

**PROVA PRINCIPAL - STAGE 1**
**10 KM**
**OFFICIAL RESULT**

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 21:30 | 21.6°C      | 66%      |
| End   | 23:02 | 19.8°C      | 70%      |

| RANK | BIB | NAME                            | TEAM                           | RESULT | DIFF   | t/KM  | CARD |
|------|-----|---------------------------------|--------------------------------|--------|--------|-------|------|
| 1    | 5   | Hugo Almeida                    | Sporting Clube de Braga        | 35:35  |        | 03:33 |      |
| 2    | 660 | José Moreira                    | são salvador do campo          | 36:07  | +00:32 | 03:37 |      |
| 3    | 1   | Vitor Domingos Gomes dos Santos | EV / PERALTAFIL                | 37:02  | +01:27 | 03:42 |      |
| 4    | 11  | Pedro Magalhães                 | Caldas S. Jorge Sport Clube    | 37:50  | +02:15 | 03:47 |      |
| 5    | 10  | Paulo pereira                   | G.D. Guilhovai                 | 38:07  | +02:32 | 03:49 |      |
| 6    | 16  | Paulo Pinto                     | Feirense Trail                 | 38:13  | +02:38 | 03:49 |      |
| 7    | 8   | João Saiyajin                   | Individual                     | 38:23  | +02:48 | 03:50 |      |
| 8    | 14  | Fábio Barbosa                   | EDV Viana Trail                | 38:37  | +03:02 | 03:52 |      |
| 9    | 15  | João sousa                      | PNB                            | 39:06  | +03:31 | 03:55 |      |
| 10   | 17  | Marcelo Araújo                  | EDV Viana Trail                | 39:24  | +03:49 | 03:56 |      |
| 11   | 114 | Luis Gomes                      | Confraria dos Fatigados        | 39:58  | +04:23 | 04:00 |      |
| 12   | 96  | Renato Silva                    | Caldas S. Jorge Sport Clube    | 42:50  | +07:15 | 04:17 |      |
| 13   | 132 | CLAUDIO COSTA                   | EV / PERALTAFIL                | 42:58  | +07:23 | 04:18 |      |
| 14   | 133 | MANUEL BESSA                    | EV / PERALTAFIL                | 42:58  | +07:23 | 04:18 |      |
| 15   | 573 | Domingos Vieira                 | opraticante.pt                 | 42:59  | +07:24 | 04:18 |      |
| 16   | 399 | José Correia                    | Individual                     | 43:01  | +07:26 | 04:18 |      |
| 17   | 127 | Pedro Pinho                     | EDV Viana Trail                | 43:16  | +07:41 | 04:20 |      |
| 18   | 2   | Cristina Arreirol               | Individual                     | 43:18  | +07:43 | 04:20 |      |
| 19   | 89  | NUNO PAIS                       | CAL - Clube Atletismo de Lamas | 43:24  | +07:49 | 04:20 |      |
| 20   | 93  | Tiago Oliveira                  | Caldas S. Jorge Sport Clube    | 44:00  | +08:25 | 04:24 |      |
| 21   | 308 | Tiago Ferreira                  | Individual                     | 44:07  | +08:32 | 04:25 |      |
| 22   | 147 | Márcio Melo                     | Feirense Trail                 | 44:12  | +08:37 | 04:25 |      |
| 23   | 92  | Tiago Magalhães                 | Caldas S. Jorge Sport Clube    | 44:12  | +08:37 | 04:25 |      |
| 24   | 641 | Paulo Gomes                     | TEAM LANTEMIL                  | 44:24  | +08:49 | 04:26 |      |
| 25   | 363 | Alcino Silva                    | Individual                     | 44:27  | +08:52 | 04:27 |      |
| 26   | 530 | Ernesto Marques Alves           | Juventude Cortegacense         | 44:44  | +09:09 | 04:28 |      |
| 27   | 60  | Rui Teixeira                    | Bravos & Bravitas              | 44:46  | +09:11 | 04:29 |      |
| 28   | 72  | Bruno silva                     | Bravos & Bravitas              | 44:46  | +09:11 | 04:29 |      |
| 29   | 84  | Sérgio Costa                    | Bravos & Bravitas              | 44:46  | +09:11 | 04:29 |      |
| 30   | 144 | Rui Lopes                       | Feirense Trail                 | 44:48  | +09:13 | 04:29 |      |
| 31   | 391 | João                            | Individual                     | 44:51  | +09:16 | 04:29 |      |
| 32   | 258 | Filipe Almeida                  | Individual                     | 44:55  | +09:20 | 04:30 |      |
| 33   | 29  | Filipe Quelhas                  | AC PORTALEGRE / UTSM           | 44:57  | +09:22 | 04:30 |      |
| 34   | 555 | Antonio Pinto                   | Monte dos Amigos               | 45:01  | +09:26 | 04:30 |      |
| 35   | 313 | Tomás Andrade Soares            | Individual                     | 45:15  | +09:40 | 04:32 |      |
| 36   | 7   | Sandra Ferreira                 | Feirense Trail                 | 45:36  | +10:01 | 04:34 |      |
| 37   | 655 | Bruno Fernandes                 | Zequinhas                      | 46:01  | +10:26 | 04:36 |      |
| 38   | 256 | Fábio Emanuel Bastos Sousa      | Individual                     | 46:39  | +11:04 | 04:40 |      |
| 39   | 506 | Paulo Dias                      | Individual                     | 46:43  | +11:08 | 04:40 |      |
| 40   | 27  | Pedro Pinho                     | 5para1                         | 46:44  | +11:09 | 04:40 |      |
| 41   | 638 | Ricardo Gomes                   | Sporting Clube de Braga        | 46:44  | +11:09 | 04:40 |      |
| 42   | 295 | Rafael Bravo                    | Individual                     | 46:45  | +11:10 | 04:40 |      |



**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**

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| RANK | BIB | NAME                              | TEAM              | RESULT | DIFF   | t/KM  | CARD |
|------|-----|-----------------------------------|-------------------|--------|--------|-------|------|
| 89   | 386 | Francisco Manuel Silva Oliveira   | Individual        | 51:57  | +16:22 | 05:12 |      |
| 90   | 54  | Bruno Bastos                      | AvancaTeam        | 52:00  | +16:25 | 05:12 |      |
| 91   | 652 | Bruno Gonçalves                   | Zequinhas         | 52:03  | +16:28 | 05:12 |      |
| 92   | 421 | Nuno Davide Paranhos Alves        | Individual        | 52:05  | +16:30 | 05:12 |      |
| 93   | 229 | Manuela Margarete Rodrigues Nunes | Individual        | 52:05  | +16:30 | 05:13 |      |
| 94   | 135 | JOAQUIM PEREIRA                   | EV / PERALTAFIL   | 52:07  | +16:32 | 05:13 |      |
| 95   | 479 | João garranas                     | Individual        | 52:12  | +16:37 | 05:13 |      |
| 96   | 255 | Fábio Almeida                     | Individual        | 52:13  | +16:38 | 05:13 |      |
| 97   | 504 | Orlando Soares                    | Individual        | 52:17  | +16:42 | 05:14 |      |
| 98   | 615 | Fernando Manuel Lopes Matos       | Sem treinos       | 52:20  | +16:45 | 05:14 |      |
| 99   | 552 | Rui Albino                        | Masters Runners   | 52:21  | +16:46 | 05:14 |      |
| 100  | 121 | Sérgio Pereira                    | Copo Running      | 52:27  | +16:52 | 05:15 |      |
| 101  | 577 | Tiago Rosa                        | Os 7 UP           | 52:27  | +16:52 | 05:15 |      |
| 102  | 374 | Bruno Moura                       | Individual        | 52:30  | +16:55 | 05:15 |      |
| 103  | 340 | Raquel Sofia de Freitas Andrade   | Individual        | 52:30  | +16:55 | 05:15 |      |
| 104  | 415 | Mário Manuel Mota Leite           | Individual        | 52:32  | +16:57 | 05:15 |      |
| 105  | 484 | Joaquim Teixeira                  | Individual        | 52:33  | +16:58 | 05:15 |      |
| 106  | 412 | Márcio Moura                      | Individual        | 52:48  | +17:13 | 05:17 |      |
| 107  | 57  | Danilo Fenu                       | Bravos & Bravitas | 52:55  | +17:20 | 05:18 |      |
| 108  | 74  | José pires                        | Bravos & Bravitas | 53:04  | +17:29 | 05:18 |      |
| 109  | 507 | Paulo Moreira                     | Individual        | 53:04  | +17:29 | 05:18 |      |
| 110  | 275 | Levi Soares Fernandes             | Individual        | 53:05  | +17:30 | 05:19 |      |
| 111  | 120 | Filipe Manuel Marques Coelho      | Copo Running      | 53:25  | +17:50 | 05:21 |      |
| 112  | 414 | Marco Pinto                       | Individual        | 53:31  | +17:56 | 05:21 |      |
| 113  | 498 | Manuel Constantino Silva          | Individual        | 53:34  | +17:59 | 05:21 |      |
| 114  | 75  | MIKE                              | Bravos & Bravitas | 53:40  | +18:05 | 05:22 |      |
| 115  | 384 | EMANUEL MOTA                      | Individual        | 53:45  | +18:10 | 05:22 |      |
| 116  | 472 | David Silva Fernandes             | Individual        | 53:48  | +18:13 | 05:23 |      |
| 117  | 366 | André Filipe Miranda Rocha        | Individual        | 53:48  | +18:13 | 05:23 |      |
| 118  | 389 | Helder Teixeira                   | Individual        | 53:51  | +18:16 | 05:23 |      |
| 119  | 492 | josé soares correia               | Individual        | 53:51  | +18:16 | 05:23 |      |
| 120  | 416 | Mário Neves                       | Individual        | 53:53  | +18:18 | 05:23 |      |
| 121  | 278 | Mário Baptista                    | Individual        | 53:53  | +18:18 | 05:23 |      |
| 122  | 567 | Márcio Ferreira                   | OiãRunners        | 54:03  | +18:28 | 05:24 |      |
| 123  | 262 | Francisco Manuel Teixeira Marques | Individual        | 54:05  | +18:30 | 05:24 |      |
| 124  | 300 | Ricardo Moreira                   | Individual        | 54:05  | +18:30 | 05:25 |      |
| 125  | 483 | Joaquim Lobato                    | Individual        | 54:05  | +18:30 | 05:25 |      |
| 126  | 199 | Milton Joel Martins da Silva      | HMC Sports        | 54:06  | +18:31 | 05:25 |      |
| 127  | 201 | Roberto Carlos Gomes Silva        | HMC Sports        | 54:06  | +18:31 | 05:25 |      |
| 128  | 78  | Pedro Bastos                      | Bravos & Bravitas | 54:08  | +18:33 | 05:25 |      |
| 129  | 12  | TOZE CASTRO                       | EV / PERALTAFIL   | 54:08  | +18:33 | 05:25 |      |
| 130  | 136 | LEONEL SILVA                      | EV / PERALTAFIL   | 54:08  | +18:33 | 05:25 |      |
| 131  | 142 | Hélder Ferreira                   | Feirense Trail    | 54:08  | +18:33 | 05:25 |      |
| 132  | 626 | Sara Santos                       | Speeders          | 54:20  | +18:45 | 05:26 |      |
| 133  | 628 | Mário Dias                        | Speeders          | 54:21  | +18:46 | 05:26 |      |



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

**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                        | RESULT   | DIFF   | t/KM  | CARD |
|------|-----|----------------------------------|-----------------------------|----------|--------|-------|------|
| 180  | 593 | Carlos Ferreira                  | Pais de filhos              | 57:57    | +22:22 | 05:48 |      |
| 181  | 346 | Tânia Mateus                     | Individual                  | 58:03    | +22:28 | 05:48 |      |
| 182  | 164 | Jose Almeida                     | Forvia Runners              | 58:07    | +22:32 | 05:49 |      |
| 183  | 505 | Paulo Almeida                    | Individual                  | 58:08    | +22:33 | 05:49 |      |
| 184  | 59  | Óscar dias                       | Bravos & Bravitas           | 58:10    | +22:35 | 05:49 |      |
| 185  | 246 | Carlos Eduardo Freitas           | Individual                  | 58:10    | +22:35 | 05:49 |      |
| 186  | 579 | Gualter Pereira                  | Os Tresloucados             | 58:12    | +22:37 | 05:49 |      |
| 187  | 493 | Júlio Moreira                    | Individual                  | 58:21    | +22:46 | 05:50 |      |
| 188  | 95  | António Conceição                | Caldas S. Jorge Sport Clube | 58:24    | +22:49 | 05:50 |      |
| 189  | 470 | Carlos sousa                     | Individual                  | 58:24    | +22:49 | 05:50 |      |
| 190  | 257 | Fábio Manuel Ferreira Pinto      | Individual                  | 58:26    | +22:51 | 05:51 |      |
| 191  | 33  | Carlos Tavares                   | ACAIL GAS                   | 58:32    | +22:57 | 05:51 |      |
| 192  | 512 | Victor Costa                     | Individual                  | 58:32    | +22:57 | 05:51 |      |
| 193  | 32  | Carlos Gomes                     | ACAIL GAS                   | 58:36    | +23:01 | 05:52 |      |
| 194  | 591 | Isabel Cunha                     | Pais de filhos              | 58:36    | +23:01 | 05:52 |      |
| 195  | 270 | João Ferreira                    | Individual                  | 58:39    | +23:04 | 05:52 |      |
| 196  | 189 | Manuel Castro                    | HMC Sports                  | 58:40    | +23:05 | 05:52 |      |
| 197  | 184 | Ana Pinho                        | HMC Sports                  | 58:40    | +23:05 | 05:52 |      |
| 198  | 302 | Ricardo Pinho                    | Individual                  | 58:41    | +23:06 | 05:52 |      |
| 199  | 182 | Pedro Santos                     | Guisande Trail Running      | 58:46    | +23:11 | 05:53 |      |
| 200  | 314 | Vasco Santos                     | Individual                  | 58:46    | +23:11 | 05:53 |      |
| 201  | 174 | André Santos                     | Guisande Trail Running      | 58:46    | +23:11 | 05:53 |      |
| 202  | 428 | Paulo José da Silva Figueiredo   | Individual                  | 58:57    | +23:22 | 05:54 |      |
| 203  | 316 | Ana Luísa Faria                  | Individual                  | 59:01    | +23:26 | 05:54 |      |
| 204  | 531 | Hugo Soares                      | Love Tiles                  | 59:02    | +23:27 | 05:54 |      |
| 205  | 563 | Tiago Martins Maia               | OiãRunners                  | 59:04    | +23:29 | 05:54 |      |
| 206  | 502 | Marcio Sebastião Gonçalves Souza | Individual                  | 59:22    | +23:47 | 05:56 |      |
| 207  | 160 | Anabela Santos                   | Forte Paixao                | 59:22    | +23:47 | 05:56 |      |
| 208  | 197 | Artur Luís Campos de Sá Brandão  | HMC Sports                  | 59:30    | +23:55 | 05:57 |      |
| 209  | 187 | Marcia Alexandra Borges da Silva | HMC Sports                  | 59:30    | +23:55 | 05:57 |      |
| 210  | 619 | Fernando Brandão                 | Sentir Escariz running      | 59:32    | +23:57 | 05:57 |      |
| 211  | 551 | Armando Rocha                    | Masters Runners             | 59:34    | +23:59 | 05:57 |      |
| 212  | 465 | Baltazar Ferreira                | Individual                  | 59:36    | +24:01 | 05:58 |      |
| 213  | 385 | Fernando Almeida                 | Individual                  | 59:49    | +24:14 | 05:59 |      |
| 214  | 580 | Tiago Sousa                      | Os Tresloucados             | 59:53    | +24:18 | 05:59 |      |
| 215  | 350 | Celeste Isabel                   | Individual                  | 59:59    | +24:24 | 06:00 |      |
| 216  | 514 | Xavier Santiago                  | Individual                  | 01:00:01 | +24:26 | 06:00 |      |
| 217  | 494 | Luís Higino                      | Individual                  | 01:00:02 | +24:27 | 06:00 |      |
| 218  | 301 | Ricardo Oliveira                 | Individual                  | 01:00:14 | +24:39 | 06:01 |      |
| 219  | 381 | César Sousa                      | Individual                  | 01:00:14 | +24:39 | 06:01 |      |
| 220  | 285 | Mykola                           | Individual                  | 01:00:15 | +24:40 | 06:02 |      |
| 221  | 227 | Lola Alves Ribeiro               | Individual                  | 01:00:18 | +24:43 | 06:02 |      |
| 222  | 141 | Paulo Sérgio Pais                | Feirense                    | 01:00:24 | +24:49 | 06:02 |      |
| 223  | 297 | Ricardo Ferreira                 | Individual                  | 01:00:26 | +24:51 | 06:03 |      |
| 224  | 224 | Jerusa Santos                    | Individual                  | 01:00:44 | +25:09 | 06:04 |      |
| 225  | 23  | Leandro Leite                    | Individual                  | 01:00:45 | +25:10 | 06:05 |      |

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

| RANK | BIB | NAME                                    | TEAM                           | RESULT   | DIFF   | t/KM  | CARD |
|------|-----|---|--------------------------------|----------|--------|-------|------|
| 226  | 327 | Catarina Leite                          | Individual                     | 01:00:46 | +25:11 | 06:05 |      |
| 227  | 400 | José Luís Pinho Fernandes               | Individual                     | 01:00:47 | +25:12 | 06:05 |      |
| 228  | 349 | Carla Maria Reis de Sá Cardoso          | Individual                     | 01:00:49 | +25:14 | 06:05 |      |
| 229  | 209 | Ana Resende                             | Individual                     | 01:00:50 | +25:15 | 06:05 |      |
| 230  | 433 | Pedro Cruz                              | Individual                     | 01:00:54 | +25:19 | 06:05 |      |
| 231  | 185 | Daniela Catarina Costa Cruz             | HMC Sports                     | 01:00:54 | +25:19 | 06:05 |      |
| 232  | 335 | Maria do Carmo Fernandes de Paiva Terra | Individual                     | 01:01:10 | +25:35 | 06:07 |      |
| 233  | 318 | Ana Teresa Fernandes de Paiva Santos    | Individual                     | 01:01:10 | +25:35 | 06:07 |      |
| 234  | 424 | Paulo Costa                             | Individual                     | 01:01:11 | +25:36 | 06:07 |      |
| 235  | 159 | Raul Xavier Pereira                     | Fogaças com Malapos            | 01:01:11 | +25:36 | 06:07 |      |
| 236  | 155 | André Castro                            | Fogaças com Malapos            | 01:01:12 | +25:37 | 06:07 |      |
| 237  | 156 | Filipe Coelho                           | Fogaças com Malapos            | 01:01:13 | +25:38 | 06:07 |      |
| 238  | 61  | Beta Santos                             | Bravos & Bravitas              | 01:01:16 | +25:41 | 06:08 |      |
| 239  | 83  | Paulo Gomes                             | Bravos & Bravitas              | 01:01:16 | +25:41 | 06:08 |      |
| 240  | 478 | Hilário Cardoso                         | Individual                     | 01:01:17 | +25:42 | 06:08 |      |
| 241  | 306 | Telmo Araújo                            | Individual                     | 01:01:19 | +25:44 | 06:08 |      |
| 242  | 291 | Paulo Ricardo Pereira da Costa          | Individual                     | 01:01:30 | +25:55 | 06:09 |      |
| 243  | 656 | José Santos                             | Bravos                         | 01:01:36 | +26:01 | 06:10 |      |
| 244  | 304 | Rui Ferreira                            | Individual                     | 01:01:39 | +26:04 | 06:10 |      |
| 245  | 441 | Ricardo Tavares                         | Individual                     | 01:01:41 | +26:06 | 06:10 |      |
| 246  | 576 | Nuno Bastos                             | Os 3 da Vida Airada            | 01:01:47 | +26:12 | 06:11 |      |
| 247  | 523 | Augusto Baptista                        | Juventude Atletica Mozelense   | 01:02:03 | +26:28 | 06:12 |      |
| 248  | 90  | BELMIRO LOPES                           | CAL - Clube Atletismo de Lamas | 01:02:05 | +26:30 | 06:13 |      |
| 249  | 501 | Manuel Silva                            | Individual                     | 01:02:12 | +26:37 | 06:13 |      |
| 250  | 56  | Patrícia santos                         | Bravos & Bravitas              | 01:02:13 | +26:38 | 06:13 |      |
| 251  | 63  | Marilene Batista                        | Bravos & Bravitas              | 01:02:13 | +26:38 | 06:13 |      |
| 252  | 140 | Luis Pais                               | Feirense                       | 01:02:22 | +26:47 | 06:14 |      |
| 253  | 139 | Fernanda Alves                          | Feirense                       | 01:02:22 | +26:47 | 06:14 |      |
| 254  | 169 | Ângela Moutinho                         | GONDOMAR FUTSAL CLUBE          | 01:02:23 | +26:48 | 06:14 |      |
| 255  | 583 | Angela Couto                            | Outlaw Runners                 | 01:02:29 | +26:54 | 06:15 |      |
| 256  | 138 | César Moutinho                          | Factor X   S4L   Medense FC    | 01:02:30 | +26:55 | 06:15 |      |
| 257  | 322 | Carla Ferreira                          | Individual                     | 01:02:32 | +26:57 | 06:15 |      |
| 258  | 211 | Ana Sofia Bastos Brandão                | Individual                     | 01:02:32 | +26:57 | 06:15 |      |
| 259  | 464 | António Moura                           | Individual                     | 01:02:36 | +27:01 | 06:16 |      |
| 260  | 584 | Andreia Cerqueira                       | Outlaw Runners                 | 01:02:40 | +27:05 | 06:16 |      |
| 261  | 68  | Cristina Tina                           | Bravos & Bravitas              | 01:03:01 | +27:26 | 06:18 |      |
| 262  | 102 | Liliana cardoso                         | Cmmcvlc                        | 01:03:02 | +27:27 | 06:18 |      |
| 263  | 180 | Helder Oliveira                         | Guisande Trail Running         | 01:03:03 | +27:28 | 06:18 |      |
| 264  | 654 | Marco Almeida                           | Zequinhas                      | 01:03:06 | +27:31 | 06:19 |      |
| 265  | 175 | Liliana Pinho                           | Guisande Trail Running         | 01:03:10 | +27:35 | 06:19 |      |
| 266  | 179 | Domingos Ferreira                       | Guisande Trail Running         | 01:03:11 | +27:36 | 06:19 |      |
| 267  | 653 | Carlos Cruz                             | Zequinhas                      | 01:03:13 | +27:38 | 06:19 |      |
| 268  | 475 | FERNANDO ALVES SILVA                    | Individual                     | 01:03:13 | +27:38 | 06:19 |      |
| 269  | 372 | Bruno Gonçalves                         | Individual                     | 01:03:16 | +27:41 | 06:20 |      |
| 270  | 269 | Ivo valente                             | Individual                     | 01:03:35 | +28:00 | 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 - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

| RANK | BIB | NAME  | TEAM  | RESULT   | DIFF   | t/KM  | CARD |
|------|-----|---|---|----------|--------|-------|------|
| 271  | 64  | Mónica Fernandes                                | Bravos & Bravitas   | 01:03:37 | +28:02 | 06:22 |      |
| 272  | 651 | Joana Pinho                                     | Zequinhas   | 01:03:40 | +28:05 | 06:22 |      |
| 273  | 582 | Paulo Gomes                                     | Os Tresloucados   | 01:04:07 | +28:32 | 06:25 |      |
| 274  | 298 | Ricardo Jorge Moreira Neves                     | Individual  | 01:04:08 | +28:33 | 06:25 |      |
| 275  | 408 | Manuel Fernando Pinto                           | Individual  | 01:04:09 | +28:34 | 06:25 |      |
| 276  | 361 | António Albuquerque                             | Feirense Trail  | 01:04:15 | +28:40 | 06:25 |      |
| 277  | 448 | Silvio ferreira                                 | Individual  | 01:04:15 | +28:40 | 06:25 |      |
| 278  | 332 | Isabel Patrícia Alves da Silva<br>Teixeira Maio | Individual  | 01:04:23 | +28:48 | 06:26 |      |
| 279  | 170 | PAULO RAMOS                                     | GRUPO JUVENIL PINHEIRO DA BEMPOSTA -<br>OLIVEIRA DE AZEMÉIS | 01:04:23 | +28:48 | 06:26 |      |
| 280  | 294 | RAFAEL AMEIDA                                   | Individual  | 01:04:26 | +28:51 | 06:27 |      |
| 281  | 125 | Márcio costa                                    | D3  | 01:04:27 | +28:52 | 06:27 |      |
| 282  | 405 | LUIS BARBOSA                                    | Individual  | 01:04:31 | +28:56 | 06:27 |      |
| 283  | 268 | Ivo Mota  | Individual  | 01:04:37 | +29:02 | 06:28 |      |
| 284  | 157 | Márcio Correia                                  | Fogaças com Malapos   | 01:04:40 | +29:05 | 06:28 |      |
| 285  | 279 | Mário fonseca                                   | Individual  | 01:04:46 | +29:11 | 06:29 |      |
| 286  | 183 | Luis Bastos                                     | Guisande Trail Running                                      | 01:05:04 | +29:29 | 06:30 |      |
| 287  | 178 | Carlos Sá                                       | Guisande Trail Running                                      | 01:05:04 | +29:29 | 06:30 |      |
| 288  | 173 | Cátia Paiva                                     | Guisande Trail Running                                      | 01:05:09 | +29:34 | 06:31 |      |
| 289  | 480 | João Paulino                                    | Individual  | 01:05:10 | +29:35 | 06:31 |      |
| 290  | 612 | Maribel Oliveira                                | Running Esmoriz   | 01:05:10 | +29:35 | 06:31 |      |
| 291  | 252 | Diogo Nuno Mendes Tavares                       | Individual  | 01:05:12 | +29:37 | 06:31 |      |
| 292  | 640 | Manuel Pereira                                  | SSS   | 01:05:24 | +29:49 | 06:32 |      |
| 293  | 639 | Artur Rodrigues                                 | SSS   | 01:05:25 | +29:50 | 06:32 |      |
| 294  | 81  | David leite                                     | Bravos & Bravitas   | 01:05:40 | +30:05 | 06:34 |      |
| 295  | 394 | Joaquim Encarnação                              | Individual  | 01:05:41 | +30:06 | 06:34 |      |
| 296  | 429 | paulo martins                                   | Individual  | 01:05:47 | +30:12 | 06:35 |      |
| 297  | 195 | Antonio Alberto Cardoso Martins                 | HMC Sports  | 01:05:49 | +30:14 | 06:35 |      |
| 298  | 243 | Bruno Manuel da Costa Osório<br>Borges          | Individual  | 01:05:50 | +30:15 | 06:35 |      |
| 299  | 592 | Patrícia Sendim                                 | Pais de filhos  | 01:05:50 | +30:15 | 06:35 |      |
| 300  | 356 | Maria Melo                                      | Individual  | 01:05:57 | +30:22 | 06:36 |      |
| 301  | 401 | José Luis Villaverde Sanisidro                  | Individual  | 01:05:58 | +30:23 | 06:36 |      |
| 302  | 171 | Daniel Teixeira                                 | Guifões   | 01:06:04 | +30:29 | 06:36 |      |
| 303  | 172 | José Teixeira                                   | Guifões   | 01:06:04 | +30:29 | 06:36 |      |
| 304  | 438 | Ricardo Nordeste                                | Individual  | 01:06:04 | +30:29 | 06:36 |      |
| 305  | 231 | Sara Sousa Baptista                             | Individual  | 01:06:19 | +30:44 | 06:38 |      |
| 306  | 192 | Carla Helena Loureiro Delgado                   | HMC Sports  | 01:06:21 | +30:46 | 06:38 |      |
| 307  | 446 | Rui SILVA                                       | Individual  | 01:06:22 | +30:47 | 06:38 |      |
| 308  | 341 | Rita Coimbra                                    | Individual  | 01:06:29 | +30:54 | 06:39 |      |
| 309  | 70  | Goreti brava                                    | Bravos & Bravitas   | 01:07:10 | +31:35 | 06:43 |      |
| 310  | 77  | Paulo Jesus                                     | Bravos & Bravitas   | 01:07:10 | +31:35 | 06:43 |      |
| 311  | 233 | Tânia Soares                                    | Individual  | 01:07:20 | +31:45 | 06:44 |      |
| 312  | 558 | Alvaro Silva                                    | MSS Contabilidade Trail Team                                | 01:07:22 | +31:47 | 06:44 |      |
| 313  | 611 | Ana Oliveira                                    | Running Esmoriz   | 01:07:22 | +31:47 | 06:44 |      |
| 314  | 460 | ADERITO VIDEIRA                                 | Individual  | 01:07:23 | +31:48 | 06:44 |      |

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

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

**OFFICIAL RESULT**

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

| <b>RANK</b> | <b>BIB</b> | <b>NAME</b>                   | <b>TEAM</b>            | <b>RESULT</b> | <b>DIFF</b> | <b>t/KM</b> | <b>CARD</b> |
|-------------|------------|-------------------------------|------------------------|---------------|-------------|-------------|-------------|
| 315         | 65         | Sónia Oliveira                | Bravos & Bravitas      | 01:07:24      | +31:49      | 06:44       |             |
| 316         | 73         | João souza                    | Bravos & Bravitas      | 01:07:25      | +31:50      | 06:44       |             |
| 317         | 542        | Carlos Teixeira               | MaduGym Sra da Saúde   | 01:07:25      | +31:50      | 06:44       |             |
| 318         | 320        | Anabela Santos Ribeiro        | Individual             | 01:07:36      | +32:01      | 06:46       |             |
| 319         | 597        | Sofia Chipelo                 | Pardelhas              | 01:07:37      | +32:02      | 06:46       |             |
| 320         | 69         | Fátima brava                  | Bravos & Bravitas      | 01:07:41      | +32:06      | 06:46       |             |
| 321         | 589        | Sandra Pereira                | OvarRun                | 01:07:59      | +32:24      | 06:48       |             |
| 322         | 390        | Hugo Azevedo                  | Individual             | 01:07:59      | +32:24      | 06:48       |             |
| 323         | 219        | Florbela Araujo               | Individual             | 01:08:12      | +32:37      | 06:49       |             |
| 324         | 31         | Luis Novo                     | ACAIL GAS              | 01:08:12      | +32:37      | 06:49       |             |
| 325         | 324        | Carla Pereira                 | Individual             | 01:08:13      | +32:38      | 06:49       |             |
| 326         | 71         | Maria Mota                    | Bravos & Bravitas      | 01:08:15      | +32:40      | 06:49       |             |
| 327         | 503        | Mario Amorim                  | Individual             | 01:08:15      | +32:40      | 06:49       |             |
| 328         | 357        | Orquídea Gomes                | Individual             | 01:08:22      | +32:47      | 06:50       |             |
| 329         | 158        | Pedro Silva                   | Fogaças com Malapos    | 01:08:39      | +33:04      | 06:52       |             |
| 330         | 154        | Adriano Sá                    | Fogaças com Malapos    | 01:08:40      | +33:05      | 06:52       |             |
| 331         | 62         | Ceu Vilar                     | Bravos & Bravitas      | 01:09:04      | +33:29      | 06:54       |             |
| 332         | 457        | Virgílio César da Silva Neves | Individual             | 01:09:32      | +33:57      | 06:57       |             |
| 333         | 328        | Cristiana Pinho Pinto Resende | Individual             | 01:09:33      | +33:58      | 06:57       |             |
| 334         | 110        | João Barbosa                  | Codavel                | 01:09:34      | +33:59      | 06:57       |             |
| 335         | 109        | João Araújo                   | Codavel                | 01:09:34      | +33:59      | 06:57       |             |
| 336         | 450        | Tiago Alves                   | Individual             | 01:09:56      | +34:21      | 07:00       |             |
| 337         | 25         | Carlos Marques                | @corredoresderua@      | 01:10:06      | +34:31      | 07:01       |             |
| 338         | 24         | Carolina Marques              | @corredoresderua@      | 01:10:07      | +34:32      | 07:01       |             |
| 339         | 177        | Teresa Santos                 | Guisande Trail Running | 01:10:14      | +34:39      | 07:01       |             |
| 340         | 176        | Marilda Santos                | Guisande Trail Running | 01:10:14      | +34:39      | 07:01       |             |
| 341         | 103        | Sara cristina                 | Cmmcvlc                | 01:10:14      | +34:39      | 07:01       |             |
| 342         | 368        | André Pais                    | Individual             | 01:10:18      | +34:43      | 07:02       |             |
| 343         | 509        | paulo santos                  | Individual             | 01:10:18      | +34:43      | 07:02       |             |
| 344         | 52         | João fonseca                  | amigos s.pedro da cova | 01:10:23      | +34:48      | 07:02       |             |
| 345         | 53         | Serafim fonseca               | amigos s.pedro da cova | 01:10:24      | +34:49      | 07:02       |             |
| 346         | 208        | Ana Raquel Fernandes Moreira  | Individual             | 01:10:27      | +34:52      | 07:03       |             |
| 347         | 461        | Adriano Oliveira              | Individual             | 01:10:28      | +34:53      | 07:03       |             |
| 348         | 129        | Ricardo Pinho                 | Enferrujados           | 01:10:34      | +34:59      | 07:03       |             |
| 349         | 193        | Maria Helena Soares Pinto     | HMC Sports             | 01:10:36      | +35:01      | 07:04       |             |
| 350         | 186        | Manuela Oliveira Martins      | HMC Sports             | 01:10:37      | +35:02      | 07:04       |             |
| 351         | 370        | Artur Melo                    | Individual             | 01:10:45      | +35:10      | 07:04       |             |
| 352         | 217        | Denise Gomes dos Santos Alves | Individual             | 01:11:00      | +35:25      | 07:06       |             |
| 353         | 212        | Bárbara Marques Rios          | Individual             | 01:11:01      | +35:26      | 07:06       |             |
| 354         | 165        | Mauricio Lins                 | Forvia Runners         | 01:11:08      | +35:33      | 07:07       |             |
| 355         | 235        | Vanessa Oliveira              | Individual             | 01:11:23      | +35:48      | 07:08       |             |
| 356         | 565        | Paula Costa                   | OiãRunners             | 01:11:24      | +35:49      | 07:08       |             |
| 357         | 45         | Leonardo Santos               | Amigos do Conga        | 01:11:34      | +35:59      | 07:09       |             |
| 358         | 613        | Amândio Mendes                | Running Esmoriz        | 01:12:02      | +36:27      | 07:12       |             |
| 359         | 609        | Luís Oliveira                 | Running Esmoriz        | 01:12:02      | +36:27      | 07:12       |             |
| 360         | 354        | Maria Alice Costa             | Individual             | 01:12:02      | +36:27      | 07:12       |             |



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 - LAP2GO - TIMING SOLUTION

| RANK | BIB | NAME                                | TEAM                         | RESULT   | DIFF   | t/KM  | CARD |
|------|-----|-------------------------------------|------------------------------|----------|--------|-------|------|
| 361  | 581 | Laura Gomes                         | Os Tresloucados              | 01:12:03 | +36:28 | 07:12 |      |
| 362  | 236 | Alexandre Birra                     | Individual                   | 01:12:06 | +36:31 | 07:13 |      |
| 363  | 627 | Sofia Oliveira                      | Speeders                     | 01:12:08 | +36:33 | 07:13 |      |
| 364  | 85  | João Vieira                         | BTT ISolamais/Pinheirense    | 01:12:13 | +36:38 | 07:13 |      |
| 365  | 496 | Luís Monteiro                       | Individual                   | 01:12:13 | +36:38 | 07:13 |      |
| 366  | 225 | Joana Isabel Silva Marinho          | Individual                   | 01:12:17 | +36:42 | 07:14 |      |
| 367  | 317 | Ana Patricia Santos                 | Individual                   | 01:12:17 | +36:42 | 07:14 |      |
| 368  | 585 | Sterling Moreno                     | Outlaw Runners               | 01:12:18 | +36:43 | 07:14 |      |
| 369  | 376 | Bruno Santos                        | Individual                   | 01:12:21 | +36:46 | 07:14 |      |
| 370  | 94  | Maria Valente                       | Caldas S. Jorge Sport Clube  | 01:12:53 | +37:18 | 07:17 |      |
| 371  | 463 | António Barbosa                     | Individual                   | 01:12:59 | +37:24 | 07:18 |      |
| 372  | 538 | Cristiana Reis                      | MaduGym Sra da Saúde         | 01:13:05 | +37:30 | 07:19 |      |
| 373  | 228 | Lucília Teixeira Alves              | Individual                   | 01:13:11 | +37:36 | 07:19 |      |
| 374  | 437 | Ricardo João Gameiro Lucas          | Individual                   | 01:13:11 | +37:36 | 07:19 |      |
| 375  | 462 | ALBERTO SANTOS                      | Individual                   | 01:13:12 | +37:37 | 07:19 |      |
| 376  | 345 | Susana Alexandra Teixeira Alves     | Individual                   | 01:13:12 | +37:37 | 07:19 |      |
| 377  | 107 | Cristiano Barbosa                   | Codavel                      | 01:13:21 | +37:46 | 07:20 |      |
| 378  | 108 | Gonçalo Xavier                      | Codavel                      | 01:13:21 | +37:46 | 07:20 |      |
| 379  | 188 | Márcia Andreia dos santos Cardoso   | HMC Sports                   | 01:13:21 | +37:46 | 07:20 |      |
| 380  | 207 | Ana Almeida                         | Individual                   | 01:13:22 | +37:47 | 07:20 |      |
| 381  | 528 | Nuno Miguel Gonçalves Araújo        | Juventude Cortegacense       | 01:13:50 | +38:15 | 07:23 |      |
| 382  | 191 | Cristina Maria da Silva Azevedo     | HMC Sports                   | 01:14:13 | +38:38 | 07:25 |      |
| 383  | 556 | Ana Castro                          | MovAreias                    | 01:14:38 | +39:03 | 07:28 |      |
| 384  | 557 | Daniela Santos                      | MovAreias                    | 01:14:38 | +39:03 | 07:28 |      |
| 385  | 623 | ALZIRA GOMES                        | SKY TEAM                     | 01:14:40 | +39:05 | 07:28 |      |
| 386  | 410 | Manuel ROJÃO                        | Individual                   | 01:14:43 | +39:08 | 07:28 |      |
| 387  | 596 | Goreti Silva                        | Pardelhas                    | 01:14:59 | +39:24 | 07:30 |      |
| 388  | 277 | Luís Faria                          | Individual                   | 01:15:11 | +39:36 | 07:31 |      |
| 389  | 284 | Miguel Ferreira                     | Individual                   | 01:15:17 | +39:42 | 07:32 |      |
| 390  | 559 | José Freitas                        | MSS Contabilidade Trail Team | 01:15:19 | +39:44 | 07:32 |      |
| 391  | 260 | FILIPE MIGUEL BARBOSA PARDILHÓ      | Individual                   | 01:15:19 | +39:44 | 07:32 |      |
| 392  | 658 | Ivete santos de Souza               | Individual                   | 01:15:22 | +39:47 | 07:32 |      |
| 393  | 632 | Ricardo Mendes                      | Sportarc.Running             | 01:15:35 | +40:00 | 07:34 |      |
| 394  | 482 | Joaquim Fernando de Oliveira Castro | Individual                   | 01:15:43 | +40:08 | 07:34 |      |
| 395  | 572 | Helena Santos                       | opraticante.pt               | 01:15:44 | +40:09 | 07:34 |      |
| 396  | 388 | Helder Silva                        | Individual                   | 01:15:53 | +40:18 | 07:35 |      |
| 397  | 599 | António Silva                       | Pardelhas                    | 01:15:56 | +40:21 | 07:36 |      |
| 398  | 105 | Patricia Mansinho                   | Codavel                      | 01:16:11 | +40:36 | 07:37 |      |
| 399  | 516 | Liliana Freitas                     | IronLegs                     | 01:16:20 | +40:45 | 07:38 |      |
| 400  | 38  | Luís Oliveira                       | ACAIL GAS                    | 01:16:22 | +40:47 | 07:38 |      |
| 401  | 326 | Catarina Coutinho da Silva          | Individual                   | 01:16:25 | +40:50 | 07:38 |      |
| 402  | 91  | Daniela Silva                       | Caldas S. Jorge Sport Clube  | 01:16:26 | +40:51 | 07:39 |      |
| 403  | 163 | Henrique Lisboa                     | Forvia Runners               | 01:16:30 | +40:55 | 07:39 |      |
| 404  | 595 | Fábio Silva                         | Pais de filhos               | 01:16:36 | +41:01 | 07:40 |      |
| 405  | 588 | Filipe Gonçalves                    | OvarRun                      | 01:16:37 | +41:02 | 07:40 |      |

**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 - LAP2GO - TIMING SOLUTION

| RANK | BIB | NAME                             | TEAM                                 | RESULT   | DIFF   | t/KM  | CARD |
|------|-----|----------------------------------|--------------------------------------|----------|--------|-------|------|
| 406  | 452 | Tiago Manuel Valente Silva       | Individual                           | 01:16:42 | +41:07 | 07:40 |      |
| 407  | 351 | Fernanda Ferreira                | Individual                           | 01:16:44 | +41:09 | 07:40 |      |
| 408  | 432 | Pedro Alves                      | Individual                           | 01:16:45 | +41:10 | 07:40 |      |
| 409  | 181 | Pedro Pinto Santos               | Guisande Trail Running               | 01:16:46 | +41:11 | 07:41 |      |
| 410  | 451 | Tiago Figueiredo                 | Individual                           | 01:16:47 | +41:12 | 07:41 |      |
| 411  | 560 | Rui Machado                      | MSS Contabilidade Trail Team         | 01:16:57 | +41:22 | 07:42 |      |
| 412  | 210 | ANA RODRIGUES                    | Individual                           | 01:16:59 | +41:24 | 07:42 |      |
| 413  | 445 | RUI RODRIGUES                    | Individual                           | 01:17:00 | +41:25 | 07:42 |      |
| 414  | 161 | Joana Soares                     | Forvia Runners                       | 01:17:01 | +41:26 | 07:42 |      |
| 415  | 347 | Tânia Tavares                    | Individual                           | 01:17:12 | +41:37 | 07:43 |      |
| 416  | 447 | Sérgio Tavares                   | Individual                           | 01:17:13 | +41:38 | 07:43 |      |
| 417  | 128 | Marco Pinho                      | Enferrujados                         | 01:17:15 | +41:40 | 07:44 |      |
| 418  | 280 | Mário Nogueira                   | Individual                           | 01:17:16 | +41:41 | 07:44 |      |
| 419  | 517 | Marta Oliveira                   | IronLegs                             | 01:17:21 | +41:46 | 07:44 |      |
| 420  | 323 | Carla Paiva                      | Individual                           | 01:17:29 | +41:54 | 07:45 |      |
| 421  | 393 | João Paiva                       | Individual                           | 01:17:29 | +41:54 | 07:45 |      |
| 422  | 30  | Fernando Martins                 | ACAIL GAS                            | 01:17:32 | +41:57 | 07:45 |      |
| 423  | 564 | Lisa Silva                       | OiãRunners                           | 01:18:00 | +42:25 | 07:48 |      |
| 424  | 561 | Maria Ribeiro                    | NISSAN - Entrepasto A. Fontes        | 01:18:11 | +42:36 | 07:49 |      |
| 425  | 562 | Nuno Marques                     | NISSAN - Entrepasto A. Fontes        | 01:18:11 | +42:36 | 07:49 |      |
| 426  | 251 | David Deveza Pereira             | Individual                           | 01:18:22 | +42:47 | 07:50 |      |
| 427  | 605 | Joana Mendes                     | Real Squad                           | 01:18:59 | +43:24 | 07:54 |      |
| 428  | 604 | Cristina Fonseca                 | Real Squad                           | 01:18:59 | +43:24 | 07:54 |      |
| 429  | 606 | Jorge Fonseca                    | Real Squad                           | 01:19:00 | +43:25 | 07:54 |      |
| 430  | 422 | Nuno Marques                     | Individual                           | 01:19:04 | +43:29 | 07:54 |      |
| 431  | 325 | Carmen Silva                     | Individual                           | 01:19:10 | +43:35 | 07:55 |      |
| 432  | 28  | Ricardo Bastos                   | A A Lebres do Sado                   | 01:19:42 | +44:07 | 07:58 |      |
| 433  | 409 | Manuel Luís Barbosa Santos Sousa | Individual                           | 01:19:45 | +44:10 | 07:59 |      |
| 434  | 646 | Sofia Castro                     | TRTeam                               | 01:19:47 | +44:12 | 07:59 |      |
| 435  | 417 | Mário Oliveira                   | Individual                           | 01:19:53 | +44:18 | 07:59 |      |
| 436  | 598 | Sueli Silva                      | Pardelhas                            | 01:19:55 | +44:20 | 08:00 |      |
| 437  | 353 | Isabel Silva                     | Individual                           | 01:19:57 | +44:22 | 08:00 |      |
| 438  | 67  | Virgínia brava                   | Bravos & Bravitas                    | 01:21:07 | +45:32 | 08:07 |      |
| 439  | 601 | Paulo Correia                    | Paulo Correia Reabilitação Integrada | 01:21:39 | +46:04 | 08:10 |      |
| 440  | 232 | Tânia Melissa Duarte Santos      | Individual                           | 01:21:39 | +46:04 | 08:10 |      |
| 441  | 600 | Francisco Santos                 | Paulo Correia Clinic                 | 01:21:39 | +46:04 | 08:10 |      |
| 442  | 352 | Isabel Pinheiro                  | Individual                           | 01:21:40 | +46:05 | 08:10 |      |
| 443  | 153 | Helder Matos                     | Fogaças com Malapos                  | 01:21:43 | +46:08 | 08:10 |      |
| 444  | 40  | Beatriz Almeida                  | Amadores&Basta                       | 01:21:58 | +46:23 | 08:12 |      |
| 445  | 39  | Ana Castro                       | Amadores&Basta                       | 01:21:58 | +46:23 | 08:12 |      |
| 446  | 152 | Luís Dias                        | Fermentelos Runners                  | 01:22:06 | +46:31 | 08:13 |      |
| 447  | 150 | Joana Tavares                    | Fermentelos Runners                  | 01:22:06 | +46:31 | 08:13 |      |
| 448  | 203 | Rosa polanc                      | Hugo Gaspar                          | 01:22:31 | +46:56 | 08:15 |      |
| 449  | 123 | Ana Correia                      | CSJSC                                | 01:22:35 | +47:00 | 08:15 |      |
| 450  | 397 | Jorge Simoes                     | Individual                           | 01:23:47 | +48:12 | 08:23 |      |
| 451  | 404 | Luciano Barros silva             | Individual                           | 01:24:04 | +48:29 | 08:24 |      |

**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

| <b>RANK</b> | <b>BIB</b> | <b>NAME</b>               | <b>TEAM</b>             | <b>RESULT</b> | <b>DIFF</b> | <b>t/KM</b> | <b>CARD</b> |
|-------------|------------|---------------------------|-------------------------|---------------|-------------|-------------|-------------|
| 452         | 205        | Catarina gomes            | Hugo Gaspar             | 01:24:14      | +48:39      | 08:25       |             |
| 453         | 330        | FERNANDA DANIELE          | Individual              | 01:24:19      | +48:44      | 08:26       |             |
| 454         | 338        | Nanda Félix               | Individual              | 01:24:39      | +49:04      | 08:28       |             |
| 455         | 515        | Carina Freitas            | IronLegs                | 01:25:36      | +50:01      | 08:34       |             |
| 456         | 213        | Carolina Moreira          | Individual              | 01:25:38      | +50:03      | 08:34       |             |
| 457         | 226        | Joana Sofia Valente Sousa | Individual              | 01:25:52      | +50:17      | 08:35       |             |
| 458         | 106        | Sara Figueiredo           | Codavel                 | 01:26:37      | +51:02      | 08:40       |             |
| 459         | 590        | Francisco Gonçalves       | OvarRun                 | 01:27:35      | +52:00      | 08:45       |             |
| 460         | 204        | Hugo Gaspar               | Hugo Gaspar             | 01:28:53      | +53:18      | 08:53       |             |
| 461         | 569        | Amílcar Ferreira          | OiãRunners              | 01:31:11      | +55:36      | 09:07       |             |
| 462         | 520        | Maria João Almeida        | IronLegs                | 01:31:12      | +55:37      | 09:07       |             |
| 463         | 98         | Davide Pinheiro           | CDCF ALDEIA STO ANTONIO | 01:31:46      | +56:11      | 09:11       |             |
| 464         | 97         | Diana Guerreiro           | CDCF ALDEIA STO ANTONIO | 01:31:46      | +56:11      | 09:11       |             |
| 465         | 359        | Rosa Tavares              | Individual              | 01:31:51      | +56:16      | 09:11       |             |
| 466         | 111        | Paulo Oliveira            | Codavel                 | 01:31:53      | +56:18      | 09:11       |             |
| 467         | 431        | Paulo Serralva            | Individual              | 01:31:54      | +56:19      | 09:11       |             |
| 468         | 337        | Mónica Matos              | Individual              | 01:31:55      | +56:20      | 09:11       |             |
| 469         | 491        | José Rodrigues Costa      | Individual              | 01:32:01      | +56:26      | 09:12       |             |
| 470         | 307        | Tiago dos Santos Pinho    | Individual              | 01:32:12      | +56:37      | 09:13       |             |

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

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

**OFFICIAL RESULT**

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|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 21:30 | 21.6°C      | 66%      |
| End   | 23:02 | 19.8°C      | 70%      |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | 1/KM |
|------|-----|------|------|-----|--------|------|------|
|------|-----|------|------|-----|--------|------|------|

**Senior Feminino**

|    |     |                                    |                         |                 |          |        |       |
|----|-----|------------------------------------|-------------------------|-----------------|----------|--------|-------|
| 1  | 2   | Cristina Arreiol                   | Individual              | Senior Feminino | 43:18    |        | 04:20 |
| 2  | 6   | Beatriz Valente                    | Individual              | Senior Feminino | 48:04    | +04:45 | 04:48 |
| 3  | 21  | Marlene Silva Ferreira             | Feirense Trail          | Senior Feminino | 49:10    | +05:52 | 04:55 |
| 4  | 220 | Gabriela Bello                     | Individual              | Senior Feminino | 50:05    | +06:46 | 05:01 |
| 5  | 571 | Carina Gouveia                     | opraticante.pt          | Senior Feminino | 50:46    | +07:27 | 05:05 |
| 6  | 229 | Manuela Margarete Rodrigues Nunes  | Individual              | Senior Feminino | 52:05    | +08:46 | 05:13 |
| 7  | 626 | Sara Santos                        | Speeders                | Senior Feminino | 54:20    | +11:02 | 05:26 |
| 8  | 86  | Rakell Santos                      | C.D.C. Paradela         | Senior Feminino | 56:27    | +13:08 | 05:39 |
| 9  | 117 | Sandra Cristina de Almeida Moreira | Copo Running            | Senior Feminino | 56:59    | +13:41 | 05:42 |
| 10 | 636 | Sandra Silva                       | Sporting Clube de Braga | Senior Feminino | 57:19    | +14:01 | 05:44 |
| 11 | 591 | Isabel Cunha                       | Pais de filhos          | Senior Feminino | 58:36    | +15:18 | 05:52 |
| 12 | 184 | Ana Pinho                          | HMC Sports              | Senior Feminino | 58:40    | +15:22 | 05:52 |
| 13 | 187 | Marcia Alexandra Borges da Silva   | HMC Sports              | Senior Feminino | 59:30    | +16:11 | 05:57 |
| 14 | 227 | Lola Alves Ribeiro                 | Individual              | Senior Feminino | 01:00:18 | +16:59 | 06:02 |
| 15 | 224 | Jerusa Santos                      | Individual              | Senior Feminino | 01:00:44 | +17:25 | 06:04 |
| 16 | 209 | Ana Resende                        | Individual              | Senior Feminino | 01:00:50 | +17:32 | 06:05 |
| 17 | 185 | Daniela Catarina Costa Cruz        | HMC Sports              | Senior Feminino | 01:00:54 | +17:36 | 06:05 |
| 18 | 56  | Patrícia santos                    | Bravos & Bravitas       | Senior Feminino | 01:02:13 | +18:54 | 06:13 |
| 19 | 583 | Angela Couto                       | Outlaw Runners          | Senior Feminino | 01:02:29 | +19:11 | 06:15 |
| 20 | 211 | Ana Sofia Bastos Brandão           | Individual              | Senior Feminino | 01:02:32 | +19:13 | 06:15 |
| 21 | 651 | Joana Pinho                        | Zequinhas               | Senior Feminino | 01:03:40 | +20:21 | 06:22 |
| 22 | 173 | Cátia Paiva                        | Guisande Trail Running  | Senior Feminino | 01:05:09 | +21:50 | 06:31 |
| 23 | 592 | Patrícia Sendim                    | Pais de filhos          | Senior Feminino | 01:05:50 | +22:32 | 06:35 |
| 24 | 231 | Sara Sousa Baptista                | Individual              | Senior Feminino | 01:06:19 | +23:01 | 06:38 |
| 25 | 233 | Tânia Soares                       | Individual              | Senior Feminino | 01:07:20 | +24:02 | 06:44 |
| 26 | 597 | Sofia Chipelo                      | Pardelhas               | Senior Feminino | 01:07:37 | +24:19 | 06:46 |
| 27 | 219 | Florbela Araujo                    | Individual              | Senior Feminino | 01:08:12 | +24:54 | 06:49 |
| 28 | 24  | Carolina Marques                   | @corredoresderua@       | Senior Feminino | 01:10:07 | +26:48 | 07:01 |
| 29 | 208 | Ana Raquel Fernandes Moreira       | Individual              | Senior Feminino | 01:10:27 | +27:08 | 07:03 |
| 30 | 186 | Manuela Oliveira Martins           | HMC Sports              | Senior Feminino | 01:10:37 | +27:18 | 07:04 |
| 31 | 217 | Denise Gomes dos Santos Alves      | Individual              | Senior Feminino | 01:11:00 | +27:41 | 07:06 |
| 32 | 212 | Bárbara Marques Rios               | Individual              | Senior Feminino | 01:11:01 | +27:42 | 07:06 |
| 33 | 235 | Vanessa Oliveira                   | Individual              | Senior Feminino | 01:11:23 | +28:04 | 07:08 |
| 34 | 627 | Sofia Oliveira                     | Speeders                | Senior Feminino | 01:12:08 | +28:49 | 07:13 |
| 35 | 225 | Joana Isabel Silva Marinho         | Individual              | Senior Feminino | 01:12:17 | +28:58 | 07:14 |
| 36 | 228 | Lucília Teixeira Alves             | Individual              | Senior Feminino | 01:13:11 | +29:52 | 07:19 |
| 37 | 188 | Márcia Andreia dos santos Cardoso  | HMC Sports              | Senior Feminino | 01:13:21 | +30:03 | 07:20 |
| 38 | 207 | Ana Almeida                        | Individual              | Senior Feminino | 01:13:22 | +30:04 | 07:20 |
| 39 | 556 | Ana Castro                         | MovAreias               | Senior Feminino | 01:14:38 | +31:19 | 07:28 |

## 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

|    |     |                             |                             |                 |          |        |       |
|----|-----|-----------------------------|-----------------------------|-----------------|----------|--------|-------|
| 40 | 557 | Daniela Santos              | MovAreias                   | Senior Feminino | 01:14:38 | +31:19 | 07:28 |
| 41 | 596 | Goreti Silva                | Pardelhas                   | Senior Feminino | 01:14:59 | +31:41 | 07:30 |
| 42 | 572 | Helena Santos               | opraticante.pt              | Senior Feminino | 01:15:44 | +32:25 | 07:34 |
| 43 | 105 | Patricia Mansinho           | Codavel                     | Senior Feminino | 01:16:11 | +32:52 | 07:37 |
| 44 | 516 | Liliana Freitas             | IronLegs                    | Senior Feminino | 01:16:20 | +33:02 | 07:38 |
| 45 | 91  | Daniela Silva               | Caldas S. Jorge Sport Clube | Senior Feminino | 01:16:26 | +33:07 | 07:39 |
| 46 | 210 | ANA RODRIGUES               | Individual                  | Senior Feminino | 01:16:59 | +33:40 | 07:42 |
| 47 | 161 | Joana Soares                | Forvia Runners              | Senior Feminino | 01:17:01 | +33:43 | 07:42 |
| 48 | 517 | Marta Oliveira              | IronLegs                    | Senior Feminino | 01:17:21 | +34:03 | 07:44 |
| 49 | 605 | Joana Mendes                | Real Squad                  | Senior Feminino | 01:18:59 | +35:40 | 07:54 |
| 50 | 604 | Cristina Fonseca            | Real Squad                  | Senior Feminino | 01:18:59 | +35:40 | 07:54 |
| 51 | 232 | Tânia Melissa Duarte Santos | Individual                  | Senior Feminino | 01:21:39 | +38:20 | 08:10 |
| 52 | 40  | Beatriz Almeida             | Amadores&Basta              | Senior Feminino | 01:21:58 | +38:39 | 08:12 |
| 53 | 39  | Ana Castro                  | Amadores&Basta              | Senior Feminino | 01:21:58 | +38:39 | 08:12 |
| 54 | 203 | Rosa polanc                 | Hugo Gaspar                 | Senior Feminino | 01:22:31 | +39:12 | 08:15 |
| 55 | 515 | Carina Freitas              | IronLegs                    | Senior Feminino | 01:25:36 | +42:18 | 08:34 |
| 56 | 213 | Carolina Moreira            | Individual                  | Senior Feminino | 01:25:38 | +42:19 | 08:34 |
| 57 | 226 | Joana Sofia Valente Sousa   | Individual                  | Senior Feminino | 01:25:52 | +42:33 | 08:35 |
| 58 | 106 | Sara Figueiredo             | Codavel                     | Senior Feminino | 01:26:37 | +43:18 | 08:40 |
| 59 | 97  | Diana Guerreiro             | CDCF ALDEIA STO ANTONIO     | Senior Feminino | 01:31:46 | +48:27 | 09:11 |

## Senior Masculino

|    |     |                                 |                                |                  |       |        |       |
|----|-----|---------------------------------|--------------------------------|------------------|-------|--------|-------|
| 1  | 5   | Hugo Almeida                    | Sporting Clube de Braga        | Senior Masculino | 35:35 |        | 03:33 |
| 2  | 11  | Pedro Magalhães                 | Caldas S. Jorge Sport Clube    | Senior Masculino | 37:50 | +02:15 | 03:47 |
| 3  | 8   | João Saiyajin                   | Individual                     | Senior Masculino | 38:23 | +02:48 | 03:50 |
| 4  | 14  | Fábio Barbosa                   | EDV Viana Trail                | Senior Masculino | 38:37 | +03:02 | 03:52 |
| 5  | 15  | João sousa                      | PNB                            | Senior Masculino | 39:06 | +03:31 | 03:55 |
| 6  | 17  | Marcelo Araújo                  | EDV Viana Trail                | Senior Masculino | 39:24 | +03:49 | 03:56 |
| 7  | 114 | Luis Gomes                      | Confraria dos Fatigados        | Senior Masculino | 39:58 | +04:23 | 04:00 |
| 8  | 573 | Domingos Vieira                 | opraticante.pt                 | Senior Masculino | 42:59 | +07:24 | 04:18 |
| 9  | 89  | NUNO PAIS                       | CAL - Clube Atletismo de Lamas | Senior Masculino | 43:24 | +07:49 | 04:20 |
| 10 | 93  | Tiago Oliveira                  | Caldas S. Jorge Sport Clube    | Senior Masculino | 44:00 | +08:25 | 04:24 |
| 11 | 308 | Tiago Ferreira                  | Individual                     | Senior Masculino | 44:07 | +08:32 | 04:25 |
| 12 | 92  | Tiago Magalhães                 | Caldas S. Jorge Sport Clube    | Senior Masculino | 44:12 | +08:37 | 04:25 |
| 13 | 60  | Rui Teixeira                    | Bravos & Bravitas              | Senior Masculino | 44:46 | +09:10 | 04:29 |
| 14 | 144 | Rui Lopes                       | Feirense Trail                 | Senior Masculino | 44:48 | +09:13 | 04:29 |
| 15 | 258 | Filipe Almeida                  | Individual                     | Senior Masculino | 44:55 | +09:20 | 04:30 |
| 16 | 313 | Tomás Andrade Soares            | Individual                     | Senior Masculino | 45:15 | +09:40 | 04:32 |
| 17 | 256 | Fábio Emanuel Bastos Sousa      | Individual                     | Senior Masculino | 46:39 | +11:04 | 04:40 |
| 18 | 27  | Pedro Pinho                     | 5para1                         | Senior Masculino | 46:44 | +11:09 | 04:40 |
| 19 | 638 | Ricardo Gomes                   | Sporting Clube de Braga        | Senior Masculino | 46:44 | +11:09 | 04:40 |
| 20 | 295 | Rafael Bravo                    | Individual                     | Senior Masculino | 46:45 | +11:10 | 04:40 |
| 21 | 190 | Pedro Miguel Oliveira Magalhães | HMC Sports                     | Senior Masculino | 46:51 | +11:16 | 04:41 |
| 22 | 644 | Luís Marques                    | Trilhados                      | Senior Masculino | 47:42 | +12:06 | 04:46 |
| 23 | 288 | Nuno Filipe Teixeira Maio       | Individual                     | Senior Masculino | 48:27 | +12:52 | 04:51 |



**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**

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|     |     |                                     |                             |                  |          |        |       |
|-----|-----|-------------------------------------|-----------------------------|------------------|----------|--------|-------|
| 70  | 174 | André Santos                        | Guisande Trail Running      | Senior Masculino | 58:46    | +23:11 | 05:53 |
| 71  | 563 | Tiago Martins Maia                  | OiãRunners                  | Senior Masculino | 59:04    | +23:29 | 05:54 |
| 72  | 580 | Tiago Sousa                         | Os Tresloucados             | Senior Masculino | 59:53    | +24:18 | 05:59 |
| 73  | 301 | Ricardo Oliveira                    | Individual                  | Senior Masculino | 01:00:14 | +24:39 | 06:01 |
| 74  | 285 | Mykola                              | Individual                  | Senior Masculino | 01:00:15 | +24:40 | 06:02 |
| 75  | 297 | Ricardo Ferreira                    | Individual                  | Senior Masculino | 01:00:26 | +24:51 | 06:03 |
| 76  | 306 | Telmo Araújo                        | Individual                  | Senior Masculino | 01:01:19 | +25:43 | 06:08 |
| 77  | 291 | Paulo Ricardo Pereira da Costa      | Individual                  | Senior Masculino | 01:01:30 | +25:55 | 06:09 |
| 78  | 656 | José Santos                         | Bravos                      | Senior Masculino | 01:01:36 | +26:01 | 06:10 |
| 79  | 304 | Rui Ferreira                        | Individual                  | Senior Masculino | 01:01:39 | +26:04 | 06:10 |
| 80  | 576 | Nuno Bastos                         | Os 3 da Vida Airada         | Senior Masculino | 01:01:47 | +26:12 | 06:11 |
| 81  | 138 | César Moutinho                      | Factor X   S4L   Medense FC | Senior Masculino | 01:02:30 | +26:54 | 06:15 |
| 82  | 654 | Marco Almeida                       | Zequinhas                   | Senior Masculino | 01:03:06 | +27:31 | 06:19 |
| 83  | 653 | Carlos Cruz                         | Zequinhas                   | Senior Masculino | 01:03:13 | +27:38 | 06:19 |
| 84  | 269 | Ivo valente                         | Individual                  | Senior Masculino | 01:03:35 | +28:00 | 06:22 |
| 85  | 298 | Ricardo Jorge Moreira Neves         | Individual                  | Senior Masculino | 01:04:08 | +28:33 | 06:25 |
| 86  | 294 | RAFAEL AMEIDA                       | Individual                  | Senior Masculino | 01:04:26 | +28:51 | 06:27 |
| 87  | 268 | Ivo Mota                            | Individual                  | Senior Masculino | 01:04:37 | +29:02 | 06:28 |
| 88  | 279 | Mário fonseca                       | Individual                  | Senior Masculino | 01:04:46 | +29:11 | 06:29 |
| 89  | 252 | Diogo Nuno Mendes Tavares           | Individual                  | Senior Masculino | 01:05:12 | +29:36 | 06:31 |
| 90  | 243 | Bruno Manuel da Costa Osório Borges | Individual                  | Senior Masculino | 01:05:50 | +30:15 | 06:35 |
| 91  | 171 | Daniel Teixeira                     | Guifões                     | Senior Masculino | 01:06:04 | +30:28 | 06:36 |
| 92  | 31  | Luis Novo                           | ACAIL GAS                   | Senior Masculino | 01:08:12 | +32:37 | 06:49 |
| 93  | 110 | João Barbosa                        | Codavel                     | Senior Masculino | 01:09:34 | +33:59 | 06:57 |
| 94  | 109 | João Araújo                         | Codavel                     | Senior Masculino | 01:09:34 | +33:59 | 06:57 |
| 95  | 129 | Ricardo Pinho                       | Enferrujados                | Senior Masculino | 01:10:34 | +34:59 | 07:03 |
| 96  | 45  | Leonardo Santos                     | Amigos do Conga             | Senior Masculino | 01:11:34 | +35:59 | 07:09 |
| 97  | 609 | Luís Oliveira                       | Running Esmoriz             | Senior Masculino | 01:12:02 | +36:27 | 07:12 |
| 98  | 236 | Alexandre Birra                     | Individual                  | Senior Masculino | 01:12:06 | +36:31 | 07:13 |
| 99  | 107 | Cristiano Barbosa                   | Codavel                     | Senior Masculino | 01:13:21 | +37:45 | 07:20 |
| 100 | 108 | Gonçalo Xavier                      | Codavel                     | Senior Masculino | 01:13:21 | +37:45 | 07:20 |
| 101 | 277 | Luís Faria                          | Individual                  | Senior Masculino | 01:15:11 | +39:36 | 07:31 |
| 102 | 284 | Miguel Ferreira                     | Individual                  | Senior Masculino | 01:15:17 | +39:42 | 07:32 |
| 103 | 260 | FILIPE MIGUEL BARBOSA PARDILHÓ      | Individual                  | Senior Masculino | 01:15:19 | +39:44 | 07:32 |
| 104 | 632 | Ricardo Mendes                      | Sportarc.Running            | Senior Masculino | 01:15:35 | +40:00 | 07:34 |
| 105 | 163 | Henrique Lisboa                     | Forvia Runners              | Senior Masculino | 01:16:30 | +40:55 | 07:39 |
| 106 | 588 | Filipe Gonçalves                    | OvarRun                     | Senior Masculino | 01:16:37 | +41:02 | 07:40 |
| 107 | 128 | Marco Pinho                         | Enferrujados                | Senior Masculino | 01:17:15 | +41:40 | 07:44 |
| 108 | 280 | Mário Nogueira                      | Individual                  | Senior Masculino | 01:17:16 | +41:41 | 07:44 |
| 109 | 30  | Fernando Martins                    | ACAIL GAS                   | Senior Masculino | 01:17:32 | +41:57 | 07:45 |
| 110 | 251 | David Deveza Pereira                | Individual                  | Senior Masculino | 01:18:22 | +42:47 | 07:50 |
| 111 | 606 | Jorge Fonseca                       | Real Squad                  | Senior Masculino | 01:19:00 | +43:24 | 07:54 |
| 112 | 600 | Francisco Santos                    | Paulo Correia Clinic        | Senior Masculino | 01:21:39 | +46:04 | 08:10 |
| 113 | 153 | Helder Matos                        | Fogaças com Malapos         | Senior Masculino | 01:21:43 | +46:08 | 08:10 |
| 114 | 204 | Hugo Gaspar                         | Hugo Gaspar                 | Senior Masculino | 01:28:53 | +53:18 | 08:53 |
| 115 | 98  | Davide Pinheiro                     | CDCF ALDEIA STO ANTONIO     | Senior Masculino | 01:31:46 | +56:11 | 09:11 |





## Prova Principal

## 10 KM

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### OFFICIAL RESULT

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|    |     |                    |                               |              |          |        |       |
|----|-----|--------------------|-------------------------------|--------------|----------|--------|-------|
| 41 | 564 | Lisa Silva         | OiãRunners                    | Veterana F40 | 01:18:00 | +32:23 | 07:48 |
| 42 | 561 | Maria Ribeiro      | NISSAN - Entrepasto A. Fontes | Veterana F40 | 01:18:11 | +32:35 | 07:49 |
| 43 | 325 | Carmen Silva       | Individual                    | Veterana F40 | 01:19:10 | +33:34 | 07:55 |
| 44 | 646 | Sofia Castro       | TRTeam                        | Veterana F40 | 01:19:47 | +34:10 | 07:59 |
| 45 | 67  | Virgínia brava     | Bravos & Bravitas             | Veterana F40 | 01:21:07 | +35:31 | 08:07 |
| 46 | 150 | Joana Tavares      | Fermentelos Runners           | Veterana F40 | 01:22:06 | +36:30 | 08:13 |
| 47 | 205 | Catarina gomes     | Hugo Gaspar                   | Veterana F40 | 01:24:14 | +38:38 | 08:25 |
| 48 | 330 | FERNANDA DANIELE   | Individual                    | Veterana F40 | 01:24:19 | +38:43 | 08:26 |
| 49 | 338 | Nanda Félix        | Individual                    | Veterana F40 | 01:24:39 | +39:02 | 08:28 |
| 50 | 520 | Maria João Almeida | IronLegs                      | Veterana F40 | 01:31:12 | +45:36 | 09:07 |
| 51 | 337 | Mónica Matos       | Individual                    | Veterana F40 | 01:31:55 | +46:18 | 09:11 |

## Veterana F50

|    |     |                                  |                             |              |          |        |       |
|----|-----|----------------------------------|-----------------------------|--------------|----------|--------|-------|
| 1  | 635 | Paula Teixeira                   | Sportarc.Running            | Veterana F50 | 57:10    |        | 05:43 |
| 2  | 350 | Celeste Isabel                   | Individual                  | Veterana F50 | 59:59    | +02:49 | 06:00 |
| 3  | 349 | Carla Maria Reis de Sá Cardoso   | Individual                  | Veterana F50 | 01:00:49 | +03:39 | 06:05 |
| 4  | 139 | Fernanda Alves                   | Feirense                    | Veterana F50 | 01:02:22 | +05:12 | 06:14 |
| 5  | 169 | Ângela Moutinho                  | GONDOMAR FUTSAL CLUBE       | Veterana F50 | 01:02:23 | +05:13 | 06:14 |
| 6  | 68  | Cristina Tina                    | Bravos & Bravitas           | Veterana F50 | 01:03:01 | +05:51 | 06:18 |
| 7  | 612 | Maribel Oliveira                 | Running Esmoriz             | Veterana F50 | 01:05:10 | +08:00 | 06:31 |
| 8  | 356 | Maria Melo                       | Individual                  | Veterana F50 | 01:05:57 | +08:47 | 06:36 |
| 9  | 192 | Carla Helena Loureiro Delgadinho | HMC Sports                  | Veterana F50 | 01:06:21 | +09:11 | 06:38 |
| 10 | 70  | Goreti brava                     | Bravos & Bravitas           | Veterana F50 | 01:07:10 | +10:00 | 06:43 |
| 11 | 611 | Ana Oliveira                     | Running Esmoriz             | Veterana F50 | 01:07:22 | +10:12 | 06:44 |
| 12 | 69  | Fátima brava                     | Bravos & Bravitas           | Veterana F50 | 01:07:41 | +10:31 | 06:46 |
| 13 | 71  | Maria Mota                       | Bravos & Bravitas           | Veterana F50 | 01:08:15 | +11:05 | 06:49 |
| 14 | 357 | Orquídea Gomes                   | Individual                  | Veterana F50 | 01:08:22 | +11:12 | 06:50 |
| 15 | 193 | Maria Helena Soares Pinto        | HMC Sports                  | Veterana F50 | 01:10:36 | +13:26 | 07:04 |
| 16 | 354 | Maria Alice Costa                | Individual                  | Veterana F50 | 01:12:02 | +14:52 | 07:12 |
| 17 | 94  | Maria Valente                    | Caldas S. Jorge Sport Clube | Veterana F50 | 01:12:53 | +15:43 | 07:17 |
| 18 | 623 | ALZIRA GOMES                     | SKY TEAM                    | Veterana F50 | 01:14:40 | +17:30 | 07:28 |
| 19 | 351 | Fernanda Ferreira                | Individual                  | Veterana F50 | 01:16:44 | +19:34 | 07:40 |
| 20 | 598 | Sueli Silva                      | Pardelhas                   | Veterana F50 | 01:19:55 | +22:45 | 08:00 |
| 21 | 353 | Isabel Silva                     | Individual                  | Veterana F50 | 01:19:57 | +22:47 | 08:00 |
| 22 | 352 | Isabel Pinheiro                  | Individual                  | Veterana F50 | 01:21:40 | +24:30 | 08:10 |
| 23 | 123 | Ana Correia                      | CSJSC                       | Veterana F50 | 01:22:35 | +25:25 | 08:15 |
| 24 | 359 | Rosa Tavares                     | Individual                  | Veterana F50 | 01:31:51 | +34:41 | 09:11 |

## Veterano M40

|   |     |                                 |                       |              |       |        |       |
|---|-----|---------------------------------|-----------------------|--------------|-------|--------|-------|
| 1 | 660 | José Moreira                    | são salvador do campo | Veterano M40 | 36:07 |        | 03:37 |
| 2 | 1   | Vitor Domingos Gomes dos Santos | EV / PERALTAFIL       | Veterano M40 | 37:02 | +00:54 | 03:42 |
| 3 | 10  | Paulo pereira                   | G.D. Guilhovai        | Veterano M40 | 38:07 | +01:59 | 03:49 |
| 4 | 16  | Paulo Pinto                     | Feirense Trail        | Veterano M40 | 38:13 | +02:05 | 03:49 |
| 5 | 132 | CLAUDIO COSTA                   | EV / PERALTAFIL       | Veterano M40 | 42:58 | +06:50 | 04:18 |

|                             |        |                            |
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| Official Timekeeper: Lap2Go | 6 / 11 | generate 10-Jun-2022 23:10 |
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**Prova Principal****10 KM**

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**OFFICIAL RESULT**

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|    |     |                                 |  |              |       |        |       |
|----|-----|---------------------------------|--|--------------|-------|--------|-------|
| 6  | 133 | MANUEL BESSA                    | EV / PERALTAFIL                              | Veterano M40 | 42:58 | +06:51 | 04:18 |
| 7  | 399 | José Correia                    | Individual                                   | Veterano M40 | 43:01 | +06:53 | 04:18 |
| 8  | 127 | Pedro Pinho                     | EDV Viana Trail                              | Veterano M40 | 43:16 | +07:08 | 04:20 |
| 9  | 147 | Márcio Melo                     | Feirense Trail                               | Veterano M40 | 44:12 | +08:04 | 04:25 |
| 10 | 641 | Paulo Gomes                     | TEAM LANTEMIL                                | Veterano M40 | 44:24 | +08:17 | 04:26 |
| 11 | 363 | Alcino Silva                    | Individual                                   | Veterano M40 | 44:27 | +08:19 | 04:27 |
| 12 | 72  | Bruno silva                     | Bravos & Bravitas                            | Veterano M40 | 44:46 | +08:38 | 04:29 |
| 13 | 391 | João                            | Individual                                   | Veterano M40 | 44:51 | +08:43 | 04:29 |
| 14 | 29  | Filipe Quelhas                  | AC PORTALEGRE / UTSM                         | Veterano M40 | 44:57 | +08:50 | 04:30 |
| 15 | 555 | Antonio Pinto                   | Monte dos Amigos                             | Veterano M40 | 45:01 | +08:53 | 04:30 |
| 16 | 655 | Bruno Fernandes                 | Zequinhas                                    | Veterano M40 | 46:01 | +09:53 | 04:36 |
| 17 | 87  | Filipe Mota                     | C.D.C. Paradela                              | Veterano M40 | 46:47 | +10:39 | 04:41 |
| 18 | 620 | Paulo Sérgio Silva Gomes        | Sentir Escariz running                       | Veterano M40 | 46:48 | +10:40 | 04:41 |
| 19 | 80  | Rui Martins                     | Bravos & Bravitas                            | Veterano M40 | 47:42 | +11:34 | 04:46 |
| 20 | 149 | Paulo Jorge                     | Feirense Trail                               | Veterano M40 | 47:47 | +11:39 | 04:47 |
| 21 | 454 | Victor Correia                  | Individual                                   | Veterano M40 | 47:50 | +11:43 | 04:47 |
| 22 | 425 | Paulo Cruz                      | Individual                                   | Veterano M40 | 48:23 | +12:16 | 04:50 |
| 23 | 115 | Manuel Ferreira                 | Confraria dos Fatigados                      | Veterano M40 | 48:46 | +12:38 | 04:53 |
| 24 | 420 | Nelson Reis                     | Individual                                   | Veterano M40 | 48:50 | +12:42 | 04:53 |
| 25 | 435 | Pedro Vieira                    | Individual                                   | Veterano M40 | 49:06 | +12:58 | 04:55 |
| 26 | 453 | TONY BRI                        | Individual                                   | Veterano M40 | 49:22 | +13:14 | 04:56 |
| 27 | 423 | Nuno Matias                     | Individual                                   | Veterano M40 | 49:22 | +13:14 | 04:56 |
| 28 | 379 | Carlos Bruno                    | Individual                                   | Veterano M40 | 49:55 | +13:48 | 05:00 |
| 29 | 418 | Miguel Almeida                  | Individual                                   | Veterano M40 | 50:03 | +13:56 | 05:00 |
| 30 | 119 | Armando Carlos Sousa de Sá      | Copo Running                                 | Veterano M40 | 50:06 | +13:58 | 05:01 |
| 31 | 100 | HUMBERTO NEVES                  | CIAIA-Clube Independente Atletismo Ilha Azul | Veterano M40 | 50:07 | +13:59 | 05:01 |
| 32 | 568 | Miguel Pimentel                 | OiãRunners                                   | Veterano M40 | 50:07 | +13:59 | 05:01 |
| 33 | 377 | Bruno Vieira                    | Individual                                   | Veterano M40 | 50:08 | +14:01 | 05:01 |
| 34 | 202 | Sergio Miguel Gomes Coelho      | HMC Sports                                   | Veterano M40 | 50:46 | +14:39 | 05:05 |
| 35 | 566 | Carlos Silva                    | OiãRunners                                   | Veterano M40 | 50:49 | +14:41 | 05:05 |
| 36 | 439 | Ricardo Seromenho               | Individual                                   | Veterano M40 | 51:43 | +15:36 | 05:10 |
| 37 | 657 | Vasco Rocha                     | IF   | Veterano M40 | 51:55 | +15:47 | 05:12 |
| 38 | 386 | Francisco Manuel Silva Oliveira | Individual                                   | Veterano M40 | 51:57 | +15:49 | 05:12 |
| 39 | 421 | Nuno Davide Paranhos Alves      | Individual                                   | Veterano M40 | 52:05 | +15:57 | 05:12 |
| 40 | 552 | Rui Albino                      | Masters Runners                              | Veterano M40 | 52:21 | +16:14 | 05:14 |
| 41 | 121 | Sérgio Pereira                  | Copo Running                                 | Veterano M40 | 52:27 | +16:19 | 05:15 |
| 42 | 374 | Bruno Moura                     | Individual                                   | Veterano M40 | 52:30 | +16:22 | 05:15 |
| 43 | 415 | Mário Manuel Mota Leite         | Individual                                   | Veterano M40 | 52:32 | +16:25 | 05:15 |
| 44 | 412 | Márcio Moura                    | Individual                                   | Veterano M40 | 52:48 | +16:40 | 05:17 |
| 45 | 74  | José pires                      | Bravos & Bravitas                            | Veterano M40 | 53:04 | +16:56 | 05:18 |
| 46 | 120 | Filipe Manuel Marques Coelho    | Copo Running                                 | Veterano M40 | 53:25 | +17:18 | 05:21 |
| 47 | 414 | Marco Pinto                     | Individual                                   | Veterano M40 | 53:31 | +17:23 | 05:21 |
| 48 | 75  | MIKE                            | Bravos & Bravitas                            | Veterano M40 | 53:40 | +17:33 | 05:22 |
| 49 | 384 | EMANUEL MOTA                    | Individual                                   | Veterano M40 | 53:45 | +17:37 | 05:22 |
| 50 | 366 | André Filipe Miranda Rocha      | Individual                                   | Veterano M40 | 53:48 | +17:41 | 05:23 |
| 51 | 389 | Helder Teixeira                 | Individual                                   | Veterano M40 | 53:51 | +17:44 | 05:23 |

|                             |        |                            |
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| Official Timekeeper: Lap2Go | 7 / 11 | generate 10-Jun-2022 23:10 |
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## Prova Principal

## 10 KM

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## OFFICIAL RESULT

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|    |     |                                  |                        |              |          |        |       |
|----|-----|----------------------------------|------------------------|--------------|----------|--------|-------|
| 52 | 416 | Mário Neves                      | Individual             | Veterano M40 | 53:53    | +17:45 | 05:23 |
| 53 | 567 | Márcio Ferreira                  | OiãRunners             | Veterano M40 | 54:03    | +17:56 | 05:24 |
| 54 | 199 | Milton Joel Martins da Silva     | HMC Sports             | Veterano M40 | 54:06    | +17:59 | 05:25 |
| 55 | 201 | Roberto Carlos Gomes Silva       | HMC Sports             | Veterano M40 | 54:06    | +17:59 | 05:25 |
| 56 | 78  | Pedro Bastos                     | Bravos & Bravitas      | Veterano M40 | 54:08    | +18:00 | 05:25 |
| 57 | 12  | TOZE CASTRO                      | EV / PERALTAFIL        | Veterano M40 | 54:08    | +18:00 | 05:25 |
| 58 | 631 | Marcos Paulo Santos Fonseca      | SPEEDY                 | Veterano M40 | 54:25    | +18:17 | 05:26 |
| 59 | 522 | Rony Santos                      | JUST4FUN               | Veterano M40 | 54:28    | +18:20 | 05:27 |
| 60 | 406 | Luis Gomes                       | Individual             | Veterano M40 | 54:31    | +18:24 | 05:27 |
| 61 | 436 | Raul Silva                       | Individual             | Veterano M40 | 55:16    | +19:08 | 05:32 |
| 62 | 382 | Daniel Silva                     | Individual             | Veterano M40 | 55:17    | +19:10 | 05:32 |
| 63 | 458 | Vitor Domingos Rodrigues Costa   | Individual             | Veterano M40 | 55:26    | +19:19 | 05:33 |
| 64 | 647 | Nuno Eça                         | TRTeam                 | Veterano M40 | 55:29    | +19:21 | 05:33 |
| 65 | 200 | Pedro Miguel Oliveira Custódio   | HMC Sports             | Veterano M40 | 56:08    | +20:01 | 05:37 |
| 66 | 196 | Antonio Fernando Rodrigues Rocha | HMC Sports             | Veterano M40 | 56:18    | +20:10 | 05:38 |
| 67 | 403 | José Pinho                       | Individual             | Veterano M40 | 56:22    | +20:14 | 05:38 |
| 68 | 380 | Carlos Silva                     | Individual             | Veterano M40 | 56:23    | +20:15 | 05:38 |
| 69 | 76  | Paulo Jesus                      | Bravos & Bravitas      | Veterano M40 | 56:26    | +20:18 | 05:39 |
| 70 | 456 | Victor Pinho                     | Individual             | Veterano M40 | 57:00    | +20:52 | 05:42 |
| 71 | 642 | Paulo Areal Sousa                | TEAM SHARK             | Veterano M40 | 57:16    | +21:08 | 05:44 |
| 72 | 659 | Jorge Vicente                    | Feirense Trail         | Veterano M40 | 57:18    | +21:10 | 05:44 |
| 73 | 148 | Paulo Ferreira                   | Feirense Trail         | Veterano M40 | 57:21    | +21:13 | 05:44 |
| 74 | 407 | Luis Leite                       | Individual             | Veterano M40 | 57:28    | +21:21 | 05:45 |
| 75 | 411 | Marcelo teixeira da mota         | Individual             | Veterano M40 | 57:31    | +21:24 | 05:45 |
| 76 | 371 | Bruno Filipe Moreira Neves       | Individual             | Veterano M40 | 57:53    | +21:45 | 05:47 |
| 77 | 33  | Carlos Tavares                   | ACAIL GAS              | Veterano M40 | 58:32    | +22:24 | 05:51 |
| 78 | 32  | Carlos Gomes                     | ACAIL GAS              | Veterano M40 | 58:36    | +22:28 | 05:52 |
| 79 | 182 | Pedro Santos                     | Guisande Trail Running | Veterano M40 | 58:46    | +22:38 | 05:53 |
| 80 | 428 | Paulo José da Silva Figueiredo   | Individual             | Veterano M40 | 58:57    | +22:49 | 05:54 |
| 81 | 531 | Hugo Soares                      | Love Tiles             | Veterano M40 | 59:02    | +22:54 | 05:54 |
| 82 | 197 | Artur Luís Campos de Sá Brandão  | HMC Sports             | Veterano M40 | 59:30    | +23:22 | 05:57 |
| 83 | 619 | Fernando Brandão                 | Sentir Escariz running | Veterano M40 | 59:32    | +23:25 | 05:57 |
| 84 | 551 | Armando Rocha                    | Masters Runners        | Veterano M40 | 59:34    | +23:26 | 05:57 |
| 85 | 385 | Fernando Almeida                 | Individual             | Veterano M40 | 59:49    | +23:41 | 05:59 |
| 86 | 381 | César Sousa                      | Individual             | Veterano M40 | 01:00:14 | +24:07 | 06:01 |
| 87 | 23  | Leandro Leite                    | Individual             | Veterano M40 | 01:00:45 | +24:38 | 06:05 |
| 88 | 400 | José Luís Pinho Fernandes        | Individual             | Veterano M40 | 01:00:47 | +24:39 | 06:05 |
| 89 | 433 | Pedro Cruz                       | Individual             | Veterano M40 | 01:00:54 | +24:46 | 06:05 |
| 90 | 424 | Paulo Costa                      | Individual             | Veterano M40 | 01:01:11 | +25:03 | 06:07 |
| 91 | 159 | Raul Xavier Pereira              | Fogaças com Malapos    | Veterano M40 | 01:01:11 | +25:04 | 06:07 |
| 92 | 155 | André Castro                     | Fogaças com Malapos    | Veterano M40 | 01:01:12 | +25:05 | 06:07 |
| 93 | 156 | Filipe Coelho                    | Fogaças com Malapos    | Veterano M40 | 01:01:13 | +25:05 | 06:07 |
| 94 | 441 | Ricardo Tavares                  | Individual             | Veterano M40 | 01:01:41 | +25:33 | 06:10 |
| 95 | 180 | Helder Oliveira                  | Guisande Trail Running | Veterano M40 | 01:03:03 | +26:55 | 06:18 |
| 96 | 179 | Domingos Ferreira                | Guisande Trail Running | Veterano M40 | 01:03:11 | +27:03 | 06:19 |
| 97 | 372 | Bruno Gonçalves                  | Individual             | Veterano M40 | 01:03:16 | +27:08 | 06:20 |

**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

**OFFICIAL RESULT**

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|     |     |                                  |  |              |          |        |       |
|-----|-----|----------------------------------|--|--------------|----------|--------|-------|
| 98  | 408 | Manuel Fernando Pinto            | Individual   | Veterano M40 | 01:04:09 | +28:01 | 06:25 |
| 99  | 361 | António Albuquerque              | Feirense Trail   | Veterano M40 | 01:04:15 | +28:07 | 06:25 |
| 100 | 448 | Silvio ferreira                  | Individual   | Veterano M40 | 01:04:15 | +28:07 | 06:25 |
| 101 | 170 | PAULO RAMOS                      | GRUPO JUVENIL PINHEIRO DA BEMPOSTA - OLIVEIRA DE AZEMÉIS | Veterano M40 | 01:04:23 | +28:15 | 06:26 |
| 102 | 125 | Márcio costa                     | D3   | Veterano M40 | 01:04:27 | +28:19 | 06:27 |
| 103 | 405 | LUIS BARBOSA                     | Individual   | Veterano M40 | 01:04:31 | +28:23 | 06:27 |
| 104 | 157 | Márcio Correia                   | Fogaças com Malapos                                      | Veterano M40 | 01:04:40 | +28:32 | 06:28 |
| 105 | 178 | Carlos Sá                        | Guisande Trail Running                                   | Veterano M40 | 01:05:04 | +28:56 | 06:30 |
| 106 | 394 | Joaquim Encarnação               | Individual   | Veterano M40 | 01:05:41 | +29:33 | 06:34 |
| 107 | 429 | paulo martins                    | Individual   | Veterano M40 | 01:05:47 | +29:39 | 06:35 |
| 108 | 195 | Antonio Alberto Cardoso Martins  | HMC Sports   | Veterano M40 | 01:05:49 | +29:41 | 06:35 |
| 109 | 401 | José Luis Villaverde Sanisidro   | Individual   | Veterano M40 | 01:05:58 | +29:50 | 06:36 |
| 110 | 438 | Ricardo Nordeste                 | Individual   | Veterano M40 | 01:06:04 | +29:57 | 06:36 |
| 111 | 446 | Rui SILVA                        | Individual   | Veterano M40 | 01:06:22 | +30:14 | 06:38 |
| 112 | 77  | Paulo Jesus                      | Bravos & Bravitas  | Veterano M40 | 01:07:10 | +31:03 | 06:43 |
| 113 | 73  | João sousa                       | Bravos & Bravitas  | Veterano M40 | 01:07:25 | +31:17 | 06:44 |
| 114 | 542 | Carlos Teixeira                  | MaduGym Sra da Saúde                                     | Veterano M40 | 01:07:25 | +31:17 | 06:44 |
| 115 | 390 | Hugo Azevedo                     | Individual   | Veterano M40 | 01:07:59 | +31:51 | 06:48 |
| 116 | 158 | Pedro Silva                      | Fogaças com Malapos                                      | Veterano M40 | 01:08:39 | +32:32 | 06:52 |
| 117 | 154 | Adriano Sá                       | Fogaças com Malapos                                      | Veterano M40 | 01:08:40 | +32:32 | 06:52 |
| 118 | 457 | Virgílio César da Silva Neves    | Individual   | Veterano M40 | 01:09:32 | +33:25 | 06:57 |
| 119 | 450 | Tiago Alves                      | Individual   | Veterano M40 | 01:09:56 | +33:48 | 07:00 |
| 120 | 368 | André Pais                       | Individual   | Veterano M40 | 01:10:18 | +34:10 | 07:02 |
| 121 | 52  | João fonseca                     | amigos s.pedro da cova                                   | Veterano M40 | 01:10:23 | +34:15 | 07:02 |
| 122 | 370 | Artur Melo                       | Individual   | Veterano M40 | 01:10:45 | +34:37 | 07:04 |
| 123 | 85  | João Vieira                      | BTT ISolamais/Pinheirense                                | Veterano M40 | 01:12:13 | +36:06 | 07:13 |
| 124 | 376 | Bruno Santos                     | Individual   | Veterano M40 | 01:12:21 | +36:13 | 07:14 |
| 125 | 437 | Ricardo João Gameiro Lucas       | Individual   | Veterano M40 | 01:13:11 | +37:03 | 07:19 |
| 126 | 528 | Nuno Miguel Gonçalves Araújo     | Juventude Cortegacense                                   | Veterano M40 | 01:13:50 | +37:42 | 07:23 |
| 127 | 410 | Manuel ROJÃO                     | Individual   | Veterano M40 | 01:14:43 | +38:36 | 07:28 |
| 128 | 388 | Helder Silva                     | Individual   | Veterano M40 | 01:15:53 | +39:45 | 07:35 |
| 129 | 595 | Fábio Silva                      | Pais de filhos   | Veterano M40 | 01:16:36 | +40:28 | 07:40 |
| 130 | 452 | Tiago Manuel Valente Silva       | Individual   | Veterano M40 | 01:16:42 | +40:35 | 07:40 |
| 131 | 432 | Pedro Alves                      | Individual   | Veterano M40 | 01:16:45 | +40:37 | 07:40 |
| 132 | 181 | Pedro Pinto Santos               | Guisande Trail Running                                   | Veterano M40 | 01:16:46 | +40:38 | 07:41 |
| 133 | 451 | Tiago Figueiredo                 | Individual   | Veterano M40 | 01:16:47 | +40:39 | 07:41 |
| 134 | 445 | RUI RODRIGUES                    | Individual   | Veterano M40 | 01:17:00 | +40:53 | 07:42 |
| 135 | 447 | Sérgio Tavares                   | Individual   | Veterano M40 | 01:17:13 | +41:05 | 07:43 |
| 136 | 393 | João Paiva                       | Individual   | Veterano M40 | 01:17:29 | +41:22 | 07:45 |
| 137 | 562 | Nuno Marques                     | NISSAN - Entrepasto A. Fontes                            | Veterano M40 | 01:18:11 | +42:03 | 07:49 |
| 138 | 422 | Nuno Marques                     | Individual   | Veterano M40 | 01:19:04 | +42:57 | 07:54 |
| 139 | 409 | Manuel Luís Barbosa Santos Sousa | Individual   | Veterano M40 | 01:19:45 | +43:38 | 07:59 |
| 140 | 417 | Mário Oliveira                   | Individual   | Veterano M40 | 01:19:53 | +43:46 | 07:59 |
| 141 | 601 | Paulo Correia                    | Paulo Correia Reabilitação Integrada                     | Veterano M40 | 01:21:39 | +45:31 | 08:10 |

## 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

## OFFICIAL RESULT

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|-----|-----|----------------------|---------------------|--------------|----------|--------|-------|
| 142 | 152 | Luís Dias            | Fermentelos Runners | Veterano M40 | 01:22:06 | +45:58 | 08:13 |
| 143 | 397 | Jorge Simoes         | Individual          | Veterano M40 | 01:23:47 | +47:39 | 08:23 |
| 144 | 404 | Luciano Barros silva | Individual          | Veterano M40 | 01:24:04 | +47:56 | 08:24 |
| 145 | 431 | Paulo Serralva       | Individual          | Veterano M40 | 01:31:54 | +55:47 | 09:11 |

## Veterano M50

|    |     |                                   |                             |              |          |        |       |
|----|-----|-----------------------------------|-----------------------------|--------------|----------|--------|-------|
| 1  | 96  | Renato Silva                      | Caldas S. Jorge Sport Clube | Veterano M50 | 42:50    |        | 04:17 |
| 2  | 530 | Ernesto Marques Alves             | Juventude Cortegacense      | Veterano M50 | 44:44    | +01:54 | 04:28 |
| 3  | 84  | Sérgio Costa                      | Bravos & Bravitas           | Veterano M50 | 44:46    | +01:56 | 04:29 |
| 4  | 506 | Paulo Dias                        | Individual                  | Veterano M50 | 46:43    | +03:52 | 04:40 |
| 5  | 661 | Manuel Oliveira                   | Feirense Trail              | Veterano M50 | 47:46    | +04:56 | 04:47 |
| 6  | 116 | Luís Silvestre                    | Confraria dos Fatigados     | Veterano M50 | 49:06    | +06:16 | 04:55 |
| 7  | 124 | Armando Santos                    | CSJSC                       | Veterano M50 | 50:04    | +07:13 | 05:00 |
| 8  | 469 | Carlos Lancha                     | Individual                  | Veterano M50 | 51:18    | +08:28 | 05:08 |
| 9  | 137 | LUIS SILVA                        | EV / PERALTAFIL             | Veterano M50 | 51:26    | +08:36 | 05:09 |
| 10 | 487 | José Joaquim Rodrigues Costa      | Individual                  | Veterano M50 | 51:30    | +08:39 | 05:09 |
| 11 | 466 | Carlos Alberto Ferreira           | Individual                  | Veterano M50 | 51:49    | +08:58 | 05:11 |
| 12 | 135 | JOAQUIM PEREIRA                   | EV / PERALTAFIL             | Veterano M50 | 52:07    | +09:17 | 05:13 |
| 13 | 479 | João garranas                     | Individual                  | Veterano M50 | 52:12    | +09:21 | 05:13 |
| 14 | 504 | Orlando Soares                    | Individual                  | Veterano M50 | 52:17    | +09:26 | 05:14 |
| 15 | 484 | Joaquim Teixeira                  | Individual                  | Veterano M50 | 52:33    | +09:43 | 05:15 |
| 16 | 507 | Paulo Moreira                     | Individual                  | Veterano M50 | 53:04    | +10:14 | 05:18 |
| 17 | 498 | Manuel Constantino Silva          | Individual                  | Veterano M50 | 53:34    | +10:44 | 05:21 |
| 18 | 472 | David Silva Fernandes             | Individual                  | Veterano M50 | 53:48    | +10:58 | 05:23 |
| 19 | 492 | josé soares correia               | Individual                  | Veterano M50 | 53:51    | +11:01 | 05:23 |
| 20 | 483 | Joaquim Lobato                    | Individual                  | Veterano M50 | 54:05    | +11:15 | 05:25 |
| 21 | 136 | LEONEL SILVA                      | EV / PERALTAFIL             | Veterano M50 | 54:08    | +11:18 | 05:25 |
| 22 | 570 | Carlos Martins                    | OiãRunners                  | Veterano M50 | 54:26    | +11:36 | 05:27 |
| 23 | 500 | Manuel Felizardo Maia de Carvalho | Individual                  | Veterano M50 | 56:16    | +13:26 | 05:38 |
| 24 | 587 | Adelino Pinheiro                  | Outlaw Runners              | Veterano M50 | 56:38    | +13:48 | 05:40 |
| 25 | 510 | Rui Manuel Almeida Dias           | Individual                  | Veterano M50 | 56:55    | +14:05 | 05:41 |
| 26 | 82  | José Pedro                        | Bravos & Bravitas           | Veterano M50 | 56:59    | +14:09 | 05:42 |
| 27 | 101 | Nuno Vaz Lopes                    | CMC Carapaus                | Veterano M50 | 57:01    | +14:11 | 05:42 |
| 28 | 468 | Carlos Ferreira                   | Individual                  | Veterano M50 | 57:12    | +14:22 | 05:43 |
| 29 | 505 | Paulo Almeida                     | Individual                  | Veterano M50 | 58:08    | +15:18 | 05:49 |
| 30 | 493 | Júlio Moreira                     | Individual                  | Veterano M50 | 58:21    | +15:31 | 05:50 |
| 31 | 95  | António Conceição                 | Caldas S. Jorge Sport Clube | Veterano M50 | 58:24    | +15:34 | 05:50 |
| 32 | 470 | Carlos sousa                      | Individual                  | Veterano M50 | 58:24    | +15:34 | 05:50 |
| 33 | 512 | Victor Costa                      | Individual                  | Veterano M50 | 58:32    | +15:41 | 05:51 |
| 34 | 502 | Marcio Sebastião Gonçalves Souza  | Individual                  | Veterano M50 | 59:22    | +16:32 | 05:56 |
| 35 | 465 | Baltazar Ferreira                 | Individual                  | Veterano M50 | 59:36    | +16:46 | 05:58 |
| 36 | 514 | Xavier Santiago                   | Individual                  | Veterano M50 | 01:00:01 | +17:11 | 06:00 |
| 37 | 494 | Luís Higinio                      | Individual                  | Veterano M50 | 01:00:02 | +17:12 | 06:00 |
| 38 | 141 | Paulo Sérgio Pais                 | Feirense                    | Veterano M50 | 01:00:24 | +17:34 | 06:02 |
| 39 | 83  | Paulo Gomes                       | Bravos & Bravitas           | Veterano M50 | 01:01:16 | +18:26 | 06:08 |

**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

**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

|    |     |                                     |                                |              |          |        |       |
|----|-----|-------------------------------------|--------------------------------|--------------|----------|--------|-------|
| 40 | 478 | Hilário Cardoso                     | Individual                     | Veterano M50 | 01:01:17 | +18:26 | 06:08 |
| 41 | 523 | Augusto Baptista                    | Juventude Atletica Mozelense   | Veterano M50 | 01:02:03 | +19:12 | 06:12 |
| 42 | 90  | BELMIRO LOPES                       | CAL - Clube Atletismo de Lamas | Veterano M50 | 01:02:05 | +19:15 | 06:13 |
| 43 | 501 | Manuel Silva                        | Individual                     | Veterano M50 | 01:02:12 | +19:21 | 06:13 |
| 44 | 140 | Luis Pais                           | Feirense                       | Veterano M50 | 01:02:22 | +19:32 | 06:14 |
| 45 | 464 | António Moura                       | Individual                     | Veterano M50 | 01:02:36 | +19:46 | 06:16 |
| 46 | 475 | FERNANDO ALVES SILVA                | Individual                     | Veterano M50 | 01:03:13 | +20:23 | 06:19 |
| 47 | 582 | Paulo Gomes                         | Os Tresloucados                | Veterano M50 | 01:04:07 | +21:17 | 06:25 |
| 48 | 183 | Luis Bastos                         | Guisande Trail Running         | Veterano M50 | 01:05:04 | +22:13 | 06:30 |
| 49 | 480 | João Paulino                        | Individual                     | Veterano M50 | 01:05:10 | +22:19 | 06:31 |
| 50 | 640 | Manuel Pereira                      | SSS                            | Veterano M50 | 01:05:24 | +22:34 | 06:32 |
| 51 | 639 | Artur Rodrigues                     | SSS                            | Veterano M50 | 01:05:25 | +22:34 | 06:32 |
| 52 | 81  | David leite                         | Bravos & Bravitas              | Veterano M50 | 01:05:40 | +22:50 | 06:34 |
| 53 | 172 | José Teixeira                       | Guifões                        | Veterano M50 | 01:06:04 | +23:14 | 06:36 |
| 54 | 558 | Alvaro Silva                        | MSS Contabilidade Trail Team   | Veterano M50 | 01:07:22 | +24:31 | 06:44 |
| 55 | 460 | ADERITO VIDEIRA                     | Individual                     | Veterano M50 | 01:07:23 | +24:33 | 06:44 |
| 56 | 503 | Mario Amorim                        | Individual                     | Veterano M50 | 01:08:15 | +25:25 | 06:49 |
| 57 | 25  | Carlos Marques                      | @corredoresderua@              | Veterano M50 | 01:10:06 | +27:16 | 07:01 |
| 58 | 509 | paulo santos                        | Individual                     | Veterano M50 | 01:10:18 | +27:27 | 07:02 |
| 59 | 53  | Serafim fonseca                     | amigos s.pedro da cova         | Veterano M50 | 01:10:24 | +27:34 | 07:02 |
| 60 | 461 | Adriano Oliveira                    | Individual                     | Veterano M50 | 01:10:28 | +27:38 | 07:03 |
| 61 | 165 | Mauricio Lins                       | Forvia Runners                 | Veterano M50 | 01:11:08 | +28:18 | 07:07 |
| 62 | 613 | Amândio Mendes                      | Running Esmoriz                | Veterano M50 | 01:12:02 | +29:11 | 07:12 |
| 63 | 496 | Luís Monteiro                       | Individual                     | Veterano M50 | 01:12:13 | +29:23 | 07:13 |
| 64 | 463 | António Barbosa                     | Individual                     | Veterano M50 | 01:12:59 | +30:09 | 07:18 |
| 65 | 462 | ALBERTO SANTOS                      | Individual                     | Veterano M50 | 01:13:12 | +30:21 | 07:19 |
| 66 | 559 | José Freitas                        | MSS Contabilidade Trail Team   | Veterano M50 | 01:15:19 | +32:28 | 07:32 |
| 67 | 482 | Joaquim Fernando de Oliveira Castro | Individual                     | Veterano M50 | 01:15:43 | +32:53 | 07:34 |
| 68 | 599 | António Silva                       | Pardelhas                      | Veterano M50 | 01:15:56 | +33:06 | 07:36 |
| 69 | 38  | Luís Oliveira                       | ACAIL GAS                      | Veterano M50 | 01:16:22 | +33:32 | 07:38 |
| 70 | 560 | Rui Machado                         | MSS Contabilidade Trail Team   | Veterano M50 | 01:16:57 | +34:06 | 07:42 |
| 71 | 28  | Ricardo Bastos                      | A A Lebres do Sado             | Veterano M50 | 01:19:42 | +36:52 | 07:58 |
| 72 | 590 | Francisco Gonçalves                 | OvarRun                        | Veterano M50 | 01:27:35 | +44:44 | 08:45 |
| 73 | 569 | Amílcar Ferreira                    | OiãRunners                     | Veterano M50 | 01:31:11 | +48:21 | 09:07 |
| 74 | 491 | José Rodrigues Costa                | Individual                     | Veterano M50 | 01:32:01 | +49:11 | 09:12 |

