

### 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

### 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

	Time	Temperature	Humidity
Start	17:30	7,3°C	94%
End	18:54	7,3°C	94%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	129	Fernando Serrão	Individual	33:59		03:24	
2	131	Luis Miguel Pinto Saraiva	Individual	34:11	+00:12	03:25	
3	125	Carlos Costa	Individual	34:34	+00:35	03:27	
4	115	Carlos Lopes	Clube Atlético de Macedo de Cavaleiros	35:19	+01:20	03:32	
5	1	Paulo Aleixo	BEÇA RUN CAKE   US D'APUTE	35:35	+01:36	03:34	
6	114	Nuno Pereira	Clube Atlético de Macedo de Cavaleiros	37:30	+03:31	03:45	
7	101	Pedro Freitas	AMA	38:19	+04:20	03:50	
8	1962	António Campos	Individual	39:39	+05:40	03:58	
9	164	Sara Carvalho	RECREIO DESPORTIVO DE ÁGUEDA	40:16	+06:17	04:02	
10	150	Nuno Ferreira	Individual	40:27	+06:28	04:03	
11	117	Paulo Tavares	Fronteiros de Chaves	41:48	+07:49	04:11	
12	161	Luís Teixeira	Lobos do Brunheiro de Chaves / Anteros	42:31	+08:32	04:15	
13	112	Susana Vilela	C+S Lavra	42:34	+08:35	04:15	
14	138	Samuel dos santos lobo	Individual	43:28	+09:29	04:21	
15	126	Daniel Coroado	Individual	43:34	+09:35	04:21	
16	1949	Luís António Martins Morais	Individual	44:07	+10:08	04:25	
17	137	Rui Torres	Individual	44:47	+10:48	04:29	
18	124	Bruno Rua	Individual	44:48	+10:49	04:29	
19	160	Carlos Borges	Lobos do Brunheiro de Chaves / Anteros	44:51	+10:52	04:29	
20	1952	Angelo Costa	Individual	44:58	+10:59	04:30	
21	119	Beatriz Fernandes	Individual	45:03	+11:04	04:30	
22	132	Nuno Fernandes	Individual	45:04	+11:05	04:30	
23	127	Fábio Alves Pereira	Individual	45:14	+11:15	04:31	
24	147	Jose Santos	Individual	46:11	+12:12	04:37	
25	159	Samuel Oliveira	Lobos do Brunheiro de Chaves / Anteros	46:59	+13:00	04:42	
26	123	Bruno Pinto	Individual	47:10	+13:11	04:43	
27	1954	Carlos Sousa	CTM VILA POUCA DE AGUIAR	47:15	+13:16	04:44	
28	111	TIAGO PONA	BVSP CHAVES	47:19	+13:20	04:44	
29	1961	Jadir Pereira	Individual	47:23	+13:24	04:44	
30	168	Silvana Dias	Team EIComandante	47:41	+13:42	04:46	
31	169	Nuno Costa	Team EIComandante	47:41	+13:42	04:46	
32	1963	Miguel Gomes	Individual	47:52	+13:53	04:47	
33	128	Fábio Ferreira	Individual	48:26	+14:27	04:51	
34	157	Pedro Alves	Lobos do Brunheiro de Chaves / Anteros	49:12	+15:13	04:55	
35	1956	Rafaela Bento	Individual	49:20	+15:21	04:56	
36	1959	Sérgio Vilela	Individual	49:22	+15:23	04:56	
37	144	EDUARDO JOSÉ RODRIGUES SILVA	Individual	50:05	+16:06	05:00	
38	1950	Rafael Serafim	Individual	50:18	+16:19	05:02	
39	163	Cândido Morais	Lobos do Brunheiro de Chaves / Anteros	50:23	+16:24	05:02	
40	158	Rui Rua	Lobos do Brunheiro de Chaves / Anteros	50:40	+16:41	05:04	
41	155	Rosa Cabeleira	Lobos do Brunheiro de Chaves / Anteros	50:40	+16:41	05:04	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	130	Joel Alves da Silva	Individual	50:54	+16:55	05:05	
43	1953	Ruben Melo	Individual	52:51	+18:52	05:17	
44	146	Jorge Macedo	Individual	52:55	+18:56	05:17	
45	1957	Fernando Guimarães	Individual	53:03	+19:04	05:18	
46	154	Marta Costa	Lobos do Brunheiro de Chaves / Anteros	53:04	+19:05	05:18	
47	1958	João Carneiro	Individual	53:24	+19:25	05:20	
48	148	José Manuel Castelo Gonçalves	Individual	54:38	+20:39	05:28	
49	156	Diogo Santos	Lobos do Brunheiro de Chaves / Anteros	54:59	+21:00	05:30	
50	149	Luís Barbosa	Individual	55:33	+21:34	05:33	
51	1960	Lucia Lemos	Individual	58:07	+24:08	05:49	
52	143	Diocleciano Augusto Pereira Leite de Sousa Pimentel	Individual	01:02:30	+28:31	06:15	
53	110	Sara Ponteira	BEÇA RUN CAKE   US D'APUTE	01:02:33	+28:34	06:15	
54	139	Tiago Diaz	Individual	01:02:36	+28:37	06:16	
55	145	Jorge cruz	Individual	01:02:37	+28:38	06:16	
56	162	Pedro Roxo	Lobos do Brunheiro de Chaves / Anteros	01:03:02	+29:03	06:18	
57	102	vítor cardoso	Atlético da Madalena	01:04:05	+30:06	06:24	
58	141	Isabel Cardoso Gonçalves	Individual	01:04:05	+30:06	06:24	
59	8	João Paulo D'Além	Individual	01:05:31	+31:32	06:33	
60	116	Luís Pires	CrossBox Chaves	01:05:31	+31:32	06:33	
61	107	José Pires	BEÇA RUN CAKE   US D'APUTE	01:07:20	+33:21	06:44	
62	151	Vitor Hugo Fernandes	Individual	01:07:32	+33:33	06:45	
63	121	Sara Vicente	Individual	01:07:32	+33:33	06:45	
64	152	Abílio Freitas Pereira	Individual	01:18:14	+44:15	07:49	
65	142	Margarida Inácio	Individual	01:18:14	+44:16	07:49	





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

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3	1954	Carlos Sousa	CTM VILA POUCA DE AGUIAR	Veterano M50	47:15	+13:15	04:44
4	1961	Jadir Pereira	Individual	Veterano M50	47:22	+13:23	04:44
5	163	Cândido Morais	Lobos do Brunheiro de Chaves / Anteros	Veterano M50	50:23	+16:23	05:02
6	1958	João Carneiro	Individual	Veterano M50	53:24	+19:25	05:20
7	102	vitor cardoso	Atlético da Madalena	Veterano M50	01:04:04	+30:05	06:24
8	152	Abilio Freitas Pereira	Individual	Veterano M50	01:18:14	+44:15	07:49