



**PROVA PRINCIPAL - STAGE 1**
**10 KM**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
**OFFICIAL RESULT**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	117	SERGIO PAIVA	clube de atletismo de ovar	Senior Masculino	35:56	+06:16	03:36
43	27	Cláudio Costa	ev - peraltafil	Veterano M40	35:57	+06:17	03:36
44	952	Mário Franco	sport comercio e salgueiros	Veterano M40	35:58	+06:18	03:36
45	59	Marco Pinho	acr de vale de cambra	Senior Masculino	36:02	+06:22	03:36
46	149	João Pedro Oliveira	dci/trilhos luso bussaco	Veterano M40	36:07	+06:27	03:37
47	154	Vitor Manuel Jorge Oliveira	dci/trilhos luso bussaco	Veterano M50	36:07	+06:27	03:37
48	88	Jorge Valente	arvor associação recreativa os veteranos d'ovar	Senior Masculino	36:13	+06:33	03:37
49	139	Mário Contreiras	clube desportivo são salvador do campo	Veterano M50	36:20	+06:40	03:38
50	620	Rui Miguel Russa Ferreira da Silva	individual	Veterano M40	36:22	+06:42	03:38
51	15	Joana Nunes	recreio desportivo de águeda	Senior Feminino	36:23	+06:43	03:38
52	151	João Paulo Almeida	dci/trilhos luso bussaco	Veterano M50	36:37	+06:56	03:40
53	201	Ricardo Germano	g.r eirense	Senior Masculino	37:04	+07:24	03:42
54	909	Hernani Furtado	s. c. espinho/antonio leitão	Veterano M40	37:06	+07:25	03:43
55	89	Alexandre Azevedo	arvor associação recreativa os veteranos d'ovar	Sub 23 Masculino	37:06	+07:26	03:43
56	122	CARLOS SEQUEIRA	clube de atletismo de ovar	Veterano M40	37:08	+07:27	03:43
57	229	ROLAND TAVARES DIAS DE SOUSA	grupo desportivo & cultural de codal	Senior Masculino	37:20	+07:40	03:44
58	369	Luís Gomes	individual	Senior Masculino	37:25	+07:44	03:45
59	438	Daniel Silva	individual	Sub 23 Masculino	37:25	+07:45	03:45
60	127	ROGERIO CAMPOS	clube de atletismo de ovar	Veterano M50	37:28	+07:47	03:45
61	43	ANTÓNIO SOUSA	a.d. grijó a correr	Veterano M50	37:29	+07:49	03:45
62	42	RUI TAVARES	a.d. grijó a correr	Veterano M40	37:29	+07:49	03:45
63	882	Daniel Silva	runriver - escola de atletismo de rio tinto	Senior Masculino	37:29	+07:49	03:45
64	150	Sergio Machado	dci/trilhos luso bussaco	Veterano M40	37:31	+07:51	03:45
65	536	Hélder Moutinho Neves	individual	Veterano M40	37:31	+07:51	03:45
66	883	Emanuel Santos	runriver - escola de atletismo de rio tinto	Veterano M40	37:34	+07:54	03:45
67	975	Andre oliveira	trail running suil park	Veterano M40	37:36	+07:56	03:46
68	976	telmo Oliveira	trail running suil park	Veterano M40	37:36	+07:56	03:46
69	919	Augusto Aluai	s. c. espinho/antonio leitão	Veterano M50	37:36	+07:56	03:46
70	166	Manuel Bessa	ev - peraltafil	Veterano M40	37:46	+08:06	03:47
71	931	Carlos Costa	serviços sociais culturais dos trabalhadores do município de ovar	Senior Masculino	37:51	+08:10	03:47
72	932	José Costa	serviços sociais culturais dos trabalhadores do município de ovar	Senior Masculino	37:51	+08:11	03:47
73	108	Paulo silva	cdp	Veterano M50	37:54	+08:14	03:47
74	891	Miguel Faria	s. c. espinho/antonio leitão	Senior Masculino	37:57	+08:17	03:48
75	956	PEDRO TERRA	sstsjm serviços sociais do pessoal do município de s. joão da madeira	Veterano M60	37:59	+08:19	03:48
76	894	Ricardo Pereira	s. c. espinho/antonio leitão	Sub 23 Masculino	38:01	+08:21	03:48
77	380	Miguel Campos	individual	Senior Masculino	38:31	+08:50	03:51
78	924	Paulo Oliveira	s. c. espinho/antonio leitão	Veterano M50	38:31	+08:51	03:51
79	200	Carlos Fazendeiro	g.d.ronda	Veterano M60	38:35	+08:55	03:52
80	155	JOSÉ MARTINS	dci/trilhos luso bussaco	Veterano M60	38:36	+08:56	03:52
81	549	José Correia	individual	Veterano M40	38:37	+08:57	03:52
82	13	Margarida Oliveira	clube desportivo feirense	Sub 23 Feminino	38:42	+09:01	03:52
83	145	Diogo Reis	dci/trilhos luso bussaco	Senior Masculino	38:43	+09:03	03:52





PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
170	329	Duarte Eira	individual	Senior Masculino	43:11	+13:31	04:19
171	590	Paulo Borges	individual	Veterano M40	43:13	+13:33	04:19
172	381	Miguel Pinto	individual	Senior Masculino	43:13	+13:33	04:19
173	332	Fábio Almeida	individual	Senior Masculino	43:15	+13:35	04:20
174	394	Pedro Matos	individual	Senior Masculino	43:18	+13:38	04:20
175	30	Pedro Pinho	5para1	Senior Masculino	43:20	+13:40	04:20
176	160	Patrícia Fernandes	escola de atletismo de coimbra/jpaiva	Senior Feminino	43:21	+13:40	04:20
177	663	Miguel Carneiro	individual	Veterano M50	43:27	+13:47	04:21
178	922	José Pereira	s. c. espinho/antonio leitão	Veterano M50	43:29	+13:48	04:21
179	107	Fátima Silva	cdp	Veterana F50	43:29	+13:49	04:21
180	292	Susana Carvalho Calhau	individual	Senior Feminino	43:29	+13:49	04:21
181	364	José Eduardo Bastos	individual	Senior Masculino	43:30	+13:50	04:21
182	148	Bruno Gomes	dci/trilhos luso bussaco	Veterano M40	43:35	+13:54	04:22
183	822	Paulo Reis	running esmoriz	Veterano M40	43:35	+13:55	04:22
184	204	Miguel COIMBRA	g.r eirense	Veterano M50	43:36	+13:55	04:22
185	130	JOANA SANTOS	clube desportivo feirense	Sub 23 Feminino	43:38	+13:58	04:22
186	867	Vitor Cunha	running espinho	Veterano M40	43:39	+13:59	04:22
187	421	Tiago filipe da costa gomes	individual	Senior Masculino	43:41	+14:01	04:22
188	862	Rui Ferreira	running espinho	Veterano M40	43:42	+14:01	04:22
189	320	Daniel Fortunato Fonseca e Castro	individual	Senior Masculino	43:43	+14:03	04:22
190	961	Miguel Carlos	supras	Veterano M40	43:52	+14:12	04:23
191	948	António Moura	sport comercio e salgueiros	Senior Masculino	43:53	+14:13	04:23
192	171	Luis Silva	ev - peraltafil	Veterano M50	43:54	+14:14	04:23
193	170	LEONEL SILVA	ev - peraltafil	Veterano M50	43:54	+14:14	04:23
194	119	MARISA JOÃO	clube de atletismo de ovar	Veterana F40	43:56	+14:16	04:24
195	596	Paulo Gil	individual	Veterano M40	43:58	+14:18	04:24
196	594	Paulo cruz	individual	Veterano M40	44:00	+14:19	04:24
197	869	Carlos Lancha	running espinho	Veterano M50	44:05	+14:25	04:25
198	972	Ivo Pais	team maninhos	Senior Masculino	44:06	+14:25	04:25
199	971	Vírginia Pais	team maninhos	Senior Feminino	44:06	+14:25	04:25
200	853	Germano Borges	running espinho	Veterano M40	44:06	+14:26	04:25
201	861	Pedro Lobo	running espinho	Veterano M40	44:06	+14:26	04:25
202	477	Sandra Soares Pereira	individual	Veterana F40	44:07	+14:26	04:25
203	761	Claudio Manuel Carvalho Rodrigues	núcleo de montanha de espinho - re/max market	Veterano M40	44:07	+14:27	04:25
204	378	Marcos Soares	individual	Senior Masculino	44:07	+14:27	04:25
205	46	CARLOS RIPOLINS	a.d. grjó a correr	Veterano M60	44:08	+14:28	04:25
206	433	Xavier Miranda	individual	Senior Masculino	44:09	+14:29	04:25
207	884	Cristiana Santos	s. c. espinho/antonio leitão	Senior Feminino	44:10	+14:29	04:25
208	568	Márcio José Gomes Oliveira	individual	Veterano M40	44:10	+14:30	04:25
209	5	Guilherme Ferreira	running espinho	Senior Masculino	44:15	+14:34	04:26
210	193	Luís Guimarães	g.d.ronda	Senior Masculino	44:16	+14:35	04:26
211	134	ARMANDO ALMEIDA	clube desportivo feirense	Veterano M40	44:17	+14:36	04:26
212	368	Leandro Caetano	individual	Senior Masculino	44:17	+14:37	04:26
213	614	Ricardo Veiga	individual	Veterano M40	44:17	+14:37	04:26
214	573	Marco Pinto	individual	Veterano M40	44:18	+14:37	04:26

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
215	102	Diogo Martins	cdc s martinho da gândara	Senior Masculino	44:18	+14:38	04:26
216	950	Rejane Pontes	sport comercio e salgueiros	Veterana F40	44:19	+14:39	04:26
217	397	Pedro Reina	individual	Senior Masculino	44:20	+14:40	04:26
218	230	André Rocha	grupo desportivo dos outeiros	Veterano M40	44:21	+14:41	04:26
219	834	Pedro Valente	running espinho	Senior Masculino	44:25	+14:44	04:27
220	131	DORA SÁ	clube desportivo feirense	Veterana F40	44:26	+14:45	04:27
221	616	Rui Albino	individual	Veterano M40	44:27	+14:46	04:27
222	657	Luís Silvestre	individual	Veterano M50	44:28	+14:48	04:27
223	966	Erasmo Alves	taylor's	Veterano M40	44:29	+14:49	04:27
224	857	Nuno matias	running espinho	Veterano M40	44:30	+14:50	04:27
225	969	Catarina Coito	team isabel silva	Veterana F40	44:33	+14:53	04:27
226	344	Hélder Santos	individual	Senior Masculino	44:33	+14:53	04:27
227	815	José Fernando de Sousa e Matos	recreio desportivo de águeda	Veterano M50	44:35	+14:55	04:28
228	772	Nuno Raposo	núcleo de montanha de espinho - re/max market	Veterano M40	44:36	+14:55	04:28
229	553	José Moreira	individual	Veterano M40	44:38	+14:58	04:28
230	44	JOSÉ DUARTE	a.d. grijó a correr	Veterano M50	44:50	+15:10	04:29
231	103	Wilson Andrade	cdc s martinho da gândara	Senior Masculino	44:50	+15:10	04:29
232	576	Mario Manuel Da Mota Leite	individual	Veterano M40	44:51	+15:11	04:29
233	261	Inês Amaral	individual	Senior Feminino	44:55	+15:15	04:30
234	719	Catarina Pinhal	ls fitness	Senior Feminino	44:56	+15:16	04:30
235	319	Cláudio Ferreira	individual	Senior Masculino	45:00	+15:19	04:30
236	524	Emanuel Mota	individual	Veterano M40	45:06	+15:26	04:31
237	629	Victor Sá	individual	Veterano M40	45:08	+15:28	04:31
238	140	Abílio Malheiro	clube fluvial vilacondense	Veterano M40	45:09	+15:29	04:31
239	307	Bruno Bastos	individual	Senior Masculino	45:12	+15:32	04:31
240	17	Joana Fortuna	individual	Senior Feminino	45:12	+15:32	04:31
241	844	Mafalda Resende	running espinho	Veterana F40	45:17	+15:37	04:32
242	876	Marco Pinho	running espinho	Veterano M50	45:20	+15:40	04:32
243	949	Elisabete Ferreira Nunes	sport comercio e salgueiros	Veterana F40	45:22	+15:42	04:32
244	215	Pedro Jerónimo	gd outeiros	Senior Masculino	45:23	+15:43	04:32
245	67	cláudia fernandes	allabout	Veterana F40	45:23	+15:43	04:32
246	593	Paulo Costa	individual	Veterano M40	45:24	+15:44	04:32
247	574	Marco Santos	individual	Veterano M40	45:28	+15:47	04:33
248	982	Vítor Reis	turma do bolo rei	Senior Masculino	45:28	+15:48	04:33
249	169	Joaquim Pereira	ev - peraltafil	Veterano M50	45:30	+15:49	04:33
250	305	Armando Nuno Leitão	individual	Senior Masculino	45:31	+15:50	04:33
251	749	Manuel Anjos	núcleo de atletismo de cucujães	Veterano M50	45:33	+15:52	04:33
252	415	Samuel da Cunha Santiago	individual	Senior Masculino	45:36	+15:55	04:34
253	685	Fernando António Ferreira Santiago	individual	Veterano M60	45:36	+15:55	04:34
254	256	Elisabete Carvalhosa	individual	Senior Feminino	45:37	+15:56	04:34
255	764	Hugo Pinto	núcleo de montanha de espinho - re/max market	Veterano M40	45:37	+15:57	04:34
256	82	José Correia	arcorun	Veterano M40	45:39	+15:58	04:34
257	132	GRAÇA BELEZA	clube desportivo feirense	Veterana F40	45:39	+15:59	04:34

PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
258	152	José Pereira	dci/trilhos luso bussaco	Veterano M50	45:41	+16:01	04:34
259	111	Alcides Sales	cirac - circulo de recreio arte e cultura	Veterano M60	45:42	+16:02	04:34
260	533	Gustavo Marques	individual	Veterano M40	45:48	+16:07	04:35
261	724	André João Ribeiro Alves	ls fitness	Senior Masculino	45:56	+16:15	04:36
262	164	Paulo Oliveira	ev - peraltafil	Senior Masculino	45:57	+16:17	04:36
263	588	Nuno Teixeira	individual	Veterano M40	45:59	+16:19	04:36
264	565	Manuel Ferreira	individual	Veterano M40	46:00	+16:19	04:36
265	422	Tiago Filipe Moreira de Sousa	individual	Senior Masculino	46:00	+16:20	04:36
266	416	Sérgio André Magalhães Vieira	individual	Senior Masculino	46:04	+16:24	04:36
267	824	Américo Fonseca	running esmoriz	Veterano M50	46:06	+16:26	04:37
268	106	Cláudio Castro	cdc s martinho da gândara	Veterano M40	46:07	+16:27	04:37
269	253	Daria Tatarnikova	individual	Senior Feminino	46:07	+16:27	04:37
270	769	Mika Magalhães	núcleo de montanha de espinho - re/max market	Veterano M40	46:08	+16:28	04:37
271	666	PAULO SÁ	individual	Veterano M50	46:10	+16:30	04:37
272	955	Isabel Cristina Brandão Soares	sportarc	Veterana F40	46:14	+16:34	04:37
273	338	Filipe Fonseca	individual	Senior Masculino	46:14	+16:34	04:37
274	208	Nuno Almeida	gaia running	Veterano M40	46:16	+16:36	04:38
275	507	António Ferreira	individual	Veterano M40	46:17	+16:37	04:38
276	159	Dora Serra	escola de atletismo de coimbra	Veterana F40	46:18	+16:38	04:38
277	511	Armindo Bastos	individual	Veterano M40	46:19	+16:39	04:38
278	56	JOSÉ PROENÇA	acdi	Veterano M40	46:23	+16:43	04:38
279	915	Rui Monteiro	s. c. espinho/antonio leitão	Veterano M40	46:26	+16:46	04:39
280	510	Armando Sá	individual	Veterano M40	46:27	+16:46	04:39
281	528	Francisco Oliveira	individual	Veterano M40	46:27	+16:47	04:39
282	63	Luis Osorio	afisovar	Veterano M50	46:29	+16:48	04:39
283	366	José Pedro Alves Pinto	individual	Senior Masculino	46:30	+16:50	04:39
284	291	Sílvia Isabel Moreira dos Santos Bragança	individual	Veterana F40	46:36	+16:55	04:40
285	873	Joao Carlos Machado Pinto Neves	running espinho	Veterano M50	46:38	+16:57	04:40
286	771	Nuno Coelho	núcleo de montanha de espinho - re/max market	Veterano M40	46:39	+16:59	04:40
287	563	Luís Peralta	individual	Veterano M40	46:40	+16:59	04:40
288	609	Ricardo Costa	individual	Veterano M40	46:49	+17:09	04:41
289	959	João Esteves	supras	Senior Masculino	46:52	+17:11	04:41
290	316	Carlos Manuel Silva Fonseca	individual	Senior Masculino	46:53	+17:12	04:41
291	668	Renato Paulo Silva Tavares	individual	Veterano M50	46:55	+17:15	04:42
292	73	guilherme ribeiro	almostthere	Senior Masculino	46:58	+17:18	04:42
293	384	Nuno Ferreira	individual	Senior Masculino	46:59	+17:18	04:42
294	806	Rui Miguel Caralinda Silva	precision endurance	Veterano M40	47:00	+17:20	04:42
295	313	Bruno Sousa	individual	Senior Masculino	47:01	+17:21	04:42
296	713	Manuel constantino silva	juventude cortegacense	Veterano M50	47:04	+17:23	04:42
297	765	João Graça	núcleo de montanha de espinho - re/max market	Veterano M40	47:05	+17:25	04:43
298	436	Susana Maia	individual	Sub 23 Feminino	47:09	+17:29	04:43
299	335	Fábio Vaz	individual	Senior Masculino	47:15	+17:35	04:44
300	80	Jorge Ramos	arcoron	Veterano M40	47:19	+17:39	04:44

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
301	581	Nelson Silveira	individual	Veterano M40	47:21	+17:41	04:44
302	260	Gabriela Bello	individual	Senior Feminino	47:21	+17:41	04:44
303	855	Marcos Carvalho	running espinho	Veterano M40	47:22	+17:42	04:44
304	877	Mário Alves	running espinho	Veterano M50	47:23	+17:42	04:44
305	578	Manuel Ferreira	individual	Veterano M40	47:24	+17:44	04:44
306	859	Paulo Ferreira	running espinho	Veterano M40	47:25	+17:45	04:45
307	60	Helena Mourão	acrs desterro napo	Veterana F60	47:25	+17:45	04:45
308	314	Bruno Sousa	individual	Senior Masculino	47:27	+17:47	04:45
309	51	Marta Senos	acdi	Senior Feminino	47:28	+17:48	04:45
310	371	Luís Seabra	individual	Senior Masculino	47:33	+17:53	04:45
311	302	Anthony Suarez	individual	Senior Masculino	47:35	+17:55	04:46
312	633	Américo Oliveira	individual	Veterano M50	47:36	+17:56	04:46
313	317	Carlos Monteiro	individual	Senior Masculino	47:37	+17:56	04:46
314	571	Marco Paulo	individual	Veterano M40	47:38	+17:57	04:46
315	430	Vasco Oliveira	individual	Senior Masculino	47:42	+18:01	04:46
316	560	Luis Gomes	individual	Veterano M40	47:43	+18:03	04:46
317	310	Bruno Miguel Ferreira Gonçalves	individual	Senior Masculino	47:46	+18:05	04:47
318	768	Miguel Loureiro	núcleo de montanha de espinho - re/max market	Veterano M40	47:50	+18:09	04:47
319	271	Liliana Vanessa Batista Lopes	individual	Senior Feminino	47:52	+18:12	04:47
320	597	Paulo Oliveira	individual	Veterano M40	47:53	+18:12	04:47
321	342	Gil Fontes	individual	Senior Masculino	47:53	+18:13	04:47
322	928	Norberto Oliveira	s. c. espinho/antonio leitão	Veterano M60	47:53	+18:13	04:47
323	837	Simão Silva Pedrosa	running espinho	Sub 23 Masculino	47:57	+18:16	04:48
324	557	Luciano Tavares	individual	Veterano M40	47:57	+18:17	04:48
325	486	Cristina Saraiva	individual	Veterana F50	47:59	+18:18	04:48
326	660	Manuel Pereira Oliveira	individual	Veterano M50	47:59	+18:18	04:48
327	881	Ze Moutinho	running espinho	Veterano M60	48:00	+18:20	04:48
328	833	Pedro Costa	running espinho	Senior Masculino	48:00	+18:20	04:48
329	550	José Coutinho	individual	Veterano M40	48:02	+18:21	04:48
330	812	João Duarte	rabanadas	Senior Masculino	48:02	+18:22	04:48
331	274	Maria Manuela Paixão Gil Alves dos Santos	individual	Senior Feminino	48:03	+18:22	04:48
332	958	Hugo Nunes	supras	Senior Masculino	48:04	+18:24	04:48
333	957	Hugo Miguel Castro Laranjeira	supras	Senior Masculino	48:04	+18:24	04:48
334	681	Carlos Alberto Ferreira	individual	Veterano M60	48:05	+18:25	04:49
335	192	Luís Costa	g.d.ronda	Senior Masculino	48:06	+18:26	04:49
336	598	Paulo Ribeiro	individual	Veterano M40	48:07	+18:27	04:49
337	194	Sandra Canelha	g.d.ronda	Veterana F40	48:07	+18:27	04:49
338	811	Sandro Silva	pupilos do zé tó	Veterano M40	48:08	+18:28	04:49
339	383	Nuno David Pereira	individual	Senior Masculino	48:09	+18:29	04:49
340	133	SÓNIA BELEZA	clube desportivo feirense	Veterana F40	48:10	+18:30	04:49
341	808	Daniel Costa	pupilos do zé tó	Veterano M40	48:13	+18:32	04:49
342	805	Miguel Silva	porto sentido	Veterano M40	48:14	+18:34	04:49
343	432	Vicente Iglésias Cruz	individual	Senior Masculino	48:14	+18:34	04:49
344	546	Jorge Laranjeiro	individual	Veterano M40	48:14	+18:34	04:49







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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
430	767	José Silva	núcleo de montanha de espinho - re/max market	Veterano M40	50:52	+21:12	05:05
431	506	André Pereira	individual	Veterano M40	50:52	+21:12	05:05
432	661	Manuel Silva Pereira	individual	Veterano M50	50:53	+21:12	05:05
433	290	Sara Maria Dias Pereira	individual	Senior Feminino	50:53	+21:13	05:05
434	38	Bruno Neves	a.d. grijó a correr	Veterano M40	50:54	+21:14	05:05
435	684	Domingos Soares da Silva	individual	Veterano M60	50:55	+21:14	05:06
436	917	Vítor Campos	s. c. espinho/antonio leitão	Veterano M40	50:57	+21:17	05:06
437	858	Nuno Miguel Ferreira da Silva	running espinho	Veterano M40	50:58	+21:18	05:06
438	733	Joel Teixeira	manquinhos	Senior Masculino	51:00	+21:20	05:06
439	989	Tiago Mota	velozes e furiosos running	Senior Masculino	51:00	+21:20	05:06
440	175	Nelson José Leite	fantasticfamily	Veterano M50	51:03	+21:22	05:06
441	935	Átila Valadares	shake it	Senior Masculino	51:04	+21:24	05:06
442	791	Paulo Gomes	os fugitivos	Veterano M50	51:11	+21:31	05:07
443	395	Pedro Miguel Loureiro Mourão	individual	Senior Masculino	51:12	+21:32	05:07
444	144	Liliana Silva	cptsc	Veterana F40	51:13	+21:32	05:07
445	686	Geraldino Silva	individual	Veterano M60	51:18	+21:38	05:08
446	287	Rosa Melo	individual	Senior Feminino	51:18	+21:38	05:08
447	840	Emília Ferreira	running espinho	Veterana F40	51:18	+21:38	05:08
448	33	Rui Silva	a. d. rio largo c. espinho	Veterano M50	51:19	+21:38	05:08
449	54	Anabela Leite	acdi	Veterana F40	51:20	+21:40	05:08
450	671	Rui Raimundo	individual	Veterano M50	51:21	+21:40	05:08
451	92	Nilda Magalhães	bici trail fitness in love	Veterano M50	51:21	+21:41	05:08
452	91	Nuno Martins	bici trail fitness in love	Veterano M40	51:22	+21:42	05:08
453	579	Moisés Mota	individual	Veterano M40	51:27	+21:46	05:09
454	816	Bianca Bernard	running esmoriz	Senior Feminino	51:27	+21:47	05:09
455	346	Hugo Santos	individual	Senior Masculino	51:31	+21:50	05:09
456	470	Marta Fonseca	individual	Veterana F40	51:35	+21:55	05:10
457	868	Bernardino Fernandes	running espinho	Veterano M50	51:42	+22:01	05:10
458	324	Diego Azevedo	individual	Senior Masculino	51:42	+22:02	05:10
459	388	Paulo Jorge de Pinho Oliveira	individual	Senior Masculino	51:43	+22:03	05:10
460	341	Filipe Soares	individual	Senior Masculino	51:47	+22:06	05:11
461	622	Rui Santos	individual	Veterano M40	51:48	+22:08	05:11
462	328	Diogo Machado	individual	Senior Masculino	51:58	+22:17	05:12
463	778	Mário Oliveira	oliveirinhas	Veterano M60	52:05	+22:24	05:13
464	911	NUNO SILVA	s. c. espinho/antonio leitão	Veterano M40	52:05	+22:24	05:13
465	901	Paula Duarte	s. c. espinho/antonio leitão	Veterana F40	52:06	+22:26	05:13
466	652	José Cunha Lopes	individual	Veterano M50	52:07	+22:26	05:13
467	678	Xavier Santiago	individual	Veterano M50	52:11	+22:31	05:13
468	776	Silvério Santos	núcleo de montanha de espinho - re/max market	Veterano M50	52:15	+22:34	05:14
469	81	Vasco Grilo	arcorun	Sub 23 Masculino	52:15	+22:35	05:14
470	489	Margarida Neves	individual	Veterana F50	52:17	+22:36	05:14
471	608	Rafael Sousa	individual	Veterano M40	52:18	+22:38	05:14
472	547	Jorge Oliveira	individual	Veterano M40	52:19	+22:38	05:14
473	503	Alexandre Sargento	individual	Veterano M40	52:19	+22:39	05:14
474	929	Jerusa Pinto dos Santos	salgueiro properties	Senior Feminino	52:19	+22:39	05:14

**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	CAT	RESULT	DIFF	t/KM
475	178	Anthony Da Costa Da Silva	fit arena ginásio	Senior Masculino	52:23	+22:43	05:14
476	176	Cláudia Sofia Moreira Da Silva Azevedo Calçada	fit arena ginásio	Senior Feminino	52:23	+22:43	05:14
477	278	Marisa Silva	individual	Senior Feminino	52:29	+22:49	05:15
478	104	Eduarda Lopes	cdc s martinho da gândara	Sub 23 Feminino	52:31	+22:51	05:15
479	923	Paulo Moreira	s. c. espinho/antonio leitão	Veterano M50	52:33	+22:53	05:15
480	236	Ana Catarina Dias Sousa	individual	Senior Feminino	52:38	+22:57	05:16
481	55	MARIA FILOMENA SANTOS	acdi	Veterana F60	52:39	+22:58	05:16
482	41	Ricardo Neves	a.d. grijó a correr	Senior Masculino	52:39	+22:59	05:16
483	740	Pedro Castro e Silva	município espinho	Veterano M40	52:40	+23:00	05:16
484	814	Paulo Fernandes	rabanadas	Senior Masculino	52:40	+23:00	05:16
485	311	Bruno Quintela	individual	Senior Masculino	52:41	+23:01	05:16
486	434	Inês Silva Gonçalves	individual	Sub 23 Feminino	52:44	+23:04	05:16
487	283	Paula Cruz	individual	Senior Feminino	52:45	+23:05	05:17
488	244	Bibiana Soares	individual	Senior Feminino	52:46	+23:06	05:17
489	566	Marcelo teixeira da Mota	individual	Veterano M40	52:49	+23:09	05:17
490	650	Joaquim Paulo da Silva Neves Capela	individual	Veterano M50	52:50	+23:10	05:17
491	592	Paulo Costa	individual	Veterano M40	52:51	+23:11	05:17
492	457	Cláudia Serrano	individual	Veterana F40	52:53	+23:12	05:17
493	262	Iolanda Barroso	individual	Senior Feminino	52:53	+23:12	05:17
494	987	Mike Paiva	velozes e furiosos running	Senior Masculino	52:54	+23:14	05:17
495	279	Marlene Resende	individual	Senior Feminino	52:57	+23:17	05:18
496	97	BELMIRO LOPES	cal - clube atletismo de lamas	Veterano M50	52:58	+23:17	05:18
497	783	Tiago Marques	os falsos lentos	Senior Masculino	52:59	+23:19	05:18
498	748	Joao Carvalho	individual	Veterano M50	53:02	+23:21	05:18
499	484	Carla Maria Reis de Sá Cardoso	individual	Veterana F50	53:03	+23:23	05:18
500	345	Henrique Silva	individual	Senior Masculino	53:04	+23:24	05:19
501	871	Fernando Pais	running espinho	Veterano M50	53:08	+23:28	05:19
502	505	Américo Oliveira	individual	Veterano M40	53:11	+23:31	05:19
503	32	Susana Monteiro	a. d. rio largo c. espinho	Veterana F40	53:13	+23:33	05:19
504	34	Alfredo Santos	a. d. rio largo c. espinho	Veterano M60	53:14	+23:34	05:20
505	642	Duarte Vieira	individual	Veterano M50	53:17	+23:36	05:20
506	556	LEONARDO RAFAEL GUEDES MANZANILLA	individual	Veterano M40	53:17	+23:36	05:20
507	312	Bruno Rafael Sousa Matos	individual	Senior Masculino	53:21	+23:40	05:20
508	205	Carla Cruz	gaia running	Veterana F50	53:21	+23:40	05:20
509	795	Rui Lestre	os marretas da caneca	Veterano M50	53:22	+23:42	05:20
510	327	Diogo Gonçalves	individual	Senior Masculino	53:25	+23:45	05:21
511	363	José Alexandre Pinto Marques	individual	Senior Masculino	53:29	+23:48	05:21
512	402	Ricardo Doria Duarte	individual	Senior Masculino	53:32	+23:52	05:21
513	174	Nelson Tiago Azevedo Leite	fantasticfamily	Senior Masculino	53:34	+23:54	05:21
514	514	Bruno Moreira	individual	Veterano M40	53:36	+23:55	05:22
515	121	MATILDE LEAL	clube de atletismo de ovar	Veterana F50	53:37	+23:56	05:22
516	101	Mariana Filipa Andrade Duarte	cdc s martinho da gândara	Senior Feminino	53:37	+23:57	05:22
517	118	FATIMA ALEIXO	clube de atletismo de ovar	Veterana F40	53:37	+23:57	05:22

**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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
518	513	Bruno Cardoso	individual	Veterano M40	53:38	+23:58	05:22
519	532	Gregório Pereira	individual	Veterano M40	53:39	+23:59	05:22
520	482	Virgínia Costa	individual	Veterana F40	53:40	+23:59	05:22
521	228	Rui Oliveira	grupo de corrida de argoncilhe	Veterano M60	53:40	+24:00	05:22
522	638	Carlos Barroso	individual	Veterano M50	53:46	+24:06	05:23
523	441	José de Sá	individual	Sub 23 Masculino	53:49	+24:09	05:23
524	138	PAULO OLIVEIRA	clube desportivo feirense	Veterano M50	53:50	+24:10	05:23
525	655	José Rodrigo Loureiro Nascimento	individual	Veterano M50	53:50	+24:10	05:23
526	653	José Ilídio Sá	individual	Veterano M50	53:50	+24:10	05:23
527	52	BRUNO PIORRO	acdi	Senior Masculino	53:55	+24:15	05:24
528	848	Júlia Maria Grilo	running espinho	Veterana F50	53:57	+24:16	05:24
529	449	Valter Pinho	individual	Sub 23 Masculino	53:57	+24:17	05:24
530	248	Catarina Pestana Aguiar	individual	Senior Feminino	53:58	+24:18	05:24
531	851	Eduardo Filipe Lima ferreira	running espinho	Veterano M40	54:01	+24:20	05:24
532	752	Cristiano Marinheiro	núcleo de montanha de espinho - re/max market	Senior Masculino	54:03	+24:23	05:24
533	206	Lurdes Duarte	gaia running	Veterana F50	54:03	+24:23	05:24
534	330	Edgar Silva	individual	Senior Masculino	54:03	+24:23	05:24
535	109	Normando Lima dos Santos	centro português de fribourg suíça	Veterano M60	54:07	+24:26	05:25
536	680	Antonio Tafula	individual	Veterano M60	54:09	+24:29	05:25
537	183	Nidia Rocha	força na canela espinho	Veterana F50	54:11	+24:31	05:25
538	903	Margarida Machado	s. c. espinho/antonio leitão	Veterana F50	54:12	+24:32	05:25
539	880	José Vilela	running espinho	Veterano M60	54:14	+24:33	05:25
540	468	Maria Leandro	individual	Veterana F40	54:26	+24:46	05:27
541	813	José Duarte	rabanadas	Senior Masculino	54:29	+24:49	05:27
542	501	Alcides Rocha	individual	Veterano M40	54:32	+24:52	05:27
543	460	GABRIELA VEIGA	individual	Veterana F40	54:37	+24:56	05:28
544	731	Nuno Filipe de Almeida Lourenço	maisrunning	Senior Masculino	54:37	+24:57	05:28
545	736	Manuel Teixeira	manquinhos	Veterano M60	54:39	+24:58	05:28
546	483	Ana PAULA Pinho de Almeida e Silva Tavares	individual	Veterana F50	54:39	+24:59	05:28
547	747	Fernando Andrade	no tomorrow running team	Veterano M60	54:40	+25:00	05:28
548	916	Silvio Ferreira	s. c. espinho/antonio leitão	Veterano M40	54:45	+25:05	05:29
549	775	Rui Martins	núcleo de montanha de espinho - re/max market	Veterano M40	54:47	+25:07	05:29
550	637	Avelino Pereira de Sousa	individual	Veterano M50	54:48	+25:07	05:29
551	754	Marco Leite	núcleo de montanha de espinho - re/max market	Senior Masculino	54:48	+25:07	05:29
552	839	Cristina Couto	running espinho	Veterana F40	54:48	+25:08	05:29
553	485	Clara Oliveira	individual	Veterana F50	54:48	+25:08	05:29
554	830	Sara Sousa Batista	running espinho	Senior Feminino	54:52	+25:12	05:29
555	475	Rossana Ferreira	individual	Veterana F40	54:52	+25:12	05:29
556	367	José Semedo	individual	Senior Masculino	54:55	+25:14	05:30
557	694	Luis Filipe Dias da Rocha e Santos	individual	Veterano M60	54:55	+25:15	05:30
558	586	Nuno Neves	individual	Veterano M40	54:56	+25:16	05:30
559	793	CARLOS OLIVEIRA PEREZ	os guerreiros da luz	Veterano M50	54:59	+25:18	05:30

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
560	963	Juliana Alves	tartarugas de seixezelo	Senior Feminino	54:59	+25:18	05:30
561	697	Michoud Olivier	individual	Veterano M60	54:59	+25:19	05:30
562	755	Márcio Vinícius Araújo	núcleo de montanha de espinho - re/max market	Sub 23 Masculino	55:06	+25:26	05:31
563	734	André Coimbra	manquinhos	Veterano M40	55:08	+25:28	05:31
564	823	Amândio Mendes	running esmoriz	Veterano M50	55:12	+25:32	05:31
565	195	Deolinda Ferreira	g.d.ronda	Veterana F50	55:15	+25:35	05:32
566	172	António Ferreira	ev - peraltafil	Veterano M60	55:15	+25:35	05:32
567	570	Marco Morgado	individual	Veterano M40	55:16	+25:36	05:32
568	98	LUCIDIO DIAS	cal - clube atletismo de lamas	Veterano M60	55:17	+25:37	05:32
569	899	Janette Fernandes	s. c. espinho/antonio leitão	Veterana F40	55:22	+25:42	05:32
570	173	Catarina Couto	fantasticfamily	Senior Feminino	55:22	+25:42	05:32
571	355	João Palmeiro	individual	Senior Masculino	55:24	+25:44	05:32
572	494	Orquídea Gomes	individual	Veterana F50	55:30	+25:50	05:33
573	782	Raquel Marques	os falsos lentos	Senior Feminino	55:32	+25:51	05:33
574	158	Mário Filipe Gomes de Araújo	equipa a	Veterano M40	55:33	+25:53	05:33
575	210	Vítor Fernandes	gaia running	Veterano M40	55:37	+25:56	05:34
576	718	Alexandra Oliveira	ls fitness	Senior Feminino	55:40	+25:59	05:34
577	189	PAULO RAMOS	g. j. pinheiro da bemposta	Veterano M40	55:44	+26:03	05:34
578	463	Joana Marques	individual	Veterana F40	55:47	+26:07	05:35
579	76	Maribel Cardoso	aminhacorrida	Veterana F50	55:48	+26:07	05:35
580	667	Pedro Melo	individual	Veterano M50	55:48	+26:08	05:35
581	983	Pedro Mendes	turma do bolo rei	Veterano M40	55:49	+26:08	05:35
582	105	Susana Costa	cdc s martinho da gândara	Veterana F40	55:52	+26:12	05:35
583	804	Nuno M Oliveira	pnac	Veterano M40	55:55	+26:14	05:36
584	670	Rui Miguel Pinto de Almeida	individual	Veterano M50	55:55	+26:15	05:36
585	224	Maria Margarida Ribeiro	grupo de corrida de argoncilhe	Veterana F60	55:58	+26:17	05:36
586	245	Carla Costa	individual	Senior Feminino	55:59	+26:19	05:36
587	304	António Oliveiras	individual	Senior Masculino	55:59	+26:19	05:36
588	676	Vítor M Cardoso	individual	Veterano M50	56:07	+26:27	05:37
589	403	Ricardo José Moreira Freitas	individual	Senior Masculino	56:09	+26:29	05:37
590	693	Luis Filipe Cruz	individual	Veterano M60	56:12	+26:32	05:37
591	447	Rui Pedro Moreira Ramos Brandão	individual	Sub 23 Masculino	56:16	+26:36	05:38
592	993	Ana Baptista	individual	Senior Feminino	56:19	+26:38	05:38
593	461	Gata Assanhada	individual	Veterana F40	56:19	+26:39	05:38
594	284	Paula Simoes	individual	Senior Feminino	56:21	+26:40	05:38
595	361	Jorge Scevola	individual	Senior Masculino	56:21	+26:40	05:38
596	375	Marcio Silva	individual	Senior Masculino	56:21	+26:41	05:38
597	794	Bruno Almeida	os marretas da caneca	Veterano M40	56:26	+26:46	05:39
598	221	Diana Almeida	grupo de corrida de argoncilhe	Senior Feminino	56:34	+26:53	05:39
599	161	Bruno Duarte	espinho trail	Senior Masculino	56:34	+26:54	05:39
600	225	Pedro Ferreira	grupo de corrida de argoncilhe	Veterano M40	56:34	+26:54	05:39
601	162	Patrícia Gomes	espinho trail	Veterana F40	56:35	+26:54	05:40
602	759	Claudia Antunes	núcleo de montanha de espinho - re/max market	Veterana F40	56:42	+27:01	05:40
603	981	Luis Ramalho	turma do bolo rei	Senior Masculino	56:43	+27:02	05:40



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

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
646	277	Mariana Costa	individual	Senior Feminino	58:15	+28:34	05:50
647	819	Luís Oliveira	running esmoriz	Senior Masculino	58:17	+28:37	05:50
648	821	Ana Oliveira	running esmoriz	Veterana F50	58:18	+28:38	05:50
649	263	Irene Pereira de Carvalho	individual	Senior Feminino	58:21	+28:40	05:50
650	370	Luís Pereira	individual	Senior Masculino	58:23	+28:42	05:50
651	980	Bruno Santos	turma do bolo rei	Senior Masculino	58:36	+28:55	05:52
652	425	Tiago Manuel Castro Cruz	individual	Senior Masculino	58:39	+28:58	05:52
653	251	Cláudia Martins	individual	Senior Feminino	58:40	+28:59	05:52
654	679	ABILIO SOARES	individual	Veterano M60	58:43	+29:02	05:52
655	918	Vitor Ferreira	s. c. espinho/antonio leitão	Veterano M40	58:45	+29:04	05:53
656	465	Lucybell moreira	individual	Veterana F40	58:48	+29:07	05:53
657	979	Isabel Ventura	tribo nr	Veterana F50	58:48	+29:07	05:53
658	458	Cristiana Vanzeler	individual	Veterana F40	58:50	+29:10	05:53
659	688	Joaquim Fernando de Oliveira Castro	individual	Veterano M60	58:52	+29:11	05:53
660	817	Cristiana Pinto	running esmoriz	Senior Feminino	58:53	+29:13	05:53
661	910	Joaquim Conceição	s. c. espinho/antonio leitão	Veterano M40	58:53	+29:13	05:53
662	820	Rui Miguel Silva	running esmoriz	Senior Masculino	58:53	+29:13	05:53
663	787	Bárbara Beleza	os fugitivos	Sub 23 Feminino	58:54	+29:13	05:53
664	789	Carla Gomes	os fugitivos	Veterana F40	58:54	+29:14	05:53
665	605	Pedro Iglesias	individual	Veterano M40	59:02	+29:22	05:54
666	392	Pedro José Silva Campos	individual	Senior Masculino	59:10	+29:29	05:55
667	970	FERNANDA PRIM	team isabel silva	Veterana F40	59:13	+29:33	05:55
668	431	Vasco Pereira	individual	Senior Masculino	59:13	+29:33	05:55
669	878	Paulo Alexandre Bispo Lage Ladeira	running espinho	Veterano M50	59:14	+29:33	05:55
670	538	Hugo Miguel Silva Rodrigues	individual	Veterano M40	59:14	+29:33	05:55
671	964	Carlos Teixeira	tartarugas de seixezelo	Veterano M40	59:15	+29:34	05:56
672	435	Joana Catarina Mendes Freitas	individual	Sub 23 Feminino	59:26	+29:45	05:57
673	988	Pedro Azevedo	velozes e furiosos running	Senior Masculino	59:28	+29:47	05:57
674	235	Ana Catarina almeida	individual	Senior Feminino	59:32	+29:52	05:57
675	621	Rui Pedro Sotomaior D Padrão	individual	Veterano M40	59:33	+29:53	05:57
676	902	Josefa Bastos	s. c. espinho/antonio leitão	Senior Feminino	59:35	+29:55	05:58
677	295	Telma Alves	individual	Senior Feminino	59:40	+30:00	05:58
678	555	Lázaro José Nunes Leite	individual	Veterano M40	59:51	+30:11	05:59
679	612	Ricardo Resende	individual	Veterano M40	59:54	+30:14	05:59
680	630	Vitor Carvalho	individual	Veterano M40	59:54	+30:14	05:59
681	675	Vicente Pinto	individual	Veterano M50	59:57	+30:17	06:00
682	521	Eduardo Pinto	individual	Veterano M40	59:57	+30:17	06:00
683	379	Miguel Bastos Pinto Couto Resende	individual	Senior Masculino	59:58	+30:18	06:00
684	490	Maria de Lurdes Bastos Pinto Resende	individual	Veterana F50	59:58	+30:18	06:00
685	885	Mónica Leal	s. c. espinho/antonio leitão	Senior Feminino	01:00:00	+30:19	06:00
686	704	Tiago Poça	invictus runners	Senior Masculino	01:00:00	+30:20	06:00
687	249	Cátia Mota	individual	Senior Feminino	01:00:01	+30:20	06:00
688	582	Nilson Ribeiro Rocha	individual	Veterano M40	01:00:07	+30:26	06:01



**PROVA PRINCIPAL - STAGE 1**

**10 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
689	504	Alfredo António Maia peniche	individual	Veterano M40	01:00:10	+30:30	06:01
690	479	SONIA DA COSTA FERREIRA ALMEIDA	individual	Veterana F40	01:00:13	+30:32	06:01
691	499	Alberto António Domingues de Almeida	individual	Veterano M40	01:00:13	+30:33	06:01
692	865	Vasco Filipe da Mota Monteiro	running espinho	Veterano M40	01:00:31	+30:51	06:03
693	714	Jannet Pereira	kukes	Veterana F40	01:00:33	+30:53	06:03
694	715	Hugo Moreira	kukes	Veterano M40	01:00:33	+30:53	06:03
695	406	Ricardo Sousa	individual	Senior Masculino	01:00:36	+30:55	06:04
696	86	Carlos Alberto Alves da Silva	arcorun	Veterano M50	01:00:37	+30:57	06:04
697	552	José Marques	individual	Veterano M40	01:00:39	+30:59	06:04
698	246	Carla Silva	individual	Senior Feminino	01:00:41	+31:01	06:04
699	471	Mena Silva	individual	Veterana F40	01:00:42	+31:02	06:04
700	912	Pedro Pereira	s. c. espinho/antonio leitão	Veterano M40	01:00:43	+31:02	06:04
701	495	zélia silva	individual	Veterana F50	01:00:48	+31:07	06:05
702	185	Herlander Fardilha	força na canela espinho	Veterano M40	01:00:50	+31:10	06:05
703	299	Vera Norberto Malheiro	individual	Senior Feminino	01:01:00	+31:20	06:06
704	266	Joana Malheiro	individual	Senior Feminino	01:01:01	+31:20	06:06
705	333	Fábio André Pereira da Silva	individual	Senior Masculino	01:01:03	+31:22	06:06
706	785	João Guedes	os falta d"ar	Veterano M50	01:01:06	+31:26	06:07
707	784	Antonio Godinho	os falta d"ar	Veterano M50	01:01:07	+31:26	06:07
708	847	Alexandra Soares	running espinho	Veterana F50	01:01:08	+31:27	06:07
709	735	Fernando Teixeira	manquinhos	Veterano M60	01:01:11	+31:30	06:07
710	232	Aline Souza	individual	Senior Feminino	01:01:12	+31:31	06:07
711	954	Arnaldo Pinto	sport comercio e salgueiros	Veterano M60	01:01:18	+31:38	06:08
712	906	António Vaz	s. c. espinho/antonio leitão	Veterano M40	01:01:26	+31:45	06:09
713	762	Fernando Santos	núcleo de montanha de espinho - re/max market	Veterano M40	01:01:29	+31:49	06:09
714	763	Francisco Reis	núcleo de montanha de espinho - re/max market	Veterano M40	01:01:30	+31:49	06:09
715	756	Alice Santos	núcleo de montanha de espinho - re/max market	Veterana F40	01:01:37	+31:57	06:10
716	942	Nelson Gandra	snt	Veterano M40	01:01:45	+32:04	06:11
717	945	Paulo Silva	snt	Veterano M50	01:01:45	+32:04	06:11
718	938	Paulo Alves	snt	Senior Masculino	01:01:45	+32:05	06:11
719	298	Vanessa Oliveira	individual	Senior Feminino	01:01:47	+32:06	06:11
720	737	Margarida Isabel Ribeiro Henriques Vieira da Silva	municipio espinho	Veterana F40	01:01:52	+32:11	06:11
721	738	Maria Manuela Avelar da Rocha	municipio espinho	Veterana F50	01:01:52	+32:12	06:11
722	488	Leonor Alves	individual	Veterana F50	01:01:59	+32:19	06:12
723	941	António Oliveira	snt	Veterano M40	01:01:59	+32:19	06:12
724	662	Mário Marques	individual	Veterano M50	01:01:59	+32:19	06:12
725	843	Liliana monteiro	running espinho	Veterana F40	01:02:00	+32:20	06:12
726	79	Jorge Soares	arcorun	Veterano M50	01:02:01	+32:20	06:12
727	473	Rita Calheiros	individual	Veterana F40	01:02:06	+32:26	06:13
728	700	Silvério Oliveira e Silva	individual	Veterano M60	01:02:06	+32:26	06:13
729	632	ALBERTO SANTOS	individual	Veterano M50	01:02:10	+32:30	06:13
730	602	Pedro Borges	individual	Veterano M40	01:02:13	+32:33	06:13

## PROVA PRINCIPAL - STAGE 1

## 10 KM

### OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
731	722	Sara Pardilhó	Is fitness	Senior Feminino	01:02:17	+32:37	06:14
732	543	Joao souza	individual	Veterano M40	01:02:25	+32:44	06:15
733	480	Sonia oliveira	individual	Veterana F40	01:02:25	+32:44	06:15
734	351	João Bairreira	individual	Senior Masculino	01:02:29	+32:48	06:15
735	47	ELISIO SILVA	a.d. grijó a correr	Veterano M60	01:02:30	+32:50	06:15
736	48	MANUEL COUTO	a.d. grijó a correr	Veterano M60	01:02:30	+32:50	06:15
737	112	Joaquim Oliveira	circac - circulo de recreio arte e cultura	Veterano M60	01:02:40	+33:00	06:16
738	472	Regina Vidinha	individual	Veterana F40	01:02:42	+33:01	06:16
739	512	Artur Rocha	individual	Veterano M40	01:02:42	+33:01	06:16
740	239	Andreia Carvalho	individual	Senior Feminino	01:02:59	+33:18	06:18
741	635	António Feliciano dos Santos Bastos	individual	Veterano M50	01:03:06	+33:26	06:19
742	252	Cláudia Sofia Moreira Peixoto	individual	Senior Feminino	01:03:08	+33:27	06:19
743	389	Paulo Jorge Ferreira Silva	individual	Senior Masculino	01:03:08	+33:28	06:19
744	187	Fernando Almeida	força na canela espinho	Veterano M60	01:03:13	+33:33	06:19
745	31	RICARDO PEREIRA	a. d. rio largo c. espinho	Senior Masculino	01:03:15	+33:34	06:20
746	267	Joana Valente Pinho	individual	Senior Feminino	01:03:34	+33:53	06:21
747	962	Catarina Silva	tartarugas	Veterana F40	01:03:39	+33:59	06:22
748	634	António Couto	individual	Veterano M50	01:04:03	+34:23	06:24
749	607	Pedro Pereira	individual	Veterano M40	01:04:17	+34:36	06:26
750	233	Ana Almeida	individual	Senior Feminino	01:04:23	+34:43	06:26
751	272	Magda Pereira	individual	Senior Feminino	01:04:25	+34:45	06:27
752	250	Cláudia Filipa Pinto	individual	Senior Feminino	01:04:32	+34:51	06:27
753	651	Jorge Ramos	individual	Veterano M50	01:04:32	+34:52	06:27
754	288	Sara Correia Rocha	individual	Senior Feminino	01:04:34	+34:53	06:27
755	994	Isabel Santos	individual	Veterana F40	01:04:34	+34:53	06:27
756	180	Catarina Lopes Marques	fit arena ginásio	Veterana F60	01:04:34	+34:54	06:27
757	450	Ana Maria Mendes Pais	individual	Veterana F40	01:04:40	+34:59	06:28
758	391	Pedro Ferreira	individual	Senior Masculino	01:04:45	+35:04	06:29
759	385	Nuno Sousa	individual	Senior Masculino	01:04:49	+35:09	06:29
760	456	Carla Raquel Moreira De Aguiar	individual	Veterana F40	01:04:52	+35:11	06:29
761	464	Liliana Alves	individual	Veterana F40	01:04:58	+35:18	06:30
762	78	Liliana Couto	arcorun	Senior Feminino	01:04:59	+35:18	06:30
763	951	Lúcia Nunes	sport comercio e salgueiros	Veterana F50	01:05:04	+35:23	06:30
764	695	Manuel Ferreira Varela	individual	Veterano M60	01:05:06	+35:26	06:31
765	487	INMACULADA MELENDREZ TAPIA	individual	Veterana F50	01:05:06	+35:26	06:31
766	167	Pedro Almeida	ev - peraltafil	Veterano M40	01:05:09	+35:29	06:31
767	729	Edgar Taveira	maisrunning	Senior Masculino	01:05:22	+35:42	06:32
768	29	Maria Ribeiro	#m #n	Senior Feminino	01:05:24	+35:44	06:32
769	242	Barbara Alexandre	individual	Senior Feminino	01:05:35	+35:55	06:34
770	234	Ana Carvalho da Silva	individual	Senior Feminino	01:05:50	+36:10	06:35
771	455	Carla Novais	individual	Veterana F40	01:05:50	+36:10	06:35
772	243	Bárbara Meireles	individual	Senior Feminino	01:05:52	+36:12	06:35
773	297	Teresa Coutinho	individual	Senior Feminino	01:06:18	+36:38	06:38
774	699	Serafim Coutinho	individual	Veterano M60	01:06:18	+36:38	06:38



## 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

## OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	18:30	11.7°C	73%
End	20:10	11.7°C	73%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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### Senior Feminino

1	3	Sara Moreira	Sporting Clube de Portugal	Senior Feminino	33:43	+04:03	03:22
2	8	Sara Duarte	S.C.BRAGA	Senior Feminino	35:38	+05:58	03:34
3	15	Joana Nunes	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	36:23	+06:43	03:38
4	21	Mafalda Oliveira	Feirense	Senior Feminino	39:19	+09:39	03:56
5	2	Isabel Silva	Team Isabel Silva	Senior Feminino	39:30	+09:50	03:57
6	241	Ângela Maria Lopes Martins	Individual	Senior Feminino	40:47	+11:07	04:05
7	160	Patrícia Fernandes	Escola de Atletismo de Coimbra/JPaiva	Senior Feminino	43:21	+13:40	04:20
8	292	Susana Carvalho Calhau	Individual	Senior Feminino	43:29	+13:49	04:21
9	971	Virgínia Pais	Team Maninhos	Senior Feminino	44:06	+14:25	04:25
10	884	Cristiana Santos	S. C. Espinho/Antonio Leitão	Senior Feminino	44:10	+14:29	04:25
11	261	Inês Amaral	Individual	Senior Feminino	44:55	+15:15	04:30
12	719	Catarina Pinhal	LS Fitness	Senior Feminino	44:56	+15:16	04:30
13	17	Joana Fortuna	Individual	Senior Feminino	45:12	+15:32	04:31
14	256	Elisabete Carvalhosa	Individual	Senior Feminino	45:37	+15:56	04:34
15	253	Daria Tatarnikova	Individual	Senior Feminino	46:07	+16:27	04:37
16	260	Gabriela Bello	Individual	Senior Feminino	47:21	+17:41	04:44
17	51	Marta Senos	ACDI	Senior Feminino	47:28	+17:48	04:45
18	271	Liliana Vanessa Batista Lopes	Individual	Senior Feminino	47:52	+18:12	04:47
19	274	Maria Manuela Paixão Gil Alves dos Santos	Individual	Senior Feminino	48:03	+18:22	04:48
20	177	Daniela Pinheiro Cardoso	Fit Arena Ginásio	Senior Feminino	50:09	+20:29	05:01
21	254	Diana Pinho	Individual	Senior Feminino	50:26	+20:46	05:03
22	290	Sara Maria Dias Pereira	Individual	Senior Feminino	50:53	+21:13	05:05
23	287	Rosa Melo	Individual	Senior Feminino	51:18	+21:38	05:08
24	816	Bianca Bernard	Running Esmoriz	Senior Feminino	51:27	+21:47	05:09
25	929	Jerusa Pinto dos Santos	Salgueiro Properties	Senior Feminino	52:19	+22:39	05:14
26	176	Cláudia Sofia Moreira Da Silva Azevedo Calçada	Fit Arena Ginásio	Senior Feminino	52:23	+22:43	05:14
27	278	Marisa Silva	Individual	Senior Feminino	52:29	+22:49	05:15
28	236	Ana Catarina Dias Sousa	Individual	Senior Feminino	52:38	+22:57	05:16
29	283	Paula Cruz	Individual	Senior Feminino	52:45	+23:05	05:17
30	244	Bibiana Soares	Individual	Senior Feminino	52:46	+23:06	05:17
31	262	Iolanda Barroso	Individual	Senior Feminino	52:53	+23:12	05:17
32	279	Marlene Resende	Individual	Senior Feminino	52:57	+23:17	05:18
33	101	Mariana Filipa Andrade Duarte	CDC S MARTINHO DA GÂNDARA	Senior Feminino	53:37	+23:57	05:22
34	248	Catarina Pestana Aguiar	Individual	Senior Feminino	53:58	+24:18	05:24
35	830	Sara Sousa Batista	RUNNING ESPINHO	Senior Feminino	54:52	+25:12	05:29
36	963	Juliana Alves	Tartarugas de Seixezelo	Senior Feminino	54:59	+25:18	05:30
37	173	Catarina Couto	FantasticFamily	Senior Feminino	55:22	+25:42	05:32

Official Timekeeper: Lap2Go	1 / 20	generate 05-Mar-2022 20:23
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## Prova Principal

## 10 KM

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

38	782	Raquel Marques	Os falsos lentos	Senior Feminino	55:32	+25:51	05:33
39	718	Alexandra Oliveira	LS FITNESS	Senior Feminino	55:40	+25:59	05:34
40	245	Carla Costa	Individual	Senior Feminino	55:59	+26:19	05:36
41	993	Ana Baptista	Individual	Senior Feminino	56:19	+26:38	05:38
42	284	Paula Simoes	Individual	Senior Feminino	56:21	+26:40	05:38
43	221	Diana Almeida	Grupo de Corrida de Argoncilhe	Senior Feminino	56:34	+26:53	05:39
44	721	Nádia Alexandra Esteves Santos	LS FITNESS	Senior Feminino	56:56	+27:16	05:42
45	264	Isabel Pereira	Individual	Senior Feminino	57:07	+27:26	05:43
46	237	Ana Patricia da Silva Soares Ferreira de Magalhães	Individual	Senior Feminino	57:21	+27:40	05:44
47	720	Luísa Silva	LS Fitness	Senior Feminino	57:27	+27:47	05:45
48	701	Anabela Oliveira	INVICTUS RUNNERS	Senior Feminino	57:29	+27:48	05:45
49	711	Catarina Rodrigues Sa Ferreira	Juventude Cortegacense	Senior Feminino	57:35	+27:55	05:46
50	268	Karina Moreira	Individual	Senior Feminino	57:38	+27:58	05:46
51	826	FLAVIA TINOCO VIEIRA DA COSTA	RUNNING ESPINHO	Senior Feminino	57:40	+27:59	05:46
52	825	Alice do Rosario Cantarrilha Apononia	RUNNING ESPINHO	Senior Feminino	57:40	+28:00	05:46
53	780	Catarina Maria Soares Queiros	Os falsos lentos	Senior Feminino	57:44	+28:04	05:46
54	238	Andrea Pereira	Individual	Senior Feminino	57:55	+28:15	05:48
55	282	Monica Moraes	Individual	Senior Feminino	58:10	+28:29	05:49
56	257	Fátima Santos	Individual	Senior Feminino	58:10	+28:30	05:49
57	277	Mariana Costa	Individual	Senior Feminino	58:15	+28:34	05:50
58	263	Irene Pereira de Carvalho	Individual	Senior Feminino	58:21	+28:40	05:50
59	251	Cláudia Martins	Individual	Senior Feminino	58:40	+28:59	05:52
60	817	Cristiana Pinto	Running Esmoriz	Senior Feminino	58:53	+29:13	05:53
61	235	Ana Catarina almeida	Individual	Senior Feminino	59:32	+29:52	05:57
62	902	Josefa Bastos	S. C. Espinho/Antonio Leitão	Senior Feminino	59:35	+29:55	05:58
63	295	Telma Alves	Individual	Senior Feminino	59:40	+30:00	05:58
64	885	Mónica Leal	S. C. Espinho/Antonio Leitão	Senior Feminino	01:00:00	+30:19	06:00
65	249	Cátia Mota	Individual	Senior Feminino	01:00:01	+30:20	06:00
66	246	Carla Silva	Individual	Senior Feminino	01:00:41	+31:01	06:04
67	299	Vera Norberto Malheiro	Individual	Senior Feminino	01:01:00	+31:20	06:06
68	266	Joana Malheiro	Individual	Senior Feminino	01:01:01	+31:20	06:06
69	232	Aline Souza	Individual	Senior Feminino	01:01:12	+31:31	06:07
70	298	Vanessa Oliveira	Individual	Senior Feminino	01:01:47	+32:06	06:11
71	722	Sara Pardilhó	LS FITNESS	Senior Feminino	01:02:17	+32:37	06:14
72	239	Andreia Carvalho	Individual	Senior Feminino	01:02:59	+33:18	06:18
73	252	Cláudia Sofia Moreira Peixoto	Individual	Senior Feminino	01:03:08	+33:27	06:19
74	267	Joana Valente Pinho	Individual	Senior Feminino	01:03:34	+33:53	06:21
75	233	Ana Almeida	Individual	Senior Feminino	01:04:23	+34:43	06:26
76	272	Magda Pereira	Individual	Senior Feminino	01:04:25	+34:45	06:27
77	250	Cláudia Filipa Pinto	Individual	Senior Feminino	01:04:32	+34:51	06:27
78	288	Sara Correia Rocha	Individual	Senior Feminino	01:04:34	+34:53	06:27
79	78	Liliana Couto	ARCORUN	Senior Feminino	01:04:59	+35:18	06:30
80	29	Maria Ribeiro	#M #N	Senior Feminino	01:05:24	+35:44	06:32
81	242	Barbara Alexandre	Individual	Senior Feminino	01:05:35	+35:55	06:34
82	234	Ana Carvalho da Silva	Individual	Senior Feminino	01:05:50	+36:10	06:35
83	243	Bárbara Meireles	Individual	Senior Feminino	01:05:52	+36:12	06:35

## Prova Principal

10 KM

### OFFICIAL RESULT

84	297	Teresa Coutinho	Individual	Senior Feminino	01:06:18	+36:38	06:38
85	265	Joana Catarina Ribeiro Paiva	Individual	Senior Feminino	01:06:46	+37:06	06:41
86	294	Susana Oliveira	Individual	Senior Feminino	01:06:52	+37:12	06:41
87	259	Filipa Silva	Individual	Senior Feminino	01:09:19	+39:38	06:56
88	968	JOANA LUCIANO FERREIRA	Team Isabel Silva	Senior Feminino	01:12:57	+43:16	07:18
89	750	Tatiana Pinto	Núcleo de Montanha de Espinho - RE/MAX MARKET	Senior Feminino	01:14:43	+45:03	07:28
90	273	Maria João Lima Vieira	Individual	Senior Feminino	01:21:21	+51:40	08:08

## Senior Masculino

1	28	Francisco Rodrigues	S.C.BRAGA	Senior Masculino	29:40		02:58
2	9	Ricardo Pereira	Jardim da Serra	Senior Masculino	29:49	+00:09	02:59
3	20	Simão Bastos	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	30:00	+00:19	03:00
4	4	Hugo Daniel Santos	Sport Comercio e Salgueiros	Senior Masculino	30:05	+00:24	03:01
5	11	Gil Maia	S. C. Espinho/Antonio Leitão	Senior Masculino	30:43	+01:02	03:04
6	58	Filipe Ferreira	ACR de Vale de Cambra	Senior Masculino	32:15	+02:35	03:14
7	26	Pedro Cerdeirinha	G.D.Ronda	Senior Masculino	32:28	+02:47	03:15
8	887	Daniel Santos	S. C. Espinho/Antonio Leitão	Senior Masculino	33:10	+03:30	03:19
9	373	ManuelAnselmo Maia	Individual	Senior Masculino	33:32	+03:51	03:21
10	18	Hugo Pinto	Sport Comercio e Salgueiros	Senior Masculino	33:45	+04:05	03:23
11	115	CELSE LEITE	CLUBE DE ATLETISMO DE OVAR	Senior Masculino	33:53	+04:13	03:23
12	114	ANDRE ADRIANO	CLUBE DE ATLETISMO DE OVAR	Senior Masculino	33:59	+04:19	03:24
13	202	Ricardo Sousa	G.R EIRENSE	Senior Masculino	34:03	+04:22	03:24
14	889	Fábio Barbosa	S. C. Espinho/Antonio Leitão	Senior Masculino	34:04	+04:23	03:24
15	893	TIAGO MAIA	S. C. Espinho/Antonio Leitão	Senior Masculino	34:14	+04:33	03:25
16	892	Ricardo Barros	S. C. Espinho/Antonio Leitão	Senior Masculino	34:21	+04:41	03:26
17	359	Jorge Cubal	Individual	Senior Masculino	34:35	+04:55	03:28
18	888	Diogo Migueis	S. C. Espinho/Antonio Leitão	Senior Masculino	35:03	+05:23	03:30
19	984	Francisco Silva	UD Oliveirense	Senior Masculino	35:14	+05:34	03:31
20	321	Daniel Sousa	Individual	Senior Masculino	35:21	+05:41	03:32
21	117	SERGIO PAIVA	CLUBE DE ATLETISMO DE OVAR	Senior Masculino	35:56	+06:16	03:36
22	59	Marco Pinho	ACR de Vale de Cambra	Senior Masculino	36:02	+06:22	03:36
23	88	Jorge Valente	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D 'OVAR	Senior Masculino	36:13	+06:33	03:37
24	201	Ricardo Germano	G.R EIRENSE	Senior Masculino	37:04	+07:24	03:42
25	229	ROLAND TAVARES DIAS DE SOUSA	Grupo Desportivo & Cultural de Codal	Senior Masculino	37:20	+07:40	03:44
26	369	Luís Gomes	Individual	Senior Masculino	37:25	+07:44	03:45
27	882	Daniel Silva	RUNRIVER - Escola de Atletismo de Rio Tinto	Senior Masculino	37:29	+07:49	03:45
28	931	Carlos Costa	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	Senior Masculino	37:51	+08:10	03:47
29	932	José Costa	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	Senior Masculino	37:51	+08:11	03:47

### Prova Principal

### 10 KM

OFFICIAL RESULT

30	891	Miguel Faria	S. C. Espinho/Antonio Leitão	Senior Masculino	37:57	+08:17	03:48
31	380	Miguel Campos	Individual	Senior Masculino	38:31	+08:50	03:51
32	145	Diogo Reis	DCI/Trilhos Luso Bussaco	Senior Masculino	38:43	+09:03	03:52
33	113	Nuno Fernandes	Clube Atlético de Macedo de Cavaleiros	Senior Masculino	38:55	+09:15	03:54
34	337	Filipe Barros	Individual	Senior Masculino	39:06	+09:26	03:55
35	323	David Silva	Individual	Senior Masculino	39:30	+09:50	03:57
36	398	Pedro silva	Individual	Senior Masculino	39:38	+09:58	03:58
37	376	Marco António Almeida da Costa	Individual	Senior Masculino	39:51	+10:10	03:59
38	301	André Filipe Pinto de Almeida Soares	Individual	Senior Masculino	39:58	+10:17	04:00
39	429	Tomé Rodrigues	Individual	Senior Masculino	40:32	+10:52	04:03
40	53	LOUIS PHILIBE DA CAL	ACDI	Senior Masculino	40:42	+11:01	04:04
41	190	Diogo Coutinho	G.D.Ronda	Senior Masculino	41:00	+11:20	04:06
42	412	Rui Freitas	Individual	Senior Masculino	41:08	+11:28	04:07
43	832	lúri Silva	RUNNING ESPINHO	Senior Masculino	41:10	+11:30	04:07
44	37	ANDRÉ PINA	A.D. GRIJÓ A CORRER	Senior Masculino	41:10	+11:30	04:07
45	835	Ricardo Pais	RUNNING ESPINHO	Senior Masculino	41:16	+11:36	04:08
46	339	Filipe Marques Ferreira	Individual	Senior Masculino	41:25	+11:44	04:09
47	87	Daniel Vieira	ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D 'OVAR	Senior Masculino	41:49	+12:09	04:11
48	146	Rúben Fernandes	DCI/Trilhos Luso Bussaco	Senior Masculino	41:55	+12:14	04:12
49	191	Helder Robalinho	G.D.Ronda	Senior Masculino	41:55	+12:14	04:12
50	357	jorge barbosa	Individual	Senior Masculino	42:23	+12:43	04:14
51	400	Pedro Vilaça	Individual	Senior Masculino	42:30	+12:49	04:15
52	354	JOÃO MIGUEL LEITE	Individual	Senior Masculino	42:31	+12:51	04:15
53	362	JORGE TEIXEIRA	Individual	Senior Masculino	42:32	+12:52	04:15
54	960	Rui Costa	Supras	Senior Masculino	42:36	+12:56	04:16
55	308	Bruno Calado	Individual	Senior Masculino	42:37	+12:57	04:16
56	217	Bruno M	Gelcentro	Senior Masculino	42:50	+13:10	04:17
57	334	Fábio sousa	Individual	Senior Masculino	42:51	+13:11	04:17
58	753	Jorge Silva	Núcleo de Montanha de Espinho - RE/MAX MARKET	Senior Masculino	42:54	+13:14	04:17
59	347	Ivan Santos	Individual	Senior Masculino	43:09	+13:28	04:19
60	329	Duarte Eira	Individual	Senior Masculino	43:11	+13:31	04:19
61	381	Miguel Pinto	Individual	Senior Masculino	43:13	+13:33	04:19
62	332	Fábio Almeida	Individual	Senior Masculino	43:15	+13:35	04:20
63	394	Pedro Matos	Individual	Senior Masculino	43:18	+13:38	04:20
64	30	Pedro Pinho	5para1	Senior Masculino	43:20	+13:40	04:20
65	364	José Eduardo Bastos	Individual	Senior Masculino	43:30	+13:50	04:21
66	421	Tiago filipe da costa gomes	Individual	Senior Masculino	43:41	+14:01	04:22
67	320	Daniel Fortunato Fonseca e Castro	Individual	Senior Masculino	43:43	+14:03	04:22
68	948	António Moura	Sport Comercio e Salgueiros	Senior Masculino	43:53	+14:13	04:23
69	972	Ivo Pais	Team Maninhos	Senior Masculino	44:06	+14:25	04:25
70	378	Marcos Soares	Individual	Senior Masculino	44:07	+14:27	04:25
71	433	Xavier Miranda	Individual	Senior Masculino	44:09	+14:29	04:25
72	5	Guilherme Ferreira	RUNNING ESPINHO	Senior Masculino	44:15	+14:34	04:26
73	193	Luís Guimarães	G.D.Ronda	Senior Masculino	44:16	+14:35	04:26

**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

**OFFICIAL RESULT**

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

74	368	Leandro Caetano	Individual	Senior Masculino	44:17	+14:37	04:26
75	102	Diogo Martins	CDC S MARTINHO DA GÂNDARA	Senior Masculino	44:18	+14:38	04:26
76	397	Pedro Reina	Individual	Senior Masculino	44:20	+14:40	04:26
77	834	Pedro Valente	RUNNING ESPINHO	Senior Masculino	44:25	+14:44	04:27
78	344	Hélder Santos	Individual	Senior Masculino	44:33	+14:53	04:27
79	103	Wilson Andrade	CDC S MARTINHO DA GÂNDARA	Senior Masculino	44:50	+15:10	04:29
80	319	Cláudio Ferreira	Individual	Senior Masculino	45:00	+15:19	04:30
81	307	Bruno Bastos	Individual	Senior Masculino	45:12	+15:32	04:31
82	215	Pedro Jerónimo	GD Outeiros	Senior Masculino	45:23	+15:43	04:32
83	982	Vítor Reis	Turma do bolo Rei	Senior Masculino	45:28	+15:48	04:33
84	305	Armando Nuno Leitão	Individual	Senior Masculino	45:31	+15:50	04:33
85	415	Samuel da Cunha Santiago	Individual	Senior Masculino	45:36	+15:55	04:34
86	724	André João Ribeiro Alves	LS FITNESS	Senior Masculino	45:56	+16:15	04:36
87	164	Paulo Oliveira	EV - Peraltafil	Senior Masculino	45:57	+16:17	04:36
88	422	Tiago Filipe Moreira de Sousa	Individual	Senior Masculino	46:00	+16:20	04:36
89	416	Sérgio André Magalhães Vieira	Individual	Senior Masculino	46:04	+16:24	04:36
90	338	Filipe Fonseca	Individual	Senior Masculino	46:14	+16:34	04:37
91	366	José Pedro Alves Pinto	Individual	Senior Masculino	46:30	+16:50	04:39
92	959	João Esteves	Supras	Senior Masculino	46:52	+17:11	04:41
93	316	Carlos Manuel Silva Fonseca	Individual	Senior Masculino	46:53	+17:12	04:41
94	73	guilherme ribeiro	almostThere	Senior Masculino	46:58	+17:18	04:42
95	384	Nuno Ferreira	Individual	Senior Masculino	46:59	+17:18	04:42
96	313	Bruno Sousa	Individual	Senior Masculino	47:01	+17:21	04:42
97	335	Fábio Vaz	Individual	Senior Masculino	47:15	+17:35	04:44
98	314	Bruno Sousa	Individual	Senior Masculino	47:27	+17:47	04:45
99	371	Luís Seabra	Individual	Senior Masculino	47:33	+17:53	04:45
100	302	Anthony Suarez	Individual	Senior Masculino	47:35	+17:55	04:46
101	317	Carlos Monteiro	Individual	Senior Masculino	47:37	+17:56	04:46
102	430	Vasco Oliveira	Individual	Senior Masculino	47:42	+18:01	04:46
103	310	Bruno Miguel Ferreira Gonçalves	Individual	Senior Masculino	47:46	+18:05	04:47
104	342	Gil Fontes	Individual	Senior Masculino	47:53	+18:13	04:47
105	833	Pedro Costa	RUNNING ESPINHO	Senior Masculino	48:00	+18:20	04:48
106	812	João Duarte	Rabadas	Senior Masculino	48:02	+18:22	04:48
107	958	Hugo Nunes	Supras	Senior Masculino	48:04	+18:24	04:48
108	957	Hugo Miguel Castro Laranjeira	Supras	Senior Masculino	48:04	+18:24	04:48
109	192	Luís Costa	G.D.Ronda	Senior Masculino	48:06	+18:26	04:49
110	383	Nuno David Pereira	Individual	Senior Masculino	48:09	+18:29	04:49
111	432	Vicente Iglésias Cruz	Individual	Senior Masculino	48:14	+18:34	04:49
112	427	Tiago Rodrigues	Individual	Senior Masculino	48:24	+18:44	04:50
113	424	Tiago Lima	Individual	Senior Masculino	48:41	+19:00	04:52
114	350	João Arrojado	Individual	Senior Masculino	48:42	+19:02	04:52
115	340	Filipe Miguel Barbosa Pardilhó	Individual	Senior Masculino	48:45	+19:05	04:53
116	725	João Tomás Reis	LS Fitness	Senior Masculino	48:49	+19:08	04:53
117	399	Pedro Tavares	Individual	Senior Masculino	48:49	+19:09	04:53
118	74	Rui Silva	almostThere	Senior Masculino	48:55	+19:14	04:54
119	419	Tiago Almeida	Individual	Senior Masculino	49:08	+19:28	04:55



## 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 - LAP2GO - TIMING SOLUTION

120	930	Nelson Miguel Dias da Silva	Salgueiro Properties	Senior Masculino	49:25	+19:45	04:57
121	325	Diogo Azeredo da Silva	Individual	Senior Masculino	49:26	+19:46	04:57
122	352	João Carlos Henriques Pereira	Individual	Senior Masculino	49:28	+19:47	04:57
123	300	alexandre Iglesias Fonseca da Cruz	Individual	Senior Masculino	49:29	+19:48	04:57
124	732	Tiago Lopes	MaisRunning	Senior Masculino	49:47	+20:06	04:59
125	401	Ricardo Almeida	Individual	Senior Masculino	49:57	+20:16	05:00
126	807	André Paiva	PUPILOS DO ZÉ TÓ	Senior Masculino	49:58	+20:18	05:00
127	318	Carlos Resende	Individual	Senior Masculino	50:00	+20:20	05:00
128	991	Marco Almeida	Zequinhas Running	Senior Masculino	50:00	+20:20	05:00
129	57	Artur Barbosa	ACR de Vale de Cambra	Senior Masculino	50:10	+20:30	05:01
130	374	Marcelo Figueiredo	Individual	Senior Masculino	50:12	+20:32	05:01
131	751	Américo Monteiro	Núcleo de Montanha de Espinho - RE/MAX MARKET	Senior Masculino	50:13	+20:33	05:01
132	703	Rui Tavares	INVICTUS RUNNERS	Senior Masculino	50:14	+20:33	05:01
133	365	José Freitas	Individual	Senior Masculino	50:21	+20:41	05:02
134	730	Joaquim Duarte Ribeiro	MaisRunning	Senior Masculino	50:34	+20:53	05:03
135	303	Antonio Jose Moreira de Sousa	Individual	Senior Masculino	50:41	+21:01	05:04
136	733	Joel Teixeira	Manquinhos	Senior Masculino	51:00	+21:20	05:06
137	989	Tiago Mota	Velozes e Furiosos Running	Senior Masculino	51:00	+21:20	05:06
138	935	Átila Valadares	Shake It	Senior Masculino	51:04	+21:24	05:06
139	395	Pedro Miguel Loureiro Mourão	Individual	Senior Masculino	51:12	+21:32	05:07
140	346	Hugo Santos	Individual	Senior Masculino	51:31	+21:50	05:09
141	324	Diego Azevedo	Individual	Senior Masculino	51:42	+22:02	05:10
142	388	Paulo Jorge de Pinho Oliveira	Individual	Senior Masculino	51:43	+22:03	05:10
143	341	Filipe Soares	Individual	Senior Masculino	51:47	+22:06	05:11
144	328	Diogo Machado	Individual	Senior Masculino	51:58	+22:17	05:12
145	178	Anthony Da Costa Da Silva	Fit Arena Ginásio	Senior Masculino	52:23	+22:43	05:14
146	41	Ricardo Neves	A.D. GRIJÓ A CORRER	Senior Masculino	52:39	+22:59	05:16
147	814	Paulo Fernandes	Rabanadas	Senior Masculino	52:40	+23:00	05:16
148	311	Bruno Quintela	Individual	Senior Masculino	52:41	+23:01	05:16
149	987	Mike Paiva	Velozes e Furiosos Running	Senior Masculino	52:54	+23:14	05:17
150	783	Tiago Marques	Os falsos lentos	Senior Masculino	52:59	+23:19	05:18
151	345	Henrique Silva	Individual	Senior Masculino	53:04	+23:24	05:19
152	312	Bruno Rafael Sousa Matos	Individual	Senior Masculino	53:21	+23:40	05:20
153	327	Diogo Gonçalves	Individual	Senior Masculino	53:25	+23:45	05:21
154	363	José Alexandre Pinto Marques	Individual	Senior Masculino	53:29	+23:48	05:21
155	402	Ricardo Doria Duarte	Individual	Senior Masculino	53:32	+23:52	05:21
156	174	Nelson Tiago Azevedo Leite	FantasticFamily	Senior Masculino	53:34	+23:54	05:21
157	52	BRUNO PIORRO	ACDI	Senior Masculino	53:55	+24:15	05:24
158	752	Cristiano Marinheiro	Núcleo de Montanha de Espinho - RE/MAX MARKET	Senior Masculino	54:03	+24:23	05:24
159	330	Edgar Silva	Individual	Senior Masculino	54:03	+24:23	05:24
160	813	José Duarte	Rabanadas	Senior Masculino	54:29	+24:49	05:27
161	731	Nuno Filipe de Almeida Lourenço	MaisRunning	Senior Masculino	54:37	+24:57	05:28
162	754	Marco Leite	Núcleo de Montanha de Espinho - RE/MAX MARKET	Senior Masculino	54:48	+25:07	05:29
163	367	José Semedo	Individual	Senior Masculino	54:55	+25:14	05:30

## 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

### 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

164	355	João Palmeiro	Individual	Senior Masculino	55:24	+25:44	05:32
165	304	António Oliveiras	Individual	Senior Masculino	55:59	+26:19	05:36
166	403	Ricardo José Moreira Freitas	Individual	Senior Masculino	56:09	+26:29	05:37
167	361	Jorge Scevola	Individual	Senior Masculino	56:21	+26:40	05:38
168	375	Marcio Silva	Individual	Senior Masculino	56:21	+26:41	05:38
169	161	Bruno Duarte	Espinho Trail	Senior Masculino	56:34	+26:54	05:39
170	981	Luís Ramalho	Turma do bolo Rei	Senior Masculino	56:43	+27:02	05:40
171	348	Ivo Alexandre Gonçalves Pinheiro Cunha	Individual	Senior Masculino	56:50	+27:09	05:41
172	306	Bruno Almeida	Individual	Senior Masculino	57:06	+27:25	05:43
173	797	Tiago Santos	OS MEMÓRIA POWER	Senior Masculino	57:12	+27:31	05:43
174	410	Rui Carapinha	Individual	Senior Masculino	57:16	+27:36	05:44
175	343	Gustavo de Moura Bastos	Individual	Senior Masculino	57:25	+27:45	05:45
176	382	Nicolau Monteiro	Individual	Senior Masculino	57:28	+27:48	05:45
177	423	Tiago Lacerda	Individual	Senior Masculino	57:42	+28:02	05:46
178	819	Luís Oliveira	Running Esmoriz	Senior Masculino	58:17	+28:37	05:50
179	370	Luís Pereira	Individual	Senior Masculino	58:23	+28:42	05:50
180	980	Bruno Santos	Turma do bolo Rei	Senior Masculino	58:36	+28:55	05:52
181	425	Tiago Manuel Castro Cruz	Individual	Senior Masculino	58:39	+28:58	05:52
182	820	Rui Miguel Silva	Running Esmoriz	Senior Masculino	58:53	+29:13	05:53
183	392	Pedro José Silva Campos	Individual	Senior Masculino	59:10	+29:29	05:55
184	431	Vasco Pereira	Individual	Senior Masculino	59:13	+29:33	05:55
185	988	Pedro Azevedo	Velozes e Furiosos Running	Senior Masculino	59:28	+29:47	05:57
186	379	Miguel Bastos Pinto Couto Resende	Individual	Senior Masculino	59:58	+30:18	06:00
187	704	Tiago Poça	INVICTUS RUNNERS	Senior Masculino	01:00:00	+30:20	06:00
188	406	Ricardo Sousa	Individual	Senior Masculino	01:00:36	+30:55	06:04
189	333	Fábio André Pereira da Silva	Individual	Senior Masculino	01:01:03	+31:22	06:06
190	938	Paulo Alves	SNT	Senior Masculino	01:01:45	+32:05	06:11
191	351	João Bairreira	Individual	Senior Masculino	01:02:29	+32:48	06:15
192	389	Paulo Jorge Ferreira Silva	Individual	Senior Masculino	01:03:08	+33:28	06:19
193	31	RICARDO PEREIRA	A. D. RIO LARGO C. ESPINHO	Senior Masculino	01:03:15	+33:34	06:20
194	391	Pedro Ferreira	Individual	Senior Masculino	01:04:45	+35:04	06:29
195	385	Nuno Sousa	Individual	Senior Masculino	01:04:49	+35:09	06:29
196	729	Edgar Taveira	MaisRunning	Senior Masculino	01:05:22	+35:42	06:32
197	372	Manuel António Pereira dos Santos	Individual	Senior Masculino	01:06:46	+37:05	06:41
198	408	Roberto Garcês	Individual	Senior Masculino	01:09:18	+39:38	06:56
199	420	Tiago Fernandes	Individual	Senior Masculino	01:14:18	+44:38	07:26

## Sub 23 Feminino

1	13	Margarida Oliveira	Clube Desportivo Feirense	Sub 23 Feminino	38:42	+09:01	03:52
2	23	Filipa Diamantino	C+S Lavra	Sub 23 Feminino	41:55	+12:14	04:12
3	130	JOANA SANTOS	Clube Desportivo Feirense	Sub 23 Feminino	43:38	+13:58	04:22
4	436	Susana Maia	Individual	Sub 23 Feminino	47:09	+17:29	04:43
5	129	INÊS CORREIA	Clube Desportivo Feirense	Sub 23 Feminino	49:44	+20:04	04:58
6	104	Eduarda Lopes	CDC S MARTINHO DA GÂNDARA	Sub 23 Feminino	52:31	+22:51	05:15



## Prova Principal

## 10 KM

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

### OFFICIAL RESULT

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14	291	Sílvia Isabel Moreira dos Santos Bragança	Individual	Veterana F40	46:36	+16:55	04:40
15	194	Sandra Canelha	G.D.Ronda	Veterana F40	48:07	+18:27	04:49
16	133	SÓNIA BELEZA	Clube Desportivo Feirense	Veterana F40	48:10	+18:30	04:49
17	788	Lourdes Beleza	Os Fugitivos	Veterana F40	48:43	+19:02	04:52
18	841	Fernanda Rocha	RUNNING ESPINHO	Veterana F40	49:31	+19:51	04:57
19	454	Carla Maria Mendes Martins	Individual	Veterana F40	49:34	+19:54	04:57
20	845	Orquídea Sousa	RUNNING ESPINHO	Veterana F40	49:43	+20:02	04:58
21	897	ISABEL AGUIAR	S. C. Espinho/Antonio Leitão	Veterana F40	49:52	+20:12	04:59
22	758	Carla Monteiro	Núcleo de Montanha de Espinho - RE/MAX MARKET	Veterana F40	50:13	+20:33	05:01
23	842	Isabel Sousa	RUNNING ESPINHO	Veterana F40	50:40	+20:59	05:04
24	144	Liliana Silva	CPTSC	Veterana F40	51:13	+21:32	05:07
25	840	Emília Ferreira	RUNNING ESPINHO	Veterana F40	51:18	+21:38	05:08
26	54	Anabela Leite	ACDI	Veterana F40	51:20	+21:40	05:08
27	470	Marta Fonseca	Individual	Veterana F40	51:35	+21:55	05:10
28	901	Paula Duarte	S. C. Espinho/Antonio Leitão	Veterana F40	52:06	+22:26	05:13
29	457	Cláudia Serrano	Individual	Veterana F40	52:53	+23:12	05:17
30	32	Susana Monteiro	A. D. RIO LARGO C. ESPINHO	Veterana F40	53:13	+23:33	05:19
31	118	FATIMA ALEIXO	CLUBE DE ATLETISMO DE OVAR	Veterana F40	53:37	+23:57	05:22
32	482	Virgínia Costa	Individual	Veterana F40	53:40	+23:59	05:22
33	468	Maria Leandro	Individual	Veterana F40	54:26	+24:46	05:27
34	460	GABRIELA VEIGA	Individual	Veterana F40	54:37	+24:56	05:28
35	839	Cristina Couto	RUNNING ESPINHO	Veterana F40	54:48	+25:08	05:29
36	475	Rossana Ferreira	Individual	Veterana F40	54:52	+25:12	05:29
37	899	Janette Fernandes	S. C. Espinho/Antonio Leitão	Veterana F40	55:22	+25:42	05:32
38	463	Joana Marques	Individual	Veterana F40	55:47	+26:07	05:35
39	105	Susana Costa	CDC S MARTINHO DA GÂNDARA	Veterana F40	55:52	+26:12	05:35
40	461	Gata Assanhada	Individual	Veterana F40	56:19	+26:39	05:38
41	162	Patrícia Gomes	Espinho Trail	Veterana F40	56:35	+26:54	05:40
42	759	Claudia Antunes	Núcleo de Montanha de Espinho - RE/MAX MARKET	Veterana F40	56:42	+27:01	05:40
43	179	Juliana Marques Melo	Fit Arena Ginásio	Veterana F40	56:58	+27:18	05:42
44	452	Anabela Barata	Individual	Veterana F40	57:04	+27:23	05:42
45	898	Isabel Loureiro	S. C. Espinho/Antonio Leitão	Veterana F40	57:18	+27:38	05:44
46	803	Susana Canhola	Pernetas	Veterana F40	57:21	+27:40	05:44
47	995	Joana Abreu	Individual	Veterana F40	57:39	+27:58	05:46
48	451	Ana Rita Castro	Individual	Veterana F40	57:56	+28:16	05:48
49	469	Marisa Raimundo	Individual	Veterana F40	58:10	+28:30	05:49
50	838	Charly Duarte	RUNNING ESPINHO	Veterana F40	58:12	+28:31	05:49
51	465	Lucybell moreira	Individual	Veterana F40	58:48	+29:07	05:53
52	458	Cristiana Vanzeler	Individual	Veterana F40	58:50	+29:10	05:53
53	789	Carla Gomes	Os Fugitivos	Veterana F40	58:54	+29:14	05:53
54	970	FERNANDA PRIM	Team Isabel Silva	Veterana F40	59:13	+29:33	05:55
55	479	SONIA DA COSTA FERREIRA ALMEIDA	Individual	Veterana F40	01:00:13	+30:32	06:01
56	714	Jannet Pereira	Kukes	Veterana F40	01:00:33	+30:53	06:03
57	471	Mena Silva	Individual	Veterana F40	01:00:42	+31:02	06:04

Official Timekeeper: Lap2Go	9 / 20	generate 05-Mar-2022 20:23
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## Prova Principal

10 KM

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

### OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

58	756	Alice Santos	Núcleo de Montanha de Espinho - RE/MAX MARKET	Veterana F40	01:01:37	+31:57	06:10
59	737	Margarida Isabel Ribeiro Henriques Vieira da Silva	Município Espinho	Veterana F40	01:01:52	+32:11	06:11
60	843	Liliana monteiro	RUNNING ESPINHO	Veterana F40	01:02:00	+32:20	06:12
61	473	Rita Calheiros	Individual	Veterana F40	01:02:06	+32:26	06:13
62	480	Sonia oliveira	Individual	Veterana F40	01:02:25	+32:44	06:15
63	472	Regina Vidinha	Individual	Veterana F40	01:02:42	+33:01	06:16
64	962	Catarina Silva	Tartarugas	Veterana F40	01:03:39	+33:59	06:22
65	994	Isabel Santos	Individual	Veterana F40	01:04:34	+34:53	06:27
66	450	Ana Maria Mendes Pais	Individual	Veterana F40	01:04:40	+34:59	06:28
67	456	Carla Raquel Moreira De Aguiar	Individual	Veterana F40	01:04:52	+35:11	06:29
68	464	Liliana Alves	Individual	Veterana F40	01:04:58	+35:18	06:30
69	455	Carla Novais	Individual	Veterana F40	01:05:50	+36:10	06:35
70	478	sílvia lopes nunes	Individual	Veterana F40	01:06:22	+36:42	06:38
71	40	SANDRA FERNANDES	A.D. GRIJÓ A CORRER	Veterana F40	01:06:45	+37:04	06:41
72	39	ANGÉLA FERNANDES	A.D. GRIJÓ A CORRER	Veterana F40	01:06:48	+37:08	06:41
73	181	Joana Fardilha	Força na Canela Espinho	Veterana F40	01:08:17	+38:37	06:50
74	727	Isabel Pereira	LS FITNESS	Veterana F40	01:10:11	+40:31	07:01
75	467	Maria Gabriela Silva	Individual	Veterana F40	01:10:22	+40:42	07:02
76	705	Sandra Pinto	JAM JUVENTUDE ATLÉTICA MOZELEENSE	Veterana F40	01:11:00	+41:20	07:06
77	757	Carla Magalhães	Núcleo de Montanha de Espinho - RE/MAX MARKET	Veterana F40	01:11:10	+41:29	07:07
78	726	Dora Pinheiro	LS Fitness	Veterana F40	01:11:49	+42:08	07:11
79	466	Marcelle Gutierrez da Silva Bravo	Individual	Veterana F40	01:12:56	+43:16	07:18

## Veterana F50

1	107	Fátima Silva	CDP	Veterana F50	43:29	+13:49	04:21
2	486	Cristina Saraiva	Individual	Veterana F50	47:59	+18:18	04:48
3	933	Maria Costa	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	Veterana F50	49:31	+19:50	04:57
4	904	Rosa Maria Ribeiro	S. C. Espinho/Antonio Leitão	Veterana F50	50:24	+20:43	05:02
5	493	Maria Salome M.S.Oliveira	Individual	Veterana F50	50:38	+20:58	05:04
6	489	Margarida Neves	Individual	Veterana F50	52:17	+22:36	05:14
7	484	Carla Maria Reis de Sá Cardoso	Individual	Veterana F50	53:03	+23:23	05:18
8	205	Carla Cruz	Gaia Running	Veterana F50	53:21	+23:40	05:20
9	121	MATILDE LEAL	CLUBE DE ATLETISMO DE OVAR	Veterana F50	53:37	+23:56	05:22
10	848	Júlia Maria Grilo	RUNNING ESPINHO	Veterana F50	53:57	+24:16	05:24
11	206	Lurdes Duarte	Gaia Running	Veterana F50	54:03	+24:23	05:24
12	183	Nidia Rocha	Força na Canela Espinho	Veterana F50	54:11	+24:31	05:25
13	903	Margarida Machado	S. C. Espinho/Antonio Leitão	Veterana F50	54:12	+24:32	05:25
14	483	Ana PAULA Pinho de Almeida e Silva Tavares	Individual	Veterana F50	54:39	+24:59	05:28
15	485	Clara Oliveira	Individual	Veterana F50	54:48	+25:08	05:29
16	195	Deolinda Ferreira	G.D.Ronda	Veterana F50	55:15	+25:35	05:32

Official Timekeeper: Lap2Go	10 / 20	generate 05-Mar-2022 20:23
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## Prova Principal

10 KM

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

17	494	Orquídea Gomes	Individual	Veterana F50	55:30	+25:50	05:33
18	76	Maribel Cardoso	AMINHACORRIDA	Veterana F50	55:48	+26:07	05:35
19	492	Maria Melo	Individual	Veterana F50	56:49	+27:09	05:41
20	821	Ana Oliveira	Running Esmoriz	Veterana F50	58:18	+28:38	05:50
21	979	Isabel Ventura	TRIBO NR	Veterana F50	58:48	+29:07	05:53
22	490	Maria de Lurdes Bastos Pinto Resende	Individual	Veterana F50	59:58	+30:18	06:00
23	495	zélia silva	Individual	Veterana F50	01:00:48	+31:07	06:05
24	847	Alexandra Soares	RUNNING ESPINHO	Veterana F50	01:01:08	+31:27	06:07
25	738	Maria Manuela Avelar da Rocha	Municipio Espinho	Veterana F50	01:01:52	+32:12	06:11
26	488	Leonor Alves	Individual	Veterana F50	01:01:59	+32:19	06:12
27	951	Lúcia Nunes	Sport Comercio e Salgueiros	Veterana F50	01:05:04	+35:23	06:30
28	487	INMACULADA MELENDREZ TAPIA	Individual	Veterana F50	01:05:06	+35:26	06:31

## Veterana F60

1	60	Helena Mourão	Acrs Desterro napo	Veterana F60	47:25	+17:45	04:45
2	55	MARIA FILOMENA SANTOS	ACDI	Veterana F60	52:39	+22:58	05:16
3	224	Maria Margarida Ribeiro	Grupo de Corrida de Argoncilhe	Veterana F60	55:58	+26:17	05:36
4	180	Catarina Lopes Marques	Fit Arena Ginásio	Veterana F60	01:04:34	+34:54	06:27
5	497	Maria Alcina Teixeira Rodrigues Moura	Individual	Veterana F60	01:09:06	+39:26	06:55
6	801	Rosa Bispo	Pernas Inertes lentos desde 2017	Veterana F60	01:10:32	+40:52	07:03
7	496	Graça leite	Individual	Veterana F60	01:16:13	+46:33	07:37

## Veterano M40

1	10	Vitor Manuel dos Sanos Oliveira	Grupo Cultural Desportivo Guilhovai	Veterano M40	30:24	+00:43	03:02
2	24	Vitor Santos	EV - Peraltafil	Veterano M40	32:49	+03:09	03:17
3	25	Luis Beato	EV - Peraltafil	Veterano M40	33:45	+04:05	03:23
4	165	José Almeida	EV - Peraltafil	Veterano M40	34:01	+04:21	03:24
5	157	Ricardo Ferreira	El Comandante Team	Veterano M40	34:02	+04:22	03:24
6	526	Fernando Lima	Individual	Veterano M40	34:37	+04:57	03:28
7	914	Rui Manuel Santos	S. C. Espinho/Antonio Leitão	Veterano M40	35:16	+05:35	03:32
8	617	Rui Antonio Silva Gomes	Individual	Veterano M40	35:26	+05:46	03:33
9	197	Hugo Silva	G.D.Ronda	Veterano M40	35:27	+05:47	03:33
10	967	Helder Costa	Team ELComandante	Veterano M40	35:29	+05:49	03:33
11	27	Cláudio Costa	EV - Peraltafil	Veterano M40	35:57	+06:17	03:36
12	952	Mário Franco	Sport Comercio e Salgueiros	Veterano M40	35:58	+06:18	03:36
13	149	João Pedro Oliveira	DCI/Trilhos Luso Bussaco	Veterano M40	36:07	+06:27	03:37
14	620	Rui Miguel Russa Ferreira da Silva	Individual	Veterano M40	36:22	+06:42	03:38
15	909	Hernani Furtado	S. C. Espinho/Antonio Leitão	Veterano M40	37:06	+07:25	03:43
16	122	CARLOS SEQUEIRA	CLUBE DE ATLETISMO DE OVAR	Veterano M40	37:08	+07:27	03:43
17	42	RUI TAVARES	A.D. GRIJÓ A CORRER	Veterano M40	37:29	+07:49	03:45
18	150	Sergio Machado	DCI/Trilhos Luso Bussaco	Veterano M40	37:31	+07:51	03:45
19	536	Hélder Moutinho Neves	Individual	Veterano M40	37:31	+07:51	03:45

## 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

20	883	Emanuel Santos	RUNRIVER - Escola de Atletismo de Rio Tinto	Veterano M40	37:34	+07:54	03:45
21	975	Andre oliveira	Trail Running Suil Park	Veterano M40	37:36	+07:56	03:46
22	976	telmo Oliveira	Trail Running Suil Park	Veterano M40	37:36	+07:56	03:46
23	166	Manuel Bessa	EV - Peraltafil	Veterano M40	37:46	+08:06	03:47
24	549	José Correia	Individual	Veterano M40	38:37	+08:57	03:52
25	974	Manuel Bastos	Trail runing club BTT Sanguedo	Veterano M40	38:56	+09:16	03:54
26	500	Alberto Valente	Individual	Veterano M40	38:56	+09:16	03:54
27	198	João Moreira	G.D.Ronda	Veterano M40	38:57	+09:17	03:54
28	123	PEDRO SILVA	CLUBE DE ATLETISMO DE OVAR	Veterano M40	39:05	+09:25	03:55
29	66	José Augusto Sobral Gomes	Agualva Runners	Veterano M40	39:07	+09:26	03:55
30	551	José loureiro	Individual	Veterano M40	39:08	+09:28	03:55
31	619	RUI MACHADO	Individual	Veterano M40	39:14	+09:33	03:55
32	913	Pedro Santos	S. C. Espinho/Antonio Leitão	Veterano M40	39:15	+09:35	03:56
33	999	Antonio Francisco	Individual	Veterano M40	39:31	+09:50	03:57
34	585	Nuno Milheiro	Individual	Veterano M40	39:33	+09:52	03:57
35	953	Nélson Carvalhosa	Sport Comercio e Salgueiros	Veterano M40	39:44	+10:04	03:58
36	84	PAULO GRILO	ARCORUN	Veterano M40	39:49	+10:09	03:59
37	587	Nuno Sousa	Individual	Veterano M40	40:07	+10:27	04:01
38	83	JOSÉ MANUEL DA SILVA GOMES	ARCORUN	Veterano M40	40:29	+10:49	04:03
39	188	Daniel Afonso Lopes Rodrigues	G. J. Pinheiro da Bemposta	Veterano M40	40:41	+11:01	04:04
40	548	Jorge Queiros	Individual	Veterano M40	40:43	+11:03	04:04
41	595	Paulo Fidalgo	Individual	Veterano M40	40:49	+11:08	04:05
42	519	Carlos Sá	Individual	Veterano M40	41:03	+11:23	04:06
43	712	Nuno Miguel Gonçalves Araújo	Juventude Cortegacense	Veterano M40	41:05	+11:25	04:07
44	216	Avelino Freitas	GD SÃO PAIO DE OLEIROS	Veterano M40	41:08	+11:28	04:07
45	623	Sérgio Lopes	Individual	Veterano M40	41:10	+11:30	04:07
46	564	Manuel Couto	Individual	Veterano M40	41:49	+12:08	04:11
47	760	Armando Teixeira	Núcleo de Montanha de Espinho - RE/MAX MARKET	Veterano M40	41:54	+12:13	04:11
48	600	Pedro Alves	Individual	Veterano M40	41:55	+12:15	04:12
49	583	Noel Valadão	Individual	Veterano M40	42:11	+12:31	04:13
50	985	Joaquim José da Silva Neves	V.C. Bike	Veterano M40	42:20	+12:40	04:14
51	766	José Loureiro	Núcleo de Montanha de Espinho - RE/MAX MARKET	Veterano M40	42:46	+13:06	04:17
52	220	Miguel Sant0s	Grupo Cultural Desportivo Guilhovai	Veterano M40	42:48	+13:07	04:17
53	860	Paulo Sousa	RUNNING ESPINHO	Veterano M40	42:51	+13:11	04:17
54	850	Damásio Pereira	RUNNING ESPINHO	Veterano M40	42:52	+13:12	04:17
55	863	Rui Pinto	RUNNING ESPINHO	Veterano M40	43:00	+13:20	04:18
56	631	Vitor Hugo Silva Rocha e Carmo	Individual	Veterano M40	43:01	+13:20	04:18
57	965	Hugo Santos	Tartarugas de Seixezelo	Veterano M40	43:01	+13:21	04:18
58	545	Jorge Guerra	Individual	Veterano M40	43:03	+13:23	04:18
59	590	Paulo Borges	Individual	Veterano M40	43:13	+13:33	04:19
60	148	Bruno Gomes	DCI/Trilhos Luso Bussaco	Veterano M40	43:35	+13:54	04:22
61	822	Paulo Reis	Running Esmoriz	Veterano M40	43:35	+13:55	04:22
62	867	Vitor Cunha	RUNNING ESPINHO	Veterano M40	43:39	+13:59	04:22
63	862	Rui Ferreira	RUNNING ESPINHO	Veterano M40	43:42	+14:01	04:22

Official Timekeeper: Lap2Go	12 / 20	generate 05-Mar-2022 20:23
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## Prova Principal

**10 KM**

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

64	961	Miguel Carlos	Supras	Veterano M40	43:52	+14:12	04:23
65	596	Paulo Gil	Individual	Veterano M40	43:58	+14:18	04:24
66	594	Paulo cruz	Individual	Veterano M40	44:00	+14:19	04:24
67	853	Germano Borges	RUNNING ESPINHO	Veterano M40	44:06	+14:26	04:25
68	861	Pedro Lobo	RUNNING ESPINHO	Veterano M40	44:06	+14:26	04:25
69	761	Claudio Manuel Carvalho Rodrigues	Núcleo de Montanha de Espinho - RE/MAX MARKET	Veterano M40	44:07	+14:27	04:25
70	568	Márcio José Gomes Oliveira	Individual	Veterano M40	44:10	+14:30	04:25
71	134	ARMANDO ALMEIDA	Clube Desportivo Feirense	Veterano M40	44:17	+14:36	04:26
72	614	Ricardo Veiga	Individual	Veterano M40	44:17	+14:37	04:26
73	573	Marco Pinto	Individual	Veterano M40	44:18	+14:37	04:26
74	230	André Rocha	Grupo Desportivo dos Outeiros	Veterano M40	44:21	+14:41	04:26
75	616	Rui Albino	Individual	Veterano M40	44:27	+14:46	04:27
76	966	Erasmo Alves	Taylor's	Veterano M40	44:29	+14:49	04:27
77	857	Nuno matias	RUNNING ESPINHO	Veterano M40	44:30	+14:50	04:27
78	772	Nuno Raposo	Núcleo de Montanha de Espinho - RE/MAX MARKET	Veterano M40	44:36	+14:55	04:28
79	553	José Moreira	Individual	Veterano M40	44:38	+14:58	04:28
80	576	Mario Manuel Da Mota Leite	Individual	Veterano M40	44:51	+15:11	04:29
81	524	Emanuel Mota	Individual	Veterano M40	45:06	+15:26	04:31
82	629	Victor Sá	Individual	Veterano M40	45:08	+15:28	04:31
83	140	Abílio Malheiro	Clube Fluvial Vilacondense	Veterano M40	45:09	+15:29	04:31
84	593	Paulo Costa	Individual	Veterano M40	45:24	+15:44	04:32
85	574	Marco Santos	Individual	Veterano M40	45:28	+15:47	04:33
86	764	Hugo Pinto	Núcleo de Montanha de Espinho - RE/MAX MARKET	Veterano M40	45:37	+15:57	04:34
87	82	José Correia	ARCORUN	Veterano M40	45:39	+15:58	04:34
88	533	Gustavo Marques	Individual	Veterano M40	45:48	+16:07	04:35
89	588	Nuno Teixeira	Individual	Veterano M40	45:59	+16:19	04:36
90	565	Manuel Ferreira	Individual	Veterano M40	46:00	+16:19	04:36
91	106	Cláudio Castro	CDC S MARTINHO DA GÂNDARA	Veterano M40	46:07	+16:27	04:37
92	769	Mika Magalhães	Núcleo de Montanha de Espinho - RE/MAX MARKET	Veterano M40	46:08	+16:28	04:37
93	208	Nuno Almeida	Gaia Running	Veterano M40	46:16	+16:36	04:38
94	507	António Ferreira	Individual	Veterano M40	46:17	+16:37	04:38
95	511	Armindo Bastos	Individual	Veterano M40	46:19	+16:39	04:38
96	56	JOSÉ PROENÇA	ACDI	Veterano M40	46:23	+16:43	04:38
97	915	Rui Monteiro	S. C. Espinho/Antonio Leitão	Veterano M40	46:26	+16:46	04:39
98	510	Armando Sá	Individual	Veterano M40	46:27	+16:46	04:39
99	528	Francisco Oliveira	Individual	Veterano M40	46:27	+16:47	04:39
100	771	Nuno Coelho	Núcleo de Montanha de Espinho - RE/MAX MARKET	Veterano M40	46:39	+16:59	04:40
101	563	Luís Peralta	Individual	Veterano M40	46:40	+16:59	04:40
102	609	Ricardo Costa	Individual	Veterano M40	46:49	+17:09	04:41
103	806	Rui Miguel Caralinda Silva	Precision Endurance	Veterano M40	47:00	+17:20	04:42
104	765	João Graça	Núcleo de Montanha de Espinho - RE/MAX MARKET	Veterano M40	47:05	+17:25	04:43
105	80	Jorge Ramos	ARCORUN	Veterano M40	47:19	+17:39	04:44



## Prova Principal

## 10 KM

## OFFICIAL RESULT

106	581	Nelson Silveira	Individual	Veterano M40	47:21	+17:41	04:44
107	855	Marcos Carvalho	RUNNING ESPINHO	Veterano M40	47:22	+17:42	04:44
108	578	Manuel Ferreira	Individual	Veterano M40	47:24	+17:44	04:44
109	859	Paulo Ferreira	RUNNING ESPINHO	Veterano M40	47:25	+17:45	04:45
110	571	Marco Paulo	Individual	Veterano M40	47:38	+17:57	04:46
111	560	Luis Gomes	Individual	Veterano M40	47:43	+18:03	04:46
112	768	Miguel Loureiro	Núcleo de Montanha de Espinho - RE/MAX MARKET	Veterano M40	47:50	+18:09	04:47
113	597	Paulo Oliveira	Individual	Veterano M40	47:53	+18:12	04:47
114	557	Luciano Tavares	Individual	Veterano M40	47:57	+18:17	04:48
115	550	José Coutinho	Individual	Veterano M40	48:02	+18:21	04:48
116	598	Paulo Ribeiro	Individual	Veterano M40	48:07	+18:27	04:49
117	811	Sandro Silva	PUPILOS DO ZÉ TÓ	Veterano M40	48:08	+18:28	04:49
118	808	Daniel Costa	PUPILOS DO ZÉ TÓ	Veterano M40	48:13	+18:32	04:49
119	805	Miguel Silva	PORTO SENTIDO	Veterano M40	48:14	+18:34	04:49
120	546	Jorge Laranjeiro	Individual	Veterano M40	48:14	+18:34	04:49
121	559	Luis Ernesto Maldonado Conejo	Individual	Veterano M40	48:21	+18:41	04:50
122	575	Marcos Paulo Santos Fonseca	Individual	Veterano M40	48:29	+18:49	04:51
123	907	Carlos Ferreira	S. C. Espinho/Antonio Leitão	Veterano M40	48:39	+18:59	04:52
124	534	Hélder Filipe Rodrigues da Rocha	Individual	Veterano M40	48:41	+19:00	04:52
125	572	Marco pinho	Individual	Veterano M40	49:21	+19:40	04:56
126	973	Paulo Areal Sousa	TEAM SHARK	Veterano M40	49:29	+19:48	04:57
127	809	Jorge Costa	PUPILOS DO ZÉ TÓ	Veterano M40	49:33	+19:53	04:57
128	136	NUNO CARDOSO	Clube Desportivo Feirense	Veterano M40	49:45	+20:04	04:59
129	611	RICARDO MIGUEL AMARAL	Individual	Veterano M40	49:46	+20:06	04:59
130	90	HENRIQUE NEVES	Beatriz dos Panos	Veterano M40	49:46	+20:06	04:59
131	218	António Sá	GOLD COMPANIONS	Veterano M40	49:46	+20:06	04:59
132	539	Hugo Silva	Individual	Veterano M40	49:53	+20:13	04:59
133	852	Filipe Rocha	RUNNING ESPINHO	Veterano M40	49:54	+20:13	04:59
134	810	Ricardo Plxelas	PUPILOS DO ZÉ TÓ	Veterano M40	49:58	+20:18	05:00
135	774	Pedro Morais	Núcleo de Montanha de Espinho - RE/MAX MARKET	Veterano M40	50:05	+20:25	05:01
136	554	JP Griné	Individual	Veterano M40	50:11	+20:30	05:01
137	561	Luís Miguel	Individual	Veterano M40	50:11	+20:31	05:01
138	773	Pedro Bernardo	Núcleo de Montanha de Espinho - RE/MAX MARKET	Veterano M40	50:13	+20:33	05:01
139	529	Gonçalo Costeira	Individual	Veterano M40	50:13	+20:33	05:01
140	508	António Sousa	Individual	Veterano M40	50:17	+20:37	05:02
141	628	TIAGO RESENDE RODRIGUES DA SILVA	Individual	Veterano M40	50:19	+20:38	05:02
142	515	Bruno Rodrigues	Individual	Veterano M40	50:19	+20:39	05:02
143	905	Adélio Alegria	S. C. Espinho/Antonio Leitão	Veterano M40	50:20	+20:39	05:02
144	209	Pedro oliveira	Gaia Running	Veterano M40	50:22	+20:41	05:02
145	45	Jose Pinto	A.D. GRIJÓ A CORRER	Veterano M40	50:22	+20:42	05:02
146	866	Victor Sousa	RUNNING ESPINHO	Veterano M40	50:30	+20:50	05:03
147	854	Jaime Castro	RUNNING ESPINHO	Veterano M40	50:40	+21:00	05:04
148	856	Nelson fernandes	RUNNING ESPINHO	Veterano M40	50:42	+21:02	05:04

**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 - LAP2GO - TIMING SOLUTION

149	767	José Silva	Núcleo de Montanha de Espinho - RE/MAX MARKET	Veterano M40	50:52	+21:12	05:05
150	506	André Pereira	Individual	Veterano M40	50:52	+21:12	05:05
151	38	Bruno Neves	A.D. GRIJÓ A CORRER	Veterano M40	50:54	+21:14	05:05
152	917	Vítor Campos	S. C. Espinho/Antonio Leitão	Veterano M40	50:57	+21:17	05:06
153	858	Nuno Miguel Ferreira da Silva	RUNNING ESPINHO	Veterano M40	50:58	+21:18	05:06
154	91	Nuno Martins	BICI TRAIL FITNESS IN LOVE	Veterano M40	51:22	+21:42	05:08
155	579	Moisés Mota	Individual	Veterano M40	51:27	+21:46	05:09
156	622	Rui Santos	Individual	Veterano M40	51:48	+22:08	05:11
157	911	NUNO SILVA	S. C. Espinho/Antonio Leitão	Veterano M40	52:05	+22:24	05:13
158	608	Rafael Sousa	Individual	Veterano M40	52:18	+22:38	05:14
159	547	Jorge Oliveira	Individual	Veterano M40	52:19	+22:38	05:14
160	503	Alexandre Sargento	Individual	Veterano M40	52:19	+22:39	05:14
161	740	Pedro Castro e Silva	Município Espinho	Veterano M40	52:40	+23:00	05:16
162	566	Marcelo teixeira da Mota	Individual	Veterano M40	52:49	+23:09	05:17
163	592	Paulo Costa	Individual	Veterano M40	52:51	+23:11	05:17
164	505	Américo Oliveira	Individual	Veterano M40	53:11	+23:31	05:19
165	556	LEONARDO RAFAEL GUEDES MANZANILLA	Individual	Veterano M40	53:17	+23:36	05:20
166	514	Bruno Moreira	Individual	Veterano M40	53:36	+23:55	05:22
167	513	Bruno Cardoso	Individual	Veterano M40	53:38	+23:58	05:22
168	532	Gregório Pereira	Individual	Veterano M40	53:39	+23:59	05:22
169	851	Eduardo Filipe Lima ferreira	RUNNING ESPINHO	Veterano M40	54:01	+24:20	05:24
170	501	Alcides Rocha	Individual	Veterano M40	54:32	+24:52	05:27
171	916	Silvio Ferreira	S. C. Espinho/Antonio Leitão	Veterano M40	54:45	+25:05	05:29
172	775	Rui Martins	Núcleo de Montanha de Espinho - RE/MAX MARKET	Veterano M40	54:47	+25:07	05:29
173	586	Nuno Neves	Individual	Veterano M40	54:56	+25:16	05:30
174	734	André Coimbra	Manquinhos	Veterano M40	55:08	+25:28	05:31
175	570	Marco Morgado	Individual	Veterano M40	55:16	+25:36	05:32
176	158	Mário Filipe Gomes de Araújo	EQUIPA A	Veterano M40	55:33	+25:53	05:33
177	210	Vítor Fernandes	Gaia Running	Veterano M40	55:37	+25:56	05:34
178	189	PAULO RAMOS	G. J. Pinheiro da Bemposta	Veterano M40	55:44	+26:03	05:34
179	983	Pedro Mendes	Turma do bolo Rei	Veterano M40	55:49	+26:08	05:35
180	804	Nuno M Oliveira	PNAC	Veterano M40	55:55	+26:14	05:36
181	794	Bruno Almeida	Os Marretas da Caneca	Veterano M40	56:26	+26:46	05:39
182	225	Pedro Ferreira	Grupo de Corrida de Argoncilhe	Veterano M40	56:34	+26:54	05:39
183	599	Paulo Sérgio leitão castro	Individual	Veterano M40	57:10	+27:30	05:43
184	606	Pedro Leitao	Individual	Veterano M40	57:11	+27:31	05:43
185	141	Ulisses Lopes	Clube Fluvial Vilacondense	Veterano M40	57:25	+27:44	05:45
186	523	Emanuel Fonte	Individual	Veterano M40	57:30	+27:49	05:45
187	716	Adriano Santos	Lavenderangle	Veterano M40	57:38	+27:58	05:46
188	96	José Moreira	CAL - Clube Atletismo de Lamas	Veterano M40	57:42	+28:02	05:46
189	996	Cristóvão Santos	Individual	Veterano M40	57:59	+28:18	05:48
190	71	Marcello Costa	Almeida pneus	Veterano M40	58:09	+28:29	05:49
191	517	Carlos Couto	Individual	Veterano M40	58:10	+28:30	05:49
192	918	Vítor Ferreira	S. C. Espinho/Antonio Leitão	Veterano M40	58:45	+29:04	05:53

## Prova Principal

10 KM

### OFFICIAL RESULT

193	910	Joaquim Conceição	S. C. Espinho/Antonio Leitão	Veterano M40	58:53	+29:13	05:53
194	605	Pedro Iglesias	Individual	Veterano M40	59:02	+29:22	05:54
195	538	Hugo Miguel Silva Rodrigues	Individual	Veterano M40	59:14	+29:33	05:55
196	964	Carlos Teixeira	Tartarugas de Seixezelo	Veterano M40	59:15	+29:34	05:56
197	621	Rui Pedro Sotomaior D Padrão	Individual	Veterano M40	59:33	+29:53	05:57
198	555	Lázaro José Nunes Leite	Individual	Veterano M40	59:51	+30:11	05:59
199	612	Ricardo Resende	Individual	Veterano M40	59:54	+30:14	05:59
200	630	Vitor Carvalho	Individual	Veterano M40	59:54	+30:14	05:59
201	521	Eduardo Pinto	Individual	Veterano M40	59:57	+30:17	06:00
202	582	Nilson Ribeiro Rocha	Individual	Veterano M40	01:00:07	+30:26	06:01
203	504	Alfredo António Maia peniche	Individual	Veterano M40	01:00:10	+30:30	06:01
204	499	Alberto António Domingues de Almeida	Individual	Veterano M40	01:00:13	+30:33	06:01
205	865	Vasco Filipe da Mota Monteiro	RUNNING ESPINHO	Veterano M40	01:00:31	+30:51	06:03
206	715	Hugo Moreira	Kukes	Veterano M40	01:00:33	+30:53	06:03
207	552	José Marques	Individual	Veterano M40	01:00:39	+30:59	06:04
208	912	Pedro Pereira	S. C. Espinho/Antonio Leitão	Veterano M40	01:00:43	+31:02	06:04
209	185	Herlander Fardilha	Força na Canela Espinho	Veterano M40	01:00:50	+31:10	06:05
210	906	António Vaz	S. C. Espinho/Antonio Leitão	Veterano M40	01:01:26	+31:45	06:09
211	762	Fernando Santos	Núcleo de Montanha de Espinho - RE/MAX MARKET	Veterano M40	01:01:29	+31:49	06:09
212	763	Francisco Reis	Núcleo de Montanha de Espinho - RE/MAX MARKET	Veterano M40	01:01:30	+31:49	06:09
213	942	Nelson Gandra	SNT	Veterano M40	01:01:45	+32:04	06:11
214	941	António Oliveira	SNT	Veterano M40	01:01:59	+32:19	06:12
215	602	Pedro Borges	Individual	Veterano M40	01:02:13	+32:33	06:13
216	543	Joao sousa	Individual	Veterano M40	01:02:25	+32:44	06:15
217	512	Artur Rocha	Individual	Veterano M40	01:02:42	+33:01	06:16
218	607	Pedro Pereira	Individual	Veterano M40	01:04:17	+34:36	06:26
219	167	Pedro Almeida	EV - Peraltafil	Veterano M40	01:05:09	+35:29	06:31
220	531	Gonçalo Pessoa	Individual	Veterano M40	01:06:52	+37:11	06:41
221	627	Tiago Martins	Individual	Veterano M40	01:06:52	+37:12	06:41
222	562	Luis Miguel Azevedo Costa	Individual	Veterano M40	01:09:02	+39:21	06:54
223	770	Nuno Capela	Núcleo de Montanha de Espinho - RE/MAX MARKET	Veterano M40	01:14:42	+45:02	07:28
224	95	Ricardo Santos	Cabritos da Montanha	Veterano M40	01:20:08	+50:28	08:01

## Veterano M50

1	14	Joaquim Figueiredo	CLUBE DESPORTIVO SÃO SALVADOR DO CAMPO	Veterano M50	33:06	+03:25	03:19
2	16	António Fernandes	Individual	Veterano M50	33:23	+03:43	03:20
3	61	Mário Silva	Acrs Desterro napo	Veterano M50	35:43	+06:02	03:34
4	154	Vitor Manuel Jorge Oliveira	DCI/Trilhos Luso Bussaco	Veterano M50	36:07	+06:27	03:37
5	139	Mário Contreiras	CLUBE DESPORTIVO SÃO SALVADOR DO CAMPO	Veterano M50	36:20	+06:40	03:38
6	151	João Paulo Almeida	DCI/Trilhos Luso Bussaco	Veterano M50	36:37	+06:56	03:40
7	127	ROGERIO CAMPOS	CLUBE DE ATLETISMO DE OVAR	Veterano M50	37:28	+07:47	03:45
8	43	ANTÓNIO SOUSA	A.D. GRIJÓ A CORRER	Veterano M50	37:29	+07:49	03:45

Official Timekeeper: Lap2Go	16 / 20	generate 05-Mar-2022 20:23
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**Prova Principal**

**10 KM**

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

9	919	Augusto Aluai	S. C. Espinho/Antonio Leitão	Veterano M50	37:36	+07:56	03:46
10	108	Paulo silva	CDP	Veterano M50	37:54	+08:14	03:47
11	924	Paulo Oliveira	S. C. Espinho/Antonio Leitão	Veterano M50	38:31	+08:51	03:51
12	125	MARIO VAZ	CLUBE DE ATLETISMO DE OVAR	Veterano M50	38:50	+09:09	03:53
13	708	CARLOS BAPTISTA	JAM JUVENTUDE ATLÉTICA MOZELENSE	Veterano M50	38:53	+09:13	03:53
14	934	Américo Valente	SERVIÇOS SOCIAIS CULTURAIS DOS TRABALHADORES DO MUNICÍPIO DE OVAR	Veterano M50	38:54	+09:14	03:53
15	77	João Celso Rosa da Vinha	amupb	Veterano M50	39:47	+10:07	03:59
16	126	PEDRO LEAL	CLUBE DE ATLETISMO DE OVAR	Veterano M50	40:23	+10:43	04:02
17	124	JORGE ARAUJO	CLUBE DE ATLETISMO DE OVAR	Veterano M50	41:45	+12:05	04:11
18	639	Carlos Lopes	Individual	Veterano M50	42:09	+12:29	04:13
19	535	Antonio Santos	Individual	Veterano M50	42:13	+12:33	04:13
20	986	Joao Rodrigues	Vale Correr	Veterano M50	42:24	+12:44	04:14
21	709	FERNANDO BRANDÃO	JAM JUVENTUDE ATLÉTICA MOZELENSE	Veterano M50	42:56	+13:16	04:18
22	110	José Luis Santos	Cirac - Circulo de Recreio Arte e Cultura	Veterano M50	43:08	+13:27	04:19
23	663	Miguel Carneiro	Individual	Veterano M50	43:27	+13:47	04:21
24	922	José Pereira	S. C. Espinho/Antonio Leitão	Veterano M50	43:29	+13:48	04:21
25	204	Miguel COIMBRA	G.R EIRENSE	Veterano M50	43:36	+13:55	04:22
26	171	Luis Silva	EV - Peraltafil	Veterano M50	43:54	+14:14	04:23
27	170	LEONEL SILVA	EV - Peraltafil	Veterano M50	43:54	+14:14	04:23
28	869	Carlos Lancha	RUNNING ESPINHO	Veterano M50	44:05	+14:25	04:25
29	657	Luís Silvestre	Individual	Veterano M50	44:28	+14:48	04:27
30	815	José Fernando de Sousa e Matos	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M50	44:35	+14:55	04:28
31	44	JOSÉ DUARTE	A.D. GRIJÓ A CORRER	Veterano M50	44:50	+15:10	04:29
32	876	Marco Pinho	RUNNING ESPINHO	Veterano M50	45:20	+15:40	04:32
33	169	Joaquim Pereira	EV - Peraltafil	Veterano M50	45:30	+15:49	04:33
34	749	Manuel Anjos	Núcleo de Atletismo de Cucujães	Veterano M50	45:33	+15:52	04:33
35	152	José Pereira	DCI/Trilhos Luso Bussaco	Veterano M50	45:41	+16:01	04:34
36	824	Américo Fonseca	Running Esmoriz	Veterano M50	46:06	+16:26	04:37
37	666	PAULO SÁ	Individual	Veterano M50	46:10	+16:30	04:37
38	63	Luis Osorio	AFISOVAR	Veterano M50	46:29	+16:48	04:39
39	873	Joao Carlos Machado Pinto Neves	RUNNING ESPINHO	Veterano M50	46:38	+16:57	04:40
40	668	Renato Paulo Silva Tavares	Individual	Veterano M50	46:55	+17:15	04:42
41	713	Manuel constantino silva	Juventude Cortegacense	Veterano M50	47:04	+17:23	04:42
42	877	Mário Alves	RUNNING ESPINHO	Veterano M50	47:23	+17:42	04:44
43	633	Américo Oliveira	Individual	Veterano M50	47:36	+17:56	04:46
44	660	Manuel Pereira Oliveira	Individual	Veterano M50	47:59	+18:18	04:48
45	870	Ernesto Gonçalves	RUNNING ESPINHO	Veterano M50	48:33	+18:53	04:51
46	658	Manuel Cardoso	Individual	Veterano M50	48:42	+19:02	04:52
47	64	Paulo Almeida	AFISOVAR	Veterano M50	48:53	+19:13	04:53
48	677	Vítor Manuel Rodrigues Guerra	Individual	Veterano M50	48:56	+19:16	04:54
49	874	José Carlos	RUNNING ESPINHO	Veterano M50	49:05	+19:25	04:55
50	879	Rui Fernandes	RUNNING ESPINHO	Veterano M50	49:47	+20:06	04:59

## 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

51	636	António Pereira do Carmo	Individual	Veterano M50	50:08	+20:27	05:01
52	137	PAULO ALMEIDA	Clube Desportivo Feirense	Veterano M50	50:08	+20:28	05:01
53	664	Paulo Emanuel Moreira	Individual	Veterano M50	50:14	+20:34	05:01
54	728	Américo Sousa	LS Fitness	Veterano M50	50:15	+20:35	05:02
55	186	Eduardo Fardilha	Força na Canela Espinho	Veterano M50	50:16	+20:36	05:02
56	645	Gaspar Fernando Lopes de Oliveira	Individual	Veterano M50	50:29	+20:49	05:03
57	674	Vicente Pinto	Individual	Veterano M50	50:31	+20:50	05:03
58	643	fernando mendes	Individual	Veterano M50	50:38	+20:58	05:04
59	673	Vergílio Oliveira	Individual	Veterano M50	50:39	+20:59	05:04
60	661	Manuel Silva Pereira	Individual	Veterano M50	50:53	+21:12	05:05
61	175	Nelson José Leite	FantasticFamily	Veterano M50	51:03	+21:22	05:06
62	791	Paulo Gomes	Os Fugitivos	Veterano M50	51:11	+21:31	05:07
63	33	Rui Silva	A. D. RIO LARGO C. ESPINHO	Veterano M50	51:19	+21:38	05:08
64	671	Rui Raimundo	Individual	Veterano M50	51:21	+21:40	05:08
65	92	Nilda Magalhães	BICI TRAIL FITNESS IN LOVE	Veterano M50	51:21	+21:41	05:08
66	868	Bernardino Fernandes	RUNNING ESPINHO	Veterano M50	51:42	+22:01	05:10
67	652	José Cunha Lopes	Individual	Veterano M50	52:07	+22:26	05:13
68	678	Xavier Santiago	Individual	Veterano M50	52:11	+22:31	05:13
69	776	Silvério Santos	Núcleo de Montanha de Espinho - RE/MAX MARKET	Veterano M50	52:15	+22:34	05:14
70	923	Paulo Moreira	S. C. Espinho/Antonio Leitão	Veterano M50	52:33	+22:53	05:15
71	650	Joaquim Paulo da Silva Neves Capela	Individual	Veterano M50	52:50	+23:10	05:17
72	97	BELMIRO LOPES	CAL - Clube Atletismo de Lamas	Veterano M50	52:58	+23:17	05:18
73	748	Joao Carvalho	Individual	Veterano M50	53:02	+23:21	05:18
74	871	Fernando Pais	RUNNING ESPINHO	Veterano M50	53:08	+23:28	05:19
75	642	Duarte Vieira	Individual	Veterano M50	53:17	+23:36	05:20
76	795	Rui Lestre	Os Marretas da Caneca	Veterano M50	53:22	+23:42	05:20
77	638	Carlos Barroso	Individual	Veterano M50	53:46	+24:06	05:23
78	138	PAULO OLIVEIRA	Clube Desportivo Feirense	Veterano M50	53:50	+24:10	05:23
79	655	José Rodrigo Loureiro Nascimento	Individual	Veterano M50	53:50	+24:10	05:23
80	653	José Ilídio Sá	Individual	Veterano M50	53:50	+24:10	05:23
81	637	Avelino Pereira de Sousa	Individual	Veterano M50	54:48	+25:07	05:29
82	793	CARLOS OLIVEIRA PEREZ	OS GUERREIROS DA LUZ	Veterano M50	54:59	+25:18	05:30
83	823	Amândio Mendes	Running Esmoriz	Veterano M50	55:12	+25:32	05:31
84	667	Pedro Melo	Individual	Veterano M50	55:48	+26:08	05:35
85	670	Rui Miguel Pinto de Almeida	Individual	Veterano M50	55:55	+26:15	05:36
86	676	Vítor M Cardoso	Individual	Veterano M50	56:07	+26:27	05:37
87	672	Rui Vilaça	Individual	Veterano M50	57:54	+28:14	05:47
88	669	Ricardo Rodrigues Gato	Individual	Veterano M50	58:01	+28:21	05:48
89	656	Luis Morais	Individual	Veterano M50	58:10	+28:30	05:49
90	878	Paulo Alexandre Bispo Lage Ladeira	RUNNING ESPINHO	Veterano M50	59:14	+29:33	05:55
91	675	Vicente Pinto	Individual	Veterano M50	59:57	+30:17	06:00
92	86	Carlos Alberto Alves da Silva	ARCORUN	Veterano M50	01:00:37	+30:57	06:04
93	785	João Guedes	Os Falta D"Ar	Veterano M50	01:01:06	+31:26	06:07
94	784	Antonio Godinho	Os Falta D"Ar	Veterano M50	01:01:07	+31:26	06:07
95	945	Paulo Silva	SNT	Veterano M50	01:01:45	+32:04	06:11
96	662	Mário Marques	Individual	Veterano M50	01:01:59	+32:19	06:12

Official Timekeeper: Lap2Go	18 / 20	generate 05-Mar-2022 20:23
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**Prova Principal****10 KM**

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

97	79	Jorge Soares	ARCORUN	Veterano M50	01:02:01	+32:20	06:12
98	632	ALBERTO SANTOS	Individual	Veterano M50	01:02:10	+32:30	06:13
99	635	António Feliciano dos Santos Bastos	Individual	Veterano M50	01:03:06	+33:26	06:19
100	634	António Couto	Individual	Veterano M50	01:04:03	+34:23	06:24
101	651	Jorge Ramos	Individual	Veterano M50	01:04:32	+34:52	06:27
102	646	Hélder lopes	Individual	Veterano M50	01:07:29	+37:48	06:45

**Veterano M60**

1	65	João Pereira	AFISOVAR	Veterano M60	35:25	+05:44	03:33
2	956	PEDRO TERRA	SSTSJM Serviços Sociais do Pessoal do Município de S. João da Madeira	Veterano M60	37:59	+08:19	03:48
3	200	Carlos Fazendeiro	G.D.Ronda	Veterano M60	38:35	+08:55	03:52
4	155	JOSÉ MARTINS	DCI/Trilhos Luso Bussaco	Veterano M60	38:36	+08:56	03:52
5	692	Jose Monteiro Monteiro	Individual	Veterano M60	38:52	+09:12	03:53
6	927	Manuel Rodrigues	S. C. Espinho/Antonio Leitão	Veterano M60	38:58	+09:18	03:54
7	687	ilidio oliveira	Individual	Veterano M60	40:31	+10:50	04:03
8	698	Pedro Almeida	Individual	Veterano M60	43:06	+13:25	04:19
9	683	David Fernandes	Individual	Veterano M60	43:08	+13:27	04:19
10	46	CARLOS RIPOLINS	A.D. GRIJÓ A CORRER	Veterano M60	44:08	+14:28	04:25
11	685	Fernando António Ferreira Santiago	Individual	Veterano M60	45:36	+15:55	04:34
12	111	Alcides Sales	Cirac - Circulo de Recreio Arte e Cultura	Veterano M60	45:42	+16:02	04:34
13	928	Norberto Oliveira	S. C. Espinho/Antonio Leitão	Veterano M60	47:53	+18:13	04:47
14	881	Ze Moutinho	RUNNING ESPINHO	Veterano M60	48:00	+18:20	04:48
15	681	Carlos Alberto Ferreira	Individual	Veterano M60	48:05	+18:25	04:49
16	227	Fernando Silva	Grupo de Corrida de Argoncilhe	Veterano M60	49:12	+19:31	04:55
17	682	Carlos Ramos	Individual	Veterano M60	49:15	+19:35	04:56
18	128	ARLINDO SILVA	CLUBE DE ATLETISMO DE OVAR	Veterano M60	49:29	+19:49	04:57
19	684	Domingos Soares da Silva	Individual	Veterano M60	50:55	+21:14	05:06
20	686	Geraldino Silva	Individual	Veterano M60	51:18	+21:38	05:08
21	778	Mário Oliveira	Oliveirinhas	Veterano M60	52:05	+22:24	05:13
22	34	Alfredo Santos	A. D. RIO LARGO C. ESPINHO	Veterano M60	53:14	+23:34	05:20
23	228	Rui Oliveira	Grupo de Corrida de Argoncilhe	Veterano M60	53:40	+24:00	05:22
24	109	Normando Lima dos Santos	CENTRO PORTUGUÊS DE FRIBOURG SUÍÇA	Veterano M60	54:07	+24:26	05:25
25	680	Antonio Tafula	Individual	Veterano M60	54:09	+24:29	05:25
26	880	José Vilela	RUNNING ESPINHO	Veterano M60	54:14	+24:33	05:25
27	736	Manuel Teixeira	Manquinhos	Veterano M60	54:39	+24:58	05:28
28	747	Fernando Andrade	No Tomorrow Running Team	Veterano M60	54:40	+25:00	05:28
29	694	Luis Filipe Dias da Rocha e Santos	Individual	Veterano M60	54:55	+25:15	05:30
30	697	Michoud Olivier	Individual	Veterano M60	54:59	+25:19	05:30
31	172	António Ferreira	EV - Peraltafil	Veterano M60	55:15	+25:35	05:32
32	98	LUCIDIO DIAS	CAL - Clube Atletismo de Lamas	Veterano M60	55:17	+25:37	05:32
33	693	Luis Filipe Cruz	Individual	Veterano M60	56:12	+26:32	05:37
34	690	jorge conceição	Individual	Veterano M60	56:52	+27:11	05:41

## 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

35	679	ABILIO SOARES	Individual	Veterano M60	58:43	+29:02	05:52
36	688	Joaquim Fernando de Oliveira Castro	Individual	Veterano M60	58:52	+29:11	05:53
37	735	Fernando Teixeira	Manquinhos	Veterano M60	01:01:11	+31:30	06:07
38	954	Arnaldo Pinto	Sport Comercio e Salgueiros	Veterano M60	01:01:18	+31:38	06:08
39	700	Silvério Oliveira e Silva	Individual	Veterano M60	01:02:06	+32:26	06:13
40	47	ELISIO SILVA	A.D. GRIJÓ A CORRER	Veterano M60	01:02:30	+32:50	06:15
41	48	MANUEL COUTO	A.D. GRIJÓ A CORRER	Veterano M60	01:02:30	+32:50	06:15
42	112	Joaquim Oliveira	Cirac - Circulo de Recreio Arte e Cultura	Veterano M60	01:02:40	+33:00	06:16
43	187	Fernando Almeida	Força na Canela Espinho	Veterano M60	01:03:13	+33:33	06:19
44	695	Manuel Ferreira Varela	Individual	Veterano M60	01:05:06	+35:26	06:31
45	699	Serafim Coutinho	Individual	Veterano M60	01:06:18	+36:38	06:38
46	36	José Falcão	A. D. RIO LARGO C. ESPINHO	Veterano M60	01:06:45	+37:04	06:41
47	802	José Pires de Lima	Pernas Inertes lentos desde 2017	Veterano M60	01:10:33	+40:53	07:03