# Corrida Dos Reis 2022
## Paredes, PT
## 26-fevereiro-2022

## 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

## 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

| | Time | Temperature | Humidity |
|---|---|---|---|
| Start | 20:00 | 13ºC | 72% |
| End | 21:16 | 13ºC | 72% |

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 1 | 368 | Paulo Barbosa | Sport Clube Braga | 30:38 | | 03:04 | |
| 2 | 369 | Luis Mendes | Maia Atletico Clube | 30:52 | +00:14 | 03:05 | |
| 3 | 53 | Rui Muga | Clube Atlético de Macedo de Cavaleiros | 31:12 | +00:34 | 03:07 | |
| 4 | 54 | Carlos Lopes | Clube Atlético de Macedo de Cavaleiros | 31:46 | +01:08 | 03:11 | |
| 5 | 58 | José Carvalho | Clube Atlético de Macedo de Cavaleiros | 32:07 | +01:29 | 03:13 | |
| 6 | 367 | Bruno jesus | ACR Vale Cambra | 34:15 | +03:37 | 03:25 | |
| 7 | 57 | Ilídiio Moreiras | Clube Atlético de Macedo de Cavaleiros | 34:50 | +04:12 | 03:29 | |
| 8 | 19 | Paulo Moreira | Aliados Trail Running Team | 35:33 | +04:55 | 03:33 | |
| 9 | 159 | Pedro Sousa | Individual | 35:56 | +05:18 | 03:36 | |
| 10 | 203 | Fabio Sufiatti | Individual | 35:56 | +05:18 | 03:36 | |
| 11 | 254 | Joaquim Alves | Individual | 36:21 | +05:43 | 03:38 | |
| 12 | 313 | Jéssica Cristiana Machado Pontes | Team ElComandante | 36:36 | +05:58 | 03:40 | |
| 13 | 315 | Helder costq | Team Elcomandante | 36:36 | +05:58 | 03:40 | |
| 14 | 79 | Domingos Fernandes | Fc Piratas Creixomil - Os Resistentes | 36:49 | +06:11 | 03:41 | |
| 15 | 214 | José Barbosa | Individual | 37:00 | +06:22 | 03:42 | |
| 16 | 251 | João Cavadas | Individual | 37:05 | +06:27 | 03:42 | |
| 17 | 221 | Miguel Ferreira | Individual | 37:45 | +07:07 | 03:47 | |
| 18 | 194 | António Teles | Individual | 37:54 | +07:16 | 03:47 | |
| 19 | 201 | Cristiano José Moreira dos Santos | Individual | 38:15 | +07:37 | 03:49 | |
| 20 | 60 | Carlos Carneiro | Clube Atlético de Macedo de Cavaleiros | 38:33 | +07:55 | 03:51 | |
| 21 | 236 | Agostinho Fernando Costa carneiro | Individual | 38:42 | +08:04 | 03:52 | |
| 22 | 359 | Filipe Leite | Individual | 38:57 | +08:19 | 03:54 | |
| 23 | 92 | João Costa | GUNDEMARUS | 39:00 | +08:22 | 03:54 | |
| 24 | 59 | Luís Teixeira | Clube Atlético de Macedo de Cavaleiros | 39:04 | +08:26 | 03:54 | |
| 25 | 140 | João Henrique Marques Fernandes | Individual | 39:06 | +08:28 | 03:55 | |
| 26 | 9 | Alcino Silva | A.D. Amarante Trail Running | 39:16 | +08:38 | 03:56 | |
| 27 | 345 | Filipe Afonso | AC PORTALGRE / UTSM | 39:21 | +08:43 | 03:56 | |
| 28 | 354 | António Jorge Martins Francisco | Individual | 39:23 | +08:45 | 03:56 | |
| 29 | 64 | Luis Vieira | Clube de Atletismo de Vila Boa do Bispo | 39:27 | +08:49 | 03:57 | |
| 30 | 274 | Márcio Lourenço Silva | LS RUNNERS | 39:42 | +09:04 | 03:58 | |
| 31 | 153 | Nuno Lourenço Silva | Individual | 39:43 | +09:05 | 03:58 | |
| 32 | 75 | Vítor Araújo | DAPproduções | 40:06 | +09:28 | 04:01 | |
| 33 | 50 | João Chumbo | Clube Atlético de Macedo de Cavaleiros | 40:17 | +09:39 | 04:02 | |
| 34 | 52 | Nuno Pereira | Clube Atlético de Macedo de Cavaleiros | 40:20 | +09:42 | 04:02 | |
| 35 | 309 | Tiago Amaral | SiM - SUMMIT | 40:21 | +09:43 | 04:02 | |
| 36 | 210 | Jaime Neto | Individual | 40:22 | +09:44 | 04:02 | |
| 37 | 147 | Luis Alves | Individual | 40:40 | +10:02 | 04:04 | |
| 38 | 152 | Nelson Gomes | Individual | 40:41 | +10:03 | 04:04 | |
| 39 | 302 | Carlos Silva | PaçosRunners | 40:46 | +10:08 | 04:05 | |
| 40 | 347 | Ricardo Miranda | BIFASE TEAM | 40:50 | +10:12 | 04:05 | |
| 41 | 63 | Fernando Sousa | Clube de Atletismo de Vila Boa do Bispo | 40:53 | +10:15 | 04:05 | |
| 42 | 296 | Pedro Pereira | NOCTURNOS DE PAREDES | 41:03 | +10:25 | 04:06 | |

## 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

## OFFICIAL RESULT

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| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 43 | 346 | Pedro Santos | BIFASE TEAM | 41:09 | +10:31 | 04:07 | |
| 44 | 49 | Ricardo Silva | Clube  Trilheiros & Amigos | 41:09 | +10:31 | 04:07 | |
| 45 | 32 | Francisco Sousa | B.V. Rebordosa | 41:11 | +10:33 | 04:07 | |
| 46 | 245 | Adão Silva | Individual | 41:19 | +10:41 | 04:08 | |
| 47 | 220 | Miguel Andrade | Individual | 41:20 | +10:42 | 04:08 | |
| 48 | 348 | Joaquim Pinto | BIFASE TEAM | 41:22 | +10:44 | 04:08 | |
| 49 | 375 | Fernando Almeida | NOCTURNOS DE PAREDES | 41:45 | +11:07 | 04:11 | |
| 50 | 227 | Ricardo Silvestre de Sousa Ferreira | Individual | 41:47 | +11:09 | 04:11 | |
| 51 | 287 | Pedro Nuno Pinho Mendes | NOCTURNOS DE PAREDES | 41:48 | +11:10 | 04:11 | |
| 52 | 205 | Filipe Pinto | Individual | 41:51 | +11:13 | 04:11 | |
| 53 | 293 | José Fernando Moreira Campos | NOCTURNOS DE PAREDES | 41:51 | +11:13 | 04:11 | |
| 54 | 344 | Hélder Melo | AC PORTALGRE / UTSM | 42:03 | +11:25 | 04:12 | |
| 55 | 56 | Hélio Vila Franca | Clube Atlético de Macedo de Cavaleiros | 42:46 | +12:08 | 04:17 | |
| 56 | 131 | Emanuel André Soares Ferreira | Individual | 42:52 | +12:14 | 04:17 | |
| 57 | 76 | Júlia Conceição | F.C.Penafiel | 42:54 | +12:16 | 04:17 | |
| 58 | 244 | Carlos Lopes | Individual | 43:00 | +12:22 | 04:18 | |
| 59 | 133 | Fernando Manuel Alves Rodrigues | Individual | 43:07 | +12:29 | 04:19 | |
| 60 | 157 | Pedro Miguel da Rocha Santos | Individual | 43:11 | +12:33 | 04:19 | |
| 61 | 33 | Joao Moreira | B.V. Rebordosa | 43:12 | +12:34 | 04:19 | |
| 62 | 120 | André Rodrigues | Individual | 43:29 | +12:51 | 04:21 | |
| 63 | 62 | António Correia | Clube de Atletismo de Vila Boa do Bispo | 43:33 | +12:55 | 04:21 | |
| 64 | 122 | Antonino Martins Coelho | Individual | 43:35 | +12:57 | 04:21 | |
| 65 | 124 | Bruno Quintino | Individual | 43:35 | +12:57 | 04:21 | |
| 66 | 312 | Vítor Carneiro | Sport Clube Freamunde | 43:44 | +13:06 | 04:22 | |
| 67 | 150 | Márcio Silva | Individual | 43:45 | +13:07 | 04:22 | |
| 68 | 158 | Pedro Montenegro | Individual | 43:45 | +13:07 | 04:22 | |
| 69 | 10 | Pedro Vieira | A.D. Amarante Trail Running | 43:46 | +13:08 | 04:23 | |
| 70 | 145 | JORGE TEIXEIRA | Individual | 43:48 | +13:10 | 04:23 | |
| 71 | 55 | Hélder Deveza | Clube Atlético de Macedo de Cavaleiros | 43:51 | +13:13 | 04:23 | |
| 72 | 167 | Tiago Pereira | Individual | 44:06 | +13:28 | 04:25 | |
| 73 | 144 | Jorge Scevola | Individual | 44:09 | +13:31 | 04:25 | |
| 74 | 11 | LUIS M MARTINS | A.R.DE NEGRELOS | 44:14 | +13:36 | 04:25 | |
| 75 | 371 | Silvia Teixeira | Individual | 44:15 | +13:37 | 04:26 | |
| 76 | 12 | MANUEL M GOMES | A.R.DE NEGRELOS | 44:23 | +13:45 | 04:26 | |
| 77 | 237 | Albertino Barbosa | Individual | 44:25 | +13:47 | 04:27 | |
| 78 | 319 | Armando Machado | Trail Team Casa das Reparações | 44:36 | +13:58 | 04:28 | |
| 79 | 71 | MANUEL BARBOSA | Copos e trilhos | 44:37 | +13:59 | 04:28 | |
| 80 | 20 | JOSÉ MARINHO | AMIGOS DA PÍCUA | 44:43 | +14:05 | 04:28 | |
| 81 | 209 | Hugo André Rodrigues Martins | Individual | 44:53 | +14:15 | 04:29 | |
| 82 | 16 | Filipe Marcelo Ferreira Alves | African Swag | 44:56 | +14:18 | 04:30 | |
| 83 | 246 | Fernando Morais | Individual | 45:08 | +14:30 | 04:31 | |
| 84 | 234 | Adão Bessa | Individual | 45:12 | +14:34 | 04:31 | |
| 85 | 330 | Carlos Silva | Trinca Orelhas de Gato | 45:12 | +14:34 | 04:31 | |
| 86 | 222 | Nuno Vinha | Individual | 45:13 | +14:35 | 04:31 | |
| 87 | 116 | Amílcar Ruão Martins | Individual | 45:16 | +14:38 | 04:32 | |
| 88 | 263 | Lupricinio Correia | Individual | 45:21 | +14:43 | 04:32 | |

## 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

## 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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 89 | 322 | João Sousa | Trail Team Casa das Reparações | 45:24 | +14:46 | 04:32 | |
| 90 | 160 | Ricardo Teixeira | Individual | 45:25 | +14:47 | 04:32 | |
| 91 | 311 | João Miguel da Silva Sousa | smp | 45:28 | +14:50 | 04:33 | |
| 92 | 259 | José Manuel Pinto Gomes | Individual | 45:31 | +14:53 | 04:33 | |
| 93 | 294 | Paulo Saul | NOCTURNOS DE PAREDES | 45:33 | +14:55 | 04:33 | |
| 94 | 224 | PAULO NUNO FREIRE FONSECA | Individual | 45:40 | +15:02 | 04:34 | |
| 95 | 61 | Carlos Ferreira | Clube de Atletismo de Vila Boa do Bispo | 45:41 | +15:03 | 04:34 | |
| 96 | 321 | Eduardo Soares | Trail Team Casa das Reparações | 45:45 | +15:07 | 04:35 | |
| 97 | 69 | BRUNO SOUSA | Copos e trilhos | 45:47 | +15:09 | 04:35 | |
| 98 | 240 | Antonio Miranda | Individual | 45:47 | +15:09 | 04:35 | |
| 99 | 351 | André Almeida | Individual | 45:48 | +15:10 | 04:35 | |
| 100 | 132 | Fábio Ferreira Soares | Individual | 45:54 | +15:16 | 04:35 | |
| 101 | 186 | Fátima Coelho | Individual | 45:57 | +15:19 | 04:36 | |
| 102 | 291 | Daniel Pereira | NOCTURNOS DE PAREDES | 45:59 | +15:21 | 04:36 | |
| 103 | 206 | Filipe Ribeiro | Individual | 46:02 | +15:24 | 04:36 | |
| 104 | 297 | Rui Almeida | NOCTURNOS DE PAREDES | 46:08 | +15:30 | 04:37 | |
| 105 | 130 | Élio Barbosa | Individual | 46:17 | +15:39 | 04:38 | |
| 106 | 364 | David Ferreira | Individual | 46:18 | +15:40 | 04:38 | |
| 107 | 193 | António Monteiro | Individual | 46:22 | +15:44 | 04:38 | |
| 108 | 136 | Hélder Mendes | Individual | 46:23 | +15:45 | 04:38 | |
| 109 | 370 | Helena Santos | Alfenense | 46:29 | +15:51 | 04:39 | |
| 110 | 7 | Carlos Vítor Oliveira Martins | 14 15 Norte Sul | 46:31 | +15:53 | 04:39 | |
| 111 | 6 | José Emanuel Barbosa Nunes | 14 15 Norte Sul | 46:31 | +15:53 | 04:39 | |
| 112 | 42 | Daniel Sousa | btt alegria//tubani | 46:32 | +15:54 | 04:39 | |
| 113 | 266 | Nelson Santos | Individual | 46:33 | +15:55 | 04:39 | |
| 114 | 91 | Sérgio Crista | Grupo Desportivo Recreativo Juventude das Ribeiras | 46:38 | +16:00 | 04:40 | |
| 115 | 218 | Manuel Luís | Individual | 46:50 | +16:12 | 04:41 | |
| 116 | 269 | Paulo Morais | Individual | 46:51 | +16:13 | 04:41 | |
| 117 | 292 | Hugo Miguel da Rocha Teixeira | NOCTURNOS DE PAREDES | 46:58 | +16:20 | 04:42 | |
| 118 | 243 | Belmiro Teixeira da Costa | Individual | 47:10 | +16:32 | 04:43 | |
| 119 | 146 | José Moreira | Individual | 47:13 | +16:35 | 04:43 | |
| 120 | 148 | Manuel bessa | Individual | 47:18 | +16:40 | 04:44 | |
| 121 | 125 | Bruno Silva | Individual | 47:19 | +16:41 | 04:44 | |
| 122 | 114 | Vânia Pinto | Individual | 47:29 | +16:51 | 04:45 | |
| 123 | 238 | ANTONIO JOAO GOMES DA SILVA | Individual | 47:35 | +16:57 | 04:46 | |
| 124 | 342 | Abel Ribeiro | WOLVES | 47:43 | +17:05 | 04:46 | |
| 125 | 115 | Adão Luis Teixeira Bessa | Individual | 47:45 | +17:07 | 04:46 | |
| 126 | 155 | Paulo André Almeida Costa | Individual | 47:49 | +17:11 | 04:47 | |
| 127 | 30 | Eduardo Santos | B.V. Rebordosa | 48:11 | +17:33 | 04:49 | |
| 128 | 331 | João Moreira | Twins | 48:25 | +17:47 | 04:50 | |
| 129 | 295 | Pedro Lima | NOCTURNOS DE PAREDES | 48:25 | +17:47 | 04:50 | |
| 130 | 280 | Dora Dias | NO TOMORROW RUNNING TEAM | 48:29 | +17:51 | 04:51 | |
| 131 | 290 | Albano Celso Barbosa Lascasas Aguiar | NOCTURNOS DE PAREDES | 48:29 | +17:51 | 04:51 | |
| 132 | 270 | paulo rocha | Individual | 48:31 | +17:53 | 04:51 | |
| 133 | 126 | Carlos Daniel Moreira da Silva Azevedo | Individual | 48:40 | +18:02 | 04:52 | |

## 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

## OFFICIAL RESULT

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| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 134 | 15 | João Correia | A.R.SEQUEIRÔ/DESTEMIDOS | 48:56 | +18:18 | 04:54 | |
| 135 | 301 | Filipe Pacheco | Os iluminados | 49:02 | +18:24 | 04:54 | |
| 136 | 143 | João Rocha | Individual | 49:08 | +18:30 | 04:55 | |
| 137 | 168 | Vasco Cruz | Individual | 49:09 | +18:31 | 04:55 | |
| 138 | 139 | João Grilo Teixeira | Individual | 49:12 | +18:34 | 04:55 | |
| 139 | 78 | Jose Augusto Mendes Rosendo | Familia Mata | 49:21 | +18:43 | 04:56 | |
| 140 | 151 | Marco Barbosa | Individual | 49:25 | +18:47 | 04:56 | |
| 141 | 376 | Fernando Coelho | Individual | 49:25 | +18:47 | 04:56 | |
| 142 | 81 | Francisco Meireles | Fernandos do Oural FC | 49:29 | +18:51 | 04:57 | |
| 143 | 323 | Albertino Silva | Trail Team Casa das Reparações | 49:35 | +18:57 | 04:58 | |
| 144 | 281 | Marta Sofia Oliveira da Costa Moreira | NOCTURNOS DE PAREDES | 49:37 | +18:59 | 04:58 | |
| 145 | 82 | Jorge Conceição | Fernandos do Oural FC | 49:38 | +19:00 | 04:58 | |
| 146 | 230 | Rui Costa Jesus | Individual | 49:41 | +19:03 | 04:58 | |
| 147 | 161 | Ricardo Teixeira | Individual | 49:41 | +19:03 | 04:58 | |
| 148 | 271 | Sérgio Machado | Individual | 49:45 | +19:07 | 04:59 | |
| 149 | 188 | Leonor Cavadas | Individual | 49:53 | +19:15 | 04:59 | |
| 150 | 249 | Humberto Pinho | Individual | 50:16 | +19:38 | 05:02 | |
| 151 | 1 | Renato Almeida | Individual | 50:19 | +19:41 | 05:02 | |
| 152 | 216 | José Manuel Dias da Silva | Individual | 50:20 | +19:42 | 05:02 | |
| 153 | 22 | SÉRGIO FERREIRA | AMIGOS DA PÍCUA | 50:23 | +19:45 | 05:02 | |
| 154 | 363 | João Correia | Individual | 50:25 | +19:47 | 05:03 | |
| 155 | 8 | António Alberto Moreira de Sousa | 14 15 Norte Sul | 50:31 | +19:53 | 05:03 | |
| 156 | 21 | JOSÉ TEIXEIRA | AMIGOS DA PÍCUA | 50:37 | +19:59 | 05:04 | |
| 157 | 276 | Miro Morais | Montanhistas Bairros | 50:38 | +20:00 | 05:04 | |
| 158 | 338 | Vitor Santos | WOLVES | 50:41 | +20:03 | 05:04 | |
| 159 | 195 | António Silva | Individual | 50:55 | +20:17 | 05:05 | |
| 160 | 217 | José silva | Individual | 51:09 | +20:31 | 05:07 | |
| 161 | 288 | Vitor Emanuel Oliveira da Silva | NOCTURNOS DE PAREDES | 51:15 | +20:37 | 05:07 | |
| 162 | 208 | Hélio Filipe Gomes de Sousa | Individual | 51:19 | +20:41 | 05:08 | |
| 163 | 298 | Adão António Nunes de Barros | NOCTURNOS DE PAREDES | 51:21 | +20:43 | 05:08 | |
| 164 | 357 | Carlos Fagundes | Individual | 51:22 | +20:44 | 05:08 | |
| 165 | 68 | IRENE BARBOSA | Copos e trilhos | 51:26 | +20:48 | 05:09 | |
| 166 | 5 | Bruno Miguel Oliveira Garcês | 14 15 Norte Sul | 51:35 | +20:57 | 05:09 | |
| 167 | 149 | Manuel Mota | Individual | 51:37 | +20:59 | 05:10 | |
| 168 | 129 | Duarte Varela | Individual | 51:37 | +20:59 | 05:10 | |
| 169 | 17 | João Marcelo Ferreira Leal | African Swag | 51:44 | +21:06 | 05:10 | |
| 170 | 35 | Ruben Fonseca | B.V. Rebordosa | 51:50 | +21:12 | 05:11 | |
| 171 | 337 | Adão Rocha | VMTHD RUN TEAM | 51:52 | +21:14 | 05:11 | |
| 172 | 308 | Sara Eiro | Salgueiros Running | 51:56 | +21:18 | 05:12 | |
| 173 | 164 | Tiago Carneiro | Individual | 52:28 | +21:50 | 05:15 | |
| 174 | 307 | Paulo Almeida | Runriver escola atletismo de rio tinto | 52:32 | +21:54 | 05:15 | |
| 175 | 118 | André Filipe Sousa Marinheiro | Individual | 52:32 | +21:54 | 05:15 | |
| 176 | 306 | Rosa Ribeiro | Runriver escola atletismo de rio tinto | 52:32 | +21:54 | 05:15 | |
| 177 | 374 | Lía Leal | NOCTURNOS DE PAREDES | 52:35 | +21:57 | 05:15 | |
| 178 | 377 | Maurício Mendes | Individual | 52:47 | +22:09 | 05:17 | |

## 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

## OFFICIAL RESULT

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| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 179 | 99 | Carla Filipa Ferreira Faria Fonseca | Individual | 52:51 | +22:13 | 05:17 | |
| 180 | 14 | Celina CORREIA | A.R.Sequeirô/Destemidos | 52:59 | +22:21 | 05:18 | |
| 181 | 329 | Rita Morais | Trinca Orelhas de Gato | 53:07 | +22:29 | 05:19 | |
| 182 | 13 | António Pimenta | A.R.Sequeirô/Destemidos | 53:10 | +22:32 | 05:19 | |
| 183 | 138 | Ivo Bras | Individual | 53:33 | +22:55 | 05:21 | |
| 184 | 335 | Sara Rocha | VMTHD RUN TEAM | 53:42 | +23:04 | 05:22 | |
| 185 | 273 | Agostinho Sousa | Kunalama runners | 53:45 | +23:07 | 05:23 | |
| 186 | 191 | Alberto Câmara | Individual | 53:54 | +23:16 | 05:23 | |
| 187 | 352 | Duarte Câmara | Individual | 53:54 | +23:16 | 05:23 | |
| 188 | 358 | Dotan Goren | Individual | 53:56 | +23:18 | 05:24 | |
| 189 | 258 | JOSÉ FERREIRA | Individual | 54:00 | +23:22 | 05:24 | |
| 190 | 154 | Nuno Ribeiro | Individual | 54:08 | +23:30 | 05:25 | |
| 191 | 261 | José Sousa | Individual | 54:16 | +23:38 | 05:26 | |
| 192 | 299 | armando neves | os 5 há hora | 54:26 | +23:48 | 05:27 | |
| 193 | 189 | Maria José Barbosa de sousa | Individual | 54:26 | +23:48 | 05:27 | |
| 194 | 260 | José Maria Barros Dias | Individual | 54:27 | +23:49 | 05:27 | |
| 195 | 94 | Mário Pereira | Hjk Gaia | 54:27 | +23:49 | 05:27 | |
| 196 | 29 | Marta Moreira | B.V. Rebordosa | 54:28 | +23:50 | 05:27 | |
| 197 | 34 | Leonardo Sousa | B.V. Rebordosa | 54:45 | +24:07 | 05:29 | |
| 198 | 241 | António Rocha | Individual | 54:47 | +24:09 | 05:29 | |
| 199 | 190 | Teresa Mota | Individual | 54:56 | +24:18 | 05:30 | |
| 200 | 310 | Bruno Ricardo Rodrigues de Sousa | smp | 55:04 | +24:26 | 05:30 | |
| 201 | 289 | Fernanda Leão | NOCTURNOS DE PAREDES | 55:09 | +24:31 | 05:31 | |
| 202 | 171 | Carla Adelaide Gomes Salgado | Individual | 55:12 | +24:34 | 05:31 | |
| 203 | 184 | Clara Lima | Individual | 55:17 | +24:39 | 05:32 | |
| 204 | 48 | Ricardo André de Sousa Reis | Clã reis | 55:27 | +24:49 | 05:33 | |
| 205 | 173 | CECÍLIA SANTOS | Individual | 55:31 | +24:53 | 05:33 | |
| 206 | 262 | JOSÉ TEIXEIRA | Individual | 55:31 | +24:53 | 05:33 | |
| 207 | 223 | Paulo figueiredo | Individual | 55:32 | +24:54 | 05:33 | |
| 208 | 101 | Catarina Ribeiro | Individual | 55:34 | +24:56 | 05:33 | |
| 209 | 36 | Rui Silva | B.V. Rebordosa | 55:36 | +24:58 | 05:34 | |
| 210 | 326 | Telma Sousa | Trilhos e Cadilhos | 55:37 | +24:59 | 05:34 | |
| 211 | 286 | Pedro Meireles | NOCTURNOS DE PAREDES | 55:51 | +25:13 | 05:35 | |
| 212 | 106 | Joana Cristina Coelho Aparício Meireles Moreira | Individual | 56:02 | +25:24 | 05:36 | |
| 213 | 169 | Vitor Manuel Ribeiro Pinheiro | Individual | 56:02 | +25:24 | 05:36 | |
| 214 | 355 | António Oliveira | Individual | 56:06 | +25:28 | 05:37 | |
| 215 | 156 | Pedro Lourenço | Individual | 56:10 | +25:32 | 05:37 | |
| 216 | 202 | Eduardo Ribeiro | Individual | 56:10 | +25:32 | 05:37 | |
| 217 | 97 | Bárbara Alexandra da Silva Gonçalves | Individual | 56:11 | +25:33 | 05:37 | |
| 218 | 275 | Muno Leal | Montanhistas Bairros | 56:39 | +26:01 | 05:40 | |
| 219 | 187 | Fernanda Almeida | Individual | 56:46 | +26:08 | 05:41 | |
| 220 | 174 | Cidália Oliveira Ferreira | Individual | 56:59 | +26:21 | 05:42 | |
| 221 | 72 | Mário Fonseca | D&M | 57:06 | +26:28 | 05:43 | |
| 222 | 73 | Daniel Oliveira | D&M | 57:06 | +26:28 | 05:43 | |
| 223 | 228 | Ricardo Sousa | Individual | 57:49 | +27:11 | 05:47 | |

## 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

## 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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 224 | 265 | Manuel Moreira | Individual | 58:02 | +27:24 | 05:48 | |
| 225 | 110 | Marta Oliveira | Individual | 58:03 | +27:25 | 05:48 | |
| 226 | 111 | Paula Simões | Individual | 58:27 | +27:49 | 05:51 | |
| 227 | 39 | Celso Barbosa | B.V. Rebordosa | 58:36 | +27:58 | 05:52 | |
| 228 | 40 | Manuel Moreira | B.V. Rebordosa | 58:37 | +27:59 | 05:52 | |
| 229 | 37 | Abel Moreira | B.V. Rebordosa | 58:37 | +27:59 | 05:52 | |
| 230 | 200 | Carlos Oliveira | Individual | 58:51 | +28:13 | 05:53 | |
| 231 | 95 | Ana Filipa Torres Carneiro | Individual | 58:51 | +28:13 | 05:53 | |
| 232 | 93 | Duarte Malheiro | Hjk Gaia | 58:56 | +28:18 | 05:54 | |
| 233 | 232 | Sérgio Moreira Rocha | Individual | 59:06 | +28:28 | 05:55 | |
| 234 | 264 | Manuel Carvalho | Individual | 59:14 | +28:36 | 05:55 | |
| 235 | 248 | horacio teixeira | Individual | 59:18 | +28:40 | 05:56 | |
| 236 | 199 | Carlos Manuel Ribeiro Magalhães | Individual | 59:19 | +28:41 | 05:56 | |
| 237 | 163 | Rui Ferreira | Individual | 59:24 | +28:46 | 05:56 | |
| 238 | 172 | Carla ferreira | Individual | 59:25 | +28:47 | 05:56 | |
| 239 | 178 | Isabel Paula Ferreira Teixeira | Individual | 59:35 | +28:57 | 05:58 | |
| 240 | 179 | Joana Montenegro | Individual | 59:37 | +28:59 | 05:58 | |
| 241 | 305 | Patricia Barroso | Rise Up | 01:00:17 | +29:39 | 06:02 | |
| 242 | 235 | Agostinho Manuel Cancela Ferreira | Individual | 01:00:22 | +29:44 | 06:02 | |
| 243 | 109 | Mariana Teixeira Ribeiro | Individual | 01:00:33 | +29:55 | 06:03 | |
| 244 | 113 | Vânia Maria Azevedo Ribeiro | Individual | 01:00:43 | +30:05 | 06:04 | |
| 245 | 197 | Bruno rocha | Individual | 01:00:44 | +30:06 | 06:04 | |
| 246 | 74 | Marta Araújo | DAPproduções | 01:00:51 | +30:13 | 06:05 | |
| 247 | 183 | Alice Sousa | Individual | 01:01:07 | +30:29 | 06:07 | |
| 248 | 253 | João Santos | Individual | 01:01:55 | +31:17 | 06:12 | |
| 249 | 333 | Celso Santos | USCP HÓQUEI | 01:02:25 | +31:47 | 06:15 | |
| 250 | 332 | Gustavo Santos | USCP HÓQUEI | 01:02:26 | +31:48 | 06:15 | |
| 251 | 314 | Ana Pontes | Team Elcomandante | 01:02:44 | +32:06 | 06:16 | |
| 252 | 77 | Cristina Maria Sousa Moreira Meireles | Familia Mata | 01:02:46 | +32:08 | 06:17 | |
| 253 | 272 | Lina Cabral | Intensivos Team | 01:02:55 | +32:17 | 06:17 | |
| 254 | 353 | Rosa Maria | Individual | 01:03:18 | +32:40 | 06:20 | |
| 255 | 233 | Ulisses Lopes | Individual | 01:03:19 | +32:41 | 06:20 | |
| 256 | 226 | Renato Ferreira | Individual | 01:03:22 | +32:44 | 06:20 | |
| 257 | 25 | Ana Barbosa | B.V. Rebordosa | 01:03:27 | +32:49 | 06:21 | |
| 258 | 84 | Iolanda Gaspar | Gaspares | 01:03:48 | +33:10 | 06:23 | |
| 259 | 185 | Eva Teixeira | Individual | 01:04:02 | +33:24 | 06:24 | |
| 260 | 317 | Fábio Neto | Team Faisca | 01:04:21 | +33:43 | 06:26 | |
| 261 | 372 | Carla Sousa | NOCTURNOS DE PAREDES | 01:05:36 | +34:58 | 06:34 | |
| 262 | 102 | Catarina Silva | Individual | 01:05:53 | +35:15 | 06:35 | |
| 263 | 85 | Pedro Gaspar Castro | Gaspares | 01:05:56 | +35:18 | 06:36 | |
| 264 | 316 | Filipa Silva | Team Faisca | 01:06:01 | +35:23 | 06:36 | |
| 265 | 378 | Eva Moreira | NOCTURNOS DE PAREDES | 01:06:15 | +35:37 | 06:37 | |
| 266 | 304 | Joana Oliveira | Rise Up | 01:06:17 | +35:39 | 06:38 | |
| 267 | 340 | Cristina Coelho | WOLVES | 01:07:11 | +36:33 | 06:43 | |
| 268 | 324 | Daniela Rocha | Trilhos e Cadilhos | 01:08:32 | +37:54 | 06:51 | |

## 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

## 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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 269 | 267 | Paulo jorge da silva neto | Individual | 01:09:48 | +39:10 | 06:59 | |
| 270 | 279 | Rui Machado | MSS CONTABILIDADE TRAIL TEAM | 01:10:04 | +39:26 | 07:00 | |
| 271 | 31 | Emanuel Moreira | B.V. Rebordosa | 01:10:06 | +39:28 | 07:01 | |
| 272 | 27 | Ana Dias | B.V. Rebordosa | 01:10:11 | +39:33 | 07:01 | |
| 273 | 28 | Lidia Leal | B.V. Rebordosa | 01:10:11 | +39:33 | 07:01 | |
| 274 | 282 | Sara Silva | NOCTURNOS DE PAREDES | 01:10:30 | +39:52 | 07:03 | |
| 275 | 277 | Maria Alves | MSS CONTABILIDADE TRAIL TEAM | 01:10:40 | +40:02 | 07:04 | |
| 276 | 278 | José Freitas | MSS CONTABILIDADE TRAIL TEAM | 01:15:18 | +44:40 | 07:32 | |
| 277 | 339 | Sandra Filipa Santos Rodrigues | WOLVES | 01:15:36 | +44:58 | 07:34 | |
| 278 | 343 | Rui Manuel Oliveira Sousa | WOLVES | 01:15:37 | +44:59 | 07:34 | |

# Corrida Dos Reis 2022
## Paredes, PT
## 26-fevereiro-2022

## 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

## 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

| | Time | Temperature | Humidity |
|---|---|---|---|
| Start | 20:00 | 13ºC | 72% |
| End | 21:16 | 13ºC | 72% |

## Senior Feminino

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| 1 | 313 | Jéssica Cristiana Machado Pontes | Team ElComandante | Senior Feminino | 36:35 | +05:57 | 03:40 |
| 2 | 114 | Vânia Pinto | Individual | Senior Feminino | 47:29 | +16:50 | 04:45 |
| 3 | 280 | Dora Dias | NO TOMORROW RUNNING TEAM | Senior Feminino | 48:28 | +17:50 | 04:51 |
| 4 | 281 | Marta Sofia Oliveira da Costa Moreira | NOCTURNOS DE PAREDES | Senior Feminino | 49:36 | +18:58 | 04:58 |
| 5 | 374 | Lía Leal | NOCTURNOS DE PAREDES | Senior Feminino | 52:34 | +21:56 | 05:15 |
| 6 | 99 | Carla Filipa Ferreira Faria Fonseca | Individual | Senior Feminino | 52:51 | +22:12 | 05:17 |
| 7 | 329 | Rita Morais | Trinca Orelhas de Gato | Senior Feminino | 53:07 | +22:29 | 05:19 |
| 8 | 335 | Sara Rocha | VMTHD RUN TEAM | Senior Feminino | 53:41 | +23:03 | 05:22 |
| 9 | 29 | Marta Moreira | B.V. Rebordosa | Senior Feminino | 54:27 | +23:49 | 05:27 |
| 10 | 101 | Catarina Ribeiro | Individual | Senior Feminino | 55:33 | +24:55 | 05:33 |
| 11 | 326 | Telma Sousa | Trilhos e Cadilhos | Senior Feminino | 55:36 | +24:58 | 05:34 |
| 12 | 106 | Joana Cristina Coelho Aparício Meireles Moreira | Individual | Senior Feminino | 56:02 | +25:23 | 05:36 |
| 13 | 97 | Bárbara Alexandra da Silva Gonçalves | Individual | Senior Feminino | 56:10 | +25:32 | 05:37 |
| 14 | 110 | Marta Oliveira | Individual | Senior Feminino | 58:02 | +27:24 | 05:48 |
| 15 | 111 | Paula Simões | Individual | Senior Feminino | 58:26 | +27:48 | 05:51 |
| 16 | 95 | Ana Filipa Torres Carneiro | Individual | Senior Feminino | 58:51 | +28:12 | 05:53 |
| 17 | 305 | Patricia Barroso | Rise Up | Senior Feminino | 01:00:17 | +29:39 | 06:02 |
| 18 | 109 | Mariana Teixeira Ribeiro | Individual | Senior Feminino | 01:00:33 | +29:55 | 06:03 |
| 19 | 113 | Vânia Maria Azevedo Ribeiro | Individual | Senior Feminino | 01:00:43 | +30:05 | 06:04 |
| 20 | 74 | Marta Araújo | DAPproduções | Senior Feminino | 01:00:50 | +30:12 | 06:05 |
| 21 | 77 | Cristina Maria Sousa Moreira Meireles | Familia Mata | Senior Feminino | 01:02:45 | +32:07 | 06:17 |
| 22 | 25 | Ana Barbosa | B.V. Rebordosa | Senior Feminino | 01:03:26 | +32:48 | 06:21 |
| 23 | 372 | Carla Sousa | NOCTURNOS DE PAREDES | Senior Feminino | 01:05:35 | +34:57 | 06:34 |
| 24 | 102 | Catarina Silva | Individual | Senior Feminino | 01:05:53 | +35:15 | 06:35 |
| 25 | 316 | Filipa Silva | Team Faisca | Senior Feminino | 01:06:01 | +35:22 | 06:36 |
| 26 | 378 | Eva Moreira | NOCTURNOS DE PAREDES | Senior Feminino | 01:06:14 | +35:36 | 06:37 |
| 27 | 304 | Joana Oliveira | Rise Up | Senior Feminino | 01:06:16 | +35:38 | 06:38 |
| 28 | 324 | Daniela Rocha | Trilhos e Cadilhos | Senior Feminino | 01:08:31 | +37:53 | 06:51 |
| 29 | 27 | Ana Dias | B.V. Rebordosa | Senior Feminino | 01:10:10 | +39:32 | 07:01 |
| 30 | 28 | Lidia Leal | B.V. Rebordosa | Senior Feminino | 01:10:11 | +39:33 | 07:01 |
| 31 | 282 | Sara Silva | NOCTURNOS DE PAREDES | Senior Feminino | 01:10:29 | +39:51 | 07:03 |

## Senior Masculino

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 368 | Paulo Barbosa | Sport Clube Braga | Senior Masculino | 30:38 | | 03:04 |
| 2 | 369 | Luis Mendes | Maia Atletico Clube | Senior Masculino | 30:51 | +00:13 | 03:05 |
| 3 | 53 | Rui Muga | Clube Atlético de Macedo de Cavaleiros | Senior Masculino | 31:11 | +00:33 | 03:07 |

## 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

## 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

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 4 | 367 | Bruno jesus | ACR Vale Cambra | Senior Masculino | 34:14 | +03:36 | 03:25 |
| 5 | 19 | Paulo Moreira | Aliados Trail Running Team | Senior Masculino | 35:32 | +04:54 | 03:33 |
| 6 | 159 | Pedro Sousa | Individual | Senior Masculino | 35:55 | +05:17 | 03:36 |
| 7 | 92 | João Costa | GUNDEMARUS | Senior Masculino | 39:00 | +08:21 | 03:54 |
| 8 | 140 | João Henrique Marques Fernandes | Individual | Senior Masculino | 39:05 | +08:27 | 03:55 |
| 9 | 274 | Márcio Lourenço Silva | LS RUNNERS | Senior Masculino | 39:42 | +09:04 | 03:58 |
| 10 | 153 | Nuno Lourenço Silva | Individual | Senior Masculino | 39:42 | +09:04 | 03:58 |
| 11 | 75 | Vítor Araújo | DAPproduções | Senior Masculino | 40:06 | +09:28 | 04:01 |
| 12 | 50 | João Chumbo | Clube Atlético de Macedo de Cavaleiros | Senior Masculino | 40:16 | +09:38 | 04:02 |
| 13 | 52 | Nuno Pereira | Clube Atlético de Macedo de Cavaleiros | Senior Masculino | 40:20 | +09:41 | 04:02 |
| 14 | 309 | Tiago Amaral | SiM - SUMMIT | Senior Masculino | 40:21 | +09:43 | 04:02 |
| 15 | 147 | Luis Alves | Individual | Senior Masculino | 40:39 | +10:01 | 04:04 |
| 16 | 152 | Nelson Gomes | Individual | Senior Masculino | 40:40 | +10:02 | 04:04 |
| 17 | 347 | Ricardo Miranda | BIFASE TEAM | Senior Masculino | 40:50 | +10:12 | 04:05 |
| 18 | 346 | Pedro Santos | BIFASE TEAM | Senior Masculino | 41:09 | +10:31 | 04:07 |
| 19 | 49 | Ricardo Silva | Clube  Trilheiros & Amigos | Senior Masculino | 41:09 | +10:31 | 04:07 |
| 20 | 32 | Francisco Sousa | B.V. Rebordosa | Senior Masculino | 41:10 | +10:32 | 04:07 |
| 21 | 287 | Pedro Nuno Pinho Mendes | NOCTURNOS DE PAREDES | Senior Masculino | 41:47 | +11:09 | 04:11 |
| 22 | 344 | Hélder Melo | AC PORTALGRE / UTSM | Senior Masculino | 42:03 | +11:25 | 04:12 |
| 23 | 131 | Emanuel André Soares Ferreira | Individual | Senior Masculino | 42:52 | +12:13 | 04:17 |
| 24 | 133 | Fernando Manuel Alves Rodrigues | Individual | Senior Masculino | 43:07 | +12:29 | 04:19 |
| 25 | 157 | Pedro Miguel da Rocha Santos | Individual | Senior Masculino | 43:10 | +12:32 | 04:19 |
| 26 | 33 | Joao Moreira | B.V. Rebordosa | Senior Masculino | 43:12 | +12:33 | 04:19 |
| 27 | 120 | André Rodrigues | Individual | Senior Masculino | 43:29 | +12:50 | 04:21 |
| 28 | 122 | Antonino Martins Coelho | Individual | Senior Masculino | 43:34 | +12:56 | 04:21 |
| 29 | 124 | Bruno Quintino | Individual | Senior Masculino | 43:34 | +12:56 | 04:21 |
| 30 | 150 | Márcio Silva | Individual | Senior Masculino | 43:44 | +13:06 | 04:22 |
| 31 | 158 | Pedro Montenegro | Individual | Senior Masculino | 43:44 | +13:06 | 04:22 |
| 32 | 145 | JORGE TEIXEIRA | Individual | Senior Masculino | 43:48 | +13:10 | 04:23 |
| 33 | 167 | Tiago Pereira | Individual | Senior Masculino | 44:05 | +13:27 | 04:25 |
| 34 | 144 | Jorge Scevola | Individual | Senior Masculino | 44:09 | +13:30 | 04:25 |
| 35 | 16 | Filipe Marcelo Ferreira Alves | African Swag | Senior Masculino | 44:55 | +14:17 | 04:30 |
| 36 | 116 | Amílcar Ruão Martins | Individual | Senior Masculino | 45:16 | +14:37 | 04:32 |
| 37 | 160 | Ricardo Teixeira | Individual | Senior Masculino | 45:24 | +14:46 | 04:32 |
| 38 | 311 | João Miguel da Silva Sousa | smp | Senior Masculino | 45:27 | +14:49 | 04:33 |
| 39 | 351 | André Almeida | Individual | Senior Masculino | 45:48 | +15:10 | 04:35 |
| 40 | 132 | Fábio Ferreira Soares | Individual | Senior Masculino | 45:54 | +15:15 | 04:35 |
| 41 | 130 | Élio Barbosa | Individual | Senior Masculino | 46:16 | +15:38 | 04:38 |
| 42 | 364 | David Ferreira | Individual | Senior Masculino | 46:18 | +15:39 | 04:38 |
| 43 | 136 | Hélder Mendes | Individual | Senior Masculino | 46:22 | +15:44 | 04:38 |
| 44 | 6 | José Emanuel Barbosa Nunes | 14 15 Norte Sul | Senior Masculino | 46:31 | +15:53 | 04:39 |
| 45 | 42 | Daniel Sousa | btt alegria//tubani | Senior Masculino | 46:31 | +15:53 | 04:39 |
| 46 | 146 | José Moreira | Individual | Senior Masculino | 47:13 | +16:35 | 04:43 |
| 47 | 148 | Manuel bessa | Individual | Senior Masculino | 47:18 | +16:40 | 04:44 |
| 48 | 125 | Bruno Silva | Individual | Senior Masculino | 47:18 | +16:40 | 04:44 |

## 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

**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

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 49 | 115 | Adão Luis Teixeira Bessa | Individual | Senior Masculino | 47:44 | +17:06 | 04:46 |
| 50 | 155 | Paulo André Almeida Costa | Individual | Senior Masculino | 47:49 | +17:11 | 04:47 |
| 51 | 30 | Eduardo Santos | B.V. Rebordosa | Senior Masculino | 48:10 | +17:32 | 04:49 |
| 52 | 126 | Carlos Daniel Moreira da Silva Azevedo | Individual | Senior Masculino | 48:40 | +18:02 | 04:52 |
| 53 | 143 | João Rocha | Individual | Senior Masculino | 49:07 | +18:29 | 04:55 |
| 54 | 168 | Vasco Cruz | Individual | Senior Masculino | 49:09 | +18:31 | 04:55 |
| 55 | 139 | João Grilo Teixeira | Individual | Senior Masculino | 49:12 | +18:34 | 04:55 |
| 56 | 151 | Marco Barbosa | Individual | Senior Masculino | 49:24 | +18:46 | 04:56 |
| 57 | 81 | Francisco Meireles | Fernandos do Oural FC | Senior Masculino | 49:28 | +18:50 | 04:57 |
| 58 | 82 | Jorge Conceição | Fernandos do Oural FC | Senior Masculino | 49:38 | +18:59 | 04:58 |
| 59 | 161 | Ricardo Teixeira | Individual | Senior Masculino | 49:41 | +19:03 | 04:58 |
| 60 | 1 | Renato Almeida | Individual | Senior Masculino | 50:18 | +19:40 | 05:02 |
| 61 | 363 | João Correia | Individual | Senior Masculino | 50:25 | +19:46 | 05:03 |
| 62 | 338 | Vitor Santos | WOLVES | Senior Masculino | 50:41 | +20:03 | 05:04 |
| 63 | 288 | Vitor Emanuel Oliveira da Silva | NOCTURNOS DE PAREDES | Senior Masculino | 51:14 | +20:36 | 05:07 |
| 64 | 5 | Bruno Miguel Oliveira Garcês | 14 15 Norte Sul | Senior Masculino | 51:34 | +20:56 | 05:09 |
| 65 | 149 | Manuel Mota | Individual | Senior Masculino | 51:37 | +20:59 | 05:10 |
| 66 | 129 | Duarte Varela | Individual | Senior Masculino | 51:37 | +20:59 | 05:10 |
| 67 | 17 | João Marcelo Ferreira Leal | African Swag | Senior Masculino | 51:43 | +21:05 | 05:10 |
| 68 | 35 | Ruben Fonseca | B.V. Rebordosa | Senior Masculino | 51:49 | +21:11 | 05:11 |
| 69 | 164 | Tiago Carneiro | Individual | Senior Masculino | 52:28 | +21:50 | 05:15 |
| 70 | 118 | André Filipe Sousa Marinheiro | Individual | Senior Masculino | 52:31 | +21:53 | 05:15 |
| 71 | 13 | António Pimenta | A.R.Sequeirô/Destemidos | Senior Masculino | 53:09 | +22:31 | 05:19 |
| 72 | 138 | Ivo Bras | Individual | Senior Masculino | 53:32 | +22:54 | 05:21 |
| 73 | 352 | Duarte Câmara | Individual | Senior Masculino | 53:54 | +23:16 | 05:23 |
| 74 | 154 | Nuno Ribeiro | Individual | Senior Masculino | 54:08 | +23:30 | 05:25 |
| 75 | 34 | Leonardo Sousa | B.V. Rebordosa | Senior Masculino | 54:45 | +24:06 | 05:29 |
| 76 | 310 | Bruno Ricardo Rodrigues de Sousa | smp | Senior Masculino | 55:04 | +24:26 | 05:30 |
| 77 | 48 | Ricardo André de Sousa Reis | Clã reis | Senior Masculino | 55:26 | +24:48 | 05:33 |
| 78 | 36 | Rui Silva | B.V. Rebordosa | Senior Masculino | 55:35 | +24:57 | 05:34 |
| 79 | 286 | Pedro Meireles | NOCTURNOS DE PAREDES | Senior Masculino | 55:51 | +25:13 | 05:35 |
| 80 | 169 | Vitor Manuel Ribeiro Pinheiro | Individual | Senior Masculino | 56:02 | +25:23 | 05:36 |
| 81 | 156 | Pedro Lourenço | Individual | Senior Masculino | 56:09 | +25:31 | 05:37 |
| 82 | 72 | Mário Fonseca | D&M | Senior Masculino | 57:05 | +26:27 | 05:43 |
| 83 | 163 | Rui Ferreira | Individual | Senior Masculino | 59:24 | +28:46 | 05:56 |
| 84 | 332 | Gustavo Santos | USCP HÓQUEI | Senior Masculino | 01:02:26 | +31:48 | 06:15 |
| 85 | 317 | Fábio Neto | Team Faisca | Senior Masculino | 01:04:20 | +33:42 | 06:26 |
| 86 | 31 | Emanuel Moreira | B.V. Rebordosa | Senior Masculino | 01:10:05 | +39:27 | 07:01 |

## Veterana F40

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 371 | Silvia Teixeira | Individual | Veterana F40 | 44:15 | +13:36 | 04:26 |
| 2 | 68 | IRENE BARBOSA | Copos e trilhos | Veterana F40 | 51:26 | +20:48 | 05:09 |
| 3 | 308 | Sara Eiro | Salgueiros Running | Veterana F40 | 51:56 | +21:18 | 05:12 |
| 4 | 306 | Rosa Ribeiro | Runriver escola atletismo de rio tinto | Veterana F40 | 52:32 | +21:54 | 05:15 |

## 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

**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

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|---|---|---|---|---|---|---|---|
| 5 | 14 | Celina CORREIA | A.R.Sequeirô/Destemidos | Veterana F40 | 52:59 | +22:20 | 05:18 |
| 6 | 171 | Carla Adelaide Gomes Salgado | Individual | Veterana F40 | 55:11 | +24:33 | 05:31 |
| 7 | 173 | CECÍLIA SANTOS | Individual | Veterana F40 | 55:31 | +24:53 | 05:33 |
| 8 | 174 | Cidália Oliveira Ferreira | Individual | Veterana F40 | 56:58 | +26:20 | 05:42 |
| 9 | 172 | Carla ferreira | Individual | Veterana F40 | 59:24 | +28:46 | 05:56 |
| 10 | 178 | Isabel Paula Ferreira Teixeira | Individual | Veterana F40 | 59:35 | +28:56 | 05:58 |
| 11 | 179 | Joana Montenegro | Individual | Veterana F40 | 59:36 | +28:58 | 05:58 |
| 12 | 272 | Lina Cabral | Intensivos Team | Veterana F40 | 01:02:54 | +32:16 | 06:17 |
| 13 | 84 | Iolanda Gaspar | Gaspares | Veterana F40 | 01:03:47 | +33:09 | 06:23 |
| 14 | 339 | Sandra Filipa Santos Rodrigues | WOLVES | Veterana F40 | 01:15:36 | +44:58 | 07:34 |

## Veterana F50

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 76 | Júlia Conceição | F.C.Penafiel | Veterana F50 | 42:54 | +12:16 | 04:17 |
| 2 | 186 | Fátima Coelho | Individual | Veterana F50 | 45:57 | +15:18 | 04:36 |
| 3 | 370 | Helena Santos | Alfenense | Veterana F50 | 46:29 | +15:50 | 04:39 |
| 4 | 188 | Leonor Cavadas | Individual | Veterana F50 | 49:52 | +19:14 | 04:59 |
| 5 | 189 | Maria José Barbosa de sousa | Individual | Veterana F50 | 54:26 | +23:48 | 05:27 |
| 6 | 190 | Teresa Mota | Individual | Veterana F50 | 54:55 | +24:17 | 05:30 |
| 7 | 289 | Fernanda Leão | NOCTURNOS DE PAREDES | Veterana F50 | 55:08 | +24:30 | 05:31 |
| 8 | 184 | Clara Lima | Individual | Veterana F50 | 55:17 | +24:39 | 05:32 |
| 9 | 187 | Fernanda Almeida | Individual | Veterana F50 | 56:45 | +26:07 | 05:41 |
| 10 | 183 | Alice Sousa | Individual | Veterana F50 | 01:01:06 | +30:28 | 06:07 |
| 11 | 314 | Ana Pontes | Team Elcomandante | Veterana F50 | 01:02:44 | +32:06 | 06:16 |
| 12 | 353 | Rosa Maria | Individual | Veterana F50 | 01:03:18 | +32:39 | 06:20 |
| 13 | 185 | Eva Teixeira | Individual | Veterana F50 | 01:04:02 | +33:24 | 06:24 |
| 14 | 340 | Cristina Coelho | WOLVES | Veterana F50 | 01:07:10 | +36:32 | 06:43 |
| 15 | 277 | Maria Alves | MSS CONTABILIDADE TRAIL TEAM | Veterana F50 | 01:10:40 | +40:02 | 07:04 |

## Veterano M40

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 54 | Carlos Lopes | Clube Atlético de Macedo de Cavaleiros | Veterano M40 | 31:45 | +01:07 | 03:11 |
| 2 | 58 | José Carvalho | Clube Atlético de Macedo de Cavaleiros | Veterano M40 | 32:06 | +01:28 | 03:13 |
| 3 | 57 | Ilídiio Moreiras | Clube Atlético de Macedo de Cavaleiros | Veterano M40 | 34:49 | +04:11 | 03:29 |
| 4 | 203 | Fabio Sufiatti | Individual | Veterano M40 | 35:55 | +05:17 | 03:36 |
| 5 | 315 | Helder costq | Team Elcomandante | Veterano M40 | 36:36 | +05:58 | 03:40 |
| 6 | 214 | José Barbosa | Individual | Veterano M40 | 37:00 | +06:21 | 03:42 |
| 7 | 221 | Miguel Ferreira | Individual | Veterano M40 | 37:45 | +07:07 | 03:47 |
| 8 | 194 | António Teles | Individual | Veterano M40 | 37:53 | +07:15 | 03:47 |
| 9 | 201 | Cristiano José Moreira dos Santos | Individual | Veterano M40 | 38:14 | +07:36 | 03:49 |
| 10 | 359 | Filipe Leite | Individual | Veterano M40 | 38:56 | +08:18 | 03:54 |
| 11 | 59 | Luís Teixeira | Clube Atlético de Macedo de Cavaleiros | Veterano M40 | 39:03 | +08:25 | 03:54 |

## 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

## 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

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|---|---|---|---|---|---|---|---|
| 12 | 9 | Alcino Silva | A.D. Amarante Trail Running | Veterano M40 | 39:16 | +08:38 | 03:56 |
| 13 | 345 | Filipe Afonso | AC PORTALGRE / UTSM | Veterano M40 | 39:20 | +08:42 | 03:56 |
| 14 | 354 | António Jorge Martins Francisco | Individual | Veterano M40 | 39:22 | +08:44 | 03:56 |
| 15 | 210 | Jaime Neto | Individual | Veterano M40 | 40:22 | +09:43 | 04:02 |
| 16 | 296 | Pedro Pereira | NOCTURNOS DE PAREDES | Veterano M40 | 41:03 | +10:25 | 04:06 |
| 17 | 220 | Miguel Andrade | Individual | Veterano M40 | 41:20 | +10:42 | 04:08 |
| 18 | 348 | Joaquim Pinto | BIFASE TEAM | Veterano M40 | 41:21 | +10:43 | 04:08 |
| 19 | 375 | Fernando Almeida | NOCTURNOS DE PAREDES | Veterano M40 | 41:45 | +11:07 | 04:11 |
| 20 | 227 | Ricardo Silvestre de Sousa Ferreira | Individual | Veterano M40 | 41:46 | +11:08 | 04:11 |
| 21 | 205 | Filipe Pinto | Individual | Veterano M40 | 41:50 | +11:12 | 04:11 |
| 22 | 293 | José Fernando Moreira Campos | NOCTURNOS DE PAREDES | Veterano M40 | 41:50 | +11:12 | 04:11 |
| 23 | 56 | Hélio Vila Franca | Clube Atlético de Macedo de Cavaleiros | Veterano M40 | 42:46 | +12:08 | 04:17 |
| 24 | 312 | Vítor Carneiro | Sport Clube Freamunde | Veterano M40 | 43:44 | +13:06 | 04:22 |
| 25 | 10 | Pedro Vieira | A.D. Amarante Trail Running | Veterano M40 | 43:46 | +13:07 | 04:23 |
| 26 | 55 | Hélder Deveza | Clube Atlético de Macedo de Cavaleiros | Veterano M40 | 43:50 | +13:12 | 04:23 |
| 27 | 319 | Armando Machado | Trail Team Casa das Reparações | Veterano M40 | 44:36 | +13:58 | 04:28 |
| 28 | 71 | MANUEL BARBOSA | Copos e trilhos | Veterano M40 | 44:36 | +13:58 | 04:28 |
| 29 | 20 | JOSÉ MARINHO | AMIGOS DA PÍCUA | Veterano M40 | 44:42 | +14:04 | 04:28 |
| 30 | 209 | Hugo André Rodrigues Martins | Individual | Veterano M40 | 44:52 | +14:14 | 04:29 |
| 31 | 330 | Carlos Silva | Trinca Orelhas de Gato | Veterano M40 | 45:12 | +14:34 | 04:31 |
| 32 | 222 | Nuno Vinha | Individual | Veterano M40 | 45:13 | +14:35 | 04:31 |
| 33 | 322 | João Sousa | Trail Team Casa das Reparações | Veterano M40 | 45:24 | +14:46 | 04:32 |
| 34 | 294 | Paulo Saul | NOCTURNOS DE PAREDES | Veterano M40 | 45:32 | +14:54 | 04:33 |
| 35 | 224 | PAULO NUNO FREIRE FONSECA | Individual | Veterano M40 | 45:39 | +15:01 | 04:34 |
| 36 | 61 | Carlos Ferreira | Clube de Atletismo de Vila Boa do Bispo | Veterano M40 | 45:40 | +15:02 | 04:34 |
| 37 | 321 | Eduardo Soares | Trail Team Casa das Reparações | Veterano M40 | 45:45 | +15:06 | 04:35 |
| 38 | 69 | BRUNO SOUSA | Copos e trilhos | Veterano M40 | 45:46 | +15:08 | 04:35 |
| 39 | 291 | Daniel Pereira | NOCTURNOS DE PAREDES | Veterano M40 | 45:58 | +15:20 | 04:36 |
| 40 | 206 | Filipe Ribeiro | Individual | Veterano M40 | 46:01 | +15:23 | 04:36 |
| 41 | 297 | Rui Almeida | NOCTURNOS DE PAREDES | Veterano M40 | 46:07 | +15:29 | 04:37 |
| 42 | 193 | António Monteiro | Individual | Veterano M40 | 46:21 | +15:43 | 04:38 |
| 43 | 7 | Carlos Vítor Oliveira Martins | 14 15 Norte Sul | Veterano M40 | 46:30 | +15:52 | 04:39 |
| 44 | 91 | Sérgio Crista | Grupo Desportivo Recreativo Juventude das Ribeiras | Veterano M40 | 46:37 | +15:59 | 04:40 |
| 45 | 218 | Manuel Luís | Individual | Veterano M40 | 46:50 | +16:12 | 04:41 |
| 46 | 292 | Hugo Miguel da Rocha Teixeira | NOCTURNOS DE PAREDES | Veterano M40 | 46:58 | +16:19 | 04:42 |
| 47 | 342 | Abel Ribeiro | WOLVES | Veterano M40 | 47:42 | +17:04 | 04:46 |
| 48 | 331 | João Moreira | Twins | Veterano M40 | 48:24 | +17:46 | 04:50 |
| 49 | 295 | Pedro Lima | NOCTURNOS DE PAREDES | Veterano M40 | 48:24 | +17:46 | 04:50 |
| 50 | 290 | Albano Celso Barbosa Lascasas Aguiar | NOCTURNOS DE PAREDES | Veterano M40 | 48:29 | +17:51 | 04:51 |
| 51 | 15 | João Correia | A.R.SEQUEIRÔ/DESTEMIDOS | Veterano M40 | 48:55 | +18:17 | 04:54 |
| 52 | 301 | Filipe Pacheco | Os iluminados | Veterano M40 | 49:02 | +18:24 | 04:54 |
| 53 | 78 | Jose Augusto Mendes Rosendo | Familia Mata | Veterano M40 | 49:20 | +18:42 | 04:56 |
| 54 | 376 | Fernando Coelho | Individual | Veterano M40 | 49:24 | +18:46 | 04:56 |
| 55 | 230 | Rui Costa Jesus | Individual | Veterano M40 | 49:41 | +19:02 | 04:58 |

## 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

**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

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|---|---|---|---|---|---|---|---|
| 56 | 216 | José Manuel Dias da Silva | Individual | Veterano M40 | 50:20 | +19:42 | 05:02 |
| 57 | 195 | António Silva | Individual | Veterano M40 | 50:54 | +20:16 | 05:05 |
| 58 | 217 | José silva | Individual | Veterano M40 | 51:08 | +20:30 | 05:07 |
| 59 | 208 | Hélio Filipe Gomes de Sousa | Individual | Veterano M40 | 51:18 | +20:40 | 05:08 |
| 60 | 357 | Carlos Fagundes | Individual | Veterano M40 | 51:22 | +20:44 | 05:08 |
| 61 | 307 | Paulo Almeida | Runriver escola atletismo de rio tinto | Veterano M40 | 52:31 | +21:53 | 05:15 |
| 62 | 191 | Alberto Câmara | Individual | Veterano M40 | 53:53 | +23:15 | 05:23 |
| 63 | 358 | Dotan Goren | Individual | Veterano M40 | 53:56 | +23:18 | 05:24 |
| 64 | 94 | Mário Pereira | Hjk Gaia | Veterano M40 | 54:27 | +23:49 | 05:27 |
| 65 | 223 | Paulo figueiredo | Individual | Veterano M40 | 55:31 | +24:53 | 05:33 |
| 66 | 355 | António Oliveira | Individual | Veterano M40 | 56:05 | +25:27 | 05:37 |
| 67 | 202 | Eduardo Ribeiro | Individual | Veterano M40 | 56:10 | +25:31 | 05:37 |
| 68 | 275 | Muno Leal | Montanhistas Bairros | Veterano M40 | 56:38 | +26:00 | 05:40 |
| 69 | 73 | Daniel Oliveira | D&M | Veterano M40 | 57:06 | +26:27 | 05:43 |
| 70 | 228 | Ricardo Sousa | Individual | Veterano M40 | 57:49 | +27:10 | 05:47 |
| 71 | 39 | Celso Barbosa | B.V. Rebordosa | Veterano M40 | 58:36 | +27:58 | 05:52 |
| 72 | 40 | Manuel Moreira | B.V. Rebordosa | Veterano M40 | 58:36 | +27:58 | 05:52 |
| 73 | 37 | Abel Moreira | B.V. Rebordosa | Veterano M40 | 58:36 | +27:58 | 05:52 |
| 74 | 200 | Carlos Oliveira | Individual | Veterano M40 | 58:51 | +28:12 | 05:53 |
| 75 | 93 | Duarte Malheiro | Hjk Gaia | Veterano M40 | 58:56 | +28:18 | 05:54 |
| 76 | 232 | Sérgio Moreira Rocha | Individual | Veterano M40 | 59:05 | +28:27 | 05:55 |
| 77 | 199 | Carlos Manuel Ribeiro Magalhães | Individual | Veterano M40 | 59:18 | +28:40 | 05:56 |
| 78 | 197 | Bruno rocha | Individual | Veterano M40 | 01:00:43 | +30:05 | 06:04 |
| 79 | 333 | Celso Santos | USCP HÓQUEI | Veterano M40 | 01:02:25 | +31:47 | 06:15 |
| 80 | 233 | Ulisses Lopes | Individual | Veterano M40 | 01:03:18 | +32:40 | 06:20 |
| 81 | 226 | Renato Ferreira | Individual | Veterano M40 | 01:03:22 | +32:43 | 06:20 |
| 82 | 85 | Pedro Gaspar Castro | Gaspares | Veterano M40 | 01:05:56 | +35:18 | 06:36 |
| 83 | 343 | Rui Manuel Oliveira Sousa | WOLVES | Veterano M40 | 01:15:36 | +44:58 | 07:34 |

## Veterano M50

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 254 | Joaquim Alves | Individual | Veterano M50 | 36:20 | +05:42 | 03:38 |
| 2 | 79 | Domingos Fernandes | Fc Piratas Creixomil - Os Resistentes | Veterano M50 | 36:49 | +06:11 | 03:41 |
| 3 | 251 | João Cavadas | Individual | Veterano M50 | 37:04 | +06:26 | 03:42 |
| 4 | 60 | Carlos Carneiro | Clube Atlético de Macedo de Cavaleiros | Veterano M50 | 38:33 | +07:55 | 03:51 |
| 5 | 236 | Agostinho Fernando Costa carneiro | Individual | Veterano M50 | 38:41 | +08:03 | 03:52 |
| 6 | 64 | Luis Vieira | Clube de Atletismo de Vila Boa do Bispo | Veterano M50 | 39:26 | +08:48 | 03:57 |
| 7 | 302 | Carlos Silva | PaçosRunners | Veterano M50 | 40:46 | +10:08 | 04:05 |
| 8 | 63 | Fernando Sousa | Clube de Atletismo de Vila Boa do Bispo | Veterano M50 | 40:53 | +10:15 | 04:05 |
| 9 | 245 | Adão Silva | Individual | Veterano M50 | 41:18 | +10:40 | 04:08 |
| 10 | 244 | Carlos Lopes | Individual | Veterano M50 | 42:59 | +12:21 | 04:18 |
| 11 | 62 | António Correia | Clube de Atletismo de Vila Boa do Bispo | Veterano M50 | 43:33 | +12:55 | 04:21 |

## 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

## 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

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|---|---|---|---|---|---|---|---|
| 12 | 11 | LUIS M MARTINS | A.R.DE NEGRELOS | Veterano M50 | 44:13 | +13:35 | 04:25 |
| 13 | 12 | MANUEL M GOMES | A.R.DE NEGRELOS | Veterano M50 | 44:23 | +13:45 | 04:26 |
| 14 | 237 | Albertino Barbosa | Individual | Veterano M50 | 44:25 | +13:46 | 04:27 |
| 15 | 246 | Fernando Morais | Individual | Veterano M50 | 45:07 | +14:29 | 04:31 |
| 16 | 234 | Adão Bessa | Individual | Veterano M50 | 45:11 | +14:33 | 04:31 |
| 17 | 263 | Lupricinio Correia | Individual | Veterano M50 | 45:21 | +14:43 | 04:32 |
| 18 | 259 | José Manuel Pinto Gomes | Individual | Veterano M50 | 45:31 | +14:52 | 04:33 |
| 19 | 240 | Antonio Miranda | Individual | Veterano M50 | 45:47 | +15:08 | 04:35 |
| 20 | 266 | Nelson Santos | Individual | Veterano M50 | 46:32 | +15:54 | 04:39 |
| 21 | 269 | Paulo Morais | Individual | Veterano M50 | 46:50 | +16:12 | 04:41 |
| 22 | 243 | Belmiro Teixeira da Costa | Individual | Veterano M50 | 47:09 | +16:31 | 04:43 |
| 23 | 238 | ANTONIO JOAO GOMES DA SILVA | Individual | Veterano M50 | 47:35 | +16:57 | 04:46 |
| 24 | 270 | paulo rocha | Individual | Veterano M50 | 48:31 | +17:53 | 04:51 |
| 25 | 323 | Albertino Silva | Trail Team Casa das Reparações | Veterano M50 | 49:35 | +18:57 | 04:58 |
| 26 | 271 | Sérgio Machado | Individual | Veterano M50 | 49:45 | +19:07 | 04:59 |
| 27 | 249 | Humberto Pinho | Individual | Veterano M50 | 50:16 | +19:38 | 05:02 |
| 28 | 22 | SÉRGIO FERREIRA | AMIGOS DA PÍCUA | Veterano M50 | 50:22 | +19:44 | 05:02 |
| 29 | 8 | António Alberto Moreira de Sousa | 14 15 Norte Sul | Veterano M50 | 50:30 | +19:52 | 05:03 |
| 30 | 21 | JOSÉ TEIXEIRA | AMIGOS DA PÍCUA | Veterano M50 | 50:37 | +19:58 | 05:04 |
| 31 | 276 | Miro Morais | Montanhistas Bairros | Veterano M50 | 50:37 | +19:59 | 05:04 |
| 32 | 298 | Adão António Nunes de Barros | NOCTURNOS DE PAREDES | Veterano M50 | 51:21 | +20:43 | 05:08 |
| 33 | 337 | Adão Rocha | VMTHD RUN TEAM | Veterano M50 | 51:52 | +21:14 | 05:11 |
| 34 | 377 | Maurício Mendes | Individual | Veterano M50 | 52:46 | +22:08 | 05:17 |
| 35 | 273 | Agostinho Sousa | Kunalama runners | Veterano M50 | 53:45 | +23:07 | 05:23 |
| 36 | 258 | JOSÉ FERREIRA | Individual | Veterano M50 | 54:00 | +23:22 | 05:24 |
| 37 | 261 | José Sousa | Individual | Veterano M50 | 54:15 | +23:37 | 05:26 |
| 38 | 299 | armando neves | os 5 há hora | Veterano M50 | 54:25 | +23:47 | 05:27 |
| 39 | 260 | José Maria Barros Dias | Individual | Veterano M50 | 54:26 | +23:48 | 05:27 |
| 40 | 241 | António Rocha | Individual | Veterano M50 | 54:46 | +24:08 | 05:29 |
| 41 | 262 | JOSÉ TEIXEIRA | Individual | Veterano M50 | 55:31 | +24:53 | 05:33 |
| 42 | 265 | Manuel Moreira | Individual | Veterano M50 | 58:02 | +27:23 | 05:48 |
| 43 | 264 | Manuel Carvalho | Individual | Veterano M50 | 59:13 | +28:35 | 05:55 |
| 44 | 248 | horacio teixeira | Individual | Veterano M50 | 59:18 | +28:39 | 05:56 |
| 45 | 235 | Agostinho Manuel Cancela Ferreira | Individual | Veterano M50 | 01:00:22 | +29:43 | 06:02 |
| 46 | 253 | João Santos | Individual | Veterano M50 | 01:01:55 | +31:17 | 06:12 |
| 47 | 267 | Paulo jorge da silva neto | Individual | Veterano M50 | 01:09:48 | +39:09 | 06:59 |
| 48 | 279 | Rui Machado | MSS CONTABILIDADE TRAIL TEAM | Veterano M50 | 01:10:03 | +39:25 | 07:00 |
| 49 | 278 | José Freitas | MSS CONTABILIDADE TRAIL TEAM | Veterano M50 | 01:15:17 | +44:39 | 07:32 |