São Silvestre Cortegaça Esmoriz

Cortegaça, PT

09-December-2023

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

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

	Time	Temperature	Humidity
Start	17:00	17.5ºC	94%
End	18:28	16.3ºC	93%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	514	Tomás Silva	Sporting Clube de Portugal	30:57		03:06	
2	1504	Vitor Oliveira	Individual	31:26	+00:29	03:09	
3	20	Filipe Ferreira	ACR de Vale de Cambra	32:23	+01:26	03:14	
4	21	José Vieira	ACR de Vale de Cambra	32:24	+01:27	03:14	
5	531	Tomás Azevedo	União Desportiva de Várzea	34:24	+03:27	03:26	
6	214	Ricardo Gomes	Individual	34:51	+03:54	03:29	
7	73	CELSO LEITE	Clube Atletismo de Ovar	35:13	+04:16	03:31	
8	119	Jorge Cubal	GDC Guilhovai	35:19	+04:22	03:32	
9	512	Tiago Oliveira	Sporting Clube de Espinho / António Leitão	35:31	+04:34	03:33	
10	530	Marcelo Pinho Araújo	Tuga Mobile ADAP Trail	36:07	+05:10	03:37	
11	22	Marco Pinho	ACR de Vale de Cambra	36:09	+05:12	03:37	
12	311	Rui Antonio Silva Gomes	Individual	36:33	+05:36	03:39	
13	284	Rui Amador	Individual	36:39	+05:42	03:40	
14	212	Ricardo Filipe dos Reis Monteiro	Individual	36:56	+05:59	03:42	
15	374	Daniel Jose Silva Barros	Juventude Cortegacense	37:03	+06:06	03:42	
16	62	NUNO PAIS	CAL - Clube Atletismo de Lamas	37:09	+06:12	03:43	
17	466	Sara Carvalho	RECREIO DESPORTIVO DE ÁGUEDA	37:20	+06:23	03:44	
18	39	Antonio Nunes	ARADA ATLÉTICO CLUBE	37:33	+06:36	03:45	
19	403	Hugo Ferreira	Lourosa Em Movimento	37:38	+06:41	03:46	
20	117	Rui Almeida	GDC Codal | Vale de Cambra	37:43	+06:46	03:46	
21	327	Manuel Lázaro Pereira Silva	Individual	37:51	+06:54	03:47	
22	224	Vicente Bernat	Individual	38:04	+07:07	03:48	
23	427	Márcio André Jesus Melo	NS Trail Team	38:05	+07:08	03:48	
24	95	Bruno Pereira	COPO RUNNERS	38:05	+07:08	03:48	
25	510	Américo Santos	Sport Comércio e Salgueiros	38:05	+07:08	03:49	
26	196	Marco Marques	Individual	38:11	+07:14	03:49	
27	198	Miguel Marques	Individual	38:14	+07:17	03:49	
28	1502	Augusto Aluai	Individual	38:14	+07:17	03:49	
29	285	Sérgio Pinto Mota	Individual	38:21	+07:24	03:50	
30	173	Fábio Sousa	Individual	38:33	+07:36	03:51	
31	426	José Correia	NIGHT Runners Feira	38:34	+07:37	03:51	
32	37	Bruno Oliveira	ARADA ATLÉTICO CLUBE	38:35	+07:38	03:51	
33	112	José Costa	G.D.A RONDA	38:35	+07:38	03:51	
34	115	André Santos	GDC Codal | Vale de Cambra	38:36	+07:39	03:52	
35	65	Miguel Silva	Carregosa Lowlanders	38:47	+07:50	03:53	
36	307	Peter Silva	Individual	39:01	+08:04	03:54	
37	416	Filipe Oliveira	Milheirós de Poiares	39:02	+08:05	03:54	
38	113	Manuel Ferreira	G.D.A RONDA	39:02	+08:05	03:54	
39	69	Fernando Antunes	CDC Macieira de Cambra	39:04	+08:07	03:54	
40	511	Ricardo Pereira	Sporting Clube de Espinho / António Leitão	39:08	+08:11	03:55	
41	78	Mário Vaz	Clube Atletismo de Ovar	39:12	+08:15	03:55	
42	282	Ricardo Filipe Barbosa Ferreira	Individual	39:13	+08:16	03:55	

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	48	Rui Teixeira	Bravos e Bravitas	39:23	+08:26	03:56	
44	528	Vítor Pinho	TEN TEAM	39:24	+08:27	03:56	
45	41	Paulo Maia	ARADA ATLÉTICO CLUBE	39:39	+08:42	03:58	
46	491	Luís Oliveira	Running Esmoriz	39:43	+08:46	03:58	
47	110	Fábio Almeida	Family4syte	39:44	+08:47	03:58	
48	344	Jorge Luz	Individual	39:48	+08:51	03:59	
49	412	Mara Resende	Maia AC	39:49	+08:52	03:59	
50	25	Fernando Silva	ACR de Vale de Cambra	39:54	+08:57	03:59	
51	53	Nelson Reis	Bravos e Bravitas	39:59	+09:02	04:00	
52	518	Pedro Barbosa	SSPMSJM	40:06	+09:09	04:01	
53	97	Filipe Coelho	COPO RUNNERS	40:09	+09:12	04:01	
54	170	Eduardo Meireles	Individual	40:10	+09:13	04:01	
55	258	Daniel Rocha	Individual	40:15	+09:18	04:02	
56	159	Carlos Ferreira	Individual	40:18	+09:21	04:02	
57	404	Pedro Matos	Lourosa Em Movimento	40:27	+09:30	04:03	
58	18	Paulo Silva	ACD Os Ilhavos	40:34	+09:37	04:03	
59	116	Fábio Correia	GDC Codal | Vale de Cambra	40:37	+09:40	04:04	
60	397	Ernesto Marques Alves	Juventude Cortegacense	40:41	+09:44	04:04	
61	74	Tiago Ferreira	Clube Atletismo de Ovar	40:45	+09:48	04:04	
62	19	André Aniceto	ACR de Vale de Cambra	40:50	+09:53	04:05	
63	75	Carlos Sequeira	Clube Atletismo de Ovar	40:52	+09:55	04:05	
64	155	André Barbosa	Individual	40:54	+09:57	04:05	
65	193	Manuel Ferreira da Silva Pereira	Individual	40:59	+10:02	04:06	
66	30	Lara Costa	ARADA ATLÉTICO CLUBE	41:00	+10:03	04:06	
67	28	Fernando Almeida	AMA - ATLETISMO	41:02	+10:05	04:06	
68	76	Marco Silva	Atlético de Ovar	41:14	+10:17	04:07	
69	419	José Conceição	MSS Grupo Desportivo de Gondomar	41:15	+10:18	04:07	
70	271	Ludgero Meneses Couto	Individual	41:25	+10:28	04:08	
71	82	PEDRO LUÍS	Clube Desportivo Feirense	41:26	+10:29	04:09	
72	17	António Veiga	ACD Os Ilhavos	41:26	+10:29	04:09	
73	1514	Diogo Oliveira	Individual	41:29	+10:32	04:09	
74	179	Igor Gaio	Individual	41:33	+10:36	04:09	
75	56	Alcides Relvas	Bravos e Bravitas	41:41	+10:44	04:10	
76	47	Paulo bandalho	Bandalhos running	41:43	+10:46	04:10	
77	86	HELDER TEIXEIRA	Clube Desportivo Feirense	41:47	+10:50	04:11	
78	339	Ião Silva	Individual	41:50	+10:53	04:11	
79	533	Milton Silva	URIAH	41:53	+10:56	04:11	
80	357	CARLOS BAPTISTA	JAM - Juventude Atlética Mozelense	41:59	+11:02	04:12	
81	272	Luís Branco	Individual	42:07	+11:10	04:13	
82	534	Hugo Sousa	Vale Correr	42:09	+11:12	04:13	
83	66	André Nunes	CASA DO POVO DE MANGUALDE	42:10	+11:13	04:13	
84	23	Marco Soares	ACR de Vale de Cambra	42:11	+11:14	04:13	
85	382	Cecilio Manuel Silva Ferreira	Juventude Cortegacense	42:18	+11:21	04:14	
86	181	Ivo Reis Andrade Soares	Individual	42:20	+11:23	04:14	
87	538	Paulo Camboa	Zero2hero	42:21	+11:24	04:14	
88	335	Rui Henriques	Individual	42:23	+11:26	04:14	

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	32	Ricardo Costa	ARADA ATLÉTICO CLUBE	42:23	+11:26	04:14	
90	318	António Ribeiro	Individual	42:28	+11:31	04:15	
91	406	Ricardo Moreira	Lourosa Em Movimento	42:28	+11:31	04:15	
92	167	Diogo Barge	Individual	42:31	+11:34	04:15	
93	182	João Adérito	Individual	42:31	+11:34	04:15	
94	71	José Luis Santos	Cirac - Circulo de Recreio Arte e Cultura	42:46	+11:49	04:17	
95	526	Tiago Neto	TEN TEAM	42:47	+11:50	04:17	
96	221	Tiago Costa	Individual	42:48	+11:51	04:17	
97	208	Rafael Bravo	Individual	42:51	+11:54	04:17	
98	108	Rui Santos	Em último não ficamos	42:55	+11:58	04:18	
99	33	Ricardo Horta	ARADA ATLÉTICO CLUBE	42:57	+12:00	04:18	
100	15	Vitor Santos	ACAIL GAS	43:02	+12:05	04:18	
101	337	Serafim reis	Individual	43:05	+12:08	04:18	
102	180	Ivo Petiz	Individual	43:11	+12:14	04:19	
103	430	João Ribeiro	NSF ADVENTURE TEAM	43:13	+12:16	04:19	
104	414	FILIPE SILVA	MC Running	43:18	+12:21	04:20	
105	160	Carlos Osório Duarte Moreira	Individual	43:22	+12:25	04:20	
106	1503	Cristina Passos	Individual	43:22	+12:25	04:20	
107	118	José Correia	GDC Codal | Vale de Cambra	43:25	+12:28	04:20	
108	380	Williams da Conceição Rodriguez	Juventude Cortegacense	43:28	+12:31	04:21	
109	372	Marlene Silva Ferreira	Juventude Cortegacense	43:28	+12:31	04:21	
110	157	Armando da Silva Lopes	Individual	43:32	+12:35	04:21	
111	422	Sérgio Vieira	NASAMOTOR	43:33	+12:36	04:21	
112	79	ANA LUÍS	Clube Desportivo Feirense	43:34	+12:37	04:21	
113	140	Inês Gonçalves	Individual	43:35	+12:38	04:21	
114	219	Sérgio Coelho	Individual	43:35	+12:38	04:22	
115	269	Jacinto Manuel Rodrigues Oliveira	Individual	43:51	+12:54	04:23	
116	502	Carlos Jesus	RUNNING ESPINHO	43:52	+12:55	04:23	
117	401	Cristiano Tavares	KIRCHHOFF - KONECT Running team	43:53	+12:56	04:23	
118	281	Ricardo Doria Duarte	Individual	43:55	+12:58	04:23	
119	352	Salvador Fardilha	Individual	43:59	+13:02	04:24	
120	346	Manuel António Silva	Individual	43:59	+13:02	04:24	
121	61	João Santos	Caldas São Jorge Sport Clube	44:06	+13:09	04:25	
122	210	RENATO BASTOS	Individual	44:18	+13:21	04:26	
123	263	Filipe José Soares Marques	Individual	44:25	+13:28	04:26	
124	184	João Eduardo Penas	Individual	44:27	+13:30	04:27	
125	287	Vitor Moreira	Individual	44:28	+13:31	04:27	
126	458	Luis Gomes	Pastello Runners	44:31	+13:34	04:27	
127	98	Marcos Fonseca	COPO RUNNERS	44:32	+13:35	04:27	
128	96	Armando Sá	COPO RUNNERS	44:36	+13:39	04:28	
129	205	Paulo Ricardo Pereira da Costa	Individual	44:37	+13:40	04:28	
130	43	RICARDO PAIVA	ARCORUN	44:43	+13:46	04:28	
131	477	Nicolau Costa	Running Esmoriz	44:44	+13:47	04:28	
132	489	Afonso Costa	Running Esmoriz	44:48	+13:51	04:29	
133	68	Carlos Almeida	CASA DO POVO DE MANGUALDE	44:56	+13:59	04:30	
134	443	Sérgio Miguel Esteves Ruela	opraticante.pt	45:03	+14:06	04:30	

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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
135	183	João Alves	Individual	45:05	+14:08	04:30	
136	101	Nuno Pinho	Domingo levo um rádio	45:11	+14:14	04:31	
137	331	Paulo Manuel Ferreira da Silva	Individual	45:13	+14:16	04:31	
138	199	Miguel Ângelo Silva Sanches	Individual	45:14	+14:17	04:31	
139	94	Miguel Oliveira	COPO RUNNERS	45:15	+14:18	04:32	
140	200	Myke Santos	Individual	45:16	+14:19	04:32	
141	203	NUNO REIS	Individual	45:18	+14:21	04:32	
142	26	Luis Pinho	ADAC MACIEIRA DE SARNES	45:20	+14:23	04:32	
143	202	Nuno Pinho	Individual	45:20	+14:23	04:32	
144	437	José Salgueiro	Oficina das Medalhas Team Runner	45:21	+14:24	04:32	
145	462	Júlio Fontes	Plasma Veloz	45:31	+14:34	04:33	
146	418	David Martins	Moelas Atlético Clube	45:33	+14:36	04:33	
147	1513	Rodrigo nunes	Individual	45:33	+14:36	04:33	
148	100	Jorge Melo	Domingo levo um rádio	45:34	+14:37	04:33	
149	275	Márcio Oliveira	Individual	45:35	+14:38	04:34	
150	88	SÉRGIO NOGUEIRA	Clube Desportivo Feirense	45:40	+14:43	04:34	
151	301	Leonel Cuco	Individual	45:40	+14:43	04:34	
152	270	Joel Silva	Individual	45:42	+14:45	04:34	
153	111	Celso Silva	G.D.A RONDA	45:43	+14:46	04:34	
154	114	Paulo Mota	G.D.A RONDA	45:44	+14:47	04:34	
155	162	Clemente Santos	Individual	45:46	+14:49	04:35	
156	323	Jorge Lagareiro	Individual	45:49	+14:52	04:35	
157	413	MARA CÉLIA	MC Running	45:51	+14:54	04:35	
158	293	Eduardo Ferreira	Individual	45:54	+14:57	04:35	
159	415	PEDRO ROCHA	MC Running	45:54	+14:57	04:35	
160	83	Dora Sá	Clube Desportivo Feirense	45:56	+14:59	04:36	
161	40	Oscar Brandão	ARADA ATLÉTICO CLUBE	46:00	+15:03	04:36	
162	204	Paulo Pereira	Individual	46:01	+15:04	04:36	
163	291	Carlos Pereira Pinto	Individual	46:05	+15:08	04:36	
164	80	CÁTIA COELHO	Clube Desportivo Feirense	46:05	+15:08	04:36	
165	91	Miguel Lagrifa	CLUBE DO PESSOAL DA EDP	46:05	+15:08	04:37	
166	121	Tiago Oliveira	Grupo de Corrida de Argoncilhe	46:16	+15:19	04:38	
167	447	Rui Miguel Santos	Os Falta D'Ar	46:24	+15:27	04:38	
168	99	Fábio Vaz	DBL BIKE	46:25	+15:28	04:39	
169	144	Louise FRIEH	Individual	46:37	+15:40	04:40	
170	265	Filipe Marques	Individual	46:37	+15:40	04:40	
171	223	Valter Soares	Individual	46:38	+15:41	04:40	
172	296	Hélder Pereira	Individual	46:40	+15:43	04:40	
173	321	Fernando Magalhães	Individual	46:43	+15:46	04:40	
174	292	Carlos Silva	Individual	46:43	+15:46	04:40	
175	438	António Borges	Oficina das Medalhas Team Runner	46:50	+15:53	04:41	
176	434	Sara Nunes	Oficina das Medalhas Team Runner	46:51	+15:54	04:41	
177	191	Luís Filipe Lima Ramos de Castro Rocha	Individual	46:54	+15:57	04:41	
178	55	Sérgio Almeida	Bravos e Bravitas	46:57	+16:00	04:42	
179	316	Americo Silva Fonseca	Individual	46:57	+16:00	04:42	

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

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
180	206	Pedro Magolo	Individual	47:04	+16:07	04:42	
181	176	Helder de Oliveira Mendes	Individual	47:05	+16:08	04:42	
182	161	Carlos Rodrigues	Individual	47:06	+16:09	04:43	
183	451	Manuel Silva	Os Falta D'Ar	47:07	+16:10	04:43	
184	294	Filipe Ribeiro	Individual	47:25	+16:28	04:44	
185	192	Luís Pedro Preto Vicente	Individual	47:26	+16:29	04:45	
186	483	Carla Cardoso	Running Esmoriz	47:29	+16:32	04:45	
187	274	Marcio Oliveira	Individual	47:29	+16:32	04:45	
188	38	Rui Neves	ARADA ATLÉTICO CLUBE	47:33	+16:36	04:45	
189	24	Clotilde Santos	ACR de Vale de Cambra	47:37	+16:40	04:46	
190	126	Pedro Martins	H-RAKY	47:43	+16:46	04:46	
191	363	Daniela Onofre	JOBRA	47:44	+16:47	04:46	
192	369	Samuel Silva	Juventude Cortegacense	47:46	+16:49	04:47	
193	385	Nuno Miguel Gonçalves Araújo	Juventude Cortegacense	47:49	+16:52	04:47	
194	87	MARCO GONÇALVES	Clube Desportivo Feirense	47:51	+16:54	04:47	
195	421	Marco Paulo Soares de Oliveira	NASAMOTOR	47:52	+16:55	04:47	
196	478	Vareiro	Running Esmoriz	47:55	+16:58	04:47	
197	81	INÊS CORREIA	Clube Desportivo Feirense	47:55	+16:58	04:48	
198	493	Rui Miguel Silva	Running Esmoriz	47:56	+16:59	04:48	
199	455	Orlando Ribeiro	Os Falta D'Ar	48:03	+17:06	04:48	
200	513	Jose Pereira	Sporting Clube de Espinho / António Leitão	48:06	+17:09	04:49	
201	11	Inês Gonçalves	ACAIL GAS	48:08	+17:11	04:49	
202	383	Joao Paulo da Costa Oliveira	Juventude Cortegacense	48:12	+17:15	04:49	
203	261	Eduardo Amorim	Individual	48:13	+17:16	04:49	
204	409	João Sousa	Lourosa Em Movimento	48:18	+17:21	04:50	
205	165	Daniel Pereira	Individual	48:19	+17:22	04:50	
206	136	Filipa Liz	Individual	48:19	+17:22	04:50	
207	125	Óscar Almeida	H-RAKY	48:20	+17:23	04:50	
208	393	Sérgio Paulo Ferreira Oliveira	Juventude Cortegacense	48:23	+17:26	04:50	
209	264	Filipe Mário Silva Sousa	Individual	48:32	+17:35	04:51	
210	312	Rui Ferreira	Individual	48:42	+17:45	04:52	
211	407	Célia Santos	Lourosa Em Movimento	48:43	+17:46	04:52	
212	105	Danilo Maia	Em último não ficamos	48:46	+17:49	04:53	
213	246	Fátima Bastoa	Individual	48:53	+17:56	04:53	
214	253	André Manuel Oliveira Silva	Individual	48:53	+17:56	04:53	
215	218	Rui Sousa	Individual	48:54	+17:57	04:53	
216	172	Fábio Pinto	Individual	48:55	+17:58	04:53	
217	211	Renato Pereira	Individual	48:58	+18:01	04:54	
218	290	Carlos Marques	Individual	48:58	+18:01	04:54	
219	215	Ricardo Moreira Silva	Individual	48:58	+18:01	04:54	
220	315	Américo Oliveira	Individual	48:59	+18:02	04:54	
221	398	Manuel constantino silva	Juventude Cortegacense	48:59	+18:02	04:54	
222	289	Carlos Jorge Pinheiro Coelho	Individual	49:02	+18:05	04:54	
223	509	Fernando Pinto	Spinning-go	49:02	+18:05	04:54	
224	424	Luís rocha	NASAMOTOR	49:03	+18:06	04:54	
225	448	Manuel Ferreira	Os Falta D'Ar	49:05	+18:08	04:54	

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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
226	367	Ricardo Carvas Lisboa Varanda	Juventude Cortegacense	49:05	+18:08	04:55	
227	343	Daniel Gomes	Individual	49:14	+18:17	04:55	
228	84	GRAÇA BELEZA	Clube Desportivo Feirense	49:17	+18:20	04:56	
229	303	Nelson Gomes	Individual	49:19	+18:22	04:56	
230	169	Edgar Silva	Individual	49:22	+18:25	04:56	
231	209	Raul Oliveira	Individual	49:23	+18:26	04:56	
232	521	Abel Azevedo	Sunday Morning	49:23	+18:26	04:56	
233	405	Ricardo Duarte	Lourosa Em Movimento	49:27	+18:30	04:57	
234	194	Marcelo José Reis Oliveira Ramalho	Individual	49:27	+18:30	04:57	
235	306	Paulo Jorge	Individual	49:30	+18:33	04:57	
236	141	Isabel Fonseca	Individual	49:36	+18:39	04:58	
237	151	Palmira Vieira	Individual	49:38	+18:41	04:58	
238	102	Micaela Santos	Em último não ficamos	49:38	+18:41	04:58	
239	34	Paula Costa	ARADA ATLÉTICO CLUBE	49:41	+18:44	04:58	
240	277	Nuno Moreira	Individual	49:43	+18:46	04:58	
241	220	Telmo nunes	Individual	49:43	+18:46	04:58	
242	503	Mário Rui Dias	RUNNING ESPINHO	49:43	+18:46	04:58	
243	361	Domingos silva	Jesus Runners	49:44	+18:47	04:58	
244	338	Victor Sá	Individual	49:51	+18:54	04:59	
245	288	William Martinez	Individual	49:51	+18:54	04:59	
246	64	NUNO PEREIRA	CAL - Clube Atletismo de Lamas	49:52	+18:55	04:59	
247	453	Víctor Rente	Os Falta D'Ar	49:56	+18:59	05:00	
248	431	Catarina Azevedo	Núcleo de Atletismo de Cucujães	49:56	+18:59	05:00	
249	535	Jorge Santos	zentrum-group	50:00	+19:03	05:00	
250	340	Amílcar Benjamin Soares Ferreira	Individual	50:01	+19:04	05:00	
251	368	Ruben Tomas Soares de Castro	Juventude Cortegacense	50:02	+19:05	05:00	
252	254	António Cruz	Individual	50:03	+19:06	05:00	
253	256	Bruno Oliveira	Individual	50:03	+19:06	05:00	
254	67	Marco Andrade	CASA DO POVO DE MANGUALDE	50:03	+19:06	05:00	
255	190	Leandro Cardoso	Individual	50:05	+19:08	05:01	
256	517	Sérgio Guedes	SPRING MARK	50:09	+19:12	05:01	
257	330	Miguel Gouveia	Individual	50:13	+19:16	05:01	
258	460	Rui Araujo	Peixinhos do Rio	50:15	+19:18	05:02	
259	295	Francisco Oliveira	Individual	50:17	+19:20	05:02	
260	461	Sofia Coelho	Peixinhos do Rio	50:19	+19:22	05:02	
261	333	Paulo Santos	Individual	50:20	+19:23	05:02	
262	174	Fernando Resende	Individual	50:29	+19:32	05:03	
263	354	Vitorino Silva	Individual	50:31	+19:34	05:03	
264	27	Arlindo Silva	AFIS/OVAR	50:31	+19:34	05:03	
265	168	Edgar Rodrigues	Individual	50:34	+19:37	05:03	
266	386	Paulo Daniel Rola	Juventude Cortegacense	50:41	+19:44	05:04	
267	388	ANTONIO JULIO OLIVEIRA MOURA	Juventude Cortegacense	50:41	+19:44	05:04	
268	106	Luis Pinho	Em último não ficamos	50:42	+19:45	05:04	
269	266	Filipe Silva	Individual	50:43	+19:46	05:04	
270	302	Luis Silva	Individual	50:43	+19:46	05:04	

PROVA PRINCIPAL - STAGE 1 — 10 KM

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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
271	515	André Costa	SPRING MARK	50:44	+19:47	05:04	
272	92	Daniel Raposo	COALA	50:47	+19:50	05:05	
273	522	Cláudio Caldas	Sunday Morning	50:47	+19:50	05:05	
274	226	Alexandra Ferreira	Individual	50:48	+19:51	05:05	
275	468	André Pais	Rodelo Running Team	50:49	+19:52	05:05	
276	93	Jéssica Andrade	COPO RUNNERS	50:49	+19:52	05:05	
277	435	Alberto Vitelo	Oficina das Medalhas Team Runner	50:52	+19:55	05:05	
278	46	Beta santos	Bandalhos running	50:54	+19:57	05:05	
279	145	Lúcia Cândido	Individual	50:54	+19:57	05:05	
280	54	João Gomes	Bravos e Bravitas	50:56	+19:59	05:06	
281	442	Vitor Cardoso	Oficina das Medalhas Team Runner	51:06	+20:09	05:07	
282	490	Dominique Trindade	Running Esmoriz	51:06	+20:09	05:07	
283	89	ARMANDO ALMEIDA	Clube Desportivo Feirense	51:10	+20:13	05:07	
284	347	Manuel Oliveira	Individual	51:12	+20:15	05:07	
285	475	Lucas Silva	Running Esmoriz	51:12	+20:15	05:07	
286	252	Álvaro José Dias Carvalhinho	Individual	51:15	+20:18	05:07	
287	499	António Silva	Running Esmoriz	51:17	+20:20	05:08	
288	1510	Paulo Jesus	Individual	51:24	+20:27	05:08	
289	124	Frederico Martins	H-RAKY	51:29	+20:32	05:09	
290	365	Ivo Jose Moreira Valente	Juventude Cortegacense	51:35	+20:38	05:10	
291	299	José Miguel Ferreira Marques	Individual	51:40	+20:43	05:10	
292	239	Orquídea Sousa	Individual	51:46	+20:49	05:11	
293	497	Jorge Guerra	Running Esmoriz	51:47	+20:50	05:11	
294	147	Mariana Amaral Ventura Borges	Individual	51:51	+20:54	05:11	
295	195	Marco Correia	Individual	51:52	+20:55	05:11	
296	525	Rui Fardilha	Sunday Morning	51:59	+21:02	05:12	
297	123	Pedro Renato Familiar	H-RAKY	52:03	+21:06	05:12	
298	245	Carla Pinto	Individual	52:37	+21:40	05:16	
299	70	Helena Silva	Cirac - Circulo de Recreio Arte e Cultura	52:39	+21:42	05:16	
300	377	Nuno Miguel Silva Ferreira	Juventude Cortegacense	52:41	+21:44	05:16	
301	31	Vanessa Santos	ARADA ATLÉTICO CLUBE	52:43	+21:46	05:16	
302	362	Carina Gouveia	JOBRA	52:49	+21:52	05:17	
303	225	Vitor Miguel	Individual	52:50	+21:53	05:17	
304	494	Rui Pereira	Running Esmoriz	52:50	+21:53	05:17	
305	473	Vânia Silva	Running Esmoriz	52:51	+21:54	05:17	
306	138	Florbela Araujo	Individual	52:51	+21:54	05:17	
307	345	Luís Filipe Dias da Rocha e Santos	Individual	52:52	+21:55	05:17	
308	146	Maria Alexandra Afonso Domingues	Individual	52:56	+21:59	05:18	
309	227	Anabela Barata	Individual	52:58	+22:01	05:18	
310	29	Anabelle Vaz	ARADA ATLÉTICO CLUBE	53:01	+22:04	05:18	
311	474	André Assunção	Running Esmoriz	53:01	+22:04	05:18	
312	14	António Assunção	ACAIL GAS	53:02	+22:05	05:18	
313	13	Luis Novo	ACAIL GAS	53:04	+22:07	05:18	
314	156	André Tavares	Individual	53:05	+22:08	05:19	
315	378	Ricardo Gama Ferreira	Juventude Cortegacense	53:11	+22:14	05:19	
316	536	Rui Santos	zentrum-group	53:17	+22:20	05:20	

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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
317	241	Sara Carina Marques dos Reis Lourenço	Individual	53:18	+22:21	05:20	
318	501	Maurício Lins	Running Esmoriz	53:21	+22:24	05:20	
319	122	Fernando Silva	Grupo de Corrida de Argoncilhe	53:28	+22:31	05:21	
320	247	Fernanda Rocha	Individual	53:30	+22:33	05:21	
321	498	Rui Marques	Running Esmoriz	53:30	+22:33	05:21	
322	77	Arlindo Silva	Atlético de Ovar	53:32	+22:35	05:21	
323	255	Antonio Jose Moreira Sousa	Individual	53:34	+22:37	05:21	
324	251	Álvaro costa	Individual	53:35	+22:38	05:22	
325	360	Álvaro Oliveira	Jesus Runners	53:36	+22:39	05:22	
326	358	Pedro silva	Jesus Runners	53:36	+22:39	05:22	
327	359	Anabela Oliveira	Jesus Runners	53:36	+22:39	05:22	
328	355	CÁTIA BAPTISTA	JAM - Juventude Atlética Mozelense	53:40	+22:43	05:22	
329	90	MANUEL MONTEIRO	Clube Desportivo Feirense	53:41	+22:44	05:22	
330	250	Suzana Duarte	Individual	53:41	+22:44	05:22	
331	85	Sonia Beleza	Clube Desportivo Feirense	53:41	+22:44	05:22	
332	410	Pedro Oliveira	Made in Madness	53:45	+22:48	05:23	
333	131	ANG Cécile	Individual	53:54	+22:57	05:23	
334	500	Joaquim Pinto	Running Esmoriz	53:55	+22:58	05:23	
335	454	António Godinho	Os Falta D'Ar	53:57	+23:00	05:24	
336	143	Joana Araújo	Individual	54:06	+23:09	05:25	
337	479	Zé Paulo	Running Esmoriz	54:08	+23:11	05:25	
338	472	Silvana Lopes	Running Esmoriz	54:08	+23:11	05:25	
339	492	Paulo Reis	Running Esmoriz	54:08	+23:11	05:25	
340	185	João Gabriel Peixoto Guimarães	Individual	54:31	+23:34	05:27	
341	495	Tiago Assunção	Running Esmoriz	54:34	+23:37	05:27	
342	524	Manuel jorge	Sunday Morning	54:36	+23:39	05:28	
343	319	Eduardo Azevedo	Individual	54:37	+23:40	05:28	
344	411	Samuel David Campos Barrezueta	Made in Madness	54:41	+23:44	05:28	
345	45	PEDRO MELO	ARCORUN	54:42	+23:45	05:28	
346	72	Oscar Magolo	Cirac - Circulo de Recreio Arte e Cultura	54:46	+23:49	05:29	
347	175	Francisco de Oliveira Vieira	Individual	54:50	+23:53	05:29	
348	449	Rui Edgar Santos	Os Falta D'Ar	54:53	+23:56	05:29	
349	520	Joao Valente	Sunday Morning	54:53	+23:56	05:29	
350	186	João Ildefonso	Individual	54:57	+24:00	05:30	
351	496	Amandio Mendes	Running Esmoriz	55:03	+24:06	05:30	
352	349	Manuel Silva	Individual	55:08	+24:11	05:31	
353	481	Bianca Bernard	Running Esmoriz	55:09	+24:12	05:31	
354	488	Virgínia Costa	Running Esmoriz	55:12	+24:15	05:31	
355	35	Sónia Silva	ARADA ATLÉTICO CLUBE	55:16	+24:19	05:32	
356	1506	Ricardo Resende	Individual	55:16	+24:19	05:32	
357	42	Manuel Ferreira	ARADA ATLÉTICO CLUBE	55:17	+24:20	05:32	
358	304	Noel Oliveira	Individual	55:17	+24:20	05:32	
359	310	Rony Santos	Individual	55:44	+24:47	05:34	
360	238	Mónica Pereira	Individual	55:46	+24:49	05:35	
361	356	AUGUSTO BAPTISTA	JAM - Juventude Atlética Mozelense	55:51	+24:54	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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
362	402	Vera	Lourosa Em Movimento	55:57	+25:00	05:36	
363	107	Ricky Silva	Em último não ficamos	56:00	+25:03	05:36	
364	12	Flávio Oliveira	ACAIL GAS	56:34	+25:37	05:39	
365	104	Bruno Jorge	Em último não ficamos	56:35	+25:38	05:39	
366	532	António Carvalho	URIAH	56:35	+25:38	05:39	
367	257	Daniel Fernando Silva	Individual	56:41	+25:44	05:40	
368	207	Pedro Moreira	Individual	56:42	+25:45	05:40	
369	390	Helder Cesar Gomes Candal Correia	Juventude Cortegacense	56:54	+25:57	05:41	
370	529	Ana Soraia Freitas Sousa	Tuga Mobile ADAP Trail	56:57	+26:00	05:42	
371	1528	Henrique Neves	Individual	56:58	+26:01	05:42	
372	314	Urbino Santos	Individual	56:58	+26:01	05:42	
373	36	Arnaldo Cardoso	ARADA ATLÉTICO CLUBE	57:01	+26:04	05:42	
374	308	Pierre Miglierina	Individual	57:12	+26:15	05:43	
375	392	Nelson Sergil Carvalho Azevedo	Juventude Cortegacense	57:15	+26:18	05:44	
376	222	Tiago Lopes	Individual	57:26	+26:29	05:45	
377	197	Mário Fonseca	Individual	57:32	+26:36	05:45	
378	171	Emanuel Coelho	Individual	57:41	+26:44	05:46	
379	480	Andreina Assunção	Running Esmoriz	57:41	+26:44	05:46	
380	408	Ana Teixeira	Lourosa Em Movimento	57:41	+26:44	05:46	
381	63	BELMIRO LOPES	CAL - Clube Atletismo de Lamas	57:41	+26:44	05:46	
382	230	Carla Sofia Monteiro Durães	Individual	57:43	+26:46	05:46	
383	334	Paulo santos	Individual	57:54	+26:57	05:47	
384	505	Ana Belinha	Spinning-go	57:56	+26:59	05:48	
385	507	Madalena Gil	Spinning-go	57:56	+26:59	05:48	
386	58	BRUNA REIS	CAL - Clube Atletismo de Lamas	58:03	+27:06	05:48	
387	366	Pedro Nuno Sousa Gomes	Juventude Cortegacense	58:12	+27:15	05:49	
388	486	Orquídea Gomes	Running Esmoriz	58:12	+27:15	05:49	
389	375	Daniel Moreira da Silva	Juventude Cortegacense	58:19	+27:22	05:50	
390	148	Marta Aleixo	Individual	58:22	+27:25	05:50	
391	240	Rossana Ferreira	Individual	58:24	+27:27	05:50	
392	280	Renato Espírito Santo	Individual	58:25	+27:28	05:50	
393	1507	Américo Costa	Individual	58:26	+27:29	05:51	
394	235	FILIPA RIBEIRO	Individual	58:29	+27:32	05:51	
395	279	Quimanel R.	Individual	58:30	+27:33	05:51	
396	376	Miguel Pinheiro Matos	Juventude Cortegacense	58:33	+27:36	05:51	
397	379	Virgilio Cesar Tavares Valente	Juventude Cortegacense	58:33	+27:36	05:51	
398	364	Ines Gomes Cardoso	Juventude Cortegacense	58:34	+27:37	05:51	
399	395	Celso Lino Oliveira Gomes	Juventude Cortegacense	58:34	+27:37	05:51	
400	50	Silvia Ferreira	Bravos e Bravitas	58:34	+27:37	05:51	
401	51	Fátima Lopes	Bravos e Bravitas	58:35	+27:38	05:51	
402	49	Paula Soares	Bravos e Bravitas	58:35	+27:38	05:51	
403	391	Jorge Fernando Silva Marques Coelho	Juventude Cortegacense	59:10	+28:13	05:55	
404	373	Anabela dos Santos Marques	Juventude Cortegacense	59:10	+28:13	05:55	
405	370	Catarina Rodrigues Sa Ferreira	Juventude Cortegacense	59:24	+28:27	05:56	
406	440	António Costa	Oficina das Medalhas Team Runner	59:31	+28:34	05:57	

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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
407	276	Nuno Jorge Martins da Silva	Individual	01:00:22	+29:25	06:02	
408	187	João Moreira	Individual	01:00:32	+29:35	06:03	
409	485	Maribel Oliveira	Running Esmoriz	01:00:40	+29:43	06:04	
410	482	Nádia Oliveira	Running Esmoriz	01:00:41	+29:44	06:04	
411	248	Olga Brandão	Individual	01:01:14	+30:17	06:07	
412	134	Daniela Patrícia Pinho Silva	Individual	01:01:25	+30:28	06:08	
413	484	Maria Manuel Soares	Running Esmoriz	01:01:27	+30:30	06:09	
414	129	Ana Silva	Individual	01:01:38	+30:41	06:10	
415	278	Paulo Pádua	Individual	01:02:03	+31:06	06:12	
416	142	Isabela Rodrigues	Individual	01:02:03	+31:06	06:12	
417	400	Filipa Pinho	KIRCHHOFF - KONECT Running team	01:02:21	+31:24	06:14	
418	132	Cátia Costa	Individual	01:02:22	+31:25	06:14	
419	469	Elvira Bento	Running Esmoriz	01:02:23	+31:26	06:14	
420	470	Mara Silva	Running Esmoriz	01:02:23	+31:26	06:14	
421	325	JORGE MOTA	Individual	01:02:28	+31:31	06:15	
422	439	Emília Teixeira	Oficina das Medalhas Team Runner	01:02:48	+31:51	06:17	
423	436	Sandra Salgueiro	Oficina das Medalhas Team Runner	01:02:49	+31:52	06:17	
424	109	Ana Almeida	Family4syte	01:02:51	+31:54	06:17	
425	130	Ana Tavares	Individual	01:02:58	+32:01	06:18	
426	158	Bruno Gil	Individual	01:03:11	+32:14	06:19	
427	324	Jorge Manuel Soares de Brito	Individual	01:03:42	+32:45	06:22	
428	298	José António Ferreira Andrade	Individual	01:03:42	+32:45	06:22	
429	232	Claudia Costa	Individual	01:03:48	+32:51	06:23	
430	329	Marcelo Moreira	Individual	01:03:49	+32:52	06:23	
431	506	Sónia Bento	Spinning-go	01:03:53	+32:56	06:23	
432	508	Filipe Sousa	Spinning-go	01:03:53	+32:56	06:23	
433	59	ANA PAIS	CAL - Clube Atletismo de Lamas	01:04:24	+33:27	06:26	
434	456	Raimundo Silva	Os Falta D'Ar	01:04:24	+33:27	06:26	
435	487	Sofia Martins	Running Esmoriz	01:04:47	+33:50	06:29	
436	178	Henrique Pereira de Sousa	Individual	01:05:09	+34:12	06:31	
437	399	Paulo Castelo	Juventude Cortegacense	01:05:15	+34:18	06:32	
438	394	Augusto Santos Silva	Juventude Cortegacense	01:05:16	+34:19	06:32	
439	351	Rufino Tavares	Individual	01:05:17	+34:20	06:32	
440	188	João Neves	Individual	01:05:25	+34:28	06:33	
441	135	Eduarda Gouveia	Individual	01:05:26	+34:29	06:33	
442	539	Serafim Coutinho	Zero2hero	01:05:30	+34:33	06:33	
443	537	Teresa Coutinho	Zero2hero	01:05:39	+34:42	06:34	
444	459	Fernando Peixoto	Peixinhos do Rio	01:05:45	+34:48	06:35	
445	242	Tânia Sofia Dias Gonçalves	Individual	01:06:30	+35:33	06:39	
446	273	Márcio Costa	Individual	01:06:30	+35:33	06:39	
447	128	Ana Lúcia S Carvalho	Individual	01:07:03	+36:06	06:42	
448	350	Mário Fernando Ferreira Oliveira	Individual	01:07:22	+36:25	06:44	
449	283	Rúben Faria	Individual	01:07:37	+36:40	06:46	
450	286	Tiago Carriola	Individual	01:07:46	+36:49	06:47	
451	16	Luis Oliveira	ACAIL GAS	01:07:49	+36:52	06:47	
452	445	Gil Rua	Ori-Estarreja	01:08:05	+37:08	06:49	

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

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
453	237	Joana Leite	Individual	01:08:14	+37:17	06:49	
454	313	Tiago Manuel Valente Silva	Individual	01:08:29	+37:32	06:51	
455	452	Pedro Guedes	Os Falta D'Ar	01:08:42	+37:45	06:52	
456	322	João Paulino	Individual	01:09:46	+38:49	06:59	
457	234	Dalila Gomes	Individual	01:09:46	+38:49	06:59	
458	476	Luís Oliveira	Running Esmoriz	01:09:58	+39:01	07:00	
459	471	Sandra Grave	Running Esmoriz	01:09:58	+39:01	07:00	
460	150	Mónica Lopes Parente	Individual	01:10:26	+39:29	07:03	
461	133	Cláudia Duarte	Individual	01:10:31	+39:34	07:03	
462	127	Ana Guiomar	Individual	01:10:33	+39:36	07:03	
463	139	Inês Dias	Individual	01:10:33	+39:36	07:03	
464	371	Cristina Maria Rodrigues Sá	Juventude Cortegacense	01:10:35	+39:38	07:03	
465	444	Rafaela Rua	Ori-Estarreja	01:10:36	+39:39	07:04	
466	326	José Silva	Individual	01:11:12	+40:15	07:07	
467	516	Ana Pinho	SPRING MARK	01:11:13	+40:16	07:07	
468	328	Manuel NEVES	Individual	01:14:28	+43:31	07:27	
469	149	Mónica Ferreira	Individual	01:14:42	+43:45	07:28	
470	464	Maria Inês Brandão	Ratos do Asfalto	01:20:21	+49:24	08:02	
471	465	António Brandão	Ratos do Asfalto	01:20:21	+49:24	08:02	
472	441	Berta Salgueiro	Oficina das Medalhas Team Runner	01:27:52	+56:55	08:47	

São Silvestre Cortegaça Esmoriz

Cortegaça, PT

09-December-2023

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

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

	Time	Temperature	Humidity
Start	17:00	17.5ºC	94%
End	18:28	16.3ºC	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	466	Sara Carvalho	RECREIO DESPORTIVO DE ÁGUEDA	Senior Feminino	37:20		03:44
2	412	Mara Resende	Maia AC	Senior Feminino	39:49	+02:29	03:59
3	30	Lara Costa	ARADA ATLÉTICO CLUBE	Senior Feminino	41:00	+03:39	04:06
4	79	ANA LUÍS	Clube Desportivo Feirense	Senior Feminino	43:34	+06:14	04:21
5	140	Inês Gonçalves	Individual	Senior Feminino	43:35	+06:14	04:21
6	80	CÁTIA COELHO	Clube Desportivo Feirense	Senior Feminino	46:05	+08:44	04:36
7	144	Louise FRIEH	Individual	Senior Feminino	46:37	+09:16	04:40
8	363	Daniela Onofre	JOBRA	Senior Feminino	47:44	+10:23	04:46
9	81	INÊS CORREIA	Clube Desportivo Feirense	Senior Feminino	47:55	+10:35	04:48
10	11	Inês Gonçalves	ACAIL GAS	Senior Feminino	48:08	+10:48	04:49
11	136	Filipa Liz	Individual	Senior Feminino	48:19	+10:59	04:50
12	141	Isabel Fonseca	Individual	Senior Feminino	49:36	+12:16	04:58
13	151	Palmira Vieira	Individual	Senior Feminino	49:38	+12:17	04:58
14	102	Micaela Santos	Em último não ficamos	Senior Feminino	49:38	+12:18	04:58
15	93	Jéssica Andrade	COPO RUNNERS	Senior Feminino	50:49	+13:29	05:05
16	145	Lúcia Cândido	Individual	Senior Feminino	50:54	+13:34	05:05
17	147	Mariana Amaral Ventura Borges	Individual	Senior Feminino	51:51	+14:30	05:11
18	31	Vanessa Santos	ARADA ATLÉTICO CLUBE	Senior Feminino	52:43	+15:23	05:16
19	362	Carina Gouveia	JOBRA	Senior Feminino	52:49	+15:28	05:17
20	473	Vânia Silva	Running Esmoriz	Senior Feminino	52:51	+15:30	05:17
21	138	Florbela Araujo	Individual	Senior Feminino	52:51	+15:31	05:17
22	146	Maria Alexandra Afonso Domingues	Individual	Senior Feminino	52:56	+15:35	05:18
23	29	Anabelle Vaz	ARADA ATLÉTICO CLUBE	Senior Feminino	53:01	+15:41	05:18
24	355	CÁTIA BAPTISTA	JAM - Juventude Atlética Mozelense	Senior Feminino	53:40	+16:20	05:22
25	131	ANG Cécile	Individual	Senior Feminino	53:54	+16:33	05:23
26	143	Joana Araújo	Individual	Senior Feminino	54:06	+16:46	05:25
27	472	Silvana Lopes	Running Esmoriz	Senior Feminino	54:08	+16:48	05:25
28	402	Vera	Lourosa Em Movimento	Senior Feminino	55:57	+18:37	05:36
29	529	Ana Soraia Freitas Sousa	Tuga Mobile ADAP Trail	Senior Feminino	56:57	+19:37	05:42
30	58	BRUNA REIS	CAL - Clube Atletismo de Lamas	Senior Feminino	58:03	+20:43	05:48
31	148	Marta Aleixo	Individual	Senior Feminino	58:22	+21:02	05:50
32	364	Ines Gomes Cardoso	Juventude Cortegacense	Senior Feminino	58:34	+21:13	05:51
33	134	Daniela Patrícia Pinho Silva	Individual	Senior Feminino	01:01:25	+24:04	06:08
34	129	Ana Silva	Individual	Senior Feminino	01:01:38	+24:18	06:10
35	142	Isabela Rodrigues	Individual	Senior Feminino	01:02:03	+24:43	06:12
36	400	Filipa Pinho	KIRCHHOFF - KONECT Running team	Senior Feminino	01:02:21	+25:01	06:14
37	132	Cátia Costa	Individual	Senior Feminino	01:02:22	+25:01	06:14

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

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

38	469	Elvira Bento	Running Esmoriz	Senior Feminino	01:02:23	+25:02	06:14
39	470	Mara Silva	Running Esmoriz	Senior Feminino	01:02:23	+25:03	06:14
40	109	Ana Almeida	Family4syte	Senior Feminino	01:02:51	+25:31	06:17
41	130	Ana Tavares	Individual	Senior Feminino	01:02:58	+25:38	06:18
42	135	Eduarda Gouveia	Individual	Senior Feminino	01:05:26	+28:05	06:33
43	537	Teresa Coutinho	Zero2hero	Senior Feminino	01:05:39	+28:19	06:34
44	128	Ana Lúcia S Carvalho	Individual	Senior Feminino	01:07:03	+29:42	06:42
45	471	Sandra Grave	Running Esmoriz	Senior Feminino	01:09:58	+32:37	07:00
46	150	Mónica Lopes Parente	Individual	Senior Feminino	01:10:26	+33:06	07:03
47	133	Cláudia Duarte	Individual	Senior Feminino	01:10:31	+33:11	07:03
48	127	Ana Guiomar	Individual	Senior Feminino	01:10:33	+33:12	07:03
49	139	Inês Dias	Individual	Senior Feminino	01:10:33	+33:13	07:03
50	149	Mónica Ferreira	Individual	Senior Feminino	01:14:42	+37:21	07:28
51	464	Maria Inês Brandão	Ratos do Asfalto	Senior Feminino	01:20:21	+43:01	08:02

Senior Masculino

1	514	Tomás Silva	Sporting Clube de Portugal	Senior Masculino	30:57		03:06
2	20	Filipe Ferreira	ACR de Vale de Cambra	Senior Masculino	32:23	+01:26	03:14
3	21	José Vieira	ACR de Vale de Cambra	Senior Masculino	32:24	+01:27	03:14
4	531	Tomás Azevedo	União Desportiva de Várzea	Senior Masculino	34:24	+03:26	03:26
5	214	Ricardo Gomes	Individual	Senior Masculino	34:51	+03:54	03:29
6	73	CELSO LEITE	Clube Atletismo de Ovar	Senior Masculino	35:13	+04:15	03:31
7	119	Jorge Cubal	GDC Guilhovai	Senior Masculino	35:19	+04:22	03:32
8	530	Marcelo Pinho Araújo	Tuga Mobile ADAP Trail	Senior Masculino	36:07	+05:10	03:37
9	22	Marco Pinho	ACR de Vale de Cambra	Senior Masculino	36:09	+05:12	03:37
10	212	Ricardo Filipe dos Reis Monteiro	Individual	Senior Masculino	36:56	+05:58	03:42
11	403	Hugo Ferreira	Lourosa Em Movimento	Senior Masculino	37:38	+06:40	03:46
12	224	Vicente Bernat	Individual	Senior Masculino	38:04	+07:06	03:48
13	196	Marco Marques	Individual	Senior Masculino	38:11	+07:13	03:49
14	198	Miguel Marques	Individual	Senior Masculino	38:14	+07:16	03:49
15	173	Fábio Sousa	Individual	Senior Masculino	38:33	+07:35	03:51
16	115	André Santos	GDC Codal | Vale de Cambra	Senior Masculino	38:36	+07:38	03:52
17	416	Filipe Oliveira	Milheirós de Poiares	Senior Masculino	39:02	+08:04	03:54
18	511	Ricardo Pereira	Sporting Clube de Espinho / António Leitão	Senior Masculino	39:08	+08:11	03:55
19	48	Rui Teixeira	Bravos e Bravitas	Senior Masculino	39:23	+08:26	03:56
20	110	Fábio Almeida	Family4syte	Senior Masculino	39:44	+08:46	03:58
21	170	Eduardo Meireles	Individual	Senior Masculino	40:10	+09:12	04:01
22	159	Carlos Ferreira	Individual	Senior Masculino	40:18	+09:20	04:02
23	404	Pedro Matos	Lourosa Em Movimento	Senior Masculino	40:27	+09:29	04:03
24	116	Fábio Correia	GDC Codal | Vale de Cambra	Senior Masculino	40:37	+09:39	04:04
25	74	Tiago Ferreira	Clube Atletismo de Ovar	Senior Masculino	40:45	+09:47	04:04
26	19	André Aniceto	ACR de Vale de Cambra	Senior Masculino	40:50	+09:53	04:05
27	155	André Barbosa	Individual	Senior Masculino	40:54	+09:56	04:05
28	193	Manuel Ferreira da Silva Pereira	Individual	Senior Masculino	40:59	+10:01	04:06

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

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

29	82	PEDRO LUÍS	Clube Desportivo Feirense	Senior Masculino	41:26	+10:29	04:09
30	17	António Veiga	ACD Os Ilhavos	Senior Masculino	41:26	+10:29	04:09
31	1514	Diogo Oliveira	Individual	Senior Masculino	41:29	+10:32	04:09
32	179	Igor Gaio	Individual	Senior Masculino	41:33	+10:35	04:09
33	533	Milton Silva	URIAH	Senior Masculino	41:53	+10:55	04:11
34	534	Hugo Sousa	Vale Correr	Senior Masculino	42:09	+11:12	04:13
35	66	André Nunes	CASA DO POVO DE MANGUALDE	Senior Masculino	42:10	+11:12	04:13
36	23	Marco Soares	ACR de Vale de Cambra	Senior Masculino	42:11	+11:14	04:13
37	181	Ivo Reis Andrade Soares	Individual	Senior Masculino	42:20	+11:23	04:14
38	538	Paulo Camboa	Zero2hero	Senior Masculino	42:21	+11:24	04:14
39	32	Ricardo Costa	ARADA ATLÉTICO CLUBE	Senior Masculino	42:23	+11:26	04:14
40	406	Ricardo Moreira	Lourosa Em Movimento	Senior Masculino	42:28	+11:31	04:15
41	167	Diogo Barge	Individual	Senior Masculino	42:31	+11:33	04:15
42	182	João Adérito	Individual	Senior Masculino	42:31	+11:34	04:15
43	526	Tiago Neto	TEN TEAM	Senior Masculino	42:47	+11:49	04:17
44	221	Tiago Costa	Individual	Senior Masculino	42:48	+11:50	04:17
45	208	Rafael Bravo	Individual	Senior Masculino	42:51	+11:53	04:17
46	108	Rui Santos	Em último não ficamos	Senior Masculino	42:55	+11:58	04:18
47	33	Ricardo Horta	ARADA ATLÉTICO CLUBE	Senior Masculino	42:57	+11:59	04:18
48	180	Ivo Petiz	Individual	Senior Masculino	43:11	+12:14	04:19
49	160	Carlos Osório Duarte Moreira	Individual	Senior Masculino	43:22	+12:24	04:20
50	157	Armando da Silva Lopes	Individual	Senior Masculino	43:32	+12:34	04:21
51	422	Sérgio Vieira	NASAMOTOR	Senior Masculino	43:33	+12:35	04:21
52	219	Sérgio Coelho	Individual	Senior Masculino	43:35	+12:38	04:22
53	502	Carlos Jesus	RUNNING ESPINHO	Senior Masculino	43:52	+12:54	04:23
54	401	Cristiano Tavares	KIRCHHOFF - KONECT Running team	Senior Masculino	43:53	+12:55	04:23
55	210	RENATO BASTOS	Individual	Senior Masculino	44:18	+13:20	04:26
56	184	João Eduardo Penas	Individual	Senior Masculino	44:27	+13:29	04:27
57	205	Paulo Ricardo Pereira da Costa	Individual	Senior Masculino	44:37	+13:40	04:28
58	477	Nicolau Costa	Running Esmoriz	Senior Masculino	44:44	+13:46	04:28
59	443	Sérgio Miguel Esteves Ruela	opraticante.pt	Senior Masculino	45:03	+14:05	04:30
60	183	João Alves	Individual	Senior Masculino	45:05	+14:07	04:30
61	199	Miguel Ângelo Silva Sanches	Individual	Senior Masculino	45:14	+14:16	04:31
62	94	Miguel Oliveira	COPO RUNNERS	Senior Masculino	45:15	+14:18	04:32
63	200	Myke Santos	Individual	Senior Masculino	45:16	+14:18	04:32
64	203	NUNO REIS	Individual	Senior Masculino	45:18	+14:20	04:32
65	202	Nuno Pinho	Individual	Senior Masculino	45:20	+14:22	04:32
66	462	Júlio Fontes	Plasma Veloz	Senior Masculino	45:31	+14:34	04:33
67	418	David Martins	Moelas Atlético Clube	Senior Masculino	45:33	+14:35	04:33
68	162	Clemente Santos	Individual	Senior Masculino	45:46	+14:48	04:35
69	204	Paulo Pereira	Individual	Senior Masculino	46:01	+15:03	04:36
70	99	Fábio Vaz	DBL BIKE	Senior Masculino	46:25	+15:28	04:39
71	223	Valter Soares	Individual	Senior Masculino	46:38	+15:40	04:40
72	191	Luís Filipe Lima Ramos de Castro Rocha	Individual	Senior Masculino	46:54	+15:57	04:41

Prova Principal

10 KM

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

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

73	206	Pedro Magolo	Individual	Senior Masculino	47:04	+16:06	04:42
74	176	Helder de Oliveira Mendes	Individual	Senior Masculino	47:05	+16:07	04:42
75	161	Carlos Rodrigues	Individual	Senior Masculino	47:06	+16:08	04:43
76	192	Luís Pedro Preto Vicente	Individual	Senior Masculino	47:26	+16:29	04:45
77	369	Samuel Silva	Juventude Cortegacense	Senior Masculino	47:46	+16:48	04:47
78	421	Marco Paulo Soares de Oliveira	NASAMOTOR	Senior Masculino	47:52	+16:54	04:47
79	478	Vareiro	Running Esmoriz	Senior Masculino	47:55	+16:57	04:47
80	165	Daniel Pereira	Individual	Senior Masculino	48:19	+17:21	04:50
81	105	Danilo Maia	Em último não ficamos	Senior Masculino	48:46	+17:49	04:53
82	218	Rui Sousa	Individual	Senior Masculino	48:54	+17:56	04:53
83	172	Fábio Pinto	Individual	Senior Masculino	48:55	+17:57	04:53
84	211	Renato Pereira	Individual	Senior Masculino	48:58	+18:00	04:54
85	215	Ricardo Moreira Silva	Individual	Senior Masculino	48:58	+18:00	04:54
86	367	Ricardo Carvas Lisboa Varanda	Juventude Cortegacense	Senior Masculino	49:05	+18:08	04:55
87	169	Edgar Silva	Individual	Senior Masculino	49:22	+18:25	04:56
88	209	Raul Oliveira	Individual	Senior Masculino	49:23	+18:25	04:56
89	405	Ricardo Duarte	Lourosa Em Movimento	Senior Masculino	49:27	+18:29	04:57
90	194	Marcelo José Reis Oliveira Ramalho	Individual	Senior Masculino	49:27	+18:29	04:57
91	220	Telmo nunes	Individual	Senior Masculino	49:43	+18:45	04:58
92	535	Jorge Santos	zentrum-group	Senior Masculino	50:00	+19:02	05:00
93	368	Ruben Tomas Soares de Castro	Juventude Cortegacense	Senior Masculino	50:02	+19:05	05:00
94	190	Leandro Cardoso	Individual	Senior Masculino	50:05	+19:07	05:01
95	460	Rui Araujo	Peixinhos do Rio	Senior Masculino	50:15	+19:18	05:02
96	174	Fernando Resende	Individual	Senior Masculino	50:29	+19:31	05:03
97	168	Edgar Rodrigues	Individual	Senior Masculino	50:34	+19:37	05:03
98	106	Luis Pinho	Em último não ficamos	Senior Masculino	50:42	+19:44	05:04
99	515	André Costa	SPRING MARK	Senior Masculino	50:44	+19:46	05:04
100	475	Lucas Silva	Running Esmoriz	Senior Masculino	51:12	+20:15	05:07
101	365	Ivo Jose Moreira Valente	Juventude Cortegacense	Senior Masculino	51:35	+20:38	05:10
102	195	Marco Correia	Individual	Senior Masculino	51:52	+20:54	05:11
103	225	Vitor Miguel	Individual	Senior Masculino	52:50	+21:53	05:17
104	474	André Assunção	Running Esmoriz	Senior Masculino	53:01	+22:04	05:18
105	13	Luis Novo	ACAIL GAS	Senior Masculino	53:04	+22:06	05:18
106	156	André Tavares	Individual	Senior Masculino	53:05	+22:08	05:19
107	358	Pedro silva	Jesus Runners	Senior Masculino	53:36	+22:38	05:22
108	410	Pedro Oliveira	Made in Madness	Senior Masculino	53:45	+22:48	05:23
109	479	Zé Paulo	Running Esmoriz	Senior Masculino	54:08	+23:10	05:25
110	185	João Gabriel Peixoto Guimarães	Individual	Senior Masculino	54:31	+23:33	05:27
111	411	Samuel David Campos Barrezueta	Made in Madness	Senior Masculino	54:41	+23:43	05:28
112	175	Francisco de Oliveira Vieira	Individual	Senior Masculino	54:50	+23:52	05:29
113	186	João Ildefonso	Individual	Senior Masculino	54:57	+23:59	05:30
114	1506	Ricardo Resende	Individual	Senior Masculino	55:16	+24:19	05:32
115	107	Ricky Silva	Em último não ficamos	Senior Masculino	56:00	+25:03	05:36
116	12	Flávio Oliveira	ACAIL GAS	Senior Masculino	56:34	+25:37	05:39
117	104	Bruno Jorge	Em último não ficamos	Senior Masculino	56:35	+25:37	05:39
118	532	António Carvalho	URIAH	Senior Masculino	56:35	+25:37	05:39

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

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

119	207	Pedro Moreira	Individual	Senior Masculino	56:42	+25:44	05:40
120	222	Tiago Lopes	Individual	Senior Masculino	57:26	+26:28	05:45
121	197	Mário Fonseca	Individual	Senior Masculino	57:32	+26:35	05:45
122	171	Emanuel Coelho	Individual	Senior Masculino	57:41	+26:43	05:46
123	366	Pedro Nuno Sousa Gomes	Juventude Cortegacense	Senior Masculino	58:12	+27:15	05:49
124	1507	Américo Costa	Individual	Senior Masculino	58:26	+27:29	05:51
125	187	João Moreira	Individual	Senior Masculino	01:00:32	+29:34	06:03
126	158	Bruno Gil	Individual	Senior Masculino	01:03:11	+32:14	06:19
127	178	Henrique Pereira de Sousa	Individual	Senior Masculino	01:05:09	+34:12	06:31
128	188	João Neves	Individual	Senior Masculino	01:05:25	+34:28	06:33
129	459	Fernando Peixoto	Peixinhos do Rio	Senior Masculino	01:05:45	+34:47	06:35
130	476	Luís Oliveira	Running Esmoriz	Senior Masculino	01:09:58	+39:00	07:00

Veterana F40

1	372	Marlene Silva Ferreira	Juventude Cortegacense	Veterana F40	43:28		04:21
2	413	MARA CÉLIA	MC Running	Veterana F40	45:51	+02:22	04:35
3	84	GRAÇA BELEZA	Clube Desportivo Feirense	Veterana F40	49:17	+05:48	04:56
4	226	Alexandra Ferreira	Individual	Veterana F40	50:48	+07:19	05:05
5	359	Anabela Oliveira	Jesus Runners	Veterana F40	53:36	+10:07	05:22
6	481	Bianca Bernard	Running Esmoriz	Veterana F40	55:09	+11:40	05:31
7	238	Mónica Pereira	Individual	Veterana F40	55:46	+12:18	05:35
8	480	Andreina Assunção	Running Esmoriz	Veterana F40	57:41	+14:12	05:46
9	230	Carla Sofia Monteiro Durães	Individual	Veterana F40	57:43	+14:14	05:46
10	505	Ana Belinha	Spinning-go	Veterana F40	57:56	+14:27	05:48
11	50	Silvia Ferreira	Bravos e Bravitas	Veterana F40	58:34	+15:06	05:51
12	370	Catarina Rodrigues Sa Ferreira	Juventude Cortegacense	Veterana F40	59:24	+15:55	05:56
13	482	Nádia Oliveira	Running Esmoriz	Veterana F40	01:00:41	+17:12	06:04
14	436	Sandra Salgueiro	Oficina das Medalhas Team Runner	Veterana F40	01:02:49	+19:20	06:17
15	242	Tânia Sofia Dias Gonçalves	Individual	Veterana F40	01:06:30	+23:01	06:39
16	237	Joana Leite	Individual	Veterana F40	01:08:14	+24:45	06:49
17	444	Rafaela Rua	Ori-Estarreja	Veterana F40	01:10:36	+27:08	07:04

Veterana F45

1	1503	Cristina Passos	Individual	Veterana F45	43:22		04:20
2	83	Dora Sá	Clube Desportivo Feirense	Veterana F45	45:56	+02:33	04:36
3	434	Sara Nunes	Oficina das Medalhas Team Runner	Veterana F45	46:51	+03:28	04:41
4	407	Célia Santos	Lourosa Em Movimento	Veterana F45	48:43	+05:20	04:52
5	34	Paula Costa	ARADA ATLÉTICO CLUBE	Veterana F45	49:41	+06:18	04:58
6	431	Catarina Azevedo	Núcleo de Atletismo de Cucujães	Veterana F45	49:56	+06:33	05:00
7	461	Sofia Coelho	Peixinhos do Rio	Veterana F45	50:19	+06:56	05:02
8	46	Beta santos	Bandalhos running	Veterana F45	50:54	+07:31	05:05
9	239	Orquídea Sousa	Individual	Veterana F45	51:46	+08:24	05:11

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

OFFICIAL RESULT

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10	227	Anabela Barata	Individual	Veterana F45	52:58	+09:35	05:18
11	241	Sara Carina Marques dos Reis Lourenço	Individual	Veterana F45	53:18	+09:55	05:20
12	85	Sonia Beleza	Clube Desportivo Feirense	Veterana F45	53:41	+10:18	05:22
13	35	Sónia Silva	ARADA ATLÉTICO CLUBE	Veterana F45	55:16	+11:53	05:32
14	240	Rossana Ferreira	Individual	Veterana F45	58:24	+15:02	05:50
15	235	FILIPA RIBEIRO	Individual	Veterana F45	58:29	+15:06	05:51
16	49	Paula Soares	Bravos e Bravitas	Veterana F45	58:35	+15:12	05:51
17	232	Claudia Costa	Individual	Veterana F45	01:03:48	+20:25	06:23
18	506	Sónia Bento	Spinning-go	Veterana F45	01:03:53	+20:30	06:23
19	59	ANA PAIS	CAL - Clube Atletismo de Lamas	Veterana F45	01:04:24	+21:01	06:26
20	234	Dalila Gomes	Individual	Veterana F45	01:09:46	+26:23	06:59
21	371	Cristina Maria Rodrigues Sá	Juventude Cortegacense	Veterana F45	01:10:35	+27:12	07:03

Veterana F50

1	483	Carla Cardoso	Running Esmoriz	Veterana F50	47:29		04:45
2	24	Clotilde Santos	ACR de Vale de Cambra	Veterana F50	47:37	+00:07	04:46
3	245	Carla Pinto	Individual	Veterana F50	52:37	+05:07	05:16
4	70	Helena Silva	Cirac - Circulo de Recreio Arte e Cultura	Veterana F50	52:39	+05:09	05:16
5	247	Fernanda Rocha	Individual	Veterana F50	53:30	+06:01	05:21
6	250	Suzana Duarte	Individual	Veterana F50	53:41	+06:11	05:22
7	488	Virgínia Costa	Running Esmoriz	Veterana F50	55:12	+07:42	05:31
8	408	Ana Teixeira	Lourosa Em Movimento	Veterana F50	57:41	+10:12	05:46
9	507	Madalena Gil	Spinning-go	Veterana F50	57:56	+10:27	05:48
10	486	Orquídea Gomes	Running Esmoriz	Veterana F50	58:12	+10:43	05:49
11	51	Fátima Lopes	Bravos e Bravitas	Veterana F50	58:35	+11:05	05:51
12	373	Anabela dos Santos Marques	Juventude Cortegacense	Veterana F50	59:10	+11:41	05:55
13	485	Maribel Oliveira	Running Esmoriz	Veterana F50	01:00:40	+13:11	06:04
14	248	Olga Brandão	Individual	Veterana F50	01:01:14	+13:45	06:07
15	484	Maria Manuel Soares	Running Esmoriz	Veterana F50	01:01:27	+13:58	06:09
16	439	Emília Teixeira	Oficina das Medalhas Team Runner	Veterana F50	01:02:48	+15:19	06:17
17	487	Sofia Martins	Running Esmoriz	Veterana F50	01:04:47	+17:18	06:29
18	516	Ana Pinho	SPRING MARK	Veterana F50	01:11:13	+23:43	07:07

Veterana F55

1	246	Fátima Bastoa	Individual	Veterana F55	48:53		04:53
2	441	Berta Salgueiro	Oficina das Medalhas Team Runner	Veterana F55	01:27:52	+38:59	08:47

Veterano M40

1	1504	Vitor Oliveira	Individual	Veterano M40	31:26		03:09

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

OFFICIAL RESULT

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2	512	Tiago Oliveira	Sporting Clube de Espinho / António Leitão	Veterano M40	35:31	+04:05	03:33
3	284	Rui Amador	Individual	Veterano M40	36:39	+05:13	03:40
4	374	Daniel Jose Silva Barros	Juventude Cortegacense	Veterano M40	37:03	+05:37	03:42
5	62	NUNO PAIS	CAL - Clube Atletismo de Lamas	Veterano M40	37:09	+05:43	03:43
6	427	Márcio André Jesus Melo	NS Trail Team	Veterano M40	38:05	+06:39	03:48
7	95	Bruno Pereira	COPO RUNNERS	Veterano M40	38:05	+06:39	03:48
8	285	Sérgio Pinto Mota	Individual	Veterano M40	38:21	+06:55	03:50
9	65	Miguel Silva	Carregosa Lowlanders	Veterano M40	38:47	+07:21	03:53
10	282	Ricardo Filipe Barbosa Ferreira	Individual	Veterano M40	39:13	+07:47	03:55
11	491	Luís Oliveira	Running Esmoriz	Veterano M40	39:43	+08:17	03:58
12	53	Nelson Reis	Bravos e Bravitas	Veterano M40	39:59	+08:33	04:00
13	518	Pedro Barbosa	SSPMSJM	Veterano M40	40:06	+08:40	04:01
14	258	Daniel Rocha	Individual	Veterano M40	40:15	+08:49	04:02
15	18	Paulo Silva	ACD Os Ilhavos	Veterano M40	40:34	+09:08	04:03
16	75	Carlos Sequeira	Clube Atletismo de Ovar	Veterano M40	40:52	+09:26	04:05
17	76	Marco Silva	Atlético de Ovar	Veterano M40	41:14	+09:48	04:07
18	419	José Conceição	MSS Grupo Desportivo de Gondomar	Veterano M40	41:15	+09:49	04:07
19	271	Ludgero Meneses Couto	Individual	Veterano M40	41:25	+09:59	04:08
20	86	HELDER TEIXEIRA	Clube Desportivo Feirense	Veterano M40	41:47	+10:21	04:11
21	272	Luís Branco	Individual	Veterano M40	42:07	+10:41	04:13
22	430	João Ribeiro	NSF ADVENTURE TEAM	Veterano M40	43:13	+11:47	04:19
23	414	FILIPE SILVA	MC Running	Veterano M40	43:18	+11:52	04:20
24	380	Williams da Conceição Rodriguez	Juventude Cortegacense	Veterano M40	43:28	+12:02	04:21
25	269	Jacinto Manuel Rodrigues Oliveira	Individual	Veterano M40	43:51	+12:25	04:23
26	281	Ricardo Doria Duarte	Individual	Veterano M40	43:55	+12:29	04:23
27	61	João Santos	Caldas São Jorge Sport Clube	Veterano M40	44:06	+12:40	04:25
28	263	Filipe José Soares Marques	Individual	Veterano M40	44:25	+12:59	04:26
29	287	Vitor Moreira	Individual	Veterano M40	44:28	+13:02	04:27
30	43	RICARDO PAIVA	ARCORUN	Veterano M40	44:43	+13:17	04:28
31	489	Afonso Costa	Running Esmoriz	Veterano M40	44:48	+13:22	04:29
32	275	Márcio Oliveira	Individual	Veterano M40	45:35	+14:09	04:34
33	270	Joel Silva	Individual	Veterano M40	45:42	+14:16	04:34
34	111	Celso Silva	G.D.A RONDA	Veterano M40	45:43	+14:17	04:34
35	415	PEDRO ROCHA	MC Running	Veterano M40	45:54	+14:28	04:35
36	121	Tiago Oliveira	Grupo de Corrida de Argoncilhe	Veterano M40	46:16	+14:50	04:38
37	447	Rui Miguel Santos	Os Falta D'Ar	Veterano M40	46:24	+14:58	04:38
38	265	Filipe Marques	Individual	Veterano M40	46:37	+15:11	04:40
39	274	Marcio Oliveira	Individual	Veterano M40	47:29	+16:03	04:45
40	87	MARCO GONÇALVES	Clube Desportivo Feirense	Veterano M40	47:51	+16:25	04:47
41	493	Rui Miguel Silva	Running Esmoriz	Veterano M40	47:56	+16:30	04:48
42	261	Eduardo Amorim	Individual	Veterano M40	48:13	+16:47	04:49
43	264	Filipe Mário Silva Sousa	Individual	Veterano M40	48:32	+17:06	04:51
44	253	André Manuel Oliveira Silva	Individual	Veterano M40	48:53	+17:27	04:53
45	277	Nuno Moreira	Individual	Veterano M40	49:43	+18:17	04:58
46	503	Mário Rui Dias	RUNNING ESPINHO	Veterano M40	49:43	+18:17	04:58

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

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

47	288	William Martinez	Individual	Veterano M40	49:51	+18:25	04:59
48	254	António Cruz	Individual	Veterano M40	50:03	+18:37	05:00
49	256	Bruno Oliveira	Individual	Veterano M40	50:03	+18:37	05:00
50	266	Filipe Silva	Individual	Veterano M40	50:43	+19:17	05:04
51	92	Daniel Raposo	COALA	Veterano M40	50:47	+19:21	05:05
52	468	André Pais	Rodelo Running Team	Veterano M40	50:49	+19:23	05:05
53	435	Alberto Vitelo	Oficina das Medalhas Team Runner	Veterano M40	50:52	+19:26	05:05
54	490	Dominique Trindade	Running Esmoriz	Veterano M40	51:06	+19:40	05:07
55	252	Álvaro José Dias Carvalhinho	Individual	Veterano M40	51:15	+19:49	05:07
56	123	Pedro Renato Familiar	H-RAKY	Veterano M40	52:03	+20:37	05:12
57	377	Nuno Miguel Silva Ferreira	Juventude Cortegacense	Veterano M40	52:41	+21:15	05:16
58	494	Rui Pereira	Running Esmoriz	Veterano M40	52:50	+21:24	05:17
59	14	António Assunção	ACAIL GAS	Veterano M40	53:02	+21:36	05:18
60	378	Ricardo Gama Ferreira	Juventude Cortegacense	Veterano M40	53:11	+21:45	05:19
61	255	Antonio Jose Moreira Sousa	Individual	Veterano M40	53:34	+22:08	05:21
62	251	Álvaro costa	Individual	Veterano M40	53:35	+22:09	05:22
63	492	Paulo Reis	Running Esmoriz	Veterano M40	54:08	+22:42	05:25
64	495	Tiago Assunção	Running Esmoriz	Veterano M40	54:34	+23:08	05:27
65	520	Joao Valente	Sunday Morning	Veterano M40	54:53	+23:27	05:29
66	257	Daniel Fernando Silva	Individual	Veterano M40	56:41	+25:15	05:40
67	375	Daniel Moreira da Silva	Juventude Cortegacense	Veterano M40	58:19	+26:53	05:50
68	280	Renato Espírito Santo	Individual	Veterano M40	58:25	+26:59	05:50
69	279	Quimanel R.	Individual	Veterano M40	58:30	+27:04	05:51
70	376	Miguel Pinheiro Matos	Juventude Cortegacense	Veterano M40	58:33	+27:07	05:51
71	379	Virgilio Cesar Tavares Valente	Juventude Cortegacense	Veterano M40	58:33	+27:07	05:51
72	276	Nuno Jorge Martins da Silva	Individual	Veterano M40	01:00:22	+28:56	06:02
73	278	Paulo Pádua	Individual	Veterano M40	01:02:03	+30:37	06:12
74	273	Márcio Costa	Individual	Veterano M40	01:06:30	+35:04	06:39
75	283	Rúben Faria	Individual	Veterano M40	01:07:37	+36:11	06:46
76	286	Tiago Carriola	Individual	Veterano M40	01:07:46	+36:20	06:47

Veterano M45

1	311	Rui Antonio Silva Gomes	Individual	Veterano M45	36:33		03:39
2	117	Rui Almeida	GDC Codal | Vale de Cambra	Veterano M45	37:43	+01:10	03:46
3	426	José Correia	NIGHT Runners Feira	Veterano M45	38:34	+02:00	03:51
4	37	Bruno Oliveira	ARADA ATLÉTICO CLUBE	Veterano M45	38:35	+02:01	03:51
5	112	José Costa	G.D.A RONDA	Veterano M45	38:35	+02:01	03:51
6	307	Peter Silva	Individual	Veterano M45	39:01	+02:27	03:54
7	97	Filipe Coelho	COPO RUNNERS	Veterano M45	40:09	+03:35	04:01
8	382	Cecilio Manuel Silva Ferreira	Juventude Cortegacense	Veterano M45	42:18	+05:44	04:14
9	458	Luis Gomes	Pastello Runners	Veterano M45	44:31	+07:57	04:27
10	98	Marcos Fonseca	COPO RUNNERS	Veterano M45	44:32	+07:58	04:27
11	96	Armando Sá	COPO RUNNERS	Veterano M45	44:36	+08:02	04:28
12	437	José Salgueiro	Oficina das Medalhas Team Runner	Veterano M45	45:21	+08:48	04:32

Prova Principal

10 KM

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

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

13	88	SÉRGIO NOGUEIRA	Clube Desportivo Feirense	Veterano M45	45:40	+09:06	04:34
14	301	Leonel Cuco	Individual	Veterano M45	45:40	+09:07	04:34
15	293	Eduardo Ferreira	Individual	Veterano M45	45:54	+09:20	04:35
16	291	Carlos Pereira Pinto	Individual	Veterano M45	46:05	+09:31	04:36
17	91	Miguel Lagrifa	CLUBE DO PESSOAL DA EDP	Veterano M45	46:05	+09:31	04:37
18	296	Hélder Pereira	Individual	Veterano M45	46:40	+10:06	04:40
19	292	Carlos Silva	Individual	Veterano M45	46:43	+10:10	04:40
20	294	Filipe Ribeiro	Individual	Veterano M45	47:25	+10:51	04:44
21	38	Rui Neves	ARADA ATLÉTICO CLUBE	Veterano M45	47:33	+10:59	04:45
22	126	Pedro Martins	H-RAKY	Veterano M45	47:43	+11:09	04:46
23	385	Nuno Miguel Gonçalves Araújo	Juventude Cortegacense	Veterano M45	47:49	+11:16	04:47
24	383	Joao Paulo da Costa Oliveira	Juventude Cortegacense	Veterano M45	48:12	+11:38	04:49
25	125	Óscar Almeida	H-RAKY	Veterano M45	48:20	+11:46	04:50
26	312	Rui Ferreira	Individual	Veterano M45	48:42	+12:08	04:52
27	290	Carlos Marques	Individual	Veterano M45	48:58	+12:24	04:54
28	289	Carlos Jorge Pinheiro Coelho	Individual	Veterano M45	49:02	+12:28	04:54
29	424	Luís rocha	NASAMOTOR	Veterano M45	49:03	+12:29	04:54
30	448	Manuel Ferreira	Os Falta D'Ar	Veterano M45	49:05	+12:31	04:54
31	303	Nelson Gomes	Individual	Veterano M45	49:19	+12:45	04:56
32	521	Abel Azevedo	Sunday Morning	Veterano M45	49:23	+12:49	04:56
33	306	Paulo Jorge	Individual	Veterano M45	49:30	+12:56	04:57
34	67	Marco Andrade	CASA DO POVO DE MANGUALDE	Veterano M45	50:03	+13:29	05:00
35	295	Francisco Oliveira	Individual	Veterano M45	50:17	+13:43	05:02
36	386	Paulo Daniel Rola	Juventude Cortegacense	Veterano M45	50:41	+14:07	05:04
37	302	Luis Silva	Individual	Veterano M45	50:43	+14:09	05:04
38	522	Cláudio Caldas	Sunday Morning	Veterano M45	50:47	+14:14	05:05
39	1510	Paulo Jesus	Individual	Veterano M45	51:24	+14:50	05:08
40	124	Frederico Martins	H-RAKY	Veterano M45	51:29	+14:55	05:09
41	299	José Miguel Ferreira Marques	Individual	Veterano M45	51:40	+15:06	05:10
42	536	Rui Santos	zentrum-group	Veterano M45	53:17	+16:43	05:20
43	360	Álvaro Oliveira	Jesus Runners	Veterano M45	53:36	+17:02	05:22
44	524	Manuel jorge	Sunday Morning	Veterano M45	54:36	+18:03	05:28
45	449	Rui Edgar Santos	Os Falta D'Ar	Veterano M45	54:53	+18:19	05:29
46	304	Noel Oliveira	Individual	Veterano M45	55:17	+18:43	05:32
47	310	Rony Santos	Individual	Veterano M45	55:44	+19:11	05:34
48	314	Urbino Santos	Individual	Veterano M45	56:58	+20:25	05:42
49	36	Arnaldo Cardoso	ARADA ATLÉTICO CLUBE	Veterano M45	57:01	+20:27	05:42
50	308	Pierre Miglierina	Individual	Veterano M45	57:12	+20:39	05:43
51	298	José António Ferreira Andrade	Individual	Veterano M45	01:03:42	+27:09	06:22
52	508	Filipe Sousa	Spinning-go	Veterano M45	01:03:53	+27:19	06:23
53	313	Tiago Manuel Valente Silva	Individual	Veterano M45	01:08:29	+31:55	06:51

Veterano M50

1	39	Antonio Nunes	ARADA ATLÉTICO CLUBE	Veterano M50	37:33	03:45

Prova Principal

10 KM

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

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

2	327	Manuel Lázaro Pereira Silva	Individual	Veterano M50	37:51	+00:18	03:47
3	510	Américo Santos	Sport Comércio e Salgueiros	Veterano M50	38:05	+00:32	03:49
4	113	Manuel Ferreira	G.D.A RONDA	Veterano M50	39:02	+01:29	03:54
5	528	Vítor Pinho	TEN TEAM	Veterano M50	39:24	+01:51	03:56
6	41	Paulo Maia	ARADA ATLÉTICO CLUBE	Veterano M50	39:39	+02:06	03:58
7	25	Fernando Silva	ACR de Vale de Cambra	Veterano M50	39:54	+02:21	03:59
8	28	Fernando Almeida	AMA - ATLETISMO	Veterano M50	41:02	+03:29	04:06
9	47	Paulo bandalho	Bandalhos running	Veterano M50	41:43	+04:10	04:10
10	335	Rui Henriques	Individual	Veterano M50	42:23	+04:50	04:14
11	318	António Ribeiro	Individual	Veterano M50	42:28	+04:55	04:15
12	15	Vitor Santos	ACAIL GAS	Veterano M50	43:02	+05:29	04:18
13	337	Serafim reis	Individual	Veterano M50	43:05	+05:32	04:18
14	118	José Correia	GDC Codal | Vale de Cambra	Veterano M50	43:25	+05:52	04:20
15	101	Nuno Pinho	Domingo levo um rádio	Veterano M50	45:11	+07:38	04:31
16	331	Paulo Manuel Ferreira da Silva	Individual	Veterano M50	45:13	+07:40	04:31
17	100	Jorge Melo	Domingo levo um rádio	Veterano M50	45:34	+08:01	04:33
18	114	Paulo Mota	G.D.A RONDA	Veterano M50	45:44	+08:10	04:34
19	323	Jorge Lagareiro	Individual	Veterano M50	45:49	+08:15	04:35
20	40	Oscar Brandão	ARADA ATLÉTICO CLUBE	Veterano M50	46:00	+08:27	04:36
21	321	Fernando Magalhães	Individual	Veterano M50	46:43	+09:10	04:40
22	438	António Borges	Oficina das Medalhas Team Runner	Veterano M50	46:50	+09:17	04:41
23	55	Sérgio Almeida	Bravos e Bravitas	Veterano M50	46:57	+09:24	04:42
24	316	Americo Silva Fonseca	Individual	Veterano M50	46:57	+09:24	04:42
25	451	Manuel Silva	Os Falta D'Ar	Veterano M50	47:07	+09:34	04:43
26	409	João Sousa	Lourosa Em Movimento	Veterano M50	48:18	+10:45	04:50
27	393	Sérgio Paulo Ferreira Oliveira	Juventude Cortegacense	Veterano M50	48:23	+10:50	04:50
28	315	Américo Oliveira	Individual	Veterano M50	48:59	+11:26	04:54
29	509	Fernando Pinto	Spinning-go	Veterano M50	49:02	+11:29	04:54
30	338	Victor Sá	Individual	Veterano M50	49:51	+12:18	04:59
31	64	NUNO PEREIRA	CAL - Clube Atletismo de Lamas	Veterano M50	49:52	+12:19	04:59
32	453	Víctor Rente	Os Falta D'Ar	Veterano M50	49:56	+12:23	05:00
33	330	Miguel Gouveia	Individual	Veterano M50	50:13	+12:40	05:01
34	333	Paulo Santos	Individual	Veterano M50	50:20	+12:47	05:02
35	27	Arlindo Silva	AFIS/OVAR	Veterano M50	50:31	+12:58	05:03
36	388	ANTONIO JULIO OLIVEIRA MOURA	Juventude Cortegacense	Veterano M50	50:41	+13:08	05:04
37	54	João Gomes	Bravos e Bravitas	Veterano M50	50:56	+13:23	05:06
38	89	ARMANDO ALMEIDA	Clube Desportivo Feirense	Veterano M50	51:10	+13:36	05:07
39	497	Jorge Guerra	Running Esmoriz	Veterano M50	51:47	+14:14	05:11
40	525	Rui Fardilha	Sunday Morning	Veterano M50	51:59	+14:25	05:12
41	498	Rui Marques	Running Esmoriz	Veterano M50	53:30	+15:57	05:21
42	90	MANUEL MONTEIRO	Clube Desportivo Feirense	Veterano M50	53:41	+16:07	05:22
43	319	Eduardo Azevedo	Individual	Veterano M50	54:37	+17:04	05:28
44	496	Amandio Mendes	Running Esmoriz	Veterano M50	55:03	+17:30	05:30
45	390	Helder Cesar Gomes Candal Correia	Juventude Cortegacense	Veterano M50	56:54	+19:21	05:41
46	1528	Henrique Neves	Individual	Veterano M50	56:58	+19:25	05:42
47	392	Nelson Sergil Carvalho Azevedo	Juventude Cortegacense	Veterano M50	57:15	+19:42	05:44

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

OFFICIAL RESULT

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48	63	BELMIRO LOPES	CAL - Clube Atletismo de Lamas	Veterano M50	57:41	+20:08	05:46
49	334	Paulo santos	Individual	Veterano M50	57:54	+20:21	05:47
50	391	Jorge Fernando Silva Marques Coelho	Juventude Cortegacense	Veterano M50	59:10	+21:37	05:55
51	325	JORGE MOTA	Individual	Veterano M50	01:02:28	+24:55	06:15
52	324	Jorge Manuel Soares de Brito	Individual	Veterano M50	01:03:42	+26:09	06:22
53	329	Marcelo Moreira	Individual	Veterano M50	01:03:49	+26:16	06:23
54	452	Pedro Guedes	Os Falta D'Ar	Veterano M50	01:08:42	+31:09	06:52
55	322	João Paulino	Individual	Veterano M50	01:09:46	+32:13	06:59
56	326	José Silva	Individual	Veterano M50	01:11:12	+33:39	07:07
57	328	Manuel NEVES	Individual	Veterano M50	01:14:28	+36:55	07:27

Veterano M55

1	1502	Augusto Aluai	Individual	Veterano M55	38:14		03:49
2	69	Fernando Antunes	CDC Macieira de Cambra	Veterano M55	39:04	+00:50	03:54
3	78	Mário Vaz	Clube Atletismo de Ovar	Veterano M55	39:12	+00:58	03:55
4	344	Jorge Luz	Individual	Veterano M55	39:48	+01:34	03:59
5	397	Ernesto Marques Alves	Juventude Cortegacense	Veterano M55	40:41	+02:27	04:04
6	56	Alcides Relvas	Bravos e Bravitas	Veterano M55	41:41	+03:27	04:10
7	339	Ião Silva	Individual	Veterano M55	41:50	+03:36	04:11
8	357	CARLOS BAPTISTA	JAM - Juventude Atlética Mozelense	Veterano M55	41:59	+03:45	04:12
9	71	José Luis Santos	Cirac - Circulo de Recreio Arte e Cultura	Veterano M55	42:46	+04:32	04:17
10	352	Salvador Fardilha	Individual	Veterano M55	43:59	+05:44	04:24
11	346	Manuel António Silva	Individual	Veterano M55	43:59	+05:45	04:24
12	68	Carlos Almeida	CASA DO POVO DE MANGUALDE	Veterano M55	44:56	+06:42	04:30
13	26	Luis Pinho	ADAC MACIEIRA DE SARNES	Veterano M55	45:20	+07:06	04:32
14	1513	Rodrigo nunes	Individual	Veterano M55	45:33	+07:19	04:33
15	455	Orlando Ribeiro	Os Falta D'Ar	Veterano M55	48:03	+09:49	04:48
16	513	Jose Pereira	Sporting Clube de Espinho / António Leitão	Veterano M55	48:06	+09:52	04:49
17	398	Manuel constantino silva	Juventude Cortegacense	Veterano M55	48:59	+10:45	04:54
18	343	Daniel Gomes	Individual	Veterano M55	49:14	+11:00	04:55
19	361	Domingos silva	Jesus Runners	Veterano M55	49:44	+11:30	04:58
20	340	Amílcar Benjamin Soares Ferreira	Individual	Veterano M55	50:01	+11:47	05:00
21	517	Sérgio Guedes	SPRING MARK	Veterano M55	50:09	+11:55	05:01
22	354	Vitorino Silva	Individual	Veterano M55	50:31	+12:17	05:03
23	442	Vitor Cardoso	Oficina das Medalhas Team Runner	Veterano M55	51:06	+12:52	05:07
24	347	Manuel Oliveira	Individual	Veterano M55	51:12	+12:58	05:07
25	499	António Silva	Running Esmoriz	Veterano M55	51:17	+13:03	05:08
26	345	Luís Filipe Dias da Rocha e Santos	Individual	Veterano M55	52:52	+14:38	05:17
27	501	Maurício Lins	Running Esmoriz	Veterano M55	53:21	+15:06	05:20
28	122	Fernando Silva	Grupo de Corrida de Argoncilhe	Veterano M55	53:28	+15:14	05:21
29	77	Arlindo Silva	Atlético de Ovar	Veterano M55	53:32	+15:18	05:21
30	500	Joaquim Pinto	Running Esmoriz	Veterano M55	53:55	+15:41	05:23

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

OFFICIAL RESULT

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31	454	António Godinho	Os Falta D'Ar	Veterano M55	53:57	+15:43	05:24
32	45	PEDRO MELO	ARCORUN	Veterano M55	54:42	+16:28	05:28
33	72	Oscar Magolo	Cirac - Circulo de Recreio Arte e Cultura	Veterano M55	54:46	+16:32	05:29
34	349	Manuel Silva	Individual	Veterano M55	55:08	+16:54	05:31
35	42	Manuel Ferreira	ARADA ATLÉTICO CLUBE	Veterano M55	55:17	+17:03	05:32
36	356	AUGUSTO BAPTISTA	JAM - Juventude Atlética Mozelense	Veterano M55	55:51	+17:37	05:35
37	395	Celso Lino Oliveira Gomes	Juventude Cortegacense	Veterano M55	58:34	+20:20	05:51
38	440	António Costa	Oficina das Medalhas Team Runner	Veterano M55	59:31	+21:17	05:57
39	456	Raimundo Silva	Os Falta D'Ar	Veterano M55	01:04:24	+26:10	06:26
40	399	Paulo Castelo	Juventude Cortegacense	Veterano M55	01:05:15	+27:01	06:32
41	394	Augusto Santos Silva	Juventude Cortegacense	Veterano M55	01:05:16	+27:02	06:32
42	351	Rufino Tavares	Individual	Veterano M55	01:05:17	+27:03	06:32
43	539	Serafim Coutinho	Zero2hero	Veterano M55	01:05:30	+27:16	06:33
44	350	Mário Fernando Ferreira Oliveira	Individual	Veterano M55	01:07:22	+29:08	06:44
45	16	Luis Oliveira	ACAIL GAS	Veterano M55	01:07:49	+29:35	06:47
46	445	Gil Rua	Ori-Estarreja	Veterano M55	01:08:05	+29:51	06:49
47	465	António Brandão	Ratos do Asfalto	Veterano M55	01:20:21	+42:07	08:02