

**PROVA PRINCIPAL - STAGE 1**

**8.5 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	10:30	18.2°C	87%
End	11:41	18°C	86%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	299	Nuno Miguel Costa	C D São Salvador Do Campo	30:45		03:37	
2	114	nelson maia	Bustos Runners	32:28	+01:43	03:49	
3	134	Luís Miguel Jesus Mesquita Martins	Centro De Acção Social do Conselho de Ílhavo (CASC)	32:57	+02:12	03:53	
4	141	João Moreira	Civilria	33:14	+02:29	03:55	
5	228	Joao Pato	Individual	34:46	+04:01	04:05	
6	280	António Ferreira	Individual	34:52	+04:07	04:06	
7	222	Filipe Carvalho	Individual	35:10	+04:25	04:08	
8	324	Diogo Oliveira	R5 Engineers	36:00	+05:15	04:14	
9	322	André Areias	R5 Engineers	36:13	+05:28	04:16	
10	355	Marta Pinto	Individual	36:16	+05:31	04:16	
11	342	Jose Grijó	Vintage Runners	36:28	+05:43	04:17	
12	207	André Pedrosa	Individual	36:30	+05:45	04:18	
13	253	Vasco Lucas	Individual	36:46	+06:01	04:20	
14	237	Luis Silvestre	Individual	37:00	+06:15	04:21	
15	250	Tiago Silvestre	Individual	37:02	+06:17	04:21	
16	340	EUGÊNIO ALVES	Trail Bela Bela	37:13	+06:28	04:23	
17	219	Diogo Pratas	Individual	37:19	+06:34	04:23	
18	264	Didier de Jesus	Individual	37:30	+06:45	04:25	
19	108	Filipe Soares Pereirinha	Associação dos Amigos da Praia da Barra	37:36	+06:51	04:25	
20	288	Manuel Faria	Individual	38:13	+07:28	04:30	
21	291	Pedro Guimarães	LetsRunAzores	38:19	+07:34	04:30	
22	109	Gonçalo Soares Pereirinha	Associação dos Amigos da Praia da Barra	38:26	+07:41	04:31	
23	325	Emanuel Almeida	R5 Engineers	38:46	+08:01	04:34	
24	225	Goncalo Nuno Duarte Costa	Individual	38:53	+08:08	04:34	
25	224	Frederico de Gusmão Calheiros Nunes da Silva	Individual	39:00	+08:15	04:35	
26	294	João Victor Diniz	MONRUN	39:15	+08:30	04:37	
27	303	Ricardo Branquinho	NAR-Nucleo Atletismo Requeixo	39:19	+08:34	04:38	
28	309	JORGE FARIA	NOKIA SPORTS TRIBE	39:21	+08:36	04:38	
29	236	Luis Dias	Individual	39:44	+08:59	04:40	
30	216	Daniel Vieira	Individual	39:56	+09:11	04:42	
31	139	Hugo Justiça	Civilria	40:01	+09:16	04:42	
32	238	Mário André Caçanheira Oliveira	Individual	40:06	+09:21	04:43	
33	103	Fábio Rodrigues	ARCO Runners	40:19	+09:34	04:45	
34	290	Cátia Simões Ferreira	Juve Run team	40:21	+09:36	04:45	
35	232	Julio Carvalho	Individual	40:27	+09:42	04:46	
36	146	André Pinho	Extrusal	40:34	+09:49	04:46	
37	155	João Neves	Extrusal	40:34	+09:49	04:46	
38	273	Paulo Dias	Individual	40:45	+10:00	04:48	
39	240	Miguel Chaves	Individual	40:45	+10:00	04:48	
40	212	Carlos Nogueira	Individual	41:10	+10:25	04:51	

**PROVA PRINCIPAL - STAGE 1**
**8.5 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
41	167	Fábio Gonçalves	Hut Runners Aveiro	41:31	+10:46	04:53	
42	158	Jorge Martins	Fitness Hut Aveiro	41:31	+10:46	04:53	
43	175	Artur Jorge Paiva	Hut Runners Aveiro	42:02	+11:17	04:57	
44	361	Nuno Miguel Costa	Municipio de Ílhavo	42:04	+11:19	04:57	
45	181	Maria Fatima Pinho	Ílhavos Runner	42:05	+11:20	04:57	
46	206	André Nova	Individual	42:17	+11:32	04:59	
47	217	Diogo Ministro Ferreira	Individual	42:20	+11:35	04:59	
48	352	Carlos Guimares Neto	Individual	42:22	+11:37	04:59	
49	165	Cristiano Santos	Hut Runners Aveiro	42:24	+11:39	04:59	
50	258	André Pacheco	Individual	42:34	+11:49	05:00	
51	265	Francisco Martins	Individual	42:42	+11:57	05:01	
52	215	Daniel Pereira da rocha	Individual	42:46	+12:01	05:02	
53	159	PEDRO ROCHA	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	42:47	+12:02	05:02	
54	323	Bruno Rocha	R5 Engineers	42:47	+12:02	05:02	
55	308	Paulo Jorge Simões da Silva	NAR-Nucleo Atletismo Requeixo	42:49	+12:04	05:02	
56	241	Miguel Dinis	Individual	42:56	+12:11	05:03	
57	306	Hélder Ribeiro	NAR-Nucleo Atletismo Requeixo	43:00	+12:15	05:04	
58	233	Júlio Tomás Gomes Teixeira	Individual	43:03	+12:18	05:04	
59	281	ANTONIO TEIXEIRA	Individual	43:07	+12:22	05:04	
60	301	Tiago Lourenço	Municipio de Ílhavo	43:17	+12:32	05:06	
61	177	Jorge Branco	Hut Runners Aveiro	43:19	+12:34	05:06	
62	263	CARLOS RODRIGUES	Individual	43:19	+12:34	05:06	
63	125	Luís Miguel Nunes da Costa	Centro De Acção Social do Conselho de Ílhavo (CASCI)	43:23	+12:38	05:06	
64	307	Jorge Vilela	NAR-Nucleo Atletismo Requeixo	43:24	+12:39	05:06	
65	271	Nelo julião	Individual	43:32	+12:47	05:07	
66	176	João Pedro Oliveira Silva	Hut Runners Aveiro	43:33	+12:48	05:07	
67	172	Pedro Neves	Hut Runners Aveiro	43:33	+12:48	05:07	
68	243	Ricardo Oliveira	Individual	43:34	+12:49	05:08	
69	350	Nuno Miguel	Individual	43:35	+12:50	05:08	
70	260	António Lemos	Individual	43:39	+12:54	05:08	
71	157	João Dono	Extrusal	43:39	+12:54	05:08	
72	314	Carlos Venâncio	os enferrujados	43:54	+13:09	05:10	
73	354	Pedro Ratola	Individual	43:54	+13:09	05:10	
74	311	JOAO GOMES	NOKIA SPORTS TRIBE	44:00	+13:15	05:11	
75	349	Rui Miguel Bernardes Rebelo	WeGoRun	44:06	+13:21	05:11	
76	261	Armindo Bastos	Individual	44:13	+13:28	05:12	
77	140	João Caetano	Civilria	44:17	+13:32	05:13	
78	126	Rui Miguel Rodrigues Xavier	Centro De Acção Social do Conselho de Ílhavo (CASCI)	44:17	+13:32	05:13	
79	179	ABILIO MADAIL	Hut Runners Aveiro	44:25	+13:40	05:14	
80	180	Marcos Oliveira	Hut Runners Aveiro	44:30	+13:45	05:14	
81	235	Luis Bastiao Silva	Individual	44:41	+13:56	05:15	
82	150	João Marques	Extrusal	44:44	+13:59	05:16	
83	178	Pedro Ruano de Castro	HUT RUNNERS AVEIRO	44:45	+14:00	05:16	
84	292	Luis ramos	Luis ramos seguros	45:02	+14:17	05:18	
85	357	Cessário Rocha	Individual	45:03	+14:18	05:18	

PROVA PRINCIPAL - STAGE 1

8.5 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	RESULT	DIFF	t/KM	CARD
86	213	Carlos Simões	Individual	45:06	+14:21	05:18	
87	173	Maria Melo	Hut Runners Aveiro	45:06	+14:21	05:18	
88	118	César Lopes	Casa a arder	45:08	+14:23	05:19	
89	119	Tomás Tavares	Casa a arder	45:12	+14:27	05:19	
90	247	Rui Jesus	Individual	45:13	+14:28	05:19	
91	251	Tiago Teixeira	Individual	45:14	+14:29	05:19	
92	136	Alexandra Calhau	Civilria	45:16	+14:31	05:20	
93	310	GASPAR DIAS	NOKIA SPORTS TRIBE	45:32	+14:47	05:21	
94	209	António José Tavares Silva	Individual	45:33	+14:48	05:22	
95	164	Teresa Martins	Hut Runners Aveiro	45:46	+15:01	05:23	
96	336	António Lopes	SLB	45:59	+15:14	05:25	
97	166	Eduardo Cruz	Hut Runners Aveiro	46:01	+15:16	05:25	
98	137	Jacqueline Fernandes	Civilria	46:06	+15:21	05:25	
99	285	Fernando Lopes	Individual	46:10	+15:25	05:26	
100	270	Manuel Romeiro	Individual	46:11	+15:26	05:26	
101	223	Francisco Martins	Individual	46:17	+15:32	05:27	
102	107	Diogo Filipe Ferreira Filipe	Associação dos Amigos da Praia da Barra	46:24	+15:39	05:28	
103	317	José Coutinho	os enferrujados	46:24	+15:39	05:28	
104	334	Timoteo Silva	SILVATOP	46:26	+15:41	05:28	
105	272	Paulo Cardoso	Individual	46:32	+15:47	05:28	
106	276	Pedro Costa	Individual	46:39	+15:54	05:29	
107	113	Soraia Basílio	Barra Ocean Runners	46:43	+15:58	05:30	
108	168	João Tinoco	Hut Runners Aveiro	46:43	+15:58	05:30	
109	358	Manuel Albuquerque	Individual	46:56	+16:11	05:31	
110	341	Alfredo Matos	Vintage Runners	46:57	+16:12	05:31	
111	198	Liliane Semedo	Individual	46:57	+16:12	05:31	
112	259	ANDRE PEÑA TÁVORA	Individual	47:00	+16:15	05:32	
113	234	Lucas Silva	Individual	47:04	+16:19	05:32	
114	221	Fábio Teixeira	Individual	47:04	+16:19	05:32	
115	162	Márcia Santos	Hut Runners Aveiro	47:10	+16:25	05:33	
116	151	João Madail	Extrusal	47:15	+16:30	05:34	
117	120	Andreia Cristina Gonçalves Vieira	Centro De Acção Social do Conselho de Ílhavo (CASC)	47:15	+16:30	05:34	
118	274	Paulo Julião	Individual	47:17	+16:32	05:34	
119	319	ISABEL RIBAU	OS QUARTAS	47:18	+16:33	05:34	
120	356	JORGE FERREIRA	Individual	47:23	+16:38	05:34	
121	160	Ana Branco	Hut Runners Aveiro	47:25	+16:40	05:35	
122	169	Pedro Branco	Hut Runners Aveiro	47:26	+16:41	05:35	
123	345	Carlos Pinheiro	WeGoRun	47:27	+16:42	05:35	
124	242	Ricardo Guerra	Individual	47:29	+16:44	05:35	
125	138	Agostinho Boulhosa	Civilria	47:33	+16:48	05:36	
126	148	Francisco Dantas	Extrusal	47:36	+16:51	05:36	
127	143	Maria Dono	Extrusal	47:36	+16:51	05:36	
128	110	Henrique Manuel Mendes Gomes Ribeiro de Almeida	Associação dos Amigos da Praia da Barra	47:41	+16:56	05:37	
129	111	Manuel António Cesario Trovisco	Associação dos Amigos da Praia da Barra	47:42	+16:57	05:37	
130	117	Rui Pedro Marques Saraiva	Carpool Bosch	48:00	+17:15	05:39	







## Prova Principal

## 8.5 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

	Time	Temperature	Humidity
Start	10:30	18.2°C	87%
End	11:41	18°C	86%

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

1	355	Marta Pinto	Individual	Senior Feminino	36:16		04:16
2	290	Cátia Simões Ferreira	Juve Run team	Senior Feminino	40:21	+04:05	04:45
3	136	Alexandra Calhau	Civilria	Senior Feminino	45:16	+08:59	05:20
4	164	Teresa Martins	Hut Runners Aveiro	Senior Feminino	45:46	+09:30	05:23
5	137	Jacqueline Fernandes	Civilria	Senior Feminino	46:06	+09:49	05:25
6	113	Soraia Basílio	Barra Ocean Runners	Senior Feminino	46:43	+10:26	05:30
7	198	Liliane Semedo	Individual	Senior Feminino	46:57	+10:41	05:31
8	162	Márcia Santos	Hut Runners Aveiro	Senior Feminino	47:10	+10:53	05:33
9	120	Andreia Cristina Gonçalves Vieira	Centro De Acção Social do Conselho de Ílhavo (CASCI)	Senior Feminino	47:15	+10:59	05:34
10	160	Ana Branco	Hut Runners Aveiro	Senior Feminino	47:25	+11:09	05:35
11	143	Maria Dono	Extrusal	Senior Feminino	47:36	+11:20	05:36
12	201	Marisa Morgado Moreira	Individual	Senior Feminino	48:14	+11:58	05:40
13	144	Sílvia Marques	Extrusal	Senior Feminino	48:26	+12:10	05:42
14	318	Daniela Ferreira	OS QUARTAS	Senior Feminino	49:09	+12:52	05:47
15	145	Vera Maia	Extrusal	Senior Feminino	49:09	+12:53	05:47
16	338	Paula Rocha	TNT	Senior Feminino	49:11	+12:55	05:47
17	337	Betina Beirão	TNT	Senior Feminino	49:11	+12:55	05:47
18	360	Marisa Estrusal	Individual	Senior Feminino	49:33	+13:17	05:50
19	194	Filomena Alexandra Gaspar Rodrigues	Individual	Senior Feminino	49:48	+13:32	05:52
20	183	Catarina Marques	Individual	Senior Feminino	50:06	+13:49	05:54
21	195	Helena Silva	Individual	Senior Feminino	50:09	+13:53	05:54
22	302	Carl Ferreira	NAR-Nucleo Atletismo Requeixo	Senior Feminino	50:23	+14:06	05:56
23	123	Rita Marieiro	Centro De Acção Social do Conselho de Ílhavo (CASCI)	Senior Feminino	50:40	+14:23	05:58
24	142	Ana Neves	Extrusal	Senior Feminino	51:00	+14:44	06:00
25	161	Ana Madalena	Hut Runners Aveiro	Senior Feminino	51:01	+14:44	06:00
26	189	Cristina Ferreira	Individual	Senior Feminino	51:12	+14:55	06:01
27	333	Angela Silva	SILVATOP	Senior Feminino	52:14	+15:58	06:09
28	184	Adriana Xavier	Individual	Senior Feminino	53:40	+17:24	06:19
29	197	Josefa Fonseca	Individual	Senior Feminino	55:12	+18:56	06:30
30	163	Rita Pires	Hut Runners Aveiro	Senior Feminino	55:15	+18:59	06:30
31	188	Catarina Dias	Individual	Senior Feminino	55:29	+19:13	06:32
32	193	Dina Raimundo	Individual	Senior Feminino	55:29	+19:13	06:32
33	196	Joana Alexandra Tavares da Silva	Individual	Senior Feminino	56:06	+19:50	06:36
34	190	Dalila Costa	Individual	Senior Feminino	57:13	+20:56	06:44
35	185	ana valente	Individual	Senior Feminino	57:53	+21:36	06:49
36	200	Maria Teresa Lopes Martins	Individual	Senior Feminino	01:01:08	+24:52	07:12
37	204	Susana Ganito	Individual	Senior Feminino	01:03:20	+27:04	07:27
38	205	Tiffany Ribeiro	Individual	Senior Feminino	01:03:26	+27:10	07:28

**Prova Principal**

**8.5 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

39	202	Melodie Ribeiro	Individual	Senior Feminino	01:03:26	+27:10	07:28
40	199	Maria Isabel Ferreira Martins	Individual	Senior Feminino	01:04:34	+28:18	07:36
41	121	Gisela Macedo	Centro De Acção Social do Conselho de Ílhavo (CASCI)	Senior Feminino	01:07:33	+31:17	07:57
42	191	Danieli Cristina Gotardo	Individual	Senior Feminino	01:08:15	+31:58	08:02
43	312	Carla Rodrigues	os enferrujados	Senior Feminino	01:11:20	+35:04	08:24

**Senior Masculino**

1	299	Nuno Miguel Costa	C D São Salvador Do Campo	Senior Masculino	30:45		03:37
2	114	nelson maia	Bustos Runners	Senior Masculino	32:28	+01:42	03:49
3	141	João Moreira	Civilria	Senior Masculino	33:14	+02:29	03:55
4	228	Joao Pato	Individual	Senior Masculino	34:46	+04:01	04:05
5	222	Filipe Carvalho	Individual	Senior Masculino	35:10	+04:24	04:08
6	324	Diogo Oliveira	R5 Engineers	Senior Masculino	36:00	+05:14	04:14
7	322	André Areias	R5 Engineers	Senior Masculino	36:13	+05:28	04:16
8	207	André Pedrosa	Individual	Senior Masculino	36:30	+05:44	04:18
9	253	Vasco Lucas	Individual	Senior Masculino	36:46	+06:00	04:20
10	237	Luis Silvestre	Individual	Senior Masculino	37:00	+06:14	04:21
11	250	Tiago Silvestre	Individual	Senior Masculino	37:02	+06:17	04:21
12	219	Diogo Pratas	Individual	Senior Masculino	37:19	+06:34	04:23
13	108	Filipe Soares Pereirinha	Associação dos Amigos da Praia da Barra	Senior Masculino	37:36	+06:51	04:25
14	109	Gonçalo Soares Pereirinha	Associação dos Amigos da Praia da Barra	Senior Masculino	38:26	+07:41	04:31
15	325	Emanuel Almeida	R5 Engineers	Senior Masculino	38:46	+08:01	04:34
16	225	Goncalo Nuno Duarte Costa	Individual	Senior Masculino	38:53	+08:07	04:34
17	224	Frederico de Gusmão Calheiros Nunes da Silva	Individual	Senior Masculino	39:00	+08:14	04:35
18	294	João Victor Diniz	MONRUN	Senior Masculino	39:15	+08:30	04:37
19	303	Ricardo Branquinho	NAR-Nucleo Atletismo Requeixo	Senior Masculino	39:19	+08:34	04:38
20	309	JORGE FARIA	NOKIA SPORTS TRIBE	Senior Masculino	39:21	+08:36	04:38
21	236	Luis Dias	Individual	Senior Masculino	39:44	+08:58	04:40
22	216	Daniel Vieira	Individual	Senior Masculino	39:56	+09:11	04:42
23	139	Hugo Justiça	Civilria	Senior Masculino	40:01	+09:15	04:42
24	238	Mário André Caçanheira Oliveira	Individual	Senior Masculino	40:06	+09:20	04:43
25	103	Fábio Rodrigues	ARCO Runners	Senior Masculino	40:19	+09:33	04:45
26	232	Julio Carvalho	Individual	Senior Masculino	40:27	+09:41	04:46
27	146	André Pinho	Extrusal	Senior Masculino	40:34	+09:49	04:46
28	240	Miguel Chaves	Individual	Senior Masculino	40:45	+10:00	04:48
29	212	Carlos Nogueira	Individual	Senior Masculino	41:10	+10:24	04:51
30	167	Fábio Gonçalves	Hut Runners Aveiro	Senior Masculino	41:31	+10:45	04:53
31	158	Jorge Martins	Fitness Hut Aveiro	Senior Masculino	41:31	+10:45	04:53
32	361	Nuno Miguel Costa	Municipio de Ílhavo	Senior Masculino	42:04	+11:18	04:57
33	206	André Nova	Individual	Senior Masculino	42:17	+11:32	04:59
34	217	Diogo Ministro Ferreira	Individual	Senior Masculino	42:20	+11:35	04:59
35	165	Cristiano Santos	Hut Runners Aveiro	Senior Masculino	42:24	+11:39	04:59

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**Prova Principal**
**8.5 KM**
**OFFICIAL RESULT**

36	215	Daniel Pereira da rocha	Individual	Senior Masculino	42:46	+12:01	05:02
37	323	Bruno Rocha	R5 Engineers	Senior Masculino	42:47	+12:02	05:02
38	241	Miguel Dinis	Individual	Senior Masculino	42:56	+12:10	05:03
39	233	Júlio Tomás Gomes Teixeira	Individual	Senior Masculino	43:03	+12:18	05:04
40	125	Luís Miguel Nunes da Costa	Centro De Acção Social do Conselho de Ílhavo (CASCI)	Senior Masculino	43:23	+12:37	05:06
41	172	Pedro Neves	Hut Runners Aveiro	Senior Masculino	43:33	+12:48	05:07
42	243	Ricardo Oliveira	Individual	Senior Masculino	43:34	+12:48	05:08
43	350	Nuno Miguel	Individual	Senior Masculino	43:35	+12:49	05:08
44	314	Carlos Venâncio	os enferrujados	Senior Masculino	43:54	+13:08	05:10
45	349	Rui Miguel Bernardes Rebelo	WeGoRun	Senior Masculino	44:06	+13:20	05:11
46	140	João Caetano	Civilria	Senior Masculino	44:17	+13:31	05:13
47	126	Rui Miguel Rodrigues Xavier	Centro De Acção Social do Conselho de Ílhavo (CASCI)	Senior Masculino	44:17	+13:32	05:13
48	235	Luis Bastiao Silva	Individual	Senior Masculino	44:41	+13:55	05:15
49	150	João Marques	Extrusal	Senior Masculino	44:44	+13:59	05:16
50	292	Luis ramos	Luis ramos seguros	Senior Masculino	45:02	+14:16	05:18
51	213	Carlos Simões	Individual	Senior Masculino	45:06	+14:20	05:18
52	118	César Lopes	Casa a arder	Senior Masculino	45:08	+14:22	05:19
53	119	Tomás Tavares	Casa a arder	Senior Masculino	45:12	+14:26	05:19
54	247	Rui Jesus	Individual	Senior Masculino	45:13	+14:28	05:19
55	251	Tiago Teixeira	Individual	Senior Masculino	45:14	+14:28	05:19
56	209	António José Tavares Silva	Individual	Senior Masculino	45:33	+14:47	05:22
57	166	Eduardo Cruz	Hut Runners Aveiro	Senior Masculino	46:01	+15:16	05:25
58	223	Francisco Martins	Individual	Senior Masculino	46:17	+15:31	05:27
59	107	Diogo Filipe Ferreira Filipe	Associação dos Amigos da Praia da Barra	Senior Masculino	46:24	+15:38	05:28
60	334	Timoteo Silva	SILVATOP	Senior Masculino	46:26	+15:40	05:28
61	168	João Tinoco	Hut Runners Aveiro	Senior Masculino	46:43	+15:57	05:30
62	358	Manuel Albuquerque	Individual	Senior Masculino	46:56	+16:11	05:31
63	341	Alfredo Matos	Vintage Runners	Senior Masculino	46:57	+16:12	05:31
64	234	Lucas Silva	Individual	Senior Masculino	47:04	+16:18	05:32
65	221	Fábio Teixeira	Individual	Senior Masculino	47:04	+16:19	05:32
66	151	João Madail	Extrusal	Senior Masculino	47:15	+16:29	05:34
67	356	JORGE FERREIRA	Individual	Senior Masculino	47:23	+16:37	05:34
68	169	Pedro Branco	Hut Runners Aveiro	Senior Masculino	47:26	+16:40	05:35
69	345	Carlos Pinheiro	WeGoRun	Senior Masculino	47:27	+16:41	05:35
70	242	Ricardo Guerra	Individual	Senior Masculino	47:29	+16:43	05:35
71	138	Agostinho Boulhosa	Civilria	Senior Masculino	47:33	+16:47	05:36
72	148	Francisco Dantas	Extrusal	Senior Masculino	47:36	+16:50	05:36
73	110	Henrique Manuel Mendes Gomes Ribeiro de Almeida	Associação dos Amigos da Praia da Barra	Senior Masculino	47:41	+16:56	05:37
74	111	Manuel António Cesario Trovisco	Associação dos Amigos da Praia da Barra	Senior Masculino	47:42	+16:56	05:37
75	117	Rui Pedro Marques Saraiva	Carpool Bosch	Senior Masculino	48:00	+17:14	05:39
76	211	Carlos Alberto Valdez Cunha	Individual	Senior Masculino	48:01	+17:15	05:39
77	218	Diogo Nogueira	Individual	Senior Masculino	48:32	+17:46	05:43
78	208	André Silva	Individual	Senior Masculino	48:32	+17:46	05:43

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## Prova Principal

**8.5 KM**

### OFFICIAL RESULT

79	171	Pedro Couto	Hut Runners Aveiro	Senior Masculino	48:47	+18:01	05:44
80	220	Donato Barbeiro	Individual	Senior Masculino	49:48	+19:03	05:52
81	359	Bavieche Samgi	Individual	Senior Masculino	50:04	+19:18	05:53
82	348	Ricardo Costa	WeGoRun	Senior Masculino	50:43	+19:57	05:58
83	152	Jorge Ferreira	Extrusal	Senior Masculino	51:00	+20:15	06:00
84	297	João Pedro Magano Bastião	Municipio de Ílhavo	Senior Masculino	51:42	+20:57	06:05
85	252	Tibério Baptista	Individual	Senior Masculino	51:48	+21:02	06:06
86	153	Rafael Almeida	Extrusal	Senior Masculino	52:13	+21:28	06:09
87	147	Francisco Boia	Extrusal	Senior Masculino	52:31	+21:45	06:11
88	149	Henrique Tavares	Extrusal	Senior Masculino	52:31	+21:45	06:11
89	249	Tiago Gonçalves	Individual	Senior Masculino	52:41	+21:55	06:12
90	346	Gleveson Carvalho	WeGoRun	Senior Masculino	52:44	+21:58	06:12
91	347	Luis Santos	WeGoRun	Senior Masculino	52:46	+22:00	06:12
92	244	Ricardo Peres Dias	Individual	Senior Masculino	53:16	+22:30	06:16
93	239	Mauro Lamelas	Individual	Senior Masculino	53:17	+22:31	06:16
94	353	Pedro Laires	Individual	Senior Masculino	53:25	+22:39	06:17
95	351	Fernando Ramos	Individual	Senior Masculino	53:29	+22:44	06:18
96	298	João Semedo	Municipio de Ílhavo	Senior Masculino	53:41	+22:55	06:19
97	124	João Alves	Centro De Acção Social do Conselho de Ílhavo (CASCI)	Senior Masculino	54:52	+24:07	06:27
98	248	Sérgio André Silva Dias	Individual	Senior Masculino	56:08	+25:22	06:36
99	104	Luís Almeida	ARCO Runners	Senior Masculino	56:54	+26:08	06:42
100	214	Daniel Laranjeiro	Individual	Senior Masculino	57:53	+27:07	06:49
101	246	Rui Emanuel Gonçalves Vieira	Individual	Senior Masculino	01:00:44	+29:59	07:09
102	327	João Carlos Marçalo Pereira	Reumáticos & Etc.	Senior Masculino	01:03:51	+33:05	07:31
103	116	André Carvalho Soares	Carpool Bosch	Senior Masculino	01:04:26	+33:41	07:35
104	326	Filipe Rodrigues	R5 Engineers	Senior Masculino	01:05:14	+34:28	07:40

## Veterana F45

1	173	Maria Melo	Hut Runners Aveiro	Veterana F45	45:06		05:18
2	319	ISABEL RIBAU	OS QUARTAS	Veterana F45	47:18	+02:11	05:34
3	256	Sandra Santos	Individual	Veterana F45	48:25	+03:19	05:42
4	174	Paula Santos	Hut Runners Aveiro	Veterana F45	48:47	+03:40	05:44
5	182	Pedro Marques	Individual	Veterana F45	50:31	+05:24	05:57
6	305	Judite Dias	NAR-Nucleo Atletismo Requeixo	Veterana F45	55:10	+10:04	06:29
7	304	Clarsse Flamengo	NAR-Nucleo Atletismo Requeixo	Veterana F45	55:10	+10:04	06:29
8	128	Ana Claudia Alves Nunes	Centro De Acção Social do Conselho de Ílhavo (CASCI)	Veterana F45	58:18	+13:11	06:51
9	339	Madalena Ferreira	TNT	Veterana F45	01:02:36	+17:30	07:22
10	329	Virgínia oliveira Fernandes	Reumáticos & Etc.	Veterana F45	01:03:51	+18:44	07:31
11	328	Sandra Maria da Costa Francisco	Reumáticos & Etc.	Veterana F45	01:03:51	+18:44	07:31
12	315	Sandra Santos	os enferrujados	Veterana F45	01:11:21	+26:14	08:24

## Prova Principal

8.5 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

### Veterana F55

1	181	Maria Fatima Pinho	Ílhavos Runner	Veterana F55	42:05		04:57
2	320	ROSA MARIA CARDOSO	OS QUARTAS	Veterana F55	53:49	+11:43	06:20
3	257	Rosa Rocha	Individual	Veterana F55	54:04	+11:59	06:22
4	316	Rosa Santos	os enferrujados	Veterana F55	01:03:26	+21:20	07:28

### Veterano M45

1	134	Luis Miguel Jesus Mesquita Martins	Centro De Acção Social do Conselho de Ílhavo (CASCI)	Veterano M45	32:57		03:53
2	342	Jose Grijó	Vintage Runners	Veterano M45	36:28	+03:30	04:17
3	264	Didier de Jesus	Individual	Veterano M45	37:30	+04:32	04:25
4	291	Pedro Guimarães	LetsRunAzores	Veterano M45	38:19	+05:21	04:30
5	155	João Neves	Extrusal	Veterano M45	40:34	+07:36	04:46
6	273	Paulo Dias	Individual	Veterano M45	40:45	+07:47	04:48
7	175	Artur Jorge Paiva	Hut Runners Aveiro	Veterano M45	42:02	+09:04	04:57
8	352	Carlos Guimares Neto	Individual	Veterano M45	42:22	+09:24	04:59
9	258	André Pacheco	Individual	Veterano M45	42:34	+09:36	05:00
10	265	Francisco Martins	Individual	Veterano M45	42:42	+09:44	05:01
11	308	Paulo Jorge Simões da Silva	NAR-Nucleo Atletismo Requeixo	Veterano M45	42:49	+09:51	05:02
12	306	Hélder Ribeiro	NAR-Nucleo Atletismo Requeixo	Veterano M45	43:00	+10:02	05:04
13	301	Tiago Lourenço	Município de Ílhavo	Veterano M45	43:17	+10:19	05:06
14	177	Jorge Branco	Hut Runners Aveiro	Veterano M45	43:19	+10:21	05:06
15	263	CARLOS RODRIGUES	Individual	Veterano M45	43:19	+10:21	05:06
16	307	Jorge Vilela	NAR-Nucleo Atletismo Requeixo	Veterano M45	43:24	+10:27	05:06
17	271	Nelo julião	Individual	Veterano M45	43:32	+10:34	05:07
18	176	João Pedro Oliveira Silva	Hut Runners Aveiro	Veterano M45	43:33	+10:35	05:07
19	260	António Lemos	Individual	Veterano M45	43:39	+10:41	05:08
20	311	JOAO GOMES	NOKIA SPORTS TRIBE	Veterano M45	44:00	+11:02	05:11
21	261	Armindo Bastos	Individual	Veterano M45	44:13	+11:15	05:12
22	178	Pedro Ruano de Castro	HUT RUNNERS AVEIRO	Veterano M45	44:45	+11:47	05:16
23	310	GASPAR DIAS	NOKIA SPORTS TRIBE	Veterano M45	45:32	+12:34	05:21
24	336	António Lopes	SLB	Veterano M45	45:59	+13:01	05:25
25	270	Manuel Romeiro	Individual	Veterano M45	46:11	+13:13	05:26
26	317	José Coutinho	os enferrujados	Veterano M45	46:24	+13:26	05:28
27	272	Paulo Cardoso	Individual	Veterano M45	46:32	+13:34	05:28
28	276	Pedro Costa	Individual	Veterano M45	46:39	+13:41	05:29
29	259	ANDRE PEÑA TÁVORA	Individual	Veterano M45	47:00	+14:02	05:32
30	274	Paulo julião	Individual	Veterano M45	47:17	+14:19	05:34
31	278	Rui Teixeira	Individual	Veterano M45	50:05	+17:07	05:54
32	154	Fernando Quintas	Extrusal	Veterano M45	51:09	+18:11	06:01
33	102	Vitor Manuel Perrudo Esteves Feitais	A viagem dos Maretad	Veterano M45	52:02	+19:04	06:07
34	332	Rui Carvalho	RUI & TAVARES	Veterano M45	52:28	+19:30	06:10
35	331	Nelson Tavares	RUI & TAVARES	Veterano M45	52:28	+19:30	06:10
36	275	Paulo Santos	Individual	Veterano M45	57:33	+24:35	06:46

**Prova Principal**
**8.5 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

37	330	Francisco José Silva Gomes	Reumáticos & Etc.	Veterano M45	01:03:51	+30:53	07:31
38	267	Leonardo Fernandes Castro	Individual	Veterano M45	01:07:00	+34:02	07:53

**Veterano M55**

1	280	António Ferreira	Individual	Veterano M55	34:52		04:06
2	340	EUGÊNIO ALVES	Trail Bela Bela	Veterano M55	37:13	+02:21	04:23
3	288	Manuel Faria	Individual	Veterano M55	38:13	+03:21	04:30
4	159	PEDRO ROCHA	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterano M55	42:47	+07:55	05:02
5	281	ANTONIO TEIXEIRA	Individual	Veterano M55	43:07	+08:15	05:04
6	157	João Dono	Extrusal	Veterano M55	43:39	+08:47	05:08
7	354	Pedro Ratola	Individual	Veterano M55	43:54	+09:02	05:10
8	179	ABILIO MADAIL	Hut Runners Aveiro	Veterano M55	44:25	+09:33	05:14
9	180	Marcos Oliveira	Hut Runners Aveiro	Veterano M55	44:30	+09:38	05:14
10	357	Cessário Rocha	Individual	Veterano M55	45:03	+10:11	05:18
11	285	Fernando Lopes	Individual	Veterano M55	46:10	+11:18	05:26
12	282	Armando Sousa	Individual	Veterano M55	52:27	+17:35	06:10
13	287	LuisPaulo Silva Ferreira	Individual	Veterano M55	52:45	+17:53	06:12
14	284	Carlos Manata	Individual	Veterano M55	52:46	+17:54	06:12
15	112	Celso Ribeiro	Atletico Clube de Travanca	Veterano M55	53:08	+18:16	06:15
16	135	Paulo Pereira	Centro De Acção Social do Conselho de Ílhavo (CASCI)	Veterano M55	55:17	+20:25	06:30
17	286	José Vieira	Individual	Veterano M55	01:02:32	+27:40	07:21