

CORRIDA - STAGE 1

10 KM

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[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	11:00	17°C	68%
End	12:27	17°C	68%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	2	Artur Rodrigues	Individual	34:41		03:28	
2	8	joão saiyajin	CB RUN	34:54	+00:13	03:29	
3	3	Vitor Domingos Gomes dos Santos	EV / PERALTAFIL	35:16	+00:35	03:32	
4	427	Daniel Santos	Individual	35:30	+00:49	03:33	
5	9	Gil Maia	Individual	36:28	+01:47	03:39	
6	6	João Sousa	PNB	36:30	+01:49	03:39	
7	428	Paulo Pinto	Clube Desportivo Feirense	36:47	+02:06	03:41	
8	22	DANIEL RODRIGUES	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D'ÓVAR	37:49	+03:08	03:47	
9	38	Bruno Silva	Bravos e Bravitas	38:00	+03:19	03:48	
10	62	Pedro Lopes	CB RUN	38:53	+04:12	03:53	
11	74	Ricardo Pereira	LoboSolitario	38:56	+04:15	03:54	
12	7	Pedro Pinho	Clube Desportivo Feirense	39:09	+04:28	03:55	
13	57	Nuno Silva	CAL - Clube Atletismo de Lamas	39:24	+04:43	03:56	
14	206	Paulo Leça	Individual	39:49	+05:08	03:59	
15	416	Augusto Aluai	Sporting Clube de Espinho	40:04	+05:23	04:00	
16	314	Victor Correia Night Runners	Individual	40:28	+05:47	04:03	
17	56	NUNO PAIS	CAL - Clube Atletismo de Lamas	40:33	+05:52	04:03	
18	268	Luiz Carlos Portela Coelho	Individual	40:40	+05:59	04:04	
19	136	Belarmino Mendonça	Guisande Trail Running	40:44	+06:03	04:04	
20	28	Rui Teixeira	Bravos e Bravitas	40:52	+06:11	04:05	
21	348	JOSE FIGUEIREDO	MC	40:58	+06:17	04:06	
22	346	MARCIO MELO	MC	41:01	+06:20	04:06	
23	262	José Correia	Individual	41:07	+06:26	04:07	
24	187	Filipe Almeida	Individual	41:34	+06:53	04:09	
25	349	JOSE GODINHO	MC	41:44	+07:03	04:10	
26	26	Fábio Pereira	Bravos e Bravitas	41:51	+07:10	04:11	
27	63	Fernando Antunes	CCDS S.Frutuoso	42:20	+07:39	04:14	
28	1	Sandra Ferreira	Grupo Desportivo e Cultural de Guilhovai	43:32	+08:51	04:21	
29	21	Jorge valente	Arvor - Associação Recreativa os Veteranos D'Ovar	43:49	+09:08	04:23	
30	44	Sérgio Costa	Bravos e Bravitas	44:05	+09:24	04:24	
31	123	BRUNO FERREIRA	FEEL FREE	44:12	+09:31	04:25	
32	258	Helder Costa	Individual	44:23	+09:42	04:26	
33	138	Helder Oliveira	Guisande Trail Running	44:26	+09:45	04:27	
34	276	Paulo Noormahomed	Individual	44:42	+10:01	04:28	
35	140	Alcino Santos	Guisande Trail Running	44:43	+10:02	04:28	
36	411	Tiago Claro	SicóTrilhos	44:43	+10:02	04:28	
37	137	Domingos Ferreira	Guisande Trail Running	44:43	+10:02	04:28	
38	424	Jorge Silva	Clube Desportivo Feirense	44:49	+10:08	04:29	
39	300	Gilmar Francisco Bichet	Individual	45:06	+10:25	04:31	
40	195	João Ribeiro	Individual	45:08	+10:27	04:31	
41	216	Tomás Andrade Soares	Individual	45:24	+10:43	04:32	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	403	João Tavares	Sei Lá	45:32	+10:51	04:33	
43	55	Filipe Mota	C.D.C. Paradelas do Vouga	45:40	+10:59	04:34	
44	54	Jil Coelho	C.D.C. Paradelas do Vouga	46:08	+11:27	04:37	
45	345	ARMENIO SILVA	MC	46:19	+11:38	04:38	
46	405	Fernando Matos	Sem treinos	46:24	+11:43	04:38	
47	351	José Graça	Metalúgica do Pereiro	46:31	+11:50	04:39	
48	200	Marco Balsinha	Individual	46:35	+11:54	04:39	
49	307	Manuel Arnaud	Individual	46:36	+11:55	04:40	
50	17	LUIS M MARTINS	A.R.DE NEGRELOS	46:39	+11:58	04:40	
51	98	Dora Sá	Europarque Running	46:43	+12:02	04:40	
52	185	Fábio Almeida	Individual	46:45	+12:04	04:40	
53	284	Ricky Matias	Individual	46:50	+12:09	04:41	
54	337	JUSTINO ANTÓNIO ANTUNES SOARES	JAM - Juventude Atlética Mozelenense	46:57	+12:16	04:42	
55	16	MANUEL M GOMES	A.R.DE NEGRELOS	47:08	+12:27	04:43	
56	343	MARA CÉLIA	MC	47:11	+12:30	04:43	
57	344	ARMANDO LEITE	MC	47:11	+12:30	04:43	
58	386	TONY BRI	Run for Fun	47:13	+12:32	04:43	
59	27	João Santos	Bravos e Bravitas	47:28	+12:47	04:45	
60	291	Vergilio Silva Teixeira	Individual	47:29	+12:48	04:45	
61	335	Ricardo Seromenho	JAM - Juventude Atlética Mozelenense	47:38	+12:57	04:46	
62	248	Carlos Bruno	Individual	47:39	+12:58	04:46	
63	270	Márcio Campos	Individual	47:42	+13:01	04:46	
64	301	João garranas 10	Individual	47:55	+13:14	04:47	
65	334	MATILDE BAPTISTA	JAM - Juventude Atlética Mozelenense	48:17	+13:36	04:50	
66	290	Vasco Fernando Valente Regadas	Individual	48:18	+13:37	04:50	
67	213	Samuel da silva rocha	Individual	48:24	+13:43	04:50	
68	25	António Silva	Bravos e Bravitas	48:32	+13:51	04:51	
69	39	Hugo Teixeira	Bravos e Bravitas	48:32	+13:51	04:51	
70	392	Helder Pereira	S. S. MONTEPIO	48:41	+14:00	04:52	
71	266	Luis Gomes	Individual	49:03	+14:22	04:54	
72	350	RODRIGO NUNES	MC	49:06	+14:25	04:55	
73	145	Ricardo Matos	HMC Sports	49:09	+14:28	04:55	
74	422	Luís Lima	Trofa Runners	49:12	+14:31	04:55	
75	377	Cláudio Santos	Run & Fun	49:14	+14:33	04:55	
76	146	Sérgio Miguel Gomes Coelho	HMC Sports	49:17	+14:36	04:56	
77	309	Orlando Soares	Individual	49:19	+14:38	04:56	
78	224	Andreia Noites	SPORTARC	49:20	+14:39	04:56	
79	196	Jose Fontes	Individual	49:32	+14:51	04:57	
80	287	Rui Miguel Pereira dos Santos	Individual	49:33	+14:52	04:57	
81	323	jose soares correia	Individual	49:37	+14:56	04:58	
82	286	Rui Albino	Individual	49:41	+15:00	04:58	
83	205	Nuno Cardoso da Silva	Individual	49:41	+15:00	04:58	
84	180	Claudio Correia	Individual	49:44	+15:03	04:58	
85	312	ruí tavares de oliveira	Individual	49:45	+15:04	04:59	
86	387	Paulo Santos	Run for Fun	50:00	+15:19	05:00	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
87	249	Carlos Costa	Individual	50:05	+15:24	05:01	
88	354	Raul Silva	Núcleo de Montanha de Espinho	50:08	+15:27	05:01	
89	192	Helder Oliveira	Individual	50:11	+15:30	05:01	
90	204	Nuno Almeida	Individual	50:18	+15:37	05:02	
91	181	Cláudio Ferreira	Individual	50:19	+15:38	05:02	
92	390	Nuno Matias	Running Espinho	50:20	+15:39	05:02	
93	79	Armando Sá	Copo Runners	50:22	+15:41	05:02	
94	271	Márcio Daniel Moura	Individual	50:31	+15:50	05:03	
95	237	Carla Rodrigues	Individual	50:37	+15:56	05:04	
96	311	Renato Tavares	Individual	50:41	+16:00	05:04	
97	65	Nuno Guedes	CLUBE DE PESSOAL DAS ÁGUAS DE GAIA	50:42	+16:01	05:04	
98	5	Mónica Oliveira	Clube Desportivo Feirense	50:55	+16:14	05:06	
99	247	Candido Santos	Individual	50:57	+16:16	05:06	
100	384	Norberto Oliveira	Run for Fun	51:00	+16:19	05:06	
101	215	Tiago Silva	Individual	51:00	+16:20	05:06	
102	359	Joaquim Nunes	OZ Running Team	51:01	+16:20	05:06	
103	340	Luis Silva	LUSITÂNIA DE LOUROSA FC	51:02	+16:21	05:06	
104	317	Álvaro Henriques	Individual	51:08	+16:27	05:07	
105	214	Sérgio Miguel Gomes Teixeira	Individual	51:25	+16:44	05:09	
106	197	Levi Fernandes	Individual	51:28	+16:47	05:09	
107	144	Pedro Magalhães	HMC Sports	51:28	+16:47	05:09	
108	133	Miguel Santos	Grupo Desportivo e Cultural de Guilhovai	51:29	+16:48	05:09	
109	100	Marlene Ferreira	Europarque Running	51:30	+16:49	05:09	
110	331	Tiago Silva	ITCenter	51:33	+16:52	05:09	
111	288	Rui Pinto	Individual	51:41	+17:00	05:10	
112	252	Damásio Pereira	Individual	51:41	+17:00	05:10	
113	210	Rui Ferreira	Individual	51:42	+17:01	05:10	
114	42	Paulo Jesus	Bravos e Bravitas	51:45	+17:04	05:10	
115	118	Ana Oliveira	EV / PERALTAFIL	51:46	+17:05	05:11	
116	120	Leonel Silva	EV / PERALTAFIL	51:46	+17:05	05:11	
117	134	Liliana Pinho	Guisande Trail Running	51:48	+17:07	05:11	
118	179	Carlos Salvador	Individual	51:48	+17:07	05:11	
119	308	Manuel Constantino Silva	Individual	51:50	+17:09	05:11	
120	168	Maria Manuela Alves dos Santos	Individual	51:55	+17:14	05:11	
121	182	Danilo Fenu	Individual	51:59	+17:18	05:12	
122	83	Fernando Ramalho	Equipa-A	52:00	+17:19	05:12	
123	82	Alice Couto	Equipa-A	52:38	+17:57	05:16	
124	45	João Gomes	Bravos e Bravitas	52:44	+18:03	05:16	
125	385	Pedro Custódio	Run for Fun	52:49	+18:08	05:17	
126	297	Fernando Manuel Soares Almeida	Individual	52:54	+18:13	05:17	
127	220	Xavier Alves Paiva	Individual	52:55	+18:14	05:18	
128	358	Armando Varanda	OZ Running Team	52:58	+18:17	05:18	
129	78	Sandra Moreira	Copo Runners	52:59	+18:18	05:18	
130	357	Pedro Nunes	OZ Running Team	53:08	+18:27	05:19	
131	102	Milton Silva	Europarque Running	53:09	+18:28	05:19	
132	250	Carlos Gonçalves	Individual	53:17	+18:36	05:20	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	382	Ana Teresa Fernandes de Paiva Santos	Run for Fun	53:29	+18:48	05:21	
134	347	GERMANO SANTOS	MC	53:29	+18:48	05:21	
135	202	Miguel Chaves	Individual	53:31	+18:50	05:21	
136	414	Isabel Soares	SPORTARC	53:32	+18:51	05:21	
137	370	Jenifer Jesus	RECREIO DESPORTIVO DE ÁGUEDA	53:43	+19:02	05:22	
138	217	Vitor Correia	Individual	53:45	+19:04	05:23	
139	156	Manuel Arnaldo Sousa Oliveira	HMC Sports	53:48	+19:07	05:23	
140	212	Rui Sousa	Individual	53:53	+19:12	05:23	
141	407	Pedro Matos	Sem treinos	53:54	+19:13	05:23	
142	417	Tiago Pereira Teiga Peixe	Team Tortuga	53:57	+19:16	05:24	
143	203	Myke Santos	Individual	53:57	+19:16	05:24	
144	41	José Pedro	Bravos e Bravitas	53:57	+19:16	05:24	
145	272	Márcio Oliveira	Individual	53:59	+19:18	05:24	
146	415	Paula Teixeira	SPORTARC	54:07	+19:26	05:25	
147	433	Lucia Pinho	Individual	54:08	+19:27	05:25	
148	69	José Adelino	CLUBE DE PESSOAL DAS ÁGUAS DE GAIA	54:18	+19:37	05:26	
149	81	Daniel Oliveira	D&M	54:30	+19:49	05:27	
150	261	Jorge Oliveira	Individual	54:35	+19:54	05:28	
151	114	Ricardo Vendeira	Europarque Running	54:38	+19:57	05:28	
152	18	Artur Barbosa	ACR DE VALE DE CAMBRA	54:52	+20:11	05:29	
153	406	Julio Cesar	Sem treinos	55:01	+20:20	05:30	
154	201	Mário Dias	Individual	55:02	+20:21	05:30	
155	319	CARLOS RIPOLINS	Individual	55:04	+20:23	05:30	
156	292	Victor de Sá	Individual	55:04	+20:23	05:30	
157	31	Mariline Baptista	Bravos e Bravitas	55:06	+20:25	05:31	
158	399	César Moutinho	S4L Medense FC	55:06	+20:25	05:31	
159	132	Ângela Moutinho	GONDOMAR FUTSAL CLUBE	55:06	+20:25	05:31	
160	52	Raquel Santos	C.D.C. Paradela do Vouga	55:11	+20:30	05:31	
161	219	Vitor Miguel	Individual	55:11	+20:30	05:31	
162	158	Rui Valente	husmanos	55:31	+20:50	05:33	
163	207	Pedro Pinheiro	Individual	55:39	+20:58	05:34	
164	193	Ivo Mota	Individual	55:44	+21:03	05:34	
165	20	Artur Silva	All About	55:53	+21:12	05:35	
166	209	Rui Cardoso	Individual	56:01	+21:20	05:36	
167	143	Manuel Castro	HMC Sports	56:04	+21:23	05:36	
168	189	Francisco Henriques Martins	Individual	56:05	+21:24	05:37	
169	232	Rosa Ribeiro	Individual	56:20	+21:39	05:38	
170	361	José Varandas	OZ Running Team	56:20	+21:39	05:38	
171	412	Marta Gomes	SPORTARC	56:21	+21:40	05:38	
172	379	Mário Todobom	Run & Fun	56:22	+21:41	05:38	
173	274	Paulo Almeida	Individual	56:22	+21:41	05:38	
174	169	Mariana Neves	Individual	56:23	+21:42	05:38	
175	58	JOAQUIM PAULINO	CAL - Clube Atletismo de Lamas	56:42	+22:01	05:40	
176	236	Carla Cardoso	Individual	56:51	+22:10	05:41	
177	43	Pedro Bastos	Bravos e Bravitas	56:58	+22:17	05:42	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
178	198	Luís Almeida	Individual	57:01	+22:20	05:42	
179	264	Leandro Leite	Individual	57:11	+22:30	05:43	
180	226	Catarina Leite	Individual	57:12	+22:31	05:43	
181	116	Paulo Oliveira	Europarque Running	57:33	+22:52	05:45	
182	381	João Guedes	Run for Fun	57:36	+22:55	05:46	
183	218	Vitor faria	Individual	57:40	+22:59	05:46	
184	324	Manuel Silva	Individual	57:53	+23:12	05:47	
185	315	Vitor Manuel dos Santos Silva	Individual	57:58	+23:17	05:48	
186	280	Pedro Cruz	Individual	58:04	+23:23	05:48	
187	277	Paulo Oliveira	Individual	58:29	+23:48	05:51	
188	298	Filipe Soares	Individual	58:32	+23:51	05:51	
189	160	Ana brandao	Individual	58:41	+24:00	05:52	
190	369	Antonio Brandao	Ratos do Asfalto	58:44	+24:03	05:52	
191	383	Maria do Carmo Fernandes de Paiva Terra	Run for Fun	58:47	+24:06	05:53	
192	401	xavier santiago	Santiagos Low Charge	59:00	+24:19	05:54	
193	313	Salvador Marques fardilha	Individual	59:01	+24:20	05:54	
194	107	Laurinda Maria Oliveira	Europarque Running	59:02	+24:21	05:54	
195	295	Benjamim Sousa	Individual	59:12	+24:31	05:55	
196	64	Fabio Miguel Gonçalves Figueiredo	CLUBE DE PESSOAL DAS ÁGUAS DE GAIA	59:27	+24:46	05:57	
197	151	Joaquim Jose Cardoso Encarnacao	HMC Sports	59:29	+24:48	05:57	
198	404	José Tavares	Sei Lá	59:29	+24:48	05:57	
199	402	João Lobo	Sei Lá	59:30	+24:49	05:57	
200	96	Sara Oliveira	Europarque Running	59:34	+24:53	05:57	
201	30	Beta Bandalho	Bravos e Bravitas	59:39	+24:58	05:58	
202	49	Paulo Bandalho	Bravos e Bravitas	59:39	+24:58	05:58	
203	66	ANTONIO SANTOS	CLUBE DE PESSOAL DAS ÁGUAS DE GAIA	59:51	+25:10	05:59	
204	316	ABÍLIO SOARES	Individual	59:51	+25:11	05:59	
205	95	Patricia Fernandes	Europarque Running	59:52	+25:11	05:59	
206	77	FIRMINO NOGUEIRA	Clube Millennium BCP	59:56	+25:15	06:00	
207	420	Udine Peixe	Team Tortuga	59:57	+25:16	06:00	
208	175	Vera Catarina Oliveira	Individual	59:58	+25:17	06:00	
209	269	Marcelo teixeira da Mota	Individual	01:00:04	+25:23	06:00	
210	275	Paulo Jorge	Individual	01:00:06	+25:25	06:01	
211	88	Nuno Correia	Esquadrão das Tartarugas	01:00:16	+25:35	06:02	
212	141	Ana Pinho	HMC Sports	01:00:26	+25:45	06:03	
213	255	Firmino Gomes	Individual	01:00:31	+25:50	06:03	
214	435	Carlos Manuel	Individual	01:00:35	+25:54	06:04	
215	260	João Serdoura	Individual	01:00:40	+25:59	06:04	
216	426	Telmo Nogueira	Individual	01:00:54	+26:13	06:05	
217	267	Luís Manuel Silva	Individual	01:01:04	+26:23	06:06	
218	171	Susana Neves Domingues	Individual	01:01:04	+26:23	06:06	
219	80	Mário Fonseca	D&M	01:01:06	+26:25	06:07	
220	194	Ivo Valente	Individual	01:01:06	+26:25	06:07	
221	59	LUCIDIO DIAS	CAL - Clube Atletismo de Lamas	01:01:09	+26:28	06:07	
222	263	José Manuel Macedo Quintas	Individual	01:01:10	+26:29	06:07	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
223	61	Marlene Vieira	CB RUN	01:01:17	+26:36	06:08	
224	29	Wilson Soares	Bravos e Bravitas	01:01:21	+26:40	06:08	
225	333	Rui Teixeira	ITCenter	01:01:22	+26:41	06:08	
226	188	Filipe Santos	Individual	01:01:23	+26:42	06:08	
227	245	André Resende	Individual	01:01:34	+26:53	06:09	
228	375	Fátima Santos	Run & Fun	01:01:37	+26:56	06:10	
229	163	Anabela Pimenta	Individual	01:01:44	+27:03	06:10	
230	152	Leonel Resende da Rocha	HMC Sports	01:01:48	+27:07	06:11	
231	103	Paula Catarino	Europarque Running	01:01:48	+27:07	06:11	
232	105	Carla Delgadinho	Europarque Running	01:01:49	+27:08	06:11	
233	251	Carlos Silva	Individual	01:01:51	+27:10	06:11	
234	162	Ana Lourenço	Individual	01:01:52	+27:11	06:11	
235	259	Helder Jose Oliveira Lopes	Individual	01:01:55	+27:14	06:11	
236	299	Frederico Moura	Individual	01:02:06	+27:25	06:13	
237	60	Diana Martins	CB RUN	01:02:21	+27:40	06:14	
238	110	Teresa Ribeiro Moreira	Europarque Running	01:02:34	+27:53	06:15	
239	285	Robson Daniel Lingenover	Individual	01:02:44	+28:03	06:16	
240	253	DOTAN GOREN	Individual	01:02:48	+28:07	06:17	
241	148	Vânia Sofia Costa	HMC Sports	01:02:50	+28:09	06:17	
242	289	Silvio Costa	Individual	01:02:51	+28:10	06:17	
243	389	Virgínia Costa	running esmoriz	01:03:03	+28:22	06:18	
244	242	Orquídea Gomes	Individual	01:03:03	+28:22	06:18	
245	306	Luís Miguel Rego	Individual	01:03:03	+28:22	06:18	
246	234	Vera Reis	Individual	01:03:07	+28:26	06:19	
247	296	Eduardo Castro	Individual	01:03:13	+28:32	06:19	
248	283	Ricardo Nordeste	Individual	01:03:15	+28:35	06:20	
249	396	Rui Rebelo	S. S. MONTEPIO	01:03:19	+28:38	06:20	
250	419	José Abreu	Team Tortuga	01:03:23	+28:42	06:20	
251	227	Cláudia Marques	Individual	01:03:27	+28:46	06:21	
252	106	Julia Grilo	Europarque Running	01:03:46	+29:05	06:23	
253	211	Rui Oliveira	Individual	01:03:46	+29:05	06:23	
254	342	HELDER MOTA	MC	01:03:47	+29:06	06:23	
255	341	SANDRA ALMEIDA	MC	01:03:47	+29:06	06:23	
256	176	Vera Santos	Individual	01:04:22	+29:41	06:26	
257	431	Diogo Pereira	Individual	01:04:25	+29:44	06:26	
258	225	Carla Pereira	Individual	01:04:36	+29:55	06:28	
259	294	Adriano Oliveira	Individual	01:05:10	+30:29	06:31	
260	360	Luís Monteiro	OZ Running Team	01:05:17	+30:36	06:32	
261	355	Catarina Filomena Massano Sapage	Os Cansados	01:05:23	+30:42	06:32	
262	356	Nuno Ricardo Matos Carvalho Ribeiro	Os Cansados	01:05:23	+30:42	06:32	
263	408	Joaquim Mota	Sem treinos	01:05:31	+30:50	06:33	
264	68	Manuel Santiago	CLUBE DE PESSOAL DAS ÁGUAS DE GAIA	01:05:34	+30:53	06:33	
265	157	Odete Valente	husmanos	01:05:35	+30:54	06:33	
266	164	Antónia Oliveira	Individual	01:05:45	+31:04	06:34	
267	70	José Barbosa	CLUBE DE PESSOAL DAS ÁGUAS DE GAIA	01:05:53	+31:12	06:35	

CORRIDA - STAGE 1

10 KM

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REVISED

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
268	330	Tiago Nunes	ITCenter	01:05:56	+31:15	06:36	
269	326	Alexandre Costa	ITCenter	01:05:56	+31:15	06:36	
270	122	MÓNICA SILVA	FEEL FREE	01:05:59	+31:18	06:36	
271	124	RUI GUEDES	FEEL FREE	01:05:59	+31:18	06:36	
272	111	Isabel Sousa	running esmoriz	01:06:00	+31:19	06:36	
273	183	Egídio Rodrigues	Individual	01:06:00	+31:19	06:36	
274	174	Teresa Capelo	Individual	01:06:01	+31:20	06:36	
275	84	Tiago Pinto	Esquadrão das Tartarugas	01:06:03	+31:22	06:36	
276	36	Fátima Lopes	Bravos e Bravitas	01:06:07	+31:26	06:37	
277	322	Joaquim Sousa	Individual	01:06:12	+31:31	06:37	
278	165	Inês Sousa	Individual	01:06:12	+31:31	06:37	
279	172	Tânia Soares	Individual	01:06:13	+31:32	06:37	
280	235	Zeza Valente	Individual	01:06:18	+31:37	06:38	
281	241	Maria Melo	Individual	01:06:19	+31:38	06:38	
282	434	José Silva	Individual	01:06:19	+31:38	06:38	
283	410	Tânia Silva	SicóTrilhos	01:06:20	+31:39	06:38	
284	320	FERNANDO SILVA	Individual	01:06:27	+31:46	06:39	
285	149	Cleunice Alves Oliveira	HMC Sports	01:06:32	+31:51	06:39	
286	87	Cristiana Pinto	Esquadrão das Tartarugas	01:06:33	+31:52	06:39	
287	97	Sara Sousa Baptista	Europarque Running	01:06:33	+31:52	06:39	
288	139	Tiago Figueiredo	Guisande Trail Running	01:06:33	+31:52	06:39	
289	135	Marilda Santos	Guisande Trail Running	01:06:45	+32:04	06:41	
290	238	Graça Rodrigues	Individual	01:06:49	+32:08	06:41	
291	19	Fernanda Almeida	ACR DE VALE DE CAMBRA	01:06:53	+32:12	06:41	
292	92	Laura Valente	Europarque Running	01:07:01	+32:20	06:42	
293	318	Carlos Marques	Individual	01:07:16	+32:35	06:44	
294	47	Joaquim Pinho	Bravos e Bravitas	01:07:18	+32:37	06:44	
295	53	Sofia Santos	C.D.C. Paradela do Vouga	01:07:22	+32:41	06:44	
296	125	IOLANDA OLIVEIRA	FEEL FREE	01:07:25	+32:44	06:44	
297	35	Cristina Sousa	Bravos e Bravitas	01:07:42	+33:01	06:46	
298	376	Maria Caínha	Run & Fun	01:08:01	+33:20	06:48	
299	32	Silvia Ferreira	Bravos e Bravitas	01:08:01	+33:20	06:48	
300	93	Manuela Martins	Europarque Running	01:08:11	+33:30	06:49	
301	161	Ana Fitas	Individual	01:08:23	+33:42	06:50	
302	372	Joana Silva Leite Resende	Resende	01:08:32	+33:51	06:51	
303	1288	Marlene Ferreira	Individual	01:08:40	+33:59	06:52	
304	429	Liliana Silva	Clube Desportivo Feirense	01:08:40	+33:59	06:52	
305	150	António Rocha	HMC Sports	01:08:57	+34:16	06:54	
306	147	Raquel Delgadinho	HMC Sports	01:08:57	+34:16	06:54	
307	1049	Leonor Rocha	Individual	01:08:57	+34:16	06:54	
308	51	Ricardo Pinho	Bro's	01:09:05	+34:24	06:55	
309	50	Bruno Pinho	Bro's	01:09:05	+34:24	06:55	
310	397	Sérgio Oliveira	S. S. MONTEPIO	01:09:14	+34:33	06:55	
311	391	Lilian Gomes	S. S. MONTEPIO	01:09:14	+34:33	06:55	
312	418	Dino Celso Batista Nunes	Team Tortuga	01:09:21	+34:40	06:56	
313	177	Alberto Filipe Ribeiro Alves	Individual	01:09:22	+34:41	06:56	

CORRIDA - STAGE 1

10 KM

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REVISED

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
314	223	Anabela Santos Ribeiro	Individual	01:09:23	+34:42	06:56	
315	282	Reinaldo Ferreira	Individual	01:09:23	+34:42	06:56	
316	265	Luís Cardoso	Individual	01:09:58	+35:17	07:00	
317	76	FERNANDO ANTONIO RESENDE RODRIGUES	Clube Millennium BCP	01:10:18	+35:37	07:02	
318	228	Ivete Souza	Individual	01:10:27	+35:46	07:03	
319	254	Filipe Sousa	Individual	01:10:37	+35:56	07:04	
320	1287	Mauricio Leite	Individual	01:10:40	+35:59	07:04	
321	395	Paulo Lopes	S. S. MONTEPIO	01:10:44	+36:03	07:04	
322	90	Diana Pimenta	Europarque Running	01:11:03	+36:22	07:06	
323	321	Joaquim Fernando de Oliveira Castro	Individual	01:11:03	+36:22	07:06	
324	423	Fátima Lopes	Trofa Runners	01:11:03	+36:22	07:06	
325	191	Helder Guimarães Ferreira	Individual	01:11:12	+36:31	07:07	
326	421	João Peixe	Team Tortuga	01:11:24	+36:43	07:08	
327	121	JOANA FONSECA	FEEL FREE	01:11:36	+36:55	07:10	
328	409	Diana Silva	SicóTrilhos	01:11:36	+36:55	07:10	
329	126	JOSÉ FERREIRA	FEEL FREE	01:11:37	+36:56	07:10	
330	373	Victor Manuel Silva Resende	Resende	01:12:29	+37:48	07:15	
331	371	Inês Silva Leite Resende	Resende	01:12:29	+37:48	07:15	
332	279	Pedro António Borges Ferreira	Individual	01:12:43	+38:02	07:16	
333	24	Tânia Ferreira	Bravos e Bravitas	01:13:00	+38:19	07:18	
334	94	Márcia Cardoso	Europarque Running	01:13:08	+38:27	07:19	
335	15	Ricardo Bastos	A A Lebres do Sado	01:13:50	+39:09	07:23	
336	394	Manuel Guedes	S. S. MONTEPIO	01:14:11	+39:30	07:25	
337	208	Pedro Teixeira	Individual	01:14:15	+39:34	07:25	
338	89	Daniela Sá	Europarque Running	01:14:21	+39:40	07:26	
339	142	Joana Caetano Sá	HMC Sports	01:14:23	+39:42	07:26	
340	362	Rosa Bispo	PERNAS INERTES LENTOS DESDE 2017	01:14:36	+39:55	07:28	
341	104	Sílvia Costa	Europarque Running	01:14:59	+40:18	07:30	
342	72	Paulo Ferreira	Clube Desportivo Feirense	01:14:59	+40:18	07:30	
343	166	Inês Teixeira	Individual	01:15:02	+40:21	07:30	
344	366	Emília Teixeira	QUINAS	01:16:15	+41:34	07:38	
345	364	Amélia Ramos	QUINAS	01:16:15	+41:34	07:38	
346	365	Bárbara Brito	QUINAS	01:16:15	+41:34	07:38	
347	367	Nuno Brito	QUINAS	01:16:16	+41:35	07:38	
348	368	Silvio Ferreira	QUINAS	01:16:17	+41:36	07:38	
349	159	Ana almeida	Individual	01:16:57	+42:16	07:42	
350	33	Vírginia Moreira	Bravos e Bravitas	01:18:14	+43:33	07:49	
351	109	Maria José	Europarque Running	01:18:15	+43:34	07:50	
352	398	Carlos Cabouco	S. S. MONTEPIO	01:18:53	+44:12	07:53	
353	352	Ana Castro	Mov'Areias	01:19:25	+44:44	07:56	
354	353	Daniela Santos	Mov'Areias	01:19:25	+44:44	07:56	
355	128	Emília Oliveira	FisioSaúde	01:20:54	+46:13	08:05	
356	129	Rita Braz	FisioSaúde	01:20:55	+46:14	08:06	
357	127	Ana Favas	FisioSaúde	01:20:56	+46:15	08:06	
358	14	Abílio Costa	20 Ver Correr	01:22:21	+47:40	08:14	

10 KM

OFFICIAL RESULT

R

REVISED

Corrida

10 KM

R

REVISED

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	11:00	17°C	68%
End	12:27	17°C	68%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Senior Feminino

1	168	Maria Manuela Alves dos Santos	Individual	Senior Feminino	51:54	+17:13	05:11
2	78	Sandra Moreira	Copo Runners	Senior Feminino	52:59	+18:17	05:18
3	370	Jenifer Jesus	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	53:43	+19:01	05:22
4	52	Raquel Santos	C.D.C. Paradela do Vouga	Senior Feminino	55:11	+20:29	05:31
5	412	Marta Gomes	SPORTARC	Senior Feminino	56:20	+21:39	05:38
6	169	Mariana Neves	Individual	Senior Feminino	56:22	+21:41	05:38
7	160	Ana brandao	Individual	Senior Feminino	58:41	+23:59	05:52
8	96	Sara Oliveira	Europarque Running	Senior Feminino	59:33	+24:52	05:57
9	95	Patricia Fernandes	Europarque Running	Senior Feminino	59:52	+25:10	05:59
10	175	Vera Catarina Oliveira	Individual	Senior Feminino	59:57	+25:16	06:00
11	141	Ana Pinho	HMC Sports	Senior Feminino	01:00:25	+25:44	06:03
12	171	Susana Neves Domingues	Individual	Senior Feminino	01:01:04	+26:22	06:06
13	61	Marlene Vieira	CB RUN	Senior Feminino	01:01:16	+26:35	06:08
14	163	Anabela Pimenta	Individual	Senior Feminino	01:01:43	+27:02	06:10
15	162	Ana Lourenço	Individual	Senior Feminino	01:01:52	+27:11	06:11
16	60	Diana Martins	CB RUN	Senior Feminino	01:02:21	+27:39	06:14
17	341	SANDRA ALMEIDA	MC	Senior Feminino	01:03:47	+29:06	06:23
18	176	Vera Santos	Individual	Senior Feminino	01:04:21	+29:40	06:26
19	164	Antónia Oliveira	Individual	Senior Feminino	01:05:44	+31:03	06:34
20	122	MÓNICA SILVA	FEEL FREE	Senior Feminino	01:05:58	+31:17	06:36
21	174	Teresa Capelo	Individual	Senior Feminino	01:06:00	+31:19	06:36
22	165	Inês Sousa	Individual	Senior Feminino	01:06:12	+31:31	06:37
23	172	Tânia Soares	Individual	Senior Feminino	01:06:13	+31:32	06:37
24	410	Tânia Silva	SicóTrilhos	Senior Feminino	01:06:19	+31:38	06:38
25	97	Sara Sousa Baptista	Europarque Running	Senior Feminino	01:06:33	+31:51	06:39
26	92	Laura Valente	Europarque Running	Senior Feminino	01:07:01	+32:19	06:42
27	53	Sofia Santos	C.D.C. Paradela do Vouga	Senior Feminino	01:07:22	+32:40	06:44
28	93	Manuela Martins	Europarque Running	Senior Feminino	01:08:11	+33:29	06:49
29	161	Ana Fitas	Individual	Senior Feminino	01:08:23	+33:41	06:50
30	372	Joana Silva Leite Resende	Resende	Senior Feminino	01:08:32	+33:50	06:51
31	1288	Marlene Ferreira	Individual	Senior Feminino	01:08:39	+33:58	06:52
32	1049	Leonor Rocha	Individual	Senior Feminino	01:08:56	+34:15	06:54
33	90	Diana Pimenta	Europarque Running	Senior Feminino	01:11:02	+36:21	07:06
34	121	JOANA FONSECA	FEEL FREE	Senior Feminino	01:11:36	+36:54	07:10
35	409	Diana Silva	SicóTrilhos	Senior Feminino	01:11:36	+36:55	07:10
36	371	Inês Silva Leite Resende	Resende	Senior Feminino	01:12:28	+37:47	07:15
37	24	Tânia Ferreira	Bravos e Bravitas	Senior Feminino	01:13:00	+38:19	07:18
38	94	Márcia Cardoso	Europarque Running	Senior Feminino	01:13:07	+38:26	07:19
39	89	Daniela Sá	Europarque Running	Senior Feminino	01:14:20	+39:39	07:26

Official Timekeeper: Lap2Go	1 / 9	generate 13-Nov-2022 12:48
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Corrida

10 KM

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OFFICIAL RESULT

[illegible]

40	142	Joana Caetano Sá	HMC Sports	Senior Feminino	01:14:23	+39:41	07:26
41	166	Inês Teixeira	Individual	Senior Feminino	01:15:02	+40:20	07:30
42	159	Ana almeida	Individual	Senior Feminino	01:16:57	+42:16	07:42
43	352	Ana Castro	Mov'Areias	Senior Feminino	01:19:24	+44:43	07:56
44	353	Daniela Santos	Mov'Areias	Senior Feminino	01:19:24	+44:43	07:56
45	128	Emília Oliveira	FisioSaúde	Senior Feminino	01:20:53	+46:12	08:05
46	129	Rita Braz	FisioSaúde	Senior Feminino	01:20:55	+46:13	08:06
47	127	Ana Favas	FisioSaúde	Senior Feminino	01:20:55	+46:14	08:06

Senior Masculino

1	8	joão saiyajin	CB RUN	Senior Masculino	34:53	+00:12	03:29
2	427	Daniel Santos	Individual	Senior Masculino	35:30	+00:49	03:33
3	9	Gil Maia	Individual	Senior Masculino	36:27	+01:46	03:39
4	6	João Sousa	PNB	Senior Masculino	36:29	+01:48	03:39
5	62	Pedro Lopes	CB RUN	Senior Masculino	38:53	+04:11	03:53
6	206	Paulo Leça	Individual	Senior Masculino	39:48	+05:07	03:59
7	56	NUNO PAIS	CAL - Clube Atletismo de Lamas	Senior Masculino	40:32	+05:51	04:03
8	28	Rui Teixeira	Bravos e Bravitas	Senior Masculino	40:52	+06:10	04:05
9	187	Filipe Almeida	Individual	Senior Masculino	41:34	+06:52	04:09
10	26	Fábio Pereira	Bravos e Bravitas	Senior Masculino	41:51	+07:10	04:11
11	21	Jorge valente	Arvor - Associação Recreativa os Veteranos D'Ovar	Senior Masculino	43:49	+09:07	04:23
12	123	BRUNO FERREIRA	FEEL FREE	Senior Masculino	44:11	+09:30	04:25
13	411	Tiago Claro	SicóTrilhos	Senior Masculino	44:42	+10:01	04:28
14	195	João Ribeiro	Individual	Senior Masculino	45:08	+10:27	04:31
15	216	Tomás Andrade Soares	Individual	Senior Masculino	45:23	+10:42	04:32
16	403	João Tavares	Sei Lá	Senior Masculino	45:31	+10:50	04:33
17	54	Jil Coelho	C.D.C. Paradela do Vouga	Senior Masculino	46:07	+11:26	04:37
18	405	Fernando Matos	Sem treinos	Senior Masculino	46:23	+11:42	04:38
19	200	Marco Balsinha	Individual	Senior Masculino	46:34	+11:53	04:39
20	185	Fábio Almeida	Individual	Senior Masculino	46:44	+12:03	04:40
21	27	João Santos	Bravos e Bravitas	Senior Masculino	47:28	+12:46	04:45
22	213	Samuel da silva rocha	Individual	Senior Masculino	48:23	+13:42	04:50
23	25	António Silva	Bravos e Bravitas	Senior Masculino	48:31	+13:50	04:51
24	145	Ricardo Matos	HMC Sports	Senior Masculino	49:09	+14:28	04:55
25	422	Luís Lima	Trofa Runners	Senior Masculino	49:11	+14:30	04:55
26	146	Sérgio Miguel Gomes Coelho	HMC Sports	Senior Masculino	49:17	+14:36	04:56
27	196	Jose Fontes	Individual	Senior Masculino	49:32	+14:51	04:57
28	205	Nuno Cardoso da Silva	Individual	Senior Masculino	49:41	+14:59	04:58
29	180	Claudio Correia	Individual	Senior Masculino	49:43	+15:02	04:58
30	192	Helder Oliveira	Individual	Senior Masculino	50:10	+15:29	05:01
31	204	Nuno Almeida	Individual	Senior Masculino	50:17	+15:36	05:02
32	181	Cláudio Ferreira	Individual	Senior Masculino	50:18	+15:37	05:02
33	65	Nuno Guedes	CLUBE DE PESSOAL DAS ÁGUAS DE GAIA	Senior Masculino	50:42	+16:00	05:04
34	215	Tiago Silva	Individual	Senior Masculino	51:00	+16:19	05:06

Corrida

10 KM



OFFICIAL RESULT

35	340	Luis Silva	LUSITÂNIA DE LOUROSA FC	Senior Masculino	51:02	+16:20	05:06
36	214	Sérgio Miguel Gomes Teixeira	Individual	Senior Masculino	51:25	+16:44	05:09
37	197	Levi Fernandes	Individual	Senior Masculino	51:27	+16:46	05:09
38	144	Pedro Magalhães	HMC Sports	Senior Masculino	51:27	+16:46	05:09
39	331	Tiago Silva	ITCenter	Senior Masculino	51:33	+16:51	05:09
40	210	Rui Ferreira	Individual	Senior Masculino	51:42	+17:01	05:10
41	179	Carlos Salvador	Individual	Senior Masculino	51:48	+17:06	05:11
42	182	Danilo Fenu	Individual	Senior Masculino	51:59	+17:17	05:12
43	220	Xavier Alves Paiva	Individual	Senior Masculino	52:55	+18:13	05:18
44	202	Miguel Chaves	Individual	Senior Masculino	53:31	+18:49	05:21
45	217	Vitor Correia	Individual	Senior Masculino	53:45	+19:04	05:23
46	212	Rui Sousa	Individual	Senior Masculino	53:53	+19:11	05:23
47	407	Pedro Matos	Sem treinos	Senior Masculino	53:54	+19:13	05:23
48	417	Tiago Pereira Teiga Peixe	Team Tortuga	Senior Masculino	53:56	+19:15	05:24
49	203	Myke Santos	Individual	Senior Masculino	53:56	+19:15	05:24
50	18	Artur Barbosa	ACR DE VALE DE CAMBRA	Senior Masculino	54:51	+20:10	05:29
51	406	Julio Cesar	Sem treinos	Senior Masculino	55:01	+20:19	05:30
52	201	Mário Dias	Individual	Senior Masculino	55:02	+20:21	05:30
53	399	César Moutinho	S4L Medense FC	Senior Masculino	55:05	+20:24	05:31
54	219	Vitor Miguel	Individual	Senior Masculino	55:11	+20:30	05:31
55	207	Pedro Pinheiro	Individual	Senior Masculino	55:38	+20:57	05:34
56	193	Ivo Mota	Individual	Senior Masculino	55:43	+21:02	05:34
57	209	Rui Cardoso	Individual	Senior Masculino	56:00	+21:19	05:36
58	143	Manuel Castro	HMC Sports	Senior Masculino	56:04	+21:22	05:36
59	189	Francisco Henriques Martins	Individual	Senior Masculino	56:05	+21:24	05:37
60	198	Luís Almeida	Individual	Senior Masculino	57:01	+22:19	05:42
61	381	João Guedes	Run for Fun	Senior Masculino	57:36	+22:55	05:46
62	218	Vitor faria	Individual	Senior Masculino	57:39	+22:58	05:46
63	64	Fabio Miguel Gonçalves Figueiredo	CLUBE DE PESSOAL DAS ÁGUAS DE GAIA	Senior Masculino	59:27	+24:46	05:57
64	402	João Lobo	Sei Lá	Senior Masculino	59:29	+24:48	05:57
65	80	Mário Fonseca	D&M	Senior Masculino	01:01:05	+26:24	06:07
66	194	Ivo Valente	Individual	Senior Masculino	01:01:06	+26:25	06:07
67	29	Wilson Soares	Bravos e Bravitas	Senior Masculino	01:01:21	+26:40	06:08
68	188	Filipe Santos	Individual	Senior Masculino	01:01:22	+26:41	06:08
69	211	Rui Oliveira	Individual	Senior Masculino	01:03:45	+29:04	06:23
70	342	HELDER MOTA	MC	Senior Masculino	01:03:47	+29:06	06:23
71	431	Diogo Pereira	Individual	Senior Masculino	01:04:24	+29:43	06:26
72	330	Tiago Nunes	ITCenter	Senior Masculino	01:05:55	+31:14	06:36
73	326	Alexandre Costa	ITCenter	Senior Masculino	01:05:55	+31:14	06:36
74	124	RUI GUEDES	FEEL FREE	Senior Masculino	01:05:59	+31:17	06:36
75	183	Egídio Rodrigues	Individual	Senior Masculino	01:06:00	+31:19	06:36
76	84	Tiago Pinto	Esquadrão das Tartarugas	Senior Masculino	01:06:02	+31:21	06:36
77	50	Bruno Pinho	Bro's	Senior Masculino	01:09:05	+34:23	06:55
78	177	Alberto Filipe Ribeiro Alves	Individual	Senior Masculino	01:09:22	+34:41	06:56
79	191	Helder Guimarães Ferreira	Individual	Senior Masculino	01:11:11	+36:30	07:07

Corrida

10 KM



OFFICIAL RESULT

80 208 Pedro Teixeira Individual Senior Masculino 01:14:14 +39:33 07:25

Veterana F40

1	1	Sandra Ferreira	Grupo Desportivo e Cultural de Guilhovai	Veterana F40	43:31	+08:50	04:21
2	98	Dora Sá	Europarque Running	Veterana F40	46:42	+12:01	04:40
3	343	MARA CÉLIA	MC	Veterana F40	47:10	+12:29	04:43
4	224	Andreia Noites	SPORTARC	Veterana F40	49:19	+14:38	04:56
5	5	Mónica Oliveira	Clube Desportivo Feirense	Veterana F40	50:55	+16:13	05:06
6	100	Marlene Ferreira	Europarque Running	Veterana F40	51:29	+16:48	05:09
7	118	Ana Oliveira	EV / PERALTAFIL	Veterana F40	51:46	+17:05	05:11
8	134	Liliana Pinho	Guisande Trail Running	Veterana F40	51:47	+17:06	05:11
9	382	Ana Teresa Fernandes de Paiva Santos	Run for Fun	Veterana F40	53:28	+18:47	05:21
10	414	Isabel Soares	SPORTARC	Veterana F40	53:32	+18:51	05:21
11	31	Marilene Baptista	Bravos e Bravitas	Veterana F40	55:05	+20:24	05:31
12	232	Rosa Ribeiro	Individual	Veterana F40	56:19	+21:38	05:38
13	226	Catarina Leite	Individual	Veterana F40	57:11	+22:30	05:43
14	383	Maria do Carmo Fernandes de Paiva Terra	Run for Fun	Veterana F40	58:46	+24:05	05:53
15	30	Beta Bandalho	Bravos e Bravitas	Veterana F40	59:39	+24:57	05:58
16	375	Fátima Santos	Run & Fun	Veterana F40	01:01:37	+26:55	06:10
17	103	Paula Catarino	Europarque Running	Veterana F40	01:01:48	+27:06	06:11
18	148	Vânia Sofia Costa	HMC Sports	Veterana F40	01:02:50	+28:08	06:17
19	389	Virgínia Costa	running esmoriz	Veterana F40	01:03:02	+28:21	06:18
20	234	Vera Reis	Individual	Veterana F40	01:03:06	+28:25	06:19
21	227	Cláudia Marques	Individual	Veterana F40	01:03:27	+28:46	06:21
22	225	Carla Pereira	Individual	Veterana F40	01:04:36	+29:54	06:28
23	355	Catarina Filomena Massano Sapage	Os Cansados	Veterana F40	01:05:22	+30:41	06:32
24	157	Odete Valente	husmanos	Veterana F40	01:05:34	+30:53	06:33
25	111	Isabel Sousa	running esmoriz	Veterana F40	01:05:59	+31:18	06:36
26	235	Zeza Valente	Individual	Veterana F40	01:06:18	+31:37	06:38
27	87	Cristiana Pinto	Esquadrão das Tartarugas	Veterana F40	01:06:32	+31:51	06:39
28	135	Marilda Santos	Guisande Trail Running	Veterana F40	01:06:44	+32:03	06:41
29	125	IOLANDA OLIVEIRA	FEEL FREE	Veterana F40	01:07:24	+32:43	06:44
30	32	Silvia Ferreira	Bravos e Bravitas	Veterana F40	01:08:00	+33:19	06:48
31	429	Liliana Silva	Clube Desportivo Feirense	Veterana F40	01:08:39	+33:58	06:52
32	147	Raquel Delgadinho	HMC Sports	Veterana F40	01:08:56	+34:15	06:54
33	391	Lilian Gomes	S. S. MONTEPIO	Veterana F40	01:09:14	+34:32	06:55
34	223	Anabela Santos Ribeiro	Individual	Veterana F40	01:09:22	+34:41	06:56
35	228	Ivete Souza	Individual	Veterana F40	01:10:27	+35:46	07:03
36	104	Sílvia Costa	Europarque Running	Veterana F40	01:14:58	+40:17	07:30
37	364	Amélia Ramos	QUINAS	Veterana F40	01:16:15	+41:33	07:38
38	365	Bárbara Brito	QUINAS	Veterana F40	01:16:15	+41:34	07:38

Corrida

10 KM



OFFICIAL RESULT

39 33 Virginia Moreira Bravos e Bravitas Veterana F40 01:18:13 +43:32 07:49

Veterana F50

1	334	MATILDE BAPTISTA	JAM - Juventude Atlética Mozelenze	Veterana F50	48:17	+13:35	04:50
2	237	Carla Rodrigues	Individual	Veterana F50	50:37	+15:56	05:04
3	82	Alice Couto	Equipa-A	Veterana F50	52:38	+17:56	05:16
4	415	Paula Teixeira	SPORTARC	Veterana F50	54:06	+19:25	05:25
5	433	Lucia Pinho	Individual	Veterana F50	54:07	+19:26	05:25
6	132	Ângela Moutinho	GONDOMAR FUTSAL CLUBE	Veterana F50	55:06	+20:24	05:31
7	236	Carla Cardoso	Individual	Veterana F50	56:51	+22:09	05:41
8	107	Laurinda Maria Oliveira	Europarque Running	Veterana F50	59:02	+24:20	05:54
9	105	Carla Delgadinho	Europarque Running	Veterana F50	01:01:49	+27:07	06:11
10	110	Teresa Ribeiro Moreira	Europarque Running	Veterana F50	01:02:33	+27:52	06:15
11	242	Orquídea Gomes	Individual	Veterana F50	01:03:03	+28:21	06:18
12	106	Julia Grilo	Europarque Running	Veterana F50	01:03:45	+29:04	06:23
13	36	Fátima Lopes	Bravos e Bravitas	Veterana F50	01:06:07	+31:25	06:37
14	241	Maria Melo	Individual	Veterana F50	01:06:18	+31:37	06:38
15	149	Cleunice Alves Oliveira	HMC Sports	Veterana F50	01:06:31	+31:50	06:39
16	238	Graça Rodrigues	Individual	Veterana F50	01:06:48	+32:07	06:41
17	35	Cristina Sousa	Bravos e Bravitas	Veterana F50	01:07:41	+33:00	06:46
18	376	Maria Caíña	Run & Fun	Veterana F50	01:08:00	+33:19	06:48
19	366	Emília Teixeira	QUINAS	Veterana F50	01:16:15	+41:33	07:38
20	109	Maria José	Europarque Running	Veterana F50	01:18:15	+43:33	07:50
21	12	Fátima Costa	20 Ver Correr	Veterana F50	01:22:21	+47:39	08:14

Veterana F60

1	19	Fernanda Almeida	ACR DE VALE DE CAMBRA	Veterana F60	01:06:53	+32:12	06:41
2	423	Fátima Lopes	Trofa Runners	Veterana F60	01:11:03	+36:21	07:06
3	362	Rosa Bispo	PERNAS INERTES LENTOS DESDE 2017	Veterana F60	01:14:35	+39:54	07:28

Veterano M40

1	2	Artur Rodrigues	Individual	Veterano M40	34:41		03:28
2	3	Vitor Domingos Gomes dos Santos	EV / PERALTAFIL	Veterano M40	35:15	+00:34	03:32
3	428	Paulo Pinto	Clube Desportivo Feirense	Veterano M40	36:47	+02:05	03:41
4	22	DANIEL RODRIGUES	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D'ÓVAR	Veterano M40	37:48	+03:07	03:47
5	38	Bruno Silva	Bravos e Bravitas	Veterano M40	38:00	+03:19	03:48
6	74	Ricardo Pereira	LoboSolitario	Veterano M40	38:56	+04:14	03:54
7	7	Pedro Pinho	Clube Desportivo Feirense	Veterano M40	39:08	+04:27	03:55

Corrida

10 KM



OFFICIAL RESULT

8	57	Nuno Silva	CAL - Clube Atletismo de Lamas	Veterano M40	39:23	+04:42	03:56
9	268	Luiz Carlos Portela Coelho	Individual	Veterano M40	40:39	+05:58	04:04
10	136	Belarmino Mendonça	Guisande Trail Running	Veterano M40	40:43	+06:02	04:04
11	346	MARCIO MELO	MC	Veterano M40	41:00	+06:19	04:06
12	262	José Correia	Individual	Veterano M40	41:06	+06:25	04:07
13	44	Sérgio Costa	Bravos e Bravitas	Veterano M40	44:04	+09:23	04:24
14	258	Helder Costa	Individual	Veterano M40	44:23	+09:41	04:26
15	138	Helder Oliveira	Guisande Trail Running	Veterano M40	44:25	+09:44	04:27
16	276	Paulo Noormahomed	Individual	Veterano M40	44:42	+10:01	04:28
17	137	Domingos Ferreira	Guisande Trail Running	Veterano M40	44:43	+10:01	04:28
18	424	Jorge Silva	Clube Desportivo Feirense	Veterano M40	44:49	+10:08	04:29
19	55	Filipe Mota	C.D.C. Paradela do Vouga	Veterano M40	45:39	+10:58	04:34
20	345	ARMENIO SILVA	MC	Veterano M40	46:18	+11:37	04:38
21	284	Ricky Matias	Individual	Veterano M40	46:50	+12:08	04:41
22	344	ARMANDO LEITE	MC	Veterano M40	47:10	+12:29	04:43
23	386	TONY BRI	Run for Fun	Veterano M40	47:13	+12:31	04:43
24	291	Vergilio Silva Teixeira	Individual	Veterano M40	47:29	+12:47	04:45
25	335	Ricardo Seromenho	JAM - Juventude Atlética Mozelense	Veterano M40	47:37	+12:56	04:46
26	248	Carlos Bruno	Individual	Veterano M40	47:39	+12:57	04:46
27	270	Márcio Campos	Individual	Veterano M40	47:42	+13:00	04:46
28	290	Vasco Fernando Valente Regadas	Individual	Veterano M40	48:17	+13:36	04:50
29	39	Hugo Teixeira	Bravos e Bravitas	Veterano M40	48:31	+13:50	04:51
30	392	Helder Pereira	S. S. MONTEPIO	Veterano M40	48:41	+14:00	04:52
31	266	Luis Gomes	Individual	Veterano M40	49:03	+14:22	04:54
32	377	Cláudio Santos	Run & Fun	Veterano M40	49:13	+14:32	04:55
33	287	Rui Miguel Pereira dos Santos	Individual	Veterano M40	49:33	+14:51	04:57
34	286	Rui Albino	Individual	Veterano M40	49:40	+14:59	04:58
35	249	Carlos Costa	Individual	Veterano M40	50:05	+15:23	05:01
36	354	Raul Silva	Núcleo de Montanha de Espinho	Veterano M40	50:08	+15:26	05:01
37	390	Nuno Matias	Running Espinho	Veterano M40	50:20	+15:39	05:02
38	79	Armando Sá	Copo Runners	Veterano M40	50:22	+15:40	05:02
39	271	Márcio Daniel Moura	Individual	Veterano M40	50:31	+15:50	05:03
40	247	Candido Santos	Individual	Veterano M40	50:56	+16:15	05:06
41	133	Miguel Santos	Grupo Desportivo e Cultural de Guilhovai	Veterano M40	51:28	+16:47	05:09
42	288	Rui Pinto	Individual	Veterano M40	51:40	+16:59	05:10
43	252	Damásio Pereira	Individual	Veterano M40	51:40	+16:59	05:10
44	42	Paulo Jesus	Bravos e Bravitas	Veterano M40	51:44	+17:03	05:10
45	385	Pedro Custódio	Run for Fun	Veterano M40	52:48	+18:07	05:17
46	357	Pedro Nunes	OZ Running Team	Veterano M40	53:07	+18:26	05:19
47	102	Milton Silva	Europarque Running	Veterano M40	53:08	+18:27	05:19
48	250	Carlos Gonçalves	Individual	Veterano M40	53:17	+18:35	05:20
49	41	José Pedro	Bravos e Bravitas	Veterano M40	53:56	+19:15	05:24
50	272	Márcio Oliveira	Individual	Veterano M40	53:59	+19:17	05:24
51	81	Daniel Oliveira	D&M	Veterano M40	54:30	+19:49	05:27
52	261	Jorge Oliveira	Individual	Veterano M40	54:35	+19:54	05:28

Corrida

10 KM



OFFICIAL RESULT

53	114	Ricardo Vendeira	Europarque Running	Veterano M40	54:37	+19:56	05:28
54	292	Victor de Sá	Individual	Veterano M40	55:03	+20:22	05:30
55	158	Rui Valente	husmanos	Veterano M40	55:31	+20:49	05:33
56	274	Paulo Almeida	Individual	Veterano M40	56:22	+21:40	05:38
57	43	Pedro Bastos	Bravos e Bravitas	Veterano M40	56:57	+22:16	05:42
58	264	Leandro Leite	Individual	Veterano M40	57:11	+22:30	05:43
59	280	Pedro Cruz	Individual	Veterano M40	58:03	+23:22	05:48
60	277	Paulo Oliveira	Individual	Veterano M40	58:29	+23:48	05:51
61	151	Joaquim Jose Cardoso Encarnacao	HMC Sports	Veterano M40	59:29	+24:47	05:57
62	420	Udine Peixe	Team Tortuga	Veterano M40	59:57	+25:16	06:00
63	269	Marcelo teixeira da Mota	Individual	Veterano M40	01:00:04	+25:23	06:00
64	275	Paulo Jorge	Individual	Veterano M40	01:00:06	+25:25	06:01
65	88	Nuno Correia	Esquadrão das Tartarugas	Veterano M40	01:00:16	+25:34	06:02
66	255	Firmino Gomes	Individual	Veterano M40	01:00:31	+25:49	06:03
67	260	João Serdoura	Individual	Veterano M40	01:00:39	+25:58	06:04
68	426	Telmo Nogueira	Individual	Veterano M40	01:00:54	+26:12	06:05
69	267	Luís Manuel Silva	Individual	Veterano M40	01:01:04	+26:22	06:06
70	263	José Manuel Macedo Quintas	Individual	Veterano M40	01:01:09	+26:28	06:07
71	333	Rui Teixeira	ITCenter	Veterano M40	01:01:22	+26:41	06:08
72	245	André Resende	Individual	Veterano M40	01:01:33	+26:52	06:09
73	152	Leonel Resende da Rocha	HMC Sports	Veterano M40	01:01:48	+27:06	06:11
74	251	Carlos Silva	Individual	Veterano M40	01:01:51	+27:09	06:11
75	259	Helder Jose Oliveira Lopes	Individual	Veterano M40	01:01:54	+27:13	06:11
76	285	Robson Daniel Lingenover	Individual	Veterano M40	01:02:43	+28:02	06:16
77	253	DOTAN GOREN	Individual	Veterano M40	01:02:48	+28:06	06:17
78	289	Silvio Costa	Individual	Veterano M40	01:02:51	+28:10	06:17
79	283	Ricardo Nordeste	Individual	Veterano M40	01:03:15	+28:34	06:20
80	396	Rui Rebelo	S. S. MONTEPIO	Veterano M40	01:03:18	+28:37	06:20
81	419	José Abreu	Team Tortuga	Veterano M40	01:03:22	+28:41	06:20
82	356	Nuno Ricardo Matos Carvalho Ribeiro	Os Cansados	Veterano M40	01:05:22	+30:41	06:32
83	408	Joaquim Mota	Sem treinos	Veterano M40	01:05:30	+30:49	06:33
84	139	Tiago Figueiredo	Guisande Trail Running	Veterano M40	01:06:33	+31:52	06:39
85	150	António Rocha	HMC Sports	Veterano M40	01:08:56	+34:15	06:54
86	51	Ricardo Pinho	Bro's	Veterano M40	01:09:05	+34:23	06:55
87	397	Sérgio Oliveira	S. S. MONTEPIO	Veterano M40	01:09:13	+34:32	06:55
88	418	Dino Celso Batista Nunes	Team Tortuga	Veterano M40	01:09:20	+34:39	06:56
89	282	Reinaldo Ferreira	Individual	Veterano M40	01:09:23	+34:42	06:56
90	265	Luís Cardoso	Individual	Veterano M40	01:09:58	+35:16	07:00
91	254	Filipe Sousa	Individual	Veterano M40	01:10:36	+35:55	07:04
92	395	Paulo Lopes	S. S. MONTEPIO	Veterano M40	01:10:44	+36:02	07:04
93	126	JOSÉ FERREIRA	FEEL FREE	Veterano M40	01:11:36	+36:55	07:10
94	373	Victor Manuel Silva Resende	Resende	Veterano M40	01:12:28	+37:47	07:15
95	279	Pedro António Borges Ferreira	Individual	Veterano M40	01:12:42	+38:01	07:16
96	394	Manuel Guedes	S. S. MONTEPIO	Veterano M40	01:14:11	+39:30	07:25
97	72	Paulo Ferreira	Clube Desportivo Feirense	Veterano M40	01:14:59	+40:17	07:30
98	367	Nuno Brito	QUINAS	Veterano M40	01:16:16	+41:34	07:38

Corrida

10 KM



OFFICIAL RESULT

99 368 Silvio Ferreira QUINAS Veterano M40 01:16:16 +41:35 07:38

Veterano M50

1	416	Augusto Aluai	Sporting Clube de Espinho	Veterano M50	40:03	+05:22	04:00
2	314	Victor Correia Night Runners	Individual	Veterano M50	40:27	+05:46	04:03
3	348	JOSE FIGUEIREDO	MC	Veterano M50	40:57	+06:16	04:06
4	349	JOSE GODINHO	MC	Veterano M50	41:44	+07:03	04:10
5	63	Fernando Antunes	CCDS S.Frutuoso	Veterano M50	42:19	+07:38	04:14
6	140	Alcino Santos	Guisande Trail Running	Veterano M50	44:42	+10:01	04:28
7	300	Gilmar Francisco Bichet	Individual	Veterano M50	45:06	+10:25	04:31
8	307	Manuel Arnaud	Individual	Veterano M50	46:35	+11:54	04:40
9	337	JUSTINO ANTÓNIO ANTUNES SOARES	JAM - Juventude Atlética Mozelenense	Veterano M50	46:57	+12:16	04:42
10	16	MANUEL M GOMES	A.R.DE NEGRELOS	Veterano M50	47:07	+12:26	04:43
11	301	João garranas 10	Individual	Veterano M50	47:54	+13:13	04:47
12	309	Orlando Soares	Individual	Veterano M50	49:18	+14:37	04:56
13	312	rui tavares de oliveira	Individual	Veterano M50	49:45	+15:04	04:59
14	387	Paulo Santos	Run for Fun	Veterano M50	49:59	+15:18	05:00
15	311	Renato Tavares	Individual	Veterano M50	50:41	+16:00	05:04
16	359	Joaquim Nunes	OZ Running Team	Veterano M50	51:00	+16:19	05:06
17	120	Leonel Silva	EV / PERALTAFIL	Veterano M50	51:46	+17:05	05:11
18	308	Manuel Constantino Silva	Individual	Veterano M50	51:50	+17:09	05:11
19	45	João Gomes	Bravos e Bravitas	Veterano M50	52:43	+18:02	05:16
20	297	Fernando Manuel Soares Almeida	Individual	Veterano M50	52:53	+18:12	05:17
21	358	Armando Varanda	OZ Running Team	Veterano M50	52:58	+18:16	05:18
22	347	GERMANO SANTOS	MC	Veterano M50	53:29	+18:47	05:21
23	156	Manuel Arnaldo Sousa Oliveira	HMC Sports	Veterano M50	53:48	+19:07	05:23
24	20	Artur Silva	All About	Veterano M50	55:52	+21:11	05:35
25	379	Mário Todobom	Run & Fun	Veterano M50	56:21	+21:40	05:38
26	116	Paulo Oliveira	Europarque Running	Veterano M50	57:32	+22:51	05:45
27	315	Vitor Manuel dos Santos Silva	Individual	Veterano M50	57:57	+23:16	05:48
28	298	Filipe Soares	Individual	Veterano M50	58:31	+23:50	05:51
29	401	xavier santiago	Santiagos Low Charge	Veterano M50	59:00	+24:18	05:54
30	313	Salvador Marques fardilha	Individual	Veterano M50	59:00	+24:19	05:54
31	295	Benjamim Sousa	Individual	Veterano M50	59:11	+24:30	05:55
32	404	José Tavares	Sei Lá	Veterano M50	59:29	+24:48	05:57
33	49	Paulo Bandalho	Bravos e Bravitas	Veterano M50	59:39	+24:58	05:58
34	66	ANTONIO SANTOS	CLUBE DE PESSOAL DAS ÁGUAS DE GAIA	Veterano M50	59:50	+25:09	05:59
35	77	FIRMINO NOGUEIRA	Clube Millennium BCP	Veterano M50	59:55	+25:14	06:00
36	435	Carlos Manuel	Individual	Veterano M50	01:00:35	+25:53	06:04
37	299	Frederico Moura	Individual	Veterano M50	01:02:06	+27:24	06:13
38	306	Luís Miguel Rego	Individual	Veterano M50	01:03:03	+28:21	06:18
39	296	Eduardo Castro	Individual	Veterano M50	01:03:12	+28:31	06:19

Corrida

10 KM



OFFICIAL RESULT

40	294	Adriano Oliveira	Individual	Veterano M50	01:05:10	+30:29	06:31
41	360	Luís Monteiro	OZ Running Team	Veterano M50	01:05:16	+30:35	06:32
42	68	Manuel Santiago	CLUBE DE PESSOAL DAS ÁGUAS DE GAIA	Veterano M50	01:05:33	+30:52	06:33
43	434	José Silva	Individual	Veterano M50	01:06:18	+31:37	06:38
44	47	Joaquim Pinho	Bravos e Bravitas	Veterano M50	01:07:18	+32:36	06:44
45	76	FERNANDO ANTONIO RESENDE RODRIGUES	Clube Millennium BCP	Veterano M50	01:10:18	+35:36	07:02
46	1287	Maurício Leite	Individual	Veterano M50	01:10:40	+35:58	07:04
47	421	João Peixe	Team Tortuga	Veterano M50	01:11:23	+36:42	07:08
48	15	Ricardo Bastos	A A Lebres do Sado	Veterano M50	01:13:49	+39:08	07:23
49	398	Carlos Cabouco	S. S. MONTEPIO	Veterano M50	01:18:53	+44:12	07:53
50	14	Abílio Costa	20 Ver Correr	Veterano M50	01:22:21	+47:39	08:14
51	10	José Rodrigues Costa	Individual	Veterano M50	01:27:05	+52:24	08:43

Veterano M60

1	351	José Graça	Metalúgica do Pereiro	Veterano M60	46:30	+11:49	04:39
2	17	LUIS M MARTINS	A.R.DE NEGRELOS	Veterano M60	46:38	+11:57	04:40
3	350	RODRIGO NUNES	MC	Veterano M60	49:06	+14:24	04:55
4	323	jose soares correia	Individual	Veterano M60	49:37	+14:55	04:58
5	384	Norberto Oliveira	Run for Fun	Veterano M60	51:00	+16:18	05:06
6	317	Álvaro Henriques	Individual	Veterano M60	51:08	+16:27	05:07
7	83	Fernando Ramalho	Equipa-A	Veterano M60	51:59	+17:18	05:12
8	69	José Adelino	CLUBE DE PESSOAL DAS ÁGUAS DE GAIA	Veterano M60	54:17	+19:36	05:26
9	319	CARLOS RIPOLINS	Individual	Veterano M60	55:03	+20:22	05:30
10	361	José Varandas	OZ Running Team	Veterano M60	56:20	+21:38	05:38
11	58	JOAQUIM PAULINO	CAL - Clube Atletismo de Lamas	Veterano M60	56:41	+22:00	05:40
12	324	Manuel Silva	Individual	Veterano M60	57:52	+23:11	05:47
13	369	Antonio Brandao	Ratos do Asfalto	Veterano M60	58:44	+24:03	05:52
14	316	ABÍLIO SOARES	Individual	Veterano M60	59:51	+25:10	05:59
15	59	LUCIDIO DIAS	CAL - Clube Atletismo de Lamas	Veterano M60	01:01:08	+26:27	06:07
16	70	José Barbosa	CLUBE DE PESSOAL DAS ÁGUAS DE GAIA	Veterano M60	01:05:53	+31:11	06:35
17	322	Joaquim Sousa	Individual	Veterano M60	01:06:12	+31:31	06:37
18	320	FERNANDO SILVA	Individual	Veterano M60	01:06:26	+31:45	06:39
19	318	Carlos Marques	Individual	Veterano M60	01:07:15	+32:34	06:44
20	321	Joaquim Fernando de Oliveira Castro	Individual	Veterano M60	01:11:03	+36:21	07:06

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 13-Nov-2022 12:31
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