

BENJAMINS - STAGE 1**0.6 KM**

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

OFFICIAL RESULT

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

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|-------|-------|-------------|----------|
| | Time | Temperature | Humidity |
| Start | 10:20 | 26°C | 34% |
| End | 10:28 | 26°C | 34% |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|-----|--|---|----------------------|--------|--------|------|
| 1 | 6 | José Miguel Mendes Novo | a lebre e a tartaruga | Benjamim B Masculino | 01:59 | - | - |
| 2 | 60 | Maria Dias | caldas de são jorge sport clube | Benjamim B Feminino | 02:00 | +00:00 | - |
| 3 | 110 | Gonçalo Freitas | grupo juvenil pinheiro da bemposta | Benjamim B Masculino | 02:04 | +00:04 | - |
| 4 | 265 | Madalena Girão Soares Paradelva Vieira | união desportiva sampedrense | Benjamim B Feminino | 02:05 | +00:05 | - |
| 5 | 124 | Joana Teixeira | individual | Benjamim B Feminino | 02:06 | +00:06 | - |
| 6 | 74 | Gonçalo ferreria | clube atletismo estrelas do marco de canaveses | Benjamim A Masculino | 02:09 | +00:09 | - |
| 7 | 75 | Diana Pereira | clube atletismo estrelas do marco de canaveses | Benjamim B Feminino | 02:12 | +00:12 | - |
| 8 | 271 | Lucas Basílio | villa cesari / flama | Benjamim B Masculino | 02:16 | +00:16 | - |
| 9 | 12 | Adriana Moreira | acr de vale de cambra | Benjamim B Feminino | 02:16 | +00:16 | - |
| 10 | 57 | Vitoria Dias | caldas de são jorge sport clube | Benjamim A Feminino | 02:18 | +00:18 | - |
| 11 | 58 | Francisco Silva | caldas de são jorge sport clube | Benjamim A Masculino | 02:19 | +00:19 | - |
| 12 | 72 | Iris Queiros | clube atletismo estrelas do marco de canaveses | Benjamim A Feminino | 02:19 | +00:19 | - |
| 13 | 56 | Miriam Santos | caldas de são jorge sport clube | Benjamim A Feminino | 02:19 | +00:19 | - |
| 14 | 14 | João Pereira | acr de vale de cambra | Benjamim B Masculino | 02:20 | +00:20 | - |
| 15 | 76 | Inês Pinto | clube atletismo estrelas do marco de canaveses | Benjamim B Feminino | 02:24 | +00:24 | - |
| 16 | 37 | Gabriela Silva | arvor associação recreativa os veteranos d'ovar | Benjamim A Feminino | 02:24 | +00:25 | - |
| 17 | 106 | Carolina Assunção | grupo juvenil pinheiro da bemposta | Benjamim A Feminino | 02:26 | +00:27 | - |
| 18 | 39 | Gonçalo Almeida | arvor associação recreativa os veteranos d'ovar | Benjamim A Masculino | 02:29 | +00:29 | - |
| 19 | 123 | João Teixeira | individual | Benjamim A Masculino | 02:29 | +00:29 | - |
| 20 | 105 | Bruna Pinto | grupo juvenil pinheiro da bemposta | Benjamim A Feminino | 02:34 | +00:34 | - |
| 21 | 13 | Mariana Almeida | acr de vale de cambra | Benjamim B Feminino | 02:35 | +00:35 | - |
| 22 | 38 | Afonso Cardoso Rodrigues | arvor associação recreativa os veteranos d'ovar | Benjamim A Masculino | 02:36 | +00:36 | - |
| 23 | 267 | Isabela Basílio | villa cesari / flama | Benjamim A Feminino | 02:44 | +00:44 | - |
| 24 | 269 | Guilherme Correia | villa cesari / flama | Benjamim A Masculino | 02:47 | +00:47 | - |
| 25 | 15 | Salvador Pereira | acr de vale de cambra | Benjamim B Masculino | 02:50 | +00:51 | - |

BENJAMINS - STAGE 1

0.6 KM

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

OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|-------------|------------|---------------------|--------------------------------------|----------------------|---------------|-------------|-------------|
| 26 | 92 | João belinha | grupo desoortivo são paio de oleiros | Benjamim A Masculino | 02:54 | +00:54 | - |
| 27 | 268 | Sofia Ribeiro | villa cesari / flama | Benjamim A Feminino | 02:59 | +00:59 | - |
| 28 | 107 | Elisa Rocha | grupo juvenil pinheiro da bemposta | Benjamim A Feminino | 02:59 | +00:59 | - |
| 29 | 91 | David belinha | grupo desoortivo são paio de oleiros | Benjamim A Masculino | 03:02 | +01:02 | - |
| 30 | 9 | Carolina Oliveira | acr de vale de cambra | Benjamim A Feminino | 03:06 | +01:06 | - |
| 31 | 10 | Daniel Silva | acr de vale de cambra | Benjamim A Masculino | 04:11 | +02:11 | - |
| 32 | 122 | Maria Rita Teixeira | individual | Benjamim A Feminino | 04:20 | +02:20 | - |
| 33 | 250 | André Neves | power masters | Benjamim A Masculino | 04:22 | +02:23 | - |
| 34 | 288 | Armindo Belinha | grupo desoortivo são paio de oleiros | Benjamim A Masculino | 04:39 | +02:39 | - |

Benjamins

0.6 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

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|---|-----|---------------------------------------|--|---------------------|-------|--------|---|
| 2 | 265 | Madalena Girão Soares Parabela Vieira | União Desportiva Sampedrense | Benjamim B Feminino | 02:05 | +00:05 | - |
| 3 | 124 | Joana Teixeira | Individual | Benjamim B Feminino | 02:06 | +00:06 | - |
| 4 | 75 | Diana Pereira | Clube Atletismo Estrelas do Marco de Canaveses | Benjamim B Feminino | 02:12 | +00:12 | - |
| 5 | 12 | Adriana Moreira | ACR de Vale de Cambra | Benjamim B Feminino | 02:16 | +00:16 | - |
| 6 | 76 | Inês Pinto | Clube Atletismo Estrelas do Marco de Canaveses | Benjamim B Feminino | 02:24 | +00:24 | - |
| 7 | 13 | Mariana Almeida | ACR de Vale de Cambra | Benjamim B Feminino | 02:35 | +00:35 | - |

Benjamim B Masculino

| | | | | | | | |
|---|-----|-------------------------|------------------------------------|----------------------|-------|--------|---|
| 1 | 6 | José Miguel Mendes Novo | A Lebre e a Tartaruga | Benjamim B Masculino | 01:59 | | - |
| 2 | 110 | Gonçalo Freitas | Grupo Juvenil Pinheiro da Bemposta | Benjamim B Masculino | 02:04 | +00:04 | - |
| 3 | 271 | Lucas Basílio | Villa Cesari / FLAMA | Benjamim B Masculino | 02:16 | +00:16 | - |
| 4 | 14 | João Pereira | ACR de Vale de Cambra | Benjamim B Masculino | 02:20 | +00:20 | - |
| 5 | 15 | Salvador Pereira | ACR de Vale de Cambra | Benjamim B Masculino | 02:50 | +00:51 | - |

INFANTIS - STAGE 1**1.2 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 | 09:30 | 19.2°C | 88% |
| End | 09:51 | 19.2°C | 88% |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|-----|------------------|------------------------------------|--------------------|--------|--------|------|
| 1 | 16 | Daniel Lopes | acr de vale de cambra | Infantil Masculino | 04:48 | - | - |
| 2 | 266 | Samuel Rocha | união desportiva sampedrense | Infantil Masculino | 04:59 | +00:11 | - |
| 3 | 25 | Gonçalo Pinto | adc cj clark de castelo de paiva | Infantil Masculino | 05:00 | +00:12 | - |
| 4 | 26 | Rodrigo Pinto | adc cj clark de castelo de paiva | Infantil Masculino | 05:04 | +00:16 | - |
| 5 | 115 | Tomás Marques | grupo juvenil pinheiro da bemposta | Infantil Masculino | 05:08 | +00:20 | - |
| 6 | 61 | Carolina Azevedo | caldas de são jorge sport clube | Infantil Feminino | 05:14 | +00:26 | - |
| 7 | 111 | Luisa Assunção | grupo juvenil pinheiro da bemposta | Infantil Feminino | 05:25 | +00:37 | - |
| 8 | 251 | David Neves | power masters | Infantil Masculino | 05:59 | +01:11 | - |
| 9 | 272 | Laura Ribeiro | villa cesari / flama | Infantil Feminino | 06:39 | +01:51 | - |

INICIADOS JUVENIS - STAGE 1

2.4 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

| | Time | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 09:50 | 19.4°C | 88% |
| End | 10:18 | 26.2°C | 34% |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|-----|---------------------|---|--------------------|--------|--------|-------|
| 1 | 19 | Tiago Silva | acr de vale de cambra | Iniciado Masculino | 09:18 | | 03:53 |
| 2 | 279 | David Valente | villa cesari / flama | Juvenil Masculino | 09:20 | +00:02 | 03:54 |
| 3 | 68 | Maria João Pimentel | cf oliveira do douro | Juvenil Feminino | 09:48 | +00:30 | 04:05 |
| 4 | 40 | Afonso Almeida | arvor associação recreativa os veteranos d'ovar | Iniciado Masculino | 09:58 | +00:40 | 04:09 |
| 5 | 27 | Gonçalo Silva | adc cj clark de castelo de paiva | Iniciado Masculino | 10:12 | +00:54 | 04:15 |
| 6 | 78 | Mariana Queirós | clube atletismo estrelas do marco de canaveses | Iniciado Feminino | 10:44 | +01:26 | 04:28 |
| 7 | 20 | Daniela Oliveira | acr de vale de cambra | Juvenil Feminino | 11:11 | +01:53 | 04:40 |
| 8 | 77 | Beatriz pereira | clube atletismo estrelas do marco de canaveses | Iniciado Feminino | 11:13 | +01:55 | 04:41 |
| 9 | 252 | Ana Neves | power masters | Iniciado Feminino | 11:41 | +02:23 | 04:52 |
| 10 | 116 | Joana Tavares | grupo juvenil pinheiro da bemposta | Iniciado Feminino | 11:43 | +02:25 | 04:53 |
| 11 | 275 | Letícia Valente | villa cesari / flama | Iniciado Feminino | 12:31 | +03:13 | 05:13 |
| 12 | 18 | Lara Bastos | acr de vale de cambra | Iniciado Feminino | 12:47 | +03:29 | 05:20 |
| 13 | 17 | Joana Ferreira | acr de vale de cambra | Iniciado Feminino | 13:19 | +04:01 | 05:33 |

Iniciados Juvenis

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

| | Time | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 09:50 | 19.4°C | 88% |
| End | 10:18 | 26.2°C | 34% |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | 1/KM |
|------|-----|------|------|-----|--------|------|------|
|------|-----|------|------|-----|--------|------|------|

Iniciado Feminino

| | | | | | | | |
|---|-----|-----------------|--|-------------------|-------|--------|-------|
| 1 | 78 | Mariana Queirós | Clube Atletismo Estrelas do Marco de Canaveses | Iniciado Feminino | 10:44 | +01:26 | 04:28 |
| 2 | 77 | Beatriz pereira | Clube Atletismo Estrelas do Marco de Canaveses | Iniciado Feminino | 11:13 | +01:55 | 04:41 |
| 3 | 252 | Ana Neves | Power Masters | Iniciado Feminino | 11:41 | +02:23 | 04:52 |
| 4 | 116 | Joana Tavares | Grupo Juvenil Pinheiro da Bemposta | Iniciado Feminino | 11:43 | +02:25 | 04:53 |
| 5 | 275 | Letícia Valente | Villa Cesari / FLAMA | Iniciado Feminino | 12:31 | +03:13 | 05:13 |
| 6 | 18 | Lara Bastos | ACR de Vale de Cambra | Iniciado Feminino | 12:47 | +03:29 | 05:20 |
| 7 | 17 | Joana Ferreira | ACR de Vale de Cambra | Iniciado Feminino | 13:19 | +04:01 | 05:33 |

Iniciado Masculino

| | | | | | | | |
|---|----|----------------|--|--------------------|-------|--------|-------|
| 1 | 19 | Tiago Silva | ACR de Vale de Cambra | Iniciado Masculino | 09:18 | | 03:53 |
| 2 | 40 | Afonso Almeida | ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D 'OVAR | Iniciado Masculino | 09:58 | +00:40 | 04:09 |
| 3 | 27 | Gonçalo Silva | ADC CJ CLARK de Castelo De Paiva | Iniciado Masculino | 10:12 | +00:54 | 04:15 |

Juvenil Feminino

| | | | | | | | |
|---|----|---------------------|-----------------------|------------------|-------|--------|-------|
| 1 | 68 | Maria João Pimentel | CF Oliveira do Douro | Juvenil Feminino | 09:48 | +00:30 | 04:05 |
| 2 | 20 | Daniela Oliveira | ACR de Vale de Cambra | Juvenil Feminino | 11:11 | +01:53 | 04:40 |

Juvenil Masculino

| | | | | | | | |
|---|-----|---------------|----------------------|-------------------|-------|--------|-------|
| 1 | 279 | David Valente | Villa Cesari / FLAMA | Juvenil Masculino | 09:20 | +00:02 | 03:54 |
|---|-----|---------------|----------------------|-------------------|-------|--------|-------|

| | | |
|-----------------------------|-------|----------------------------|
| Official Timekeeper: Lap2Go | 1 / 1 | generate 06-Aug-2023 10:25 |
|-----------------------------|-------|----------------------------|

PROVA PRINCIPAL - STAGE 1

8 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 | 10:45 | 22°C | 73% |
| End | 11:48 | 25.2°C | 60% |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|-----|---------------------------------|---|------------------|--------|--------|-------|
| 1 | 24 | Tiago Pereira | ad marco 09 | Senior Masculino | 26:51 | | 03:21 |
| 2 | 97 | José Vieira | grupo desportivo e cultural de castelo de paiva | Senior Masculino | 27:18 | +00:26 | 03:25 |
| 3 | 23 | Fábio Barbosa | ad marco 09 | Senior Masculino | 27:38 | +00:46 | 03:27 |
| 4 | 102 | António Fernandes | grupo desportivo e cultural de guilhovai | Veterano M40 | 28:05 | +01:14 | 03:31 |
| 5 | 30 | Pedro Moreira | adc cj clark de castelo de paiva | Senior Masculino | 28:19 | +01:28 | 03:32 |
| 6 | 29 | Bruno Pinheiro | adc cj clark de castelo de paiva | Senior Masculino | 28:22 | +01:31 | 03:33 |
| 7 | 100 | Vítor Barbosa | grupo desportivo e cultural de castelo de paiva | Veterano M40 | 28:46 | +01:54 | 03:36 |
| 8 | 69 | CELSO LEITE | clube atletismo de ovar | Senior Masculino | 29:17 | +02:26 | 03:40 |
| 9 | 103 | Artur Rodrigues | grupo desportivo e cultural de guilhovai | Veterano M40 | 29:31 | +02:40 | 03:41 |
| 10 | 104 | Luis Silva | grupo desportivo e cultural de guilhovai | Veterano M40 | 30:01 | +03:09 | 03:45 |
| 11 | 43 | DANIEL RODRIGUES | arvor associação recreativa os veteranos d'ovar | Veterano M40 | 30:38 | +03:47 | 03:50 |
| 12 | 98 | Luís Santos | grupo desportivo e cultural de castelo de paiva | Veterano M40 | 30:49 | +03:57 | 03:51 |
| 13 | 260 | Bruno Silva | sportaz btt isolamais | Veterano M40 | 31:19 | +04:28 | 03:55 |
| 14 | 21 | Fernando Silva | acr de vale de cambra | Veterano M40 | 31:22 | +04:30 | 03:55 |
| 15 | 165 | Ricardo Montesinos Estevan | individual | Senior Masculino | 31:26 | +04:34 | 03:56 |
| 16 | 64 | Ivan Silva | caldas de são jorge sport clube | Veterano M40 | 31:28 | +04:37 | 03:56 |
| 17 | 31 | Hélder Pinto | adc cj clark de castelo de paiva | Veterano M40 | 31:31 | +04:40 | 03:56 |
| 18 | 243 | João Dias | núcleo de atletismo de cucujães | Veterano M40 | 31:40 | +04:49 | 03:58 |
| 19 | 185 | Fernando Santos | individual | Veterano M40 | 31:56 | +05:04 | 04:00 |
| 20 | 85 | Tiago Oliveira | csjsc | Senior Masculino | 32:01 | +05:10 | 04:00 |
| 21 | 51 | Nuno Silva | cal - clube atletismo de lamas | Veterano M40 | 32:11 | +05:20 | 04:01 |
| 22 | 209 | Paulo Sérgio Rodrigues da Silva | individual | Veterano M40 | 32:16 | +05:24 | 04:02 |
| 23 | 204 | Miguel Silva | individual | Veterano M40 | 32:33 | +05:41 | 04:04 |
| 24 | 34 | José Godinho | afis/ovar | Veterano M40 | 32:35 | +05:44 | 04:04 |
| 25 | 227 | Daniel Gomes | juventude atlética mozelense | Veterano M40 | 32:39 | +05:48 | 04:05 |
| 26 | 70 | ROGERIO CAMPOS | clube atletismo de ovar | Veterano M40 | 32:43 | +05:51 | 04:05 |
| 27 | 206 | Paulo Gomes | individual | Veterano M40 | 32:54 | +06:03 | 04:07 |
| 28 | 195 | Jorge Humberto Costa | individual | Veterano M40 | 32:55 | +06:03 | 04:07 |
| 29 | 42 | Jorge Valente | arvor associação recreativa os veteranos d'ovar | Senior Masculino | 33:09 | +06:17 | 04:09 |
| 30 | 41 | Alexandre Azevedo | arvor associação recreativa os veteranos d'ovar | Senior Masculino | 33:09 | +06:18 | 04:09 |
| 31 | 94 | Manuel valente | grupo desportivo são paio de oleiros | Veterano M40 | 33:17 | +06:26 | 04:10 |
| 32 | 166 | Ricardo Silva | individual | Senior Masculino | 33:20 | +06:29 | 04:10 |
| 33 | 101 | Sandra Ferreira | grupo desportivo e cultural de guilhovai | Senior Feminino | 33:22 | +06:30 | 04:10 |
| 34 | 202 | Márcio André Jesus Melo | individual | Veterano M40 | 33:46 | +06:54 | 04:13 |
| 35 | 170 | Valter José Duarte Laranjeira | individual | Senior Masculino | 33:57 | +07:06 | 04:15 |
| 36 | 257 | Pedro Barbosa | runners do asfalto | Veterano M40 | 34:21 | +07:29 | 04:18 |
| 37 | 33 | José Figueiredo | afis/ovar | Veterano M40 | 34:22 | +07:30 | 04:18 |
| 38 | 71 | RUI COSTA | clube atletismo de ovar | Veterano M40 | 34:22 | +07:30 | 04:18 |

PROVA PRINCIPAL - STAGE 1

8 KM

OFFICIAL RESULT

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|-----|-------------------------------------|--|------------------|--------|--------|-------|
| 84 | 35 | Pedro Necho | afis/ovar | Veterano M40 | 41:02 | +14:11 | 05:08 |
| 85 | 232 | Luis Silva | lusitânia de lourosa fc- secção de atletismo | Senior Masculino | 41:10 | +14:18 | 05:09 |
| 86 | 128 | Daniela Onofre | individual | Senior Feminino | 41:39 | +14:47 | 05:12 |
| 87 | 139 | Bruno Ribeiro | individual | Senior Masculino | 41:58 | +15:06 | 05:15 |
| 88 | 245 | Cláudio Carvalho | os figueiredos | Veterano M40 | 42:38 | +15:46 | 05:20 |
| 89 | 200 | Manuel Oliveira | individual | Veterano M40 | 42:47 | +15:56 | 05:21 |
| 90 | 237 | Ana Correia | núcleo de atletismo de cucujães | Senior Feminino | 42:55 | +16:04 | 05:22 |
| 91 | 256 | José Matos | recreio desportivo de águeda | Veterano M40 | 42:55 | +16:04 | 05:22 |
| 92 | 229 | Justino Soares | juventude atlética mozelense | Veterano M40 | 43:05 | +16:14 | 05:23 |
| 93 | 181 | Arménio Neves | individual | Veterano M40 | 43:22 | +16:30 | 05:25 |
| 94 | 211 | Pedro Cardoso | individual | Veterano M40 | 44:10 | +17:19 | 05:31 |
| 95 | 119 | Hugo Sousa | grupo juvenil pinheiro da bemposta | Veterano M40 | 44:21 | +17:29 | 05:33 |
| 96 | 218 | Vítor M Cardoso | individual | Veterano M40 | 44:24 | +17:32 | 05:33 |
| 97 | 53 | António Conceição | caldas de são jorge sport clube | Veterano M40 | 44:25 | +17:34 | 05:33 |
| 98 | 159 | Maxim Mironov | individual | Senior Masculino | 44:28 | +17:37 | 05:34 |
| 99 | 149 | Francisco cruz | individual | Senior Masculino | 44:41 | +17:50 | 05:35 |
| 100 | 32 | Elisabete Silva | afis/ovar | Veterana F40 | 44:41 | +17:50 | 05:35 |
| 101 | 84 | Nélson Tavares | cmmcorrida de vale de cambra | Senior Masculino | 45:07 | +18:16 | 05:38 |
| 102 | 125 | Tiago Oliveira | individual | Junior Masculino | 45:14 | +18:23 | 05:39 |
| 103 | 216 | Tiago Sá pinto | individual | Veterano M40 | 45:37 | +18:45 | 05:42 |
| 104 | 176 | Sandra Moreira | individual | Veterana F40 | 45:48 | +18:57 | 05:44 |
| 105 | 264 | Porfírio Martins | to na pista | Veterano M40 | 45:52 | +19:01 | 05:44 |
| 106 | 287 | Antonio Silva | individual | Veterano M40 | 46:10 | +19:18 | 05:46 |
| 107 | 212 | Rui Leite | individual | Veterano M40 | 46:40 | +19:49 | 05:50 |
| 108 | 117 | Carlos Teixeira | grupo juvenil pinheiro da bemposta | Veterano M40 | 47:36 | +20:44 | 05:57 |
| 109 | 178 | Antonio Almeida | individual | Veterano M40 | 47:48 | +20:56 | 05:59 |
| 110 | 198 | Luís oliveira | individual | Veterano M40 | 47:48 | +20:56 | 05:59 |
| 111 | 281 | Manuel Valente | villa cesari / flama | Veterano M40 | 48:13 | +21:21 | 06:02 |
| 112 | 223 | Liliana Pereira | jobra-assoc.jovens branca | Senior Feminino | 48:38 | +21:47 | 06:05 |
| 113 | 179 | antonio costa | individual | Veterano M40 | 49:36 | +22:45 | 06:12 |
| 114 | 141 | Daniel Castro | individual | Senior Masculino | 49:43 | +22:51 | 06:13 |
| 115 | 146 | Diogo Filipe Correia Bastos | individual | Senior Masculino | 49:43 | +22:51 | 06:13 |
| 116 | 136 | Susana Parreira | individual | Senior Feminino | 50:11 | +23:20 | 06:16 |
| 117 | 155 | Márcio Almeida | individual | Senior Masculino | 51:19 | +24:27 | 06:25 |
| 118 | 236 | Adão Dias | nascidos para correr associação desportiva | Veterano M40 | 51:19 | +24:28 | 06:25 |
| 119 | 228 | João Rodrigues | juventude atlética mozelense | Veterano M40 | 51:24 | +24:32 | 06:26 |
| 120 | 180 | António Feliciano dos Santos Bastos | individual | Veterano M40 | 51:33 | +24:42 | 06:27 |
| 121 | 7 | Michelle de Sá Mendes Novo | a lebre e a tartaruga | Veterana F40 | 52:02 | +25:11 | 06:30 |
| 122 | 235 | Alexandra Reboredo | nascidos para correr associação desportiva | Veterana F40 | 52:35 | +25:44 | 06:34 |
| 123 | 299 | Dinis Jesus | individual | Junior Masculino | 52:57 | +26:06 | 06:37 |
| 124 | 175 | Maria dos Anjos | individual | Veterana F40 | 52:59 | +26:07 | 06:37 |
| 125 | 247 | Normando Santos | os kagados | Veterano M40 | 52:59 | +26:08 | 06:37 |
| 126 | 81 | António Pinto | clube atletismo estrelas do marco de canaveses | Veterano M40 | 52:59 | +26:08 | 06:37 |

PROVA PRINCIPAL - STAGE 1

8 KM

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

OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|-------------|------------|----------------------------------|--|------------------|---------------|-------------|-------------|
| 127 | 289 | Ana Coutinho | individual | Senior Feminino | 53:12 | +26:20 | 06:39 |
| 128 | 52 | Juliana Alves | caldas de são jorge sport clube | Senior Feminino | 54:31 | +27:40 | 06:49 |
| 129 | 199 | Manuel Conceição | individual | Veterano M40 | 54:37 | +27:46 | 06:50 |
| 130 | 120 | PAULO RAMOS | grupo juvenil pinheiro da bemposta | Veterano M40 | 54:57 | +28:06 | 06:52 |
| 131 | 148 | Filipe Humberto Martins da Silva | individual | Senior Masculino | 55:23 | +28:32 | 06:55 |
| 132 | 79 | Claudia Alves | clube atletismo estrelas do marco de canaveses | Junior Feminino | 57:56 | +31:05 | 07:15 |
| 133 | 283 | Isabel Azevedo | villa cesari / flama | Veterana F40 | 57:56 | +31:05 | 07:15 |
| 134 | 226 | Inês Santos | juventude atlética mozelense | Veterana F40 | 58:34 | +31:42 | 07:19 |
| 135 | 253 | Isabel Neves | power masters | Veterana F40 | 01:00:18 | +33:26 | 07:32 |
| 136 | 183 | Carlos Oliveira Paço | individual | Veterano M40 | 01:02:26 | +35:35 | 07:48 |

Prova Principal

8 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

| | Time | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 10:45 | 22°C | 73% |
| End | 11:48 | 25.2°C | 60% |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|-----|------|------|-----|--------|------|------|
|------|-----|------|------|-----|--------|------|------|

Junior Feminino

| | | | | | | | |
|---|----|---------------|--|-----------------|-------|--------|-------|
| 1 | 79 | Claudia Alves | Clube Atletismo Estrelas do Marco de Canaveses | Junior Feminino | 57:56 | +31:05 | 07:15 |
|---|----|---------------|--|-----------------|-------|--------|-------|

Junior Masculino

| | | | | | | | |
|---|-----|----------------|----------------------|------------------|-------|--------|-------|
| 1 | 277 | Duarte Santos | Villa Cesari / FLAMA | Junior Masculino | 36:26 | +09:35 | 04:33 |
| 2 | 125 | Tiago Oliveira | Individual | Junior Masculino | 45:14 | +18:23 | 05:39 |
| 3 | 299 | Dinis Jesus | Individual | Junior Masculino | 52:57 | +26:06 | 06:37 |

Senior Feminino

| | | | | | | | |
|---|-----|------------------|--|-----------------|-------|--------|-------|
| 1 | 101 | Sandra Ferreira | Grupo Desportivo e Cultural de Guilhovai | Senior Feminino | 33:22 | +06:30 | 04:10 |
| 2 | 222 | Elia Rodrigues | JOBRA-Assoc.Jovens Branca | Senior Feminino | 39:28 | +12:37 | 04:56 |
| 3 | 280 | Celeste Oliveira | Villa Cesari / FLAMA | Senior Feminino | 39:55 | +13:04 | 04:59 |
| 4 | 128 | Daniela Onofre | Individual | Senior Feminino | 41:39 | +14:47 | 05:12 |
| 5 | 237 | Ana Correia | Núcleo de Atletismo de Cucujães | Senior Feminino | 42:55 | +16:04 | 05:22 |
| 6 | 223 | Liliana Pereira | JOBRA-Assoc.Jovens Branca | Senior Feminino | 48:38 | +21:47 | 06:05 |
| 7 | 136 | Susana Parreira | Individual | Senior Feminino | 50:11 | +23:20 | 06:16 |
| 8 | 289 | Ana Coutinho | Individual | Senior Feminino | 53:12 | +26:20 | 06:39 |
| 9 | 52 | Juliana Alves | Caldas de São Jorge Sport Clube | Senior Feminino | 54:31 | +27:40 | 06:49 |

Senior Masculino

| | | | | | | | |
|----|-----|----------------------------|--|------------------|-------|--------|-------|
| 1 | 24 | Tiago Pereira | AD Marco 09 | Senior Masculino | 26:51 | | 03:21 |
| 2 | 97 | José Vieira | Grupo Desportivo e Cultural de Castelo de Paiva | Senior Masculino | 27:18 | +00:26 | 03:25 |
| 3 | 23 | Fábio Barbosa | AD Marco 09 | Senior Masculino | 27:38 | +00:46 | 03:27 |
| 4 | 30 | Pedro Moreira | ADC CJ CLARK de Castelo De Paiva | Senior Masculino | 28:19 | +01:28 | 03:32 |
| 5 | 29 | Bruno Pinheiro | ADC CJ CLARK de Castelo De Paiva | Senior Masculino | 28:22 | +01:31 | 03:33 |
| 6 | 69 | CELSO LEITE | Clube Atletismo de Ovar | Senior Masculino | 29:17 | +02:26 | 03:40 |
| 7 | 165 | Ricardo Montesinos Estevan | Individual | Senior Masculino | 31:26 | +04:34 | 03:56 |
| 8 | 85 | Tiago Oliveira | CSJSC | Senior Masculino | 32:01 | +05:10 | 04:00 |
| 9 | 42 | Jorge Valente | ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D 'OVAR | Senior Masculino | 33:09 | +06:17 | 04:09 |
| 10 | 41 | Alexandre Azevedo | ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D 'OVAR | Senior Masculino | 33:09 | +06:18 | 04:09 |

Official Timekeeper: Lap2Go

1 / 5

generate 06-Aug-2023 11:55

Prova Principal

8 KM

OFFICIAL RESULT

| | | | | | | | |
|----|-----|-----------------------------------|--|------------------|-------|--------|-------|
| 11 | 166 | Ricardo Silva | Individual | Senior Masculino | 33:20 | +06:29 | 04:10 |
| 12 | 170 | Valter José Duarte Laranjeira | Individual | Senior Masculino | 33:57 | +07:06 | 04:15 |
| 13 | 44 | Daniel Pinho | AZTrail | Senior Masculino | 34:31 | +07:40 | 04:19 |
| 14 | 161 | Nuno Albergaria | Individual | Senior Masculino | 34:51 | +08:00 | 04:21 |
| 15 | 163 | Ricardo Gomes | Individual | Senior Masculino | 35:17 | +08:25 | 04:25 |
| 16 | 153 | João Pedro Assunção Gomes | Individual | Senior Masculino | 35:23 | +08:31 | 04:25 |
| 17 | 164 | Ricardo José Neves Moreira | Individual | Senior Masculino | 35:40 | +08:49 | 04:28 |
| 18 | 158 | Marco Soares | Individual | Senior Masculino | 35:52 | +09:01 | 04:29 |
| 19 | 59 | Tiago Magalhães | Caldas de São Jorge Sport Clube | Senior Masculino | 35:59 | +09:07 | 04:30 |
| 20 | 138 | André Pedrosa | Individual | Senior Masculino | 36:21 | +09:29 | 04:33 |
| 21 | 144 | Diogo Borges | Individual | Senior Masculino | 37:39 | +10:47 | 04:42 |
| 22 | 300 | Antonio Pinho | Individual | Senior Masculino | 37:47 | +10:56 | 04:43 |
| 23 | 168 | Sérgio Maia | Individual | Senior Masculino | 39:03 | +12:12 | 04:53 |
| 24 | 225 | Nuno João Costa | JUVENTUDE ATLÉTICA MOZELENSE | Senior Masculino | 39:38 | +12:46 | 04:57 |
| 25 | 150 | Francisco Manuel Teixeira Marques | Individual | Senior Masculino | 40:46 | +13:55 | 05:06 |
| 26 | 232 | Luis Silva | Lusitânia de Lourosa FC- Secção de Atletismo | Senior Masculino | 41:10 | +14:18 | 05:09 |
| 27 | 139 | Bruno Ribeiro | Individual | Senior Masculino | 41:58 | +15:06 | 05:15 |
| 28 | 159 | Maxim Mironov | Individual | Senior Masculino | 44:28 | +17:37 | 05:34 |
| 29 | 149 | Francisco cruz | Individual | Senior Masculino | 44:41 | +17:50 | 05:35 |
| 30 | 84 | Nélson Tavares | CMMCorrida de Vale de Cambra | Senior Masculino | 45:07 | +18:16 | 05:38 |
| 31 | 141 | Daniel Castro | Individual | Senior Masculino | 49:43 | +22:51 | 06:13 |
| 32 | 146 | Diogo Filipe Correia Bastos | Individual | Senior Masculino | 49:43 | +22:51 | 06:13 |
| 33 | 155 | Márcio Almeida | Individual | Senior Masculino | 51:19 | +24:27 | 06:25 |
| 34 | 148 | Filipe Humberto Martins da Silva | Individual | Senior Masculino | 55:23 | +28:32 | 06:55 |

Veterana F40

| | | | | | | | |
|----|-----|----------------------------|--|--------------|----------|--------|-------|
| 1 | 239 | Regina Gilvaz | Núcleo de Atletismo de Cucujães | Veterana F40 | 40:13 | +13:22 | 05:02 |
| 2 | 240 | Sara Costa | Núcleo de Atletismo de Cucujães | Veterana F40 | 40:38 | +13:47 | 05:05 |
| 3 | 32 | Elisabete Silva | AFIS/OVAR | Veterana F40 | 44:41 | +17:50 | 05:35 |
| 4 | 176 | Sandra Moreira | Individual | Veterana F40 | 45:48 | +18:57 | 05:44 |
| 5 | 7 | Michelle de Sá Mendes Novo | A Lebre e a Tartaruga | Veterana F40 | 52:02 | +25:11 | 06:30 |
| 6 | 235 | Alexandra Reboredo | Nascidos para correr associação desportiva | Veterana F40 | 52:35 | +25:44 | 06:34 |
| 7 | 175 | Maria dos Anjos | Individual | Veterana F40 | 52:59 | +26:07 | 06:37 |
| 8 | 283 | Isabel Azevedo | Villa Cesari / FLAMA | Veterana F40 | 57:56 | +31:05 | 07:15 |
| 9 | 226 | Inês Santos | JUVENTUDE ATLÉTICA MOZELENSE | Veterana F40 | 58:34 | +31:42 | 07:19 |
| 10 | 253 | Isabel Neves | Power Masters | Veterana F40 | 01:00:18 | +33:26 | 07:32 |

Veterano M40

| | | | | | | | |
|---|-----|-------------------|--|--------------|-------|--------|-------|
| 1 | 102 | António Fernandes | Grupo Desportivo e Cultural de Guilhovai | Veterano M40 | 28:05 | +01:14 | 03:31 |
|---|-----|-------------------|--|--------------|-------|--------|-------|

Prova Principal
8 KM
OFFICIAL RESULT

| | | | | | | | |
|----|-----|---------------------------------|--|--------------|-------|--------|-------|
| 2 | 100 | Vitor Barbosa | Grupo Desportivo e Cultural de Castelo de Paiva | Veterano M40 | 28:46 | +01:54 | 03:36 |
| 3 | 103 | Artur Rodrigues | Grupo Desportivo e Cultural de Guilhovai | Veterano M40 | 29:31 | +02:40 | 03:41 |
| 4 | 104 | Luis Silva | Grupo Desportivo e Cultural de Guilhovai | Veterano M40 | 30:01 | +03:09 | 03:45 |
| 5 | 43 | DANIEL RODRIGUES | ARVOR ASSOCIAÇÃO RECREATIVA OS VETERANOS D 'OVAR | Veterano M40 | 30:38 | +03:47 | 03:50 |
| 6 | 98 | Luís Santos | Grupo Desportivo e Cultural de Castelo de Paiva | Veterano M40 | 30:49 | +03:57 | 03:51 |
| 7 | 260 | Bruno Silva | Sportaz btt isolamais | Veterano M40 | 31:19 | +04:28 | 03:55 |
| 8 | 21 | Fernando Silva | ACR de Vale de Cambra | Veterano M40 | 31:22 | +04:30 | 03:55 |
| 9 | 64 | Ivan Silva | Caldas de São Jorge Sport Clube | Veterano M40 | 31:28 | +04:37 | 03:56 |
| 10 | 31 | Hélder Pinto | ADC CJ CLARK de Castelo De Paiva | Veterano M40 | 31:31 | +04:40 | 03:56 |
| 11 | 243 | João Dias | Núcleo de Atletismo de Cucujães | Veterano M40 | 31:40 | +04:49 | 03:58 |
| 12 | 185 | Fernando Santos | Individual | Veterano M40 | 31:56 | +05:04 | 04:00 |
| 13 | 51 | Nuno Silva | CAL - Clube Atletismo de Lamas | Veterano M40 | 32:11 | +05:20 | 04:01 |
| 14 | 209 | Paulo Sérgio Rodrigues da Silva | Individual | Veterano M40 | 32:16 | +05:24 | 04:02 |
| 15 | 204 | Miguel Silva | Individual | Veterano M40 | 32:33 | +05:41 | 04:04 |
| 16 | 34 | José Godinho | AFIS/OVAR | Veterano M40 | 32:35 | +05:44 | 04:04 |
| 17 | 227 | Daniel Gomes | JUVENTUDE ATLÉTICA MOZELENSE | Veterano M40 | 32:39 | +05:48 | 04:05 |
| 18 | 70 | ROGERIO CAMPOS | Clube Atletismo de Ovar | Veterano M40 | 32:43 | +05:51 | 04:05 |
| 19 | 206 | Paulo Gomes | Individual | Veterano M40 | 32:54 | +06:03 | 04:07 |
| 20 | 195 | Jorge Humberto Costa | Individual | Veterano M40 | 32:55 | +06:03 | 04:07 |
| 21 | 94 | Manuel valente | Grupo desoortivo são paio de oleiros | Veterano M40 | 33:17 | +06:26 | 04:10 |
| 22 | 202 | Márcio André Jesus Melo | Individual | Veterano M40 | 33:46 | +06:54 | 04:13 |
| 23 | 257 | Pedro Barbosa | Runners do Asfalto | Veterano M40 | 34:21 | +07:29 | 04:18 |
| 24 | 33 | José Figueiredo | AFIS/OVAR | Veterano M40 | 34:22 | +07:30 | 04:18 |
| 25 | 71 | RUI COSTA | Clube Atletismo de Ovar | Veterano M40 | 34:22 | +07:30 | 04:18 |
| 26 | 231 | Orlando Valente | Lourosa Em Movimento | Veterano M40 | 34:24 | +07:33 | 04:18 |
| 27 | 96 | Ricardo belinha | Grupo desoortivo são paio de oleiros | Veterano M40 | 35:17 | +08:25 | 04:25 |
| 28 | 219 | José Reis | J.A.Moselense | Veterano M40 | 35:36 | +08:44 | 04:27 |
| 29 | 46 | João Ferreira | C.D.C. SÃO MARTINHO DA GÂNDARA | Veterano M40 | 36:23 | +09:31 | 04:33 |
| 30 | 8 | Fernando Antunes | A NOZ | Veterano M40 | 36:26 | +09:35 | 04:33 |
| 31 | 244 | José Teixeira | Núcleo de Atletismo de Cucujães | Veterano M40 | 36:26 | +09:35 | 04:33 |
| 32 | 83 | Salvador Silva | CLUBE NOVO BANCO | Veterano M40 | 36:50 | +09:58 | 04:36 |
| 33 | 93 | Avelino Freitas | Grupo desoortivo são paio de oleiros | Veterano M40 | 37:03 | +10:12 | 04:38 |
| 34 | 254 | Sérgio Neves | Power Masters | Veterano M40 | 37:10 | +10:18 | 04:39 |
| 35 | 177 | Alfredo Braga Borges | Individual | Veterano M40 | 37:34 | +10:43 | 04:42 |
| 36 | 50 | Jorge Bernardino | CAL - Clube Atletismo de Lamas | Veterano M40 | 37:51 | +10:59 | 04:44 |
| 37 | 215 | Telmo Rui Aguiar leite | Individual | Veterano M40 | 38:10 | +11:19 | 04:46 |
| 38 | 284 | Abel Almeida | Villa Cesari / FLAMA | Veterano M40 | 38:13 | +11:21 | 04:47 |
| 39 | 210 | Paulo Silva | Individual | Veterano M40 | 38:13 | +11:21 | 04:47 |

Prova Principal

8 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

| | | | | | | | |
|----|-----|---|--|--------------|-------|--------|-------|
| 40 | 291 | Jorge Tavares | Individual | Veterano M40 | 38:32 | +11:40 | 04:49 |
| 41 | 201 | Marcelo Moreira | Individual | Veterano M40 | 38:49 | +11:58 | 04:51 |
| 42 | 286 | José Graça | Individual | Veterano M40 | 38:59 | +12:08 | 04:52 |
| 43 | 187 | Filipe António Rosmaninho Rolo Varandas Faria | Individual | Veterano M40 | 38:59 | +12:08 | 04:52 |
| 44 | 188 | Francisco Oliveira | Individual | Veterano M40 | 39:28 | +12:37 | 04:56 |
| 45 | 224 | José Manuel Martins Ferreira | JOBRA-Assoc.Jovens Branca | Veterano M40 | 39:29 | +12:37 | 04:56 |
| 46 | 246 | Eduardo soares | os figueiredos | Veterano M40 | 39:31 | +12:40 | 04:56 |
| 47 | 55 | Hugo Santos | Caldas de São Jorge Sport Clube | Veterano M40 | 39:39 | +12:47 | 04:57 |
| 48 | 193 | joice jesus | Individual | Veterano M40 | 39:46 | +12:54 | 04:58 |
| 49 | 205 | Nuno Teixeira | Individual | Veterano M40 | 39:47 | +12:56 | 04:58 |
| 50 | 285 | Vitor Sá | Villa Cesari / FLAMA | Veterano M40 | 39:55 | +13:03 | 04:59 |
| 51 | 45 | Cláudio Castro | C.D.C. SÃO MARTINHO DA GÂNDARA | Veterano M40 | 40:06 | +13:15 | 05:01 |
| 52 | 54 | Artur valente | Caldas de São Jorge Sport Clube | Veterano M40 | 40:28 | +13:37 | 05:04 |
| 53 | 35 | Pedro Necho | AFIS/OVAR | Veterano M40 | 41:02 | +14:11 | 05:08 |
| 54 | 245 | Cláudio Carvalho | os figueiredos | Veterano M40 | 42:38 | +15:46 | 05:20 |
| 55 | 200 | Manuel Oliveira | Individual | Veterano M40 | 42:47 | +15:56 | 05:21 |
| 56 | 256 | José Matos | RECREIO DESPORTIVO DE ÁGUEDA | Veterano M40 | 42:55 | +16:04 | 05:22 |
| 57 | 229 | Justino Soares | JUVENTUDE ATLÉTICA MOZELENSE | Veterano M40 | 43:05 | +16:14 | 05:23 |
| 58 | 181 | Arménio Neves | Individual | Veterano M40 | 43:22 | +16:30 | 05:25 |
| 59 | 211 | Pedro Cardoso | Individual | Veterano M40 | 44:10 | +17:19 | 05:31 |
| 60 | 119 | Hugo Sousa | Grupo Juvenil Pinheiro da Bemposta | Veterano M40 | 44:21 | +17:29 | 05:33 |
| 61 | 218 | Vitor M Cardoso | Individual | Veterano M40 | 44:24 | +17:32 | 05:33 |
| 62 | 53 | António Conceição | Caldas de São Jorge Sport Clube | Veterano M40 | 44:25 | +17:34 | 05:33 |
| 63 | 216 | Tiago Sá pinto | Individual | Veterano M40 | 45:37 | +18:45 | 05:42 |
| 64 | 264 | Porfírio Martins | TO NA PISTA | Veterano M40 | 45:52 | +19:01 | 05:44 |
| 65 | 287 | Antonio Silva | Individual | Veterano M40 | 46:10 | +19:18 | 05:46 |
| 66 | 212 | Rui Leite | Individual | Veterano M40 | 46:40 | +19:49 | 05:50 |
| 67 | 117 | Carlos Teixeira | Grupo Juvenil Pinheiro da Bemposta | Veterano M40 | 47:36 | +20:44 | 05:57 |
| 68 | 178 | Antonio Almeida | Individual | Veterano M40 | 47:48 | +20:56 | 05:59 |
| 69 | 198 | Luís oliveira | Individual | Veterano M40 | 47:48 | +20:56 | 05:59 |
| 70 | 281 | Manuel Valente | Villa Cesari / FLAMA | Veterano M40 | 48:13 | +21:21 | 06:02 |
| 71 | 179 | antonio costa | Individual | Veterano M40 | 49:36 | +22:45 | 06:12 |
| 72 | 236 | Adão Dias | Nascidos para correr associação desportiva | Veterano M40 | 51:19 | +24:28 | 06:25 |
| 73 | 228 | João Rodrigues | JUVENTUDE ATLÉTICA MOZELENSE | Veterano M40 | 51:24 | +24:32 | 06:26 |
| 74 | 180 | António Feliciano dos Santos Bastos | Individual | Veterano M40 | 51:33 | +24:42 | 06:27 |
| 75 | 247 | Normando Santos | OS KAGADOS | Veterano M40 | 52:59 | +26:08 | 06:37 |
| 76 | 81 | António Pinto | Clube Atletismo Estrelas do Marco de Canaveses | Veterano M40 | 52:59 | +26:08 | 06:37 |
| 77 | 199 | Manuel Conceição | Individual | Veterano M40 | 54:37 | +27:46 | 06:50 |
| 78 | 120 | PAULO RAMOS | Grupo Juvenil Pinheiro da Bemposta | Veterano M40 | 54:57 | +28:06 | 06:52 |

| | | |
|-----------------------------|-------|----------------------------|
| Official Timekeeper: Lap2Go | 4 / 5 | generate 06-Aug-2023 11:55 |
|-----------------------------|-------|----------------------------|

Prova Principal

8 KM

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

OFFICIAL RESULT

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

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|-----------|------------|-----------------------------|-------------------|---------------------|-----------------|---------------|--------------|
| 79 | 183 | Carlos Oliveira Paço | Individual | Veterano M40 | 01:02:26 | +35:35 | 07:48 |
|-----------|------------|-----------------------------|-------------------|---------------------|-----------------|---------------|--------------|

TEAM RESULTS - BENJAMINS A FEMININO

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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 | GRUPO JUVENIL PINHEIRO DA BEMPOSTA | 5 + 6 + 9 | 20 |

TEAM RESULTS - BENJAMINS A MASCULINO

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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 | GRUPO DESOORTIVO SÃO PAIO DE OLEIROS | 7 + 8 + 11 | 26 |

**TEAM RESULTS - PROVA PRINCIPAL
VETERANOS**

| RANK | TEAM | DESCRIPTION | POINTS |
|------|--|--------------|--------|
| 1 | GRUPO DESPORTIVO E CULTURAL DE GUILHOVAI | 1 + 3 + 4 | 8 |
| 2 | GRUPO DESOORTIVO SÃO PAIO DE OLEIROS | 21 + 27 + 33 | 81 |
| 3 | AFIS/OVAR | 16 + 24 + 53 | 93 |
| 4 | CALDAS DE SÃO JORGE SPORT CLUBE | 9 + 47 + 52 | 108 |
| 5 | JUVENTUDE ATLÉTICA MOZELENSE | 17 + 57 + 73 | 147 |
| 6 | VILLA CESARI / FLAMA | 38 + 50 + 70 | 158 |
| 7 | GRUPO JUVENIL PINHEIRO DA BEMPOSTA | 60 + 67 + 78 | 205 |