47	Joaquim Moreira	afis/ovar	Veterano M45	01:53:28	+44:58	05:23	
463	45	Americo Oliveira	afis/ovar	Veterano M45	01:53:29	+44:59	05:23	
464	100	Francisco Gonçalves	cães d'avenida	Veterano M40	01:53:31	+45:01	05:23	
465	225	Joaquim Paulo Neto Sousa	ginasio clube de santo tirso	Veterano M45	01:53:35	+45:05	05:23	
466	360	Tiago Dias	individual	Senior Masculino	01:53:46	+45:16	05:24	
467	881	Nuno Santos	villa cesari / flama	Veterano M40	01:53:56	+45:26	05:24	
468	736	João Dias	ofrunning	Veterano M45	01:53:59	+45:29	05:24	
469	58	Mário Conde	afis/ovar	Veterano M60	01:54:04	+45:34	05:24	
470	415	Joao Cacheira	individual	Veterano M40	01:54:05	+45:35	05:24	
471	285	Antonio Pedro Rodrigues Vaz	individual	Senior Masculino	01:54:10	+45:40	05:25	
472	695	MARIA CÂNDIDA EVA MIGUÉIS	migueis teixeira	Veterana F50	01:54:27	+45:57	05:25	
473	623	Miguel Miranda	kirchhoff - konect running team	Veterano M45	01:54:27	+45:57	05:25	
474	129	Sidónio Gonçalves	ccs - clube ciclismo de sendim	Senior Masculino	01:54:28	+45:58	05:26	
475	687	Manuel constantino silva	lusotufo	Veterano M50	01:54:31	+46:01	05:26	
476	83	Nuno Fontes	atitude inner power	Senior Masculino	01:54:42	+46:12	05:26	
477	849	Diogo Melo	supras	Senior Masculino	01:54:49	+46:19	05:27	
478	512	Pedro Cupertino de Miranda	individual	Veterano M45	01:54:56	+46:26	05:27	
479	591	Armando Macedo	individual	Veterano M60	01:55:01	+46:31	05:27	
480	506	Miguel Santos	individual	Veterano M45	01:55:03	+46:33	05:27	
481	713	Isaque Pinto	nascidos para correr	Veterano M50	01:55:05	+46:35	05:27	
482	609	Ana Maria Barbosa	invicta runners team	Veterana F50	01:55:06	+46:36	05:27	
483	615	Domingos silva	jesus runners	Veterano M55	01:55:18	+46:48	05:28	
484	336	Nelson Reis	individual	Senior Masculino	01:55:25	+46:55	05:28	
485	521	sergio pinho	individual	Veterano M45	01:55:26	+46:56	05:28	

MEIA MARATONA - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
486	450	Ricardo Oliveira	individual	Veterano M40	01:55:27	+46:57	05:28	
487	402	Carlos Silva	individual	Veterano M40	01:55:37	+47:07	05:29	
488	289	Bruno Daniel Carvalho Castro	individual	Senior Masculino	01:55:44	+47:14	05:29	
489	357	Sérgio Pereira	individual	Senior Masculino	01:55:47	+47:17	05:29	
490	723	José Miguel Pereira	nights team	Senior Masculino	01:55:59	+47:29	05:30	
491	199	Bruno Lourenço	fca atletismo	Senior Masculino	01:56:08	+47:38	05:30	
492	620	Marco Silva	kirchhoff - konect running team	Senior Masculino	01:56:09	+47:39	05:30	
493	561	Miguel Magalhaes	individual	Veterano M50	01:56:15	+47:45	05:31	
494	569	Pedro Baptista	individual	Veterano M50	01:56:15	+47:45	05:31	
495	291	Carlos Alcada	individual	Senior Masculino	01:56:16	+47:46	05:31	
496	455	Rui Fernando Jesus Leite	individual	Veterano M40	01:56:18	+47:48	05:31	
497	435	Nuno Milheiro	individual	Veterano M40	01:56:24	+47:54	05:31	
498	660	ANDRÉ NUNO DIAS	lusotufo	Veterano M40	01:56:29	+47:59	05:31	
499	806	Daniel Oliveira	runners & friends	Veterano M40	01:56:31	+48:01	05:31	
500	595	Fernando Azevedo	individual	Veterano M60	01:56:31	+48:01	05:31	
501	363	Toni Ferreira	individual	Senior Masculino	01:56:32	+48:02	05:31	
502	579	Alexandre Santana	individual	Veterano M55	01:56:33	+48:03	05:31	
503	463	TONY MATIAS	individual	Veterano M40	01:56:36	+48:06	05:32	
504	744	Marco Botelho	os falta d'ar	Veterano M40	01:56:36	+48:06	05:32	
505	166	Carlos Alberto Parente Rodrigues	clube edp lisboa	Veterano M60	01:56:44	+48:14	05:32	
506	296	Domingos Monteiro	individual	Senior Masculino	01:56:59	+48:29	05:33	
507	64	JOSÉ BORGES	amigos ponto final	Veterano M50	01:57:07	+48:37	05:33	
508	125	Marco Osório	cavaleiros do fino perdido	Veterano M40	01:57:17	+48:47	05:34	
509	423	Luís Guimaraães	individual	Veterano M40	01:57:17	+48:47	05:34	
510	173	Narciso Arromba	cluve-clube de veteranos de coimbra	Veterano M60	01:57:21	+48:51	05:34	
511	793	Luís Pato	recreio desportivo de águeda	Veterano M40	01:57:24	+48:54	05:34	
512	522	valdemar dias	individual	Veterano M45	01:57:31	+49:01	05:34	
513	216	Eduardo Fardilha	força na canela espinho	Veterano M50	01:57:33	+49:03	05:34	
514	597	Francisco Costa	individual	Veterano M60	01:57:37	+49:07	05:35	
515	420	José Silva	individual	Veterano M40	01:57:39	+49:09	05:35	
516	169	Vitor Viana	clube zipper	Veterano M45	01:57:46	+49:16	05:35	
517	592	Armando Peneda	individual	Veterano M60	01:58:01	+49:31	05:36	
518	70	Paula Costa	arada atlético clube	Veterana F40	01:58:04	+49:34	05:36	
519	622	Jorge Silva	kirchhoff - konect running team	Veterano M40	01:58:05	+49:35	05:36	
520	406	Filipe Ramos	individual	Veterano M40	01:58:05	+49:35	05:36	
521	493	Jorge Silva	individual	Veterano M45	01:58:07	+49:37	05:36	
522	409	Frederico Rocha	individual	Veterano M40	01:58:11	+49:41	05:36	
523	111	JOAQUIM PAULINO	cal - clube atletismo de lamas	Veterano M60	01:58:12	+49:42	05:36	
524	332	Márcio Silva	individual	Senior Masculino	01:58:14	+49:44	05:36	
525	102	Nuno Lima	cães d'avenida	Veterano M45	01:58:16	+49:46	05:36	
526	640	Marcio Costa	lusotufo	Senior Masculino	01:58:18	+49:48	05:36	
527	642	Marlene Silva Ferreira	lusotufo	Senior Masculino	01:58:18	+49:48	05:36	
528	851	Pedro Allegro	tainada do corredor	Senior Masculino	01:58:21	+49:51	05:37	
529	666	MARCIO FILIPE ALVES CAMPELO	lusotufo	Veterano M40	01:58:23	+49:53	05:37	
530	131	Alberto Castro	cdcr ctt porto	Veterano M60	01:58:27	+49:57	05:37	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
531	641	Marco Candeias	lusotufo	Senior Masculino	01:58:28	+49:58	05:37	
532	486	joao Paulino	individual	Veterano M45	01:58:38	+50:08	05:37	
533	116	Ricardo Ferrão	caldas s. jorge sport clube	Veterano M40	01:58:46	+50:16	05:38	
534	53	Paulo Almeida	afis/ovar	Veterano M50	01:58:54	+50:24	05:38	
535	192	José Pinhel	escola de condução nova gaia	Veterano M50	01:59:01	+50:31	05:38	
536	531	Belmiro Teixeira da Costa	individual	Veterano M50	01:59:12	+50:42	05:39	
537	9	Daniel Machado	512	Veterano M40	01:59:16	+50:46	05:39	
538	365	Vasco Carvalho	individual	Senior Masculino	01:59:16	+50:46	05:39	
539	379	Ines Almeida	individual	Veterana F40	01:59:16	+50:46	05:39	
540	424	manuel migueis	individual	Veterano M40	01:59:17	+50:47	05:39	
541	755	Edgar Rocha	os falta d'ar	Veterano M55	01:59:17	+50:47	05:39	
542	259	Ana Cristina Almeida	individual	Senior Feminino	01:59:20	+50:50	05:39	
543	255	Flávio Cardoso	índios de bttrail	Senior Masculino	01:59:20	+50:50	05:39	
544	394	Rosa Araujo	individual	Veterana F50	01:59:21	+50:51	05:39	
545	411	Gonçalo Nuno	individual	Veterano M40	01:59:26	+50:56	05:40	
546	669	RUI MIGUEL COSTA VIEIRA	lusotufo	Veterano M40	01:59:27	+50:57	05:40	
547	853	Rui Silva	tartarugas velozes	Senior Masculino	01:59:36	+51:06	05:40	
548	809	Nuno Alvim	running esmoriz	Senior Masculino	01:59:39	+51:09	05:40	
549	504	miguel alexandre goncalves santos dias	individual	Veterano M45	01:59:43	+51:13	05:40	
550	223	Carla Cruz	gaia-running	Veterana F40	01:59:59	+51:29	05:41	
551	185	Tiago Oliveira	douro runners	Senior Masculino	02:00:01	+51:31	05:41	
552	770	Paulo Oliveira	peraltafil running	Senior Masculino	02:00:04	+51:34	05:41	
553	510	Paulo Ribeiro	individual	Veterano M45	02:00:06	+51:36	05:42	
554	546	João Paulo Oliveira	individual	Veterano M50	02:00:09	+51:39	05:42	
555	733	Tiago Coelho	ofrunning	Senior Masculino	02:00:11	+51:41	05:42	
556	735	Rui Pereira	ofrunning	Veterano M40	02:00:11	+51:41	05:42	
557	444	Pedro Simões	individual	Veterano M40	02:00:28	+51:58	05:43	
558	581	Armando Matias	individual	Veterano M55	02:00:29	+51:59	05:43	
559	11	Zé Rodrigo	a d rio largo c espinho	Senior Masculino	02:00:31	+52:01	05:43	
560	556	Manuel Monteiro	individual	Veterano M50	02:00:33	+52:03	05:43	
561	204	Nuno Miguel Bexiga Gonçalves	ferreirinha	Veterano M45	02:00:34	+52:04	05:43	
562	825	julio costa	salgueiros running	Veterano M45	02:00:37	+52:07	05:43	
563	459	Rui Pedro pinho Ferreira	individual	Veterano M40	02:00:48	+52:18	05:44	
564	855	Joana Filipa Correia Barros	team workout 48 / cam	Senior Feminino	02:00:51	+52:21	05:44	
565	856	Bruno Daniel Morais Rodrigues	team workout 48 / cam	Senior Masculino	02:00:51	+52:21	05:44	
566	627	Rui Rosas	lusitanos	Veterano M40	02:00:53	+52:23	05:44	
567	892	Rui Manuel Teixeira Coelho	vitalis	Veterano M50	02:00:58	+52:28	05:44	
568	604	Manuel Pereira da Silva	individual	Veterano M60	02:01:23	+52:53	05:45	
569	407	Francisco Manuel Silva Oliveira	individual	Veterano M40	02:01:34	+53:04	05:46	
570	183	Paulo Oliveira Pinto	cube portugal telecom zona norte	Veterano M50	02:01:36	+53:06	05:46	
571	575	Victor Lourenço	individual	Veterano M50	02:01:40	+53:10	05:46	
572	810	Maribel Oliveira	running esmoriz	Veterana F40	02:01:51	+53:21	05:47	
573	797	Georgina Teixeira	red line	Senior Feminino	02:01:52	+53:22	05:47	
574	170	PAULO CERQUEIRA	clubenovobancodelegacaonorte	Senior Masculino	02:01:56	+53:26	05:47	
575	303	Hélder José Oliveira lopes	individual	Senior Masculino	02:01:58	+53:28	05:47	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
576	128	Cecilia Borges	ccs - clube ciclismo de sendim	Senior Feminino	02:02:00	+53:30	05:47	
577	381	Lara	individual	Veterana F40	02:02:10	+53:40	05:47	
578	594	Diamantino Martins	individual	Veterano M60	02:02:36	+54:06	05:49	
579	633	Silvana Rocha	lusotufo	Senior Feminino	02:02:48	+54:18	05:49	
580	104	Rui Fonseca	caetano runners	Veterano M50	02:02:53	+54:23	05:49	
581	376	filipa falcao	individual	Veterana F40	02:02:54	+54:24	05:50	
582	461	Sérgio Assunção	individual	Veterano M40	02:03:15	+54:45	05:51	
583	134	Manuel Canário	centro de atletismo de matosinhos	Veterano M60	02:03:22	+54:52	05:51	
584	499	Luis Marques	individual	Veterano M45	02:03:36	+55:06	05:52	
585	861	Bruno Miguel Gonçalves Martins	trilhados	Senior Masculino	02:03:47	+55:17	05:52	
586	5	Rui Sergio Pinheiro da Costa Rodrigues Dias	#correratenumdarmais	Veterano M40	02:03:48	+55:18	05:52	
587	887	Luis Filipe Pinheiro Marques	vitalis	Veterano M45	02:03:52	+55:22	05:52	
588	551	José Oliveira	individual	Veterano M50	02:03:54	+55:24	05:52	
589	611	Hélia Rocha	jesus runners	Senior Feminino	02:04:33	+56:03	05:54	
590	358	Tiago Almeida	individual	Senior Masculino	02:04:36	+56:06	05:54	
591	590	alvaro Ferreira	individual	Veterano M60	02:04:37	+56:07	05:54	
592	613	Filipe Brandão	jesus runners	Veterano M45	02:04:38	+56:08	05:54	
593	456	Rui Figueiredo	individual	Veterano M40	02:04:39	+56:09	05:54	
594	656	Maria José Franco Oliveira	lusotufo	Veterana F40	02:04:40	+56:10	05:55	
595	258	Ana Catarina da Silva Campos Pais	individual	Senior Feminino	02:04:40	+56:10	05:55	
596	273	Tânia Mateus	individual	Senior Feminino	02:04:46	+56:16	05:55	
597	421	Luis Cristino	individual	Veterano M40	02:05:21	+56:51	05:57	
598	536	Fernando Souto	individual	Veterano M50	02:05:23	+56:53	05:57	
599	214	Lucília Santos	força na canela espinho	Veterana F50	02:05:25	+56:55	05:57	
600	385	Rosmary Silva	individual	Veterana F40	02:05:27	+56:57	05:57	
601	356	Sérgio Afonso	individual	Senior Masculino	02:05:33	+57:03	05:57	
602	377	FLORBELA PEIXOTO	individual	Veterana F40	02:05:40	+57:10	05:57	
603	396	André Lima	individual	Veterano M40	02:05:51	+57:21	05:58	
604	872	Pedro Marques	unidos à fresca	Senior Masculino	02:05:55	+57:25	05:58	
605	466	Alexandre Monteiro	individual	Veterano M45	02:06:00	+57:30	05:58	
606	529	ANTÓNIO FERNANDES	individual	Veterano M50	02:06:06	+57:36	05:59	
607	549	JORGE CARVALHO	individual	Veterano M50	02:06:06	+57:36	05:59	
608	369	Anabela Santos	individual	Veterana F40	02:06:08	+57:38	05:59	
609	807	BRUNO MONTEIRO	running esmoriz	Senior Masculino	02:06:09	+57:39	05:59	
610	392	Fernanda Almeida	grupo desportivo & cultural de codal	Veterana F50	02:06:14	+57:44	05:59	
611	605	Mário Vilarinho	individual	Veterano M60	02:06:19	+57:49	05:59	
612	198	Liliana Oliveira	family runners team	Veterana F40	02:06:27	+57:57	06:00	
613	649	Valter Correia Lima	lusotufo	Senior Masculino	02:06:28	+57:58	06:00	
614	650	Anabela dos Santos Marques	lusotufo	Veterana F40	02:06:28	+57:58	06:00	
615	19	Daniel Ferreira	abékulas	Veterano M40	02:06:29	+57:59	06:00	
616	593	Custodio Neto	individual	Veterano M60	02:06:35	+58:05	06:00	
617	651	Anabela Moreira Cardoso	lusotufo	Veterana F40	02:07:12	+58:42	06:02	
618	414	Humberto Jorge Ferreira Rodrigues	individual	Veterano M40	02:07:21	+58:51	06:02	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
619	347	Pedro Conde	individual	Senior Masculino	02:07:27	+58:57	06:02	
620	62	Albino leite	alesil	Veterano M55	02:07:40	+59:10	06:03	
621	576	Vitor Vieira	individual	Veterano M50	02:07:40	+59:10	06:03	
622	260	Ana Mónica Assis Gomes	individual	Senior Feminino	02:07:56	+59:26	06:04	
623	178	FERNANDO ROTHES	companhia bazofias	Veterano M45	02:08:07	+59:37	06:04	
624	177	FILIPE NASCIMENTO	companhia bazofias	Veterano M40	02:08:07	+59:37	06:04	
625	197	Vânia Oliveira	family runners team	Senior Feminino	02:08:11	+59:41	06:05	
626	27	Vitor Costa	acail gas, s.a.	Veterano M45	02:08:37	+01:00:07	06:06	
627	750	Jorge Guerra	os falta d'ar	Veterano M45	02:08:51	+01:00:21	06:06	
628	743	Manuel Ferreira	os falta d'ar	Veterano M40	02:09:08	+01:00:38	06:07	
629	712	Gabriel Santos	nascidos para correr	Veterano M50	02:09:08	+01:00:38	06:07	
630	76	PEDRO MELO	arcorun	Veterano M50	02:09:13	+01:00:43	06:08	
631	518	Rui Silva	individual	Veterano M45	02:09:25	+01:00:55	06:08	
632	560	Miguel Flório	individual	Veterano M50	02:09:30	+01:01:00	06:08	
633	224	Luís Duarte	gaia-running	Veterano M50	02:09:37	+01:01:07	06:09	
634	399	Bruno Marques	individual	Veterano M40	02:09:56	+01:01:26	06:10	
635	600	Jose Santos	individual	Veterano M60	02:10:02	+01:01:32	06:10	
636	689	Paulo Castelo	lusotufo	Veterano M50	02:10:36	+01:02:06	06:11	
637	805	Mário Fonseca	runners & friends	Senior Masculino	02:10:56	+01:02:26	06:12	
638	884	Pedro Nuno sancio Mota	vitalis	Veterano M40	02:10:59	+01:02:29	06:13	
639	742	Jorge Silva	os falta d'ar	Veterano M40	02:11:03	+01:02:33	06:13	
640	745	Rui E.Santos	os falta d'ar	Veterano M40	02:11:03	+01:02:33	06:13	
641	243	carlos pereira	grupo desportivo leoes do veneza	Veterano M60	02:11:15	+01:02:45	06:13	
642	610	Nuno José Borges de Pinho Monteiro	invicta runners team	Veterano M60	02:11:33	+01:03:03	06:14	
643	447	Ricardo Ferreira	individual	Veterano M40	02:11:37	+01:03:07	06:14	
644	205	Rui Nuno Cardoso Ferreirinha	ferreirinha	Veterano M45	02:11:37	+01:03:07	06:14	
645	175	Susana Moreira	comdor runners	Senior Feminino	02:11:37	+01:03:07	06:14	
646	97	Regina Vidinha	cadão douro	Veterana F40	02:11:38	+01:03:08	06:14	
647	96	Artur Rocha	cadão douro	Senior Masculino	02:11:38	+01:03:08	06:14	
648	51	Carlos Campos	afis/ovar	Veterano M50	02:11:40	+01:03:10	06:14	
649	468	António Figueiredo	individual	Veterano M45	02:11:40	+01:03:10	06:14	
650	39	Cesar Alves	afis/ovar	Veterano M40	02:11:41	+01:03:11	06:14	
651	473	Carlos Seabra	individual	Veterano M45	02:12:00	+01:03:30	06:15	
652	912	Joaquim Manuela da Costa Moreira	individual	Veterano M50	02:12:06	+01:03:36	06:16	
653	77	Fernando Pedro Dias de Azevedo	arpo-associação recreativa pousadense	Senior Masculino	02:12:11	+01:03:41	06:16	
654	229	Eduardo Tomás Malheiro	ginasio clube de santo tirso	Veterano M60	02:12:23	+01:03:53	06:16	
655	230	João Carlos Pedrosa da Silva	ginasio clube de santo tirso	Veterano M60	02:12:32	+01:04:02	06:17	
656	419	JOSÉ DE LEMOS	individual	Veterano M40	02:12:33	+01:04:03	06:17	
657	829	Cláudia Pimparel	shots international runners	Veterana F40	02:12:33	+01:04:03	06:17	
658	467	Duarte Imperadeiro	individual	Senior Masculino	02:12:34	+01:04:04	06:17	
659	427	Mário	individual	Veterano M40	02:12:36	+01:04:06	06:17	
660	25	João Leite	acail gas, s.a.	Senior Masculino	02:12:41	+01:04:11	06:17	
661	822	ricardo teixeira	salgueiros running	Senior Masculino	02:12:52	+01:04:22	06:18	
662	528	ADERITO VIDEIRA	individual	Veterano M50	02:13:01	+01:04:31	06:18	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
663	428	Mário Noronha	individual	Veterano M40	02:13:10	+01:04:40	06:19	
664	370	Carla Alexandra Soares Cardoso	individual	Veterana F40	02:13:15	+01:04:45	06:19	
665	380	Joana Guerra	individual	Veterana F40	02:13:16	+01:04:46	06:19	
666	215	Herlander Fardilha	força na canela espinho	Veterano M40	02:13:23	+01:04:53	06:19	
667	344	Paulo de carvalho martins	individual	Senior Masculino	02:13:34	+01:05:04	06:20	
668	893	Tiago Trigo	vitalis	Veterano M50	02:13:37	+01:05:07	06:20	
669	287	Bruno Almeida	individual	Senior Masculino	02:13:40	+01:05:10	06:20	
670	86	Sandra Oliveira	budeguita runners	Veterana F40	02:13:43	+01:05:13	06:20	
671	322	João Soares	individual	Senior Masculino	02:14:35	+01:06:05	06:23	
672	728	Céu Santos	o mundo da corrida	Veterana F50	02:14:42	+01:06:12	06:23	
673	474	Eduardo Falcão	individual	Veterano M45	02:14:43	+01:06:13	06:23	
674	233	pedro figueiredo	grupo das quartas ilhavo	Veterano M60	02:15:14	+01:06:44	06:25	
675	8	Diana Carneiro	512	Veterana F40	02:15:27	+01:06:57	06:25	
676	777	Fernanda	porto sentido runners	Veterana F50	02:15:28	+01:06:58	06:25	
677	403	Claudio Manuel Cerqueira da Silva	porto sentido runners	Veterano M40	02:15:29	+01:06:59	06:25	
678	865	FRANCISCO NETO	tutilar class runners	Veterano M55	02:15:45	+01:07:15	06:26	
679	700	Conceição Moraes	nascidos para correr	Veterana F50	02:16:11	+01:07:41	06:27	
680	112	LUCIDIO DIAS	cal - clube atletismo de lamas	Veterano M60	02:16:22	+01:07:52	06:28	
681	454	Rogério Silva	individual	Veterano M40	02:16:25	+01:07:55	06:28	
682	213	Nidia Rocha	força na canela espinho	Veterana F40	02:16:48	+01:08:18	06:29	
683	778	Fernando ruas cardoso	porto sentido runners	Veterano M40	02:16:56	+01:08:26	06:29	
684	265	Lucia Candido	individual	Senior Feminino	02:16:56	+01:08:26	06:29	
685	867	PORFIRIO SILVA	tutilar class runners	Veterano M60	02:17:04	+01:08:34	06:30	
686	391	ELISA CRUZ	individual	Veterana F50	02:17:44	+01:09:14	06:32	
687	217	Nuno Almeida	força na canela espinho	Veterano M55	02:18:01	+01:09:31	06:33	
688	353	Ricardo Sá Resende	individual	Senior Masculino	02:18:08	+01:09:38	06:33	
689	264	Liliana Azevedo	individual	Senior Feminino	02:18:21	+01:09:51	06:33	
690	21	António Araújo	abékulas	Veterano M60	02:18:30	+01:10:00	06:34	
691	580	António Gonçalves	individual	Veterano M55	02:18:44	+01:10:14	06:35	
692	218	Fernando	força na canela espinho	Veterano M60	02:19:11	+01:10:41	06:36	
693	210	Fatima Duarte	força na canela espinho	Veterana F40	02:19:11	+01:10:41	06:36	
694	585	Luis Carvalho	individual	Veterano M55	02:19:27	+01:10:57	06:37	
695	657	RUTE ISABEL MAGALHÃES MENDONÇA SOUSA	lusotufo	Veterana F40	02:19:45	+01:11:15	06:37	
696	659	Manuela Castelo	lusotufo	Veterana F50	02:19:46	+01:11:16	06:37	
697	691	Augusto Santos Silva	lusotufo	Veterano M55	02:19:46	+01:11:16	06:38	
698	747	Joaquim Guerra	os falta d'ar	Veterano M45	02:20:10	+01:11:40	06:39	
699	257	Ana Andrade	individual	Senior Feminino	02:20:26	+01:11:56	06:39	
700	313	Ivo Martins	individual	Senior Masculino	02:20:27	+01:11:57	06:39	
701	138	Sérgio Henriques Marques	chewbacca	Senior Masculino	02:20:52	+01:12:22	06:41	
702	137	Patrícia Isabel Ferreira Dos Santos	chewbacca	Senior Feminino	02:20:52	+01:12:22	06:41	
703	316	João jorge	individual	Senior Masculino	02:20:58	+01:12:28	06:41	
704	371	carla marques	individual	Veterana F40	02:21:25	+01:12:55	06:42	
705	823	susana vasconcelos	salgueiros running	Veterana F40	02:21:30	+01:13:00	06:42	

MEIA MARATONA - STAGE 1

21.097 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM	CARD
706	95	JOÃO LOURENÇO	c+ runners	Veterano M45	02:22:05	+01:13:35	06:44	
707	299	Emanuel Tiago Ferreira da Costa	individual	Senior Masculino	02:22:06	+01:13:36	06:44	
708	696	MÁRIO JOSE MARQUES TEIXEIRA	migueis teixeira	Veterano M45	02:22:53	+01:14:23	06:46	
709	382	Maria do Alívio Cerqueira Ribeiro	individual	Veterana F40	02:23:23	+01:14:53	06:48	
710	179	PEDRO MELO	companhia bazofias	Veterano M45	02:23:25	+01:14:55	06:48	
711	547	João Reis	individual	Veterano M50	02:24:21	+01:15:51	06:51	
712	500	Luís Miguel Duarte Carvalho	individual	Veterano M45	02:24:21	+01:15:51	06:51	
713	864	Jose Pedro Santos Silva	trilhados	Veterano M45	02:26:19	+01:17:49	06:56	
714	582	Fernando Resende	individual	Veterano M55	02:26:53	+01:18:23	06:58	
715	628	ANDREIA FILIPA FERNANDES REIS	lusotufos	Senior Feminino	02:26:55	+01:18:25	06:58	
716	756	Raimundo Soares da Silva	os falta d'ar	Veterano M55	02:27:01	+01:18:31	06:58	
717	69	Olga Brandão	arada atlético clube	Veterana F40	02:27:15	+01:18:45	06:59	
718	268	Maria Sá	individual	Senior Feminino	02:27:37	+01:19:07	07:00	
719	587	Paulo Pinho	individual	Veterano M55	02:27:39	+01:19:09	07:00	
720	612	Pedro silva	jesus runners	Senior Masculino	02:27:56	+01:19:26	07:01	
721	614	Antonio Joaquim	jesus runners	Veterano M50	02:27:56	+01:19:26	07:01	
722	219	Joaquim Almeida	força na canela espinho	Veterano M60	02:30:22	+01:21:52	07:08	
723	425	Marco Coelho	individual	Veterano M40	02:30:55	+01:22:25	07:09	
724	753	João Pedro Guedes	os falta d'ar	Veterano M50	02:31:40	+01:23:10	07:11	
725	211	Joana Almeida	força na canela espinho	Veterana F40	02:32:26	+01:23:56	07:14	
726	212	Mafalda Coelho	força na canela espinho	Veterana F40	02:32:26	+01:23:56	07:14	
727	272	Tânia Lima Santos	individual	Senior Feminino	02:32:48	+01:24:18	07:15	
728	390	Ana Paula Teixeira	individual	Veterana F50	02:32:49	+01:24:19	07:15	
729	84	Daniela Fontes	atitude inner power	Veterana F40	02:34:30	+01:26:00	07:19	
730	819	sandra rocha	salgueiros running	Senior Feminino	02:35:55	+01:27:25	07:23	
731	608	Adelaide Horta	invicta runners team	Veterana F50	02:38:50	+01:30:20	07:32	
732	254	Filipe Gonçalves	índios de btrail	Senior Masculino	02:41:40	+01:33:10	07:40	
733	203	Susana Maria Sousa Costa	ferreirinha	Veterana F40	02:43:41	+01:35:11	07:46	
734	527	Adelfo Pinto	individual	Veterano M50	02:45:50	+01:37:20	07:52	
735	174	Maria Calheiros	comdor runners	Senior Feminino	03:05:36	+01:57:06	08:48	
736	269	Marta de Sousa Fernandes	individual	Senior Feminino	03:06:36	+01:58:06	08:51	

Meia Maratona

21.097 KM

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	10:00	20.8°C	40%
End	13:06	20.8°C	40%

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

1	786	Emília Pisoeiro	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	01:15:55	+07:24	03:36
2	847	Susana Godinho	Sporting Clube de Portugal	Senior Feminino	01:17:23	+08:52	03:40
3	817	Marisa Barros	S. C. SALGUEIROS	Senior Feminino	01:18:28	+09:58	03:43
4	784	Bárbara Oliveira	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	01:21:59	+13:29	03:53
5	785	Cristiana Valente	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	01:22:38	+14:08	03:55
6	60	Laura Silva	ÁGUIAS DE ALVELOS	Senior Feminino	01:23:31	+15:01	03:58
7	232	Miriam Martins	GRECAS Vagos	Senior Feminino	01:29:33	+21:03	04:15
8	130	Céline Gomes	CDCR CTT PORTO	Senior Feminino	01:43:10	+34:40	04:53
9	631	Marta Gracinda Tavares Reis	Lusotufo	Senior Feminino	01:45:14	+36:43	04:59
10	266	Mafalda Resende	Individual	Senior Feminino	01:45:35	+37:05	05:00
11	28	Justyna Wojcik	ACD São João da Serra	Senior Feminino	01:46:48	+38:18	05:04
12	253	MARTA MARTINS	HSANTAMARIA RT	Senior Feminino	01:46:56	+38:26	05:04
13	237	Ana Martins	Grupo Desportivo Diana	Senior Feminino	01:48:02	+39:32	05:07
14	271	Paula Sofia Barbosa Ribeiro	Individual	Senior Feminino	01:48:14	+39:44	05:08
15	267	MARA CELIA	Individual	Senior Feminino	01:48:46	+40:16	05:09
16	135	Elisabete Martins	Centro de Juventude de Malta	Senior Feminino	01:48:50	+40:19	05:10
17	10	Julia Schiavon	A D Rio Largo C Espinho	Senior Feminino	01:49:12	+40:42	05:11
18	234	LILIANA ALEXANDRA DA COSTA PEREIRA	Grupo Desportivo & Cultural de Codal	Senior Feminino	01:49:33	+41:03	05:12
19	263	Filipa Liz	Individual	Senior Feminino	01:50:42	+42:11	05:15
20	259	Ana Cristina Almeida	Individual	Senior Feminino	01:59:19	+50:49	05:39
21	855	Joana Filipa Correia Barros	TEAM WORKOUT 48 / CAM	Senior Feminino	02:00:50	+52:20	05:44
22	797	Georgina Teixeira	RED LINE	Senior Feminino	02:01:51	+53:21	05:47
23	128	Cecilia Borges	CCS - Clube Ciclismo de Sendim	Senior Feminino	02:02:00	+53:29	05:47
24	633	Silvana Rocha	Lusotufo	Senior Feminino	02:02:48	+54:18	05:49
25	611	Hélia Rocha	Jesus Runners	Senior Feminino	02:04:32	+56:02	05:54
26	258	Ana Catarina da Silva Campos Pais	Individual	Senior Feminino	02:04:40	+56:10	05:55
27	273	Tânia Mateus	Individual	Senior Feminino	02:04:45	+56:15	05:55
28	260	Ana Mónica Assis Gomes	Individual	Senior Feminino	02:07:55	+59:25	06:04
29	197	Vânia Oliveira	Family Runners Team	Senior Feminino	02:08:10	+59:40	06:05
30	175	Susana Moreira	ComDor Runners	Senior Feminino	02:11:37	+01:03:07	06:14
31	265	Lucia Candido	Individual	Senior Feminino	02:16:56	+01:08:26	06:29
32	264	Liliana Azevedo	Individual	Senior Feminino	02:18:20	+01:09:50	06:33
33	257	Ana Andrade	Individual	Senior Feminino	02:20:25	+01:11:55	06:39
34	137	Patrícia Isabel Ferreira Dos Santos	chewbacca	Senior Feminino	02:20:51	+01:12:21	06:41
35	628	ANDREIA FILIPA FERNANDES REIS	Lusotufo	Senior Feminino	02:26:54	+01:18:24	06:58
36	268	Maria Sá	Individual	Senior Feminino	02:27:36	+01:19:06	07:00
37	272	Tânia Lima Santos	Individual	Senior Feminino	02:32:48	+01:24:17	07:15

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35	246	Daniel Afonso	Grupo Juvenil Pinheiro da Bemposta	Senior Masculino	01:25:19	+16:48	04:03
36	346	Paulo Moreira	Individual	Senior Masculino	01:25:30	+17:00	04:03
37	334	Mario Teixeira	Individual	Senior Masculino	01:25:46	+17:16	04:04
38	14	José Teixeira	A NOZ	Senior Masculino	01:25:50	+17:19	04:04
39	697	Domingos Silva	Nascidos para Correr	Senior Masculino	01:26:07	+17:37	04:05
40	826	JOSE PAULO COSTA	SERVIÇOS SOCIAIS TRAB. C.M. DE OVAR	Senior Masculino	01:26:24	+17:54	04:06
41	345	Paulo Fidalgo	Individual	Senior Masculino	01:26:25	+17:54	04:06
42	619	André Adriano	KIRCHHOFF - KONECT Running team	Senior Masculino	01:26:41	+18:11	04:07
43	154	CARLOS SEQUEIRA	CLUBE DE ATLETISMO DE OVAR	Senior Masculino	01:26:45	+18:15	04:07
44	790	Ricardo Santos	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	01:27:00	+18:30	04:07
45	838	Miguel Ângelo Ventura Marques	Sporting Clube de Espinho / António Leitão	Senior Masculino	01:27:09	+18:38	04:08
46	283	Andre Nobre	Individual	Senior Masculino	01:27:15	+18:45	04:08
47	7	Ricardo Pereira	#lobosolitário	Senior Masculino	01:27:55	+19:24	04:10
48	146	Sérgio Martins	CLUBE CAMPISMO SÃO JOÃO DA MADEIRA	Senior Masculino	01:28:02	+19:32	04:10
49	149	Fábio Martins	Clube de Atletismo da Nazaré	Senior Masculino	01:28:03	+19:32	04:10
50	766	Cláudio Costa	Peraltafil running	Senior Masculino	01:28:04	+19:33	04:10
51	160	RICARDO PINHO	CLUBE DE ATLETISMO DE OVAR	Senior Masculino	01:28:40	+20:09	04:12
52	68	Márcio Pereira	ARADA ATLÉTICO CLUBE	Senior Masculino	01:28:44	+20:13	04:12
53	151	Luís Silvério	Clube de Atletismo da Nazaré	Senior Masculino	01:28:50	+20:20	04:13
54	355	Rúben Gonçalves	Individual	Senior Masculino	01:29:30	+21:00	04:15
55	836	Fábio Correia	Sporting Clube de Espinho / António Leitão	Senior Masculino	01:29:36	+21:06	04:15
56	839	Tiago Oliveira	Sporting Clube de Espinho / António Leitão	Senior Masculino	01:29:37	+21:06	04:15
57	821	Jose rocha	Salgueiros Running	Senior Masculino	01:30:05	+21:34	04:16
58	320	João reis	Individual	Senior Masculino	01:30:17	+21:47	04:17
59	123	Rúben Almeida	CAOB - Oliveira do Bairro	Senior Masculino	01:30:19	+21:48	04:17
60	156	JANIK LIMA	CLUBE DE ATLETISMO DE OVAR	Senior Masculino	01:31:20	+22:50	04:20
61	155	HELDER PIRES	CLUBE DE ATLETISMO DE OVAR	Senior Masculino	01:31:21	+22:50	04:20
62	167	Filipe Almeida	Clube Galp Energia Norte	Senior Masculino	01:31:23	+22:53	04:20
63	679	Joaquim Mota	Lusotufu	Senior Masculino	01:31:34	+23:04	04:20
64	114	Iven Pinho	Caldas S. Jorge Sport Clube	Senior Masculino	01:31:34	+23:04	04:20
65	911	Ivan Silva	EDV Viana Trail	Senior Masculino	01:31:35	+23:05	04:20
66	186	Hugo Silva	DURAVIT RACETEAM	Senior Masculino	01:31:38	+23:08	04:21
67	276	Adriano Fonseca	Individual	Senior Masculino	01:32:36	+24:05	04:23
68	319	João Pedro Moita	Individual	Senior Masculino	01:32:51	+24:21	04:24
69	280	André Ferreira	Individual	Senior Masculino	01:32:53	+24:23	04:24
70	883	Ricardo Esteves	VITALIS	Senior Masculino	01:33:09	+24:39	04:25
71	301	Filipe Dias Valente	Individual	Senior Masculino	01:33:33	+25:03	04:26
72	311	Hugo Tavares	Individual	Senior Masculino	01:33:51	+25:20	04:27
73	282	André Guerra	Individual	Senior Masculino	01:34:10	+25:39	04:28
74	37	Márcio Oliveira	AFIS/OVAR	Senior Masculino	01:34:39	+26:09	04:29
75	113	António Neves	Caldas S. Jorge Sport Clube	Senior Masculino	01:34:46	+26:16	04:30

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Meia Maratona

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OFFICIAL RESULT

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76	348	Pedro Costa	Individual	Senior Masculino	01:34:56	+26:25	04:30
77	791	Tiago Jesus	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	01:35:43	+27:13	04:32
78	15	Pedro Paiva	A NOZ	Senior Masculino	01:35:59	+27:28	04:33
79	737	Ricardo Couto	OS BARRIGUITAS	Senior Masculino	01:36:27	+27:56	04:34
80	67	David Pedrosa	ARADA ATLÉTICO CLUBE	Senior Masculino	01:36:41	+28:11	04:35
81	327	José Silva	Individual	Senior Masculino	01:36:46	+28:16	04:35
82	636	Daniel Jose Silva Barros	Lusotufo	Senior Masculino	01:36:48	+28:18	04:35
83	201	Pedro Lourenço	FCA Atletismo	Senior Masculino	01:36:55	+28:25	04:36
84	13	Fábio Ferreira	A NOZ	Senior Masculino	01:37:20	+28:50	04:37
85	245	tiago lopes	grupo desportivo selho	Senior Masculino	01:37:26	+28:56	04:37
86	895	LUIS MENDES	VITÓRIA SPORT CLUBE	Senior Masculino	01:39:25	+30:54	04:43
87	300	Filipe Costa	Individual	Senior Masculino	01:39:43	+31:13	04:44
88	293	Cláudio	Individual	Senior Masculino	01:39:47	+31:17	04:44
89	294	Daniel Cerdeirinha	Individual	Senior Masculino	01:39:52	+31:21	04:44
90	238	André Filipe Miranda Rocha	Grupo Desportivo dos Outeiros	Senior Masculino	01:40:05	+31:35	04:45
91	329	Luís Sá	Individual	Senior Masculino	01:40:12	+31:42	04:45
92	854	Mário José Sousa Crujeira	Team Workout 48	Senior Masculino	01:40:20	+31:50	04:45
93	157	MÁRCIO QUINTAS	CLUBE DE ATLETISMO DE OVAR	Senior Masculino	01:40:36	+32:06	04:46
94	150	Hélder Pereira	Clube de Atletismo da Nazaré	Senior Masculino	01:40:41	+32:11	04:46
95	647	SÉRGIO PINTO MOTA	Lusotufo	Senior Masculino	01:40:54	+32:24	04:47
96	362	Tiago Oliveira	Individual	Senior Masculino	01:41:11	+32:40	04:48
97	361	Tiago José Cadima Borges	Individual	Senior Masculino	01:41:13	+32:43	04:48
98	288	Bruno Carvalho	Individual	Senior Masculino	01:41:31	+33:00	04:49
99	739	Romeu Rocha	Os Falta D'Ar	Senior Masculino	01:42:06	+33:35	04:50
100	731	Flávio Silva	OFRunning	Senior Masculino	01:42:45	+34:14	04:52
101	310	Hugo Sousa	Individual	Senior Masculino	01:42:46	+34:15	04:52
102	351	Ricardo Gama	Individual	Senior Masculino	01:43:05	+34:35	04:53
103	236	João Filipe Almeida Costa Meneses	Grupo Desportivo Banco de Portugal	Senior Masculino	01:43:10	+34:39	04:53
104	318	João Oliveira	Individual	Senior Masculino	01:43:53	+35:23	04:55
105	880	Roberto Moreira	Villa Cesari / FLAMA	Senior Masculino	01:43:55	+35:25	04:56
106	359	Tiago Carmona	Individual	Senior Masculino	01:44:16	+35:45	04:57
107	295	Diogo Vaz	Individual	Senior Masculino	01:44:30	+36:00	04:57
108	646	Ricardo Manuel de Oliveira Teixeira	Lusotufo	Senior Masculino	01:44:35	+36:04	04:57
109	343	Paulo Borges	Individual	Senior Masculino	01:44:45	+36:15	04:58
110	741	Rui Miguel Silva	Os Falta D'Ar	Senior Masculino	01:45:03	+36:33	04:59
111	278	André Barbosa	Individual	Senior Masculino	01:45:14	+36:43	04:59
112	341	Nuno Pais	Individual	Senior Masculino	01:45:23	+36:52	05:00
113	857	Luís Rafael Lima Coutinho	TEAM WORKOUT 48 / CAM	Senior Masculino	01:45:23	+36:53	05:00
114	326	José Pedro Simões Ribeiro	Individual	Senior Masculino	01:46:16	+37:46	05:02
115	730	Eduardo Neves	OFRunning	Senior Masculino	01:46:34	+38:04	05:03
116	317	joão miguel pereira leite	Individual	Senior Masculino	01:46:44	+38:14	05:04
117	815	Henrique Oliveira	RUNNING ESPINHO	Senior Masculino	01:47:09	+38:38	05:05
118	368	Yann Lopes	Individual	Senior Masculino	01:47:25	+38:54	05:06
119	302	Gil Moreira Nunes	Individual	Senior Masculino	01:48:34	+40:04	05:09

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OFFICIAL RESULT

120	307	Hugo Miguel Almeida Cardoso de Sousa	Individual	Senior Masculino	01:48:39	+40:09	05:09
121	331	Marcelo Ramalho	Individual	Senior Masculino	01:48:53	+40:23	05:10
122	279	Andre Campos	Individual	Senior Masculino	01:49:01	+40:31	05:10
123	248	Jorge Soares	Grupo Oscacer	Senior Masculino	01:49:03	+40:33	05:10
124	158	MARCO SILVA	CLUBE DE ATLETISMO DE OVAR	Senior Masculino	01:49:06	+40:35	05:10
125	350	Pedro Oliveira	Individual	Senior Masculino	01:49:07	+40:37	05:10
126	626	Miguel Mendes	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	01:49:26	+40:56	05:11
127	740	Rui M.Santos	Os Falta D'Ar	Senior Masculino	01:49:44	+41:13	05:12
128	277	Alexandre Gonçalves	Individual	Senior Masculino	01:50:03	+41:33	05:13
129	330	Manuel Ferreira da Silva Pereira	Individual	Senior Masculino	01:50:20	+41:49	05:14
130	220	Celso Silva	G.D.Ronda	Senior Masculino	01:50:23	+41:53	05:14
131	298	Egas Marcal	Individual	Senior Masculino	01:50:31	+42:00	05:14
132	337	Nelson Silva	Individual	Senior Masculino	01:51:00	+42:29	05:16
133	732	Pedro Rocha	OFRunning	Senior Masculino	01:51:48	+43:18	05:18
134	281	André Flávio	Individual	Senior Masculino	01:52:00	+43:29	05:19
135	94	David Teixeira	C+ RUNNERS	Senior Masculino	01:52:35	+44:05	05:20
136	297	Eduardo Miguel Ribeiro Pereira Bártolo	Individual	Senior Masculino	01:53:04	+44:33	05:22
137	292	Carlos Sá	Individual	Senior Masculino	01:53:25	+44:55	05:23
138	360	Tiago Dias	Individual	Senior Masculino	01:53:46	+45:16	05:24
139	285	Antonio Pedro Rodrigues Vaz	Individual	Senior Masculino	01:54:10	+45:40	05:25
140	129	Sidónio Gonçalves	CCS - Clube Ciclismo de Sendim	Senior Masculino	01:54:27	+45:57	05:26
141	83	Nuno Fontes	Atitude Inner Power	Senior Masculino	01:54:42	+46:11	05:26
142	849	Diogo Melo	Supras	Senior Masculino	01:54:48	+46:18	05:27
143	336	Nelson Reis	Individual	Senior Masculino	01:55:25	+46:54	05:28
144	289	Bruno Daniel Carvalho Castro	Individual	Senior Masculino	01:55:44	+47:13	05:29
145	357	Sérgio Pereira	Individual	Senior Masculino	01:55:46	+47:16	05:29
146	723	José Miguel Pereira	Nights Team	Senior Masculino	01:55:59	+47:28	05:30
147	199	Bruno Lourenço	FCA Atletismo	Senior Masculino	01:56:08	+47:37	05:30
148	620	Marco Silva	KIRCHHOFF - KONECT Running team	Senior Masculino	01:56:08	+47:38	05:30
149	291	Carlos Alcada	Individual	Senior Masculino	01:56:16	+47:46	05:31
150	363	Toni Ferreira	Individual	Senior Masculino	01:56:31	+48:01	05:31
151	296	Domingos Monteiro	Individual	Senior Masculino	01:56:59	+48:28	05:33
152	332	Márcio Silva	Individual	Senior Masculino	01:58:13	+49:43	05:36
153	640	Marcio Costa	Lusotufo	Senior Masculino	01:58:17	+49:47	05:36
154	642	Marlene Silva Ferreira	Lusotufo	Senior Masculino	01:58:17	+49:47	05:36
155	851	Pedro Allegro	Tainada do Corredor	Senior Masculino	01:58:21	+49:50	05:37
156	641	Marco Candeias	Lusotufo	Senior Masculino	01:58:28	+49:58	05:37
157	365	Vasco Carvalho	Individual	Senior Masculino	01:59:16	+50:45	05:39
158	255	Flávio Cardoso	Índios de BTTrail	Senior Masculino	01:59:20	+50:50	05:39
159	853	Rui Silva	Tartarugas Velozes	Senior Masculino	01:59:35	+51:05	05:40
160	809	Nuno Alvim	Running Esmoriz	Senior Masculino	01:59:39	+51:09	05:40
161	185	Tiago Oliveira	Douro Runners	Senior Masculino	02:00:01	+51:30	05:41
162	770	Paulo Oliveira	Peraltafil running	Senior Masculino	02:00:03	+51:33	05:41
163	733	Tiago Coelho	OFRunning	Senior Masculino	02:00:10	+51:40	05:42

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164	11	Zé Rodrigo	A D Rio Largo C Espinho	Senior Masculino	02:00:31	+52:01	05:43
165	856	Bruno Daniel Morais Rodrigues	TEAM WORKOUT 48 / CAM	Senior Masculino	02:00:51	+52:20	05:44
166	170	PAULO CERQUEIRA	CLUBENOVOBANCODELEGACA ONORTE	Senior Masculino	02:01:55	+53:25	05:47
167	303	Hélder José Oliveira lopes	Individual	Senior Masculino	02:01:57	+53:27	05:47
168	861	Bruno Miguel Gonçalves Martins	Trilhados	Senior Masculino	02:03:47	+55:16	05:52
169	358	Tiago Almeida	Individual	Senior Masculino	02:04:36	+56:06	05:54
170	356	Sérgio Afonso	Individual	Senior Masculino	02:05:32	+57:02	05:57
171	872	Pedro Marques	UNIDOS À FRESCA	Senior Masculino	02:05:54	+57:24	05:58
172	807	BRUNO MONTEIRO	Running Esmoriz	Senior Masculino	02:06:08	+57:38	05:59
173	649	Valter Correia Lima	Lusotufo	Senior Masculino	02:06:28	+57:58	06:00
174	347	Pedro Conde	Individual	Senior Masculino	02:07:27	+58:56	06:02
175	805	Mário Fonseca	Runners & Friends	Senior Masculino	02:10:55	+01:02:25	06:12
176	96	Artur Rocha	Cadão Douro	Senior Masculino	02:11:37	+01:03:07	06:14
177	77	Fernando Pedro Dias de Azevedo	ARPO-Associação Recreativa Pousadense	Senior Masculino	02:12:11	+01:03:40	06:16
178	467	Duarte Imperadeiro	Individual	Senior Masculino	02:12:34	+01:04:03	06:17
179	25	João Leite	ACAIL GAS, S.A.	Senior Masculino	02:12:41	+01:04:10	06:17
180	822	ricardo teixeira	Salgueiros Running	Senior Masculino	02:12:52	+01:04:22	06:18
181	344	Paulo de carvalho martins	Individual	Senior Masculino	02:13:34	+01:05:03	06:20
182	287	Bruno Almeida	Individual	Senior Masculino	02:13:40	+01:05:09	06:20
183	322	João Soares	Individual	Senior Masculino	02:14:34	+01:06:04	06:23
184	353	Ricardo Sá Resende	Individual	Senior Masculino	02:18:07	+01:09:37	06:33
185	313	Ivo Martins	Individual	Senior Masculino	02:20:27	+01:11:57	06:39
186	138	Sérgio Henriques Marques	chewbacca	Senior Masculino	02:20:51	+01:12:21	06:41
187	316	João jorge	Individual	Senior Masculino	02:20:57	+01:12:27	06:41
188	299	Emanuel Tiago Ferreira da Costa	Individual	Senior Masculino	02:22:05	+01:13:35	06:44
189	612	Pedro silva	Jesus Runners	Senior Masculino	02:27:55	+01:19:25	07:01
190	254	Filipe Gonçalves	Índios de BTTrail	Senior Masculino	02:41:40	+01:33:10	07:40

Veterana F40

1	840	Sabina Neca	Sporting Clube de Espinho / António Leitão	Veterana F40	01:29:36	+21:05	04:15
2	783	Carla Araújo	PUPILOS do Ze To	Veterana F40	01:32:45	+24:15	04:24
3	99	Lia Ferreira	Cães d'Avenida	Veterana F40	01:34:14	+25:43	04:28
4	653	Lúcia Campos Costa	Lusotufo	Veterana F40	01:36:50	+28:20	04:35
5	386	Sandra Silva	Individual	Veterana F40	01:37:36	+29:06	04:38
6	724	Dulce Bastos	Núcleo de Atletismo de Cucujães	Veterana F40	01:42:18	+33:48	04:51
7	378	Helena Isabel Moreira Dias	Individual	Veterana F40	01:43:03	+34:32	04:53
8	373	Dulce Silva	Individual	Veterana F40	01:43:53	+35:23	04:55
9	389	Zeza Valente	Individual	Veterana F40	01:45:49	+37:18	05:01
10	858	Florinda Fernandes	TEAM WORKOUT 48 / CAM	Veterana F40	01:46:32	+38:01	05:03
11	38	Sara Nunes	AFIS/OVAR	Veterana F40	01:46:34	+38:04	05:03
12	655	Marcia Castro Costa	Lusotufo	Veterana F40	01:46:41	+38:10	05:03
13	910	Susana Pinto	Nascidos para Correr	Veterana F40	01:48:18	+39:48	05:08
14	388	Susana Lacerda	Individual	Veterana F40	01:48:26	+39:55	05:08

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15	387	Sónia Loureiro	Individual	Veterana F40	01:49:53	+41:23	05:13
16	70	Paula Costa	ARADA ATLÉTICO CLUBE	Veterana F40	01:58:03	+49:33	05:36
17	379	Ines Almeida	Individual	Veterana F40	01:59:16	+50:46	05:39
18	223	Carla Cruz	GAIA-RUNNING	Veterana F40	01:59:58	+51:28	05:41
19	810	Maribel Oliveira	Running Esmoriz	Veterana F40	02:01:51	+53:21	05:47
20	381	Lara	Individual	Veterana F40	02:02:10	+53:39	05:4
21	376	filipa falcao	Individual	Veterana F40	02:02:53	+54:23	05:50
22	656	Maria José Franco Oliveira	Lusotufo	Veterana F40	02:04:39	+56:09	05:55
23	385	Rosmery Silva	Individual	Veterana F40	02:05:27	+56:56	05:57
24	377	FLORBELA PEIXOTO	Individual	Veterana F40	02:05:39	+57:09	05:57
25	369	Anabela Santos	Individual	Veterana F40	02:06:07	+57:37	05:59
26	198	Liliana Oliveira	Family Runners Team	Veterana F40	02:06:27	+57:57	06:00
27	650	Anabela dos Santos Marques	Lusotufo	Veterana F40	02:06:28	+57:58	06:00
28	651	Anabela Moreira Cardoso	Lusotufo	Veterana F40	02:07:11	+58:41	06:02
29	97	Regina Vidinha	Cadão Douro	Veterana F40	02:11:37	+01:03:07	06:14
30	829	Cláudia Pimparel	Shots International Runners	Veterana F40	02:12:33	+01:04:02	06:17
31	370	Carla Alexandra Soares Cardoso	Individual	Veterana F40	02:13:15	+01:04:44	06:19
32	380	Joana Guerra	Individual	Veterana F40	02:13:15	+01:04:45	06:19
33	86	Sandra Oliveira	BUDEGUITA RUNNERS	Veterana F40	02:13:42	+01:05:12	06:20
34	8	Diana Carneiro	512	Veterana F40	02:15:27	+01:06:56	06:25
35	213	Nidia Rocha	Força na Canela Espinho	Veterana F40	02:16:47	+01:08:17	06:29
36	210	Fatima Duarte	Força na Canela Espinho	Veterana F40	02:19:10	+01:10:40	06:36
37	657	RUTE ISABEL MAGALHÃES MENDONÇA SOUSA	Lusotufo	Veterana F40	02:19:44	+01:11:14	06:37
38	371	carla marques	Individual	Veterana F40	02:21:24	+01:12:54	06:42
39	823	susana vasconcelos	Salgueiros Running	Veterana F40	02:21:30	+01:12:59	06:42
40	382	Maria do Alívio Cerqueira Ribeiro	Individual	Veterana F40	02:23:22	+01:14:52	06:48
41	69	Olga Brandão	ARADA ATLÉTICO CLUBE	Veterana F40	02:27:14	+01:18:44	06:59
42	211	Joana Almeida	Força na Canela Espinho	Veterana F40	02:32:25	+01:23:55	07:14
43	212	Mafalda Coelho	Força na Canela Espinho	Veterana F40	02:32:25	+01:23:55	07:14
44	84	Daniela Fontes	Atitude Inner Power	Veterana F40	02:34:29	+01:25:59	07:19
45	203	Susana Maria Sousa Costa	Ferreirinha	Veterana F40	02:43:41	+01:35:10	07:46

Veterana F50

1	393	Lídia Pereira	Individual	Veterana F50	01:29:43	+21:12	04:15
2	701	Etelvina Rocha	Nascidos para Correr	Veterana F50	01:42:06	+33:36	04:50
3	827	FLORBELA COSTA	SERVIÇOS SOCIAIS TRAB. C.M. DE OVAR	Veterana F50	01:51:02	+42:31	05:16
4	695	MARIA CÂNDIDA EVA MIGUÉIS	MIGUEIS TEIXEIRA	Veterana F50	01:54:26	+45:56	05:25
5	609	Ana Maria Barbosa	Invicta Runners Team	Veterana F50	01:55:06	+46:35	05:27
6	394	Rosa Araujo	Individual	Veterana F50	01:59:21	+50:50	05:39
7	214	Lucília Santos	Força na Canela Espinho	Veterana F50	02:05:25	+56:54	05:57
8	392	Fernanda Almeida	Grupo Desportivo & Cultural de Codal	Veterana F50	02:06:13	+57:43	05:59
9	728	Céu Santos	O Mundo da Corrida	Veterana F50	02:14:42	+01:06:12	06:23
10	777	Fernanda	PORTO SENTIDO RUNNERS	Veterana F50	02:15:28	+01:06:58	06:25

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11	700	Conceição Morais	Nascidos para Correr	Veterana F50	02:16:11	+01:07:40	06:27
12	391	ELISA CRUZ	Individual	Veterana F50	02:17:44	+01:09:13	06:32
13	659	Manuela Castelo	Lusotufu	Veterana F50	02:19:45	+01:11:15	06:37
14	390	Ana Paula Teixeira	Individual	Veterana F50	02:32:49	+01:24:18	07:15
15	608	Adelaide Horta	Invicta Runners Team	Veterana F50	02:38:50	+01:30:19	07:32

Veterano M40

1	239	ARTUR OLIVEIRA RODRIGUES	Grupo Desportivo e Cultural de Guilhovai	Veterano M40	01:12:24	+03:54	03:26
2	868	Marco Ferreira	U.D. VÁRZEA	Veterano M40	01:13:46	+05:16	03:30
3	916	João Alves	Núcleo de Atletismo de Cucujães	Veterano M40	01:17:07	+08:37	03:39
4	792	Luís Miguel	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M40	01:18:20	+09:50	03:43
5	240	LUÍS JOSÉ GOMES E SILVA	Grupo Desportivo e Cultural de Guilhovai	Veterano M40	01:19:03	+10:33	03:45
6	72	Salviano Ferreira	ARADA ATLÉTICO CLUBE	Veterano M40	01:19:26	+10:56	03:46
7	136	Filipe Martins	Centro de Juventude de Malta	Veterano M40	01:20:24	+11:53	03:49
8	442	Paulo pinto	Individual	Veterano M40	01:20:38	+12:08	03:49
9	899	J. PEIXE	VITÓRIA SPORT CLUBE	Veterano M40	01:21:26	+12:56	03:52
10	91	Manuel Azevedo	C. D. São Salvador do Campo	Veterano M40	01:21:29	+12:59	03:52
11	144	Nuno Silva	CAL - Clube Atletismo de Lamas	Veterano M40	01:21:44	+13:13	03:52
12	404	Daniel Andrade	Individual	Veterano M40	01:22:39	+14:09	03:55
13	725	Carlos Roberto almeida ferreira	Núcleo de Atletismo de Cucujães	Veterano M40	01:23:29	+14:59	03:57
14	457	Rui Gomes	Individual	Veterano M40	01:23:55	+15:25	03:59
15	440	Paulo Fernandes	Individual	Veterano M40	01:24:06	+15:35	03:59
16	429	Mati David	Individual	Veterano M40	01:25:39	+17:08	04:04
17	803	Nuno Naia	RUN TEJO	Veterano M40	01:25:56	+17:25	04:04
18	433	Nuno Cardoso	Individual	Veterano M40	01:27:06	+18:35	04:08
19	668	Rui Miguel Beata Nogueira	Lusotufo	Veterano M40	01:27:06	+18:35	04:08
20	432	Miguel Magalhães	Individual	Veterano M40	01:27:51	+19:20	04:10
21	451	Ricardo Redondo	Individual	Veterano M40	01:28:32	+20:01	04:12
22	436	Nuno Pereira	Individual	Veterano M40	01:29:02	+20:32	04:13
23	24	JOSÉ MENDES	AC VERMOIL	Veterano M40	01:29:19	+20:48	04:14
24	405	Diogo João	Individual	Veterano M40	01:29:44	+21:14	04:15
25	78	Ricardo Manuel Dias de Azevedo	ARPO-Associação Recreativa Pousadense	Veterano M40	01:31:34	+23:03	04:20
26	465	Vitor neves	Individual	Veterano M40	01:31:48	+23:18	04:21
27	443	Pedro Nunes	Individual	Veterano M40	01:33:04	+24:34	04:25
28	662	Cecílio Manuel Silva Ferreira	Lusotufo	Veterano M40	01:33:45	+25:14	04:27
29	860	MANUEL BESSA	Trevostore-Paços de Brandão	Veterano M40	01:34:04	+25:34	04:28
30	98	João Pedro Barbosa	CÃES D'AVENIDA	Veterano M40	01:34:14	+25:43	04:28
31	145	JOAQUIM SANTOAS	Clube Atletismo de Nossa Senhora da Conceição V. Real	Veterano M40	01:34:16	+25:45	04:28
32	43	Paulo Figueiredo	AFIS/OVAR	Veterano M40	01:34:31	+26:01	04:29
33	734	Nuno Rodrigues	OFRunning	Veterano M40	01:35:02	+26:32	04:30
34	654	Williams Rodriguez	Lusotufo	Veterano M40	01:35:30	+27:00	04:32
35	434	Nuno Ferreira	Individual	Veterano M40	01:35:36	+27:06	04:32

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36	333	Paulo Ferreira	Individual	Veterano M40	01:35:37	+27:07	04:32
37	664	Joao Paulo da Costa Oliveira	Lusotufo	Veterano M40	01:35:53	+27:22	04:33
38	460	Rui Pedro Jesus de Almeida	Grupo Desportivo & Cultural de Codal	Veterano M40	01:36:07	+27:37	04:33
39	23	JOAQUIM QUITÉRIO	AC VERMOIL	Veterano M40	01:36:32	+28:02	04:35
40	127	Miguel Gonçalves	CCD CRÉDITO AGRÍCOLA	Veterano M40	01:36:32	+28:02	04:35
41	835	Pedro Rodrigues	Sport Comércio e Salgueiros	Veterano M40	01:36:39	+28:09	04:35
42	152	Augusto Portugal	Clube de Atletismo da Nazaré	Veterano M40	01:37:21	+28:51	04:37
43	726	Fernando Lima	Núcleo de Atletismo de Cucujães	Veterano M40	01:37:28	+28:58	04:37
44	702	António Santos	Nascidos para Correr	Veterano M40	01:37:51	+29:21	04:38
45	811	Paulo Reis	Running Esmoriz	Veterano M40	01:39:02	+30:31	04:42
46	161	RUI COSTA	CLUBE DE ATLETISMO DE OVAR	Veterano M40	01:39:19	+30:49	04:42
47	441	Paulo Noormahomed	Individual	Veterano M40	01:39:29	+30:59	04:43
48	430	Miguel Alves	Individual	Veterano M40	01:39:40	+31:09	04:43
49	124	Nuno Silva	CAOB - Oliveira do Bairro	Veterano M40	01:39:57	+31:27	04:44
50	187	Filipe Fonseca	DURAVIT RACETEAM	Veterano M40	01:40:15	+31:45	04:45
51	41	José Rodrigues	AFIS/OVAR	Veterano M40	01:40:25	+31:54	04:46
52	779	Miguel Silva	PORTO SENTIDO RUNNERS	Veterano M40	01:40:43	+32:13	04:46
53	101	Miguel Pessanha Moreira	Cães d'Avenida	Veterano M40	01:40:45	+32:15	04:47
54	190	Filipe Marques	Ecomobile - Aluguer de Automóveis	Veterano M40	01:40:54	+32:23	04:47
55	703	Hélder Teixeira	Nascidos para Correr	Veterano M40	01:41:06	+32:36	04:48
56	661	ANTONIO CONSTANTINO SILVA	Lusotufo	Veterano M40	01:41:38	+33:08	04:49
57	422	Luis Filipe Alves Sucena Chaves	RUN TEJO	Veterano M40	01:41:43	+33:13	04:49
58	63	Artur Rego	AMIGOS PARQUE BIOLOGICO	Veterano M40	01:42:12	+33:42	04:51
59	188	João Portugal	DURAVIT RACETEAM	Veterano M40	01:42:31	+34:01	04:52
60	445	RICARDO CARNEIRO	Individual	Veterano M40	01:42:38	+34:08	04:52
61	873	Nelson Machado	UNIDOS À FRESCA	Veterano M40	01:44:10	+35:40	04:56
62	181	Ricardo João Caria Pinheiro	Cube Portugal Telecom Zona Norte	Veterano M40	01:44:48	+36:18	04:58
63	417	João Ribeiro	Individual	Veterano M40	01:45:06	+36:36	04:59
64	464	Vergilio Teixeira	Individual	Veterano M40	01:45:11	+36:41	04:59
65	842	Pedro Santos	Sporting Clube de Espinho / António Leitão	Veterano M40	01:46:01	+37:30	05:02
66	762	Filipe Pinho	Outlaw Runners	Veterano M40	01:46:10	+37:40	05:02
67	763	Jorge Gomes	Outlaw Runners	Veterano M40	01:46:10	+37:40	05:02
68	44	Pedro Miguel Silva	AFIS/OVAR	Veterano M40	01:46:18	+37:48	05:02
69	42	Paulo Conde	AFIS/OVAR	Veterano M40	01:46:34	+38:04	05:03
70	665	JOSÉ PEREIRA SILVA	Lusotufo	Veterano M40	01:46:40	+38:09	05:03
71	706	Virgílio Vieira	Nascidos para Correr	Veterano M40	01:47:08	+38:38	05:05
72	448	ricardo gonçalves	Individual	Veterano M40	01:47:33	+39:03	05:06
73	897	FILIPE GUIMARÃES	VITÓRIA SPORT CLUBE	Veterano M40	01:47:49	+39:18	05:07
74	65	Adalberto Machado	Andamacaçar	Veterano M40	01:48:01	+39:31	05:07
75	704	João Martins	Nascidos para Correr	Veterano M40	01:48:04	+39:34	05:07
76	408	Francisco Rebelo	Individual	Veterano M40	01:48:14	+39:44	05:08
77	410	Geraldo Santos	Individual	Veterano M40	01:48:36	+40:05	05:09
78	400	Carlos Costa	Individual	Veterano M40	01:48:47	+40:17	05:09
79	462	Tiago Leite	Individual	Veterano M40	01:49:38	+41:08	05:12

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80	667	MÁRIO JOEL SILVA SEQUEIRA	Lusotufo	Veterano M40	01:50:04	+41:34	05:13
81	458	rui manuel soares pereira	Individual	Veterano M40	01:50:16	+41:45	05:14
82	437	Nuno Silva	Individual	Veterano M40	01:51:30	+42:59	05:17
83	71	Rui Neves	ARADA ATLÉTICO CLUBE	Veterano M40	01:53:06	+44:36	05:22
84	862	Rogério Bastos	Trilhados	Veterano M40	01:53:08	+44:38	05:22
85	40	Joao Ferreira	AFIS/OVAR	Veterano M40	01:53:26	+44:56	05:23
86	100	Francisco Gonçalves	Cães d'Avenida	Veterano M40	01:53:30	+45:00	05:23
87	881	Nuno Santos	Villa Cesari / FLAMA	Veterano M40	01:53:55	+45:25	05:24
88	415	Joao Cacheira	Individual	Veterano M40	01:54:04	+45:34	05:24
89	450	Ricardo Oliveira	Individual	Veterano M40	01:55:26	+46:56	05:28
90	402	Carlos Silva	Individual	Veterano M40	01:55:37	+47:07	05:29
91	455	Rui Fernando Jesus Leite	Individual	Veterano M40	01:56:17	+47:47	05:31
92	435	Nuno Milheiro	Individual	Veterano M40	01:56:24	+47:53	05:31
93	660	ANDRÉ NUNO DIAS	Lusotufo	Veterano M40	01:56:28	+47:58	05:31
94	806	Daniel Oliveira	Runners & Friends	Veterano M40	01:56:30	+48:00	05:31
95	463	TONY MATIAS	Individual	Veterano M40	01:56:35	+48:05	05:32
96	744	Marco Botelho	Os Falta D'Ar	Veterano M40	01:56:35	+48:05	05:32
97	125	Marco Osório	Cavaleiros do Fino Perdido	Veterano M40	01:57:16	+48:46	05:34
98	423	Luís Guimarães	Individual	Veterano M40	01:57:17	+48:47	05:34
99	793	Luís Pato	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M40	01:57:23	+48:53	05:34
100	420	José Silva	Individual	Veterano M40	01:57:39	+49:09	05:35
101	622	Jorge Silva	KIRCHHOFF - KONECT Running team	Veterano M40	01:58:05	+49:34	05:36
102	406	Filipe Ramos	Individual	Veterano M40	01:58:05	+49:34	05:36
103	409	Frederico Rocha	Individual	Veterano M40	01:58:10	+49:40	05:36
104	666	MARCIO FILIPE ALVES CAMPELO	Lusotufo	Veterano M40	01:58:23	+49:52	05:37
105	116	Ricardo Ferrão	Caldas S. Jorge Sport Clube	Veterano M40	01:58:46	+50:15	05:38
106	9	Daniel Machado	512	Veterano M40	01:59:15	+50:45	05:39
107	424	manuel migueis	Individual	Veterano M40	01:59:16	+50:46	05:39
108	411	Gonçalo Nuno	Individual	Veterano M40	01:59:26	+50:56	05:40
109	669	RUI MIGUEL COSTA VIEIRA	Lusotufo	Veterano M40	01:59:26	+50:56	05:40
110	735	Rui Pereira	OFRunning	Veterano M40	02:00:10	+51:40	05:42
111	444	Pedro Simões	Individual	Veterano M40	02:00:27	+51:57	05:43
112	459	Rui Pedro pinho Ferreira	Individual	Veterano M40	02:00:47	+52:17	05:44
113	627	Rui Rosas	Lusitanos	Veterano M40	02:00:52	+52:22	05:44
114	407	Francisco Manuel Silva Oliveira	Individual	Veterano M40	02:01:33	+53:03	05:46
115	461	Sérgio Assunção	Individual	Veterano M40	02:03:14	+54:44	05:51
116	5	Rui Sergio Pinheiro da Costa Rodrigues Dias	#correrenumdamais	Veterano M40	02:03:48	+55:18	05:52
117	456	Rui Figueiredo	Individual	Veterano M40	02:04:38	+56:08	05:54
118	421	Luis Cristino	Individual	Veterano M40	02:05:21	+56:51	05:57
119	396	André Lima	Individual	Veterano M40	02:05:51	+57:20	05:58
120	19	Daniel Ferreira	aBéKuLaS	Veterano M40	02:06:28	+57:58	06:00
121	414	Humberto Jorge Ferreira Rodrigues	Individual	Veterano M40	02:07:20	+58:50	06:02
122	177	FILIPE NASCIMENTO	COMPANHIA BAZOFIAS	Veterano M40	02:08:07	+59:37	06:04
123	743	Manuel Ferreira	Os Falta D'Ar	Veterano M40	02:09:07	+01:00:37	06:07

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124	399	Bruno Marques	Individual	Veterano M40	02:09:56	+01:01:26	06:10
125	884	Pedro Nuno sancio Mota	VITALIS	Veterano M40	02:10:58	+01:02:28	06:13
126	742	Jorge Silva	Os Falta D'Ar	Veterano M40	02:11:03	+01:02:32	06:13
127	745	Rui E.Santos	Os Falta D'Ar	Veterano M40	02:11:03	+01:02:32	06:13
128	447	Ricardo Ferreira	Individual	Veterano M40	02:11:36	+01:03:06	06:14
129	39	Cesar Alves	AFIS/OVAR	Veterano M40	02:11:40	+01:03:10	06:14
130	419	JOSÉ DE LEMOS	Individual	Veterano M40	02:12:32	+01:04:02	06:17
131	427	Mário	Individual	Veterano M40	02:12:35	+01:04:05	06:17
132	428	Mário Noronha	Individual	Veterano M40	02:13:10	+01:04:39	06:19
133	215	Herlander Fardilha	Força na Canela Espinho	Veterano M40	02:13:22	+01:04:52	06:19
134	403	Claudio Manuel Cerqueira da Silva	PORTO SENTIDO RUNNERS	Veterano M40	02:15:28	+01:06:58	06:25
135	454	Rogério Silva	Individual	Veterano M40	02:16:25	+01:07:54	06:28
136	778	Fernando ruas cardoso	PORTO SENTIDO RUNNERS	Veterano M40	02:16:56	+01:08:26	06:29
137	425	Marco Coelho	Individual	Veterano M40	02:30:55	+01:22:25	07:09

Veterano M45

1	917	Luis Feiteira	Leixoes Sport Clube	Veterano M45	01:13:09	+04:38	03:28
2	707	António Silva	Nascidos para Correr	Veterano M45	01:17:44	+09:13	03:41
3	92	Gil Ferreira	C. D. São Salvador do Campo	Veterano M45	01:18:16	+09:45	03:43
4	32	Orlando Neves	ACD São João da Serra	Veterano M45	01:19:30	+11:00	03:46
5	495	Jose Miguel Pereira	Individual	Veterano M45	01:21:55	+13:25	03:53
6	472	carlos Antonio Ferreira Monteiro F.C.Vizela	Individual	Veterano M45	01:22:39	+14:09	03:55
7	885	Jorge Costa Matos	VITALIS	Veterano M45	01:23:28	+14:57	03:57
8	487	Joaquim Fernandes	Individual	Veterano M45	01:23:58	+15:28	03:59
9	189	Pedro Marques	EAC/JPaiva	Veterano M45	01:24:10	+15:40	03:59
10	844	Paulo Oliveira	Sporting Clube de Espinho / António Leitão	Veterano M45	01:24:33	+16:03	04:00
11	497	Luís Lopes	Individual	Veterano M45	01:26:06	+17:35	04:05
12	481	Filipe Branco Santos	RUN TEJO	Veterano M45	01:27:20	+18:49	04:08
13	482	Filipe Nunes	Individual	Veterano M45	01:27:26	+18:56	04:09
14	480	Fernando santos	Individual	Veterano M45	01:27:33	+19:03	04:09
15	519	Rui Sobral	Individual	Veterano M45	01:28:01	+19:31	04:10
16	671	Antonio Julio Oliveira Moura	Lusotufo	Veterano M45	01:28:17	+19:47	04:11
17	508	Paulo José Gomes Fernandes	Individual	Veterano M45	01:29:27	+20:56	04:14
18	470	António José da Cunha Lourenço	Individual	Veterano M45	01:29:42	+21:12	04:15
19	50	Jose Godinho Oliveira	AFIS/OVAR	Veterano M45	01:29:48	+21:17	04:15
20	133	José Marques	CENTRO DE ATLETISMO DE MATOSINHOS	Veterano M45	01:30:30	+21:59	04:17
21	471	Apolo Pereira	RUN TEJO	Veterano M45	01:30:55	+22:25	04:19
22	73	António Nunes	ARADA ATLÉTICO CLUBE	Veterano M45	01:30:56	+22:25	04:19
23	798	JOSÉ SILVA	RIPOLINS GRIJÓ A CORRER	Veterano M45	01:31:07	+22:37	04:19
24	523	Viriato António Silva Oliveira	Individual	Veterano M45	01:31:33	+23:02	04:20
25	913	Carlos Villas-Boas	VITALIS	Veterano M45	01:31:45	+23:15	04:21
26	6	Ricardo Oliveira	#ElComandanteTeam	Veterano M45	01:33:08	+24:38	04:25
27	250	Paulo Maia	Grupo Oscacer	Veterano M45	01:33:36	+25:06	04:26

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28	18	Pedro Guimaraes	A+	Veterano M45	01:33:43	+25:13	04:27
29	498	Luis Mai siva	Individual	Veterano M45	01:33:52	+25:21	04:27
30	708	João Lopes	Nascidos para Correr	Veterano M45	01:33:58	+25:28	04:27
31	841	João Barboda	Sporting Clube de Espinho / António Leitão	Veterano M45	01:34:57	+26:26	04:30
32	496	Kikas Mateus	Individual	Veterano M45	01:35:15	+26:45	04:31
33	172	SALVADOR SILVA	CLUBENOVOBANCODELEGACA ONORTE	Veterano M45	01:35:23	+26:52	04:31
34	162	DINIS BAPTISTA	CLUBE DE ATLETISMO DE OVAR	Veterano M45	01:35:25	+26:55	04:31
35	501	Manuel Ferreira	Individual	Veterano M45	01:35:41	+27:10	04:32
36	878	Paulo Craveiro	VETERANOS DO PORTO	Veterano M45	01:36:08	+27:38	04:33
37	709	Marco Lameida	Nascidos para Correr	Veterano M45	01:36:50	+28:19	04:35
38	517	RUI PEDRO	Individual	Veterano M45	01:37:32	+29:02	04:37
39	484	Jaime Júnior	Individual	Veterano M45	01:38:00	+29:29	04:39
40	748	Joaquim Neto	Os Falta D'Ar	Veterano M45	01:38:02	+29:32	04:39
41	478	Fernando Costa	Individual	Veterano M45	01:38:11	+29:41	04:39
42	764	Carlos Couto	Outlaw Runners	Veterano M45	01:38:12	+29:41	04:39
43	511	Pedro Brito	Individual	Veterano M45	01:38:44	+30:14	04:41
44	108	CARLOS CARDOSO	CAL - Clube Atletismo de Lamas	Veterano M45	01:38:47	+30:17	04:41
45	812	Américo Fonseca	Running Esmoriz	Veterano M45	01:39:20	+30:50	04:43
46	176	Luis Torres	ComDor Runners	Veterano M45	01:39:43	+31:13	04:44
47	194	Luis António Alves de Oliveira	Estrela do Deserto	Veterano M45	01:39:58	+31:28	04:44
48	490	Joaquim Seabra	Individual	Veterano M45	01:40:28	+31:57	04:46
49	526	Vitor Veiga	Individual	Veterano M45	01:40:29	+31:59	04:46
50	153	Marco Mangas	Clube de Atletismo da Nazaré	Veterano M45	01:40:41	+32:11	04:46
51	780	António Borges	PORTO SENTIDO RUNNERS	Veterano M45	01:40:43	+32:13	04:46
52	206	ANTONIO SILVA	FERREIROLUX	Veterano M45	01:40:56	+32:26	04:47
53	488	Joaquim Paulo Alves da Silva 0106	Individual	Veterano M45	01:41:16	+32:46	04:48
54	479	Fernando Mendes	Individual	Veterano M45	01:41:25	+32:55	04:48
55	804	Pedro Favinha	RUN TEJO	Veterano M45	01:41:33	+33:03	04:49
56	507	Paulo Duarte	Individual	Veterano M45	01:41:35	+33:05	04:49
57	75	PAULO GRILO	ARCORUN	Veterano M45	01:41:53	+33:23	04:50
58	677	Sérgio Paulo Ferreira Oliveira	Lusotufo	Veterano M45	01:42:35	+34:05	04:52
59	751	Manuel António Coutinho Silva	Os Falta D'Ar	Veterano M45	01:42:50	+34:19	04:52
60	489	Joaquim Ramalho	Individual	Veterano M45	01:42:59	+34:29	04:53
61	503	Marco Pereira	Individual	Veterano M45	01:43:28	+34:57	04:54
62	749	Jorge Amorim	Os Falta D'Ar	Veterano M45	01:43:33	+35:02	04:54
63	752	Vitor Rente	Os Falta D'Ar	Veterano M45	01:43:33	+35:02	04:55
64	675	PEDRO BRUNO SILVA MARQUES ROLA	Lusotufo	Veterano M45	01:43:57	+35:27	04:56
65	476	EMANUEL MOTA	Individual	Veterano M45	01:44:53	+36:23	04:58
66	182	Virgílio Abílio Castro Carção	Cube Portugal Telecom Zona Norte	Veterano M45	01:44:55	+36:25	04:58
67	107	AMÉRICO GOMES	CAL - Clube Atletismo de Lamas	Veterano M45	01:45:32	+37:02	05:00
68	117	Alberto Neves	Caldas S. Jorge Sport Clube	Veterano M45	01:45:49	+37:19	05:01
69	483	Henrique Neves	Individual	Veterano M45	01:46:00	+37:29	05:01
70	491	Jorge Castro	Individual	Veterano M45	01:46:00	+37:29	05:01
71	202	Guilherme Sousa	FCA Atletismo	Veterano M45	01:46:07	+37:37	05:02

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72	505	Miguel Pinheiro	Individual	Veterano M45	01:46:17	+37:47	05:02
73	515	Rui Freitas	Individual	Veterano M45	01:46:31	+38:01	05:03
74	477	Ernesto Gonçalves	Individual	Veterano M45	01:46:48	+38:18	05:04
75	49	José Costa	AFIS/OVAR	Veterano M45	01:47:06	+38:35	05:05
76	765	Raul Morais dos Santos	Pedabikla	Veterano M45	01:48:18	+39:47	05:08
77	863	João Paulo de Sousa e Silva	Trilhados	Veterano M45	01:48:50	+40:19	05:10
78	514	Ricardo Silva	Individual	Veterano M45	01:49:30	+41:00	05:11
79	781	JORGE FERREIRA	POTES DE OURO	Veterano M45	01:49:30	+41:00	05:11
80	82	José Sousa	Associação de atletismo Lebres do sado	Veterano M45	01:49:53	+41:22	05:13
81	774	Sérgio Gomes	Peraltafil running	Veterano M45	01:50:22	+41:51	05:14
82	221	Paulo Mota	G.D.Ronda	Veterano M45	01:50:22	+41:52	05:14
83	886	José Miguel Vieira Cancela	VITALIS	Veterano M45	01:51:32	+43:02	05:17
84	87	Sérgio Miguel Batista Couto	BUDEGUITA RUNNERS	Veterano M45	01:52:06	+43:36	05:19
85	918	Luis Barata	Cães d'Avenida	Veterano M45	01:52:16	+43:46	05:19
86	249	Óscar Brandão	Grupo Oscacer	Veterano M45	01:52:31	+44:01	05:20
87	46	Arlindo Silva	AFIS/OVAR	Veterano M45	01:52:33	+44:03	05:20
88	525	VITOR LARANJEIRA	Individual	Veterano M45	01:52:53	+44:22	05:21
89	813	José Mendes	Running Esmoriz	Veterano M45	01:53:11	+44:41	05:22
90	47	Joaquim Moreira	AFIS/OVAR	Veterano M45	01:53:27	+44:57	05:23
91	45	Americo Oliveira	AFIS/OVAR	Veterano M45	01:53:28	+44:58	05:23
92	225	Joaquim Paulo Neto Sousa	GINASIO CLUBE DE SANTO TIRSO	Veterano M45	01:53:35	+45:04	05:23
93	736	João Dias	OFRunning	Veterano M45	01:53:58	+45:28	05:24
94	623	Miguel Miranda	KIRCHHOFF - KONECT Running team	Veterano M45	01:54:27	+45:56	05:25
95	512	Pedro Cupertino de Miranda	Individual	Veterano M45	01:54:55	+46:25	05:27
96	506	Miguel Santos	Individual	Veterano M45	01:55:02	+46:32	05:27
97	521	sergio pinho	Individual	Veterano M45	01:55:26	+46:56	05:28
98	522	valdemar dias	Individual	Veterano M45	01:57:31	+49:00	05:34
99	169	Vitor Viana	Clube Zupper	Veterano M45	01:57:45	+49:15	05:35
100	493	Jorge Silva	Individual	Veterano M45	01:58:07	+49:36	05:36
101	102	Nuno Lima	Cães d'Avenida	Veterano M45	01:58:15	+49:45	05:36
102	486	joao Paulino	Individual	Veterano M45	01:58:37	+50:07	05:37
103	504	miguel alexandre goncalves santos dias	Individual	Veterano M45	01:59:42	+51:12	05:40
104	510	Paulo Ribeiro	Individual	Veterano M45	02:00:05	+51:35	05:42
105	204	Nuno Miguel Bexiga Gonçalves	Ferreirinha	Veterano M45	02:00:34	+52:04	05:43
106	825	julio costa	Salgueiros Running	Veterano M45	02:00:36	+52:06	05:43
107	499	Luis Marques	Individual	Veterano M45	02:03:35	+55:05	05:52
108	887	Luis Filipe Pinheiro Marques	VITALIS	Veterano M45	02:03:52	+55:21	05:52
109	613	Filipe Brandão	Jesus Runners	Veterano M45	02:04:37	+56:07	05:54
110	466	Alexandre Monteiro	Individual	Veterano M45	02:06:00	+57:29	05:58
111	178	FERNANDO ROTHES	COMPANHIA BAZOFIAS	Veterano M45	02:08:07	+59:36	06:04
112	27	Vitor Costa	ACAIL GAS, S.A.	Veterano M45	02:08:36	+01:00:06	06:06
113	750	Jorge Guerra	Os Falta D'Ar	Veterano M45	02:08:50	+01:00:20	06:06
114	518	Rui Silva	Individual	Veterano M45	02:09:25	+01:00:55	06:08
115	205	Rui Nuno Cardoso Ferreira	Ferreirinha	Veterano M45	02:11:36	+01:03:06	06:14

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116	468	António Figueiredo	Individual	Veterano M45	02:11:40	+01:03:09	06:14
117	473	Carlos Seabra	Individual	Veterano M45	02:12:00	+01:03:30	06:15
118	474	Eduardo Falcão	Individual	Veterano M45	02:14:42	+01:06:12	06:23
119	747	Joaquim Guerra	Os Falta D'Ar	Veterano M45	02:20:09	+01:11:39	06:39
120	95	JOÃO LOURENÇO	C+ RUNNERS	Veterano M45	02:22:04	+01:13:34	06:44
121	696	MÁRIO JOSE MARQUES TEIXEIRA	MIGUEIS TEIXEIRA	Veterano M45	02:22:52	+01:14:22	06:46
122	179	PEDRO MELO	COMPANHIA BAZOFIAS	Veterano M45	02:23:24	+01:14:54	06:48
123	500	Luís Miguel Duarte Carvalho	Individual	Veterano M45	02:24:21	+01:15:50	06:51
124	864	Jose Pedro Santos Silva	Trilhados	Veterano M45	02:26:19	+01:17:49	06:56

Veterano M50

1	241	ANTÓNIO JOAQUIM SOARES FERNANDES	Grupo Desportivo e Cultural de Guilhovai	Veterano M50	01:13:09	+04:38	03:28
2	559	Mario Carreira	Individual	Veterano M50	01:16:42	+08:11	03:38
3	74	Manuel Ferreira	ARADA ATLÉTICO CLUBE	Veterano M50	01:18:00	+09:30	03:42
4	147	Fernando Oliveira	CLUBE CAMPISMO SÃO JOÃO DA MADEIRA	Veterano M50	01:22:30	+14:00	03:55
5	118	José Tavares	Caldas S. Jorge Sport Clube	Veterano M50	01:23:18	+14:48	03:57
6	716	Manuel Cardoso	Nascidos para Correr	Veterano M50	01:23:48	+15:17	03:58
7	36	António Pinto	ACR Vale de Cambra	Veterano M50	01:23:53	+15:22	03:59
8	164	ROGERIO CAMPOS	CLUBE DE ATLETISMO DE OVAR	Veterano M50	01:25:08	+16:37	04:02
9	683	Ernesto Marques Alves	Lusotufo	Veterano M50	01:25:47	+17:17	04:04
10	909	Jorge Luz	GDSPOLEIROS	Veterano M50	01:27:34	+19:03	04:09
11	558	manuel Santos Silva	Individual	Veterano M50	01:29:05	+20:35	04:13
12	554	Luis boavista	Individual	Veterano M50	01:29:38	+21:08	04:15
13	557	Manuel Oliveira	Individual	Veterano M50	01:29:38	+21:08	04:15
14	540	Gustavo	Individual	Veterano M50	01:31:10	+22:40	04:19
15	52	José Figueiredo	AFIS/OVAR	Veterano M50	01:31:50	+23:20	04:21
16	903	FRANCISCO NOVAIS	VITÓRIA SPORT CLUBE	Veterano M50	01:31:56	+23:26	04:21
17	891	Miguel Araujo	VITALIS	Veterano M50	01:31:58	+23:27	04:22
18	555	Manuel Emidio Rocha	Individual	Veterano M50	01:32:33	+24:03	04:23
19	563	Nuno Cáceres	Individual	Veterano M50	01:32:59	+24:29	04:24
20	534	Casimiro Rocha	Individual	Veterano M50	01:33:21	+24:50	04:25
21	905	Joaquim Santos	WHITE RUNNING TEAM	Veterano M50	01:33:56	+25:26	04:27
22	565	Paulo Baltasar Silveira Martins	Individual	Veterano M50	01:34:28	+25:58	04:29
23	799	ANTÓNIO SILVA	RIPOLINS GRIJÓ A CORRER	Veterano M50	01:35:11	+26:41	04:31
24	572	Rodrigo costa	Individual	Veterano M50	01:36:14	+27:44	04:34
25	542	Henrique Meireles	Individual	Veterano M50	01:36:20	+27:50	04:34
26	710	Domingos Presas	Nascidos para Correr	Veterano M50	01:36:35	+28:05	04:35
27	715	José Pereira	Nascidos para Correr	Veterano M50	01:36:35	+28:05	04:35
28	541	Heitor Araújo	Individual	Veterano M50	01:36:57	+28:26	04:36
29	562	NÉLSON ALVES	Individual	Veterano M50	01:37:01	+28:31	04:36
30	714	Joaquim Pereira	Nascidos para Correr	Veterano M50	01:37:10	+28:40	04:36
31	775	Luís Silva	Peraltafil running	Veterano M50	01:37:16	+28:46	04:37
32	110	Luis Pinho	ADEC Macieira de Sarnes	Veterano M50	01:37:23	+28:53	04:37
33	54	Salvador Fardilha	AFIS/OVAR	Veterano M50	01:37:46	+29:15	04:38

Meia Maratona

21.097 KM

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OFFICIAL RESULT

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34	209	MANUEL PEREIRA	FERREIROLUX	Veterano M50	01:37:49	+29:19	04:38
35	568	Paulo Martins	Individual	Veterano M50	01:37:56	+29:26	04:39
36	711	Fernando Rocha	Nascidos para Correr	Veterano M50	01:39:05	+30:35	04:42
37	207	ANTONIO MEIRA	FERREIROLUX	Veterano M50	01:39:45	+31:15	04:44
38	684	FRANCISCO JOSÉ GUIMARÃES CASTELO BRANCO RIBEIRO	Lusotufo	Veterano M50	01:40:28	+31:58	04:46
39	686	Luís Cunha	Lusotufo	Veterano M50	01:42:29	+33:59	04:52
40	567	Paulo Machado	Individual	Veterano M50	01:42:48	+34:18	04:52
41	552	Jose Serrano	Individual	Veterano M50	01:43:51	+35:21	04:55
42	682	Celso Lino Oliveira Gomes	Lusotufo	Veterano M50	01:44:12	+35:42	04:56
43	550	José Luís Pires	Individual	Veterano M50	01:44:29	+35:59	04:57
44	227	Vitor Manuel Gonçalves Lopes	GINASIO CLUBE DE SANTO TIRSO	Veterano M50	01:45:12	+36:42	04:59
45	193	Paulo Fernandes	Escola de Condução Nova Gaia	Veterano M50	01:45:40	+37:09	05:01
46	119	Vitor Silva	Caldas S. Jorge Sport Clube	Veterano M50	01:45:50	+37:19	05:01
47	548	joaquim roxo	Individual	Veterano M50	01:46:35	+38:05	05:03
48	543	Jaime Seoane	Individual	Veterano M50	01:46:49	+38:19	05:04
49	538	Frank Rogerson	Individual	Veterano M50	01:47:03	+38:32	05:04
50	906	Manuel Oliveira	WHITE RUNNING TEAM	Veterano M50	01:47:24	+38:54	05:05
51	902	CARLOS GONÇALVES	VITÓRIA SPORT CLUBE	Veterano M50	01:47:28	+38:58	05:06
52	195	Carlos Joaquim Alves de Oliveira	Estrela do Deserto	Veterano M50	01:47:46	+39:16	05:07
53	544	João Castro	Individual	Veterano M50	01:48:33	+40:03	05:09
54	208	CONSTANTINO MOREIRA	FERREIROLUX	Veterano M50	01:49:27	+40:56	05:11
55	537	Francisco Jorge	Individual	Veterano M50	01:49:33	+41:03	05:12
56	66	Jorge Antunes	Andamacaçar	Veterano M50	01:49:34	+41:03	05:12
57	848	António Pereira	STCP Runners	Veterano M50	01:49:40	+41:10	05:12
58	573	Sérgio Carneiro	Individual	Veterano M50	01:50:19	+41:48	05:14
59	681	CELSO FERREIRA TEIXEIRA	Lusotufo	Veterano M50	01:50:33	+42:03	05:14
60	530	António Ferreira	Individual	Veterano M50	01:50:39	+42:09	05:15
61	564	Paulo Carneiro	Individual	Veterano M50	01:51:17	+42:46	05:17
62	553	JS	Individual	Veterano M50	01:52:14	+43:44	05:19
63	103	JOSE CARVALHO	Cães d'Avenida	Veterano M50	01:52:16	+43:46	05:19
64	571	Ricardo Figueiredo	Individual	Veterano M50	01:52:30	+44:00	05:20
65	795	João Coelho	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M50	01:53:07	+44:37	05:22
66	687	Manuel constantino silva	Lusotufo	Veterano M50	01:54:31	+46:01	05:26
67	713	Isaque Pinto	Nascidos para Correr	Veterano M50	01:55:04	+46:34	05:27
68	561	Miguel Magalhaes	Individual	Veterano M50	01:56:14	+47:44	05:31
69	569	Pedro Baptista	Individual	Veterano M50	01:56:14	+47:44	05:31
70	64	JOSÉ BORGES	AMIGOS PONTO FINAL	Veterano M50	01:57:07	+48:36	05:33
71	216	Eduardo Fardilha	Força na Canela Espinho	Veterano M50	01:57:33	+49:03	05:34
72	53	Paulo Almeida	AFIS/OVAR	Veterano M50	01:58:54	+50:23	05:38
73	192	José Pinhel	Escola de Condução Nova Gaia	Veterano M50	01:59:00	+50:30	05:38
74	531	Belmiro Teixeira da Costa	Individual	Veterano M50	01:59:11	+50:41	05:39
75	546	João Paulo Oliveira	Individual	Veterano M50	02:00:08	+51:38	05:42
76	556	Manuel Monteiro	Individual	Veterano M50	02:00:33	+52:02	05:43
77	892	Rui Manuel Teixeira Coelho	VITALIS	Veterano M50	02:00:57	+52:27	05:44

Official Timekeeper: Lap2Go	15 / 18	generate 12-May-2019 13:08
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Meia Maratona

21.097 KM

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OFFICIAL RESULT

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78	183	Paulo Oliveira Pinto	Cube Portugal Telecom Zona Norte	Veterano M50	02:01:36	+53:05	05:46
79	575	Victor Lourenço	Individual	Veterano M50	02:01:40	+53:09	05:46
80	104	Rui Fonseca	CAETANO RUNNERS	Veterano M50	02:02:52	+54:22	05:49
81	551	José Oliveira	Individual	Veterano M50	02:03:53	+55:23	05:52
82	536	Fernando Souto	Individual	Veterano M50	02:05:23	+56:53	05:57
83	529	ANTÓNIO FERNANDES	Individual	Veterano M50	02:06:05	+57:35	05:59
84	549	JORGE CARVALHO	Individual	Veterano M50	02:06:06	+57:35	05:59
85	576	Vítor Vieira	Individual	Veterano M50	02:07:39	+59:09	06:03
86	712	Gabriel Santos	Nascidos para Correr	Veterano M50	02:09:07	+01:00:37	06:07
87	76	PEDRO MELO	ARCORUN	Veterano M50	02:09:13	+01:00:42	06:08
88	560	Miguel Flório	Individual	Veterano M50	02:09:29	+01:00:59	06:08
89	224	Luís Duarte	GAIA-RUNNING	Veterano M50	02:09:37	+01:01:07	06:09
90	689	Paulo Castelo	Lusotufu	Veterano M50	02:10:36	+01:02:06	06:11
91	51	Carlos Campos	AFIS/OVAR	Veterano M50	02:11:39	+01:03:09	06:14
92	912	Joaquim Manuela da Costa Moreira	Individual	Veterano M50	02:12:06	+01:03:35	06:16
93	528	ADERITO VIDEIRA	Individual	Veterano M50	02:13:01	+01:04:31	06:18
94	893	Tiago Trigo	VITALIS	Veterano M50	02:13:36	+01:05:06	06:20
95	547	João Reis	Individual	Veterano M50	02:24:20	+01:15:50	06:51
96	614	Antonio Joaquim	Jesus Runners	Veterano M50	02:27:56	+01:19:26	07:01
97	753	João Pedro Guedes	Os Falta D'Ar	Veterano M50	02:31:39	+01:23:09	07:11
98	527	Adelfo Pinto	Individual	Veterano M50	02:45:49	+01:37:19	07:52

Veterano M55

1	148	Manuel Alves	CLUBE CAMPISMO SÃO JOÃO DA MADEIRA	Veterano M55	01:21:13	+12:43	03:51
2	800	José Reis	RIPOLINS GRIJÓ A CORRER	Veterano M55	01:25:35	+17:05	04:03
3	55	Manuel Fonseca	AFIS/OVAR	Veterano M55	01:29:07	+20:37	04:13
4	578	Alexandre Ferreira	Individual	Veterano M55	01:30:24	+21:54	04:17
5	93	JOSÉ MOTA	C. D. São Salvador do Campo	Veterano M55	01:30:40	+22:10	04:18
6	690	Alberto Machado	Lusotufo	Veterano M55	01:30:57	+22:27	04:19
7	719	Eduardo Pinto	Nascidos para Correr	Veterano M55	01:32:46	+24:16	04:24
8	843	Augusto Castro	Sporting Clube de Espinho / António Leitão	Veterano M55	01:33:52	+25:22	04:27
9	222	Carlos Fazendeiro	G.D.Ronda	Veterano M55	01:35:27	+26:57	04:31
10	814	António Porrão	Running Esmoriz	Veterano M55	01:42:26	+33:56	04:51
11	231	Adérito Curto	Gira Sol	Veterano M55	01:43:23	+34:53	04:54
12	588	pereira Joaquim	Individual	Veterano M55	01:45:08	+36:38	04:59
13	846	ABILIO SANTOS	Sporting Clube de Espinho / António Leitão	Veterano M55	01:45:59	+37:29	05:01
14	586	Manuel Silva	Individual	Veterano M55	01:46:01	+37:31	05:02
15	577	Alberto Lourenço	Individual	Veterano M55	01:46:12	+37:42	05:02
16	879	josé pires	VETERANOS DO PORTO	Veterano M55	01:46:14	+37:44	05:02
17	717	António Azevedo	Nascidos para Correr	Veterano M55	01:48:18	+39:48	05:08
18	729	Fernando Fonseca	O Mundo da Corrida	Veterano M55	01:48:52	+40:22	05:10
19	228	Alvaro Manuel da Costa Marques	GINASIO CLUBE DE SANTO TIRSO	Veterano M55	01:49:20	+40:49	05:11

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Meia Maratona

21.097 KM

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OFFICIAL RESULT

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20	670	Carlos Oliveira	Lusotufo	Veterano M60	01:51:39	+43:08	05:18
21	121	Abel Santos	Caldas S. Jorge Sport Clube	Veterano M60	01:51:53	+43:23	05:18
22	738	josé moura de sousa	OS BARRIGUITAS	Veterano M60	01:52:01	+43:31	05:19
23	20	Adriano Pinto	aBéKuLaS	Veterano M60	01:52:51	+44:20	05:21
24	58	Mário Conde	AFIS/OVAR	Veterano M60	01:54:04	+45:33	05:24
25	591	Armando Macedo	Individual	Veterano M60	01:55:00	+46:30	05:27
26	595	Fernando Azevedo	Individual	Veterano M60	01:56:30	+48:00	05:31
27	166	Carlos Alberto Parente Rodrigues	Clube EDP Lisboa	Veterano M60	01:56:44	+48:13	05:32
28	173	Narciso Arromba	CluVe-Clube de Veteranos de Coimbra	Veterano M60	01:57:20	+48:50	05:34
29	597	Francisco Costa	Individual	Veterano M60	01:57:37	+49:07	05:35
30	592	Armando Peneda	Individual	Veterano M60	01:58:00	+49:30	05:36
31	111	JOAQUIM PAULINO	CAL - Clube Atletismo de Lamas	Veterano M60	01:58:12	+49:42	05:36
32	131	Alberto Castro	CDCR CTT PORTO	Veterano M60	01:58:26	+49:56	05:37
33	604	Manuel Pereira da Silva	Individual	Veterano M60	02:01:23	+52:52	05:45
34	594	Diamantino Martins	Individual	Veterano M60	02:02:36	+54:05	05:49
35	134	Manuel Canário	CENTRO DE ATLETISMO DE MATOSINHOS	Veterano M60	02:03:21	+54:51	05:51
36	590	alvaro Ferreira	Individual	Veterano M60	02:04:37	+56:06	05:54
37	605	Mário Vilarinho	Individual	Veterano M60	02:06:19	+57:48	05:59
38	593	Custodio Neto	Individual	Veterano M60	02:06:34	+58:04	06:00
39	600	Jose Santos	Individual	Veterano M60	02:10:01	+01:01:31	06:10
40	243	carlos pereira	GRUPO DESPORTIVO LEOES DO VENEZA	Veterano M60	02:11:15	+01:02:44	06:13
41	610	Nuno José Borges de Pinho Monteiro	Invicta Runners Team	Veterano M60	02:11:33	+01:03:03	06:14
42	229	Eduardo Tomás Malheiro	GINASIO CLUBE DE SANTO TIRSO	Veterano M60	02:12:22	+01:03:52	06:16
43	230	João Carlos Pedrosa da Silva	GINASIO CLUBE DE SANTO TIRSO	Veterano M60	02:12:31	+01:04:01	06:17
44	233	pedro figueiredo	grupo das quartas ilhavo	Veterano M60	02:15:13	+01:06:43	06:25
45	112	LUCIDIO DIAS	CAL - Clube Atletismo de Lamas	Veterano M60	02:16:22	+01:07:52	06:28
46	867	PORFIRIO SILVA	TUTILAR CLASS RUNNERS	Veterano M60	02:17:04	+01:08:34	06:30
47	21	António Araújo	aBéKuLaS	Veterano M60	02:18:30	+01:09:59	06:34
48	218	Fernando	Força na Canela Espinho	Veterano M60	02:19:10	+01:10:40	06:36
49	219	Joaquim Almeida	Força na Canela Espinho	Veterano M60	02:30:21	+01:21:51	07:08

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Official Timekeeper: Lap2Go	1 / 1	generate 12-May-2019 13:08
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ESTAFETA

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REVISED

LAP 10,5 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	10:00	20.8°C	40%

RANK	BIB	NAME	LAPS	RESULT	BEST LAP	DISTANCE
1	Sporting Clube de Espinho / António Leitão 3		3	01:17:40		31,5 Km
	1101	Paulo Reis	2		38:02	21 Km
	1102	Ricardo Ferreira	1		39:17	10,5 Km
2	CLUBE DE ATLETISMO DE OVAR 1		3	01:18:36		31,5 Km
	1033	MONICA FERRNANDES	1		41:36	10,5 Km
	1034	CELSO LEITE	2		36:44	21 Km
3	Tigelas		3	01:24:12		31,5 Km
	1106	Tiago Alves	2		41:49	21 Km
	1105	Americo Silva	1		42:02	10,5 Km
4	União Clube Eirense 2		3	01:24:31		31,5 Km
	1107	Alexandre Marques	1		40:52	10,5 Km
	1108	Fábio Marques	2		43:15	21 Km
5	AFERARIBATEJANA		3	01:27:35		31,5 Km
	1004	ROGÉRIO VIEIRA	1		40:53	10,5 Km
	1003	FRANCISCO SILVA	2		46:17	21 Km
6	Parjovem		3	01:35:18		31,5 Km
	1084	Raul Coelho	2		50:47	21 Km
	1083	Luis Magalhães	1		44:06	10,5 Km
7	CLUBE DE ATLETISMO DE OVAR 2		3	01:37:31		31,5 Km
	1036	MÁRIO VAZ	1		45:38	10,5 Km
	1035	ALBERTO VALENTE	2		51:31	21 Km
8	C.F. Oliveira do Douro		3	01:40:09		31,5 Km
	1025	Anselmo Nascimento	2		51:03	21 Km
	1026	Domingos Pinto	1		48:42	10,5 Km
9	GDG - Grupo Desportivo da Gafanha		3	01:42:16		31,5 Km
	1044	João Ramos	1		49:08	10,5 Km
	1043	Hélder Ramos	2		52:28	21 Km
10	Equipa 2		3	01:42:57		31,5 Km
	1115	Joaquim Oliveira	1		49:07	10,5 Km
	1116	Jorge Leite	2		53:14	21 Km
11	Gêmeas Ferreira		3	01:43:35		31,5 Km
	1045	Angelina Zélia Pinto Ferreira	1		48:37	10,5 Km
	1046	Rosa Amélia Pinto Ferreira	2		54:37	21 Km
12	KIRCHHOFF - KONECT RUNNING TEAM 3		3	01:44:02		31,5 Km
	1056	Bruno Neves	2		52:53	21 Km
	1057	Anthony Borges	1		50:39	10,5 Km
13	SOREMA S.A. 1		3	01:44:16		31,5 Km
	833	ANDRÉ FERREIRA SÁ RELVAS	2		47:56	21 Km
	832	ANA PALMIRA L. M. B. PINTO RELVAS	1		55:41	10,5 Km
14	Caldas S. Jorge Sport Clube 1		3	01:45:26		31,5 Km
	1027	Arlete Santos	2		51:35	21 Km
	1028	Margarida Melo	1		53:21	10,5 Km
15	Sporting Clube de Espinho / António Leitão 1		3	01:46:08		31,5 Km
	1097	SARA CONCEIÇÃO	1		50:14	10,5 Km
	1098	Sónia Santos	2		55:17	21 Km
16	Atleturistas		3	01:49:05		31,5 Km
	1019	LÚCIA CORUCHO	1		01:00:17	10,5 Km
	1020	ANTONIO CORUCHO	2		48:19	21 Km

ESTAFETA

LAP 10,5 KM

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REVISED

17	Rodelo Running Team		3	01:50:07	31,5 Km
	1085	André Pais	2	53:37	21 Km
	1086	Paulo Santos	1	55:44	10,5 Km
18	Equipa 1		3	01:50:21	31,5 Km
	1113	Filomena Santos	2	55:59	21 Km
	1114	Susana Leite	1	53:45	10,5 Km
19	LUSOTUFO 6		3	01:51:11	31,5 Km
	1070	Paulo Daniel Rola	1	46:19	10,5 Km
	1069	Jessika Soares	2	01:04:05	21 Km
20	Andamacaçar 1		3	01:52:27	31,5 Km
	1015	Gustavo Santos	2	55:49	21 Km
	1016	Rui Guimarães	1	56:04	10,5 Km
21	A D Rio Largo C Espinho 1		3	01:53:40	31,5 Km
	1001	Adriano Queiroz	2	55:19	21 Km
	1002	José Falcão	1	57:37	10,5 Km
22	Bintoito bentanias		3	01:53:46	31,5 Km
	1024	Paulo Silva	2	59:28	21 Km
	1023	José Oliveira	1	53:43	10,5 Km
23	Nascidos para Correr 3		3	01:53:49	31,5 Km
	1077	Armanda pinto	2	01:01:00	21 Km
	1078	Rosa Pinto	1	52:27	10,5 Km
24	S.S.T.S.J.M. Serviços Sociais do Pessoal do Município de S. João da Madeira 1		3	01:54:19	31,5 Km
	1090	SUZANA DUARTE	2	57:32	21 Km
	1089	ANABELA SANTOS	1	56:16	10,5 Km
25	Vaz e Vaz		3	01:54:48	31,5 Km
	1109	Paulo Vaz	2	55:34	21 Km
	1110	Rogério Rocha	1	58:40	10,5 Km
26	ATHLON RUNNER'S		3	01:56:57	31,5 Km
	1018	Eurico Inocêncio	1	01:05:37	10,5 Km
	1017	Dênis Quadros	2	50:38	21 Km
27	AFIS/Ovar 3		3	01:57:11	31,5 Km
	1009	Luis Gama	2	01:02:58	21 Km
	1010	Manuel Ramos	1	53:33	10,5 Km
28	Nascidos para Correr 2		3	01:57:42	31,5 Km
	1076	Rui Dias	2	56:19	21 Km
	1075	Teresinha Castro	1	01:00:59	10,5 Km
29	Tartarugas Velozes 1		3	01:58:14	31,5 Km
	1103	Vânia Silva	1	01:03:35	10,5 Km
	1104	André Silva	2	53:46	21 Km
30	Douro Runners 1		3	02:01:33	31,5 Km
	1039	Andreia Leitão	2	01:05:10	21 Km
	1040	Ivo Oliveira	1	55:39	10,5 Km
31	Sporting Clube de Espinho / António Leitão 2		3	02:02:44	31,5 Km
	1099	Alexandra Lopes	1	01:02:26	10,5 Km
	1100	Nádia Santos	2	59:37	21 Km
32	Afis/ovar 1		3	02:02:52	31,5 Km
	1006	Manuel Rilho	1	01:05:21	10,5 Km
	1005	Elizabete Silva	2	56:42	21 Km
33	SOREMA S.A. 2		3	02:03:29	31,5 Km
	831	SARA TELES ALMEIDA ROCHA	1	01:03:35	10,5 Km
	834	FILIPE JOAQUIM ALVES DA SILVA	2	59:16	21 Km
34	Os 5 à Hora		3	02:05:11	31,5 Km
	1117	Mario Carvalho	1	45:55	10,5 Km

ESTAFETA

LAP 10,5 KM

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OFFICIAL RESULT

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1118	Maria Costa	2	01:18:48	21 Km
35	AZtrail/Mercentro	3	02:05:37	31,5 Km
1022	Filipe Cunha	1	55:16	10,5 Km
1021	Carolina Figueiredo	2	01:09:40	21 Km
36	Amigos	3	02:06:33	31,5 Km
1013	MARTA AMARO	2	01:10:10	21 Km
1014	JOAQUIM SANTOS	1	55:47	10,5 Km
37	CLUBENOVOBANCODELEGACAONORTE 1	3	02:06:33	31,5 Km
1037	ADELAIDE PEREIRA	2	01:14:03	21 Km
1038	PAULO RIBEIRO	1	52:17	10,5 Km
38	LUSOTUFO 3	3	02:08:48	31,5 Km
1063	Ana Manuela Ribeiro Ferreira	2	01:02:28	21 Km
1064	Marcia Almeida Rola	1	01:05:29	10,5 Km
39	Allens	3	02:08:53	31,5 Km
1011	conceicao remedios	2	01:12:30	21 Km
1012	joao remedios	1	01:00:38	10,5 Km
40	os falta d'ar 1	3	02:09:37	31,5 Km
1080	Nelson Ferreira	1	01:09:07	10,5 Km
1079	Daniela Oliveira	2	59:54	21 Km
41	Nascidos para Correr 1	3	02:10:57	31,5 Km
1073	António Lopes	2	01:02:01	21 Km
1074	Paulo Neves	1	01:08:31	10,5 Km
42	os falta d'ar 2	3	02:11:03	31,5 Km
1082	Daniel Reis	1	01:09:38	10,5 Km
1081	Adelaide Marques	2	01:00:46	21 Km
43	AFIS/Ovar 2	3	02:11:41	31,5 Km
1007	Eugénia Queirós	1	01:05:31	10,5 Km
1008	Susana Pinto	2	01:05:30	21 Km
44	Há trique	3	02:12:45	31,5 Km
1048	Luís Madureira	1	44:04	10,5 Km
1047	André Oliveira	2	01:28:15	21 Km
45	KIRCHHOFF - KONECT RUNNING TEAM 2	3	02:13:26	31,5 Km
1053	Alexandra Barros	2	01:08:11	21 Km
1054	Daniela Oliveira	1	01:04:41	10,5 Km
46	LUSOTUFO 5	3	02:13:51	31,5 Km
1068	Rui Costa	2	01:15:08	21 Km
1067	Clara Gonçalves	1	57:56	10,5 Km
47	CC	3	02:16:17	31,5 Km
1030	Carla Santos	1	01:11:22	10,5 Km
1029	Alexandra Bessa	2	01:04:06	21 Km
48	XXX	3	02:16:19	31,5 Km
1112	Rosa rosario	2	01:04:08	21 Km
1111	Anabela Monteiro	1	01:11:24	10,5 Km
49	KIRCHHOFF - KONECT RUNNING TEAM 1	3	02:17:46	31,5 Km
1052	Ricardo Mesquita	1	01:07:30	10,5 Km
1051	José Carlos	2	01:09:42	21 Km
50	Juventude Cortegacense 1	3	02:18:54	31,5 Km
1050	Manuel Luis Pinho Oliveira	2	01:05:37	21 Km
1049	Maria Elisabete Pinho Pereira Mendonça	1	01:12:30	10,5 Km
51	Sem Tempo	3	02:20:11	31,5 Km
1094	Marlene Romariz	1	01:05:30	10,5 Km
1093	Andreia Sá	2	01:13:54	21 Km

ESTAFETA

[illegible]

LAP 10,5 KM
ON - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO -
OFFICIAL RESULT

[illegible]

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REVISED

52	SNAILS		3	02:20:57	31,5 Km
	1095	José Alves	1	01:09:41	10,5 Km
	1096	Noémio Milhazes	2	01:10:29	21 Km
53	SARunners		3	02:33:15	31,5 Km
	1091	Patrícia Cruz	2	01:23:18	21 Km
	1092	Sónia Pereira	1	01:09:05	10,5 Km
54	LUSOTUFO 4		2	01:04:28	21 Km
	1066	Tiago Sousa Manarte	1	#Error	10,5 Km
	1065	Rui Manuel Ramalho Oliveira	1	01:03:43	10,5 Km
55	LUSOTUFO 1		1	02:02:03	10,5 Km
	1059	MOISÉS OLIVEIRA GOMES DE LIMA	1	01:17:51	10,5 Km