

PROVA PRINCIPAL - STAGE 1

10 KM



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

	Time	Temperature	Humidity
Start	18:00	14.4°C	72%
End	19:26	14.5°C	82%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1470	Hugo Almeida	Sporting Clube de Braga	30:42		03:04	
2	1493	Fernando Serrão	Sporting Clube de Portugal	30:44	+00:02	03:04	
3	1414	Paulo Paula	RUN TEJO	30:51	+00:09	03:05	
4	536	VÍTOR OLIVEIRA	Grupo Desportivo e Cultural de Guilhovai	30:54	+00:12	03:05	
5	1259	João Cruz	Maia AC	31:19	+00:37	03:08	
6	521	Tomás Silva	Grecas	31:25	+00:43	03:09	
7	1260	Nelson Oliveira	Mário	31:34	+00:52	03:09	
8	324	Luis Oliveira	Clube Campismo	31:47	+01:05	03:11	
9	1413	Pedro Arsenio	RUN TEJO	32:20	+01:38	03:14	
10	85	Nuno Oliveira	ACR Vale de Cambra	32:44	+02:02	03:16	
11	433	Vitor Santos	EV Peraltafil	33:03	+02:21	03:18	
12	1269	Paulo Fontão	NA Taipas	33:28	+02:46	03:21	
13	1392	Fábio Castro	RECREIO DESPORTIVO DE ÁGUEDA	33:32	+02:50	03:21	
14	338	CELSO LEITE	CLUBE DE ATLETISMO DE OVAR	33:35	+02:53	03:21	
15	920	Nuno Pinho	Individual	33:40	+02:58	03:22	
16	325	Romeu Gomes	Clube Campismo	33:47	+03:05	03:23	
17	651	Antonio Pires	Individual	33:49	+03:07	03:23	
18	1474	João Trigueiros	Sporting Clube de Espinho / António Leitão	33:53	+03:11	03:23	
19	345	RENATO SOUSA	CLUBE DE ATLETISMO DE OVAR	33:56	+03:14	03:24	
20	176	JORGE VALENTE	ARVOR VETERANOS DE OVAR	33:57	+03:15	03:24	
21	541	PAULO PEREIRA	Grupo Desportivo e Cultural de Guilhovai	34:00	+03:18	03:24	
22	1064	Angelo Araujo	JOBRA-Assoc.Jovens da Branca	34:03	+03:21	03:24	
23	175	ALEXANDRE AZEVEDO	ARVOR VETERANOS DE OVAR	34:05	+03:23	03:24	
24	1485	Ricardo Ferreira	Sporting Clube de Espinho / António Leitão	34:05	+03:23	03:25	
25	1492	Solange Jesus	Sporting Clube de Portugal	34:08	+03:26	03:25	
26	1393	Pedro Nadais	RECREIO DESPORTIVO DE ÁGUEDA	34:12	+03:30	03:25	
27	337	ANDRE ADRIANO	CLUBE DE ATLETISMO DE OVAR	34:16	+03:34	03:26	
28	228	Leonel Fernandes	C. D. São Salvador do Campo	34:17	+03:35	03:26	
29	83	Bruno Freitas	ACR Vale de Cambra	34:25	+03:43	03:26	
30	1569	Carla Martinho	RECREIO DESPORTIVO DE ÁGUEDA	34:25	+03:43	03:27	
31	332	Manuel Alves	Clube Campismo	34:26	+03:44	03:27	
32	1286	Fernando Lima	Núcleo de Atletismo de Cucujães	34:29	+03:47	03:27	
33	539	LUIS SILVA	Grupo Desportivo e Cultural de Guilhovai	34:31	+03:49	03:27	
34	1476	Tiago Oliveira	Sporting Clube de Espinho / António Leitão	34:43	+04:01	03:28	
35	351	LUIS SILVA	CLUBE DE ATLETISMO DE OVAR	34:44	+04:02	03:28	
36	1572	Daniela Cunha	Individual	34:45	+04:03	03:28	
37	429	José Almeida	EV PERALTAFIL	34:48	+04:06	03:29	
38	548	MANUEL FERREIRA	Grupo Desportivo e Cultural de Guilhovai	34:50	+04:08	03:29	
39	752	Nuno Valente	Individual	34:56	+04:14	03:30	
40	1258	Bruno Pereira	Maia AC	34:58	+04:16	03:30	
41	86	Tiago Pinho	ACR Vale de Cambra	35:02	+04:20	03:30	
42	544	MESSIAS DIAS	Grupo Desportivo e Cultural de Guilhovai	35:04	+04:22	03:30	

PROVA PRINCIPAL - STAGE 1
10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	427	Cláudio Costa	EV PERALTAFIL	35:05	+04:23	03:31	
44	549	Manuel Urbano	Grupo Desportivo e Cultural de Guilhovai	35:15	+04:33	03:32	
45	172	MANUEL FERREIRA	ARADA ATLÉTICO CLUBE	35:18	+04:36	03:32	
46	153	DAVID PEDROSA	ARADA ATLÉTICO CLUBE	35:20	+04:38	03:32	
47	1068	Luis Magalhães	JOBRA-Assoc.Jovens da Branca	35:23	+04:41	03:32	
48	1546	Mônica Silva	Vitória SC	35:24	+04:42	03:32	
49	531	JORGE MIGUEL DA COSTA CUBAL	Grupo Desportivo & Cultural de Codal	35:27	+04:45	03:33	
50	746	Milton César Miranda dos Santos	Individual	35:41	+04:59	03:34	
51	546	JOSÉ TAVARES	Grupo Desportivo e Cultural de Guilhovai	35:42	+05:00	03:34	
52	957	João Faria	Individual	35:43	+05:01	03:34	
53	1060	Marcelo Pereira	JOBRA-Assoc.Jovens da Branca	35:43	+05:01	03:34	
54	168	SALVIANO FERREIRA	ARADA ATLÉTICO CLUBE	35:45	+05:03	03:35	
55	260	Rúben Almeida	Caldas S. Jorge Sport Clube	35:47	+05:05	03:35	
56	1270	Ricardo Silva	Nascidos para Correr - Associação Desportiva	35:47	+05:05	03:35	
57	283	Marco Andrade	CASA DO POVO DE MANGUALDE	35:47	+05:05	03:35	
58	522	Vitor Santos	Grecas	35:50	+05:08	03:35	
59	248	Nuno Silva	CAL - Clube Atletismo de Lamas	35:51	+05:09	03:35	
60	1	Clarisse Cruz	Grecas	35:57	+05:15	03:36	
61	1483	Hernani Furtado	Sporting Clube de Espinho / António Leitão	36:02	+05:20	03:36	
62	1409	ANTÓNIO SOUSA	RIPOLINS GRIJÓ A CORRER	36:06	+05:24	03:37	
63	1489	Rui Manuel Santos	Sporting Clube de Espinho / António Leitão	36:13	+05:31	03:37	
64	227	Sara Pinho	C. D. São Salvador do Campo	36:16	+05:34	03:38	
65	1034	Manuel Valente	Individual	36:18	+05:36	03:38	
66	490	José Silva	G.D.Ronda	36:20	+05:38	03:38	
67	431	Toze Castro	EV Peraltafil	36:20	+05:38	03:38	
68	416	Pedro Pinho	EDV-VIANA TRAIL	36:21	+05:39	03:38	
69	1475	Fabio Correia	Sporting Clube de Espinho / António Leitão	36:21	+05:39	03:38	
70	1065	António Sousa	JOBRA-Assoc.Jovens da Branca	36:25	+05:43	03:39	
71	48	Daniel Monteiro	ACADEMIA FERNANDA RIBEIRO	36:30	+05:48	03:39	
72	323	João Reis	Clube Campismo	36:31	+05:49	03:39	
73	505	Daniel Rodrigues	GJ Pinheiro da Bemposta	36:34	+05:52	03:39	
74	535	PAULO MANUEL ARIEIRO TAVARES	Grupo Desportivo & Cultural de Codal	36:38	+05:56	03:40	
75	930	Rui Gomes	Individual	36:45	+06:03	03:40	
76	87	António Pinto	ACR Vale de Cambra	36:45	+06:03	03:41	
77	361	ROGERIO CAMPOS	CLUBE DE ATLETISMO DE OVAR	36:49	+06:07	03:41	
78	41	Rui Cardoso	A NOZ	36:57	+06:15	03:42	
79	398	Nelson Costa	Crisnel Running	36:58	+06:16	03:42	
80	133	Bruno Ribeiro	ÁGUIAS DE ALVELOS	36:59	+06:17	03:42	
81	122	Ernesto Almeida	AFIS/OVAR	37:01	+06:19	03:42	
82	123	João Pereira	AFIS/OVAR	37:06	+06:24	03:43	
83	415	Ivan Silva	EDV-VIANA TRAIL	37:07	+06:25	03:43	
84	1390	Bárbara Oliveira	RECREIO DESPORTIVO DE ÁGUEDA	37:09	+06:27	03:43	
85	1460	JOSE PAULO COSTA	SERVIÇOS SOCIAIS TRAB. M. DE OVAR	37:11	+06:29	03:43	
86	116	José Figueiredo	AFIS/OVAR	37:13	+06:31	03:43	
87	93	André Santos	AFIS/OVAR	37:17	+06:35	03:44	

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	432	João Seixas	EV PERALTAFIL	37:19	+06:37	03:44	
89	1576	Pedro Terra	Individual	37:20	+06:38	03:44	
90	484	Hélder Robalinho	G.D.Ronda	37:30	+06:48	03:45	
91	1061	Ricardo Oliveira	JOBRA-Assoc.Jovens da Branca	37:31	+06:49	03:45	
92	428	Diogo Coutinho	EV PERALTAFIL	37:33	+06:51	03:45	
93	532	RICARDO JORGE OLIVEIRA TAVARES	Grupo Desportivo & Cultural de Codal	37:39	+06:57	03:46	
94	538	ANTÓNIO CRISTÓVÃO	Grupo Desportivo e Cultural de Guilhovai	37:42	+07:00	03:46	
95	107	Paulo Figueiredo	AFIS/OVAR	37:43	+07:01	03:46	
96	991	Rui Silva	Individual	37:53	+07:11	03:47	
97	154	JOSÉ ALVARADO	ARADA ATLÉTICO CLUBE	37:56	+07:14	03:48	
98	921	Nuno Ribeiro	Individual	37:58	+07:16	03:48	
99	62	Pedro Madrid	ACADEMIA FERNANDA RIBEIRO	38:01	+07:19	03:48	
100	42	Fernando Antunes	A NOZ	38:02	+07:20	03:48	
101	498	João Silva	GDG - Grupo Desportivo da Gafanha	38:02	+07:20	03:48	
102	39	José Teixeira	A NOZ	38:03	+07:21	03:48	
103	349	HUGO GOMES	CLUBE DE ATLETISMO DE OVAR	38:03	+07:21	03:48	
104	560	Paulo Maia	Grupo Oscacer	38:04	+07:22	03:48	
105	1481	Miguel Faria	Sporting Clube de Espinho / António Leitão	38:05	+07:23	03:48	
106	534	RUI PEDRO JESUS DE ALMEIDA	Grupo Desportivo & Cultural de Codal	38:06	+07:24	03:49	
107	169	ANTONIO NUNES	ARADA ATLÉTICO CLUBE	38:09	+07:27	03:49	
108	1271	Sérgio Rodrigues	Nascidos para Correr - Associação Desportiva	38:10	+07:28	03:49	
109	520	Domingos Martins	Grecas	38:10	+07:28	03:49	
110	517	Inês Pinto	Grecas	38:12	+07:30	03:49	
111	969	manuel silva	Individual	38:14	+07:32	03:49	
112	543	LINO FERREIRA	Grupo Desportivo e Cultural de Guilhovai	38:15	+07:33	03:50	
113	718	Jorge Silva	Individual	38:18	+07:36	03:50	
114	1411	JORGE LUZ	RIPOLINS GRIJÓ A CORRER	38:18	+07:36	03:50	
115	1561	Fabio Barbosa	Individual	38:23	+07:41	03:50	
116	1118	Celso Orlando Oliveira Camboa	Juventude Cortegacense	38:24	+07:42	03:50	
117	739	Miguel Ângelo Pereira Valente	Individual	38:25	+07:43	03:51	
118	772	Ricardo Silva	Individual	38:27	+07:45	03:51	
119	367	DIOGO SOUSA	Clube Desportivo Feirense	38:32	+07:50	03:51	
120	1547	Cláudio Fonseca	Vivalley Runners L5S1	38:32	+07:50	03:51	
121	518	Laura Regalado	Grecas	38:33	+07:51	03:51	
122	226	Benjamim Soares	C P T B Carcabelos Caravela Seguros	38:34	+07:52	03:51	
123	157	MARCIO PEREIRA	ARADA ATLÉTICO CLUBE	38:39	+07:57	03:52	
124	646	André Pina	Individual	38:43	+08:01	03:52	
125	565	Antonio Assuncao	HomeGym	38:46	+08:04	03:53	
126	781	Rui Jorge Soares Amador	Individual	38:50	+08:08	03:53	
127	1484	Pedro Santos	Sporting Clube de Espinho / António Leitão	38:50	+08:08	03:53	
128	683	Filipe Barros	Individual	38:54	+08:12	03:53	
129	972	Nuno Naia	Individual	39:02	+08:20	03:54	
130	968	Manuel Ferreira	Individual	39:08	+08:26	03:55	
131	1084	Abel Silva	Juventude Cortegacense	39:09	+08:27	03:55	
132	1183	João Pedro	Lux Health Club	39:13	+08:31	03:55	

PROVA PRINCIPAL - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	329	Manuel Oliveira	Clube Campismo	39:14	+08:32	03:55	
134	1490	Augusto Aluai	Sporting Clube de Espinho / António Leitão	39:15	+08:33	03:56	
135	650	António Paiva Santos	Individual	39:17	+08:35	03:56	
136	1282	Richard Ferreira	Núcleo de Atletismo de Cucujães	39:17	+08:35	03:56	
137	208	Bruno Silva	Bravos e Bravitas	39:18	+08:36	03:56	
138	1257	Maria Carvalho	Maia AC	39:18	+08:36	03:56	
139	686	Filipe Vieira	Individual	39:21	+08:39	03:56	
140	1296	Bruno Macedo	os caga tacos running team	39:23	+08:41	03:56	
141	184	Filipe Manuel Fernandes Tavares	AZTrail	39:25	+08:43	03:56	
142	1548	Arménio	Workout	39:26	+08:44	03:57	
143	31	Wouter de Broeck	A D Rio Largo C Espinho	39:29	+08:47	03:57	
144	713	Joao Paulo Dias	Individual	39:29	+08:47	03:57	
145	1575	Paulo Campos	Individual	39:31	+08:49	03:57	
146	1008	Fernando Peres	Individual	39:33	+08:51	03:57	
147	1087	Daniel Jose Silva Barros	Juventude Cortegacense	39:36	+08:54	03:58	
148	1075	FERNANDO BRANDÃO	JUVENTUDE ATLÉTICA MOZELENSE	39:39	+08:57	03:58	
149	953	Fernando Manuel Rocha Freire	Individual	39:45	+09:03	03:58	
150	748	Nuno Albergaria	Individual	39:48	+09:06	03:59	
151	776	Rúben Baptista Fernandes	Individual	39:49	+09:07	03:59	
152	232	Manuel Gomes	C. I. ARGONCILHE	39:50	+09:08	03:59	
153	100	Helena Sampaio	AFIS/OVAR	39:51	+09:09	03:59	
154	373	JOSÉ CORREIA	Clube Desportivo Feirense	39:52	+09:10	03:59	
155	994	Victor Correia	Individual	39:53	+09:11	03:59	
156	1112	Joao Paulo Oliveira	Juventude Cortegacense	39:53	+09:12	03:59	
157	106	José Rodrigues	AFIS/OVAR	39:56	+09:14	04:00	
158	767	Ricardo Gomes	Individual	39:57	+09:15	04:00	
159	903	Luís Madureira	Individual	39:58	+09:16	04:00	
160	1280	Bruno Vidinha	Núcleo de Atletismo de Cucujães	39:59	+09:17	04:00	
161	962	Jorge Queirós	Individual	40:02	+09:20	04:00	
162	1272	Sandra Conceição	Natureza Ensina	40:04	+09:22	04:00	
163	80	Telmo Nascimento	ACR Sra do Desterro-Napo	40:12	+09:30	04:01	
164	296	Joaquim Ramos	CENAP - Cacia	40:12	+09:30	04:01	
165	347	MONICA FERNANDES	CLUBE DE ATLETISMO DE OVAR	40:13	+09:31	04:01	
166	1463	AMERICO VALENTE	SERVIÇOS SOCIAIS TRAB. M. DE OVAR	40:13	+09:31	04:01	
167	117	José Godinho	AFIS/OVAR	40:14	+09:32	04:01	
168	872	Américo Silva	Individual	40:16	+09:34	04:02	
169	1045	Euclides Coimbra	Individual	40:16	+09:34	04:02	
170	60	António Moreira	ACADEMIA FERNANDA RIBEIRO	40:19	+09:37	04:02	
171	984	RAFAEL GUEDES	Individual	40:23	+09:41	04:02	
172	1444	Nuno Sousa	RUNNING ESPINHO	40:24	+09:42	04:02	
173	113	Pedro Silva	AFIS/OVAR	40:26	+09:44	04:03	
174	108	Pedro Necho	AFIS/OVAR	40:26	+09:44	04:03	
175	745	Milton Almeida	Individual	40:29	+09:47	04:03	
176	127	António Vieira	AFIS/OVAR	40:31	+09:49	04:03	
177	487	Hugo Silva	G.D.Ronda	40:34	+09:52	04:03	
178	488	Joao Moreira	G.D.Ronda	40:34	+09:52	04:03	

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

R
REVISED

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
224	483	Celso Silva	G.D.Ronda	42:12	+11:30	04:13	
225	489	Paulo Mota	G.D.Ronda	42:13	+11:31	04:13	
226	1505	Rui Pereira	Tartarugas Velozes	42:14	+11:32	04:13	
227	894	Jorge Costa	Individual	42:15	+11:33	04:13	
228	96	Márcio Oliveira	AFIS/OVAR	42:16	+11:34	04:14	
229	1570	Carina Correia	Clube Desportivo Areias S. João	42:16	+11:34	04:14	
230	1381	rui pereira	Pupilos do Zé-Tó	42:19	+11:37	04:14	
231	1301	Rui Miguel	Os Falta D'Ar	42:20	+11:38	04:14	
232	798	Tiago Oliveira	Individual	42:22	+11:40	04:14	
233	1066	José Ferreira	JOBRA-Assoc.Jovens da Branca	42:23	+11:41	04:14	
234	996	Viriato Oliveira	Individual	42:24	+11:42	04:14	
235	530	ANTÓNIO JOSE FERREIRA DA SILVA	Grupo Desportivo & Cultural de Codal	42:25	+11:43	04:15	
236	1300	Rui M. Santos	Os Falta D'Ar	42:28	+11:46	04:15	
237	967	JOSE SA	Individual	42:29	+11:47	04:15	
238	743	Miguel Pinto	Individual	42:31	+11:49	04:15	
239	272	Arlindo Santos	Caldas S. Jorge Sport Clube	42:32	+11:50	04:15	
240	1556	Paulo Silva	AFIS/OVAR	42:33	+11:51	04:15	
241	1036	ALBANO BRAGA	Individual	42:35	+11:53	04:15	
242	1279	Bruno Bastos	Núcleo de Atletismo de Cucujães	42:35	+11:53	04:16	
243	482	CARLOS FERNANDES	FUTSAL AZEMEIS ATLETISMO	42:36	+11:54	04:16	
244	766	Ricardo	Individual	42:36	+11:54	04:16	
245	1424	Cristiana Ferreira	RUNNING ESPINHO	42:36	+11:54	04:16	
246	1454	Artur Ferreira	Runriver	42:37	+11:55	04:16	
247	152	André Nadais	ARADA ATLÉTICO CLUBE	42:38	+11:56	04:16	
248	604	Inês Amaral	Individual	42:39	+11:57	04:16	
249	523	Fátima Pinho	Grecas	42:40	+11:58	04:16	
250	1212	Rafael Silva	madugym	42:42	+12:00	04:16	
251	12	ALCIDES RELVAS	100 DESCULPAS LUSITÂNIA DE LOUROSA FC	42:47	+12:05	04:17	
252	1129	PAULO MANUEL MALHEIRO FERREIRA SILVA	Juventude Cortegacense	42:48	+12:06	04:17	
253	1278	Susana Ribeiro	Núcleo de Atletismo de Cucujães	42:50	+12:08	04:17	
254	274	Manuel Grilo	Caldas S. Jorge Sport Clube	42:53	+12:11	04:17	
255	343	MARCO SILVA	CLUBE DE ATLETISMO DE OVAR	42:54	+12:12	04:17	
256	171	Joaquim Ferreira	ARADA ATLÉTICO CLUBE	43:01	+12:19	04:18	
257	173	SERAFIM REIS	ARADA ATLÉTICO CLUBE	43:01	+12:19	04:18	
258	697	Henrique Ferreira	Individual	43:04	+12:22	04:18	
259	1240	Telmo Oliveira	madugym	43:07	+12:25	04:19	
260	306	Helder Costa	Centro Municipal de Marcha e Corrida de Vale de Cambra	43:08	+12:26	04:19	
261	1442	Jaime Pereira De Castro	RUNNING ESPINHO	43:09	+12:27	04:19	
262	1379	jose rodrigues	Pupilos do Zé-Tó	43:11	+12:29	04:19	
263	701	HUGO TAVARES	Individual	43:11	+12:29	04:19	
264	1386	zola	Pupilos do Zé-Tó	43:12	+12:30	04:19	
265	799	Tiago Pinto	Individual	43:15	+12:33	04:19	
266	540	MIGUEL SANTOS	Grupo Desportivo e Cultural de Guilhovai	43:15	+12:33	04:20	
267	958	João garranas	Individual	43:17	+12:35	04:20	

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

REVISÉD
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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
313	1445	RUI FERREIRA	RUNNING ESPINHO	44:27	+13:45	04:27	
314	975	Paulo Alexandre Santos Resende	Individual	44:28	+13:46	04:27	
315	30	Marco Grosso	A D Rio Largo C Espinho	44:29	+13:47	04:27	
316	551	NORBERTO OLIVEIRA	Grupo Desportivo e Cultural de Guilhovai	44:32	+13:50	04:27	
317	965	José Carlos Monteiro	Individual	44:41	+13:59	04:28	
318	727	Marcelo teixeira da mota	Individual	44:43	+14:01	04:28	
319	1433	Cristina Passos	RUNNING ESPINHO	44:44	+14:02	04:28	
320	417	Filipe Silva	Elcomandante Team	44:45	+14:03	04:28	
321	910	Marco Coelho	Individual	44:45	+14:03	04:29	
322	33	Rui Silva	A D Rio Largo C Espinho	44:47	+14:05	04:29	
323	1174	RUI OLIVEIRA	LUSOESTORE TEAM	44:48	+14:06	04:29	
324	1161	Mário Barbosa	LIBERDADE FUTEBOL CLUBE	44:49	+14:07	04:29	
325	1086	Andre Filipe da silva Oliveira	Juventude Cortegacense	44:49	+14:07	04:29	
326	164	CLAUDIO SILVA	ARADA ATLÉTICO CLUBE	44:50	+14:08	04:29	
327	1127	Manuel constantino silva	Juventude Cortegacense	44:54	+14:12	04:29	
328	982	Paulo Silva	Individual	44:54	+14:12	04:29	
329	134	Avelino Figueiredo	ÁGUIAS DE ALVELOS	44:57	+14:15	04:30	
330	317	Fernando Gonçalves	Cirac - Circulo de Recreio Arte e Cultura	44:58	+14:16	04:30	
331	45	Paulo Santos	A.C.R.D.Escapaes	45:01	+14:19	04:30	
332	1542	Roberto Moreira	Villa Cesari / FLAMA	45:03	+14:21	04:30	
333	875	Antonio Marques	Individual	45:03	+14:21	04:30	
334	880	Damásio Pereira	Individual	45:07	+14:25	04:31	
335	1406	Jorge Gonçalves	Restaurante Lago	45:07	+14:25	04:31	
336	360	PEDRO MENDES	CLUBE DE ATLETISMO DE OVAR	45:09	+14:27	04:31	
337	200	André Correia	BESJOGING	45:09	+14:27	04:31	
338	966	José Fernando da Silva pinhal	Individual	45:14	+14:32	04:31	
339	1006	Daniel Gomes	Individual	45:17	+14:35	04:32	
340	64	Victor Santos	ACADEMIA FERNANDA RIBEIRO	45:18	+14:36	04:32	
341	1384	antonio coelho	Pupilos do Zé-Tó	45:18	+14:36	04:32	
342	481	Bruno Lourenço	FUTSAL AZEMEIS ATLETISMO	45:19	+14:37	04:32	
343	1289	Manuel Paiva	Núcleo de Atletismo de Cucujães	45:20	+14:38	04:32	
344	1122	Sérgio Paulo Ferreira Oliveira	Juventude Cortegacense	45:21	+14:39	04:32	
345	312	Nelson Silva	Centro Municipal de Marcha e Corrida de Vale de Cambra	45:21	+14:39	04:32	
346	1248	José Feiteira	madugym	45:21	+14:39	04:32	
347	923	Paulo Jorge Correia Oliveira	Individual	45:21	+14:39	04:32	
348	435	Luís Silva	EV PERALTAFIL	45:23	+14:41	04:32	
349	436	Joaquim Pereira	EV PERALTAFIL	45:23	+14:41	04:32	
350	28	Carlos Coelho	A D Rio Largo C Espinho	45:26	+14:44	04:33	
351	1380	pardal	Pupilos do Zé-Tó	45:28	+14:46	04:33	
352	6	Paulo Abrantes	@corredoresderua@	45:29	+14:47	04:33	
353	1283	Dulce Bastos	Núcleo de Atletismo de Cucujães	45:29	+14:47	04:33	
354	643	Alexandre Santos	Individual	45:31	+14:49	04:33	
355	1449	Ze Moutinho	RUNNING ESPINHO	45:32	+14:50	04:33	
356	1043	Carlos Alves	Individual	45:34	+14:52	04:33	
357	705	João Carlos Tavares Correia	Individual	45:38	+14:56	04:34	

PROVA PRINCIPAL - STAGE 1

10 KM



OFFICIAL RESULT

<small>RANK</small>	<small>BIB</small>	<small>NAME</small>	<small>TEAM</small>	<small>RESULT</small>	<small>DIFF</small>	<small>t/KM</small>	<small>CARD</small>
358	1430	Ricardo Pais	RUNNING ESPINHO	45:39	+14:57	04:34	
359	1499	SERGIO GUEDES	SPRING MARK	45:40	+14:58	04:34	
360	1398	Hugo Sa	REMAX Summit	45:40	+14:58	04:34	
361	559	Oscar Brandão	Grupo Oscacer	45:42	+15:00	04:34	
362	931	Rui Manuel Pinto	Individual	45:44	+15:02	04:34	
363	1000	Abelardo Gomes	Individual	45:44	+15:02	04:34	
364	1523	David Aguiar	Trilhados	45:46	+15:04	04:35	
365	1528	Mario Alves	Tugas Corredores de Genève	45:47	+15:05	04:35	
366	1401	Vitor Pereira	REMAX Summit	45:48	+15:06	04:35	
367	1261	MARA CELIA	MC	45:48	+15:06	04:35	
368	736	Micael santos	Individual	45:50	+15:08	04:35	
369	1560	Agostinho Coelho	Individual	45:50	+15:08	04:35	
370	529	LILIANA ALEXANDRA DA COSTA FERREIRA	Grupo Desportivo & Cultural de Codal	45:51	+15:09	04:35	
371	331	Vitorino Silva	Clube Campismo	45:52	+15:10	04:35	
372	773	Rodolfo Monteiro	Individual	45:52	+15:10	04:35	
373	1425	Bruno Dias	RUNNING ESPINHO	45:54	+15:12	04:35	
374	615	Maria Pinto	Individual	45:55	+15:13	04:35	
375	1163	Lucas Leitão	LT2 Consulting	45:56	+15:14	04:36	
376	88	Márcio Oliveira	ACRR TRIATLO OVAR	45:57	+15:15	04:36	
377	1102	Lúcia Campos Costa	Juventude Cortegacense	46:05	+15:23	04:37	
378	91	José Fernando de Sousa e Matos	ADREP	46:05	+15:23	04:37	
379	976	Paulo Almeida	Individual	46:06	+15:24	04:37	
380	78	Manuel Candeias	ACAIL GÁS	46:07	+15:25	04:37	
381	218	Pedro Bastos	Bravos e Bravitas	46:08	+15:26	04:37	
382	110	Arlindo Silva	AFIS/OVAR	46:09	+15:27	04:37	
383	898	José Manuel Andrade Gomes	Individual	46:13	+15:31	04:37	
384	95	Cristiano Tavares	AFIS/OVAR	46:15	+15:33	04:37	
385	294	José Resende	CENAP - Cacia	46:15	+15:33	04:38	
386	307	Arlindo Rodrigues	Centro Municipal de Marcha e Corrida de Vale de Cambra	46:15	+15:33	04:38	
387	301	Artur Gigante	Centro Municipal de Marcha e Corrida de Vale de Cambra	46:15	+15:33	04:38	
388	1276	Catarina Pinho	Núcleo de Atletismo de Cucujães	46:16	+15:34	04:38	
389	1508	João pinheiro	TEBIS Trail Running Team	46:16	+15:34	04:38	
390	985	Roberto Silva	Individual	46:16	+15:34	04:38	
391	1056	Pedro Ferreira	JC Tubos	46:19	+15:37	04:38	
392	1085	Alexandre Brandão Andrade Leite	Juventude Cortegacense	46:20	+15:38	04:38	
393	1564	Joaquim Baptista	Individual	46:22	+15:40	04:38	
394	749	Nuno Almeida	Individual	46:23	+15:41	04:38	
395	121	Paulo Oliveira	AFIS/OVAR	46:23	+15:41	04:38	
396	43	JOSE SANTOS	A S	46:30	+15:48	04:39	
397	292	José Nunes	CDC S. MARTINHO DA GÂNDARA	46:31	+15:49	04:39	
398	1125	Celso Lino Oliveira Gomes	Juventude Cortegacense	46:31	+15:49	04:39	
399	11	MARCELO NEVES	100 DESCULPAS LUSITÂNIA DE LOUROSA FC	46:32	+15:50	04:39	
400	874	António Constantino Silva	Individual	46:34	+15:52	04:39	
401	1145	Tiago Mendonça	KIRCHHOFF KUNECT RUNING TEAM	46:35	+15:53	04:40	

PROVA PRINCIPAL - STAGE 1
10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
402	1293	Luis Catarino	Os Arrastões	46:36	+15:54	04:40	
403	334	Edmundo Guedes	Clube Campismo	46:38	+15:56	04:40	
404	721	Luciano Mortágua	Individual	46:38	+15:56	04:40	
405	1173	MÁRIO NOVO	LUSOESTORE TEAM	46:40	+15:58	04:40	
406	819	Angelina Zélia Pinto Ferreira	Individual	46:41	+15:59	04:40	
407	679	Fábio Aguiar	Individual	46:43	+16:01	04:40	
408	102	César Alves	AFIS/OVAR	46:45	+16:03	04:41	
409	44	MANUEL PEREIRA	A S	46:47	+16:05	04:41	
410	878	Bruno Miguel Morais Moreira	Individual	46:48	+16:06	04:41	
411	1030	filipe coimbra	Individual	46:51	+16:09	04:41	
412	768	Ricardo Lopes	Individual	46:51	+16:09	04:41	
413	1285	Pedro Paiva	Núcleo de Atletismo de Cucujães	46:51	+16:09	04:41	
414	394	José Garrido	Couto Run	46:53	+16:11	04:41	
415	195	Bruno Matos	Beatriz dos Panos	46:54	+16:12	04:41	
416	290	FERNANDO	CDC S. MARTINHO DA GÂNDARA	46:54	+16:12	04:41	
417	300	Amadeu Gonçalves	Centro Municipal de Marcha e Corrida de Vale de Cambra	46:55	+16:13	04:41	
418	620	Michelle Novo	Individual	46:55	+16:13	04:42	
419	624	Renata Pascoal	Individual	46:56	+16:14	04:42	
420	1439	Manuel Abreu	RUNNING ESPINHO	46:57	+16:15	04:42	
421	783	Rui Pinho	Individual	46:58	+16:16	04:42	
422	793	Tiago Cruz	Individual	46:58	+16:16	04:42	
423	751	NUNO PINTO	Individual	47:00	+16:18	04:42	
424	144	João Paulo Sousa Silva	Alma Runners	47:01	+16:19	04:42	
425	82	Artur Barbosa	ACR Vale de Cambra	47:02	+16:20	04:42	
426	103	Eduardo Oliveira	AFIS/OVAR	47:02	+16:20	04:42	
427	119	Manuel Gomes	AFIS/OVAR	47:02	+16:20	04:42	
428	952	Fernando Ferreira	Individual	47:03	+16:21	04:42	
429	1555	Mario Costa	AFIS/OVAR	47:04	+16:22	04:42	
430	661	Carlos Almeida	Individual	47:05	+16:23	04:43	
431	1376	elisio maia	Pupilos do Zé-Tó	47:06	+16:24	04:43	
432	46	José Silva	A.C.R.D.Escapaes	47:06	+16:24	04:43	
433	320	Patrick Matos Thoss	CIRES Running Team	47:06	+16:24	04:43	
434	430	Paulo Oliveira	EV PERALTAFIL	47:06	+16:24	04:43	
435	76	Roberto Dias	ACAIL GÁS	47:07	+16:25	04:43	
436	319	Lígia Casimiro	CIRES Running Team	47:07	+16:25	04:43	
437	321	Francisco Tavares	CIRES Running Team	47:07	+16:25	04:43	
438	936	Valdemar Lopes	Individual	47:09	+16:27	04:43	
439	1408	Paulo Ribeiro	Ribsol	47:12	+16:30	04:43	
440	1453	DANIELA SOARES	Runriver	47:12	+16:30	04:43	
441	904	Luis Rodrigues	BTT ISolamais/Pinheirense	47:13	+16:31	04:43	
442	760	Pedro Costa	Individual	47:13	+16:31	04:43	
443	273	Armando Santos	Caldas S. Jorge Sport Clube	47:14	+16:32	04:43	
444	664	Carlos Monteiro	Individual	47:14	+16:33	04:43	
445	109	Américo Oliviera	AFIS/OVAR	47:15	+16:33	04:43	
446	378	ANTÓNIO SÁ	Clube Desportivo Feirense	47:15	+16:33	04:44	

PROVA PRINCIPAL - STAGE 1
10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
447	987	Rui Freitas	Individual	47:15	+16:33	04:44	
448	1004	Carlos Alberto Cruz Lopes	Individual	47:15	+16:33	04:44	
449	1007	Fernando Brandão	Individual	47:16	+16:34	04:44	
450	734	Marco oliveira	Individual	47:16	+16:34	04:44	
451	270	José Sousa	Caldas S. Jorge Sport Clube	47:18	+16:36	04:44	
452	731	Marco Costa	Individual	47:19	+16:37	04:44	
453	1005	Celso Teixeira	Individual	47:21	+16:39	04:44	
454	995	Vieira	Individual	47:21	+16:39	04:44	
455	787	Sérgio Marques	Individual	47:22	+16:40	04:44	
456	1491	José Augusto Ribeiro	Sporting Clube de Espinho / António Leitão	47:24	+16:42	04:44	
457	73	Carlos Tavares	ACAÍL GÁS	47:24	+16:42	04:44	
458	1468	Mário Valinho Dias	Speeders	47:25	+16:43	04:44	
459	1033	Manuel Oliveira	Individual	47:26	+16:44	04:45	
460	1159	Jorge Santos	KIRCHHOFF KUNECT RUNING TEAM	47:27	+16:45	04:45	
461	937	Vítor Salgado	Individual	47:27	+16:45	04:45	
462	382	Daniel Marques	Compadres & Pingas	47:28	+16:46	04:45	
463	251	Jorge Bernardino	CAL - Clube Atletismo de Lamas	47:28	+16:46	04:45	
464	698	Hugo Fardilha	Individual	47:28	+16:46	04:45	
465	249	AMÉRICO GOMES	CAL - Clube Atletismo de Lamas	47:29	+16:47	04:45	
466	997	Vítor Neto	Individual	47:29	+16:47	04:45	
467	29	Joaquim Barbosa	A D Rio Largo C Espinho	47:29	+16:47	04:45	
468	1171	MARGARIDA MELO	LUSITÂNIA DE LOUROSA FC	47:31	+16:49	04:45	
469	279	Abel Santos	Caldas S. Jorge Sport Clube	47:31	+16:49	04:45	
470	1358	Andy Murphy	OvarRun	47:32	+16:50	04:45	
471	412	André Filipe dos Santos Rebelo	EDUART COMPONENTES CALÇADO	47:36	+16:54	04:46	
472	1565	Sérgio Almeida	Individual	47:36	+16:54	04:46	
473	309	Manuel Oliveira	Centro Municipal de Marcha e Corrida de Vale de Cambra	47:38	+16:56	04:46	
474	1273	Rui Almeida	NOCTURNOS DE PAREDES	47:38	+16:56	04:46	
475	1427	Mário Dias	RUNNING ESPINHO	47:38	+16:56	04:46	
476	1080	Marlene Silva Ferreira	Juventude Cortegacense	47:39	+16:57	04:46	
477	1038	António Augusto Pereira	Individual	47:39	+16:57	04:46	
478	1057	Filipe Brandão	Jesus Runners	47:40	+16:58	04:46	
479	1058	Domingos silva	Jesus Runners	47:40	+16:58	04:46	
480	131	Manuel Vieira	AFIS/OVAR	47:41	+16:59	04:46	
481	630	Sara Cristina	Individual	47:41	+16:59	04:46	
482	1069	Francisco Soares	JOBRA-Assoc.Jovens da Branca	47:42	+17:00	04:46	
483	1524	Luís Marques	Trilhados	47:44	+17:02	04:46	
484	1059	Catarina Ferreira	JOBRA-Assoc.Jovens da Branca	47:45	+17:03	04:46	
485	1455	NUNO SOARES	S.S.T.S.J.M. Serviços Sociais do Pessoal do Município de S. João da Madeira	47:46	+17:04	04:47	
486	503	Bruno Santiago	GJ Pinheiro da Bemposta	47:49	+17:07	04:47	
487	895	Jorge Fernandes	Individual	47:50	+17:08	04:47	
488	935	TONY MATIAS	Individual	47:50	+17:08	04:47	
489	250	BELMIRO LOPES	CAL - Clube Atletismo de Lamas	47:51	+17:09	04:47	
490	291	PAULO	CDC S. MARTINHO DA GÂNDARA	47:51	+17:09	04:47	
491	125	Manuel Luis	AFIS/OVAR	47:52	+17:10	04:47	

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
537	1211	Pedro Gomes	madugym	48:41	+17:59	04:52	
538	682	Fábio Vaz	Individual	48:42	+18:00	04:52	
539	680	Fábio Almeida	Individual	48:43	+18:01	04:52	
540	770	Ricardo Melindra	Individual	48:44	+18:02	04:52	
541	726	Marcelo Borges Silva	Individual	48:44	+18:02	04:52	
542	665	Carlos Pina	Individual	48:46	+18:04	04:53	
543	202	Celso Coelho	BESJOGING	48:47	+18:05	04:53	
544	684	FILIFE MOREIRA	Individual	48:48	+18:06	04:53	
545	658	Bruno Miguel goncalves	Individual	48:48	+18:06	04:53	
546	1186	José Castro	Lux Health Club	48:49	+18:07	04:53	
547	269	Fernando Rodrigues	Caldas S. Jorge Sport Clube	48:50	+18:08	04:53	
548	502	Antonio Martins	GJ Pinheiro da Bemposta	48:51	+18:09	04:53	
549	507	Hugo Sousa	GJ Pinheiro da Bemposta	48:51	+18:09	04:53	
550	1090	Jose Miguel Fonseca Duarte	Juventude Cortegacense	48:52	+18:10	04:53	
551	756	Paulo Roberto Silva Oliveira	Individual	48:55	+18:13	04:53	
552	1520	José Pedro Tavares	Torreira Runners	48:57	+18:15	04:54	
553	961	Jorge Gonçalves	Individual	48:58	+18:16	04:54	
554	941	António Eduardo Rebelo dos Santos Valente	Individual	48:58	+18:16	04:54	
555	888	Humberto Rodrigues	Individual	48:59	+18:17	04:54	
556	302	Nelson Tavares	Centro Municipal de Marcha e Corrida de Vale de Cambra	48:59	+18:17	04:54	
557	922	Nuno Silva	Individual	49:01	+18:19	04:54	
558	1046	Fernando Lopes	Individual	49:02	+18:20	04:54	
559	674	Domenico Tropea	Individual	49:03	+18:21	04:54	
560	24	João Mendes	A D Rio Largo C Espinho	49:04	+18:22	04:54	
561	1342	Rui Vieira	OvarRun	49:06	+18:24	04:55	
562	851	Marta	Individual	49:07	+18:25	04:55	
563	22	Fernando Pinto	3moços	49:09	+18:27	04:55	
564	981	PAULO PERALTA	Individual	49:10	+18:28	04:55	
565	180	Filipe José Almeida Esteves	AVANCARUNNERS	49:13	+18:31	04:55	
566	211	Pedro Almeida	Bravos e Bravitas	49:13	+18:31	04:55	
567	182	Paulo Fanfas	AVANCARUNNERS	49:15	+18:33	04:56	
568	147	Eduardo Silva	Amadores&Basta	49:16	+18:34	04:56	
569	148	José Quintinha	Amadores&Basta	49:17	+18:35	04:56	
570	156	MARCELO DIAS	ARADA ATLÉTICO CLUBE	49:18	+18:36	04:56	
571	710	JOÃO NEVES	Individual	49:19	+18:37	04:56	
572	120	Paulo Almeida	AFIS/OVAR	49:19	+18:37	04:56	
573	1451	Conceição Correia	Running Master	49:19	+18:37	04:56	
574	626	RITA MALTÊZ	Individual	49:19	+18:37	04:56	
575	654	António Soares	Individual	49:20	+18:38	04:56	
576	221	Manuel Gomes	Bravos e Bravitas	49:21	+18:39	04:56	
577	1024	Rui Godinho	Individual	49:22	+18:40	04:56	
578	647	António David Rufino Ramos	Individual	49:22	+18:40	04:56	
579	1330	Pelágio Silva	Os Silva	49:23	+18:41	04:56	
580	402	Adolfo Lemos	Dragões de Ovar	49:25	+18:43	04:56	
581	902	Luis Gomes	Individual	49:27	+18:45	04:57	

PROVA PRINCIPAL - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
582	800	Tiago santos	Individual	49:28	+18:46	04:57	
583	667	Claudio Maia	Individual	49:29	+18:47	04:57	
584	222	Luís Silva	BUCHA & estica	49:29	+18:47	04:57	
585	67	Artur Freitas	ACADEMIA FERNANDA RIBEIRO	49:31	+18:49	04:57	
586	593	Catarina Leite	Individual	49:31	+18:49	04:57	
587	1382	ruí portugal	Pupilos do Zé-Tó	49:35	+18:53	04:57	
588	1105	Marcia Castro Costa	Juventude Cortegacense	49:36	+18:54	04:58	
589	1372	david braga	Pupilos do Zé-Tó	49:36	+18:54	04:58	
590	1242	Eduardo Valverde	madugym	49:36	+18:54	04:58	
591	1383	sergio santos	Pupilos do Zé-Tó	49:36	+18:54	04:58	
592	1041	Armando Cerqueira	Individual	49:37	+18:55	04:58	
593	796	Tiago filipe da costa Gomes	Individual	49:38	+18:56	04:58	
594	1371	daniel costa	Pupilos do Zé-Tó	49:39	+18:57	04:58	
595	1374	carla araujo	Pupilos do Zé-Tó	49:40	+18:58	04:58	
596	1044	Carlos Leite	Individual	49:42	+19:00	04:58	
597	2	Ricardo Pereira	#lobosolitário	49:43	+19:01	04:58	
598	1378	jorge costa	Pupilos do Zé-Tó	49:45	+19:03	04:58	
599	288	Sandro Pinho	CDC S. MARTINHO DA GÂNDARA	49:45	+19:03	04:59	
600	1288	Manuel Anjos	Núcleo de Atletismo de Cucujães	49:45	+19:03	04:59	
601	590	BRENDA JORGE	Individual	49:46	+19:04	04:59	
602	330	Paulo Valente	Clube Campismo	49:48	+19:06	04:59	
603	400	Pedro Neto	Deixa passar	49:48	+19:06	04:59	
604	956	Francisco Reis	Individual	49:51	+19:09	04:59	
605	1450	Alexandra Moreira	Running Master	49:51	+19:09	04:59	
606	65	Augusto Santos	ACADEMIA FERNANDA RIBEIRO	49:52	+19:10	04:59	
607	115	Joaquim Moreira	AFIS/OVAR	49:53	+19:11	04:59	
608	938	ABÍLIO JOAQUIM MARQUES PINTO	Individual	49:55	+19:13	04:59	
609	155	Luis almeida	ARADA ATLÉTICO CLUBE	49:58	+19:16	05:00	
610	163	Claudio Caldas	ARADA ATLÉTICO CLUBE	49:58	+19:16	05:00	
611	204	José Oliveira	Binóito Bentanias	49:59	+19:17	05:00	
612	1402	Maria Martins	REMAX Summit	50:00	+19:18	05:00	
613	318	Oscar Magolo	Cirac - Circulo de Recreio Arte e Cultura	50:01	+19:19	05:00	
614	659	Bruno Piorro	Individual	50:01	+19:19	05:00	
615	1578	Francisco Oliveira	Individual	50:03	+19:21	05:00	
616	1304	Marco Botelho	Os Falta D'Ar	50:05	+19:23	05:00	
617	513	Virgulino Bastos	GJ Pinheiro da Bemposta	50:07	+19:25	05:01	
618	1352	Gonçalo Oliveira	OvarRun	50:08	+19:26	05:01	
619	506	Helder Martins	GJ Pinheiro da Bemposta	50:09	+19:27	05:01	
620	915	MIGUEL COSTA	Individual	50:09	+19:27	05:01	
621	601	Diana Pinho	Individual	50:10	+19:28	05:01	
622	426	Ana Oliveira	EV Peraltafil	50:10	+19:28	05:01	
623	434	Sérgio Gomes	EV PERALTAFIL	50:11	+19:29	05:01	
624	437	Leonel Silva	EV PERALTAFIL	50:12	+19:30	05:01	
625	1554	Tulio Tomaz	AFIS/OVAR	50:14	+19:32	05:01	
626	1032	Manuel costa	Individual	50:14	+19:32	05:01	

PROVA PRINCIPAL - STAGE 1
10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
672	919	Nuno Morais da Silva	Individual	50:59	+20:17	05:06	
673	186	Filipe Cunha	AZtrail/Mercentro	51:02	+20:20	05:06	
674	803	Vasco Silva	Individual	51:03	+20:21	05:06	
675	1142	João Pinho	KIRCHHOFF KUNECT RUNING TEAM	51:03	+20:21	05:06	
676	75	Helder Rafael	ACAIL GÁS	51:06	+20:24	05:07	
677	413	Luís Filipe Martins Soares	EDUART COMPONENTES CALÇADO	51:10	+20:28	05:07	
678	1073	JOSÉ PINTO	JUVENTUDE ATLÉTICA MOZELENSE	51:12	+20:30	05:07	
679	1423	Carla Costa	RUNNING ESPINHO	51:12	+20:30	05:07	
680	729	Marco Almeida	Individual	51:13	+20:31	05:07	
681	1456	ANABELA SANTOS	S.S.T.S.J.M. Serviços Sociais do Pessoal do Município de S. João da Madeira	51:15	+20:33	05:08	
682	992	Telmo pires	Individual	51:16	+20:34	05:08	
683	909	Marco André Paiva	Individual	51:16	+20:34	05:08	
684	547	MANUEL ANDRADE	Grupo Desportivo e Cultural de Guilhovai	51:18	+20:36	05:08	
685	179	André F Silva	AVANCARUNNERS	51:18	+20:36	05:08	
686	1245	Paulo Campos	madugym	51:19	+20:37	05:08	
687	835	Filipa Falcao	Individual	51:22	+20:40	05:08	
688	1361	António João	Perdi o Táxi	51:22	+20:40	05:08	
689	443	Filipe Mencarini	F2	51:23	+20:41	05:08	
690	1189	Paulo Fernando	Lux Health Club	51:26	+20:44	05:09	
691	816	Anabela Santos	Individual	51:26	+20:44	05:09	
692	1019	Manuel Silva	Individual	51:27	+20:45	05:09	
693	1076	AUGUSTO BAPTISTA	JUVENTUDE ATLÉTICA MOZELENSE	51:29	+20:47	05:09	
694	1109	Maria Salome M. S. Oliveira	Juventude Cortegacense	51:30	+20:48	05:09	
695	905	Manuel José de Oliveira Gomes	Individual	51:31	+20:49	05:09	
696	438	Nuno Azevedo	ExSedentários	51:31	+20:49	05:09	
697	1143	Marco Silva	KIRCHHOFF KUNECT RUNING TEAM	51:31	+20:49	05:09	
698	622	Paula Nunes	Individual	51:32	+20:50	05:09	
699	733	Marco Marreiro	Individual	51:33	+20:51	05:09	
700	955	Filipe Oliveira	Individual	51:33	+20:51	05:09	
701	977	Paulo Alves	Individual	51:34	+20:52	05:09	
702	692	Hélder Américo Alves Silva	Individual	51:35	+20:53	05:10	
703	676	Elisio Cardoso	Individual	51:35	+20:53	05:10	
704	1563	Nelson Fernandes	Individual	51:36	+20:54	05:10	
705	815	Anabela Pereira Lopes	Individual	51:36	+20:54	05:10	
706	1023	Nestor Gomes	Individual	51:38	+20:56	05:10	
707	350	JOSE LOURENÇO	CLUBE DE ATLETISMO DE OVAR	51:38	+20:56	05:10	
708	1356	Valter Correia	OvarRun	51:45	+21:03	05:11	
709	881	Diogo Cruz	Individual	51:48	+21:06	05:11	
710	1440	Vitor Neves	RUNNING ESPINHO	51:49	+21:07	05:11	
711	929	Rui Coelho	Individual	51:50	+21:08	05:11	
712	610	Liliana Azevedo	Individual	51:50	+21:08	05:11	
713	979	Paulo Jorge	Individual	51:51	+21:09	05:11	
714	327	Clementina Andrade	Clube Campismo	51:56	+21:14	05:12	
715	441	Arnaldo Lúcio	ExSedentários	51:57	+21:15	05:12	
716	98	Elisabete Silva	AFIS/OVAR	51:57	+21:15	05:12	

PROVA PRINCIPAL - STAGE 1
10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
717	728	Márcio Oliveira	Individual	51:57	+21:15	05:12	
718	129	Manuel Ramos	AFIS/OVAR	51:57	+21:15	05:12	
719	695	Hélder José Oliveira Lopes	Individual	52:00	+21:18	05:12	
720	151	Paulo Ferreira	AMIGOS DO TRAIL	52:00	+21:18	05:12	
721	947	Carlos Lancha	Individual	52:02	+21:20	05:12	
722	1545	Júlio Moreira	Villa Cesari / FLAMA	52:02	+21:20	05:12	
723	1544	Vitor Sá	Villa Cesari / FLAMA	52:03	+21:21	05:12	
724	1541	Celeste Oliveira	Villa Cesari / FLAMA	52:03	+21:21	05:12	
725	805	Víctor Pinho	Individual	52:04	+21:22	05:12	
726	141	Hélder Pinto	Alma Runners	52:06	+21:24	05:13	
727	165	LUIS ROCHA	ARADA ATLÉTICO CLUBE	52:08	+21:26	05:13	
728	230	nuno silva	C. I. ARGONCILHE	52:13	+21:31	05:13	
729	68	Carlos Gomes	ACAIL GÁS	52:14	+21:32	05:13	
730	257	FRANCISCO COSTA	CAL - Clube Atletismo de Lamas	52:15	+21:33	05:14	
731	181	Ana silva	AVANCARUNNERS	52:16	+21:34	05:14	
732	217	Mike	Bravos e Bravitas	52:17	+21:35	05:14	
733	467	André Castro	Fogaças com Malapos	52:18	+21:36	05:14	
734	761	PEDRO DIAS	Individual	52:20	+21:38	05:14	
735	1526	Cida Silva	Tugas Corredores de Genève	52:23	+21:41	05:14	
736	877	Bernardo Santos	Individual	52:23	+21:41	05:14	
737	963	Jorge Silva	Individual	52:25	+21:43	05:14	
738	1098	Anabela dos Santos Marques	Juventude Cortegacense	52:27	+21:45	05:15	
739	1120	Jorge Fernando Silva Marques Coelho	Juventude Cortegacense	52:27	+21:45	05:15	
740	1512	André Bastos	The Slow Motion Brothers	52:29	+21:47	05:15	
741	1513	Nuno Bastos	The Slow Motion Brothers	52:30	+21:48	05:15	
742	1070	RENATO ARAÚJO	JUFACC	52:30	+21:48	05:15	
743	377	PAULO ALMEIDA	Clube Desportivo Feirense	52:30	+21:48	05:15	
744	468	Carlos Daniel Brandão	Fogaças com Malapos	52:30	+21:48	05:15	
745	256	DOMINGOS SILVA	CAL - Clube Atletismo de Lamas	52:32	+21:50	05:15	
746	870	Américo Gomes	Individual	52:34	+21:52	05:15	
747	1435	Manuela Sousa	RUNNING ESPINHO	52:37	+21:55	05:16	
748	192	Mário Oliveira	Batalhão de Sapadores Bombeiros do Porto	52:39	+21:57	05:16	
749	504	Carlos Teixeira	GJ Pinheiro da Bemposta	52:42	+22:00	05:16	
750	716	Jorge Daniel da Silva Gonçalves	Individual	52:43	+22:01	05:16	
751	254	PEDRO SANTOS	CAL - Clube Atletismo de Lamas	52:43	+22:01	05:16	
752	584	Ana Patrícia Oliveira Garrido	Individual	52:45	+22:03	05:16	
753	414	Eduardo Tavares Rebelo	EDUART COMPONENTES CALÇADO	52:48	+22:06	05:17	
754	56	Patrícia Porto	ACADEMIA FERNANDA RIBEIRO	52:49	+22:07	05:17	
755	461	António couto	Flechas	52:51	+22:09	05:17	
756	35	Adriano Queiroz	A D Rio Largo C Espinho	52:51	+22:09	05:17	
757	806	Vitor Bruno da Silva Correia	Individual	52:51	+22:09	05:17	
758	758	Pedro Baldaia	Individual	52:51	+22:09	05:17	
759	69	Fernando Martins	ACAIL GÁS	52:52	+22:10	05:17	
760	1488	Jorge Vicente Sousa	Sporting Clube de Espinho / António Leitão	52:52	+22:10	05:17	
761	704	João Baldaia	Individual	52:52	+22:10	05:17	

PROVA PRINCIPAL - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
762	1479	Janett Fernandes	Sporting Clube de Espinho / António Leitão	52:52	+22:10	05:17	
763	990	Rui Pascoal	Individual	52:53	+22:11	05:17	
764	469	Filipe Coelho	Fogaças com Malapos	52:54	+22:12	05:17	
765	1277	Marisa Gonçalves	Núcleo de Atletismo de Cucujães	52:55	+22:13	05:17	
766	714	JOÃO PEDRO OLIVEIRA	Individual	52:57	+22:15	05:18	
767	471	Hugo Lima	Fogaças com Malapos	52:58	+22:16	05:18	
768	480	Paulo Lima	Fogaças com Malapos	52:58	+22:16	05:18	
769	571	Filipe Fontes	IMPERRIA	53:00	+22:18	05:18	
770	1235	Joel Ribeiro	madugym	53:00	+22:18	05:18	
771	1205	Vita Minas	madugym	53:00	+22:18	05:18	
772	1177	Rosário Jesus	Lux Health Club	53:03	+22:21	05:18	
773	831	Elvira silva	Individual	53:10	+22:28	05:19	
774	924	Paulo Silva	Individual	53:13	+22:31	05:19	
775	239	ANA CASTRO	CAL - Clube Atletismo de Lamas	53:13	+22:31	05:19	
776	466	Catarina Silva	Fogaças com Malapos	53:13	+22:31	05:19	
777	681	Fábio Ferreira	Individual	53:16	+22:34	05:20	
778	691	Gonçalo Silva Pereira	Individual	53:16	+22:34	05:20	
779	510	PAULO RAMOS	GJ Pinheiro da Bemposta	53:17	+22:35	05:20	
780	573	Nuno Fontes	IMPERRIA	53:18	+22:36	05:20	
781	1496	RAFAEL ANDRADE	SPRING MARK	53:20	+22:38	05:20	
782	702	Ivo Duarte Gonçalves País	Individual	53:21	+22:39	05:20	
783	299	Inês Gonçalves	Centro Municipal de Marcha e Corrida de Vale de Cambra	53:21	+22:39	05:20	
784	821	carla maria reis sa cardoso	Individual	53:22	+22:40	05:20	
785	1363	Miguel Morais	Perdi o Táxi	53:23	+22:41	05:20	
786	244	Flávio Soares	CAL - Clube Atletismo de Lamas	53:24	+22:42	05:20	
787	245	Joel Santos	CAL - Clube Atletismo de Lamas	53:25	+22:43	05:20	
788	757	Paulo Tavares	Individual	53:26	+22:44	05:21	
789	197	António Sá	Beatriz dos Panos	53:28	+22:46	05:21	
790	765	Rafael Lopes Mendonca	Individual	53:30	+22:48	05:21	
791	27	Susana Monteiro	A D Rio Largo C Espinho	53:32	+22:50	05:21	
792	1111	Hélder Fernandes da Rocha	Juventude Cortegacense	53:36	+22:54	05:22	
793	194	Bruno Guedes	Beatriz dos Panos	53:38	+22:56	05:22	
794	1001	ADÉRITO VIDEIRA	Individual	53:40	+22:58	05:22	
795	183	Paulo Barbosa	AVANCARUNNERS	53:41	+22:59	05:22	
796	893	Jorge costa	Individual	53:43	+23:01	05:22	
797	404	Tommy Reis	Dragões de Ovar	53:47	+23:05	05:23	
798	640	Vera Alice Resende	Individual	53:48	+23:06	05:23	
799	1326	José Pedro Medeiros	Os Medeiros	53:53	+23:11	05:23	
800	1325	Daniel Medeiros	Os Medeiros	53:53	+23:11	05:23	
801	1549	João Tavares	Workout	53:55	+23:13	05:24	
802	978	Paulo Antonio Tavares de Fontes	Individual	53:56	+23:14	05:24	
803	486	Deolinda Ferreira	G.D.Ronda	53:57	+23:15	05:24	
804	1029	Fernando Resende	Individual	53:57	+23:15	05:24	
805	645	André Marques	Individual	53:59	+23:17	05:24	
806	57	Teresa Lopes	ACADEMIA FERNANDA RIBEIRO	53:59	+23:17	05:24	

PROVA PRINCIPAL - STAGE 1
10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
807	1253	Joaquim Sousa	madugym	54:00	+23:18	05:24	
808	492	Andreia MArtins	Galinhas De Cross	54:02	+23:20	05:24	
809	395	Paulo Sousa	Couto Run	54:02	+23:20	05:24	
810	1299	Daniela Oliveira	Os Falta D'Ar	54:03	+23:21	05:24	
811	408	Júlio Costa	Dragões de Ovar	54:04	+23:22	05:24	
812	1553	Luis Iglésias	AFIS/OVAR	54:08	+23:26	05:25	
813	1071	MARINHA BAPTISTA	JUVENTUDE ATLÉTICA MOZELENSE	54:09	+23:27	05:25	
814	1026	Vitor Tomé Alves Santos Pereira	Individual	54:15	+23:33	05:25	
815	1052	Olivier michoud	Individual	54:15	+23:33	05:26	
816	1182	Igor Conceicao	Lux Health Club	54:16	+23:34	05:26	
817	258	JOAQUIM PAULINO	CAL - Clube Atletismo de Lamas	54:19	+23:37	05:26	
818	1434	Emília Ferreira	RUNNING ESPINHO	54:21	+23:39	05:26	
819	13	Manuela Monteiro	100meta	54:22	+23:40	05:26	
820	1160	Miguel Miranda	KIRCHHOFF KUNECT RUNING TEAM	54:23	+23:41	05:26	
821	1155	José Carlos	KIRCHHOFF KUNECT RUNING TEAM	54:24	+23:42	05:26	
822	906	manuel migueis	Individual	54:24	+23:42	05:26	
823	381	Manuel Santiago	Clube Pessoal Aguas Gaia	54:25	+23:43	05:26	
824	1136	Sofia Pinho	KIRCHHOFF KUNECT RUNING TEAM	54:27	+23:45	05:27	
825	1141	Filipe Oliveira	KIRCHHOFF KUNECT RUNING TEAM	54:27	+23:45	05:27	
826	871	Américo Oliveira	Individual	54:29	+23:47	05:27	
827	1013	Joaquim Moreira	Individual	54:31	+23:49	05:27	
828	409	Bruno Santos	Drogaria Morais	54:33	+23:51	05:27	
829	644	André Filipe da Silva Costa	Individual	54:33	+23:51	05:27	
830	1128	Paulo Castelo	Juventude Cortegacense	54:34	+23:52	05:27	
831	1329	Tânia da Costa e Silva	Os Silva	54:36	+23:54	05:28	
832	178	TERESA GUIMARÃES	AVANCARUNNERS	54:37	+23:55	05:28	
833	289	SUSANA	CDC S. MARTINHO DA GÂNDARA	54:40	+23:58	05:28	
834	989	Rui Marques	Individual	54:40	+23:58	05:28	
835	1168	Fernando Matoso	LT2 Consulting	54:41	+23:59	05:28	
836	1375	ricardo costa	Pupilos do Zé-Tó	54:41	+23:59	05:28	
837	735	Mário Fonseca	Individual	54:41	+23:59	05:28	
838	1385	antonio silva	Pupilos do Zé-Tó	54:42	+24:00	05:28	
839	1335	Filipa Ângela	OvarRun	54:44	+24:02	05:28	
840	1178	Vera Ferreira	Lux Health Club	54:46	+24:04	05:29	
841	660	Bruno Polónia	Individual	54:46	+24:04	05:29	
842	1016	José Lucio Pereira Nunes	Individual	54:51	+24:09	05:29	
843	537	ISABEL ANDRADE	Grupo Desportivo e Cultural de Guilhovai	54:51	+24:09	05:29	
844	1574	Helena Oliveira	Individual	54:52	+24:10	05:29	
845	687	Freddy Vieira Ramos	Individual	54:56	+24:14	05:30	
846	1397	Teresa Alves	REMAX Summit	54:59	+24:17	05:30	
847	1187	Paulo Sergio	Lux Health Club	54:59	+24:17	05:30	
848	885	Filipe Silvestre Carneiro	Individual	55:00	+24:18	05:30	
849	1540	Fabio oliveira	Velozes	55:02	+24:20	05:30	
850	1362	Eduardo Falcão	Perdi o Táxi	55:05	+24:23	05:30	
851	1377	joao carvalho	Pupilos do Zé-Tó	55:06	+24:24	05:31	
852	883	Eusébio Lopes	Individual	55:06	+24:24	05:31	

PROVA PRINCIPAL - STAGE 1

10 KM



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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
853	1119	Helder Cesar Gomes Candal Correia	Juventude Cortegacense	55:07	+24:25	05:31	
854	570	Manuel Silva	HomeGym	55:08	+24:26	05:31	
855	561	Daniela Lopes	HomeGym	55:08	+24:26	05:31	
856	563	Liliana Andrade	HomeGym	55:08	+24:26	05:31	
857	97	Ana Silva	AFIS/OVAR	55:09	+24:27	05:31	
858	786	Sérgio Daniel Sousa Almeida	Individual	55:09	+24:27	05:31	
859	114	Carlos Campos	AFIS/OVAR	55:09	+24:27	05:31	
860	311	Jose Soares	Centro Municipal de Marcha e Corrida de Vale de Cambra	55:13	+24:31	05:31	
861	305	Carlos Silva	Centro Municipal de Marcha e Corrida de Vale de Cambra	55:14	+24:32	05:31	
862	298	Diana Pascoal	Centro Municipal de Marcha e Corrida de Vale de Cambra	55:14	+24:32	05:31	
863	511	Rui Freire	GJ Pinheiro da Bemposta	55:16	+24:34	05:32	
864	1509	DANIEL FORTUNA	TENDÊNCIA VISUAL	55:16	+24:34	05:32	
865	1511	Ricardo Silva	TENDÊNCIA VISUAL	55:17	+24:35	05:32	
866	223	Gil Soares	BUCHA & estica	55:20	+24:38	05:32	
867	209	Daniel Oliveira	Bravos e Bravitas	55:22	+24:40	05:32	
868	1305	Joaquim Guerra	Os Falta D'Ar	55:23	+24:41	05:32	
869	1502	Andreina Assunção	Tartarugas Velozes	55:24	+24:42	05:32	
870	1138	Bruno Moreira	KIRCHHOFF KUNECT RUNING TEAM	55:27	+24:45	05:33	
871	259	LUCIDIO DIAS	CAL - Clube Atletismo de Lamas	55:28	+24:46	05:33	
872	1467	Sara Petiz	Speeders	55:29	+24:47	05:33	
873	224	S_fidalgo@hotmail.com	Bunheiro Runners	55:30	+24:48	05:33	
874	34	Henrique Silva	A D Rio Largo C Espinho	55:33	+24:51	05:33	
875	859	Sandra Aguiar	Individual	55:38	+24:56	05:34	
876	1268	Álvaro Silva	Mss-Contabilidade Team Trail	55:38	+24:56	05:34	
877	1295	Andreia Valente	os caga tacos running team	55:39	+24:57	05:34	
878	128	Fernando Santos	AFIS/OVAR	55:40	+24:58	05:34	
879	696	Hélder Pereira	Individual	55:41	+24:59	05:34	
880	527	Fernando Silva	Grupo de Corrida de Argoncilhe	55:43	+25:01	05:34	
881	901	Leonardo Marques	Individual	55:44	+25:02	05:34	
882	1099	Clara Gonçalves	Juventude Cortegacense	55:45	+25:03	05:34	
883	779	Rui Barbosa	Individual	55:46	+25:04	05:35	
884	21	Eduardo vieira	3moços	55:46	+25:04	05:35	
885	214	Dorinda	Bravos e Bravitas	55:46	+25:04	05:35	
886	1028	carlos silva	Individual	55:48	+25:06	05:35	
887	359	MATILDE LEAL	CLUBE DE ATLETISMO DE OVAR	55:49	+25:07	05:35	
888	842	MAria dos Anjos	Individual	55:49	+25:07	05:35	
889	336	VERA ENCARNAÇÃO	CLUBE DE ATLETISMO DE OVAR	55:49	+25:07	05:35	
890	143	Augusto Oliveira	Alma Runners	55:52	+25:10	05:35	
891	533	FERNANDA GOMES DE ALMEIDA	Grupo Desportivo & Cultural de Codal	55:53	+25:11	05:35	
892	1573	Maria Reis	ACREFA	55:59	+25:17	05:36	
893	137	Isabel Santos	Alma Runners	56:00	+25:18	05:36	
894	135	Cátia Sofia Alves	Alma Runners	56:01	+25:19	05:36	
895	187	Tiago Cardoso	B. V. Ovar	56:04	+25:22	05:36	

PROVA PRINCIPAL - STAGE 1
10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
896	1417	Paula Sousa	Running Esmoriz	56:05	+25:23	05:37	
897	1337	Isabel Correia	OvarRun	56:06	+25:24	05:37	
898	744	Miguel Resende	Individual	56:08	+25:26	05:37	
899	77	Jorge Francisco	ACAÍL GÁS	56:08	+25:26	05:37	
900	849	Maria Resende	Individual	56:08	+25:26	05:37	
901	20	Bruno Gonçalves	3moços	56:11	+25:29	05:37	
902	926	Ricardo Costa	Individual	56:15	+25:33	05:37	
903	826	Conceição Costa	Individual	56:15	+25:33	05:37	
904	392	Ricardo Meneses	Correr para Comer	56:16	+25:34	05:38	
905	585	Ana Pinho	Individual	56:16	+25:34	05:38	
906	666	Carlos Santos	Individual	56:18	+25:36	05:38	
907	723	Luis Lopes	Individual	56:19	+25:37	05:38	
908	508	Rui Martins	GJ Pinheiro da Bemposta	56:22	+25:40	05:38	
909	750	Nuno Fernando Soares Oliveira	Individual	56:25	+25:43	05:38	
910	557	Nuno Soares	Grupo Oscacer	56:28	+25:46	05:39	
911	374	RUI OLIVEIRA	Clube Desportivo Feirense	56:29	+25:47	05:39	
912	623	Raquel Guedes	Individual	56:31	+25:49	05:39	
913	1360	Francisco Gonçalves	OvarRun	56:32	+25:50	05:39	
914	847	Manuela Carvalho	Individual	56:32	+25:50	05:39	
915	159	OLGA BRANDÃO	ARADA ATLÉTICO CLUBE	56:33	+25:51	05:39	
916	907	Manuel Ricardo Mendes Pereira da Silva	Individual	56:34	+25:52	05:39	
917	971	Miguel Resende	Individual	56:34	+25:52	05:39	
918	150	Carlos Cruz	AMIGOS DO TRAIL	56:37	+25:55	05:40	
919	1169	CARLINDA SANTOS	LUSITÂNIA DE LOUROSA FC	56:38	+25:56	05:40	
920	376	PEDRO SANTOS	Clube Desportivo Feirense	56:38	+25:56	05:40	
921	1538	Joaquim José da Silva Neves	V.C.BIKE	56:38	+25:56	05:40	
922	1503	Vânia Silva	Tartarugas Velozes	56:40	+25:58	05:40	
923	1181	Diogo Ferreira	Lux Health Club	56:44	+26:02	05:40	
924	603	Florbela Araujo	Individual	56:47	+26:05	05:41	
925	72	Luis Novo	ACAÍL GÁS	56:48	+26:06	05:41	
926	1529	António Almeida	TURBULENTOS	56:50	+26:08	05:41	
927	856	Paula Gandra	Individual	56:52	+26:10	05:41	
928	149	Andrés Ferreira	AMIGOS DO TRAIL	56:53	+26:11	05:41	
929	18	Ana Belinha	3moços	56:54	+26:12	05:41	
930	236	ARMANDO CARRAGOSO	CAL - Clube Atletismo de Lamas	56:55	+26:13	05:42	
931	1465	Manuel Soares	Soares	56:57	+26:15	05:42	
932	892	Joaquim Rosas	Individual	56:59	+26:17	05:42	
933	657	Bruno Manuel Assunção Gomes	Individual	56:59	+26:17	05:42	
934	126	António Santos	AFIS/OVAR	57:01	+26:19	05:42	
935	3	Catarina Almeida	@corredoresderua@	57:02	+26:20	05:42	
936	911	Marco Paulo Pinto da Costa	Individual	57:04	+26:22	05:42	
937	1113	Manuel Ferreira dos Santos Valente Fernandes	Juventude Cortegacense	57:05	+26:23	05:43	
938	1322	belmiro aguiar	Os Kágados	57:08	+26:26	05:43	
939	583	Ilda Sofia Silva Cancela	Individual	57:08	+26:26	05:43	
940	1418	Amândio Mendes	Running Esmoriz	57:10	+26:28	05:43	

PROVA PRINCIPAL - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
941	854	Orquídea Gomes	Individual	57:10	+26:28	05:43	
942	569	Vasco Monteiro	HomeGym	57:10	+26:28	05:43	
943	459	Antónia bastos	Flechas	57:10	+26:28	05:43	
944	928	Ruben Joel Santos Almeida	Individual	57:13	+26:31	05:43	
945	1176	Joana Ribeiro	Lux Health Club	57:14	+26:32	05:43	
946	1459	JOSUÉ FERNANDES	S.S.T.S.J.M. Serviços Sociais do Pessoal do Município de S. João da Madeira	57:15	+26:33	05:44	
947	1466	António Soares	Soares	57:17	+26:35	05:44	
948	804	victor hugo de miranda rodriguez	Individual	57:17	+26:35	05:44	
949	1580	Geraldino Silva	Individual	57:18	+26:36	05:44	
950	9	João Simões	@corredoresderua@	57:19	+26:37	05:44	
951	1395	Cristina Rosa	REMAX Summit	57:29	+26:47	05:45	
952	199	Cátia Coelho	BESJOGING	57:31	+26:49	05:45	
953	960	João Paulino	Individual	57:35	+26:53	05:45	
954	950	Emanuel Dias	Individual	57:35	+26:53	05:45	
955	959	Joao Manuel Soares Domingues	Individual	57:36	+26:54	05:46	
956	1364	Andreia Oliveira	Perdidos pelo Monte	57:37	+26:55	05:46	
957	1148	Daniela Oliveira	KIRCHHOFF KUNECT RUNING TEAM	57:39	+26:57	05:46	
958	1039	António M. G. Moreira	Individual	57:40	+26:58	05:46	
959	788	Sérgio Souto	Individual	57:41	+26:59	05:46	
960	1353	Marco Pinto	OvarRun	57:41	+26:59	05:46	
961	572	Joaquim Cristo	IMPERRIA	57:43	+27:01	05:46	
962	588	Andreia Alexandra Ferreira dos Santos	Individual	57:44	+27:02	05:46	
963	600	Cláudia Silva	Individual	57:50	+27:08	05:47	
964	1437	Susana Claudia Matias Sousa Silva	RUNNING ESPINHO	57:53	+27:11	05:47	
965	865	Susana Matilde Silva Borges	Individual	57:53	+27:11	05:47	
966	809	ANA ALMEIDA	Individual	57:59	+27:17	05:48	
967	763	Pedro Mata	Individual	58:01	+27:19	05:48	
968	1198	Irma Vale	madugym	58:02	+27:20	05:48	
969	1241	Tiago Sousa	madugym	58:02	+27:20	05:48	
970	1192	Cátia Silva	madugym	58:02	+27:20	05:48	
971	1234	Carlos Teixeira	madugym	58:03	+27:21	05:48	
972	401	Pedro Vieira	diClinic - Clínica Médica	58:05	+27:23	05:49	
973	1477	Alexandra Lopes	Sporting Clube de Espinho / António Leitão	58:12	+27:30	05:49	
974	1464	Neuza Soares	Soares	58:12	+27:30	05:49	
975	932	Rui Miguel leitao Pinto Oliveira	Individual	58:12	+27:30	05:49	
976	140	Diogo Xavier Fonseca Moreira	Alma Runners	58:12	+27:30	05:49	
977	1506	Helena Gonçalves	Tartarugas Velozes	58:14	+27:32	05:49	
978	1507	David Silva	Tartarugas Velozes	58:15	+27:33	05:49	
979	1447	Paulo Ladeira	RUNNING ESPINHO	58:21	+27:39	05:50	
980	1351	Edmundo Rilho	OvarRun	58:26	+27:44	05:51	
981	1297	António Macedo	os caga tacos running team	58:28	+27:46	05:51	
982	1514	Maria Melo	TO NA PISTA	58:29	+27:47	05:51	
983	1334	Catarina Jorge	OvarRun	58:31	+27:49	05:51	
984	528	Rui Oliveira	Grupo de Corrida de Argoncilhe	58:35	+27:53	05:51	
985	974	Paulo Alegria	Individual	58:38	+27:56	05:52	

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
986	811	Ana Maria Mendes Pais	Individual	58:42	+28:00	05:52	
987	1179	António Osório	Lux Health Club	58:47	+28:05	05:53	
988	104	Gabriel Alegre	AFIS/OVAR	58:47	+28:05	05:53	
989	1188	Rui Jorge	Lux Health Club	58:48	+28:06	05:53	
990	649	António Manuel Abreu dos Santos	Individual	58:59	+28:17	05:54	
991	785	Sandro Fraga	Individual	58:59	+28:17	05:54	
992	1412	Manuel Couto	RIPOLINS GRIJÓ A CORRER	59:05	+28:23	05:54	
993	1389	Paulo Correia	Reabilitação Integrada	59:10	+28:28	05:55	
994	1539	Bruno Almeida	Velozes	59:15	+28:33	05:56	
995	196	Nelson Ribeiro	Beatriz dos Panos	59:16	+28:34	05:56	
996	613	Maria Filomena Peralta da Cruz	Individual	59:18	+28:36	05:56	
997	161	SONIA SILVA	ARADA ATLÉTICO CLUBE	59:19	+28:37	05:56	
998	775	Rómulo Lima	Individual	59:19	+28:37	05:56	
999	618	Marisa Valente Mota	Individual	59:20	+28:38	05:56	
1000	599	Claúdia Henriques	Individual	59:20	+28:38	05:56	
1001	1516	Pedro Miguel Pedro Martins	TO NA PISTA	59:21	+28:39	05:56	
1002	261	Goretti Cardoso	Caldas S. Jorge Sport Clube	59:25	+28:43	05:56	
1003	263	Maria Valente	Caldas S. Jorge Sport Clube	59:25	+28:43	05:57	
1004	1184	Nelson Andrade	Lux Health Club	59:26	+28:44	05:57	
1005	449	Tiago Mota	Fiães Running	59:27	+28:45	05:57	
1006	514	Cristina oliveira	Gostonas	59:27	+28:45	05:57	
1007	138	Tânia Daniela Fonseca Santos	Alma Runners	59:31	+28:49	05:57	
1008	598	Cláudia Duarte	Individual	59:32	+28:50	05:57	
1009	884	Fernando Pinho	Individual	59:33	+28:51	05:57	
1010	142	Rosa Silva	Alma Runners	59:36	+28:54	05:58	
1011	1571	Nuno Fernandes	Individual	59:38	+28:56	05:58	
1012	1077	Catarina Rodrigues Sa Ferreira	Juventude Cortegacense	59:38	+28:56	05:58	
1013	1103	Manuela Castelo	Juventude Cortegacense	59:38	+28:56	05:58	
1014	812	Ana Moura	Individual	59:40	+28:58	05:58	
1015	866	Valerie Pais	Individual	59:40	+28:58	05:58	
1016	1457	MARIA FERNANDES	S.S.T.S.J.M. Serviços Sociais do Pessoal do Município de S. João da Madeira	59:43	+29:01	05:58	
1017	207	Susana Gomes	Bravos e Bravitas	59:44	+29:02	05:58	
1018	635	Soraia Basílio	Individual	59:44	+29:02	05:58	
1019	1228	Paula Manuela Dias	madugym	59:49	+29:07	05:59	
1020	1415	Luís Pereira	Running Esmoriz	59:53	+29:11	05:59	
1021	807	ADELAIDE DUARTE	Individual	59:57	+29:15	06:00	
1022	1251	Pedro Sardinha	madugym	01:00:01	+29:19	06:00	
1023	315	Sérgio Henrique da Silva Marques	chewbacca	01:00:01	+29:19	06:00	
1024	1530	Sonia Isabel Teresa	TURBULENTOS	01:00:03	+29:21	06:00	
1025	1532	Vitor Manuel dos Santos Silva	TURBULENTOS	01:00:04	+29:22	06:00	
1026	1146	Alexandra Barros	KIRCHHOFF KUNECT RUNING TEAM	01:00:04	+29:22	06:00	
1027	314	Patrícia Isabel Ferreira Dos Santos	chewbacca	01:00:07	+29:25	06:01	
1028	7	Andreia Almeida	@corredoresderua@	01:00:08	+29:26	06:01	
1029	348	ANTÓNIO TEIXEIRA	CLUBE DE ATLETISMO DE OVAR	01:00:09	+29:27	06:01	
1030	1002	António Matias	Individual	01:00:10	+29:28	06:01	

PROVA PRINCIPAL - STAGE 1
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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1031	652	António Salvador	Individual	01:00:11	+29:29	06:01	
1032	1025	Salvador Rodrigues	Individual	01:00:12	+29:30	06:01	
1033	1432	Alexandra Soares	RUNNING ESPINHO	01:00:13	+29:31	06:01	
1034	1428	Nuno Moreira	RUNNING ESPINHO	01:00:13	+29:31	06:01	
1035	1559	Joana Abreu	Individual	01:00:13	+29:31	06:01	
1036	1124	António Augusto Oliveira Santos	Juventude Cortegacense	01:00:16	+29:34	06:02	
1037	79	Luis Oliveira	ACAIL GÁS	01:00:19	+29:37	06:02	
1038	1345	Fátima Murphy	OvarRun	01:00:21	+29:39	06:02	
1039	388	Marco Lisboa	Correr para Comer	01:00:23	+29:41	06:02	
1040	1010	Gregório	Individual	01:00:24	+29:42	06:02	
1041	827	Cristiana Resende	Individual	01:00:24	+29:42	06:02	
1042	1035	Marco Barbosa	Individual	01:00:27	+29:45	06:03	
1043	462	Joaquim nunes	Flechas	01:00:28	+29:46	06:03	
1044	558	João Rola	Grupo Oscacer	01:00:30	+29:48	06:03	
1045	556	Luís Reis	Grupo Oscacer	01:00:30	+29:48	06:03	
1046	460	Manuela santos	Flechas	01:00:31	+29:49	06:03	
1047	886	Frederico Amaral	Individual	01:00:33	+29:51	06:03	
1048	1313	António Godinho	Os Falta D'Ar	01:00:44	+30:02	06:04	
1049	420	JPires	ESADOG	01:00:46	+30:04	06:05	
1050	567	Ricardo Martins	HomeGym	01:00:46	+30:04	06:05	
1051	562	Diana Laranjeira	HomeGym	01:00:47	+30:05	06:05	
1052	566	Bruno Resende	HomeGym	01:00:47	+30:05	06:05	
1053	1021	Mário costa	Individual	01:00:51	+30:09	06:05	
1054	945	Artur Almeida	Individual	01:00:53	+30:11	06:05	
1055	371	SUZANA RESENDE	Clube Desportivo Feirense	01:00:55	+30:13	06:05	
1056	689	Gonçalo Martins	Individual	01:00:56	+30:14	06:06	
1057	606	Joana Costa	Individual	01:00:56	+30:14	06:06	
1058	621	Monica Bastos	Individual	01:00:56	+30:14	06:06	
1059	1292	Emanuel Martins Ferreira da Silva	Os Arrastões	01:00:57	+30:15	06:06	
1060	641	Viviana Afonso	Individual	01:01:02	+30:20	06:06	
1061	1121	Rui Costa	Juventude Cortegacense	01:01:06	+30:24	06:07	
1062	1448	Alberto Santos	RUNNING ESPINHO	01:01:07	+30:25	06:07	
1063	1473	Sónia Santos	Sporting Clube de Espinho / António Leitão	01:01:07	+30:25	06:07	
1064	579	Ana Filipa Moreira Almeida	Individual	01:01:10	+30:28	06:07	
1065	737	Mickael Silva Pinhal	Individual	01:01:11	+30:29	06:07	
1066	612	Margarida Caldeira	Individual	01:01:12	+30:30	06:07	
1067	17	Rui Miguel dos Santos Barbosa	2Run	01:01:16	+30:34	06:08	
1068	1244	José Madureira	madugym	01:01:18	+30:36	06:08	
1069	1249	José Manuel Oliveira Pinto	madugym	01:01:18	+30:36	06:08	
1070	242	SUSANA DUARTE	CAL - Clube Atletismo de Lamas	01:01:31	+30:49	06:09	
1071	243	Teresa Tavares	CAL - Clube Atletismo de Lamas	01:01:31	+30:49	06:09	
1072	1346	Francisca Pereira	OvarRun	01:01:34	+30:52	06:09	
1073	479	Vitor 26	Fogaças com Malapos	01:01:39	+30:57	06:10	
1074	465	Ana margarida Ferreira da Silva	Fogaças com Malapos	01:01:39	+30:57	06:10	
1075	813	Ana Oliveira	Individual	01:01:42	+31:00	06:10	
1076	1339	Sara Brandão	OvarRun	01:01:44	+31:02	06:10	

PROVA PRINCIPAL - STAGE 1
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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1077	313	António Brandão	CGD-Ovar	01:01:44	+31:02	06:10	
1078	860	Silvia Vilar	Individual	01:01:47	+31:05	06:11	
1079	1157	Carlos Pereira	KIRCHHOFF KUNECT RUNING TEAM	01:01:54	+31:12	06:11	
1080	1051	Manuel Ferreira Rilho	Individual	01:02:03	+31:21	06:12	
1081	36	Alfredo Santos	A D Rio Largo C Espinho	01:02:04	+31:22	06:12	
1082	99	Eugénia Queirós	AFIS/OVAR	01:02:10	+31:28	06:13	
1083	1164	Ana Catarina Santos	LT2 Consulting	01:02:10	+31:28	06:13	
1084	495	Raul Loura	Galinhas De Cross	01:02:13	+31:31	06:13	
1085	1498	ANDRE MATIAS	SPRING MARK	01:02:19	+31:37	06:14	
1086	1510	Ricardo Fortuna	TENDÊNCIA VISUAL	01:02:20	+31:38	06:14	
1087	1203	Vera Martins	madugym	01:02:21	+31:39	06:14	
1088	1218	Carla Chaves	madugym	01:02:21	+31:39	06:14	
1089	1497	ANA PINHO	SPRING MARK	01:02:41	+31:59	06:16	
1090	577	Ana Carvalho	Individual	01:02:44	+32:02	06:16	
1091	790	Tiago Carriola	Individual	01:02:44	+32:02	06:16	
1092	146	Beatriz Almeida	Amadores&Basta	01:02:45	+32:03	06:17	
1093	145	Ana Castro	Amadores&Basta	01:02:45	+32:03	06:17	
1094	636	Suse Mara Gomes Oliveira	Individual	01:02:47	+32:05	06:17	
1095	1416	Eva Gomes	Running Esmoriz	01:02:53	+32:11	06:17	
1096	580	Ana Guerra	Individual	01:02:58	+32:16	06:18	
1097	1306	Jorge Guerra	Os Falta D'Ar	01:02:59	+32:17	06:18	
1098	1238	Moises Mota	madugym	01:03:01	+32:19	06:18	
1099	310	Jorge Martins	Centro Municipal de Marcha e Corrida de Vale de Cambra	01:03:03	+32:21	06:18	
1100	1054	Vitor Lopes Pereira	Individual	01:03:05	+32:23	06:19	
1101	741	Miguel de Matos Lopes Pereira	Individual	01:03:05	+32:23	06:19	
1102	628	Rita Tigre	Individual	01:03:05	+32:23	06:19	
1103	458	Conceição santos	Flechas	01:03:11	+32:29	06:19	
1104	1338	Mary Silva	OvarRun	01:03:14	+32:32	06:19	
1105	1344	Elisabete Silva	OvarRun	01:03:15	+32:33	06:19	
1106	784	Ruimleite	Individual	01:03:19	+32:37	06:20	
1107	235	SARA COELHO	CAL - Clube Atletismo de Lamas	01:03:29	+32:47	06:21	
1108	1165	Daniela Amorim	LT2 Consulting	01:03:32	+32:50	06:21	
1109	1166	Sara Lourenço	LT2 Consulting	01:03:33	+32:51	06:21	
1110	391	António Pinto	Correr para Comer	01:03:33	+32:51	06:21	
1111	385	Mafalda Lisboa	Correr para Comer	01:03:34	+32:52	06:21	
1112	637	Sylvia	Individual	01:03:39	+32:57	06:22	
1113	23	Ricardo Bastos	A A Lebres do Sado	01:03:43	+33:01	06:22	
1114	1340	Filipe Gonçalves	OvarRun	01:03:48	+33:06	06:23	
1115	399	David Pereira	Deixa passar	01:04:04	+33:22	06:24	
1116	1265	RUI PEREIRA	Minnos	01:04:09	+33:27	06:25	
1117	1264	PINAR KURT	Minnos	01:04:09	+33:27	06:25	
1118	396	Ana Almeida	Cozinhas Província	01:04:13	+33:31	06:25	
1119	225	Isabel Cristina Costa	Bunheiro Runners	01:04:13	+33:31	06:25	
1120	810	Ana França	Individual	01:04:13	+33:31	06:25	
1121	476	Fernando Carvalho	Fogaças com Malapos	01:04:33	+33:51	06:27	

PROVA PRINCIPAL - STAGE 1
10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1122	478	Márcio Correia	Fogaças com Malapos	01:04:33	+33:51	06:27	
1123	282	Ramiro Monteiro	Caldas S. Jorge Sport Clube	01:04:34	+33:52	06:27	
1124	1568	José Alberto	Individual	01:04:36	+33:54	06:28	
1125	832	Ercília costa	Individual	01:04:41	+33:59	06:28	
1126	934	Tiago Manuel Valente Silva	Individual	01:04:43	+34:01	06:28	
1127	1536	Luís Fonseca	Turma dos Palolas	01:04:43	+34:01	06:28	
1128	454	Daniel Fernandes	Fit Feet	01:04:52	+34:10	06:29	
1129	693	Helder Ferreira	Individual	01:04:53	+34:11	06:29	
1130	1135	Marta Silva	KIRCHHOFF KUNECT RUNING TEAM	01:05:02	+34:20	06:30	
1131	1147	Carla Pinho	KIRCHHOFF KUNECT RUNING TEAM	01:05:02	+34:20	06:30	
1132	439	Rui Barbosa	ExSedentários	01:05:03	+34:21	06:30	
1133	820	Armanda Queiroz	Individual	01:05:04	+34:22	06:30	
1134	614	Maria João Magalhães Rosa	Individual	01:05:04	+34:22	06:30	
1135	912	Marco Soares	Individual	01:05:05	+34:23	06:30	
1136	677	Emanuel Coelho	Individual	01:05:05	+34:23	06:31	
1137	451	Virginia Moreira	Fiães Running	01:05:06	+34:24	06:31	
1138	1558	Liliana Monteiro	Individual	01:05:06	+34:24	06:31	
1139	1446	Rui Soares	RUNNING ESPINHO	01:05:06	+34:24	06:31	
1140	1104	Marcia Almeida Rola	Juventude Cortegacense	01:05:21	+34:39	06:32	
1141	470	Hélder Matos	Fogaças com Malapos	01:05:23	+34:41	06:32	
1142	368	CECILIA PINTO	Clube Desportivo Feirense	01:05:27	+34:45	06:33	
1143	240	MARLENE FERREIRA	CAL - Clube Atletismo de Lamas	01:05:28	+34:46	06:33	
1144	858	samanta maia	Individual	01:05:28	+34:46	06:33	
1145	663	Carlos Hernandez	Individual	01:05:30	+34:48	06:33	
1146	365	Daniel Gomes Esteves da Silva	Clube de Canoagem de Ovar	01:05:31	+34:49	06:33	
1147	616	Mariana Borges	Individual	01:05:37	+34:55	06:34	
1148	862	Sónia Fernandes	Individual	01:05:38	+34:56	06:34	
1149	700	Hugo Luzia	Individual	01:05:39	+34:57	06:34	
1150	1494	LUANA RAFAELA	SPRING MARK	01:05:57	+35:15	06:36	
1151	1092	Miguel Pinheiro Matos	Juventude Cortegacense	01:06:16	+35:34	06:38	
1152	1298	Nelson Ferreira	Os Falta D'Ar	01:06:16	+35:34	06:38	
1153	707	João cunha	Individual	01:06:23	+35:41	06:38	
1154	1312	Pedro Guedes	Os Falta D'Ar	01:06:38	+35:56	06:40	
1155	234	Ricardo Manuel Almeida Santos	Cabritos da Montanha	01:06:44	+36:02	06:40	
1156	1405	Eduardo Gonçalves	REMAX Summit	01:06:45	+36:03	06:40	
1157	925	Pedro Almeida	Individual	01:06:48	+36:06	06:41	
1158	1399	Miguel Amaro	REMAX Summit	01:06:53	+36:11	06:41	
1159	1403	Sofia Nunes	REMAX Summit	01:06:54	+36:12	06:41	
1160	280	Albano Miranda	Caldas S. Jorge Sport Clube	01:06:56	+36:14	06:42	
1161	1037	Américo Leite	Individual	01:06:58	+36:16	06:42	
1162	1204	Vera Silva	madugym	01:06:58	+36:16	06:42	
1163	1246	Luis Morais	madugym	01:06:58	+36:16	06:42	
1164	634	Sofia Oliveira	Individual	01:07:29	+36:47	06:45	
1165	638	Teresa Caldeira	Individual	01:07:44	+37:02	06:46	
1166	633	Sofia Coutinho	Individual	01:07:44	+37:02	06:46	
1167	825	Cláudia Carvalheira	Individual	01:08:01	+37:19	06:48	

PROVA PRINCIPAL - STAGE 1

10 KM

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

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1213	1132	Ana Pinho	KIRCHHOFF KUNECT RUNING TEAM	01:12:35	+41:53	07:15	
1214	1156	Ricardo Pinho	KIRCHHOFF KUNECT RUNING TEAM	01:12:36	+41:54	07:16	
1215	1243	Helder Rodrigues	madugym	01:15:18	+44:36	07:32	
1216	578	Ana Catarina Reis de Oliveira e Silva	Individual	01:15:21	+44:39	07:32	
1217	771	Ricardo Oliveira Reis	Individual	01:15:21	+44:39	07:32	
1218	1230	Susana Rodrigues	madugym	01:15:24	+44:42	07:32	
1219	591	Catarina Alçada	Individual	01:16:13	+45:31	07:37	
1220	1088	Fábio Magalhães Estarreja	Juventude Cortegacense	01:16:36	+45:54	07:40	
1221	1079	Gabriela Santos Dias	Juventude Cortegacense	01:16:36	+45:54	07:40	
1222	1400	Ricardo Almeida	REMAX Summit	01:17:58	+47:16	07:48	
1223	1396	Silvana Monteiro	REMAX Summit	01:17:59	+47:17	07:48	
1224	136	Diana Sousa	Alma Runners	01:18:09	+47:27	07:49	
1225	597	Cidália Capitaó	Individual	01:18:15	+47:33	07:50	
1226	594	Catarina Leite Valente Baldaia	Individual	01:18:22	+47:40	07:50	
1227	596	Célia Cristiana Leite Valente Baldaia	Individual	01:18:23	+47:41	07:50	
1228	602	Fabiana Jesus	Individual	01:19:10	+48:28	07:55	
1229	575	Adriana Martins	Individual	01:19:10	+48:28	07:55	
1230	450	Mena Silva	Fiães Running	01:19:38	+48:56	07:58	
1231	447	Sofia Mendonça	Fiães Running	01:19:38	+48:56	07:58	
1232	456	Mónica Margaride	Fit2Labor	01:19:39	+48:57	07:58	
1233	457	Joaquim de Sousa	Fit2Labor	01:19:40	+48:58	07:58	
1234	1133	Andreia Sá	KIRCHHOFF KUNECT RUNING TEAM	01:20:28	+49:46	08:03	
1235	1331	Erika Darcilia	Outlaw Runners	01:20:33	+49:51	08:03	
1236	837	Gabriela Vieira	Individual	01:20:47	+50:05	08:05	
1237	1014	José Barbosa	Individual	01:20:47	+50:05	08:05	

Prova Principal
10 KM

OFFICIAL RESULT

37	1394	Carla Tavares	REMAX Summit	Senior Feminino	50:45	+20:02	05:04
38	629	Sandra isabel silva	Individual	Senior Feminino	50:46	+20:03	05:05
39	1423	Carla Costa	RUNNING ESPINHO	Senior Feminino	51:12	+20:29	05:07
40	622	Paula Nunes	Individual	Senior Feminino	51:32	+20:49	05:09
41	610	Liliana Azevedo	Individual	Senior Feminino	51:50	+21:07	05:11
42	1541	Celeste Oliveira	Villa Cesari / FLAMA	Senior Feminino	52:03	+21:20	05:12
43	584	Ana Patrícia Oliveira Garrido	Individual	Senior Feminino	52:45	+22:02	05:16
44	1277	Marisa Gonçalves	Núcleo de Atletismo de Cucujães	Senior Feminino	52:55	+22:12	05:17
45	1205	Vita Minas	madugym	Senior Feminino	53:00	+22:18	05:18
46	1177	Rosário Jesus	Lux Health Club	Senior Feminino	53:03	+22:21	05:18
47	466	Catarina Silva	Fogaças com Malapos	Senior Feminino	53:13	+22:30	05:19
48	299	Inês Gonçalves	Centro Municipal de Marcha e Corrida de Vale de Cambra	Senior Feminino	53:21	+22:38	05:20
49	640	Vera Alice Resende	Individual	Senior Feminino	53:48	+23:05	05:23
50	492	Andreia MArtins	Galinhas De Cross	Senior Feminino	54:02	+23:20	05:24
51	1299	Daniela Oliveira	Os Falta D'Ar	Senior Feminino	54:03	+23:20	05:24
52	1136	Sofia Pinho	KIRCHHOFF KUNECT RUNING TEAM	Senior Feminino	54:27	+23:44	05:27
53	1329	Tânia da Costa e Silva	Os Silva	Senior Feminino	54:36	+23:53	05:28
54	178	TERESA GUIMARÃES	AVANCARUNNERS	Senior Feminino	54:37	+23:54	05:28
55	1335	Filipa Ângela	OvarRun	Senior Feminino	54:44	+24:01	05:28
56	1178	Vera Ferreira	Lux Health Club	Senior Feminino	54:46	+24:03	05:29
57	1574	Helena Oliveira	Individual	Senior Feminino	54:52	+24:10	05:29
58	1397	Teresa Alves	REMAX Summit	Senior Feminino	54:59	+24:17	05:30
59	561	Daniela Lopes	HomeGym	Senior Feminino	55:08	+24:25	05:31
60	563	Liliana Andrade	HomeGym	Senior Feminino	55:08	+24:25	05:31
61	298	Diana Pascoal	Centro Municipal de Marcha e Corrida de Vale de Cambra	Senior Feminino	55:14	+24:31	05:31
62	1502	Andreina Assunção	Tartarugas Velozes	Senior Feminino	55:24	+24:41	05:32
63	1467	Sara Petiz	Speeders	Senior Feminino	55:29	+24:47	05:33
64	224	S_fidalgo@hotmail.com	Bunheiro Runners	Senior Feminino	55:30	+24:47	05:33
65	1295	Andreia Valente	os caga tacos running team	Senior Feminino	55:39	+24:56	05:34
66	336	VERA ENCARNAÇÃO	CLUBE DE ATLETISMO DE OVAR	Senior Feminino	55:49	+25:06	05:35
67	137	Isabel Santos	Alma Runners	Senior Feminino	56:00	+25:18	05:36
68	135	Cátia Sofia Alves	Alma Runners	Senior Feminino	56:01	+25:18	05:36
69	1337	Isabel Correia	OvarRun	Senior Feminino	56:06	+25:24	05:37
70	585	Ana Pinho	Individual	Senior Feminino	56:16	+25:33	05:38
71	623	Raquel Guedes	Individual	Senior Feminino	56:31	+25:48	05:39
72	1503	Vânia Silva	Tartarugas Velozes	Senior Feminino	56:40	+25:57	05:40
73	603	Florabela Araujo	Individual	Senior Feminino	56:47	+26:05	05:41
74	18	Ana Belinha	3moços	Senior Feminino	56:54	+26:11	05:41
75	3	Catarina Almeida	@corredoresderua@	Senior Feminino	57:02	+26:19	05:42
76	583	Ilda Sofia Silva Cancela	Individual	Senior Feminino	57:08	+26:25	05:43
77	1176	Joana Ribeiro	Lux Health Club	Senior Feminino	57:14	+26:31	05:43
78	1395	Cristina Rosa	REMAX Summit	Senior Feminino	57:29	+26:46	05:45
79	199	Cátia Coelho	BESJOGING	Senior Feminino	57:31	+26:48	05:45
80	1364	Andreia Oliveira	Perdidos pelo Monte	Senior Feminino	57:37	+26:54	05:46

Prova Principal

10 KM



OFFICIAL RESULT

126	1494	LUANA RAFAELA	SPRING MARK	Senior Feminino	01:05:57	+35:15	06:36
127	1204	Vera Silva	madugym	Senior Feminino	01:06:58	+36:15	06:42
128	634	Sofia Oliveira	Individual	Senior Feminino	01:07:29	+36:47	06:45
129	638	Teresa Caldeira	Individual	Senior Feminino	01:07:44	+37:01	06:46
130	633	Sofia Coutinho	Individual	Senior Feminino	01:07:44	+37:02	06:46
131	574	Adelaide Maria Oliveira Marques	Individual	Senior Feminino	01:08:06	+37:23	06:49
132	515	Daniela oliveira	Gostosonas	Senior Feminino	01:08:59	+38:17	06:54
133	639	Vânia Cristina dos Santos Guedes	Individual	Senior Feminino	01:09:10	+38:27	06:55
134	14	Carina Pedro	2in1	Senior Feminino	01:09:39	+38:56	06:58
135	1083	Sílvia Ferreira pires	Juventude Cortegacense	Senior Feminino	01:09:40	+38:57	06:58
136	617	Marisa da Conceição Pereira Paulos	Individual	Senior Feminino	01:09:42	+39:00	06:58
137	493	Andreia Santos	Galinhas De Cross	Senior Feminino	01:09:48	+39:05	06:59
138	581	Ana Isabel Tavares Figueiredo	Individual	Senior Feminino	01:10:02	+39:19	07:00
139	419	SMÓNICA	ESADOG	Senior Feminino	01:10:19	+39:36	07:02
140	1202	Vera andrade	madugym	Senior Feminino	01:10:20	+39:38	07:02
141	1370	vera nogueira	Pupilos do Zé-Tó	Senior Feminino	01:10:57	+40:14	07:06
142	589	Ângela Alves	Individual	Senior Feminino	01:12:01	+41:18	07:12
143	1200	Patricia Martins	madugym	Senior Feminino	01:12:03	+41:20	07:12
144	1132	Ana Pinho	KIRCHHOFF KUNECT RUNING TEAM	Senior Feminino	01:12:35	+41:52	07:15
145	578	Ana Catarina Reis de Oliveira e Silva	Individual	Senior Feminino	01:15:21	+44:38	07:32
146	591	Catarina Alçada	Individual	Senior Feminino	01:16:13	+45:30	07:37
147	1079	Gabriela Santos Dias	Juventude Cortegacense	Senior Feminino	01:16:36	+45:53	07:40
148	1396	Silvana Monteiro	REMAX Summit	Senior Feminino	01:17:59	+47:16	07:48
149	136	Diana Sousa	Alma Runners	Senior Feminino	01:18:09	+47:27	07:49
150	597	Cidália Capítão	Individual	Senior Feminino	01:18:15	+47:32	07:50
151	594	Catarina Leite Valente Baldaia	Individual	Senior Feminino	01:18:22	+47:40	07:50
152	596	Célia Cristiana Leite Valente Baldaia	Individual	Senior Feminino	01:18:23	+47:40	07:50
153	602	Fabiana Jesus	Individual	Senior Feminino	01:19:10	+48:27	07:55
154	575	Adriana Martins	Individual	Senior Feminino	01:19:10	+48:28	07:55
155	447	Sofia Mendonça	Fiães Running	Senior Feminino	01:19:38	+48:55	07:58
156	1133	Andreia Sá	KIRCHHOFF KUNECT RUNING TEAM	Senior Feminino	01:20:28	+49:45	08:03

Senior Masculino

1	1470	Hugo Almeida	Sporting Clube de Braga	Senior Masculino	30:42		03:04
2	1493	Fernando Serrão	Sporting Clube de Portugal	Senior Masculino	30:44	+00:01	03:04
3	536	VÍTOR OLIVEIRA	Grupo Desportivo e Cultural de Guilhovai	Senior Masculino	30:54	+00:12	03:05
4	1259	João Cruz	Maia AC	Senior Masculino	31:19	+00:36	03:08
5	521	Tomás Silva	Greca	Senior Masculino	31:25	+00:43	03:09
6	1260	Nelson Oliveira	Mário	Senior Masculino	31:34	+00:51	03:09
7	324	Luis Oliveira	Clube Campismo	Senior Masculino	31:47	+01:04	03:11
8	1413	Pedro Arsenio	RUN TEJO	Senior Masculino	32:20	+01:37	03:14
9	85	Nuno Oliveira	ACR Vale de Cambra	Senior Masculino	32:44	+02:01	03:16
10	1269	Paulo Fontão	NA Taipas	Senior Masculino	33:28	+02:45	03:21

Official Timekeeper: Lap2Go	4 / 30	generate 23-Dec-2019 16:02
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Prova Principal

10 KM



OFFICIAL RESULT

11	1392	Fábio Castro	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	33:32	+02:49	03:21
12	338	CELSO LEITE	CLUBE DE ATLETISMO DE OVAR	Senior Masculino	33:35	+02:52	03:21
13	325	Romeu Gomes	Clube Campismo	Senior Masculino	33:47	+03:04	03:23
14	651	Antonio Pires	Individual	Senior Masculino	33:49	+03:06	03:23
15	1474	João Trigueiros	Sporting Clube de Espinho / António Leitão	Senior Masculino	33:53	+03:10	03:23
16	345	RENATO SOUSA	CLUBE DE ATLETISMO DE OVAR	Senior Masculino	33:56	+03:13	03:24
17	176	JORGE VALENTE	ARVOR VETERANOS DE OVAR	Senior Masculino	33:57	+03:14	03:24
18	175	ALEXANDRE AZEVEDO	ARVOR VETERANOS DE OVAR	Senior Masculino	34:05	+03:22	03:24
19	1393	Pedro Nadais	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	34:12	+03:29	03:25
20	337	ANDRE ADRIANO	CLUBE DE ATLETISMO DE OVAR	Senior Masculino	34:16	+03:33	03:26
21	228	Leonel Fernandes	C. D. São Salvador do Campo	Senior Masculino	34:17	+03:34	03:26
22	83	Bruno Freitas	ACR Vale de Cambra	Senior Masculino	34:25	+03:42	03:26
23	1476	Tiago Oliveira	Sporting Clube de Espinho / António Leitão	Senior Masculino	34:43	+04:00	03:28
24	429	José Almeida	EV PERALTAFIL	Senior Masculino	34:48	+04:06	03:29
25	752	Nuno Valente	Individual	Senior Masculino	34:56	+04:13	03:30
26	1258	Bruno Pereira	Maia AC	Senior Masculino	34:58	+04:16	03:30
27	86	Tiago Pinho	ACR Vale de Cambra	Senior Masculino	35:02	+04:20	03:30
28	427	Cláudio Costa	EV PERALTAFIL	Senior Masculino	35:05	+04:23	03:31
29	153	DAVID PEDROSA	ARADA ATLÉTICO CLUBE	Senior Masculino	35:20	+04:37	03:32
30	531	JORGE MIGUEL DA COSTA CUBAL	Grupo Desportivo & Cultural de Codal	Senior Masculino	35:27	+04:44	03:33
31	746	Milton César Miranda dos Santos	Individual	Senior Masculino	35:41	+04:58	03:34
32	1060	Marcelo Pereira	JOBRA-Assoc.Jovens da Branca	Senior Masculino	35:43	+05:01	03:34
33	260	Rúben Almeida	Caldas S. Jorge Sport Clube	Senior Masculino	35:47	+05:04	03:35
34	1270	Ricardo Silva	Nascidos para Correr - Associação Desportiva	Senior Masculino	35:47	+05:04	03:35
35	522	Vitor Santos	Grecas	Senior Masculino	35:50	+05:08	03:35
36	431	Toze Castro	EV Peraltafil	Senior Masculino	36:20	+05:37	03:38
37	1475	Fabio Correia	Sporting Clube de Espinho / António Leitão	Senior Masculino	36:21	+05:39	03:38
38	48	Daniel Monteiro	ACADEMIA FERNANDA RIBEIRO	Senior Masculino	36:30	+05:48	03:39
39	323	João Reis	Clube Campismo	Senior Masculino	36:31	+05:48	03:39
40	505	Daniel Rodrigues	GJ Pinheiro da Bemposta	Senior Masculino	36:34	+05:52	03:39
41	398	Nelson Costa	Crisnel Running	Senior Masculino	36:58	+06:15	03:42
42	133	Bruno Ribeiro	ÁGUIAS DE ALVELOS	Senior Masculino	36:59	+06:17	03:42
43	1460	JOSE PAULO COSTA	SERVIÇOS SOCIAIS TRAB. M. DE OVAR	Senior Masculino	37:11	+06:29	03:43
44	93	André Santos	AFIS/OVAR	Senior Masculino	37:17	+06:34	03:44
45	484	Hélder Robalinho	G.D.Ronda	Senior Masculino	37:30	+06:47	03:45
46	1061	Ricardo Oliveira	JOBRA-Assoc.Jovens da Branca	Senior Masculino	37:31	+06:49	03:45
47	428	Diogo Coutinho	EV PERALTAFIL	Senior Masculino	37:33	+06:50	03:45
48	532	RICARDO JORGE OLIVEIRA TAVARES	Grupo Desportivo & Cultural de Codal	Senior Masculino	37:39	+06:56	03:46
49	154	JOSÉ ALVARADO	ARADA ATLÉTICO CLUBE	Senior Masculino	37:56	+07:14	03:48
50	498	João Silva	GDG - Grupo Desportivo da Gafanha	Senior Masculino	38:02	+07:19	03:48

Official Timekeeper: Lap2Go	5 / 30	generate 23-Dec-2019 16:02
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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 - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

140	1398	Hugo Sa	REMAX Summit	Senior Masculino	45:40	+14:58	04:34
141	1523	David Aguiar	Trilhados	Senior Masculino	45:46	+15:03	04:35
142	1401	Vitor Pereira	REMAX Summit	Senior Masculino	45:48	+15:05	04:35
143	736	Micael santos	Individual	Senior Masculino	45:50	+15:07	04:35
144	773	Rodolfo Monteiro	Individual	Senior Masculino	45:52	+15:09	04:35
145	1425	Bruno Dias	RUNNING ESPINHO	Senior Masculino	45:54	+15:11	04:35
146	1163	Lucas Leitão	LT2 Consulting	Senior Masculino	45:56	+15:13	04:36
147	88	Márcio Oliveira	ACRR TRIATLO OVAR	Senior Masculino	45:57	+15:15	04:36
148	95	Cristiano Tavares	AFIS/OVAR	Senior Masculino	46:15	+15:32	04:37
149	301	Artur Gigante	Centro Municipal de Marcha e Corrida de Vale de Cambra	Senior Masculino	46:15	+15:33	04:38
150	1508	João pinheiro	TEBIS Trail Running Team	Senior Masculino	46:16	+15:33	04:38
151	1056	Pedro Ferreira	JC Tubos	Senior Masculino	46:19	+15:36	04:38
152	1085	Alexandre Brandão Andrade Leite	Juventude Cortegacense	Senior Masculino	46:20	+15:37	04:38
153	749	Nuno Almeida	Individual	Senior Masculino	46:23	+15:40	04:38
154	11	MARCELO NEVES	100 DESCULPAS LUSITÂNIA DE LOUROSA FC	Senior Masculino	46:32	+15:50	04:39
155	1145	Tiago Mendonça	KIRCHHOFF KUNECT RUNING TEAM	Senior Masculino	46:35	+15:52	04:40
156	721	Luciano Mortágua	Individual	Senior Masculino	46:38	+15:55	04:40
157	1173	MÁRIO NOVO	LUSOESTORE TEAM	Senior Masculino	46:40	+15:57	04:40
158	679	Fábio Aguiar	Individual	Senior Masculino	46:43	+16:00	04:40
159	768	Ricardo Lopes	Individual	Senior Masculino	46:51	+16:08	04:41
160	394	José Garrido	Couto Run	Senior Masculino	46:53	+16:11	04:41
161	195	Bruno Matos	Beatriz dos Panos	Senior Masculino	46:54	+16:12	04:41
162	300	Amadeu Gonçalves	Centro Municipal de Marcha e Corrida de Vale de Cambra	Senior Masculino	46:55	+16:12	04:41
163	783	Rui Pinho	Individual	Senior Masculino	46:58	+16:16	04:42
164	793	Tiago Cruz	Individual	Senior Masculino	46:58	+16:16	04:42
165	751	NUNO PINTO	Individual	Senior Masculino	47:00	+16:17	04:42
166	82	Artur Barbosa	ACR Vale de Cambra	Senior Masculino	47:02	+16:19	04:42
167	661	Carlos Almeida	Individual	Senior Masculino	47:05	+16:22	04:43
168	430	Paulo Oliveira	EV PERALTAFIL	Senior Masculino	47:06	+16:24	04:43
169	760	Pedro Costa	Individual	Senior Masculino	47:13	+16:31	04:43
170	664	Carlos Monteiro	Individual	Senior Masculino	47:14	+16:32	04:43
171	734	Marco oliveira	Individual	Senior Masculino	47:16	+16:33	04:44
172	731	Marco Costa	Individual	Senior Masculino	47:19	+16:36	04:44
173	787	Sérgio Marques	Individual	Senior Masculino	47:22	+16:39	04:44
174	1468	Mário Valinho Dias	Speeders	Senior Masculino	47:25	+16:42	04:44
175	382	Daniel Marques	Compadres & Pingas	Senior Masculino	47:28	+16:45	04:45
176	698	Hugo Fardilha	Individual	Senior Masculino	47:28	+16:46	04:45
177	412	André Filipe dos Santos Rebelo	EDUART COMPONENTES CALÇADO	Senior Masculino	47:36	+16:53	04:46
178	1427	Mário Dias	RUNNING ESPINHO	Senior Masculino	47:38	+16:56	04:46
179	1524	Luís Marques	Trilhados	Senior Masculino	47:44	+17:01	04:46
180	1455	NUNO SOARES	S.S.T.S.J.M. Serviços Sociais do Pessoal do Município de S. João da Madeira	Senior Masculino	47:46	+17:03	04:47
181	503	Bruno Santiago	GJ Pinheiro da Bemposta	Senior Masculino	47:49	+17:06	04:47

Prova Principal
10 KM


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

OFFICIAL RESULT

182	1388	Ricardo Bastos	RD Aveiro	Senior Masculino	47:56	+17:13	04:48
183	1387	Diogo Ramos	RD Aveiro	Senior Masculino	47:57	+17:14	04:48
184	285	Cláudio Castro	CDC S. MARTINHO DA GÂNDARA	Senior Masculino	48:09	+17:26	04:49
185	485	Luís Guimaraes	G.D.Ronda	Senior Masculino	48:10	+17:28	04:49
186	1341	João Tavares	OvarRun	Senior Masculino	48:13	+17:30	04:49
187	19	Bruno Gil	3moços	Senior Masculino	48:14	+17:31	04:49
188	1495	ANDRE COSTA	SPRING MARK	Senior Masculino	48:14	+17:31	04:49
189	212	Ricardo Oliveira	Bravos e Bravitas	Senior Masculino	48:15	+17:32	04:50
190	1318	Marco	Os jolas	Senior Masculino	48:20	+17:38	04:50
191	1317	Israel	Os jolas	Senior Masculino	48:21	+17:38	04:50
192	1426	Hugo Santos	RUNNING ESPINHO	Senior Masculino	48:22	+17:39	04:50
193	802	Vasco Rafael Dias Fião	Individual	Senior Masculino	48:27	+17:44	04:51
194	1291	Raul Leite	Os Alminhas	Senior Masculino	48:29	+17:46	04:51
195	1504	Dominique Trindade	Tartarugas Velozes	Senior Masculino	48:30	+17:48	04:51
196	801	Vasco Alexandre Silva Godinho	Individual	Senior Masculino	48:32	+17:49	04:51
197	84	Filipe Ferreira	ACR Vale de Cambra	Senior Masculino	48:37	+17:55	04:52
198	1208	Helder Almeida	madugym	Senior Masculino	48:41	+17:58	04:52
199	1211	Pedro Gomes	madugym	Senior Masculino	48:41	+17:59	04:52
200	682	Fábio Vaz	Individual	Senior Masculino	48:42	+17:59	04:52
201	680	Fábio Almeida	Individual	Senior Masculino	48:43	+18:01	04:52
202	770	Ricardo Melindra	Individual	Senior Masculino	48:44	+18:01	04:52
203	726	Marcelo Borges Silva	Individual	Senior Masculino	48:44	+18:02	04:52
204	665	Carlos Pina	Individual	Senior Masculino	48:46	+18:04	04:53
205	684	FILIPE MOREIRA	Individual	Senior Masculino	48:48	+18:06	04:53
206	658	Bruno Miguel goncalves	Individual	Senior Masculino	48:48	+18:06	04:53
207	502	Antonio Martins	GJ Pinheiro da Bemposta	Senior Masculino	48:51	+18:08	04:53
208	507	Hugo Sousa	GJ Pinheiro da Bemposta	Senior Masculino	48:51	+18:08	04:53
209	1090	Jose Miguel Fonseca Duarte	Juventude Cortegacense	Senior Masculino	48:52	+18:09	04:53
210	756	Paulo Roberto Silva Oliveira	Individual	Senior Masculino	48:55	+18:12	04:53
211	302	Nelson Tavares	Centro Municipal de Marcha e Corrida de Vale de Cambra	Senior Masculino	48:59	+18:16	04:54
212	674	Domenico Tropea	Individual	Senior Masculino	49:03	+18:20	04:54
213	24	João Mendes	A D Rio Largo C Espinho	Senior Masculino	49:04	+18:22	04:54
214	1342	Rui Vieira	OvarRun	Senior Masculino	49:06	+18:23	04:55
215	180	Filipe José Almeida Esteves	AVANCARUNNERS	Senior Masculino	49:13	+18:30	04:55
216	211	Pedro Almeida	Bravos e Bravitas	Senior Masculino	49:13	+18:31	04:55
217	147	Eduardo Silva	Amadores&Basta	Senior Masculino	49:16	+18:34	04:56
218	148	José Quintinha	Amadores&Basta	Senior Masculino	49:17	+18:34	04:56
219	156	MARCELO DIAS	ARADA ATLÉTICO CLUBE	Senior Masculino	49:18	+18:36	04:56
220	710	JOÃO NEVES	Individual	Senior Masculino	49:19	+18:36	04:56
221	654	António Soares	Individual	Senior Masculino	49:20	+18:37	04:56
222	647	António David Rufino Ramos	Individual	Senior Masculino	49:22	+18:40	04:56
223	402	Adolfo Lemos	Dragões de Ovar	Senior Masculino	49:25	+18:42	04:56
224	800	Tiago santos	Individual	Senior Masculino	49:28	+18:45	04:57
225	667	Claudio Maia	Individual	Senior Masculino	49:29	+18:46	04:57
226	1372	david braga	Pupilos do Zé-Tó	Senior Masculino	49:36	+18:53	04:58

Prova Principal
10 KM

OFFICIAL RESULT

271	758	Pedro Baldaia	Individual	Senior Masculino	52:51	+22:09	05:17
272	69	Fernando Martins	ACAIL GÁS	Senior Masculino	52:52	+22:09	05:17
273	704	João Baldaia	Individual	Senior Masculino	52:52	+22:09	05:17
274	469	Filipe Coelho	Fogaças com Malapos	Senior Masculino	52:54	+22:11	05:17
275	714	JOÃO PEDRO OLIVEIRA	Individual	Senior Masculino	52:57	+22:15	05:18
276	471	Hugo Lima	Fogaças com Malapos	Senior Masculino	52:58	+22:15	05:18
277	571	Filipe Fontes	IMPERRIA	Senior Masculino	53:00	+22:17	05:18
278	681	Fábio Ferreira	Individual	Senior Masculino	53:16	+22:33	05:20
279	691	Gonçalo Silva Pereira	Individual	Senior Masculino	53:16	+22:34	05:20
280	1496	RAFAEL ANDRADE	SPRING MARK	Senior Masculino	53:20	+22:37	05:20
281	702	Ivo Duarte Gonçalves País	Individual	Senior Masculino	53:21	+22:38	05:20
282	757	Paulo Tavares	Individual	Senior Masculino	53:26	+22:43	05:21
283	765	Rafael Lopes Mendonca	Individual	Senior Masculino	53:30	+22:47	05:21
284	194	Bruno Guedes	Beatriz dos Panos	Senior Masculino	53:38	+22:56	05:22
285	404	Tommy Reis	Dragões de Ovar	Senior Masculino	53:47	+23:04	05:23
286	1325	Daniel Medeiros	Os Medeiros	Senior Masculino	53:53	+23:10	05:23
287	1549	João Tavares	Workout	Senior Masculino	53:55	+23:12	05:24
288	645	André Marques	Individual	Senior Masculino	53:59	+23:16	05:24
289	395	Paulo Sousa	Couto Run	Senior Masculino	54:02	+23:20	05:24
290	1182	Igor Conceicao	Lux Health Club	Senior Masculino	54:16	+23:34	05:26
291	1141	Filipe Oliveira	KIRCHHOFF KUNECT RUNING TEAM	Senior Masculino	54:27	+23:44	05:27
292	409	Bruno Santos	Drogaria Morais	Senior Masculino	54:33	+23:50	05:27
293	644	André Filipe da Silva Costa	Individual	Senior Masculino	54:33	+23:50	05:27
294	735	Mário Fonseca	Individual	Senior Masculino	54:41	+23:58	05:28
295	660	Bruno Polónia	Individual	Senior Masculino	54:46	+24:03	05:29
296	687	Freddy Vieira Ramos	Individual	Senior Masculino	54:56	+24:13	05:30
297	1540	Fabio oliveira	Velozes	Senior Masculino	55:02	+24:19	05:30
298	786	Sérgio Daniel Sousa Almeida	Individual	Senior Masculino	55:09	+24:26	05:31
299	1509	DANIEL FORTUNA	TENDÊNCIA VISUAL	Senior Masculino	55:16	+24:34	05:32
300	1511	Ricardo Silva	TENDÊNCIA VISUAL	Senior Masculino	55:17	+24:34	05:32
301	209	Daniel Oliveira	Bravos e Bravitas	Senior Masculino	55:22	+24:39	05:32
302	1138	Bruno Moreira	KIRCHHOFF KUNECT RUNING TEAM	Senior Masculino	55:27	+24:44	05:33
303	696	Hélder Pereira	Individual	Senior Masculino	55:41	+24:58	05:34
304	779	Rui Barbosa	Individual	Senior Masculino	55:46	+25:03	05:35
305	21	Eduardo vieira	3moços	Senior Masculino	55:46	+25:03	05:35
306	187	Tiago Cardoso	B. V. Ovar	Senior Masculino	56:04	+25:21	05:36
307	744	Miguel Resende	Individual	Senior Masculino	56:08	+25:25	05:37
308	20	Bruno Gonçalves	3moços	Senior Masculino	56:11	+25:29	05:37
309	666	Carlos Santos	Individual	Senior Masculino	56:18	+25:35	05:38
310	723	Luis Lopes	Individual	Senior Masculino	56:19	+25:37	05:38
311	508	Rui Martins	GJ Pinheiro da Bemposta	Senior Masculino	56:22	+25:39	05:38
312	750	Nuno Fernando Soares Oliveira	Individual	Senior Masculino	56:25	+25:42	05:38
313	150	Carlos Cruz	AMIGOS DO TRAIL	Senior Masculino	56:37	+25:55	05:40
314	1181	Diogo Ferreira	Lux Health Club	Senior Masculino	56:44	+26:01	05:40
315	72	Luis Novo	ACAIL GÁS	Senior Masculino	56:48	+26:06	05:41

Prova Principal

10 KM

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REVISED

OFFICIAL RESULT

67	847	Manuela Carvalho	Individual	Veterana F40	56:32	+25:49	05:39
68	159	OLGA BRANDÃO	ARADA ATLÉTICO CLUBE	Veterana F40	56:33	+25:50	05:39
69	1169	CARLINDA SANTOS	LUSITÂNIA DE LOUROSA FC	Veterana F40	56:38	+25:55	05:40
70	856	Paula Gandra	Individual	Veterana F40	56:52	+26:09	05:41
71	854	Orquídea Gomes	Individual	Veterana F40	57:10	+26:27	05:43
72	459	Antónia bastos	Flechas	Veterana F40	57:10	+26:28	05:43
73	1148	Daniela Oliveira	KIRCHHOFF KUNECT RUNING TEAM	Veterana F40	57:39	+26:57	05:46
74	1437	Susana Claudia Matias Sousa Silva	RUNNING ESPINHO	Veterana F40	57:53	+27:10	05:47
75	865	Susana Matilde Silva Borges	Individual	Veterana F40	57:53	+27:10	05:47
76	809	ANA ALMEIDA	Individual	Veterana F40	57:59	+27:17	05:48
77	1477	Alexandra Lopes	Sporting Clube de Espinho / António Leitão	Veterana F40	58:12	+27:29	05:49
78	1506	Helena Gonçalves	Tartarugas Velozes	Veterana F40	58:14	+27:31	05:49
79	811	Ana Maria Mendes Pais	Individual	Veterana F40	58:42	+27:59	05:52
80	161	SONIA SILVA	ARADA ATLÉTICO CLUBE	Veterana F40	59:19	+28:36	05:56
81	261	Goretti Cardoso	Caldas S. Jorge Sport Clube	Veterana F40	59:25	+28:42	05:56
82	263	Maria Valente	Caldas S. Jorge Sport Clube	Veterana F40	59:25	+28:42	05:57
83	142	Rosa Silva	Alma Runners	Veterana F40	59:36	+28:53	05:58
84	1103	Manuela Castelo	Juventude Cortegacense	Veterana F40	59:38	+28:56	05:58
85	812	Ana Moura	Individual	Veterana F40	59:40	+28:57	05:58
86	866	Valerie Pais	Individual	Veterana F40	59:40	+28:58	05:58
87	1457	MARIA FERNANDES	S.S.T.S.J.M. Serviços Sociais do Pessoal do Município de S. João da Madeira	Veterana F40	59:43	+29:00	05:58
88	1228	Paula Manuela Dias	madugym	Veterana F40	59:49	+29:06	05:59
89	807	ADELAIDE DUARTE	Individual	Veterana F40	59:57	+29:15	06:00
90	1530	Sonia Isabel Teresa	TURBULENTOS	Veterana F40	01:00:03	+29:20	06:00
91	1146	Alexandra Barros	KIRCHHOFF KUNECT RUNING TEAM	Veterana F40	01:00:04	+29:21	06:00
92	7	Andreia Almeida	@corredoresderua@	Veterana F40	01:00:08	+29:26	06:01
93	1432	Alexandra Soares	RUNNING ESPINHO	Veterana F40	01:00:13	+29:30	06:01
94	1345	Fátima Murphy	OvarRun	Veterana F40	01:00:21	+29:38	06:02
95	827	Cristiana Resende	Individual	Veterana F40	01:00:24	+29:41	06:02
96	460	Manuela santos	Flechas	Veterana F40	01:00:31	+29:48	06:03
97	371	SUZANA RESENDE	Clube Desportivo Feirense	Veterana F40	01:00:55	+30:12	06:05
98	242	SUSANA DUARTE	CAL - Clube Atletismo de Lamas	Veterana F40	01:01:31	+30:48	06:09
99	243	Teresa Tavares	CAL - Clube Atletismo de Lamas	Veterana F40	01:01:31	+30:48	06:09
100	1346	Francisca Pereira	OvarRun	Veterana F40	01:01:34	+30:51	06:09
101	813	Ana Oliveira	Individual	Veterana F40	01:01:42	+30:59	06:10
102	860	Silvia Vilar	Individual	Veterana F40	01:01:47	+31:04	06:11
103	99	Eugénia Queirós	AFIS/OVAR	Veterana F40	01:02:10	+31:27	06:13
104	1164	Ana Catarina Santos	LT2 Consulting	Veterana F40	01:02:10	+31:27	06:13
105	1218	Carla Chaves	madugym	Veterana F40	01:02:21	+31:38	06:14
106	1497	ANA PINHO	SPRING MARK	Veterana F40	01:02:41	+31:58	06:16
107	1416	Eva Gomes	Running Esmoriz	Veterana F40	01:02:53	+32:10	06:17
108	1344	Elisabete Silva	OvarRun	Veterana F40	01:03:15	+32:32	06:19
109	1165	Daniela Amorim	LT2 Consulting	Veterana F40	01:03:32	+32:50	06:21

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OFFICIAL RESULT

110	1166	Sara Lourenço	LT2 Consulting	Veterana F40	01:03:33	+32:50	06:21
111	225	Isabel Cristina Costa	Bunheiro Runners	Veterana F40	01:04:13	+33:30	06:25
112	810	Ana França	Individual	Veterana F40	01:04:13	+33:30	06:25
113	832	Ercilia costa	Individual	Veterana F40	01:04:41	+33:59	06:28
114	1147	Carla Pinho	KIRCHHOFF KUNECT RUNING TEAM	Veterana F40	01:05:02	+34:20	06:30
115	820	Armanda Queiroz	Individual	Veterana F40	01:05:04	+34:21	06:30
116	451	Virginia Moreira	Fiães Running	Veterana F40	01:05:06	+34:23	06:31
117	1104	Marcia Almeida Rola	Juventude Cortegacense	Veterana F40	01:05:21	+34:38	06:32
118	368	CECILIA PINTO	Clube Desportivo Feirense	Veterana F40	01:05:27	+34:45	06:33
119	240	MARLENE FERREIRA	CAL - Clube Atletismo de Lamas	Veterana F40	01:05:28	+34:45	06:33
120	858	samanta maia	Individual	Veterana F40	01:05:28	+34:45	06:33
121	862	Sónia Fernandes	Individual	Veterana F40	01:05:38	+34:56	06:34
122	1403	Sofia Nunes	REMAX Summit	Veterana F40	01:06:54	+36:11	06:41
123	825	Cláudia Carvalheira	Individual	Veterana F40	01:08:01	+37:19	06:48
124	828	ELIANA MARISA	Individual	Veterana F40	01:08:06	+37:23	06:49
125	1223	Fátima Neves	madugym	Veterana F40	01:08:31	+37:48	06:51
126	59	Vera Silva	ACADEMIA FERNANDA RIBEIRO	Veterana F40	01:08:43	+38:00	06:52
127	238	ALBINA DIAS	CAL - Clube Atletismo de Lamas	Veterana F40	01:09:14	+38:31	06:55
128	843	Josina Raquel Castro Marques da Costa	Individual	Veterana F40	01:09:39	+38:56	06:58
129	1347	Luisa Fernandes	OvarRun	Veterana F40	01:09:45	+39:03	06:59
130	1365	Manuela Cunha	Perdidos pelo Monte	Veterana F40	01:10:06	+39:24	07:01
131	855	Patricia Monteiro	Individual	Veterana F40	01:10:26	+39:43	07:03
132	1100	Cristina Maria Rodrigues Sá	Juventude Cortegacense	Veterana F40	01:10:31	+39:49	07:03
133	814	Ana Ribeiro	Individual	Veterana F40	01:10:58	+40:15	07:06
134	264	Paula Correia	Caldas S. Jorge Sport Clube	Veterana F40	01:11:18	+40:35	07:08
135	262	Liliana Almeida	Caldas S. Jorge Sport Clube	Veterana F40	01:11:18	+40:36	07:08
136	833	Fátima de Jesus Lima Ribeiro	Individual	Veterana F40	01:11:44	+41:01	07:10
137	822	Carla Susana Pereira Ferreira	Individual	Veterana F40	01:11:44	+41:01	07:10
138	1501	Fernanda Alves	Tartarugas do Asfalto	Veterana F40	01:12:01	+41:18	07:12
139	1230	Susana Rodrigues	madugym	Veterana F40	01:15:24	+44:41	07:32
140	450	Mena Silva	Fiães Running	Veterana F40	01:19:38	+48:55	07:58
141	456	Mónica Margaride	Fit2Labor	Veterana F40	01:19:39	+48:56	07:58
142	1331	Erika Darcilia	Outlaw Runners	Veterana F40	01:20:33	+49:50	08:03
143	837	Gabriela Vieira	Individual	Veterana F40	01:20:47	+50:04	08:05

Veterano M40

1	1414	Paulo Paula	RUN TEJO	Veterano M40	30:51	+00:09	03:05
2	433	Vitor Santos	EV Peraltafil	Veterano M40	33:03	+02:20	03:18
3	920	Nuno Pinho	Individual	Veterano M40	33:40	+02:57	03:22
4	541	PAULO PEREIRA	Grupo Desportivo e Cultural de Guilhovai	Veterano M40	34:00	+03:18	03:24
5	1064	Angelo Araujo	JOBRA-Assoc.Jovens da Branca	Veterano M40	34:03	+03:20	03:24
6	1485	Ricardo Ferreira	Sporting Clube de Espinho / António Leitão	Veterano M40	34:05	+03:22	03:25

Prova Principal

10 KM



OFFICIAL RESULT

182	1354	Rui Reis	OvarRun	Veterano M40	01:08:43	+38:00	06:52
183	405	Sérgio Costa	Dragões de Ovar	Veterano M40	01:09:06	+38:23	06:55
184	900	Leandro Resende	Individual	Veterano M40	01:09:59	+39:16	07:00
185	1156	Ricardo Pinho	KIRCHHOFF KUNECT RUNNING TEAM	Veterano M40	01:12:36	+41:53	07:16

Veterano M45

1	1286	Fernando Lima	Núcleo de Atletismo de Cucujães	Veterano M45	34:29	+03:46	03:27
2	544	MESSIAS DIAS	Grupo Desportivo e Cultural de Guilhovai	Veterano M45	35:04	+04:22	03:30
3	957	João Faria	Individual	Veterano M45	35:43	+05:01	03:34
4	168	SALVIANO FERREIRA	ARADA ATLÉTICO CLUBE	Veterano M45	35:45	+05:02	03:35
5	1409	ANTÓNIO SOUSA	RIPOLINS GRIJÓ A CORRER	Veterano M45	36:06	+05:24	03:37
6	1489	Rui Manuel Santos	Sporting Clube de Espinho / António Leitão	Veterano M45	36:13	+05:30	03:37
7	1065	António Sousa	JOBRA-Assoc.Jovens da Branca	Veterano M45	36:25	+05:42	03:39
8	535	PAULO MANUEL ARIEIRO TAVARES	Grupo Desportivo & Cultural de Codal	Veterano M45	36:38	+05:56	03:40
9	991	Rui Silva	Individual	Veterano M45	37:53	+07:10	03:47
10	560	Paulo Maia	Grupo Oscacer	Veterano M45	38:04	+07:22	03:48
11	969	manuel silva	Individual	Veterano M45	38:14	+07:31	03:49
12	543	LINO FERREIRA	Grupo Desportivo e Cultural de Guilhovai	Veterano M45	38:15	+07:33	03:50
13	1118	Celso Orlando Oliveira Camboa	Juventude Cortegacense	Veterano M45	38:24	+07:42	03:50
14	972	Nuno Naia	Individual	Veterano M45	39:02	+08:19	03:54
15	968	Manuel Ferreira	Individual	Veterano M45	39:08	+08:25	03:55
16	31	Wouter de Broeck	A D Rio Largo C Espinho	Veterano M45	39:29	+08:46	03:57
17	953	Fernando Manuel Rocha Freire	Individual	Veterano M45	39:45	+09:02	03:58
18	373	JOSÉ CORREIA	Clube Desportivo Feirense	Veterano M45	39:52	+09:09	03:59
19	994	Victor Correia	Individual	Veterano M45	39:53	+09:10	03:59
20	962	Jorge Queirós	Individual	Veterano M45	40:02	+09:20	04:00
21	984	RAFAEL GUEDES	Individual	Veterano M45	40:23	+09:40	04:02
22	1444	Nuno Sousa	RUNNING ESPINHO	Veterano M45	40:24	+09:42	04:02
23	113	Pedro Silva	AFIS/OVAR	Veterano M45	40:26	+09:43	04:03
24	1117	Cecilio Manuel Silva Ferreira	Juventude Cortegacense	Veterano M45	41:04	+10:21	04:06
25	1410	JOSÉ SILVA	RIPOLINS GRIJÓ A CORRER	Veterano M45	41:07	+10:24	04:07
26	939	Abílio Silva	Individual	Veterano M45	41:21	+10:38	04:08
27	255	Rui Correia	CAL - Clube Atletismo de Lamas	Veterano M45	41:41	+10:58	04:10
28	418	Hélder Silva	Elcomandante Team	Veterano M45	41:42	+10:59	04:10
29	500	Armando Correia	GDG - Grupo Desportivo da Gafanha	Veterano M45	41:48	+11:05	04:11
30	1487	João Pereira	Sporting Clube de Espinho / António Leitão	Veterano M45	42:09	+11:26	04:13
31	489	Paulo Mota	G.D.Ronda	Veterano M45	42:13	+11:30	04:13
32	1381	rui pereira	Pupilos do Zé-Tó	Veterano M45	42:19	+11:36	04:14
33	1066	José Ferreira	JOBRA-Assoc.Jovens da Branca	Veterano M45	42:23	+11:40	04:14
34	996	Viriato Oliveira	Individual	Veterano M45	42:24	+11:41	04:14

Prova Principal

10 KM



OFFICIAL RESULT

80	1016	José Lucio Pereira Nunes	Individual	Veterano M50	54:51	+24:08	05:29
81	114	Carlos Campos	AFIS/OVAR	Veterano M50	55:09	+24:26	05:31
82	223	Gil Soares	BUCHA & estica	Veterano M50	55:20	+24:37	05:32
83	376	PEDRO SANTOS	Clube Desportivo Feirense	Veterano M50	56:38	+25:55	05:40
84	9	João Simões	@corredoresderua@	Veterano M50	57:19	+26:36	05:44
85	1507	David Silva	Tartarugas Velozes	Veterano M50	58:15	+27:32	05:49
86	1447	Paulo Ladeira	RUNNING ESPINHO	Veterano M50	58:21	+27:39	05:50
87	1251	Pedro Sardinha	madugym	Veterano M50	01:00:01	+29:18	06:00
88	1002	António Matias	Individual	Veterano M50	01:00:10	+29:27	06:01
89	1025	Salvador Rodrigues	Individual	Veterano M50	01:00:12	+29:29	06:01
90	1124	António Augusto Oliveira Santos	Juventude Cortegacense	Veterano M50	01:00:16	+29:33	06:02
91	1010	Gregório	Individual	Veterano M50	01:00:24	+29:41	06:02
92	1021	Mário costa	Individual	Veterano M50	01:00:51	+30:08	06:05
93	1249	José Manuel Oliveira Pinto	madugym	Veterano M50	01:01:18	+30:36	06:08
94	23	Ricardo Bastos	A A Lebres do Sado	Veterano M50	01:03:43	+33:00	06:22
95	1312	Pedro Guedes	Os Falta D'Ar	Veterano M50	01:06:38	+35:55	06:40
96	1246	Luis Morais	madugym	Veterano M50	01:06:58	+36:16	06:42
97	1359	Mário Pereira	OvarRun	Veterano M50	01:09:47	+39:04	06:59
98	1018	Manuel António de matos neves 19	Individual	Veterano M50	01:11:29	+40:46	07:09
99	1014	José Barbosa	Individual	Veterano M50	01:20:47	+50:04	08:05

Veterano M55

1	332	Manuel Alves	Clube Campismo	Veterano M55	34:26	+03:43	03:27
2	1034	Manuel Valente	Individual	Veterano M55	36:18	+05:35	03:38
3	122	Ernesto Almeida	AFIS/OVAR	Veterano M55	37:01	+06:19	03:42
4	123	João Pereira	AFIS/OVAR	Veterano M55	37:06	+06:23	03:43
5	1411	JORGE LUZ	RIPOLINS GRIJÓ A CORRER	Veterano M55	38:18	+07:36	03:50
6	1075	FERNANDO BRANDÃO	JUVENTUDE ATLÉTICA MOZELENSE	Veterano M55	39:39	+08:56	03:58
7	1463	AMERICO VALENTE	SERVIÇOS SOCIAIS TRAB. M. DE OVAR	Veterano M55	40:13	+09:31	04:01
8	362	VITOR GONÇALO	CLUBE DE ATLETISMO DE OVAR	Veterano M55	41:13	+10:31	04:07
9	491	Carlos Fazendeiro	G.D.Ronda	Veterano M55	41:33	+10:51	04:09
10	1579	André Silva	Individual	Veterano M55	43:56	+13:13	04:24
11	436	Joaquim Pereira	EV PERALTAFIL	Veterano M55	45:23	+14:40	04:32
12	91	José Fernando de Sousa e Matos	ADREP	Veterano M55	46:05	+15:23	04:37
13	307	Arlindo Rodrigues	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M55	46:15	+15:33	04:38
14	1030	filipe coimbra	Individual	Veterano M55	46:51	+16:08	04:41
15	46	José Silva	A.C.R.D.Escapaes	Veterano M55	47:06	+16:23	04:43
16	1033	Manuel Oliveira	Individual	Veterano M55	47:26	+16:44	04:45
17	309	Manuel Oliveira	Centro Municipal de Marcha e Corrida de Vale de Cambra	Veterano M55	47:38	+16:55	04:46
18	1058	Domingos silva	Jesus Runners	Veterano M55	47:40	+16:57	04:46
19	1069	Francisco Soares	JOBRA-Assoc.Jovens da Branca	Veterano M55	47:42	+16:59	04:46
20	125	Manuel Luis	AFIS/OVAR	Veterano M55	47:52	+17:09	04:47

Official Timekeeper: Lap2Go	27 / 30	generate 23-Dec-2019 16:02
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