

MEIA MARATONA - STAGE 1

21,097 KM

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OFFICIAL RESULT

R

REVISED

	Time	Temperature	Humidity
Start	10:00	14,5°C	100%
End	12:43	17.1°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	1	Rui Teixeira	sporting clube de portugal	Senior Masculino	01:05:52		03:07
2	5	Luis Saraiva	sporting clube de braga	Senior Masculino	01:05:54	+00:01	03:07
3	3	Helder Santos	sporting clube de portugal	Senior Masculino	01:06:18	+00:25	03:09
4	2	Ricardo Dias	sporting clube de portugal	Senior Masculino	01:07:39	+01:46	03:12
5	6	Jorge Santa Cruz	sporting clube de braga	Senior Masculino	01:08:16	+02:23	03:14
6	122	Mihail Lalev	sporting clube de braga	Senior Masculino	01:11:11	+05:18	03:22
7	222	Bruno Carvalho	individual	Senior Masculino	01:13:15	+07:22	03:28
8	81	FERNANDO GRILO	sira - soc instrução e recreio aldreense	Veterano M40	01:13:39	+07:46	03:29
9	252	Carlos Monteiro	futebol clube de vizela	Veterano M45	01:16:35	+10:43	03:38
10	255	Hélder Oliveira	futebol clube de vizela	Veterano M40	01:17:45	+11:52	03:41
11	256	Carla Martinho	recreio desportivo de águeda	Veterana F40	01:19:04	+13:11	03:45
12	83	José Andrade	movimento de juventude de merelim	Veterano M50	01:19:46	+13:53	03:47
13	82	JORGE ROCHINHA	sira - soc instrução e recreio aldreense	Senior Masculino	01:19:52	+13:59	03:47
14	8	Jéssica Pontes	individual	Senior Feminino	01:21:07	+15:14	03:51
15	10	Augusto Costa	amigos da montanha	Veterano M45	01:21:08	+15:15	03:51
16	173	Adriano Sá	águias de alvelos	Veterano M45	01:21:22	+15:29	03:51
17	223	Alfredo Pinheiro	amarante	Veterano M50	01:21:37	+15:44	03:52
18	257	Elisabete Pereira	recreio desportivo de águeda	Senior Feminino	01:22:10	+16:17	03:54
19	235	Augusto Manuel Azevedo Antunes	arpo- associação recreativa pousadense	Veterano M50	01:22:14	+16:21	03:54
20	269	Alexandra Oliveira	recreio desportivo de águeda	Senior Feminino	01:22:55	+17:03	03:56
21	15	Bruno Rodrigues	rundiculous	Senior Masculino	01:23:37	+17:44	03:58
22	118	Abel Nogueira López	correr para comer	Senior Masculino	01:23:47	+17:54	03:58
23	399	Eduardo Lemos	fisioveralemos	Veterano M40	01:23:49	+17:56	03:58
24	397	Manuel Mendes	individual	Veterano M45	01:24:02	+18:09	03:59
25	210	Marco Pinto	águias misericórdia	Senior Masculino	01:24:02	+18:09	03:59
26	253	Marco Magalhães	futebol clube de vizela	Senior Masculino	01:25:42	+19:49	04:04
27	57	Nelson Tiago Rodrigues Leal	phoenix evorun	Senior Masculino	01:26:37	+20:44	04:06
28	153	José Manuel Gusman Correia Araújo Barbosa	individual	Senior Masculino	01:26:58	+21:05	04:07
29	212	Orlando Jorge Faria da Silva	detraspafrente	Senior Masculino	01:27:06	+21:13	04:08
30	88	Filipe José dos Santos Lima	tartarugas	Veterano M40	01:27:13	+21:20	04:08
31	131	Carlos Armando Gonçalves Oliveira	osmanos	Senior Masculino	01:27:18	+21:25	04:08
32	271	Amaro José Faria Barbosa	individual	Senior Masculino	01:27:28	+21:35	04:09
33	254	André Natario	futebol clube de vizela	Senior Masculino	01:27:31	+21:38	04:09
34	130	Vitorino sousa cardoso	spiridon 08 lëtzebuerg	Veterano M60	01:27:47	+21:54	04:10
35	182	Carlos Nuno Araújo Martins	airórun	Veterano M40	01:28:26	+22:33	04:12
36	133	Paulo Guilherme Fernandes da Silva	laúndos em movimento	Veterano M45	01:28:29	+22:36	04:12
37	400	Gualter Pereira	fisioveralemos	Veterano M45	01:28:51	+22:58	04:13
38	201	Pedro Miguel Matos Torres	individual	Senior Masculino	01:29:10	+23:17	04:14

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
39	217	Nuno Carlos Figueiredo Campos	barcelos team portugal	Veterano M45	01:29:18	+23:25	04:14
40	144	Luís Miguel Oliveira de Freitas	airórun	Veterano M40	01:30:12	+24:19	04:17
41	69	António Cardoso	a.d.carvalhal	Veterano M45	01:30:15	+24:22	04:17
42	30	Ricardo Manuel Dias de Azevedo	arpo- associação recreativa pousadense	Veterano M40	01:30:27	+24:34	04:17
43	164	Ricaro Alexandre Peixoto Queirós	individual	Veterano M40	01:30:30	+24:37	04:17
44	45	Ricardo Filipe Figueiredo Ferreira	phoenix evorun	Senior Masculino	01:30:37	+24:44	04:18
45	232	EDUARDO CUNHA	águias de alvelos	Veterano M40	01:31:03	+25:10	04:19
46	22	Manuel Joaquim Maciel Miranda	acr rodas	Veterano M55	01:31:09	+25:16	04:19
47	176	Tiago Lopes	opraticante.pt	Senior Masculino	01:31:16	+25:24	04:20
48	117	Vanda Ribeiro	grecas	Veterana F40	01:31:20	+25:27	04:20
49	36	Manuela Freitas	os isabelinhas	Veterana F40	01:31:21	+25:28	04:20
50	132	Florêncio Raúl Lemos Gomes	os isabelinhas	Veterano M40	01:31:21	+25:28	04:20
51	241	Eduardo Ribeiro	ad amarante atletismo	Veterano M45	01:31:50	+25:57	04:21
52	126	Augusto de Oliveira Lopes	individual	Veterano M40	01:31:50	+25:57	04:21
53	20	Rui Leite	tudoacorrerbem	Senior Masculino	01:32:49	+26:56	04:24
54	167	Paulo Vale	individual	Senior Masculino	01:32:57	+27:04	04:24
55	178	Paulo Oliveira	individual	Senior Masculino	01:32:59	+27:06	04:24
56	65	Ricardo Jorge Martins Mota	sri chinmoy marathon team	Veterano M40	01:33:20	+27:27	04:25
57	78	Filipe Martins	os isabelinhas	Senior Masculino	01:34:20	+28:27	04:28
58	231	Manuel Jorge Sousa Festas	gdctenvc	Senior Masculino	01:34:29	+28:36	04:29
59	87	Paulo Cesar Vieira Fernandes	vidaativarunners	Senior Masculino	01:34:31	+28:38	04:29
60	16	Daniel Ricardo Guimarães Soares	rundiculous	Senior Masculino	01:34:54	+29:01	04:30
61	23	Joaquim Silva Rodrigues	acr rodas	Veterano M55	01:35:45	+29:52	04:32
62	67	Nuno Lopes Lomba	ad esposende	Senior Masculino	01:35:54	+30:01	04:33
63	233	Carlos Manuel Monteiro Martins	individual	Senior Masculino	01:36:07	+30:14	04:33
64	180	Paulo Quintas	nast - nucleo associativo santo tirso	Veterano M50	01:36:16	+30:23	04:34
65	99	Manuel Pereira	ferreirolux, lda	Veterano M50	01:36:20	+30:27	04:34
66	66	Paulo Martins	individual	Veterano M50	01:36:23	+30:30	04:34
67	147	Fernando Barros	ad amarante atletismo	Veterano M45	01:36:38	+30:45	04:35
68	74	Nuno Duarte cresso Vasconcelos da Cunha	gaz	Veterano M45	01:36:38	+30:45	04:35
69	85	Pedro Miguel Pereira Martins	individual	Senior Masculino	01:36:52	+30:59	04:35
70	229	DANIEL DIAS RODRIGUES	cyclones sanitop	Senior Masculino	01:37:13	+31:20	04:37
71	143	Bruno Daniel Carvalho Castro	juventude das ribeiras	Senior Masculino	01:37:17	+31:24	04:37
72	189	João Batista Ferreira de Sousa	vidaativarunners	Veterano M55	01:37:29	+31:36	04:37
73	125	Narciso Marques	limite vertical trekking	Veterano M60	01:37:30	+31:37	04:37
74	47	Joaquim Manuel Soares Miranda	vidaativarunners	Senior Masculino	01:37:38	+31:45	04:38
75	101	António Meira	ferreirolux, lda	Veterano M50	01:38:03	+32:10	04:39
76	224	Domingos Vale	bora lá	Veterano M40	01:38:32	+32:39	04:40
77	226	Nuno andre rodrigues martins	casa do fcfamaliao de geneve	Veterano M40	01:38:37	+32:44	04:40

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
78	76	José Antonio Fernández Núñez	individual	Senior Masculino	01:38:37	+32:44	04:41
79	112	Artur Manuel Bastos Lima	individual	Veterano M55	01:38:42	+32:49	04:41
80	140	José Soares	bm car	Senior Masculino	01:38:55	+33:02	04:41
81	104	José Cruz	ferreirrolux, lda	Senior Masculino	01:38:59	+33:06	04:42
82	221	António Pinto	amarante	Veterano M50	01:39:03	+33:10	04:42
83	198	Carlitos	individual	Senior Masculino	01:39:33	+33:40	04:43
84	196	Tiago Emanuel Rocha duarte	individual	Senior Masculino	01:39:39	+33:46	04:43
85	110	Ricardo Miguel Gonçalves Santos Rocha	b.t.m.	Veterano M40	01:39:43	+33:50	04:44
86	55	Alexandre Costa	individual	Veterano M45	01:39:50	+33:57	04:44
87	185	Fernando Pinheiro Mendes	individual	Veterano M45	01:39:57	+34:04	04:44
88	162	Joaquim Augusto da Costa Pereira	individual	Veterano M50	01:40:08	+34:15	04:45
89	114	Cesar Alves	afis/ovar	Veterano M40	01:40:10	+34:17	04:45
90	396	Luis freirtas	a.d.pedome	Veterano M40	01:40:51	+34:58	04:47
91	96	Rui Manuel Russo dos Santos	porto runners	Veterano M50	01:40:55	+35:02	04:47
92	56	Arlindo Costinha	individual	Veterano M40	01:41:05	+35:12	04:47
93	70	Rúben Eira	individual	Senior Masculino	01:41:10	+35:17	04:48
94	64	Vitor emanuel capitao lima	individual	Senior Masculino	01:41:19	+35:26	04:48
95	159	Jose Caleiro	individual	Veterano M60	01:41:33	+35:40	04:49
96	98	Jesus António Faria Campos	cmbarcelos	Senior Masculino	01:41:35	+35:42	04:49
97	266	Hilário Ramos	braguinhas runners	Veterano M45	01:41:39	+35:46	04:49
98	71	Roberto Meira	braguinhas runners	Senior Masculino	01:41:39	+35:46	04:49
99	163	Fernando Jorge Peixoto Queirós	individual	Veterano M45	01:41:41	+35:48	04:49
100	14	Joao Oliveira Martins	individual	Senior Masculino	01:41:57	+36:04	04:50
101	234	Nuno Jorge Lopes Brandão Areosa Rodrigues	individual	Veterano M50	01:42:09	+36:16	04:51
102	13	Fernando Bubna	lobo assessoria	Senior Masculino	01:42:20	+36:28	04:51
103	204	Sérgio Neiva	ganita sportive	Senior Masculino	01:42:27	+36:34	04:51
104	172	Osvaldo Oliveira	individual	Veterano M55	01:42:32	+36:39	04:52
105	169	Pedro Torres	individual	Senior Masculino	01:42:37	+36:44	04:52
106	58	Edgar Gomes Prazeres da Costa	b.t.m.	Veterano M40	01:42:42	+36:49	04:52
107	188	Manuel Barbosa Sousa	dettagli run	Veterano M55	01:42:44	+36:51	04:52
108	258	Telmo Filipe de Sousa Fernandes	individual	Veterano M40	01:42:50	+36:57	04:52
109	193	João Carlos Vieira Teixeira dos Santos	individual	Veterano M45	01:43:02	+37:09	04:53
110	100	Constantino Moreira	ferreirrolux, lda	Veterano M60	01:43:39	+37:46	04:55
111	79	Raul Pereira Fernandes	cerveira team running	Veterano M60	01:43:54	+38:01	04:55
112	18	Rui Manuel Campinho Vilas Boas	a.d.carvalhal	Veterano M40	01:43:54	+38:01	04:56
113	73	Nuno Miguel Silva Gomes	individual	Senior Masculino	01:44:00	+38:07	04:56
114	113	Artur Linhares	individual	Senior Masculino	01:44:03	+38:10	04:56
115	209	Paulo Gomes	ganita sportive	Veterano M40	01:44:10	+38:17	04:56
116	208	Paulo Remelhe	ganita sportive	Veterano M40	01:45:05	+39:12	04:59
117	239	Jorge Teixeira	ad amarante atletismo	Veterano M40	01:45:16	+39:23	04:59

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
118	240	Sílvia Pinto	ad amarante atletismo	Senior Masculino	01:45:16	+39:23	04:59
119	137	Herculano Cardoso	bm car	Veterano M50	01:45:17	+39:24	04:59
120	197	Mário José Carvalho Gomes	rundiculous	Senior Masculino	01:45:34	+39:41	05:00
121	41	Francisco José Loureiro Santa Marinha	individual	Veterano M40	01:45:39	+39:46	05:00
122	72	César Augusto Oliveira Rodrigues	individual	Senior Masculino	01:46:02	+40:10	05:02
123	213	João Carlos Soutelo Couto	bora lá	Senior Masculino	01:46:10	+40:17	05:02
124	106	Rui Monteiro	individual	Senior Masculino	01:46:41	+40:48	05:03
125	19	José Ricardo Silva	b. v. barcelos	Veterano M40	01:46:51	+40:58	05:04
126	102	Carlos Mano	ferreirolux, lda	Veterano M50	01:47:19	+41:26	05:05
127	175	JOAQUIM DA CUNHA GOMES DE SÁ	bora lá	Veterano M45	01:47:58	+42:05	05:07
128	200	Jose Ángel Nogueiras Guntiñas	correr para comer	Veterano M45	01:48:05	+42:12	05:07
129	49	Tiago Filipe Henriques Lança	peniche a correr	Senior Masculino	01:48:10	+42:17	05:08
130	95	VITOR HUGO MIRANDA DE SÁ	praceta run	Senior Masculino	01:48:34	+42:41	05:09
131	108	Carlos Miguel Tomé Fernandes	individual	Senior Masculino	01:48:48	+42:55	05:09
132	215	Manuel Monteiro Araújo	individual	Veterano M45	01:49:07	+43:14	05:10
133	141	Joel Joaquim da Silva Figueiras	individual	Senior Masculino	01:49:20	+43:27	05:11
134	152	Júlio Miguel Peixoto Gomes	individual	Senior Masculino	01:49:20	+43:27	05:11
135	142	Vitor Manuel Silva Cardoso	individual	Senior Masculino	01:49:20	+43:27	05:11
136	261	HENRIQUE SALVADOR SILVA	braguinhas runners	Veterano M45	01:49:28	+43:35	05:11
137	53	Celina Silva	figueiredos runners & friends	Senior Feminino	01:49:29	+43:36	05:11
138	250	Nuno Sousa	projectgym	Senior Masculino	01:49:41	+43:48	05:12
139	97	George Ferreira Araújo	cmbarcelos	Veterano M45	01:49:59	+44:06	05:13
140	263	João Carlos Mota	desnivel positivo	Veterano M45	01:50:44	+44:51	05:15
141	61	Hélder Manuel Gonçalves Barroso	braguinhas runners	Senior Masculino	01:51:04	+45:11	05:16
142	60	Paulo Jorge Filipe Fernandes	braguinhas runners	Veterano M40	01:51:04	+45:11	05:16
143	111	Paulo oliveira cunha	individual	Veterano M45	01:51:35	+45:42	05:17
144	219	Paulo Filipe Fernandes Monteiro	vidaativarunners	Veterano M40	01:51:39	+45:46	05:18
145	218	Paulo jorge g. vieira	vidaativarunners	Veterano M45	01:51:40	+45:47	05:18
146	134	Nuno Campos	bm car	Senior Masculino	01:52:04	+46:11	05:19
147	259	José Diogo Amorim Costa de Castro Couto	mrr	Senior Masculino	01:52:11	+46:18	05:19
148	183	Marlene Maria Faria Miranda	individual	Senior Feminino	01:52:14	+46:22	05:19
149	127	Ricardo Tomé Ribeiro Guimarães	individual	Senior Masculino	01:52:15	+46:22	05:19
150	40	Nuno ricardo gomes domingos	individual	Senior Masculino	01:53:01	+47:08	05:21
151	187	Rafael Silva Sousa	dettagli run	Senior Masculino	01:53:17	+47:24	05:22
152	128	Manuel Ramiro Catarino Batista	spin&run esposende	Veterano M55	01:53:45	+47:52	05:24
153	59	Margarida Magalhaes	desnivel positivo	Veterana F40	01:53:49	+47:56	05:24

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
154	115	Luís Carlos Costa Nogueira	individual	Veterano M40	01:53:53	+48:00	05:24
155	199	Daniel Jose Peixoto da Silva	individual	Senior Masculino	01:53:55	+48:02	05:24
156	129	Rui Manuel Alves Figueiras	a.d.carvalhal	Veterano M40	01:54:23	+48:30	05:25
157	89	José Augusto dos Santos Lima	tartarugas	Veterano M45	01:54:46	+48:53	05:26
158	214	Manuel Sousa	bora lá	Veterano M50	01:55:47	+49:54	05:29
159	103	José Andrade	ferreiroulux, lda	Veterano M45	01:56:12	+50:19	05:31
160	120	Jose Miguel Anta Delgado	correr para comer	Veterano M55	01:56:14	+50:21	05:31
161	119	Manuel Nogueira Fernández	correr para comer	Veterano M60	01:56:15	+50:22	05:31
162	136	Victor Cunha	bm car	Veterano M50	01:56:41	+50:48	05:32
163	242	Zacarias Miguel Silva Oliveira	individual	Veterano M40	01:56:44	+50:51	05:32
164	165	CARLOS MANUEL GONÇALVES AZEVEDO	barcelos bike team	Veterano M40	01:56:52	+50:59	05:32
165	54	Ricardo Vieira	vidaativarunners	Senior Masculino	01:56:58	+51:05	05:33
166	84	Mónica Sofia Rafael Ferreira	spin&run esposende	Veterana F40	01:57:05	+51:12	05:33
167	37	José Maria Gomes Pereira	os isabelinhas	Veterano M55	01:57:07	+51:14	05:33
168	149	António Gonçalves	ad amarante atletismo	Veterano M55	01:57:08	+51:15	05:33
169	148	José Azevedo	ad amarante atletismo	Veterano M50	01:57:09	+51:16	05:33
170	158	Jorge Azevedo	individual	Veterano M50	01:57:10	+51:17	05:33
171	77	Maria conceição santos campos	spin&run esposende	Veterana F40	01:57:22	+51:29	05:34
172	107	José Carlos Araújo da Costa Dias	individual	Senior Masculino	01:57:27	+51:35	05:34
173	249	Luis Dias	projectgym	Senior Masculino	01:58:42	+52:49	05:38
174	92	Célia Idalina Pimentel da Silva Cunha	individual	Senior Feminino	02:00:04	+54:11	05:41
175	190	João Machado	individual	Senior Masculino	02:00:45	+54:52	05:43
176	251	Bruno Filipe Correia Rosas	individual	Senior Masculino	02:00:45	+54:52	05:43
177	207	José Carvalho	ganita sportive	Veterano M50	02:01:13	+55:21	05:45
178	227	Bártolo Correia Lomba Dias	individual	Senior Masculino	02:02:32	+56:40	05:49
179	216	Francisco Pereira da Costa	individual	Veterano M50	02:02:34	+56:42	05:49
180	237	Juliana Sofia Correia	homem da lenha runners	Senior Feminino	02:03:12	+57:19	05:50
181	171	Eduardo Bastos	individual	Veterano M40	02:03:44	+57:51	05:52
182	105	Domingos Lameira	ferreiroulux, lda	Veterano M50	02:03:59	+58:06	05:53
183	94	Sandra Isabel Pinheiro Júlio	spin&run esposende	Senior Feminino	02:04:31	+58:38	05:54
184	194	Silvia Martins	individual	Senior Feminino	02:04:38	+58:45	05:54
185	177	Nuno Fernandes	opraticante.pt	Senior Masculino	02:05:43	+59:50	05:58
186	179	Maria Fernanda Gonçalves Rocha Azevedo	individual	Veterana F40	02:05:57	+01:00:04	05:58
187	225	Avelino Dias	arca barcelos runners	Veterano M60	02:05:58	+01:00:06	05:58
188	48	Maria Emilia Morgado Costa Bras	spin&run esposende	Veterana F40	02:06:06	+01:00:13	05:59
189	90	Sónia Alexandra Moreira Oliveira	individual	Senior Feminino	02:06:55	+01:01:02	06:01
190	168	Daniel Nogueira	individual	Veterano M40	02:07:41	+01:01:48	06:03
191	230	Fernando José Seixas Pinto	individual	Veterano M50	02:09:51	+01:03:58	06:09
192	33	José Carlos Figueiredo	os isabelinhas	Veterano M60	02:09:52	+01:03:59	06:09
193	86	Ana Carolina Silva Aranda André	individual	Senior Feminino	02:09:52	+01:03:59	06:09

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21,097 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
194	35	Paula Campelo	os isabelinhas	Veterana F40	02:11:12	+01:05:19	06:13
195	270	Filipa Isabel Fonseca da Cruz	individual	Senior Feminino	02:11:17	+01:05:24	06:13
196	17	Nelson Ricardo Cunha Correia da Silva	individual	Veterano M45	02:11:28	+01:05:35	06:14
197	50	Ricardo Antonio Torres Costa	individual	Senior Masculino	02:11:44	+01:05:51	06:15
198	32	Pedro Filipe Soares de Sousa	gilmonde running team	Veterano M40	02:13:19	+01:07:27	06:19
199	46	Célia Cristina Alves Campos	gilmonde running team	Senior Feminino	02:13:23	+01:07:30	06:19
200	51	Rosa Marisa Matos Loureiro Gomes	gilmonde running team	Senior Feminino	02:13:25	+01:07:32	06:19
201	42	José Ricardo sacramento silva	crteam	Senior Masculino	02:13:57	+01:08:04	06:21
202	43	Cátia Sofia Moreira	crteam	Senior Feminino	02:13:58	+01:08:05	06:21
203	205	José Cunha	ganita sportive	Veterano M50	02:14:23	+01:08:30	06:22
204	265	Ricardo Esteves Rodrigues	individual	Senior Masculino	02:16:18	+01:10:25	06:28
205	394	João Gonçalves	individual	Veterano M45	02:16:24	+01:10:31	06:28
206	192	Cidália Santos	barcelos runners	Veterana F40	02:16:24	+01:10:31	06:28
207	191	Isabel Maria Rego Ferreira	barcelos runners	Veterana F40	02:16:24	+01:10:31	06:28
208	28	Abilio Oscar Barros Guimaraes Casanova	vidaativarunners	Senior Masculino	02:21:18	+01:15:25	06:42
209	268	Rui Santos	individual	Senior Masculino	02:41:27	+01:35:34	07:39

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OFFICIAL RESULT

	Time	Temperature	Humidity
Start	10:00	14,5°C	100%
End	12:43	17,1°C	93%

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

1	8	Jéssica Pontes	Individual	Senior Feminino	01:21:07	+15:14	03:51
2	257	Elisabete Pereira	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	01:22:10	+16:17	03:54
3	269	Alexandra Oliveira	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	01:22:55	+17:03	03:56
4	53	Celina Silva	FIGUEIREDOS RUNNERS & FRIENDS	Senior Feminino	01:49:29	+43:36	05:11
5	183	Marlene Maria Faria Miranda	Individual	Senior Feminino	01:52:14	+46:22	05:19
6	92	Célia Idalina Pimentel da Silva Cunha	Individual	Senior Feminino	02:00:04	+54:11	05:41
7	237	Juliana Sofia Correia	Homem da Lenha Runners	Senior Feminino	02:03:12	+57:19	05:50
8	94	Sandra Isabel Pinheiro Júlio	Spin&Run Esposende	Senior Feminino	02:04:31	+58:38	05:54
9	194	Silvia Martins	Individual	Senior Feminino	02:04:38	+58:45	05:54
10	90	Sónia Alexandra Moreira Oliveira	Individual	Senior Feminino	02:06:55	+01:01:02	06:01
11	86	Ana Carolina Silva Aranda André	Individual	Senior Feminino	02:09:52	+01:03:59	06:09
12	270	Filipa Isabel Fonseca da Cruz	Individual	Senior Feminino	02:11:17	+01:05:24	06:13
13	46	Célia Cristina Alves Campos	Gilmonde Running Team	Senior Feminino	02:13:23	+01:07:30	06:19
14	51	Rosa Marisa Matos Loureiro Gomes	Gilmonde running team	Senior Feminino	02:13:25	+01:07:32	06:19
15	43	Cátia Sofia Moreira	Crteam	Senior Feminino	02:13:58	+01:08:05	06:21

Senior Masculino

1	1	Rui Teixeira	Sporting Clube de Portugal	Senior Masculino	01:05:52		03:07
2	5	Luis Saraiva	Sporting Clube de Braga	Senior Masculino	01:05:54	+00:01	03:07
3	3	Helder Santos	Sporting Clube de Portugal	Senior Masculino	01:06:18	+00:25	03:09
4	2	Ricardo Dias	Sporting Clube de Portugal	Senior Masculino	01:07:39	+01:46	03:12
5	6	Jorge Santa Cruz	Sporting Clube de Braga	Senior Masculino	01:08:16	+02:23	03:14
6	122	Mihail Lalev	Sporting Clube de Braga	Senior Masculino	01:11:11	+05:18	03:22
7	222	Bruno Carvalho	Individual	Senior Masculino	01:13:15	+07:22	03:28
8	82	JORGE ROCHINHA	SIRA - SOC INSTRUÇÃO E RECREIO ALDREENSE	Senior Masculino	01:19:52	+13:59	03:47
9	15	Bruno Rodrigues	RUNDICULOUS	Senior Masculino	01:23:37	+17:44	03:58
10	118	Abel Nogueira López	Correr para Comer	Senior Masculino	01:23:47	+17:54	03:58
11	210	Marco Pinto	Águias Misericórdia	Senior Masculino	01:24:02	+18:09	03:59
12	253	Marco Magalhães	Futebol Clube de Vizela	Senior Masculino	01:25:42	+19:49	04:04
13	57	Nelson Tiago Rodrigues Leal	Phoenix Evorun	Senior Masculino	01:26:37	+20:44	04:06
14	153	José Manuel Gusman Correia Araújo Barbosa	Individual	Senior Masculino	01:26:58	+21:05	04:07
15	212	Orlando Jorge Faria da Silva	Detraspafrente	Senior Masculino	01:27:06	+21:13	04:08
16	131	Carlos Armando Gonçalves Oliveira	osmanos	Senior Masculino	01:27:18	+21:25	04:08
17	271	Amaro José Faria Barbosa	Individual	Senior Masculino	01:27:28	+21:35	04:09

Official Timekeeper: Lap2Go	1 / 6	generate 15-abr-2019 12:36
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18	254	André Natario	Futebol Clube de Vizela	Senior Masculino	01:27:31	+21:38	04:09
19	201	Pedro Miguel Matos Torres	Individual	Senior Masculino	01:29:10	+23:17	04:14
20	45	Ricardo Filipe Figueiredo Ferreira	Phoenix EvoRun	Senior Masculino	01:30:37	+24:44	04:18
21	176	Tiago Lopes	opraticante.pt	Senior Masculino	01:31:16	+25:24	04:20
22	20	Rui Leite	TudoACorrerBem	Senior Masculino	01:32:49	+26:56	04:24
23	167	Paulo Vale	Individual	Senior Masculino	01:32:57	+27:04	04:24
24	178	Paulo Oliveira	Individual	Senior Masculino	01:32:59	+27:06	04:24
25	78	Filipe Martins	OS ISABELINHAS	Senior Masculino	01:34:20	+28:27	04:28
26	231	Manuel Jorge Sousa Festas	GDCTENVC	Senior Masculino	01:34:29	+28:36	04:29
27	87	Paulo Cesar Vieira Fernandes	VIDAATIVARUNNERS	Senior Masculino	01:34:31	+28:38	04:29
28	16	Daniel Ricardo Guimarães Soares	Rundiculous	Senior Masculino	01:34:54	+29:01	04:30
29	67	Nuno Lopes Lomba	AD Esposende	Senior Masculino	01:35:54	+30:01	04:33
30	233	Carlos Manuel Monteiro Martins	Individual	Senior Masculino	01:36:07	+30:14	04:33
31	85	Pedro Miguel Pereira Martins	Individual	Senior Masculino	01:36:52	+30:59	04:35
32	229	DANIEL DIAS RODRIGUES	CYCLONES SANITOP	Senior Masculino	01:37:13	+31:20	04:37
33	143	Bruno Daniel Carvalho Castro	JUVENTUDE DAS RIBEIRAS	Senior Masculino	01:37:17	+31:24	04:37
34	47	Joaquim Manuel Soares Miranda	VIDAATIVARUNNERS	Senior Masculino	01:37:38	+31:45	04:38
35	76	José Antonio Fernández Núñez	Individual	Senior Masculino	01:38:37	+32:44	04:41
36	140	José Soares	BM Car	Senior Masculino	01:38:55	+33:02	04:41
37	104	José Cruz	Ferreirolux, Lda	Senior Masculino	01:38:59	+33:06	04:42
38	198	Carlitos	Individual	Senior Masculino	01:39:33	+33:40	04:43
39	196	Tiago Emanuel Rocha duarte	Individual	Senior Masculino	01:39:39	+33:46	04:43
40	70	Rúben Eira	Individual	Senior Masculino	01:41:10	+35:17	04:48
41	64	Vitor emanuel capitao lima	Individual	Senior Masculino	01:41:19	+35:26	04:48
42	98	Jesus António Faria Campos	CMBARCELOS	Senior Masculino	01:41:35	+35:42	04:49
43	71	Roberto Meira	Braguinhas Runners	Senior Masculino	01:41:39	+35:46	04:49
44	14	Joao Oliveira Martins	Individual	Senior Masculino	01:41:57	+36:04	04:50
45	13	Fernando Bubna	LOBO ASSESSORIA	Senior Masculino	01:42:20	+36:28	04:51
46	204	Sérgio Neiva	GANITA SPORTIVE	Senior Masculino	01:42:27	+36:34	04:51
47	169	Pedro Torres	Individual	Senior Masculino	01:42:37	+36:44	04:52
48	73	Nuno Miguel Silva Gomes	Individual	Senior Masculino	01:44:00	+38:07	04:56
49	113	Artur Linhares	Individual	Senior Masculino	01:44:03	+38:10	04:56
50	240	Sílvio Pinto	AD Amarante Atletismo	Senior Masculino	01:45:16	+39:23	04:59
51	197	Mário José Carvalho Gomes	Rundiculous	Senior Masculino	01:45:34	+39:41	05:00
52	72	César Augusto Oliveira Rodrigues	Individual	Senior Masculino	01:46:02	+40:10	05:02
53	213	João Carlos Soutelo Couto	Bora Lá	Senior Masculino	01:46:10	+40:17	05:02
54	106	Rui Monteiro	Individual	Senior Masculino	01:46:41	+40:48	05:03
55	49	Tiago Filipe Henriques Lança	Peniche a Correr	Senior Masculino	01:48:10	+42:17	05:08
56	95	VITOR HUGO MIRANDA DE SÁ	Praceta Run	Senior Masculino	01:48:34	+42:41	05:09
57	108	Carlos Miguel Tomé Fernandes	Individual	Senior Masculino	01:48:48	+42:55	05:09
58	141	Joel Joaquim da Silva Figueiras	Individual	Senior Masculino	01:49:20	+43:27	05:11
59	152	Júlio Miguel Peixoto Gomes	Individual	Senior Masculino	01:49:20	+43:27	05:11
60	142	Vitor Manuel Silva Cardoso	Individual	Senior Masculino	01:49:20	+43:27	05:11
61	250	Nuno Sousa	ProjectGym	Senior Masculino	01:49:41	+43:48	05:12
62	61	Hélder Manuel Gonçalves Barroso	Braguinhas Runners	Senior Masculino	01:51:04	+45:11	05:16
63	134	Nuno Campos	BM Car	Senior Masculino	01:52:04	+46:11	05:19

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64	259	José Diogo Amorim Costa de Castro Couto	MRR	Senior Masculino	01:52:11	+46:18	05:19
65	127	Ricardo Tomé Ribeiro Guimarães	Individual	Senior Masculino	01:52:15	+46:22	05:19
66	40	Nuno ricardo gomes domingues	Individual	Senior Masculino	01:53:01	+47:08	05:21
67	187	Rafael Silva Sousa	DETTAGLI RUN	Senior Masculino	01:53:17	+47:24	05:22
68	199	Daniel Jose Peixoto da Silva	Individual	Senior Masculino	01:53:55	+48:02	05:24
69	54	Ricardo Vieira	VIDAATIVARUNNERS	Senior Masculino	01:56:58	+51:05	05:33
70	107	José Carlos Araújo da Costa Dias	Individual	Senior Masculino	01:57:27	+51:35	05:34
71	249	Luis Dias	ProjectGym	Senior Masculino	01:58:42	+52:49	05:38
72	190	João Machado	Individual	Senior Masculino	02:00:45	+54:52	05:43
73	251	Bruno Filipe Correia Rosas	Individual	Senior Masculino	02:00:45	+54:52	05:43
74	227	Bártolo Correia Lomba Dias	Individual	Senior Masculino	02:02:32	+56:40	05:49
75	177	Nuno Fernandes	opraticante.pt	Senior Masculino	02:05:43	+59:50	05:58
76	50	Ricardo Antonio Torres Costa	Individual	Senior Masculino	02:11:44	+01:05:51	06:15
77	42	José Ricardo sacramento silva	Crteam	Senior Masculino	02:13:57	+01:08:04	06:21
78	265	Ricardo Esteves Rodrigues	Individual	Senior Masculino	02:16:18	+01:10:25	06:28
79	28	Abilio Oscar Barros Guimaraes Casanova	VIDAATIVARUNNERS	Senior Masculino	02:21:18	+01:15:25	06:42
80	268	Rui Santos	Individual	Senior Masculino	02:41:27	+01:35:34	07:39

Veterana F40

1	256	Carla Martinho	RECREIO DESPORTIVO DE ÁGUEDA	Veterana F40	01:19:04	+13:11	03:45
2	117	Vanda Ribeiro	Grecas	Veterana F40	01:31:20	+25:27	04:20
3	36	Manuela Freitas	OS ISABELINHAS	Veterana F40	01:31:21	+25:28	04:20
4	59	Margarida Magalhaes	DESNIVEL POSITIVO	Veterana F40	01:53:49	+47:56	05:24
5	84	Mónica Sofia Rafael Ferreira	Spin&Run Esposende	Veterana F40	01:57:05	+51:12	05:33
6	77	Maria conceição santos campos	Spin&Run Esposende	Veterana F40	01:57:22	+51:29	05:34
7	179	Maria Fernanda Gonçalves Rocha Azevedo	Individual	Veterana F40	02:05:57	+01:00:04	05:58
8	48	Maria Emilia Morgado Costa Bras	Spin&Run Esposende	Veterana F40	02:06:06	+01:00:13	05:59
9	35	Paula Campelo	OS ISABELINHAS	Veterana F40	02:11:12	+01:05:19	06:13
10	192	Cidália Santos	BARCELOS RUNNERS	Veterana F40	02:16:24	+01:10:31	06:28
11	191	Isabel Maria Rego Ferreira	BARCELOS RUNNERS	Veterana F40	02:16:24	+01:10:31	06:28

Veterano M40

1	81	FERNANDO GRILO	SIRA - SOC INSTRUÇÃO E RECREIO ALDREENSE	Veterano M40	01:13:39	+07:46	03:29
2	255	Hélder Oliveira	Futebol Clube de Vizela	Veterano M40	01:17:45	+11:52	03:41
3	399	Eduardo Lemos	FisioVeralemos	Veterano M40	01:23:49	+17:56	03:58
4	88	Filipe José dos Santos Lima	Tartarugas	Veterano M40	01:27:13	+21:20	04:08
5	182	Carlos Nuno Araújo Martins	airórun	Veterano M40	01:28:26	+22:33	04:12
6	144	Luís Miguel Oliveira de Freitas	airórun	Veterano M40	01:30:12	+24:19	04:17
7	30	Ricardo Manuel Dias de Azevedo	ARPO- ASSOCIAÇÃO RECREATIVA POUSADENSE	Veterano M40	01:30:27	+24:34	04:17

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8	164	Ricaro Alexandre Peixoto Queirós	Individual	Veterano M40	01:30:30	+24:37	04:17
9	232	EDUARDO CUNHA	ÁGUIAS DE ALVELOS	Veterano M40	01:31:03	+25:10	04:19
10	132	Florêncio Raúl Lemos Gomes	OS ISABELINHAS	Veterano M40	01:31:21	+25:28	04:20
11	126	Augusto de Oliveira Lopes	Individual	Veterano M40	01:31:50	+25:57	04:21
12	65	Ricardo Jorge Martins Mota	Sri Chinmoy Marathon Team	Veterano M40	01:33:20	+27:27	04:25
13	224	Domingos Vale	Bora Lá	Veterano M40	01:38:32	+32:39	04:40
14	226	Nuno andre rodrigues martins	Casa do FCFamalicao de Geneve	Veterano M40	01:38:37	+32:44	04:40
15	110	Ricardo Miguel Gonçalves Santos Rocha	B.T.M.	Veterano M40	01:39:43	+33:50	04:44
16	114	Cesar Alves	AFIS/OVAR	Veterano M40	01:40:10	+34:17	04:45
17	396	Luis freirtas	a.dPedome	Veterano M40	01:40:51	+34:58	04:47
18	56	Arlindo Costinha	Individual	Veterano M40	01:41:05	+35:12	04:47
19	58	Edgar Gomes Prazeres da Costa	B.T.M.	Veterano M40	01:42:42	+36:49	04:52
20	258	Telmo Filipe de Sousa Fernandes	Individual	Veterano M40	01:42:50	+36:57	04:52
21	18	Rui Manuel Campinho Vilas Boas	A.D.Carvalho	Veterano M40	01:43:54	+38:01	04:56
22	209	Paulo Gomes	GANITA SPORTIVE	Veterano M40	01:44:10	+38:17	04:56
23	208	Paulo Remelhe	GANITA SPORTIVE	Veterano M40	01:45:05	+39:12	04:59
24	239	Jorge Teixeira	AD Amarante Atletismo	Veterano M40	01:45:16	+39:23	04:59
25	41	Francisco José Loureiro Santa Marinha	Individual	Veterano M40	01:45:39	+39:46	05:00
26	19	José Ricardo Silva	B. V. Barcelos	Veterano M40	01:46:51	+40:58	05:04
27	60	Paulo Jorge Filipe Fernandes	Braguinhas Runners	Veterano M40	01:51:04	+45:11	05:16
28	219	Paulo Filipe Fernandes Monteiro	VIDAATIVARUNNERS	Veterano M40	01:51:39	+45:46	05:18
29	115	Luís Carlos Costa Nogueira	Individual	Veterano M40	01:53:53	+48:00	05:24
30	129	Rui Manuel Alves Figueiras	A.D.Carvalho	Veterano M40	01:54:23	+48:30	05:25
31	242	Zacarias Miguel Silva Oliveira	Individual	Veterano M40	01:56:44	+50:51	05:32
32	165	CARLOS MANUEL GONÇALVES AZEVEDO	Barcelos bike team	Veterano M40	01:56:52	+50:59	05:32
33	171	Eduardo Bastos	Individual	Veterano M40	02:03:44	+57:51	05:52
34	168	Daniel Nogueira	Individual	Veterano M40	02:07:41	+01:01:48	06:03
35	32	Pedro Filipe Soares de Sousa	Gilmonde Running Team	Veterano M40	02:13:19	+01:07:27	06:19

Veterano M45

1	252	Carlos Monteiro	Futebol Clube de Vizela	Veterano M45	01:16:35	+10:43	03:38
2	10	Augusto Costa	Amigos da Montanha	Veterano M45	01:21:08	+15:15	03:51
3	173	Adriano Sá	ÁGUIAS DE ALVELOS	Veterano M45	01:21:22	+15:29	03:51
4	397	Manuel Mendes	Individual	Veterano M45	01:24:02	+18:09	03:59
5	133	Paulo Guilherme Fernandes da Silva	Laúndos em Movimento	Veterano M45	01:28:29	+22:36	04:12
6	400	Gualter Pereira	FisioVeralemos	Veterano M45	01:28:51	+22:58	04:13
7	217	Nuno Carlos Figueiredo Campos	Barcelos Team Portugal	Veterano M45	01:29:18	+23:25	04:14
8	69	António Cardoso	A.D.Carvalho	Veterano M45	01:30:15	+24:22	04:17
9	241	Eduardo Ribeiro	AD Amarante Atletismo	Veterano M45	01:31:50	+25:57	04:21
10	147	Fernando Barros	AD Amarante Atletismo	Veterano M45	01:36:38	+30:45	04:35
11	74	Nuno Duarte cresso Vasconcelos da Cunha	GAZ	Veterano M45	01:36:38	+30:45	04:35
12	55	Alexandre Costa	Individual	Veterano M45	01:39:50	+33:57	04:44
13	185	Fernando Pinheiro Mendes	Individual	Veterano M45	01:39:57	+34:04	04:44

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14	266	Hilário Ramos	Braguinhas Runners	Veterano M45	01:41:39	+35:46	04:49
15	163	Fernando Jorge Peixoto Queirós	Individual	Veterano M45	01:41:41	+35:48	04:49
16	193	João Carlos Vieira Teixeira dos Santos	Individual	Veterano M45	01:43:02	+37:09	04:53
17	175	JOAQUIM DA CUNHA GOMES DE SÁ	Bora Lá	Veterano M45	01:47:58	+42:05	05:07
18	200	Jose Ángel Nogueiras Guntiñas	Correr para Comer	Veterano M45	01:48:05	+42:12	05:07
19	215	Manuel Monteiro Araújo	Individual	Veterano M45	01:49:07	+43:14	05:10
20	261	HENRIQUE SALVADOR SILVA	Braguinhas Runners	Veterano M45	01:49:28	+43:35	05:11
21	97	George Ferreira Araújo	CMBARCELOS	Veterano M45	01:49:59	+44:06	05:13
22	263	João Carlos Mota	DESNIVEL POSITIVO	Veterano M45	01:50:44	+44:51	05:15
23	111	Paulo oliveira cunha	Individual	Veterano M45	01:51:35	+45:42	05:17
24	218	Paulo jorge g. vieira	VIDAATIVARUNNERS	Veterano M45	01:51:40	+45:47	05:18
25	89	José Augusto dos Santos Lima	Tartarugas	Veterano M45	01:54:46	+48:53	05:26
26	103	José Andrade	Ferreirolux, Lda	Veterano M45	01:56:12	+50:19	05:31
27	17	Nelson Ricardo Cunha Correia da Silva	Individual	Veterano M45	02:11:28	+01:05:35	06:14
28	394	João Gonçalves	Individual	Veterano M45	02:16:24	+01:10:31	06:28

Veterano M50

1	83	José Andrade	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterano M50	01:19:46	+13:53	03:47
2	223	Alfredo Pinheiro	Amarante	Veterano M50	01:21:37	+15:44	03:52
3	235	Augusto Manuel Azevedo Antunes	ARPO- ASSOCIAÇÃO RECREATIVA POUSADENSE	Veterano M50	01:22:14	+16:21	03:54
4	180	Paulo Quintas	NAST - Nucleo Associativo Santo Tirso	Veterano M50	01:36:16	+30:23	04:34
5	99	Manuel Pereira	Ferreirolux, Lda	Veterano M50	01:36:20	+30:27	04:34
6	66	Paulo Martins	Individual	Veterano M50	01:36:23	+30:30	04:34
7	101	António Meira	Ferreirolux, Lda	Veterano M50	01:38:03	+32:10	04:39
8	221	António Pinto	Amarante	Veterano M50	01:39:03	+33:10	04:42
9	162	Joaquim Augusto da Costa Pereira	Individual	Veterano M50	01:40:08	+34:15	04:45
10	96	Rui Manuel Russo dos Santos	Porto Runners	Veterano M50	01:40:55	+35:02	04:47
11	234	Nuno Jorge Lopes Brandão Areosa Rodrigues	Individual	Veterano M50	01:42:09	+36:16	04:51
12	137	Herculano Cardoso	BM Car	Veterano M50	01:45:17	+39:24	04:59
13	102	Carlos Mano	Ferreirolux, Lda	Veterano M50	01:47:19	+41:26	05:05
14	214	Manuel Sousa	Bora Lá	Veterano M50	01:55:47	+49:54	05:29
15	136	Victor Cunha	BM Car	Veterano M50	01:56:41	+50:48	05:32
16	148	José Azevedo	AD Amarante Atletismo	Veterano M50	01:57:09	+51:16	05:33
17	158	Jorge Azevedo	Individual	Veterano M50	01:57:10	+51:17	05:33
18	207	José Carvalho	GANITA SPORTIVE	Veterano M50	02:01:13	+55:21	05:45
19	216	Francisco Pereira da Costa	Individual	Veterano M50	02:02:34	+56:42	05:49
20	105	Domingos Lameira	Ferreirolux, Lda	Veterano M50	02:03:59	+58:06	05:53
21	230	Fernando José Seixas Pinto	Individual	Veterano M50	02:09:51	+01:03:58	06:09
22	205	José Cunha	GANITA SPORTIVE	Veterano M50	02:14:23	+01:08:30	06:22

Meia Maratona

21,097 KM

LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION

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OFFICIAL RESULT

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REVISED

Veterano M55

1	22	Manuel Joaquim Maciel Miranda	ACR rodas	Veterano M55	01:31:09	+25:16	04:19:25
2	23	Joaquim Silva Rodrigues	ACR Rodas	Veterano M55	01:35:45	+29:52	04:32:17
3	189	João Batista Ferreira de Sousa	VIDAATIVARUNNERS	Veterano M55	01:37:29	+31:36	04:37:05
4	112	Artur Manuel Bastos Lima	Individual	Veterano M55	01:38:42	+32:49	04:41:31
5	172	Osvaldo Oliveira	Individual	Veterano M55	01:42:32	+36:39	04:52:01
6	188	Manuel Barbosa Sousa	DETTAGLI RUN	Veterano M55	01:42:44	+36:51	04:52:01
7	128	Manuel Ramiro Catarino Batista	Spin&Run Esposende	Veterano M55	01:53:45	+47:52	05:24:17
8	120	Jose Miguel Anta Delgado	Correr para Comer	Veterano M55	01:56:14	+50:21	05:31:05
9	37	José Maria Gomes Pereira	OS ISABELINHAS	Veterano M55	01:57:07	+51:14	05:33:01
10	149	António Gonçalves	AD Amarante Atletismo	Veterano M55	01:57:08	+51:15	05:33:01

Veterano M60

1	130	Vitorino sousa cardoso	spiridon 08 Lëtzebuerg	Veterano M60	01:27:47	+21:54	04:10
2	125	Narciso Marques	Limite vertical trekking	Veterano M60	01:37:30	+31:37	04:37
3	159	Jose Caleiro	Individual	Veterano M60	01:41:33	+35:40	04:49
4	100	Constantino Moreira	Ferreirolux, Lda	Veterano M60	01:43:39	+37:46	04:55
5	79	Raul Pereira Fernandes	Cerveira Team Running	Veterano M60	01:43:54	+38:01	04:55
6	119	Manuel Nogueira Fernández	Correr para Comer	Veterano M60	01:56:15	+50:22	05:31
7	225	Avelino Dias	ARCA BarceloS runners	Veterano M60	02:05:58	+01:00:06	05:58
8	33	José Carlos Figueiredo	OS ISABELINHAS	Veterano M60	02:09:52	+01:03:59	06:09

MINI MARATONA - STAGE 1

11,5 KM

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	10:00	14,5°C	100%
End	11:30	17.1°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	2129	Tiago Costa	sc portugal	Senior Masculino	36:05		03:08
2	2225	Nuno Costa	individual	Senior Masculino	38:31	+02:25	03:21
3	2178	Tiago Freitas	figueiredos runners & friends	Senior Masculino	39:04	+02:58	03:24
4	2193	João Ricardo Freiras Castro	sociedade recreio cepanense	Senior Masculino	40:27	+04:21	03:31
5	2007	Miguel Vieira	movimento de juventude de merelim	Senior Masculino	40:41	+04:35	03:32
6	398	Helder Costa	#elcomandanteteam	Veterano M40	41:01	+04:55	03:34
7	2172	Sérgio Salgueiro	vitória s.c.	Senior Masculino	41:09	+05:03	03:35
8	2078	Manuel Branquinho	grupo juvenil vila de punhe	Veterano M40	41:24	+05:18	03:36
9	2171	Nuno Pereira	#elcomandanteteam	Veterano M40	43:08	+07:02	03:45
10	2100	Emilio Vilarinho	cave - esposende	Senior Masculino	43:39	+07:33	03:48
11	2170	Rogério Vieira	#elcomandanteteam	Veterano M40	44:11	+08:05	03:51
12	2132	Rui Jorge Rego Cardoso	elcomandanteteam	Veterano M40	44:12	+08:06	03:51
13	2224	Silvana Dias	individual	Senior Feminino	44:26	+08:20	03:52
14	2174	João Paulo	vitória s.c.	Senior Masculino	44:32	+08:27	03:52
15	2115	Nuno mota	sporting clube de braga	Senior Masculino	44:39	+08:34	03:53
16	2197	António Miguel de Sá Fernandes	gdctenvc	Veterano M40	45:58	+09:52	04:00
17	2190	Pedro Ricardo da costa matos	individual	Senior Masculino	46:21	+10:16	04:02
18	2097	José Fernandes	futebol clube famalicão de geneve	Veterano M40	46:39	+10:33	04:03
19	2102	Joaquim Martins Ribeiro	sporting clube de braga	Veterano M40	46:46	+10:40	04:04
20	2075	Joaquim Santos	white running team	Veterano M40	46:56	+10:50	04:05
21	2096	Armindo Faria	futebol clube famalicão de geneve	Veterano M40	47:15	+11:09	04:07
22	2104	Manuel Domingos Lopes Gomes	a.d.carvalhal	Veterano M40	47:21	+11:15	04:07
23	2058	Filipe Gajo	ferreirlux, lda	Senior Masculino	47:21	+11:15	04:07
24	2231	Alexandre Ferreira	futebol clube de vizela	Veterano M40	47:24	+11:18	04:07
25	2173	Ricardo Oliveira	#elcomandanteteam	Senior Masculino	47:24	+11:19	04:07
26	2175	Miguel Freitas	#elcomandanteteam	Senior Masculino	47:25	+11:19	04:07
27	2117	Paulo jeronimop ribeiro lopes	grupo desportivo selho	Senior Masculino	48:18	+12:12	04:12
28	2060	Nuno Gajo	ferreirlux, lda	Senior Masculino	48:37	+12:31	04:14
29	121	Salvador Oliveira	b.t.m.	Senior Masculino	48:47	+12:42	04:15
30	2227	Rui Ramalho	individual	Veterano M40	49:34	+13:28	04:19
31	2033	Alexandre Quintela Pereira	100 treinos	Senior Masculino	50:43	+14:37	04:25
32	2029	José Carlos Gomes	ligeirinhos	Veterano M40	50:54	+14:48	04:26
33	2054	Hugo Pereira	ferreirlux, lda	Senior Masculino	51:03	+14:57	04:26
34	2076	Viriato Rocha	white running team	Veterano M40	51:12	+15:06	04:27
35	2071	Manuel João Ferreira Perestrelo	individual	Veterano M40	51:16	+15:10	04:28
36	2116	Leonel José da Costa Videira	nascidos para correr	Senior Masculino	51:33	+15:27	04:29
37	2074	João Pereira	white running team	Veterano M40	51:56	+15:50	04:31
38	2200	CARLOG GOMES	águias de alvelos	Veterano M40	52:00	+15:54	04:31
39	2050	Isidro Gomes	ferreirlux, lda	Veterano M40	52:04	+15:59	04:32
40	2217	Fátima Dantas	grupo desportivo de vila de punhe	Veterana F40	52:13	+16:07	04:32

MINI MARATONA - STAGE 1

11,5 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	2136	João Paulo Cruz	arca barcelos runners	Senior Masculino	52:19	+16:14	04:33
42	2012	Carlos Osório	futebol clube famalicão de geneve	Veterano M40	52:29	+16:23	04:34
43	2081	Maria marlene fernandes puga	ker sport trail running	Senior Feminino	52:32	+16:26	04:34
44	2196	Paulo Rui de Araújo Pereira	gdctenvc	Veterano M40	52:40	+16:35	04:35
45	2059	Manuel Gajo	ferreirolux, lda	Veterano M40	52:43	+16:37	04:35
46	2191	Carlos Alberto Barbosa Ferreira	individual	Veterano M40	53:07	+17:02	04:37
47	2192	Nelson Faria da Costa	individual	Senior Masculino	53:08	+17:02	04:37
48	2234	Carlos Diogo Azevedo Vasconcelos	individual	Senior Masculino	53:25	+17:19	04:39
49	2205	José Carlos Campos Ferreira	individual	Senior Masculino	53:52	+17:46	04:41
50	2069	Nuno João Vaz Mendes	nsteam	Veterano M40	53:53	+17:47	04:41
51	2210	Filipe Campos	individual	Senior Masculino	53:58	+17:53	04:42
52	2243	Hugo Filipe Carvalho Soutelo	máximo gym	Senior Masculino	54:24	+18:18	04:44
53	2051	Justino Coutada	ferreirolux, lda	Veterano M40	54:27	+18:21	04:44
54	2055	Simão Couto	ferreirolux, lda	Veterano M40	54:46	+18:41	04:46
55	2125	Jorge Pereira	individual	Veterano M40	54:49	+18:43	04:46
56	2018	Carlos Alberto da Silva Fernandes	hb a correr+	Senior Masculino	54:58	+18:53	04:47
57	2198	José Carlos Vilaça Fonseca	airórun	Veterano M40	55:25	+19:19	04:49
58	2232	Miguel Agostinho Santos Barbosa	individual	Veterano M40	55:27	+19:21	04:49
59	2219	Hugo Farinha	projectgym	Veterano M40	55:28	+19:22	04:49
60	2209	Vítor Filipe Andrade Silva Gomes	pinho team	Veterano M40	55:32	+19:26	04:50
61	2072	Alberto António Lopes Durães Vicencia	individual	Veterano M40	55:36	+19:30	04:50
62	2113	Vitor Hugo Lopes Carvalho	individual	Senior Masculino	55:36	+19:30	04:50
63	2036	Francisco Pereira Faria	individual	Veterano M40	55:38	+19:33	04:50
64	2002	Francim Monteiro Machado	amizade	Veterano M40	55:48	+19:42	04:51
65	2044	Fátima veiga	amonde	Senior Feminino	55:50	+19:44	04:51
66	2220	Vítor Garcia	projectgym	Veterano M40	56:16	+20:10	04:54
67	2222	Francisco Santos	projectgym	Senior Masculino	56:33	+20:28	04:55
68	2121	Soraia Rebelo	arca barcelos runners	Veterana F40	56:34	+20:29	04:55
69	2188	Carla Salgado	bm car	Veterana F40	56:41	+20:35	04:56
70	2048	Jaime Lima	ferreirolux, lda	Veterano M40	56:42	+20:36	04:56
71	2185	Mário Duarte Pereira	individual	Veterano M40	56:46	+20:41	04:56
72	2239	Luis Miguel Dias Rodrigues	individual	Veterano M40	56:47	+20:41	04:56
73	2065	Luciano Fernandes da Silva	individual	Veterano M40	57:00	+20:54	04:57
74	2106	Paulo José Moreira Costa Rego	individual	Veterano M40	57:01	+20:55	04:58
75	2005	Mário Miguel Lourenço Coelho	individual	Senior Masculino	57:16	+21:10	04:59
76	2215	Osvaldo Teixeira	ad amarante atletismo	Veterano M40	57:21	+21:15	04:59
77	2179	Casimiro Carvalho da Cunha	vamos equipe	Senior Masculino	57:26	+21:21	05:00
78	2020	Bruno Tiago Parreira Lima Meira	spin&run esposende	Veterano M40	57:43	+21:38	05:01
79	2141	Jorge Miguel Martins da Silva	individual	Senior Masculino	57:49	+21:43	05:02
80	2092	Manuel Félix	bm car	Veterano M40	57:50	+21:44	05:02

MINI MARATONA - STAGE 1

11,5 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
81	2350	Marlene Costa	bm car	Veterana F40	57:53	+21:47	05:02
82	2184	Fernando Miguel Freitas de Matos	individual	Senior Masculino	57:55	+21:49	05:02
83	2139	Ana Catarina Barbosa Matos	individual	Senior Feminino	58:01	+21:56	05:03
84	2088	Paulo Sergio Carvalho Costa	bm car	Senior Masculino	58:08	+22:02	05:03
85	2166	DEOLINDA FARIA	airórun	Veterana F40	58:14	+22:09	05:04
86	2226	Francisco José Barbosa Pereira	individual	Veterano M40	58:42	+22:37	05:06
87	2027	Rosa Lúdia Camarinha da Silva	ligeirinhos	Veterana F40	59:10	+23:04	05:09
88	2013	Joaquim abração martins da silva	individual	Veterano M40	59:15	+23:10	05:09
89	2133	Sónia Santos	airórun	Veterana F40	59:16	+23:10	05:09
90	2006	Joel Almeida Silva	individual	Senior Masculino	59:27	+23:22	05:10
91	2021	José Pedro Maia Santos	individual	Senior Masculino	59:30	+23:25	05:10
92	2194	José Maria Cibrão Campinho	individual	Veterano M40	59:36	+23:30	05:11
93	2101	Luis Silva	sporting clube de braga	Veterano M40	59:46	+23:40	05:12
94	2120	Agostinho Machado Novais	individual	Veterano M40	59:46	+23:40	05:12
95	2182	Ana Filipa Miranda Coelho Pimenta	barcelos	Senior Feminino	59:57	+23:52	05:13
96	2099	Sandra Filipa Gonçalves Coutinho	turn2run	Veterana F40	01:00:00	+23:54	05:13
97	2148	Paulo Jorge Gomes Peixoto	individual	Veterano M40	01:00:06	+24:00	05:14
98	2145	Jorge coutada	individual	Senior Masculino	01:00:06	+24:00	05:14
99	2213	Carlos Macedo	ad amarante atletismo	Veterano M40	01:00:13	+24:07	05:14
100	2211	Telmo Emanuel Vale Lima de Oliveira e Silva	individual	Veterano M40	01:00:27	+24:21	05:15
101	2045	Pedro Rui Oliveira Araujo	individual	Veterano M40	01:00:31	+24:25	05:16
102	2041	Cosme Alberto Macedo Carneiro Da Silva Campinho	individual	Veterano M40	01:01:04	+24:58	05:19
103	2084	Nelson Cristiano Loureiro Da Silva	btm	Senior Masculino	01:01:20	+25:14	05:20
104	2183	Rita Campos	individual	Senior Masculino	01:01:25	+25:19	05:20
105	2229	Jose antonio oliveira ramos	tartarugas	Veterano M40	01:01:25	+25:20	05:21
106	2233	Delfim Fernando Lopes costa	individual	Senior Masculino	01:01:50	+25:45	05:23
107	2103	Joel António Alves Faria	gilmonde running team	Senior Masculino	01:01:51	+25:45	05:23
108	2212	Jaime Pereira	ad amarante atletismo	Veterano M40	01:02:02	+25:56	05:24
109	2028	Deolinda Rosa Camarinha da Silva	ligeirinhos	Veterana F40	01:02:09	+26:03	05:24
110	2187	Hernani Filipe Rodrigues Dias	individual	Senior Masculino	01:02:12	+26:06	05:25
111	2206	Maria Madalena Pereira Carvalhosa	individual	Veterana F40	01:02:15	+26:09	05:25
112	2238	Maria Teresa Gomes Santos Alves	individual	Veterana F40	01:02:18	+26:12	05:25
113	2163	Carlos Filipe Vilaça Gonçalves	hb a correr+	Senior Masculino	01:02:22	+26:16	05:25
114	2214	Jorge Cerqueira	ad amarante atletismo	Veterano M40	01:02:26	+26:20	05:26
115	2019	Ricardo costa	vidaativarunners	Veterano M40	01:02:27	+26:22	05:26
116	2079	Adelino Araújo Lopes de Faria	individual	Veterano M40	01:02:37	+26:31	05:27
117	2169	Odete Maria Ribeiro Cardoso	individual	Senior Feminino	01:02:40	+26:34	05:27
118	2228	Pedro Jorge Dda Costa Lourenço	tartarugas	Veterano M40	01:02:41	+26:35	05:27

MINI MARATONA - STAGE 1

11,5 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
119	2107	Francisco Varzim	individual	Veterano M40	01:02:47	+26:41	05:28
120	2110	Paulo Costa	individual	Veterano M40	01:02:47	+26:41	05:28
121	2057	Fernando Sousa	ferreirolux, Ida	Veterano M40	01:02:50	+26:44	05:28
122	2218	Rafaela Alexandra Dantas Faria	grupo juvenil vila de punhe	Senior Feminino	01:02:55	+26:50	05:28
123	2114	Aires Cerqueira Fernandes	individual	Veterano M40	01:03:08	+27:03	05:29
124	2244	João Nuno Ribeiro Gomes Vilaça	individual	Senior Masculino	01:03:19	+27:13	05:30
125	2189	Matilde Ferreira	bm car	Veterana F40	01:03:34	+27:28	05:32
126	2177	Paulo Jorge Martins de Sousa	individual	Veterano M40	01:03:36	+27:30	05:32
127	2025	Rui Franclim Pinheiro Morais e Silva	individual	Senior Masculino	01:03:49	+27:43	05:33
128	2134	VITOR ANDRE RIBEIRO DA SILVA	hb a correr+	Senior Masculino	01:04:07	+28:01	05:35
129	2061	Hugo Diogo dos Santos Quintas	individual	Senior Masculino	01:04:11	+28:05	05:35
130	2347	Rui Fontes	individual	Veterano M40	01:04:15	+28:10	05:35
131	2087	Paulo Gonçalves	bm car	Veterano M40	01:04:16	+28:10	05:35
132	2085	Paulo Jorge Cardoso Costa	individual	Veterano M40	01:04:16	+28:10	05:35
133	2221	João Silva	projectgym	Senior Masculino	01:04:16	+28:11	05:35
134	2158	Carlos Miguel Teixeira Ferreira Nuno	individual	Veterano M40	01:04:26	+28:21	05:36
135	2056	Domingos Mateus	ferreirolux, Ida	Veterano M40	01:04:34	+28:28	05:37
136	2176	FERNANDO FERNANDES DE MIRANDA	individual	Veterano M40	01:04:52	+28:46	05:38
137	2126	Fernando Salgado	individual	Veterano M40	01:04:52	+28:46	05:38
138	2112	Candido Correia	individual	Veterano M40	01:04:52	+28:46	05:38
139	2047	Sérgio Ferreira Araújo	cmbarcelos	Senior Masculino	01:04:52	+28:47	05:39
140	2241	Sandra Cristina Pereira	individual	Senior Feminino	01:04:57	+28:51	05:39
141	2242	Jose Pedro Jesus Costinha	individual	Senior Masculino	01:04:57	+28:51	05:39
142	2208	Maria rebelo	lomave	Veterana F40	01:05:29	+29:24	05:42
143	2152	Manuel Amaro da Silva Fernandes	individual	Veterano M40	01:05:31	+29:25	05:42
144	2153	Maria Goreti Castro Carvalho	individual	Veterana F40	01:05:31	+29:25	05:42
145	2154	Joaquim Faria Gomes	individual	Veterano M40	01:05:31	+29:25	05:42
146	2207	Franciscogranja	lamove	Veterano M40	01:05:41	+29:35	05:43
147	2236	Maria Ines Oliveira Marques	correr por prazer	Veterana F40	01:05:46	+29:41	05:43
148	2186	Daniel Barros	individual	Veterano M40	01:05:48	+29:43	05:43
149	2030	Sérgio Filipe Machado da Silva	individual	Veterano M40	01:05:53	+29:47	05:44
150	2035	Rute Isabel Moreira Pereira	individual	Senior Feminino	01:06:01	+29:55	05:44
151	2070	Sandra Luciana de Oliveira Cardoso Mendes	nsteam	Veterana F40	01:06:10	+30:04	05:45
152	2017	Sônia Lopes	dureza	Senior Feminino	01:06:47	+30:41	05:48
153	2230	Isabel Costa	individual	Veterana F40	01:06:50	+30:44	05:49
154	2235	Susana Pedras	individual	Veterana F40	01:06:50	+30:44	05:49
155	2181	Carla Isabela	tsveríssimo	Veterana F40	01:06:51	+30:45	05:49
156	2063	Teotónio da Silva Boucinha	individual	Veterano M40	01:06:51	+30:45	05:49
157	2080	Maria José Gomes Correia	individual	Veterana F40	01:06:59	+30:53	05:49
158	2202	Vítor Bruno da Silva Ferreira	individual	Senior Masculino	01:07:16	+31:11	05:51

MINI MARATONA - STAGE 1

11,5 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
159	2203	Isabel Pereira de Carvalho	individual	Senior Feminino	01:07:17	+31:11	05:51
160	2124	Ana Cristina Trabulo Rocha	b.t.m.	Veterana F40	01:07:33	+31:27	05:52
161	2157	Tiago Costa	individual	Senior Masculino	01:07:33	+31:28	05:53
162	2156	José Oliveira	individual	Senior Masculino	01:07:35	+31:29	05:53
163	2204	Genifer Rosangela da Silva dos Santos	individual	Senior Feminino	01:07:47	+31:41	05:54
164	2237	Cidália da Graça Correia de Sousa Fernandes	individual	Veterana F40	01:08:04	+31:58	05:55
165	2001	Marília Alierta de O. Ferreira	individual	Senior Feminino	01:08:12	+32:06	05:56
166	2138	Joana Costa Fernandes	hb a correr+	Senior Feminino	01:08:39	+32:34	05:58
167	2180	Teresa fernandes santos	individual	Veterana F40	01:08:40	+32:34	05:58
168	2093	Júlia Silva	bm car	Veterana F40	01:08:47	+32:41	05:59
169	2094	José Pais	bm car	Veterano M40	01:08:48	+32:42	05:59
170	2137	Adriana Regina Longras Gonçalves	individual	Senior Feminino	01:09:10	+33:05	06:01
171	2195	Carla isabel pinto pereira marques	individual	Veterana F40	01:09:29	+33:23	06:03
172	2142	Alice Miranda	individual	Veterana F40	01:09:34	+33:28	06:03
173	2164	Paulo Batista	individual	Veterano M40	01:10:00	+33:54	06:05
174	2161	Jorge Manuel Ferreira da Silva	individual	Veterano M40	01:10:00	+33:55	06:05
175	2151	António Pereira	bennie	Veterano M40	01:10:06	+34:00	06:06
176	2119	Ana Miranda	individual	Senior Feminino	01:10:07	+34:01	06:06
177	2118	Hélder Faria	individual	Senior Masculino	01:10:07	+34:02	06:06
178	2201	Ana Maria C. Miranda	individual	Veterana F40	01:10:17	+34:11	06:07
179	2123	Maria Anjos Sousa	grupo elite	Veterana F40	01:10:17	+34:11	06:07
180	2159	Miguel Nuno Olim Marote Henriques	individual	Veterano M40	01:10:21	+34:15	06:07
181	2004	José do Eirado Azevedo	individual	Veterano M40	01:10:29	+34:23	06:08
182	2089	Graça Silva	bm car	Veterana F40	01:11:35	+35:29	06:13
183	2109	Julia Costa	individual	Veterana F40	01:12:40	+36:34	06:19
184	2111	Cindy Silva	individual	Veterana F40	01:12:40	+36:34	06:19
185	2108	Rosalina Costa	individual	Veterana F40	01:12:40	+36:34	06:19
186	2066	César Filipe Mendonça Freitas	individual	Senior Masculino	01:14:12	+38:06	06:27
187	2064	Rosa de Fátima Conceição Bispo da Silva	pernas inertes	Veterana F40	01:16:23	+40:17	06:39
188	2098	José Augusto Teixeira Pires de Lima	pernas inertes	Veterano M40	01:16:23	+40:18	06:39
189	2149	Isabel Maria Ribeiro Rodrigues	individual	Senior Feminino	01:16:42	+40:36	06:40
190	2015	Filipa Miranda	dureza	Senior Feminino	01:16:58	+40:52	06:42
191	2024	Silvina Martins da Silva	individual	Veterana F40	01:17:36	+41:30	06:45
192	2128	Catia Linhares	individual	Senior Feminino	01:17:40	+41:34	06:45
193	2067	Maria Elisabete Tavares Ribeiro	individual	Veterana F40	01:17:41	+41:35	06:45
194	2014	Elisabete Macedo Gonçalves	dureza	Senior Feminino	01:20:45	+44:40	07:01
195	2223	Rui Manuel Gonçalves Fino	individual	Veterano M40	01:20:46	+44:40	07:01
196	2016	Suzana Pereira	dureza	Senior Feminino	01:22:37	+46:31	07:11
197	2037	Carlos Manuel Araújo da Silva	individual	Senior Masculino	01:27:46	+51:40	07:38
198	2009	Sérgio André Dias Simões	individual	Senior Masculino	01:27:47	+51:41	07:38

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
199	2008	Hugo Micael da Rosa e Sousa	individual	Senior Masculino	01:27:47	+51:41	07:38
200	2082	Paulo Jorge Gonçalves Oliveira	individual	Veterano M40	01:28:19	+52:14	07:41

Mini Maratona

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	10:00	14,5°C	100%
End	11:30	17.1°C	93%

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

1	2224	Silvana Dias	Individual	Senior Feminino	44:26	+08:20	03:52
2	2081	Maria marlene fernandes puga	ker Sport Trail Running	Senior Feminino	52:32	+16:26	04:34
3	2044	Fátima veiga	Amonde	Senior Feminino	55:50	+19:44	04:51
4	2139	Ana Catarina Barbosa Matos	Individual	Senior Feminino	58:01	+21:56	05:03
5	2182	Ana Filipa Miranda Coelho Pimenta	Barcelos	Senior Feminino	59:57	+23:52	05:13
6	2169	Odete Maria Ribeiro Cardoso	Individual	Senior Feminino	01:02:40	+26:34	05:27
7	2218	Rafaela Alexandra Dantas Faria	Grupo Juvenil Vila de Punhe	Senior Feminino	01:02:55	+26:50	05:28
8	2241	Sandra Cristina Pereira	Individual	Senior Feminino	01:04:57	+28:51	05:39
9	2035	Rute Isabel Moreira Pereira	Individual	Senior Feminino	01:06:01	+29:55	05:44
10	2017	Sônia Lopes	Dureza	Senior Feminino	01:06:47	+30:41	05:48
11	2203	Isabel Pereira de Carvalho	Individual	Senior Feminino	01:07:17	+31:11	05:51
12	2204	Genifer Rosangela da Silva dos Santos	Individual	Senior Feminino	01:07:47	+31:41	05:54
13	2001	Marília Alierta de O. Ferreira	Individual	Senior Feminino	01:08:12	+32:06	05:56
14	2138	Joana Costa Fernandes	HB a correr+	Senior Feminino	01:08:39	+32:34	05:58
15	2137	Adriana Regina Longras Gonçalves	Individual	Senior Feminino	01:09:10	+33:05	06:01
16	2119	Ana Miranda	Individual	Senior Feminino	01:10:07	+34:01	06:06
17	2149	Isabel Maria Ribeiro Rodrigues	Individual	Senior Feminino	01:16:42	+40:36	06:40
18	2015	Filipa Miranda	Dureza	Senior Feminino	01:16:58	+40:52	06:42
19	2128	Catia Linhares	Individual	Senior Feminino	01:17:40	+41:34	06:45
20	2014	Elisabete Macedo Gonçalves	Dureza	Senior Feminino	01:20:45	+44:40	07:01
21	2016	Suzana Pereira	Dureza	Senior Feminino	01:22:37	+46:31	07:11

Senior Masculino

1	2129	Tiago Costa	SC Portugal	Senior Masculino	36:05	03:08
2	2225	Nuno Costa	Individual	Senior Masculino	38:31	+02:25 03:21
3	2178	Tiago Freitas	FIGUEIREDOS RUNNERS & FRIENDS	Senior Masculino	39:04	+02:58 03:24
4	2193	João Ricardo Freiras Castro	SOCIEDADE RECREIO CEPANENSE	Senior Masculino	40:27	+04:21 03:31
5	2007	Miguel Vieira	MOVIMENTO DE JUVENTUDE DE MERELIM	Senior Masculino	40:41	+04:35 03:32
6	2172	Sérgio Salgueiro	Vitória S.C.	Senior Masculino	41:09	+05:03 03:35
7	2100	Emilio Vilarinho	CAVE - ESPOSENDE	Senior Masculino	43:39	+07:33 03:48
8	2174	João Paulo	Vitória S.C.	Senior Masculino	44:32	+08:27 03:52
9	2115	Nuno mota	Sporting Clube de Braga	Senior Masculino	44:39	+08:34 03:53
10	2190	Pedro Ricardo da costa matos	Individual	Senior Masculino	46:21	+10:16 04:02
11	2058	Filipe Gajo	Ferreirolux, Lda	Senior Masculino	47:21	+11:15 04:07
12	2173	Ricardo Oliveira	#Elcomandanteteam	Senior Masculino	47:24	+11:19 04:07
13	2175	Miguel Freitas	#Elcomandanteteam	Senior Masculino	47:25	+11:19 04:07

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14	2117	Paulo jeronimop ribeiro lopes	grupo desportivo selho	Senior Masculino	48:18	+12:12	04:12
15	2060	Nuno Gajo	Ferreirolux, Lda	Senior Masculino	48:37	+12:31	04:14
16	121	Salvador Oliveira	B.T.M.	Senior Masculino	48:47	+12:42	04:15
17	2033	Alexandre Quintela Pereira	100 Treinos	Senior Masculino	50:43	+14:37	04:25
18	2054	Hugo Pereira	Ferreirolux, Lda	Senior Masculino	51:03	+14:57	04:26
19	2116	Leonel José da Costa Videira	Nascidos para Correr	Senior Masculino	51:33	+15:27	04:29
20	2136	João Paulo Cruz	ARCA BarceloS runners	Senior Masculino	52:19	+16:14	04:33
21	2192	Nelson Faria da Costa	Individual	Senior Masculino	53:08	+17:02	04:3
22	2234	Carlos Diogo Azevedo Vasconcelos	Individual	Senior Masculino	53:25	+17:19	04:39
23	2205	José Carlos Campos Ferreira	Individual	Senior Masculino	53:52	+17:46	04:41
24	2210	Filipe Campos	Individual	Senior Masculino	53:58	+17:53	04:42
25	2243	Hugo Filipe Carvalho Soutelo	Máximo Gym	Senior Masculino	54:24	+18:18	04:44
26	2018	Carlos Alberto da Silva Fernandes	HB a correr+	Senior Masculino	54:58	+18:53	04:47
27	2113	Vitor Hugo Lopes Carvalho	Individual	Senior Masculino	55:36	+19:30	04:50
28	2222	Francisco Santos	ProjectGym	Senior Masculino	56:33	+20:28	04:55
29	2005	Mário Miguel Lourenço Coelho	Individual	Senior Masculino	57:16	+21:10	04:59
30	2179	Casimiro Carvalho da Cunha	VAMOS EQUIPE	Senior Masculino	57:26	+21:21	05:00
31	2141	Jorge Miguel Martins da Silva	Individual	Senior Masculino	57:49	+21:43	05:02
32	2184	Fernando Miguel Freitas de Matos	Individual	Senior Masculino	57:55	+21:49	05:02
33	2088	Paulo Sergio Carvalho Costa	BM Car	Senior Masculino	58:08	+22:02	05:03
34	2006	Joel Almeida Silva	Individual	Senior Masculino	59:27	+23:22	05:10
35	2021	José Pedro Maia Santos	Individual	Senior Masculino	59:30	+23:25	05:10
36	2145	Jorge coutada	Individual	Senior Masculino	01:00:06	+24:00	05:14
37	2084	Nelson Cristiano Loureiro Da Silva	BTM	Senior Masculino	01:01:20	+25:14	05:20
38	2183	Rita Campos	Individual	Senior Masculino	01:01:25	+25:19	05:20
39	2233	Delfim Fernando Lopes costa	Individual	Senior Masculino	01:01:50	+25:45	05:23
40	2103	Joel António Alves Faria	Gilmonde Running Team	Senior Masculino	01:01:51	+25:45	05:23
41	2187	Hernani Filipe Rodrigues Dias	Individual	Senior Masculino	01:02:12	+26:06	05:25
42	2163	Carlos Filipe Vilaça Gonçalves	HB a Correr+	Senior Masculino	01:02:22	+26:16	05:25
43	2244	João Nuno Ribeiro Gomes Vilaça	Individual	Senior Masculino	01:03:19	+27:13	05:30
44	2025	Rui Francim Pinheiro Morais e Silva	Individual	Senior Masculino	01:03:49	+27:43	05:33
45	2134	VITOR ANDRE RIBEIRO DA SILVA	HB a correr+	Senior Masculino	01:04:07	+28:01	05:35
46	2061	Hugo Diogo dos Santos Quintas	Individual	Senior Masculino	01:04:11	+28:05	05:35
47	2221	João Silva	ProjectGym	Senior Masculino	01:04:16	+28:11	05:35
48	2047	Sérgio Ferreira Araújo	CMBARCELOS	Senior Masculino	01:04:52	+28:47	05:39
49	2242	Jose Pedro Jesus Costinha	Individual	Senior Masculino	01:04:57	+28:51	05:39
50	2202	Vítor Bruno da Silva Ferreira	Individual	Senior Masculino	01:07:16	+31:11	05:51
51	2157	Tiago Costa	Individual	Senior Masculino	01:07:33	+31:28	05:53
52	2156	José Oliveira	Individual	Senior Masculino	01:07:35	+31:29	05:53
53	2118	Hélder Faria	Individual	Senior Masculino	01:10:07	+34:02	06:06
54	2066	César Filipe Mendonça Freitas	Individual	Senior Masculino	01:14:12	+38:06	06:27
55	2037	Carlos Manuel Araújo da Silva	Individual	Senior Masculino	01:27:46	+51:40	07:38
56	2009	Sérgio André Dias Simões	Individual	Senior Masculino	01:27:47	+51:41	07:38
57	2008	Hugo Micael da Rosa e Sousa	Individual	Senior Masculino	01:27:47	+51:41	07:38

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Veterana F40

1	2217	Fátima Dantas	Grupo Desportivo de Vila de Punhe	Veterana F40	52:13	+16:07	04:32
2	2121	Soraia Rebelo	ARCA BarceloS runners	Veterana F40	56:34	+20:29	04:55
3	2188	Carla Salgado	BM Car	Veterana F40	56:41	+20:35	04:56
4	2350	Marlene Costa	BM Car	Veterana F40	57:53	+21:47	05:02
5	2166	DEOLINDA FARIA	airórun	Veterana F40	58:14	+22:09	05:04
6	2027	Rosa Lúdia Camarinha da Silva	Ligeirinhos	Veterana F40	59:10	+23:04	05:09
7	2133	Sónia Santos	airórun	Veterana F40	59:16	+23:10	05:09
8	2099	Sandra Filipa Gonçalves Coutinho	Turn2run	Veterana F40	01:00:00	+23:54	05:13
9	2028	Deolinda Rosa Camarinha da Silva	Ligeirinhos	Veterana F40	01:02:09	+26:03	05:24
10	2206	Maria Madalena Pereira Carvalhosa	Individual	Veterana F40	01:02:15	+26:09	05:25
11	2238	Maria Teresa Gomes Santos Alves	Individual	Veterana F40	01:02:18	+26:12	05:25
12	2189	Matilde Ferreira	BM Car	Veterana F40	01:03:34	+27:28	05:32
13	2208	Maria rebelo	lomave	Veterana F40	01:05:29	+29:24	05:42
14	2153	Maria Goreti Castro Carvalho	Individual	Veterana F40	01:05:31	+29:25	05:42
15	2236	Maria Ines Oliveira Marques	correr por prazer	Veterana F40	01:05:46	+29:41	05:43
16	2070	Sandra Luciana de Oliveira Cardoso Mendes	NSTeam	Veterana F40	01:06:10	+30:04	05:45
17	2230	Isabel Costa	Individual	Veterana F40	01:06:50	+30:44	05:49
18	2235	Susana Pedras	Individual	Veterana F40	01:06:50	+30:44	05:49
19	2181	Carla Isabela	TSVeríssimo	Veterana F40	01:06:51	+30:45	05:49
20	2080	Maria José Gomes Correia	Individual	Veterana F40	01:06:59	+30:53	05:49
21	2124	Ana Cristina Trabulo Rocha	B.T.M.	Veterana F40	01:07:33	+31:27	05:52
22	2237	Cidália da Graça Correia de Sousa Fernandes	Individual	Veterana F40	01:08:04	+31:58	05:55
23	2180	Teresa fernandes santos	Individual	Veterana F40	01:08:40	+32:34	05:58
24	2093	Júlia Silva	BM Car	Veterana F40	01:08:47	+32:41	05:59
25	2195	Carla isabel pinto pereira marques	Individual	Veterana F40	01:09:29	+33:23	06:03
26	2142	Alice Miranda	Individual	Veterana F40	01:09:34	+33:28	06:03
27	2201	Ana Maria C. Miranda	Individual	Veterana F40	01:10:17	+34:11	06:07
28	2123	Maria Anjos Sousa	Grupo Elite	Veterana F40	01:10:17	+34:11	06:07
29	2089	Graça Silva	BM Car	Veterana F40	01:11:35	+35:29	06:13
30	2109	Julia Costa	Individual	Veterana F40	01:12:40	+36:34	06:19
31	2111	Cindy Silva	Individual	Veterana F40	01:12:40	+36:34	06:19
32	2108	Rosalina Costa	Individual	Veterana F40	01:12:40	+36:34	06:19
33	2064	Rosa de Fátima Conceição Bispo da Silva	Pernas Inertes	Veterana F40	01:16:23	+40:17	06:39
34	2024	Silvina Martins da Silva	Individual	Veterana F40	01:17:36	+41:30	06:45
35	2067	Maria Elisabete Tavares Ribeiro	Individual	Veterana F40	01:17:41	+41:35	06:45

Veterano M40

1	398	Helder Costa	#Elcomandanteteam	Veterano M40	41:01	+04:55	03:34
2	2078	Manuel Branquinho	Grupo Juvenil Vila de Punhe	Veterano M40	41:24	+05:18	03:36
3	2171	Nuno Pereira	#Elcomandanteteam	Veterano M40	43:08	+07:02	03:45
4	2170	Rogério Vieira	#Elcomandanteteam	Veterano M40	44:11	+08:05	03:51

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5	2132	Rui Jorge Rego Cardoso	Elcomandanteteam	Veterano M40	44:12	+08:06	03:51
6	2197	António Miguel de Sá Fernandes	GDCTENVC	Veterano M40	45:58	+09:52	04:00
7	2097	José Fernandes	Futebol Clube Famalicão de Geneve	Veterano M40	46:39	+10:33	04:03
8	2102	Joaquim Martins Ribeiro	Sporting Clube de Braga	Veterano M40	46:46	+10:40	04:04
9	2075	Joaquim Santos	WHITE RUNNING TEAM	Veterano M40	46:56	+10:50	04:05
10	2096	Armindo Faria	Futebol Clube Famalicão de Geneve	Veterano M40	47:15	+11:09	04:07
11	2104	Manuel Domingos Lopes Gomes	A.D.Carvalho	Veterano M40	47:21	+11:15	04:07
12	2231	Alexandre Ferreira	Futebol Clube de Vizela	Veterano M40	47:24	+11:18	04:07
13	2227	Rui Ramalho	Individual	Veterano M40	49:34	+13:28	04:19
14	2029	José Carlos Gomes	Ligeirinhos	Veterano M40	50:54	+14:48	04:26
15	2076	Viriato Rocha	WHITE RUNNING TEAM	Veterano M40	51:12	+15:06	04:27
16	2071	Manuel João Ferreira Perestrelo	Individual	Veterano M40	51:16	+15:10	04:28
17	2074	João Pereira	WHITE RUNNING TEAM	Veterano M40	51:56	+15:50	04:31
18	2200	CARLOG GOMES	ÁGUIAS DE ALVELOS	Veterano M40	52:00	+15:54	04:31
19	2050	Isidro Gomes	Ferreirolux, Lda	Veterano M40	52:04	+15:59	04:32
20	2012	Carlos Osório	Futebol Clube Famalicão de Geneve	Veterano M40	52:29	+16:23	04:34
21	2196	Paulo Rui de Araújo Pereira	GDCTENVC	Veterano M40	52:40	+16:35	04:35
22	2059	Manuel Gajo	Ferreirolux, Lda	Veterano M40	52:43	+16:37	04:35
23	2191	Carlos Alberto Barbosa Ferreira	Individual	Veterano M40	53:07	+17:02	04:37
24	2069	Nuno João Vaz Mendes	NSTeam	Veterano M40	53:53	+17:47	04:41
25	2051	Justino Coutada	Ferreirolux, Lda	Veterano M40	54:27	+18:21	04:44
26	2055	Simão Couto	Ferreirolux, Lda	Veterano M40	54:46	+18:41	04:46
27	2125	Jorge Pereira	Individual	Veterano M40	54:49	+18:43	04:46
28	2198	José Carlos Vilaça Fonseca	airórun	Veterano M40	55:25	+19:19	04:49
29	2232	Miguel Agostinho Santos Barbosa	Individual	Veterano M40	55:27	+19:21	04:49
30	2219	Hugo Farinha	ProjectGym	Veterano M40	55:28	+19:22	04:49
31	2209	Vítor Filipe Andrade Silva Gomes	Pinho Team	Veterano M40	55:32	+19:26	04:50
32	2072	Alberto António Lopes Durães Vicencia	Individual	Veterano M40	55:36	+19:30	04:50
33	2036	Francisco Pereira Faria	Individual	Veterano M40	55:38	+19:33	04:50
34	2002	Franclim Monteiro Machado	Amizade	Veterano M40	55:48	+19:42	04:51
35	2220	Vitor Garcia	ProjectGym	Veterano M40	56:16	+20:10	04:54
36	2048	Jaime Lima	Ferreirolux, Lda	Veterano M40	56:42	+20:36	04:56
37	2185	Mário Duarte Pereira	Individual	Veterano M40	56:46	+20:41	04:56
38	2239	Luis Miguel Dias Rodrigues	Individual	Veterano M40	56:47	+20:41	04:56
39	2065	Luciano Fernandes da Silva	Individual	Veterano M40	57:00	+20:54	04:57
40	2106	Paulo José Moreira Costa Rego	Individual	Veterano M40	57:01	+20:55	04:58
41	2215	Oswaldo Teixeira	AD Amarante Atletismo	Veterano M40	57:21	+21:15	04:59
42	2020	Bruno Tiago Parreira Lima Meira	Spin&Run Esposende	Veterano M40	57:43	+21:38	05:01
43	2092	Manuel Félix	BM Car	Veterano M40	57:50	+21:44	05:02
44	2226	Francisco José Barbosa Pereira	Individual	Veterano M40	58:42	+22:37	05:06
45	2013	Joaquim abraão martins da silva	Individual	Veterano M40	59:15	+23:10	05:09
46	2194	José Maria Cibrão Campinho	Individual	Veterano M40	59:36	+23:30	05:11
47	2101	Luis Silva	Sporting Clube de Braga	Veterano M40	59:46	+23:40	05:12
48	2120	Agostinho Machado Novais	Individual	Veterano M40	59:46	+23:40	05:12

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49	2148	Paulo Jorge Gomes Peixoto	Individual	Veterano M40	01:00:06	+24:00	05:14
50	2213	Carlos Macedo	AD Amarante Atletismo	Veterano M40	01:00:13	+24:07	05:14
51	2211	Telmo Emanuel Vale Lima de Oliveira e Silva	Individual	Veterano M40	01:00:27	+24:21	05:15
52	2045	Pedro Rui Oliveira Araujo	Individual	Veterano M40	01:00:31	+24:25	05:16
53	2041	Cosme Alberto Macedo Carneiro Da Silva Campinho	Individual	Veterano M40	01:01:04	+24:58	05:19
54	2229	Jose antonio oliveira ramos	Tartarugas	Veterano M40	01:01:25	+25:20	05:20
55	2212	Jaime Pereira	AD Amarante Atletismo	Veterano M40	01:02:02	+25:56	05:24
56	2214	Jorge Cerqueira	AD Amarante Atletismo	Veterano M40	01:02:26	+26:20	05:26
57	2019	Ricardo costa	VIDAATIVARUNNERS	Veterano M40	01:02:27	+26:22	05:26
58	2079	Adelino Araújo Lopes de Faria	Individual	Veterano M40	01:02:37	+26:31	05:27
59	2228	Pedro Jorge Dda Costa Lourenço	Tartarugas	Veterano M40	01:02:41	+26:35	05:27
60	2107	Francisco Varzim	Individual	Veterano M40	01:02:47	+26:41	05:28
61	2110	Paulo Costa	Individual	Veterano M40	01:02:47	+26:41	05:28
62	2057	Fernando Sousa	Ferreirolux, Lda	Veterano M40	01:02:50	+26:44	05:28
63	2114	Aires Cerqueira Fernandes	Individual	Veterano M40	01:03:08	+27:03	05:29
64	2177	Paulo Jorge Martins de Sousa	Individual	Veterano M40	01:03:36	+27:30	05:32
65	2347	Rui Fontes	Individual	Veterano M40	01:04:15	+28:10	05:35
66	2087	Paulo Gonçalves	BM Car	Veterano M40	01:04:16	+28:10	05:35
67	2085	Paulo Jorge Cardoso Costa	Individual	Veterano M40	01:04:16	+28:10	05:35
68	2158	Carlos Miguel Teixeira Ferreira Nuno	Individual	Veterano M40	01:04:26	+28:21	05:36
69	2056	Domingos Mateus	Ferreirolux, Lda	Veterano M40	01:04:34	+28:28	05:37
70	2176	FERNANDO FERNANDES DE MIRANDA	Individual	Veterano M40	01:04:52	+28:46	05:38
71	2126	Fernando Salgado	Individual	Veterano M40	01:04:52	+28:46	05:38
72	2112	Candido Correia	Individual	Veterano M40	01:04:52	+28:46	05:38
73	2152	Manuel Amaro da Silva Fernandes	Individual	Veterano M40	01:05:31	+29:25	05:42
74	2154	Joaquim Faria Gomes	Individual	Veterano M40	01:05:31	+29:25	05:42
75	2207	Franciscogranja	Lamove	Veterano M40	01:05:41	+29:35	05:43
76	2186	Daniel Barros	Individual	Veterano M40	01:05:48	+29:43	05:43
77	2030	Sérgio Filipe Machado da Silva	Individual	Veterano M40	01:05:53	+29:47	05:44
78	2063	Teotónio da Silva Boucinha	Individual	Veterano M40	01:06:51	+30:45	05:49
79	2094	José Pais	BM Car	Veterano M40	01:08:48	+32:42	05:59
80	2164	Paulo Batista	Individual	Veterano M40	01:10:00	+33:54	06:05
81	2161	Jorge Manuel Ferreira da Silva	Individual	Veterano M40	01:10:00	+33:55	06:05
82	2151	António Pereira	Bennie	Veterano M40	01:10:06	+34:00	06:06
83	2159	Miguel Nuno Olim Marote Henriques	Individual	Veterano M40	01:10:21	+34:15	06:07
84	2004	José do Eirado Azevedo	Individual	Veterano M40	01:10:29	+34:23	06:08
85	2098	José Augusto Teixeira Pires de Lima	Pernas Inertes	Veterano M40	01:16:23	+40:18	06:39
86	2223	Rui Manuel Gonçalves Fino	Individual	Veterano M40	01:20:46	+44:40	07:01
87	2082	Paulo Jorge Gonçalves Oliveira	Individual	Veterano M40	01:28:19	+52:14	07:41