

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

	Time	Temperature	Humidity
Start	19:00	21,4°C	65%
End	20:29	21,4°C	65%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	203	João Almeida	RECREIO DESPORTIVO DE ÁGUEDA	32:25		03:15	
2	116	Nuno Costa	CD São Salvador do Campo	34:32	+02:07	03:27	
3	205	Carla Martinho	RECREIO DESPORTIVO DE ÁGUEDA	36:03	+03:38	03:36	
4	206	Alberto Fonte	RECREIO DESPORTIVO DE ÁGUEDA	36:10	+03:45	03:37	
5	204	Ricardo Andrade	RECREIO DESPORTIVO DE ÁGUEDA	36:48	+04:23	03:41	
6	109	Ricardo Fernandes	Associação Académica de Coimbra	37:34	+05:09	03:45	
7	142	Ivo André Marques Da Silva	Individual	37:58	+05:33	03:48	
8	202	Sara Carvalho	RECREIO DESPORTIVO DE ÁGUEDA	38:32	+06:07	03:51	
9	148	Rafael Miguel	Individual	38:47	+06:22	03:53	
10	177	João Vinha (AMUPB)	Individual	40:06	+07:41	04:01	
11	200	Joana Nunes	RECREIO DESPORTIVO DE ÁGUEDA	40:10	+07:45	04:01	
12	208	Nuno Cunha Santos	RECREIO DESPORTIVO DE ÁGUEDA	40:21	+07:56	04:02	
13	119	Tony Graça	DCI / Trilhos Luso Bussaco	40:27	+08:02	04:03	
14	110	Rui Machado	Beira Mar	40:29	+08:04	04:03	
15	212	Pedro Barbosa	Individual	41:01	+08:36	04:06	
16	166	Pedro Canha	Individual	41:19	+08:54	04:08	
17	187	Pedro Guimaraes	LETSRUNAZORES	41:24	+08:59	04:08	
18	158	João Margarido	Individual	41:24	+08:59	04:08	
19	186	João Neves	JOBRA	42:16	+09:51	04:14	
20	138	CARLOS MARÇALO	Individual	42:47	+10:22	04:17	
21	137	André Correia	Individual	42:49	+10:24	04:17	
22	163	Nuno Rocha	Individual	42:54	+10:29	04:17	
23	184	Salvador Silva	Individual	42:59	+10:34	04:18	
24	181	Pedro Almeida	Individual	43:40	+11:15	04:22	
25	149	Ricardo Miguel da Silva Alvarez	Individual	43:47	+11:22	04:23	
26	210	Carlos Jesus	RUNNING ESPINHO	44:27	+12:02	04:27	
27	174	Fernando Magalhães	Individual	44:29	+12:04	04:27	
28	151	Sérgio Silva	Individual	45:12	+12:47	04:31	
29	140	Francisco Manuel Teixeira Marques	Individual	45:19	+12:54	04:32	
30	190	José Carlos Ferreira Gomes	Ligeirinhos	45:19	+12:54	04:32	
31	199	Carolina Ribeiro	RECREIO DESPORTIVO DE ÁGUEDA	45:29	+13:04	04:33	
32	139	Daniel Pedrosa	Individual	45:36	+13:11	04:34	
33	198	Marco Tavares	Os Jol@s	45:41	+13:16	04:34	
34	197	Israel Escalante	Os Jol@s	45:41	+13:16	04:34	
35	179	Manuel Marques	Individual	45:41	+13:16	04:34	
36	178	José Resende	Individual	45:46	+13:21	04:35	
37	161	Luis Rodrigues	Individual	46:01	+13:36	04:36	
38	183	Renato Tavares	Individual	46:02	+13:37	04:36	
39	215	Esteban Maria	Individual	46:13	+13:48	04:37	
40	214	Fabrice Maria	Individual	46:13	+13:48	04:37	
41	185	Elia Marlene Martins Rodrigues	JOBRA	46:50	+14:25	04:41	
42	160	José Gomes	Individual	46:51	+14:26	04:41	

Prova Principal

10 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	19:00	21,4°C	65%
End	20:29	21,4°C	65%

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

1	202	Sara Carvalho	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	38:32		03:51
2	200	Joana Nunes	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	40:10	+01:38	04:01
3	199	Carolina Ribeiro	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	45:29	+06:57	04:33
4	185	Elia Marlene Martins Rodrigues	JOBRA	Senior Feminino	46:50	+08:18	04:41
5	128	Daniela Onofre	Individual	Senior Feminino	47:28	+08:56	04:45
6	101	Ana Luís	20 VER CORRER	Senior Feminino	47:38	+09:05	04:46
7	131	Liliana Almeida	Individual	Senior Feminino	50:43	+12:11	05:04
8	132	Nádia Rocha	Individual	Senior Feminino	50:47	+12:14	05:05
9	129	Elizabeth Lopes	Individual	Senior Feminino	51:18	+12:46	05:08
10	201	Lúcia Cândido	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	53:11	+14:38	05:19
11	136	Saete Lourenço	Individual	Senior Feminino	53:57	+15:24	05:24
12	133	Oriana Marques	Individual	Senior Feminino	54:38	+16:06	05:28
13	193	Ana M Barbosa	Manos AMB	Senior Feminino	56:42	+18:10	05:40
14	130	Inês Jorge Gomes	Individual	Senior Feminino	59:03	+20:31	05:54
15	134	Oriana Silva	Individual	Senior Feminino	59:35	+21:03	05:57
16	117	Ana Castro	DAR Recardães	Senior Feminino	01:06:51	+28:19	06:41
17	118	Daniela Santos	DAR Recardães	Senior Feminino	01:06:52	+28:20	06:41
18	127	Daniela Aguiar	Individual	Senior Feminino	01:07:56	+29:24	06:48
19	135	Rita Pereira	Individual	Senior Feminino	01:11:07	+32:35	07:07
20	126	ana abreu	Individual	Senior Feminino	01:13:33	+35:00	07:21

Senior Masculino

1	203	João Almeida	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	32:25		03:15
2	204	Ricardo Andrade	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	36:48	+04:22	03:41
3	109	Ricardo Fernandes	Associação Académica de Coimbra	Senior Masculino	37:34	+05:08	03:45
4	142	Ivo André Marques Da Silva	Individual	Senior Masculino	37:58	+05:32	03:48
5	148	Rafael Miguel	Individual	Senior Masculino	38:47	+06:21	03:53
6	138	CARLOS MARÇALO	Individual	Senior Masculino	42:47	+10:21	04:17
7	137	André Correia	Individual	Senior Masculino	42:49	+10:23	04:17
8	149	Ricardo Miguel da Silva Alvarez	Individual	Senior Masculino	43:47	+11:21	04:23
9	210	Carlos Jesus	RUNNING ESPINHO	Senior Masculino	44:27	+12:01	04:27
10	151	Sérgio Silva	Individual	Senior Masculino	45:12	+12:46	04:31
11	140	Francisco Manuel Teixeira Marques	Individual	Senior Masculino	45:19	+12:53	04:32

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

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12	139	Daniel Pedrosa	Individual	Senior Masculino	45:36	+13:10	04:34
13	215	Esteban Maria	Individual	Senior Masculino	46:13	+13:47	04:37
14	150	ricardo pereira	Individual	Senior Masculino	48:09	+15:43	04:49
15	102	Pedro Luís	20 VER CORRER	Senior Masculino	48:30	+16:05	04:51
16	146	Paulo Vigário	Individual	Senior Masculino	49:00	+16:34	04:54
17	211	Vicente Santos Julião	Sosense Trail team, Braga & Fernandes	Senior Masculino	49:09	+16:43	04:55
18	143	Júlio Tomás Gomes Teixeira	Individual	Senior Masculino	49:50	+17:24	04:59
19	141	Henrique Barros	Individual	Senior Masculino	49:59	+17:33	05:00
20	145	Nuno Santos	Individual	Senior Masculino	58:56	+26:30	05:54
21	147	Pedro Bastos	Individual	Senior Masculino	01:04:14	+31:48	06:25

Veterana F40

1	205	Carla Martinho	RECREIO DESPORTIVO DE ÁGUEDA	Veterana F40	36:03		03:36
2	192	Susana Fontoura	Luxaflex	Veterana F40	49:03	+13:00	04:54
3	213	Alice Costa	Individual	Veterana F40	52:30	+16:27	05:15
4	154	Rivat Sónia	Individual	Veterana F40	53:30	+17:27	05:21
5	153	Marilyn Lourenço	Individual	Veterana F40	54:42	+18:38	05:28
6	191	Rosa Lopes	Luxaflex	Veterana F40	56:54	+20:51	05:41
7	152	Cristina Maria Esteves Ferreira	Individual	Veterana F40	57:12	+21:08	05:43
8	121	Sónia Marques	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterana F40	59:16	+23:13	05:56

Veterana F50

1	103	Alice Couto	20 VER CORRER	Veterana F50	50:27		05:03
2	157	Fernanda Gomes	Individual	Veterana F50	52:07	+01:39	05:13
3	156	Elisabete Silva	Individual	Veterana F50	52:56	+02:29	05:18
4	188	Deolinda Camarinha Silva	Ligeirinhos	Veterana F50	54:03	+03:36	05:24
5	155	Cristina Coelho	Individual	Veterana F50	56:06	+05:38	05:37
6	189	Rosa Lúcia Camarinha Silva	Ligeirinhos	Veterana F50	57:01	+06:34	05:42
7	111	Edite Fernandes	BoraBora, Vamos Lá!	Veterana F50	59:16	+08:49	05:56
8	112	Maria Ramos	BoraBora, Vamos Lá!	Veterana F50	01:09:02	+18:34	06:54
9	104	Fátima Costa	20 VER CORRER	Veterana F50	01:14:23	+23:56	07:26
10	105	Fernanda Vieira	20 VER CORRER	Veterana F50	01:29:30	+39:03	08:57

Veterano M40

1	116	Nuno Costa	CD São Salvador do Campo	Veterano M40	34:32		03:27
2	206	Alberto Fonte	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M40	36:10	+01:38	03:37
3	208	Nuno Cunha Santos	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M40	40:21	+05:49	04:02
4	110	Rui Machado	Beira Mar	Veterano M40	40:29	+05:56	04:03
5	212	Pedro Barbosa	Individual	Veterano M40	41:01	+06:29	04:06

Official Timekeeper: Lap2Go	2 / 4	generate 15-jul-2023 20:29
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Prova Principal

10 KM

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

OFFICIAL RESULT

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6	166	Pedro Canha	Individual	Veterano M40	41:19	+06:47	04:08
7	158	João Margarido	Individual	Veterano M40	41:24	+06:52	04:08
8	163	Nuno Rocha	Individual	Veterano M40	42:54	+08:22	04:17
9	198	Marco Tavares	Os Jol@s	Veterano M40	45:41	+11:09	04:34
10	197	Israel Escalante	Os Jol@s	Veterano M40	45:41	+11:09	04:34
11	161	Luis Rodrigues	Individual	Veterano M40	46:01	+11:29	04:36
12	160	José Gomes	Individual	Veterano M40	46:51	+12:19	04:41
13	167	Pedro Ferreira	Individual	Veterano M40	46:53	+12:21	04:41
14	164	Paulo santos	Individual	Veterano M40	48:30	+13:58	04:51
15	115	Luís Miguel Pinto Sampaio	CANIANOS	Veterano M40	49:08	+14:36	04:55
16	162	Manuel Ventura da Silva Marques	Individual	Veterano M40	51:30	+16:58	05:09
17	159	José da Silva Rabelo Neto	Individual	Veterano M40	51:48	+17:16	05:11
18	122	Carlos Ortet	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterano M40	52:26	+17:54	05:15
19	207	Marco Guerra	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M40	52:53	+18:21	05:17
20	168	Ricardo Guerra	Individual	Veterano M40	53:18	+18:46	05:20
21	194	Álvaro M Barbosa	Manos AMB	Veterano M40	54:34	+20:01	05:27
22	114	Miguel Santos	C.D.C SÃO MARTINHO DA GÂNDARA	Veterano M40	57:02	+22:29	05:42
23	169	Rivat franck	Individual	Veterano M40	57:26	+22:54	05:45
24	165	Paulo Silva	Individual	Veterano M40	01:06:32	+31:59	06:39

Veterano M50

1	177	João Vinha (AMUPB)	Individual	Veterano M50	40:06		04:01
2	119	Tony Graça	DCI / Trilhos Luso Bussaco	Veterano M50	40:27	+00:21	04:03
3	187	Pedro Guimaraes	LETSRUNAZORES	Veterano M50	41:24	+01:18	04:08
4	186	João Neves	JOBRA	Veterano M50	42:16	+02:09	04:14
5	184	Salvador Silva	Individual	Veterano M50	42:59	+02:53	04:18
6	181	Pedro Almeida	Individual	Veterano M50	43:40	+03:34	04:22
7	174	Fernando Magalhães	Individual	Veterano M50	44:29	+04:23	04:27
8	190	José Carlos Ferreira Gomes	Ligeirinhos	Veterano M50	45:19	+05:13	04:32
9	179	Manuel Marques	Individual	Veterano M50	45:41	+05:35	04:34
10	178	José Resende	Individual	Veterano M50	45:46	+05:40	04:35
11	183	Renato Tavares	Individual	Veterano M50	46:02	+05:56	04:36
12	214	Fabrice Maria	Individual	Veterano M50	46:13	+06:07	04:37
13	123	Heitor Santos	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterano M50	47:04	+06:58	04:42
14	171	António Lemos	Individual	Veterano M50	47:50	+07:44	04:47
15	209	José Matos	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M50	49:03	+08:57	04:54
16	107	Fernando Ramalho	20 VER CORRER	Veterano M50	49:14	+09:08	04:55
17	125	Valter Jacinto	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Veterano M50	49:41	+09:35	04:58
18	175	João Isidoro dos Santos	Individual	Veterano M50	49:55	+09:49	04:59
19	172	Arménio Neves	Individual	Veterano M50	50:22	+10:16	05:02
20	176	João Pedro Oliveira Silva	Individual	Veterano M50	50:27	+10:21	05:03

