

PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	18:00	13.4°C	71%
End	19:23	13.4°C	71%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	248	Rui Borges	Individual	33:56		03:24	
2	136	Pedro Poeira	Individual	35:05	+01:09	03:30	
3	187	Miguel Vieira	MOVIMENTO DE JUVENTUDE DE MERELIM	35:15	+01:19	03:31	
4	95	André Guimarães	Individual	36:14	+02:18	03:37	
5	253	Paulo Mesquita	Individual	37:25	+03:29	03:45	
6	233	Avelino Macedo	Vila Verde a Correr	38:19	+04:23	03:50	
7	13	Patrício Castro	Atlético Clube de Vale S. Martinho	39:16	+05:20	03:56	
8	211	Laura silva	Sao salvador do Campo	39:21	+05:25	03:56	
9	200	Filipe Fernandes	Palmeira Runners	39:28	+05:32	03:57	
10	237	João Martins	Vila Verde a Correr	40:27	+06:31	04:03	
11	157	Bruno Pontes	Individual	40:44	+06:48	04:04	
12	186	João Dias	MOVIMENTO DE JUVENTUDE DE MERELIM	40:52	+06:56	04:05	
13	66	Cecilia Pereira Mouta	DUMIENSE XALLENGE RUNNERS	40:52	+06:56	04:05	
14	188	Pedro Coutinho	MOVIMENTO DE JUVENTUDE DE MERELIM	41:55	+07:59	04:12	
15	191	Francisco Coelho	MOVIMENTO DE JUVENTUDE DE MERELIM	42:10	+08:14	04:13	
16	116	Jorge Ferreira	Individual	42:30	+08:34	04:15	
17	183	Bruno de Lima	Moveis Lima	42:32	+08:36	04:15	
18	242	Casimiro Carvalho	Individual	42:45	+08:49	04:17	
19	204	Vítor Faria	Palmeira Runners	43:06	+09:10	04:19	
20	180	Miguel Domingues	LEBRES MINHOTAS	43:19	+09:23	04:20	
21	178	Jorge Domingues	LEBRES MINHOTAS	43:19	+09:23	04:20	
22	177	António Martins	LEBRES MINHOTAS	43:36	+09:40	04:22	
23	235	Domingos Lopes	Vila Verde a Correr	43:46	+09:50	04:23	
24	227	Tiago Santos	Vila Verde a Correr	43:53	+09:57	04:23	
25	114	Joao vieira	Individual	43:57	+10:01	04:24	
26	254	Vitor Magalhães	Individual	44:00	+10:04	04:24	
27	170	Nuno sousa	Individual	44:12	+10:16	04:25	
28	117	Jorge Vieira	Individual	44:25	+10:29	04:27	
29	130	Nuno	Individual	44:25	+10:29	04:27	
30	163	João Alfredo Faria Vieira	Individual	44:27	+10:31	04:27	
31	121	José Soares	Individual	44:30	+10:34	04:27	
32	118	José Manuel Barros Fereira	Individual	44:34	+10:38	04:27	
33	202	domingos peixoto	Palmeira Runners	44:38	+10:42	04:28	
34	167	José Lopes	Palmeira Runners	44:38	+10:42	04:28	
35	240	Nuno Louro	Zenit trail	44:40	+10:44	04:28	
36	55	Dinis Paredes	Dornelas Runners	44:40	+10:44	04:28	
37	137	RICARDO FERREIRA	Individual	44:50	+10:54	04:29	
38	224	Filipe Alves	Vila Verde a Correr	44:55	+10:59	04:30	
39	160	Fernando Sousa	Individual	45:08	+11:12	04:31	
40	154	Amandio Correia Lopes	Individual	45:11	+11:15	04:31	
41	181	Marco Lima	MONSUL TEAM	45:18	+11:22	04:32	
42	105	Fábio Pereira	Individual	45:38	+11:42	04:34	

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	250	Paulo Azevedo	Vila Verde a Correr	45:39	+11:43	04:34	
44	91	Patricia Caldas	Individual	45:39	+11:43	04:34	
45	68	Jorge Humberto da Silva Costa Costa	Escola de Atletismo da Trofa	45:41	+11:45	04:34	
46	192	José Fernandes	MOVIMENTO DE JUVENTUDE DE MERELIM	45:52	+11:56	04:35	
47	185	Virginia Costa	MOVIMENTO DE JUVENTUDE DE MERELIM	45:52	+11:56	04:35	
48	104	Diogo Fernandes	Individual	46:08	+12:12	04:37	
49	108	Helder Pereira	Individual	46:14	+12:18	04:37	
50	32	Nuno Sousa	Casa FCP da PVL	46:22	+12:26	04:38	
51	31	Jorge Sousa	Casa FCP da PVL	46:23	+12:27	04:38	
52	168	Luis Soares	Individual	46:25	+12:29	04:39	
53	132	Pedro António Macedo Paredes	Individual	46:29	+12:33	04:39	
54	102	Diogo	Individual	46:35	+12:39	04:39	
55	161	FILIPE RIBEIRO	Individual	47:24	+13:28	04:44	
56	239	Ricardo Fernandes	Vila Verde a Correr	47:33	+13:37	04:45	
57	155	ANTONIO CORUCHO	Individual	47:35	+13:39	04:45	
58	174	Vitor Sousa	Individual	47:37	+13:41	04:46	
59	199	Vitor Marçal	Oh Faxabor!	47:42	+13:46	04:46	
60	124	Manuel Jose	Individual	47:47	+13:51	04:47	
61	194	Bruno Miguel Pereira Carvalho	Oh Faxabor!	47:47	+13:51	04:47	
62	30	Nuno Santos	Aventureiros	47:48	+13:52	04:47	
63	123	Luis Ferraz	Individual	47:51	+13:55	04:47	
64	64	Jorge Vieira	Dornelas Runners	47:53	+13:57	04:47	
65	243	Marco Gonçalves	Individual	47:58	+14:02	04:48	
66	35	Raquel Correia	CasadCha/troiaCabeleireiros	48:01	+14:05	04:48	
67	140	Sérgio Sá	Individual	48:08	+14:12	04:49	
68	179	Manuel Brito	LEBRES MINHOTAS	48:10	+14:14	04:49	
69	125	Marcelo José Rodrigues Gonçalves	Individual	48:37	+14:41	04:52	
70	128	Nelson Francisco Sousa Cunha	Individual	49:07	+15:11	04:55	
71	164	JOAQUIM FERREIRA	Individual	49:10	+15:14	04:55	
72	76	Carlos Miguel	Hugo e Miguel	49:16	+15:20	04:56	
73	65	José Paredes	Dornelas Runners	49:50	+15:54	04:59	
74	150	Olívia Pimenta	Individual	49:56	+16:00	05:00	
75	49	Tiago Martins	CasadCha/troiaCabeleireiros	49:59	+16:03	05:00	
76	59	Nuno Dias	Dornelas Runners	50:00	+16:04	05:00	
77	156	Bento Fernandes Cunha	Individual	50:08	+16:12	05:01	
78	10	Miguel Gomes	6packteam	50:19	+16:23	05:02	
79	40	Duarte Magalhaes	CasadCha/troiaCabeleireiros	50:42	+16:46	05:04	
80	2	João Esteves	Município de Amares	50:48	+16:52	05:05	
81	165	José Carlos Ribeiro Rodrigues	Individual	50:52	+16:56	05:05	
82	11	Isaque Dias	AS - Acolhimento Senior	50:54	+16:58	05:05	
83	162	Francisco Miranda	Individual	51:06	+17:10	05:07	
84	201	Elisabete Ministro	Palmeira Runners	51:13	+17:17	05:07	
85	47	Sérgio Rodrigues	CasadCha/troiaCabeleireiros	51:13	+17:17	05:07	
86	98	Carlos Fernandes	Individual	51:29	+17:33	05:09	
87	229	Carla Ferreira	Vila Verde a Correr	51:37	+17:41	05:10	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	21	Simão Brandão Fernandes	Aventureiros	51:39	+17:43	05:10	
89	46	Romeu Silva	CasadCha/troiaCabeleireiros	51:42	+17:46	05:10	
90	135	Pedro Peixoto	Individual	51:48	+17:52	05:11	
91	109	Henrique Silva	Individual	51:53	+17:57	05:11	
92	9	João Oliveira	6packteam	52:00	+18:04	05:12	
93	234	Bruno Eiras	Vila Verde a Correr	52:04	+18:08	05:12	
94	103	Diogo	Individual	52:06	+18:10	05:13	
95	28	Agostinho Cunha	Aventureiros	52:14	+18:18	05:13	
96	94	André Gonçalves Rodrigues	Individual	52:29	+18:33	05:15	
97	63	Carlos Parrana	Dornelas Runners	52:32	+18:36	05:15	
98	143	Vladimir Lenine Gomes Garcia	Individual	52:37	+18:41	05:16	
99	56	Jorge Xavier	Dornelas Runners	52:42	+18:46	05:16	
100	172	VITOR COSTA	Individual	52:48	+18:52	05:17	
101	16	Fabrice Carvalho	Aventureiros	53:03	+19:07	05:18	
102	12	Adelino Teixeira	AS - Acolhimento Senior	53:14	+19:18	05:19	
103	241	Carlos Gonçalves	Zenit trail	53:23	+19:27	05:20	
104	138	Ricardo Manuel Arantes Silva	Individual	53:43	+19:47	05:22	
105	225	José Augusto Maia	Vila Verde a Correr	54:20	+20:24	05:26	
106	67	Maria Gabriela Pelicano	Escola de Atletismo da Trofa	54:20	+20:24	05:26	
107	236	Francisco Gonçalves	Vila Verde a Correr	54:33	+20:37	05:27	
108	36	Alexandre Serqueira	CasadCha/troiaCabeleireiros	54:46	+20:50	05:29	
109	215	Marcio Gonçalves	Sofa Kings	54:59	+21:03	05:30	
110	238	Peter Pinheiro	Vila Verde a Correr	55:04	+21:08	05:30	
111	50	Orlando Rodrigues	CasadCha/troiaCabeleireiros	55:05	+21:09	05:30	
112	107	Filipe Alexandre Silva Ribeiro	Individual	55:05	+21:09	05:31	
113	126	Miguel de Barros Carvalho	Individual	55:06	+21:10	05:31	
114	17	João Freitas	Aventureiros	55:07	+21:11	05:31	
115	184	Cândido Soares Lima	Moveis Lima	55:11	+21:15	05:31	
116	110	João Carlos Gonçalves	Individual	55:19	+21:23	05:32	
117	112	Joao Daniel Pereira Gonçalves	Individual	55:29	+21:33	05:33	
118	41	Fernando Ferreira	CasadCha/troiaCabeleireiros	55:29	+21:33	05:33	
119	149	Maria almandina Araújo Pereira	Individual	55:34	+21:38	05:33	
120	96	Carlos André Magalhães Torres	Individual	55:38	+21:42	05:34	
121	209	Ana Luísa Pereira	Run To Eat	55:39	+21:43	05:34	
122	210	Gonçalo Alves	Run To Eat	55:39	+21:43	05:34	
123	134	Pedro Moreira	Individual	55:40	+21:44	05:34	
124	119	José Mário Magalhães Peixoto	Individual	55:42	+21:46	05:34	
125	60	Tiago Silva	Dornelas Runners	55:53	+21:57	05:35	
126	99	Carlos Miguel Pereira Gonçalves	Individual	55:57	+22:01	05:36	
127	214	João Vieira	Sofa Kings	55:58	+22:02	05:36	
128	190	Isabel Alves	MOVIMENTO DE JUVENTUDE DE MERELIM	55:58	+22:02	05:36	
129	54	Marta Silva	Dornelas Runners	56:02	+22:06	05:36	
130	22	Simão Fernandes	Aventureiros	56:03	+22:07	05:36	
131	207	Hugo André Dias Rodrigues	Pó na Lama	56:12	+22:16	05:37	
132	217	Tiago Pereira	Sofa Kings	56:22	+22:26	05:38	
133	197	Pedro José Morais Gomes Costa	Oh Faxabor!	57:02	+23:06	05:42	

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
134	219	Ricardo Mendes de Freitas	Trilheiros	57:03	+23:07	05:42	
135	33	Liliana Almeida	CasadCha/troiaCabeleireiros	57:12	+23:16	05:43	
136	93	Sonia Almeida	Individual	57:29	+23:33	05:45	
137	24	Eugenia Pereira	Aventureiros	57:29	+23:33	05:45	
138	252	Alfredo Soares	Individual	57:29	+23:33	05:45	
139	175	Mónica Domingues	LEBRES MINHOTAS	57:43	+23:47	05:46	
140	19	Nelson Veloso	Aventureiros	57:51	+23:55	05:47	
141	182	Ricardo Coelho	MONSUL TEAM	57:54	+23:58	05:47	
142	213	Fabio Vieira	Sofa Kings	58:01	+24:05	05:48	
143	216	Martin Costa	Sofa Kings	58:02	+24:06	05:48	
144	189	Carla Soares	MOVIMENTO DE JUVENTUDE DE MERELIM	58:04	+24:08	05:48	
145	100	Carlos Rodrigues	Individual	58:09	+24:13	05:49	
146	38	Bruno Martins	CasadCha/troiaCabeleireiros	58:16	+24:20	05:50	
147	27	Adelino Fernandes	Aventureiros	58:23	+24:27	05:50	
148	158	DOMINGOS RIBEIRO FERREIRA	Individual	58:40	+24:44	05:52	
149	92	Sara Esteves	Individual	58:42	+24:46	05:52	
150	171	Rodrigo Rodrigues	Individual	59:17	+25:21	05:56	
151	44	Leandro Abreu	CasadCha/troiaCabeleireiros	59:23	+25:27	05:56	
152	142	Vitor Alexandre Teixeira Granja	Individual	59:24	+25:28	05:56	
153	148	LÚCIA CORUCHO	Individual	59:36	+25:40	05:58	
154	83	Ângela Rodrigues	Individual	59:38	+25:42	05:58	
155	89	Marta	Individual	59:38	+25:42	05:58	
156	226	Tiago Lopes	Vila Verde a Correr	59:48	+25:52	05:59	
157	231	Paula Sousa	Vila Verde a Correr	59:48	+25:52	05:59	
158	251	Helder Mota	Vila Verde a Correr	01:00:28	+26:32	06:03	
159	249	Mónica Lopes	Vila Verde a Correr	01:00:28	+26:32	06:03	
160	23	Ana Bras	Aventureiros	01:00:36	+26:40	06:04	
161	15	Sonia Bras	Aventureiros	01:00:36	+26:40	06:04	
162	73	Joaquim Alberto Carvalho da Silva	Grupo desportivo Oliveira do castelo	01:00:38	+26:42	06:04	
163	72	Maria Manuela Lopes Silva	Grupo desportivo Oliveira do castelo	01:00:38	+26:42	06:04	
164	81	Ana Rafaela Gonçalves Antunes	Individual	01:01:04	+27:08	06:06	
165	176	Isabel Domingues	LEBRES MINHOTAS	01:01:37	+27:41	06:10	
166	88	Marina Sousa	Individual	01:01:51	+27:55	06:11	
167	69	Ângela Rodrigues	Família Rodrigues	01:01:56	+28:00	06:12	
168	113	João Manuel Peixoto Magalhães	Individual	01:02:12	+28:16	06:13	
169	193	Bruna Patricia Gonçalves da Silva	Oh Faxabor!	01:02:32	+28:36	06:15	
170	78	Albertina Gonçalves	Individual	01:02:39	+28:43	06:16	
171	247	Ramiro Victoriano	Individual	01:02:47	+28:51	06:17	
172	7	Maria Clara Rebelo	6packteam	01:03:46	+29:50	06:23	
173	8	Rita Gonçalves	6packteam	01:03:47	+29:51	06:23	
174	145	Alda Cristina Faustino	Individual	01:04:02	+30:06	06:24	
175	82	Anabela Pinto	Individual	01:04:09	+30:13	06:25	
176	208	Orlando César Oliveira Rodrigues	Pó na Lama	01:04:10	+30:14	06:25	
177	153	Alexandre Freitas	Individual	01:04:16	+30:20	06:26	
178	84	Carla Simões	Individual	01:04:44	+30:48	06:28	
179	218	Raquel Pereira	Trilheiros	01:04:46	+30:50	06:29	

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
180	221	Deolinda Araújo	Vila Verde a Correr	01:05:44	+31:48	06:34	
181	29	Domingos Pinto	Aventureiros	01:06:05	+32:09	06:37	
182	53	Inês Sousa	Dornelas Runners	01:06:06	+32:10	06:37	
183	166	José Gonçalves	Individual	01:06:35	+32:39	06:39	
184	230	Maria José Santos	Vila Verde a Correr	01:06:48	+32:52	06:41	
185	228	Aurora Reis	Vila Verde a Correr	01:06:53	+32:57	06:41	
186	90	Marta Catarina Bessa Ribeiro	Individual	01:06:53	+32:57	06:41	
187	146	Alda Cristina Faustino	Individual	01:06:56	+33:00	06:42	
188	25	Monica Maia	Aventureiros	01:07:31	+33:35	06:45	
189	85	Catarina Gonçalves Mendes	Individual	01:07:35	+33:39	06:45	
190	159	Eduardo Emanuel Andrade Faria	Individual	01:07:35	+33:39	06:46	
191	61	Amélia Guimarães	Dornelas Runners	01:07:36	+33:40	06:46	
192	42	José Gama	CasadCha/troiaCabeleireiros	01:09:10	+35:14	06:55	
193	58	Michel Paredes	Dornelas Runners	01:09:14	+35:18	06:55	
194	57	Marco Caldas	Dornelas Runners	01:09:14	+35:18	06:55	
195	20	Rui Veloso	Aventureiros	01:09:26	+35:30	06:57	
196	80	Ana Paula vale	Individual	01:09:48	+35:52	06:59	
197	77	Hugo	Hugo e Miguel	01:10:12	+36:16	07:01	
198	79	Alda Cristina Faustino	Individual	01:11:30	+37:34	07:09	
199	151	silvia fernandes	Individual	01:12:45	+38:49	07:17	
200	6	Diana Pinheiro	6packteam	01:13:25	+39:29	07:21	
201	220	Carolina Silva	Vila Verde a Correr	01:13:37	+39:41	07:22	
202	62	Natália Guimarães	Dornelas Runners	01:14:00	+40:04	07:24	
203	52	Ângela Silva	Dornelas Runners	01:14:01	+40:05	07:24	
204	127	Miguel Teixeira Rodrigues	Individual	01:14:29	+40:33	07:27	
205	223	Susana Sousa	Vila Verde a Correr	01:14:31	+40:35	07:27	
206	232	Sandra Soares	Vila Verde a Correr	01:14:32	+40:36	07:27	
207	205	Luciana Raquel Teixeira Rodrigues	Pó na Lama	01:15:24	+41:28	07:32	
208	34	Patricia Borges	CasadCha/troiaCabeleireiros	01:18:21	+44:25	07:50	
209	120	José Rodrigues	Individual	01:23:21	+49:25	08:20	
210	86	Joana Costa	Individual	01:23:21	+49:25	08:20	

Prova Principal

10 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	18:00	13.4°C	71%
End	19:23	13.4°C	71%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
1	211	Laura silva	Sao salvador do Campo	Senior Feminino	39:20	+05:24	03:56
2	66	Cecilia Pereira Mouta	DUMIENSE XALLENGE RUNNERS	Senior Feminino	40:51	+06:56	04:05
3	91	Patricia Caldas	Individual	Senior Feminino	45:38	+11:43	04:34
4	185	Virginia Costa	MOVIMENTO DE JUVENTUDE DE MERELIM	Senior Feminino	45:51	+11:56	04:35
5	35	Raquel Correia	CasadCha/troiaCabeleireiros	Senior Feminino	48:01	+14:05	04:48
6	209	Ana Luísa Pereira	Run To Eat	Senior Feminino	55:39	+21:43	05:34
7	54	Marta Silva	Dornelas Runners	Senior Feminino	56:02	+22:06	05:36
8	33	Liliana Almeida	CasadCha/troiaCabeleireiros	Senior Feminino	57:12	+23:16	05:43
9	93	Sonia Almeida	Individual	Senior Feminino	57:28	+23:33	05:45
10	175	Mónica Domingues	LEBRES MINHOTAS	Senior Feminino	57:43	+23:47	05:46
11	92	Sara Esteves	Individual	Senior Feminino	58:41	+24:46	05:52
12	83	Ângela Rodrigues	Individual	Senior Feminino	59:37	+25:42	05:58
13	89	Marta	Individual	Senior Feminino	59:38	+25:42	05:58
14	249	Mónica Lopes	Vila Verde a Correr	Senior Feminino	01:00:27	+26:32	06:03
15	15	Sonia Bras	Aventureiros	Senior Feminino	01:00:36	+26:40	06:04
16	81	Ana Rafaela Gonçalves Antunes	Individual	Senior Feminino	01:01:03	+27:07	06:06
17	88	Marina Sousa	Individual	Senior Feminino	01:01:50	+27:55	06:11
18	69	Ângela Rodrigues	Família Rodrigues	Senior Feminino	01:01:55	+27:59	06:12
19	193	Bruna Patricia Gonçalves da Silva	Oh Faxabor!	Senior Feminino	01:02:31	+28:36	06:15
20	78	Albertina Gonçalves	Individual	Senior Feminino	01:02:39	+28:43	06:16
21	7	Maria Clara Rebelo	6packteam	Senior Feminino	01:03:46	+29:50	06:23
22	8	Rita Gonçalves	6packteam	Senior Feminino	01:03:46	+29:51	06:23
23	82	Anabela Pinto	Individual	Senior Feminino	01:04:09	+30:13	06:25
24	84	Carla Simões	Individual	Senior Feminino	01:04:43	+30:48	06:28
25	218	Raquel Pereira	Trilheiros	Senior Feminino	01:04:45	+30:50	06:29
26	221	Deolinda Araújo	Vila Verde a Correr	Senior Feminino	01:05:44	+31:48	06:34
27	53	Inês Sousa	Dornelas Runners	Senior Feminino	01:06:05	+32:10	06:37
28	90	Marta Catarina Bessa Ribeiro	Individual	Senior Feminino	01:06:53	+32:57	06:41
29	85	Catarina Gonçalves Mendes	Individual	Senior Feminino	01:07:34	+33:39	06:45
30	80	Ana Paula vale	Individual	Senior Feminino	01:09:48	+35:52	06:59
31	79	Alda Cristina Faustino	Individual	Senior Feminino	01:11:30	+37:34	07:09
32	6	Diana Pinheiro	6packteam	Senior Feminino	01:13:25	+39:29	07:21
33	220	Carolina Silva	Vila Verde a Correr	Senior Feminino	01:13:37	+39:41	07:22
34	52	Ângela Silva	Dornelas Runners	Senior Feminino	01:14:00	+40:04	07:24
35	223	Susana Sousa	Vila Verde a Correr	Senior Feminino	01:14:31	+40:35	07:27
36	205	Luciana Raquel Teixeira Rodrigues	Pó na Lama	Senior Feminino	01:15:23	+41:28	07:32
37	34	Patricia Borges	CasadCha/troiaCabeleireiros	Senior Feminino	01:18:21	+44:25	07:50

Prova Principal**10 KM****OFFICIAL RESULT**

40	2	João Esteves	Municipio de Amares	Senior Masculino	50:47	+16:52	05:05
41	11	Isaque Dias	AS - Acolhimento Senior	Senior Masculino	50:54	+16:58	05:05
42	47	Sérgio Rodrigues	CasadCha/troiaCabeleireiros	Senior Masculino	51:13	+17:17	05:07
43	98	Carlos Fernandes	Individual	Senior Masculino	51:29	+17:33	05:09
44	21	Simão Brandão Fernandes	Aventureiros	Senior Masculino	51:39	+17:43	05:10
45	46	Romeu Silva	CasadCha/troiaCabeleireiros	Senior Masculino	51:41	+17:46	05:10
46	135	Pedro Peixoto	Individual	Senior Masculino	51:47	+17:51	05:11
47	109	Henrique Silva	Individual	Senior Masculino	51:52	+17:57	05:11
48	9	João Oliveira	6packteam	Senior Masculino	51:59	+18:04	05:12
49	103	Diogo	Individual	Senior Masculino	52:05	+18:09	05:13
50	94	André Gonçalves Rodrigues	Individual	Senior Masculino	52:29	+18:33	05:15
51	143	Vladimir Lenine Gomes Garcia	Individual	Senior Masculino	52:36	+18:40	05:16
52	56	Jorge Xavier	Dornelas Runners	Senior Masculino	52:41	+18:45	05:16
53	16	Fabrice Carvalho	Aventureiros	Senior Masculino	53:03	+19:07	05:18
54	138	Ricardo Manuel Arantes Silva	Individual	Senior Masculino	53:43	+19:47	05:22
55	225	José Augusto Maia	Vila Verde a Correr	Senior Masculino	54:19	+20:24	05:26
56	36	Alexandre Serqueira	CasadCha/troiaCabeleireiros	Senior Masculino	54:45	+20:49	05:29
57	215	Marcio Gonçalves	Sofa Kings	Senior Masculino	54:58	+21:03	05:30
58	107	Filipe Alexandre Silva Ribeiro	Individual	Senior Masculino	55:05	+21:09	05:31
59	126	Miguel de Barros Carvalho	Individual	Senior Masculino	55:05	+21:09	05:31
60	17	João Freitas	Aventureiros	Senior Masculino	55:07	+21:11	05:31
61	110	João Carlos Gonçalves	Individual	Senior Masculino	55:18	+21:23	05:32
62	112	Joao Daniel Pereira Gonçalves	Individual	Senior Masculino	55:29	+21:33	05:33
63	41	Fernando Ferreira	CasadCha/troiaCabeleireiros	Senior Masculino	55:29	+21:33	05:33
64	96	Carlos André Magalhães Torres	Individual	Senior Masculino	55:37	+21:42	05:34
65	210	Gonçalo Alves	Run To Eat	Senior Masculino	55:39	+21:43	05:34
66	134	Pedro Moreira	Individual	Senior Masculino	55:40	+21:44	05:34
67	119	José Mário Magalhães Peixoto	Individual	Senior Masculino	55:41	+21:46	05:34
68	60	Tiago Silva	Dornelas Runners	Senior Masculino	55:52	+21:56	05:35
69	99	Carlos Miguel Pereira Gonçalves	Individual	Senior Masculino	55:57	+22:01	05:36
70	214	João Vieira	Sofa Kings	Senior Masculino	55:57	+22:01	05:36
71	22	Simão Fernandes	Aventureiros	Senior Masculino	56:03	+22:07	05:36
72	207	Hugo André Dias Rodrigues	Pó na Lama	Senior Masculino	56:11	+22:16	05:37
73	217	Tiago Pereira	Sofa Kings	Senior Masculino	56:21	+22:25	05:38
74	197	Pedro José Morais Gomes Costa	Oh Faxabor!	Senior Masculino	57:02	+23:06	05:42
75	219	Ricardo Mendes de Freitas	Trilheiros	Senior Masculino	57:03	+23:07	05:42
76	252	Alfredo Soares	Individual	Senior Masculino	57:28	+23:33	05:45
77	19	Nelson Veloso	Aventureiros	Senior Masculino	57:51	+23:55	05:47
78	182	Ricardo Coelho	MONSUL TEAM	Senior Masculino	57:53	+23:58	05:47
79	213	Fabio Vieira	Sofa Kings	Senior Masculino	58:01	+24:05	05:48
80	216	Martin Costa	Sofa Kings	Senior Masculino	58:02	+24:06	05:48
81	100	Carlos Rodrigues	Individual	Senior Masculino	58:09	+24:13	05:49
82	38	Bruno Martins	CasadCha/troiaCabeleireiros	Senior Masculino	58:15	+24:19	05:50
83	44	Leandro Abreu	CasadCha/troiaCabeleireiros	Senior Masculino	59:22	+25:27	05:56
84	142	Vitor Alexandre Teixeira Granja	Individual	Senior Masculino	59:23	+25:28	05:56
85	226	Tiago Lopes	Vila Verde a Correr	Senior Masculino	59:47	+25:52	05:59

Prova Principal
10 KM
OFFICIAL RESULT

86	251	Hélder Mota	Vila Verde a Correr	Senior Masculino	01:00:27	+26:31	06:03
87	113	João Manuel Peixoto Magalhães	Individual	Senior Masculino	01:02:11	+28:15	06:13
88	42	José Gama	CasadCha/troiaCabeleireiros	Senior Masculino	01:09:09	+35:14	06:55
89	58	Michel Paredes	Dornelas Runners	Senior Masculino	01:09:14	+35:18	06:55
90	57	Marco Caldas	Dornelas Runners	Senior Masculino	01:09:14	+35:18	06:55
91	20	Rui Veloso	Aventureiros	Senior Masculino	01:09:26	+35:30	06:57
92	77	Hugo	Hugo e Miguel	Senior Masculino	01:10:12	+36:16	07:01
93	127	Miguel Teixeira Rodrigues	Individual	Senior Masculino	01:14:29	+40:33	07:27
94	120	José Rodrigues	Individual	Senior Masculino	01:23:20	+49:25	08:20

Veterana F40

1	150	Olívia Pimenta	Individual	Veterana F40	49:56	+16:00	05:00
2	201	Elisabete Ministro	Palmeira Runners	Veterana F40	51:13	+17:17	05:07
3	229	Carla Ferreira	Vila Verde a Correr	Veterana F40	51:37	+17:41	05:10
4	67	Maria Gabriela Pelicano	Escola de Atletismo da Trofa	Veterana F40	54:20	+20:24	05:26
5	149	Maria almandina Araújo Pereira	Individual	Veterana F40	55:34	+21:38	05:33
6	190	Isabel Alves	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterana F40	55:58	+22:02	05:36
7	24	Eugenia Pereira	Aventureiros	Veterana F40	57:28	+23:33	05:45
8	189	Carla Soares	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterana F40	58:03	+24:08	05:48
9	148	LÚCIA CORUCHO	Individual	Veterana F40	59:36	+25:40	05:58
10	231	Paula Sousa	Vila Verde a Correr	Veterana F40	59:48	+25:52	05:59
11	23	Ana Bras	Aventureiros	Veterana F40	01:00:35	+26:40	06:04
12	72	Maria Manuela Lopes Silva	Grupo desportivo Oliveira do castelo	Veterana F40	01:00:38	+26:42	06:04
13	176	Isabel Domingues	LEBRES MINHOTAS	Veterana F40	01:01:37	+27:41	06:10
14	145	Alda Cristina Faustino	Individual	Veterana F40	01:04:01	+30:06	06:24
15	230	Maria José Santos	Vila Verde a Correr	Veterana F40	01:06:47	+32:52	06:41
16	228	Aurora Reis	Vila Verde a Correr	Veterana F40	01:06:53	+32:57	06:41
17	146	Alda Cristina Faustino	Individual	Veterana F40	01:06:55	+33:00	06:42
18	25	Monica Maia	Aventureiros	Veterana F40	01:07:31	+33:35	06:45
19	61	Amélia Guimarães	Dornelas Runners	Veterana F40	01:07:35	+33:40	06:46
20	151	silvia fernandes	Individual	Veterana F40	01:12:45	+38:49	07:17
21	62	Natália Guimarães	Dornelas Runners	Veterana F40	01:14:00	+40:04	07:24
22	232	Sandra Soares	Vila Verde a Correr	Veterana F40	01:14:31	+40:35	07:27

Veterano M40

1	233	Avelino Macedo	Vila Verde a Correr	Veterano M40	38:18	+04:23	03:50
2	13	Patrício Castro	Atlético Clube de Vale S. Martinho	Veterano M40	39:16	+05:20	03:56
3	237	João Martins	Vila Verde a Correr	Veterano M40	40:27	+06:31	04:03
4	157	Bruno Pontes	Individual	Veterano M40	40:43	+06:47	04:04
5	191	Francisco Coelho	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterano M40	42:10	+08:14	04:13
6	242	Casimiro Carvalho	Individual	Veterano M40	42:45	+08:49	04:17

Official Timekeeper: Lap2Go	4 / 6	generate 29-Dec-2019 19:25
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Prova Principal

10 KM

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

OFFICIAL RESULT

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

7	204	Vitor Faria	Palmeira Runners	Veterano M40	43:05	+09:09	04:19
8	180	Miguel Domingues	LEBRES MINHOTAS	Veterano M40	43:19	+09:23	04:20
9	178	Jorge Domingues	LEBRES MINHOTAS	Veterano M40	43:19	+09:23	04:20
10	177	António Martins	LEBRES MINHOTAS	Veterano M40	43:35	+09:40	04:22
11	235	Domingos Lopes	Vila Verde a Correr	Veterano M40	43:46	+09:50	04:23
12	254	Vitor Magalhães	Individual	Veterano M40	43:59	+10:03	04:24
13	170	Nuno sousa	Individual	Veterano M40	44:11	+10:15	04:25
14	163	João Alfredo Faria Vieira	Individual	Veterano M40	44:26	+10:31	04:27
15	202	domingos peixoto	Palmeira Runners	Veterano M40	44:37	+10:41	04:28
16	167	José Lopes	Palmeira Runners	Veterano M40	44:37	+10:42	04:28
17	160	Fernando Sousa	Individual	Veterano M40	45:07	+11:12	04:31
18	154	Amandio Correia Lopes	Individual	Veterano M40	45:10	+11:14	04:31
19	250	Paulo Azevedo	Vila Verde a Correr	Veterano M40	45:38	+11:42	04:34
20	68	Jorge Humberto da Silva Costa Costa	Escola de Atletismo da Trofa	Veterano M40	45:41	+11:45	04:34
21	192	José Fernades	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterano M40	45:51	+11:56	04:35
22	32	Nuno Sousa	Casa FCP da PVL	Veterano M40	46:22	+12:26	04:38
23	31	Jorge Sousa	Casa FCP da PVL	Veterano M40	46:22	+12:26	04:38
24	168	Luis Soares	Individual	Veterano M40	46:25	+12:29	04:39
25	161	FILIPE RIBEIRO	Individual	Veterano M40	47:23	+13:27	04:44
26	239	Ricardo Fernandes	Vila Verde a Correr	Veterano M40	47:33	+13:37	04:45
27	155	ANTONIO CORUCHO	Individual	Veterano M40	47:34	+13:38	04:45
28	174	Vitor Sousa	Individual	Veterano M40	47:36	+13:41	04:46
29	30	Nuno Santos	Aventureiros	Veterano M40	47:48	+13:52	04:47
30	64	Jorge Vieira	Dornelas Runners	Veterano M40	47:52	+13:57	04:47
31	179	Manuel Brito	LEBRES MINHOTAS	Veterano M40	48:09	+14:14	04:49
32	164	JOAQUIM FERREIRA	Individual	Veterano M40	49:10	+15:14	04:55
33	65	José Paredes	Dornelas Runners	Veterano M40	49:50	+15:54	04:59
34	156	Bento Fernandes Cunha	Individual	Veterano M40	50:07	+16:12	05:01
35	165	José Carlos Ribeiro Rodrigues	Individual	Veterano M40	50:51	+16:56	05:05
36	162	Francisco Miranda	Individual	Veterano M40	51:06	+17:10	05:07
37	234	Bruno Eiras	Vila Verde a Correr	Veterano M40	52:04	+18:08	05:12
38	28	Agostinho Cunha	Aventureiros	Veterano M40	52:13	+18:17	05:13
39	63	Carlos Parrana	Dornelas Runners	Veterano M40	52:31	+18:35	05:15
40	172	VITOR COSTA	Individual	Veterano M40	52:47	+18:51	05:17
41	12	Adelino Teixeira	AS - Acolhimento Senior	Veterano M40	53:13	+19:18	05:19
42	241	Carlos Gonçalves	Zenit trail	Veterano M40	53:22	+19:26	05:20
43	236	Francisco Gonçalves	Vila Verde a Correr	Veterano M40	54:33	+20:37	05:27
44	238	Peter Pinheiro	Vila Verde a Correr	Veterano M40	55:03	+21:08	05:30
45	50	Orlando Rodrigues	CasadCha/troiaCabeleireiros	Veterano M40	55:04	+21:08	05:30
46	184	Cândido Soares Lima	Moveis Lima	Veterano M40	55:10	+21:15	05:31
47	27	Adelino Fernandes	Aventureiros	Veterano M40	58:23	+24:27	05:50
48	158	DOMINGOS RIBEIRO FERREIRA	Individual	Veterano M40	58:40	+24:44	05:52
49	171	Rodrigo Rodrigues	Individual	Veterano M40	59:17	+25:21	05:56
50	73	Joaquim Alberto Carvalho da Silva	Grupo desportivo Oliveira do castelo	Veterano M40	01:00:38	+26:42	06:04
51	247	Ramiro Victoriano	Individual	Veterano M40	01:02:47	+28:51	06:17

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Prova Principal

10 KM

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

OFFICIAL RESULT

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

52	208	Orlando César Oliveira Rodrigues	Pó na Lama	Veterano M40	01:04:09	+30:13	06:25
53	153	Alexandre Freitas	Individual	Veterano M40	01:04:16	+30:20	06:26
54	29	Domingos Pinto	Aventureiros	Veterano M40	01:06:05	+32:09	06:37
55	166	José Gonçalves	Individual	Veterano M40	01:06:34	+32:39	06:39
56	159	Eduardo Emanuel Andrade Faria	Individual	Veterano M40	01:07:35	+33:39	06:46

