









**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

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>	<b>CARD</b>
178	633	Bruno Pereira	S.M.M. ATLETISMO	46:38	+15:34	04:40	
179	6	Joaquim Quitério	A.C. Vermoil	46:42	+15:38	04:40	
180	151	Bianca Albuquerque	GINÁSIO CLUBE DE BRAGANÇA	46:45	+15:41	04:40	
181	367	Diogo Pratas	Individual	46:51	+15:47	04:41	
182	152	Ítala Gouveia Marx	GINÁSIO CLUBE DE BRAGANÇA	46:58	+15:54	04:42	
183	196	Beatriz Santos Câmara Lourenço	Individual	47:02	+15:58	04:42	
184	585	Mário Martins	Os Kágados	47:10	+16:06	04:43	
185	428	José Almeida	Individual	47:12	+16:08	04:43	
186	634	Rui Correia	S.M.M. ATLETISMO	47:13	+16:09	04:43	
187	642	Vicente Julião	Sosense Trail Team Braga & Fernandes	47:14	+16:10	04:43	
188	2	Diogo Henrique Martins de Sousa Moreira	4Judo Project	47:14	+16:10	04:43	
189	405	Carlos Eduardo Domingues	Individual	47:15	+16:11	04:43	
190	36	ADRIANO TEIXEIRA	Athlon Runners	47:15	+16:11	04:43	
191	149	José Monteiro	GDC Banco de Portugal	47:16	+16:12	04:44	
192	48	João Pereira	Bosch Runners	47:20	+16:16	04:44	
193	319	Heidi Rosário	Individual	47:22	+16:18	04:44	
194	281	miguel gomes	Individual	47:22	+16:18	04:44	
195	226	Bruno Alexandre Silva Pedrosa	Individual	47:23	+16:19	04:44	
196	534	GIL DA COSTA	Individual	47:25	+16:21	04:45	
197	594	Maria de Fátima Pinho	Os Runners by Luís Filipe Pires	47:26	+16:22	04:45	
198	10	Clotilde Santos	ACR de Vale de Cambra	47:28	+16:24	04:45	
199	393	Rui Cainé	Individual	47:29	+16:25	04:45	
200	471	Luís Rabaça	Individual	47:32	+16:28	04:45	
201	89	MAIRA SILVA	Clube Desportivo Feirense	47:32	+16:28	04:45	
202	119	Maria Isabel Areias	DAR RECARDÃES EXPANSION	47:32	+16:28	04:45	
203	600	Carlos Palabra	Plafesa	47:35	+16:31	04:46	
204	238	Diogo Borges	Individual	47:37	+16:33	04:46	
205	581	Paulo Jorge Simões da Silva	NAR - Núcleo de Atletismo de Requeixo	47:38	+16:34	04:46	
206	186	JUVENAL MAGUETA	GRUPO DESPORTIVO DA GAFANHA	47:43	+16:39	04:46	
207	340	Maria João Benquerença	Individual	47:44	+16:40	04:46	
208	144	Pedro Neves	FITNESSHUTAVEIRO	47:48	+16:44	04:47	
209	361	Carlos Caetano	Individual	47:48	+16:44	04:47	
210	392	Ricardo Conceição	Individual	47:51	+16:47	04:47	
211	666	Rodolfo Andrade	Velha Guarda RC/Powerrun Team	47:51	+16:47	04:47	
212	541	Jorge Carneiro	Individual	47:56	+16:52	04:48	
213	298	Tiago Saraiva	Individual	47:56	+16:52	04:48	
214	459	Fernando Manuel Rocha Freire	Individual	47:57	+16:53	04:48	
215	299	Tiago Silva	Individual	47:57	+16:53	04:48	
216	184	Joao Capela	GRECAS Vagos	47:59	+16:55	04:48	
217	437	Nuno Almeida	Individual	48:00	+16:56	04:48	
218	519	Marcos Robert0 Correa	Individual	48:01	+16:57	04:48	
219	381	Luis Aguer0	Individual	48:03	+16:59	04:48	
220	143	Jorge Martins	FITNESSHUTAVEIRO	48:16	+17:12	04:50	
221	374	Joao Esteves	Individual	48:18	+17:14	04:50	
222	23	Daniela Santos	Águias Velozes	48:20	+17:16	04:50	

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

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

**OFFICIAL RESULT**

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
223	21	Catarina Pinho	Águias Velozes	48:21	+17:17	04:50	
224	275	Luís Freire	Individual	48:28	+17:24	04:51	
225	488	Tiago Manuel Morais Lourenço	Individual	48:35	+17:31	04:52	
226	551	Rui Cardoso	JUST4FUN	48:36	+17:32	04:52	
227	582	Sara Costa	Núcleo de Atletismo de Cucujães	48:36	+17:32	04:52	
228	73	João Cabral	Carpool Bosch Security Systems	48:38	+17:34	04:52	
229	307	Elizabeth Alves Dias Lopes	Individual	48:40	+17:36	04:52	
230	522	Pedro Rocha	Individual	48:44	+17:40	04:52	
231	305	Carla Costa	Individual	48:44	+17:40	04:52	
232	391	Pedro Teles	Individual	48:46	+17:42	04:53	
233	416	Gil Rodrigues	Individual	48:49	+17:45	04:53	
234	375	Joao Miguel Neves	Individual	48:49	+17:45	04:53	
235	9	Susana Martins	ACR de Vale de Cambra	48:49	+17:45	04:53	
236	487	Rogério Bastos	Individual	48:53	+17:49	04:53	
237	297	Tiago Ramos	Individual	48:55	+17:51	04:53	
238	364	Carlos Nogueira	Individual	48:55	+17:51	04:54	
239	49	Joaquim Ribeiro	Bosch Runners	48:57	+17:53	04:54	
240	493	Filipe Carvalho	Individual	48:57	+17:53	04:54	
241	52	Ruben Costa	Bosch Runners	48:58	+17:54	04:54	
242	500	Júlio Júnior	Individual	49:00	+17:56	04:54	
243	235	Dinis Oliveira	Individual	49:01	+17:57	04:54	
244	14	José Mário Pinho	ACR de Vale de Cambra	49:02	+17:58	04:54	
245	16	Gustavo Desouzar	AD Tartarugas e Lebres	49:03	+17:59	04:54	
246	132	Cristiano Santos	FITNESSHUTAVEIRO	49:05	+18:01	04:54	
247	496	João Pedro Oliveira Silva	Individual	49:06	+18:02	04:55	
248	598	Sérgio Ferraz	Penta Clube da Covilhã	49:08	+18:04	04:55	
249	616	José Matos	RECREIO DESPORTIVO DE ÁGUEDA	49:11	+18:07	04:55	
250	240	Duarte Santos Ribeiro	Individual	49:15	+18:11	04:55	
251	470	Luís Miguel Pinto Sampaio	Individual	49:17	+18:13	04:56	
252	419	Hugo Gonçalves	Individual	49:18	+18:14	04:56	
253	129	Bruno Ferreira	FFonseca Running Team	49:21	+18:17	04:56	
254	337	Dina António	Individual	49:21	+18:17	04:56	
255	38	Joana Ribeiro	Barra Ocean Runners	49:22	+18:18	04:56	
256	461	Francisco Martins	Individual	49:27	+18:23	04:57	
257	472	M. DUARTE	Individual	49:33	+18:29	04:57	
258	239	Diogo Carvalheira	Individual	49:34	+18:30	04:57	
259	579	Hélder Ribeiro	NAR - Núcleo de Atletismo de Requeixo	49:35	+18:31	04:58	
260	555	João Caetano	Juveforce Run Team	49:36	+18:32	04:58	
261	665	João Caçador	VA BOA-HORA	49:36	+18:32	04:58	
262	486	Ricardo Melo dos Santos	Individual	49:36	+18:32	04:58	
263	61	Evandro Amorim	Bosch Runners	49:37	+18:33	04:58	
264	563	Joao Teixeira	Knock-Out Aveiro	49:44	+18:40	04:58	
265	274	Júlio Tomás Gomes Teixeira	Individual	49:49	+18:45	04:59	
266	249	Francisco Martins	Individual	49:49	+18:45	04:59	
267	621	Afonso Santos	Run&Fun	49:50	+18:46	04:59	
268	503	Nuno Felix	Individual	49:52	+18:48	04:59	



**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
269	485	Ricardo Jorge Grilo Marques Senos	Individual	49:53	+18:49	04:59	
270	676	Rui Rebelo	WeGoRun	49:53	+18:49	04:59	
271	432	Manuel Ventura da Silva Marques	Individual	49:56	+18:52	05:00	
272	185	Pedro Marques	GRUPO DESPORTIVO ASSEMPARK	49:56	+18:52	05:00	
273	362	Carlos Coutinho	Individual	49:57	+18:53	05:00	
274	623	Soraia Basilio	RUN4ACAUSE	49:57	+18:53	05:00	
275	596	João Dono	Os Runners by Luís Filipe Pires	49:59	+18:55	05:00	
276	592	Joana Valente	Os Runners by Luís Filipe Pires	50:00	+18:56	05:00	
277	491	ANDRE PEÑA TÁVORA	Individual	50:01	+18:57	05:00	
278	499	julio costa	Individual	50:02	+18:58	05:00	
279	403	Bruno Filipe Rodrigues Pinto	Individual	50:03	+18:59	05:00	
280	146	Pedro Ruano de Castro	FITNESSHUTAVEIRO	50:03	+18:59	05:00	
281	414	Francisco oliveira	Individual	50:04	+19:00	05:00	
282	574	María Jesus	Mofarpeixe	50:04	+19:00	05:00	
283	590	Tatiana Costa	Os Runners by Luís Filipe Pires	50:05	+19:01	05:01	
284	613	Marco Guerra	RECREIO DESPORTIVO DE ÁGUEDA	50:06	+19:02	05:01	
285	175	Jacqueline fernandes	Girls Run The World	50:09	+19:05	05:01	
286	524	Ricardo Rocha	Individual	50:10	+19:06	05:01	
287	531	Arménio Neves	Individual	50:11	+19:07	05:01	
288	539	João Sardo	Individual	50:11	+19:07	05:01	
289	401	Alexandre Vaz	Individual	50:11	+19:07	05:01	
290	378	João Simões	Individual	50:12	+19:08	05:01	
291	242	Eduardo Souza	Individual	50:12	+19:08	05:01	
292	158	Ana Raquel Pereira	GINÁSIO CLUBE DE BRAGANÇA	50:20	+19:16	05:02	
293	429	José Carvalho	Individual	50:22	+19:18	05:02	
294	629	Francisco Ribeiro	S.M.M. ATLETISMO	50:32	+19:28	05:03	
295	545	Antonio Couto	Javardicea	50:36	+19:32	05:04	
296	502	Marco Henriques	Individual	50:39	+19:35	05:04	
297	322	Maribel Cardoso	Individual	50:40	+19:36	05:04	
298	452	CARLOS RODRIGUES	Individual	50:40	+19:36	05:04	
299	147	ABILIO MADAIL	FITNESSHUTAVEIRO	50:43	+19:39	05:04	
300	135	GONÇALO MADAIL	FITNESSHUTAVEIRO	50:43	+19:39	05:04	
301	587	CATARINA AZEVEDO	Os Pupilos do Zé Tó	50:44	+19:40	05:04	
302	75	Cristina Batista	Casa Benfica Bairrada	50:45	+19:41	05:05	
303	636	Fernando Matos	S.M.M. ATLETISMO	50:51	+19:47	05:05	
304	512	ANTONIO TEIXEIRA	Individual	50:54	+19:50	05:05	
305	332	Sónia Isabel Gomes RAMOS	Individual	51:06	+20:02	05:07	
306	445	Ricardo Ramos	Individual	51:06	+20:02	05:07	
307	76	Marco Santiago	Casa Benfica Bairrada	51:07	+20:03	05:07	
308	101	Afonso Lisboa	CR7 FITNESS CRUNCH AVEIRO	51:12	+20:08	05:07	
309	60	Bruno Aires	Bosch Runners	51:18	+20:14	05:08	
310	343	Rosabell Dos Santos	Individual	51:25	+20:21	05:08	
311	476	Nelo juliao	Individual	51:30	+20:26	05:09	
312	295	Tiago Gomes Rosendo	Individual	51:39	+20:35	05:10	
313	528	António Nifo Lemos	Individual	51:42	+20:38	05:10	
314	489	Abílio Manuel Pinho de Jesus	Individual	51:49	+20:45	05:11	





**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
360	458	Fernando da Silva Dias	Individual	54:12	+23:08	05:25	
361	366	Diogo Amaral	Individual	54:16	+23:12	05:26	
362	334	Ana Paula Vizinho	Individual	54:16	+23:12	05:26	
363	321	Margarida Malaquias	Individual	54:16	+23:12	05:26	
364	311	Mariana Videira	Individual	54:16	+23:12	05:26	
365	278	Maxim Mironov	Individual	54:21	+23:17	05:26	
366	254	Gustavo Silva	Individual	54:22	+23:18	05:26	
367	293	Simão Mariano	Individual	54:26	+23:22	05:27	
368	157	Paula Calçada Alves	GINÁSIO CLUBE DE BRAGANÇA	54:26	+23:22	05:27	
369	261	João David Alves Malheiro Gonçalves	Individual	54:27	+23:23	05:27	
370	221	André Filipe Lameirinhas Moutinho	Individual	54:31	+23:27	05:27	
371	404	Carlos Cunha	Individual	54:40	+23:36	05:28	
372	635	Luis Monteiro	S.M.M. ATLETISMO	54:41	+23:37	05:28	
373	341	Maria Miguel Galhardo Abreu Santos	Individual	54:46	+23:42	05:29	
374	194	Ana Simão	Individual	54:48	+23:44	05:29	
375	205	Joana Santos	Individual	54:48	+23:44	05:29	
376	417	Hugo Caetano	Individual	54:55	+23:51	05:29	
377	328	Sara Dias dos Santos	Individual	54:58	+23:54	05:30	
378	444	Ricardo Guerra	Individual	55:00	+23:56	05:30	
379	562	Marta Mateus	Knock-Out Aveiro	55:03	+23:59	05:30	
380	232	Daniel Carvalho	Individual	55:04	+24:00	05:30	
381	117	Ricardo Pasini	CR7 FITNESS CRUNCH AVEIRO	55:08	+24:04	05:31	
382	197	Catarina Saraiva	Individual	55:09	+24:05	05:31	
383	354	Ludovina Saraiva	Individual	55:09	+24:05	05:31	
384	58	Pedro laires	Bosch Runners	55:11	+24:07	05:31	
385	173	RITA SANTOS	Girls Run The World	55:14	+24:10	05:31	
386	24	Rita Marques	Águias Velozes	55:16	+24:12	05:32	
387	434	Marcos Oliveira	Individual	55:17	+24:13	05:32	
388	32	Carla Sofia Abrantes Mendes Pereira	Associação Desportiva Tartarugas e Lebres	55:20	+24:16	05:32	
389	33	Paulo Jorge Coelho Ferreira	Associação Desportiva Tartarugas e Lebres	55:20	+24:16	05:32	
390	120	Helena Lopes	DCI/Trilhos Luso Bussaco	55:27	+24:23	05:33	
391	39	Oriana Marques	Beira Mar	55:27	+24:23	05:33	
392	373	João Diogo da Silva Semedo	Individual	55:29	+24:25	05:33	
393	323	Marilyn Susana Matias Lourenço	Individual	55:30	+24:26	05:33	
394	112	Ana Salústio	CR7 FITNESS CRUNCH AVEIRO	55:39	+24:35	05:34	
395	74	Rui Saraiva	Carpool Bosch Security Systems	55:40	+24:36	05:34	
396	677	Gonçalo Nuno Caetano Alves	Individual	55:41	+24:37	05:34	
397	94	João Pedro Magano Bastião	Clube Natureza Aventura de Ílhavo	55:42	+24:38	05:34	
398	93	André da Silva São Marcos	Clube Natureza Aventura de Ílhavo	55:42	+24:38	05:34	
399	190	Ana Estrela	Individual	55:47	+24:43	05:35	
400	320	Helena Silva	Individual	55:47	+24:43	05:35	
401	327	Sandra Costa	Individual	55:51	+24:47	05:35	
402	535	Helder vieira	Individual	55:52	+24:48	05:35	
403	658	Fábio Coito	TaEscolhido	55:53	+24:49	05:35	

**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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
404	659	Maciel Mendes	TaEscolhido	55:53	+24:49	05:35	
405	130	Ana Madalena	FITNESSHUTAVEIRO	55:56	+24:52	05:36	
406	145	Álvaro Barbosa	FITNESSHUTAVEIRO	55:56	+24:52	05:36	
407	484	Renato Moedas	Individual	55:58	+24:54	05:36	
408	505	Paulo Jorge Martins da Silva	Individual	55:59	+24:55	05:36	
409	114	Pedro Lisboa OLiveira	CR7 FITNESS CRUNCH AVEIRO	56:02	+24:58	05:36	
410	116	Albano Torres	CR7 FITNESS CRUNCH AVEIRO	56:03	+24:59	05:36	
411	56	Hugo Lemos	Bosch Runners	56:03	+24:59	05:36	
412	589	SUZANA DUARTE	Os Pupilos do Zé Tó	56:07	+25:03	05:37	
413	387	Nelson Alves	Individual	56:09	+25:05	05:37	
414	180	Rafaela Vieira	Gordos&Furiosos	56:13	+25:09	05:37	
415	44	Lígia Ferreira	Bosch Runners	56:19	+25:15	05:38	
416	436	Mário Ferreira	Individual	56:25	+25:21	05:39	
417	243	Emanuel Cirino Correia	Individual	56:34	+25:30	05:39	
418	672	Carlos Pinheiro	WeGoRun	56:35	+25:31	05:40	
419	11	Fernanda Almeida	ACR Vale de Cambra	56:43	+25:39	05:40	
420	233	Daniel Filipe Rodrigues Marques	Individual	56:44	+25:40	05:40	
421	663	Ana Gonçalves	The Mountain Goat	56:49	+25:45	05:41	
422	454	Daniel Marcos Urbano Ala Reis	Individual	56:53	+25:49	05:41	
423	264	João Manuel Bastos Azevedo	Individual	56:53	+25:49	05:41	
424	558	Francisca Redondo	Knock-Out Aveiro	56:56	+25:52	05:42	
425	368	Fernando Jorge Vieira Ramos	Individual	57:00	+25:56	05:42	
426	630	Sandra Ribeiro	S.M.M. ATLETISMO	57:02	+25:58	05:42	
427	638	Sergio Pereira	S.M.M. ATLETISMO	57:02	+25:58	05:42	
428	359	Bruno Gomes Rosendo	Individual	57:03	+25:59	05:42	
429	219	Alexandre Massarelli	Individual	57:05	+26:01	05:43	
430	201	Daniela Lopes	Individual	57:07	+26:03	05:43	
431	253	Gonçalo Rosendo	Individual	57:07	+26:03	05:43	
432	456	David Leite	Individual	57:11	+26:07	05:43	
433	51	Jorge Cardoso	Bosch Runners	57:11	+26:07	05:43	
434	45	Vanessa Brandão	Bosch Runners	57:11	+26:07	05:43	
435	3	Paula Juliets	A. R. Meirinhas	57:12	+26:08	05:43	
436	218	Soraia Lopes	Individual	57:14	+26:10	05:43	
437	527	António Moitalta	Individual	57:14	+26:10	05:43	
438	388	Nuno Machado	Individual	57:15	+26:11	05:44	
439	641	Paulo Pires	Sosense Trail Team Braga &Fernandes	57:16	+26:12	05:44	
440	127	Solange Silva	FFonseca Running Team	57:16	+26:12	05:44	
441	260	João Bernardo Ferreira Neves	Individual	57:17	+26:13	05:44	
442	532	Carlos Manata	Individual	57:17	+26:13	05:44	
443	43	Marco Costa	BoraBora, Vamos Lá!	57:21	+26:17	05:44	
444	568	Paulo ramos	Luis ramos seguros	57:23	+26:19	05:44	
445	573	Andreia Oliveira Rodrigues	Matemáticos e afins	57:26	+26:22	05:45	
446	572	Nelson Rodrigues	Matemáticos e afins	57:26	+26:22	05:45	
447	550	Susana Lopes Cardoso	JUST4FUN	57:33	+26:29	05:45	
448	497	João Silva	Individual	57:36	+26:32	05:46	
449	193	Ana Raquel da Silva Freitas	Individual	57:36	+26:32	05:46	

**PROVA PRINCIPAL - STAGE 1**

**10 KM**

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
450	204	Elisabete Pereira Soares	Individual	57:36	+26:32	05:46	
451	34	SANDRA GALVEIA	Athlon Runners	57:39	+26:35	05:46	
452	37	EURICO INOCÊNCIO	Athlon Runners	57:39	+26:35	05:46	
453	134	Eduardo da Costa Cruz	FITNESSHUTAVEIRO	57:45	+26:41	05:47	
454	206	Josefa Fonseca	Individual	57:46	+26:42	05:47	
455	241	Eduardo da Silva	Individual	57:53	+26:49	05:47	
456	317	Cristina Ferreira	Individual	57:58	+26:54	05:48	
457	576	Carla Ferreira	NAR - Núcleo de Atletismo de Requeixo	58:00	+26:56	05:48	
458	115	Pedro Miranda	CR7 FITNESS CRUNCH AVEIRO	58:03	+26:59	05:48	
459	156	Cecília Xavier	GINÁSIO CLUBE DE BRAGANÇA	58:04	+27:00	05:48	
460	495	João Morcela	Individual	58:04	+27:00	05:48	
461	593	Elisabete Da Cruz	Os Runners by Luís Filipe Pires	58:09	+27:05	05:49	
462	402	António Silva	Individual	58:10	+27:06	05:49	
463	371	Isaac fonseca	Individual	58:16	+27:12	05:50	
464	263	João Lucas	Individual	58:18	+27:14	05:50	
465	88	António Camacho	Clube Atletismo de Vale Figueira	58:23	+27:19	05:50	
466	316	Cláudia Griné	Individual	58:24	+27:20	05:50	
467	540	Joaquim Anselmo	Individual	58:34	+27:30	05:51	
468	597	Patrícia Marcelo	Penta Clube da Covilhã	58:37	+27:33	05:52	
469	35	DENIS QUADROS	Athlon Runners	58:44	+27:40	05:52	
470	463	Givelder Medeiros	Individual	58:45	+27:41	05:53	
471	537	João Figueiredo	Individual	58:51	+27:47	05:53	
472	530	Armando Sousa	Individual	58:55	+27:51	05:54	
473	675	Rui Oliveira	WeGoRun	59:11	+28:07	05:55	
474	303	Ana Fernandes	Individual	59:13	+28:09	05:55	
475	398	Rui Ramos	Individual	59:13	+28:09	05:55	
476	211	Raquel Maria Castelhana Lourenço	Individual	59:15	+28:11	05:55	
477	350	Maria de Lurdes Bastos Pinto Resende	Individual	59:15	+28:11	05:56	
478	279	Miguel Bastos Pinto Couto Resende	Individual	59:15	+28:11	05:56	
479	449	Vitor Macedo	Individual	59:16	+28:12	05:56	
480	516	Celso Ribeiro	Individual	59:17	+28:13	05:56	
481	203	Denise Gomes dos Santos Alves	Individual	59:19	+28:15	05:56	
482	448	Tiago Alves	Individual	59:19	+28:15	05:56	
483	100	Soraia Domingues	CR7 FITNESS CRUNCH AVEIRO	59:24	+28:20	05:56	
484	234	Danrley Barros	Individual	59:28	+28:24	05:57	
485	424	João Sequeiros	Individual	59:28	+28:24	05:57	
486	408	David Guimarães	Individual	59:28	+28:24	05:57	
487	210	Oriana Silva	Individual	59:31	+28:27	05:57	
488	418	Hugo Gaspar	Individual	59:31	+28:27	05:57	
489	312	Sandra Machado	Individual	59:34	+28:30	05:57	
490	370	Flávio Guedes	Individual	59:35	+28:31	05:58	
491	136	Gisela Patrícia Martins Dias	FITNESSHUTAVEIRO	59:37	+28:33	05:58	
492	302	Ana Elias	Individual	59:37	+28:33	05:58	
493	556	Isabel Neno	Juveforce Run Team	59:40	+28:36	05:58	
494	509	Rui silva	Individual	59:42	+28:38	05:58	









**Prova Principal**

**10 KM**

**OFFICIAL RESULT**

	<b>Time</b>	<b>Temperature</b>	<b>Humidity</b>
<b>Start</b>	19:00	23°C	71%
<b>End</b>	20:21	21.2°C	77%

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

1	192	Ana Ramos	Individual	Senior Feminino	39:12		03:55
2	99	sara daniela da silva mendes	CR7 FITNESS CRUNCH AVEIRO	Senior Feminino	43:18	+04:05	04:20
3	552	Cátia Simões Ferreira	Juveforce Run Team	Senior Feminino	43:28	+04:15	04:21
4	644	Sara Ramalho	Sport Clube Ferreira do Zêzere Trail Runners	Senior Feminino	44:03	+04:50	04:24
5	77	Dalila Isabel Rei Romão	Casa do Benfica em Castelo Branco	Senior Feminino	44:04	+04:51	04:24
6	22	Célia Fernandes	Águias Velozes	Senior Feminino	44:20	+05:07	04:26
7	19	Raquel CIRNE	AFIS OVAR	Senior Feminino	44:42	+05:29	04:28
8	669	Valentina Parcianello Eccel	Viriathvs Runners Viseu	Senior Feminino	44:56	+05:43	04:30
9	151	Bianca Albuquerque	GINÁSIO CLUBE DE BRAGANÇA	Senior Feminino	46:45	+07:32	04:40
10	152	Ítala Gouveia Marx	GINÁSIO CLUBE DE BRAGANÇA	Senior Feminino	46:58	+07:45	04:42
11	196	Beatriz Santos Câmara Lourenço	Individual	Senior Feminino	47:02	+07:49	04:42
12	89	MAIRA SILVA	Clube Desportivo Feirense	Senior Feminino	47:32	+08:19	04:45
13	23	Daniela Santos	Águias Velozes	Senior Feminino	48:20	+09:07	04:50
14	21	Catarina Pinho	Águias Velozes	Senior Feminino	48:21	+09:08	04:50
15	623	Soraia Basilio	RUN4ACAUSE	Senior Feminino	49:57	+10:44	05:00
16	574	María Jesus	Mofarpeixe	Senior Feminino	50:04	+10:51	05:00
17	590	Tatiana Costa	Os Runners by Luís Filipe Pires	Senior Feminino	50:05	+10:52	05:01
18	131	Márcia Santos	FITNESSHUTAVEIRO	Senior Feminino	51:56	+12:44	05:12
19	217	Sofia Ventura	Individual	Senior Feminino	53:21	+14:08	05:20
20	194	Ana Simão	Individual	Senior Feminino	54:48	+15:35	05:29
21	205	Joana Santos	Individual	Senior Feminino	54:48	+15:35	05:29
22	197	Catarina Saraiva	Individual	Senior Feminino	55:09	+15:56	05:31
23	173	RITA SANTOS	Girls Run The World	Senior Feminino	55:14	+16:01	05:31
24	39	Oriana Marques	Beira Mar	Senior Feminino	55:27	+16:14	05:33
25	190	Ana Estrela	Individual	Senior Feminino	55:47	+16:34	05:35
26	130	Ana Madalena	FITNESSHUTAVEIRO	Senior Feminino	55:56	+16:43	05:36
27	180	Rafaela Vieira	Gordos&Furiosos	Senior Feminino	56:13	+17:00	05:37
28	44	Lígia Ferreira	Bosch Runners	Senior Feminino	56:19	+17:06	05:38
29	558	Francisca Redondo	Knock-Out Aveiro	Senior Feminino	56:56	+17:43	05:42
30	201	Daniela Lopes	Individual	Senior Feminino	57:07	+17:54	05:43
31	45	Vanessa Brandão	Bosch Runners	Senior Feminino	57:11	+17:58	05:43
32	218	Soraia Lopes	Individual	Senior Feminino	57:14	+18:01	05:43
33	193	Ana Raquel da Silva Freitas	Individual	Senior Feminino	57:36	+18:23	05:46
34	204	Elisabete Pereira Soares	Individual	Senior Feminino	57:36	+18:23	05:46
35	206	Josefa Fonseca	Individual	Senior Feminino	57:46	+18:33	05:47
36	211	Raquel Maria Castelhana Lourenço	Individual	Senior Feminino	59:15	+20:02	05:55
37	203	Denise Gomes dos Santos Alves	Individual	Senior Feminino	59:19	+20:06	05:56
38	100	Soraia Domingues	CR7 FITNESS CRUNCH AVEIRO	Senior Feminino	59:24	+20:11	05:56

Official Timekeeper: Lap2Go	1 / 15	generate 01-Jul-2023 20:26
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## Prova Principal

10 KM

### OFFICIAL RESULT

39	210	Oriana Silva	Individual	Senior Feminino	59:31	+20:18	05:57
40	212	Rita Castro	Individual	Senior Feminino	01:00:20	+21:07	06:02
41	215	Rosa Andias	Individual	Senior Feminino	01:00:28	+21:15	06:03
42	200	Cristiana Vanessa Neves Ribeiro	Individual	Senior Feminino	01:01:29	+22:16	06:09
43	188	Alexandra Reis	Individual	Senior Feminino	01:01:37	+22:24	06:10
44	571	Sara Mestre	Matemáticos e afins	Senior Feminino	01:02:20	+23:07	06:14
45	40	Filipa Grilo	BoraBora, Vamos Lá!	Senior Feminino	01:02:33	+23:20	06:15
46	209	Natalia Kovalska	Individual	Senior Feminino	01:02:36	+23:23	06:16
47	208	Milene Ladeira	Individual	Senior Feminino	01:02:57	+23:44	06:18
48	191	Ana Luísa Oliveira Vieira	Individual	Senior Feminino	01:02:57	+23:44	06:18
49	172	Marília moura	Girls Run The World	Senior Feminino	01:03:33	+24:20	06:21
50	125	Matilde Freitas da Mota	FAMILIA MOTA	Senior Feminino	01:03:51	+24:38	06:23
51	569	Mariangel Ramos	Lyconet Team	Senior Feminino	01:05:10	+25:57	06:31
52	216	Sílvia Coelho	Individual	Senior Feminino	01:05:12	+25:59	06:31
53	202	Daniela Magalhães	Individual	Senior Feminino	01:05:27	+26:14	06:33
54	71	Mafalda Gonçalves	CARAPAUS DE CORRIDA	Senior Feminino	01:07:44	+28:31	06:46
55	70	Laura Prior	CARAPAUS DE CORRIDA	Senior Feminino	01:07:44	+28:31	06:46
56	41	Sara Neves	BoraBora, Vamos Lá!	Senior Feminino	01:07:45	+28:32	06:47
57	69	Daniela Valente	CARAPAUS DE CORRIDA	Senior Feminino	01:07:46	+28:33	06:47
58	599	Carina Neves	Plafesa	Senior Feminino	01:08:11	+28:58	06:49
59	198	Clara Maria Dias Pinto	Individual	Senior Feminino	01:09:13	+30:00	06:55
60	604	Carolina Rodrigues Jesus Fernandes	Ratazanas Sub aquáticas	Senior Feminino	01:09:49	+30:36	06:59

## Senior Masculino

1	607	João Almeida	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	31:04		03:06
2	124	Cristiano Oliveira	ESCOLA DE ATLETISMO DE COIMBRA	Senior Masculino	33:04	+01:59	03:18
3	90	Tiago Madureira	Clube Desportivo Feirense	Senior Masculino	33:31	+02:26	03:21
4	649	Tiago Pinto	Sport Clube Freamunde	Senior Masculino	34:03	+02:58	03:24
5	87	CELSO LEITE	Clube Atletismo de Ovar	Senior Masculino	34:28	+03:23	03:27
6	606	André Fonte	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	34:41	+03:36	03:28
7	285	Paulo Pereira	Individual	Senior Masculino	35:00	+03:55	03:30
8	123	João Andrade	Equipa Clube dos Galitos - Triatlo	Senior Masculino	35:39	+04:34	03:34
9	586	João Fernandes	Os Pupilos do Zé Tó	Senior Masculino	35:39	+04:34	03:34
10	627	Rui Ferreira	S.c.Espinho/António Leitão	Senior Masculino	36:10	+05:05	03:37
11	5	joão Gonçalves	A.C. Vermoil	Senior Masculino	36:57	+05:52	03:42
12	231	Clément Canton	Individual	Senior Masculino	36:57	+05:52	03:42
13	153	BRAIMA SUNCAR DABÓ	GINÁSIO CLUBE DE BRAGANÇA	Senior Masculino	37:35	+06:30	03:45
14	155	João Carlos Melgo	GINÁSIO CLUBE DE BRAGANÇA	Senior Masculino	37:35	+06:30	03:46
15	118	Gonçalo Dias	DAR RECARDÃES EXPANSION	Senior Masculino	38:02	+06:57	03:48
16	272	José Guilherme Leite e Sá	Individual	Senior Masculino	38:13	+07:08	03:49
17	591	Luís Filipe Pires	Os Runners by Luís Filipe Pires	Senior Masculino	38:25	+07:20	03:51
18	227	Bruno Casal	Individual	Senior Masculino	38:25	+07:20	03:51
19	154	Hélder Narciso	GINÁSIO CLUBE DE BRAGANÇA	Senior Masculino	38:34	+07:29	03:51

**Prova Principal**

**10 KM**

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

**OFFICIAL RESULT**

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

20	252	Goçalo Antunes	Individual	Senior Masculino	38:41	+07:36	03:52
21	68	Ricardo Pais	Caldas de S. Jorge Sport Clube Secção de Atletismo	Senior Masculino	39:10	+08:05	03:55
22	608	Rafael Anjos	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	39:22	+08:18	03:56
23	220	André Andrade	Individual	Senior Masculino	39:26	+08:21	03:57
24	266	João Oliveira	Individual	Senior Masculino	39:27	+08:22	03:57
25	26	Fábio Nunes	Ala Direita	Senior Masculino	39:34	+08:29	03:57
26	82	Ricardo Auxiliar	Centro Atlético Póvoa Pacense ( CENAP ) Cacia	Senior Masculino	39:45	+08:40	03:58
27	655	Rui Freitas	Sport Comércio e Salgueiros	Senior Masculino	39:49	+08:44	03:59
28	8	Hugo Oliveira	ACR de Vale de Cambra	Senior Masculino	40:23	+09:18	04:02
29	270	José Ferreira	Individual	Senior Masculino	41:09	+10:04	04:07
30	626	Márcio Dias	S.c.Espinho/António Leitão	Senior Masculino	41:14	+10:09	04:07
31	251	Francisco Pires Avelas	Individual	Senior Masculino	41:50	+10:46	04:11
32	277	Mauro Leite	Individual	Senior Masculino	42:04	+10:59	04:12
33	280	Miguel Carvalho	Individual	Senior Masculino	42:11	+11:06	04:13
34	50	Joel Pereira	Bosch Runners	Senior Masculino	42:16	+11:11	04:14
35	276	Luís Miguel Pereira das Neves	Individual	Senior Masculino	42:20	+11:16	04:14
36	247	Filipe Pereirinha	Individual	Senior Masculino	42:24	+11:19	04:14
37	268	Jorge Pereira	Individual	Senior Masculino	42:26	+11:21	04:15
38	289	Raul Batista	Individual	Senior Masculino	42:29	+11:24	04:15
39	258	João Andrade	Individual	Senior Masculino	42:44	+11:39	04:16
40	273	Julien Alain José da Silva Dias	Individual	Senior Masculino	43:09	+12:04	04:19
41	291	Ricardo Wang	Individual	Senior Masculino	43:14	+12:09	04:19
42	246	Filipe Nogueira	Individual	Senior Masculino	43:19	+12:14	04:20
43	269	Jorge Reis	Individual	Senior Masculino	43:41	+12:36	04:22
44	301	Victor de Sousa Goveia	Individual	Senior Masculino	43:49	+12:45	04:23
45	102	Joao Rodrigues	CR7 FITNESS CRUNCH AVEIRO	Senior Masculino	43:51	+12:46	04:23
46	559	Bruno Martins	Knock-Out Aveiro	Senior Masculino	43:53	+12:48	04:23
47	92	Hugo Lopes	Clube dos Galitos	Senior Masculino	43:54	+12:50	04:23
48	53	Timon Genthner	Bosch Runners	Senior Masculino	43:55	+12:50	04:23
49	262	João Filipe Magano Maio	Individual	Senior Masculino	44:00	+12:55	04:24
50	553	Cristiano Faneca	Juveforce Run Team	Senior Masculino	44:07	+13:02	04:25
51	628	Bernardo Pereira	S.M.M. ATLETISMO	Senior Masculino	44:13	+13:08	04:25
52	648	Luís Afonso	Sport Clube Freamunde	Senior Masculino	44:13	+13:08	04:25
53	78	ANDRÉ NUNES	CASA DO POVO DE MANGUALDE	Senior Masculino	44:27	+13:22	04:27
54	46	André Simões	Bosch Runners	Senior Masculino	44:31	+13:27	04:27
55	223	André Pedrosa	Individual	Senior Masculino	44:34	+13:29	04:27
56	72	Pedro Alexandre Almeida Nunes	CARAPUS DE CORRIDA	Senior Masculino	44:47	+13:43	04:29
57	255	Henry james de lara	Individual	Senior Masculino	45:30	+14:25	04:33
58	283	Nuno Picado	Individual	Senior Masculino	45:45	+14:40	04:34
59	222	André Godinho	Individual	Senior Masculino	45:45	+14:40	04:34
60	560	Nuno Rafael Sousa Fernandes Teles	Knock-Out Aveiro	Senior Masculino	45:56	+14:51	04:36
61	47	João Pedro Cardoso	Bosch Runners	Senior Masculino	46:03	+14:59	04:36
62	181	Daniel Vieira	Gordos&Furiosos	Senior Masculino	46:04	+14:59	04:36
63	561	Pedro Nuno Magalhães Miranda	Knock-Out Aveiro	Senior Masculino	46:06	+15:01	04:37

Official Timekeeper: Lap2Go	3 / 15	generate 01-Jul-2023 20:26
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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**

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

64	288	Rafael Gomes	Individual	Senior Masculino	46:17	+15:12	04:38
65	28	José Rocha	Ala Direita	Senior Masculino	46:19	+15:15	04:38
66	284	Nuno Reis	Individual	Senior Masculino	46:25	+15:20	04:38
67	642	Vicente Julião	Sosense Trail Team Braga & Fernandes	Senior Masculino	47:14	+16:09	04:43
68	2	Diogo Henrique Martins de Sousa Moreira	4Judo Project	Senior Masculino	47:14	+16:09	04:43
69	48	João Pereira	Bosch Runners	Senior Masculino	47:20	+16:15	04:44
70	281	miguel gomes	Individual	Senior Masculino	47:22	+16:17	04:44
71	226	Bruno Alexandre Silva Pedrosa	Individual	Senior Masculino	47:23	+16:19	04:44
72	600	Carlos Palabra	Plafesa	Senior Masculino	47:35	+16:31	04:46
73	238	Diogo Borges	Individual	Senior Masculino	47:37	+16:32	04:46
74	298	Tiago Saraiva	Individual	Senior Masculino	47:56	+16:52	04:48
75	299	Tiago Silva	Individual	Senior Masculino	47:57	+16:52	04:48
76	275	Luís Freire	Individual	Senior Masculino	48:28	+17:23	04:51
77	73	João Cabral	Carpool Bosch Security Systems	Senior Masculino	48:38	+17:33	04:52
78	297	Tiago Ramos	Individual	Senior Masculino	48:55	+17:50	04:53
79	49	Joaquim Ribeiro	Bosch Runners	Senior Masculino	48:57	+17:52	04:54
80	52	Ruben Costa	Bosch Runners	Senior Masculino	48:58	+17:53	04:54
81	235	Dinis Oliveira	Individual	Senior Masculino	49:01	+17:56	04:54
82	132	Cristiano Santos	FITNESSHUTAVEIRO	Senior Masculino	49:05	+18:00	04:54
83	240	Duarte Santos Ribeiro	Individual	Senior Masculino	49:15	+18:10	04:55
84	239	Diogo Carvalheira	Individual	Senior Masculino	49:34	+18:29	04:57
85	555	João Caetano	Juveforce Run Team	Senior Masculino	49:36	+18:31	04:58
86	274	Júlio Tomás Gomes Teixeira	Individual	Senior Masculino	49:49	+18:44	04:59
87	249	Francisco Martins	Individual	Senior Masculino	49:49	+18:45	04:59
88	621	Afonso Santos	Run&Fun	Senior Masculino	49:50	+18:45	04:59
89	242	Eduardo Souza	Individual	Senior Masculino	50:12	+19:07	05:01
90	629	Francisco Ribeiro	S.M.M. ATLETISMO	Senior Masculino	50:32	+19:27	05:03
91	545	Antonio Couto	Javardicea	Senior Masculino	50:36	+19:31	05:04
92	135	GONÇALO MADAIL	FITNESSHUTAVEIRO	Senior Masculino	50:43	+19:39	05:04
93	101	Afonso Lisboa	CR7 FITNESS CRUNCH AVEIRO	Senior Masculino	51:12	+20:07	05:07
94	295	Tiago Gomes Rosendo	Individual	Senior Masculino	51:39	+20:35	05:10
95	229	Bruno Simões	Individual	Senior Masculino	51:51	+20:46	05:11
96	236	Diogo Almeida Abreu	Individual	Senior Masculino	51:53	+20:48	05:11
97	282	Miguel Lopes Martins	Individual	Senior Masculino	52:03	+20:59	05:12
98	103	Pedro Loureiro	CR7 FITNESS CRUNCH AVEIRO	Senior Masculino	52:05	+21:00	05:13
99	602	Nuno Simões	Plafesa	Senior Masculino	52:29	+21:24	05:15
100	292	Rudi Rodrigues	Individual	Senior Masculino	54:00	+22:55	05:24
101	278	Maxim Mironov	Individual	Senior Masculino	54:21	+23:16	05:26
102	254	Gustavo Silva	Individual	Senior Masculino	54:22	+23:17	05:26
103	293	Simão Mariano	Individual	Senior Masculino	54:26	+23:21	05:27
104	261	João David Alves Malheiro Gonçalves	Individual	Senior Masculino	54:27	+23:22	05:27
105	221	André Filipe Lameirinhas Moutinho	Individual	Senior Masculino	54:31	+23:26	05:27
106	232	Daniel Carvalho	Individual	Senior Masculino	55:04	+23:59	05:30
107	74	Rui Saraiva	Carpool Bosch Security Systems	Senior Masculino	55:40	+24:35	05:34
108	243	Emanuel Cirino Correia	Individual	Senior Masculino	56:34	+25:29	05:39

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## Prova Principal

**10 KM**

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### OFFICIAL RESULT

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109	672	Carlos Pinheiro	WeGoRun	Senior Masculino	56:35	+25:31	05:40
110	233	Daniel Filipe Rodrigues Marques	Individual	Senior Masculino	56:44	+25:39	05:40
111	264	João Manuel Bastos Azevedo	Individual	Senior Masculino	56:53	+25:48	05:41
112	219	Alexandre Massarelli	Individual	Senior Masculino	57:05	+26:01	05:43
113	253	Gonçalo Rosendo	Individual	Senior Masculino	57:07	+26:02	05:43
114	51	Jorge Cardoso	Bosch Runners	Senior Masculino	57:11	+26:06	05:43
115	641	Paulo Pires	Sosense Trail Team Braga & Fernandes	Senior Masculino	57:16	+26:11	05:44
116	260	João Bernardo Ferreira Neves	Individual	Senior Masculino	57:17	+26:12	05:44
117	572	Nelson Rodrigues	Matemáticos e afins	Senior Masculino	57:26	+26:21	05:45
118	134	Eduardo da Costa Cruz	FITNESSHUTAVEIRO	Senior Masculino	57:45	+26:40	05:47
119	241	Eduardo da Silva	Individual	Senior Masculino	57:53	+26:48	05:47
120	263	João Lucas	Individual	Senior Masculino	58:18	+27:14	05:50
121	675	Rui Oliveira	WeGoRun	Senior Masculino	59:11	+28:06	05:55
122	279	Miguel Bastos Pinto Couto Resende	Individual	Senior Masculino	59:15	+28:10	05:56
123	234	Danley Barros	Individual	Senior Masculino	59:28	+28:23	05:57
124	257	Igor Portas Utrera	Individual	Senior Masculino	59:48	+28:43	05:59
125	287	Rafael Gomes	Individual	Senior Masculino	59:52	+28:48	05:59
126	300	Tomé Matos	Individual	Senior Masculino	01:00:28	+29:23	06:03
127	286	Pedro Pinho	Individual	Senior Masculino	01:01:29	+30:24	06:09
128	228	Bruno Pereira	Individual	Senior Masculino	01:01:37	+30:32	06:10
129	290	Ricardo Pereira	Individual	Senior Masculino	01:02:25	+31:21	06:15
130	225	Armando Manuel Mesquita Felgueiras	Individual	Senior Masculino	01:04:19	+33:14	06:26
131	294	Tiago Daniel Couto Gonçalves	Individual	Senior Masculino	01:04:19	+33:15	06:26
132	554	Igor Santos	Juveforce Run Team	Senior Masculino	01:05:10	+34:05	06:31
133	296	Tiago Neves	Individual	Senior Masculino	01:05:23	+34:19	06:32
134	673	Gleverson Carvalho	WeGoRun	Senior Masculino	01:07:27	+36:22	06:45
135	601	Micael Santos	Plafesa	Senior Masculino	01:08:10	+37:05	06:49
136	605	Gabriel do Carmo	Ratazanas Sub aquáticas	Senior Masculino	01:09:48	+38:44	06:59
137	267	João Patela Ribau	Individual	Senior Masculino	01:09:56	+38:51	07:00

## Veterana F35

1	313	Solange Jesus	Individual	Veterana F35	34:23		03:26
2	609	Joana Nunes	RECREIO DESPORTIVO DE ÁGUEDA	Veterana F35	37:10	+02:46	03:43
3	650	Inês Mendes	Sport Clube Freamunde	Veterana F35	41:29	+07:05	04:09
4	670	Tânia Pinto	Viriathvs Runners Viseu	Veterana F35	42:35	+08:11	04:15
5	54	Ida Alcântara	Bosch Runners	Veterana F35	44:24	+10:00	04:26
6	119	Maria Isabel Areias	DAR RECARDÃES EXPANSION	Veterana F35	47:32	+13:08	04:45
7	307	Elizabeth Alves Dias Lopes	Individual	Veterana F35	48:40	+14:16	04:52
8	305	Carla Costa	Individual	Veterana F35	48:44	+14:20	04:52
9	38	Joana Ribeiro	Barra Ocean Runners	Veterana F35	49:22	+14:58	04:56
10	592	Joana Valente	Os Runners by Luís Filipe Pires	Veterana F35	50:00	+15:36	05:00
11	175	Jacqueline fernandes	Girls Run The World	Veterana F35	50:09	+15:45	05:01
12	75	Cristina Batista	Casa Benfica Bairrada	Veterana F35	50:45	+16:21	05:05
13	176	Patrícia Maria Ramalho da Silva	Girls Run The World	Veterana F35	53:19	+18:55	05:20

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

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**OFFICIAL RESULT**

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14	610	Lúcia Candido	RECREIO DESPORTIVO DE ÁGUEDA	Veterana F35	53:53	+19:29	05:23
15	311	Mariana Videira	Individual	Veterana F35	54:16	+19:52	05:26
16	24	Rita Marques	Águias Velozes	Veterana F35	55:16	+20:52	05:32
17	573	Andreia Oliveira Rodrigues	Matemáticos e afins	Veterana F35	57:26	+23:02	05:45
18	550	Susana Lopes Cardoso	JUST4FUN	Veterana F35	57:33	+23:09	05:45
19	303	Ana Fernandes	Individual	Veterana F35	59:13	+24:49	05:55
20	312	Sandra Machado	Individual	Veterana F35	59:34	+25:10	05:57
21	302	Ana Elias	Individual	Veterana F35	59:37	+25:13	05:58
22	556	Isabel Neno	Juveforce Run Team	Veterana F35	59:40	+25:16	05:58
23	174	Ana Joana	Girls Run The World	Veterana F35	01:00:09	+25:45	06:01
24	309	Joana Tavares	Individual	Veterana F35	01:00:35	+26:11	06:04
25	306	Catarina Pereira Creoulo	Individual	Veterana F35	01:00:57	+26:33	06:06
26	617	Andreia Flávia Marques Simões	Reumáticos & Etc	Veterana F35	01:00:59	+26:35	06:06
27	314	Thalita Lopes	Individual	Veterana F35	01:02:33	+28:09	06:15
28	308	Ivete Marques	Individual	Veterana F35	01:02:56	+28:32	06:18
29	548	Glória Jornalo	Jornalo	Veterana F35	01:07:01	+32:37	06:42
30	310	Maria Fernanda Sanchez Montoya	Individual	Veterana F35	01:08:52	+34:28	06:53
31	304	Ângela Bernardes	Individual	Veterana F35	01:18:11	+43:47	07:49

**Veterana F40**

1	326	Pedro Nuno da Cruz Gonçalves	Individual	Veterana F40	46:07		04:37
2	319	Heidi Rosário	Individual	Veterana F40	47:22	+01:15	04:44
3	582	Sara Costa	Núcleo de Atletismo de Cucujães	Veterana F40	48:36	+02:28	04:52
4	322	Maribel Cardoso	Individual	Veterana F40	50:40	+04:33	05:04
5	332	Sónia Isabel Gomes RAMOS	Individual	Veterana F40	51:06	+04:59	05:07
6	177	Rita madail	Girls Run The World	Veterana F40	51:54	+05:47	05:11
7	137	Teresa Maria de Oliveira Martins	FITNESSHUTAVEIRO	Veterana F40	51:56	+05:48	05:12
8	318	Filomena Alexandra Gaspar Rodrigues	Individual	Veterana F40	53:37	+07:30	05:22
9	321	Margarida Malaquias	Individual	Veterana F40	54:16	+08:09	05:26
10	157	Paula Calçada Alves	GINÁSIO CLUBE DE BRAGANÇA	Veterana F40	54:26	+08:19	05:27
11	328	Sara Dias dos Santos	Individual	Veterana F40	54:58	+08:51	05:30
12	323	Marilyn Susana Matias Lourenço	Individual	Veterana F40	55:30	+09:23	05:33
13	320	Helena Silva	Individual	Veterana F40	55:47	+09:40	05:35
14	327	Sandra Costa	Individual	Veterana F40	55:51	+09:44	05:35
15	630	Sandra Ribeiro	S.M.M. ATLETISMO	Veterana F40	57:02	+10:55	05:42
16	3	Paula Juliets	A. R. Meirinhas	Veterana F40	57:12	+11:05	05:43
17	317	Cristina Ferreira	Individual	Veterana F40	57:58	+11:51	05:48
18	576	Carla Ferreira	NAR - Núcleo de Atletismo de Requeixo	Veterana F40	58:00	+11:53	05:48
19	156	Cecília Xavier	GINÁSIO CLUBE DE BRAGANÇA	Veterana F40	58:04	+11:57	05:48
20	316	Cláudia Griné	Individual	Veterana F40	58:24	+12:17	05:50
21	597	Patrícia Marcelo	Penta Clube da Covilhã	Veterana F40	58:37	+12:30	05:52
22	136	Gisela Patrícia Martins Dias	FITNESSHUTAVEIRO	Veterana F40	59:37	+13:30	05:58
23	324	MICHELINE CARVALHO MOTA	Individual	Veterana F40	59:44	+13:37	05:58
24	315	Ana Micaela Ferreira Farias	Individual	Veterana F40	01:02:57	+16:50	06:18

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**Prova Principal**
**10 KM**
**OFFICIAL RESULT**

25	546	Marta Azevedo	Javardicea	Veterana F40	01:05:13	+19:06	06:31
26	570	Joana Macedo	Lyconet Team	Veterana F40	01:05:32	+19:25	06:33
27	104	Barbara Gottschalk	CR7 FITNESS CRUNCH AVEIRO	Veterana F40	01:06:34	+20:27	06:39
28	549	Sónia Ramos Jornalo	Jornalo	Veterana F40	01:06:38	+20:30	06:40
29	329	Silja Frankenbach	Individual	Veterana F40	01:06:40	+20:33	06:40
30	333	Sónia Patrícia Rodrigues Ferreira	Individual	Veterana F40	01:13:29	+27:21	07:21
31	331	Sónia Fernandes	Individual	Veterana F40	01:15:57	+29:50	07:36

**Veterana F45**

1	1	Carla Martinho	RECREIO DESPORTIVO DE ÁGUEDA	Veterana F45	35:42		03:34
2	340	Maria João Benquerença	Individual	Veterana F45	47:44	+12:01	04:46
3	9	Susana Martins	ACR de Vale de Cambra	Veterana F45	48:49	+13:07	04:53
4	337	Dina António	Individual	Veterana F45	49:21	+13:38	04:56
5	158	Ana Raquel Pereira	GINÁSIO CLUBE DE BRAGANÇA	Veterana F45	50:20	+14:37	05:02
6	587	CATARINA AZEVEDO	Os Pupilos do Zé Tó	Veterana F45	50:44	+15:01	05:04
7	343	Rosabell Dos Santos	Individual	Veterana F45	51:25	+15:42	05:08
8	342	Paula Santos	Individual	Veterana F45	53:33	+17:50	05:21
9	334	Ana Paula Vizinho	Individual	Veterana F45	54:16	+18:33	05:26
10	341	Maria Miguel Galhardo Abreu Santos	Individual	Veterana F45	54:46	+19:03	05:29
11	562	Marta Mateus	Knock-Out Aveiro	Veterana F45	55:03	+19:21	05:30
12	32	Carla Sofia Abrantes Mendes Pereira	Associação Desportiva Tartarugas e Lebres	Veterana F45	55:20	+19:37	05:32
13	120	Helena Lopes	DCI/Trilhos Luso Bussaco	Veterana F45	55:27	+19:44	05:33
14	127	Solange Silva	FFonseca Running Team	Veterana F45	57:16	+21:33	05:44
15	34	SANDRA GALVEIA	Athlon Runners	Veterana F45	57:39	+21:56	05:46
16	65	Susana Branco	Branco Pereira	Veterana F45	01:00:22	+24:40	06:02
17	639	Cristina Silvestre	SILVESTRE	Veterana F45	01:00:43	+25:00	06:04
18	339	Lígia Maria Lourenço Martins Veloso	Individual	Veterana F45	01:00:57	+25:14	06:06
19	335	Andreia Santos	Individual	Veterana F45	01:01:42	+25:59	06:10
20	338	Inês Ferreira	Individual	Veterana F45	01:02:38	+26:55	06:16
21	344	Rute André	Individual	Veterana F45	01:02:38	+26:55	06:16
22	345	Sandrina Teixeira	Individual	Veterana F45	01:02:59	+27:16	06:18
23	336	Catherine Yvette Pauline da Silva Dias	Individual	Veterana F45	01:03:21	+27:38	06:20
24	656	Inês Domingues	Super Manos	Veterana F45	01:05:04	+29:22	06:30
25	618	Sandra Maria da Costa Francisco	Reumáticos & Etc	Veterana F45	01:06:53	+31:10	06:41
26	110	Rita Bastos Pereira	CR7 FITNESS CRUNCH AVEIRO	Veterana F45	01:10:44	+35:01	07:04
27	109	Maria Luiza	CR7 FITNESS CRUNCH AVEIRO	Veterana F45	01:10:44	+35:02	07:04

**Veterana F50**

1	10	Clotilde Santos	ACR de Vale de Cambra	Veterana F50	47:28		04:45
2	161	Anabela Bordalo	GINÁSIO CLUBE DE BRAGANÇA	Veterana F50	52:27	+04:58	05:15
3	588	CARLA PINTO	Os Pupilos do Zé Tó	Veterana F50	53:07	+05:39	05:19
4	631	Olga Vieira	S.M.M. ATLETISMO	Veterana F50	53:26	+05:57	05:21

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**Prova Principal**

**10 KM**

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**OFFICIAL RESULT**

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5	112	Ana Salústio	CR7 FITNESS CRUNCH AVEIRO	Veterana F50	55:39	+08:10	05:34
6	589	SUZANA DUARTE	Os Pupilos do Zé Tó	Veterana F50	56:07	+08:38	05:37
7	593	Elisabete Da Cruz	Os Runners by Luís Filipe Pires	Veterana F50	58:09	+10:41	05:49
8	350	Maria de Lurdes Bastos Pinto Resende	Individual	Veterana F50	59:15	+11:47	05:56
9	577	Judite Dias	NAR - Núcleo de Atletismo de Requeixo	Veterana F50	01:02:45	+15:16	06:17
10	111	Adriana PAsini	CR7 FITNESS CRUNCH AVEIRO	Veterana F50	01:03:15	+15:46	06:19
11	139	Ana Medeiros	FITNESSHUTAVEIRO	Veterana F50	01:05:05	+17:36	06:30
12	349	ILDA MARIA FERREIRA DA SILVA	Individual	Veterana F50	01:05:16	+17:48	06:32
13	352	Silvia Cláudia Costa Freire	Individual	Veterana F50	01:08:47	+21:18	06:53
14	160	Adélia Sendas	GINÁSIO CLUBE DE BRAGANÇA	Veterana F50	01:08:48	+21:19	06:53
15	113	Maila Dinis	CR7 FITNESS CRUNCH AVEIRO	Veterana F50	01:10:44	+23:16	07:04
16	42	Ana Ribeiro	BoraBora, Vamos Lá!	Veterana F50	01:12:50	+25:21	07:17
17	347	Alexandra Monteiro	Individual	Veterana F50	01:21:00	+33:31	08:06

**Veterana F55**

1	183	Lídia Pereira	GRECAS Vagos	Veterana F55	42:46		04:17
2	663	Ana Gonçalves	The Mountain Goat	Veterana F55	56:49	+14:03	05:41

**Veterana F60**

1	594	Maria de Fátima Pinho	Os Runners by Luís Filipe Pires	Veterana F60	47:26		04:45
2	632	Elvira Reis	S.M.M. ATLETISMO	Veterana F60	53:26	+06:00	05:21
3	354	Ludovina Saraiva	Individual	Veterana F60	55:09	+07:43	05:31
4	11	Fernanda Almeida	ACR Vale de Cambra	Veterana F60	56:43	+09:17	05:40
5	355	Rosa Rocha	Individual	Veterana F60	01:02:45	+15:19	06:16

**Veterano M35**

1	376	João Moreira	Individual	Veterano M35	34:58		03:30
2	651	André Pinto	Sport Clube Freamunde	Veterano M35	35:18	+00:19	03:32
3	187	Jorge Cubal	Grupo Desportivo e Cultural de Guilhovai	Veterano M35	35:51	+00:52	03:35
4	645	Tiago Dinis	Sport Clube Ferreira do Zêzere Trail Runners	Veterano M35	36:56	+01:58	03:42
5	380	Joel André Fernandes Mota Ramalhoto	Individual	Veterano M35	37:07	+02:08	03:43
6	611	Ricardo Andrade	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M35	37:08	+02:10	03:43
7	57	Nuno Oliveira	Bosch Runners	Veterano M35	38:56	+03:58	03:54
8	397	Rui Pedro Ferreira Gala	Individual	Veterano M35	39:06	+04:08	03:55
9	662	Carlos Josué Ramos das Neves Pestana	Team El Comandante	Veterano M35	39:10	+04:12	03:55
10	399	Tadhg Lyne	Individual	Veterano M35	39:24	+04:25	03:56
11	389	Pedro Lopes	Individual	Veterano M35	40:21	+05:22	04:02
12	20	Paulo Sergio Palmeirão Loureiro	AGGV - Associação Grupo de Ginástica de Vouzela	Veterano M35	40:21	+05:23	04:02

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**Prova Principal**

**10 KM**

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**OFFICIAL RESULT**

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13	369	Filipe Monteiro	Individual	Veterano M35	40:22	+05:24	04:02
14	356	Agnelo Silva	Individual	Veterano M35	40:29	+05:30	04:03
15	394	Rui Gonalo Silva Rosa	Individual	Veterano M35	40:37	+05:39	04:04
16	652	Marco Cunha	Sport Clube Freamunde	Veterano M35	41:23	+06:25	04:08
17	595	Carlos Maralo	Os Runners by Lu�s Filipe Pires	Veterano M35	41:35	+06:36	04:09
18	360	Bruno RAFA	Individual	Veterano M35	41:39	+06:40	04:10
19	358	Andr� Filipe Ferreira Rodrigues Reis	Individual	Veterano M35	42:27	+07:29	04:15
20	31	F�bio Samuel Marques	Associao Acad�mica de Coimbra	Veterano M35	43:14	+08:15	04:19
21	386	Milton Duarte Teixeira da Silva	Individual	Veterano M35	43:27	+08:29	04:21
22	55	Andr� Oliveira	Bosch Runners	Veterano M35	43:34	+08:36	04:21
23	363	Carlos Jesus	Individual	Veterano M35	43:53	+08:54	04:23
24	377	Jo�o Paulo Neves Ser�dio	Individual	Veterano M35	44:19	+09:21	04:26
25	395	Rui Manuel Freitas Send�o	Individual	Veterano M35	44:54	+09:55	04:29
26	578	Ricardo Branquinho	NAR - N�cleo de Atletismo de Requeixo	Veterano M35	45:17	+10:19	04:32
27	365	Daniel Pedrosa	Individual	Veterano M35	45:40	+10:41	04:34
28	384	Marcos Rold�o	Individual	Veterano M35	45:44	+10:46	04:34
29	128	Carlos Almeida	FFonseca Running Team	Veterano M35	45:49	+10:50	04:35
30	382	Lu�s Correia	Individual	Veterano M35	45:51	+10:53	04:35
31	383	Lu�s Marinho	Individual	Veterano M35	46:02	+11:03	04:36
32	385	Miguel Chaves	Individual	Veterano M35	46:02	+11:04	04:36
33	390	Pedro Ponciano	Individual	Veterano M35	46:05	+11:07	04:37
34	59	Rafael Lima	Bosch Runners	Veterano M35	46:31	+11:33	04:39
35	633	Bruno Pereira	S.M.M. ATLETISMO	Veterano M35	46:38	+11:40	04:40
36	367	Diogo Pratas	Individual	Veterano M35	46:51	+11:52	04:41
37	393	Rui Cain�	Individual	Veterano M35	47:29	+12:31	04:45
38	361	Carlos Caetano	Individual	Veterano M35	47:48	+12:50	04:47
39	392	Ricardo Conceio	Individual	Veterano M35	47:51	+12:52	04:47
40	381	Luis Agiero	Individual	Veterano M35	48:03	+13:04	04:48
41	374	Joao Esteves	Individual	Veterano M35	48:18	+13:20	04:50
42	391	Pedro Teles	Individual	Veterano M35	48:46	+13:47	04:53
43	375	Joao Miguel Neves	Individual	Veterano M35	48:49	+13:50	04:53
44	364	Carlos Nogueira	Individual	Veterano M35	48:55	+13:57	04:54
45	676	Rui Rebelo	WeGoRun	Veterano M35	49:53	+14:55	04:59
46	362	Carlos Coutinho	Individual	Veterano M35	49:57	+14:58	05:00
47	378	Jo�o Sim�es	Individual	Veterano M35	50:12	+15:13	05:01
48	140	Bruno Silveira	FITNESSHUTAVEIRO	Veterano M35	52:04	+17:06	05:12
49	142	Pedro couto	FITNESSHUTAVEIRO	Veterano M35	52:11	+17:13	05:13
50	372	Ivo Jesus	Individual	Veterano M35	53:02	+18:04	05:18
51	366	Diogo Amaral	Individual	Veterano M35	54:16	+19:17	05:26
52	58	Pedro laires	Bosch Runners	Veterano M35	55:11	+20:12	05:31
53	373	Jo�o Diogo da Silva Semedo	Individual	Veterano M35	55:29	+20:30	05:33
54	94	Jo�o Pedro Magano Basti�o	Clube Natureza Aventura de �lhavo	Veterano M35	55:42	+20:43	05:34
55	93	Andr� da Silva S�o Marcos	Clube Natureza Aventura de �lhavo	Veterano M35	55:42	+20:44	05:34
56	658	F�bio Coito	TaEscolhido	Veterano M35	55:53	+20:55	05:35
57	56	Hugo Lemos	Bosch Runners	Veterano M35	56:03	+21:05	05:36



**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

34	414	Francisco oliveira	Individual	Veterano M40	50:04	+15:40	05:00
35	613	Marco Guerra	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M40	50:06	+15:42	05:01
36	401	Alexandre Vaz	Individual	Veterano M40	50:11	+15:47	05:01
37	429	José Carvalho	Individual	Veterano M40	50:22	+15:58	05:02
38	445	Ricardo Ramos	Individual	Veterano M40	51:06	+16:42	05:07
39	60	Bruno Aires	Bosch Runners	Veterano M40	51:18	+16:54	05:08
40	421	Humberto Barros	Individual	Veterano M40	51:51	+17:27	05:11
41	426	JORGE ALEXANDER FERREIRA SERENO	Individual	Veterano M40	51:51	+17:27	05:11
42	443	Pedro Dias	Individual	Veterano M40	51:53	+17:29	05:11
43	440	Paulo Cardoso	Individual	Veterano M40	52:02	+17:37	05:12
44	438	Nuno Martinho	Individual	Veterano M40	52:07	+17:42	05:13
45	406	Carlos Rocha	Individual	Veterano M40	52:32	+18:07	05:15
46	431	Lazaro Jose Nunes Leite	Individual	Veterano M40	52:48	+18:24	05:17
47	667	Alfredo Matos	Vintage Runners	Veterano M40	53:22	+18:58	05:20
48	411	Fabio Pitarma Matos	Individual	Veterano M40	53:30	+19:06	05:21
49	13	José Bastos	ACR Vale de Cambra	Veterano M40	53:40	+19:15	05:22
50	567	Luis Matos	Luis ramos seguros	Veterano M40	54:01	+19:37	05:24
51	425	Jones Rocha	Individual	Veterano M40	54:08	+19:43	05:25
52	625	Tiago Cachim	RUN4ACAUSE	Veterano M40	54:11	+19:46	05:25
53	404	Carlos Cunha	Individual	Veterano M40	54:40	+20:16	05:28
54	417	Hugo Caetano	Individual	Veterano M40	54:55	+20:31	05:29
55	444	Ricardo Guerra	Individual	Veterano M40	55:00	+20:36	05:30
56	434	Marcos Oliveira	Individual	Veterano M40	55:17	+20:53	05:32
57	436	Mário Ferreira	Individual	Veterano M40	56:25	+22:01	05:39
58	43	Marco Costa	BoraBora, Vamos Lá!	Veterano M40	57:21	+22:57	05:44
59	402	António Silva	Individual	Veterano M40	58:10	+23:46	05:49
60	35	DENIS QUADROS	Athlon Runners	Veterano M40	58:44	+24:20	05:52
61	449	Vitor Macedo	Individual	Veterano M40	59:16	+24:52	05:56
62	448	Tiago Alves	Individual	Veterano M40	59:19	+24:55	05:56
63	424	João Sequeiros	Individual	Veterano M40	59:28	+25:04	05:57
64	408	David Guimarães	Individual	Veterano M40	59:28	+25:04	05:57
65	418	Hugo Gaspar	Individual	Veterano M40	59:31	+25:07	05:57
66	446	Ricardo Resende	Individual	Veterano M40	01:02:06	+27:41	06:13
67	433	Marco Paulo	Individual	Veterano M40	01:03:07	+28:42	06:19
68	657	Alexandre Domingues	Super Manos	Veterano M40	01:05:04	+30:40	06:30
69	619	João Carlos Marçalo Pereira	Reumáticos & Etc	Veterano M40	01:06:53	+32:29	06:41
70	547	Elisio Ferreira	Javardicea	Veterano M40	01:12:48	+38:24	07:17
71	63	Ricardo Silva	Bosch Runners	Veterano M40	01:18:11	+43:47	07:49

**Veterano M45**

1	614	Alberto Fonte	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M45	35:43		03:34
2	30	ALEXANDRE MESTRE	ASCValeirinha	Veterano M45	37:52	+02:09	03:47

**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

3	615	Nuno Cunha Santos	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M45	38:03	+02:19	03:48
4	150	Rui Pedro Jesus de Almeida	GDC Codal	Veterano M45	38:45	+03:01	03:52
5	7	Jose Mendes	A.C. Vermoil	Veterano M45	39:11	+03:28	03:55
6	96	José Martins	Construções Pereira lima & Tavares, Ida.	Veterano M45	39:47	+04:03	03:59
7	474	Mario Ferreira	Individual	Veterano M45	39:58	+04:15	04:00
8	84	Rui Silva	Centro Atlético Póvoa Pacense ( CENAP ) Cacia	Veterano M45	40:55	+05:11	04:05
9	477	Nuno Fernandes	Individual	Veterano M45	40:56	+05:12	04:06
10	469	Luís Miguel Dias	Individual	Veterano M45	41:25	+05:41	04:08
11	453	Celso Fernandes	Individual	Veterano M45	41:35	+05:52	04:10
12	122	Vasco Monteiro	DÍNAMO CLUBE ESTAÇÃO	Veterano M45	42:07	+06:24	04:13
13	478	Nuno Sousa	Individual	Veterano M45	42:22	+06:38	04:14
14	83	Manuel Silva	Centro Atlético Póvoa Pacense ( CENAP ) Cacia	Veterano M45	44:44	+09:00	04:28
15	483	Pedro Manuel Vicente da Mota	Individual	Veterano M45	44:46	+09:03	04:29
16	479	Nuno Troia	Individual	Veterano M45	45:46	+10:03	04:35
17	661	Jorge Carlos Piçarra Fernandes	Tainadas Run Team	Veterano M45	45:55	+10:11	04:35
18	465	JP GRINÉ	Individual	Veterano M45	46:17	+10:33	04:38
19	462	Francisco Oliveira	Individual	Veterano M45	46:25	+10:41	04:38
20	6	Joaquim Quitério	A.C. Vermoil	Veterano M45	46:42	+10:59	04:40
21	634	Rui Correia	S.M.M. ATLETISMO	Veterano M45	47:13	+11:30	04:43
22	471	Luís Rabaça	Individual	Veterano M45	47:32	+11:49	04:45
23	459	Fernando Manuel Rocha Freire	Individual	Veterano M45	47:57	+12:13	04:48
24	488	Tiago Manuel Morais Lourenço	Individual	Veterano M45	48:35	+12:52	04:52
25	551	Rui Cardoso	JUST4FUN	Veterano M45	48:36	+12:52	04:52
26	487	Rogério Bastos	Individual	Veterano M45	48:53	+13:10	04:53
27	14	José Mário Pinho	ACR de Vale de Cambra	Veterano M45	49:02	+13:19	04:54
28	598	Sérgio Ferraz	Penta Clube da Covilhã	Veterano M45	49:08	+13:25	04:55
29	470	Luís Miguel Pinto Sampaio	Individual	Veterano M45	49:17	+13:34	04:56
30	461	Francisco Martins	Individual	Veterano M45	49:27	+13:43	04:57
31	472	M. DUARTE	Individual	Veterano M45	49:33	+13:50	04:57
32	579	Hélder Ribeiro	NAR - Núcleo de Atletismo de Requeixo	Veterano M45	49:35	+13:52	04:58
33	486	Ricardo Melo dos Santos	Individual	Veterano M45	49:36	+13:53	04:58
34	563	Joao Teixeira	Knock-Out Aveiro	Veterano M45	49:44	+14:01	04:58
35	485	Ricardo Jorge Grilo Marques Senos	Individual	Veterano M45	49:53	+14:10	04:59
36	185	Pedro Marques	GRUPO DESPORTIVO ASSEMPARK	Veterano M45	49:56	+14:13	05:00
37	452	CARLOS RODRIGUES	Individual	Veterano M45	50:40	+14:57	05:04
38	76	Marco Santiago	Casa Benfica Bairrada	Veterano M45	51:07	+15:24	05:07
39	476	Nelo juliao	Individual	Veterano M45	51:30	+15:47	05:09
40	66	António Pereira	Branco Pereira	Veterano M45	52:05	+16:22	05:13
41	480	Paulo juliao	Individual	Veterano M45	53:11	+17:28	05:19
42	457	Diogo barbosa	Individual	Veterano M45	53:31	+17:47	05:21
43	458	Fernando da Silva Dias	Individual	Veterano M45	54:12	+18:29	05:25
44	33	Paulo Jorge Coelho Ferreira	Associação Desportiva Tartarugas e Lebres	Veterano M45	55:20	+19:37	05:32



## Prova Principal

**10 KM**

### OFFICIAL RESULT

45	145	Álvaro Barbosa	FITNESSHUTAVEIRO	Veterano M45	55:56	+20:13	05:36
46	484	Renato Moedas	Individual	Veterano M45	55:58	+20:15	05:36
47	114	Pedro Lisboa OLiveira	CR7 FITNESS CRUNCH AVEIRO	Veterano M45	56:02	+20:19	05:36
48	454	Daniel Marcos Urbano Ala Reis	Individual	Veterano M45	56:53	+21:10	05:41
49	456	David Leite	Individual	Veterano M45	57:11	+21:28	05:43
50	568	Paulo ramos	Luis ramos seguros	Veterano M45	57:23	+21:40	05:44
51	463	Givelder Medeiros	Individual	Veterano M45	58:45	+23:02	05:53
52	466	Juan Ferreira	Individual	Veterano M45	01:00:59	+25:15	06:06
53	450	Antonio Gabriel Pinho	Individual	Veterano M45	01:02:06	+26:22	06:13
54	481	Pedro Costa	Individual	Veterano M45	01:02:59	+27:15	06:18
55	475	Miguel Oliveira	Individual	Veterano M45	01:03:52	+28:08	06:23
56	455	Davi Santiago	Individual	Veterano M45	01:05:32	+29:48	06:33
57	473	Manuel Romeiro	Individual	Veterano M45	01:06:40	+30:57	06:40
58	468	Luís Lourenço	Individual	Veterano M45	01:06:42	+30:59	06:40
59	620	FRANCISCO JOSÉ SILVA GOMES	Reumáticos & Etc	Veterano M45	01:06:53	+31:10	06:41
60	464	Henry Paulo	Individual	Veterano M45	01:20:42	+44:58	08:04

## Veterano M50

1	167	Jorge Pires	GINÁSIO CLUBE DE BRAGANÇA	Veterano M50	37:30		03:45
2	166	João Vítor Alves	GINÁSIO CLUBE DE BRAGANÇA	Veterano M50	39:02	+01:31	03:54
3	511	Vítor Ribau	Individual	Veterano M50	40:11	+02:41	04:01
4	566	Pedro Guimaraes	LetsRunAzores	Veterano M50	40:38	+03:08	04:04
5	494	João garranas	Individual	Veterano M50	44:02	+06:32	04:24
6	492	Celso Maia	Individual	Veterano M50	44:33	+07:02	04:27
7	510	Sidónio arede de Almeida	Individual	Veterano M50	45:22	+07:51	04:32
8	501	LUIS LEAO	Individual	Veterano M50	45:47	+08:17	04:35
9	580	Jorge Vilela	NAR - Núcleo de Atletismo de Requeixo	Veterano M50	45:50	+08:20	04:35
10	36	ADRIANO TEIXEIRA	Athlon Runners	Veterano M50	47:15	+09:45	04:43
11	581	Paulo Jorge Simões da Silva	NAR - Núcleo de Atletismo de Requeixo	Veterano M50	47:38	+10:08	04:46
12	493	Filipe Carvalho	Individual	Veterano M50	48:57	+11:27	04:54
13	500	Júlio Júnior	Individual	Veterano M50	49:00	+11:30	04:54
14	496	João Pedro Oliveira Silva	Individual	Veterano M50	49:06	+11:36	04:55
15	665	João Caçador	VA BOA-HORA	Veterano M50	49:36	+12:06	04:58
16	503	Nuno Felix	Individual	Veterano M50	49:52	+12:22	04:59
17	491	ANDRE PEÑA TÁVORA	Individual	Veterano M50	50:01	+12:31	05:00
18	499	julio costa	Individual	Veterano M50	50:02	+12:31	05:00
19	146	Pedro Ruano de Castro	FITNESSHUTAVEIRO	Veterano M50	50:03	+12:33	05:00
20	502	Marco Henriques	Individual	Veterano M50	50:39	+13:09	05:04
21	489	Abílio Manuel Pinho de Jesus	Individual	Veterano M50	51:49	+14:19	05:11
22	498	José Francisco Silva Santiago	Individual	Veterano M50	53:05	+15:34	05:18
23	664	José Carlos Trindade	Tribalistas de Aveiro	Veterano M50	53:14	+15:44	05:19
24	635	Luis Monteiro	S.M.M. ATLETISMO	Veterano M50	54:41	+17:11	05:28
25	659	Maciel Mendes	TaEscolhido	Veterano M50	55:53	+18:23	05:35
26	505	Paulo Jorge Martins da Silva	Individual	Veterano M50	55:59	+18:29	05:36

Official Timekeeper: Lap2Go	13 / 15	generate 01-Jul-2023 20:26
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**Prova Principal****10 KM**

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

**OFFICIAL RESULT**

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

27	497	João Silva	Individual	Veterano M50	57:36	+20:06	05:46
28	115	Pedro Miranda	CR7 FITNESS CRUNCH AVEIRO	Veterano M50	58:03	+20:33	05:48
29	495	João Morcela	Individual	Veterano M50	58:04	+20:34	05:48
30	509	Rui silva	Individual	Veterano M50	59:42	+22:12	05:58
31	507	Paulo Manuel Pereira Soares Gonçalves	Individual	Veterano M50	01:00:22	+22:52	06:02
32	504	Paulo Jorge das Neves Antunes	Individual	Veterano M50	01:00:37	+23:07	06:04
33	64	Pedro Rui Ferreira Cruz	Bosch Runners	Veterano M50	01:02:06	+24:36	06:13
34	126	Jorge Mota	FAMILIA MOTA	Veterano M50	01:03:51	+26:21	06:23
35	508	Paulo Pinto	Individual	Veterano M50	01:04:19	+26:48	06:26
36	490	Alexandre Santos	Individual	Veterano M50	01:04:28	+26:58	06:27
37	622	José Santos	Run&Fun	Veterano M50	01:05:33	+28:03	06:33
38	584	Marco Dias	OiãRunners	Veterano M50	01:08:57	+31:27	06:54

**Veterano M55**

1	12	António Fernandes	GDC Guilhovai	Veterano M55	33:54		03:23
2	81	Fernando Antunes	CCDS S.Frutuoso	Veterano M55	39:04	+05:10	03:54
3	646	Antonio silva	Sport Clube Ferreira do Zêzere Trail Runners	Veterano M55	41:32	+07:38	04:09
4	170	Manuel Palmeiro	GINÁSIO CLUBE DE BRAGANÇA	Veterano M55	42:29	+08:35	04:15
5	517	Dinis Tavares	Individual	Veterano M55	42:54	+09:00	04:17
6	29	Basilio Simoes	ARCD Venda da Luisa	Veterano M55	43:09	+09:15	04:19
7	523	Pedro Vicente	Individual	Veterano M55	43:39	+09:45	04:22
8	671	Manuel Campos	Viriathvs Runners Viseu	Veterano M55	43:44	+09:50	04:22
9	182	Miguel Coimbra	GR EIRENSE	Veterano M55	44:17	+10:23	04:26
10	169	JOÃO PAULO SILVA	GINÁSIO CLUBE DE BRAGANÇA	Veterano M55	45:15	+11:21	04:31
11	585	Mário Martins	Os Kágados	Veterano M55	47:10	+13:16	04:43
12	519	Marcos Robert0 Correa	Individual	Veterano M55	48:01	+14:07	04:48
13	522	Pedro Rocha	Individual	Veterano M55	48:44	+14:50	04:52
14	616	José Matos	RECREIO DESPORTIVO DE ÁGUEDA	Veterano M55	49:11	+15:17	04:55
15	596	João Dono	Os Runners by Luís Filipe Pires	Veterano M55	49:59	+16:05	05:00
16	524	Ricardo Rocha	Individual	Veterano M55	50:10	+16:16	05:01
17	636	Fernando Matos	S.M.M. ATLETISMO	Veterano M55	50:51	+16:57	05:05
18	512	ANTONIO TEIXEIRA	Individual	Veterano M55	50:54	+17:00	05:05
19	237	António Peixinho	Individual	Veterano M55	52:42	+18:48	05:16
20	637	José Antonio Oliveira	S.M.M. ATLETISMO	Veterano M55	52:50	+18:56	05:17
21	514	Carlos Barroso	Individual	Veterano M55	53:06	+19:12	05:19
22	97	Vítor M Cardoso	Corre São João	Veterano M55	53:18	+19:24	05:20
23	117	Ricardo Pasini	CR7 FITNESS CRUNCH AVEIRO	Veterano M55	55:08	+21:14	05:31
24	677	Gonçalo Nuno Caetano Alves	Individual	Veterano M55	55:41	+21:47	05:34
25	116	Albano Torres	CR7 FITNESS CRUNCH AVEIRO	Veterano M55	56:03	+22:09	05:36
26	638	Sergio Pereira	S.M.M. ATLETISMO	Veterano M55	57:02	+23:08	05:42
27	37	EURICO INOCÊNCIO	Athlon Runners	Veterano M55	57:39	+23:45	05:46
28	516	Celso Ribeiro	Individual	Veterano M55	59:17	+25:23	05:56
29	525	VASCO MIGUEL	Individual	Veterano M55	01:00:13	+26:19	06:01

**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

30	640	António Aguiar	SILVESTRE	Veterano M55	01:00:18	+26:24	06:02
31	168	Carlos Fernandes	GINÁSIO CLUBE DE BRAGANÇA	Veterano M55	01:08:56	+35:02	06:54
32	518	José Vieira	Individual	Veterano M55	01:11:08	+37:14	07:07

**Veterano M60**

1	85	Joaquim Ramos	Centro Atlético Póvoa Pacense ( CENAP ) Cacia	Veterano M60	41:57		04:12
2	80	CARLOS ALMEIDA	CASA DO POVO DE MANGUALDE	Veterano M60	44:51	+02:54	04:29
3	536	João António Vinagre Almada	Individual	Veterano M60	46:04	+04:07	04:36
4	149	José Monteiro	GDC Banco de Portugal	Veterano M60	47:16	+05:19	04:44
5	534	GIL DA COSTA	Individual	Veterano M60	47:25	+05:28	04:45
6	186	JUVENAL MAGUETA	GRUPO DESPORTIVO DA GAFANHA	Veterano M60	47:43	+05:46	04:46
7	541	Jorge Carneiro	Individual	Veterano M60	47:56	+05:59	04:48
8	184	Joao Capela	GRECAS Vagos	Veterano M60	47:59	+06:02	04:48
9	531	Arménio Neves	Individual	Veterano M60	50:11	+08:14	05:01
10	539	João Sardo	Individual	Veterano M60	50:11	+08:14	05:01
11	147	ABILIO MADAIL	FITNESSHUTAVEIRO	Veterano M60	50:43	+08:46	05:04
12	528	António Nifo Lemos	Individual	Veterano M60	51:42	+09:45	05:10
13	526	Alvaro Santana	Individual	Veterano M60	52:09	+10:12	05:13
14	529	Antonio Tafula	Individual	Veterano M60	53:46	+11:49	05:23
15	535	Helder vieira	Individual	Veterano M60	55:52	+13:55	05:35
16	527	António Moitalta	Individual	Veterano M60	57:14	+15:17	05:43
17	532	Carlos Manata	Individual	Veterano M60	57:17	+15:20	05:44
18	88	António Camacho	Clube Atletismo de Vale Figueira	Veterano M60	58:23	+16:26	05:50
19	540	Joaquim Anselmo	Individual	Veterano M60	58:34	+16:37	05:51
20	537	João Figueiredo	Individual	Veterano M60	58:51	+16:54	05:53
21	530	Armando Sousa	Individual	Veterano M60	58:55	+16:58	05:54
22	148	Fernando Monteiro	FITNESSHUTAVEIRO	Veterano M60	01:00:01	+18:04	06:00
23	538	João Paiva	Individual	Veterano M60	01:05:42	+23:45	06:34
24	543	José Luís Vicente Fonseca	Individual	Veterano M60	01:06:32	+24:35	06:39

## TEAM RESULTS - PROVA PRINCIPAL

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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	TEAM	DESCRIPTION	POINTS
1	RECREIO DESPORTIVO DE ÁGUEDA	1 + 7 + 9	17
2	GINÁSIO CLUBE DE BRAGANÇA	27 + 28 + 29	84
3	SPORT CLUBE FREAMUNDE	5 + 12 + 73	90
4	CENTRO ATLÉTICO PÓVOA PACENSE ( CENAP ) CACIA	53 + 69 + 81	203
5	SPORT CLUBE FERREIRA DO ZÉZERE TRAIL RUNNERS	20 + 76 + 123	219
6	BOSCH RUNNERS	40 + 86 + 97	223
7	CLUBE DESPORTIVO FEIRENSE	3 + 19 + 201	223
8	A.C. VERMOIL	21 + 46 + 179	246
9	CASA DO POVO DE MANGUALDE	26 + 134 + 142	302
10	OS RUNNERS BY LUÍS FILIPE PIRES	35 + 77 + 197	309
11	VIRIATHVS RUNNERS VISEU	94 + 113 + 144	351
12	KNOCK-OUT AVEIRO	118 + 161 + 168	447
13	S.M.M. ATLETISMO	126 + 178 + 186	490
14	JUVEFORCE RUN TEAM	109 + 125 + 260	494
15	ACR DE VALE DE CAMBRA	62 + 198 + 235	495
16	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	147 + 158 + 205	510
17	CR7 FITNESS CRUNCH AVEIRO	104 + 116 + 308	528
18	ÁGUIAS VELOZES	130 + 222 + 223	575
19	OS PUPILOS DO ZÉ TÓ	14 + 301 + 340	655
20	FITNESSHUTAVEIRO	208 + 220 + 246	674
21	FFONSECA RUNNING TEAM	157 + 253 + 440	850
22	GIRLS RUN THE WORLD	285 + 320 + 344	949
23	ATHLON RUNNERS	190 + 451 + 452	1093
24	PLAFESA	203 + 332 + 579	1114
25	RUN4ACAUSE	274 + 359 + 520	1153
26	WEGORUN	270 + 418 + 473	1161
27	CARAP AUS DE CORRIDA	141 + 575 + 576	1292
28	MATEMÁTICOS E AFINS	445 + 446 + 524	1415
29	JAVARDICEA	295 + 556 + 594	1445
30	BORABORA, VAMOS LÁ!	443 + 526 + 577	1546
31	REUMÁTICOS & ETC	514 + 570 + 571	1655