

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

	Time	Temperature	Humidity
Start	18:00	14.1°C	92%
End	19:19	13.3°C	91%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	422	Ricardo Dias	CAOV - Clube Atletismo Olímpico Vianense	30:36		03:04	
2	560	Antonio Moreira	Prime Running Club	32:00	+01:24	03:12	
3	452	Bruno Carvalho	Talho Manecas	32:10	+01:34	03:13	
4	432	Tiago Pinho	ACR de Vale de Cambra	33:20	+02:44	03:20	
5	466	Miguel Meira	CAOV - Clube Atletismo Olímpico Vianense	33:49	+03:13	03:23	
6	465	Jorge Neto	NBA Barrosas	34:42	+04:06	03:28	
7	238	Renato Almeida	Grupo Desportivo Recreativo Juventude das Ribeiras	34:45	+04:09	03:29	
8	244	Diamantino Martins	Grupo Desportivo Recreativo Juventude das Ribeiras	34:48	+04:12	03:29	
9	488	Rodrigo Viana	Marretas do Norte	34:49	+04:13	03:29	
10	410	Marcos Paz Alvarez	INDEPENDIENTE	34:51	+04:15	03:29	
11	467	Samuel Veiga	CAOV - Clube Atletismo Olímpico Vianense	34:59	+04:23	03:30	
12	420	Bruno Pereira	Amigos da Montanha	35:22	+04:46	03:32	
13	35	Nuno Silva Carvalho	Realense Futebol Clube	35:26	+04:50	03:33	
14	490	Leonel Barros	Vizela Corre	35:36	+05:00	03:34	
15	362	Rúben Ferreira	GD Castelense	35:59	+05:23	03:36	
16	585	Luciano Faria	GD Castelense	36:06	+05:30	03:37	
17	398	Joaquim Alves	Sport Comércio e Salgueiros	36:09	+05:33	03:37	
18	424	José Fernandes	Clube de Atletismo Bracara	36:28	+05:52	03:39	
19	346	Paulo Pereira	Dragon club	36:28	+05:52	03:39	
20	278	Ramiro Ribeiro	NBA Barrosas	36:47	+06:11	03:41	
21	468	Joymilleng David	CAOV	37:07	+06:31	03:43	
22	575	Pedro Caprichoso	ÂGUIAS DE ALVELOS	37:13	+06:37	03:43	
23	198	Artur Silva	Individual	37:13	+06:37	03:43	
24	546	Helder Silva	EARO	37:18	+06:42	03:44	
25	93	Paulo Ribeiro	Apulia a correr	37:26	+06:50	03:45	
26	377	Paulo Martins	Vizela Corre	37:33	+06:57	03:45	
27	262	NUNO TIAGO FERNANDES CARVALHO	Individual	37:47	+07:11	03:47	
28	384	António Ferreira	Vizela Corre	37:53	+07:17	03:47	
29	535	Ricardo Campos	G.D Leões da Agra	38:08	+07:32	03:49	
30	159	Luís Oliveira	Individual	38:26	+07:50	03:51	
31	183	Fausto Silva	EDL Trail	38:29	+07:53	03:51	
32	270	António Ramos	NoFiTeam	38:34	+07:58	03:51	
33	534	Márcio Silva	Fit7	38:39	+08:03	03:52	
34	297	Nuno Silva	CCR Praia de Mira	38:44	+08:08	03:52	
35	150	Emilio Vilarinho	CAVE - Esposende	38:46	+08:10	03:53	
36	404	Pedro Cunha	Vizela Corre	38:57	+08:21	03:54	
37	310	Agostinho Rodrigues	Amigos da Montanha	39:07	+08:31	03:55	
38	309	Hugo André Pires Araújo	OLÍMPICO VIANENSE	39:10	+08:34	03:55	
39	191	José António Silva	OZ Running Team	39:11	+08:35	03:55	
40	419	Francisco Pilar	Juvmar	39:13	+08:37	03:55	
41	122	Vitor Lima	Individual	39:14	+08:38	03:55	

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	525	Carlos Pereira	Argila	39:14	+08:38	03:55	
43	265	Cláudio Araújo	Individual	39:24	+08:48	03:56	
44	106	Pedro Dourado	ÁGUIAS DE ALVELOS	39:24	+08:48	03:56	
45	145	José Maciel	GCDRGEMESSES	39:25	+08:49	03:57	
46	155	Diogo Silva	GCDR GEMESSES	39:36	+09:00	03:58	
47	44	Augusto Lopes	MOVIMENTO DE JUVENTUDE DE MERELIM	39:44	+09:08	03:58	
48	66	Vitor Costa	Movimento de Juventu de Merelim	39:45	+09:09	03:58	
49	171	Fernando Silva	CDC NAVAIS	39:47	+09:11	03:59	
50	425	Tomé Cruz	CAOV	39:50	+09:14	03:59	
51	554	Hélder Amorim	AD. CARVALHAL RUN	40:01	+09:25	04:00	
52	283	Jorge Miranda	NBA Barrosas	40:04	+09:28	04:00	
53	521	Joao Benta	Individual	40:05	+09:29	04:01	
54	14	António José Oliveira Carvalho	CLUBE DE ATLETISMO AFIPRE TEAM	40:09	+09:33	04:01	
55	306	Flávio Fernandes	NBA Barrosas	40:20	+09:44	04:02	
56	276	Daniel Andrade	VODAFONE	40:22	+09:46	04:02	
57	453	Pedro Azevedo	Fit7	40:46	+10:10	04:05	
58	334	Gil Ferreira	Individual	40:48	+10:12	04:05	
59	493	Paula Rios	Viana Running	40:50	+10:14	04:05	
60	507	Miguel Jorge Lira	Viana Running Team	40:52	+10:16	04:05	
61	241	José Gusman Barbosa	Individual	41:08	+10:32	04:07	
62	9	Patricia Caldas	Individual	41:08	+10:32	04:07	
63	23	Joaquim Miranda	Individual	41:15	+10:39	04:08	
64	179	Alexandre Tinoco	Individual	41:21	+10:45	04:08	
65	144	Miguel Pilar	Individual	41:22	+10:47	04:08	
66	477	João Pedro Santos Sousa	Spin& Run Esposende	41:23	+10:47	04:08	
67	581	José Oliveira	Individual	41:24	+10:48	04:08	
68	79	Joaquim Carvalho	Realense Futebol clube	41:26	+10:50	04:09	
69	428	Julio Morgado	Individual	41:28	+10:52	04:09	
70	109	Rui Cardoso	Team El Comandante	41:29	+10:53	04:09	
71	52	Hugo Machado	G. D. Leões da Guarda - Lion Runners	41:35	+10:59	04:09	
72	160	Joel Miranda	GCDRGemeses	41:37	+11:01	04:10	
73	311	Paulo Dias	Individual	41:43	+11:07	04:10	
74	514	Diogo Nobre	Individual	41:50	+11:14	04:11	
75	42	Guilherme Martins	MOVIMENTO DE JUVENTUDE DE MERELIM	41:55	+11:19	04:12	
76	74	Rui Ramalho	Individual	41:58	+11:22	04:12	
77	60	Elisabete Nunes	Sport Comércio e Salgueiros	41:59	+11:23	04:12	
78	19	FERNANDO AREZES	GTT - Armazém do Caffè	42:02	+11:26	04:12	
79	99	Leonel Videira	CHAVES RUNNING TEAM	42:03	+11:27	04:12	
80	215	Jose Santos	Individual	42:05	+11:29	04:13	
81	208	Nelson Gonçalves	Juvmar	42:06	+11:30	04:13	
82	274	José Manuel Vieira Rodrigues	OZ Running Team	42:09	+11:33	04:13	
83	232	Pedro Sousa	Arte e Risos eventos / MCN Crossfit	42:13	+11:37	04:13	
84	236	Gonçalo Pinheiro	OLIMPICO VIANENSE	42:15	+11:39	04:14	
85	405	Nuno Santos	Individual	42:15	+11:39	04:14	
86	206	Sérgio Ramos	EDV-VIANATRIL	42:21	+11:45	04:14	
87	36	Vitor Mota	CLUBE DE ATLETISMO AFIPRE TEAM	42:26	+11:50	04:15	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	72	Ricardo Moreira	Individual	42:37	+12:01	04:16	
89	102	Amaro Costa	Individual	42:44	+12:08	04:16	
90	532	Antonio Francisco	Individual	42:50	+12:14	04:17	
91	98	Ricardo Carqueijó	Individual	42:52	+12:16	04:17	
92	200	Eduardo Oliveira	Individual	42:53	+12:17	04:17	
93	564	Álvaro Vale	ADE Trail Running	42:53	+12:17	04:17	
94	161	Francisco Alves	Cerveira Team Running	42:58	+12:22	04:18	
95	247	Sérgio Silva	ÁGUIAS DE ALVELOS	43:00	+12:24	04:18	
96	147	Filipe Machado	Vermudi Trail Team	43:02	+12:26	04:18	
97	174	José Soares	Teste	43:03	+12:27	04:18	
98	413	Rui couto	Centro Social da Juventude de Mar	43:03	+12:27	04:18	
99	287	José Manuel	BRAGA RUNNERS	43:11	+12:35	04:19	
100	176	João Ramos	EDV-VIANA TRAIL	43:14	+12:38	04:19	
101	73	Ricardo Ramalho	Individual	43:19	+12:43	04:20	
102	142	Miguel Novais	ESCOLA SECUNDÁRIA DE BARCELINHOS	43:23	+12:47	04:20	
103	370	José Marques	MSS Contabilidade Trail Team	43:25	+12:49	04:20	
104	26	Marco Martins	Individual	43:27	+12:51	04:21	
105	558	Adelino Meireles	Morgado	43:29	+12:53	04:21	
106	463	Nuno Teixeira	RUNNING ESPINHO	43:29	+12:53	04:21	
107	457	Pedro Torres Torres	Individual	43:34	+12:58	04:21	
108	48	Ricardo Ferreira	MOVIMENTO DE JUVENTUDE DE MERELIM	43:35	+12:59	04:22	
109	242	Daniel Cardoso	airórun	43:38	+13:02	04:22	
110	469	Jose Pereira	ÁGUIAS DE ALVELOS	43:40	+13:04	04:22	
111	482	Tiago Silva	OZRUNNINGTEAM	43:49	+13:13	04:23	
112	8	Ricardo Capitão	Individual	43:55	+13:19	04:24	
113	335	Daniel Nascimento	ADC Tregosa	43:57	+13:21	04:24	
114	414	João da silva	Juvmar	44:01	+13:25	04:24	
115	512	Camilo Oliveira	Dumiense Xallenges Runners	44:09	+13:33	04:25	
116	111	Adelino Nuno Gomes Maranhao Maranhao	Individual	44:16	+13:40	04:26	
117	267	Jose Lda	OZ Running Team	44:22	+13:46	04:26	
118	175	Paulo Cerqueira	Individual	44:23	+13:47	04:26	
119	395	Magda Reina	NBA Barrosas	44:26	+13:50	04:27	
120	120	Joice jesus	Nascidos para correr	44:32	+13:56	04:27	
121	88	Raquel Andrade	Individual	44:34	+13:58	04:27	
122	347	António Brás	Individual	44:36	+14:00	04:28	
123	409	Filipe Gonçalves	ADE trailrunning	44:38	+14:02	04:28	
124	96	António Riço	ATIB FinaBraga Running	44:38	+14:02	04:28	
125	460	Joaquim Barbosa	Os Idabelinhas	44:40	+14:04	04:28	
126	277	Filipe Teles	Clube Naval de São Vicente	44:47	+14:11	04:29	
127	574	Carlos Carreira	ADE Trail Running	44:51	+14:15	04:29	
128	231	Carlos Alberto Gomes	Individual	44:53	+14:17	04:29	
129	61	Vítor couto Couto	Individual	44:53	+14:17	04:29	
130	89	Rui Vasquinho	RV&LV	44:55	+14:19	04:30	
131	319	Florinda Fernandes	CAM-VC	44:56	+14:20	04:30	
132	87	José Vilaça	AIRORUN	44:57	+14:21	04:30	

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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
179	280	Rui Vilasboas	Individual	46:49	+16:13	04:41	
180	229	Hugo Silva	Individual	46:51	+16:15	04:41	
181	212	Marcelino Mota	BRAGA RUNNERS	46:52	+16:16	04:41	
182	190	Pedro Lima	Individual	46:53	+16:17	04:41	
183	53	Armindo Gomes	MOVIMENTO DE JUVENTUDE DE MERELIM	47:01	+16:25	04:42	
184	239	Ivo Costa	Individual	47:03	+16:27	04:42	
185	394	Rui Barbosa	GRUPO DESPORTIVO SANTANDER TOTTA	47:04	+16:28	04:42	
186	252	Pedro Dias	Individual	47:06	+16:30	04:43	
187	366	RAMBO SANTOS	Individual	47:10	+16:34	04:43	
188	502	Marlene Puga	Ker sport trail runing	47:12	+16:36	04:43	
189	65	Francisco Marinha	Individual	47:16	+16:40	04:44	
190	166	Pedro Carvalho	Individual	47:19	+16:43	04:44	
191	22	Sérgio Santos	Individual	47:28	+16:52	04:45	
192	578	Pedro Caraméz	Primos POWER	47:30	+16:54	04:45	
193	497	Carla Varandas	Sport Comércio Salgueiros	47:31	+16:55	04:45	
194	170	José António Nascimento Fernandes	ADCRSME	47:48	+17:12	04:47	
195	318	Sandra Amorim	Individual	47:50	+17:14	04:47	
196	323	Nelson Silva	Individual	47:50	+17:14	04:47	
197	54	Paulo Jorge	S.C. SALGUEIROS	48:05	+17:29	04:48	
198	86	José Luís Fernandes	Individual	48:05	+17:29	04:49	
199	361	João Mota	Individual	48:05	+17:29	04:49	
200	261	Paulo Martins	Clube Fluvial Vilacondense	48:08	+17:32	04:49	
201	582	Manuel Pereira	Associação Desportiva de Esposende	48:08	+17:32	04:49	
202	230	Joana Gomes	Individual	48:21	+17:45	04:50	
203	77	Peter Toh	Individual	48:25	+17:49	04:51	
204	39	PAULO JORGE MADUREIRA RIBEIRO	Grupo novobanco	48:28	+17:52	04:51	
205	76	JOSE MANUEL MARTINS SILVA	Individual	48:28	+17:52	04:51	
206	288	Ricardo Pires	Individual	48:36	+18:00	04:52	
207	157	Mario Gonçalves	Grupo Desportivo Recreativo Juventude das Ribeiras	48:36	+18:00	04:52	
208	15	Carlos pereira	Individual	48:37	+18:01	04:52	
209	476	Sameiro Fraguinha	Spin&Run Esposende	48:37	+18:01	04:52	
210	566	Manuel Braga	ADE Trail Running	48:38	+18:02	04:52	
211	588	Paulo Lages	GD Castelense	48:39	+18:03	04:52	
212	333	João Lima	Individual	48:40	+18:04	04:52	
213	475	Ramiro Batista	Spin&Run Esposende	48:41	+18:05	04:52	
214	421	Antonio Capitão	ARGo	48:43	+18:07	04:52	
215	416	Pedro Rocha	Juvmar	48:44	+18:08	04:52	
216	470	Maria Campos	Spin&Run Esposende	48:50	+18:14	04:53	
217	293	José Gonçalves	BRAGA RUNNERS	48:56	+18:20	04:54	
218	509	Sergio Sérgio Gil	Individual	48:59	+18:23	04:54	
219	256	Jose Costa	Individual	49:00	+18:24	04:54	
220	63	Leandro Silva	Individual	49:02	+18:26	04:54	
221	551	Rui Couto	GCDRGemeses	49:05	+18:29	04:55	
222	356	António Borges	Individual	49:05	+18:29	04:55	
223	358	Catarina Borges	Dragon club	49:06	+18:30	04:55	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
224	187	Pedro Oliveira	Cerveira Team Running	49:07	+18:31	04:55	
225	301	António Longras	Impetus Team	49:09	+18:33	04:55	
226	498	Jorge Ribeiro	Perelhal a Correr	49:12	+18:36	04:55	
227	260	LILIANA GOMES	S-PERFORMANCE	49:17	+18:41	04:56	
228	478	João Rosendo	Spin & Run Esposende	49:17	+18:41	04:56	
229	494	Manuel Novais	Individual	49:19	+18:43	04:56	
230	483	José Carvalho	Individual	49:25	+18:49	04:56	
231	3	Alexandre Viana	Correr Antas à Noite	49:35	+18:59	04:57	
232	553	Alexandre Meireles	Individual	49:35	+18:59	04:57	
233	59	Daniela Sarmento	G.D.Leões da Guarda - Lion Runners	49:36	+19:00	04:58	
234	555	Miguel novo	Primos Power	49:37	+19:01	04:58	
235	263	Bruno PEREIRA	Individual	49:39	+19:03	04:58	
236	407	Fernando Cristiano Ferreira silva	Individual	49:43	+19:07	04:58	
237	417	Ricardo Dantas	Juvmar	49:48	+19:12	04:59	
238	472	Eduardo Coutada	Spin & Run Esposende	49:51	+19:15	04:59	
239	243	Vítor Gonçalves	Individual	49:51	+19:15	04:59	
240	415	Vitor Gonçalves	Individual	49:52	+19:16	04:59	
241	209	Elisabete Maria Soutulho Alves	Individual	49:52	+19:16	04:59	
242	140	Joao Carvalho	ESBarcelinhos	49:54	+19:18	04:59	
243	527	Celestino Faria	Individual	49:58	+19:22	05:00	
244	216	Nelson Pontes	Individual	50:01	+19:25	05:00	
245	427	Octavio Igreja	Individual	50:01	+19:25	05:00	
246	499	Marta Martins	Individual	50:10	+19:34	05:01	
247	29	Rogério Ribeiro	Barrote	50:20	+19:44	05:02	
248	375	Manuel Ferreira	Individual	50:23	+19:47	05:02	
249	436	Raul Fernandes	Cerveira Team Running	50:26	+19:50	05:03	
250	92	Fernando Vaz	Correcomeles	50:27	+19:51	05:03	
251	471	Mónica Ferreira	Spin&Run Esposende	50:30	+19:54	05:03	
252	221	Hugo Oterelo	Individual	50:31	+19:55	05:03	
253	383	Manuel Jorge Carqueijo Lima	Individual	50:31	+19:55	05:03	
254	298	Domingos Sousa	Individual	50:44	+20:08	05:04	
255	537	Rute Maia	AIRORUN	50:45	+20:09	05:05	
256	234	Ricardo manuel nogueira costa	altos&baixos	50:47	+20:11	05:05	
257	557	Manuel Araujo	Cuca Trail	50:48	+20:12	05:05	
258	342	Filipe Novais	Individual	50:52	+20:16	05:05	
259	4	Carlos Lomba	Individual	50:53	+20:17	05:05	
260	338	José Fernandes	BRAGUINHAS	50:53	+20:17	05:05	
261	146	Isabel Cunha	Cerveira Team Running	50:56	+20:20	05:06	
262	316	António Pereira	Núcleo Sporting Clube Portugal de Braga	50:58	+20:22	05:06	
263	454	Ricardo Alves	PCRUNNERS	50:59	+20:23	05:06	
264	367	Joaquim Macedo	Individual	50:59	+20:23	05:06	
265	589	Catarina Saleiro	GD Castelense	51:01	+20:25	05:06	
266	586	Tania Lages	GD Castelense	51:01	+20:25	05:06	
267	533	Julio Azevedo	Individual	51:01	+20:25	05:06	
268	495	José Duarte	Individual	51:02	+20:26	05:06	
269	246	Fernanda Elizabete Silva Leite	Individual	51:05	+20:29	05:07	

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 - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
270	496	Ricardo Melo	Individual	51:09	+20:33	05:07	
271	461	Pedro Castro	Individual	51:09	+20:33	05:07	
272	46	Carla Soares	MOVIMENTO DE JUVENTUDE DE MERELIM	51:12	+20:36	05:07	
273	281	João Grilo	ADC Tregosa	51:15	+20:39	05:08	
274	173	Manuel da Silva Leite	Individual	51:16	+20:40	05:08	
275	348	Jorge Campos	Individual	51:29	+20:53	05:09	
276	219	Paulo Ferreira	Individual	51:34	+20:58	05:09	
277	519	Ricardo Guimaraes	Individual	51:36	+21:00	05:10	
278	487	Jose Martins	Individual	51:45	+21:09	05:11	
279	504	Francisco Vieira	Individual	51:46	+21:10	05:11	
280	570	Juliana Pinheiral	ADE Trail Running	52:01	+21:25	05:12	
281	433	Joao Ferreira	Individual	52:02	+21:26	05:12	
282	408	Adriano Vareiro	Esposende2000	52:04	+21:28	05:12	
283	295	Gloria Bras	Spin&Run Esposende	52:04	+21:28	05:12	
284	329	Luís Ribeiro	Individual	52:10	+21:34	05:13	
285	464	Leonardo Schiavo dos Santos	Projeto Corredor-Rio de Janeiro/Brasil	52:14	+21:38	05:13	
286	248	Joaquim Dourado	Individual	52:15	+21:39	05:13	
287	31	Serafin Da silva	Weperf	52:16	+21:40	05:14	
288	271	Hilario Ramos	OZ Running Team	52:19	+21:43	05:14	
289	272	Herculano Cardoso	OZ Running Team	52:20	+21:44	05:14	
290	143	Marco Cruz	Individual	52:23	+21:47	05:14	
291	307	Rui Ferreira	NBA Barrosas	52:27	+21:51	05:15	
292	393	Carlos Dias	Ilha do Tostão	52:29	+21:53	05:15	
293	55	Luis Cunha	Individual	52:31	+21:55	05:15	
294	381	Guilherme Rodrigues	Individual	52:36	+22:00	05:16	
295	489	Antony Lopes	Individual	52:36	+22:00	05:16	
296	193	Carlos Alago	AiAi team	52:46	+22:10	05:17	
297	80	Vítor M Cardoso	atléutico da madalena	52:50	+22:14	05:17	
298	49	Nuno Carvalho	Individual	52:51	+22:15	05:17	
299	517	José Sousa	Fit7	53:03	+22:27	05:18	
300	94	Rosa Vaz	Top Top Runners	53:10	+22:34	05:19	
301	343	Hugo Rocha	ADCRSME	53:10	+22:34	05:19	
302	441	Pedro Ferreira	PFArchStudio	53:10	+22:34	05:19	
303	138	Daniel Figueiredo	Individual	53:17	+22:41	05:20	
304	253	Alda Faustino	NoFiTeam	53:18	+22:42	05:20	
305	254	Pedro Lourenço	NoFiTeam	53:18	+22:42	05:20	
306	486	Rui Regado	DSS Racing Team	53:22	+22:46	05:20	
307	406	César Carvalho	Individual	53:26	+22:50	05:21	
308	505	Cláudia Oliveira	Individual	53:29	+22:53	05:21	
309	113	Antonio RSa	Individual	53:29	+22:53	05:21	
310	510	Martinho Fernandes	Individual	53:29	+22:53	05:21	
311	391	Carlos Alves	Individual	53:30	+22:54	05:21	
312	344	Carlos Manuel Marques	Individual	53:42	+23:06	05:22	
313	91	Agusto Maranhão	Maranhão	53:42	+23:06	05:22	
314	435	HELDER RIBEIRO	Individual	53:44	+23:08	05:22	
315	164	Sofia Lopes	GCDR de Gemeses	53:45	+23:09	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 - 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
316	571	Franclim Machado	ADE Trail Running	53:49	+23:13	05:23	
317	213	Hugo Barbosa	ADC Tregosa	53:51	+23:15	05:23	
318	296	Luis Pereira	ADC Tregosa	53:51	+23:15	05:23	
319	217	Leandro Barbosa	ADC Tregosa	53:51	+23:15	05:23	
320	124	Francisca Costa	10TD	53:55	+23:19	05:24	
321	355	Rui Castro	Individual	53:57	+23:21	05:24	
322	110	João Ramos	Individual	54:01	+23:25	05:24	
323	275	Américo Machado	Juvenar	54:01	+23:25	05:24	
324	112	Fernando Marinho	Individual	54:04	+23:28	05:24	
325	56	Isabel Cristina Caseiro	RIO NEIVA ADA	54:04	+23:28	05:24	
326	332	Maria Figueiras	ADC Tregosa	54:04	+23:28	05:24	
327	108	Rosa Carmo	CHAVES RUNNING TEAM	54:05	+23:29	05:25	
328	121	Pedro Silva	Morgados	54:08	+23:32	05:25	
329	286	Sara Loureiro	B.T.M.	54:10	+23:34	05:25	
330	431	Rita Vilar da Mota	Individual	54:11	+23:35	05:25	
331	240	Leonor Leite	ADC Tregosa	54:12	+23:36	05:25	
332	440	Márcia Filipa	Individual	54:13	+23:37	05:25	
333	439	Isabel Novais	Perelhal a correr	54:14	+23:38	05:25	
334	43	Maria Correia	MOVIMENTO DE JUVENTUDE DE MERELIM	54:19	+23:43	05:26	
335	382	Rafael Monteiro	Individual	54:22	+23:46	05:26	
336	205	Berta Carvalho	CrossfitBarcelos	54:26	+23:50	05:27	
337	392	Paula Pereira	Individual	54:30	+23:54	05:27	
338	134	Rebeka silva	10TD	54:33	+23:57	05:27	
339	364	Joao Gomes	Individual	54:34	+23:58	05:27	
340	374	Isabel Maria Ribeiro Rodrigues Rodrigues	Individual	54:35	+23:59	05:28	
341	302	Sara Machado	NBA Barrosas	54:36	+24:00	05:28	
342	450	António Jácomo	Individual	54:37	+24:01	05:28	
343	426	Conceição queiroz	Spin&Run - Esposende	54:44	+24:08	05:28	
344	579	Angelina Cruz	Individual	54:45	+24:09	05:29	
345	158	Maria do Sameiro Araújo	Individual	54:45	+24:09	05:29	
346	337	Rosa Araújo	B.T.M.	54:47	+24:11	05:29	
347	402	Rita Ferreira	Individual	54:48	+24:12	05:29	
348	68	Frederico Moura	Individual	54:56	+24:20	05:30	
349	459	Conceição Cruz	ARCA BarceloS runners	54:57	+24:21	05:30	
350	580	João Paulo Dias da Cruz	ARCA BarceloS runners	54:57	+24:21	05:30	
351	37	Isabel Alves	MOVIMENTO DE JUVENTUDE DE MERELIM	55:03	+24:27	05:30	
352	13	Bruno Loureiro	Renasce	55:09	+24:33	05:31	
353	197	Nuno Lopes	OZ runin Team	55:10	+24:34	05:31	
354	57	David Manuel Morgado da Cruz	Individual	55:18	+24:42	05:32	
355	396	Amaro Rocha	GT RUNNERS	55:21	+24:45	05:32	
356	520	Pedro Torres	Individual	55:27	+24:51	05:33	
357	222	Joel Sousa	Individual	55:27	+24:51	05:33	
358	233	Deolinda pereira	AIRORUN	55:27	+24:51	05:33	
359	304	Ricardo Cardoso	Individual	55:31	+24:55	05:33	
360	369	Tony Silva	Individual	55:31	+24:55	05:33	

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	RESULT	DIFF	t/KM	CARD
361	137	Daniel Cibrão	Individual	55:47	+25:11	05:35	
362	518	André Capitaó	DSS Racing Team	55:50	+25:14	05:35	
363	225	Teresa Silva	TURBULENTOS	55:52	+25:16	05:35	
364	438	Carla Alves	Individual	55:57	+25:21	05:36	
365	524	Pedro Ribeiro	ARGO	56:08	+25:32	05:37	
366	513	Antonio Marques	Dragon club	56:08	+25:32	05:37	
367	536	Liliana Matos	Perelhal A Correr	56:11	+25:35	05:37	
368	181	Humberto Barros	Kaninos	56:11	+25:35	05:37	
369	360	Célia Andrade	Vou correr com o João	56:12	+25:36	05:37	
370	315	Hugo Carvalho	Individual	56:16	+25:40	05:38	
371	214	Daniel Barros	Individual	56:20	+25:44	05:38	
372	515	Miriam Pinheiro	Individual	56:20	+25:44	05:38	
373	211	Mariana Capitão	Individual	56:20	+25:44	05:38	
374	299	Tiago Silva	Individual	56:30	+25:54	05:39	
375	285	Jéssica Faria	Individual	56:30	+25:54	05:39	
376	387	Hélder Azevedo	airórun	56:42	+26:06	05:40	
377	544	Paulo Lopes	Individual	56:42	+26:06	05:40	
378	480	Vânia Patrícia Serra	Spin&Run Esposende	56:50	+26:14	05:41	
379	542	Nuno Costa	Individual	56:50	+26:14	05:41	
380	479	Jorge Serra	Spin&Run Esposende	56:50	+26:14	05:41	
381	101	Teresa Santos	Individual	56:57	+26:21	05:42	
382	51	Tiago Dias	Individual	56:59	+26:23	05:42	
383	339	Ana Maria Matos	ARCA BarceloS runners	57:08	+26:32	05:43	
384	336	Filipa Ferreira	ARCA BarceloS runners	57:09	+26:33	05:43	
385	105	Balsemino Ferreira	Individual	57:23	+26:47	05:44	
386	115	Mónica Pedrosa	Individual	57:23	+26:47	05:44	
387	458	Diogo Lima	Individual	57:31	+26:55	05:45	
388	84	Cátia Barbosa	Individual	57:33	+26:57	05:45	
389	1	António Fernandes	Individual	57:35	+26:59	05:46	
390	446	Fernando Ribeiro	Individual	57:38	+27:02	05:46	
391	443	Nuno Cruz	ARCA BarceloS runners	57:49	+27:13	05:47	
392	303	Ana Oliveira	ARCA BarceloS runners	57:52	+27:16	05:47	
393	129	João Marcelo	10TD	57:53	+27:17	05:47	
394	141	Domingos Silva	ESCOLA SECUNDÁRIA DE BARCELINHOS	57:53	+27:17	05:47	
395	196	JOANA MONTEIRO	Sorelas	57:59	+27:23	05:48	
396	195	Noémia Monteiro	Sorelas	58:00	+27:24	05:48	
397	373	Alberto Carvalho	Individual	58:06	+27:30	05:49	
398	530	Henrique José Gomes Marques	Individual	58:11	+27:35	05:49	
399	237	Lucia de Jesus Fernandes da Corucho	OZ Running Team	58:15	+27:39	05:49	
400	386	Sérgio Correia	Individual	58:16	+27:40	05:50	
401	18	Sílvia Laranjeira	Individual	58:16	+27:40	05:50	
402	528	Lara Barbosa Salgado	Individual	58:22	+27:46	05:50	
403	291	Mariana Figueiras	ADC Tregosa	58:25	+27:49	05:51	
404	249	Lidia Leite	ADC Tregosa	58:26	+27:50	05:51	
405	353	Luís Monteiro	OZ Running Team	58:42	+28:06	05:52	

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 - 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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
406	85	André Rodrigues	Individual	58:46	+28:10	05:53	
407	75	André Rodrigues	Individual	58:51	+28:15	05:53	
408	100	JOSÉ VELOSO	top top runners	58:51	+28:15	05:53	
409	330	Elisabete Fernandes	BRAGUINHAS	58:52	+28:16	05:53	
410	64	ISABEL MARIA VELOSO	top top runners	58:52	+28:16	05:53	
411	284	Tina Sciullo	Individual	58:54	+28:18	05:53	
412	130	Maria Amorim	10 TD	58:58	+28:22	05:54	
413	429	Mariana Escrivães	Individual	58:58	+28:22	05:54	
414	123	Afonso Santos	10 TD	58:58	+28:22	05:54	
415	30	Rogério Ribeiro	Barrote	58:59	+28:23	05:54	
416	27	Joel Ribeiro	Barrote	59:12	+28:36	05:55	
417	251	Baltazar Matos	Spin Run	59:24	+28:48	05:56	
418	449	Paulo Vaz	Individual	59:24	+28:48	05:56	
419	24	Paulo Dias	Individual	59:25	+28:49	05:57	
420	16	Paulo Ribeiro	Individual	59:27	+28:51	05:57	
421	324	Emília Gomes	run4fun	59:31	+28:55	05:57	
422	485	Diamantino Coelho Rodrigues	Individual	59:32	+28:56	05:57	
423	583	Ricardo Briote	ADE Trail Running	59:40	+29:04	05:58	
424	522	Leandro Cepa	ADCRSME	59:53	+29:17	05:59	
425	591	José Guimarães	" Os Pressinhas "	01:00:00	+29:24	06:00	
426	378	Sónia Cerqueira	Individual	01:00:00	+29:24	06:00	
427	403	José Afonso	Individual	01:00:01	+29:25	06:00	
428	279	Pedro Rocha	Esposende Bike Team	01:00:10	+29:34	06:01	
429	204	Antonio Costa	Individual	01:00:12	+29:36	06:01	
430	189	Fernando Oliveira	Individual	01:00:25	+29:49	06:03	
431	455	Carina Silva	GCR Aguçadourense	01:00:27	+29:51	06:03	
432	400	Francisco Granja	Minho Aventura/Impulse	01:00:39	+30:03	06:04	
433	259	Helder Ribeiro	Lebres Lentas	01:00:45	+30:09	06:05	
434	154	Cátia Beirão	AI AI TEAM	01:00:49	+30:13	06:05	
435	526	Herminia Oliveira	"Os Pressinhas "	01:00:50	+30:14	06:05	
436	202	Joaquim Castro	Individual	01:00:50	+30:14	06:05	
437	380	Águeda Magalhães	Individual	01:00:50	+30:14	06:05	
438	399	Paula Nobre	Run Team	01:00:50	+30:14	06:05	
439	492	Isabel Puga	Run Team	01:00:50	+30:14	06:05	
440	282	Maria Pedroso	ADC Tregosa	01:01:13	+30:37	06:07	
441	126	Edgar Cardoso	10TD	01:01:28	+30:52	06:09	
442	352	Isac furtado	Individual	01:01:31	+30:55	06:09	
443	328	Nicole Martins Correia	Individual	01:01:40	+31:04	06:10	
444	25	Mário Fernandes	Individual	01:01:50	+31:14	06:11	
445	359	Ana Rita de Faria Pereira	run4fun	01:01:52	+31:16	06:11	
446	268	Nuno Sampaio	Individual	01:01:52	+31:16	06:11	
447	444	Daiana Dias	Skills	01:01:56	+31:20	06:12	
448	17	Carla Morgado	Carla Morgado	01:01:58	+31:22	06:12	
449	379	Jorge Araujo	Top Top Runners	01:01:58	+31:22	06:12	
450	543	Teresa Carneiro	Top top runners	01:01:58	+31:22	06:12	
451	397	Alfredo Peniche	Tougues Runners	01:02:00	+31:24	06:12	

PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
452	357	Lisette De Dood	Individual	01:02:06	+31:30	06:13	
453	594	Rafael Brito	Individual	01:02:13	+31:37	06:13	
454	82	Ana Maris Costa Lopes	Individual	01:02:14	+31:38	06:13	
455	58	Christopher Guimaraens	Lonely Goat Club	01:02:22	+31:46	06:14	
456	194	Fernando Silva	Morgados	01:02:25	+31:49	06:15	
457	258	Ricardo Ferreira	Individual	01:02:28	+31:52	06:15	
458	257	Bruno Sequeira	Individual	01:02:28	+31:52	06:15	
459	95	Helena Santos	opraticante.pt	01:02:35	+31:59	06:15	
460	350	Vitor Silva	Individual	01:02:47	+32:11	06:17	
461	33	Ricardo Marinho	Individual	01:02:54	+32:18	06:17	
462	135	Rita Soucasaux	10Td	01:02:57	+32:21	06:18	
463	539	Ana Cardoso	Individual	01:02:59	+32:23	06:18	
464	127	Eliana Costa	10 TD	01:03:02	+32:26	06:18	
465	516	Ana Ramos	GT RUNNERS	01:03:04	+32:28	06:18	
466	165	Manuel Carvalho	Individual	01:03:28	+32:52	06:21	
467	312	Sara Costa	ARCA BarceloS runners	01:03:28	+32:52	06:21	
468	549	Susana Rodrigues	Fit7	01:03:36	+33:00	06:22	
469	128	Iris Martins	10TD	01:03:39	+33:03	06:22	
470	340	Fernando Salgado	Individual	01:03:39	+33:03	06:22	
471	320	Margarida Miranda	Rumo a Anventura	01:03:39	+33:03	06:22	
472	376	Patricia Miranda	RUMO A AVENTURA	01:03:39	+33:03	06:22	
473	305	Carlos Nascimento	Individual	01:04:17	+33:41	06:26	
474	300	Roberto Nascimento	Individual	01:04:17	+33:41	06:26	
475	576	Isa Catarina M. Ribeiro	ADE Trail Running	01:04:24	+33:48	06:26	
476	162	Paulo Ribeiro	Altos e Baixos	01:04:30	+33:54	06:27	
477	481	Norberta Grilo	Individual	01:04:37	+34:01	06:28	
478	313	Marta Freitas Zampieri Nobre	Individual	01:04:41	+34:05	06:28	
479	255	Armanda Rocha	Individual	01:05:06	+34:30	06:31	
480	531	Stefano Boldrini	Nenhuma	01:05:41	+35:05	06:34	
481	349	Melissa akers	Individual	01:06:38	+36:02	06:40	
482	368	Daniela Furtado	Individual	01:06:51	+36:15	06:41	
483	67	José Azevedo	Individual	01:06:51	+36:15	06:41	
484	547	Bruno Gonçalves	Individual	01:06:51	+36:15	06:41	
485	266	João Arantes	Individual	01:06:52	+36:16	06:41	
486	550	Jorge Lima	Servilima	01:07:16	+36:40	06:44	
487	139	Diogo Fernandes	Individual	01:07:25	+36:49	06:45	
488	107	Bruno Rocha	Individual	01:07:38	+37:02	06:46	
489	210	Luciano Rocha	Altos&Baixos	01:07:38	+37:02	06:46	
490	451	João Vassalo	Individual	01:08:22	+37:46	06:50	
491	182	José Antonio Freitas	MSS Contabilidade Trail Team	01:09:04	+38:28	06:54	
492	118	SILVIA OLIVEIRA	Individual	01:09:30	+38:54	06:57	
493	169	Joana Campos Cunha	Individual	01:09:30	+38:54	06:57	
494	412	Maria Oliveira	Juvmar	01:09:58	+39:22	07:00	
495	565	Rui Miguel Rodrigues	ADE Trailrunning	01:09:59	+39:23	07:00	
496	136	Sofia oliveira	10TD	01:10:34	+39:58	07:03	
497	354	Nelson Ricardo Cunha Silva	Individual	01:10:38	+40:02	07:04	

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
498	172	Rui Machado	MSS Contabilidade Trail Team	01:10:51	+40:15	07:05	
499	365	Sara Silva	Individual	01:11:20	+40:44	07:08	
500	430	SÓNIA TATO	Individual	01:11:35	+40:59	07:09	
501	445	Elisabete Johansson	Manas	01:11:35	+40:59	07:10	
502	569	Mariana Pinheiral	ADE Trail Running	01:11:44	+41:08	07:10	
503	228	Manuela Silva	Individual	01:11:50	+41:14	07:11	
504	250	Patricia Ferreira	Lebres Lentas	01:12:01	+41:25	07:12	
505	508	Joana Sousa	Lebres Lentas	01:12:01	+41:25	07:12	
506	456	Paula Ferreira	Lebres Lentas	01:12:01	+41:25	07:12	
507	10	Paulo Ricardo Carvalho	Individual	01:16:30	+45:54	07:39	
508	235	Vera Jesus	Individual	01:19:49	+49:13	07:59	

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

	Time	Temperature	Humidity
Start	18:00	14.1°C	92%
End	19:19	13.3°C	91%

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

1	9	Patricia Caldas	Individual	Senior Feminino	41:08		04:07
2	209	Elisabete Maria Soutulho Alves	Individual	Senior Feminino	49:52	+08:44	04:59
3	108	Rosa Carmo	CHAVES RUNNING TEAM	Senior Feminino	54:05	+12:57	05:25
4	286	Sara Loureiro	B.T.M.	Senior Feminino	54:10	+13:01	05:25
5	431	Rita Vilar da Mota	Individual	Senior Feminino	54:11	+13:03	05:25
6	440	Márcia Filipa	Individual	Senior Feminino	54:13	+13:05	05:25
7	392	Paula Pereira	Individual	Senior Feminino	54:30	+13:22	05:27
8	302	Sara Machado	NBA Barrosas	Senior Feminino	54:36	+13:28	05:28
9	515	Miriam Pinheiro	Individual	Senior Feminino	56:20	+15:12	05:38
10	285	Jéssica Faria	Individual	Senior Feminino	56:30	+15:21	05:39
11	480	Vânia Patrícia Serra	Spin&Run Esposende	Senior Feminino	56:50	+15:41	05:41
12	84	Cátia Barbosa	Individual	Senior Feminino	57:33	+16:24	05:45
13	196	JOANA MONTEIRO	Sorelas	Senior Feminino	57:59	+16:51	05:48
14	195	Noémia Monteiro	Sorelas	Senior Feminino	58:00	+16:51	05:48
15	429	Mariana Escrivães	Individual	Senior Feminino	58:58	+17:49	05:54
16	154	Cátia Beirão	AI AI TEAM	Senior Feminino	01:00:49	+19:40	06:05
17	95	Helena Santos	opraticante.pt	Senior Feminino	01:02:35	+21:26	06:15
18	539	Ana Cardoso	Individual	Senior Feminino	01:02:59	+21:51	06:18
19	312	Sara Costa	ARCA BarceloS runners	Senior Feminino	01:03:28	+22:20	06:21
20	549	Susana Rodrigues	Fit7	Senior Feminino	01:03:36	+22:28	06:22
21	365	Sara Silva	Individual	Senior Feminino	01:11:20	+30:12	07:08
22	569	Mariana Pinheiral	ADE Trail Running	Senior Feminino	01:11:44	+30:35	07:10
23	508	Joana Sousa	Lebres Lentas	Senior Feminino	01:12:01	+30:53	07:12
24	235	Vera Jesus	Individual	Senior Feminino	01:19:49	+38:40	07:59

Senior Masculino

1	238	Renato Almeida	Grupo Desportivo Recreativo Juventude das Ribeiras	Senior Masculino	34:45		03:29
2	488	Rodrigo Viana	Marretas do Norte	Senior Masculino	34:49	+00:03	03:29
3	420	Bruno Pereira	Amigos da Montanha	Senior Masculino	35:22	+00:37	03:32
4	35	Nuno Silva Carvalho	Realense Futebol Clube	Senior Masculino	35:26	+00:40	03:33
5	490	Leonel Barros	Vizela Corre	Senior Masculino	35:36	+00:50	03:34
6	362	Rúben Ferreira	GD Castelense	Senior Masculino	35:59	+01:13	03:36
7	585	Luciano Faria	GD Castelense	Senior Masculino	36:06	+01:20	03:37
8	262	NUNO TIAGO FERNANDES CARVALHO	Individual	Senior Masculino	37:47	+03:01	03:47
9	535	Ricardo Campos	G.D Leões da Agra	Senior Masculino	38:08	+03:22	03:49
10	66	Vitor Costa	Movimento de Juventude de Merelim	Senior Masculino	39:45	+04:59	03:58
11	425	Tomé Cruz	CAOV	Senior Masculino	39:50	+05:05	03:59

Official Timekeeper: Lap2Go

1 / 13

generate 14-Jan-2023 19:25

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

12	554	Hélder Amorim	AD. CARVALHAL RUN	Senior Masculino	40:01	+05:15	04:00
13	283	Jorge Miranda	NBA Barrosas	Senior Masculino	40:04	+05:18	04:00
14	334	Gil Ferreira	Individual	Senior Masculino	40:48	+06:02	04:05
15	428	Julio Morgado	Individual	Senior Masculino	41:28	+06:42	04:09
16	52	Hugo Machado	G. D. Leões da Guarda - Lion Runners	Senior Masculino	41:35	+06:49	04:09
17	514	Diogo Nobre	Individual	Senior Masculino	41:50	+07:04	04:11
18	99	Leonel Videira	CHAVES RUNNING TEAM	Senior Masculino	42:03	+07:18	04:12
19	208	Nelson Gonçalves	Juvmar	Senior Masculino	42:06	+07:20	04:13
20	98	Ricardo Carqueijó	Individual	Senior Masculino	42:52	+08:06	04:17
21	200	Eduardo Oliveira	Individual	Senior Masculino	42:53	+08:07	04:17
22	176	João Ramos	EDV-VIANA TRAIL	Senior Masculino	43:14	+08:28	04:19
23	558	Adelino Meireles	Morgado	Senior Masculino	43:29	+08:43	04:21
24	482	Tiago Silva	OZRUNNINGTEAM	Senior Masculino	43:49	+09:03	04:23
25	414	João da silva	Juvmar	Senior Masculino	44:01	+09:15	04:24
26	500	IURY JANTARA	Individual	Senior Masculino	44:58	+10:12	04:30
27	90	Diogo Capitão	Individual	Senior Masculino	45:08	+10:23	04:31
28	317	Cláudio Jorge Monteiro	Individual	Senior Masculino	45:21	+10:36	04:32
29	201	André Almeida	Afonso	Senior Masculino	45:26	+10:41	04:33
30	290	Francisco Van Dijk	Individual	Senior Masculino	45:57	+11:11	04:36
31	326	Ricardo Miranda	Águias Alvelos	Senior Masculino	46:03	+11:17	04:36
32	545	José Manuel Gomes	Perelhal a correr	Senior Masculino	46:21	+11:35	04:38
33	423	André Gomes	Guadalupe	Senior Masculino	46:38	+11:52	04:40
34	226	Paulo Ribeiro	Individual	Senior Masculino	46:45	+12:00	04:41
35	184	Fábio Linhares	Individual	Senior Masculino	46:47	+12:02	04:41
36	86	José Luís Fernandes	Individual	Senior Masculino	48:05	+13:20	04:49
37	553	Alexandre Meireles	Individual	Senior Masculino	49:35	+14:49	04:57
38	342	Filipe Novais	Individual	Senior Masculino	50:52	+16:07	05:05
39	496	Ricardo Melo	Individual	Senior Masculino	51:09	+16:23	05:07
40	281	João Grilo	ADC Tregosa	Senior Masculino	51:15	+16:30	05:08
41	248	Joaquim Dourado	Individual	Senior Masculino	52:15	+17:29	05:13
42	143	Marco Cruz	Individual	Senior Masculino	52:23	+17:37	05:14
43	307	Rui Ferreira	NBA Barrosas	Senior Masculino	52:27	+17:41	05:15
44	55	Luis Cunha	Individual	Senior Masculino	52:31	+17:46	05:15
45	489	Antony Lopes	Individual	Senior Masculino	52:36	+17:51	05:16
46	505	Cláudia Oliveira	Individual	Senior Masculino	53:29	+18:43	05:21
47	213	Hugo Barbosa	ADC Tregosa	Senior Masculino	53:51	+19:06	05:23
48	355	Rui Castro	Individual	Senior Masculino	53:57	+19:11	05:24
49	110	João Ramos	Individual	Senior Masculino	54:01	+19:15	05:24
50	121	Pedro Silva	Morgados	Senior Masculino	54:08	+19:23	05:25
51	382	Rafael Monteiro	Individual	Senior Masculino	54:22	+19:36	05:26
52	364	Joao Gomes	Individual	Senior Masculino	54:34	+19:48	05:27
53	520	Pedro Torres	Individual	Senior Masculino	55:27	+20:41	05:33
54	222	Joel Sousa	Individual	Senior Masculino	55:27	+20:41	05:33
55	299	Tiago Silva	Individual	Senior Masculino	56:30	+21:44	05:39
56	458	Diogo Lima	Individual	Senior Masculino	57:31	+22:46	05:45
57	27	Joel Ribeiro	Barrote	Senior Masculino	59:12	+24:27	05:55

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

58	522	Leandro Cepa	ADCRSME	Senior Masculino	59:53	+25:08	05:59
59	268	Nuno Sampaio	Individual	Senior Masculino	01:01:52	+27:06	06:11
60	258	Ricardo Ferreira	Individual	Senior Masculino	01:02:28	+27:42	06:15
61	300	Roberto Nascimento	Individual	Senior Masculino	01:04:17	+29:32	06:26
62	547	Bruno Gonçalves	Individual	Senior Masculino	01:06:51	+32:06	06:41

Sub 23 Feminino

1	358	Catarina Borges	Dragon club	Sub 23 Feminino	49:06		04:55
2	570	Juliana Pinheiral	ADE Trail Running	Sub 23 Feminino	52:01	+02:54	05:12
3	164	Sofia Lopes	GCDR de Gemeses	Sub 23 Feminino	53:45	+04:38	05:22
4	124	Francisca Costa	10TD	Sub 23 Feminino	53:55	+04:49	05:24
5	134	Rebeka silva	10TD	Sub 23 Feminino	54:33	+05:27	05:27
6	528	Lara Barbosa Salgado	Individual	Sub 23 Feminino	58:22	+09:15	05:50
7	291	Mariana Figueiras	ADC Tregosa	Sub 23 Feminino	58:25	+09:19	05:51
8	130	Maria Amorim	10 TD	Sub 23 Feminino	58:58	+09:51	05:54
9	135	Rita Soucasaux	10Td	Sub 23 Feminino	01:02:57	+13:50	06:18
10	127	Eliana Costa	10 TD	Sub 23 Feminino	01:03:02	+13:55	06:18
11	128	Iris Martins	10TD	Sub 23 Feminino	01:03:39	+14:32	06:22
12	136	Sofia oliveira	10TD	Sub 23 Feminino	01:10:34	+21:27	07:03

Sub 23 Masculino

1	467	Samuel Veiga	CAOV - Clube Atletismo Olímpico Vianense	Sub 23 Masculino	34:59		03:30
2	424	José Fernandes	Clube de Atletismo Bracara	Sub 23 Masculino	36:28	+01:28	03:39
3	468	Joymiteng David	CAOV	Sub 23 Masculino	37:07	+02:07	03:43
4	155	Diogo Silva	GCDR GEMESSES	Sub 23 Masculino	39:36	+04:36	03:58
5	160	Joel Miranda	GCDRGemeses	Sub 23 Masculino	41:37	+06:37	04:10
6	529	Amadeu Ferreira Figueiredo	Individual	Sub 23 Masculino	45:42	+10:43	04:34
7	551	Rui Couto	GCDRGemeses	Sub 23 Masculino	49:05	+14:05	04:55
8	243	Vítor Gonçalves	Individual	Sub 23 Masculino	49:51	+14:51	04:59
9	140	Joao Carvalho	ESBarcelinhos	Sub 23 Masculino	49:54	+14:55	04:59
10	381	Guilherme Rodrigues	Individual	Sub 23 Masculino	52:36	+17:36	05:16
11	49	Nuno Carvalho	Individual	Sub 23 Masculino	52:51	+17:51	05:17
12	138	Daniel Figueiredo	Individual	Sub 23 Masculino	53:17	+18:17	05:20
13	344	Carlos Manuel Marques	Individual	Sub 23 Masculino	53:42	+18:42	05:22
14	137	Daniel Cibrão	Individual	Sub 23 Masculino	55:47	+20:48	05:35
15	214	Daniel Barros	Individual	Sub 23 Masculino	56:20	+21:20	05:38
16	129	João Marcelo	10TD	Sub 23 Masculino	57:53	+22:53	05:47
17	530	Henrique José Gomes Marques	Individual	Sub 23 Masculino	58:11	+23:11	05:49
18	85	André Rodrigues	Individual	Sub 23 Masculino	58:46	+23:46	05:53
19	123	Afonso Santos	10 TD	Sub 23 Masculino	58:58	+23:58	05:54
20	126	Edgar Cardoso	10TD	Sub 23 Masculino	01:01:28	+26:29	06:09
21	550	Jorge Lima	Servilima	Sub 23 Masculino	01:07:16	+32:16	06:44
22	139	Diogo Fernandes	Individual	Sub 23 Masculino	01:07:25	+32:25	06:45

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

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

19	336	Filipa Ferreira	ARCA BarceloS runners	Veterana F40	57:09	+16:18	05:43
20	115	Mónica Pedrosa	Individual	Veterana F40	57:23	+16:32	05:44
21	18	Sílvia Laranjeira	Individual	Veterana F40	58:16	+17:25	05:50
22	249	Lidia Leite	ADC Tregosa	Veterana F40	58:26	+17:36	05:51
23	330	Elisabete Fernandes	BRAGUINHAS	Veterana F40	58:52	+18:01	05:53
24	284	Tina Sciallo	Individual	Veterana F40	58:54	+18:03	05:53
25	324	Emília Gomes	run4fun	Veterana F40	59:31	+18:41	05:57
26	378	Sónia Cerqueira	Individual	Veterana F40	01:00:00	+19:10	06:00
27	455	Carina Silva	GCR Aguçadourense	Veterana F40	01:00:27	+19:37	06:03
28	380	Águeda Magalhães	Individual	Veterana F40	01:00:50	+20:00	06:05
29	399	Paula Nobre	Run Team	Veterana F40	01:00:50	+20:00	06:05
30	492	Isabel Puga	Run Team	Veterana F40	01:00:50	+20:00	06:05
31	359	Ana Rita de Faria Pereira	run4fun	Veterana F40	01:01:52	+21:01	06:11
32	17	Carla Morgado	Carla Morgado	Veterana F40	01:01:58	+21:07	06:12
33	543	Teresa Carneiro	Top top runners	Veterana F40	01:01:58	+21:08	06:12
34	357	Lisette De Dood	Individual	Veterana F40	01:02:06	+21:15	06:13
35	82	Ana Maris Costa Lopes	Individual	Veterana F40	01:02:14	+21:24	06:13
36	320	Margarida Miranda	Rumo a Anventura	Veterana F40	01:03:39	+22:49	06:22
37	313	Marta Freitas Zampieri Nobre	Individual	Veterana F40	01:04:41	+23:50	06:28
38	255	Armanda Rocha	Individual	Veterana F40	01:05:06	+24:16	06:31
39	118	SILVIA OLIVEIRA	Individual	Veterana F40	01:09:30	+28:39	06:57
40	169	Joana Campos Cunha	Individual	Veterana F40	01:09:30	+28:39	06:57
41	412	Maria Oliveira	Juvmar	Veterana F40	01:09:58	+29:08	07:00
42	430	SÓNIA TATO	Individual	Veterana F40	01:11:35	+30:44	07:09
43	250	Patricia Ferreira	Lebres Lentas	Veterana F40	01:12:01	+31:11	07:12
44	456	Paula Ferreira	Lebres Lentas	Veterana F40	01:12:01	+31:11	07:12

Veterana F50

1	319	Florinda Fernandes	CAM-VC	Veterana F50	44:56		04:30
2	470	Maria Campos	Spin&Run Esposende	Veterana F50	48:50	+03:53	04:53
3	146	Isabel Cunha	Cerveira Team Running	Veterana F50	50:56	+06:00	05:06
4	46	Carla Soares	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterana F50	51:12	+06:15	05:07
5	295	Gloria Bras	Spin&Run Esposende	Veterana F50	52:04	+07:07	05:12
6	94	Rosa Vaz	Top Top Runners	Veterana F50	53:10	+08:13	05:19
7	253	Alda Faustino	NoFiTeam	Veterana F50	53:18	+08:21	05:20
8	56	Isabel Cristina Caseiro	RIO NEIVA ADA	Veterana F50	54:04	+09:08	05:24
9	240	Leonor Leite	ADC Tregosa	Veterana F50	54:12	+09:15	05:25
10	43	Maria Correia	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterana F50	54:19	+09:22	05:26
11	158	Maria do Sameiro Araújo	Individual	Veterana F50	54:45	+09:49	05:29
12	337	Rosa Araújo	B.T.M.	Veterana F50	54:47	+09:50	05:29
13	459	Conceição Cruz	ARCA BarceloS runners	Veterana F50	54:57	+10:00	05:30
14	233	Deolinda pereira	AIRORUN	Veterana F50	55:27	+10:31	05:33
15	225	Teresa Silva	TURBULENTOS	Veterana F50	55:52	+10:56	05:35
16	101	Teresa Santos	Individual	Veterana F50	56:57	+12:01	05:42

Official Timekeeper: Lap2Go	5 / 13	generate 14-Jan-2023 19:25
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Prova Principal

10 KM

OFFICIAL RESULT

17	339	Ana Maria Matos	ARCA BarceloS runners	Veterana F50	57:08	+12:11	05:43
18	237	Lucia de Jesus Fernandes da Corucho	OZ Running Team	Veterana F50	58:15	+13:18	05:49
19	64	ISABEL MARIA VELOSO	top top runners	Veterana F50	58:52	+13:56	05:53
20	526	Herminia Oliveira	"Os Pressinhas "	Veterana F50	01:00:50	+15:53	06:05
21	282	Maria Pedroso	ADC Tregosa	Veterana F50	01:01:13	+16:16	06:07
22	516	Ana Ramos	GT RUNNERS	Veterana F50	01:03:04	+18:08	06:18
23	481	Norberta Grilo	Individual	Veterana F50	01:04:37	+19:40	06:28
24	349	Melissa akers	Individual	Veterana F50	01:06:38	+21:41	06:40
25	445	Elisabete Johansson	Manas	Veterana F50	01:11:35	+26:38	07:10

Veterana F60

1	426	Conceição queiroz	Spin&Run - Esposende	Veterana F60	54:44		05:28
2	328	Nicole Martins Correia	Individual	Veterana F60	01:01:40	+06:55	06:10

Veterano M35

1	422	Ricardo Dias	CAOV - Clube Atletismo Olímpico Vianense	Veterano M35	30:36		03:04
2	560	Antonio Moreira	Prime Running Club	Veterano M35	32:00	+01:24	03:12
3	452	Bruno Carvalho	Talho Manecas	Veterano M35	32:10	+01:34	03:13
4	432	Tiago Pinho	ACR de Vale de Cambra	Veterano M35	33:20	+02:43	03:20
5	410	Marcos Paz Alvarez	INDEPENDIENTE	Veterano M35	34:51	+04:14	03:29
6	198	Artur Silva	Individual	Veterano M35	37:13	+06:37	03:43
7	93	Paulo Ribeiro	Apulia a correr	Veterano M35	37:26	+06:50	03:45
8	159	Luís Oliveira	Individual	Veterano M35	38:26	+07:50	03:51
9	183	Fausto Silva	EDL Trail	Veterano M35	38:29	+07:53	03:51
10	534	Márcio Silva	Fit7	Veterano M35	38:39	+08:03	03:52
11	309	Hugo André Pires Araújo	OLÍMPICO VIANENSE	Veterano M35	39:10	+08:34	03:55
12	419	Francisco Pilar	Juvmar	Veterano M35	39:13	+08:37	03:55
13	122	Vitor Lima	Individual	Veterano M35	39:14	+08:38	03:55
14	265	Cláudio Araújo	Individual	Veterano M35	39:24	+08:48	03:56
15	106	Pedro Dourado	ÁGUIAS DE ALVELOS	Veterano M35	39:24	+08:48	03:56
16	145	José Maciel	GCDRGEMESES	Veterano M35	39:25	+08:49	03:57
17	521	Joao Benta	Individual	Veterano M35	40:05	+09:29	04:01
18	453	Pedro Azevedo	Fit7	Veterano M35	40:46	+10:10	04:05
19	581	José Oliveira	Individual	Veterano M35	41:24	+10:47	04:08
20	232	Pedro Sousa	Arte e Risos eventos / MCN Crossfit	Veterano M35	42:13	+11:36	04:13
21	405	Nuno Santos	Individual	Veterano M35	42:15	+11:39	04:14
22	26	Marco Martins	Individual	Veterano M35	43:27	+12:51	04:21
23	48	Ricardo Ferreira	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterano M35	43:35	+12:59	04:22
24	469	Jose Pereira	ÁGUIAS DE ALVELOS	Veterano M35	43:40	+13:04	04:22
25	269	Paulo Ferreira	Individual	Veterano M35	45:21	+14:44	04:32
26	62	Hélder Filipe Silva	OZ RunningTeam	Veterano M35	45:24	+14:48	04:32

Prova Principal

10 KM

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OFFICIAL RESULT

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27	501	Carlos Martins	Individual	Veterano M35	45:27	+14:51	04:33
28	151	Pedro Silva	CLUBE DE ATLETISMO AFIPRE TEAM	Veterano M35	45:34	+14:58	04:33
29	538	Luis Cardoso	Individual	Veterano M35	46:10	+15:34	04:37
30	11	Pedro Meixedo	Individual	Veterano M35	46:35	+15:59	04:39
31	224	Nuno de Sousa	Individual	Veterano M35	46:44	+16:08	04:40
32	562	Domingos Martinho Martins	Individual	Veterano M35	46:49	+16:13	04:41
33	229	Hugo Silva	Individual	Veterano M35	46:51	+16:15	04:41
34	361	João Mota	Individual	Veterano M35	48:05	+17:29	04:49
35	582	Manuel Pereira	Associação Desportiva de Esposende	Veterano M35	48:08	+17:32	04:49
36	288	Ricardo Pires	Individual	Veterano M35	48:36	+18:00	04:52
37	63	Leandro Silva	Individual	Veterano M35	49:02	+18:26	04:54
38	498	Jorge Ribeiro	Perelhal a Correr	Veterano M35	49:12	+18:36	04:55
39	483	José Carvalho	Individual	Veterano M35	49:25	+18:48	04:56
40	415	Vitor Gonçalves	Individual	Veterano M35	49:52	+19:15	04:59
41	527	Celestino Faria	Individual	Veterano M35	49:58	+19:22	05:00
42	29	Rogério Ribeiro	Barrote	Veterano M35	50:20	+19:43	05:02
43	367	Joaquim Macedo	Individual	Veterano M35	50:59	+20:23	05:06
44	519	Ricardo Guimaraes	Individual	Veterano M35	51:36	+20:59	05:10
45	408	Adriano Vareiro	Esposende2000	Veterano M35	52:04	+21:27	05:12
46	517	José Sousa	Fit7	Veterano M35	53:03	+22:26	05:18
47	510	Martinho Fernandes	Individual	Veterano M35	53:29	+22:53	05:21
48	435	HELDER RIBEIRO	Individual	Veterano M35	53:44	+23:07	05:22
49	13	Bruno Loureiro	Renasce	Veterano M35	55:09	+24:33	05:31
50	304	Ricardo Cardoso	Individual	Veterano M35	55:31	+24:54	05:33
51	369	Tony Silva	Individual	Veterano M35	55:31	+24:54	05:33
52	315	Hugo Carvalho	Individual	Veterano M35	56:16	+25:40	05:38
53	544	Paulo Lopes	Individual	Veterano M35	56:42	+26:06	05:40
54	25	Mário Fernandes	Individual	Veterano M35	01:01:50	+31:13	06:11
55	257	Bruno Sequeira	Individual	Veterano M35	01:02:28	+31:52	06:15
56	33	Ricardo Marinho	Individual	Veterano M35	01:02:54	+32:18	06:17
57	266	João Arantes	Individual	Veterano M35	01:06:52	+36:15	06:41
58	10	Paulo Ricardo Carvalho	Individual	Veterano M35	01:16:30	+45:53	07:39

Veterano M40

1	466	Miguel Meira	CAOV - Clube Atletismo Olímpico Vianense	Veterano M40	33:49		03:23
2	465	Jorge Neto	NBA Barrosas	Veterano M40	34:42	+00:52	03:28
3	244	Diamantino Martins	Grupo Desportivo Recreativo Juventude das Ribeiras	Veterano M40	34:48	+00:58	03:29
4	346	Paulo Pereira	Dragon club	Veterano M40	36:28	+02:39	03:39
5	278	Ramiro Ribeiro	NBA Barrosas	Veterano M40	36:47	+02:58	03:41
6	575	Pedro Caprichoso	ÁGUIAS DE ALVELOS	Veterano M40	37:13	+03:23	03:43
7	546	Helder Silva	EARO	Veterano M40	37:18	+03:28	03:44
8	377	Paulo Martins	Vizela Corre	Veterano M40	37:33	+03:43	03:45

Official Timekeeper: Lap2Go	7 / 13	generate 14-Jan-2023 19:25
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Prova Principal

10 KM

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OFFICIAL RESULT

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9	270	António Ramos	NoFiTeam	Veterano M40	38:34	+04:44	03:51
10	297	Nuno Silva	CCR Praia de Mira	Veterano M40	38:44	+04:54	03:52
11	150	Emilio Vilarinho	CAVE - Esposende	Veterano M40	38:46	+04:56	03:53
12	404	Pedro Cunha	Vizela Corre	Veterano M40	38:57	+05:08	03:54
13	44	Augusto Lopes	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterano M40	39:44	+05:55	03:58
14	14	António José Oliveira Carvalho	CLUBE DE ATLETISMO AFIPRE TEAM	Veterano M40	40:09	+06:19	04:01
15	276	Daniel Andrade	VODAFONE	Veterano M40	40:22	+06:32	04:02
16	507	Miguel Jorge Lira	Viana Running Team	Veterano M40	40:52	+07:02	04:05
17	241	José Gusman Barbosa	Individual	Veterano M40	41:08	+07:18	04:07
18	179	Alexandre Tinoco	Individual	Veterano M40	41:21	+07:31	04:08
19	144	Miguel Pilar	Individual	Veterano M40	41:22	+07:33	04:08
20	109	Rui Cardoso	Team El Comandante	Veterano M40	41:29	+07:39	04:09
21	42	Guilherme Martins	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterano M40	41:55	+08:06	04:12
22	74	Rui Ramalho	Individual	Veterano M40	41:58	+08:08	04:12
23	215	Jose Santos	Individual	Veterano M40	42:05	+08:16	04:13
24	236	Gonçalo Pinheiro	OLIMPICO VIANENSE	Veterano M40	42:15	+08:25	04:14
25	206	Sérgio Ramos	EDV-VIANATRIL	Veterano M40	42:21	+08:32	04:14
26	36	Vitor Mota	CLUBE DE ATLETISMO AFIPRE TEAM	Veterano M40	42:26	+08:37	04:15
27	72	Ricardo Moreira	Individual	Veterano M40	42:37	+08:48	04:16
28	102	Amaro Costa	Individual	Veterano M40	42:44	+08:55	04:16
29	532	Antonio Francisco	Individual	Veterano M40	42:50	+09:00	04:17
30	564	Álvaro Vale	ADE Trail Running	Veterano M40	42:53	+09:03	04:17
31	161	Francisco Alves	Cerveira Team Running	Veterano M40	42:58	+09:08	04:18
32	247	Sérgio Silva	ÁGUIAS DE ALVELOS	Veterano M40	43:00	+09:11	04:18
33	147	Filipe Machado	Vermudi Trail Team	Veterano M40	43:02	+09:12	04:18
34	174	José Soares	Teste	Veterano M40	43:03	+09:13	04:18
35	413	Rui couto	Centro Social da Juventude de Mar	Veterano M40	43:03	+09:14	04:18
36	73	Ricardo Ramalho	Individual	Veterano M40	43:19	+09:29	04:20
37	142	Miguel Novais	ESCOLA SECUNDÁRIA DE BARCELINHOS	Veterano M40	43:23	+09:34	04:20
38	463	Nuno Teixeira	RUNNING ESPINHO	Veterano M40	43:29	+09:40	04:21
39	457	Pedro Torres Torres	Individual	Veterano M40	43:34	+09:44	04:21
40	8	Ricardo Capitão	Individual	Veterano M40	43:55	+10:05	04:24
41	111	Adelio Nuno Gomes Maranhao Maranhao	Individual	Veterano M40	44:16	+10:26	04:26
42	175	Paulo Cerqueira	Individual	Veterano M40	44:23	+10:33	04:26
43	120	Joice Jesus	Nascidos para correr	Veterano M40	44:32	+10:42	04:27
44	409	Filipe Gonçalves	ADE trailrunning	Veterano M40	44:38	+10:48	04:28
45	96	António Riço	ATIB FinaBraga Running	Veterano M40	44:38	+10:49	04:28
46	277	Filipe Teles	Clube Naval de São Vicente	Veterano M40	44:47	+10:57	04:29
47	574	Carlos Carreira	ADE Trail Running	Veterano M40	44:51	+11:01	04:29
48	61	Vitor couto Couto	Individual	Veterano M40	44:53	+11:03	04:29
49	89	Rui Vasquinho	RV&LV	Veterano M40	44:55	+11:05	04:30
50	390	Pedro Sousa	Individual	Veterano M40	45:00	+11:10	04:30

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Prova Principal

10 KM

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OFFICIAL RESULT

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51	345	JORGE LARANJEIRA	ADCRSME	Veterano M40	45:09	+11:20	04:31
52	541	Adélio Ramalho	Perelhal a Correr	Veterano M40	45:14	+11:24	04:31
53	372	Vitor Silva	Individual	Veterano M40	45:17	+11:27	04:32
54	97	Bruno Moura	Individual	Veterano M40	45:33	+11:44	04:33
55	506	José Pais	EDL	Veterano M40	45:55	+12:05	04:35
56	474	Bruno Meira	Spin&Run Esposende	Veterano M40	45:58	+12:08	04:36
57	83	Luciano Rocha	Altos&Baixos	Veterano M40	45:59	+12:09	04:36
58	556	Miguel Lopes	EVADICT/ Decathlon Portugal	Veterano M40	46:03	+12:14	04:36
59	156	João Couto	Fisiomove	Veterano M40	46:14	+12:24	04:37
60	389	Vitor Rodrigues	Individual	Veterano M40	46:16	+12:26	04:38
61	81	LUIS TEIXEIRA	ATIB FinaBraga Running	Veterano M40	46:19	+12:30	04:38
62	273	Carlos Alves	OZ Running Team	Veterano M40	46:26	+12:36	04:39
63	411	João Laranjeira	Juvmar	Veterano M40	46:40	+12:51	04:40
64	117	Vitor Martins	Renasce	Veterano M40	46:43	+12:54	04:40
65	280	Rui Vilasboas	Individual	Veterano M40	46:49	+13:00	04:41
66	212	Marcelino Mota	BRAGA RUNNERS	Veterano M40	46:52	+13:02	04:41
67	190	Pedro Lima	Individual	Veterano M40	46:53	+13:03	04:41
68	239	Ivo Costa	Individual	Veterano M40	47:03	+13:13	04:42
69	252	Pedro Dias	Individual	Veterano M40	47:06	+13:16	04:43
70	65	Francisco Marinha	Individual	Veterano M40	47:16	+13:26	04:44
71	166	Pedro Carvalho	Individual	Veterano M40	47:19	+13:30	04:44
72	22	Sérgio Santos	Individual	Veterano M40	47:28	+13:38	04:45
73	578	Pedro Caramaz	Primos POWER	Veterano M40	47:30	+13:40	04:45
74	261	Paulo Martins	Clube Fluvial Vilacondense	Veterano M40	48:08	+14:19	04:49
75	77	Peter Toh	Individual	Veterano M40	48:25	+14:36	04:51
76	39	PAULO JORGE MADUREIRA RIBEIRO	Grupo novobanco	Veterano M40	48:28	+14:38	04:51
77	333	João Lima	Individual	Veterano M40	48:40	+14:50	04:52
78	416	Pedro Rocha	Juvmar	Veterano M40	48:44	+14:55	04:52
79	509	Sergio Sérgio Gil	Individual	Veterano M40	48:59	+15:09	04:54
80	187	Pedro Oliveira	Cerveira Team Running	Veterano M40	49:07	+15:17	04:55
81	3	Alexandre Viana	Correr Antas à Noite	Veterano M40	49:35	+15:45	04:57
82	555	Miguel novo	Primos Power	Veterano M40	49:37	+15:47	04:58
83	263	Bruno PEREIRA	Individual	Veterano M40	49:39	+15:50	04:58
84	417	Ricardo Dantas	Juvmar	Veterano M40	49:48	+15:58	04:59
85	216	Nelson Pontes	Individual	Veterano M40	50:01	+16:11	05:00
86	221	Hugo Oterelo	Individual	Veterano M40	50:31	+16:41	05:03
87	234	Ricardo manuel nogueira costa	altos&baixos	Veterano M40	50:47	+16:57	05:05
88	557	Manuel Araujo	Cuca Trail	Veterano M40	50:48	+16:58	05:05
89	454	Ricardo Alves	PCRUNNERS	Veterano M40	50:59	+17:09	05:06
90	495	José Duarte	Individual	Veterano M40	51:02	+17:12	05:06
91	461	Pedro Castro	Individual	Veterano M40	51:09	+17:19	05:07
92	173	Manuel da Silva Leite	Individual	Veterano M40	51:16	+17:26	05:08
93	348	Jorge Campos	Individual	Veterano M40	51:29	+17:39	05:09
94	219	Paulo Ferreira	Individual	Veterano M40	51:34	+17:45	05:09
95	487	Jose Martins	Individual	Veterano M40	51:45	+17:56	05:11
96	504	Francisco Vieira	Individual	Veterano M40	51:46	+17:57	05:11

Prova Principal
10 KM

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OFFICIAL RESULT

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3	191	José António Silva	OZ Running Team	Veterano M50	39:11	+03:01	03:55
4	525	Carlos Pereira	Argila	Veterano M50	39:14	+03:04	03:55
5	171	Fernando Silva	CDC NAVAIS	Veterano M50	39:47	+03:37	03:59
6	306	Flávio Fernandes	NBA Barrosas	Veterano M50	40:20	+04:10	04:02
7	477	João Pedro Santos Sousa	Spin& Run Esposende	Veterano M50	41:23	+05:13	04:08
8	79	Joaquim Carvalho	Realense Futebol clube	Veterano M50	41:26	+05:16	04:09
9	311	Paulo Dias	Individual	Veterano M50	41:43	+05:33	04:10
10	19	FERNANDO AREZES	GTT - Armazém do Caffè	Veterano M50	42:02	+05:52	04:12
11	287	José Manuel	BRAGA RUNNERS	Veterano M50	43:11	+07:01	04:19
12	370	José Marques	MSS Contabilidade Trail Team	Veterano M50	43:25	+07:15	04:20
13	242	Daniel Cardoso	airórun	Veterano M50	43:38	+07:28	04:22
14	335	Daniel Nascimento	ADC Tregosa	Veterano M50	43:57	+07:47	04:24
15	512	Camilo Oliveira	Dumiense Xallenges Runners	Veterano M50	44:09	+07:59	04:25
16	347	António Brás	Individual	Veterano M50	44:36	+08:26	04:28
17	460	Joaquim Barbosa	Os Idabelinhas	Veterano M50	44:40	+08:30	04:28
18	87	José Vilaça	AIRORUN	Veterano M50	44:57	+08:47	04:30
19	548	Fernando Santos	Individual	Veterano M50	44:57	+08:47	04:30
20	511	Carlos Alberto Neiva	Individual	Veterano M50	45:12	+09:02	04:31
21	289	Samuel Dias	ADC Tregosa	Veterano M50	45:16	+09:06	04:32
22	116	David Pilar	Individual	Veterano M50	45:25	+09:15	04:33
23	388	Horácio da Costa	Individual	Veterano M50	45:32	+09:22	04:33
24	385	Antonio Correia	TopTop Runners	Veterano M50	45:40	+09:31	04:34
25	148	PEDRO VICENTE VICENTE	Individual	Veterano M50	45:42	+09:32	04:34
26	447	Antonio Monteiro	ind	Veterano M50	45:52	+09:42	04:35
27	104	José Alves	Individual	Veterano M50	46:05	+09:55	04:36
28	437	Laurindo Moreira	MSS Contabilidade Trail Team	Veterano M50	46:20	+10:10	04:38
29	394	Rui Barbosa	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M50	47:04	+10:54	04:42
30	366	RAMBO SANTOS	Individual	Veterano M50	47:10	+11:00	04:43
31	170	José António Nascimento Fernandes	ADCRSME	Veterano M50	47:48	+11:38	04:47
32	323	Nelson Silva	Individual	Veterano M50	47:50	+11:40	04:47
33	54	Paulo Jorge	S.C. SALGUEIROS	Veterano M50	48:05	+11:55	04:48
34	157	Mario Gonçalves	Grupo Desportivo Recreativo Juventude das Ribeiras	Veterano M50	48:36	+12:26	04:52
35	15	Carlos pereira	Individual	Veterano M50	48:37	+12:27	04:52
36	588	Paulo Lages	GD Castelense	Veterano M50	48:39	+12:29	04:52
37	421	Antonio Capitão	ARGo	Veterano M50	48:43	+12:33	04:52
38	293	José Gonçalves	BRAGA RUNNERS	Veterano M50	48:56	+12:46	04:54
39	356	António Borges	Individual	Veterano M50	49:05	+12:56	04:55
40	478	João Rosendo	Spin & Run Esposende	Veterano M50	49:17	+13:07	04:56
41	494	Manuel Novais	Individual	Veterano M50	49:19	+13:09	04:56
42	407	Fernando Cristiano Ferreira silva	Individual	Veterano M50	49:43	+13:33	04:58
43	472	Eduardo Coutada	Spin & Run Esposende	Veterano M50	49:51	+13:41	04:59
44	427	Octavio Igreja	Individual	Veterano M50	50:01	+13:51	05:00
45	375	Manuel Ferreira	Individual	Veterano M50	50:23	+14:13	05:02
46	92	Fernando Vaz	Correcomeles	Veterano M50	50:27	+14:17	05:03
47	383	Manuel Jorge Carqueijo Lima	Individual	Veterano M50	50:31	+14:21	05:03

Prova Principal

10 KM

OFFICIAL RESULT

48	298	Domingos Sousa	Individual	Veterano M50	50:44	+14:34	05:04
49	4	Carlos Lomba	Individual	Veterano M50	50:53	+14:43	05:05
50	338	José Fernandes	BRAGUINHAS	Veterano M50	50:53	+14:43	05:05
51	533	Julio Azevedo	Individual	Veterano M50	51:01	+14:51	05:06
52	433	Joao Ferreira	Individual	Veterano M50	52:02	+15:52	05:12
53	31	Serafin Da silva	Weperf	Veterano M50	52:16	+16:07	05:14
54	272	Herculano Cardoso	OZ Running Team	Veterano M50	52:20	+16:10	05:14
55	80	Vítor M Cardoso	atlético da madalena	Veterano M50	52:50	+16:40	05:17
56	406	César Carvalho	Individual	Veterano M50	53:26	+17:16	05:21
57	217	Leandro Barbosa	ADC Tregosa	Veterano M50	53:51	+17:42	05:23
58	450	António Jácomo	Individual	Veterano M50	54:37	+18:27	05:28
59	68	Frederico Moura	Individual	Veterano M50	54:56	+18:46	05:30
60	197	Nuno Lopes	OZ runin Team	Veterano M50	55:10	+19:00	05:31
61	57	David Manuel Morgado da Cruz	Individual	Veterano M50	55:18	+19:08	05:32
62	479	Jorge Serra	Spin&Run Esposende	Veterano M50	56:50	+20:40	05:41
63	141	Domingos Silva	ESCOLA SECUNDÁRIA DE BARCELINHOS	Veterano M50	57:53	+21:43	05:47
64	353	Luís Monteiro	OZ Running Team	Veterano M50	58:42	+22:32	05:52
65	251	Baltazar Matos	Spin Run	Veterano M50	59:24	+23:14	05:56
66	449	Paulo Vaz	Individual	Veterano M50	59:24	+23:14	05:56
67	24	Paulo Dias	Individual	Veterano M50	59:25	+23:15	05:57
68	403	José Afonso	Individual	Veterano M50	01:00:01	+23:51	06:00
69	204	Antonio Costa	Individual	Veterano M50	01:00:12	+24:02	06:01
70	259	Helder Ribeiro	Lebres Lentas	Veterano M50	01:00:45	+24:36	06:05
71	58	Christopher Guimaraens	Lonely Goat Club	Veterano M50	01:02:22	+26:12	06:14
72	340	Fernando Salgado	Individual	Veterano M50	01:03:39	+27:29	06:22
73	305	Carlos Nascimento	Individual	Veterano M50	01:04:17	+28:07	06:26
74	182	José Antonio Freitas	MSS Contabilidade Trail Team	Veterano M50	01:09:04	+32:54	06:54
75	354	Nelson Ricardo Cunha Silva	Individual	Veterano M50	01:10:38	+34:28	07:04
76	172	Rui Machado	MSS Contabilidade Trail Team	Veterano M50	01:10:51	+34:41	07:05

Veterano M60

1	384	António Ferreira	Vizela Corre	Veterano M60	37:53		03:47
2	23	Joaquim Miranda	Individual	Veterano M60	41:15	+03:22	04:08
3	274	José Manuel Vieira Rodrigues	OZ Running Team	Veterano M60	42:09	+04:16	04:13
4	267	Jose Lda	OZ Running Team	Veterano M60	44:22	+06:28	04:26
5	231	Carlos Alberto Gomes	Individual	Veterano M60	44:53	+07:00	04:29
6	41	António Gomes	Individual	Veterano M60	46:49	+08:56	04:41
7	53	Armindo Gomes	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterano M60	47:01	+09:08	04:42
8	76	JOSE MANUEL MARTINS SILVA	Individual	Veterano M60	48:28	+10:35	04:51
9	566	Manuel Braga	ADE Trail Running	Veterano M60	48:38	+10:45	04:52
10	475	Ramiro Batista	Spin&Run Esposende	Veterano M60	48:41	+10:48	04:52
11	256	Jose Costa	Individual	Veterano M60	49:00	+11:06	04:54
12	301	António Longras	Impetus Team	Veterano M60	49:09	+11:15	04:55
13	436	Raul Fernandes	Cerveira Team Running	Veterano M60	50:26	+12:33	05:03

Official Timekeeper: Lap2Go

12 / 13

generate 14-Jan-2023 19:25

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

14	316	António Pereira	Núcleo Sporting Clube Portugal de Braga	Veterano M60	50:58	+13:04	05:06
15	113	Antonio RSa	Individual	Veterano M60	53:29	+15:36	05:21
16	391	Carlos Alves	Individual	Veterano M60	53:30	+15:37	05:21
17	112	Fernando Marinho	Individual	Veterano M60	54:04	+16:11	05:24
18	396	Amaro Rocha	GT RUNNERS	Veterano M60	55:21	+17:28	05:32
19	443	Nuno Cruz	ARCA BarceloS runners	Veterano M60	57:49	+19:56	05:47
20	100	JOSÉ VELOSO	top top runners	Veterano M60	58:51	+20:58	05:53
21	30	Rogério Ribeiro	Barrote	Veterano M60	58:59	+21:05	05:54
22	485	Diamantino Coelho Rodrigues	Individual	Veterano M60	59:32	+21:38	05:57
23	591	José Guimarães	" Os Pressinhas "	Veterano M60	01:00:00	+22:07	06:00
24	400	Francisco Granja	Minho Aventura/Impulse	Veterano M60	01:00:39	+22:46	06:04
25	202	Joaquim Castro	Individual	Veterano M60	01:00:50	+22:56	06:05
26	194	Fernando Silva	Morgados	Veterano M60	01:02:25	+24:32	06:15
27	165	Manuel Carvalho	Individual	Veterano M60	01:03:28	+25:35	06:21
28	531	Stefano Boldrini	Nenhuma	Veterano M60	01:05:41	+27:48	06:34
29	67	José Azevedo	Individual	Veterano M60	01:06:51	+28:58	06:41

KIDS - STAGE 1

1.609 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

	Time	Temperature	Humidity
Start	16:00	14.1°C	91%
End	16:11	14.1°C	91%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	2120	Xavier Videira	CYCLONES	05:09	-	-	-
2	2115	Gonçalo Rodrigues	Individual	05:20	+00:11	-	-
3	2100	Tiago Silva	Individual	05:20	+00:11	-	-
4	2088	Maciel	Individual	05:21	+00:12	-	-
5	2032	Helder Silva	Grupo Desportivo Recreativo Juventude das Ribeiras	05:42	+00:33	-	-
6	2117	Rui Paulo Ribeiro Esteves	Individual	05:50	+00:41	-	-
7	2127	Rafael Santos	Individual	05:52	+00:43	-	-
8	2105	Inês Almeida	Individual	05:55	+00:46	-	-
9	2092	Afonso Dias Lage	Individual	05:57	+00:48	-	-
10	2054	Rafaela Araújo	Individual	05:57	+00:48	-	-
11	2091	Afonso da Silva Marques	Individual	05:59	+00:50	-	-
12	2123	Mateus Videira	CYCLONES	05:59	+00:50	-	-
13	2129	Tomás Ramos	Individual	06:00	+00:51	-	-
14	2122	João Abreu	CYCLONES	06:01	+00:52	-	-
15	2103	William Santos Sampaio	Individual	06:06	+00:57	-	-
16	2052	Mariana Martins	Individual	06:07	+00:58	-	-
17	2090	Maria Machado	Individual	06:08	+00:59	-	-
18	2021	Pedro Vilela	GTT - Armazém do Caffè	06:09	+01:00	-	-
19	2035	Rodrigo Oliveira Conde	A.S.Académica	06:10	+01:01	-	-
20	2073	Paulo Lages	Individual	06:13	+01:04	-	-
21	2112	Dinis Neves	Individual	06:13	+01:04	-	-
22	2048	Leonor Gonçalves	Individual	06:16	+01:07	-	-
23	2099	Rodrigo Meira	Individual	06:18	+01:09	-	-
24	2018	Rui Mendonça	Associação academica Sao Mamede	06:21	+01:12	-	-
25	2025	Margarida Monteiro	EAT - Escola de Atletismo da Trofa	06:22	+01:13	-	-
26	2080	Ana Silva	Individual	06:24	+01:15	-	-
27	2063	Édi Rei	Individual	06:29	+01:20	-	-
28	2075	Rodrigo Castro Mimoso	Individual	06:30	+01:21	-	-
29	2102	Tomás Miranda Gomes	Individual	06:31	+01:22	-	-
30	2106	Leonor Pereira	Individual	06:33	+01:24	-	-
31	2086	Lara Castro Lopes	Individual	06:34	+01:25	-	-
32	2126	Sandrina Costa	CYCLONES	06:37	+01:28	-	-
33	2051	Mariana Dias Santa Marinha	Individual	06:40	+01:31	-	-
34	2119	Tomás Costa	CYCLONES	06:42	+01:33	-	-
35	2061	Dinis Ferreira	Individual	06:43	+01:34	-	-
36	2109	Maria Baltar	Individual	06:45	+01:37	-	-
37	2034	Gonçalo Silva	Individual	06:46	+01:37	-	-
38	2083	Diana Dias	Individual	06:49	+01:40	-	-
39	2060	Davide Cortinhas	Individual	06:50	+01:41	-	-
40	2125	Joana Sole	CYCLONES	06:52	+01:43	-	-
41	2038	Santiago Senra	Individual	06:54	+01:45	-	-
42	2096	Dinis Miranda Azevedo	Individual	06:55	+01:46	-	-

