

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

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

	Time	Temperature	Humidity
Start	21:00	9.6°C	82%
End	22:20	9.6°C	82%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	130	Nuno Costa	c.d.feirense	Senior Masculino	28:14		02:49
2	131	Nuno Lopes	c.d.feirense	Senior Masculino	28:15	+00:00	02:50
3	115	Fábio Oliveira	c.d.feirense	Senior Masculino	28:49	+00:34	02:53
4	136	Rafael Lopes	c.d.feirense	Senior Masculino	29:00	+00:46	02:54
5	138	Ricardo Queirós	c.d.feirense	Senior Masculino	30:11	+01:57	03:01
6	64	João Figueiredo	associação figueiredos runners & friends	Senior Masculino	30:24	+02:10	03:02
7	66	Davide Figueiredo	associação figueiredos runners & friends	Veterano M50	30:24	+02:10	03:02
8	613	Toze Castro	peraltafil/estrelas vermelhas	Veterano M40	31:01	+02:46	03:06
9	300	Pedro Cerdeirinha	g.d.ronda	Senior Masculino	31:01	+02:47	03:06
10	141	Tiago Madureira	c.d.feirense	Senior Masculino	31:29	+03:15	03:09
11	614	Vitor Santos	peraltafil/estrelas vermelhas	Veterano M40	31:34	+03:20	03:09
12	128	Nuno Alves	c.d.feirense	Senior Masculino	31:43	+03:28	03:10
13	200	JANIK LIMA	clube de atletismo de ovar	Senior Masculino	32:00	+03:46	03:12
14	194	Nuno Miguel	cd são salvador do campo	Veterano M40	32:15	+04:01	03:14
15	25	Tiago Pinho	acr de vale de cambra	Senior Masculino	32:20	+04:06	03:14
16	553	Angelo Araujo	jobra-associação jovens da branca	Veterano M45	32:31	+04:17	03:15
17	235	Fábio Magalhães da Silva Barbosa	edv-viana trail	Senior Masculino	32:49	+04:35	03:17
18	611	Jose Almeida	peraltafil/estrelas vermelhas	Veterano M40	32:59	+04:45	03:18
19	137	Ricardo Gomes	c.d.feirense	Senior Masculino	33:00	+04:46	03:18
20	199	CELSO LEITE	clube de atletismo de ovar	Senior Masculino	33:01	+04:47	03:18
21	125	Adalberto Furtado	c.d.feirense	Senior Masculino	33:03	+04:49	03:18
22	593	RICARDO SILVA	nascidos para correr - associação desportiva	Senior Masculino	33:09	+04:55	03:19
23	672	Tiago Rosas	sporting clube de espinho / antónio leitão	Senior Masculino	33:27	+05:13	03:21
24	297	Daniel Afonso Lopes Rodrigues	g j pinheiro da bemposta	Senior Masculino	33:38	+05:24	03:22
25	610	Claudio Costa	peraltafil/estrelas vermelhas	Veterano M40	33:40	+05:25	03:22
26	126	Diogo Sousa	c.d.feirense	Senior Masculino	33:45	+05:31	03:23
27	132	Pedro Ramos	c.d.feirense	Senior Masculino	33:54	+05:40	03:23
28	663	Emilio Garcia Vasquez	sd compostela	Veterano M45	33:59	+05:44	03:24
29	598	Ricardo Carvalho	núcleo de atletismo de cucujães	Veterano M50	34:00	+05:46	03:24
30	594	SÉRGIO RODRIGUES	nascidos para correr - associação desportiva	Senior Masculino	34:08	+05:54	03:25
31	122	Solange Jesus	c.d.feirense	Senior Feminino	34:17	+06:03	03:26
32	121	Neide Dias	c.d.feirense	Senior Feminino	34:18	+06:04	03:26
33	654	HENRIQUE DIAS	retorta- quinta das arcas	Veterano M55	34:27	+06:12	03:27
34	195	Mário Contreiras	cd são salvador do campo	Veterano M50	34:31	+06:16	03:27
35	470	Pedro Costa	individual	Veterano M40	34:47	+06:33	03:29
36	80	Bruno Silva	bravos e bravitas/ fit arena	Veterano M40	34:49	+06:35	03:29
37	670	Miguel Faria	sporting clube de espinho / antónio leitão	Senior Masculino	34:54	+06:39	03:29
38	26	António Pinto Almeida	acr de vale de cambra	Veterano M50	35:13	+06:59	03:31
39	178	Nuno silva	cal - clube atletismo de lamas	Veterano M40	35:18	+07:04	03:32



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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	CAT	RESULT	DIFF	t/KM
84	745	Justyna Wojcik	lavra	Senior Feminino	39:11	+10:56	03:55
85	641	Hélder Teixeira	physical	Veterano M40	39:18	+11:03	03:56
86	671	Ricardo Pereira	sporting clube de espinho / antónio leitão	Senior Masculino	39:25	+11:11	03:57
87	310	Lídia Pereira	grupo recreativo eirense	Veterana F50	39:29	+11:15	03:57
88	596	Regina Gilvaz	núcleo de atletismo de cucujães	Veterana F40	39:41	+11:27	03:58
89	185	Rui Correia	cal - clube atletismo de lamas	Veterano M45	39:42	+11:27	03:58
90	467	Paulo pereira	individual	Veterano M40	39:44	+11:30	03:58
91	395	Luis Oliveira	individual	Senior Masculino	39:46	+11:32	03:59
92	581	Simão Correia	mc	Senior Masculino	39:50	+11:36	03:59
93	384	João Pires	individual	Senior Masculino	40:10	+11:56	04:01
94	506	António Ferreira Barros	individual	Veterano M50	40:16	+12:02	04:02
95	275	Antonio Pinto	feirense trail	Veterano M50	40:18	+12:04	04:02
96	412	Sérgio Ferreira	individual	Senior Masculino	40:20	+12:06	04:02
97	394	Luis Almeida	individual	Senior Masculino	40:21	+12:06	04:02
98	643	Rui Pereira	physical	Veterano M40	40:25	+12:11	04:03
99	261	Paulo Jorge	feirense trail	Veterano M40	40:26	+12:12	04:03
100	268	Paulo Ferreira	feirense trail	Veterano M45	40:29	+12:15	04:03
101	517	Pedro Filipe França	individual	Veterano M50	40:29	+12:15	04:03
102	165	Jorge Brandão	cal - clube atletismo de lamas	Senior Masculino	40:31	+12:16	04:03
103	17	Pedro Vieira	a.d. amarante trail running	Veterano M40	40:35	+12:21	04:04
104	414	Tiago dos Santos Pinho	individual	Senior Masculino	40:35	+12:21	04:04
105	168	Alvaro Novo	cal - clube atletismo de lamas	Senior Masculino	40:40	+12:26	04:04
106	659	Carlos Lancha	running espinho	Veterano M50	40:43	+12:29	04:04
107	457	Hugo santos	individual	Veterano M40	40:44	+12:29	04:04
108	63	Paulo Reis	arcorun	Veterano M45	40:47	+12:33	04:05
109	740	Luis Branco	individual	Senior Masculino	40:48	+12:34	04:05
110	420	Vítor Coelho	individual	Senior Masculino	40:49	+12:35	04:05
111	721	PEDRO MIGUEL REIS CONCEIÇÃO	vito brave runners	Senior Masculino	40:50	+12:36	04:05
112	418	Tomé Filipe dos Santos Rodrigues	individual	Senior Masculino	41:07	+12:53	04:07
113	648	antonio silva	pupilos do zé-tó	Veterano M55	41:14	+12:59	04:07
114	228	Isac Silva	crossfit couto	Senior Masculino	41:18	+13:04	04:08
115	447	Bruno Machado	individual	Veterano M40	41:21	+13:07	04:08
116	31	Pedro Necho	afisovar	Veterano M45	41:27	+13:13	04:09
117	408	Pedro Reina	individual	Senior Masculino	41:28	+13:14	04:09
118	237	Paulo Rocha	estúdio beone	Senior Masculino	41:28	+13:14	04:09
119	480	António Manuel Gomes De Almeida	individual	Veterano M45	41:30	+13:15	04:09
120	307	Davide Fernandes	grupo cultural e desportivo guilhovai	Veterano M55	41:30	+13:16	04:09
121	495	Paulo jorge Oliveira	individual	Veterano M45	41:32	+13:17	04:09
122	314	Gonçalo Canelas	hmc sports	Senior Masculino	41:32	+13:18	04:09
123	306	Miguel Santos	grupo cultural e desportivo guilhovai	Veterano M45	41:38	+13:24	04:10
124	10	Filipe Fonseca	5% de bateria	Senior Masculino	41:39	+13:25	04:10
125	481	Carlos Alberto de Lima Bruno	individual	Veterano M45	41:45	+13:31	04:11
126	45	Joel Moreira	aqs running	Senior Masculino	41:50	+13:36	04:11
127	54	Jorge Gonçalves	aqs running	Veterano M50	41:57	+13:43	04:12



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## OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
172	657	Emanuel Mota	running espinho	Veterano M45	43:22	+15:07	04:20
173	486	Jorge Guerra	individual	Veterano M45	43:22	+15:08	04:20
174	225	Virgínia Adelaide Gonçalves Pais	crossfit couto	Senior Feminino	43:28	+15:14	04:21
175	229	Ivo Pais	crossfit couto	Senior Masculino	43:28	+15:14	04:21
176	500	Vergilio Silva Teixeira	individual	Veterano M45	43:29	+15:15	04:21
177	52	André Relvas	aqs running	Veterano M45	43:30	+15:16	04:21
178	219	Bruno Ferreira	crocolama	Veterano M40	43:37	+15:23	04:22
179	656	Nelson Reis	running espinho	Veterano M40	43:40	+15:26	04:22
180	301	Celso Silva	g.d.ronda	Veterano M40	43:51	+15:37	04:23
181	327	Ana Catarina Soares	individual	Senior Feminino	43:54	+15:40	04:23
182	478	Sergio Sousa	individual	Veterano M40	43:56	+15:41	04:24
183	363	Danilo Fenu	individual	Senior Masculino	43:57	+15:43	04:24
184	255	Mónica Oliveira	feirense trail	Veterana F40	44:00	+15:46	04:24
185	428	CLOTILDE SANTOS	individual	Veterana F40	44:02	+15:48	04:24
186	660	Zé Moutinho	running espinho	Veterano M55	44:04	+15:49	04:24
187	117	Joana Santos	c.d.feirense	Senior Feminino	44:04	+15:50	04:24
188	201	MARISA JOÃO	clube de atletismo de ovar	Veterana F40	44:06	+15:52	04:25
189	204	Fábio Teles	clube desportivo de leomil	Senior Masculino	44:07	+15:53	04:25
190	205	Filipe Teles	clube desportivo de leomil	Senior Masculino	44:07	+15:53	04:25
191	203	Daniela Falcão	clube desportivo de leomil	Senior Feminino	44:09	+15:55	04:25
192	548	Alexandre Novo	jesus runners	Senior Masculino	44:10	+15:56	04:25
193	142	Dora Sá	c.d.feirense	Veterana F40	44:10	+15:56	04:25
194	550	Rui silva	jesus runners	Senior Masculino	44:11	+15:57	04:25
195	676	José Pereira	sporting clube de espinho / antónio leitão	Veterano M55	44:14	+16:00	04:25
196	649	José Fernando de Sousa e Matos	recreio desportivo de águaeda	Veterano M55	44:17	+16:03	04:26
197	347	Susana Maia	individual	Senior Feminino	44:18	+16:04	04:26
198	514	Manuel António Pinto da Silva	individual	Veterano M50	44:19	+16:04	04:26
199	401	Nuno Petiz	individual	Senior Masculino	44:19	+16:05	04:26
200	153	Armando Almeida	c.d.feirense	Veterano M45	44:22	+16:07	04:26
201	378	Helder Oliveira	individual	Senior Masculino	44:23	+16:08	04:26
202	176	Elisio Simao	cal - clube atletismo de lamas	Veterano M40	44:25	+16:11	04:27
203	87	Mike	bravos e bravitas/ fit arena	Veterano M45	44:25	+16:11	04:27
204	62	Óscar Brandão	arada ac	Veterano M50	44:30	+16:15	04:27
205	490	José Lourenço	individual	Veterano M45	44:33	+16:19	04:27
206	539	Manuel Sousa cardoso	individual	Veterano M55	44:39	+16:25	04:28
207	413	Tiago correia	individual	Senior Masculino	44:43	+16:29	04:28
208	177	Jose Coelho	cal - clube atletismo de lamas	Veterano M40	44:43	+16:29	04:28
209	605	Mário Martins	os kágados	Veterano M50	44:44	+16:29	04:28
210	249	Marco Pires	feirense trail	Senior Masculino	44:45	+16:31	04:29
211	403	nuno saramago	individual	Senior Masculino	44:55	+16:41	04:30
212	46	Jorge Gonçalves	aqs running	Senior Masculino	44:57	+16:42	04:30
213	616	Leonel Silva	peraltafil/estrelas vermelhas	Veterano M55	44:57	+16:43	04:30
214	609	Paula Oliveira	peraltafil/estrelas vermelhas	Veterana F40	44:57	+16:43	04:30
215	364	David Oliveira Pereira	individual	Senior Masculino	44:58	+16:44	04:30
216	507	Ernesto da rocha Gonçalves	individual	Veterano M50	45:05	+16:51	04:31











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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

### OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
345	531	Domingos soares da Silva	individual	Veterano M55	51:18	+23:04	05:08
346	664	João Lobo	sei lá	Senior Masculino	51:19	+23:04	05:08
347	644	Luis Neto	physical	Veterano M45	51:30	+23:16	05:09
348	210	Tiago Vieira Pinto	corridas	Senior Masculino	51:33	+23:18	05:09
349	473	Richard Marques	individual	Veterano M40	51:34	+23:19	05:09
350	188	Lucidio Dias	cal - clube atletismo de lamas	Veterano M55	51:34	+23:19	05:09
351	665	José Tavares	sei lá	Veterano M50	51:36	+23:22	05:10
352	642	Paulo Costa	physical	Veterano M40	51:39	+23:25	05:10
353	626	Filipe Sá	physical	Senior Masculino	51:39	+23:25	05:10
354	32	Americo Oliveira	afisovar	Veterano M50	51:50	+23:36	05:11
355	36	Tulio Tomás	afisovar	Veterano M50	51:50	+23:36	05:11
356	227	Cristiano Miguel da Costa Martins	crossfit couto	Senior Masculino	51:51	+23:37	05:11
357	226	Carlos Manuel Ferreira Duarte	crossfit couto	Senior Masculino	51:52	+23:38	05:11
358	232	Roberto Nunes	crossfit couto	Senior Masculino	51:52	+23:38	05:11
359	14	Márcio Correia	a pipoca mais doce	Veterano M40	51:54	+23:40	05:11
360	407	Pedro Miguel da Silva Tavares	individual	Senior Masculino	51:56	+23:42	05:12
361	527	António Martins	individual	Veterano M55	52:06	+23:51	05:13
362	427	Célia Maria Rodrigues dos Santos	individual	Veterana F40	52:17	+24:03	05:14
363	574	Pedro Sardinha	madugym	Veterano M55	52:18	+24:04	05:14
364	68	Claúdia Sofia Moreira Calçada	bravos e bravitas/ fit arena	Senior Feminino	52:19	+24:05	05:14
365	72	Anthony da Costa e Silva	bravos e bravitas/ fit arena	Senior Masculino	52:19	+24:05	05:14
366	389	José Valente	individual	Senior Masculino	52:24	+24:10	05:14
367	499	Silvio Costa	individual	Veterano M45	52:25	+24:10	05:15
368	272	Silvio Ferreira	feirense trail	Veterano M45	52:26	+24:12	05:15
369	528	Antonio Tafula	individual	Veterano M55	52:27	+24:13	05:15
370	504	Amandio Mendes	individual	Veterano M50	52:29	+24:15	05:15
371	234	Daniel Oliveira	d&m	Veterano M45	52:30	+24:16	05:15
372	488	Jorge Oliveira	individual	Veterano M45	52:31	+24:17	05:15
373	441	Orquídea Gomes	individual	Veterana F50	52:32	+24:18	05:15
374	387	José Nogueira	individual	Senior Masculino	52:33	+24:18	05:15
375	355	Bruno Brito	individual	Senior Masculino	52:37	+24:22	05:16
376	716	JOAO LUIS SEMEDO PINTADO	vito brave runners	Senior Masculino	52:41	+24:26	05:16
377	484	Dotan Goren	individual	Veterano M45	52:43	+24:29	05:16
378	175	Ana Castro	cal - clube atletismo de lamas	Veterana F50	52:45	+24:31	05:17
379	446	Bruno Gonçalves	individual	Veterano M40	52:45	+24:31	05:17
380	458	José Costa	individual	Veterano M40	53:10	+24:56	05:19
381	334	Diana Ferreira	individual	Senior Feminino	53:15	+25:01	05:20
382	23	Roberto Dias	acail gás	Veterano M40	53:17	+25:03	05:20
383	22	Domingos Novo	acail gás	Veterano M40	53:17	+25:03	05:20
384	325	Hugo Lima	hugo lima team	Veterano M40	53:18	+25:03	05:20
385	279	Filipa Luz	fitboost.pt	Senior Feminino	53:18	+25:04	05:20
386	280	Joel Luz	fitboost.pt	Senior Masculino	53:18	+25:04	05:20
387	697	Paula Manuela Dias	trepatrihos trail team	Veterana F50	53:20	+25:06	05:20
388	332	Daniela Cristina Vieira Gomes	individual	Senior Feminino	53:27	+25:13	05:21

## PROVA PRINCIPAL - STAGE 1

## 10 KM

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

## OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
389	184	Pedro Santos	cal - clube atletismo de lamas	Veterano M45	53:38	+25:24	05:22
390	354	Antonio Jose Moreira de Sousa	individual	Senior Masculino	53:47	+25:33	05:23
391	646	Miguel Oliveira	physical	Veterano M45	53:48	+25:34	05:23
392	634	Telma Silva	physical	Veterana F40	53:48	+25:34	05:23
393	369	Eduardo José Santos Amorim	individual	Senior Masculino	53:48	+25:34	05:23
394	512	José Luís Almeida Lopes	individual	Veterano M50	53:50	+25:36	05:23
395	431	Isabel Sofia Oliveira Sousa	individual	Veterana F40	53:51	+25:36	05:23
396	529	Carlos Barroso	individual	Veterano M55	53:53	+25:38	05:23
397	620	Angelica Brito	physical	Senior Feminino	53:56	+25:42	05:24
398	623	Maria Ferreira	physical	Senior Feminino	53:56	+25:42	05:24
399	187	Belmiro Lopes	cal - clube atletismo de lamas	Veterano M50	53:56	+25:42	05:24
400	544	MARINHA BAPTISTA	jam - juventude atlética mozelense	Veterana F50	54:04	+25:50	05:24
401	682	Anabela Sousa	tartarugas seixezelo	Veterana F40	54:06	+25:52	05:25
402	133	Pedro Soares	c.d.feirense	Senior Masculino	54:11	+25:56	05:25
403	241	Vitor Carmo	family runners	Veterano M40	54:13	+25:59	05:25
404	549	Pedro silva	jesus runners	Senior Masculino	54:14	+26:00	05:25
405	590	Rosália Santos	mcdonalds	Senior Feminino	54:14	+26:00	05:25
406	624	Vânia Silva	physical	Senior Feminino	54:19	+26:05	05:26
407	699	Leandro Coelho	trepatrihos trail team	Veterano M40	54:21	+26:07	05:26
408	399	Nelson José Tavares Lopes	individual	Senior Masculino	54:26	+26:11	05:27
409	282	Diana Couto	friends fonza premium	Senior Feminino	54:27	+26:13	05:27
410	298	PAULO MANUEL OLIVEIRA RAMOS	g j pinheiro da bemposta	Veterano M45	54:46	+26:32	05:29
411	731	Jacinto Leite	individual	Senior Masculino	54:51	+26:36	05:29
412	47	Xavier	aqs running	Senior Masculino	54:51	+26:37	05:29
413	44	Cláudia Marques	amadores&basta	Veterana F40	55:00	+26:46	05:30
414	42	Eduardo Silva	amadores&basta	Senior Masculino	55:01	+26:47	05:30
415	742	António Cristo	individual	Senior Masculino	55:03	+26:49	05:30
416	461	Marcelo teixeira da Mota	individual	Veterano M40	55:05	+26:51	05:31
417	423	Vitor Ricardo de Pinho Mota	individual	Senior Masculino	55:06	+26:52	05:31
418	677	NUNO SOARES	sstsjm, serviços sociais do pessoal do município de s. joão da madeira	Senior Masculino	55:11	+26:57	05:31
419	471	Ricardo Oliveira	individual	Veterano M40	55:13	+26:59	05:31
420	435	Suzana Alves	individual	Veterana F40	55:14	+27:00	05:31
421	445	Bruno Almeida	individual	Veterano M40	55:16	+27:01	05:32
422	651	Joana Resende	resendes	Senior Feminino	55:23	+27:09	05:32
423	600	António Godinho	os falta d'ar	Veterano M55	55:31	+27:17	05:33
424	69	Elodie da Silva Mota	bravos e bravitas/ fit arena	Senior Feminino	55:31	+27:17	05:33
425	583	Hugo Santos	mc	Veterano M40	55:31	+27:17	05:33
426	582	Armando Leite	mc	Veterano M40	55:32	+27:17	05:33
427	577	Mara Célia	mc	Senior Feminino	55:32	+27:17	05:33
428	650	Inês Resende	resendes	Senior Feminino	55:34	+27:19	05:33
429	735	João Vieira	friends fonza premium	Veterano M45	55:39	+27:25	05:34
430	503	Aderito Videira	individual	Veterano M50	55:40	+27:26	05:34
431	523	ABÍLIO SOARES	individual	Veterano M55	55:48	+27:34	05:35
432	338	Juliana Silva Alves	individual	Senior Feminino	55:57	+27:43	05:36
433	30	Susana Pinto	afisovar	Veterana F40	55:57	+27:43	05:36

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
434	38	Joaquim Ferreira	afisovar	Veterano M55	55:58	+27:43	05:36
435	365	Diogo Alves	individual	Senior Masculino	55:58	+27:43	05:36
436	331	Cristina Maria da Silva Veloso	individual	Senior Feminino	56:03	+27:49	05:36
437	456	Hugo Manuel Ribeiro Homem Silva Rocha	individual	Veterano M40	56:03	+27:49	05:36
438	367	Domingos Ventura	individual	Senior Masculino	56:08	+27:54	05:37
439	439	Maria Melo	individual	Veterana F50	56:13	+27:59	05:37
440	312	Manuela Oliveira Martins	hmc sports	Senior Feminino	56:16	+28:02	05:38
441	476	Rui Miguel Ferreira Santos	individual	Veterano M40	56:20	+28:06	05:38
442	167	Jacinta Amorim	cal - clube atletismo de lamas	Senior Feminino	56:21	+28:07	05:38
443	438	Júlia Grilo	individual	Veterana F50	56:23	+28:09	05:38
444	436	Vera Martins	individual	Veterana F40	56:31	+28:16	05:39
445	563	Claudia Costa	madugym	Senior Feminino	56:31	+28:17	05:39
446	570	Carla Chaves	madugym	Veterana F40	56:31	+28:17	05:39
447	562	Cátia Madureira	madugym	Senior Feminino	56:31	+28:17	05:39
448	556	Rossana Ferrira	just4fun	Veterana F40	56:33	+28:19	05:39
449	557	Rony Santos	just4fun	Veterano M45	56:33	+28:19	05:39
450	635	Ana Sousa	physical	Veterana F50	56:36	+28:22	05:40
451	415	Tiago Manuel Castro Cruz	individual	Senior Masculino	56:53	+28:39	05:41
452	348	Vanessa oliveira	individual	Senior Feminino	56:56	+28:42	05:42
453	221	Ricardo Pinho	crocolama	Veterano M40	57:08	+28:54	05:43
454	357	Carlos Manuel Correia dos Santos	individual	Senior Masculino	57:21	+29:07	05:44
455	173	Samanta Maia	cal - clube atletismo de lamas	Veterana F40	57:30	+29:16	05:45
456	684	Cristiana Reis	tartarugas seixezelo	Veterana F40	57:38	+29:24	05:46
457	434	Mena Silva	individual	Veterana F40	57:44	+29:30	05:46
458	330	Carla Silva	individual	Senior Feminino	57:44	+29:30	05:46
459	426	Anabela Santos Ribeiro	individual	Veterana F40	57:53	+29:38	05:47
460	469	Pedro Borges	individual	Veterano M40	57:58	+29:44	05:48
461	719	JORGE MANUEL NEVES DA SILVA	vito brave runners	Senior Masculino	58:00	+29:46	05:48
462	83	Pedro Patricio Gomes Rodrigues	bravos e bravitas/ fit arena	Veterano M40	58:15	+30:01	05:50
463	78	Juliana Marques Mota	bravos e bravitas/ fit arena	Veterana F40	58:17	+30:02	05:50
464	240	Rui Carmo	family runners	Veterano M40	58:25	+30:11	05:51
465	442	Paula Reis	individual	Veterana F50	58:35	+30:21	05:52
466	460	luis Ricardo Gomes Neves dos Santos	individual	Veterano M40	58:35	+30:21	05:52
467	559	Bruno Neves	kirchhoff - konect running team	Senior Masculino	58:50	+30:35	05:53
468	558	Andreia Sá	kirchhoff - konect running team	Senior Feminino	58:51	+30:36	05:53
469	350	André Filipe Costa Pinho	individual	Senior Masculino	58:59	+30:45	05:54
470	27	Lara Silva	afisovar	Senior Feminino	59:07	+30:52	05:55
471	683	Catarina Silva	tartarugas seixezelo	Veterana F40	59:09	+30:55	05:55
472	29	Ana Silva	afisovar	Veterana F40	59:33	+31:19	05:57
473	37	Carlos Campos	afisovar	Veterano M55	59:33	+31:19	05:57
474	174	Teresa Tavares	cal - clube atletismo de lamas	Veterana F40	59:36	+31:22	05:58
475	164	Barbara	cal - clube atletismo de lamas	Senior Feminino	59:37	+31:23	05:58

PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
476	166	Dora Dias	cal - clube atletismo de lamas	Senior Feminino	59:37	+31:23	05:58
477	24	Jorge Francisco	acail gás	Veterano M45	59:44	+31:29	05:58
478	220	Pedro Cerqueira	crocolama	Veterano M40	59:44	+31:30	05:58
479	19	Flávio Oliveira	acail gás	Senior Masculino	01:00:08	+31:54	06:01
480	18	Fernando Martins	acail gás	Senior Masculino	01:00:09	+31:55	06:01
481	179	Vitor Santos	cal - clube atletismo de lamas	Veterano M40	01:00:14	+32:00	06:01
482	429	Inês Santos Brandão Horta Martins	individual	Veterana F40	01:00:30	+32:16	06:03
483	510	João Pedro Alves Guedes	individual	Veterano M50	01:00:31	+32:17	06:03
484	515	Nuno Pinho	individual	Veterano M50	01:00:33	+32:19	06:03
485	322	Artur Luís Campos de Sá Brandão	hmc sports	Veterano M45	01:00:41	+32:27	06:04
486	454	Hélder Costa	individual	Veterano M40	01:00:43	+32:29	06:04
487	324	António José Arcaño Ferreira da Costa	hmc sports	Veterano M55	01:01:05	+32:51	06:07
488	70	Sandra Moreira Rodrigues	bravos e bravitas/ fit arena	Senior Feminino	01:01:14	+33:00	06:07
489	534	Joaquim Castro	individual	Veterano M55	01:01:14	+33:00	06:07
490	680	Mário Coutinho	sun11runners	Veterano M40	01:01:25	+33:10	06:09
491	679	Oleaea Andrei	sun11runners	Senior Feminino	01:01:26	+33:11	06:09
492	736	Narciso Cardoso	individual	Senior Masculino	01:01:30	+33:15	06:09
493	320	Sérgio Miguel Oliveira Correia	hmc sports	Veterano M40	01:01:56	+33:42	06:12
494	727	Almerindo Silva	vito brave runners	Veterano M55	01:01:56	+33:42	06:12
495	343	Rita Cardoso	individual	Senior Feminino	01:02:09	+33:55	06:13
496	290	Nuno Almeida	friends fonza premium	Senior Masculino	01:02:15	+34:01	06:14
497	335	Diana Pimenta	individual	Senior Feminino	01:02:15	+34:01	06:14
498	336	Elisabete Gomes	individual	Senior Feminino	01:02:19	+34:05	06:14
499	346	Sara Sousa	individual	Senior Feminino	01:02:25	+34:11	06:15
500	396	Manuel António Pereira dos Santos	individual	Senior Masculino	01:02:31	+34:17	06:15
501	337	Joana Catarina Ribeiro Paiva	individual	Senior Feminino	01:02:32	+34:18	06:15
502	341	Monica Leal	individual	Senior Feminino	01:02:38	+34:24	06:16
503	497	Pedro Conceição	individual	Veterano M45	01:02:38	+34:24	06:16
504	688	Alexandra Maia	trepatrihos trail team	Veterana F40	01:02:40	+34:25	06:16
505	524	Adriano Oliveira	individual	Veterano M55	01:02:42	+34:28	06:16
506	424	Ana Pais	individual	Veterana F40	01:02:49	+34:35	06:17
507	564	Elisabete Veloso	madugym	Senior Feminino	01:03:04	+34:50	06:18
508	568	João Veloso	madugym	Senior Masculino	01:03:05	+34:51	06:19
509	561	Carla Resende	madugym	Senior Feminino	01:03:05	+34:51	06:19
510	273	Toze Amorim	feirense trail	Veterano M45	01:03:25	+35:11	06:21
511	257	Sandra Pinto	feirense trail	Veterana F40	01:03:25	+35:11	06:21
512	281	Carla Tavares	friends fonza premium	Veterana F40	01:03:26	+35:12	06:21
513	259	Sonia Queiros	feirense trail	Veterana F40	01:03:26	+35:12	06:21
514	576	Joana Pinto	mc	Senior Feminino	01:03:31	+35:17	06:21
515	440	Maria Praça	individual	Veterana F50	01:03:36	+35:22	06:22
516	381	Ivo Alexandre Gonçalves pinheiro Cunha	individual	Senior Masculino	01:03:44	+35:30	06:22
517	382	Ivo Nascimento	individual	Senior Masculino	01:03:44	+35:30	06:22

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
518	345	Sara Nogueira	individual	Senior Feminino	01:03:45	+35:31	06:23
519	6	Carlos Marques	@corredoresderua@	Veterano M55	01:04:09	+35:54	06:25
520	3	Nelson Resende	@corredoresderua@	Senior Masculino	01:04:09	+35:54	06:25
521	5	Andreia Almeida	@corredoresderua@	Veterana F40	01:04:09	+35:55	06:25
522	459	José Tavares	individual	Veterano M40	01:04:49	+36:35	06:29
523	392	Lázaro José Nunes Leite	individual	Senior Masculino	01:05:12	+36:58	06:31
524	342	Rafaela Denise Ferraz	individual	Senior Feminino	01:05:13	+36:58	06:31
525	652	Hugo Resende	resendes	Senior Masculino	01:05:41	+37:27	06:34
526	653	Victor Resende	resendes	Veterano M45	01:05:41	+37:27	06:34
527	729	Tânia Melissa Duarte Santos	paulo correia clinic/4arrobas e 1 quintal	Senior Feminino	01:05:45	+37:31	06:35
528	728	Paulo Daniel Tavares Soares Correia	paulo correia clinic/4arrobas e 1 quintal	Veterano M40	01:05:45	+37:31	06:35
529	734	Paula Rodrigues	friends fonza premium	Veterana F40	01:05:55	+37:40	06:36
530	733	Fernando Vieira	friends fonza premium	Veterano M55	01:05:55	+37:41	06:36
531	211	Anabela Figueiredo Monteiro	corridas	Veterana F40	01:07:15	+39:01	06:44
532	215	Pedro Miguel Tavares Prata	corridas	Veterano M40	01:07:15	+39:01	06:44
533	216	Carlos Manuel Sousa Carneiro	corridas	Veterano M45	01:07:15	+39:01	06:44
534	213	Catarina Alexandra Soares Bessa	corridas	Veterana F40	01:07:15	+39:01	06:44
535	183	Paulo Melo	cal - clube atletismo de lamas	Veterano M45	01:07:39	+39:24	06:46
536	617	ROSA BISPO	pernas inertes	Veterana F50	01:07:39	+39:24	06:46
537	172	Marlene Ferreira	cal - clube atletismo de lamas	Veterana F40	01:07:39	+39:25	06:46
538	622	Daniela Silva	physical	Senior Feminino	01:07:46	+39:32	06:47
539	638	Paula Mariano	physical	Veterana F50	01:07:46	+39:32	06:47
540	430	Isabel Oliveira	individual	Veterana F40	01:09:44	+41:29	06:58
541	618	JOSÉ PIRES LIMA	pernas inertes	Veterano M55	01:10:23	+42:09	07:02
542	592	Rui Machado	mss contabilidade trail team	Veterano M50	01:10:44	+42:30	07:04
543	536	José Antonio Freitas	individual	Veterano M55	01:10:45	+42:31	07:05
544	578	Marta Fernandes	mc	Senior Feminino	01:11:21	+43:07	07:08
545	162	Ricardo Manuel Almeida Santos	cabritos da montanha	Veterano M40	01:12:28	+44:14	07:15
546	707	Elísio Dias	trepatrihos trail team	Veterano M50	01:12:50	+44:36	07:17
547	689	Carla costa	trepatrihos trail team	Veterana F40	01:12:51	+44:37	07:17
548	710	José Dara	trepatrihos trail team	Veterano M55	01:12:52	+44:38	07:17
549	691	Ana silva	trepatrihos trail team	Veterana F50	01:12:52	+44:38	07:17
550	696	Paula cristina Oliveira silva	trepatrihos trail team	Veterana F50	01:12:52	+44:38	07:17
551	687	Manuel Joaquim Martins da Silva	trepatrihos trail team	Senior Masculino	01:12:52	+44:38	07:17
552	698	Hugo Pinto	trepatrihos trail team	Veterano M40	01:12:53	+44:38	07:17
553	709	Manuel Santos	trepatrihos trail team	Veterano M50	01:12:53	+44:39	07:17
554	704	Paulo Nuno Sampaio	trepatrihos trail team	Veterano M45	01:12:53	+44:39	07:17
555	705	Rui Familiar	trepatrihos trail team	Veterano M45	01:12:53	+44:39	07:17
556	701	José Neves	trepatrihos trail team	Veterano M45	01:12:54	+44:40	07:17
557	711	Manuel Moura	trepatrihos trail team	Veterano M55	01:12:54	+44:40	07:17
558	339	Maria Alves	individual	Senior Feminino	01:12:54	+44:40	07:17
559	708	José Carlos Barbosa silva	trepatrihos trail team	Veterano M50	01:12:55	+44:40	07:18
560	690	Marcia Lencastre	trepatrihos trail team	Veterana F40	01:12:55	+44:40	07:18



























## 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

## 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

82	698	Hugo Pinto	TrepaTrilhos Trail Team	Veterano M40	01:12:53	+44:38	07:17
83	700	Rúben Lemos	TrepaTrilhos Trail Team	Veterano M40	01:12:56	+44:41	07:18

## Veterano M45

1	553	Angelo Araujo	JOBRA-ASSOCIAÇÃO JOVENS DA BRANCA	Veterano M45	32:31	+04:17	03:15
2	663	Emilio Garcia Vasquez	SD Compostela	Veterano M45	33:59	+05:44	03:24
3	482	Carlos Ferreira	Individual	Veterano M45	35:58	+07:43	03:36
4	292	Antonio Couto	Friends Fonza Premium	Veterano M45	36:03	+07:49	03:36
5	496	Paulo Resende	Individual	Veterano M45	36:36	+08:22	03:40
6	615	Manuel Bessa	Peraltafil/Estrelas Vermelhas	Veterano M45	36:39	+08:25	03:40
7	494	Paulo Figueiredo	Individual	Veterano M45	37:06	+08:51	03:43
8	501	Victor Correia	Individual	Veterano M45	37:27	+09:13	03:45
9	266	Jorge Queiros	Feirense Trail	Veterano M45	37:36	+09:22	03:46
10	489	José correia	Individual	Veterano M45	37:44	+09:30	03:46
11	180	Carlos Cardoso	CAL - Clube Atletismo de Lamas	Veterano M45	38:17	+10:03	03:50
12	487	Jorge Luís Fernandes Rocha	Individual	Veterano M45	38:21	+10:07	03:50
13	89	Sérgio Costa	Bravos e Bravitas/ Fit Arena	Veterano M45	38:50	+10:35	03:53
14	185	Rui Correia	CAL - Clube Atletismo de Lamas	Veterano M45	39:42	+11:27	03:58
15	268	Paulo Ferreira	Feirense Trail	Veterano M45	40:29	+12:15	04:03
16	63	Paulo Reis	ARCORUN	Veterano M45	40:47	+12:33	04:05
17	31	Pedro Necho	AFISOVAR	Veterano M45	41:27	+13:13	04:09
18	480	António Manuel Gomes De Almeida	Individual	Veterano M45	41:30	+13:15	04:09
19	495	Paulo jorge Oliveira	Individual	Veterano M45	41:32	+13:17	04:09
20	306	Miguel Santos	Grupo Cultural e Desportivo Guilhovai	Veterano M45	41:38	+13:24	04:10
21	481	Carlos Alberto de Lima Bruno	Individual	Veterano M45	41:45	+13:31	04:11
22	498	Rui Pinto	Individual	Veterano M45	42:08	+13:54	04:13
23	270	Rolando Paulo	Feirense Trail	Veterano M45	42:14	+14:00	04:13
24	485	João garranas	Individual	Veterano M45	42:32	+14:18	04:15
25	502	Victor Sá	Individual	Veterano M45	42:49	+14:34	04:17
26	492	Marco Pinto	Individual	Veterano M45	42:55	+14:40	04:18
27	645	Miguel Magalhães	Physical	Veterano M45	43:07	+14:52	04:19
28	657	Emanuel Mota	RUNNING ESPINHO	Veterano M45	43:22	+15:07	04:20
29	486	Jorge Guerra	Individual	Veterano M45	43:22	+15:08	04:20
30	500	Vergilio Silva Teixeira	Individual	Veterano M45	43:29	+15:15	04:21
31	52	André Relvas	AQS RUNNING	Veterano M45	43:30	+15:16	04:21
32	153	Armando Almeida	C.d.feirense	Veterano M45	44:22	+16:07	04:26
33	87	Mike	Bravos e Bravitas/ Fit Arena	Veterano M45	44:25	+16:11	04:27
34	490	José Lourenço	Individual	Veterano M45	44:33	+16:19	04:27
35	85	João Santos	Bravos e Bravitas/ Fit Arena	Veterano M45	45:08	+16:54	04:31
36	483	César Sousa	Individual	Veterano M45	45:31	+17:17	04:33
37	182	Nuno pereira	CAL - Clube Atletismo de Lamas	Veterano M45	45:32	+17:18	04:33
38	53	Eduardo Ferreira	AQS RUNNING	Veterano M45	45:50	+17:36	04:35
39	647	Paulo Pereira	Physical	Veterano M45	46:17	+18:03	04:38
40	286	Fernando Terra	Friends Fonza Premium	Veterano M45	46:20	+18:06	04:38

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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

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6	202	ROGERIO CAMPOS	CLUBE DE ATLETISMO DE OVAR	Veterano M50	36:31	+08:17	03:39
7	674	Augusto Aluai	Sporting Clube de Espinho / António Leitão	Veterano M50	36:41	+08:27	03:40
8	61	António Nunes	ARADA AC	Veterano M50	36:50	+08:35	03:41
9	520	Vasco Alexandre Resende Amorim	Individual	Veterano M50	37:39	+09:25	03:46
10	33	José Figueiredo	AFISOVAR	Veterano M50	37:43	+09:29	03:46
11	34	José Godinho	AFISOVAR	Veterano M50	38:32	+10:18	03:51
12	506	António Ferreira Barros	Individual	Veterano M50	40:16	+12:02	04:02
13	275	Antonio Pinto	Feirense Trail	Veterano M50	40:18	+12:04	04:02
14	517	Pedro Filipe França	Individual	Veterano M50	40:29	+12:15	04:03
15	659	Carlos Lancha	RUNNING ESPINHO	Veterano M50	40:43	+12:29	04:04
16	54	Jorge Gonçalves	AQS RUNNING	Veterano M50	41:57	+13:43	04:12
17	573	José Feiteira	madugym	Veterano M50	42:11	+13:56	04:13
18	685	Antonio Prata	Tartarugas Seixezelo	Veterano M50	42:29	+14:15	04:15
19	511	Joaquin valente Ferreira	Individual	Veterano M50	42:34	+14:20	04:15
20	514	Manuel António Pinto da Silva	Individual	Veterano M50	44:19	+16:04	04:26
21	62	Óscar Brandão	ARADA AC	Veterano M50	44:30	+16:15	04:27
22	605	Mário Martins	Os Kágados	Veterano M50	44:44	+16:29	04:28
23	507	Ernesto da rocha Gonçalves	Individual	Veterano M50	45:05	+16:51	04:31
24	90	Marcelo Fernandes	Bravos e Bravitas/ Fit Arena	Veterano M50	45:26	+17:12	04:33
25	277	Jorge Fontes	Feirense Trail	Veterano M50	45:30	+17:16	04:33
26	55	Paulo Sá	AQS RUNNING	Veterano M50	45:50	+17:36	04:35
27	505	Antonio Almeida	Individual	Veterano M50	46:18	+18:04	04:38
28	157	Paulo Oliveira	C.d.feirense	Veterano M50	46:36	+18:22	04:40
29	186	Americo gomes	CAL - Clube Atletismo de Lamas	Veterano M50	46:43	+18:29	04:40
30	508	Fernando Manuel Soares Almeida 010	Individual	Veterano M50	47:36	+19:22	04:46
31	551	Filipe Brandão	Jesus Runners	Veterano M50	47:54	+19:39	04:47
32	35	Paulo Almeida	AFISOVAR	Veterano M50	47:58	+19:43	04:48
33	518	Renato Paulo Silva Tavares	Individual	Veterano M50	48:57	+20:43	04:54
34	521	Vitor Manuel dos Santos Silva	Individual	Veterano M50	49:35	+21:21	04:58
35	196	Miguel Paiva	Centro Hospitalar Entre Douro e Vouga	Veterano M50	49:37	+21:23	04:58
36	706	Agostinho Alves	TrepaTrilhos Trail Team	Veterano M50	49:41	+21:26	04:58
37	522	Xavier Santiago	Individual	Veterano M50	50:28	+22:14	05:03
38	519	Rui Lestre	Individual	Veterano M50	51:02	+22:48	05:06
39	665	José Tavares	Sei lá	Veterano M50	51:36	+23:22	05:10
40	32	Americo Oliveira	AFISOVAR	Veterano M50	51:50	+23:36	05:11
41	36	Tulio Tomás	AFISOVAR	Veterano M50	51:50	+23:36	05:11
42	504	Amandio Mendes	Individual	Veterano M50	52:29	+24:15	05:15
43	512	José Luís Almeida Lopes	Individual	Veterano M50	53:50	+25:36	05:23
44	187	Belmiro Lopes	CAL - Clube Atletismo de Lamas	Veterano M50	53:56	+25:42	05:24
45	503	Aderito Videira	Individual	Veterano M50	55:40	+27:26	05:34
46	510	João Pedro Alves Guedes	Individual	Veterano M50	01:00:31	+32:17	06:03
47	515	Nuno Pinho	Individual	Veterano M50	01:00:33	+32:19	06:03
48	592	Rui Machado	MSS Contabilidade Trail Team	Veterano M50	01:10:44	+42:30	07:04
49	707	Elísio Dias	TrepaTrilhos Trail Team	Veterano M50	01:12:50	+44:36	07:17
50	709	Manuel Santos	TrepaTrilhos Trail Team	Veterano M50	01:12:53	+44:39	07:17

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**Prova Principal****10 KM**

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

**OFFICIAL RESULT**

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

51	708	José Carlos Barbosa silva	TrepaTrilhos Trail Team	Veterano M50	01:12:55	+44:40	07:18
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**Veterano M55**

1	654	HENRIQUE DIAS	RETORTA- QUINTA DAS ARCAS	Veterano M55	34:27	+06:12	03:27
2	67	Manuel Figueiredo	Associação Figueiredos Runners & Friends	Veterano M55	37:07	+08:53	03:43
3	547	CARLOS BAPTISTA	JAM - Juventude Atlético Mozelense	Veterano M55	37:52	+09:38	03:47
4	302	Carlos Fazendeiro	G.D.Ronda	Veterano M55	38:46	+10:32	03:53
5	648	antonio silva	Pupilos do Zé-Tó	Veterano M55	41:14	+12:59	04:07
6	307	Davide Fernandes	Grupo Cultural e Desportivo Guilhovai	Veterano M55	41:30	+13:16	04:09
7	525	Alcides Relvas	Individual	Veterano M55	42:17	+14:03	04:14
8	575	Pedro Sardinha	madugym	Veterano M55	42:27	+14:12	04:15
9	530	Daniel Gomes	Individual	Veterano M55	42:44	+14:30	04:16
10	91	Joaquim Pinho	Bravos e Bravitas/ Fit Arena	Veterano M55	42:50	+14:36	04:17
11	732	José Santos	Individual	Veterano M55	43:17	+15:03	04:20
12	660	Zé Moutinho	RUNNING ESPINHO	Veterano M55	44:04	+15:49	04:24
13	676	José Pereira	Sporting Clube de Espinho / António Leitão	Veterano M55	44:14	+16:00	04:25
14	649	José Fernando de Sousa e Matos	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M55	44:17	+16:03	04:26
15	539	Manuel Sousa cardoso	Individual	Veterano M55	44:39	+16:25	04:28
16	616	Leonel Silva	Peraltafil/Estrelas Vermelhas	Veterano M55	44:57	+16:43	04:30
17	526	António Carmo	Individual	Veterano M55	45:13	+16:59	04:31
18	552	Domingos silva	Jesus Runners	Veterano M55	45:15	+17:00	04:32
19	540	Orlando Soares	Individual	Veterano M55	45:17	+17:03	04:32
20	537	Manuel Constantino Silva	Individual	Veterano M55	45:24	+17:10	04:32
21	535	Jorge Santos	Individual	Veterano M55	46:00	+17:46	04:36
22	533	GIL DA COSTA	Individual	Veterano M55	47:12	+18:58	04:43
23	39	Manuel Gomes	AFISOVAR	Veterano M55	47:17	+19:03	04:44
24	538	Manuel Gomes	Individual	Veterano M55	47:33	+19:19	04:45
25	541	Pelágio Silva	Individual	Veterano M55	47:48	+19:34	04:47
26	546	AUGUSTO BAPTISTA	JAM - Juventude Atlético Mozelense	Veterano M55	48:21	+20:07	04:50
27	160	Paulo Almeida	C.d.feirense	Veterano M55	48:34	+20:19	04:51
28	207	FIRMINO NOGUEIRA	Clube Millennium BCP	Veterano M55	48:37	+20:23	04:52
29	532	Filipe Soares	Individual	Veterano M55	50:08	+21:54	05:01
30	189	Paulino	CAL - Clube Atletismo de Lamas	Veterano M55	50:39	+22:24	05:04
31	531	Domingos soares da Silva	Individual	Veterano M55	51:18	+23:04	05:08
32	188	Lucidio Dias	CAL - Clube Atletismo de Lamas	Veterano M55	51:34	+23:19	05:09
33	527	António Martins	Individual	Veterano M55	52:06	+23:51	05:13
34	574	Pedro Sardinha	madugym	Veterano M55	52:18	+24:04	05:14
35	528	Antonio Tafula	Individual	Veterano M55	52:27	+24:13	05:15
36	529	Carlos Barroso	Individual	Veterano M55	53:53	+25:38	05:23
37	600	António Godinho	Os Falta D'Ar	Veterano M55	55:31	+27:17	05:33

